

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM

Organizator: PFNW
Data: 2017-03-11
Miejsce: Polkowice
Dystans: 5 km



Wyniki dla punktu pomiaru: 2.5 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. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|------------------------------|-----|--------------------------------|----------------------|------|--------------------------|-------------|--------------|----------|----------|----------|
| 1 | LUBIATOWSKI IRENEUSZ | 45 | | GUBIN | POL | M50-54 | | | 00:07:53 | 00:15:53 | 00:24:03 |
| 2 | KUBIAK TOMASZ | 42 | | JELCZ-LASKOWICE | POL | M40-44 | | | 00:07:50 | 00:15:55 | 00:24:13 |
| 3 | SCHRÖDER KAROL | 67 | SILESIA NORDIC TEAM | KATOWICE | POL | M40-44 | | | 00:07:54 | 00:16:10 | 00:24:43 |
| 4 | HAŁAS MARCIN | 104 | | CZECHOWICE | POL | M30-39 | | | 00:08:10 | 00:16:30 | 00:24:48 |
| 5 | ROŻYNEK MIROŃ | 98 | | WROCŁAW | POL | M50-54 | | | 00:08:16 | 00:16:41 | 00:25:07 |
| 6 | FOJCIK PIOTR | 18 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-54 | | | 00:08:16 | 00:16:44 | 00:25:15 |
| 7 | KRYŚ ARTUR | 41 | | WAŁBRZYCH | POL | M45-49 | | | 00:08:15 | 00:16:45 | 00:25:19 |
| 8 | HOŁUBKA MARIUSZ | 25 | | LEGNICA | POL | M45-49 | | | 00:08:25 | 00:17:00 | 00:25:46 |
| 9 | SIWAK PIOTR | 97 | KS METRACO POLKOWICE | POLKOWICE | POL | M55-59 | | | 00:08:38 | 00:17:21 | 00:26:04 |
| 10 | STANISŁAWOWSKI JAN | 103 | MARSZ PO ZDROWIE | POZNAŃ | POL | M55-59 | | | 00:08:38 | 00:17:22 | 00:26:05 |
| 11 | RATUŚ BOGUSŁAW | 63 | UKS ZRYW GÓRA | GÓRA | POL | M55-59 | | | 00:08:40 | 00:17:26 | 00:26:18 |
| 12 | GRYGOROWICZ BOGDAN | 22 | KS METRACO POLKOWICE | LUBIN | POL | M65-69 | | | 00:08:38 | 00:17:38 | 00:26:47 |
| 13 | ŚLUSARCZYK ANDRZEJ | 76 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M65-69 | | | 00:08:47 | 00:18:06 | 00:27:12 |
| 14 | RACŁAWSKI JAN | 61 | NIEZRZESZONY | SKARBIMIERZ OSIEDLE | POL | M60-64 | | | 00:09:02 | 00:18:13 | 00:27:34 |
| 15 | MIKOŁAJCZAK JAN | 51 | KS METRACO POLKOWICE | LEGNICA | POL | M-NIEPEŁNO SPRAWNI(A) | | | 00:08:59 | 00:18:18 | 00:27:57 |
| 16 | JÓŹWIAK MARIANNA | 31 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-44 | | | 00:09:05 | 00:18:31 | 00:28:01 |
| 17 | RUDOLF NATALIA | 64 | NORDIKI | NADOLICE WIELKIE | POL | K30-39 | | | 00:09:06 | 00:18:37 | 00:28:12 |
| 18 | WOLNIEWICZ KATARZYNA | 99 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K45-49 | | | 00:09:13 | 00:18:38 | 00:28:00 |
| 19 | DUDEK KAZIMIERZ | 13 | NIEZRZESZONY | ŚWIERZAWA | POL | M65-69 | | | 00:09:05 | 00:18:39 | 00:28:20 |
| 20 | KOWALCZYK EDYTA | 105 | | WAŁBRZYCH | POL | K45-49 | | | 00:09:16 | 00:18:42 | 00:28:05 |
| 21 | BADECKI RYSZARD | 3 | NIEZRZESZONY | NIESZCZYCE | POL | M55-59 | | | 00:09:19 | 00:18:42 | 00:28:13 |
| 22 | PAWŁOWSKA-WOŹNIAK MAŁGORZATA | 54 | TOSZANKA NORDIC TEAM | TOSZEK | POL | K30-39 | | | 00:09:07 | 00:18:45 | 00:28:32 |
| 23 | GŁADKOWSKA MAŁGORZATA | 20 | SILESIA NORDIC TEAM | LUBIN | POL | K55-59 | | | 00:09:18 | 00:18:49 | 00:28:33 |
| 24 | DUDEK EDWARD | 12 | KS METRACO POLKOWICE | GŁOGÓW | POL | M65-69 | | | 00:09:18 | 00:18:49 | 00:28:21 |
| 25 | FIGURSKA DOMINIKA | 15 | FACE NORDIC WALKING TEAM | ŁÓDŹ | POL | K18-29 | | | 00:09:19 | 00:18:54 | 00:28:33 |
| 26 | KOPCZYŃSKI JAKUB | 36 | KRUSZYNA | JELCZ-LASKOWICE | POL | M18-29 | | | 00:09:24 | 00:18:59 | 00:29:00 |
| 27 | KUPIBIDA BOGUSŁAWA | 44 | SILESIA NORDIC TEAM | KATOWICE | POL | K55-59 | | | 00:09:27 | 00:19:02 | 00:28:41 |
| 28 | WOŹNIAK KLAUDIA | 87 | TOSZANKA NORDIC TEAM | TOSZEK | POL | K-JUN. | | | 00:09:19 | 00:19:04 | 00:28:43 |
| 29 | BAJ STANISŁAW | 4 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | M55-59 | | | 00:09:21 | 00:19:05 | 00:28:50 |
| 30 | BIK PRZEMYSŁAW | 5 | KS METRACO POLKOWICE | KSIĘGINICE | POL | M-JUN. | | | 00:09:35 | 00:19:05 | 00:28:28 |
| 31 | DROZD MARIA | 11 | NORDIC WALKING KRUSZYNA | KRUSZYNA | POL | K50-54 | | | 00:09:25 | 00:19:05 | 00:28:47 |
| 32 | JÓŹWIAK ŁUKASZ | 33 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNO SPRAWNI(A) | | | 00:09:13 | 00:19:11 | 00:29:18 |
| 33 | FOJCIK GABRIELA | 17 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | K50-54 | | | 00:09:32 | 00:19:14 | 00:29:01 |
| 34 | SZYJKA IZABELA | 75 | NORDIKI | KAMIENIEC WROCŁAWSKI | POL | K30-39 | | | 00:09:25 | 00:19:14 | 00:29:17 |
| 35 | KRZYŹANIAK KRYSZYNA | 173 | | POLKOWICE | POL | K50-54 | | | 00:09:34 | 00:19:21 | 00:29:07 |
| 36 | SIERACKA KATARZYNA | 68 | AZYMUT MÓRKOWO | LESZNO | POL | K50-54 | | | 00:09:33 | 00:19:33 | 00:29:41 |
| 37 | KOSICKA BEATA | 39 | | ROKIETNICA | POL | K45-49 | | | 00:09:41 | 00:19:36 | 00:29:53 |
| 38 | POŹNIAK MARIA | 111 | | DOBRZEŃ WIELKI | POL | K18-29 | | | 00:09:41 | 00:19:37 | 00:29:36 |
| 39 | GRIGORIEWA RENATA | 95 | | GRODNO | BLR | K-JUN. | | | 00:09:39 | 00:19:41 | 00:29:39 |
| 40 | KUBIAK DORIAN | 43 | SP 74 | WROCŁAW | POL | M-DZIECI | | | 00:09:50 | 00:19:42 | 00:30:13 |
| 41 | SUSKA DANUTA | 73 | BRAK | ŚREM | POL | K65-69 | | | 00:09:57 | 00:19:54 | 00:29:44 |
| 42 | GRYGOROWICZ TERESA | 23 | | LUBIN | POL | K65-69 | | | 00:09:54 | 00:19:54 | 00:30:01 |
| 43 | STEMPIAK BOGDAN | 52 | | | POL | M-NIEPEŁNO SPRAWNI(A) | | | 00:09:35 | 00:19:55 | 00:30:21 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|---------------------------|-----|---------------------------------------|------------------------|------|--------------------------|-------------|--------------|----------|----------|----------|
| 44 | GRZESZCZAK ANDRZEJ | 113 | KS METRACO POLKOWICE | ZAGÓRÓW | POL | M55-59 | | | 00:09:43 | 00:20:02 | 00:30:37 |
| 45 | GRIGORIEWA IRENA | 94 | | GRODNO | BLR | K30-39 | | | 00:10:07 | 00:20:12 | 00:30:25 |
| 46 | THOMALLA BOGDAN | 79 | SILESIA NORDIC TEAM | ZABRZE | POL | M70+ | | | 00:09:55 | 00:20:12 | 00:30:34 |
| 47 | RYBAŁTOWSKI PAWEŁ | 65 | BAMET TRZEBNICA | OBORNIKI ŚLĄSKIE | POL | M70+ | | | 00:09:57 | 00:20:13 | 00:30:36 |
| 48 | MATKOWSKA MARTA | 48 | JAWOR CITY | JAWOR | POL | K30-39 | | | 00:10:09 | 00:20:20 | 00:30:36 |
| 49 | KOPROWSKI TOMASZ | 38 | NORDIKI | OŁAWA | POL | M45-49 | | | 00:10:08 | 00:20:27 | 00:30:54 |
| 50 | BUDZIAK ERNEST | 9 | NORDIC WALKING WROCŁAW ERNEST BUDZIAK | WROCŁAW | POL | M40-44 | | | 00:09:49 | 00:20:28 | 00:31:10 |
| 51 | WORONKO-ZACZYŃSKA JANINA | 114 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | | | 00:10:14 | 00:20:29 | 00:30:43 |
| 52 | KOZŁOWSKA DAGMARA | 108 | | POLKOWICE | POL | K30-39 | | | 00:10:11 | 00:20:37 | 00:31:11 |
| 53 | DOLBAK KATARZYNA | 93 | | GRODNO | BLR | K18-29 | | | 00:10:16 | 00:20:42 | 00:31:16 |
| 54 | GÓRSKI HENRYK | 21 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | M70+ | | | 00:10:13 | 00:20:43 | 00:31:18 |
| 55 | KRAMER LESZEK | 40 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | M70+ | | | 00:10:14 | 00:20:48 | 00:31:38 |
| 56 | URBAN JACEK | 53 | | LESZNO | POL | M65-69 | | | 00:10:17 | 00:20:55 | 00:31:30 |
| 57 | SOBAS KRYSZYNA | 70 | AKTYWNY BOLESŁAWIEC | BOLESŁAWIEC | POL | K55-59 | | | 00:10:20 | 00:20:55 | 00:31:22 |
| 58 | SOJA JOLANTA | 71 | AKTYWNY BOLESŁAWIEC | BOLESŁAWIEC | POL | K55-59 | | | 00:10:24 | 00:20:59 | 00:31:30 |
| 59 | RACŁAWSKA JOANNA | 60 | NIEZRZESZONA | SKARBIMIERZ OSIEDLE | POL | K55-59 | | | 00:10:27 | 00:21:00 | 00:31:40 |
| 60 | LULEK LUCYNA | 46 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K65-69 | | | 00:10:22 | 00:21:03 | 00:31:56 |
| 61 | RYCHLIK ELŻBIETA | 66 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K50-54 | | | 00:10:07 | 00:21:04 | 00:32:04 |
| 62 | WINOWICZ MARIA | 84 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K60-64 | | | 00:10:28 | 00:21:09 | 00:31:53 |
| 63 | WÓJCIK HENRYK | 91 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | M70+ | | | 00:10:26 | 00:21:10 | 00:32:09 |
| 64 | JASIŃSKI MICHAŁ | 30 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M18-29 | | | 00:10:09 | 00:21:14 | 00:32:21 |
| 65 | DZIEDZIEWICZ NATALIA | 96 | | GRODNO | BLR | K30-39 | | | 00:10:17 | 00:21:18 | 00:32:11 |
| 66 | PRZYBYŁ SYLWESTER | 59 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | M60-64 | | | 00:10:28 | 00:21:21 | 00:32:44 |
| 67 | FORNALCZYK-KRIZAR JOLANTA | 106 | NORDIKI | MIŁOSZYCE | POL | K45-49 | | | 00:10:36 | 00:21:22 | 00:32:09 |
| 68 | ARTYMICZ MARIA | 2 | | GŁOGÓW | POL | K60-64 | | | 00:10:38 | 00:21:25 | 00:32:16 |
| 69 | URBAN JOANNA | 81 | | OŁAWA | POL | K40-44 | | | 00:10:43 | 00:21:30 | 00:32:00 |
| 70 | SULMA EDYTA | 72 | AKTYWNY BOLESŁAWIEC | BOLESŁAWIEC | POL | K40-44 | | | 00:10:45 | 00:21:31 | 00:31:55 |
| 71 | HOŁDĄ JOLANTA | 24 | KUBISIA TEAM OLESNICA | OLEŚNICA | POL | K60-64 | | | 00:10:30 | 00:21:33 | 00:32:37 |
| 72 | JAGODZIŃSKI ANDRZEJ | 27 | | WROCŁAW | POL | M55-59 | | | 00:10:37 | 00:21:36 | 00:32:56 |
| 73 | DREISEITEL ANDRZEJ | 10 | | WROCŁAW | POL | M55-59 | | | 00:10:24 | 00:21:43 | 00:33:12 |
| 74 | PRZYBYŁ JANINA | 58 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K65-69 | | | 00:10:57 | 00:22:10 | 00:33:21 |
| 75 | PRAŁAT GRAŻYNA | 57 | STOWARZYSZENIE 'AZYMUT' | ZAKOWO | POL | K60-64 | | | 00:11:12 | 00:22:20 | 00:33:32 |
| 76 | ŚLUSARCZYK KAROLINA | 77 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K-DZIECI | | | 00:11:03 | 00:22:20 | 00:33:58 |
| 77 | SKIBA ANNA | 69 | JAWOR CITY | JAWOR | POL | K30-39 | | | 00:10:57 | 00:22:21 | 00:33:45 |
| 78 | WOJNAROWSKA MAŁGORZATA | 86 | NORDIKI | KAMIENIEC WROCŁAWSKI | POL | K30-39 | | | 00:11:00 | 00:22:26 | 00:33:45 |
| 79 | KOLBUSZ JANINA | 34 | KS METRACO POLKOWICE | LUBIN | POL | K65-69 | | | 00:11:10 | 00:22:44 | 00:34:32 |
| 80 | MACHAJEK KRZYSZTOF | 47 | KS METRACO POLKOWICE | POLKOWICE | POL | M-NIEPEŁNO SPRAWNI(A) | | | 00:11:15 | 00:22:53 | 00:35:10 |
| 81 | KRZYŻANIAK AGATA | 110 | | POLKOWICE | POL | K30-39 | | | 00:11:32 | 00:22:59 | 00:35:01 |
| 82 | ZIOMEK IZABELA | 109 | | POLKOWICE | POL | K30-39 | | | 00:11:34 | 00:23:02 | 00:35:06 |
| 83 | MĘDRAK ALICJA | 50 | | WROCŁAW | POL | K60-64 | | | 00:11:23 | 00:23:03 | 00:34:50 |
| 84 | WÓJCIK IRENA | 90 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | K70+ | | | 00:10:07 | 00:23:04 | 00:34:40 |
| 85 | KOWALCZYK MAGDALENA | 1 | | JELENIA GÓRA / WROCŁAW | POL | K18-29 | | | 00:11:17 | 00:23:05 | 00:34:44 |
| 86 | JAGODZIŃSKA BOŻENA | 28 | | WROCŁAW | POL | K55-59 | | | 00:11:17 | 00:23:16 | 00:35:04 |
| 87 | KONOPIŃSKA DARIA | 35 | | LUBIN | POL | K30-39 | | | 00:11:31 | 00:23:16 | 00:34:51 |
| 88 | PIERZCHAŁA IZABELA | 55 | | LUBIN | POL | K30-39 | | | 00:11:31 | 00:23:16 | 00:34:52 |
| 89 | MĘDRAK JÓZEF | 49 | | WROCŁAW | POL | M65-69 | | | 00:11:13 | 00:23:21 | 00:35:34 |
| 90 | JÓŻWIĄK DOMINIK | 32 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M-NIEPEŁNO SPRAWNI(B) | | | 00:11:51 | 00:23:33 | 00:35:48 |
| 91 | IGLIŃSKA MARIA | 26 | STOWARZYSZENIE 'AZYMUT' | GONIEMBICE | POL | K60-64 | | | 00:11:37 | 00:23:39 | 00:35:57 |
| 92 | WIŚNIEWSKA MARIOLA | 85 | STOWARZYSZENIE TURYSTYKI 'AZYMUT' | LESZNO | POL | K55-59 | | | 00:11:57 | 00:24:06 | 00:36:11 |
| 93 | SMĘDA MAŁGORZATA | 100 | KS METRACO POLKOWICE | POLKOWICE | POL | K30-39 | | | 00:11:44 | 00:24:08 | 00:36:41 |
| 94 | TUREK KRYSZYNA | 80 | | WROCŁAW | POL | K55-59 | | | 00:11:56 | 00:24:24 | 00:36:41 |
| 95 | WOŹNIAK DARIA | 88 | TOSZANKA NORDIC TEAM | TOSZEK | POL | K-NIEPEŁNOS PRAWNI(A) | | | 00:11:03 | 00:24:40 | 00:39:11 |
| 96 | WOŹNIAK IGOR | 89 | TOSZANKA NORDIC TEAM | TOSZEK | POL | M-DZIECI | | | 00:11:22 | 00:24:51 | 00:37:50 |
| 97 | TATARYNOWICZ EUGENIUSZ | 78 | NIEZRZESZONY | NOWE MIASTECZKO | POL | M70+ | | | 00:12:12 | 00:25:02 | 00:38:27 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|--------------------------|-----|---------------------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 98 | TKACZYK HELENA | 102 | KS METRACO POLKOWICE | POLKOWICE | POL | K70+ | | | 00:12:34 | 00:25:28 | 00:38:34 |
| 99 | WDOWIAK DANUTA | 82 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K65-69 | | | 00:12:48 | 00:26:07 | 00:39:51 |
| 100 | BOJKE OLGIERD | 6 | | WEJHEROWO | POL | M55-59 | | | 00:13:45 | 00:27:11 | 00:39:32 |
| 101 | WECHTA PAWEŁ | 112 | | POLKOWICE | POL | M45-49 | | | 00:13:45 | 00:27:21 | 00:41:28 |
| 102 | BORZESZKOWSKA MAŁGORZATA | 7 | | ŁĘBORK | POL | K50-54 | | | 00:13:47 | 00:27:30 | 00:41:36 |
| 103 | BUDZIAK KATARZYNA | 8 | NORDIC WALKING WROCŁAW ERNEST BUDZIAK | WROCŁAW | POL | K40-44 | | | 00:13:35 | 00:28:11 | 00:42:20 |
| DQ | DUSZEŃKO ZYGMUNT | 14 | | LUBIN | POL | M55-59 | | | 00:08:53 | 00:17:52 | 00:26:49 |
| | ZAKRZEWSKA BARBARA | 101 | KS METRACO POLKOWICE | POLKOWICE | POL | K70+ | | | DQ | DQ | DQ |
| | | | | | | | | | 00:13:49 | DNF | DNF |
| | | | | | | | | | DNF | | |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------|----|----------------------|-----------|------|----------------------|-------------|--------------|----------|----------|----------|
| 1 | WOŹNIAK DARIA | 88 | TOSZANKA NORDIC TEAM | TOSZEK | POL | K-NIEPEŁNOSPRAWNI(A) | | | 00:11:03 | 00:24:40 | 00:39:11 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|--------------------|----|----------------------|-----------|------|----------------------|-------------|--------------|----------|----------|----------|
| 1 | MIKOŁAJCZAK JAN | 51 | KS METRACO POLKOWICE | LEGNICA | POL | M-NIEPEŁNOSPRAWNI(A) | | | 00:08:59 | 00:18:18 | 00:27:57 |
| 2 | JÓŹWIAK ŁUKASZ | 33 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(A) | | | 00:09:13 | 00:19:11 | 00:29:18 |
| 3 | STEMPIAK BOGDAN | 52 | | | POL | M-NIEPEŁNOSPRAWNI(A) | | | 00:09:35 | 00:19:55 | 00:30:21 |
| 4 | MACHAJEK KRZYSZTOF | 47 | KS METRACO POLKOWICE | POLKOWICE | POL | M-NIEPEŁNOSPRAWNI(A) | | | 00:11:15 | 00:22:53 | 00:35:10 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------|----|---------------|-----------|------|----------------------|-------------|--------------|----------|----------|----------|
| 1 | JÓŹWIAK DOMINIK | 32 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | | | 00:11:51 | 00:23:33 | 00:35:48 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|---------------------|----|--------------------|-----------|------|----------|-------------|--------------|----------|----------|----------|
| 1 | ŚLUSARCZYK KAROLINA | 77 | WESOŁY BORSUK TEAM | PRUDNIK | POL | K-DZIECI | | | 00:11:03 | 00:22:20 | 00:33:58 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------|----|----------------------|-----------|------|----------|-------------|--------------|----------|----------|----------|
| 1 | KUBIAK DORIAN | 43 | SP 74 | WROCŁAW | POL | M-DZIECI | | | 00:09:50 | 00:19:42 | 00:30:13 |
| 2 | WOŹNIAK IGOR | 89 | TOSZANKA NORDIC TEAM | TOSZEK | POL | M-DZIECI | | | 00:11:22 | 00:24:51 | 00:37:50 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-------------------|----|----------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | WOŹNIAK KLAUDIA | 87 | TOSZANKA NORDIC TEAM | TOSZEK | POL | K-JUN. | | | 00:09:19 | 00:19:04 | 00:28:43 |
| 2 | GRIGORIEWA RENATA | 95 | | GRODNO | BLR | K-JUN. | | | 00:09:39 | 00:19:41 | 00:29:39 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------|----|----------------------|------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | BIK PRZEMYSŁAW | 5 | KS METRACO POLKOWICE | KSIĘGINICE | POL | M-JUN. | | | 00:09:35 | 00:19:05 | 00:28:28 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|---------------------|-----|--------------------------|------------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | FIGURSKA DOMINIKA | 15 | FACE NORDIC WALKING TEAM | ŁÓDŹ | POL | K18-29 | | | 00:09:19 | 00:18:54 | 00:28:33 |
| 2 | POZNIAK MARIA | 111 | | DOBRZEŃ WIELKI | POL | K18-29 | | | 00:09:41 | 00:19:37 | 00:29:36 |
| 3 | DOLBAK KATARZYNA | 93 | | GRODNO | BLR | K18-29 | | | 00:10:16 | 00:20:42 | 00:31:16 |
| 4 | KOWALCZYK MAGDALENA | 1 | | JELENIA GÓRA / WROCLAW | POL | K18-29 | | | 00:11:17 | 00:23:05 | 00:34:44 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|------------------|----|------------------------------|-----------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | KOPCZYŃSKI JAKUB | 36 | KRUSZYNA | JELCZ-LASKOWICE | POL | M18-29 | | | 00:09:24 | 00:18:59 | 00:29:00 |
| 2 | JASIŃSKI MICHAŁ | 30 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M18-29 | | | 00:10:09 | 00:21:14 | 00:32:21 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|------------------------------|-----|----------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | RUDOLF NATALIA | 64 | NORDIKI | NADOLICE WIELKIE | POL | K30-39 | | | 00:09:06 | 00:18:37 | 00:28:12 |
| 2 | PAWŁOWSKA-WOŹNIAK MAŁGORZATA | 54 | TOSZANKA NORDIC TEAM | TOSZEK | POL | K30-39 | | | 00:09:07 | 00:18:45 | 00:28:32 |
| 3 | SZYJKA IZABELA | 75 | NORDIKI | KAMIENIEC WROCLAWSKI | POL | K30-39 | | | 00:09:25 | 00:19:14 | 00:29:17 |
| 4 | GRIGORIEWA IRENA | 94 | | GRODNO | BLR | K30-39 | | | 00:10:07 | 00:20:12 | 00:30:25 |
| 5 | MATKOWSKA MARTA | 48 | JAWOR CITY | JAWOR | POL | K30-39 | | | 00:10:09 | 00:20:20 | 00:30:36 |
| 6 | KOZŁOWSKA DAGMARA | 108 | | POLKOWICE | POL | K30-39 | | | 00:10:11 | 00:20:37 | 00:31:11 |
| 7 | DZIEDZIEWICZ NATALIA | 96 | | GRODNO | BLR | K30-39 | | | 00:10:17 | 00:21:18 | 00:32:11 |
| 8 | SKIBA ANNA | 69 | JAWOR CITY | JAWOR | POL | K30-39 | | | 00:10:57 | 00:22:21 | 00:33:45 |
| 9 | WOJNAROWSKA MAŁGORZATA | 86 | NORDIKI | KAMIENIEC WROCLAWSKI | POL | K30-39 | | | 00:11:00 | 00:22:26 | 00:33:45 |
| 10 | KRZYŻANIAK AGATA | 110 | | POLKOWICE | POL | K30-39 | | | 00:11:32 | 00:22:59 | 00:35:01 |
| 11 | ZIOMEK IZABELA | 109 | | POLKOWICE | POL | K30-39 | | | 00:11:34 | 00:23:02 | 00:35:06 |
| 12 | PIERZCHAŁA IZABELA | 55 | | LUBIN | POL | K30-39 | | | 00:11:31 | 00:23:16 | 00:34:52 |
| 13 | KONOPIŃSKA DARIA | 35 | | LUBIN | POL | K30-39 | | | 00:11:31 | 00:23:16 | 00:34:51 |
| 14 | SMĘDA MAŁGORZATA | 100 | KS METRACO POLKOWICE | POLKOWICE | POL | K30-39 | | | 00:11:44 | 00:24:08 | 00:36:41 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------|-----|------|------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | HAŁAS MARCIN | 104 | | CZECHOWICE | POL | M30-39 | | | 00:08:10 | 00:16:30 | 00:24:48 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-------------------|----|---------------------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | JÓZWIAK MARIANNA | 31 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-44 | | | 00:09:05 | 00:18:31 | 00:28:01 |
| 2 | URBAN JOANNA | 81 | | OŁAWA | POL | K40-44 | | | 00:10:43 | 00:21:30 | 00:32:00 |
| 3 | SULMA EDYTA | 72 | AKTYWNY BOLESŁAWIEC | BOLESŁAWIEC | POL | K40-44 | | | 00:10:45 | 00:21:31 | 00:31:55 |
| 4 | BUDZIAK KATARZYNA | 8 | NORDIC WALKING WROCŁAW ERNEST BUDZIAK | WROCŁAW | POL | K40-44 | | | 00:13:35 | 00:28:11 | 00:42:20 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------|----|---------------------------------------|-----------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | KUBIAK TOMASZ | 42 | | JELCZ-LASKOWICE | POL | M40-44 | | | 00:07:50 | 00:15:55 | 00:24:13 |
| 2 | SCHRÖDER KAROL | 67 | SILESIA NORDIC TEAM | KATOWICE | POL | M40-44 | | | 00:07:54 | 00:16:10 | 00:24:43 |
| 3 | BUDZIAK ERNEST | 9 | NORDIC WALKING WROCŁAW ERNEST BUDZIAK | WROCŁAW | POL | M40-44 | | | 00:09:49 | 00:20:28 | 00:31:10 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|---------------------------|-----|----------------|-------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | WOLNIEWICZ KATARZYNA | 99 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K45-49 | | | 00:09:13 | 00:18:38 | 00:28:00 |
| 2 | KOWALCZYK EDYTA | 105 | | WAŁBRZYCH | POL | K45-49 | | | 00:09:16 | 00:18:42 | 00:28:05 |
| 3 | KOSICKA BEATA | 39 | | ROKIETNICA | POL | K45-49 | | | 00:09:41 | 00:19:36 | 00:29:53 |
| 4 | FORNALCZYK-KRIZAR JOLANTA | 106 | NORDIKI | MIŁOSZYCE | POL | K45-49 | | | 00:10:36 | 00:21:22 | 00:32:09 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|------------------|-----|---------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | KRYŚ ARTUR | 41 | | WAŁBRZYCH | POL | M45-49 | | | 00:08:15 | 00:16:45 | 00:25:19 |
| 2 | HOŁUBKA MARIUSZ | 25 | | LEGNICA | POL | M45-49 | | | 00:08:25 | 00:17:00 | 00:25:46 |
| 3 | KOPROWSKI TOMASZ | 38 | NORDIKI | OŁAWA | POL | M45-49 | | | 00:10:08 | 00:20:27 | 00:30:54 |
| 4 | WECHTA PAWEŁ | 112 | | POLKOWICE | POL | M45-49 | | | 00:13:45 | 00:27:21 | 00:41:28 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|--------------------------|-----|--------------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | DROZD MARIA | 11 | NORDIC WALKING KRUSZYNA | KRUSZYNA | POL | K50-54 | | | 00:09:25 | 00:19:05 | 00:28:47 |
| 2 | FOJCIK GABRIELA | 17 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | K50-54 | | | 00:09:32 | 00:19:14 | 00:29:01 |
| 3 | KRZYŻANIAK KRYSZYNA | 173 | | POLKOWICE | POL | K50-54 | | | 00:09:34 | 00:19:21 | 00:29:07 |
| 4 | SIERACKA KATARZYNA | 68 | AZYMUT MÓRKOWO | LESZNO | POL | K50-54 | | | 00:09:33 | 00:19:33 | 00:29:41 |
| 5 | RYCHLIK ELŻBIETA | 66 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K50-54 | | | 00:10:07 | 00:21:04 | 00:32:04 |
| 6 | BORZESZKOWSKA MAŁGORZATA | 7 | | ŁĘBORK | POL | K50-54 | | | 00:13:47 | 00:27:30 | 00:41:36 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|----------------------|----|------------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | LUBIATOWSKI IRENEUSZ | 45 | | GUBIN | POL | M50-54 | | | 00:07:53 | 00:15:53 | 00:24:03 |
| 2 | ROŻYNEK MIRON | 98 | | WROCŁAW | POL | M50-54 | | | 00:08:16 | 00:16:41 | 00:25:07 |
| 3 | FOJCIK PIOTR | 18 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-54 | | | 00:08:16 | 00:16:44 | 00:25:15 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------------|----|-----------------------------------|---------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | GŁADKOWSKA MAŁGORZATA | 20 | SILESIA NORDIC TEAM | LUBIN | POL | K55-59 | | | 00:09:18 | 00:18:49 | 00:28:33 |
| 2 | KUPIBIDA BOGUSŁAWA | 44 | SILESIA NORDIC TEAM | KATOWICE | POL | K55-59 | | | 00:09:27 | 00:19:02 | 00:28:41 |
| 3 | SOBAS KRYSZYNA | 70 | AKTYWNY BOLESŁAWIEC | BOLESŁAWIEC | POL | K55-59 | | | 00:10:20 | 00:20:55 | 00:31:22 |
| 4 | SOJA JOLANTA | 71 | AKTYWNY BOLESŁAWIEC | BOLESŁAWIEC | POL | K55-59 | | | 00:10:24 | 00:20:59 | 00:31:30 |
| 5 | RACŁAWSKA JOANNA | 60 | NIEZRZESZONA | SKARBIMIERZ OSIEDLE | POL | K55-59 | | | 00:10:27 | 00:21:00 | 00:31:40 |
| 6 | JAGODZIŃSKA BOŻENA | 28 | | WROCŁAW | POL | K55-59 | | | 00:11:17 | 00:23:16 | 00:35:04 |
| 7 | WIŚNIEWSKA MARIOLA | 85 | STOWARZYSZENIE TURYSTYKI 'AZYMUT' | LESZNO | POL | K55-59 | | | 00:11:57 | 00:24:06 | 00:36:11 |
| 8 | TUREK KRYSZYNA | 80 | | WROCŁAW | POL | K55-59 | | | 00:11:56 | 00:24:24 | 00:36:41 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|---------------------|-----|--------------------------------|------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | SIWAK PIOTR | 97 | KS METRACO POLKOWICE | POLKOWICE | POL | M55-59 | | | 00:08:38 | 00:17:21 | 00:26:04 |
| 2 | STANISŁAWOWSKI JAN | 103 | MARSZ PO ZDROWIE | POZNAŃ | POL | M55-59 | | | 00:08:38 | 00:17:22 | 00:26:05 |
| 3 | RATUS BOGUSŁAW | 63 | UKS ZRYW GÓRA | GÓRA | POL | M55-59 | | | 00:08:40 | 00:17:26 | 00:26:18 |
| 4 | BADECKI RYSZARD | 3 | NIEZRZESZONY | NIESZCZYCE | POL | M55-59 | | | 00:09:19 | 00:18:42 | 00:28:13 |
| 5 | BAJ STANISŁAW | 4 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | M55-59 | | | 00:09:21 | 00:19:05 | 00:28:50 |
| 6 | GRZESZCZAK ANDRZEJ | 113 | KS METRACO POLKOWICE | ZAGÓRÓW | POL | M55-59 | | | 00:09:43 | 00:20:02 | 00:30:37 |
| 7 | JAGODZIŃSKI ANDRZEJ | 27 | | WROCŁAW | POL | M55-59 | | | 00:10:37 | 00:21:36 | 00:32:56 |
| 8 | DREISEITEL ANDRZEJ | 10 | | WROCŁAW | POL | M55-59 | | | 00:10:24 | 00:21:43 | 00:33:12 |
| 9 | BOJKE OLGIERD | 6 | | WEJHEROWO | POL | M55-59 | | | 00:13:45 | 00:27:11 | 00:39:32 |
| DQ | DUSZEŃKO ZYGMUNT | 14 | | LUBIN | POL | M55-59 | | | 00:08:53 | 00:17:52 | 00:26:49 |
| | | | | | | | | | DQ | DQ | DQ |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-----------------|----|--------------------------------|------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | WINOWICZ MARIA | 84 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K60-64 | | | 00:10:28 | 00:21:09 | 00:31:53 |
| 2 | ARTYMICZ MARIA | 2 | | GŁOGÓW | POL | K60-64 | | | 00:10:38 | 00:21:25 | 00:32:16 |
| 3 | HOLDA JOLANTA | 24 | KUBISIA TEAM OLESNICA | OLEŚNICA | POL | K60-64 | | | 00:10:30 | 00:21:33 | 00:32:37 |
| 4 | PRAŁAT GRAŻYNA | 57 | STOWARZYSZENIE 'AZYMUT' | ZAKOWO | POL | K60-64 | | | 00:11:12 | 00:22:20 | 00:33:32 |
| 5 | MĘDRAK ALICJA | 50 | | WROCŁAW | POL | K60-64 | | | 00:11:23 | 00:23:03 | 00:34:50 |
| 6 | IGLIŃSKA MARIA | 26 | STOWARZYSZENIE 'AZYMUT' | GONIEMBICE | POL | K60-64 | | | 00:11:37 | 00:23:39 | 00:35:57 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|-------------------|----|--------------------------------|---------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | RACŁAWSKI JAN | 61 | NIEZRZESZONY | SKARBIMIERZ OSIEDLE | POL | M60-64 | | | 00:09:02 | 00:18:13 | 00:27:34 |
| 2 | PRZYBYŁ SYLWESTER | 59 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | M60-64 | | | 00:10:28 | 00:21:21 | 00:32:44 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|--------------------|----|--------------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | GRYGOROWICZ TERESA | 23 | | LUBIN | POL | K65-69 | | | 00:09:54 | 00:19:54 | 00:30:01 |
| 2 | SUSKA DANUTA | 73 | BRAK | ŚREM | POL | K65-69 | | | 00:09:57 | 00:19:54 | 00:29:44 |
| 3 | LULEK LUCYNA | 46 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K65-69 | | | 00:10:22 | 00:21:03 | 00:31:56 |
| 4 | PRZYBYŁ JANINA | 58 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K65-69 | | | 00:10:57 | 00:22:10 | 00:33:21 |
| 5 | KOLBUSZ JANINA | 34 | KS METRACO POLKOWICE | LUBIN | POL | K65-69 | | | 00:11:10 | 00:22:44 | 00:34:32 |
| 6 | WDOWIAK DANUTA | 82 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K65-69 | | | 00:12:48 | 00:26:07 | 00:39:51 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|--------------------|----|----------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 1 | GRYGOROWICZ BOGDAN | 22 | KS METRACO POLKOWICE | LUBIN | POL | M65-69 | | | 00:08:38 | 00:17:38 | 00:26:47 |
| 2 | ŚLUSARCZYK ANDRZEJ | 76 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M65-69 | | | 00:08:47 | 00:18:06 | 00:27:12 |
| 3 | DUDEK KAZIMIERZ | 13 | NIEZRZESZONY | ŚWIERZAWA | POL | M65-69 | | | 00:09:05 | 00:18:39 | 00:28:20 |
| 4 | DUDEK EDWARD | 12 | KS METRACO POLKOWICE | GŁOGÓW | POL | M65-69 | | | 00:09:18 | 00:18:49 | 00:28:21 |
| 5 | URBAN JACEK | 53 | | LESZNO | POL | M65-69 | | | 00:10:17 | 00:20:55 | 00:31:30 |
| 6 | MĘDRAK JÓZEF | 49 | | WROCŁAW | POL | M65-69 | | | 00:11:13 | 00:23:21 | 00:35:34 |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|--------------------------|-----|---------------------------------|-----------|------|------|-------------|--------------|----------|----------|----------|
| 1 | WORONKO-ZACZYŃSKA JANINA | 114 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | | | 00:10:14 | 00:20:29 | 00:30:43 |
| 2 | WÓJCIK IRENA | 90 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | K70+ | | | 00:10:07 | 00:23:04 | 00:34:40 |
| 3 | TKACZYK HELENA | 102 | KS METRACO POLKOWICE | POLKOWICE | POL | K70+ | | | 00:12:34 | 00:25:28 | 00:38:34 |
| | ZAKRZEWSKA BARBARA | 101 | KS METRACO POLKOWICE | POLKOWICE | POL | K70+ | | | 00:13:49 | DNF | DNF |
| | | | | | | | | | DNF | | |

POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.25km | 2.5km | 3.75km |
|------|------------------------|----|---------------------------------|------------------|------|------|-------------|--------------|----------|----------|----------|
| 1 | THOMALLA BOGDAN | 79 | SILESIA NORDIC TEAM | ZABRZE | POL | M70+ | | | 00:09:55 | 00:20:12 | 00:30:34 |
| 2 | RYBAŁTOWSKI PAWEŁ | 65 | BAMET TRZEBNICA | OBORNIKI ŚLĄSKIE | POL | M70+ | | | 00:09:57 | 00:20:13 | 00:30:36 |
| 3 | GÓRSKI HENRYK | 21 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | M70+ | | | 00:10:13 | 00:20:43 | 00:31:18 |
| 4 | KRAMER LESZEK | 40 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | M70+ | | | 00:10:14 | 00:20:48 | 00:31:38 |
| 5 | WÓJCIK HENRYK | 91 | OLEŚNICKA STREFA NORDIC WALKING | OLEŚNICA | POL | M70+ | | | 00:10:26 | 00:21:10 | 00:32:09 |
| 6 | TATARYNOWICZ EUGENIUSZ | 78 | NIEZRZESZONY | NOWE MIASTECZKO | POL | M70+ | | | 00:12:12 | 00:25:02 | 00:38:27 |