

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

Organizator: PFNW
Data: 2017-06-03
Miejsce: Kolbuszowa
Dystans: 10 km
Klasyfikacja wg czasów netto.



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | MICHAŁEC MARCIN | 398 | KKS MOSIR KROSNO | KROSNO | POL | M18-29 | 1 | M 1 | | | 00:14:00 | 00:28:35 | 00:43:23 | 00:57:56.25 | 5:47 | 10.4 |
| 2 | MICHAŁSKI ANDRZEJ | 385 | WESOŁY BORSUK TEAM | SANOK | POL | M50-59 | 1 | M 2 | | | 00:15:17 | 00:30:38 | 00:46:20 | 01:01:58.15 | 6:11 | 9.7 |
| 3 | KLICZKA KAMIL | 322 | SANPROBI SZCZECIN | SZCZECIN | POL | M40-49 | 1 | M 3 | | | 00:15:17 | 00:30:53 | 00:46:37 | 01:02:13.45 | 6:13 | 9.6 |
| 4 | NIECHWIEJCZYK PIOTR | 337 | UNIA MIAST | ŚWIĘTOCHŁOWICE | POL | M40-49 | 2 | M 4 | | | 00:15:24 | 00:31:32 | 00:47:43 | 01:03:36.80 | 6:21 | 9.4 |
| 5 | WOJTASIŃSKI DANIEL | 371 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 1 | M 5 | | | 00:15:45 | 00:31:50 | 00:48:02 | 01:03:57.65 | 6:23 | 9.4 |
| 6 | SIWAK PIOTR | 351 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 2 | M 6 | | | 00:15:30 | 00:31:46 | 00:47:55 | 01:04:18.30 | 6:25 | 9.3 |
| 7 | BIŁEK ARTUR | 303 | | LUBLINIEC | POL | M30-39 | 2 | M 7 | | | 00:15:26 | 00:31:31 | 00:47:47 | 01:04:20.45 | 6:26 | 9.3 |
| 8 | SIEROŃ JACEK | 349 | TSA SANDOMIERZ | SANDOMIERZ | POL | M50-59 | 3 | M 8 | | | 00:15:30 | 00:31:46 | 00:48:08 | 01:04:52.00 | 6:29 | 9.2 |
| 9 | ŚWISŁOCKI BOGDAN | 367 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 9 | | | 00:16:09 | 00:33:18 | 00:50:36 | 01:07:20.05 | 6:44 | 8.9 |
| 10 | HELWICH STEFAN | 318 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 10 | | | 00:16:06 | 00:33:03 | 00:50:18 | 01:07:41.15 | 6:46 | 8.9 |
| 11 | SZARPAK DOMINIK | 362 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 2 | M 11 | | | 00:16:57 | 00:34:02 | 00:51:23 | 01:08:14.70 | 6:49 | 8.8 |
| 12 | BILIK WOJCIECH | 302 | SAMOTNI WĘDROWCY | KROSNO | POL | M40-49 | 3 | M 12 | | | 00:16:41 | 00:33:56 | 00:51:26 | 01:08:49.50 | 6:52 | 8.7 |
| 13 | MICHOŃ RAFAŁ | 334 | ŻUBRY NIEPOŁOMICE NW TEAM | NIEPOŁOMICE | POL | M40-49 | 4 | M 13 | | | 00:16:43 | 00:33:58 | 00:51:28 | 01:08:51.20 | 6:53 | 8.7 |
| 14 | JĘDRASIAK RENATA | 320 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 1 | | | 00:17:01 | 00:34:24 | 00:51:37 | 01:08:57.70 | 6:53 | 8.7 |
| 15 | SMUL ANDRZEJ | 354 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO PODGÓRNE | POL | M60-69 | 2 | M 14 | | | 00:16:48 | 00:34:06 | 00:51:50 | 01:09:45.10 | 6:58 | 8.6 |
| 16 | KUBISZYN MAŁGORZATA | 330 | GRUPA KRESY NORDIC WALKING | LUBACZÓW | POL | K30-39 | 1 | K 2 | | | 00:16:57 | 00:34:35 | 00:52:18 | 01:09:48.45 | 6:58 | 8.6 |
| 17 | SPYCHAŁA MARZENA | 356 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 3 | | | 00:17:08 | 00:34:35 | 00:52:11 | 01:09:50.25 | 6:59 | 8.6 |
| 18 | KOROBACH SERGEJ | 324 | | GRODNO | BLR | M30-39 | 3 | M 15 | | | 00:17:19 | 00:35:14 | 00:52:54 | 01:10:11.90 | 7:01 | 8.5 |
| 19 | KORYTOWSKA AGNIESZKA | 325 | | MŁAWA | POL | K30-39 | 2 | K 4 | | | 00:16:59 | 00:34:36 | 00:52:27 | 01:10:22.25 | 7:02 | 8.5 |
| 20 | SZPILMAN KATARZYNA | 365 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K40-49 | 2 | K 5 | | | 00:17:08 | 00:34:41 | 00:52:50 | 01:11:07.95 | 7:06 | 8.4 |
| 21 | STYRC BERNARD | 357 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M40-49 | 5 | M 16 | | | 00:16:55 | 00:34:53 | 00:53:08 | 01:11:30.80 | 7:09 | 8.4 |
| 22 | KOWALSKI MAREK | 326 | UNIA MIAST | STRZEBIŃ | POL | M50-59 | 5 | M 17 | | | 00:17:40 | 00:35:54 | 00:54:00 | 01:11:43.60 | 7:10 | 8.4 |
| 23 | WIEŃSKO RYSZARD | 369 | NIEZRZESZONY | PULAWY | POL | M60-69 | 3 | M 18 | | | 00:17:58 | 00:35:59 | 00:54:14 | 01:12:12.70 | 7:13 | 8.3 |
| 24 | SKRYCKA KATARZYNA | 353 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 3 | K 6 | | | 00:17:33 | 00:35:24 | 00:53:28 | 01:12:15.05 | 7:13 | 8.3 |
| 25 | KRUK ZBIGNIEW | 328 | PRZEWORSKA GRUPA BIEGOWA | GAĆ | POL | M30-39 | 4 | M 19 | | | 00:17:24 | 00:35:48 | 00:54:18 | 01:12:20.05 | 7:14 | 8.3 |
| 26 | NETKOWSKI WOJCIECH | 336 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | 6 | M 20 | | | 00:17:55 | 00:36:10 | 00:54:05 | 01:12:22.90 | 7:14 | 8.3 |
| 27 | WROŃSKI WŁODZIMIERZ | 373 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 4 | M 21 | | | 00:17:42 | 00:35:39 | 00:54:01 | 01:12:31.20 | 7:15 | 8.3 |
| 28 | ŁUKASZEWICZ JOANNA | 332 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 3 | K 7 | | | 00:17:43 | 00:35:58 | 00:54:26 | 01:12:31.90 | 7:15 | 8.3 |
| 29 | KOLARSKA AGNIESZKA | 323 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 4 | K 8 | | | 00:17:19 | 00:35:37 | 00:54:28 | 01:12:49.15 | 7:16 | 8.2 |
| 30 | KUBISZYN WIESŁAWA | 329 | GRUPA KRESY NORDIC WALKING | LUBACZÓW | POL | K40-49 | 4 | K 9 | | | 00:17:33 | 00:35:53 | 00:54:29 | 01:12:57.40 | 7:17 | 8.2 |
| 31 | POZNAŃSKI WIESŁAW | 344 | AMATOR NW | BIAŁYSTOK | POL | M60-69 | 5 | M 22 | | | 00:18:03 | 00:36:29 | 00:55:04 | 01:13:37.20 | 7:21 | 8.2 |
| 32 | HRYNDIO JERZY | 317 | FABRIKANORDIKA | KATOWICE | POL | M60-69 | 6 | M 23 | | | 00:17:41 | 00:35:53 | 00:55:02 | 01:13:41.80 | 7:22 | 8.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 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 | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------------|-----|----------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 33 | RYKAŁA IRENA | 347 | GRUPA KRESY NORDIC WALKING | KROWICA HOŁODOWSKA | POL | K30-39 | 5 | K 10 | | | 00:17:51 | 00:36:15 | 00:55:05 | 01:13:56.00 | 7:23 | 8.1 |
| 34 | CZYCZ KAZIMIERZ | 309 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | 7 | M 24 | | | 00:18:11 | 00:36:27 | 00:55:09 | 01:14:02.75 | 7:24 | 8.1 |
| 35 | ŚLUSARCZYK MARCIN | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | 5 | M 25 | | | 00:18:02 | 00:36:26 | 00:55:19 | 01:14:09.00 | 7:24 | 8.1 |
| 36 | DUSIEL EWA | 311 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 2 | K 11 | | | 00:18:06 | 00:36:39 | 00:55:37 | 01:14:36.65 | 7:27 | 8 |
| 37 | PASIŃSKA-SKOWRON SYLWIA | 340 | PRUSZYŃSKI NORDIC WALKING | SZCZODRKO WIC E | POL | K40-49 | 5 | K 12 | | | 00:17:39 | 00:36:25 | 00:55:46 | 01:14:38.40 | 7:27 | 8 |
| 38 | POKRYWKA BOŻENA | 343 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K40-49 | 6 | K 13 | | | 00:18:05 | 00:36:48 | 00:55:49 | 01:15:13.30 | 7:31 | 8 |
| 39 | CHARCZUK ZENON | 305 | WESOŁY BORSUK TEAM | OPOLE | POL | M60-69 | 8 | M 26 | | | 00:18:25 | 00:37:22 | 00:56:25 | 01:15:22.55 | 7:32 | 8 |
| 40 | PIĄTKOWSKI JÓZEF | 341 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 1 | M 27 | | | 00:19:03 | 00:38:26 | 00:57:38 | 01:16:19.70 | 7:37 | 7.9 |
| 41 | BYTNIEWSKI MIECZYŚLAW | 304 | TKKF KRZNA | BIAŁA PODLASKA | POL | M70+ | 2 | M 28 | | | 00:19:04 | 00:38:26 | 00:57:38 | 01:16:25.65 | 7:38 | 7.8 |
| 42 | SOBAŃSKA GRAŻYNA | 355 | | DRUŻBICE | POL | K60-69 | 1 | K 14 | | | 00:19:00 | 00:38:21 | 00:57:44 | 01:17:00.50 | 7:42 | 7.8 |
| 43 | SURIAK MICHAŁ | 360 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M18-29 | 3 | M 29 | | | 00:19:23 | 00:39:03 | 00:58:21 | 01:17:25.80 | 7:44 | 7.7 |
| 44 | CHYRA JANUSZ | 307 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 30 | | | 00:19:00 | 00:38:21 | 00:57:41 | 01:17:26.25 | 7:44 | 7.7 |
| 45 | POCALUŃ ADAM | 342 | RELAKS ZAGÓRZ | ZAGÓRZ | POL | M70+ | 3 | M 31 | | | 00:19:04 | 00:38:37 | 00:58:12 | 01:17:40.95 | 7:46 | 7.7 |
| 46 | SITKO MAŁGORZATA | 350 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K40-49 | 7 | K 15 | | | 00:18:13 | 00:37:32 | 00:57:56 | 01:18:16.20 | 7:49 | 7.7 |
| 47 | SURIAK EWELINA | 361 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 1 | K 16 | | | 00:19:21 | 00:39:00 | 00:58:48 | 01:18:56.25 | 7:53 | 7.6 |
| 48 | STYRC LIDIA | 358 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | K40-49 | 8 | K 17 | | | 00:19:17 | 00:39:01 | 00:59:01 | 01:18:57.90 | 7:53 | 7.6 |
| 49 | MOSKA WALDEMAR | 381 | AWFIS GDAŃSK | GDAŃSK | POL | M50-59 | 7 | M 32 | | | 00:18:38 | 00:37:37 | 00:58:01 | 01:19:01.40 | 7:54 | 7.6 |
| 50 | WIŚNIEWSKI KAZIMIERZ | 370 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 9 | M 33 | | | 00:19:20 | 00:39:10 | 00:59:22 | 01:19:02.40 | 7:54 | 7.6 |
| 51 | THOMALLA BOGDAN | 384 | SILESIA NORDIC TEAM | KATOWICE | POL | M70+ | 4 | M 34 | | | 00:19:06 | 00:38:28 | 00:58:23 | 01:19:15.15 | 7:55 | 7.6 |
| 52 | DUDZIK HENRYK | 310 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 8 | M 35 | | | 00:19:54 | 00:39:55 | 00:59:49 | 01:19:20.10 | 7:56 | 7.6 |
| 53 | WĘGRZYŃ MIROŚLAWA | 395 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K40-49 | 9 | K 18 | | | 00:19:44 | 00:39:45 | 00:59:46 | 01:19:35.70 | 7:57 | 7.5 |
| 54 | WORONKO-ZACZYŃSKA JANINA | 372 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | 1 | K 19 | | | 00:19:19 | 00:39:18 | 00:59:26 | 01:19:37.90 | 7:57 | 7.5 |
| 55 | SZALWA-NIEZGODA AGNIESZKA | 382 | KKNW | KOLBUSZOWA | POL | K40-49 | 10 | K 20 | | | 00:19:35 | 00:39:42 | 00:59:56 | 01:19:47.30 | 7:58 | 7.5 |
| 56 | ŻUREK GRZEGORZ | 380 | | WROCLAW | POL | M40-49 | 7 | M 36 | | | 00:20:09 | 00:40:08 | 00:59:42 | 01:19:57.20 | 7:59 | 7.5 |
| 57 | SURDEJ BARBARA | 359 | RZESZOWSKI KLUB SPORTU | RZESZÓW | POL | K50-59 | 3 | K 21 | | | 00:19:27 | 00:39:34 | 00:59:48 | 01:19:59.10 | 8:00 | 7.5 |
| 58 | TROJAN ELŻBIETA | 368 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K30-39 | 6 | K 22 | | | 00:19:48 | 00:40:02 | 01:00:13 | 01:20:08.10 | 8:00 | 7.5 |
| 59 | RATKOWSKI WOJCIECH | 379 | AWFIS GDAŃSK | GDAŃSK | POL | M60-69 | 10 | M 37 | | | 00:25:33 | 00:43:53 | 01:02:02 | 01:20:08.55 | 8:00 | 7.5 |
| 60 | GRZESZCZAK ANDRZEJ | 316 | KS METRACO POLKOWICE | ZAGÓRÓW | POL | M50-59 | 9 | M 38 | | | 00:19:26 | 00:39:54 | 01:00:06 | 01:20:34.95 | 8:03 | 7.4 |
| 61 | DZIUBAK JANUSZ | 313 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 10 | M 39 | | | 00:19:21 | 00:39:39 | 01:00:14 | 01:21:32.15 | 8:09 | 7.4 |
| 62 | RACZYŃSKA ALEKSANDRA | 346 | UNIA MIAST | CHORZÓW | POL | K70+ | 2 | K 23 | | | 00:19:59 | 00:40:25 | 01:01:07 | 01:21:38.85 | 8:09 | 7.3 |
| 63 | OMARSKA GRAŻYNA | 338 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 4 | K 24 | | | 00:20:19 | 00:40:57 | 01:01:40 | 01:22:13.40 | 8:13 | 7.3 |
| 64 | SINIKO ZBIGNIEW | 393 | NW „WŁÓCZYKIJE” | | | M60-69 | 11 | M 40 | | | 00:19:33 | 00:40:05 | 01:01:03 | 01:22:15.25 | 8:13 | 7.3 |
| 65 | SZEWczyk MAREK | 364 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | 11 | M 41 | | | 00:19:40 | 00:40:04 | 01:01:06 | 01:22:19.30 | 8:13 | 7.3 |
| 66 | KUŻMA ELŻBIETA | 392 | | | POL | K50-59 | 5 | K 25 | | | 00:20:19 | 00:40:56 | 01:01:39 | 01:22:31.35 | 8:15 | 7.3 |
| 67 | MICHOŃ ANNA | 333 | ŻUBRY NIEPOŁOMICIE NW TEAM | NIEPOŁOMICIE | POL | K40-49 | 11 | K 26 | | | 00:20:18 | 00:41:15 | 01:02:28 | 01:23:43.45 | 8:22 | 7.2 |
| 68 | GRYGORIEVA LUDMYLA | 376 | DĄBROWA NORDIC TEAM | | UKR | K60-69 | 2 | K 27 | | | 00:20:00 | 00:40:53 | 01:02:33 | 01:24:29.15 | 8:26 | 7.1 |
| 69 | KRZYŚCIN RAFAŁ | 375 | SANTANDER CONSUMER BANK S.A. | WROCLAW | POL | M40-49 | 8 | M 42 | | | 00:21:02 | 00:42:05 | 01:03:40 | 01:24:40.60 | 8:28 | 7.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 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 | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------------|-----|---------------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 70 | JAROSZ ANNA | 319 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K60-69 | 3 | K 28 | | | 00:21:10 | 00:42:52 | 01:04:43 | 01:26:38.55 | 8:39 | 6.9 |
| 71 | KUBUSIAK ALICJA | 331 | SANTANDER CONSUMER BANK S.A. | STUDZIAN | POL | K30-39 | 7 | K 29 | | | 00:21:34 | 00:43:14 | 01:05:05 | 01:27:03.85 | 8:42 | 6.9 |
| 72 | SZEWCZYK AGNIESZKA | 363 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | 12 | K 30 | | | 00:21:34 | 00:43:23 | 01:05:23 | 01:27:12.15 | 8:43 | 6.9 |
| 73 | LATUSZEK MAŁGORZATA | 394 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K50-59 | 6 | K 31 | | | 00:21:30 | 00:43:57 | 01:06:12 | 01:29:00.15 | 8:54 | 6.7 |
| 74 | FRAŃCZEK KRYSZYNA | 314 | | NOWY SĄCZ | POL | K60-69 | 4 | K 32 | | | 00:21:56 | 00:44:39 | 01:07:05 | 01:29:29.85 | 8:56 | 6.7 |
| 75 | ZAGÓRSKI MARIUSZ | 497 | | ZAGÓRZ | POL | M40-49 | 9 | M 43 | | | 00:22:48 | 00:45:41 | 01:08:03 | 01:29:54.70 | 8:59 | 6.7 |
| 76 | CHRAPEK URSZULA | 306 | KS RUDZICA | RUDICA | POL | K18-29 | 2 | K 33 | | | 00:21:58 | 00:45:04 | 01:07:54 | 01:30:06.75 | 9:00 | 6.7 |
| 77 | RYMARZ MAGDALENA | 348 | SANTANDER CONSUMER BANK S.A. | JAROSŁAW | POL | K18-29 | 3 | K 34 | | | 00:21:14 | 00:43:31 | 01:06:23 | 01:30:09.05 | 9:00 | 6.7 |
| 78 | DYLEWSKA BARBARA | 312 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K60-69 | 5 | K 35 | | | 00:22:58 | 00:46:20 | 01:09:47 | 01:33:16.50 | 9:19 | 6.4 |
| 79 | KRZYŚCIN MIROSŁAWA | 374 | SANTANDER CONSUMER BANK S.A. | WROCŁAW | POL | K40-49 | 13 | K 36 | | | 00:22:34 | 00:45:39 | 01:10:11 | 01:33:50.75 | 9:23 | 6.4 |
| 80 | ZAGÓRSKA ANNA | 498 | | ZAGÓRZ | POL | K30-39 | 8 | K 37 | | | 00:22:54 | 00:46:01 | 01:10:33 | 01:33:59.20 | 9:24 | 6.4 |
| 81 | CHYLĘK JUSTYNA | 397 | SANTANDER CONSUMER BANK S.A. | BOREK STARY | POL | K30-39 | 9 | K 38 | | | 00:26:05 | 00:52:52 | 01:19:38 | 01:46:08.70 | 10:36 | 5.7 |
| 82 | SKOWRON JUSTYNA | 352 | SANTANDER CONSUMER BANK S.A. | GWOŹDZIANKA | POL | K30-39 | 10 | K 39 | | | 00:26:05 | 00:52:52 | 01:19:37 | 01:46:09.65 | 10:36 | 5.7 |
| 83 | BARŁOWSKI WOJCIECH | 396 | SANTANDER CONSUMER BANK S.A. | RZESZÓW | POL | M40-49 | 10 | M 44 | | | 00:26:14 | 00:54:39 | 01:22:12 | 01:51:25.10 | 11:08 | 5.4 |
| 84 | BAŁOWSKA MAŁGORZATA | 301 | SANTANDER CONSUMER BANK S.A. | RZESZÓW | POL | K40-49 | 14 | K 40 | | | 00:30:18 | 00:59:53 | 01:29:18 | 01:58:47.65 | 11:52 | 5.1 |
| 85 | CICHOWICZ-SKAŁA KATARZYNA | 308 | SANTANDER CONSUMER BANK S.A. | BOGUCHWAŁA | POL | K30-39 | 11 | K 41 | | | 00:30:17 | 00:59:52 | 01:29:18 | 01:58:47.90 | 11:52 | 5.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | SURIAK EWELINA | 361 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 1 | K 16 | | | 00:19:21 | 00:39:00 | 00:58:48 | 01:18:56.25 | 7:53 | 7.6 |
| 2 | CHRAPEK URSZULA | 306 | KS RUDZICA | RUDICA | POL | K18-29 | 2 | K 33 | | | 00:21:58 | 00:45:04 | 01:07:54 | 01:30:06.75 | 9:00 | 6.7 |
| 3 | RYMARZ MAGDALENA | 348 | SANTANDER CONSUMER BANK S.A. | JAROSŁAW | POL | K18-29 | 3 | K 34 | | | 00:21:14 | 00:43:31 | 01:06:23 | 01:30:09.05 | 9:00 | 6.7 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | MICHAŁEC MARCIN | 398 | KKS MOSIR KROSNO | KROSNO | POL | M18-29 | 1 | M 1 | | | 00:14:00 | 00:28:35 | 00:43:23 | 00:57:56.25 | 5:47 | 10.4 |
| 2 | SZARPAK DOMINIK | 362 | AWF WARSZAWA | WARSZAWA | POL | M18-29 | 2 | M 11 | | | 00:16:57 | 00:34:02 | 00:51:23 | 01:08:14.70 | 6:49 | 8.8 |
| 3 | SURIAK MICHAŁ | 360 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M18-29 | 3 | M 29 | | | 00:19:23 | 00:39:03 | 00:58:21 | 01:17:25.80 | 7:44 | 7.7 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | KUBISZYN MAŁGORZATA | 330 | GRUPA KRESY NORDIC WALKING | LUBACZÓW | POL | K30-39 | 1 | K 2 | | | 00:16:57 | 00:34:35 | 00:52:18 | 01:09:48.45 | 6:58 | 8.6 |
| 2 | KORYTOWSKA AGNIESZKA | 325 | | MŁAWA | POL | K30-39 | 2 | K 4 | | | 00:16:59 | 00:34:36 | 00:52:27 | 01:10:22.25 | 7:02 | 8.5 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K30-39 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 |
|------|------------------------------|-----|-----------------------------------|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 3 | SKRYCKA KATARZYNA | 353 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 3 | K 6 | | | 00:17:33 | 00:35:24 | 00:53:28 | 01:12:15.05 | 7:13 | 8.3 |
| 4 | KOLARSKA AGNIESZKA | 323 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 4 | K 8 | | | 00:17:19 | 00:35:37 | 00:54:28 | 01:12:49.15 | 7:16 | 8.2 |
| 5 | RYKAŁA IRENA | 347 | GRUPA KRESY NORDIC WALKING | KROWICA HOŁODOWSKA | POL | K30-39 | 5 | K 10 | | | 00:17:51 | 00:36:15 | 00:55:05 | 01:13:56.00 | 7:23 | 8.1 |
| 6 | TROJAN ELŻBIETA | 368 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K30-39 | 6 | K 22 | | | 00:19:48 | 00:40:02 | 01:00:13 | 01:20:08.10 | 8:00 | 7.5 |
| 7 | KUBUSIAK ALICJA | 331 | SANTANDER CONSUMER BANK S.A. | STUDZIAN | POL | K30-39 | 7 | K 29 | | | 00:21:34 | 00:43:14 | 01:05:05 | 01:27:03.85 | 8:42 | 6.9 |
| 8 | ZAGÓRSKA ANNA | 498 | | ZAGÓRZ | POL | K30-39 | 8 | K 37 | | | 00:22:54 | 00:46:01 | 01:10:33 | 01:33:59.20 | 9:24 | 6.4 |
| 9 | CHYŁEK JUSTYNA | 397 | SANTANDER CONSUMER BANK S.A. | BOREK STARY | POL | K30-39 | 9 | K 38 | | | 00:26:05 | 00:52:52 | 01:19:38 | 01:46:08.70 | 10:36 | 5.7 |
| 10 | SKOWRON JUSTYNA | 352 | SANTANDER CONSUMER BANK S.A. | GWOŹDZIANKA | POL | K30-39 | 10 | K 39 | | | 00:26:05 | 00:52:52 | 01:19:37 | 01:46:09.65 | 10:36 | 5.7 |
| 11 | CICHOWICZ-SKAŁA KATARZYNA | 308 | SANTANDER CONSUMER BANK S.A. | BOGUCHWAŁA | POL | K30-39 | 11 | K 41 | | | 00:30:17 | 00:59:52 | 01:29:18 | 01:58:47.90 | 11:52 | 5.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | WOJTASIŃSKI DANIEL | 371 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 1 | M 5 | | | 00:15:45 | 00:31:50 | 00:48:02 | 01:03:57.65 | 6:23 | 9.4 |
| 2 | BIŁEK ARTUR | 303 | | LUBLINIEC | POL | M30-39 | 2 | M 7 | | | 00:15:26 | 00:31:31 | 00:47:47 | 01:04:20.45 | 6:26 | 9.3 |
| 3 | KOROBACH SERGEJ | 324 | | GRODNO | BLR | M30-39 | 3 | M 15 | | | 00:17:19 | 00:35:14 | 00:52:54 | 01:10:11.90 | 7:01 | 8.5 |
| 4 | KRUK ZBIGNIEW | 328 | PRZEWORSKA GRUPA BIEGOWA | GAĆ | POL | M30-39 | 4 | M 19 | | | 00:17:24 | 00:35:48 | 00:54:18 | 01:12:20.05 | 7:14 | 8.3 |
| 5 | ŚLUSARCZYK MARCIN | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | 5 | M 25 | | | 00:18:02 | 00:36:26 | 00:55:19 | 01:14:09.00 | 7:24 | 8.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | SPYCHAŁA MARZENA | 356 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 3 | | | 00:17:08 | 00:34:35 | 00:52:11 | 01:09:50.25 | 6:59 | 8.6 |
| 2 | SZPILMAN KATARZYNA | 365 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K40-49 | 2 | K 5 | | | 00:17:08 | 00:34:41 | 00:52:50 | 01:11:07.95 | 7:06 | 8.4 |
| 3 | ŁUKASZEWICZ JOANNA | 332 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 3 | K 7 | | | 00:17:43 | 00:35:58 | 00:54:26 | 01:12:31.90 | 7:15 | 8.3 |
| 4 | KUBISZYN WIESŁAWA | 329 | GRUPA KRESY NORDIC WALKING | LUBACZÓW | POL | K40-49 | 4 | K 9 | | | 00:17:33 | 00:35:53 | 00:54:29 | 01:12:57.40 | 7:17 | 8.2 |
| 5 | PASIŃSKA-SKOWRON SYLWIA | 340 | PRUSZYŃSKI NORDIC WALKING | SZCZODRKOWIC E | POL | K40-49 | 5 | K 12 | | | 00:17:39 | 00:36:25 | 00:55:46 | 01:14:38.40 | 7:27 | 8 |
| 6 | POKRYWKA BOŻENA | 343 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K40-49 | 6 | K 13 | | | 00:18:05 | 00:36:48 | 00:55:49 | 01:15:13.30 | 7:31 | 8 |
| 7 | SITKO MAŁGORZATA | 350 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K40-49 | 7 | K 15 | | | 00:18:13 | 00:37:32 | 00:57:56 | 01:18:16.20 | 7:49 | 7.7 |
| 8 | STYRC LIDIA | 358 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | K40-49 | 8 | K 17 | | | 00:19:17 | 00:39:01 | 00:59:01 | 01:18:57.90 | 7:53 | 7.6 |
| 9 | WĘGRZYN MIROSŁAWA | 395 | FABRIKANORDIKA | RUDA SŁĄSKA | POL | K40-49 | 9 | K 18 | | | 00:19:44 | 00:39:45 | 00:59:46 | 01:19:35.70 | 7:57 | 7.5 |
| 10 | SZAŁWA-NIEZGODA AGNIESZKA | 382 | KKNW | KOLBUSZOWA | POL | K40-49 | 10 | K 20 | | | 00:19:35 | 00:39:42 | 00:59:56 | 01:19:47.30 | 7:58 | 7.5 |
| 11 | MICHOŃ ANNA | 333 | ŻUBRY NIEPOŁOMICIE NW TEAM | NIEPOŁOMICIE | POL | K40-49 | 11 | K 26 | | | 00:20:18 | 00:41:15 | 01:02:28 | 01:23:43.45 | 8:22 | 7.2 |
| 12 | SZEWczyk AGNIESZKA | 363 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | 12 | K 30 | | | 00:21:34 | 00:43:23 | 01:05:23 | 01:27:12.15 | 8:43 | 6.9 |
| 13 | KRZYŚCIN MIROSŁAWA | 374 | SANTANDER CONSUMER BANK S.A. | WROCŁAW | POL | K40-49 | 13 | K 36 | | | 00:22:34 | 00:45:39 | 01:10:11 | 01:33:50.75 | 9:23 | 6.4 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49 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 |
|------|------------------------|-----|---------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 14 | BAŁOWSKA MAŁGORZATA | 301 | SANTANDER CONSUMER BANK S.A. | RZESZÓW | POL | K40-49 | 14 | K 40 | | | 00:30:18 | 00:59:53 | 01:29:18 | 01:58:47.65 | 11:52 | 5.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | KLICZKA KAMIL | 322 | SANPROBI SZCZECIN | SZCZECIN | POL | M40-49 | 1 | M 3 | | | 00:15:17 | 00:30:53 | 00:46:37 | 01:02:13.45 | 6:13 | 9.6 |
| 2 | NIECHWIEJCZYK PIOTR | 337 | UNIA MIAST | ŚWIĘTOCHŁOWIC E | POL | M40-49 | 2 | M 4 | | | 00:15:24 | 00:31:32 | 00:47:43 | 01:03:36.80 | 6:21 | 9.4 |
| 3 | BILIK WOJCIECH | 302 | SAMOTNI WĘDROWCY | KROSNO | POL | M40-49 | 3 | M 12 | | | 00:16:41 | 00:33:56 | 00:51:26 | 01:08:49.50 | 6:52 | 8.7 |
| 4 | MICHON RAFAŁ | 334 | ŻUBRY NIEPOŁOMICIE NW TEAM | NIEPOŁOMICIE | POL | M40-49 | 4 | M 13 | | | 00:16:43 | 00:33:58 | 00:51:28 | 01:08:51.20 | 6:53 | 8.7 |
| 5 | STYRC BERNARD | 357 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M40-49 | 5 | M 16 | | | 00:16:55 | 00:34:53 | 00:53:08 | 01:11:30.80 | 7:09 | 8.4 |
| 6 | CHYRA JANUSZ | 307 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 30 | | | 00:19:00 | 00:38:21 | 00:57:41 | 01:17:26.25 | 7:44 | 7.7 |
| 7 | ŻUREK GRZEGORZ | 380 | | WROCŁAW | POL | M40-49 | 7 | M 36 | | | 00:20:09 | 00:40:08 | 00:59:42 | 01:19:57.20 | 7:59 | 7.5 |
| 8 | KRZYŚCIN RAFAŁ | 375 | SANTANDER CONSUMER BANK S.A. | WROCŁAW | POL | M40-49 | 8 | M 42 | | | 00:21:02 | 00:42:05 | 01:03:40 | 01:24:40.60 | 8:28 | 7.1 |
| 9 | ZAGÓRSKI MARIUSZ | 497 | | ZAGÓRZ | POL | M40-49 | 9 | M 43 | | | 00:22:48 | 00:45:41 | 01:08:03 | 01:29:54.70 | 8:59 | 6.7 |
| 10 | BARŁOWSKI WOJCIECH | 396 | SANTANDER CONSUMER BANK S.A. | RZESZÓW | POL | M40-49 | 10 | M 44 | | | 00:26:14 | 00:54:39 | 01:22:12 | 01:51:25.10 | 11:08 | 5.4 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | JĘDRASIAK RENATA | 320 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 1 | | | 00:17:01 | 00:34:24 | 00:51:37 | 01:08:57.70 | 6:53 | 8.7 |
| 2 | DUSIEL EWA | 311 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 2 | K 11 | | | 00:18:06 | 00:36:39 | 00:55:37 | 01:14:36.65 | 7:27 | 8 |
| 3 | SURDEJ BARBARA | 359 | RZESZOWSKI KLUB SPORTU | RZESZÓW | POL | K50-59 | 3 | K 21 | | | 00:19:27 | 00:39:34 | 00:59:48 | 01:19:59.10 | 8:00 | 7.5 |
| 4 | OMARSKA GRAŻYNA | 338 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 4 | K 24 | | | 00:20:19 | 00:40:57 | 01:01:40 | 01:22:13.40 | 8:13 | 7.3 |
| 5 | KUŹMA ELŻBIETA | 392 | | WARSZAWA | POL | K50-59 | 5 | K 25 | | | 00:20:19 | 00:40:56 | 01:01:39 | 01:22:31.35 | 8:15 | 7.3 |
| 6 | LATUSZEK MAŁGORZATA | 394 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K50-59 | 6 | K 31 | | | 00:21:30 | 00:43:57 | 01:06:12 | 01:29:00.15 | 8:54 | 6.7 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | MICHALSKI ANDRZEJ | 385 | WESOŁY BORSUK TEAM | SANOK | POL | M50-59 | 1 | M 2 | | | 00:15:17 | 00:30:38 | 00:46:20 | 01:01:58.15 | 6:11 | 9.7 |
| 2 | SIWAK PIOTR | 351 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 2 | M 6 | | | 00:15:30 | 00:31:46 | 00:47:55 | 01:04:18.30 | 6:25 | 9.3 |
| 3 | SIEROŃ JACEK | 349 | TSA SANDOMIERZ | SANDOMIERZ | POL | M50-59 | 3 | M 8 | | | 00:15:30 | 00:31:46 | 00:48:08 | 01:04:52.00 | 6:29 | 9.2 |
| 4 | ŚWIŚŁOCKI BOGDAN | 367 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 9 | | | 00:16:09 | 00:33:18 | 00:50:36 | 01:07:20.05 | 6:44 | 8.9 |
| 5 | KOWALSKI MAREK | 326 | UNIA MIAST | STRZEBIŃ | POL | M50-59 | 5 | M 17 | | | 00:17:40 | 00:35:54 | 00:54:00 | 01:11:43.60 | 7:10 | 8.4 |
| 6 | NETKOWSKI WOJCIECH | 336 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | 6 | M 20 | | | 00:17:55 | 00:36:10 | 00:54:05 | 01:12:22.90 | 7:14 | 8.3 |
| 7 | MOSKA WALDEMAR | 381 | AWFIS GDAŃSK | GDAŃSK | POL | M50-59 | 7 | M 32 | | | 00:18:38 | 00:37:37 | 00:58:01 | 01:19:01.40 | 7:54 | 7.6 |
| 8 | DUDZIK HENRYK | 310 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 8 | M 35 | | | 00:19:54 | 00:39:55 | 00:59:49 | 01:19:20.10 | 7:56 | 7.6 |
| 9 | GRZESZCZAK ANDRZEJ | 316 | KS METRACO POLKOWICE | ZAGÓRÓW | POL | M50-59 | 9 | M 38 | | | 00:19:26 | 00:39:54 | 01:00:06 | 01:20:34.95 | 8:03 | 7.4 |
| 10 | DZIUBAK JANUSZ | 313 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 10 | M 39 | | | 00:19:21 | 00:39:39 | 01:00:14 | 01:21:32.15 | 8:09 | 7.4 |
| 11 | SZEWczyk MAREK | 364 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | 11 | M 41 | | | 00:19:40 | 00:40:04 | 01:01:06 | 01:22:19.30 | 8:13 | 7.3 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | SOBAŃSKA GRAŻYNA | 355 | | DRUŻBICE | POL | K60-69 | 1 | K 14 | | | 00:19:00 | 00:38:21 | 00:57:44 | 01:17:00.50 | 7:42 | 7.8 |
| 2 | GRYGORIEVA LUDMYLA | 376 | DĄBROWA NORDIC TEAM | TARNOWO | UKR | K60-69 | 2 | K 27 | | | 00:20:00 | 00:40:53 | 01:02:33 | 01:24:29.15 | 8:26 | 7.1 |
| 3 | JAROSZ ANNA | 319 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K60-69 | 3 | K 28 | | | 00:21:10 | 00:42:52 | 01:04:43 | 01:26:38.55 | 8:39 | 6.9 |
| 4 | FRĄCZEK KRYSZYNA | 314 | | NOWY SĄCZ | POL | K60-69 | 4 | K 32 | | | 00:21:56 | 00:44:39 | 01:07:05 | 01:29:29.85 | 8:56 | 6.7 |
| 5 | DYLEWSKA BARBARA | 312 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K60-69 | 5 | K 35 | | | 00:22:58 | 00:46:20 | 01:09:47 | 01:33:16.50 | 9:19 | 6.4 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | HELWICH STEFAN | 318 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 10 | | | 00:16:06 | 00:33:03 | 00:50:18 | 01:07:41.15 | 6:46 | 8.9 |
| 2 | SMUL ANDRZEJ | 354 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO PODGÓRNE | POL | M60-69 | 2 | M 14 | | | 00:16:48 | 00:34:06 | 00:51:50 | 01:09:45.10 | 6:58 | 8.6 |
| 3 | WIEŃSKO RYSZARD | 369 | NIEZRZESZONY | PUŁAWY | POL | M60-69 | 3 | M 18 | | | 00:17:58 | 00:35:59 | 00:54:14 | 01:12:12.70 | 7:13 | 8.3 |
| 4 | WROŃSKI WŁODZIMIERZ | 373 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 4 | M 21 | | | 00:17:42 | 00:35:39 | 00:54:01 | 01:12:31.20 | 7:15 | 8.3 |
| 5 | POZNAŃSKI WIESŁAW | 344 | AMATOR NW | BIALYSTOK | POL | M60-69 | 5 | M 22 | | | 00:18:03 | 00:36:29 | 00:55:04 | 01:13:37.20 | 7:21 | 8.2 |
| 6 | HRYNDIO JERZY | 317 | FABRIKANORDIKA | KATOWICE | POL | M60-69 | 6 | M 23 | | | 00:17:41 | 00:35:53 | 00:55:02 | 01:13:41.80 | 7:22 | 8.1 |
| 7 | CZYCZ KAZIMIERZ | 309 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60-69 | 7 | M 24 | | | 00:18:11 | 00:36:27 | 00:55:09 | 01:14:02.75 | 7:24 | 8.1 |
| 8 | CHARCZUK ZENON | 305 | WESOŁY BORSUK TEAM | OPOLE | POL | M60-69 | 8 | M 26 | | | 00:18:25 | 00:37:22 | 00:56:25 | 01:15:22.55 | 7:32 | 8 |
| 9 | WIŚNIEWSKI KAZIMIERZ | 370 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 9 | M 33 | | | 00:19:20 | 00:39:10 | 00:59:22 | 01:19:02.40 | 7:54 | 7.6 |
| 10 | RATKOWSKI WOJCIECH | 379 | AWFIS GDAŃSK | GDAŃSK | POL | M60-69 | 10 | M 37 | | | 00:25:33 | 00:43:53 | 01:02:02 | 01:20:08.55 | 8:00 | 7.5 |
| 11 | SINIKO ZBIGNIEW | 393 | NW „WŁÓCZYKIJE” | | | M60-69 | 11 | M 40 | | | 00:19:33 | 00:40:05 | 01:01:03 | 01:22:15.25 | 8:13 | 7.3 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | WORONKO-ZACZYŃSKA JANINA | 372 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | 1 | K 19 | | | 00:19:19 | 00:39:18 | 00:59:26 | 01:19:37.90 | 7:57 | 7.5 |
| 2 | RACZYŃSKA ALEKSANDRA | 346 | UNIA MIAST | CHORZÓW | POL | K70+ | 2 | K 23 | | | 00:19:59 | 00:40:25 | 01:01:07 | 01:21:38.85 | 8:09 | 7.3 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM, 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 | PIĄTKOWSKI JÓZEF | 341 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 1 | M 27 | | | 00:19:03 | 00:38:26 | 00:57:38 | 01:16:19.70 | 7:37 | 7.9 |
| 2 | BYTNIEWSKI MIECZYŚLAW | 304 | TKKF KRZNA | BIAŁA PODLASKA | POL | M70+ | 2 | M 28 | | | 00:19:04 | 00:38:26 | 00:57:38 | 01:16:25.65 | 7:38 | 7.8 |
| 3 | POCALUŃ ADAM | 342 | RELAKS ZAGÓRZ | ZAGÓRZ | POL | M70+ | 3 | M 31 | | | 00:19:04 | 00:38:37 | 00:58:12 | 01:17:40.95 | 7:46 | 7.7 |
| 4 | THOMALLA BOGDAN | 384 | SILESIA NORDIC TEAM | KATOWICE | POL | M70+ | 4 | M 34 | | | 00:19:06 | 00:38:28 | 00:58:23 | 01:19:15.15 | 7:55 | 7.6 |