

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM

Organizator: Fundacja Herkules All Sports
 Data: 2021-07-10
 Miejsce: Polanica Zdrój
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | NIEPOKÓJ RADOŚLAW | 55 | GMINA MIEJSCE PIASTOWE/OSP WROCANKA | WROCANKA | POL | M30-39 | 1 | M 1 | | | 00:16:31 | 00:30:51 | 00:48:03 | 01:02:12.60 | 6:13 | 9.6 |
| 2 | WOJTOWICZ TOMASZ | 106 | | | POL | M30-39 | 2 | M 2 | | | 00:16:29 | 00:30:45 | 00:48:11 | 01:02:28.55 | 6:14 | 9.6 |
| 3 | MARCZAK TOMASZ | 48 | KS IDMAR RACING TEAM | ALEKSANDRIA I | POL | M18-29 | 1 | M 3 | | | 00:17:00 | 00:31:35 | 00:49:03 | 01:03:25.20 | 6:20 | 9.5 |
| 4 | SKIBA KRZYSZTOF | 79 | MSPORTTEAM | LEGNICA | POL | M60-69 | 1 | M 4 | 1 | | 00:16:47 | 00:31:33 | 00:49:06 | 01:03:26.55 | 6:20 | 9.5 |
| 5 | ROMANOWSKI DANIEL | 75 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M18-29 | 2 | M 5 | | | 00:16:59 | 00:31:23 | 00:49:02 | 01:03:32.20 | 6:21 | 9.4 |
| 6 | POLKOWSKI PIOTR | 63 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M30-39 | 3 | M 6 | | | 00:17:43 | 00:31:40 | 00:50:52 | 01:05:10.50 | 6:31 | 9.2 |
| 7 | POŁUBIAK PAWEŁ | 68 | | SIECINO | POL | M30-39 | 4 | M 7 | | | 00:17:19 | 00:31:50 | 00:50:26 | 01:05:26.40 | 6:32 | 9.2 |
| 8 | MICHALSKI ANDRZEJ | 51 | PŁOMIEŃ ZMIENNICA | SANOK | POL | M60-69 | 2 | M 8 | | | 00:17:44 | 00:32:27 | 00:50:49 | 01:05:26.90 | 6:32 | 9.2 |
| 9 | PRZYSTARZ GRZEGORZ | 71 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-59 | 1 | M 9 | | | 00:17:46 | 00:32:58 | 00:51:00 | 01:05:50.50 | 6:35 | 9.1 |
| 10 | SIWAK PIOTR | 78 | KGHM METRACO RUDNA | RUDNA | POL | M60-69 | 3 | M 10 | | | 00:17:42 | 00:31:54 | 00:51:02 | 01:05:52.80 | 6:35 | 9.1 |
| 11 | JUREK ADAM | 32 | KGHM METRACO RUDNA | LUBIN | POL | M60-69 | 4 | M 11 | 2 | | 00:17:27 | 00:31:53 | 00:51:04 | 01:05:59.50 | 6:35 | 9.1 |
| 12 | WILCZEK KRZYSZTOF | 92 | CIDRY LOTAJOM | ZĘBOWICE | POL | M40-49 | 1 | M 12 | | | 00:18:14 | 00:33:07 | 00:51:46 | 01:06:24.90 | 6:38 | 9 |
| 13 | HELWICH STEFAN | 25 | KGHM METRACO RUDNA | WIELEN | POL | M60-69 | 5 | M 13 | | | 00:18:02 | 00:32:33 | 00:51:46 | 01:07:25.05 | 6:44 | 8.9 |
| 14 | KOŁODZIEJ JOANNA | 38 | MALINOWE GWIAZDY | RUDA 6 | POL | K50-59 | 1 | K 1 | 1 | | 00:18:29 | 00:34:31 | 00:53:14 | 01:09:01.25 | 6:54 | 8.7 |
| 15 | BARCZYK BOGDAN | 3 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 14 | | | 00:18:15 | 00:33:23 | 00:53:41 | 01:09:02.45 | 6:54 | 8.7 |
| 16 | ZACZYŃSKA-SKIBA ANNA | 98 | MSPORT | LEGNICA | POL | K40-49 | 1 | K 2 | | | 00:18:32 | 00:34:00 | 00:53:27 | 01:09:04.65 | 6:54 | 8.7 |
| 17 | CHOJNACKI PAWEŁ | 7 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN-MIERZ YN | POL | M50-59 | 3 | M 15 | 1 | | 00:19:00 | 00:34:39 | 00:54:31 | 01:10:20.75 | 7:02 | 8.5 |
| 18 | WIŚNIEWSKI SŁAWOMIR | 94 | FLÜGGER | GDAŃSK | POL | M40-49 | 2 | M 16 | 1 | | 00:18:34 | 00:34:43 | 00:54:43 | 01:10:46.70 | 7:04 | 8.5 |
| 19 | CZŁAPSKI KRZYSZTOF | 15 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | 4 | M 17 | | | 00:19:01 | 00:34:40 | 00:55:07 | 01:10:47.40 | 7:04 | 8.5 |
| 20 | BIBKO MARTIN | 4 | SPEEDBAR.CZ | KOSICE | SVK | M40-49 | 3 | M 18 | | | 00:19:12 | 00:35:08 | 00:55:13 | 01:11:00.85 | 7:06 | 8.5 |
| 21 | SIEMIŃSKA MARTA | 77 | | GORZESZÓW | POL | K30-39 | 1 | K 3 | | | 00:18:50 | 00:34:46 | 00:54:49 | 01:11:12.20 | 7:07 | 8.4 |
| 22 | HRYCIUK WALDEMAR | 26 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M60-69 | 6 | M 19 | 1 | | 00:19:05 | 00:35:19 | 00:55:21 | 01:11:23.45 | 7:08 | 8.4 |
| 23 | RADECKI ARTUR | 73 | CHODZĄCY BIAŁYSTOK | BIAŁYSTOK | POL | M50-59 | 5 | M 20 | 1 | | 00:19:08 | 00:35:22 | 00:55:36 | 01:11:50.60 | 7:11 | 8.4 |
| 24 | KOWALSKI MAREK | 39 | | STRZEBIŃ | POL | M50-59 | 6 | M 21 | | | 00:19:29 | 00:35:48 | 00:55:41 | 01:11:51.55 | 7:11 | 8.4 |
| 25 | KUBICKI PAWEŁ | 42 | NORDIK WALKING KIEKRZ | SKOKI | POL | M50-59 | 7 | M 22 | 1 | | 00:19:02 | 00:35:11 | 00:55:46 | 01:12:09.60 | 7:12 | 8.3 |
| 26 | KRAWĘTEK AGNIESZKA | 332 | NW PL BEŁCHATÓW | | POL | K40-49 | 2 | K 4 | | | 00:19:40 | 00:35:56 | 00:56:28 | 01:12:15.55 | 7:13 | 8.3 |
| 27 | MĄDRY GRZEGORZ | 49 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-69 | 7 | M 23 | | | 00:19:31 | 00:35:52 | 00:56:26 | 01:12:46.90 | 7:16 | 8.2 |
| 28 | JĘDRASIAK RENATA | 30 | KGHM METRACO RUDNA | LUBIN | POL | K50-59 | 2 | K 5 | | | 00:19:42 | 00:35:38 | 00:56:25 | 01:13:06.85 | 7:18 | 8.2 |
| 29 | KLIMCZAK ADAM | 37 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 8 | M 24 | | | 00:19:35 | 00:35:53 | 00:57:04 | 01:13:34.30 | 7:21 | 8.2 |
| 30 | KACZMAREK EUGENIUSZ | 34 | | SŁUPSK | POL | M70+ | 1 | M 25 | | | 00:20:12 | 00:36:46 | 00:57:17 | 01:13:40.45 | 7:22 | 8.1 |
| 31 | POLAK ŁUKASZ | 67 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M40-49 | 4 | M 26 | | | 00:19:20 | 00:35:51 | 00:56:37 | 01:13:40.65 | 7:22 | 8.1 |
| 32 | LUDWICZAK ANDŻELIKA | 45 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K40-49 | 3 | K 6 | | | 00:19:52 | 00:35:44 | 00:57:32 | 01:13:56.10 | 7:23 | 8.1 |
| 33 | CHYRA JANUSZ | 11 | | LUBLINIEC | POL | M40-49 | 5 | M 27 | | | 00:19:41 | 00:36:38 | 00:57:24 | 01:14:15.50 | 7:25 | 8.1 |
| 34 | TOMCZAK JAROSŁAW | 91 | STĘSZEW TEAM | STĘSZEW | POL | M50-59 | 9 | M 28 | 1 | | 00:19:58 | 00:36:19 | 00:57:38 | 01:14:26.85 | 7:26 | 8.1 |
| 35 | KUŁAKOWSKA HALINA | 43 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K40-49 | 4 | K 7 | 2 | | 00:20:01 | 00:36:37 | 00:57:44 | 01:14:40.55 | 7:28 | 8 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 |
|------|------------------------|-----|---|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 36 | MACIEJEWSKI ROBERT | 335 | | | POL | M40-49 | 6 | M 29 | | | 00:20:01 | 00:37:34 | 00:57:39 | 01:14:40.75 | 7:28 | 8 |
| 37 | ŚLUSARCZYK MARCIN | 89 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 7 | M 30 | | | 00:20:23 | 00:37:11 | 00:58:18 | 01:15:08.10 | 7:30 | 8 |
| 38 | ROMAN KRZYSZTOF | 336 | | | POL | M60-69 | 8 | M 31 | 1 | | 00:19:49 | 00:37:15 | 00:57:56 | 01:15:22.30 | 7:32 | 8 |
| 39 | SOMIAK PIOTR | 80 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M40-49 | 8 | M 32 | | | 00:20:00 | 00:37:08 | 00:58:09 | 01:15:50.60 | 7:35 | 7.9 |
| 40 | SZEGŁOWSKA JUSTYNA | 86 | MOCNA GRUPA CEZARA/CAŁA OLEŚNICA BIEGA | PEGÓW | POL | K30-39 | 2 | K 8 | 2 | | 00:19:52 | 00:37:25 | 00:59:00 | 01:17:02.85 | 7:42 | 7.8 |
| 41 | CHRZANOWSKA DARIA | 9 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K30-39 | 3 | K 9 | | | 00:20:51 | 00:38:06 | 01:00:01 | 01:17:09.80 | 7:42 | 7.8 |
| 42 | FRANCZAK MAŁGORZATA | 21 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K18-29 | 1 | K 10 | | | 00:21:26 | 00:38:52 | 01:00:23 | 01:17:10.80 | 7:43 | 7.8 |
| 43 | ŚLUSARCZYK ANDRZEJ | 90 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70+ | 2 | M 33 | 2 | | 00:21:21 | 00:38:24 | 01:00:42 | 01:17:32.00 | 7:45 | 7.7 |
| 44 | KĘPA ANDRZEJ | 36 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70+ | 3 | M 34 | | | 00:20:56 | 00:38:24 | 01:00:08 | 01:17:32.65 | 7:45 | 7.7 |
| 45 | STANKOWSKA JUSTYNA | 82 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 5 | K 11 | | | 00:20:25 | 00:38:09 | 00:59:43 | 01:17:42.10 | 7:46 | 7.7 |
| 46 | WÓJCİK BARBARA | 97 | NWPL/LUKITEAM | KRZCZONÓW | POL | K60-69 | 1 | K 12 | | | 00:21:30 | 00:38:48 | 01:00:51 | 01:18:03.40 | 7:48 | 7.7 |
| 47 | JUZOF IWONA | 33 | IWONA JUZOF INSTRUKTOR NORDIC WALKING | POGWIZDÓW | POL | K40-49 | 6 | K 13 | | | 00:20:53 | 00:38:30 | 01:00:22 | 01:18:03.90 | 7:48 | 7.7 |
| 48 | CZAJKA URSZULA | 12 | | RUMIA | POL | K60-69 | 2 | K 14 | | | 00:20:44 | 00:38:09 | 01:00:37 | 01:18:24.00 | 7:50 | 7.7 |
| 49 | ROWIŃSKI PAWEŁ | 76 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M30-39 | 5 | M 35 | | | 00:21:23 | 00:39:36 | 01:01:03 | 01:18:28.70 | 7:50 | 7.6 |
| 50 | DYLEWICZ WERONIKA | 20 | EKSTREMUM | ŻAGAŃ | POL | K18-29 | 2 | K 15 | 1 | | 00:20:51 | 00:38:14 | 01:00:34 | 01:18:34.45 | 7:51 | 7.6 |
| 51 | CZEREBA LESZEK | 13 | | PRUDNIK | POL | M50-59 | 10 | M 36 | 1 | | 00:21:49 | 00:39:45 | 01:01:43 | 01:19:20.30 | 7:56 | 7.6 |
| 52 | SZCZĘŚNIAK ZBIGNIEW | 85 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 11 | M 37 | | | 00:22:05 | 00:39:22 | 01:02:24 | 01:19:36.35 | 7:57 | 7.5 |
| 53 | KAMIANOWSKI JAN | 35 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M70+ | 4 | M 38 | | | 00:21:27 | 00:38:25 | 01:01:42 | 01:19:48.15 | 7:58 | 7.5 |
| 54 | FRĄCKOWIAK MATEUSZ | 24 | EKSPEDYCJA NORDIC TEAM SZCZECIN | WIELEŃ | POL | M18-29 | 3 | M 39 | | | 00:20:43 | 00:39:00 | 01:01:23 | 01:20:20.80 | 8:02 | 7.5 |
| 55 | LIGĘZA JANUSZ | 103 | | | POL | M60-69 | 9 | M 40 | | | 00:21:35 | 00:39:38 | 01:02:07 | 01:20:33.55 | 8:03 | 7.4 |
| 56 | MISKOWICZ ANNA | 52 | NESSI TIME BIAŁA | GŁOGÓWEK | POL | K60-69 | 3 | K 16 | 1 | | 00:21:52 | 00:39:42 | 01:02:42 | 01:20:52.25 | 8:05 | 7.4 |
| 57 | WITALEC ANNA | 95 | | BOGUCHWAŁA | POL | K30-39 | 4 | K 17 | 1 | | 00:20:56 | 00:39:17 | 01:01:58 | 01:21:27.80 | 8:08 | 7.4 |
| 58 | JARUGA BEATA | 29 | | OŁAWA | POL | K40-49 | 7 | K 18 | | | 00:21:47 | 00:39:20 | 01:03:14 | 01:21:28.75 | 8:08 | 7.4 |
| 59 | KRIGER ROMAN | 40 | SERCE NORDICA WŁOCLAWEK | PAPOWO TORUŃSKIE | POL | M60-69 | 10 | M 41 | | | 00:22:37 | 00:40:32 | 01:04:10 | 01:21:55.00 | 8:11 | 7.3 |
| 60 | MADAJ ROBERT | 47 | STĘSZEW TEAM | WITOBEL | POL | M50-59 | 12 | M 42 | 2 | | 00:21:53 | 00:39:31 | 01:03:53 | 01:22:06.60 | 8:12 | 7.3 |
| 61 | PALUCH PAWEŁ | 59 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-59 | 13 | M 43 | | | 00:22:06 | 00:40:17 | 01:03:35 | 01:22:10.85 | 8:13 | 7.3 |
| 62 | KĄŁUSKI MAREK | 107 | | | POL | M60-69 | 11 | M 44 | 1 | | 00:21:17 | 00:40:13 | 01:02:43 | 01:22:20.20 | 8:14 | 7.3 |
| 63 | KURZEJA MARLENA | 105 | | | POL | K50-59 | 3 | K 19 | | | 00:21:49 | 00:40:03 | 01:02:53 | 01:22:46.65 | 8:16 | 7.2 |
| 64 | PUZICHOWSKA MAŁGORZATA | 72 | STOWARZYSZENIE NORDIC WALKING NORDIKI | JELCZ-LASKOWIC E | POL | K50-59 | 4 | K 20 | | | 00:23:11 | 00:41:18 | 01:04:54 | 01:23:35.60 | 8:21 | 7.2 |
| 65 | KURZAWSKA JOLANTA | 44 | KGHM METRACO RUDNA | LUBIN | POL | K70+ | 1 | K 21 | | | 00:22:23 | 00:41:01 | 01:05:10 | 01:23:36.55 | 8:21 | 7.2 |
| 66 | WNEK EWA | 96 | RNB POLANICA ZDRÓJ | KŁODZKO | POL | K60-69 | 4 | K 22 | | | 00:22:39 | 00:41:04 | 01:04:46 | 01:23:41.30 | 8:22 | 7.2 |
| 67 | POSTEK DANUTA | 69 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 5 | K 23 | | | 00:22:28 | 00:41:53 | 01:05:35 | 01:24:53.95 | 8:29 | 7.1 |
| 68 | GENDERA EWA | 109 | DRUŻYNA OD SERCA | | POL | K40-49 | 8 | K 24 | | | 00:23:20 | 00:42:01 | 01:07:06 | 01:25:46.75 | 8:34 | 7 |
| 69 | CZERWINSKA ANNA | 14 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K60-69 | 5 | K 25 | | | 00:23:18 | 00:42:08 | 01:07:15 | 01:26:14.05 | 8:37 | 7 |
| 70 | STANIEC STANISŁAW | 81 | | STRZELIN | POL | M60-69 | 12 | M 45 | | | 00:22:04 | 00:41:29 | 01:05:44 | 01:26:23.40 | 8:38 | 6.9 |
| 71 | PIETRUSZYŃSKA DOROTA | 62 | | PRUDNIK | POL | K50-59 | 6 | K 26 | | | 00:23:56 | 00:42:56 | 01:08:14 | 01:26:47.50 | 8:40 | 6.9 |
| 72 | POHL ANNA | 66 | NESSI TIME BIAŁA | BIAŁA | POL | K50-59 | 7 | K 27 | | | 00:23:58 | 00:43:19 | 01:07:55 | 01:26:49.25 | 8:40 | 6.9 |
| 73 | DOBROWOLSKI ROBERT | 18 | SPORTOWI EMERYCI JELENIA GÓRA | JELENIA GÓRA | POL | M60-69 | 13 | M 46 | 1 | | 00:23:42 | 00:43:32 | 01:07:23 | 01:27:01.75 | 8:42 | 6.9 |
| 74 | PAPIÓR ROMAN | 60 | KGHM METRACO RUDNA | WROCŁAW | POL | M60-69 | 14 | M 47 | | | 00:18:13 | 00:43:30 | 01:05:59 | 01:27:09.25 | 8:42 | 6.9 |
| 75 | JANKOWSKA ANNA | 28 | | OŁAWA | POL | K40-49 | 9 | K 28 | | | 00:23:29 | 00:42:50 | 01:07:57 | 01:27:54.00 | 8:47 | 6.8 |
| 76 | TUCHULSKA EWA | 333 | | | POL | K30-39 | 5 | K 29 | | | 00:23:08 | 00:42:00 | 01:07:41 | 01:27:55.55 | 8:47 | 6.8 |
| 77 | FRANCZAK ANNA | 23 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K50-59 | 8 | K 30 | | | 00:24:14 | 00:43:35 | 01:08:56 | 01:27:58.75 | 8:47 | 6.8 |
| 78 | JÓZWIAK ŁUKASZ | 31 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M50-59 | 14 | M 48 | | | 00:25:31 | 00:43:49 | 01:09:42 | 01:28:38.70 | 8:51 | 6.8 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 |
|------|---------------------|-----|-------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 79 | MORAWIEC MARZENA | 53 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K40-49 | 10 | K 31 | | | 00:24:07 | 00:44:22 | 01:09:03 | 01:28:58.50 | 8:53 | 6.7 |
| 80 | ZAWADZKA MARIA | 99 | KGHM METRACO RUDNA | LUBIN | POL | K70+ | 2 | K 32 | | | 00:24:16 | 00:45:04 | 01:09:37 | 01:29:56.25 | 8:59 | 6.7 |
| 81 | GENDERA EWA- EVITA | 108 | DRUŻYNA OD SERCA | | POL | K50-59 | 9 | K 33 | | | 00:24:00 | 00:44:26 | 01:09:45 | 01:29:59.20 | 8:59 | 6.7 |
| 82 | NOGALSKA HALINA | 223 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K60-69 | 6 | K 34 | | | 00:25:14 | 00:45:06 | 01:10:15 | 01:30:50.25 | 9:05 | 6.6 |
| 83 | WANDTKE ANTONI | 101 | | REDA | POL | M70+ | 5 | M 49 | | | 00:23:38 | 00:44:40 | 01:09:56 | 01:31:43.45 | 9:10 | 6.5 |
| 84 | STANKOWSKA MARZENA | 83 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 11 | K 35 | | | 00:25:15 | 00:44:48 | 01:13:08 | 01:32:02.55 | 9:12 | 6.5 |
| 85 | CHRZANOWSKI MATEUSZ | 10 | | WROCŁAW | POL | M30-39 | 6 | M 50 | | | 00:25:07 | 00:45:04 | 01:11:44 | 01:32:08.00 | 9:12 | 6.5 |
| 86 | JANOWSKA EMILIA | 110 | TEATR ZDROJOWY | | POL | K30-39 | 6 | K 36 | | | 00:25:06 | 00:45:23 | 01:12:15 | 01:32:27.65 | 9:14 | 6.5 |
| 87 | CHOLEWKA JOLANTA | 8 | MARSZ PO ZDROWIE POZNAŃ | KOSTRZYN WLKP | POL | K60-69 | 7 | K 37 | | | 00:24:57 | 00:45:11 | 01:12:13 | 01:32:47.30 | 9:16 | 6.5 |
| 88 | MAŁGORZATA BZDYRA | 104 | DZIKI OSIOŁ | | POL | K40-49 | 12 | K 38 | | | 00:24:48 | 00:45:09 | 01:12:13 | 01:33:01.75 | 9:18 | 6.5 |
| 89 | PIÓRKOWSKA ELWIRA | 64 | | JANIKÓW | POL | K40-49 | 13 | K 39 | | | 00:25:10 | 00:45:40 | 01:12:51 | 01:33:33.00 | 9:21 | 6.4 |
| 90 | NIEPOROWSKA BEATA | 56 | | ZIELONA GÓRA | POL | K50-59 | 10 | K 40 | | | 00:24:25 | 00:45:53 | 01:12:17 | 01:33:51.55 | 9:23 | 6.4 |
| 91 | DOBROWOLSKA BOZENA | 17 | SPORTOWI EMERYCI JELENIA GÓRA | JELENIA GÓRA | POL | K60-69 | 8 | K 41 | | | 00:26:04 | 00:48:04 | 01:15:04 | 01:37:22.60 | 9:44 | 6.2 |
| 92 | PIÓRKOWSKI JAKUB | 65 | | JANIKÓW | POL | M30-39 | 7 | M 51 | | | 00:25:45 | 00:47:04 | 01:15:00 | 01:37:39.95 | 9:45 | 6.1 |
| 93 | PATER ZBIGNIEW | 61 | WKB PIAST | WROCŁAW | POL | M70+ | 6 | M 52 | | | 00:30:55 | 00:54:13 | 01:24:08 | 01:48:53.20 | 10:53 | 5.5 |
| 94 | NOWICKA EWA | 58 | | GŁUSZYCA | POL | K50-59 | 11 | K 42 | 1 | | 00:29:07 | 00:53:02 | 01:29:48 | 01:52:06.25 | 11:12 | 5.4 |
| 95 | WINIARSKI ROBERT | 93 | | LEGNICA | POL | M50-59 | 15 | M 53 | | | 00:28:20 | 00:52:57 | 01:26:00 | 01:54:20.65 | 11:26 | 5.2 |
| DQ | SZYMAŃSKI STEFAN | 88 | SERCE NORDICA WŁOCŁAWEK | KIEŻLINY | POL | M70+ | DQ | DQ | 1 | 1 | 00:20:10 | 00:36:44 | 00:57:16 | 01:14:06.70 | 0:00 | 8.1 |
| DQ | FRANCZAK DARIUSZ | 22 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | DQ | DQ | | 1 | 00:21:07 | 00:38:26 | 01:00:13 | 01:17:43.20 | 0:00 | 7.7 |
| | | | | | | | | | | | DQ | DQ | DQ | DQ | | |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM, OPEN -K

| 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 | KOŁODZIEJ JOANNA | 38 | MALINOWE GWIAZDY | RUDA 6 | POL | K50-59 | 1 | K 1 | 1 | | 00:18:29 | 00:34:31 | 00:53:14 | 01:09:01.25 | 6:54 | 8.7 |
| 2 | ZACZYŃSKA-SKIBA ANNA | 98 | MSPORT | LEGNICA | POL | K40-49 | 1 | K 2 | | | 00:18:32 | 00:34:00 | 00:53:27 | 01:09:04.65 | 6:54 | 8.7 |
| 3 | SIEMIŃSKA MARTA | 77 | | GORZESZÓW | POL | K30-39 | 1 | K 3 | | | 00:18:50 | 00:34:46 | 00:54:49 | 01:11:12.20 | 7:07 | 8.4 |
| 4 | KRAWĘTEK AGNIESZKA | 332 | NW PL BEŁCHATÓW | | POL | K40-49 | 2 | K 4 | | | 00:19:40 | 00:35:56 | 00:56:28 | 01:12:15.55 | 7:13 | 8.3 |
| 5 | JĘDRASIAK RENATA | 30 | KGHM METRACO RUDNA | LUBIN | POL | K50-59 | 2 | K 5 | | | 00:19:42 | 00:35:38 | 00:56:25 | 01:13:06.85 | 7:18 | 8.2 |
| 6 | LUDWICZAK ANDŻELIKA | 45 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K40-49 | 3 | K 6 | | | 00:19:52 | 00:35:44 | 00:57:32 | 01:13:56.10 | 7:23 | 8.1 |
| 7 | KUŁAKOWSKA HALINA | 43 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K40-49 | 4 | K 7 | 2 | | 00:20:01 | 00:36:37 | 00:57:44 | 01:14:40.55 | 7:28 | 8 |
| 8 | SZEGŁOWSKA JUSTYNA | 86 | MOCNA GRUPA CEZARA/CAŁA OLEŚNICA BIEGA | PĘGÓW | POL | K30-39 | 2 | K 8 | 2 | | 00:19:52 | 00:37:25 | 00:59:00 | 01:17:02.85 | 7:42 | 7.8 |
| 9 | CHRZANOWSKA DARIA | 9 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K30-39 | 3 | K 9 | | | 00:20:51 | 00:38:06 | 01:00:01 | 01:17:09.80 | 7:42 | 7.8 |
| 10 | FRANCZAK MAŁGORZATA | 21 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K18-29 | 1 | K 10 | | | 00:21:26 | 00:38:52 | 01:00:23 | 01:17:10.80 | 7:43 | 7.8 |
| 11 | STANKOWSKA JUSTYNA | 82 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 5 | K 11 | | | 00:20:25 | 00:38:09 | 00:59:43 | 01:17:42.10 | 7:46 | 7.7 |
| 12 | WÓJCIK BARBARA | 97 | NWPL/LUKITEAM | KRZCZONÓW | POL | K60-69 | 1 | K 12 | | | 00:21:30 | 00:38:48 | 01:00:51 | 01:18:03.40 | 7:48 | 7.7 |
| 13 | JUZOF IWONA | 33 | IWONA JUZOF INSTRUKTOR NORDIC WALKING | POGWIZDÓW | POL | K40-49 | 6 | K 13 | | | 00:20:53 | 00:38:30 | 01:00:22 | 01:18:03.90 | 7:48 | 7.7 |
| 14 | CZAJKA URSZULA | 12 | | RUMIA | POL | K60-69 | 2 | K 14 | | | 00:20:44 | 00:38:09 | 01:00:37 | 01:18:24.00 | 7:50 | 7.7 |
| 15 | DYLEWICZ WERONIKA | 20 | EKSTREMUM | ŻAGAŃ | POL | K18-29 | 2 | K 15 | 1 | | 00:20:51 | 00:38:14 | 01:00:34 | 01:18:34.45 | 7:51 | 7.6 |
| 16 | MISKOWICZ ANNA | 52 | NESSI TIME BIAŁA | GŁOGÓWEK | POL | K60-69 | 3 | K 16 | 1 | | 00:21:52 | 00:39:42 | 01:02:42 | 01:20:52.25 | 8:05 | 7.4 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM, OPEN -K 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 | WITALEC ANNA | 95 | | BOGUCHWAŁA | POL | K30-39 | 4 | K 17 | 1 | | 00:20:56 | 00:39:17 | 01:01:58 | 01:21:27.80 | 8:08 | 7.4 |
| 18 | JARUGA BEATA | 29 | | OŁAWA | POL | K40-49 | 7 | K 18 | | | 00:21:47 | 00:39:20 | 01:03:14 | 01:21:28.75 | 8:08 | 7.4 |
| 19 | KURZEJA MARLENA | 105 | | | POL | K50-59 | 3 | K 19 | | | 00:21:49 | 00:40:03 | 01:02:53 | 01:22:46.65 | 8:16 | 7.2 |
| 20 | PUZICHOWSKA MAŁGORZATA | 72 | STOWARZYSZENIE NORDIC WALKING NORDIKI | JELCZ-LASKOWIC E | POL | K50-59 | 4 | K 20 | | | 00:23:11 | 00:41:18 | 01:04:54 | 01:23:35.60 | 8:21 | 7.2 |
| 21 | KURZAWSKA JOLANTA | 44 | KGHM METRACO RUDNA | LUBIN | POL | K70+ | 1 | K 21 | | | 00:22:23 | 00:41:01 | 01:05:10 | 01:23:36.55 | 8:21 | 7.2 |
| 22 | WNEK EWA | 96 | RNB POLANICA ZDRÓJ | KŁODZKO | POL | K60-69 | 4 | K 22 | | | 00:22:39 | 00:41:04 | 01:04:46 | 01:23:41.30 | 8:22 | 7.2 |
| 23 | POSTEK DANUTA | 69 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 5 | K 23 | | | 00:22:28 | 00:41:53 | 01:05:35 | 01:24:53.95 | 8:29 | 7.1 |
| 24 | GENDERA EWA | 109 | DRUŻYNA OD SERCA | | POL | K40-49 | 8 | K 24 | | | 00:23:20 | 00:42:01 | 01:07:06 | 01:25:46.75 | 8:34 | 7 |
| 25 | CZERWINSKA ANNA | 14 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K60-69 | 5 | K 25 | | | 00:23:18 | 00:42:08 | 01:07:15 | 01:26:14.05 | 8:37 | 7 |
| 26 | PIETRUSZYŃSKA DOROTA | 62 | | PRUDNIK | POL | K50-59 | 6 | K 26 | | | 00:23:56 | 00:42:56 | 01:08:14 | 01:26:47.50 | 8:40 | 6.9 |
| 27 | POHL ANNA | 66 | NESSI TIME BIAŁA | BIAŁA | POL | K50-59 | 7 | K 27 | | | 00:23:58 | 00:43:19 | 01:07:55 | 01:26:49.25 | 8:40 | 6.9 |
| 28 | JANKOWSKA ANNA | 28 | | OŁAWA | POL | K40-49 | 9 | K 28 | | | 00:23:29 | 00:42:50 | 01:07:57 | 01:27:54.00 | 8:47 | 6.8 |
| 29 | TUCHULSKA EWA | 333 | | | POL | K30-39 | 5 | K 29 | | | 00:23:08 | 00:42:00 | 01:07:41 | 01:27:55.55 | 8:47 | 6.8 |
| 30 | FRANCZAK ANNA | 23 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K50-59 | 8 | K 30 | | | 00:24:14 | 00:43:35 | 01:08:56 | 01:27:58.75 | 8:47 | 6.8 |
| 31 | MORAWIEC MARZENA | 53 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K40-49 | 10 | K 31 | | | 00:24:07 | 00:44:22 | 01:09:03 | 01:28:58.50 | 8:53 | 6.7 |
| 32 | ZAWADZKA MARIA | 99 | KGHM METRACO RUDNA | LUBIN | POL | K70+ | 2 | K 32 | | | 00:24:16 | 00:45:04 | 01:09:37 | 01:29:56.25 | 8:59 | 6.7 |
| 33 | GENDERA EWA- EVITA | 108 | DRUŻYNA OD SERCA | | POL | K50-59 | 9 | K 33 | | | 00:24:00 | 00:44:26 | 01:09:45 | 01:29:59.20 | 8:59 | 6.7 |
| 34 | NOGALSKA HALINA | 223 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K60-69 | 6 | K 34 | | | 00:25:14 | 00:45:06 | 01:10:15 | 01:30:50.25 | 9:05 | 6.6 |
| 35 | STANKOWSKA MARZENA | 83 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 11 | K 35 | | | 00:25:15 | 00:44:48 | 01:13:08 | 01:32:02.55 | 9:12 | 6.5 |
| 36 | JANOWSKA EMILIA | 110 | TEATR ZDROJOWY | | POL | K30-39 | 6 | K 36 | | | 00:25:06 | 00:45:23 | 01:12:15 | 01:32:27.65 | 9:14 | 6.5 |
| 37 | CHOLEWKA JOLANTA | 8 | MARSZ PO ZDROWIE POZNAŃ | KOSTRZYŃ WLKP | POL | K60-69 | 7 | K 37 | | | 00:24:57 | 00:45:11 | 01:12:13 | 01:32:47.30 | 9:16 | 6.5 |
| 38 | MAŁGORZATA BZDYRA | 104 | DZIKI OSIÓŁ | | POL | K40-49 | 12 | K 38 | | | 00:24:48 | 00:45:09 | 01:12:13 | 01:33:01.75 | 9:18 | 6.5 |
| 39 | PIÓRKOWSKA ELWIRA | 64 | | JANIKÓW | POL | K40-49 | 13 | K 39 | | | 00:25:10 | 00:45:40 | 01:12:51 | 01:33:33.00 | 9:21 | 6.4 |
| 40 | NIEPOROWSKA BEATA | 56 | | ZIELONA GÓRA | POL | K50-59 | 10 | K 40 | | | 00:24:25 | 00:45:53 | 01:12:17 | 01:33:51.55 | 9:23 | 6.4 |
| 41 | DOBROWOLSKA BOZENA | 17 | SPORTOWI EMERYCI JELENIA GÓRA | JELENIA GÓRA | POL | K60-69 | 8 | K 41 | | | 00:26:04 | 00:48:04 | 01:15:04 | 01:37:22.60 | 9:44 | 6.2 |
| 42 | NOWICKA EWA | 58 | | GŁUSZYCA | POL | K50-59 | 11 | K 42 | 1 | | 00:29:07 | 00:53:02 | 01:29:48 | 01:52:06.25 | 11:12 | 5.4 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM, OPEN -M

| 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 | NIEPOKÓJ RADOSŁAW | 55 | GINA MIEJSCE PIASTOWE/OSP WROCANKA | WROCANKA | POL | M30-39 | 1 | M 1 | | | 00:16:31 | 00:30:51 | 00:48:03 | 01:02:12.60 | 6:13 | 9.6 |
| 2 | WOJTOWICZ TOMASZ | 106 | | | POL | M30-39 | 2 | M 2 | | | 00:16:29 | 00:30:45 | 00:48:11 | 01:02:28.55 | 6:14 | 9.6 |
| 3 | MARCZAK TOMASZ | 48 | KS IDMAR RACING TEAM | ALEKSANDRIA I | POL | M18-29 | 1 | M 3 | 1 | | 00:17:00 | 00:31:35 | 00:49:03 | 01:03:25.20 | 6:20 | 9.5 |
| 4 | SKIBA KRZYSZTOF | 79 | MSPORTTEAM | LEGNICA | POL | M60-69 | 1 | M 4 | 1 | | 00:16:47 | 00:31:33 | 00:49:06 | 01:03:26.55 | 6:20 | 9.5 |
| 5 | ROMANOWSKI DANIEL | 75 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M18-29 | 2 | M 5 | | | 00:16:59 | 00:31:23 | 00:49:02 | 01:03:32.20 | 6:21 | 9.4 |
| 6 | POLKOWSKI PIOTR | 63 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M30-39 | 3 | M 6 | | | 00:17:43 | 00:31:40 | 00:50:52 | 01:05:10.50 | 6:31 | 9.2 |
| 7 | POŁUBIAK PAWEŁ | 68 | | SIECINO | POL | M30-39 | 4 | M 7 | | | 00:17:19 | 00:31:50 | 00:50:26 | 01:05:26.40 | 6:32 | 9.2 |
| 8 | MICHAŁSKI ANDRZEJ | 51 | PŁOMIEŃ ZMIENNICA | SANOK | POL | M60-69 | 2 | M 8 | | | 00:17:44 | 00:32:27 | 00:50:49 | 01:05:26.90 | 6:32 | 9.2 |
| 9 | PRZYSTARZ GRZEGORZ | 71 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-59 | 1 | M 9 | | | 00:17:46 | 00:32:58 | 00:51:00 | 01:05:50.50 | 6:35 | 9.1 |
| 10 | SIWAK PIOTR | 78 | KGHM METRACO RUDNA | RUDNA | POL | M60-69 | 3 | M 10 | | | 00:17:42 | 00:31:54 | 00:51:02 | 01:05:52.80 | 6:35 | 9.1 |
| 11 | JUREK ADAM | 32 | KGHM METRACO RUDNA | LUBIN | POL | M60-69 | 4 | M 11 | 2 | | 00:17:27 | 00:31:53 | 00:51:04 | 01:05:59.50 | 6:35 | 9.1 |
| 12 | WILCZEK KRZYSZTOF | 92 | CIDRY LOTAJOM | ZĘBOWICE | POL | M40-49 | 1 | M 12 | | | 00:18:14 | 00:33:07 | 00:51:46 | 01:06:24.90 | 6:38 | 9 |
| 13 | HELWICH STEFAN | 25 | KGHM METRACO RUDNA | WIELEN | POL | M60-69 | 5 | M 13 | | | 00:18:02 | 00:32:33 | 00:51:46 | 01:07:25.05 | 6:44 | 8.9 |
| 14 | BARCZYK BOGDAN | 3 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 14 | | | 00:18:15 | 00:33:23 | 00:53:41 | 01:09:02.45 | 6:54 | 8.7 |
| 15 | CHOJNACKI PAWEŁ | 7 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN-MIERZYN | POL | M50-59 | 3 | M 15 | 1 | | 00:19:00 | 00:34:39 | 00:54:31 | 01:10:20.75 | 7:02 | 8.5 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM, OPEN -M 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 |
|------|------------------------|-----|------------------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 16 | WIŚNIEWSKI SŁAWOMIR | 94 | FLÜGGER | GDĄŃSK | POL | M40-49 | 2 | M 16 | 1 | | 00:18:34 | 00:34:43 | 00:54:43 | 01:10:46.70 | 7:04 | 8.5 |
| 17 | CZŁĄPSKI KRZYSZTOF | 15 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M50-59 | 4 | M 17 | | | 00:19:01 | 00:34:40 | 00:55:07 | 01:10:47.40 | 7:04 | 8.5 |
| 18 | BIBKO MARTIN | 4 | SPEEDBAR.CZ | KOSICE | SVK | M40-49 | 3 | M 18 | | | 00:19:12 | 00:35:08 | 00:55:13 | 01:11:00.85 | 7:06 | 8.5 |
| 19 | HRYCIUK WALDEMAR | 26 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M60-69 | 6 | M 19 | 1 | | 00:19:05 | 00:35:19 | 00:55:21 | 01:11:23.45 | 7:08 | 8.4 |
| 20 | RADECKI ARTUR | 73 | CHODZĄCY BIAŁYSTOK | BIAŁYSTOK | POL | M50-59 | 5 | M 20 | 1 | | 00:19:08 | 00:35:22 | 00:55:36 | 01:11:50.60 | 7:11 | 8.4 |
| 21 | KOWALSKI MAREK | 39 | | STRZEBIŃ | POL | M50-59 | 6 | M 21 | | | 00:19:29 | 00:35:48 | 00:55:41 | 01:11:51.55 | 7:11 | 8.4 |
| 22 | KUBICKI PAWEŁ | 42 | NORDIK WALKING KIEKRZ | SKOKI | POL | M50-59 | 7 | M 22 | 1 | | 00:19:02 | 00:35:11 | 00:55:46 | 01:12:09.60 | 7:12 | 8.3 |
| 23 | MĄDRY GRZEGORZ | 49 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-69 | 7 | M 23 | | | 00:19:31 | 00:35:52 | 00:56:26 | 01:12:46.90 | 7:16 | 8.2 |
| 24 | KLIMCZAK ADAM | 37 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 8 | M 24 | | | 00:19:35 | 00:35:53 | 00:57:04 | 01:13:34.30 | 7:21 | 8.2 |
| 25 | KACZMAREK EUGENIUSZ | 34 | | SŁUPSK | POL | M70+ | 1 | M 25 | | | 00:20:12 | 00:36:46 | 00:57:17 | 01:13:40.45 | 7:22 | 8.1 |
| 26 | POLAK ŁUKASZ | 67 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M40-49 | 4 | M 26 | | | 00:19:20 | 00:35:51 | 00:56:37 | 01:13:40.65 | 7:22 | 8.1 |
| 27 | CHYRA JANUSZ | 11 | | LUBLINIEC | POL | M40-49 | 5 | M 27 | | | 00:19:41 | 00:36:38 | 00:57:24 | 01:14:15.50 | 7:25 | 8.1 |
| 28 | TOMCZAK JAROSŁAW | 91 | STĘSZEW TEAM | STĘSZEW | POL | M50-59 | 9 | M 28 | 1 | | 00:19:58 | 00:36:19 | 00:57:38 | 01:14:26.85 | 7:26 | 8.1 |
| 29 | MACIEJEWSKI ROBERT | 335 | | | POL | M40-49 | 6 | M 29 | | | 00:20:01 | 00:37:34 | 00:57:39 | 01:14:40.75 | 7:28 | 8 |
| 30 | ŚLUSARCZYK MARCIN | 89 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 7 | M 30 | | | 00:20:23 | 00:37:11 | 00:58:18 | 01:15:08.10 | 7:30 | 8 |
| 31 | ROMAN KRZYSZTOF | 336 | | | POL | M60-69 | 8 | M 31 | 1 | | 00:19:49 | 00:37:15 | 00:57:56 | 01:15:22.30 | 7:32 | 8 |
| 32 | SOMIAK PIOTR | 80 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M40-49 | 8 | M 32 | | | 00:20:00 | 00:37:08 | 00:58:09 | 01:15:50.60 | 7:35 | 7.9 |
| 33 | ŚLUSARCZYK ANDRZEJ | 90 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70+ | 2 | M 33 | 2 | | 00:21:21 | 00:38:24 | 01:00:42 | 01:17:32.00 | 7:45 | 7.7 |
| 34 | KĘPA ANDRZEJ | 36 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70+ | 3 | M 34 | | | 00:20:56 | 00:38:24 | 01:00:08 | 01:17:32.65 | 7:45 | 7.7 |
| 35 | ROWIŃSKI PAWEŁ | 76 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M30-39 | 5 | M 35 | | | 00:21:23 | 00:39:36 | 01:01:03 | 01:18:28.70 | 7:50 | 7.6 |
| 36 | CZEREBA LESZEK | 13 | | PRUDNIK | POL | M50-59 | 10 | M 36 | 1 | | 00:21:49 | 00:39:45 | 01:01:43 | 01:19:20.30 | 7:56 | 7.6 |
| 37 | SZCZĘŚNIAK ZBIGNIEW | 85 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 11 | M 37 | | | 00:22:05 | 00:39:22 | 01:02:24 | 01:19:36.35 | 7:57 | 7.5 |
| 38 | KAMIANOWSKI JAN | 35 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M70+ | 4 | M 38 | | | 00:21:27 | 00:38:25 | 01:01:42 | 01:19:48.15 | 7:58 | 7.5 |
| 39 | FRĄCKOWIAK MATEUSZ | 24 | EKSPEDYCJA NORDIC TEAM SZCZECIN | WIELEŃ | POL | M18-29 | 3 | M 39 | | | 00:20:43 | 00:39:00 | 01:01:23 | 01:20:20.80 | 8:02 | 7.5 |
| 40 | LIGEZA JANUSZ | 103 | | | POL | M60-69 | 9 | M 40 | | | 00:21:35 | 00:39:38 | 01:02:07 | 01:20:33.55 | 8:03 | 7.4 |
| 41 | KRIGER ROMAN | 40 | SERCE NORDICA WŁOCLAWEK | PAPOWO TORUŃSKIE | POL | M60-69 | 10 | M 41 | | | 00:22:37 | 00:40:32 | 01:04:10 | 01:21:55.00 | 8:11 | 7.3 |
| 42 | MADAJ ROBERT | 47 | STĘSZEW TEAM | WITOBEL | POL | M50-59 | 12 | M 42 | 2 | | 00:21:53 | 00:39:31 | 01:03:53 | 01:22:06.60 | 8:12 | 7.3 |
| 43 | PALUCH PAWEŁ | 59 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-59 | 13 | M 43 | | | 00:22:06 | 00:40:17 | 01:03:35 | 01:22:10.85 | 8:13 | 7.3 |
| 44 | KĄŁUSKI MAREK | 107 | | | POL | M60-69 | 11 | M 44 | 1 | | 00:21:17 | 00:40:13 | 01:02:43 | 01:22:20.20 | 8:14 | 7.3 |
| 45 | STANIEC STANISŁAW | 81 | | STRZELIN | POL | M60-69 | 12 | M 45 | | | 00:22:04 | 00:41:29 | 01:05:44 | 01:26:23.40 | 8:38 | 6.9 |
| 46 | DOBROWOLSKI ROBERT | 18 | SPORTOWI EMERYCI JELENIA GÓRA | JELENIA GÓRA | POL | M60-69 | 13 | M 46 | 1 | | 00:23:42 | 00:43:32 | 01:07:23 | 01:27:01.75 | 8:42 | 6.9 |
| 47 | PAPIÓR ROMAN | 60 | KGHM METRACO RUDNA | WROCŁAW | POL | M60-69 | 14 | M 47 | | | 00:18:13 | 00:43:30 | 01:05:59 | 01:27:09.25 | 8:42 | 6.9 |
| 48 | JÓŹWIAK ŁUKASZ | 31 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M50-59 | 14 | M 48 | | | 00:25:31 | 00:43:49 | 01:09:42 | 01:28:38.70 | 8:51 | 6.8 |
| 49 | WANDTKE ANTONI | 101 | | REDA | POL | M70+ | 5 | M 49 | | | 00:23:38 | 00:44:40 | 01:09:56 | 01:31:43.45 | 9:10 | 6.5 |
| 50 | CHRZANOWSKI MATEUSZ | 10 | | WROCŁAW | POL | M30-39 | 6 | M 50 | | | 00:25:07 | 00:45:04 | 01:11:44 | 01:32:08.00 | 9:12 | 6.5 |
| 51 | PIÓRKOWSKI JAKUB | 65 | | JANIKÓW | POL | M30-39 | 7 | M 51 | | | 00:25:45 | 00:47:04 | 01:15:00 | 01:37:39.95 | 9:45 | 6.1 |
| 52 | PATER ZBIGNIEW | 61 | WKB PIAST | WROCŁAW | POL | M70+ | 6 | M 52 | | | 00:30:55 | 00:54:13 | 01:24:08 | 01:48:53.20 | 10:53 | 5.5 |
| 53 | WINIARSKI ROBERT | 93 | | LEGNICA | POL | M50-59 | 15 | M 53 | | | 00:28:20 | 00:52:57 | 01:26:00 | 01:54:20.65 | 11:26 | 5.2 |
| DQ | SZYMAŃSKI STEFAN | 88 | SERCE NORDICA WŁOCLAWEK | KIEŻLIŃ | POL | M70+ | DQ | DQ | 1 | 1 | 00:20:10 | 00:36:44 | 00:57:16 | DQ | 0:00 | 8.1 |
| DQ | FRANCZAK DARIUSZ | 22 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M50-59 | DQ | DQ | | 1 | 00:21:07 | 00:38:26 | 01:00:13 | DQ | 0:00 | 7.7 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM, K-Mundurowi

| 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 | SZEGŁOWSKA JUSTYNA | 86 | MOCNA GRUPA CEZARA/CAŁA OLEŚNICA BIEGA | PĘGÓW | POL | K30-39 | 2 | K 8 | 2 | | 00:19:52 | 00:37:25 | 00:59:00 | 01:17:02.85 | 7:42 | 7.8 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM, M-Mundurowi

| 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 | NIEPOKÓJ RADOŚLAW | 55 | GINA MIEJSCE PIASTOWE/OSP WROCANKA | WROCANKA | POL | M30-39 | 1 | M 1 | | | 00:16:31 | 00:30:51 | 00:48:03 | 01:02:12.60 | 6:13 | 9.6 |
| 2 | WOJTOWICZ TOMASZ | 106 | | | POL | M30-39 | 2 | M 2 | | | 00:16:29 | 00:30:45 | 00:48:11 | 01:02:28.55 | 6:14 | 9.6 |
| 3 | MACIEJEWSKI ROBERT | 335 | | | POL | M40-49 | 6 | M 29 | | | 00:20:01 | 00:37:34 | 00:57:39 | 01:14:40.75 | 7:28 | 8 |
| 4 | KĘPA ANDRZEJ | 36 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70+ | 3 | M 34 | | | 00:20:56 | 00:38:24 | 01:00:08 | 01:17:32.65 | 7:45 | 7.7 |
| 5 | CZEREBA LESZEK | 13 | | PRUDNIK | POL | M50-59 | 10 | M 36 | 1 | | 00:21:49 | 00:39:45 | 01:01:43 | 01:19:20.30 | 7:56 | 7.6 |
| 6 | KRIGER ROMAN | 40 | SERCE NORDICA WŁOCŁAWEK | PAPOWO TORUŃSKIE | POL | M60-69 | 10 | M 41 | | | 00:22:37 | 00:40:32 | 01:04:10 | 01:21:55.00 | 8:11 | 7.3 |
| 7 | JÓZWIAK ŁUKASZ | 31 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M50-59 | 14 | M 48 | | | 00:25:31 | 00:43:49 | 01:09:42 | 01:28:38.70 | 8:51 | 6.8 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | FRANCZAK MAŁGORZATA | 21 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K18-29 | 1 | K 10 | | | 00:21:26 | 00:38:52 | 01:00:23 | 01:17:10.80 | 7:43 | 7.8 |
| 2 | DYLEWICZ WERONIKA | 20 | EKSTREMUM | ŻAGAŃ | POL | K18-29 | 2 | K 15 | 1 | | 00:20:51 | 00:38:14 | 01:00:34 | 01:18:34.45 | 7:51 | 7.6 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | MARCZAK TOMASZ | 48 | KS IDMAR RACING TEAM | ALEKSANDRIA I | POL | M18-29 | 1 | M 3 | 1 | | 00:17:00 | 00:31:35 | 00:49:03 | 01:03:25.20 | 6:20 | 9.5 |
| 2 | ROMANOWSKI DANIEL | 75 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M18-29 | 2 | M 5 | | | 00:16:59 | 00:31:23 | 00:49:02 | 01:03:32.20 | 6:21 | 9.4 |
| 3 | FRĄCKOWIAK MATEUSZ | 24 | EKSPEDYCJA NORDIC TEAM SZCZECIN | WIELEŃ | POL | M18-29 | 3 | M 39 | | | 00:20:43 | 00:39:00 | 01:01:23 | 01:20:20.80 | 8:02 | 7.5 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | SIEMIŃSKA MARTA | 77 | | GORZESZÓW | POL | K30-39 | 1 | K 3 | | | 00:18:50 | 00:34:46 | 00:54:49 | 01:11:12.20 | 7:07 | 8.4 |
| 2 | SZEGŁOWSKA JUSTYNA | 86 | MOCNA GRUPA CEZARA/CAŁA OLEŚNICA BIEGA | PĘGÓW | POL | K30-39 | 2 | K 8 | 2 | | 00:19:52 | 00:37:25 | 00:59:00 | 01:17:02.85 | 7:42 | 7.8 |
| 3 | CHRZANOWSKA DARIA | 9 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K30-39 | 3 | K 9 | | | 00:20:51 | 00:38:06 | 01:00:01 | 01:17:09.80 | 7:42 | 7.8 |
| 4 | WITALEC ANNA | 95 | | BOGUCHWAŁA | POL | K30-39 | 4 | K 17 | 1 | | 00:20:56 | 00:39:17 | 01:01:58 | 01:21:27.80 | 8:08 | 7.4 |
| 5 | TUCHULSKA EWA | 333 | | | POL | K30-39 | 5 | K 29 | | | 00:23:08 | 00:42:00 | 01:07:41 | 01:27:55.55 | 8:47 | 6.8 |
| 6 | JANOWSKA EMILIA | 110 | TEATR ZDROJOWY | | POL | K30-39 | 6 | K 36 | | | 00:25:06 | 00:45:23 | 01:12:15 | 01:32:27.65 | 9:14 | 6.5 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | NIEPOKÓJ RADOŚLAW | 55 | GMINA MIEJSCE PIASTOWE/OSP WROCANKA | WROCANKA | POL | M30-39 | 1 | M 1 | | | 00:16:31 | 00:30:51 | 00:48:03 | 01:02:12.60 | 6:13 | 9.6 |
| 2 | WOJTOWICZ TOMASZ | 106 | | | POL | M30-39 | 2 | M 2 | | | 00:16:29 | 00:30:45 | 00:48:11 | 01:02:28.55 | 6:14 | 9.6 |
| 3 | POLKOWSKI PIOTR | 63 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M30-39 | 3 | M 6 | | | 00:17:43 | 00:31:40 | 00:50:52 | 01:05:10.50 | 6:31 | 9.2 |
| 4 | POŁUBIAK PAWEŁ | 68 | | SIECINO | POL | M30-39 | 4 | M 7 | | | 00:17:19 | 00:31:50 | 00:50:26 | 01:05:26.40 | 6:32 | 9.2 |
| 5 | ROWIŃSKI PAWEŁ | 76 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M30-39 | 5 | M 35 | | | 00:21:23 | 00:39:36 | 01:01:03 | 01:18:28.70 | 7:50 | 7.6 |
| 6 | CHRZANOWSKI MATEUSZ | 10 | | WROCŁAW | POL | M30-39 | 6 | M 50 | | | 00:25:07 | 00:45:04 | 01:11:44 | 01:32:08.00 | 9:12 | 6.5 |
| 7 | PIÓRKOWSKI JAKUB | 65 | | JANIKÓW | POL | M30-39 | 7 | M 51 | | | 00:25:45 | 00:47:04 | 01:15:00 | 01:37:39.95 | 9:45 | 6.1 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | ZACZYŃSKA-SKIBA ANNA | 98 | MSPORT | LEGNICA | POL | K40-49 | 1 | K 2 | | | 00:18:32 | 00:34:00 | 00:53:27 | 01:09:04.65 | 6:54 | 8.7 |
| 2 | KRAWĘTEK AGNIESZKA | 332 | NW PL BEŁCHATÓW | | POL | K40-49 | 2 | K 4 | | | 00:19:40 | 00:35:56 | 00:56:28 | 01:12:15.55 | 7:13 | 8.3 |
| 3 | LUDWICZAK ANDŻELIKA | 45 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K40-49 | 3 | K 6 | | | 00:19:52 | 00:35:44 | 00:57:32 | 01:13:56.10 | 7:23 | 8.1 |
| 4 | KUŁAKOWSKA HALINA | 43 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K40-49 | 4 | K 7 | 2 | | 00:20:01 | 00:36:37 | 00:57:44 | 01:14:40.55 | 7:28 | 8 |
| 5 | STANKOWSKA JUSTYNA | 82 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 5 | K 11 | | | 00:20:25 | 00:38:09 | 00:59:43 | 01:17:42.10 | 7:46 | 7.7 |
| 6 | JUZOF IWONA | 33 | IWONA JUZOF INSTRUKTOR NORDIC WALKING | POGWIZDÓW | POL | K40-49 | 6 | K 13 | | | 00:20:53 | 00:38:30 | 01:00:22 | 01:18:03.90 | 7:48 | 7.7 |
| 7 | JARUGA BEATA | 29 | | OŁAWA | POL | K40-49 | 7 | K 18 | | | 00:21:47 | 00:39:20 | 01:03:14 | 01:21:28.75 | 8:08 | 7.4 |
| 8 | GENDERA EWA | 109 | DRUŻYNA OD SERCA | | POL | K40-49 | 8 | K 24 | | | 00:23:20 | 00:42:01 | 01:07:06 | 01:25:46.75 | 8:34 | 7 |
| 9 | JANKOWSKA ANNA | 28 | | OŁAWA | POL | K40-49 | 9 | K 28 | | | 00:23:29 | 00:42:50 | 01:07:57 | 01:27:54.00 | 8:47 | 6.8 |
| 10 | MORAWIEC MARZENA | 53 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K40-49 | 10 | K 31 | | | 00:24:07 | 00:44:22 | 01:09:03 | 01:28:58.50 | 8:53 | 6.7 |
| 11 | STANKOWSKA MARZENA | 83 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 11 | K 35 | | | 00:25:15 | 00:44:48 | 01:13:08 | 01:32:02.55 | 9:12 | 6.5 |
| 12 | MAŁGORZATA BZDYRA | 104 | DZIKI OSIOŁ | | POL | K40-49 | 12 | K 38 | | | 00:24:48 | 00:45:09 | 01:12:13 | 01:33:01.75 | 9:18 | 6.5 |
| 13 | PIÓRKOWSKA ELWIRA | 64 | | JANIKÓW | POL | K40-49 | 13 | K 39 | | | 00:25:10 | 00:45:40 | 01:12:51 | 01:33:33.00 | 9:21 | 6.4 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | WILCZEK KRZYSZTOF | 92 | CIDRY LOTAJOM | ZĘBOWICE | POL | M40-49 | 1 | M 12 | | | 00:18:14 | 00:33:07 | 00:51:46 | 01:06:24.90 | 6:38 | 9 |
| 2 | WIŚNIEWSKI SŁAWOMIR | 94 | FLÜGGER | GDAŃSK | POL | M40-49 | 2 | M 16 | 1 | | 00:18:34 | 00:34:43 | 00:54:43 | 01:10:46.70 | 7:04 | 8.5 |
| 3 | BIBKO MARTIN | 4 | SPEEDBAR.CZ | KOSICE | SVK | M40-49 | 3 | M 18 | | | 00:19:12 | 00:35:08 | 00:55:13 | 01:11:00.85 | 7:06 | 8.5 |
| 4 | POLAK ŁUKASZ | 67 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M40-49 | 4 | M 26 | | | 00:19:20 | 00:35:51 | 00:56:37 | 01:13:40.65 | 7:22 | 8.1 |
| 5 | CHYRA JANUSZ | 11 | | LUBLINIEC | POL | M40-49 | 5 | M 27 | | | 00:19:41 | 00:36:38 | 00:57:24 | 01:14:15.50 | 7:25 | 8.1 |
| 6 | MACIEJEWSKI ROBERT | 335 | | | POL | M40-49 | 6 | M 29 | | | 00:20:01 | 00:37:34 | 00:57:39 | 01:14:40.75 | 7:28 | 8 |
| 7 | ŚLUSARCZYK MARCIN | 89 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 7 | M 30 | | | 00:20:23 | 00:37:11 | 00:58:18 | 01:15:08.10 | 7:30 | 8 |
| 8 | SOMIAK PIOTR | 80 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M40-49 | 8 | M 32 | | | 00:20:00 | 00:37:08 | 00:58:09 | 01:15:50.60 | 7:35 | 7.9 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | KOŁODZIEJ JOANNA | 38 | MALINOWE GWIAZDY | RUDA 6 | POL | K50-59 | 1 | K 1 | 1 | | 00:18:29 | 00:34:31 | 00:53:14 | 01:09:01.25 | 6:54 | 8.7 |
| 2 | JĘDRASIAK RENATA | 30 | KGHM METRACO RUDNA | LUBIN | POL | K50-59 | 2 | K 5 | | | 00:19:42 | 00:35:38 | 00:56:25 | 01:13:06.85 | 7:18 | 8.2 |
| 3 | KURZEJA MARLENA | 105 | | | POL | K50-59 | 3 | K 19 | | | 00:21:49 | 00:40:03 | 01:02:53 | 01:22:46.65 | 8:16 | 7.2 |
| 4 | PUZICHOWSKA MAŁGORZATA | 72 | STOWARZYSZENIE NORDIC WALKING NORDIKI | JELCZ-LASKOWIC E | POL | K50-59 | 4 | K 20 | | | 00:23:11 | 00:41:18 | 01:04:54 | 01:23:35.60 | 8:21 | 7.2 |
| 5 | POSTEK DANUTA | 69 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 5 | K 23 | | | 00:22:28 | 00:41:53 | 01:05:35 | 01:24:53.95 | 8:29 | 7.1 |
| 6 | PIETRUSZYŃSKA DOROTA | 62 | | PRUDNIK | POL | K50-59 | 6 | K 26 | | | 00:23:56 | 00:42:56 | 01:08:14 | 01:26:47.50 | 8:40 | 6.9 |
| 7 | POHL ANNA | 66 | NESSI TIME BIAŁA | BIAŁA | POL | K50-59 | 7 | K 27 | | | 00:23:58 | 00:43:19 | 01:07:55 | 01:26:49.25 | 8:40 | 6.9 |
| 8 | FRANCZAK ANNA | 23 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K50-59 | 8 | K 30 | | | 00:24:14 | 00:43:35 | 01:08:56 | 01:27:58.75 | 8:47 | 6.8 |
| 9 | GENDERA EWA- EVITA | 108 | DRUŻYNA OD SERCA | | POL | K50-59 | 9 | K 33 | | | 00:24:00 | 00:44:26 | 01:09:45 | 01:29:59.20 | 8:59 | 6.7 |
| 10 | NIEPOROWSKA BEATA | 56 | | ZIELONA GÓRA | POL | K50-59 | 10 | K 40 | | | 00:24:25 | 00:45:53 | 01:12:17 | 01:33:51.55 | 9:23 | 6.4 |
| 11 | NOWICKA EWA | 58 | | GŁUSZYCA | POL | K50-59 | 11 | K 42 | 1 | | 00:29:07 | 00:53:02 | 01:29:48 | 01:52:06.25 | 11:12 | 5.4 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | PRYZYSTARZ GRZEGORZ | 71 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-59 | 1 | M 9 | | | 00:17:46 | 00:32:58 | 00:51:00 | 01:05:50.50 | 6:35 | 9.1 |
| 2 | BARCZYK BOGDAN | 3 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 14 | | | 00:18:15 | 00:33:23 | 00:53:41 | 01:09:02.45 | 6:54 | 8.7 |
| 3 | CHOJNACKI PAWEŁ | 7 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN-MIERZYN | POL | M50-59 | 3 | M 15 | 1 | | 00:19:00 | 00:34:39 | 00:54:31 | 01:10:20.75 | 7:02 | 8.5 |
| 4 | CZŁAPSKI KRZYSZTOF | 15 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | 4 | M 17 | | | 00:19:01 | 00:34:40 | 00:55:07 | 01:10:47.40 | 7:04 | 8.5 |
| 5 | RADECKI ARTUR | 73 | CHODZĄCY BIAŁYSTOK | BIAŁYSTOK | POL | M50-59 | 5 | M 20 | 1 | | 00:19:08 | 00:35:22 | 00:55:36 | 01:11:50.60 | 7:11 | 8.4 |
| 6 | KOWALSKI MAREK | 39 | | STRZEBIŃ | POL | M50-59 | 6 | M 21 | | | 00:19:29 | 00:35:48 | 00:55:41 | 01:11:51.55 | 7:11 | 8.4 |
| 7 | KUBICKI PAWEŁ | 42 | NORDIK WALKING KIEKRZ | SKOKI | POL | M50-59 | 7 | M 22 | 1 | | 00:19:02 | 00:35:11 | 00:55:46 | 01:12:09.60 | 7:12 | 8.3 |
| 8 | KLIMCZAK ADAM | 37 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 8 | M 24 | | | 00:19:35 | 00:35:53 | 00:57:04 | 01:13:34.30 | 7:21 | 8.2 |
| 9 | TOMCZAK JAROSŁAW | 91 | STĘSZEW TEAM | STĘSZEW | POL | M50-59 | 9 | M 28 | 1 | | 00:19:58 | 00:36:19 | 00:57:38 | 01:14:26.85 | 7:26 | 8.1 |
| 10 | CZEREBA LESZEK | 13 | | PRUDNIK | POL | M50-59 | 10 | M 36 | 1 | | 00:21:49 | 00:39:45 | 01:01:43 | 01:19:20.30 | 7:56 | 7.6 |
| 11 | SZCZĘŚNIAK ZBIGNIEW | 85 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 11 | M 37 | | | 00:22:05 | 00:39:22 | 01:02:24 | 01:19:36.35 | 7:57 | 7.5 |
| 12 | MADAJ ROBERT | 47 | STĘSZEW TEAM | WITOBEL | POL | M50-59 | 12 | M 42 | 2 | | 00:21:53 | 00:39:31 | 01:03:53 | 01:22:06.60 | 8:12 | 7.3 |
| 13 | PALUCH PAWEŁ | 59 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-59 | 13 | M 43 | | | 00:22:06 | 00:40:17 | 01:03:35 | 01:22:10.85 | 8:13 | 7.3 |
| 14 | JÓZWIAK ŁUKASZ | 31 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M50-59 | 14 | M 48 | | | 00:25:31 | 00:43:49 | 01:09:42 | 01:28:38.70 | 8:51 | 6.8 |
| 15 | WINIARSKI ROBERT | 93 | | LEGNICA | POL | M50-59 | 15 | M 53 | | | 00:28:20 | 00:52:57 | 01:26:00 | 01:54:20.65 | 11:26 | 5.2 |
| DQ | FRANCZAK DARIUSZ | 22 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | DQ | DQ | | 1 | 00:21:07 | 00:38:26 | 01:00:13 | DQ | 0:00 | 7.7 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | WÓJCIK BARBARA | 97 | NWPL/LUKITEAM | KRZCZONÓW | POL | K60-69 | 1 | K 12 | | | 00:21:30 | 00:38:48 | 01:00:51 | 01:18:03.40 | 7:48 | 7.7 |
| 2 | CZAJKA URSZULA | 12 | | RUMIA | POL | K60-69 | 2 | K 14 | | | 00:20:44 | 00:38:09 | 01:00:37 | 01:18:24.00 | 7:50 | 7.7 |
| 3 | MISKOWICZ ANNA | 52 | NESSI TIME BIAŁA | GŁOGÓWEK | POL | K60-69 | 3 | K 16 | 1 | | 00:21:52 | 00:39:42 | 01:02:42 | 01:20:52.25 | 8:05 | 7.4 |
| 4 | WNEK EWA | 96 | RNB POLANICA ZDRÓJ | KŁODZKO | POL | K60-69 | 4 | K 22 | | | 00:22:39 | 00:41:04 | 01:04:46 | 01:23:41.30 | 8:22 | 7.2 |
| 5 | CZERWINSKA ANNA | 14 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K60-69 | 5 | K 25 | | | 00:23:18 | 00:42:08 | 01:07:15 | 01:26:14.05 | 8:37 | 7 |
| 6 | NOGALSKA HALINA | 223 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K60-69 | 6 | K 34 | | | 00:25:14 | 00:45:06 | 01:10:15 | 01:30:50.25 | 9:05 | 6.6 |
| 7 | CHOLEWKA JOLANTA | 8 | MARSZ PO ZDROWIE POZNAŃ | KOSTRZYN WLKP | POL | K60-69 | 7 | K 37 | | | 00:24:57 | 00:45:11 | 01:12:13 | 01:32:47.30 | 9:16 | 6.5 |
| 8 | DOBROWOLSKA BOZENA | 17 | SPORTOWI EMERYCI JELENIA GÓRA | JELENIA GÓRA | POL | K60-69 | 8 | K 41 | | | 00:26:04 | 00:48:04 | 01:15:04 | 01:37:22.60 | 9:44 | 6.2 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | SKIBA KRZYSZTOF | 79 | MSPORTTEAM | LEGNICA | POL | M60-69 | 1 | M 4 | | | 00:16:47 | 00:31:33 | 00:49:06 | 01:03:26.55 | 6:20 | 9.5 |
| 2 | MICHAŁSKI ANDRZEJ | 51 | PŁOMIEŃ ZMIENNICA | SANOK | POL | M60-69 | 2 | M 8 | | | 00:17:44 | 00:32:27 | 00:50:49 | 01:05:26.90 | 6:32 | 9.2 |
| 3 | SIWAK PIOTR | 78 | KGHM METRACO RUDNA | RUDNA | POL | M60-69 | 3 | M 10 | | | 00:17:42 | 00:31:54 | 00:51:02 | 01:05:52.80 | 6:35 | 9.1 |
| 4 | JUREK ADAM | 32 | KGHM METRACO RUDNA | LUBIN | POL | M60-69 | 4 | M 11 | | | 00:17:27 | 00:31:53 | 00:51:04 | 01:05:59.50 | 6:35 | 9.1 |
| 5 | HELWICH STEFAN | 25 | KGHM METRACO RUDNA | WIELEN | POL | M60-69 | 5 | M 13 | | | 00:18:02 | 00:32:33 | 00:51:46 | 01:07:25.05 | 6:44 | 8.9 |
| 6 | HRYCUIK WALDEMAR | 26 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M60-69 | 6 | M 19 | | 1 | 00:19:05 | 00:35:19 | 00:55:21 | 01:11:23.45 | 7:08 | 8.4 |
| 7 | MĄDRY GRZEGORZ | 49 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-69 | 7 | M 23 | | | 00:19:31 | 00:35:52 | 00:56:26 | 01:12:46.90 | 7:16 | 8.2 |
| 8 | ROMAN KRZYSZTOF | 336 | | | POL | M60-69 | 8 | M 31 | | 1 | 00:19:49 | 00:37:15 | 00:57:56 | 01:15:22.30 | 7:32 | 8 |
| 9 | LIGEZA JANUSZ | 103 | | | POL | M60-69 | 9 | M 40 | | | 00:21:35 | 00:39:38 | 01:02:07 | 01:20:33.55 | 8:03 | 7.4 |
| 10 | KRIGER ROMAN | 40 | SERCE NORDICA WŁOCLAWEK | PAPOWO TORUŃSKIE | POL | M60-69 | 10 | M 41 | | | 00:22:37 | 00:40:32 | 01:04:10 | 01:21:55.00 | 8:11 | 7.3 |
| 11 | KAŁUSKI MAREK | 107 | | | POL | M60-69 | 11 | M 44 | | 1 | 00:21:17 | 00:40:13 | 01:02:43 | 01:22:20.20 | 8:14 | 7.3 |
| 12 | STANIEC STANISŁAW | 81 | | STRZELIN | POL | M60-69 | 12 | M 45 | | | 00:22:04 | 00:41:29 | 01:05:44 | 01:26:23.40 | 8:38 | 6.9 |
| 13 | DOBROWOLSKI ROBERT | 18 | SPORTOWI EMERYCI JELENIA GÓRA | JELENIA GÓRA | POL | M60-69 | 13 | M 46 | | 1 | 00:23:42 | 00:43:32 | 01:07:23 | 01:27:01.75 | 8:42 | 6.9 |
| 14 | PAPIÓR ROMAN | 60 | KGHM METRACO RUDNA | WROCLAW | POL | M60-69 | 14 | M 47 | | | 00:18:13 | 00:43:30 | 01:05:59 | 01:27:09.25 | 8:42 | 6.9 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | KURZAWSKA JOLANTA | 44 | KGHM METRACO RUDNA | LUBIN | POL | K70+ | 1 | K 21 | | | 00:22:23 | 00:41:01 | 01:05:10 | 01:23:36.55 | 8:21 | 7.2 |
| 2 | ZAWADZKA MARIA | 99 | KGHM METRACO RUDNA | LUBIN | POL | K70+ | 2 | K 32 | | | 00:24:16 | 00:45:04 | 01:09:37 | 01:29:56.25 | 8:59 | 6.7 |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 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 | KACZMAREK EUGENIUSZ | 34 | | SŁUPSK | POL | M70+ | 1 | M 25 | | | 00:20:12 | 00:36:46 | 00:57:17 | 01:13:40.45 | 7:22 | 8.1 |
| 2 | ŚLUSARCZYK ANDRZEJ | 90 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70+ | 2 | M 33 | | 2 | 00:21:21 | 00:38:24 | 01:00:42 | 01:17:32.00 | 7:45 | 7.7 |
| 3 | KĘPA ANDRZEJ | 36 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70+ | 3 | M 34 | | | 00:20:56 | 00:38:24 | 01:00:08 | 01:17:32.65 | 7:45 | 7.7 |
| 4 | KAMIANOWSKI JAN | 35 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M70+ | 4 | M 38 | | | 00:21:27 | 00:38:25 | 01:01:42 | 01:19:48.15 | 7:58 | 7.5 |
| 5 | WANDTKE ANTONI | 101 | | REDA | POL | M70+ | 5 | M 49 | | | 00:23:38 | 00:44:40 | 01:09:56 | 01:31:43.45 | 9:10 | 6.5 |
| 6 | PATER ZBIGNIEW | 61 | WKB PIAST | WROCLAW | POL | M70+ | 6 | M 52 | | | 00:30:55 | 00:54:13 | 01:24:08 | 01:48:53.20 | 10:53 | 5.5 |
| DQ | SZYMAŃSKI STEFAN | 88 | SERCE NORDICA WŁOCLAWEK | KIEŻLINY | POL | M70+ | DQ | DQ | | 1 | 00:20:10 | 00:36:44 | 00:57:16 | DQ | 0:00 | 8.1 |
| | | | | | | | | | | | DQ | DQ | DQ | | | |

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM, Drużynowa

| Miejsc | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|--------|--------------------|--|--|--------------|
| 1 | KGHM METRACO RUDNA | PIOTR SIWAKADAM JUREKRENATA JĘDRASIAKJOLANTA KURZAWSKA | 01:05:52.8001:05:59.5001:13:06.8501:23:36.55 | 04:48:33 |
| 2 | NW CZŁAPSKI TEAM | PIOTR POLKOWSKIKRZYSZTOF CZŁAPSKIMAŁGORZATA FRAN CZAKANNA CZERWINSKA | 01:05:10.5001:10:47.4001:17:10.8001:26:14.05 | 04:59:22 |