

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6

Organizator: Polskie Zrzeszenie Nordic Walking, Miasto Gmina Wasilków
Data: 2023-09-16
Miejsce: Wasilków
Dystans: 5 km
Klasyfikacja wg czasów netto.



ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|--------------------------------|-----|---------------------------|--------------------------|------|----------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | MARCZAK TOMASZ | 94 | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA I | POL | M18-29 | 1 | M 1 | | | 00:09:33 | 00:19:41 | 00:29:39.45 | 5:55 | 10.1 |
| 2 | WITUCCI JACEK | 134 | K.S. VICTORIA POTĘGOWO | POZNAŃ | POL | M50-54 | 1 | M 2 | | | 00:09:38 | 00:19:42 | 00:29:47.60 | 5:57 | 10.1 |
| 3 | STĘPAK PIOTR | 115 | K.S. VICTORIA POTĘGOWO | TARNÓW | POL | M18-29 | 2 | M 3 | | | 00:09:47 | 00:20:19 | 00:30:42.00 | 6:08 | 9.8 |
| 4 | KABATA JAROSŁAW | 79 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | M50-54 | 2 | M 4 | | | 00:10:02 | 00:20:57 | 00:31:22.95 | 6:16 | 9.6 |
| 5 | ZDANOWICZ ARKADIUSZ | 136 | K.S. VICTORIA POTĘGOWO | STANISŁAWÓW | POL | M45-49 | 1 | M 5 | | | 00:10:02 | 00:20:37 | 00:31:23.15 | 6:16 | 9.6 |
| 6 | FRĄCKOWIAK ROMAN | 68 | NORDIC SPORT 2021 | WIELEŃ | POL | M55-59 | 1 | M 6 | | | 00:10:30 | 00:21:28 | 00:32:50.70 | 6:34 | 9.1 |
| 7 | HAŁAS MARCIN | 72 | PRUSZYŃSKI SPORT TEAM | CZECHOWICE-DZIEDZI CE | POL | M30-39 | 1 | M 7 | | | 00:10:45 | 00:21:57 | 00:33:27.60 | 6:41 | 9 |
| 8 | DERUS JAKUB | 64 | KATOWICKI NORDIC WALKING | KATOWICE | POL | M40-44 | 1 | M 8 | | | 00:10:40 | 00:22:05 | 00:33:37.95 | 6:43 | 8.9 |
| 9 | BIELECKA ZUZANNA | 54 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | K40-44 | 1 | K 1 | | | 00:11:06 | 00:22:21 | 00:33:51.10 | 6:46 | 8.9 |
| 10 | MAŚLANKA IWONA | 95 | NORDIC SPORT 2021 | ŚMIGIEL | POL | K50-54 | 1 | K 2 | | | 00:11:06 | 00:22:37 | 00:34:16.40 | 6:51 | 8.8 |
| 11 | HELWICH STEFAN | 73 | KGHM METRACO POLKOWICE | WIELEŃ | POL | M65-69 | 1 | M 9 | | | 00:11:07 | 00:22:42 | 00:34:16.85 | 6:51 | 8.8 |
| 12 | KRAKOWSKI JERZY PIOTR | 88 | PTG SOKÓŁ 1893 MIELEC | MIELEC | POL | M60-64 | 1 | M 10 | | | 00:11:14 | 00:22:54 | 00:34:26.15 | 6:53 | 8.7 |
| 13 | BREWKA JOACHIM | 56 | NORDIC SPORT 2021 | LUBLINIEC | POL | M55-59 | 2 | M 11 | 1 | | 00:11:28 | 00:23:06 | 00:34:42.50 | 6:56 | 8.6 |
| 14 | STEFANIAK KRZYSZTOF | 114 | KATOWICKI NORDIC WALKING | SOSNOWIEC | POL | M65-69 | 2 | M 12 | | | 00:11:06 | 00:22:41 | 00:34:46.55 | 6:57 | 8.6 |
| 15 | WIŚNIEWSKI MARIUSZ | 132 | NW CZŁĄPSKI TEAM | ŁYSE | POL | M50-54 | 3 | M 13 | | | 00:11:36 | 00:23:29 | 00:35:04.80 | 7:00 | 8.6 |
| 16 | OKRZESIK-FRĄCKOWIAK IZABELA | 99 | NORDIC SPORT 2021 | WIELEŃ | POL | K55-59 | 1 | K 3 | | | 00:11:40 | 00:23:35 | 00:35:27.65 | 7:05 | 8.5 |
| 17 | PUKSZTA KRZYSIEK | 105 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-44 | 2 | M 14 | | | 00:11:26 | 00:23:30 | 00:35:44.90 | 7:08 | 8.4 |
| 18 | BREWCZYŃSKI MARCIN | 55 | NW CZŁĄPSKI TEAM | ŁYSE | POL | M30-39 | 2 | M 15 | | | 00:11:22 | 00:23:28 | 00:36:05.00 | 7:13 | 8.3 |
| 19 | HRYCIUK WALDEMAR | 75 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | M65-69 | 3 | M 16 | | | 00:11:34 | 00:23:43 | 00:36:10.70 | 7:14 | 8.3 |
| 20 | CHYRA JERZY | 197 | NORDIC SPORT 2021 | LUBLINIEC | POL | M45-49 | 2 | M 17 | | | 00:11:56 | 00:24:14 | 00:36:40.20 | 7:20 | 8.2 |
| 21 | ŻYTKOWSKI ANDRZEJ | 198 | TKKF KRZNA | | POL | M60-64 | 2 | M 18 | | | 00:12:07 | 00:24:17 | 00:36:40.70 | 7:20 | 8.2 |
| 22 | GRUSZKA MICHAŁ | 71 | NORDIC SPORT 2021 | LUBLINIEC | POL | M45-49 | 3 | M 19 | | | 00:11:57 | 00:24:16 | 00:36:40.80 | 7:20 | 8.2 |
| 23 | KLIMASZEWSKI BOGDAN | 85 | KCJUROWCE | JUROWCE | POL | M45-49 | 4 | M 20 | | | 00:12:08 | 00:24:23 | 00:36:50.15 | 7:22 | 8.1 |
| 24 | LACHNIK HUBERT | 92 | | ARNSDORF | GER | M70-74 | 1 | M 21 | | | 00:12:14 | 00:24:30 | 00:36:51.65 | 7:22 | 8.1 |
| 25 | RAZIN ROBERT | 106 | | KRASNOPOL | POL | M60-64 | 3 | M 22 | | | 00:11:59 | 00:24:29 | 00:36:53.10 | 7:22 | 8.1 |
| 26 | CZMOCH MARIAN | 63 | NORDIC SPORT 2021 | ŁOSICE | POL | M70-74 | 2 | M 23 | | | 00:12:14 | 00:24:34 | 00:37:12.35 | 7:26 | 8.1 |
| 27 | PASIŃSKA-SKOWRON SYLWIA | 102 | PRUSZYŃSKI SPORT TEAM | SZCZODRKOVICE | POL | K45-49 | 1 | K 4 | | | 00:12:26 | 00:24:55 | 00:37:17.65 | 7:27 | 8 |
| 28 | ADAMCZYK BOGDAN | 51 | BASZTA BYTÓW | BYTÓW | POL | M50-54 | 4 | M 24 | | | 00:12:03 | 00:24:47 | 00:37:41.00 | 7:32 | 8 |
| 29 | BUDNY FRANCISZEK | 58 | | OSTRÓW WLKP | POL | M-DZIECI | 1 | M 25 | | | 00:12:13 | 00:24:56 | 00:37:44.45 | 7:32 | 8 |
| 30 | PODSIADŁY STANISŁAW | 103 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | M65-69 | 4 | M 26 | 2 | | 00:11:37 | 00:24:18 | 00:37:46.15 | 7:33 | 7.9 |
| 31 | ŚLUSARZYK GRZEGORZ | 123 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | 5 | M 27 | | | 00:12:20 | 00:25:19 | 00:37:52.50 | 7:34 | 7.9 |
| 32 | SZYBUT WERONIKA | 120 | POTĘGA NORDICA | POTĘGOWO | POL | K-JUN. | 1 | K 5 | | | 00:12:30 | 00:25:14 | 00:37:55.10 | 7:35 | 7.9 |
| 33 | WIŚNIEWSKI JULIAN | 133 | SP ŁYSE | ŁYSE | POL | M-DZIECI | 2 | M 28 | | | 00:12:11 | 00:24:55 | 00:38:14.10 | 7:38 | 7.8 |
| 34 | KARASEWICZ ŁUKASZ | 81 | GMINA WASILKÓW | WASILKÓW | POL | M30-39 | 3 | M 29 | | | 00:12:16 | 00:24:51 | 00:38:19.60 | 7:39 | 7.8 |
| 35 | RUSINOWICZ ANDRZEJ | 107 | FABRYKA NORDICA TRZCIANKA | PIŁA | POL | M75-79 | 1 | M 30 | | | 00:12:25 | 00:25:23 | 00:38:21.25 | 7:40 | 7.8 |
| 36 | HRYCIUK TERESA | 74 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | K60-64 | 1 | K 6 | | | 00:12:32 | 00:25:15 | 00:38:34.75 | 7:42 | 7.8 |
| 37 | PANKIEWICZ EWELINA | 200 | | | POL | K30-39 | 1 | K 7 | | | 00:12:29 | 00:25:42 | 00:38:56.70 | 7:47 | 7.7 |
| 38 | ŚLUSARZYK ANDRZEJ | 122 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70-74 | 3 | M 31 | | | 00:12:26 | 00:25:37 | 00:39:08.15 | 7:49 | 7.7 |
| 39 | SZENDZIELORZ ILONA | 116 | PRUSZYŃSKI SPORT TEAM | RUDE ŚLĄSKA | POL | K65-69 | 1 | K 8 | 1 | | 00:12:57 | 00:26:02 | 00:39:18.20 | 7:51 | 7.6 |
| 40 | RZEPECKI SŁAWOMIR | 108 | | MAKÓW MAZOWIECKI | POL | M50-54 | 5 | M 32 | | | 00:12:45 | 00:26:10 | 00:39:41.05 | 7:56 | 7.6 |
| 41 | JAKUBOWSKI ZBIGNIEW | 77 | | BIALYSTOK | POL | M70-74 | 4 | M 33 | | | 00:13:14 | 00:26:42 | 00:40:10.50 | 8:02 | 7.5 |
| 42 | PALUCH PAWEŁ | 101 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 3 | M 34 | | | 00:13:08 | 00:26:47 | 00:40:26.85 | 8:05 | 7.4 |
| 43 | WANDTKE ANTONI | 130 | | REDA | POL | M70-74 | 5 | M 35 | | | 00:13:12 | 00:26:39 | 00:40:36.10 | 8:07 | 7.4 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|----------------------------|-----|---------------------------------|-----------------------|------|-----------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 44 | KRAKOWSKI IGOR | 89 | PTG SOKÓŁ 1893 MIELEC | MIELEC | POL | M-DZIECI | 3 | M 36 | | | 00:13:04 | 00:26:57 | 00:40:42.90 | 8:08 | 7.4 |
| 45 | WILK IWONA | 131 | NORDIC SPORT 2021 | KATOWICE | POL | K45-49 | 2 | K 9 | | | 00:13:46 | 00:27:44 | 00:41:21.40 | 8:16 | 7.3 |
| 46 | BUJNOWSKA AMELIA | 60 | KS WASILKÓW | WASILKÓW | POL | K-DZIECI | 1 | K 10 | | | 00:14:11 | 00:28:21 | 00:41:24.80 | 8:16 | 7.2 |
| 47 | ŚWIENC ZUZANNA | 125 | UKS SET WASILKÓW | WASILKÓW | POL | K-DZIECI | 2 | K 11 | | | 00:14:09 | 00:28:22 | 00:41:25.00 | 8:17 | 7.2 |
| 48 | TOKARSKA JULIA | 127 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 3 | K 12 | | | 00:14:10 | 00:28:24 | 00:41:26.00 | 8:17 | 7.2 |
| 49 | SOKOŁOWSKI MARIUSZ | 113 | | NOWODWORCE | POL | M40-44 | 3 | M 37 | | | 00:13:57 | 00:27:45 | 00:41:29.55 | 8:17 | 7.2 |
| 50 | BUJNOWSKA ADELA | 61 | KS WASILKÓW | WASILKÓW | POL | K-DZIECI | 4 | K 13 | | | 00:14:10 | 00:28:22 | 00:41:29.85 | 8:17 | 7.2 |
| 51 | BUDNY SŁAWOMIR | 57 | | OSTRÓW WLKP | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 38 | | | 00:13:53 | 00:27:46 | 00:41:42.50 | 8:20 | 7.2 |
| 52 | LACHNIK GRAZYNA | 91 | | ARNSDORF | GER | K50-54 | 2 | K 14 | | | 00:13:50 | 00:27:50 | 00:41:46.75 | 8:21 | 7.2 |
| 53 | KALICKA ANNA | 80 | | BIAŁYSTOK | POL | K40-44 | 2 | K 15 | | | 00:14:01 | 00:27:53 | 00:41:51.85 | 8:22 | 7.2 |
| 54 | SMOLIŃSKA MAŁGORZATA | 111 | | BIAŁYSTOK | POL | K55-59 | 2 | K 16 | | | 00:13:33 | 00:27:39 | 00:42:03.10 | 8:24 | 7.1 |
| 55 | DOLATOWSKA ELŻBIETA | 66 | K.S. VICTORIA POTĘGOWO | INOWROCŁAW | POL | K60-64 | 2 | K 17 | | | 00:13:15 | 00:27:14 | 00:42:13.60 | 8:26 | 7.1 |
| 56 | ZIELIŃSKA BARBARA | 137 | PUKS JEDYNKA | ŁOSICE | POL | K65-69 | 2 | K 18 | | | 00:13:47 | 00:27:51 | 00:42:16.00 | 8:27 | 7.1 |
| 57 | POGORZELSKI KAMIL | 104 | | BIAŁYSTOK | POL | M18-29 | 3 | M 39 | | | 00:13:37 | 00:27:39 | 00:42:17.10 | 8:27 | 7.1 |
| 58 | THOMALLA BOGDAN | 126 | NORDIC SPORT 2021 | ZABRZE | POL | M80+ | 1 | M 40 | | | 00:14:06 | 00:28:07 | 00:42:26.45 | 8:29 | 7.1 |
| 59 | SAWICKI PRZEMEK | 110 | KCJUROWCE | JUROWCE | POL | M30-39 | 4 | M 41 | | | 00:14:27 | 00:28:18 | 00:42:39.25 | 8:31 | 7 |
| 60 | CZERWINSKA ANNA | 62 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 19 | | | 00:13:43 | 00:28:22 | 00:42:40.45 | 8:32 | 7 |
| 61 | ZIELIŃSKI RYSZARD | 138 | PUKS JEDYNKA | ŁOSICE | POL | M65-69 | 5 | M 42 | | | 00:14:06 | 00:29:00 | 00:43:34.90 | 8:42 | 6.9 |
| 62 | GORALEWSKA MARTA | 70 | GMINA WASILKÓW | WASILKÓW | POL | K30-39 | 2 | K 20 | | | 00:14:40 | 00:29:02 | 00:43:41.65 | 8:44 | 6.9 |
| 63 | ADAMOWICZ ANDRZEJ | 52 | | ŁÓDŹ | POL | M75-79 | 2 | M 43 | | | 00:14:27 | 00:29:02 | 00:43:48.50 | 8:45 | 6.8 |
| 64 | SAPUŁA WIKTORIA | 109 | K.S. VICTORIA POTĘGOWO | LUBLIN | POL | K18-29 | 1 | K 21 | | | 00:13:47 | 00:27:50 | 00:44:10.70 | 8:50 | 6.8 |
| 65 | SZNAJDER TERESA | 117 | | RYBNIK | POL | K65-69 | 3 | K 22 | | | 00:14:24 | 00:29:16 | 00:44:17.85 | 8:51 | 6.8 |
| 66 | NIEDZIELSKA IZABELA | 98 | | CZARNA WIEŚ KOŚCIELNA | POL | K40-44 | 3 | K 23 | | | 00:14:42 | 00:29:37 | 00:44:27.95 | 8:53 | 6.7 |
| 67 | MŁYNARCZUK-SOKOŁOWSKA ANNA | 96 | | NOWODWORCE | POL | K40-44 | 4 | K 24 | | | 00:14:25 | 00:29:37 | 00:44:42.60 | 8:56 | 6.7 |
| 68 | SOCHOŃ NADIA | 112 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 5 | K 25 | | | 00:15:13 | 00:30:18 | 00:45:03.10 | 9:00 | 6.7 |
| 69 | KORSAK EDYTA | 86 | | WASILKÓW | POL | K55-59 | 3 | K 26 | | | 00:15:12 | 00:30:11 | 00:45:06.00 | 9:01 | 6.7 |
| 70 | MUDER IWONA | 97 | PUKS JEDYNKA | ŁOSICE | POL | K45-49 | 3 | K 27 | | | 00:14:34 | 00:29:52 | 00:45:17.65 | 9:03 | 6.6 |
| 71 | GEŚIEWSKA CELINA | 69 | | WASILKÓW | POL | K65-69 | 4 | K 28 | | | 00:14:56 | 00:30:05 | 00:45:27.85 | 9:05 | 6.6 |
| 72 | KIERMUT MONIKA | 82 | | WASILKÓW | POL | K30-39 | 3 | K 29 | | | 00:15:00 | 00:30:18 | 00:45:33.80 | 9:06 | 6.6 |
| 73 | BUDNY STANISŁAW | 59 | | OSTRÓW WLKP | POL | M-JUN. | 1 | M 44 | | | 00:15:10 | 00:30:30 | 00:45:33.90 | 9:06 | 6.6 |
| 74 | OLSZAŃSKI KAROL | 100 | PRUSZYŃSKI SPORT TEAM | KRAKÓW | POL | M45-49 | 6 | M 45 | | | 00:14:25 | 00:29:25 | 00:45:35.10 | 9:07 | 6.6 |
| 75 | KIJAS KAROLINA | 83 | KYOKUSHIN ZTEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 6 | K 30 | | | 00:14:18 | 00:30:58 | 00:45:37.65 | 9:07 | 6.6 |
| 76 | ARONOWICZ MAJA | 139 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 7 | K 31 | | | 00:14:44 | 00:30:21 | 00:45:40.25 | 9:08 | 6.6 |
| 77 | KLIMASZEWSKA EWA | 84 | KCJUROWCE | JUROWCE | POL | K45-49 | 4 | K 32 | | | 00:15:09 | 00:30:53 | 00:46:25.55 | 9:17 | 6.5 |
| 78 | SZNAJDER ZENON | 118 | | RYBNIK | POL | M70-74 | 6 | M 46 | | | 00:14:10 | 00:29:45 | 00:46:48.15 | 9:21 | 6.4 |
| 79 | PANKIEWICZ-DMOWSKA CECYLIA | 24 | WEJHEROWSKI KLUB NORDIC WALKING | GOWINO | POL | K75-79 | 1 | K 33 | | | 00:15:23 | 00:31:03 | 00:47:05.45 | 9:25 | 6.4 |
| 80 | ŚLUSARCZYK BŁAŻEJ | 124 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M-DZIECI | 4 | M 47 | | | 00:15:15 | 00:31:23 | 00:47:29.15 | 9:29 | 6.3 |
| 81 | SZYBUT ROMA | 119 | POTĘGA NORDICA | POTĘGOWO | POL | K40-44 | 5 | K 34 | | | 00:15:27 | 00:31:29 | 00:47:54.80 | 9:34 | 6.3 |
| 82 | HUKAŁOWICZ MAGDALENA | 76 | | WASILKÓW | POL | K40-44 | 6 | K 35 | | | 00:15:02 | 00:31:22 | 00:47:55.35 | 9:35 | 6.3 |
| 83 | BERESKA MAKSYMILIAN | 53 | NORDIC SPORT 2021 | NAKŁO ŚLĄSKIE | POL | M-DZIECI | 5 | M 48 | | | 00:15:52 | 00:32:19 | 00:48:27.15 | 9:41 | 6.2 |
| 84 | DOMISIEWICZ MAGDALENA | 67 | | SZPIETOWO | POL | K55-59 | 4 | K 36 | | | 00:15:57 | 00:32:29 | 00:49:18.80 | 9:51 | 6.1 |
| 85 | JUREK EWA | 78 | | WSTRZA | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 37 | | | 00:16:12 | 00:33:05 | 00:50:07.25 | 10:01 | 6 |
| 86 | KOZŁOWSKA BEATA | 87 | | WASILKÓW | POL | K50-54 | 3 | K 38 | | | 00:16:26 | 00:33:28 | 00:50:59.70 | 10:11 | 5.9 |
| 87 | TYMIŃSKA KATARZYNA | 128 | | WASILKÓW | POL | K55-59 | 5 | K 39 | 1 | | 00:16:58 | 00:34:40 | 00:52:54.95 | 10:34 | 5.7 |
| 88 | WANCZEWSKA MARIA | 129 | | WASILKÓW | POL | K60-64 | 3 | K 40 | | | 00:16:41 | 00:35:51 | 00:55:44.50 | 11:08 | 5.4 |
| 89 | SZYBUT MILENA | 121 | POTĘGA NORDICA | POTĘGOWO | POL | K-DZIECI | 8 | K 41 | | | 00:17:54 | 00:37:04 | 00:56:57.35 | 11:23 | 5.3 |
| 90 | KRETOWICZ DOMINIKA | 90 | | CHOROSZCZ | POL | K30-39 | 4 | K 42 | | | 00:18:24 | 00:37:57 | 00:57:08.45 | 11:25 | 5.3 |
| 91 | ŁODZIŃSKA ANNA | 93 | | CHOROSZCZ | POL | K30-39 | 5 | K 43 | 1 | | 00:18:25 | 00:38:00 | 00:57:10.55 | 11:26 | 5.2 |
| 92 | RADECKA KRYSZYNA | 199 | | BIAŁYSTOK | POL | K80+ | 1 | K 44 | | | 00:19:44 | 00:40:03 | 01:01:01.75 | 12:12 | 4.9 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żót. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------------------|-----|---------------------------------|-----------------------|------|-----------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | BIELECKA ZUZANNA | 54 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | K40-44 | 1 | K 1 | | | 00:11:06 | 00:22:21 | 00:33:51.10 | 6:46 | 8.9 |
| 2 | MAŚLANKA IWONA | 95 | NORDIC SPORT 2021 | ŚMIGIEL | POL | K50-54 | 1 | K 2 | | | 00:11:06 | 00:22:37 | 00:34:16.40 | 6:51 | 8.8 |
| 3 | OKRZESIK-FRĄCKOWIAK IZABELA | 99 | NORDIC SPORT 2021 | WIELEŃ | POL | K55-59 | 1 | K 3 | | | 00:11:40 | 00:23:35 | 00:35:27.65 | 7:05 | 8.5 |
| 4 | PASIŃSKA-SKOWRON SYLWIA | 102 | PRUSZYŃSKI SPORT TEAM | SZCZODRKOVICE | POL | K45-49 | 1 | K 4 | | | 00:12:26 | 00:24:55 | 00:37:17.65 | 7:27 | 8 |
| 5 | SZYBUT WERONIKA | 120 | POTĘGA NORDICA | POTĘGOWO | POL | K-JUN. | 1 | K 5 | | | 00:12:30 | 00:25:14 | 00:37:55.10 | 7:35 | 7.9 |
| 6 | HRYCIUK TERESA | 74 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | K60-64 | 1 | K 6 | | | 00:12:32 | 00:25:15 | 00:38:34.75 | 7:42 | 7.8 |
| 7 | PANKIEWICZ EWELINA | 200 | | | POL | K30-39 | 1 | K 7 | | | 00:12:29 | 00:25:42 | 00:38:56.70 | 7:47 | 7.7 |
| 8 | SZENDZIELORZ ILONA | 116 | PRUSZYŃSKI SPORT TEAM | RUDA ŚLĄSKA | POL | K65-69 | 1 | K 8 | 1 | | 00:12:57 | 00:26:02 | 00:39:18.20 | 7:51 | 7.6 |
| 9 | WILK IWONA | 131 | NORDIC SPORT 2021 | KATOWICE | POL | K45-49 | 2 | K 9 | | | 00:13:46 | 00:27:44 | 00:41:21.40 | 8:16 | 7.3 |
| 10 | BUJNOWSKA AMELIA | 60 | KS WASILKÓW | WASILKÓW | POL | K-DZIECI | 1 | K 10 | | | 00:14:11 | 00:28:21 | 00:41:24.80 | 8:16 | 7.2 |
| 11 | ŚWIENC ZUZANNA | 125 | UKS SET WASILKÓW | WASILKÓW | POL | K-DZIECI | 2 | K 11 | | | 00:14:09 | 00:28:22 | 00:41:25.00 | 8:17 | 7.2 |
| 12 | TOKARSKA JULIA | 127 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 3 | K 12 | | | 00:14:10 | 00:28:24 | 00:41:26.00 | 8:17 | 7.2 |
| 13 | BUJNOWSKA ADELA | 61 | KS WASILKÓW | WASILKÓW | POL | K-DZIECI | 4 | K 13 | | | 00:14:10 | 00:28:22 | 00:41:29.85 | 8:17 | 7.2 |
| 14 | LACHNIK GRAZYNA | 91 | | ARNSDORF | GER | K50-54 | 2 | K 14 | | | 00:13:50 | 00:27:50 | 00:41:46.75 | 8:21 | 7.2 |
| 15 | KALICKA ANNA | 80 | | BIALYSTOK | POL | K40-44 | 2 | K 15 | | | 00:14:01 | 00:27:53 | 00:41:51.85 | 8:22 | 7.2 |
| 16 | SMOLIŃSKA MAŁGORZATA | 111 | | BIALYSTOK | POL | K55-59 | 2 | K 16 | | | 00:13:33 | 00:27:39 | 00:42:03.10 | 8:24 | 7.1 |
| 17 | DOLATOWSKA ELŻBIETA | 66 | K.S. VICTORIA POTĘGOWO | INOWROCŁAW | POL | K60-64 | 2 | K 17 | | | 00:13:15 | 00:27:14 | 00:42:13.60 | 8:26 | 7.1 |
| 18 | ZIELIŃSKA BARBARA | 137 | PUKS JEDYNKA | ŁOSICE | POL | K65-69 | 2 | K 18 | | | 00:13:47 | 00:27:51 | 00:42:16.00 | 8:27 | 7.1 |
| 19 | CZERWIŃSKA ANNA | 62 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 19 | | | 00:13:43 | 00:28:22 | 00:42:40.45 | 8:32 | 7 |
| 20 | GORALEWSKA MARTA | 70 | GMINA WASILKÓW | WASILKÓW | POL | K30-39 | 2 | K 20 | | | 00:14:40 | 00:29:02 | 00:43:41.65 | 8:44 | 6.9 |
| 21 | SAPUŁA WIKTORIA | 109 | K.S. VICTORIA POTĘGOWO | LUBLIN | POL | K18-29 | 1 | K 21 | | | 00:13:47 | 00:27:50 | 00:44:10.70 | 8:50 | 6.8 |
| 22 | SZNAJDER TERESA | 117 | | RYBNIK | POL | K65-69 | 3 | K 22 | | | 00:14:24 | 00:29:16 | 00:44:17.85 | 8:51 | 6.8 |
| 23 | NIEDZIELSKA IZABELA | 98 | | CZARNA WIEŚ KOŚCIELNA | POL | K40-44 | 3 | K 23 | | | 00:14:42 | 00:29:37 | 00:44:27.95 | 8:53 | 6.7 |
| 24 | MŁYNARCZUK-SOKOŁOWSKA ANNA | 96 | | NOWODWORCE | POL | K40-44 | 4 | K 24 | | | 00:14:25 | 00:29:37 | 00:44:42.60 | 8:56 | 6.7 |
| 25 | SOCHOŃ NADIA | 112 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 5 | K 25 | | | 00:15:13 | 00:30:18 | 00:45:03.10 | 9:00 | 6.7 |
| 26 | KORSAK EDYTA | 86 | | WASILKÓW | POL | K55-59 | 3 | K 26 | | | 00:15:12 | 00:30:11 | 00:45:06.00 | 9:01 | 6.7 |
| 27 | MUDER IWONA | 97 | PUKS JEDYNKA | ŁOSICE | POL | K45-49 | 3 | K 27 | | | 00:14:34 | 00:29:52 | 00:45:17.65 | 9:03 | 6.6 |
| 28 | GEŚIEWSKA CELINA | 69 | | WASILKÓW | POL | K65-69 | 4 | K 28 | | | 00:14:56 | 00:30:05 | 00:45:27.85 | 9:05 | 6.6 |
| 29 | KIERMUT MONIKA | 82 | | WASILKÓW | POL | K30-39 | 3 | K 29 | | | 00:15:00 | 00:30:18 | 00:45:33.80 | 9:06 | 6.6 |
| 30 | KIJAS KAROLINA | 83 | KIOKUSHIN ZTEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 6 | K 30 | | | 00:14:18 | 00:30:58 | 00:45:37.65 | 9:07 | 6.6 |
| 31 | ARONOWICZ MAJA | 139 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 7 | K 31 | | | 00:14:44 | 00:30:21 | 00:45:40.25 | 9:08 | 6.6 |
| 32 | KLIMASZEWSKA EWA | 84 | KCJUROWCE | JUROWCE | POL | K45-49 | 4 | K 32 | | | 00:15:09 | 00:30:53 | 00:46:25.55 | 9:17 | 6.5 |
| 33 | PANKIEWICZ-DMOWSKA CECYLIA | 24 | WEJHEROWSKI KLUB NORDIC WALKING | GOWINO | POL | K75-79 | 1 | K 33 | | | 00:15:23 | 00:31:03 | 00:47:05.45 | 9:25 | 6.4 |
| 34 | SZYBUT ROMA | 119 | POTĘGA NORDICA | POTĘGOWO | POL | K40-44 | 5 | K 34 | | | 00:15:27 | 00:31:29 | 00:47:54.80 | 9:34 | 6.3 |
| 35 | HUKAŁOWICZ MAGDALENA | 76 | | WASILKÓW | POL | K40-44 | 6 | K 35 | | | 00:15:02 | 00:31:22 | 00:47:55.35 | 9:35 | 6.3 |
| 36 | DOMISIEWICZ MAGDALENA | 67 | | SZEPietOWO | POL | K55-59 | 4 | K 36 | | | 00:15:57 | 00:32:29 | 00:49:18.80 | 9:51 | 6.1 |
| 37 | JUREK EWA | 78 | | WESTRZA | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 37 | | | 00:16:12 | 00:33:05 | 00:50:07.25 | 10:01 | 6 |
| 38 | KOZŁOWSKA BEATA | 87 | | WASILKÓW | POL | K50-54 | 3 | K 38 | | | 00:16:26 | 00:33:28 | 00:50:59.70 | 10:11 | 5.9 |
| 39 | TYMIŃSKA KATARZYNA | 128 | | WASILKÓW | POL | K55-59 | 5 | K 39 | 1 | | 00:16:58 | 00:34:40 | 00:52:54.95 | 10:34 | 5.7 |
| 40 | WANCZEWSKA MARIA | 129 | | WASILKÓW | POL | K60-64 | 3 | K 40 | | | 00:16:41 | 00:35:51 | 00:55:44.50 | 11:08 | 5.4 |
| 41 | SZYBUT MILENA | 121 | POTĘGA NORDICA | POTĘGOWO | POL | K-DZIECI | 8 | K 41 | | | 00:17:54 | 00:37:04 | 00:56:57.35 | 11:23 | 5.3 |
| 42 | KRETOWICZ DOMINIKA | 90 | | CHOROSZCZ | POL | K30-39 | 4 | K 42 | | | 00:18:24 | 00:37:57 | 00:57:08.45 | 11:25 | 5.3 |
| 43 | ŁODZIŃSKA ANNA | 93 | | CHOROSZCZ | POL | K30-39 | 5 | K 43 | 1 | | 00:18:25 | 00:38:00 | 00:57:10.55 | 11:26 | 5.2 |
| 44 | RADECKA KRYSZYNA | 199 | | BIALYSTOK | POL | K80+ | 1 | K 44 | | | 00:19:44 | 00:40:03 | 01:01:01.75 | 12:12 | 4.9 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------------|--------------------------|------|--------------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | MARCZAK TOMASZ | 94 | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA I | POL | M18-29 | 1 | M 1 | | | 00:09:33 | 00:19:41 | 00:29:39.45 | 5:55 | 10.1 |
| 2 | WITUCCI JACEK | 134 | K.S. VICTORIA POTĘGOWO | POZNAŃ | POL | M50-54 | 1 | M 2 | | | 00:09:38 | 00:19:42 | 00:29:47.60 | 5:57 | 10.1 |
| 3 | STĘPAK PIOTR | 115 | K.S. VICTORIA POTĘGOWO | TARNÓW | POL | M18-29 | 2 | M 3 | | | 00:09:47 | 00:20:19 | 00:30:42.00 | 6:08 | 9.8 |
| 4 | KABATA JAROSŁAW | 79 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | M50-54 | 2 | M 4 | | | 00:10:02 | 00:20:57 | 00:31:22.95 | 6:16 | 9.6 |
| 5 | ZDANOWICZ ARKADIUSZ | 136 | K.S. VICTORIA POTĘGOWO | STANISŁAWÓW | POL | M45-49 | 1 | M 5 | | | 00:10:02 | 00:20:37 | 00:31:23.15 | 6:16 | 9.6 |
| 6 | FRĄCKOWIAK ROMAN | 68 | NORDIC SPORT 2021 | WIELEŃ | POL | M55-59 | 1 | M 6 | | | 00:10:30 | 00:21:28 | 00:32:50.70 | 6:34 | 9.1 |
| 7 | HAŁAS MARCIN | 72 | PRUSZYŃSKI SPORT TEAM | CZECHOWICE-DZIEDZI CE | POL | M30-39 | 1 | M 7 | | | 00:10:45 | 00:21:57 | 00:33:27.60 | 6:41 | 9 |
| 8 | DERUS JAKUB | 64 | KATOWICKI NORDIC WALKING | KATOWICE | POL | M40-44 | 1 | M 8 | | | 00:10:40 | 00:22:05 | 00:33:37.95 | 6:43 | 8.9 |
| 9 | HELWICH STEFAN | 73 | KGHM METRACO POLKOWICE | WIELEN | POL | M65-69 | 1 | M 9 | | | 00:11:07 | 00:22:42 | 00:34:16.85 | 6:51 | 8.8 |
| 10 | KRAKOWSKI JERZY PIOTR | 88 | PTG SOKÓŁ 1893 MIELEC | MIELEC | POL | M60-64 | 1 | M 10 | | | 00:11:14 | 00:22:54 | 00:34:26.15 | 6:53 | 8.7 |
| 11 | BREWKA JOACHIM | 56 | NORDIC SPORT 2021 | LUBLINIEC | POL | M55-59 | 2 | M 11 | 1 | | 00:11:28 | 00:23:06 | 00:34:42.50 | 6:56 | 8.6 |
| 12 | STEFANIAK KRZYSZTOF | 114 | KATOWICKI NORDIC WALKING | SOSNOWIEC | POL | M65-69 | 2 | M 12 | | | 00:11:06 | 00:22:41 | 00:34:46.55 | 6:57 | 8.6 |
| 13 | WIŚNIEWSKI MARIUSZ | 132 | NW CZŁAPSKI TEAM | ŁYSE | POL | M50-54 | 3 | M 13 | | | 00:11:36 | 00:23:29 | 00:35:04.80 | 7:00 | 8.6 |
| 14 | PUKSZTA KRZYSIEK | 105 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-44 | 2 | M 14 | | | 00:11:26 | 00:23:30 | 00:35:44.90 | 7:08 | 8.4 |
| 15 | BREW CZYŃSKI MARCIN | 55 | NW CZŁAPSKI TEAM | ŁYSE | POL | M30-39 | 2 | M 15 | | | 00:11:22 | 00:23:28 | 00:36:05.00 | 7:13 | 8.3 |
| 16 | HRYCIUK WALDEMAR | 75 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | M65-69 | 3 | M 16 | | | 00:11:34 | 00:23:43 | 00:36:10.70 | 7:14 | 8.3 |
| 17 | CHYRA JERZY | 197 | NORDIC SPORT 2021 | LUBLINIEC | POL | M45-49 | 2 | M 17 | | | 00:11:56 | 00:24:14 | 00:36:40.20 | 7:20 | 8.2 |
| 18 | ŻYTKOWSKI ANDRZEJ | 198 | TKKF KRZNA | | POL | M60-64 | 2 | M 18 | | | 00:12:07 | 00:24:17 | 00:36:40.70 | 7:20 | 8.2 |
| 19 | GRUSZKA MICHAŁ | 71 | NORDIC SPORT 2021 | LUBLINIEC | POL | M45-49 | 3 | M 19 | | | 00:11:57 | 00:24:16 | 00:36:40.80 | 7:20 | 8.2 |
| 20 | KLIMASZEWski BOGDAN | 85 | KCJUROWCE | JUROWCE | POL | M45-49 | 4 | M 20 | | | 00:12:08 | 00:24:23 | 00:36:50.15 | 7:22 | 8.1 |
| 21 | LACHNIK HUBERT | 92 | | ARNSDORF | GER | M70-74 | 1 | M 21 | | | 00:12:14 | 00:24:30 | 00:36:51.65 | 7:22 | 8.1 |
| 22 | RAZIN ROBERT | 106 | | KRASNOPOL | POL | M60-64 | 3 | M 22 | | | 00:11:59 | 00:24:29 | 00:36:53.10 | 7:22 | 8.1 |
| 23 | CZMOCH MARIAN | 63 | NORDIC SPORT 2021 | ŁOSICE | POL | M70-74 | 2 | M 23 | | | 00:12:14 | 00:24:34 | 00:37:12.35 | 7:26 | 8.1 |
| 24 | ADAMCZYK BOGDAN | 51 | BASZTA BYTÓW | BYTÓW | POL | M50-54 | 4 | M 24 | | | 00:12:03 | 00:24:47 | 00:37:41.00 | 7:32 | 8 |
| 25 | BUDNY FRANCISZEK | 58 | | OSTRÓW WLKP | POL | M-DZIECI | 1 | M 25 | | | 00:12:13 | 00:24:56 | 00:37:44.45 | 7:32 | 8 |
| 26 | PODSIADŁY STANISŁAW | 103 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | M65-69 | 4 | M 26 | 2 | | 00:11:37 | 00:24:18 | 00:37:46.15 | 7:33 | 7.9 |
| 27 | ŚLUSARCZYK GRZEGORZ | 123 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | 5 | M 27 | | | 00:12:20 | 00:25:19 | 00:37:52.50 | 7:34 | 7.9 |
| 28 | WIŚNIEWSKI JULIAN | 133 | SP ŁYSE | ŁYSE | POL | M-DZIECI | 2 | M 28 | | | 00:12:11 | 00:24:55 | 00:38:14.10 | 7:38 | 7.8 |
| 29 | KARASEWICZ ŁUKASZ | 81 | GMINA WASILKÓW | WASILKÓW | POL | M30-39 | 3 | M 29 | | | 00:12:16 | 00:24:51 | 00:38:19.60 | 7:39 | 7.8 |
| 30 | RUSINOWICZ ANDRZEJ | 107 | FABRYKA NORDICA TRZCIANKA | PIŁA | POL | M75-79 | 1 | M 30 | | | 00:12:25 | 00:25:23 | 00:38:21.25 | 7:40 | 7.8 |
| 31 | ŚLUSARCZYK ANDRZEJ | 122 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70-74 | 3 | M 31 | | | 00:12:26 | 00:25:37 | 00:39:08.15 | 7:49 | 7.7 |
| 32 | RZEPECKI SŁAWOMIR | 108 | | MAKÓW MAZOWIECKI | POL | M50-54 | 5 | M 32 | | | 00:12:45 | 00:26:10 | 00:39:41.05 | 7:56 | 7.6 |
| 33 | JAKUBOWSKI ZBIGNIEW | 77 | | BIALYSTOK | POL | M70-74 | 4 | M 33 | | | 00:13:14 | 00:26:42 | 00:40:10.50 | 8:02 | 7.5 |
| 34 | PALUCH PAWEŁ | 101 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 3 | M 34 | | | 00:13:08 | 00:26:47 | 00:40:26.85 | 8:05 | 7.4 |
| 35 | WANDTKE ANTONI | 130 | | REDA | POL | M70-74 | 5 | M 35 | | | 00:13:12 | 00:26:39 | 00:40:36.10 | 8:07 | 7.4 |
| 36 | KRAKOWSKI IGOR | 89 | PTG SOKÓŁ 1893 MIELEC | MIELEC | POL | M-DZIECI | 3 | M 36 | | | 00:13:04 | 00:26:57 | 00:40:42.90 | 8:08 | 7.4 |
| 37 | SOKOŁOWSKI MARIUSZ | 113 | | NOWODWORCE | POL | M40-44 | 3 | M 37 | | | 00:13:57 | 00:27:45 | 00:41:29.55 | 8:17 | 7.2 |
| 38 | BUDNY SŁAWOMIR | 57 | | OSTRÓW WLKP | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 38 | | | 00:13:53 | 00:27:46 | 00:41:42.50 | 8:20 | 7.2 |
| 39 | POGORZELSKI KAMIL | 104 | | BIALYSTOK | POL | M18-29 | 3 | M 39 | | | 00:13:37 | 00:27:39 | 00:42:17.10 | 8:27 | 7.1 |
| 40 | THOMALLA BOGDAN | 126 | NORDIC SPORT 2021 | ZABRZE | POL | M80+ | 1 | M 40 | | | 00:14:06 | 00:28:07 | 00:42:26.45 | 8:29 | 7.1 |
| 41 | SAWICKI PRZEMEK | 110 | KCJUROWCE | JUROWCE | POL | M30-39 | 4 | M 41 | | | 00:14:27 | 00:28:18 | 00:42:39.25 | 8:31 | 7 |
| 42 | ZIELIŃSKI RYSZARD | 138 | PUKS JEDYNKA | ŁOSICE | POL | M65-69 | 5 | M 42 | | | 00:14:06 | 00:29:00 | 00:43:34.90 | 8:42 | 6.9 |
| 43 | ADAMOWICZ ANDRZEJ | 52 | | ŁÓDŹ | POL | M75-79 | 2 | M 43 | | | 00:14:27 | 00:29:02 | 00:43:48.50 | 8:45 | 6.8 |
| 44 | BUDNY STANISŁAW | 59 | | OSTRÓW WLKP | POL | M-JUN. | 1 | M 44 | | | 00:15:10 | 00:30:30 | 00:45:33.90 | 9:06 | 6.6 |
| 45 | OLSZAŃSKI KAROL | 100 | PRUSZYŃSKI SPORT TEAM | KRAKÓW | POL | M45-49 | 6 | M 45 | | | 00:14:25 | 00:29:25 | 00:45:35.10 | 9:07 | 6.6 |
| 46 | SZNAJDER ZENON | 118 | | RYBNIK | POL | M70-74 | 6 | M 46 | | | 00:14:10 | 00:29:45 | 00:46:48.15 | 9:21 | 6.4 |
| 47 | ŚLUSARCZYK BŁAŻEJ | 124 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M-DZIECI | 4 | M 47 | | | 00:15:15 | 00:31:23 | 00:47:29.15 | 9:29 | 6.3 |
| 48 | BERESKA MAKSYMILIAN | 53 | NORDIC SPORT 2021 | NAKŁO ŚLĄSKIE | POL | M-DZIECI | 5 | M 48 | | | 00:15:52 | 00:32:19 | 00:48:27.15 | 9:41 | 6.2 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, K-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|----|------------------|-----------|------|--------------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | CZERWIŃSKA ANNA | 62 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 19 | | | 00:13:43 | 00:28:22 | 00:42:40.45 | 8:32 | 7 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, K-Niepełnosprawni(B) c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|----|------|-----------|------|----------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 2 | JUREK EWA | 78 | | WESTRZA | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 37 | | | 00:16:12 | 00:33:05 | 00:50:07.25 | 10:01 | 6 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, M-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|----|------|-------------|------|----------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | BUDNY SŁAWOMIR | 57 | | OSTRÓW WLKP | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 38 | | | 00:13:53 | 00:27:46 | 00:41:42.50 | 8:20 | 7.2 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, K-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|------------------|-----|--------------------------|-----------|------|----------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | BUJNOWSKA AMELIA | 60 | KS WASILKÓW | WASILKÓW | POL | K-DZIECI | 1 | K 10 | | | 00:14:11 | 00:28:21 | 00:41:24.80 | 8:16 | 7.2 |
| 2 | ŚWIENC ZUZANNA | 125 | UKS SET WASILKÓW | WASILKÓW | POL | K-DZIECI | 2 | K 11 | | | 00:14:09 | 00:28:22 | 00:41:25.00 | 8:17 | 7.2 |
| 3 | TOKARSKA JULIA | 127 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 3 | K 12 | | | 00:14:10 | 00:28:24 | 00:41:26.00 | 8:17 | 7.2 |
| 4 | BUJNOWSKA ADELA | 61 | KS WASILKÓW | WASILKÓW | POL | K-DZIECI | 4 | K 13 | | | 00:14:10 | 00:28:22 | 00:41:29.85 | 8:17 | 7.2 |
| 5 | SOCHOŃ NADIA | 112 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 5 | K 25 | | | 00:15:13 | 00:30:18 | 00:45:03.10 | 9:00 | 6.7 |
| 6 | KIJAS KAROLINA | 83 | KIOKUSHIN ZTEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 6 | K 30 | | | 00:14:18 | 00:30:58 | 00:45:37.65 | 9:07 | 6.6 |
| 7 | ARONOWICZ MAJA | 139 | KYOKUSHIN TEAM WASILKÓW | WASILKÓW | POL | K-DZIECI | 7 | K 31 | | | 00:14:44 | 00:30:21 | 00:45:40.25 | 9:08 | 6.6 |
| 8 | SZYBUT MILENA | 121 | POTĘGA NORDICA | POTĘGOWO | POL | K-DZIECI | 8 | K 41 | | | 00:17:54 | 00:37:04 | 00:56:57.35 | 11:23 | 5.3 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, M-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|---------------------|-----|-----------------------|---------------|------|----------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | BUDNY FRANCISZEK | 58 | | OSTRÓW WLKP | POL | M-DZIECI | 1 | M 25 | | | 00:12:13 | 00:24:56 | 00:37:44.45 | 7:32 | 8 |
| 2 | WIŚNIEWSKI JULIAN | 133 | SP ŁYSE | ŁYSE | POL | M-DZIECI | 2 | M 28 | | | 00:12:11 | 00:24:55 | 00:38:14.10 | 7:38 | 7.8 |
| 3 | KRAKOWSKI IGOR | 89 | PTG SOKÓŁ 1893 MIELEC | MIELEC | POL | M-DZIECI | 3 | M 36 | | | 00:13:04 | 00:26:57 | 00:40:42.90 | 8:08 | 7.4 |
| 4 | ŚLUSARCZYK BŁAŻEJ | 124 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M-DZIECI | 4 | M 47 | | | 00:15:15 | 00:31:23 | 00:47:29.15 | 9:29 | 6.3 |
| 5 | BERESKA MAKSYMILIAN | 53 | NORDIC SPORT 2021 | NAKŁO ŚLĄSKIE | POL | M-DZIECI | 5 | M 48 | | | 00:15:52 | 00:32:19 | 00:48:27.15 | 9:41 | 6.2 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, K-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|-----|----------------|-----------|------|--------|--------|-----|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | SZYBUT WERONIKA | 120 | POTĘGA NORDICA | POTĘGOWO | POL | K-JUN. | 1 | K 5 | | | 00:12:30 | 00:25:14 | 00:37:55.10 | 7:35 | 7.9 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, M-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|----|------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | BUDNY STANISŁAW | 59 | | OSTRÓW WLKP | POL | M-JUN. | 1 | M 44 | | | 00:15:10 | 00:30:30 | 00:45:33.90 | 9:06 | 6.6 |

ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|-----|------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | SAPUŁA WIKTORIA | 109 | K.S. VICTORIA POTĘGOWO | LUBLIN | POL | K18-29 | 1 | K 21 | | | 00:13:47 | 00:27:50 | 00:44:10.70 | 8:50 | 6.8 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-------------------|-----|------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | MARCZAK TOMASZ | 94 | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA I | POL | M18-29 | 1 | M 1 | | | 00:09:33 | 00:19:41 | 00:29:39.45 | 5:55 | 10.1 |
| 2 | STĘPAK PIOTR | 115 | K.S. VICTORIA POTĘGOWO | TARNÓW | POL | M18-29 | 2 | M 3 | | | 00:09:47 | 00:20:19 | 00:30:42.00 | 6:08 | 9.8 |
| 3 | POGORZELSKI KAMIL | 104 | | BIAŁYSTOK | POL | M18-29 | 3 | M 39 | | | 00:13:37 | 00:27:39 | 00:42:17.10 | 8:27 | 7.1 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|--------------------|-----|----------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | PANKIEWICZ EWELINA | 200 | | | POL | K30-39 | 1 | K 7 | | | 00:12:29 | 00:25:42 | 00:38:56.70 | 7:47 | 7.7 |
| 2 | GORALEWSKA MARTA | 70 | GMINA WASILKÓW | WASILKÓW | POL | K30-39 | 2 | K 20 | | | 00:14:40 | 00:29:02 | 00:43:41.65 | 8:44 | 6.9 |
| 3 | KIERMUT MONIKA | 82 | | WASILKÓW | POL | K30-39 | 3 | K 29 | | | 00:15:00 | 00:30:18 | 00:45:33.80 | 9:06 | 6.6 |
| 4 | KRETOWICZ DOMINIKA | 90 | | CHOROSZCZ | POL | K30-39 | 4 | K 42 | | | 00:18:24 | 00:37:57 | 00:57:08.45 | 11:25 | 5.3 |
| 5 | ŁODZIŃSKA ANNA | 93 | | CHOROSZCZ | POL | K30-39 | 5 | K 43 | 1 | | 00:18:25 | 00:38:00 | 00:57:10.55 | 11:26 | 5.2 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-------------------|-----|-----------------------|--------------------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | HAŁAS MARCIN | 72 | PRUSZYŃSKI SPORT TEAM | CZECHOWICE-DZIEDZI CE | POL | M30-39 | 1 | M 7 | | | 00:10:45 | 00:21:57 | 00:33:27.60 | 6:41 | 9 |
| 2 | BREWZYŃSKI MARCIN | 55 | NW CZŁAPSKI TEAM | ŁYSE | POL | M30-39 | 2 | M 15 | | | 00:11:22 | 00:23:28 | 00:36:05.00 | 7:13 | 8.3 |
| 3 | KARASEWICZ ŁUKASZ | 81 | GMINA WASILKÓW | WASILKÓW | POL | M30-39 | 3 | M 29 | | | 00:12:16 | 00:24:51 | 00:38:19.60 | 7:39 | 7.8 |
| 4 | SAWICKI PRZEMEK | 110 | KCJUROWCE | JUROWCE | POL | M30-39 | 4 | M 41 | | | 00:14:27 | 00:28:18 | 00:42:39.25 | 8:31 | 7 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|--------------------------------|-----|------------------------|--------------------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | BIELECKA ZUZANNA | 54 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | K40-44 | 1 | K 1 | | | 00:11:06 | 00:22:21 | 00:33:51.10 | 6:46 | 8.9 |
| 2 | KALICKA ANNA | 80 | | BIAŁYSTOK | POL | K40-44 | 2 | K 15 | | | 00:14:01 | 00:27:53 | 00:41:51.85 | 8:22 | 7.2 |
| 3 | NIEDZIŁSKA IZABELA | 98 | | CZARNA WIEŚ KOŚCIELNA | POL | K40-44 | 3 | K 23 | | | 00:14:42 | 00:29:37 | 00:44:27.95 | 8:53 | 6.7 |
| 4 | MŁYNARCZUK-SOKOŁOWSK A ANNA | 96 | | NOWODWORCE | POL | K40-44 | 4 | K 24 | | | 00:14:25 | 00:29:37 | 00:44:42.60 | 8:56 | 6.7 |
| 5 | SZYBUT ROMA | 119 | POTĘGA NORDICA | POTĘGOWO | POL | K40-44 | 5 | K 34 | | | 00:15:27 | 00:31:29 | 00:47:54.80 | 9:34 | 6.3 |
| 6 | HUKAŁOWICZ MAGDALENA | 76 | | WASILKÓW | POL | K40-44 | 6 | K 35 | | | 00:15:02 | 00:31:22 | 00:47:55.35 | 9:35 | 6.3 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | DERUS JAKUB | 64 | KATOWICKI NORDIC WALKING | KATOWICE | POL | M40-44 | 1 | M 8 | | | 00:10:40 | 00:22:05 | 00:33:37.95 | 6:43 | 8.9 |
| 2 | PUKSZTA KRZYSIEK | 105 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-44 | 2 | M 14 | | | 00:11:26 | 00:23:30 | 00:35:44.90 | 7:08 | 8.4 |
| 3 | SOKOŁOWSKI MARIUSZ | 113 | | NOWODWORCE | POL | M40-44 | 3 | M 37 | | | 00:13:57 | 00:27:45 | 00:41:29.55 | 8:17 | 7.2 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|----------------------------|-----|-----------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | PASIŃSKA-SKOWRON SYLWIA | 102 | PRUSZYŃSKI SPORT TEAM | SZCZODRZKOWICE | POL | K45-49 | 1 | K 4 | | | 00:12:26 | 00:24:55 | 00:37:17.65 | 7:27 | 8 |
| 2 | WILK IWONA | 131 | NORDIC SPORT 2021 | KATOWICE | POL | K45-49 | 2 | K 9 | | | 00:13:46 | 00:27:44 | 00:41:21.40 | 8:16 | 7.3 |
| 3 | MUDER IWONA | 97 | PUKS JEDYNKA | ŁOSICE | POL | K45-49 | 3 | K 27 | | | 00:14:34 | 00:29:52 | 00:45:17.65 | 9:03 | 6.6 |
| 4 | KLIMASZEWSKA EWA | 84 | KCJUROWCE | JUROWCE | POL | K45-49 | 4 | K 32 | | | 00:15:09 | 00:30:53 | 00:46:25.55 | 9:17 | 6.5 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|---------------------|-----|------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | ZDANOWICZ ARKADIUSZ | 136 | K.S. VICTORIA POTĘGOWO | STANISŁAWÓW | POL | M45-49 | 1 | M 5 | | | 00:10:02 | 00:20:37 | 00:31:23.15 | 6:16 | 9.6 |
| 2 | CHYRA JERZY | 197 | NORDIC SPORT 2021 | LUBLINIEC | POL | M45-49 | 2 | M 17 | | | 00:11:56 | 00:24:14 | 00:36:40.20 | 7:20 | 8.2 |
| 3 | GRUSZKA MICHAŁ | 71 | NORDIC SPORT 2021 | LUBLINIEC | POL | M45-49 | 3 | M 19 | | | 00:11:57 | 00:24:16 | 00:36:40.80 | 7:20 | 8.2 |
| 4 | KLIMASZEWSKI BOGDAN | 85 | KCJUROWCE | JUROWCE | POL | M45-49 | 4 | M 20 | | | 00:12:08 | 00:24:23 | 00:36:50.15 | 7:22 | 8.1 |
| 5 | ŚLUSARCZYK GRZEGORZ | 123 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | 5 | M 27 | | | 00:12:20 | 00:25:19 | 00:37:52.50 | 7:34 | 7.9 |
| 6 | OLSZAŃSKI KAROL | 100 | PRUSZYŃSKI SPORT TEAM | KRAKÓW | POL | M45-49 | 6 | M 45 | | | 00:14:25 | 00:29:25 | 00:45:35.10 | 9:07 | 6.6 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|----|-------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | MĄSLANKA IWONA | 95 | NORDIC SPORT 2021 | ŚMIGIEL | POL | K50-54 | 1 | K 2 | | | 00:11:06 | 00:22:37 | 00:34:16.40 | 6:51 | 8.8 |
| 2 | LACHNIK GRAZYNA | 91 | | ARNSDORF | GER | K50-54 | 2 | K 14 | | | 00:13:50 | 00:27:50 | 00:41:46.75 | 8:21 | 7.2 |
| 3 | KOZŁOWSKA BEATA | 87 | | WASILKÓW | POL | K50-54 | 3 | K 38 | | | 00:16:26 | 00:33:28 | 00:50:59.70 | 10:11 | 5.9 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|--------------------|-----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | WITUCKI JACEK | 134 | K.S. VICTORIA POTĘGOWO | POZNAŃ | POL | M50-54 | 1 | M 2 | | | 00:09:38 | 00:19:42 | 00:29:47.60 | 5:57 | 10.1 |
| 2 | KABATA JAROSŁAW | 79 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | M50-54 | 2 | M 4 | | | 00:10:02 | 00:20:57 | 00:31:22.95 | 6:16 | 9.6 |
| 3 | WIŚNIEWSKI MARIUSZ | 132 | NW CZŁAPSKI TEAM | ŁYSE | POL | M50-54 | 3 | M 13 | | | 00:11:36 | 00:23:29 | 00:35:04.80 | 7:00 | 8.6 |
| 4 | ADAMCZYK BOGDAN | 51 | BASZTA BYTÓW | BYTÓW | POL | M50-54 | 4 | M 24 | | | 00:12:03 | 00:24:47 | 00:37:41.00 | 7:32 | 8 |
| 5 | RZEPECKI SŁAWOMIR | 108 | | MAKÓW MAZOWIECKI | POL | M50-54 | 5 | M 32 | | | 00:12:45 | 00:26:10 | 00:39:41.05 | 7:56 | 7.6 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------------------|-----|-------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | OKRZESIK-FRĄCKOWIAK IZABELA | 99 | NORDIC SPORT 2021 | WIELEŃ | POL | K55-59 | 1 | K 3 | | | 00:11:40 | 00:23:35 | 00:35:27.65 | 7:05 | 8.5 |
| 2 | SMOLIŃSKA MAŁGORZATA | 111 | | BIALYSTOK | POL | K55-59 | 2 | K 16 | | | 00:13:33 | 00:27:39 | 00:42:03.10 | 8:24 | 7.1 |
| 3 | KORSAK EDYTA | 86 | | WASILKÓW | POL | K55-59 | 3 | K 26 | | | 00:15:12 | 00:30:11 | 00:45:06.00 | 9:01 | 6.7 |
| 4 | DOMISIEWICZ MAGDALENA | 67 | | SZEPietowo | POL | K55-59 | 4 | K 36 | | | 00:15:57 | 00:32:29 | 00:49:18.80 | 9:51 | 6.1 |
| 5 | TYMIŃSKA KATARZYNA | 128 | | WASILKÓW | POL | K55-59 | 5 | K 39 | 1 | | 00:16:58 | 00:34:40 | 00:52:54.95 | 10:34 | 5.7 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|------------------|-----|-----------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | FRĄCKOWIAK ROMAN | 68 | NORDIC SPORT 2021 | WIELEŃ | POL | M55-59 | 1 | M 6 | | | 00:10:30 | 00:21:28 | 00:32:50.70 | 6:34 | 9.1 |
| 2 | BREWKA JOACHIM | 56 | NORDIC SPORT 2021 | LUBLINIEC | POL | M55-59 | 2 | M 11 | 1 | | 00:11:28 | 00:23:06 | 00:34:42.50 | 6:56 | 8.6 |
| 3 | PALUCH PAWEŁ | 101 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 3 | M 34 | | | 00:13:08 | 00:26:47 | 00:40:26.85 | 8:05 | 7.4 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|---------------------|-----|------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | HRYCIUK TERESA | 74 | K.S. VICTORIA POTĘGOWO | BIALĄ PODLASKA | POL | K60-64 | 1 | K 6 | | | 00:12:32 | 00:25:15 | 00:38:34.75 | 7:42 | 7.8 |
| 2 | DOLATOWSKA ELŻBIETA | 66 | K.S. VICTORIA POTĘGOWO | INOWROCŁAW | POL | K60-64 | 2 | K 17 | | | 00:13:15 | 00:27:14 | 00:42:13.60 | 8:26 | 7.1 |
| 3 | WANCZEWSKA MARIA | 129 | | WASILKÓW | POL | K60-64 | 3 | K 40 | | | 00:16:41 | 00:35:51 | 00:55:44.50 | 11:08 | 5.4 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------------|-----|-----------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | KRAKOWSKI JERZY PIOTR | 88 | PTG SOKÓŁ 1893 MIELEC | MIELEC | POL | M60-64 | 1 | M 10 | | | 00:11:14 | 00:22:54 | 00:34:26.15 | 6:53 | 8.7 |
| 2 | ŻYTKOWSKI ANDRZEJ | 198 | TKKF KRZNA | | POL | M60-64 | 2 | M 18 | | | 00:12:07 | 00:24:17 | 00:36:40.70 | 7:20 | 8.2 |
| 3 | RAZIN ROBERT | 106 | | KRASNOPOL | POL | M60-64 | 3 | M 22 | | | 00:11:59 | 00:24:29 | 00:36:53.10 | 7:22 | 8.1 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|--------------------|-----|-----------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | SZENDZIELORZ ILONA | 116 | PRUSZYŃSKI SPORT TEAM | RUDA ŚLĄSKA | POL | K65-69 | 1 | K 8 | 1 | | 00:12:57 | 00:26:02 | 00:39:18.20 | 7:51 | 7.6 |
| 2 | ZIELIŃSKA BARBARA | 137 | PUKS JEDYNKA | ŁOSICE | POL | K65-69 | 2 | K 18 | | | 00:13:47 | 00:27:51 | 00:42:16.00 | 8:27 | 7.1 |
| 3 | SZNAJDER TERESA | 117 | | RYBNIK | POL | K65-69 | 3 | K 22 | | | 00:14:24 | 00:29:16 | 00:44:17.85 | 8:51 | 6.8 |
| 4 | GEŚIEWSKA CELINA | 69 | | WASILKÓW | POL | K65-69 | 4 | K 28 | | | 00:14:56 | 00:30:05 | 00:45:27.85 | 9:05 | 6.6 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | HELWICH STEFAN | 73 | KGHM METRACO POLKOWICE | WIELEN | POL | M65-69 | 1 | M 9 | | | 00:11:07 | 00:22:42 | 00:34:16.85 | 6:51 | 8.8 |
| 2 | STEFANIAK KRZYSZTOF | 114 | KATOWICKI NORDIC WALKING | SOSNOWIEC | POL | M65-69 | 2 | M 12 | | | 00:11:06 | 00:22:41 | 00:34:46.55 | 6:57 | 8.6 |
| 3 | HRYCIUK WALDEMAR | 75 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL | M65-69 | 3 | M 16 | | | 00:11:34 | 00:23:43 | 00:36:10.70 | 7:14 | 8.3 |
| 4 | PODSIADŁY STANISŁAW | 103 | K.S. VICTORIA POTĘGOWO | WARSZAWA | POL | M65-69 | 4 | M 26 | 2 | | 00:11:37 | 00:24:18 | 00:37:46.15 | 7:33 | 7.9 |
| 5 | ZIELIŃSKI RYSZARD | 138 | PUKS JEDYNKA | ŁOSICE | POL | M65-69 | 5 | M 42 | | | 00:14:06 | 00:29:00 | 00:43:34.90 | 8:42 | 6.9 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M70-74

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | LACHNIK HUBERT | 92 | | ARNSDORF | GER | M70-74 | 1 | M 21 | | | 00:12:14 | 00:24:30 | 00:36:51.65 | 7:22 | 8.1 |
| 2 | CZMOCH MARIAN | 63 | NORDIC SPORT 2021 | ŁOSICE | POL | M70-74 | 2 | M 23 | | | 00:12:14 | 00:24:34 | 00:37:12.35 | 7:26 | 8.1 |
| 3 | ŚLUSARCZYK ANDRZEJ | 122 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70-74 | 3 | M 31 | | | 00:12:26 | 00:25:37 | 00:39:08.15 | 7:49 | 7.7 |
| 4 | JAKUBOWSKI ZBIGNIEW | 77 | | BIALYSTOK | POL | M70-74 | 4 | M 33 | | | 00:13:14 | 00:26:42 | 00:40:10.50 | 8:02 | 7.5 |
| 5 | WANDTKE ANTONI | 130 | | REDA | POL | M70-74 | 5 | M 35 | | | 00:13:12 | 00:26:39 | 00:40:36.10 | 8:07 | 7.4 |
| 6 | SZNAJDER ZENON | 118 | | RYBNIK | POL | M70-74 | 6 | M 46 | | | 00:14:10 | 00:29:45 | 00:46:48.15 | 9:21 | 6.4 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K75-79

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-------------------------------|----|------------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | PANKIEWICZ-DMOWSKA CECYLIA | 24 | WEJHEROWSKI KLUB NORDIC WALKING | GOWINO | POL | K75-79 | 1 | K 33 | | | 00:15:23 | 00:31:03 | 00:47:05.45 | 9:25 | 6.4 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M75-79

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|--------------------|-----|---------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | RUSINOWICZ ANDRZEJ | 107 | FABRYKA NORDICA TRZCIANKA | PIŁA | POL | M75-79 | 1 | M 30 | | | 00:12:25 | 00:25:23 | 00:38:21.25 | 7:40 | 7.8 |
| 2 | ADAMOWICZ ANDRZEJ | 52 | | ŁÓDŹ | POL | M75-79 | 2 | M 43 | | | 00:14:27 | 00:29:02 | 00:43:48.50 | 8:45 | 6.8 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, K80+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|------------------|-----|------|-----------|------|------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | RADECKA KRYSZYNA | 199 | | BIAŁYSTOK | POL | K80+ | 1 | K 44 | | | 00:19:44 | 00:40:03 | 01:01:01.75 | 12:12 | 4.9 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, M80+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km | 3.36km | Netto | min/km | km/h |
|------|-----------------|-----|-------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1 | THOMALLA BOGDAN | 126 | NORDIC SPORT 2021 | ZABRZE | POL | M80+ | 1 | M 40 | | | 00:14:06 | 00:28:07 | 00:42:26.45 | 8:29 | 7.1 |

ENE POLISH NW CUP - WASILKÓW - 5KM - 5/6, Drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|------------------------|--|--|--------------|
| 1 | K.S. VICTORIA POTĘGOWO | TOMASZ MARCZAKJACEK WITUCKIPIOTR STĘPAKUZANNA BIELECKATERESA HRYCIUKELŻBIETA DOLATOWSKA | 00:29:39.4500:29:47.6000:30:42.0000:33:51.1000:38:34.7500:42:13.60 | 03:24:46 |
| 2 | NORDIC SPORT 2021 | JAROSŁAW KABATAROMAN FRĄCKOWIAKIWONA MAŚLANKAJOACHIM BREWKAIZABELA OKRZESIK-FRĄCKOWIAKIWONA WILK | 00:31:22.9500:32:50.7000:34:16.4000:34:42.5000:35:27.6500:41:21.40 | 03:29:56 |