

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2019-06-01
 Miejsce: Kolbuszowa
 Dystans: 21.1 km
 Klasyfikacja wg czasów netto.

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, OPEN**

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owoś ć | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------------|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | WOŁOSZKA ARTUR | 456 | LUKITEAM SIEDLCE | JAMIEL NIK KOLONIA | POL | M18-29 | 1 | M 1 | 2 | | 00:55:35 | 01:12:17 | 01:29:22 | 01:46:22 | 02:02:44 | 02:19:24.03 | 6:36 | 9.1 |
| 2 | KNITTER TOMASZ | 382 | BŁĘKITNI DZIEMIANY | DZIEMI ANY | POL | M18-29 | 2 | M 2 | | | 00:56:58 | 01:13:43 | 01:30:25 | 01:47:06 | 02:04:06 | 02:21:06.54 | 6:41 | 9 |
| 3 | SŁUPIANEK PAWEŁ | 436 | LECZYMY DURŚ | KATO WICE | POL | M40-49 | 1 | M 3 | | | 00:57:10 | 01:13:45 | 01:30:55 | 01:47:36 | 02:04:29 | 02:21:36.66 | 6:42 | 8.9 |
| 4 | HAŁAS MARCIN | 411 | UNIA MIAST | CZECH OWICE -DZIED ZICE | POL | M30-39 | 1 | M 4 | | | 00:58:39 | 01:15:39 | 01:33:11 | 01:50:11 | 02:06:48 | 02:23:47.98 | 6:48 | 8.8 |
| 5 | KUBISZYN MIROŚLAW | 422 | KS METRACO POLKOWICE | LUBAC ŻÓW | POL | M30-39 | 2 | M 5 | 1 | | 00:58:40 | 01:15:40 | 01:33:10 | 01:50:11 | 02:07:29 | 02:25:16.57 | 6:53 | 8.7 |
| 6 | KORDOWSKI PIOTR | 417 | LUX TORPEDA MAŁOPOLSKA | KRAKÓ W | POL | M40-49 | 2 | M 6 | | | 00:56:58 | 01:13:44 | 01:31:06 | 01:48:59 | 02:07:54 | 02:26:34.99 | 6:56 | 8.6 |
| 7 | BARCZYK BOGDAN | 402 | NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | M50-59 | 1 | M 7 | | | 00:58:38 | 01:15:38 | 01:33:10 | 01:50:33 | 02:08:42 | 02:26:35.73 | 6:56 | 8.6 |
| 8 | KUŚMIEREK PATRYK | 383 | BŁĘKITNI DZIEMIANY | DZIEMI ANY | POL | M18-29 | 3 | M 8 | | | 00:58:45 | 01:16:03 | 01:34:10 | 01:52:34 | 02:11:46 | 02:30:56.08 | 7:09 | 8.4 |
| 9 | LENZ ANDRZEJ | 424 | MUSZKIETEROWIE | GNIEZ NO | POL | M50-59 | 2 | M 9 | | | 01:01:16 | 01:18:53 | 01:36:37 | 01:54:30 | 02:12:40 | 02:30:57.93 | 7:09 | 8.4 |
| 10 | KOŁODZIEJ JOANNA | 415 | STADION ŚLĄSKI | RUDA ŚLĄSKI | POL | K50-59 | 1 | K 1 | | | 01:00:33 | 01:18:15 | 01:36:14 | 01:54:25 | 02:12:37 | 02:30:58.01 | 7:09 | 8.4 |
| 11 | ZYCH WITOLD | 454 | | ROGI | POL | M40-49 | 3 | M 10 | | | 01:00:02 | 01:17:42 | 01:35:48 | 01:54:23 | 02:13:02 | 02:32:19.48 | 7:13 | 8.3 |
| 12 | KOWALSKI MAREK | 419 | UNIA MIAST | STRZE BIŃ | POL | M50-59 | 3 | M 11 | | | 01:01:23 | 01:19:28 | 01:37:46 | 01:56:17 | 02:15:06 | 02:34:07.88 | 7:18 | 8.2 |
| 13 | WITCZUK ŁUKASZ | 451 | NWPL/LUKI TEAM SIEDLCE | SIEDLC E | POL | M30-39 | 3 | M 12 | | | 01:00:27 | 01:18:52 | 01:37:39 | 01:57:06 | 02:17:01 | 02:37:20.19 | 7:27 | 8 |
| 14 | SZULC ALICJA | 441 | | MŁAW A | POL | K40-49 | 1 | K 2 | | | 01:01:35 | 01:19:55 | 01:38:35 | 01:57:34 | 02:17:05 | 02:37:22.85 | 7:27 | 8 |
| 15 | SZCZYGIELSKI PAWEŁ | 440 | NWPL/LUKI TEAM SIEDLCE | SIEDLC E | POL | M18-29 | 4 | M 13 | 1 | | 01:02:21 | 01:20:51 | 01:39:38 | 01:58:33 | 02:18:22 | 02:38:25.66 | 7:30 | 8 |
| 16 | SPYCHAŁA MARZENA | 437 | CKZIŃ NYSA MECHANIK | BIAŁA | POL | K40-49 | 2 | K 3 | | | 01:02:17 | 01:21:19 | 01:40:30 | 01:59:52 | 02:19:24 | 02:38:35.83 | 7:30 | 8 |
| 17 | ŻAMOJCIN MAREK | 455 | NORDICLUB SZCZECIN | SZCZE CIN | POL | M50-59 | 4 | M 14 | | | 01:04:18 | 01:23:08 | 01:42:05 | 02:01:10 | 02:20:18 | 02:39:34.47 | 7:33 | 7.9 |
| 18 | FRANKIEWICZ MIROŚLAW | 406 | FORMA NA PIĄTKĘ NW | PABIA NICE | POL | M40-49 | 4 | M 15 | | | 01:02:44 | 01:21:46 | 01:41:01 | 02:00:28 | 02:20:11 | 02:39:39.63 | 7:34 | 7.9 |
| 19 | SZYMAŃSKI JACEK | 442 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | SKÓRK A | POL | M50-59 | 5 | M 16 | | | 01:04:09 | 01:22:52 | 01:41:48 | 02:01:03 | 02:20:28 | 02:40:05.07 | 7:35 | 7.9 |
| 20 | NOWICZ MARIUSZ | 429 | CIDRY LOTAJOM | KSIĘŻY LAS | POL | M18-29 | 5 | M 17 | | | 01:04:12 | 01:22:55 | 01:41:47 | 02:01:05 | 02:20:35 | 02:40:20.23 | 7:35 | 7.9 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owoś ć | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------------|-----|--------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 21 | STĘPIEŃ LUCYNA | 439 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 4 | 1 | | 01:04:16 | 01:23:24 | 01:42:43 | 02:01:46 | 02:20:58 | 02:40:59.34 | 7:37 | 7.9 |
| 22 | GROS AGNIESZKA | 409 | STADION ŚLĄSKI | KATO WICE | POL | K40-49 | 3 | K 5 | | | 01:04:43 | 01:23:35 | 01:42:51 | 02:02:28 | 02:22:14 | 02:42:04.45 | 7:40 | 7.8 |
| 23 | ŚCIBUT ANIA | 443 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 4 | K 6 | | | 01:04:27 | 01:23:37 | 01:42:58 | 02:02:33 | 02:22:21 | 02:42:23.97 | 7:41 | 7.8 |
| 24 | GOŁĘBIOWSKI KRZYSZTOF | 408 | ZAWSZE MŁODZI | ŁÓDŹ | POL | M50-59 | 6 | M 18 | | | 01:04:45 | 01:24:06 | 01:43:45 | 02:03:27 | 02:23:12 | 02:43:09.50 | 7:43 | 7.8 |
| 25 | KRZANOWSKI GRZEGORZ | 421 | FACE NORDIC WALKING TEAM | JAROSŁAW | POL | M30-39 | 4 | M 19 | 1 | | 01:02:21 | 01:21:15 | 01:40:44 | 02:00:45 | 02:22:11 | 02:43:54.26 | 7:46 | 7.7 |
| 26 | WESOŁOWSKI WOJCIECH | 447 | MUSZKIETEROWIE | GNIEZNO | POL | M60+ | 1 | M 20 | | | 01:04:38 | 01:24:02 | 01:43:41 | 02:03:42 | 02:23:55 | 02:44:31.95 | 7:47 | 7.7 |
| 27 | JANOSZKA IRENA | 412 | CIDRY LOTAJOM | RADZI ONKÓW | POL | K50-59 | 2 | K 7 | | | 01:05:21 | 01:24:47 | 01:44:25 | 02:04:30 | 02:24:25 | 02:44:41.14 | 7:48 | 7.7 |
| 28 | RAKOWIECKI ZBIGNIEW | 434 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | 7 | M 21 | | | 01:04:24 | 01:23:31 | 01:42:55 | 02:03:16 | 02:24:06 | 02:45:26.48 | 7:50 | 7.7 |
| 29 | WIEŃSKO RYSZARD | 448 | | PUŁAWY | POL | M60+ | 2 | M 22 | | | 01:05:30 | 01:24:59 | 01:44:40 | 02:04:39 | 02:24:56 | 02:45:48.81 | 7:51 | 7.6 |
| 30 | MOCZARSKI MIROŚLAW | 427 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | M50-59 | 8 | M 23 | | | 01:06:20 | 01:25:56 | 01:45:26 | 02:05:32 | 02:25:51 | 02:46:19.29 | 7:52 | 7.6 |
| 31 | GWÓDŹ ANDRZEJ | 410 | WICHURA JAROSŁAW | MUNIN A | POL | M50-59 | 9 | M 24 | | | 01:06:33 | 01:26:05 | 01:45:43 | 02:05:41 | 02:25:54 | 02:46:26.27 | 7:53 | 7.6 |
| 32 | KORDOWSKA BOGUSŁAWA | 416 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | K40-49 | 5 | K 8 | | | 01:07:08 | 01:27:14 | 01:47:12 | 02:07:15 | 02:27:42 | 02:47:35.85 | 7:56 | 7.6 |
| 33 | PAPROTNA AGNIESZKA | 431 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 1 | K 9 | | | 01:05:39 | 01:26:03 | 01:46:27 | 02:06:43 | 02:27:44 | 02:48:04.80 | 7:57 | 7.5 |
| 34 | STEFANIAK EMILIA | 438 | STADION ŚLĄSKI | SOSNOWIEC | POL | K60+ | 2 | K 10 | | | 01:08:27 | 01:28:16 | 01:48:08 | 02:08:05 | 02:28:22 | 02:48:42.79 | 7:59 | 7.5 |
| 35 | KORYTOWSKA AGNIESZKA | 418 | NW WERWA MŁAWA | MŁAWA | POL | K30-39 | 2 | K 11 | | | 01:06:23 | 01:26:25 | 01:46:55 | 02:07:37 | 02:28:17 | 02:48:48.18 | 7:59 | 7.5 |
| 36 | BADECKI RYSZARD | 401 | KS METRACO POLKOWICE | NIESZCZYCE | POL | M50-59 | 10 | M 25 | | | 01:04:57 | 01:24:35 | 01:45:39 | 02:06:41 | 02:27:55 | 02:49:14.72 | 8:01 | 7.5 |
| 37 | DANKIEWICZ BARBARA | 404 | ZAWSZE MŁODZI | ŁOWICZ | POL | K40-49 | 6 | K 12 | | | 01:08:25 | 01:28:14 | 01:48:06 | 02:08:27 | 02:29:11 | 02:50:06.67 | 8:03 | 7.4 |
| 38 | TROJAN ELŻBIETA | 446 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K40-49 | 7 | K 13 | | | 01:08:16 | 01:28:33 | 01:49:01 | 02:09:24 | 02:29:50 | 02:50:14.64 | 8:04 | 7.4 |
| 39 | GODAWA IRENEUSZ | 407 | STADION ŚLĄSKI | KATO WICE | POL | M50-59 | 11 | M 26 | 1 | | 01:06:56 | 01:27:10 | 01:47:51 | 02:09:23 | 02:30:40 | 02:51:47.01 | 8:08 | 7.4 |
| 40 | KALISZ KRZYSZTOF | 413 | KS METRACO POLKOWICE | BRZEG DOLNY | POL | M60+ | 3 | M 27 | | | 01:09:06 | 01:29:24 | 01:49:53 | 02:10:35 | 02:31:27 | 02:52:16.58 | 8:09 | 7.3 |
| 41 | KRAWCZYK JAKUB | 420 | | IWONICZ | POL | M30-39 | 5 | M 28 | | | 01:07:28 | 01:27:07 | 01:47:53 | 02:09:16 | 02:31:23 | 02:53:29.78 | 8:13 | 7.3 |
| 42 | DUSZA ANNA | 405 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | 3 | K 14 | | | 01:08:52 | 01:30:13 | 01:51:47 | 02:13:09 | 02:34:48 | 02:56:43.38 | 8:22 | 7.2 |
| 43 | KUŹMA ELŻBIETA | 423 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K60+ | 3 | K 15 | 1 | | 01:09:24 | 01:30:49 | 01:52:24 | 02:13:58 | 02:36:30 | 02:59:00.74 | 8:29 | 7.1 |
| 44 | ŚWIRSZCZ TOMASZ | 445 | KS METRACO POLKOWICE | ŚWIDNIK | POL | M60+ | 4 | M 29 | | | 01:10:12 | 01:31:41 | 01:53:20 | 02:15:41 | 02:38:26 | 03:00:51.39 | 8:34 | 7 |
| 45 | POSTEK DANUTA | 433 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 4 | K 16 | 1 | | 01:12:45 | 01:33:58 | 01:55:52 | 02:18:13 | 02:40:38 | 03:03:00.62 | 8:40 | 6.9 |
| 46 | MALINOWSKA KATARZYNA | 426 | LECZYMY DURŚ | PIEKARY ŚLĄSKI | POL | K30-39 | 3 | K 17 | | | 01:12:53 | 01:34:15 | 01:56:09 | 02:18:19 | 02:40:58 | 03:03:06.45 | 8:40 | 6.9 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 47 | POHL ANNA | 432 | CKZIU NYSA MECHANIK | BIAŁA | POL | K50-59 | 5 | K 18 | | | 01:13:15 | 01:34:51 | 01:56:39 | 02:18:53 | 02:41:13 | 03:03:29.45 | 8:41 | 6.9 |
| 48 | ZAWADZKA MARIA | 453 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 19 | | | 01:16:10 | 01:38:17 | 02:00:31 | 02:22:49 | 02:45:21 | 03:08:03.04 | 8:54 | 6.7 |
| 49 | NIEMCZYK BOGUSŁAW | 347 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | M50-59 | 12 | M 30 | | | 01:28:27 | 01:50:40 | 02:13:45 | 02:36:46 | 02:58:29 | 03:20:47.85 | 9:30 | 6.3 |
| 50 | KARASIEWICZ IWONA | 414 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 4 | K 20 | | | 01:19:44 | 01:44:35 | 02:09:11 | 02:34:15 | 03:00:04 | 03:27:46.83 | 9:50 | 6.1 |
| | ZAGAJA JANUSZ | 452 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60+ | | | | | 01:02:21 | 01:21:16 | 01:40:55 | 02:01:03 | DNF | DNF | - | - |
| | WIŚNIEWSKI JACEK | 450 | UKS SIEDLESZCZANY | SANDO MIERZ | POL | M50-59 | | | | | 00:58:38 | DNF | DNF | DNF | DNF | DNF | - | - |
| | CWANEK-FLOR EK EWA | 403 | PRZEWORSKA GRUPA BIEGOWA | RZESZÓW | POL | K40-49 | | | 2 | | DNF | DNF | DNF | DNF | DNF | DNF | - | - |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|--------------------|-----|------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | WOŁOSZKA ARTUR | 456 | LUKITEAM SIEDLCE | JAMIEL NIK KOLONIA | POL | M18-29 | 1 | M 1 | 2 | | 00:55:35 | 01:12:17 | 01:29:22 | 01:46:22 | 02:02:44 | 02:19:24.03 | 6:36 | 9.1 |
| 2 | KNITTER TOMASZ | 382 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 2 | | | 00:56:58 | 01:13:43 | 01:30:25 | 01:47:06 | 02:04:06 | 02:21:06.54 | 6:41 | 9 |
| 3 | KUŚMIEREK PATRYK | 383 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 3 | M 8 | | | 00:58:45 | 01:16:03 | 01:34:10 | 01:52:34 | 02:11:46 | 02:30:56.08 | 7:09 | 8.4 |
| 4 | SZCZYGIELSKI PAWEŁ | 440 | NWPL/LUKI TEAM SIEDLCE | SIEDLCE | POL | M18-29 | 4 | M 13 | 1 | | 01:02:21 | 01:20:51 | 01:39:38 | 01:58:33 | 02:18:22 | 02:38:25.66 | 7:30 | 8 |
| 5 | NOWICZ MARIUSZ | 429 | CIDRY LOTAJOM | KSIĘŻY LAS | POL | M18-29 | 5 | M 17 | | | 01:04:12 | 01:22:55 | 01:41:47 | 02:01:05 | 02:20:35 | 02:40:20.23 | 7:35 | 7.9 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | PAPROTNA AGNIESZKA | 431 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 1 | K 9 | | | 01:05:39 | 01:26:03 | 01:46:27 | 02:06:43 | 02:27:44 | 02:48:04.80 | 7:57 | 7.5 |
| 2 | KORYTOWSKA AGNIESZKA | 418 | NW WERWA MŁAWA | MŁAWA | POL | K30-39 | 2 | K 11 | | | 01:06:23 | 01:26:25 | 01:46:55 | 02:07:37 | 02:28:17 | 02:48:48.18 | 7:59 | 7.5 |
| 3 | MALINOWSKA KATARZYNA | 426 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 3 | K 17 | | | 01:12:53 | 01:34:15 | 01:56:09 | 02:18:19 | 02:40:58 | 03:03:06.45 | 8:40 | 6.9 |
| 4 | KARASIEWICZ IWONA | 414 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 4 | K 20 | | | 01:19:44 | 01:44:35 | 02:09:11 | 02:34:15 | 03:00:04 | 03:27:46.83 | 9:50 | 6.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | HAŁAS MARCIN | 411 | UNIA MIAST | CZECH OWICE -DZIED ZICE | POL | M30-39 | 1 | M 4 | | | 00:58:39 | 01:15:39 | 01:33:11 | 01:50:11 | 02:06:48 | 02:23:47.98 | 6:48 | 8.8 |
| 2 | KUBISZYN MIROŚLAW | 422 | KS METRACO POLKOWICE | LUBAC ZÓW | POL | M30-39 | 2 | M 5 | 1 | | 00:58:40 | 01:15:40 | 01:33:10 | 01:50:11 | 02:07:29 | 02:25:16.57 | 6:53 | 8.7 |
| 3 | WITCZUK ŁUKASZ | 451 | NWPL/LUKI TEAM SIEDLCE | SIEDLCE | POL | M30-39 | 3 | M 12 | | | 01:00:27 | 01:18:52 | 01:37:39 | 01:57:06 | 02:17:01 | 02:37:20.19 | 7:27 | 8 |
| 4 | KRZANOWSKI GRZEGORZ | 421 | FACE NORDIC WALKING TEAM | JAROSŁ AW | POL | M30-39 | 4 | M 19 | 1 | | 01:02:21 | 01:21:15 | 01:40:44 | 02:00:45 | 02:22:11 | 02:43:54.26 | 7:46 | 7.7 |
| 5 | KRAWCZYK JAKUB | 420 | | IWONI CZ | POL | M30-39 | 5 | M 28 | | | 01:07:28 | 01:27:07 | 01:47:53 | 02:09:16 | 02:31:23 | 02:53:29.78 | 8:13 | 7.3 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | SZULC ALICJA | 441 | | MŁAWA | POL | K40-49 | 1 | K 2 | | | 01:01:35 | 01:19:55 | 01:38:35 | 01:57:34 | 02:17:05 | 02:37:22.85 | 7:27 | 8 |
| 2 | SPYCHAŁA MARZENA | 437 | CKZIU NYSA MECHANIK | BIAŁA | POL | K40-49 | 2 | K 3 | | | 01:02:17 | 01:21:19 | 01:40:30 | 01:59:52 | 02:19:24 | 02:38:35.83 | 7:30 | 8 |
| 3 | GROS AGNIESZKA | 409 | STADION ŚLĄSKI | KATOWICE | POL | K40-49 | 3 | K 5 | | | 01:04:43 | 01:23:35 | 01:42:51 | 02:02:28 | 02:22:14 | 02:42:04.45 | 7:40 | 7.8 |
| 4 | ŚCIBUT ANIA | 443 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 4 | K 6 | | | 01:04:27 | 01:23:37 | 01:42:58 | 02:02:33 | 02:22:21 | 02:42:23.97 | 7:41 | 7.8 |
| 5 | KORDOWSKA BOGUSŁAWA | 416 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | K40-49 | 5 | K 8 | | | 01:07:08 | 01:27:14 | 01:47:12 | 02:07:15 | 02:27:42 | 02:47:35.85 | 7:56 | 7.6 |
| 6 | DANKIEWICZ BARBARA | 404 | ZAWSZE MŁODZI | ŁOWICZ | POL | K40-49 | 6 | K 12 | | | 01:08:25 | 01:28:14 | 01:48:06 | 02:08:27 | 02:29:11 | 02:50:06.67 | 8:03 | 7.4 |
| 7 | TROJAN ELŻBIETA | 446 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K40-49 | 7 | K 13 | | | 01:08:16 | 01:28:33 | 01:49:01 | 02:09:24 | 02:29:50 | 02:50:14.64 | 8:04 | 7.4 |
| | CWANEK-FLOR EK EWA | 403 | PRZEWORSKA GRUPA BIEGOWA | RZESZÓW | POL | K40-49 | | | 2 | | DNF | DNF | DNF | DNF | DNF | DNF | - | - |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | SŁUPIANEK PAWEŁ | 436 | LECZYMY DURŚ | KATOWICE | POL | M40-49 | 1 | M 3 | | | 00:57:10 | 01:13:45 | 01:30:55 | 01:47:36 | 02:04:29 | 02:21:36.66 | 6:42 | 8.9 |
| 2 | KORDOWSKI PIOTR | 417 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | M40-49 | 2 | M 6 | | | 00:56:58 | 01:13:44 | 01:31:06 | 01:48:59 | 02:07:54 | 02:26:34.99 | 6:56 | 8.6 |
| 3 | ZYCH WITOLD | 454 | | ROGI | POL | M40-49 | 3 | M 10 | | | 01:00:02 | 01:17:42 | 01:35:48 | 01:54:23 | 02:13:02 | 02:32:19.48 | 7:13 | 8.3 |
| 4 | FRANKIEWICZ MIROŚLAW | 406 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | M40-49 | 4 | M 15 | | | 01:02:44 | 01:21:46 | 01:41:01 | 02:00:28 | 02:20:11 | 02:39:39.63 | 7:34 | 7.9 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|------------------|-----|---------------------|--------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | KOŁODZIEJ JOANNA | 415 | STADION ŚLĄSKI | RUDA ŚLĄSKI | POL | K50-59 | 1 | K 1 | | | 01:00:33 | 01:18:15 | 01:36:14 | 01:54:25 | 02:12:37 | 02:30:58.01 | 7:09 | 8.4 |
| 2 | JANOSZKA IRENA | 412 | CIDRY LOTAJOM | RADZI ONKÓ W | POL | K50-59 | 2 | K 7 | | | 01:05:21 | 01:24:47 | 01:44:25 | 02:04:30 | 02:24:25 | 02:44:41.14 | 7:48 | 7.7 |
| 3 | DUSZA ANNA | 405 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | 3 | K 14 | | | 01:08:52 | 01:30:13 | 01:51:47 | 02:13:09 | 02:34:48 | 02:56:43.38 | 8:22 | 7.2 |
| 4 | POSTEK DANUTA | 433 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 4 | K 16 | 1 | | 01:12:45 | 01:33:58 | 01:55:52 | 02:18:13 | 02:40:38 | 03:03:00.62 | 8:40 | 6.9 |
| 5 | POHL ANNA | 432 | CKZIU NYSA MECHANIK | BIAŁA | POL | K50-59 | 5 | K 18 | | | 01:13:15 | 01:34:51 | 01:56:39 | 02:18:53 | 02:41:13 | 03:03:29.45 | 8:41 | 6.9 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------------|-----|-----------------------------|-------------|------|--------|--------|------|-------------|--------------|-----------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | BARCZYK BOGDAN | 402 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 1 | M 7 | | | 00:58:38 | 01:15:38 | 01:33:10 | 01:50:33 | 02:08:42 | 02:26:35.73 | 6:56 | 8.6 |
| 2 | LENZ ANDRZEJ | 424 | MUSZKIETEROWIE | GNIEZNO | POL | M50-59 | 2 | M 9 | | | 01:01:16 | 01:18:53 | 01:36:37 | 01:54:30 | 02:12:40 | 02:30:57.93 | 7:09 | 8.4 |
| 3 | KOWALSKI MAREK | 419 | UNIA MIAST | STRZEBIŃ | POL | M50-59 | 3 | M 11 | | | 01:01:23 | 01:19:28 | 01:37:46 | 01:56:17 | 02:15:06 | 02:34:07.88 | 7:18 | 8.2 |
| 4 | ŻAMOJCIN MAREK | 455 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | 4 | M 14 | | | 01:04:18 | 01:23:08 | 01:42:05 | 02:01:10 | 02:20:18 | 02:39:34.47 | 7:33 | 7.9 |
| 5 | SZYMAŃSKI JACEK | 442 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | SKÓRKA | POL | M50-59 | 5 | M 16 | | | 01:04:09 | 01:22:52 | 01:41:48 | 02:01:03 | 02:20:28 | 02:40:05.07 | 7:35 | 7.9 |
| 6 | GOŁĘBIEWSKI KRZYSZTOF | 408 | ZAWSZE MŁODZI | ŁÓDŹ | POL | M50-59 | 6 | M 18 | | | 01:04:45 | 01:24:06 | 01:43:45 | 02:03:27 | 02:23:12 | 02:43:09.50 | 7:43 | 7.8 |
| 7 | RAKOWIECKI ZBIGNIEW | 434 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | 7 | M 21 | | | 01:04:24 | 01:23:31 | 01:42:55 | 02:03:16 | 02:24:06 | 02:45:26.48 | 7:50 | 7.7 |
| 8 | MOCZARSKI MIROŚLAW | 427 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | M50-59 | 8 | M 23 | | | 01:06:20 | 01:25:56 | 01:45:26 | 02:05:32 | 02:25:51 | 02:46:19.29 | 7:52 | 7.6 |
| 9 | GWÓZDŹ ANDRZEJ | 410 | WICHURA JAROSŁAW | MUNIN | POL | M50-59 | 9 | M 24 | | | 01:06:33 | 01:26:05 | 01:45:43 | 02:05:41 | 02:25:54 | 02:46:26.27 | 7:53 | 7.6 |
| 10 | BADECKI RYSZARD | 401 | KS METRACO POLKOWICE | NIESZCZYCE | POL | M50-59 | 10 | M 25 | | | 01:04:57 | 01:24:35 | 01:45:39 | 02:06:41 | 02:27:55 | 02:49:14.72 | 8:01 | 7.5 |
| 11 | GODAWA IRENEUSZ | 407 | STADION ŚLĄSKI | KATOWICE | POL | M50-59 | 11 | M 26 | 1 | | 01:06:56 | 01:27:10 | 01:47:51 | 02:09:23 | 02:30:40 | 02:51:47.01 | 8:08 | 7.4 |
| 12 | NIEMCZYK BOGUSŁAW | 347 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | M50-59 | 12 | M 30 | | | 01:28:27 | 01:50:40 | 02:13:45 | 02:36:46 | 02:58:29 | 03:20:47.85 | 9:30 | 6.3 |
| | WIŚNIEWSKI JACEK | 450 | UKS SIEDLESZCZANY | SANDO MIERZ | POL | M50-59 | | | | | 00:58:38 DNF | DNF | DNF | DNF | DNF | DNF | - | - |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|------------------|-----|----------------------|------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | STĘPIEŃ LUCYNA | 439 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 4 | 1 | | 01:04:16 | 01:23:24 | 01:42:43 | 02:01:46 | 02:20:58 | 02:40:59.34 | 7:37 | 7.9 |
| 2 | STEFANIAK EMILIA | 438 | STADION ŚLĄSKI | SOSNOWIEC | POL | K60+ | 2 | K 10 | | | 01:08:27 | 01:28:16 | 01:48:08 | 02:08:05 | 02:28:22 | 02:48:42.79 | 7:59 | 7.5 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K60+ c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------|-----|----------------------|------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 3 | KUŹMA ELŻBIETA | 423 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K60+ | 3 | K 15 | 1 | | 01:09:24 | 01:30:49 | 01:52:24 | 02:13:58 | 02:36:30 | 02:59:00.74 | 8:29 | 7.1 |
| 4 | ZAWADZKA MARIA | 453 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 19 | | | 01:16:10 | 01:38:17 | 02:00:31 | 02:22:49 | 02:45:21 | 03:08:03.04 | 8:54 | 6.7 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|---------------------|-----|----------------------|-------------|------|------|--------|------|-------------|--------------|-----------------|-----------------|-----------------|-----------------|----------|-------------|--------|------|
| 1 | WESOŁOWSKI WOJCIECH | 447 | MUSZKIETEROWIE | GNIEZNO | POL | M60+ | 1 | M 20 | | | 01:04:38 | 01:24:02 | 01:43:41 | 02:03:42 | 02:23:55 | 02:44:31.95 | 7:47 | 7.7 |
| 2 | WIĘSKO RYSZARD | 448 | | PUŁAWY | POL | M60+ | 2 | M 22 | | | 01:05:30 | 01:24:59 | 01:44:40 | 02:04:39 | 02:24:56 | 02:45:48.81 | 7:51 | 7.6 |
| 3 | KALISZ KRZYSZTOF | 413 | KS METRACO POLKOWICE | BRZEG DOLNY | POL | M60+ | 3 | M 27 | | | 01:09:06 | 01:29:24 | 01:49:53 | 02:10:35 | 02:31:27 | 02:52:16.58 | 8:09 | 7.3 |
| 4 | ŚWIRSZCZ TOMASZ | 445 | KS METRACO POLKOWICE | ŚWIDNIK | POL | M60+ | 4 | M 29 | | | 01:10:12 | 01:31:41 | 01:53:20 | 02:15:41 | 02:38:26 | 03:00:51.39 | 8:34 | 7 |
| | ZAGAJA JANUSZ | 452 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60+ | | | | | 01:02:21 DNF | 01:21:16 DNF | 01:40:55 DNF | 02:01:03 DNF | DNF | DNF | - | - |