

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

Organizator: PFWN
 Data: 2016-05-15
 Miejsce: Konstancin-Jeziorna
 Dystans: 21.1 km

**Wyniki dla punktu pomiaru: 11.1 km**

Klasyfikacja wg czasów netto.

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|------------------------------|-----|---|-------------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | SKIBA KRZYSZTOF | 664 | KS METRAKO POLKOWICE | POLKOWICE | POL | M 50-59 | | 1 | 00:52:20 | 01:23:37 | 01:40:13 | 01:57:58 | |
| 2 | DZIEDZIEWICZ ANDRZEJ | 689 | KS METRACO POLKOWICE | | BLR | M 30-39 | | | 00:52:56 | 01:08:24 | 01:23:46 | 01:39:24 | 01:55:35 |
| 3 | STILLER KAROL | 696 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M 30-39 | | | 00:55:00 | 01:11:15 | 01:27:14 | 01:43:46 | 02:01:16 |
| 4 | KORDOWSKI PIOTR | 639 | NOWA HUTA TEAM | KRAKÓW | POL | M 40-49 | | | 00:55:00 | 01:11:16 | 01:27:12 | 01:43:14 | 01:59:28 |
| 5 | WIŚNIEWSKI JACEK | 677 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | SANDOMIERZ | POL | M 50-59 | | | 00:55:43 | 01:11:35 | 01:27:31 | 01:43:49 | 02:00:21 |
| 6 | STUPNOWICZ PRZEMEK | 669 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M 18-29 | | | 00:55:44 | 01:11:39 | 01:27:31 | 01:43:36 | 01:59:52 |
| 7 | BOGACKI SŁAWEK | 623 | ENERGA NW TEAM | BRZOZÓWKA K.TORUNIA | POL | M 40-49 | | | 00:56:16 | 01:12:39 | 01:29:07 | 01:46:11 | 02:04:05 |
| 8 | ADAMSKI ROBERT | 621 | DRUŻYNASZPIKU | LUBON | POL | M 40-49 | | | 00:56:15 | 01:12:39 | 01:29:36 | 01:47:13 | 02:04:58 |
| 9 | HELWICH STEFAN | 634 | KS METRAKO POLKOWICE | WIELEN | POL | M 60+ | | | 00:56:44 | 01:12:57 | 01:28:55 | 01:45:05 | 02:01:42 |
| 10 | BIK STANISŁAW | 622 | KS METRACO POLKOWICE | LUBIN | POL | M 50-59 | | | 00:56:48 | 01:13:02 | 01:29:15 | 01:46:00 | 02:03:45 |
| 11 | LENZ ANDRZEJ | 647 | ALTOM | GNIEZNO | POL | M 50-59 | | | 00:57:21 | 01:14:01 | 01:31:01 | 01:48:12 | 02:05:35 |
| 12 | ŻYWICKI MARCIN | 688 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M 30-39 | | | 00:57:17 | 01:14:08 | 01:31:15 | 01:48:33 | 02:06:04 |
| 13 | NALEPKA JERZY | 651 | FACE NORDIC WALKING TEAM | SANOK | POL | M 60+ | | | 00:57:20 | 01:14:10 | 01:31:17 | 01:48:27 | 02:05:45 |
| 14 | ZACZYŃSKA ANNA | 683 | KS METRACO POLKOWICE | LUBIN | POL | K 30-39 | | 1 | 00:57:23 | 01:14:12 | 01:30:53 | 01:48:04 | 02:05:21 |
| 15 | HAŁAS MARCIN | 693 | FACE NORDIC WALKING TEAM | CZECHOWICE - DZIEDZICE | POL | M 30-39 | | | 00:57:34 | 01:14:30 | 01:32:10 | 01:51:06 | 02:10:33 |
| 16 | WRÓBEL ŁUKASZ | 682 | FUNDACJA 'W TE PĘDY' | MIĘDZYRZEC PODLASKI | POL | M 30-39 | | | 00:58:16 | 01:15:07 | 01:32:26 | 01:49:50 | 02:07:34 |
| 17 | PIETRZYK JAROSŁAW | 654 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M 30-39 | | | 00:58:18 | 01:15:08 | 01:31:59 | 01:49:26 | 02:07:57 |
| 18 | DENCIKOWSKI MAREK | 629 | KBBB/TKKF | KONSTANTYNÓW NAD BUGIEM | POL | M 40-49 | | | 00:58:47 | 01:15:36 | 01:33:07 | 01:50:35 | 02:08:25 |
| 19 | NOWROTEK MONIKA | 652 | WESOŁY BORSUK TEAM | CIESZYN | POL | K 18-29 | | | 00:58:35 | 01:16:02 | 01:33:43 | 01:51:47 | 02:10:07 |
| 20 | ZAGAJA JANUSZ | 684 | WESOŁY BORSUK TEAM | POKÓJ | POL | M 60+ | | | 00:58:21 | 01:16:03 | 01:34:09 | 01:52:36 | 02:12:28 |
| 21 | JANCZYK MAŁGORZATA | 695 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | K 30-39 | | | 00:58:59 | 01:16:16 | 01:33:43 | 01:51:23 | 02:09:17 |
| 22 | WARUSZEWSKI KAROL | 675 | BIEGAJĄCY TCZEW | TCZEW | POL | M 40-49 | | | 00:59:58 | 01:16:52 | 01:33:31 | 01:50:11 | 02:07:07 |
| 23 | WESOŁOWSKI WOJCIECH | 676 | NORDIC TEAMGNIEZNO | GNIEZNO | POL | M 60+ | | | 00:59:49 | 01:17:06 | 01:34:48 | 01:52:24 | 02:09:53 |
| 24 | ZAREMBA JAKUB | 685 | | BIĄŁOWIEŻA | POL | M 30-39 | | | 00:59:56 | 01:17:12 | 01:34:55 | 01:52:31 | 02:09:59 |
| 25 | WOJCIECHOWSKI TADEUSZ | 679 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | M 60+ | | | 01:00:10 | 01:17:36 | 01:35:06 | 01:52:43 | 02:10:28 |
| 26 | SZCZĘBAK JACEK | 671 | UNIA MIAST | TARNÓW | POL | M 40-49 | | | 01:00:09 | 01:17:45 | 01:35:36 | 01:53:38 | 02:12:04 |
| 27 | MITURA-ZIELONKA PAWEŁ | 649 | RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ | RYBNIK | POL | M 30-39 | | | 01:02:42 | 01:19:41 | 01:36:35 | 01:53:31 | 02:10:22 |
| 28 | FOLWARSKI ANDRZEJ | 630 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M 50-59 | | | 01:02:36 | 01:20:27 | 01:38:40 | 01:56:59 | 02:15:43 |
| 29 | ZIĘTEK SYLWIA | 687 | SILESIA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K 30-39 | | | 01:02:29 | 01:20:39 | 01:38:51 | 01:57:01 | 02:15:10 |
| 30 | OLSCHIMKE-MARUROWICZ BARBARA | 653 | SILESIA NORDIC TEAM | KATOWICE | POL | K 40-49 | | | 01:02:26 | 01:20:40 | 01:38:51 | 01:57:00 | 02:15:09 |
| 31 | RADOMSKA MARTA | 656 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K 30-39 | | | 01:02:29 | 01:20:44 | 01:39:17 | 01:57:42 | 02:16:44 |
| 32 | STĘPIEŃ LUCYNA | 667 | KS METRACO POLKOWICE | LUBIN | POL | K 50-59 | | | 01:02:58 | 01:21:51 | 01:40:34 | 01:59:29 | 02:18:18 |
| 33 | WOŁOWIEC MARCIN | 681 | FOREVER YOUNG ŁÓDŹ | GŁÓWNO | POL | M 40-49 | | | 01:03:54 | 01:22:17 | 01:41:09 | 02:01:12 | 02:20:53 |
| 34 | GWIZDAŁA MARCIN | 633 | GOSIR OSIELSKO | OSIELSKO | POL | M 30-39 | | | 01:04:10 | 01:22:32 | 01:40:56 | 01:59:45 | 02:18:41 |
| 35 | REJMAN DOROTA | 659 | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY | TARNOBRZEG | POL | K 30-39 | | | 01:04:09 | 01:22:42 | 01:41:34 | 02:00:35 | 02:19:20 |
| 36 | ŚLIWKA WANDA | 672 | FACE NORDIC WALKING TEAM | CZEPINO | POL | K 50-59 | | | 01:04:04 | 01:22:48 | 01:41:44 | 02:00:51 | 02:20:18 |
| 37 | WOLNIEWICZ KATARZYNA | 680 | FABRIKANORDIKA | RUDA SŁĄSKA | POL | K 40-49 | | | 01:04:16 | 01:23:01 | 01:42:07 | 02:01:16 | 02:20:44 |
| 38 | WAJS JERZY | 674 | NW CIECHANÓW | CIECHANÓW | POL | M 50-59 | | | 01:04:20 | 01:23:09 | 01:42:20 | 02:01:38 | 02:21:14 |
| 39 | KANIEWSKA BEATA | 692 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K 40-49 | | | 01:04:17 | 01:23:12 | 01:42:27 | 02:02:11 | 02:22:00 |
| 40 | KARASIEWICZ IRENA | 637 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K 50-59 | | 1 | 01:04:22 | 01:23:14 | 01:42:16 | 02:01:44 | 02:21:22 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|-----------------------------|-----|---|-----------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 41 | GRADZKA-MOŻYSZEK ALEKSANDRA | 632 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K 50-59 | | | 01:04:30 | 01:23:17 | 01:42:26 | 02:02:12 | 02:21:58 |
| 42 | CICHOŃ ANETA | 626 | FABRIKA NORDIKA | RUDA ŚLĄSKA | POL | K 30-39 | | | 01:05:03 | 01:23:48 | 01:43:12 | 02:03:02 | 02:23:29 |
| 43 | CZYCZ EMILIA | 628 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K 60+ | 1 | | 01:04:32 | 01:23:48 | 01:43:58 | 02:04:39 | 02:25:38 |
| 44 | LASOTA DOROTA | 645 | LZS JUSTYNÓW | JUSTYNÓW | POL | K 40-49 | | | 01:05:07 | 01:24:08 | 01:43:54 | 02:04:04 | 02:24:40 |
| 45 | CHEĆKO EWA | 625 | KLUB BIEGAJĄCYCH LEŚNIKÓW | BIAŁOWIEŻA | POL | K 30-39 | | | 01:06:15 | 01:24:54 | 01:43:48 | 02:02:48 | 02:21:41 |
| 46 | PIOTROWSKI KRZYSZTOF | 655 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M 60+ | | | 01:05:30 | 01:25:16 | 01:45:52 | 02:06:52 | 02:28:08 |
| 47 | RUSZKOWSKA BOŻENA | 662 | KLUB SPORTOWY 'ELBŁĄSKIE WŁÓCZY-KIJE' | ELBŁĄG | POL | K 60+ | | | 01:05:55 | 01:25:26 | 01:45:22 | 02:05:33 | 02:25:08 |
| 48 | KRYSZCZUK KRZYSZTOF | 643 | | SIEDLCE | POL | M 40-49 | | | 01:06:31 | 01:25:28 | 01:44:39 | 02:04:12 | 02:23:41 |
| 49 | CIENNIK WIKTOR | 691 | FOREVER YOUNG | ŁÓDŹ | POL | M 50-59 | | | 01:06:27 | 01:25:50 | 01:46:19 | 02:06:57 | 02:27:45 |
| 50 | FRANKIEWICZ MIROSLAW | 631 | FORMA NA PIĄTKĘ PABIANICE | PABIANICE | POL | M 40-49 | | | 01:06:18 | 01:25:56 | 01:45:50 | 02:05:53 | 02:26:02 |
| 51 | ROSADZIŃSKA NATALIA | 660 | | LESZNO | POL | K 18-29 | | | 01:07:04 | 01:26:09 | 01:45:22 | 02:04:31 | 02:23:55 |
| 52 | KOBIELA DARIA | 638 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K 18-29 | | | 01:07:26 | 01:26:41 | 01:45:46 | 02:05:01 | 02:24:20 |
| 53 | CEGŁA ZBYSZKO | 624 | | PIASECZNO | POL | M 60+ | | | 01:07:28 | 01:26:50 | 01:47:13 | 02:07:46 | 02:29:07 |
| 54 | BEJTKA AGNIESZKA | 694 | | WARSZAWA | POL | K 30-39 | | | 01:07:48 | 01:27:07 | 01:46:32 | 02:06:16 | 02:26:09 |
| 55 | IDKOWIAK MAGDALENA | 635 | FACE NORDIC WALKING TEAM | KROSINKO/MOSINA | POL | K 30-39 | | | 01:07:51 | 01:27:08 | 01:46:31 | 02:06:07 | 02:25:56 |
| 56 | CIENNIK KALINA | 690 | | ŁÓDŹ | POL | K 40-49 | 1 | | 01:07:14 | 01:27:08 | 01:47:01 | 02:07:17 | 02:27:48 |
| 57 | WITKOWSKA MARIA | 678 | UNIA MIAST | KATOWICE | POL | K 60+ | | | 01:07:28 | 01:27:22 | 01:47:23 | 02:07:21 | 02:27:25 |
| 58 | REGULSKI PAWEŁ | 658 | | LEGIONOWO | POL | M 30-39 | | | 01:07:27 | 01:27:27 | 01:48:13 | 02:09:28 | 02:31:25 |
| 59 | TYLUTKI AGNIESZKA | 673 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | TARNOBRZEG | POL | K 40-49 | | | 01:08:11 | 01:28:24 | 01:48:38 | 02:09:22 | 02:30:45 |
| 60 | MOLENDY MAGDALENA | 650 | FACE NORDIC WALKING TEAM | MOSINA | POL | K 30-39 | | | 01:09:16 | 01:29:28 | 01:50:01 | 02:10:51 | 02:31:55 |
| 61 | SŁABON-SIKORA ANETA | 666 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | K 30-39 | | | 01:09:27 | 01:29:49 | 01:50:12 | 02:10:49 | 02:31:54 |
| 62 | KUCYPERA DAGMARA | 644 | DĄBROWA NORDIC TEAM | BĘDZIN | POL | K 40-49 | | | 01:09:25 | 01:30:33 | 01:51:54 | 02:13:49 | 02:36:25 |
| 63 | REGULSKA KRYSZYNA | 657 | | LEGIONOWO | POL | K 40-49 | | | 01:09:57 | 01:31:11 | 01:52:28 | 02:14:07 | 02:35:33 |
| 64 | STRZELECKI SEBASTIAN | 668 | SAILING TEAM FERAJNA | PIŁA | POL | M 40-49 | | | 01:11:06 | 01:32:03 | 01:52:39 | 02:13:40 | 02:35:03 |
| 65 | KRAWCZYK JUSTYNA | 642 | | PRAŻMÓW | POL | K 30-39 | | | 01:12:42 | 01:33:38 | 01:55:48 | 02:17:31 | 02:39:06 |
| 66 | KRAWCZYK JAROSŁAW | 641 | | PRAŻMÓW | POL | M 50-59 | | | 01:12:45 | 01:33:40 | 01:55:42 | 02:17:21 | 02:38:44 |
| 67 | ROZMUS JOLANTA | 661 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K 60+ | | | 01:11:33 | 01:33:55 | 01:56:14 | 02:19:11 | 02:42:15 |
| 68 | ZAWADZKA MARIA | 686 | KS METRACO POLKOWICE | LUBIN | POL | K 60+ | | | 01:13:37 | 01:34:45 | 01:55:56 | 02:17:24 | 02:39:20 |
| 69 | SĄTOWICZ MAŁGORZATA | 663 | | ZĄBKI | POL | K 50-59 | | | 01:12:59 | 01:34:47 | 01:55:58 | 02:17:27 | 02:39:22 |
| 70 | STUPNOWICZ JOANNA | 670 | | ŁÓDŹ | POL | K 40-49 | | | 01:13:53 | 01:35:34 | 01:57:46 | 02:22:55 | 02:45:55 |
| 71 | LATOSEK JAN | 646 | | WARSZAWA | POL | M 60+ | | | 01:21:38 | 01:45:08 | 02:08:54 | 02:32:54 | 02:57:30 |
| 72 | CIESIELSKI JERZY | 627 | FUNDACJA KRWINKA | ŁÓDŹ | POL | M 60+ | | | 01:21:12 | 01:45:20 | 02:10:55 | 02:38:00 | 03:05:01 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, K 18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|---------------------|-----|--------------------|-----------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | NOWROTEK MONIKA | 652 | WESOŁY BORSUK TEAM | CIESZYN | POL | K 18-29 | | | 00:58:35 | 01:16:02 | 01:33:43 | 01:51:47 | 02:10:07 |
| 2 | ROSADZIŃSKA NATALIA | 660 | | LESZNO | POL | K 18-29 | | | 01:07:04 | 01:26:09 | 01:45:22 | 02:04:31 | 02:23:55 |
| 3 | KOBIELA DARIA | 638 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K 18-29 | | | 01:07:26 | 01:26:41 | 01:45:46 | 02:05:01 | 02:24:20 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, M 18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|--------------------|-----|--------------------|-----------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | STUPNOWICZ PRZEMEK | 669 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M 18-29 | | | 00:55:44 | 01:11:39 | 01:27:31 | 01:43:36 | 01:59:52 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, K 30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|--------------------|-----|----------------------|-----------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | ZACZYŃSKA ANNA | 683 | KS METRACO POLKOWICE | LUBIN | POL | K 30-39 | 1 | | 00:57:23 | 01:14:12 | 01:30:53 | 01:48:04 | 02:05:21 |
| 2 | JANCZYK MAŁGORZATA | 695 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | K 30-39 | | | 00:58:59 | 01:16:16 | 01:33:43 | 01:51:23 | 02:09:17 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, K 30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|---------------------|-----|--|------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 3 | ZIĘTEK SYLWIA | 687 | SILESIA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K 30-39 | | | 01:02:29 | 01:20:39 | 01:38:51 | 01:57:01 | 02:15:10 |
| 4 | RADOMSKA MARTA | 656 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K 30-39 | | | 01:02:29 | 01:20:44 | 01:39:17 | 01:57:42 | 02:16:44 |
| 5 | REJMAN DOROTA | 659 | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY | TARNOBRZEG | POL | K 30-39 | | | 01:04:09 | 01:22:42 | 01:41:34 | 02:00:35 | 02:19:20 |
| 6 | CICHOŃ ANETA | 626 | FABRIKA NORDIKA | RUDA ŚLĄSKA | POL | K 30-39 | | | 01:05:03 | 01:23:48 | 01:43:12 | 02:03:02 | 02:23:29 |
| 7 | CHEĆKO EWA | 625 | KLUB BIEGAJĄCYCH LEŚNIKÓW | BIAŁOWIEŻA | POL | K 30-39 | | | 01:06:15 | 01:24:54 | 01:43:48 | 02:02:48 | 02:21:41 |
| 8 | BEJTKA AGNIESZKA | 694 | | WARSZAWA | POL | K 30-39 | | | 01:07:48 | 01:27:07 | 01:46:32 | 02:06:16 | 02:26:09 |
| 9 | IDKOWIAK MAGDALENA | 635 | FACE NORDIC WALKING TEAM | KROSINKO/MOSINA | POL | K 30-39 | | | 01:07:51 | 01:27:08 | 01:46:31 | 02:06:07 | 02:25:56 |
| 10 | MOLENDA MAGDALENA | 650 | FACE NORDIC WALKING TEAM | MOSINA | POL | K 30-39 | | | 01:09:16 | 01:29:28 | 01:50:01 | 02:10:51 | 02:31:55 |
| 11 | SŁABOŃ-SIKORA ANETA | 666 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | K 30-39 | | | 01:09:27 | 01:29:49 | 01:50:12 | 02:10:49 | 02:31:54 |
| 12 | KRAWCZYK JUSTYNA | 642 | | PRAŻMÓW | POL | K 30-39 | | | 01:12:42 | 01:33:38 | 01:55:48 | 02:17:31 | 02:39:06 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, M 30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|-----------------------|-----|---|------------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | DZIEDZIEWICZ ANDRZEJ | 689 | KS METRACO POLKOWICE | | BLR | M 30-39 | | | 00:52:56 | 01:08:24 | 01:23:46 | 01:39:24 | 01:55:35 |
| 2 | STILLER KAROL | 696 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M 30-39 | | | 00:55:00 | 01:11:15 | 01:27:14 | 01:43:46 | 02:01:16 |
| 3 | ŻYWIĆKI MARCIN | 688 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M 30-39 | | | 00:57:17 | 01:14:08 | 01:31:15 | 01:48:33 | 02:06:04 |
| 4 | HAŁAS MARCIN | 693 | FACE NORDIC WALKING TEAM | CZECHOWICE - DZIEDZICE | POL | M 30-39 | | | 00:57:34 | 01:14:30 | 01:32:10 | 01:51:06 | 02:10:33 |
| 5 | WRÓBEL ŁUKASZ | 682 | FUNDACJA 'W TE PĘDY' | MIĘDZYRZEC PODLASKI | POL | M 30-39 | | | 00:58:16 | 01:15:07 | 01:32:26 | 01:49:50 | 02:07:34 |
| 6 | PIETRZYK JAROSŁAW | 654 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M 30-39 | | | 00:58:18 | 01:15:08 | 01:31:59 | 01:49:26 | 02:07:57 |
| 7 | ZAREMBA JAKUB | 685 | | BIAŁOWIEŻA | POL | M 30-39 | | | 00:59:56 | 01:17:12 | 01:34:55 | 01:52:31 | 02:09:59 |
| 8 | MITURA-ZIELONKA PAWEŁ | 649 | RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ | RYBNIK | POL | M 30-39 | | | 01:02:42 | 01:19:41 | 01:36:35 | 01:53:31 | 02:10:22 |
| 9 | GWIZDAŁA MARCIN | 633 | GOSIR OSIELSKO | OSIELSKO | POL | M 30-39 | | | 01:04:10 | 01:22:32 | 01:40:56 | 01:59:45 | 02:18:41 |
| 10 | REGULSKI PAWEŁ | 658 | | LEGIONOWO | POL | M 30-39 | | | 01:07:27 | 01:27:27 | 01:48:13 | 02:09:28 | 02:31:25 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, K 40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|------------------------------|-----|---|-------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | OLSCHIMKE-MARUROWICZ BARBARA | 653 | SILESIA NORDIC TEAM | KATOWICE | POL | K 40-49 | | | 01:02:26 | 01:20:40 | 01:38:51 | 01:57:00 | 02:15:09 |
| 2 | WOLNIEWICZ KATARZYNA | 680 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K 40-49 | | | 01:04:16 | 01:23:01 | 01:42:07 | 02:01:16 | 02:20:44 |
| 3 | KANIEWSKA BEATA | 692 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K 40-49 | | | 01:04:17 | 01:23:12 | 01:42:27 | 02:02:11 | 02:22:00 |
| 4 | LASOTA DOROTA | 645 | LZS JUSTYNÓW | JUSTYNÓW | POL | K 40-49 | | | 01:05:07 | 01:24:08 | 01:43:54 | 02:04:04 | 02:24:40 |
| 5 | CIENNIK KALINA | 690 | | ŁÓDŹ | POL | K 40-49 | | 1 | 01:07:14 | 01:27:08 | 01:47:01 | 02:07:17 | 02:27:48 |
| 6 | TYLUTKI AGNIESZKA | 673 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | TARNOBRZEG | POL | K 40-49 | | | 01:08:11 | 01:28:24 | 01:48:38 | 02:09:22 | 02:30:45 |
| 7 | KUCYPERA DAGMARA | 644 | DĄBROWA NORDIC TEAM | BĘDZIN | POL | K 40-49 | | | 01:09:25 | 01:30:33 | 01:51:54 | 02:13:49 | 02:36:25 |
| 8 | REGULSKA KRYSZYNA | 657 | | LEGIONOWO | POL | K 40-49 | | | 01:09:57 | 01:31:11 | 01:52:28 | 02:14:07 | 02:35:33 |
| 9 | STUPNOWICZ JOANNA | 670 | | ŁÓDŹ | POL | K 40-49 | | | 01:13:53 | 01:35:34 | 01:57:46 | 02:22:55 | 02:45:55 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, M 40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|-------------------|-----|-----------------|-------------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | KORDOWSKI PIOTR | 639 | NOWA HUTA TEAM | KRAKÓW | POL | M 40-49 | | | 00:55:00 | 01:11:16 | 01:27:12 | 01:43:14 | 01:59:28 |
| 2 | BOGACKI SŁAWEK | 623 | ENERGA NW TEAM | BRZOZÓWKA K.TORUNIA | POL | M 40-49 | | | 00:56:16 | 01:12:39 | 01:29:07 | 01:46:11 | 02:04:05 |
| 3 | ADAMSKI ROBERT | 621 | DRUŻYNASZPIKU | LUBON | POL | M 40-49 | | | 00:56:15 | 01:12:39 | 01:29:36 | 01:47:13 | 02:04:58 |
| 4 | DENCIKOWSKI MAREK | 629 | KBBB/TKKF | KONSTANTYNÓW NAD BUGIEM | POL | M 40-49 | | | 00:58:47 | 01:15:36 | 01:33:07 | 01:50:35 | 02:08:25 |
| 5 | WARUSZEWSKI KAROL | 675 | BIEGAJĄCY TCZEW | TCZEW | POL | M 40-49 | | | 00:59:58 | 01:16:52 | 01:33:31 | 01:50:11 | 02:07:07 |
| 6 | SZCZEBAK JACEK | 671 | UNIA MIAST | TARNÓW | POL | M 40-49 | | | 01:00:09 | 01:17:45 | 01:35:36 | 01:53:38 | 02:12:04 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, M 40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|----------------------|-----|---------------------------|-----------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 7 | WOŁOWIEC MARCIN | 681 | FOREVER YOUNG ŁÓDŹ | GŁOWNO | POL | M 40-49 | | | 01:03:54 | 01:22:17 | 01:41:09 | 02:01:12 | 02:20:53 |
| 8 | KRYSZCZUK KRZYSZTOF | 643 | | SIEDLCE | POL | M 40-49 | | | 01:06:31 | 01:25:28 | 01:44:39 | 02:04:12 | 02:23:41 |
| 9 | FRANKIEWICZ MIROSLAW | 631 | FORMA NA PIĄTKĘ PABIANICE | PABIANICE | POL | M 40-49 | | | 01:06:18 | 01:25:56 | 01:45:50 | 02:05:53 | 02:26:02 |
| 10 | STRZELECKI SEBASTIAN | 668 | SAILING TEAM FERAJNA | PIŁA | POL | M 40-49 | | | 01:11:06 | 01:32:03 | 01:52:39 | 02:13:40 | 02:35:03 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, K 50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|-----------------------------|-----|--------------------------|-----------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | STĘPIEŃ LUCYNA | 667 | KS METRACO POLKOWICE | LUBIN | POL | K 50-59 | | | 01:02:58 | 01:21:51 | 01:40:34 | 01:59:29 | 02:18:18 |
| 2 | ŚLIWKA WANDA | 672 | FACE NORDIC WALKING TEAM | CZEPINO | POL | K 50-59 | | | 01:04:04 | 01:22:48 | 01:41:44 | 02:00:51 | 02:20:18 |
| 3 | KARASIEWICZ IRENA | 637 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K 50-59 | 1 | | 01:04:22 | 01:23:14 | 01:42:16 | 02:01:44 | 02:21:22 |
| 4 | GRĄDZKA-MOŻYSZEK ALEKSANDRA | 632 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K 50-59 | | | 01:04:30 | 01:23:17 | 01:42:26 | 02:02:12 | 02:21:58 |
| 5 | SĄTOWICZ MAŁGORZATA | 663 | | ZĄBKI | POL | K 50-59 | | | 01:12:59 | 01:34:47 | 01:55:58 | 02:17:27 | 02:39:22 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, M 50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|-------------------|-----|---|------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | SKIBA KRZYSZTOF | 664 | KS METRACO POLKOWICE | POLKOWICE | POL | M 50-59 | 1 | | 00:52:20 | 01:07:54 | 01:23:37 | 01:40:13 | 01:57:58 |
| 2 | WIŚNIEWSKI JACEK | 677 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | SANDOMIERZ | POL | M 50-59 | | | 00:55:43 | 01:11:35 | 01:27:31 | 01:43:49 | 02:00:21 |
| 3 | BIK STANISŁAW | 622 | KS METRACO POLKOWICE | LUBIN | POL | M 50-59 | | | 00:56:48 | 01:13:02 | 01:29:15 | 01:46:00 | 02:03:45 |
| 4 | LENZ ANDRZEJ | 647 | ALTOM | GNIEZNO | POL | M 50-59 | | | 00:57:21 | 01:14:01 | 01:31:01 | 01:48:12 | 02:05:35 |
| 5 | FOLWARSKI ANDRZEJ | 630 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M 50-59 | | | 01:02:36 | 01:20:27 | 01:38:40 | 01:56:59 | 02:15:43 |
| 6 | WAJS JERZY | 674 | NW CIECHANÓW | CIECHANÓW | POL | M 50-59 | | | 01:04:20 | 01:23:09 | 01:42:20 | 02:01:38 | 02:21:14 |
| 7 | CIENNIK WIKTOR | 691 | FOREVER YOUNG | ŁÓDŹ | POL | M 50-59 | | | 01:06:27 | 01:25:50 | 01:46:19 | 02:06:57 | 02:27:45 |
| 8 | KRAWCZYK JAROSŁAW | 641 | | PRAŻMÓW | POL | M 50-59 | | | 01:12:45 | 01:33:40 | 01:55:42 | 02:17:21 | 02:38:44 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, K 60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|-------------------|-----|---------------------------------------|--------------|------|-------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | CZYCZ EMILIA | 628 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K 60+ | 1 | | 01:04:32 | 01:23:48 | 01:43:58 | 02:04:39 | 02:25:38 |
| 2 | RUSZKOWSKA BOŻENA | 662 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | K 60+ | | | 01:05:55 | 01:25:26 | 01:45:22 | 02:05:33 | 02:25:08 |
| 3 | WITKOWSKA MARIA | 678 | UNIA MIAST | KATOWICE | POL | K 60+ | | | 01:07:28 | 01:27:22 | 01:47:23 | 02:07:21 | 02:27:25 |
| 4 | ROZMUS JOLANTA | 661 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K 60+ | | | 01:11:33 | 01:33:55 | 01:56:14 | 02:19:11 | 02:42:15 |
| 5 | ZAWADZKA MARIA | 686 | KS METRACO POLKOWICE | LUBIN | POL | K 60+ | | | 01:13:37 | 01:34:45 | 01:55:56 | 02:17:24 | 02:39:20 |

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, M 60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km |
|------|-----------------------|-----|--------------------------|------------------|------|-------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | HELWICH STEFAN | 634 | KS METRACO POLKOWICE | WIELEN | POL | M 60+ | | | 00:56:44 | 01:12:57 | 01:28:55 | 01:45:05 | 02:01:42 |
| 2 | NALEPKA JERZY | 651 | FACE NORDIC WALKING TEAM | SANOK | POL | M 60+ | | | 00:57:20 | 01:14:10 | 01:31:17 | 01:48:27 | 02:05:45 |
| 3 | ZAGAJA JANUSZ | 684 | WESOŁY BORSUK TEAM | POKÓJ | POL | M 60+ | | | 00:58:21 | 01:16:03 | 01:34:09 | 01:52:36 | 02:12:28 |
| 4 | WESOŁOWSKI WOJCIECH | 676 | NORDIC TEAMGNIEZNO | GNIEZNO | POL | M 60+ | | | 00:59:49 | 01:17:06 | 01:34:48 | 01:52:24 | 02:09:53 |
| 5 | WOJCIECHOWSKI TADEUSZ | 679 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | M 60+ | | | 01:00:10 | 01:17:36 | 01:35:06 | 01:52:43 | 02:10:28 |
| 6 | PIOTROWSKI KRZYSZTOF | 655 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M 60+ | | | 01:05:30 | 01:25:16 | 01:45:52 | 02:06:52 | 02:28:08 |
| 7 | CEGŁA ZBYSZKO | 624 | | PIASECZNO | POL | M 60+ | | | 01:07:28 | 01:26:50 | 01:47:13 | 02:07:46 | 02:29:07 |
| 8 | LATOSEK JAN | 646 | | WARSZAWA | POL | M 60+ | | | 01:21:38 | 01:45:08 | 02:08:54 | 02:32:54 | 02:57:30 |
| 9 | CIESIELSKI JERZY | 627 | FUNDACJA KRWINKA | ŁÓDŹ | POL | M 60+ | | | 01:21:12 | 01:45:20 | 02:10:55 | 02:38:00 | 03:05:01 |