

**OGÓLNOPOLSKI PUCHAR NORDIC WALKING - WĄGROWIEC - 5 KM**

Organizator: Urząd Miasta Wągrowiec, Fundacja Herkules All Sports  
 Data: 2021-07-18  
 Miejsce: Wągrowiec  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.


**OGÓLNOPOLSKI PUCHAR NORDIC WALKING - WĄGROWIEC - 5 KM, OPEN**

| M-ce | Nazwisko i imię              | Nr  | Klub                                 | M-scowość            | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------------------|-----|--------------------------------------|----------------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WITUCKI JACEK                | 252 | KS IDMAR RACING TEAM                 | POZNAŃ               | POL  | M50-54               | 1      | M 1  |             |              | 00:14:53 | 00:30:17.40 | 6:03   | 9.9  |
| 2    | BRZOZOWSKI PIOTR             | 278 | AKTYWNI POSTOMINO                    |                      | POL  | M30-39               | 1      | M 2  |             |              | 00:15:28 | 00:31:36.45 | 6:19   | 9.5  |
| 3    | MARCZAK TOMASZ               | 177 | KS IDMAR RACING TEAM                 | ALEKSANDRIA I        | POL  | M18-29               | 1      | M 3  |             |              | 00:15:24 | 00:31:48.95 | 6:21   | 9.4  |
| 4    | WOROCZ ROMAN                 | 254 | KGHM METRACO RUDNA                   | DOPIEWO              | POL  | M60-64               | 1      | M 4  |             |              | 00:15:41 | 00:31:58.60 | 6:23   | 9.4  |
| 5    | PARZYBUT JAN                 | 191 | POSTĘP PNIEWY TEAM                   | PNIEWY               | POL  | M55-59               | 1      | M 5  |             |              | 00:15:48 | 00:32:25.20 | 6:29   | 9.3  |
| 6    | HAŁAS MARCIN                 | 131 |                                      | CZECHOWICE-DZIEDZICE | POL  | M30-39               | 2      | M 6  |             |              | 00:16:04 | 00:32:28.60 | 6:29   | 9.2  |
| 7    | HELWICH STEFAN               | 133 | KGHM METRACO RUDNA                   | WIELEN               | POL  | M65-69               | 1      | M 7  |             |              | 00:16:22 | 00:33:16.90 | 6:39   | 9    |
| 8    | KOPCZEWSKI DARIUSZ           | 153 | WYCHODZĘ Z KIJAMI                    | KOSZALIN             | POL  | M55-59               | 2      | M 8  |             |              | 00:16:20 | 00:33:44.55 | 6:44   | 8.9  |
| 9    | KNITTER TOMASZ               | 150 | BŁĘKITNI DZIEMIANY                   | DZIEMIANY            | POL  | M18-29               | 2      | M 9  |             |              | 00:16:26 | 00:33:46.55 | 6:45   | 8.9  |
| 10   | KŁAWCZYŃSKI MARCIN           | 148 | AKTYWNI W PNIEWACH                   | PNIEWY               | POL  | M18-29               | 3      | M 10 |             |              | 00:16:40 | 00:33:50.20 | 6:46   | 8.9  |
| 11   | ZMYSŁOWSKI ZYGMUNT           | 264 | NORDIC WALKING LUBASZ                | LUBASZ               | POL  | M60-64               | 2      | M 11 |             |              | 00:16:54 | 00:34:17.80 | 6:51   | 8.8  |
| 12   | CZŁAPSKI KRZYSZTOF           | 111 | NW CZŁAPSKI TEAM                     | WARSZAWA             | POL  | M55-59               | 3      | M 12 |             |              | 00:17:00 | 00:34:24.80 | 6:52   | 8.7  |
| 13   | KUŚMIEREK JAN                | 167 | BŁĘKITNI DZIEMIANY                   | DZIEMIANY            | POL  | M50-54               | 2      | M 13 |             |              | 00:17:06 | 00:34:34.15 | 6:54   | 8.7  |
| 14   | GORZEL ŁUKASZ                | 121 | ŁĄCZĄ NAS PASJE BYDGOSZCZ            | BYDGOSZCZ            | POL  | M30-39               | 3      | M 14 |             |              | 00:17:00 | 00:34:36.85 | 6:55   | 8.7  |
| 15   | KRAJEWSKA HANNA              | 157 | NWPL                                 | PIŁA                 | GBR  | K18-29               | 1      | K 1  |             |              | 00:18:12 | 00:34:38.65 | 6:55   | 8.7  |
| 16   | MROZIŃSKI TADEUSZ            | 184 | NORDICUS STRZYBNICA                  | TARNOWSKIE GÓRY      | POL  | M55-59               | 4      | M 15 |             |              | 00:17:28 | 00:34:49.10 | 6:57   | 8.6  |
| 17   | SKIERA KRZYSZTOF             | 67  | ŁĄCZĄ NAS PASJE / LIFE BALANCE PLACE | BYDGOSZCZ            | POL  | M45-49               | 1      | M 16 |             |              | 00:17:26 | 00:34:57.50 | 6:59   | 8.6  |
| 18   | GRUSZKA MICHAŁ               | 124 |                                      | LUBLINIEC            | POL  | M-JUN.               | 1      | M 17 |             |              | 00:17:20 | 00:35:26.85 | 7:05   | 8.5  |
| 19   | KRUGIOŁKA GRZEGORZ           | 160 | AKTYWNI W PNIEWACH                   | PNIEWY               | POL  | M30-39               | 4      | M 18 |             |              | 00:17:46 | 00:35:26.95 | 7:05   | 8.5  |
| 20   | CHOLEWIŃSKI WOJCIECH         | 108 | HERNIK TEAM                          | MUROWANA GOŚLINA     | POL  | M55-59               | 5      | M 19 |             |              | 00:17:24 | 00:35:34.15 | 7:06   | 8.4  |
| 21   | KROMSKI PAWEŁ                | 41  | NORDIC WALKING KIEKRZ POLAND         | KIEKRZ               | POL  | M50-54               | 3      | M 20 |             |              | 00:17:28 | 00:35:36.40 | 7:07   | 8.4  |
| 22   | GOŁĘBIEWSKI EDWARD           | 119 | MARSZ PO ZDROWIE                     | POBIEDZISKA          | POL  | M70-74               | 1      | M 21 | 1           |              | 00:17:54 | 00:35:55.05 | 7:11   | 8.4  |
| 23   | KEDZIEWSKA KAROLINA          | 146 | EKSPEDYCJA NORDIC TEAM SZCZECIN      | SZCZECIN             | POL  | K40-44               | 1      | K 2  |             |              | 00:17:48 | 00:36:05.85 | 7:13   | 8.3  |
| 24   | ZACHCIAŁ JAROSŁAW            | 258 |                                      | OBORNIKI             | POL  | M18-29               | 4      | M 22 | 1           |              | 00:17:48 | 00:36:09.20 | 7:13   | 8.3  |
| 25   | ZIĘBA JUSTYNA                | 262 |                                      | WROCŁAW              | POL  | K30-39               | 1      | K 3  |             |              | 00:17:54 | 00:36:09.30 | 7:13   | 8.3  |
| 26   | WALCZAK RYSZARD              | 240 |                                      | ZIELONA GÓRA         | POL  | M70-74               | 2      | M 23 |             |              | 00:18:02 | 00:36:10.40 | 7:14   | 8.3  |
| 27   | KEDZIEWSKA AGNIESZKA         | 145 | KJKOWE TRZEMESZNO                    | TRZEMESZNO           | POL  | K45-49               | 1      | K 4  |             |              | 00:17:49 | 00:36:20.00 | 7:16   | 8.3  |
| 28   | DUSZEŃKO ZYGMUNT             | 272 | KGHM METRACO RUDNA                   |                      | POL  | M-NIEPEŁNOSPRAWNI(A) | 1      | M 24 |             |              | 00:18:01 | 00:36:23.05 | 7:16   | 8.2  |
| 29   | PUSZKARSKI ADAM              | 205 | GOSADI NORDIC TEAM                   | WARSZAWA             | POL  | M-DZIECI             | 1      | M 25 |             |              | 00:18:22 | 00:36:29.65 | 7:17   | 8.2  |
| 30   | WIECZOREK KRZYSZTOF          | 248 | NORDIC WALKING LUBASZ                | DĘBE                 | POL  | M45-49               | 2      | M 26 |             |              | 00:17:58 | 00:36:35.00 | 7:19   | 8.2  |
| 31   | STANISŁAWSKI JAN             | 220 | MARSZ PO ZDROWIE                     | POZNAŃ               | POL  | M60-64               | 3      | M 27 |             |              | 00:17:37 | 00:36:36.40 | 7:19   | 8.2  |
| 32   | MADAJ ROBERT                 | 175 | STĘSZEWSKI TEAM                      | WITOBEL              | POL  | M50-54               | 4      | M 28 | 1           |              | 00:17:53 | 00:36:38.40 | 7:19   | 8.2  |
| 33   | SZYMAŃSKI STEFAN             | 225 | SERCE NORDICA WŁOCŁAWEK              | KIEŻLIŃNY            | POL  | M70-74               | 3      | M 29 |             |              | 00:17:55 | 00:36:44.80 | 7:20   | 8.2  |
| 34   | KASPRZAK TADEUSZ             | 144 | BRAK                                 | OSIEK                | POL  | M-NIEPEŁNOSPRAWNI(A) | 2      | M 30 |             |              | 00:18:06 | 00:36:45.90 | 7:21   | 8.2  |
| 35   | SOWIŃSKA ALICJA              | 217 | NORDIC WALKING LUBASZ                | LUBASZ               | POL  | K30-39               | 2      | K 5  |             |              | 00:18:01 | 00:36:53.30 | 7:22   | 8.1  |
| 36   | ZIELIŃSKA JOLANTA            | 261 | GOSIR OSIELSKO                       | OSIELSKO             | POL  | K60-64               | 1      | K 6  |             |              | 00:18:21 | 00:36:58.50 | 7:23   | 8.1  |
| 37   | STACHOWICZ MARCIN            | 219 | BŁĘKITNI DZIEMIANY                   | DZIEMIANY            | POL  | M30-39               | 5      | M 31 |             |              | 00:17:56 | 00:37:01.75 | 7:24   | 8.1  |
| 38   | OKRZESIK-FRĄCZKOWIAK IZABELA | 187 | EKSPEDYCJA NORDIC TEAM SZCZECIN      | WIELEŃ               | POL  | K50-54               | 1      | K 7  |             |              | 00:19:36 | 00:37:03.60 | 7:24   | 8.1  |
| 39   | DAROSZEWSKA KRYSZYNA         | 112 | SERCE NORDICA WŁOCŁAWEK              | WŁOCŁAWEK            | POL  | K60-64               | 2      | K 8  |             |              | 00:18:29 | 00:37:11.00 | 7:26   | 8.1  |
| 40   | WALCZAK GRZEGORZ             | 241 | NORDIC WALKING KIEKRZ POLAND         | SUCHY LAS            | POL  | M45-49               | 3      | M 32 |             |              | 00:18:13 | 00:37:14.95 | 7:26   | 8.1  |
| 41   | ZIĘBA MARIUSZ                | 263 |                                      | WROCŁAW              | POL  | M30-39               | 6      | M 33 |             |              | 00:18:04 | 00:37:18.60 | 7:27   | 8    |
| 42   | CHOLEWIŃSKA LONGINA          | 107 | HERNIK TEAM                          | MUROWANA GOŚLINA     | POL  | K55-59               | 1      | K 9  |             |              | 00:18:39 | 00:37:19.70 | 7:27   | 8    |

**OGÓLNOPOLSKI PUCHAR NORDIC WALKING - WĄGROWIEC - 5 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    | Netto       | min/km | km/h |
|------|-----------------------------|-----|------------------------------|----------------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 43   | JANY KATARZYNA              | 136 | NORDIC WALKING LUBASZ        | CZARNKÓW             | POL  | K30-39                | 3      | K 10 |             |              | 00:18:22 | 00:37:22.95 | 7:28   | 8    |
| 44   | SZYDEŁKO MARIOLA            | 149 | AKTYWNA KCYNIA               |                      | POL  | K40-44                | 2      | K 11 |             |              | 00:18:42 | 00:37:26.30 | 7:29   | 8    |
| 45   | TOMCZYK EDWARD              | 231 | MARSZ PO ZDROWIE             | POZNAŃ               | POL  | M70-74                | 4      | M 34 |             |              | 00:18:11 | 00:37:27.65 | 7:29   | 8    |
| 46   | JÓZWIAK MARIANNA            | 142 | SERCE NORDICA WŁOCŁAWEK      | WŁOCŁAWEK            | POL  | K45-49                | 2      | K 12 |             |              | 00:19:39 | 00:37:29.15 | 7:29   | 8    |
| 47   | GRUSZKA MICHAŁ              | 123 |                              | LUBLINIEC            | POL  | M45-49                | 4      | M 35 |             |              | 00:18:27 | 00:37:38.25 | 7:31   | 8    |
| 48   | MAŚLANKA IWONA              | 178 | MARSZ PO ZDROWIE             | ŚMIGIEL              | POL  | K50-54                | 2      | K 13 |             |              | 00:19:42 | 00:37:40.50 | 7:32   | 8    |
| 49   | KOZŁOWSKA KAROLINA          | 39  | NORDIC WALKING KIEKRZ POLAND | POZNAŃ               | POL  | K30-39                | 4      | K 14 |             |              | 00:18:24 | 00:37:44.35 | 7:32   | 8    |
| 50   | GRYGOROWICZ BOGDAN          | 126 | KGHM METRACO RUDNA           | LUBIN                | POL  | M-NIEPEŁNOSPRAWNI(B ) | 1      | M 36 |             |              | 00:18:53 | 00:37:47.70 | 7:33   | 7.9  |
| 51   | GÓRAL ANDRZEJ               | 122 | KGHM METRACO RUDNA           | BYDGOSZCZ            | POL  | M-NIEPEŁNOSPRAWNI(A ) | 3      | M 37 | 1           |              | 00:18:26 | 00:37:47.85 | 7:33   | 7.9  |
| 52   | PUSZKARSKA MAŁGORZATA       | 204 | GOSADI NORDIC TEAM           | WARSZAWA             | POL  | K45-49                | 3      | K 15 |             |              | 00:19:54 | 00:37:53.80 | 7:34   | 7.9  |
| 53   | WOJTCZAK URSZULA            | 253 | CZAPEŁKI                     | CZAPLINEK            | POL  | K40-44                | 3      | K 16 |             |              | 00:20:00 | 00:37:55.75 | 7:35   | 7.9  |
| 54   | KOSTECKI WIEŚLAW            | 154 | NW CZŁĄPSKI TEAM             | NOWY DWÓR MAZOWIECKI | POL  | M65-69                | 2      | M 38 |             |              | 00:18:59 | 00:37:56.20 | 7:35   | 7.9  |
| 55   | RYCHLEWSKA- SŁODOWA DANUTA  | 279 | NW LUBASZ                    |                      | POL  | K40-44                | 4      | K 17 |             |              | 00:18:44 | 00:37:57.90 | 7:35   | 7.9  |
| 56   | KRAWCZYK DOROTA             | 159 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | PIŁA                 | POL  | K60-64                | 3      | K 18 |             |              | 00:18:44 | 00:38:04.20 | 7:36   | 7.9  |
| 57   | CIESIELSKI KRZYSZTOF        | 109 | FAST WALKER                  | GNIEZNO              | POL  | M65-69                | 3      | M 39 |             |              | 00:19:00 | 00:38:12.00 | 7:38   | 7.9  |
| 58   | NOWACZYK TOMASZ             | 185 | MARSZ PO ZDROWIE             | GNIEZNO              | POL  | M40-44                | 1      | M 40 |             |              | 00:18:47 | 00:38:13.20 | 7:38   | 7.8  |
| 59   | ZAWADZKI KRZYSZTOF          | 260 | WETERAN                      | ZIELONA GÓRA         | POL  | M65-69                | 4      | M 41 |             |              | 00:19:02 | 00:38:13.90 | 7:38   | 7.8  |
| 60   | WECHTA PAWEŁ                | 244 | KGHM METRACO RUDNA           | POLKOWICE            | POL  | M45-49                | 5      | M 42 |             |              | 00:19:00 | 00:38:14.40 | 7:38   | 7.8  |
| 61   | RYBAŁTOWSKI PAWEŁ           | 212 | OBORYGENI                    | OBORNIKI ŚLĄSKIE     | POL  | M75-79                | 1      | M 43 |             |              | 00:18:57 | 00:38:16.05 | 7:39   | 7.8  |
| 62   | OLEJNICZAK ALEKSANDRA       | 188 | KJKOWE TRZEMESZNO            | TRZEMESZNO           | POL  | K-JUN.                | 1      | K 19 |             |              | 00:19:33 | 00:38:18.05 | 7:39   | 7.8  |
| 63   | RUSINOWICZ ANDRZEJ          | 277 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  |                      | POL  | M75-79                | 2      | M 44 |             |              | 00:18:56 | 00:38:18.10 | 7:39   | 7.8  |
| 64   | LENARTOWICZ STANISŁAW       | 170 |                              | STARA ŁUBIANKA       | POL  | M60-64                | 4      | M 45 | 1           |              | 00:18:57 | 00:38:25.90 | 7:41   | 7.8  |
| 65   | DYLEWICZ WERONIKA           | 115 | EKSTREMUM                    | ŻAGAŃ                | POL  | K18-29                | 2      | K 20 |             |              | 00:19:12 | 00:38:26.95 | 7:41   | 7.8  |
| 66   | POKĄDOWSKA JOANNA           | 198 | WYCHODZĘ Z KIJAMI            | KOSZALIN             | POL  | K45-49                | 4      | K 21 |             |              | 00:20:05 | 00:38:27.25 | 7:41   | 7.8  |
| 67   | PIETRZAK DOROTA             | 194 | NORDIC WALKING KIEKRZ POLAND | KIEKRZ               | POL  | K45-49                | 5      | K 22 |             |              | 00:19:01 | 00:38:31.90 | 7:42   | 7.8  |
| 68   | DUDEK LESZEK                | 274 | KGHM METRACO RUDNA           |                      | POL  | M70-74                | 5      | M 46 |             |              | 00:19:05 | 00:38:34.95 | 7:42   | 7.8  |
| 69   | WENCKA ANNA                 | 245 | NAMASTE OBORNIKI             | KOWANÓWKO            | POL  | K30-39                | 5      | K 23 |             |              | 00:19:05 | 00:38:40.80 | 7:44   | 7.8  |
| 70   | WICHER JOLANTA              | 246 | NORDIC WALKING LUBASZ        | LUBASZ               | POL  | K50-54                | 3      | K 24 |             |              | 00:19:19 | 00:38:40.95 | 7:44   | 7.8  |
| 71   | JASTRZĘBSKA-MAJAK AGNIESZKA | 138 | NW CZŁĄPSKI TEAM             | WARSZAWA             | POL  | K50-54                | 4      | K 25 |             |              | 00:19:17 | 00:38:42.45 | 7:44   | 7.8  |
| 72   | BERCZYŃSKI HENRYK           | 102 | NADLEŚNICTWO OKONEK          | OKONEK               | POL  | M65-69                | 5      | M 47 |             |              | 00:19:02 | 00:38:43.25 | 7:44   | 7.7  |
| 73   | HERNET IWONA                | 134 | AKTYWNA KCYNIA               | KCYNIA               | POL  | K-NIEPEŁNOSPRAWNI(A ) | 1      | K 26 |             |              | 00:19:27 | 00:38:45.15 | 7:45   | 7.7  |
| 74   | GUTOWSKA MAGDALENA          | 129 | PAUL TEAM                    | MALBORK              | POL  | K45-49                | 6      | K 27 |             |              | 00:19:15 | 00:38:47.60 | 7:45   | 7.7  |
| 75   | FRANCZAK DARIUSZ            | 116 | NW CZŁĄPSKI TEAM             | WARSZAWA             | POL  | M55-59                | 6      | M 48 |             |              | 00:19:23 | 00:38:48.70 | 7:45   | 7.7  |
| 76   | KACZMAREK JAREK             | 31  | SERCE NORDICA WŁOCŁAWEK      | SZCZUTKI             | POL  | M55-59                | 7      | M 49 |             |              | 00:19:30 | 00:38:51.65 | 7:46   | 7.7  |
| 77   | WÓJCIK JACEK                | 256 | STĘSZEW TEAM                 | STĘSZEW              | POL  | M55-59                | 8      | M 50 |             |              | 00:19:12 | 00:38:59.55 | 7:47   | 7.7  |
| 78   | LEGOĆKA KINGA               | 169 | NORDIC WALKING KIEKRZ POLAND | SUCHY LAS            | POL  | K45-49                | 7      | K 28 |             |              | 00:19:19 | 00:39:03.15 | 7:48   | 7.7  |
| 79   | ŚLUSARCZYK GRZEGORZ         | 229 | WESOŁY BORSUK TEAM           | PRUDNIK              | POL  | M45-49                | 6      | M 51 |             |              | 00:19:06 | 00:39:05.90 | 7:49   | 7.7  |
| 80   | PRYBIŃSKA-MARCINIAK ANNA    | 202 | AKTYWNA KCYNIA               | KCYNIA               | POL  | K40-44                | 5      | K 29 |             |              | 00:19:24 | 00:39:07.10 | 7:49   | 7.7  |
| 81   | KULCZYCKI JAN               | 164 | SERCE NORDICA WŁOCŁAWEK      | GDAŃSK               | POL  | M70-74                | 6      | M 52 |             |              | 00:23:06 | 00:39:09.00 | 7:49   | 7.7  |
| 82   | GAŁKOWSKA ELŻBIETA          | 118 | MARSZ PO ZDROWIE             | TUCZNO               | POL  | K65-69                | 1      | K 30 |             |              | 00:19:12 | 00:39:09.40 | 7:49   | 7.7  |
| 83   | KUCZYŃSKA ANNA              | 161 | NORDIC WALKING KIEKRZ POLAND | OBORNIKI             | POL  | K60-64                | 4      | K 31 |             |              | 00:19:13 | 00:39:12.35 | 7:50   | 7.7  |
| 84   | ROJTEK WALDEMAR             | 208 |                              | WĄGROWIEC            | POL  | M50-54                | 5      | M 53 |             |              | 00:19:29 | 00:39:14.85 | 7:50   | 7.6  |
| 85   | WITUCKA KAROLINA            | 251 |                              | POZNAŃ               | POL  | K-DZIECI              | 1      | K 32 |             |              | 00:20:02 | 00:39:17.65 | 7:51   | 7.6  |
| 86   | WOROCH JOLANTA              | 255 | KGHM METRACO RUDNA           | DOPIEWO              | POL  | K55-59                | 2      | K 33 |             |              | 00:19:22 | 00:39:25.00 | 7:53   | 7.6  |
| 87   | ASZTEMBORSKA JOANNA         | 275 | ŁĄCZĄ NAS PASJE BYDGOSZCZ    |                      | POL  | K40-44                | 6      | K 34 |             |              | 00:19:45 | 00:39:31.75 | 7:54   | 7.6  |
| 88   | RATAJCZAK KATARZYNA         | 207 |                              | ZBRUDZEWÓ            | POL  | K50-54                | 5      | K 35 |             |              | 00:19:40 | 00:39:33.35 | 7:54   | 7.6  |
| 89   | MATYJA ANNA                 | 180 | #ŚREMCHODZI                  | ŚREM                 | POL  | K50-54                | 6      | K 36 |             |              | 00:19:42 | 00:39:49.75 | 7:57   | 7.5  |
| 90   | MORACZEWSKA ANGELIKA        | 183 | AKTYWNA KCYNIA               | KRÓLIKOWO            | POL  | K40-44                | 7      | K 37 |             |              | 00:19:40 | 00:39:55.25 | 7:59   | 7.5  |
| 91   | KUŚMIEREK BEATA             | 166 | BŁĘKITNI DZIEMIANY           | DZIEMIANY            | POL  | K45-49                | 8      | K 38 |             |              | 00:20:02 | 00:39:56.80 | 7:59   | 7.5  |
| 92   | BUCZKOWSKI JERZY            | 106 | KS SOKÓŁ GAŚAWA              | ŻNIN                 | POL  | M70-74                | 7      | M 54 |             |              | 00:19:51 | 00:39:57.10 | 7:59   | 7.5  |
| 93   | WALA JAN                    | 239 | NORDIC WALKING LUBASZ        | LUBASZ               | POL  | M60-64                | 5      | M 55 |             |              | 00:19:28 | 00:39:58.40 | 7:59   | 7.5  |
| 94   | KRAJKOWSKI GRZEGORZ         | 158 | SEKCJA NORDIC WALKING        | BORUCHOWO            | POL  | M60-64                | 6      | M 56 |             |              | 00:19:52 | 00:40:00.10 | 8:00   | 7.5  |

**OGÓLNOPOLSKI PUCHAR NORDIC WALKING - WĄGROWIEC - 5 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    | Netto       | min/km | km/h |
|------|--------------------------|-----|------------------------------------|------------------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 95   | REMISZEWSKI ADAM         | 269 | UTW OLEŚNICA                       | OLEŚNICA         | POL  | M75-79              | 3      | M 57 |             |              | 00:19:46 | 00:40:01.30 | 8:00   | 7.5  |
| 96   | KOMOROWSKA MAŁGORZATA    | 151 | NORDIC WALKING KIEKRZ POLAND       | KIEKRZ           | POL  | K-NIEPEŁNOSPRAWNI(B | 1      | K 39 |             |              | 00:19:35 | 00:40:06.75 | 8:01   | 7.5  |
| 97   | GRZYWOCZ BERNARD         | 128 |                                    | MOSINA           | POL  | M70-74              | 8      | M 58 |             |              | 00:19:52 | 00:40:07.10 | 8:01   | 7.5  |
| 98   | JÓZWIAK ŁUKASZ           | 140 | SERCE NORDICA WŁOCŁAWEK            | WŁOCŁAWEK        | POL  | M-NIEPEŁNOSPRAWNI(B | 2      | M 59 |             |              | 00:19:44 | 00:40:07.80 | 8:01   | 7.5  |
| 99   | ŻOŁNO MAGDALENA          | 265 |                                    | GORZÓW WLKP.     | POL  | K55-59              | 3      | K 40 |             |              | 00:19:43 | 00:40:08.40 | 8:01   | 7.5  |
| 100  | SZYBUT WERONIKA          | 223 | POTĘGA NORDICA                     | POTĘGOWO         | POL  | K-DZIECI            | 2      | K 41 |             |              | 00:20:14 | 00:40:10.35 | 8:02   | 7.5  |
| 101  | GUTOWSKI PAWEŁ           | 130 | PAUL TEAM                          | MALBORK          | POL  | M-NIEPEŁNOSPRAWNI(A | 4      | M 60 |             |              | 00:19:52 | 00:40:17.05 | 8:03   | 7.4  |
| 102  | SKRZYPCZAK MACIEJ        | 215 | BIEGAJĄCY WĄGROWIEC                | WĄGROWIEC        | POL  | M40-44              | 2      | M 61 |             |              | 00:19:39 | 00:40:25.50 | 8:05   | 7.4  |
| 103  | DUDEK KAZIMIERZ          | 114 | DOM Z KERAMZYTU S.C. DARIUSZ SYWAK | CHOJNÓW          | POL  | M70-74              | 9      | M 62 | 1           |              | 00:19:52 | 00:40:29.35 | 8:05   | 7.4  |
| 104  | HERNET ZDZISŁAW          | 199 | AKTYWNA KCYNIA                     |                  | POL  | M60-64              | 7      | M 63 |             |              | 00:20:22 | 00:40:47.10 | 8:09   | 7.4  |
| 105  | GRYGOROWICZ TERESA       | 125 | KGHM METRACO RUDNA                 | LUBIN            | POL  | K65-69              | 2      | K 42 |             |              | 00:20:09 | 00:40:50.90 | 8:10   | 7.3  |
| 106  | ŚWIĘTY ANONI             | 281 | NORDIC WALKING LUBASZ              |                  | POL  | M70-74              | 10     | M 64 |             |              | 00:20:15 | 00:40:57.05 | 8:11   | 7.3  |
| 107  | ŚLUSARCZYK KAROLINA      | 228 | WESOŁY BORSUK TEAM                 | PRUDNIK          | POL  | K-JUN.              | 2      | K 43 |             |              | 00:20:30 | 00:41:03.10 | 8:12   | 7.3  |
| 108  | JĄSTRZĘBSKA-MACKO MARTA  | 137 |                                    | MANOWO           | POL  | K30-39              | 6      | K 44 |             |              | 00:20:26 | 00:41:06.70 | 8:13   | 7.3  |
| 109  | GRZYWOCZ IRENA           | 127 | KGHM METRACO RUDNA                 | MOSINA           | POL  | K70-74              | 1      | K 45 |             |              | 00:20:25 | 00:41:06.85 | 8:13   | 7.3  |
| 110  | LUDLICZAK LENA           | 273 | EKSPEDYCJA NORDIC TEAM SZCZECIN    |                  | POL  | K-DZIECI            | 3      | K 46 |             |              | 00:21:25 | 00:41:07.20 | 8:13   | 7.3  |
| 111  | PIETRZYK ANNA            | 195 |                                    | KALISZ POMORSKI  | POL  | K-NIEPEŁNOSPRAWNI(A | 2      | K 47 |             |              | 00:20:08 | 00:41:08.20 | 8:13   | 7.3  |
| 112  | GONIA KRZYSZTOF          | 120 |                                    | BANINO           | POL  | M55-59              | 9      | M 65 |             |              | 00:20:17 | 00:41:13.10 | 8:14   | 7.3  |
| 113  | PIĄTKOWSKI JÓZEF         | 192 | KGHM METRACO RUDNA                 | POLKOWICE        | POL  | M75-79              | 4      | M 66 | 1           |              | 00:19:51 | 00:41:18.25 | 8:15   | 7.3  |
| 114  | JĘDRYCZKA AGATA          | 139 | AKTYWNA KCYNIA                     | KCYNIA           | POL  | K30-39              | 7      | K 48 |             |              | 00:20:23 | 00:41:21.45 | 8:16   | 7.3  |
| 115  | ADAMOWICZ ANDRZEJ        | 101 |                                    | ŁÓDŹ             | POL  | M75-79              | 5      | M 67 |             |              | 00:20:26 | 00:41:22.55 | 8:16   | 7.3  |
| 116  | TURZYŃSKA-STOPA MARIA    | 237 | BŁĘKITNI DZIEMIANY                 | DZIEMIANY        | POL  | K65-69              | 3      | K 49 |             |              | 00:20:32 | 00:41:28.60 | 8:17   | 7.2  |
| 117  | RUDNIK NATALIA           | 210 | BŁĘKITNI DZIEMIANY                 | DZIEMIANY        | POL  | K18-29              | 3      | K 50 |             |              | 00:20:37 | 00:41:31.80 | 8:18   | 7.2  |
| 118  | ZACHCIAŁ LILIANA         | 259 | NAMASTE OBORNIKI                   | OBORNIKI         | POL  | K30-39              | 8      | K 51 |             |              | 00:20:33 | 00:41:33.70 | 8:18   | 7.2  |
| 119  | LUBAŃSKA LEOKADIA        | 171 | SERCE NORDICA WŁOCŁAWEK            | WŁOCŁAWEK        | POL  | K-NIEPEŁNOSPRAWNI(A | 3      | K 52 |             |              | 00:20:37 | 00:41:46.25 | 8:21   | 7.2  |
| 120  | DEMBSKA VIOLETTA         | 113 | #ŚREMCHODZI                        | ŚREM             | POL  | K-NIEPEŁNOSPRAWNI(A | 4      | K 53 |             |              | 00:20:53 | 00:41:50.45 | 8:22   | 7.2  |
| 121  | ROŻEK WIKTORIA           | 209 | KJKOWE TRZEMESZNO                  | TRZEMESZNO       | POL  | K-JUN.              | 3      | K 54 |             |              | 00:20:51 | 00:41:50.60 | 8:22   | 7.2  |
| 122  | TROKA MAŁGORZATA         | 235 | BŁĘKITNI DZIEMIANY                 | DZIEMIANY        | POL  | K40-44              | 8      | K 55 |             |              | 00:20:31 | 00:41:55.20 | 8:23   | 7.2  |
| 123  | WIECZOREK KARINA         | 247 |                                    | PIETRONKI        | POL  | K40-44              | 9      | K 56 |             |              | 00:20:46 | 00:42:02.05 | 8:24   | 7.1  |
| 124  | WRĄBEL FELICJA           | 257 | NORDIC WALKING POZNAŃ              | SWARZĘDZ         | POL  | K65-69              | 4      | K 57 |             |              | 00:20:51 | 00:42:12.60 | 8:26   | 7.1  |
| 125  | BRONIECKA MAŁGORZATA     | 105 |                                    | WĄGROWIEC        | POL  | K40-44              | 10     | K 58 |             |              | 00:21:12 | 00:42:25.90 | 8:29   | 7.1  |
| 126  | KOZIOŁ MAGDALENA         | 156 |                                    | BYDGOSZCZ        | POL  | K18-29              | 4      | K 59 |             |              | 00:20:43 | 00:42:26.25 | 8:29   | 7.1  |
| 127  | SOWIŃSKA GRAZYNA         | 218 | MARSZ PO ZDROWIE                   | POZNAŃ- SKÓRZEWO | POL  | K60-64              | 5      | K 60 |             |              | 00:20:55 | 00:42:37.45 | 8:31   | 7    |
| 128  | SZYMAŃSKA DANUTA         | 270 | UTW OLEŚNICA                       | OLEŚNICA         | POL  | K65-69              | 5      | K 61 |             |              | 00:21:15 | 00:42:40.65 | 8:32   | 7    |
| 129  | CETERA JANUSZ            | 271 | EKSPEDYCJA NORDIC TEAM SZCZECIN    |                  | POL  | M-NIEPEŁNOSPRAWNI(B | 3      | M 68 |             |              | 00:20:53 | 00:42:47.95 | 8:33   | 7    |
| 130  | KOWALSKI MIROSLAW        | 155 | GRYF NW                            | SZCZECINEK       | POL  | M65-69              | 6      | M 69 |             |              | 00:20:39 | 00:42:58.15 | 8:35   | 7    |
| 131  | CIEŚLIK BERNADETA        | 110 | SEKCJA NORDIC WALKING BORUCHOWO    | BORUCHOWO        | POL  | K30-39              | 9      | K 62 |             |              | 00:21:05 | 00:43:05.30 | 8:37   | 7    |
| 132  | MATUKIN-PAKUSZYŃSKA ANNA | 179 |                                    | OPOLE            | POL  | K45-49              | 9      | K 63 |             |              | 00:21:28 | 00:43:06.90 | 8:37   | 7    |
| 133  | KONIECZNA MARIOLA        | 152 | STĘSZEW TEAM                       | TRZEBAW          | POL  | K55-59              | 4      | K 64 |             |              | 00:21:18 | 00:43:27.05 | 8:41   | 6.9  |
| 134  | MAJAK WOJCIECH           | 176 | NW CZŁAPSKI TEAM                   | WARSZAWA         | POL  | M50-54              | 6      | M 70 |             |              | 00:21:13 | 00:43:28.25 | 8:41   | 6.9  |
| 135  | RABCZEWSKA ALEKSANDRA    | 206 | NORDIC WALKING KIEKRZ POLAND       | ROKIETNICA       | POL  | K60-64              | 6      | K 65 |             |              | 00:21:42 | 00:43:30.00 | 8:42   | 6.9  |
| 136  | WIERZCHOSŁAWSKI MARCEL   | 249 |                                    | BRZOZA           | POL  | M-JUN.              | 2      | M 71 |             |              | 00:21:56 | 00:44:00.10 | 8:48   | 6.8  |
| 137  | SZYMAŃSKA LUCYNA         | 224 | XV KOŁO PZERII W DWYWITACH         | KIEŻLINY         | POL  | K70-74              | 2      | K 66 |             |              | 00:21:25 | 00:44:06.20 | 8:49   | 6.8  |
| 138  | MICHAŁAK JUSTYNA         | 181 | KJOMANIACY CHODZIEŻ                | CHODZIEŻ         | POL  | K40-44              | 11     | K 67 |             |              | 00:22:19 | 00:44:35.55 | 8:55   | 6.7  |
| 139  | TONN DANIEL              | 233 | AKTYWNA KCYNIA                     | KCYNIA           | POL  | M-NIEPEŁNOSPRAWNI(A | 5      | M 72 |             |              | 00:20:35 | 00:44:38.00 | 8:55   | 6.7  |
| 140  | KUŻLAK KATARZYNA         | 168 | SEKCJA NORDIC WALKING BORUCHOWO    | BORUCHOWO        | POL  | K45-49              | 10     | K 68 |             |              | 00:22:04 | 00:44:42.95 | 8:56   | 6.7  |

**OGÓLNOPOLSKI PUCHAR NORDIC WALKING - WĄGROWIEC - 5 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           | Netto             | min/km | km/h |
|------|-------------------------------|-----|--|--------------|------|--------------------------|--------|------|-------------|--------------|-----------------|-------------------|--------|------|
| 141  | SZAŁAJ ANNA                   | 221 | KGHM METRACO RUDNA                     | LUBIN        | POL  | K-NIEPEŁNOSPRAWNI(B<br>) | 2      | K 69 |             |              | 00:22:14        | 00:45:07.90       | 9:01   | 6.6  |
| 142  | SMOLARSKI ANDRZEJ             | 216 | KIJOMANIACY CHODZIEŻ                   | CHODZIEŻ     | POL  | M50-54                   | 7      | M 73 |             |              | 00:22:34        | 00:45:09.25       | 9:01   | 6.6  |
| 143  | PANKIEWICZ-DMOWSKA<br>CECYLIA | 266 |  |              | POL  | K70-74                   | 3      | K 70 |             |              | 00:22:43        | 00:45:31.10       | 9:06   | 6.6  |
| 144  | BARABACH DANUTA               | 276 |  |              | POL  | K65-69                   | 6      | K 71 |             |              | 00:22:31        | 00:45:32.85       | 9:06   | 6.6  |
| 145  | BLASZKA MICHAŁ                | 103 | NORDIC WALKING KIEKRZ POLAND           | KIEKRZ       | POL  | M-NIEPEŁNOSPRAWNI(A<br>) | 6      | M 74 |             |              | 00:22:08        | 00:45:45.75       | 9:09   | 6.6  |
| 146  | LUBAŃSKI TOMASZ               | 172 | SERCE NORDICA WŁOCŁAWEK                | WŁOCŁAWEK    | POL  | M60-64                   | 8      | M 75 |             |              | 00:23:16        | 00:46:00.15       | 9:12   | 6.5  |
| 147  | CHWIAŁKOWSKA IWONA            | 280 | NAMASTE OBORNIKI                       |              | POL  | K50-54                   | 7      | K 72 |             |              | 00:22:53        | 00:46:08.65       | 9:13   | 6.5  |
| 148  | TORENC MAŁGORZATA             | 234 | EKMLUBUSKIEMORSY                       | ZIELONA GÓRA | POL  | K-NIEPEŁNOSPRAWNI(A<br>) | 5      | K 73 |             |              | 00:22:30        | 00:46:10.85       | 9:14   | 6.5  |
| 149  | BLASZKA RYSZARD               | 104 | NORDIC WALKING KIEKRZ POLAND           | KIEKRZ       | POL  | M-NIEPEŁNOSPRAWNI(A<br>) | 7      | M 76 |             |              | 00:22:25        | 00:46:12.45       | 9:14   | 6.5  |
| 150  | KASIŃSKA-MACHAJEK KRYSZYNA    | 143 | STOWARZYSZENIE TRANSPLANTACJI<br>SERCA | POLKOWICE    | POL  | K60-64                   | 7      | K 74 |             |              | 00:22:37        | 00:46:14.00       | 9:14   | 6.5  |
| 151  | MŁODOŻYŃSKA KAROLINA          | 182 |  | OBORNIKI     | POL  | K45-49                   | 11     | K 75 |             |              | 00:23:14        | 00:46:28.05       | 9:17   | 6.5  |
| 152  | WÓJCİK HENRYK                 | 268 | UTW OLEŚNICA                           | OLEŚNICA     | POL  | M80+                     | 1      | M 77 |             |              | 00:23:47        | 00:46:48.60       | 9:21   | 6.4  |
| 153  | WALCZAK HENRYK                | 242 | NORDIC WALKING KIEKRZ POLAND           | POZNAŃ       | POL  | M80+                     | 2      | M 78 |             |              | 00:23:46        | 00:46:50.45       | 9:22   | 6.4  |
| 154  | PLUTA BARBARA                 | 196 | KIJOMANIACY CHODZIEŻ                   | PIŁA         | POL  | K45-49                   | 12     | K 76 |             |              | 00:24:43        | 00:46:54.60       | 9:22   | 6.4  |
| 155  | JANKA MAGDALENA               | 135 | SEKCJA NORDIC WALKING<br>BORUCHOWO     | BORUCHOWO    | POL  | K40-44                   | 12     | K 77 |             |              | 00:23:40        | 00:46:55.25       | 9:23   | 6.4  |
| 156  | WIRKUS ANNA                   | 250 | BŁĘKITNI DZIEMIANY                     | DZIEMIANY    | POL  | K65-69                   | 7      | K 78 |             |              | 00:23:24        | 00:47:00.35       | 9:24   | 6.4  |
| 157  | OWCZAREK HENRYKA              | 189 | MARSZ PO ZDROWIE                       | POZNAŃ       | POL  | K75-79                   | 1      | K 79 |             |              | 00:24:02        | 00:48:25.65       | 9:41   | 6.2  |
| 158  | PAJĘCKI ADAM                  | 190 | PARAKULOS KOWAL                        | KOWAL        | POL  | M-NIEPEŁNOSPRAWNI(B<br>) | 4      | M 79 |             |              | 00:24:10        | 00:48:36.20       | 9:43   | 6.2  |
| 159  | WÓJCİK IRENA                  | 267 | UTW OLEŚNICA                           | OLEŚNICA     | POL  | K75-79                   | 2      | K 80 |             |              | 00:24:17        | 00:49:05.00       | 9:49   | 6.1  |
| 160  | SIWEK ANNA                    | 213 | MARSZ PO ZDROWIE                       | POZNAŃ       | POL  | K65-69                   | 8      | K 81 |             |              | 00:24:19        | 00:49:39.25       | 9:55   | 6    |
| 161  | JĘDRYCZKA MAJA                | 282 | AKTYWNA KCYNIA                         |              | POL  | K-DZIECI                 | 4      | K 82 |             |              | 00:23:59        | 00:49:57.70       | 9:59   | 6    |
| 162  | SZYBUT ROMA                   | 222 | POTĘGA NORDICA                         | POTĘGOWO     | POL  | K30-39                   | 10     | K 83 |             |              | 00:24:38        | 00:50:13.25       | 10:02  | 6    |
| 163  | ŚLUSARCZYK DANUTA             | 230 | WESOŁY BORSUK TEAM                     | PRUDNIK      | POL  | K65-69                   | 9      | K 84 |             |              | 00:25:04        | 00:50:28.15       | 10:05  | 5.9  |
| 164  | KULAWIAK BARBARA              | 163 | NAMASTE OBORNIKI                       | BOGDANOWO    | POL  | K45-49                   | 13     | K 85 |             |              | 00:25:08        | 00:50:39.65       | 10:07  | 5.9  |
| 165  | NOWAK AGNIESZKA               | 186 | SEKCJA NORDIC WALKING<br>BORUCHOWO     | BORUCHOWO    | POL  | K40-44                   | 13     | K 86 |             |              | 00:25:36        | 00:50:52.55       | 10:10  | 5.9  |
| 166  | JÓŻWIĄK DOMINIK               | 141 | SERCE NORDICA WŁOCŁAWEK                | WŁOCŁAWEK    | POL  | M18-29                   | 5      | M 80 |             |              | 00:26:14        | 00:51:13.65       | 10:14  | 5.9  |
| 167  | URBAN JOANNA                  | 238 |  | BOGDANOWO    | POL  | K30-39                   | 11     | K 87 |             |              | 00:26:14        | 00:51:28.75       | 10:17  | 5.8  |
| 168  | WAWRZYŃIAK KRYSZYNA           | 243 | MARSZ PO ZDROWIE                       | POZNAŃ       | POL  | K70-74                   | 4      | K 88 |             |              | 00:25:29        | 00:52:50.05       | 10:34  | 5.7  |
| 169  | ŚLUSARCZYK BŁAŻEJ             | 227 | WESOŁY BORSUK TEAM                     | PRUDNIK      | POL  | M-DZIECI                 | 2      | M 81 |             |              | 00:26:14        | 00:52:57.30       | 10:35  | 5.7  |
| 170  | MACHAJEK KRZYSZTOF            | 174 | STOWARZYSZENIE TRANSPLANTACJI<br>SERCA | POLKOWICE    | POL  | M-NIEPEŁNOSPRAWNI(A<br>) | 8      | M 82 |             |              | 00:27:04        | 00:55:27.70       | 11:05  | 5.4  |
| 171  | TOMKOWIAK MAGDALENA           | 232 | KIJOMANIACY CHODZIEŻ                   | CHODZIEŻ     | POL  | K40-44                   | 14     | K 89 |             |              | 00:32:38        | 01:02:48.20       | 12:33  | 4.8  |
| 172  | PLUTA LENA                    | 197 | KIJOMANIACY CHODZIEŻ                   | PIŁA         | POL  | K-DZIECI                 | 5      | K 90 |             |              | 00:34:02        | 01:04:14.65       | 12:50  | 4.7  |
| DQ   | FRĄCZKOWIAK ROMAN             | 117 | EKSPEDYCJA NORDIC TEAM SZCZECIN        | WIELEŃ       | POL  | M50-54                   | DQ     | DQ   |             | 1            | 00:15:32<br>DQ  | 00:32:22.90<br>DQ | 0:00   | 9.3  |
|      | KUCZYŃSKI WŁODZIMIERZ         | 162 | NORDIC WALKING KIEKRZ POLAND           | OBORNIKI     | POL  | M60-64                   |        |      |             |              | 00:22:49<br>DNF | DNF               | -      | -    |