

| M-ce | Numer | Nazwisko      | Imię       | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość      | Klub                            | ŻÓLTE KARTKI  | DYST ANS | Wynik    | Prędkość km/h | Tempo min/km      | CZAS STARTU | 1 OKR.   |
|------|-------|---------------|------------|------|----------|-----------|---------------|------------------|---------------------------------|---------------|----------|----------|---------------|-------------------|-------------|----------|
| 1    | 61    | YANKOVSKIY    | DMITRIY    | M    | 1        | M 40-49   |               | KALININGRAD      | ACTIVE FAMILY                   |               | 10km NW  | 00:59:32 | 10,08 [km/h]  | 00:05:57 [min/km] | 00:00:55    | 00:28:44 |
| 2    | 19    | KŁOS          | MACIEJ     | M    | 2        | M 0-39    |               | GDAŃSK           | NW WYSPA SOBIESZEWSKA           |               | 10km NW  | 01:00:40 | 9,89 [km/h]   | 00:06:04 [min/km] | 00:00:40    | 00:29:15 |
| 3    | 10    | DOŁĘGOWSKI    | MAREK      | M    | 3        | M 40-49   |               | KOŁCZEWO         | BKS MANIAK WOLIN                | ŻÓŁTA +1 MIN. | 10km NW  | 01:01:40 | 9,73 [km/h]   | 00:06:10 [min/km] | 00:00:25    | 00:29:37 |
| 4    | 39    | POŁUBIAK      | PAWEŁ      | M    | 4        | M 0-39    | 1             | SIECINO          |                                 |               | 10km NW  | 01:01:44 | 9,72 [km/h]   | 00:06:10 [min/km] | 00:00:01    | 00:30:36 |
| 5    | 46    | ROMANOWICZ    | PIOTR      | M    | 5        | M 40-49   | 1             | RESKO            | RUNGRYF GRYFICE                 |               | 10km NW  | 01:01:55 | 9,69 [km/h]   | 00:06:12 [min/km] | 00:01:00    | 00:29:49 |
| 6    | 22    | KORZEŃ        | GRZEGORZ   | M    | 6        | M 40-49   | 2             | SŁUPSK           |                                 |               | 10km NW  | 01:02:09 | 9,65 [km/h]   | 00:06:13 [min/km] | 00:00:08    | 00:30:35 |
| 7    | 36    | NAKONIECZNY   | GRZEGORZ   | M    | 7        | M 40-49   | 3             | SZCZECIN         | EKSPEDYCJA NORDIC TEAM SZCZECIN |               | 10km NW  | 01:02:11 | 9,65 [km/h]   | 00:06:13 [min/km] | 00:00:25    | 00:30:32 |
| 8    | 41    | POSŁUSZNY     | PRZEMEK    | M    | 8        | M 40-49   | 4             | OBORNIKI         | WALK & RUN TEAM OBORNIKI        |               | 10km NW  | 01:02:15 | 9,64 [km/h]   | 00:06:14 [min/km] | 00:00:01    | 00:30:48 |
| 9    | 62    | ZIELIŃSKI     | DARIUSZ    | M    | 9        | M 50-59   | 1             | BARLINEK         | BARLINEK TO MNIE RUSZA!         |               | 10km NW  | 01:02:30 | 9,60 [km/h]   | 00:06:15 [min/km] | 00:00:08    | 00:30:48 |
| 10   | 25    | KOZŁOWSKI     | PIOTR      | M    | 10       | M 40-49   | 5             | STARE KUROWO     | TR STARBLADE                    |               | 10km NW  | 01:03:36 | 9,43 [km/h]   | 00:06:22 [min/km] | 00:00:08    | 00:31:27 |
| 11   | 11    | DREWA         | MARIAN     | M    | 11       | M 60+     | 1             | GOŚCICINO        | POLIPACK TEAM GWE               |               | 10km NW  | 01:04:59 | 9,23 [km/h]   | 00:06:30 [min/km] | 00:00:34    | 00:31:40 |
| 12   | 43    | PUSZKIEL      | LESZEK     | M    | 12       | M 60+     | 2             | ZIELONA GÓRA     | GREEN TEAM                      |               | 10km NW  | 01:05:06 | 9,22 [km/h]   | 00:06:31 [min/km] | 00:00:17    | 00:31:46 |
| 13   | 65    | PLĄCZEK       | FILIP      | M    | 13       | M 0-39    | 2             | BARLINEK         | BARLINEK TO MNIE RUSZA!         |               | 10km NW  | 01:05:13 | 9,20 [km/h]   | 00:06:31 [min/km] |             | 00:33:07 |
| 14   | 8     | CZEKAJŁO      | FRANCISZEK | M    | 14       | M 60+     | 3             | DREZDENKO        | REMI                            |               | 10km NW  | 01:05:40 | 9,14 [km/h]   | 00:06:34 [min/km] | 00:00:08    | 00:32:19 |
| 15   | 26    | KRÓLIKOWSKA   | KRYSTYNA   | K    | 1        | K 40-49   |               | KRĘPA KASZUBSKA  | POLIPACK TEAM GWE               |               | 10km NW  | 01:06:48 | 8,98 [km/h]   | 00:06:41 [min/km] | 00:01:09    | 00:32:04 |
| 16   | 42    | PRZYBYŁEK     | MARYSIA    | K    | 2        | K 40-49   |               | ŚMIGIEL          | MARSZ PO ZDROWIE/NWPL           |               | 10km NW  | 01:06:53 | 8,97 [km/h]   | 00:06:41 [min/km] | 00:01:05    | 00:32:14 |
| 17   | 64    | OLESZCZUK     | TERESA     | K    | 3        | K 50-59   |               | BARLINEK         | BARLINEK TO MNIE RUSZA!         | ŻÓŁTA +1 MIN. | 10km NW  | 01:07:49 | 8,85 [km/h]   | 00:06:47 [min/km] | 00:01:09    | 00:31:58 |
| 18   | 21    | KOLBERG       | KAMILA     | K    | 4        | K 0-39    | 1             | ZIELEŃ           | KIJKOWE TRZEMESZNO              |               | 10km NW  | 01:08:08 | 8,81 [km/h]   | 00:06:49 [min/km] | 00:01:16    | 00:32:49 |
| 19   | 3     | BOCZAR        | BEATA      | K    | 5        | K 50-59   | 1             | ZIELONA GÓRA     | GREEN TEAM ZIELONA GÓRA         |               | 10km NW  | 01:08:20 | 8,78 [km/h]   | 00:06:50 [min/km] | 00:01:04    | 00:33:10 |
| 20   | 51    | SMARSZCZ      | WIESŁAW    | M    | 15       | M 60+     | 4             | LĘBORK           | LĘBORSKIE LWY                   |               | 10km NW  | 01:08:25 | 8,77 [km/h]   | 00:06:50 [min/km] | 00:00:17    | 00:33:47 |
| 21   | 35    | MROZIŃSKI     | PAWEŁ      | M    | 16       | M 50-59   | 2             | POZNAŃ           | MARSZPOZDROWIE                  |               | 10km NW  | 01:08:37 | 8,74 [km/h]   | 00:06:52 [min/km] | 00:00:47    | 00:33:21 |
| 22   | 28    | LENER         | SŁAWOMIR   | M    | 17       | M 60+     | 5             | SZCZECIN         | EKSPEDYCJA NORDIC TEAM SZCZECIN |               | 10km NW  | 01:09:23 | 8,65 [km/h]   | 00:06:56 [min/km] | 00:00:34    | 00:33:59 |
| 23   | 58    | WÓŁK          | BEATA      | K    | 6        | K 40-49   | 1             | TRZCIANKA        | FABRYKA NORDICA TRZCIANKA       |               | 10km NW  | 01:09:31 | 8,63 [km/h]   | 00:06:57 [min/km] | 00:01:16    | 00:33:20 |
| 24   | 52    | SZARSZUNOWICZ | ANNA       | K    | 7        | K 0-39    | 2             | PASŁĘK           | KRAM TEAM                       |               | 10km NW  | 01:09:35 | 8,62 [km/h]   | 00:06:57 [min/km] | 00:01:04    | 00:33:27 |
| 25   | 33    | MARCHWICKI    | PRZEMYSŁAW | M    | 18       | M 60+     | 6             | TARNOWO PODGÓRNE | NORDIC WALKING KIEKRZ POLAND    |               | 10km NW  | 01:09:43 | 8,61 [km/h]   | 00:06:58 [min/km] | 00:00:40    | 00:34:25 |
| 26   | 54    | SZYMAŃSKI     | JACEK      | M    | 19       | M 50-59   | 3             | SKÓRKA           | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM     |               | 10km NW  | 01:09:49 | 8,59 [km/h]   | 00:06:59 [min/km] | 00:00:47    | 00:33:50 |
| 27   | 5     | BUJNICKI      | MARCIN     | M    | 20       | M 40-49   | 6             | PASŁĘK           | NORDIC WALKING PASŁĘK           |               | 10km NW  | 01:09:54 | 8,58 [km/h]   | 00:06:59 [min/km] | 00:00:25    | 00:33:54 |
| 28   | 60    | WÓJCIK        | BARBARA    | K    | 8        | K 60+     | 1             | KRZCZONÓW        | NWPL/ LUKI TEAM SIEDLCE         |               | 10km NW  | 01:09:54 | 8,58 [km/h]   | 00:06:59 [min/km] | 00:01:04    | 00:33:48 |
| 29   | 48    | RUDAWSKI      | MACIEJ     | M    | 21       | M 0-39    | 3             | TRZCIEL          | WALK & RUN TEAM OBORNIKI        |               | 10km NW  | 01:10:06 | 8,56 [km/h]   | 00:07:01 [min/km] | 00:00:01    | 00:34:39 |
| 30   | 45    | ROGULSKI      | TOMASZ     | M    | 22       | M 40-49   | 7             | PASŁĘK           | NORDIC WALKING PASŁĘK           |               | 10km NW  | 01:10:07 | 8,56 [km/h]   | 00:07:01 [min/km] | 00:00:47    | 00:34:25 |
| 31   | 37    | OLECH         | ANNA       | K    | 9        | K 40-49   | 2             | GDAŃSK           | ELITE TEAM                      |               | 10km NW  | 01:10:37 | 8,50 [km/h]   | 00:07:04 [min/km] | 00:01:21    | 00:33:50 |
| 32   | 47    | ROSOŁEK       | ELŻBIETA   | K    | 10       | K 50-59   | 2             | ZIELONA GÓRA     | GREEN TEAM ZIELONA GÓRA         |               | 10km NW  | 01:11:28 | 8,40 [km/h]   | 00:07:09 [min/km] | 00:03:53    | 00:31:46 |
| 33   | 40    | POSŁUSZNA     | GOSIA      | K    | 11       | K 40-49   | 3             | OBORNIKI         | WALK & RUN TEAM OBORNIKI        |               | 10km NW  | 01:11:35 | 8,38 [km/h]   | 00:07:10 [min/km] | 00:01:21    | 00:34:25 |
| 34   | 67    | KREFFT        | BARBARA    | K    | 12       | K 50-59   | 3             | PARCHOWO         | -                               |               | 10km NW  | 01:11:39 | 8,37 [km/h]   | 00:07:10 [min/km] | 00:01:39    | 00:34:04 |
| 35   | 23    | KOWALCZYK     | MARIUSZ    | M    | 23       | M 50-59   | 4             | ZIELONA GÓRA     | GREEN TEAM ZIELONA GÓRA         |               | 10km NW  | 01:12:06 | 8,32 [km/h]   | 00:07:13 [min/km] | 00:00:35    | 00:35:24 |
| 36   | 38    | PALIWODA      | KASIA      | K    | 13       | K 40-49   | 4             | MIERZYN          |                                 |               | 10km NW  | 01:12:12 | 8,31 [km/h]   | 00:07:13 [min/km] | 00:01:21    | 00:34:19 |
| 37   | 20    | KOCIUBIŃSKA   | MARIA      | K    | 14       | K 0-39    | 3             | KOSZALIN         |                                 |               | 10km NW  | 01:12:14 | 8,31 [km/h]   | 00:07:13 [min/km] | 00:01:09    | 00:34:32 |
| 38   | 4     | BOŃCZYSZYN    | BOŻENA     | K    | 15       | K 50-59   | 4             | WICKO            |                                 |               | 10km NW  | 01:12:14 | 8,31 [km/h]   | 00:07:13 [min/km] | 00:01:09    | 00:34:46 |

| M-ce | Numer | Nazwisko     | Imię        | Płeć | M-ce M/K | Kategoria | M-ce kat. M/K | Miejscowość         | Klub                            | ŻÓLTE KARTKI | DYST ANS | Wynik    | Prędkość km/h | Tempo min/km      | CZAS STARTU | 1 OKR.   |
|------|-------|--------------|-------------|------|----------|-----------|---------------|---------------------|---------------------------------|--------------|----------|----------|---------------|-------------------|-------------|----------|
| 39   | 53    | SZULC        | JAROSŁAW    | M    | 24       | M 50-59   | 5             | BYDGOSZCZ           | MARSZ PO ZDROWIE                |              | 10km NW  | 01:12:55 | 8,23 [km/h]   | 00:07:17 [min/km] | 00:00:34    | 00:35:33 |
| 40   | 18    | JUREK        | KAMILA      | K    | 16       | K 0-39    | 4             | BIĄŁOŚLIWIE         | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM     |              | 10km NW  | 01:13:17 | 8,19 [km/h]   | 00:07:20 [min/km] | 00:01:39    | 00:34:47 |
| 41   | 29    | ŁOPIŃSKI     | ALEKSY      | M    | 25       | M 60+     | 7             | PIŁA                | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM     |              | 10km NW  | 01:13:29 | 8,17 [km/h]   | 00:07:21 [min/km] | 00:00:56    | 00:35:43 |
| 42   | 31    | MAJEWSKA     | LIDIA EWA   | K    | 17       | K 50-59   | 5             | STAROGARD ŁOBESKI   |                                 |              | 10km NW  | 01:13:41 | 8,14 [km/h]   | 00:07:22 [min/km] | 00:01:39    | 00:34:52 |
| 43   | 50    | SKOWROŃSKA   | DOMINIKA    | K    | 18       | K 0-39    | 5             | STRZELCE KRAJEŃSKIE | MARSZ PO ZDROWIE                |              | 10km NW  | 01:13:43 | 8,14 [km/h]   | 00:07:22 [min/km] | 00:01:26    | 00:34:56 |
| 44   | 13    | FRYDRYCH     | MARCIN      | M    | 26       | M 40-49   | 8             | ROKIETNICA          | NORDIC WALKING KIEKRZ POLAND    |              | 10km NW  | 01:13:49 | 8,13 [km/h]   | 00:07:23 [min/km] | 00:00:55    | 00:35:23 |
| 45   | 1     | BARTOSIEWICZ | WŁODZIMIERZ | M    | 27       | M 60+     | 8             | GDAŃSK              | FACE NORDIC WALKING TEAM        |              | 10km NW  | 01:14:17 | 8,08 [km/h]   | 00:07:26 [min/km] | 00:00:17    | 00:36:21 |
| 46   | 7     | CHOJNICKA    | JOANNA      | K    | 19       | K 40-49   | 5             | PASŁĘK              | NORDIC WALKING PASŁĘK           |              | 10km NW  | 01:14:18 | 8,08 [km/h]   | 00:07:26 [min/km] | 00:01:51    | 00:35:10 |
| 47   | 14    | GABERT       | BEATA       | K    | 20       | K 40-49   | 6             | SZCZECIN            | EKSPEDYCJA NORDIC TEAM SZCZECIN |              | 10km NW  | 01:14:26 | 8,06 [km/h]   | 00:07:27 [min/km] | 00:01:21    | 00:36:09 |
| 48   | 2     | BIĄŁK        | ROMAN       | M    | 28       | M 60+     | 9             | GDAŃSK              |                                 |              | 10km NW  | 01:14:35 | 8,04 [km/h]   | 00:07:28 [min/km] | 00:00:25    | 00:36:43 |
| 49   | 12    | DREWNOWSKA   | BARBARA     | K    | 21       | K 40-49   | 7             | TRZCIANKA           | ZASAPANI                        |              | 10km NW  | 01:14:47 | 8,02 [km/h]   | 00:07:29 [min/km] | 00:01:26    | 00:35:57 |
| 50   | 6     | CHŁODNICKI   | MAREK       | M    | 29       | M 60+     | 10            | POZNAŃ              | MARSZ PO ZDROWIE                |              | 10km NW  | 01:15:26 | 7,95 [km/h]   | 00:07:33 [min/km] | 00:00:40    | 00:36:48 |
| 51   | 32    | MALKIEWICZ   | MAŁGORZATA  | K    | 22       | K 50-59   | 6             | WIERSZYNO           |                                 |              | 10km NW  | 01:15:36 | 7,94 [km/h]   | 00:07:34 [min/km] | 00:01:39    | 00:36:01 |
| 52   | 9     | CZYCZ        | EMILIA      | K    | 23       | K 60+     | 2             | ZIELONA GÓRA        | GREEN TEAM                      |              | 10km NW  | 01:15:55 | 7,90 [km/h]   | 00:07:35 [min/km] | 00:01:46    | 00:36:03 |
| 53   | 27    | KRUSZKA      | ARLETA      | K    | 24       | K 50-59   | 7             | POZNAŃ              | MARSZ PO ZDROWIE                |              | 10km NW  | 01:16:14 | 7,87 [km/h]   | 00:07:37 [min/km] | 00:01:46    | 00:36:00 |
| 54   | 15    | GOLUS        | URSZULA     | K    | 25       | K 60+     | 3             | SZCZECIN            | EKSPEDYCJA NORDIC TEAM SZCZECIN |              | 10km NW  | 01:16:53 | 7,80 [km/h]   | 00:07:41 [min/km] | 00:01:26    | 01:14:01 |
| 55   | 63    | ŻOŁNO        | MAGDA       | K    | 26       | K 50-59   | 8             | GORZÓW WIELKOPOLSKI | EKSPEDYCJA NORDIC TEAM SZCZECIN |              | 10km NW  | 01:17:57 | 7,70 [km/h]   | 00:07:48 [min/km] | 00:01:26    | 00:36:32 |
| 56   | 57    | WIKIERSKI    | KAROL       | M    | 30       | M 60+     | 11            | GUBIN               | GUBIŃSKA GRUPA NORDIC WALKING   |              | 10km NW  | 01:18:14 | 7,67 [km/h]   | 00:07:49 [min/km] | 00:00:56    | 00:37:37 |
| 57   | 59    | WOŹNIAK      | IWONA       | K    | 27       | K 40-49   | 8             | RESKO               | RUNGRYF GRYFICE                 |              | 10km NW  | 01:18:30 | 7,64 [km/h]   | 00:07:51 [min/km] | 00:01:46    | 00:36:32 |
| 58   | 17    | JANIK        | MACIEJ      | M    | 31       | M 0-39    | 4             | PIŁA                | ZASAPANI HYDRO                  |              | 10km NW  | 01:18:37 | 7,63 [km/h]   | 00:07:52 [min/km] | 00:00:17    | 00:38:45 |
| 59   | 24    | KOZŁOWSKA    | ANNA        | K    | 28       | K 40-49   | 9             | PASŁĘK              | NORDIC WALKING PASŁĘK           |              | 10km NW  | 01:19:35 | 7,54 [km/h]   | 00:07:58 [min/km] | 00:01:51    | 00:37:36 |
| 60   | 16    | HUSAK        | DAGMARA     | K    | 29       | K 40-49   | 10            | GUBIN               | GUBIŃSKA GRUPA NORDIC WALKING   |              | 10km NW  | 01:19:53 | 7,51 [km/h]   | 00:07:59 [min/km] | 00:01:16    | 00:39:56 |
| 61   | 55    | TOBYS        | RYSZARD     | M    | 32       | M 60+     | 12            | PIOTROWO DRUGIE     |                                 |              | 10km NW  | 01:20:22 | 7,47 [km/h]   | 00:08:02 [min/km] | 00:00:47    | 00:38:54 |
| 62   | 56    | URANTÓWKA    | HENRYK      | M    | 33       | M 60+     | 13            | SKWIERZYNA          |                                 |              | 10km NW  | 01:20:29 | 7,45 [km/h]   | 00:08:03 [min/km] | 00:00:41    | 00:39:14 |
| 63   | 30    | MACIUSZONEK  | MAŁGORZATA  | K    | 30       | K 50-59   | 9             | PASŁĘK              | NORDIC WALKING PASŁĘK           |              | 10km NW  | 01:23:52 | 7,15 [km/h]   | 00:08:23 [min/km] | 00:01:51    | 00:39:21 |
| 64   | 44    | ROGULSKA     | ANNA        | K    | 31       | K 40-49   | 11            | PASŁĘK              | NORDIC WALKING PASŁĘK           |              | 10km NW  | 01:23:57 | 7,15 [km/h]   | 00:08:24 [min/km] | 00:01:46    | 00:39:32 |