

LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

 Organizator: Legnica
 Data: 2019-06-22
 Miejsce: Legnica
 Dystans: 21.1 km
 Klasyfikacja wg czasów netto.

LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owoś | 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 | SKIBA KRZYSZTOF | 325 | MSPORT TEAM | LEGNICA | POL | M50-59 | 1 | M 1 | 1 | | 00:54:48 | 01:11:52 | 01:28:42 | 01:45:43 | 02:02:45 | 02:20:01.00 | 6:38 | 9 |
| 2 | KORDOWSKI PIOTR | 314 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | M40-49 | 1 | M 2 | | | 00:56:18 | 01:13:40 | 01:31:13 | 01:48:49 | 02:06:37 | 02:24:43.00 | 6:51 | 8.7 |
| 3 | WOJCIECHOWSKA ELŻBIETA | 340 | KS METRACO POLKOWICE | PAKOŚĆ | POL | K30-39 | 1 | K 1 | | | 00:57:26 | 01:14:53 | 01:32:27 | 01:50:26 | 02:08:45 | 02:27:11.65 | 6:58 | 8.6 |
| 4 | HAŁAS MARCIN | 307 | UNIA MIAST | CZECHOWICE -DZIEDZICE | POL | M30-39 | 1 | M 3 | | | 00:59:54 | 01:17:51 | 01:36:28 | 01:54:20 | 02:11:33 | 02:28:52.65 | 7:03 | 8.5 |
| 5 | KUBISZYN MIROSLAW | 339 | KS METRACO POLKOWICE | LUBACZÓW | POL | M30-39 | 2 | M 4 | | | 00:59:57 | 01:17:53 | 01:36:30 | 01:54:23 | 02:11:57 | 02:29:25.10 | 7:04 | 8.5 |
| 6 | KOŁODZIEJ JOANNA | 312 | STADION ŚLĄSKI | RUDA ŚLĄSKI | POL | K50-59 | 1 | K 2 | | | 01:00:09 | 01:18:03 | 01:36:19 | 01:54:55 | 02:13:11 | 02:32:16.35 | 7:13 | 8.3 |
| 7 | BARCZYK BOGDAN | 301 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 5 | | | 00:59:52 | 01:17:51 | 01:36:26 | 01:54:59 | 02:13:46 | 02:32:24.50 | 7:13 | 8.3 |
| 8 | PODOLAK MARIUSZ | 322 | KS METRACO POLKOWICE | HAGEN | POL | M30-39 | 3 | M 6 | | | 00:59:54 | 01:17:53 | 01:36:29 | 01:55:01 | 02:13:58 | 02:33:03.30 | 7:15 | 8.3 |
| 9 | KUŚMIEREK PATRYK | 316 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | 1 | M 7 | | | 01:02:21 | 01:20:53 | 01:39:46 | 01:58:36 | 02:17:56 | 02:37:23.75 | 7:27 | 8 |
| 10 | SPYCHAŁA MARZENA | 327 | CKZIU NYSA MECHANIK | BIAŁA | POL | K40-49 | 1 | K 3 | | | 01:02:02 | 01:20:47 | 01:39:16 | 01:58:19 | 02:17:50 | 02:37:35.50 | 7:28 | 8 |
| 11 | LENZ ANDRZEJ | 317 | MUSZKIETEROWIE | GNIEZNO | POL | M50-59 | 3 | M 8 | 2 | | 01:02:51 | 01:21:43 | 01:40:40 | 01:59:37 | 02:18:48 | 02:38:41.60 | 7:31 | 8 |
| 12 | ŻYDACZEWSKI RYSZARD | 342 | KS METRACO POLKOWICE | LUBLIN | POL | M50-59 | 4 | M 9 | | | 01:04:02 | 01:22:35 | 01:41:30 | 02:00:43 | 02:20:13 | 02:40:09.90 | 7:35 | 7.9 |
| 13 | STĘPIEŃ LUCYNA | 328 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 4 | 1 | | 01:03:20 | 01:22:42 | 01:42:08 | 02:01:45 | 02:21:19 | 02:40:42.75 | 7:37 | 7.9 |
| 14 | KOLMETZ KATARZYNA | 311 | POLIPACK TEAM GWE | GOŚCINO | POL | K40-49 | 2 | K 5 | 1 | | 01:03:23 | 01:22:35 | 01:41:51 | 02:01:23 | 02:21:14 | 02:40:58.45 | 7:37 | 7.9 |
| 15 | SZULC ALICJA | 329 | | MŁAWA | POL | K40-49 | 3 | K 6 | | | 01:01:21 | 01:20:34 | 01:39:46 | 02:00:03 | 02:20:51 | 02:41:31.20 | 7:39 | 7.8 |
| 16 | ŻAMOJCIN MAREK | 338 | | SZCZECIN | POL | M50-59 | 5 | M 10 | | | 01:03:46 | 01:23:09 | 01:42:42 | 02:02:37 | 02:22:39 | 02:42:48.95 | 7:42 | 7.8 |
| 17 | RAKOWIECKI ZBIGNIEW | 324 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | 6 | M 11 | 1 | | 01:04:03 | 01:23:31 | 01:43:11 | 02:03:05 | 02:23:07 | 02:43:32.50 | 7:45 | 7.7 |
| 18 | NOWICZ MARIUSZ | 321 | CIDRY LOTAJOM | KSIĘŻYŁAS | POL | M18-29 | 2 | M 12 | | | 01:04:39 | 01:23:49 | 01:43:03 | 02:02:32 | 02:22:55 | 02:43:53.65 | 7:46 | 7.7 |
| 19 | GOŁĘBIEWSKI KRZYSZTOF | 305 | ZAWSZE MŁODZI | ŁÓDŹ | POL | M50-59 | 7 | M 13 | | | 01:03:54 | 01:23:21 | 01:42:50 | 02:02:54 | 02:23:37 | 02:44:24.70 | 7:47 | 7.7 |
| 20 | WESOŁOWSKI WOJCIECH | 334 | MUSZKIETEROWIE | GNIEZNO | POL | M60+ | 1 | M 14 | | | 01:04:37 | 01:23:59 | 01:43:31 | 02:03:18 | 02:23:47 | 02:44:30.35 | 7:47 | 7.7 |
| 21 | ŚCIBUT ANIA | 331 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 4 | K 7 | | | 01:03:56 | 01:23:47 | 01:43:52 | 02:04:06 | 02:24:39 | 02:45:09.10 | 7:49 | 7.7 |

LEGNICA - 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 |
|------|----------------------|-----|-----------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------------|----------------|----------------|----------------|----------------|-------------------|--------|------|
| 22 | SZYMAŃSKI JACEK | 330 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | SKÓRKA | POL | M50-59 | 8 | M 15 | | | 01:05:05 | 01:24:56 | 01:45:06 | 02:04:30 | 02:24:50 | 02:45:24.80 | 7:50 | 7.7 |
| 23 | JANOSZKA IRENA | 308 | CIDRY LOTAJOM | RADZI ONKÓW | POL | K50-59 | 2 | K 8 | | | 01:04:43 | 01:24:32 | 01:44:28 | 02:04:41 | 02:25:06 | 02:45:59.55 | 7:52 | 7.6 |
| 24 | ŚWIST JOANNA | 333 | NESSI TEAM | GARDNO | POL | K30-39 | 2 | K 9 | 1 | | 01:10:13 | 01:30:25 | 01:50:07 | 02:09:34 | 02:29:01 | 02:48:44.35 | 7:59 | 7.5 |
| 25 | BADECKI RYSZARD | 344 | KS METRACO POLKOWICE | NIESZCZYCE | POL | M50-59 | 9 | M 16 | | | 01:03:48 | 01:23:24 | 01:44:19 | 02:04:54 | 02:27:49 | 02:50:23.05 | 8:04 | 7.4 |
| 26 | GROS AGNIESZKA | 306 | STADION ŚLĄSKI | KATOWICE | POL | K40-49 | 5 | K 10 | | | 01:05:52 | 01:26:10 | 01:46:49 | 02:08:02 | 02:29:12 | 02:50:34.55 | 8:05 | 7.4 |
| 27 | BUCZKOWSKA WIESŁAWA | 302 | FACE NORDIC WALKING TEAM | GDYŃA | POL | K60+ | 2 | K 11 | | | 01:05:59 | 01:26:38 | 01:47:28 | 02:08:35 | 02:29:43 | 02:50:59.45 | 8:06 | 7.4 |
| 28 | LIGĘZA JANUSZ | 318 | | TYCHY | POL | M50-59 | 10 | M 17 | 2 | | 01:06:13 | 01:27:20 | 01:49:25 | 02:10:03 | 02:30:27 | 02:51:40.05 | 8:08 | 7.4 |
| 29 | WIĘSKO RYSZARD | 335 | | PUŁAWY | POL | M60+ | 2 | M 18 | | | 01:07:23 | 01:28:00 | 01:48:38 | 02:09:28 | 02:30:39 | 02:52:03.10 | 8:09 | 7.4 |
| 30 | KORYTOWSKA AGNIESZKA | 315 | | MŁAWA | POL | K30-39 | 3 | K 12 | | | 01:07:05 | 01:27:23 | 01:48:34 | 02:09:44 | 02:30:44 | 02:52:13.00 | 8:09 | 7.4 |
| 31 | KORDOWSKA BOGUSŁAWA | 313 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | K40-49 | 6 | K 13 | | | 01:06:45 | 01:27:05 | 01:48:33 | 02:09:24 | 02:30:53 | 02:52:28.30 | 8:10 | 7.3 |
| 32 | DANKIEWICZ BARBARA | 303 | ZAWSZE MŁODZI | ŁÓWICZ | POL | K40-49 | 7 | K 14 | 1 | | 01:08:44 | 01:29:05 | 01:49:29 | 02:10:17 | 02:31:36 | 02:52:49.00 | 8:11 | 7.3 |
| 33 | WILDAUER JUGO | 341 | TEAM ERDINGER ALKOHOLFREI | MALSCHE | GER | M50-59 | 11 | M 19 | | | 01:06:31 | 01:27:31 | 01:48:57 | 02:10:58 | 02:33:35 | 02:56:03.65 | 8:20 | 7.2 |
| 34 | DUSZA ANNA | 304 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | 3 | K 15 | | | 01:09:11 | 01:30:18 | 01:51:46 | 02:13:35 | 02:36:06 | 02:58:15.00 | 8:26 | 7.1 |
| 35 | POSTEK DANUTA | 323 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 4 | K 16 | | | 01:09:55 | 01:30:56 | 01:52:36 | 02:14:25 | 02:36:40 | 02:58:44.25 | 8:28 | 7.1 |
| 36 | SOBAŃSKA GRAŻYNA | 326 | | DRUŻBICE | POL | K60+ | 3 | K 17 | | | 01:10:50 | 01:32:22 | 01:54:04 | 02:15:54 | 02:37:37 | 02:59:24.60 | 8:30 | 7.1 |
| 37 | MALINOWSKA KATARZYNA | 319 | LECYMY DURŚ | PIEKARZY ŚLĄSKI | POL | K30-39 | 4 | K 18 | | | 01:12:10 | 01:32:59 | 01:53:57 | 02:15:10 | 02:37:17 | 02:59:43.20 | 8:31 | 7 |
| 38 | PAPROTNA AGNIESZKA | 343 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 5 | K 19 | | | 01:08:37 | 01:30:31 | 01:53:14 | 02:16:09 | 02:38:27 | 03:00:31.90 | 8:33 | 7 |
| 39 | NIETRZEBKA PAWEŁ | 320 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | M30-39 | 4 | M 20 | | | 01:11:09 | 01:33:07 | 01:55:58 | 02:19:12 | 02:42:44 | 03:06:27.25 | 8:50 | 6.8 |
| 40 | ZAWADZKA MARIA | 337 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 20 | | | 01:14:45 | 01:36:53 | 01:59:17 | 02:21:41 | 02:44:23 | 03:07:08.95 | 8:52 | 6.8 |
| 41 | WIŚNIEWSKA SYLWIA | 336 | EDUWIS | RÓŻANKOWO | POL | K40-49 | 8 | K 21 | | | 01:14:42 | 01:37:02 | 02:01:25 | 02:25:56 | 02:49:33 | 03:13:32.20 | 9:10 | 6.5 |
| 42 | KARASIEWICZ IWONA | 309 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 6 | K 22 | | | 01:19:01 | 01:43:38 | 02:08:49 | 02:34:38 | 03:01:21 | 03:29:36.95 | 9:56 | 6 |
| DQ | MACIEJEWSKI ROBERT | 345 | | WAŁBRZYCH | POL | M30-39 | DQ | DQ | 3 | 1 | 01:09:21 DQ | 01:31:06 DQ | 01:53:58 DQ | 02:15:46 DQ | 02:38:05 DQ | 03:00:31.15 DQ | - | - |

LEGNICA - 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 | KUŚMIEREK PATRYK | 316 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | 1 | M 7 | | | 01:02:21 | 01:20:53 | 01:39:46 | 01:58:36 | 02:17:56 | 02:37:23.75 | 7:27 | 8 |
| 2 | NOWICZ MARIUSZ | 321 | CIDRY LOTAJOM | KSIĘŻY LAS | POL | M18-29 | 2 | M 12 | | | 01:04:39 | 01:23:49 | 01:43:03 | 02:02:32 | 02:22:55 | 02:43:53.65 | 7:46 | 7.7 |

LEGNICA - 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 | WOJCIECHOWSKA ELŻBIETA | 340 | KS METRACO POLKOWICE | PAKOŚĆ | POL | K30-39 | 1 | K 1 | | | 00:57:26 | 01:14:53 | 01:32:27 | 01:50:26 | 02:08:45 | 02:27:11.65 | 6:58 | 8.6 |
| 2 | ŚWIST JOANNA | 333 | NESSI TEAM | GARDNO | POL | K30-39 | 2 | K 9 | 1 | | 01:10:13 | 01:30:25 | 01:50:07 | 02:09:34 | 02:29:01 | 02:48:44.35 | 7:59 | 7.5 |
| 3 | KORYTOWSKA AGNIESZKA | 315 | | MŁAWA | POL | K30-39 | 3 | K 12 | | | 01:07:05 | 01:27:23 | 01:48:34 | 02:09:44 | 02:30:44 | 02:52:13.00 | 8:09 | 7.4 |
| 4 | MALINOWSKA KATARZYNA | 319 | LECYMY DURŚ | PIEKARY ŚLĄSKI | POL | K30-39 | 4 | K 18 | | | 01:12:10 | 01:32:59 | 01:53:57 | 02:15:10 | 02:37:17 | 02:59:43.20 | 8:31 | 7 |
| 5 | PAPROTNA AGNIESZKA | 343 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 5 | K 19 | | | 01:08:37 | 01:30:31 | 01:53:14 | 02:16:09 | 02:38:27 | 03:00:31.90 | 8:33 | 7 |
| 6 | KARASIEWICZ IWONA | 309 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 6 | K 22 | | | 01:19:01 | 01:43:38 | 02:08:49 | 02:34:38 | 03:01:21 | 03:29:36.95 | 9:56 | 6 |

LEGNICA - 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 | 307 | UNIA MIAST | CZECHOWICE -DZIEDZICE | POL | M30-39 | 1 | M 3 | | | 00:59:54 | 01:17:51 | 01:36:28 | 01:54:20 | 02:11:33 | 02:28:52.65 | 7:03 | 8.5 |
| 2 | KUBISZYN MIROSŁAW | 339 | KS METRACO POLKOWICE | LUBACZÓW | POL | M30-39 | 2 | M 4 | | | 00:59:57 | 01:17:53 | 01:36:30 | 01:54:23 | 02:11:57 | 02:29:25.10 | 7:04 | 8.5 |
| 3 | PODOLAK MARIUSZ | 322 | KS METRACO POLKOWICE | HAGEN | POL | M30-39 | 3 | M 6 | | | 00:59:54 | 01:17:53 | 01:36:29 | 01:55:01 | 02:13:58 | 02:33:03.30 | 7:15 | 8.3 |
| 4 | NIETRZEBKA PAWEŁ | 320 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | M30-39 | 4 | M 20 | | | 01:11:09 | 01:33:07 | 01:55:58 | 02:19:12 | 02:42:44 | 03:06:27.25 | 8:50 | 6.8 |
| DQ | MACIEJEWSKI ROBERT | 345 | | WAŁBRZYCH | POL | M30-39 | DQ | DQ | 3 | 1 | 01:09:21 DQ | 01:31:06 DQ | 01:53:58 DQ | 02:15:46 DQ | 02:38:05 DQ | DQ | - | - |

LEGNICA - 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 | SPYCHAŁA MARZENA | 327 | CKZIU NYSA MECHANIK | BIAŁA | POL | K40-49 | 1 | K 3 | | | 01:02:02 | 01:20:47 | 01:39:16 | 01:58:19 | 02:17:50 | 02:37:35.50 | 7:28 | 8 |
| 2 | KOLMETZ KATARZYNA | 311 | POLIPACK TEAM GWE | GOŚCICINO | POL | K40-49 | 2 | K 5 | 1 | | 01:03:23 | 01:22:35 | 01:41:51 | 02:01:23 | 02:21:14 | 02:40:58.45 | 7:37 | 7.9 |

LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K40-49 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 | SZULC ALICJA | 329 | | MŁAWA | POL | K40-49 | 3 | K 6 | | | 01:01:21 | 01:20:34 | 01:39:46 | 02:00:03 | 02:20:51 | 02:41:31.20 | 7:39 | 7.8 |
| 4 | ŚCIBUT ANIA | 331 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 4 | K 7 | | | 01:03:56 | 01:23:47 | 01:43:52 | 02:04:06 | 02:24:39 | 02:45:09.10 | 7:49 | 7.7 |
| 5 | GROS AGNIESZKA | 306 | STADION ŚLĄSKI | KATOWICE | POL | K40-49 | 5 | K 10 | | | 01:05:52 | 01:26:10 | 01:46:49 | 02:08:02 | 02:29:12 | 02:50:34.55 | 8:05 | 7.4 |
| 6 | KORDOWSKA BOGUSŁAWA | 313 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | K40-49 | 6 | K 13 | | | 01:06:45 | 01:27:05 | 01:48:33 | 02:09:24 | 02:30:53 | 02:52:28.30 | 8:10 | 7.3 |
| 7 | DANKIEWICZ BARBARA | 303 | ZAWSZE MŁODZI | ŁÓWICZ | POL | K40-49 | 7 | K 14 | 1 | | 01:08:44 | 01:29:05 | 01:49:29 | 02:10:17 | 02:31:36 | 02:52:49.00 | 8:11 | 7.3 |
| 8 | WIŚNIEWSKA SYLWIA | 336 | EDUWIS | RÓŻAN KOWO | POL | K40-49 | 8 | K 21 | | | 01:14:42 | 01:37:02 | 02:01:25 | 02:25:56 | 02:49:33 | 03:13:32.20 | 9:10 | 6.5 |

LEGNICA - 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 | KORDOWSKI PIOTR | 314 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | M40-49 | 1 | M 2 | | | 00:56:18 | 01:13:40 | 01:31:13 | 01:48:49 | 02:06:37 | 02:24:43.00 | 6:51 | 8.7 |

LEGNICA - 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 | 312 | STADION ŚLĄSKI | RUDA ŚLĄSKI | POL | K50-59 | 1 | K 2 | | | 01:00:09 | 01:18:03 | 01:36:19 | 01:54:55 | 02:13:11 | 02:32:16.35 | 7:13 | 8.3 |
| 2 | JANOSZKA IRENA | 308 | CIDRY LOTAJOM | RADZIŃSKA ONKÓW | POL | K50-59 | 2 | K 8 | | | 01:04:43 | 01:24:32 | 01:44:28 | 02:04:41 | 02:25:06 | 02:45:59.55 | 7:52 | 7.6 |
| 3 | DUSZA ANNA | 304 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | 3 | K 15 | | | 01:09:11 | 01:30:18 | 01:51:46 | 02:13:35 | 02:36:06 | 02:58:15.00 | 8:26 | 7.1 |
| 4 | POSTEK DANUTA | 323 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 4 | K 16 | | | 01:09:55 | 01:30:56 | 01:52:36 | 02:14:25 | 02:36:40 | 02:58:44.25 | 8:28 | 7.1 |

LEGNICA - 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 | SKIBA KRZYSZTOF | 325 | MSPORT TEAM | LEGNICA | POL | M50-59 | 1 | M 1 | 1 | | 00:54:48 | 01:11:52 | 01:28:42 | 01:45:43 | 02:02:45 | 02:20:01.00 | 6:38 | 9 |
| 2 | BARCZYK BOGDAN | 301 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 5 | | | 00:59:52 | 01:17:51 | 01:36:26 | 01:54:59 | 02:13:46 | 02:32:24.50 | 7:13 | 8.3 |
| 3 | LENZ ANDRZEJ | 317 | MUSZKIETEROWIE | GNIEZNO | POL | M50-59 | 3 | M 8 | 2 | | 01:02:51 | 01:21:43 | 01:40:40 | 01:59:37 | 02:18:48 | 02:38:41.60 | 7:31 | 8 |
| 4 | ŻYDACZEWSKI RYSZARD | 342 | KS METRACO POLKOWICE | LUBLIN | POL | M50-59 | 4 | M 9 | | | 01:04:02 | 01:22:35 | 01:41:30 | 02:00:43 | 02:20:13 | 02:40:09.90 | 7:35 | 7.9 |
| 5 | ŻAMOJCIN MAREK | 338 | | SZCZECIN | POL | M50-59 | 5 | M 10 | | | 01:03:46 | 01:23:09 | 01:42:42 | 02:02:37 | 02:22:39 | 02:42:48.95 | 7:42 | 7.8 |
| 6 | RAKOWIECKI ZBIGNIEW | 324 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | 6 | M 11 | 1 | | 01:04:03 | 01:23:31 | 01:43:11 | 02:03:05 | 02:23:07 | 02:43:32.50 | 7:45 | 7.7 |

LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M50-59 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 |
|------|-----------------------|-----|-----------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 7 | GOŁĘBIEWSKI KRZYSZTOF | 305 | ZAWSZE MŁODZI | ŁÓDŹ | POL | M50-59 | 7 | M 13 | | | 01:03:54 | 01:23:21 | 01:42:50 | 02:02:54 | 02:23:37 | 02:44:24.70 | 7:47 | 7.7 |
| 8 | SZYMAŃSKI JACEK | 330 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | SKÓRK A | POL | M50-59 | 8 | M 15 | | | 01:05:05 | 01:24:56 | 01:45:06 | 02:04:30 | 02:24:50 | 02:45:24.80 | 7:50 | 7.7 |
| 9 | BADECKI RYSZARD | 344 | KS METRACO POLKOWICE | NIESZ CZYCE | POL | M50-59 | 9 | M 16 | | | 01:03:48 | 01:23:24 | 01:44:19 | 02:04:54 | 02:27:49 | 02:50:23.05 | 8:04 | 7.4 |
| 10 | LIGEŻA JANUSZ | 318 | | TYCHY | POL | M50-59 | 10 | M 17 | 2 | | 01:06:13 | 01:27:20 | 01:49:25 | 02:10:03 | 02:30:27 | 02:51:40.05 | 8:08 | 7.4 |
| 11 | WILDAUER JUGO | 341 | TEAM ERDINGER ALKOHOLFREI | MALSC H | GER | M50-59 | 11 | M 19 | | | 01:06:31 | 01:27:31 | 01:48:57 | 02:10:58 | 02:33:35 | 02:56:03.65 | 8:20 | 7.2 |

LEGNICA - 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 | 328 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 4 | 1 | | 01:03:20 | 01:22:42 | 01:42:08 | 02:01:45 | 02:21:19 | 02:40:42.75 | 7:37 | 7.9 |
| 2 | BUCZKOWSKA WIESŁAWA | 302 | FACE NORDIC WALKING TEAM | GDYŃ A | POL | K60+ | 2 | K 11 | | | 01:05:59 | 01:26:38 | 01:47:28 | 02:08:35 | 02:29:43 | 02:50:59.45 | 8:06 | 7.4 |
| 3 | SOBAŃSKA GRAŻYNA | 326 | | DRUŻB ICE | POL | K60+ | 3 | K 17 | | | 01:10:50 | 01:32:22 | 01:54:04 | 02:15:54 | 02:37:37 | 02:59:24.60 | 8:30 | 7.1 |
| 4 | ZAWADZKA MARIA | 337 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 20 | | | 01:14:45 | 01:36:53 | 01:59:17 | 02:21:41 | 02:44:23 | 03:07:08.95 | 8:52 | 6.8 |

LEGNICA - 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 | 334 | MUSZKIETEROWIE | GNIEZNO | POL | M60+ | 1 | M 14 | | | 01:04:37 | 01:23:59 | 01:43:31 | 02:03:18 | 02:23:47 | 02:44:30.35 | 7:47 | 7.7 |
| 2 | WIEŃSKO RYSZARD | 335 | | PUŁAW Y | POL | M60+ | 2 | M 18 | | | 01:07:23 | 01:28:00 | 01:48:38 | 02:09:28 | 02:30:39 | 02:52:03.10 | 8:09 | 7.4 |