

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM**

 Organiser: PFNW  
 Date: 2015-05-02  
 Place: Sławno  
 Distance: 5 km  
 Klasyfikacja wg czasów netto.

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, OPEN**

| POS | Name and surname             | No. | Club                            | City              | NAT | Cat.           | M. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|------------------------------|-----|---------------------------------|-------------------|-----|----------------|----|-----|-------------|--------------|----------|----------|--------|------|
| 1   | ĆWIKLIŃSKI KRYSZTIAN         | 54  | THE BEST - MY IDZIEMY I CZEŚĆ   | ŁABISZYN          | POL | M JUNIOR 14-17 | 1  | 0   |             |              | 00:16:17 | 00:32:15 | 6:27   | 9.3  |
| 2   | RACZYŃSKI GRZEGORZ           | 93  | GIMNAZJUM SPORTOWE NR 1         | KOSZALIN          | POL | M JUNIOR 14-17 | 2  | 0   |             |              | 00:16:38 | 00:32:17 | 6:27   | 9.3  |
| 3   | DZIADEK REMIGIUSZ            | 90  | UKS NEPTUN ROKITY               | ROKITY            | POL | M 45-49        | 1  | 0   |             |              | 00:16:14 | 00:32:22 | 6:28   | 9.3  |
| 4   | WASIELEWSKI MIROSŁAW         | 71  | KS ELBLĄSKIE WŁÓCZY-KIJE        | ELBLĄG            | POL | M 50-54        | 1  | 0   |             |              | 00:16:18 | 00:32:47 | 6:33   | 9.2  |
| 5   | MARCINIAK EMIL               | 53  | THE BEST - MY IDZIEMY I CZEŚĆ   | ŁABISZYN          | POL | M 18-29        | 1  | 0   |             |              | 00:16:21 | 00:32:53 | 6:34   | 9.1  |
| 6   | KLARKOWSKI BOGDAN            | 73  | KS ELBLĄSKIE WŁÓCZY-KIJE        | ELBLĄG            | POL | M 60-64        | 1  | 0   |             |              | 00:16:23 | 00:33:04 | 6:36   | 9.1  |
| 7   | STANISŁAWSKI JAN             | 111 | AKTYWNI 50                      | POZNAN            | POL | M 55-59        | 1  | 0   |             |              | 00:16:16 | 00:33:09 | 6:37   | 9    |
| 8   | LUBAWIŃSKI JERZY             | 57  | K.B.SPRINT ŚWIDWIN              | ŚWIDWIN           | POL | M 55-59        | 2  | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 9   | LESINSKI GRZEGORZ            | 92  |                                 | OLSZANY           | POL | M 45-49        | 2  | 0   |             |              | 00:16:35 | 00:33:30 | 6:42   | 9    |
| 10  | BRZOZOWSKI PIOTR             | 106 | AKTYWNI POSTOMINO               | SŁAWNO            | POL | M 30-39        | 1  | 0   |             |              | 00:16:28 | 00:33:35 | 6:43   | 8.9  |
| 11  | KAZIÓW RYSZARD               | 108 | DWA KIJE SŁUPSK                 | SŁUPSK            | POL | M 60-64        | 2  | 0   |             |              | 00:16:47 | 00:33:58 | 6:47   | 8.8  |
| 12  | SZUDARSKI EDWARD             | 87  | DWA KIJE SŁUPSK                 | SŁUPSK            | POL | M 55-59        | 3  | 0   |             |              | 00:16:46 | 00:34:15 | 6:51   | 8.8  |
| 13  | SZPILMAN MARTA               | 115 |                                 | GDYNIA            | POL | K 18-29        | 1  | 0   |             |              | 00:17:11 | 00:34:29 | 6:53   | 8.7  |
| 14  | DANA ANDRZEJ                 | 118 | KLUB NW PATYCZAKI               | GRUDZIĄDZ         | POL | M 65-69        | 1  | 0   | 1           |              | 00:17:16 | 00:34:51 | 6:58   | 8.6  |
| 15  | TRACZ BOLESŁAW               | 97  |                                 | SŁAWNO            | POL | M 65-69        | 2  | 0   | 1           |              | 00:17:16 | 00:34:52 | 6:58   | 8.6  |
| 16  | WAWRZYNKIEWICZ DAMIAN        | 84  |                                 | UNIEŚCIE          | POL | M 30-39        | 2  | 0   |             |              | 00:17:47 | 00:35:07 | 7:01   | 8.5  |
| 17  | CHUDZIŃSKI ANDRZEJ           | 67  | KS ELBLĄSKIE WŁÓCZY-KIJE        | ELBLĄG            | POL | M 65-69        | 3  | 0   |             |              | 00:17:18 | 00:35:14 | 7:02   | 8.5  |
| 18  | LESINSKA MARZENA             | 91  |                                 | OLSZANY           | POL | K 50-54        | 1  | 0   |             |              | 00:17:39 | 00:35:14 | 7:02   | 8.5  |
| 19  | SWYSTUN SŁAWOMIR             | 150 | MORSY GDYŃSKIE CHODZEJKIJAMI.PL | GDYNIA            | POL | M 60-64        | 3  | 0   |             |              | 00:17:19 | 00:35:20 | 7:04   | 8.5  |
| 20  | RAKUĆ JAKUB                  | 136 | RUCH PO ZDROWIE                 | WŁOCLAWEK         | POL | M 18-29        | 2  | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 21  | MARKOWSKA HALINA             | 65  | KS ELBLĄSKIE WŁÓCZY-KIJE        | ELBLĄG            | POL | K 55-59        | 1  | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 22  | ROSADZIŃSKI SŁAWOMIR         | 112 |                                 | LESZNO            | POL | M 45-49        | 3  | 0   |             |              | 00:17:30 | 00:35:32 | 7:06   | 8.4  |
| 23  | BARTOSIEWICZ ŁUKASZ          | 140 |                                 | GDAŃSK            | POL | M 30-39        | 3  | 0   |             |              | 00:17:39 | 00:35:36 | 7:07   | 8.4  |
| 24  | LESZCZYŹYŃSKA KRYSZYNA       | 63  |                                 | SZCZECINEK        | POL | K 55-59        | 2  | 0   |             |              | 00:17:42 | 00:35:49 | 7:09   | 8.4  |
| 25  | KOŁPAK JAN                   | 35  | LKS ZANTYR                      | SZTUM             | POL | M 65-69        | 4  | 0   |             |              | 00:17:52 | 00:36:21 | 7:16   | 8.3  |
| 26  | PODOLSKI MIROSŁAW            | 36  | LKS ZANTYR SZTUM                | SZTUM             | POL | M 60-64        | 4  | 0   |             |              | 00:17:59 | 00:36:22 | 7:16   | 8.2  |
| 27  | JÓZWIAK MARIANNA             | 55  | WTW WŁOCLAWEK                   | WŁOCLAWEK         | POL | K 40-44        | 1  | 0   |             |              | 00:18:23 | 00:36:25 | 7:17   | 8.2  |
| 28  | WILKOŁEK-SZUDARSKA SATURNINA | 88  | DWA KIJE SŁUPSK                 | SŁUPSK            | POL | K 55-59        | 3  | 0   |             |              | 00:17:49 | 00:36:33 | 7:18   | 8.2  |
| 29  | SZPILMAN KATARZYNA           | 114 |                                 | GDYNIA            | POL | K 45-49        | 1  | 0   |             |              | 00:18:16 | 00:36:37 | 7:19   | 8.2  |
| 30  | ŚWIERCZYŃSKA JOANNA          | 66  | KS ELBLĄSKIE WŁÓCZY-KIJE        | ELBLĄG            | POL | K 45-49        | 2  | 0   |             |              | 00:18:34 | 00:36:38 | 7:19   | 8.2  |
| 31  | GOŁĘBIEWSKI ANDRZEJ          | 120 | KLUB SZUWAREK                   | NOWY DWÓR GDAŃSKI | POL | M 55-59        | 4  | 0   |             |              | 00:17:58 | 00:36:45 | 7:21   | 8.2  |
| 32  | POTORSKI JACEK               | 101 |                                 | GRUDZIĄDZ         | POL | M 30-39        | 4  | 0   |             |              | 00:18:07 | 00:37:02 | 7:24   | 8.1  |
| 33  | KARCZEWSKA MARZENA           | 138 | RUCH PO ZDROWIE                 | WŁOCLAWEK         | POL | K 30-39        | 1  | 0   |             |              | 00:18:40 | 00:37:09 | 7:25   | 8.1  |
| 34  | SZUDARSKI MAREK              | 86  | DWA KIJE SŁUPSK                 | SŁUPSK            | POL | M 18-29        | 3  | 0   |             |              | 00:18:28 | 00:37:23 | 7:28   | 8    |
| 35  | DANA KAZIMIERA               | 117 | KLUB NW PATYCZAKI               | GRUDZIĄDZ         | POL | K 60-64        | 1  | 0   |             |              | 00:18:44 | 00:37:31 | 7:30   | 8    |
| 36  | SOBOLEWSKI JAROSŁAW          | 56  |                                 | ZIELONKA          | POL | M 45-49        | 4  | 0   |             |              | 00:18:32 | 00:37:34 | 7:30   | 8    |
| 37  | REUTER BOŻENA                | 130 | ŁEBA MORS POLAND                | ŁEBA              | POL | K 45-49        | 3  | 0   |             |              | 00:18:41 | 00:37:37 | 7:31   | 8    |
| 38  | RAKUĆ ANGELIKA               | 137 | RUCH PO ZDROWIE                 | WŁOCLAWEK         | POL | K 18-29        | 2  | 0   |             |              | 00:18:59 | 00:37:38 | 7:31   | 8    |
| 39  | LANGMESSER REGINA            | 30  | LKS ZANTYR                      | SZTUM             | POL | K 45-49        | 4  | 0   |             |              | 00:18:40 | 00:37:41 | 7:32   | 8    |
| 40  | NIEWIŃSKA BEATA              | 109 |                                 | GDAŃSK            | POL | K 50-54        | 2  | 0   |             |              | 00:18:44 | 00:37:43 | 7:32   | 8    |
| 41  | POKORNIECKA MONIKA           | 133 | DAMY RADE                       | KOŁOBRZEG         | POL | K 40-44        | 2  | 0   |             |              | 00:18:35 | 00:37:49 | 7:33   | 7.9  |
| 42  | PILECKA-PRADZYŃSKA ANNA      | 149 | CHODZĘ Z KIJAMI                 | GDYNIA            | POL | K 60-64        | 2  | 0   |             |              | 00:18:32 | 00:37:50 | 7:34   | 7.9  |
| 43  | MAZUR KATARZYNA              | 129 | ŁEBA MORS POLAND                | ŁEBA              | POL | K 50-54        | 3  | 0   |             |              | 00:18:52 | 00:37:53 | 7:34   | 7.9  |
| 44  | GROCHOWALSKI MIKOŁAJ         | 58  | BAWILAND                        | SŁAWNO            | POL | M DZIECI DO 13 | 1  | 0   |             |              | 00:17:49 | 00:37:54 | 7:34   | 7.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, OPEN c.d.**

| POS | Name and surname           | No. | Club                          | City          | NAT | Cat.           | M.   | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |  |
|-----|----------------------------|-----|-------------------------------|---------------|-----|----------------|------|-----|-------------|--------------|----------|----------|--------|------|--|
|     |                            |     |                               |               |     |                | cat. |     |             |              |          |          |        |      |  |
| 45  | BRYL MICHAŁ                | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG        | POL | M 18-29        | 4    | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |  |
| 46  | CZARNECKI GRZEGORZ         | 99  |                               | SŁAWNO        | POL | M 30-39        | 5    | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |  |
| 47  | BRZEZIŃSKI ROBERT          | 38  | HERKULES.ORG.PL               | GDAŃSK        | POL | M 18-29        | 5    | 0   |             |              | 00:19:09 | 00:38:03 | 7:36   | 7.9  |  |
| 48  | ZIELIŃSKI ANDRZEJ          | 26  |                               | NACŁAW        | POL | M 60-64        | 5    | 0   |             |              | 00:18:31 | 00:38:35 | 7:43   | 7.8  |  |
| 49  | KOSIŃSKA MARIA             | 96  | MOSIR RYPIN                   | RYPIN         | POL | K 55-59        | 4    | 0   |             |              | 00:19:08 | 00:38:35 | 7:43   | 7.8  |  |
| 50  | BONEK BRONISŁAW            | 51  | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN      | POL | M 70+          | 1    | 0   |             |              | 00:19:18 | 00:38:44 | 7:44   | 7.7  |  |
| 51  | MĄCZKA MARIA               | 135 |                               | GDAŃSK        | POL | K 65-59        | 1    | 0   |             |              | 00:19:15 | 00:38:59 | 7:47   | 7.7  |  |
| 52  | BRYL ZDZISŁAW              | 68  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG        | POL | M 45-49        | 5    | 0   |             |              | 00:19:00 | 00:39:01 | 7:48   | 7.7  |  |
| 53  | KOSIŃSKA-BUCIOR TERESA     | 131 | ŁEBA MORS POLAND              | ŁEBA          | POL | K 55-59        | 5    | 0   |             |              | 00:19:08 | 00:39:08 | 7:49   | 7.7  |  |
| 54  | OLECH MARCIN               | 83  |                               | GDAŃSK        | POL | M 40-44        | 1    | 0   |             |              | 00:19:26 | 00:39:10 | 7:50   | 7.7  |  |
| 55  | OKROJ BARBARA              | 80  | KLUB NW PATYCZAKI             | GRUDZIĄDZ     | POL | K 60-64        | 3    | 0   |             |              | 00:19:37 | 00:39:56 | 7:59   | 7.5  |  |
| 56  | STASIAK IWONA              | 116 |                               | SZCZECIN      | POL | K 55-59        | 6    | 0   |             |              | 00:19:55 | 00:39:57 | 7:59   | 7.5  |  |
| 57  | KRAWCZYKOWSKA BARBARA      | 29  | LKS ZANTYR SZTUM              | SZTUM         | POL | K 55-59        | 7    | 0   |             |              | 00:19:59 | 00:40:14 | 8:02   | 7.5  |  |
| 58  | KURCZYK ELŻBIETA           | 78  |                               | SŁAWNO        | POL | K 30-39        | 2    | 0   |             |              | 00:20:30 | 00:40:15 | 8:03   | 7.5  |  |
| 59  | CHROMOW WERONIKA           | 122 |                               | SŁAWNO        | POL | K JUNIOR 14-17 | 1    | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |  |
| 60  | BANASIK PAULA              | 123 |                               | SŁAWNO        | POL | K JUNIOR 14-17 | 2    | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |  |
| 61  | ROZWARSKA MAŁGORZATA       | 52  | THE BEST - MY IDZIEMY I CZEŚĆ | RACINIEWO     | POL | K 18-29        | 3    | 0   |             |              | 00:20:14 | 00:40:21 | 8:04   | 7.4  |  |
| 62  | PODLEWSKA ALICJA           | 28  | LKS ZANTYR SZTUM              | SZTUM         | POL | K 45-49        | 5    | 0   |             |              | 00:20:07 | 00:40:23 | 8:04   | 7.4  |  |
| 63  | WIADERSKI WOJCIECH         | 62  |                               | ELBLĄG        | POL | M 65-69        | 5    | 0   |             |              | 00:20:12 | 00:40:23 | 8:04   | 7.4  |  |
| 64  | ROMANOWSKA WIKTORIA        | 103 |                               | SŁAWNO        | POL | K JUNIOR 14-17 | 3    | 0   |             |              | 00:20:05 | 00:40:25 | 8:05   | 7.4  |  |
| 65  | KŁOPOTOWSKI RYSZARD        | 34  | LKS ZANTYR SZTUM              | SZTUM         | POL | M 50-54        | 2    | 0   |             |              | 00:19:57 | 00:40:47 | 8:09   | 7.4  |  |
| 66  | KĄCKOWSKA BEATA            | 141 | JEZIORKI - AKTYWNA WIEŚ       | KACZORY       | POL | K 40-44        | 3    | 0   |             |              | 00:20:29 | 00:40:47 | 8:09   | 7.4  |  |
| 67  | FRUBA KARINA               | 89  | DWA KIJE SŁUPSK               | SŁUPSK        | POL | K 30-39        | 3    | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |  |
| 68  | UTRATA MIROŚLAW            | 72  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG        | POL | M 55-59        | 5    | 0   |             |              | 00:20:13 | 00:41:24 | 8:16   | 7.2  |  |
| 69  | NERC DOROTA                | 105 |                               | GDYNIA        | POL | K 55-59        | 8    | 0   |             |              | 00:20:23 | 00:41:26 | 8:17   | 7.2  |  |
| 70  | ROMANOWSKA AGATA           | 94  |                               | SŁAWNO        | POL | K DZIECI DO 13 | 1    | 0   |             |              | 00:20:17 | 00:41:49 | 8:21   | 7.2  |  |
| 71  | WINIARSKA MAGDALENA        | 95  |                               | POTULICE      | POL | K 30-39        | 4    | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |  |
| 72  | MAZERSKA MARIA             | 32  | LKS ZANTYR SZTUM              | SZTUM         | POL | K 65-59        | 2    | 0   |             |              | 00:21:04 | 00:41:50 | 8:22   | 7.2  |  |
| 73  | CYGAN SANDRA               | 133 | DAMY RADE                     | KOŁOBRZEG     | POL | K DZIECI DO 13 | 2    | 0   |             |              | 00:20:23 | 00:41:59 | 8:23   | 7.1  |  |
| 74  | PLUTA BOŻENA               | 113 | I GRUPA GDYŃSKA               | GDYNIA        | POL | K 60-64        | 4    | 0   |             |              | 00:20:41 | 00:42:21 | 8:28   | 7.1  |  |
| 75  | MIELEWCZYK ALEKSANDRA      | 76  | AUTONOGI                      | RUMIA         | POL | K 50-54        | 4    | 0   |             |              | 00:20:48 | 00:42:25 | 8:29   | 7.1  |  |
| 76  | ŻYTO AGNIESZKA             | 125 |                               | SŁAWNO        | POL | K 40-44        | 4    | 0   |             |              | 00:21:20 | 00:42:29 | 8:29   | 7.1  |  |
| 77  | KAZIÓW KRYSZYNA            | 107 | DWA KIJE SŁUPSK               | SŁUPSK        | POL | K 60-64        | 5    | 0   |             |              | 00:20:56 | 00:42:31 | 8:30   | 7.1  |  |
| 78  | SŁAWSKA PATRYCJA           | 102 |                               | SŁAWNO        | POL | K DZIECI DO 13 | 3    | 0   |             |              | 00:20:38 | 00:42:34 | 8:30   | 7    |  |
| 79  | SZCZYPEK ELA               | 85  |                               | SŁUPSK        | POL | K 60-64        | 6    | 0   |             |              | 00:21:19 | 00:42:54 | 8:34   | 7    |  |
| 80  | MOCZARSKI ADAM             | 110 | ŻABI KRUK                     | SOPOT         | POL | M 65-69        | 6    | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |  |
| 81  | OGONOWSKA EDYTA            | 119 | KLUB NW PATYCZAKI             | GRUDZIĄDZ     | POL | K 50-54        | 5    | 0   |             |              | 00:21:12 | 00:43:07 | 8:37   | 7    |  |
| 82  | JADANOWSKA HALINA          | 70  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG        | POL | K 60-64        | 7    | 0   |             |              | 00:21:13 | 00:43:09 | 8:37   | 7    |  |
| 83  | SOLETA KRZYSZTOF           | 77  |                               | POTULICE      | POL | M 40-44        | 2    | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |  |
| 84  | GRUSZKA BARBARA            | 33  | ZANTYR SZTUM                  | SZTUM         | POL | K 65-59        | 3    | 0   |             |              | 00:21:44 | 00:43:26 | 8:41   | 6.9  |  |
| 85  | PANKIEWICZ-DMOWSKA CECYLIA | 81  | WEJHEROWSKI KLUB N.W.         | GOWINO        | POL | K 65-59        | 4    | 0   |             |              | 00:21:42 | 00:43:27 | 8:41   | 6.9  |  |
| 86  | KĄCKOWSKI MAREK            | 142 | JEZIORKI - AKTYWNA WIEŚ       | KACZORY       | POL | M 60-64        | 6    | 0   |             |              | 00:22:09 | 00:43:40 | 8:44   | 6.9  |  |
| 87  | MILCZAK ELŻBIETA           | 145 |                               | KRĘPA SŁUPSKA | POL | K 45-49        | 6    | 0   |             |              | 00:22:23 | 00:44:13 | 8:50   | 6.8  |  |
| 88  | IZDEBSKA GRAŻYNA           | 40  |                               | SŁAWNO        | POL | K 55-59        | 9    | 0   |             |              | 00:21:30 | 00:44:16 | 8:51   | 6.8  |  |
| 89  | DELIG DANUTA               | 37  |                               | BYDGOSZCZ     | POL | K 55-59        | 10   | 0   |             |              | 00:21:25 | 00:44:27 | 8:53   | 6.7  |  |
| 90  | HIMMEL GRAŻYNA             | 75  | 88° TEAM                      | GDYNIA        | POL | K 60-64        | 8    | 0   |             |              | 00:22:24 | 00:45:02 | 9:00   | 6.7  |  |
| 91  | KARCZEWSKI KRZYSZTOF       | 139 | RUCH PO ZDROWIE               | WŁOCLAWEK     | POL | M 30-39        | 6    | 0   |             |              | 00:22:59 | 00:45:22 | 9:04   | 6.6  |  |
| 92  | PANKIEWICZ BARTOSZ         | 82  | WEJHEROWSKI KLUB N.W.         | GOWINO        | POL | M DZIECI DO 13 | 2    | 0   |             |              | 00:21:36 | 00:45:30 | 9:06   | 6.6  |  |
| 93  | KURCZYK ZBYSZEK            | 124 |                               | SŁAWNO        | POL | M DZIECI DO 13 | 3    | 0   |             |              | 00:22:17 | 00:45:47 | 9:09   | 6.6  |  |
| 94  | BUCIOR WOJCIECH            | 132 | ŁEBA MORS POLAND              | ŁEBA          | POL | M 55-59        | 6    | 0   |             |              | 00:22:26 | 00:45:56 | 9:11   | 6.5  |  |
| 95  | PODGÓRSKA MARIANNA         | 39  |                               | SŁAWNO        | POL | K 60-64        | 9    | 0   |             |              | 00:22:45 | 00:46:11 | 9:14   | 6.5  |  |
| 96  | SZYCKO OLIWIA              | 148 |                               | SŁUPSK        | POL | K DZIECI DO 13 | 4    | 0   |             |              | 00:23:29 | 00:47:23 | 9:28   | 6.3  |  |
| 97  | WIADERSKA GRAŻYNA          | 61  |                               | ELBLĄG        | POL | K 60-64        | 10   | 0   |             |              | 00:23:49 | 00:47:44 | 9:32   | 6.3  |  |
| 98  | KURCZYK MICHAŁ             | 74  |                               | SŁAWNO        | POL | M DZIECI DO 13 | 4    | 0   |             |              | 00:24:20 | 00:48:57 | 9:47   | 6.1  |  |
| 99  | MAJEWSKA ANNA              | 59  |                               | SŁAWNO        | POL | K 30-39        | 5    | 0   |             |              | 00:23:17 | 00:49:43 | 9:56   | 6    |  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, OPEN c.d.**

| POS | Name and surname           | No. | Club              | City          | NAT | Cat.           | M. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------------|-----|-------------------|---------------|-----|----------------|----|-----|-------------|--------------|----------|----------|--------|------|
| 100 | MAJEWSKA NATALIA           | 60  |                   | SŁAWNO        | POL | K DZIECI DO 13 | 5  | 0   |             |              | 00:23:55 | 00:50:44 | 10:08  | 5.9  |
| 101 | CZARNECKA ELŻBIETA         | 146 |                   | SŁUPSK        | POL | K 60-64        | 11 | 0   |             |              | 00:26:10 | 00:51:01 | 10:12  | 5.9  |
| 102 | MAZERSKI RYSZARD           | 27  |                   | SZTUM         | POL | M 65-69        | 7  | 0   |             |              | 00:25:18 | 00:51:15 | 10:15  | 5.9  |
| 103 | ANTKOWIAK MARIAN           | 79  | KLUB NW PATYCZAKI | GRUDZIĄDZ     | POL | M 55-59        | 7  | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |
| 104 | ŻYTO JAKUB                 | 126 |                   | SŁAWNO        | POL | M DZIECI DO 13 | 5  | 0   |             |              | 00:25:01 | 00:51:36 | 10:19  | 5.8  |
| 105 | GAŁKOWSKA DANUTA           | 144 |                   | SŁAWSKO       | POL | K 40-44        | 5  | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 106 | NAKONIECZNA RENATA         | 147 |                   | KRĘPA SŁUPSKA | POL | K 40-44        | 6  | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 107 | PLAZA BEATA                | 143 |                   | BIESIEKIERZ   | POL | K 55-59        | 11 | 0   |             |              | 00:26:07 | 00:52:38 | 10:31  | 5.7  |
| 108 | CICHAWA KINGA              | 100 |                   | SŁAWNO        | POL | K 45-49        | 7  | 0   |             |              | 00:26:03 | 00:54:05 | 10:49  | 5.5  |
| 109 | GAWRYŚ ANNA                | 128 |                   | SŁAWNO        | POL | K 60-64        | 12 | 0   |             |              | 00:26:38 | 00:54:08 | 10:49  | 5.5  |
| 110 | MILACHOWSKA AGNIESZKA      | 64  |                   | ZŁOTÓW        | POL | K 30-39        | 6  | 0   |             |              | 00:28:01 | 00:55:52 | 11:10  | 5.4  |
| 111 | CICHOCKI WIESŁAW           | 121 | KLUB NW PATYCZAKI | GRUDZIĄDZ     | POL | M 60-64        | 7  | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |
| 112 | BOGDAN-CHOJNACKA KATARZYNA | 98  |                   | SŁAWNO        | POL | K 40-44        | 7  | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, Niepełnosprawni**

| POS | Name and surname           | No. | Club                     | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------------|-----|--------------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | LUBAWIŃSKI JERZY           | 57  | K.B.SPRINT ŚWIDWIN       | ŚWIDWIN   | POL | M 55-59 | 2       | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 2   | BRYL MICHAŁ                | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL | M 18-29 | 4       | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |
| 3   | CZARNECKI GRZEGORZ         | 99  |                          | SŁAWNO    | POL | M 30-39 | 5       | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |
| 4   | FRUBA KARINA               | 89  | DWA KIJE SŁUPSK          | SŁUPSK    | POL | K 30-39 | 3       | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |
| 5   | WINIARSKA MAGDALENA        | 95  |                          | POTULICE  | POL | K 30-39 | 4       | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |
| 6   | MOCZARSKI ADAM             | 110 | ŻABI KRUK                | SOPOT     | POL | M 65-69 | 6       | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |
| 7   | SOLETA KRZYSZTOF           | 77  |                          | POTULICE  | POL | M 40-44 | 2       | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |
| 8   | ANTKOWIAK MARIAN           | 79  | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL | M 55-59 | 7       | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |
| 9   | CICHOCKI WIESŁAW           | 121 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL | M 60-64 | 7       | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |
| 10  | BOGDAN-CHOJNACKA KATARZYNA | 98  |                          | SŁAWNO    | POL | K 40-44 | 7       | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K Niepełnosprawni**

| POS | Name and surname           | No. | Club            | City     | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------------|-----|-----------------|----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | FRUBA KARINA               | 89  | DWA KIJE SŁUPSK | SŁUPSK   | POL | K 30-39 | 3       | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |
| 2   | WINIARSKA MAGDALENA        | 95  |                 | POTULICE | POL | K 30-39 | 4       | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |
| 3   | BOGDAN-CHOJNACKA KATARZYNA | 98  |                 | SŁAWNO   | POL | K 40-44 | 7       | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M Niepełnosprawni**

| POS | Name and surname   | No. | Club                     | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|--------------------|-----|--------------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | LUBAWIŃSKI JERZY   | 57  | K.B.SPRINT ŚWIDWIN       | ŚWIDWIN   | POL | M 55-59 | 2       | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 2   | BRYL MICHAŁ        | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL | M 18-29 | 4       | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |
| 3   | CZARNECKI GRZEGORZ | 99  |                          | SŁAWNO    | POL | M 30-39 | 5       | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |
| 4   | MOCZARSKI ADAM     | 110 | ŻABI KRUK                | SOPOT     | POL | M 65-69 | 6       | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |
| 5   | SOLETA KRZYSZTOF   | 77  |                          | POTULICE  | POL | M 40-44 | 2       | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |
| 6   | ANTKOWIAK MARIAN   | 79  | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL | M 55-59 | 7       | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |
| 7   | CICHOCKI WIESŁAW   | 121 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL | M 60-64 | 7       | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K Dzieci do 13**

| POS | Name and surname | No. | Club      | City      | NAT | Cat.           | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|------------------|-----|-----------|-----------|-----|----------------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | ROMANOWSKA AGATA | 94  |           | SŁAWNO    | POL | K DZIECI DO 13 | 1       | 0   |             |              | 00:20:17 | 00:41:49 | 8:21   | 7.2  |
| 2   | CYGAN SANDRA     | 133 | DAMY RADE | KOŁOBRZEG | POL | K DZIECI DO 13 | 2       | 0   |             |              | 00:20:23 | 00:41:59 | 8:23   | 7.1  |
| 3   | SŁAWSKA PATRYCJA | 102 |           | SŁAWNO    | POL | K DZIECI DO 13 | 3       | 0   |             |              | 00:20:38 | 00:42:34 | 8:30   | 7    |
| 4   | SZYCKO OLIWIA    | 148 |           | SŁUPSK    | POL | K DZIECI DO 13 | 4       | 0   |             |              | 00:23:29 | 00:47:23 | 9:28   | 6.3  |
| 5   | MAJEWSKA NATALIA | 60  |           | SŁAWNO    | POL | K DZIECI DO 13 | 5       | 0   |             |              | 00:23:55 | 00:50:44 | 10:08  | 5.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M Dzieci do 13**

| POS | Name and surname     | No. | Club                  | City   | NAT | Cat.           | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------|-----|-----------------------|--------|-----|----------------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | GROCHOWALSKI MIKOŁAJ | 58  | BAWILAND              | SŁAWNO | POL | M DZIECI DO 13 | 1       | 0   |             |              | 00:17:49 | 00:37:54 | 7:34   | 7.9  |
| 2   | PANKIEWICZ BARTOSZ   | 82  | WEJHEROWSKI KLUB N.W. | GOWINO | POL | M DZIECI DO 13 | 2       | 0   |             |              | 00:21:36 | 00:45:30 | 9:06   | 6.6  |
| 3   | KURCZYK ZBYSZEK      | 124 |                       | SŁAWNO | POL | M DZIECI DO 13 | 3       | 0   |             |              | 00:22:17 | 00:45:47 | 9:09   | 6.6  |
| 4   | KURCZYK MICHAŁ       | 74  |                       | SŁAWNO | POL | M DZIECI DO 13 | 4       | 0   |             |              | 00:24:20 | 00:48:57 | 9:47   | 6.1  |
| 5   | ŻYTO JAKUB           | 126 |                       | SŁAWNO | POL | M DZIECI DO 13 | 5       | 0   |             |              | 00:25:01 | 00:51:36 | 10:19  | 5.8  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K Junior 14-17**

| POS | Name and surname    | No. | Club | City   | NAT | Cat.           | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|---------------------|-----|------|--------|-----|----------------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | CHROMOW WERONIKA    | 122 |      | SŁAWNO | POL | K JUNIOR 14-17 | 1       | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |
| 2   | BANASIK PAULA       | 123 |      | SŁAWNO | POL | K JUNIOR 14-17 | 2       | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |
| 3   | ROMANOWSKA WIKTORIA | 103 |      | SŁAWNO | POL | K JUNIOR 14-17 | 3       | 0   |             |              | 00:20:05 | 00:40:25 | 8:05   | 7.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M Junior 14-17**

| POS | Name and surname     | No. | Club                          | City     | NAT | Cat.           | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------|-----|-------------------------------|----------|-----|----------------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | ĆWIKLIŃSKI KRYSZTIAN | 54  | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN | POL | M JUNIOR 14-17 | 1       | 0   |             |              | 00:16:17 | 00:32:15 | 6:27   | 9.3  |
| 2   | RACZYŃSKI GRZEGORZ   | 93  | GIMNAZJUM SPORTOWE NR 1       | KOSZALIN | POL | M JUNIOR 14-17 | 2       | 0   |             |              | 00:16:38 | 00:32:17 | 6:27   | 9.3  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 18-29**

| POS | Name and surname     | No. | Club                          | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------|-----|-------------------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | SZPILMAN MARTA       | 115 |                               | GDYNIA    | POL | K 18-29 | 1       | 0   |             |              | 00:17:11 | 00:34:29 | 6:53   | 8.7  |
| 2   | RAKUĆ ANGELIKA       | 137 | RUCH PO ZDROWIE               | WŁOCŁAWEK | POL | K 18-29 | 2       | 0   |             |              | 00:18:59 | 00:37:38 | 7:31   | 8    |
| 3   | ROZWARSKA MAŁGORZATA | 52  | THE BEST - MY IDZIEMY I CZEŚĆ | RACINIEWO | POL | K 18-29 | 3       | 0   |             |              | 00:20:14 | 00:40:21 | 8:04   | 7.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 18-29**

| POS | Name and surname  | No. | Club                          | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|-------------------|-----|-------------------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | MARCINIAK EMIL    | 53  | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN  | POL | M 18-29 | 1       | 0   |             |              | 00:16:21 | 00:32:53 | 6:34   | 9.1  |
| 2   | RAKUĆ JAKUB       | 136 | RUCH PO ZDROWIE               | WŁOCŁAWEK | POL | M 18-29 | 2       | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 3   | SZUDARSKI MAREK   | 86  | DWA KIJE SŁUPSK               | SŁUPSK    | POL | M 18-29 | 3       | 0   |             |              | 00:18:28 | 00:37:23 | 7:28   | 8    |
| 4   | BRYL MICHAŁ       | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG    | POL | M 18-29 | 4       | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |
| 5   | BRZEZIŃSKI ROBERT | 38  | HERKULES.ORG.PL               | GDAŃSK    | POL | M 18-29 | 5       | 0   |             |              | 00:19:09 | 00:38:03 | 7:36   | 7.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 30-39**

| POS | Name and surname      | No. | Club            | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|-----------------------|-----|-----------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | KARCZEWSKA MARZENA    | 138 | RUCH PO ZDROWIE | WŁOCLAWEK | POL | K 30-39 | 1       | 0   |             |              | 00:18:40 | 00:37:09 | 7:25   | 8.1  |
| 2   | KURCZYK ELŻBIETA      | 78  |                 | SŁAWNO    | POL | K 30-39 | 2       | 0   |             |              | 00:20:30 | 00:40:15 | 8:03   | 7.5  |
| 3   | FRUBA KARINA          | 89  | DWA KIJE SŁUPSK | SŁUPSK    | POL | K 30-39 | 3       | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |
| 4   | WINIARSKA MAGDALENA   | 95  |                 | POTULICE  | POL | K 30-39 | 4       | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |
| 5   | MAJEWSKA ANNA         | 59  |                 | SŁAWNO    | POL | K 30-39 | 5       | 0   |             |              | 00:23:17 | 00:49:43 | 9:56   | 6    |
| 6   | MILACHOWSKA AGNIESZKA | 64  |                 | ZŁOTÓW    | POL | K 30-39 | 6       | 0   |             |              | 00:28:01 | 00:55:52 | 11:10  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 30-39**

| POS | Name and surname       | No. | Club              | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|------------------------|-----|-------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | BRZozowski PIOTR       | 106 | AKTYWNI POSTOMINO | SŁAWNO    | POL | M 30-39 | 1       | 0   |             |              | 00:16:28 | 00:33:35 | 6:43   | 8.9  |
| 2   | WAWRZYNIKIEWICZ DAMIAN | 84  |                   | UNIEŚCIE  | POL | M 30-39 | 2       | 0   |             |              | 00:17:47 | 00:35:07 | 7:01   | 8.5  |
| 3   | BARTOSIEWICZ ŁUKASZ    | 140 |                   | GDAŃSK    | POL | M 30-39 | 3       | 0   |             |              | 00:17:39 | 00:35:36 | 7:07   | 8.4  |
| 4   | POTORSKI JACEK         | 101 |                   | GRUDZIADZ | POL | M 30-39 | 4       | 0   |             |              | 00:18:07 | 00:37:02 | 7:24   | 8.1  |
| 5   | CZARNECKI GRZEGORZ     | 99  |                   | SŁAWNO    | POL | M 30-39 | 5       | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |
| 6   | KARCZEWSKI KRZYSZTOF   | 139 | RUCH PO ZDROWIE   | WŁOCLAWEK | POL | M 30-39 | 6       | 0   |             |              | 00:22:59 | 00:45:22 | 9:04   | 6.6  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 40-44**

| POS | Name and surname           | No. | Club                    | City          | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------------|-----|-------------------------|---------------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | JÓŻWIAK MARIANNA           | 55  | WTW WŁOCLAWEK           | WŁOCLAWEK     | POL | K 40-44 | 1       | 0   |             |              | 00:18:23 | 00:36:25 | 7:17   | 8.2  |
| 2   | POKORNIECKA MONIKA         | 133 | DAMY RADE               | KOŁOBRZEG     | POL | K 40-44 | 2       | 0   |             |              | 00:18:35 | 00:37:49 | 7:33   | 7.9  |
| 3   | KĄCKOWSKA BEATA            | 141 | JEZIORKI - AKTYWNA WIEŚ | KACZORY       | POL | K 40-44 | 3       | 0   |             |              | 00:20:29 | 00:40:47 | 8:09   | 7.4  |
| 4   | ŻYTO AGNIESZKA             | 125 |                         | SŁAWNO        | POL | K 40-44 | 4       | 0   |             |              | 00:21:20 | 00:42:29 | 8:29   | 7.1  |
| 5   | GAŁKOWSKA DANUTA           | 144 |                         | SŁAWSKO       | POL | K 40-44 | 5       | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 6   | NAKONIECZNA RENATA         | 147 |                         | KRĘPA SŁUPSKA | POL | K 40-44 | 6       | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 7   | BOGDAN-CHOJNACKA KATARZYNA | 98  |                         | SŁAWNO        | POL | K 40-44 | 7       | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 40-44**

| POS | Name and surname | No. | Club | City     | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|------------------|-----|------|----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | OLECH MARCIN     | 83  |      | GDAŃSK   | POL | M 40-44 | 1       | 0   |             |              | 00:19:26 | 00:39:10 | 7:50   | 7.7  |
| 2   | SOLETA KRZYSZTOF | 77  |      | POTULICE | POL | M 40-44 | 2       | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 45-49**

| POS | Name and surname    | No. | Club                     | City          | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|---------------------|-----|--------------------------|---------------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | SZPILMAN KATARZYNA  | 114 |                          | GDYNIA        | POL | K 45-49 | 1       | 0   |             |              | 00:18:16 | 00:36:37 | 7:19   | 8.2  |
| 2   | ŚWIERCZYŃSKA JOANNA | 66  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG        | POL | K 45-49 | 2       | 0   |             |              | 00:18:34 | 00:36:38 | 7:19   | 8.2  |
| 3   | REUTER BOŻENA       | 130 | ŁEBA MORS POLAND         | ŁEBA          | POL | K 45-49 | 3       | 0   |             |              | 00:18:41 | 00:37:37 | 7:31   | 8    |
| 4   | LANGMESSER REGINA   | 30  | LKS ZANTYR               | SZTUM         | POL | K 45-49 | 4       | 0   |             |              | 00:18:40 | 00:37:41 | 7:32   | 8    |
| 5   | PODLEWSKA ALICJA    | 28  | LKS ZANTYR SZTUM         | SZTUM         | POL | K 45-49 | 5       | 0   |             |              | 00:20:07 | 00:40:23 | 8:04   | 7.4  |
| 6   | MILCZAK ELŻBIETA    | 145 |                          | KRĘPA SŁUPSKA | POL | K 45-49 | 6       | 0   |             |              | 00:22:23 | 00:44:13 | 8:50   | 6.8  |
| 7   | CICHAWA KINGA       | 100 |                          | SŁAWNO        | POL | K 45-49 | 7       | 0   |             |              | 00:26:03 | 00:54:05 | 10:49  | 5.5  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 45-49**

| POS | Name and surname     | No. | Club                     | City     | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------|-----|--------------------------|----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | DZIADEK REMIGIUSZ    | 90  | UKS NEPTUN ROKITY        | ROKITY   | POL | M 45-49 | 1       | 0   |             |              | 00:16:14 | 00:32:22 | 6:28   | 9.3  |
| 2   | LESINSKI GRZEGORZ    | 92  |                          | OLSZANY  | POL | M 45-49 | 2       | 0   |             |              | 00:16:35 | 00:33:30 | 6:42   | 9    |
| 3   | ROSADZIŃSKI SŁAWOMIR | 112 |                          | LESZNO   | POL | M 45-49 | 3       | 0   |             |              | 00:17:30 | 00:35:32 | 7:06   | 8.4  |
| 4   | SOBOLEWSKI JAROSŁAW  | 56  |                          | ZIELONKA | POL | M 45-49 | 4       | 0   |             |              | 00:18:32 | 00:37:34 | 7:30   | 8    |
| 5   | BRYL ZDZISŁAW        | 68  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG   | POL | M 45-49 | 5       | 0   |             |              | 00:19:00 | 00:39:01 | 7:48   | 7.7  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 50-54**

| POS | Name and surname      | No. | Club              | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|-----------------------|-----|-------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | LESINSKA MARZENNA     | 91  |                   | OLSZANY   | POL | K 50-54 | 1       | 0   |             |              | 00:17:39 | 00:35:14 | 7:02   | 8.5  |
| 2   | NIEWIŃSKA BEATA       | 109 |                   | GDAŃSK    | POL | K 50-54 | 2       | 0   |             |              | 00:18:44 | 00:37:43 | 7:32   | 8    |
| 3   | MAZUR KATARZYNA       | 129 | ŁEBA MORS POLAND  | ŁEBA      | POL | K 50-54 | 3       | 0   |             |              | 00:18:52 | 00:37:53 | 7:34   | 7.9  |
| 4   | MIELEWCZYK ALEKSANDRA | 76  | AUTONOGI          | RUMIA     | POL | K 50-54 | 4       | 0   |             |              | 00:20:48 | 00:42:25 | 8:29   | 7.1  |
| 5   | OGONOWSKA EDYTA       | 119 | KLUB NW PATYCZAKI | GRUDZIĄDZ | POL | K 50-54 | 5       | 0   |             |              | 00:21:12 | 00:43:07 | 8:37   | 7    |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 50-54**

| POS | Name and surname     | No. | Club                     | City   | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|----------------------|-----|--------------------------|--------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | WASIELEWSKI MIROSŁAW | 71  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG | POL | M 50-54 | 1       | 0   |             |              | 00:16:18 | 00:32:47 | 6:33   | 9.2  |
| 2   | KŁOPOTOWSKI RYSZARD  | 34  | LKS ZANTYR SZTUM         | SZTUM  | POL | M 50-54 | 2       | 0   |             |              | 00:19:57 | 00:40:47 | 8:09   | 7.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 55-59**

| POS | Name and surname             | No. | Club                     | City        | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|------------------------------|-----|--------------------------|-------------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | MARKOWSKA HALINA             | 65  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG      | POL | K 55-59 | 1       | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 2   | LESZCZY SZYN KRYSZYNA        | 63  |                          | SZCZECINEK  | POL | K 55-59 | 2       | 0   |             |              | 00:17:42 | 00:35:49 | 7:09   | 8.4  |
| 3   | WILKOŁEK-SZUDARSKA SATURNINA | 88  | DWA KIJE SŁUPSK          | SŁUPSK      | POL | K 55-59 | 3       | 0   |             |              | 00:17:49 | 00:36:33 | 7:18   | 8.2  |
| 4   | KOSIŃSKA MARIA               | 96  | MOSIR RYPIN              | RYPIN       | POL | K 55-59 | 4       | 0   |             |              | 00:19:08 | 00:38:35 | 7:43   | 7.8  |
| 5   | KOSIŃSKA-BUCIOR TERESA       | 131 | ŁEBA MORS POLAND         | ŁEBA        | POL | K 55-59 | 5       | 0   |             |              | 00:19:08 | 00:39:08 | 7:49   | 7.7  |
| 6   | STASIAK IWONA                | 116 |                          | SZCZECIN    | POL | K 55-59 | 6       | 0   |             |              | 00:19:55 | 00:39:57 | 7:59   | 7.5  |
| 7   | KRAWCZYKOWSKA BARBARA        | 29  | LKS ZANTYR SZTUM         | SZTUM       | POL | K 55-59 | 7       | 0   |             |              | 00:19:59 | 00:40:14 | 8:02   | 7.5  |
| 8   | NERC DOROTA                  | 105 |                          | GDYNIA      | POL | K 55-59 | 8       | 0   |             |              | 00:20:23 | 00:41:26 | 8:17   | 7.2  |
| 9   | IZDEBSKA GRAŻYNA             | 40  |                          | SŁAWNO      | POL | K 55-59 | 9       | 0   |             |              | 00:21:30 | 00:44:16 | 8:51   | 6.8  |
| 10  | DELIG DANUTA                 | 37  |                          | BYDGOSZCZ   | POL | K 55-59 | 10      | 0   |             |              | 00:21:25 | 00:44:27 | 8:53   | 6.7  |
| 11  | PLAZA BEATA                  | 143 |                          | BIESIEKIERZ | POL | K 55-59 | 11      | 0   |             |              | 00:26:07 | 00:52:38 | 10:31  | 5.7  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 55-59**

| POS | Name and surname    | No. | Club                     | City              | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|---------------------|-----|--------------------------|-------------------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | STANISŁAWSKI JAN    | 111 | AKTYWNI 50               | POZNAN            | POL | M 55-59 | 1       | 0   |             |              | 00:16:16 | 00:33:09 | 6:37   | 9    |
| 2   | LUBAWIŃSKI JERZY    | 57  | K.B.SPRINT ŚWIDWIN       | ŚWIDWIN           | POL | M 55-59 | 2       | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 3   | SZUDARSKI EDWARD    | 87  | DWA KIJE SŁUPSK          | SŁUPSK            | POL | M 55-59 | 3       | 0   |             |              | 00:16:46 | 00:34:15 | 6:51   | 8.8  |
| 4   | GOŁĘBIEWSKI ANDRZEJ | 120 | KLUB SZUWAREK            | NOWY DWÓR GDAŃSKI | POL | M 55-59 | 4       | 0   |             |              | 00:17:58 | 00:36:45 | 7:21   | 8.2  |
| 5   | UTRATA MIROSŁAW     | 72  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG            | POL | M 55-59 | 5       | 0   |             |              | 00:20:13 | 00:41:24 | 8:16   | 7.2  |
| 6   | BUCIOR WOJCIECH     | 132 | ŁEBA MORS POLAND         | ŁEBA              | POL | M 55-59 | 6       | 0   |             |              | 00:22:26 | 00:45:56 | 9:11   | 6.5  |
| 7   | ANTKOWIAK MARIAN    | 79  | KLUB NW PATYCZAKI        | GRUDZIĄDZ         | POL | M 55-59 | 7       | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 60-64**

| POS | Name and surname        | No. | Club                     | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|-------------------------|-----|--------------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | DANA KAZIMIERA          | 117 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL | K 60-64 | 1       | 0   |             |              | 00:18:44 | 00:37:31 | 7:30   | 8    |
| 2   | PILECKA-PRĄDZYŃSKA ANNA | 149 | CHODŻĘ Z KIJAMI          | GDYNIA    | POL | K 60-64 | 2       | 0   |             |              | 00:18:32 | 00:37:50 | 7:34   | 7.9  |
| 3   | OKROJ BARBARA           | 80  | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL | K 60-64 | 3       | 0   |             |              | 00:19:37 | 00:39:56 | 7:59   | 7.5  |
| 4   | PLUTA BOŻENA            | 113 | I GRUPA GDYŃSKA          | GDYNIA    | POL | K 60-64 | 4       | 0   |             |              | 00:20:41 | 00:42:21 | 8:28   | 7.1  |
| 5   | KAZIÓW KRYSZYNA         | 107 | DWA KIJE SŁUPSK          | SŁUPSK    | POL | K 60-64 | 5       | 0   |             |              | 00:20:56 | 00:42:31 | 8:30   | 7.1  |
| 6   | SZCZYPEK ELA            | 85  |                          | SŁUPSK    | POL | K 60-64 | 6       | 0   |             |              | 00:21:19 | 00:42:54 | 8:34   | 7    |
| 7   | JADANOWSKA HALINA       | 70  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL | K 60-64 | 7       | 0   |             |              | 00:21:13 | 00:43:09 | 8:37   | 7    |
| 8   | HIMMEL GRAŻYNA          | 75  | 88° TEAM                 | GDYNIA    | POL | K 60-64 | 8       | 0   |             |              | 00:22:24 | 00:45:02 | 9:00   | 6.7  |
| 9   | PODGÓRSKA MARIANNA      | 39  |                          | SŁAWNO    | POL | K 60-64 | 9       | 0   |             |              | 00:22:45 | 00:46:11 | 9:14   | 6.5  |
| 10  | WIADERSKA GRAŻYNA       | 61  |                          | ELBLĄG    | POL | K 60-64 | 10      | 0   |             |              | 00:23:49 | 00:47:44 | 9:32   | 6.3  |
| 11  | CZARNECKA ELŻBIETA      | 146 |                          | SŁUPSK    | POL | K 60-64 | 11      | 0   |             |              | 00:26:10 | 00:51:01 | 10:12  | 5.9  |
| 12  | GAWRYS ANNA             | 128 |                          | SŁAWNO    | POL | K 60-64 | 12      | 0   |             |              | 00:26:38 | 00:54:08 | 10:49  | 5.5  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 60-64**

| POS | Name and surname  | No. | Club                           | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|-------------------|-----|--------------------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | KLARKOWSKI BOGDAN | 73  | KS ELBLĄSKIE WŁÓCZY-KIJE       | ELBLĄG    | POL | M 60-64 | 1       | 0   |             |              | 00:16:23 | 00:33:04 | 6:36   | 9.1  |
| 2   | KAZIÓW RYSZARD    | 108 | DWA KIJE SŁUPSK                | SŁUPSK    | POL | M 60-64 | 2       | 0   |             |              | 00:16:47 | 00:33:58 | 6:47   | 8.8  |
| 3   | SWYSTUN SŁAWOMIR  | 150 | MORSY GDYŃSKIE CHODZEKIJAMI.PL | GDYNIA    | POL | M 60-64 | 3       | 0   |             |              | 00:17:19 | 00:35:20 | 7:04   | 8.5  |
| 4   | PODOLSKI MIROSLAW | 36  | LKS ZANTYR SZTUM               | SZTUM     | POL | M 60-64 | 4       | 0   |             |              | 00:17:59 | 00:36:22 | 7:16   | 8.2  |
| 5   | ZIELIŃSKI ANDRZEJ | 26  |                                | NACŁAW    | POL | M 60-64 | 5       | 0   |             |              | 00:18:31 | 00:38:35 | 7:43   | 7.8  |
| 6   | KĄCKOWSKI MAREK   | 142 | JEZIORKI - AKTYWNA WIEŚ        | KACZORY   | POL | M 60-64 | 6       | 0   |             |              | 00:22:09 | 00:43:40 | 8:44   | 6.9  |
| 7   | CICHOCKI WIESŁAW  | 121 | KLUB NW PATYCZAKI              | GRUDZIĄDZ | POL | M 60-64 | 7       | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 65-59**

| POS | Name and surname              | No. | Club                  | City   | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|-------------------------------|-----|-----------------------|--------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | MAĆZKA MARIA                  | 135 |                       | GDAŃSK | POL | K 65-59 | 1       | 0   |             |              | 00:19:15 | 00:38:59 | 7:47   | 7.7  |
| 2   | MAZERSKA MARIA                | 32  | LKS ZANTYR SZTUM      | SZTUM  | POL | K 65-59 | 2       | 0   |             |              | 00:21:04 | 00:41:50 | 8:22   | 7.2  |
| 3   | GRUSZKA BARBARA               | 33  | ZANTYR SZTUM          | SZTUM  | POL | K 65-59 | 3       | 0   |             |              | 00:21:44 | 00:43:26 | 8:41   | 6.9  |
| 4   | PANKIEWICZ-DMOWSKA<br>CECYLIA | 81  | WEJHEROWSKI KLUB N.W. | GOWINO | POL | K 65-59 | 4       | 0   |             |              | 00:21:42 | 00:43:27 | 8:41   | 6.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 65-69**

| POS | Name and surname   | No. | Club                     | City      | NAT | Cat.    | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|--------------------|-----|--------------------------|-----------|-----|---------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | DANA ANDRZEJ       | 118 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL | M 65-69 | 1       | 0   | 1           |              | 00:17:16 | 00:34:51 | 6:58   | 8.6  |
| 2   | TRACZ BOLESŁAW     | 97  |                          | SŁAWNO    | POL | M 65-69 | 2       | 0   | 1           |              | 00:17:16 | 00:34:52 | 6:58   | 8.6  |
| 3   | CHUDZIŃSKI ANDRZEJ | 67  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL | M 65-69 | 3       | 0   |             |              | 00:17:18 | 00:35:14 | 7:02   | 8.5  |
| 4   | KOŁPAK JAN         | 35  | LKS ZANTYR               | SZTUM     | POL | M 65-69 | 4       | 0   |             |              | 00:17:52 | 00:36:21 | 7:16   | 8.3  |
| 5   | WIADERSKI WOJCIECH | 62  |                          | ELBLĄG    | POL | M 65-69 | 5       | 0   |             |              | 00:20:12 | 00:40:23 | 8:04   | 7.4  |
| 6   | MOCZARSKI ADAM     | 110 | ŻABI KRUK                | SOPOT     | POL | M 65-69 | 6       | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |
| 7   | MAZERSKI RYSZARD   | 27  |                          | SZTUM     | POL | M 65-69 | 7       | 0   |             |              | 00:25:18 | 00:51:15 | 10:15  | 5.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 70+**

| POS | Name and surname | No. | Club                          | City     | NAT | Cat.  | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|-----|------------------|-----|-------------------------------|----------|-----|-------|---------|-----|-------------|--------------|----------|----------|--------|------|
| 1   | BONEK BRONISŁAW  | 51  | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN | POL | M 70+ | 1       | 0   |             |              | 00:19:18 | 00:38:44 | 7:44   | 7.7  |