

| M-ce | Numer | Nazwisko | Imię | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość | Klub | NPSR | DYST ANS | Wynik | Prędkość km/h | Tempo min/km | CZAS STARTU |
|------|-------|---------------------|------------|------|----------|-----------|---------------|----------------------|---------------------------------|------|----------|-----------------|---------------|--------------------------|-------------|
| 1 | 223 | ROSAK | MARCIN | M | 1 | M 40-49 | | ZIELONA GÓRA | RUNNERSKI.PL | | 5km NW | 00:28:15 | 10,62 [km/h] | 00:05:39 [min/km] | 00:03:49 |
| 2 | 245 | SZARSZUNOWICZ | MARIUSZ | M | 2 | M 30-39 | | PASŁĘK | KRAM TEAM | | 5km NW | 00:28:45 | 10,43 [km/h] | 00:05:45 [min/km] | 00:03:49 |
| 3 | 243 | STILLER | KAROL | M | 3 | M 30-39 | | KUSIĘTA | KABEX PODKOWA JANÓW | | 5km NW | 00:28:51 | 10,40 [km/h] | 00:05:46 [min/km] | 00:04:00 |
| 4 | 128 | GRODZKI | IRENEUSZ | M | 4 | M 40-49 | 1 | GORZÓW WLKP. | | | 5km NW | 00:29:09 | 10,29 [km/h] | 00:05:50 [min/km] | 00:03:49 |
| 5 | 233 | SKRZYPCZAK | PATRYK | M | 5 | M 30-39 | 1 | TRZCIEL | SPARTAKUS | | 5km NW | 00:29:27 | 10,19 [km/h] | 00:05:53 [min/km] | 00:03:35 |
| 6 | 109 | BRZOZOWSKI | PIOTR | M | 6 | M 30-39 | 2 | SŁAWNO | EKSPEDYCJA NORDIC TEAM SZCZECIN | | 5km NW | 00:29:32 | 10,16 [km/h] | 00:05:54 [min/km] | 00:03:30 |
| 7 | 124 | FRĄCKOWIAK | ROMAN | M | 7 | M 50-59 | 1 | WIELEŃ | KS METRACO POLKOWICE | | 5km NW | 00:29:51 | 10,05 [km/h] | 00:05:58 [min/km] | 00:05:03 |
| 8 | 155 | KOP | WIESŁAW | M | 8 | M 50-59 | 2 | PIŁA | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | | 5km NW | 00:30:06 | 9,97 [km/h] | 00:06:01 [min/km] | 00:05:04 |
| 9 | 191 | MIELECKA | AGNIESZKA | K | 1 | K 50-59 | | DREWNO | KS IDMAR RACING TEAM | | 5km NW | 00:30:26 | 9,86 [km/h] | 00:06:05 [min/km] | 00:07:42 |
| 10 | 925 | LEWANDOWSKI | MIŁOSZ | M | 9 | M 16-29 | 1 | MYŚLIBÓRZ | - | | 5km NW | 00:30:55 | 9,70 [km/h] | 00:06:11 [min/km] | 00:03:23 |
| 11 | 215 | POSŁUSZNY | PAWEŁ | M | 10 | M 13-15 | 1 | OBORNIKI | WALK & RUN TEAM OBORNIKI | | 5km NW | 00:31:13 | 9,61 [km/h] | 00:06:15 [min/km] | 00:04:00 |
| 12 | 272 | ZDANUK | ARTUR | M | 11 | M 40-49 | 2 | PRZĘSOCIN | EKSPEDYCJA NORDIC TEAM SZCZECIN | | 5km NW | 00:31:15 | 9,60 [km/h] | 00:06:15 [min/km] | 00:04:06 |
| 13 | 178 | LIPIŃSKI | KAROL | M | 12 | M 40-49 | 3 | SZCZECIN | EKSPEDYCJA NORDIC TEAM SZCZECIN | | 5km NW | 00:31:19 | 9,58 [km/h] | 00:06:16 [min/km] | 00:04:00 |
| 14 | 123 | FRĄCKOWIAK | MATEUSZ | M | 13 | M 16-29 | 2 | WIELEŃ | KS METRACO POLKOWICE | | 5km NW | 00:31:23 | 9,56 [km/h] | 00:06:17 [min/km] | 00:03:17 |
| 15 | 187 | MAŁKA | MARIAN | M | 14 | M 60-69 | 1 | GLIWICE | | | 5km NW | 00:31:41 | 9,47 [km/h] | 00:06:20 [min/km] | 00:04:47 |
| 16 | 116 | CICHOŃ | SŁAWOMIR | M | 15 | M 40-49 | 4 | WARSZAWA | KROSSKI REMSPORT | | 5km NW | 00:31:51 | 9,42 [km/h] | 00:06:22 [min/km] | 00:04:00 |
| 17 | 276 | ZMYŚŁOWSKI | ZYGMUNT | M | 16 | M 60-69 | 2 | LUBASZ | NORDIC WALKING LUBASZ | | 5km NW | 00:31:54 | 9,40 [km/h] | 00:06:23 [min/km] | 00:04:05 |
| 18 | 220 | RĘBOWSKI | TOMASZ | M | 17 | M 30-39 | 3 | PASŁĘK | ACTIVE FAMILY | | 5km NW | 00:31:55 | 9,40 [km/h] | 00:06:23 [min/km] | 00:03:41 |
| 19 | 279 | WIĘCZKOWSKI | KONRAD | M | 18 | M 16-29 | 3 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:31:57 | 9,39 [km/h] | 00:06:23 [min/km] | 00:03:16 |
| 20 | 158 | KRAJEWSKA | HANNA | K | 2 | K 16-29 | | PIŁA | MARSZ PO ZDROWIE | | 5km NW | 00:32:01 | 9,37 [km/h] | 00:06:24 [min/km] | 00:06:04 |
| 21 | 199 | MYDŁOWSKA | MARTA | K | 3 | K 16-29 | | GORZÓW WIELKOPOLSKI | ALKS AJP GORZÓW WLKP. | | 5km NW | 00:32:18 | 9,29 [km/h] | 00:06:28 [min/km] | 00:06:04 |
| 22 | 225 | RUDAWSKI | PIOTR | M | 19 | M 30-39 | 4 | TRZCIEL | WALK & RUN TEAM OBORNIKI | | 5km NW | 00:32:19 | 9,28 [km/h] | 00:06:28 [min/km] | 00:03:30 |
| 23 | 127 | GOŁĘBIEWSKI | EDWARD | M | 20 | M 60-69 | 3 | POBIEDZISKA | TKKF PŁOMIEN POBIEDZISKA | | 5km NW | 00:32:20 | 9,28 [km/h] | 00:06:28 [min/km] | 00:05:04 |
| 24 | 101 | BARTOSIEWICZ | ŁUKASZ | M | 21 | M 30-39 | 5 | GDAŃSK | LUKI TEAM GDAŃSK | | 5km NW | 00:32:21 | 9,27 [km/h] | 00:06:28 [min/km] | 00:03:35 |
| 25 | 190 | MAŚLANKA | IWONA | K | 4 | K 40-49 | 1 | ŚMIGIEL | MARSZ PO ZDROWIE | | 5km NW | 00:32:22 | 9,27 [km/h] | 00:06:28 [min/km] | 00:06:56 |
| 26 | 156 | KOPCZEWSKI | DARIUSZ | M | 22 | M 50-59 | 3 | KOSZALIN | ELITE TEAM | | 5km NW | 00:32:24 | 9,26 [km/h] | 00:06:29 [min/km] | 00:05:11 |
| 27 | 163 | KROMSKI | PAWEŁ | M | 23 | M 50-59 | 4 | ROKIETNICA | NORDIC WALKING KIEKRZ POLAND | | 5km NW | 00:32:24 | 9,26 [km/h] | 00:06:29 [min/km] | 00:04:43 |
| 28 | 157 | KOSTECKI | WIESŁAW | M | 24 | M 60-69 | 4 | NOWY DWÓR MAZOWIECKI | KB LEGIONOWO | | 5km NW | 00:32:27 | 9,24 [km/h] | 00:06:29 [min/km] | 00:05:03 |
| 29 | 928 | STANISŁAWSKI | JAN | M | 25 | M 60-69 | 5 | POZNAN | | | 5km NW | 00:32:36 | 9,20 [km/h] | 00:06:31 [min/km] | 00:05:22 |
| 30 | 250 | SZYMSKA | MAŁGORZATA | K | 5 | K 30-39 | 1 | SZCZECIN | SZCZECIN NWPL | | 5km NW | 00:32:44 | 9,16 [km/h] | 00:06:33 [min/km] | 00:06:13 |
| 31 | 134 | GUDZIO | MACIEJ | M | 26 | M 50-59 | 5 | CZERWONAK | NORDIC WALKING KIEKRZ POLAND | | 5km NW | 00:32:48 | 9,15 [km/h] | 00:06:34 [min/km] | 00:04:43 |
| 32 | 142 | JASIŁEK | PRZEMYSŁAW | M | 27 | M 40-49 | 5 | RADAWNICA | | | 5km NW | 00:32:50 | 9,14 [km/h] | 00:06:34 [min/km] | 00:04:06 |
| 33 | 204 | OKRZESIK-FRĄCKOWIAK | IZABELA | K | 6 | K 50-59 | 1 | WIELEŃ | KS METRACO POLKOWICE | | 5km NW | 00:32:50 | 9,14 [km/h] | 00:06:34 [min/km] | 00:07:47 |
| 34 | 126 | GŁADZIK | ALEKSANDER | M | 28 | M 30-39 | 6 | SZCZECIN | KOMPAS TEAM | | 5km NW | 00:33:13 | 9,03 [km/h] | 00:06:39 [min/km] | 00:03:42 |

| M-ce | Numer | Nazwisko | Imię | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość | Klub | NPSR | DYST ANS | Wynik | Prędkość km/h | Tempo min/km | CZAS STARTU |
|------|-------|--------------------|-------------|------|----------|-----------|---------------|-----------------------|---------------------------------|------|----------|----------|---------------|-------------------|-------------|
| 35 | 417 | WIETRZYCKI | ANDRZEJ | M | 29 | M NPSR | 1 | TRZCIANKA | FABRYKA NORDICA TRZCIANKA | NPSR | 5km NW | 00:33:17 | 9,01 [km/h] | 00:06:39 [min/km] | 00:09:17 |
| 36 | 149 | KĘDZIERSKA | AGNIESZKA | K | 7 | K 40-49 | 2 | TRZEMESZNO | KIJKOWE TRZEMESZNO | | 5km NW | 00:33:19 | 9,00 [km/h] | 00:06:40 [min/km] | 00:06:51 |
| 37 | 184 | ŁUKASZEWICZ | JOANNA | K | 8 | K 40-49 | 3 | ZIELONA GÓRA | GREEN TEAM ZIELONA GÓRA | | 5km NW | 00:33:20 | 9,00 [km/h] | 00:06:40 [min/km] | 00:06:56 |
| 38 | 203 | NOWAK | WIESŁAW | M | 30 | M 50-59 | 6 | SKOKI | UKS SKOCZEK SKOKI | | 5km NW | 00:33:21 | 9,00 [km/h] | 00:06:40 [min/km] | 00:06:47 |
| 39 | 271 | ZAWISŁA | STANISŁAW | M | 31 | M 60-69 | 6 | PLEWISKA | MARSZ PO ZDROWIE | | 5km NW | 00:33:40 | 8,91 [km/h] | 00:06:44 [min/km] | 00:04:43 |
| 40 | 189 | MARCINIAK | TOMASZ | M | 32 | M 30-39 | 7 | SZCZECIN | EKSPEDYCJA NORDIC TEAM SZCZECIN | | 5km NW | 00:33:41 | 8,91 [km/h] | 00:06:44 [min/km] | 00:03:42 |
| 41 | 237 | STACHOWIAK | TOMASZ | M | 33 | M 40-49 | 6 | KONARZEWO | | | 5km NW | 00:33:48 | 8,88 [km/h] | 00:06:46 [min/km] | 00:04:13 |
| 42 | 207 | OLEJNICZAK | ALEKSANDRA | K | 9 | K 13-15 | 1 | TRZEMESZNO | KIJKOWE TRZEMESZNO | | 5km NW | 00:33:56 | 8,84 [km/h] | 00:06:47 [min/km] | 00:06:13 |
| 43 | 104 | BOJANOWSKI | MARCIN | M | 34 | M 30-39 | 8 | OBORNIKI | WALK & RUN TEAM OBORNIKI | | 5km NW | 00:33:58 | 8,83 [km/h] | 00:06:48 [min/km] | 00:03:23 |
| 44 | 162 | KROMELITSKIY | ANDREY | M | 35 | M 40-49 | 7 | KALININGRAD | ACTIVE FAMILY | | 5km NW | 00:34:13 | 8,77 [km/h] | 00:06:51 [min/km] | 00:04:06 |
| 45 | 927 | PIATCZYK | MICHAŁ | M | 36 | M 16-29 | 4 | GRODZISK WIELKOPOLSKI | - | | 5km NW | 00:34:14 | 8,76 [km/h] | 00:06:51 [min/km] | 00:03:18 |
| 46 | 251 | ŚLUSARCZYK | ALEXANDER | M | 37 | M 13-15 | 2 | POZNAN | NORDIC WALKING KIEKRZ | | 5km NW | 00:34:15 | 8,76 [km/h] | 00:06:51 [min/km] | 00:03:17 |
| 47 | 129 | GRUPIŃSKA | KATARZYNA | K | 10 | K 50-59 | 2 | LUBASZ | NORDIC WALKING LUBASZ | | 5km NW | 00:34:22 | 8,73 [km/h] | 00:06:52 [min/km] | 00:07:47 |
| 48 | 216 | PROCHORENKO | JOANNA | K | 11 | K 30-39 | 2 | MYŚLIBÓRZ | | | 5km NW | 00:34:24 | 8,72 [km/h] | 00:06:53 [min/km] | 00:06:13 |
| 49 | 177 | LIPIŃSKA | KAROLINA | K | 12 | K 30-39 | 3 | SZCZECIN | EKSPEDYCJA NORDIC TEAM SZCZECIN | | 5km NW | 00:34:29 | 8,70 [km/h] | 00:06:54 [min/km] | 00:06:17 |
| 50 | 922 | LOTKA | IZABELA | K | 13 | K 30-39 | 4 | STARY TOMYŚL | TEAM BEROTU | | 5km NW | 00:34:33 | 8,68 [km/h] | 00:06:55 [min/km] | 00:06:18 |
| 51 | 924 | KOTERBA | DAMIAN | M | 38 | M 13-15 | 3 | KIEKRZ | NORDIC WALKING KIEKRZ POLAND | | 5km NW | 00:34:43 | 8,64 [km/h] | 00:06:57 [min/km] | 00:03:23 |
| 52 | 136 | IWAŃCZUK | ŁUKASZ | M | 39 | M 13-15 | 4 | SĘDZINKO | SZYBCIORY W DECHĘ | | 5km NW | 00:34:51 | 8,61 [km/h] | 00:06:58 [min/km] | 00:03:29 |
| 53 | 261 | WIERCHANOWSKI | BOGDAN | M | 40 | M 60-69 | 7 | GOLCZEWO | | | 5km NW | 00:34:53 | 8,60 [km/h] | 00:06:59 [min/km] | 00:05:35 |
| 54 | 226 | RYBAŁTOWSKI | PAWEŁ | M | 41 | M 70+ | 1 | OBORNIKI ŚLĄSKIE | | | 5km NW | 00:34:58 | 8,58 [km/h] | 00:07:00 [min/km] | |
| 55 | 923 | WIECZOREK | KRZYSZTOF | M | 42 | M 40-49 | 8 | DĘBE | NORDIC WALKING LUBASZ | | 5km NW | 00:35:09 | 8,53 [km/h] | 00:07:02 [min/km] | 00:04:14 |
| 56 | 102 | BERCZYŃSKI | HENRYK | M | 43 | M 60-69 | 8 | OKONEK | NADLEŚNICTWO OKONEK | | 5km NW | 00:35:10 | 8,53 [km/h] | 00:07:02 [min/km] | 00:05:22 |
| 57 | 260 | WICHER | JOLANTA | K | 14 | K 40-49 | 4 | LUBASZ | NORDIC WALKING LUBASZ | | 5km NW | 00:35:13 | 8,52 [km/h] | 00:07:03 [min/km] | 00:06:51 |
| 58 | 108 | BROTKIEWICZ | MARIUSZ | M | 44 | M 40-49 | 9 | POZNAŃ | | | 5km NW | 00:35:17 | 8,50 [km/h] | 00:07:03 [min/km] | 00:04:15 |
| 59 | 228 | RYCHLEWSKA-SŁODOWA | DANUTA | K | 15 | K 40-49 | 5 | LUBASZ | NORDIC WALKING LUBASZ | | 5km NW | 00:35:21 | 8,49 [km/h] | 00:07:04 [min/km] | 00:07:02 |
| 60 | 283 | PICZ | DAMIAN | M | 45 | M 13-15 | 5 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:35:25 | 8,47 [km/h] | 00:07:05 [min/km] | 00:03:35 |
| 61 | 407 | KASPRZAK | TADEUSZ | M | 46 | M NPSR | 2 | OSIEK | | NPSR | 5km NW | 00:35:28 | 8,46 [km/h] | 00:07:06 [min/km] | 00:09:22 |
| 62 | 248 | SZYCKO | OLIWIA | K | 16 | K 13-15 | 2 | KOBYLNICA | | | 5km NW | 00:35:39 | 8,42 [km/h] | 00:07:08 [min/km] | 00:10:02 |
| 63 | 242 | STILLER | DARIA | K | 17 | K 30-39 | 5 | CZĘSTOCHOWA | KABEX PODKOWA JANÓW | | 5km NW | 00:35:48 | 8,38 [km/h] | 00:07:10 [min/km] | 00:06:18 |
| 64 | 416 | WAGNER | ŁUKASZ | M | 47 | M NPSR | 3 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | NPSR | 5km NW | 00:35:49 | 8,38 [km/h] | 00:07:10 [min/km] | 00:12:07 |
| 65 | 249 | SZYCKO | RADEK | M | 48 | M 40-49 | 10 | KOBYLNICA | | | 5km NW | 00:35:56 | 8,35 [km/h] | 00:07:11 [min/km] | 00:04:00 |
| 66 | 117 | CYGANIK | WIOLETTA | K | 18 | K 50-59 | 3 | TRZCIANKA | ZASAPANI | | 5km NW | 00:35:57 | 8,34 [km/h] | 00:07:11 [min/km] | 00:07:47 |
| 67 | 169 | KUSIAK | WŁODZIMIERZ | M | 49 | M 60-69 | 9 | GDAŃSK | STEP BY STEP TRÓJMIASTO | | 5km NW | 00:36:01 | 8,33 [km/h] | 00:07:12 [min/km] | 00:05:34 |
| 68 | 258 | WANAT | WIOLETTA | K | 19 | K 40-49 | 6 | KONIN | NW KONIN WARTO NAD WARTĄ | | 5km NW | 00:36:14 | 8,28 [km/h] | 00:07:15 [min/km] | 00:07:12 |

| M-ce | Numer | Nazwisko | Imię | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość | Klub | NPSR | DYST ANS | Wynik | Prędkość km/h | Tempo min/km | CZAS STARTU |
|------|------------|---------------|------------|------|----------|-----------|---------------|------------------------|---------------------------------|------|----------|-----------------|---------------|--------------------------|-------------|
| 69 | 234 | SMARSZCZ | GRAŻYNA | K | 20 | K 60-69 | 1 | ŁĘBORK | ŁĘBORSKIE LWY | | 5km NW | 00:36:15 | 8,28 [km/h] | 00:07:15 [min/km] | 00:07:52 |
| 70 | 406 | GLISZCZYŃSKI | MIROŚLAW | M | 50 | M NPSR | 4 | MIĘDZYPOLSKIE BIALSKIE | TARNOGÓRSKIE ŁAZĘGI | NPSR | 5km NW | 00:36:22 | 8,25 [km/h] | 00:07:16 [min/km] | 00:09:17 |
| 71 | 170 | KUSZA | HENRYK | M | 51 | M 50-59 | 7 | SUCHY LAS | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:36:25 | 8,24 [km/h] | 00:07:17 [min/km] | 00:04:48 |
| 72 | 411 | ŁĘCKI | JAN | M | 52 | M NPSR | 5 | GDYNIA | ELITE TEAM | NPSR | 5km NW | 00:36:30 | 8,22 [km/h] | 00:07:18 [min/km] | 00:03:35 |
| 73 | 168 | KUPNIEWSKA | ALEKSANDRA | K | 21 | K 30-39 | 6 | POLICE | KOMPAS TEAM | | 5km NW | 00:36:33 | 8,21 [km/h] | 00:07:19 [min/km] | 00:06:22 |
| 74 | 180 | LORENS | KRZYSZTOF | M | 53 | M 30-39 | 9 | KALISZ | KALISIA NORDIC TEAM | | 5km NW | 00:36:37 | 8,19 [km/h] | 00:07:19 [min/km] | 00:03:23 |
| 75 | 138 | JANECKA | AGNIESZKA | K | 22 | K 40-49 | 7 | PIŁA | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | | 5km NW | 00:36:38 | 8,19 [km/h] | 00:07:20 [min/km] | 00:06:56 |
| 76 | 224 | ROŻEK | WIKTORIA | K | 23 | K 13-15 | 3 | TRZEMESZNO | KIJKOWE TRZEMESZNO | | 5km NW | 00:36:39 | 8,19 [km/h] | 00:07:20 [min/km] | 00:10:02 |
| 77 | 219 | RĘBOWSKI | MATEUSZ | M | 54 | M 0-9 | 1 | PASŁĘK | ACTIVE FAMILY | | 5km NW | 00:36:41 | 8,18 [km/h] | 00:07:20 [min/km] | 00:09:58 |
| 78 | 125 | GAŁKOWSKA | ELŻBIETA | K | 24 | K 60-69 | 2 | TUCZNO | MARSZ PO ZDROWIE | | 5km NW | 00:36:44 | 8,17 [km/h] | 00:07:21 [min/km] | 00:07:52 |
| 79 | 185 | MAKOCA | HALINA | K | 25 | K 60-69 | 3 | SZCZECIN | EKSPEDYCJA NORDIC TEAM SZCZECIN | | 5km NW | 00:36:45 | 8,16 [km/h] | 00:07:21 [min/km] | 00:08:25 |
| 80 | 264 | YANKOVSKAYA | ALEKSANDRA | K | 26 | K 30-39 | 7 | KALININGRAD | ACTIVE FAMILY | | 5km NW | 00:36:48 | 8,15 [km/h] | 00:07:22 [min/km] | 00:06:22 |
| 81 | 284 | ŁAZĘCKI | JAKUB | M | 55 | M 10-12 | 1 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:36:48 | 8,15 [km/h] | 00:07:22 [min/km] | 00:10:25 |
| 82 | 280 | WEREŚNIAK | KINGA | K | 27 | K 13-15 | 4 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:36:55 | 8,13 [km/h] | 00:07:23 [min/km] | 00:10:25 |
| 83 | 253 | ŚWIĘTEK | ANTONI | M | 56 | M 60-69 | 10 | CZARNKÓW | NORDIC WALKING LUBASZ | | 5km NW | 00:36:56 | 8,12 [km/h] | 00:07:23 [min/km] | 00:04:43 |
| 84 | 270 | ZABRZESKI | ADAM | M | 57 | M 50-59 | 8 | KIEKRZ | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:36:59 | 8,11 [km/h] | 00:07:24 [min/km] | 00:04:54 |
| 85 | 110 | BUJNICKA | MAGDALENA | K | 28 | K 13-15 | 5 | PASŁĘK | NORDIC WALKING PASŁĘK | | 5km NW | 00:37:00 | 8,11 [km/h] | 00:07:24 [min/km] | 00:11:04 |
| 86 | 222 | ROKICKA-HEBEL | MAGDALENA | K | 29 | K 40-49 | 8 | SOPOT | | | 5km NW | 00:37:01 | 8,10 [km/h] | 00:07:24 [min/km] | 00:07:02 |
| 87 | 164 | KUCZYŃSKA | ANNA | K | 30 | K 50-59 | 4 | OBORNIKI | NORDIC WALKING KIEKRZ POLAND | | 5km NW | 00:37:02 | 8,10 [km/h] | 00:07:24 [min/km] | 00:08:09 |
| 88 | 120 | EWERTOWSKA | EWA | K | 31 | K 50-59 | 5 | POZNAŃ | NORDIC WALKING KIEKRZ POLAND | | 5km NW | 00:37:04 | 8,09 [km/h] | 00:07:25 [min/km] | 00:08:09 |
| 89 | 421 | WUJEK | TOMASZ | M | 58 | M NPSR | 6 | POZNAŃ | MARSZ PO ZDROWIE | NPSR | 5km NW | 00:37:05 | 8,09 [km/h] | 00:07:25 [min/km] | 00:09:17 |
| 90 | 235 | SOSNOWSKA | MAGDALENA | K | 32 | K 40-49 | 9 | TRZEMESZNO | KIJKOWE TRZEMESZNO | | 5km NW | 00:37:06 | 8,09 [km/h] | 00:07:25 [min/km] | 00:07:08 |
| 91 | 145 | JĘDRYCZEK | WERONIKA | K | 33 | K 30-39 | 8 | ZIELONA GÓRA | RUNNERSKI.PL | | 5km NW | 00:37:09 | 8,08 [km/h] | 00:07:26 [min/km] | 00:06:35 |
| 92 | 171 | KUSZA | JOLANTA | K | 34 | K 50-59 | 6 | SUCHY LAS | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:37:11 | 8,07 [km/h] | 00:07:26 [min/km] | 00:08:09 |
| 93 | 206 | OLECH | MATEUSZ | M | 59 | M 10-12 | 2 | GDAŃSK | ELITE TEAM | | 5km NW | 00:37:15 | 8,05 [km/h] | 00:07:27 [min/km] | 00:09:58 |
| 94 | 241 | STAWUJAK | MAGDALENA | K | 35 | K 30-39 | 9 | GORAJ | NORDIC WALKING LUBASZ | | 5km NW | 00:37:21 | 8,03 [km/h] | 00:07:28 [min/km] | 00:06:41 |
| 95 | 921 | LOTKA | JAKUB | M | 60 | M 30-39 | 10 | STARY TOMYŚL | TEAM BEROTU | | 5km NW | 00:37:26 | 8,01 [km/h] | 00:07:29 [min/km] | 00:03:29 |
| 96 | 159 | KRAWCZYK | DOROTA | K | 36 | K 60-69 | 4 | PIŁA | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | | 5km NW | 00:37:27 | 8,01 [km/h] | 00:07:29 [min/km] | 00:09:00 |
| 97 | 103 | BIESZKE | PAWEŁ | M | 61 | M 50-59 | 9 | WOJCIESZYCE | | | 5km NW | 00:37:29 | 8,00 [km/h] | 00:07:30 [min/km] | 00:05:12 |
| 98 | 205 | OLECH | MARCIN | M | 62 | M 40-49 | 11 | GDAŃSK | ELITE TEAM | | 5km NW | 00:37:48 | 7,94 [km/h] | 00:07:34 [min/km] | 00:03:49 |
| 99 | 106 | BORKOWSKA | ELWIRA | K | 37 | K 50-59 | 7 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:37:52 | 7,92 [km/h] | 00:07:34 [min/km] | 00:08:05 |
| 100 | 201 | NOSOWICZ | ANNA | K | 38 | K 50-59 | 8 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:37:53 | 7,92 [km/h] | 00:07:35 [min/km] | 00:08:04 |
| 101 | 266 | YANKOVSKIY | MAKSIM | M | 63 | M 10-12 | 3 | KALININGRAD | ACTIVE FAMILY | | 5km NW | 00:37:57 | 7,91 [km/h] | 00:07:35 [min/km] | 00:11:36 |
| 102 | 161 | KROMELTSKAYA | ANNA | K | 39 | K 10-12 | 1 | KALININGRAD | ACTIVE FAMILY | | 5km NW | 00:37:58 | 7,90 [km/h] | 00:07:36 [min/km] | 00:11:36 |

| M-ce | Numer | Nazwisko | Imię | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość | Klub | NPSR | DYST ANS | Wynik | Prędkość km/h | Tempo min/km | CZAS STARTU |
|------|-------|------------------|------------|------|----------|-----------|---------------|---------------------|-------------------------|------|----------|----------|---------------|-------------------|-------------|
| 103 | 172 | LAANE | ELENA | K | 40 | K 16-29 | 1 | KALININGRAD | ACTIVE FAMILY | | 5km NW | 00:37:59 | 7,90 [km/h] | 00:07:36 [min/km] | 00:06:18 |
| 104 | 415 | STAŃCZYKOWSKI | MARCIN | M | 64 | M NPSR | 7 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | NPSR | 5km NW | 00:37:59 | 7,90 [km/h] | 00:07:36 [min/km] | 00:11:59 |
| 105 | 210 | PAŁUBICKA | MAŁGORZATA | K | 41 | K 50-59 | 9 | GORAJ | NORDIC WALKING LUBASZ | | 5km NW | 00:38:01 | 7,89 [km/h] | 00:07:36 [min/km] | 00:08:14 |
| 106 | 218 | RĘBOWSKI | GRZEGORZ | M | 65 | M 0-9 | 2 | PASŁĘK | ACTIVE FAMILY | | 5km NW | 00:38:06 | 7,87 [km/h] | 00:07:37 [min/km] | 00:09:57 |
| 107 | 269 | ZABRZESKA | HANNA | K | 42 | K 50-59 | 10 | KIEKRZ | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:38:17 | 7,84 [km/h] | 00:07:39 [min/km] | 00:08:09 |
| 108 | 147 | JURDZIŃSKI | EDMUND | M | 66 | M 70+ | 2 | PRZEMIEROWO | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:38:17 | 7,84 [km/h] | 00:07:39 [min/km] | 00:05:43 |
| 109 | 146 | JOŃCA-KULPA | MARIOLA | K | 43 | K 30-39 | 10 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:38:22 | 7,82 [km/h] | 00:07:40 [min/km] | 00:06:39 |
| 110 | 263 | WÓJCIAK | MIROŚLAW | M | 67 | M 60-69 | 11 | GRYFICE | RUNGRYF GRYFICE | | 5km NW | 00:38:24 | 7,81 [km/h] | 00:07:41 [min/km] | 00:05:22 |
| 111 | 229 | SAMOJŁOWICZ | ARKADIUSZ | M | 68 | M 30-39 | 11 | PASŁĘK | ACTIVE FAMILY | | 5km NW | 00:38:25 | 7,81 [km/h] | 00:07:41 [min/km] | 00:03:42 |
| 112 | 290 | BARANOWSKA | PAULINA | K | 44 | K 13-15 | 6 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:38:26 | 7,81 [km/h] | 00:07:41 [min/km] | 00:10:18 |
| 113 | 236 | STACHOWIAK | MAGDALENA | K | 45 | K 40-49 | 10 | KONARZEWO | | | 5km NW | 00:38:35 | 7,78 [km/h] | 00:07:43 [min/km] | 00:07:02 |
| 114 | 175 | LEWANDOWSKA | JOANNA | K | 46 | K 16-29 | 2 | BARLINEK | | | 5km NW | 00:38:36 | 7,77 [km/h] | 00:07:43 [min/km] | 00:06:13 |
| 115 | 121 | FIGIEL | DANUTA | K | 47 | K 50-59 | 11 | SZCZECIN | ALS SZCZECIN | | 5km NW | 00:38:38 | 7,77 [km/h] | 00:07:44 [min/km] | 00:08:14 |
| 116 | 192 | MIERNIK | DARIUSZ | M | 69 | M 60-69 | 12 | GORZÓW WIELKOPOLSKI | | | 5km NW | 00:38:39 | 7,76 [km/h] | 00:07:44 [min/km] | 00:05:12 |
| 117 | 198 | MULKOWSKA | MARIOLA | K | 48 | K 60-69 | 5 | ZŁOTNIKI | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:38:43 | 7,75 [km/h] | 00:07:45 [min/km] | 00:08:30 |
| 118 | 139 | JANKOWSKA | BEATA | K | 49 | K 40-49 | 11 | PASŁĘK | NORDIC WALKING PASŁĘK | | 5km NW | 00:38:45 | 7,74 [km/h] | 00:07:45 [min/km] | 00:06:51 |
| 119 | 308 | GEHRMANN | ARMIN | M | 70 | M 60-69 | 13 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:38:45 | 7,74 [km/h] | 00:07:45 [min/km] | 00:11:13 |
| 120 | 135 | HYBIAK | JOLANTA | K | 50 | K 30-39 | 11 | SZCZECIN | | | 5km NW | 00:38:46 | 7,74 [km/h] | 00:07:45 [min/km] | 00:06:35 |
| 121 | 289 | BARANOWSKA | MARTYNA | K | 51 | K 13-15 | 7 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:38:48 | 7,73 [km/h] | 00:07:46 [min/km] | 00:10:34 |
| 122 | 926 | ADAMEK-BOBER | ANNA | K | 52 | K 60-69 | 6 | SUCHY LAS | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:38:49 | 7,73 [km/h] | 00:07:46 [min/km] | 00:08:25 |
| 123 | 230 | SAMOJŁOWICZ | DOROTA | K | 53 | K 30-39 | 12 | PASŁĘK | ACTIVE FAMILY | | 5km NW | 00:38:55 | 7,71 [km/h] | 00:07:47 [min/km] | 00:06:38 |
| 124 | 144 | JEMRYCH | DOROTA | K | 54 | K 60-69 | 7 | ZŁOTNIKI | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:38:56 | 7,71 [km/h] | 00:07:47 [min/km] | 00:08:25 |
| 125 | 209 | PAŁKA | GRZEGORZ | M | 71 | M 60-69 | 14 | TULCE | SERIKON TEAM | | 5km NW | 00:38:56 | 7,71 [km/h] | 00:07:47 [min/km] | 00:05:34 |
| 126 | 412 | PIETRZYK | ANNA | K | 55 | K NPSR | 1 | KALISZ POMORSKI | | NPSR | 5km NW | 00:38:58 | 7,70 [km/h] | 00:07:48 [min/km] | 00:09:22 |
| 127 | 288 | BUNDA | ADRIANNA | K | 56 | K 13-15 | 8 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:39:01 | 7,69 [km/h] | 00:07:48 [min/km] | 00:10:19 |
| 128 | 919 | DOLAT BŁAŻNIAK | JUSTYNA | K | 57 | K 40-49 | 12 | BARLINEK | - | | 5km NW | 00:39:06 | 7,67 [km/h] | 00:07:49 [min/km] | 00:07:08 |
| 129 | 401 | BUDZYK | ALEKSANDRA | K | 58 | K NPSR | 2 | KRAKÓW | | NPSR | 5km NW | 00:39:08 | 7,67 [km/h] | 00:07:50 [min/km] | 00:09:23 |
| 130 | 227 | RYBCZYK | PAWEŁ | M | 72 | M 40-49 | 12 | TRZEBIEŻ | KOMPAS TEAM | | 5km NW | 00:39:19 | 7,63 [km/h] | 00:07:52 [min/km] | 00:04:20 |
| 131 | 200 | NIEZGODA | ADAM | M | 73 | M 40-49 | 13 | POLICE | KOMPAS TEAM | | 5km NW | 00:39:24 | 7,61 [km/h] | 00:07:53 [min/km] | 00:04:14 |
| 132 | 160 | KROMELITCKAIA | IRINA | K | 59 | K 40-49 | 13 | KALININGRAD | ACTIVE FAMILY | | 5km NW | 00:39:29 | 7,60 [km/h] | 00:07:54 [min/km] | 00:06:56 |
| 133 | 929 | CEBEREK-PŁOTCZYK | MARCELINA | K | 60 | K 60-69 | 8 | SZCZECIN | - | | 5km NW | 00:39:37 | 7,57 [km/h] | 00:07:55 [min/km] | 00:08:01 |
| 134 | 904 | ŁAZĘCKA | MAGDALENA | K | 61 | K 30-39 | 13 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:39:39 | 7,57 [km/h] | 00:07:56 [min/km] | 00:10:06 |
| 135 | 154 | KONTUSZ-IWAŃCZUK | BEATA | K | 62 | K 50-59 | 12 | SĘDZINKO | SZYBCIORY W DECHE | | 5km NW | 00:39:46 | 7,54 [km/h] | 00:07:57 [min/km] | 00:08:01 |
| 136 | 278 | ZWIACHEL | JULIA | K | 63 | K 10-12 | 2 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:39:47 | 7,54 [km/h] | 00:07:57 [min/km] | 00:10:25 |

| M-ce | Numer | Nazwisko | Imię | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość | Klub | NPSR | DYST ANS | Wynik | Prędkość km/h | Tempo min/km | CZAS STARTU |
|------|-------|----------------|-----------|------|----------|-----------|---------------|-------------------|---------------------------------|------|----------|----------|---------------|-------------------|-------------|
| 137 | 197 | MRÓZ | BARBARA | K | 64 | K 30-39 | 14 | CZARNKÓW | NORDIC WALKING LUBASZ | | 5km NW | 00:39:58 | 7,51 [km/h] | 00:08:00 [min/km] | 00:06:42 |
| 138 | 422 | PIATCZYK | WACŁAW | M | 74 | M NPSR | 8 | GRODZISK WLKP. | - | NPSR | 5km NW | 00:39:59 | 7,50 [km/h] | 00:08:00 [min/km] | 00:09:22 |
| 139 | 208 | OWCZARZ | KRYSTYNA | K | 65 | K 40-49 | 14 | BARLINEK | | | 5km NW | 00:40:02 | 7,49 [km/h] | 00:08:00 [min/km] | 00:07:08 |
| 140 | 282 | STANISŁAWSKA | KATARZYNA | K | 66 | K 40-49 | 15 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:40:10 | 7,47 [km/h] | 00:08:02 [min/km] | 00:07:13 |
| 141 | 119 | DOLATA | DOROTA | K | 67 | K 50-59 | 13 | KIEKRZ | NORDIC WALKING KIEKRZ POLAND | | 5km NW | 00:40:10 | 7,47 [km/h] | 00:08:02 [min/km] | 00:08:05 |
| 142 | 176 | LINHARD | BOŻENA | K | 68 | K 60-69 | 9 | SIERAKOWO | | | 5km NW | 00:40:19 | 7,44 [km/h] | 00:08:04 [min/km] | 00:07:52 |
| 143 | 221 | ROGULSKI | MATEUSZ | M | 75 | M 13-15 | 6 | PASŁĘK | NORDIC WALKING PASŁĘK | | 5km NW | 00:40:23 | 7,43 [km/h] | 00:08:05 [min/km] | 00:11:04 |
| 144 | 285 | KUŹNIWESKA | MAJA | K | 69 | K 10-12 | 3 | BARLINEK | BARLINEK TO MNIE RUSZA | | 5km NW | 00:40:29 | 7,41 [km/h] | 00:08:06 [min/km] | 00:10:18 |
| 145 | 140 | JAPIN | HENRYK | M | 76 | M 60-69 | 15 | ŻARY | PARKRUN ŻARY | | 5km NW | 00:40:31 | 7,40 [km/h] | 00:08:06 [min/km] | 00:05:42 |
| 146 | 193 | MIKSZA | KATARZYNA | K | 70 | K 40-49 | 16 | STARGARD | KAGIK | | 5km NW | 00:40:32 | 7,40 [km/h] | 00:08:06 [min/km] | 00:07:42 |
| 147 | 273 | ZGRZEBNICKA | AGNIESZKA | K | 71 | K 40-49 | 17 | POLKOWICE | | | 5km NW | 00:40:33 | 7,40 [km/h] | 00:08:07 [min/km] | 00:07:19 |
| 148 | 232 | SEIFERT | SYLWIA | K | 72 | K 40-49 | 18 | POZNAŃ | SERIKON TEAM | | 5km NW | 00:40:33 | 7,40 [km/h] | 00:08:07 [min/km] | 00:07:35 |
| 149 | 281 | STANISŁAWSKI | PIOTR | M | 77 | M 40-49 | 14 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:40:34 | 7,40 [km/h] | 00:08:07 [min/km] | 00:04:19 |
| 150 | 115 | CHORYŃSKA | DANUTA | K | 73 | K 70+ | 1 | SWARZĘDZ | SWARZEDZ24.PL | | 5km NW | 00:40:44 | 7,36 [km/h] | 00:08:09 [min/km] | 00:09:07 |
| 151 | 133 | GRZESIEK | JUSTYNA | K | 74 | K 30-39 | 15 | NOWE SKALMIERZYCE | KALISIA NORDIC TEAM | | 5km NW | 00:40:51 | 7,34 [km/h] | 00:08:10 [min/km] | 00:06:22 |
| 152 | 403 | CETERA | JANUSZ | M | 78 | M NPSR | 9 | DZIWNÓWEK | EKSPEDYCJA NORDIC TEAM SZCZECIN | NPSR | 5km NW | 00:40:52 | 7,34 [km/h] | 00:08:10 [min/km] | 00:09:17 |
| 153 | 153 | KOŁACKA | KATARZYNA | K | 75 | K 40-49 | 19 | STARGARD | KAGIK | | 5km NW | 00:40:58 | 7,32 [km/h] | 00:08:12 [min/km] | 00:07:43 |
| 154 | 150 | KLUCZKA | MIROŚŁAWA | K | 76 | K 40-49 | 20 | TRZCIANKA | FABRYKA NORDICA TRZCIANKA | | 5km NW | 00:40:59 | 7,32 [km/h] | 00:08:12 [min/km] | 00:06:39 |
| 155 | 311 | BUTOW | FLORIAN | M | 79 | M 13-15 | 7 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:41:05 | 7,30 [km/h] | 00:08:13 [min/km] | 00:11:12 |
| 156 | 312 | BUTOW | RUDIGER | M | 80 | M 50-59 | 10 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:41:05 | 7,30 [km/h] | 00:08:13 [min/km] | 00:11:29 |
| 157 | 918 | MAŁKA | IRENA | K | 77 | K 60-69 | 10 | GILIWICE | - | | 5km NW | 00:41:08 | 7,29 [km/h] | 00:08:14 [min/km] | 00:12:19 |
| 158 | 143 | JASTRZĘBSKA | ŻANETA | K | 78 | K 40-49 | 21 | BARLINEK | | | 5km NW | 00:41:09 | 7,29 [km/h] | 00:08:14 [min/km] | 00:07:19 |
| 159 | 167 | KUNECKA | ELŻBIETA | K | 79 | K 40-49 | 22 | BARLINEK | | | 5km NW | 00:41:09 | 7,29 [km/h] | 00:08:14 [min/km] | 00:07:19 |
| 160 | 211 | PAWLIKIEWICZ | KATARZYNA | K | 80 | K 40-49 | 23 | POLICE | KOMPAS TEAM | | 5km NW | 00:41:10 | 7,29 [km/h] | 00:08:14 [min/km] | 00:06:51 |
| 161 | 137 | JAKUBIAK | WALDEMAR | M | 81 | M 60-69 | 16 | RÓŻAŃSKO | PORA SENIORA RÓŻAŃSKO | | 5km NW | 00:41:17 | 7,27 [km/h] | 00:08:15 [min/km] | 00:05:34 |
| 162 | 265 | YANKOVSKAYA | DARIA | K | 81 | K 0-9 | 1 | KALININGRAD | ACTIVE FAMILY | | 5km NW | 00:41:18 | 7,26 [km/h] | 00:08:16 [min/km] | 00:11:36 |
| 163 | 286 | KULPA | HANNA | K | 82 | K 10-12 | 4 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:41:21 | 7,26 [km/h] | 00:08:16 [min/km] | 00:10:19 |
| 164 | 254 | TERPIŁOWSKA | HALINA | K | 83 | K 60-69 | 11 | GORZÓW WLKP. | | | 5km NW | 00:41:25 | 7,24 [km/h] | 00:08:17 [min/km] | 00:08:30 |
| 165 | 148 | KAMIŃSKA-SOKÓŁ | MARZENA | K | 84 | K 40-49 | 24 | LUBASZ | NORDIC WALKING LUBASZ | | 5km NW | 00:41:26 | 7,24 [km/h] | 00:08:17 [min/km] | 00:07:02 |
| 166 | 275 | ZŁOTA | RENATA | K | 85 | K 40-49 | 25 | BARLINEK | BARLINEK TO MNIE RUSZA! | | 5km NW | 00:41:33 | 7,22 [km/h] | 00:08:19 [min/km] | 00:07:35 |
| 167 | 118 | CZAJKOWSKIA | IRENA | K | 86 | K 60-69 | 12 | BRZEZNO | AGA TEAM MTB | | 5km NW | 00:41:44 | 7,19 [km/h] | 00:08:21 [min/km] | 00:08:05 |
| 168 | 202 | NOWACZYK | MAGDALENA | K | 87 | K 30-39 | 16 | CZARNKÓW | NORDIC WALKING LUBASZ | | 5km NW | 00:41:48 | 7,18 [km/h] | 00:08:22 [min/km] | 00:06:42 |
| 169 | 247 | SZULC | HANNA | K | 88 | K 40-49 | 26 | POZNAŃ | MARSZ PO ZDROWIE | | 5km NW | 00:41:48 | 7,18 [km/h] | 00:08:22 [min/km] | 00:07:35 |
| 170 | 256 | URBAŃSKA | ŁUCJA | K | 89 | K 60-69 | 13 | GUBIN | GUBIŃSKA GRUPA NORDIC WALKING | | 5km NW | 00:42:06 | 7,13 [km/h] | 00:08:25 [min/km] | 00:08:25 |

| M-ce | Numer | Nazwisko | Imię | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość | Klub | NPSR | DYST ANS | Wynik | Prędkość km/h | Tempo min/km | CZAS STARTU |
|------|-------|--------------|------------|------|----------|-----------|---------------|---------------------|-------------------------------|------|----------|----------|---------------|-------------------|-------------|
| 171 | 255 | TOBYS | ALICJA | K | 90 | K 60-69 | 14 | PIOTROWO DRUGIE | | | 5km NW | 00:42:08 | 7,12 [km/h] | 00:08:26 [min/km] | 00:09:00 |
| 172 | 130 | GRYGIEL | TERESA | K | 91 | K 60-69 | 15 | POZNAŃ | MARSZ PO ZDROWIE POZNAŃ | | 5km NW | 00:42:13 | 7,11 [km/h] | 00:08:27 [min/km] | 00:08:30 |
| 173 | 277 | LEWANDOWSKA | MONIKA | K | 92 | K 13-15 | 9 | MYŚLIBÓRZ | ZS MYŚLIBÓRZ | | 5km NW | 00:42:15 | 7,10 [km/h] | 00:08:27 [min/km] | 00:06:04 |
| 174 | 262 | WIKIERSKA | ALICJA | K | 93 | K 60-69 | 16 | GUBIN | GUBIŃSKA GRUPA NORDIC WALKING | | 5km NW | 00:42:17 | 7,09 [km/h] | 00:08:27 [min/km] | 00:08:14 |
| 175 | 152 | KOŁACKA | ANITA | K | 94 | K 30-39 | 17 | STARGARD | KAGIK | | 5km NW | 00:42:54 | 6,99 [km/h] | 00:08:35 [min/km] | 00:07:42 |
| 176 | 188 | MANTAJ | CELINA | K | 95 | K 30-39 | 18 | LUBASZ | NORDIC WALKING LUBASZ | | 5km NW | 00:43:05 | 6,96 [km/h] | 00:08:37 [min/km] | 00:06:38 |
| 177 | 414 | RĘBOWSKA | AGNIESZKA | K | 96 | K NPSR | 3 | PASŁĘK | ACTIVE FAMILY | NPSR | 5km NW | 00:43:14 | 6,94 [km/h] | 00:08:39 [min/km] | 00:09:57 |
| 178 | 302 | MANDELE | HENDRIK | M | 82 | M 0-9 | 3 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:43:17 | 6,93 [km/h] | 00:08:39 [min/km] | 00:11:33 |
| 179 | 173 | LEHMANN | DANUTA | K | 97 | K 70+ | 2 | POZNAŃ | UKS GIMNAZJON SUCHY LAS | | 5km NW | 00:43:18 | 6,93 [km/h] | 00:08:40 [min/km] | 00:09:00 |
| 180 | 231 | SAMOJŁOWICZ | JULIA | K | 98 | K 0-9 | 2 | PASŁĘK | ACTIVE FAMILY | | 5km NW | 00:43:30 | 6,90 [km/h] | 00:08:42 [min/km] | 00:10:02 |
| 181 | 404 | CHILLA | MACIEJ | M | 83 | M NPSR | 10 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | NPSR | 5km NW | 00:43:43 | 6,86 [km/h] | 00:08:45 [min/km] | 00:12:04 |
| 182 | 166 | KULCZYCKI | JAN | M | 84 | M 60-69 | 17 | GDAŃSK | | | 5km NW | 00:43:45 | 6,86 [km/h] | 00:08:45 [min/km] | 00:05:22 |
| 183 | 183 | ŁAZANOWSKA | WIESŁAWA | K | 99 | K 50-59 | 14 | TRZCIANKA | ZASAPANI HYDRO | | 5km NW | 00:43:48 | 6,85 [km/h] | 00:08:46 [min/km] | 00:07:52 |
| 184 | 186 | MALEC | MAGDALENA | K | 100 | K 16-29 | 3 | GORZÓW WIELKOPOLSKI | | | 5km NW | 00:43:49 | 6,85 [km/h] | 00:08:46 [min/km] | 00:06:42 |
| 185 | 423 | WOLAŃSKI | MARCIN | M | 85 | M NPSR | 11 | DRAWSKO POMORSKIE | FILAR | NPSR | 5km NW | 00:43:59 | 6,82 [km/h] | 00:08:48 [min/km] | 00:09:58 |
| 186 | 212 | PISKOR | MARIKA | K | 101 | K 30-39 | 19 | STARGARD | | | 5km NW | 00:44:09 | 6,80 [km/h] | 00:08:50 [min/km] | 00:06:22 |
| 187 | 151 | KŁYSZEJKO | IWONA | K | 102 | K 40-49 | 27 | STARGARD | KAGIK | | 5km NW | 00:44:16 | 6,78 [km/h] | 00:08:51 [min/km] | 00:07:35 |
| 188 | 301 | MENZ | ALINA | K | 103 | K 0-9 | 3 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:44:16 | 6,78 [km/h] | 00:08:51 [min/km] | 00:10:34 |
| 189 | 246 | SZEWCZYK | MAŁGORZATA | K | 104 | K 50-59 | 15 | STARGARD | KAGIK | | 5km NW | 00:44:43 | 6,71 [km/h] | 00:08:57 [min/km] | 00:08:00 |
| 190 | 932 | BIESAGA | MAŁGORZATA | K | 105 | K 50-59 | 16 | SZCZECIN | - | | 5km NW | 00:45:01 | 6,66 [km/h] | 00:09:00 [min/km] | 00:11:40 |
| 191 | 903 | ARNDT | LILLI | K | 106 | K 10-12 | 5 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:45:11 | 6,64 [km/h] | 00:09:02 [min/km] | 00:11:33 |
| 192 | 413 | PLUTA | BOŻENA | K | 107 | K NPSR | 4 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | NPSR | 5km NW | 00:46:31 | 6,45 [km/h] | 00:09:18 [min/km] | 00:12:08 |
| 193 | 304 | HOLZ | LINA | K | 108 | K 10-12 | 6 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:46:34 | 6,44 [km/h] | 00:09:19 [min/km] | 00:11:13 |
| 194 | 179 | LORENS | IZABELA | K | 109 | K 30-39 | 20 | KALISZ | KALISIA NORDIC TEAM | | 5km NW | 00:46:36 | 6,44 [km/h] | 00:09:19 [min/km] | 00:06:35 |
| 195 | 408 | KOT | MATEUSZ | M | 86 | M NPSR | 12 | ZŁOCIENIEC | STOWARZYSZENIE FILAR | NPSR | 5km NW | 00:46:42 | 6,42 [km/h] | 00:09:20 [min/km] | 00:12:16 |
| 196 | 930 | MINKIEWICZ | ELŻBIETA | K | 110 | K 40-49 | 28 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | | 5km NW | 00:46:47 | 6,41 [km/h] | 00:09:21 [min/km] | 00:12:11 |
| 197 | 298 | OZTURK | DINA | K | 111 | K 10-12 | 7 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:46:48 | 6,41 [km/h] | 00:09:22 [min/km] | 00:11:33 |
| 198 | 297 | ROTHENBURG | LINDA | K | 112 | K 10-12 | 8 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:46:58 | 6,39 [km/h] | 00:09:24 [min/km] | 00:11:23 |
| 199 | 310 | CONRAD | LARA | K | 113 | K 10-12 | 9 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:46:58 | 6,39 [km/h] | 00:09:24 [min/km] | 00:11:23 |
| 200 | 131 | GRZELAKOWSKI | FILIP | M | 87 | M 0-9 | 4 | KALISZ | KALISIA NORDIC TEAM | | 5km NW | 00:47:09 | 6,36 [km/h] | 00:09:26 [min/km] | 00:10:05 |
| 201 | 174 | LEPSZA | KAZIMIERA | K | 114 | K 60-69 | 17 | WARNICE | PORA SENIORA WARNICE | | 5km NW | 00:47:19 | 6,34 [km/h] | 00:09:28 [min/km] | 00:09:08 |
| 202 | 309 | EISNER | EMIL | M | 88 | M 10-12 | 4 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:47:23 | 6,33 [km/h] | 00:09:29 [min/km] | 00:11:04 |
| 203 | 274 | ZIELIŃSKI | WALDEMAR | M | 89 | M 60-69 | 18 | GUBIN | GUBIŃSKA GRUPA NORDIC WALKING | | 5km NW | 00:47:27 | 6,32 [km/h] | 00:09:29 [min/km] | 00:05:54 |
| 204 | 920 | JAKUBCEWICZ | WŁADYSŁAW | M | 90 | M 70+ | 3 | BARLINEK | - | | 5km NW | 00:47:33 | 6,31 [km/h] | 00:09:31 [min/km] | 00:05:54 |

| M-ce | Numer | Nazwisko | Imię | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość | Klub | NPSR | DYST ANS | Wynik | Prędkość km/h | Tempo min/km | CZAS STARTU |
|------|------------|--------------|--------------|------|----------|-----------|---------------|-------------------|------------------------|------|----------|-----------------|---------------|--------------------------|-------------|
| 205 | 931 | ROSNER | BOŻENA | K | 115 | K 50-59 | 17 | SZCZECIN | ALS SZCZECIN | | 5km NW | 00:47:33 | 6,31 [km/h] | 00:09:31 [min/km] | 00:08:14 |
| 206 | 291 | ZEHNKE | ZOYE ANN | K | 116 | K 10-12 | 10 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:49:02 | 6,12 [km/h] | 00:09:48 [min/km] | 00:11:28 |
| 207 | 902 | JONDA | JULIAN | M | 91 | M 10-12 | 5 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:49:32 | 6,06 [km/h] | 00:09:54 [min/km] | 00:11:33 |
| 208 | 252 | ŚNIGÓRSKA | KRYSTYNA | K | 117 | K 70+ | 3 | WARNICE | PORA SENIORA WARNICE | | 5km NW | 00:50:06 | 5,99 [km/h] | 00:10:01 [min/km] | 00:09:08 |
| 209 | 295 | SCHOLZ | HENRY | M | 92 | M 10-12 | 6 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:50:20 | 5,96 [km/h] | 00:10:04 [min/km] | 00:10:53 |
| 210 | 300 | MUCHOW | LENEE | K | 118 | K 10-12 | 11 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:51:10 | 5,86 [km/h] | 00:10:14 [min/km] | 00:11:23 |
| 211 | 307 | GEST | ANNIE | K | 119 | K 10-12 | 12 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:51:11 | 5,86 [km/h] | 00:10:14 [min/km] | 00:11:28 |
| 212 | 313 | BIADACZ | EMILIA | K | 120 | K 10-12 | 13 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:51:12 | 5,86 [km/h] | 00:10:14 [min/km] | 00:11:28 |
| 213 | 294 | SCHRODER | MARIE SOPHIE | K | 121 | K 0-9 | 4 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:51:27 | 5,83 [km/h] | 00:10:17 [min/km] | 00:10:34 |
| 214 | 292 | TRIMPE | JOHANNES | M | 93 | M 10-12 | 7 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:52:30 | 5,71 [km/h] | 00:10:30 [min/km] | 00:10:53 |
| 215 | 306 | GRAPHENTIN | LUIS | M | 94 | M 10-12 | 8 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:52:35 | 5,71 [km/h] | 00:10:31 [min/km] | 00:10:53 |
| 216 | 293 | TOPLER | ROSALIE | K | 122 | K 0-9 | 5 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:52:52 | 5,67 [km/h] | 00:10:34 [min/km] | 00:11:23 |
| 217 | 299 | MULLER | LEON | M | 95 | M 10-12 | 9 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:52:53 | 5,67 [km/h] | 00:10:35 [min/km] | 00:11:17 |
| 218 | 296 | SCHNEIDER | HARLIN | K | 123 | K 0-9 | 6 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:53:05 | 5,65 [km/h] | 00:10:37 [min/km] | 00:11:17 |
| 219 | 213 | PLEŃ | BARBARA | K | 124 | K 60-69 | 18 | WARNICE | PORA SENIORA WARNICE | | 5km NW | 00:53:15 | 5,63 [km/h] | 00:10:39 [min/km] | 00:09:00 |
| 220 | 132 | GRZELAKOWSKA | MALWINA | K | 125 | K 30-39 | 21 | KALISZ | KALISIA NORDIC TEAM | | 5km NW | 00:53:24 | 5,62 [km/h] | 00:10:41 [min/km] | 00:10:06 |
| 221 | 240 | STASIAK | IWONA | K | 126 | K 60-69 | 19 | SZCZECIN | | | 5km NW | 00:53:26 | 5,61 [km/h] | 00:10:41 [min/km] | 00:08:01 |
| 222 | 901 | SKOWRON | LILIANA | K | 127 | K 0-9 | 7 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:53:43 | 5,58 [km/h] | 00:10:45 [min/km] | 00:10:26 |
| 223 | 303 | KLAAS | ALICIA | K | 128 | K 0-9 | 8 | PRENZLAU | DIESTERWEG GRUNDSCHULE | | 5km NW | 00:53:57 | 5,56 [km/h] | 00:10:47 [min/km] | 00:10:34 |
| 224 | 113 | BURLIŃSKI | PIOTR | M | 96 | M 30-39 | 12 | PASŁĘK | ACTIVE FAMILY | | 5km NW | 00:54:33 | 5,50 [km/h] | 00:10:55 [min/km] | 00:10:10 |
| 225 | 112 | BURLIŃSKA | KATARZYNA | K | 129 | K 0-9 | 9 | BYTÓW | ACTIVE FAMILY | | 5km NW | 00:54:35 | 5,50 [km/h] | 00:10:55 [min/km] | 00:10:10 |
| 226 | 111 | BURLIŃSKA | ANNA | K | 130 | K 30-39 | 22 | GDAŃSK | ACTIVE FAMILY | | 5km NW | 00:58:59 | 5,09 [km/h] | 00:11:48 [min/km] | 00:10:10 |
| 227 | 114 | BURLIŃSKI | XAWERY | M | 97 | M 0-9 | 5 | BYTÓW | ACTIVE FAMILY | | 5km NW | 00:58:59 | 5,09 [km/h] | 00:11:48 [min/km] | 00:10:10 |
| 228 | 410 | LASKOWSKI | DARIUSZ | M | 98 | M NPSR | 13 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | NPSR | 5km NW | 00:59:23 | 5,05 [km/h] | 00:11:53 [min/km] | 00:12:11 |
| 229 | 195 | MINKIEWICZ | MICHALINA | K | 131 | K 0-9 | 10 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | | 5km NW | 01:07:31 | 4,44 [km/h] | 00:13:30 [min/km] | 00:12:16 |
| 230 | 105 | BOLEWICZ | ANTONI | M | 99 | M 0-9 | 6 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | | 5km NW | 01:07:37 | 4,44 [km/h] | 00:13:31 [min/km] | 00:12:11 |
| 231 | 409 | KRAUS | KAROLINA | K | 132 | K NPSR | 5 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | NPSR | 5km NW | 01:16:31 | 3,92 [km/h] | 00:15:18 [min/km] | 00:12:10 |
| 232 | 420 | WÓJCICKA | ANNA | K | 133 | K NPSR | 6 | DRAWSKO POMORSKIE | STOWARZYSZENIE FILAR | NPSR | 5km NW | 01:16:32 | 3,92 [km/h] | 00:15:18 [min/km] | 00:12:08 |