

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM

Organizator: Olimpia Osowa
 Data: 2021-09-12
 Miejsce: Gdańsk
 Dystans: 5 km
 Klasyfikacja wg czasów netto.



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------------|-----|--------------------------------|---------------------|------|----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WITUCKI JACEK | 188 | KS IDMAR RACING TEAM | POZNAŃ | POL | M50-54 | 1 | M 1 | | | | 00:14:15 | 00:29:08.70 | 5:49 | 10.3 |
| 2 | MARCZAK TOMASZ | 141 | KS IDMAR RACING TEAM | ALEKSANDRIA I | POL | M18-29 | 1 | M 2 | | | | 00:15:04 | 00:30:49.50 | 6:09 | 9.7 |
| 3 | BRZOZOWSKI PIOTR | 77 | AKTYWNI POSTOMINO | SŁAWNO | POL | M30-39 | 1 | M 3 | | | | 00:15:07 | 00:31:17.75 | 6:15 | 9.6 |
| 4 | WOROCH ROMAN | 190 | KGHM METRACO RUDNA | DOPIEWO | POL | M60-64 | 1 | M 4 | | | | 00:15:33 | 00:31:36.50 | 6:19 | 9.5 |
| 5 | KRAJEWSKA HANNA | 126 | LUKI TEAM POLAND | PIŁA | POL | K18-29 | 1 | K 1 | | | | 00:15:29 | 00:31:50.70 | 6:22 | 9.4 |
| 6 | KNITTER MICHAŁ | 119 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 5 | | | | 00:15:47 | 00:32:02.30 | 6:24 | 9.4 |
| 7 | KOPCZEWSKI DARIUSZ | 121 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | M55-59 | 1 | M 6 | | 2 | | 00:15:55 | 00:32:06.90 | 6:25 | 9.3 |
| 8 | PARZYBUT JAN | 152 | POSTĘP PNIEWY TEAM | PNIEWY | POL | M55-59 | 2 | M 7 | | | 1 | 00:15:56 | 00:32:14.70 | 6:26 | 9.3 |
| 9 | GAJEWSKI EUGENIUSZ | 90 | KGHM METRACO RUDNA | GORZÓW WIELKOPOLSKI | POL | M60-64 | 2 | M 8 | | | | 00:15:52 | 00:32:21.50 | 6:28 | 9.3 |
| 10 | HELWICH STEFAN | 107 | KGHM METRACO RUDNA | WIELEŃ | POL | M65-69 | 1 | M 9 | | | | 00:15:53 | 00:32:22.20 | 6:28 | 9.3 |
| 11 | FRĄCKOWIAK ROMAN | 89 | EKSPEDYCJA NORDIC TEAMSZCZECIN | WIELEŃ | POL | M50-54 | 2 | M 10 | | | | 00:15:59 | 00:32:22.30 | 6:28 | 9.3 |
| 12 | TOPOREK RAFAŁ | 180 | POLIPACK TEAM GWE | PRZODKOWO | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 11 | | B | | 00:16:33 | 00:32:54.40 | 6:34 | 9.1 |
| 13 | PRZYBORKIEWICZ KRISS | 156 | PIERNIKI TORUŃ | TORUŃ | POL | M45-49 | 1 | M 12 | | | | 00:16:21 | 00:32:58.40 | 6:35 | 9.1 |
| 14 | ŚWISŁOCKI BOGDAN | 177 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M55-59 | 3 | M 13 | | 1 | | 00:16:17 | 00:33:01.55 | 6:36 | 9.1 |
| 15 | MAŚLANKA JACEK | 142 | | SŁUPSK | POL | M55-59 | 4 | M 14 | | | | 00:16:29 | 00:33:23.95 | 6:40 | 9 |
| 16 | KLAWCZYŃSKI MARCIN | 118 | AKTYWNI W PNIEWACH | PNIEWY | POL | M18-29 | 3 | M 15 | | | | 00:16:29 | 00:33:41.30 | 6:44 | 8.9 |
| 17 | OKRZESIK-FRĄCKOWIA K IZABELA | 146 | EKSPEDYCJA NORDIC TEAMSZCZECIN | WIELEŃ | POL | K50-54 | 1 | K 2 | | 1 | | 00:16:37 | 00:33:46.05 | 6:45 | 8.9 |
| 18 | SANIUK EDWARD | 162 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M70-74 | 1 | M 16 | | | | 00:16:49 | 00:33:49.05 | 6:45 | 8.9 |
| 19 | CZŁAPSKI KRZYSZTOF | 82 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M55-59 | 5 | M 17 | | | | 00:16:24 | 00:33:56.75 | 6:47 | 8.8 |
| 20 | MAŚLANKA IWONA | 143 | MARSZ PO ZDROWIE | ŚMIGIEL | POL | K50-54 | 2 | K 3 | | | | 00:16:48 | 00:33:57.75 | 6:47 | 8.8 |
| 21 | WOJTCZAK URSZULA | 189 | CZAPELKI | CZAPLINEK | POL | K40-44 | 1 | K 4 | | | | 00:16:55 | 00:34:02.00 | 6:48 | 8.8 |
| 22 | KUŚMIEREK MATEUSZ | 135 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 4 | M 18 | | 1 | | 00:16:39 | 00:34:03.20 | 6:48 | 8.8 |
| 23 | KRUGIOŁKA GRZEGORZ | 127 | AKTYWNI W PNIEWACH | PNIEWY | POL | M30-39 | 2 | M 19 | | | | 00:16:53 | 00:34:21.25 | 6:52 | 8.7 |
| 24 | GIERSZEWSKI ARKADIUSZ | 95 | | CHOJNICE | POL | M40-44 | 1 | M 20 | | | | 00:17:02 | 00:34:23.50 | 6:52 | 8.7 |
| 25 | KOWNACKI BARTŁOMIEJ | 125 | | LASOWICE WIELKIE | POL | M40-44 | 2 | M 21 | | 1 | | 00:17:00 | 00:34:36.70 | 6:55 | 8.7 |
| 26 | JÓZWIĄK MARIANNA | 109 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 5 | | | | 00:17:08 | 00:34:38.70 | 6:55 | 8.7 |
| 27 | GĄGÓŁ KRZYSZTOF | 92 | KGHM METRACO RUDNA | GŁOGÓW | POL | M40-44 | 3 | M 22 | | | | 00:17:00 | 00:34:49.90 | 6:57 | 8.6 |
| 28 | POKŁADOWSKA JOANNA | 154 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K45-49 | 2 | K 6 | | 1 | | 00:17:03 | 00:34:54.90 | 6:58 | 8.6 |
| 29 | WALCZAK RYSZARD | 183 | | ZIELONA GÓRA | POL | M70-74 | 2 | M 23 | | | | 00:17:16 | 00:35:16.15 | 7:03 | 8.5 |
| 30 | GODZIŃSKA DOROTA | 97 | BAŻANT NW ELBLĄG | MILEJEWÓ | POL | K40-44 | 2 | K 7 | | 1 | | 00:17:23 | 00:35:27.00 | 7:05 | 8.5 |
| 31 | SZYMAŃSKI STEFAN | 172 | SERCE NORDICA WŁOCŁAWEK | KIEŻLIŃ | POL | M70-74 | 3 | M 24 | | | | 00:17:29 | 00:35:34.95 | 7:06 | 8.4 |
| 32 | KASPRZAK TADEUSZ | 114 | BRAK | OSIEK | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 25 | | A | | 00:17:40 | 00:35:47.20 | 7:09 | 8.4 |
| 33 | PARCHEM JAROSŁAW | 212 | OLIMPIA OSOWA | GDAŃSK | POL | M45-49 | 2 | M 26 | | 2 | | 00:17:14 | 00:35:48.15 | 7:09 | 8.4 |
| 34 | RYCABEL BOGDAN | 161 | | LICZE | POL | M50-54 | 3 | M 27 | | | | 00:17:53 | 00:36:02.20 | 7:12 | 8.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------------|-----|------------------------------|-----------------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 35 | WITUCKA KAROLINA | 187 | | POZNAŃ | POL | K-DZIECI | 1 | K 8 | | 1 | | 00:18:11 | 00:36:14.90 | 7:14 | 8.3 |
| 36 | SZYBUT WERONIKA | 170 | POTĘGA NORDICA | POTĘGOWO | POL | K-DZIECI | 2 | K 9 | | | | 00:18:13 | 00:36:17.10 | 7:15 | 8.3 |
| 37 | GIBAS ASIA | 93 | BAŻANT NW ELBLĄG | ELBLĄG | POL | K40-44 | 3 | K 10 | | | | 00:17:46 | 00:36:23.40 | 7:16 | 8.2 |
| 38 | ZAWADZKI KRZYSZTOF | 194 | WETERAN | ZIELONA GORA | POL | M65-69 | 2 | M 28 | | | | 00:17:59 | 00:36:24.05 | 7:16 | 8.2 |
| 39 | TOMCZYK EDWARD | 179 | MARSZ PO ZDROWIE | POZNAŃ | POL | M70-74 | 4 | M 29 | | | | 00:17:45 | 00:36:34.00 | 7:18 | 8.2 |
| 40 | GUJDA JANUSZ | 104 | JAROSŁAWSKIE WŁÓCZYKIJE | PRZEWORSK | POL | M45-49 | 3 | M 30 | | | | 00:17:55 | 00:36:38.70 | 7:19 | 8.2 |
| 41 | STACHOWICZ MARCIN | 164 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M30-39 | 3 | M 31 | | | | 00:18:06 | 00:36:44.15 | 7:20 | 8.2 |
| 42 | GÓRAL ANDRZEJ | 100 | KGHM METRACO RUDNA | BYDGOSZCZ | POL | M-NIEPEŁNOSPRAWNI(A) | 2 | M 32 | | A | | 00:18:03 | 00:36:52.70 | 7:22 | 8.1 |
| 43 | PAWLAK SEBASTIAN | 209 | OLIMPIA OSOWA | GDAŃSK | POL | M45-49 | 4 | M 33 | | | | 00:18:19 | 00:36:55.60 | 7:23 | 8.1 |
| 44 | DAROSZEWSKA KRYSZYNA | 83 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K60-64 | 1 | K 11 | | | | 00:18:35 | 00:37:15.40 | 7:27 | 8.1 |
| 45 | GRYGOROWICZ BOGDAN | 102 | KGHM METRACO RUDNA | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 34 | | B | | 00:18:34 | 00:37:16.35 | 7:27 | 8.1 |
| 46 | GUTOWSKA MAGDALENA | 105 | PAUL TEAM | MALBORK | POL | K45-49 | 3 | K 12 | | | | 00:18:34 | 00:37:17.45 | 7:27 | 8 |
| 47 | BARTOSIEWICZ WŁODZIMIERZ | 73 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M65-69 | 3 | M 35 | | | | 00:18:32 | 00:37:30.10 | 7:30 | 8 |
| 48 | CIESIELSKI KRZYSZTOF | 79 | FAST WALKER | GNIEZNO | POL | M65-69 | 4 | M 36 | | | | 00:18:32 | 00:37:33.10 | 7:30 | 8 |
| 49 | WALCZAK GRZEGORZ | 184 | NORDIC WALKING KIEKRZ POLAND | SUCHY LAS | POL | M45-49 | 5 | M 37 | | | | 00:18:30 | 00:37:46.30 | 7:33 | 7.9 |
| 50 | KURZAWSKA JOLANTA | 132 | KGHM METRACO RUDNA | LUBIN | POL | K70-74 | 1 | K 13 | | | | 00:18:43 | 00:37:54.15 | 7:34 | 7.9 |
| 51 | FRANCZAK DARIUSZ | 88 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M55-59 | 6 | M 38 | | | | 00:18:52 | 00:37:54.30 | 7:34 | 7.9 |
| 52 | KĘPA ANDRZEJ | 116 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70-74 | 5 | M 39 | | | | 00:18:45 | 00:38:04.45 | 7:36 | 7.9 |
| 53 | GAŁKOWSKA ELŻBIETA | 91 | MARSZ PO ZDROWIE | TUCZNO | POL | K65-69 | 1 | K 14 | | | | 00:18:41 | 00:38:05.75 | 7:37 | 7.9 |
| 54 | GIBAS SŁAWEK | 94 | BAŻANT NW ELBLĄG | ELBLĄG | POL | M40-44 | 4 | M 40 | | 1 | | 00:18:58 | 00:38:06.20 | 7:37 | 7.9 |
| 55 | RUSINOWICZ ANDRZEJ | 160 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M75-79 | 1 | M 41 | | | | 00:19:05 | 00:38:19.80 | 7:39 | 7.8 |
| 56 | KUSIAK WŁODZIMIERZ | 133 | SERCE NORDICA WŁOCŁAWEK | GDAŃSK | POL | M70-74 | 6 | M 42 | | | | 00:18:54 | 00:38:21.55 | 7:40 | 7.8 |
| 57 | KĘDZIERSKA EDYTA | 115 | EKG TEAM | GDAŃSK | POL | K45-49 | 4 | K 15 | | | | 00:19:19 | 00:38:22.20 | 7:40 | 7.8 |
| 58 | PALUCH PAWEŁ | 150 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 7 | M 43 | | | | 00:18:53 | 00:38:28.30 | 7:41 | 7.8 |
| 59 | SAPUŁA WIKTORIA | 163 | | LUBLIN | POL | K18-29 | 2 | K 16 | | | | 00:19:01 | 00:38:33.70 | 7:42 | 7.8 |
| 60 | SZEREMENT KATARZYNA | 166 | | USTKA | POL | K40-44 | 4 | K 17 | | | | 00:19:12 | 00:38:36.20 | 7:43 | 7.8 |
| 61 | SZWAT MARTA | 168 | | PRUSZCZ GDAŃSKI | POL | K30-39 | 1 | K 18 | | | | 00:19:20 | 00:38:38.10 | 7:43 | 7.8 |
| 62 | MALKIEWICZ MAŁGORZATA | 139 | SERCE NORDICA WŁOCŁAWEK | WIERSZYNO | POL | K55-59 | 1 | K 19 | | | | 00:19:16 | 00:38:50.20 | 7:46 | 7.7 |
| 63 | GÓRSKA ILONA | 101 | | GDYNIA | POL | K45-49 | 5 | K 20 | | 1 | | 00:19:23 | 00:38:50.45 | 7:46 | 7.7 |
| 64 | ŚLUSARCZYK GRZEGORZ | 175 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | 6 | M 44 | | | | 00:19:02 | 00:38:56.05 | 7:47 | 7.7 |
| 65 | KIERSNOWSKI HENRYK | 117 | DZIADKOWY KLUB SPORTOWY | GDAŃSK | POL | M75-79 | 2 | M 45 | | | | 00:19:14 | 00:39:00.85 | 7:48 | 7.7 |
| 66 | WOROCH JOLANTA | 191 | KGHM METRACO RUDNA | DOPIEWO | POL | K55-59 | 2 | K 21 | | | | 00:19:18 | 00:39:14.15 | 7:50 | 7.6 |
| 67 | FORC MIKOŁAJ | 208 | OLIMPIA OSOWA | GDAŃSK | POL | M-DZIECI | 1 | M 46 | | | | 00:19:17 | 00:39:19.40 | 7:51 | 7.6 |
| 68 | OCHOCKA PATRYCJA | 206 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 5 | K 22 | | | | 00:19:36 | 00:39:22.10 | 7:52 | 7.6 |
| 69 | BRZEZIŃSKI JAN | 199 | OLIMPIA OSOWA | GDAŃSK | POL | M-DZIECI | 2 | M 47 | | | | 00:19:20 | 00:39:23.60 | 7:52 | 7.6 |
| 70 | NOWAK-MARKANICZ KATARZYNA | 207 | OLIMPIA OSOWA | GDAŃSK | POL | K50-54 | 3 | K 23 | | | | 00:19:42 | 00:39:29.00 | 7:53 | 7.6 |
| 71 | TOWARNICKA IZABELA | 181 | | DAMROKI, 19/5 | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 24 | | B | 1 | 00:19:40 | 00:39:36.10 | 7:55 | 7.6 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------------|-----|---|-----------------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 72 | KUŚMIEREK BEATA | 134 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K45-49 | 6 | K 25 | | | | 00:19:54 | 00:39:41.45 | 7:56 | 7.6 |
| 73 | GRYGOROWICZ TERESA | 103 | KGHM METRACO RUDNA | LUBIN | POL | K65-69 | 2 | K 26 | | | | 00:19:29 | 00:39:41.80 | 7:56 | 7.6 |
| 74 | SZAŁAJ ANNA | 165 | KGHM METRACO RUDNA | LUBIN | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 27 | | B | | 00:19:44 | 00:39:48.65 | 7:57 | 7.5 |
| 75 | MACKO MICHAŁ | 138 | WYCHODZĘ Z KIJAMI | MANOWO | POL | M-DZIECI | 3 | M 48 | | | | 00:19:22 | 00:39:50.10 | 7:58 | 7.5 |
| 76 | KASPEREK EDYTA | 113 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K40-44 | 6 | K 28 | | | | 00:19:46 | 00:39:50.65 | 7:58 | 7.5 |
| 77 | KAROLEWSKA KATARZYNA | 112 | PIERNIKI TORUŃ | TORUŃ | POL | K40-44 | 7 | K 29 | | | | 00:19:55 | 00:39:56.30 | 7:59 | 7.5 |
| 78 | PIĄTKOWSKI JÓZEF | 197 | KGHM METRACO RUDNA | POLKOWICE | POL | M75-79 | 3 | M 49 | | | | 00:19:53 | 00:39:56.80 | 7:59 | 7.5 |
| 79 | PIETRZYK ANNA | 153 | | KALISZ POMORSKI | POL | K-NIEPEŁNOSPRAWNI(A) | 1 | K 30 | | A | | 00:19:47 | 00:40:06.50 | 8:01 | 7.5 |
| 80 | GUTOWSKI PAWEŁ | 106 | PAUL TEAM | MALBORK | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 50 | | A | | 00:19:41 | 00:40:07.20 | 8:01 | 7.5 |
| 81 | SZPERLAK JUSTYNA | 167 | | GDAŃSK | POL | K30-39 | 2 | K 31 | | | 1 | 00:20:05 | 00:40:07.70 | 8:01 | 7.5 |
| 82 | LUBAŃSKA LEOKADIA | 136 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K-NIEPEŁNOSPRAWNI(A) | 2 | K 32 | | A | | 00:20:10 | 00:40:11.40 | 8:02 | 7.5 |
| 83 | ADAMOWICZ ANDRZEJ | 71 | | ŁÓDŹ | POL | M75-79 | 4 | M 51 | | | | 00:20:05 | 00:40:19.15 | 8:03 | 7.4 |
| 84 | SOROKA TERESA | 214 | NW PASŁĘK | PASŁĘK | POL | K60-64 | 2 | K 33 | | | | 00:19:57 | 00:40:23.00 | 8:04 | 7.4 |
| 85 | JASTRZĘBSKA-MACKO MARTA | 108 | WYCHODZĘ Z KIJAMI | MANOWO | POL | K30-39 | 3 | K 34 | | | | 00:20:02 | 00:40:30.75 | 8:06 | 7.4 |
| 86 | TURZYŃSKA-STOPA MARIA | 182 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K65-69 | 3 | K 35 | | | | 00:20:10 | 00:40:33.00 | 8:06 | 7.4 |
| 87 | BIEGAJŁO PIOTR | 74 | ZDROWOPIJ | PABIANICE | POL | M50-54 | 4 | M 52 | | | | 00:20:10 | 00:40:37.15 | 8:07 | 7.4 |
| 88 | KNITTER ZOFIA | 120 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K-DZIECI | 3 | K 36 | | | | 00:19:33 | 00:40:43.20 | 8:08 | 7.4 |
| 89 | WYPYCH ANETA | 193 | NW CZŁAPSKI TEAM | ŁOMIANKI | POL | K45-49 | 7 | K 37 | | | | 00:20:25 | 00:40:46.45 | 8:09 | 7.4 |
| 90 | KUBICA ALICJA | 129 | | GDAŃSK | POL | K65-69 | 4 | K 38 | | | | 00:20:08 | 00:40:50.10 | 8:10 | 7.3 |
| 91 | ŚLUSARCZYK KAROLINA | 174 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K-JUN. | 1 | K 39 | | | | 00:20:04 | 00:40:53.70 | 8:10 | 7.3 |
| 92 | WIŚNIEWSKA RENATA | 186 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K60-64 | 3 | K 40 | | | | 00:20:03 | 00:40:58.55 | 8:11 | 7.3 |
| 93 | JÓŹWIAK ŁUKASZ | 111 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 53 | | B | | 00:20:40 | 00:41:00.00 | 8:12 | 7.3 |
| 94 | KLECZKOWSKA ANNA | 201 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 8 | K 41 | | | | 00:20:21 | 00:41:00.90 | 8:12 | 7.3 |
| 95 | BALCERAK GRAŻYNA | 218 | OLIMPIA GDAŃSK | CHWASZCZYNO | POL | K50-54 | 4 | K 42 | | | | 00:20:53 | 00:41:01.10 | 8:12 | 7.3 |
| 96 | KOSTRZEWA ELA | 124 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K50-54 | 5 | K 43 | | | | 00:20:34 | 00:41:04.10 | 8:12 | 7.3 |
| 97 | BIEGAJŁO MAŁGORZATA | 75 | | PABIANICE | POL | K50-54 | 6 | K 44 | | | | 00:20:29 | 00:41:04.25 | 8:12 | 7.3 |
| 98 | ANGIELCZYK MAŁGORZATA | 72 | MARSZ PO ZDROWIE | POZNAŃ | POL | K70-74 | 2 | K 45 | | | | 00:20:17 | 00:41:06.40 | 8:13 | 7.3 |
| 99 | GONIA KRZYSZTOF | 98 | TO MY! | BANINO | POL | M55-59 | 8 | M 54 | | | | 00:20:07 | 00:41:11.75 | 8:14 | 7.3 |
| 100 | KOSTRZEWA MACIEK | 27 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-54 | 5 | M 55 | | | | 00:20:20 | 00:41:21.85 | 8:16 | 7.3 |
| 101 | RUDNIK NATALIA | 159 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 3 | K 46 | | | | 00:20:34 | 00:41:22.05 | 8:16 | 7.3 |
| 102 | CZAJA WIESŁAW | 80 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | M55-59 | 9 | M 56 | | | | 00:20:41 | 00:41:27.30 | 8:17 | 7.2 |
| 103 | PLUTO-PRĄDZYŃSKA KLAUDIA | 66 | | JEZIERZE | POL | K-NIEPEŁNOSPRAWNI(B) | 3 | K 47 | | B | | 00:20:35 | 00:41:31.90 | 8:18 | 7.2 |
| 104 | SZYMAŃSKA LUCYNA | 171 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH | KIEŻLINY | POL | K70-74 | 3 | K 48 | | | 1 | 00:20:21 | 00:41:40.60 | 8:20 | 7.2 |
| 105 | GÓRA BEATA | 99 | WŁÓCZYKIJE GDYNIA | GDAŃSK | POL | K50-54 | 7 | K 49 | | | | 00:20:49 | 00:41:40.70 | 8:20 | 7.2 |
| 106 | KURCZ BARBARA | 131 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K50-54 | 8 | K 50 | | | | 00:20:46 | 00:41:47.10 | 8:21 | 7.2 |
| 107 | TKACZYK MARZENA | 178 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K50-54 | 9 | K 51 | | | | 00:21:11 | 00:42:11.05 | 8:26 | 7.1 |
| 108 | KALSKI EUGENIUSZ | 198 | | OSOWA | POL | M70-74 | 7 | M 57 | | | | 00:20:55 | 00:42:13.25 | 8:26 | 7.1 |
| 109 | RAMPczyk BEATA | 213 | EKG EDYTA | GDAŃSK | POL | K40-44 | 9 | K 52 | | | | 00:20:59 | 00:42:33.05 | 8:30 | 7.1 |
| 110 | ZIELIŃSKI JACEK | 195 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | M65-69 | 5 | M 58 | | | | 00:21:19 | 00:42:50.65 | 8:34 | 7 |
| 111 | REHLIS ALEKSANDER | 211 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | M30-39 | 4 | M 59 | | | | 00:21:22 | 00:42:54.65 | 8:34 | 7 |
| 112 | WIŚNIEWSKA-SZYTEN HELM IWONA | 202 | OLIMPIA OSOWA | GDAŃSK | POL | K45-49 | 8 | K 53 | | | | 00:21:45 | 00:43:12.30 | 8:38 | 6.9 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------------------|-----|---------------------------------|-----------|------|--------------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 113 | ZAWALICH MAGDALENA | 204 | OLIMPIA OSOWA | GDAŃSK | POL | K30-39 | 4 | K 54 | | | | 00:21:19 | 00:43:15.05 | 8:39 | 6.9 |
| 114 | NERC DOROTA | 145 | | RUMIA | POL | K60-64 | 4 | K 55 | | | | 00:21:30 | 00:43:25.40 | 8:41 | 6.9 |
| 115 | LUBAŃSKI TOMASZ | 137 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M60-64 | 3 | M 60 | | | | 00:21:53 | 00:43:31.55 | 8:42 | 6.9 |
| 116 | WORONKO-ZACZYŃSK A JANINA | 192 | KGHM METRACO RUDNA | LUBIN | POL | K75-79 | 1 | K 56 | | | | 00:21:45 | 00:43:38.25 | 8:43 | 6.9 |
| 117 | REMIZOWICZ-ŚWIGOS T OLGA | 203 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 10 | K 57 | | | | 00:22:02 | 00:44:02.95 | 8:48 | 6.8 |
| 118 | PANKIEWICZ-DMOWSK A CECYLIA | 151 | | GOWINO | POL | K70-74 | 4 | K 58 | | | | 00:21:57 | 00:44:03.65 | 8:48 | 6.8 |
| 119 | FORMALEWICZ KATARZYNA | 87 | WYCHODZĘ Z KIJAMI | PARSOWO | POL | K50-54 | 10 | K 59 | | 1 | | 00:22:20 | 00:44:11.30 | 8:50 | 6.8 |
| 120 | DZIEMIANCZUK KAMILA | 86 | BUENAS | GDANSK | POL | K30-39 | 5 | K 60 | | | | 00:21:34 | 00:44:21.70 | 8:52 | 6.8 |
| 121 | GONIA KATARZYNA | 215 | EKG EDYTA KĘDZIERSKA | BAWINO | POL | K55-59 | 3 | K 61 | | | | 00:22:39 | 00:44:22.30 | 8:52 | 6.8 |
| 122 | LUBIENIECKA BEATA | 219 | OLIMPIA OSOWA | GDAŃSK | POL | K30-39 | 6 | K 62 | | | | 00:22:11 | 00:44:44.85 | 8:56 | 6.7 |
| 123 | PRACKA KATARZYNA | 155 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K50-54 | 11 | K 63 | | | | 00:22:15 | 00:44:49.30 | 8:57 | 6.7 |
| 124 | PRZYBORKIEWICZ GOSIA | 157 | PIERNIKI TORUŃ | TORUŃ | POL | K-NIEPEŁNOSPRAWNI(A) | 3 | K 64 | | A | | 00:23:04 | 00:45:12.35 | 9:02 | 6.6 |
| 125 | GARGANISZ EWA | 200 | OLIMPIA OSOWA | SOPOT | POL | K55-59 | 4 | K 65 | | | | 00:22:43 | 00:45:17.35 | 9:03 | 6.6 |
| 126 | PRZYBYLSKA ALEKSANDRA | 158 | ELITE TEAM | GDYNIA | POL | K-NIEPEŁNOSPRAWNI(B) | 4 | K 66 | | B | | 00:22:06 | 00:45:18.10 | 9:03 | 6.6 |
| 127 | DĘBOWSKA EWELINA | 205 | | GDAŃSK | POL | K40-44 | 11 | K 67 | | | | 00:22:17 | 00:45:19.05 | 9:03 | 6.6 |
| 128 | BRYŁOWSKA GRAŻYNA | 76 | | GDAŃSK | POL | K40-44 | 12 | K 68 | | | | 00:23:07 | 00:46:18.10 | 9:15 | 6.5 |
| 129 | OWCZAREK HENRYKA | 147 | MARSZ PO ZDROWIE | POZNAŃ | POL | K75-79 | 2 | K 69 | | | | 00:23:10 | 00:46:38.95 | 9:19 | 6.4 |
| 130 | PAJĘCKI ADAM | 149 | PARAKULOS KOWAL | KOWAL | POL | M-NIEPEŁNOSPRAWNI(B) | 4 | M 61 | | B | | 00:23:56 | 00:47:15.35 | 9:27 | 6.3 |
| 131 | WALCZAK HENRYK | 185 | NORDIC WALKING KIEKRZ POLAND | POZNAŃ | POL | M80+ | 1 | M 62 | | | | 00:23:23 | 00:47:26.20 | 9:29 | 6.3 |
| 132 | ŚLUSARCZYK DANUTA | 173 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K65-69 | 5 | K 70 | | | | 00:23:44 | 00:47:35.80 | 9:31 | 6.3 |
| 133 | ŚWIŚŁOCKA EWA | 210 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | K55-59 | 5 | K 71 | | | | 00:24:13 | 00:47:48.90 | 9:33 | 6.3 |
| 134 | SZYBUT ROMA | 169 | POTĘGA NORDICA | POTĘGOWO | POL | K30-39 | 7 | K 72 | | | | 00:23:46 | 00:48:00.35 | 9:36 | 6.3 |
| 135 | KULCZYCKI JAN | 130 | SERCE NORDICA WŁOCŁAWEK | GDAŃSK | POL | M70-74 | 8 | M 63 | | | | 00:23:58 | 00:48:06.30 | 9:37 | 6.2 |
| 136 | ŻUKOWSKA ALA | 196 | | GDAŃSK | POL | K40-44 | 13 | K 73 | | | | 00:23:58 | 00:48:42.10 | 9:44 | 6.2 |
| 137 | ŚLUSARCZYK BŁAŻEJ | 176 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M-DZIECI | 4 | M 64 | | | | 00:24:43 | 00:50:01.90 | 10:00 | 6 |
| 138 | JÓŹWIĄK DOMINIK | 110 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 5 | M 65 | | | | 00:24:56 | 00:50:48.20 | 10:09 | 5.9 |
| 139 | KORZEC ANNA | 122 | | LICZE | POL | K45-49 | 9 | K 74 | | | | 00:25:39 | 00:51:20.55 | 10:16 | 5.8 |
| 140 | GONIA KAROL | 216 | EKG EDYTA KĘDZIERSKA | GDAŃSK | POL | M18-29 | 6 | M 66 | | | | 00:26:43 | 00:54:05.30 | 10:49 | 5.5 |
| 141 | PRUSS-CZAJA BOŻENA | 217 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K55-59 | 6 | K 75 | | | | 00:26:57 | 00:55:13.00 | 11:02 | 5.4 |
| 142 | GILEWICZ KATARZYNA | 96 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K45-49 | 10 | K 76 | | | | 00:26:57 | 00:55:13.95 | 11:02 | 5.4 |
| 143 | CZAPP IWONA | 81 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K45-49 | 11 | K 77 | | | | 00:26:58 | 00:55:14.10 | 11:02 | 5.4 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------------------|-----|-----------------------------------|-----------|------|--------|--------|-----|----|-------------|--------------|----------|-------------|--------|------|
| 1 | KRAJEWSKA HANNA | 126 | LUKI TEAM POLAND | PIŁA | POL | K18-29 | 1 | K 1 | | | | 00:15:29 | 00:31:50.70 | 6:22 | 9.4 |
| 2 | OKRZESIK-FRĄCKOWIA K IZABELA | 146 | EKSPEDYCJA NORDIC TEAMSZCZECIN | WIELEN | POL | K50-54 | 1 | K 2 | | 1 | | 00:16:37 | 00:33:46.05 | 6:45 | 8.9 |
| 3 | MAŚLANKA IWONA | 143 | MARSZ PO ZDROWIE | ŚMIGIEL | POL | K50-54 | 2 | K 3 | | | | 00:16:48 | 00:33:57.75 | 6:47 | 8.8 |
| 4 | WOJTCZAK URSZULA | 189 | CZAPELKI | CZAPLINEK | POL | K40-44 | 1 | K 4 | | | | 00:16:55 | 00:34:02.00 | 6:48 | 8.8 |
| 5 | JÓŹWIĄK MARIANNA | 109 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 5 | | | | 00:17:08 | 00:34:38.70 | 6:55 | 8.7 |
| 6 | POKŁADOWSKA JOANNA | 154 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K45-49 | 2 | K 6 | | 1 | | 00:17:03 | 00:34:54.90 | 6:58 | 8.6 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, Kobiety c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------------|-----|-------------------------|-----------------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 7 | GODZIŃSKA DOROTA | 97 | BAŻANT NW ELBLĄG | MILEJEWÓ | POL | K40-44 | 2 | K 7 | | 1 | | 00:17:23 | 00:35:27.00 | 7:05 | 8.5 |
| 8 | WITUCKA KAROLINA | 187 | | POZNAŃ | POL | K-DZIECI | 1 | K 8 | | 1 | | 00:18:11 | 00:36:14.90 | 7:14 | 8.3 |
| 9 | SZYBUT WERONIKA | 170 | POTĘGA NORDICA | POTĘGOWO | POL | K-DZIECI | 2 | K 9 | | | | 00:18:13 | 00:36:17.10 | 7:15 | 8.3 |
| 10 | GIBAS ASIA | 93 | BAŻANT NW ELBLĄG | ELBLĄG | POL | K40-44 | 3 | K 10 | | | | 00:17:46 | 00:36:23.40 | 7:16 | 8.2 |
| 11 | DAROSZEWSKA KRYSZYNA | 83 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K60-64 | 1 | K 11 | | | | 00:18:35 | 00:37:15.40 | 7:27 | 8.1 |
| 12 | GUTOWSKA MAGDALENA | 105 | PAUL TEAM | MALBORK | POL | K45-49 | 3 | K 12 | | | | 00:18:34 | 00:37:17.45 | 7:27 | 8 |
| 13 | KURZAWSKA JOLANTA | 132 | KGHM METRACO RUDNA | LUBIN | POL | K70-74 | 1 | K 13 | | | | 00:18:43 | 00:37:54.15 | 7:34 | 7.9 |
| 14 | GAŁKOWSKA ELŻBIETA | 91 | MARSZ PO ZDROWIE | TUCZNO | POL | K65-69 | 1 | K 14 | | | | 00:18:41 | 00:38:05.75 | 7:37 | 7.9 |
| 15 | KĘDZIERSKA EDYTA | 115 | EKG TEAM | GDAŃSK | POL | K45-49 | 4 | K 15 | | | | 00:19:19 | 00:38:22.20 | 7:40 | 7.8 |
| 16 | SAPUŁA WIKTORIA | 163 | | LUBLIN | POL | K18-29 | 2 | K 16 | | | | 00:19:01 | 00:38:33.70 | 7:42 | 7.8 |
| 17 | SZEREMENT KATARZYNA | 166 | | USTKA | POL | K40-44 | 4 | K 17 | | | | 00:19:12 | 00:38:36.20 | 7:43 | 7.8 |
| 18 | SZWAT MARTA | 168 | | PRUSZCZ GDAŃSKI | POL | K30-39 | 1 | K 18 | | | | 00:19:20 | 00:38:38.10 | 7:43 | 7.8 |
| 19 | MALKIEWICZ MAŁGORZATA | 139 | SERCE NORDICA WŁOCŁAWEK | WIERSZYNO | POL | K55-59 | 1 | K 19 | | | | 00:19:16 | 00:38:50.20 | 7:46 | 7.7 |
| 20 | GÓRSKA ILONA | 101 | | GDYNIA | POL | K45-49 | 5 | K 20 | | 1 | | 00:19:23 | 00:38:50.45 | 7:46 | 7.7 |
| 21 | WOROCH JOLANTA | 191 | KGHM METRACO RUDNA | DOPIEWO | POL | K55-59 | 2 | K 21 | | | | 00:19:18 | 00:39:14.15 | 7:50 | 7.6 |
| 22 | OCHOCKA PATRYCJA | 206 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 5 | K 22 | | | | 00:19:36 | 00:39:22.10 | 7:52 | 7.6 |
| 23 | NOWAK-MARKANICZ KATARZYNA | 207 | OLIMPIA OSOWA | GDAŃSK | POL | K50-54 | 3 | K 23 | | | | 00:19:42 | 00:39:29.00 | 7:53 | 7.6 |
| 24 | TOWARNICKA IZABELA | 181 | | DAMROKI, 19/5 | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 24 | | B | 1 | 00:19:40 | 00:39:36.10 | 7:55 | 7.6 |
| 25 | KUŚMIEREK BEATA | 134 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K45-49 | 6 | K 25 | | | | 00:19:54 | 00:39:41.45 | 7:56 | 7.6 |
| 26 | GRYGOROWICZ TERESA | 103 | KGHM METRACO RUDNA | LUBIN | POL | K65-69 | 2 | K 26 | | | | 00:19:29 | 00:39:41.80 | 7:56 | 7.6 |
| 27 | SZAŁAJ ANNA | 165 | KGHM METRACO RUDNA | LUBIN | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 27 | | B | | 00:19:44 | 00:39:48.65 | 7:57 | 7.5 |
| 28 | KASPEREK EDYTA | 113 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K40-44 | 6 | K 28 | | | | 00:19:46 | 00:39:50.65 | 7:58 | 7.5 |
| 29 | KAROLEWSKA KATARZYNA | 112 | PIERNIKI TORUŃ | TORUŃ | POL | K40-44 | 7 | K 29 | | | | 00:19:55 | 00:39:56.30 | 7:59 | 7.5 |
| 30 | PIETRZYK ANNA | 153 | | KALISZ POMORSKI | POL | K-NIEPEŁNOSPRAWNI(A) | 1 | K 30 | | A | | 00:19:47 | 00:40:06.50 | 8:01 | 7.5 |
| 31 | SZPERLAK JUSTYNA | 167 | | GDAŃSK | POL | K30-39 | 2 | K 31 | | 1 | | 00:20:05 | 00:40:07.70 | 8:01 | 7.5 |
| 32 | LUBAŃSKA LEOKADIA | 136 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K-NIEPEŁNOSPRAWNI(A) | 2 | K 32 | | A | | 00:20:10 | 00:40:11.40 | 8:02 | 7.5 |
| 33 | SOROKA TERESA | 214 | NW PASŁĘK | PASŁĘK | POL | K60-64 | 2 | K 33 | | | | 00:19:57 | 00:40:23.00 | 8:04 | 7.4 |
| 34 | JASTRZĘBSKA-MACKO MARTA | 108 | WYCHODZĘ Z KIJAMI | MANOWO | POL | K30-39 | 3 | K 34 | | | | 00:20:02 | 00:40:30.75 | 8:06 | 7.4 |
| 35 | TURZYŃSKA-STOPA MARIA | 182 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K65-69 | 3 | K 35 | | | | 00:20:10 | 00:40:33.00 | 8:06 | 7.4 |
| 36 | KNITTER ZOFIA | 120 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K-DZIECI | 3 | K 36 | | | | 00:19:33 | 00:40:43.20 | 8:08 | 7.4 |
| 37 | WYPYCH ANETA | 193 | NW CZŁAPSKI TEAM | ŁOMIANKI | POL | K45-49 | 7 | K 37 | | | | 00:20:25 | 00:40:46.45 | 8:09 | 7.4 |
| 38 | KUBICA ALICJA | 129 | | GDAŃSK | POL | K65-69 | 4 | K 38 | | | | 00:20:08 | 00:40:50.10 | 8:10 | 7.3 |
| 39 | ŚLUSARCZYK KAROLINA | 174 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K-JUN. | 1 | K 39 | | | | 00:20:04 | 00:40:53.70 | 8:10 | 7.3 |
| 40 | WIŚNIEWSKA RENATA | 286 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K60-64 | 3 | K 40 | | | | 00:20:03 | 00:40:58.55 | 8:11 | 7.3 |
| 41 | KLECZKOWSKA ANNA | 201 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 8 | K 41 | | | | 00:20:21 | 00:41:00.90 | 8:12 | 7.3 |
| 42 | BALCERAK GRAŻYNA | 218 | OLIMPIA GDAŃSK | CHWASZCZYNO | POL | K50-54 | 4 | K 42 | | | | 00:20:53 | 00:41:01.10 | 8:12 | 7.3 |
| 43 | KOSTRZEWA ELA | 124 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K50-54 | 5 | K 43 | | | | 00:20:34 | 00:41:04.10 | 8:12 | 7.3 |
| 44 | BIEGAJŁO MAŁGORZATA | 75 | | PABIANICE | POL | K50-54 | 6 | K 44 | | | | 00:20:29 | 00:41:04.25 | 8:12 | 7.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, Kobiety c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------------|-----|---|-----------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 45 | ANGIELCZYK MAŁGORZATA | 72 | MARSZ PO ZDROWIE | POZNAŃ | POL | K70-74 | 2 | K 45 | | | | 00:20:17 | 00:41:06.40 | 8:13 | 7.3 |
| 46 | RUDNIK NATALIA | 159 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 3 | K 46 | | | | 00:20:34 | 00:41:22.05 | 8:16 | 7.3 |
| 47 | PLUTO-PRĄDZYŃSKA KLAUDIA | 66 | JEZIERZE | JEZIERZE | POL | K-NIEPEŁNOSPRAWNI(B) | 3 | K 47 | B | | | 00:20:35 | 00:41:31.90 | 8:18 | 7.2 |
| 48 | SZYMAŃSKA LUCYNA | 171 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH | KIEŻLIŃNY | POL | K70-74 | 3 | K 48 | | 1 | | 00:20:21 | 00:41:40.60 | 8:20 | 7.2 |
| 49 | GÓRA BEATA | 99 | WŁÓCZYKIJE GDYNIA | GDAŃSK | POL | K50-54 | 7 | K 49 | | | | 00:20:49 | 00:41:40.70 | 8:20 | 7.2 |
| 50 | KURCZ BARBARA | 131 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K50-54 | 8 | K 50 | | | | 00:20:46 | 00:41:47.10 | 8:21 | 7.2 |
| 51 | TKACZYK MARZENA | 178 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K50-54 | 9 | K 51 | | | | 00:21:11 | 00:42:11.05 | 8:26 | 7.1 |
| 52 | RAMPczyk BEATA | 213 | EKG EDYTA | GDAŃSK | POL | K40-44 | 9 | K 52 | | | | 00:20:59 | 00:42:33.05 | 8:30 | 7.1 |
| 53 | WIŚNIEWSKA-SZYTEN HELM IWONA | 202 | OLIMPIA OSOWA | GDAŃSK | POL | K45-49 | 8 | K 53 | | | | 00:21:45 | 00:43:12.30 | 8:38 | 6.9 |
| 54 | ZAWALICH MAGDALENA | 204 | OLIMPIA OSOWA | GDAŃSK | POL | K30-39 | 4 | K 54 | | | | 00:21:19 | 00:43:15.05 | 8:39 | 6.9 |
| 55 | NERC DOROTA | 145 | | RUMIA | POL | K60-64 | 4 | K 55 | | | | 00:21:30 | 00:43:25.40 | 8:41 | 6.9 |
| 56 | WORONKO-ZACZYŃSKA JANINA | 192 | KGHM METRACO RUDNA | LUBIN | POL | K75-79 | 1 | K 56 | | | | 00:21:45 | 00:43:38.25 | 8:43 | 6.9 |
| 57 | REMIZOWICZ-ŚWIGOS T OLGA | 203 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 10 | K 57 | | | | 00:22:02 | 00:44:02.95 | 8:48 | 6.8 |
| 58 | PANKIEWICZ-DMOWSKA CECYLIA | 151 | | GOWINO | POL | K70-74 | 4 | K 58 | | | | 00:21:57 | 00:44:03.65 | 8:48 | 6.8 |
| 59 | FORMALEWICZ KATARZYNA | 87 | WYCHODZĘ Z KIJAMI | PARSOWO | POL | K50-54 | 10 | K 59 | | 1 | | 00:22:20 | 00:44:11.30 | 8:50 | 6.8 |
| 60 | DZIEMIANCZUK KAMILA | 86 | BUENAS | GDANSK | POL | K30-39 | 5 | K 60 | | | | 00:21:34 | 00:44:21.70 | 8:52 | 6.8 |
| 61 | GONIA KATARZYNA | 215 | EKG EDYTA KĘDZIERSKA | BAWINO | POL | K55-59 | 3 | K 61 | | | | 00:22:39 | 00:44:22.30 | 8:52 | 6.8 |
| 62 | LUBIENIECKA BEATA | 219 | OLIMPIA OSOWA | GDAŃSK | POL | K30-39 | 6 | K 62 | | | | 00:22:11 | 00:44:44.85 | 8:56 | 6.7 |
| 63 | PRACKA KATARZYNA | 155 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K50-54 | 11 | K 63 | | | | 00:22:15 | 00:44:49.30 | 8:57 | 6.7 |
| 64 | PRZYBORKIEWICZ GOSIA | 157 | PIERNIKI TORUŃ | TORUŃ | POL | K-NIEPEŁNOSPRAWNI(A) | 3 | K 64 | A | | | 00:23:04 | 00:45:12.35 | 9:02 | 6.6 |
| 65 | GARGANISZ EWA | 200 | OLIMPIA OSOWA | SOPOT | POL | K55-59 | 4 | K 65 | | | | 00:22:43 | 00:45:17.35 | 9:03 | 6.6 |
| 66 | PRZYBYLSKA ALEKSANDRA | 158 | ELITE TEAM | GDYNIA | POL | K-NIEPEŁNOSPRAWNI(B) | 4 | K 66 | B | | | 00:22:06 | 00:45:18.10 | 9:03 | 6.6 |
| 67 | DĘBOWSKA EWELINA | 205 | | GDAŃSK | POL | K40-44 | 11 | K 67 | | | | 00:22:17 | 00:45:19.05 | 9:03 | 6.6 |
| 68 | BRYLOWSKA GRAŻYNA | 76 | | GDAŃSK | POL | K40-44 | 12 | K 68 | | | | 00:23:07 | 00:46:18.10 | 9:15 | 6.5 |
| 69 | OWCZAREK HENRYKA | 147 | MARSZ PO ZDROWIE | POZNAŃ | POL | K75-79 | 2 | K 69 | | | | 00:23:10 | 00:46:38.95 | 9:19 | 6.4 |
| 70 | ŚLUSARCZYK DANUTA | 173 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K65-69 | 5 | K 70 | | | | 00:23:44 | 00:47:35.80 | 9:31 | 6.3 |
| 71 | ŚWISŁOCKA EWA | 210 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | K55-59 | 5 | K 71 | | | | 00:24:13 | 00:47:48.90 | 9:33 | 6.3 |
| 72 | SZYBUT ROMA | 169 | POTĘGA NORDICA | POTĘGOWO | POL | K30-39 | 7 | K 72 | | | | 00:23:46 | 00:48:00.35 | 9:36 | 6.3 |
| 73 | ŻUKOWSKA ALA | 196 | | GDAŃSK | POL | K40-44 | 13 | K 73 | | | | 00:23:58 | 00:48:42.10 | 9:44 | 6.2 |
| 74 | KORZEC ANNA | 122 | | LICZE | POL | K45-49 | 9 | K 74 | | | | 00:25:39 | 00:51:20.55 | 10:16 | 5.8 |
| 75 | PRUSS-CZAJA BOŻENA | 217 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K55-59 | 6 | K 75 | | | | 00:26:57 | 00:55:13.00 | 11:02 | 5.4 |
| 76 | GILEWICZ KATARZYNA | 96 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K45-49 | 10 | K 76 | | | | 00:26:57 | 00:55:13.95 | 11:02 | 5.4 |
| 77 | CZAPP IWONA | 81 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K45-49 | 11 | K 77 | | | | 00:26:58 | 00:55:14.10 | 11:02 | 5.4 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|----------------------|---------------|------|--------|--------|-----|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WITUCKI JACEK | 188 | KS IDMAR RACING TEAM | POZNAŃ | POL | M50-54 | 1 | M 1 | | | | 00:14:15 | 00:29:08.70 | 5:49 | 10.3 |
| 2 | MARCZAK TOMASZ | 141 | KS IDMAR RACING TEAM | ALEKSANDRIA I | POL | M18-29 | 1 | M 2 | | | | 00:15:04 | 00:30:49.50 | 6:09 | 9.7 |
| 3 | BRZOZOWSKI PIOTR | 77 | AKTYWNI POSTOMINO | SŁAWNO | POL | M30-39 | 1 | M 3 | | | | 00:15:07 | 00:31:17.75 | 6:15 | 9.6 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------------|-----|--------------------------------|---------------------|------|----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 4 | WOROCZ ROMAN | 190 | KGHM METRACO RUDNA | DOPIEWO | POL | M60-64 | 1 | M 4 | | | | 00:15:33 | 00:31:36.50 | 6:19 | 9.5 |
| 5 | KNITTER MICHAŁ | 119 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 5 | | | | 00:15:47 | 00:32:02.30 | 6:24 | 9.4 |
| 6 | KOPCZEWSKI DARIUSZ | 121 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | M55-59 | 1 | M 6 | | 2 | | 00:15:55 | 00:32:06.90 | 6:25 | 9.3 |
| 7 | PARZYBUT JAN | 152 | POSTĘP PNIEWY TEAM | PNIEWY | POL | M55-59 | 2 | M 7 | | | 1 | 00:15:56 | 00:32:14.70 | 6:26 | 9.3 |
| 8 | GAJEWSKI EUGENIUSZ | 90 | KGHM METRACO RUDNA | GORZÓW WIELKOPOLSKI | POL | M60-64 | 2 | M 8 | | | | 00:15:52 | 00:32:21.50 | 6:28 | 9.3 |
| 9 | HELWICH STEFAN | 107 | KGHM METRACO RUDNA | WIELEN | POL | M65-69 | 1 | M 9 | | | | 00:15:53 | 00:32:22.20 | 6:28 | 9.3 |
| 10 | FRĄCKOWIAK ROMAN | 89 | EKSPEDYCJA NORDIC TEAMSZCZECIN | WIELEN | POL | M50-54 | 2 | M 10 | | | | 00:15:59 | 00:32:22.30 | 6:28 | 9.3 |
| 11 | TOPOREK RAFAŁ | 180 | POLIPACK TEAM GWE | PRZODKOWO | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 11 | B | | | 00:16:33 | 00:32:54.40 | 6:34 | 9.1 |
| 12 | PRZYBORKIEWICZ KRISS | 156 | PIERNIKI TORUŃ | TORUŃ | POL | M45-49 | 1 | M 12 | | | | 00:16:21 | 00:32:58.40 | 6:35 | 9.1 |
| 13 | ŚWISŁOCKI BOGDAN | 177 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M55-59 | 3 | M 13 | | 1 | | 00:16:17 | 00:33:01.55 | 6:36 | 9.1 |
| 14 | MAŚLANKA JACEK | 142 | | SŁĘPSK | POL | M55-59 | 4 | M 14 | | | | 00:16:29 | 00:33:23.95 | 6:40 | 9 |
| 15 | KLAWCZYŃSKI MARCIN | 118 | AKTYWNI W PNIEWACH | PNIEWY | POL | M18-29 | 3 | M 15 | | | | 00:16:29 | 00:33:41.30 | 6:44 | 8.9 |
| 16 | SANIUK EDWARD | 162 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M70-74 | 1 | M 16 | | | | 00:16:49 | 00:33:49.05 | 6:45 | 8.9 |
| 17 | CZŁĄPSKI KRZYSZTOF | 82 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M55-59 | 5 | M 17 | | | | 00:16:24 | 00:33:56.75 | 6:47 | 8.8 |
| 18 | KUŚMIEREK MATEUSZ | 135 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 4 | M 18 | | 1 | | 00:16:39 | 00:34:03.20 | 6:48 | 8.8 |
| 19 | KRUGIOŁKA GRZEGORZ | 127 | AKTYWNI W PNIEWACH | PNIEWY | POL | M30-39 | 2 | M 19 | | | | 00:16:53 | 00:34:21.25 | 6:52 | 8.7 |
| 20 | GIERSZEWSKI ARKADIUSZ | 95 | | CHOJNICE | POL | M40-44 | 1 | M 20 | | | | 00:17:02 | 00:34:23.50 | 6:52 | 8.7 |
| 21 | KOWNACKI BARTŁOMIEJ | 125 | | LASOWICE WIELKIE | POL | M40-44 | 2 | M 21 | | 1 | | 00:17:00 | 00:34:36.70 | 6:55 | 8.7 |
| 22 | GĄGÓŁ KRZYSZTOF | 92 | KGHM METRACO RUDNA | GŁOGÓW | POL | M40-44 | 3 | M 22 | | | | 00:17:00 | 00:34:49.90 | 6:57 | 8.6 |
| 23 | WALCZAK RYSZARD | 183 | | ZIELONA GÓRA | POL | M70-74 | 2 | M 23 | | | | 00:17:16 | 00:35:16.15 | 7:03 | 8.5 |
| 24 | SZYMAŃSKI STEFAN | 172 | SERCE NORDICA WŁOCŁAWEK | KIEŻLINY | POL | M70-74 | 3 | M 24 | | | | 00:17:29 | 00:35:34.95 | 7:06 | 8.4 |
| 25 | KASPRZAK TADEUSZ | 114 | BRAK | OSIEK | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 25 | A | | | 00:17:40 | 00:35:47.20 | 7:09 | 8.4 |
| 26 | PARCHEM JAROSŁAW | 212 | OLIMPIA OSOWA | GDAŃSK | POL | M45-49 | 2 | M 26 | | 2 | | 00:17:14 | 00:35:48.15 | 7:09 | 8.4 |
| 27 | RYCĄBEL BOGDAN | 161 | | LICZE | POL | M50-54 | 3 | M 27 | | | | 00:17:53 | 00:36:02.20 | 7:12 | 8.3 |
| 28 | ZAWADZKI KRZYSZTOF | 194 | WETERAN | ZIELONA GORA | POL | M65-69 | 2 | M 28 | | | | 00:17:59 | 00:36:24.05 | 7:16 | 8.2 |
| 29 | TOMCZYK EDWARD | 179 | MARSZ PO ZDROWIE | POZNAŃ | POL | M70-74 | 4 | M 29 | | | | 00:17:45 | 00:36:34.00 | 7:18 | 8.2 |
| 30 | GUJDA JANUSZ | 104 | JAROSŁAWSKIE WŁÓCZYKIJE | PRZEWORSK | POL | M45-49 | 3 | M 30 | | | | 00:17:55 | 00:36:38.70 | 7:19 | 8.2 |
| 31 | STACHOWICZ MARCIN | 164 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M30-39 | 3 | M 31 | | | | 00:18:06 | 00:36:44.15 | 7:20 | 8.2 |
| 32 | GÓRAL ANDRZEJ | 100 | KGHM METRACO RUDNA | BYDGOSZCZ | POL | M-NIEPEŁNOSPRAWNI(A) | 2 | M 32 | A | | | 00:18:03 | 00:36:52.70 | 7:22 | 8.1 |
| 33 | PAWŁAK SEBASTIAN | 209 | OLIMPIA OSOWA | GDAŃSK | POL | M45-49 | 4 | M 33 | | | | 00:18:19 | 00:36:55.60 | 7:23 | 8.1 |
| 34 | GRYGOROWICZ BOGDAN | 102 | KGHM METRACO RUDNA | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 34 | B | | | 00:18:34 | 00:37:16.35 | 7:27 | 8.1 |
| 35 | BARTOSIEWICZ WŁODZIMIERZ | 73 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M65-69 | 3 | M 35 | | | | 00:18:32 | 00:37:30.10 | 7:30 | 8 |
| 36 | CIESIELSKI KRZYSZTOF | 79 | FAST WALKER | GNIEZNO | POL | M65-69 | 4 | M 36 | | | | 00:18:32 | 00:37:33.10 | 7:30 | 8 |
| 37 | WALCZAK GRZEGORZ | 184 | NORDIC WALKING KIEKRZ POLAND | SUCHY LAS | POL | M45-49 | 5 | M 37 | | | | 00:18:30 | 00:37:46.30 | 7:33 | 7.9 |
| 38 | FRANCZAK DARIUSZ | 88 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M55-59 | 6 | M 38 | | | | 00:18:52 | 00:37:54.30 | 7:34 | 7.9 |
| 39 | KĘPA ANDRZEJ | 116 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70-74 | 5 | M 39 | | | | 00:18:45 | 00:38:04.45 | 7:36 | 7.9 |
| 40 | GIBAS SŁAWEK | 94 | BAŻANT NW ELBLĄG | ELBLĄG | POL | M40-44 | 4 | M 40 | | 1 | | 00:18:58 | 00:38:06.20 | 7:37 | 7.9 |
| 41 | RUSINOWICZ ANDRZEJ | 160 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M75-79 | 1 | M 41 | | | | 00:19:05 | 00:38:19.80 | 7:39 | 7.8 |
| 42 | KUSIAK WŁODZIMIERZ | 133 | SERCE NORDICA WŁOCŁAWEK | GDAŃSK | POL | M70-74 | 6 | M 42 | | | | 00:18:54 | 00:38:21.55 | 7:40 | 7.8 |
| 43 | PALUCH PAWEŁ | 150 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 7 | M 43 | | | | 00:18:53 | 00:38:28.30 | 7:41 | 7.8 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|------------------------------|-----------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 44 | ŚLUSARCZYK GRZEGORZ | 175 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | 6 | M 44 | | | | 00:19:02 | 00:38:56.05 | 7:47 | 7.7 |
| 45 | KIERSNOWSKI HENRYK | 117 | DZIADKOWY KLUB SPORTOWY | GDAŃSK | POL | M75-79 | 2 | M 45 | | | | 00:19:14 | 00:39:00.85 | 7:48 | 7.7 |
| 46 | FORC MIKOŁAJ | 208 | OLIMPIA OSOWA | GDAŃSK | POL | M-DZIECI | 1 | M 46 | | | | 00:19:17 | 00:39:19.40 | 7:51 | 7.6 |
| 47 | BRZEZIŃSKI JAN | 199 | OLIMPIA OSOWA | GDAŃSK | POL | M-DZIECI | 2 | M 47 | | | | 00:19:20 | 00:39:23.60 | 7:52 | 7.6 |
| 48 | MACKO MICHAŁ | 138 | WYCHODZĘ Z KIJAMI | MANOWO | POL | M-DZIECI | 3 | M 48 | | | | 00:19:22 | 00:39:50.10 | 7:58 | 7.5 |
| 49 | PIĄTKOWSKI JÓZEF | 197 | KGHM METRACO RUDNA | POLKOWICE | POL | M75-79 | 3 | M 49 | | | | 00:19:53 | 00:39:56.80 | 7:59 | 7.5 |
| 50 | GUTOWSKI PAWEŁ | 106 | PAUL TEAM | MALBORK | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 50 | | A | | 00:19:41 | 00:40:07.20 | 8:01 | 7.5 |
| 51 | ADAMOWICZ ANDRZEJ | 71 | | ŁÓDŹ | POL | M75-79 | 4 | M 51 | | | | 00:20:05 | 00:40:19.15 | 8:03 | 7.4 |
| 52 | BIEGAJŁO PIOTR | 74 | ZDROWOPIJ | PABIANICE | POL | M50-54 | 4 | M 52 | | | | 00:20:10 | 00:40:37.15 | 8:07 | 7.4 |
| 53 | JÓZWIAK ŁUKASZ | 111 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 53 | | B | | 00:20:40 | 00:41:00.00 | 8:12 | 7.3 |
| 54 | GONIA KRZYSZTOF | 98 | TO MY! | BANINO | POL | M55-59 | 8 | M 54 | | | | 00:20:07 | 00:41:11.75 | 8:14 | 7.3 |
| 55 | KOSTRZEWA MACIEK | 27 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-54 | 5 | M 55 | | | | 00:20:20 | 00:41:21.85 | 8:16 | 7.3 |
| 56 | CZAJA WIESŁAW | 80 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | M55-59 | 9 | M 56 | | | | 00:20:41 | 00:41:27.30 | 8:17 | 7.2 |
| 57 | KALSKI EUGENIUSZ | 198 | | OSOWA | POL | M70-74 | 7 | M 57 | | | | 00:20:55 | 00:42:13.25 | 8:26 | 7.1 |
| 58 | ZIELIŃSKI JACEK | 195 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | M65-69 | 5 | M 58 | | | | 00:21:19 | 00:42:50.65 | 8:34 | 7 |
| 59 | REHLIS ALEKSANDER | 211 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | M30-39 | 4 | M 59 | | | | 00:21:22 | 00:42:54.65 | 8:34 | 7 |
| 60 | LUBAŃSKI TOMASZ | 137 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M60-64 | 3 | M 60 | | | | 00:21:53 | 00:43:31.55 | 8:42 | 6.9 |
| 61 | PAJĘCKI ADAM | 149 | PARAKULOS KOWAL | KOWAL | POL | M-NIEPEŁNOSPRAWNI(B) | 4 | M 61 | | B | | 00:23:56 | 00:47:15.35 | 9:27 | 6.3 |
| 62 | WALCZAK HENRYK | 185 | NORDIC WALKING KIEKRZ POLAND | POZNAŃ | POL | M80+ | 1 | M 62 | | | | 00:23:23 | 00:47:26.20 | 9:29 | 6.3 |
| 63 | KULCZYCKI JAN | 130 | SERCE NORDICA WŁOCŁAWEK | GDAŃSK | POL | M70-74 | 8 | M 63 | | | | 00:23:58 | 00:48:06.30 | 9:37 | 6.2 |
| 64 | ŚLUSARCZYK BŁAŻEJ | 176 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M-DZIECI | 4 | M 64 | | | | 00:24:43 | 00:50:01.90 | 10:00 | 6 |
| 65 | JÓZWIAK DOMINIK | 110 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 5 | M 65 | | | | 00:24:56 | 00:50:48.20 | 10:09 | 5.9 |
| 66 | GONIA KAROL | 216 | EKG EDYTA KĘDZIERSKA | GDAŃSK | POL | M18-29 | 6 | M 66 | | | | 00:26:43 | 00:54:05.30 | 10:49 | 5.5 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K-Mundurowi

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | KASPEREK EDYTA | 113 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K40-44 | 6 | K 28 | | | | 00:19:46 | 00:39:50.65 | 7:58 | 7.5 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M-Mundurowi

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|-----------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | BRZozowski PIOTR | 77 | AKTYWNI POSTOMINO | SŁAWNO | POL | M30-39 | 1 | M 3 | | | | 00:15:07 | 00:31:17.75 | 6:15 | 9.6 |
| 2 | KOPCZEWSKI DARIUSZ | 121 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | M55-59 | 1 | M 6 | | 2 | | 00:15:55 | 00:32:06.90 | 6:25 | 9.3 |
| 3 | MAŚLANKA JACEK | 142 | | SŁUPSK | POL | M55-59 | 4 | M 14 | | | | 00:16:29 | 00:33:23.95 | 6:40 | 9 |
| 4 | KĘPA ANDRZEJ | 116 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70-74 | 5 | M 39 | | | | 00:18:45 | 00:38:04.45 | 7:36 | 7.9 |
| 5 | JÓZWIAK ŁUKASZ | 111 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 53 | | B | | 00:20:40 | 00:41:00.00 | 8:12 | 7.3 |
| 6 | PAJĘCKI ADAM | 149 | PARAKULOS KOWAL | KOWAL | POL | M-NIEPEŁNOSPRAWNI(B) | 4 | M 61 | | B | | 00:23:56 | 00:47:15.35 | 9:27 | 6.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | PIETRZYK ANNA | 153 | | KALISZ POMORSKI | POL | K-NIEPEŁNOSPRAWNI(A) | 1 | K 30 | | A | | 00:19:47 | 00:40:06.50 | 8:01 | 7.5 |
| 2 | LUBAŃSKA LEOKADIA | 136 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K-NIEPEŁNOSPRAWNI(A) | 2 | K 32 | | A | | 00:20:10 | 00:40:11.40 | 8:02 | 7.5 |
| 3 | PRZYBORKIEWICZ GOSIA | 157 | PIERNIKI TORUŃ | TORUŃ | POL | K-NIEPEŁNOSPRAWNI(A) | 3 | K 64 | | A | | 00:23:04 | 00:45:12.35 | 9:02 | 6.6 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------------|-----|--------------------|---------------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | TOWARNICKA IZABELA | 181 | | DAMROKI, 19/5 | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 24 | | B | 1 | 00:19:40 | 00:39:36.10 | 7:55 | 7.6 |
| 2 | SZAŁAJ ANNA | 165 | KGHM METRACO RUDNA | LUBIN | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 27 | | B | | 00:19:44 | 00:39:48.65 | 7:57 | 7.5 |
| 3 | PLUTO-PRĄDZYŃSKA KLAUDIA | 66 | | JEZIERZE | POL | K-NIEPEŁNOSPRAWNI(B) | 3 | K 47 | | B | | 00:20:35 | 00:41:31.90 | 8:18 | 7.2 |
| 4 | PRZYBYLSKA ALEKSANDRA | 158 | ELITE TEAM | GDYNIA | POL | K-NIEPEŁNOSPRAWNI(B) | 4 | K 66 | | B | | 00:22:06 | 00:45:18.10 | 9:03 | 6.6 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|--------------------|-----------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | KASPRZAK TADEUSZ | 114 | BRAK | OSIEK | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 25 | | A | | 00:17:40 | 00:35:47.20 | 7:09 | 8.4 |
| 2 | GÓRAL ANDRZEJ | 100 | KGHM METRACO RUDNA | BYDGOSZCZ | POL | M-NIEPEŁNOSPRAWNI(A) | 2 | M 32 | | A | | 00:18:03 | 00:36:52.70 | 7:22 | 8.1 |
| 3 | GUTOWSKI PAWEŁ | 106 | PAUL TEAM | MALBORK | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 50 | | A | | 00:19:41 | 00:40:07.20 | 8:01 | 7.5 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|-----------|------|-----------------------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | TOPOREK RAFAŁ | 180 | POLIPACK TEAM GWE | PRZODKOWO | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 11 | | B | | 00:16:33 | 00:32:54.40 | 6:34 | 9.1 |
| 2 | GRYGOROWICZ BOGDAN | 102 | KGHM METRACO RUDNA | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 34 | | B | | 00:18:34 | 00:37:16.35 | 7:27 | 8.1 |
| 3 | JÓŹWIAK ŁUKASZ | 111 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 53 | | B | | 00:20:40 | 00:41:00.00 | 8:12 | 7.3 |
| 4 | PAJĘCKI ADAM | 149 | PARAKULOS KOWAL | KOWAL | POL | M-NIEPEŁNOSPRAWNI(B) | 4 | M 61 | | B | | 00:23:56 | 00:47:15.35 | 9:27 | 6.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|--------------------|-----------|------|----------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WITUCKA KAROLINA | 187 | | POZNAŃ | POL | K-DZIECI | 1 | K 8 | | 1 | | 00:18:11 | 00:36:14.90 | 7:14 | 8.3 |
| 2 | SZYBUT WERONIKA | 170 | POTĘGA NORDICA | POTĘGOWO | POL | K-DZIECI | 2 | K 9 | | | | 00:18:13 | 00:36:17.10 | 7:15 | 8.3 |
| 3 | KNITTER ZOFIA | 120 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K-DZIECI | 3 | K 36 | | | | 00:19:33 | 00:40:43.20 | 8:08 | 7.4 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------|-----|--------------------|-----------|------|----------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | FORC MIKOŁAJ | 208 | OLIMPIA OSOWA | GDAŃSK | POL | M-DZIECI | 1 | M 46 | | | | 00:19:17 | 00:39:19.40 | 7:51 | 7.6 |
| 2 | BRZEZIŃSKI JAN | 199 | OLIMPIA OSOWA | GDAŃSK | POL | M-DZIECI | 2 | M 47 | | | | 00:19:20 | 00:39:23.60 | 7:52 | 7.6 |
| 3 | MACKO MICHAŁ | 138 | WYCHODZĘ Z KIJAMI | MANOWO | POL | M-DZIECI | 3 | M 48 | | | | 00:19:22 | 00:39:50.10 | 7:58 | 7.5 |
| 4 | ŚLUSARCZYK BŁAŻEJ | 176 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M-DZIECI | 4 | M 64 | | | | 00:24:43 | 00:50:01.90 | 10:00 | 6 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | ŚLUSARCZYK KAROLINA | 174 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K-JUN. | 1 | K 39 | | | | 00:20:04 | 00:40:53.70 | 8:10 | 7.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|--------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | KRAJEWSKA HANNA | 126 | LUKI TEAM POLAND | PIŁA | POL | K18-29 | 1 | K 1 | | | | 00:15:29 | 00:31:50.70 | 6:22 | 9.4 |
| 2 | SAPUŁA WIKTORIA | 163 | | LUBLIN | POL | K18-29 | 2 | K 16 | | | | 00:19:01 | 00:38:33.70 | 7:42 | 7.8 |
| 3 | RUDNIK NATALIA | 159 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 3 | K 46 | | | | 00:20:34 | 00:41:22.05 | 8:16 | 7.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|---------------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | MARCZAK TOMASZ | 141 | KS IDMAR RACING TEAM | ALEKSANDRIA I | POL | M18-29 | 1 | M 2 | | | | 00:15:04 | 00:30:49.50 | 6:09 | 9.7 |
| 2 | KNITTER MICHAŁ | 119 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 5 | | | | 00:15:47 | 00:32:02.30 | 6:24 | 9.4 |
| 3 | KLAWCZYŃSKI MARCIN | 118 | AKTYWNI W PNIEWACH | PNIEWY | POL | M18-29 | 3 | M 15 | | | | 00:16:29 | 00:33:41.30 | 6:44 | 8.9 |
| 4 | KUŚMIEREK MATEUSZ | 135 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 4 | M 18 | | 1 | | 00:16:39 | 00:34:03.20 | 6:48 | 8.8 |
| 5 | JÓZWIAK DOMINIK | 110 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 5 | M 65 | | | | 00:24:56 | 00:50:48.20 | 10:09 | 5.9 |
| 6 | GONIA KAROL | 216 | EKG EDYTA KĘDZIERSKA | GDAŃSK | POL | M18-29 | 6 | M 66 | | | | 00:26:43 | 00:54:05.30 | 10:49 | 5.5 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------------|-----|-------------------|-----------------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | SZWAT MARTA | 168 | | PRUSZCZ GDAŃSKI | POL | K30-39 | 1 | K 18 | | | | 00:19:20 | 00:38:38.10 | 7:43 | 7.8 |
| 2 | SZPERLAK JUSTYNA | 167 | | GDAŃSK | POL | K30-39 | 2 | K 31 | | 1 | | 00:20:05 | 00:40:07.70 | 8:01 | 7.5 |
| 3 | JĄSTRZĘBSKA-MACKO MARTA | 108 | WYCHODZĘ Z KIJAMI | MANOWO | POL | K30-39 | 3 | K 34 | | | | 00:20:02 | 00:40:30.75 | 8:06 | 7.4 |
| 4 | ZAWALICH MAGDALENA | 204 | OLIMPIA OSOWA | GDAŃSK | POL | K30-39 | 4 | K 54 | | | | 00:21:19 | 00:43:15.05 | 8:39 | 6.9 |
| 5 | DZIEMIANCZUK KAMILA | 86 | BUENAS | GDAŃSK | POL | K30-39 | 5 | K 60 | | | | 00:21:34 | 00:44:21.70 | 8:52 | 6.8 |
| 6 | LUBIENIECKA BEATA | 219 | OLIMPIA OSOWA | GDAŃSK | POL | K30-39 | 6 | K 62 | | | | 00:22:11 | 00:44:44.85 | 8:56 | 6.7 |
| 7 | SZYBUT ROMA | 169 | POTĘGA NORDICA | POTĘGOWO | POL | K30-39 | 7 | K 72 | | | | 00:23:46 | 00:48:00.35 | 9:36 | 6.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | BRZOZOWSKI PIOTR | 77 | AKTYWNI POSTOMINO | ŚLAWNO | POL | M30-39 | 1 | M 3 | | | | 00:15:07 | 00:31:17.75 | 6:15 | 9.6 |
| 2 | KRUGIOŁKA GRZEGORZ | 127 | AKTYWNI W PNIEWACH | PNIEWY | POL | M30-39 | 2 | M 19 | | | | 00:16:53 | 00:34:21.25 | 6:52 | 8.7 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------|-----|--------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 3 | STACHOWICZ MARCIN | 164 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M30-39 | 3 | M 31 | | | | 00:18:06 | 00:36:44.15 | 7:20 | 8.2 |
| 4 | REHLIS ALEKSANDER | 211 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | M30-39 | 4 | M 59 | | | | 00:21:22 | 00:42:54.65 | 8:34 | 7 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------------|-----|------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WOJTCZAK URSZULA | 189 | CZAPELKI | CZAPLINEK | POL | K40-44 | 1 | K 4 | | | | 00:16:55 | 00:34:02.00 | 6:48 | 8.8 |
| 2 | GODZIŃSKA DOROTA | 97 | BAŻANT NW ELBLĄG | MILEJEWO | POL | K40-44 | 2 | K 7 | | 1 | | 00:17:23 | 00:35:27.00 | 7:05 | 8.5 |
| 3 | GIBAS ASIA | 93 | BAŻANT NW ELBLĄG | ELBLĄG | POL | K40-44 | 3 | K 10 | | | | 00:17:46 | 00:36:23.40 | 7:16 | 8.2 |
| 4 | SZEREMENT KATARZYNA | 166 | | USTKA | POL | K40-44 | 4 | K 17 | | | | 00:19:12 | 00:38:36.20 | 7:43 | 7.8 |
| 5 | OCHOCKA PATRYCJA | 206 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 5 | K 22 | | | | 00:19:36 | 00:39:22.10 | 7:52 | 7.6 |
| 6 | KASPEREK EDYTA | 113 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K40-44 | 6 | K 28 | | | | 00:19:46 | 00:39:50.65 | 7:58 | 7.5 |
| 7 | KAROLEWSKA KATARZYNA | 112 | PIERNIKI TORUŃ | TORUŃ | POL | K40-44 | 7 | K 29 | | | | 00:19:55 | 00:39:56.30 | 7:59 | 7.5 |
| 8 | KLECZKOWSKA ANNA | 201 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 8 | K 41 | | | | 00:20:21 | 00:41:00.90 | 8:12 | 7.3 |
| 9 | RAMPczyk BEATA | 213 | EKG EDYTA | GDAŃSK | POL | K40-44 | 9 | K 52 | | | | 00:20:59 | 00:42:33.05 | 8:30 | 7.1 |
| 10 | REMIZOWICZ-ŚWIGOS T OLGA | 203 | OLIMPIA OSOWA | GDAŃSK | POL | K40-44 | 10 | K 57 | | | | 00:22:02 | 00:44:02.95 | 8:48 | 6.8 |
| 11 | DEBOWSKA EWELINA | 205 | | GDAŃSK | POL | K40-44 | 11 | K 67 | | | | 00:22:17 | 00:45:19.05 | 9:03 | 6.6 |
| 12 | BRYŁOWSKA GRAŻYNA | 76 | | GDAŃSK | POL | K40-44 | 12 | K 68 | | | | 00:23:07 | 00:46:18.10 | 9:15 | 6.5 |
| 13 | ŻUKOWSKA ALA | 196 | | GDAŃSK | POL | K40-44 | 13 | K 73 | | | | 00:23:58 | 00:48:42.10 | 9:44 | 6.2 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------------|-----|--------------------|---------------------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | GIERSZEWSKI ARKADIUSZ | 95 | | CHOJNICE | POL | M40-44 | 1 | M 20 | | | | 00:17:02 | 00:34:23.50 | 6:52 | 8.7 |
| 2 | KOWNACKI BARTŁOMIEJ | 125 | | LASOWICE WIELKIE | POL | M40-44 | 2 | M 21 | | 1 | | 00:17:00 | 00:34:36.70 | 6:55 | 8.7 |
| 3 | GAĞÓŁ KRZYSZTOF | 92 | KGHM METRACO RUDNA | GŁOGÓW | POL | M40-44 | 3 | M 22 | | | | 00:17:00 | 00:34:49.90 | 6:57 | 8.6 |
| 4 | GIBAS SŁAWEK | 94 | BAŻANT NW ELBLĄG | ELBLĄG | POL | M40-44 | 4 | M 40 | | 1 | | 00:18:58 | 00:38:06.20 | 7:37 | 7.9 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------------------|-----|-------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | JÓZWIAK MARIANNA | 109 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 5 | | | | 00:17:08 | 00:34:38.70 | 6:55 | 8.7 |
| 2 | POKŁADOWSKA JOANNA | 154 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K45-49 | 2 | K 6 | | 1 | | 00:17:03 | 00:34:54.90 | 6:58 | 8.6 |
| 3 | GUTOWSKA MAGDALENA | 105 | PAUL TEAM | MALBORK | POL | K45-49 | 3 | K 12 | | | | 00:18:34 | 00:37:17.45 | 7:27 | 8 |
| 4 | KĘDZIERSKA EDYTA | 115 | EKG TEAM | GDAŃSK | POL | K45-49 | 4 | K 15 | | | | 00:19:19 | 00:38:22.20 | 7:40 | 7.8 |
| 5 | GÓRSKA ILONA | 101 | | GDYNIA | POL | K45-49 | 5 | K 20 | | 1 | | 00:19:23 | 00:38:50.45 | 7:46 | 7.7 |
| 6 | KUŚMIEREK BEATA | 134 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K45-49 | 6 | K 25 | | | | 00:19:54 | 00:39:41.45 | 7:56 | 7.6 |
| 7 | WYPYCH ANETA | 193 | NW CZŁAPSKI TEAM | ŁOMIANKI | POL | K45-49 | 7 | K 37 | | | | 00:20:25 | 00:40:46.45 | 8:09 | 7.4 |
| 8 | WIŚNIEWSKA-SZYTEN HELM IWONA | 202 | OLIMPIA OSOWA | GDAŃSK | POL | K45-49 | 8 | K 53 | | | | 00:21:45 | 00:43:12.30 | 8:38 | 6.9 |
| 9 | KORZEC ANNA | 122 | | LICZE | POL | K45-49 | 9 | K 74 | | | | 00:25:39 | 00:51:20.55 | 10:16 | 5.8 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K45-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|----|------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 10 | GILEWICZ KATARZYNA | 96 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K45-49 | 10 | K 76 | | | | 00:26:57 | 00:55:13.95 | 11:02 | 5.4 |
| 11 | CZAPP IWONA | 81 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K45-49 | 11 | K 77 | | | | 00:26:58 | 00:55:14.10 | 11:02 | 5.4 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|------------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | PRZYBORKIEWICZ KRIS | 156 | PIERNIKI TORUŃ | TORUŃ | POL | M45-49 | 1 | M 12 | | | | 00:16:21 | 00:32:58.40 | 6:35 | 9.1 |
| 2 | PARCHEM JAROSŁAW | 212 | OLIMPIA OSOWA | GDAŃSK | POL | M45-49 | 2 | M 26 | | 2 | | 00:17:14 | 00:35:48.15 | 7:09 | 8.4 |
| 3 | GUJDA JANUSZ | 104 | JAROSŁAWSKIE WŁÓCZYKIJE | PRZEWORSK | POL | M45-49 | 3 | M 30 | | | | 00:17:55 | 00:36:38.70 | 7:19 | 8.2 |
| 4 | PAWLAK SEBASTIAN | 209 | OLIMPIA OSOWA | GDAŃSK | POL | M45-49 | 4 | M 33 | | | | 00:18:19 | 00:36:55.60 | 7:23 | 8.1 |
| 5 | WALCZAK GRZEGORZ | 184 | NORDIC WALKING KIEKRZ POLAND | SUCHY LAS | POL | M45-49 | 5 | M 37 | | | | 00:18:30 | 00:37:46.30 | 7:33 | 7.9 |
| 6 | ŚLUSARCZYK GRZEGORZ | 175 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | 6 | M 44 | | | | 00:19:02 | 00:38:56.05 | 7:47 | 7.7 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------------|-----|--------------------------------|-------------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | OKRZESIK-FRĄCKOWIA K IZABELA | 146 | EKSPEDYCJA NORDIC TEAMSZCZECIN | WIELEN | POL | K50-54 | 1 | K 2 | | 1 | | 00:16:37 | 00:33:46.05 | 6:45 | 8.9 |
| 2 | MAŚLANKA IWONA | 143 | MARSZ PO ZDROWIE | ŚMIGIEL | POL | K50-54 | 2 | K 3 | | | | 00:16:48 | 00:33:57.75 | 6:47 | 8.8 |
| 3 | NOWAK-MARKANICZ KATARZYNA | 207 | OLIMPIA OSOWA | GDAŃSK | POL | K50-54 | 3 | K 23 | | | | 00:19:42 | 00:39:29.00 | 7:53 | 7.6 |
| 4 | BALCERAK GRAŻYNA | 218 | OLIMPIA GDAŃSK | CHWASZCZYNO | POL | K50-54 | 4 | K 42 | | | | 00:20:53 | 00:41:01.10 | 8:12 | 7.3 |
| 5 | KOSTRZEWA ELA | 124 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K50-54 | 5 | K 43 | | | | 00:20:34 | 00:41:04.10 | 8:12 | 7.3 |
| 6 | BIEGAJŁO MAŁGORZATA | 75 | | PABIANICE | POL | K50-54 | 6 | K 44 | | | | 00:20:29 | 00:41:04.25 | 8:12 | 7.3 |
| 7 | GÓRA BEATA | 99 | WŁÓCZYKIJE GDYNIA | GDAŃSK | POL | K50-54 | 7 | K 49 | | | | 00:20:49 | 00:41:40.70 | 8:20 | 7.2 |
| 8 | KURCZ BARBARA | 131 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K50-54 | 8 | K 50 | | | | 00:20:46 | 00:41:47.10 | 8:21 | 7.2 |
| 9 | TKACZYK MARZENA | 178 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K50-54 | 9 | K 51 | | | | 00:21:11 | 00:42:11.05 | 8:26 | 7.1 |
| 10 | FORMALEWICZ KATARZYNA | 87 | WYCHODZĘ Z KIJAMI | PARSOWO | POL | K50-54 | 10 | K 59 | | 1 | | 00:22:20 | 00:44:11.30 | 8:50 | 6.8 |
| 11 | PRACKA KATARZYNA | 155 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K50-54 | 11 | K 63 | | | | 00:22:15 | 00:44:49.30 | 8:57 | 6.7 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|--------------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WITUCKI JACEK | 188 | KS IDMAR RACING TEAM | POZNAŃ | POL | M50-54 | 1 | M 1 | | | | 00:14:15 | 00:29:08.70 | 5:49 | 10.3 |
| 2 | FRACKOWIAK ROMAN | 89 | EKSPEDYCJA NORDIC TEAMSZCZECIN | WIELEN | POL | M50-54 | 2 | M 10 | | | | 00:15:59 | 00:32:22.30 | 6:28 | 9.3 |
| 3 | RYCĄBEL BOGDAN | 161 | | LICZE | POL | M50-54 | 3 | M 27 | | | | 00:17:53 | 00:36:02.20 | 7:12 | 8.3 |
| 4 | BIEGAJŁO PIOTR | 74 | ZDROWOPIJ | PABIANICE | POL | M50-54 | 4 | M 52 | | | | 00:20:10 | 00:40:37.15 | 8:07 | 7.4 |
| 5 | KOSTRZEWA MACIEK | 27 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-54 | 5 | M 55 | | | | 00:20:20 | 00:41:21.85 | 8:16 | 7.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | MALKIEWICZ MAŁGORZATA | 139 | SERCE NORDICA WŁOCLAWEK | WIERSZYNO | POL | K55-59 | 1 | K 19 | | | | 00:19:16 | 00:38:50.20 | 7:46 | 7.7 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K55-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 2 | WOROCH JOLANTA | 191 | KGHM METRACO RUDNA | DOPIEWO | POL | K55-59 | 2 | K 21 | | | | 00:19:18 | 00:39:14.15 | 7:50 | 7.6 |
| 3 | GONIA KATARZYNA | 215 | EKG EDYTA KĘDZIERSKA | BAWINO | POL | K55-59 | 3 | K 61 | | | | 00:22:39 | 00:44:22.30 | 8:52 | 6.8 |
| 4 | GARGANISZ EWA | 200 | OLIMPIA OSOWA | SOPOT | POL | K55-59 | 4 | K 65 | | | | 00:22:43 | 00:45:17.35 | 9:03 | 6.6 |
| 5 | ŚWISŁOCKA EWA | 210 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | K55-59 | 5 | K 71 | | | | 00:24:13 | 00:47:48.90 | 9:33 | 6.3 |
| 6 | PRUSS-CZAJA BOŻENA | 217 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K55-59 | 6 | K 75 | | | | 00:26:57 | 00:55:13.00 | 11:02 | 5.4 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | KOPCZEWSKI DARIUSZ | 121 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | M55-59 | 1 | M 6 | | 2 | | 00:15:55 | 00:32:06.90 | 6:25 | 9.3 |
| 2 | PARZYBUT JAN | 152 | POSTĘP PNIEWY TEAM | PNIEWY | POL | M55-59 | 2 | M 7 | | 1 | | 00:15:56 | 00:32:14.70 | 6:26 | 9.3 |
| 3 | ŚWISŁOCKI BOGDAN | 177 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M55-59 | 3 | M 13 | | 1 | | 00:16:17 | 00:33:01.55 | 6:36 | 9.1 |
| 4 | MAŚLANKA JACEK | 142 | | SĘLPSK | POL | M55-59 | 4 | M 14 | | | | 00:16:29 | 00:33:23.95 | 6:40 | 9 |
| 5 | CZŁĄPSKI KRZYSZTOF | 82 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M55-59 | 5 | M 17 | | | | 00:16:24 | 00:33:56.75 | 6:47 | 8.8 |
| 6 | FRANCZAK DARIUSZ | 88 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M55-59 | 6 | M 38 | | | | 00:18:52 | 00:37:54.30 | 7:34 | 7.9 |
| 7 | PALUCH PAWEŁ | 150 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 7 | M 43 | | | | 00:18:53 | 00:38:28.30 | 7:41 | 7.8 |
| 8 | GONIA KRZYSZTOF | 98 | TO MY! | BANINO | POL | M55-59 | 8 | M 54 | | | | 00:20:07 | 00:41:11.75 | 8:14 | 7.3 |
| 9 | CZAJA WIESŁAW | 80 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | M55-59 | 9 | M 56 | | | | 00:20:41 | 00:41:27.30 | 8:17 | 7.2 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | DAROSZEWSKA KRYSTYNA | 83 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K60-64 | 1 | K 11 | | | | 00:18:35 | 00:37:15.40 | 7:27 | 8.1 |
| 2 | SOROKA TERESA | 214 | NW PASŁĘK | PASŁĘK | POL | K60-64 | 2 | K 33 | | | | 00:19:57 | 00:40:23.00 | 8:04 | 7.4 |
| 3 | WIŚNIEWSKA RENATA | 186 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | K60-64 | 3 | K 40 | | | | 00:20:03 | 00:40:58.55 | 8:11 | 7.3 |
| 4 | NERC DOROTA | 145 | | RUMIA | POL | K60-64 | 4 | K 55 | | | | 00:21:30 | 00:43:25.40 | 8:41 | 6.9 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|---------------------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WOROCH ROMAN | 190 | KGHM METRACO RUDNA | DOPIEWO | POL | M60-64 | 1 | M 4 | | | | 00:15:33 | 00:31:36.50 | 6:19 | 9.5 |
| 2 | GAJEWSKI EUGENIUSZ | 90 | KGHM METRACO RUDNA | GORZÓW WIELKOPOLSKI | POL | M60-64 | 2 | M 8 | | | | 00:15:52 | 00:32:21.50 | 6:28 | 9.3 |
| 3 | LUBAŃSKI TOMASZ | 137 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M60-64 | 3 | M 60 | | | | 00:21:53 | 00:43:31.55 | 8:42 | 6.9 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------|-----|--------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | GAŁKOWSKA ELŻBIETA | 91 | MARSZ PO ZDROWIE | TUCZNO | POL | K65-69 | 1 | K 14 | | | | 00:18:41 | 00:38:05.75 | 7:37 | 7.9 |
| 2 | GRYGOROWICZ TERESA | 103 | KGHM METRACO RUDNA | LUBIN | POL | K65-69 | 2 | K 26 | | | | 00:19:29 | 00:39:41.80 | 7:56 | 7.6 |
| 3 | TURZYŃSKA-STOPA MARIA | 182 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K65-69 | 3 | K 35 | | | | 00:20:10 | 00:40:33.00 | 8:06 | 7.4 |
| 4 | KUBICA ALICJA | 129 | | GDAŃSK | POL | K65-69 | 4 | K 38 | | | | 00:20:08 | 00:40:50.10 | 8:10 | 7.3 |
| 5 | ŚLUSARCZYK DANUTA | 173 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K65-69 | 5 | K 70 | | | | 00:23:44 | 00:47:35.80 | 9:31 | 6.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------------|-----|--------------------------|--------------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | HELWICH STEFAN | 107 | KGHM METRACO RUDNA | WIELEN | POL | M65-69 | 1 | M 9 | | | | 00:15:53 | 00:32:22.20 | 6:28 | 9.3 |
| 2 | ZAWADZKI KRZYSZTOF | 194 | WETERAN | ZIELONA GORA | POL | M65-69 | 2 | M 28 | | | | 00:17:59 | 00:36:24.05 | 7:16 | 8.2 |
| 3 | BARTOSIEWICZ WŁODZIMIERZ | 73 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M65-69 | 3 | M 35 | | | | 00:18:32 | 00:37:30.10 | 7:30 | 8 |
| 4 | CIESIELSKI KRZYSZTOF | 79 | FAST WALKER | GNIEZNO | POL | M65-69 | 4 | M 36 | | | | 00:18:32 | 00:37:33.10 | 7:30 | 8 |
| 5 | ZIELIŃSKI JACEK | 195 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK | POL | M65-69 | 5 | M 58 | | | | 00:21:19 | 00:42:50.65 | 8:34 | 7 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K70-74

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------------------|-----|---|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | KURZAWSKA JOLANTA | 132 | KGHM METRACO RUDNA | LUBIN | POL | K70-74 | 1 | K 13 | | | | 00:18:43 | 00:37:54.15 | 7:34 | 7.9 |
| 2 | ANGIELCZYK MAŁGORZATA | 72 | MARSZ PO ZDROWIE | POZNAŃ | POL | K70-74 | 2 | K 45 | | | | 00:20:17 | 00:41:06.40 | 8:13 | 7.3 |
| 3 | SZYMAŃSKA LUCYNA | 171 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH | KIEŻLIŃNY | POL | K70-74 | 3 | K 48 | | 1 | | 00:20:21 | 00:41:40.60 | 8:20 | 7.2 |
| 4 | PANKIEWICZ-DMOWSK A CECYLIA | 151 | | GOWINO | POL | K70-74 | 4 | K 58 | | | | 00:21:57 | 00:44:03.65 | 8:48 | 6.8 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M70-74

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------|--------------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | SANIUK EDWARD | 162 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M70-74 | 1 | M 16 | | | | 00:16:49 | 00:33:49.05 | 6:45 | 8.9 |
| 2 | WALCZAK RYSZARD | 183 | | ZIELONA GÓRA | POL | M70-74 | 2 | M 23 | | | | 00:17:16 | 00:35:16.15 | 7:03 | 8.5 |
| 3 | SZYMAŃSKI STEFAN | 172 | SERCE NORDICA WŁOCŁAWEK | KIEŻLIŃNY | POL | M70-74 | 3 | M 24 | | | | 00:17:29 | 00:35:34.95 | 7:06 | 8.4 |
| 4 | TOMCZYK EDWARD | 179 | MARSZ PO ZDROWIE | POZNAŃ | POL | M70-74 | 4 | M 29 | | | | 00:17:45 | 00:36:34.00 | 7:18 | 8.2 |
| 5 | KĘPA ANDRZEJ | 116 | FAMILY TEAM KĘPA SPORT | KOSZALIN | POL | M70-74 | 5 | M 39 | | | | 00:18:45 | 00:38:04.45 | 7:36 | 7.9 |
| 6 | KUSIAK WŁODZIMIERZ | 133 | SERCE NORDICA WŁOCŁAWEK | GDAŃSK | POL | M70-74 | 6 | M 42 | | | | 00:18:54 | 00:38:21.55 | 7:40 | 7.8 |
| 7 | KALSKI EUGENIUSZ | 198 | | OSOWA | POL | M70-74 | 7 | M 57 | | | | 00:20:55 | 00:42:13.25 | 8:26 | 7.1 |
| 8 | KULCZYCKI JAN | 130 | SERCE NORDICA WŁOCŁAWEK | GDAŃSK | POL | M70-74 | 8 | M 63 | | | | 00:23:58 | 00:48:06.30 | 9:37 | 6.2 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, K75-79

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------------|-----|--------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WORONKO-ZACZYŃSK A JANINA | 192 | KGHM METRACO RUDNA | LUBIN | POL | K75-79 | 1 | K 56 | | | | 00:21:45 | 00:43:38.25 | 8:43 | 6.9 |
| 2 | OWCZAREK HENRYKA | 147 | MARSZ PO ZDROWIE | POZNAŃ | POL | K75-79 | 2 | K 69 | | | | 00:23:10 | 00:46:38.95 | 9:19 | 6.4 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M75-79

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------------|-----------|------|--------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | RUSINOWICZ ANDRZEJ | 160 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M75-79 | 1 | M 41 | | | | 00:19:05 | 00:38:19.80 | 7:39 | 7.8 |
| 2 | KIERSNOWSKI HENRYK | 117 | DZIADKOWY KLUB SPORTOWY | GDAŃSK | POL | M75-79 | 2 | M 45 | | | | 00:19:14 | 00:39:00.85 | 7:48 | 7.7 |
| 3 | PIĄTKOWSKI JÓZEF | 197 | KGHM METRACO RUDNA | POLKOWICE | POL | M75-79 | 3 | M 49 | | | | 00:19:53 | 00:39:56.80 | 7:59 | 7.5 |
| 4 | ADAMOWICZ ANDRZEJ | 71 | | ŁÓDŹ | POL | M75-79 | 4 | M 51 | | | | 00:20:05 | 00:40:19.15 | 8:03 | 7.4 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, M80+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | NS | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|---------------------------------|-----------|------|------|--------|------|----|-------------|--------------|----------|-------------|--------|------|
| 1 | WALCZAK HENRYK | 185 | NORDIC WALKING KIEKRZ POLAND | POZNAŃ | POL | M80+ | 1 | M 62 | | | | 00:23:23 | 00:47:26.20 | 9:29 | 6.3 |

OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM, Drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|-------------------------|---|--|--------------|
| 1 | KGHM METRACO RUDNA | ROMAN WOROCH EUGENIUSZ GAJEWSKI STEFAN HELWICH JOLANTA KURZAWSKA JOLANTA WOROCH TERESA GRYGOROWICZ | 00:31:36.5000:32:21.5000:32:22.2000:37:54.1500:39:14.1500:39:41.80 | 03:33:00 |
| 2 | BŁĘKITNI DZIEMIANY | MICHAŁ KNITTER MATEUSZ KUŚMIEREK MARCIN STACHOWICZ BEATA KUŚMIEREK MARIA TURZYŃSKA-STOPA ZOFIA KNITTER | 00:32:02.3000:34:03.2000:36:44.1500:39:41.4500:40:33.0000:40:43.20 | 03:43:40 |
| 3 | SERCE NORDICA WŁOCŁAWEK | MARIANNA JÓZWIAK STEFAN SZYMAŃSKI KRYSZYNA DAROSZEWSKA WŁODZIMIERZ KUSIAK MAŁGORZATA MALKIEWICZ ŁUKASZ JÓZWIAK | 00:34:38.7000:35:34.9500:37:15.4000:38:21.5500:38:50.2000:41:00.00 | 03:45:30 |
| 4 | OLIMPIA OSOWA | JAROSŁAW PARCHEM SEBASTIAN PAWLAK MIKOŁAJ FORCPATRYCJA OCHOCKA KATARZYNA NOWAK- MARKANICZANNA KLECZKOWSKA | 00:35:48.1500:36:55.6000:39:19.4000:39:22.1000:39:29.0000:41:00.90 | 03:51:50 |
| 5 | WYCHODZĘ Z KIJAMI | DARIUSZ KOPCZEWSKI JOANNA POKŁADOWSKA MICHAŁ MACKO MARTA JASTRZĘBSKA- MACKO BARBARA KURCZALEK SANDER REHLIS | 00:32:06.9000:34:54.9000:39:50.1000:40:30.7500:41:47.1000:42:54.65 | 03:52:00 |
| 6 | NW CZŁAPSKI TEAM | KRZYSZTOF CZŁAPSKI DARIUSZ FRANCA KEDYTA KASPEREK ANETA WYPYCHELA KOSTRZEWA MACIEK KOSTRZEWA | 00:33:56.7500:37:54.3000:39:50.6500:40:46.4500:41:04.1000:41:21.85 | 03:54:50 |