

# POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM

Organizator: PFNW  
Data: 2017-03-11  
Miejsce: Polkowice  
Dystans: 5 km  
Klasyfikacja wg czasów netto.



## POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, OPEN

| M-ce | Nazwisko i imię              | Nr  | Klub                           | M-scowość           | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.25km   | 2.5km    | 3.75km   | Netto       | min/km | km/h |
|------|------------------------------|-----|--------------------------------|---------------------|------|----------------------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | LUBIATOWSKI IRENEUSZ         | 45  |                                | GUBIN               | POL  | M50-54               | 1      | M 1  |             |              | 00:07:53 | 00:15:53 | 00:24:03 | 00:32:11.75 | 6:26   | 9.3  |
| 2    | KUBIAK TOMASZ                | 42  |                                | JELCZ-LASKOWICE     | POL  | M40-44               | 1      | M 2  |             |              | 00:07:50 | 00:15:55 | 00:24:13 | 00:32:26.05 | 6:29   | 9.2  |
| 3    | HAŁAS MARCIN                 | 104 |                                | CZECHOWICE          | POL  | M30-39               | 1      | M 3  |             |              | 00:08:10 | 00:16:30 | 00:24:48 | 00:32:58.15 | 6:35   | 9.1  |
| 4    | SCHRÖDER KAROL               | 67  | SILESIA NORDIC TEAM            | KATOWICE            | POL  | M40-44               | 2      | M 4  |             |              | 00:07:54 | 00:16:10 | 00:24:43 | 00:33:13.55 | 6:38   | 9    |
| 5    | ROŻYNEK MIRON                | 98  |                                | WROCŁAW             | POL  | M50-54               | 2      | M 5  |             |              | 00:08:16 | 00:16:41 | 00:25:07 | 00:33:37.30 | 6:43   | 8.9  |
| 6    | FOJCIK PIOTR                 | 18  | RYBNICKI KLUB NORDIC WALKING   | RYBNIK              | POL  | M50-54               | 3      | M 6  |             |              | 00:08:16 | 00:16:44 | 00:25:15 | 00:33:40.90 | 6:44   | 8.9  |
| 7    | KRYŚ ARTUR                   | 41  |                                | WAŁBRZYCH           | POL  | M45-49               | 1      | M 7  |             |              | 00:08:15 | 00:16:45 | 00:25:19 | 00:33:45.20 | 6:45   | 8.9  |
| 8    | SIWAK PIOTR                  | 97  | KS METRACO POLKOWICE           | POLKOWICE           | POL  | M55-59               | 1      | M 8  |             |              | 00:08:38 | 00:17:21 | 00:26:04 | 00:34:31.10 | 6:54   | 8.7  |
| 9    | STANISŁAWOWSKI JAN           | 103 | MARSZ PO ZDROWIE               | POZNAN              | POL  | M55-59               | 2      | M 9  |             |              | 00:08:38 | 00:17:22 | 00:26:05 | 00:34:48.30 | 6:57   | 8.6  |
| 10   | HOŁUBKA MARIUSZ              | 25  |                                | LEGNICA             | POL  | M45-49               | 2      | M 10 |             |              | 00:08:25 | 00:17:00 | 00:25:46 | 00:34:52.80 | 6:58   | 8.6  |
| 11   | RATUŚ BOGUSŁAW               | 63  | UKS ZRYW GÓRA                  | GÓRA                | POL  | M55-59               | 3      | M 11 |             |              | 00:08:40 | 00:17:26 | 00:26:18 | 00:35:23.20 | 7:04   | 8.5  |
| 12   | GRYGOROWICZ BOGDAN           | 22  | KS METRACO POLKOWICE           | LUBIN               | POL  | M65-69               | 1      | M 12 |             |              | 00:08:38 | 00:17:38 | 00:26:47 | 00:35:52.85 | 7:10   | 8.4  |
| 13   | ŚLUSARCZYK ANDRZEJ           | 76  | WESOŁY BORSUK TEAM             | PRUDNIK             | POL  | M65-69               | 2      | M 13 |             |              | 00:08:47 | 00:18:06 | 00:27:12 | 00:36:21.90 | 7:16   | 8.2  |
| 14   | RACŁAWSKI JAN                | 61  | NIEZRZESZONY                   | SKARBIMIERZ OSIEDLE | POL  | M60-64               | 1      | M 14 |             |              | 00:09:02 | 00:18:13 | 00:27:34 | 00:37:03.05 | 7:24   | 8.1  |
| 15   | WOLNIEWICZ KATARZYNA         | 99  | FABRIKANORDIKA                 | RUDA ŚLĄSKA         | POL  | K45-49               | 1      | K 1  |             |              | 00:09:13 | 00:18:38 | 00:28:00 | 00:37:20.85 | 7:28   | 8    |
| 16   | KOWALCZYK EDYTA              | 105 |                                | WAŁBRZYCH           | POL  | K45-49               | 2      | K 2  |             |              | 00:09:16 | 00:18:42 | 00:28:05 | 00:37:22.55 | 7:28   | 8    |
| 17   | JÓZWIAK MARIANNA             | 31  | WTW WŁOCLAWEK                  | WŁOCLAWEK           | POL  | K40-44               | 1      | K 3  |             |              | 00:09:05 | 00:18:31 | 00:28:01 | 00:37:26.75 | 7:29   | 8    |
| 18   | BADECKI RYSZARD              | 3   | NIEZRZESZONY                   | NIESZCZYCE          | POL  | M55-59               | 4      | M 15 |             |              | 00:09:19 | 00:18:42 | 00:28:13 | 00:37:35.05 | 7:31   | 8    |
| 19   | RUDOLF NATALIA               | 64  | NORDIKI                        | NADOLICE WIELKIE    | POL  | K30-39               | 1      | K 4  |             |              | 00:09:06 | 00:18:37 | 00:28:12 | 00:37:37.70 | 7:31   | 8    |
| 20   | BIK PRZEMYSŁAW               | 5   | KS METRACO POLKOWICE           | KSIĘGINICE          | POL  | M-JUN.               | 1      | M 16 |             |              | 00:09:35 | 00:19:05 | 00:28:28 | 00:37:39.75 | 7:32   | 8    |
| 21   | MIKOŁAJCZAK JAN              | 51  | KS METRACO POLKOWICE           | LEGNICA             | POL  | M-NIEPEŁNOSPRAWNI(A) | 1      | M 17 |             |              | 00:08:59 | 00:18:18 | 00:27:57 | 00:37:41.70 | 7:32   | 8    |
| 22   | DUDEK EDWARD                 | 12  | KS METRACO POLKOWICE           | GŁOGÓW              | POL  | M65-69               | 3      | M 18 |             |              | 00:09:18 | 00:18:49 | 00:28:21 | 00:37:45.90 | 7:33   | 7.9  |
| 23   | DUDEK KAZIMIERZ              | 13  | NIEZRZESZONY                   | ŚWIERZAWA           | POL  | M65-69               | 4      | M 19 |             |              | 00:09:05 | 00:18:39 | 00:28:20 | 00:37:46.80 | 7:33   | 7.9  |
| 24   | FIGURSKA DOMINIKA            | 15  | FACE NORDIC WALKING TEAM       | ŁÓDŹ                | POL  | K18-29               | 1      | K 5  |             |              | 00:09:19 | 00:18:54 | 00:28:33 | 00:37:56.50 | 7:35   | 7.9  |
| 25   | WOŹNIAK KLAUDIA              | 87  | TOSZANKA NORDIC TEAM           | TOSZEK              | POL  | K-JUN.               | 1      | K 6  |             |              | 00:09:19 | 00:19:04 | 00:28:43 | 00:38:06.70 | 7:37   | 7.9  |
| 26   | DROZD MARIA                  | 11  | NORDIC WALKING KRUSZYNA        | KRUSZYNA            | POL  | K50-54               | 1      | K 7  |             |              | 00:09:25 | 00:19:05 | 00:28:47 | 00:38:18.30 | 7:39   | 7.8  |
| 27   | GŁADKOWSKA MAŁGORZATA        | 20  | SILESIA NORDIC TEAM            | LUBIN               | POL  | K55-59               | 1      | K 8  |             |              | 00:09:18 | 00:18:49 | 00:28:33 | 00:38:18.65 | 7:39   | 7.8  |
| 28   | KUPIBIDA BOGUSŁAWA           | 44  | SILESIA NORDIC TEAM            | KATOWICE            | POL  | K55-59               | 2      | K 9  |             |              | 00:09:27 | 00:19:02 | 00:28:41 | 00:38:20.35 | 7:40   | 7.8  |
| 29   | PAWŁOWSKA-WOŹNIAK MAŁGORZATA | 54  | TOSZANKA NORDIC TEAM           | TOSZEK              | POL  | K30-39               | 2      | K 10 |             |              | 00:09:07 | 00:18:45 | 00:28:32 | 00:38:30.65 | 7:42   | 7.8  |
| 30   | FOJCIK GABRIELA              | 17  | RYBNICKI KLUB NORDIC WALKING   | RYBNIK              | POL  | K50-54               | 2      | K 11 |             |              | 00:09:32 | 00:19:14 | 00:29:01 | 00:38:42.00 | 7:44   | 7.8  |
| 31   | BAJ STANISŁAW                | 4   | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA             | POL  | M55-59               | 5      | M 20 |             |              | 00:09:21 | 00:19:05 | 00:28:50 | 00:38:44.00 | 7:44   | 7.7  |
| 32   | KOPCZYŃSKI JAKUB             | 36  | KRUSZYNA                       | JELCZ-LASKOWICE     | POL  | M18-29               | 1      | M 21 |             |              | 00:09:24 | 00:18:59 | 00:29:00 | 00:38:52.00 | 7:46   | 7.7  |

**POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                                  | M-scowość            | Kraj | Kat.                  | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.25km   | 2.5km    | 3.75km   | Netto       | min/km | km/h |
|------|---------------------------|-----|---------------------------------------|----------------------|------|-----------------------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 33   | KRZYŻANIAK KRYSZYNA       | 173 |                                       | POLKOWICE            | POL  | K50-54                | 3      | K 12 |             |              | 00:09:34 | 00:19:21 | 00:29:07 | 00:39:07.50 | 7:49   | 7.7  |
| 34   | SZYJKA IZABELA            | 75  | NORDIKI                               | KAMIENIEC WROCŁAWSKI | POL  | K30-39                | 3      | K 13 |             |              | 00:09:25 | 00:19:14 | 00:29:17 | 00:39:17.50 | 7:51   | 7.6  |
| 35   | JÓZWIAK ŁUKASZ            | 33  | WTW WŁOCŁAWEK                         | WŁOCŁAWEK            | POL  | M-NIEPEŁNOSPRAWNI(A ) | 2      | M 22 |             |              | 00:09:13 | 00:19:11 | 00:29:18 | 00:39:23.30 | 7:52   | 7.6  |
| 36   | GRIGORIEWA RENATA         | 95  |                                       | GRODNO               | BLR  | K-JUN.                | 2      | K 14 |             |              | 00:09:39 | 00:19:41 | 00:29:39 | 00:39:29.10 | 7:53   | 7.6  |
| 37   | POZNIAK MARIA             | 111 |                                       | DOBRZEŃ WIELKI       | POL  | K18-29                | 2      | K 15 |             |              | 00:09:41 | 00:19:37 | 00:29:36 | 00:39:37.05 | 7:55   | 7.6  |
| 38   | SIERACKA KATARZYNA        | 68  | AZYMUT MÓRKOWO                        | LESZNO               | POL  | K50-54                | 4      | K 16 |             |              | 00:09:33 | 00:19:33 | 00:29:41 | 00:39:38.30 | 7:55   | 7.6  |
| 39   | SUSKA DANUTA              | 73  | BRAK                                  | ŚREM                 | POL  | K65-69                | 1      | K 17 |             |              | 00:09:57 | 00:19:54 | 00:29:44 | 00:39:51.65 | 7:58   | 7.5  |
| 40   | RYBAŁTOWSKI PAWEŁ         | 65  | BAMET TRZEBNICA                       | OBORNIKI ŚLĄSKIE     | POL  | M70+                  | 1      | M 23 |             |              | 00:09:57 | 00:20:13 | 00:30:36 | 00:40:05.25 | 8:01   | 7.5  |
| 41   | GRYGOROWICZ TERESA        | 23  |                                       | LUBIN                | POL  | K65-69                | 2      | K 18 |             |              | 00:09:54 | 00:19:54 | 00:30:01 | 00:40:08.00 | 8:01   | 7.5  |
| 42   | KOSICKA BEATA             | 39  |                                       | ROKIETNICA           | POL  | K45-49                | 3      | K 19 |             |              | 00:09:41 | 00:19:36 | 00:29:53 | 00:40:13.30 | 8:02   | 7.5  |
| 43   | GRIGORIEWA IRENA          | 94  |                                       | GRODNO               | BLR  | K30-39                | 4      | K 20 |             |              | 00:10:07 | 00:20:12 | 00:30:25 | 00:40:26.50 | 8:05   | 7.4  |
| 44   | STEMPNIAK BOGDAN          | 52  |                                       |                      | POL  | M-NIEPEŁNOSPRAWNI(A ) | 3      | M 24 |             |              | 00:09:35 | 00:19:55 | 00:30:21 | 00:40:37.55 | 8:07   | 7.4  |
| 45   | MATKOWSKA MARTA           | 48  | JAWOR CITY                            | JAWOR                | POL  | K30-39                | 5      | K 21 |             |              | 00:10:09 | 00:20:20 | 00:30:36 | 00:40:42.80 | 8:08   | 7.4  |
| 46   | WORONKO-ZACZYŃSKA JANINA  | 114 | KS METRACO POLKOWICE                  | LUBIN                | POL  | K70+                  | 1      | K 22 |             |              | 00:10:14 | 00:20:29 | 00:30:43 | 00:40:59.35 | 8:11   | 7.3  |
| 47   | THOMALLA BOGDAN           | 79  | SILESIA NORDIC TEAM                   | ZABRZE               | POL  | M70+                  | 2      | M 25 |             |              | 00:09:55 | 00:20:12 | 00:30:34 | 00:41:04.95 | 8:13   | 7.3  |
| 48   | KOPROWSKI TOMASZ          | 38  | NORDIKI                               | OŁAWA                | POL  | M45-49                | 3      | M 26 |             |              | 00:10:08 | 00:20:27 | 00:30:54 | 00:41:06.55 | 8:13   | 7.3  |
| 49   | KUBIAK DORIAN             | 43  | SP 74                                 | WROCŁAW              | POL  | M-DZIECI              | 1      | M 27 |             |              | 00:09:50 | 00:19:42 | 00:30:13 | 00:41:07.35 | 8:13   | 7.3  |
| 50   | GRZESZCZAK ANDRZEJ        | 113 | KS METRACO POLKOWICE                  | ZAGÓRÓW              | POL  | M55-59                | 6      | M 28 |             |              | 00:09:43 | 00:20:02 | 00:30:37 | 00:41:07.55 | 8:13   | 7.3  |
| 51   | SOBAS KRYSZYNA            | 70  | AKTYWNY BOLESŁAWIEC                   | BOLESŁAWIEC          | POL  | K55-59                | 3      | K 23 |             |              | 00:10:20 | 00:20:55 | 00:31:22 | 00:41:46.20 | 8:21   | 7.2  |
| 52   | BUDZIAK ERNEST            | 9   | NORDIC WALKING WROCŁAW ERNEST BUDZIAK | WROCŁAW              | POL  | M40-44                | 3      | M 29 |             |              | 00:09:49 | 00:20:28 | 00:31:10 | 00:41:47.60 | 8:21   | 7.2  |
| 53   | GÓRSKI HENRYK             | 21  | OLEŚNICKA STREFA NORDIC WALKING       | OLEŚNICA             | POL  | M70+                  | 3      | M 30 |             |              | 00:10:13 | 00:20:43 | 00:31:18 | 00:41:50.25 | 8:22   | 7.2  |
| 54   | SOJA JOLANTA              | 71  | AKTYWNY BOLESŁAWIEC                   | BOLESŁAWIEC          | POL  | K55-59                | 4      | K 24 |             |              | 00:10:24 | 00:20:59 | 00:31:30 | 00:41:50.50 | 8:22   | 7.2  |
| 55   | DOLBAK KATARZYNA          | 93  |                                       | GRODNO               | BLR  | K18-29                | 3      | K 25 |             |              | 00:10:16 | 00:20:42 | 00:31:16 | 00:42:01.75 | 8:24   | 7.1  |
| 56   | URBAN JACEK               | 53  |                                       | LESZNO               | POL  | M65-69                | 5      | M 31 |             |              | 00:10:17 | 00:20:55 | 00:31:30 | 00:42:06.10 | 8:25   | 7.1  |
| 57   | SULMA EDYTA               | 72  | AKTYWNY BOLESŁAWIEC                   | BOLESŁAWIEC          | POL  | K40-44                | 2      | K 26 |             |              | 00:10:45 | 00:21:31 | 00:31:55 | 00:42:12.55 | 8:26   | 7.1  |
| 58   | URBAN JOANNA              | 81  |                                       | OŁAWA                | POL  | K40-44                | 3      | K 27 |             |              | 00:10:43 | 00:21:30 | 00:32:00 | 00:42:13.00 | 8:26   | 7.1  |
| 59   | RACŁAWSKA JOANNA          | 60  | NIEZRZESZONA                          | SKARBIMIERZ OSIEDLE  | POL  | K55-59                | 5      | K 28 |             |              | 00:10:27 | 00:21:00 | 00:31:40 | 00:42:26.15 | 8:29   | 7.1  |
| 60   | KRAMER LESZEK             | 40  | OLEŚNICKA STREFA NORDIC WALKING       | OLEŚNICA             | POL  | M70+                  | 4      | M 32 |             |              | 00:10:14 | 00:20:48 | 00:31:38 | 00:42:28.40 | 8:29   | 7.1  |
| 61   | WINOWICZ MARIA            | 84  | ŚCINAWSKA GRUPA NORDIC WALKING        | ŚCINAWA              | POL  | K60-64                | 1      | K 29 |             |              | 00:10:28 | 00:21:09 | 00:31:53 | 00:42:41.55 | 8:32   | 7    |
| 62   | KOZŁOWSKA DAGMARA         | 108 |                                       | POLKOWICE            | POL  | K30-39                | 6      | K 30 |             |              | 00:10:11 | 00:20:37 | 00:31:11 | 00:42:41.90 | 8:32   | 7    |
| 63   | LULEK LUCYNA              | 46  | ŚCINAWSKA GRUPA NORDIC WALKING        | ŚCINAWA              | POL  | K65-69                | 3      | K 31 |             |              | 00:10:22 | 00:21:03 | 00:31:56 | 00:42:54.20 | 8:34   | 7    |
| 64   | RYCHLIK ELŻBIETA          | 66  | ŚCINAWSKA GRUPA NORDIC WALKING        | ŚCINAWA              | POL  | K50-54                | 5      | K 32 |             |              | 00:10:07 | 00:21:04 | 00:32:04 | 00:43:07.25 | 8:37   | 7    |
| 65   | FORNALCZYK-KRIZAR JOLANTA | 106 | NORDIKI                               | MIŁOSZYCE            | POL  | K45-49                | 4      | K 33 |             |              | 00:10:36 | 00:21:22 | 00:32:09 | 00:43:08.45 | 8:37   | 7    |
| 66   | WÓJCIK HENRYK             | 91  | OLEŚNICKA STREFA NORDIC WALKING       | OLEŚNICA             | POL  | M70+                  | 5      | M 33 |             |              | 00:10:26 | 00:21:10 | 00:32:09 | 00:43:12.65 | 8:38   | 6.9  |
| 67   | JASIŃSKI MICHAŁ           | 30  | RYBNICKI KLUB NORDIC WALKING          | RYBNIK               | POL  | M18-29                | 2      | M 34 |             |              | 00:10:09 | 00:21:14 | 00:32:21 | 00:43:24.00 | 8:40   | 6.9  |
| 68   | DZIEDZIEWICZ NATALIA      | 96  |                                       | GRODNO               | BLR  | K30-39                | 7      | K 34 |             |              | 00:10:17 | 00:21:18 | 00:32:11 | 00:43:29.10 | 8:41   | 6.9  |
| 69   | HOŁDA JOLANTA             | 24  | KUBISIA TEAM OLESNICA                 | OLEŚNICA             | POL  | K60-64                | 2      | K 35 |             |              | 00:10:30 | 00:21:33 | 00:32:37 | 00:43:32.95 | 8:42   | 6.9  |

**POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub                                  | M-scowość              | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.25km   | 2.5km    | 3.75km   | Netto       | min/km | km/h |
|------|--------------------------|-----|---------------------------------------|------------------------|------|----------------------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 70   | ARTYMICZ MARIA           | 2   |                                       | GŁOGÓW                 | POL  | K60-64               | 3      | K 36 |             |              | 00:10:38 | 00:21:25 | 00:32:16 | 00:43:34.80 | 8:43   | 6.9  |
| 71   | PRZYBYŁ SYLWESTER        | 59  | ŚCINAWSKA GRUPA NORDIC WALKING        | ŚCINAWA                | POL  | M60-64               | 2      | M 35 |             |              | 00:10:28 | 00:21:21 | 00:32:44 | 00:44:02.80 | 8:48   | 6.8  |
| 72   | JAGODZIŃSKI ANDRZEJ      | 27  |                                       | WROCŁAW                | POL  | M55-59               | 7      | M 36 |             |              | 00:10:37 | 00:21:36 | 00:32:56 | 00:44:24.75 | 8:52   | 6.8  |
| 73   | DREISEITEL ANDRZEJ       | 10  |                                       | WROCŁAW                | POL  | M55-59               | 8      | M 37 |             |              | 00:10:24 | 00:21:43 | 00:33:12 | 00:44:28.75 | 8:53   | 6.7  |
| 74   | PRZYBYŁ JANINA           | 58  | ŚCINAWSKA GRUPA NORDIC WALKING        | ŚCINAWA                | POL  | K65-69               | 4      | K 37 |             |              | 00:10:57 | 00:22:10 | 00:33:21 | 00:44:44.70 | 8:56   | 6.7  |
| 75   | WOJNAROWSKA MAŁGORZATA   | 86  | NORDIKI                               | KAMIENIEC WROCŁAWSKI   | POL  | K30-39               | 8      | K 38 |             |              | 00:11:00 | 00:22:26 | 00:33:45 | 00:44:48.20 | 8:57   | 6.7  |
| 76   | SKIBA ANNA               | 69  | JAWOR CITY                            | JAWOR                  | POL  | K30-39               | 9      | K 39 |             |              | 00:10:57 | 00:22:21 | 00:33:45 | 00:44:50.10 | 8:58   | 6.7  |
| 77   | PRAŁAT GRAŻYNA           | 57  | STOWARZYSZENIE 'AZYMUT'               | ZAKOWO                 | POL  | K60-64               | 4      | K 40 |             |              | 00:11:12 | 00:22:20 | 00:33:32 | 00:44:53.80 | 8:58   | 6.7  |
| 78   | ŚLUSARCZYK KAROLINA      | 77  | WESOŁY BORSUK TEAM                    | PRUDNIK                | POL  | K-DZIECI             | 1      | K 41 |             |              | 00:11:03 | 00:22:20 | 00:33:58 | 00:45:37.25 | 9:07   | 6.6  |
| 79   | WÓJCIK IRENA             | 90  | OLEŚNICKA STREFA NORDIC WALKING       | OLEŚNICA               | POL  | K70+                 | 2      | K 42 |             |              | 00:10:07 | 00:23:04 | 00:34:40 | 00:46:08.55 | 9:13   | 6.5  |
| 80   | KONOPIŃSKA DARIA         | 35  |                                       | LUBIN                  | POL  | K30-39               | 10     | K 43 |             |              | 00:11:31 | 00:23:16 | 00:34:51 | 00:46:19.10 | 9:15   | 6.5  |
| 81   | PIERZCHAŁA IZABELA       | 55  |                                       | LUBIN                  | POL  | K30-39               | 11     | K 44 |             |              | 00:11:31 | 00:23:16 | 00:34:52 | 00:46:19.20 | 9:15   | 6.5  |
| 82   | KOLBUSZ JANINA           | 34  | KS METRACO POLKOWICE                  | LUBIN                  | POL  | K65-69               | 5      | K 45 |             |              | 00:11:10 | 00:22:44 | 00:34:32 | 00:46:20.25 | 9:16   | 6.5  |
| 83   | MĘDRAK ALICJA            | 50  |                                       | WROCŁAW                | POL  | K60-64               | 5      | K 46 |             |              | 00:11:23 | 00:23:03 | 00:34:50 | 00:46:21.25 | 9:16   | 6.5  |
| 84   | KOWALCZYK MAGDALENA      | 1   |                                       | JELENIA GÓRA / WROCŁAW | POL  | K18-29               | 4      | K 47 |             |              | 00:11:17 | 00:23:05 | 00:34:44 | 00:46:36.80 | 9:19   | 6.4  |
| 85   | JAGODZIŃSKA BOŻENA       | 28  |                                       | WROCŁAW                | POL  | K55-59               | 6      | K 48 |             |              | 00:11:17 | 00:23:16 | 00:35:04 | 00:46:41.90 | 9:20   | 6.4  |
| 86   | KRZYŻANIAK AGATA         | 110 |                                       | POLKOWICE              | POL  | K30-39               | 12     | K 49 |             |              | 00:11:32 | 00:22:59 | 00:35:01 | 00:46:47.85 | 9:21   | 6.4  |
| 87   | ZIOMEK IZABELA           | 109 |                                       | POLKOWICE              | POL  | K30-39               | 13     | K 50 |             |              | 00:11:34 | 00:23:02 | 00:35:06 | 00:46:48.45 | 9:21   | 6.4  |
| 88   | MACHAJEK KRZYSZTOF       | 47  | KS METRACO POLKOWICE                  | POLKOWICE              | POL  | M-NIEPEŁNOSPRAWNI(A) | 4      | M 38 |             |              | 00:11:15 | 00:22:53 | 00:35:10 | 00:47:25.60 | 9:29   | 6.3  |
| 89   | MĘDRAK JÓZEF             | 49  |                                       | WROCŁAW                | POL  | M65-69               | 6      | M 39 |             |              | 00:11:13 | 00:23:21 | 00:35:34 | 00:47:29.65 | 9:30   | 6.3  |
| 90   | WIŚNIEWSKA MARIOLA       | 85  | STOWARZYSZENIE TURYSTYKI 'AZYMUT'     | LESZNO                 | POL  | K55-59               | 7      | K 51 |             |              | 00:11:57 | 00:24:06 | 00:36:11 | 00:47:59.35 | 9:35   | 6.3  |
| 91   | IGLIŃSKA MARIA           | 26  | STOWARZYSZENIE 'AZYMUT'               | GONIEMBICE             | POL  | K60-64               | 6      | K 52 |             |              | 00:11:37 | 00:23:39 | 00:35:57 | 00:48:04.15 | 9:36   | 6.2  |
| 92   | JÓZWIAK DOMINIK          | 32  | WTW WŁOCŁAWEK                         | WŁOCŁAWEK              | POL  | M-NIEPEŁNOSPRAWNI(B) | 1      | M 40 |             |              | 00:11:51 | 00:23:33 | 00:35:48 | 00:48:04.50 | 9:36   | 6.2  |
| 93   | TUREK KRYSZYNA           | 80  |                                       | WROCŁAW                | POL  | K55-59               | 8      | K 53 |             |              | 00:11:56 | 00:24:24 | 00:36:41 | 00:49:08.45 | 9:49   | 6.1  |
| 94   | SMĘDA MAŁGORZATA         | 100 | KS METRACO POLKOWICE                  | POLKOWICE              | POL  | K30-39               | 14     | K 54 |             |              | 00:11:44 | 00:24:08 | 00:36:41 | 00:49:18.55 | 9:51   | 6.1  |
| 95   | WOŹNIAK IGOR             | 89  | TOSZANKA NORDIC TEAM                  | TOSZEK                 | POL  | M-DZIECI             | 2      | M 41 |             |              | 00:11:22 | 00:24:51 | 00:37:50 | 00:49:58.45 | 9:59   | 6    |
| 96   | TATARYNOWICZ EUGENIUSZ   | 78  | NIEZRZESZONY                          | NOWE MIASTECZKO        | POL  | M70+                 | 6      | M 42 |             |              | 00:12:12 | 00:25:02 | 00:38:27 | 00:51:03.40 | 10:12  | 5.9  |
| 97   | WOŹNIAK DARIA            | 88  | TOSZANKA NORDIC TEAM                  | TOSZEK                 | POL  | K-NIEPEŁNOSPRAWNI(A) | 1      | K 55 |             |              | 00:11:03 | 00:24:40 | 00:39:11 | 00:51:31.10 | 10:18  | 5.8  |
| 98   | BOJKE OLGIERD            | 6   |                                       | WEJHEROWO              | POL  | M55-59               | 9      | M 43 |             |              | 00:13:45 | 00:27:11 | 00:39:32 | 00:51:42.75 | 10:20  | 5.8  |
| 99   | WECHTA PAWEŁ             | 112 |                                       | POLKOWICE              | POL  | M45-49               | 4      | M 44 |             |              | 00:13:45 | 00:27:21 | 00:41:28 | 00:51:44.05 | 10:21  | 5.8  |
| 100  | BORZESZKOWSKA MAŁGORZATA | 7   |                                       | LĘBORK                 | POL  | K50-54               | 6      | K 56 |             |              | 00:13:47 | 00:27:30 | 00:41:36 | 00:51:44.50 | 10:20  | 5.8  |
| 101  | TKACZYK HELENA           | 102 | KS METRACO POLKOWICE                  | POLKOWICE              | POL  | K70+                 | 3      | K 57 |             |              | 00:12:34 | 00:25:28 | 00:38:34 | 00:51:53.40 | 10:22  | 5.8  |
| 102  | WDOWIAK DANUTA           | 82  | ŚCINAWSKA GRUPA NORDIC WALKING        | ŚCINAWA                | POL  | K65-69               | 6      | K 58 |             |              | 00:12:48 | 00:26:07 | 00:39:51 | 00:53:46.95 | 10:45  | 5.6  |
| 103  | BUDZIAK KATARZYNA        | 8   | NORDIC WALKING WROCŁAW ERNEST BUDZIAK | WROCŁAW                | POL  | K40-44               | 4      | K 59 |             |              | 00:13:35 | 00:28:11 | 00:42:20 | 00:55:46.50 | 11:09  | 5.4  |
| DQ   | DUSZEŃKO ZYGMUNT         | 14  |                                       | LUBIN                  | POL  | M55-59               | DQ     | DQ   |             |              | 00:08:53 | 00:17:52 | 00:26:49 | DQ          | -      | -    |
|      | ZAKRZEWSKA BARBARA       | 101 | KS METRACO POLKOWICE                  | POLKOWICE              | POL  | K70+                 |        |      |             |              | DQ       | DQ       | DQ       | DNF         | -      | -    |
|      |                          |     |                                       |                        |      |                      |        |      |             |              | 00:13:49 | DNF      | DNF      | DNF         | -      | -    |
|      |                          |     |                                       |                        |      |                      |        |      |             |              | DNF      |          |          |             |        |      |