

## NORDIC WALKING - 5 KM

Organizator: Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej  
Data: 2023-04-22  
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  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|---------------------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | RAJEWSKI SEBASTIAN          | 368 | NW CZŁAPSKI TEAM                | PIŁA      | POL  | M50  | 1      | M 1  | 00:16:25 | 00:33:35.55 | 00:33:35.55 | 6:43   | 8.9  |
| 2    | MASŁYK MAŁGORZATA           | 348 |                                 | PYRZYCE   | POL  | K50  | 1      | K 1  | 00:17:38 | 00:35:24.65 | 00:35:24.65 | 7:04   | 8.5  |
| 3    | MASŁYK DARIUSZ              | 349 |                                 | PYRZYCE   | POL  | M60+ | 1      | M 2  | 00:17:47 | 00:35:39.00 | 00:35:39.00 | 7:07   | 8.4  |
| 4    | FILIPIAK PRZEMYSŁAW         | 312 |                                 | POLICE    | POL  | M40  | 1      | M 3  | 00:18:31 | 00:37:08.15 | 00:37:08.15 | 7:25   | 8.1  |
| 5    | MURAWSKA WIOLETTA           | 356 | KB DZIK POLICE                  | POLICE    | POL  | K50  | 2      | K 2  | 00:18:32 | 00:37:26.85 | 00:37:26.85 | 7:29   | 8    |
| 6    | OLEJNIK MARZENA             | 361 |                                 | SZCZECIN  | POL  | K50  | 3      | K 3  | 00:18:51 | 00:37:54.25 | 00:37:54.25 | 7:34   | 7.9  |
| 7    | SOWISZ ADRIANNA             | 379 | SOWISZ TEAM                     | SZCZECIN  | POL  | K20  | 1      | K 4  | 00:19:02 | 00:38:22.95 | 00:38:22.95 | 7:40   | 7.8  |
| 8    | ZDANUK ARTUR                | 398 | EKSPEDYCJA NORDIC TEAM SZCZECIN | PRZĘSOCIN | POL  | M50  | 2      | M 4  | 00:19:01 | 00:38:45.05 | 00:38:45.05 | 7:45   | 7.7  |
| 9    | MISIEWICZ BOŻENA            | 354 |                                 | CHOJNA    | POL  | K60+ | 1      | K 5  | 00:19:13 | 00:38:53.65 | 00:38:53.65 | 7:46   | 7.7  |
| 10   | STAŃCZAK MARCIN             | 380 | IDĘ DALEJ                       | SZCZECIN  | POL  | M30  | 1      | M 5  | 00:19:05 | 00:39:00.55 | 00:39:00.55 | 7:48   | 7.7  |
| 11   | BŁĄD-WASZKIEWICZ WANDA      | 306 |                                 | SZCZECIN  | POL  | K40  | 1      | K 6  | 00:19:19 | 00:39:17.90 | 00:39:17.90 | 7:51   | 7.6  |
| 12   | WEINAR WOJCIECH             | 392 | OLA & WOJTEK                    | SZCZECIN  | POL  | M30  | 2      | M 6  | 00:19:13 | 00:39:27.75 | 00:39:27.75 | 7:53   | 7.6  |
| 13   | WARKOCZYŃSKI MARCIN         | 393 |                                 | SZCZECIN  | POL  | M40  | 2      | M 7  | 00:19:40 | 00:40:19.05 | 00:40:19.05 | 8:03   | 7.4  |
| 14   | SKORNIA KRZYSZTOF           | 376 | GRUPA AZOTY "POLICE"            | POLICE    | POL  | M40  | 3      | M 8  | 00:19:48 | 00:40:41.05 | 00:40:41.05 | 8:08   | 7.4  |
| 15   | KARLIKOWSKI ŁUKASZ          | 323 |                                 | SZCZECIN  | POL  | M30  | 3      | M 9  | 00:20:00 | 00:40:52.70 | 00:40:52.70 | 8:10   | 7.3  |
| 16   | KRUŻBERSKA KATARZYNA        | 333 |                                 | SZCZECIN  | POL  | K20  | 2      | K 7  | 00:20:57 | 00:41:07.55 | 00:41:07.55 | 8:13   | 7.3  |
| 17   | MALINOWSKA MARZENA          | 346 |                                 | POLICE    | POL  | K50  | 4      | K 8  | 00:20:10 | 00:41:08.90 | 00:41:08.90 | 8:13   | 7.3  |
| 18   | SZUBERT-ADAMSKA EWELINA     | 386 | FUTYMKA TEAM                    | PRZĘSOCIN | POL  | K50  | 5      | K 9  | 00:20:30 | 00:41:28.45 | 00:41:28.45 | 8:17   | 7.2  |
| 19   | MARCINKOWSKI TOMASZ         | 347 |                                 | SZCZECIN  | POL  | M30  | 4      | M 10 | 00:21:07 | 00:41:33.05 | 00:41:33.05 | 8:18   | 7.2  |
| 20   | SZYMANEK BOGUSŁAWA          | 388 | WALKING WARRIORS                | SZCZECIN  | POL  | K60+ | 2      | K 10 | 00:20:41 | 00:41:53.80 | 00:41:53.80 | 8:22   | 7.2  |
| 21   | GÓRSKA AGNIESZKA            | 316 |                                 | SZCZECIN  | POL  | K40  | 2      | K 11 | 00:20:44 | 00:42:02.55 | 00:42:02.55 | 8:24   | 7.1  |
| 22   | BUJNOWSKA ANITA             | 307 |                                 | SZCZECIN  | POL  | K30  | 1      | K 12 | 00:21:10 | 00:42:10.10 | 00:42:10.10 | 8:26   | 7.1  |
| 23   | MUSZKIET-SOBAŃSKA AGNIESZKA | 357 | MUFFINKOWE MORSY                | SZCZECIN  | POL  | K40  | 3      | K 13 | 00:21:06 | 00:42:59.85 | 00:42:59.85 | 8:35   | 7    |
| 24   | SOWISZ DANUTA               | 378 | SOWISZ TEAM                     | SZCZECIN  | POL  | K50  | 6      | K 14 | 00:21:40 | 00:43:01.00 | 00:43:01.00 | 8:36   | 7    |
| 25   | SOROCZYŃSKA MAJA            | 377 |                                 | POLICE    | POL  | K20  | 3      | K 15 | 00:21:29 | 00:43:01.15 | 00:43:01.15 | 8:36   | 7    |
| 26   | SAJEWICZ MAGDALENA          | 371 | WALKING WARRIORS                | PRZECŁAW  | POL  | K30  | 2      | K 16 | 00:21:22 | 00:43:15.35 | 00:43:15.35 | 8:39   | 6.9  |
| 27   | LEWANDOWSKA DOROTA          | 336 |                                 | POLICE    | POL  | K40  | 4      | K 17 | 00:21:29 | 00:43:16.40 | 00:43:16.40 | 8:39   | 6.9  |
| 28   | JURCZYK ANNA                | 322 | FUTYMKA TEAM                    | PRZĘSOCIN | POL  | K30  | 3      | K 18 | 00:21:21 | 00:43:33.80 | 00:43:33.80 | 8:42   | 6.9  |
| 29   | FUTYMA KAROLINA             | 314 | FUTYMKA TEAM                    | POLICE    | POL  | K30  | 4      | K 19 | 00:21:29 | 00:43:47.95 | 00:43:47.95 | 8:45   | 6.9  |
| 30   | PARCHIMOWICZ JANUSZ         | 365 |                                 | PRZECŁAW  | POL  | M60+ | 2      | M 11 | 00:21:23 | 00:44:10.35 | 00:44:10.35 | 8:50   | 6.8  |
| 31   | FALEŃSKI RAFAŁ              | 311 |                                 | SZCZECIN  | POL  | M40  | 4      | M 12 | 00:21:28 | 00:44:11.80 | 00:44:11.80 | 8:50   | 6.8  |
| 32   | KARPOW ADRIANA              | 325 |                                 | SZCZECIN  | POL  | K40  | 5      | K 20 | 00:21:52 | 00:44:13.35 | 00:44:13.35 | 8:50   | 6.8  |
| 33   | MATWIEJCZUK AGNIESZKA       | 350 | FUTYMKA TEAM                    | SZCZECIN  | POL  | K40  | 6      | K 21 | 00:21:51 | 00:44:17.80 | 00:44:17.80 | 8:51   | 6.8  |
| 34   | BETKER ADAM                 | 302 | NSP ELAN VITAL                  | POLICE    | POL  | M20  | 1      | M 13 | 00:22:12 | 00:44:19.55 | 00:44:19.55 | 8:51   | 6.8  |
| 35   | NOWAK ANETA                 | 360 |                                 | POLICE    | POL  | K50  | 7      | K 22 | 00:22:53 | 00:44:20.75 | 00:44:20.75 | 8:52   | 6.8  |
| 36   | MAZIUK ELŻBIETA             | 351 |                                 | SZCZECIN  | POL  | K50  | 8      | K 23 | 00:22:04 | 00:44:42.35 | 00:44:42.35 | 8:56   | 6.7  |
| 37   | ŁUKOMSKA-MOCYDLARZ ANNA     | 342 |                                 | SZCZECIN  | POL  | K40  | 7      | K 24 | 00:22:27 | 00:44:53.35 | 00:44:53.35 | 8:58   | 6.7  |
| 38   | PILAWSKA MAŁGORZATA         | 366 |                                 | POLICE    | POL  | K50  | 9      | K 25 | 00:22:06 | 00:45:00.10 | 00:45:00.10 | 9:00   | 6.7  |
| 39   | KAROL AGNIESZKA             | 324 | TEAM KAROLKI                    | POLICE    | POL  | K50  | 10     | K 26 | 00:22:03 | 00:45:24.80 | 00:45:24.80 | 9:04   | 6.6  |
| 40   | ORLIŃSKA NATALIA            | 363 |                                 | SZCZECIN  | POL  | K40  | 8      | K 27 | 00:23:15 | 00:45:25.60 | 00:45:25.60 | 9:05   | 6.6  |
| 41   | ORLIŃSKA MAGDALENA          | 364 |                                 | POLICE    | POL  | K40  | 9      | K 28 | 00:23:19 | 00:45:34.90 | 00:45:34.90 | 9:06   | 6.6  |
| 42   | KONDIOLA MARIA              | 330 | NIE DOTYCZY                     | SZCZECIN  | POL  | K60+ | 3      | K 29 | 00:23:02 | 00:45:35.85 | 00:45:35.85 | 9:07   | 6.6  |
| 43   | ZEMANKIEWICZ ŁUKASZ         | 399 | DRUŻYNA KORCZAKA                | SZCZECIN  | POL  | M40  | 5      | M 14 | 00:22:29 | 00:45:47.80 | 00:45:47.80 | 9:09   | 6.6  |
| 44   | JANEK JUSTYNA               | 320 |                                 | SZCZECIN  | POL  | K30  | 5      | K 30 | 00:23:19 | 00:46:04.00 | 00:46:04.00 | 9:12   | 6.5  |
| 45   | STEINKA BOŻKA               | 381 |                                 | SZCZECIN  | POL  | K60+ | 4      | K 31 | 00:22:57 | 00:46:04.25 | 00:46:04.25 | 9:12   | 6.5  |
| 46   | GÓRSKI MICHAŁ               | 317 |                                 | SZCZECIN  | POL  | M30  | 5      | M 15 | 00:23:19 | 00:46:04.85 | 00:46:04.85 | 9:12   | 6.5  |

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

| M-ce | Nazwisko i imię               | Nr  | Klub                                       | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------------------|-----|--|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 47   | SAJEWICZ PIOTR                | 372 | WALKING WARRIORS                           | PRZECLAW  | POL  | M50  | 3      | M 16 | 00:22:52 | 00:46:07.95 | 00:46:07.95 | 9:13   | 6.5  |
| 48   | BIERNACKA HELENA BIERNACKA    | 305 | NIEZRZESZONA                               | POLICE    | POL  | K60+ | 5      | K 32 | 00:22:59 | 00:46:15.55 | 00:46:15.55 | 9:15   | 6.5  |
| 49   | ŁUKOJĆ BERNADETTA             | 341 |  | SZCZECIN  | POL  | K50  | 11     | K 33 | 00:23:02 | 00:46:23.60 | 00:46:23.60 | 9:16   | 6.5  |
| 50   | UFNIARZ GRZEGORZ              | 391 |  | POLICE    | POL  | M40  | 6      | M 17 | 00:23:28 | 00:46:31.45 | 00:46:31.45 | 9:18   | 6.4  |
| 51   | ROSIŃSKA KAROLINA             | 370 |  | TANOWO    | POL  | K30  | 6      | K 34 | 00:23:25 | 00:46:43.65 | 00:46:43.65 | 9:20   | 6.4  |
| 52   | MIKLAS ALEKSANDRA             | 353 | WALKING WARRIORS                           | PRZECLAW  | POL  | K30  | 7      | K 35 | 00:23:16 | 00:46:51.00 | 00:46:51.00 | 9:22   | 6.4  |
| 53   | KOZA JOANNA                   | 331 |  | POLICE    | POL  | K40  | 10     | K 36 | 00:23:44 | 00:46:53.45 | 00:46:53.45 | 9:22   | 6.4  |
| 54   | WOLSKA SYLWIA                 | 395 |  | SZCZECIN  | POL  | K40  | 11     | K 37 | 00:23:12 | 00:47:16.75 | 00:47:16.75 | 9:27   | 6.3  |
| 55   | FORCZMAŃSKA ANGELIKA          | 313 | SOSW NR 1 DNR                              | SZCZECIN  | POL  | K20  | 4      | K 38 | 00:23:15 | 00:47:25.15 | 00:47:25.15 | 9:29   | 6.3  |
| 56   | ZAJĄC BOŻENA                  | 396 | LEGENDARY POWER SZEWC                      | DALESZEWO | POL  | K60+ | 6      | K 39 | 00:24:42 | 00:47:57.95 | 00:47:57.95 | 9:35   | 6.3  |
| 57   | KRAWCZYK BARBARA              | 332 | FUTYMKA TEAM                               | POLICE    | POL  | K50  | 12     | K 40 | 00:23:43 | 00:48:48.05 | 00:48:48.05 | 9:45   | 6.1  |
| 58   | KLITYŃSKA AGNIESZKA           | 328 |  | DOBRA     | POL  | K40  | 12     | K 41 | 00:24:06 | 00:49:02.40 | 00:49:02.40 | 9:48   | 6.1  |
| 59   | LITWINIAK IZABELA             | 338 | FUTYMKA TEAM                               | GOLENIÓW  | POL  | K40  | 13     | K 42 | 00:24:51 | 00:49:28.30 | 00:49:28.30 | 9:53   | 6.1  |
| 60   | MICHAŁAK MONIKA               | 352 | FUTYMKA TEAM                               | POLICE    | POL  | K40  | 14     | K 43 | 00:24:41 | 00:49:28.55 | 00:49:28.55 | 9:53   | 6.1  |
| 61   | ZDANKIEWICZ OLGA              | 397 |  | MIERZYN   | POL  | K40  | 15     | K 44 | 00:23:53 | 00:49:33.45 | 00:49:33.45 | 9:54   | 6.1  |
| 62   | KASPRZAK ELŻBIETA             | 326 |  | POLICE    | POL  | K60+ | 7      | K 45 | 00:24:17 | 00:49:34.85 | 00:49:34.85 | 9:54   | 6.1  |
| 63   | GAZECKA KRYSZYNA              | 315 |  | POLICE    | POL  | K60+ | 8      | K 46 | 00:24:25 | 00:49:38.35 | 00:49:38.35 | 9:55   | 6    |
| 64   | STRZELCZAK-CYBULSKA AGNIESZKA | 382 |  | SZCZECIN  | POL  | K40  | 16     | K 47 | 00:24:43 | 00:49:43.25 | 00:49:43.25 | 9:56   | 6    |
| 65   | SEK DOMINIK                   | 374 | SOSW NR 1 DNR                              | STARGARD  | POL  | M20  | 2      | M 18 | 00:23:12 | 00:49:57.50 | 00:49:57.50 | 9:59   | 6    |
| 66   | SWJATECKI JERZY               | 400 | ZESPOL SZKOL ELEKTRYCZNIK<br>ELEKTRONICZNY | SZCZECIN  | POL  | M60+ | 3      | M 19 | 00:24:37 | 00:49:59.90 | 00:49:59.90 | 9:59   | 6    |
| 67   | PRZYBYSZ URSZULA              | 367 |  | SZCZECIN  | POL  | K20  | 5      | K 48 | 00:24:53 | 00:50:03.70 | 00:50:03.70 | 10:00  | 6    |
| 68   | JAGUSZEWSKA SYLWIA            | 319 |  | POLICE    | POL  | K40  | 17     | K 49 | 00:24:37 | 00:50:31.10 | 00:50:31.10 | 10:06  | 5.9  |
| 69   | ŁACINA KAROLINA               | 339 |  | POLICE    | POL  | K40  | 18     | K 50 | 00:25:04 | 00:50:45.20 | 00:50:45.20 | 10:09  | 5.9  |
| 70   | WOJDAK ŻANETA                 | 394 |  | POLICE    | POL  | K30  | 8      | K 51 | 00:25:08 | 00:50:50.35 | 00:50:50.35 | 10:10  | 5.9  |
| 71   | CEBEREK-PŁOTCZYK MARCELINA    | 308 |  | SZCZECIN  | POL  | K60+ | 9      | K 52 | 00:25:12 | 00:50:52.15 | 00:50:52.15 | 10:10  | 5.9  |
| 72   | SZYDELSKA KRYSZYNA            | 387 | NORDICOWELOVE                              | POLICE    | POL  | K60+ | 10     | K 53 | 00:25:11 | 00:51:06.65 | 00:51:06.65 | 10:13  | 5.9  |
| 73   | SWINARSKI JAN                 | 385 | NORDICOWE LOVE                             | POLICE    | POL  | M60+ | 4      | M 20 | 00:25:11 | 00:51:07.75 | 00:51:07.75 | 10:13  | 5.9  |
| 74   | KNAP SYLWIA                   | 329 |  | SZCZECIN  | POL  | K30  | 9      | K 54 | 00:25:38 | 00:51:41.70 | 00:51:41.70 | 10:20  | 5.8  |
| 75   | KWIATKOWSKA ANGELIKA          | 335 | SOSW NR 1 DNR                              | POLICE    | POL  | K20  | 6      | K 55 | 00:25:49 | 00:52:06.90 | 00:52:06.90 | 10:25  | 5.8  |
| 76   | ROSIK JOANNA                  | 369 |  | SZCZECIN  | POL  | K60+ | 11     | K 56 | 00:25:59 | 00:52:11.65 | 00:52:11.65 | 10:26  | 5.7  |
| 77   | MACIASZCZYK ZBIGNIEW          | 343 |  | SZCZECIN  | POL  | M60+ | 5      | M 21 | 00:25:59 | 00:52:13.50 | 00:52:13.50 | 10:26  | 5.7  |
| 78   | MAJCHROWSKA MAGDALENA         | 344 |  | SZCZECIN  | POL  | K30  | 10     | K 57 | 00:25:54 | 00:52:23.15 | 00:52:23.15 | 10:28  | 5.7  |
| 79   | TARGOSIŃSKA WIOLETTA          | 389 |  | POLICE    | POL  | K40  | 19     | K 58 | 00:25:54 | 00:52:24.40 | 00:52:24.40 | 10:28  | 5.7  |
| 80   | CIEŚLAK ADAM                  | 309 | LEGENDARY POWER SZEWC                      | GRYFINO   | POL  | M60+ | 6      | M 22 | 00:26:06 | 00:52:41.20 | 00:52:41.20 | 10:32  | 5.7  |
| 81   | CIEŚLAK HELENA                | 310 | LEGENDARY POWER SZEWC                      | GRYFINO   | POL  | K50  | 13     | K 59 | 00:26:02 | 00:52:42.00 | 00:52:42.00 | 10:32  | 5.7  |
| 82   | BETKER ANNA                   | 303 | KS ZADYSZKA                                | POLICE    | POL  | K40  | 20     | K 60 | 00:26:05 | 00:53:04.05 | 00:53:04.05 | 10:36  | 5.7  |
| 83   | AMBROZIEWICZ MONIKA           | 300 |  | SZCZECIN  | POL  | K40  | 21     | K 61 | 00:26:49 | 00:54:09.45 | 00:54:09.45 | 10:49  | 5.5  |
| 84   | OLSZEWSKA KAMILA              | 362 |  | SZCZECIN  | POL  | K30  | 11     | K 62 | 00:26:48 | 00:54:10.90 | 00:54:10.90 | 10:50  | 5.5  |
| 85   | GURGACZ GABRIELA              | 318 | WALKING WARRIORS                           | BEZRZECZE | POL  | K40  | 22     | K 63 | 00:28:06 | 00:56:32.00 | 00:56:32.00 | 11:18  | 5.3  |
| 86   | SAJEWICZ BOŻENA               | 373 | WALKING WARRIORS                           | PRZECLAW  | POL  | K60+ | 12     | K 64 | 00:28:58 | 00:57:50.40 | 00:57:50.40 | 11:34  | 5.2  |
| 87   | BAK KATARZYNA                 | 301 | FUTYMKA TEAM                               | PRZESOCIN | POL  | K40  | 23     | K 65 | 00:28:29 | 00:58:03.30 | 00:58:03.30 | 11:36  | 5.2  |
| 88   | JANOWSKA-PASZKOWSKA JOANNA    | 321 |  | SZCZECIN  | POL  | K40  | 24     | K 66 | 00:28:37 | 00:58:43.25 | 00:58:43.25 | 11:44  | 5.1  |
| 89   | SUSZCZEWSKA BOGUMIŁA          | 384 | WALKING WARRIORS                           | PRZECLAW  | POL  | K60+ | 13     | K 67 | 00:29:15 | 01:00:29.35 | 01:00:29.35 | 12:05  | 5    |
| 90   | NAZIMEK MIECZYŚLAWA           | 358 | WALKING WARRIORS                           | WARZYMICE | POL  | K60+ | 14     | K 68 | 00:29:17 | 01:00:30.90 | 01:00:30.90 | 12:06  | 5    |
| 91   | NOWAK MIROSLAW                | 359 | WALKING WARRIORS                           | PRZECLAW  | POL  | M60+ | 7      | M 23 | 00:29:16 | 01:00:31.20 | 01:00:31.20 | 12:06  | 5    |

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

| M-ce | Nazwisko i imię        | Nr  | Klub           | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|----------------|-----------|------|------|--------|-----|----------|-------------|-------------|--------|------|
| 1    | MASŁYK MAŁGORZATA      | 348 |                | PYRZYCE   | POL  | K50  | 1      | K 1 | 00:17:38 | 00:35:24.65 | 00:35:24.65 | 7:04   | 8.5  |
| 2    | MURAWSKA WIOLETTA      | 356 | KB DZIK POLICE | POLICE    | POL  | K50  | 2      | K 2 | 00:18:32 | 00:37:26.85 | 00:37:26.85 | 7:29   | 8    |
| 3    | OLEJNIK MARZENA        | 361 |                | SZCZECIN  | POL  | K50  | 3      | K 3 | 00:18:51 | 00:37:54.25 | 00:37:54.25 | 7:34   | 7.9  |
| 4    | SOWISZ ADRIANNA        | 379 | SOWISZ TEAM    | SZCZECIN  | POL  | K20  | 1      | K 4 | 00:19:02 | 00:38:22.95 | 00:38:22.95 | 7:40   | 7.8  |
| 5    | MISIEWICZ BOŻENA       | 354 |                | CHOJNA    | POL  | K60+ | 1      | K 5 | 00:19:13 | 00:38:53.65 | 00:38:53.65 | 7:46   | 7.7  |
| 6    | BŁĄD-WASZKIEWICZ WANDA | 306 |                | SZCZECIN  | POL  | K40  | 1      | K 6 | 00:19:19 | 00:39:17.90 | 00:39:17.90 | 7:51   | 7.6  |

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

| M-ce | Nazwisko i imię               | Nr  | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------------------|-----|-----------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 7    | KRUŻBERSKA KATARZYNA          | 333 |                       | SZCZECIN  | POL  | K20  | 2      | K 7  | 00:20:57 | 00:41:07.55 | 00:41:07.55 | 8:13   | 7.3  |
| 8    | MALINOWSKA MARZENA            | 346 |                       | POLICE    | POL  | K50  | 4      | K 8  | 00:20:10 | 00:41:08.90 | 00:41:08.90 | 8:13   | 7.3  |
| 9    | SZUBERT-ADAMSKA EWELINA       | 386 | FUTYMKA TEAM          | PRZĘSOCIN | POL  | K50  | 5      | K 9  | 00:20:30 | 00:41:28.45 | 00:41:28.45 | 8:17   | 7.2  |
| 10   | SZYMANEK BOGUSŁAWA            | 388 | WALKING WARRIORS      | SZCZECIN  | POL  | K60+ | 2      | K 10 | 00:20:41 | 00:41:53.80 | 00:41:53.80 | 8:22   | 7.2  |
| 11   | GÓRSKA AGNIESZKA              | 316 |                       | SZCZECIN  | POL  | K40  | 2      | K 11 | 00:20:44 | 00:42:02.55 | 00:42:02.55 | 8:24   | 7.1  |
| 12   | BUJNOWSKA ANITA               | 307 |                       | SZCZECIN  | POL  | K30  | 1      | K 12 | 00:21:10 | 00:42:10.10 | 00:42:10.10 | 8:26   | 7.1  |
| 13   | MUSZKIET-SOBAŃSKA AGNIESZKA   | 357 | MUFFINKOWE MORSY      | SZCZECIN  | POL  | K40  | 3      | K 13 | 00:21:06 | 00:42:59.85 | 00:42:59.85 | 8:35   | 7    |
| 14   | SOWISZ DANUTA                 | 378 | SOWISZ TEAM           | SZCZECIN  | POL  | K50  | 6      | K 14 | 00:21:40 | 00:43:01.00 | 00:43:01.00 | 8:36   | 7    |
| 15   | SOROCZYŃSKA MAJA              | 377 |                       | POLICE    | POL  | K20  | 3      | K 15 | 00:21:29 | 00:43:01.15 | 00:43:01.15 | 8:36   | 7    |
| 16   | SAJEWICZ MAGDALENA            | 371 | WALKING WARRIORS      | PRZECŁAW  | POL  | K30  | 2      | K 16 | 00:21:22 | 00:43:15.35 | 00:43:15.35 | 8:39   | 6.9  |
| 17   | LEWANDOWSKA DOROTA            | 336 |                       | POLICE    | POL  | K40  | 4      | K 17 | 00:21:29 | 00:43:16.40 | 00:43:16.40 | 8:39   | 6.9  |
| 18   | JURCZYK ANNA                  | 322 | FUTYMKA TEAM          | PRZĘSOCIN | POL  | K30  | 3      | K 18 | 00:21:21 | 00:43:33.80 | 00:43:33.80 | 8:42   | 6.9  |
| 19   | FUTYMA KAROLINA               | 314 | FUTYMKA TEAM          | POLICE    | POL  | K30  | 4      | K 19 | 00:21:29 | 00:43:47.95 | 00:43:47.95 | 8:45   | 6.9  |
| 20   | KARPOW ADRIANA                | 325 |                       | SZCZECIN  | POL  | K40  | 5      | K 20 | 00:21:52 | 00:44:13.35 | 00:44:13.35 | 8:50   | 6.8  |
| 21   | MATWIEJCZUK AGNIESZKA         | 350 | FUTYMKA TEAM          | SZCZECIN  | POL  | K40  | 6      | K 21 | 00:21:51 | 00:44:17.80 | 00:44:17.80 | 8:51   | 6.8  |
| 22   | NOWAK ANETA                   | 360 |                       | POLICE    | POL  | K50  | 7      | K 22 | 00:22:53 | 00:44:20.75 | 00:44:20.75 | 8:52   | 6.8  |
| 23   | MAZIUK ELŻBIETA               | 351 |                       | SZCZECIN  | POL  | K50  | 8      | K 23 | 00:22:04 | 00:44:42.35 | 00:44:42.35 | 8:56   | 6.7  |
| 24   | ŁUKOMSKA-MOCYDLARZ ANNA       | 342 |                       | SZCZECIN  | POL  | K40  | 7      | K 24 | 00:22:27 | 00:44:53.35 | 00:44:53.35 | 8:58   | 6.7  |
| 25   | PILAWSKA MAŁGORZATA           | 366 |                       | POLICE    | POL  | K50  | 9      | K 25 | 00:22:06 | 00:45:00.10 | 00:45:00.10 | 9:00   | 6.7  |
| 26   | KAROL AGNIESZKA               | 324 | TEAM KAROLKI          | POLICE    | POL  | K50  | 10     | K 26 | 00:22:03 | 00:45:24.80 | 00:45:24.80 | 9:04   | 6.6  |
| 27   | ORLIŃSKA NATALIA              | 363 |                       | SZCZECIN  | POL  | K40  | 8      | K 27 | 00:23:15 | 00:45:25.60 | 00:45:25.60 | 9:05   | 6.6  |
| 28   | ORLIŃSKA MAGDALENA            | 364 |                       | POLICE    | POL  | K40  | 9      | K 28 | 00:23:19 | 00:45:34.90 | 00:45:34.90 | 9:06   | 6.6  |
| 29   | KONDIZIOLA MARIA              | 330 | NIE DOTYCZY           | SZCZECIN  | POL  | K60+ | 3      | K 29 | 00:23:02 | 00:45:35.85 | 00:45:35.85 | 9:07   | 6.6  |
| 30   | JANEK JUSTYNA                 | 320 |                       | SZCZECIN  | POL  | K30  | 5      | K 30 | 00:23:19 | 00:46:04.00 | 00:46:04.00 | 9:12   | 6.5  |
| 31   | STEINKA BOŻKA                 | 381 |                       | SZCZECIN  | POL  | K60+ | 4      | K 31 | 00:22:57 | 00:46:04.25 | 00:46:04.25 | 9:12   | 6.5  |
| 32   | BIERNACKA HELENA BIERNACKA    | 305 | NIEZRZESZONA          | POLICE    | POL  | K60+ | 5      | K 32 | 00:22:59 | 00:46:15.55 | 00:46:15.55 | 9:15   | 6.5  |
| 33   | ŁUKOJĆ BERNADETTA             | 341 |                       | SZCZECIN  | POL  | K50  | 11     | K 33 | 00:23:02 | 00:46:23.60 | 00:46:23.60 | 9:16   | 6.5  |
| 34   | ROSIŃSKA KAROLINA             | 370 |                       | TANOWO    | POL  | K30  | 6      | K 34 | 00:23:25 | 00:46:43.65 | 00:46:43.65 | 9:20   | 6.4  |
| 35   | MIKLAS ALEKSANDRA             | 353 | WALKING WARRIORS      | PRZECŁAW  | POL  | K30  | 7      | K 35 | 00:23:16 | 00:46:51.00 | 00:46:51.00 | 9:22   | 6.4  |
| 36   | KOZA JOANNA                   | 331 |                       | POLICE    | POL  | K40  | 10     | K 36 | 00:23:44 | 00:46:53.45 | 00:46:53.45 | 9:22   | 6.4  |
| 37   | WOLSKA SYLWIA                 | 395 |                       | SZCZECIN  | POL  | K40  | 11     | K 37 | 00:23:12 | 00:47:16.75 | 00:47:16.75 | 9:27   | 6.3  |
| 38   | FORCZMAŃSKA ANGELIKA          | 313 | SOSW NR 1 DNR         | SZCZECIN  | POL  | K20  | 4      | K 38 | 00:23:15 | 00:47:25.15 | 00:47:25.15 | 9:29   | 6.3  |
| 39   | ZAJĄC BOŻENA                  | 396 | LEGENDARY POWER SZEWC | DALESZEWO | POL  | K60+ | 6      | K 39 | 00:24:42 | 00:47:57.95 | 00:47:57.95 | 9:35   | 6.3  |
| 40   | KRAWCZYK BARBARA              | 332 | FUTYMKA TEAM          | POLICE    | POL  | K50  | 12     | K 40 | 00:23:43 | 00:48:48.05 | 00:48:48.05 | 9:45   | 6.1  |
| 41   | KLITYŃSKA AGNIESZKA           | 328 |                       | DOBRA     | POL  | K40  | 12     | K 41 | 00:24:06 | 00:49:02.40 | 00:49:02.40 | 9:48   | 6.1  |
| 42   | LITWINIAK IZABELA             | 338 | FUTYMKA TEAM          | GOLENIÓW  | POL  | K40  | 13     | K 42 | 00:24:51 | 00:49:28.30 | 00:49:28.30 | 9:53   | 6.1  |
| 43   | MICHAŁAK MONIKA               | 352 | FUTYMKA TEAM          | POLICE    | POL  | K40  | 14     | K 43 | 00:24:41 | 00:49:28.55 | 00:49:28.55 | 9:53   | 6.1  |
| 44   | ZDANKIEWICZ OLGA              | 397 |                       | MIERZYN   | POL  | K40  | 15     | K 44 | 00:23:53 | 00:49:33.45 | 00:49:33.45 | 9:54   | 6.1  |
| 45   | KASPRZAK ELŻBIETA             | 326 |                       | POLICE    | POL  | K60+ | 7      | K 45 | 00:24:17 | 00:49:34.85 | 00:49:34.85 | 9:54   | 6.1  |
| 46   | GAZECKA KRYSZYNA              | 315 |                       | POLICE    | POL  | K60+ | 8      | K 46 | 00:24:25 | 00:49:38.35 | 00:49:38.35 | 9:55   | 6    |
| 47   | STRZELCZAK-CYBULSKA AGNIESZKA | 382 |                       | SZCZECIN  | POL  | K40  | 16     | K 47 | 00:24:43 | 00:49:43.25 | 00:49:43.25 | 9:56   | 6    |
| 48   | PRZYBYSZ URSZULA              | 367 |                       | SZCZECIN  | POL  | K20  | 5      | K 48 | 00:24:53 | 00:50:03.70 | 00:50:03.70 | 10:00  | 6    |
| 49   | JAGUSZEWSKA SYLWIA            | 319 |                       | POLICE    | POL  | K40  | 17     | K 49 | 00:24:37 | 00:50:31.10 | 00:50:31.10 | 10:06  | 5.9  |
| 50   | ŁACINA KAROLINA               | 339 |                       | POLICE    | POL  | K40  | 18     | K 50 | 00:25:04 | 00:50:45.20 | 00:50:45.20 | 10:09  | 5.9  |
| 51   | WOJDAK ŻANETA                 | 394 |                       | POLICE    | POL  | K30  | 8      | K 51 | 00:25:08 | 00:50:50.35 | 00:50:50.35 | 10:10  | 5.9  |
| 52   | CEBEREK-PŁOTCZYK MARCELINA    | 308 |                       | SZCZECIN  | POL  | K60+ | 9      | K 52 | 00:25:12 | 00:50:52.15 | 00:50:52.15 | 10:10  | 5.9  |
| 53   | SZYDELSKA KRYSZYNA            | 387 | NORDICOWELOVE         | POLICE    | POL  | K60+ | 10     | K 53 | 00:25:11 | 00:51:06.65 | 00:51:06.65 | 10:13  | 5.9  |
| 54   | KNAP SYLWIA                   | 329 |                       | SZCZECIN  | POL  | K30  | 9      | K 54 | 00:25:38 | 00:51:41.70 | 00:51:41.70 | 10:20  | 5.8  |
| 55   | KWIATKOWSKA ANGELIKA          | 335 | SOSW NR 1 DNR         | POLICE    | POL  | K20  | 6      | K 55 | 00:25:49 | 00:52:06.90 | 00:52:06.90 | 10:25  | 5.8  |
| 56   | ROSİK JOANNA                  | 369 |                       | SZCZECIN  | POL  | K60+ | 11     | K 56 | 00:25:59 | 00:52:11.65 | 00:52:11.65 | 10:26  | 5.7  |
| 57   | MAJCHROWSKA MAGDALENA         | 344 |                       | SZCZECIN  | POL  | K30  | 10     | K 57 | 00:25:54 | 00:52:23.15 | 00:52:23.15 | 10:28  | 5.7  |
| 58   | TARGOSIŃSKA WIOLETTA          | 389 |                       | POLICE    | POL  | K40  | 19     | K 58 | 00:25:54 | 00:52:24.40 | 00:52:24.40 | 10:28  | 5.7  |
| 59   | CIEŚLAK HELENA                | 310 | LEGENDARY POWER SZEWC | GRYFINO   | POL  | K50  | 13     | K 59 | 00:26:02 | 00:52:42.00 | 00:52:42.00 | 10:32  | 5.7  |
| 60   | BETKER ANNA                   | 303 | KS ZADYSZKA           | POLICE    | POL  | K40  | 20     | K 60 | 00:26:05 | 00:53:04.05 | 00:53:04.05 | 10:36  | 5.7  |
| 61   | AMBROZIEWICZ MONIKA           | 300 |                       | SZCZECIN  | POL  | K40  | 21     | K 61 | 00:26:49 | 00:54:09.45 | 00:54:09.45 | 10:49  | 5.5  |
| 62   | OLSZEWSKA KAMILA              | 362 |                       | SZCZECIN  | POL  | K30  | 11     | K 62 | 00:26:48 | 00:54:10.90 | 00:54:10.90 | 10:50  | 5.5  |
| 63   | GURGACZ GABRIELA              | 318 | WALKING WARRIORS      | BEZRZECZE | POL  | K40  | 22     | K 63 | 00:28:06 | 00:56:32.00 | 00:56:32.00 | 11:18  | 5.3  |

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

| M-ce | Nazwisko i imię            | Nr  | Klub             | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------------|-----|------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 64   | SAJEWICZ BOŻENA            | 373 | WALKING WARRIORS | PRZECLAW  | POL  | K60+ | 12     | K 64 | 00:28:58 | 00:57:50.40 | 00:57:50.40 | 11:34  | 5.2  |
| 65   | BĄK KATARZYNA              | 301 | FUTYMKA TEAM     | PRZESOCIN | POL  | K40  | 23     | K 65 | 00:28:29 | 00:58:03.30 | 00:58:03.30 | 11:36  | 5.2  |
| 66   | JANOWSKA-PASZKOWSKA JOANNA | 321 |                  | SZCZECIN  | POL  | K40  | 24     | K 66 | 00:28:37 | 00:58:43.25 | 00:58:43.25 | 11:44  | 5.1  |
| 67   | SUSZCZEWSKA BOGUMIŁA       | 384 | WALKING WARRIORS | PRZECLAW  | POL  | K60+ | 13     | K 67 | 00:29:15 | 01:00:29.35 | 01:00:29.35 | 12:05  | 5    |
| 68   | NAZIMEK MIECZYSLAWA        | 358 | WALKING WARRIORS | WARZYMICE | POL  | K60+ | 14     | K 68 | 00:29:17 | 01:00:30.90 | 01:00:30.90 | 12:06  | 5    |

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

| M-ce | Nazwisko i imię      | Nr  | Klub                                    | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|---|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | RAJEWSKI SEBASTIAN   | 368 | NW CZŁĄPSKI TEAM                        | PIŁA      | POL  | M50  | 1      | M 1  | 00:16:25 | 00:33:35.55 | 00:33:35.55 | 6:43   | 8.9  |
| 2    | MASŁYK DARIUSZ       | 349 |   | PYRZYCE   | POL  | M60+ | 1      | M 2  | 00:17:47 | 00:35:39.00 | 00:35:39.00 | 7:07   | 8.4  |
| 3    | FILIPIAK PRZEMYSŁAW  | 312 |   | POLICE    | POL  | M40  | 1      | M 3  | 00:18:31 | 00:37:08.15 | 00:37:08.15 | 7:25   | 8.1  |
| 4    | ZDANUK ARTUR         | 398 | EKSPEDYCJA NORDIC TEAM SZCZECIN         | PRZESOCIN | POL  | M50  | 2      | M 4  | 00:19:01 | 00:38:45.05 | 00:38:45.05 | 7:45   | 7.7  |
| 5    | STAŃCZAK MARCIN      | 380 | IDĘ DALEJ                               | SZCZECIN  | POL  | M30  | 1      | M 5  | 00:19:05 | 00:39:00.55 | 00:39:00.55 | 7:48   | 7.7  |
| 6    | WEINAR WOJCIECH      | 392 | OLA & WOJTEK                            | SZCZECIN  | POL  | M30  | 2      | M 6  | 00:19:13 | 00:39:27.75 | 00:39:27.75 | 7:53   | 7.6  |
| 7    | WARKOCZYŃSKI MARCIN  | 393 |   | SZCZECIN  | POL  | M40  | 2      | M 7  | 00:19:40 | 00:40:19.05 | 00:40:19.05 | 8:03   | 7.4  |
| 8    | SKORNIA KRZYSZTOF    | 376 | GRUPA AZOTY "POLICE"                    | POLICE    | POL  | M40  | 3      | M 8  | 00:19:48 | 00:40:41.05 | 00:40:41.05 | 8:08   | 7.4  |
| 9    | KARLIKOWSKI ŁUKASZ   | 323 |   | SZCZECIN  | POL  | M30  | 3      | M 9  | 00:20:00 | 00:40:52.70 | 00:40:52.70 | 8:10   | 7.3  |
| 10   | MARCINKOWSKI TOMASZ  | 347 |   | SZCZECIN  | POL  | M30  | 4      | M 10 | 00:21:07 | 00:41:33.05 | 00:41:33.05 | 8:18   | 7.2  |
| 11   | PARCHIMOWICZ JANUSZ  | 365 |   | PRZECLAW  | POL  | M60+ | 2      | M 11 | 00:21:23 | 00:44:10.35 | 00:44:10.35 | 8:50   | 6.8  |
| 12   | FALEŃSKI RAFAŁ       | 311 |   | SZCZECIN  | POL  | M40  | 4      | M 12 | 00:21:28 | 00:44:11.80 | 00:44:11.80 | 8:50   | 6.8  |
| 13   | BETKER ADAM          | 302 | NSP ELAN VITAL                          | POLICE    | POL  | M20  | 1      | M 13 | 00:22:12 | 00:44:19.55 | 00:44:19.55 | 8:51   | 6.8  |
| 14   | ZEMANKIEWICZ ŁUKASZ  | 399 | DRUŻYNA KORCZAKA                        | SZCZECIN  | POL  | M40  | 5      | M 14 | 00:22:29 | 00:45:47.80 | 00:45:47.80 | 9:09   | 6.6  |
| 15   | GÓRSKI MICHAŁ        | 317 |   | SZCZECIN  | POL  | M30  | 5      | M 15 | 00:23:19 | 00:46:04.85 | 00:46:04.85 | 9:12   | 6.5  |
| 16   | SAJEWICZ PIOTR       | 372 | WALKING WARRIORS                        | PRZECLAW  | POL  | M50  | 3      | M 16 | 00:22:52 | 00:46:07.95 | 00:46:07.95 | 9:13   | 6.5  |
| 17   | UFNIARZ GRZEGORZ     | 391 |   | POLICE    | POL  | M40  | 6      | M 17 | 00:23:28 | 00:46:31.45 | 00:46:31.45 | 9:18   | 6.4  |
| 18   | SEK DOMINIK          | 374 | SOSW NR 1 DNR                           | STARGARD  | POL  | M20  | 2      | M 18 | 00:23:12 | 00:49:57.50 | 00:49:57.50 | 9:59   | 6    |
| 19   | SWJATECKI JERZY      | 400 | ZESPOL SZKOL ELEKTRYCZNIK ELEKTRONICZNY | SZCZEVIN  | POL  | M60+ | 3      | M 19 | 00:24:37 | 00:49:59.90 | 00:49:59.90 | 9:59   | 6    |
| 20   | SWINARSKI JAN        | 385 | NIRDICOWE LOVE                          | POLICE    | POL  | M60+ | 4      | M 20 | 00:25:11 | 00:51:07.75 | 00:51:07.75 | 10:13  | 5.9  |
| 21   | MACIASZCZYK ZBIGNIEW | 343 |   | SZCZECIN  | POL  | M60+ | 5      | M 21 | 00:25:59 | 00:52:13.50 | 00:52:13.50 | 10:26  | 5.7  |
| 22   | CIEŚLAK ADAM         | 309 | LEGENDARY POWER SZEWC                   | GRYFINO   | POL  | M60+ | 6      | M 22 | 00:26:06 | 00:52:41.20 | 00:52:41.20 | 10:32  | 5.7  |
| 23   | NOWAK MIROSLAW       | 359 | WALKING WARRIORS                        | PRZECLAW  | POL  | M60+ | 7      | M 23 | 00:29:16 | 01:00:31.20 | 01:00:31.20 | 12:06  | 5    |

**NORDIC WALKING - 5 KM, K20**

| M-ce | Nazwisko i imię      | Nr  | Klub          | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|---------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | SOWISZ ADRIANNA      | 379 | SOWISZ TEAM   | SZCZECIN  | POL  | K20  | 1      | K 4  | 00:19:02 | 00:38:22.95 | 00:38:22.95 | 7:40   | 7.8  |
| 2    | KRUŻBERSKA KATARZYNA | 333 |               | SZCZECIN  | POL  | K20  | 2      | K 7  | 00:20:57 | 00:41:07.55 | 00:41:07.55 | 8:13   | 7.3  |
| 3    | SOROCZYŃSKA MAJA     | 377 |               | POLICE    | POL  | K20  | 3      | K 15 | 00:21:29 | 00:43:01.15 | 00:43:01.15 | 8:36   | 7    |
| 4    | FORCZMAŃSKA ANGELIKA | 313 | SOSW NR 1 DNR | SZCZECIN  | POL  | K20  | 4      | K 38 | 00:23:15 | 00:47:25.15 | 00:47:25.15 | 9:29   | 6.3  |
| 5    | PRZYBYSZ URSZULA     | 367 |               | SZCZECIN  | POL  | K20  | 5      | K 48 | 00:24:53 | 00:50:03.70 | 00:50:03.70 | 10:00  | 6    |
| 6    | KWIATKOWSKA ANGELIKA | 335 | SOSW NR 1 DNR | POLICE    | POL  | K20  | 6      | K 55 | 00:25:49 | 00:52:06.90 | 00:52:06.90 | 10:25  | 5.8  |

**NORDIC WALKING - 5 KM, M20**

| M-ce | Nazwisko i imię | Nr  | Klub           | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------|-----|----------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | BETKER ADAM     | 302 | NSP ELAN VITAL | POLICE    | POL  | M20  | 1      | M 13 | 00:22:12 | 00:44:19.55 | 00:44:19.55 | 8:51   | 6.8  |
| 2    | SEK DOMINIK     | 374 | SOSW NR 1 DNR  | STARGARD  | POL  | M20  | 2      | M 18 | 00:23:12 | 00:49:57.50 | 00:49:57.50 | 9:59   | 6    |

**NORDIC WALKING - 5 KM, K30**

| M-ce | Nazwisko i imię       | Nr  | Klub             | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|-----|------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | BUJNOWSKA ANITA       | 307 |                  | SZCZECIN  | POL  | K30  | 1      | K 12 | 00:21:10 | 00:42:10.10 | 00:42:10.10 | 8:26   | 7.1  |
| 2    | SAJEWICZ MAGDALENA    | 371 | WALKING WARRIORS | PRZECLAW  | POL  | K30  | 2      | K 16 | 00:21:22 | 00:43:15.35 | 00:43:15.35 | 8:39   | 6.9  |
| 3    | JURCZYK ANNA          | 322 | FUTYMKA TEAM     | PRZESOCIN | POL  | K30  | 3      | K 18 | 00:21:21 | 00:43:33.80 | 00:43:33.80 | 8:42   | 6.9  |
| 4    | FUTYMA KAROLINA       | 314 | FUTYMKA TEAM     | POLICE    | POL  | K30  | 4      | K 19 | 00:21:29 | 00:43:47.95 | 00:43:47.95 | 8:45   | 6.9  |
| 5    | JANEK JUSTYNA         | 320 |                  | SZCZECIN  | POL  | K30  | 5      | K 30 | 00:23:19 | 00:46:04.00 | 00:46:04.00 | 9:12   | 6.5  |
| 6    | ROSIŃSKA KAROLINA     | 370 |                  | TANOWO    | POL  | K30  | 6      | K 34 | 00:23:25 | 00:46:43.65 | 00:46:43.65 | 9:20   | 6.4  |
| 7    | MIKLAS ALEKSANDRA     | 353 | WALKING WARRIORS | PRZECLAW  | POL  | K30  | 7      | K 35 | 00:23:16 | 00:46:51.00 | 00:46:51.00 | 9:22   | 6.4  |
| 8    | WOJDAK ŻANETA         | 394 |                  | POLICE    | POL  | K30  | 8      | K 51 | 00:25:08 | 00:50:50.35 | 00:50:50.35 | 10:10  | 5.9  |
| 9    | KNAP SYLWIA           | 329 |                  | SZCZECIN  | POL  | K30  | 9      | K 54 | 00:25:38 | 00:51:41.70 | 00:51:41.70 | 10:20  | 5.8  |
| 10   | MAJCHROWSKA MAGDALENA | 344 |                  | SZCZECIN  | POL  | K30  | 10     | K 57 | 00:25:54 | 00:52:23.15 | 00:52:23.15 | 10:28  | 5.7  |
| 11   | OLSZEWSKA KAMILA      | 362 |                  | SZCZECIN  | POL  | K30  | 11     | K 62 | 00:26:48 | 00:54:10.90 | 00:54:10.90 | 10:50  | 5.5  |

**NORDIC WALKING - 5 KM, M30**

| M-ce | Nazwisko i imię     | Nr  | Klub         | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|---------------------|-----|--------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | STAŃCZAK MARCIN     | 380 | IDĘ DALEJ    | SZCZECIN  | POL  | M30  | 1      | M 5  | 00:19:05 | 00:39:00.55 | 00:39:00.55 | 7:48   | 7.7  |
| 2    | WEINAR WOJCIECH     | 392 | OLA & WOJTEK | SZCZECIN  | POL  | M30  | 2      | M 6  | 00:19:13 | 00:39:27.75 | 00:39:27.75 | 7:53   | 7.6  |
| 3    | KARLIKOWSKI ŁUKASZ  | 323 |              | SZCZECIN  | POL  | M30  | 3      | M 9  | 00:20:00 | 00:40:52.70 | 00:40:52.70 | 8:10   | 7.3  |
| 4    | MARCINKOWSKI TOMASZ | 347 |              | SZCZECIN  | POL  | M30  | 4      | M 10 | 00:21:07 | 00:41:33.05 | 00:41:33.05 | 8:18   | 7.2  |
| 5    | GÓRSKI MICHAŁ       | 317 |              | SZCZECIN  | POL  | M30  | 5      | M 15 | 00:23:19 | 00:46:04.85 | 00:46:04.85 | 9:12   | 6.5  |

**NORDIC WALKING - 5 KM, K40**

| M-ce | Nazwisko i imię               | Nr  | Klub             | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------------------|-----|------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | BŁĄD-WASZKIEWICZ WANDA        | 306 |                  | SZCZECIN  | POL  | K40  | 1      | K 6  | 00:19:19 | 00:39:17.90 | 00:39:17.90 | 7:51   | 7.6  |
| 2    | GÓRSKA AGNIESZKA              | 316 |                  | SZCZECIN  | POL  | K40  | 2      | K 11 | 00:20:44 | 00:42:02.55 | 00:42:02.55 | 8:24   | 7.1  |
| 3    | MUSZKIET-SOBAŃSKA AGNIESZKA   | 357 | MUFFINKOWE MORSY | SZCZECIN  | POL  | K40  | 3      | K 13 | 00:21:06 | 00:42:59.85 | 00:42:59.85 | 8:35   | 7    |
| 4    | LEWANDOWSKA DOROTA            | 336 |                  | POLICE    | POL  | K40  | 4      | K 17 | 00:21:29 | 00:43:16.40 | 00:43:16.40 | 8:39   | 6.9  |
| 5    | KARPOW ADRIANA                | 325 |                  | SZCZECIN  | POL  | K40  | 5      | K 20 | 00:21:52 | 00:44:13.35 | 00:44:13.35 | 8:50   | 6.8  |
| 6    | MATWIEJCZUK AGNIESZKA         | 350 | FUTYMKA TEAM     | SZCZECIN  | POL  | K40  | 6      | K 21 | 00:21:51 | 00:44:17.80 | 00:44:17.80 | 8:51   | 6.8  |
| 7    | ŁUKOMSKA-MOCYDLARZ ANNA       | 342 |                  | SZCZECIN  | POL  | K40  | 7      | K 24 | 00:22:27 | 00:44:53.35 | 00:44:53.35 | 8:58   | 6.7  |
| 8    | ORLIŃSKA NATALIA              | 363 |                  | SZCZECIN  | POL  | K40  | 8      | K 27 | 00:23:15 | 00:45:25.60 | 00:45:25.60 | 9:05   | 6.6  |
| 9    | ORLIŃSKA MAGDALENA            | 364 |                  | POLICE    | POL  | K40  | 9      | K 28 | 00:23:19 | 00:45:34.90 | 00:45:34.90 | 9:06   | 6.6  |
| 10   | KOZA JOANNA                   | 331 |                  | POLICE    | POL  | K40  | 10     | K 36 | 00:23:44 | 00:46:53.45 | 00:46:53.45 | 9:22   | 6.4  |
| 11   | WOLSKA SYLWIA                 | 395 |                  | SZCZECIN  | POL  | K40  | 11     | K 37 | 00:23:12 | 00:47:16.75 | 00:47:16.75 | 9:27   | 6.3  |
| 12   | KLITYŃSKA AGNIESZKA           | 328 |                  | DOBRA     | POL  | K40  | 12     | K 41 | 00:24:06 | 00:49:02.40 | 00:49:02.40 | 9:48   | 6.1  |
| 13   | LITWINIAK IZABELA             | 338 | FUTYMKA TEAM     | GOLENIÓW  | POL  | K40  | 13     | K 42 | 00:24:51 | 00:49:28.30 | 00:49:28.30 | 9:53   | 6.1  |
| 14   | MICHAŁAK MONIKA               | 352 | FUTYMKA TEAM     | POLICE    | POL  | K40  | 14     | K 43 | 00:24:41 | 00:49:28.55 | 00:49:28.55 | 9:53   | 6.1  |
| 15   | ZDANKIEWICZ OLGA              | 397 |                  | MIERZYN   | POL  | K40  | 15     | K 44 | 00:23:53 | 00:49:33.45 | 00:49:33.45 | 9:54   | 6.1  |
| 16   | STRZELCZAK-CYBULSKA AGNIESZKA | 382 |                  | SZCZECIN  | POL  | K40  | 16     | K 47 | 00:24:43 | 00:49:43.25 | 00:49:43.25 | 9:56   | 6    |
| 17   | JAGUSZEWSKA SYLWIA            | 319 |                  | POLICE    | POL  | K40  | 17     | K 49 | 00:24:37 | 00:50:31.10 | 00:50:31.10 | 10:06  | 5.9  |
| 18   | ŁACINA KAROLINA               | 339 |                  | POLICE    | POL  | K40  | 18     | K 50 | 00:25:04 | 00:50:45.20 | 00:50:45.20 | 10:09  | 5.9  |
| 19   | TARGOSIŃSKA WIOLETTA          | 389 |                  | POLICE    | POL  | K40  | 19     | K 58 | 00:25:54 | 00:52:24.40 | 00:52:24.40 | 10:28  | 5.7  |
| 20   | BETKER ANNA                   | 303 | KS ZADYSZKA      | POLICE    | POL  | K40  | 20     | K 60 | 00:26:05 | 00:53:04.05 | 00:53:04.05 | 10:36  | 5.7  |
| 21   | AMBROZIEWICZ MONIKA           | 300 |                  | SZCZECIN  | POL  | K40  | 21     | K 61 | 00:26:49 | 00:54:09.45 | 00:54:09.45 | 10:49  | 5.5  |
| 22   | GURGACZ GABRIELA              | 318 | WALKING WARRIORS | BEZRZECZE | POL  | K40  | 22     | K 63 | 00:28:06 | 00:56:32.00 | 00:56:32.00 | 11:18  | 5.3  |
| 23   | BAK KATARZYNA                 | 301 | FUTYMKA TEAM     | PRZESOCIN | POL  | K40  | 23     | K 65 | 00:28:29 | 00:58:03.30 | 00:58:03.30 | 11:36  | 5.2  |
| 24   | JANOWSKA-PASZKOWSKA JOANNA    | 321 |                  | SZCZECIN  | POL  | K40  | 24     | K 66 | 00:28:37 | 00:58:43.25 | 00:58:43.25 | 11:44  | 5.1  |

**NORDIC WALKING - 5 KM, M40**

| M-ce | Nazwisko i imię     | Nr  | Klub                 | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|---------------------|-----|----------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | FILIPIAK PRZEMYSŁAW | 312 |                      | POLICE    | POL  | M40  | 1      | M 3  | 00:18:31 | 00:37:08.15 | 00:37:08.15 | 7:25   | 8.1  |
| 2    | WARKOCZYŃSKI MARCIN | 393 |                      | SZCZECIN  | POL  | M40  | 2      | M 7  | 00:19:40 | 00:40:19.05 | 00:40:19.05 | 8:03   | 7.4  |
| 3    | SKORNIA KRZYSZTOF   | 376 | GRUPA AZOTY "POLICE" | POLICE    | POL  | M40  | 3      | M 8  | 00:19:48 | 00:40:41.05 | 00:40:41.05 | 8:08   | 7.4  |
| 4    | FALEŃSKI RAFAŁ      | 311 |                      | SZCZECIN  | POL  | M40  | 4      | M 12 | 00:21:28 | 00:44:11.80 | 00:44:11.80 | 8:50   | 6.8  |
| 5    | ZEMANKIEWICZ ŁUKASZ | 399 | DRUŻYNA KORCZAKA     | SZCZECIN  | POL  | M40  | 5      | M 14 | 00:22:29 | 00:45:47.80 | 00:45:47.80 | 9:09   | 6.6  |
| 6    | UFNIARZ GRZEGORZ    | 391 |                      | POLICE    | POL  | M40  | 6      | M 17 | 00:23:28 | 00:46:31.45 | 00:46:31.45 | 9:18   | 6.4  |

**NORDIC WALKING - 5 KM, K50**

| M-ce | Nazwisko i imię         | Nr  | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|-----|-----------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | MASŁYK MAŁGORZATA       | 348 |                       | PYRZYCE   | POL  | K50  | 1      | K 1  | 00:17:38 | 00:35:24.65 | 00:35:24.65 | 7:04   | 8.5  |
| 2    | MURAWSKA WIOLETTA       | 356 | KB DZIK POLICE        | POLICE    | POL  | K50  | 2      | K 2  | 00:18:32 | 00:37:26.85 | 00:37:26.85 | 7:29   | 8    |
| 3    | OLEJNIK MARZENA         | 361 |                       | SZCZECIN  | POL  | K50  | 3      | K 3  | 00:18:51 | 00:37:54.25 | 00:37:54.25 | 7:34   | 7.9  |
| 4    | MALINOWSKA MARZENA      | 346 |                       | POLICE    | POL  | K50  | 4      | K 8  | 00:20:10 | 00:41:08.90 | 00:41:08.90 | 8:13   | 7.3  |
| 5    | SZUBERT-ADAMSKA EWELINA | 386 | FUTYMKA TEAM          | PRZESOCIN | POL  | K50  | 5      | K 9  | 00:20:30 | 00:41:28.45 | 00:41:28.45 | 8:17   | 7.2  |
| 6    | SOWISZ DANUTA           | 378 | SOWISZ TEAM           | SZCZECIN  | POL  | K50  | 6      | K 14 | 00:21:40 | 00:43:01.00 | 00:43:01.00 | 8:36   | 7    |
| 7    | NOWAK ANETA             | 360 |                       | POLICE    | POL  | K50  | 7      | K 22 | 00:22:53 | 00:44:20.75 | 00:44:20.75 | 8:52   | 6.8  |
| 8    | MAZIUK ELŻBIETA         | 351 |                       | SZCZECIN  | POL  | K50  | 8      | K 23 | 00:22:04 | 00:44:42.35 | 00:44:42.35 | 8:56   | 6.7  |
| 9    | PILAWSKA MAŁGORZATA     | 366 |                       | POLICE    | POL  | K50  | 9      | K 25 | 00:22:06 | 00:45:00.10 | 00:45:00.10 | 9:00   | 6.7  |
| 10   | KAROL AGNIESZKA         | 324 | TEAM KAROLKI          | POLICE    | POL  | K50  | 10     | K 26 | 00:22:03 | 00:45:24.80 | 00:45:24.80 | 9:04   | 6.6  |
| 11   | ŁUKOJĆ BERNADETTA       | 341 |                       | SZCZECIN  | POL  | K50  | 11     | K 33 | 00:23:02 | 00:46:23.60 | 00:46:23.60 | 9:16   | 6.5  |
| 12   | KRAWCZYK BARBARA        | 332 | FUTYMKA TEAM          | POLICE    | POL  | K50  | 12     | K 40 | 00:23:43 | 00:48:48.05 | 00:48:48.05 | 9:45   | 6.1  |
| 13   | CIEŚLAK HELENA          | 310 | LEGENDARY POWER SZEWC | GRYFINO   | POL  | K50  | 13     | K 59 | 00:26:02 | 00:52:42.00 | 00:52:42.00 | 10:32  | 5.7  |

**NORDIC WALKING - 5 KM, M50**

| M-ce | Nazwisko i imię    | Nr  | Klub                            | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|---------------------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | RAJEWSKI SEBASTIAN | 368 | NW CZŁĄPSKI TEAM                | PIŁA      | POL  | M50  | 1      | M 1  | 00:16:25 | 00:33:35.55 | 00:33:35.55 | 6:43   | 8.9  |
| 2    | ZDANUK ARTUR       | 398 | EKSPEDYCJA NORDIC TEAM SZCZECIN | PRZESOCIN | POL  | M50  | 2      | M 4  | 00:19:01 | 00:38:45.05 | 00:38:45.05 | 7:45   | 7.7  |
| 3    | SAJEWICZ PIOTR     | 372 | WALKING WARRIORS                | PRZECŁAW  | POL  | M50  | 3      | M 16 | 00:22:52 | 00:46:07.95 | 00:46:07.95 | 9:13   | 6.5  |

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

| M-ce | Nazwisko i imię            | Nr  | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------------|-----|-----------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | MISIEWICZ BOŻENA           | 354 |                       | CHOJNA    | POL  | K60+ | 1      | K 5  | 00:19:13 | 00:38:53.65 | 00:38:53.65 | 7:46   | 7.7  |
| 2    | SZYMANEK BOGUSŁAWA         | 388 | WALKING WARRIORS      | SZCZECIN  | POL  | K60+ | 2      | K 10 | 00:20:41 | 00:41:53.80 | 00:41:53.80 | 8:22   | 7.2  |
| 3    | KONCZIOLA MARIA            | 330 | NIE DOTYCZY           | SZCZECIN  | POL  | K60+ | 3      | K 29 | 00:23:02 | 00:45:35.85 | 00:45:35.85 | 9:07   | 6.6  |
| 4    | STEINKA BOŻKA              | 381 |                       | SZCZECIN  | POL  | K60+ | 4      | K 31 | 00:22:57 | 00:46:04.25 | 00:46:04.25 | 9:12   | 6.5  |
| 5    | BIERNACKA HELENA BIERNACKA | 305 | NIEZRZESZONA          | POLICE    | POL  | K60+ | 5      | K 32 | 00:22:59 | 00:46:15.55 | 00:46:15.55 | 9:15   | 6.5  |
| 6    | ZAJĄC BOŻENA               | 396 | LEGENDARY POWER SZEWC | DALESZEWO | POL  | K60+ | 6      | K 39 | 00:24:42 | 00:47:57.95 | 00:47:57.95 | 9:35   | 6.3  |
| 7    | KASPRZAK ELŻBIETA          | 326 |                       | POLICE    | POL  | K60+ | 7      | K 45 | 00:24:17 | 00:49:34.85 | 00:49:34.85 | 9:54   | 6.1  |
| 8    | GAZECKA KRYSZYNA           | 315 |                       | POLICE    | POL  | K60+ | 8      | K 46 | 00:24:25 | 00:49:38.35 | 00:49:38.35 | 9:55   | 6    |
| 9    | CEBEREK-PŁOTCZYK MARCELINA | 308 |                       | SZCZECIN  | POL  | K60+ | 9      | K 52 | 00:25:12 | 00:50:52.15 | 00:50:52.15 | 10:10  | 5.9  |
| 10   | SZYDELSKA KRYSZYNA         | 387 | NORDICOWELOVE         | POLICE    | POL  | K60+ | 10     | K 53 | 00:25:11 | 00:51:06.65 | 00:51:06.65 | 10:13  | 5.9  |
| 11   | ROSİK JOANNA               | 369 |                       | SZCZECIN  | POL  | K60+ | 11     | K 56 | 00:25:59 | 00:52:11.65 | 00:52:11.65 | 10:26  | 5.7  |
| 12   | SAJEWICZ BOŻENA            | 373 | WALKING WARRIORS      | PRZECŁAW  | POL  | K60+ | 12     | K 64 | 00:28:58 | 00:57:50.40 | 00:57:50.40 | 11:34  | 5.2  |
| 13   | SUSZCZEWSKA BOGUMIŁA       | 384 | WALKING WARRIORS      | PRZECŁAW  | POL  | K60+ | 13     | K 67 | 00:29:15 | 01:00:29.35 | 01:00:29.35 | 12:05  | 5    |
| 14   | NAZIMEK MIECZYSLAWA        | 358 | WALKING WARRIORS      | WARZYMICE | POL  | K60+ | 14     | K 68 | 00:29:17 | 01:00:30.90 | 01:00:30.90 | 12:06  | 5    |

**NORDIC WALKING - 5 KM, M60+**

| M-ce | Nazwisko i imię      | Nr  | Klub   | M-scowość | Kraj | Kat. | M. kat | K/M  | 2.5km    | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|--|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | MASŁYK DARIUSZ       | 349 |  | PYRZYCE   | POL  | M60+ | 1      | M 2  | 00:17:47 | 00:35:39.00 | 00:35:39.00 | 7:07   | 8.4  |
| 2    | PARCHIMOWICZ JANUSZ  | 365 |  | PRZECLAW  | POL  | M60+ | 2      | M 11 | 00:21:23 | 00:44:10.35 | 00:44:10.35 | 8:50   | 6.8  |
| 3    | SWJATECKI JERZY      | 400 | ZESPOL SZKOL ELELEKTRYCZNIK<br>ELEKTRONICZNY | SZCZEVIN  | POL  | M60+ | 3      | M 19 | 00:24:37 | 00:49:59.90 | 00:49:59.90 | 9:59   | 6    |
| 4    | SWINARSKI JAN        | 385 | NIRDICOWE LOVE                               | POLICE    | POL  | M60+ | 4      | M 20 | 00:25:11 | 00:51:07.75 | 00:51:07.75 | 10:13  | 5.9  |
| 5    | MACIASZCZYK ZBIGNIEW | 343 |  | SZCZECIN  | POL  | M60+ | 5      | M 21 | 00:25:59 | 00:52:13.50 | 00:52:13.50 | 10:26  | 5.7  |
| 6    | CIEŚLAK ADAM         | 309 | LEGENDARY POWER SZEWC                        | GRYFINO   | POL  | M60+ | 6      | M 22 | 00:26:06 | 00:52:41.20 | 00:52:41.20 | 10:32  | 5.7  |
| 7    | NOWAK MIROSLAW       | 359 | WALKING WARRIORS                             | PRZECLAW  | POL  | M60+ | 7      | M 23 | 00:29:16 | 01:00:31.20 | 01:00:31.20 | 12:06  | 5    |