

# PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6

Organizator: Polskie Zrzeszenie Nordic Walking, Miasto i Gmina Wasilków  
Data: 2024-05-11  
Miejsce: Wasilków  
Dystans: 10 km  
Klasyfikacja wg czasów netto.



## PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, OPEN

| M-ce | Nazwisko i imię         | Nr  | Klub                   | M-sc owoś ć        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ          | 19  | K.S. VICTORIA POTĘGOWO | ALEKS ANDRI A I    | POL  | M18-29 | 1      | M 1  |             |              | 00:09:26 | 00:19:11 | 00:28:59 | 00:38:50 | 00:48:30 | 00:58:12.52 | 5:49   | 10.3 |
| 2    | WITUCKI JACEK           | 34  | K.S. VICTORIA POTĘGOWO | POZNA Ń            | POL  | M50-59 | 1      | M 2  |             |              | 00:09:27 | 00:19:11 | 00:29:00 | 00:38:52 | 00:48:37 | 00:58:21.75 | 5:50   | 10.3 |
| 3    | DZIEDZIEWICZ ANDRZEJ    | 143 | K.S. VICTORIA POTĘGOWO | WARS ZAWA          | POL  | M40-49 | 1      | M 3  |             |              | 00:09:31 | 00:19:41 | 00:29:59 | 00:40:16 | 00:50:34 | 01:00:57.23 | 6:05   | 9.8  |
| 4    | JAWORSKI ŁUKASZ         | 142 | ERYK TEAM WYSOKA       | WYSO KA            | POL  | M40-49 | 2      | M 4  | 1           |              | 00:09:46 | 00:19:51 | 00:30:10 | 00:40:42 | 00:51:18 | 01:01:29.87 | 6:08   | 9.8  |
| 5    | KABATA JAROSŁAW         | 13  | NORDIC SPORT 2021      | TARNO WSKIE GÓRY   | POL  | M50-59 | 2      | M 5  | 1           |              | 00:09:46 | 00:19:51 | 00:30:11 | 00:40:44 | 00:51:19 | 01:01:30.90 | 6:09   | 9.8  |
| 6    | KUŹMICZ ADAM            | 15  |                        | MASZE WKO          | POL  | M40-49 | 3      | M 6  |             |              | 00:09:47 | 00:19:54 | 00:30:13 | 00:40:46 | 00:51:20 | 01:01:31.60 | 6:09   | 9.8  |
| 7    | MAŁKA MARIAN            | 17  | NORDIC SPORT 2021      | GLIWIC E           | POL  | M60-69 | 1      | M 7  |             |              | 00:10:28 | 00:21:18 | 00:32:06 | 00:42:51 | 00:53:35 | 01:04:14.07 | 6:25   | 9.3  |
| 8    | MISZTAŁ GRZEGORZ        | 21  | OPEN SPORT TEAM        | SUŁKO WICE         | POL  | M30-39 | 1      | M 8  |             |              | 00:10:28 | 00:21:22 | 00:32:20 | 00:43:23 | 00:54:39 | 01:05:49.77 | 6:34   | 9.1  |
| 9    | BIELECKA ZUZANNA        | 2   | K.S. VICTORIA POTĘGOWO | WARS ZAWA          | POL  | K40-49 | 1      | K 1  |             |              | 00:10:35 | 00:21:28 | 00:32:24 | 00:43:30 | 00:54:45 | 01:06:17.76 | 6:37   | 9.1  |
| 10   | ŚLUSARCZYK MARCIN       | 28  | WESOŁY BORSUK TEAM     | PRUDN IK           | POL  | M40-49 | 4      | M 9  |             |              | 00:10:28 | 00:21:32 | 00:32:52 | 00:43:57 | 00:55:12 | 01:06:25.43 | 6:38   | 9    |
| 11   | LABUS MARZENA           | 16  | NORDIC SPORT 2021      | LUBLIN IEC         | POL  | K30-39 | 1      | K 2  |             |              | 00:10:45 | 00:21:44 | 00:32:44 | 00:43:59 | 00:55:15 | 01:06:36.38 | 6:39   | 9    |
| 12   | DANIELSKI WALDEMAR      | 8   | K.S. VICTORIA POTĘGOWO | SOKOŁ ÓW PODLA SKI | POL  | M60-69 | 2      | M 10 | 2           |              | 00:11:10 | 00:22:24 | 00:33:42 | 00:45:02 | 00:56:23 | 01:07:37.54 | 6:45   | 8.9  |
| 13   | JAKSINA DARIUSZ         | 12  | MAZURSKI DZIK          | RUCIA NE NIDA      | POL  | M50-59 | 3      | M 11 |             |              | 00:11:26 | 00:22:54 | 00:34:23 | 00:45:37 | 00:56:45 | 01:07:50.62 | 6:47   | 8.8  |
| 14   | BREW CZYŃSKI MARCIN     | 5   | POLIPACK TEAM GWE      | ŁYSE               | POL  | M30-39 | 2      | M 12 |             |              | 00:11:23 | 00:22:57 | 00:34:25 | 00:45:38 | 00:56:53 | 01:08:06.19 | 6:48   | 8.8  |
| 15   | KNAPCZYK-KANIA GABRIELA | 14  | NORDIC SPORT 2021      | BIEŃK ÓWKA         | POL  | K50-59 | 1      | K 3  | 1           |              | 00:11:01 | 00:22:21 | 00:33:53 | 00:45:30 | 00:57:07 | 01:08:41.12 | 6:52   | 8.7  |
| 16   | CHYRA JANUSZ            | 6   | NORDIC SPORT 2021      | LUBLIN IEC         | POL  | M40-49 | 5      | M 13 |             |              | 00:11:26 | 00:22:58 | 00:34:34 | 00:46:06 | 00:57:29 | 01:08:52.99 | 6:53   | 8.7  |
| 17   | HRYCIUK WALDEMAR        | 10  | K.S. VICTORIA POTĘGOWO | BIAŁA PODLA SKA    | POL  | M60-69 | 3      | M 14 | 1           |              | 00:11:23 | 00:22:56 | 00:34:40 | 00:46:24 | 00:58:18 | 01:10:04.29 | 7:00   | 8.6  |
| 18   | SZCZYGIEŁ ADRIANA       | 26  | OPEN SPORT TEAM        | BIELSK O-BIAŁA     | POL  | K40-49 | 2      | K 4  |             |              | 00:11:30 | 00:23:12 | 00:34:56 | 00:46:43 | 00:58:31 | 01:10:16.43 | 7:01   | 8.5  |
| 19   | WIŚNIEWSKI MARIUSZ      | 33  | NW CZŁAPSKI TEAM       | ŁYSE               | POL  | M50-59 | 4      | M 15 |             |              | 00:11:41 | 00:23:41 | 00:35:52 | 00:47:59 | 00:59:58 | 01:11:33.34 | 7:09   | 8.4  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, OPEN c.d.**

| M-ce | Nazwisko i imię     | Nr | Klub                   | M-sc<br>owoś<br>ć   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|---------------------|----|------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 20   | HRYCIUK TERESA      | 11 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLA SKA     | POL  | K60-69 | 1      | K 5  |             |              | 00:12:07 | 00:24:25 | 00:36:30 | 00:48:29 | 01:00:40 | 01:12:48.71 | 7:16   | 8.2  |
| 21   | BIERĆ JAROSŁAW      | 3  | PĘDZIWIATR BIAŁYSTOK   | BIAŁYS TOK          | POL  | M50-59 | 5      | M 16 | 1           |              | 00:12:22 | 00:24:24 | 00:36:32 | 00:48:51 | 01:01:10 | 01:13:28.22 | 7:20   | 8.2  |
| 22   | CZMOCH MARIAN       | 7  | NORDIC SPORT 2021      | ŁOSICE              | POL  | M70+   | 1      | M 17 | 2           |              | 00:12:16 | 00:24:40 | 00:37:08 | 00:49:33 | 01:02:00 | 01:14:27.39 | 7:26   | 8.1  |
| 23   | ŚLUSARCZYK ANDRZEJ  | 29 | WESOŁY BORSUK TEAM     | PRUDNIK             | POL  | M70+   | 2      | M 18 | 1           |              | 00:12:26 | 00:24:57 | 00:37:33 | 00:50:15 | 01:02:58 | 01:15:49.07 | 7:34   | 7.9  |
| 24   | SKRZĄTEK LUCYNA     | 25 | NORDIC SPORT 2021      | TARNO WSKIE GÓRY    | POL  | K50-59 | 2      | K 6  |             |              | 00:12:08 | 00:24:31 | 00:37:04 | 00:49:52 | 01:02:52 | 01:15:51.86 | 7:35   | 7.9  |
| 25   | ŚLUSARCZYK GRZEGORZ | 30 | WESOŁY BORSUK TEAM     | PRUDNIK             | POL  | M50-59 | 6      | M 19 |             |              | 00:12:43 | 00:25:43 | 00:38:33 | 00:51:22 | 01:03:58 | 01:16:38.12 | 7:39   | 7.8  |
| 26   | PALUCH PAWEŁ        | 23 | AVOCADO WELLNESS CLUB  | WARSZAWA 50213 6680 | POL  | M60-69 | 4      | M 20 |             |              | 00:12:17 | 00:25:11 | 00:38:13 | 00:51:12 | 01:04:10 | 01:17:21.17 | 7:44   | 7.8  |
| 27   | BERESKA IRENA       | 1  | NORDIC SPORT 2021      | NAKŁO ŚLĄSKI E      | POL  | K30-39 | 2      | K 7  |             |              | 00:13:06 | 00:26:28 | 00:39:57 | 00:53:23 | 01:06:41 | 01:19:59.33 | 7:59   | 7.5  |
| 28   | SZYMCZUK GRZEGORZ   | 27 | JUVENIA                | BIAŁYS TOK          | POL  | M60-69 | 5      | M 21 | 2           |              | 00:12:58 | 00:26:12 | 00:39:27 | 00:52:41 | 01:06:19 | 01:19:59.75 | 7:59   | 7.5  |
| 29   | SAPUŁA WIKTORIA     | 24 | K.S. VICTORIA POTĘGOWO | LUBLIN              | POL  | K18-29 | 1      | K 8  |             |              | 00:13:23 | 00:26:56 | 00:40:18 | 00:53:34 | 01:07:15 | 01:20:20.89 | 8:02   | 7.5  |
| 30   | GAJEK HALINA        | 9  | WESOŁY BORSUK TEAM     | PRUDNIK             | POL  | K50-59 | 3      | K 9  | 2           |              | 00:13:32 | 00:27:07 | 00:40:34 | 00:54:06 | 01:07:32 | 01:21:06.35 | 8:06   | 7.4  |
| 31   | WILK IWONA          | 32 | NORDIC SPORT 2021      | KATO WICE           | POL  | K50-59 | 4      | K 10 |             |              | 00:13:48 | 00:27:55 | 00:41:44 | 00:55:18 | 01:08:54 | 01:22:20.45 | 8:14   | 7.3  |
| 32   | BIERYŁO DARIUSZ     | 4  |                        | ŚRÓDL ESIE          | POL  | M60-69 | 6      | M 22 |             |              | 00:13:22 | 00:27:07 | 00:41:11 | 00:55:09 | 01:09:21 | 01:23:37.59 | 8:21   | 7.2  |
| 33   | WYSZYŃSKI ZBIGNIEW  | 35 | I O TO CHODZI          | BIAŁYS TOK          | POL  | M60-69 | 7      | M 23 | 2           |              | 00:13:12 | 00:26:55 | 00:40:55 | 00:55:29 | 01:09:55 | 01:23:52.11 | 8:23   | 7.2  |
| 34   | WEKA KRZYSZTOF      | 31 | CHODZĘ BO LUBIĘ        | BIAŁYS TOK          | POL  | M30-39 | 3      | M 24 |             |              | 00:13:25 | 00:27:25 | 00:41:41 | 00:56:00 | 01:09:57 | 01:24:39.71 | 8:27   | 7.1  |
| 35   | MAŁKA IRENA         | 18 | NORDIC SPORT 2021      | GLIWICE             | POL  | K60-69 | 2      | K 11 |             |              | 00:14:01 | 00:28:25 | 00:42:52 | 00:57:20 | 01:11:49 | 01:26:36.82 | 8:39   | 6.9  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, OPEN -K**

| M-ce | Nazwisko i imię         | Nr | Klub                   | M-sco<br>wość   | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-------------------------|----|------------------------|-----------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | BIELECKA ZUZANNA        | 2  | K.S. VICTORIA POTĘGOWO | WARSZAWA        | POL  | K40-49 | 1      | K 1 |             |              | 00:10:35 | 00:21:28 | 00:32:24 | 00:43:30 | 00:54:45 | 01:06:17.76 | 6:37   | 9.1  |
| 2    | LABUS MARZENA           | 16 | NORDIC SPORT 2021      | LUBLIN IEC      | POL  | K30-39 | 1      | K 2 |             |              | 00:10:45 | 00:21:44 | 00:32:44 | 00:43:59 | 00:55:15 | 01:06:36.38 | 6:39   | 9    |
| 3    | KNAPCZYK-KANIA GABRIELA | 14 | NORDIC SPORT 2021      | BIENKÓWKA       | POL  | K50-59 | 1      | K 3 | 1           |              | 00:11:01 | 00:22:21 | 00:33:53 | 00:45:30 | 00:57:07 | 01:08:41.12 | 6:52   | 8.7  |
| 4    | SZCZYGIEL ADRIANA       | 26 | OPEN SPORT TEAM        | BIELSKO-BIAŁA   | POL  | K40-49 | 2      | K 4 |             |              | 00:11:30 | 00:23:12 | 00:34:56 | 00:46:43 | 00:58:31 | 01:10:16.43 | 7:01   | 8.5  |
| 5    | HRYCIUK TERESA          | 11 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLA SKA | POL  | K60-69 | 1      | K 5 |             |              | 00:12:07 | 00:24:25 | 00:36:30 | 00:48:29 | 01:00:40 | 01:12:48.71 | 7:16   | 8.2  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, OPEN -K c.d.**

| M-ce | Nazwisko i imię | Nr | Klub                   | M-sco wość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-----------------|----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 6    | SKRZĄTEK LUCYNA | 25 | NORDIC SPORT 2021      | TARNO WSKIE GÓRY | POL  | K50-59 | 2      | K 6  |             |              | 00:12:08 | 00:24:31 | 00:37:04 | 00:49:52 | 01:02:52 | 01:15:51.86 | 7:35   | 7.9  |
| 7    | BERESKA IRENA   | 1  | NORDIC SPORT 2021      | NAKŁO ŚLAŃSKI E  | POL  | K30-39 | 2      | K 7  |             |              | 00:13:06 | 00:26:28 | 00:39:57 | 00:53:23 | 01:06:41 | 01:19:59.33 | 7:59   | 7.5  |
| 8    | SAPUŁA WIKTORIA | 24 | K.S. VICTORIA POTĘGOWO | LUBLIN           | POL  | K18-29 | 1      | K 8  |             |              | 00:13:23 | 00:26:56 | 00:40:18 | 00:53:34 | 01:07:15 | 01:20:20.89 | 8:02   | 7.5  |
| 9    | GAJEK HALINA    | 9  | WESOŁY BORSUK TEAM     | PRUDNIK          | POL  | K50-59 | 3      | K 9  | 2           |              | 00:13:32 | 00:27:07 | 00:40:34 | 00:54:06 | 01:07:32 | 01:21:06.35 | 8:06   | 7.4  |
| 10   | WILK IWONA      | 32 | NORDIC SPORT 2021      | KATO WICE        | POL  | K50-59 | 4      | K 10 |             |              | 00:13:48 | 00:27:55 | 00:41:44 | 00:55:18 | 01:08:54 | 01:22:20.45 | 8:14   | 7.3  |
| 11   | MAŁKA IRENA     | 18 | NORDIC SPORT 2021      | GLIWICE          | POL  | K60-69 | 2      | K 11 |             |              | 00:14:01 | 00:28:25 | 00:42:52 | 00:57:20 | 01:11:49 | 01:26:36.82 | 8:39   | 6.9  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, OPEN -M**

| M-ce | Nazwisko i imię      | Nr  | Klub                   | M-sco wość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|----------------------|-----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ       | 19  | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA      | POL  | M18-29 | 1      | M 1  |             |              | 00:09:26 | 00:19:11 | 00:28:59 | 00:38:50 | 00:48:30 | 00:58:12.52 | 5:49   | 10.3 |
| 2    | WITUCKI JACEK        | 34  | K.S. VICTORIA POTĘGOWO | POZNAN           | POL  | M50-59 | 1      | M 2  |             |              | 00:09:27 | 00:19:11 | 00:29:00 | 00:38:52 | 00:48:37 | 00:58:21.75 | 5:50   | 10.3 |
| 3    | DZIEDZIEWICZ ANDRZEJ | 143 | K.S. VICTORIA POTĘGOWO | WARSZAWA         | POL  | M40-49 | 1      | M 3  |             |              | 00:09:31 | 00:19:41 | 00:29:59 | 00:40:16 | 00:50:34 | 01:00:57.23 | 6:05   | 9.8  |
| 4    | JAWORSKI ŁUKASZ      | 142 | ERYK TEAM WYSOKA       | WYSOKA           | POL  | M40-49 | 2      | M 4  | 1           |              | 00:09:46 | 00:19:51 | 00:30:10 | 00:40:42 | 00:51:18 | 01:01:29.87 | 6:08   | 9.8  |
| 5    | KABATA JAROSŁAW      | 13  | NORDIC SPORT 2021      | TARNO WSKIE GÓRY | POL  | M50-59 | 2      | M 5  | 1           |              | 00:09:46 | 00:19:51 | 00:30:11 | 00:40:44 | 00:51:19 | 01:01:30.90 | 6:09   | 9.8  |
| 6    | KUŹMICZ ADAM         | 15  |                        | MASZEWKO         | POL  | M40-49 | 3      | M 6  |             |              | 00:09:47 | 00:19:54 | 00:30:13 | 00:40:46 | 00:51:20 | 01:01:31.60 | 6:09   | 9.8  |
| 7    | MAŁKA MARIAN         | 17  | NORDIC SPORT 2021      | GLIWICE          | POL  | M60-69 | 1      | M 7  |             |              | 00:10:28 | 00:21:18 | 00:32:06 | 00:42:51 | 00:53:35 | 01:04:14.07 | 6:25   | 9.3  |
| 8    | MISZTAŁ GRZEGORZ     | 21  | OPEN SPORT TEAM        | SUŁKOWICE        | POL  | M30-39 | 1      | M 8  |             |              | 00:10:28 | 00:21:22 | 00:32:20 | 00:43:23 | 00:54:39 | 01:05:49.77 | 6:34   | 9.1  |
| 9    | ŚLUSARCZYK MARCIN    | 28  | WESOŁY BORSUK TEAM     | PRUDNIK          | POL  | M40-49 | 4      | M 9  |             |              | 00:10:28 | 00:21:32 | 00:32:52 | 00:43:57 | 00:55:12 | 01:06:25.43 | 6:38   | 9    |
| 10   | DANIELSKI WALDEMAR   | 8   | K.S. VICTORIA POTĘGOWO | SOKOŁÓW PODLASKI | POL  | M60-69 | 2      | M 10 | 2           |              | 00:11:10 | 00:22:24 | 00:33:42 | 00:45:02 | 00:56:23 | 01:07:37.54 | 6:45   | 8.9  |
| 11   | JAKSINA DARIUSZ      | 12  | MAZURSKI DZIK          | RUCIANE NIDA     | POL  | M50-59 | 3      | M 11 |             |              | 00:11:26 | 00:22:54 | 00:34:23 | 00:45:37 | 00:56:45 | 01:07:50.62 | 6:47   | 8.8  |
| 12   | BREWCZYŃSKI MARCIN   | 5   | POLIPACK TEAM GWE      | ŁYSE             | POL  | M30-39 | 2      | M 12 |             |              | 00:11:23 | 00:22:57 | 00:34:25 | 00:45:38 | 00:56:53 | 01:08:06.19 | 6:48   | 8.8  |
| 13   | CHYRA JANUSZ         | 6   | NORDIC SPORT 2021      | LUBLINIEC        | POL  | M40-49 | 5      | M 13 |             |              | 00:11:26 | 00:22:58 | 00:34:34 | 00:46:06 | 00:57:29 | 01:08:52.99 | 6:53   | 8.7  |
| 14   | HRYCIUK WALDEMAR     | 10  | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA   | POL  | M60-69 | 3      | M 14 | 1           |              | 00:11:23 | 00:22:56 | 00:34:40 | 00:46:24 | 00:58:18 | 01:10:04.29 | 7:00   | 8.6  |
| 15   | WIŚNIEWSKI MARIUSZ   | 33  | NW CZŁAPSKI TEAM       | ŁYSE             | POL  | M50-59 | 4      | M 15 |             |              | 00:11:41 | 00:23:41 | 00:35:52 | 00:47:59 | 00:59:58 | 01:11:33.34 | 7:09   | 8.4  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, OPEN -M c.d.**

| M-ce | Nazwisko i imię     | Nr | Klub                  | M-sco wość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|---------------------|----|-----------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 16   | BIERĆ JAROSŁAW      | 3  | PĘDZIWIATR BIAŁYSTOK  | BIAŁYS TOK           | POL  | M50-59 | 5      | M 16 | 1           |              | 00:12:22 | 00:24:24 | 00:36:32 | 00:48:51 | 01:01:10 | 01:13:28.22 | 7:20   | 8.2  |
| 17   | CZMOCH MARIAN       | 7  | NORDIC SPORT 2021     | ŁOSICE               | POL  | M70+   | 1      | M 17 | 2           |              | 00:12:16 | 00:24:40 | 00:37:08 | 00:49:33 | 01:02:00 | 01:14:27.39 | 7:26   | 8.1  |
| 18   | ŚLUSARCZYK ANDRZEJ  | 29 | WESOŁY BORSUK TEAM    | PRUDN IK             | POL  | M70+   | 2      | M 18 | 1           |              | 00:12:26 | 00:24:57 | 00:37:33 | 00:50:15 | 01:02:58 | 01:15:49.07 | 7:34   | 7.9  |
| 19   | ŚLUSARCZYK GRZEGORZ | 30 | WESOŁY BORSUK TEAM    | PRUDN IK             | POL  | M50-59 | 6      | M 19 |             |              | 00:12:43 | 00:25:43 | 00:38:33 | 00:51:22 | 01:03:58 | 01:16:38.12 | 7:39   | 7.8  |
| 20   | PALUCH PAWEŁ        | 23 | AVOCADO WELLNESS CLUB | WARS ZAWA 50213 6680 | POL  | M60-69 | 4      | M 20 |             |              | 00:12:17 | 00:25:11 | 00:38:13 | 00:51:12 | 01:04:10 | 01:17:21.17 | 7:44   | 7.8  |
| 21   | SZYMCZUK GRZEGORZ   | 27 | JUVENIA               | BIAŁYS TOK           | POL  | M60-69 | 5      | M 21 | 2           |              | 00:12:58 | 00:26:12 | 00:39:27 | 00:52:41 | 01:06:19 | 01:19:59.75 | 7:59   | 7.5  |
| 22   | BIERYŁO DARIUSZ     | 4  | I O TO CHODZI         | ŚRÓDL ESIE           | POL  | M60-69 | 6      | M 22 |             |              | 00:13:22 | 00:27:07 | 00:41:11 | 00:55:09 | 01:09:21 | 01:23:37.59 | 8:21   | 7.2  |
| 23   | WYSZYŃSKI ZBIGNIEW  | 35 | I O TO CHODZI         | BIAŁYS TOK           | POL  | M60-69 | 7      | M 23 | 2           |              | 00:13:12 | 00:26:55 | 00:40:55 | 00:55:29 | 01:09:55 | 01:23:52.11 | 8:23   | 7.2  |
| 24   | WEKA KRZYSZTOF      | 31 | CHODZĘ BO LUBIĘ       | BIAŁYS TOK           | POL  | M30-39 | 3      | M 24 |             |              | 00:13:25 | 00:27:25 | 00:41:41 | 00:56:00 | 01:09:57 | 01:24:39.71 | 8:27   | 7.1  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, K18-29**

| M-ce | Nazwisko i imię | Nr | Klub                   | M-sco wość | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-----------------|----|------------------------|------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | SAPUŁA WIKTORIA | 24 | K.S. VICTORIA POTĘGOWO | LUBLIN     | POL  | K18-29 | 1      | K 8 |             |              | 00:13:23 | 00:26:56 | 00:40:18 | 00:53:34 | 01:07:15 | 01:20:20.89 | 8:02   | 7.5  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, M18-29**

| M-ce | Nazwisko i imię | Nr | Klub                   | M-sco wość      | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-----------------|----|------------------------|-----------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ  | 19 | K.S. VICTORIA POTĘGOWO | ALEKS ANDRI A I | POL  | M18-29 | 1      | M 1 |             |              | 00:09:26 | 00:19:11 | 00:28:59 | 00:38:50 | 00:48:30 | 00:58:12.52 | 5:49   | 10.3 |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, K30-39**

| M-ce | Nazwisko i imię | Nr | Klub              | M-sco wość     | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-----------------|----|-------------------|----------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | LABUS MARZENA   | 16 | NORDIC SPORT 2021 | LUBLIN IEC     | POL  | K30-39 | 1      | K 2 |             |              | 00:10:45 | 00:21:44 | 00:32:44 | 00:43:59 | 00:55:15 | 01:06:36.38 | 6:39   | 9    |
| 2    | BERESKA IRENA   | 1  | NORDIC SPORT 2021 | NAKŁO ŚLĄSKI E | POL  | K30-39 | 2      | K 7 |             |              | 00:13:06 | 00:26:28 | 00:39:57 | 00:53:23 | 01:06:41 | 01:19:59.33 | 7:59   | 7.5  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, M30-39**

| M-ce | Nazwisko i imię     | Nr | Klub              | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|---------------------|----|-------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | MISZTAŁ GRZEGORZ    | 21 | OPEN SPORT TEAM   | SUŁKO WICE | POL  | M30-39 | 1      | M 8  |             |              | 00:10:28 | 00:21:22 | 00:32:20 | 00:43:23 | 00:54:39 | 01:05:49.77 | 6:34   | 9.1  |
| 2    | BREW CZYŃSKI MARCIN | 5  | POLIPACK TEAM GWE | ŁYSE       | POL  | M30-39 | 2      | M 12 |             |              | 00:11:23 | 00:22:57 | 00:34:25 | 00:45:38 | 00:56:53 | 01:08:06.19 | 6:48   | 8.8  |
| 3    | WEKA KRZYSZTOF      | 31 | CHODZĘ BO LUBIĘ   | BIAŁYS TOK | POL  | M30-39 | 3      | M 24 |             |              | 00:13:25 | 00:27:25 | 00:41:41 | 00:56:00 | 01:09:57 | 01:24:39.71 | 8:27   | 7.1  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, K40-49**

| M-ce | Nazwisko i imię   | Nr | Klub                   | M-sco wość     | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-------------------|----|------------------------|----------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | BIELECKA ZUZANNA  | 2  | K.S. VICTORIA POTĘGOWO | WARS ZAWA      | POL  | K40-49 | 1      | K 1 |             |              | 00:10:35 | 00:21:28 | 00:32:24 | 00:43:30 | 00:54:45 | 01:06:17.76 | 6:37   | 9.1  |
| 2    | SZCZYGIEL ADRIANA | 26 | OPEN SPORT TEAM        | BIELSK O-BIAŁA | POL  | K40-49 | 2      | K 4 |             |              | 00:11:30 | 00:23:12 | 00:34:56 | 00:46:43 | 00:58:31 | 01:10:16.43 | 7:01   | 8.5  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, M40-49**

| M-ce | Nazwisko i imię      | Nr  | Klub                   | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|----------------------|-----|------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | DZIEDZIEWICZ ANDRZEJ | 143 | K.S. VICTORIA POTĘGOWO | WARS ZAWA  | POL  | M40-49 | 1      | M 3  |             |              | 00:09:31 | 00:19:41 | 00:29:59 | 00:40:16 | 00:50:34 | 01:00:57.23 | 6:05   | 9.8  |
| 2    | JAWORSKI ŁUKASZ      | 142 | ERYK TEAM WYSOKA       | WYSOKA KA  | POL  | M40-49 | 2      | M 4  | 1           |              | 00:09:46 | 00:19:51 | 00:30:10 | 00:40:42 | 00:51:18 | 01:01:29.87 | 6:08   | 9.8  |
| 3    | KUŹMICZ ADAM         | 15  |                        | MASZE WKO  | POL  | M40-49 | 3      | M 6  |             |              | 00:09:47 | 00:19:54 | 00:30:13 | 00:40:46 | 00:51:20 | 01:01:31.60 | 6:09   | 9.8  |
| 4    | ŚLUSARCZYK MARCIN    | 28  | WESOŁY BORSUK TEAM     | PRUDNIK    | POL  | M40-49 | 4      | M 9  |             |              | 00:10:28 | 00:21:32 | 00:32:52 | 00:43:57 | 00:55:12 | 01:06:25.43 | 6:38   | 9    |
| 5    | CHYRA JANUSZ         | 6   | NORDIC SPORT 2021      | LUBLIN IEC | POL  | M40-49 | 5      | M 13 |             |              | 00:11:26 | 00:22:58 | 00:34:34 | 00:46:06 | 00:57:29 | 01:08:52.99 | 6:53   | 8.7  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, K50-59**

| M-ce | Nazwisko i imię         | Nr | Klub               | M-sco wość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-------------------------|----|--------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | KNAPCZYK-KANIA GABRIELA | 14 | NORDIC SPORT 2021  | BIENKÓWKA        | POL  | K50-59 | 1      | K 3  | 1           |              | 00:11:01 | 00:22:21 | 00:33:53 | 00:45:30 | 00:57:07 | 01:08:41.12 | 6:52   | 8.7  |
| 2    | SKRZĄTEK LUCYNA         | 25 | NORDIC SPORT 2021  | TARNO WSKIE GÓRY | POL  | K50-59 | 2      | K 6  |             |              | 00:12:08 | 00:24:31 | 00:37:04 | 00:49:52 | 01:02:52 | 01:15:51.86 | 7:35   | 7.9  |
| 3    | GAJEK HALINA            | 9  | WESOŁY BORSUK TEAM | PRUDNIK          | POL  | K50-59 | 3      | K 9  | 2           |              | 00:13:32 | 00:27:07 | 00:40:34 | 00:54:06 | 01:07:32 | 01:21:06.35 | 8:06   | 7.4  |
| 4    | WILK IWONA              | 32 | NORDIC SPORT 2021  | KATO WICE        | POL  | K50-59 | 4      | K 10 |             |              | 00:13:48 | 00:27:55 | 00:41:44 | 00:55:18 | 01:08:54 | 01:22:20.45 | 8:14   | 7.3  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, M50-59**

| M-ce | Nazwisko i imię     | Nr | Klub                   | M-sco wość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|---------------------|----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | WITUCKI JACEK       | 34 | K.S. VICTORIA POTĘGOWO | POZNAŃ           | POL  | M50-59 | 1      | M 2  |             |              | 00:09:27 | 00:19:11 | 00:29:00 | 00:38:52 | 00:48:37 | 00:58:21.75 | 5:50   | 10.3 |
| 2    | KABATA JAROSŁAW     | 13 | NORDIC SPORT 2021      | TARNO WSKIE GÓRY | POL  | M50-59 | 2      | M 5  | 1           |              | 00:09:46 | 00:19:51 | 00:30:11 | 00:40:44 | 00:51:19 | 01:01:30.90 | 6:09   | 9.8  |
| 3    | JAKSINA DARIUSZ     | 12 | MAZURSKI DZIK          | RUCIANE NIDA     | POL  | M50-59 | 3      | M 11 |             |              | 00:11:26 | 00:22:54 | 00:34:23 | 00:45:37 | 00:56:45 | 01:07:50.62 | 6:47   | 8.8  |
| 4    | WIŚNIEWSKI MARIUSZ  | 33 | NW CZŁAPSKI TEAM       | ŁYSE             | POL  | M50-59 | 4      | M 15 |             |              | 00:11:41 | 00:23:41 | 00:35:52 | 00:47:59 | 00:59:58 | 01:11:33.34 | 7:09   | 8.4  |
| 5    | BIERĆ JAROSŁAW      | 3  | PĘDZIWIATR BIAŁYSTOK   | BIAŁYS TOK       | POL  | M50-59 | 5      | M 16 | 1           |              | 00:12:22 | 00:24:24 | 00:36:32 | 00:48:51 | 01:01:10 | 01:13:28.22 | 7:20   | 8.2  |
| 6    | ŚLUSARCZYK GRZEGORZ | 30 | WESOŁY BORSUK TEAM     | PRUDNIK          | POL  | M50-59 | 6      | M 19 |             |              | 00:12:43 | 00:25:43 | 00:38:33 | 00:51:22 | 01:03:58 | 01:16:38.12 | 7:39   | 7.8  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, K60-69**

| M-ce | Nazwisko i imię | Nr | Klub                   | M-sco wość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|-----------------|----|------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | HRYCIUK TERESA  | 11 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA | POL  | K60-69 | 1      | K 5  |             |              | 00:12:07 | 00:24:25 | 00:36:30 | 00:48:29 | 01:00:40 | 01:12:48.71 | 7:16   | 8.2  |
| 2    | MAŁKA IRENA     | 18 | NORDIC SPORT 2021      | GLIWICE        | POL  | K60-69 | 2      | K 11 |             |              | 00:14:01 | 00:28:25 | 00:42:52 | 00:57:20 | 01:11:49 | 01:26:36.82 | 8:39   | 6.9  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, M60-69**

| M-ce | Nazwisko i imię    | Nr | Klub                   | M-sco wość          | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|--------------------|----|------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | MAŁKA MARIAN       | 17 | NORDIC SPORT 2021      | GLIWICE             | POL  | M60-69 | 1      | M 7  |             |              | 00:10:28 | 00:21:18 | 00:32:06 | 00:42:51 | 00:53:35 | 01:04:14.07 | 6:25   | 9.3  |
| 2    | DANIELSKI WALDEMAR | 8  | K.S. VICTORIA POTĘGOWO | SOKOŁÓW PODLASKI    | POL  | M60-69 | 2      | M 10 | 2           |              | 00:11:10 | 00:22:24 | 00:33:42 | 00:45:02 | 00:56:23 | 01:07:37.54 | 6:45   | 8.9  |
| 3    | HRYCIUK WALDEMAR   | 10 | K.S. VICTORIA POTĘGOWO | BIAŁA PODLASKA      | POL  | M60-69 | 3      | M 14 | 1           |              | 00:11:23 | 00:22:56 | 00:34:40 | 00:46:24 | 00:58:18 | 01:10:04.29 | 7:00   | 8.6  |
| 4    | PALUCH PAWEŁ       | 23 | AVOCADO WELLNESS CLUB  | WARSZAWA 50213 6680 | POL  | M60-69 | 4      | M 20 |             |              | 00:12:17 | 00:25:11 | 00:38:13 | 00:51:12 | 01:04:10 | 01:17:21.17 | 7:44   | 7.8  |
| 5    | SZYMCZUK GRZEGORZ  | 27 | JUVENIA                | BIAŁYS TOK          | POL  | M60-69 | 5      | M 21 | 2           |              | 00:12:58 | 00:26:12 | 00:39:27 | 00:52:41 | 01:06:19 | 01:19:59.75 | 7:59   | 7.5  |
| 6    | BIERYŁO DARIUSZ    | 4  |                        | ŚRÓDL ESIE          | POL  | M60-69 | 6      | M 22 |             |              | 00:13:22 | 00:27:07 | 00:41:11 | 00:55:09 | 01:09:21 | 01:23:37.59 | 8:21   | 7.2  |
| 7    | WYSZYŃSKI ZBIGNIEW | 35 | I O TO CHODZI          | BIAŁYS TOK          | POL  | M60-69 | 7      | M 23 | 2           |              | 00:13:12 | 00:26:55 | 00:40:55 | 00:55:29 | 01:09:55 | 01:23:52.11 | 8:23   | 7.2  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, M70+**

| M-ce | Nazwisko i imię    | Nr | Klub               | M-sco wość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.68km   | 3.36km   | 5.04km   | 6.72km   | 8.4km    | Netto       | min/km | km/h |
|------|--------------------|----|--------------------|------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | CZMOCH MARIAN      | 7  | NORDIC SPORT 2021  | ŁOSICE     | POL  | M70+ | 1      | M 17 | 2           |              | 00:12:16 | 00:24:40 | 00:37:08 | 00:49:33 | 01:02:00 | 01:14:27.39 | 7:26   | 8.1  |
| 2    | ŚLUSARCZYK ANDRZEJ | 29 | WESOŁY BORSUK TEAM | PRUDNIK    | POL  | M70+ | 2      | M 18 | 1           |              | 00:12:26 | 00:24:57 | 00:37:33 | 00:50:15 | 01:02:58 | 01:15:49.07 | 7:34   | 7.9  |

**PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6, Drużynowa**

| Miejsce | Drużyna                | Zawodnicy klasyfikowani   | Czas   | Czas drużyny |
|---------|------------------------|---|--|--------------|
| 1       | K.S. VICTORIA POTĘGOWO | TOMASZ MARCZAKJACEK WITUCKIZUZANNA BIELECKATERESA HRYCIUK       | 00:58:12.5200:58:21.7501:06:17.7601:12:48.71 | 04:15:36     |
| 2       | NORDIC SPORT 2021      | JAROSŁAW KABATAMARIAN MAŁKAMARZENA LABUSGABRIELA KNAPCZYK-KANIA | 01:01:30.9001:04:14.0701:06:36.3801:08:41.12 | 04:21:00     |