

WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

Organizator: Polska Federacja Nordic Walking
Data: 2019-06-09
Miejsce: Włocławek
Dystans: 5 km
Klasyfikacja wg czasów netto.



WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------------|-----|---|-------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | BRZozowski PIOTR | 151 | AKTYWNI POSTOMINO | SŁAWNO | POL | M30-39 | 1 | M 1 | | | 00:15:49 | 00:32:36.80 | 6:31 | 9.2 |
| 2 | REMISZ WŁODZIMIERZ | 90 | NEW4YOU STUDIO TRENINGU | KOŁO | POL | M40-44 | 1 | M 2 | | | 00:16:35 | 00:34:22.75 | 6:52 | 8.7 |
| 3 | KOP WIESŁAW | 53 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M55-59 | 1 | M 3 | | | 00:17:09 | 00:34:32.20 | 6:54 | 8.7 |
| 4 | FRĄCKOWIAK ROMAN | 25 | KS METRACO POLKOWICE | WIELEŃ | POL | M50-54 | 1 | M 4 | | | 00:17:19 | 00:34:44.45 | 6:57 | 8.6 |
| 5 | JASIEŁEK PRZEMYSŁAW | 140 | | RADAWNICA | POL | M40-44 | 2 | M 5 | | | 00:16:54 | 00:35:01.55 | 7:00 | 8.6 |
| 6 | WASIELEWSKI MIROSŁAW | 123 | ELBLĄSKI BAŻANT NW | ELBLĄG | POL | M55-59 | 2 | M 6 | | | 00:17:12 | 00:35:06.65 | 7:01 | 8.5 |
| 7 | BUDYNEK KAROL | 13 | TEAM FIRANKARNIA | KOŁO | POL | M50-54 | 2 | M 7 | | | 00:17:22 | 00:35:11.55 | 7:02 | 8.5 |
| 8 | BUŁAKOWSKI BOHDAN | 14 | | WARSZAWA | POL | M65-69 | 1 | M 8 | | | 00:17:32 | 00:35:13.35 | 7:02 | 8.5 |
| 9 | SZYMAŃSKI STEFAN | 116 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINY | POL | M70+ | 1 | M 9 | | | 00:17:33 | 00:35:33.10 | 7:06 | 8.4 |
| 10 | ZIELIŃSKI SZCZEPAN | 136 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M45-49 | 1 | M 10 | | | 00:17:55 | 00:35:41.50 | 7:08 | 8.4 |
| 11 | BUCZKOWSKI JERZY | 12 | | ŻNIN | POL | M65-69 | 2 | M 11 | | | 00:17:34 | 00:35:52.35 | 7:10 | 8.4 |
| 12 | JĘDRZEJEWSKI ŁUKASZ | 38 | KLUB HONOROWYCH DAWCÓW KRWI LEGION | BIELSK | POL | M30-39 | 2 | M 12 | | | 00:17:49 | 00:35:54.55 | 7:11 | 8.4 |
| 13 | OKRZESIK-FRĄCKOWIAK IZABELA | 76 | KS METRACO POLKOWICE | WIELEŃ | POL | K50-54 | 1 | K 1 | | | 00:18:04 | 00:35:59.75 | 7:12 | 8.3 |
| 14 | KOŁPAK JAN | 52 | LKS ZANTYR SZTUM | SZTUM | POL | M70+ | 2 | M 13 | | | 00:17:46 | 00:36:02.60 | 7:12 | 8.3 |
| 15 | WROŃSKI WŁODZIMIERZ | 131 | PASJA NORDIC WALKING | WARSZAWA | POL | M65-69 | 3 | M 14 | | | 00:17:54 | 00:36:11.75 | 7:14 | 8.3 |
| 16 | SYPNIEWSKI SZYMON | 110 | NEW4YOU STUDIO TRENINGU | KONIN | POL | M40-44 | 3 | M 15 | | | 00:17:56 | 00:36:15.30 | 7:15 | 8.3 |
| 17 | SZCZUDLIK MAŁGORZATA | 112 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K30-39 | 1 | K 2 | | | 00:18:05 | 00:36:39.00 | 7:19 | 8.2 |
| 18 | WASILEWSKI SŁAWOMIR | 124 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 3 | M 16 | | | 00:18:19 | 00:36:41.15 | 7:20 | 8.2 |
| 19 | PUSZKARSKA MAŁGORZATA | 89 | GOSADI NORDIC TEAM | WARSZAWA | POL | K40-44 | 1 | K 3 | | | 00:18:24 | 00:36:54.25 | 7:23 | 8.1 |
| 20 | POLISZCZUK PIOTR | 86 | PIERNIKI NA CHODZIE | TORUŃ | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 17 | | | 00:18:18 | 00:36:54.90 | 7:23 | 8.1 |
| 21 | DUSZEŃKO ZYGMUNT | 22 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(A) | 2 | M 18 | | | 00:18:18 | 00:36:55.20 | 7:23 | 8.1 |
| 22 | MISZCZAK SYLWIA | 68 | NEW4YOU STUDIO TRENINGU | KOŁO | POL | K30-39 | 2 | K 4 | | | 00:18:36 | 00:36:55.65 | 7:23 | 8.1 |
| 23 | DOMBRZALSKI RYSZARD | 19 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 19 | | | 00:18:16 | 00:37:04.90 | 7:25 | 8.1 |
| 24 | JÓŻWIAK MARIANNA | 40 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 5 | | | 00:18:06 | 00:37:13.50 | 7:26 | 8.1 |
| 25 | GRYGOROWICZ BOGDAN | 31 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 20 | | | 00:18:45 | 00:37:24.45 | 7:29 | 8 |
| 26 | MALINOWSKA MONIKA | 64 | LKS ZANTYR SZTUM | SZTUM | POL | K30-39 | 3 | K 6 | | | 00:18:32 | 00:37:32.50 | 7:30 | 8 |
| 27 | ZIELIŃSKA JOLANTA | 135 | GOSIR OSIELSKO | OSIELSKO | POL | K55-59 | 1 | K 7 | | | 00:18:35 | 00:37:33.70 | 7:30 | 8 |
| 28 | DUDEK EDWARD | 21 | KS METRACO POLKOWICE | GŁOGÓW | POL | M65-69 | 4 | M 21 | | | 00:18:00 | 00:37:38.95 | 7:31 | 8 |
| 29 | GOŁĘBIEWSKI ANDRZEJ | 142 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | M60-64 | 1 | M 22 | | | 00:18:43 | 00:37:49.90 | 7:34 | 7.9 |
| 30 | SAMOJŁO SŁAWOMIR | 93 | | ŚWINOUJŚCIE | POL | M55-59 | 3 | M 23 | | | 00:18:37 | 00:37:55.80 | 7:35 | 7.9 |
| 31 | STAŃCZAK GRAŻYNA | 105 | FACE NORDIC TEAM | GDAŃSK | POL | K65-69 | 1 | K 8 | | | 00:18:49 | 00:38:03.75 | 7:36 | 7.9 |
| 32 | TRZCIŃSKI EUGENIUSZ | 118 | | BYDGOSZCZ | POL | M60-64 | 2 | M 24 | | | 00:18:43 | 00:38:08.65 | 7:37 | 7.9 |
| 33 | BERCZYŃSKI HENRYK | 5 | NADLESNICTWO OKONEK | OKONEK | POL | M60-64 | 3 | M 25 | | | 00:18:46 | 00:38:17.25 | 7:39 | 7.8 |
| 34 | PIETRUSEWICZ JOANNA | 84 | PASJA NORDIC WALKING | WARSZAWA | POL | K45-49 | 2 | K 9 | | | 00:18:58 | 00:38:21.45 | 7:40 | 7.8 |
| 35 | MAJEWSKA KINGA | 62 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-44 | 2 | K 10 | | | 00:19:05 | 00:38:37.60 | 7:43 | 7.8 |
| 36 | BERKOWSKA MARZENA | 6 | ZSP BORZĘCIN DUŻY | ZABORÓW | POL | K40-44 | 3 | K 11 | | | 00:19:10 | 00:38:41.55 | 7:44 | 7.8 |
| 37 | DANA KAZIMIERA | 141 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K65-69 | 2 | K 12 | | | 00:19:16 | 00:38:43.70 | 7:44 | 7.7 |
| 38 | STAŃCZAK RYSZARD | 106 | FACE NORDIC TEAM | GDAŃSK | POL | M70+ | 4 | M 26 | | | 00:19:11 | 00:38:58.70 | 7:47 | 7.7 |
| 39 | SOŁDECKA ANNA | 101 | | WARSZAWA | POL | K45-49 | 3 | K 13 | | | 00:19:34 | 00:38:59.35 | 7:48 | 7.7 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------------|-----|-----------------------------|-----------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 40 | WIŚNIEWSKI KAZIMIERZ | 127 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 4 | M 27 | | | 00:19:31 | 00:39:01.30 | 7:48 | 7.7 |
| 41 | MARCINIAK ANETA | 139 | FACE NORDIC WALKING TEAM | PŁOCK | POL | K40-44 | 4 | K 14 | | | 00:19:19 | 00:39:03.30 | 7:48 | 7.7 |
| 42 | KUSIAK WŁODZIMIERZ | 57 | STEP BY STEP TRÓJMIASTO | GDAŃSK | POL | M65-69 | 5 | M 28 | | | 00:18:53 | 00:39:05.25 | 7:49 | 7.7 |
| 43 | KRAWCZYK DOROTA | 55 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | K60-64 | 1 | K 15 | | | 00:19:25 | 00:39:08.15 | 7:49 | 7.7 |
| 44 | WOLIŃSKA EWA | 130 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 3 | K 16 | | | 00:19:06 | 00:39:09.00 | 7:49 | 7.7 |
| 45 | SULECKA GABRIELA | 109 | | ŚWIECIE | POL | K-NIEPEŁNOSPRAWNI(A | 1 | K 17 | | | 00:19:33 | 00:39:15.90 | 7:51 | 7.6 |
| 46 | FRĄCKOWIAK MATEUSZ | 26 | KS METRACO POLKOWICE | WIELEŃ | POL | M-JUN. | 1 | M 29 | | | 00:17:48 | 00:39:26.05 | 7:53 | 7.6 |
| 47 | PRACKI ZBIGNIEW | 88 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M50-54 | 3 | M 30 | | | 00:19:39 | 00:39:27.45 | 7:53 | 7.6 |
| 48 | DAROSZEWSKA KRYSZYNA | 17 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K60-64 | 2 | K 18 | | | 00:19:40 | 00:39:28.00 | 7:53 | 7.6 |
| 49 | SZYMAŃSKI ROMAN | 117 | NAMOR TEAM | SKRWILNO | POL | M50-54 | 4 | M 31 | | | 00:19:05 | 00:39:31.45 | 7:54 | 7.6 |
| 50 | KOCZOROWSKA PATRYCJA | 49 | K S SOKÓŁ GAŚAWA | GAŚAWA | POL | K-JUN. | 1 | K 19 | | | 00:19:52 | 00:39:36.15 | 7:55 | 7.6 |
| 51 | SZEP CZYŃSKI KAMIL | 113 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M30-39 | 3 | M 32 | | | 00:19:57 | 00:39:36.70 | 7:55 | 7.6 |
| 52 | WALAWKO MIROSŁAW | 119 | AVOCCADO WELLNESS CLUB | WARSZAWA | POL | M65-69 | 6 | M 33 | | | 00:19:31 | 00:39:42.30 | 7:56 | 7.6 |
| 53 | KASAK KORNELIA | 46 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 2 | K 20 | | | 00:20:27 | 00:39:51.95 | 7:58 | 7.5 |
| 54 | MOTOCZYŃSKI KRZYSZTOF | 70 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M60-64 | 5 | M 34 | | | 00:19:33 | 00:39:52.50 | 7:58 | 7.5 |
| 55 | GRABOWSKA BOŻENA | 29 | LKS ZANTYR SZTUM | SZTUM | POL | K45-49 | 4 | K 21 | | | 00:19:34 | 00:40:01.00 | 8:00 | 7.5 |
| 56 | JÓŹWIAK ŁUKASZ | 39 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M-NIEPEŁNOSPRAWNI(A | 4 | M 35 | | | 00:19:53 | 00:40:14.60 | 8:03 | 7.5 |
| 57 | PIETRUSZEWSKA AGNIESZKA | 85 | PARAKULOS KOWAL | KOWAL | POL | K40-44 | 5 | K 22 | | | 00:20:01 | 00:40:15.35 | 8:03 | 7.5 |
| 58 | KOCZOROWSKA MONIKA | 48 | K S SOKÓŁ GAŚAWA | GAŚAWA | POL | K30-39 | 4 | K 23 | | | 00:19:57 | 00:40:20.15 | 8:04 | 7.4 |
| 59 | KASAK MARTYNA | 45 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 3 | K 24 | | | 00:20:29 | 00:40:29.60 | 8:05 | 7.4 |
| 60 | ZIĘTARSKI STANISŁAW | 145 | | WŁOCLAWEK | POL | M-DZIECI | 1 | M 36 | | | 00:20:04 | 00:40:30.05 | 8:06 | 7.4 |
| 61 | NOWALIŃSKA ANASTAZJA | 73 | FACE NORDIC WALKING TEAM | PŁOCK | POL | K18-29 | 1 | K 25 | | | 00:20:16 | 00:40:33.35 | 8:06 | 7.4 |
| 62 | MARCINIAK HANNA | 66 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K55-59 | 2 | K 26 | | | 00:20:06 | 00:40:37.65 | 8:07 | 7.4 |
| 63 | WALESZKO ANDRZEJ | 121 | PASJA NORDIC WALKING | WARSZAWA | POL | M45-49 | 2 | M 37 | | | 00:20:04 | 00:40:37.80 | 8:07 | 7.4 |
| 64 | KOLENDA ZBIGNIEW | 51 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | 5 | M 38 | | | 00:20:27 | 00:40:43.35 | 8:08 | 7.4 |
| 65 | WIERZCHOSŁAWSKI MATEUSZ | 148 | | BYDGOSZCZ | POL | M18-29 | 1 | M 39 | | | 00:19:50 | 00:40:58.85 | 8:11 | 7.3 |
| 66 | KOCZOROWSKI KACPER | 50 | K S SOKÓŁ GAŚAWA | GAŚAWA | POL | M-DZIECI | 2 | M 40 | | | 00:20:07 | 00:41:01.60 | 8:12 | 7.3 |
| 67 | SOŁDECKI WOJCIECH | 102 | | WARSZAWA | POL | M-DZIECI | 3 | M 41 | | | 00:20:07 | 00:41:08.75 | 8:13 | 7.3 |
| 68 | BRUCH MARTYNA | 11 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 4 | K 27 | | | 00:21:20 | 00:41:11.85 | 8:14 | 7.3 |
| 69 | WALESZKO ADAM | 122 | PASJA NORDIC WALKING | WARSZAWA | POL | M-JUN. | 2 | M 42 | | | 00:21:02 | 00:41:28.80 | 8:17 | 7.2 |
| 70 | PAWŁOWSKA ANGELIKA | 81 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 5 | K 28 | | | 00:21:19 | 00:41:32.65 | 8:18 | 7.2 |
| 71 | ADAMCZYK JUSTYNA | 1 | NEW4YOU STUDIO TRENINGU | KOŁO | POL | K30-39 | 5 | K 29 | | | 00:20:38 | 00:41:36.70 | 8:19 | 7.2 |
| 72 | KALINOWSKI JACEK | 154 | | WŁOCLAWEK | POL | M60-64 | 6 | M 43 | | | 00:21:23 | 00:41:36.75 | 8:19 | 7.2 |
| 73 | MAJEWSKI WŁODZIMIERZ | 63 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M65-69 | 7 | M 44 | | | 00:20:55 | 00:42:01.15 | 8:24 | 7.1 |
| 74 | NOWAKOWSKA IRENA | 72 | AVOCCADO WELLNESS CLUB | WARSZAWA | POL | K70+ | 1 | K 30 | | | 00:20:50 | 00:42:15.85 | 8:27 | 7.1 |
| 75 | LEŻNICKA-BUDYNEK AGNIESZKA | 61 | TEAM FIRANKARNIA | KOŁO | POL | K50-54 | 2 | K 31 | | | 00:21:03 | 00:42:27.40 | 8:29 | 7.1 |
| 76 | SUGAY LARYSA | 108 | | WARSZAWA | POL | K40-44 | 6 | K 32 | | | 00:21:15 | 00:42:58.15 | 8:35 | 7 |
| 77 | GDAŃSKA ANETA | 28 | | KOWAL | POL | K45-49 | 5 | K 33 | | | 00:21:34 | 00:43:08.30 | 8:37 | 7 |
| 78 | WIERZCHOSŁAWSKI MARCEL | 149 | | BRZOZA | | M-DZIECI | 4 | M 45 | | | 00:20:09 | 00:43:28.65 | 8:41 | 6.9 |
| 79 | KUSZEWSKA WIKTORIA | 59 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 6 | K 34 | | | 00:21:22 | 00:43:30.10 | 8:42 | 6.9 |
| 80 | PAJĘCKI ADAM | 78 | PARAKULOS KOWAL | KOWAL | POL | M60-64 | 7 | M 46 | | | 00:21:52 | 00:43:42.15 | 8:44 | 6.9 |
| 81 | SIKORSKI KAZIMIERZ | 98 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | 6 | M 47 | | | 00:21:18 | 00:43:56.00 | 8:47 | 6.8 |
| 82 | CHYREK RENATA | 15 | | BYDGOSZCZ | POL | K55-59 | 3 | K 35 | | | 00:21:49 | 00:44:06.95 | 8:49 | 6.8 |
| 83 | ROSIŃSKA WIEŚŁAWA | 91 | PARAKULOS KOWAL | KOWAL | POL | K40-44 | 7 | K 36 | | | 00:22:05 | 00:44:16.45 | 8:51 | 6.8 |
| 84 | BAZELA HENRYKA | 3 | PARAKULOS KOWAL | KOWAL | POL | K60-64 | 3 | K 37 | | | 00:22:22 | 00:44:35.15 | 8:55 | 6.7 |
| 85 | NOWAK JOANNA | 147 | | WŁOCLAWEK | POL | K50-54 | 3 | K 38 | | | 00:21:58 | 00:44:46.45 | 8:57 | 6.7 |
| 86 | SMARDZEWSKA ZUZANNA | 99 | | WŁOCLAWEK | POL | K-JUN. | 7 | K 39 | | | 00:22:58 | 00:44:47.45 | 8:57 | 6.7 |
| 87 | WNUKIEWICZ PAULINA | 129 | | WŁOCLAWEK | POL | K-JUN. | 8 | K 40 | | | 00:22:59 | 00:44:48.25 | 8:57 | 6.7 |
| 88 | BILIŃSKA DANUTA | 8 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K60-64 | 4 | K 41 | | | 00:21:43 | 00:44:49.50 | 8:58 | 6.7 |
| 89 | WITKOWSKA NATALIA | 128 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 9 | K 42 | | | 00:21:32 | 00:45:09.15 | 9:01 | 6.6 |
| 90 | PAŃKIEWICZ-DMOWSKA CECYLIA | 79 | FACE NORDIC WALKING TEAM | GOWINO | POL | K70+ | 2 | K 43 | | | 00:22:37 | 00:45:46.60 | 9:09 | 6.6 |
| 91 | NOWAK ADRIANNA | 150 | | WŁOCLAWEK | POL | K30-39 | 6 | K 44 | | | 00:22:46 | 00:45:54.80 | 9:11 | 6.5 |
| 92 | KĘDZIERSKA EDYTA | 153 | PFNW | GDAŃSK | POL | K45-49 | 6 | K 45 | | | 00:23:13 | 00:45:56.20 | 9:11 | 6.5 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------------|-----|-----------------------------|---------------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 93 | ŻYWICA ZUZANNA | 138 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K55-59 | 4 | K 46 | | | 00:23:01 | 00:45:56.40 | 9:11 | 6.5 |
| 94 | DUTKIEWICZ ANNA | 24 | | WŁOCLAWEK | POL | K40-44 | 8 | K 47 | | | 00:23:03 | 00:45:57.55 | 9:11 | 6.5 |
| 95 | MOTOCZYŃSKA ALEKSANDRA | 69 | GOSIR OSIELSKO | BYDGOSZCZ | POL | K60-64 | 5 | K 48 | | | 00:22:40 | 00:46:18.00 | 9:15 | 6.5 |
| 96 | HINEBORG BOGUMIŁA | 33 | KLUB NW PATYCZAKI GRUDZIĄDZ | WIELKI LUBIEŃ | POL | K50-54 | 4 | K 49 | | | 00:22:56 | 00:46:18.45 | 9:15 | 6.5 |
| 97 | SZCZEPANIAK BARBARA | 111 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 4 | K 50 | | | 00:23:32 | 00:46:22.70 | 9:16 | 6.5 |
| 98 | MALINOWSKA GRAŻYNA | 65 | LKS ZANTYR SZTUM | SZTUM | POL | K70+ | 3 | K 51 | | | 00:22:44 | 00:46:32.65 | 9:18 | 6.4 |
| 99 | WALCZAK AGNIESZKA | 120 | | WŁOCLAWEK | POL | K45-49 | 7 | K 52 | | | 00:22:57 | 00:46:36.45 | 9:19 | 6.4 |
| 100 | SKOWROŃSKA-ŁOPIŃSKA GENOWEFA | 132 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | K65-69 | 5 | K 53 | | | 00:23:11 | 00:46:43.25 | 9:20 | 6.4 |
| 101 | NIEWIADOMSKA ZOFIA | 71 | | WŁOCLAWEK | POL | K55-59 | 5 | K 54 | | | 00:23:00 | 00:46:44.05 | 9:20 | 6.4 |
| 102 | BRODZIŃSKA EWELINA | 10 | | WŁOCLAWEK | POL | K40-44 | 9 | K 55 | | | 00:23:44 | 00:46:57.85 | 9:23 | 6.4 |
| 103 | KUSIAK MARIA | 58 | | GDAŃSK | POL | K65-69 | 6 | K 56 | | | 00:23:45 | 00:47:21.15 | 9:28 | 6.3 |
| 104 | OGONOWSKA EDYTA | 143 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K55-59 | 6 | K 57 | | | 00:23:40 | 00:47:24.85 | 9:29 | 6.3 |
| 105 | ZIĘTARSKI TOMASZ | 146 | | WŁOCLAWEK | POL | M50-54 | 5 | M 48 | | | 00:23:28 | 00:47:25.25 | 9:29 | 6.3 |
| 106 | STOCKA OLIVIA | 107 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 10 | K 58 | | | 00:21:54 | 00:47:34.15 | 9:30 | 6.3 |
| 107 | SEJDOWSKA KAROLINA | 95 | | WŁOCLAWEK | POL | K-JUN. | 11 | K 59 | | | 00:21:35 | 00:47:34.60 | 9:31 | 6.3 |
| 108 | SARNIAK DARIUSZ | 94 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M-NIEPEŁNOSPRAWNI(B | 2 | M 49 | | | 00:23:33 | 00:47:50.85 | 9:34 | 6.3 |
| 109 | GROBELNA JADWIGA | 30 | KS METRACO POLKOWICE | LUBIN | POL | K-NIEPEŁNOSPRAWNI(B | 1 | K 60 | | | 00:24:01 | 00:48:09.75 | 9:38 | 6.2 |
| 110 | BEDNARSKA MAŁGORZATA | 4 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 7 | K 61 | | | 00:24:11 | 00:48:11.50 | 9:38 | 6.2 |
| 111 | KRALSKA ANNA | 54 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K-NIEPEŁNOSPRAWNI(B | 2 | K 62 | | | 00:24:05 | 00:48:18.00 | 9:39 | 6.2 |
| 112 | DUSZEŃKO ELWIRA | 23 | KS METRACO POLKOWICE | LUBIN | POL | K-NIEPEŁNOSPRAWNI(A | 2 | K 63 | | | 00:24:12 | 00:48:19.55 | 9:40 | 6.2 |
| 113 | SEKUŁA KAROLINA | 96 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | K30-39 | 7 | K 64 | | | 00:23:51 | 00:48:20.80 | 9:40 | 6.2 |
| 114 | KARCZEWSKI KRZYSZTOF | 44 | | WŁOCLAWEK | POL | M30-39 | 4 | M 50 | | | 00:23:49 | 00:48:25.25 | 9:41 | 6.2 |
| 115 | ROSIŃSKA EWELINA | 92 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 12 | K 65 | | | 00:24:15 | 00:48:26.70 | 9:41 | 6.2 |
| 116 | CZERNIK TERESA | 16 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 8 | K 66 | | | 00:24:24 | 00:48:45.50 | 9:45 | 6.2 |
| 117 | SNOPKOWSKA EMILIA | 100 | PARAKULOS KOWAL | GRODZTWO | POL | K30-39 | 8 | K 67 | | | 00:24:13 | 00:49:06.30 | 9:49 | 6.1 |
| 118 | SZYMAŃSKA DANUTA | 115 | | WŁOCLAWEK | POL | K45-49 | 8 | K 68 | | | 00:24:46 | 00:49:09.75 | 9:50 | 6.1 |
| 119 | STARSKA EWA | 144 | | PŁOCK | POL | K60-64 | 6 | K 69 | | | 00:24:18 | 00:49:14.05 | 9:50 | 6.1 |
| 120 | BARTOSIK KRYSZYNA | 2 | | ZGIERZ | POL | K60-64 | 7 | K 70 | | | 00:25:06 | 00:49:28.60 | 9:53 | 6.1 |
| 121 | PAWŁOWSKA WANDA | 80 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K60-64 | 8 | K 71 | | | 00:25:09 | 00:49:41.60 | 9:56 | 6 |
| 122 | KOCIŃSKI LESZEK | 47 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | 7 | M 51 | | | 00:25:52 | 00:51:26.10 | 10:17 | 5.8 |
| 123 | WYCISŁO ROMUALD | 133 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M-NIEPEŁNOSPRAWNI(B | 3 | M 52 | | | 00:25:58 | 00:51:49.65 | 10:21 | 5.8 |
| 124 | STANOWSKA MONIKA | 152 | | WŁOCLAWEK | POL | K40-44 | 10 | K 72 | | | 00:24:56 | 00:52:16.20 | 10:27 | 5.7 |
| 125 | PESTA MAREK | 82 | | PŁOCK | POL | M55-59 | 4 | M 53 | | | 00:25:34 | 00:52:59.85 | 10:36 | 5.7 |
| 126 | KAMIŃSKA KATARZYNA | 43 | | WŁOCLAWEK | POL | K45-49 | 9 | K 73 | | | 00:25:45 | 00:53:24.85 | 10:40 | 5.6 |
| 127 | DROP MIECZYŚLAW | 20 | KS SOKÓŁ GAŚAWA | PAKOŚĆ | POL | M70+ | 8 | M 54 | | | 00:26:59 | 00:53:39.00 | 10:43 | 5.6 |
| 128 | PIEROWSKA HALINA | 83 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K70+ | 4 | K 74 | | | 00:26:39 | 00:55:10.70 | 11:02 | 5.4 |
| 129 | KALAMAJSKA BARBARA | 42 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K60-64 | 9 | K 75 | | | 00:27:52 | 00:55:48.55 | 11:09 | 5.4 |
| 130 | ZAKRZEWSKA BOGUMIŁA | 134 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 9 | K 76 | | | 00:28:08 | 00:57:48.25 | 11:33 | 5.2 |
| 131 | JAKUBOWSKA HANNA | 34 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 10 | K 77 | | | 00:28:08 | 00:58:03.20 | 11:36 | 5.2 |
| 132 | JASIŃSKA KRYSZYNA | 36 | PARAKULOS KOWAL | KOWAL | POL | K65-69 | 11 | K 78 | | | 00:27:24 | 01:00:02.15 | 12:00 | 5 |
| 133 | KOWALEWSKA DOROTA | 156 | | WŁOCLAWEK | POL | K40-44 | 11 | K 79 | | | | | | |
| 134 | DOPIERAŁA AMELIA | 155 | | WŁOCLAWEK | POL | K-JUN. | 13 | K 80 | | | | | | |
| | JAKUBOWSKI MARIAN | 35 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | | | | | 00:27:52 | DNF | - | - |
| | | | | | | | | | | | DNF | | | |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|------|-----------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SULECKA GABRIELA | 109 | | ŚWIECIE | POL | K-NIEPEŁNOSPRAWNI(A | 1 | K 17 | | | 00:19:33 | 00:39:15.90 | 7:51 | 7.6 |
| | | | | | |) | | | | | | | | |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Niepełnosprawni(A) c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------|----|----------------------|-----------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 2 | DUSZEŃKO ELWIRA | 23 | KS METRACO POLKOWICE | LUBIN | POL | K-NIEPEŁNOSPRAWNI(A) | 2 | K 63 | | | 00:24:12 | 00:48:19.55 | 9:40 | 6.2 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|----|----------------------|-----------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | GROBELNA JADWIGA | 30 | KS METRACO POLKOWICE | LUBIN | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 60 | | | 00:24:01 | 00:48:09.75 | 9:38 | 6.2 |
| 2 | KRALSKA ANNA | 54 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 62 | | | 00:24:05 | 00:48:18.00 | 9:39 | 6.2 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|----|-------------------------|-----------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | POLISZCZUK PIOTR | 86 | PIERNIKI NA CHODZIE | TORUŃ | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 17 | | | 00:18:18 | 00:36:54.90 | 7:23 | 8.1 |
| 2 | DUSZEŃKO ZYGMUNT | 22 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(A) | 2 | M 18 | | | 00:18:18 | 00:36:55.20 | 7:23 | 8.1 |
| 3 | DOMBRZALSKI RYSZARD | 19 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 19 | | | 00:18:16 | 00:37:04.90 | 7:25 | 8.1 |
| 4 | JÓZWIAK ŁUKASZ | 39 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M-NIEPEŁNOSPRAWNI(A) | 4 | M 35 | | | 00:19:53 | 00:40:14.60 | 8:03 | 7.5 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-----------------------------|-----------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | GRYGOROWICZ BOGDAN | 31 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 20 | | | 00:18:45 | 00:37:24.45 | 7:29 | 8 |
| 2 | SARNIAK DARIUSZ | 94 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 49 | | | 00:23:33 | 00:47:50.85 | 9:34 | 6.3 |
| 3 | WYCISŁO ROMUALD | 133 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 52 | | | 00:25:58 | 00:51:49.65 | 10:21 | 5.8 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------|-----|------------------|-----------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ZIĘTARSKI STANISŁAW | 145 | | WŁOCLAWEK | POL | M-DZIECI | 1 | M 36 | | | 00:20:04 | 00:40:30.05 | 8:06 | 7.4 |
| 2 | KOCZOROWSKI KACPER | 50 | K S SOKÓŁ GAŚAWA | GAŚAWA | POL | M-DZIECI | 2 | M 40 | | | 00:20:07 | 00:41:01.60 | 8:12 | 7.3 |
| 3 | SOŁDECKI WOJCIECH | 102 | | WARSZAWA | POL | M-DZIECI | 3 | M 41 | | | 00:20:07 | 00:41:08.75 | 8:13 | 7.3 |
| 4 | WIERZCHOSŁAWSKI MARCEL | 149 | | BRZOZA | POL | M-DZIECI | 4 | M 45 | | | 00:20:09 | 00:43:28.65 | 8:41 | 6.9 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|----|------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | KOCZOROWSKA PATRYCJA | 49 | K S SOKÓŁ GAŚAWA | GAŚAWA | POL | K-JUN. | 1 | K 19 | | | 00:19:52 | 00:39:36.15 | 7:55 | 7.6 |
| 2 | KASAK KORNELIA | 46 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 2 | K 20 | | | 00:20:27 | 00:39:51.95 | 7:58 | 7.5 |
| 3 | KASAK MARTYNA | 45 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 3 | K 24 | | | 00:20:29 | 00:40:29.60 | 8:05 | 7.4 |
| 4 | BRUCH MARTYNA | 11 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 4 | K 27 | | | 00:21:20 | 00:41:11.85 | 8:14 | 7.3 |
| 5 | PAWŁOWSKA ANGELIKA | 81 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 5 | K 28 | | | 00:21:19 | 00:41:32.65 | 8:18 | 7.2 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Jun. c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|----------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 6 | KUSZEWSKA WIKTORIA | 59 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 6 | K 34 | | | 00:21:22 | 00:43:30.10 | 8:42 | 6.9 |
| 7 | SMARDZEWSKA ZUZANNA | 99 | | WŁOCLAWEK | POL | K-JUN. | 7 | K 39 | | | 00:22:58 | 00:44:47.45 | 8:57 | 6.7 |
| 8 | WNUKIEWICZ PAULINA | 129 | | WŁOCLAWEK | POL | K-JUN. | 8 | K 40 | | | 00:22:59 | 00:44:48.25 | 8:57 | 6.7 |
| 9 | WITKOWSKA NATALIA | 128 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 9 | K 42 | | | 00:21:32 | 00:45:09.15 | 9:01 | 6.6 |
| 10 | STOCKA OLIWIA | 107 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 10 | K 58 | | | 00:21:54 | 00:47:34.15 | 9:30 | 6.3 |
| 11 | SEJDOWSKA KAROLINA | 95 | | WŁOCLAWEK | POL | K-JUN. | 11 | K 59 | | | 00:21:35 | 00:47:34.60 | 9:31 | 6.3 |
| 12 | ROSIŃSKA EWELINA | 92 | BACZYŃSKI TEAM | WŁOCLAWEK | POL | K-JUN. | 12 | K 65 | | | 00:24:15 | 00:48:26.70 | 9:41 | 6.2 |
| 13 | DOPIERAŁA AMELIA | 155 | | WŁOCLAWEK | POL | K-JUN. | 13 | K 80 | | | | | | |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|----------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | FRĄCKOWIAK MATEUSZ | 26 | KS METRACO POLKOWICE | WIELEŃ | POL | M-JUN. | 1 | M 29 | | | 00:17:48 | 00:39:26.05 | 7:53 | 7.6 |
| 2 | WALESZKO ADAM | 122 | PASJA NORDIC WALKING | WARSZAWA | POL | M-JUN. | 2 | M 42 | | | 00:21:02 | 00:41:28.80 | 8:17 | 7.2 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|----|--------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | NOWALIŃSKA ANASTAZJA | 73 | FACE NORDIC WALKING TEAM | PŁOCK | POL | K18-29 | 1 | K 25 | | | 00:20:16 | 00:40:33.35 | 8:06 | 7.4 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------------|-----|------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WIERZCHOSŁAWSKI MATEUSZ | 148 | | BYDGOSZCZ | POL | M18-29 | 1 | M 39 | | | 00:19:50 | 00:40:58.85 | 8:11 | 7.3 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|----------------------------|------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SZCZUDLIK MAŁGORZATA | 112 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K30-39 | 1 | K 2 | | | 00:18:05 | 00:36:39.00 | 7:19 | 8.2 |
| 2 | MISZCZAK SYLWIA | 68 | NEW4YOU STUDIO TRENINGU | KOŁO | POL | K30-39 | 2 | K 4 | | | 00:18:36 | 00:36:55.65 | 7:23 | 8.1 |
| 3 | MALINOWSKA MONIKA | 64 | LKS ZANTYR SZTUM | SZTUM | POL | K30-39 | 3 | K 6 | | | 00:18:32 | 00:37:32.50 | 7:30 | 8 |
| 4 | KOCZOROWSKA MONIKA | 48 | K S SOKÓŁ GAŚAWA | GAŚAWA | POL | K30-39 | 4 | K 23 | | | 00:19:57 | 00:40:20.15 | 8:04 | 7.4 |
| 5 | ADAMCZYK JUSTYNA | 1 | NEW4YOU STUDIO TRENINGU | KOŁO | POL | K30-39 | 5 | K 29 | | | 00:20:38 | 00:41:36.70 | 8:19 | 7.2 |
| 6 | NOWAK ADRIANNA | 150 | | WŁOCLAWEK | POL | K30-39 | 6 | K 44 | | | 00:22:46 | 00:45:54.80 | 9:11 | 6.5 |
| 7 | SEKUŁA KAROLINA | 96 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | K30-39 | 7 | K 64 | | | 00:23:51 | 00:48:20.80 | 9:40 | 6.2 |
| 8 | SNOPKOWSKA EMILIA | 100 | PARAKULOS KOWAL | GRODZTWO | POL | K30-39 | 8 | K 67 | | | 00:24:13 | 00:49:06.30 | 9:49 | 6.1 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | BRZOZOWSKI PIOTR | 151 | AKTYWNI POSTOMINO | SŁAWNO | POL | M30-39 | 1 | M 1 | | | 00:15:49 | 00:32:36.80 | 6:31 | 9.2 |
| 2 | JĘDRZEJEWSKI ŁUKASZ | 38 | KLUB HONOROWYCH DAWCÓW KRWI LEGION | BIELSK | POL | M30-39 | 2 | M 12 | | | 00:17:49 | 00:35:54.55 | 7:11 | 8.4 |
| 3 | SZEP CZYŃSKI KAMIL | 113 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M30-39 | 3 | M 32 | | | 00:19:57 | 00:39:36.70 | 7:55 | 7.6 |
| 4 | KARCZEWSKI KRZYSZTOF | 44 | | WŁOCLAWEK | POL | M30-39 | 4 | M 50 | | | 00:23:49 | 00:48:25.25 | 9:41 | 6.2 |

WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------------|-----|--------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | PUSZKARSKA MAŁGORZATA | 89 | GOSADI NORDIC TEAM | WARSZAWA | POL | K40-44 | 1 | K 3 | | | 00:18:24 | 00:36:54.25 | 7:23 | 8.1 |
| 2 | MAJEWSKA KINGA | 62 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-44 | 2 | K 10 | | | 00:19:05 | 00:38:37.60 | 7:43 | 7.8 |
| 3 | BERKOWSKA MARZENA | 6 | ZSP BORZĘCIN DUŻY | ZABORÓW | POL | K40-44 | 3 | K 11 | | | 00:19:10 | 00:38:41.55 | 7:44 | 7.8 |
| 4 | MARCINIAK ANETA | 139 | FACE NORDIC WALKING TEAM | PŁOCK | POL | K40-44 | 4 | K 14 | | | 00:19:19 | 00:39:03.30 | 7:48 | 7.7 |
| 5 | PIETRUSZEWSKA AGNIESZKA | 85 | PARAKULOS KOWAL | KOWAL | POL | K40-44 | 5 | K 22 | | | 00:20:01 | 00:40:15.35 | 8:03 | 7.5 |
| 6 | SUGAY LARYSA | 108 | | WARSZAWA | POL | K40-44 | 6 | K 32 | | | 00:21:15 | 00:42:58.15 | 8:35 | 7 |
| 7 | ROSIŃSKA WIESŁAWA | 91 | PARAKULOS KOWAL | KOWAL | POL | K40-44 | 7 | K 36 | | | 00:22:05 | 00:44:16.45 | 8:51 | 6.8 |
| 8 | DUTKIEWICZ ANNA | 24 | | WŁOCŁAWEK | POL | K40-44 | 8 | K 47 | | | 00:23:03 | 00:45:57.55 | 9:11 | 6.5 |
| 9 | BRODZIŃSKA EWELINA | 10 | | WŁOCŁAWEK | POL | K40-44 | 9 | K 55 | | | 00:23:44 | 00:46:57.85 | 9:23 | 6.4 |
| 10 | STANOWSKA MONIKA | 152 | | WŁOCŁAWEK | POL | K40-44 | 10 | K 72 | | | 00:24:56 | 00:52:16.20 | 10:27 | 5.7 |
| 11 | KOWALEWSKA DOROTA | 156 | | WŁOCŁAWEK | POL | K40-44 | 11 | K 79 | | | | | | |

WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | REMISZ WŁODZIMIERZ | 90 | NEW4YOU STUDIO TRENINGU | KOŁO | POL | M40-44 | 1 | M 2 | | | 00:16:35 | 00:34:22.75 | 6:52 | 8.7 |
| 2 | JASIŁEK PRZEMYSŁAW | 140 | | RADAWNICA | POL | M40-44 | 2 | M 5 | | | 00:16:54 | 00:35:01.55 | 7:00 | 8.6 |
| 3 | SYPNIEWSKI SZYMON | 110 | NEW4YOU STUDIO TRENINGU | KONIN | POL | M40-44 | 3 | M 15 | | | 00:17:56 | 00:36:15.30 | 7:15 | 8.3 |

WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | JÓŹWIAK MARIANNA | 40 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 5 | | | 00:18:06 | 00:37:13.50 | 7:26 | 8.1 |
| 2 | PIETRUSEWICZ JOANNA | 84 | PASJA NORDIC WALKING | WARSZAWA | POL | K45-49 | 2 | K 9 | | | 00:18:58 | 00:38:21.45 | 7:40 | 7.8 |
| 3 | SOŁDECKA ANNA | 101 | | WARSZAWA | POL | K45-49 | 3 | K 13 | | | 00:19:34 | 00:38:59.35 | 7:48 | 7.7 |
| 4 | GRABOWSKA BOŻENA | 29 | LKS ZANTYR SZTUM | SZTUM | POL | K45-49 | 4 | K 21 | | | 00:19:34 | 00:40:01.00 | 8:00 | 7.5 |
| 5 | GDAŃSKA ANETA | 28 | | KOWAL | POL | K45-49 | 5 | K 33 | | | 00:21:34 | 00:43:08.30 | 8:37 | 7 |
| 6 | KĘDZIERSKA EDYTA | 153 | PFNW | GDAŃSK | POL | K45-49 | 6 | K 45 | | | 00:23:13 | 00:45:56.20 | 9:11 | 6.5 |
| 7 | WALCZAK AGNIESZKA | 120 | | WŁOCŁAWEK | POL | K45-49 | 7 | K 52 | | | 00:22:57 | 00:46:36.45 | 9:19 | 6.4 |
| 8 | SZYMAŃSKA DANUTA | 115 | | WŁOCŁAWEK | POL | K45-49 | 8 | K 68 | | | 00:24:46 | 00:49:09.75 | 9:50 | 6.1 |
| 9 | KAMIŃSKA KATARZYNA | 43 | | WŁOCŁAWEK | POL | K45-49 | 9 | K 73 | | | 00:25:45 | 00:53:24.85 | 10:40 | 5.6 |

WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ZIELIŃSKI SZCZEPAN | 136 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M45-49 | 1 | M 10 | | | 00:17:55 | 00:35:41.50 | 7:08 | 8.4 |
| 2 | WALESZKO ANDRZEJ | 121 | PASJA NORDIC WALKING | WARSZAWA | POL | M45-49 | 2 | M 37 | | | 00:20:04 | 00:40:37.80 | 8:07 | 7.4 |

WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------------------|-----|-----------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | OKRZESIK-FRĄCKOWIAK IZABELA | 76 | KS METRACO POLKOWICE | WIELEŃ | POL | K50-54 | 1 | K 1 | | | 00:18:04 | 00:35:59.75 | 7:12 | 8.3 |
| 2 | LEŹNICKA-BUDYNEK AGNIESZKA | 61 | TEAM FIRANKARNIA | KOŁO | POL | K50-54 | 2 | K 31 | | | 00:21:03 | 00:42:27.40 | 8:29 | 7.1 |
| 3 | NOWAK JOANNA | 147 | | WŁOCŁAWEK | POL | K50-54 | 3 | K 38 | | | 00:21:58 | 00:44:46.45 | 8:57 | 6.7 |
| 4 | HINEBORG BOGUMIŁA | 33 | KLUB NW PATYCZAKI GRUDZIĄDZ | WIELKI LUBIEŃ | POL | K50-54 | 4 | K 49 | | | 00:22:56 | 00:46:18.45 | 9:15 | 6.5 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | FRAÇKOWIAK ROMAN | 25 | KS METRACO POLKOWICE | WIELEŃ | POL | M50-54 | 1 | M 4 | | | 00:17:19 | 00:34:44.45 | 6:57 | 8.6 |
| 2 | BUDYNEK KAROL | 13 | TEAM FIRANKARNIA | KOŁO | POL | M50-54 | 2 | M 7 | | | 00:17:22 | 00:35:11.55 | 7:02 | 8.5 |
| 3 | PRACKI ZBIGNIEW | 88 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M50-54 | 3 | M 30 | | | 00:19:39 | 00:39:27.45 | 7:53 | 7.6 |
| 4 | SZYMAŃSKI ROMAN | 117 | NAMOR TEAM | SKRWILNO | POL | M50-54 | 4 | M 31 | | | 00:19:05 | 00:39:31.45 | 7:54 | 7.6 |
| 5 | ZIĘTARSKI TOMASZ | 146 | | WŁOCLAWEK | POL | M50-54 | 5 | M 48 | | | 00:23:28 | 00:47:25.25 | 9:29 | 6.3 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-----------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ZIELIŃSKA JOLANTA | 135 | GOSIR OSIELSKO | OSIELSKO | POL | K55-59 | 1 | K 7 | | | 00:18:35 | 00:37:33.70 | 7:30 | 8 |
| 2 | MARCINIAK HANNA | 66 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K55-59 | 2 | K 26 | | | 00:20:06 | 00:40:37.65 | 8:07 | 7.4 |
| 3 | CHYREK RENATA | 15 | | BYDGOSZCZ | POL | K55-59 | 3 | K 35 | | | 00:21:49 | 00:44:06.95 | 8:49 | 6.8 |
| 4 | ŻYWICA ZUZANNA | 138 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K55-59 | 4 | K 46 | | | 00:23:01 | 00:45:56.40 | 9:11 | 6.5 |
| 5 | NIEWIADOMSKA ZOFIA | 71 | | WŁOCLAWEK | POL | K55-59 | 5 | K 54 | | | 00:23:00 | 00:46:44.05 | 9:20 | 6.4 |
| 6 | OGONOWSKA EDYTA | 143 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K55-59 | 6 | K 57 | | | 00:23:40 | 00:47:24.85 | 9:29 | 6.3 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | KOP WIESŁAW | 53 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M55-59 | 1 | M 3 | | | 00:17:09 | 00:34:32.20 | 6:54 | 8.7 |
| 2 | WASIELEWSKI MIROSLAW | 123 | ELBLĄSKI BAŻANT NW | ELBLĄG | POL | M55-59 | 2 | M 6 | | | 00:17:12 | 00:35:06.65 | 7:01 | 8.5 |
| 3 | SAMOJŁO SŁAWOMIR | 93 | | ŚWINOUJŚCIE | POL | M55-59 | 3 | M 23 | | | 00:18:37 | 00:37:55.80 | 7:35 | 7.9 |
| 4 | PESTA MAREK | 82 | | PŁOCK | POL | M55-59 | 4 | M 53 | | | 00:25:34 | 00:52:59.85 | 10:36 | 5.7 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | KRAWCZYK DOROTA | 55 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | K60-64 | 1 | K 15 | | | 00:19:25 | 00:39:08.15 | 7:49 | 7.7 |
| 2 | DAROSZEWSKA KRYSZYNA | 17 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K60-64 | 2 | K 18 | | | 00:19:40 | 00:39:28.00 | 7:53 | 7.6 |
| 3 | BAZELA HENRYKA | 3 | PARAKULOS KOWAL | KOWAL | POL | K60-64 | 3 | K 37 | | | 00:22:22 | 00:44:35.15 | 8:55 | 6.7 |
| 4 | BILIŃSKA DANUTA | 8 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K60-64 | 4 | K 41 | | | 00:21:43 | 00:44:49.50 | 8:58 | 6.7 |
| 5 | MOTOCZYŃSKA ALEKSANDRA | 69 | GOSIR OSIELSKO | BYDGOSZCZ | POL | K60-64 | 5 | K 48 | | | 00:22:40 | 00:46:18.00 | 9:15 | 6.5 |
| 6 | STARSKA EWA | 144 | | PŁOCK | POL | K60-64 | 6 | K 69 | | | 00:24:18 | 00:49:14.05 | 9:50 | 6.1 |
| 7 | BARTOSIK KRYSZYNA | 2 | | ZGIERZ | POL | K60-64 | 7 | K 70 | | | 00:25:06 | 00:49:28.60 | 9:53 | 6.1 |
| 8 | PAWŁOWSKA WANDA | 80 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K60-64 | 8 | K 71 | | | 00:25:09 | 00:49:41.60 | 9:56 | 6 |
| 9 | KALAMAJSKA BARBARA | 42 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K60-64 | 9 | K 75 | | | 00:27:52 | 00:55:48.55 | 11:09 | 5.4 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-----------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | GOŁĘBIEWSKI ANDRZEJ | 142 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | M60-64 | 1 | M 22 | | | 00:18:43 | 00:37:49.90 | 7:34 | 7.9 |
| 2 | TRZCIŃSKI EUGENIUSZ | 118 | | BYDGOSZCZ | POL | M60-64 | 2 | M 24 | | | 00:18:43 | 00:38:08.65 | 7:37 | 7.9 |
| 3 | BERCZYŃSKI HENRYK | 5 | NADLESNICTWO OKONEK | OKONEK | POL | M60-64 | 3 | M 25 | | | 00:18:46 | 00:38:17.25 | 7:39 | 7.8 |
| 4 | WIŚNIEWSKI KAZIMIERZ | 127 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 4 | M 27 | | | 00:19:31 | 00:39:01.30 | 7:48 | 7.7 |
| 5 | MOTOCZYŃSKI KRZYSZTOF | 70 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M60-64 | 5 | M 34 | | | 00:19:33 | 00:39:52.50 | 7:58 | 7.5 |
| 6 | KALINOWSKI JACEK | 154 | | WŁOCLAWEK | POL | M60-64 | 6 | M 43 | | | 00:21:23 | 00:41:36.75 | 8:19 | 7.2 |
| 7 | PAJĘCKI ADAM | 78 | PARAKULOS KOWAL | KOWAL | POL | M60-64 | 7 | M 46 | | | 00:21:52 | 00:43:42.15 | 8:44 | 6.9 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------------------|-----|-----------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | STAŃCZAK GRAŻYNA | 105 | FACE NORDIC TEAM | GDAŃSK | POL | K65-69 | 1 | K 8 | | | 00:18:49 | 00:38:03.75 | 7:36 | 7.9 |
| 2 | DANA KAZIMIERA | 141 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K65-69 | 2 | K 12 | | | 00:19:16 | 00:38:43.70 | 7:44 | 7.7 |
| 3 | WOLIŃSKA EWA | 130 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 3 | K 16 | | | 00:19:06 | 00:39:09.00 | 7:49 | 7.7 |
| 4 | SZCZEPANIAK BARBARA | 111 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 4 | K 50 | | | 00:23:32 | 00:46:22.70 | 9:16 | 6.5 |
| 5 | SKOWROŃSKA-ŁOPIŃSKA GENOWEFA | 132 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | K65-69 | 5 | K 53 | | | 00:23:11 | 00:46:43.25 | 9:20 | 6.4 |
| 6 | KUSIAK MARIA | 58 | | GDAŃSK | POL | K65-69 | 6 | K 56 | | | 00:23:45 | 00:47:21.15 | 9:28 | 6.3 |
| 7 | BEDNARSKA MAŁGORZATA | 4 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 7 | K 61 | | | 00:24:11 | 00:48:11.50 | 9:38 | 6.2 |
| 8 | CZERNIK TERESA | 16 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 8 | K 66 | | | 00:24:24 | 00:48:45.50 | 9:45 | 6.2 |
| 9 | ZAKRZEWSKA BOGUMIŁA | 134 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 9 | K 76 | | | 00:28:08 | 00:57:48.25 | 11:33 | 5.2 |
| 10 | JAKUBOWSKA HANNA | 34 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K65-69 | 10 | K 77 | | | 00:28:08 | 00:58:03.20 | 11:36 | 5.2 |
| 11 | JASINSKA KRYSZYNA | 36 | PARAKULOS KOWAL | KOWAL | POL | K65-69 | 11 | K 78 | | | 00:27:24 | 01:00:02.15 | 12:00 | 5 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | BUŁAKOWSKI BOHDAN | 14 | | WARSZAWA | POL | M65-69 | 1 | M 8 | | | 00:17:32 | 00:35:13.35 | 7:02 | 8.5 |
| 2 | BUCZKOWSKI JERZY | 12 | | ŻNIN | POL | M65-69 | 2 | M 11 | | | 00:17:34 | 00:35:52.35 | 7:10 | 8.4 |
| 3 | WROŃSKI WŁODZIMIERZ | 131 | PASJA NORDIC WALKING | WARSZAWA | POL | M65-69 | 3 | M 14 | | | 00:17:54 | 00:36:11.75 | 7:14 | 8.3 |
| 4 | DUDEK EDWARD | 21 | KS METRACO POLKOWICE | GŁOGÓW | POL | M65-69 | 4 | M 21 | | | 00:18:00 | 00:37:38.95 | 7:31 | 8 |
| 5 | KUSIAK WŁODZIMIERZ | 57 | STEP BY STEP TRÓJMIASTO | GDAŃSK | POL | M65-69 | 5 | M 28 | | | 00:18:53 | 00:39:05.25 | 7:49 | 7.7 |
| 6 | WALAWKO MIROSLAW | 119 | AVOCCADO WELLNESS CLUB | WARSZAWA | POL | M65-69 | 6 | M 33 | | | 00:19:31 | 00:39:42.30 | 7:56 | 7.6 |
| 7 | MAJEWSKI WŁODZIMIERZ | 63 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M65-69 | 7 | M 44 | | | 00:20:55 | 00:42:01.15 | 8:24 | 7.1 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------------------|----|--------------------------|-----------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | NOWAKOWSKA IRENA | 72 | AVOCCADO WELLNESS CLUB | WARSZAWA | POL | K70+ | 1 | K 30 | | | 00:20:50 | 00:42:15.85 | 8:27 | 7.1 |
| 2 | PANKIEWICZ-DMOWSKA CECYLIA | 79 | FACE NORDIC WALKING TEAM | GOWINO | POL | K70+ | 2 | K 43 | | | 00:22:37 | 00:45:46.60 | 9:09 | 6.6 |
| 3 | MALINOWSKA GRAŻYNA | 65 | LKS ZANTYR SZTUM | SZTUM | POL | K70+ | 3 | K 51 | | | 00:22:44 | 00:46:32.65 | 9:18 | 6.4 |
| 4 | PIEROWSKA HALINA | 83 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K70+ | 4 | K 74 | | | 00:26:39 | 00:55:10.70 | 11:02 | 5.4 |

WŁOCLAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|---|-----------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SZYMAŃSKI STEFAN | 116 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DWYWITY | KIEŻLINY | POL | M70+ | 1 | M 9 | | | 00:17:33 | 00:35:33.10 | 7:06 | 8.4 |
| 2 | KOŁPAK JAN | 52 | LKS ZANTYR SZTUM | SZTUM | POL | M70+ | 2 | M 13 | | | 00:17:46 | 00:36:02.60 | 7:12 | 8.3 |
| 3 | WASILEWSKI SŁAWOMIR | 124 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 3 | M 16 | | | 00:18:19 | 00:36:41.15 | 7:20 | 8.2 |
| 4 | STAŃCZAK RYSZARD | 106 | FACE NORDIC TEAM | GDAŃSK | POL | M70+ | 4 | M 26 | | | 00:19:11 | 00:38:58.70 | 7:47 | 7.7 |
| 5 | KOLENDA ZBIGNIEW | 51 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | 5 | M 38 | | | 00:20:27 | 00:40:43.35 | 8:08 | 7.4 |
| 6 | SIKORSKI KAZIMIERZ | 98 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | 6 | M 47 | | | 00:21:18 | 00:43:56.00 | 8:47 | 6.8 |
| 7 | KOCIŃSKI LESZEK | 47 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | 7 | M 51 | | | 00:25:52 | 00:51:26.10 | 10:17 | 5.8 |
| 8 | DROP MIECZYSLAW | 20 | KS SOKÓŁ GAŚAWA | PAKOŚĆ | POL | M70+ | 8 | M 54 | | | 00:26:59 | 00:53:39.00 | 10:43 | 5.6 |
| | JAKUBOWSKI MARIAN | 35 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M70+ | | | | | 00:27:52 | DNF | - | - |
| | | | | | | | | | | | DNF | | | |