

JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 10 KM

 Organizator: PFNW
 Data: 2017-06-18
 Miejsce: Jarosławiec
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

JAROSŁAWIEC - PUCHAR POMORZA 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 | DEPKA PRĄDZYŃSKI OLGIERD | 151 | BIEGAMYRAZEM.PL | GDYNIA | POL | M50-59 | 1 | M 1 | | | 00:16:49 | 00:33:42 | 00:50:33 | 01:07:37.20 | 6:45 | 8.9 |
| 2 | KUŚMIEREK PATRYK | 164 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 1 | M 2 | | | 00:16:52 | 00:33:52 | 00:51:02 | 01:08:41.45 | 6:52 | 8.7 |
| 3 | KLICZKA KAMIL | 160 | SANPROBI | SZCZECIN | POL | M40-49 | 1 | M 3 | | | 00:16:50 | 00:34:00 | 00:52:09 | 01:09:48.60 | 6:58 | 8.6 |
| 4 | KUŚMIEREK JAN | 163 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M40-49 | 2 | M 4 | | | 00:17:38 | 00:35:27 | 00:53:28 | 01:11:42.20 | 7:10 | 8.4 |
| 5 | NAKONIECZNY GRZEGORZ | 168 | EKSPEDYCCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M40-49 | 3 | M 5 | | | 00:17:20 | 00:35:26 | 00:54:01 | 01:13:26.10 | 7:20 | 8.2 |
| 6 | ŚWISŁOCKI BOGDAN | 179 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 2 | M 6 | | | 00:17:28 | 00:35:52 | 00:54:54 | 01:14:04.80 | 7:24 | 8.1 |
| 7 | FOLWARSKI ANDRZEJ | 155 | FACE NORDIC WALKING TEAM | GDĄŃSK | POL | M50-59 | 3 | M 7 | | | 00:18:23 | 00:37:36 | 00:57:27 | 01:17:16.25 | 7:43 | 7.8 |
| 8 | NACZK LEONARD | 167 | DYNAMIC | LĘBORK | POL | M40-49 | 4 | M 8 | | | 00:18:28 | 00:37:40 | 00:57:31 | 01:17:19.80 | 7:43 | 7.8 |
| 9 | TRZECIAK PRZEMYSŁAW | 181 | | POZNAŃ | POL | M40-49 | 5 | M 9 | | | 00:19:04 | 00:37:59 | 00:57:52 | 01:17:50.80 | 7:47 | 7.7 |
| 10 | STOPA JOANNA | 176 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 1 | K 1 | | | 00:19:40 | 00:39:50 | 00:59:43 | 01:18:58.25 | 7:53 | 7.6 |
| 11 | SORN ŁUKASZ | 187 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M30-39 | 1 | M 10 | | | 00:19:49 | 00:39:35 | 00:59:15 | 01:19:25.75 | 7:56 | 7.6 |
| 12 | PAŁUBICKI MARCIN | 172 | | SZCZECINEK | POL | M40-49 | 6 | M 11 | | | 00:19:40 | 00:39:37 | 00:59:31 | 01:19:26.60 | 7:56 | 7.6 |
| 13 | PALIWODA KASIA | 171 | EKSPEDYCCJA NORDIC TEAM SZCZECIN | MIERZYN | POL | K40-49 | 1 | K 2 | | | 00:19:02 | 00:38:55 | 00:59:16 | 01:19:33.40 | 7:57 | 7.5 |
| 14 | SKRYCKA KATARZYNA | 174 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 1 | K 3 | | | 00:19:24 | 00:39:28 | 00:59:42 | 01:19:41.30 | 7:58 | 7.5 |
| 15 | GRONALEWSKI KRZYSZTOF | 158 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M30-39 | 2 | M 12 | | | 00:19:43 | 00:39:49 | 01:00:20 | 01:20:38.75 | 8:03 | 7.4 |
| 16 | ŻAMOJCIN MAREK | 183 | NIEZRZESZONY | SZCZECIN | POL | M50-59 | 4 | M 13 | | | 00:19:25 | 00:40:12 | 01:00:44 | 01:21:22.40 | 8:08 | 7.4 |
| 17 | HINC IWONA | 159 | FACE NORDIC WALKING TEAM | ŻUKOWO | POL | K40-49 | 2 | K 4 | | | 00:19:27 | 00:39:45 | 01:00:59 | 01:22:15.45 | 8:13 | 7.3 |
| 18 | PADIAS PAWEŁ | 170 | MORSKI KLUB SENIORÓW LOTNICTWA | GDYNIA | POL | M60-69 | 1 | M 14 | | | 00:20:11 | 00:40:50 | 01:01:42 | 01:22:47.00 | 8:16 | 7.2 |
| 19 | LENER SŁAWOMIR | 165 | EKSPEDYCCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M60-69 | 2 | M 15 | | | 00:19:51 | 00:40:55 | 01:01:59 | 01:23:12.90 | 8:19 | 7.2 |
| 20 | ŻMUDA PAWEŁ | 186 | GOK | GŁÓWCZYCE | POL | M30-39 | 3 | M 16 | | | 00:19:59 | 00:41:02 | 01:02:06 | 01:23:17.30 | 8:19 | 7.2 |
| 21 | KLOSKA KAZIMIERZ | 188 | | RZEPNICA | POL | M70+ | 1 | M 17 | | | 00:20:27 | 00:41:10 | 01:02:29 | 01:24:15.15 | 8:25 | 7.1 |
| 22 | FARON MONIKA | 154 | ELITE TEAM | GDYNIA | POL | K30-39 | 2 | K 5 | | | 00:20:10 | 00:41:18 | 01:02:44 | 01:24:50.90 | 8:29 | 7.1 |
| 23 | DUSZA ANNA | 153 | | SZCZECIN | POL | K40-49 | 3 | K 6 | | | 00:20:17 | 00:41:22 | 01:03:06 | 01:25:46.80 | 8:34 | 7 |
| 24 | GABERT BEATA | 185 | EKSPEDYCCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K40-49 | 4 | K 7 | | | 00:20:19 | 00:41:27 | 01:03:35 | 01:27:04.05 | 8:42 | 6.9 |
| 25 | ŻOŁNO MAGDALENA | 184 | EKSPEDYCCJA NORDIC TEAM SZCZECIN | GORZÓW WLKP. | POL | K50-59 | 1 | K 8 | | | 00:20:35 | 00:42:15 | 01:04:35 | 01:27:41.00 | 8:46 | 6.8 |
| 26 | PIĄTKOWSKI JÓZEF | 173 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 2 | M 18 | | | 00:20:26 | 00:42:51 | 01:05:31 | 01:28:54.90 | 8:53 | 6.7 |
| 27 | WYSOCKA BERNADETA | 182 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K40-49 | 5 | K 9 | | | 00:20:49 | 00:42:54 | 01:06:09 | 01:29:22.50 | 8:56 | 6.7 |
| 28 | GOLUS URSZULA | 156 | EKSPEDYCCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K60-69 | 1 | K 10 | | | 00:20:58 | 00:43:26 | 01:06:30 | 01:29:28.40 | 8:56 | 6.7 |
| 29 | ŁOZIŃSKA WIOLETTA | 166 | | POŁCZYN-ZDRÓJ | POL | K40-49 | 6 | K 11 | | | 00:21:17 | 00:43:47 | 01:06:45 | 01:29:37.35 | 8:57 | 6.7 |
| 30 | STEFAŃSKI ANDRZEJ | 175 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | M50-59 | 5 | M 19 | | | 00:22:15 | 00:45:13 | 01:08:09 | 01:31:18.85 | 9:07 | 6.6 |
| 31 | GOLUS LECH | 157 | EKSPEDYCCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M60-69 | 3 | M 20 | | | 00:22:17 | 00:45:14 | 01:08:34 | 01:32:07.45 | 9:12 | 6.5 |

JAROSŁAWIEC - PUCHAR POMORZA 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 |
|------|------------------------|-----|------------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 32 | SZCZYPEK ELA | 177 | DWA KIJE SŁUPSK | SŁUPSK | POL | K60-69 | 2 | K 12 | | | 00:24:00 | 00:48:33 | 01:12:55 | 01:37:27.00 | 9:44 | 6.2 |
| 33 | KOSMOWSKA BARBARA | 161 | | GDYNIA | POL | K50-59 | 2 | K 13 | 1 | | 00:24:01 | 00:48:44 | 01:12:56 | 01:37:34.55 | 9:45 | 6.1 |
| 34 | ŚLEWIŃSKA MAGDALENA | 178 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 2 | K 14 | | | 00:23:08 | 00:48:06 | 01:13:29 | 01:38:13.30 | 9:49 | 6.1 |
| 35 | DOBROWOLSKA DOROTA | 152 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K50-59 | 3 | K 15 | | | 00:23:19 | 00:48:17 | 01:13:31 | 01:38:59.20 | 9:53 | 6.1 |
| 36 | ANDRZEJEWSKI PATRYK | 189 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 21 | | | 00:24:08 | 00:49:07 | 01:14:29 | 01:39:13.15 | 9:55 | 6 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | STOPA JOANNA | 176 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 1 | K 1 | | | 00:19:40 | 00:39:50 | 00:59:43 | 01:18:58.25 | 7:53 | 7.6 |
| 2 | ŚLEWIŃSKA MAGDALENA | 178 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K18-29 | 2 | K 14 | | | 00:23:08 | 00:48:06 | 01:13:29 | 01:38:13.30 | 9:49 | 6.1 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | KUŚMIEREK PATRYK | 164 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 1 | M 2 | | | 00:16:52 | 00:33:52 | 00:51:02 | 01:08:41.45 | 6:52 | 8.7 |
| 2 | ANDRZEJEWSKI PATRYK | 189 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 21 | | | 00:24:08 | 00:49:07 | 01:14:29 | 01:39:13.15 | 9:55 | 6 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | SKRYCKA KATARZYNA | 174 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 1 | K 3 | | | 00:19:24 | 00:39:28 | 00:59:42 | 01:19:41.30 | 7:58 | 7.5 |
| 2 | FARON MONIKA | 154 | ELITE TEAM | GDYNIA | POL | K30-39 | 2 | K 5 | | | 00:20:10 | 00:41:18 | 01:02:44 | 01:24:50.90 | 8:29 | 7.1 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | SORN ŁUKASZ | 187 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M30-39 | 1 | M 10 | | | 00:19:49 | 00:39:35 | 00:59:15 | 01:19:25.75 | 7:56 | 7.6 |
| 2 | GRONALEWSKI KRZYSZTOF | 158 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M30-39 | 2 | M 12 | | | 00:19:43 | 00:39:49 | 01:00:20 | 01:20:38.75 | 8:03 | 7.4 |
| 3 | ŻMUDA PAWEŁ | 186 | GOK | GŁÓWCZYCE | POL | M30-39 | 3 | M 16 | | | 00:19:59 | 00:41:02 | 01:02:06 | 01:23:17.30 | 8:19 | 7.2 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | PALIWODA KASIA | 171 | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIERZYN | POL | K40-49 | 1 | K 2 | | | 00:19:02 | 00:38:55 | 00:59:16 | 01:19:33.40 | 7:57 | 7.5 |
| 2 | HINC IWONA | 159 | FACE NORDIC WALKING TEAM | ŻUKOWO | POL | K40-49 | 2 | K 4 | | | 00:19:27 | 00:39:45 | 01:00:59 | 01:22:15.45 | 8:13 | 7.3 |
| 3 | DUSZA ANNA | 153 | | SZCZECIN | POL | K40-49 | 3 | K 6 | | | 00:20:17 | 00:41:22 | 01:03:06 | 01:25:46.80 | 8:34 | 7 |
| 4 | GABERT BEATA | 185 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K40-49 | 4 | K 7 | | | 00:20:19 | 00:41:27 | 01:03:35 | 01:27:04.05 | 8:42 | 6.9 |

JAROSŁAWIEC - PUCHAR POMORZA 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 |
|------|-------------------|-----|--------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 5 | WYSOCKA BERNADETA | 182 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | K40-49 | 5 | K 9 | | | 00:20:49 | 00:42:54 | 01:06:09 | 01:29:22.50 | 8:56 | 6.7 |
| 6 | ŁOZIŃSKA WIOLETTA | 166 | | POŁCZYN-ZDRÓJ | POL | K40-49 | 6 | K 11 | | | 00:21:17 | 00:43:47 | 01:06:45 | 01:29:37.35 | 8:57 | 6.7 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | 160 | SANPROBI | SZCZECIN | POL | M40-49 | 1 | M 3 | | | 00:16:50 | 00:34:00 | 00:52:09 | 01:09:48.60 | 6:58 | 8.6 |
| 2 | KUŚMIEREK JAN | 163 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M40-49 | 2 | M 4 | | | 00:17:38 | 00:35:27 | 00:53:28 | 01:11:42.20 | 7:10 | 8.4 |
| 3 | NAKONIECZNY GRZEGORZ | 168 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M40-49 | 3 | M 5 | | | 00:17:20 | 00:35:26 | 00:54:01 | 01:13:26.10 | 7:20 | 8.2 |
| 4 | NACZK LEONARD | 167 | DYNAMIC | LĘBORK | POL | M40-49 | 4 | M 8 | | | 00:18:28 | 00:37:40 | 00:57:31 | 01:17:19.80 | 7:43 | 7.8 |
| 5 | TRZECIAK PRZEMYSŁAW | 181 | | POZNAŃ | POL | M40-49 | 5 | M 9 | | | 00:19:04 | 00:37:59 | 00:57:52 | 01:17:50.80 | 7:47 | 7.7 |
| 6 | PAŁUBICKI MARCIN | 172 | | SZCZECINEK | POL | M40-49 | 6 | M 11 | | | 00:19:40 | 00:39:37 | 00:59:31 | 01:19:26.60 | 7:56 | 7.6 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | ŻOŁNO MAGDALENA | 184 | EKSPEDYCJA NORDIC TEAM SZCZECIN | GORZÓW WLKP. | POL | K50-59 | 1 | K 8 | | | 00:20:35 | 00:42:15 | 01:04:35 | 01:27:41.00 | 8:46 | 6.8 |
| 2 | KOSMOWSKA BARBARA | 161 | | GDYNIA | POL | K50-59 | 2 | K 13 | 1 | | 00:24:01 | 00:48:44 | 01:12:56 | 01:37:34.55 | 9:45 | 6.1 |
| 3 | DOBROWOLSKA DOROTA | 152 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K50-59 | 3 | K 15 | | | 00:23:19 | 00:48:17 | 01:13:31 | 01:38:59.20 | 9:53 | 6.1 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | DEPKA PRĄDZYŃSKI OLGIERD | 151 | BIEGAMYRAZEM.PL | GDYNIA | POL | M50-59 | 1 | M 1 | | | 00:16:49 | 00:33:42 | 00:50:33 | 01:07:37.20 | 6:45 | 8.9 |
| 2 | ŚWISŁOCKI BOGDAN | 179 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 2 | M 6 | | | 00:17:28 | 00:35:52 | 00:54:54 | 01:14:04.80 | 7:24 | 8.1 |
| 3 | FOLWARSKI ANDRZEJ | 155 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | 3 | M 7 | | | 00:18:23 | 00:37:36 | 00:57:27 | 01:17:16.25 | 7:43 | 7.8 |
| 4 | ŻAMOJCIN MAREK | 183 | NIEZRZESZONY | SZCZECIN | POL | M50-59 | 4 | M 13 | | | 00:19:25 | 00:40:12 | 01:00:44 | 01:21:22.40 | 8:08 | 7.4 |
| 5 | STEFAŃSKI ANDRZEJ | 175 | FACE NORDIC WALKING TEAM | MOTARZYNO | POL | M50-59 | 5 | M 19 | | | 00:22:15 | 00:45:13 | 01:08:09 | 01:31:18.85 | 9:07 | 6.6 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | GOLUS URSZULA | 156 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K60-69 | 1 | K 10 | | | 00:20:58 | 00:43:26 | 01:06:30 | 01:29:28.40 | 8:56 | 6.7 |
| 2 | SZCZYPEK ELA | 177 | DWA KIJE SŁUPSK | SŁUPSK | POL | K60-69 | 2 | K 12 | | | 00:24:00 | 00:48:33 | 01:12:55 | 01:37:27.00 | 9:44 | 6.2 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | PADIAS PAWEŁ | 170 | MORSKI KLUB SENIORÓW LOTNICTWA | GDYNIA | POL | M60-69 | 1 | M 14 | | | 00:20:11 | 00:40:50 | 01:01:42 | 01:22:47.00 | 8:16 | 7.2 |
| 2 | LENER SŁAWOMIR | 165 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M60-69 | 2 | M 15 | | | 00:19:51 | 00:40:55 | 01:01:59 | 01:23:12.90 | 8:19 | 7.2 |
| 3 | GOLUS LECH | 157 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M60-69 | 3 | M 20 | | | 00:22:17 | 00:45:14 | 01:08:34 | 01:32:07.45 | 9:12 | 6.5 |

JAROSŁAWIEC - PUCHAR POMORZA 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 | KLOSKA KAZIMIERZ | 188 | | RZEPNICA | POL | M70+ | 1 | M 17 | | | 00:20:27 | 00:41:10 | 01:02:29 | 01:24:15.15 | 8:25 | 7.1 |
| 2 | PIĄTKOWSKI JÓZEF | 173 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 2 | M 18 | | | 00:20:26 | 00:42:51 | 01:05:31 | 01:28:54.90 | 8:53 | 6.7 |