

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM

Organiser: PFNW
Date: 2016-07-02
Place: Polanica Zdrój
Distance: 10 km

Results for the split 5 km

Klasyfikacja wg czasów netto.



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|----------------------------|-----|--------------------------------|---------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | KARASIŃSKI MACIEJ | 288 | KS METRACO POLKOWICE | SIEDLCE | POL | M40-49 | | | 00:15:00 | 00:31:06 | 00:47:46 |
| 2 | BIŁEK ARTUR | 255 | UNIA MIAST | LUBLINIEC | POL | M30-39 | | | 00:15:31 | 00:31:55 | 00:48:41 |
| 3 | CYRUS BOGDAN | 391 | SILESIA NORDIC TEAM | STRZEBIŃ | POL | M40-49 | | | 00:15:08 | 00:31:57 | 00:49:19 |
| 4 | WOJTASIŃSKI DANIEL | 379 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | | | 00:15:34 | 00:32:09 | 00:49:19 |
| 5 | MICHAŁSKI ANDRZEJ | 464 | FACE NORDIC WALKING TEAM | SANOK | POL | M50-59 | | | 00:16:03 | 00:32:29 | 00:48:58 |
| 6 | SIWAK PIOTR | 345 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | | | 00:16:02 | 00:32:30 | 00:49:08 |
| 7 | PUSZKIEL LESZEK | 336 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | | | 00:15:50 | 00:32:35 | 00:49:43 |
| 8 | PEŁCZYŃSKI KONRAD | 327 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | M30-39 | | | 00:15:34 | 00:32:41 | 00:49:48 |
| 9 | SIEROŃ JACEK | 344 | TSA SANDOMIERZ | SANDOMIERZ | POL | M50-59 | | | 00:16:01 | 00:32:48 | 00:50:36 |
| 10 | PIOTROWSKI MICHAŁ | 329 | FACE NORDIC WALKING TEAM | GDĄSK | POL | M30-39 | | | 00:15:38 | 00:32:51 | 00:50:19 |
| 11 | PUSZKIEL ADRIAN | 335 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M18-29 | | | 00:15:53 | 00:33:11 | 00:50:22 |
| 12 | RECZULSKI MARIUSZ | 338 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | | | 00:16:07 | 00:33:24 | 00:51:27 |
| 13 | NIEDBAŁ ADAM | 390 | SILESIA NORDIC TEAM | SIEKIERZ | POL | M40-49 | | | 00:16:44 | 00:33:56 | 00:50:54 |
| 14 | KUŚMIEREK PATRYK | 302 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | | | 00:16:23 | 00:34:05 | 00:51:40 |
| 15 | KUŚMIEREK JAN | 301 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M40-49 | | | 00:16:45 | 00:34:13 | 00:52:10 |
| 16 | GRZEGORCZYK MARCIN JOACHIM | 276 | FACE NORDIC WALKING TEAM | WŁADYSŁAWOWO | POL | M18-29 | | | 00:17:04 | 00:34:32 | 00:51:38 |
| 17 | SZWICHTENBERG WIOLETA | 362 | FACE NORDIC WALKING TEAM | OSTRZYCE | POL | K18-29 | | | 00:17:01 | 00:35:01 | 00:53:38 |
| 18 | LIPKO ADRIANNA | 308 | PENDOLINO | GDYNIA | POL | K18-29 | | | 00:17:04 | 00:35:02 | 00:53:00 |
| 19 | KULIG HENRYK | 300 | K S ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG | POL | M60-69 | | | 00:17:17 | 00:35:14 | 00:53:31 |
| 20 | DMOWSKA ANETA | 398 | UNIA MIAST | GWOŹDZIANY | POL | K40-49 | | | 00:17:13 | 00:35:16 | 00:53:36 |
| 21 | SMUL ANDRZEJ | 348 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | | | 00:17:11 | 00:35:16 | 00:53:44 |
| 22 | MATECKI RYSZARD | 318 | KS METRACO POLKOWICE | KUDOWA ZDRÓJ | POL | M60-69 | | | 00:17:17 | 00:35:22 | 00:53:51 |
| 23 | STOPA JOANNA | 355 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | | | 00:17:17 | 00:35:22 | 00:53:37 |
| 24 | SPYCHAŁA MARZENA | 351 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | | | 00:17:24 | 00:35:26 | 00:53:25 |
| 25 | JĘDRASIAK RENATA | 281 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | | | 00:17:27 | 00:35:29 | 00:53:46 |
| 26 | SOBKOWSKI JANUSZ | 392 | SILESIA NORDIC TEAM | ŁODYGOWICE | POL | M60-69 | | | 00:17:21 | 00:35:35 | 00:54:14 |
| 27 | PSUT ROBERT | 334 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M18-29 | | | 00:17:17 | 00:35:35 | 00:54:25 |
| 28 | STARZYŃSKA EWA | 352 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | | | 00:17:36 | 00:35:43 | |
| 29 | BORKOWSKI JERZY | 396 | | RADOM | POL | M60-69 | | | 00:17:53 | 00:36:01 | 00:54:22 |
| 30 | JONDERKO GRZEGORZ | 282 | WŁÓCZYKIJE SKOCZÓW | RYBNIK | POL | M40-49 | | | 00:17:56 | 00:36:16 | 00:55:43 |
| 31 | BADECKI RYSZARD | 252 | NIEZRZESZONY | NIESZCZYCE | POL | M50-59 | | | 00:17:33 | 00:36:35 | 00:56:04 |
| 32 | ŚLUSARCZYK MARCIN | 364 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | | | 00:17:38 | 00:36:36 | 00:55:36 |
| 33 | BOCZAR BEATA | 256 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | | | 00:17:41 | 00:36:36 | 00:56:04 |
| 34 | ŁUKASZEWICZ JOANNA | 311 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | | | 00:17:48 | 00:36:43 | 00:55:55 |
| 35 | WALORYSZAK ANDRZEJ | 373 | MORSY RADZYMIN | RADZYMIN | POL | M60-69 | | | 00:17:52 | 00:36:46 | 00:56:11 |
| 36 | KRZANOWSKI GRZEGORZ | 296 | FACE NORDIC WALKING TEAM | JAROSŁAW | POL | M30-39 | | | 00:17:51 | 00:36:53 | 00:56:55 |
| 37 | SZULC ALICJA | 361 | NW WERWA MŁAWA | MŁAWA | POL | K30-39 | | | 00:18:12 | 00:36:55 | 00:56:41 |
| 38 | SZCZEPAŃSKI RAFAŁ | 358 | OPEL ACTIVE TEAM | BYTOM | POL | M40-49 | | | 00:18:14 | 00:36:56 | 00:55:36 |
| 39 | SKRYCKA KATARZYNA | 346 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | | | 00:18:06 | 00:36:56 | 00:56:13 |
| 40 | PASIŃSKA-SKOWRON SYLWIA | 325 | SILESIA NORDIC TEAM | SZCZODRKOVICE | POL | K30-39 | | | 00:18:06 | 00:37:19 | 00:56:54 |
| 41 | JÓZEFIAN DARIUSZ | 399 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | | | 00:18:25 | 00:37:25 | 00:56:46 |
| 42 | SOKOŁOWSKI KRZYSZTOF | 395 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | | | 00:18:31 | 00:37:25 | 00:56:30 |
| 43 | KOZŁOWSKA SABINA | 293 | DĄBROWA NORDIC TEAM | BIELSKO-BIAŁA | POL | K30-39 | | | 00:18:09 | 00:37:27 | 00:57:34 |
| 44 | MIERNICKI MARIUSZ | 319 | | DZIERŻONIÓW | POL | M50-59 | | | 00:18:15 | 00:37:30 | 00:57:23 |
| 45 | ROGOS HENRYK | 339 | ŚCINAWSKA GRUPA NORDIC WALKING | LUBIAŹ | POL | M70+ | | | 00:18:39 | 00:37:32 | 00:56:53 |

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|-----|------------------------------|-----|----------------------------------|------------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 46 | DUSIEL EWA | 269 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | | | 00:18:30 | 00:37:36 | 00:57:15 |
| 47 | KOLARSKA AGNIESZKA | 290 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | | | 00:18:28 | 00:37:37 | 00:56:45 |
| 48 | KOSICKI DARIUSZ | 291 | DINOZAUER | ROKIETNICA | POL | M50-59 | | | 00:18:45 | 00:37:51 | 00:56:27 |
| 49 | ŚLUSARCYK ANDRZEJ | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | | | 00:18:23 | 00:37:59 | 00:58:16 |
| 50 | WIENSKO RYSZARD | 376 | | PULAWY | POL | M60-69 | | | 00:18:57 | 00:38:07 | 00:57:21 |
| 51 | PEŁCZYŃSKA ANNA | 326 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | K30-39 | | | 00:18:28 | 00:38:10 | 00:58:31 |
| 52 | JANKOWSKA KATARZYNA | 279 | GREEN TEAM ZIELONA GÓRA | SULECHÓW | POL | K18-29 | | | 00:18:38 | 00:38:14 | 00:58:14 |
| 53 | ROSZMAN JOANNA | 400 | PENDOLINO | REDA | POL | K50-59 | | | 00:18:26 | 00:38:22 | 00:58:57 |
| 54 | CZYCZ KAZIMIERZ | 263 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | | | 00:18:39 | 00:38:22 | 00:58:57 |
| 55 | TKOCZ ADAM | 369 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | M50-59 | | | 00:18:51 | 00:38:31 | 00:57:43 |
| 56 | ŚLUSARCYK GRZEGORZ | 365 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | | | 00:18:47 | 00:38:34 | 00:58:43 |
| 57 | POZNAŃSKI WIEŚLAW | 331 | AMATOR | BIAŁYSTOK | POL | M50-59 | | | 00:19:00 | 00:38:34 | 00:58:19 |
| 58 | BUSZYDŁO ADAM | 259 | SANTANDER CONSUMER BANK | GŁOGÓW | POL | M40-49 | | | 00:19:26 | 00:38:41 | 00:57:47 |
| 59 | SPERCZYŃSKI ANDRZEJ | 350 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | M40-49 | | | 00:19:02 | 00:38:49 | 00:58:15 |
| 60 | KOWALCZYK EDYTA | 292 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | K40-49 | | | 00:19:08 | 00:39:03 | 00:59:49 |
| 61 | MROCZKOWSKI JANUSZ | 321 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M60-69 | | | 00:19:21 | 00:39:19 | 00:59:48 |
| 62 | GRONALEWSKI KRZYSZTOF | 274 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M30-39 | | | 00:19:28 | 00:39:20 | 00:59:29 |
| 63 | JARZYŃSKA MAŁGORZATA | 280 | HIFI ARTE | BERLIN | POL | K50-59 | | | 00:19:23 | 00:39:21 | 00:59:48 |
| 64 | ŁABUS IZABELA | 310 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K18-29 | | | 00:18:39 | 00:39:36 | 01:00:43 |
| 65 | SOBAŃSKA GRAŻYNA | 349 | | DRUŻBICE | POL | K60-69 | | | 00:19:31 | 00:39:45 | 01:01:05 |
| 66 | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 265 | | KAMIENIEC WROCŁAWSKI | POL | K50-59 | | | 00:19:34 | 00:39:45 | 01:00:36 |
| 67 | WAŁECKA KRYSZYNA | 374 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K60-69 | | | 00:19:35 | 00:39:47 | 01:00:26 |
| 68 | NETKOWSKI WOJCIECH | 322 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | | | 00:19:04 | 00:39:49 | 01:01:23 |
| 69 | SZCZEPAŃSKA ANNA | 357 | FABRIKANORDIKA | SUCHA GÓRA | POL | K30-39 | | | 00:19:24 | 00:39:50 | 01:00:42 |
| 70 | ŚCIBISZ BOGDAN | 363 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | M70+ | | | 00:19:19 | 00:39:50 | 01:01:09 |
| 71 | JURCZYŃSKA BOŻENA | 284 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | | | 00:19:25 | 00:39:50 | 01:01:27 |
| 72 | DOBROWOLSKA ANNA | 264 | | CHOTOMÓW | POL | K50-59 | | | 00:19:20 | 00:39:52 | 01:00:45 |
| 73 | SITKO MAŁGORZATA | 393 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K40-49 | | | 00:19:19 | 00:40:06 | 01:02:28 |
| 74 | WORONKO-ZACZYŃSKA JANINA | 380 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | | | 00:19:45 | 00:40:22 | 01:01:50 |
| 75 | SZEWczyk MAREK | 360 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | | | 00:19:32 | 00:40:23 | 01:01:47 |
| 76 | THOMALLA BOGDAN | 367 | SILESIA NORDIC TEAM | ZABRZE | POL | M70+ | | | 00:19:34 | 00:40:27 | 01:02:19 |
| 77 | DUDEK TOMASZ | 268 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M30-39 | | | 00:19:39 | 00:40:35 | 01:01:46 |
| 78 | PIKSA KAZIMIERZ | 328 | NORDIC WALKING KRUSZYNA | BRZEGWOLNOŚCI 24A\13 | POL | M60-69 | | | 00:19:50 | 00:40:37 | 01:01:07 |
| 79 | KALINOWSKA JOLANTA | 285 | WESOŁY BORSUK TEAM | BIELSKO-BIAŁA | POL | K40-49 | | | 00:20:30 | 00:40:47 | 01:01:15 |
| 80 | PUZICHOWSKA MAŁGORZATA | 463 | | JELCZ-LASKOWICE | POL | K50-59 | | | 00:19:59 | 00:40:56 | 01:02:45 |
| 81 | ROSOŁEK ELŻBIETA | 340 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | | | 00:20:28 | 00:40:56 | 01:01:10 |
| 82 | DZIEMIŃSKA MAGDALENA | 271 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K30-39 | | | 00:20:05 | 00:40:57 | 01:02:34 |
| 83 | WIŚNIEWSKI ROMAN | 378 | NIEZRZESZONY | TWARDORZECZKA | POL | M60-69 | | | 00:20:02 | 00:41:09 | 01:03:05 |
| 84 | POSTEK DANUTA | 330 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | | | 00:20:02 | 00:41:10 | 01:03:07 |
| 85 | SUCHOWIECKA MARTA | 356 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | | | 00:20:03 | 00:41:11 | 01:02:46 |
| 86 | WROŃSKA WIEŚLAWA | 382 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K40-49 | | | 00:20:19 | 00:41:19 | 01:03:43 |
| 87 | RACZYŃSKA ALEKSANDRA | 337 | UNIA MIAST | CHORZÓW | POL | K70+ | | | 00:20:01 | 00:41:25 | 01:02:46 |
| 88 | BOROWSKI MARCIN | 257 | FACE NORDIC WALKING TEAM | POZNAŃ / DŁUGA GOSLINA | POL | M30-39 | | | 00:20:29 | 00:41:27 | 01:02:14 |
| 89 | KĄŁUSKI MAREK | 295 | SANTANDER CONSUMER BANK | POLANICA ZDRÓJ | POL | M50-59 | | | 00:20:23 | 00:41:33 | 01:03:02 |
| 90 | MOJSIEJCZUK RYSZARD | 320 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M70+ | | | 00:20:22 | 00:41:42 | 01:03:23 |
| 91 | TRUCHAN-BAJER BOŻENA | 370 | FACE NORDIC WALKING TEAM | FROMBORK | POL | K50-59 | | | 00:19:57 | 00:41:42 | 01:04:11 |
| 92 | MACIĄG ANDRZEJ | 312 | ACTEAM | WROCŁAW | POL | M50-59 | | | 00:19:55 | 00:41:43 | 01:04:46 |
| 93 | PRZYBYLSKA MARIA | 387 | | MIKUSZEWO | POL | K50-59 | | | 00:19:56 | 00:41:45 | 01:04:15 |
| 94 | KOZŁOWSKA AGNIESZKA | 389 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | K40-49 | | | 00:20:24 | 00:42:06 | 01:05:05 |
| 95 | KAWKA MAREK | 289 | | KŁODZKO | POL | M60-69 | | | 00:20:42 | 00:42:07 | 01:03:45 |
| 96 | WYSOCKA BERNADETA | 383 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K40-49 | | | 00:20:31 | 00:42:14 | 01:04:29 |
| 97 | OMARSKA GRAŻYNA | 324 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | | | 00:20:43 | 00:42:16 | 01:04:44 |
| 98 | STEFAŃSKI ANDRZEJ | 354 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | M50-59 | | | 00:20:26 | 00:42:16 | 01:04:40 |
| 99 | LENARTOWICZ BARBARA | 305 | FOREVER YOUNG ŁÓDŹ | ŁÓDŹ | POL | K40-49 | | | 00:20:57 | 00:42:21 | 01:02:33 |
| 100 | TURZYŃSKA - STOPA MARIA | 371 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K60-69 | | | 00:20:47 | 00:42:23 | 01:04:41 |
| 101 | MAŃKOWSKA DOROTA | 316 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | | | 00:21:14 | 00:42:39 | 01:04:20 |
| 102 | WASIELA BEATA | 375 | FACE NORDIC WALKING TEAM | NOWY SUMIN | POL | K40-49 | | | 00:20:43 | 00:42:47 | 01:05:42 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|------------------------|-----|--------------------------|---------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 103 | GERLE-KOTULA ANNA | 273 | | KATOWICE | POL | K30-39 | | | 00:21:23 | 00:43:05 | 01:04:41 |
| 104 | SZEWCZYK AGNIESZKA | 359 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | | | 00:21:04 | 00:43:52 | 01:07:27 |
| 105 | LINKA RENATA | 306 | | WARSZAWA | POL | K40-49 | | | 00:21:23 | 00:44:10 | 01:08:07 |
| 106 | MACKOWIAK KRYSZYNA | 314 | FACE NORDIC WALKING TEAM | DŁUGA GOŚLINA | POL | K60-69 | | | 00:21:19 | 00:44:11 | 01:07:25 |
| 107 | GRUDZIEN MAŁGORZATA | 275 | | BYSTRZYCA KŁODZKA | POL | K50-59 | | | 00:21:06 | 00:44:17 | 01:08:21 |
| 108 | JANCZEWSKI ROBERT | 277 | NORDIC WALKING KIEKRZ | POZNAŃ | POL | M50-59 | | | 00:21:43 | 00:44:19 | 01:07:27 |
| 109 | TOMERA DOROTA | 386 | | BYSTRZYCA KŁODZKA | POL | K40-49 | | | 00:21:46 | 00:44:23 | 01:08:20 |
| 110 | KALINOWSKI ANDRZEJ | 286 | WESOŁY BORSUK TEAM | BIELSKO-BIAŁA | POL | M50-59 | | | 00:21:53 | 00:44:31 | 01:08:04 |
| 111 | DUDEK IZABELA | 267 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K30-39 | | | 00:22:02 | 00:44:39 | 01:08:20 |
| 112 | SMARUJ-SADOWSKA JANINA | 347 | | BYDGOSZCZ | POL | K60-69 | | | 00:21:42 | 00:44:39 | 01:08:18 |
| 113 | RYSZKOWSKA MAŁGORZATA | 342 | WŁÓCZYKJE SKOCZÓW | SKOCZÓW | POL | K50-59 | | | 00:22:21 | 00:44:43 | 01:07:34 |
| 114 | JASTRZĘBSKA VIOLETTA | 414 | 3+1 | WROCŁAW | POL | K50-59 | | | 00:22:06 | 00:44:59 | 01:09:00 |
| 115 | UZORKO ANNA | 372 | | WROCŁAW | POL | K40-49 | | | 00:21:54 | 00:45:20 | 01:09:37 |
| 116 | MAJCHROWSKA IZABELA | 315 | FOREVER YOUNG ŁÓDŹ | ŁÓDŹ | POL | K30-39 | | | 00:22:06 | 00:45:21 | 01:08:26 |
| 117 | LEHMANN TERESA | 304 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K50-59 | | | 00:21:49 | 00:45:41 | 01:10:37 |
| 118 | MARCINKOWSKA RENATA | 317 | FACE NORDIC WALKING TEAM | SOCHACZEW | POL | K60-69 | | | 00:22:00 | 00:45:54 | 01:11:27 |
| 119 | MŁYŃSKA ELŻBIETA | 287 | | POLANICA ZDRÓJ | POL | K40-49 | | | 00:22:42 | 00:45:59 | 01:09:28 |
| 120 | CHRAPEK URSZULA | 262 | KS RUDZICA | RUDZICA | POL | K18-29 | | | 00:21:59 | 00:46:02 | 01:11:06 |
| 121 | RUBACHA MAREK | 341 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M60-69 | | | 00:22:38 | 00:46:13 | 01:10:43 |
| 122 | BARTNIK ANNA | 254 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K40-49 | | | 00:22:34 | 00:46:17 | 01:10:20 |
| 123 | TKOCZ ALICJA | 368 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K50-59 | | | 00:22:43 | 00:46:27 | 01:10:50 |
| 124 | KRYSIĄK MAŁGORZATA | 394 | SANTANDER CONSUMER BANK | OSTRÓW WIELKOPOLSKI | POL | K40-49 | | | 00:22:48 | 00:46:33 | 01:10:52 |
| 125 | DYLEWSKA BARBARA | 270 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K60-69 | | | 00:22:55 | 00:46:38 | 01:10:27 |
| 126 | KRZYŚCIN RAFAŁ | 298 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | | | 00:23:04 | 00:46:51 | 01:11:03 |
| 127 | GABIS ELA | 272 | | NYSA | POL | K50-59 | | | 00:22:09 | 00:46:56 | 01:13:32 |
| 128 | BUSZYDŁO EWA | 260 | SANTANDER CONSUMER BANK | GŁOGÓW | POL | K40-49 | | | 00:23:06 | 00:46:58 | 01:10:54 |
| 129 | KRZYŚCIN MIROSŁAWA | 297 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K40-49 | | | 00:23:25 | 00:47:21 | 01:13:15 |
| 130 | LIPIŃSKA URSZULA | 307 | FACE NORDIC WALKING TEAM | DĘBLIN | POL | K40-49 | | | 00:23:10 | 00:47:31 | 01:12:33 |
| 131 | JÓZWIĄK DOMINIK | 283 | WTW.WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | | | 00:23:19 | 00:47:32 | 01:12:07 |
| 132 | PRZYWITOWSKA DANIELA | 333 | | NARZYM | POL | K60-69 | | | 00:23:10 | 00:48:16 | 01:13:45 |
| 133 | BRANDT-KWARCIĄK SYLWIA | 258 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K30-39 | | | 00:23:54 | 00:49:48 | 01:15:27 |
| 134 | PÓŁTORZYCKA ANETA | 332 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K40-49 | | | 00:23:55 | 00:49:49 | 01:15:27 |
| 135 | KWAPISZ JUSTYNA | 303 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K18-29 | | | 00:24:48 | 00:50:12 | 01:14:55 |
| 136 | NAWRÓCKA DANUTA | 388 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K70+ | | | 00:29:09 | 01:02:50 | 01:34:59 |
| 137 | KRYSIĄK AGNIESZKA | 397 | SANTANDER CONSUMER BANK | OSTRÓW WIELKOPOLSKI | POL | | | | 00:22:48 | | |
| DQ | STAWNIAK KAROL | 353 | KS METRACO POLKOWICE | ŻNIN | POL | M60-69 | | 1 | 00:17:12 | 00:43:09 | DQ |
| | | | | | | | | | DQ | DQ | |
| DQ | ŻUCHOWICZ ELŻBIETA | 385 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K50-59 | | 1 | 01:03:35 | 01:35:43 | DQ |
| | | | | | | | | | DQ | DQ | |
| DQ | OLSZOWSKA JANINA | 323 | WŁÓCZYKJE SKOCZÓW | SKOCZÓW | POL | K60-69 | | 1 | 00:21:54 | DQ | DQ |
| | | | | | | | | | DQ | | |
| DQ | MACKIEWICZ MARCIN | 313 | NW CIECHANÓW | CIECHANÓW | POL | M18-29 | | 1 | DQ | DQ | DQ |
| DQ | BALCERAK-KOLASA JOANNA | 253 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | K40-49 | | 1 | DQ | DQ | DQ |
| DQ | BYTNIEWSKI MIECZYŚLAW | 261 | BIAŁA BIEGA | BIAŁA PODLASKA | POL | M70+ | | 1 | DQ | DQ | DQ |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, K18-29

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|-----------------------|-----|--------------------------|-------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | SZWICHTENBERG WIOLETA | 362 | FACE NORDIC WALKING TEAM | OSTRZYCE | POL | K18-29 | | | 00:17:01 | 00:35:01 | 00:53:38 |
| 2 | LIPKO ADRIANNA | 308 | PENDOLINO | GDYNIA | POL | K18-29 | | | 00:17:04 | 00:35:02 | 00:53:00 |
| 3 | STOPA JOANNA | 355 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | | | 00:17:17 | 00:35:22 | 00:53:37 |
| 4 | JANKOWSKA KATARZYNA | 279 | GREEN TEAM ZIELONA GÓRA | SULECHÓW | POL | K18-29 | | | 00:18:38 | 00:38:14 | 00:58:14 |
| 5 | ŁABUS IZABELA | 310 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K18-29 | | | 00:18:39 | 00:39:36 | 01:00:43 |
| 6 | CHRAPEK URSZULA | 262 | KS RUDZICA | RUDZICA | POL | K18-29 | | | 00:21:59 | 00:46:02 | 01:11:06 |
| 7 | KWAPISZ JUSTYNA | 303 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K18-29 | | | 00:24:48 | 00:50:12 | 01:14:55 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, M18-29

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|----------------------------|-----|--------------------------|--------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | PUSZKIEL ADRIAN | 335 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M18-29 | | | 00:15:53 | 00:33:11 | 00:50:22 |
| 2 | KUŚMIEREK PATRYK | 302 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | | | 00:16:23 | 00:34:05 | 00:51:40 |
| 3 | GRZEGORCZYK MARCIN JOACHIM | 276 | FACE NORDIC WALKING TEAM | WŁADYSŁAWOWO | POL | M18-29 | | | 00:17:04 | 00:34:32 | 00:51:38 |
| 4 | PSUT ROBERT | 334 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M18-29 | | | 00:17:17 | 00:35:35 | 00:54:25 |
| 5 | JÓZWIAK DOMINIK | 283 | WTW.WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | | | 00:23:19 | 00:47:32 | 01:12:07 |
| DQ | MACKIEWICZ MARCIN | 313 | NW CIECHANÓW | CIECHANÓW | POL | M18-29 | | 1 | DQ | DQ | DQ |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, K30-39

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|-------------------------|-----|--------------------------------|---------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | SZULC ALICJA | 361 | NW WERWA MŁAWA | MŁAWA | POL | K30-39 | | | 00:18:12 | 00:36:55 | 00:56:41 |
| 2 | SKRYCKA KATARZYNA | 346 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | | | 00:18:06 | 00:36:56 | 00:56:13 |
| 3 | PASIŃSKA-SKOWRON SYLWIA | 325 | SILESIA NORDIC TEAM | SZCZODRKOVICE | POL | K30-39 | | | 00:18:06 | 00:37:19 | 00:56:54 |
| 4 | KOZŁOWSKA SABINA | 293 | DĄBROWA NORDIC TEAM | BIELSKO-BIAŁA | POL | K30-39 | | | 00:18:09 | 00:37:27 | 00:57:34 |
| 5 | KOLARSKA AGNIESZKA | 290 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | | | 00:18:28 | 00:37:37 | 00:56:45 |
| 6 | PEŁCZYŃSKA ANNA | 326 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | K30-39 | | | 00:18:28 | 00:38:10 | 00:58:31 |
| 7 | SZCZEPAŃSKA ANNA | 357 | FABRIKANORDIKA | SUCHA GÓRA | POL | K30-39 | | | 00:19:24 | 00:39:50 | 01:00:42 |
| 8 | DZIEMIŃSKA MAGDALENA | 271 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K30-39 | | | 00:20:05 | 00:40:57 | 01:02:34 |
| 9 | GERLE-KOTULA ANNA | 273 | | KATOWICE | POL | K30-39 | | | 00:21:23 | 00:43:05 | 01:04:41 |
| 10 | DUDEK IZABELA | 267 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K30-39 | | | 00:22:02 | 00:44:39 | 01:08:20 |
| 11 | MAJCHROWSKA IZABELA | 315 | FOREVER YOUNG ŁÓDŹ | ŁÓDŹ | POL | K30-39 | | | 00:22:06 | 00:45:21 | 01:08:26 |
| 12 | BRANDT-KWARCIAK SYLWIA | 258 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K30-39 | | | 00:23:54 | 00:49:48 | 01:15:27 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, M30-39

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|-----------------------|-----|--------------------------------|------------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | BIŁEK ARTUR | 255 | UNIA MIAST | LUBLINIEC | POL | M30-39 | | | 00:15:31 | 00:31:55 | 00:48:41 |
| 2 | WOJTASIŃSKI DANIEL | 379 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | | | 00:15:34 | 00:32:09 | 00:49:19 |
| 3 | PEŁCZYŃSKI KONRAD | 327 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | M30-39 | | | 00:15:34 | 00:32:41 | 00:49:48 |
| 4 | PIOTROWSKI MICHAŁ | 329 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M30-39 | | | 00:15:38 | 00:32:51 | 00:50:19 |
| 5 | ŚLUSARCZYK MARCIN | 364 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | | | 00:17:38 | 00:36:36 | 00:55:36 |
| 6 | KRZANOWSKI GRZEGORZ | 296 | FACE NORDIC WALKING TEAM | JAROSŁAW | POL | M30-39 | | | 00:17:51 | 00:36:53 | 00:56:55 |
| 7 | GRONALEWSKI KRZYSZTOF | 274 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M30-39 | | | 00:19:28 | 00:39:20 | 00:59:29 |
| 8 | DUDEK TOMASZ | 268 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M30-39 | | | 00:19:39 | 00:40:35 | 01:01:46 |
| 9 | BOROWSKI MARCIN | 257 | FACE NORDIC WALKING TEAM | POZNAŃ / DŁUGA GOSLINA | POL | M30-39 | | | 00:20:29 | 00:41:27 | 01:02:14 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|---------------------|-----|----------------------------------|---------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | DMOWSKA ANETA | 398 | UNIA MIAST | GWOŹDZIANY | POL | K40-49 | | | 00:17:13 | 00:35:16 | 00:53:36 |
| 2 | SPYCHAŁA MARZENA | 351 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | | | 00:17:24 | 00:35:26 | 00:53:25 |
| 3 | ŁUKASZEWICZ JOANNA | 311 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | | | 00:17:48 | 00:36:43 | 00:55:55 |
| 4 | DUSIEL EWA | 269 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | | | 00:18:30 | 00:37:36 | 00:57:15 |
| 5 | KOWALCZYK EDYTA | 292 | KS METRACO POLKOWICE | WAŁBRZYCH | POL | K40-49 | | | 00:19:08 | 00:39:03 | 00:59:49 |
| 6 | SITKO MAŁGORZATA | 393 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K40-49 | | | 00:19:19 | 00:40:06 | 01:02:28 |
| 7 | KALINOWSKA JOLANTA | 285 | WESOŁY BORSUK TEAM | BIELSKO-BIAŁA | POL | K40-49 | | | 00:20:30 | 00:40:47 | 01:01:15 |
| 8 | SUCHOWIECKA MARTA | 356 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | | | 00:20:03 | 00:41:11 | 01:02:46 |
| 9 | WROŃSKA WIESŁAWA | 382 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K40-49 | | | 00:20:19 | 00:41:19 | 01:03:43 |
| 10 | KOZŁOWSKA AGNIESZKA | 389 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | K40-49 | | | 00:20:24 | 00:42:06 | 01:05:05 |
| 11 | WYSOCKA BERNADETA | 383 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K40-49 | | | 00:20:31 | 00:42:14 | 01:04:29 |
| 12 | LENARTOWICZ BARBARA | 305 | FOREVER YOUNG ŁÓDŹ | ŁÓDŹ | POL | K40-49 | | | 00:20:57 | 00:42:21 | 01:02:33 |
| 13 | WASIELA BEATA | 375 | FACE NORDIC WALKING TEAM | NOWY SUMIN | POL | K40-49 | | | 00:20:43 | 00:42:47 | 01:05:42 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49 c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|------------------------|-----|--------------------------|---------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 14 | SZEWczyk AGNIESZKA | 359 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | | | 00:21:04 | 00:43:52 | 01:07:27 |
| 15 | LINKA RENATA | 306 | | WARSZAWA | POL | K40-49 | | | 00:21:23 | 00:44:10 | 01:08:07 |
| 16 | TOMERA DOROTA | 386 | | BYSTRZYCA KŁODZKA | POL | K40-49 | | | 00:21:46 | 00:44:23 | 01:08:20 |
| 17 | UZORKO ANNA | 372 | | WROCŁAW | POL | K40-49 | | | 00:21:54 | 00:45:20 | 01:09:37 |
| 18 | MŁYŃSKA ELŻBIETA | 287 | | POLANICA ZDRÓJ | POL | K40-49 | | | 00:22:42 | 00:45:59 | 01:09:28 |
| 19 | BARTNIK ANNA | 254 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K40-49 | | | 00:22:34 | 00:46:17 | 01:10:20 |
| 20 | KRYSIĄK MAŁGORZATA | 394 | SANTANDER CONSUMER BANK | OSTRÓW WIELKOPOLSKI | POL | K40-49 | | | 00:22:48 | 00:46:33 | 01:10:52 |
| 21 | BUSZYDŁO EWA | 260 | SANTANDER CONSUMER BANK | GŁOGÓW | POL | K40-49 | | | 00:23:06 | 00:46:58 | 01:10:54 |
| 22 | KRZYŚCIN MIROŚLAWA | 297 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K40-49 | | | 00:23:25 | 00:47:21 | 01:13:15 |
| 23 | LIPIŃSKA URSZULA | 307 | FACE NORDIC WALKING TEAM | DĘBLIN | POL | K40-49 | | | 00:23:10 | 00:47:31 | 01:12:33 |
| 24 | PÓŁTORZYCKA ANETA | 332 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K40-49 | | | 00:23:55 | 00:49:49 | 01:15:27 |
| DQ | BALCERAK-KOLASA JOANNA | 253 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | K40-49 | | 1 | DQ | DQ | DQ |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, M40-49

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|----------------------|-----|-------------------------|-------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | KARASIŃSKI MACIEJ | 288 | KS METRACO POLKOWICE | SIEDLCE | POL | M40-49 | | | 00:15:00 | 00:31:06 | 00:47:46 |
| 2 | CYRUS BOGDAN | 391 | SILESIA NORDIC TEAM | STRZEBIŃ | POL | M40-49 | | | 00:15:08 | 00:31:57 | 00:49:19 |
| 3 | NIEDBAŁ ADAM | 390 | SILESIA NORDIC TEAM | SEKIERZ | POL | M40-49 | | | 00:16:44 | 00:33:56 | 00:50:54 |
| 4 | KUŚMIEREK JAN | 301 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M40-49 | | | 00:16:45 | 00:34:13 | 00:52:10 |
| 5 | JONDERKO GRZEGORZ | 282 | WŁÓCZYKIJE SKOCZÓW | RYBNIK | POL | M40-49 | | | 00:17:56 | 00:36:16 | 00:55:43 |
| 6 | SZCZEPAŃSKI RAFAŁ | 358 | OPEL ACTIVE TEAM | BYTOM | POL | M40-49 | | | 00:18:14 | 00:36:56 | 00:55:36 |
| 7 | JÓZEFIAN DARIUSZ | 399 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | | | 00:18:25 | 00:37:25 | 00:56:46 |
| 8 | SOKOŁOWSKI KRZYSZTOF | 395 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | | | 00:18:31 | 00:37:25 | 00:56:30 |
| 9 | ŚLUŚARCZYK GRZEGORZ | 365 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | | | 00:18:47 | 00:38:34 | 00:58:43 |
| 10 | BUSZYDŁO ADAM | 259 | SANTANDER CONSUMER BANK | GŁOGÓW | POL | M40-49 | | | 00:19:26 | 00:38:41 | 00:57:47 |
| 11 | SPERCZYŃSKI ANDRZEJ | 350 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | M40-49 | | | 00:19:02 | 00:38:49 | 00:58:15 |
| 12 | KRZYŚCIN RAFAŁ | 298 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | | | 00:23:04 | 00:46:51 | 01:11:03 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, K50-59

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|------------------------------|-----|--------------------------------|----------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | JĘDRASIAK RENATA | 281 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | | | 00:17:27 | 00:35:29 | 00:53:46 |
| 2 | BOCZAR BEATA | 256 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | | | 00:17:41 | 00:36:36 | 00:56:04 |
| 3 | ROZSMAN JOANNA | 400 | PENDOLINO | REDA | POL | K50-59 | | | 00:18:26 | 00:38:22 | 00:58:57 |
| 4 | JARZYŃSKA MAŁGORZATA | 280 | HIFI ARTE | BERLIN | POL | K50-59 | | | 00:19:23 | 00:39:21 | 00:59:48 |
| 5 | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 265 | | KAMIENIEC WROCŁAWSKI | POL | K50-59 | | | 00:19:34 | 00:39:45 | 01:00:36 |
| 6 | JURCZYŃSKA BOŻENA | 284 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | | | 00:19:25 | 00:39:50 | 01:01:27 |
| 7 | DOBROWOLSKA ANNA | 264 | | CHOTOMÓW | POL | K50-59 | | | 00:19:20 | 00:39:52 | 01:00:45 |
| 8 | ROSŁEK ELŻBIETA | 340 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | | | 00:20:28 | 00:40:56 | 01:01:10 |
| 9 | PUZICHOWSKA MAŁGORZATA | 463 | | JELCZ-LASKOWICE | POL | K50-59 | | | 00:19:59 | 00:40:56 | 01:02:45 |
| 10 | POSTEK DANUTA | 330 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | | | 00:20:02 | 00:41:10 | 01:03:07 |
| 11 | TRUCHAN-BAJER BOŻENA | 370 | FACE NORDIC WALKING TEAM | FROMBORK | POL | K50-59 | | | 00:19:57 | 00:41:42 | 01:04:11 |
| 12 | PRZYBYLSKA MARIA | 387 | | MIKUSZEWO | POL | K50-59 | | | 00:19:56 | 00:41:45 | 01:04:15 |
| 13 | OMARSKA GRAŻYNA | 324 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | | | 00:20:43 | 00:42:16 | 01:04:44 |
| 14 | MAŃKOWSKA DOROTA | 316 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | | | 00:21:14 | 00:42:39 | 01:04:20 |
| 15 | GRUDZIEŃ MAŁGORZATA | 275 | | BYSTRZYCA KŁODZKA | POL | K50-59 | | | 00:21:06 | 00:44:17 | 01:08:21 |
| 16 | RYSZKOWSKA MAŁGORZATA | 342 | WŁÓCZYKIJE SKOCZÓW | SKOCZÓW | POL | K50-59 | | | 00:22:21 | 00:44:43 | 01:07:34 |
| 17 | JASTRZĘBSKA VIOLETTA | 414 | 3+1 | WROCŁAW | POL | K50-59 | | | 00:22:06 | 00:44:59 | 01:09:00 |
| 18 | LEHMANN TERESA | 304 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K50-59 | | | 00:21:49 | 00:45:41 | 01:10:37 |
| 19 | TKOCZ ALICJA | 368 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K50-59 | | | 00:22:43 | 00:46:27 | 01:10:50 |
| 20 | GABIS ELA | 272 | | NYSA | POL | K50-59 | | | 00:22:09 | 00:46:56 | 01:13:32 |
| DQ | ŻUCHOWICZ ELŻBIETA | 385 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K50-59 | | 1 | 01:03:35 | 01:35:43 | DQ |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, M50-59

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|--------------------|-----|--------------------------------|----------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | MICHALSKI ANDRZEJ | 464 | FACE NORDIC WALKING TEAM | SANOK | POL | M50-59 | | | 00:16:03 | 00:32:29 | 00:48:58 |
| 2 | SIWAK PIOTR | 345 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | | | 00:16:02 | 00:32:30 | 00:49:08 |
| 3 | PUSZKIEL LESZEK | 336 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | | | 00:15:50 | 00:32:35 | 00:49:43 |
| 4 | SIEROŃ JACEK | 344 | TSA SANDOMIERZ | SANDOMIERZ | POL | M50-59 | | | 00:16:01 | 00:32:48 | 00:50:36 |
| 5 | RECZULSKI MARIUSZ | 338 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | | | 00:16:07 | 00:33:24 | 00:51:27 |
| 6 | BADECKI RYSZARD | 252 | NIEZRZESZONY | NIEZCZYCE | POL | M50-59 | | | 00:17:33 | 00:36:35 | 00:56:04 |
| 7 | MIERNICKI MARIUSZ | 319 | | DZIERŻONIÓW | POL | M50-59 | | | 00:18:15 | 00:37:30 | 00:57:23 |
| 8 | KOSICKI DARIUSZ | 291 | DINOZAUUR | ROKIETNICA | POL | M50-59 | | | 00:18:45 | 00:37:51 | 00:56:27 |
| 9 | TKOCZ ADAM | 369 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | M50-59 | | | 00:18:51 | 00:38:31 | 00:57:43 |
| 10 | POZNAŃSKI WIESŁAW | 331 | AMATOR | BIAŁYSTOK | POL | M50-59 | | | 00:19:00 | 00:38:34 | 00:58:19 |
| 11 | NETKOWSKI WOJCIECH | 322 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | | | 00:19:04 | 00:39:49 | 01:01:23 |
| 12 | SZEWczyk MAREK | 360 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | | | 00:19:32 | 00:40:23 | 01:01:47 |
| 13 | KĄŁUSKI MAREK | 295 | SANTANDER CONSUMER BANK | POLANICA ZDRÓJ | POL | M50-59 | | | 00:20:23 | 00:41:33 | 01:03:02 |
| 14 | MACIĄG ANDRZEJ | 312 | ACTEAM | WROCŁAW | POL | M50-59 | | | 00:19:55 | 00:41:43 | 01:04:46 |
| 15 | STEFAŃSKI ANDRZEJ | 354 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | M50-59 | | | 00:20:26 | 00:42:16 | 01:04:40 |
| 16 | JANCZEWSKI ROBERT | 277 | NORDIC WALKING KIEKRZ | POZNAŃ | POL | M50-59 | | | 00:21:43 | 00:44:19 | 01:07:27 |
| 17 | KALINOWSKI ANDRZEJ | 286 | WESOŁY BORSUK TEAM | BIELSKO-BIAŁA | POL | M50-59 | | | 00:21:53 | 00:44:31 | 01:08:04 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, K60-69

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|-------------------------|-----|--------------------------|------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | STARZYŃSKA EWA | 352 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | | | 00:17:36 | 00:35:43 | |
| 2 | SOBAŃSKA GRAŻYNA | 349 | | DRUŻBICE | POL | K60-69 | | | 00:19:31 | 00:39:45 | 01:01:05 |
| 3 | WALECKA KRYSZYNA | 374 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K60-69 | | | 00:19:35 | 00:39:47 | 01:00:26 |
| 4 | TURZYŃSKA - STOPA MARIA | 371 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K60-69 | | | 00:20:47 | 00:42:23 | 01:04:41 |
| 5 | MAĆKOWIAK KRYSZYNA | 314 | FACE NORDIC WALKING TEAM | DŁUGA GOŚLINA | POL | K60-69 | | | 00:21:19 | 00:44:11 | 01:07:25 |
| 6 | SMARUJ-SADOWSKA JANINA | 347 | | BYDGOSZCZ | POL | K60-69 | | | 00:21:42 | 00:44:39 | 01:08:18 |
| 7 | MARCINKOWSKA RENATA | 317 | FACE NORDIC WALKING TEAM | SOCHACZEW | POL | K60-69 | | | 00:22:00 | 00:45:54 | 01:11:27 |
| 8 | DYLEWSKA BARBARA | 270 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K60-69 | | | 00:22:55 | 00:46:38 | 01:10:27 |
| 9 | PRZYWITOWSKA DANIELA | 333 | | NARZYM | POL | K60-69 | | | 00:23:10 | 00:48:16 | 01:13:45 |
| DQ | OLSZOWSKA JANINA | 323 | WŁÓCZYKJE SKOCZÓW | SKOCZÓW | POL | K60-69 | | 1 | 00:21:54 | DQ | DQ |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, M60-69

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|--------------------|-----|---------------------------|----------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1 | KULIG HENRYK | 300 | K S ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG | POL | M60-69 | | | 00:17:17 | 00:35:14 | 00:53:31 |
| 2 | SMUL ANDRZEJ | 348 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | | | 00:17:11 | 00:35:16 | 00:53:44 |
| 3 | MATECKI RYSZARD | 318 | KS METRACO POLKOWICE | KUDOWA ZDRÓJ | POL | M60-69 | | | 00:17:17 | 00:35:22 | 00:53:51 |
| 4 | SOBKOWSKI JANUSZ | 392 | SILESIA NORDIC TEAM | ŁODYGOWICE | POL | M60-69 | | | 00:17:21 | 00:35:35 | 00:54:14 |
| 5 | BORKOWSKI JERZY | 396 | | RADOM | POL | M60-69 | | | 00:17:53 | 00:36:01 | 00:54:22 |
| 6 | WALORYSZAK ANDRZEJ | 373 | MORSY RADZYMIN | RADZYMIN | POL | M60-69 | | | 00:17:52 | 00:36:46 | 00:56:11 |
| 7 | ŚLUSARCZYK ANDRZEJ | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | | | 00:18:23 | 00:37:59 | 00:58:16 |
| 8 | WIENSKO RYSZARD | 376 | | PUŁAWY | POL | M60-69 | | | 00:18:57 | 00:38:07 | 00:57:21 |
| 9 | CZYCZ KAZIMIERZ | 263 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | | | 00:18:39 | 00:38:22 | 00:58:57 |
| 10 | MROCZKOWSKI JANUSZ | 321 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M60-69 | | | 00:19:21 | 00:39:19 | 00:59:48 |
| 11 | PIKSA KAZIMIERZ | 328 | NORDIC WALKING KRUSZYNA | BRZEGWOLNOŚCI 24A\13 | POL | M60-69 | | | 00:19:50 | 00:40:37 | 01:01:07 |
| 12 | WIŚNIEWSKI ROMAN | 378 | NIEZRZESZONY | TWARDORZECZKA | POL | M60-69 | | | 00:20:02 | 00:41:09 | 01:03:05 |
| 13 | KAWKA MAREK | 289 | | KŁODZKO | POL | M60-69 | | | 00:20:42 | 00:42:07 | 01:03:45 |
| 14 | RUBACHA MAREK | 341 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M60-69 | | | 00:22:38 | 00:46:13 | 01:10:43 |
| DQ | STAWNIAK KAROL | 353 | KS METRACO POLKOWICE | ŻNIN | POL | M60-69 | | 1 | 00:17:12 | 00:43:09 | DQ |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, K70+

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|--------------------------|-----|----------------------|------------------|-----|------|-------------|--------------|----------|----------|----------|
| 1 | WORONKO-ZACZYŃSKA JANINA | 380 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | | | 00:19:45 | 00:40:22 | 01:01:50 |
| 2 | RACZYŃSKA ALEKSANDRA | 337 | UNIA MIAST | CHORZÓW | POL | K70+ | | | 00:20:01 | 00:41:25 | 01:02:46 |
| 3 | NAWROCKA DANUTA | 388 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K70+ | | | 00:29:09 | 01:02:50 | 01:34:59 |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM, M70+

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|------------------------|-----|--------------------------------|----------------|-----|------|-------------|--------------|----------|----------|----------|
| 1 | ROGOS HENRYK | 339 | ŚCINAWSKA GRUPA NORDIC WALKING | LUBIĄŻ | POL | M70+ | | | 00:18:39 | 00:37:32 | 00:56:53 |
| 2 | ŚCIBISZ BOGDAN | 363 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | M70+ | | | 00:19:19 | 00:39:50 | 01:01:09 |
| 3 | THOMALLA BOGDAN | 367 | SILESIA NORDIC TEAM | ZABRZE | POL | M70+ | | | 00:19:34 | 00:40:27 | 01:02:19 |
| 4 | MOJSIEJCZUK RYSZARD | 320 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M70+ | | | 00:20:22 | 00:41:42 | 01:03:23 |
| DQ | BYTNIIEWSKI MIECZYŚLAW | 261 | BIAŁA BIEGA | BIAŁA PODLASKA | POL | M70+ | | 1 | DQ | DQ | DQ |

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM,

| POS | Name and surname | No. | Club | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km |
|-----|-------------------|-----|-------------------------|---------------------|-----|------|-------------|--------------|----------|-----|-------|
| 1 | KRYSIAK AGNIESZKA | 397 | SANTANDER CONSUMER BANK | OSTRÓW WIELKOPOLSKI | POL | | | | 00:22:48 | | |