

## POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM

Organizator: PFNW

Data: 2017-07-08

Miejsce: Polanica

Dystans: 10 km

Wyniki dla punktu pomiaru: 2.5 km

Klasyfikacja wg czasów netto.



### POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię          | Nr  | Klub                           | M-scowość           | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|--------------------------|-----|--------------------------------|---------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | KLICZKA KAMIL            | 327 | SANPROBI SZCZECIN              | SZCZECIN            | POL  | M40-49 |             |              | 00:14:57 | 00:30:50 | 00:46:55 |
| 2    | HELWICH STEFAN           | 320 | KS METRACO POLKOWICE           | WIELEN              | POL  | M60-69 |             |              | 00:15:00 | 00:31:02 | 00:47:29 |
| 3    | NIECHWIEJCZYK PIOTR      | 343 | UNIA MIAST                     | ŚWIĘTOCHŁOWICE      | POL  | M40-49 |             |              | 00:15:15 | 00:31:04 | 00:47:05 |
| 4    | SIWAK PIOTR              | 359 | KS METRACO POLKOWICE           | RUDNA               | POL  | M50-59 |             |              | 00:15:25 | 00:31:57 | 00:48:45 |
| 5    | WOJTASIŃSKI DANIEL       | 378 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | M30-39 |             |              | 00:15:28 | 00:31:39 | 00:48:04 |
| 6    | PUSZKIEL ADRIAN          | 351 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA        | POL  | M18-29 |             |              | 00:15:51 | 00:32:52 | 00:50:18 |
| 7    | DMOWSKA ANETA            | 310 | UNIA MIAST                     | GWOŹDZIANY          | POL  | K40-49 |             |              | 00:16:24 | 00:33:35 | 00:50:57 |
| 8    | SMUL ANDRZEJ             | 360 | MARSZ PO ZDROWIE               | TARNOWO PODGÓRNE    | POL  | M60-69 |             |              | 00:16:30 | 00:33:40 | 00:51:19 |
| 9    | JĘDRASIAK RENATA         | 323 | KS METRACO POLKOWICE           | LUBIN               | POL  | K50-59 |             |              | 00:16:43 | 00:33:44 | 00:50:51 |
| 10   | SPYCHAŁA MARZENA         | 362 | WESOŁY BORSUK TEAM             | BIAŁA               | POL  | K40-49 |             |              | 00:16:50 | 00:34:19 | 00:51:58 |
| 11   | SZPILMAN KATARZYNA       | 369 | FACE NORDIC WALKING TEAM       | GDYNIA              | POL  | K40-49 |             |              | 00:16:57 | 00:34:44 | 00:52:59 |
| 12   | KOLARSKA AGNIESZKA       | 328 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | K30-39 |             |              | 00:16:59 | 00:34:44 | 00:53:00 |
| 13   | KORYTOWSKA AGNIESZKA     | 331 | NW WERWA MŁAWA                 | MŁAWA               | POL  | K30-39 |             |              | 00:17:02 | 00:34:59 | 00:53:28 |
| 14   | STYRC BERNARD            | 365 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK              | POL  | M40-49 |             |              | 00:17:06 | 00:34:48 | 00:53:18 |
| 15   | KOWALSKI MAREK           | 332 | UNIA MIAST                     | STRZEBIŃ            | POL  | M50-59 |             |              | 00:17:12 | 00:34:51 | 00:52:41 |
| 16   | NETKOWSKI WOJCIECH       | 342 | PASJA NORDIC WALKING           | WARSZAWA            | POL  | M50-59 |             |              | 00:17:16 | 00:35:23 | 00:53:42 |
| 17   | ŁUKASZEWICZ JOANNA       | 339 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA        | POL  | K40-49 |             |              | 00:17:18 | 00:35:23 | 00:53:39 |
| 18   | WROŃSKI WŁODZIMIERZ      | 381 | PASJA NORDIC WALKING           | WARSZAWA            | POL  | M60-69 |             |              | 00:17:20 | 00:35:16 | 00:53:25 |
| 19   | ŚLUSARCZYK MARCIN        | 370 | WESOŁY BORSUK TEAM             | PRUDNIK             | POL  | M30-39 |             |              | 00:17:31 | 00:35:58 | 00:54:36 |
| 20   | PASIŃSKA-SKOWRON SYLWIA  | 346 | PRUSZYŃSKI NORDIC WALKING      | SZCZODRKOVICE       | POL  | K40-49 |             |              | 00:17:31 | 00:35:51 | 00:54:39 |
| 21   | RYZIŃSKI JAREK           | 357 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK              | POL  | M40-49 |             |              | 00:17:35 | 00:35:50 | 00:54:06 |
| 22   | WIENSKO RYSZARD          | 375 |                                | PULAWY              | POL  | M60-69 | 1           |              | 00:17:42 | 00:35:52 | 00:54:35 |
| 23   | CZAJKA URSZULA           | 309 |                                | RUMIA               | POL  | K60-69 |             |              | 00:17:46 | 00:35:55 | 00:54:31 |
| 24   | MIKSIK ZDENEK            | 384 |                                | PRAGA               | CZE  | M50-59 |             |              | 00:17:47 | 00:36:22 | 00:54:57 |
| 25   | RACŁAWSKI JAN            | 353 | AMATOR                         | SKARBIMIERZ OSIEDLE | POL  | M60-69 |             |              | 00:17:48 | 00:36:09 | 00:54:51 |
| 26   | DUSIEL EWA               | 314 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | K50-59 |             |              | 00:17:49 | 00:36:12 | 00:55:00 |
| 27   | KAWCZYŃSKI ZBIGNIEW      | 326 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK              | POL  | M60-69 |             |              | 00:17:50 | 00:35:50 | 00:54:06 |
| 28   | SIEMIENSKA MARTA         | 358 |                                | GORZESZÓW           | POL  | K30-39 |             |              | 00:17:51 | 00:36:30 | 00:55:38 |
| 29   | JÓZEFIAK DARIUSZ         | 388 | SANTANDER CONSUMER BANK S.A.   | WROCŁAW             | POL  | M40-49 |             |              | 00:17:53 | 00:36:29 | 00:55:27 |
| 30   | JARZYŃSKA MAŁGORZATA     | 321 | HIFI ARTE                      | BERLIN              | GER  | K50-59 |             |              | 00:17:59 | 00:36:54 | 00:56:30 |
| 31   | CHARCZUK ZENON           | 305 | WESOŁY BORSUK TEAM             | OPOLE               | POL  | M60-69 |             |              | 00:18:04 | 00:37:18 | 00:56:37 |
| 32   | CZYCZ KAZIMIERZ          | 385 |                                | ZIELONA GÓRA        | POL  | M60-69 | 1           |              | 00:18:06 | 00:36:49 | 00:56:40 |
| 33   | PTAS AGNIESZKA           | 349 | MOSIR CZELADŹ                  | CZELADŹ             | POL  | K18-29 |             |              | 00:18:18 | 00:37:02 | 00:56:12 |
| 34   | BAJ STANISŁAW            | 7   | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA             | POL  | M50-59 |             |              | 00:18:21 | 00:37:35 | 00:57:30 |
| 35   | BERESZKO WALDEMAR        | 386 | TKKF SATURN CZELADŹ            | SOSNOWIEC           | POL  | M60-69 |             |              | 00:18:23 | 00:36:57 | 00:56:29 |
| 36   | KRUSZKA ARLETA           | 334 | MARSZ PO ZDROWIE               | POZNAŃ              | POL  | K50-59 |             |              | 00:18:29 | 00:37:51 | 00:57:06 |
| 37   | CHYRA JANUSZ             | 348 | UNIA MIAST                     | LUBLINIEC           | POL  | M40-49 |             |              | 00:18:29 | 00:37:12 | 00:56:50 |
| 38   | DOBROWOLSKA ANNA         | 311 |                                | CHOTOMÓW            | POL  | K50-59 |             |              | 00:18:30 | 00:37:39 | 00:57:03 |
| 39   | STYRC LIDIA              | 318 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK              | POL  | K40-49 |             |              | 00:18:35 | 00:38:07 | 00:58:11 |
| 40   | SOBAŃSKA GRAŻYNA         | 361 | KS METRACO POLKOWICE           | DRUŻBICE            | POL  | K60-69 |             |              | 00:18:37 | 00:37:50 | 00:57:15 |
| 41   | PIĄTKOWSKI JÓZEF         | 347 | KS METRACO POLKOWICE           | POLKOWICE           | POL  | M70+   |             |              | 00:18:38 | 00:37:55 | 00:57:41 |
| 42   | PANEK ELWIRA             | 345 |                                | ŁĘBORK              | POL  | K50-59 |             |              | 00:18:44 | 00:38:23 | 00:58:39 |
| 43   | WORONKO-ZACZYŃSKA JANINA | 380 | KS METRACO POLKOWICE           | LUBIN               | POL  | K70+   | 1           |              | 00:18:45 | 00:38:25 | 00:58:47 |
| 44   | WITKOWSKA MARIA          | 377 | UNIA MIAST                     | KATOWICE            | POL  | K60-69 |             |              | 00:18:46 | 00:37:52 | 00:57:02 |
| 45   | THOMALLA BOGDAN          | 372 | SILESIA NORDIC TEAM            | ZABRZE              | POL  | M70+   |             |              | 00:18:47 | 00:38:29 | 00:59:17 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr  | Klub                           | M-scowość            | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|------------------------------|-----|--------------------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|
| 46   | WAŁECKA KRYSZYNA             | 374 | FACE NORDIC WALKING TEAM       | BRANIEWO             | POL  | K60-69 |             |              | 00:18:49 | 00:37:56 | 00:57:17 |
| 47   | DOBROWOLSKA-SWIĄTEK ELŻBIETA | 312 | KB HARCOWNIK JELCZ- LASKOWICE  | KAMIENIEC WROCŁAWSKI | POL  | K50-59 |             |              | 00:18:49 | 00:38:18 | 00:57:50 |
| 48   | KUBIACZYK ARKADIUSZ          | 338 | 3 PLUS 1                       | WROCŁAW              | POL  | M50-59 |             |              | 00:18:57 | 00:38:19 | 00:57:57 |
| 49   | KWAPIS MARIUSZ               | 394 | KS METRACO POLKOWICE           | POLKOWICE            | POL  | M18-29 |             |              | 00:18:58 | 00:38:20 | 00:58:34 |
| 50   | CHMIELEWSKA ANNA             | 306 |                                | JEDLINA ZDRÓJ        | POL  | K30-39 |             |              | 00:19:08 | 00:39:39 | 01:01:23 |
| 51   | PIKSA KAZIMIERZ              | 352 |                                | BRZEG                | POL  | M60-69 |             |              | 00:19:17 | 00:39:05 | 00:59:32 |
| 52   | ŻUREK GRZEGORZ               | 393 |                                | WROCŁAW              | POL  | M40-49 |             |              | 00:19:25 | 00:38:55 | 00:58:33 |
| 53   | SURIAK EVELINA               | 367 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | K18-29 |             |              | 00:19:30 | 00:39:41 | 00:59:59 |
| 54   | KOPACKI TOMASZ               | 330 | SANTANDER CONSUMER BANK S.A.   | OLEŚNICA             | POL  | M40-49 |             |              | 00:19:39 | 00:38:57 | 00:58:52 |
| 55   | RACZYŃSKA ALEKSANDRA         | 383 | UNIA MIAST                     | CHORZÓW              | POL  | K70+   |             |              | 00:19:51 | 00:40:37 | 01:01:44 |
| 56   | JANOWSKA EMILIA              | 395 | TEATR ZDROJOWY                 | POLANICA ZDRÓJ       | POL  | K30-39 |             |              | 00:19:51 | 00:40:26 | 01:01:27 |
| 57   | MACIĄG ANDRZEJ               | 340 | ACTEAM                         | WROCŁAW              | POL  | M50-59 |             |              | 00:19:54 | 00:40:35 | 01:02:21 |
| 58   | DUDZIK HENRYK                | 313 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK               | POL  | M50-59 |             |              | 00:19:57 | 00:40:11 | 01:00:17 |
| 59   | OMARSKA GRAŻYNA              | 344 | PASJA NORDIC WALKING           | WARSZAWA             | POL  | K50-59 |             |              | 00:20:05 | 00:40:37 | 01:01:27 |
| 60   | TUREK JAN                    | 373 |                                | WROCŁAW              | POL  | M60-69 |             |              | 00:20:07 | 00:41:21 | 01:02:47 |
| 61   | SURIAK MICHAŁ                | 366 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | M18-29 |             |              | 00:20:11 | 00:40:12 | 01:00:07 |
| 62   | DUSZEŃKO MACIEJ              | 315 | KS METRACO POLKOWICE           | LUBIN                | POL  | M18-29 |             |              | 00:20:12 | 00:40:44 | 01:02:04 |
| 63   | JASTRZĘBSKA VIOLETTA         | 392 | 3 PLUS 1                       | WROCŁAW              | POL  | K50-59 |             |              | 00:20:13 | 00:41:44 | 01:03:19 |
| 64   | CIASZTOCH ELIZA              | 308 |                                | WROCŁAW              | POL  | K30-39 |             |              | 00:20:21 | 00:41:02 | 01:02:07 |
| 65   | TOKAREK PAULINA              | 382 |                                | POZNAŃ               | POL  | K30-39 |             |              | 00:20:22 | 00:41:38 | 01:03:25 |
| 66   | STARZYK JACEK                | 364 |                                | OLKUSZ               | POL  | M50-59 |             |              | 00:20:31 | 00:41:06 | 01:01:47 |
| 67   | DZIUBAK JANUSZ               | 317 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK               | POL  | M50-59 |             |              | 00:20:32 | 00:41:35 | 01:02:59 |
| 68   | WOLSKA VIOLETTA              | 379 |                                | GŁUCHÓW DOLNY        | POL  | K40-49 |             |              | 00:20:33 | 00:41:28 | 01:02:33 |
| 69   | JEDYNIAK STANISŁAW           | 322 | AMATOR                         | RASZYN               | POL  | M70+   |             |              | 00:20:37 | 00:42:54 | 01:05:57 |
| 70   | KRZEMIŃSKI RAFAŁ             | 336 | SANTANDER CONSUMER BANK S.A.   | KĄTY WROCŁAWSKIE     | POL  | M30-39 | 1           |              | 00:20:44 | 00:42:00 | 01:02:56 |
| 71   | KRZYŚCIN RAFAŁ               | 337 | SANTANDER CONSUMER BANK S.A.   | WROCŁAW              | POL  | M40-49 |             |              | 00:20:46 | 00:42:40 | 01:04:28 |
| 72   | KRÓL EDYTA                   | 333 |                                | ROGOŹ                | POL  | K40-49 |             |              | 00:20:52 | 00:42:39 | 01:04:45 |
| 73   | RADLIKA DOROTA               | 354 |                                | TRZEBNICA            | POL  | K40-49 |             |              | 00:21:02 | 00:42:42 | 01:04:21 |
| 74   | WINIARSKI ROBERT             | 376 |                                | LEGNICA              | POL  | M40-49 |             |              | 00:21:07 | 00:43:48 | 01:09:17 |
| 75   | RAPACZ MAGDALENA             | 355 |                                | KŁODZKO              | POL  | K30-39 | 1           |              | 00:21:17 | 00:42:56 | 01:04:10 |
| 76   | BEDNARCZYK AGNIESZKA         | 302 |                                | KUDOWA ZDRÓJ         | POL  | K40-49 |             |              | 00:21:49 | 00:44:38 | 01:07:40 |
| 77   | MĘDRAK ALICJA                | 341 |                                | WROCŁAW              | POL  | K60-69 |             |              | 00:21:56 | 00:44:54 | 01:08:30 |
| 78   | DOMINIAK JERZY               | 390 |                                | POLANICA ZDRÓJ       | POL  | M50-59 |             |              | 00:22:05 | 00:45:08 | 01:09:16 |
| 79   | STARZYK BOŻENA               | 363 |                                | OLKUSZ               | POL  | K40-49 |             |              | 00:22:08 | 00:44:52 | 01:08:10 |
| 80   | WIAK WACŁAW                  | 387 |                                | BYSTRZYCA KŁODZKA    | POL  | M70+   |             |              | 00:22:12 | 00:46:52 | 01:12:55 |
| 81   | CHRAPEK URSZULA              | 307 | KS RUDZICA                     | RUDZICA              | POL  | K18-29 |             |              | 00:22:14 | 00:45:19 | 01:08:29 |
| 82   | KOPACKA MAŁGORZATA           | 329 | SANTANDER CONSUMER BANK S.A.   | OLEŚNICA             | POL  | K40-49 | 2           |              | 00:22:15 | 00:49:25 | 01:19:02 |
| 83   | DYLEWSKA BARBARA             | 316 | DABROWA NORDIC TEAM            | DABROWA GORNICZA     | POL  | K60-69 |             |              | 00:22:17 | 00:45:27 | 01:09:17 |
| 84   | KRZEMIŃSKA JOANNA            | 335 |                                | KĄTY WROCŁAWSKIE     | POL  | K30-39 |             |              | 00:22:28 | 00:45:28 | 01:09:05 |
| 85   | GAJSKA ANNA                  | 319 |                                | TRZEBNICA            | POL  | K40-49 |             |              | 00:22:38 | 00:46:09 | 01:09:58 |
| 86   | KAFKA JUSTYNA                | 324 |                                | ROGOŹ                | POL  | K30-39 |             |              | 00:22:59 | 00:45:21 | 01:07:23 |
| 87   | DOMINIAK RENATA              | 389 |                                | POLANICA ZDRÓJ       | POL  | K50-59 |             |              | 00:23:01 | 00:48:43 | 01:18:25 |
| DQ   | PUSZKIEL LESZEK              | 350 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA         | POL  | M60-69 |             | TAK          | 00:15:00 | 00:31:07 | 00:47:41 |
|      |                              |     |                                |                      |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | ŚWISŁOCKI BOGDAN             | 371 | FACE NORDIC WALKING TEAM       | MIKOSZEWO            | POL  | M50-59 |             | TAK          | 00:16:20 | 00:33:41 | 00:51:03 |
|      |                              |     |                                |                      |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | ADAMSKI ROBERT               | 301 |                                | WAŁBRZYCH            | POL  | M40-49 |             | TAK          | 00:17:05 | DQ       | DQ       |
|      |                              |     |                                |                      |      |        |             |              | DQ       |          |          |
| DQ   | BUŁAKOWSKI BOHDAN            | 303 | PASJA NORDIC WALKING           | WARSZAWA             | POL  | M60-69 |             | TAK          | 00:17:40 | 00:35:20 | 00:53:02 |
|      |                              |     |                                |                      |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | KALISZ KRZYSZTOF             | 325 | KS METRACO POLKOWICE           | LUBIN                | POL  | M60-69 |             | TAK          | 00:17:47 | 00:36:10 | 00:55:07 |
|      |                              |     |                                |                      |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | ROGOŚ HENRYK                 | 356 | ŚCINAWSKA GRUPA NORDIC WALKING | LUBIAŹ               | POL  | M70+   |             | TAK          | 00:17:57 | 00:36:07 | DQ       |
|      |                              |     |                                |                      |      |        |             |              | DQ       |          |          |
| DQ   | BYTNIIEWSKI MIECZYSLAW       | 304 | TKKF KRZNA                     | BIAŁA PODLASKA       | POL  | M70+   |             | TAK          | 00:19:00 | DQ       | DQ       |
|      |                              |     |                                |                      |      |        |             |              | DQ       |          |          |
| DQ   | SZPILA PIOTR                 | 368 | WĄS SPORT                      | KŁODZKO              | POL  | M30-39 |             | TAK          | 00:24:04 | 00:45:42 | 01:06:57 |
|      |                              |     |                                |                      |      |        |             |              | DQ       | DQ       | DQ       |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość      | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km           | 5km             | 7.5km |
|------|-----------------|-----|------|----------------|------|--------|-------------|--------------|-----------------|-----------------|-------|
|      | DOMINIAK PAWEŁ  | 391 |      | POLANICA ZDRÓJ | POL  | K18-29 |             |              | 00:22:29<br>DNF | 00:47:40<br>DNF | DNF   |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr  | Klub                           | M-scowość      | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km           | 5km             | 7.5km    |
|------|-----------------|-----|--------------------------------|----------------|------|--------|-------------|--------------|-----------------|-----------------|----------|
| 1    | PTAS AGNIESZKA  | 349 | MOSIR CZELADŹ                  | CZELADŹ        | POL  | K18-29 |             |              | 00:18:18        | 00:37:02        | 00:56:12 |
| 2    | SURIAK EWELINA  | 367 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA    | POL  | K18-29 |             |              | 00:19:30        | 00:39:41        | 00:59:59 |
| 3    | CHRAPEK URSZULA | 307 | KS RUDZICA                     | RUDZICA        | POL  | K18-29 |             |              | 00:22:14        | 00:45:19        | 01:08:29 |
|      | DOMINIAK PAWEŁ  | 391 |                                | POLANICA ZDRÓJ | POL  | K18-29 |             |              | 00:22:29<br>DNF | 00:47:40<br>DNF | DNF      |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr  | Klub                           | M-scowość    | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|-----------------|-----|--------------------------------|--------------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | PUSZKIEL ADRIAN | 351 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA | POL  | M18-29 |             |              | 00:15:51 | 00:32:52 | 00:50:18 |
| 2    | KWAPIS MARIUSZ  | 394 | KS METRACO POLKOWICE           | POLKOWICE    | POL  | M18-29 |             |              | 00:18:58 | 00:38:20 | 00:58:34 |
| 3    | SURIAK MICHAŁ   | 366 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA  | POL  | M18-29 |             |              | 00:20:11 | 00:40:12 | 01:00:07 |
| 4    | DUSZEŃKO MACIEJ | 315 | KS METRACO POLKOWICE           | LUBIN        | POL  | M18-29 |             |              | 00:20:12 | 00:40:44 | 01:02:04 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K30-39

| M-ce | Nazwisko i imię      | Nr  | Klub                           | M-scowość        | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|----------------------|-----|--------------------------------|------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | KOLARSKA AGNIESZKA   | 328 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA      | POL  | K30-39 |             |              | 00:16:59 | 00:34:44 | 00:53:00 |
| 2    | KORYTOWSKA AGNIESZKA | 331 | NW WERWA MŁAWA                 | MŁAWA            | POL  | K30-39 |             |              | 00:17:02 | 00:34:59 | 00:53:28 |
| 3    | SIEMIŃSKA MARTA      | 358 |                                | GORZESZÓW        | POL  | K30-39 |             |              | 00:17:51 | 00:36:30 | 00:55:38 |
| 4    | CHMIELEWSKA ANNA     | 306 |                                | JEDLINA ZDRÓJ    | POL  | K30-39 |             |              | 00:19:08 | 00:39:39 | 01:01:23 |
| 5    | JANOWSKA EMILIA      | 395 | TEATR ZDROJOWY                 | POLANICA ZDRÓJ   | POL  | K30-39 |             |              | 00:19:51 | 00:40:26 | 01:01:27 |
| 6    | CIASZTOCH ELIZA      | 308 |                                | WROCŁAW          | POL  | K30-39 |             |              | 00:20:21 | 00:41:02 | 01:02:07 |
| 7    | TOKAREK PAULINA      | 382 |                                | POZNAŃ           | POL  | K30-39 |             |              | 00:20:22 | 00:41:38 | 01:03:25 |
| 8    | RAPACZ MAGDALENA     | 355 |                                | KŁODZKO          | POL  | K30-39 | 1           |              | 00:21:17 | 00:42:56 | 01:04:10 |
| 9    | KRZEMIŃSKA JOANNA    | 335 |                                | KĄTY WROCŁAWSKIE | POL  | K30-39 |             |              | 00:22:28 | 00:45:28 | 01:09:05 |
| 10   | KAFKA JUSTYNA        | 324 |                                | ROGOŹ            | POL  | K30-39 |             |              | 00:22:59 | 00:45:21 | 01:07:23 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M30-39

| M-ce | Nazwisko i imię    | Nr  | Klub                           | M-scowość        | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km          | 5km            | 7.5km          |
|------|--------------------|-----|--------------------------------|------------------|------|--------|-------------|--------------|----------------|----------------|----------------|
| 1    | WOJTASIŃSKI DANIEL | 378 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA      | POL  | M30-39 |             |              | 00:15:28       | 00:31:39       | 00:48:04       |
| 2    | ŚLUSARCZYK MARCIN  | 370 | WESOŁY BORSUK TEAM             | PRUDNIK          | POL  | M30-39 |             |              | 00:17:31       | 00:35:58       | 00:54:36       |
| 3    | KRZEMIŃSKI RAFAŁ   | 336 | SANTANDER CONSUMER BANK S.A.   | KĄTY WROCŁAWSKIE | POL  | M30-39 | 1           |              | 00:20:44       | 00:42:00       | 01:02:56       |
| DQ   | SZPILA PIOTR       | 368 | WAŚ SPORT                      | KŁODZKO          | POL  | M30-39 |             | TAK          | 00:24:04<br>DQ | 00:45:42<br>DQ | 01:06:57<br>DQ |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49

| M-ce | Nazwisko i imię    | Nr  | Klub                     | M-scowość  | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|--------------------|-----|--------------------------|------------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | DMOWSKA ANETA      | 310 | UNIA MIAST               | GWOŹDZIANY | POL  | K40-49 |             |              | 00:16:24 | 00:33:35 | 00:50:57 |
| 2    | SPYCHAŁA MARZENA   | 362 | WESOŁY BORSUK TEAM       | BIAŁA      | POL  | K40-49 |             |              | 00:16:50 | 00:34:19 | 00:51:58 |
| 3    | SZPILMAN KATARZYNA | 369 | FACE NORDIC WALKING TEAM | GDYNIA     | POL  | K40-49 |             |              | 00:16:57 | 00:34:44 | 00:52:59 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49 c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub                         | M-scowość     | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|-------------------------|-----|------------------------------|---------------|------|--------|-------------|--------------|----------|----------|----------|
| 4    | ŁUKASZEWICZ JOANNA      | 339 | GREEN TEAM ZIELONA GÓRA      | ZIELONA GÓRA  | POL  | K40-49 |             |              | 00:17:18 | 00:35:23 | 00:53:39 |
| 5    | PASIŃSKA-SKOWRON SYLWIA | 346 | PRUSZYŃSKI NORDIC WALKING    | SZCZODRKOWICE | POL  | K40-49 |             |              | 00:17:31 | 00:35:51 | 00:54:39 |
| 6    | STYRC LIDIA             | 318 | RYBNICKI KLUB NORDIC WALKING | RYBNIK        | POL  | K40-49 |             |              | 00:18:35 | 00:38:07 | 00:58:11 |
| 7    | WOLSKA WIOLETTA         | 379 |                              | GŁUCHÓW DOLNY | POL  | K40-49 |             |              | 00:20:33 | 00:41:28 | 01:02:33 |
| 8    | KRÓL EDYTA              | 333 |                              | ROGOŹ         | POL  | K40-49 |             |              | 00:20:52 | 00:42:39 | 01:04:45 |
| 9    | RADLICA DOROTA          | 354 |                              | TRZEBNICA     | POL  | K40-49 |             |              | 00:21:02 | 00:42:42 | 01:04:21 |
| 10   | BEDNARCZYK AGNIESZKA    | 302 |                              | KUDOWA ZDRÓJ  | POL  | K40-49 |             |              | 00:21:49 | 00:44:38 | 01:07:40 |
| 11   | STARZYK BOŻENA          | 363 |                              | OLKUSZ        | POL  | K40-49 |             |              | 00:22:08 | 00:44:52 | 01:08:10 |
| 12   | KOPACKA MAŁGORZATA      | 329 | SANTANDER CONSUMER BANK S.A. | OLEŚNICA      | POL  | K40-49 | 2           |              | 00:22:15 | 00:49:25 | 01:19:02 |
| 13   | GAJSKA ANNA             | 319 |                              | TRZEBNICA     | POL  | K40-49 |             |              | 00:22:38 | 00:46:09 | 01:09:58 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M40-49**

| M-ce | Nazwisko i imię     | Nr  | Klub                         | M-scowość      | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km          | 5km      | 7.5km    |
|------|---------------------|-----|------------------------------|----------------|------|--------|-------------|--------------|----------------|----------|----------|
| 1    | KLICZKA KAMIL       | 327 | SANPROBI SZCZECIN            | SZCZECIN       | POL  | M40-49 |             |              | 00:14:57       | 00:30:50 | 00:46:55 |
| 2    | NIECHWIEJCZYK PIOTR | 343 | UNIA MIAST                   | ŚWIĘTOCHŁOWICE | POL  | M40-49 |             |              | 00:15:15       | 00:31:04 | 00:47:05 |
| 3    | STYRC BERNARD       | 365 | RYBNICKI KLUB NORDIC WALKING | RYBNIK         | POL  | M40-49 |             |              | 00:17:06       | 00:34:48 | 00:53:18 |
| 4    | RYZIŃSKI JAREK      | 357 | RYBNICKI KLUB NORDIC WALKING | RYBNIK         | POL  | M40-49 |             |              | 00:17:35       | 00:35:50 | 00:54:06 |
| 5    | JÓZEFIAK DARIUSZ    | 388 | SANTANDER CONSUMER BANK S.A. | WROCŁAW        | POL  | M40-49 |             |              | 00:17:53       | 00:36:29 | 00:55:27 |
| 6    | CHYRA JANUSZ        | 348 | UNIA MIAST                   | LUBLINIEC      | POL  | M40-49 |             |              | 00:18:29       | 00:37:12 | 00:56:50 |
| 7    | ŻUREK GRZEGORZ      | 393 |                              | WROCŁAW        | POL  | M40-49 |             |              | 00:19:25       | 00:38:55 | 00:58:33 |
| 8    | KOPACKI TOMASZ      | 330 | SANTANDER CONSUMER BANK S.A. | OLEŚNICA       | POL  | M40-49 |             |              | 00:19:39       | 00:38:57 | 00:58:52 |
| 9    | KRZYŚCIN RAFAŁ      | 337 | SANTANDER CONSUMER BANK S.A. | WROCŁAW        | POL  | M40-49 |             |              | 00:20:46       | 00:42:40 | 01:04:28 |
| 10   | WINIARSKI ROBERT    | 376 |                              | LEGNICA        | POL  | M40-49 |             |              | 00:21:07       | 00:43:48 | 01:09:17 |
| DQ   | ADAMSKI ROBERT      | 301 |                              | WAŁBRZYCH      | POL  | M40-49 |             | TAK          | 00:17:05<br>DQ | DQ       | DQ       |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K50-59**

| M-ce | Nazwisko i imię              | Nr  | Klub                           | M-scowość            | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|------------------------------|-----|--------------------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | JĘDRASIAK RENATA             | 323 | KS METRACO POLKOWICE           | LUBIN                | POL  | K50-59 |             |              | 00:16:43 | 00:33:44 | 00:50:51 |
| 2    | DUSIEL EWA                   | 314 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | K50-59 |             |              | 00:17:49 | 00:36:12 | 00:55:00 |
| 3    | JARZYŃSKA MAŁGORZATA         | 321 | HIFI ARTE                      | BERLIN               | GER  | K50-59 |             |              | 00:17:59 | 00:36:54 | 00:56:30 |
| 4    | KRUSZKA ARLETA               | 334 | MARSZ PO ZDROWIE               | POZNAŃ               | POL  | K50-59 |             |              | 00:18:29 | 00:37:51 | 00:57:06 |
| 5    | DOBROWOLSKA ANNA             | 311 |                                | CHOTOMÓW             | POL  | K50-59 |             |              | 00:18:30 | 00:37:39 | 00:57:03 |
| 6    | PANEK ELWIRA                 | 345 |                                | ŁĘBORK               | POL  | K50-59 |             |              | 00:18:44 | 00:38:23 | 00:58:39 |
| 7    | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 312 | KB HARCOWNIK JELCZ- LASKOWICE  | KAMIENIEC WROCŁAWSKI | POL  | K50-59 |             |              | 00:18:49 | 00:38:18 | 00:57:50 |
| 8    | OMARSKA GRAŻYNA              | 344 | PASJA NORDIC WALKING           | WARSZAWA             | POL  | K50-59 |             |              | 00:20:05 | 00:40:37 | 01:01:27 |
| 9    | JASTRZĘBSKA VIOLETTA         | 392 | 3 PLUS 1                       | WROCŁAW              | POL  | K50-59 |             |              | 00:20:13 | 00:41:44 | 01:03:19 |
| 10   | DOMINIAK RENATA              | 389 |                                | POLANICA ZDRÓJ       | POL  | K50-59 |             |              | 00:23:01 | 00:48:43 | 01:18:25 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M50-59**

| M-ce | Nazwisko i imię     | Nr  | Klub                           | M-scowość | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|---------------------|-----|--------------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | SIWAK PIOTR         | 359 | KS METRACO POLKOWICE           | RUDNA     | POL  | M50-59 |             |              | 00:15:25 | 00:31:57 | 00:48:45 |
| 2    | KOWALSKI MAREK      | 332 | UNIA MIAST                     | STRZEBIŃ  | POL  | M50-59 |             |              | 00:17:12 | 00:34:51 | 00:52:41 |
| 3    | NETKOWSKI WOJCIECH  | 342 | PASJA NORDIC WALKING           | WARSZAWA  | POL  | M50-59 |             |              | 00:17:16 | 00:35:23 | 00:53:42 |
| 4    | MIKSIK ZDENEK       | 384 |                                | PRAGA     | CZE  | M50-59 |             |              | 00:17:47 | 00:36:22 | 00:54:57 |
| 5    | BAJ STANISŁAW       | 7   | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA   | POL  | M50-59 |             |              | 00:18:21 | 00:37:35 | 00:57:30 |
| 6    | KUBIACZYK ARKADIUSZ | 338 | 3 PLUS 1                       | WROCŁAW   | POL  | M50-59 |             |              | 00:18:57 | 00:38:19 | 00:57:57 |
| 7    | MACIĄG ANDRZEJ      | 340 | ACTEAM                         | WROCŁAW   | POL  | M50-59 |             |              | 00:19:54 | 00:40:35 | 01:02:21 |
| 8    | DUDZIK HENRYK       | 313 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK    | POL  | M50-59 |             |              | 00:19:57 | 00:40:11 | 01:00:17 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M50-59 c.d.

| M-ce | Nazwisko i imię  | Nr  | Klub                         | M-scowość      | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|------------------|-----|------------------------------|----------------|------|--------|-------------|--------------|----------|----------|----------|
| 9    | STARZYK JACEK    | 364 |                              | OLKUSZ         | POL  | M50-59 |             |              | 00:20:31 | 00:41:06 | 01:01:47 |
| 10   | DZIUBAK JANUSZ   | 317 | RYBNICKI KLUB NORDIC WALKING | RYBNIK         | POL  | M50-59 |             |              | 00:20:32 | 00:41:35 | 01:02:59 |
| 11   | DOMINIAK JJerzy  | 390 |                              | POLANICA ZDRÓJ | POL  | M50-59 |             |              | 00:22:05 | 00:45:08 | 01:09:16 |
| DQ   | ŚWISŁOCKI BOGDAN | 371 | FACE NORDIC WALKING TEAM     | MIKOSZEWO      | POL  | M50-59 |             | TAK          | 00:16:20 | 00:33:41 | 00:51:03 |
|      |                  |     |                              |                |      |        |             |              | DQ       | DQ       | DQ       |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K60-69

| M-ce | Nazwisko i imię  | Nr  | Klub                     | M-scowość        | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|------------------|-----|--------------------------|------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | CZAJKA URSZULA   | 309 |                          | RUMIA            | POL  | K60-69 |             |              | 00:17:46 | 00:35:55 | 00:54:31 |
| 2    | SOBAŃSKA GRAŻYNA | 361 | KS METRACO POLKOWICE     | DRUŻBICE         | POL  | K60-69 |             |              | 00:18:37 | 00:37:50 | 00:57:15 |
| 3    | WITKOWSKA MARIA  | 377 | UNIA MIAST               | KATOWICE         | POL  | K60-69 |             |              | 00:18:46 | 00:37:52 | 00:57:02 |
| 4    | WAŁECKA KRYSZYNA | 374 | FACE NORDIC WALKING TEAM | BRANIEWO         | POL  | K60-69 |             |              | 00:18:49 | 00:37:56 | 00:57:17 |
| 5    | MĘDRAK ALICJA    | 341 |                          | WROCŁAW          | POL  | K60-69 |             |              | 00:21:56 | 00:44:54 | 01:08:30 |
| 6    | DYLEWSKA BARBARA | 316 | DABROWA NORDIC TEAM      | DABROWA GORNICZA | POL  | K60-69 |             |              | 00:22:17 | 00:45:27 | 01:09:17 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię     | Nr  | Klub                         | M-scowość           | Kraj | Kat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|---------------------|-----|------------------------------|---------------------|------|--------|-------------|--------------|----------|----------|----------|
| 1    | HELWICH STEFAN      | 320 | KS METRACO POLKOWICE         | WIELEN              | POL  | M60-69 |             |              | 00:15:00 | 00:31:02 | 00:47:29 |
| 2    | SMUL ANDRZEJ        | 360 | MARSZ PO ZDROWIE             | TARNOWO PODGÓRNE    | POL  | M60-69 |             |              | 00:16:30 | 00:33:40 | 00:51:19 |
| 3    | WROŃSKI WŁODZIMIERZ | 381 | PASJA NORDIC WALKING         | WARSZAWA            | POL  | M60-69 |             |              | 00:17:20 | 00:35:16 | 00:53:25 |
| 4    | WIENSKO RYSZARD     | 375 |                              | PULAWY              | POL  | M60-69 | 1           |              | 00:17:42 | 00:35:52 | 00:54:35 |
| 5    | RACŁAWSKI JAN       | 353 | AMATOR                       | SKARBIMIERZ OSIEDLE | POL  | M60-69 |             |              | 00:17:48 | 00:36:09 | 00:54:51 |
| 6    | KAWCZYŃSKI ZBIGNIEW | 326 | RYBNICKI KLUB NORDIC WALKING | RYBNIK              | POL  | M60-69 |             |              | 00:17:50 | 00:35:50 | 00:54:06 |
| 7    | CHARCZUK ZENON      | 305 | WESOŁY BORSUK TEAM           | OPOLE               | POL  | M60-69 |             |              | 00:18:04 | 00:37:18 | 00:56:37 |
| 8    | CZYCZ KAZIMIERZ     | 385 |                              | ZIELONA GÓRA        | POL  | M60-69 | 1           |              | 00:18:06 | 00:36:49 | 00:56:40 |
| 9    | BERESZKO WALDEMAR   | 386 | TKKF SATURN CZELADŹ          | SOSNOWIEC           | POL  | M60-69 |             |              | 00:18:23 | 00:36:57 | 00:56:29 |
| 10   | PIKSA KAZIMIERZ     | 352 |                              | BRZEG               | POL  | M60-69 |             |              | 00:19:17 | 00:39:05 | 00:59:32 |
| 11   | TUREK JAN           | 373 |                              | WROCŁAW             | POL  | M60-69 |             |              | 00:20:07 | 00:41:21 | 01:02:47 |
| DQ   | PUSZKIEL LESZEK     | 350 | GREEN TEAM ZIELONA GÓRA      | ZIELONA GÓRA        | POL  | M60-69 |             | TAK          | 00:15:00 | 00:31:07 | 00:47:41 |
|      |                     |     |                              |                     |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | BUŁAKOWSKI BOHDAN   | 303 | PASJA NORDIC WALKING         | WARSZAWA            | POL  | M60-69 |             | TAK          | 00:17:40 | 00:35:20 | 00:53:02 |
|      |                     |     |                              |                     |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | KALISZ KRZYSZTOF    | 325 | KS METRACO POLKOWICE         | LUBIN               | POL  | M60-69 |             | TAK          | 00:17:47 | 00:36:10 | 00:55:07 |
|      |                     |     |                              |                     |      |        |             |              | DQ       | DQ       | DQ       |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, K70+

| M-ce | Nazwisko i imię          | Nr  | Klub                 | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|--------------------------|-----|----------------------|-----------|------|------|-------------|--------------|----------|----------|----------|
| 1    | WORONKO-ZACZYŃSKA JANINA | 380 | KS METRACO POLKOWICE | LUBIN     | POL  | K70+ | 1           |              | 00:18:45 | 00:38:25 | 00:58:47 |
| 2    | RACZYŃSKA ALEKSANDRA     | 383 | UNIA MIAST           | CHORZÓW   | POL  | K70+ |             |              | 00:19:51 | 00:40:37 | 01:01:44 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię   | Nr  | Klub                           | M-scowość         | Kraj | Kat. | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|------|-------------------|-----|--------------------------------|-------------------|------|------|-------------|--------------|----------|----------|----------|
| 1    | PIĄTKOWSKI JÓZEF  | 347 | KS METRACO POLKOWICE           | POLKOWICE         | POL  | M70+ |             |              | 00:18:38 | 00:37:55 | 00:57:41 |
| 2    | THOMALLA BOGDAN   | 372 | SILESIA NORDIC TEAM            | ZABRZE            | POL  | M70+ |             |              | 00:18:47 | 00:38:29 | 00:59:17 |
| 3    | JEDYNAK STANISŁAW | 322 | AMATOR                         | RASZYN            | POL  | M70+ |             |              | 00:20:37 | 00:42:54 | 01:05:57 |
| 4    | WIAK WACŁAW       | 387 |                                | BYSTRZYCA KŁODZKA | POL  | M70+ |             |              | 00:22:12 | 00:46:52 | 01:12:55 |
| DQ   | ROGOS HENRYK      | 356 | ŚCINAWSKA GRUPA NORDIC WALKING | LUBIĄŻ            | POL  | M70+ |             | TAK          | 00:17:57 | 00:36:07 | DQ       |
|      |                   |     |                                |                   |      |      |             |              | DQ       | DQ       |          |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM, M70+ c.d.

| M-ce | Nazwisko i imię       | Nr  | Klub       | M-scowość      | Kraj | Kat. | Żół. kartki | Czer. kartki | 2.5km          | 5km | 7.5km |
|------|-----------------------|-----|------------|----------------|------|------|-------------|--------------|----------------|-----|-------|
| DQ   | BYTNIEWSKI MIECZYŚŁAW | 304 | TKKF KRZNA | BIAŁA PODLASKA | POL  | M70+ |             | TAK          | 00:19:00<br>DQ | DQ  | DQ    |