

## POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM

Organizator: PFNW

Data: 2017-07-08

Miejsce: Polanica

Dystans: 10 km

Wyniki dla punktu pomiaru: 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    | WOJTASIŃSKI DANIEL           | 378 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | M30-39 |             |              | 00:15:28 | 00:31:39 | 00:48:04 |
| 5    | SIWAK PIOTR                  | 359 | KS METRACO POLKOWICE           | RUDNA                | POL  | M50-59 |             |              | 00:15:25 | 00:31:57 | 00:48:45 |
| 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   | KOLARSKA AGNIESZKA           | 328 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | K30-39 |             |              | 00:16:59 | 00:34:44 | 00:53:00 |
| 12   | SZPILMAN KATARZYNA           | 369 | FACE NORDIC WALKING TEAM       | GDYNIA               | POL  | K40-49 |             |              | 00:16:57 | 00:34:44 | 00:52:59 |
| 13   | STYRC BERNARD                | 365 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK               | POL  | M40-49 |             |              | 00:17:06 | 00:34:48 | 00:53:18 |
| 14   | KOWALSKI MAREK               | 332 | UNIA MIAST                     | STRZEBIŃ             | POL  | M50-59 |             |              | 00:17:12 | 00:34:51 | 00:52:41 |
| 15   | KORYTOWSKA AGNIESZKA         | 331 | NW WERWA MŁAWA                 | MŁAWA                | POL  | K30-39 |             |              | 00:17:02 | 00:34:59 | 00:53:28 |
| 16   | WROŃSKI WŁODZIMIERZ          | 381 | PASJA NORDIC WALKING           | WARSZAWA             | POL  | M60-69 |             |              | 00:17:20 | 00:35:16 | 00:53:25 |
| 17   | ŁUKASZEWICZ JOANNA           | 339 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA         | POL  | K40-49 |             |              | 00:17:18 | 00:35:23 | 00:53:39 |
| 18   | NETKOWSKI WOJCIECH           | 342 | PASJA NORDIC WALKING           | WARSZAWA             | POL  | M50-59 |             |              | 00:17:16 | 00:35:23 | 00:53:42 |
| 19   | RYZIŃSKI JAREK               | 357 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK               | POL  | M40-49 |             |              | 00:17:35 | 00:35:50 | 00:54:06 |
| 20   | KAWCZYŃSKI ZBIGNIEW          | 326 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK               | POL  | M60-69 |             |              | 00:17:50 | 00:35:50 | 00:54:06 |
| 21   | PASIŃSKA-SKOWRON SYLWIA      | 346 | PRUSZYŃSKI NORDIC WALKING      | SZCZODRZKOWICE       | POL  | K40-49 |             |              | 00:17:31 | 00:35:51 | 00:54:39 |
| 22   | WIEŃSKO 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   | ŚLUSARCZYK MARCIN            | 370 | WESOŁY BORSUK TEAM             | PRUDNIK              | POL  | M30-39 |             |              | 00:17:31 | 00:35:58 | 00:54:36 |
| 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   | MIKSIK ZDENEK                | 384 |                                | PRAGA                | CZE  | M50-59 |             |              | 00:17:47 | 00:36:22 | 00:54:57 |
| 28   | JÓZEFIAK DARIUSZ             | 388 | SANTANDER CONSUMER BANK S.A.   | WROCŁAW              | POL  | M40-49 |             |              | 00:17:53 | 00:36:29 | 00:55:27 |
| 29   | SIEMIŃSKA MARTA              | 358 |                                | GORZESZÓW            | POL  | K30-39 |             |              | 00:17:51 | 00:36:30 | 00:55:38 |
| 30   | CZYCZ KAZIMIERZ              | 385 |                                | ZIELONA GÓRA         | POL  | M60-69 | 1           |              | 00:18:06 | 00:36:49 | 00:56:40 |
| 31   | JARZYŃSKA MAŁGORZATA         | 321 | HIFI ARTE                      | BERLIN               | GER  | K50-59 |             |              | 00:17:59 | 00:36:54 | 00:56:30 |
| 32   | BERESZKO WALDEMAR            | 386 | TKKF SATURN CZELADŹ            | SOSNOWIEC            | POL  | M60-69 |             |              | 00:18:23 | 00:36:57 | 00:56:29 |
| 33   | PTAS AGNIESZKA               | 349 | MOSIR CZELADŹ                  | CZELADŹ              | POL  | K18-29 |             |              | 00:18:18 | 00:37:02 | 00:56:12 |
| 34   | CHYRA JANUSZ                 | 348 | UNIA MIAST                     | LUBLINIEC            | POL  | M40-49 |             |              | 00:18:29 | 00:37:12 | 00:56:50 |
| 35   | CHARCZUK ZENON               | 305 | WESOŁY BORSUK TEAM             | OPOLE                | POL  | M60-69 |             |              | 00:18:04 | 00:37:18 | 00:56:37 |
| 36   | BAJ STANISŁAW                | 7   | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA              | POL  | M50-59 |             |              | 00:18:21 | 00:37:35 | 00:57:30 |
| 37   | DOBROWOLSKA ANNA             | 311 |                                | CHOTOMÓW             | POL  | K50-59 |             |              | 00:18:30 | 00:37:39 | 00:57:03 |
| 38   | SOBAŃSKA GRAŻYNA             | 361 | KS METRACO POLKOWICE           | DRUŻBICE             | POL  | K60-69 |             |              | 00:18:37 | 00:37:50 | 00:57:15 |
| 39   | KRUSZKA ARLETA               | 334 | MARSZ PO ZDROWIE               | POZNAŃ               | POL  | K50-59 |             |              | 00:18:29 | 00:37:51 | 00:57:06 |
| 40   | WITKOWSKA MARIA              | 377 | UNIA MIAST                     | KATOWICE             | POL  | K60-69 |             |              | 00:18:46 | 00:37:52 | 00:57:02 |
| 41   | PIĄTKOWSKI JÓZEF             | 347 | KS METRACO POLKOWICE           | POLKOWICE            | POL  | M70+   |             |              | 00:18:38 | 00:37:55 | 00:57:41 |
| 42   | WAŁECKA KRYSZYNA             | 374 | FACE NORDIC WALKING TEAM       | BRANIEWO             | POL  | K60-69 |             |              | 00:18:49 | 00:37:56 | 00:57:17 |
| 43   | STYRC LIDIA                  | 318 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK               | POL  | K40-49 |             |              | 00:18:35 | 00:38:07 | 00:58:11 |
| 44   | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 312 | KB HARCOWNIK JELCZ- LASKOWICE  | KAMIENIEC WROCŁAWSKI | POL  | K50-59 |             |              | 00:18:49 | 00:38:18 | 00:57:50 |
| 45   | KUBIACZYK ARKADIUSZ          | 338 | 3 PLUS 1                       | WROCŁAW              | POL  | M50-59 |             |              | 00:18:57 | 00:38:19 | 00:57:57 |

**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   | KWAPIS MARIUSZ           | 394 | KS METRACO POLKOWICE           | POLKOWICE         | POL  | M18-29 |             |              | 00:18:58 | 00:38:20 | 00:58:34 |
| 47   | PANEK ELWIRA             | 345 |                                | ŁĘBORK            | POL  | K50-59 |             |              | 00:18:44 | 00:38:23 | 00:58:39 |
| 48   | WORONKO-ZACZYŃSKA JANINA | 380 | KS METRACO POLKOWICE           | LUBIN             | POL  | K70+   | 1           |              | 00:18:45 | 00:38:25 | 00:58:47 |
| 49   | THOMALLA BOGDAN          | 372 | SILESIA NORDIC TEAM            | ZABRZE            | POL  | M70+   |             |              | 00:18:47 | 00:38:29 | 00:59:17 |
| 50   | ŻUREK GRZEGORZ           | 393 |                                | WROCŁAW           | POL  | M40-49 |             |              | 00:19:25 | 00:38:55 | 00:58:33 |
| 51   | KOPACKI TOMASZ           | 330 | SANTANDER CONSUMER BANK S.A.   | OLEŚNICA          | POL  | M40-49 |             |              | 00:19:39 | 00:38:57 | 00:58:52 |
| 52   | PIKSA KAZIMIERZ          | 352 |                                | BRZEG             | POL  | M60-69 |             |              | 00:19:17 | 00:39:05 | 00:59:32 |
| 53   | CHMIELEWSKA ANNA         | 306 |                                | JEDLINA ZDRÓJ     | POL  | K30-39 |             |              | 00:19:08 | 00:39:39 | 01:01:23 |
| 54   | SURIAK EWELINA           | 367 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA       | POL  | K18-29 |             |              | 00:19:30 | 00:39:41 | 00:59:59 |
| 55   | DUDZIK HENRYK            | 313 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK            | POL  | M50-59 |             |              | 00:19:57 | 00:40:11 | 01:00:17 |
| 56   | SURIAK MICHAŁ            | 366 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA       | POL  | M18-29 |             |              | 00:20:11 | 00:40:12 | 01:00:07 |
| 57   | JANOWSKA EMILIA          | 395 | TEATR ZDROJOWY                 | POLANICA ZDRÓJ    | POL  | K30-39 |             |              | 00:19:51 | 00:40:26 | 01:01:27 |
| 58   | MACIĄG ANDRZEJ           | 340 | ACTEAM                         | WROCŁAW           | POL  | M50-59 |             |              | 00:19:54 | 00:40:35 | 01:02:21 |
| 59   | RACZYŃSKA ALEKSANDRA     | 383 | UNIA MIAST                     | CHORZÓW           | POL  | K70+   |             |              | 00:19:51 | 00:40:37 | 01:01:44 |
| 60   | OMARSKA GRAŻYNA          | 344 | PASJA NORDIC WALKING           | WARSZAWA          | POL  | K50-59 |             |              | 00:20:05 | 00:40:37 | 01:01:27 |
| 61   | DUSZEŃKO MACIEJ          | 315 | KS METRACO POLKOWICE           | LUBIN             | POL  | M18-29 |             |              | 00:20:12 | 00:40:44 | 01:02:04 |
| 62   | CIASTOCH ELIZA           | 308 |                                | WROCŁAW           | POL  | K30-39 |             |              | 00:20:21 | 00:41:02 | 01:02:07 |
| 63   | STARZYK JACEK            | 364 |                                | OLKUSZ            | POL  | M50-59 |             |              | 00:20:31 | 00:41:06 | 01:01:47 |
| 64   | TUREK JAN                | 373 |                                | WROCŁAW           | POL  | M60-69 |             |              | 00:20:07 | 00:41:21 | 01:02:47 |
| 65   | WOLSKA WIOLETTA          | 379 |                                | GŁUCHÓW DOLNY     | POL  | K40-49 |             |              | 00:20:33 | 00:41:28 | 01:02:33 |
| 66   | DZIUBAK JANUSZ           | 317 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK            | POL  | M50-59 |             |              | 00:20:32 | 00:41:35 | 01:02:59 |
| 67   | TOKAREK PAULINA          | 382 |                                | POZNAŃ            | POL  | K30-39 |             |              | 00:20:22 | 00:41:38 | 01:03:25 |
| 68   | JASTRZĘBSKA VIOLETTA     | 392 | 3 PLUS 1                       | WROCŁAW           | POL  | K50-59 |             |              | 00:20:13 | 00:41:44 | 01:03:19 |
| 69   | KRZEMIŃSKI RAFAŁ         | 336 | SANTANDER CONSUMER BANK S.A.   | KĄTY WROCŁAWSKIE  | POL  | M30-39 | 1           |              | 00:20:44 | 00:42:00 | 01:02:56 |
| 70   | KRÓL EDYTA               | 333 |                                | ROGOŹ             | POL  | K40-49 |             |              | 00:20:52 | 00:42:39 | 01:04:45 |
| 71   | KRZYŚCIN RAFAŁ           | 337 | SANTANDER CONSUMER BANK S.A.   | WROCŁAW           | POL  | M40-49 |             |              | 00:20:46 | 00:42:40 | 01:04:28 |
| 72   | RADLIĆ DOROTA            | 354 |                                | TRZEBNICA         | POL  | K40-49 |             |              | 00:21:02 | 00:42:42 | 01:04:21 |
| 73   | JEDYNAK STANISŁAW        | 322 | AMATOR                         | RASZYN            | POL  | M70+   |             |              | 00:20:37 | 00:42:54 | 01:05:57 |
| 74   | RAPACZ MAGDALENA         | 355 |                                | KŁODZKO           | POL  | K30-39 | 1           |              | 00:21:17 | 00:42:56 | 01:04:10 |
| 75   | WINIARSKI ROBERT         | 376 |                                | LEGNICA           | POL  | M40-49 |             |              | 00:21:07 | 00:43:48 | 01:09:17 |
| 76   | BEDNARCZYK AGNIESZKA     | 302 |                                | KUDOWA ZDRÓJ      | POL  | K40-49 |             |              | 00:21:49 | 00:44:38 | 01:07:40 |
| 77   | STARZYK BOŻENA           | 363 |                                | OLKUSZ            | POL  | K40-49 |             |              | 00:22:08 | 00:44:52 | 01:08:10 |
| 78   | MĘDRAK ALICJA            | 341 |                                | WROCŁAW           | POL  | K60-69 |             |              | 00:21:56 | 00:44:54 | 01:08:30 |
| 79   | DOMINIAK JERZY           | 390 |                                | POLANICA ZDRÓJ    | POL  | M50-59 |             |              | 00:22:05 | 00:45:08 | 01:09:16 |
| 80   | CHRAPEK URSZULA          | 307 | KS RUDZICA                     | RUDZICA           | POL  | K18-29 |             |              | 00:22:14 | 00:45:19 | 01:08:29 |
| 81   | KAFKA JUSTYNA            | 324 |                                | ROGOŹ             | POL  | K30-39 |             |              | 00:22:59 | 00:45:21 | 01:07:23 |
| 82   | DYLEWSKA BARBARA         | 316 | DABROWA NORDIC TEAM            | DABROWA GORNICZA  | POL  | K60-69 |             |              | 00:22:17 | 00:45:27 | 01:09:17 |
| 83   | KRZEMIŃSKA JOANNA        | 335 |                                | KĄTY WROCŁAWSKIE  | POL  | K30-39 |             |              | 00:22:28 | 00:45:28 | 01:09:05 |
| 84   | GAJSKA ANNA              | 319 |                                | TRZEBNICA         | POL  | K40-49 |             |              | 00:22:38 | 00:46:09 | 01:09:58 |
| 85   | WIAK WAĆŁAW              | 387 |                                | BYSTRZYCA KŁODZKA | POL  | M70+   |             |              | 00:22:12 | 00:46:52 | 01:12:55 |
| 86   | DOMINIAK RENATA          | 389 |                                | POLANICA ZDRÓJ    | POL  | K50-59 |             |              | 00:23:01 | 00:48:43 | 01:18:25 |
| 87   | KOPACKA MAŁGORZATA       | 329 | SANTANDER CONSUMER BANK S.A.   | OLEŚNICA          | POL  | K40-49 | 2           |              | 00:22:15 | 00:49:25 | 01:19:02 |
| 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   | BULAKOWSKI BOHDAN        | 303 | PASJA NORDIC WALKING           | WARSZAWA          | POL  | M60-69 |             | TAK          | 00:17:40 | 00:35:20 | 00:53:02 |
|      |                          |     |                                |                   |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | ROGOS HENRYK             | 356 | ŚCINAWSKA GRUPA NORDIC WALKING | LUBIĄŻ            | POL  | M70+   |             | TAK          | 00:17:57 | 00:36:07 | DQ       |
|      |                          |     |                                |                   |      |        |             |              | 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   | SZPILA PIOTR             | 368 | WĄS SPORT                      | KŁODZKO           | POL  | M30-39 |             | TAK          | 00:24:04 | 00:45:42 | 01:06:57 |
|      |                          |     |                                |                   |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | ADAMSKI ROBERT           | 301 |                                | WAŁBRZYCH         | POL  | M40-49 |             | TAK          | 00:17:05 | DQ       | DQ       |
|      |                          |     |                                |                   |      |        |             |              | DQ       | DQ       | DQ       |
| DQ   | BYTŃIEWSKI MIECZYSLAW    | 304 | TKKF KRZNA                     | BIAŁA PODLASKA    | POL  | M70+   |             | TAK          | 00:19:00 | DQ       | DQ       |
|      |                          |     |                                |                   |      |        |             |              | 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 |                                | JEDLIŃSKA 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    | CIASOCH 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    | KAFKA JUSTYNA        | 324 |                                | ROGOŹ            | POL  | K30-39 |             |              | 00:22:59 | 00:45:21 | 01:07:23 |
| 10   | KRZEMIŃSKA JOANNA    | 335 |                                | KĄTY WROCŁAWSKIE | POL  | K30-39 |             |              | 00:22:28 | 00:45:28 | 01:09:05 |

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   | GAJSKA ANNA             | 319 |                              | TRZEBNICA     | POL  | K40-49 |             |              | 00:22:38 | 00:46:09 | 01:09:58 |
| 13   | KOPACKA MAŁGORZATA      | 329 | SANTANDER CONSUMER BANK S.A. | OLEŚNICA      | POL  | K40-49 | 2           |              | 00:22:15 | 00:49:25 | 01:19:02 |

**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    | DOBROWOLSKA ANNA             | 311 |                                | CHOTOMÓW             | POL  | K50-59 |             |              | 00:18:30 | 00:37:39 | 00:57:03 |
| 5    | KRUSZKA ARLETA               | 334 | MARSZ PO ZDROWIE               | POZNAŃ               | POL  | K50-59 |             |              | 00:18:29 | 00:37:51 | 00:57:06 |
| 6    | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 312 | KB HARCOWNIK JELCZ- LASKOWICE  | KAMIENIEC WROCŁAWSKI | POL  | K50-59 |             |              | 00:18:49 | 00:38:18 | 00:57:50 |
| 7    | PANEK ELWIRA                 | 345 |                                | LĘBORK               | POL  | K50-59 |             |              | 00:18:44 | 00:38:23 | 00:58:39 |
| 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    | DUDZIK HENRYK       | 313 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK    | POL  | M50-59 |             |              | 00:19:57 | 00:40:11 | 01:00:17 |
| 8    | MACIĄG ANDRZEJ      | 340 | ACTEAM                         | WROCŁAW   | POL  | M50-59 |             |              | 00:19:54 | 00:40:35 | 01:02:21 |

**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 JIERZY  | 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    | KAWCZYŃSKI ZBIGNIEW | 326 | RYBNICKI KLUB NORDIC WALKING | RYBNIK              | POL  | M60-69 |             |              | 00:17:50 | 00:35:50 | 00:54:06 |
| 5    | WIENSKO RYSZARD     | 375 |                              | PULAWY              | POL  | M60-69 | 1           |              | 00:17:42 | 00:35:52 | 00:54:35 |
| 6    | RACŁAWSKI JAN       | 353 | AMATOR                       | SKARBIMIERZ OSIEDLE | POL  | M60-69 |             |              | 00:17:48 | 00:36:09 | 00:54:51 |
| 7    | CZYCZ KAZIMIERZ     | 385 |                              | ZIELONA GÓRA        | POL  | M60-69 | 1           |              | 00:18:06 | 00:36:49 | 00:56:40 |
| 8    | BERESZKO WALDEMAR   | 386 | TKKF SATURN CZELADŹ          | SOSNOWIEC           | POL  | M60-69 |             |              | 00:18:23 | 00:36:57 | 00:56:29 |
| 9    | CHARCZUK ZENON      | 305 | WESOŁY BORSUK TEAM           | OPOLE               | POL  | M60-69 |             |              | 00:18:04 | 00:37:18 | 00:56:37 |
| 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    |