

**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<br>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<br>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<br>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<br>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<br>SZCZECIN     | SZCZECIN-MIERZ<br>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<br>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<br>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<br>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<br>ANDŻELIKA  | 45  | EKSPEDYCJA NORDIC TEAM<br>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<br>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   | CZERWIŃSKA 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       | 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  |
| 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          |        |      |