

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6**

Organizator: Polskie Zrzeszenie Nordic Walking, Gmina Miasto Wągrowiec  
 Data: 2024-07-20  
 Miejsce: Wągrowiec  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, OPEN**

| M-ce | Nazwisko i imię         | Nr  | Klub                         | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ          | 181 | K.S. VICTORIA POTĘGOWO       | ALEKSANDRIA I    | POL  | M18-29 | 1      | M 1  |             |              | 00:14:10 | 00:28:31 | 00:42:42 | 00:57:16.45 | 5:43   | 10.5 |
| 2    | WITUCKI JACEK           | 205 | K.S. VICTORIA POTĘGOWO       | POZNAŃ           | POL  | M50-59 | 1      | M 2  |             |              | 00:14:03 | 00:28:27 | 00:42:52 | 00:57:34.50 | 5:45   | 10.4 |
| 3    | JAWORSKI ŁUKASZ         | 138 |                              | WYSOKA           | POL  | M40-49 | 1      | M 3  |             |              | 00:14:13 | 00:28:57 | 00:44:22 | 00:59:37.35 | 5:57   | 10.1 |
| 4    | KABATA JAROSŁAW         | 172 | NORDIC SPORT 2021            | TARNOWSKIE GÓRY  | POL  | M50-59 | 2      | M 4  |             |              | 00:14:48 | 00:30:49 | 00:47:10 | 01:03:19.95 | 6:19   | 9.5  |
| 5    | SŁOTWIŃSKI MARIUSZ      | 198 |                              | NIECHLÓW         | POL  | M40-49 | 2      | M 5  |             |              | 00:15:18 | 00:31:14 | 00:47:30 | 01:03:56.10 | 6:23   | 9.4  |
| 6    | MICHAŁSKI ANDRZEJ       | 136 |                              | ZMIENNICA        | POL  | M60-69 | 1      | M 6  |             |              | 00:15:27 | 00:31:22 | 00:47:46 | 01:04:20.40 | 6:26   | 9.3  |
| 7    | PIETRAKOWSKI MARCIN     | 187 | K.S. VICTORIA POTĘGOWO       | JENIN            | POL  | M40-49 | 3      | M 7  |             |              | 00:15:52 | 00:32:11 | 00:48:33 | 01:04:48.90 | 6:28   | 9.3  |
| 8    | MISZTAŁ GRZEGORZ        | 140 | OPEN SPORT TEAM              | IWANOWICE        | POL  | M30-39 | 1      | M 8  |             |              | 00:15:53 | 00:32:23 | 00:49:14 | 01:06:03.15 | 6:36   | 9.1  |
| 9    | FILIPOWICZ BARBARA      | 160 | K.S. VICTORIA POTĘGOWO       | KRZESZYCE        | POL  | K40-49 | 1      | K 1  |             |              | 00:16:35 | 00:33:31 | 00:50:17 | 01:06:29.45 | 6:38   | 9    |
| 10   | JĘDRASIAK RENATA        | 170 | KGHM METRACO                 | LUBIN            | POL  | K60-69 | 1      | K 2  |             |              | 00:16:23 | 00:33:08 | 00:50:05 | 01:07:14.25 | 6:43   | 8.9  |
| 11   | JUREK ADAM              | 171 | KGHM METRACO                 | LUBIN            | POL  | M60-69 | 2      | M 9  |             |              | 00:16:27 | 00:33:08 | 00:50:13 | 01:07:14.35 | 6:43   | 8.9  |
| 12   | SIWAK PIOTR             | 196 | KGHM METRACO                 | RUDNA            | POL  | M60-69 | 3      | M 10 |             |              | 00:16:27 | 00:33:08 | 00:50:16 | 01:07:32.10 | 6:45   | 8.9  |
| 13   | RADZIMSKI KAROL         | 191 | NORDIC WALKING KIEKRZ POLAND | SZCZECIN         | POL  | M70+   | 1      | M 11 |             |              | 00:16:51 | 00:33:44 | 00:51:00 | 01:07:49.75 | 6:46   | 8.8  |
| 14   | WODKOWSKI LUKASZ        | 207 | FUNDACJA SODA                | ZNIN             | POL  | M30-39 | 2      | M 12 |             |              | 00:16:31 | 00:33:32 | 00:50:35 | 01:08:12.85 | 6:49   | 8.8  |
| 15   | OLEJNIK PRZEMEK         | 185 |                              | SZCZECIN         | POL  | M50-59 | 3      | M 13 |             |              | 00:16:41 | 00:34:10 | 00:51:43 | 01:08:32.05 | 6:51   | 8.8  |
| 16   | CHYRA JANUSZ            | 156 | NORDIC SPORT 2021            | LUBLINIEC        | POL  | M40-49 | 4      | M 14 |             |              | 00:16:45 | 00:33:38 | 00:50:42 | 01:08:51.75 | 6:53   | 8.7  |
| 17   | MĄDRY GRZEGORZ          | 182 | NORDIC SPORT 2021            | TRZEMESZNO       | POL  | M60-69 | 4      | M 15 |             |              | 00:16:45 | 00:34:07 | 00:51:28 | 01:08:58.70 | 6:53   | 8.7  |
| 18   | SŁĘZAK EWA              | 139 | NORDIC WALKING KIEKRZ POLAND | BIEDRUSKO        | POL  | K40-49 | 2      | K 3  |             |              | 00:16:33 | 00:33:57 | 00:51:48 | 01:09:28.55 | 6:56   | 8.6  |
| 19   | KNAPCZYK-KANIA GABRIELA | 173 | NORDIC SPORT 2021            | BIEŃKÓWKA        | POL  | K50-59 | 1      | K 4  |             |              | 00:16:45 | 00:34:15 | 00:52:04 | 01:09:40.50 | 6:58   | 8.6  |
| 20   | KURATNIK OLGA           | 176 | TORUŃ - IDZIEMY BEZ RYZYKA   | TORUŃ            | POL  | K30-39 | 1      | K 5  |             |              | 00:17:18 | 00:35:12 | 00:52:58 | 01:10:22.85 | 7:02   | 8.5  |
| 21   | SZCZYGIEŁ ADRIANA       | 201 | OPEN SPORT TEAM              | BIELSKO-BIAŁA    | POL  | K40-49 | 3      | K 6  |             |              | 00:17:02 | 00:34:52 | 00:52:44 | 01:10:32.90 | 7:03   | 8.5  |
| 22   | BOJANOWSKI MARCIN       | 155 | NORDIC WALKING KIEKRZ POLAND | OBORNIKI         | POL  | M40-49 | 5      | M 16 |             |              | 00:17:09 | 00:34:57 | 00:53:02 | 01:11:25.75 | 7:08   | 8.4  |
| 23   | SZCZUDLIK MAŁGORZATA    | 200 | SZALENI BIEGACZE GNIEZNO     | TRZEMESZNO       | POL  | K40-49 | 4      | K 7  |             |              | 00:17:05 | 00:35:01 | 00:53:10 | 01:11:45.65 | 7:10   | 8.4  |
| 24   | WAŁOWSKI TOMASZ         | 204 | ESG W PUNKT                  | OWIŃSKA          | POL  | M50-59 | 4      | M 17 |             |              | 00:17:25 | 00:35:33 | 00:53:48 | 01:11:57.50 | 7:11   | 8.3  |
| 25   | POLAK PAWEŁ             | 188 | TORUŃ NORDIC TEAM            | INOWROCŁAW       | POL  | M30-39 | 3      | M 18 |             |              | 00:17:58 | 00:35:49 | 00:54:15 | 01:12:07.80 | 7:12   | 8.3  |
| 26   | KUSA PIOTR              | 52  | LIFE BALANCE PLACE           | BYDGOSZCZ        | POL  | M40-49 | 6      | M 19 |             |              | 00:17:38 | 00:35:45 | 00:54:13 | 01:12:25.90 | 7:14   | 8.3  |
| 27   | JASZKIEWICZ KAZIMIERZ   | 168 | CHEŁKOWO :)                  | CHEŁKOWO         | POL  | M60-69 | 5      | M 20 |             |              | 00:17:29 | 00:35:33 | 00:53:57 | 01:12:47.95 | 7:16   | 8.2  |
| 28   | SAWICKA MARTA           | 195 | K.S. VICTORIA POTĘGOWO       | KROŚCIENKO WYŻNE | POL  | K50-59 | 2      | K 8  |             |              | 00:17:25 | 00:35:32 | 00:54:09 | 01:12:59.45 | 7:17   | 8.2  |
| 29   | LEWANDOWSKI BARTŁOMIEJ  | 180 |                              | WYRZYSK          | POL  | M18-29 | 2      | M 21 |             |              | 00:17:41 | 00:35:50 | 00:54:26 | 01:13:05.85 | 7:18   | 8.2  |
| 30   | PRASK DARIUSZ           | 190 |                              | CHWAŁKÓWKO       | POL  | M50-59 | 5      | M 22 |             |              | 00:17:34 | 00:36:16 | 00:55:03 | 01:13:34.95 | 7:21   | 8.2  |
| 31   | RUNOWSKI JAROSŁAW       | 193 | TEAM JANINA                  | DREZDENKO        | POL  | M60-69 | 6      | M 23 |             |              | 00:17:33 | 00:35:51 | 00:54:35 | 01:13:41.15 | 7:22   | 8.1  |
| 32   | KONTOWSKA IZABELLA      | 174 | NORDIC TEAM OBORNIKI         | OBORNIKI         | POL  | K40-49 | 5      | K 9  |             |              | 00:17:42 | 00:36:17 | 00:55:23 | 01:14:14.55 | 7:25   | 8.1  |
| 33   | CZMOCH MARIAN           | 157 | NORDIC SPORT 2021            | ŁOSICE           | POL  | M70+   | 2      | M 24 |             |              | 00:18:08 | 00:36:36 | 00:55:35 | 01:14:31.60 | 7:27   | 8.1  |
| 34   | DREWNOWSKA BARBARA      | 159 | ZASAPANI HYDRO TRZCIANKA     | TRZCIANKA        | POL  | K50-59 | 3      | K 10 |             |              | 00:18:12 | 00:37:09 | 00:56:18 | 01:15:22.80 | 7:32   | 8    |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub                       | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------------|-----|----------------------------|-------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 35   | OLEJNIK MARZENA          | 184 |                            | SZCZECIN          | POL  | K50-59 | 4      | K 11 |             |              | 00:18:15 | 00:37:17 | 00:56:39 | 01:16:39.50 | 7:39   | 7.8  |
| 36   | BACHANEK KATARZYNA       | 151 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ             | POL  | K60-69 | 2      | K 12 |             |              | 00:18:54 | 00:38:05 | 00:57:37 | 01:17:26.15 | 7:44   | 7.7  |
| 37   | KRAWIEC JACEK            | 175 | JACK NORDIC TEAM ELBLĄG    | ELBLĄG            | POL  | M50-59 | 6      | M 25 |             |              | 00:19:01 | 00:38:37 | 00:58:05 | 01:17:31.65 | 7:45   | 7.7  |
| 38   | LEWANDOWSKA RENATA       | 179 | LIFE BALANCE PLACE         | BYDGOSZCZ         | POL  | K50-59 | 5      | K 13 |             |              | 00:19:08 | 00:38:45 | 00:58:21 | 01:17:49.70 | 7:46   | 7.7  |
| 39   | FRYZEWSKI ANDRZEJ        | 162 |                            | RUNOWO KRAJEŃSKIE | POL  | M50-59 | 7      | M 26 |             |              | 00:19:12 | 00:38:49 | 00:58:50 | 01:18:11.05 | 7:49   | 7.7  |
| 40   | JANKOWSKI GRZEGORZ       | 167 | TEAM STĘSZEW               | WITOBEL           | POL  | M60-69 | 7      | M 27 |             |              | 00:19:16 | 00:39:07 | 00:58:43 | 01:18:13.80 | 7:49   | 7.7  |
| 41   | SKRZĄTEK LUCYNA          | 197 | NORDIC SPORT 2021          | TARNOWSKIE GÓRY   | POL  | K50-59 | 6      | K 14 |             |              | 00:18:48 | 00:38:28 | 00:58:17 | 01:18:33.25 | 7:51   | 7.6  |
| 42   | PALUCH PAWEŁ             | 186 | AVOCADO WELLNESS CLUB      | WARSZAWA          | POL  | M60-69 | 8      | M 28 |             |              | 00:18:20 | 00:37:46 | 00:57:50 | 01:18:36.30 | 7:51   | 7.6  |
| 43   | ŚLUSARCZYK ANDRZEJ       | 202 | WESOŁY BORSUK TEAM         | PRUDNIK           | POL  | M70+   | 3      | M 29 |             |              | 00:18:58 | 00:38:33 | 00:58:46 | 01:19:10.15 | 7:55   | 7.6  |
| 44   | POSTEK DANUTA            | 189 | ZIELONE GROSZKI            | POZNAŃ            | POL  | K60-69 | 3      | K 15 |             |              | 00:19:16 | 00:38:57 | 00:58:52 | 01:19:11.60 | 7:55   | 7.6  |
| 45   | SAPUŁA WIKTORIA          | 194 | K.S. VICTORIA POTĘGOWO     | LUBLIN            | POL  | K18-29 | 1      | K 16 |             |              | 00:20:30 | 00:40:38 | 01:00:26 | 01:19:52.45 | 7:59   | 7.5  |
| 46   | LALIK-WAŁOWSKA AGNIESZKA | 178 | ESG W PUNKT                | OWIŃSKA           | POL  | K40-49 | 6      | K 17 |             |              | 00:19:56 | 00:39:52 | 01:00:05 | 01:20:39.15 | 8:03   | 7.4  |
| 47   | RUNOWSKA DOROTA          | 192 | TIM JANINA                 | DREZDENKO         | POL  | K60-69 | 4      | K 18 |             |              | 00:19:34 | 00:40:16 | 01:00:56 | 01:21:41.75 | 8:10   | 7.3  |
| 48   | BERESKA IRENA            | 152 | NORDIC SPORT 2021          | NAKŁO SŁĄSKIE     | POL  | K30-39 | 2      | K 19 |             |              | 00:20:28 | 00:40:36 | 01:01:28 | 01:22:21.20 | 8:14   | 7.3  |
| 49   | DALKA HANNA              | 158 |                            | POZNAŃ            | POL  | K40-49 | 7      | K 20 |             |              | 00:19:29 | 00:40:06 | 01:01:28 | 01:22:38.20 | 8:15   | 7.3  |
| 50   | KUSA KAROLINA            | 177 | LIFE BALANCE PLACE         | BYDGOSZCZ         | POL  | K40-49 | 8      | K 21 |             |              | 00:20:39 | 00:42:05 | 01:02:48 | 01:22:48.10 | 8:16   | 7.2  |
| 51   | NERC DOROTA              | 183 |                            | RUMIA             | POL  | K60-69 | 5      | K 22 |             |              | 00:19:43 | 00:40:21 | 01:01:41 | 01:23:11.90 | 8:19   | 7.2  |
| 52   | GRYGOROWICZ TERESA       | 164 | KGHM METRACO               | LUBIN             | POL  | K70+   | 1      | K 23 |             |              | 00:20:16 | 00:41:19 | 01:02:43 | 01:24:33.80 | 8:27   | 7.1  |
| 53   | ZAWADZKA MARIA           | 208 | KGHM METRACO               | LUBIN             | POL  | K70+   | 2      | K 24 |             |              | 00:21:11 | 00:42:37 | 01:04:07 | 01:25:31.85 | 8:33   | 7    |
| 54   | SZCZECIŃSKA RENATA       | 199 | MARSZ PO ZDROWIE           | POZNAŃ            | POL  | K50-59 | 7      | K 25 |             |              | 00:20:31 | 00:41:51 | 01:03:45 | 01:25:51.30 | 8:35   | 7    |
| 55   | GÓRSKA AGNIESZKA         | 163 |                            | SZCZECIN          | POL  | K40-49 | 9      | K 26 |             |              | 00:21:01 | 00:42:32 | 01:04:38 | 01:26:48.75 | 8:40   | 6.9  |
|      | BIELECKA ZUZANNA         | 153 | K.S. VICTORIA POTĘGOWO     | WARSZAWA          | POL  | K40-49 |        |      |             |              | 00:15:41 | 00:32:09 | DNF      | DNF         | -      | -    |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, OPEN -K**

| M-ce | Nazwisko i imię         | Nr  | Klub                         | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | FILIPOWICZ BARBARA      | 160 | K.S. VICTORIA POTĘGOWO       | KRZESZYCE        | POL  | K40-49 | 1      | K 1  |             |              | 00:16:35 | 00:33:31 | 00:50:17 | 01:06:29.45 | 6:38   | 9    |
| 2    | JĘDRASIAK RENATA        | 170 | KGHM METRACO                 | LUBIN            | POL  | K60-69 | 1      | K 2  |             |              | 00:16:23 | 00:33:08 | 00:50:05 | 01:07:14.25 | 6:43   | 8.9  |
| 3    | ŚLĘZAK EWA              | 139 | NORDIC WALKING KIEKRZ POLAND | BIEDRUSKO        | POL  | K40-49 | 2      | K 3  |             |              | 00:16:33 | 00:33:57 | 00:51:48 | 01:09:28.55 | 6:56   | 8.6  |
| 4    | KNAPCZYK-KANIA GABRIELA | 173 | NORDIC SPORT 2021            | BIEŃKÓWKA        | POL  | K50-59 | 1      | K 4  |             |              | 00:16:45 | 00:34:15 | 00:52:04 | 01:09:40.50 | 6:58   | 8.6  |
| 5    | KURATNIK OLGA           | 176 | TORUŃ - IDZIEMY BEZ RYZYKA   | TORUŃ            | POL  | K30-39 | 1      | K 5  |             |              | 00:17:18 | 00:35:12 | 00:52:58 | 01:10:22.85 | 7:02   | 8.5  |
| 6    | SZCZYGIEL ADRIANA       | 201 | OPEN SPORT TEAM              | BIELSKO-BIAŁA    | POL  | K40-49 | 3      | K 6  |             |              | 00:17:02 | 00:34:52 | 00:52:44 | 01:10:32.90 | 7:03   | 8.5  |
| 7    | SZCZUDLIK MAŁGORZATA    | 200 | SZALENI BIEGACZE             | TRZEMESZNO       | POL  | K40-49 | 4      | K 7  |             |              | 00:17:05 | 00:35:01 | 00:53:10 | 01:11:45.65 | 7:10   | 8.4  |
| 8    | SAWICKA MARTA           | 195 | K.S. VICTORIA POTĘGOWO       | KROŚCIENKO WYŻNE | POL  | K50-59 | 2      | K 8  |             |              | 00:17:25 | 00:35:32 | 00:54:09 | 01:12:59.45 | 7:17   | 8.2  |
| 9    | KONTOWSKA IZABELLA      | 174 | NORDIC TEAM OBORNIKI         | OBORNIKI         | POL  | K40-49 | 5      | K 9  |             |              | 00:17:42 | 00:36:17 | 00:55:23 | 01:14:14.55 | 7:25   | 8.1  |
| 10   | DREWNOWSKA BARBARA      | 159 | ZASAPANI HYDRO               | TRZCIANKA        | POL  | K50-59 | 3      | K 10 |             |              | 00:18:12 | 00:37:09 | 00:56:18 | 01:15:22.80 | 7:32   | 8    |
| 11   | OLEJNIK MARZENA         | 184 |                              | SZCZECIN         | POL  | K50-59 | 4      | K 11 |             |              | 00:18:15 | 00:37:17 | 00:56:39 | 01:16:39.50 | 7:39   | 7.8  |
| 12   | BACHANEK KATARZYNA      | 151 | TORUŃ - IDZIEMY BEZ RYZYKA   | TORUŃ            | POL  | K60-69 | 2      | K 12 |             |              | 00:18:54 | 00:38:05 | 00:57:37 | 01:17:26.15 | 7:44   | 7.7  |
| 13   | LEWANDOWSKA RENATA      | 179 | LIFE BALANCE PLACE           | BYDGOSZCZ        | POL  | K50-59 | 5      | K 13 |             |              | 00:19:08 | 00:38:45 | 00:58:21 | 01:17:49.70 | 7:46   | 7.7  |
| 14   | SKRZĄTEK LUCYNA         | 197 | NORDIC SPORT 2021            | TARNOWSKIE GÓRY  | POL  | K50-59 | 6      | K 14 |             |              | 00:18:48 | 00:38:28 | 00:58:17 | 01:18:33.25 | 7:51   | 7.6  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, OPEN -K c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                   | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 15   | POSTEK DANUTA               | 189 | ZIELONE GROSZKI        | POZNAŃ        | POL  | K60-69 | 3      | K 15 |             |              | 00:19:16 | 00:38:57 | 00:58:52 | 01:19:11.60 | 7:55   | 7.6  |
| 16   | SAPUŁA WIKTORIA             | 194 | K.S. VICTORIA POTĘGOWO | LUBLIN        | POL  | K18-29 | 1      | K 16 |             |              | 00:20:30 | 00:40:38 | 01:00:26 | 01:19:52.45 | 7:59   | 7.5  |
| 17   | LALIK-WAŁOWSKA<br>AGNIESZKA | 178 | ESG W PUNKT            | OWIŃSKA       | POL  | K40-49 | 6      | K 17 |             |              | 00:19:56 | 00:39:52 | 01:00:05 | 01:20:39.15 | 8:03   | 7.4  |
| 18   | RUNOWSKA DOROTA             | 192 | TIM JANINA             | DREZDENKO     | POL  | K60-69 | 4      | K 18 |             |              | 00:19:34 | 00:40:16 | 01:00:56 | 01:21:41.75 | 8:10   | 7.3  |
| 19   | BERESKA IRENA               | 152 | NORDIC SPORT 2021      | NAKŁO SŁĄSKIE | POL  | K30-39 | 2      | K 19 |             |              | 00:20:28 | 00:40:36 | 01:01:28 | 01:22:21.20 | 8:14   | 7.3  |
| 20   | DALKA HANNA                 | 158 |                        | POZNAŃ        | POL  | K40-49 | 7      | K 20 |             |              | 00:19:29 | 00:40:06 | 01:01:28 | 01:22:38.20 | 8:15   | 7.3  |
| 21   | KUSA KAROLINA               | 177 | LIFE BALANCE PLACE     | BYDGOSZCZ     | POL  | K40-49 | 8      | K 21 |             |              | 00:20:39 | 00:42:05 | 01:02:48 | 01:22:48.10 | 8:16   | 7.2  |
| 22   | NERC DOROTA                 | 183 |                        | RUMIA         | POL  | K60-69 | 5      | K 22 |             |              | 00:19:43 | 00:40:21 | 01:01:41 | 01:23:11.90 | 8:19   | 7.2  |
| 23   | GRYGOROWICZ TERESA          | 164 | KGHM METRACO           | LUBIN         | POL  | K70+   | 1      | K 23 |             |              | 00:20:16 | 00:41:19 | 01:02:43 | 01:24:33.80 | 8:27   | 7.1  |
| 24   | ZAWADZKA MARIA              | 208 | KGHM METRACO           | LUBIN         | POL  | K70+   | 2      | K 24 |             |              | 00:21:11 | 00:42:37 | 01:04:07 | 01:25:31.85 | 8:33   | 7    |
| 25   | SZCZECIŃSKA RENATA          | 199 | MARSZ PO ZDROWIE       | POZNAŃ        | POL  | K50-59 | 7      | K 25 |             |              | 00:20:31 | 00:41:51 | 01:03:45 | 01:25:51.30 | 8:35   | 7    |
| 26   | GÓRSKA AGNIESZKA            | 163 |                        | SZCZECIN      | POL  | K40-49 | 9      | K 26 |             |              | 00:21:01 | 00:42:32 | 01:04:38 | 01:26:48.75 | 8:40   | 6.9  |
|      | BIELECKA ZUZANNA            | 153 | K.S. VICTORIA POTĘGOWO | WARSZAWA      | POL  | K40-49 |        |      |             |              | 00:15:41 | 00:32:09 | DNF      | DNF         | -      | -    |
|      |                             |     |                        |               |      |        |        |      |             |              | DNF      | DNF      |          |             |        |      |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, OPEN -M**

| M-ce | Nazwisko i imię           | Nr  | Klub                            | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|---------------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ            | 181 | K.S. VICTORIA POTĘGOWO          | ALEKSANDRIA I        | POL  | M18-29 | 1      | M 1  |             |              | 00:14:10 | 00:28:31 | 00:42:42 | 00:57:16.45 | 5:43   | 10.5 |
| 2    | WITUCCI JACEK             | 205 | K.S. VICTORIA POTĘGOWO          | POZNAŃ               | POL  | M50-59 | 1      | M 2  |             |              | 00:14:03 | 00:28:27 | 00:42:52 | 00:57:34.50 | 5:45   | 10.4 |
| 3    | JAWORSKI ŁUKASZ           | 138 |                                 | WYSOKA               | POL  | M40-49 | 1      | M 3  |             |              | 00:14:13 | 00:28:57 | 00:44:22 | 00:59:37.35 | 5:57   | 10.1 |
| 4    | KABATA JAROSŁAW           | 172 | NORDIC SPORT 2021               | TARNOWSKIE<br>GÓRY   | POL  | M50-59 | 2      | M 4  |             |              | 00:14:48 | 00:30:49 | 00:47:10 | 01:03:19.95 | 6:19   | 9.5  |
| 5    | SŁOTWIŃSKI MARIUSZ        | 198 |                                 | NIECHLÓW             | POL  | M40-49 | 2      | M 5  |             |              | 00:15:18 | 00:31:14 | 00:47:30 | 01:03:56.10 | 6:23   | 9.4  |
| 6    | MICHAŁSKI ANDRZEJ         | 136 |                                 | ZMIENNICA            | POL  | M60-69 | 1      | M 6  |             |              | 00:15:27 | 00:31:22 | 00:47:46 | 01:04:20.40 | 6:26   | 9.3  |
| 7    | PIETRAKOWSKI MARCIN       | 187 | K.S. VICTORIA POTĘGOWO          | JENIN                | POL  | M40-49 | 3      | M 7  |             |              | 00:15:52 | 00:32:11 | 00:48:33 | 01:04:48.90 | 6:28   | 9.3  |
| 8    | MISZTAŁ GRZEGORZ          | 140 | OPEN SPORT TEAM                 | IWANOWICE            | POL  | M30-39 | 1      | M 8  |             |              | 00:15:53 | 00:32:23 | 00:49:14 | 01:06:03.15 | 6:36   | 9.1  |
| 9    | JUREK ADAM                | 171 | KGHM METRACO                    | LUBIN                | POL  | M60-69 | 2      | M 9  |             |              | 00:16:27 | 00:33:08 | 00:50:13 | 01:07:14.35 | 6:43   | 8.9  |
| 10   | SIWAK PIOTR               | 196 | KGHM METRACO                    | RUDNA                | POL  | M60-69 | 3      | M 10 |             |              | 00:16:27 | 00:33:08 | 00:50:16 | 01:07:32.10 | 6:45   | 8.9  |
| 11   | RADZIŃSKI KAROL           | 191 | NORDIC WALKING KIEKRZ<br>POLAND | SZCZECIN             | POL  | M70+   | 1      | M 11 |             |              | 00:16:51 | 00:33:44 | 00:51:00 | 01:07:49.75 | 6:46   | 8.8  |
| 12   | WODKOWSKI ŁUKASZ          | 207 | FUNDACJA SODA                   | ZNIN                 | POL  | M30-39 | 2      | M 12 |             |              | 00:16:31 | 00:33:32 | 00:50:35 | 01:08:12.85 | 6:49   | 8.8  |
| 13   | OLEJNIK PRZEMEK           | 185 |                                 | SZCZECIN             | POL  | M50-59 | 3      | M 13 |             |              | 00:16:41 | 00:34:10 | 00:51:43 | 01:08:32.05 | 6:51   | 8.8  |
| 14   | CHYRA JANUSZ              | 156 | NORDIC SPORT 2021               | LUBLINIEC            | POL  | M40-49 | 4      | M 14 |             |              | 00:16:45 | 00:33:38 | 00:50:42 | 01:08:51.75 | 6:53   | 8.7  |
| 15   | MĄDRY GRZEGORZ            | 182 | NORDIC SPORT 2021               | TRZEMESZNO           | POL  | M60-69 | 4      | M 15 |             |              | 00:16:45 | 00:34:07 | 00:51:28 | 01:08:58.70 | 6:53   | 8.7  |
| 16   | BOJANOWSKI MARCIN         | 155 | NORDIC WALKING KIEKRZ<br>POLAND | OBORNIKI             | POL  | M40-49 | 5      | M 16 |             |              | 00:17:09 | 00:34:57 | 00:53:02 | 01:11:25.75 | 7:08   | 8.4  |
| 17   | WAŁOWSKI TOMASZ           | 204 | ESG W PUNKT                     | OWIŃSKA              | POL  | M50-59 | 4      | M 17 |             |              | 00:17:25 | 00:35:33 | 00:53:48 | 01:11:57.50 | 7:11   | 8.3  |
| 18   | POLAK PAWEŁ               | 188 | TORUŃ NORDIC TEAM               | INOWROCŁAW           | POL  | M30-39 | 3      | M 18 |             |              | 00:17:58 | 00:35:49 | 00:54:15 | 01:12:07.80 | 7:12   | 8.3  |
| 19   | KUSA PIOTR                | 52  | LIFE BALANCE PLACE              | BYDGOSZCZ            | POL  | M40-49 | 6      | M 19 |             |              | 00:17:38 | 00:35:45 | 00:54:13 | 01:12:25.90 | 7:14   | 8.3  |
| 20   | JASZKIEWICZ<br>KAZIMIERZ  | 168 | CHEŁKOWO :)                     | CHEŁKOWO             | POL  | M60-69 | 5      | M 20 |             |              | 00:17:29 | 00:35:33 | 00:53:57 | 01:12:47.95 | 7:16   | 8.2  |
| 21   | LEWANDOWSKI<br>BARTŁOMIEJ | 180 |                                 | WYRZYSK              | POL  | M18-29 | 2      | M 21 |             |              | 00:17:41 | 00:35:50 | 00:54:26 | 01:13:05.85 | 7:18   | 8.2  |
| 22   | PRASK DARIUSZ             | 190 |                                 | CHWAŁKÓWKO           | POL  | M50-59 | 5      | M 22 |             |              | 00:17:34 | 00:36:16 | 00:55:03 | 01:13:34.95 | 7:21   | 8.2  |
| 23   | RUNOWSKI JAROSŁAW         | 193 | TEAM JANINA                     | DREZDENKO            | POL  | M60-69 | 6      | M 23 |             |              | 00:17:33 | 00:35:51 | 00:54:35 | 01:13:41.15 | 7:22   | 8.1  |
| 24   | CZMOCH MARIAN             | 157 | NORDIC SPORT 2021               | ŁOSICE               | POL  | M70+   | 2      | M 24 |             |              | 00:18:08 | 00:36:36 | 00:55:35 | 01:14:31.60 | 7:27   | 8.1  |
| 25   | KRAWIEC JACEK             | 175 | JACK NORDIC TEAM ELBLĄG         | ELBLĄG               | POL  | M50-59 | 6      | M 25 |             |              | 00:19:01 | 00:38:37 | 00:58:05 | 01:17:31.65 | 7:45   | 7.7  |
| 26   | FRYŻEWSKI ANDRZEJ         | 162 |                                 | RUNOWO<br>KRAJEŃSKIE | POL  | M50-59 | 7      | M 26 |             |              | 00:19:12 | 00:38:49 | 00:58:50 | 01:18:11.05 | 7:49   | 7.7  |
| 27   | JANKOWSKI GRZEGORZ        | 167 | TEAM STĘSZEW                    | WITOBEL              | POL  | M60-69 | 7      | M 27 |             |              | 00:19:16 | 00:39:07 | 00:58:43 | 01:18:13.80 | 7:49   | 7.7  |
| 28   | PALUCH PAWEŁ              | 186 | AVOCADO WELLNESS CLUB           | WARSZAWA             | POL  | M60-69 | 8      | M 28 |             |              | 00:18:20 | 00:37:46 | 00:57:50 | 01:18:36.30 | 7:51   | 7.6  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, OPEN -M c.d.**

| M-ce | Nazwisko i imię    | Nr  | Klub               | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|--------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 29   | ŚLUSARCZYK ANDRZEJ | 202 | WESOŁY BORSUK TEAM | PRUDNIK   | POL  | M70+ | 3      | M 29 |             |              | 00:18:58 | 00:38:33 | 00:58:46 | 01:19:10.15 | 7:55   | 7.6  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, K18-29**

| M-ce | Nazwisko i imię | Nr  | Klub                   | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | SAPUŁA WIKTORIA | 194 | K.S. VICTORIA POTĘGOWO | LUBLIN    | POL  | K18-29 | 1      | K 16 |             |              | 00:20:30 | 00:40:38 | 01:00:26 | 01:19:52.45 | 7:59   | 7.5  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, M18-29**

| M-ce | Nazwisko i imię           | Nr  | Klub                   | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ            | 181 | K.S. VICTORIA POTĘGOWO | ALEKSANDRIA I | POL  | M18-29 | 1      | M 1  |             |              | 00:14:10 | 00:28:31 | 00:42:42 | 00:57:16.45 | 5:43   | 10.5 |
| 2    | LEWANDOWSKI<br>BARTŁOMIEJ | 180 |                        | WYRZYSK       | POL  | M18-29 | 2      | M 21 |             |              | 00:17:41 | 00:35:50 | 00:54:26 | 01:13:05.85 | 7:18   | 8.2  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, K30-39**

| M-ce | Nazwisko i imię | Nr  | Klub                          | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|-------------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KURATNIK OLGA   | 176 | TORUŃ - IDZIEMY BEZ<br>RYZYKA | TORUŃ         | POL  | K30-39 | 1      | K 5  |             |              | 00:17:18 | 00:35:12 | 00:52:58 | 01:10:22.85 | 7:02   | 8.5  |
| 2    | BERESKA IRENA   | 152 | NORDIC SPORT 2021             | NAKŁO ŚLĄSKIE | POL  | K30-39 | 2      | K 19 |             |              | 00:20:28 | 00:40:36 | 01:01:28 | 01:22:21.20 | 8:14   | 7.3  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, M30-39**

| M-ce | Nazwisko i imię  | Nr  | Klub              | M-scowość  | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------|-----|-------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MISZTAŁ GRZEGORZ | 140 | OPEN SPORT TEAM   | IWANOWICE  | POL  | M30-39 | 1      | M 8  |             |              | 00:15:53 | 00:32:23 | 00:49:14 | 01:06:03.15 | 6:36   | 9.1  |
| 2    | WODKOWSKI LUKASZ | 207 | FUNDACJA SODA     | ZNIN       | POL  | M30-39 | 2      | M 12 |             |              | 00:16:31 | 00:33:32 | 00:50:35 | 01:08:12.85 | 6:49   | 8.8  |
| 3    | POLAK PAWEŁ      | 188 | TORUŃ NORDIC TEAM | INOWROCŁAW | POL  | M30-39 | 3      | M 18 |             |              | 00:17:58 | 00:35:49 | 00:54:15 | 01:12:07.80 | 7:12   | 8.3  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, K40-49**

| M-ce | Nazwisko i imię             | Nr  | Klub                            | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|---------------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | FILIPOWICZ BARBARA          | 160 | K.S. VICTORIA POTĘGOWO          | KRZESZYCE     | POL  | K40-49 | 1      | K 1  |             |              | 00:16:35 | 00:33:31 | 00:50:17 | 01:06:29.45 | 6:38   | 9    |
| 2    | ŚLĘZAK EWA                  | 139 | NORDIC WALKING KIEKRZ<br>POLAND | BIEDRUSKO     | POL  | K40-49 | 2      | K 3  |             |              | 00:16:33 | 00:33:57 | 00:51:48 | 01:09:28.55 | 6:56   | 8.6  |
| 3    | SZCZYGIEL ADRIANA           | 201 | OPEN SPORT TEAM                 | BIELSKO-BIAŁA | POL  | K40-49 | 3      | K 6  |             |              | 00:17:02 | 00:34:52 | 00:52:44 | 01:10:32.90 | 7:03   | 8.5  |
| 4    | SZCZUDLIK<br>MAŁGORZATA     | 200 | SZALENI BIEGACZE<br>GNIEZNO     | TRZEMESZNO    | POL  | K40-49 | 4      | K 7  |             |              | 00:17:05 | 00:35:01 | 00:53:10 | 01:11:45.65 | 7:10   | 8.4  |
| 5    | KONTOWSKA IZABELLA          | 174 | NORDIC TEAM OBORNIKI            | OBORNIKI      | POL  | K40-49 | 5      | K 9  |             |              | 00:17:42 | 00:36:17 | 00:55:23 | 01:14:14.55 | 7:25   | 8.1  |
| 6    | LALIK-WAŁOWSKA<br>AGNIESZKA | 178 | ESG W PUNKT                     | OWIŃSKA       | POL  | K40-49 | 6      | K 17 |             |              | 00:19:56 | 00:39:52 | 01:00:05 | 01:20:39.15 | 8:03   | 7.4  |
| 7    | DĄŁKA HANNA                 | 158 |                                 | POZNAŃ        | POL  | K40-49 | 7      | K 20 |             |              | 00:19:29 | 00:40:06 | 01:01:28 | 01:22:38.20 | 8:15   | 7.3  |
| 8    | KUSA KAROLINA               | 177 | LIFE BALANCE PLACE              | BYDGOSZCZ     | POL  | K40-49 | 8      | K 21 |             |              | 00:20:39 | 00:42:05 | 01:02:48 | 01:22:48.10 | 8:16   | 7.2  |
| 9    | GÓRSKA AGNIESZKA            | 163 |                                 | SZCZECIN      | POL  | K40-49 | 9      | K 26 |             |              | 00:21:01 | 00:42:32 | 01:04:38 | 01:26:48.75 | 8:40   | 6.9  |
|      | BIELECKA ZUZANNA            | 153 | K.S. VICTORIA POTĘGOWO          | WARSZAWA      | POL  | K40-49 |        |      |             |              | 00:15:41 | 00:32:09 | DNF      | DNF         | -      | -    |
|      |                             |     |                                 |               |      |        |        |      |             |              | DNF      | DNF      |          |             |        |      |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, M40-49**

| M-ce | Nazwisko i imię     | Nr  | Klub                         | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | JAWORSKI ŁUKASZ     | 138 |                              | WYSOKA    | POL  | M40-49 | 1      | M 3  |             |              | 00:14:13 | 00:28:57 | 00:44:22 | 00:59:37.35 | 5:57   | 10.1 |
| 2    | SKOTWIŃSKI MARIUSZ  | 198 |                              | NIECHLÓW  | POL  | M40-49 | 2      | M 5  |             |              | 00:15:18 | 00:31:14 | 00:47:30 | 01:03:56.10 | 6:23   | 9.4  |
| 3    | PIETRAKOWSKI MARCIN | 187 | K.S. VICTORIA POTĘGOWO       | JENIN     | POL  | M40-49 | 3      | M 7  |             |              | 00:15:52 | 00:32:11 | 00:48:33 | 01:04:48.90 | 6:28   | 9.3  |
| 4    | CHYRA JANUSZ        | 156 | NORDIC SPORT 2021            | LUBLINIEC | POL  | M40-49 | 4      | M 14 |             |              | 00:16:45 | 00:33:38 | 00:50:42 | 01:08:51.75 | 6:53   | 8.7  |
| 5    | BOJANOWSKI MARCIN   | 155 | NORDIC WALKING KIEKRZ POLAND | OBORNIKI  | POL  | M40-49 | 5      | M 16 |             |              | 00:17:09 | 00:34:57 | 00:53:02 | 01:11:25.75 | 7:08   | 8.4  |
| 6    | KUSA PIOTR          | 52  | LIFE BALANCE PLACE           | BYDGOSZCZ | POL  | M40-49 | 6      | M 19 |             |              | 00:17:38 | 00:35:45 | 00:54:13 | 01:12:25.90 | 7:14   | 8.3  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, K50-59**

| M-ce | Nazwisko i imię         | Nr  | Klub                     | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------------|-----|--------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KNAPCZYK-KANIA GABRIELA | 173 | NORDIC SPORT 2021        | BIENKÓWKA        | POL  | K50-59 | 1      | K 4  |             |              | 00:16:45 | 00:34:15 | 00:52:04 | 01:09:40.50 | 6:58   | 8.6  |
| 2    | SAWICKA MARTA           | 195 | K.S. VICTORIA POTĘGOWO   | KROŚCIENKO WYŻNE | POL  | K50-59 | 2      | K 8  |             |              | 00:17:25 | 00:35:32 | 00:54:09 | 01:12:59.45 | 7:17   | 8.2  |
| 3    | DREWNOWSKA BARBARA      | 159 | ZASAPANI HYDRO TRZCIANKA | TRZCIANKA        | POL  | K50-59 | 3      | K 10 |             |              | 00:18:12 | 00:37:09 | 00:56:18 | 01:15:22.80 | 7:32   | 8    |
| 4    | OLEJNIK MARZENA         | 184 |                          | SZCZECIN         | POL  | K50-59 | 4      | K 11 |             |              | 00:18:15 | 00:37:17 | 00:56:39 | 01:16:39.50 | 7:39   | 7.8  |
| 5    | LEWANDOWSKA RENATA      | 179 | LIFE BALANCE PLACE       | BYDGOSZCZ        | POL  | K50-59 | 5      | K 13 |             |              | 00:19:08 | 00:38:45 | 00:58:21 | 01:17:49.70 | 7:46   | 7.7  |
| 6    | SKRZĄTEK LUCYNA         | 197 | NORDIC SPORT 2021        | TARNOWSKIE GÓRY  | POL  | K50-59 | 6      | K 14 |             |              | 00:18:48 | 00:38:28 | 00:58:17 | 01:18:33.25 | 7:51   | 7.6  |
| 7    | SZCZECIŃSKA RENATA      | 199 | MARSZ PO ZDROWIE         | POZNAŃ           | POL  | K50-59 | 7      | K 25 |             |              | 00:20:31 | 00:41:51 | 01:03:45 | 01:25:51.30 | 8:35   | 7    |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, M50-59**

| M-ce | Nazwisko i imię   | Nr  | Klub                    | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|-------------------------|-------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | WITUCKI JACEK     | 205 | K.S. VICTORIA POTĘGOWO  | POZNAŃ            | POL  | M50-59 | 1      | M 2  |             |              | 00:14:03 | 00:28:27 | 00:42:52 | 00:57:34.50 | 5:45   | 10.4 |
| 2    | KABATA JAROSŁAW   | 172 | NORDIC SPORT 2021       | TARNOWSKIE GÓRY   | POL  | M50-59 | 2      | M 4  |             |              | 00:14:48 | 00:30:49 | 00:47:10 | 01:03:19.95 | 6:19   | 9.5  |
| 3    | OLEJNIK PRZEMEK   | 185 |                         | SZCZECIN          | POL  | M50-59 | 3      | M 13 |             |              | 00:16:41 | 00:34:10 | 00:51:43 | 01:08:32.05 | 6:51   | 8.8  |
| 4    | WAŁOWSKI TOMASZ   | 204 | ESG W PUNKT             | OWIŃSKA           | POL  | M50-59 | 4      | M 17 |             |              | 00:17:25 | 00:35:33 | 00:53:48 | 01:11:57.50 | 7:11   | 8.3  |
| 5    | PRASK DARIUSZ     | 190 |                         | CHWAŁKÓWKO        | POL  | M50-59 | 5      | M 22 |             |              | 00:17:34 | 00:36:16 | 00:55:03 | 01:13:34.95 | 7:21   | 8.2  |
| 6    | KRAWIEC JACEK     | 175 | JACK NORDIC TEAM ELBLĄG | ELBLĄG            | POL  | M50-59 | 6      | M 25 |             |              | 00:19:01 | 00:38:37 | 00:58:05 | 01:17:31.65 | 7:45   | 7.7  |
| 7    | FRYŻEWSKI ANDRZEJ | 162 |                         | RUNOWO KRAJEŃSKIE | POL  | M50-59 | 7      | M 26 |             |              | 00:19:12 | 00:38:49 | 00:58:50 | 01:18:11.05 | 7:49   | 7.7  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, K60-69**

| M-ce | Nazwisko i imię    | Nr  | Klub                       | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|----------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | JĘDRASIAK RENATA   | 170 | KGHM METRACO               | LUBIN     | POL  | K60-69 | 1      | K 2  |             |              | 00:16:23 | 00:33:08 | 00:50:05 | 01:07:14.25 | 6:43   | 8.9  |
| 2    | BACHANEK KATARZYNA | 151 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ     | POL  | K60-69 | 2      | K 12 |             |              | 00:18:54 | 00:38:05 | 00:57:37 | 01:17:26.15 | 7:44   | 7.7  |
| 3    | POSTEK DANUTA      | 189 | ZIELONE GROSZKI            | POZNAŃ    | POL  | K60-69 | 3      | K 15 |             |              | 00:19:16 | 00:38:57 | 00:58:52 | 01:19:11.60 | 7:55   | 7.6  |
| 4    | RUNOWSKA DOROTA    | 192 | TIM JANINA                 | DREZDENKO | POL  | K60-69 | 4      | K 18 |             |              | 00:19:34 | 00:40:16 | 01:00:56 | 01:21:41.75 | 8:10   | 7.3  |
| 5    | NERC DOROTA        | 183 |                            | RUMIA     | POL  | K60-69 | 5      | K 22 |             |              | 00:19:43 | 00:40:21 | 01:01:41 | 01:23:11.90 | 8:19   | 7.2  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, M60-69**

| M-ce | Nazwisko i imię       | Nr  | Klub                  | M-scowość  | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------|-----|-----------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MICHALSKI ANDRZEJ     | 136 |                       | ZMIENNICA  | POL  | M60-69 | 1      | M 6  |             |              | 00:15:27 | 00:31:22 | 00:47:46 | 01:04:20.40 | 6:26   | 9.3  |
| 2    | JUREK ADAM            | 171 | KGHM METRACO          | LUBIN      | POL  | M60-69 | 2      | M 9  |             |              | 00:16:27 | 00:33:08 | 00:50:13 | 01:07:14.35 | 6:43   | 8.9  |
| 3    | SIWAK PIOTR           | 196 | KGHM METRACO          | RUDNA      | POL  | M60-69 | 3      | M 10 |             |              | 00:16:27 | 00:33:08 | 00:50:16 | 01:07:32.10 | 6:45   | 8.9  |
| 4    | MĄDRY GRZEGORZ        | 182 | NORDIC SPORT 2021     | TRZEMESZNO | POL  | M60-69 | 4      | M 15 |             |              | 00:16:45 | 00:34:07 | 00:51:28 | 01:08:58.70 | 6:53   | 8.7  |
| 5    | JASZKIEWICZ KAZIMIERZ | 168 | CHEŁKOWO :)           | CHEŁKOWO   | POL  | M60-69 | 5      | M 20 |             |              | 00:17:29 | 00:35:33 | 00:53:57 | 01:12:47.95 | 7:16   | 8.2  |
| 6    | RUNOWSKI JAROSŁAW     | 193 | TEAM JANINA           | DREZDENKO  | POL  | M60-69 | 6      | M 23 |             |              | 00:17:33 | 00:35:51 | 00:54:35 | 01:13:41.15 | 7:22   | 8.1  |
| 7    | JANKOWSKI GRZEGORZ    | 167 | TEAM STĘSZEW          | WITOBEL    | POL  | M60-69 | 7      | M 27 |             |              | 00:19:16 | 00:39:07 | 00:58:43 | 01:18:13.80 | 7:49   | 7.7  |
| 8    | PALUCH PAWEŁ          | 186 | AVOCADO WELLNESS CLUB | WARSZAWA   | POL  | M60-69 | 8      | M 28 |             |              | 00:18:20 | 00:37:46 | 00:57:50 | 01:18:36.30 | 7:51   | 7.6  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, K70+**

| M-ce | Nazwisko i imię    | Nr  | Klub         | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|--------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | GRYGOROWICZ TERESA | 164 | KGHM METRACO | LUBIN     | POL  | K70+ | 1      | K 23 |             |              | 00:20:16 | 00:41:19 | 01:02:43 | 01:24:33.80 | 8:27   | 7.1  |
| 2    | ZAWADZKA MARIA     | 208 | KGHM METRACO | LUBIN     | POL  | K70+ | 2      | K 24 |             |              | 00:21:11 | 00:42:37 | 01:04:07 | 01:25:31.85 | 8:33   | 7    |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, M70+**

| M-ce | Nazwisko i imię   | Nr  | Klub                         | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|------------------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | RADZIMSKI KAROL   | 191 | NORDIC WALKING KIEKRZ POLAND | SZCZECIN  | POL  | M70+ | 1      | M 11 |             |              | 00:16:51 | 00:33:44 | 00:51:00 | 01:07:49.75 | 6:46   | 8.8  |
| 2    | CZMOCH MARIAN     | 157 | NORDIC SPORT 2021            | ŁOSICE    | POL  | M70+ | 2      | M 24 |             |              | 00:18:08 | 00:36:36 | 00:55:35 | 01:14:31.60 | 7:27   | 8.1  |
| 3    | ŚLUSARZYK ANDRZEJ | 202 | WESOŁY BORSUK TEAM           | PRUDNIK   | POL  | M70+ | 3      | M 29 |             |              | 00:18:58 | 00:38:33 | 00:58:46 | 01:19:10.15 | 7:55   | 7.6  |

**PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6, Drużynowa**

| Miejsce | Drużyna                | Zawodnicy klasyfikowani   | Czas   | Czas drużyny |
|---------|------------------------|---|--|--------------|
| 1       | K.S. VICTORIA POTĘGOWO | TOMASZ MARCZAKJACEK WITUCKIBARBARA FILIPOWICZMARTA SAWICKA        | 00:57:16.4500:57:34.5001:06:29.4501:12:59.45 | 04:14:14.85  |
| 2       | NORDIC SPORT 2021      | JAROSŁAW KABATAJANUSZ CHYRAGABRIELA KNAPCZYK-KANIALUCYNA SKRZĄTEK | 01:03:19.9501:08:51.7501:09:40.5001:18:33.25 | 04:40:23.45  |
| 3       | KGHM METRACO           | RENATA JĘDRASIAKADAM JUREKPIOTR SIWAKTERESA GRYGOROWICZ           | 01:07:14.2501:07:14.3501:07:32.1001:24:33.80 | 04:46:33.20  |