



# wyniki



partnerzy Pucharu Polski Polski Nordic Walking



## 5km

| LP | Dystans | Nazwisko Imię         | Miejscowość      | Klub                             | Kat wiek. | CZAS              |                |                    |              |                 | MIEJSCE              |                   |                       |                 |                    | PUNKTY              |                  |                      |                |                   | RAZEM |
|----|---------|-----------------------|------------------|----------------------------------|-----------|-------------------|----------------|--------------------|--------------|-----------------|----------------------|-------------------|-----------------------|-----------------|--------------------|---------------------|------------------|----------------------|----------------|-------------------|-------|
|    |         |                       |                  |                                  |           | 1-Kolbuszowa Czas | 2-Skwirno Czas | 3-Michałowice Czas | 4-Sztum Czas | 5-Hajnówka Czas | 1-Kolbuszowa Miejsce | 2-Skwirno Miejsce | 3-Michałowice Miejsce | 4-Sztum Miejsce | 5-Hajnówka Miejsce | 1-Kolbuszowa Punkty | 2-Skwirno Punkty | 3-Michałowice Punkty | 4-Sztum Punkty | 5-Hajnówka Punkty |       |
| 1  | 5km     | DYBEŁ AGNIESZKA       | CZĘSTOCHOWA      | NORDIC TEAM CZĘSTOCHOWA          | A         | 00:39:17          | 00:40:09       | 00:39:59           |              |                 | 1                    | 1                 | 2                     |                 |                    | 100                 | 100              | 80                   |                |                   | 280   |
| 2  | 5km     | CZERWIŃSKA ANNA       | WARSZAWA         | NW CZŁAPSKI TEAM                 | A         |                   | 00:40:14       | 00:39:59           |              |                 | 2                    | 2                 | 1                     |                 |                    | 80                  | 80               | 100                  |                |                   | 180   |
| 3  | 5km     | RYBKA JOLANTA         | JASŁO            | NWTEAM JASŁO                     | A         | 00:46:42          |                |                    |              |                 | 2                    |                   |                       |                 |                    | 80                  |                  |                      |                |                   | 80    |
| 1  | 5km     | TOWARNICKA IZABELA    | GDYNIA           |                                  | B         |                   | 00:39:59       |                    |              |                 | 1                    |                   |                       |                 |                    | 100                 |                  |                      |                |                   | 100   |
| 2  | 5km     | HANUS JOANNA          | KROSNO           | PASJONAUCI KROSNO                | B         | 00:42:11          |                |                    |              |                 | 1                    |                   |                       |                 |                    | 100                 |                  |                      |                |                   | 100   |
| 3  | 5km     | SZAŁAJ ANNA           | LUBIN            | KGHM METRACO RUDNA               | B         |                   | 00:42:07       |                    |              |                 |                      | 2                 |                       |                 |                    | 80                  |                  |                      |                |                   | 80    |
| 4  | 5km     | BRODZIŃSKA EWELINA    | WŁOCŁAWEK        | SERCE NORDICA WŁOCŁAWEK          | B         | 00:45:01          |                |                    |              |                 | 2                    |                   |                       |                 |                    | 80                  |                  |                      |                |                   | 80    |
| 5  | 5km     | PRZYBYLSKA ALEKSANDRA | GDYNIA           | ELITE TEAM                       | B         |                   | 00:42:30       |                    |              |                 |                      | 3                 |                       |                 |                    | 70                  |                  |                      |                |                   | 70    |
| 6  | 5km     | HANUS TERESA          | KROSNO           | PASJONAUCI KROSNO                | B         | 00:51:53          |                |                    |              |                 | 3                    |                   |                       |                 |                    | 70                  |                  |                      |                |                   | 70    |
| 1  | 5km     | KWIDZIŃSKA EMILIA     | LUZINO           | POLIPACK TEAM GWE                | K18-29    | 00:36:34          | 00:37:15       | 00:36:40           |              |                 | 1                    | 2                 | 1                     |                 |                    | 100                 | 80               | 100                  |                |                   | 280   |
| 2  | 5km     | STĘPIEŃ KINGA         | KOŁOZĄB          | LKS ZANTYR SZTUM                 | K18-29    |                   | 00:36:50       | 00:38:54           |              |                 |                      | 1                 | 2                     |                 |                    | 100                 | 80               |                      |                |                   | 180   |
| 3  | 5km     | KRAKOWSKA WIKTORIA    | MIELEC / WROCLAW | PTG SOKÓŁ 1893 MIELEC            | K18-29    | 00:37:44          |                |                    |              |                 | 2                    |                   |                       |                 |                    | 80                  |                  |                      |                |                   | 80    |
| 4  | 5km     | TYBURSKA OLIWIA       |                  |                                  | K18-29    |                   | 00:58:08       |                    |              |                 |                      | 3                 |                       |                 |                    | 70                  |                  |                      |                |                   | 70    |
| 5  | 5km     | BREWKA MAGDALENA      | LUBLINIEC        | WSB CHORZÓW                      | K18-29    |                   |                | 00:40:18           |              |                 |                      |                   | 3                     |                 |                    |                     |                  | 70                   |                |                   | 70    |
| 6  | 5km     | SAPUŁA WIKTORIA       | LUBLIN           |                                  | K18-29    | 00:40:14          |                |                    |              |                 | 3                    |                   |                       |                 |                    | 70                  |                  |                      |                |                   | 70    |
| 7  | 5km     | BARZOWSKA MONIKA      | WEJHEROWO        | POLIPACK TEAM GWE                | K18-29    |                   |                | 00:41:32           |              |                 |                      |                   | 4                     |                 |                    |                     |                  | 60                   |                |                   | 60    |
| 8  | 5km     | FUSSEK MARIA          | KOLBUSZOWA       | KOLBUSZOWSKI KLUB NORDIC WALKING | K18-29    | 00:40:28          |                |                    |              |                 | 4                    |                   |                       |                 |                    | 60                  |                  |                      |                |                   | 60    |
| 9  | 5km     | STOLARSKA KAROLINA    | CZĘSTOCHOWA      | NORDIC TEAM CZĘSTOCHOWA          | K18-29    |                   |                | 00:42:25           |              |                 |                      |                   | 5                     |                 |                    |                     |                  | 50                   |                |                   | 50    |
| 10 | 5km     | SALACH WERONIKA       | KOLBUSZOWA       | KOLBUSZOWSKI KLUB NORDIC WALKING | K18-29    | 00:42:34          |                |                    |              |                 | 5                    |                   |                       |                 |                    | 50                  |                  |                      |                |                   | 50    |
| 11 | 5km     | PLUCHOWSKA BERNADETTA | KURÓW            | KURTEAM                          | K18-29    | 00:42:37          |                |                    |              |                 | 6                    |                   |                       |                 |                    | 45                  |                  |                      |                |                   | 45    |



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partnerzy Pucharu Polski Nordic Walking



## 5km

| LP | Dystans | Nazwisko Imię               | Miejscowość    | Klub  | Kat wiek. | CZAS              |                |                    |              |                 | MIEJSCE              |                   |                       |                 |                    | PUNKTY              |                  |                      |                |                   | RAZEM |     |     |
|----|---------|-----------------------------|----------------|---|-----------|-------------------|----------------|--------------------|--------------|-----------------|----------------------|-------------------|-----------------------|-----------------|--------------------|---------------------|------------------|----------------------|----------------|-------------------|-------|-----|-----|
|    |         |                             |                |   |           | 1-Kolbuszowa Czas | 2-Skwirno Czas | 3-Michałowice Czas | 4-Sztum Czas | 5-Hajnówka Czas | 1-Kolbuszowa Miejsce | 2-Skwirno Miejsce | 3-Michałowice Miejsce | 4-Sztum Miejsce | 5-Hajnówka Miejsce | 1-Kolbuszowa Punkty | 2-Skwirno Punkty | 3-Michałowice Punkty | 4-Sztum Punkty | 5-Hajnówka Punkty |       |     |     |
| 1  | 5km     | NIETRZEBKA ALEKSANDRA       | ŻYRARDÓW       |   |           |                   | 00:36:52       | 00:38:13           |              |                 |                      | 1                 |                       | 4               |                    |                     |                  | 100                  | 60             |                   |       |     | 160 |
| 2  | 5km     | GAŁAŚ JOANNA                | WARSZAWA       | PASJA NORDIC WALKING                        | K30-39    |                   | 00:37:11       | 00:36:53           |              |                 |                      | 2                 |                       | 3               |                    |                     | 80               | 70                   |                |                   |       | 150 |     |
| 3  | 5km     | RADOMSKA MARTA              | WARSZAWA       | AVOCADO WELLNESS CLUB                       | K30-39    |                   |                | 00:34:15           |              |                 |                      |                   |                       | 1               |                    |                     |                  | 100                  |                |                   |       |     | 100 |
| 4  | 5km     | WILUSZ ERWINA               | IWONICZ ZDRÓJ  | VINGBERG POLSKA PTC SOKÓŁ RYMANÓW LUKI TEAM | K30-39    | 00:31:57          |                |                    |              |                 | 1                    |                   |                       |                 |                    | 100                 |                  |                      |                |                   |       | 100 |     |
| 5  | 5km     | TUZIMEK AGATA               | KURÓW          | KURTEAM                                     | K30-39    | 00:35:51          |                |                    |              |                 | 2                    |                   |                       |                 |                    | 80                  |                  |                      |                |                   |       | 80  |     |
| 6  | 5km     | WALECKA WIKTORIA            | WARSZAWA       | BIEGAM NA TARCHOMINIE                       | K30-39    |                   |                | 00:36:33           |              |                 |                      |                   |                       | 2               |                    |                     |                  | 80                   |                |                   |       |     | 80  |
| 7  | 5km     | CHELIŃSKA SYLWIA            | KOŁO           | NEW4YOU TEAM                                | K30-39    |                   | 00:38:55       |                    |              |                 |                      | 3                 |                       |                 |                    | 70                  |                  |                      |                |                   |       | 70  |     |
| 8  | 5km     | STILLER DARIA               | CZĘSTOCHOWA    | KABEX PODKOWA JANÓW                         | K30-39    | 00:38:58          |                |                    |              |                 | 3                    |                   |                       |                 |                    | 70                  |                  |                      |                |                   |       | 70  |     |
| 9  | 5km     | DĄBROWSKA DARIA             | KOŚCIELEC      | NEW4YOU TEAM                                | K30-39    |                   | 00:38:59       |                    |              |                 |                      | 4                 |                       |                 |                    | 60                  |                  |                      |                |                   |       | 60  |     |
| 10 | 5km     | HANKAWYKA KAROLINA          | WARSZAWA       | NW CZŁAPSKI TEAM                            | K30-39    |                   |                | 00:40:35           |              |                 |                      |                   |                       | 5               |                    |                     | 50               |                      |                |                   |       | 50  |     |
| 11 | 5km     | RYBUS ELŻBIETA              | WEJHEROWO      | POLIPACK TEAM GWE                           | K30-39    |                   | 00:39:10       |                    |              |                 |                      | 5                 |                       |                 |                    | 50                  |                  |                      |                |                   |       | 50  |     |
| 12 | 5km     | KUŹMICZ MAGDALENA           | MASZEWKO       | POLIPACK TEAM GWE                           | K30-39    |                   | 00:41:12       |                    |              |                 |                      | 6                 |                       |                 |                    | 45                  |                  |                      |                |                   |       | 45  |     |
| 13 | 5km     | STANICKA AGNIESZKA          | KWIRYNÓW       | STARE BABICE NORDIC WALKING                 | K30-39    |                   |                | 00:42:11           |              |                 |                      |                   |                       | 6               |                    |                     | 45               |                      |                |                   |       | 45  |     |
| 14 | 5km     | KOCHAŃSKA ANNA              |                |   | K30-39    |                   | 00:57:36       |                    |              |                 |                      | 7                 |                       |                 |                    | 40                  |                  |                      |                |                   |       | 40  |     |
| 15 | 5km     | BOROWSKA-ŚLUSARCZYK NATALIA | WARSZAWA       | AVOCADO WELLNESS CLUB                       | K30-39    |                   |                | 00:44:54           |              |                 |                      |                   |                       | 7               |                    |                     | 40               |                      |                |                   |       | 40  |     |
| 16 | 5km     | KARPIŃSKA KATARZYNA         | GDYNIA         |   | K30-39    |                   |                | 00:47:32           |              |                 |                      |                   |                       | 8               |                    |                     | 35               |                      |                |                   |       | 35  |     |
| 17 | 5km     | KOSIŃSKA MARCELINA          | REGUŁY         |   | K30-39    |                   |                | 00:50:22           |              |                 |                      |                   |                       | 9               |                    |                     | 30               |                      |                |                   |       | 30  |     |
| 1  | 5km     | MALINOWSKA MONIKA           | SZTUM          | LKS ZANTYR SZTUM                            | K40-44    | 00:36:37          | 00:37:35       | 00:35:58           |              |                 | 4                    | 2                 |                       | 2               |                    | 60                  | 80               | 80                   |                |                   |       | 220 |     |
| 2  | 5km     | SAFANDOWSKA MAŁGORZATA      | KOWAL          | NW CZŁAPSKI TEAM                            | K40-44    | 00:33:52          | 00:35:06       |                    |              |                 | 1                    | 1                 |                       |                 |                    | 100                 | 100              |                      |                |                   |       | 200 |     |
| 3  | 5km     | KWECZKA-JANECEK ANNA        | CZĘSTOCHOWA    | NORDIC TEAM CZĘSTOCHOWA                     | K40-44    | 00:33:56          |                | 00:35:08           |              |                 | 2                    |                   |                       | 1               |                    | 80                  |                  | 100                  |                |                   |       | 180 |     |
| 4  | 5km     | KOŁODZIEJCZYK EWA           | WŁOCLĄWEK      | SERCE NORDICA WŁOCLĄWEK                     | K40-44    |                   | 00:38:47       | 00:37:33           |              |                 |                      | 3                 |                       | 3               |                    | 70                  | 70               |                      |                |                   |       | 140 |     |
| 5  | 5km     | RUTZ JUSTYNA                | WEJHEROWO      | POLIPACK TEAM GWE                           | K40-44    |                   | 00:41:31       | 00:41:22           |              |                 |                      | 6                 |                       | 5               |                    | 45                  | 50               |                      |                |                   |       | 95  |     |
| 6  | 5km     | PASIŃSKA-SKOWRON SYLWIA     | SZCZODRZKOWICE | PRUSZYŃSKI SPORT TEAM NORDIC ARMY           | K40-44    | 00:34:41          |                |                    |              |                 | 3                    |                   |                       |                 |                    | 70                  |                  |                      |                |                   |       | 70  |     |
| 7  | 5km     | BRANCZEWSKA EWA             | MŁAWA          | NW WERWA MŁAWA                              | K40-44    |                   |                | 00:37:46           |              |                 |                      |                   |                       | 4               |                    |                     | 60               |                      |                |                   |       | 60  |     |
| 8  | 5km     | FARON MONIKA                | GDYNIA         | ESJA TEAM                                   | K40-44    |                   | 00:39:09       |                    |              |                 |                      | 4                 |                       |                 |                    | 60                  |                  |                      |                |                   |       | 60  |     |
| 9  | 5km     | KAMIŃSKA ALICJA             | WŁOCLĄWEK      | SERCE NORDICA WŁOCLĄWEK                     | K40-44    |                   | 00:40:26       |                    |              |                 |                      | 5                 |                       |                 |                    | 50                  |                  |                      |                |                   |       | 50  |     |
| 10 | 5km     | WAŻNA JOANNA                | HORYNIECZDRÓJ  | KLUB NORDIC WALKING SPRING HORYNIEC ZDRÓJ   | K40-44    | 00:39:20          |                |                    |              |                 | 5                    |                   |                       |                 |                    | 50                  |                  |                      |                |                   |       | 50  |     |
| 11 | 5km     | KASPEREK EDYTA              | WARSZAWA       | NW CZŁAPSKI TEAM                            | K40-44    |                   |                | 00:41:26           |              |                 |                      |                   |                       | 6               |                    |                     | 45               |                      | 45             |                   |       | 45  |     |
| 12 | 5km     | KURDZIEL ANNA               | KOLBUSZOWA     | KOLBUSZOWSKI KLUB NORDIC WALKING            | K40-44    | 00:40:42          |                |                    |              |                 | 6                    |                   |                       |                 |                    | 45                  |                  |                      |                |                   |       | 45  |     |
| 13 | 5km     | SZEP CZYŃSKA JOANNA         | WŁOCLĄWEK      | SERCE NORDICA WŁOCLĄWEK                     | K40-44    |                   |                | 00:41:47           |              |                 |                      |                   |                       | 7               |                    |                     | 40               |                      |                |                   |       | 40  |     |
| 14 | 5km     | BIENKOWSKA KARINA           | PŁOCK          |   | K40-44    |                   | 00:42:45       |                    |              |                 |                      | 7                 |                       |                 |                    | 40                  |                  |                      |                |                   |       | 40  |     |
| 15 | 5km     | ZAREMBA ALEKSANDRA          | KRAKÓW         | FORCE FIT                                   | K40-44    | 00:42:29          |                |                    |              |                 | 7                    |                   |                       |                 |                    | 40                  |                  |                      |                |                   |       | 40  |     |
| 16 | 5km     | WORONIECKA EWA              | WARSZAWA       | AVOCADO WELLNESS CLUB                       | K40-44    |                   |                | 00:44:28           |              |                 |                      |                   |                       | 8               |                    |                     | 35               |                      |                |                   |       | 35  |     |
| 17 | 5km     | MAZUR AGATA                 |                | KOLBUSZOWSKI KLUB NORDIC WALKING            | K40-44    | 00:46:35          |                |                    |              |                 | 8                    |                   |                       |                 |                    | 35                  |                  |                      |                |                   |       | 35  |     |
| 18 | 5km     | TWARDOWSKA EDYTA            | WARSZAWA       | AVOCADO WELLNESS CLUB                       | K40-44    |                   |                | 00:45:41           |              |                 |                      |                   |                       | 9               |                    |                     | 30               |                      |                |                   |       | 30  |     |
| 19 | 5km     | SZCZEPANOWSKA RENATA        | PRUSZKÓW       | PRZYCMENARNE WĘDRÓWIEJ                      | K40-44    |                   |                | 00:46:13           |              |                 |                      |                   |                       | 10              |                    |                     | 25               |                      |                |                   |       | 25  |     |
| 20 | 5km     | TOMASIK AGNIESZKA           | WARSZAWA       | PRZYCMENARNE WĘDRÓWIEJ                      | K40-44    |                   |                | 00:46:13           |              |                 |                      |                   |                       | 11              |                    |                     | 24               |                      |                |                   |       | 24  |     |



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## 5km

| LP | Dystans | Nazwisko Imię            | Miejscowość         | Klub                                      | Kat wiek. | CZAS              |                |                    |              |                 | MIEJSCE              |                   |                       |                 |                    | PUNKTY              |                  |                      |                |                   | RAZEM |     |
|----|---------|--------------------------|---------------------|---|-----------|-------------------|----------------|--------------------|--------------|-----------------|----------------------|-------------------|-----------------------|-----------------|--------------------|---------------------|------------------|----------------------|----------------|-------------------|-------|-----|
|    |         |                          |                     |   |           | 1-Kolbuszowa Czas | 2-Skwirno Czas | 3-Michałowice Czas | 4-Sztum Czas | 5-Hajnówka Czas | 1-Kolbuszowa Miejsce | 2-Skwirno Miejsce | 3-Michałowice Miejsce | 4-Sztum Miejsce | 5-Hajnówka Miejsce | 1-Kolbuszowa Punkty | 2-Skwirno Punkty | 3-Michałowice Punkty | 4-Sztum Punkty | 5-Hajnówka Punkty |       |     |
| 1  | 5km     | JÓŹWIAK MARIANNA         | WŁOCLAWEK           | SERCE NORDICA WŁOCLAWEK                   | K45-49    | 00:34:48          | 00:35:12       | 00:35:06           |              |                 | 2                    | 1                 | 1                     |                 |                    | 80                  | 100              | 100                  |                |                   |       | 280 |
| 2  | 5km     | PUSZKARSKA MAŁGORZATA    | WARSZAWA            | GOSADI NORDIC TEAM                        | K45-49    | 00:34:34          | 00:35:35       | 00:35:50           |              |                 | 1                    | 2                 | 2                     |                 |                    | 100                 | 80               | 80                   |                |                   |       | 260 |
| 3  | 5km     | PONKA BARBARA            | WEJHEROWO           | POLIPACK TEAM GWE                         | K45-49    | 00:37:23          | 00:37:52       | 00:37:23           |              |                 | 4                    | 3                 | 6                     |                 |                    | 60                  | 70               | 45                   |                |                   |       | 175 |
| 4  | 5km     | WAWRZYNIAN ANNA          | GDYNIA              | POLIPACK TEAM GWE                         | K45-49    | 00:37:16          |                | 00:37:23           |              |                 | 3                    |                   | 5                     |                 |                    | 70                  |                  | 50                   |                |                   |       | 120 |
| 5  | 5km     | OLSZAŃSKA JOLKA          | KRAKÓW              | FEAR THE RETURN                           | K45-49    | 00:40:27          | 00:40:29       | 00:40:24           |              |                 | 7                    | 5                 | 11                    |                 |                    | 40                  | 50               | 24                   |                |                   |       | 114 |
| 6  | 5km     | PINIS AGNIESZKA          | BLACHOWNIA          | NORDIC TEAM CZĘSTOCHOWA                   | K45-49    |                   |                | 00:36:24           |              |                 |                      |                   |                       | 3               |                    |                     |                  | 70                   |                |                   |       | 70  |
| 7  | 5km     | SAKOWSKA KRYSZYNA        | WARSZAWA            | PASJA NORDIC WALKING                      | K45-49    |                   | 00:41:59       | 00:40:10           |              |                 |                      | 6                 | 10                    |                 |                    | 45                  | 25               |                      |                |                   |       | 70  |
| 8  | 5km     | KRZYŻAŃSKA MARIOLA       | KOŁO                | NEW4YOU TEAM                              | K45-49    |                   | 00:39:30       |                    |              |                 |                      | 4                 |                       |                 |                    | 60                  |                  |                      |                |                   |       | 60  |
| 9  | 5km     | OKLEJ ANETA              | KONSTANCIN JEZIORNA |   | K45-49    |                   |                | 00:37:14           |              |                 |                      |                   | 4                     |                 |                    |                     | 60               |                      |                |                   |       | 60  |
| 10 | 5km     | ZAPALSKA-CZARNY IWONA    | HORYNIECZDRÓJ       | KLUB NORDIC WALKING SPRING HORYNIEC ZDRÓJ | K45-49    | 00:37:43          |                |                    |              |                 | 5                    |                   |                       |                 | 50                 |                     |                  |                      |                |                   |       | 50  |
| 11 | 5km     | KARAŚ AGNIAZKA           | LUBLIN              | LUBLIN CHODZI Z KIJKAMI                   | K45-49    | 00:38:10          |                |                    |              |                 | 6                    |                   |                       |                 | 45                 |                     |                  |                      |                |                   |       | 45  |
| 12 | 5km     | KUNICKA RENATA           | CZĘSTOCHOWA         | NORDIC TEAM CZĘSTOCHOWA                   | K45-49    | 00:47:51          |                | 00:46:46           |              |                 | 9                    |                   | 22                    |                 | 30                 |                     | 13               |                      |                |                   |       | 43  |
| 13 | 5km     | MARCINIAK ANETA          | PŁOCK               | FACE NORDIC WALKING TEAM                  | K45-49    |                   |                | 00:39:24           |              |                 |                      |                   | 7                     |                 |                    |                     | 40               |                      |                |                   |       | 40  |
| 14 | 5km     | FILIŃSKA IWONA           | WŁOCLAWEK           | SERCE NORDICA WŁOCLAWEK                   | K45-49    |                   | 00:42:22       |                    |              |                 |                      | 7                 |                       |                 | 40                 |                     |                  |                      |                |                   |       | 40  |
| 15 | 5km     | WILK MAGDALENA           | WARSZAWA            | AVOCADO WELLNESS CLUB                     | K45-49    |                   |                | 00:39:32           |              |                 |                      |                   | 8                     |                 |                    |                     | 35               |                      |                |                   |       | 35  |
| 16 | 5km     | ŚWIDRAK AGNIESZKA        | JASŁO               | NWTEAM JASŁO                              | K45-49    | 00:46:29          |                |                    |              |                 | 8                    |                   |                       |                 | 35                 |                     |                  |                      |                |                   |       | 35  |
| 17 | 5km     | KONOPA DARIA             | WARSZAWA            | AVOCADO WELLNESS CLUB                     | K45-49    |                   |                | 00:39:36           |              |                 |                      |                   | 9                     |                 |                    |                     | 30               |                      |                |                   |       | 30  |
| 18 | 5km     | WÓJCIK MARZENA           | WARSZAWA            | NW CZŁAPSKI TEAM                          | K45-49    |                   |                | 00:40:51           |              |                 |                      |                   | 12                    |                 |                    |                     | 23               |                      |                |                   |       | 23  |
| 19 | 5km     | KWINTAL BARBARA          | ŁÓDŹ                | ŁÓDZKA SZKOŁA NORDIC WALKING              | K45-49    |                   |                | 00:40:53           |              |                 |                      |                   | 13                    |                 |                    |                     | 22               |                      |                |                   |       | 22  |
| 20 | 5km     | LANGWERSKA WIOLETTA      | ŁÓDŹ                | ŁÓDZKA SZKOŁA NORDIC WALKING              | K45-49    |                   |                | 00:41:04           |              |                 |                      |                   | 14                    |                 |                    |                     | 21               |                      |                |                   |       | 21  |
| 21 | 5km     | WRZESIŃSKA KATARZYNA     | ŁÓDŹ                | ŁÓDZKA SZKOŁA NORDIC WALKING              | K45-49    |                   |                | 00:41:20           |              |                 |                      |                   | 15                    |                 |                    |                     | 20               |                      |                |                   |       | 20  |
| 22 | 5km     | CICHOCKA RENATA          | WARSZAWA            |   | K45-49    |                   |                | 00:41:25           |              |                 |                      |                   | 16                    |                 |                    |                     | 19               |                      |                |                   |       | 19  |
| 23 | 5km     | NOWAK-DRESLER MAGDALENA  | WARSAW              | AVOCADO WELLNESS CLUB                     | K45-49    |                   |                | 00:42:20           |              |                 |                      |                   | 17                    |                 |                    |                     | 18               |                      |                |                   |       | 18  |
| 24 | 5km     | ROZPĘDOWSKA ANITA        | KUŹNICA             | NORDIC TEAM CZĘSTOCHOWA                   | K45-49    |                   |                | 00:43:54           |              |                 |                      |                   | 18                    |                 |                    |                     | 17               |                      |                |                   |       | 17  |
| 25 | 5km     | SAWECKA ANNA             | WARSZAWA            |   | K45-49    |                   |                | 00:44:25           |              |                 |                      |                   | 19                    |                 |                    |                     | 16               |                      |                |                   |       | 16  |
| 26 | 5km     | PACHUTA EWA              | WARSZAWA            |   | K45-49    |                   |                | 00:44:51           |              |                 |                      |                   | 20                    |                 |                    |                     | 15               |                      |                |                   |       | 15  |
| 27 | 5km     | HOŁOWNIA-MALINOWSKA INKA | WARSZAWA            | AVOCADO WELLNESS CLUB                     | K45-49    |                   |                | 00:45:50           |              |                 |                      |                   | 21                    |                 |                    |                     | 14               |                      |                |                   |       | 14  |
| 28 | 5km     | PIWKOWSKA KATARZYNA      | MICHAŁOWICE         |   | K45-49    |                   |                | 00:49:04           |              |                 |                      |                   | 23                    |                 |                    |                     | 12               |                      |                |                   |       | 12  |
| 29 | 5km     | DZIK AGNIESZKA           | WARSZAWA            |   | K45-49    |                   |                | 00:49:09           |              |                 |                      |                   | 24                    |                 |                    |                     | 11               |                      |                |                   |       | 11  |
| 30 | 5km     | GRYGIEREK-ĆWIKŁA ANNA    | WARSZAWA            |   | K45-49    |                   |                | 00:53:25           |              |                 |                      |                   | 25                    |                 |                    |                     | 10               |                      |                |                   |       | 10  |
| 31 | 5km     | PUCZYŃSKA IWONA          | WARSZAWA            |   | K45-49    |                   |                | 01:00:48           |              |                 |                      |                   | 26                    |                 |                    |                     | 9                |                      |                |                   |       | 9   |



# wyniki



partnerzy Pucharu Polski Polski Nordic Walking



## 5km

| LP | Dystans | Nazwisko Imię                   | Miejscowość   | Klub                             | Kat wiek. | CZAS              |                |                    |              |                 | MIEJSCE              |                   |                       |                 |                    | PUNKTY              |                  |                      |                |                   | RAZEM |
|----|---------|---------------------------------|---------------|----------------------------------|-----------|-------------------|----------------|--------------------|--------------|-----------------|----------------------|-------------------|-----------------------|-----------------|--------------------|---------------------|------------------|----------------------|----------------|-------------------|-------|
|    |         |                                 |               |                                  |           | 1-Kolbuszowa Czas | 2-Skwirno Czas | 3-Michałowice Czas | 4-Sztum Czas | 5-Hajnówka Czas | 1-Kolbuszowa Miejsce | 2-Skwirno Miejsce | 3-Michałowice Miejsce | 4-Sztum Miejsce | 5-Hajnówka Miejsce | 1-Kolbuszowa Punkty | 2-Skwirno Punkty | 3-Michałowice Punkty | 4-Sztum Punkty | 5-Hajnówka Punkty |       |
| 1  | 5km     | SPYCHAŁA MARZENA                | BIAŁA         | POLIPACK TEAM GWE                | K50-54    | 00:34:31          | 00:34:40       | 00:34:35           |              |                 | 1                    | 1                 | 1                     |                 |                    | 100                 | 100              | 100                  |                |                   | 300   |
| 2  | 5km     | GWAREK ANITA                    | WARSZAWA      | PASJA NORDIC WALKING             | K50-54    | 00:38:30          | 00:38:09       | 00:38:24           |              |                 | 2                    | 3                 | 6                     |                 |                    | 80                  | 70               | 45                   |                |                   | 195   |
| 3  | 5km     | SZPILMAN KATARZYNA              | GDYNIA        | ESJA TEAM                        | K50-54    |                   | 00:34:49       | 00:35:22           |              |                 |                      | 2                 | 2                     |                 |                    |                     | 80               | 80                   |                |                   | 160   |
| 4  | 5km     | LANGMESSER REGINA               | SZTUM         | LKS ZANTYR SZTUM                 | K50-54    | 00:40:27          | 00:39:23       | 00:40:09           |              |                 | 3                    | 5                 | 9                     |                 |                    | 70                  | 50               | 30                   |                |                   | 150   |
| 5  | 5km     | STOLARSKA MAGDALENA             | CZĘSTOCHOWA   | NORDIC TEAM CZĘSTOCHOWA          | K50-54    | 00:40:56          | 00:41:02       | 00:40:49           |              |                 | 4                    | 6                 | 11                    |                 |                    | 60                  | 45               | 24                   |                |                   | 129   |
| 6  | 5km     | KWAŚNA MAŁGORZATA               | BORKI         | CHODZĘ Z SERCEM                  | K50-54    | 00:42:39          | 00:41:51       | 00:41:01           |              |                 | 5                    | 7                 | 13                    |                 |                    | 50                  | 40               | 22                   |                |                   | 112   |
| 7  | 5km     | NOWY KATARZYNA                  | GDYNIA        | ESJA TEAM                        | K50-54    |                   |                | 00:36:19           |              |                 |                      |                   | 3                     |                 |                    |                     |                  | 70                   |                |                   | 70    |
| 8  | 5km     | RUCZYŃSKA EWA                   | SZTUM         | LKS ZANTYR SZTUM                 | K50-54    |                   | 00:38:10       |                    |              |                 |                      | 4                 |                       |                 |                    |                     | 60               |                      |                |                   | 60    |
| 9  | 5km     | KAMIŃSKA BEATA                  | CZĘSTOCHOWA   | NORDIC TEAM CZĘSTOCHOWA          | K50-54    |                   |                | 00:36:29           |              |                 |                      |                   | 4                     |                 |                    |                     |                  | 60                   |                |                   | 60    |
| 10 | 5km     | CHABERSKA ELŻBIETA              | WŁOCLAWEK     | SERCE NORDICA WŁOCLAWEK          | K50-54    |                   | 00:41:58       | 00:53:49           |              |                 |                      | 8                 | 18                    |                 |                    |                     | 35               | 17                   |                |                   | 52    |
| 11 | 5km     | WALESZKO ANNA                   | WARSZAWA      | PASJA NORDIC WALKING             | K50-54    |                   |                | 00:38:15           |              |                 |                      |                   | 5                     |                 |                    |                     |                  | 50                   |                |                   | 50    |
| 12 | 5km     | PRACKA KATARZYNA                | WŁOCLAWEK     | SERCE NORDICA WŁOCLAWEK          | K50-54    | 00:47:12          |                |                    |              |                 | 6                    |                   |                       |                 |                    | 45                  |                  |                      |                |                   | 45    |
| 13 | 5km     | JASTRZĘBSKA-MAJAK AGNIESZKA     | WARSZAWA      | NW CZŁAPSKI TEAM                 | K50-54    |                   |                | 00:38:26           |              |                 |                      |                   | 7                     |                 |                    |                     |                  | 40                   |                |                   | 40    |
| 14 | 5km     | WARUNEK AGATA                   | KOLBUSZOWA    | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54    | 00:50:10          |                |                    |              |                 | 7                    |                   |                       |                 |                    | 40                  |                  |                      |                |                   | 40    |
| 15 | 5km     | NOWAK BARBARA                   | KOLBUSZOWA    | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54    | 00:50:28          |                |                    |              |                 | 8                    |                   |                       |                 |                    | 35                  |                  |                      |                |                   | 35    |
| 16 | 5km     | SYLDATK HELENA                  | WARSZAWA      | AVOCADO WELLNESS CLUB            | K50-54    |                   |                | 00:39:15           |              |                 |                      |                   | 8                     |                 |                    |                     |                  | 35                   |                |                   | 35    |
| 17 | 5km     | HINEBORG BOGUMIŁA               | WIELKI LUBIEŃ | NW PATYCZAKI GRUDZIĄDZ           | K50-54    |                   | 00:48:10       |                    |              |                 |                      | 9                 |                       |                 |                    |                     | 30               |                      |                |                   | 30    |
| 18 | 5km     | CZERSKA MAŁGORZATA              | WARSZAWA      | AVOCADO WELLNESS CLUB            | K50-54    |                   |                | 00:40:47           |              |                 |                      |                   | 10                    |                 |                    |                     |                  | 25                   |                |                   | 25    |
| 19 | 5km     | JARZĄBEK BEATA                  | KOMORÓW       |                                  | K50-54    |                   |                | 00:40:53           |              |                 |                      |                   | 12                    |                 |                    |                     |                  | 23                   |                |                   | 23    |
| 20 | 5km     | SZEWCZAK IWONA                  | SIEDLCE       | NOWI SIEDLCE                     | K50-54    |                   |                | 00:41:12           |              |                 |                      |                   | 14                    |                 |                    |                     |                  | 21                   |                |                   | 21    |
| 21 | 5km     | PRZYBOROWSKA BEATA              | WARSZAWA      |                                  | K50-54    |                   |                | 00:41:49           |              |                 |                      |                   | 15                    |                 |                    |                     |                  | 20                   |                |                   | 20    |
| 22 | 5km     | SANKOWSKA BEATA                 | WARSZAWA      | AVOCADO WELLNESS CLUB            | K50-54    |                   |                | 00:44:25           |              |                 |                      |                   | 16                    |                 |                    |                     |                  | 19                   |                |                   | 19    |
| 23 | 5km     | KRYNICKA AGNIESZKA              | MICHAŁOWICE   | AGNIESZKA KRYNICKA               | K50-54    |                   |                | 00:46:54           |              |                 |                      |                   | 17                    |                 |                    |                     |                  | 18                   |                |                   | 18    |
| 24 | 5km     | 'SZKATUŁA' SZKUTALSKA KATARZYNA | WARSZAWA      | KS WARSZAWSKI GOCLAW             | K50-54    |                   |                | 01:19:09           |              |                 |                      |                   | 19                    |                 |                    |                     |                  | 16                   |                |                   | 16    |





# wyniki



partnerzy Pucharu Polski Polski Nordic Walking



## 5km

| LP | Dystans | Nazwisko Imię             | Miejscowość    | Klub                                      | Kat wiek. | CZAS              |                |                    |              |                 | MIEJSCE              |                   |                       |                 |                    | PUNKTY              |                  |                      |                |                   | RAZEM |  |     |     |
|----|---------|---------------------------|----------------|---|-----------|-------------------|----------------|--------------------|--------------|-----------------|----------------------|-------------------|-----------------------|-----------------|--------------------|---------------------|------------------|----------------------|----------------|-------------------|-------|--|-----|-----|
|    |         |                           |                |   |           | 1-Kolbuszowa Czas | 2-Skwirno Czas | 3-Michałowice Czas | 4-Sztum Czas | 5-Hajnówka Czas | 1-Kolbuszowa Miejsce | 2-Skwirno Miejsce | 3-Michałowice Miejsce | 4-Sztum Miejsce | 5-Hajnówka Miejsce | 1-Kolbuszowa Punkty | 2-Skwirno Punkty | 3-Michałowice Punkty | 4-Sztum Punkty | 5-Hajnówka Punkty |       |  |     |     |
| 1  | 5km     | HRYSIUK TERESA            | BIALA PODLASKA | TKKF KRZNA BIALA PODLASKA                 | K55-59    |                   |                | 00:36:23           |              |                 |                      |                   |                       |                 |                    |                     |                  |                      |                |                   |       |  | 100 |     |
| 2  | 5km     | SUGALSKA MAŁGORZATA       | RYPIN          |   | K55-59    |                   | 00:39:29       |                    |              |                 | 1                    |                   |                       |                 |                    |                     |                  |                      |                |                   |       |  | 100 |     |
| 3  | 5km     | KUCIO ALEKSANDRA          | SZTUM          | LKS ZANTYR SZTUM                          | K55-59    | 00:45:00          |                | 00:47:23           |              |                 | 7                    |                   | 4                     |                 |                    |                     | 40               |                      |                |                   |       |  | 100 |     |
| 4  | 5km     | OLEKSYK MAŁGORZATA        | USTRZYKI DOLNE | BIESZCZADZKI KLUB NORDIC WALKING          | K55-59    | 00:35:47          |                |                    |              |                 | 1                    |                   |                       |                 |                    |                     | 100              |                      |                |                   |       |  | 100 |     |
| 5  | 5km     | NEWEN-TARCZYK BARBARA     | GRANICA        | LET'S GO NORDIC PODKOWA LEŚNA             | K55-59    |                   |                | 00:41:27           |              |                 |                      |                   | 2                     |                 |                    |                     |                  |                      |                |                   |       |  | 80  |     |
| 6  | 5km     | MARCINIAK HANNA           | WŁOCLAWEK      | SERCE NORDICA WŁOCLAWEK                   | K55-59    |                   | 00:40:48       |                    |              |                 |                      | 2                 |                       |                 |                    |                     |                  | 80                   |                |                   |       |  | 80  |     |
| 7  | 5km     | STYGA KRYSZYNA            | KOLBUSZOWA     | KOLBUSZOWSKI KLUB NORDIC WALKING          | K55-59    | 00:37:14          |                |                    |              |                 | 2                    |                   |                       |                 |                    |                     | 80               |                      |                |                   |       |  | 80  |     |
| 8  | 5km     | NADOLSKA ANNA             | WŁOCLAWEK      | SERCE NORDICA WŁOCLAWEK                   | K55-59    |                   | 00:47:06       |                    |              |                 |                      | 3                 |                       |                 |                    |                     |                  | 70                   |                |                   |       |  | 70  |     |
| 9  | 5km     | SULIKOWSKA ANNA           | WARSZAWA       | PASJA NORDIC WALKING                      | K55-59    |                   |                | 00:44:57           |              |                 |                      |                   | 3                     |                 |                    |                     |                  |                      | 70             |                   |       |  | 70  |     |
| 10 | 5km     | WOROCH JOLANTA            | DOPIEWO        | POLKOWICE                                 | K55-59    | 00:39:51          |                |                    |              |                 | 3                    |                   |                       |                 |                    |                     | 70               |                      |                |                   |       |  | 70  |     |
| 11 | 5km     | KUTA MARTA                | KURÓW          | KURTEAM                                   | K55-59    | 00:40:33          |                |                    |              |                 | 4                    |                   |                       |                 |                    |                     | 60               |                      |                |                   |       |  | 60  |     |
| 12 | 5km     | ŁOPATA KATARZYNA          | REGUŁY         |   | K55-59    |                   |                | 00:53:30           |              |                 |                      |                   | 5                     |                 |                    |                     |                  |                      |                |                   |       |  | 50  |     |
| 13 | 5km     | GACIA DOROTA              | HORYNIEC ZDRÓJ | KLUB NORDIC WALKING SPRING HORYNIEC ZDRÓJ | K55-59    | 00:40:54          |                |                    |              |                 | 5                    |                   |                       |                 |                    |                     | 50               |                      |                |                   |       |  | 50  |     |
| 14 | 5km     | PYTLAK URSZULA            | KOLBUSZOWA     | KOLBUSZOWSKI KLUB NORDIC WALKING          | K55-59    | 00:44:42          |                |                    |              |                 | 6                    |                   |                       |                 |                    |                     | 45               |                      |                |                   |       |  | 45  |     |
| 1  | 5km     | DAROSZEWSKA KRYSZYNA      | WŁOCLAWEK      | SERCE NORDICA WŁOCLAWEK                   | K60-64    | 00:37:31          | 00:37:13       | 00:37:19           |              |                 | 1                    | 1                 | 1                     |                 |                    |                     | 100              | 100                  | 100            |                   |       |  |     | 300 |
| 2  | 5km     | NIEDZWIECKA MAŁGORZATA    | CZĘSTOCHOWA    | NORDIC TEAM CZĘSTOCHOWA                   | K60-64    | 00:39:09          | 00:39:35       | 00:39:15           |              |                 | 2                    | 2                 | 2                     |                 |                    |                     | 80               | 80                   | 80             |                   |       |  |     | 240 |
| 3  | 5km     | HALIK-LEWANDOWSKA JADWIGA | KWIDZYN        | LKS ZANTYR SZTUM                          | K60-64    | 00:39:27          | 00:40:07       | 00:39:16           |              |                 | 3                    | 3                 | 3                     |                 |                    |                     | 70               | 70                   | 70             |                   |       |  |     | 210 |
| 4  | 5km     | BARCZYK JOLANTA           | CZĘSTOCHOWA    | ZABIEGANI CZĘSTOCHOWA                     | K60-64    | 00:42:02          | 00:41:17       | 00:40:01           |              |                 | 6                    | 5                 | 4                     |                 |                    |                     | 45               | 50                   | 60             |                   |       |  |     | 155 |
| 5  | 5km     | KURDYBACHA DANUTA         | HORYNIECZDRÓJ  | KLUB NORDIC WALKING SPRING HORYNIEC ZDRÓJ | K60-64    | 00:41:01          |                |                    |              |                 | 4                    |                   |                       |                 |                    |                     | 60               |                      |                |                   |       |  | 60  |     |
| 6  | 5km     | KOMOSIŃSKA MAŁGORZATA     | SKRWILNO       |   | K60-64    |                   | 00:40:50       |                    |              |                 |                      | 4                 |                       |                 |                    |                     |                  | 60                   |                |                   |       |  | 60  |     |
| 7  | 5km     | PRAWDZIK BOŻENA           | WARSZAWA       | AVOCADO WELLNESS CLUB                     | K60-64    |                   |                | 00:51:02           |              |                 |                      |                   | 5                     |                 |                    |                     |                  |                      |                |                   |       |  | 50  |     |
| 8  | 5km     | WRÓBEL HALINA             | KOLBUSZOWA     | KOLBUSZOWSKI KLUB NORDIC WALKING          | K60-64    | 00:41:20          |                |                    |              |                 | 5                    |                   |                       |                 |                    |                     | 50               |                      |                |                   |       |  | 50  |     |
| 9  | 5km     | BAĞARD GRAŻYNA            | WŁOCLAWEK      | SERCE NORDICA WŁOCLAWEK                   | K60-64    |                   | 00:43:50       |                    |              |                 |                      | 6                 |                       |                 |                    |                     |                  | 45                   |                |                   |       |  | 45  |     |
| 10 | 5km     | RUSZAŁA MAŁGORZATA        | JASŁO          | NWTEAM JASŁO                              | K60-64    | 00:42:36          |                |                    |              |                 | 7                    |                   |                       |                 |                    |                     | 40               |                      |                |                   |       |  | 40  |     |
| 11 | 5km     | DYPA BARBARA              | KOLBUSZOWA     | KOLBUSZOWSKI KLUB NORDIC WALKING          | K60-64    | 00:54:36          |                |                    |              |                 | 8                    |                   |                       |                 |                    |                     | 35               |                      |                |                   |       |  | 35  |     |



# wyniki



partnerzy Pucharu Polski Polski Nordic Walking



## 5km

| LP | Dystans | Nazwisko Imię         | Miejscowość     | Klub                             | Kat wiek. | CZAS              |                 |                    |              |                 | MIEJSCE              |                    |                       |                 |                    | PUNKTY              |                   |                      |                |                   | RAZEM |
|----|---------|-----------------------|-----------------|----------------------------------|-----------|-------------------|-----------------|--------------------|--------------|-----------------|----------------------|--------------------|-----------------------|-----------------|--------------------|---------------------|-------------------|----------------------|----------------|-------------------|-------|
|    |         |                       |                 |                                  |           | 1-Kolbuszowa Czas | 2-Skwirino Czas | 3-Michałowice Czas | 4-Sztum Czas | 5-Hajnówka Czas | 1-Kolbuszowa Miejsce | 2-Skwirino Miejsce | 3-Michałowice Miejsce | 4-Sztum Miejsce | 5-Hajnówka Miejsce | 1-Kolbuszowa Punkty | 2-Skwirino Punkty | 3-Michałowice Punkty | 4-Sztum Punkty | 5-Hajnówka Punkty |       |
| 1  | 5km     | KRAWCZYKOWSKA BARBARA | SZTUM           | LKS ZANTYR SZTUM                 | K65-69    | 00:46:15          | 00:46:22        | 00:44:26           |              |                 | 3                    | 5                  | 3                     |                 |                    | 70                  | 50                | 70                   |                |                   | 190   |
| 2  | 5km     | GRYGOROWICZ TERESA    | LUBIN           | KGHM METRACO RUDNA               | K65-69    |                   | 00:40:28        | 00:40:56           |              |                 |                      | 2                  | 1                     |                 |                    |                     | 80                | 100                  |                |                   | 180   |
| 3  | 5km     | ZALISKO OKSANA        | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 00:34:28          |                 |                    |              |                 | 1                    |                    |                       |                 |                    | 100                 |                   |                      |                |                   | 100   |
| 4  | 5km     | DANA KAZIMIERA        | GRUDZIĄDZ       | NW PATYCZAKI GRUDZIĄDZ           | K65-69    |                   | 00:39:42        |                    |              |                 |                      | 1                  |                       |                 |                    |                     | 100               |                      |                |                   | 100   |
| 5  | 5km     | SUDOŁ MARIA           | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 00:45:39          |                 |                    |              |                 | 2                    |                    |                       |                 |                    | 80                  |                   |                      |                |                   | 80    |
| 6  | 5km     | JARZĄBEK GRAŻYNA      | WARSZAWA        |                                  | K65-69    |                   |                 | 00:44:12           |              |                 |                      |                    |                       | 2               |                    |                     |                   | 80                   |                |                   | 80    |
| 7  | 5km     | KOSMAŁA MAŁGORZATA    | SZTUM ( SZTUM ) | LKS ZANTYR SZTUM                 | K65-69    | 00:49:03          | 00:49:38        |                    |              |                 | 7                    | 7                  |                       |                 |                    | 40                  | 40                |                      |                |                   | 80    |
| 8  | 5km     | KOSIŃSKA MARIA        | RYPIN           |                                  | K65-69    |                   | 00:40:29        |                    |              |                 |                      |                    | 3                     |                 |                    |                     | 70                |                      |                |                   | 70    |
| 9  | 5km     | SZNAJDER TERESA       | RYBNIK          | UNIA MIAST                       | K65-69    | 00:46:24          |                 |                    |              |                 | 4                    |                    |                       |                 |                    | 60                  |                   |                      |                |                   | 60    |
| 10 | 5km     | WIKTOR IRENA          | MIELEC          | SPORTOWY ISKRA MIELEC            | K65-69    |                   |                 | 00:55:50           |              |                 |                      |                    |                       | 4               |                    |                     |                   | 60                   |                |                   | 60    |
| 11 | 5km     | KAMIŃSKA CZESŁAWA     | GRUDZIĄDZ       | NW PATYCZAKI GRUDZIĄDZ           | K65-69    |                   | 00:45:59        |                    |              |                 |                      | 4                  |                       |                 |                    |                     | 60                |                      |                |                   | 60    |
| 12 | 5km     | KOCZUR DOROTA         | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 00:46:55          |                 |                    |              |                 | 5                    |                    |                       |                 |                    | 50                  |                   |                      |                |                   | 50    |
| 13 | 5km     | STARSKA EWA           | PŁOCK           | CHODZĘBOLUBIĘ                    | K65-69    |                   | 00:49:18        |                    |              |                 |                      |                    | 6                     |                 |                    |                     | 45                |                      |                |                   | 45    |
| 14 | 5km     | SKOWROŃSKA ELŻBIETA   | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 00:46:57          |                 |                    |              |                 | 6                    |                    |                       |                 |                    | 45                  |                   |                      |                |                   | 45    |
| 1  | 5km     | OLEŚ ELŻBIETA         | MŁAWA           | NW WERWA MŁAWA                   | K70-74    |                   | 00:41:05        | 00:41:15           |              |                 |                      |                    | 1                     | 1               |                    |                     | 100               | 100                  |                |                   | 200   |
| 2  | 5km     | WIĄCEK KRYSZYNA       | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K70-74    | 00:46:56          |                 |                    |              |                 | 1                    |                    |                       |                 |                    | 100                 |                   |                      |                |                   | 100   |
| 3  | 5km     | LUBERA LUDMIŁA        | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K70-74    | 00:47:31          |                 |                    |              |                 | 2                    |                    |                       |                 |                    | 80                  |                   |                      |                |                   | 80    |
| 4  | 5km     | GRUSZKA BARBARA       | SZTUM           | LKS ZANTYR SZTUM                 | K70-74    |                   |                 | 00:43:56           |              |                 |                      |                    |                       | 2               |                    |                     |                   | 80                   |                |                   | 80    |
| 5  | 5km     | MAZERSKA MARIA        | SZTUM           | LKS ZANTYR SZTUM                 | K70-74    |                   | 00:49:12        |                    |              |                 |                      | 2                  |                       |                 |                    |                     | 80                |                      |                |                   | 80    |
| 6  | 5km     | ENGLICHT REGINA       | KOMORÓW         |                                  | K70-74    |                   |                 | 00:43:56           |              |                 |                      |                    |                       | 3               |                    |                     |                   | 70                   |                |                   | 70    |
| 1  | 5km     | RÓŻAŃSKA HELENA       | PŁOŃSK          | NW CZŁAPSKI TEAM                 | K75+      |                   | 00:53:14        | 00:50:32           |              |                 |                      |                    | 1                     | 1               |                    |                     | 100               | 100                  |                |                   | 200   |
| 2  | 5km     | PROKOPIEC BRONISŁAWA  | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K75+      | 00:53:06          |                 |                    |              |                 | 1                    |                    |                       |                 |                    | 100                 |                   |                      |                |                   | 100   |
| 3  | 5km     | ROZENBAJGIER HELENA   | KOLBUSZOWA      | KOLBUSZOWSKI KLUB NORDIC WALKING | K75+      | 00:53:25          |                 |                    |              |                 | 2                    |                    |                       |                 |                    | 80                  |                   |                      |                |                   | 80    |



# wyniki



partnerzy Pucharu Polski Polski Nordic Walking



## 5km

| LP | Dystans | Nazwisko Imię        | Miejscowość      | Klub                             | Kat wiek. | CZAS              |                |                    |              |                 | MIEJSCE              |                   |                       |                 |                    | PUNKTY              |                  |                      |                |                   | RAZEM |
|----|---------|----------------------|------------------|----------------------------------|-----------|-------------------|----------------|--------------------|--------------|-----------------|----------------------|-------------------|-----------------------|-----------------|--------------------|---------------------|------------------|----------------------|----------------|-------------------|-------|
|    |         |                      |                  |                                  |           | 1-Kolbuszowa Czas | 2-Skwirno Czas | 3-Michałowice Czas | 4-Sztum Czas | 5-Hajnówka Czas | 1-Kolbuszowa Miejsce | 2-Skwirno Miejsce | 3-Michałowice Miejsce | 4-Sztum Miejsce | 5-Hajnówka Miejsce | 1-Kolbuszowa Punkty | 2-Skwirno Punkty | 3-Michałowice Punkty | 4-Sztum Punkty | 5-Hajnówka Punkty |       |
| 1  | 5km     | KOLARSKA NADIA       | CZĘSTOCHOWA      | NORDIC TEAM CZĘSTOCHOWA          | K-Dzieci  | 00:41:11          | 00:40:48       | 00:40:38           |              |                 | 2                    | 2                 | 1                     |                 |                    | 80                  | 80               | 100                  |                |                   | 260   |
| 2  | 5km     | NOWAK HANNA          | PRUSZKÓW         | ŻBIKI NORDIC WALKING             | K-Dzieci  |                   | 00:43:07       | 00:41:00           |              |                 |                      | 4                 | 2                     |                 |                    |                     | 60               | 80                   |                |                   | 140   |
| 3  | 5km     | WITUCKA KAROLINA     | POZNAŃ           |                                  | K-Dzieci  |                   | 00:39:13       |                    |              |                 |                      | 1                 |                       |                 |                    |                     | 100              |                      |                |                   | 100   |
| 4  | 5km     | UFEL MILENA          | CZELADŹ          | MOSIR TKKF SATURN CZELADŹ        | K-Dzieci  | 00:38:00          |                |                    |              |                 | 1                    |                   |                       |                 |                    | 100                 |                  |                      |                |                   | 100   |
| 5  | 5km     | NOWAKOWSKA NADIA     | REGUŁY           |                                  | K-Dzieci  |                   |                | 00:47:22           |              |                 |                      |                   |                       |                 |                    |                     |                  | 70                   |                |                   | 70    |
| 6  | 5km     | GODLEWSKA HANNA      | WARSZAWA         | PASJA NORDIC WALKING             | K-Dzieci  |                   | 00:42:08       |                    |              |                 |                      | 3                 |                       |                 |                    |                     | 70               |                      |                |                   | 70    |
| 7  | 5km     | TOMASZEWSKA RÓŻA     | KOLBUSZOWA       | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci  | 00:44:01          |                |                    |              |                 | 3                    |                   |                       |                 |                    | 70                  |                  |                      |                |                   | 70    |
| 8  | 5km     | SZEP CZYŃSKA KAMILA  | WŁOCŁAWEK        | SERCE NORDICA WŁOCŁAWEK          | K-Dzieci  |                   |                | 00:53:47           |              |                 |                      |                   |                       | 4               |                    |                     |                  | 60                   |                |                   | 60    |
| 9  | 5km     | PODBIELSKA ANASTAZJA | MICHAŁOWICE      |                                  | K-Dzieci  |                   |                | 01:02:41           |              |                 |                      |                   |                       | 5               |                    |                     |                  | 50                   |                |                   | 50    |
| 10 | 5km     | KOPEĆ LILIANNA       | WARSZAWA         | PASJA NORDIC WALKING             | K-Dzieci  |                   | 00:43:28       |                    |              |                 |                      | 5                 |                       |                 |                    |                     | 50               |                      |                |                   | 50    |
| 11 | 5km     | BIENKOWSKA HELENA    | PŁOCK            |                                  | K-Dzieci  |                   | 00:44:12       |                    |              |                 |                      | 6                 |                       |                 |                    |                     | 45               |                      |                |                   | 45    |
| 1  | 5km     | CHĄDZYŃSKA HELENA    | PRUSZKÓW         | ŻBIKI NORDIC WALKING             | K-Jun     |                   |                | 00:42:45           |              |                 |                      |                   |                       | 1               |                    |                     |                  | 100                  |                |                   | 100   |
| 2  | 5km     | UFEL MARCELINA       | CZELADŹ          | MOSIR TKKF SATURN CZELADŹ        | K-Jun     | 00:34:11          |                |                    |              |                 | 1                    |                   |                       |                 |                    | 100                 |                  |                      |                |                   | 100   |
| 3  | 5km     | RYBAŁTOWSKA POLA     | OBORNIKI ŚLĄSKIE | OBORYGENI                        | K-Jun     |                   | 00:46:42       |                    |              |                 |                      | 1                 |                       |                 |                    |                     | 100              |                      |                |                   | 100   |
| 4  | 5km     | NOWAKOWSKA WIKTORIA  | REGUŁY           |                                  | K-Jun     |                   |                | 00:48:25           |              |                 |                      |                   |                       | 2               |                    |                     |                  | 80                   |                |                   | 80    |
| 5  | 5km     | FITAŁ WERONIKA       | NIWISKA          |                                  | K-Jun     | 00:48:05          |                |                    |              |                 | 2                    |                   |                       |                 |                    | 80                  |                  |                      |                |                   | 80    |
| 6  | 5km     | SITARZ KLAUDIA       | KOLBUSZOWA       |                                  | K-Jun     | 00:48:05          |                |                    |              |                 | 3                    |                   |                       |                 |                    | 70                  |                  |                      |                |                   | 70    |
| 7  | 5km     | JAGODZIŃSKA MARTYNA  | KOLBUSZOWA       |                                  | K-Jun     | 00:48:07          |                |                    |              |                 | 4                    |                   |                       |                 |                    | 60                  |                  |                      |                |                   | 60    |