

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM

Organizator: PFNW
Data: 2017-09-09
Miejsce: Hajnówka
Dystans: 21.1 km
Klasyfikacja wg czasów netto.



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowo | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|--------------------------|-----|---|------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | DZIEDIEWICZ ANDRZEJ | 914 | | GRODNO | BLR | M30-39 | 1 | M 1 | | | 00:06:17 | 00:37:41 | 01:09:46 | 01:42:16 | 02:15:32.80 | 6:25 | 9.3 |
| 2 | DEPKA PRADZYŃSKI OLGIERD | 911 | BIEGAMYRAZEM | GDYNIA | POL | M50-59 | 1 | M 2 | | | 00:06:49 | 00:38:48 | 01:11:12 | 01:43:23 | 02:16:42.05 | 6:28 | 9.3 |
| 3 | ZARĘBSKI MICHAŁ | 956 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 3 | | | 00:06:27 | 00:38:18 | 01:11:13 | 01:44:54 | 02:21:08.80 | 6:41 | 9 |
| 4 | WIŚNIEWSKI JACEK | 952 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | SANDOMIERZ | POL | M50-59 | 2 | M 4 | | | 00:06:51 | 00:40:11 | 01:13:46 | 01:48:25 | 02:23:25.95 | 6:47 | 8.8 |
| 5 | PUSZKIEL LESZEK | 960 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60+ | 1 | M 5 | | | 00:06:51 | 00:40:07 | 01:14:00 | 01:39:37 | 02:23:57.35 | 6:49 | 8.8 |
| 6 | NACZK LEONARD | 928 | DYNAMIC | ŁĘBORK | POL | M40-49 | 1 | M 6 | | | 00:06:47 | 00:41:02 | 01:14:55 | 01:49:43 | 02:25:53.15 | 6:54 | 8.7 |
| 7 | ZAREMBA JAKUB | 955 | | BIALOWIEŻA | POL | M30-39 | 3 | M 7 | | | 00:06:56 | 00:41:09 | 01:15:49 | 01:51:22 | 02:27:02.90 | 6:58 | 8.6 |
| 8 | ZAGAJA JANUSZ | 954 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60+ | 2 | M 8 | | | 00:06:51 | 00:41:01 | 01:15:42 | 01:51:18 | 02:27:36.15 | 6:59 | 8.6 |
| 9 | PIETRZYK JAROSŁAW | 931 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 4 | M 9 | | | 00:06:42 | 00:40:02 | 01:13:43 | 01:49:22 | 02:27:58.80 | 7:00 | 8.6 |
| 10 | PASIKOWSKA MARIOLA | 930 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI | POL | K30-39 | 1 | K 1 | | | 00:06:40 | 00:41:07 | 01:16:35 | 01:52:23 | 02:29:03.45 | 7:03 | 8.5 |
| 11 | BUŁAKOWSKI BOHDAN | 909 | PASJA NORDIC WALKING | WARSZAWA | POL | M60+ | 3 | M 10 | | | 00:07:25 | 00:42:38 | 01:18:12 | 01:54:06 | 02:30:16.85 | 7:07 | 8.4 |
| 12 | BIK STANISŁAW | 905 | KS METRACO POLKOWICE | KSIĘGINICE | POL | M50-59 | 3 | M 11 | | | 00:07:14 | 00:42:34 | 01:17:32 | 01:53:25 | 02:30:17.45 | 7:07 | 8.4 |
| 13 | MAKOWSKI JAN | 966 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 4 | M 12 | | | 00:07:08 | 00:41:55 | 01:17:03 | 01:53:17 | 02:30:35.50 | 7:08 | 8.4 |
| 14 | NIEDZWIECKA KATARZYNA | 962 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | BRANIEWO | POL | K40-49 | 1 | K 2 | | | 00:07:25 | 00:43:58 | 01:19:38 | 01:54:57 | 02:30:37.85 | 7:08 | 8.4 |
| 15 | PUHTIY EVGENIA | 935 | NWSOLONGA | ELEKTROSTAL | RUS | K30-39 | 2 | K 3 | | | 00:06:56 | 00:42:23 | 01:18:17 | 01:54:21 | 02:30:50.50 | 7:08 | 8.4 |
| 16 | ANTOSZEWSKI PIOTR | 902 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M40-49 | 2 | M 13 | | | 00:07:41 | 00:45:38 | 01:21:22 | 01:56:37 | 02:31:46.45 | 7:11 | 8.3 |
| 17 | BOGACKI SŁAWEK | 907 | ENERGA NW TEAM | BRZÓZÓWKA KOŁO TORUNIA | POL | M40-49 | 3 | M 14 | | | 00:06:42 | 00:41:01 | 01:16:02 | 01:53:32 | 02:32:13.85 | 7:12 | 8.3 |
| 18 | DOLBAK IHAR | 912 | NORDIC BREST | BRZESC | BLR | M40-49 | 4 | M 15 | | | 00:07:06 | 00:42:58 | 01:19:38 | 01:56:31 | 02:34:11.05 | 7:18 | 8.2 |
| 19 | SZULC ALICJA | 947 | NW WERWA MŁAWA | MŁAWA | POL | K40-49 | 2 | K 4 | | | 00:07:18 | 00:42:43 | 01:18:59 | 01:55:57 | 02:34:27.30 | 7:19 | 8.2 |
| 20 | SZCZEBAK JACEK | 944 | UNIA MIAST | TARNÓW | POL | M40-49 | 5 | M 16 | | | 00:07:19 | 00:43:39 | 01:19:44 | 01:56:40 | 02:34:59.00 | 7:20 | 8.2 |
| 21 | KOŁODZIEJ JOANNA | 924 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K40-49 | 3 | K 5 | | | 00:07:17 | 00:43:44 | 01:20:38 | 01:58:16 | 02:36:16.85 | 7:24 | 8.1 |
| 22 | STEPURA ILYA | 965 | | GRODNO | BLR | M18-29 | 1 | M 17 | | | 00:07:50 | 00:46:15 | 01:23:25 | 02:00:52 | 02:36:27.85 | 7:24 | 8.1 |
| 23 | STĘPIEŃ LUCYNA | 942 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 6 | | | 00:07:31 | 00:44:10 | 01:21:36 | 01:59:38 | 02:37:36.75 | 7:28 | 8 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowo ść | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|-----------------------|-----|---|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 24 | SKRYCKA KATARZYNA | 782 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 3 | K 7 | | | 00:07:35 | 00:44:09 | 01:21:36 | 01:59:32 | 02:37:42.85 | 7:28 | 8 |
| 25 | TOMCZYK EDWARD | 949 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M60+ | 4 | M 18 | | | 00:07:31 | 00:43:37 | 01:20:36 | 01:59:11 | 02:38:32.50 | 7:30 | 8 |
| 26 | ZAWADZKI ANDRZEJ | 958 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 5 | M 19 | | | 00:07:38 | 00:44:05 | 01:21:17 | 02:00:26 | 02:39:01.60 | 7:32 | 8 |
| 27 | SMUS DAMIAN | 973 | EPOKA NORDICA | SOCHACZE W | POL | M18-29 | 2 | M 20 | | | 00:07:48 | 00:46:11 | 01:23:25 | 02:00:52 | 02:39:03.55 | 7:32 | 8 |
| 28 | BANASZKIEWICZ KASIA | 903 | PILSCY MIŁOŚNICZY NW | KACZORY | POL | K40-49 | 4 | K 8 | | | 00:07:19 | 00:43:47 | 01:21:05 | 01:59:20 | 02:39:13.05 | 7:32 | 8 |
| 29 | BOCZAR BEATA | 906 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 1 | K 9 | | | 00:07:32 | 00:44:16 | 01:21:48 | 01:59:48 | 02:39:13.40 | 7:32 | 8 |
| 30 | KOWALCZYK MARIUSZ | 926 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 6 | M 21 | | | 00:07:33 | 00:44:06 | 01:21:12 | 02:00:05 | 02:39:56.00 | 7:34 | 7.9 |
| 31 | JANOSZKA IRENA | 971 | CIDRY LOTAJĄ | RADZIONÓW | POL | K50-59 | 2 | K 10 | | | 00:07:31 | 00:44:31 | 01:22:40 | 02:01:12 | 02:40:02.95 | 7:35 | 7.9 |
| 32 | KARASIEWICZ IRENA | 922 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K50-59 | 3 | K 11 | | | 00:07:37 | 00:44:33 | 01:23:02 | 02:02:06 | 02:42:02.20 | 7:40 | 7.8 |
| 33 | SORN ŁUKASZ | 940 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M30-39 | 5 | M 22 | | | 00:07:51 | 00:46:08 | 01:24:01 | 02:02:44 | 02:42:19.35 | 7:41 | 7.8 |
| 34 | REJ ANNA | 936 | | HAJNÓWKA | POL | K30-39 | 4 | K 12 | | | 00:07:36 | 00:45:07 | 01:23:29 | 02:02:38 | 02:42:34.15 | 7:42 | 7.8 |
| 35 | STĘPCZYŃSKA ANGELIKA | 941 | GOSIR OSIELSKO | OSIELSKO | POL | K30-39 | 5 | K 13 | | | 00:07:50 | 00:45:49 | 01:24:15 | 02:03:23 | 02:43:42.05 | 7:45 | 7.7 |
| 36 | KOBIELA DARIA | 923 | BŁĘKITNI NW DZIEMIANY | BOROWIEC | POL | K18-29 | 1 | K 14 | | | 00:07:51 | 00:46:24 | 01:24:49 | 02:04:08 | 02:44:36.95 | 7:48 | 7.7 |
| 37 | ROSOŁEK ELŻBIETA | 937 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 4 | K 15 | | | 00:07:52 | 00:47:09 | 01:25:57 | 02:05:05 | 02:44:49.75 | 7:48 | 7.7 |
| 38 | WOLNIEWICZ KATARZYNA | 953 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K40-49 | 5 | K 16 | | | 00:07:32 | 00:45:00 | 01:23:36 | 02:03:37 | 02:45:01.50 | 7:49 | 7.7 |
| 39 | CZYCZ EMILIA | 910 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K60+ | 2 | K 17 | | | 00:07:42 | 00:45:44 | 01:24:45 | 02:05:15 | 02:46:20.30 | 7:52 | 7.6 |
| 40 | DOMARADZKA AGNIESZKA | 913 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 6 | K 18 | | | 00:07:55 | 00:47:16 | 01:26:52 | 02:06:53 | 02:46:33.10 | 7:53 | 7.6 |
| 41 | BUCZKOWSKA WIESŁAWA | 908 | PENDOLINO | GDYNIA | POL | K60+ | 3 | K 19 | | | 00:07:35 | 00:44:32 | 01:23:43 | 02:04:31 | 02:47:06.25 | 7:55 | 7.6 |
| 42 | POGORZELSKA WIESŁAWA | 933 | WESOŁY BORSUK TEAM | GORZYCE | POL | K30-39 | 6 | K 20 | | | 00:07:12 | 00:44:55 | 01:24:43 | 02:05:17 | 02:47:41.00 | 7:56 | 7.5 |
| 43 | TYLUTKI AGNIESZKA | 967 | FACE NORDIC WALKING TEAM / UKS SIĘDLESZCZANY NORDIC WALKING | TARNOBRZE G | POL | K40-49 | 7 | K 21 | | | 00:07:50 | 00:46:21 | 01:25:34 | 02:06:48 | 02:49:02.90 | 8:00 | 7.5 |
| 44 | WESOŁOWSKI WOJCIECH | 950 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M60+ | 5 | M 23 | | | 00:07:42 | 00:44:44 | 01:24:10 | 02:06:54 | 02:49:44.85 | 8:02 | 7.5 |
| 45 | GOIK GRZEGORZ | 917 | RYBNICKI KLUB NORDIC WALKING | RUDZICZKA | POL | M50-59 | 7 | M 24 | | | 00:07:48 | 00:46:03 | 01:25:53 | 02:07:05 | 02:50:01.10 | 8:03 | 7.4 |
| 46 | WIŚNIEWSKI ROMAN | 951 | KS METRACO POLKOWICE | TWARDORZ ECZKA | POL | M60+ | 6 | M 25 | | | 00:07:57 | 00:47:16 | 01:27:36 | 02:08:24 | 02:51:11.15 | 8:06 | 7.4 |
| 47 | NIKITIUK ANNA | 963 | | HAJNÓWKA | POL | K30-39 | 7 | K 22 | | | 00:07:37 | 00:46:21 | 01:27:19 | 02:10:32 | 02:53:14.90 | 8:12 | 7.3 |
| 48 | GUTOWSKI WOJCIECH | 919 | POWIAT HAJNOWSKI | BIAŁOWIEŻA | POL | M50-59 | 8 | M 26 | | | 00:07:46 | 00:46:09 | 01:27:03 | 02:07:38 | 02:54:15.90 | 8:15 | 7.3 |
| 49 | MARCINKOWSKI WOJCIECH | 927 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 27 | | | 00:07:52 | 00:50:22 | 01:30:03 | 02:11:17 | 02:54:21.10 | 8:15 | 7.3 |
| 50 | BIERĆ JAROSŁAW | 904 | BIEGOSTOK | BIAŁYSTOK | POL | M40-49 | 7 | M 28 | | | 00:08:12 | 00:48:22 | 01:28:59 | 02:11:08 | 02:55:22.05 | 8:18 | 7.2 |
| 51 | ŚCIBOR ROBERT | 969 | | KLEMENTO WICE | POL | M40-49 | 8 | M 29 | | | 00:08:12 | 00:48:15 | 01:29:01 | 02:11:08 | 02:55:22.55 | 8:18 | 7.2 |
| 52 | SURIAK EWELINA | 943 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 2 | K 23 | | | 00:07:53 | 00:47:23 | 01:28:44 | 02:11:21 | 02:55:49.90 | 8:19 | 7.2 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 53 | KOTULA JAKUB | 925 | UNIA MIAST | KATOWICE | POL | M30-39 | 6 | M 30 | | | 00:07:48 | 00:48:39 | 01:29:59 | 02:12:26 | 02:56:19.20 | 8:21 | 7.2 |
| 54 | ZUCHOWICZ ELŻBIETA | 959 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K50-59 | 5 | K 24 | | | 00:07:55 | 00:47:08 | 01:29:14 | 02:13:04 | 02:56:25.40 | 8:21 | 7.2 |
| 55 | KOŁACZ JAKUB | 961 | | SOCHACZE W | POL | M30-39 | 7 | M 31 | | | 00:08:26 | 00:49:06 | 01:31:01 | 02:14:33 | 02:57:02.55 | 8:23 | 7.2 |
| 56 | POSTEK DANUTA | 934 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 6 | K 25 | | | 00:08:14 | 00:49:54 | 01:31:34 | 02:14:21 | 02:57:14.35 | 8:24 | 7.1 |
| 57 | GERLE-KOTULA ANNA | 916 | UNIA MIAST | KATOWICE | POL | K30-39 | 8 | K 26 | | | 00:08:09 | 00:50:39 | 01:33:14 | 02:15:09 | 02:57:38.75 | 8:25 | 7.1 |
| 58 | ZAWADZKA MARIA | 957 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 27 | | | 00:08:40 | 00:51:35 | 01:33:58 | 02:16:01 | 02:57:53.65 | 8:25 | 7.1 |
| 59 | KWAPIS MARIUSZ | 972 | KS METRACO POLKOWICE | RUJ LENNICA | POL | M18-29 | 3 | M 32 | | | 00:07:47 | 00:47:25 | 01:28:02 | 02:10:54 | 02:58:35.20 | 8:27 | 7.1 |
| 60 | ROZMUS JOLANTA | 938 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K60+ | 5 | K 28 | | | 00:08:35 | 00:50:26 | 01:32:53 | 02:15:47 | 02:58:50.45 | 8:28 | 7.1 |
| 61 | CZYCZ KAZIMIERZ | 968 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60+ | 7 | M 33 | | | 00:08:21 | 00:48:23 | 01:29:23 | 02:12:27 | 03:01:48.65 | 8:36 | 7 |
| 62 | PIOTROWSKA KRYSZYNA | 932 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | K60+ | 6 | K 29 | | | 00:08:46 | 00:51:08 | 01:34:06 | 02:17:36 | 03:02:07.20 | 8:37 | 7 |
| 63 | MALINOWSKA KATARZYNA | 970 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 9 | K 30 | | | 00:07:38 | 00:46:11 | 01:26:10 | 02:09:06 | 03:02:12.80 | 8:38 | 6.9 |
| 64 | JASIŃSKI MICHAŁ | 920 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M18-29 | 4 | M 34 | | | 00:08:22 | 00:50:55 | 01:34:27 | 02:19:35 | 03:07:39.40 | 8:53 | 6.7 |
| 65 | ŚWIRSZCZ TOMASZ | 948 | LUBLIN CHODZI Z KIJKAMI | ŚWIDNIK | POL | M60+ | 8 | M 35 | | | 00:08:31 | 00:50:26 | 01:34:02 | 02:20:37 | 03:07:50.95 | 8:54 | 6.7 |
| 66 | JÓZWIK KATARZYNA | 921 | | WARSZAWA | POL | K40-49 | 8 | K 31 | | | 00:09:01 | 00:53:22 | 01:37:52 | 02:23:21 | 03:08:00.75 | 8:54 | 6.7 |
| 67 | SZEWczyk AGNIESZKA | 946 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | 9 | K 32 | | | 00:08:46 | 00:52:04 | 01:36:39 | 02:22:33 | 03:09:52.75 | 8:59 | 6.7 |
| 68 | SZEWczyk MAREK | 945 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | 9 | M 36 | | | 00:08:35 | 00:50:54 | 01:34:52 | 02:21:37 | 03:10:03.05 | 9:00 | 6.7 |
| 69 | BERSZTOLC AGNIESZKA | 964 | | SUTNO | | K50-59 | 7 | K 33 | | | 00:08:27 | 00:49:58 | 01:33:29 | 02:21:25 | 03:10:59.75 | 9:03 | 6.6 |
| 70 | ANDROSIUK KRZYSZTOF | 901 | | HAJNÓWKA | POL | M18-29 | 5 | M 37 | | | 00:10:18 | 01:01:28 | 01:54:52 | 02:54:50 | 03:57:39.85 | 11:15 | 5.3 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|-----------------------|-----|---|-------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | PASIKOWSKA MARIOLA | 930 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI | POL | K30-39 | 1 | K 1 | | | 00:06:40 | 00:41:07 | 01:16:35 | 01:52:23 | 02:29:03.45 | 7:03 | 8.5 |
| 2 | NIEDZWIECKA KATARZYNA | 962 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | BRANIEWO | POL | K40-49 | 1 | K 2 | | | 00:07:25 | 00:43:58 | 01:19:38 | 01:54:57 | 02:30:37.85 | 7:08 | 8.4 |
| 3 | PUHTIY EVGENIA | 935 | NWSOLONGA | ELEKTROSTAL | RUS | K30-39 | 2 | K 3 | | | 00:06:56 | 00:42:23 | 01:18:17 | 01:54:21 | 02:30:50.50 | 7:08 | 8.4 |
| 4 | SZULC ALICJA | 947 | NW WERWA MŁAWA | MŁAWA | POL | K40-49 | 2 | K 4 | | | 00:07:18 | 00:42:43 | 01:18:59 | 01:55:57 | 02:34:27.30 | 7:19 | 8.2 |
| 5 | KOŁODZIEJ JOANNA | 924 | FABRIKANORDIKA | RUDA ŚLĄSKI | POL | K40-49 | 3 | K 5 | | | 00:07:17 | 00:43:44 | 01:20:38 | 01:58:16 | 02:36:16.85 | 7:24 | 8.1 |
| 6 | STĘPIEŃ LUCYNA | 942 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 6 | | | 00:07:31 | 00:44:10 | 01:21:36 | 01:59:38 | 02:37:36.75 | 7:28 | 8 |
| 7 | SKRYCKA KATARZYNA | 782 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 3 | K 7 | | | 00:07:35 | 00:44:09 | 01:21:36 | 01:59:32 | 02:37:42.85 | 7:28 | 8 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, Kobiety c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|----------------------|-----|---|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 8 | BANASZKIEWICZ KASIA | 903 | PILSCY MIŁOŚNICZY NW | KACZORY | POL | K40-49 | 4 | K 8 | | | 00:07:19 | 00:43:47 | 01:21:05 | 01:59:20 | 02:39:13.05 | 7:32 | 8 |
| 9 | BOCZAR BEATA | 906 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 1 | K 9 | | | 00:07:32 | 00:44:16 | 01:21:48 | 01:59:48 | 02:39:13.40 | 7:32 | 8 |
| 10 | JANOSZKA IRENA | 971 | CIDRY LOTAJĄ | RADZIONKÓ W | POL | K50-59 | 2 | K 10 | | | 00:07:31 | 00:44:31 | 01:22:40 | 02:01:12 | 02:40:02.95 | 7:35 | 7.9 |
| 11 | KARASIEWICZ IRENA | 922 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K50-59 | 3 | K 11 | | | 00:07:37 | 00:44:33 | 01:23:02 | 02:02:06 | 02:42:02.20 | 7:40 | 7.8 |
| 12 | REJ ANNA | 936 | | HAJNÓWKA | POL | K30-39 | 4 | K 12 | | | 00:07:36 | 00:45:07 | 01:23:29 | 02:02:38 | 02:42:34.15 | 7:42 | 7.8 |
| 13 | STĘPCZYŃSKA ANGELIKA | 941 | GOSIR OSIELSKO | OSIELSKO | POL | K30-39 | 5 | K 13 | | | 00:07:50 | 00:45:49 | 01:24:15 | 02:03:23 | 02:43:42.05 | 7:45 | 7.7 |
| 14 | KOBIELA DARIA | 923 | BŁĘKITNI NW DZIEMIANY | BOROWIEC | POL | K18-29 | 1 | K 14 | | | 00:07:51 | 00:46:24 | 01:24:49 | 02:04:08 | 02:44:36.95 | 7:48 | 7.7 |
| 15 | ROSOŁEK ELŻBIETA | 937 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 4 | K 15 | | | 00:07:52 | 00:47:09 | 01:25:57 | 02:05:05 | 02:44:49.75 | 7:48 | 7.7 |
| 16 | WOLNIEWICZ KATARZYNA | 953 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K40-49 | 5 | K 16 | | | 00:07:32 | 00:45:00 | 01:23:36 | 02:03:37 | 02:45:01.50 | 7:49 | 7.7 |
| 17 | CZYCZ EMILIA | 910 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K60+ | 2 | K 17 | | | 00:07:42 | 00:45:44 | 01:24:45 | 02:05:15 | 02:46:20.30 | 7:52 | 7.6 |
| 18 | DOMARADZKA AGNIESZKA | 913 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 6 | K 18 | | | 00:07:55 | 00:47:16 | 01:26:52 | 02:06:53 | 02:46:33.10 | 7:53 | 7.6 |
| 19 | BUCZKOWSKA WIESŁAWA | 908 | PENDOLINO | GDYNIA | POL | K60+ | 3 | K 19 | | | 00:07:35 | 00:44:32 | 01:23:43 | 02:04:31 | 02:47:06.25 | 7:55 | 7.6 |
| 20 | POGORZELSKA WIESŁAWA | 933 | WESOŁY BORSUK TEAM | GORZYCE | POL | K30-39 | 6 | K 20 | | | 00:07:12 | 00:44:55 | 01:24:43 | 02:05:17 | 02:47:41.00 | 7:56 | 7.5 |
| 21 | TYLUTKI AGNIESZKA | 967 | FACE NORDIC WALKING TEAM / UKS SJEDLESZCZANY NORDIC WALKING | TARNOBRZE G | POL | K40-49 | 7 | K 21 | | | 00:07:50 | 00:46:21 | 01:25:34 | 02:06:48 | 02:49:02.90 | 8:00 | 7.5 |
| 22 | NIKITIUK ANNA | 963 | | HAJNÓWKA | POL | K30-39 | 7 | K 22 | | | 00:07:37 | 00:46:21 | 01:27:19 | 02:10:32 | 02:53:14.90 | 8:12 | 7.3 |
| 23 | SURIAK EWELINA | 943 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 2 | K 23 | | | 00:07:53 | 00:47:23 | 01:28:44 | 02:11:21 | 02:55:49.90 | 8:19 | 7.2 |
| 24 | ŻUCHOWICZ ELŻBIETA | 959 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K50-59 | 5 | K 24 | | | 00:07:55 | 00:47:08 | 01:29:14 | 02:13:04 | 02:56:25.40 | 8:21 | 7.2 |
| 25 | POSTEK DANUTA | 934 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 6 | K 25 | | | 00:08:14 | 00:49:54 | 01:31:34 | 02:14:21 | 02:57:14.35 | 8:24 | 7.1 |
| 26 | GERLE-KOTULA ANNA | 916 | UNIA MIAST | KATOWICE | POL | K30-39 | 8 | K 26 | | | 00:08:09 | 00:50:39 | 01:33:14 | 02:15:09 | 02:57:38.75 | 8:25 | 7.1 |
| 27 | ZAWADZKA MARIA | 957 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 27 | | | 00:08:40 | 00:51:35 | 01:33:58 | 02:16:01 | 02:57:53.65 | 8:25 | 7.1 |
| 28 | ROZMUS JOLANTA | 938 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K60+ | 5 | K 28 | | | 00:08:35 | 00:50:26 | 01:32:53 | 02:15:47 | 02:58:50.45 | 8:28 | 7.1 |
| 29 | PIOTROWSKA KRYSZYNA | 932 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | K60+ | 6 | K 29 | | | 00:08:46 | 00:51:08 | 01:34:06 | 02:17:36 | 03:02:07.20 | 8:37 | 7 |
| 30 | MALINOWSKA KATARZYNA | 970 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 9 | K 30 | | | 00:07:38 | 00:46:11 | 01:26:10 | 02:09:06 | 03:02:12.80 | 8:38 | 6.9 |
| 31 | JÓZWIK KATARZYNA | 921 | | WARSZAWA | POL | K40-49 | 8 | K 31 | | | 00:09:01 | 00:53:22 | 01:37:52 | 02:23:21 | 03:08:00.75 | 8:54 | 6.7 |
| 32 | SZEWczyk AGNIESZKA | 946 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | 9 | K 32 | | | 00:08:46 | 00:52:04 | 01:36:39 | 02:22:33 | 03:09:52.75 | 8:59 | 6.7 |
| 33 | BERSZTOLC AGNIESZKA | 964 | | SUTNO | | K50-59 | 7 | K 33 | | | 00:08:27 | 00:49:58 | 01:33:29 | 02:21:25 | 03:10:59.75 | 9:03 | 6.6 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|--------------------------|-----|---|------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | DZIEDIEWICZ ANDRZEJ | 914 | | GRODNO | BLR | M30-39 | 1 | M 1 | | | 00:06:17 | 00:37:41 | 01:09:46 | 01:42:16 | 02:15:32.80 | 6:25 | 9.3 |
| 2 | DEPKA PRADZYŃSKI OLGIERD | 911 | BIEGAMYRAZEM | GDYNIA | POL | M50-59 | 1 | M 2 | | | 00:06:49 | 00:38:48 | 01:11:12 | 01:43:23 | 02:16:42.05 | 6:28 | 9.3 |
| 3 | ZARĘBSKI MICHAŁ | 956 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 3 | | | 00:06:27 | 00:38:18 | 01:11:13 | 01:44:54 | 02:21:08.80 | 6:41 | 9 |
| 4 | WIŚNIEWSKI JACEK | 952 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | SANDOMIERZ | POL | M50-59 | 2 | M 4 | | | 00:06:51 | 00:40:11 | 01:13:46 | 01:48:25 | 02:23:25.95 | 6:47 | 8.8 |
| 5 | PUSZKIEL LESZEK | 960 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60+ | 1 | M 5 | | | 00:06:51 | 00:40:07 | 01:14:00 | 01:39:37 | 02:23:57.35 | 6:49 | 8.8 |
| 6 | NACZK LEONARD | 928 | DYNAMIC | LEBORK | POL | M40-49 | 1 | M 6 | | | 00:06:47 | 00:41:02 | 01:14:55 | 01:49:43 | 02:25:53.15 | 6:54 | 8.7 |
| 7 | ZAREMBA JAKUB | 955 | | BIALOWIEŻA | POL | M30-39 | 3 | M 7 | | | 00:06:56 | 00:41:09 | 01:15:49 | 01:51:22 | 02:27:02.90 | 6:58 | 8.6 |
| 8 | ZAGAJA JANUSZ | 954 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60+ | 2 | M 8 | | | 00:06:51 | 00:41:01 | 01:15:42 | 01:51:18 | 02:27:36.15 | 6:59 | 8.6 |
| 9 | PIETRZYK JAROSŁAW | 931 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 4 | M 9 | | | 00:06:42 | 00:40:02 | 01:13:43 | 01:49:22 | 02:27:58.80 | 7:00 | 8.6 |
| 10 | BUŁAKOWSKI BOHDAN | 909 | PASJA NORDIC WALKING | WARSZAWA | POL | M60+ | 3 | M 10 | | | 00:07:25 | 00:42:38 | 01:18:12 | 01:54:06 | 02:30:16.85 | 7:07 | 8.4 |
| 11 | BIK STANISŁAW | 905 | KS METRACO POLKOWICE | KSIĘGINICE | POL | M50-59 | 3 | M 11 | | | 00:07:14 | 00:42:34 | 01:17:32 | 01:53:25 | 02:30:17.45 | 7:07 | 8.4 |
| 12 | MAKOWSKI JAN | 966 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 4 | M 12 | | | 00:07:08 | 00:41:55 | 01:17:03 | 01:53:17 | 02:30:35.50 | 7:08 | 8.4 |
| 13 | ANTOSZEWSKI PIOTR | 902 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M40-49 | 2 | M 13 | | | 00:07:41 | 00:45:38 | 01:21:22 | 01:56:37 | 02:31:46.45 | 7:11 | 8.3 |
| 14 | BOGACKI SŁAWEK | 907 | ENERGA NW TEAM | BRZOZÓWKA KOŁO TORUNIA | POL | M40-49 | 3 | M 14 | | | 00:06:42 | 00:41:01 | 01:16:02 | 01:53:32 | 02:32:13.85 | 7:12 | 8.3 |
| 15 | DOLBAK IHAR | 912 | NORDIC BREST | BRZESC | BLR | M40-49 | 4 | M 15 | | | 00:07:06 | 00:42:58 | 01:19:38 | 01:56:31 | 02:34:11.05 | 7:18 | 8.2 |
| 16 | SZCZEBAK JACEK | 944 | UNIA MIAST | TARNÓW | POL | M40-49 | 5 | M 16 | | | 00:07:19 | 00:43:39 | 01:19:44 | 01:56:40 | 02:34:59.00 | 7:20 | 8.2 |
| 17 | STEPURA ILYA | 965 | | GRODNO | BLR | M18-29 | 1 | M 17 | | | 00:07:50 | 00:46:15 | 01:23:25 | 02:00:52 | 02:36:27.85 | 7:24 | 8.1 |
| 18 | TOMCZYK EDWARD | 949 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M60+ | 4 | M 18 | | | 00:07:31 | 00:43:37 | 01:20:36 | 01:59:11 | 02:38:32.50 | 7:30 | 8 |
| 19 | ZAWADZKI ANDRZEJ | 958 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 5 | M 19 | | | 00:07:38 | 00:44:05 | 01:21:17 | 02:00:26 | 02:39:01.60 | 7:32 | 8 |
| 20 | SMUS DAMIAN | 973 | EPOKA NORDICA | SOCHACZEW | POL | M18-29 | 2 | M 20 | | | 00:07:48 | 00:46:11 | 01:23:25 | 02:00:52 | 02:39:03.55 | 7:32 | 8 |
| 21 | KOWALCZYK MARIUSZ | 926 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 6 | M 21 | | | 00:07:33 | 00:44:06 | 01:21:12 | 02:00:05 | 02:39:56.00 | 7:34 | 7.9 |
| 22 | SORN ŁUKASZ | 940 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M30-39 | 5 | M 22 | | | 00:07:51 | 00:46:08 | 01:24:01 | 02:02:44 | 02:42:19.35 | 7:41 | 7.8 |
| 23 | WESOŁOWSKI WOJCIECH | 950 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M60+ | 5 | M 23 | | | 00:07:42 | 00:44:44 | 01:24:10 | 02:06:54 | 02:49:44.85 | 8:02 | 7.5 |
| 24 | GOIK GRZEGORZ | 917 | RYBNICKI KLUB NORDIC WALKING | RUDZICZKA | POL | M50-59 | 7 | M 24 | | | 00:07:48 | 00:46:03 | 01:25:53 | 02:07:05 | 02:50:01.10 | 8:03 | 7.4 |
| 25 | WIŚNIEWSKI ROMAN | 951 | KS METRACO POLKOWICE | TWARDORZ ECZKA | POL | M60+ | 6 | M 25 | | | 00:07:57 | 00:47:16 | 01:27:36 | 02:08:24 | 02:51:11.15 | 8:06 | 7.4 |
| 26 | GUTOWSKI WOJCIECH | 919 | POWIAT HAJNOWSKI | BIALOWIEŻA | POL | M50-59 | 8 | M 26 | | | 00:07:46 | 00:46:09 | 01:27:03 | 02:07:38 | 02:54:15.90 | 8:15 | 7.3 |
| 27 | MARCINKOWSKI WOJCIECH | 927 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 27 | | | 00:07:52 | 00:50:22 | 01:30:03 | 02:11:17 | 02:54:21.10 | 8:15 | 7.3 |
| 28 | BIERĆ JAROSŁAW | 904 | BIEGOSTOK | BIALYSTOK | POL | M40-49 | 7 | M 28 | | | 00:08:12 | 00:48:22 | 01:28:59 | 02:11:08 | 02:55:22.05 | 8:18 | 7.2 |
| 29 | ŚCIBOR ROBERT | 969 | | KLEMENTOWICE | POL | M40-49 | 8 | M 29 | | | 00:08:12 | 00:48:15 | 01:29:01 | 02:11:08 | 02:55:22.55 | 8:18 | 7.2 |
| 30 | KOTULA JAKUB | 925 | UNIA MIAST | KATOWICE | POL | M30-39 | 6 | M 30 | | | 00:07:48 | 00:48:39 | 01:29:59 | 02:12:26 | 02:56:19.20 | 8:21 | 7.2 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 31 | KOŁACZ JAKUB | 961 | | SOCHACZE W | POL | M30-39 | 7 | M 31 | | | 00:08:26 | 00:49:06 | 01:31:01 | 02:14:33 | 02:57:02.55 | 8:23 | 7.2 |
| 32 | KWAPIS MARIUSZ | 972 | KS METRACO POLKOWICE | RUJ LENNICA | POL | M18-29 | 3 | M 32 | | | 00:07:47 | 00:47:25 | 01:28:02 | 02:10:54 | 02:58:35.20 | 8:27 | 7.1 |
| 33 | CZYCZ KAZIMIERZ | 968 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60+ | 7 | M 33 | | | 00:08:21 | 00:48:23 | 01:29:23 | 02:12:27 | 03:01:48.65 | 8:36 | 7 |
| 34 | JASIŃSKI MICHAŁ | 920 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M18-29 | 4 | M 34 | | | 00:08:22 | 00:50:55 | 01:34:27 | 02:19:35 | 03:07:39.40 | 8:53 | 6.7 |
| 35 | ŚWIRSZCZ TOMASZ | 948 | LUBLIN CHODZI Z KIJKAMI | ŚWIDNIK | POL | M60+ | 8 | M 35 | | | 00:08:31 | 00:50:26 | 01:34:02 | 02:20:37 | 03:07:50.95 | 8:54 | 6.7 |
| 36 | SZEWCZYK MAREK | 945 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | 9 | M 36 | | | 00:08:35 | 00:50:54 | 01:34:52 | 02:21:37 | 03:10:03.05 | 9:00 | 6.7 |
| 37 | ANDROSIUK KRZYSZTOF | 901 | | HAJNÓWKA | POL | M18-29 | 5 | M 37 | | | 00:10:18 | 01:01:28 | 01:54:52 | 02:54:50 | 03:57:39.85 | 11:15 | 5.3 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|-----------------|-----|-----------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | KOBIELA DARIA | 923 | BŁĘKITNI NW DZIEMIANY | BOROWIEC | POL | K18-29 | 1 | K 14 | | | 00:07:51 | 00:46:24 | 01:24:49 | 02:04:08 | 02:44:36.95 | 7:48 | 7.7 |
| 2 | SURIAK EWELINA | 943 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHO WA | POL | K18-29 | 2 | K 23 | | | 00:07:53 | 00:47:23 | 01:28:44 | 02:11:21 | 02:55:49.90 | 8:19 | 7.2 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | STEPURA ILYA | 965 | | GRODNO | BLR | M18-29 | 1 | M 17 | | | 00:07:50 | 00:46:15 | 01:23:25 | 02:00:52 | 02:36:27.85 | 7:24 | 8.1 |
| 2 | SMUS DAMIAN | 973 | EPOKA NORDICA | SOCHACZE W | POL | M18-29 | 2 | M 20 | | | 00:07:48 | 00:46:11 | 01:23:25 | 02:00:52 | 02:39:03.55 | 7:32 | 8 |
| 3 | KWAPIS MARIUSZ | 972 | KS METRACO POLKOWICE | RUJ LENNICA | POL | M18-29 | 3 | M 32 | | | 00:07:47 | 00:47:25 | 01:28:02 | 02:10:54 | 02:58:35.20 | 8:27 | 7.1 |
| 4 | JASIŃSKI MICHAŁ | 920 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M18-29 | 4 | M 34 | | | 00:08:22 | 00:50:55 | 01:34:27 | 02:19:35 | 03:07:39.40 | 8:53 | 6.7 |
| 5 | ANDROSIUK KRZYSZTOF | 901 | | HAJNÓWKA | POL | M18-29 | 5 | M 37 | | | 00:10:18 | 01:01:28 | 01:54:52 | 02:54:50 | 03:57:39.85 | 11:15 | 5.3 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|-------------------------|-----|-----------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | PASIKOWSKA MARIOLA | 930 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI | POL | K30-39 | 1 | K 1 | | | 00:06:40 | 00:41:07 | 01:16:35 | 01:52:23 | 02:29:03.45 | 7:03 | 8.5 |
| 2 | PUHTIY EVGENIA | 935 | NWSOLONGA | ELEKTROST AL | RUS | K30-39 | 2 | K 3 | | | 00:06:56 | 00:42:23 | 01:18:17 | 01:54:21 | 02:30:50.50 | 7:08 | 8.4 |
| 3 | SKRYCKA KATARZYNA | 782 | KS METRACO POLKOWICE | LUBIN | POL | K30-39 | 3 | K 7 | | | 00:07:35 | 00:44:09 | 01:21:36 | 01:59:32 | 02:37:42.85 | 7:28 | 8 |
| 4 | REJ ANNA | 936 | | HAJNÓWKA | POL | K30-39 | 4 | K 12 | | | 00:07:36 | 00:45:07 | 01:23:29 | 02:02:38 | 02:42:34.15 | 7:42 | 7.8 |
| 5 | STĘPCZYŃSKA ANGELIKA | 941 | GOSIR OSIELSKO | OSIELSKO | POL | K30-39 | 5 | K 13 | | | 00:07:50 | 00:45:49 | 01:24:15 | 02:03:23 | 02:43:42.05 | 7:45 | 7.7 |
| 6 | POGORZELSKA WIESŁAWA | 933 | WESOŁY BORSUK TEAM | GORZYCE | POL | K30-39 | 6 | K 20 | | | 00:07:12 | 00:44:55 | 01:24:43 | 02:05:17 | 02:47:41.00 | 7:56 | 7.5 |
| 7 | NIKITIUK ANNA | 963 | | HAJNÓWKA | POL | K30-39 | 7 | K 22 | | | 00:07:37 | 00:46:21 | 01:27:19 | 02:10:32 | 02:53:14.90 | 8:12 | 7.3 |
| 8 | GERLE-KOTULA ANNA | 916 | UNIA MIAST | KATOWICE | POL | K30-39 | 8 | K 26 | | | 00:08:09 | 00:50:39 | 01:33:14 | 02:15:09 | 02:57:38.75 | 8:25 | 7.1 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, K30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|-------------------------|-----|--------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 9 | MALINOWSKA KATARZYNA | 970 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 9 | K 30 | | | 00:07:38 | 00:46:11 | 01:26:10 | 02:09:06 | 03:02:12.80 | 8:38 | 6.9 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | DZIEDIEWICZ ANDRZEJ | 914 | | GRODNO | BLR | M30-39 | 1 | M 1 | | | 00:06:17 | 00:37:41 | 01:09:46 | 01:42:16 | 02:15:32.80 | 6:25 | 9.3 |
| 2 | ZARĘBSKI MICHAŁ | 956 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHO WA | POL | M30-39 | 2 | M 3 | | | 00:06:27 | 00:38:18 | 01:11:13 | 01:44:54 | 02:21:08.80 | 6:41 | 9 |
| 3 | ZAREMBA JAKUB | 955 | | BIAŁOWIEŻA | POL | M30-39 | 3 | M 7 | | | 00:06:56 | 00:41:09 | 01:15:49 | 01:51:22 | 02:27:02.90 | 6:58 | 8.6 |
| 4 | PIETRZYK JAROSŁAW | 931 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHO WA | POL | M30-39 | 4 | M 9 | | | 00:06:42 | 00:40:02 | 01:13:43 | 01:49:22 | 02:27:58.80 | 7:00 | 8.6 |
| 5 | SORN ŁUKASZ | 940 | FACE NORDIC WALKING TEAM | GDYNIA | POL | M30-39 | 5 | M 22 | | | 00:07:51 | 00:46:08 | 01:24:01 | 02:02:44 | 02:42:19.35 | 7:41 | 7.8 |
| 6 | KOTULA JAKUB | 925 | UNIA MIAST | KATOWICE | POL | M30-39 | 6 | M 30 | | | 00:07:48 | 00:48:39 | 01:29:59 | 02:12:26 | 02:56:19.20 | 8:21 | 7.2 |
| 7 | KOŁACZ JAKUB | 961 | | SOCHACZE W | POL | M30-39 | 7 | M 31 | | | 00:08:26 | 00:49:06 | 01:31:01 | 02:14:33 | 02:57:02.55 | 8:23 | 7.2 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|--------------------------|-----|--|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | NIEDZWIECKA KATARZYNA | 962 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | BRANIEWO | POL | K40-49 | 1 | K 2 | | | 00:07:25 | 00:43:58 | 01:19:38 | 01:54:57 | 02:30:37.85 | 7:08 | 8.4 |
| 2 | SZULC ALICJA | 947 | NW WERWA MŁAWA | MŁAWA | POL | K40-49 | 2 | K 4 | | | 00:07:18 | 00:42:43 | 01:18:59 | 01:55:57 | 02:34:27.30 | 7:19 | 8.2 |
| 3 | KOŁODZIEJ JOANNA | 924 | FABRIKANORDIKA | RUDA ŚLĄSKI | POL | K40-49 | 3 | K 5 | | | 00:07:17 | 00:43:44 | 01:20:38 | 01:58:16 | 02:36:16.85 | 7:24 | 8.1 |
| 4 | BANASZKIEWICZ KASIA | 903 | PILSCY MIŁOŚNICY NW | KACZORY | POL | K40-49 | 4 | K 8 | | | 00:07:19 | 00:43:47 | 01:21:05 | 01:59:20 | 02:39:13.05 | 7:32 | 8 |
| 5 | WOLNIEWICZ KATARZYNA | 953 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K40-49 | 5 | K 16 | | | 00:07:32 | 00:45:00 | 01:23:36 | 02:03:37 | 02:45:01.50 | 7:49 | 7.7 |
| 6 | DOMARADZKA AGNIESZKA | 913 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 | 6 | K 18 | | | 00:07:55 | 00:47:16 | 01:26:52 | 02:06:53 | 02:46:33.10 | 7:53 | 7.6 |
| 7 | TYLUTKI AGNIESZKA | 967 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | TARNOBRZE G | POL | K40-49 | 7 | K 21 | | | 00:07:50 | 00:46:21 | 01:25:34 | 02:06:48 | 02:49:02.90 | 8:00 | 7.5 |
| 8 | JÓZWIK KATARZYNA | 921 | | WARSZAWA | POL | K40-49 | 8 | K 31 | | | 00:09:01 | 00:53:22 | 01:37:52 | 02:23:21 | 03:08:00.75 | 8:54 | 6.7 |
| 9 | SZEWCZYK AGNIESZKA | 946 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | K40-49 | 9 | K 32 | | | 00:08:46 | 00:52:04 | 01:36:39 | 02:22:33 | 03:09:52.75 | 8:59 | 6.7 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------|-------------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | NACZK LEONARD | 928 | DYNAMIC | ŁĘBORK | POL | M40-49 | 1 | M 6 | | | 00:06:47 | 00:41:02 | 01:14:55 | 01:49:43 | 02:25:53.15 | 6:54 | 8.7 |
| 2 | ANTOSZEWSKI PIOTR | 902 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M40-49 | 2 | M 13 | | | 00:07:41 | 00:45:38 | 01:21:22 | 01:56:37 | 02:31:46.45 | 7:11 | 8.3 |
| 3 | BOGACKI SŁAWEK | 907 | ENERGA NW TEAM | BRZOZÓWK A KOŁO TORUNIA | POL | M40-49 | 3 | M 14 | | | 00:06:42 | 00:41:01 | 01:16:02 | 01:53:32 | 02:32:13.85 | 7:12 | 8.3 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, M40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|--------------------------|-----|--------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 4 | DOLBAK IHAR | 912 | NORDIC BREST | BRZESC | BLR | M40-49 | 4 | M 15 | | | 00:07:06 | 00:42:58 | 01:19:38 | 01:56:31 | 02:34:11.05 | 7:18 | 8.2 |
| 5 | SZCZEBAK JACEK | 944 | UNIA MIAST | TARNÓW | POL | M40-49 | 5 | M 16 | | | 00:07:19 | 00:43:39 | 01:19:44 | 01:56:40 | 02:34:59.00 | 7:20 | 8.2 |
| 6 | MARCINKOWSKI WOJCIECH | 927 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 27 | | | 00:07:52 | 00:50:22 | 01:30:03 | 02:11:17 | 02:54:21.10 | 8:15 | 7.3 |
| 7 | BIERĆ JAROSŁAW | 904 | BIEGOSTOK | BIALYSTOK | POL | M40-49 | 7 | M 28 | | | 00:08:12 | 00:48:22 | 01:28:59 | 02:11:08 | 02:55:22.05 | 8:18 | 7.2 |
| 8 | ŚCIBOR ROBERT | 969 | | KLEMENTO WICE | POL | M40-49 | 8 | M 29 | | | 00:08:12 | 00:48:15 | 01:29:01 | 02:11:08 | 02:55:22.55 | 8:18 | 7.2 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | BOCZAR BEATA | 906 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 1 | K 9 | | | 00:07:32 | 00:44:16 | 01:21:48 | 01:59:48 | 02:39:13.40 | 7:32 | 8 |
| 2 | JANOSZKA IRENA | 971 | CIDRY LOTAJĄ | RADZIONÓ W | POL | K50-59 | 2 | K 10 | | | 00:07:31 | 00:44:31 | 01:22:40 | 02:01:12 | 02:40:02.95 | 7:35 | 7.9 |
| 3 | KARASIEWICZ IRENA | 922 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K50-59 | 3 | K 11 | | | 00:07:37 | 00:44:33 | 01:23:02 | 02:02:06 | 02:42:02.20 | 7:40 | 7.8 |
| 4 | ROSOLEK ELŻBIETA | 937 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K50-59 | 4 | K 15 | | | 00:07:52 | 00:47:09 | 01:25:57 | 02:05:05 | 02:44:49.75 | 7:48 | 7.7 |
| 5 | ŻUCHOWICZ ELŻBIETA | 959 | DĄBROWA NORDIC TEAM | DĄBROWA GÓRNICZA | POL | K50-59 | 5 | K 24 | | | 00:07:55 | 00:47:08 | 01:29:14 | 02:13:04 | 02:56:25.40 | 8:21 | 7.2 |
| 6 | POSTEK DANUTA | 934 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 6 | K 25 | | | 00:08:14 | 00:49:54 | 01:31:34 | 02:14:21 | 02:57:14.35 | 8:24 | 7.1 |
| 7 | BERSZTOLC AGNIESZKA | 964 | | SUTNO | | K50-59 | 7 | K 33 | | | 00:08:27 | 00:49:58 | 01:33:29 | 02:21:25 | 03:10:59.75 | 9:03 | 6.6 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|--------------------------------|-----|--|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | DEPKA PRĄDZYŃSKI OLGIERD | 911 | BIEGAMYRAZEM | GDYNIA | POL | M50-59 | 1 | M 2 | | | 00:06:49 | 00:38:48 | 01:11:12 | 01:43:23 | 02:16:42.05 | 6:28 | 9.3 |
| 2 | WIŚNIEWSKI JACEK | 952 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | SANDOMIER Z | POL | M50-59 | 2 | M 4 | | | 00:06:51 | 00:40:11 | 01:13:46 | 01:48:25 | 02:23:25.95 | 6:47 | 8.8 |
| 3 | BIK STANISŁAW | 905 | KS METRACO POLKOWICE | KSIĘGINICE | POL | M50-59 | 3 | M 11 | | | 00:07:14 | 00:42:34 | 01:17:32 | 01:53:25 | 02:30:17.45 | 7:07 | 8.4 |
| 4 | MAKOWSKI JAN | 966 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 4 | M 12 | | | 00:07:08 | 00:41:55 | 01:17:03 | 01:53:17 | 02:30:35.50 | 7:08 | 8.4 |
| 5 | ZAWADZKI ANDRZEJ | 958 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 5 | M 19 | | | 00:07:38 | 00:44:05 | 01:21:17 | 02:00:26 | 02:39:01.60 | 7:32 | 8 |
| 6 | KOWALCZYK MARIUSZ | 926 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M50-59 | 6 | M 21 | | | 00:07:33 | 00:44:06 | 01:21:12 | 02:00:05 | 02:39:56.00 | 7:34 | 7.9 |
| 7 | GOIK GRZEGORZ | 917 | RYBNICKI KLUB NORDIC WALKING | RUDZICZKA | POL | M50-59 | 7 | M 24 | | | 00:07:48 | 00:46:03 | 01:25:53 | 02:07:05 | 02:50:01.10 | 8:03 | 7.4 |
| 8 | GUTOWSKI WOJCIECH | 919 | POWIAT HAJNOWSKI | BIAŁOWIEŻA | POL | M50-59 | 8 | M 26 | | | 00:07:46 | 00:46:09 | 01:27:03 | 02:07:38 | 02:54:15.90 | 8:15 | 7.3 |
| 9 | SZEWczyk MAREK | 945 | FACE NORDIC WALKING TEAM | WARSZAWA | POL | M50-59 | 9 | M 36 | | | 00:08:35 | 00:50:54 | 01:34:52 | 02:21:37 | 03:10:03.05 | 9:00 | 6.7 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------------|-----------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | STĘPIEŃ LUCYNA | 942 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 6 | | | 00:07:31 | 00:44:10 | 01:21:36 | 01:59:38 | 02:37:36.75 | 7:28 | 8 |
| 2 | CZYCZ EMILIA | 910 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K60+ | 2 | K 17 | | | 00:07:42 | 00:45:44 | 01:24:45 | 02:05:15 | 02:46:20.30 | 7:52 | 7.6 |
| 3 | BUCZKOWSKA WIESŁAWA | 908 | PENDOLINO | GDYNIA | POL | K60+ | 3 | K 19 | | | 00:07:35 | 00:44:32 | 01:23:43 | 02:04:31 | 02:47:06.25 | 7:55 | 7.6 |
| 4 | ZAWADZKA MARIA | 957 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 27 | | | 00:08:40 | 00:51:35 | 01:33:58 | 02:16:01 | 02:57:53.65 | 8:25 | 7.1 |
| 5 | ROZMUS JOLANTA | 938 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K60+ | 5 | K 28 | | | 00:08:35 | 00:50:26 | 01:32:53 | 02:15:47 | 02:58:50.45 | 8:28 | 7.1 |
| 6 | PIOTROWSKA KRYSTYNA | 932 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | K60+ | 6 | K 29 | | | 00:08:46 | 00:51:08 | 01:34:06 | 02:17:36 | 03:02:07.20 | 8:37 | 7 |

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|------------------------|-----|----------------------------|-------------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1 | PUSZKIEL LESZEK | 960 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60+ | 1 | M 5 | | | 00:06:51 | 00:40:07 | 01:14:00 | 01:39:37 | 02:23:57.35 | 6:49 | 8.8 |
| 2 | ZAGAJA JANUSZ | 954 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60+ | 2 | M 8 | | | 00:06:51 | 00:41:01 | 01:15:42 | 01:51:18 | 02:27:36.15 | 6:59 | 8.6 |
| 3 | BULAKOWSKI BOHDAN | 909 | PASJA NORDIC WALKING | WARSZAWA | POL | M60+ | 3 | M 10 | | | 00:07:25 | 00:42:38 | 01:18:12 | 01:54:06 | 02:30:16.85 | 7:07 | 8.4 |
| 4 | TOMCZYK EDWARD | 949 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M60+ | 4 | M 18 | | | 00:07:31 | 00:43:37 | 01:20:36 | 01:59:11 | 02:38:32.50 | 7:30 | 8 |
| 5 | WESOŁOWSKI WOJCIECH | 950 | NORDIC TEAM GNIEZNO | GNIEZNO | POL | M60+ | 5 | M 23 | | | 00:07:42 | 00:44:44 | 01:24:10 | 02:06:54 | 02:49:44.85 | 8:02 | 7.5 |
| 6 | WIŚNIEWSKI ROMAN | 951 | KS METRACO POLKOWICE | TWARDORZ ECZKA | POL | M60+ | 6 | M 25 | | | 00:07:57 | 00:47:16 | 01:27:36 | 02:08:24 | 02:51:11.15 | 8:06 | 7.4 |
| 7 | CZYCZ KAZIMIERZ | 968 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | M60+ | 7 | M 33 | | | 00:08:21 | 00:48:23 | 01:29:23 | 02:12:27 | 03:01:48.65 | 8:36 | 7 |
| 8 | ŚWIRSZCZ TOMASZ | 948 | LUBLIN CHODZI Z KJKAMI | ŚWIDNIK | POL | M60+ | 8 | M 35 | | | 00:08:31 | 00:50:26 | 01:34:02 | 02:20:37 | 03:07:50.95 | 8:54 | 6.7 |