

KOSZALIN - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 5 KM

Organizator: PFNW
 Data: 2017-05-03
 Miejsce: Koszalin
 Dystans: 5 km
 Klasyfikacja wg czasów netto.



KOSZALIN - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 5 KM, 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 | STILLER KAROL | 88 | | CZĘSTOCHOWA | POL | M30-39 | 1 | M 1 | | | 00:15:16 | 00:30:38.35 | 6:07 | 9.8 |
| 2 | WOROCH ROMAN | 105 | KS METRACO POLKOWICE | DOPIEWO | POL | M55-59 | 1 | M 2 | | | 00:15:39 | 00:31:30.65 | 6:18 | 9.5 |
| 3 | HAŁAS MARCIN | 125 | | CZECHOWICE-DZIEDZICE | POL | M30-39 | 2 | M 3 | | | 00:15:57 | 00:32:07.30 | 6:25 | 9.3 |
| 4 | BRZOWSKI PIOTR | 131 | AKTYWNI POSTOMINO | SŁAWNO | POL | M30-39 | 3 | M 4 | | | 00:15:59 | 00:32:32.20 | 6:30 | 9.2 |
| 5 | KOPCZEWSKI DARIUSZ | 47 | FACE NORDIC WALKING TEAM | KOSZALIN | POL | M50-54 | 1 | M 5 | | | 00:16:17 | 00:32:56.00 | 6:35 | 9.1 |
| 6 | RAKUĆ JAKUB | 75 | RUCH PO ZDROWIE WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 1 | M 6 | | | 00:16:11 | 00:33:27.15 | 6:41 | 9 |
| 7 | CHAMIELEC BOGUSŁAW | 8 | A EMERYT BIEGA | LUBIN | POL | M50-54 | 2 | M 7 | | | 00:16:43 | 00:33:35.00 | 6:43 | 8.9 |
| 8 | MACHNIK JANUSZ | 132 | CLLEO ZAWIERCIE | ZAWIERCIE | POL | M40-44 | 1 | M 8 | | | 00:16:45 | 00:33:40.75 | 6:44 | 8.9 |
| 9 | STANISŁAWSKI JAN | 85 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M55-59 | 2 | M 9 | | | 00:16:50 | 00:33:56.80 | 6:47 | 8.8 |
| 10 | NOWAK WŁODZIMIERZ | 129 | | NOWOGARD | POL | M55-59 | 3 | M 10 | | | 00:16:50 | 00:33:57.50 | 6:47 | 8.8 |
| 11 | POLEWCZAK MARIUSZ | 73 | CLLEO ZAWIERCIE | ZAWIERCIE | POL | M45-49 | 1 | M 11 | | | 00:16:57 | 00:33:58.65 | 6:47 | 8.8 |
| 12 | TOMCZYK EDWARD | 100 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M65-69 | 1 | M 12 | | | 00:17:07 | 00:34:10.90 | 6:50 | 8.8 |
| 13 | ADAMCZYK ADAM | 1 | PASJA NORDIC WALKING | WARSZAWA | POL | M65-69 | 2 | M 13 | | | 00:17:08 | 00:34:11.30 | 6:50 | 8.8 |
| 14 | FRĄCKOWIAK ROMAN | 22 | ZS ROSKO | WIELEŃ | POL | M45-49 | 2 | M 14 | | | 00:17:09 | 00:34:16.90 | 6:51 | 8.8 |
| 15 | KLARKOWSKI BOGDAN | 41 | KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG | POL | M60-64 | 1 | M 15 | | | 00:17:24 | 00:34:29.50 | 6:53 | 8.7 |
| 16 | GŁOWA MICHAŁ | 26 | | CIESZYN | POL | M-JUN. | 1 | M 16 | | | 00:16:26 | 00:34:31.30 | 6:54 | 8.7 |
| 17 | ROSADZIŃSKI SŁAWOMIR | 78 | LESZNO :) | LESZNO | POL | M45-49 | 3 | M 17 | | | 00:17:07 | 00:34:31.65 | 6:54 | 8.7 |
| 18 | GRYGOROWICZ BOGDAN | 119 | KS METRACO POLKOWICE | LUBIN | POL | M65-69 | 3 | M 18 | | | 00:17:12 | 00:34:55.60 | 6:59 | 8.6 |
| 19 | SZUDARSKI EDWARD | 93 | DWA KIJE SŁUPSK | SŁUPSK | POL | M55-59 | 4 | M 19 | | | 00:17:11 | 00:34:56.55 | 6:59 | 8.6 |
| 20 | FRĄCKOWIAK MATEUSZ | 23 | ZS ROSKO | WIELEŃ | POL | M-JUN. | 2 | M 20 | | | 00:17:13 | 00:35:00.00 | 7:00 | 8.6 |
| 21 | GIERSZEWSKI ARKADIUSZ | 25 | | CHOJNICE | POL | M30-39 | 4 | M 21 | | | 00:17:20 | 00:35:08.70 | 7:01 | 8.5 |
| 22 | BIK PRZEMYSŁAW | 3 | KS METRACO POLKOWICE | KSIĘGINICE | POL | M-JUN. | 3 | M 22 | | | 00:17:41 | 00:35:14.10 | 7:02 | 8.5 |
| 23 | KUŚMIEREK MATEUSZ | 52 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M-JUN. | 4 | M 23 | | | 00:17:40 | 00:35:14.15 | 7:02 | 8.5 |
| 24 | KOMAR BEATA | 46 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | K45-49 | 1 | K 1 | | | 00:17:54 | 00:35:14.25 | 7:03 | 8.5 |
| 25 | DUSZEŃKO ZYGMUNT | 16 | KS METRACO POLKOWICE | LUBIN | POL | M55-59 | 5 | M 24 | | | 00:17:35 | 00:35:21.25 | 7:04 | 8.5 |
| 26 | OKRZESIK-FRĄCKOWIAK IZABELA | 69 | ZS ROSKO | WIELEŃ | POL | K45-49 | 2 | K 2 | | | 00:17:53 | 00:35:33.45 | 7:06 | 8.4 |
| 27 | JÓZWIAK MARIANNA | 33 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | K40-44 | 1 | K 3 | | | 00:17:36 | 00:35:36.85 | 7:07 | 8.4 |
| 28 | GRUSZKA MICHAŁ | 29 | UNIA MIAST | LUBLINIEC | POL | M-DZIECI | 1 | M 25 | | | 00:17:27 | 00:35:42.90 | 7:08 | 8.4 |
| 29 | SCHMIDTKE PIOTR | 80 | DWA KIJE SŁUPSK | SŁUPSK / WŁYNKÓWKO | POL | M45-49 | 4 | M 26 | | | 00:17:38 | 00:35:49.10 | 7:09 | 8.4 |
| 30 | SZYMSKA MAŁGORZATA | 99 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K30-39 | 1 | K 4 | 1 | | 00:17:53 | 00:36:02.15 | 7:12 | 8.3 |
| 31 | WROŃSKI WŁODZIMIERZ | 107 | PASJA NORDIC WALKING | WARSZAWA | POL | M65-69 | 4 | M 27 | | | 00:17:42 | 00:36:04.30 | 7:13 | 8.3 |
| 32 | SZYMAŃSKI STEFAN | 98 | XV KOŁO PZERI DYWITY | KIEŻLINY | POL | M70+ | 1 | M 28 | | | 00:17:54 | 00:36:05.05 | 7:13 | 8.3 |
| 33 | POLISZCZUK PIOTR | 74 | PIERNIKI NA CHODZIE | TORUŃ | POL | M55-59 | 6 | M 29 | | | 00:17:42 | 00:36:10.25 | 7:14 | 8.3 |
| 34 | WOJTACHNIO EDYTA | 104 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | K45-49 | 3 | K 5 | | | 00:18:18 | 00:36:15.30 | 7:15 | 8.3 |
| 35 | WOLNIEWICZ KATARZYNA | 124 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K45-49 | 4 | K 6 | | | 00:18:17 | 00:36:16.25 | 7:15 | 8.3 |
| 36 | SZUDARSKI MAREK | 94 | DWA KIJE SŁUPSK | SŁUPSK | POL | M18-29 | 2 | M 30 | | | 00:18:07 | 00:36:20.70 | 7:16 | 8.3 |
| 37 | WILKOŁEK-SZUDARSKA SATURNINA | 103 | DWA KIJE SŁUPSK | SŁUPSK | POL | K55-59 | 1 | K 7 | | | 00:18:00 | 00:36:25.70 | 7:17 | 8.2 |
| 38 | DUDEK KAZIMIERZ | 15 | NIEZRZESZONY | ŚWIERZAWA | POL | M65-69 | 5 | M 31 | | | 00:17:59 | 00:36:26.00 | 7:17 | 8.2 |
| 39 | GRUSZKA MICHAŁ | 28 | UNIA MIAST | LUBLINIEC | POL | M40-44 | 2 | M 32 | | | 00:17:54 | 00:36:28.10 | 7:17 | 8.2 |
| 40 | MARCINKOWSKA AGNIESZKA | 56 | UNIA MIAST | LUBLINIEC | POL | K-DZIECI | 1 | K 8 | | | 00:18:33 | 00:36:32.25 | 7:18 | 8.2 |
| 41 | MIKOŁAJCZAK JAN | 60 | KS METRACO POLKOWICE | LEGNICA | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 33 | | | 00:17:49 | 00:36:36.90 | 7:19 | 8.2 |
| 42 | STOLTMANN HELENA | 89 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K55-59 | 2 | K 9 | | | 00:18:08 | 00:36:44.30 | 7:20 | 8.2 |

KOSZALIN - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------------|-----|-------------------------------------|-------------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 43 | DOLNA EWELINA | 121 | KSK ŻYJ AKTYWNIE KOLCZYGŁOWY | KOLCZYGŁOWY | POL | K30-39 | 2 | K 10 | | | 00:18:39 | 00:36:49.60 | 7:22 | 8.1 |
| 44 | SULIKOWSKA AGNIESZKA | 92 | PASJA NORDIC WALKING | SIERADZ | POL | K30-39 | 3 | K 11 | | | 00:18:39 | 00:36:57.90 | 7:23 | 8.1 |
| 45 | GOŁĘBIEWSKI ANDRZEJ | 27 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | M60-64 | 2 | M 34 | | | 00:18:18 | 00:37:04.55 | 7:25 | 8.1 |
| 46 | KASZUBOWSKI IRENEUSZ | 37 | | GDYNIA | POL | M50-54 | 3 | M 35 | | | 00:18:10 | 00:37:09.10 | 7:25 | 8.1 |
| 47 | NOWROTEK ROMAN | 67 | | CIESZYŃ | POL | M65-69 | 6 | M 36 | | | 00:17:51 | 00:37:13.35 | 7:26 | 8.1 |
| 48 | RAKUĆ ANGELIKA | 76 | RUCH PO ZDROWIE WŁOCŁAWEK | WŁOCŁAWEK | POL | K18-29 | 1 | K 12 | | | 00:18:26 | 00:37:14.45 | 7:26 | 8.1 |
| 49 | SZYCKO RADEK | 96 | DWA KIJE SŁUPSK | SŁUPSK | POL | M40-44 | 3 | M 37 | | | 00:18:04 | 00:37:19.95 | 7:28 | 8 |
| 50 | GAŁAŚ JOANNA | 128 | PASJA NORDIC WALKING | WARSZAWA | POL | K18-29 | 2 | K 13 | | | 00:18:45 | 00:37:23.75 | 7:28 | 8 |
| 51 | DUSZEŃKO DAMIAN | 115 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B | 1 | M 38 | | | 00:19:11 | 00:37:35.25 | 7:31 | 8 |
| 52 | KUMPIŃ JAROSŁAW | 137 | | LĘBORK | POL | M45-49 | 5 | M 39 | 1 | | 00:18:34 | 00:37:35.30 | 7:31 | 8 |
| 53 | NOWAK JAKUB | 65 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | M-DZIECI | 2 | M 40 | | | 00:19:01 | 00:37:40.90 | 7:32 | 8 |
| 54 | DZIEMIŃSKI JAN | 19 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M-DZIECI | 3 | M 41 | | | 00:19:00 | 00:37:41.55 | 7:32 | 8 |
| 55 | STEPNIAK BOGDAN | 86 | | POZNAŃ | POL | M-NIEPEŁNOSPRAWNI(A | 2 | M 42 | | | 00:18:41 | 00:37:44.55 | 7:32 | 8 |
| 56 | SOBOLEWSKI MAREK | 135 | | KOSZALIN | POL | M45-49 | 6 | M 43 | | | 00:18:39 | 00:37:45.65 | 7:33 | 7.9 |
| 57 | SULECKA GABRIELA | 91 | | ŚWIECIE | POL | K-NIEPEŁNOSPRAWNI(A | 1 | K 14 | | | 00:18:55 | 00:37:58.50 | 7:35 | 7.9 |
| 58 | MORYS AGNIESZKA | 61 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K30-39 | 4 | K 15 | | | 00:18:50 | 00:38:08.65 | 7:37 | 7.9 |
| 59 | KĘDZIERSKA EDYTA | 114 | PFNW | GDAŃSK | POL | K40-44 | 2 | K 16 | | | 00:18:57 | 00:38:17.60 | 7:39 | 7.8 |
| 60 | PILECKA PRĄDZYŃSKA ANNA | 71 | PENDOLINO | GDYNIA | POL | K60-64 | 1 | K 17 | | | 00:18:56 | 00:38:23.60 | 7:40 | 7.8 |
| 61 | GABERT BEATA | 24 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K45-49 | 5 | K 18 | | | 00:19:21 | 00:38:27.30 | 7:41 | 7.8 |
| 62 | GWAREK ANITA | 31 | PASJA NORDIC WALKING | WARSZAWA | POL | K45-49 | 6 | K 19 | | | 00:19:07 | 00:38:28.90 | 7:41 | 7.8 |
| 63 | SAKOWSKA KRYSZYNA | 79 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-44 | 3 | K 20 | | | 00:19:03 | 00:38:33.30 | 7:42 | 7.8 |
| 64 | MIKITIUK TOMASZ | 58 | KJOWA PARA | KOSZALIN | POL | M45-49 | 7 | M 44 | | | 00:18:54 | 00:38:34.35 | 7:42 | 7.8 |
| 65 | WASILEWSKI SŁAWOMIR | 127 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 2 | M 45 | | | 00:19:13 | 00:38:38.85 | 7:43 | 7.8 |
| 66 | MALKIEWICZ MAŁGORZATA | 123 | KSK ŻYJ AKTYWNIE KOLCZYGŁOWY | WIERSZYNO | POL | K50-54 | 1 | K 21 | | | 00:19:11 | 00:38:39.90 | 7:44 | 7.8 |
| 67 | KUMPIŃ IZABELA | 138 | | LĘBORK | POL | K45-49 | 7 | K 22 | | | 00:19:17 | 00:38:43.50 | 7:44 | 7.7 |
| 68 | ZIELIŃSKI ANDRZEJ | 134 | | NACŁAW | POL | M60-64 | 3 | M 46 | | | 00:19:03 | 00:38:47.40 | 7:45 | 7.7 |
| 69 | DANA KAZIMIERA | 12 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K60-64 | 2 | K 23 | | | 00:19:22 | 00:38:59.05 | 7:48 | 7.7 |
| 70 | NACZK WIKTORIA | 62 | DYNAMIC | LĘBORK | POL | K-JUN. | 1 | K 24 | | | 00:19:06 | 00:39:01.45 | 7:48 | 7.7 |
| 71 | GIERSZEWSKA MAGDALENA | 122 | KSK ŻYJ AKTYWNIE KOLCZYGŁOWY | KOLCZYGŁOWY | POL | K40-44 | 4 | K 25 | | | 00:19:47 | 00:39:02.25 | 7:48 | 7.7 |
| 72 | KREZMER MARZENA | 49 | CLLEO ZAWIERCIE | ZAWIERCIE | POL | K30-39 | 5 | K 26 | | | 00:19:20 | 00:39:07.50 | 7:49 | 7.7 |
| 73 | JÓŻWIAK ŁUKASZ | 34 | WTW WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(A | 3 | M 47 | | | 00:18:57 | 00:39:10.65 | 7:50 | 7.7 |
| 74 | DYWELSKI MAREK | 18 | | KOSZALIN | POL | M55-59 | 7 | M 48 | | | 00:19:30 | 00:39:15.35 | 7:51 | 7.6 |
| 75 | KNITTER MONIKA | 42 | | POLANÓW | POL | K30-39 | 6 | K 27 | | | 00:19:22 | 00:39:27.40 | 7:53 | 7.6 |
| 76 | GRYGOROWICZ TERESA | 120 | KS METRACO POLKOWICE | LUBIN | POL | K65-69 | 1 | K 28 | | | 00:19:31 | 00:39:31.95 | 7:54 | 7.6 |
| 77 | NAMSOŁEK FELIKS | 112 | | GDYNIA | POL | M70+ | 3 | M 49 | | | 00:19:23 | 00:39:33.20 | 7:54 | 7.6 |
| 78 | DANA ANDRZEJ | 13 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | M65-69 | 7 | M 50 | | | 00:18:49 | 00:39:33.60 | 7:54 | 7.6 |
| 79 | FOLWARSKA MAŁGORZATA | 20 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | K55-59 | 3 | K 29 | | | 00:19:55 | 00:40:09.65 | 8:01 | 7.5 |
| 80 | CHOLEWKA JOLANTA | 9 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K60-64 | 3 | K 30 | | | 00:20:01 | 00:40:15.80 | 8:03 | 7.5 |
| 81 | JURCZYŃSKA BOŻENA | 36 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K55-59 | 4 | K 31 | | | 00:20:00 | 00:40:29.70 | 8:06 | 7.4 |
| 82 | KOSICKA BEATA | 48 | | ROKIETNICA | POL | K45-49 | 8 | K 32 | | | 00:20:02 | 00:40:29.75 | 8:06 | 7.4 |
| 83 | ROMANOWSKA AGATA | 77 | | SŁAWSKO | POL | K-DZIECI | 2 | K 33 | | | 00:19:49 | 00:40:33.45 | 8:06 | 7.4 |
| 84 | KULIG BOŻENA | 50 | KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE | ELBŁĄG | POL | K60-64 | 4 | K 34 | | | 00:20:07 | 00:40:35.50 | 8:07 | 7.4 |
| 85 | STACHYRA ALFRED | 84 | BŁĘKITNI DZIEMIANY | BYTÓW | POL | M70+ | 4 | M 51 | | | 00:19:46 | 00:40:58.15 | 8:11 | 7.3 |
| 86 | KUŚMIEREK BEATA | 51 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K40-44 | 5 | K 35 | | | 00:20:31 | 00:41:08.20 | 8:13 | 7.3 |
| 87 | SŁOMIŃSKA MARTA | 83 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 3 | K 36 | | | 00:20:42 | 00:41:13.45 | 8:14 | 7.3 |
| 88 | DUSZEŃKO JAKUB | 17 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B | 2 | M 52 | 1 | | 00:20:07 | 00:41:16.45 | 8:15 | 7.3 |
| 89 | ŻAMOJCIN MAŁGORZATA | 109 | NIEZRZESZONA | SZCZECIN | POL | K55-59 | 5 | K 37 | | | 00:20:24 | 00:41:24.15 | 8:16 | 7.2 |
| 90 | SZYCKO OLIVIA | 95 | DWA KIJE SŁUPSK | SŁUPSK | POL | K-DZIECI | 3 | K 38 | | | 00:20:15 | 00:41:47.20 | 8:21 | 7.2 |
| 91 | WALO ZBIGNIEW | 117 | X | KOSZALIN | POL | M-NIEPEŁNOSPRAWNI(A | 4 | M 53 | 1 | | 00:20:20 | 00:41:55.90 | 8:23 | 7.2 |
| 92 | WOROCH JOLANTA | 106 | DOPIEWO | DOPIEWO | POL | K50-54 | 2 | K 39 | | | 00:20:56 | 00:42:18.10 | 8:27 | 7.1 |

KOSZALIN - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------------|-----|-------------------------------------|----------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 93 | NIECHWIEJCZYK KINGA | 63 | UNIA MIAST | ŚWIĘTOCHŁOWICE | POL | K-DZIECI | 4 | K 40 | | | 00:21:07 | 00:42:25.90 | 8:29 | 7.1 |
| 94 | SUDOŁ IRENA | 90 | | SKOCZÓW | POL | K55-59 | 6 | K 41 | | | 00:21:07 | 00:42:41.05 | 8:32 | 7 |
| 95 | LORENS KAZIMIERZ | 53 | CLLEO ZAWIERCIE | MYSZKÓW | POL | M60-64 | 4 | M 54 | | | 00:20:08 | 00:42:56.70 | 8:35 | 7 |
| 96 | CYRA GRAŻYNA | 10 | | SKOSZEWO | POL | K60-64 | 5 | K 42 | 1 | | 00:21:20 | 00:43:08.30 | 8:37 | 7 |
| 97 | MARCINKOWSKA RENATA | 55 | FACE NORDIC WALKING TEAM | SOCHACZEW | POL | K65-69 | 2 | K 43 | | | 00:21:17 | 00:43:20.90 | 8:40 | 6.9 |
| 98 | SZYMAŃSKA LUCYNA | 97 | XV KOŁO PZERI DYWITY | KIEŻLINY | POL | K-NIEPEŁNOSPRAWNI(A) | 2 | K 44 | | | 00:21:20 | 00:43:31.25 | 8:42 | 6.9 |
| 99 | NOWROTEK URSZULA | 126 | | CIESZYN | POL | K50-54 | 3 | K 45 | | | 00:21:34 | 00:43:41.85 | 8:44 | 6.9 |
| 100 | SMARUJ-SADOWSKA JANINA | 130 | | BYDGOSZCZ | POL | K65-69 | 3 | K 46 | | | 00:21:41 | 00:43:42.50 | 8:44 | 6.9 |
| 101 | FOREMNA-PILARSKA MONIKA | 21 | | KOSZALIN | POL | K40-44 | 6 | K 47 | | | 00:21:39 | 00:43:43.00 | 8:44 | 6.9 |
| 102 | WĄSOWSKA MONIKA | 102 | KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG | POL | K30-39 | 7 | K 48 | | | 00:21:39 | 00:44:03.00 | 8:48 | 6.8 |
| 103 | CETERA JANUSZ | 7 | EKSPEDYCJA NORDIC TEAM SZCZECIN | DZIWNÓWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 55 | | | 00:21:30 | 00:44:18.05 | 8:51 | 6.8 |
| 104 | WYSOCKI GABRIEL | 108 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M-DZIECI | 4 | M 56 | | | 00:21:29 | 00:44:29.70 | 8:53 | 6.7 |
| 105 | DEMBOWIAK WANDA | 14 | MŁODZI DUCHEM SWARZĘDZ | SWARZĘDZ | POL | K65-69 | 4 | K 49 | | | 00:22:10 | 00:44:40.45 | 8:56 | 6.7 |
| 106 | ZIELIŃSKA ELŻBIETA | 133 | | NACŁAW | POL | K60-64 | 6 | K 50 | | | 00:22:46 | 00:45:07.70 | 9:01 | 6.6 |
| 107 | MIKITIUK BEATA | 59 | KIJOWA PARA | KOSZALIN | POL | K45-49 | 9 | K 51 | | | 00:22:54 | 00:45:15.45 | 9:03 | 6.6 |
| 108 | JAZOWIT-KRAWCZYK EWA | 32 | | KOSZALIN | POL | K50-54 | 4 | K 52 | | | 00:22:52 | 00:46:16.00 | 9:15 | 6.5 |
| 109 | STĘPNIEWSKA AGNIESZKA | 87 | | KOSZALIN | POL | K30-39 | 8 | K 53 | | | 00:23:29 | 00:46:26.35 | 9:17 | 6.5 |
| 110 | KĄŻMIERSKA JUSTYNA | 38 | AMATOR | KOSZALIN | POL | K60-64 | 7 | K 54 | | | 00:22:40 | 00:46:27.40 | 9:17 | 6.5 |
| 111 | OGONOWSKA EDYTA | 68 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K55-59 | 7 | K 55 | | | 00:23:22 | 00:46:30.95 | 9:18 | 6.4 |
| 112 | KILAR OLIWIA | 40 | RODZINKA KILAR (PL) | KOSZALIN | POL | K-DZIECI | 5 | K 56 | | | 00:23:06 | 00:47:19.00 | 9:27 | 6.3 |
| 113 | PANKIEWICZ-DMOWSKA CECYLIA | 70 | | GOWINO | POL | K65-69 | 5 | K 57 | | | 00:23:33 | 00:47:20.80 | 9:28 | 6.3 |
| 114 | JÓŹWIAK DOMINIK | 35 | WTW WŁOCLAWEK | WŁOCLAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 4 | M 57 | | | 00:21:57 | 00:47:26.35 | 9:29 | 6.3 |
| 115 | BARTNIK MARIAN | 113 | TKKF KOSZALIN | KOSZALIN | POL | M70+ | 5 | M 58 | | | 00:22:56 | 00:47:29.45 | 9:29 | 6.3 |
| 116 | DUSZEŃKO ELWIRA | 116 | KS METRACO POLKOWICE | LUBIN | POL | K-NIEPEŁNOSPRAWNI(A) | 3 | K 58 | | | 00:23:18 | 00:47:42.40 | 9:32 | 6.3 |
| 117 | ALESZCZYK MAREK | 2 | | SZCZECINEK | POL | M50-54 | 4 | M 59 | | | 00:23:25 | 00:47:43.10 | 9:32 | 6.3 |
| 118 | ZAJĄCZKOWSKA JADWIGA | 118 | KS METRACO POLKOWICE | LUBIN | POL | K40-44 | 7 | K 59 | | | 00:23:34 | 00:48:11.50 | 9:38 | 6.2 |
| 119 | WASILUK HELENA | 101 | | POŁCZYN-ZDRÓJ | POL | K70+ | 1 | K 60 | | | 00:23:49 | 00:48:19.10 | 9:39 | 6.2 |
| 120 | BUDASZ GRAŻYNA | 5 | PILSCY MIŁOŚNICY NW | JEZIORKI | POL | K60-64 | 8 | K 61 | | | 00:23:44 | 00:48:31.15 | 9:42 | 6.2 |
| 121 | BUDASZ KRZYSZTOF | 6 | PILSCY MIŁOŚNICY NW | JEZIORKI | POL | M60-64 | 5 | M 60 | | | 00:24:52 | 00:49:45.25 | 9:57 | 6 |
| 122 | CYRA ZBIGNIEW | 11 | | SKOSZEWO | POL | M65-69 | 8 | M 61 | | | 00:25:31 | 00:52:18.20 | 10:27 | 5.7 |
| 123 | SKORUPSKI JANUSZ | 81 | MŁODZI DUCHEM SWARZĘDZ | SWARZĘDZ | POL | M65-69 | 9 | M 62 | | | 00:26:45 | 00:55:35.15 | 11:07 | 5.4 |
| 124 | NOWAK MAJA | 66 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K-DZIECI | 6 | K 62 | | | 00:34:37 | 01:07:57.10 | 13:35 | 4.4 |
| DQ | URANTÓWKA HENRYK | 111 | N/Z | SKWIERZYNA | POL | M70+ | DQ | DQ | | 1 | 00:19:14 | 00:39:36.95 | - | - |
| | WOLSKI TOMASZ | 136 | | KOSZALIN | POL | M30-39 | | | | | 00:18:49 | DNF | - | - |
| | | | | | | | | | | | DNF | | | |