

**ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 10 KM**

Organizator: PFNW  
 Data: 2016-08-27  
 Miejsce: Elbląg  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.

**ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN**

| M-ce | Nazwisko i imię          | Nr  | Klub                                  | M-scowość               | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 5km      | Netto       | min/km | km/h |
|------|--------------------------|-----|---------------------------------------|-------------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | KLICZKA KAMIL            | 449 | PUSZCZYK BUKOWY                       | SZCZECIN                | POL  | M40-49 | 1      | M 1  |             |              | 00:31:32 | 01:04:09.40 | 6:25   | 9.4  |
| 2    | BIŁEK ARTUR              | 406 | UNIA MIAST                            | LUBLINIEC               | POL  | M30-39 | 1      | M 2  |             |              | 00:31:25 | 01:04:41.85 | 6:28   | 9.3  |
| 3    | DEPKA PRĄDZYŃSKI OLGIERD | 418 | PENDOLINO                             | GDYNIA                  | POL  | M50-59 | 1      | M 3  |             |              | 00:32:18 | 01:05:12.15 | 6:31   | 9.2  |
| 4    | KARASIŃSKI MACIEJ        | 447 | K.S. METRACO POLKOWICE                | SIEDLCE                 | POL  | M40-49 | 2      | M 4  |             |              | 00:32:19 | 01:05:25.50 | 6:32   | 9.2  |
| 5    | SIWAK PIOTR              | 506 | KS.METRACO POLKOWICE                  | RUDNA                   | POL  | M50-59 | 2      | M 5  |             |              | 00:32:39 | 01:05:46.85 | 6:34   | 9.1  |
| 6    | RECZULSKI MARIUSZ        | 503 | VIKING NORDIC TEAM CZĘSTOCHOWA        | CZĘSTOCHOWA             | POL  | M50-59 | 3      | M 6  |             |              | 00:32:44 | 01:05:51.65 | 6:35   | 9.1  |
| 7    | WOJTASIŃSKI DANIEL       | 540 | VIKING NORDIC TEAM CZĘSTOCHOWA        | CZĘSTOCHOWA             | POL  | M30-39 | 2      | M 7  |             |              | 00:31:52 | 01:05:59.95 | 6:36   | 9.1  |
| 8    | PIOTROWSKI MICHAŁ        | 496 | FACE NORDIC WALKING TEAM              | GDĄŃSK                  | POL  | M30-39 | 3      | M 8  |             |              | 00:32:39 | 01:06:20.90 | 6:38   | 9    |
| 9    | PUSZKIEL ADRIAN          | 501 | GREEN TEAM ZIELONA GÓRA               | ZIELONA GÓRA            | POL  | M18-29 | 1      | M 9  |             |              | 00:32:40 | 01:06:42.60 | 6:40   | 9    |
| 10   | NIECHWIEJCZYK PIOTR      | 486 | UNIA MIAST                            | ŚWIĘTOCHŁOWICE          | POL  | M40-49 | 3      | M 10 |             |              | 00:33:14 | 01:07:24.10 | 6:44   | 8.9  |
| 11   | PUSZKIEL LESZEK          | 500 | GREEN TEAM ZIELONA GÓRA               | ZIELONA GÓRA            | POL  | M50-59 | 4      | M 11 |             |              | 00:32:54 | 01:07:56.00 | 6:47   | 8.8  |
| 12   | HAŁAS MARCIN             | 434 | FACE NORDIC WALKING TEAM              | CZĘSTOCHOWICE-DZIEDZICE | POL  | M30-39 | 4      | M 12 |             |              | 00:34:11 | 01:08:51.30 | 6:53   | 8.7  |
| 13   | KŁACZYŃSKA DANUTA        | 450 |                                       | SZCZECIN                | POL  | K40-49 | 1      | K 1  |             |              | 00:34:08 | 01:08:53.65 | 6:53   | 8.7  |
| 14   | GRZEGORCZYK MARCIN       | 624 | FACE NORDIC WALKING TEAM              | WŁADYSŁAWOWO            | POL  | M18-29 | 2      | M 13 |             |              | 00:34:30 | 01:09:13.20 | 6:55   | 8.7  |
| 15   | PASIKOWSKA MARIOLA       | 492 | VIKING NORDIC TEAM CZĘSTOCHOWA        | ŻARKI                   | POL  | K30-39 | 1      | K 2  |             |              | 00:35:08 | 01:10:15.10 | 7:01   | 8.5  |
| 16   | KUŚMIEREK PATRYK         | 469 | BŁĘKITNI NW DZIEMIANY                 | DZIEMIANY               | POL  | M18-29 | 3      | M 14 |             |              | 00:34:14 | 01:10:19.55 | 7:01   | 8.5  |
| 17   | MATECKI RYSZARD          | 479 | KS METRACO POLKOWICE                  | KUDOWA ZDRÓJ            | POL  | M60-69 | 1      | M 15 |             |              | 00:35:23 | 01:10:27.25 | 7:02   | 8.5  |
| 18   | ROSZMAN MACIEJ           | 505 | PENDOLINO                             | GOWINO                  | POL  | M30-39 | 5      | M 16 |             |              | 00:34:16 | 01:10:33.10 | 7:03   | 8.5  |
| 19   | JĘDRASIAK RENATA         | 440 | KS METRACO POLKOWICE                  | LUBIN                   | POL  | K50-59 | 1      | K 3  |             |              | 00:35:09 | 01:10:34.00 | 7:03   | 8.5  |
| 20   | CYRUS BOGDAN             | 623 | SILESIA NORDIC TEAM                   | STRZEBIŃ                | POL  | M40-49 | 4      | M 17 |             |              | 00:33:51 | 01:10:50.40 | 7:05   | 8.5  |
| 21   | ŚWISŁOCKI BOGDAN         | 528 | FACE NORDIC WALKING TEAM              | MIKOSZEWO               | POL  | M50-59 | 5      | M 18 |             |              | 00:35:24 | 01:10:54.05 | 7:05   | 8.5  |
| 22   | KULIG HENRYK             | 466 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG                  | POL  | M60-69 | 2      | M 19 |             |              | 00:35:22 | 01:10:56.40 | 7:05   | 8.5  |
| 23   | KUŚMIEREK JAN            | 468 | BŁĘKITNI NW DZIEMIANY                 | DZIEMIANY               | POL  | M40-49 | 5      | M 20 |             |              | 00:35:01 | 01:10:58.20 | 7:05   | 8.5  |
| 24   | KĘPA ANDRZEJ             | 448 | SKI FAMILY TEAM                       | KOSZALIN                | POL  | M60-69 | 3      | M 21 |             |              | 00:35:46 | 01:11:03.85 | 7:06   | 8.4  |
| 25   | KOCIMSKI JAN             | 452 | KM AKTYWNI SOCHACZEW                  | SOCHACZEW               | POL  | M60-69 | 4      | M 22 |             |              | 00:35:25 | 01:11:05.15 | 7:06   | 8.4  |
| 26   | CIEŚLAK ROMAN            | 414 | EPOKA NORDICA ŁÓDŹ                    | ŁÓDŹ                    | POL  | M50-59 | 6      | M 23 |             |              | 00:34:25 | 01:11:14.00 | 7:07   | 8.4  |
| 27   | SPYCHAŁA MARZENA         | 512 | WESOŁY BORSUK TEAM                    | BIAŁA                   | POL  | K40-49 | 2      | K 4  |             |              | 00:35:20 | 01:11:24.45 | 7:08   | 8.4  |
| 28   | LIPKO ADRIANNA           | 474 | PENDOLINO                             | GDYNIA                  | POL  | K18-29 | 1      | K 5  |             |              | 00:35:36 | 01:11:45.05 | 7:10   | 8.4  |
| 29   | PARAFINIUK KRZYSZTOFA    | 491 |                                       | SZTUM                   | POL  | K30-39 | 2      | K 6  |             |              | 00:35:29 | 01:12:12.40 | 7:13   | 8.3  |
| 30   | STAWNIAK KAROL           | 513 | KS METRACO POLKOWICE                  | ŻNIN                    | POL  | M60-69 | 5      | M 24 |             |              | 00:36:16 | 01:13:02.40 | 7:18   | 8.2  |
| 31   | SOBKOWSKI JANUSZ         | 510 | SILESIA NORDIC TEAM                   | ŁODYGOWICE              | POL  | M60-69 | 6      | M 25 |             |              | 00:36:21 | 01:13:26.55 | 7:20   | 8.2  |
| 32   | KOWALSKI MAREK           | 460 | UNIA MIAST                            | STRZEBIŃ                | POL  | M50-59 | 7      | M 26 |             |              | 00:36:32 | 01:13:35.65 | 7:21   | 8.2  |
| 33   | ŁUKASZEWICZ JOANNA       | 476 | GREEN TEAM ZIELONA GÓRA               | ZIELONA GÓRA            | POL  | K40-49 | 3      | K 7  |             |              | 00:36:32 | 01:13:40.80 | 7:22   | 8.1  |
| 34   | BAJER PIOTR              | 402 | FACE NW TEAM                          | FROMBORK                | POL  | M50-59 | 8      | M 27 |             |              | 00:36:49 | 01:13:45.65 | 7:22   | 8.1  |
| 35   | MELZER HANNA             | 480 |                                       | RUMIA                   | POL  | K40-49 | 4      | K 8  |             |              | 00:36:29 | 01:13:46.85 | 7:22   | 8.1  |
| 36   | BOCZAR BEATA             | 407 | GREEN TEAM ZIELONA GÓRA               | ZIELONA GÓRA            | POL  | K50-59 | 2      | K 9  |             |              | 00:36:33 | 01:14:18.70 | 7:25   | 8.1  |
| 37   | SKRYCKA KATARZYNA        | 507 | K.S. METRACO POLKOWICE                | LUBIN                   | POL  | K30-39 | 3      | K 10 |             |              | 00:36:42 | 01:14:34.65 | 7:27   | 8    |
| 38   | WALORYSZAK ANDRZEJ       | 533 | MORSY RADZYMIN                        | RADZYMIN                | POL  | M60-69 | 7      | M 28 |             |              | 00:36:48 | 01:14:35.10 | 7:27   | 8    |
| 39   | ŚLUSARCZYK MARCIN        | 525 | WESOŁY BORSUK TEAM                    | PRUDNIK                 | POL  | M30-39 | 6      | M 29 |             |              | 00:36:45 | 01:14:48.50 | 7:28   | 8    |
| 40   | BALCERAK-KOLASA JOANNA   | 403 | EPOKA NORDICA ŁÓDŹ                    | ŁÓDŹ                    | POL  | K40-49 | 5      | K 11 |             |              | 00:36:36 | 01:14:51.55 | 7:29   | 8    |
| 41   | KOZŁOWSKA SABINA         | 461 | DĄBROWA NORDIC TEAM                   | BIELSKO-BIAŁA           | POL  | K30-39 | 4      | K 12 |             |              | 00:36:45 | 01:14:55.00 | 7:29   | 8    |
| 42   | KOŁODZIEJ JOANNA         | 454 | FABRIKANORDIKA                        | RUDA ŚLĄSKA             | POL  | K40-49 | 6      | K 13 |             |              | 00:37:16 | 01:15:04.25 | 7:30   | 8    |
| 43   | JONDERKO GRZEGORZ        | 441 | WŁÓCZYKIJE SKOCZÓW                    | RYBNIK                  | POL  | M40-49 | 6      | M 30 |             |              | 00:36:50 | 01:15:05.95 | 7:30   | 8    |
| 44   | MIERNICKI MARIUSZ        | 482 |                                       | DZIERŻONIÓW             | POL  | M50-59 | 9      | M 31 |             |              | 00:36:55 | 01:15:17.40 | 7:31   | 8    |

**ELBLĄG - PUCHAR POLSKI 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 | 5km      | Netto       | min/km | km/h |
|------|------------------------------|-----|---------------------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 45   | KOWALCZUK ROBERT             | 625 | FACE NORDIC WALKING TEAM              | GDAŃSK               | POL  | M50-59 | 10     | M 32 |             |              | 00:36:10 | 01:15:35.75 | 7:33   | 7.9  |
| 46   | KOLARSKA AGNIESZKA           | 453 | VIKING NORDIC TEAM CZĘSTOCHOWA        | CZĘSTOCHOWA          | POL  | K30-39 | 5      | K 14 |             |              | 00:37:28 | 01:15:45.95 | 7:34   | 7.9  |
| 47   | JANKOWSKI MARCIN             | 437 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG               | POL  | M40-49 | 7      | M 33 |             |              | 00:37:01 | 01:15:48.60 | 7:34   | 7.9  |
| 48   | KALISZ KRZYSZTOF             | 446 | KS METRACO POLKOWICE                  | LUBIN                | POL  | M60-69 | 8      | M 34 |             |              | 00:37:36 | 01:16:43.00 | 7:40   | 7.8  |
| 49   | BYTNIIEWSKI MIECZYSLAW       | 411 | BIAŁA BIEGA                           | BIAŁA PODLASKA       | POL  | M70+   | 1      | M 35 |             |              | 00:38:00 | 01:16:45.60 | 7:40   | 7.8  |
| 50   | GEMBALA VIOLETTA             | 427 | AMATOR                                | BEŁK                 | POL  | K50-59 | 3      | K 15 |             |              | 00:38:01 | 01:16:48.90 | 7:40   | 7.8  |
| 51   | DREGER MICHAŁ                | 421 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG               | POL  | M40-49 | 8      | M 36 |             |              | 00:37:38 | 01:16:52.20 | 7:41   | 7.8  |
| 52   | JASIUKIEWICZ JACEK           | 439 | GRUPA NORDIC WALKING-DOBRE MIASTO     | DOBRE MIASTO         | POL  | M40-49 | 9      | M 37 |             |              | 00:38:01 | 01:16:53.30 | 7:41   | 7.8  |
| 53   | NETKOWSKI WOJCIECH           | 485 | PASJA NORDIC WALKING                  | WARSZAWA             | POL  | M50-59 | 11     | M 38 |             |              | 00:37:50 | 01:17:07.75 | 7:42   | 7.8  |
| 54   | DUSIEL EWA                   | 422 | VIKING NORDIC TEAM CZĘSTOCHOWA        | CZĘSTOCHOWA          | POL  | K40-49 | 7      | K 16 |             |              | 00:38:05 | 01:17:14.50 | 7:43   | 7.8  |
| 55   | KOWALCZYK EDYTA              | 459 | KS METRACO POLKOWICE                  | WAŁBRZYCH            | POL  | K40-49 | 8      | K 17 |             |              | 00:38:55 | 01:17:31.80 | 7:45   | 7.7  |
| 56   | CZYCZ KAZIMIERZ              | 549 | GREEN TEAM                            | ZIELONA GÓRA         | POL  | M60-69 | 9      | M 39 |             |              | 00:37:07 | 01:17:56.40 | 7:47   | 7.7  |
| 57   | ZACHARCZUK ZOFIA             | 544 | FACE NORDIC WALKING TEAM              | SIEDLCE              | POL  | K50-59 | 4      | K 18 |             |              | 00:37:59 | 01:18:03.45 | 7:48   | 7.7  |
| 58   | MARCINKOWSKI WOJCIECH        | 478 | UNIA MIAST                            | LUBLINIEC            | POL  | M40-49 | 10     | M 40 |             |              | 00:38:05 | 01:18:12.35 | 7:49   | 7.7  |
| 59   | KALBARCZYK MICHAŁ            | 443 | MICHALKALBARCZYK.COM                  | ELBLĄG               | POL  | M30-39 | 7      | M 41 |             |              | 00:38:30 | 01:18:23.35 | 7:50   | 7.7  |
| 60   | BOROWIK BOŻENA               | 408 | GRUPA NORDIC WALKING-DOBRE MIASTO     | DOBRE MIASTO         | POL  | K40-49 | 9      | K 19 |             |              | 00:38:34 | 01:18:42.30 | 7:52   | 7.6  |
| 61   | KULEWICZ CEZARY              | 465 |                                       | BRANIEWO             | POL  | M50-59 | 12     | M 42 |             |              | 00:39:03 | 01:18:50.50 | 7:53   | 7.6  |
| 62   | ROSZMAN JOANNA               | 504 | PENDOLINO                             | REDA                 | POL  | K50-59 | 5      | K 20 |             |              | 00:38:05 | 01:19:08.60 | 7:54   | 7.6  |
| 63   | ŚLUSARCZYK ANDRZEJ           | 527 | WESOŁY BORSUK TAEM                    | PRUDNIK              | POL  | M60-69 | 10     | M 43 |             |              | 00:38:10 | 01:19:08.90 | 7:54   | 7.6  |
| 64   | ŚLUSARCZYK GRZEGORZ          | 526 | WESOŁY BORSUK TEAM                    | PRUDNIK              | POL  | M40-49 | 11     | M 44 |             |              | 00:39:01 | 01:19:20.10 | 7:56   | 7.6  |
| 65   | BUJNICKI MARCIN              | 410 | PASŁĘK                                |                      | POL  | M40-49 | 12     | M 45 |             |              | 00:38:55 | 01:19:39.75 | 7:57   | 7.5  |
| 66   | CZAJKA URSZULA               | 416 |                                       | RUMIA                | POL  | K60-69 | 1      | K 21 |             |              | 00:39:11 | 01:19:39.75 | 7:57   | 7.5  |
| 67   | KUPIBIDA BOGUSŁAWA           | 467 | SILESIA NORDIC TEAM                   | KATOWICE             | POL  | K50-59 | 6      | K 22 |             |              | 00:39:25 | 01:19:45.65 | 7:58   | 7.5  |
| 68   | SOBAŃSKA GRAŻYNA             | 509 |                                       | DRUŻBICE             | POL  | K60-69 | 2      | K 23 |             |              | 00:39:25 | 01:19:52.50 | 7:59   | 7.5  |
| 69   | OLECH MARCIN                 | 487 | CHODZEKIJAMI.PL                       | GDAŃSK               | POL  | M40-49 | 13     | M 46 |             |              | 00:39:35 | 01:20:00.35 | 8:00   | 7.5  |
| 70   | ŁABUS IZABELA                | 475 | FABRIKANORDIKA                        | RUDA ŚLĄSKA          | POL  | K18-29 | 2      | K 24 |             |              | 00:39:40 | 01:20:06.50 | 8:00   | 7.5  |
| 71   | OLECH ANNA                   | 488 | CHODZEKIJAMI.PL                       | GDAŃSK               | POL  | K40-49 | 10     | K 25 |             |              | 00:39:41 | 01:20:15.15 | 8:01   | 7.5  |
| 72   | PASIŃSKA - SKOWRON SYLWIA    | 493 | PRUSZYŃSKI NORDIC WALKING             | SZCZODRKOVICE        | POL  | K30-39 | 6      | K 26 |             |              | 00:39:15 | 01:20:15.20 | 8:01   | 7.5  |
| 73   | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 420 |                                       | KAMIENIEC WROCŁAWSKI | POL  | K50-59 | 7      | K 27 |             |              | 00:40:30 | 01:20:25.75 | 8:02   | 7.5  |
| 74   | DOBROWOLSKA ANNA             | 419 |                                       | CHOTOMÓW             | POL  | K50-59 | 8      | K 28 |             |              | 00:40:31 | 01:20:30.55 | 8:03   | 7.5  |
| 75   | KALINOWSKA JOLANTA           | 444 | WESOŁY BORSUK                         | BIELSKO-BIAŁA        | POL  | K40-49 | 11     | K 29 |             |              | 00:39:51 | 01:20:33.45 | 8:03   | 7.4  |
| 76   | BIAŁOWAŚ KAROLINA            | 404 |                                       | SUCHACZ              | POL  | K18-29 | 3      | K 30 |             |              | 00:39:58 | 01:20:39.55 | 8:04   | 7.4  |
| 77   | HINC IWONA                   | 435 | FACE NORDIC WALKING TEAM              | ŻUKOWO               | POL  | K40-49 | 12     | K 31 |             |              | 00:40:36 | 01:20:51.20 | 8:05   | 7.4  |
| 78   | UHRYN EWA                    | 531 | GRUPA NORDIC WALKING- DOBRE MIASTO    | DOBRE MIASTO         | POL  | K40-49 | 13     | K 32 |             |              | 00:39:41 | 01:21:14.40 | 8:07   | 7.4  |
| 79   | WIŚNIEWSKI ROMAN             | 538 |                                       | TWARDORZECZKA        | POL  | M60-69 | 11     | M 47 |             |              | 00:39:55 | 01:21:15.90 | 8:07   | 7.4  |
| 80   | CHYRA JANUSZ                 | 413 | UNIA MIAST                            | LUBLINIEC            | POL  | M40-49 | 14     | M 48 |             |              | 00:40:11 | 01:21:17.30 | 8:07   | 7.4  |
| 81   | JARZYŃSKA MAŁGORZATA         | 438 | HIFI ARTE                             | BERLIN               | POL  | K50-59 | 9      | K 33 |             |              | 00:39:38 | 01:21:19.15 | 8:07   | 7.4  |
| 82   | ŻUCHOWICZ ELŻBIETA           | 545 | DĄBROWA NORDIC TEAM                   | DĄBROWA GÓRNICZA     | POL  | K50-59 | 10     | K 34 |             |              | 00:41:18 | 01:21:26.30 | 8:08   | 7.4  |
| 83   | WORONKO-ZACZYŃSKA JANINA     | 541 | KS METRACO POLKOWICE                  | LUBIN                | POL  | K70+   | 1      | K 35 |             |              | 00:40:25 | 01:21:26.35 | 8:08   | 7.4  |
| 84   | WAŁECKA KRYSZYNA             | 534 | FACE NORDIC WALKING TEAM              | BRANIEWO             | POL  | K60-69 | 3      | K 36 |             |              | 00:39:59 | 01:21:29.60 | 8:08   | 7.4  |
| 85   | ŚCIBISZ BOGDAN               | 523 | DĄBROWA NORDIC TEAM                   | SOSNOWIEC            | POL  | M70+   | 2      | M 49 |             |              | 00:39:18 | 01:21:30.90 | 8:09   | 7.4  |
| 86   | RACZYŃSKA ALEKSANDRA         | 502 | UNIA MIAST                            | CHORZÓW              | POL  | K70+   | 2      | K 37 |             |              | 00:40:52 | 01:21:35.20 | 8:09   | 7.4  |
| 87   | ŚLEWIŃSKA MAGDALENA          | 524 | BŁĘKITNI NW DZIEMIANY                 | DZIEMIANY            | POL  | K18-29 | 4      | K 38 |             |              | 00:40:06 | 01:22:05.35 | 8:12   | 7.3  |
| 88   | KOZŁOWSKA AGNIESZKA          | 621 | FACE NORDIC WALKING TEAM              | POZNAŃ               | POL  | K40-49 | 14     | K 39 |             |              | 00:41:25 | 01:22:09.95 | 8:13   | 7.3  |
| 89   | NAMSÓŁEK FELIKS              | 484 | NIE ZRZESZONY                         | GDYNIA               | POL  | M70+   | 3      | M 50 |             |              | 00:39:58 | 01:22:10.70 | 8:13   | 7.3  |
| 90   | UHRYN MARCIN                 | 532 | GRUPA NORDIC WALKING- DOBRE MIASTO    | DOBRE MIASTO         | POL  | M40-49 | 15     | M 51 |             |              | 00:40:08 | 01:22:14.40 | 8:13   | 7.3  |
| 91   | KNOP MALGORZATA              | 451 | GREEN TEAM                            | ZIELONA GORA         | POL  | K30-39 | 7      | K 40 |             |              | 00:40:11 | 01:22:18.90 | 8:13   | 7.3  |
| 92   | GODZIŃSKI PAWEŁ              | 430 |                                       | MILEJEWÓ             | POL  | M30-39 | 8      | M 52 |             |              | 00:40:09 | 01:22:22.20 | 8:14   | 7.3  |
| 93   | POSTEK DANUTA                | 497 | MARSZ PO ZDROWIE                      | POZNAŃ               | POL  | K50-59 | 11     | K 41 |             |              | 00:41:14 | 01:22:36.95 | 8:15   | 7.3  |
| 94   | FARON MONIKA                 | 426 | FACE NORDIC WALKING TEAM              | GDYNIA               | POL  | K30-39 | 8      | K 42 |             |              | 00:40:24 | 01:22:40.05 | 8:16   | 7.3  |

**ELBLĄG - PUCHAR POLSKI 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 | 5km      | Netto       | min/km | km/h |
|------|--------------------------|-----|-----------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 95   | WIŚNIEWSKI KAZIMIERZ     | 539 | Z GÓRKI                           | WARSZAWA         | POL  | M60-69 | 12     | M 53 |             |              | 00:41:15 | 01:22:47.90 | 8:16   | 7.2  |
| 96   | JARYSZ AGNIESZKA         | 550 | FACE NORDIC WALKING TEAM          | OBORNIKI         | POL  | K30-39 | 9      | K 43 |             |              | 00:42:14 | 01:23:24.15 | 8:20   | 7.2  |
| 97   | BIŃCZYK JACEK            | 622 |                                   | GRABCZEWO        | POL  | M40-49 | 16     | M 54 |             |              | 00:41:32 | 01:23:28.10 | 8:20   | 7.2  |
| 98   | KOSIŃSKA MARIA           | 455 | MOSIR RYPIN                       | RYPIN            | POL  | K60-69 | 4      | K 44 |             |              | 00:40:27 | 01:23:34.95 | 8:21   | 7.2  |
| 99   | GLINIECKA KATARZYNA      | 429 |                                   | ELBLĄG           | POL  | K40-49 | 15     | K 45 |             |              | 00:40:41 | 01:23:39.45 | 8:21   | 7.2  |
| 100  | CZERWIŃSKA WANDA         | 417 | GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO     | POL  | K60-69 | 5      | K 46 |             |              | 00:41:27 | 01:23:40.10 | 8:22   | 7.2  |
| 101  | PIOTRKIEWICZ ANNA        | 495 |                                   | GDAŃSK           | POL  | K40-49 | 16     | K 47 |             |              | 00:42:03 | 01:24:03.00 | 8:24   | 7.1  |
| 102  | DZIEMIŃSKA MAGDALENA     | 424 | BŁĘKITNI NW DZIEMIANY             | DZIEMIANY        | POL  | K30-39 | 10     | K 48 |             |              | 00:42:06 | 01:24:11.50 | 8:25   | 7.1  |
| 103  | WROŃSKA WIESŁAWA         | 542 | BŁĘKITNI NW DZIEMIANY             | DZIEMIANY        | POL  | K40-49 | 17     | K 49 |             |              | 00:41:26 | 01:24:22.35 | 8:26   | 7.1  |
| 104  | KOTULA JAKUB             | 458 |                                   | KATOWICE         | POL  | M30-39 | 9      | M 55 |             |              | 00:40:17 | 01:24:22.55 | 8:26   | 7.1  |
| 105  | MOJSIEJCZUK RYSZARD      | 483 | VIKING NORDIC TEAM CZESTOCHOWA    | CZESTOCHOWA      | POL  | M70+   | 4      | M 56 |             |              | 00:41:22 | 01:24:27.95 | 8:26   | 7.1  |
| 106  | STEFAŃSKI ANDRZEJ        | 514 | FACE NORDIC WALKING TEAM          | MOTARZYNO        | POL  | M50-59 | 13     | M 57 |             |              | 00:41:44 | 01:24:39.90 | 8:28   | 7.1  |
| 107  | TRUCHAN BAJER BOŻENA     | 529 | FACE NW TEAM                      | FROMBORK         | POL  | K50-59 | 12     | K 50 |             |              | 00:41:04 | 01:25:01.10 | 8:30   | 7.1  |
| 108  | HADRYK ELŻBIETA          | 432 |                                   | ELBLĄG           | POL  | K30-39 | 11     | K 51 |             |              | 00:41:53 | 01:25:34.25 | 8:33   | 7    |
| 109  | CYBULSKI RYSZARD         | 415 |                                   | ELBLĄG           | POL  | M60-69 | 13     | M 58 |             |              | 00:41:45 | 01:25:40.35 | 8:34   | 7    |
| 110  | OMARSKA GRAZYNA          | 489 | PASJA NORDIC WALKING              | WARSZAWA         | POL  | K50-59 | 13     | K 52 |             |              | 00:42:26 | 01:26:07.75 | 8:36   | 7    |
| 111  | GERLE-KOTULA ANNA        | 428 |                                   | KATOWICE         | POL  | K30-39 | 12     | K 53 |             |              | 00:43:22 | 01:26:58.75 | 8:41   | 6.9  |
| 112  | THOMALA BOGDAN           | 546 | SILESIA NORDIC TEAM               | ZABRZE           | POL  | M70+   | 5      | M 59 |             |              | 00:41:21 | 01:26:59.45 | 8:41   | 6.9  |
| 113  | TURZYŃSKA-STOPA MARIA    | 530 | BŁĘKITNI NW DZIEMIANY             | DZIEMIANY        | POL  | K60-69 | 6      | K 54 |             |              | 00:42:37 | 01:27:05.65 | 8:42   | 6.9  |
| 114  | BIALOWAŚ IWONA           | 405 |                                   | SUCHACZ          | POL  | K50-59 | 14     | K 55 |             |              | 00:43:25 | 01:28:19.50 | 8:49   | 6.8  |
| 115  | OTTA ANNA                | 490 |                                   | CEGŁOWO          | POL  | K40-49 | 18     | K 56 |             |              | 00:44:21 | 01:28:21.05 | 8:50   | 6.8  |
| 116  | SYNAK LESZEK             | 516 |                                   | KOSCIERZYNA      | POL  | M50-59 | 14     | M 60 |             |              | 00:43:18 | 01:28:50.90 | 8:53   | 6.8  |
| 117  | LINKA RENATA             | 472 |                                   | WARSZAWA         | POL  | K40-49 | 19     | K 57 |             |              | 00:44:11 | 01:29:19.75 | 8:56   | 6.7  |
| 118  | WASIELA BEATA            | 535 | FACE NORDIC WALKING TEAM          | NOWY SUMIN 58    | POL  | K40-49 | 20     | K 58 |             |              | 00:43:59 | 01:29:55.55 | 8:59   | 6.7  |
| 119  | KOSSOWSKI MARIAN         | 457 | MARYSIN                           | WARSZAWA         | POL  | M50-59 | 15     | M 61 |             |              | 00:44:41 | 01:29:59.25 | 9:00   | 6.7  |
| 120  | LEHMANN TERESA           | 470 | BŁĘKITNI NW DZIEMIANY             | DZIEMIANY        | POL  | K50-59 | 15     | K 59 |             |              | 00:44:33 | 01:30:29.60 | 9:03   | 6.6  |
| 121  | FAJNAS RYSZARD           | 425 | FACE NORDIC WALKING TEAM          | WARSZAWA         | POL  | M50-59 | 16     | M 62 |             |              | 00:43:45 | 01:30:50.70 | 9:05   | 6.6  |
| 122  | SYNAK JOANNA             | 518 |                                   | KOSCIERZYNA      | POL  | K18-29 | 5      | K 60 |             |              | 00:44:27 | 01:30:59.60 | 9:05   | 6.6  |
| 123  | SMARUJ - SADOWSKA JANINA | 508 |                                   | BYDGOSZCZ        | POL  | K60-69 | 7      | K 61 |             |              | 00:44:37 | 01:31:08.05 | 9:06   | 6.6  |
| 124  | KRZYNOWEK KRYSZYNA       | 462 | GRUPA NORDIC WALKING-DOBRE MIASTO | DOBRE MIASTO     | POL  | K60-69 | 8      | K 62 |             |              | 00:45:30 | 01:31:08.60 | 9:06   | 6.6  |
| 125  | SZEWczyk AGNIESZKA       | 521 | FACE NORDIC WALKING TEAM          | WARSZAWA         | POL  | K40-49 | 21     | K 63 |             |              | 00:43:58 | 01:31:45.75 | 9:10   | 6.5  |
| 126  | SYNAK MIROSLAWA          | 517 |                                   | KOSCIERZYNA      | POL  | K50-59 | 16     | K 64 |             |              | 00:44:53 | 01:32:10.35 | 9:13   | 6.5  |
| 127  | KRZYŚCIN RAFAŁ           | 464 | SANTANDER CONSUMER BANK           | WROCLAW          | POL  | M40-49 | 17     | M 63 |             |              | 00:46:10 | 01:32:19.85 | 9:14   | 6.5  |
| 128  | SZYMANOWSKA-PAWLAK EWA   | 522 | GOSIR OSIELSKO                    | NIEMCZ           | POL  | K50-59 | 17     | K 65 |             |              | 00:44:53 | 01:32:58.30 | 9:17   | 6.5  |
| 129  | KRZYŚCIN MIROSLAWA       | 463 | SANTANDER CONSUMER BANK           | WROCLAW          | POL  | K40-49 | 22     | K 66 |             |              | 00:45:43 | 01:33:28.10 | 9:20   | 6.4  |
| 130  | CHRAPEK URSZULA          | 412 | KS RUDZICA                        | RUDZICA          | POL  | K18-29 | 6      | K 67 |             |              | 00:46:32 | 01:34:09.60 | 9:24   | 6.4  |
| 131  | LEWANDOWSKA MAŁGORZATA   | 471 |                                   | WOROTY           | POL  | K40-49 | 23     | K 68 |             |              | 00:46:49 | 01:34:12.80 | 9:25   | 6.4  |
| 132  | DYLEWSKA BARBARA         | 423 | DABROWA NORDIC TEAM.              | DABROWA GORNICZA | POL  | K60-69 | 9      | K 69 |             |              | 00:47:04 | 01:36:55.20 | 9:41   | 6.2  |
| 133  | SOBOCIŃSKA EWA           | 511 | MOSIR                             | RYPIN            | POL  | K70+   | 3      | K 70 |             |              | 00:47:50 | 01:37:16.70 | 9:43   | 6.2  |
| 134  | JÓŻWIAK DOMINIK          | 442 | WTW.WŁOCŁAWEK                     | WŁOCŁAWEK        | POL  | M18-29 | 4      | M 64 |             |              | 00:48:21 | 01:38:38.65 | 9:51   | 6.1  |
| 135  | PROKOP ANNA              | 499 |                                   | ELBLĄG           | POL  | K40-49 | 24     | K 71 |             |              | 00:49:14 | 01:38:58.70 | 9:53   | 6.1  |
| 136  | SYNAK MARIA              | 519 |                                   | KOSCIERZYNA      | POL  | K50-59 | 18     | K 72 |             |              | 00:48:45 | 01:39:09.45 | 9:54   | 6.1  |
| 137  | LIPIŃSKA URSZULA         | 473 | FACE NORDIC WALKING TEAM          | DĘBLIN           | POL  | K40-49 | 25     | K 73 |             |              | 00:48:37 | 01:39:15.80 | 9:55   | 6    |
| 138  | SZEWczyk MAREK           | 520 | FACE NORDIC WALKING TEAM          | WARSZAWA         | POL  | M50-59 | 17     | M 65 |             |              | 00:41:58 | 01:41:15.70 | 10:07  | 5.9  |
| 139  | PIEKARSKA MAGDALENA      | 494 | GOSIR OSIELSKO                    | NIEMCZ           | POL  | K18-29 | 7      | K 74 |             |              | 00:49:55 | 01:42:30.15 | 10:15  | 5.9  |
| 140  | NAWRÓCKA DANUTA          | 547 | DĄBROWA NORDIC TEAM               | DĄBROWA GORNICZA | POL  | K70+   | 4      | K 75 |             |              | 00:57:58 | 01:58:02.70 | 11:48  | 5.1  |
| 141  | DILMAŃSKI ARTUR          | 548 |                                   | ELBLĄG           | POL  | M40-49 | 18     | M 66 |             |              | 00:42:00 |             | 8:24   | 7.1  |
| DQ   | APPEL JERZY              | 401 | GOSIR OSIELSKO                    | BYDGOSZCZ        | POL  | M70+   | DQ     | DQ   |             | 1            | 00:45:53 | DQ          | -      | -    |