

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

Organizator: PFNW
 Data: 2017-07-15
 Miejsce: Okonek
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

**OKONEK - PUCHAR WIELKOPOLSKI 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 | HELWICH STEFAN | 159 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 1 | | | 00:15:51 | 00:32:14 | 00:48:55 | 01:06:08.90 | 6:36 | 9.1 |
| 2 | NACZK LEONARD | 170 | DYNAMIC | ŁĘBORK | POL | M40-49 | 1 | M 2 | | | 00:16:45 | 00:33:44 | 00:50:30 | 01:07:31.00 | 6:45 | 8.9 |
| 3 | MIELECKA AGNIESZKA | 168 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 1 | K 1 | | | 00:16:41 | 00:33:43 | 00:50:51 | 01:07:54.35 | 6:47 | 8.8 |
| 4 | NOWAK RAJMUND | 173 | NORDIC WALKING KIEKRZ | POZNAŃ | POL | M40-49 | 2 | M 3 | | | 00:16:44 | 00:33:57 | 00:51:42 | 01:09:00.90 | 6:54 | 8.7 |
| 5 | ŚWISŁOCKI BOGDAN | 188 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 1 | M 4 | | | 00:16:57 | 00:34:28 | 00:52:08 | 01:09:45.35 | 6:58 | 8.6 |
| 6 | SMUL ANDRZEJ | 183 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO PODGÓRNE | POL | M60-69 | 2 | M 5 | | | 00:16:58 | 00:34:36 | 00:52:27 | 01:10:38.20 | 7:03 | 8.5 |
| 7 | ROSADZIŃSKI SŁAWOMIR | 182 | LESZNO :) | LESZNO | POL | M40-49 | 3 | M 6 | | | 00:17:02 | 00:35:05 | 00:53:03 | 01:11:02.65 | 7:06 | 8.4 |
| 8 | CZEKAJŁO FRANCISZEK | 157 | REMI | DREZDENKO | POL | M60-69 | 3 | M 7 | | | 00:17:10 | 00:34:57 | 00:52:54 | 01:11:12.85 | 7:07 | 8.4 |
| 9 | NETKOWSKI WOJCIECH | 171 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | 2 | M 8 | | | 00:17:33 | 00:35:38 | 00:53:51 | 01:12:17.90 | 7:13 | 8.3 |
| 10 | ANTOSZEWSKI PIOTR | 152 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M40-49 | 4 | M 9 | | | 00:18:24 | 00:37:16 | 00:55:31 | 01:13:01.15 | 7:18 | 8.2 |
| 11 | PRZYBYSZ GRZEGORZ | 180 | | POPOWO KOŚCIELNE | POL | M30-39 | 1 | M 10 | | | 00:18:22 | 00:36:40 | 00:54:55 | 01:13:01.25 | 7:18 | 8.2 |
| 12 | ŁUKASZEWICZ JOANNA | 166 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 2 | K 2 | | | 00:17:49 | 00:36:07 | 00:54:49 | 01:13:34.25 | 7:21 | 8.2 |
| 13 | STAWNIAK KAROL | 184 | KS SOKÓŁ GAŚAWA | ŻNIN | POL | M60-69 | 4 | M 11 | | | 00:17:30 | 00:36:02 | 00:54:54 | 01:13:54.00 | 7:23 | 8.1 |
| 14 | PYTEL ANNA | 201 | KATORŻNIK | PROMNICE | POL | K30-39 | 1 | K 3 | 1 | | 00:17:56 | 00:36:31 | 00:55:14 | 01:13:57.15 | 7:23 | 8.1 |
| 15 | MIERNICKI MARIUSZ | 195 | PASJA NORDIC WALKING | DZIERZONIÓW | POL | M50-59 | 3 | M 12 | | | 00:17:59 | 00:36:19 | 00:55:09 | 01:13:59.45 | 7:23 | 8.1 |
| 16 | KACZMARCZYK-PIASEC KA RENATA | 162 | CZARNE PANTERY | PIŁA | POL | K40-49 | 3 | K 4 | | | 00:18:20 | 00:36:58 | 00:55:32 | 01:14:14.40 | 7:25 | 8.1 |
| 17 | MARCHWICKI PRZEMYSŁAW | 167 | NORDIC WALKING KIEKRZ | SADY | POL | M60-69 | 5 | M 13 | | | 00:18:39 | 00:37:24 | 00:56:14 | 01:14:48.60 | 7:28 | 8 |
| 18 | LENARTOWICZ STANISŁAW | 197 | KS DERBY | ST. ŁUBIANKA | POL | M50-59 | 4 | M 14 | | | 00:18:25 | 00:37:38 | 00:56:21 | 01:15:03.85 | 7:30 | 8 |
| 19 | STĘPCZYŃSKA ANGELIKA | 202 | GOSIR OSIELSKO | ŁABISZYN | POL | K30-39 | 2 | K 5 | | | 00:18:31 | 00:37:22 | 00:56:15 | 01:15:20.10 | 7:32 | 8 |
| 20 | SULOWSKI PAWEŁ | 186 | UKS GIMNAZJON SUCHY LAS | SUCHY LAS | POL | M18-29 | 1 | M 15 | | | 00:18:35 | 00:37:26 | 00:56:19 | 01:15:20.30 | 7:32 | 8 |
| 21 | CIESIELSKI KRZYSZTOF | 156 | FAST WALKER | GNIEZNO | POL | M60-69 | 6 | M 16 | | | 00:18:45 | 00:37:38 | 00:56:27 | 01:15:21.25 | 7:32 | 8 |
| 22 | SZCZĘSNY WOJCIECH | 160 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | M40-49 | 5 | M 17 | | | 00:18:45 | 00:37:36 | 00:56:33 | 01:15:29.30 | 7:32 | 7.9 |
| 23 | FALKOWSKA BEATA | 158 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K50-59 | 1 | K 6 | | | 00:18:08 | 00:36:52 | 00:56:02 | 01:15:31.50 | 7:33 | 7.9 |
| 24 | PAŁUBICKI MARCIN | 175 | SPORTOWA PACZKA | SZCZECINEK | POL | M40-49 | 6 | M 18 | | | 00:19:09 | 00:38:30 | 00:57:31 | 01:15:54.10 | 7:35 | 7.9 |
| 25 | PRZYBYŁEK MARYSIA | 179 | LESZNO :) | LESZNO | POL | K40-49 | 4 | K 7 | | | 00:18:24 | 00:37:24 | 00:56:48 | 01:16:21.50 | 7:38 | 7.9 |
| 26 | ZWOLENIEWICZ JOANNA | 192 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 5 | K 8 | | | 00:18:51 | 00:37:49 | 00:57:13 | 01:16:59.95 | 7:42 | 7.8 |
| 27 | KOZAKOWSKA MAŁGORZATA | 163 | KS SOKÓŁ GAŚAWA | ROGOWO | POL | K40-49 | 6 | K 9 | | | 00:18:49 | 00:37:50 | 00:57:22 | 01:17:01.25 | 7:42 | 7.8 |
| 28 | FOT KRZYSZTOF | 194 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M50-59 | 5 | M 19 | | | 00:19:25 | 00:38:47 | 00:58:07 | 01:17:03.35 | 7:42 | 7.8 |
| 29 | ROSADZIŃSKA NATALIA | 181 | LESZNO :) | LESZNO | POL | K18-29 | 1 | K 10 | | | 00:19:11 | 00:38:34 | 00:58:24 | 01:17:23.90 | 7:44 | 7.8 |
| 30 | KANIEWSKI ŁUKASZ | 200 | SUMMER ISLAND | BYDGOSZCZ | POL | M30-39 | 2 | M 20 | | | 00:18:46 | 00:38:14 | 00:58:00 | 01:17:25.00 | 7:44 | 7.8 |
| 31 | KRUSZKA ARLETA | 164 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 2 | K 11 | | | 00:19:20 | 00:38:52 | 00:58:30 | 01:18:25.30 | 7:50 | 7.7 |
| 32 | JASOŃ GRAZYNA | 161 | DYNAMIC | PIŁA | POL | K50-59 | 3 | K 12 | | | 00:19:26 | 00:39:05 | 00:58:58 | 01:19:09.35 | 7:54 | 7.6 |

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------------|-----|----------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 33 | WACHOWIAK SYLWIA | 190 | DYNAMIC | PIŁA | POL | K40-49 | 7 | K 13 | | | 00:19:14 | 00:38:58 | 00:59:12 | 01:19:35.85 | 7:57 | 7.5 |
| 34 | RASZEWSKA JUSTYNA | 198 | | DASZEWICE | POL | K30-39 | 3 | K 14 | 1 | | 00:19:24 | 00:39:15 | 00:59:39 | 01:19:47.65 | 7:58 | 7.5 |
| 35 | NOWAK BEATA | 172 | SAILING TEAM FERAJNA | PIŁA | POL | K40-49 | 8 | K 15 | | | 00:19:39 | 00:39:40 | 00:59:51 | 01:19:57.85 | 7:59 | 7.5 |
| 36 | BOGUSZ MAREK | 154 | | KOSTRZYŃ | POL | M50-59 | 6 | M 21 | | | 00:19:30 | 00:40:21 | 01:00:13 | 01:20:04.30 | 8:00 | 7.5 |
| 37 | POSTEK DANUTA | 178 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 4 | K 16 | | | 00:20:07 | 00:40:25 | 01:01:03 | 01:21:31.80 | 8:09 | 7.4 |
| 38 | PIĄTKOWSKI JÓZEF | 176 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 1 | M 22 | | | 00:19:50 | 00:39:58 | 01:00:27 | 01:21:34.20 | 8:09 | 7.4 |
| 39 | BORUCKI KRYSZTOF | 155 | BORKO.PL | GNIEZNO | POL | M30-39 | 3 | M 23 | | | 00:20:13 | 00:41:14 | 01:01:40 | 01:21:47.30 | 8:10 | 7.3 |
| 40 | MOSTOWSKA-NOWAK ELŻBIETA | 169 | LESZNO :) | ŻAKOWO | POL | K50-59 | 5 | K 17 | | | 00:20:03 | 00:40:34 | 01:01:22 | 01:21:50.80 | 8:11 | 7.3 |
| 41 | ADAMEK-BOBER ANNA | 151 | MARSZ PO ZDROWIE POZNAŃ | SUCHY LAS | POL | K60-69 | 1 | K 18 | | | 00:19:48 | 00:40:25 | 01:01:18 | 01:22:07.05 | 8:12 | 7.3 |
| 42 | OMARSKA GRAŻYNA | 174 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 6 | K 19 | | | 00:20:19 | 00:40:55 | 01:01:47 | 01:22:44.45 | 8:16 | 7.3 |
| 43 | KUSZA HENRYK | 191 | UKS GIMNAZJON SUCHY LAS | SUCHY LAS | POL | M50-59 | 7 | M 24 | | | 00:20:01 | 00:40:28 | 01:01:36 | 01:22:46.00 | 8:16 | 7.2 |
| 44 | PORZUCKOWIAK PIOTR | 177 | DYNAMIC | POZNAŃ | POL | M30-39 | 4 | M 25 | | | 00:20:11 | 00:40:54 | 01:01:44 | 01:23:10.75 | 8:19 | 7.2 |
| 45 | URBAN JACEK | 189 | LESZNO :) | LESZNO | POL | M60-69 | 7 | M 26 | | | 00:20:47 | 00:41:41 | 01:02:46 | 01:23:34.10 | 8:21 | 7.2 |
| 46 | SZYBCZYŃSKA KATARZYNA | 187 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 9 | K 20 | | | 00:20:03 | 00:41:00 | 01:02:15 | 01:23:38.10 | 8:21 | 7.2 |
| 47 | APPEL JERZY | 153 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M70+ | 2 | M 27 | | | 00:19:57 | 00:40:48 | 01:02:26 | 01:24:09.10 | 8:24 | 7.1 |
| 48 | STRZELECKI SEBASTIAN | 185 | SAILING TEAM FERAJNA | PIŁA | POL | M40-49 | 7 | M 28 | | | 00:20:09 | 00:41:20 | 01:02:57 | 01:24:14.75 | 8:25 | 7.1 |
| 49 | ZAKRZEWSKA HENRYKA | 193 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | K70+ | 1 | K 21 | | | 00:20:25 | 00:41:38 | 01:02:53 | 01:24:27.00 | 8:26 | 7.1 |
| 50 | ZIEGLER BARBARA | 199 | LESZNO :) | LIPNO | POL | K60-69 | 2 | K 22 | | | 00:20:06 | 00:41:21 | 01:03:44 | 01:27:11.70 | 8:43 | 6.9 |
| | KOZŁOWSKA AGNIESZKA | 196 | DYNAMIC | POZNAŃ | POL | K40-49 | | | | | 00:26:51 | DNF | DNF | DNF | - | - |
| | | | | | | | | | | | DNF | | | | | |

OKONEK - PUCHAR WIELKOPOLSKI 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 | ROSADZIŃSKA NATALIA | 181 | LESZNO :) | LESZNO | POL | K18-29 | 1 | K 10 | | | 00:19:11 | 00:38:34 | 00:58:24 | 01:17:23.90 | 7:44 | 7.8 |

OKONEK - PUCHAR WIELKOPOLSKI 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 | SULOWSKI PAWEŁ | 186 | UKS GIMNAZJON SUCHY LAS | SUCHY LAS | POL | M18-29 | 1 | M 15 | | | 00:18:35 | 00:37:26 | 00:56:19 | 01:15:20.30 | 7:32 | 8 |

OKONEK - PUCHAR WIELKOPOLSKI 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 | PYTEL ANNA | 201 | KATORŻNIK | PROMNICE | POL | K30-39 | 1 | K 3 | 1 | | 00:17:56 | 00:36:31 | 00:55:14 | 01:13:57.15 | 7:23 | 8.1 |
| 2 | STEPICZYŃSKA ANGELIKA | 202 | GOSIR OSIELSKO | ŁABISZYN | POL | K30-39 | 2 | K 5 | | | 00:18:31 | 00:37:22 | 00:56:15 | 01:15:20.10 | 7:32 | 8 |
| 3 | RASZEWSKA JUSTYNA | 198 | | DASZEWICE | POL | K30-39 | 3 | K 14 | 1 | | 00:19:24 | 00:39:15 | 00:59:39 | 01:19:47.65 | 7:58 | 7.5 |

OKONEK - PUCHAR WIELKOPOLSKI 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 | PRZYBYSZ GRZEGORZ | 180 | | POPOWO KOŚCIELNE | POL | M30-39 | 1 | M 10 | | | 00:18:22 | 00:36:40 | 00:54:55 | 01:13:01.25 | 7:18 | 8.2 |

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|---------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 2 | KANIEWSKI ŁUKASZ | 200 | SUMMER ISLAND | BYDGOSZCZ | POL | M30-39 | 2 | M 20 | | | 00:18:46 | 00:38:14 | 00:58:00 | 01:17:25.00 | 7:44 | 7.8 |
| 3 | BORUCKI KRYSZTIAN | 155 | BORKO.PL | GNIEZNO | POL | M30-39 | 3 | M 23 | | | 00:20:13 | 00:41:14 | 01:01:40 | 01:21:47.30 | 8:10 | 7.3 |
| 4 | PORZUCKOWIAK PIOTR | 177 | DYNAMIC | POZNAŃ | POL | M30-39 | 4 | M 25 | | | 00:20:11 | 00:40:54 | 01:01:44 | 01:23:10.75 | 8:19 | 7.2 |

OKONEK - PUCHAR WIELKOPOLSKI 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 | MIELECKA AGNIESZKA | 168 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 1 | K 1 | | | 00:16:41 | 00:33:43 | 00:50:51 | 01:07:54.35 | 6:47 | 8.8 |
| 2 | ŁUKASZEWICZ JOANNA | 166 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 2 | K 2 | | | 00:17:49 | 00:36:07 | 00:54:49 | 01:13:34.25 | 7:21 | 8.2 |
| 3 | KACZMARCZYK-PIASEC KA RENATA | 162 | CZARNE PANTERY | PIŁA | POL | K40-49 | 3 | K 4 | | | 00:18:20 | 00:36:58 | 00:55:32 | 01:14:14.40 | 7:25 | 8.1 |
| 4 | PRZYBYŁEK MARYSIA | 179 | LESZNO :) | LESZNO | POL | K40-49 | 4 | K 7 | | | 00:18:24 | 00:37:24 | 00:56:48 | 01:16:21.50 | 7:38 | 7.9 |
| 5 | ZWOLENIEWICZ JOANNA | 192 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 5 | K 8 | | | 00:18:51 | 00:37:49 | 00:57:13 | 01:16:59.95 | 7:42 | 7.8 |
| 6 | KOZAKOWSKA MAŁGORZATA | 163 | KS SOKÓŁ GAŚAWA | ROGOWO | POL | K40-49 | 6 | K 9 | | | 00:18:49 | 00:37:50 | 00:57:22 | 01:17:01.25 | 7:42 | 7.8 |
| 7 | WACHOWIAK SYLWIA | 190 | DYNAMIC | PIŁA | POL | K40-49 | 7 | K 13 | | | 00:19:14 | 00:38:58 | 00:59:12 | 01:19:35.85 | 7:57 | 7.5 |
| 8 | NOWAK BEATA | 172 | SAILING TEAM FERAJNA | PIŁA | POL | K40-49 | 8 | K 15 | | | 00:19:39 | 00:39:40 | 00:59:51 | 01:19:57.85 | 7:59 | 7.5 |
| 9 | SZYBCZYŃSKA KATARZYNA | 187 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 9 | K 20 | | | 00:20:03 | 00:41:00 | 01:02:15 | 01:23:38.10 | 8:21 | 7.2 |
| | KOZŁOWSKA AGNIESZKA | 196 | DYNAMIC | POZNAŃ | POL | K40-49 | | | | | 00:26:51 DNF | DNF | DNF | DNF | - | - |

OKONEK - PUCHAR WIELKOPOLSKI 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 | NACZK LEONARD | 170 | DYNAMIC | ŁĘBORK | POL | M40-49 | 1 | M 2 | | | 00:16:45 | 00:33:44 | 00:50:30 | 01:07:31.00 | 6:45 | 8.9 |
| 2 | NOWAK RAJMUND | 173 | NORDIC WALKING KIEKRZ | POZNAŃ | POL | M40-49 | 2 | M 3 | | | 00:16:44 | 00:33:57 | 00:51:42 | 01:09:00.90 | 6:54 | 8.7 |
| 3 | ROSADZIŃSKI SŁAWOMIR | 182 | LESZNO :) | LESZNO | POL | M40-49 | 3 | M 6 | | | 00:17:02 | 00:35:05 | 00:53:03 | 01:11:02.65 | 7:06 | 8.4 |
| 4 | ANTOSZEWSKI PIOTR | 152 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M40-49 | 4 | M 9 | | | 00:18:24 | 00:37:16 | 00:55:31 | 01:13:01.15 | 7:18 | 8.2 |
| 5 | SZCZĘSNY WOJCIECH | 160 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | M40-49 | 5 | M 17 | | | 00:18:45 | 00:37:36 | 00:56:33 | 01:15:29.30 | 7:32 | 7.9 |
| 6 | PAŁUBICKI MARCIN | 175 | SPORTOWA PACZKA | SZCZECINEK | POL | M40-49 | 6 | M 18 | | | 00:19:09 | 00:38:30 | 00:57:31 | 01:15:54.10 | 7:35 | 7.9 |
| 7 | STRZELECKI SEBASTIAN | 185 | SAILING TEAM FERAJNA | PIŁA | POL | M40-49 | 7 | M 28 | | | 00:20:09 | 00:41:20 | 01:02:57 | 01:24:14.75 | 8:25 | 7.1 |

OKONEK - PUCHAR WIELKOPOLSKI 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 | FALKOWSKA BEATA | 158 | UKS GIMNAZJON SUCHY LAS | POZNAŃ | POL | K50-59 | 1 | K 6 | | | 00:18:08 | 00:36:52 | 00:56:02 | 01:15:31.50 | 7:33 | 7.9 |
| 2 | KRUSZKA ARLETA | 164 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 2 | K 11 | | | 00:19:20 | 00:38:52 | 00:58:30 | 01:18:25.30 | 7:50 | 7.7 |
| 3 | JASOŃ GRAŻYNA | 161 | DYNAMIC | PIŁA | POL | K50-59 | 3 | K 12 | | | 00:19:26 | 00:39:05 | 00:58:58 | 01:19:09.35 | 7:54 | 7.6 |
| 4 | POSTEK DANUTA | 178 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 4 | K 16 | | | 00:20:07 | 00:40:25 | 01:01:03 | 01:21:31.80 | 8:09 | 7.4 |
| 5 | MOSTOWSKA-NOWAK ELŻBIETA | 169 | LESZNO :) | ŻAKOWO | POL | K50-59 | 5 | K 17 | | | 00:20:03 | 00:40:34 | 01:01:22 | 01:21:50.80 | 8:11 | 7.3 |
| 6 | OMARSKA GRAŻYNA | 174 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 6 | K 19 | | | 00:20:19 | 00:40:55 | 01:01:47 | 01:22:44.45 | 8:16 | 7.3 |

OKONEK - PUCHAR WIELKOPOLSKI 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 | ŚWISŁOCKI BOGDAN | 188 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 1 | M 4 | | | 00:16:57 | 00:34:28 | 00:52:08 | 01:09:45.35 | 6:58 | 8.6 |
| 2 | NETKOWSKI WOJCIECH | 171 | PASJA NORDIC WALKING | WARSZAWA | POL | M50-59 | 2 | M 8 | | | 00:17:33 | 00:35:38 | 00:53:51 | 01:12:17.90 | 7:13 | 8.3 |
| 3 | MIERNICKI MARIUSZ | 195 | PASJA NORDIC WALKING | DZIERZONIÓW | POL | M50-59 | 3 | M 12 | | | 00:17:59 | 00:36:19 | 00:55:09 | 01:13:59.45 | 7:23 | 8.1 |
| 4 | LENARTOWICZ STANISŁAW | 197 | KS DERBY | ST. ŁUBIANKA | POL | M50-59 | 4 | M 14 | | | 00:18:25 | 00:37:38 | 00:56:21 | 01:15:03.85 | 7:30 | 8 |
| 5 | FOT KRZYSZTOF | 194 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M50-59 | 5 | M 19 | | | 00:19:25 | 00:38:47 | 00:58:07 | 01:17:03.35 | 7:42 | 7.8 |
| 6 | BOGUSZ MAREK | 154 | | KOSTRZYŃ | POL | M50-59 | 6 | M 21 | | | 00:19:30 | 00:40:21 | 01:00:13 | 01:20:04.30 | 8:00 | 7.5 |
| 7 | KUSZA HENRYK | 191 | UKS GIMNAZJON SUCHY LAS | SUCHY LAS | POL | M50-59 | 7 | M 24 | | | 00:20:01 | 00:40:28 | 01:01:36 | 01:22:46.00 | 8:16 | 7.2 |

OKONEK - PUCHAR WIELKOPOLSKI 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 | ADAMEK-BOBER ANNA | 151 | MARSZ PO ZDROWIE POZNAŃ | SUCHY LAS | POL | K60-69 | 1 | K 18 | | | 00:19:48 | 00:40:25 | 01:01:18 | 01:22:07.05 | 8:12 | 7.3 |
| 2 | ZIEGLER BARBARA | 199 | LESZNO :) | LIPNO | POL | K60-69 | 2 | K 22 | | | 00:20:06 | 00:41:21 | 01:03:44 | 01:27:11.70 | 8:43 | 6.9 |

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | HELWICH STEFAN | 159 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 1 | | | 00:15:51 | 00:32:14 | 00:48:55 | 01:06:08.90 | 6:36 | 9.1 |
| 2 | SMUL ANDRZEJ | 183 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO | POL | M60-69 | 2 | M 5 | | | 00:16:58 | 00:34:36 | 00:52:27 | 01:10:38.20 | 7:03 | 8.5 |
| 3 | CZEKAJŁO FRANCISZEK | 157 | REMI | DREZDENKO | POL | M60-69 | 3 | M 7 | | | 00:17:10 | 00:34:57 | 00:52:54 | 01:11:12.85 | 7:07 | 8.4 |
| 4 | STAWNIAK KAROL | 184 | KS SOKÓŁ GAŚAWA | ŻNIN | POL | M60-69 | 4 | M 11 | | | 00:17:30 | 00:36:02 | 00:54:54 | 01:13:54.00 | 7:23 | 8.1 |
| 5 | MARCHWICKI PRZEMYSŁAW | 167 | NORDIC WALKING KIEKRZ | SADY | POL | M60-69 | 5 | M 13 | | | 00:18:39 | 00:37:24 | 00:56:14 | 01:14:48.60 | 7:28 | 8 |
| 6 | CIESIELSKI KRZYSZTOF | 156 | FAST WALKER | GNIEZNO | POL | M60-69 | 6 | M 16 | | | 00:18:45 | 00:37:38 | 00:56:27 | 01:15:21.25 | 7:32 | 8 |
| 7 | URBAN JACEK | 189 | LESZNO :) | LESZNO | POL | M60-69 | 7 | M 26 | | | 00:20:47 | 00:41:41 | 01:02:46 | 01:23:34.10 | 8:21 | 7.2 |

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|---------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | ZAKRZEWSKA HENRYKA | 193 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | K70+ | 1 | K 21 | | | 00:20:25 | 00:41:38 | 01:02:53 | 01:24:27.00 | 8:26 | 7.1 |

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------|-----|----------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | PIĄTKOWSKI JÓZEF | 176 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 1 | M 22 | | | 00:19:50 | 00:39:58 | 01:00:27 | 01:21:34.20 | 8:09 | 7.4 |
| 2 | APPEL JERZY | 153 | GOSIR OSIELSKO | BYDGOSZCZ | POL | M70+ | 2 | M 27 | | | 00:19:57 | 00:40:48 | 01:02:26 | 01:24:09.10 | 8:24 | 7.1 |