

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

Organizator: PFWN
 Data: 2016-05-15
 Miejsce: Konstancin-Jeziorna
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------------|-----|--|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KARASIŃSKI MACIEJ | 471 | | SIEDLCE | POL | M40-49 | 1 | M 1 | 1 | | 00:14:43 | 00:30:04 | 00:45:23 | 01:00:41.65 | 6:04 | 9.9 |
| 2 | KLICZKA KAMIL | 474 | PUSZCZYK BUKOWY | SZCZECIN | POL | M40-49 | 2 | M 2 | | | 00:14:45 | 00:29:57 | 00:45:17 | 01:00:45.45 | 6:04 | 9.9 |
| 3 | CYRUS BOGDAN | 704 | SILESIA NORDIC TEAM | STRZEBIŃ | POL | M40-49 | 3 | M 3 | | | 00:14:44 | 00:30:14 | 00:46:06 | 01:01:43.60 | 6:10 | 9.7 |
| 4 | BIŁEK ARTUR | 410 | UNIA MIAST | LUBLINIEC | POL | M30-39 | 1 | M 4 | | | 00:15:21 | 00:30:55 | 00:46:35 | 01:02:19.20 | 6:14 | 9.6 |
| 5 | WOJTASIŃSKI DANIEL | 611 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 5 | | | 00:15:23 | 00:31:06 | 00:46:53 | 01:03:03.90 | 6:18 | 9.5 |
| 6 | NIECHWIEJCZYK PIOTR | 528 | UNIA MIAST | ŚWIĘTOCHŁOWICE | POL | M40-49 | 4 | M 6 | 1 | | 00:15:26 | 00:31:29 | 00:47:32 | 01:03:18.45 | 6:19 | 9.5 |
| 7 | SIEROŃ JACEK | 559 | TSA SANDOMIERZ | SANDOMIERZ | POL | M50-59 | 1 | M 7 | | | 00:15:33 | 00:31:38 | 00:47:47 | 01:03:25.05 | 6:20 | 9.5 |
| 8 | RECZULSKI MARIUSZ | 554 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 8 | | | 00:15:34 | 00:31:40 | 00:47:48 | 01:03:29.90 | 6:21 | 9.4 |
| 9 | SIWAK PIOTR | 561 | KS.METRACO POLKOWICE | RUDNA | POL | M50-59 | 3 | M 9 | | | 00:15:33 | 00:31:39 | 00:47:49 | 01:03:30.55 | 6:21 | 9.4 |
| 10 | MACKIEWICZ MARCIN | 516 | NORDIC WALKING CIECHANÓW | CIECHANÓW | POL | M18-29 | 1 | M 10 | 1 | | 00:15:33 | 00:31:25 | 00:47:58 | 01:03:46.35 | 6:22 | 9.4 |
| 11 | KUŚMIEREK PATRYK | 504 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 11 | | | 00:15:46 | 00:31:30 | 00:47:30 | 01:03:46.40 | 6:22 | 9.4 |
| 12 | PIOTROWSKI MICHAŁ | 544 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M30-39 | 3 | M 12 | | | 00:15:24 | 00:31:12 | 00:47:45 | 01:03:47.85 | 6:22 | 9.4 |
| 13 | PUSZKIEL LESZEK | 549 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 4 | M 13 | 1 | | 00:15:34 | 00:31:40 | 00:48:18 | 01:04:46.30 | 6:28 | 9.3 |
| 14 | CIEŚLAK ROMAN | 422 | FOREVER YOUNG | ŁÓDŹ | POL | M50-59 | 5 | M 14 | | | 00:15:56 | 00:32:16 | 00:48:49 | 01:05:42.65 | 6:34 | 9.1 |
| 15 | WERSTLER MIKOŁAJ | 600 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 3 | M 15 | | | 00:16:22 | 00:33:00 | 00:49:38 | 01:05:51.20 | 6:35 | 9.1 |
| 16 | GRZEGORCZYK MARCIN JOACHIM | 448 | FACE NORDIC WALKING TEAM | WŁADYSŁAWOWO | POL | M18-29 | 4 | M 16 | | | 00:16:10 | 00:33:03 | 00:49:39 | 01:05:51.45 | 6:35 | 9.1 |
| 17 | RYCHLIK GRZEGORZ | 557 | FUNDACJA 'W TE PĘDY' | HALASY | POL | M30-39 | 4 | M 17 | | | 00:15:37 | 00:32:04 | 00:49:01 | 01:06:01.75 | 6:36 | 9.1 |
| 18 | DZIADEK REMIGIUSZ | 436 | | ROKITY | POL | M50-59 | 6 | M 18 | | | 00:15:54 | 00:32:30 | 00:49:31 | 01:06:10.40 | 6:37 | 9.1 |
| 19 | KOCIMSKI JAN | 477 | KM AKTYWNI SOCHACZEWO | SOCHACZEWO | POL | M60-69 | 1 | M 19 | | | 00:16:38 | 00:33:26 | 00:50:19 | 01:07:13.55 | 6:43 | 8.9 |
| 20 | STAWNIAK KAROL | 572 | KS METRACO POLKOWICE | ŻNIN | POL | M60-69 | 2 | M 20 | | | 00:16:36 | 00:33:26 | 00:50:21 | 01:07:17.25 | 6:43 | 8.9 |
| 21 | KULIG HENRYK | 502 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | M60-69 | 3 | M 21 | | | 00:16:45 | 00:33:34 | 00:50:24 | 01:07:17.45 | 6:43 | 8.9 |
| 22 | BILIK WOJCIECH | 409 | SAMOTNI WĘDROWCY | KROSNO | POL | M40-49 | 5 | M 22 | | | 00:16:40 | 00:33:36 | 00:50:35 | 01:07:27.20 | 6:44 | 8.9 |
| 23 | PSUT ROBERT | 547 | | ŁÓDŹ | POL | M18-29 | 5 | M 23 | | | 00:16:46 | 00:33:38 | 00:50:31 | 01:07:33.60 | 6:45 | 8.9 |
| 24 | ŻMIJEWSKI WOJCIECH | 618 | AWF WARSZAWA | KONSTANCIN-JEZI ORNA | POL | M18-29 | 6 | M 24 | | | 00:16:25 | 00:33:39 | 00:50:43 | 01:07:34.45 | 6:45 | 8.9 |
| 25 | LIPKO ADRIANNA | 511 | PENDOLINO | GDYNIA | POL | K18-29 | 1 | K 1 | | | 00:16:41 | 00:33:37 | 00:50:39 | 01:07:35.70 | 6:45 | 8.9 |
| 26 | ROGASKI GRZEGORZ | 555 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 7 | M 25 | | | 00:16:21 | 00:33:33 | 00:50:36 | 01:07:39.55 | 6:46 | 8.9 |
| 27 | JURKITEWICZ KRZYSZTOF | 467 | KB BIAŁA BIEGA | HOLA | POL | M50-59 | 7 | M 26 | | | 00:16:35 | 00:33:34 | 00:50:37 | 01:07:48.45 | 6:46 | 8.8 |
| 28 | SOBKOWSKI JANUSZ | 708 | SILESIA NORDIC TEAM | ŁÓDYGWOWICE | POL | M60-69 | 4 | M 27 | | | 00:16:50 | 00:33:57 | 00:51:19 | 01:08:28.45 | 6:50 | 8.8 |
| 29 | SPYCHAŁA MARZENA | 570 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 2 | | | 00:16:53 | 00:34:00 | 00:51:17 | 01:08:37.85 | 6:51 | 8.7 |
| 30 | PUSZKIEL ADRIAN | 548 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M18-29 | 8 | M 28 | | | 00:16:52 | 00:34:40 | 00:51:53 | 01:08:40.80 | 6:52 | 8.7 |
| 31 | KRZANOWSKI BARTŁOMIJ | 499 | SAMOTNI WĘDROWCY | KROSNO | POL | M40-49 | 6 | M 29 | | | 00:16:41 | 00:33:39 | 00:51:01 | 01:08:42.10 | 6:52 | 8.7 |
| 32 | JĘDRASIAK RENATA | 460 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 3 | | | 00:16:50 | 00:33:58 | 00:51:20 | 01:08:46.80 | 6:52 | 8.7 |
| 33 | SMUL ANDRZEJ | 566 | GREEN TEAM | ZIELONA GÓRA | POL | M60-69 | 5 | M 30 | | | 00:16:35 | 00:33:31 | 00:51:07 | 01:08:53.45 | 6:53 | 8.7 |
| 34 | WIERCHANOWSKI BOGDAN | 602 | KS METRACO POLKOWICE | GOLCZEWO | POL | M50-59 | 8 | M 31 | | | 00:16:50 | 00:34:12 | 00:51:50 | 01:09:19.80 | 6:56 | 8.7 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 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 | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------------|-----|---|--------------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 35 | ŚLUSARCZYK MARCIN | 584 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | 5 | M 32 | | | 00:16:45 | 00:34:16 | 00:51:49 | 01:09:24.50 | 6:56 | 8.6 |
| 36 | KALISZ KRZYSZTOF | 470 | KS METRACO POLKOWICE | LUBIN | POL | M60-69 | 6 | M 33 | | | 00:16:55 | 00:34:09 | 00:51:37 | 01:09:26.70 | 6:56 | 8.6 |
| 37 | KOWALCZUK ROBERT | 489 | | GDAŃSK | POL | M50-59 | 9 | M 34 | | | 00:17:13 | 00:34:29 | 00:52:01 | 01:09:29.80 | 6:57 | 8.6 |
| 38 | SZCZEPAŃSKI RAFAŁ | 580 | OPEL ACTIVE TEAM | BYTOM | POL | M40-49 | 7 | M 35 | 1 | | 00:17:13 | 00:34:43 | 00:52:09 | 01:09:36.55 | 6:57 | 8.6 |
| 39 | WIERZBOWSKI MICHAŁ | 604 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 9 | M 36 | | | 00:16:38 | 00:33:50 | 00:51:39 | 01:09:42.75 | 6:58 | 8.6 |
| 40 | MROZIŃSKI PAWEŁ | 526 | MARSZ PO ZDROWIE | POZNAŃ | POL | M50-59 | 10 | M 37 | | | 00:16:49 | 00:34:23 | 00:52:04 | 01:09:42.95 | 6:58 | 8.6 |
| 41 | BALCERAK-KOLASA JOANNA | 405 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | K40-49 | 2 | K 4 | | | 00:17:13 | 00:34:38 | 00:52:21 | 01:10:01.90 | 7:00 | 8.6 |
| 42 | PAZUREK ZDZISŁAW | 539 | | SKIERNIEWICE | POL | M60-69 | 7 | M 38 | 2 | | 00:16:48 | 00:34:18 | 00:52:21 | 01:10:18.45 | 7:01 | 8.5 |
| 43 | JONDERKO GRZEGORZ | 461 | WŁÓCZYKIJE SKOCZÓW | UL.ZWYCIĘSTWA 31A/24 RYBNIK | POL | M40-49 | 8 | M 39 | | | 00:16:54 | 00:34:34 | 00:52:17 | 01:10:30.10 | 7:03 | 8.5 |
| 44 | ANTOSZEWSKI PIOTR | 403 | DĄBROWA NORDIC TEAM | GNIEZNO | POL | M40-49 | 9 | M 40 | | | 00:17:26 | 00:35:13 | 00:52:52 | 01:10:39.35 | 7:03 | 8.5 |
| 45 | IWANIUK ARTUR | 700 | | ŁOSICE | POL | M18-29 | 10 | M 41 | | | 00:17:27 | 00:35:29 | 00:53:47 | 01:11:01.70 | 7:06 | 8.4 |
| 46 | ŁUKASZEWICZ JOANNA | 514 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 3 | K 5 | | | 00:17:12 | 00:35:02 | 00:53:09 | 01:11:06.50 | 7:06 | 8.4 |
| 47 | BOCZAR BEATA | 414 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 2 | K 6 | | | 00:17:48 | 00:35:55 | 00:53:49 | 01:11:17.70 | 7:07 | 8.4 |
| 48 | SKRYCKA KATARZYNA | 562 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 1 | K 7 | | | 00:18:10 | 00:36:05 | 00:53:43 | 01:11:35.35 | 7:09 | 8.4 |
| 49 | TEPIŃSKI LESZEK | 589 | | WARSZAWA | POL | M40-49 | 10 | M 42 | | | 00:17:32 | 00:35:34 | 00:53:38 | 01:11:42.65 | 7:10 | 8.4 |
| 50 | KRZESAK-JUREK EWA | 500 | KIJEM W LENISTWO | WARSZAWA | POL | K30-39 | 2 | K 8 | | | 00:18:10 | 00:36:04 | 00:53:57 | 01:11:46.05 | 7:10 | 8.4 |
| 51 | ŚLUSARCZYK ANDRZEJ | 586 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 8 | M 43 | | | 00:17:37 | 00:35:42 | 00:53:40 | 01:12:00.85 | 7:12 | 8.3 |
| 52 | KRUSZKA ARLETA | 497 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 3 | K 9 | | | 00:17:40 | 00:35:51 | 00:53:47 | 01:12:04.75 | 7:12 | 8.3 |
| 53 | PASIŃSKA - SKOWRON SYLWIA | 538 | SILESIA NORDIC TEAM | SZCZODRKOVIC E | POL | K30-39 | 3 | K 10 | | | 00:17:42 | 00:35:51 | 00:53:57 | 01:12:13.05 | 7:13 | 8.3 |
| 54 | ŚLUSARCZYK GRZEGORZ | 585 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 11 | M 44 | | | 00:17:55 | 00:36:14 | 00:54:17 | 01:12:20.45 | 7:14 | 8.3 |
| 55 | CHOCHLA MONIKA | 418 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K18-29 | 2 | K 11 | | | 00:17:49 | 00:36:01 | 00:54:12 | 01:12:26.35 | 7:14 | 8.3 |
| 56 | MARCINKOWSKI WOJTEK | 519 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 12 | M 45 | | | 00:18:04 | 00:36:45 | 00:54:50 | 01:12:35.70 | 7:15 | 8.3 |
| 57 | DEJDA PIOTR | 427 | FACE NORDIC WALKING TEAM | SIEDLCE | POL | M40-49 | 13 | M 46 | | | 00:17:43 | 00:36:08 | 00:54:19 | 01:12:42.80 | 7:16 | 8.3 |
| 58 | DUSIEL EWA | 433 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 4 | K 12 | | | 00:18:11 | 00:36:30 | 00:54:36 | 01:12:46.15 | 7:16 | 8.2 |
| 59 | PAŹ JACEK | 540 | BÓBR TŁUSZCZ | TŁUSZCZ | POL | M40-49 | 14 | M 47 | | | 00:18:37 | 00:37:06 | 00:55:14 | 01:12:51.15 | 7:17 | 8.2 |
| 60 | DREGER MICHAŁ | 479 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | M40-49 | 15 | M 48 | | | 00:18:14 | 00:36:26 | 00:54:41 | 01:12:59.90 | 7:18 | 8.2 |
| 61 | CZYCZ KAZIMIERZ | 423 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | 9 | M 49 | | | 00:17:52 | 00:36:15 | 00:54:47 | 01:13:27.75 | 7:20 | 8.2 |
| 62 | KOZŁOWSKA SABINA | 706 | DĄBROWA NORDIC TEAM | BIELSKO-BIAŁA | POL | K30-39 | 4 | K 13 | | | 00:17:56 | 00:36:16 | 00:54:49 | 01:13:32.10 | 7:21 | 8.2 |
| 63 | SZCZEPAŃSKA ANNA | 579 | FABRIKANORDIKA | BYTOM | POL | K30-39 | 5 | K 14 | | | 00:17:50 | 00:36:07 | 00:54:52 | 01:13:42.15 | 7:22 | 8.1 |
| 64 | JASIUKIEWICZ JACEK | 457 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | M40-49 | 16 | M 50 | | | 00:18:18 | 00:36:35 | 00:55:05 | 01:13:42.35 | 7:22 | 8.1 |
| 65 | WIEŃSKO RYSZARD | 601 | | PUŁAWY | POL | M60-69 | 10 | M 51 | | | 00:18:31 | 00:37:12 | 00:55:32 | 01:13:49.75 | 7:23 | 8.1 |
| 66 | URBANIĄK PIOTR | 594 | | WARSZAWA | POL | M40-49 | 17 | M 52 | | | 00:18:12 | 00:36:57 | 00:55:42 | 01:13:50.90 | 7:23 | 8.1 |
| 67 | FOT KRZYSZTOF | 442 | MARSZ PO ZDROWIE | POZNAŃ | POL | M50-59 | 11 | M 53 | | | 00:18:59 | 00:37:41 | 00:55:50 | 01:13:51.40 | 7:23 | 8.1 |
| 68 | MROCKOWSKI JANUSZ | 525 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M60-69 | 11 | M 54 | | | 00:18:23 | 00:37:05 | 00:55:40 | 01:14:13.55 | 7:25 | 8.1 |
| 69 | BIALŁ ROMAN | 407 | | GDAŃSK | POL | M60-69 | 12 | M 55 | | | 00:18:06 | 00:36:49 | 00:55:35 | 01:14:14.20 | 7:25 | 8.1 |
| 70 | KOLARSKA AGNIESZKA | 478 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 6 | K 15 | | | 00:18:07 | 00:36:47 | 00:55:28 | 01:14:14.25 | 7:25 | 8.1 |
| 71 | KULIŃSKI JAROSŁAW | 503 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M40-49 | 18 | M 56 | | | 00:18:11 | 00:36:38 | 00:55:29 | 01:14:15.15 | 7:25 | 8.1 |
| 72 | SOBAŃSKA GRAŻYNA | 568 | | DRUŻBICE | POL | K60-69 | 1 | K 16 | | | 00:18:27 | 00:36:51 | 00:55:29 | 01:14:15.25 | 7:25 | 8.1 |
| 73 | ŻUCHOWICZ ELŻBIETA | 379 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K50-59 | 4 | K 17 | | | 00:18:04 | 00:36:43 | 00:55:30 | 01:14:16.05 | 7:25 | 8.1 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 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 | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------------|-----|---|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 74 | WITKOWSKI MARCIN | 609 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 11 | M 57 | | | 00:18:14 | 00:36:38 | 00:55:21 | 01:14:31.85 | 7:27 | 8.1 |
| 75 | KACZMAREK WŁODZIMIERZ | 469 | EPOKA NORDICA | ŁÓDŹ | POL | M60-69 | 13 | M 58 | | | 00:18:25 | 00:37:07 | 00:55:43 | 01:14:32.75 | 7:27 | 8 |
| 76 | MALCZYK ANNA | 517 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | K30-39 | 7 | K 18 | | | 00:17:50 | 00:36:21 | 00:55:28 | 01:14:33.50 | 7:27 | 8 |
| 77 | BIELIŃSKA-RUS JAGODA | 408 | | PIEKARY ŚLĄSKIE | POL | K40-49 | 5 | K 19 | | | 00:18:15 | 00:37:10 | 00:55:57 | 01:14:39.05 | 7:27 | 8 |
| 78 | ADAMOWSKI JACEK | 401 | UNIA MIAST | GLIWICE | POL | M30-39 | 6 | M 59 | | | 00:18:18 | 00:37:06 | 00:55:53 | 01:14:45.85 | 7:28 | 8 |
| 79 | BOCHENEK JERZY | 413 | AUTO-MEX | WARSZAWA | POL | M60-69 | 14 | M 60 | | | 00:18:55 | 00:37:41 | 00:56:34 | 01:14:46.50 | 7:28 | 8 |
| 80 | ŁABUS IZABELA | 513 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K18-29 | 3 | K 20 | | | 00:18:17 | 00:36:51 | 00:55:34 | 01:14:48.00 | 7:28 | 8 |
| 81 | SITKO MAŁGORZATA | 560 | FACE NORDIC WALKING TEAM | KOLBUSZOWA | POL | K40-49 | 6 | K 21 | | | 00:18:34 | 00:37:11 | 00:56:01 | 01:15:02.10 | 7:30 | 8 |
| 82 | GRONALEWSKI KRZYSZTOF | 446 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M30-39 | 7 | M 61 | | | 00:18:49 | 00:37:49 | 00:56:30 | 01:15:09.15 | 7:30 | 8 |
| 83 | ŚWIETLIK MICHAŁ | 709 | AWF WARSZAWA | PIASECZNO | POL | M18-29 | 12 | M 62 | | | 00:18:39 | 00:37:32 | 00:56:17 | 01:15:11.45 | 7:31 | 8 |
| 84 | ŚCIBISZ BOGDAN | 583 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | M70+ | 1 | M 63 | | | 00:18:47 | 00:37:42 | 00:56:29 | 01:15:14.15 | 7:31 | 8 |
| 85 | THOMALLA BOGDAN | 590 | | ZABRZE | POL | M70+ | 2 | M 64 | | | 00:18:47 | 00:37:41 | 00:56:41 | 01:15:18.30 | 7:31 | 8 |
| 86 | RAPAŁO ROMA | 552 | AWF WARSZAWA | WARSZAWA | POL | K18-29 | 4 | K 22 | | | 00:18:35 | 00:37:23 | 00:56:20 | 01:15:18.35 | 7:31 | 8 |
| 87 | KRAWCZYK MARTA | 495 | | WARSZAWA | POL | | | K 23 | 1 | | 00:17:54 | 00:36:56 | 00:56:30 | 01:15:18.40 | 7:31 | 8 |
| 88 | KOZŁOWSKA AGNIESZKA | 493 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | K40-49 | 7 | K 24 | | | 00:18:50 | 00:37:50 | 00:56:36 | 01:15:28.70 | 7:32 | 7.9 |
| 89 | KOWALCZYK EDYTA | 490 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | K40-49 | 8 | K 25 | | | 00:18:02 | 00:36:53 | 00:55:08 | 01:15:34.35 | 7:33 | 7.9 |
| 90 | KOSTERA KATARZYNA | 486 | | WARSZAWA | POL | K30-39 | 8 | K 26 | | | 00:19:04 | 00:37:58 | 00:56:53 | 01:15:35.10 | 7:33 | 7.9 |
| 91 | WASZCZUK ZOFIA | 599 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K40-49 | 9 | K 27 | | | 00:03:47 | 00:07:24 | 00:41:32 | 01:15:36.00 | 7:33 | 7.9 |
| 92 | UHRYN MARCIN | 593 | POZYTYWNA GRUPA NORDIC WALKING DOBRE MIASTO | DOBRE MIASTO | POL | M40-49 | 19 | M 65 | | | 00:18:10 | 00:37:24 | 00:56:38 | 01:15:43.15 | 7:34 | 7.9 |
| 93 | SKWARSKI RAFAŁ | 563 | | RASZYN | POL | M40-49 | 20 | M 66 | | | 00:18:29 | 00:37:42 | 00:56:54 | 01:15:55.25 | 7:35 | 7.9 |
| 94 | KOPEĆ DOROTA | 481 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 5 | K 28 | | | 00:18:27 | 00:37:43 | 00:57:12 | 01:16:22.65 | 7:38 | 7.9 |
| 95 | RECZULSKI MIKOŁAJ | 553 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M18-29 | 13 | M 67 | | | 00:17:35 | 00:36:55 | 00:56:37 | 01:16:23.30 | 7:38 | 7.9 |
| 96 | DZIUBAK JANUSZ | 438 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 12 | M 68 | | | 00:18:40 | 00:37:55 | 00:57:14 | 01:16:34.00 | 7:39 | 7.8 |
| 97 | BOROWIK BOŻENA | 416 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K40-49 | 10 | K 29 | | | 00:18:53 | 00:37:59 | 00:57:14 | 01:16:35.25 | 7:39 | 7.8 |
| 98 | ZIELIŃSKA JOLANTA | 617 | GOSIR OSIELSKO | OSIELSKO | POL | K50-59 | 5 | K 30 | | | 00:18:18 | 00:37:15 | 00:56:42 | 01:16:38.45 | 7:39 | 7.8 |
| 99 | KOWALSKI MAREK | 491 | UNIA MIAST | STRZEBIN | POL | M50-59 | 13 | M 69 | | | 00:19:17 | 00:39:01 | 00:58:10 | 01:16:43.80 | 7:40 | 7.8 |
| 100 | JARZYŃSKA MAŁGORZATA | 456 | HIFI ARTE BERLIN | BERLIN | GER | K50-59 | 6 | K 31 | | | 00:18:46 | 00:38:06 | 00:57:28 | 01:16:46.05 | 7:40 | 7.8 |
| 101 | STEFAŃSKI ANDRZEJ | 574 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | M50-59 | 14 | M 70 | | | 00:19:00 | 00:37:46 | 00:57:04 | 01:16:48.80 | 7:40 | 7.8 |
| 102 | DOBROWOLSKA-ŚWIĄT EK ELŻBIETA | 430 | | KAMIENIEC WROCŁAWSKI | POL | K50-59 | 7 | K 32 | | | 00:19:02 | 00:38:26 | 00:57:46 | 01:16:49.00 | 7:40 | 7.8 |
| 103 | DOBROWOLSKA ANNA | 429 | | CHOTOMÓW | POL | K50-59 | 8 | K 33 | | | 00:19:01 | 00:38:26 | 00:57:46 | 01:16:50.20 | 7:41 | 7.8 |
| 104 | PONIAŃSKI DARIUSZ | 702 | | KONTANCIN JEZIORNA | POL | M50-59 | 15 | M 71 | | | 00:19:44 | 00:39:35 | 00:58:25 | 01:16:54.20 | 7:41 | 7.8 |
| 105 | APPEL JERZY | 404 | GOSIR-OSIELSKO | BYDGOSZCZ | POL | M70+ | 3 | M 72 | | | 00:19:02 | 00:38:19 | 00:57:42 | 01:16:56.00 | 7:41 | 7.8 |
| 106 | BYTŃIEWSKI MIECZYŚLAW | 417 | BIAŁA BIEGA | BIAŁA PODLASKA | POL | M70+ | 4 | M 73 | 1 | | 00:19:03 | 00:38:21 | 00:57:43 | 01:16:56.65 | 7:41 | 7.8 |
| 107 | GIERWIATOWSKA NATALIA | 444 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K18-29 | 6 | K 34 | | | 00:19:32 | 00:38:53 | 00:58:11 | 01:17:10.55 | 7:43 | 7.8 |
| 108 | WAŁECKA KRYSZYNA | 596 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K60-69 | 2 | K 35 | 1 | | 00:18:59 | 00:38:22 | 00:57:55 | 01:17:13.50 | 7:43 | 7.8 |
| 109 | OCHWAT PAWEŁ | 532 | | WARSZAWA | POL | M40-49 | 21 | M 74 | | | 00:19:29 | 00:39:17 | 00:58:44 | 01:17:16.80 | 7:43 | 7.8 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 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 | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------------|------|---|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 110 | DEMBINSKI PIOTR | 428 | | KONSTANCIN-JEZI ORNA | POL | M60-69 | 15 | M 75 | | | 00:19:20 | 00:38:48 | 00:58:10 | 01:17:17.30 | 7:43 | 7.8 |
| 111 | WORONKO-ZACZYŃSKA JANINA | 353 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | 1 | K 36 | | | 00:19:10 | 00:38:25 | 00:57:53 | 01:17:32.65 | 7:45 | 7.7 |
| 112 | GODZIŃSKI PAWEŁ | 445 | | MILEJEWO | POL | M30-39 | 8 | M 76 | | | 00:18:37 | 00:37:56 | 00:57:47 | 01:17:38.45 | 7:45 | 7.7 |
| 113 | POSTEK DANUTA | 546 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 9 | K 37 | | | 00:19:25 | 00:38:56 | 00:58:29 | 01:17:49.80 | 7:47 | 7.7 |
| 114 | DALECKA JUSTYNA | 426 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K30-39 | 9 | K 38 | | | 00:19:16 | 00:38:28 | 00:58:15 | 01:17:53.50 | 7:47 | 7.7 |
| 115 | KOSIŃSKA MARIA | 483 | MOSIR RYPIN | RYPIN | POL | K60-69 | 3 | K 39 | | | 00:18:47 | 00:38:18 | 00:58:02 | 01:17:58.30 | 7:47 | 7.7 |
| 116 | LANGMESSER REGINA | 507 | LKS ZANTYR | SZTUM | POL | K40-49 | 11 | K 40 | | | 00:18:54 | 00:38:14 | 00:57:55 | 01:18:02.05 | 7:48 | 7.7 |
| 117 | JURCZYŃSKA BOŻENA | 466 | VIKING NORDOC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 10 | K 41 | | | 00:19:29 | 00:39:05 | 00:58:38 | 01:18:05.55 | 7:48 | 7.7 |
| 118 | UHRYN EWA | 592 | POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO | DOBRE MIASTO | POL | K40-49 | 12 | K 42 | | | 00:19:52 | 00:39:33 | 00:58:59 | 01:18:23.10 | 7:50 | 7.7 |
| 119 | HINC IWONA | 450 | FACE NORDIC WALKING TEAM | ŻUKOWO | POL | K40-49 | 13 | K 43 | | | 00:19:05 | 00:38:52 | 00:58:41 | 01:18:35.40 | 7:51 | 7.6 |
| 120 | SZEWczyk MAREK | 581 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | 16 | M 77 | | | 00:19:13 | 00:38:50 | 00:58:50 | 01:18:43.55 | 7:52 | 7.6 |
| 121 | TEPIŃSKA IWONA | 588 | | WARSZAWA | POL | K40-49 | 14 | K 44 | | | 00:19:21 | 00:39:17 | 00:59:08 | 01:18:50.40 | 7:53 | 7.6 |
| 122 | RACZYŃSKA ALEKSANDRA | 551 | UNIA MIAST | CHORZÓW | POL | K70+ | 2 | K 45 | | | 00:19:13 | 00:38:42 | 00:58:12 | 01:18:51.20 | 7:53 | 7.6 |
| 123 | KOPRYNIA BARTOSZ | 482 | BRAK | WĘGRZCE WIELKIE | POL | M40-49 | 22 | M 78 | | | 00:18:59 | 00:38:59 | 00:59:10 | 01:18:58.80 | 7:53 | 7.6 |
| 124 | IRZYCKI ANDRZEJ | 452 | MARYSIN | WARSZAWA | POL | M50-59 | 17 | M 79 | | | 00:18:59 | 00:38:22 | 00:58:30 | 01:19:02.95 | 7:54 | 7.6 |
| 125 | WROŃSKA WIESŁAWA | 613 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K40-49 | 15 | K 46 | | | 00:19:31 | 00:39:13 | 00:59:13 | 01:19:05.60 | 7:54 | 7.6 |
| 126 | SNIHURENKO NATALIA | 567 | | KHERSON | UKR | K50-59 | 11 | K 47 | | | 00:19:59 | 00:39:46 | 00:59:30 | 01:19:07.35 | 7:54 | 7.6 |
| 127 | ZIELIŃSKA KAMILA | 616 | FACE NORDIC WALKING TEAM | PIASECZNO | POL | K30-39 | 10 | K 48 | | | 00:19:24 | 00:38:58 | 00:59:04 | 01:19:22.35 | 7:56 | 7.6 |
| 128 | MARCZEWSKA ANNA | 520 | | ZGIERZ | POL | K40-49 | 16 | K 49 | | | 00:19:36 | 00:39:33 | 00:59:36 | 01:19:30.65 | 7:57 | 7.5 |
| 129 | BUBAŁA GRAŻYNA | 699 | UNIA MIAST | LUBLINIEC | POL | K30-39 | 11 | K 50 | | | 00:20:00 | 00:40:00 | 00:59:57 | 01:19:31.30 | 7:57 | 7.5 |
| 130 | JEDYNAK STANISŁAW | 458 | FUNDACJA SZKOŁA NA SZÓSTKĘ | RASZYN | POL | M60-69 | 16 | M 80 | | | 00:19:07 | 00:39:19 | 00:59:23 | 01:19:37.40 | 7:57 | 7.5 |
| 131 | BOROWSKA-STANČZUK KAROLINA | 707 | FACE NORDIC WALKING TEAM | SIEDLCE | POL | K30-39 | 12 | K 51 | | | 00:18:54 | 00:38:09 | 01:00:05 | 01:19:39.00 | 7:57 | 7.5 |
| 132 | FERET KRZYSZTOF | 441 | | RZESZÓW | POL | M40-49 | 23 | M 81 | | | 00:18:35 | 00:38:38 | 00:59:09 | 01:19:47.15 | 7:58 | 7.5 |
| 133 | KOTULA JAKUB | 488 | | KATOWICE | POL | M30-39 | 9 | M 82 | 1 | | 00:19:08 | 00:39:37 | 01:00:08 | 01:20:11.15 | 8:01 | 7.5 |
| 134 | WITKOWSKA AGATA | 608 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K30-39 | 13 | K 52 | | | 00:20:01 | 00:40:12 | 01:00:17 | 01:20:11.85 | 8:01 | 7.5 |
| 135 | ANGIELCZYK MAŁGORZATA | 402 | MARSZ PO ZDROWIE | POZNAŃ | POL | K60-69 | 4 | K 53 | | | 00:19:33 | 00:39:28 | 00:59:46 | 01:20:15.50 | 8:01 | 7.5 |
| 136 | WOŹNIAK AGNIESZKA | 612 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K40-49 | 17 | K 54 | | | 00:19:58 | 00:39:57 | 01:00:01 | 01:20:17.20 | 8:01 | 7.5 |
| 137 | WIŚNIEWSKI KAZIMIERZ | 607 | ZGÓRKI | WARSZAWA | POL | M60-69 | 17 | M 83 | | | 00:19:44 | 00:39:47 | 00:59:50 | 01:20:21.15 | 8:02 | 7.5 |
| 138 | SUCHODOLSKI WIESŁAW | 577 | CIECHANÓW | CIECHANÓW | POL | M50-59 | 18 | M 84 | | | 00:20:20 | 00:40:44 | 01:00:54 | 01:20:27.25 | 8:02 | 7.5 |
| 139 | JUCHNIEWICZ SYLWIA | 465 | RYSIE RAZEM | ZABORÓW | POL | K40-49 | 18 | K 55 | | | 00:19:33 | 00:39:46 | 01:00:19 | 01:20:28.00 | 8:02 | 7.5 |
| 140 | HAJNUS WOJCIECH | 449 | | WARSZAWA | POL | M50-59 | 19 | M 85 | | | 00:20:21 | 00:40:45 | 01:00:55 | 01:20:30.30 | 8:03 | 7.5 |
| 141 | SZYMANOWSKA-PAWŁA K EWA | 1009 | GOSIR OSIELSKO | NIEMCZ | POL | K50-59 | 12 | K 56 | | | 00:19:50 | 00:39:48 | 00:59:59 | 01:20:34.10 | 8:03 | 7.4 |
| 142 | LISTWOŃ JUSTYNA | 512 | | WARSZAWA | POL | K30-39 | 14 | K 57 | | | 00:21:06 | 00:41:41 | 01:01:34 | 01:20:37.85 | 8:03 | 7.4 |
| 143 | BOBOWICZ KATARZYNA | 412 | | WARSZAWA | POL | K40-49 | 19 | K 58 | | | 00:20:57 | 00:41:39 | 01:01:35 | 01:20:50.80 | 8:05 | 7.4 |
| 144 | ZDROJEWSKI ARTUR | 615 | NW CIECHANÓW | CIECHANÓW | POL | M40-49 | 24 | M 86 | | | 00:20:09 | 00:40:30 | 01:00:54 | 01:20:56.25 | 8:05 | 7.4 |
| 145 | KOZICKA EWA | 492 | UNIA MIAST | LUBLINIEC | POL | K18-29 | 7 | K 59 | | | 00:19:53 | 00:40:04 | 01:00:42 | 01:21:05.05 | 8:06 | 7.4 |
| 146 | STANICKA AGNIESZKA | 571 | RYSIE RAZEM | FELIKSÓW | POL | K30-39 | 15 | K 60 | | | 00:19:38 | 00:39:47 | 01:00:34 | 01:21:14.30 | 8:07 | 7.4 |
| 147 | SZEWczyk AGNIESZKA | 582 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | 20 | K 61 | | | 00:20:34 | 00:40:32 | 01:00:36 | 01:21:16.05 | 8:07 | 7.4 |
| 148 | PIEKARSKA MAGDALENA | 710 | GOSIR OSIELSKO | NIEMCZ | POL | K18-29 | 8 | K 62 | | | 00:19:55 | 00:39:53 | 01:00:40 | 01:21:23.15 | 8:08 | 7.4 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 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 | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------------|-----|---|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 149 | WASIELA BEATA | 597 | FACE NORDIC WALKING TEAM | NOWY SUMIN | POL | K40-49 | 21 | K 63 | | | 00:19:58 | 00:40:22 | 01:01:06 | 01:21:41.65 | 8:10 | 7.3 |
| 150 | SAMEK ROMAN | 558 | FACE NORDIC WALKING TEAM | GRÓDKI | POL | M50-59 | 20 | M 87 | | | 00:20:52 | 00:42:01 | 01:02:10 | 01:21:44.70 | 8:10 | 7.3 |
| 151 | CIERKÓNSKA AGATA | 421 | RYSIE RAZEM | WIKTORÓW | POL | K30-39 | 16 | K 64 | | | 00:19:47 | 00:40:29 | 01:01:16 | 01:21:50.25 | 8:11 | 7.3 |
| 152 | LEPECKA-CZAJKOWSKA KATARZYNA | 509 | | KONSTANCIN-JEZI ORNA | POL | K40-49 | 22 | K 65 | | | 00:20:29 | 00:40:54 | 01:01:28 | 01:22:00.90 | 8:12 | 7.3 |
| 153 | PYRKA IWONA | 550 | | WARSZAWA | POL | K40-49 | 23 | K 66 | | | 00:21:04 | 00:41:43 | 01:02:03 | 01:22:37.35 | 8:15 | 7.3 |
| 154 | WIŚNIEWSKA TAMARA | 606 | UKS SIEDLESZCZANY NORDIC WALKING | TARNOBRZEG | POL | K50-59 | 13 | K 67 | | | 00:20:49 | 00:41:24 | 01:01:56 | 01:22:40.75 | 8:16 | 7.3 |
| 155 | TRAMBACZ ROBERT | 591 | | POZNAŃ | POL | M50-59 | 21 | M 88 | | | 00:20:23 | 00:40:39 | 01:01:45 | 01:22:41.45 | 8:16 | 7.3 |
| 156 | BIŃCZYK JACEK | 411 | CISOWIANKA | GRĄBCZEWO | POL | M40-49 | 25 | M 89 | | | 00:20:57 | 00:41:52 | 01:02:31 | 01:22:43.55 | 8:16 | 7.3 |
| 157 | LEHMANN TERESA | 508 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K50-59 | 14 | K 68 | | | 00:20:27 | 00:41:06 | 01:02:01 | 01:22:43.60 | 8:16 | 7.3 |
| 158 | WACH ELŻBIETA | 595 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K60-69 | 5 | K 69 | | | 00:20:26 | 00:41:07 | 01:01:58 | 01:22:47.75 | 8:16 | 7.2 |
| 159 | SZAŁACKA OLGA | 698 | | PIASECZNO | POL | K40-49 | 24 | K 70 | | | 00:20:08 | 00:40:48 | 01:01:37 | 01:22:50.70 | 8:17 | 7.2 |
| 160 | MIESZCZANIN JOANNA | 523 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K30-39 | 17 | K 71 | | | 00:20:23 | 00:41:00 | 01:01:54 | 01:23:05.55 | 8:18 | 7.2 |
| 161 | OLENDEREK ZYGMUNT | 534 | UKS SIEDLESZCZANY | TARNOBRZEG | POL | M70+ | 5 | M 90 | 1 | | 00:20:27 | 00:41:10 | 01:02:09 | 01:23:07.90 | 8:18 | 7.2 |
| 162 | WIERESZKO-CZYŻ REGINA | 603 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K50-59 | 15 | K 72 | | | 00:20:00 | 00:40:57 | 01:02:15 | 01:23:17.80 | 8:19 | 7.2 |
| 163 | RYSZARD MOJSIEJCZUK | 524 | | | POL | M70+ | 6 | M 91 | | | 00:20:21 | 00:41:27 | 01:02:43 | 01:23:34.65 | 8:21 | 7.2 |
| 164 | RUDNIK ANNA | 556 | | WARSZAWA | POL | K60-69 | 6 | K 73 | | | 00:20:49 | 00:41:54 | 01:02:52 | 01:23:42.45 | 8:22 | 7.2 |
| 165 | GERLE-KOTULA ANNA | 443 | | KATOWICE | POL | K30-39 | 18 | K 74 | | | 00:21:03 | 00:42:28 | 01:04:05 | 01:24:31.00 | 8:27 | 7.1 |
| 166 | JÓŻWIAK DOMINIK | 463 | WTW.WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 14 | M 92 | | | 00:20:57 | 00:42:01 | 01:03:33 | 01:24:34.00 | 8:27 | 7.1 |
| 167 | KĘPKA RENATA | 697 | | PIASECZNO | POL | K30-39 | 19 | K 75 | | | 00:20:19 | 00:41:39 | 01:03:01 | 01:24:39.90 | 8:28 | 7.1 |
| 168 | KLICKA ŁUCJA | 473 | RYSIE RAZEM | WYGLĘDY | POL | K60-69 | 7 | K 76 | | | 00:20:50 | 00:42:10 | 01:03:36 | 01:24:41.95 | 8:28 | 7.1 |
| 169 | KRZYNOWEK KRYSZYNA | 501 | POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO | DOBRE MIASTO | POL | K60-69 | 8 | K 77 | | | 00:20:22 | 00:41:26 | 01:02:51 | 01:24:42.15 | 8:28 | 7.1 |
| 170 | STĘŻYCKA MONIKA | 575 | | PIASECZNO | POL | K40-49 | 25 | K 78 | | | 00:20:51 | 00:42:02 | 01:03:27 | 01:24:48.80 | 8:28 | 7.1 |
| 171 | JEZIERSKA DANUTA | 459 | | WARSZAWA | POL | K50-59 | 16 | K 79 | | | 00:20:38 | 00:41:55 | 01:03:18 | 01:24:52.95 | 8:29 | 7.1 |
| 172 | FAJNAS RYSZARD | 440 | | WARSZAWA | POL | M50-59 | 22 | M 93 | | | 00:20:27 | 00:41:29 | 01:03:08 | 01:25:00.10 | 8:30 | 7.1 |
| 173 | CZYŻEWSKA MAGDALENA | 424 | KONSTANCIN AMATOR | KONSTANCIN-JEZI ORNA | POL | K18-29 | 9 | K 80 | | | 00:21:44 | 00:42:46 | 01:03:40 | 01:25:01.05 | 8:30 | 7.1 |
| 174 | KOMAŃSKA MARTA | 701 | | KONSTANCIN-JEZI ORNA | POL | K40-49 | 26 | K 81 | | | 00:20:40 | 00:41:37 | 01:03:12 | 01:25:19.75 | 8:32 | 7 |
| 175 | WŁASZCZUK ANITA | 610 | RYSIE RAZEM | BŁONIE | POL | K18-29 | 10 | K 82 | | | 00:20:50 | 00:42:34 | 01:04:27 | 01:26:13.05 | 8:37 | 7 |
| 176 | MARCINKOWSKA RENATA | 518 | FACE NORDIC WALKING TEAM | SOCHACZEW | POL | K60-69 | 9 | K 83 | | | 00:20:36 | 00:41:56 | 01:03:52 | 01:26:17.55 | 8:37 | 7 |
| 177 | GRALIŃSKA AGNIESZKA | 705 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K40-49 | 27 | K 84 | | | 00:20:48 | 00:42:21 | 01:03:57 | 01:26:27.10 | 8:38 | 6.9 |
| 178 | OLEKSY ARTUR | 533 | RYSIE RAZEM | BŁONIE | POL | M40-49 | 26 | M 94 | | | 00:21:32 | 00:43:30 | 01:05:10 | 01:26:27.60 | 8:38 | 6.9 |
| 179 | NOWORYTA JACEK | 530 | ASA TEAM BIEGIEMPO ZDROWIE | WARSZAWA | POL | M70+ | 7 | M 95 | | | 00:20:34 | 00:42:08 | 01:04:14 | 01:26:27.90 | 8:38 | 6.9 |
| 180 | OMARSKA GRAZYNA | 535 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 17 | K 85 | | | 00:21:00 | 00:42:35 | 01:04:25 | 01:26:28.20 | 8:38 | 6.9 |
| 181 | SMARUJ - SADOWSKA JANINA | 564 | | BYDGOSZCZ | POL | K60-69 | 10 | K 86 | | | 00:20:55 | 00:42:30 | 01:04:39 | 01:26:41.00 | 8:40 | 6.9 |
| 182 | DYLEWSKA BARBARA | 434 | DABROWANORDIC TEAM | DABROWA GORNICZA | POL | K60-69 | 11 | K 87 | | | 00:21:20 | 00:43:25 | 01:05:09 | 01:26:56.80 | 8:41 | 6.9 |
| 183 | JÓŻWIK KATARZYNA | 464 | | WARSZAWA | POL | K40-49 | 28 | K 88 | | | 00:21:46 | 00:43:51 | 01:05:42 | 01:26:58.20 | 8:41 | 6.9 |
| 184 | JÓŻWIAK TERESA | 462 | | WARSZAWA | POL | K50-59 | 18 | K 89 | | | 00:21:14 | 00:42:57 | 01:04:33 | 01:27:00.55 | 8:42 | 6.9 |
| 185 | STRACZUK MONIKA | 576 | RYSIE RAZEM | ZABORÓW | POL | K40-49 | 29 | K 90 | | | 00:21:21 | 00:43:01 | 01:05:05 | 01:27:01.55 | 8:42 | 6.9 |
| 186 | STEFANIAK BOŻENA | 573 | | BIALYSTOK | POL | K50-59 | 19 | K 91 | | | 00:21:13 | 00:43:11 | 01:05:10 | 01:27:08.95 | 8:42 | 6.9 |
| 187 | KOSSOWSKA ANNA | 484 | MARYSIN | WARSZAWA | POL | K50-59 | 20 | K 92 | | | 00:21:18 | 00:43:16 | 01:06:16 | 01:27:24.80 | 8:44 | 6.9 |
| 188 | SWOJAK JOLANTA | 578 | | WARSZAWA | POL | K40-49 | 30 | K 93 | | | 00:21:37 | 00:43:34 | 01:05:32 | 01:27:41.25 | 8:46 | 6.8 |
| 189 | DZIERŻANOWSKA KRYSZYNA | 437 | MARYSIN | WARSZAWA | POL | K60-69 | 12 | K 94 | | | 00:21:19 | 00:43:11 | 01:06:21 | 01:27:44.10 | 8:46 | 6.8 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 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 | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------|-----|--|-------------------------|------|--------|--------|-------|-------------|--------------|----------|-----------|-----------|-------------|---------|------|
| 190 | ĆWIKŁA JOANNA | 425 | BETTER FIT | KONSTANCIN-JEZI ORNA | POL | K30-39 | 20 | K 95 | | | 00:21:22 | 00:43:27 | 01:05:52 | 01:27:46.45 | 8:46 | 6.8 |
| 191 | JARYSZ AGNIESZKA | 455 | FACE NORDIC WALKING TEAM | OBORNIKI | POL | K30-39 | 21 | K 96 | | | 00:22:04 | 00:45:26 | 01:07:02 | 01:28:01.70 | 8:48 | 6.8 |
| 192 | CHRAPEK URSZULA | 419 | KS RUDZICA | RUDZICA | POL | K18-29 | 11 | K 97 | | | 00:21:39 | 00:44:01 | 01:05:53 | 01:28:18.50 | 8:49 | 6.8 |
| 193 | LINKA RENATA | 703 | | WARSZAWA | POL | K40-49 | 31 | K 98 | | | 00:21:50 | 00:44:06 | 01:06:22 | 01:28:49.10 | 8:52 | 6.8 |
| 194 | KOSSOWSKI MARIAN | 485 | MARYSIN | WARSZAWA | POL | M50-59 | 23 | M 96 | | | 00:21:22 | 00:43:44 | 01:06:27 | 01:28:59.05 | 8:53 | 6.7 |
| 195 | ŚWIĄTEK JOANNA | 587 | MARSZPOZDROWIE | POZNAŃ | POL | K30-39 | 22 | K 99 | | | 00:04:14 | 00:08:29 | 00:48:41 | 01:29:08.75 | 8:54 | 6.7 |
| 196 | KOBUSINSKI EUGENIUSZ | 476 | AUTO-MEX | WARSZAWA | POL | M60-69 | 18 | M 97 | 1 | | 00:21:11 | 00:44:12 | 01:07:02 | 01:30:11.05 | 9:01 | 6.7 |
| 197 | IRZYCKA ANNA | 451 | MARYSIN | WARSZAWA | POL | K50-59 | 21 | K 100 | | | 00:21:17 | 00:43:17 | 01:06:41 | 01:30:45.60 | 9:04 | 6.6 |
| 198 | SOBOCIŃSKA EWA | 569 | MOSIR | RYPIN | POL | K70+ | 3 | K 101 | | | 00:22:19 | 00:45:24 | 01:08:40 | 01:31:38.60 | 9:09 | 6.5 |
| 199 | WASILEWSKA KATARZYNA | 598 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K50-59 | 22 | K 102 | | | 00:22:38 | 00:45:44 | 01:08:44 | 01:31:50.75 | 9:11 | 6.5 |
| 200 | KRAWCZYK MONIKA | 494 | | WARSZAWA | POL | K40-49 | 32 | K 103 | | | 00:21:57 | 00:45:06 | 01:08:37 | 01:32:18.05 | 9:13 | 6.5 |
| 201 | JAKUSIK ANNA | 453 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | K40-49 | 33 | K 104 | | | 00:23:47 | 00:47:01 | 01:09:45 | 01:32:23.45 | 9:14 | 6.5 |
| 202 | BEŁCZYŃSKA EDYTA | 406 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | K40-49 | 34 | K 105 | | | 00:23:50 | 00:47:03 | 01:09:47 | 01:32:24.20 | 9:14 | 6.5 |
| 203 | DZWONKOWSKI RYSZARD | 439 | RYSIE RAZEM | WYGŁĘDY | POL | M60-69 | 19 | M 98 | | | 00:22:31 | 00:45:53 | 01:09:16 | 01:32:39.45 | 9:15 | 6.5 |
| 204 | LIPIŃSKA URSZULA | 620 | FACE NORDIC WALKING TEAM | DĘBLIN | POL | K40-49 | 35 | K 106 | | | 00:22:53 | 00:45:56 | 01:09:11 | 01:32:40.90 | 9:16 | 6.5 |
| 205 | SMOLEŃ WACŁAWA | 565 | | WARSZAWA | POL | K70+ | 4 | K 107 | | | 00:23:19 | 00:46:36 | 01:10:06 | 01:32:47.75 | 9:16 | 6.5 |
| 206 | PERCZYŃSKA ELŻBIETA | 541 | | SULEJÓWEK | POL | K60-69 | 13 | K 108 | | | 00:22:20 | 00:46:16 | 01:10:24 | 01:33:03.40 | 9:18 | 6.4 |
| 207 | KROGULSKA MIŁOSŁAWA | 496 | | WARSZAWA | POL | K40-49 | 36 | K 109 | | | 00:23:13 | 00:47:02 | 01:10:08 | 01:33:34.75 | 9:21 | 6.4 |
| 208 | DUDKIEWICZ PIOTR | 432 | RYSIE RAZEM | KOPRKI | POL | M40-49 | 27 | M 99 | 1 | | 00:23:39 | 00:48:39 | 01:12:52 | 01:36:06.95 | 9:36 | 6.2 |
| 209 | MACHNIAK KAMILA | 515 | RYSIE RAZEM | OŻARÓW MAZOWIECKI | POL | K30-39 | 23 | K 110 | | | 00:23:55 | 00:48:48 | 01:12:44 | 01:36:26.90 | 9:38 | 6.2 |
| 210 | MARTYNIUK RENATA | 521 | | WARSZAWA | POL | K60-69 | 14 | K 111 | | | 00:24:13 | 00:48:19 | 01:12:33 | 01:36:50.50 | 9:41 | 6.2 |
| 211 | NIEDŹWIEDZKA JOANNA | 529 | | WARSZAWA | POL | K50-59 | 23 | K 112 | 1 | | 00:24:41 | 00:49:51 | 01:15:34 | 01:41:06.20 | 10:06 | 5.9 |
| 212 | JANKOWSKA ELŻBIETA | 454 | | SULEJÓWEK | POL | K60-69 | 15 | K 113 | | | 00:25:45 | 00:56:15 | 288:32:07 | 289:09:23.7 | 1734:56 | 0 |
| 213 | GRYGIEL MONIKA | 447 | FACE NORDIC WALKING TEAM | GRUSZCZYN | POL | K30-39 | 24 | K 114 | | | 00:32:19 | 01:05:26 | | | 13:05 | 4.6 |
| 214 | KWAŚNY MACIEJ | 506 | | WARSZAWA | POL | M30-39 | 10 | M 100 | | | 00:32:39 | 01:05:47 | | | 13:09 | 4.6 |
| 215 | KWAŚNA ANKA | 505 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K30-39 | 25 | K 115 | | | 00:34:16 | 01:10:33 | | | 14:06 | 4.3 |
| 216 | KACPERCZYK DARIUSZ | 468 | MARYSIN | WARSZAWA | POL | M50-59 | 24 | M 101 | | | 00:35:01 | 01:10:58 | | | 14:11 | 4.2 |
| 217 | LIPIŃSKA URSZULA | 510 | FACE NORDIC WALKING TEAM | DĘBLIN | POL | K40-49 | 37 | K 116 | | | 00:36:21 | 01:13:26 | | | 14:41 | 4.1 |
| 218 | KONOPKA-JÓŹWIAK EWELINA | 480 | | ŁÓDŹ | POL | K30-39 | 26 | K 117 | | | 00:36:29 | 01:13:47 | | | 14:45 | 4.1 |
| 219 | KŁOPOCIŃSKA MAŁGORZATA | 475 | MARYSIN | WARSZAWA | POL | K50-59 | 24 | K 118 | | | 00:39:40 | 01:20:07 | | | 16:01 | 3.7 |
| 220 | POPEK MAŁGORZATA | 545 | CHODZĘ Z SERCEM | RADZYŃ PODLASKI | POL | K50-59 | 25 | K 119 | | | 00:41:18 | | | | 16:31 | 3.6 |
| 221 | BOGUSZ LUCYNA | 415 | | WARSZAWA | POL | K40-49 | 38 | K 120 | | | 00:41:45 | | | | 16:42 | 3.6 |
| 222 | KASAK DOROTA | 472 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K30-39 | 27 | K 121 | | | 00:44:11 | | | | 17:40 | 3.4 |
| 223 | PIETRYKOWSKI DARIUSZ | 542 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-59 | 25 | M 102 | | | 00:44:16 | | | | 17:42 | 3.4 |
| 224 | PILARCZYK ŁUKASZ | 543 | GREEN TEAM | ZIELONA GÓRA | POL | M40-49 | 28 | M 103 | | | 00:46:21 | | | | 18:32 | 3.2 |
| DQ | NETKOWSKI WOJCIECH | 527 | | WARSZAWA | POL | M50-59 | DQ | DQ | 1 | TAK | 00:19:21 | 00:38:45 | 00:58:03 | 01:17:07.40 | - | - |
| DQ | DYPA BARBARA | 435 | NW KOLBUSZOWA | KOLBUSZOWA | POL | K50-59 | DQ | DQ | | TAK | 00:20:57 | 288:32:47 | 289:13:23 | DQ | - | - |
| DQ | DRABAREK WOJCIECH | 487 | | WARSZAWA | POL | M60-69 | DQ | DQ | 1 | TAK | 00:19:44 | 00:40:14 | DQ | DQ | - | - |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|---|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | LIPKO ADRIANNA | 511 | PENDOLINO | GDYNIA | POL | K18-29 | 1 | K 1 | | | 00:16:41 | 00:33:37 | 00:50:39 | 01:07:35.70 | 6:45 | 8.9 |
| 2 | CHOCHLA MONIKA | 418 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K18-29 | 2 | K 11 | | | 00:17:49 | 00:36:01 | 00:54:12 | 01:12:26.35 | 7:14 | 8.3 |
| 3 | ŁABUS IZABELA | 513 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K18-29 | 3 | K 20 | | | 00:18:17 | 00:36:51 | 00:55:34 | 01:14:48.00 | 7:28 | 8 |
| 4 | RAPAŁO ROMA | 552 | AWF WARSZAWA | WARSZAWA | POL | K18-29 | 4 | K 22 | | | 00:18:35 | 00:37:23 | 00:56:20 | 01:15:18.35 | 7:31 | 8 |
| 5 | KOPEĆ DOROTA | 481 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 5 | K 28 | | | 00:18:27 | 00:37:43 | 00:57:12 | 01:16:22.65 | 7:38 | 7.9 |
| 6 | GIERWIATOWSKA NATALIA | 444 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K18-29 | 6 | K 34 | | | 00:19:32 | 00:38:53 | 00:58:11 | 01:17:10.55 | 7:43 | 7.8 |
| 7 | KOZICKA EWA | 492 | UNIA MIAST | LUBLINIEC | POL | K18-29 | 7 | K 59 | | | 00:19:53 | 00:40:04 | 01:00:42 | 01:21:05.05 | 8:06 | 7.4 |
| 8 | PIEKARSKA MAGDALENA | 710 | GOSIR OSIELSKO | NIEMCZ | POL | K18-29 | 8 | K 62 | | | 00:19:55 | 00:39:53 | 01:00:40 | 01:21:23.15 | 8:08 | 7.4 |
| 9 | CZYŻEWSKA MAGDALENA | 424 | KONSTANCIN AMATOR | KONSTANCIN-JEZI ORNA | POL | K18-29 | 9 | K 80 | | | 00:21:44 | 00:42:46 | 01:03:40 | 01:25:01.05 | 8:30 | 7.1 |
| 10 | WŁASZCZUK ANITA | 610 | RYSIE RAZEM | BŁONIE | POL | K18-29 | 10 | K 82 | | | 00:20:50 | 00:42:34 | 01:04:27 | 01:26:13.05 | 8:37 | 7 |
| 11 | CHRAPEK URSZULA | 419 | KS RUDZICA | RUDZICA | POL | K18-29 | 11 | K 97 | | | 00:21:39 | 00:44:01 | 01:05:53 | 01:28:18.50 | 8:49 | 6.8 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------------|-----|-----------------------------------|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | MACKIEWICZ MARCIN | 516 | NORDIC WALKING CIECHANÓW | CIECHANÓW | POL | M18-29 | 1 | M 10 | | 1 | 00:15:33 | 00:31:25 | 00:47:58 | 01:03:46.35 | 6:22 | 9.4 |
| 2 | KUŚMIEREK PATRYK | 504 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 11 | | | 00:15:46 | 00:31:30 | 00:47:30 | 01:03:46.40 | 6:22 | 9.4 |
| 3 | WERSTLER MIKOŁAJ | 600 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 3 | M 15 | | | 00:16:22 | 00:33:00 | 00:49:38 | 01:05:51.20 | 6:35 | 9.1 |
| 4 | GRZEGORCZYK MARCIN JOACHIM | 448 | FACE NORDIC WALKING TEAM | WŁADYSŁAWOW O | POL | M18-29 | 4 | M 16 | | | 00:16:10 | 00:33:03 | 00:49:39 | 01:05:51.45 | 6:35 | 9.1 |
| 5 | PSUT ROBERT | 547 | | ŁÓDŹ | POL | M18-29 | 5 | M 23 | | | 00:16:46 | 00:33:38 | 00:50:31 | 01:07:33.60 | 6:45 | 8.9 |
| 6 | ŻMIJEWSKI WOJCIECH | 618 | AWF WARSZAWA | KONSTANCIN-JEZI ORNA | POL | M18-29 | 6 | M 24 | | | 00:16:25 | 00:33:39 | 00:50:43 | 01:07:34.45 | 6:45 | 8.9 |
| 7 | ROGASKI GRZEGORZ | 555 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 7 | M 25 | | | 00:16:21 | 00:33:33 | 00:50:36 | 01:07:39.55 | 6:46 | 8.9 |
| 8 | PUSZKIEL ADRIAN | 548 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M18-29 | 8 | M 28 | | | 00:16:52 | 00:34:40 | 00:51:53 | 01:08:40.80 | 6:52 | 8.7 |
| 9 | WIERZBOWSKI MICHAŁ | 604 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 9 | M 36 | | | 00:16:38 | 00:33:50 | 00:51:39 | 01:09:42.75 | 6:58 | 8.6 |
| 10 | IWANIUK ARTUR | 700 | | ŁOSICE | POL | M18-29 | 10 | M 41 | | | 00:17:27 | 00:35:29 | 00:53:47 | 01:11:01.70 | 7:06 | 8.4 |
| 11 | WITKOWSKI MARCIN | 609 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 11 | M 57 | | | 00:18:14 | 00:36:38 | 00:55:21 | 01:14:31.85 | 7:27 | 8.1 |
| 12 | ŚWIETLIK MICHAŁ | 709 | AWF WARSZAWA | PIASECZNO | POL | M18-29 | 12 | M 62 | | | 00:18:39 | 00:37:32 | 00:56:17 | 01:15:11.45 | 7:31 | 8 |
| 13 | RECZULSKI MIKOŁAJ | 553 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M18-29 | 13 | M 67 | | | 00:17:35 | 00:36:55 | 00:56:37 | 01:16:23.30 | 7:38 | 7.9 |
| 14 | JÓZWIAK DOMINIK | 463 | WTW.WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 14 | M 92 | | | 00:20:57 | 00:42:01 | 01:03:33 | 01:24:34.00 | 8:27 | 7.1 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------------|-----|-----------------------------------|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SKRYCKA KATARZYNA | 562 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 1 | K 7 | | | 00:18:10 | 00:36:05 | 00:53:43 | 01:11:35.35 | 7:09 | 8.4 |
| 2 | KRZESAK-JUREK EWA | 500 | KJEM W LENISTWO | WARSZAWA | POL | K30-39 | 2 | K 8 | | | 00:18:10 | 00:36:04 | 00:53:57 | 01:11:46.05 | 7:10 | 8.4 |
| 3 | PASIŃSKA - SKOWRON SYLWIA | 538 | SILESIA NORDIC TEAM | SZCZODRKO WIC E | POL | K30-39 | 3 | K 10 | | | 00:17:42 | 00:35:51 | 00:53:57 | 01:12:13.05 | 7:13 | 8.3 |
| 4 | KOZŁOWSKA SABINA | 706 | DĄBROWA NORDIC TEAM | BIELSKO-BIAŁA | POL | K30-39 | 4 | K 13 | | | 00:17:56 | 00:36:16 | 00:54:49 | 01:13:32.10 | 7:21 | 8.2 |
| 5 | SZCZEPAŃSKA ANNA | 579 | FABRIKANORDIKA | BYTOM | POL | K30-39 | 5 | K 14 | | | 00:17:50 | 00:36:07 | 00:54:52 | 01:13:42.15 | 7:22 | 8.1 |
| 6 | KOLARSKA AGNIESZKA | 478 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 6 | K 15 | | | 00:18:07 | 00:36:47 | 00:55:28 | 01:14:14.25 | 7:25 | 8.1 |
| 7 | MALCZYK ANNA | 517 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | K30-39 | 7 | K 18 | | | 00:17:50 | 00:36:21 | 00:55:28 | 01:14:33.50 | 7:27 | 8 |
| 8 | KOSTERA KATARZYNA | 486 | | WARSZAWA | POL | K30-39 | 8 | K 26 | | | 00:19:04 | 00:37:58 | 00:56:53 | 01:15:35.10 | 7:33 | 7.9 |
| 9 | DALECKA JUSTYNA | 426 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K30-39 | 9 | K 38 | | | 00:19:16 | 00:38:28 | 00:58:15 | 01:17:53.50 | 7:47 | 7.7 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------|-----|--------------------------|----------------------|------|--------|--------|-------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 10 | ZIELIŃSKA KAMILA | 616 | FACE NORDIC WALKING TEAM | PIASECZNO | POL | K30-39 | 10 | K 48 | | | 00:19:24 | 00:38:58 | 00:59:04 | 01:19:22.35 | 7:56 | 7.6 |
| 11 | BUBAŁA GRAŻYNA | 699 | UNIA MIAST | LUBLINIEC | POL | K30-39 | 11 | K 50 | | | 00:20:00 | 00:40:00 | 00:59:57 | 01:19:31.30 | 7:57 | 7.5 |
| 12 | BOROWSKA-STANCZUK KAROLINA | 707 | FACE NORDIC WALKING TEAM | SIEDLCE | POL | K30-39 | 12 | K 51 | | | 00:18:54 | 00:38:09 | 01:00:05 | 01:19:39.00 | 7:57 | 7.5 |
| 13 | WITKOWSKA AGATA | 608 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K30-39 | 13 | K 52 | | | 00:20:01 | 00:40:12 | 01:00:17 | 01:20:11.85 | 8:01 | 7.5 |
| 14 | LISTWOŃ JUSTYNA | 512 | | WARSZAWA | POL | K30-39 | 14 | K 57 | | | 00:21:06 | 00:41:41 | 01:01:34 | 01:20:37.85 | 8:03 | 7.4 |
| 15 | STANICKA AGNIESZKA | 571 | RYSIE RAZEM | FELIKSÓW | POL | K30-39 | 15 | K 60 | | | 00:19:38 | 00:39:47 | 01:00:34 | 01:21:14.30 | 8:07 | 7.4 |
| 16 | CIERKONSKA AGATA | 421 | RYSIE RAZEM | WIKTORÓW | POL | K30-39 | 16 | K 64 | | | 00:19:47 | 00:40:29 | 01:01:16 | 01:21:50.25 | 8:11 | 7.3 |
| 17 | MIESZCZANIN JOANNA | 523 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K30-39 | 17 | K 71 | | | 00:20:23 | 00:41:00 | 01:01:54 | 01:23:05.55 | 8:18 | 7.2 |
| 18 | GERLE-KOTULA ANNA | 443 | | KATOWICE | POL | K30-39 | 18 | K 74 | | | 00:21:03 | 00:42:28 | 01:04:05 | 01:24:31.00 | 8:27 | 7.1 |
| 19 | KĘPKA RENATA | 697 | | PIASECZNO | POL | K30-39 | 19 | K 75 | | | 00:20:19 | 00:41:39 | 01:03:01 | 01:24:39.90 | 8:28 | 7.1 |
| 20 | ĆWIKŁA JOANNA | 425 | BETTER FIT | KONSTANCIN-JEZI ORNA | POL | K30-39 | 20 | K 95 | | | 00:21:22 | 00:43:27 | 01:05:52 | 01:27:46.45 | 8:46 | 6.8 |
| 21 | JARYSZ AGNIESZKA | 455 | FACE NORDIC WALKING TEAM | OBORNIKI | POL | K30-39 | 21 | K 96 | | | 00:22:04 | 00:45:26 | 01:07:02 | 01:28:01.70 | 8:48 | 6.8 |
| 22 | ŚWIĄTEK JOANNA | 587 | MARSZPOZDROWIE | POZNAŃ | POL | K30-39 | 22 | K 99 | | | 00:04:14 | 00:08:29 | 00:48:41 | 01:29:08.75 | 8:54 | 6.7 |
| 23 | MACHNIAK KAMILA | 515 | RYSIE RAZEM | OŻARÓW MAZOWIECKI | POL | K30-39 | 23 | K 110 | | | 00:23:55 | 00:48:48 | 01:12:44 | 01:36:26.90 | 9:38 | 6.2 |
| 24 | GRYGIEL MONIKA | 447 | FACE NORDIC WALKING TEAM | GRUSZCZYN | POL | K30-39 | 24 | K 114 | | | 00:32:19 | 01:05:26 | | | 13:05 | 4.6 |
| 25 | KWAŚNA ANKA | 505 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K30-39 | 25 | K 115 | | | 00:34:16 | 01:10:33 | | | 14:06 | 4.3 |
| 26 | KONOPKA-JÓŹWIAK EWELINA | 480 | | ŁÓDŹ | POL | K30-39 | 26 | K 117 | | | 00:36:29 | 01:13:47 | | | 14:45 | 4.1 |
| 27 | KASAK DOROTA | 472 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K30-39 | 27 | K 121 | | | 00:44:11 | | | | 17:40 | 3.4 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|--------------------------------|-------------|------|--------|--------|-------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | BILEK ARTUR | 410 | UNIA MIAST | LUBLINIEC | POL | M30-39 | 1 | M 4 | | | 00:15:21 | 00:30:55 | 00:46:35 | 01:02:19.20 | 6:14 | 9.6 |
| 2 | WOJTASIŃSKI DANIEL | 611 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 5 | | | 00:15:23 | 00:31:06 | 00:46:53 | 01:03:03.90 | 6:18 | 9.5 |
| 3 | PIOTROWSKI MICHAŁ | 544 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M30-39 | 3 | M 12 | | | 00:15:24 | 00:31:12 | 00:47:45 | 01:03:47.85 | 6:22 | 9.4 |
| 4 | RYCHLIK GRZEGORZ | 557 | FUNDACJA 'W TE PĘDY' | HALASY | POL | M30-39 | 4 | M 17 | | | 00:15:37 | 00:32:04 | 00:49:01 | 01:06:01.75 | 6:36 | 9.1 |
| 5 | ŚLUSARCZYK MARCIN | 584 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | 5 | M 32 | | | 00:16:45 | 00:34:16 | 00:51:49 | 01:09:24.50 | 6:56 | 8.6 |
| 6 | ADAMOWSKI JACEK | 401 | UNIA MIAST | GLIWICE | POL | M30-39 | 6 | M 59 | | | 00:18:18 | 00:37:06 | 00:55:53 | 01:14:45.85 | 7:28 | 8 |
| 7 | GRONALEWSKI KRZYSZTOF | 446 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M30-39 | 7 | M 61 | | | 00:18:49 | 00:37:49 | 00:56:30 | 01:15:09.15 | 7:30 | 8 |
| 8 | GODZIŃSKI PAWEŁ | 445 | | MILEJEWO | POL | M30-39 | 8 | M 76 | | | 00:18:37 | 00:37:56 | 00:57:47 | 01:17:38.45 | 7:45 | 7.7 |
| 9 | KOTULA JAKUB | 488 | | KATOWICE | POL | M30-39 | 9 | M 82 | 1 | | 00:19:08 | 00:39:37 | 01:00:08 | 01:20:11.15 | 8:01 | 7.5 |
| 10 | KWAŚNY MACIEJ | 506 | | WARSZAWA | POL | M30-39 | 10 | M 100 | | | 00:32:39 | 01:05:47 | | | 13:09 | 4.6 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|--------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SPYCHAŁA MARZENA | 570 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 2 | | | 00:16:53 | 00:34:00 | 00:51:17 | 01:08:37.85 | 6:51 | 8.7 |
| 2 | BALCERAK-KOLASA JOANNA | 405 | EPOKA NORDICA | ŁÓDŹ | POL | K40-49 | 2 | K 4 | | | 00:17:13 | 00:34:38 | 00:52:21 | 01:10:01.90 | 7:00 | 8.6 |
| 3 | ŁUKASZEWICZ JOANNA | 514 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 3 | K 5 | | | 00:17:12 | 00:35:02 | 00:53:09 | 01:11:06.50 | 7:06 | 8.4 |
| 4 | DUSIEL EWA | 433 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 4 | K 12 | | | 00:18:11 | 00:36:30 | 00:54:36 | 01:12:46.15 | 7:16 | 8.2 |
| 5 | BIELIŃSKA-RUS JAGODA | 408 | | PIEKARY ŚLĄSKIE | POL | K40-49 | 5 | K 19 | | | 00:18:15 | 00:37:10 | 00:55:57 | 01:14:39.05 | 7:27 | 8 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------------|-----|---|---------------------|------|--------|--------|-------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 6 | SITKO MAŁGORZATA | 560 | FACE NORDIC WALKING TEAM | KOLBUSZOWA | POL | K40-49 | 6 | K 21 | | | 00:18:34 | 00:37:11 | 00:56:01 | 01:15:02.10 | 7:30 | 8 |
| 7 | KOZŁOWSKA AGNIESZKA | 493 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | K40-49 | 7 | K 24 | | | 00:18:50 | 00:37:50 | 00:56:36 | 01:15:28.70 | 7:32 | 7.9 |
| 8 | KOWALCZYK EDYTA | 490 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | K40-49 | 8 | K 25 | | | 00:18:02 | 00:36:53 | 00:55:08 | 01:15:34.35 | 7:33 | 7.9 |
| 9 | WASZCZUK ZOFIA | 599 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K40-49 | 9 | K 27 | | | 00:03:47 | 00:07:24 | 00:41:32 | 01:15:36.00 | 7:33 | 7.9 |
| 10 | BOROWIK BOŻENA | 416 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K40-49 | 10 | K 29 | | | 00:18:53 | 00:37:59 | 00:57:14 | 01:16:35.25 | 7:39 | 7.8 |
| 11 | LANGMESSER REGINA | 507 | LKS ZANTYR | SZTUM | POL | K40-49 | 11 | K 40 | | | 00:18:54 | 00:38:14 | 00:57:55 | 01:18:02.05 | 7:48 | 7.7 |
| 12 | UHRYN EWA | 592 | POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO | DOBRE MIASTO | POL | K40-49 | 12 | K 42 | | | 00:19:52 | 00:39:33 | 00:58:59 | 01:18:23.10 | 7:50 | 7.7 |
| 13 | HINC IWONA | 450 | FACE NORDIC WALKING TEAM | ŻUKOWO | POL | K40-49 | 13 | K 43 | | | 00:19:05 | 00:38:52 | 00:58:41 | 01:18:35.40 | 7:51 | 7.6 |
| 14 | TĘPIŃSKA IWONA | 588 | | WARSZAWA | POL | K40-49 | 14 | K 44 | | | 00:19:21 | 00:39:17 | 00:59:08 | 01:18:50.40 | 7:53 | 7.6 |
| 15 | WRÓŃSKA WIESŁAWA | 613 | BŁĘKITNI DZIEMIANY | WARSZAWA | POL | K40-49 | 15 | K 46 | | | 00:19:31 | 00:39:13 | 00:59:13 | 01:19:05.60 | 7:54 | 7.6 |
| 16 | MARCZEWSKA ANNA | 520 | | ZGIERZ | POL | K40-49 | 16 | K 49 | | | 00:19:36 | 00:39:33 | 00:59:36 | 01:19:30.65 | 7:57 | 7.5 |
| 17 | WOŹNIAK AGNIESZKA | 612 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K40-49 | 17 | K 54 | | | 00:19:58 | 00:39:57 | 01:00:01 | 01:20:17.20 | 8:01 | 7.5 |
| 18 | JUCHNIEWICZ SYLWIA | 465 | RYSIE RAZEM | ZABORÓW | POL | K40-49 | 18 | K 55 | | | 00:19:33 | 00:39:46 | 01:00:19 | 01:20:28.00 | 8:02 | 7.5 |
| 19 | BOBOWICZ KATARZYNA | 412 | | WARSZAWA | POL | K40-49 | 19 | K 58 | | | 00:20:57 | 00:41:39 | 01:01:35 | 01:20:50.80 | 8:05 | 7.4 |
| 20 | SZEWCZYK AGNIESZKA | 582 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | 20 | K 61 | | | 00:20:34 | 00:40:32 | 01:00:36 | 01:21:16.05 | 8:07 | 7.4 |
| 21 | WASIELA BEATA | 597 | FACE NORDIC WALKING TEAM | NOWY SUMIN | POL | K40-49 | 21 | K 63 | | | 00:19:58 | 00:40:22 | 01:01:06 | 01:21:41.65 | 8:10 | 7.3 |
| 22 | LEPECKA-CZAJKOWSKA KATARZYNA | 509 | | KONSTANCIN-JEZIORNA | POL | K40-49 | 22 | K 65 | | | 00:20:29 | 00:40:54 | 01:01:28 | 01:22:00.90 | 8:12 | 7.3 |
| 23 | PYRKA IWONA | 550 | | WARSZAWA | POL | K40-49 | 23 | K 66 | | | 00:21:04 | 00:41:43 | 01:02:03 | 01:22:37.35 | 8:15 | 7.3 |
| 24 | SZAŁACKA OLGA | 698 | | PIASECZNO | POL | K40-49 | 24 | K 70 | | | 00:20:08 | 00:40:48 | 01:01:37 | 01:22:50.70 | 8:17 | 7.2 |
| 25 | STĘŻYCKA MONIKA | 575 | | PIASECZNO | POL | K40-49 | 25 | K 78 | | | 00:20:51 | 00:42:02 | 01:03:27 | 01:24:48.80 | 8:28 | 7.1 |
| 26 | KOMAŃSKA MARTA | 701 | | KONSTANCIN-JEZIORNA | POL | K40-49 | 26 | K 81 | | | 00:20:40 | 00:41:37 | 01:03:12 | 01:25:19.75 | 8:32 | 7 |
| 27 | GRALIŃSKA AGNIESZKA | 705 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K40-49 | 27 | K 84 | | | 00:20:48 | 00:42:21 | 01:03:57 | 01:26:27.10 | 8:38 | 6.9 |
| 28 | JÓŻWIK KATARZYNA | 464 | | WARSZAWA | POL | K40-49 | 28 | K 88 | | | 00:21:46 | 00:43:51 | 01:05:42 | 01:26:58.20 | 8:41 | 6.9 |
| 29 | STRACZUK MONIKA | 576 | RYSIE RAZEM | ZABORÓW | POL | K40-49 | 29 | K 90 | | | 00:21:21 | 00:43:01 | 01:05:05 | 01:27:01.55 | 8:42 | 6.9 |
| 30 | SWOJAK JOLANTA | 578 | | WARSZAWA | POL | K40-49 | 30 | K 93 | | | 00:21:37 | 00:43:34 | 01:05:32 | 01:27:41.25 | 8:46 | 6.8 |
| 31 | LINKA RENATA | 703 | | WARSZAWA | POL | K40-49 | 31 | K 98 | | | 00:21:50 | 00:44:06 | 01:06:22 | 01:28:49.10 | 8:52 | 6.8 |
| 32 | KRAWCZYK MONIKA | 494 | | WARSZAWA | POL | K40-49 | 32 | K 103 | | | 00:21:57 | 00:45:06 | 01:08:37 | 01:32:18.05 | 9:13 | 6.5 |
| 33 | JAKUSIK ANNA | 453 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | K40-49 | 33 | K 104 | | | 00:23:47 | 00:47:01 | 01:09:45 | 01:32:23.45 | 9:14 | 6.5 |
| 34 | BEŁCZYŃSKA EDYTA | 406 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | K40-49 | 34 | K 105 | | | 00:23:50 | 00:47:03 | 01:09:47 | 01:32:24.20 | 9:14 | 6.5 |
| 35 | LIPIŃSKA URSZULA | 620 | FACE NORDIC WALKING TEAM | DĘBLIN | POL | K40-49 | 35 | K 106 | | | 00:22:53 | 00:45:56 | 01:09:11 | 01:32:40.90 | 9:16 | 6.5 |
| 36 | KROGULSKA MIŁOSŁAWA | 496 | | WARSZAWA | POL | K40-49 | 36 | K 109 | | | 00:23:13 | 00:47:02 | 01:10:08 | 01:33:34.75 | 9:21 | 6.4 |
| 37 | LIPIŃSKA URSZULA | 510 | FACE NORDIC WALKING TEAM | DĘBLIN | POL | K40-49 | 37 | K 116 | | | 00:36:21 | 01:13:26 | | | 14:41 | 4.1 |
| 38 | BOGUSZ LUCYNA | 415 | | WARSZAWA | POL | K40-49 | 38 | K 120 | | | 00:41:45 | | | | 16:42 | 3.6 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|---|-----------------------------|------|--------|--------|-------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KARASIŃSKI MACIEJ | 471 | | SIEDLCE | POL | M40-49 | 1 | M 1 | 1 | | 00:14:43 | 00:30:04 | 00:45:23 | 01:00:41.65 | 6:04 | 9.9 |
| 2 | KLICZKA KAMIL | 474 | PUSZCZYK BUKOWY | SZCZECIN | POL | M40-49 | 2 | M 2 | | | 00:14:45 | 00:29:57 | 00:45:17 | 01:00:45.45 | 6:04 | 9.9 |
| 3 | CYRUS BOGDAN | 704 | SILESIA NORDIC TEAM | STRZEBIŃ | POL | M40-49 | 3 | M 3 | | | 00:14:44 | 00:30:14 | 00:46:06 | 01:01:43.60 | 6:10 | 9.7 |
| 4 | NIECHWIEJCZYK PIOTR | 528 | UNIA MIAST | ŚWIĘTOCHŁOWICE | POL | M40-49 | 4 | M 6 | 1 | | 00:15:26 | 00:31:29 | 00:47:32 | 01:03:18.45 | 6:19 | 9.5 |
| 5 | BILIK WOJCIECH | 409 | SAMOTNI WĘDROWCY | KROSNO | POL | M40-49 | 5 | M 22 | | | 00:16:40 | 00:33:36 | 00:50:35 | 01:07:27.20 | 6:44 | 8.9 |
| 6 | KRZANOWSKI BARTŁOMIEJ | 499 | SAMOTNI WĘDROWCY | KROSNO | POL | M40-49 | 6 | M 29 | | | 00:16:41 | 00:33:39 | 00:51:01 | 01:08:42.10 | 6:52 | 8.7 |
| 7 | SZCZEPAŃSKI RAFAŁ | 580 | OPEL ACTIVE TEAM | BYTOM | POL | M40-49 | 7 | M 35 | 1 | | 00:17:13 | 00:34:43 | 00:52:09 | 01:09:36.55 | 6:57 | 8.6 |
| 8 | JONDERKO GRZEGORZ | 461 | WŁÓCZYKIE SKOCZÓW | UL.ZWYCIĘSTWA 31A/24 RYBNIK | POL | M40-49 | 8 | M 39 | | | 00:16:54 | 00:34:34 | 00:52:17 | 01:10:30.10 | 7:03 | 8.5 |
| 9 | ANTOSZEWSKI PIOTR | 403 | DĄBROWA NORDIC TEAM | GNIEZNO | POL | M40-49 | 9 | M 40 | | | 00:17:26 | 00:35:13 | 00:52:52 | 01:10:39.35 | 7:03 | 8.5 |
| 10 | TEPIŃSKI LESZEK | 589 | | WARSZAWA | POL | M40-49 | 10 | M 42 | | | 00:17:32 | 00:35:34 | 00:53:38 | 01:11:42.65 | 7:10 | 8.4 |
| 11 | ŚLUSARCZYK GRZEGORZ | 585 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 11 | M 44 | | | 00:17:55 | 00:36:14 | 00:54:17 | 01:12:20.45 | 7:14 | 8.3 |
| 12 | MARCINKOWSKI WOJTEK | 519 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 12 | M 45 | | | 00:18:04 | 00:36:45 | 00:54:50 | 01:12:35.70 | 7:15 | 8.3 |
| 13 | DEJDA PIOTR | 427 | FACE NORDIC WALKING TEAM | SIEDLCE | POL | M40-49 | 13 | M 46 | | | 00:17:43 | 00:36:08 | 00:54:19 | 01:12:42.80 | 7:16 | 8.3 |
| 14 | PAŻ JACEK | 540 | BÓBR TŁUSZCZ | TŁUSZCZ | POL | M40-49 | 14 | M 47 | | | 00:18:37 | 00:37:06 | 00:55:14 | 01:12:51.15 | 7:17 | 8.2 |
| 15 | DREGER MICHAŁ | 479 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | M40-49 | 15 | M 48 | | | 00:18:14 | 00:36:26 | 00:54:41 | 01:12:59.90 | 7:18 | 8.2 |
| 16 | JASIKIEWICZ JACEK | 457 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | M40-49 | 16 | M 50 | | | 00:18:18 | 00:36:35 | 00:55:05 | 01:13:42.35 | 7:22 | 8.1 |
| 17 | URBANIĄK PIOTR | 594 | | WARSZAWA | POL | M40-49 | 17 | M 52 | | | 00:18:12 | 00:36:57 | 00:55:42 | 01:13:50.90 | 7:23 | 8.1 |
| 18 | KULIŃSKI JAROSŁAW | 503 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M40-49 | 18 | M 56 | | | 00:18:11 | 00:36:38 | 00:55:29 | 01:14:15.15 | 7:25 | 8.1 |
| 19 | UHRYN MARCIN | 593 | POZYTYWNA GRUPA NORDIC WALKING DOBRE MIASTO | DOBRE MIASTO | POL | M40-49 | 19 | M 65 | | | 00:18:10 | 00:37:24 | 00:56:38 | 01:15:43.15 | 7:34 | 7.9 |
| 20 | SKWARSKI RAFAŁ | 563 | | RASZYN | POL | M40-49 | 20 | M 66 | | | 00:18:29 | 00:37:42 | 00:56:54 | 01:15:55.25 | 7:35 | 7.9 |
| 21 | OCHWAT PAWEŁ | 532 | | WARSZAWA | POL | M40-49 | 21 | M 74 | | | 00:19:29 | 00:39:17 | 00:58:44 | 01:17:16.80 | 7:43 | 7.8 |
| 22 | KOPRYNIA BARTOSZ | 482 | BRAK | WĘGRZCE WIELKIE | POL | M40-49 | 22 | M 78 | | | 00:18:59 | 00:38:59 | 00:59:10 | 01:18:58.80 | 7:53 | 7.6 |
| 23 | FERET KRZYSZTOF | 441 | | RZESZÓW | POL | M40-49 | 23 | M 81 | | | 00:18:35 | 00:38:38 | 00:59:09 | 01:19:47.15 | 7:58 | 7.5 |
| 24 | ZDROJEWSKI ARTUR | 615 | NW CIECHANÓW | CIECHANÓW | POL | M40-49 | 24 | M 86 | | | 00:20:09 | 00:40:30 | 01:00:54 | 01:20:56.25 | 8:05 | 7.4 |
| 25 | BIŃCZYK JACEK | 411 | CISOWIANKA | GRABCZEWO | POL | M40-49 | 25 | M 89 | | | 00:20:57 | 00:41:52 | 01:02:31 | 01:22:43.55 | 8:16 | 7.3 |
| 26 | OLEKSY ARTUR | 533 | RYSIE RAZEM | BŁONIE | POL | M40-49 | 26 | M 94 | | | 00:21:32 | 00:43:30 | 01:05:10 | 01:26:27.60 | 8:38 | 6.9 |
| 27 | DUDKIEWICZ PIOTR | 432 | RYSIE RAZEM | KOPRKI | POL | M40-49 | 27 | M 99 | 1 | | 00:23:39 | 00:48:39 | 01:12:52 | 01:36:06.95 | 9:36 | 6.2 |
| 28 | PILARCZYK ŁUKASZ | 543 | GREEN TEAM | ZIELONA GÓRA | POL | M40-49 | 28 | M 103 | | | 00:46:21 | | | | 18:32 | 3.2 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------------|-----|-------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | JĘDRASIAK RENATA | 460 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 3 | | | 00:16:50 | 00:33:58 | 00:51:20 | 01:08:46.80 | 6:52 | 8.7 |
| 2 | BOCZAR BEATA | 414 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 2 | K 6 | | | 00:17:48 | 00:35:55 | 00:53:49 | 01:11:17.70 | 7:07 | 8.4 |
| 3 | KRUSZKA ARLETA | 497 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 3 | K 9 | | | 00:17:40 | 00:35:51 | 00:53:47 | 01:12:04.75 | 7:12 | 8.3 |
| 4 | ŻUCHOWICZ ELŻBIETA | 379 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K50-59 | 4 | K 17 | | | 00:18:04 | 00:36:43 | 00:55:30 | 01:14:16.05 | 7:25 | 8.1 |
| 5 | ZIELIŃSKA JOLANTA | 617 | GOSIR OSIELSKO | OSIELSKO | POL | K50-59 | 5 | K 30 | | | 00:18:18 | 00:37:15 | 00:56:42 | 01:16:38.45 | 7:39 | 7.8 |
| 6 | JARZYŃSKA MAŁGORZATA | 456 | HIFI ARTE BERLIN | BERLIN | GER | K50-59 | 6 | K 31 | | | 00:18:46 | 00:38:06 | 00:57:28 | 01:16:46.05 | 7:40 | 7.8 |
| 7 | DOBROWOLSKA-ŚWIĄT EK ELŻBIETA | 430 | | KAMIENIEC WROCŁAWSKI | POL | K50-59 | 7 | K 32 | | | 00:19:02 | 00:38:26 | 00:57:46 | 01:16:49.00 | 7:40 | 7.8 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------|------|---|--------------------|------|--------|--------|-------|-------------|--------------|----------------|-----------------|-----------------|-------------|--------|------|
| 8 | DOBROWOLSKA ANNA | 429 | | CHOTOMÓW | POL | K50-59 | 8 | K 33 | | | 00:19:01 | 00:38:26 | 00:57:46 | 01:16:50.20 | 7:41 | 7.8 |
| 9 | POSTEK DANUTA | 546 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 9 | K 37 | | | 00:19:25 | 00:38:56 | 00:58:29 | 01:17:49.80 | 7:47 | 7.7 |
| 10 | JURCZYŃSKA BOŻENA | 466 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 10 | K 41 | | | 00:19:29 | 00:39:05 | 00:58:38 | 01:18:05.55 | 7:48 | 7.7 |
| 11 | SNIHURENKO NATALIJA | 567 | | KHERSON | UKR | K50-59 | 11 | K 47 | | | 00:19:59 | 00:39:46 | 00:59:30 | 01:19:07.35 | 7:54 | 7.6 |
| 12 | SZYMANOWSKA-PAWLA K EWA | 1009 | GOSIR OSIELSKO | NIEMCZ | POL | K50-59 | 12 | K 56 | | | 00:19:50 | 00:39:48 | 00:59:59 | 01:20:34.10 | 8:03 | 7.4 |
| 13 | WIŚNIEWSKA TAMARA | 606 | UKS SIEDLESZCZANY NORDIC WALKING | TARNOBRZEG | POL | K50-59 | 13 | K 67 | | | 00:20:49 | 00:41:24 | 01:01:56 | 01:22:40.75 | 8:16 | 7.3 |
| 14 | LEHMANN TERESA | 508 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K50-59 | 14 | K 68 | | | 00:20:27 | 00:41:06 | 01:02:01 | 01:22:43.60 | 8:16 | 7.3 |
| 15 | WIERESZKO-CZYŻ REGINA | 603 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO | POL | K50-59 | 15 | K 72 | | | 00:20:00 | 00:40:57 | 01:02:15 | 01:23:17.80 | 8:19 | 7.2 |
| 16 | JEZERSKA DANUTA | 459 | | WARSZAWA | POL | K50-59 | 16 | K 79 | | | 00:20:38 | 00:41:55 | 01:03:18 | 01:24:52.95 | 8:29 | 7.1 |
| 17 | OMARSKA GRAZYNA | 535 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 17 | K 85 | | | 00:21:00 | 00:42:35 | 01:04:25 | 01:26:28.20 | 8:38 | 6.9 |
| 18 | JÓŹWIĄK TERESA | 462 | | WARSZAWA | POL | K50-59 | 18 | K 89 | | | 00:21:14 | 00:42:57 | 01:04:33 | 01:27:00.55 | 8:42 | 6.9 |
| 19 | STEFANIAK BOŻENA | 573 | | BIALYSTOK | POL | K50-59 | 19 | K 91 | | | 00:21:13 | 00:43:11 | 01:05:10 | 01:27:08.95 | 8:42 | 6.9 |
| 20 | KOSSOWSKA ANNA | 484 | MARYSIN | WARSZAWA | POL | K50-59 | 20 | K 92 | | | 00:21:18 | 00:43:16 | 01:06:16 | 01:27:24.80 | 8:44 | 6.9 |
| 21 | IRZYCKA ANNA | 451 | MARYSIN | WARSZAWA | POL | K50-59 | 21 | K 100 | | | 00:21:17 | 00:43:17 | 01:06:41 | 01:30:45.60 | 9:04 | 6.6 |
| 22 | WASILEWSKA KATARZYNA | 598 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K50-59 | 22 | K 102 | | | 00:22:38 | 00:45:44 | 01:08:44 | 01:31:50.75 | 9:11 | 6.5 |
| 23 | NIEDŹWIEDZKA JOANNA | 529 | | WARSZAWA | POL | K50-59 | 23 | K 112 | 1 | | 00:24:41 | 00:49:51 | 01:15:34 | 01:41:06.20 | 10:06 | 5.9 |
| 24 | KŁOPOCIŃSKA MAŁGORZATA | 475 | MARYSIN | WARSZAWA | POL | K50-59 | 24 | K 118 | | | 00:39:40 | 01:20:07 | | | 16:01 | 3.7 |
| 25 | POPEK MAŁGORZATA | 545 | CHODZĘ Z SERCEM | RADZYŃ PODLASKI | POL | K50-59 | 25 | K 119 | | | 00:41:18 | | | | 16:31 | 3.6 |
| DQ | DYPA BARBARA | 435 | NW KOLBUSZOWA | KOLBUSZOWA | POL | K50-59 | DQ | DQ | | TAK | 00:20:57 DQ | 288:32:47 DQ | 289:13:23 DQ | DQ | - | - |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|-----------------------------------|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SIEROŃ JACEK | 559 | TSA SANDOMIERZ | SANDOMIERZ | POL | M50-59 | 1 | M 7 | | | 00:15:33 | 00:31:38 | 00:47:47 | 01:03:25.05 | 6:20 | 9.5 |
| 2 | RECZULSKI MARIUSZ | 554 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 8 | | | 00:15:34 | 00:31:40 | 00:47:48 | 01:03:29.90 | 6:21 | 9.4 |
| 3 | SIWAK PIOTR | 561 | KS.METRACO POLKOWICE | RUDNA | POL | M50-59 | 3 | M 9 | | | 00:15:33 | 00:31:39 | 00:47:49 | 01:03:30.55 | 6:21 | 9.4 |
| 4 | PUSZKIEL LESZEK | 549 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 4 | M 13 | 1 | | 00:15:34 | 00:31:40 | 00:48:18 | 01:04:46.30 | 6:28 | 9.3 |
| 5 | CIEŚLAK ROMAN | 422 | FOREVER YOUNG | ŁÓDŹ | POL | M50-59 | 5 | M 14 | | | 00:15:56 | 00:32:16 | 00:48:49 | 01:05:42.65 | 6:34 | 9.1 |
| 6 | DZIADEK REMIGIUSZ | 436 | | ROKITY | POL | M50-59 | 6 | M 18 | | | 00:15:54 | 00:32:30 | 00:49:31 | 01:06:10.40 | 6:37 | 9.1 |
| 7 | JURKITEWICZ KRZYSZTOF | 467 | KB BIAŁA BIEGA | HOLA | POL | M50-59 | 7 | M 26 | | | 00:16:35 | 00:33:34 | 00:50:37 | 01:07:48.45 | 6:46 | 8.8 |
| 8 | WIERCHANOWSKI BOGDAN | 602 | KS METRACO POLKOWICE | GOLCZEWO | POL | M50-59 | 8 | M 31 | | | 00:16:50 | 00:34:12 | 00:51:50 | 01:09:19.80 | 6:56 | 8.7 |
| 9 | KOWALCZUK ROBERT | 489 | | GDAŃSK | POL | M50-59 | 9 | M 34 | | | 00:17:13 | 00:34:29 | 00:52:01 | 01:09:29.80 | 6:57 | 8.6 |
| 10 | MROZIŃSKI PAWEŁ | 526 | MARSZ PO ZDROWIE | POZNAŃ | POL | M50-59 | 10 | M 37 | | | 00:16:49 | 00:34:23 | 00:52:04 | 01:09:42.95 | 6:58 | 8.6 |
| 11 | FOT KRZYSZTOF | 442 | MARSZ PO ZDROWIE | POZNAŃ | POL | M50-59 | 11 | M 53 | | | 00:18:59 | 00:37:41 | 00:55:50 | 01:13:51.40 | 7:23 | 8.1 |
| 12 | DZIUBAK JANUSZ | 438 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 12 | M 68 | | | 00:18:40 | 00:37:55 | 00:57:14 | 01:16:34.00 | 7:39 | 7.8 |
| 13 | KOWALSKI MAREK | 491 | UNIA MIAST | STRZEBIN | POL | M50-59 | 13 | M 69 | | | 00:19:17 | 00:39:01 | 00:58:10 | 01:16:43.80 | 7:40 | 7.8 |
| 14 | STEFAŃSKI ANDRZEJ | 574 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | M50-59 | 14 | M 70 | | | 00:19:00 | 00:37:46 | 00:57:04 | 01:16:48.80 | 7:40 | 7.8 |
| 15 | PONIATOWSKI DARIUSZ | 702 | | KONTANCIN JEZIORNA | POL | M50-59 | 15 | M 71 | | | 00:19:44 | 00:39:35 | 00:58:25 | 01:16:54.20 | 7:41 | 7.8 |
| 16 | SZEWczyk MAREK | 581 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | 16 | M 77 | | | 00:19:13 | 00:38:50 | 00:58:50 | 01:18:43.55 | 7:52 | 7.6 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------|-----|-----------------------------|-----------|------|--------|--------|-------|-------------|--------------|----------------|----------------|----------------|-------------|--------|------|
| 17 | IRZYCKI ANDRZEJ | 452 | MARYSIN | WARSZAWA | POL | M50-59 | 17 | M 79 | | | 00:18:59 | 00:38:22 | 00:58:30 | 01:19:02.95 | 7:54 | 7.6 |
| 18 | SUCHODOLSKI WIESŁAW | 577 | CIECHANÓW | CIECHANÓW | POL | M50-59 | 18 | M 84 | | | 00:20:20 | 00:40:44 | 01:00:54 | 01:20:27.25 | 8:02 | 7.5 |
| 19 | HAJNUS WOJCIECH | 449 | | WARSZAWA | POL | M50-59 | 19 | M 85 | | | 00:20:21 | 00:40:45 | 01:00:55 | 01:20:30.30 | 8:03 | 7.5 |
| 20 | SAMEK ROMAN | 558 | FACE NORDIC WALKING TEAM | GRÓDKI | POL | M50-59 | 20 | M 87 | | | 00:20:52 | 00:42:01 | 01:02:10 | 01:21:44.70 | 8:10 | 7.3 |
| 21 | TRAMBACZ ROBERT | 591 | | POZNAŃ | POL | M50-59 | 21 | M 88 | | | 00:20:23 | 00:40:39 | 01:01:45 | 01:22:41.45 | 8:16 | 7.3 |
| 22 | FAJNAS RYSZARD | 440 | | WARSZAWA | POL | M50-59 | 22 | M 93 | | | 00:20:27 | 00:41:29 | 01:03:08 | 01:25:00.10 | 8:30 | 7.1 |
| 23 | KOSSOWSKI MARIAN | 485 | MARYSIN | WARSZAWA | POL | M50-59 | 23 | M 96 | | | 00:21:22 | 00:43:44 | 01:06:27 | 01:28:59.05 | 8:53 | 6.7 |
| 24 | KACPERCZYK DARIUSZ | 468 | MARYSIN | WARSZAWA | POL | M50-59 | 24 | M 101 | | | 00:35:01 | 01:10:58 | | | 14:11 | 4.2 |
| 25 | PIETRYKOWSKI DARIUSZ | 542 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-59 | 25 | M 102 | | | 00:44:16 | | | | 17:42 | 3.4 |
| DQ | NETKOWSKI WOJCIECH | 527 | | WARSZAWA | POL | M50-59 | DQ | DQ | 1 | TAK | 00:19:21 DQ | 00:38:45 DQ | 00:58:03 DQ | DQ | - | - |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------------|-----|---|---------------------|------|--------|--------|-------|-------------|--------------|----------|----------|-----------|-------------|---------|------|
| 1 | SOBAŃSKA GRAŻYNA | 568 | | DRUŻBICE | POL | K60-69 | 1 | K 16 | | | 00:18:27 | 00:36:51 | 00:55:29 | 01:14:15.25 | 7:25 | 8.1 |
| 2 | WALECKA KRYSZYNA | 596 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K60-69 | 2 | K 35 | 1 | | 00:18:59 | 00:38:22 | 00:57:55 | 01:17:13.50 | 7:43 | 7.8 |
| 3 | KOSIŃSKA MARIA | 483 | MOSIR RYPIN | RYPIN | POL | K60-69 | 3 | K 39 | | | 00:18:47 | 00:38:18 | 00:58:02 | 01:17:58.30 | 7:47 | 7.7 |
| 4 | ANGIELCZYK MAŁGORZATA | 402 | MARSZ PO ZDROWIE | POZNAŃ | POL | K60-69 | 4 | K 53 | | | 00:19:33 | 00:39:28 | 00:59:46 | 01:20:15.50 | 8:01 | 7.5 |
| 5 | WACH ELŻBIETA | 595 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K60-69 | 5 | K 69 | | | 00:20:26 | 00:41:07 | 01:01:58 | 01:22:47.75 | 8:16 | 7.2 |
| 6 | RUDNIK ANNA | 556 | | WARSZAWA | POL | K60-69 | 6 | K 73 | | | 00:20:49 | 00:41:54 | 01:02:52 | 01:23:42.45 | 8:22 | 7.2 |
| 7 | KLICKA ŁUCJA | 473 | RYSIE RAZEM | WYGŁĘDY | POL | K60-69 | 7 | K 76 | | | 00:20:50 | 00:42:10 | 01:03:36 | 01:24:41.95 | 8:28 | 7.1 |
| 8 | KRZYNOWEK KRYSZYNA | 501 | POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO | DOBRE MIASTO | POL | K60-69 | 8 | K 77 | | | 00:20:22 | 00:41:26 | 01:02:51 | 01:24:42.15 | 8:28 | 7.1 |
| 9 | MARCINKOWSKA RENATA | 518 | FACE NORDIC WALKING TEAM | SOCHACZEW | POL | K60-69 | 9 | K 83 | | | 00:20:36 | 00:41:56 | 01:03:52 | 01:26:17.55 | 8:37 | 7 |
| 10 | SMARUJ - SADOWSKA JANINA | 564 | | BYDGOSZCZ | POL | K60-69 | 10 | K 86 | | | 00:20:55 | 00:42:30 | 01:04:39 | 01:26:41.00 | 8:40 | 6.9 |
| 11 | DYLEWSKA BARBARA | 434 | DABROWANORDIC TEAM | DABROWA GÓRNICZA | POL | K60-69 | 11 | K 87 | | | 00:21:20 | 00:43:25 | 01:05:09 | 01:26:56.80 | 8:41 | 6.9 |
| 12 | DZIERŻANOWSKA KRYSZYNA | 437 | MARYSIN | WARSZAWA | POL | K60-69 | 12 | K 94 | | | 00:21:19 | 00:43:11 | 01:06:21 | 01:27:44.10 | 8:46 | 6.8 |
| 13 | PERCZYŃSKA ELŻBIETA | 541 | | SULEJÓWEK | POL | K60-69 | 13 | K 108 | | | 00:22:20 | 00:46:16 | 01:10:24 | 01:33:03.40 | 9:18 | 6.4 |
| 14 | MARTYNIUK RENATA | 521 | | WARSZAWA | POL | K60-69 | 14 | K 111 | | | 00:24:13 | 00:48:19 | 01:12:33 | 01:36:50.50 | 9:41 | 6.2 |
| 15 | JANKOWSKA ELŻBIETA | 454 | | SULEJÓWEK | POL | K60-69 | 15 | K 113 | | | 00:25:45 | 00:56:15 | 288:32:07 | 289:09:23.7 | 1734:56 | 0 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------|-----|--|--------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KOCIMSKI JAN | 477 | KM AKTYWNI SOCHACZEW | SOCHACZEW | POL | M60-69 | 1 | M 19 | | | 00:16:38 | 00:33:26 | 00:50:19 | 01:07:13.55 | 6:43 | 8.9 |
| 2 | STAWNIAK KAROL | 572 | KS METRACO POLKOWICE | ŻNIN | POL | M60-69 | 2 | M 20 | | | 00:16:36 | 00:33:26 | 00:50:21 | 01:07:17.25 | 6:43 | 8.9 |
| 3 | KULIG HENRYK | 502 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | M60-69 | 3 | M 21 | | | 00:16:45 | 00:33:34 | 00:50:24 | 01:07:17.45 | 6:43 | 8.9 |
| 4 | SOBKOWSKI JANUSZ | 708 | SILESIA NORDIC TEAM | ŁODYGOWICE | POL | M60-69 | 4 | M 27 | | | 00:16:50 | 00:33:57 | 00:51:19 | 01:08:28.45 | 6:50 | 8.8 |
| 5 | SMUL ANDRZEJ | 566 | GREEN TEAM | ZIELONA GÓRA | POL | M60-69 | 5 | M 30 | | | 00:16:35 | 00:33:31 | 00:51:07 | 01:08:53.45 | 6:53 | 8.7 |
| 6 | KALISZ KRZYSZTOF | 470 | KS METRACO POLKOWICE | LUBIN | POL | M60-69 | 6 | M 33 | | | 00:16:55 | 00:34:09 | 00:51:37 | 01:09:26.70 | 6:56 | 8.6 |
| 7 | PAZUREK ZDZISŁAW | 539 | | SKIERNIEWICE | POL | M60-69 | 7 | M 38 | 2 | | 00:16:48 | 00:34:18 | 00:52:21 | 01:10:18.45 | 7:01 | 8.5 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M60-69 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------------|----------------|----------|-------------|--------|------|
| 8 | ŚLUSARCZYK ANDRZEJ | 586 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 8 | M 43 | | | 00:17:37 | 00:35:42 | 00:53:40 | 01:12:00.85 | 7:12 | 8.3 |
| 9 | CZYCZ KAZIMIERZ | 423 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | 9 | M 49 | | | 00:17:52 | 00:36:15 | 00:54:47 | 01:13:27.75 | 7:20 | 8.2 |
| 10 | WIEŃSKO RYSZARD | 601 | | PUŁAWY | POL | M60-69 | 10 | M 51 | | | 00:18:31 | 00:37:12 | 00:55:32 | 01:13:49.75 | 7:23 | 8.1 |
| 11 | MROCZKOWSKI JANUSZ | 525 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M60-69 | 11 | M 54 | | | 00:18:23 | 00:37:05 | 00:55:40 | 01:14:13.55 | 7:25 | 8.1 |
| 12 | BIALK ROMAN | 407 | | GDĄSK | POL | M60-69 | 12 | M 55 | | | 00:18:06 | 00:36:49 | 00:55:35 | 01:14:14.20 | 7:25 | 8.1 |
| 13 | KACZMAREK WŁODZIMIERZ | 469 | EPOKA NORDICA | ŁÓDŹ | POL | M60-69 | 13 | M 58 | | | 00:18:25 | 00:37:07 | 00:55:43 | 01:14:32.75 | 7:27 | 8 |
| 14 | BOCHENEK JERZY | 413 | AUTO-MEX | WARSZAWA | POL | M60-69 | 14 | M 60 | | | 00:18:55 | 00:37:41 | 00:56:34 | 01:14:46.50 | 7:28 | 8 |
| 15 | DEMBINSKI PIOTR | 428 | | KONSTANCIN-JEZIORNA | POL | M60-69 | 15 | M 75 | | | 00:19:20 | 00:38:48 | 00:58:10 | 01:17:17.30 | 7:43 | 7.8 |
| 16 | JEDYNAK STANISŁAW | 458 | FUNDACJA SZKOŁA NA SZÓSTKĘ | RASZYN | POL | M60-69 | 16 | M 80 | | | 00:19:07 | 00:39:19 | 00:59:23 | 01:19:37.40 | 7:57 | 7.5 |
| 17 | WIŚNIEWSKI KAZIMIERZ | 607 | ZGÓRKI | WARSZAWA | POL | M60-69 | 17 | M 83 | | | 00:19:44 | 00:39:47 | 00:59:50 | 01:20:21.15 | 8:02 | 7.5 |
| 18 | KOBUSINSKI EUGENIUSZ | 476 | AUTO-MEX | WARSZAWA | POL | M60-69 | 18 | M 97 | 1 | | 00:21:11 | 00:44:12 | 01:07:02 | 01:30:11.05 | 9:01 | 6.7 |
| 19 | DZWONKOWSKI RYSZARD | 439 | RYSIE RAZEM | WYGŁĘDY | POL | M60-69 | 19 | M 98 | | | 00:22:31 | 00:45:53 | 01:09:16 | 01:32:39.45 | 9:15 | 6.5 |
| DQ | DRABAREK WOJCIECH | 487 | | WARSZAWA | POL | M60-69 | DQ | DQ | 1 | TAK | 00:19:44 DQ | 00:40:14 DQ | DQ | DQ | - | - |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|----------------------|-----------|------|------|--------|-------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | WORONKO-ZACZYŃSKA JANINA | 353 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | 1 | K 36 | | | 00:19:10 | 00:38:25 | 00:57:53 | 01:17:32.65 | 7:45 | 7.7 |
| 2 | RACZYŃSKA ALEKSANDRA | 551 | UNIA MIAST | CHORZÓW | POL | K70+ | 2 | K 45 | | | 00:19:13 | 00:38:42 | 00:58:12 | 01:18:51.20 | 7:53 | 7.6 |
| 3 | SOBOCIŃSKA EWA | 569 | MOSIR | RYPIN | POL | K70+ | 3 | K 101 | | | 00:22:19 | 00:45:24 | 01:08:40 | 01:31:38.60 | 9:09 | 6.5 |
| 4 | SMOLEŃ WACŁAWA | 565 | | WARSZAWA | POL | K70+ | 4 | K 107 | | | 00:23:19 | 00:46:36 | 01:10:06 | 01:32:47.75 | 9:16 | 6.5 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------|----------------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | ŚCIBISZ BOGDAN | 583 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | M70+ | 1 | M 63 | | | 00:18:47 | 00:37:42 | 00:56:29 | 01:15:14.15 | 7:31 | 8 |
| 2 | THOMALLA BOGDAN | 590 | | ZABRZE | POL | M70+ | 2 | M 64 | | | 00:18:47 | 00:37:41 | 00:56:41 | 01:15:18.30 | 7:31 | 8 |
| 3 | APPEL JERZY | 404 | GOSIR-OSIELSKO | BYDGOSZCZ | POL | M70+ | 3 | M 72 | | | 00:19:02 | 00:38:19 | 00:57:42 | 01:16:56.00 | 7:41 | 7.8 |
| 4 | BYTNIEWSKI MIECZYŚLAW | 417 | BIAŁA BIEGA | BIAŁA PODLASKA | POL | M70+ | 4 | M 73 | 1 | | 00:19:03 | 00:38:21 | 00:57:43 | 01:16:56.65 | 7:41 | 7.8 |
| 5 | OLENDEREK ZYGMUNT | 534 | UKS SIEDLESZCZANY | TARNOBRZEG | POL | M70+ | 5 | M 90 | 1 | | 00:20:27 | 00:41:10 | 01:02:09 | 01:23:07.90 | 8:18 | 7.2 |
| 6 | RYSZARD MOJSIJCZUK | 524 | | | POL | M70+ | 6 | M 91 | | | 00:20:21 | 00:41:27 | 01:02:43 | 01:23:34.65 | 8:21 | 7.2 |
| 7 | NOWORYTA JACEK | 530 | ASA TEAM BIEGIEMPO ZDROWIE | WARSZAWA | POL | M70+ | 7 | M 95 | | | 00:20:34 | 00:42:08 | 01:04:14 | 01:26:27.90 | 8:38 | 6.9 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KRAWCZYK MARTA | 495 | | WARSZAWA | POL | | | K 23 | 1 | | 00:17:54 | 00:36:56 | 00:56:30 | 01:15:18.40 | 7:31 | 8 |