

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM**

Organizator: PFNW

Data: 2015-10-10

Miejsce: Polańczyk

Dystans: 5 km

Klasyfikacja wg czasów netto.

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, OPEN**

| M-ce | Nazwisko i imię           | Nr  | Klub | M-scowość           | Kraj | Kat.     | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|------|---------------------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | GRZĄDZIEL DARIUSZ         | 6   |      | USTRYKI DOLNE       |      | M 45-49  | 1      | M 1  |             |              | 00:16:11 | 00:32:27.10 | 6:29   | 9.2  |
| 2    | SKWIRUT JERZY             | 59  |      | RYMANÓW             |      | M 50-54  | 1      | M 2  |             |              | 00:16:41 | 00:33:38.25 | 6:43   | 8.9  |
| 3    | REJMAN FILIP              | 138 |      | TARNOBRZEG          |      | M DZIECI | 1      | M 3  |             |              | 00:16:40 | 00:34:34.75 | 6:55   | 8.7  |
| 4    | BASARA RYSZARD            | 80  |      | ROPczyce            |      | M 30-39  | 1      | M 4  |             |              | 00:17:01 | 00:34:56.70 | 6:59   | 8.6  |
| 5    | PASIERB MAREK             | 119 |      | RZESZÓW             |      | M 60-64  | 1      | M 5  |             |              | 00:17:27 | 00:34:59.45 | 7:00   | 8.6  |
| 6    | SŁOWIK DARIUSZ            | 93  |      | NOWY SĄCZ           |      | M 30-39  | 2      | M 6  |             |              | 00:17:33 | 00:35:23.80 | 7:04   | 8.5  |
| 7    | PATLA WALDEMAR            | 145 |      | ROGI                |      | M 55-59  | 1      | M 7  |             |              | 00:17:27 | 00:35:27.55 | 7:05   | 8.5  |
| 8    | PUCHAŁA KRZYSZTOF         | 44  |      | WROCŁAW             |      | M 45-49  | 2      | M 8  |             |              | 00:17:26 | 00:35:27.90 | 7:05   | 8.5  |
| 9    | POLNY DANIEL              | 34  |      | SANOK               |      | M 45-49  | 3      | M 9  |             |              | 00:17:46 | 00:35:30.70 | 7:06   | 8.5  |
| 10   | JENDRUCHNIEWICZ KATARZYNA | 131 |      | MIĘDZYRZEC PODLASKI |      | K 30-39  | 1      | K 1  |             |              | 00:17:27 | 00:35:33.30 | 7:06   | 8.4  |
| 11   | BĄCZKOWSKI KRZYSZTOF      | 27  |      | RZESZÓW             |      | M 18-29  | 1      | M 10 |             |              | 00:17:40 | 00:35:33.45 | 7:06   | 8.4  |
| 12   | RĘDZINIAK MARZENA         | 191 |      | RZESZÓW             |      | K 30-39  | 2      | K 2  |             |              | 00:17:28 | 00:35:37.25 | 7:07   | 8.4  |
| 13   | URBANIAK MARIAN           | 135 |      | TRZESŃ              |      | M 55-59  | 2      | M 11 |             |              | 00:18:00 | 00:35:37.75 | 7:07   | 8.4  |
| 14   | SZWAST JERZY              | 115 |      | DUKLA               |      | M 40-44  | 1      | M 12 |             |              | 00:17:57 | 00:35:56.40 | 7:11   | 8.3  |
| 15   | WÓJCIK SŁAWOMIR           | 97  |      | JURECZKOWA          |      | M 55-59  | 3      | M 13 |             |              | 00:17:44 | 00:35:58.20 | 7:11   | 8.3  |
| 16   | STYGA KRYSZYNA            | 98  |      | KOLBUSZOWA          |      | K 50-54  | 1      | K 3  |             |              | 00:17:53 | 00:36:24.30 | 7:16   | 8.2  |
| 17   | ŚLIWIAK PAWEŁ             | 63  |      | RYMANÓW             |      | M JUNIOR | 1      | M 14 |             |              | 00:18:45 | 00:36:34.15 | 7:18   | 8.2  |
| 18   | WOJCIECHOWSKI STANISŁAW   | 25  |      | KOŁACZYCE           |      | M 55-59  | 4      | M 15 |             |              | 00:17:48 | 00:36:36.15 | 7:19   | 8.2  |
| 19   | WIADERSKI WOJCIECH        | 92  |      | ELBLĄG              |      | M 65-69  | 1      | M 16 |             |              | 00:18:20 | 00:36:43.35 | 7:20   | 8.2  |
| 20   | WŁADYKA AGATA             | 24  |      | JASŁO               |      | K 50-54  | 2      | K 4  |             |              | 00:18:17 | 00:36:52.65 | 7:22   | 8.1  |
| 21   | LENAR GRZEGORZ            | 76  |      | GAĆ                 |      | M DZIECI | 2      | M 17 |             |              | 00:18:13 | 00:36:53.80 | 7:22   | 8.1  |
| 22   | POLNY MAREK               | 33  |      | SANOK               |      | M JUNIOR | 2      | M 18 |             |              | 00:18:48 | 00:37:08.90 | 7:25   | 8.1  |
| 23   | KONIK ZUZANNA             | 197 |      | STEFKOWA            |      | K JUNIOR | 1      | K 5  |             |              | 00:18:44 | 00:37:10.75 | 7:26   | 8.1  |
| 24   | BROŻBAR BEATA             | 77  |      | GAĆ                 |      | K JUNIOR | 2      | K 6  |             |              | 00:18:27 | 00:37:15.20 | 7:27   | 8.1  |
| 25   | KRÓLICKA IWONA            | 121 |      | RYMANÓW             |      | K 45-49  | 1      | K 7  |             |              | 00:18:19 | 00:37:15.45 | 7:27   | 8.1  |
| 26   | ŻYLIŃSKI GRZEGORZ         | 4   |      | KOSINA              |      | M 50-54  | 2      | M 19 |             |              | 00:18:28 | 00:37:26.00 | 7:29   | 8    |
| 27   | REIZER PIOTR              | 136 |      | ŁAŃCUT              |      | M 45-49  | 4      | M 20 |             |              | 00:17:59 | 00:37:31.50 | 7:30   | 8    |
| 28   | NIEPOKÓJ PAULINA          | 62  |      | RYMANÓW             |      | K JUNIOR | 3      | K 8  |             |              | 00:18:38 | 00:37:32.95 | 7:30   | 8    |
| 29   | DZIEŃ BARTOSZ             | 72  |      | GAĆ                 |      | M DZIECI | 3      | M 21 |             |              | 00:18:29 | 00:37:35.55 | 7:31   | 8    |
| 30   | SITKO MACIEJ              | 15  |      | KOLBUSZOWA          |      | M DZIECI | 4      | M 22 |             |              | 00:18:33 | 00:37:35.85 | 7:31   | 8    |
| 31   | SZWAST KATARZYNA          | 114 |      | DUKLA               |      | K 30-39  | 3      | K 9  |             |              | 00:18:54 | 00:37:48.55 | 7:33   | 7.9  |
| 32   | RZUCIDŁO JAN              | 144 |      | RZESZÓW             |      | M 60-64  | 2      | M 23 |             |              | 00:18:43 | 00:37:56.80 | 7:35   | 7.9  |
| 33   | SOBCZYK RAFAŁ             | 110 |      | RZESZÓW             |      | M 40-44  | 2      | M 24 |             |              | 00:18:42 | 00:38:08.65 | 7:37   | 7.9  |
| 34   | KARCZMARSKI KRZYSZTOF     | 139 |      | KOZIENICE           |      | M 55-59  | 5      | M 25 |             |              | 00:19:12 | 00:38:09.85 | 7:38   | 7.9  |
| 35   | MISIOŁEK ANNA             | 308 |      | DUKLA               |      | K 30-39  | 4      | K 10 |             |              | 00:19:03 | 00:38:10.05 | 7:38   | 7.9  |
| 36   | SZEMBERSKA MAŁGORZATA     | 29  |      | RZESZÓW             |      | K 40-44  | 1      | K 11 |             |              | 00:18:44 | 00:38:15.90 | 7:39   | 7.8  |
| 37   | ŻYŁKA - REUT ANITA        | 198 |      | SANOK               |      |          |        | 1    |             |              | 00:19:16 | 00:38:48.35 | 7:45   | 7.7  |
| 38   | PIWODA EWA                | 75  |      | GAĆ                 |      | K JUNIOR | 4      | K 12 |             |              | 00:18:44 | 00:38:54.50 | 7:46   | 7.7  |
| 39   | TRĘTOWICZ ALEKSANDRA      | 83  |      | KOLBUSZOWA          |      | K JUNIOR | 5      | K 13 |             |              | 00:19:28 | 00:38:54.55 | 7:47   | 7.7  |
| 40   | GUZIOR AGNIESZKA          | 78  |      | RZESZÓW             |      | K 40-44  | 2      | K 14 |             |              | 00:19:21 | 00:38:55.40 | 7:47   | 7.7  |
| 41   | KONIK ALEKSANDRA          | 47  |      | STEFKOWA            |      | K 40-44  | 3      | K 15 |             |              | 00:19:36 | 00:39:14.15 | 7:50   | 7.6  |
| 42   | KRZANOWSKA MAŁGORZATA     | 30  |      | WĘGLÓWKA            |      | K 40-44  | 4      | K 16 |             |              | 00:19:22 | 00:39:17.15 | 7:51   | 7.6  |
| 43   | CETNARSKA ANETA           | 106 |      | KOLBUSZOWA          |      | K 18-29  | 1      | K 17 |             |              | 00:19:41 | 00:39:17.85 | 7:51   | 7.6  |
| 44   | HRYSZKO IWONA             | 26  |      | MIĘDZYBRODZIE       |      | K 45-49  | 2      | K 18 |             |              | 00:19:31 | 00:39:21.75 | 7:52   | 7.6  |
| 45   | CZECH TOMASZ              | 81  |      | PORAŻ               |      | M 30-39  | 3      | M 26 |             |              | 00:19:20 | 00:39:31.75 | 7:54   | 7.6  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub | M-scowość     | Kraj              | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|------|---------------|-------------------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 46   | PAŃKO AGNIESZKA             | 74  |      | GAĆ           | K JUNIOR          |      | 6      | K 19 |             |              | 00:19:32 | 00:39:33.15 | 7:54   | 7.6  |
| 47   | FLEJSZAR ANNA               | 111 |      | ŁAŃCUT        | K 45-49           |      | 3      | K 20 |             |              | 00:19:46 | 00:39:43.20 | 7:56   | 7.6  |
| 48   | ŁOPUSZAŃSKA-PATRYLAK DOROTA | 117 |      | KROSNO        | K 45-49           |      | 4      | K 21 |             |              | 00:19:51 | 00:39:44.15 | 7:56   | 7.6  |
| 49   | CETNARSKI KAZIMIERZ         | 304 |      | SOKOŁ RYMANÓW | M 65-69           |      | 2      | M 27 |             |              | 00:20:01 | 00:39:46.70 | 7:57   | 7.5  |
| 50   | WITUSIK OLGA                | 125 |      | JASŁO         | K DZIECI          |      | 1      | K 22 |             |              | 00:20:11 | 00:39:46.90 | 7:57   | 7.5  |
| 51   | BĄCĄŁ WIKTORIA              | 73  |      | GAĆ           | K JUNIOR          |      | 7      | K 23 |             |              | 00:19:27 | 00:39:54.55 | 7:58   | 7.5  |
| 52   | NITKA ANDRZEJ               | 127 |      | JASŁO         | M 55-59           |      | 6      | M 28 |             |              | 00:19:33 | 00:40:01.05 | 8:00   | 7.5  |
| 53   | WENC IRENA                  | 60  |      | SANOK         | K 50-54           |      | 3      | K 24 |             |              | 00:20:02 | 00:40:12.10 | 8:02   | 7.5  |
| 54   | FLEJSZAR ZBIGNIEW           | 112 |      | ŁAŃCUT        | M 45-49           |      | 5      | M 29 |             |              | 00:19:23 | 00:40:13.75 | 8:02   | 7.5  |
| 55   | JANCZAK MARZENA             | 305 |      | WOŁKOWYJA     | K 40-44           |      | 5      | K 25 |             |              | 00:20:07 | 00:40:20.85 | 8:04   | 7.4  |
| 56   | SZELIGA ANNA                | 43  |      | RZESZÓW       | K 30-39           |      | 5      | K 26 |             |              | 00:19:47 | 00:40:21.85 | 8:04   | 7.4  |
| 57   | JAROSZ ANNA                 | 64  |      | LEŻAJSK       | K 60-64           |      | 1      | K 27 |             |              | 00:19:59 | 00:40:31.30 | 8:06   | 7.4  |
| 58   | ROGULA ULA                  | 141 |      | RYMANÓW ZDRÓJ | K DZIECI          |      | 2      | K 28 |             |              | 00:20:13 | 00:40:31.50 | 8:06   | 7.4  |
| 59   | CAG-SOBCZYK EDYTA           | 109 |      | RZESZÓW       | K 40-44           |      | 6      | K 29 |             |              | 00:20:01 | 00:40:32.85 | 8:06   | 7.4  |
| 60   | MAŁODOBRY WIOLETTA          | 49  |      | KOLBUSZOWA    | K 40-44           |      | 7      | K 30 |             |              | 00:20:25 | 00:40:34.55 | 8:07   | 7.4  |
| 61   | ZIOŁO KSIAZKIEWICZ MARYLA   | 99  |      | RZESZÓW       | K 60-64           |      | 2      | K 31 |             |              | 00:20:08 | 00:40:39.00 | 8:07   | 7.4  |
| 62   | DRAUS CZESŁAWA              | 84  |      | RZESZÓW       | K 55-59           |      | 1      | K 32 |             |              | 00:20:25 | 00:40:42.90 | 8:08   | 7.4  |
| 63   | PETRYŁKA PAWEŁ              | 303 |      | SANOK         | M DZIECI          |      | 5      | M 30 |             |              | 00:19:33 | 00:40:43.55 | 8:08   | 7.4  |
| 64   | BAŃKA ANDRZEJ               | 48  |      | KOLBUSZOWA    | M 30-39           |      | 4      | M 31 |             |              | 00:20:03 | 00:40:46.90 | 8:09   | 7.4  |
| 65   | REIZER AGNIESZKA            | 137 |      | ŁAŃCUT        | K 40-44           |      | 8      | K 33 |             |              | 00:20:20 | 00:40:57.20 | 8:11   | 7.3  |
| 66   | JÓZEFEK KATARZYNA           | 196 |      |               | K 18-29           |      | 2      | K 34 |             |              | 00:20:53 | 00:41:20.00 | 8:16   | 7.3  |
| 67   | WITUSIK MICHAŁ              | 124 |      | JASŁO         | M DZIECI          |      | 6      | M 32 |             |              | 00:20:32 | 00:41:20.85 | 8:16   | 7.3  |
| 68   | NIEMCZAK KSENIA             | 5   |      | WYSOKA        | K DZIECI          |      | 3      | K 35 |             |              | 00:20:12 | 00:41:23.70 | 8:16   | 7.2  |
| 69   | WERBOWICZ MICHAŁ            | 1   |      | HOCZEW        | M DZIECI          |      | 7      | M 33 |             |              | 00:20:42 | 00:41:23.80 | 8:16   | 7.2  |
| 70   | NITKA DARIUSZ               | 122 |      | JASŁO         | M 18-29           |      | 2      | M 34 |             |              | 00:19:24 | 00:41:32.55 | 8:18   | 7.2  |
| 71   | NOWAK JERZY                 | 130 |      | KRAKÓW        | M 65-69           |      | 3      | M 35 |             |              | 00:20:23 | 00:41:35.00 | 8:19   | 7.2  |
| 72   | MOCHNAŁ EWA                 | 134 |      | POLAŃCZYK     | K 55-59           |      | 2      | K 36 |             |              | 00:20:48 | 00:41:37.05 | 8:19   | 7.2  |
| 73   | ŻYLIŃSKA AGNIESZKA          | 302 |      | KOSINA        | K NIEPEŁNOSPRAWNI |      | 1      | K 37 |             |              | 00:20:57 | 00:41:40.90 | 8:20   | 7.2  |
| 74   | BIELAK-WIERZBIĆKA WANDA     | 41  |      | CISNA         | K 40-44           |      | 9      | K 38 |             |              | 00:21:04 | 00:41:47.15 | 8:21   | 7.2  |
| 75   | CZYŻ ALEKSANDRA             | 35  |      | RYMANÓW       | K DZIECI          |      | 4      | K 39 |             |              | 00:20:40 | 00:41:49.00 | 8:21   | 7.2  |
| 76   | MARONDEL JAN                | 7   |      | BYTOM         | M 60-64           |      | 3      | M 36 |             |              | 00:20:45 | 00:41:51.05 | 8:22   | 7.2  |
| 77   | BĄC WIESŁAW                 | 95  |      | RACŁAWÓWKA    | M 40-44           |      | 3      | M 37 |             |              | 00:20:37 | 00:41:56.35 | 8:23   | 7.2  |
| 78   | SĄŁAK MARIA                 | 94  |      | ZAGÓRZ        | K 60-64           |      | 3      | K 40 |             |              | 00:20:38 | 00:42:17.60 | 8:27   | 7.1  |
| 79   | MOCHNAŁ MIROSLAW            | 133 |      | POLAŃCZYK     | M 70+             |      | 1      | M 38 |             |              | 00:21:08 | 00:42:29.70 | 8:30   | 7.1  |
| 80   | ROSSA JUSTYNA               | 61  |      | KATOWICE      | K 30-39           |      | 6      | K 41 |             |              | 00:21:01 | 00:42:31.50 | 8:30   | 7.1  |
| 81   | WOLAK MICHAŁ                | 200 |      | POLAŃCZYK     | M DZIECI          |      | 8      | M 39 |             |              | 00:21:32 | 00:42:34.55 | 8:30   | 7    |
| 82   | KARDASZ MACIEJ              | 143 |      | POLAŃCZYK     | M DZIECI          |      | 9      | M 40 |             |              | 00:21:32 | 00:42:34.60 | 8:31   | 7    |
| 83   | WOLAK IWONA                 | 199 |      | POLAŃCZYK     | K 30-39           |      | 7      | K 42 |             |              | 00:21:33 | 00:42:38.70 | 8:31   | 7    |
| 84   | DUDEK MARIA                 | 71  |      | GAĆ           | K JUNIOR          |      | 8      | K 43 |             |              | 00:20:36 | 00:42:52.50 | 8:34   | 7    |
| 85   | RADWAŃSKA LAURA             | 149 |      | POLAŃCZYK     | K DZIECI          |      | 5      | K 44 |             |              | 00:21:54 | 00:43:02.55 | 8:36   | 7    |
| 86   | NIEMCZYK URSZULA            | 46  |      | RYMANÓW       | K 30-39           |      | 8      | K 45 |             |              | 00:21:15 | 00:43:04.60 | 8:37   | 7    |
| 87   | KOPACZ ELŻBIETA             | 100 |      | KOLBUSZOWA    | K 30-39           |      | 9      | K 46 |             |              | 00:21:16 | 00:43:33.80 | 8:42   | 6.9  |
| 88   | ZAWADZKI PAWEŁ              | 42  |      | RZESZÓW       | M 30-39           |      | 5      | M 41 |             |              | 00:21:46 | 00:43:36.25 | 8:43   | 6.9  |
| 89   | ZAWADA ŁUKASZ               | 40  |      | ZDUŃSKA WOLA  | M 30-39           |      | 6      | M 42 |             |              | 00:21:48 | 00:43:37.60 | 8:43   | 6.9  |
| 90   | GARBACKI JÓZEF              | 104 |      | KOLBUSZOWA    | M 70+             |      | 2      | M 43 |             |              | 00:21:15 | 00:43:40.60 | 8:44   | 6.9  |
| 91   | WRÓBEL ELŻBIETA             | 116 |      | CISNA         | K 50-54           |      | 4      | K 47 |             |              | 00:21:50 | 00:43:45.05 | 8:45   | 6.9  |
| 92   | TRĘTOWICZ BEATA             | 82  |      | KOLBUSZOWA    | K 40-44           |      | 10     | K 48 |             |              | 00:21:09 | 00:44:09.70 | 8:50   | 6.8  |
| 93   | BASARA HELENA               | 79  |      | ROPCHYCE      | K 55-59           |      | 3      | K 49 |             |              | 00:21:27 | 00:44:18.55 | 8:51   | 6.8  |
| 94   | SZEWCZYK GENOWEFA           | 87  |      | ZAGÓRZ        | K 60-64           |      | 4      | K 50 |             |              | 00:21:28 | 00:44:24.65 | 8:52   | 6.8  |
| 95   | APANASOWICZ DANUTA          | 88  |      | ZAGÓRZ        | K 60-64           |      | 5      | K 51 |             |              | 00:21:54 | 00:44:26.05 | 8:53   | 6.8  |
| 96   | WIŚNIEWSKA RENATA           | 70  |      | ŁAŃCUT        | K 45-49           |      | 5      | K 52 |             |              | 00:22:09 | 00:44:31.90 | 8:54   | 6.7  |
| 97   | LIS RENATA                  | 68  |      | TARNOBRZEG    | K 30-39           |      | 10     | K 53 |             |              | 00:22:18 | 00:44:36.95 | 8:55   | 6.7  |
| 98   | PECKA KACPER                | 118 |      | MYCZKÓW       | M DZIECI          |      | 10     | M 44 |             |              | 00:21:25 | 00:44:44.80 | 8:57   | 6.7  |
| 99   | MIKOŁAJCZYK IRENA           | 129 |      | JASŁO         | K 60-64           |      | 6      | K 54 |             |              | 00:22:16 | 00:44:45.90 | 8:57   | 6.7  |
| 100  | FILAPEK IZABELA             | 45  |      | KANIÓW        | K 45-49           |      | 6      | K 55 |             |              | 00:22:11 | 00:44:57.80 | 8:59   | 6.7  |
| 101  | MAZUR PAULINA               | 28  |      | KOLBUSZOWA    | K JUNIOR          |      | 9      | K 56 |             |              | 00:21:53 | 00:45:20.25 | 9:04   | 6.6  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość      | Kraj | Kat.              | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|------|----------------|------|-------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 102  | NIEMCZAK BERNARDA    | 3   |      | WYSOKA         |      | K 45-49           | 7      | K 57 |             |              | 00:22:29 | 00:45:21.40 | 9:04   | 6.6  |
| 103  | WOJCIECHOWSKA CELINA | 36  |      | KOŁACZYCE      |      | K 50-54           | 5      | K 58 |             |              | 00:20:20 | 00:45:29.60 | 9:06   | 6.6  |
| 104  | WIADERSKA GRAŻYNA    | 91  |      | ELBLĄG         |      | K 60-64           | 7      | K 59 |             |              | 00:22:22 | 00:45:31.05 | 9:06   | 6.6  |
| 105  | WIĄCEK BOŻENA        | 107 |      | KOLBUSZOWA     |      | K 45-49           | 8      | K 60 |             |              | 00:23:01 | 00:45:44.70 | 9:09   | 6.6  |
| 106  | MYŚKO HALINA         | 123 |      | JASŁO          |      | K 60-64           | 8      | K 61 |             |              | 00:22:27 | 00:45:51.35 | 9:10   | 6.5  |
| 107  | TARA JANINA          | 86  |      | ZAGÓRZ         |      | K 65-69           | 1      | K 62 |             |              | 00:22:57 | 00:45:59.70 | 9:12   | 6.5  |
| 108  | ŁOMNICKA-GUT EWA     | 90  |      | ZAGÓRZ         |      | K 65-69           | 2      | K 63 |             |              | 00:23:14 | 00:46:03.80 | 9:12   | 6.5  |
| 109  | KOCZUR DOROTA        | 58  |      | KOLBUSZOWA     |      | K 60-64           | 9      | K 64 |             |              | 00:22:35 | 00:46:16.85 | 9:15   | 6.5  |
| 110  | ROZENBAJGIER HELENA  | 103 |      | KOLBUSZOWA     |      | K 65-69           | 3      | K 65 |             |              | 00:22:59 | 00:46:17.25 | 9:15   | 6.5  |
| 111  | OPALIŃSKA MARIA      | 54  |      | KOLBUSZOWA     |      | K 30-39           | 11     | K 66 |             |              | 00:23:14 | 00:46:42.85 | 9:20   | 6.4  |
| 112  | PIOTROWSKA DOROTA    | 140 |      | RYMANÓW        |      | K 45-49           | 9      | K 67 |             |              | 00:22:54 | 00:46:43.35 | 9:20   | 6.4  |
| 113  | NIEZGODA EMILKA      | 19  |      | KOLBUSZOWA     |      | K DZIECI          | 6      | K 68 |             |              | 00:21:53 | 00:46:52.75 | 9:22   | 6.4  |
| 114  | GIEC ALICJA          | 195 |      | MIELEC         |      | K DZIECI          | 7      | K 69 |             |              | 00:22:44 | 00:46:54.35 | 9:22   | 6.4  |
| 115  | OPALIŃSKA EMILIA     | 53  |      | KOLBUSZOWA     |      | K DZIECI          | 8      | K 70 |             |              | 00:24:37 | 00:47:04.15 | 9:24   | 6.4  |
| 116  | PODKALICKA JULIA     | 147 |      | MYCZKÓW        |      | K DZIECI          | 9      | K 71 |             |              | 00:22:41 | 00:47:31.15 | 9:30   | 6.3  |
| 117  | WITKOWSKA WIKTORIA   | 193 |      | BUKOWIEC       |      | K DZIECI          | 10     | K 72 |             |              | 00:23:32 | 00:47:33.95 | 9:30   | 6.3  |
| 118  | URBAN IRENA          | 65  |      | LEŻAJSK        |      | K 60-64           | 10     | K 73 |             |              | 00:23:28 | 00:47:49.45 | 9:33   | 6.3  |
| 119  | RĘDZINIAK ALEKSANDRA | 192 |      | RZESZÓW        |      | K DZIECI          | 11     | K 74 |             |              | 00:21:55 | 00:48:09.15 | 9:37   | 6.2  |
| 120  | GAWROŃSKA MAŁGORZATA | 113 |      | MIELEC         |      | K 55-59           | 4      | K 75 |             |              | 00:23:34 | 00:48:33.60 | 9:42   | 6.2  |
| 121  | KASZANY KAROL        | 32  |      | USTRZYKI DOLNE |      | M DZIECI          | 11     | M 45 |             |              | 00:24:16 | 00:48:46.60 | 9:45   | 6.2  |
| 122  | KASZANY PIOTR        | 31  |      | USTRZYKI DOLNE |      | M 30-39           | 7      | M 46 |             |              | 00:24:15 | 00:48:47.05 | 9:45   | 6.1  |
| 123  | KLUCZNIK KATARZYNA   | 37  |      | SANOK          |      | K DZIECI          | 12     | K 76 |             |              | 00:22:11 | 00:48:52.35 | 9:46   | 6.1  |
| 124  | RÓG DANUTA           | 20  |      | KOLBUSZOWA     |      | K 65-69           | 4      | K 77 |             |              | 00:24:34 | 00:49:07.10 | 9:49   | 6.1  |
| 125  | WIĄCEK ADAM          | 11  |      | KOLBUSZOWA     |      | M DZIECI          | 12     | M 47 |             |              | 00:23:53 | 00:49:12.65 | 9:50   | 6.1  |
| 126  | TYLUTKI ANDRZEJ      | 67  |      | TARNOBRZEG     |      | M 45-49           | 6      | M 48 |             |              | 00:25:13 | 00:49:58.10 | 9:59   | 6    |
| 127  | BENEWITA KAMILA      | 142 |      | POLAŃCZYK      |      | K DZIECI          | 13     | K 78 |             |              | 00:24:15 | 00:50:04.10 | 10:00  | 6    |
| 128  | MACIĄG ANDRZEJ       | 69  |      | RZESZÓW        |      | M 65-69           | 4      | M 49 |             |              | 00:24:41 | 00:50:20.25 | 10:04  | 6    |
| 129  | KACHLIK MAŁGORZATA   | 128 |      | JASŁO          |      | K 65-69           | 5      | K 79 |             |              | 00:24:34 | 00:50:26.90 | 10:05  | 5.9  |
| 130  | KWAŚNIK WIKTORIA     | 23  |      | KOLBUSZOWA     |      | K DZIECI          | 14     | K 80 |             |              | 00:24:35 | 00:50:52.45 | 10:10  | 5.9  |
| 131  | SWĘDRAK JOANNA       | 39  |      | ZDUŃSKA WOLA   |      | K 40-44           | 11     | K 81 |             |              | 00:25:32 | 00:51:11.95 | 10:14  | 5.9  |
| 132  | KLUCZNIK ELŻBIETA    | 38  |      | SANOK          |      | K 40-44           | 12     | K 82 |             |              | 00:25:33 | 00:51:12.90 | 10:14  | 5.9  |
| 133  | ŻUBRYD RENATA        | 89  |      | ZAGÓRZ         |      | K 65-69           | 6      | K 83 |             |              | 00:25:11 | 00:51:17.75 | 10:15  | 5.8  |
| 134  | ŁUKASZCZUK ALINA     | 306 |      | CZARNA GÓRNA   |      | K 60-64           | 11     | K 84 |             |              | 00:25:06 | 00:51:33.15 | 10:18  | 5.8  |
| 135  | GARBACKA CECYLIA     | 105 |      | KOLBUSZOWA     |      | K 65-69           | 7      | K 85 |             |              | 00:25:27 | 00:51:41.65 | 10:20  | 5.8  |
| 136  | MARGAŃSKA STANISŁAWA | 102 |      | KOLBUSZOWA     |      | K 70+             | 1      | K 86 |             |              | 00:26:15 | 00:51:48.70 | 10:21  | 5.8  |
| 137  | PROKOPIEC BRONISŁAWA | 51  |      | KOLBUSZOWA     |      | K 70+             | 2      | K 87 |             |              | 00:26:14 | 00:51:49.85 | 10:22  | 5.8  |
| 138  | GÓRCZANY MARIAN      | 126 |      | JASŁO          |      | M 60-64           | 4      | M 50 |             |              | 00:25:43 | 00:52:12.60 | 10:26  | 5.7  |
| 139  | LIPA ALICJA          | 55  |      | KOLBUSZOWA     |      | K 65-69           | 8      | K 88 |             |              | 00:26:43 | 00:52:23.30 | 10:28  | 5.7  |
| 140  | WERBOWICZ BARBARA    | 2   |      | HOCZEW         |      | K JUNIOR          | 10     | K 89 |             |              | 00:25:22 | 00:52:34.30 | 10:31  | 5.7  |
| 141  | WIĄCEK KRYSZYNA      | 8   |      | KOLBUSZOWA     |      | K 60-64           | 12     | K 90 |             |              | 00:25:30 | 00:53:18.10 | 10:39  | 5.6  |
| 142  | WITKOWSKA ANTONINA   | 309 |      | BUKOWIEC       |      | K DZIECI          | 15     | K 91 |             |              | 00:25:04 | 00:53:46.10 | 10:45  | 5.6  |
| 143  | GUZOWSKI MACIEJ      | 194 |      | LEŻAJSK        |      | M NIEPEŁNOSPRAWNI | 1      | M 51 |             |              | 00:23:15 | 00:55:51.45 | 11:10  | 5.4  |
| 144  | GRAL ORIANA          | 146 |      | POLAŃCZYK      |      | K DZIECI          | 16     | K 92 |             |              | 00:53:46 |             | 21:30  | 2.8  |
| DQ   | RĘBISZ GRAŻYNA       | 57  |      | KOLBUSZOWA     |      | K 60-64           | DQ     | DQ   |             | 1            | 00:22:38 | 2015-10-10  | -      | -    |
|      |                      |     |      |                |      |                   |        |      |             |              | DQ       | DQ          |        |      |
| DQ   | GUL-BOGACZ JOLANTA   | 101 |      | KOLBUSZOWA     |      | K 30-39           | DQ     | DQ   |             | 1            | 00:43:43 | DQ          | -      | -    |
|      |                      |     |      |                |      |                   |        |      |             |              | DQ       | DQ          |        |      |
| DQ   | KALISZ SZYMON        | 307 |      | POLAŃCZYK      |      | M JUNIOR          | DQ     | DQ   |             | 1            | DQ       | DQ          | -      | -    |
| DQ   | REMBACKI JAN         | 148 |      | ROGI           |      | M 55-59           | DQ     | DQ   |             | 1            | DQ       | DQ          | -      | -    |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K Niepełnosprawni**

| M-ce | Nazwisko i imię    | Nr  | Klub | M-scowość | Kraj | Kat.              | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|------|-----------|------|-------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | ŻYLIŃSKA AGNIESZKA | 302 |      | KOSINA    |      | K NIEPEŁNOSPRAWNI | 1      | K 37 |             |              | 00:20:57 | 00:41:40.90 | 8:20   | 7.2  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M Niepełnosprawni**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat.              | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|-----------|------|-------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | GUZOWSKI MACIEJ | 194 |      | LEŻAJSK   |      | M NIEPEŁNOSPRAWNI | 1      | M 51 |             |              | 00:23:15 | 00:55:51.45 | 11:10  | 5.4  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K Dzieci**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość     | Kraj | Kat.     | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|------|---------------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WITUSIK OLGA         | 125 |      | JASŁO         |      | K DZIECI | 1      | K 22 |             |              | 00:20:11 | 00:39:46.90 | 7:57   | 7.5  |
| 2    | ROGULA ULA           | 141 |      | RYMANÓW ZDRÓJ |      | K DZIECI | 2      | K 28 |             |              | 00:20:13 | 00:40:31.50 | 8:06   | 7.4  |
| 3    | NIEMCZAK KSENIA      | 5   |      | WYSOKA        |      | K DZIECI | 3      | K 35 |             |              | 00:20:12 | 00:41:23.70 | 8:16   | 7.2  |
| 4    | CZYŻ ALEKSANDRA      | 35  |      | RYMANÓW       |      | K DZIECI | 4      | K 39 |             |              | 00:20:40 | 00:41:49.00 | 8:21   | 7.2  |
| 5    | RADWAŃSKA LAURA      | 149 |      | POLAŃCZYK     |      | K DZIECI | 5      | K 44 |             |              | 00:21:54 | 00:43:02.55 | 8:36   | 7    |
| 6    | NIEZGODA EMILKA      | 19  |      | KOLBUSZOWA    |      | K DZIECI | 6      | K 68 |             |              | 00:21:53 | 00:46:52.75 | 9:22   | 6.4  |
| 7    | GIEC ALICJA          | 195 |      | MIELEC        |      | K DZIECI | 7      | K 69 |             |              | 00:22:44 | 00:46:54.35 | 9:22   | 6.4  |
| 8    | OPALIŃSKA EMILIA     | 53  |      | KOLBUSZOWA    |      | K DZIECI | 8      | K 70 |             |              | 00:24:37 | 00:47:04.15 | 9:24   | 6.4  |
| 9    | PODKALICKA JULIA     | 147 |      | MYCZKÓW       |      | K DZIECI | 9      | K 71 |             |              | 00:22:41 | 00:47:31.15 | 9:30   | 6.3  |
| 10   | WITKOWSKA WIKTORIA   | 193 |      | BUKOWIEC      |      | K DZIECI | 10     | K 72 |             |              | 00:23:32 | 00:47:33.95 | 9:30   | 6.3  |
| 11   | RĘDZINIAK ALEKSANDRA | 192 |      | RZESZÓW       |      | K DZIECI | 11     | K 74 |             |              | 00:21:55 | 00:48:09.15 | 9:37   | 6.2  |
| 12   | KLUCZNIK KATARZYNA   | 37  |      | SANOK         |      | K DZIECI | 12     | K 76 |             |              | 00:22:11 | 00:48:52.35 | 9:46   | 6.1  |
| 13   | BENEWITA KAMILA      | 142 |      | POLAŃCZYK     |      | K DZIECI | 13     | K 78 |             |              | 00:24:15 | 00:50:04.10 | 10:00  | 6    |
| 14   | KWAŚNIK WIKTORIA     | 23  |      | KOLBUSZOWA    |      | K DZIECI | 14     | K 80 |             |              | 00:24:35 | 00:50:52.45 | 10:10  | 5.9  |
| 15   | WITKOWSKA ANTONINA   | 309 |      | BUKOWIEC      |      | K DZIECI | 15     | K 91 |             |              | 00:25:04 | 00:53:46.10 | 10:45  | 5.6  |
| 16   | GRAL ORIANA          | 146 |      | POLAŃCZYK     |      | K DZIECI | 16     | K 92 |             |              | 00:53:46 |             | 21:30  | 2.8  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M Dzieci**

| M-ce | Nazwisko i imię  | Nr  | Klub | M-scowość      | Kraj | Kat.     | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------|-----|------|----------------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | REJMAN FILIP     | 138 |      | TARNOBRZEG     |      | M DZIECI | 1      | M 3  |             |              | 00:16:40 | 00:34:34.75 | 6:55   | 8.7  |
| 2    | LENAR GRZEGORZ   | 76  |      | GAĆ            |      | M DZIECI | 2      | M 17 |             |              | 00:18:13 | 00:36:53.80 | 7:22   | 8.1  |
| 3    | DZIEN BARTOSZ    | 72  |      | GAĆ            |      | M DZIECI | 3      | M 21 |             |              | 00:18:29 | 00:37:35.55 | 7:31   | 8    |
| 4    | SITKO MACIEJ     | 15  |      | KOLBUSZOWA     |      | M DZIECI | 4      | M 22 |             |              | 00:18:33 | 00:37:35.85 | 7:31   | 8    |
| 5    | PETRYŁKA PAWEŁ   | 303 |      | SANOK          |      | M DZIECI | 5      | M 30 |             |              | 00:19:33 | 00:40:43.55 | 8:08   | 7.4  |
| 6    | WITUSIK MICHAŁ   | 124 |      | JASŁO          |      | M DZIECI | 6      | M 32 |             |              | 00:20:32 | 00:41:20.85 | 8:16   | 7.3  |
| 7    | WERBOWICZ MICHAŁ | 1   |      | HOCZEW         |      | M DZIECI | 7      | M 33 |             |              | 00:20:42 | 00:41:23.80 | 8:16   | 7.2  |
| 8    | WOLAK MICHAŁ     | 200 |      | POLAŃCZYK      |      | M DZIECI | 8      | M 39 |             |              | 00:21:32 | 00:42:34.55 | 8:30   | 7    |
| 9    | KARDASZ MACIEJ   | 143 |      | POLAŃCZYK      |      | M DZIECI | 9      | M 40 |             |              | 00:21:32 | 00:42:34.60 | 8:31   | 7    |
| 10   | PECKA KACPER     | 118 |      | MYCZKÓW        |      | M DZIECI | 10     | M 44 |             |              | 00:21:25 | 00:44:44.80 | 8:57   | 6.7  |
| 11   | KASZANY KAROL    | 32  |      | USTRZYKI DOLNE |      | M DZIECI | 11     | M 45 |             |              | 00:24:16 | 00:48:46.60 | 9:45   | 6.2  |
| 12   | WIĄCEK ADAM      | 11  |      | KOLBUSZOWA     |      | M DZIECI | 12     | M 47 |             |              | 00:23:53 | 00:49:12.65 | 9:50   | 6.1  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K Junior**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość  | Kraj | Kat.     | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|------|------------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | KONIK ZUZANNA        | 197 |      | STEFKOWA   |      | K JUNIOR | 1      | K 5  |             |              | 00:18:44 | 00:37:10.75 | 7:26   | 8.1  |
| 2    | BROŻBAR BEATA        | 77  |      | GAĆ        |      | K JUNIOR | 2      | K 6  |             |              | 00:18:27 | 00:37:15.20 | 7:27   | 8.1  |
| 3    | NIEPOKÓJ PAULINA     | 62  |      | RYMANÓW    |      | K JUNIOR | 3      | K 8  |             |              | 00:18:38 | 00:37:32.95 | 7:30   | 8    |
| 4    | PIWODA EWA           | 75  |      | GAĆ        |      | K JUNIOR | 4      | K 12 |             |              | 00:18:44 | 00:38:54.50 | 7:46   | 7.7  |
| 5    | TRĘTOWICZ ALEKSANDRA | 83  |      | KOLBUSZOWA |      | K JUNIOR | 5      | K 13 |             |              | 00:19:28 | 00:38:54.55 | 7:47   | 7.7  |
| 6    | PAŃKO AGNIESZKA      | 74  |      | GAĆ        |      | K JUNIOR | 6      | K 19 |             |              | 00:19:32 | 00:39:33.15 | 7:54   | 7.6  |
| 7    | BAĆAL WIKTORIA       | 73  |      | GAĆ        |      | K JUNIOR | 7      | K 23 |             |              | 00:19:27 | 00:39:54.55 | 7:58   | 7.5  |
| 8    | DUDEK MARIA          | 71  |      | GAĆ        |      | K JUNIOR | 8      | K 43 |             |              | 00:20:36 | 00:42:52.50 | 8:34   | 7    |
| 9    | MAZUR PAULINA        | 28  |      | KOLBUSZOWA |      | K JUNIOR | 9      | K 56 |             |              | 00:21:53 | 00:45:20.25 | 9:04   | 6.6  |
| 10   | WERBOWICZ BARBARA    | 2   |      | HOCZEW     |      | K JUNIOR | 10     | K 89 |             |              | 00:25:22 | 00:52:34.30 | 10:31  | 5.7  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M Junior**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj     | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|-----------|----------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | ŚLIWIAK PAWEŁ   | 63  |      | RYMANÓW   | M JUNIOR |      | 1      | M 14 |             |              | 00:18:45 | 00:36:34.15 | 7:18   | 8.2  |
| 2    | POLNY MAREK     | 33  |      | SANOK     | M JUNIOR |      | 2      | M 18 |             |              | 00:18:48 | 00:37:08.90 | 7:25   | 8.1  |
| DQ   | KALISZ SZYMON   | 307 |      | POLAŃCZYK | M JUNIOR |      | DQ     | DQ   |             | 1            | DQ       | DQ          | -      | -    |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 18-29**

| M-ce | Nazwisko i imię   | Nr  | Klub | M-scowość  | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|------|------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | CETNARSKA ANETA   | 106 |      | KOLBUSZOWA | K 18-29 |      | 1      | K 17 |             |              | 00:19:41 | 00:39:17.85 | 7:51   | 7.6  |
| 2    | JÓZEFEK KATARZYNA | 196 |      |            | K 18-29 |      | 2      | K 34 |             |              | 00:20:53 | 00:41:20.00 | 8:16   | 7.3  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 18-29**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|------|-----------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | BĄCZKOWSKI KRZYSZTOF | 27  |      | RZESZÓW   | M 18-29 |      | 1      | M 10 |             |              | 00:17:40 | 00:35:33.45 | 7:06   | 8.4  |
| 2    | NITKA DARIUSZ        | 122 |      | JASŁO     | M 18-29 |      | 2      | M 34 |             |              | 00:19:24 | 00:41:32.55 | 8:18   | 7.2  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 30-39**

| M-ce | Nazwisko i imię           | Nr  | Klub | M-scowość           | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|------|---------------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | JENDRUCHNIEWICZ KATARZYNA | 131 |      | MIĘDZYRZEC PODLASKI | K 30-39 |      | 1      | K 1  |             |              | 00:17:27 | 00:35:33.30 | 7:06   | 8.4  |
| 2    | RĘDZINIAK MARZENA         | 191 |      | RZESZÓW             | K 30-39 |      | 2      | K 2  |             |              | 00:17:28 | 00:35:37.25 | 7:07   | 8.4  |
| 3    | SZWAST KATARZYNA          | 114 |      | DUKLA               | K 30-39 |      | 3      | K 9  |             |              | 00:18:54 | 00:37:48.55 | 7:33   | 7.9  |
| 4    | MISIOŁEK ANNA             | 308 |      | DUKLA               | K 30-39 |      | 4      | K 10 |             |              | 00:19:03 | 00:38:10.05 | 7:38   | 7.9  |
| 5    | SZELIGA ANNA              | 43  |      | RZESZÓW             | K 30-39 |      | 5      | K 26 |             |              | 00:19:47 | 00:40:21.85 | 8:04   | 7.4  |
| 6    | ROSSA JUSTYNA             | 61  |      | KATOWICE            | K 30-39 |      | 6      | K 41 |             |              | 00:21:01 | 00:42:31.50 | 8:30   | 7.1  |
| 7    | WOLAK IWONA               | 199 |      | POLAŃCZYK           | K 30-39 |      | 7      | K 42 |             |              | 00:21:33 | 00:42:38.70 | 8:31   | 7    |
| 8    | NIEMCZYK URSZULA          | 46  |      | RYMANÓW             | K 30-39 |      | 8      | K 45 |             |              | 00:21:15 | 00:43:04.60 | 8:37   | 7    |
| 9    | KOPACZ ELŻBIETA           | 100 |      | KOLBUSZOWA          | K 30-39 |      | 9      | K 46 |             |              | 00:21:16 | 00:43:33.80 | 8:42   | 6.9  |
| 10   | LIS RENATA                | 68  |      | TARNOBRZEG          | K 30-39 |      | 10     | K 53 |             |              | 00:22:18 | 00:44:36.95 | 8:55   | 6.7  |
| 11   | OPALIŃSKA MARIA           | 54  |      | KOLBUSZOWA          | K 30-39 |      | 11     | K 66 |             |              | 00:23:14 | 00:46:42.85 | 9:20   | 6.4  |
| DQ   | GUL-BOGACZ JOLANTA        | 101 |      | KOLBUSZOWA          | K 30-39 |      | DQ     | DQ   |             | 1            | 00:43:43 | DQ          | -      | -    |
|      |                           |     |      |                     |         |      |        |      |             |              | DQ       |             |        |      |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 30-39**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość      | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|----|------|----------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | BASARA RYSZARD  | 80 |      | ROPCZYCE       | M 30-39 |      | 1      | M 4  |             |              | 00:17:01 | 00:34:56.70 | 6:59   | 8.6  |
| 2    | SŁOWIK DARIUSZ  | 93 |      | NOWY SĄCZ      | M 30-39 |      | 2      | M 6  |             |              | 00:17:33 | 00:35:23.80 | 7:04   | 8.5  |
| 3    | CZECH TOMASZ    | 81 |      | PORAŻ          | M 30-39 |      | 3      | M 26 |             |              | 00:19:20 | 00:39:31.75 | 7:54   | 7.6  |
| 4    | BAŃKA ANDRZEJ   | 48 |      | KOLBUSZOWA     | M 30-39 |      | 4      | M 31 |             |              | 00:20:03 | 00:40:46.90 | 8:09   | 7.4  |
| 5    | ZAWADZKI PAWEŁ  | 42 |      | RZESZÓW        | M 30-39 |      | 5      | M 41 |             |              | 00:21:46 | 00:43:36.25 | 8:43   | 6.9  |
| 6    | ZAWADA ŁUKASZ   | 40 |      | ZDUŃSKA WOLA   | M 30-39 |      | 6      | M 42 |             |              | 00:21:48 | 00:43:37.60 | 8:43   | 6.9  |
| 7    | KASZANY PIOTR   | 31 |      | USTRZYKI DOLNE | M 30-39 |      | 7      | M 46 |             |              | 00:24:15 | 00:48:47.05 | 9:45   | 6.1  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 40-44**

| M-ce | Nazwisko i imię         | Nr  | Klub | M-scowość    | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------|--------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | SZEMBERSKA MAŁGORZATA   | 29  |      | RZESZÓW      | K 40-44 |      | 1      | K 11 |             |              | 00:18:44 | 00:38:15.90 | 7:39   | 7.8  |
| 2    | GUZIOR AGNIESZKA        | 78  |      | RZESZÓW      | K 40-44 |      | 2      | K 14 |             |              | 00:19:21 | 00:38:55.40 | 7:47   | 7.7  |
| 3    | KONIK ALEKSANDRA        | 47  |      | STEFKOWA     | K 40-44 |      | 3      | K 15 |             |              | 00:19:36 | 00:39:14.15 | 7:50   | 7.6  |
| 4    | KRZANOWSKA MAŁGORZATA   | 30  |      | WĘGLÓWKA     | K 40-44 |      | 4      | K 16 |             |              | 00:19:22 | 00:39:17.15 | 7:51   | 7.6  |
| 5    | JANCAK MARZENA          | 305 |      | WOŁKOWYJA    | K 40-44 |      | 5      | K 25 |             |              | 00:20:07 | 00:40:20.85 | 8:04   | 7.4  |
| 6    | CAG-SOBCZYK EDYTA       | 109 |      | RZESZÓW      | K 40-44 |      | 6      | K 29 |             |              | 00:20:01 | 00:40:32.85 | 8:06   | 7.4  |
| 7    | MAŁODOBRY WIOLETTA      | 49  |      | KOLBUSZOWA   | K 40-44 |      | 7      | K 30 |             |              | 00:20:25 | 00:40:34.55 | 8:07   | 7.4  |
| 8    | REIZER AGNIESZKA        | 137 |      | ŁAŃCUT       | K 40-44 |      | 8      | K 33 |             |              | 00:20:20 | 00:40:57.20 | 8:11   | 7.3  |
| 9    | BIELAK-WIERZBICKA WANDA | 41  |      | CISNA        | K 40-44 |      | 9      | K 38 |             |              | 00:21:04 | 00:41:47.15 | 8:21   | 7.2  |
| 10   | TRĘTOWICZ BEATA         | 82  |      | KOLBUSZOWA   | K 40-44 |      | 10     | K 48 |             |              | 00:21:09 | 00:44:09.70 | 8:50   | 6.8  |
| 11   | SWĘDRAK JOANNA          | 39  |      | ZDUŃSKA WOLA | K 40-44 |      | 11     | K 81 |             |              | 00:25:32 | 00:51:11.95 | 10:14  | 5.9  |
| 12   | KLUCZNIK ELŻBIETA       | 38  |      | SANOK        | K 40-44 |      | 12     | K 82 |             |              | 00:25:33 | 00:51:12.90 | 10:14  | 5.9  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 40-44**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość  | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | SZWAST JERZY    | 115 |      | DUKLA      | M 40-44 |      | 1      | M 12 |             |              | 00:17:57 | 00:35:56.40 | 7:11   | 8.3  |
| 2    | SOBCZYK RAFAŁ   | 110 |      | RZESZÓW    | M 40-44 |      | 2      | M 24 |             |              | 00:18:42 | 00:38:08.65 | 7:37   | 7.9  |
| 3    | BAĆ WIESŁAW     | 95  |      | RACŁAWÓWKA | M 40-44 |      | 3      | M 37 |             |              | 00:20:37 | 00:41:56.35 | 8:23   | 7.2  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 45-49**

| M-ce | Nazwisko i imię             | Nr  | Klub | M-scowość     | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|------|---------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | KRÓLICKA IWONA              | 121 |      | RYMANÓW       | K 45-49 |      | 1      | K 7  |             |              | 00:18:19 | 00:37:15.45 | 7:27   | 8.1  |
| 2    | HRYSZKO IWONA               | 26  |      | MIĘDZYPRODZIE | K 45-49 |      | 2      | K 18 |             |              | 00:19:31 | 00:39:21.75 | 7:52   | 7.6  |
| 3    | FLEJSZAR ANNA               | 111 |      | ŁAŃCUT        | K 45-49 |      | 3      | K 20 |             |              | 00:19:46 | 00:39:43.20 | 7:56   | 7.6  |
| 4    | ŁOPUSZAŃSKA-PATRYLAK DOROTA | 117 |      | KROSNO        | K 45-49 |      | 4      | K 21 |             |              | 00:19:51 | 00:39:44.15 | 7:56   | 7.6  |
| 5    | WIŚNIEWSKA RENATA           | 70  |      | ŁAŃCUT        | K 45-49 |      | 5      | K 52 |             |              | 00:22:09 | 00:44:31.90 | 8:54   | 6.7  |
| 6    | FILAPEK IZABELA             | 45  |      | KANIÓW        | K 45-49 |      | 6      | K 55 |             |              | 00:22:11 | 00:44:57.80 | 8:59   | 6.7  |
| 7    | NIEMCZAK BERNARDA           | 3   |      | WYSOKA        | K 45-49 |      | 7      | K 57 |             |              | 00:22:29 | 00:45:21.40 | 9:04   | 6.6  |
| 8    | WIĄCEK BOŻENA               | 107 |      | KOLBUSZOWA    | K 45-49 |      | 8      | K 60 |             |              | 00:23:01 | 00:45:44.70 | 9:09   | 6.6  |
| 9    | PIOTROWSKA DOROTA           | 140 |      | RYMANÓW       | K 45-49 |      | 9      | K 67 |             |              | 00:22:54 | 00:46:43.35 | 9:20   | 6.4  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 45-49**

| M-ce | Nazwisko i imię   | Nr  | Klub | M-scowość     | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|------|---------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | GRZĄDZIEL DARIUSZ | 6   |      | USTRYKI DOLNE | M 45-49 |      | 1      | M 1  |             |              | 00:16:11 | 00:32:27.10 | 6:29   | 9.2  |
| 2    | PUCHAŁA KRZYSZTOF | 44  |      | WROCŁAW       | M 45-49 |      | 2      | M 8  |             |              | 00:17:26 | 00:35:27.90 | 7:05   | 8.5  |
| 3    | POLNY DANIEL      | 34  |      | SANOK         | M 45-49 |      | 3      | M 9  |             |              | 00:17:46 | 00:35:30.70 | 7:06   | 8.5  |
| 4    | REIZER PIOTR      | 136 |      | ŁAŃCUT        | M 45-49 |      | 4      | M 20 |             |              | 00:17:59 | 00:37:31.50 | 7:30   | 8    |
| 5    | FLEJSZAR ZBIGNIEW | 112 |      | ŁAŃCUT        | M 45-49 |      | 5      | M 29 |             |              | 00:19:23 | 00:40:13.75 | 8:02   | 7.5  |
| 6    | TYLUTKI ANDRZEJ   | 67  |      | TARNOBRZEG    | M 45-49 |      | 6      | M 48 |             |              | 00:25:13 | 00:49:58.10 | 9:59   | 6    |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 50-54**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość  | Kraj    | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|------------|---------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | STYGA KRYSZYNA  | 98  |      | KOLBUSZOWA | K 50-54 |      | 1      | K 3  |             |              | 00:17:53 | 00:36:24.30 | 7:16   | 8.2  |
| 2    | WŁADYKA AGATA   | 24  |      | JASŁO      | K 50-54 |      | 2      | K 4  |             |              | 00:18:17 | 00:36:52.65 | 7:22   | 8.1  |
| 3    | WENC IRENA      | 60  |      | SANOK      | K 50-54 |      | 3      | K 24 |             |              | 00:20:02 | 00:40:12.10 | 8:02   | 7.5  |
| 4    | WRÓBEL ELŻBIETA | 116 |      | CISNA      | K 50-54 |      | 4      | K 47 |             |              | 00:21:50 | 00:43:45.05 | 8:45   | 6.9  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 50-54 c.d.**

| M-ce | Nazwisko i imię      | Nr | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|----|------|-----------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 5    | WOJCIECHOWSKA CELINA | 36 |      | KOŁACZYCE |      | K 50-54 | 5      | K 58 |             |              | 00:20:20 | 00:45:29.60 | 9:06   | 6.6  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 50-54**

| M-ce | Nazwisko i imię   | Nr | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------|----|------|-----------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | SKWIRUT JERZY     | 59 |      | RYMANÓW   |      | M 50-54 | 1      | M 2  |             |              | 00:16:41 | 00:33:38.25 | 6:43   | 8.9  |
| 2    | ŻYLIŃSKI GRZEGORZ | 4  |      | KOSINA    |      | M 50-54 | 2      | M 19 |             |              | 00:18:28 | 00:37:26.00 | 7:29   | 8    |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 55-59**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|------|-----------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | DRAUS CZESŁAWA       | 84  |      | RZESZOW   |      | K 55-59 | 1      | K 32 |             |              | 00:20:25 | 00:40:42.90 | 8:08   | 7.4  |
| 2    | MOCHNAŁ EWA          | 134 |      | POLAŃCZYK |      | K 55-59 | 2      | K 36 |             |              | 00:20:48 | 00:41:37.05 | 8:19   | 7.2  |
| 3    | BASARA HELENA        | 79  |      | ROPczyce  |      | K 55-59 | 3      | K 49 |             |              | 00:21:27 | 00:44:18.55 | 8:51   | 6.8  |
| 4    | GAWRONSKA MAŁGORZATA | 113 |      | MIELEC    |      | K 55-59 | 4      | K 75 |             |              | 00:23:34 | 00:48:33.60 | 9:42   | 6.2  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 55-59**

| M-ce | Nazwisko i imię         | Nr  | Klub | M-scowość  | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------|------------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | PATLA WALDEMAR          | 145 |      | ROGI       |      | M 55-59 | 1      | M 7  |             |              | 00:17:27 | 00:35:27.55 | 7:05   | 8.5  |
| 2    | URBANIĄK MARIAN         | 135 |      | TRZEŚŃ     |      | M 55-59 | 2      | M 11 |             |              | 00:18:00 | 00:35:37.75 | 7:07   | 8.4  |
| 3    | WÓJCIK SŁAWOMIR         | 97  |      | JURECZKOWA |      | M 55-59 | 3      | M 13 |             |              | 00:17:44 | 00:35:58.20 | 7:11   | 8.3  |
| 4    | WOJCIECHOWSKI STANISŁAW | 25  |      | KOŁACZYCE  |      | M 55-59 | 4      | M 15 |             |              | 00:17:48 | 00:36:36.15 | 7:19   | 8.2  |
| 5    | KARCZMARSKI KRZYSZTOF   | 139 |      | KOZIENICE  |      | M 55-59 | 5      | M 25 |             |              | 00:19:12 | 00:38:09.85 | 7:38   | 7.9  |
| 6    | NITKA ANDRZEJ           | 127 |      | JASŁO      |      | M 55-59 | 6      | M 28 |             |              | 00:19:33 | 00:40:01.05 | 8:00   | 7.5  |
| DQ   | REMBACKI JAN            | 148 |      | ROGI       |      | M 55-59 | DQ     | DQ   |             | 1            | DQ       | DQ          | -      | -    |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 60-64**

| M-ce | Nazwisko i imię           | Nr  | Klub | M-scowość    | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|------|--------------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | JAROSZ ANNA               | 64  |      | LEŻAJSK      |      | K 60-64 | 1      | K 27 |             |              | 00:19:59 | 00:40:31.30 | 8:06   | 7.4  |
| 2    | ZIOŁO KSIAZKIEWICZ MARYLA | 99  |      | RZESZOW      |      | K 60-64 | 2      | K 31 |             |              | 00:20:08 | 00:40:39.00 | 8:07   | 7.4  |
| 3    | SALAŁAK MARIA             | 94  |      | ZAGÓRZ       |      | K 60-64 | 3      | K 40 |             |              | 00:20:38 | 00:42:17.60 | 8:27   | 7.1  |
| 4    | SZEWczyK GENOWEFA         | 87  |      | ZAGÓRZ       |      | K 60-64 | 4      | K 50 |             |              | 00:21:28 | 00:44:24.65 | 8:52   | 6.8  |
| 5    | APANASOWICZ DANUTA        | 88  |      | ZAGÓRZ       |      | K 60-64 | 5      | K 51 |             |              | 00:21:54 | 00:44:26.05 | 8:53   | 6.8  |
| 6    | MIKOŁAJCZYK IRENA         | 129 |      | JASŁO        |      | K 60-64 | 6      | K 54 |             |              | 00:22:16 | 00:44:45.90 | 8:57   | 6.7  |
| 7    | WIADERSKA GRAŻYNA         | 91  |      | ELBLĄG       |      | K 60-64 | 7      | K 59 |             |              | 00:22:22 | 00:45:31.05 | 9:06   | 6.6  |
| 8    | MYŚKO HALINA              | 123 |      | JASŁO        |      | K 60-64 | 8      | K 61 |             |              | 00:22:27 | 00:45:51.35 | 9:10   | 6.5  |
| 9    | KOCZUR DOROTA             | 58  |      | KOLBUSZOWA   |      | K 60-64 | 9      | K 64 |             |              | 00:22:35 | 00:46:16.85 | 9:15   | 6.5  |
| 10   | URBAN IRENA               | 65  |      | LEŻAJSK      |      | K 60-64 | 10     | K 73 |             |              | 00:23:28 | 00:47:49.45 | 9:33   | 6.3  |
| 11   | ŁUKASZCZUK ALINA          | 306 |      | CZARNA GÓRNA |      | K 60-64 | 11     | K 84 |             |              | 00:25:06 | 00:51:33.15 | 10:18  | 5.8  |
| 12   | WIĄCEK KRYSZYNA           | 8   |      | KOLBUSZOWA   |      | K 60-64 | 12     | K 90 |             |              | 00:25:30 | 00:53:18.10 | 10:39  | 5.6  |
| DQ   | RĘBISZ GRAŻYNA            | 57  |      | KOLBUSZOWA   |      | K 60-64 | DQ     | DQ   |             | 1            | 00:22:38 | DQ          | -      | -    |
|      |                           |     |      |              |      |         |        |      |             |              | DQ       |             |        |      |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 60-64**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|-----------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | PASIERB MAREK   | 119 |      | RZESZÓW   |      | M 60-64 | 1      | M 5  |             |              | 00:17:27 | 00:34:59.45 | 7:00   | 8.6  |
| 2    | RZUCIDŁO JAN    | 144 |      | RZESZÓW   |      | M 60-64 | 2      | M 23 |             |              | 00:18:43 | 00:37:56.80 | 7:35   | 7.9  |
| 3    | MARONDEL JAN    | 7   |      | BYTOM     |      | M 60-64 | 3      | M 36 |             |              | 00:20:45 | 00:41:51.05 | 8:22   | 7.2  |
| 4    | GÓRCZANY MARIAN | 126 |      | JASŁO     |      | M 60-64 | 4      | M 50 |             |              | 00:25:43 | 00:52:12.60 | 10:26  | 5.7  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 65-69**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość  | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------|------------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | TARA JANINA         | 86  |      | ZAGÓRZ     |      | K 65-69 | 1      | K 62 |             |              | 00:22:57 | 00:45:59.70 | 9:12   | 6.5  |
| 2    | ŁOMNICKA-GUT EWA    | 90  |      | ZAGÓRZ     |      | K 65-69 | 2      | K 63 |             |              | 00:23:14 | 00:46:03.80 | 9:12   | 6.5  |
| 3    | ROZENBAJGIER HELENA | 103 |      | KOLBUSZOWA |      | K 65-69 | 3      | K 65 |             |              | 00:22:59 | 00:46:17.25 | 9:15   | 6.5  |
| 4    | RÓG DANUTA          | 20  |      | KOLBUSZOWA |      | K 65-69 | 4      | K 77 |             |              | 00:24:34 | 00:49:07.10 | 9:49   | 6.1  |
| 5    | KACHLIK MAŁGORZATA  | 128 |      | JASŁO      |      | K 65-69 | 5      | K 79 |             |              | 00:24:34 | 00:50:26.90 | 10:05  | 5.9  |
| 6    | ŻUBRYD RENATA       | 89  |      | ZAGÓRZ     |      | K 65-69 | 6      | K 83 |             |              | 00:25:11 | 00:51:17.75 | 10:15  | 5.8  |
| 7    | GARBACKA CECYLIA    | 105 |      | KOLBUSZOWA |      | K 65-69 | 7      | K 85 |             |              | 00:25:27 | 00:51:41.65 | 10:20  | 5.8  |
| 8    | LIPA ALICJA         | 55  |      | KOLBUSZOWA |      | K 65-69 | 8      | K 88 |             |              | 00:26:43 | 00:52:23.30 | 10:28  | 5.7  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 65-69**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość     | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------|---------------|------|---------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | WIADERSKI WOJCIECH  | 92  |      | ELBLĄG        |      | M 65-69 | 1      | M 16 |             |              | 00:18:20 | 00:36:43.35 | 7:20   | 8.2  |
| 2    | CETNARSKI KAZIMIERZ | 304 |      | SOKÓŁ RYMANÓW |      | M 65-69 | 2      | M 27 |             |              | 00:20:01 | 00:39:46.70 | 7:57   | 7.5  |
| 3    | NOWAK JERZY         | 130 |      | KRAKÓW        |      | M 65-69 | 3      | M 35 |             |              | 00:20:23 | 00:41:35.00 | 8:19   | 7.2  |
| 4    | MACIĄG ANDRZEJ      | 69  |      | RZESZÓW       |      | M 65-69 | 4      | M 49 |             |              | 00:24:41 | 00:50:20.25 | 10:04  | 6    |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, K 70+**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość  | Kraj | Kat.  | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|------|------------|------|-------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | MARGAŃSKA STANISŁAWA | 102 |      | KOLBUSZOWA |      | K 70+ | 1      | K 86 |             |              | 00:26:15 | 00:51:48.70 | 10:21  | 5.8  |
| 2    | PROKOPIEC BRONISŁAWA | 51  |      | KOLBUSZOWA |      | K 70+ | 2      | K 87 |             |              | 00:26:14 | 00:51:49.85 | 10:22  | 5.8  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM, M 70+**

| M-ce | Nazwisko i imię  | Nr  | Klub | M-scowość  | Kraj | Kat.  | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|------------------|-----|------|------------|------|-------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | MOCHNAL MIROSŁAW | 133 |      | POLAŃCZYK  |      | M 70+ | 1      | M 38 |             |              | 00:21:08 | 00:42:29.70 | 8:30   | 7.1  |
| 2    | GARBACKI JÓZEF   | 104 |      | KOLBUSZOWA |      | M 70+ | 2      | M 43 |             |              | 00:21:15 | 00:43:40.60 | 8:44   | 6.9  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM,**

| M-ce | Nazwisko i imię    | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|------|-----------|------|------|--------|-----|-------------|--------------|----------|-------------|--------|------|
| 1    | ŻYŁKA - REUT ANITA | 198 |      | SANOK     |      |      |        | 1   |             |              | 00:19:16 | 00:38:48.35 | 7:45   | 7.7  |