

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6

Organizator: Polskie Zrzeszenie Nordic Walking
 Data: 2023-07-29
 Miejsce: Latoszyn
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

**ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | WOJTOWICZ TOMASZ | 182 | K.S. VICTORIA POTĘGOWO | WIDACZ | POL | M30-39 | 1 | M 1 | | | 00:15:27 | 00:31:02 | 00:47:31 | 01:03:40.60 | 6:22 | 9.4 |
| 2 | DZIEDZIEWICZ ANDRZEJ | 157 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | M40-49 | 1 | M 2 | | | 00:15:25 | 00:31:20 | 00:47:47 | 01:04:08.30 | 6:24 | 9.4 |
| 3 | MARCZAK TOMASZ | 164 | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA I | POL | M18-29 | 1 | M 3 | | | 00:15:30 | 00:32:35 | 00:50:01 | 01:07:50.60 | 6:47 | 8.8 |
| 4 | HAŁAS MARCIN | 158 | PRUSZYŃSKI SPORT TEAM | CZECHOWICE-DZIEDZICE | POL | M30-39 | 2 | M 4 | | | 00:16:17 | 00:33:31 | 00:50:52 | 01:08:09.95 | 6:48 | 8.8 |
| 5 | JUREK ADAM | 161 | KGHM METRACO POLKOWICE | LUBIN | POL | M60-69 | 1 | M 5 | 1 | | 00:16:18 | 00:33:32 | 00:50:55 | 01:09:07.05 | 6:54 | 8.7 |
| 6 | MISZTAŁ GRZEGORZ | 165 | PRUSZYŃSKI SPORT TEAM | SUŁKOWICE | POL | M30-39 | 3 | M 6 | | | 00:16:19 | 00:33:50 | 00:52:00 | 01:10:22.95 | 7:02 | 8.5 |
| 7 | KUBISZYN MAŁGORZATA | 179 | K.S. VICTORIA POTĘGOWO | LUBACZÓW | POL | K30-39 | 1 | K 1 | 1 | | 00:20:01 | 00:37:30 | 00:55:07 | 01:11:56.15 | 7:11 | 8.3 |
| 8 | OLSZAŃSKI KAROL | 166 | PRUSZYŃSKI SPORT TEAM | KRAKÓW | POL | M40-49 | 2 | M 7 | | | 00:17:07 | 00:35:16 | 00:53:48 | 01:12:17.35 | 7:13 | 8.3 |
| 9 | HELWICH STEFAN | 159 | KGHM METRACO POLKOWICE | WIELEN | POL | M60-69 | 2 | M 8 | 2 | | 00:16:35 | 00:34:18 | 00:53:00 | 01:12:20.85 | 7:14 | 8.3 |
| 10 | BIELECKA ZUZANNA | 153 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | K40-49 | 1 | K 2 | | | 00:19:59 | 00:37:28 | 00:55:05 | 01:12:39.15 | 7:15 | 8.3 |
| 11 | ZYCH WITOLD | 180 | | ROGI | POL | M50-59 | 1 | M 9 | | | 00:18:04 | 00:36:05 | 00:54:37 | 01:13:03.15 | 7:18 | 8.2 |
| 12 | LABUS MARZENA | 163 | NORDIC SPORT 2021 | LUBLINIEC | POL | K30-39 | 2 | K 3 | | | 00:20:02 | 00:37:31 | 00:55:34 | 01:13:33.45 | 7:21 | 8.2 |
| 13 | CHYRA JANUSZ | 154 | NORDIC SPORT 2021 | LUBLINIEC | POL | M40-49 | 3 | M 10 | | | 00:18:18 | 00:36:48 | 00:55:09 | 01:14:11.75 | 7:25 | 8.1 |
| 14 | JĘDRASIAK RENATA | 160 | KGHM METRACO POLKOWICE | LUBIN | POL | K60-69 | 1 | K 4 | | | 00:20:41 | 00:38:32 | 00:56:36 | 01:14:21.30 | 7:26 | 8.1 |
| 15 | HRYCIUK WALDEMAR | 181 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | M60-69 | 3 | M 11 | | | 00:19:27 | 00:38:25 | 00:57:53 | 01:18:06.30 | 7:48 | 7.7 |
| 16 | LACHNIK HUBERT | 175 | | ARNSDORF | GER | M70+ | 1 | M 12 | 1 | | 00:20:05 | 00:39:40 | 00:59:16 | 01:18:55.95 | 7:53 | 7.6 |
| 17 | CZMOCH MARIAN | 156 | NORDIC SPORT 2021 | ŁOSICE | POL | M70+ | 2 | M 13 | | | 00:20:25 | 00:39:45 | 00:59:25 | 01:19:03.45 | 7:54 | 7.6 |
| 18 | SŁOWIK JAN | 169 | WYBIEGAMY W PRZYSZŁOŚĆ | HERMANOWA | POL | M50-59 | 2 | M 14 | | | 00:18:48 | 00:38:10 | 00:59:17 | 01:19:15.25 | 7:55 | 7.6 |
| 19 | KELLER PATRYK | 162 | PRUSZYŃSKI SPORT TEAM | BYTOM | POL | M18-29 | 2 | M 15 | 1 | | 00:18:44 | 00:38:43 | 01:00:00 | 01:20:35.25 | 8:03 | 7.4 |
| 20 | PACYNIA JAN | 172 | NORDICUS STRZYBNICA | TARNOWSKIEN GÓRY | POL | M40-49 | 4 | M 16 | 1 | | 00:19:55 | 00:39:56 | 01:00:21 | 01:20:57.65 | 8:05 | 7.4 |
| 21 | LUKOSZEK KATARZYNA | 176 | PRUSZYŃSKI SPORT TEAM | RUDA ŚLĄSKA | POL | K50-59 | 1 | K 5 | | | 00:22:29 | 00:42:14 | 01:02:27 | 01:23:08.45 | 8:18 | 7.2 |
| 22 | WOJTKIEWICZ JAREK | 178 | | BYSTRE | POL | M50-59 | 3 | M 17 | 2 | | 00:19:12 | 00:39:52 | 01:01:57 | 01:23:44.45 | 8:22 | 7.2 |
| 23 | BALIŚ ANDRZEJ | 151 | | KRAKÓW | POL | M30-39 | 4 | M 18 | | | 00:20:23 | 00:41:44 | 01:02:42 | 01:24:03.05 | 8:24 | 7.1 |
| 24 | SKRZĄTEK LUCYNA | 168 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K50-59 | 2 | K 6 | | | 00:22:24 | 00:42:46 | 01:03:44 | 01:24:31.95 | 8:27 | 7.1 |
| 25 | ZDRZAŁEK ALICJA | 170 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K40-49 | 2 | K 7 | | | 00:21:37 | 00:41:45 | 01:02:54 | 01:24:32.75 | 8:27 | 7.1 |
| 26 | MORAWCZYŃSKA JOLANTA | 173 | PRUSZYŃSKI SPORT TEAM | DĘBICA | POL | K50-59 | 3 | K 8 | | | 00:23:27 | 00:44:45 | 01:05:58 | 01:27:03.55 | 8:42 | 6.9 |
| 27 | CZAJKA URSZULA | 155 | KGHM METRACO POLKOWICE | RUMIA | POL | K60-69 | 2 | K 9 | | | 00:22:31 | 00:43:03 | 01:05:02 | 01:28:53.05 | 8:53 | 6.8 |
| 28 | ŚLUSARCZYK ANDRZEJ | 171 | WESOŁY BORSUK TEAM | | POL | M70+ | 3 | M 19 | | | 00:21:25 | 00:44:40 | 01:08:19 | 01:32:49.35 | 9:16 | 6.5 |
| 29 | BERESKA IRENA | 152 | NORDIC SPORT 2021 | NAKŁO ŚLĄSKIE | POL | K30-39 | 3 | K 10 | | | 00:25:00 | 00:47:33 | 01:10:16 | 01:33:01.80 | 9:18 | 6.5 |
| 30 | RZUCIDŁO JAN | 174 | BBL RZESZÓW | | POL | M70+ | 4 | M 20 | 1 | | 00:21:41 | 00:44:47 | 01:10:22 | 01:38:36.85 | 9:51 | 6.1 |
| DQ | MICHALSKI ANDRZEJ | 177 | PŁOMIEN ZMIENNICA | ZMIENNICA | POL | M60-69 | DQ | DQ | | 1 | 00:16:34 DQ | 00:33:34 DQ | 00:50:54 DQ | DQ | | |
| | PUKSZTA KRZYSIEK | 167 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | | | | | 00:18:22 DNF | 00:37:15 DNF | DNF | DNF | - | - |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, OPEN -K

| 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 | KUBISZYN MAŁGORZATA | 179 | K.S. VICTORIA POTĘGOWO | LUBACZÓW | POL | K30-39 | 1 | K 1 | 1 | | 00:20:01 | 00:37:30 | 00:55:07 | 01:11:56.15 | 7:11 | 8.3 |
| 2 | BIELECKA ZUZANNA | 153 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | K40-49 | 1 | K 2 | | | 00:19:59 | 00:37:28 | 00:55:05 | 01:12:39.15 | 7:15 | 8.3 |
| 3 | LABUS MARZENA | 163 | NORDIC SPORT 2021 | LUBLINIEC | POL | K30-39 | 2 | K 3 | | | 00:20:02 | 00:37:31 | 00:55:34 | 01:13:33.45 | 7:21 | 8.2 |
| 4 | JĘDRASIAK RENATA | 160 | KGHM METRACO POLKOWICE | LUBIN | POL | K60-69 | 1 | K 4 | | | 00:20:41 | 00:38:32 | 00:56:36 | 01:14:21.30 | 7:26 | 8.1 |
| 5 | LUKOSZEK KATARZYNA | 176 | PRUSZYŃSKI SPORT TEAM | RUDA ŚLĄSKA | POL | K50-59 | 1 | K 5 | | | 00:22:29 | 00:42:14 | 01:02:27 | 01:23:08.45 | 8:18 | 7.2 |
| 6 | SKRZĄTEK LUCYNA | 168 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K50-59 | 2 | K 6 | | | 00:22:24 | 00:42:46 | 01:03:44 | 01:24:31.95 | 8:27 | 7.1 |
| 7 | ZDRZAŁEK ALICJA | 170 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K40-49 | 2 | K 7 | | | 00:21:37 | 00:41:45 | 01:02:54 | 01:24:32.75 | 8:27 | 7.1 |
| 8 | MORAWCZYŃSKA JOLANTA | 173 | PRUSZYŃSKI SPORT TEAM | DĘBICA | POL | K50-59 | 3 | K 8 | | | 00:23:27 | 00:44:45 | 01:05:58 | 01:27:03.55 | 8:42 | 6.9 |
| 9 | CZAJKA URSZULA | 155 | KGHM METRACO POLKOWICE | RUMIA | POL | K60-69 | 2 | K 9 | | | 00:22:31 | 00:43:03 | 01:05:02 | 01:28:53.05 | 8:53 | 6.8 |
| 10 | BERESKA IRENA | 152 | NORDIC SPORT 2021 | NAKŁO ŚLĄSKIE | POL | K30-39 | 3 | K 10 | | | 00:25:00 | 00:47:33 | 01:10:16 | 01:33:01.80 | 9:18 | 6.5 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, OPEN -M

| 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 | WOJTOWICZ TOMASZ | 182 | K.S. VICTORIA POTĘGOWO | WIDACZ | POL | M30-39 | 1 | M 1 | | | 00:15:27 | 00:31:02 | 00:47:31 | 01:03:40.60 | 6:22 | 9.4 |
| 2 | DZIEDZIEWICZ ANDRZEJ | 157 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | M40-49 | 1 | M 2 | | | 00:15:25 | 00:31:20 | 00:47:47 | 01:04:08.30 | 6:24 | 9.4 |
| 3 | MARCZAK TOMASZ | 164 | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA I | POL | M18-29 | 1 | M 3 | | | 00:15:30 | 00:32:35 | 00:50:01 | 01:07:50.60 | 6:47 | 8.8 |
| 4 | HAŁAS MARCIN | 158 | PRUSZYŃSKI SPORT TEAM | CZECHOWICE-DZ IEDZICE | POL | M30-39 | 2 | M 4 | | | 00:16:17 | 00:33:31 | 00:50:52 | 01:08:09.95 | 6:48 | 8.8 |
| 5 | JUREK ADAM | 161 | KGHM METRACO POLKOWICE | LUBIN | POL | M60-69 | 1 | M 5 | 1 | | 00:16:18 | 00:33:32 | 00:50:55 | 01:09:07.05 | 6:54 | 8.7 |
| 6 | MISZTAŁ GRZEGORZ | 165 | PRUSZYŃSKI SPORT TEAM | SUŁKOWICE | POL | M30-39 | 3 | M 6 | | | 00:16:19 | 00:33:50 | 00:52:00 | 01:10:22.95 | 7:02 | 8.5 |
| 7 | OLSZAŃSKI KAROL | 166 | PRUSZYŃSKI SPORT TEAM | KRAKÓW | POL | M40-49 | 2 | M 7 | | | 00:17:07 | 00:35:16 | 00:53:48 | 01:12:17.35 | 7:13 | 8.3 |
| 8 | HELWICH STEFAN | 159 | KGHM METRACO POLKOWICE | WIELEN | POL | M60-69 | 2 | M 8 | 2 | | 00:16:35 | 00:34:18 | 00:53:00 | 01:12:20.85 | 7:14 | 8.3 |
| 9 | ZYCH WITOLD | 180 | | ROGI | POL | M50-59 | 1 | M 9 | | | 00:18:04 | 00:36:05 | 00:54:37 | 01:13:03.15 | 7:18 | 8.2 |
| 10 | CHYRA JANUSZ | 154 | NORDIC SPORT 2021 | LUBLINIEC | POL | M40-49 | 3 | M 10 | | | 00:18:18 | 00:36:48 | 00:55:09 | 01:14:11.75 | 7:25 | 8.1 |
| 11 | HRYCIUK WALDEMAR | 181 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | M60-69 | 3 | M 11 | | | 00:19:27 | 00:38:25 | 00:57:53 | 01:18:06.30 | 7:48 | 7.7 |
| 12 | LACHNIK HUBERT | 175 | | ARNSDORF | GER | M70+ | 1 | M 12 | 1 | | 00:20:05 | 00:39:40 | 00:59:16 | 01:18:55.95 | 7:53 | 7.6 |
| 13 | CZMOCH MARIAN | 156 | NORDIC SPORT 2021 | ŁOSICE | POL | M70+ | 2 | M 13 | | | 00:20:25 | 00:39:45 | 00:59:25 | 01:19:03.45 | 7:54 | 7.6 |
| 14 | SŁOWIK JAN | 169 | WYBIEGAMY W PRZYSZŁOŚĆ | HERMANOWA | POL | M50-59 | 2 | M 14 | | | 00:18:48 | 00:38:10 | 00:59:17 | 01:19:15.25 | 7:55 | 7.6 |
| 15 | KELLER PATRYK | 162 | PRUSZYŃSKI SPORT TEAM | BYTOM | POL | M18-29 | 2 | M 15 | 1 | | 00:18:44 | 00:38:43 | 01:00:00 | 01:20:35.25 | 8:03 | 7.4 |
| 16 | PACYNA JAN | 172 | NORDICUS STRZYBNICA | TARNOWSKIEN GÓRY | POL | M40-49 | 4 | M 16 | 1 | | 00:19:55 | 00:39:56 | 01:00:21 | 01:20:57.65 | 8:05 | 7.4 |
| 17 | WOJTKIEWICZ JAREK | 178 | | BYSTRE | POL | M50-59 | 3 | M 17 | 2 | | 00:19:12 | 00:39:52 | 01:01:57 | 01:23:44.45 | 8:22 | 7.2 |
| 18 | BALIŚ ANDRZEJ | 151 | | KRAKÓW | POL | M30-39 | 4 | M 18 | | | 00:20:23 | 00:41:44 | 01:02:42 | 01:24:03.05 | 8:24 | 7.1 |
| 19 | ŚLUSARCZYK ANDRZEJ | 171 | WESOŁY BORSUK TEAM | | POL | M70+ | 3 | M 19 | | | 00:21:25 | 00:44:40 | 01:08:19 | 01:32:49.35 | 9:16 | 6.5 |
| 20 | RZUCIDŁO JAN | 174 | BBL RZESZÓW | | POL | M70+ | 4 | M 20 | 1 | | 00:21:41 | 00:44:47 | 01:10:22 | 01:38:36.85 | 9:51 | 6.1 |
| DQ | MICHAŁSKI ANDRZEJ | 177 | PŁOMIEŃ ZMIENNICA | ZMIENNICA | POL | M60-69 | DQ | DQ | | 1 | 00:16:34 DQ | 00:33:34 DQ | 00:50:54 DQ | DQ | | |
| | PUKSZTA KRZYSIEK | 167 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | | | | | 00:18:22 DNF | 00:37:15 DNF | DNF | DNF | - | - |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | MARCZAK TOMASZ | 164 | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA I | POL | M18-29 | 1 | M 3 | | | 00:15:30 | 00:32:35 | 00:50:01 | 01:07:50.60 | 6:47 | 8.8 |
| 2 | KELLER PATRYK | 162 | PRUSZYŃSKI SPORT TEAM | BYTOM | POL | M18-29 | 2 | M 15 | 1 | | 00:18:44 | 00:38:43 | 01:00:00 | 01:20:35.25 | 8:03 | 7.4 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | KUBISZYN MAŁGORZATA | 179 | K.S. VICTORIA POTĘGOWO | LUBACZÓW | POL | K30-39 | 1 | K 1 | 1 | | 00:20:01 | 00:37:30 | 00:55:07 | 01:11:56.15 | 7:11 | 8.3 |
| 2 | LABUS MARZENA | 163 | NORDIC SPORT 2021 | LUBLINIEC | POL | K30-39 | 2 | K 3 | | | 00:20:02 | 00:37:31 | 00:55:34 | 01:13:33.45 | 7:21 | 8.2 |
| 3 | BERESKA IRENA | 152 | NORDIC SPORT 2021 | NAKŁO ŚLĄSKIE | POL | K30-39 | 3 | K 10 | | | 00:25:00 | 00:47:33 | 01:10:16 | 01:33:01.80 | 9:18 | 6.5 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | WOJTOWICZ TOMASZ | 182 | K.S. VICTORIA POTĘGOWO | WIDACZ | POL | M30-39 | 1 | M 1 | | | 00:15:27 | 00:31:02 | 00:47:31 | 01:03:40.60 | 6:22 | 9.4 |
| 2 | HAŁAS MARCIN | 158 | PRUSZYŃSKI SPORT TEAM | CZECHOWICE-DZ IEDZICE | POL | M30-39 | 2 | M 4 | | | 00:16:17 | 00:33:31 | 00:50:52 | 01:08:09.95 | 6:48 | 8.8 |
| 3 | MISZTAŁ GRZEGORZ | 165 | PRUSZYŃSKI SPORT TEAM | SUŁKOWICE | POL | M30-39 | 3 | M 6 | | | 00:16:19 | 00:33:50 | 00:52:00 | 01:10:22.95 | 7:02 | 8.5 |
| 4 | BALIŚ ANDRZEJ | 151 | | KRAKÓW | POL | M30-39 | 4 | M 18 | | | 00:20:23 | 00:41:44 | 01:02:42 | 01:24:03.05 | 8:24 | 7.1 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | BIELECKA ZUZANNA | 153 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | K40-49 | 1 | K 2 | | | 00:19:59 | 00:37:28 | 00:55:05 | 01:12:39.15 | 7:15 | 8.3 |
| 2 | ZDRZAŁEK ALICJA | 170 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K40-49 | 2 | K 7 | | | 00:21:37 | 00:41:45 | 01:02:54 | 01:24:32.75 | 8:27 | 7.1 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | DZIEDZIEWICZ ANDRZEJ | 157 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | M40-49 | 1 | M 2 | | | 00:15:25 | 00:31:20 | 00:47:47 | 01:04:08.30 | 6:24 | 9.4 |
| 2 | OLSZAŃSKI KAROL | 166 | PRUSZYŃSKI SPORT TEAM | KRAKÓW | POL | M40-49 | 2 | M 7 | | | 00:17:07 | 00:35:16 | 00:53:48 | 01:12:17.35 | 7:13 | 8.3 |
| 3 | CHYRA JANUSZ | 154 | NORDIC SPORT 2021 | LUBLINIEC | POL | M40-49 | 3 | M 10 | | | 00:18:18 | 00:36:48 | 00:55:09 | 01:14:11.75 | 7:25 | 8.1 |
| 4 | PACYNA JAN | 172 | NORDICUS STRYBNICA | TARNOWSKIEN GÓRY | POL | M40-49 | 4 | M 16 | 1 | | 00:19:55 | 00:39:56 | 01:00:21 | 01:20:57.65 | 8:05 | 7.4 |
| | PUKSZTA KRZYSIEK | 167 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | | | | | 00:18:22 DNF | 00:37:15 DNF | DNF | DNF | - | - |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | LUKOSZEK KATARZYNA | 176 | PRUSZYŃSKI SPORT TEAM | RUDA ŚLĄSKA | POL | K50-59 | 1 | K 5 | | | 00:22:29 | 00:42:14 | 01:02:27 | 01:23:08.45 | 8:18 | 7.2 |
| 2 | SKRZAŁEK LUCYNA | 168 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K50-59 | 2 | K 6 | | | 00:22:24 | 00:42:46 | 01:03:44 | 01:24:31.95 | 8:27 | 7.1 |
| 3 | MORAWCZYŃSKA JOLANTA | 173 | PRUSZYŃSKI SPORT TEAM | DĘBICA | POL | K50-59 | 3 | K 8 | | | 00:23:27 | 00:44:45 | 01:05:58 | 01:27:03.55 | 8:42 | 6.9 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | ZYCH WITOLD | 180 | | ROGI | POL | M50-59 | 1 | M 9 | | | 00:18:04 | 00:36:05 | 00:54:37 | 01:13:03.15 | 7:18 | 8.2 |
| 2 | SŁOWIK JAN | 169 | WYBIEGAMY W PRZYSZŁOŚĆ | HERMANOWA | POL | M50-59 | 2 | M 14 | | | 00:18:48 | 00:38:10 | 00:59:17 | 01:19:15.25 | 7:55 | 7.6 |
| 3 | WOJTKIEWICZ JAREK | 178 | | BYSTRE | POL | M50-59 | 3 | M 17 | 2 | | 00:19:12 | 00:39:52 | 01:01:57 | 01:23:44.45 | 8:22 | 7.2 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | JĘDRASIAK RENATA | 160 | KGHM METRACO POLKOWICE | LUBIN | POL | K60-69 | 1 | K 4 | | | 00:20:41 | 00:33:32 | 00:56:36 | 01:14:21.30 | 7:26 | 8.1 |
| 2 | CZAJKA URSZULA | 155 | KGHM METRACO POLKOWICE | RUMIA | POL | K60-69 | 2 | K 9 | | | 00:22:31 | 00:43:03 | 01:05:02 | 01:28:53.05 | 8:53 | 6.8 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | JUREK ADAM | 161 | KGHM METRACO POLKOWICE | LUBIN | POL | M60-69 | 1 | M 5 | 1 | | 00:16:18 | 00:33:32 | 00:50:55 | 01:09:07.05 | 6:54 | 8.7 |
| 2 | HELWICH STEFAN | 159 | KGHM METRACO POLKOWICE | WIELEN | POL | M60-69 | 2 | M 8 | 2 | | 00:16:35 | 00:34:18 | 00:53:00 | 01:12:20.85 | 7:14 | 8.3 |
| 3 | HRYCIUK WALDEMAR | 181 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | M60-69 | 3 | M 11 | | | 00:19:27 | 00:38:25 | 00:57:53 | 01:18:06.30 | 7:48 | 7.7 |
| DQ | MICHALSKI ANDRZEJ | 177 | PŁOMIEŃ ZMIENNICA | ZMIENNICA | POL | M60-69 | DQ | DQ | | 1 | 00:16:34 DQ | 00:33:34 DQ | 00:50:54 DQ | DQ | | |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, 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 | LACHNIK HUBERT | 175 | | ARNSDORF | GER | M70+ | 1 | M 12 | 1 | | 00:20:05 | 00:39:40 | 00:59:16 | 01:18:55.95 | 7:53 | 7.6 |
| 2 | CZMOCH MARIAN | 156 | NORDIC SPORT 2021 | ŁOSICE | POL | M70+ | 2 | M 13 | | | 00:20:25 | 00:39:45 | 00:59:25 | 01:19:03.45 | 7:54 | 7.6 |
| 3 | SŁUSARCZYK ANDRZEJ | 171 | WESOŁY BORSUK TEAM | | POL | M70+ | 3 | M 19 | | | 00:21:25 | 00:44:40 | 01:08:19 | 01:32:49.35 | 9:16 | 6.5 |
| 4 | RZUCIDŁO JAN | 174 | BBL RZESZÓW | | POL | M70+ | 4 | M 20 | 1 | | 00:21:41 | 00:44:47 | 01:10:22 | 01:38:36.85 | 9:51 | 6.1 |

ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6, Drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|------------------------|---|--|--------------|
| 1 | K.S. VICTORIA POTĘGOWO | TOMASZ WOJTIWICZ ANDRZEJ DZIEDZIEWICZ MAŁGORZATA KUBISZYŃSKA ZUZANNA BIELECKA | 01:03:40.6001:04:08.3001:11:56.1501:12:39.15 | 04:32:22 |
| 2 | KGHM METRACO POLKOWICE | ADAM JUREK STEFAN HELWICH RENATA JĘDRASIAK URSZULA CZAJKA | 01:09:07.0501:12:20.8501:14:21.3001:28:53.05 | 05:04:45 |
| 3 | PRUSZYŃSKI SPORT TEAM | MARCIN HAŁAS GRZEGORZ MISZTAL KATARZYNA LUKOSZEK JOLANTA MORAWCZYŃSKA | 01:08:09.9501:10:22.9501:23:08.4501:27:03.55 | 05:08:42 |
| 4 | NORDIC SPORT 2021 | MARZENA LABUS JANUSZ CHYRAMARIAN CZMOCH LUCYNA SKRZĄTEK | 01:13:33.4501:14:11.7501:19:03.4501:24:31.95 | 05:11:19 |