

## VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM

Organizator: Nadleśnictwo Okonek  
Data: 2020-08-29  
Miejsce: Okonek  
Dystans: 5.3 km  
Klasyfikacja wg czasów netto.



## VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, OPEN

| M-ce | Nazwisko i imię                | Nr  | Klub                    | M-sconość                     | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------------------|-----|-------------------------|-------------------------------|------|--------|--------|------|-------------|--------|------|
| 1    | BRZOWSKI PIOTR                 | 222 | AKTYWNI POSTOMINO       | SŁAWNO                        | POL  | M18-44 | 1      | M 1  | 00:32:21.80 | 6:28   | 9.3  |
| 2    | PYREK KRZYSZTOF                | 108 | 1 RBLOG                 | WAŁCZ                         | POL  | M18-44 | 2      | M 2  | 00:34:20.05 | 6:52   | 8.7  |
| 3    | ZMYSŁOWSKI ZYGMUNT             | 272 | NORDIC WALKING LUBASZ   | LUBASZ                        | POL  | M45+   | 1      | M 3  | 00:35:37.30 | 7:07   | 8.4  |
| 4    | SZYMAŃSKI JACEK                | 19  |                         | SKÓRKA                        | POL  | M45+   | 2      | M 4  | 00:36:16.85 | 7:15   | 8.3  |
| 5    | JÓŹWIAK MARIANNA               | 245 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK                     | POL  | K45+   | 1      | K 1  | 00:37:00.10 | 7:24   | 8.1  |
| 6    | WALESZKO ANDRZEJ               | 304 | PASJA NORDIC WALKING    | WARSZAWA                      | POL  | M45+   | 3      | M 5  | 00:37:21.80 | 7:28   | 8    |
| 7    | NOWACZYK TOMASZ                | 271 | MARSZ PO ZDROWIE        | GNIEZNO                       | POL  | M18-44 | 3      | M 6  | 00:38:21.55 | 7:40   | 7.8  |
| 8    | BERCZYŃSKI HENRYK              | 220 | NADLEŚNICTWO OKONEK     | OKONEK                        | POL  | M45+   | 4      | M 7  | 00:39:11.60 | 7:50   | 7.7  |
| 9    | ŁOPIŃSKI ALEKSY                | 263 |                         | PIŁA - KLASYFIKACJA MAŁŻEŃSTW | POL  | M45+   | 5      | M 8  | 00:39:15.50 | 7:51   | 7.6  |
| 10   | DAROSZEWSKA KRYSZYNA           | 226 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK                     | POL  | K45+   | 2      | K 2  | 00:39:24.35 | 7:52   | 7.6  |
| 11   | STAWNIAK KAROL                 | 294 | KS METRACO POLKOWICE    | ŻNIN                          | POL  | M45+   | 6      | M 9  | 00:39:42.80 | 7:56   | 7.6  |
| 12   | LENARTOWICZ STANISŁAW          | 258 |                         | STARA ŁUBIANA                 | POL  | M45+   | 7      | M 10 | 00:39:57.15 | 7:59   | 7.5  |
| 13   | RYCHLEWSKA-SŁODOWA DANUTA      | 247 | NORDIC WALKING LUBASZ   | LUBASZ                        | POL  | K18-44 | 1      | K 3  | 00:40:13.75 | 8:02   | 7.5  |
| 14   | BIADON AGNIESZKA               | 221 | LILL-SPORT              | ZŁOTÓW                        | POL  | K18-44 | 2      | K 4  | 00:40:22.10 | 8:04   | 7.4  |
| 15   | WALESZKO ANNA                  | 305 | PASJA NORDIC WALKING    | WARSZAWA                      | POL  | K45+   | 3      | K 5  | 00:40:22.25 | 8:04   | 7.4  |
| 16   | MACIEJEWSKI TOMASZ             | 264 | DWA KIJE SŁUPSK         | SŁUPSK                        | POL  | M18-44 | 4      | M 11 | 00:40:25.10 | 8:05   | 7.4  |
| 17   | LEDZION ROBERT                 | 257 | KLASYFIKACJA MAŁŻEŃSTWO | SZCZECIN                      | POL  | M45+   | 8      | M 12 | 00:40:28.65 | 8:05   | 7.4  |
| 18   | PRUSKA AGNIESZKA               | 283 | DWA KIJE SŁUPSK         | SŁUPSK                        | POL  | K45+   | 4      | K 6  | 00:40:38.75 | 8:07   | 7.4  |
| 19   | SZCZYTKOWSKI MAREK             | 299 |                         | ŚWIDWIN                       | POL  | M45+   | 9      | M 13 | 00:40:57.00 | 8:11   | 7.3  |
| 20   | PRZEDNÓWEK MARIOLA             | 284 |                         | CZARNE                        | POL  | K18-44 | 3      | K 7  | 00:41:13.50 | 8:14   | 7.3  |
| 21   | PTAK TOMASZ                    | 291 | CZARNE PANTERY          | PIŁA                          | POL  | M18-44 | 5      | M 14 | 00:41:15.65 | 8:15   | 7.3  |
| 22   | WIECZOREK KRZYSZTOF            | 307 | NORDIC WALKING LUBASZ   | DĘBE                          | POL  | M45+   | 10     | M 15 | 00:41:20.00 | 8:16   | 7.3  |
| 23   | KABATTEK SYLWIA                | 246 |                         | JASTROWIE                     | POL  | K18-44 | 4      | K 8  | 00:41:21.20 | 8:16   | 7.3  |
| 24   | ŁĘCKI JAN                      | 262 | ELITE TEAM              | GDYNIA                        | POL  | M18-44 | 6      | M 16 | 00:41:26.10 | 8:17   | 7.2  |
| 25   | BADZIĄG WALDEMAR               | 218 | DWA KIJE SŁUPSK         | SŁUPSK                        | POL  | M45+   | 11     | M 16 | 00:41:26.10 | 8:17   | 7.2  |
| 26   | RODZIEWICZ WIOLETTA            | 287 |                         | USTKA                         | POL  | K45+   | 5      | K 9  | 00:41:34.40 | 8:18   | 7.2  |
| 27   | PRACKI ZBIGNIEW                | 282 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK                     | POL  | M45+   | 12     | M 18 | 00:42:06.05 | 8:25   | 7.1  |
| 28   | WALESZKO ADAM                  | 303 | PASJA NORDIC WALKING    | WARSZAWA                      | POL  | M-JUN  | 1      | M 19 | 00:42:20.90 | 8:28   | 7.1  |
| 29   | JÓŹWIAK ŁUKASZ                 | 244 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK                     | POL  | M45+   | 13     | M 20 | 00:42:33.10 | 8:30   | 7.1  |
| 30   | SZUDOBAJ HANNA                 | 302 | DWA KIJE SŁUPSK         | SŁUPSK                        | POL  | K45+   | 6      | K 10 | 00:42:46.55 | 8:33   | 7    |
| 31   | KOCON SYLWIA                   | 250 | DWA KIJE SŁUPSK         | SIEMIANICE                    | POL  | K18-44 | 5      | K 11 | 00:42:52.95 | 8:34   | 7    |
| 32   | CZEREŚNIAK IWONA               | 224 | ŻÓŁWIKERSI              | SIEMCZYNO 21/2                | POL  | K45+   | 7      | K 12 | 00:43:11.85 | 8:38   | 6.9  |
| 33   | ABRAMOWICZ EWA                 | 216 | KIJOWE SIOSTRY I BRAT   | BORUCINO                      | POL  | K45+   | 8      | K 13 | 00:43:19.15 | 8:39   | 6.9  |
| 34   | PERLIK WIESŁAW                 | 274 | TADMAX                  | ZIELONKA                      | POL  | M45+   | 14     | M 21 | 00:43:30.75 | 8:42   | 6.9  |
| 35   | PIETRZYK ANNA                  | 278 |                         | KALISZ POMORSKI               | POL  | K45+   | 9      | K 14 | 00:44:21.70 | 8:52   | 6.8  |
| 36   | DĘBOWSKA-SZCZYTKOWSKA IZABELLA | 228 |                         | ŚWIDWIN                       | POL  | K45+   | 10     | K 15 | 00:44:22.15 | 8:52   | 6.8  |
| 37   | SKOWROŃSKA-ŁOPIŃSKA GENOWEFA   | 288 |                         | PIŁA                          | POL  | K45+   | 11     | K 16 | 00:44:28.85 | 8:53   | 6.7  |
| 38   | KUICH ANNA                     | 254 | LILL-SPORT              | ZŁOTÓW                        | POL  | K45+   | 12     | K 17 | 00:44:38.85 | 8:55   | 6.7  |
| 39   | MRÓZ BARBARA                   | 268 | NORDIC WALKING LUBASZ   | CZARNKÓW                      | POL  | K18-44 | 6      | K 18 | 00:44:40.00 | 8:56   | 6.7  |
| 40   | DUKIEWICZ ANETA                | 230 | CZARNE PANTERY          | PIŁA                          | POL  | K45+   | 13     | K 19 | 00:44:42.90 | 8:56   | 6.7  |
| 41   | STAWIARZ-WACHOWICZ IZABELA     | 293 |                         | JASTROWIE                     | POL  | K18-44 | 7      | K 20 | 00:44:50.70 | 8:58   | 6.7  |
| 42   | GARDYGAJŁO JUSTYNA             | 233 |                         | STARGARD                      | POL  | K18-44 | 8      | K 21 | 00:45:06.65 | 9:01   | 6.6  |
| 43   | LUBAŃSKI TOMASZ                | 260 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK                     | POL  | M45+   | 15     | M 22 | 00:45:21.40 | 9:04   | 6.6  |
| 44   | DUBISZ JOANNA                  | 229 | LILL-SPORT              | ZŁOTÓW                        | POL  | K18-44 | 9      | K 22 | 00:45:37.00 | 9:07   | 6.6  |
| 45   | PLUTA BARBARA                  | 280 | CZARNE PANTERY          | PIŁA                          | POL  | K45+   | 14     | K 23 | 00:45:38.30 | 9:07   | 6.6  |
| 46   | SZCZERBA DOROTA                | 297 |                         | JASTROWIE                     | POL  | K18-44 | 10     | K 24 | 00:45:58.70 | 9:11   | 6.5  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                     | M-scowość                     | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------------|-------------------------------|------|--------|--------|------|-------------|--------|------|
| 47   | HAWETO JANINA          | 237 | KILJOWE SIOSTRY I BRAT   | JASTROWIE                     | POL  | K45+   | 15     | K 25 | 00:46:03.00 | 9:12   | 6.5  |
| 48   | WIECZOREK ANETA        | 308 | NORDIC WALKING LUBASZ    | DĘBE                          | POL  | K45+   | 16     | K 26 | 00:46:20.05 | 9:16   | 6.5  |
| 49   | NIEDZIÓŁKA MAŁGORZATA  | 269 |                          | SZCZECINEK                    | POL  | K18-44 | 11     | K 27 | 00:46:25.20 | 9:17   | 6.5  |
| 50   | ŁABEDZ KATARZYNA       | 261 | LILL-SPORT               | ZŁOTÓW                        | POL  | K45+   | 17     | K 28 | 00:46:26.80 | 9:17   | 6.5  |
| 51   | SMARUJ-SADOWSKA JANINA | 289 | BYDGOSKIE ŻÓŁWIE         | BYDGOSZCZ                     | POL  | K45+   | 18     | K 29 | 00:46:34.70 | 9:19   | 6.4  |
| 52   | KLUCZKA MIROSLAWA      | 249 | FABRYKA NORDICA TRZCINKA | TRZCIANKA                     | POL  | K45+   | 19     | K 30 | 00:46:41.60 | 9:20   | 6.4  |
| 53   | WRONA RYSZARD          | 313 | LILL-SPORT               | ZŁOTÓW                        | POL  | M45+   | 16     | M 23 | 00:46:45.35 | 9:21   | 6.4  |
| 54   | RAPTA MIECZYŚLAW       | 285 |                          | ŁĘDYCZEK                      | POL  | M45+   | 17     | M 24 | 00:47:03.15 | 9:24   | 6.4  |
| 55   | PANCEK HANNA           | 273 | TADMAX                   | BYDGOSZCZ UL. KARPACKA 39C/78 | POL  | K45+   | 20     | K 31 | 00:47:30.05 | 9:30   | 6.3  |
| 56   | PRACKA KATARZYNA       | 281 | SERCE NORDICA WŁOCLAWEK  | WŁOCLAWEK                     | POL  | K45+   | 21     | K 32 | 00:47:50.90 | 9:34   | 6.3  |
| 57   | SZCZYTKOWSKA ŁUCJA     | 298 |                          | ŚWIDWIN                       | POL  | K-JUN  | 1      | K 33 | 00:47:53.65 | 9:34   | 6.3  |
| 58   | GASIŃSKI JANUSZ        | 234 | GRUPA WILKI              | OŻARÓW MAZOWIECKI             | POL  | M45+   | 18     | M 25 | 00:48:17.55 | 9:39   | 6.2  |
| 59   | KULCZYCKI JAN          | 255 |                          | GDAŃSK                        | POL  | M45+   | 19     | M 26 | 00:48:25.80 | 9:41   | 6.2  |
| 60   | IDZIK LUDWIK           | 238 | IDZIKI TEAM              | ZŁOTÓW                        | POL  | M45+   | 20     | M 27 | 00:48:38.05 | 9:43   | 6.2  |
| 61   | IDZIK NATALIA          | 240 | IDZIKI TEAM              | ZŁOTÓW                        | POL  | K-JUN  | 2      | K 34 | 00:49:13.30 | 9:50   | 6.1  |
| 62   | JANIK MACIEJ           | 242 | ZASAPANI HYDRO           | PIŁA                          | POL  | M18-44 | 7      | M 28 | 00:49:37.95 | 9:55   | 6    |
| 63   | KOWALCZUK MARIA        | 252 | KIJOWE SIOSTRY I BRAT    | JASTROWIE                     | POL  | K18-44 | 12     | K 35 | 00:49:49.70 | 9:58   | 6    |
| 64   | LEDZION DAGMARA        | 256 | KLASYFIKACJA MAŁŻEŃSTWO  | SZCZECIN                      | POL  | K45+   | 22     | K 36 | 00:49:51.20 | 9:58   | 6    |
| 65   | PIĄTEK WŁADYSŁAWA      | 277 | STARGARD                 | STARGARD                      | POL  | K45+   | 23     | K 37 | 00:50:14.20 | 10:02  | 6    |
| 66   | PERLIK EWA             | 275 | TADMAX                   | ZIELONKA                      | POL  | K45+   | 24     | K 38 | 00:50:41.20 | 10:08  | 5.9  |
| 67   | SZOT KRYSZYNA          | 301 |                          | RADAWNICA                     | POL  | K45+   | 25     | K 39 | 00:50:41.90 | 10:08  | 5.9  |
| 68   | JAKIEL SABINA          | 241 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 26     | K 40 | 00:51:36.90 | 10:19  | 5.8  |
| 69   | KRYŚKIEWICZ JANINA     | 253 |                          | ZŁOTÓW                        | POL  | K45+   | 27     | K 41 | 00:52:20.50 | 10:28  | 5.7  |
| 70   | JÓŻWIAK DOMINIK        | 243 | SERCE NORDICA WŁOCLAWEK  | WŁOCLAWEK                     | POL  | M18-44 | 8      | M 29 | 00:52:23.60 | 10:28  | 5.7  |
| 71   | KORZENIOWSKA KAROLINA  | 251 | GASKABALBINKAHDK         | SZCZECINEK                    | POL  | K18-44 | 13     | K 42 | 00:52:35.00 | 10:31  | 5.7  |
| 72   | REK JUSTYNA            | 286 |                          | KRAJENKA                      | POL  | K18-44 | 14     | K 43 | 00:52:37.25 | 10:31  | 5.7  |
| 73   | ALWIN MAŁGORZATA       | 217 |                          | BIAŁOŚLIWIE                   | POL  | K18-44 | 15     | K 44 | 00:52:37.65 | 10:31  | 5.7  |
| 74   | WARZYŃSKA OLIWIA       | 306 |                          | PIŁA                          | POL  | K18-44 | 16     | K 45 | 00:52:40.70 | 10:32  | 5.7  |
| 75   | FIECEK RADOSŁAW        | 232 |                          | ŁĘDYCZEK                      | POL  | M45+   | 21     | M 30 | 00:54:26.00 | 10:53  | 5.5  |
| 76   | WRÓBEL AGNIESZKA       | 314 |                          | STARGARD                      | POL  | K18-44 | 17     | K 46 | 00:54:40.40 | 10:56  | 5.5  |
| 77   | GRONOWSKA SYLWIA       | 235 | GMJ                      | JASTROWIE                     | POL  | K18-44 | 18     | K 47 | 00:54:49.85 | 10:58  | 5.5  |
| 78   | STANKIEWICZ LIDIA      | 292 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 28     | K 48 | 00:54:50.15 | 10:58  | 5.5  |
| 79   | WOJTAŚ JOLANTA         | 312 |                          | STARGARD                      | POL  | K18-44 | 19     | K 49 | 00:54:58.05 | 10:59  | 5.5  |
| 80   | SOLAK EWA              | 290 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 29     | K 50 | 00:55:02.05 | 11:00  | 5.5  |
| 81   | IDZIK KATARZYNA        | 239 | IDZIKI TEAM              | ZŁOTÓW                        | POL  | K45+   | 30     | K 51 | 00:55:28.85 | 11:05  | 5.4  |
| 82   | ŁODKOWSKA TERESA       | 227 |                          | KRAJENKA                      | POL  | K45+   | 31     | K 52 | 00:55:47.15 | 11:09  | 5.4  |
| 83   | GÓRSKA MAGDALENA       | 225 |                          | KRAJENKA                      | POL  | K45+   | 32     | K 53 | 00:56:03.70 | 11:12  | 5.4  |
| 84   | PISKOR MARIKA          | 279 |                          | STARGARD                      | POL  | K18-44 | 20     | K 54 | 00:59:46.30 | 11:57  | 5    |

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| M-ce | Nazwisko i imię           | Nr  | Klub                    | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------------|-----|-------------------------|-----------------|------|--------|--------|------|-------------|--------|------|
| 1    | JÓŻWIAK MARIANNA          | 245 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK       | POL  | K45+   | 1      | K 1  | 00:37:00.10 | 7:24   | 8.1  |
| 2    | DAROSZEWSKA KRYSZYNA      | 226 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK       | POL  | K45+   | 2      | K 2  | 00:39:24.35 | 7:52   | 7.6  |
| 3    | RYCHLEWSKA-ŚLÓDOWA DANUTA | 247 | NORDIC WALKING LUBASZ   | LUBASZ          | POL  | K18-44 | 1      | K 3  | 00:40:13.75 | 8:02   | 7.5  |
| 4    | BIADON AGNIESZKA          | 221 | LILL-SPORT              | ZŁOTÓW          | POL  | K18-44 | 2      | K 4  | 00:40:22.10 | 8:04   | 7.4  |
| 5    | WALESZKO ANNA             | 305 | PASJA NORDIC WALKING    | WARSZAWA        | POL  | K45+   | 3      | K 5  | 00:40:22.25 | 8:04   | 7.4  |
| 6    | PRUSKA AGNIESZKA          | 283 | DWA KIJE ŚLUPSK         | ŚLUPSK          | POL  | K45+   | 4      | K 6  | 00:40:38.75 | 8:07   | 7.4  |
| 7    | PRZEDNÓWEK MARIOLA        | 284 |                         | CZARNE          | POL  | K18-44 | 3      | K 7  | 00:41:13.50 | 8:14   | 7.3  |
| 8    | KABATTEK SYLWIA           | 246 |                         | JASTROWIE       | POL  | K18-44 | 4      | K 8  | 00:41:21.20 | 8:16   | 7.3  |
| 9    | RODZIEWICZ WIOLETTA       | 287 |                         | USTKA           | POL  | K45+   | 5      | K 9  | 00:41:34.40 | 8:18   | 7.2  |
| 10   | SZUDOBAJ HANNA            | 302 | DWA KIJE ŚLUPSK         | ŚLUPSK          | POL  | K45+   | 6      | K 10 | 00:42:46.55 | 8:33   | 7    |
| 11   | KOCOŃ SYLWIA              | 250 | DWA KIJE ŚLUPSK         | SIEMIANICE      | POL  | K18-44 | 5      | K 11 | 00:42:52.95 | 8:34   | 7    |
| 12   | CZEREŚNIAK IWONA          | 224 | ŻÓŁWIKERSI              | SIEMCZYNO 21/2  | POL  | K45+   | 7      | K 12 | 00:43:11.85 | 8:38   | 6.9  |
| 13   | ABRAMOWICZ EWA            | 216 | KIJOWE SIOSTRY I BRAT   | BORUCINO        | POL  | K45+   | 8      | K 13 | 00:43:19.15 | 8:39   | 6.9  |
| 14   | PIETRZYK ANNA             | 278 |                         | KALISZ POMORSKI | POL  | K45+   | 9      | K 14 | 00:44:21.70 | 8:52   | 6.8  |

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| M-ce | Nazwisko i imię                | Nr  | Klub                     | M-scowość                     | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------------------|-----|--------------------------|-------------------------------|------|--------|--------|------|-------------|--------|------|
| 15   | DĘBOWSKA-SZCZYTKOWSKA IZABELLA | 228 |                          | ŚWIDWIN                       | POL  | K45+   | 10     | K 15 | 00:44:22.15 | 8:52   | 6.8  |
| 16   | SKOWRŃSKA-ŁOPIŃSKA GENOWEFA    | 288 |                          | PIŁA                          | POL  | K45+   | 11     | K 16 | 00:44:28.85 | 8:53   | 6.7  |
| 17   | KUICH ANNA                     | 254 | LILL-SPORT               | ZŁOTÓW                        | POL  | K45+   | 12     | K 17 | 00:44:38.85 | 8:55   | 6.7  |
| 18   | MRÓZ BARBARA                   | 268 | NORDIC WALKING LUBASZ    | CZARNKÓW                      | POL  | K18-44 | 6      | K 18 | 00:44:40.00 | 8:56   | 6.7  |
| 19   | DUKIEWICZ ANETA                | 230 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 13     | K 19 | 00:44:42.90 | 8:56   | 6.7  |
| 20   | STAWIARZ-WACHOWICZ IZABELA     | 293 |                          | JASTROWIE                     | POL  | K18-44 | 7      | K 20 | 00:44:50.70 | 8:58   | 6.7  |
| 21   | GARDYGAJŁO JUSTYNA             | 233 |                          | STARGARD                      | POL  | K18-44 | 8      | K 21 | 00:45:06.65 | 9:01   | 6.6  |
| 22   | DUBISZ JOANNA                  | 229 | LILL-SPORT               | ZŁOTÓW                        | POL  | K18-44 | 9      | K 22 | 00:45:37.00 | 9:07   | 6.6  |
| 23   | PLUTA BARBARA                  | 280 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 14     | K 23 | 00:45:38.30 | 9:07   | 6.6  |
| 24   | SZCZERBA DOROTA                | 297 |                          | JASTROWIE                     | POL  | K18-44 | 10     | K 24 | 00:45:58.70 | 9:11   | 6.5  |
| 25   | HAWETO JANINA                  | 237 | KIJOWE SIOSTRY I BRAT    | JASTROWIE                     | POL  | K45+   | 15     | K 25 | 00:46:03.00 | 9:12   | 6.5  |
| 26   | WIECZOREK ANETA                | 308 | NORDIC WALKING LUBASZ    | DĘBE                          | POL  | K45+   | 16     | K 26 | 00:46:20.05 | 9:16   | 6.5  |
| 27   | NIEDZIÓŁKA MAŁGORZATA          | 269 |                          | SZCZECINEK                    | POL  | K18-44 | 11     | K 27 | 00:46:25.20 | 9:17   | 6.5  |
| 28   | ŁABEDZ KATARZYNA               | 261 | LILL-SPORT               | ZŁOTÓW                        | POL  | K45+   | 17     | K 28 | 00:46:26.80 | 9:17   | 6.5  |
| 29   | SMARUJ-SADOWSKA JANINA         | 289 | BYDGOSKIE ŻÓŁWIE         | BYDGOSZCZ                     | POL  | K45+   | 18     | K 29 | 00:46:34.70 | 9:19   | 6.4  |
| 30   | KLUCZKA MIROSLAWA              | 249 | FABRYKA NORDICA TRZCINKA | TRZCINKA                      | POL  | K45+   | 19     | K 30 | 00:46:41.60 | 9:20   | 6.4  |
| 31   | PANCEK HANNA                   | 273 | TADMAX                   | BYDGOSZCZ UL. KARPACKA 39C/78 | POL  | K45+   | 20     | K 31 | 00:47:30.05 | 9:30   | 6.3  |
| 32   | PRACKA KATARZYNA               | 281 | SERCE NORDICA WŁOCLAWEK  | WŁOCLAWEK                     | POL  | K45+   | 21     | K 32 | 00:47:50.90 | 9:34   | 6.3  |
| 33   | SZCZYTKOWSKA ŁUCJA             | 298 |                          | ŚWIDWIN                       | POL  | K-JUN  | 1      | K 33 | 00:47:53.65 | 9:34   | 6.3  |
| 34   | IDZIK NATALIA                  | 240 | IDZIKI TEAM              | ZŁOTÓW                        | POL  | K-JUN  | 2      | K 34 | 00:49:13.30 | 9:50   | 6.1  |
| 35   | KOWALCZUK MARIA                | 252 | KIJOWE SIOSTRY I BRAT    | JASTROWIE                     | POL  | K18-44 | 12     | K 35 | 00:49:49.70 | 9:58   | 6    |
| 36   | LEDZION DAGMARA                | 256 | KLASYFIKACJA MAŁŻENSTWO  | SZCZECIN                      | POL  | K45+   | 22     | K 36 | 00:49:51.20 | 9:58   | 6    |
| 37   | PIĄTEK WŁADYSŁAWA              | 277 | STARGARD                 | STARGARD                      | POL  | K45+   | 23     | K 37 | 00:50:14.20 | 10:02  | 6    |
| 38   | PERLIK EWA                     | 275 | TADMAX                   | ZIELONKA                      | POL  | K45+   | 24     | K 38 | 00:50:41.20 | 10:08  | 5.9  |
| 39   | SZOT KRYSZYNA                  | 301 |                          | RADAWNICA                     | POL  | K45+   | 25     | K 39 | 00:50:41.90 | 10:08  | 5.9  |
| 40   | JAKIEL SABINA                  | 241 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 26     | K 40 | 00:51:36.90 | 10:19  | 5.8  |
| 41   | KRYŚKIEWICZ JANINA             | 253 |                          | ZŁOTÓW                        | POL  | K45+   | 27     | K 41 | 00:52:20.50 | 10:28  | 5.7  |
| 42   | KORZENIOWSKA KAROLINA          | 251 | GASKABALBINKAHDK         | SZCZECINEK                    | POL  | K18-44 | 13     | K 42 | 00:52:35.00 | 10:31  | 5.7  |
| 43   | REK JUSTYNA                    | 286 |                          | KRAJENKA                      | POL  | K18-44 | 14     | K 43 | 00:52:37.25 | 10:31  | 5.7  |
| 44   | ALWIN MAŁGORZATA               | 217 |                          | BIAŁOŚLIWIE                   | POL  | K18-44 | 15     | K 44 | 00:52:37.65 | 10:31  | 5.7  |
| 45   | WARZYŃSKA OLIWIA               | 306 |                          | PIŁA                          | POL  | K18-44 | 16     | K 45 | 00:52:40.70 | 10:32  | 5.7  |
| 46   | WRÓBEL AGNIESZKA               | 314 |                          | STARGARD                      | POL  | K18-44 | 17     | K 46 | 00:54:40.40 | 10:56  | 5.5  |
| 47   | GRONOWSKA SYLWIA               | 235 | GMJ                      | JASTROWIE                     | POL  | K18-44 | 18     | K 47 | 00:54:49.85 | 10:58  | 5.5  |
| 48   | STANKIEWICZ LIDIA              | 292 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 28     | K 48 | 00:54:50.15 | 10:58  | 5.5  |
| 49   | WOJTAŚ JOLANTA                 | 312 |                          | STARGARD                      | POL  | K18-44 | 19     | K 49 | 00:54:58.05 | 10:59  | 5.5  |
| 50   | SOLAK EWA                      | 290 | CZARNE PANTERY           | PIŁA                          | POL  | K45+   | 29     | K 50 | 00:55:02.05 | 11:00  | 5.5  |
| 51   | IDZIK KATARZYNA                | 239 | IDZIKI TEAM              | ZŁOTÓW                        | POL  | K45+   | 30     | K 51 | 00:55:28.85 | 11:05  | 5.4  |
| 52   | ŁODKOWSKA TERESA               | 227 |                          | KRAJENKA                      | POL  | K45+   | 31     | K 52 | 00:55:47.15 | 11:09  | 5.4  |
| 53   | GÓRSKA MAGDALENA               | 225 |                          | KRAJENKA                      | POL  | K45+   | 32     | K 53 | 00:56:03.70 | 11:12  | 5.4  |
| 54   | PISKOR MARIKA                  | 279 |                          | STARGARD                      | POL  | K18-44 | 20     | K 54 | 00:59:46.30 | 11:57  | 5    |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, M-Open**

| M-ce | Nazwisko i imię       | Nr  | Klub                    | M-scowość                     | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-----------------------|-----|-------------------------|-------------------------------|------|--------|--------|------|-------------|--------|------|
| 1    | BRZOZOWSKI PIOTR      | 222 | AKTYWNI POSTOMINO       | ŚLAWNO                        | POL  | M18-44 | 1      | M 1  | 00:32:21.80 | 6:28   | 9.3  |
| 2    | PYREK KRZYSZTOF       | 108 | 1 RBLOG                 | WAŁCZ                         | POL  | M18-44 | 2      | M 2  | 00:34:20.05 | 6:52   | 8.7  |
| 3    | ZMYSŁOWSKI ZYGMUNT    | 272 | NORDIC WALKING LUBASZ   | LUBASZ                        | POL  | M45+   | 1      | M 3  | 00:35:37.30 | 7:07   | 8.4  |
| 4    | SZYMAŃSKI JACEK       | 19  |                         | SKÓRKA                        | POL  | M45+   | 2      | M 4  | 00:36:16.85 | 7:15   | 8.3  |
| 5    | WALESZKO ANDRZEJ      | 304 | PASJA NORDIC WALKING    | WARSZAWA                      | POL  | M45+   | 3      | M 5  | 00:37:21.80 | 7:28   | 8    |
| 6    | NOWACZYK TOMASZ       | 271 | MARSZ PO ZDROWIE        | GNIEZNO                       | POL  | M18-44 | 3      | M 6  | 00:38:21.55 | 7:40   | 7.8  |
| 7    | BERCZYŃSKI HENRYK     | 220 | NADLEŚNICTWO OKONEK     | OKONEK                        | POL  | M45+   | 4      | M 7  | 00:39:11.60 | 7:50   | 7.7  |
| 8    | ŁOPIŃSKI ALEKSY       | 263 |                         | PIŁA - KLASYFIKACJA MAŁŻENSTW | POL  | M45+   | 5      | M 8  | 00:39:15.50 | 7:51   | 7.6  |
| 9    | STAWIAK KAROL         | 294 | KS METRACO POLKOWICE    | ŻNIN                          | POL  | M45+   | 6      | M 9  | 00:39:42.80 | 7:56   | 7.6  |
| 10   | LENARTOWICZ STANISŁAW | 258 |                         | STARA ŁUBIANKA                | POL  | M45+   | 7      | M 10 | 00:39:57.15 | 7:59   | 7.5  |
| 11   | MACIEJEWSKI TOMASZ    | 264 | DWA KIJE ŚLUPSK         | ŚLUPSK                        | POL  | M18-44 | 4      | M 11 | 00:40:25.10 | 8:05   | 7.4  |
| 12   | LEDZION ROBERT        | 257 | KLASYFIKACJA MAŁŻENSTWO | SZCZECIN                      | POL  | M45+   | 8      | M 12 | 00:40:28.65 | 8:05   | 7.4  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, M-Open c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                    | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|-----|-------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 13   | SZCZYTKOWSKI MAREK  | 299 |                         | ŚWIDWIN           | POL  | M45+   | 9      | M 13 | 00:40:57.00 | 8:11   | 7.3  |
| 14   | PTAK TOMASZ         | 291 | CZARNE PANTERY          | PIŁA              | POL  | M18-44 | 5      | M 14 | 00:41:15.65 | 8:15   | 7.3  |
| 15   | WIECZOREK KRZYSZTOF | 307 | NORDIC WALKING LUBASZ   | DĘBE              | POL  | M45+   | 10     | M 15 | 00:41:20.00 | 8:16   | 7.3  |
| 16   | BADZIAĆ WALDEMAR    | 218 | DWA KIJE SŁUPSK         | SŁUPSK            | POL  | M45+   | 11     | M 16 | 00:41:26.10 | 8:17   | 7.2  |
| 17   | ŁĘCKI JAN           | 262 | ELITE TEAM              | GDYNIA            | POL  | M18-44 | 6      | M 16 | 00:41:26.10 | 8:17   | 7.2  |
| 18   | PRACKI ZBIGNIEW     | 282 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK         | POL  | M45+   | 12     | M 18 | 00:42:06.05 | 8:25   | 7.1  |
| 19   | WALESZKO ADAM       | 303 | PASJA NORDIC WALKING    | WARSZAWA          | POL  | M-JUN  | 1      | M 19 | 00:42:20.90 | 8:28   | 7.1  |
| 20   | JÓŹWIAK ŁUKASZ      | 244 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK         | POL  | M45+   | 13     | M 20 | 00:42:33.10 | 8:30   | 7.1  |
| 21   | PERLIK WIESŁAW      | 274 | TADMAX                  | ZIELONKA          | POL  | M45+   | 14     | M 21 | 00:43:30.75 | 8:42   | 6.9  |
| 22   | LUBAŃSKI TOMASZ     | 260 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK         | POL  | M45+   | 15     | M 22 | 00:45:21.40 | 9:04   | 6.6  |
| 23   | WRONA RYSZARD       | 313 | LILL-SPORT              | ZŁOTÓW            | POL  | M45+   | 16     | M 23 | 00:46:45.35 | 9:21   | 6.4  |
| 24   | RAPTA MIECZYŚLAW    | 285 |                         | ŁĘDYCZEK          | POL  | M45+   | 17     | M 24 | 00:47:03.15 | 9:24   | 6.4  |
| 25   | GASIŃSKI JANUSZ     | 234 | GRUPA WILKI             | OŻARÓW MAZOWIECKI | POL  | M45+   | 18     | M 25 | 00:48:17.55 | 9:39   | 6.2  |
| 26   | KULCZYCKI JAN       | 255 |                         | GDĄSK             | POL  | M45+   | 19     | M 26 | 00:48:25.80 | 9:41   | 6.2  |
| 27   | IDZIK LUDWIK        | 238 | IDZIKI TEAM             | ZŁOTÓW            | POL  | M45+   | 20     | M 27 | 00:48:38.05 | 9:43   | 6.2  |
| 28   | JANIK MACIEJ        | 242 | ZASAPANI HYDRO          | PIŁA              | POL  | M18-44 | 7      | M 28 | 00:49:37.95 | 9:55   | 6    |
| 29   | JÓŹWIAK DOMINIK     | 243 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK         | POL  | M18-44 | 8      | M 29 | 00:52:23.60 | 10:28  | 5.7  |
| 30   | FIECEK RADOSŁAW     | 232 |                         | ŁĘDYCZEK          | POL  | M45+   | 21     | M 30 | 00:54:26.00 | 10:53  | 5.5  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, K-jun**

| M-ce | Nazwisko i imię    | Nr  | Klub        | M-scowość | Kraj | Kat.  | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------|-----|-------------|-----------|------|-------|--------|------|-------------|--------|------|
| 1    | SZCZYTKOWSKA ŁUCJA | 298 |             | ŚWIDWIN   | POL  | K-JUN | 1      | K 33 | 00:47:53.65 | 9:34   | 6.3  |
| 2    | IDZIK NATALIA      | 240 | IDZIKI TEAM | ZŁOTÓW    | POL  | K-JUN | 2      | K 34 | 00:49:13.30 | 9:50   | 6.1  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, M-jun**

| M-ce | Nazwisko i imię | Nr  | Klub                 | M-scowość | Kraj | Kat.  | M. kat | K/M  | Netto       | min/km | km/h |
|------|-----------------|-----|----------------------|-----------|------|-------|--------|------|-------------|--------|------|
| 1    | WALESZKO ADAM   | 303 | PASJA NORDIC WALKING | WARSZAWA  | POL  | M-JUN | 1      | M 19 | 00:42:20.90 | 8:28   | 7.1  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, K18-44**

| M-ce | Nazwisko i imię            | Nr  | Klub                  | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|----------------------------|-----|-----------------------|-------------|------|--------|--------|------|-------------|--------|------|
| 1    | RYCHLEWSKA-SŁODOWA DANUTA  | 247 | NORDIC WALKING LUBASZ | LUBASZ      | POL  | K18-44 | 1      | K 3  | 00:40:13.75 | 8:02   | 7.5  |
| 2    | BIADON AGNIESZKA           | 221 | LILL-SPORT            | ZŁOTÓW      | POL  | K18-44 | 2      | K 4  | 00:40:22.10 | 8:04   | 7.4  |
| 3    | PRZEDNÓWEK MARIOLA         | 284 |                       | CZARNE      | POL  | K18-44 | 3      | K 7  | 00:41:13.50 | 8:14   | 7.3  |
| 4    | KABATTEK SYLWIA            | 246 |                       | JASTROWIE   | POL  | K18-44 | 4      | K 8  | 00:41:21.20 | 8:16   | 7.3  |
| 5    | KOCOŃ SYLWIA               | 250 | DWA KIJE SŁUPSK       | SIEMIANICE  | POL  | K18-44 | 5      | K 11 | 00:42:52.95 | 8:34   | 7    |
| 6    | MRÓZ BARBARA               | 268 | NORDIC WALKING LUBASZ | CZARNKÓW    | POL  | K18-44 | 6      | K 18 | 00:44:40.00 | 8:56   | 6.7  |
| 7    | STAWIARZ-WACHOWICZ IZABELA | 293 |                       | JASTROWIE   | POL  | K18-44 | 7      | K 20 | 00:44:50.70 | 8:58   | 6.7  |
| 8    | GARDYGAJŁO JUSTYNA         | 233 |                       | STARGARD    | POL  | K18-44 | 8      | K 21 | 00:45:06.65 | 9:01   | 6.6  |
| 9    | DUBISZ JOANNA              | 229 | LILL-SPORT            | ZŁOTÓW      | POL  | K18-44 | 9      | K 22 | 00:45:37.00 | 9:07   | 6.6  |
| 10   | SZCZERBA DOROTA            | 297 |                       | JASTROWIE   | POL  | K18-44 | 10     | K 24 | 00:45:58.70 | 9:11   | 6.5  |
| 11   | NIEDZIÓŁKA MAŁGORZATA      | 269 |                       | SZCZECINEK  | POL  | K18-44 | 11     | K 27 | 00:46:25.20 | 9:17   | 6.5  |
| 12   | KOWALCZUK MARIA            | 252 | KIJOWE SIOSTRY I BRAT | JASTROWIE   | POL  | K18-44 | 12     | K 35 | 00:49:49.70 | 9:58   | 6    |
| 13   | KORZENIOWSKA KAROLINA      | 251 | GASKABALBINKAHDK      | SZCZECINEK  | POL  | K18-44 | 13     | K 42 | 00:52:35.00 | 10:31  | 5.7  |
| 14   | REK JUSTYNA                | 286 |                       | KRAJENKA    | POL  | K18-44 | 14     | K 43 | 00:52:37.25 | 10:31  | 5.7  |
| 15   | ALWIN MAŁGORZATA           | 217 |                       | BIAŁOŚLIWIE | POL  | K18-44 | 15     | K 44 | 00:52:37.65 | 10:31  | 5.7  |
| 16   | WARZYŃSKA OLIVIA           | 306 |                       | PIŁA        | POL  | K18-44 | 16     | K 45 | 00:52:40.70 | 10:32  | 5.7  |
| 17   | WRÓBEL AGNIESZKA           | 314 |                       | STARGARD    | POL  | K18-44 | 17     | K 46 | 00:54:40.40 | 10:56  | 5.5  |
| 18   | GRONOWSKA SYLWIA           | 235 | GMJ                   | JASTROWIE   | POL  | K18-44 | 18     | K 47 | 00:54:49.85 | 10:58  | 5.5  |
| 19   | WOJTAŚ JOLANTA             | 312 |                       | STARGARD    | POL  | K18-44 | 19     | K 49 | 00:54:58.05 | 10:59  | 5.5  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, K18-44 c.d.**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-----------------|-----|------|-----------|------|--------|--------|------|-------------|--------|------|
| 20   | PISKOR MARIKA   | 279 |      | STARGARD  | POL  | K18-44 | 20     | K 54 | 00:59:46.30 | 11:57  | 5    |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, M18-44**

| M-ce | Nazwisko i imię    | Nr  | Klub                    | M-scowość | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------|------|
| 1    | BRZOZOWSKI PIOTR   | 222 | AKTYWNI POSTOMINO       | SŁAWNO    | POL  | M18-44 | 1      | M 1  | 00:32:21.80 | 6:28   | 9.3  |
| 2    | PYREK KRZYSZTOF    | 108 | 1 RBLOG                 | WAŁCZ     | POL  | M18-44 | 2      | M 2  | 00:34:20.05 | 6:52   | 8.7  |
| 3    | NOWACZYK TOMASZ    | 271 | MARSZ PO ZDROWIE        | GNIEZNO   | POL  | M18-44 | 3      | M 6  | 00:38:21.55 | 7:40   | 7.8  |
| 4    | MACIEJEWSKI TOMASZ | 264 | DWA KIJE SŁUPSK         | SŁUPSK    | POL  | M18-44 | 4      | M 11 | 00:40:25.10 | 8:05   | 7.4  |
| 5    | PTAK TOMASZ        | 291 | CZARNE PANTERY          | PIŁA      | POL  | M18-44 | 5      | M 14 | 00:41:15.65 | 8:15   | 7.3  |
| 6    | ŁĘCKI JAN          | 262 | ELITE TEAM              | GDYNIA    | POL  | M18-44 | 6      | M 16 | 00:41:26.10 | 8:17   | 7.2  |
| 7    | JANIK MACIEJ       | 242 | ZASAPANI HYDRO          | PIŁA      | POL  | M18-44 | 7      | M 28 | 00:49:37.95 | 9:55   | 6    |
| 8    | JÓZWIAK DOMINIK    | 243 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK | POL  | M18-44 | 8      | M 29 | 00:52:23.60 | 10:28  | 5.7  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, K45+**

| M-ce | Nazwisko i imię                | Nr  | Klub                     | M-scowość                     | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------------------|-----|--------------------------|-------------------------------|------|------|--------|------|-------------|--------|------|
| 1    | JÓZWIAK MARIANNA               | 245 | SERCE NORDICA WŁOCLĄWEK  | WŁOCLĄWEK                     | POL  | K45+ | 1      | K 1  | 00:37:00.10 | 7:24   | 8.1  |
| 2    | DAROSZEWSKA KRYSZYNA           | 226 | SERCE NORDICA WŁOCLĄWEK  | WŁOCLĄWEK                     | POL  | K45+ | 2      | K 2  | 00:39:24.35 | 7:52   | 7.6  |
| 3    | WALESZKO ANNA                  | 305 | PASJA NORDIC WALKING     | WARSZAWA                      | POL  | K45+ | 3      | K 5  | 00:40:22.25 | 8:04   | 7.4  |
| 4    | PRUSKA AGNIESZKA               | 283 | DWA KIJE SŁUPSK          | SŁUPSK                        | POL  | K45+ | 4      | K 6  | 00:40:38.75 | 8:07   | 7.4  |
| 5    | RODZIEWICZ WIOLETTA            | 287 |                          | USTKA                         | POL  | K45+ | 5      | K 9  | 00:41:34.40 | 8:18   | 7.2  |
| 6    | SZUDOBAJ HANNA                 | 302 | DWA KIJE SŁUPSK          | SŁUPSK                        | POL  | K45+ | 6      | K 10 | 00:42:46.55 | 8:33   | 7    |
| 7    | CZEREŚNIAK IWONA               | 224 | ŻÓŁWIKERSI               | SIEMCZYNO 21/2                | POL  | K45+ | 7      | K 12 | 00:43:11.85 | 8:38   | 6.9  |
| 8    | ABRAMOWICZ EWA                 | 216 | KIJOWE SIOSTRY I BRAT    | BORUCINO                      | POL  | K45+ | 8      | K 13 | 00:43:19.15 | 8:39   | 6.9  |
| 9    | PIETRZYK ANNA                  | 278 |                          | KALISZ POMORSKI               | POL  | K45+ | 9      | K 14 | 00:44:21.70 | 8:52   | 6.8  |
| 10   | DĘBOWSKA-SZCZYTKOWSKA IZABELLA | 228 |                          | ŚWIDWIN                       | POL  | K45+ | 10     | K 15 | 00:44:22.15 | 8:52   | 6.8  |
| 11   | SKOWROŃSKA-ŁOPIŃSKA GENOWEFA   | 288 |                          | PIŁA                          | POL  | K45+ | 11     | K 16 | 00:44:28.85 | 8:53   | 6.7  |
| 12   | KUICH ANNA                     | 254 | LILL-SPORT               | ZŁOTÓW                        | POL  | K45+ | 12     | K 17 | 00:44:38.85 | 8:55   | 6.7  |
| 13   | DUKIEWICZ ANETA                | 230 | CZARNE PANTERY           | PIŁA                          | POL  | K45+ | 13     | K 19 | 00:44:42.90 | 8:56   | 6.7  |
| 14   | PLUTA BARBARA                  | 280 | CZARNE PANTERY           | PIŁA                          | POL  | K45+ | 14     | K 23 | 00:45:38.30 | 9:07   | 6.6  |
| 15   | HAWETO JANINA                  | 237 | KIJOWE SIOSTRY I BRAT    | JASTROWIE                     | POL  | K45+ | 15     | K 25 | 00:46:03.00 | 9:12   | 6.5  |
| 16   | WIECZOREK ANETA                | 308 | NORDIC WALKING LUBASZ    | DĘBE                          | POL  | K45+ | 16     | K 26 | 00:46:20.05 | 9:16   | 6.5  |
| 17   | ŁABEDZ KATARZYNA               | 261 | LILL-SPORT               | ZŁOTÓW                        | POL  | K45+ | 17     | K 28 | 00:46:26.80 | 9:17   | 6.5  |
| 18   | SMARUJ-SADOWSKA JANINA         | 289 | BYDGOSKIE ŻÓŁWIE         | BYDGOSZCZ                     | POL  | K45+ | 18     | K 29 | 00:46:34.70 | 9:19   | 6.4  |
| 19   | KLUCZKA MIROSLAWA              | 249 | FABRYKA NORDICA TRZCINKA | TRZCIANKA                     | POL  | K45+ | 19     | K 30 | 00:46:41.60 | 9:20   | 6.4  |
| 20   | PANCEK HANNA                   | 273 | TADMAX                   | BYDGOSZCZ UL. KARPACKA 39C/78 | POL  | K45+ | 20     | K 31 | 00:47:30.05 | 9:30   | 6.3  |
| 21   | PRACKA KATARZYNA               | 281 | SERCE NORDICA WŁOCLĄWEK  | WŁOCLĄWEK                     | POL  | K45+ | 21     | K 32 | 00:47:50.90 | 9:34   | 6.3  |
| 22   | LEDZION DAGMARA                | 256 | KLASYFIKACJA MAŁŻENSTWO  | SZCZECIN                      | POL  | K45+ | 22     | K 36 | 00:49:51.20 | 9:58   | 6    |
| 23   | PIĄTEK WŁADYSŁAWA              | 277 | STARGARD                 | STARGARD                      | POL  | K45+ | 23     | K 37 | 00:50:14.20 | 10:02  | 6    |
| 24   | PERLIK EWA                     | 275 | TADMAX                   | ZIELONKA                      | POL  | K45+ | 24     | K 38 | 00:50:41.20 | 10:08  | 5.9  |
| 25   | SZOT KRYSZYNA                  | 301 |                          | RADAWNICA                     | POL  | K45+ | 25     | K 39 | 00:50:41.90 | 10:08  | 5.9  |
| 26   | JAKIEL SABINA                  | 241 | CZARNE PANTERY           | PIŁA                          | POL  | K45+ | 26     | K 40 | 00:51:36.90 | 10:19  | 5.8  |
| 27   | KRYSKIEWICZ JANINA             | 253 |                          | ZŁOTÓW                        | POL  | K45+ | 27     | K 41 | 00:52:20.50 | 10:28  | 5.7  |
| 28   | STANKIEWICZ LIDIA              | 292 | CZARNE PANTERY           | PIŁA                          | POL  | K45+ | 28     | K 48 | 00:54:50.15 | 10:58  | 5.5  |
| 29   | SOLAK EWA                      | 290 | CZARNE PANTERY           | PIŁA                          | POL  | K45+ | 29     | K 50 | 00:55:02.05 | 11:00  | 5.5  |
| 30   | IDZIK KATARZYNA                | 239 | IDZIKI TEAM              | ZŁOTÓW                        | POL  | K45+ | 30     | K 51 | 00:55:28.85 | 11:05  | 5.4  |
| 31   | ŁODKOWSKA TERESA               | 227 |                          | KRAJENKA                      | POL  | K45+ | 31     | K 52 | 00:55:47.15 | 11:09  | 5.4  |
| 32   | GÓRSKA MAGDALENA               | 225 |                          | KRAJENKA                      | POL  | K45+ | 32     | K 53 | 00:56:03.70 | 11:12  | 5.4  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, M45+**

| M-ce | Nazwisko i imię       | Nr  | Klub                    | M-scowość                     | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|-----------------------|-----|-------------------------|-------------------------------|------|------|--------|------|-------------|--------|------|
| 1    | ZMYSŁOWSKI ZYGMUNT    | 272 | NORDIC WALKING LUBASZ   | LUBASZ                        | POL  | M45+ | 1      | M 3  | 00:35:37.30 | 7:07   | 8.4  |
| 2    | SZYMAŃSKI JACEK       | 19  |                         | SKÓRKA                        | POL  | M45+ | 2      | M 4  | 00:36:16.85 | 7:15   | 8.3  |
| 3    | WALESZKO ANDRZEJ      | 304 | PASJA NORDIC WALKING    | WARSZAWA                      | POL  | M45+ | 3      | M 5  | 00:37:21.80 | 7:28   | 8    |
| 4    | BERCZYŃSKI HENRYK     | 220 | NADLEŚNICTWO OKONEK     | OKONEK                        | POL  | M45+ | 4      | M 7  | 00:39:11.60 | 7:50   | 7.7  |
| 5    | ŁOPIŃSKI ALEKSY       | 263 |                         | PIŁA - KLASYFIKACJA MAŁŻEŃSTW | POL  | M45+ | 5      | M 8  | 00:39:15.50 | 7:51   | 7.6  |
| 6    | STAWNIAK KAROL        | 294 | KS METRACO POLKOWICE    | ŻNIN                          | POL  | M45+ | 6      | M 9  | 00:39:42.80 | 7:56   | 7.6  |
| 7    | LENARTOWICZ STANISŁAW | 258 |                         | STARA ŁUBIANKA                | POL  | M45+ | 7      | M 10 | 00:39:57.15 | 7:59   | 7.5  |
| 8    | LEDZION ROBERT        | 257 | KLASYFIKACJA MAŁŻEŃSTWO | SZCZECIN                      | POL  | M45+ | 8      | M 12 | 00:40:28.65 | 8:05   | 7.4  |
| 9    | SZCZYTKOWSKI MAREK    | 299 |                         | ŚWIDWIN                       | POL  | M45+ | 9      | M 13 | 00:40:57.00 | 8:11   | 7.3  |
| 10   | WIECZOREK KRZYSZTOF   | 307 | NORDIC WALKING LUBASZ   | DĘBE                          | POL  | M45+ | 10     | M 15 | 00:41:20.00 | 8:16   | 7.3  |
| 11   | BADZIAĞ WALDEMAR      | 218 | DWA KIJE SŁUPSK         | SŁUPSK                        | POL  | M45+ | 11     | M 16 | 00:41:26.10 | 8:17   | 7.2  |
| 12   | PRACKI ZBIGNIEW       | 282 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK                     | POL  | M45+ | 12     | M 18 | 00:42:06.05 | 8:25   | 7.1  |
| 13   | JÓŹWIAK ŁUKASZ        | 244 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK                     | POL  | M45+ | 13     | M 20 | 00:42:33.10 | 8:30   | 7.1  |
| 14   | PERLIK WIESŁAW        | 274 | TADMAX                  | ZIELONKA                      | POL  | M45+ | 14     | M 21 | 00:43:30.75 | 8:42   | 6.9  |
| 15   | LUBAŃSKI TOMASZ       | 260 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK                     | POL  | M45+ | 15     | M 22 | 00:45:21.40 | 9:04   | 6.6  |
| 16   | WRONA RYSZARD         | 313 | LILL-SPORT              | ZŁOTÓW                        | POL  | M45+ | 16     | M 23 | 00:46:45.35 | 9:21   | 6.4  |
| 17   | RAPTA MIECZYŚLAW      | 285 |                         | ŁĘDYCZEK                      | POL  | M45+ | 17     | M 24 | 00:47:03.15 | 9:24   | 6.4  |
| 18   | GASIŃSKI JANUSZ       | 234 | GRUPA WILKI             | OŻARÓW MAZOWIECKI             | POL  | M45+ | 18     | M 25 | 00:48:17.55 | 9:39   | 6.2  |
| 19   | KULCZYCKI JAN         | 255 |                         | GDAŃSK                        | POL  | M45+ | 19     | M 26 | 00:48:25.80 | 9:41   | 6.2  |
| 20   | IDZIK LUDWIK          | 238 | IDZIKI TEAM             | ZŁOTÓW                        | POL  | M45+ | 20     | M 27 | 00:48:38.05 | 9:43   | 6.2  |
| 21   | FIECEK RADOSŁAW       | 232 |                         | ŁĘDYCZEK                      | POL  | M45+ | 21     | M 30 | 00:54:26.00 | 10:53  | 5.5  |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, Drużynowa**

| Miejsce | Drużyna                 | Zawodnicy klasyfikowani  | Czas   | Czas drużyny |
|---------|-------------------------|--|--|--------------|
| 1       | SERCE NORDICA WŁOCŁAWEK | MARIANNA JÓŹWIAKRYSTYNA DAROSZEWSKAZBIGNIEW PRACKIŁUKASZ JÓŹWIAK           | 00:37:00.1000:39:24.3500:42:06.0500:42:33.10 | 02:41:03     |
| 2       | NORDIC WALKING LUBASZ   | ZYGMUNT ZMYSŁOWSKIDANUTA RYCHLEWSKA-SŁODOWAKRZYSZTOF WIECZOREKBARBARA MRÓZ | 00:35:37.3000:40:13.7500:41:20.0000:44:40.00 | 02:41:50     |
| 3       | DWA KIJE SŁUPSK         | TOMASZ MACIEJEWSKIAGNIESZKA PRUSKAWALDEMAR BADZIAĞHANNA SZUDOBAJ           | 00:40:25.1000:40:38.7500:41:26.1000:42:46.55 | 02:45:15     |
| 4       | LILL-SPORT              | AGNIESZKA BIADONANNA KUICHOANNA DUBISZKATARZYNA ŁABEDZ                     | 00:40:22.1000:44:38.8500:45:37.0000:46:26.80 | 02:57:03     |
| 5       | CZARNE PANTERY          | TOMASZ PTAKANETA DUKIEWICZBARBARA PLUTASABINA JAKIEL                       | 00:41:15.6500:44:42.9000:45:38.3000:51:36.90 | 03:03:12     |

**VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM, Małżeństwa**

| Miejsce | Drużyna | Zawodnicy klasyfikowani                          | Czas                   | Czas drużyny |
|---------|---------|--|------------------------|--------------|
| 1       | 8       | ANDRZEJ WALESZKOANNA WALESZKO                    | 00:37:21.8000:40:22.25 | 01:17:43     |
| 2       | 3       | MARIANNA JÓŹWIAKŁUKASZ JÓŹWIAK                   | 00:37:00.1000:42:33.10 | 01:19:33     |
| 3       | 29      | ALEKSY ŁOPIŃSKIIGENOWEFA SKOWROŃSKA-ŁOPIŃSKA     | 00:39:15.5000:44:28.85 | 01:23:43     |
| 4       | 31      | WALDEMAR BADZIAĞHANNA SZUDOBAJ                   | 00:41:26.1000:42:46.55 | 01:24:12     |
| 5       | 7       | MAREK SZCZYTKOWSKIIZABELLA DĘBOWSKA-SZCZYTKOWSKA | 00:40:57.0000:44:22.15 | 01:25:19     |
| 6       | 9       | KRZYSZTOF WIECZOREKANETA WIECZOREK               | 00:41:20.0000:46:20.05 | 01:27:40     |
| 7       | 6       | ZBIGNIEW PRACKIKATARZYNA PRACKA                  | 00:42:06.0500:47:50.90 | 01:29:56     |
| 8       | 4       | ROBERT LEDZIONDAGMARA LEDZION                    | 00:40:28.6500:49:51.20 | 01:30:19     |
| 9       | 5       | WIESŁAW PERLIKWA PERLIK                          | 00:43:30.7500:50:41.20 | 01:34:11     |
| 10      | 2       | LUDWIK IDZIKKATARZYNA IDZIK                      | 00:48:38.0500:55:28.85 | 01:44:06     |