

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

Organizator: PFNW
 Data: 2016-08-21
 Miejsce: Śrem
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------------------|-----|-----------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KLICZKA KAMIL | 523 | PUSZCZYK BUKOWY | SZCZECIN | POL | M40-49 | 1 | M 1 | | | 00:16:36 | 00:33:15 | 00:49:58 | 01:06:48.05 | 6:40 | 9 |
| 2 | SIWAK PIOTR | 561 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 1 | M 2 | | | 00:17:05 | 00:33:49 | 00:50:32 | 01:07:15.85 | 6:43 | 8.9 |
| 3 | LUBIATOWSKI IRENEUSZ | 532 | KS METRACO POLKOWICE | GUBIN | POL | M50-59 | 2 | M 3 | | | 00:17:08 | 00:33:50 | 00:50:35 | 01:07:17.50 | 6:43 | 8.9 |
| 4 | HELWICH STEFAN | 515 | KS METRACO POLKOWICE | WIELEŃ | POL | M60-69 | 1 | M 4 | | | 00:17:05 | 00:33:51 | 00:50:39 | 01:07:54.15 | 6:47 | 8.8 |
| 5 | PUSZKIEL ADRIAN | 569 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M18-29 | 1 | M 5 | | | 00:16:49 | 00:34:21 | 00:51:21 | 01:08:13.10 | 6:49 | 8.8 |
| 6 | RECZULSKI MARIUSZ | 575 | VIKING NORDIC TAEM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 3 | M 6 | | | 00:17:07 | 00:33:51 | 00:51:04 | 01:08:47.30 | 6:52 | 8.7 |
| 7 | NIECHWIEJCZYK PIOTR | 537 | UNIA MIAST | ŚWIĘTOCHŁOWIC E | POL | M40-49 | 2 | M 7 | | | 00:16:56 | 00:34:20 | 00:51:34 | 01:09:01.70 | 6:54 | 8.7 |
| 8 | PUSZKIEL LESZEK | 545 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 4 | M 8 | | | 00:17:04 | 00:34:18 | 00:51:51 | 01:09:26.90 | 6:56 | 8.6 |
| 9 | ADAMSKI ROBERT | 573 | MARSZ PO ZDROWIE | LUBOŃ | POL | M40-49 | 3 | M 9 | | | 00:16:56 | 00:34:20 | 00:51:42 | 01:09:33.80 | 6:57 | 8.6 |
| 10 | KACPRZAK SŁAWEK | 518 | LZS JUSTYNÓW | JUSTYNÓW | POL | M40-49 | 4 | M 10 | | | 00:17:41 | 00:35:50 | 00:54:26 | 01:13:04.85 | 7:18 | 8.2 |
| 11 | KRZYŻANOWSKI ROBERT | 571 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M40-49 | 5 | M 11 | | | 00:17:57 | 00:36:24 | 00:54:53 | 01:13:39.60 | 7:22 | 8.1 |
| 12 | SPYCHAŁA MARZENA | 548 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 1 | | | 00:17:58 | 00:36:27 | 00:55:07 | 01:14:11.05 | 7:25 | 8.1 |
| 13 | KASPRZYK LILIANA | 522 | KS METRACO POLKOWICE | POZNAŃ | POL | K50-59 | 1 | K 2 | | | 00:18:14 | 00:36:51 | 00:55:55 | 01:14:33.60 | 7:27 | 8 |
| 14 | ŁUKASZEWICZ JOANNA | 533 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 2 | K 3 | | | 00:18:04 | 00:36:47 | 00:55:53 | 01:14:45.10 | 7:28 | 8 |
| 15 | LIPKO ADRIANNA | 531 | PENDOLINO | GDYNIA | POL | K18-29 | 1 | K 4 | | | 00:18:51 | 00:38:03 | 00:56:44 | 01:14:46.60 | 7:28 | 8 |
| 16 | CZEKAJŁO FRANCISZEK | 509 | TEAM Meprozet | DREZDENKO | POL | M60-69 | 2 | M 12 | | | 00:17:58 | 00:36:34 | 00:55:34 | 01:14:50.40 | 7:29 | 8 |
| 17 | FALKOWSKA BEATA | 510 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K50-59 | 2 | K 5 | | | 00:18:20 | 00:37:05 | 00:56:05 | 01:15:08.20 | 7:30 | 8 |
| 18 | SKRYCKA KATARZYNA | 546 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 1 | K 6 | | | 00:18:58 | 00:37:52 | 00:56:30 | 01:15:12.10 | 7:31 | 8 |
| 19 | KOWALCZYK MARIUSZ | 525 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 5 | M 13 | | | 00:18:41 | 00:37:34 | 00:56:20 | 01:15:20.40 | 7:32 | 8 |
| 20 | BOCZAR BEATA | 572 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 3 | K 7 | | | 00:18:27 | 00:37:15 | 00:56:19 | 01:15:23.50 | 7:32 | 8 |
| 21 | SZULC JAREK | 552 | MARSZ PO ZDROWIE | BYDGOSZCZ | POL | M50-59 | 6 | M 14 | | | 00:18:47 | 00:37:34 | 00:56:28 | 01:15:34.60 | 7:33 | 7.9 |
| 22 | ZIĘBA KRZYSZTOF | 559 | | SZCZECIN | POL | M50-59 | 7 | M 15 | | | 00:18:38 | 00:37:36 | 00:56:49 | 01:16:07.40 | 7:36 | 7.9 |
| 23 | MARCINKOWSKI WOJCIECH | 535 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 16 | | | 00:18:45 | 00:38:23 | 00:57:12 | 01:16:33.00 | 7:39 | 7.8 |
| 24 | SULOWSKI PAWEŁ | 551 | UKS GIMNAZJON SUCHY LAS | BYDGOSZCZ | POL | M18-29 | 2 | M 17 | | | 00:19:29 | 00:38:30 | 00:57:33 | 01:16:43.20 | 7:40 | 7.8 |
| 25 | BANASZKIEWICZ KATARZYNA | 503 | JEZIORKI - AKTYWNA WIEŚ | KACZORY | POL | K40-49 | 3 | K 8 | | | 00:18:27 | 00:37:51 | 00:57:29 | 01:17:00.85 | 7:42 | 7.8 |
| 26 | KACZMARCZYK-PIASEC KA RENATA | 519 | CZARNE PANTERY | PIŁA | POL | K40-49 | 4 | K 9 | | | 00:19:15 | 00:38:38 | 00:58:03 | 01:17:18.60 | 7:43 | 7.8 |
| 27 | ANTOSZEWSKI PIOTR | 501 | DĄBROWA NORDIC TEAM | GNIEZNO | POL | M40-49 | 7 | M 18 | | | 00:19:30 | 00:39:13 | 00:58:35 | 01:17:40.55 | 7:46 | 7.7 |
| 28 | BORKOWSKI WITOLD | 506 | SAINT-GOBAIN SQUAD | POZNAŃ | POL | M40-49 | 8 | M 19 | | | 00:19:11 | 00:38:46 | 00:58:23 | 01:18:03.75 | 7:48 | 7.7 |
| 29 | KRUSZKA ARLETA | 528 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 4 | K 10 | | | 00:19:17 | 00:39:03 | 00:58:49 | 01:18:43.55 | 7:52 | 7.6 |
| 30 | ŁOPIŃSKI ALEKSY | 567 | CZARNE PANTERY | PIŁA | POL | M60-69 | 3 | M 20 | | | 00:19:35 | 00:39:00 | 00:58:35 | 01:18:57.15 | 7:53 | 7.6 |
| 31 | NETKOWSKI WOJCIECH | 536 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | 8 | M 21 | | | 00:19:00 | 00:38:57 | 00:58:59 | 01:19:02.30 | 7:54 | 7.6 |
| 32 | KUSZA MARCELINA | 530 | UKS GIMNAZJON SUCHY LAS | SUCHY LAS | POL | K30-39 | 2 | K 11 | | | 00:18:52 | 00:38:26 | 00:58:59 | 01:19:14.20 | 7:55 | 7.6 |
| 33 | BANACH JOANNA | 502 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K40-49 | 5 | K 12 | | | 00:19:27 | 00:39:16 | 00:59:13 | 01:19:18.95 | 7:55 | 7.6 |
| 34 | RASZEWSKA JUSTYNA | 565 | | DASZEWICE | POL | K30-39 | 3 | K 13 | | | 00:19:33 | 00:39:20 | 00:59:21 | 01:19:24.75 | 7:56 | 7.6 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------------------------|-----|--|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 35 | GRZESZCZAK ANDRZEJ | 574 | KS METRACO POLKOWICE | ZAGÓRÓW | POL | M50-59 | 9 | M 22 | | | 00:19:25 | 00:39:20 | 00:59:26 | 01:19:25.80 | 7:56 | 7.6 |
| 36 | STASZEWSKA KATARZYNA | 549 | SUPER GRUPA NORDIC WALKING ŚRODA WLKP | ANNOPOLE | POL | K40-49 | 6 | K 14 | | | 00:20:05 | 00:39:45 | 00:59:43 | 01:19:59.75 | 7:59 | 7.5 |
| 37 | KALISZ KRZYSZTOF | 520 | KS METRACO POLKOWICE | LUBIN | POL | M60-69 | 4 | M 23 | | | 00:18:54 | 00:38:21 | 00:58:50 | 01:20:17.15 | 8:01 | 7.5 |
| 38 | WALKOWIAK MICHAŁ | 554 | | SWARZĘDZ | POL | M30-39 | 1 | M 24 | | | 00:20:39 | 00:40:55 | 01:01:07 | 01:21:07.20 | 8:06 | 7.4 |
| 39 | CHOLEWIŃSKA LONGINA | 562 | | WOJNOWO | POL | K50-59 | 5 | K 15 | | | 00:20:34 | 00:40:51 | 01:01:07 | 01:21:33.25 | 8:09 | 7.4 |
| 40 | KRAKOWIAK KRZYSZTOF | 527 | UKS GIMNAZJON SUCHY LAS | WIRY | POL | M50-59 | 10 | M 25 | | | 00:19:10 | 00:39:18 | 01:00:30 | 01:21:37.20 | 8:09 | 7.4 |
| 41 | FOT KRZYSZTOF | 511 | MARSZ PO ZDROWIE | POZNAŃ | POL | M50-59 | 11 | M 26 | | | 00:20:55 | 00:41:40 | 01:02:02 | 01:21:47.10 | 8:10 | 7.3 |
| 42 | PRAWUCKI KRZYSZTOF | 543 | JEZIORKI - AKTYWNA WIEŚ | PIŁA | POL | M30-39 | 2 | M 27 | | | 00:20:29 | 00:41:06 | 01:01:28 | 01:21:58.30 | 8:11 | 7.3 |
| 43 | KOZŁOWSKA AGNIESZKA | 526 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | K40-49 | 7 | K 16 | | | 00:20:29 | 00:41:17 | 01:01:32 | 01:21:58.50 | 8:11 | 7.3 |
| 44 | ZWOLENKIEWICZ JOANNA | 560 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 8 | K 17 | | | 00:20:26 | 00:41:01 | 01:01:45 | 01:22:39.65 | 8:15 | 7.3 |
| 45 | APPEL JERZY | 570 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M70+ | 1 | M 28 | | | 00:19:59 | 00:40:19 | 01:01:13 | 01:22:48.05 | 8:16 | 7.2 |
| 46 | POSTEK DANUTA | 542 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 6 | K 18 | | | 00:20:27 | 00:41:05 | 01:02:07 | 01:23:02.30 | 8:18 | 7.2 |
| 47 | NOWAKOWSKA ANGELIKA | 539 | JEZIORKI - AKTYWNA WIEŚ | PIŁA | POL | K30-39 | 4 | K 19 | | | 00:20:32 | 00:41:02 | 01:01:55 | 01:23:03.70 | 8:18 | 7.2 |
| 48 | SOBECKA MARZENA | 547 | | WAŁCZ | POL | K40-49 | 9 | K 20 | | | 00:20:39 | 00:41:21 | 01:02:21 | 01:23:33.00 | 8:21 | 7.2 |
| 49 | KOSIŃSKA MARIA | 524 | MOSIR RYPIN | RYPIN | POL | K60-69 | 1 | K 21 | | | 00:19:58 | 00:40:33 | 01:01:47 | 01:23:46.60 | 8:22 | 7.2 |
| 50 | WIŚNIEWSKI KAZIMIERZ | 555 | ZGÓRKI | WARSZAWA | POL | M60-69 | 5 | M 29 | | | 00:20:36 | 00:41:25 | 01:02:43 | 01:23:48.45 | 8:22 | 7.2 |
| 51 | WACHOWIAK SYLWIA | 553 | | PIŁA | POL | K40-49 | 10 | K 22 | | | 00:21:08 | 00:41:55 | 01:02:55 | 01:23:51.90 | 8:23 | 7.2 |
| 52 | ROSADZIŃSKA NATALIA | 568 | | LESZNO | POL | K18-29 | 2 | K 23 | | | 00:21:00 | 00:42:40 | 01:03:53 | 01:24:48.85 | 8:28 | 7.1 |
| 53 | ZAWISŁA STANISŁAW | 556 | MARSZ PO ZDROWIE | PLEWISKA | POL | M60-69 | 6 | M 30 | | | 00:20:20 | 00:41:37 | 01:03:19 | 01:24:48.95 | 8:28 | 7.1 |
| 54 | ZBIELSKA AGNIESZKA | 558 | SAILING TEAM FERAJNA | PIŁA | POL | K30-39 | 5 | K 24 | | | 00:21:00 | 00:42:13 | 01:03:46 | 01:25:57.00 | 8:35 | 7 |
| 55 | CHĘCIŃSKA KRYSZYNA | 508 | UKS GIMNAZJON SUCHY LAS | ZŁOTNIKI | POL | K60-69 | 2 | K 25 | | | 00:20:42 | 00:42:19 | 01:04:15 | 01:26:37.60 | 8:39 | 6.9 |
| 56 | MAĆKOWIAK KRYSZYNA | 534 | FACE NORDIC WALKING TEAM | DŁUGA GOŚLINA | POL | K60-69 | 3 | K 26 | | | 00:20:56 | 00:42:32 | 01:04:25 | 01:26:51.50 | 8:41 | 6.9 |
| 57 | NOWAKOWSKI RAFAŁ | 540 | JEZIORKI - AKTYWNA WIEŚ | PIŁA | POL | M30-39 | 3 | M 31 | | | 00:21:07 | 00:42:43 | 01:04:34 | 01:27:05.35 | 8:42 | 6.9 |
| 58 | BOROWSKI MARCIN | 507 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | M30-39 | 4 | M 32 | | | 00:21:39 | 00:43:24 | 01:05:37 | 01:27:32.80 | 8:45 | 6.9 |
| 59 | HACZYK ANNA | 514 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K30-39 | 6 | K 27 | | | 00:21:22 | 00:43:18 | 01:05:58 | 01:28:45.70 | 8:52 | 6.8 |
| 60 | STRZELECKI SEBASTIAN | 566 | SAILING TEAM FERAJNA | PIŁA | POL | M40-49 | 9 | M 33 | | | 00:22:23 | 00:44:01 | 01:06:33 | 01:28:45.70 | 8:52 | 6.8 |
| 61 | NOWAK MACIEJ | 564 | SAILING TEAM FERAJNA | PIŁA | POL | M40-49 | 10 | M 34 | | | 00:22:41 | 00:45:24 | 01:07:20 | 01:29:10.75 | 8:55 | 6.7 |
| 62 | KARDASZ MAŁGORZATA | 521 | | ŚREM | POL | K40-49 | 11 | K 28 | | | 00:21:48 | 00:44:03 | 01:06:37 | 01:29:11.55 | 8:55 | 6.7 |
| 63 | ZBAWIONA HANNA | 557 | | POZNAŃ | POL | K30-39 | 7 | K 29 | | | 00:21:57 | 00:44:32 | 01:07:58 | 01:31:19.70 | 9:08 | 6.6 |
| 64 | GIERSZENDORF MONIKA | 513 | FACE NORDIC WALKING TEAM | DŁUGA GOŚLINA | POL | K40-49 | 12 | K 30 | | | 00:22:18 | 00:44:56 | 01:08:27 | 01:31:38.95 | 9:09 | 6.5 |
| 65 | GACZKOWSKA-KSIAŻKI EWICZ MAGDALENA | 512 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K30-39 | 8 | K 31 | | | 00:22:25 | 00:45:01 | 01:08:33 | 01:31:43.55 | 9:10 | 6.5 |
| 66 | PILECKI GUSTAW | 541 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M70+ | 2 | M 35 | | | 00:22:32 | 00:45:25 | 01:08:39 | 01:32:09.85 | 9:13 | 6.5 |
| 67 | KULKA MACIEJ | 529 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | M50-59 | 12 | M 36 | | | 00:22:39 | 00:46:33 | 01:11:00 | 01:35:08.20 | 9:30 | 6.3 |
| 68 | BAKOWSKA MARIA | 504 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | K60-69 | 4 | K 32 | | | 00:22:39 | 00:46:39 | 01:11:23 | 01:36:02.45 | 9:36 | 6.2 |
| 69 | JÓŻWIAK DOMINIK | 517 | WTW.WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 3 | M 37 | | | 00:23:19 | 00:48:26 | 01:13:13 | 01:37:33.45 | 9:45 | 6.1 |
| DQ | STAWNIAK KAROL | 550 | KS METRACO POLKOWICE | ŻNIN | POL | M60-69 | DQ | DQ | | TAK | 00:17:58 | DQ | DQ | DQ | - | - |
| DQ | CHOLEWIŃSKI WOJCIECH | 563 | | WOJNOWO | POL | M50-59 | DQ | DQ | | TAK | 00:18:04 | DQ | DQ | DQ | - | - |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|-----------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | LIPKO ADRIANNA | 531 | PENDOLINO | GDYNIA | POL | K18-29 | 1 | K 4 | | | 00:18:51 | 00:38:03 | 00:56:44 | 01:14:46.60 | 7:28 | 8 |
| 2 | ROSADZIŃSKA NATALIA | 568 | | LESZNO | POL | K18-29 | 2 | K 23 | | | 00:21:00 | 00:42:40 | 01:03:53 | 01:24:48.85 | 8:28 | 7.1 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|-------------------------|--------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | PUSZKIEL ADRIAN | 569 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M18-29 | 1 | M 5 | | | 00:16:49 | 00:34:21 | 00:51:21 | 01:08:13.10 | 6:49 | 8.8 |
| 2 | SULOWSKI PAWEŁ | 551 | UKS GIMNAZJON SUCHY LAS | BYDGOSZCZ | POL | M18-29 | 2 | M 17 | | | 00:19:29 | 00:38:30 | 00:57:33 | 01:16:43.20 | 7:40 | 7.8 |
| 3 | JÓZWIAK DOMINIK | 517 | WTW.WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 3 | M 37 | | | 00:23:19 | 00:48:26 | 01:13:13 | 01:37:33.45 | 9:45 | 6.1 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SKRYCKA KATARZYNA | 546 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 1 | K 6 | | | 00:18:58 | 00:37:52 | 00:56:30 | 01:15:12.10 | 7:31 | 8 |
| 2 | KUSZA MARCELINA | 530 | UKS GIMNAZJON SUCHY LAS | SUCHY LAS | POL | K30-39 | 2 | K 11 | | | 00:18:52 | 00:38:26 | 00:58:59 | 01:19:14.20 | 7:55 | 7.6 |
| 3 | RASZEWSKA JUSTYNA | 565 | | DASZEWICE | POL | K30-39 | 3 | K 13 | | | 00:19:33 | 00:39:20 | 00:59:21 | 01:19:24.75 | 7:56 | 7.6 |
| 4 | NOWAKOWSKA ANGELIKA | 539 | JEZIORKI - AKTYWNA WIEŚ | PIŁA | POL | K30-39 | 4 | K 19 | | | 00:20:32 | 00:41:02 | 01:01:55 | 01:23:03.70 | 8:18 | 7.2 |
| 5 | ZBIELSKA AGNIESZKA | 558 | SAILING TEAM FERAJNA | PIŁA | POL | K30-39 | 5 | K 24 | | | 00:21:00 | 00:42:13 | 01:03:46 | 01:25:57.00 | 8:35 | 7 |
| 6 | HACZYK ANNA | 514 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K30-39 | 6 | K 27 | | | 00:21:22 | 00:43:18 | 01:05:58 | 01:28:45.70 | 8:52 | 6.8 |
| 7 | ZBAWIONA HANNA | 557 | | POZNAŃ | POL | K30-39 | 7 | K 29 | | | 00:21:57 | 00:44:32 | 01:07:58 | 01:31:19.70 | 9:08 | 6.6 |
| 8 | GACZKOWSKA-KSIAŻKI EWICZ MAGDALENA | 512 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K30-39 | 8 | K 31 | | | 00:22:25 | 00:45:01 | 01:08:33 | 01:31:43.55 | 9:10 | 6.5 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | WALKOWIAK MICHAŁ | 554 | | SWARZĘDZ | POL | M30-39 | 1 | M 24 | | | 00:20:39 | 00:40:55 | 01:01:07 | 01:21:07.20 | 8:06 | 7.4 |
| 2 | PRAWUCKI KRZYSZTOF | 543 | JEZIORKI - AKTYWNA WIEŚ | PIŁA | POL | M30-39 | 2 | M 27 | | | 00:20:29 | 00:41:06 | 01:01:28 | 01:21:58.30 | 8:11 | 7.3 |
| 3 | NOWAKOWSKI RAFAŁ | 540 | JEZIORKI - AKTYWNA WIEŚ | PIŁA | POL | M30-39 | 3 | M 31 | | | 00:21:07 | 00:42:43 | 01:04:34 | 01:27:05.35 | 8:42 | 6.9 |
| 4 | BOROWSKI MARCIN | 507 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | M30-39 | 4 | M 32 | | | 00:21:39 | 00:43:24 | 01:05:37 | 01:27:32.80 | 8:45 | 6.9 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------------|-----|---------------------------------------|--------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SPYCHAŁA MARZENA | 548 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 1 | | | 00:17:58 | 00:36:27 | 00:55:07 | 01:14:11.05 | 7:25 | 8.1 |
| 2 | ŁUKASZEWICZ JOANNA | 533 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 2 | K 3 | | | 00:18:04 | 00:36:47 | 00:55:53 | 01:14:45.10 | 7:28 | 8 |
| 3 | BANASZKIEWICZ KATARZYNA | 503 | JEZIORKI - AKTYWNA WIEŚ | KACZORY | POL | K40-49 | 3 | K 8 | | | 00:18:27 | 00:37:51 | 00:57:29 | 01:17:00.85 | 7:42 | 7.8 |
| 4 | KACZMARCZYK-PIASEC KA RENATA | 519 | CZARNE PANTERY | PIŁA | POL | K40-49 | 4 | K 9 | | | 00:19:15 | 00:38:38 | 00:58:03 | 01:17:18.60 | 7:43 | 7.8 |
| 5 | BANACH JOANNA | 502 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K40-49 | 5 | K 12 | | | 00:19:27 | 00:39:16 | 00:59:13 | 01:19:18.95 | 7:55 | 7.6 |
| 6 | STASZEWSKA KATARZYNA | 549 | SUPER GRUPA NORDIC WALKING ŚRODA WLKP | ANNOPOLE | POL | K40-49 | 6 | K 14 | | | 00:20:05 | 00:39:45 | 00:59:43 | 01:19:59.75 | 7:59 | 7.5 |
| 7 | KOZŁOWSKA AGNIESZKA | 526 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | K40-49 | 7 | K 16 | | | 00:20:29 | 00:41:17 | 01:01:32 | 01:21:58.50 | 8:11 | 7.3 |
| 8 | ZWOLENKIEWICZ JOANNA | 560 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 8 | K 17 | | | 00:20:26 | 00:41:01 | 01:01:45 | 01:22:39.65 | 8:15 | 7.3 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 9 | SOBECKA MARZENA | 547 | | WAŁCZ | POL | K40-49 | 9 | K 20 | | | 00:20:39 | 00:41:21 | 01:02:21 | 01:23:33.00 | 8:21 | 7.2 |
| 10 | WACHOWIAK SYLWIA | 553 | | PIŁA | POL | K40-49 | 10 | K 22 | | | 00:21:08 | 00:41:55 | 01:02:55 | 01:23:51.90 | 8:23 | 7.2 |
| 11 | KARDASZ MAŁGORZATA | 521 | | ŚREM | POL | K40-49 | 11 | K 28 | | | 00:21:48 | 00:44:03 | 01:06:37 | 01:29:11.55 | 8:55 | 6.7 |
| 12 | GIERSZENDORF MONIKA | 513 | FACE NORDIC WALKING TEAM | DŁUGA GOŚLINA | POL | K40-49 | 12 | K 30 | | | 00:22:18 | 00:44:56 | 01:08:27 | 01:31:38.95 | 9:09 | 6.5 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|----------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KLICZKA KAMIL | 523 | PUSZCZYK BUKOWY | SZCZECIN | POL | M40-49 | 1 | M 1 | | | 00:16:36 | 00:33:15 | 00:49:58 | 01:06:48.05 | 6:40 | 9 |
| 2 | NIECHWIEJCZYK PIOTR | 537 | UNIA MIAST | ŚWIĘTOCHŁOWICE | POL | M40-49 | 2 | M 7 | | | 00:16:56 | 00:34:20 | 00:51:34 | 01:09:01.70 | 6:54 | 8.7 |
| 3 | ADAMSKI ROBERT | 573 | MARSZ PO ZDROWIE | LUBOŃ | POL | M40-49 | 3 | M 9 | | | 00:16:56 | 00:34:20 | 00:51:42 | 01:09:33.80 | 6:57 | 8.6 |
| 4 | KACPRZAK SŁAWEK | 518 | LZS JUSTYNÓW | JUSTYNÓW | POL | M40-49 | 4 | M 10 | | | 00:17:41 | 00:35:50 | 00:54:26 | 01:13:04.85 | 7:18 | 8.2 |
| 5 | KRZYŻANOWSKI ROBERT | 571 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M40-49 | 5 | M 11 | | | 00:17:57 | 00:36:24 | 00:54:53 | 01:13:39.60 | 7:22 | 8.1 |
| 6 | MARCINKOWSKI WOJCIECH | 535 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 16 | | | 00:18:45 | 00:38:23 | 00:57:12 | 01:16:33.00 | 7:39 | 7.8 |
| 7 | ANTOSZEWSKI PIOTR | 501 | DĄBROWA NORDIC TEAM | GNIEZNO | POL | M40-49 | 7 | M 18 | | | 00:19:30 | 00:39:13 | 00:58:35 | 01:17:40.55 | 7:46 | 7.7 |
| 8 | BORKOWSKI WITOLD | 506 | SAINT-GOBAIN SQUAD | POZNAŃ | POL | M40-49 | 8 | M 19 | | | 00:19:11 | 00:38:46 | 00:58:23 | 01:18:03.75 | 7:48 | 7.7 |
| 9 | STRZELECKI SEBASTIAN | 566 | SAILING TEAM FERAJNA | PIŁA | POL | M40-49 | 9 | M 33 | | | 00:22:23 | 00:44:01 | 01:06:33 | 01:28:45.70 | 8:52 | 6.8 |
| 10 | NOWAK MACIEJ | 564 | SAILING TEAM FERAJNA | PIŁA | POL | M40-49 | 10 | M 34 | | | 00:22:41 | 00:45:24 | 01:07:20 | 01:29:10.75 | 8:55 | 6.7 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|----------------------------|--------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KASPRZYK LILIANA | 522 | KS METRACO POLKOWICE | POZNAŃ | POL | K50-59 | 1 | K 2 | | | 00:18:14 | 00:36:51 | 00:55:55 | 01:14:33.60 | 7:27 | 8 |
| 2 | FALKOWSKA BEATA | 510 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K50-59 | 2 | K 5 | | | 00:18:20 | 00:37:05 | 00:56:05 | 01:15:08.20 | 7:30 | 8 |
| 3 | BOCZAR BEATA | 572 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 3 | K 7 | | | 00:18:27 | 00:37:15 | 00:56:19 | 01:15:23.50 | 7:32 | 8 |
| 4 | KRUSZKA ARLETA | 528 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 4 | K 10 | | | 00:19:17 | 00:39:03 | 00:58:49 | 01:18:43.55 | 7:52 | 7.6 |
| 5 | CHOLEWIŃSKA LONGINA | 562 | | WOJNOWO | POL | K50-59 | 5 | K 15 | | | 00:20:34 | 00:40:51 | 01:01:07 | 01:21:33.25 | 8:09 | 7.4 |
| 6 | POSTEK DANUTA | 542 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 6 | K 18 | | | 00:20:27 | 00:41:05 | 01:02:07 | 01:23:02.30 | 8:18 | 7.2 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------|-----|-----------------------------------|--------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SIWAK PIOTR | 561 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 1 | M 2 | | | 00:17:05 | 00:33:49 | 00:50:32 | 01:07:15.85 | 6:43 | 8.9 |
| 2 | LUBIATOWSKI IRENEUSZ | 532 | KS METRACO POLKOWICE | GUBIN | POL | M50-59 | 2 | M 3 | | | 00:17:08 | 00:33:50 | 00:50:35 | 01:07:17.50 | 6:43 | 8.9 |
| 3 | RECZULSKI MARIUSZ | 575 | VIKING NORDIC TAEM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 3 | M 6 | | | 00:17:07 | 00:33:51 | 00:51:04 | 01:08:47.30 | 6:52 | 8.7 |
| 4 | PUSZKIEL LESZEK | 545 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 4 | M 8 | | | 00:17:04 | 00:34:18 | 00:51:51 | 01:09:26.90 | 6:56 | 8.6 |
| 5 | KOWALCZYK MARIUSZ | 525 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 5 | M 13 | | | 00:18:41 | 00:37:34 | 00:56:20 | 01:15:20.40 | 7:32 | 8 |
| 6 | SZULC JAREK | 552 | MARSZ PO ZDROWIE | BYDGOSZCZ | POL | M50-59 | 6 | M 14 | | | 00:18:47 | 00:37:34 | 00:56:28 | 01:15:34.60 | 7:33 | 7.9 |
| 7 | ZIĘBA KRZYSZTOF | 559 | | SZCZECIN | POL | M50-59 | 7 | M 15 | | | 00:18:38 | 00:37:36 | 00:56:49 | 01:16:07.40 | 7:36 | 7.9 |
| 8 | NETKOWSKI WOJCIECH | 536 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | 8 | M 21 | | | 00:19:00 | 00:38:57 | 00:58:59 | 01:19:02.30 | 7:54 | 7.6 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|--------------------------|-----------|------|--------|--------|------|-------------|--------------|----------------|----------|----------|-------------|--------|------|
| 9 | GRZESZCZAK ANDRZEJ | 574 | KS METRACO POLKOWICE | ZAGÓRÓW | POL | M50-59 | 9 | M 22 | | | 00:19:25 | 00:39:20 | 00:59:26 | 01:19:25.80 | 7:56 | 7.6 |
| 10 | KRAKOWIAK KRZYSZTOF | 527 | UKS GIMNAZJON SUCHY LAS | WIRY | POL | M50-59 | 10 | M 25 | | | 00:19:10 | 00:39:18 | 01:00:30 | 01:21:37.20 | 8:09 | 7.4 |
| 11 | FOT KRZYSZTOF | 511 | MARSZ PO ZDROWIE | POZNAŃ | POL | M50-59 | 11 | M 26 | | | 00:20:55 | 00:41:40 | 01:02:02 | 01:21:47.10 | 8:10 | 7.3 |
| 12 | KULKA MACIEJ | 529 | FACE NORDIC WALKING TEAM | POZNAŃ | POL | M50-59 | 12 | M 36 | | | 00:22:39 | 00:46:33 | 01:11:00 | 01:35:08.20 | 9:30 | 6.3 |
| DQ | CHOLEWIŃSKI WOJCIECH | 563 | | WOJNOWO | POL | M50-59 | DQ | DQ | | TAK | 00:18:04 DQ | DQ | DQ | DQ | - | - |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KOSIŃSKA MARIA | 524 | MOSIR RYPIN | RYPIN | POL | K60-69 | 1 | K 21 | | | 00:19:58 | 00:40:33 | 01:01:47 | 01:23:46.60 | 8:22 | 7.2 |
| 2 | CHĘCIŃSKA KRYSZYNA | 508 | UKS GIMNAZJON SUCHY LAS | ZŁOTNIKI | POL | K60-69 | 2 | K 25 | | | 00:20:42 | 00:42:19 | 01:04:15 | 01:26:37.60 | 8:39 | 6.9 |
| 3 | MACKOWIAK KRYSZYNA | 534 | FACE NORDIC WALKING TEAM | DŁUGA GOŚLINA | POL | K60-69 | 3 | K 26 | | | 00:20:56 | 00:42:32 | 01:04:25 | 01:26:51.50 | 8:41 | 6.9 |
| 4 | BAKOWSKA MARIA | 504 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | K60-69 | 4 | K 32 | | | 00:22:39 | 00:46:39 | 01:11:23 | 01:36:02.45 | 9:36 | 6.2 |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|----------------------|-----------|------|--------|--------|------|-------------|--------------|----------------|----------|----------|-------------|--------|------|
| 1 | HELWICH STEFAN | 515 | KS METRACO POLKOWICE | WIELEŃ | POL | M60-69 | 1 | M 4 | | | 00:17:05 | 00:33:51 | 00:50:39 | 01:07:54.15 | 6:47 | 8.8 |
| 2 | CZEKAJŁO FRANCISZEK | 509 | TEAM MEPROZET | DREZDENKO | POL | M60-69 | 2 | M 12 | | | 00:17:58 | 00:36:34 | 00:55:34 | 01:14:50.40 | 7:29 | 8 |
| 3 | ŁOPIŃSKI ALEKSY | 567 | CZARNE PANTERY | PIŁA | POL | M60-69 | 3 | M 20 | | | 00:19:35 | 00:39:00 | 00:58:35 | 01:18:57.15 | 7:53 | 7.6 |
| 4 | KALISZ KRZYSZTOF | 520 | KS METRACO POLKOWICE | LUBIN | POL | M60-69 | 4 | M 23 | | | 00:18:54 | 00:38:21 | 00:58:50 | 01:20:17.15 | 8:01 | 7.5 |
| 5 | WIŚNIEWSKI KAZIMIERZ | 555 | ZGÓRKI | WARSZAWA | POL | M60-69 | 5 | M 29 | | | 00:20:36 | 00:41:25 | 01:02:43 | 01:23:48.45 | 8:22 | 7.2 |
| 6 | ZAWISŁA STANISŁAW | 556 | MARSZ PO ZDROWIE | PLEWISKA | POL | M60-69 | 6 | M 30 | | | 00:20:20 | 00:41:37 | 01:03:19 | 01:24:48.95 | 8:28 | 7.1 |
| DQ | STAWIAK KAROL | 550 | KS METRACO POLKOWICE | ŻNIN | POL | M60-69 | DQ | DQ | | TAK | 00:17:58 DQ | DQ | DQ | DQ | - | - |

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|----------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | APPEL JERZY | 570 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M70+ | 1 | M 28 | | | 00:19:59 | 00:40:19 | 01:01:13 | 01:22:48.05 | 8:16 | 7.2 |
| 2 | PILECKI GUSTAW | 541 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M70+ | 2 | M 35 | | | 00:22:32 | 00:45:25 | 01:08:39 | 01:32:09.85 | 9:13 | 6.5 |