

# OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM

Organizator: PFNW  
Data: 2015-08-08  
Miejsce: Osielsko  
Dystans: 21.1 km

Wyniki dla punktu pomiaru: 11.12 km

Klasyfikacja wg czasów netto.



## OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, OPEN

| M-ce | Nazwisko i imię          | Nr  | Klub                            | M-scowość           | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|--------------------------|-----|---------------------------------|---------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SKIBA KRZYSZTOF          | 769 | KGHM METRACO POLKOWICE          | POLKOWICE           | POL  | M 50-59 |             |              | 00:03:18 | 00:06:39 | 00:38:36 | 01:10:46 | 01:43:43 |
| 2    | DEPKA PRĄDZYŃSKI OLGIERD | 710 | BIEGAMYRAZEM.PL                 | GDYNIA              | POL  | M 50-59 |             |              | 00:03:39 | 00:07:15 | 00:40:07 | 01:12:48 | 01:45:56 |
| 3    | WIŚNIEWSKI JACEK         | 620 | NORDIC ACTIVE TARNOBREZG        | SANDOMIERZ          | POL  | M 50-59 |             |              | 00:03:40 | 00:07:16 | 00:40:12 | 01:13:04 | 01:47:19 |
| 4    | MRÓZ KATARZYNA           | 744 | NORDIC DEVELOPMENT              | OSIELSKO            | POL  | K 40-49 |             |              | 00:03:31 | 00:07:03 | 00:40:48 | 01:15:31 | 01:50:43 |
| 5    | NALEPKA JERZY            | 745 | PITBULL WALKING - SANOK         | SANOK               | POL  | M 60+   |             |              | 00:03:40 | 00:07:13 | 00:40:46 | 01:15:41 | 01:51:22 |
| 6    | STUPNOWICZ PRZEMEK       | 778 | FOREVER YOUNG ŁÓDŹ              | ŁÓDŹ                | POL  | M 18-29 |             |              | 00:03:41 | 00:07:17 | 00:41:53 | 01:16:50 | 01:51:07 |
| 7    | BOGACKI SŁAWEK           | 706 | ENERGA NW TEAM                  | BRZOZÓWKA K/TORUNIA | POL  | M 40-49 |             |              | 00:03:42 | 00:07:20 | 00:41:48 | 01:16:52 | 01:51:37 |
| 8    | LENZ ANDRZEJ             | 739 | DĄBROWA NORDIC TEAM             | GNIEZNO             | POL  | M 50-59 |             |              | 00:03:44 | 00:07:26 | 00:42:01 | 01:17:03 | 01:52:30 |
| 9    | ROGAŁSKI PIOTR           | 763 | GDYNIA MOJE MIASTO              | GDYNIA              | POL  | M 40-49 |             |              | 00:03:43 | 00:07:23 | 00:41:43 | 01:17:06 | 01:53:55 |
| 10   | KOŁODZIEJCZAK BEATA      | 724 |                                 | SOCHACZEW           | POL  | K 40-49 |             |              | 00:03:33 | 00:07:12 | 00:42:02 | 01:17:34 | 01:53:46 |
| 11   | PIOTROWSKI MICHAŁ        | 621 | PENDOLINO                       | GDAŃSK              | POL  | M 30-39 |             |              | 00:03:46 | 00:07:28 | 00:42:20 | 01:17:45 | 01:56:01 |
| 12   | KACZKOWSKI ZBIGNIEW      | 723 | MARSZPOZDROWIE                  | POZNAŃ              | POL  | M 30-39 | 1           |              | 00:03:47 | 00:07:33 | 00:42:36 | 01:18:22 | 01:54:56 |
| 13   | SMUS DAMIAN              | 770 | UCZELNIA WARSZAWSKA             | SOCHACZEW           | POL  | M 18-29 |             |              | 00:03:46 | 00:07:34 | 00:42:44 | 01:18:25 | 01:56:26 |
| 14   | ŻYWIĆKI MARCIN           | 628 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY           | POL  | M 30-39 |             |              | 00:03:50 | 00:07:37 | 00:42:30 | 01:18:34 | 01:54:58 |
| 15   | ZAGAJA JANUSZ            | 753 | KGHM METRACO POLKOWICE          | POKÓJ               | POL  | M 60+   |             |              | 00:03:32 | 00:07:04 | 00:41:24 | 01:18:34 | 01:57:25 |
| 16   | GALIŃSKI RAFAŁ           | 525 | DĄBROWA NORDIC TEAM             | PARKOSZOWICE        | POL  | M 40-49 |             |              | 00:03:45 | 00:07:24 | 00:42:30 | 01:18:35 | 01:54:39 |
| 17   | WRÓBEL ŁUKASZ            | 364 |                                 | MIĘDZYRZEC PODLASKI | POL  | M 30-39 |             |              | 00:03:41 | 00:07:25 | 00:43:12 | 01:19:34 | 01:56:46 |
| 18   | BAJER PIOTR              | 702 | BRAN-FROM TEAM                  | FROMBORK            | POL  | M 50-59 |             |              | 00:03:55 | 00:07:54 | 00:43:45 | 01:20:52 | 01:58:30 |
| 19   | ŚLUSARCZYK MARCIN        | 714 | WESOŁY BORSUK TEAM              | PRUDNIK             | POL  | M 30-39 |             |              | 00:03:50 | 00:07:44 | 00:44:19 | 01:21:14 | 01:58:33 |
| 20   | KOWALCZYK MARIUSZ        | 735 | GREEN TEAM ZIELONA GÓRA         | ZIELONA GÓRA        | POL  | M 40-49 |             |              | 00:03:45 | 00:07:39 | 00:44:32 | 01:22:18 | 02:01:49 |
| 21   | SOBKOWSKI JANUSZ         | 771 | SILESIA NORDIC TEAM             | ŁODYGOWICE          | POL  | M 60+   |             |              | 00:03:46 | 00:07:34 | 00:43:56 | 01:22:23 | 02:01:59 |
| 22   | WELNICKI WALDEMAR        | 717 | GOSIR OSIELSKO                  | OSIELSKO            | POL  | M 40-49 |             |              | 00:03:41 | 00:07:23 | 00:43:45 | 01:22:26 | 02:02:06 |
| 23   | ZACZYŃSKA ANNA           | 374 | KGHM METRACO POLKOWICE          | LUBIN               | POL  | K 30-39 |             |              | 00:03:32 | 00:07:09 | 00:44:28 | 01:22:34 | 02:01:50 |
| 24   | GALIŃSKA TATIANA         | 713 | DĄBROWA NORDIC TEAM             | PARKOSZOWICE        | POL  | K 40-49 |             |              | 00:03:47 | 00:07:39 | 00:44:32 | 01:22:37 | 02:01:04 |
| 25   | WESOŁOWSKI WOJCIECH      | 775 | NIEZRZESZONY                    | GNIEZNO             | POL  | M 60+   | 1           |              | 00:03:56 | 00:07:51 | 00:44:15 | 01:22:44 | 02:02:54 |
| 26   | LEWANDOWSKI ROBERT       | 154 | GOSIR OSIELSKO                  | OSIELSKO            | POL  | M 30-39 | 1           |              | 00:03:50 | 00:07:40 | 00:44:35 | 01:22:55 | 02:02:23 |
| 27   | PIETRZYK JAROSŁAW        | 757 | REGATTA NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | M 30-39 |             |              | 00:03:45 | 00:07:32 | 00:43:58 | 01:23:10 | 02:04:38 |
| 28   | STOPA JOANNA             | 629 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY           | POL  | K 18-29 |             |              | 00:03:45 | 00:07:41 | 00:45:06 | 01:23:15 | 02:01:57 |
| 29   | BIAŁAS KLAUDIA           | 704 | SILESIA NORDIC TEAM             | ORZESZE             | POL  | K 18-29 |             |              | 00:03:47 | 00:07:40 | 00:45:05 | 01:23:50 | 02:03:00 |
| 30   | MOTYLSKA ALEKSA          | 743 | DRUŻYNA SZPIKU                  | MOGILNO             | POL  | K 18-29 |             |              | 00:03:46 | 00:07:43 | 00:45:38 | 01:23:58 | 02:03:07 |
| 31   | KOMAJDA JAROSŁAW         | 729 | GOSIR OSIELSKO                  | OSIELSKO            | POL  | M 50-59 |             |              | 00:03:54 | 00:07:55 | 00:46:07 | 01:24:11 | 02:02:40 |
| 32   | KACORZYK WŁADYSŁAW       | 722 | SILESIA NORDIC TEAM             | MIKOŁÓW             | POL  | M 50-59 |             |              | 00:03:49 | 00:07:38 | 00:44:29 | 01:24:31 | 02:05:02 |
| 33   | KLIMCZEWSKI MAREK        | 727 | FOREVER YOUNG ŁÓDŹ              | ŁÓDŹ                | POL  | M 50-59 |             |              | 00:03:45 | 00:07:27 | 00:44:51 | 01:24:33 | 02:04:31 |
| 34   | JANCZYK MAŁGORZATA       | 731 |                                 | ŁÓDŹ                | POL  | K 30-39 |             |              | 00:03:51 | 00:07:45 | 00:45:42 | 01:24:34 | 02:05:01 |
| 35   | PIEKARSKI JAKUB          | 756 | GOSIR OSIELSKO                  | BYDGOSZCZ           | POL  | M 18-29 |             |              | 00:03:49 | 00:07:48 | 00:45:48 | 01:24:54 | 02:05:49 |
| 36   | STĘPIEŃ LUCYNA           | 366 |                                 | LUBIN               | POL  | K 50-59 |             |              | 00:04:05 | 00:08:13 | 00:46:19 | 01:25:37 | 02:04:44 |
| 37   | SORN ŁUKASZ              | 772 | CHODZIEKJAMI                    | GDYNIA              | POL  | M 18-29 |             |              | 00:03:56 | 00:08:04 | 00:47:14 | 01:25:51 | 02:06:07 |
| 38   | KACZMAREK ELŻBIETA       | 623 |                                 | STARE MIASTO        | POL  | K 50-59 |             |              | 00:04:06 | 00:08:14 | 00:46:36 | 01:26:10 | 02:06:15 |
| 39   | OGONOWSKI PAWEŁ          | 751 | NW CIECHANÓW                    | CIECHANÓW           | POL  | M 40-49 | 1           |              | 00:03:52 | 00:07:46 | 00:45:50 | 01:26:22 | 02:09:27 |
| 40   | CZYŻ EMILIA              | 709 | GREEN TEAM ZIELONA GÓRA         | ZIELONA GÓRA        | POL  | K 60+   |             |              | 00:04:11 | 00:08:21 | 00:46:45 | 01:26:34 | 02:08:16 |
| 41   | MARKIEWICZ ADAM          | 742 |                                 | BYDGOSZCZ           | POL  | M 40-49 | 1           |              | 00:03:53 | 00:07:54 | 00:46:19 | 01:26:36 | 02:08:08 |
| 42   | GÓRSKA WERONIKA          | 715 | GOSIR OSIELSKO                  | OSIELSKO            | POL  | K 18-29 |             |              | 00:03:53 | 00:07:55 | 00:46:50 | 01:26:40 | 02:07:22 |
| 43   | ŁABĘCKI EDWARD           | 741 | MOSIR RYPIN                     | RYPIN               | POL  | M 60+   |             |              | 00:04:15 | 00:08:33 | 00:47:27 | 01:26:48 | 02:05:43 |
| 44   | SARNOWSKA WANDA          | 767 | GREEN TEAM ZIELONA GÓRA         | ZIELONA GÓRA        | POL  | K 50-59 |             |              | 00:04:13 | 00:08:23 | 00:47:23 | 01:26:53 | 02:06:39 |
| 45   | STĘPCZYŃSKA ANGELIKA     | 593 | THE BEST-MY IDZIEMY I CZEŚĆ     | ŁABISZYN            | POL  | K 30-39 |             |              | 00:04:06 | 00:08:17 | 00:47:38 | 01:27:01 | 02:07:21 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                       | M-scowość        | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|---------------------------|-----|----------------------------|------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 46   | KARASIEWICZ IRENA         | 726 | BRAN-FROM TEAM             | BRANIEWO         | POL  | K 50-59 | 1           |              | 00:04:12 | 00:08:21 | 00:47:48 | 01:27:15 | 02:06:57 |
| 47   | ROSADZIŃSKA NATALIA       | 764 | UMP                        | LESZNO           | POL  | K 18-29 |             |              | 00:04:04 | 00:08:15 | 00:47:21 | 01:27:33 | 02:08:37 |
| 48   | KOPEĆ DOROTA              | 627 | BŁĘKITNI NW DZIEMIANY      | DZIEMIANY        | POL  | K 18-29 |             |              | 00:04:03 | 00:08:14 | 00:47:02 | 01:27:34 | 02:09:46 |
| 49   | SZULC ALICJA              | 780 | MOSIR MŁAWA                | MŁAWA            | POL  | K 30-39 |             |              | 00:03:56 | 00:07:59 | 00:47:16 | 01:27:54 | 02:12:35 |
| 50   | PYZIK-KAPSZEWICZ ANGELIKA | 759 | LKS ZANTYR SZTUM           | SZTUM            | POL  | K 18-29 |             |              | 00:04:02 | 00:08:12 | 00:47:20 | 01:28:43 | 02:12:52 |
| 51   | AKSAMIT JAKUB             | 701 | FANATYK KONARY             | KONARY           | POL  | M 18-29 | 1           |              | 00:03:57 | 00:08:00 | 00:47:10 | 01:28:59 | 02:11:12 |
| 52   | BEDYK CZESŁAW             | 703 | FOREVER YOUNG ŁÓDŹ         | ŁÓDŹ             | POL  | M 60+   |             |              | 00:04:14 | 00:08:33 | 00:48:30 | 01:30:03 | 02:12:29 |
| 53   | CIENNIK WIKTOR            | 708 | FOREVER YOUNG ŁÓDŹ         | ŁÓDŹ             | POL  | M 40-49 |             |              | 00:04:14 | 00:08:33 | 00:48:50 | 01:30:08 | 02:13:33 |
| 54   | WAJS JERZY                | 752 | NW CIECHANÓW               | CIECHANÓW        | POL  | M 50-59 |             |              | 00:04:14 | 00:08:34 | 00:48:30 | 01:30:22 | 02:14:12 |
| 55   | JASIŃSKI MARIAN           | 720 | K.S. ELBŁĄSKIE WŁÓCZY-KIJE | ELBŁĄG           | POL  | M 60+   |             |              | 00:04:14 | 00:08:26 | 00:48:10 | 01:30:31 | 02:13:49 |
| 56   | KOSTKA MARIA              | 734 | DĄBROWA NORDIC TEAM        | SŁAWKÓW          | POL  | K 30-39 |             |              | 00:04:21 | 00:08:44 | 00:49:47 | 01:31:03 | 02:11:53 |
| 57   | ŻUCHOWICZ MONIKA          | 349 | DĄBROWA NORDIC TEAM        | DĄBROWA GÓRNICZA | POL  | K 18-29 |             |              | 00:04:18 | 00:08:37 | 00:49:46 | 01:31:06 | 02:11:12 |
| 58   | GRYGIEL MONIKA            | 716 | FACE NORDIC WALKING TEAM   | GRUSZCZYN        | POL  | K 30-39 |             |              | 00:04:19 | 00:08:46 | 00:50:06 | 01:31:41 | 02:14:16 |
| 59   | WYLUPSKI ZBIGNIEW         | 718 | PATYCZAKI                  | GRUDZIĄDZ        | POL  | M 60+   |             |              | 00:04:31 | 00:09:04 | 00:48:56 | 01:31:46 | 02:15:38 |
| 60   | WITKOWSKA MARIA           | 765 | STADION ŚLĄSKI             | KATOWICE         | POL  | K 60+   |             |              | 00:04:14 | 00:08:29 | 00:49:06 | 01:31:51 | 02:15:30 |
| 61   | NESSSEL KATARZYNA         | 746 | PATYCZAKI                  | GRUDZIĄDZ        | POL  | K 40-49 | 1           |              | 00:04:40 | 00:09:07 | 00:49:58 | 01:32:03 | 02:15:32 |
| 62   | PERLIK WIESŁAW            | 755 | INWB                       | ZIELONKA         | POL  | M 60+   |             |              | 00:03:58 | 00:08:02 | 00:48:44 | 01:33:04 | 02:17:52 |
| 63   | PAŁKA LESZEK              | 619 |                            | WROCŁAW          | POL  | M 60+   |             |              | 00:04:34 | 00:09:09 | 00:50:53 | 01:33:09 | 02:17:22 |
| 64   | KULKA MACIEJ              | 738 | FACE NORDIC WALKING TEAM   | POZNAŃ           | POL  | M 50-59 |             |              | 00:04:33 | 00:09:09 | 00:51:11 | 01:33:31 | 02:16:11 |
| 65   | JARONIEK-BEDYK WIESŁAWA   | 719 | FOREVER YOUNG ŁÓDŹ         | ŁÓDŹ             | POL  | K 60+   |             |              | 00:04:20 | 00:08:41 | 00:50:29 | 01:33:51 | 02:19:22 |
| 66   | KUCYPERA DAGMARA          | 737 | DĄBROWA NORDIC TEAM        | BĘDZIN           | POL  | K 40-49 |             |              | 00:04:33 | 00:09:04 | 00:51:23 | 01:34:28 | 02:18:25 |
| 67   | STĘPKOWSKI ANDRZEJ        | 356 | WŁÓCZYKIJE ELBŁĄG          | ELBŁĄG           | POL  | M 40-49 |             |              | 00:04:32 | 00:09:11 | 00:51:16 | 01:34:31 | 02:21:11 |
| 68   | NOWAKOWSKI RAFAŁ          | 353 | JEZIORKI AKTYWNA WIEŚ      | PIŁA             | POL  | M 30-39 |             |              | 00:04:16 | 00:08:41 | 00:50:53 | 01:34:58 |          |
| 69   | ZAWADZKA MARIA            | 748 | KGHM METRACO POLKOWICE     | LUBIN            | POL  | K 60+   |             |              | 00:04:23 | 00:08:59 | 00:52:28 | 01:36:08 | 02:21:05 |
| 70   | ŚCIESIŃSKA JUSTYNA        | 774 | GOSIR OSIELSKO             | OSIELSKO         | POL  | K 40-49 |             |              | 00:04:30 | 00:08:57 | 00:52:06 | 01:37:36 | 02:26:34 |
| 71   | NOWAKOWSKA ANGELIKA       | 354 | JEZIORKI AKTYWNA WIEŚ      | PIŁA             | POL  | K 30-39 |             |              | 00:04:19 | 00:08:39 | 00:52:19 | 01:38:00 |          |
| 72   | NOWAK MACIEJ              | 750 | SAILING TEAM FERAJNA       | PIŁA             | POL  | M 30-39 |             |              | 00:04:38 | 00:09:26 | 00:53:55 | 01:38:34 | 02:24:41 |
| 73   | STRZELECKI SEBASTIAN      | 776 | SAILING TEAM FERAJNA       | PIŁA             | POL  | M 40-49 |             |              | 00:04:38 | 00:09:26 | 00:54:01 | 01:38:35 | 02:24:43 |
| 74   | KORDALSKA AGATA           | 733 | PATYCZAKI                  | GRUDZIĄDZ        | POL  | K 40-49 | 1           |              | 00:04:41 | 00:09:24 | 00:52:56 | 01:39:23 | 02:29:55 |
| 75   | UKLEJEWSKA AGNIESZKA      | 758 | GOSIR OSIELSKO             | OSIELSKO         | POL  | K 30-39 |             |              | 00:04:34 | 00:09:14 | 00:53:32 | 01:39:27 | 02:26:31 |
| 76   | STUPNOWICZ JOANNA         | 777 | FOREVER YOUNG ŁÓDŹ         | ŁÓDŹ             | POL  | K 40-49 |             |              | 00:04:35 | 00:09:14 | 00:54:49 | 01:45:04 | 02:33:23 |
| 77   | RZATKOWSKA JOANNA         | 766 | LKS ZANTYR SZTUM           | SZTUM            | POL  | K 40-49 | 1           |              | 00:05:02 | 00:10:01 | 00:59:30 | 01:48:58 | 02:37:27 |
| 78   | RADECKA ILONA             | 761 |                            | MALBORK          | POL  | K 18-29 |             |              | 00:05:12 | 00:10:12 | 00:59:40 | 01:49:09 | 02:26:38 |
|      | WARUSZEWSKI KAROL         | 747 | BIEGAJĄCY TCZEW            | TCZEW            | POL  | M 30-39 |             |              | 00:03:51 | 00:07:45 | 00:43:41 | 01:20:12 | 01:59:15 |
|      |                           |     |                            |                  |      |         |             |              | DNF      | DNF      | DNF      | DNF      | DNF      |
|      | PAWLAK ERYK               | 754 | GOSIR OSIELSKO             | BYDGOSZCZ        | POL  | M 50-59 |             |              | 00:04:34 | 00:09:10 | 00:51:40 | 01:37:08 | DNF      |
|      |                           |     |                            |                  |      |         |             |              | DNF      | DNF      | DNF      | DNF      |          |
|      | KOZŁOWSKA AGNIESZKA       | 736 | FACE NORDIC WALKING TEAM   | POZNAŃ           | POL  | K 40-49 | 1           |              | 00:04:40 | 00:09:21 | 00:53:43 | 01:40:40 | DNF      |
|      |                           |     |                            |                  |      |         |             |              | DNF      | DNF      | DNF      | DNF      |          |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, K 18-29**

| M-ce | Nazwisko i imię           | Nr  | Klub                  | M-scowość        | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|---------------------------|-----|-----------------------|------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STOPA JOANNA              | 629 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY        | POL  | K 18-29 |             |              | 00:03:45 | 00:07:41 | 00:45:06 | 01:23:15 | 02:01:57 |
| 2    | BIAŁAS KLAUDIA            | 704 | SILESIA NORDIC TEAM   | ORZESZE          | POL  | K 18-29 |             |              | 00:03:47 | 00:07:40 | 00:45:05 | 01:23:50 | 02:03:00 |
| 3    | MOTYLSKA ALEKSA           | 743 | DRUŻYNA SZPIKU        | MOGILNO          | POL  | K 18-29 |             |              | 00:03:46 | 00:07:43 | 00:45:38 | 01:23:58 | 02:03:07 |
| 4    | GÓRSKA WERONIKA           | 715 | GOSIR OSIELSKO        | OSIELSKO         | POL  | K 18-29 |             |              | 00:03:53 | 00:07:55 | 00:46:50 | 01:26:40 | 02:07:22 |
| 5    | ROSADZIŃSKA NATALIA       | 764 | UMP                   | LESZNO           | POL  | K 18-29 |             |              | 00:04:04 | 00:08:15 | 00:47:21 | 01:27:33 | 02:08:37 |
| 6    | KOPEĆ DOROTA              | 627 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY        | POL  | K 18-29 |             |              | 00:04:03 | 00:08:14 | 00:47:02 | 01:27:34 | 02:09:46 |
| 7    | PYZIK-KAPSZEWICZ ANGELIKA | 759 | LKS ZANTYR SZTUM      | SZTUM            | POL  | K 18-29 |             |              | 00:04:02 | 00:08:12 | 00:47:20 | 01:28:43 | 02:12:52 |
| 8    | ŻUCHOWICZ MONIKA          | 349 | DĄBROWA NORDIC TEAM   | DĄBROWA GÓRNICZA | POL  | K 18-29 |             |              | 00:04:18 | 00:08:37 | 00:49:46 | 01:31:06 | 02:11:12 |
| 9    | RADECKA ILONA             | 761 |                       | MALBORK          | POL  | K 18-29 |             |              | 00:05:12 | 00:10:12 | 00:59:40 | 01:49:09 | 02:26:38 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, M 18-29**

| M-ce | Nazwisko i imię    | Nr  | Klub                | M-scowość | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|--------------------|-----|---------------------|-----------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STUPNOWICZ PRZEMEK | 778 | FOREVER YOUNG ŁÓDŹ  | ŁÓDŹ      | POL  | M 18-29 |             |              | 00:03:41 | 00:07:17 | 00:41:53 | 01:16:50 | 01:51:07 |
| 2    | SMUS DAMIAN        | 770 | UCZELNIA WARSZAWSKA | SOCHACZEW | POL  | M 18-29 |             |              | 00:03:46 | 00:07:34 | 00:42:44 | 01:18:25 | 01:56:26 |
| 3    | PIEKARSKI JAKUB    | 756 | GOSIR OSIELSKO      | BYDGOSZCZ | POL  | M 18-29 |             |              | 00:03:49 | 00:07:48 | 00:45:48 | 01:24:54 | 02:05:49 |
| 4    | SORN ŁUKASZ        | 772 | CHODZIEZKIJAMI      | GDYNIA    | POL  | M 18-29 |             |              | 00:03:56 | 00:08:04 | 00:47:14 | 01:25:51 | 02:06:07 |
| 5    | AKSAMIT JAKUB      | 701 | FANATYK KONARY      | KONARY    | POL  | M 18-29 | 1           |              | 00:03:57 | 00:08:00 | 00:47:10 | 01:28:59 | 02:11:12 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, K 30-39**

| M-ce | Nazwisko i imię      | Nr  | Klub                        | M-scowość | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|----------------------|-----|-----------------------------|-----------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | ZACZYŃSKA ANNA       | 374 | KGHM METRACO POLKOWICE      | LUBIN     | POL  | K 30-39 |             |              | 00:03:32 | 00:07:09 | 00:44:28 | 01:22:34 | 02:01:50 |
| 2    | JANCZYK MAŁGORZATA   | 731 |                             | ŁÓDŹ      | POL  | K 30-39 |             |              | 00:03:51 | 00:07:45 | 00:45:42 | 01:24:34 | 02:05:01 |
| 3    | STĘPCZYŃSKA ANGELIKA | 593 | THE BEST-MY IDZIEMY I CZEŚĆ | ŁABISZYN  | POL  | K 30-39 |             |              | 00:04:06 | 00:08:17 | 00:47:38 | 01:27:01 | 02:07:21 |
| 4    | SZULC ALICJA         | 780 | MOSIR MŁAWA                 | MŁAWA     | POL  | K 30-39 |             |              | 00:03:56 | 00:07:59 | 00:47:16 | 01:27:54 | 02:12:35 |
| 5    | KOSTKA MARIA         | 734 | DĄBROWA NORDIC TEAM         | SŁAWKÓW   | POL  | K 30-39 |             |              | 00:04:21 | 00:08:44 | 00:49:47 | 01:31:03 | 02:11:53 |
| 6    | GRYGIEL MONIKA       | 716 | FACE NORDIC WALKING TEAM    | GRUSZCZYN | POL  | K 30-39 |             |              | 00:04:19 | 00:08:46 | 00:50:06 | 01:31:41 | 02:14:16 |
| 7    | NOWAKOWSKA ANGELIKA  | 354 | JEZIORKI AKTYWNA WIEŚ       | PIŁA      | POL  | K 30-39 |             |              | 00:04:19 | 00:08:39 | 00:52:19 | 01:38:00 |          |
| 8    | UKLEJEWSKA AGNIESZKA | 758 | GOSIR OSIELSKO              | OSIELSKO  | POL  | K 30-39 |             |              | 00:04:34 | 00:09:14 | 00:53:32 | 01:39:27 | 02:26:31 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, M 30-39**

| M-ce | Nazwisko i imię     | Nr  | Klub                            | M-scowość           | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|---------------------|-----|---------------------------------|---------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | PIOTROWSKI MICHAŁ   | 621 | PENDOLINO                       | GDĄŃSK              | POL  | M 30-39 |             |              | 00:03:46 | 00:07:28 | 00:42:20 | 01:17:45 | 01:56:01 |
| 2    | KACZKOWSKI ZBIGNIEW | 723 | MARSZPOZDROWIE                  | POZNAŃ              | POL  | M 30-39 | 1           |              | 00:03:47 | 00:07:33 | 00:42:36 | 01:18:22 | 01:54:56 |
| 3    | ŻYWICKI MARCIN      | 628 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY           | POL  | M 30-39 |             |              | 00:03:50 | 00:07:37 | 00:42:30 | 01:18:34 | 01:54:58 |
| 4    | WRÓBEL ŁUKASZ       | 364 |                                 | MIĘDZYRZEC PODLASKI | POL  | M 30-39 |             |              | 00:03:41 | 00:07:25 | 00:43:12 | 01:19:34 | 01:56:46 |
| 5    | ŚLUSARCZYK MARCIN   | 714 | WESOŁY BORSUK TEAM              | PRUDNIK             | POL  | M 30-39 |             |              | 00:03:50 | 00:07:44 | 00:44:19 | 01:21:14 | 01:58:33 |
| 6    | LEWANDOWSKI ROBERT  | 154 | GOSIR OSIELSKO                  | OSIELSKO            | POL  | M 30-39 | 1           |              | 00:03:50 | 00:07:40 | 00:44:35 | 01:22:55 | 02:02:23 |
| 7    | PIETRZYK JAROSŁAW   | 757 | REGATTA NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | M 30-39 |             |              | 00:03:45 | 00:07:32 | 00:43:58 | 01:23:10 | 02:04:38 |
| 8    | NOWAKOWSKI RAFAŁ    | 353 | JEZIORKI AKTYWNA WIEŚ           | PIŁA                | POL  | M 30-39 |             |              | 00:04:16 | 00:08:41 | 00:50:53 | 01:34:58 |          |
| 9    | NOWAK MACIEJ        | 750 | SAILING TEAM FERAJNA            | PIŁA                | POL  | M 30-39 |             |              | 00:04:38 | 00:09:26 | 00:53:55 | 01:38:34 | 02:24:41 |
|      | WARUSZEWSKI KAROL   | 747 | BIEGAJĄCY TCZEW                 | TCZEW               | POL  | M 30-39 |             |              | 00:03:51 | 00:07:45 | 00:43:41 | 01:20:12 | 01:59:15 |
|      |                     |     |                                 |                     |      |         |             |              | DNF      | DNF      | DNF      | DNF      | DNF      |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, K 40-49**

| M-ce | Nazwisko i imię     | Nr  | Klub                     | M-scowość    | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|---------------------|-----|--------------------------|--------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | MRÓZ KATARZYNA      | 744 | NORDIC DEVELOPMENT       | OSIELSKO     | POL  | K 40-49 |             |              | 00:03:31 | 00:07:03 | 00:40:48 | 01:15:31 | 01:50:43 |
| 2    | KOŁODZIEJCZAK BEATA | 724 |                          | SOCHACZEW    | POL  | K 40-49 |             |              | 00:03:33 | 00:07:12 | 00:42:02 | 01:17:34 | 01:53:46 |
| 3    | GALIŃSKA TATIANA    | 713 | DĄBROWA NORDIC TEAM      | PARKOSZOWICE | POL  | K 40-49 |             |              | 00:03:47 | 00:07:39 | 00:44:32 | 01:22:37 | 02:01:04 |
| 4    | NESSSEL KATARZYNA   | 746 | PATYCZAKI                | GRUDZIĄDZ    | POL  | K 40-49 | 1           |              | 00:04:40 | 00:09:07 | 00:49:58 | 01:32:03 | 02:15:32 |
| 5    | KUCYPERA DAGMARA    | 737 | DĄBROWA NORDIC TEAM      | BĘDZIN       | POL  | K 40-49 |             |              | 00:04:33 | 00:09:04 | 00:51:23 | 01:34:28 | 02:18:25 |
| 6    | ŚCIESIŃSKA JUSTYNA  | 774 | GOSIR OSIELSKO           | OSIELSKO     | POL  | K 40-49 |             |              | 00:04:30 | 00:08:57 | 00:52:06 | 01:37:36 | 02:26:34 |
| 7    | KORDAŁSKA AGATA     | 733 | PATYCZAKI                | GRUDZIĄDZ    | POL  | K 40-49 | 1           |              | 00:04:41 | 00:09:24 | 00:52:56 | 01:39:23 | 02:29:55 |
| 8    | STUPNOWICZ JOANNA   | 777 | FOREVER YOUNG ŁÓDŹ       | ŁÓDŹ         | POL  | K 40-49 |             |              | 00:04:35 | 00:09:14 | 00:54:49 | 01:45:04 | 02:33:23 |
| 9    | RZATKOWSKA JOANNA   | 766 | LKS ZANTYR SZTUM         | SZTUM        | POL  | K 40-49 | 1           |              | 00:05:02 | 00:10:01 | 00:59:30 | 01:48:58 | 02:37:27 |
|      | KOZŁOWSKA AGNIESZKA | 736 | FACE NORDIC WALKING TEAM | POZNAŃ       | POL  | K 40-49 | 1           |              | 00:04:40 | 00:09:21 | 00:53:43 | 01:40:40 | DNF      |
|      |                     |     |                          |              |      |         |             |              | DNF      | DNF      | DNF      | DNF      |          |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, M 40-49**

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość           | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|----------------------|-----|-------------------------|---------------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | BOGACKI SŁAWEK       | 706 | ENERGA NW TEAM          | BRZÓŻÓWKA K/TORUNIA | POL  | M 40-49 |             |              | 00:03:42 | 00:07:20 | 00:41:48 | 01:16:52 | 01:51:37 |
| 2    | ROGAŁSKI PIOTR       | 763 | GDYNIA MOJE MIASTO      | GDYNIA              | POL  | M 40-49 |             |              | 00:03:43 | 00:07:23 | 00:41:43 | 01:17:06 | 01:53:55 |
| 3    | GALIŃSKI RAFAŁ       | 525 | DĄBROWA NORDIC TEAM     | PARKOSZOWICE        | POL  | M 40-49 |             |              | 00:03:45 | 00:07:24 | 00:42:30 | 01:18:35 | 01:54:39 |
| 4    | KOWALCZYK MARIUSZ    | 735 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA        | POL  | M 40-49 |             |              | 00:03:45 | 00:07:39 | 00:44:32 | 01:22:18 | 02:01:49 |
| 5    | WEŁNICKI WALDEMAR    | 717 | GOSIR OSIELSKO          | OSIELSKO            | POL  | M 40-49 |             |              | 00:03:41 | 00:07:23 | 00:43:45 | 01:22:26 | 02:02:06 |
| 6    | OGONOWSKI PAWEŁ      | 751 | NW CIECHANÓW            | CIECHANÓW           | POL  | M 40-49 | 1           |              | 00:03:52 | 00:07:46 | 00:45:50 | 01:26:22 | 02:09:27 |
| 7    | MARKIEWICZ ADAM      | 742 |                         | BYDGOSZCZ           | POL  | M 40-49 | 1           |              | 00:03:53 | 00:07:54 | 00:46:19 | 01:26:36 | 02:08:08 |
| 8    | CIENNIK WIKTOR       | 708 | FOREVER YOUNG ŁÓDŹ      | ŁÓDŹ                | POL  | M 40-49 |             |              | 00:04:14 | 00:08:33 | 00:48:50 | 01:30:08 | 02:13:33 |
| 9    | STĘPKOWSKI ANDRZEJ   | 356 | WŁÓCZYKIJE ELBLĄG       | ELBLĄG              | POL  | M 40-49 |             |              | 00:04:32 | 00:09:11 | 00:51:16 | 01:34:31 | 02:21:11 |
| 10   | STRZELECKI SEBASTIAN | 776 | SAILING TEAM FERAJNA    | PIŁA                | POL  | M 40-49 |             |              | 00:04:38 | 00:09:26 | 00:54:01 | 01:38:35 | 02:24:43 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, K 50-59**

| M-ce | Nazwisko i imię    | Nr  | Klub                    | M-scowość    | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|--------------------|-----|-------------------------|--------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STĘPIEŃ LUCYNA     | 366 |                         | LUBIN        | POL  | K 50-59 |             |              | 00:04:05 | 00:08:13 | 00:46:19 | 01:25:37 | 02:04:44 |
| 2    | KACZMAREK ELŻBIETA | 623 |                         | STARE MIASTO | POL  | K 50-59 |             |              | 00:04:06 | 00:08:14 | 00:46:36 | 01:26:10 | 02:06:15 |
| 3    | SARNOWSKA WANDA    | 767 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL  | K 50-59 |             |              | 00:04:13 | 00:08:23 | 00:47:23 | 01:26:53 | 02:06:39 |
| 4    | KARASIEWICZ IRENA  | 726 | BRAN-FROM TEAM          | BRANIEWO     | POL  | K 50-59 | 1           |              | 00:04:12 | 00:08:21 | 00:47:48 | 01:27:15 | 02:06:57 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, M 50-59**

| M-ce | Nazwisko i imię          | Nr  | Klub                     | M-scowość  | Kraj | Kat.    | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|--------------------------|-----|--------------------------|------------|------|---------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SKIBA KRZYSZTOF          | 769 | KGHM METRACO POLKOWICE   | POLKOWICE  | POL  | M 50-59 |             |              | 00:03:18 | 00:06:39 | 00:38:36 | 01:10:46 | 01:43:43 |
| 2    | DEPKA PRĄDZYŃSKI OLGIERD | 710 | BIEGAMYRAZEM.PL          | GDYNIA     | POL  | M 50-59 |             |              | 00:03:39 | 00:07:15 | 00:40:07 | 01:12:48 | 01:45:56 |
| 3    | WIŚNIEWSKI JACEK         | 620 | NORDIC ACTIVE TARNOBZEG  | SANDOMIERZ | POL  | M 50-59 |             |              | 00:03:40 | 00:07:16 | 00:40:12 | 01:13:04 | 01:47:19 |
| 4    | LENZ ANDRZEJ             | 739 | DĄBROWA NORDIC TEAM      | GNIEZNO    | POL  | M 50-59 |             |              | 00:03:44 | 00:07:26 | 00:42:01 | 01:17:03 | 01:52:30 |
| 5    | BAJER PIOTR              | 702 | BRAN-FROM TEAM           | FROMBORK   | POL  | M 50-59 |             |              | 00:03:55 | 00:07:54 | 00:43:45 | 01:20:52 | 01:58:30 |
| 6    | KOMAJDA JAROSŁAW         | 729 | GOSIR OSIELSKO           | OSIELSKO   | POL  | M 50-59 |             |              | 00:03:54 | 00:07:55 | 00:46:07 | 01:24:11 | 02:02:40 |
| 7    | KACORZYK WŁADYSŁAW       | 722 | SILESIA NORDIC TEAM      | MIKOŁÓW    | POL  | M 50-59 |             |              | 00:03:49 | 00:07:38 | 00:44:29 | 01:24:31 | 02:05:02 |
| 8    | KLIMCZEWSKI MAREK        | 727 | FOREVER YOUNG ŁÓDŹ       | ŁÓDŹ       | POL  | M 50-59 |             |              | 00:03:45 | 00:07:27 | 00:44:51 | 01:24:33 | 02:04:31 |
| 9    | WAJS JERZY               | 752 | NW CIECHANÓW             | CIECHANÓW  | POL  | M 50-59 |             |              | 00:04:14 | 00:08:34 | 00:48:30 | 01:30:22 | 02:14:12 |
| 10   | KULKA MACIEJ             | 738 | FACE NORDIC WALKING TEAM | POZNAŃ     | POL  | M 50-59 |             |              | 00:04:33 | 00:09:09 | 00:51:11 | 01:33:31 | 02:16:11 |
|      | PAWLAK ERYK              | 754 | GOSIR OSIELSKO           | BYDGOSZCZ  | POL  | M 50-59 |             |              | 00:04:34 | 00:09:10 | 00:51:40 | 01:37:08 | DNF      |
|      |                          |     |                          |            |      |         |             |              | DNF      | DNF      | DNF      | DNF      |          |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, K 60+**

| M-ce | Nazwisko i imię         | Nr  | Klub                    | M-scowość    | Kraj | Kat.  | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|-------------------------|-----|-------------------------|--------------|------|-------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | CZYCZ EMILIA            | 709 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL  | K 60+ |             |              | 00:04:11 | 00:08:21 | 00:46:45 | 01:26:34 | 02:08:16 |
| 2    | WITKOWSKA MARIA         | 765 | STADION ŚLĄSKI          | KATOWICE     | POL  | K 60+ |             |              | 00:04:14 | 00:08:29 | 00:49:06 | 01:31:51 | 02:15:30 |
| 3    | JARONIEK-BEDYK WIESŁAWA | 719 | FOREVER YOUNG ŁÓDŹ      | ŁÓDŹ         | POL  | K 60+ |             |              | 00:04:20 | 00:08:41 | 00:50:29 | 01:33:51 | 02:19:22 |
| 4    | ZAWADZKA MARIA          | 748 | KGHM METRACO POLKOWICE  | LUBIN        | POL  | K 60+ |             |              | 00:04:23 | 00:08:59 | 00:52:28 | 01:36:08 | 02:21:05 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, M 60+**

| M-ce | Nazwisko i imię     | Nr  | Klub                    | M-scowość  | Kraj | Kat.  | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|---------------------|-----|-------------------------|------------|------|-------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | NALEPKA JERZY       | 745 | PITBULL WALKING - SANOK | SANOK      | POL  | M 60+ |             |              | 00:03:40 | 00:07:13 | 00:40:46 | 01:15:41 | 01:51:22 |
| 2    | ZAGAJA JANUSZ       | 753 | KGHM METRACO POLKOWICE  | POKÓJ      | POL  | M 60+ |             |              | 00:03:32 | 00:07:04 | 00:41:24 | 01:18:34 | 01:57:25 |
| 3    | SOBKOWSKI JANUSZ    | 771 | SILESIA NORDIC TEAM     | ŁODYGOWICE | POL  | M 60+ |             |              | 00:03:46 | 00:07:34 | 00:43:56 | 01:22:23 | 02:01:59 |
| 4    | WESOŁOWSKI WOJCIECH | 775 | NIEZRZESZONY            | GNIEZNO    | POL  | M 60+ | 1           |              | 00:03:56 | 00:07:51 | 00:44:15 | 01:22:44 | 02:02:54 |
| 5    | ŁABĘCKI EDWARD      | 741 | MOSIR RYPIN             | RYPIN      | POL  | M 60+ |             |              | 00:04:15 | 00:08:33 | 00:47:27 | 01:26:48 | 02:05:43 |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, M 60+ c.d.**

| M-ce | Nazwisko i imię   | Nr  | Klub                       | M-scowość | Kraj | Kat.  | Żół. kartki | Czer. kartki | 0.56km   | 1.12km   | 6.12km   | 11.12km  | 16.12km  |
|------|-------------------|-----|----------------------------|-----------|------|-------|-------------|--------------|----------|----------|----------|----------|----------|
| 6    | BEDYK CZESŁAW     | 703 | FOREVER YOUNG ŁÓDŹ         | ŁÓDŹ      | POL  | M 60+ |             |              | 00:04:14 | 00:08:33 | 00:48:30 | 01:30:03 | 02:12:29 |
| 7    | JASIŃSKI MARIAN   | 720 | K.S. ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL  | M 60+ |             |              | 00:04:14 | 00:08:26 | 00:48:10 | 01:30:31 | 02:13:49 |
| 8    | WYŁUPSKI ZBIGNIEW | 718 | PATYCZAKI                  | GRUDZIĄDZ | POL  | M 60+ |             |              | 00:04:31 | 00:09:04 | 00:48:56 | 01:31:46 | 02:15:38 |
| 9    | PERLIK WIESŁAW    | 755 | INWB                       | ZIELONKA  | POL  | M 60+ |             |              | 00:03:58 | 00:08:02 | 00:48:44 | 01:33:04 | 02:17:52 |
| 10   | PAŁKA LESZEK      | 619 |                            | WROCŁAW   | POL  | M 60+ |             |              | 00:04:34 | 00:09:09 | 00:50:53 | 01:33:09 | 02:17:22 |