

## NORDIC WALKING - 5 KM

Organizator: Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej  
Data: 2022-04-09  
Miejsce: Police  
Dystans: 5 km  
Klasyfikacja wg czasów brutto.



## NORDIC WALKING - 5 KM, OPEN

| M-ce | Nazwisko i imię             | Nr  | Klub                                | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1         | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|-------------------------------------|-----------|------|------|--------|------|-------------------|----------|-------------|-------------|--------|------|
| 1    | DOŁĘGOWSKI MAREK            | 908 | GMINA WOLIN                         | KOŁCZEWO  | POL  | M50  | 1      | M 1  | KING MACIUSZ TEAM | 00:16:00 | 00:32:48.80 | 00:32:50.60 | 6:33   | 9.1  |
| 2    | WESOŁOWSKI MARCIN           | 907 |                                     | SZCZECIN  | POL  | M30  | 1      | M 2  |                   | 00:17:22 | 00:34:37.75 | 00:34:41.25 | 6:55   | 8.7  |
| 3    | MASŁYK MAŁGORZATA           | 441 |                                     | PYRZYCE   | POL  | K50  | 1      | K 1  | KING MACIUSZ TEAM | 00:17:38 | 00:35:24.40 | 00:35:25.65 | 7:04   | 8.5  |
| 4    | KŁACZYŃSKA DANUTA           | 912 | FARTY PUSZCZY                       | SZCZECIN  | POL  | K40  | 1      | K 2  | FARTY PUSZCZY     | 00:17:48 | 00:36:04.45 | 00:36:05.90 | 7:12   | 8.3  |
| 5    | ZDANUK ARTUR                | 484 | EKSPEDYCCJA NORDIC TEAM<br>SZCZECIN | PRZĘSOCIN | POL  | M50  | 2      | M 3  | KING MACIUSZ TEAM | 00:17:47 | 00:36:08.85 | 00:36:10.65 | 7:13   | 8.3  |
| 6    | ZIÓŁKOWSKA SYLWIA           | 919 | FARTY PUSZCZY                       | SZCZECIN  | POL  | K40  | 2      | K 3  | FARTY PUSZCZY     | 00:18:01 | 00:36:35.55 | 00:36:37.10 | 7:19   | 8.2  |
| 7    | RADCZUK KAROLINA            | 905 |                                     | POLICE    | POL  | K40  | 3      | K 4  |                   | 00:18:15 | 00:37:00.30 | 00:37:02.35 | 7:24   | 8.1  |
| 8    | STACHOWICZ-HAWRYŁAK SYLWIA  | 906 | BIEG KORCZAKA                       | SZCZECIN  | POL  | K50  | 2      | K 5  | BIEG KORCZAKA     | 00:18:24 | 00:37:11.25 | 00:37:13.00 | 7:26   | 8.1  |
| 9    | KUPNIEWSKA ALEKSANDRA       | 903 | LOVELASY                            | POLICE    | POL  | K40  | 4      | K 6  | KING MACIUSZ TEAM | 00:18:28 | 00:37:25.25 | 00:37:28.25 | 7:29   | 8    |
| 10   | KAMIŃSKA MAGDALENA          | 910 | PUM SZCZECIN                        | SZCZECIN  | POL  | K40  | 5      | K 7  | BIEG KORCZAKA     | 00:18:42 | 00:37:43.30 | 00:37:44.65 | 7:32   | 8    |
| 11   | WOJDYŁA MIECZYSLAW          | 477 |                                     | WROCŁAW   | POL  | M50  | 3      | M 4  |                   | 00:17:03 | 00:37:50.00 | 00:37:50.00 | 7:34   | 7.9  |
| 12   | MISIUK MARTA                | 904 | LOVELASY                            | POLICE    | POL  | K30  | 1      | K 8  |                   | 00:18:44 | 00:37:47.90 | 00:37:50.80 | 7:33   | 7.9  |
| 13   | MISIEWICZ BOŻENA            | 450 | BIEG KORCZAKA                       | CHOJNA    | POL  | K60+ | 1      | K 9  | BIEG KORCZAKA     | 00:18:58 | 00:38:31.65 | 00:38:33.40 | 7:42   | 7.8  |
| 14   | STRZELEC TOMASZ             | 916 | KB HERMES GRYFINO                   | GRYFINO   | POL  | M40  | 1      | M 5  |                   | 00:19:28 | 00:38:48.40 | 00:38:52.95 | 7:45   | 7.7  |
| 15   | KRUŻBERSKA KATARZYNA        | 902 |                                     | SZCZECIN  | POL  | K20  | 1      | K 10 |                   | 00:19:26 | 00:39:01.15 | 00:39:03.75 | 7:48   | 7.7  |
| 16   | OLEJNIK MARZENA             | 454 |                                     | SZCZECIN  | POL  | K50  | 3      | K 11 |                   | 00:19:25 | 00:39:06.60 | 00:39:06.60 | 7:49   | 7.7  |
| 17   | JARCEWSKA RENATA            | 420 | BIEG KORCZAKA                       | GOLENIÓW  | POL  | K50  | 4      | K 12 | BIEG KORCZAKA     | 00:19:15 | 00:39:15.70 | 00:39:18.40 | 7:51   | 7.6  |
| 18   | TUZIMEK BARBARA             | 474 | ZESPÓŁ SZKOŁ NR 4 W SZCZECINIE      | SZCZECIN  | POL  | K40  | 6      | K 13 |                   | 00:19:45 | 00:39:59.50 | 00:40:02.30 | 7:59   | 7.5  |
| 19   | SMOŁOWIK ERNEST             | 466 | SOSW NR 1 DNR                       | USTOWO    | POL  | M20  | 1      | M 6  | SOSW NR 1 DNR     | 00:20:11 | 00:41:00.85 | 00:41:00.85 | 8:01   | 7.5  |
| 20   | GÓRSKA AGNIESZKA            | 909 |                                     | SZCZECIN  | POL  | K40  | 7      | K 14 |                   | 00:20:00 | 00:40:07.75 | 00:40:10.50 | 8:01   | 7.5  |
| 21   | PODHAJNA AGNIESZKA          | 458 | FARTY PUSZCZY                       | SZCZECIN  | POL  | K40  | 8      | K 15 | FARTY PUSZCZY     | 00:20:08 | 00:40:40.50 | 00:40:45.05 | 8:08   | 7.4  |
| 22   | KOWALSKA JOANNA             | 913 | --                                  | GRYFINO   | POL  | K30  | 2      | K 16 |                   | 00:20:07 | 00:40:54.25 | 00:40:56.65 | 8:10   | 7.3  |
| 23   | LEDZION ROBERT              | 431 | □MUFFINKOWE MORSY                   | SZCZECIN  | POL  | M50  | 4      | M 7  |                   | 00:20:16 | 00:41:27.75 | 00:41:31.95 | 8:17   | 7.2  |
| 24   | PARCHIMOWICZ JANUSZ         | 915 |                                     | PRZECŁAW  | POL  | M60+ | 1      | M 8  |                   | 00:20:16 | 00:41:29.85 | 00:41:32.15 | 8:17   | 7.2  |
| 25   | KARLIKOWSKI ŁUKASZ          | 473 |                                     | SZCZECIN  | POL  | M30  | 2      | M 9  |                   | 00:20:58 | 00:42:02.25 | 00:42:09.85 | 8:24   | 7.1  |
| 26   | STAŃCZAK MARCIN             | 467 | FARTY PUSZCZY                       | SZCZECIN  | POL  | M30  | 3      | M 10 | FARTY PUSZCZY     | 00:21:09 | 00:42:16.15 | 00:42:22.85 | 8:27   | 7.1  |
| 27   | MUSZKIET-SOBAŃSKA AGNIESZKA | 452 | MUFFINKOWE MORSY                    | SZCZECIN  | POL  | K40  | 9      | K 17 |                   | 00:20:55 | 00:42:30.55 | 00:42:35.45 | 8:30   | 7.1  |
| 28   | WESOŁOWSKA URSZULA          | 475 | FARTY PUSZCZY                       | SZCZECIN  | POL  | K30  | 3      | K 18 | FARTY PUSZCZY     | 00:21:17 | 00:42:50.55 | 00:42:56.30 | 8:34   | 7    |
| 29   | MICHAŁSKA ANETA             | 447 | KOMPAS TEAM                         | POLICE    | POL  | K40  | 10     | K 19 | KOMPAS TEAM       | 00:22:00 | 00:42:58.55 | 00:43:02.60 | 8:35   | 7    |
| 30   | WOŹNIEWSKA GRAŻYNA          | 480 | SZALONE WILCZYCE                    | POLICE    | POL  | K60+ | 2      | K 20 |                   | 00:21:20 | 00:43:06.90 | 00:43:08.40 | 8:37   | 7    |
| 31   | SZUBERT-ADAMSKA EWELINA     | 471 |                                     | PRZĘSOCIN | POL  | K40  | 11     | K 21 |                   | 00:22:10 | 00:43:19.95 | 00:43:28.45 | 8:39   | 6.9  |
| 32   | MALINOWSKA EWELINA          | 440 |                                     | POLICE    | POL  | K30  | 4      | K 22 |                   | 00:21:39 | 00:43:33.30 | 00:43:38.80 | 8:42   | 6.9  |
| 33   | SZCZERBIŃSKA BARBARA        | 917 |                                     | GRYFINO   | POL  | K60+ | 3      | K 23 |                   | 00:21:47 | 00:43:48.40 | 00:43:51.60 | 8:45   | 6.8  |
| 34   | BIERNCKA HELENA             | 406 | NIEZRZESZONA                        | POLICE    | POL  | K60+ | 4      | K 24 |                   | 00:22:10 | 00:44:00.15 | 00:44:05.90 | 8:48   | 6.8  |
| 35   | JURCZYK ANNA                | 423 |                                     | PRZĘSOCIN | POL  | K30  | 5      | K 25 |                   | 00:22:17 | 00:43:58.25 | 00:44:06.05 | 8:47   | 6.8  |
| 36   | MICHAŁSKA KAROLINA          | 448 | BIEG KORCZAKA                       | POLICE    | POL  | K20  | 2      | K 26 | BIEG KORCZAKA     | 00:22:16 | 00:44:14.40 | 00:44:19.05 | 8:50   | 6.8  |
| 37   | MALINOWSKA MARZENA          | 439 |                                     | POLICE    | POL  | K50  | 5      | K 27 |                   | 00:22:12 | 00:44:15.70 | 00:44:20.55 | 8:51   | 6.8  |
| 38   | SALA MIROSLAWA              | 463 |                                     | POLICE    | POL  | K60+ | 5      | K 28 |                   | 00:22:18 | 00:44:19.05 | 00:44:22.50 | 8:51   | 6.8  |
| 39   | MATWIEJCZUK AGNIESZKA       | 442 |                                     | SZCZECIN  | POL  | K40  | 12     | K 29 |                   | 00:22:05 | 00:44:33.45 | 00:44:37.05 | 8:54   | 6.7  |
| 40   | LINHARD BOŻENA              | 432 |                                     | DOBRZANY  | POL  | K60+ | 6      | K 30 |                   | 00:22:16 | 00:44:45.45 | 00:44:49.05 | 8:57   | 6.7  |
| 41   | ORLIŃSKA NATALIA            | 455 |                                     | SZCZECIN  | POL  | K40  | 13     | K 31 |                   | 00:22:31 | 00:44:47.65 | 00:44:54.80 | 8:57   | 6.7  |
| 42   | BOGUCKI ZBIGNIEW            | 71  |                                     | SZCZECIN  | POL  | M40  | 2      | M 11 |                   | 00:24:15 | 00:45:06.00 | 00:45:06.00 | 9:01   | 6.7  |
| 43   | FALEŃSKI RAFAŁ              | 412 |                                     | SZCZECIN  | POL  | M40  | 3      | M 12 |                   | 00:22:05 | 00:45:11.30 | 00:45:17.40 | 9:02   | 6.6  |
| 44   | FIJAŁKOWSKA MONIKA          | 413 |                                     | POLICE    | POL  | K40  | 14     | K 32 |                   | 00:22:42 | 00:45:18.40 | 00:45:21.50 | 9:03   | 6.6  |
| 45   | ŁUKOJC BERNADETTA           | 434 |                                     | SZCZECIN  | POL  | K50  | 6      | K 33 |                   | 00:22:12 | 00:45:37.85 | 00:45:39.90 | 9:07   | 6.6  |

**NORDIC WALKING - 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię            | Nr  | Klub                                         | M-scowość     | Kraj | Kat. | M. kat | K/M  | Drużyna 1                    | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------------|-----|----------------------------------------------|---------------|------|------|--------|------|------------------------------|----------|-------------|-------------|--------|------|
| 46   | LITWINIAK IZABELA          | 433 |                                              | GOLENIÓW      | POL  | K40  | 15     | K 34 | DZIEWCZYŃKI Z<br>KIJKAMI     | 00:22:38 | 00:45:47.15 | 00:45:50.90 | 9:09   | 6.6  |
| 47   | FORCZMAŃSKA ANGELIKA       | 414 | SOSW NR 1 DNR                                | SZCZECIN      | POL  | K20  | 3      | K 35 |                              | 00:23:22 | 00:46:36.75 | 00:46:43.70 | 9:19   | 6.4  |
| 48   | MAZUR KAMIL                | 444 | SOSW NR 1 DNR                                | STEPNICA      | POL  | M20  | 2      | M 13 | SOSW NR 1 DNR                | 00:23:38 | 00:46:36.80 | 00:46:44.10 | 9:19   | 6.4  |
| 49   | MIKLAS ALEKSANDRA          | 449 | WALKING WARRIORS                             | PRZECLAW      | POL  | K30  | 6      | K 36 |                              | 00:23:21 | 00:46:39.15 | 00:46:50.10 | 9:19   | 6.4  |
| 50   | WOJNAS BEATA               | 478 | HULK TEAM POLICE                             | POLICE        | POL  | K40  | 16     | K 37 |                              | 00:22:59 | 00:46:55.90 | 00:47:01.05 | 9:23   | 6.4  |
| 51   | BAKOWSKA SYLWIA            | 402 |                                              | POLICE        | POL  | K40  | 17     | K 38 |                              | 00:23:00 | 00:46:56.40 | 00:47:01.40 | 9:23   | 6.4  |
| 52   | SIKORA MAGDALENA           | 465 |                                              | POLICE        | POL  | K40  | 18     | K 39 |                              | 00:24:18 | 00:46:57.70 | 00:47:02.40 | 9:23   | 6.4  |
| 53   | ZAJĄC BOŻENA               | 482 | LEGENDARY POWER SZEWC                        | DALESZEWO     | POL  | K60+ | 7      | K 40 |                              | 00:23:34 | 00:46:56.30 | 00:47:02.55 | 9:23   | 6.4  |
| 54   | BARTYNA KRYSZYNA           | 401 |                                              | POLICE        | POL  | K60+ | 8      | K 41 |                              | 00:23:02 | 00:47:22.50 | 00:47:26.70 | 9:28   | 6.3  |
| 55   | MAZUR MIROSLAWA            | 445 |                                              | POLICE        | POL  | K60+ | 9      | K 42 |                              | 00:23:03 | 00:47:23.85 | 00:47:26.90 | 9:28   | 6.3  |
| 56   | NOWAK ANETA                | 453 | NORDICOWELOVE                                | POLICE        | POL  | K40  | 19     | K 43 | NORDICOWELOVE                | 00:23:47 | 00:47:31.45 | 00:47:37.25 | 9:30   | 6.3  |
| 57   | KOTARSKA MAŁGORZATA        | 427 | NORDICOWELOVE                                | POLICE        | POL  | K60+ | 10     | K 44 | NORDICOWELOVE                | 00:23:48 | 00:47:31.90 | 00:47:37.55 | 9:30   | 6.3  |
| 58   | ANDRUSZKIEWICZ EWA         | 400 | AMPIO TEAM                                   | NOWE WARPNO   | POL  | K40  | 20     | K 45 | AMPIO TEAM                   | 00:23:47 | 00:47:34.60 | 00:47:42.00 | 9:30   | 6.3  |
| 59   | WOJTAT HALINA              | 918 | KS POGODNI NORDIKOWCY<br>SZCZECIN            | SZCZECIN      | POL  | K50  | 7      | K 46 |                              | 00:23:38 | 00:47:35.65 | 00:47:43.55 | 9:31   | 6.3  |
| 60   | KWIATKOWSKA ANGELIKA       | 429 | SOSW NR 1 DNR                                | POLICE        | POL  | K20  | 4      | K 47 | SOSW NR 1 DNR                | 00:23:57 | 00:47:57.05 | 00:48:01.90 | 9:35   | 6.3  |
| 61   | LEDZION DAGMARA            | 430 | □MUFFINKOWE MORSY                            | SZCZECIN      | POL  | K40  | 21     | K 48 |                              | 00:24:26 | 00:48:06.70 | 00:48:13.55 | 9:37   | 6.2  |
| 62   | WNUK WANDA                 | 476 |                                              | NOWE WARPNO   | POL  | K50  | 8      | K 49 | KPP POLICE                   | 00:23:35 | 00:48:14.15 | 00:48:17.90 | 9:38   | 6.2  |
| 63   | JATCZAK KATARZYNA          | 422 | KPP POLICE                                   | POLICE        | POL  | K40  | 22     | K 50 | KPP POLICE                   | 00:23:34 | 00:48:14.00 | 00:48:18.20 | 9:38   | 6.2  |
| 64   | ROSIŃSKA KAROLINA          | 461 |                                              | TANOWO        | POL  | K30  | 7      | K 51 |                              | 00:24:27 | 00:48:22.20 | 00:48:34.15 | 9:40   | 6.2  |
| 65   | CIEŚLAK ADAM               | 409 | LEGENDARY POWER SZEWC                        | GRYFINO       | POL  | M60+ | 2      | M 14 |                              | 00:24:27 | 00:48:42.60 | 00:48:49.15 | 9:44   | 6.2  |
| 66   | CIEŚLAK HELENA             | 410 | LEGENDARY POWER SZEWC                        | GRYFINO       | POL  | K50  | 9      | K 52 |                              | 00:23:51 | 00:48:42.75 | 00:48:49.45 | 9:44   | 6.2  |
| 67   | GURGACZ GABRIELA           | 417 |                                              | BEZRZECZE     | POL  | K40  | 23     | K 53 |                              | 00:24:18 | 00:49:08.25 | 00:49:19.20 | 9:49   | 6.1  |
| 68   | ŁUKOMSKA-MOCYDLARZ ANNA    | 435 |                                              | SZCZECIN      | POL  | K40  | 24     | K 54 |                              | 00:25:18 | 00:49:16.30 | 00:49:24.30 | 9:51   | 6.1  |
| 69   | PIETAŚ SŁAWA               | 457 | SZALONE WILCZYCE                             | POLICE        | POL  | K60+ | 11     | K 55 |                              | 00:24:20 | 00:49:23.55 | 00:49:26.15 | 9:52   | 6.1  |
| 70   | WOLNA DOROTA               | 479 |                                              | SZCZECIN      | POL  | K30  | 8      | K 56 |                              | 00:24:36 | 00:49:18.80 | 00:49:28.70 | 9:51   | 6.1  |
| 71   | HAWRYLAK MARCIN            | 1   | 14ZBOT/142 BLP TRZEBIATÓW / BIEG<br>KORCZAKA | SZCZECIN      | POL  | M50  | 5      | M 15 | WIRTUALNY BIEG               | 00:12:18 | 00:40:59.80 | 00:49:44.65 | 8:11   | 7.3  |
| 72   | HAWRYLAK PATRYCJA          | 418 | WIRTUALNY BIEG                               | SZCZECIN      | POL  | K20  | 5      | K 57 | BIEG KORCZAKA                | 00:20:19 | 00:41:00.90 | 00:49:44.90 | 8:12   | 7.3  |
| 73   | ZDANKIEWICZ OLGA           | 483 |                                              | MIERZYN       | POL  | K40  | 25     | K 58 |                              | 00:25:08 | 00:51:07.25 | 00:51:13.00 | 10:13  | 5.9  |
| 74   | STASZEWSKA AGATA           | 468 |                                              | SZCZECIN      | POL  | K40  | 26     | K 59 |                              | 00:25:50 | 00:51:31.75 | 00:51:44.60 | 10:18  | 5.8  |
| 75   | KNAP SYLWIA                | 426 |                                              | SZCZECIN      | POL  | K30  | 9      | K 60 |                              | 00:25:32 | 00:52:17.20 | 00:52:25.85 | 10:27  | 5.7  |
| 76   | KARYBA PAULINA             | 425 |                                              | SZCZECIN      | POL  | K30  | 10     | K 61 |                              | 00:25:31 | 00:52:16.05 | 00:52:25.90 | 10:27  | 5.7  |
| 77   | SWJATECKI JERZY            | 469 |                                              | SZCZECIN      | POL  | M60+ | 3      | M 16 |                              | 00:25:19 | 00:52:43.40 | 00:52:50.75 | 10:32  | 5.7  |
| 78   | CZACHOROWSKA NATALIA       | 411 | 14ZBOT/142 BLP TRZEBIATÓW                    | STARE BIELICE | POL  | K20  | 6      | K 62 | 14ZBOT/142 BLP<br>TRZEBIATÓW | 00:25:34 | 00:52:48.20 | 00:52:58.55 | 10:33  | 5.7  |
| 79   | KANIA ADRIAN               | 424 | 14ZBOT/142 BLP TRZEBIATÓW                    | RABINO        | POL  | M20  | 3      | M 17 |                              | 00:25:33 | 00:52:47.75 | 00:52:59.00 | 10:33  | 5.7  |
| 80   | BETKER ADAM                | 404 | PK                                           | POLICE        | POL  | M20  | 4      | M 18 |                              | 00:26:35 | 00:52:54.20 | 00:53:03.30 | 10:34  | 5.7  |
| 81   | SĘK DOMINIK                | 464 | SOSW NR 1 DNR                                | WAPNICA       | POL  | M20  | 5      | M 19 | SOSW NR 1 DNR                | 00:25:19 | 00:53:17.40 | 00:53:22.40 | 10:39  | 5.6  |
| 82   | MICHALAK MONIKA            | 446 |                                              | POLICE        | POL  | K40  | 27     | K 63 |                              | 00:26:11 | 00:53:31.80 | 00:53:40.05 | 10:42  | 5.6  |
| 83   | ROSIK JOANNA               | 460 |                                              | SZCZECIN      | POL  | K60+ | 12     | K 64 |                              | 00:27:53 | 00:54:05.70 | 00:54:17.90 | 10:49  | 5.5  |
| 84   | MACIASZCZYK ZBIGNIEW       | 436 |                                              | SZCZECIN      | POL  | M60+ | 4      | M 20 |                              | 00:27:49 | 00:54:11.55 | 00:54:25.00 | 10:50  | 5.5  |
| 85   | NIEDŹWIECKI PAWEŁ          | 914 |                                              | PRZĘSOCIN     | POL  | M40  | 4      | M 21 |                              | 00:26:51 | 00:54:39.50 | 00:54:49.35 | 10:55  | 5.5  |
| 86   | BETKER ANNA                | 403 |                                              | POLICE        | POL  | K40  | 28     | K 65 |                              | 00:27:31 | 00:56:41.20 | 00:56:50.00 | 11:20  | 5.3  |
| 87   | TARWID BOŻENA              | 486 |                                              | SZCZECIN      | POL  | K50  | 10     | K 66 |                              | 00:28:22 | 00:56:41.35 | 00:56:51.45 | 11:20  | 5.3  |
| 88   | GEBKA-ZYLA MAGDALENA       | 416 |                                              | SZCZECIN      | POL  | K40  | 29     | K 67 |                              | 00:28:22 | 00:57:03.20 | 00:57:13.00 | 11:24  | 5.3  |
| 89   | SZYDELSKA KRYSZYNA         | 472 | NORDICOWELOVE                                | POLICE        | POL  | K60+ | 13     | K 68 |                              | 00:28:25 | 00:58:03.05 | 00:58:09.30 | 11:36  | 5.2  |
| 90   | GAZECKA KRYSZYNA           | 415 | POLICZANKA                                   | POLICE        | POL  | K60+ | 14     | K 69 |                              | 00:28:25 | 00:58:03.90 | 00:58:10.65 | 11:36  | 5.2  |
| 91   | BUŁAWA JUSTYNA             | 407 |                                              | SZCZECIN      | POL  | K30  | 11     | K 70 |                              | 00:28:43 | 00:58:32.30 | 00:58:32.30 | 11:42  | 5.1  |
| 92   | MUCHA MARTYNA              | 451 |                                              | POLICE        | POL  | K30  | 12     | K 71 |                              | 00:28:35 | 00:58:24.90 | 00:58:32.55 | 11:40  | 5.1  |
| 93   | JANKOWIAK PAULINA          | 419 |                                              | SZCZECIN      | POL  | K30  | 12     | K 71 |                              | 00:28:34 | 00:58:23.65 | 00:58:32.55 | 11:40  | 5.1  |
| 94   | ROSIŃSKA GRAŻYNA           | 462 |                                              | TANOWO        | POL  | K60+ | 15     | K 73 |                              | 00:29:00 | 00:58:30.15 | 00:58:41.90 | 11:42  | 5.1  |
| 95   | BODNAR ZBIGNIEW            | 901 | BIEG KORCZAKA                                | SZCZECIN      | POL  | M60+ | 5      | M 22 | BIEG KORCZAKA RAZ            | 00:30:45 | 00:58:28.65 | 00:58:43.25 | 11:41  | 5.1  |
| 96   | CIACHLA MATYLDA            | 408 | BIEG KORCZAKA                                | POLICE        | POL  | K30  | 14     | K 74 | BIEG KORCZAKA                | 00:29:01 | 00:58:33.15 | 00:58:44.55 | 11:42  | 5.1  |
| 97   | REČKO WIOLETA              | 459 |                                              | SZCZECIN      | POL  | K30  | 15     | K 75 |                              | 00:31:09 | 00:59:33.45 | 00:59:45.30 | 11:54  | 5    |
| 98   | MACIEJEWSKA GRAŻYNA TERESA | 437 |                                              | MARIANOWO     | POL  | K60+ | 16     | K 76 |                              | 00:33:57 | 01:21:30.40 | 01:21:46.00 | 16:18  | 3.7  |

**NORDIC WALKING - 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię    | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|------|-----------|------|------|--------|------|-----------|----------|-------------|-------------|--------|------|
| 99   | MACIEJEWSKJ HENRYK | 438 |      | MARIANOWO | POL  | M60+ | 6      | M 23 |           | 00:33:57 | 01:21:30.80 | 01:21:46.05 | 16:18  | 3.7  |

**NORDIC WALKING - 5 KM, OPEN Kobiety**

| M-ce | Nazwisko i imię             | Nr  | Klub                           | M-scowość   | Kraj | Kat. | M. kat | K/M  | Drużyna 1             | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|--------------------------------|-------------|------|------|--------|------|-----------------------|----------|-------------|-------------|--------|------|
| 1    | MASŁYK MAŁGORZATA           | 441 |                                | PYRZYCE     | POL  | K50  | 1      | K 1  | KING MACIUS TEAM      | 00:17:38 | 00:35:24.40 | 00:35:25.65 | 7:04   | 8.5  |
| 2    | KŁACZYŃSKA DANUTA           | 912 | FARTY PUSZCZY                  | SZCZECIN    | POL  | K40  | 1      | K 2  | FARTY PUSZCZY         | 00:17:48 | 00:36:04.45 | 00:36:05.90 | 7:12   | 8.3  |
| 3    | ZIÓŁKOWSKA SYLWIA           | 919 | FARTY PUSZCZY                  | SZCZECIN    | POL  | K40  | 2      | K 3  | FARTY PUSZCZY         | 00:18:01 | 00:36:35.55 | 00:36:37.10 | 7:19   | 8.2  |
| 4    | RADCZUK KAROLINA            | 905 |                                | POLICE      | POL  | K40  | 3      | K 4  |                       | 00:18:15 | 00:37:00.30 | 00:37:02.35 | 7:24   | 8.1  |
| 5    | STACHOWICZ-HAWRYLAK SYLWIA  | 906 | BIEG KORCZAKA                  | SZCZECIN    | POL  | K50  | 2      | K 5  | BIEG KORCZAKA         | 00:18:24 | 00:37:11.25 | 00:37:13.00 | 7:26   | 8.1  |
| 6    | KUPNIEWSKA ALEKSANDRA       | 903 | LOVELASY                       | POLICE      | POL  | K40  | 4      | K 6  | KING MACIUS TEAM      | 00:18:28 | 00:37:25.25 | 00:37:28.25 | 7:29   | 8    |
| 7    | KAMIŃSKA MAGDALENA          | 910 | PUM SZCZECIN                   | SZCZECIN    | POL  | K40  | 5      | K 7  | BIEG KORCZAKA         | 00:18:42 | 00:37:43.30 | 00:37:44.65 | 7:32   | 8    |
| 8    | MISIUK MARTA                | 904 | LOVELASY                       | POLICE      | POL  | K30  | 1      | K 8  |                       | 00:18:44 | 00:37:47.90 | 00:37:50.80 | 7:33   | 7.9  |
| 9    | MISIEWICZ BOŻENA            | 450 | BIEG KORCZAKA                  | CHOJNA      | POL  | K60+ | 1      | K 9  | BIEG KORCZAKA         | 00:18:58 | 00:38:31.65 | 00:38:33.40 | 7:42   | 7.8  |
| 10   | KRUŻBERSKA KATARZYNA        | 902 |                                | SZCZECIN    | POL  | K20  | 1      | K 10 |                       | 00:19:26 | 00:39:01.15 | 00:39:03.75 | 7:48   | 7.7  |
| 11   | OLEJNIK MARZENA             | 454 |                                | SZCZECIN    | POL  | K50  | 3      | K 11 |                       | 00:19:25 | 00:39:06.60 | 00:39:06.60 | 7:49   | 7.7  |
| 12   | JARCZEWSKA RENATA           | 420 | BIEG KORCZAKA                  | GOLENIÓW    | POL  | K50  | 4      | K 12 | BIEG KORCZAKA         | 00:19:15 | 00:39:15.70 | 00:39:18.40 | 7:51   | 7.6  |
| 13   | TUZIMEK BARBARA             | 474 | ZESPÓŁ SZKÓŁ NR 4 W SZCZECINIE | SZCZECIN    | POL  | K40  | 6      | K 13 |                       | 00:19:45 | 00:39:59.50 | 00:40:02.30 | 7:59   | 7.5  |
| 14   | GÓRSKA AGNIESZKA            | 909 |                                | SZCZECIN    | POL  | K40  | 7      | K 14 |                       | 00:20:00 | 00:40:07.75 | 00:40:10.50 | 8:01   | 7.5  |
| 15   | PODHAJNA AGNIESZKA          | 458 | FARTY PUSZCZY                  | SZCZECIN    | POL  | K40  | 8      | K 15 | FARTY PUSZCZY         | 00:20:08 | 00:40:40.50 | 00:40:45.05 | 8:08   | 7.4  |
| 16   | KOWALSKA JOANNA             | 913 | --                             | GRYFINO     | POL  | K30  | 2      | K 16 |                       | 00:20:07 | 00:40:54.25 | 00:40:56.65 | 8:10   | 7.3  |
| 17   | MUSZKIET-SOBAŃSKA AGNIESZKA | 452 | MUFFINKOWE MORSY               | SZCZECIN    | POL  | K40  | 9      | K 17 |                       | 00:20:55 | 00:42:30.55 | 00:42:35.45 | 8:30   | 7.1  |
| 18   | WESOŁOWSKA URSZULA          | 475 | FARTY PUSZCZY                  | SZCZECIN    | POL  | K30  | 3      | K 18 | FARTY PUSZCZY         | 00:21:17 | 00:42:50.55 | 00:42:56.30 | 8:34   | 7    |
| 19   | MICHAŁSKA ANETA             | 447 | KOMPAS TEAM                    | POLICE      | POL  | K40  | 10     | K 19 | KOMPAS TEAM           | 00:22:00 | 00:42:58.55 | 00:43:02.60 | 8:35   | 7    |
| 20   | WOŹNIEWSKA GRAŻYNA          | 480 | SZALONE WILCZYCE               | POLICE      | POL  | K60+ | 2      | K 20 |                       | 00:21:20 | 00:43:06.90 | 00:43:08.40 | 8:37   | 7    |
| 21   | SZUBERT-ADAMSKA EWELINA     | 471 |                                | PRZĘSOCIN   | POL  | K40  | 11     | K 21 |                       | 00:22:10 | 00:43:19.95 | 00:43:28.45 | 8:39   | 6.9  |
| 22   | MALINOWSKA EWELINA          | 440 |                                | POLICE      | POL  | K30  | 4      | K 22 |                       | 00:21:39 | 00:43:33.30 | 00:43:38.80 | 8:42   | 6.9  |
| 23   | SZCZERBIŃSKA BARBARA        | 917 |                                | GRYFINO     | POL  | K60+ | 3      | K 23 |                       | 00:21:47 | 00:43:48.40 | 00:43:51.60 | 8:45   | 6.8  |
| 24   | BIERNCKA HELENA             | 406 | NIEZRZESZONA                   | POLICE      | POL  | K60+ | 4      | K 24 |                       | 00:22:10 | 00:44:00.15 | 00:44:05.90 | 8:48   | 6.8  |
| 25   | JURCZYK ANNA                | 423 |                                | PRZĘSOCIN   | POL  | K30  | 5      | K 25 |                       | 00:22:17 | 00:43:58.25 | 00:44:06.05 | 8:47   | 6.8  |
| 26   | MICHAŁSKA KAROLINA          | 448 | BIEG KORCZAKA                  | POLICE      | POL  | K20  | 2      | K 26 | BIEG KORCZAKA         | 00:22:16 | 00:44:14.40 | 00:44:19.05 | 8:50   | 6.8  |
| 27   | MALINOWSKA MARZENA          | 439 |                                | POLICE      | POL  | K50  | 5      | K 27 |                       | 00:22:12 | 00:44:15.70 | 00:44:20.55 | 8:51   | 6.8  |
| 28   | SALA MIROSLAWA              | 463 |                                | POLICE      | POL  | K60+ | 5      | K 28 |                       | 00:22:18 | 00:44:19.05 | 00:44:22.50 | 8:51   | 6.8  |
| 29   | MATWIEJCZUK AGNIESZKA       | 442 |                                | SZCZECIN    | POL  | K40  | 12     | K 29 |                       | 00:22:05 | 00:44:33.45 | 00:44:37.05 | 8:54   | 6.7  |
| 30   | LINHARD BOŻENA              | 432 |                                | DOBRZANY    | POL  | K60+ | 6      | K 30 |                       | 00:22:16 | 00:44:45.45 | 00:44:49.05 | 8:57   | 6.7  |
| 31   | ORLIŃSKA NATALIA            | 455 |                                | SZCZECIN    | POL  | K40  | 13     | K 31 |                       | 00:22:31 | 00:44:47.65 | 00:44:54.80 | 8:57   | 6.7  |
| 32   | FIJAŁKOWSKA MONIKA          | 413 |                                | POLICE      | POL  | K40  | 14     | K 32 |                       | 00:22:42 | 00:45:18.40 | 00:45:21.50 | 9:03   | 6.6  |
| 33   | ŁUKOJĆ BERNADETTA           | 434 |                                | SZCZECIN    | POL  | K50  | 6      | K 33 |                       | 00:22:12 | 00:45:37.85 | 00:45:39.90 | 9:07   | 6.6  |
| 34   | LITWINIAK IZABELA           | 433 |                                | GOLENIÓW    | POL  | K40  | 15     | K 34 | DZIEWCZYNIKI Z KIJAMI | 00:22:38 | 00:45:47.15 | 00:45:50.90 | 9:09   | 6.6  |
| 35   | FORCZMAŃSKA ANGELIKA        | 414 | SOSW NR 1 DNR                  | SZCZECIN    | POL  | K20  | 3      | K 35 |                       | 00:23:22 | 00:46:36.75 | 00:46:43.70 | 9:19   | 6.4  |
| 36   | MIKLAS ALEKSANDRA           | 449 | WALKING WARRIORS               | PRZECŁAW    | POL  | K30  | 6      | K 36 |                       | 00:23:21 | 00:46:39.15 | 00:46:50.10 | 9:19   | 6.4  |
| 37   | WOJNAS BEATA                | 478 | HULK TEAM POLICE               | POLICE      | POL  | K40  | 16     | K 37 |                       | 00:22:59 | 00:46:55.90 | 00:47:01.05 | 9:23   | 6.4  |
| 38   | BAKOWSKA SYLWIA             | 402 |                                | POLICE      | POL  | K40  | 17     | K 38 |                       | 00:23:00 | 00:46:56.40 | 00:47:01.40 | 9:23   | 6.4  |
| 39   | SIKORA MAGDALENA            | 465 |                                | POLICE      | POL  | K40  | 18     | K 39 |                       | 00:24:18 | 00:46:57.70 | 00:47:02.40 | 9:23   | 6.4  |
| 40   | ZAJĄC BOŻENA                | 482 | LEGENDARY POWER SZEWC          | DALESZEWO   | POL  | K60+ | 7      | K 40 |                       | 00:23:34 | 00:46:56.30 | 00:47:02.55 | 9:23   | 6.4  |
| 41   | BARTYNA KRYSZYNA            | 401 |                                | POLICE      | POL  | K60+ | 8      | K 41 |                       | 00:23:02 | 00:47:22.50 | 00:47:26.70 | 9:28   | 6.3  |
| 42   | MAZUR MIROSLAWA             | 445 |                                | POLICE      | POL  | K60+ | 9      | K 42 |                       | 00:23:03 | 00:47:23.85 | 00:47:26.90 | 9:28   | 6.3  |
| 43   | NOWAK ANETA                 | 453 | NORDICOWELOVE                  | POLICE      | POL  | K40  | 19     | K 43 | NORDICOWELOVE         | 00:23:47 | 00:47:31.45 | 00:47:37.25 | 9:30   | 6.3  |
| 44   | KOTARSKA MAŁGORZATA         | 427 | NORDICOWELOVE                  | POLICE      | POL  | K60+ | 10     | K 44 | NORDICOWELOVE         | 00:23:48 | 00:47:31.90 | 00:47:37.55 | 9:30   | 6.3  |
| 45   | ANDRUSZKIEWICZ EWA          | 400 | AMPIO TEAM                     | NOWE WARPNO | POL  | K40  | 20     | K 45 | AMPIO TEAM            | 00:23:47 | 00:47:34.60 | 00:47:42.00 | 9:30   | 6.3  |
| 46   | WOJTAT HALINA               | 918 | KS POGODNI NORDIKOWCY SZCZECIN | SZCZECIN    | POL  | K50  | 7      | K 46 |                       | 00:23:38 | 00:47:35.65 | 00:47:43.55 | 9:31   | 6.3  |
| 47   | KWIATKOWSKA ANGELIKA        | 429 | SOSW NR 1 DNR                  | POLICE      | POL  | K20  | 4      | K 47 | SOSW NR 1 DNR         | 00:23:57 | 00:47:57.05 | 00:48:01.90 | 9:35   | 6.3  |
| 48   | LEDZION DAGMARA             | 430 | MUFFINKOWE MORSY               | SZCZECIN    | POL  | K40  | 21     | K 48 |                       | 00:24:26 | 00:48:06.70 | 00:48:13.55 | 9:37   | 6.2  |
| 49   | WNUK WANDA                  | 476 |                                | NOWE WARPNO | POL  | K50  | 8      | K 49 | KPP POLICE            | 00:23:35 | 00:48:14.15 | 00:48:17.90 | 9:38   | 6.2  |

**NORDIC WALKING - 5 KM, OPEN Kobiety c.d.**

| M-ce | Nazwisko i imię            | Nr  | Klub                      | M-scowość     | Kraj | Kat. | M. kat | K/M  | Drużyna 1                 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------------|-----|---------------------------|---------------|------|------|--------|------|---------------------------|----------|-------------|-------------|--------|------|
| 50   | JATCZAK KATARZYNA          | 422 | KPP POLICE                | POLICE        | POL  | K40  | 22     | K 50 | KPP POLICE                | 00:23:34 | 00:48:14.00 | 00:48:18.20 | 9:38   | 6.2  |
| 51   | ROSIŃSKA KAROLINA          | 461 |                           | TANOWO        | POL  | K30  | 7      | K 51 |                           | 00:24:27 | 00:48:22.20 | 00:48:34.15 | 9:40   | 6.2  |
| 52   | CIEŚLAK HELENA             | 410 | LEGENDARY POWER SZEWC     | GRYFINO       | POL  | K50  | 9      | K 52 |                           | 00:23:51 | 00:48:42.75 | 00:48:49.45 | 9:44   | 6.2  |
| 53   | GURGACZ GABRIELA           | 417 |                           | BEZRZECZE     | POL  | K40  | 23     | K 53 |                           | 00:24:18 | 00:49:08.25 | 00:49:19.20 | 9:49   | 6.1  |
| 54   | ŁUKOMSKA-MOCYDLARZ ANNA    | 435 |                           | SZCZECIN      | POL  | K40  | 24     | K 54 |                           | 00:25:18 | 00:49:16.30 | 00:49:24.30 | 9:51   | 6.1  |
| 55   | PIETAŚ SŁAWA               | 457 | SZALONE WILCZYCE          | POLICE        | POL  | K60+ | 11     | K 55 |                           | 00:24:20 | 00:49:23.55 | 00:49:26.15 | 9:52   | 6.1  |
| 56   | WOLNA DOROTA               | 479 |                           | SZCZECIN      | POL  | K30  | 8      | K 56 |                           | 00:24:36 | 00:49:18.80 | 00:49:28.70 | 9:51   | 6.1  |
| 57   | HAWRYLAK PATRYCJA          | 418 | WIRTUALNY BIEG            | SZCZECIN      | POL  | K20  | 5      | K 57 | BIEG KORCZAKA             | 00:20:19 | 00:41:00.90 | 00:49:44.90 | 8:12   | 7.3  |
| 58   | ZDANKIEWICZ OLGA           | 483 |                           | MIERZYN       | POL  | K40  | 25     | K 58 |                           | 00:25:08 | 00:51:07.25 | 00:51:13.00 | 10:13  | 5.9  |
| 59   | STASZEWSKA AGATA           | 468 |                           | SZCZECIN      | POL  | K40  | 26     | K 59 |                           | 00:25:50 | 00:51:31.75 | 00:51:44.60 | 10:18  | 5.8  |
| 60   | KNAP SYLWIA                | 426 |                           | SZCZECIN      | POL  | K30  | 9      | K 60 |                           | 00:25:32 | 00:52:17.20 | 00:52:25.85 | 10:27  | 5.7  |
| 61   | KARYBA PAULINA             | 425 |                           | SZCZECIN      | POL  | K30  | 10     | K 61 |                           | 00:25:31 | 00:52:16.05 | 00:52:25.90 | 10:27  | 5.7  |
| 62   | CZACHOROWSKA NATALIA       | 411 | 14ZBOT/142 BLP TRZEBIATÓW | STARE BIELICE | POL  | K20  | 6      | K 62 | 14ZBOT/142 BLP TRZEBIATÓW | 00:25:34 | 00:52:48.20 | 00:52:58.55 | 10:33  | 5.7  |
| 63   | MICHALAK MONIKA            | 446 |                           | POLICE        | POL  | K40  | 27     | K 63 |                           | 00:26:11 | 00:53:31.80 | 00:53:40.05 | 10:42  | 5.6  |
| 64   | ROSIK JOANNA               | 460 |                           | SZCZECIN      | POL  | K60+ | 12     | K 64 |                           | 00:27:53 | 00:54:05.70 | 00:54:17.90 | 10:49  | 5.5  |
| 65   | BETKER ANNA                | 403 |                           | POLICE        | POL  | K40  | 28     | K 65 |                           | 00:27:31 | 00:56:41.20 | 00:56:50.00 | 11:20  | 5.3  |
| 66   | TARWID BOŻENA              | 486 |                           | SZCZECIN      | POL  | K50  | 10     | K 66 |                           | 00:28:22 | 00:56:41.35 | 00:56:51.45 | 11:20  | 5.3  |
| 67   | GEBKA-ZYLA MAGDALENA       | 416 |                           | SZCZECIN      | POL  | K40  | 29     | K 67 |                           | 00:28:22 | 00:57:03.20 | 00:57:13.00 | 11:24  | 5.3  |
| 68   | SZYDELSKA KRYSZYNA         | 472 | NORDICOWELOVE             | POLICE        | POL  | K60+ | 13     | K 68 |                           | 00:28:25 | 00:58:03.05 | 00:58:09.30 | 11:36  | 5.2  |
| 69   | GAZECKA KRYSZYNA           | 415 | POLICZANKA                | POLICE        | POL  | K60+ | 14     | K 69 |                           | 00:28:25 | 00:58:03.90 | 00:58:10.65 | 11:36  | 5.2  |
| 70   | BUŁAWA JUSTYNA             | 407 |                           | SZCZECIN      | POL  | K30  | 11     | K 70 |                           | 00:28:43 | 00:58:32.30 | 00:58:32.30 | 11:42  | 5.1  |
| 71   | JANKOWIAK PAULINA          | 419 |                           | SZCZECIN      | POL  | K30  | 12     | K 71 |                           | 00:28:34 | 00:58:23.65 | 00:58:32.55 | 11:40  | 5.1  |
| 72   | MUCHA MARTYNA              | 451 |                           | POLICE        | POL  | K30  | 12     | K 71 |                           | 00:28:35 | 00:58:24.90 | 00:58:32.55 | 11:40  | 5.1  |
| 73   | ROSIŃSKA GRAŻYNA           | 462 |                           | TANOWO        | POL  | K60+ | 15     | K 73 |                           | 00:29:00 | 00:58:30.15 | 00:58:41.90 | 11:42  | 5.1  |
| 74   | CIACHLA MATYŁDA            | 408 | BIEG KORCZAKA             | POLICE        | POL  | K30  | 14     | K 74 | BIEG KORCZAKA             | 00:29:01 | 00:58:33.15 | 00:58:44.55 | 11:42  | 5.1  |
| 75   | REĆKO WIOLETA              | 459 |                           | SZCZECIN      | POL  | K30  | 15     | K 75 |                           | 00:31:09 | 00:59:33.45 | 00:59:45.30 | 11:54  | 5    |
| 76   | MACIEJEWSKA GRAŻYNA TERESA | 437 |                           | MARIANOWO     | POL  | K60+ | 16     | K 76 |                           | 00:33:57 | 01:21:30.40 | 01:21:46.00 | 16:18  | 3.7  |

**NORDIC WALKING - 5 KM, OPEN Mężczyźni**

| M-ce | Nazwisko i imię      | Nr  | Klub                                      | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1         | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|-------------------------------------------|-----------|------|------|--------|------|-------------------|----------|-------------|-------------|--------|------|
| 1    | DOŁĘGOWSKI MAREK     | 908 | GINA WOLIN                                | KOŁCZEWO  | POL  | M50  | 1      | M 1  | KING MACIUS TEAM  | 00:16:00 | 00:32:48.80 | 00:32:50.60 | 6:33   | 9.1  |
| 2    | WESOŁOWSKI MARCIN    | 907 |                                           | SZCZECIN  | POL  | M30  | 1      | M 2  |                   | 00:17:22 | 00:34:37.75 | 00:34:41.25 | 6:55   | 8.7  |
| 3    | ZDANUK ARTUR         | 484 | EKSPEDYCJA NORDIC TEAM                    | PRZĘSOCIN | POL  | M50  | 2      | M 3  | KING MACIUS TEAM  | 00:17:47 | 00:36:08.85 | 00:36:10.65 | 7:13   | 8.3  |
| 4    | WOJDYŁA MIECZYSLAW   | 477 |                                           | WROCLAW   | POL  | M50  | 3      | M 4  |                   | 00:17:03 | 00:37:50.00 | 00:37:50.00 | 7:34   | 7.9  |
| 5    | STRZELEC TOMASZ      | 916 | KB HERMES GRZYFINO                        | GRYFINO   | POL  | M40  | 1      | M 5  |                   | 00:19:28 | 00:38:48.40 | 00:38:52.95 | 7:45   | 7.7  |
| 6    | SMOŁOWIK ERNEST      | 466 | SOSW NR 1 DNR                             | USTOWO    | POL  | M20  | 1      | M 6  | SOSW NR 1 DNR     | 00:20:11 | 00:21:00.85 | 00:40:08.00 | 4:12   | 14.3 |
| 7    | LEDZION ROBERT       | 431 | □MUFFINKOWE MORSY                         | SZCZECIN  | POL  | M50  | 4      | M 7  |                   | 00:20:16 | 00:41:27.75 | 00:41:31.95 | 8:17   | 7.2  |
| 8    | PARCHIMOWICZ JANUSZ  | 915 |                                           | PRZECŁAW  | POL  | M60+ | 1      | M 8  |                   | 00:20:16 | 00:41:29.85 | 00:41:32.15 | 8:17   | 7.2  |
| 9    | KARLIKOWSKI ŁUKASZ   | 473 |                                           | SZCZECIN  | POL  | M30  | 2      | M 9  |                   | 00:20:58 | 00:42:02.25 | 00:42:09.85 | 8:24   | 7.1  |
| 10   | STAŃCZAK MARCIN      | 467 | FARTY PUSZCZY                             | SZCZECIN  | POL  | M30  | 3      | M 10 | FARTY PUSZCZY     | 00:21:09 | 00:42:16.15 | 00:42:22.85 | 8:27   | 7.1  |
| 11   | BOGUCKI ZBIGNIEW     | 71  |                                           | SZCZECIN  | POL  | M40  | 2      | M 11 |                   | 00:24:15 | 00:45:06.00 | 00:45:06.00 | 9:01   | 6.7  |
| 12   | FALEŃSKI RAFAŁ       | 412 |                                           | SZCZECIN  | POL  | M40  | 3      | M 12 |                   | 00:22:05 | 00:45:11.30 | 00:45:17.40 | 9:02   | 6.6  |
| 13   | MAZUR KAMIL          | 444 | SOSW NR 1 DNR                             | STEPNICA  | POL  | M20  | 2      | M 13 | SOSW NR 1 DNR     | 00:23:38 | 00:46:36.80 | 00:46:44.10 | 9:19   | 6.4  |
| 14   | CIEŚLAK ADAM         | 409 | LEGENDARY POWER SZEWC                     | GRYFINO   | POL  | M60+ | 2      | M 14 |                   | 00:24:27 | 00:48:42.60 | 00:48:49.15 | 9:44   | 6.2  |
| 15   | HAWRYLAK MARCIN      | 1   | 14ZBOT/142 BLP TRZEBIATÓW / BIEG KORCZAKA | SZCZECIN  | POL  | M50  | 5      | M 15 | WIRTUALNY BIEG    | 00:12:18 | 00:40:59.80 | 00:49:44.65 | 8:11   | 7.3  |
| 16   | SWJATECKI JERZY      | 469 |                                           | SZCZECIN  | POL  | M60+ | 3      | M 16 |                   | 00:25:19 | 00:52:43.40 | 00:52:50.75 | 10:32  | 5.7  |
| 17   | KANIA ADRIAN         | 424 | 14ZBOT/142 BLP TRZEBIATÓW                 | RABINO    | POL  | M20  | 3      | M 17 |                   | 00:25:33 | 00:52:47.75 | 00:52:59.00 | 10:33  | 5.7  |
| 18   | BETKER ADAM          | 404 | PK                                        | POLICE    | POL  | M20  | 4      | M 18 |                   | 00:26:35 | 00:52:54.20 | 00:53:03.30 | 10:34  | 5.7  |
| 19   | SĘK DOMINIK          | 464 | SOSW NR 1 DNR                             | WAPNICA   | POL  | M20  | 5      | M 19 | SOSW NR 1 DNR     | 00:25:19 | 00:53:17.40 | 00:53:22.40 | 10:39  | 5.6  |
| 20   | MACIASZCZYK ZBIGNIEW | 436 |                                           | SZCZECIN  | POL  | M60+ | 4      | M 20 |                   | 00:27:49 | 00:54:11.55 | 00:54:25.00 | 10:50  | 5.5  |
| 21   | NIEDŹWIECKI PAWEŁ    | 914 |                                           | PRZĘSOCIN | POL  | M40  | 4      | M 21 |                   | 00:26:51 | 00:54:39.50 | 00:54:49.35 | 10:55  | 5.5  |
| 22   | BODNAR ZBIGNIEW      | 901 | BIEG KORCZAKA                             | SZCZECIN  | POL  | M60+ | 5      | M 22 | BIEG KORCZAKA RAZ | 00:30:45 | 00:58:28.65 | 00:58:43.25 | 11:41  | 5.1  |

**NORDIC WALKING - 5 KM, OPEN Mężczyźni c.d.**

| M-ce | Nazwisko i imię    | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|------|-----------|------|------|--------|------|-----------|----------|-------------|-------------|--------|------|
| 23   | MACIEJEWSKJ HENRYK | 438 |      | MARIANOWO | POL  | M60+ | 6      | M 23 |           | 00:33:57 | 01:21:30.80 | 01:21:46.05 | 16:18  | 3.7  |

**NORDIC WALKING - 5 KM, Żołnierz ZBOT**

| M-ce | Nazwisko i imię      | Nr  | Klub                      | M-scowość     | Kraj | Kat. | M. kat | K/M  | Drużyna 1                 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|---------------------------|---------------|------|------|--------|------|---------------------------|----------|-------------|-------------|--------|------|
| 1    | CZACHOROWSKA NATALIA | 411 | 14ZBOT/142 BLP TRZEBIATÓW | STARE BIELICE | POL  | K20  | 6      | K 62 | 14ZBOT/142 BLP TRZEBIATÓW | 00:25:34 | 00:52:48.20 | 00:52:58.55 | 10:33  | 5.7  |
| 2    | KANIA ADRIAN         | 424 | 14ZBOT/142 BLP TRZEBIATÓW | RĄBINO        | POL  | M20  | 3      | M 17 |                           | 00:25:33 | 00:52:47.75 | 00:52:59.00 | 10:33  | 5.7  |

**NORDIC WALKING - 5 KM, Pracownik Oświaty - K**

| M-ce | Nazwisko i imię    | Nr  | Klub                           | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1     | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|--------------------------------|-----------|------|------|--------|------|---------------|----------|-------------|-------------|--------|------|
| 1    | KŁACZYŃSKA DANUTA  | 912 | FARTY PUSZCZY                  | SZCZECIN  | POL  | K40  | 1      | K 2  | FARTY PUSZCZY | 00:17:48 | 00:36:04.45 | 00:36:05.90 | 7:12   | 8.3  |
| 2    | KAMIŃSKA MAGDALENA | 910 | PUM SZCZECIN                   | SZCZECIN  | POL  | K40  | 5      | K 7  | BIEG KORCZAKA | 00:18:42 | 00:37:43.30 | 00:37:44.65 | 7:32   | 8    |
| 3    | TUZIMEK BARBARA    | 474 | ZESPÓŁ SZKÓŁ NR 4 W SZCZECINIE | SZCZECIN  | POL  | K40  | 6      | K 13 |               | 00:19:45 | 00:39:59.50 | 00:40:02.30 | 7:59   | 7.5  |
| 4    | MICHAŁSKA ANETA    | 447 | KOMPAS TEAM                    | POLICE    | POL  | K40  | 10     | K 19 | KOMPAS TEAM   | 00:22:00 | 00:42:58.55 | 00:43:02.60 | 8:35   | 7    |
| 5    | LINHARD BOŻENA     | 432 | DOBRZANY                       | DOBZANY   | POL  | K60+ | 6      | K 30 |               | 00:22:16 | 00:44:45.45 | 00:44:49.05 | 8:57   | 6.7  |
| 6    | ŁUKOJĆ BERNADETTA  | 434 |                                | SZCZECIN  | POL  | K50  | 6      | K 33 |               | 00:22:12 | 00:45:37.85 | 00:45:39.90 | 9:07   | 6.6  |
| 7    | BUŁAWA JUSTYNA     | 407 |                                | SZCZECIN  | POL  | K30  | 11     | K 70 |               | 00:28:43 | 00:58:32.30 | 00:58:32.30 | 11:42  | 5.1  |
| 8    | MUCHA MARTYNA      | 451 |                                | POLICE    | POL  | K30  | 12     | K 71 |               | 00:28:35 | 00:58:24.90 | 00:58:32.55 | 11:40  | 5.1  |

**NORDIC WALKING - 5 KM, Pracownik Oświaty - M**

| M-ce | Nazwisko i imię  | Nr  | Klub                                      | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1        | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|------------------|-----|-------------------------------------------|-----------|------|------|--------|------|------------------|----------|-------------|-------------|--------|------|
| 1    | DOŁĘGOWSKI MAREK | 908 | GINA WOLIN                                | KOŁCZEWO  | POL  | M50  | 1      | M 1  | KING MACIUS TEAM | 00:16:00 | 00:32:48.80 | 00:32:50.60 | 6:33   | 9.1  |
| 2    | HAWRYŁAK MARCIN  | 1   | 14ZBOT/142 BLP TRZEBIATÓW / BIEG KORCZAKA | SZCZECIN  | POL  | M50  | 5      | M 15 | WIRTUALNY BIEG   | 00:12:18 | 00:40:59.80 | 00:49:44.65 | 8:11   | 7.3  |

**NORDIC WALKING - 5 KM, K20**

| M-ce | Nazwisko i imię      | Nr  | Klub                      | M-scowość     | Kraj | Kat. | M. kat | K/M  | Drużyna 1                 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|---------------------------|---------------|------|------|--------|------|---------------------------|----------|-------------|-------------|--------|------|
| 1    | KRUŻBERSKA KATARZYNA | 902 |                           | SZCZECIN      | POL  | K20  | 1      | K 10 |                           | 00:19:26 | 00:39:01.15 | 00:39:03.75 | 7:48   | 7.7  |
| 2    | MICHAŁSKA KAROLINA   | 448 | BIEG KORCZAKA             | POLICE        | POL  | K20  | 2      | K 26 | BIEG KORCZAKA             | 00:22:16 | 00:44:14.40 | 00:44:19.05 | 8:50   | 6.8  |
| 3    | FORCZMAŃSKA ANGELIKA | 414 | SOSW NR 1 DNR             | SZCZECIN      | POL  | K20  | 3      | K 35 |                           | 00:23:22 | 00:46:36.75 | 00:46:43.70 | 9:19   | 6.4  |
| 4    | KWIATKOWSKA ANGELIKA | 429 | SOSW NR 1 DNR             | POLICE        | POL  | K20  | 4      | K 47 | SOSW NR 1 DNR             | 00:23:57 | 00:47:57.05 | 00:48:01.90 | 9:35   | 6.3  |
| 5    | HAWRYŁAK PATRYCJA    | 418 | WIRTUALNY BIEG            | SZCZECIN      | POL  | K20  | 5      | K 57 | BIEG KORCZAKA             | 00:20:19 | 00:41:00.90 | 00:49:44.90 | 8:12   | 7.3  |
| 6    | CZACHOROWSKA NATALIA | 411 | 14ZBOT/142 BLP TRZEBIATÓW | STARE BIELICE | POL  | K20  | 6      | K 62 | 14ZBOT/142 BLP TRZEBIATÓW | 00:25:34 | 00:52:48.20 | 00:52:58.55 | 10:33  | 5.7  |

**NORDIC WALKING - 5 KM, M20**

| M-ce | Nazwisko i imię | Nr  | Klub                      | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1     | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------|-----|---------------------------|-----------|------|------|--------|------|---------------|----------|-------------|-------------|--------|------|
| 1    | SMOŁOWIK ERNEST | 466 | SOSW NR 1 DNR             | USTOWO    | POL  | M20  | 1      | M 6  | SOSW NR 1 DNR | 00:20:11 | 00:21:00.85 | 00:40:08.00 | 4:12   | 14.3 |
| 2    | MAZUR KAMIL     | 444 | SOSW NR 1 DNR             | STEPNICA  | POL  | M20  | 2      | M 13 | SOSW NR 1 DNR | 00:23:38 | 00:46:36.80 | 00:46:44.10 | 9:19   | 6.4  |
| 3    | KANIA ADRIAN    | 424 | 14ZBOT/142 BLP TRZEBIATÓW | RĄBINO    | POL  | M20  | 3      | M 17 |               | 00:25:33 | 00:52:47.75 | 00:52:59.00 | 10:33  | 5.7  |
| 4    | BETKER ADAM     | 404 | PK                        | POLICE    | POL  | M20  | 4      | M 18 |               | 00:26:35 | 00:52:54.20 | 00:53:03.30 | 10:34  | 5.7  |
| 5    | SĘK DOMINIK     | 464 | SOSW NR 1 DNR             | WAPNICA   | POL  | M20  | 5      | M 19 | SOSW NR 1 DNR | 00:25:19 | 00:53:17.40 | 00:53:22.40 | 10:39  | 5.6  |

## NORDIC WALKING - 5 KM, K30

| M-ce | Nazwisko i imię    | Nr  | Klub             | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1     | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|------------------|-----------|------|------|--------|------|---------------|----------|-------------|-------------|--------|------|
| 1    | MISIUK MARTA       | 904 | LOVELASY         | POLICE    | POL  | K30  | 1      | K 8  |               | 00:18:44 | 00:37:47.90 | 00:37:50.80 | 7:33   | 7.9  |
| 2    | KOWALSKA JOANNA    | 913 | --               | GRYFINO   | POL  | K30  | 2      | K 16 |               | 00:20:07 | 00:40:54.25 | 00:40:56.65 | 8:10   | 7.3  |
| 3    | WESOŁOWSKA URSZULA | 475 | FARTY PUSZCZY    | SZCZECIN  | POL  | K30  | 3      | K 18 | FARTY PUSZCZY | 00:21:17 | 00:42:50.55 | 00:42:56.30 | 8:34   | 7    |
| 4    | MALINOWSKA EWELINA | 440 |                  | POLICE    | POL  | K30  | 4      | K 22 |               | 00:21:39 | 00:43:33.30 | 00:43:38.80 | 8:42   | 6.9  |
| 5    | JURCZYK ANNA       | 423 |                  | PRZĘSOCIN | POL  | K30  | 5      | K 25 |               | 00:22:17 | 00:43:58.25 | 00:44:06.05 | 8:47   | 6.8  |
| 6    | MIKLAS ALEKSANDRA  | 449 | WALKING WARRIORS | PRZECŁAW  | POL  | K30  | 6      | K 36 |               | 00:23:21 | 00:46:39.15 | 00:46:50.10 | 9:19   | 6.4  |
| 7    | ROSIŃSKA KAROLINA  | 461 |                  | TANOWO    | POL  | K30  | 7      | K 51 |               | 00:24:27 | 00:48:22.20 | 00:48:34.15 | 9:40   | 6.2  |
| 8    | WOLNA DOROTA       | 479 |                  | SZCZECIN  | POL  | K30  | 8      | K 56 |               | 00:24:36 | 00:49:18.80 | 00:49:28.70 | 9:51   | 6.1  |
| 9    | KNAP SYLWIA        | 426 |                  | SZCZECIN  | POL  | K30  | 9      | K 60 |               | 00:25:32 | 00:52:17.20 | 00:52:25.85 | 10:27  | 5.7  |
| 10   | KARYBA PAULINA     | 425 |                  | SZCZECIN  | POL  | K30  | 10     | K 61 |               | 00:25:31 | 00:52:16.05 | 00:52:25.90 | 10:27  | 5.7  |
| 11   | BUŁAWA JUSTYNA     | 407 |                  | SZCZECIN  | POL  | K30  | 11     | K 70 |               | 00:28:43 | 00:58:32.30 | 00:58:32.30 | 11:42  | 5.1  |
| 12   | JANKOWIAK PAULINA  | 419 |                  | SZCZECIN  | POL  | K30  | 12     | K 71 |               | 00:28:34 | 00:58:23.65 | 00:58:32.55 | 11:40  | 5.1  |
| 13   | MUCHA MARTYNA      | 451 |                  | POLICE    | POL  | K30  | 12     | K 71 |               | 00:28:35 | 00:58:24.90 | 00:58:32.55 | 11:40  | 5.1  |
| 14   | CIACHŁA MATYŁDA    | 408 | BIEG KORCZAKA    | POLICE    | POL  | K30  | 14     | K 74 | BIEG KORCZAKA | 00:29:01 | 00:58:33.15 | 00:58:44.55 | 11:42  | 5.1  |
| 15   | REĆKO WIOLETA      | 459 |                  | SZCZECIN  | POL  | K30  | 15     | K 75 |               | 00:31:09 | 00:59:33.45 | 00:59:45.30 | 11:54  | 5    |

## NORDIC WALKING - 5 KM, M30

| M-ce | Nazwisko i imię    | Nr  | Klub          | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1     | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|---------------|-----------|------|------|--------|------|---------------|----------|-------------|-------------|--------|------|
| 1    | WESOŁOWSKI MARCIN  | 907 |               | SZCZECIN  | POL  | M30  | 1      | M 2  |               | 00:17:22 | 00:34:37.75 | 00:34:41.25 | 6:55   | 8.7  |
| 2    | KARLIKOWSKI ŁUKASZ | 473 |               | SZCZECIN  | POL  | M30  | 2      | M 9  |               | 00:20:58 | 00:42:02.25 | 00:42:09.85 | 8:24   | 7.1  |
| 3    | STAŃCZAK MARCIN    | 467 | FARTY PUSZCZY | SZCZECIN  | POL  | M30  | 3      | M 10 | FARTY PUSZCZY | 00:21:09 | 00:42:16.15 | 00:42:22.85 | 8:27   | 7.1  |

## NORDIC WALKING - 5 KM, K40

| M-ce | Nazwisko i imię             | Nr  | Klub                           | M-scowość   | Kraj | Kat. | M. kat | K/M  | Drużyna 1                | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|--------------------------------|-------------|------|------|--------|------|--------------------------|----------|-------------|-------------|--------|------|
| 1    | KŁACZYŃSKA DANUTA           | 912 | FARTY PUSZCZY                  | SZCZECIN    | POL  | K40  | 1      | K 2  | FARTY PUSZCZY            | 00:17:48 | 00:36:04.45 | 00:36:05.90 | 7:12   | 8.3  |
| 2    | ZIÓŁKOWSKA SYLWIA           | 919 | FARTY PUSZCZY                  | SZCZECIN    | POL  | K40  | 2      | K 3  | FARTY PUSZCZY            | 00:18:01 | 00:36:35.55 | 00:36:37.10 | 7:19   | 8.2  |
| 3    | RADCZUK KAROLINA            | 905 |                                | POLICE      | POL  | K40  | 3      | K 4  |                          | 00:18:15 | 00:37:00.30 | 00:37:02.35 | 7:24   | 8.1  |
| 4    | KUPNIEWSKA ALEKSANDRA       | 903 | LOVELASY                       | POLICE      | POL  | K40  | 4      | K 6  | KING MACIUSZ TEAM        | 00:18:28 | 00:37:25.25 | 00:37:28.25 | 7:29   | 8    |
| 5    | KAMIŃSKA MAGDALENA          | 910 | PUM SZCZECIN                   | SZCZECIN    | POL  | K40  | 5      | K 7  | BIEG KORCZAKA            | 00:18:42 | 00:37:43.30 | 00:37:44.65 | 7:32   | 8    |
| 6    | TUZIMEK BARBARA             | 474 | ZESPÓŁ SZKÓŁ NR 4 W SZCZECINIE | SZCZECIN    | POL  | K40  | 6      | K 13 |                          | 00:19:45 | 00:39:59.50 | 00:40:02.30 | 7:59   | 7.5  |
| 7    | GÓRSKA AGNIESZKA            | 909 |                                | SZCZECIN    | POL  | K40  | 7      | K 14 |                          | 00:20:00 | 00:40:07.75 | 00:40:10.50 | 8:01   | 7.5  |
| 8    | PODHAJNA AGNIESZKA          | 458 | FARTY PUSZCZY                  | SZCZECIN    | POL  | K40  | 8      | K 15 | FARTY PUSZCZY            | 00:20:08 | 00:40:40.50 | 00:40:45.05 | 8:08   | 7.4  |
| 9    | MUSZKIET-SOBAŃSKA AGNIESZKA | 452 | MUFFINKOWE MORSY               | SZCZECIN    | POL  | K40  | 9      | K 17 |                          | 00:20:55 | 00:42:30.55 | 00:42:35.45 | 8:30   | 7.1  |
| 10   | MICHALSKA ANETA             | 447 | KOMPAS TEAM                    | POLICE      | POL  | K40  | 10     | K 19 | KOMPAS TEAM              | 00:22:00 | 00:42:58.55 | 00:43:02.60 | 8:35   | 7    |
| 11   | SZUBERT-ADAMSKA EWELINA     | 471 |                                | PRZĘSOCIN   | POL  | K40  | 11     | K 21 |                          | 00:22:10 | 00:43:19.95 | 00:43:28.45 | 8:39   | 6.9  |
| 12   | MATWIEJCZUK AGNIESZKA       | 442 |                                | SZCZECIN    | POL  | K40  | 12     | K 29 |                          | 00:22:05 | 00:44:33.45 | 00:44:37.05 | 8:54   | 6.7  |
| 13   | ORLIŃSKA NATALIA            | 455 |                                | SZCZECIN    | POL  | K40  | 13     | K 31 |                          | 00:22:31 | 00:44:47.65 | 00:44:54.80 | 8:57   | 6.7  |
| 14   | FIJAŁKOWSKA MONIKA          | 413 |                                | POLICE      | POL  | K40  | 14     | K 32 |                          | 00:22:42 | 00:45:18.40 | 00:45:21.50 | 9:03   | 6.6  |
| 15   | LITWINIAK IZABELA           | 433 |                                | GOLENIÓW    | POL  | K40  | 15     | K 34 | DZIEWCZYŃKI Z<br>KIJKAMI | 00:22:38 | 00:45:47.15 | 00:45:50.90 | 9:09   | 6.6  |
| 16   | WOJNAS BEATA                | 478 | HULK TEAM POLICE               | POLICE      | POL  | K40  | 16     | K 37 |                          | 00:22:59 | 00:46:55.90 | 00:47:01.05 | 9:23   | 6.4  |
| 17   | BAKOWSKA SYLWIA             | 402 |                                | POLICE      | POL  | K40  | 17     | K 38 |                          | 00:23:00 | 00:46:56.40 | 00:47:01.40 | 9:23   | 6.4  |
| 18   | SIKORA MAGDALENA            | 465 |                                | POLICE      | POL  | K40  | 18     | K 39 |                          | 00:24:18 | 00:46:57.70 | 00:47:02.40 | 9:23   | 6.4  |
| 19   | NOWAK ANETA                 | 453 | NORDICOWELOVE                  | POLICE      | POL  | K40  | 19     | K 43 | NORDICOWELOVE            | 00:23:47 | 00:47:31.45 | 00:47:37.25 | 9:30   | 6.3  |
| 20   | ANDRUSZKIEWICZ EWA          | 400 | AMPIO TEAM                     | NOWE WARPNO | POL  | K40  | 20     | K 45 | AMPIO TEAM               | 00:23:47 | 00:47:34.60 | 00:47:42.00 | 9:30   | 6.3  |
| 21   | LEDZION DAGMARA             | 430 | □MUFFINKOWE MORSY              | SZCZECIN    | POL  | K40  | 21     | K 48 |                          | 00:24:26 | 00:48:06.70 | 00:48:13.55 | 9:37   | 6.2  |
| 22   | JATCZAK KATARZYNA           | 422 | KPP POLICE                     | POLICE      | POL  | K40  | 22     | K 50 | KPP POLICE               | 00:23:34 | 00:48:14.00 | 00:48:18.20 | 9:38   | 6.2  |
| 23   | GURGACZ GABRIELA            | 417 |                                | BEZRZECZE   | POL  | K40  | 23     | K 53 |                          | 00:24:18 | 00:49:08.25 | 00:49:19.20 | 9:49   | 6.1  |
| 24   | ŁUKOMSKA-MOCYDLARZ ANNA     | 435 |                                | SZCZECIN    | POL  | K40  | 24     | K 54 |                          | 00:25:18 | 00:49:16.30 | 00:49:24.30 | 9:51   | 6.1  |
| 25   | ZDANKIEWICZ OLGA            | 483 |                                | MIERZYN     | POL  | K40  | 25     | K 58 |                          | 00:25:08 | 00:51:07.25 | 00:51:13.00 | 10:13  | 5.9  |
| 26   | STASZEWSKA AGATA            | 468 |                                | SZCZECIN    | POL  | K40  | 26     | K 59 |                          | 00:25:50 | 00:51:31.75 | 00:51:44.60 | 10:18  | 5.8  |
| 27   | MICHAŁAK MONIKA             | 446 |                                | POLICE      | POL  | K40  | 27     | K 63 |                          | 00:26:11 | 00:53:31.80 | 00:53:40.05 | 10:42  | 5.6  |

**NORDIC WALKING - 5 KM, K40 c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|------|-----------|------|------|--------|------|-----------|----------|-------------|-------------|--------|------|
| 28   | BETKER ANNA          | 403 |      | POLICE    | POL  | K40  | 28     | K 65 |           | 00:27:31 | 00:56:41.20 | 00:56:50.00 | 11:20  | 5.3  |
| 29   | GEBKA-ZYLA MAGDALENA | 416 |      | SZCZECIN  | POL  | K40  | 29     | K 67 |           | 00:28:22 | 00:57:03.20 | 00:57:13.00 | 11:24  | 5.3  |

**NORDIC WALKING - 5 KM, M40**

| M-ce | Nazwisko i imię   | Nr  | Klub              | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------|-----|-------------------|-----------|------|------|--------|------|-----------|----------|-------------|-------------|--------|------|
| 1    | STRZELEC TOMASZ   | 916 | KB HERMES GRYFINO | GRYFINO   | POL  | M40  | 1      | M 5  |           | 00:19:28 | 00:38:48.40 | 00:38:52.95 | 7:45   | 7.7  |
| 2    | BOGUCKI ZBIGNIEW  | 71  |                   | SZCZECIN  | POL  | M40  | 2      | M 11 |           | 00:24:15 | 00:45:06.00 | 00:45:06.00 | 9:01   | 6.7  |
| 3    | FALĘŃSKI RAFAŁ    | 412 |                   | SZCZECIN  | POL  | M40  | 3      | M 12 |           | 00:22:05 | 00:45:11.30 | 00:45:17.40 | 9:02   | 6.6  |
| 4    | NIEDŹWIECKI PAWEŁ | 914 |                   | PRZĘSOCIN | POL  | M40  | 4      | M 21 |           | 00:26:51 | 00:54:39.50 | 00:54:49.35 | 10:55  | 5.5  |

**NORDIC WALKING - 5 KM, K50**

| M-ce | Nazwisko i imię            | Nr  | Klub                              | M-scowość   | Kraj | Kat. | M. kat | K/M  | Drużyna 1         | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------------|-----|-----------------------------------|-------------|------|------|--------|------|-------------------|----------|-------------|-------------|--------|------|
| 1    | MASŁYK MAŁGORZATA          | 441 |                                   | PYRZYCE     | POL  | K50  | 1      | K 1  | KING MACIUSZ TEAM | 00:17:38 | 00:35:24.40 | 00:35:25.65 | 7:04   | 8.5  |
| 2    | STACHOWICZ-HAWRYLAK SYLWIA | 906 | BIEG KORCZAKA                     | SZCZECIN    | POL  | K50  | 2      | K 5  | BIEG KORCZAKA     | 00:18:24 | 00:37:11.25 | 00:37:13.00 | 7:26   | 8.1  |
| 3    | OLEJNIK MARZENA            | 454 |                                   | SZCZECIN    | POL  | K50  | 3      | K 11 |                   | 00:19:25 | 00:39:06.60 | 00:39:06.60 | 7:49   | 7.7  |
| 4    | JARCZEWSKA RENATA          | 420 | BIEG KORCZAKA                     | GOLENIÓW    | POL  | K50  | 4      | K 12 | BIEG KORCZAKA     | 00:19:15 | 00:39:15.70 | 00:39:18.40 | 7:51   | 7.6  |
| 5    | MALINOWSKA MARZENA         | 439 |                                   | POLICE      | POL  | K50  | 5      | K 27 |                   | 00:22:12 | 00:44:15.70 | 00:44:20.55 | 8:51   | 6.8  |
| 6    | ŁUKOJĆ BERNADETTA          | 434 |                                   | SZCZECIN    | POL  | K50  | 6      | K 33 |                   | 00:22:12 | 00:45:37.85 | 00:45:39.90 | 9:07   | 6.6  |
| 7    | WOJTAT HALINA              | 918 | KS POGODNI NORDIKOWCY<br>SZCZECIN | SZCZECIN    | POL  | K50  | 7      | K 46 |                   | 00:23:38 | 00:47:35.65 | 00:47:43.55 | 9:31   | 6.3  |
| 8    | WNUK WANDA                 | 476 |                                   | NOWE WARPNO | POL  | K50  | 8      | K 49 | KPP POLICE        | 00:23:35 | 00:48:14.15 | 00:48:17.90 | 9:38   | 6.2  |
| 9    | CIEŚLAK HELENA             | 410 | LEGENDARY POWER SZEWC             | GRYFINO     | POL  | K50  | 9      | K 52 |                   | 00:23:51 | 00:48:42.75 | 00:48:49.45 | 9:44   | 6.2  |
| 10   | TARWID BOŻENA              | 486 |                                   | SZCZECIN    | POL  | K50  | 10     | K 66 |                   | 00:28:22 | 00:56:41.35 | 00:56:51.45 | 11:20  | 5.3  |

**NORDIC WALKING - 5 KM, M50**

| M-ce | Nazwisko i imię    | Nr  | Klub                                         | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1         | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|----------------------------------------------|-----------|------|------|--------|------|-------------------|----------|-------------|-------------|--------|------|
| 1    | DOŁĘGOWSKI MAREK   | 908 | GMINA WOLIN                                  | KOŁCZEWO  | POL  | M50  | 1      | M 1  | KING MACIUSZ TEAM | 00:16:00 | 00:32:48.80 | 00:32:50.60 | 6:33   | 9.1  |
| 2    | ZDANUK ARTUR       | 484 | EKSPEDYCJA NORDIC TEAM<br>SZCZECIN           | PRZĘSOCIN | POL  | M50  | 2      | M 3  | KING MACIUSZ TEAM | 00:17:47 | 00:36:08.85 | 00:36:10.65 | 7:13   | 8.3  |
| 3    | WOJDYŁA MIECZYSLAW | 477 |                                              | WROCLAW   | POL  | M50  | 3      | M 4  |                   | 00:17:03 | 00:37:50.00 | 00:37:50.00 | 7:34   | 7.9  |
| 4    | LEDZION ROBERT     | 431 | □MUFFINKOWE MORSY                            | SZCZECIN  | POL  | M50  | 4      | M 7  |                   | 00:20:16 | 00:41:27.75 | 00:41:31.95 | 8:17   | 7.2  |
| 5    | HAWRYLAK MARCIN    | 1   | 14ZBOT/142 BLP TRZEBIATÓW / BIEG<br>KORCZAKA | SZCZECIN  | POL  | M50  | 5      | M 15 | WIRTUALNY BIEG    | 00:12:18 | 00:40:59.80 | 00:49:44.65 | 8:11   | 7.3  |

**NORDIC WALKING - 5 KM, K60+**

| M-ce | Nazwisko i imię      | Nr  | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1     | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|-----------------------|-----------|------|------|--------|------|---------------|----------|-------------|-------------|--------|------|
| 1    | MISIEWICZ BOŻENA     | 450 | BIEG KORCZAKA         | CHOJNA    | POL  | K60+ | 1      | K 9  | BIEG KORCZAKA | 00:18:58 | 00:38:31.65 | 00:38:33.40 | 7:42   | 7.8  |
| 2    | WOŹNIEWSKA GRAŻYNA   | 480 | SZALONE WILCZYCE      | POLICE    | POL  | K60+ | 2      | K 20 |               | 00:21:20 | 00:43:06.90 | 00:43:08.40 | 8:37   | 7    |
| 3    | SZCZERBIŃSKA BARBARA | 917 |                       | GRYFINO   | POL  | K60+ | 3      | K 23 |               | 00:21:47 | 00:43:48.40 | 00:43:51.60 | 8:45   | 6.8  |
| 4    | BIERNCKA HELENA      | 406 | NIEZRZESZONA          | POLICE    | POL  | K60+ | 4      | K 24 |               | 00:22:10 | 00:44:00.15 | 00:44:05.90 | 8:48   | 6.8  |
| 5    | SALA MIROSLAWA       | 463 |                       | POLICE    | POL  | K60+ | 5      | K 28 |               | 00:22:18 | 00:44:19.05 | 00:44:22.50 | 8:51   | 6.8  |
| 6    | LINHARD BOŻENA       | 432 |                       | DOBRZANY  | POL  | K60+ | 6      | K 30 |               | 00:22:16 | 00:44:45.45 | 00:44:49.05 | 8:57   | 6.7  |
| 7    | ZAJĄC BOŻENA         | 482 | LEGENDARY POWER SZEWC | DALESZEWO | POL  | K60+ | 7      | K 40 |               | 00:23:34 | 00:46:56.30 | 00:47:02.55 | 9:23   | 6.4  |
| 8    | BARTYNA KRYSZYNA     | 401 |                       | POLICE    | POL  | K60+ | 8      | K 41 |               | 00:23:02 | 00:47:22.50 | 00:47:26.70 | 9:28   | 6.3  |
| 9    | MAZUR MIROSLAWA      | 445 |                       | POLICE    | POL  | K60+ | 9      | K 42 |               | 00:23:03 | 00:47:23.85 | 00:47:26.90 | 9:28   | 6.3  |
| 10   | KOTARSKA MAŁGORZATA  | 427 | NORDICOWELOVE         | POLICE    | POL  | K60+ | 10     | K 44 | NORDICOWELOVE | 00:23:48 | 00:47:31.90 | 00:47:37.55 | 9:30   | 6.3  |
| 11   | PIETAŚ SŁAWA         | 457 | SZALONE WILCZYCE      | POLICE    | POL  | K60+ | 11     | K 55 |               | 00:24:20 | 00:49:23.55 | 00:49:26.15 | 9:52   | 6.1  |

## NORDIC WALKING - 5 KM, K60+ c.d.

| M-ce | Nazwisko i imię            | Nr  | Klub          | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1 | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------------|-----|---------------|-----------|------|------|--------|------|-----------|----------|-------------|-------------|--------|------|
| 12   | ROSIK JOANNA               | 460 |               | SZCZECIN  | POL  | K60+ | 12     | K 64 |           | 00:27:53 | 00:54:05.70 | 00:54:17.90 | 10:49  | 5.5  |
| 13   | SZYDELSKA KRYSZYNA         | 472 | NORDICOWELOVE | POLICE    | POL  | K60+ | 13     | K 68 |           | 00:28:25 | 00:58:03.05 | 00:58:09.30 | 11:36  | 5.2  |
| 14   | GAZECKA KRYSZYNA           | 415 | POLICZANKA    | POLICE    | POL  | K60+ | 14     | K 69 |           | 00:28:25 | 00:58:03.90 | 00:58:10.65 | 11:36  | 5.2  |
| 15   | ROSIŃSKA GRAŻYNA           | 462 |               | TANOWO    | POL  | K60+ | 15     | K 73 |           | 00:29:00 | 00:58:30.15 | 00:58:41.90 | 11:42  | 5.1  |
| 16   | MACIEJEWSKA GRAŻYNA TERESA | 437 |               | MARIANOWO | POL  | K60+ | 16     | K 76 |           | 00:33:57 | 01:21:30.40 | 01:21:46.00 | 16:18  | 3.7  |

## NORDIC WALKING - 5 KM, M60+

| M-ce | Nazwisko i imię      | Nr  | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna 1         | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|-----------------------|-----------|------|------|--------|------|-------------------|----------|-------------|-------------|--------|------|
| 1    | PARCHIMOWICZ JANUSZ  | 915 |                       | PRZECLAW  | POL  | M60+ | 1      | M 8  |                   | 00:20:16 | 00:41:29.85 | 00:41:32.15 | 8:17   | 7.2  |
| 2    | CIEŚLAK ADAM         | 409 | LEGENDARY POWER SZEWC | GRYFINO   | POL  | M60+ | 2      | M 14 |                   | 00:24:27 | 00:48:42.60 | 00:48:49.15 | 9:44   | 6.2  |
| 3    | SWJATECKI JERZY      | 469 |                       | SZCZECIN  | POL  | M60+ | 3      | M 16 |                   | 00:25:19 | 00:52:43.40 | 00:52:50.75 | 10:32  | 5.7  |
| 4    | MACIASZCZYK ZBIGNIEW | 436 |                       | SZCZECIN  | POL  | M60+ | 4      | M 20 |                   | 00:27:49 | 00:54:11.55 | 00:54:25.00 | 10:50  | 5.5  |
| 5    | BODNAR ZBIGNIEW      | 901 | BIEG KORCZAKA         | SZCZECIN  | POL  | M60+ | 5      | M 22 | BIEG KORCZAKA RAZ | 00:30:45 | 00:58:28.65 | 00:58:43.25 | 11:41  | 5.1  |
| 6    | MACIEJEWSKJ HENRYK   | 438 |                       | MARIANOWO | POL  | M60+ | 6      | M 23 |                   | 00:33:57 | 01:21:30.80 | 01:21:46.05 | 16:18  | 3.7  |

## NORDIC WALKING - 5 KM, Drużyna

| Miejsc | Drużyna           | Zawodnicy klasyfikowani                                                                                                                                    | Miejsce                                                                       | Suma miejsc |
|--------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------|
| 1      | KING MACIUSZ TEAM | MALGORZATA MASZYK<br>MAREK DOŁĘGOWSKI<br>ARTUR ZDANUK<br>ALEKSANDRA KUPNIEWSKA                                                                             | 00:35:25.6500:32:50.6000:36:10.6500:37:28.25                                  |             |
| 2      | FARTY PUSZCZY     | DANUTA KLACZYŃSKA<br>SYLWIA ZIÓŁKOWSKA<br>MARCIN STAŃCZAK<br>AGNIESZKA PODHAJNA<br>SZULZA WESOŁOWSKA                                                       | 00:36:05.9000:36:37.1000:42:22.8500:40:45.0500:42:56.30                       |             |
| 3      | BIEG KORCZAKA     | SYLWIA STACHOWICZ<br>HAWRYLAK<br>MAGDALENA KAMIŃSKA<br>BOŻENA MISIEWICZ<br>RENATA JARCZEWSKA<br>KAROLINA MICHALSKA<br>PATRYCJA HAWRYLAK<br>MATYŁDA CIACHŁA | 00:37:13.0000:37:44.6500:38:33.4000:39:18.4000:44:19.0500:49:44.9000:58:44.55 |             |
| 4      | SOSW NR 1 DNR     | ERNEST SMOŁOWIK<br>KAMIL MAZUR<br>DOMINIK SĘK<br>ANGELIKA KWIATKOWSKA                                                                                      | 00:40:08.0000:46:44.1000:53:22.4000:48:01.90                                  |             |

## NORDIC WALKING - 5 KM, Drużyna - liczebność

| Miejsc | Drużyna                         | Zawodnicy klasyfikowani                                                                                                            | Czas                                                               | Liczebność |
|--------|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------|
| 1      | BIEG KORCZAKA                   | SYLWIA STACHOWICZ<br>HAWRYLAK<br>BOŻENA MISIEWICZ<br>RENATA JARCZEWSKA<br>KAROLINA MICHALSKA<br>ZBIGNIEW BODNAR<br>MATYŁDA CIACHŁA | 00:37:13.0000:38:33.4000:39:18.4000:44:19.0500:49:44.9000:58:44.55 | 04:36:50   |
| 2      | FARTY PUSZCZY                   | DANUTA KLACZYŃSKA<br>SYLWIA ZIÓŁKOWSKA<br>AGNIESZKA PODHAJNA<br>MARCIN STAŃCZAK<br>KURSZA WESOŁOWSKA                               | 00:36:05.9000:36:37.1000:40:45.0500:42:22.8500:42:56.30            | 03:18:45   |
| 3      | SOSW NR 1 DNR                   | ERNEST SMOŁOWIK<br>ANGELIKA FORCMAŃSKA<br>KAMIL MAZUR<br>ANGELIKA KWIATKOWSKA<br>DOMINIK SĘK                                       | 00:40:08.0000:46:43.7000:46:44.1000:48:01.9000:53:22.40            | 03:54:58   |
| 4      | MUFFINKOWE MORSY                | ROBERT LEDZION<br>DAGMARA LEDZION<br>AGNIESZKA MUSZKIET-SOBAŃSKA                                                                   | 00:41:31.9500:48:13.5500:42:35.45                                  | 02:12:19   |
| 5      | LEGENDARY POWER SZEWC           | BOŻENA ZAJĄCADAM<br>CIEŚLAK<br>HELENA CIEŚLAK                                                                                      | 00:47:02.5500:48:49.1500:48:49.45                                  | 02:24:40   |
| 6      | NORDICOWELOVE                   | ANETA NOWAK<br>MALGORZATA KOTARSKA<br>KRYSZYNA SZYDELSKA                                                                           | 00:47:37.2500:47:37.5500:58:09.30                                  | 02:33:23   |
| 7      | LOVELASY                        | ALEKSANDRA KUPNIEWSKA<br>MARTA MISIUK                                                                                              | 00:37:28.2500:37:50.80                                             | 01:15:18   |
| 8      | SZALONE WILCZYCE                | GRAŻYNA WOŹNIEWSKA<br>KASŁAWA PIETĄS                                                                                               | 00:43:08.4000:49:26.15                                             | 01:32:36   |
| 9      | 14ZBOT/142 BLP TRZEBIATÓW       | NATALIA CZACHOROWSKA<br>ADRIAN KANIA                                                                                               | 00:52:58.5500:52:59.00                                             | 01:45:53   |
| 10     | GMINA WOLIN                     | MAREK DOŁĘGOWSKI                                                                                                                   | 00:32:50.60                                                        | 00:32:50   |
| 11     | EKSPEDYCJA NORDIC TEAM SZCZECIN | ARTUR ZDANUK                                                                                                                       | 00:36:10.65                                                        | 00:36:10   |
| 12     | PUM SZCZECIN                    | MAGDALENA KAMIŃSKA                                                                                                                 | 00:37:44.65                                                        | 00:37:44   |
| 13     | KB HERMES GRYPINO               | TOMASZ STRZELEC                                                                                                                    | 00:38:52.95                                                        | 00:38:52   |
| 14     | ZESPÓŁ SZKÓŁ NR 4 W SZCZECINIE  | BARBARA TUZIMEK                                                                                                                    | 00:40:02.30                                                        | 00:40:02   |



**NORDIC WALKING - 5 KM, Drużyna - liczebność, cd.**

| Miejsce | Drużyna                                   | Zawodnicy klasyfikowani | Czas        | Liczebność  |
|---------|-------------------------------------------|-------------------------|-------------|-------------|
| e       |                                           |                         |             |             |
| 15      | --                                        | JOANNA KOWALSKA         | 00:40:56.65 | 00:40:56.65 |
| 16      | KOMPAS TEAM                               | ANETA MICHALSKA         | 00:43:02.60 | 00:43:02.60 |
| 17      | NIEZRZESZONA                              | HELENA BIERNCKA         | 00:44:05.90 | 00:44:05.90 |
| 18      | WALKING WARRIORS                          | ALEKSANDRA MIKLAS       | 00:46:50.10 | 00:46:50.10 |
| 19      | HULK TEAM POLICE                          | BEATA WOJNAS            | 00:47:01.05 | 00:47:01.05 |
| 20      | AMPIO TEAM                                | EWA ANDRUSZKIEWICZ      | 00:47:42.00 | 00:47:42.00 |
| 21      | KS POGODNI NORDIKOWCY SZCZECIN            | HALINA WOJTAT           | 00:47:43.55 | 00:47:43.55 |
| 22      | KPP POLICE                                | KATARZYNA JATCZAK       | 00:48:18.20 | 00:48:18.20 |
| 23      | 14ZBOT/142 BLP TRZEBIATÓW / BIEG KORCZAKA | MARCIN HAWRYLAK         | 00:49:44.65 | 00:49:44.65 |
| 24      | WIRTUALNY BIEG                            | PATRYCJA HAWRYLAK       | 00:49:44.90 | 00:49:44.90 |
| 25      | PK                                        | ADAM BETKER             | 00:53:03.30 | 00:53:03.30 |
| 26      | POLICZANKA                                | KRYSTYNA GAZECKA        | 00:58:10.65 | 00:58:10.65 |