

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6**

Organizator: Polskie Zrzeszenie Nordic Walking  
 Data: 2024-06-22  
 Miejsce: Bydgoszcz  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, OPEN**

| M-ce | Nazwisko i imię                           | Nr  | Klub                       | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---|-----|----------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WITUCKI JACEK                             | 131 | K.S. VICTORIA POTĘGOWO     | POZNAŃ              | POL  | M50-54 | 1      | M 1  |             |              | 00:14:23 | 00:29:28.30 | 5:53   | 10.2 |
| 2    | ROMANOWSKI DANIEL                         | 97  | KATOWICKI NORDIC WALKING   | RYBNIK              | POL  | M18-29 | 1      | M 2  |             |              | 00:14:34 | 00:29:54.27 | 5:58   | 10   |
| 3    | STĘPAK PIOTR                              | 108 | K.S. VICTORIA POTĘGOWO     | TARNÓW              | POL  | M30-39 | 1      | M 3  |             |              | 00:14:44 | 00:30:19.45 | 6:03   | 9.9  |
| 4    | CYRUS BOGDAN                              | 16  |                            | STRZEBIŃ            | POL  | M50-54 | 2      | M 4  |             |              | 00:14:44 | 00:30:43.29 | 6:08   | 9.8  |
| 5    | ROŻYNEK MIRON                             | 150 | NW CZŁAPSKI TEAM           | WROCŁAW             | POL  | M60-64 | 1      | M 5  |             |              | 00:15:34 | 00:31:27.84 | 6:17   | 9.5  |
| 6    | MIELECKA AGNIESZKA                        | 67  | POLIPACK TEAM GWE          | GAŚAWA              | POL  | K55-59 | 1      | K 1  |             |              | 00:15:35 | 00:31:32.82 | 6:18   | 9.5  |
| 7    | GWIZDAŁA ZBIGNIEW                         | 37  |                            | GOŁĄBEK             | POL  | M55-59 | 1      | M 6  |             |              | 00:15:39 | 00:31:35.74 | 6:19   | 9.5  |
| 8    | KŁOS MACIEJ                               | 53  | POLIPACK TEAM GWE          | GDAŃSK              | POL  | M40-44 | 1      | M 7  |             |              | 00:15:41 | 00:31:45.81 | 6:21   | 9.4  |
| 9    | MARCZAK TOMASZ                            | 62  | K.S. VICTORIA POTĘGOWO     | ALEKSANDRIA I       | POL  | M18-29 | 2      | M 8  |             |              | 00:15:51 | 00:32:34.22 | 6:30   | 9.2  |
| 10   | POŁUBIAK PAWEŁ                            | 91  | NW CZŁAPSKI TEAM           | SIECINO             | POL  | M30-39 | 2      | M 9  |             |              | 00:15:58 | 00:32:34.55 | 6:30   | 9.2  |
| 11   | BRZozowski PIOTR                          | 11  | AKTYWNI POSTOMINO          | SŁAWNO              | POL  | M40-44 | 2      | M 10 |             |              | 00:16:00 | 00:32:39.35 | 6:31   | 9.2  |
| 12   | ZEMŁA MARCIN                              | 136 | CIAP CIAP ZEMŁA TEAM       | MIĘDZYRZEC PODLASKI | POL  | M30-39 | 3      | M 11 |             |              | 00:16:13 | 00:32:42.57 | 6:32   | 9.2  |
| 13   | FRĄCKOWIAK ROMAN                          | 27  | NORDIC SPORT 2021          | WIELEŃ              | POL  | M55-59 | 2      | M 12 |             |              | 00:15:55 | 00:32:43.25 | 6:32   | 9.2  |
| 14   | GAJEWSKI EUGENIUSZ                        | 29  | MIASTO GORZÓW WIELKOPOLSKI | GORZÓW WIELKOPOLSKI | POL  | M65-69 | 1      | M 13 |             |              | 00:16:00 | 00:32:45.36 | 6:33   | 9.2  |
| 15   | PIETRAKOWSKI MARCIN                       | 85  | K.S. VICTORIA POTĘGOWO     | JENIN               | POL  | M45-49 | 1      | M 14 |             |              | 00:15:56 | 00:32:48.41 | 6:33   | 9.1  |
| 16   | KARPIENIA EWA                             | 51  | K.S. VICTORIA POTĘGOWO     | SZCZECIN            | POL  | K55-59 | 2      | K 2  |             |              | 00:16:19 | 00:32:56.31 | 6:35   | 9.1  |
| 17   | GWIZDAŁA MIKOŁAJ                          | 38  |                            | BYDGOSZCZ           | POL  | M18-29 | 3      | M 15 |             |              | 00:16:22 | 00:32:56.59 | 6:35   | 9.1  |
| 18   | ŚLUSARCZYK MARCIN                         | 117 | WESOŁY BORSUK TEAM         | PRUDNIK             | POL  | M45-49 | 2      | M 16 |             |              | 00:15:57 | 00:33:06.86 | 6:37   | 9.1  |
| 19   | KOŁODZIEJ JOANNA                          | 141 | OPEN SPORT TEAM            | RUDA SŁĄSKA         | POL  | K55-59 | 3      | K 3  |             |              | 00:16:36 | 00:33:26.33 | 6:41   | 9    |
| 20   | MAŚLANKA JACEK                            | 64  |                            | SŁUPSK              | POL  | M60-64 | 2      | M 17 |             |              | 00:16:27 | 00:33:31.67 | 6:42   | 9    |
| 21   | KUBISZYN MAŁGORZATA                       | 149 | K.S. VICTORIA POTĘGOWO     | LUBACZÓW            | POL  | K30-39 | 1      | K 4  |             |              | 00:16:35 | 00:33:33.87 | 6:42   | 8.9  |
| 22   | STACHOWICZ JOANNA                         | 105 | K.S. VICTORIA POTĘGOWO     | DZIEMIANY           | POL  | K30-39 | 2      | K 5  |             |              | 00:16:42 | 00:33:36.75 | 6:43   | 8.9  |
| 23   | MAŚLANKA IWONA                            | 63  | NORDIC SPORT 2021          | ŚMIGIEL             | POL  | K50-54 | 1      | K 6  |             |              | 00:16:24 | 00:33:37.17 | 6:43   | 8.9  |
| 24   | DANIELSKI WALDEMAR                        | 20  | K.S. VICTORIA POTĘGOWO     | SOKOŁÓW PODLASKI    | POL  | M60-64 | 3      | M 18 |             |              | 00:16:29 | 00:33:41.12 | 6:44   | 8.9  |
| 25   | MICHALSKI ANDRZEJ                         | 66  | POLIPACK TEAM GWE          | ZMIENNICA           | POL  | M65-69 | 2      | M 19 |             |              | 00:16:13 | 00:33:52.36 | 6:46   | 8.9  |
| 26   | SKIERA KRZYSZTOF                          | 241 | LIFE BALANCE BYDGOSZCZ     | BYDGOSZCZ           | POL  | M45-49 | 3      | M 20 |             |              | 00:17:00 | 00:34:02.22 | 6:48   | 8.8  |
| 27   | FRANCZAK MAŁGORZATA                       | 24  | K.S. VICTORIA POTĘGOWO     | WARSZAWA            | POL  | K18-29 | 1      | K 7  |             |              | 00:16:43 | 00:34:16.23 | 6:51   | 8.8  |
| 28   | PUKSZTA KRZYSZTOF                         | 94  | WESOŁY BORSUK TEAM         | PRUDNIK             | POL  | M40-44 | 3      | M 21 |             |              | 00:16:53 | 00:34:18.87 | 6:51   | 8.7  |
| 29   | JAKSINA<br>DARIUSZJAKSINA45@GMAIL.CO<br>M | 43  | MAZURSKI DZIK              | RUCIANE NIDA        | POL  | M55-59 | 3      | M 22 |             |              | 00:16:53 | 00:34:21.88 | 6:52   | 8.7  |
| 30   | RUDAWSKI MACIEJ                           | 142 | NORDIC SPORT 2021          | TRZCIEL             | POL  | M40-44 | 4      | M 23 |             |              | 00:16:42 | 00:34:26.38 | 6:53   | 8.7  |
| 31   | PASIERB MAREK                             | 82  | K.S. VICTORIA POTĘGOWO     | RZESZÓW 666 608 053 | POL  | M70-74 | 1      | M 24 |             |              | 00:17:40 | 00:34:41.43 | 6:56   | 8.6  |
| 32   | RAKOWIECKI ZBIGNIEW                       | 95  | POLIPACK TEAM GWE          | GDAŃSK              | POL  | M60-64 | 4      | M 25 |             |              | 00:17:07 | 00:34:44.02 | 6:56   | 8.6  |
| 33   | WINCZEWSKI PIOTR                          | 127 | AZYMUT PABIANICE           | PABIANICE           | POL  | M55-59 | 4      | M 26 |             |              | 00:17:14 | 00:34:47.73 | 6:57   | 8.6  |
| 34   | OKRZESIK-FRĄCKOWIAK<br>IZABELA            | 75  | NORDIC SPORT 2021          | WIELEŃ              | POL  | K55-59 | 4      | K 8  |             |              | 00:17:09 | 00:34:50.81 | 6:58   | 8.6  |
| 35   | WŁODARSKI RADOŚLAW                        | 132 |                            | POZNAŃ              | POL  | M30-39 | 4      | M 27 |             |              | 00:16:55 | 00:35:00.16 | 7:00   | 8.6  |
| 36   | HRYCIUK WALDEMAR                          | 41  | VICTORIA POTĘDOWO          | BIAŁA PODLASKA      | POL  | M65-69 | 3      | M 28 |             |              | 00:17:24 | 00:35:13.19 | 7:02   | 8.5  |
| 37   | KŁĘCZ MAGDALENA                           | 148 |                            | WARSZAWA            | POL  | K40-44 | 1      | K 9  |             |              | 00:17:22 | 00:35:19.87 | 7:03   | 8.5  |
| 38   | BECZEK MAGDALENA                          | 4   | POLIPACK TEAM GWE          | GDAŃSK              | POL  | K30-39 | 3      | K 10 |             |              | 00:17:26 | 00:35:20.87 | 7:04   | 8.5  |
| 39   | KUSA PIOTR                                | 57  | LIFE BALANCE PLACE         | BYDGOSZCZ           | POL  | M40-44 | 5      | M 29 |             |              | 00:17:27 | 00:35:21.26 | 7:04   | 8.5  |
| 40   | BIELECKA ZUZANNA                          | 5   | K.S. VICTORIA POTĘGOWO     | WARSZAWA            | POL  | K40-44 | 2      | K 11 |             |              | 00:17:46 | 00:35:21.83 | 7:04   | 8.5  |
| 41   | WIŚNIEWSKI MARIUSZ                        | 128 | NW CZŁAPSKI TEAM           | ŁYSE                | POL  | M50-54 | 3      | M 30 |             |              | 00:17:33 | 00:35:26.42 | 7:05   | 8.5  |
| 42   | PODSIADŁY STANISŁAW                       | 88  | K.S. VICTORIA POTĘGOWO     | WARSZAWA            | POL  | M65-69 | 4      | M 31 |             |              | 00:17:24 | 00:35:31.60 | 7:06   | 8.4  |
| 43   | ADAMCZYK ADAM                             | 1   | K.S. VICTORIA POTĘGOWO     | WARSZAWA            | POL  | M75-79 | 1      | M 32 |             |              | 00:17:59 | 00:35:32.13 | 7:06   | 8.4  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub                        | M-scowość        | Kraj | Kat.                  | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------------|-----|-----------------------------|------------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 44   | POTRZEBOWSKI MAREK      | 93  | LIFE BALANCE PLACE          | BYDGOSZCZ        | POL  | M-NIEPEŁNOSPRAWNI(B ) | 1      | M 33 |             |              | 00:17:46 | 00:35:32.68 | 7:06   | 8.4  |
| 45   | MIHELAC JURAJ           | 68  | NWC SPLATAUM                | SPLIT            | CRO  | M40-44                | 6      | M 34 |             |              | 00:17:23 | 00:35:36.97 | 7:07   | 8.4  |
| 46   | GABRYSAK MAGDALENA      | 246 | FUNDCA SODA                 | ROGOWO           | POL  | K45-49                | 1      | K 12 |             |              | 00:17:40 | 00:35:50.82 | 7:10   | 8.4  |
| 47   | SZPILMAN KATARZYNA      | 112 |                             | GDYNIA           | POL  | K55-59                | 5      | K 13 |             |              | 00:17:39 | 00:35:55.40 | 7:11   | 8.4  |
| 48   | KACPERSKI JAROSŁAW      | 47  | NIEZESZONY                  | RADGOSZCZ        | POL  | M-NIEPEŁNOSPRAWNI(A ) | 1      | M 35 |             |              | 00:18:01 | 00:36:00.81 | 7:12   | 8.3  |
| 49   | PASIŃSKA-SKOWRON SYLWIA | 83  | OPEN SPORT TEAM             | SZCZODRKOVICE    | POL  | K45-49                | 2      | K 14 |             |              | 00:17:42 | 00:36:01.16 | 7:12   | 8.3  |
| 50   | ZAWADZKI KRZYSZTOF      | 147 |                             | ZIELONA GÓRA     | POL  | M-NIEPEŁNOSPRAWNI(B ) | 2      | M 36 |             |              | 00:17:54 | 00:36:05.45 | 7:13   | 8.3  |
| 51   | KURATNIK OLGA           | 56  |                             | TORUŃ            | POL  | K30-39                | 4      | K 15 |             |              | 00:18:02 | 00:36:16.33 | 7:15   | 8.3  |
| 52   | GRUSZKA MICHAŁ          | 33  | NORDIC SPORT 2021           | LUBLINIEC        | POL  | M45-49                | 4      | M 37 |             |              | 00:17:53 | 00:36:17.23 | 7:15   | 8.3  |
| 53   | SZYBUT WERONIKA         | 114 | POTĘGA NORDICA              | POTĘGOWO         | POL  | K-JUN.                | 1      | K 16 |             |              | 00:18:05 | 00:36:22.52 | 7:16   | 8.2  |
| 54   | FRANCZAK DARIUSZ        | 25  | NW CZŁAPSKI TEAM            | WARSZAWA         | POL  | M60-64                | 5      | M 38 |             |              | 00:18:02 | 00:36:23.56 | 7:16   | 8.2  |
| 55   | POTRZEBOWSKA AGATA      | 92  | LIFE BALANCE PLACE          | BYDGOSZCZ        | POL  | K-NIEPEŁNOSPRAWNI(B ) | 1      | K 17 |             |              | 00:17:57 | 00:36:25.73 | 7:17   | 8.2  |
| 56   | HRYCIUK TERESA          | 42  | K.S. VICTORIA POTĘGOWO      | BIAŁA PODLASKA   | POL  | K60-64                | 1      | K 18 |             |              | 00:17:47 | 00:36:37.43 | 7:19   | 8.2  |
| 57   | KOWALCZYK TADEUSZ       | 54  | NORDIC SPORT 2021           | KRAKÓW           | POL  | M70-74                | 2      | M 39 |             |              | 00:17:49 | 00:36:38.81 | 7:19   | 8.2  |
| 58   | ŁASZCZ WOJCIECH         | 59  | JA I TY.TO MY PIŁA          | PIŁA             | POL  | M-NIEPEŁNOSPRAWNI(A ) | 2      | M 40 |             |              | 00:18:03 | 00:36:53.05 | 7:22   | 8.1  |
| 59   | BREWCZYŃSKI MARCIN      | 9   | POLIPACK TEAM GWE           | ŁYSE             | POL  | M30-39                | 5      | M 41 |             |              | 00:16:53 | 00:36:53.65 | 7:22   | 8.1  |
| 60   | ŻYTKOWSKI ANDRZEJ       | 249 | TKKF                        | BIAŁA PODLASKA   | POL  | M60-64                | 6      | M 42 |             |              | 00:18:07 | 00:36:55.22 | 7:23   | 8.1  |
| 61   | STANISŁAWSKI JAN        | 106 | NORDIC WALKINGKIEKRZ POLAND | POZNAŃ           | POL  | M65-69                | 5      | M 43 |             |              | 00:17:23 | 00:36:59.63 | 7:23   | 8.1  |
| 62   | SZCZĘŚNIAK ZBIGNIEW     | 109 | NORDIC TEAM CZĘSTOCHOWA     | CZĘSTOCHOWA      | POL  | M60-64                | 7      | M 44 |             |              | 00:18:16 | 00:37:01.15 | 7:24   | 8.1  |
| 63   | CZEKAŃSKI DAMIAN        | 18  | WESOŁY BORSUK TEAM          | PRUDNIK          | POL  | M30-39                | 6      | M 45 |             |              | 00:18:19 | 00:37:01.75 | 7:24   | 8.1  |
| 64   | BISKUP PRZEMYSŁAW       | 6   | OSP BIEGA                   | OBORNIKI ŚLĄSKIE | POL  | M45-49                | 5      | M 46 |             |              | 00:17:59 | 00:37:02.51 | 7:24   | 8.1  |
| 65   | KUŁAKOWSKA HALINA       | 140 | DRUŻYNA SMA                 | OLKUSZ           | POL  | K45-49                | 3      | K 19 |             |              | 00:18:22 | 00:37:04.45 | 7:24   | 8.1  |
| 66   | PRZYMUSIŃSKI PIOTR      | 245 | MARSZ PO ZDROWIE            | POZNAŃ           | POL  | M70-74                | 3      | M 47 |             |              | 00:18:23 | 00:37:12.29 | 7:26   | 8.1  |
| 67   | CZMOCH MARIAN           | 19  | NORDIC SPORT 2021           | ŁOSICE           | POL  | M70-74                | 4      | M 48 |             |              | 00:18:32 | 00:37:19.06 | 7:27   | 8    |
| 68   | POLAK ŁUKASZ            | 89  | OBORYGENI                   | OBORNIKI ŚLĄSKIE | POL  | M40-44                | 7      | M 49 |             |              | 00:18:15 | 00:37:19.21 | 7:27   | 8    |
| 69   | WITUCKA KAROLINA        | 130 | K.S. VICTORIA POTĘGOWO      | POZNAŃ           | POL  | K-JUN.                | 2      | K 20 |             |              | 00:18:27 | 00:37:20.11 | 7:28   | 8    |
| 70   | ZDRZĄŁEK ALICJA         | 135 | NORDIC SPORT 2021           | TARNOWSKIE GÓRY  | POL  | K45-49                | 4      | K 21 |             |              | 00:18:34 | 00:37:21.17 | 7:28   | 8    |
| 71   | DOMAGAŁA MONIKA         | 22  |                             | ŻNIN             | POL  | K40-44                | 3      | K 22 |             |              | 00:18:18 | 00:37:27.06 | 7:29   | 8    |
| 72   | WIŚNIEWSKI JULIAN       | 129 | NW CZŁAPSKI TEAM            | ŁYSE             | POL  | M-JUN.                | 1      | M 50 |             |              | 00:17:47 | 00:37:29.64 | 7:29   | 8    |
| 73   | WROŃSKI VLADI           | 134 | K.S. VICTORIA POTĘGOWO      | WARSZAWA         | POL  | M70-74                | 5      | M 51 |             |              | 00:18:29 | 00:37:29.68 | 7:29   | 8    |
| 74   | ROCHNA CELINA           | 96  | WŁÓCZYKIJE GDYNIA           | GDYNIA           | POL  | K45-49                | 5      | K 23 |             |              | 00:18:38 | 00:37:37.34 | 7:31   | 8    |
| 75   | KACZMAREK MAJA          | 49  | WŁÓCZYKIJE GDYNIA           | WEJHEROWO        | POL  | K40-44                | 4      | K 24 |             |              | 00:18:34 | 00:37:40.68 | 7:32   | 8    |
| 76   | KANIA ADAM              | 50  | NORDIC SPORT 2021           | BIENKÓWKA        | POL  | M60-64                | 8      | M 52 |             |              | 00:18:33 | 00:37:46.65 | 7:33   | 7.9  |
| 77   | TOMCZYK EDWARD          | 123 | ZIELONE GROSZKI POZNAŃ      | POZNAŃ           | POL  | M75-79                | 2      | M 53 |             |              | 00:18:35 | 00:37:50.53 | 7:34   | 7.9  |
| 78   | OLEJNICZAK TOMASZ       | 76  |                             | ZIELONKA         | POL  | M55-59                | 5      | M 54 |             |              | 00:19:07 | 00:37:55.13 | 7:35   | 7.9  |
| 79   | SERÓWKA LIDIA           | 101 |                             | PIŁA             | POL  | K-NIEPEŁNOSPRAWNI(A ) | 1      | K 25 |             |              | 00:18:39 | 00:38:13.34 | 7:38   | 7.8  |
| 80   | POLAK MARCEL            | 90  | OBORYGENI                   | WROCLAW          | POL  | M-JUN.                | 2      | M 55 |             |              | 00:19:14 | 00:38:16.57 | 7:39   | 7.8  |
| 81   | SZEWCZYK HANNA          | 111 | TORUŃ-IDZIEMY BEZ RYZYKA    | TORUŃ            | POL  | K60-64                | 2      | K 26 |             |              | 00:18:58 | 00:38:24.14 | 7:40   | 7.8  |
| 82   | SZYMANIK LESŁAW         | 116 | LIFE BALANCE PLACE          | BYDGOSZCZ        | POL  | M70-74                | 6      | M 56 |             |              | 00:18:54 | 00:38:26.51 | 7:41   | 7.8  |
| 83   | RUSINOWICZ ANDRZEJ      | 98  |                             | PIŁA             | POL  | M80+                  | 1      | M 57 |             |              | 00:19:13 | 00:38:36.59 | 7:43   | 7.8  |
| 84   | BROTKIEWICZ MARIUSZ     | 10  | NORDIC SPORT 2021           | POZNAŃ           | POL  | M50-54                | 4      | M 58 |             |              | 00:19:03 | 00:38:38.59 | 7:43   | 7.8  |
| 85   | JAŚKOWSKI PATRYK        | 46  | NORDIC SPORT 2021           | KOŚCIAN          | POL  | M40-44                | 8      | M 59 |             |              | 00:19:08 | 00:38:39.00 | 7:43   | 7.8  |
| 86   | JAKUBOWSKI ZBIGNIEW     | 44  |                             | BIAŁYSTOK        | POL  | M75-79                | 3      | M 60 |             |              | 00:18:57 | 00:38:52.39 | 7:46   | 7.7  |
| 87   | ADAMCZYK BOGDAN         | 146 | BASZTA                      | BYTÓW            | POL  | M50-54                | 5      | M 61 |             |              | 00:18:40 | 00:38:54.35 | 7:46   | 7.7  |
| 88   | MATYJA ANNA             | 65  | #ŚREMCHODZI                 | ŚREM             | POL  | K50-54                | 2      | K 27 |             |              | 00:19:11 | 00:38:59.51 | 7:47   | 7.7  |
| 89   | CZAJKA URSZULA          | 17  |                             | RUMIA            | POL  | K70-74                | 1      | K 28 |             |              | 00:19:01 | 00:39:03.64 | 7:48   | 7.7  |
| 90   | FELCYN ANNA             | 247 | SODA                        | GORZYCE          | POL  | K45-49                | 6      | K 29 |             |              | 00:19:18 | 00:39:15.62 | 7:51   | 7.6  |
| 91   | BUDNY SŁAWOMIR          | 238 | KALISIA NORDIC TEAM         | OSTRÓW WLKP      | POL  | M-NIEPEŁNOSPRAWNI(A ) | 3      | M 62 |             |              | 00:19:15 | 00:39:18.37 | 7:51   | 7.6  |
| 92   | GRYGOROWICZ BOGDAN      | 36  | KGHM METRACO                | LUBIN            | POL  | M-NIEPEŁNOSPRAWNI(B ) | 3      | M 63 |             |              | 00:19:27 | 00:39:22.03 | 7:52   | 7.6  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, OPEN c.d.**

| M-ce | Nazwisko i imię                 | Nr  | Klub                         | M-scowość           | Kraj | Kat.                     | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------------------|-----|------------------------------|---------------------|------|--------------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 93   | RZEPECKI SŁAWOMIR               | 100 |                              | MAKÓW MAZOWIECKI    | POL  | M50-54                   | 6      | M 64 |             |              | 00:19:02 | 00:39:23.50 | 7:52   | 7.6  |
| 94   | KOWALCZYK JOANNA                | 55  | NORDIC SPORT 2021            | KRAKÓW              | POL  | K50-54                   | 3      | K 30 |             |              | 00:19:35 | 00:39:28.32 | 7:53   | 7.6  |
| 95   | POSTEK DANUTA                   | 138 |                              | POZNAŃ              | POL  | K60-64                   | 3      | K 31 |             |              | 00:19:29 | 00:39:44.33 | 7:56   | 7.6  |
| 96   | PIETRZYK ANNA                   | 86  | KALISZANKA                   | KALISZ POMORSKI     | POL  | K-NIEPEŁNOSPRAWNI(B<br>) | 2      | K 32 |             |              | 00:19:54 | 00:40:08.03 | 8:01   | 7.5  |
| 97   | PILIMON KRZYSZTOF               | 87  | NIEZRZESZONY                 | GORZÓW WIELKOPOLSKI | POL  | M-NIEPEŁNOSPRAWNI(B<br>) | 4      | M 65 |             |              | 00:19:38 | 00:40:08.84 | 8:01   | 7.5  |
| 98   | KASPRZYK GRACJAN                | 52  | PRINCE VAMP                  | GNIEZNO             | POL  | M18-29                   | 4      | M 66 |             |              | 00:19:49 | 00:40:11.01 | 8:02   | 7.5  |
| 99   | BAZNER PAULINA                  | 233 | BASZTA BYTÓW                 | BYTÓW               | POL  | K30-39                   | 5      | K 33 |             |              | 00:19:35 | 00:40:15.22 | 8:03   | 7.5  |
| 100  | CARLSSON AGNIESZKA              | 12  | GREEN TEAM                   | ZIELONA GÓRA        | POL  | K-NIEPEŁNOSPRAWNI(A<br>) | 2      | K 34 |             |              | 00:20:03 | 00:40:19.79 | 8:03   | 7.4  |
| 101  | AŁADOWICZ NADIA                 | 2   | LIFE BALANCE PLACE           | BYDGOSZCZ           | POL  | K-JUN.                   | 3      | K 35 |             |              | 00:19:56 | 00:40:21.66 | 8:04   | 7.4  |
| 102  | MALINIAK ALEKSANDRA             | 61  | OBORYGENI                    | OBORNIKI ŚLĄSKIE    | POL  | K-JUN.                   | 4      | K 36 |             |              | 00:19:56 | 00:40:23.50 | 8:04   | 7.4  |
| 103  | TOCZKO JAROSŁAW                 | 122 | AVOCADO WELLENSS CLUB        | WARSZAWA            | POL  | M55-59                   | 6      | M 67 |             |              | 00:19:44 | 00:40:24.90 | 8:04   | 7.4  |
| 104  | ROMAŃAK DANUTA                  | 144 | BASZTA BYTÓW                 | BYTÓW               | POL  | K45-49                   | 7      | K 37 |             |              | 00:20:13 | 00:40:29.54 | 8:05   | 7.4  |
| 105  | NERC DOROTA                     | 73  |                              | RUMIA               | POL  | K65-69                   | 1      | K 38 |             |              | 00:20:10 | 00:40:37.47 | 8:07   | 7.4  |
| 106  | MOMOT EWELINA                   | 69  | POCHODZONE                   | GNIEZNO             | POL  | K18-29                   | 2      | K 39 |             |              | 00:20:24 | 00:40:40.76 | 8:08   | 7.4  |
| 107  | RYLSKI SZYMON                   | 99  |                              | JAWORZNO            | POL  | M18-29                   | 5      | M 68 |             |              | 00:20:29 | 00:40:41.56 | 8:08   | 7.4  |
| 108  | DOLATOWSKA ELŻBIETA             | 21  | K.S. VICTORIA POTĘGOWO       | INOWROCŁAW          | POL  | K60-64                   | 4      | K 40 |             |              | 00:19:59 | 00:40:48.32 | 8:09   | 7.4  |
| 109  | PALUCH PAWEŁ                    | 80  | AVOCADO WELLNESS CLUB        | WARSZAWA            | POL  | M60-64                   | 9      | M 69 |             |              | 00:19:57 | 00:40:56.61 | 8:11   | 7.3  |
| 110  | TURZYŃSKA-STOPY MONIA           | 250 | BŁĘKITNI DZIEMIANY           | DZIEMIANY           | POL  | K65-69                   | 2      | K 41 |             |              | 00:20:26 | 00:40:57.69 | 8:11   | 7.3  |
| 111  | ŁĘCKI JAN                       | 236 | WŁÓCZYKIJE GDYNIA            | GDYNIA              | POL  | M-NIEPEŁNOSPRAWNI(A<br>) | 4      | M 70 |             |              | 00:20:26 | 00:41:02.87 | 8:12   | 7.3  |
| 112  | WIERZCHOSLAWSKI MARCEL          | 125 |                              | BRZOZA              | POL  | M18-29                   | 6      | M 71 |             |              | 00:20:02 | 00:41:12.56 | 8:14   | 7.3  |
| 113  | SŁUSARCZYK KAROLINA             | 119 | WESOŁY BORSUK TEAM           | PRUDNIK             | POL  | K18-29                   | 3      | K 42 |             |              | 00:20:05 | 00:41:15.81 | 8:15   | 7.3  |
| 114  | GONIA BERNARD                   | 31  |                              | BYDGOSZCZ           | POL  | M70-74                   | 7      | M 72 |             |              | 00:20:30 | 00:41:26.11 | 8:17   | 7.2  |
| 115  | WIERZCHOSLAWSKA MARTA           | 126 |                              | TORUŃ               | POL  | K18-29                   | 4      | K 43 |             |              | 00:20:13 | 00:41:36.38 | 8:19   | 7.2  |
| 116  | JAŚKIEWICZ TAMARA               | 45  | JELEŃ GÓRA SUDETY            | JELEŃ GÓRA          | POL  | K40-44                   | 5      | K 44 |             |              | 00:20:29 | 00:41:44.19 | 8:20   | 7.2  |
| 117  | GAJEWSKA ALEKSANDRA             | 28  | MIASTO GORZÓW WIELKOPOLSKI   | GORZÓW WIELKOPOLSKI | POL  | K65-69                   | 3      | K 45 |             |              | 00:20:33 | 00:41:52.93 | 8:22   | 7.2  |
| 118  | AŁADOWICZ ANNA                  | 3   | LIFE BALANCE PLACE           | BYDGOSZCZ           | POL  | K40-44                   | 6      | K 46 |             |              | 00:20:21 | 00:42:01.98 | 8:24   | 7.1  |
| 119  | THOMALLA BOGDAN                 | 121 | NORDIC SPORT 2021            | ZABRZE              | POL  | M80+                     | 2      | M 73 |             |              | 00:20:46 | 00:42:08.70 | 8:25   | 7.1  |
| 120  | DZIKOWSKA-FRANCZAK<br>AGNIESZKA | 248 |                              | BYDGOSZCZ           | POL  | K45-49                   | 8      | K 47 |             |              | 00:21:23 | 00:42:19.36 | 8:27   | 7.1  |
| 121  | NOWAKOWSKA SYLWIA               | 74  |                              | BYDGOSZCZ           | POL  | K45-49                   | 9      | K 48 |             |              | 00:21:11 | 00:42:27.51 | 8:29   | 7.1  |
| 122  | PAKMUR ANNA                     | 242 | PATYCZAKI                    | CHELMNO             | POL  | K60-64                   | 5      | K 49 |             |              | 00:20:46 | 00:42:30.53 | 8:30   | 7.1  |
| 123  | CIESIELSKI KRZYSZTOF            | 15  | FAST WALKER                  | GNIEZNO             | POL  | M-NIEPEŁNOSPRAWNI(A<br>) | 5      | M 74 |             |              | 00:20:13 | 00:42:40.63 | 8:32   | 7    |
| 124  | SULECKA GABRIELA                | 243 | PATYCZAKI                    | ŚWIECIE             | POL  | K-NIEPEŁNOSPRAWNI(A<br>) | 3      | K 50 |             |              | 00:21:14 | 00:42:41.41 | 8:32   | 7    |
| 125  | FRANCZAK ANNA                   | 26  | NW CZŁAPSKI TEAM             | WARSZAWA            | POL  | K55-59                   | 6      | K 51 |             |              | 00:21:29 | 00:42:47.57 | 8:33   | 7    |
| 126  | KLECZ MARCIN                    | 176 | KLECZE NW                    | WARSZAWA            | POL  | M40-44                   | 9      | M 75 |             |              | 00:21:12 | 00:42:53.61 | 8:34   | 7    |
| 127  | STATNIK TOMASZ                  | 239 | SUCHY LAS                    | BIEDRUSKIO          | POL  | M70-74                   | 8      | M 76 |             |              | 00:20:56 | 00:43:02.57 | 8:36   | 7    |
| 128  | BUDNY FRANEK                    | 237 | KALISIA NORDIC TEAM          | OSTRÓW WLKP         | POL  | M-DZIECI                 | 1      | M 77 |             |              | 00:21:50 | 00:43:16.37 | 8:39   | 6.9  |
| 129  | SZYCA GRAŻYNA                   | 143 | BASZTA BYTÓW                 | BYTÓW               | POL  | K50-54                   | 4      | K 52 |             |              | 00:22:02 | 00:43:40.86 | 8:44   | 6.9  |
| 130  | STATNIK GENOWEFA                | 107 | SUCHY LAS - BIEDRUSKO        | BIEDRUSKO           | POL  | K70-74                   | 2      | K 53 |             |              | 00:21:25 | 00:43:58.93 | 8:47   | 6.8  |
| 131  | BŁĄDEK WITOLD                   | 7   | ZAWSZE MŁODZI NORDIC WALKING | ŁÓDŹ                | POL  | M80+                     | 3      | M 78 |             |              | 00:21:58 | 00:44:11.15 | 8:50   | 6.8  |
| 132  | FIEDLER-MALINIAK URSZULA        | 23  | OBORYGENI                    | OBORNIKI ŚLĄSKIE    | POL  | K40-44                   | 7      | K 54 |             |              | 00:22:20 | 00:44:20.33 | 8:52   | 6.8  |
| 133  | KACZMARCZYK FRANCISZEK          | 48  |                              | RUMIA               | POL  | M80+                     | 4      | M 79 |             |              | 00:21:41 | 00:44:29.66 | 8:53   | 6.7  |
| 134  | HACZEWSKI JAKUB                 | 40  | POTĘGA NORDICA               | GLUSZYŃKO           | POL  | M18-29                   | 7      | M 80 |             |              | 00:22:09 | 00:44:37.67 | 8:55   | 6.7  |
| 135  | BŁĄDEK JOLANTA                  | 8   | ZAWSZE MŁODZI NORDIC WALKING | ŁÓDŹ                | POL  | K80+                     | 1      | K 55 |             |              | 00:22:05 | 00:44:41.66 | 8:56   | 6.7  |
| 136  | DZIKOWSKA WWIESŁAWA             | 244 | GOSIR OSIELSKO               | OSIELSKO            | POL  | K70-74                   | 3      | K 56 |             |              | 00:22:01 | 00:44:41.89 | 8:56   | 6.7  |
| 137  | TOMASZEWSKI HENRYK              | 240 |                              | TUCZNO              | POL  | M50-54                   | 7      | M 81 |             |              | 00:22:10 | 00:44:42.60 | 8:56   | 6.7  |
| 138  | GRUSZKA ILONA                   | 34  | NORDIC SPORT 2021            | LUBLINIEC           | POL  | K-NIEPEŁNOSPRAWNI(A<br>) | 4      | K 57 |             |              | 00:21:10 | 00:44:42.64 | 8:56   | 6.7  |
| 139  | GOTOWICZ SYLWIA                 | 32  |                              | BYDGOSZCZ           | POL  | K40-44                   | 8      | K 58 |             |              | 00:22:21 | 00:45:19.94 | 9:03   | 6.6  |
| 140  | TRAPSA HANIA                    | 124 | K.S. VICTORIA POTĘGOWO       | WARSZAWA            | POL  | K-DZIECI                 | 1      | K 59 |             |              | 00:21:36 | 00:45:20.30 | 9:04   | 6.6  |
| 141  | PIĄTKOWSKI JÓZEF                | 84  | KGHM METRACO                 | POLKOWICE           | POL  | M75-79                   | 4      | M 82 |             |              | 00:21:39 | 00:45:26.58 | 9:05   | 6.6  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, OPEN c.d.**

| M-ce | Nazwisko i imię            | Nr  | Klub                            | M-scowość       | Kraj | Kat.                  | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------------|-----|---------------------------------|-----------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 142  | SMARUJ - SADOWSKA JANINA   | 103 |                                 | BYDGOSZCZ       | POL  | K70-74                | 4      | K 60 |             |              | 00:22:29 | 00:45:30.26 | 9:06   | 6.6  |
| 143  | ŚLUSARCZYK BŁAŻEJ          | 120 | WESOŁY BORSUK TEAM              | PRUDNIK         | POL  | M-DZIECI              | 2      | M 83 |             |              | 00:22:51 | 00:45:33.10 | 9:06   | 6.6  |
| 144  | WORONKO-ZACZYŃSKA JANINA   | 133 | KGHM METRACO                    | LUBIN           | POL  | K75-79                | 1      | K 61 |             |              | 00:22:29 | 00:45:52.75 | 9:10   | 6.5  |
| 145  | PANKIEWICZ-DMOWSKA CECYLIA | 81  | WEJHEROWSKI KLUB NORDIC WALKING | GOWINO          | POL  | K75-79                | 2      | K 62 |             |              | 00:22:56 | 00:46:13.16 | 9:14   | 6.5  |
| 146  | MOTOCZYŃSKA ALEKSANDRA     | 71  |                                 | BYDGOSZCZ       | POL  | K65-69                | 4      | K 63 |             |              | 00:22:55 | 00:46:24.42 | 9:16   | 6.5  |
| 147  | SŁOJEWSKA IŁONA            | 102 | NIEZRZESZONA                    | SIERADZ         | POL  | K50-54                | 5      | K 64 |             |              | 00:22:39 | 00:46:55.51 | 9:23   | 6.4  |
| 148  | SZYBUT ROMA                | 113 | POTĘGA NORDICA                  | POTĘGOWO        | POL  | K40-44                | 9      | K 65 |             |              | 00:23:10 | 00:47:27.68 | 9:29   | 6.3  |
| 149  | CHWIAŁKOWSKA AGNIESZKA     | 14  |                                 | BYDGOSZCZ       | POL  | K45-49                | 10     | K 66 |             |              | 00:23:18 | 00:47:29.62 | 9:29   | 6.3  |
| 150  | CHARCZUK ZENON             | 13  |                                 | OPOLE           | POL  | M-NIEPEŁNOSPRAWNI(A ) | 6      | M 84 |             |              | 00:23:45 | 00:47:33.56 | 9:30   | 6.3  |
| 151  | KUZYHŁNA MARIJA            | 145 | BASZTA BYTÓW                    | BYTÓW           | POL  | K30-39                | 6      | K 67 |             |              | 00:24:01 | 00:47:57.83 | 9:35   | 6.3  |
| 152  | KIEDROWSKI WŁODZIMIERZ     | 139 |                                 | BYDGOSZCZ       | POL  | M80+                  | 5      | M 85 |             |              | 00:24:14 | 00:48:50.79 | 9:46   | 6.1  |
| 153  | HACZEWSKA KAMILLA          | 39  | POTĘGA NORDICA                  | GŁUSZYŃKO       | POL  | K55-59                | 7      | K 68 |             |              | 00:25:05 | 00:50:19.43 | 10:03  | 6    |
| 154  | OWCZARZAK EWA              | 79  |                                 | WEJHEROWO       | POL  | K-NIEPEŁNOSPRAWNI(B ) | 3      | K 69 |             |              | 00:24:59 | 00:50:48.58 | 10:09  | 5.9  |
| 155  | OWCZAREK HENRYKA           | 78  | ZIELONE GROSZKI POZNAŃ          | POZNAŃ          | POL  | K75-79                | 3      | K 70 |             |              | 00:25:45 | 00:52:36.60 | 10:31  | 5.7  |
| 156  | SZYBUT MIŁENA              | 115 | POTĘGA NORDICA                  | POTĘGOWO        | POL  | K-DZIECI              | 2      | K 71 |             |              | 00:28:46 | 00:59:10.62 | 11:50  | 5.1  |
| 157  | ŚLUSARCZYK ANDRZEJ         | 118 | WESOŁY BORSUK TEAM              | PRUDNIK         | POL  | M70-74                | 9      | M 86 |             |              |          |             |        |      |
| 158  | ŻYTKOWSKA MARTA            | 137 | ONLINE LAB                      | TORUŃ           | POL  | K30-39                | 7      | K 72 |             |              |          |             |        |      |
| DQ   | MROZIŃSKI TADEUSZ          | 72  | NORDIC SPORT 2021               | TARNOWSKIE GÓRY | POL  | M55-59                | DQ     | DQ   |             | 1            | 00:15:55 | DQ          |        |      |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, Kobiety**

| M-ce | Nazwisko i imię             | Nr  | Klub                     | M-scowość       | Kraj | Kat.                  | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|--------------------------|-----------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | MIELECKA AGNIESZKA          | 67  | POLIPACK TEAM GWE        | GAŚAWA          | POL  | K55-59                | 1      | K 1  |             |              | 00:15:35 | 00:31:32.82 | 6:18   | 9.5  |
| 2    | KARPIENIA EWA               | 51  | K.S. VICTORIA POTĘGOWO   | SZCZECIN        | POL  | K55-59                | 2      | K 2  |             |              | 00:16:19 | 00:32:56.31 | 6:35   | 9.1  |
| 3    | KOŁODZIEJ JOANNA            | 141 | OPEN SPORT TEAM          | RUDA ŚLĄSKA     | POL  | K55-59                | 3      | K 3  |             |              | 00:16:36 | 00:33:26.33 | 6:41   | 9    |
| 4    | KUBISZYN MAŁGORZATA         | 149 | K.S. VICTORIA POTĘGOWO   | LUBACZÓW        | POL  | K30-39                | 1      | K 4  |             |              | 00:16:35 | 00:33:33.87 | 6:42   | 8.9  |
| 5    | STACHOWICZ JOANNA           | 105 | K.S. VICTORIA POTĘGOWO   | DZIEMIANY       | POL  | K30-39                | 2      | K 5  |             |              | 00:16:42 | 00:33:36.75 | 6:43   | 8.9  |
| 6    | MAŚLANKA IWONA              | 63  | NORDIC SPORT 2021        | ŚMIGIEL         | POL  | K50-54                | 1      | K 6  |             |              | 00:16:24 | 00:33:37.17 | 6:43   | 8.9  |
| 7    | FRANCZAK MAŁGORZATA         | 24  | K.S. VICTORIA POTĘGOWO   | WARSZAWA        | POL  | K18-29                | 1      | K 7  |             |              | 00:16:43 | 00:34:16.23 | 6:51   | 8.8  |
| 8    | OKRZESIK-FRĄCKOWIAK IZABELA | 75  | NORDIC SPORT 2021        | WIELEŃ          | POL  | K55-59                | 4      | K 8  |             |              | 00:17:09 | 00:34:50.81 | 6:58   | 8.6  |
| 9    | KŁĘCZ MAGDALENA             | 148 |                          | WARSZAWA        | POL  | K40-44                | 1      | K 9  |             |              | 00:17:22 | 00:35:19.87 | 7:03   | 8.5  |
| 10   | BECZEK MAGDALENA            | 4   | POLIPACK TEAM GWE        | GDAŃSK          | POL  | K30-39                | 3      | K 10 |             |              | 00:17:26 | 00:35:20.87 | 7:04   | 8.5  |
| 11   | BIELECKA ZUZANNA            | 5   | K.S. VICTORIA POTĘGOWO   | WARSZAWA        | POL  | K40-44                | 2      | K 11 |             |              | 00:17:46 | 00:35:21.83 | 7:04   | 8.5  |
| 12   | GABRYSAK MAGDALENA          | 246 | FUNDCA SODA              | ROGOWO          | POL  | K45-49                | 1      | K 12 |             |              | 00:17:40 | 00:35:50.82 | 7:10   | 8.4  |
| 13   | SZPILMAN KATARZYNA          | 112 |                          | GDYNIA          | POL  | K55-59                | 5      | K 13 |             |              | 00:17:39 | 00:35:55.40 | 7:11   | 8.4  |
| 14   | PASIŃSKA-SKOWRON SYLWIA     | 83  | OPEN SPORT TEAM          | SZCZODRKOVICE   | POL  | K45-49                | 2      | K 14 |             |              | 00:17:42 | 00:36:01.16 | 7:12   | 8.3  |
| 15   | KURATNIK OLGA               | 56  |                          | TORUŃ           | POL  | K30-39                | 4      | K 15 |             |              | 00:18:02 | 00:36:16.33 | 7:15   | 8.3  |
| 16   | SZYBUT WERONIKA             | 114 | POTĘGA NORDICA           | POTĘGOWO        | POL  | K-JUN.                | 1      | K 16 |             |              | 00:18:05 | 00:36:22.52 | 7:16   | 8.2  |
| 17   | POTRZEBOWSKA AGATA          | 92  | LIFE BALANCE PLACE       | BYDGOSZCZ       | POL  | K-NIEPEŁNOSPRAWNI(B ) | 1      | K 17 |             |              | 00:17:57 | 00:36:25.73 | 7:17   | 8.2  |
| 18   | HRYCIUK TERESA              | 42  | K.S. VICTORIA POTĘGOWO   | BIAŁA PODLASKA  | POL  | K60-64                | 1      | K 18 |             |              | 00:17:47 | 00:36:37.43 | 7:19   | 8.2  |
| 19   | KUŁAKOWSKA HALINA           | 140 | DRUŻYNA SMA              | OLKUSZ          | POL  | K45-49                | 3      | K 19 |             |              | 00:18:22 | 00:37:04.45 | 7:24   | 8.1  |
| 20   | WITUĆKA KAROLINA            | 130 | K.S. VICTORIA POTĘGOWO   | POZNAŃ          | POL  | K-JUN.                | 2      | K 20 |             |              | 00:18:27 | 00:37:20.11 | 7:28   | 8    |
| 21   | ZDRZAŁEK ALICJA             | 135 | NORDIC SPORT 2021        | TARNOWSKIE GÓRY | POL  | K45-49                | 4      | K 21 |             |              | 00:18:34 | 00:37:21.17 | 7:28   | 8    |
| 22   | DOMAGAŁA MONIKA             | 22  |                          | ŻNIN            | POL  | K40-44                | 3      | K 22 |             |              | 00:18:18 | 00:37:27.06 | 7:29   | 8    |
| 23   | ROCHNA CELINA               | 96  | WŁÓCZYKJE GDYNIA         | GDYNIA          | POL  | K45-49                | 5      | K 23 |             |              | 00:18:38 | 00:37:37.34 | 7:31   | 8    |
| 24   | KACZMAREK MAJA              | 49  | WŁÓCZYKJE GDYNIA         | WEJHEROWO       | POL  | K40-44                | 4      | K 24 |             |              | 00:18:34 | 00:37:40.68 | 7:32   | 8    |
| 25   | SERÓWKA LIDIA               | 101 |                          | PIŁA            | POL  | K-NIEPEŁNOSPRAWNI(A ) | 1      | K 25 |             |              | 00:18:39 | 00:38:13.34 | 7:38   | 7.8  |
| 26   | SZEWCIK HANNA               | 111 | TORUŃ-IDZIEMY BEZ RYZYKA | TORUŃ           | POL  | K60-64                | 2      | K 26 |             |              | 00:18:58 | 00:38:24.14 | 7:40   | 7.8  |
| 27   | MATYJA ANNA                 | 65  | #ŚREMCHODZI              | ŚREM            | POL  | K50-54                | 2      | K 27 |             |              | 00:19:11 | 00:38:59.51 | 7:47   | 7.7  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, Kobiety c.d.**

| M-ce | Nazwisko i imię              | Nr  | Klub                            | M-scowość           | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------------------|-----|---------------------------------|---------------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 28   | CZAJKA URSZULA               | 17  |                                 | RUMIA               | POL  | K70-74               | 1      | K 28 |             |              | 00:19:01 | 00:39:03.64 | 7:48   | 7.7  |
| 29   | FELCYN ANNA                  | 247 | SODA                            | GORZYCE             | POL  | K45-49               | 6      | K 29 |             |              | 00:19:18 | 00:39:15.62 | 7:51   | 7.6  |
| 30   | KOWALCZYK JOANNA             | 55  | NORDIC SPORT 2021               | KRAKÓW              | POL  | K50-54               | 3      | K 30 |             |              | 00:19:35 | 00:39:28.32 | 7:53   | 7.6  |
| 31   | POSTEK DANUTA                | 138 |                                 | POZNAŃ              | POL  | K60-64               | 3      | K 31 |             |              | 00:19:29 | 00:39:44.33 | 7:56   | 7.6  |
| 32   | PIETRZYK ANNA                | 86  | KALISZANKA                      | KALISZ POMORSKI     | POL  | K-NIEPEŁNOSPRAWNI(B) | 2      | K 32 |             |              | 00:19:54 | 00:40:08.03 | 8:01   | 7.5  |
| 33   | BAZNER PAULINA               | 233 | BASZTA BYTÓW                    | BYTÓW               | POL  | K30-39               | 5      | K 33 |             |              | 00:19:35 | 00:40:15.22 | 8:03   | 7.5  |
| 34   | CARLSSON AGNIESZKA           | 12  | GREEN TEAM                      | ZIELONA GÓRA        | POL  | K-NIEPEŁNOSPRAWNI(A) | 2      | K 34 |             |              | 00:20:03 | 00:40:19.79 | 8:03   | 7.4  |
| 35   | AŁADOWICZ NADIA              | 2   | LIFE BALANCE PLACE              | BYDGOSZCZ           | POL  | K-JUN.               | 3      | K 35 |             |              | 00:19:56 | 00:40:21.66 | 8:04   | 7.4  |
| 36   | MALINIAK ALEKSANDRA          | 61  | OBORYGENI                       | OBORNIKI ŚLĄSKIE    | POL  | K-JUN.               | 4      | K 36 |             |              | 00:19:56 | 00:40:23.50 | 8:04   | 7.4  |
| 37   | ROMAŃAK DANUTA               | 144 | BASZTA BYTÓW                    | BYTÓW               | POL  | K45-49               | 7      | K 37 |             |              | 00:20:13 | 00:40:29.54 | 8:05   | 7.4  |
| 38   | NERC DOROTA                  | 73  |                                 | RUMIA               | POL  | K65-69               | 1      | K 38 |             |              | 00:20:10 | 00:40:37.47 | 8:07   | 7.4  |
| 39   | MOMOT EWELINA                | 69  | POCHODZONE                      | GNIEZNO             | POL  | K18-29               | 2      | K 39 |             |              | 00:20:24 | 00:40:40.76 | 8:08   | 7.4  |
| 40   | DOLATOWSKA ELŻBIETA          | 21  | K.S. VICTORIA POTĘGOWO          | INOWROCŁAW          | POL  | K60-64               | 4      | K 40 |             |              | 00:19:59 | 00:40:48.32 | 8:09   | 7.4  |
| 41   | TURZYŃSKA-STOPY MONIA        | 250 | BŁĘKITNI DZIEMIANY              | DZIEMIANY           | POL  | K65-69               | 2      | K 41 |             |              | 00:20:26 | 00:40:57.69 | 8:11   | 7.3  |
| 42   | ŚLUSARCZYK KAROLINA          | 119 | WESOŁY BORSUK TEAM              | PRUDNIK             | POL  | K18-29               | 3      | K 42 |             |              | 00:20:05 | 00:41:15.81 | 8:15   | 7.3  |
| 43   | WIERZCHOSŁAWSKA MARTA        | 126 |                                 | TORUŃ               | POL  | K18-29               | 4      | K 43 |             |              | 00:20:13 | 00:41:36.38 | 8:19   | 7.2  |
| 44   | JAŚKIEWICZ TAMARA            | 45  | JELEŃ GÓRA SUDETY               | JELEŃ GÓRA          | POL  | K40-44               | 5      | K 44 |             |              | 00:20:29 | 00:41:44.19 | 8:20   | 7.2  |
| 45   | GAJEWSKA ALEKSANDRA          | 28  | MIASTO GORZÓW WIELKOPOLSKI      | GORZÓW WIELKOPOLSKI | POL  | K65-69               | 3      | K 45 |             |              | 00:20:33 | 00:41:52.93 | 8:22   | 7.2  |
| 46   | AŁADOWICZ ANNA               | 3   | LIFE BALANCE PLACE              | BYDGOSZCZ           | POL  | K40-44               | 6      | K 46 |             |              | 00:20:21 | 00:42:01.98 | 8:24   | 7.1  |
| 47   | DZIKOWSKA-FRANCZAK AGNIESZKA | 248 |                                 | BYDGOSZCZ           | POL  | K45-49               | 8      | K 47 |             |              | 00:21:23 | 00:42:19.36 | 8:27   | 7.1  |
| 48   | NOWAKOWSKA SYLWIA            | 74  |                                 | BYDGOSZCZ           | POL  | K45-49               | 9      | K 48 |             |              | 00:21:11 | 00:42:27.51 | 8:29   | 7.1  |
| 49   | PAKMUR ANNA                  | 242 | PATYCZAKI                       | CHELMNO             | POL  | K60-64               | 5      | K 49 |             |              | 00:20:46 | 00:42:30.53 | 8:30   | 7.1  |
| 50   | SULECKA GABRIELA             | 243 | PATYCZAKI                       | ŚWIECIE             | POL  | K-NIEPEŁNOSPRAWNI(A) | 3      | K 50 |             |              | 00:21:14 | 00:42:41.41 | 8:32   | 7    |
| 51   | FRANCZAK ANNA                | 26  | NW CZŁĄPSKI TEAM                | WARSZAWA            | POL  | K55-59               | 6      | K 51 |             |              | 00:21:29 | 00:42:47.57 | 8:33   | 7    |
| 52   | SZYCA GRAŻYNA                | 143 | BASZTA BYTÓW                    | BYTÓW               | POL  | K50-54               | 4      | K 52 |             |              | 00:22:02 | 00:43:40.86 | 8:44   | 6.9  |
| 53   | STATNIK GENOWEFA             | 107 | SUCHY LAS - BIEDRUSKO           | BIEDRUSKO           | POL  | K70-74               | 2      | K 53 |             |              | 00:21:25 | 00:43:58.93 | 8:47   | 6.8  |
| 54   | FIEDLER-MALINIAK URSZULA     | 23  | OBORYGENI                       | OBORNIKI ŚLĄSKIE    | POL  | K40-44               | 7      | K 54 |             |              | 00:22:20 | 00:44:20.33 | 8:52   | 6.8  |
| 55   | BŁĄDEK JOLANTA               | 8   | ZAWSZE MŁODZI NORDIC WALKING    | ŁÓDŹ                | POL  | K80+                 | 1      | K 55 |             |              | 00:22:05 | 00:44:41.66 | 8:56   | 6.7  |
| 56   | DZIKOWSKA WWIESŁAWA          | 244 | GOSIR OSIELSKO                  | OSIELSKO            | POL  | K70-74               | 3      | K 56 |             |              | 00:22:01 | 00:44:41.89 | 8:56   | 6.7  |
| 57   | GRUSZKA ILONA                | 34  | NORDIC SPORT 2021               | LUBLINIEC           | POL  | K-NIEPEŁNOSPRAWNI(A) | 4      | K 57 |             |              | 00:21:10 | 00:44:42.64 | 8:56   | 6.7  |
| 58   | GOTOWICZ SYLWIA              | 32  |                                 | BYDGOSZCZ           | POL  | K40-44               | 8      | K 58 |             |              | 00:22:21 | 00:45:19.94 | 9:03   | 6.6  |
| 59   | TRAPSA HANIA                 | 124 | K.S. VICTORIA POTĘGOWO          | WARSZAWA            | POL  | K-DZIECI             | 1      | K 59 |             |              | 00:21:36 | 00:45:20.30 | 9:04   | 6.6  |
| 60   | SMARUJ - SADOWSKA JANINA     | 103 |                                 | BYDGOSZCZ           | POL  | K70-74               | 4      | K 60 |             |              | 00:22:29 | 00:45:30.26 | 9:06   | 6.6  |
| 61   | WORONKO-ZACZYŃSKA JANINA     | 133 | KGHM METRACO                    | LUBIN               | POL  | K75-79               | 1      | K 61 |             |              | 00:22:29 | 00:45:52.75 | 9:10   | 6.5  |
| 62   | PANKIEWICZ-DMOWSKA CECYLIA   | 81  | WEJHEROWSKI KLUB NORDIC WALKING | GOWINO              | POL  | K75-79               | 2      | K 62 |             |              | 00:22:56 | 00:46:13.16 | 9:14   | 6.5  |
| 63   | MOTOCZYŃSKA ALEKSANDRA       | 71  |                                 | BYDGOSZCZ           | POL  | K65-69               | 4      | K 63 |             |              | 00:22:55 | 00:46:24.42 | 9:16   | 6.5  |
| 64   | SŁOJEWSKA ILONA              | 102 | NIEZRZESZONA                    | SIERADZ             | POL  | K50-54               | 5      | K 64 |             |              | 00:22:39 | 00:46:55.51 | 9:23   | 6.4  |
| 65   | SZYBUT ROMA                  | 113 | POTĘGA NORDICA                  | POTĘGOWO            | POL  | K40-44               | 9      | K 65 |             |              | 00:23:10 | 00:47:27.68 | 9:29   | 6.3  |
| 66   | CHWIAŁKOWSKA AGNIESZKA       | 14  |                                 | BYDGOSZCZ           | POL  | K45-49               | 10     | K 66 |             |              | 00:23:18 | 00:47:29.62 | 9:29   | 6.3  |
| 67   | KUZHYLNA MARIJA              | 145 | BASZTA BYTÓW                    | BYTÓW               | POL  | K30-39               | 6      | K 67 |             |              | 00:24:01 | 00:47:57.83 | 9:35   | 6.3  |
| 68   | HACZEWSKA KAMILA             | 39  | POTĘGA NORDICA                  | GLESZYNKO           | POL  | K55-59               | 7      | K 68 |             |              | 00:25:05 | 00:50:19.43 | 10:03  | 6    |
| 69   | OWCZARZAK EWA                | 79  |                                 | WEJHEROWO           | POL  | K-NIEPEŁNOSPRAWNI(B) | 3      | K 69 |             |              | 00:24:59 | 00:50:48.58 | 10:09  | 5.9  |
| 70   | OWCZAREK HENRYKA             | 78  | ZIELONE GROSZKI POZNAŃ          | POZNAŃ              | POL  | K75-79               | 3      | K 70 |             |              | 00:25:45 | 00:52:36.60 | 10:31  | 5.7  |
| 71   | SZYBUT MILENA                | 115 | POTĘGA NORDICA                  | POTĘGOWO            | POL  | K-DZIECI             | 2      | K 71 |             |              | 00:28:46 | 00:59:10.62 | 11:50  | 5.1  |
| 72   | ŻYTKOWSKA MARTA              | 137 | ONLINE LAB                      | TORUŃ               | POL  | K30-39               | 7      | K 72 |             |              |          |             |        |      |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, Mężczyźni**

| M-ce | Nazwisko i imię                       | Nr  | Klub                        | M-scowość           | Kraj | Kat.                  | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------------------------|-----|-----------------------------|---------------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WITUCKI JACEK                         | 131 | K.S. VICTORIA POTĘGOWO      | POZNAŃ              | POL  | M50-54                | 1      | M 1  |             |              | 00:14:23 | 00:29:28.30 | 5:53   | 10.2 |
| 2    | ROMANOWSKI DANIEL                     | 97  | KATOWICKI NORDIC WALKING    | RYBNIK              | POL  | M18-29                | 1      | M 2  |             |              | 00:14:34 | 00:29:54.27 | 5:58   | 10   |
| 3    | STĘPAK PIOTR                          | 108 | K.S. VICTORIA POTĘGOWO      | TARNÓW              | POL  | M30-39                | 1      | M 3  |             |              | 00:14:44 | 00:30:19.45 | 6:03   | 9.9  |
| 4    | CYRUS BOGDAN                          | 16  |                             | STRZEBIŃ            | POL  | M50-54                | 2      | M 4  |             |              | 00:14:44 | 00:30:43.29 | 6:08   | 9.8  |
| 5    | ROŻYNEK MIRON                         | 150 | NW CZŁAPSKI TEAM            | WROCLAW             | POL  | M60-64                | 1      | M 5  |             |              | 00:15:34 | 00:31:27.84 | 6:17   | 9.5  |
| 6    | GWIZDAŁA ZBIGNIEW                     | 37  |                             | GOŁĄBEK             | POL  | M55-59                | 1      | M 6  |             |              | 00:15:39 | 00:31:35.74 | 6:19   | 9.5  |
| 7    | KŁOS MACIEJ                           | 53  | POLIPACK TEAM GWE           | GDAŃSK              | POL  | M40-44                | 1      | M 7  |             |              | 00:15:41 | 00:31:45.81 | 6:21   | 9.4  |
| 8    | MARCZAK TOMASZ                        | 62  | K.S. VICTORIA POTĘGOWO      | ALEKSANDRIA I       | POL  | M18-29                | 2      | M 8  |             |              | 00:15:51 | 00:32:34.22 | 6:30   | 9.2  |
| 9    | POŁUBIAK PAWEŁ                        | 91  | NW CZŁAPSKI TEAM            | SIECINO             | POL  | M30-39                | 2      | M 9  |             |              | 00:15:58 | 00:32:34.55 | 6:30   | 9.2  |
| 10   | BRZOSOWSKI PIOTR                      | 11  | AKTYWNI POSTOMINO           | SŁAWNO              | POL  | M40-44                | 2      | M 10 |             |              | 00:16:00 | 00:32:39.35 | 6:31   | 9.2  |
| 11   | ZEMŁA MARCIN                          | 136 | CIAP CIAP ZEMŁA TEAM        | MIEDZYRZEC PODLASKI | POL  | M30-39                | 3      | M 11 |             |              | 00:16:13 | 00:32:42.57 | 6:32   | 9.2  |
| 12   | FRĄCKOWIAK ROMAN                      | 27  | NORDIC SPORT 2021           | WIELEŃ              | POL  | M55-59                | 2      | M 12 |             |              | 00:15:55 | 00:32:43.25 | 6:32   | 9.2  |
| 13   | GAJEWSKI EUGENIUSZ                    | 29  | MIASTO GORZÓW WIELKOPOLSKI  | GORZÓW WIELKOPOLSKI | POL  | M65-69                | 1      | M 13 |             |              | 00:16:00 | 00:32:45.36 | 6:33   | 9.2  |
| 14   | PIETRAKOWSKI MARCIN                   | 85  | K.S. VICTORIA POTĘGOWO      | JENIN               | POL  | M45-49                | 1      | M 14 |             |              | 00:15:56 | 00:32:48.41 | 6:33   | 9.1  |
| 15   | GWIZDAŁA MIKOŁAJ                      | 38  |                             | BYDGOSZCZ           | POL  | M18-29                | 3      | M 15 |             |              | 00:16:22 | 00:32:56.59 | 6:35   | 9.1  |
| 16   | ŚLUSARCZYK MARCIN                     | 117 | WESOŁY BORSUK TEAM          | PRUDNIK             | POL  | M45-49                | 2      | M 16 |             |              | 00:15:57 | 00:33:06.86 | 6:37   | 9.1  |
| 17   | MAŚLANKA JACEK                        | 64  |                             | SŁUPSK              | POL  | M60-64                | 2      | M 17 |             |              | 00:16:27 | 00:33:31.67 | 6:42   | 9    |
| 18   | DANIELSKI WALDEMAR                    | 20  | K.S. VICTORIA POTĘGOWO      | SOKOŁÓW PODLASKI    | POL  | M60-64                | 3      | M 18 |             |              | 00:16:29 | 00:33:41.12 | 6:44   | 8.9  |
| 19   | MICHALSKI ANDRZEJ                     | 66  | POLIPACK TEAM GWE           | ZMIENNICA           | POL  | M65-69                | 2      | M 19 |             |              | 00:16:13 | 00:33:52.36 | 6:46   | 8.9  |
| 20   | SKIERA KRZYSZTOF                      | 241 | LIFE BALANCE BYDGOSZCZ      | BYDGOSZCZ           | POL  | M45-49                | 3      | M 20 |             |              | 00:17:00 | 00:34:02.22 | 6:48   | 8.8  |
| 21   | PUKSZTA KRZYSZTOF                     | 94  | WESOŁY BORSUK TEAM          | PRUDNIK             | POL  | M40-44                | 3      | M 21 |             |              | 00:16:53 | 00:34:18.87 | 6:51   | 8.7  |
| 22   | JAKSINA<br>DARIUSZJAKSINA45@GMAIL.COM | 43  | MAZURSKI DZIK               | RUCIANE NIDA        | POL  | M55-59                | 3      | M 22 |             |              | 00:16:53 | 00:34:21.88 | 6:52   | 8.7  |
| 23   | RUDAWSKI MACIEJ                       | 142 | NORDIC SPORT 2021           | TRZCIEL             | POL  | M40-44                | 4      | M 23 |             |              | 00:16:42 | 00:34:26.38 | 6:53   | 8.7  |
| 24   | PASIERB MAREK                         | 82  | K.S. VICTORIA POTĘGOWO      | RZESZÓW 666 608 053 | POL  | M70-74                | 1      | M 24 |             |              | 00:17:40 | 00:34:41.43 | 6:56   | 8.6  |
| 25   | RAKOWIECKI ZBIGNIEW                   | 95  | POLIPACK TEAM GWE           | GDAŃSK              | POL  | M60-64                | 4      | M 25 |             |              | 00:17:07 | 00:34:44.02 | 6:56   | 8.6  |
| 26   | WINCZEWSKI PIOTR                      | 127 | AZYMUT PABIANICE            | PABIANICE           | POL  | M55-59                | 4      | M 26 |             |              | 00:17:14 | 00:34:47.73 | 6:57   | 8.6  |
| 27   | WŁODARSKI RADOŚLAW                    | 132 |                             | POZNAŃ              | POL  | M30-39                | 4      | M 27 |             |              | 00:16:55 | 00:35:00.16 | 7:00   | 8.6  |
| 28   | HRYCIUK WALDEMAR                      | 41  | VICTORIA POTĘGOWO           | BIAŁA PODLASKA      | POL  | M65-69                | 3      | M 28 |             |              | 00:17:24 | 00:35:13.19 | 7:02   | 8.5  |
| 29   | KUSA PIOTR                            | 57  | LIFE BALANCE PLACE          | BYDGOSZCZ           | POL  | M40-44                | 5      | M 29 |             |              | 00:17:27 | 00:35:21.26 | 7:04   | 8.5  |
| 30   | WIŚNIEWSKI MARIUSZ                    | 128 | NW CZŁAPSKI TEAM            | ŁYSE                | POL  | M50-54                | 3      | M 30 |             |              | 00:17:33 | 00:35:26.42 | 7:05   | 8.5  |
| 31   | PODSIADŁY STANISŁAW                   | 88  | K.S. VICTORIA POTĘGOWO      | WARSZAWA            | POL  | M65-69                | 4      | M 31 |             |              | 00:17:24 | 00:35:31.60 | 7:06   | 8.4  |
| 32   | ADAMCZYK ADAM                         | 1   | K.S. VICTORIA POTĘGOWO      | WARSZAWA            | POL  | M75-79                | 1      | M 32 |             |              | 00:17:59 | 00:35:32.13 | 7:06   | 8.4  |
| 33   | POTRZEBOWSKI MAREK                    | 93  | LIFE BALANCE PLACE          | BYDGOSZCZ           | POL  | M-NIEPEŁNOSPRAWNI(B ) | 1      | M 33 |             |              | 00:17:46 | 00:35:32.68 | 7:06   | 8.4  |
| 34   | MIHELAC JURAJ                         | 68  | NWC SPLATAUM                | SPLIT               | CRO  | M40-44                | 6      | M 34 |             |              | 00:17:23 | 00:35:36.97 | 7:07   | 8.4  |
| 35   | KACPERSKI JAROSŁAW                    | 47  | NIEZESZONY                  | RADGOSZCZ           | POL  | M-NIEPEŁNOSPRAWNI(A ) | 1      | M 35 |             |              | 00:18:01 | 00:36:00.81 | 7:12   | 8.3  |
| 36   | ZAWADZKI KRZYSZTOF                    | 147 |                             | ZIELONA GÓRA        | POL  | M-NIEPEŁNOSPRAWNI(B ) | 2      | M 36 |             |              | 00:17:54 | 00:36:05.45 | 7:13   | 8.3  |
| 37   | GRUSZKA MICHAŁ                        | 33  | NORDIC SPORT 2021           | LUBLINIEC           | POL  | M45-49                | 4      | M 37 |             |              | 00:17:53 | 00:36:17.23 | 7:15   | 8.3  |
| 38   | FRANCZAK DARIUSZ                      | 25  | NW CZŁAPSKI TEAM            | WARSZAWA            | POL  | M60-64                | 5      | M 38 |             |              | 00:18:02 | 00:36:23.56 | 7:16   | 8.2  |
| 39   | KOWALCZYK TADEUSZ                     | 54  | NORDIC SPORT 2021           | KRAKÓW              | POL  | M70-74                | 2      | M 39 |             |              | 00:17:49 | 00:36:38.81 | 7:19   | 8.2  |
| 40   | ŁASZCZ WOJCIECH                       | 59  | JA I TY.TO MY PIŁA          | PIŁA                | POL  | M-NIEPEŁNOSPRAWNI(A ) | 2      | M 40 |             |              | 00:18:03 | 00:36:53.05 | 7:22   | 8.1  |
| 41   | BREWZYŃSKI MARCIN                     | 9   | POLIPACK TEAM GWE           | ŁYSE                | POL  | M30-39                | 5      | M 41 |             |              | 00:16:53 | 00:36:53.65 | 7:22   | 8.1  |
| 42   | ŻYTKOWSKI ANDRZEJ                     | 249 | TKKF                        | BIAŁA PODLASKA      | POL  | M60-64                | 6      | M 42 |             |              | 00:18:07 | 00:36:55.22 | 7:23   | 8.1  |
| 43   | STANISŁAWSKI JAN                      | 106 | NORDIC WALKINGKIEKRZ POLAND | POZNAŃ              | POL  | M65-69                | 5      | M 43 |             |              | 00:17:23 | 00:36:59.63 | 7:23   | 8.1  |
| 44   | SZCZĘŚNIAK ZBIGNIEW                   | 109 | NORDIC TEAM CZĘSTOCHOWA     | CZĘSTOCHOWA         | POL  | M60-64                | 7      | M 44 |             |              | 00:18:16 | 00:37:01.15 | 7:24   | 8.1  |
| 45   | CZEKAŃSKI DAMIAN                      | 18  | WESOŁY BORSUK TEAM          | PRUDNIK             | POL  | M30-39                | 6      | M 45 |             |              | 00:18:19 | 00:37:01.75 | 7:24   | 8.1  |
| 46   | BISKUP PRZEMYSŁAW                     | 6   | OSP BIEGA                   | OBORNIKI ŚLĄSKIE    | POL  | M45-49                | 5      | M 46 |             |              | 00:17:59 | 00:37:02.51 | 7:24   | 8.1  |
| 47   | PRZYMUSIŃSKI PIOTR                    | 245 | MARSZ PO ZDROWIE            | POZNAŃ              | POL  | M70-74                | 3      | M 47 |             |              | 00:18:23 | 00:37:12.29 | 7:26   | 8.1  |
| 48   | CZMOCH MARIAN                         | 19  | NORDIC SPORT 2021           | ŁOSICE              | POL  | M70-74                | 4      | M 48 |             |              | 00:18:32 | 00:37:19.06 | 7:27   | 8    |
| 49   | POLAK ŁUKASZ                          | 89  | OBORYGENI                   | OBORNIKI ŚLĄSKIE    | POL  | M40-44                | 7      | M 49 |             |              | 00:18:15 | 00:37:19.21 | 7:27   | 8    |
| 50   | WIŚNIEWSKI JULIAN                     | 129 | NW CZŁAPSKI TEAM            | ŁYSE                | POL  | M-JUN.                | 1      | M 50 |             |              | 00:17:47 | 00:37:29.64 | 7:29   | 8    |
| 51   | WROŃSKI VLADI                         | 134 | K.S. VICTORIA POTĘGOWO      | WARSZAWA            | POL  | M70-74                | 5      | M 51 |             |              | 00:18:29 | 00:37:29.68 | 7:29   | 8    |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, Mężczyźni c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                         | M-scowość           | Kraj | Kat.                | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|------------------------------|---------------------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 52   | KANIA ADAM             | 50  | NORDIC SPORT 2021            | BIENKÓWKA           | POL  | M60-64              | 8      | M 52 |             |              | 00:18:33 | 00:37:46.65 | 7:33   | 7.9  |
| 53   | TOMCZYK EDWARD         | 123 | ZIELONE GROSZKI POZNAŃ       | POZNAŃ              | POL  | M75-79              | 2      | M 53 |             |              | 00:18:35 | 00:37:50.53 | 7:34   | 7.9  |
| 54   | OLEJNICZAK TOMASZ      | 76  |                              | ZIELONKA            | POL  | M55-59              | 5      | M 54 |             |              | 00:19:07 | 00:37:55.13 | 7:35   | 7.9  |
| 55   | POLAK MARCEL           | 90  | OBORYGENI                    | WROCŁAW             | POL  | M-JUN.              | 2      | M 55 |             |              | 00:19:14 | 00:38:16.57 | 7:39   | 7.8  |
| 56   | SZYMANIK LESŁAW        | 116 | LIFE BALANCE PLACE           | BYDGOSZCZ           | POL  | M70-74              | 6      | M 56 |             |              | 00:18:54 | 00:38:26.51 | 7:41   | 7.8  |
| 57   | RUSINOWICZ ANDRZEJ     | 98  |                              | PIŁA                | POL  | M80+                | 1      | M 57 |             |              | 00:19:13 | 00:38:36.59 | 7:43   | 7.8  |
| 58   | BROTKIEWICZ MARIUSZ    | 10  | NORDIC SPORT 2021            | POZNAŃ              | POL  | M50-54              | 4      | M 58 |             |              | 00:19:03 | 00:38:38.59 | 7:43   | 7.8  |
| 59   | JAŚKOWSKI PATRYK       | 46  | NORDIC SPORT 2021            | KOŚCIAN             | POL  | M40-44              | 8      | M 59 |             |              | 00:19:08 | 00:38:39.00 | 7:43   | 7.8  |
| 60   | JAKUBOWSKI ZBIGNIEW    | 44  |                              | BIĄŁYSTOK           | POL  | M75-79              | 3      | M 60 |             |              | 00:18:57 | 00:38:52.39 | 7:46   | 7.7  |
| 61   | ADAMCZYK BOGDAN        | 146 | BASZTA                       | BYTÓW               | POL  | M50-54              | 5      | M 61 |             |              | 00:18:40 | 00:38:54.35 | 7:46   | 7.7  |
| 62   | BUDNY SŁAWOMIR         | 238 | KALISIA NORDIC TEAM          | OSTRÓW WLKP         | POL  | M-NIEPEŁNOSPRAWNI(A | 3      | M 62 |             |              | 00:19:15 | 00:39:18.37 | 7:51   | 7.6  |
|      |                        |     |                              |                     |      | )                   |        |      |             |              |          |             |        |      |
| 63   | GRYGOROWICZ BOGDAN     | 36  | KGHM METRACO                 | LUBIN               | POL  | M-NIEPEŁNOSPRAWNI(B | 3      | M 63 |             |              | 00:19:27 | 00:39:22.03 | 7:52   | 7.6  |
|      |                        |     |                              |                     |      | )                   |        |      |             |              |          |             |        |      |
| 64   | RZEPECKI SŁAWOMIR      | 100 |                              | MAKÓW MAZOWIECKI    | POL  | M50-54              | 6      | M 64 |             |              | 00:19:02 | 00:39:23.50 | 7:52   | 7.6  |
| 65   | PILIMON KRZYSZTOF      | 87  | NIEZRZESZONY                 | GORZÓW WIELKOPOLSKI | POL  | M-NIEPEŁNOSPRAWNI(B | 4      | M 65 |             |              | 00:19:38 | 00:40:08.84 | 8:01   | 7.5  |
|      |                        |     |                              |                     |      | )                   |        |      |             |              |          |             |        |      |
| 66   | KASPRZYK GRACJAN       | 52  | PRINCE VAMP                  | GNIEZNO             | POL  | M18-29              | 4      | M 66 |             |              | 00:19:49 | 00:40:11.01 | 8:02   | 7.5  |
| 67   | TOCZKO JAROSŁAW        | 122 | AVOCADO WELLENSS CLUB        | WARSZAWA            | POL  | M55-59              | 6      | M 67 |             |              | 00:19:44 | 00:40:24.90 | 8:04   | 7.4  |
| 68   | RYLSKI SZYMON          | 99  |                              | JAWORZNO            | POL  | M18-29              | 5      | M 68 |             |              | 00:20:29 | 00:40:41.56 | 8:08   | 7.4  |
| 69   | PALUCH PAWEŁ           | 80  | AVOCADO WELLNESS CLUB        | WARSZAWA            | POL  | M60-64              | 9      | M 69 |             |              | 00:19:57 | 00:40:56.61 | 8:11   | 7.3  |
| 70   | ŁĘCKI JAN              | 236 | WŁÓCZYKIJE GDYNIA            | GDYNIA              | POL  | M-NIEPEŁNOSPRAWNI(A | 4      | M 70 |             |              | 00:20:26 | 00:41:02.87 | 8:12   | 7.3  |
|      |                        |     |                              |                     |      | )                   |        |      |             |              |          |             |        |      |
| 71   | WIERZCHOSLAWSKI MARCEL | 125 |                              | BRZOZA              | POL  | M18-29              | 6      | M 71 |             |              | 00:20:02 | 00:41:12.56 | 8:14   | 7.3  |
| 72   | GONIA BERNARD          | 31  |                              | BYDGOSZCZ           | POL  | M70-74              | 7      | M 72 |             |              | 00:20:30 | 00:41:26.11 | 8:17   | 7.2  |
| 73   | THOMALLA BOGDAN        | 121 | NORDIC SPORT 2021            | ZABRZE              | POL  | M80+                | 2      | M 73 |             |              | 00:20:46 | 00:42:08.70 | 8:25   | 7.1  |
| 74   | CIESIELSKI KRZYSZTOF   | 15  | FAST WALKER                  | GNIEZNO             | POL  | M-NIEPEŁNOSPRAWNI(A | 5      | M 74 |             |              | 00:20:13 | 00:42:40.63 | 8:32   | 7    |
|      |                        |     |                              |                     |      | )                   |        |      |             |              |          |             |        |      |
| 75   | KLECZ MARCIN           | 176 | KLECZE NW                    | WARSZAWA            | POL  | M40-44              | 9      | M 75 |             |              | 00:21:12 | 00:42:53.61 | 8:34   | 7    |
| 76   | STATNIK TOMASZ         | 239 | SUCHY LAS                    | BIEDRUSKIO          | POL  | M70-74              | 8      | M 76 |             |              | 00:20:56 | 00:43:02.57 | 8:36   | 7    |
| 77   | BUDNY FRANEK           | 237 | KALISIA NORDIC TEAM          | OSTRÓW WLKP         | POL  | M-DZIECI            | 1      | M 77 |             |              | 00:21:50 | 00:43:16.37 | 8:39   | 6.9  |
| 78   | BŁĄDEK WITOLD          | 7   | ZAWSZE MŁODZI NORDIC WALKING | ŁÓDŹ                | POL  | M80+                | 3      | M 78 |             |              | 00:21:58 | 00:44:11.15 | 8:50   | 6.8  |
| 79   | KACZMARCZYK FRANCISZEK | 48  | RUMIA                        | RUMIA               | POL  | M80+                | 4      | M 79 |             |              | 00:21:41 | 00:44:29.66 | 8:53   | 6.7  |
| 80   | HACZEWSKI JAKUB        | 40  | POTĘGA NORDICA               | GLUSZYNKO           | POL  | M18-29              | 7      | M 80 |             |              | 00:22:09 | 00:44:37.67 | 8:55   | 6.7  |
| 81   | TOMASZEWSKI HENRYK     | 240 |                              | TUCZNO              | POL  | M50-54              | 7      | M 81 |             |              | 00:22:10 | 00:44:42.60 | 8:56   | 6.7  |
| 82   | PIĄTKOWSKI JÓZEF       | 84  | KGHM METRACO                 | POLKOWICE           | POL  | M75-79              | 4      | M 82 |             |              | 00:21:39 | 00:45:26.58 | 9:05   | 6.6  |
| 83   | ŚLUSARCZYK BŁAŻEJ      | 120 | WESOŁY BORSUK TEAM           | PRUDNIK             | POL  | M-DZIECI            | 2      | M 83 |             |              | 00:22:51 | 00:45:33.10 | 9:06   | 6.6  |
| 84   | CHARCZUK ZENON         | 13  |                              | OPOLE               | POL  | M-NIEPEŁNOSPRAWNI(A | 6      | M 84 |             |              | 00:23:45 | 00:47:33.56 | 9:30   | 6.3  |
|      |                        |     |                              |                     |      | )                   |        |      |             |              |          |             |        |      |
| 85   | KIEDROWSKI WŁODZIMIERZ | 139 |                              | BYDGOSZCZ           | POL  | M80+                | 5      | M 85 |             |              | 00:24:14 | 00:48:50.79 | 9:46   | 6.1  |
| 86   | ŚLUSARCZYK ANDRZEJ     | 118 | WESOŁY BORSUK TEAM           | PRUDNIK             | POL  | M70-74              | 9      | M 86 |             |              |          |             |        |      |
| DQ   | MROZIŃSKI TADEUSZ      | 72  | NORDIC SPORT 2021            | TARNOWSKIE GÓRY     | POL  | M55-59              | DQ     | DQ   |             | 1            | 00:15:55 | DQ          |        |      |
|      |                        |     |                              |                     |      |                     |        |      |             |              | DQ       |             |        |      |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K-Niepełnosprawni(A)**

| M-ce | Nazwisko i imię    | Nr  | Klub              | M-scowość    | Kraj | Kat.                | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|-------------------|--------------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | SERÓWKA LIDIA      | 101 |                   | PIŁA         | POL  | K-NIEPEŁNOSPRAWNI(A | 1      | K 25 |             |              | 00:18:39 | 00:38:13.34 | 7:38   | 7.8  |
|      |                    |     |                   |              |      | )                   |        |      |             |              |          |             |        |      |
| 2    | CARLSSON AGNIESZKA | 12  | GREEN TEAM        | ZIELONA GÓRA | POL  | K-NIEPEŁNOSPRAWNI(A | 2      | K 34 |             |              | 00:20:03 | 00:40:19.79 | 8:03   | 7.4  |
|      |                    |     |                   |              |      | )                   |        |      |             |              |          |             |        |      |
| 3    | SULECKA GABRIELA   | 243 | PATYCZAKI         | ŚWIECIE      | POL  | K-NIEPEŁNOSPRAWNI(A | 3      | K 50 |             |              | 00:21:14 | 00:42:41.41 | 8:32   | 7    |
|      |                    |     |                   |              |      | )                   |        |      |             |              |          |             |        |      |
| 4    | GRUSZKA ILONA      | 34  | NORDIC SPORT 2021 | LUBLINIEC    | POL  | K-NIEPEŁNOSPRAWNI(A | 4      | K 57 |             |              | 00:21:10 | 00:44:42.64 | 8:56   | 6.7  |
|      |                    |     |                   |              |      | )                   |        |      |             |              |          |             |        |      |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K-Niepełnosprawni(B)**

| M-ce | Nazwisko i imię    | Nr | Klub               | M-scowość       | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|----|--------------------|-----------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | POTRZEBOWSKA AGATA | 92 | LIFE BALANCE PLACE | BYDGOSZCZ       | POL  | K-NIEPEŁNOSPRAWNI(B) | 1      | K 17 |             |              | 00:17:57 | 00:36:25.73 | 7:17   | 8.2  |
| 2    | PIETRZYK ANNA      | 86 | KALISZANKA         | KALISZ POMORSKI | POL  | K-NIEPEŁNOSPRAWNI(B) | 2      | K 32 |             |              | 00:19:54 | 00:40:08.03 | 8:01   | 7.5  |
| 3    | OWCZARZAK EWA      | 79 |                    | WEJHEROWO       | POL  | K-NIEPEŁNOSPRAWNI(B) | 3      | K 69 |             |              | 00:24:59 | 00:50:48.58 | 10:09  | 5.9  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M-Niepełnosprawni(A)**

| M-ce | Nazwisko i imię      | Nr  | Klub                | M-scowość   | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|---------------------|-------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | KACPERSKI JAROSŁAW   | 47  | NIEZESZONY          | RADGOSZCZ   | POL  | M-NIEPEŁNOSPRAWNI(A) | 1      | M 35 |             |              | 00:18:01 | 00:36:00.81 | 7:12   | 8.3  |
| 2    | ŁASZCZ WOJCIECH      | 59  | JA I TY.TO MY PIŁA  | PIŁA        | POL  | M-NIEPEŁNOSPRAWNI(A) | 2      | M 40 |             |              | 00:18:03 | 00:36:53.05 | 7:22   | 8.1  |
| 3    | BUDNY SŁAWOMIR       | 238 | KALISIA NORDIC TEAM | OSTRÓW WLKP | POL  | M-NIEPEŁNOSPRAWNI(A) | 3      | M 62 |             |              | 00:19:15 | 00:39:18.37 | 7:51   | 7.6  |
| 4    | ŁĘCKI JAN            | 236 | WŁÓCZYKIJE GDYNIA   | GDYNIA      | POL  | M-NIEPEŁNOSPRAWNI(A) | 4      | M 70 |             |              | 00:20:26 | 00:41:02.87 | 8:12   | 7.3  |
| 5    | CIESIELSKI KRZYSZTOF | 15  | FAST WALKER         | GNIEZNO     | POL  | M-NIEPEŁNOSPRAWNI(A) | 5      | M 74 |             |              | 00:20:13 | 00:42:40.63 | 8:32   | 7    |
| 6    | CHARCZUK ZENON       | 13  |                     | OPOLE       | POL  | M-NIEPEŁNOSPRAWNI(A) | 6      | M 84 |             |              | 00:23:45 | 00:47:33.56 | 9:30   | 6.3  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M-Niepełnosprawni(B)**

| M-ce | Nazwisko i imię    | Nr  | Klub               | M-scowość           | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|--------------------|---------------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | POTRZEBOWSKI MAREK | 93  | LIFE BALANCE PLACE | BYDGOSZCZ           | POL  | M-NIEPEŁNOSPRAWNI(B) | 1      | M 33 |             |              | 00:17:46 | 00:35:32.68 | 7:06   | 8.4  |
| 2    | ZAWADZKI KRZYSZTOF | 147 |                    | ZIELONA GÓRA        | POL  | M-NIEPEŁNOSPRAWNI(B) | 2      | M 36 |             |              | 00:17:54 | 00:36:05.45 | 7:13   | 8.3  |
| 3    | GRYGOROWICZ BOGDAN | 36  | KGHM METRACO       | LUBIN               | POL  | M-NIEPEŁNOSPRAWNI(B) | 3      | M 63 |             |              | 00:19:27 | 00:39:22.03 | 7:52   | 7.6  |
| 4    | PILIMON KRZYSZTOF  | 87  | NIEZRZESZONY       | GORZÓW WIELKOPOLSKI | POL  | M-NIEPEŁNOSPRAWNI(B) | 4      | M 65 |             |              | 00:19:38 | 00:40:08.84 | 8:01   | 7.5  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K-Dzieci**

| M-ce | Nazwisko i imię | Nr  | Klub                   | M-scowość | Kraj | Kat.     | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------------------------|-----------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | TRAPSA HANIA    | 124 | K.S. VICTORIA POTĘGOWO | WARSZAWA  | POL  | K-DZIECI | 1      | K 59 |             |              | 00:21:36 | 00:45:20.30 | 9:04   | 6.6  |
| 2    | SZYBUT MILENA   | 115 | POTĘGA NORDICA         | POTĘGOWO  | POL  | K-DZIECI | 2      | K 71 |             |              | 00:28:46 | 00:59:10.62 | 11:50  | 5.1  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M-Dzieci**

| M-ce | Nazwisko i imię   | Nr  | Klub                | M-scowość   | Kraj | Kat.     | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|---------------------|-------------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | BUDNY FRANEK      | 237 | KALISIA NORDIC TEAM | OSTRÓW WLKP | POL  | M-DZIECI | 1      | M 77 |             |              | 00:21:50 | 00:43:16.37 | 8:39   | 6.9  |
| 2    | ŚLUSARCZYK BŁAŻEJ | 120 | WESOŁY BORSUK TEAM  | PRUDNIK     | POL  | M-DZIECI | 2      | M 83 |             |              | 00:22:51 | 00:45:33.10 | 9:06   | 6.6  |



**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K-Jun.**

| M-ce | Nazwisko i imię     | Nr  | Klub                   | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | SZYBUT WERONIKA     | 114 | POTĘGA NORDICA         | POTĘGOWO         | POL  | K-JUN. | 1      | K 16 |             |              | 00:18:05 | 00:36:22.52 | 7:16   | 8.2  |
| 2    | WITUCKA KAROLINA    | 130 | K.S. VICTORIA POTĘGOWO | POZNAŃ           | POL  | K-JUN. | 2      | K 20 |             |              | 00:18:27 | 00:37:20.11 | 7:28   | 8    |
| 3    | AŁADOWICZ NADIA     | 2   | LIFE BALANCE PLACE     | BYDGOSZCZ        | POL  | K-JUN. | 3      | K 35 |             |              | 00:19:56 | 00:40:21.66 | 8:04   | 7.4  |
| 4    | MALINIAK ALEKSANDRA | 61  | OBORYGENI              | OBORNIKI ŚLĄSKIE | POL  | K-JUN. | 4      | K 36 |             |              | 00:19:56 | 00:40:23.50 | 8:04   | 7.4  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M-Jun.**

| M-ce | Nazwisko i imię   | Nr  | Klub              | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|-------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WIŚNIEWSKI JULIAN | 129 | NW CZĘLAPSKI TEAM | ŁYSE      | POL  | M-JUN. | 1      | M 50 |             |              | 00:17:47 | 00:37:29.64 | 7:29   | 8    |
| 2    | POLAK MARCEL      | 90  | OBORYGENI         | WROCŁAW   | POL  | M-JUN. | 2      | M 55 |             |              | 00:19:14 | 00:38:16.57 | 7:39   | 7.8  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K18-29**

| M-ce | Nazwisko i imię       | Nr  | Klub                   | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------|-----|------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | FRANCZAK MAŁGORZATA   | 24  | K.S. VICTORIA POTĘGOWO | WARSZAWA  | POL  | K18-29 | 1      | K 7  |             |              | 00:16:43 | 00:34:16.23 | 6:51   | 8.8  |
| 2    | MOMOT EWELINA         | 69  | POCHODZONE             | GNIEZNO   | POL  | K18-29 | 2      | K 39 |             |              | 00:20:24 | 00:40:40.76 | 8:08   | 7.4  |
| 3    | ŚLUSARCZYK KAROLINA   | 119 | WESOŁY BORSUK TEAM     | PRUDNIK   | POL  | K18-29 | 3      | K 42 |             |              | 00:20:05 | 00:41:15.81 | 8:15   | 7.3  |
| 4    | WIERZCHOSŁAWSKA MARTA | 126 |                        | TORUŃ     | POL  | K18-29 | 4      | K 43 |             |              | 00:20:13 | 00:41:36.38 | 8:19   | 7.2  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M18-29**

| M-ce | Nazwisko i imię        | Nr  | Klub                     | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | ROMANOWSKI DANIEL      | 97  | KATOWICKI NORDIC WALKING | RYBNIK        | POL  | M18-29 | 1      | M 2  |             |              | 00:14:34 | 00:29:54.27 | 5:58   | 10   |
| 2    | MARCZAK TOMASZ         | 62  | K.S. VICTORIA POTĘGOWO   | ALEKSANDRIA I | POL  | M18-29 | 2      | M 8  |             |              | 00:15:51 | 00:32:34.22 | 6:30   | 9.2  |
| 3    | GWIZDAŁA MIKOŁAJ       | 38  |                          | BYDGOSZCZ     | POL  | M18-29 | 3      | M 15 |             |              | 00:16:22 | 00:32:56.59 | 6:35   | 9.1  |
| 4    | KASPRZYK GRACJAN       | 52  | PRINCE VAMP              | GNIEZNO       | POL  | M18-29 | 4      | M 66 |             |              | 00:19:49 | 00:40:11.01 | 8:02   | 7.5  |
| 5    | RYLSKI SZYMON          | 99  |                          | JAWORZNO      | POL  | M18-29 | 5      | M 68 |             |              | 00:20:29 | 00:40:41.56 | 8:08   | 7.4  |
| 6    | WIERZCHOSŁAWSKI MARCEL | 125 |                          | BRZOZA        | POL  | M18-29 | 6      | M 71 |             |              | 00:20:02 | 00:41:12.56 | 8:14   | 7.3  |
| 7    | HACZEWSKI JAKUB        | 40  | POTĘGA NORDICA           | GLUSZYNKO     | POL  | M18-29 | 7      | M 80 |             |              | 00:22:09 | 00:44:37.67 | 8:55   | 6.7  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K30-39**

| M-ce | Nazwisko i imię     | Nr  | Klub                   | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | KUBISZYN MAŁGORZATA | 149 | K.S. VICTORIA POTĘGOWO | LUBACZÓW  | POL  | K30-39 | 1      | K 4  |             |              | 00:16:35 | 00:33:33.87 | 6:42   | 8.9  |
| 2    | STACHOWICZ JOANNA   | 105 | K.S. VICTORIA POTĘGOWO | DZIEMIANY | POL  | K30-39 | 2      | K 5  |             |              | 00:16:42 | 00:33:36.75 | 6:43   | 8.9  |
| 3    | BECZEK MAGDALENA    | 4   | POLIPACK TEAM GWE      | GDAŃSK    | POL  | K30-39 | 3      | K 10 |             |              | 00:17:26 | 00:35:20.87 | 7:04   | 8.5  |
| 4    | KURATNIK OLGA       | 56  |                        | TORUŃ     | POL  | K30-39 | 4      | K 15 |             |              | 00:18:02 | 00:36:16.33 | 7:15   | 8.3  |
| 5    | BAZNER PAULINA      | 233 | BASZTA BYTÓW           | BYTÓW     | POL  | K30-39 | 5      | K 33 |             |              | 00:19:35 | 00:40:15.22 | 8:03   | 7.5  |
| 6    | KUZHYLNA MARIJA     | 145 | BASZTA BYTÓW           | BYTÓW     | POL  | K30-39 | 6      | K 67 |             |              | 00:24:01 | 00:47:57.83 | 9:35   | 6.3  |
| 7    | ŻYTKOWSKA MARTA     | 137 | ONLINE LAB             | TORUŃ     | POL  | K30-39 | 7      | K 72 |             |              |          |             |        |      |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M30-39**

| M-ce | Nazwisko i imię    | Nr  | Klub                   | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | STĘPAK PIOTR       | 108 | K.S. VICTORIA POTĘGOWO | TARNÓW              | POL  | M30-39 | 1      | M 3  |             |              | 00:14:44 | 00:30:19.45 | 6:03   | 9.9  |
| 2    | POŁUBIAK PAWEŁ     | 91  | NW CZĘLAPSKI TEAM      | SIECINO             | POL  | M30-39 | 2      | M 9  |             |              | 00:15:58 | 00:32:34.55 | 6:30   | 9.2  |
| 3    | ZEMŁA MARCIN       | 136 | CIAP CIAP ZEMŁA TEAM   | MIĘDZYRZEC PODLASKI | POL  | M30-39 | 3      | M 11 |             |              | 00:16:13 | 00:32:42.57 | 6:32   | 9.2  |
| 4    | WŁODARSKI RADOŚLAW | 132 |                        | POZNAŃ              | POL  | M30-39 | 4      | M 27 |             |              | 00:16:55 | 00:35:00.16 | 7:00   | 8.6  |
| 5    | BREWZYŃSKI MARCIN  | 9   | POLIPACK TEAM GWE      | ŁYSE                | POL  | M30-39 | 5      | M 41 |             |              | 00:16:53 | 00:36:53.65 | 7:22   | 8.1  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M30-39 c.d.**

| M-ce | Nazwisko i imię  | Nr | Klub               | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------|----|--------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 6    | CZEKAŃSKI DAMIAN | 18 | WESOŁY BORSUK TEAM | PRUDNIK   | POL  | M30-39 | 6      | M 45 |             |              | 00:18:19 | 00:37:01.75 | 7:24   | 8.1  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K40-44**

| M-ce | Nazwisko i imię          | Nr  | Klub                   | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------------|-----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | KŁĘCZ MAGDALENA          | 148 |                        | WARSZAWA         | POL  | K40-44 | 1      | K 9  |             |              | 00:17:22 | 00:35:19.87 | 7:03   | 8.5  |
| 2    | BIELECKA ZUZANNA         | 5   | K.S. VICTORIA POTĘGOWO | WARSZAWA         | POL  | K40-44 | 2      | K 11 |             |              | 00:17:46 | 00:35:21.83 | 7:04   | 8.5  |
| 3    | DOMAGAŁA MONIKA          | 22  |                        | ZNIN             | POL  | K40-44 | 3      | K 22 |             |              | 00:18:18 | 00:37:27.06 | 7:29   | 8    |
| 4    | KACZMAREK MAJA           | 49  | WŁÓCZYKIJE GDYNIA      | WEJHEROWO        | POL  | K40-44 | 4      | K 24 |             |              | 00:18:34 | 00:37:40.68 | 7:32   | 8    |
| 5    | JAŚKIEWICZ TAMARA        | 45  | JELEŃ GÓRA SUDETY      | JELEŃ GÓRA       | POL  | K40-44 | 5      | K 44 |             |              | 00:20:29 | 00:41:44.19 | 8:20   | 7.2  |
| 6    | AŁADOWICZ ANNA           | 3   | LIFE BALANCE PLACE     | BYDGOSZCZ        | POL  | K40-44 | 6      | K 46 |             |              | 00:20:21 | 00:42:01.98 | 8:24   | 7.1  |
| 7    | FIEDLER-MALINIAK URSZULA | 23  | OBORYGENI              | OBORNIKI ŚLĄSKIE | POL  | K40-44 | 7      | K 54 |             |              | 00:22:20 | 00:44:20.33 | 8:52   | 6.8  |
| 8    | GOTOWICZ SYLWIA          | 32  |                        | BYDGOSZCZ        | POL  | K40-44 | 8      | K 58 |             |              | 00:22:21 | 00:45:19.94 | 9:03   | 6.6  |
| 9    | SZYBUT ROMA              | 113 | POTĘGA NORDICA         | POTĘGOWO         | POL  | K40-44 | 9      | K 65 |             |              | 00:23:10 | 00:47:27.68 | 9:29   | 6.3  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M40-44**

| M-ce | Nazwisko i imię   | Nr  | Klub               | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|--------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | KŁOS MACIEJ       | 53  | POLIPACK TEAM GWE  | GDANSK           | POL  | M40-44 | 1      | M 7  |             |              | 00:15:41 | 00:31:45.81 | 6:21   | 9.4  |
| 2    | BRZOZOWSKI PIOTR  | 11  | AKTYWNI POSTOMINO  | SŁAWNO           | POL  | M40-44 | 2      | M 10 |             |              | 00:16:00 | 00:32:39.35 | 6:31   | 9.2  |
| 3    | PUKSZTA KRZYSZTOF | 94  | WESOŁY BORSUK TEAM | PRUDNIK          | POL  | M40-44 | 3      | M 21 |             |              | 00:16:53 | 00:34:18.87 | 6:51   | 8.7  |
| 4    | RUDAWSKI MACIEJ   | 142 | NORDIC SPORT 2021  | TRZCIEL          | POL  | M40-44 | 4      | M 23 |             |              | 00:16:42 | 00:34:26.38 | 6:53   | 8.7  |
| 5    | KUSA PIOTR        | 57  | LIFE BALANCE PLACE | BYDGOSZCZ        | POL  | M40-44 | 5      | M 29 |             |              | 00:17:27 | 00:35:21.26 | 7:04   | 8.5  |
| 6    | MIHELAC JURAJ     | 68  | NWC SPLATAUM       | SPLIT            | CRO  | M40-44 | 6      | M 34 |             |              | 00:17:23 | 00:35:36.97 | 7:07   | 8.4  |
| 7    | POLAK ŁUKASZ      | 89  | OBORYGENI          | OBORNIKI ŚLĄSKIE | POL  | M40-44 | 7      | M 49 |             |              | 00:18:15 | 00:37:19.21 | 7:27   | 8    |
| 8    | JAŚKOWSKI PATRYK  | 46  | NORDIC SPORT 2021  | KOŚCIAN          | POL  | M40-44 | 8      | M 59 |             |              | 00:19:08 | 00:38:39.00 | 7:43   | 7.8  |
| 9    | KLECZ MARCIN      | 176 | KLECZE NW          | WARSZAWA         | POL  | M40-44 | 9      | M 75 |             |              | 00:21:12 | 00:42:53.61 | 8:34   | 7    |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K45-49**

| M-ce | Nazwisko i imię              | Nr  | Klub              | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------------------|-----|-------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | GABRYSAK MAGDALENA           | 246 | FUNDCA SODA       | ROGOWO          | POL  | K45-49 | 1      | K 12 |             |              | 00:17:40 | 00:35:50.82 | 7:10   | 8.4  |
| 2    | PASIŃSKA-SKOWRON SYLWIA      | 83  | OPEN SPORT TEAM   | SZCZODRZKOWICE  | POL  | K45-49 | 2      | K 14 |             |              | 00:17:42 | 00:36:01.16 | 7:12   | 8.3  |
| 3    | KUŁAKOWSKA HALINA            | 140 | DRUŻYNA SMA       | OLKUSZ          | POL  | K45-49 | 3      | K 19 |             |              | 00:18:22 | 00:37:04.45 | 7:24   | 8.1  |
| 4    | ZDRZĄLEK ALICJA              | 135 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL  | K45-49 | 4      | K 21 |             |              | 00:18:34 | 00:37:21.17 | 7:28   | 8    |
| 5    | ROCHNA CELINA                | 96  | WŁÓCZYKIJE GDYNIA | GDYNIA          | POL  | K45-49 | 5      | K 23 |             |              | 00:18:38 | 00:37:37.34 | 7:31   | 8    |
| 6    | FELCYN ANNA                  | 247 | SODA              | GORZYCE         | POL  | K45-49 | 6      | K 29 |             |              | 00:19:18 | 00:39:15.62 | 7:51   | 7.6  |
| 7    | ROMAŃAK DANUTA               | 144 | BASZTA BYTÓW      | BYTÓW           | POL  | K45-49 | 7      | K 37 |             |              | 00:20:13 | 00:40:29.54 | 8:05   | 7.4  |
| 8    | DZIKOWSKA-FRANCZAK AGNIESZKA | 248 |                   | BYDGOSZCZ       | POL  | K45-49 | 8      | K 47 |             |              | 00:21:23 | 00:42:19.36 | 8:27   | 7.1  |
| 9    | NOWAKOWSKA SYLWIA            | 74  |                   | BYDGOSZCZ       | POL  | K45-49 | 9      | K 48 |             |              | 00:21:11 | 00:42:27.51 | 8:29   | 7.1  |
| 10   | CHWIAŁKOWSKA AGNIESZKA       | 14  |                   | BYDGOSZCZ       | POL  | K45-49 | 10     | K 66 |             |              | 00:23:18 | 00:47:29.62 | 9:29   | 6.3  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M45-49**

| M-ce | Nazwisko i imię     | Nr  | Klub                   | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | PIETRAKOWSKI MARCIN | 85  | K.S. VICTORIA POTĘGOWO | JENIN            | POL  | M45-49 | 1      | M 14 |             |              | 00:15:56 | 00:32:48.41 | 6:33   | 9.1  |
| 2    | ŚLUSARCZYK MARCIN   | 117 | WESOŁY BORSUK TEAM     | PRUDNIK          | POL  | M45-49 | 2      | M 16 |             |              | 00:15:57 | 00:33:06.86 | 6:37   | 9.1  |
| 3    | SKIERA KRZYSZTOF    | 241 | LIFE BALANCE BYDGOSZCZ | BYDGOSZCZ        | POL  | M45-49 | 3      | M 20 |             |              | 00:17:00 | 00:34:02.22 | 6:48   | 8.8  |
| 4    | GRUSZKA MICHAŁ      | 33  | NORDIC SPORT 2021      | LUBLINIEC        | POL  | M45-49 | 4      | M 37 |             |              | 00:17:53 | 00:36:17.23 | 7:15   | 8.3  |
| 5    | BISKUP PRZEMYSŁAW   | 6   | OSP BIEGA              | OBORNIKI ŚLĄSKIE | POL  | M45-49 | 5      | M 46 |             |              | 00:17:59 | 00:37:02.51 | 7:24   | 8.1  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K50-54**

| M-ce | Nazwisko i imię  | Nr  | Klub              | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------|-----|-------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | MAŚLANKA IWONA   | 63  | NORDIC SPORT 2021 | ŚMIGIEL   | POL  | K50-54 | 1      | K 6  |             |              | 00:16:24 | 00:33:37.17 | 6:43   | 8.9  |
| 2    | MATYJA ANNA      | 65  | #ŚREMCHODZI       | ŚREM      | POL  | K50-54 | 2      | K 27 |             |              | 00:19:11 | 00:38:59.51 | 7:47   | 7.7  |
| 3    | KOWALCZYK JOANNA | 55  | NORDIC SPORT 2021 | KRAKÓW    | POL  | K50-54 | 3      | K 30 |             |              | 00:19:35 | 00:39:28.32 | 7:53   | 7.6  |
| 4    | SZYCA GRAŻYNA    | 143 | BASZTA BYTÓW      | BYTÓW     | POL  | K50-54 | 4      | K 52 |             |              | 00:22:02 | 00:43:40.86 | 8:44   | 6.9  |
| 5    | SŁOJEWSKA ILONA  | 102 | NIEZRZESZONA      | SIERADZ   | POL  | K50-54 | 5      | K 64 |             |              | 00:22:39 | 00:46:55.51 | 9:23   | 6.4  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M50-54**

| M-ce | Nazwisko i imię     | Nr  | Klub                   | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WITUCKI JACEK       | 131 | K.S. VICTORIA POTĘGOWO | POZNAŃ           | POL  | M50-54 | 1      | M 1  |             |              | 00:14:23 | 00:29:28.30 | 5:53   | 10.2 |
| 2    | CYRUS BOGDAN        | 16  |                        | STRZEBIŃ         | POL  | M50-54 | 2      | M 4  |             |              | 00:14:44 | 00:30:43.29 | 6:08   | 9.8  |
| 3    | WIŚNIEWSKI MARIUSZ  | 128 | NW CZŁAPSKI TEAM       | ŁYSE             | POL  | M50-54 | 3      | M 30 |             |              | 00:17:33 | 00:35:26.42 | 7:05   | 8.5  |
| 4    | BROTKIEWICZ MARIUSZ | 10  | NORDIC SPORT 2021      | POZNAŃ           | POL  | M50-54 | 4      | M 58 |             |              | 00:19:03 | 00:38:38.59 | 7:43   | 7.8  |
| 5    | ADAMCZYK BOGDAN     | 146 | BASZTA                 | BYTÓW            | POL  | M50-54 | 5      | M 61 |             |              | 00:18:40 | 00:38:54.35 | 7:46   | 7.7  |
| 6    | RZEPECKI SŁAWOMIR   | 100 |                        | MAKÓW MAZOWIECKI | POL  | M50-54 | 6      | M 64 |             |              | 00:19:02 | 00:39:23.50 | 7:52   | 7.6  |
| 7    | TOMASZEWSKI HENRYK  | 240 |                        | TUCZNO           | POL  | M50-54 | 7      | M 81 |             |              | 00:22:10 | 00:44:42.60 | 8:56   | 6.7  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K55-59**

| M-ce | Nazwisko i imię             | Nr  | Klub                   | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | MIELECKA AGNIESZKA          | 67  | POLIPACK TEAM GWE      | GAŚAWA      | POL  | K55-59 | 1      | K 1  |             |              | 00:15:35 | 00:31:32.82 | 6:18   | 9.5  |
| 2    | KARPIENIA EWA               | 51  | K.S. VICTORIA POTĘGOWO | SZCZECIN    | POL  | K55-59 | 2      | K 2  |             |              | 00:16:19 | 00:32:56.31 | 6:35   | 9.1  |
| 3    | KOŁODZIEJ JOANNA            | 141 | OPEN SPORT TEAM        | RUDA ŚLĄSKA | POL  | K55-59 | 3      | K 3  |             |              | 00:16:36 | 00:33:26.33 | 6:41   | 9    |
| 4    | OKRZESIK-FRĄCKOWIAK IZABELA | 75  | NORDIC SPORT 2021      | WIELEŃ      | POL  | K55-59 | 4      | K 8  |             |              | 00:17:09 | 00:34:50.81 | 6:58   | 8.6  |
| 5    | SZPILMAN KATARZYNA          | 112 |                        | GDYNIA      | POL  | K55-59 | 5      | K 13 |             |              | 00:17:39 | 00:35:55.40 | 7:11   | 8.4  |
| 6    | FRANCZAK ANNA               | 26  | NW CZŁAPSKI TEAM       | WARSZAWA    | POL  | K55-59 | 6      | K 51 |             |              | 00:21:29 | 00:42:47.57 | 8:33   | 7    |
| 7    | HACZEWSKA KAMILA            | 39  | POTĘGA NORDICA         | GŁUSZYŃKO   | POL  | K55-59 | 7      | K 68 |             |              | 00:25:05 | 00:50:19.43 | 10:03  | 6    |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M55-59**

| M-ce | Nazwisko i imię                            | Nr  | Klub                 | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--|-----|----------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | GWIZDAŁA ZBIGNIEW                          | 37  |                      | GOŁĄBEK         | POL  | M55-59 | 1      | M 6  |             |              | 00:15:39 | 00:31:35.74 | 6:19   | 9.5  |
| 2    | FRĄCKOWIAK ROMAN                           | 27  | NORDIC SPORT 2021    | WIELEŃ          | POL  | M55-59 | 2      | M 12 |             |              | 00:15:55 | 00:32:43.25 | 6:32   | 9.2  |
| 3    | JAKSINA DARIUSZ<br>JAKSINA45@GMAIL.CO<br>M | 43  | MAZURSKI DZIK        | RUCIANE NIDA    | POL  | M55-59 | 3      | M 22 |             |              | 00:16:53 | 00:34:21.88 | 6:52   | 8.7  |
| 4    | WINCZEWSKI PIOTR                           | 127 | AZYMUT PABIANICE     | PABIANICE       | POL  | M55-59 | 4      | M 26 |             |              | 00:17:14 | 00:34:47.73 | 6:57   | 8.6  |
| 5    | OLEJNICZAK TOMASZ                          | 76  |                      | ZIELONKA        | POL  | M55-59 | 5      | M 54 |             |              | 00:19:07 | 00:37:55.13 | 7:35   | 7.9  |
| 6    | TOCZKO JAROSŁAW                            | 122 | AVOCADO WELLENS CLUB | WARSZAWA        | POL  | M55-59 | 6      | M 67 |             |              | 00:19:44 | 00:40:24.90 | 8:04   | 7.4  |
| DQ   | MROZIŃSKI TADEUSZ                          | 72  | NORDIC SPORT 2021    | TARNOWSKIE GÓRY | POL  | M55-59 | DQ     | DQ   |             | 1            | 00:15:55 | DQ          |        |      |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K60-64**

| M-ce | Nazwisko i imię     | Nr  | Klub                     | M-scowość      | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | HRYCIUK TERESA      | 42  | K.S. VICTORIA POTĘGOWO   | BIAŁA PODLASKA | POL  | K60-64 | 1      | K 18 |             |              | 00:17:47 | 00:36:37.43 | 7:19   | 8.2  |
| 2    | SZEWCZYK HANNA      | 111 | TORUŃ-IDZIEMY BEZ RYZYKA | TORUŃ          | POL  | K60-64 | 2      | K 26 |             |              | 00:18:58 | 00:38:24.14 | 7:40   | 7.8  |
| 3    | POSTEK DANUTA       | 138 |                          | POZNAŃ         | POL  | K60-64 | 3      | K 31 |             |              | 00:19:29 | 00:39:44.33 | 7:56   | 7.6  |
| 4    | DOLATOWSKA ELŻBIETA | 21  | K.S. VICTORIA POTĘGOWO   | INOWROCŁAW     | POL  | K60-64 | 4      | K 40 |             |              | 00:19:59 | 00:40:48.32 | 8:09   | 7.4  |
| 5    | PAKMUR ANNA         | 242 | PATYCZAKI                | CHELMNO        | POL  | K60-64 | 5      | K 49 |             |              | 00:20:46 | 00:42:30.53 | 8:30   | 7.1  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M60-64**

| M-ce | Nazwisko i imię     | Nr  | Klub                    | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|-------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | ROŻYNEK MIRON       | 150 | NW CZŁAPSKI TEAM        | WROCLAW          | POL  | M60-64 | 1      | M 5  |             |              | 00:15:34 | 00:31:27.84 | 6:17   | 9.5  |
| 2    | MAŚLANKA JACEK      | 64  |                         | SŁUPSK           | POL  | M60-64 | 2      | M 17 |             |              | 00:16:27 | 00:33:31.67 | 6:42   | 9    |
| 3    | DANIELSKI WALDEMAR  | 20  | K.S. VICTORIA POTĘGOWO  | SOKOŁÓW PODLASKI | POL  | M60-64 | 3      | M 18 |             |              | 00:16:29 | 00:33:41.12 | 6:44   | 8.9  |
| 4    | RAKOWIECKI ZBIGNIEW | 95  | POLIPACK TEAM GWE       | GDAŃSK           | POL  | M60-64 | 4      | M 25 |             |              | 00:17:07 | 00:34:44.02 | 6:56   | 8.6  |
| 5    | FRANCZAK DARIUSZ    | 25  | NW CZŁAPSKI TEAM        | WARSZAWA         | POL  | M60-64 | 5      | M 38 |             |              | 00:18:02 | 00:36:23.56 | 7:16   | 8.2  |
| 6    | ŻYTKOWSKI ANDRZEJ   | 249 | TKKF                    | BIAŁA PODLASKA   | POL  | M60-64 | 6      | M 42 |             |              | 00:18:07 | 00:36:55.22 | 7:23   | 8.1  |
| 7    | SZCZĘŚNIAK ZBIGNIEW | 109 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA      | POL  | M60-64 | 7      | M 44 |             |              | 00:18:16 | 00:37:01.15 | 7:24   | 8.1  |
| 8    | KANIA ADAM          | 50  | NORDIC SPORT 2021       | BIENKÓWKA        | POL  | M60-64 | 8      | M 52 |             |              | 00:18:33 | 00:37:46.65 | 7:33   | 7.9  |
| 9    | PALUCH PAWEŁ        | 80  | AVOCADO WELLNESS CLUB   | WARSZAWA         | POL  | M60-64 | 9      | M 69 |             |              | 00:19:57 | 00:40:56.61 | 8:11   | 7.3  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K65-69**

| M-ce | Nazwisko i imię        | Nr  | Klub                       | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|----------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | NERC DOROTA            | 73  |                            | RUMIA               | POL  | K65-69 | 1      | K 38 |             |              | 00:20:10 | 00:40:37.47 | 8:07   | 7.4  |
| 2    | TURZYŃSKA-STOPY MONIA  | 250 | BŁĘKITNI DZIEMIANY         | DZIEMIANY           | POL  | K65-69 | 2      | K 41 |             |              | 00:20:26 | 00:40:57.69 | 8:11   | 7.3  |
| 3    | GAJEWSKA ALEKSANDRA    | 28  | MIASTO GORZÓW WIELKOPOLSKI | GORZÓW WIELKOPOLSKI | POL  | K65-69 | 3      | K 45 |             |              | 00:20:33 | 00:41:52.93 | 8:22   | 7.2  |
| 4    | MOTOCZYŃSKA ALEKSANDRA | 71  |                            | BYDGOSZCZ           | POL  | K65-69 | 4      | K 63 |             |              | 00:22:55 | 00:46:24.42 | 9:16   | 6.5  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M65-69**

| M-ce | Nazwisko i imię     | Nr  | Klub                        | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|-----------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | GAJEWSKI EUGENIUSZ  | 29  | MIASTO GORZÓW WIELKOPOLSKI  | GORZÓW WIELKOPOLSKI | POL  | M65-69 | 1      | M 13 |             |              | 00:16:00 | 00:32:45.36 | 6:33   | 9.2  |
| 2    | MICHAŁSKI ANDRZEJ   | 66  | POLIPACK TEAM GWE           | ZMIENICA            | POL  | M65-69 | 2      | M 19 |             |              | 00:16:13 | 00:33:52.36 | 6:46   | 8.9  |
| 3    | HRYCIUK WALDEMAR    | 41  | VICTORIA POTĘGOWO           | BIAŁA PODLASKA      | POL  | M65-69 | 3      | M 28 |             |              | 00:17:24 | 00:35:13.19 | 7:02   | 8.5  |
| 4    | PODSIADŁY STANISŁAW | 88  | K.S. VICTORIA POTĘGOWO      | WARSZAWA            | POL  | M65-69 | 4      | M 31 |             |              | 00:17:24 | 00:35:31.60 | 7:06   | 8.4  |
| 5    | STANISŁAWSKI JAN    | 106 | NORDIC WALKINGKIEKRZ POLAND | POZNAN              | POL  | M65-69 | 5      | M 43 |             |              | 00:17:23 | 00:36:59.63 | 7:23   | 8.1  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K70-74**

| M-ce | Nazwisko i imię          | Nr  | Klub                  | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------------|-----|-----------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | CZAJKA URSZULA           | 17  |                       | RUMIA     | POL  | K70-74 | 1      | K 28 |             |              | 00:19:01 | 00:39:03.64 | 7:48   | 7.7  |
| 2    | STATNIK GENOWEFA         | 107 | SUCHY LAS - BIEDRUSKO | BIEDRUSKO | POL  | K70-74 | 2      | K 53 |             |              | 00:21:25 | 00:43:58.93 | 8:47   | 6.8  |
| 3    | DZIKOWSKA WWIESŁAWA      | 244 | GOSIR OSIELSKO        | OSIELSKO  | POL  | K70-74 | 3      | K 56 |             |              | 00:22:01 | 00:44:41.89 | 8:56   | 6.7  |
| 4    | SMARUJ - SADOWSKA JANINA | 103 |                       | BYDGOSZCZ | POL  | K70-74 | 4      | K 60 |             |              | 00:22:29 | 00:45:30.26 | 9:06   | 6.6  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M70-74**

| M-ce | Nazwisko i imię    | Nr  | Klub                   | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | PASIERB MAREK      | 82  | K.S. VICTORIA POTĘGOWO | RZESZÓW 666 608 053 | POL  | M70-74 | 1      | M 24 |             |              | 00:17:40 | 00:34:41.43 | 6:56   | 8.6  |
| 2    | KOWALCZYK TADEUSZ  | 54  | NORDIC SPORT 2021      | KRAKÓW              | POL  | M70-74 | 2      | M 39 |             |              | 00:17:49 | 00:36:38.81 | 7:19   | 8.2  |
| 3    | PRZYMUSIŃSKI PIOTR | 245 | MARSZ PO ZDROWIE       | POZNAŃ              | POL  | M70-74 | 3      | M 47 |             |              | 00:18:23 | 00:37:12.29 | 7:26   | 8.1  |
| 4    | CZMOCH MARIAN      | 19  | NORDIC SPORT 2021      | ŁOSICE              | POL  | M70-74 | 4      | M 48 |             |              | 00:18:32 | 00:37:19.06 | 7:27   | 8    |
| 5    | WROŃSKI VLADI      | 134 | K.S. VICTORIA POTĘGOWO | WARSZAWA            | POL  | M70-74 | 5      | M 51 |             |              | 00:18:29 | 00:37:29.68 | 7:29   | 8    |
| 6    | SZYMANIK LESŁAW    | 116 | LIFE BALANCE PLACE     | BYDGOSZCZ           | POL  | M70-74 | 6      | M 56 |             |              | 00:18:54 | 00:38:26.51 | 7:41   | 7.8  |
| 7    | GONIA BERNARD      | 31  |                        | BYDGOSZCZ           | POL  | M70-74 | 7      | M 72 |             |              | 00:20:30 | 00:41:26.11 | 8:17   | 7.2  |
| 8    | STATNIK TOMASZ     | 239 | SUCHY LAS              | BIEDRUSKIO          | POL  | M70-74 | 8      | M 76 |             |              | 00:20:56 | 00:43:02.57 | 8:36   | 7    |
| 9    | ŚLUSARCZYK ANDRZEJ | 118 | WESOŁY BORSUK TEAM     | PRUDNIK             | POL  | M70-74 | 9      | M 86 |             |              |          |             |        |      |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K75-79**

| M-ce | Nazwisko i imię               | Nr  | Klub                               | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------------------|-----|------------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WORONKO-ZACZYŃSKA JANINA      | 133 | KGHM METRACO                       | LUBIN     | POL  | K75-79 | 1      | K 61 |             |              | 00:22:29 | 00:45:52.75 | 9:10   | 6.5  |
| 2    | PANKIEWICZ-DMOWSKA<br>CECYLIA | 81  | WEJHEROWSKI KLUB NORDIC<br>WALKING | GOWINO    | POL  | K75-79 | 2      | K 62 |             |              | 00:22:56 | 00:46:13.16 | 9:14   | 6.5  |
| 3    | OWCZAREK HENRYKA              | 78  | ZIELONE GROSZKI POZNAŃ             | POZNAŃ    | POL  | K75-79 | 3      | K 70 |             |              | 00:25:45 | 00:52:36.60 | 10:31  | 5.7  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M75-79**

| M-ce | Nazwisko i imię     | Nr  | Klub                   | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | ADAMCZYK ADAM       | 1   | K.S. VICTORIA POTĘGOWO | WARSZAWA  | POL  | M75-79 | 1      | M 32 |             |              | 00:17:59 | 00:35:32.13 | 7:06   | 8.4  |
| 2    | TOMCZYK EDWARD      | 123 | ZIELONE GROSZKI POZNAŃ | POZNAŃ    | POL  | M75-79 | 2      | M 53 |             |              | 00:18:35 | 00:37:50.53 | 7:34   | 7.9  |
| 3    | JAKUBOWSKI ZBIGNIEW | 44  |                        | BIAŁYSTOK | POL  | M75-79 | 3      | M 60 |             |              | 00:18:57 | 00:38:52.39 | 7:46   | 7.7  |
| 4    | PIĄTKOWSKI JÓZEF    | 84  | KGHM METRACO           | POLKOWICE | POL  | M75-79 | 4      | M 82 |             |              | 00:21:39 | 00:45:26.58 | 9:05   | 6.6  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, K80+**

| M-ce | Nazwisko i imię | Nr | Klub                         | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|----|------------------------------|-----------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | BŁĄDEK JOLANTA  | 8  | ZAWSZE MŁODZI NORDIC WALKING | ŁÓDŹ      | POL  | K80+ | 1      | K 55 |             |              | 00:22:05 | 00:44:41.66 | 8:56   | 6.7  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, M80+**

| M-ce | Nazwisko i imię        | Nr  | Klub                         | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|------------------------------|-----------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | RUSINOWICZ ANDRZEJ     | 98  |                              | PIŁA      | POL  | M80+ | 1      | M 57 |             |              | 00:19:13 | 00:38:36.59 | 7:43   | 7.8  |
| 2    | THOMALLA BOGDAN        | 121 | NORDIC SPORT 2021            | ZABRZE    | POL  | M80+ | 2      | M 73 |             |              | 00:20:46 | 00:42:08.70 | 8:25   | 7.1  |
| 3    | BŁĄDEK WITOLD          | 7   | ZAWSZE MŁODZI NORDIC WALKING | ŁÓDŹ      | POL  | M80+ | 3      | M 78 |             |              | 00:21:58 | 00:44:11.15 | 8:50   | 6.8  |
| 4    | KACZMARCZYK FRANCISZEK | 48  | RUMIA                        | RUMIA     | POL  | M80+ | 4      | M 79 |             |              | 00:21:41 | 00:44:29.66 | 8:53   | 6.7  |
| 5    | KIEDROWSKI WŁODZIMIERZ | 139 |                              | BYDGOSZCZ | POL  | M80+ | 5      | M 85 |             |              | 00:24:14 | 00:48:50.79 | 9:46   | 6.1  |

**MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6, Drużynowa**

| Miejsc | Drużyna                | Zawodnicy klasyfikowani   | Czas   | Czas drużyny |
|--------|------------------------|---|--|--------------|
| 1      | K.S. VICTORIA POTĘGOWO | JACEK WITUCKIPIOTR STĘPAKTOMASZ MARCZAKEWA KARPIENIAMAŁGORZATA KUBISZYNJOANNA STACHOWICZ              | 00:29:28.3000:30:19.4500:32:34.2200:32:56.3100:33:33.8700:33:36.75 | 03:12:20     |
| 2      | NORDIC SPORT 2021      | ROMAN FRĄCKOWIAKIWONA MAŚLANKAMACIEJ RUDAWSKIIZABELA OKRZESIK-FRĄCKOWIAKMICHAŁ GRUSZKAALICJA ZDRZAŁEK | 00:32:43.2500:33:37.1700:34:26.3800:34:50.8100:36:17.2300:37:21.17 | 03:29:14     |
| 3      | LIFE BALANCE PLACE     | PIOTR KUSAMAREK POTRZEBOWSKIAGATA POTRZEBOWSKALESŁAW SZYMANIKNADIA AŁADOWICZANNA AŁADOWICZ            | 00:35:21.2600:35:32.6800:36:25.7300:38:26.5100:40:21.6600:42:01.98 | 03:48:00     |