



DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 11 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-OPEN

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|-------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 1 | GŁOMBIOWSKA Zuzanna | 3245 | RUNPASSION.PL TEAM | K20 | 1 | 01:11:53.45 | | 6:32 | 9.2 (100%) |
| 2 | KAPUSTA-SZYDŁAK Sylwia | 3306 | RZESZOWSKA AKADEMIA KOLARSKA | K30 | 1 | 01:12:32.10 | +00:00:38 (0.9%) | 6:35 | 9.1 (98.9%) |
| 3 | WOJNAROWSKA Weronika | 3357 | | K30 | 2 | 01:18:19.05 | +00:06:25 (8.2%) | 7:07 | 8.4 (91.3%) |
| 4 | BIENIECKA Anna | 3183 | BIEG RZEŹNIKA | K40 | 1 | 01:18:24.20 | +00:06:30 (8.3%) | 7:07 | 8.4 (91.3%) |
| 5 | BARTKOWSKA Joanna | 3563 | | K40 | 2 | 01:21:58.60 | +00:10:05 (12.3%) | 7:27 | 8.1 (88.0%) |
| 6 | OLSZEWSKA Oszi | 3656 | | K40 | 3 | 01:22:08.15 | +00:10:14 (12.5%) | 7:28 | 8 (87.0%) |
| 7 | PELA Olga | 3402 | SKY-TRANS | K30 | 3 | 01:25:11.75 | +00:13:18 (15.6%) | 7:44 | 7.7 (83.7%) |
| 8 | ODOLIŃSKA Agnieszka | 3326 | | K40 | 4 | 01:25:14.40 | +00:13:20 (15.7%) | 7:44 | 7.7 (83.7%) |
| 9 | KOWALCZYK Ewelina | 3030 | | K20 | 2 | 01:25:35.20 | +00:13:41 (16.0%) | 7:46 | 7.7 (83.7%) |
| 10 | SLAWINSKA Anna | 3449 | REZERWOWE PSY | K30 | 4 | 01:26:19.00 | +00:14:25 (16.7%) | 7:50 | 7.6 (82.6%) |
| 11 | PIEKIELNA Angelika | 3331 | MUKS "JUNIOR" OCHĘDZYN | K30 | 5 | 01:26:45.60 | +00:14:52 (17.1%) | 7:53 | 7.6 (82.6%) |
| 12 | POTERA Krystyna | 3059 | | K30 | 6 | 01:26:59.40 | +00:15:05 (17.4%) | 7:54 | 7.6 (82.6%) |
| 13 | SZYMANIK Anna | 3076 | | K20 | 3 | 01:27:47.20 | +00:15:53 (18.1%) | 7:58 | 7.5 (81.5%) |
| 14 | SZCZYPLIŃSKA Anna | 3234 | SFORA BMK | K40 | 5 | 01:29:00.90 | +00:17:07 (19.2%) | 8:05 | 7.4 (80.4%) |
| 15 | SKAWIŃSKA Justyna | 3154 | | K30 | 7 | 01:29:13.70 | +00:17:20 (19.4%) | 8:06 | 7.4 (80.4%) |
| 16 | PASIEKA Agnieszka | 3142 | KB ATHLETIC ZRĘCIN | K40 | 6 | 01:29:21.55 | +00:17:28 (19.5%) | 8:07 | 7.4 (80.4%) |
| 17 | KORZEP-CZEKALSKA Dorota | 3500 | | K40 | 7 | 01:32:55.10 | +00:21:01 (22.6%) | 8:26 | 7.1 (77.2%) |
| 18 | NOWAK Katarzyna | 3139 | | K30 | 8 | 01:33:00.90 | +00:21:07 (22.7%) | 8:27 | 7.1 (77.2%) |
| 19 | RUDZIARCZYK Karolina | 3560 | | K20 | 4 | 01:33:16.85 | +00:21:23 (22.9%) | 8:28 | 7.1 (77.2%) |
| 20 | KIELAR Kamila | 3308 | | K30 | 9 | 01:33:36.25 | +00:21:42 (23.2%) | 8:30 | 7.1 (77.2%) |
| 21 | WALASZEK Karolina | 3420 | | K20 | 5 | 01:34:39.20 | +00:22:45 (24.0%) | 8:36 | 7 (76.1%) |
| 22 | KRÓL Pola | 3392 | WIRAN TEAM | K20 | 6 | 01:34:58.15 | +00:23:04 (24.3%) | 8:38 | 6.9 (75.0%) |
| 23 | KIELAR Aleksandra | 3253 | | K20 | 7 | 01:35:54.00 | +00:24:00 (25.0%) | 8:43 | 6.9 (75.0%) |
| 24 | GOLONKA Anna | 3659 | | K30 | 10 | 01:37:23.85 | +00:25:30 (26.2%) | 8:51 | 6.8 (73.9%) |
| 25 | GRONOWSKA Joanna | 3379 | FFF / CROSS TRENING CIECHANÓW | K30 | 11 | 01:38:43.40 | +00:26:49 (27.2%) | 8:58 | 6.7 (72.8%) |
| 26 | ZAWADA Magdalena | 3361 | JJFIT RUNNING TEAM | K40 | 8 | 01:39:07.65 | +00:27:14 (27.5%) | 9:00 | 6.7 (72.8%) |
| 27 | MADEJ Weronika | 3493 | | K20 | 8 | 01:39:52.75 | +00:27:59 (28.0%) | 9:04 | 6.6 (71.7%) |
| 28 | PINTSCHER Paulina | 3056 | EXPRESSMAP | K30 | 12 | 01:39:59.35 | +00:28:05 (28.1%) | 9:05 | 6.6 (71.7%) |
| 29 | HOŁOWATY Renia | 3019 | BIESZCZADZKA WATAHA | K20 | 9 | 01:40:15.45 | +00:28:22 (28.3%) | 9:06 | 6.6 (71.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------|-----------------------|-----------|------|-----------------|-------------------|--------------|-------------|
| 30 | ZAPAŁA Monika | 3103 | | K40 | 9 | 01:40:39.45 | +00:28:46 (28.6%) | 9:09 | 6.6 (71.7%) |
| 31 | SZYMANIK Lidia | 3075 | | K40 | 10 | 01:40:44.40 | +00:28:50 (28.6%) | 9:09 | 6.6 (71.7%) |
| 32 | FĄFARA Agnieszka | 3295 | | K40 | 11 | 01:41:12.55 | +00:29:19 (29.0%) | 9:12 | 6.5 (70.7%) |
| 33 | FIGEL Zuzanna | 3296 | | K20 | 10 | 01:41:31.10 | +00:29:37 (29.2%) | 9:13 | 6.5 (70.7%) |
| 34 | KOSEWSKA Monika | 3221 | SFORA BMK | K40 | 12 | 01:42:38.65 | +00:30:45 (30.0%) | 9:19 | 6.4 (69.6%) |
| 35 | WRZOSEK Kasia | 3237 | STG WARSZAWA | K30 | 13 | 01:42:49.05 | +00:30:55 (30.1%) | 9:20 | 6.4 (69.6%) |
| 36 | JÓZEFczyk Anna | 3491 | | K30 | 14 | 01:42:52.60 | +00:30:59 (30.1%) | 9:21 | 6.4 (69.6%) |
| 37 | BROŻYNA Magda | 3002 | | K40 | 13 | 01:43:10.30 | +00:31:16 (30.3%) | 9:22 | 6.4 (69.6%) |
| 38 | SLIWINSKA Katarzyna | 3274 | | K40 | 14 | 01:43:54.30 | +00:32:00 (30.8%) | 9:26 | 6.4 (69.6%) |
| 39 | STAROŃ Gabriela | 3410 | | K30 | 15 | 01:44:22.90 | +00:32:29 (31.1%) | 9:29 | 6.3 (68.5%) |
| 40 | KUDZIA Katarzyna | 3255 | BRACtwo BIEGOWE BGK | K30 | 16 | 01:44:28.90 | +00:32:35 (31.2%) | 9:29 | 6.3 (68.5%) |
| 41 | IVANOVA Alina | 3188 | | K30 | 17 | 01:44:33.85 | +00:32:40 (31.2%) | 9:30 | 6.3 (68.5%) |
| 42 | BECHTA Katarzyna | 3239 | BRACtwo BIEGOWE BGK | K20 | 11 | 01:44:35.65 | +00:32:42 (31.3%) | 9:30 | 6.3 (68.5%) |
| 43 | CHOJNACKA Małgorzata | 3489 | TEAM ZALESICE | K40 | 15 | 01:44:50.70 | +00:32:57 (31.4%) | 9:31 | 6.3 (68.5%) |
| 44 | BOKSA Anna | 3001 | KKM KALORYFER | K30 | 18 | 01:45:02.70 | +00:33:09 (31.6%) | 9:32 | 6.3 (68.5%) |
| 45 | KĘDRA Agnieszka | 3307 | | K30 | 19 | 01:45:04.10 | +00:33:10 (31.6%) | 9:33 | 6.3 (68.5%) |
| 46 | MAJEWSKA Joanna | 3477 | PGE RUN OBRÓT | K40 | 16 | 01:45:04.65 | +00:33:11 (31.6%) | 9:33 | 6.3 (68.5%) |
| 47 | PIETRZAK Monika | 3585 | | K30 | 20 | 01:45:04.95 | +00:33:11 (31.6%) | 9:33 | 6.3 (68.5%) |
| 48 | LEWTAK Adrianna | 3318 | | K30 | 21 | 01:45:34.90 | +00:33:41 (31.9%) | 9:35 | 6.3 (68.5%) |
| 49 | HEĆMAŃCZUK Katarzyna | 3248 | ROOKIES | K30 | 22 | 01:45:44.75 | +00:33:51 (32.0%) | 9:36 | 6.2 (67.4%) |
| 50 | WAŁĘGA-ROSTEK Małgorzata | 3575 | | K50 | 1 | 01:45:48.05 | +00:33:54 (32.1%) | 9:37 | 6.2 (67.4%) |
| 51 | WOJDAS Izabela | 3096 | | K40 | 17 | 01:46:03.85 | +00:34:10 (32.2%) | 9:38 | 6.2 (67.4%) |
| 52 | JAGIELSKA Zuzanna | 3021 | DZIKI Z ŁASINA | K20 | 12 | 01:46:04.50 | +00:34:11 (32.2%) | 9:38 | 6.2 (67.4%) |
| 53 | CEBRAT Ewa | 3289 | DZIEWCZYNY Z SANOKA | K40 | 18 | 01:46:06.30 | +00:34:12 (32.2%) | 9:38 | 6.2 (67.4%) |
| 54 | GÓRSKA Oliwia | 3301 | | K30 | 23 | 01:46:10.45 | +00:34:17 (32.3%) | 9:39 | 6.2 (67.4%) |
| 55 | ADAMKIEWICZ Natalia | 3522 | | K30 | 24 | 01:47:52.70 | +00:35:59 (33.4%) | 9:48 | 6.1 (66.3%) |
| 56 | GÓRNY Kamila | 3300 | SŁOŃCA JURY | K30 | 25 | 01:48:35.40 | +00:36:41 (33.8%) | 9:52 | 6.1 (66.3%) |
| 57 | WALASZCZYK Paulina | 3278 | BRACtwo BIEGOWE BGK | K20 | 13 | 01:48:54.70 | +00:37:01 (34.0%) | 9:54 | 6.1 (66.3%) |
| 58 | KORZENIOWSKA Justyna | 3665 | RK ATHLETICS | K40 | 19 | 01:49:07.30 | +00:37:13 (34.1%) | 9:55 | 6 (65.2%) |
| 59 | FOLTA Anita | 3007 | GRUPA BIEGOWA ZARSZYN | K50 | 2 | 01:49:19.00 | +00:37:25 (34.2%) | 9:56 | 6 (65.2%) |
| 60 | DONIEC Katarzyna | 3294 | AGARUN | K40 | 20 | 01:49:39.50 | +00:37:46 (34.4%) | 9:58 | 6 (65.2%) |
| 61 | KROPIAK Katarzyna | 3223 | VEGE RUNNERS | K30 | 26 | 01:49:44.10 | +00:37:50 (34.5%) | 9:58 | 6 (65.2%) |
| 62 | WASYLÓW Izabela | 3483 | | K30 | 27 | 01:50:46.40 | +00:38:52 (35.1%) | 10:04 | 6 (65.2%) |
| 63 | KORBUS-GUZ Małgorzata | 3311 | | K40 | 21 | 01:50:46.85 | +00:38:53 (35.1%) | 10:04 | 6 (65.2%) |
| 64 | KAJMOWICZ Katarzyna | 3490 | | K30 | 28 | 01:50:55.35 | +00:39:01 (35.2%) | 10:05 | 6 (65.2%) |
| 65 | LUBAŃSKA Alicja | 3394 | | K50 | 3 | 01:51:08.95 | +00:39:15 (35.3%) | 10:06 | 5.9 (64.1%) |
| 66 | STAŃCZUK Dorota | 3067 | SLOW JOGGING SIEDLCE | K50 | 4 | 01:51:19.75 | +00:39:26 (35.4%) | 10:07 | 5.9 (64.1%) |
| 67 | ZAPAŁOWSKA Jolanta | 3104 | SLOW JOGGING SIEDLCE | K60 | 1 | 01:51:20.90 | +00:39:27 (35.4%) | 10:07 | 5.9 (64.1%) |
| 68 | GARWACKA Beata | 3298 | | K50 | 5 | 01:51:34.95 | +00:39:41 (35.6%) | 10:08 | 5.9 (64.1%) |
| 69 | DOMARADZKA- KASZUBOWICZ Wiktoria | 3293 | DZIEWCZYNY Z SANOKA | K30 | 29 | 01:51:51.25 | +00:39:57 (35.7%) | 10:10 | 5.9 (64.1%) |
| 70 | LEŚNIAK-POPIEL Marta | 3317 | DZIEWCZYNY Z SANOKA | K40 | 22 | 01:51:52.65 | +00:39:59 (35.7%) | 10:10 | 5.9 (64.1%) |
| 71 | HARBAT Jolanta | 3602 | | K30 | 30 | 01:51:59.45 | +00:40:06 (35.8%) | 10:10 | 5.9 (64.1%) |
| 72 | OCHALIK Julia | 3051 | | K20 | 14 | 01:52:12.65 | +00:40:19 (35.9%) | 10:12 | 5.9 (64.1%) |
| 73 | DZIKI Ania | 3005 | BIEGI W ROGOŹNIKU | K30 | 31 | 01:52:36.50 | +00:40:43 (36.2%) | 10:14 | 5.9 (64.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|--|-------------|-----------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 74 | KURAS-SMOLNIK Magdalena | 3034 | SIERADZBIEGA.PL | K40 | 23 | 01:52:59.25 | +00:41:05 (36.4%) | 10:16 | 5.8 (63.0%) |
| 75 | CHOMA Grażyna | 3244 | PĘDZĄCE LENIWCE | K40 | 24 | 01:53:17.00 | +00:41:23 (36.5%) | 10:17 | 5.8 (63.0%) |
| 76 | SUDAKOWSKA Agnieszka | 3413 | QUICKLYCLEAN AGNIESZKA SUDAKOWSKA | K30 | 32 | 01:53:23.10 | +00:41:29 (36.6%) | 10:18 | 5.8 (63.0%) |
| 77 | RADGOWSKA Gabriela | 3333 | | K30 | 33 | 01:53:26.15 | +00:41:32 (36.6%) | 10:18 | 5.8 (63.0%) |
| 78 | SZPERNAL Beata | 3349 | | K50 | 6 | 01:53:51.40 | +00:41:57 (36.9%) | 10:21 | 5.8 (63.0%) |
| 79 | WIŚNIEWSKA Katarzyna | 3166 | | K40 | 25 | 01:54:09.65 | +00:42:16 (37.0%) | 10:22 | 5.8 (63.0%) |
| 80 | KOCHANOWSKA Anna | 3127 | CZEWARUN TIM | K40 | 26 | 01:54:19.40 | +00:42:25 (37.1%) | 10:23 | 5.8 (63.0%) |
| 81 | KIJEWSKA Karolina | 3029 | BRYGADA KRZYYS WIEKU ŚREDNIEGO | K40 | 27 | 01:54:24.60 | +00:42:31 (37.2%) | 10:24 | 5.8 (63.0%) |
| 82 | MRUCZYŃSKA-PIETRUCZANIS Katarzyna | 3324 | AKTYWNI WĘGRÓW, DEVI HIMAL TEAM | K40 | 28 | 01:54:33.75 | +00:42:40 (37.2%) | 10:24 | 5.8 (63.0%) |
| 83 | ZAJĄC-MICHALEC Katarzyna | 3454 | J&K | K30 | 34 | 01:54:56.05 | +00:43:02 (37.5%) | 10:26 | 5.7 (62.0%) |
| 84 | PŁACZEK Jolanta | 3446 | J&K | K40 | 29 | 01:54:58.80 | +00:43:05 (37.5%) | 10:27 | 5.7 (62.0%) |
| 85 | OPALINSKA Malgorzata | 3264 | | K30 | 35 | 01:55:05.40 | +00:43:11 (37.5%) | 10:27 | 5.7 (62.0%) |
| 86 | DZIEWA Magdalena | 3372 | | K50 | 7 | 01:55:50.40 | +00:43:56 (37.9%) | 10:31 | 5.7 (62.0%) |
| 87 | RUDNICKA Elżbieta | 3063 | | K40 | 30 | 01:55:51.05 | +00:43:57 (37.9%) | 10:31 | 5.7 (62.0%) |
| 88 | KALICIŃSKA Monika | 3251 | NOSTROMO | K30 | 36 | 01:56:04.65 | +00:44:11 (38.1%) | 10:33 | 5.7 (62.0%) |
| 89 | WIERZBICKA Katarzyna | 3090 | | K30 | 37 | 01:56:37.35 | +00:44:43 (38.4%) | 10:36 | 5.7 (62.0%) |
| 90 | WIERZBICKA Aleksandra | 3091 | | K20 | 15 | 01:56:37.45 | +00:44:44 (38.4%) | 10:36 | 5.7 (62.0%) |
| 91 | BRUSZEWSKA- GŁOMBIOWSKA Monika | 3365 | ULTRA ŻÓŁWIK | K20 | 16 | 01:56:52.40 | +00:44:58 (38.5%) | 10:37 | 5.6 (60.9%) |
| 92 | GRACZYK Dobrochna | 3247 | | K20 | 17 | 01:56:55.40 | +00:45:01 (38.5%) | 10:37 | 5.6 (60.9%) |
| 93 | CZECH Dominika | 3115 | | K20 | 18 | 01:56:57.00 | +00:45:03 (38.5%) | 10:37 | 5.6 (60.9%) |
| 94 | MROCZEK Justyna | 3323 | ADIDAS RUNNERS WARSAW | K30 | 38 | 01:57:26.65 | +00:45:33 (38.8%) | 10:40 | 5.6 (60.9%) |
| 95 | DĄBKOWSKA Edyta | 3370 | CROSS TRENING MAZOVIA CIECHANÓW | K20 | 19 | 01:57:30.20 | +00:45:36 (38.8%) | 10:40 | 5.6 (60.9%) |
| 96 | SURDACKA Edyta | 3464 | MONKEYSTEAM | K30 | 39 | 01:57:31.05 | +00:45:37 (38.8%) | 10:41 | 5.6 (60.9%) |
| 97 | KAMINSKA-SUCHOWICZ Anna | 3024 | INŻYNIERIA BIEGANIA | K30 | 40 | 01:58:19.80 | +00:46:26 (39.2%) | 10:45 | 5.6 (60.9%) |
| 98 | TEJWAN Sylwia | 3430 | SPARTAN TRAINING GROUP WARSZAWA | K40 | 31 | 01:58:29.10 | +00:46:35 (39.3%) | 10:46 | 5.6 (60.9%) |
| 99 | NARLOCH Daria | 3138 | NARLOCHY | K30 | 41 | 01:58:34.15 | +00:46:40 (39.4%) | 10:46 | 5.6 (60.9%) |
| 100 | WYSOCKA Iwona | 3281 | KS JANUSZE | K30 | 42 | 01:58:35.40 | +00:46:41 (39.4%) | 10:46 | 5.6 (60.9%) |
| 101 | RĘPALSKA Agata | 3152 | | K30 | 43 | 01:58:46.25 | +00:46:52 (39.5%) | 10:47 | 5.6 (60.9%) |
| 102 | SZWED Karolina | 3158 | SUSKA GRUPA BIEGOWA | K30 | 44 | 01:59:26.65 | +00:47:33 (39.8%) | 10:51 | 5.5 (59.8%) |
| 103 | GÓRKA Jolanta | 3124 | SUSKA GRUPA BIEGOWA | K40 | 32 | 01:59:27.05 | +00:47:33 (39.8%) | 10:51 | 5.5 (59.8%) |
| 104 | KORZELECKA Karolina | 3564 | GIANT PSIE POLE | K30 | 45 | 01:59:30.10 | +00:47:36 (39.8%) | 10:51 | 5.5 (59.8%) |
| 105 | TYBURCY-MASŁOWSKA Anna | 3277 | | K40 | 33 | 01:59:30.30 | +00:47:36 (39.8%) | 10:51 | 5.5 (59.8%) |
| 106 | WOŹNIAK Lidia | 3423 | PORMAT JEDLICZE BIEGA | K50 | 8 | 01:59:45.45 | +00:47:52 (40.0%) | 10:53 | 5.5 (59.8%) |
| 107 | MAĆZKA Krystyna | 3519 | EXTREMALNE OTK NA RELAKSIE | K60 | 2 | 02:00:43.75 | +00:48:50 (40.5%) | 10:58 | 5.5 (59.8%) |
| 108 | TERLECKA Joanna | 3235 | MŁODY VS STARY | K30 | 46 | 02:00:45.75 | +00:48:52 (40.5%) | 10:58 | 5.5 (59.8%) |
| 109 | MICHALAK Justyna | 3518 | QUEENS OF CHAMONIX | K40 | 34 | 02:01:01.95 | +00:49:08 (40.6%) | 11:00 | 5.5 (59.8%) |
| 110 | ZAŁĘSKA Aleksandra | 3102 | | K20 | 20 | 02:01:35.00 | +00:49:41 (40.9%) | 11:03 | 5.4 (58.7%) |
| 111 | WRÓBEL Barbara | 3359 | CISNA | K20 | 21 | 02:01:53.30 | +00:49:59 (41.0%) | 11:04 | 5.4 (58.7%) |
| 112 | PYZEL Anastazja | 3406 | KONDYCJA | K20 | 22 | 02:02:24.85 | +00:50:31 (41.3%) | 11:07 | 5.4 (58.7%) |
| 113 | MICHOTEK-TARASIUK Karolina | 3470 | MONKEYS' TEAM | K30 | 47 | 02:02:36.15 | +00:50:42 (41.4%) | 11:08 | 5.4 (58.7%) |
| 114 | CZERWONKA Żaneta | 3463 | | K30 | 48 | 02:02:36.40 | +00:50:42 (41.4%) | 11:08 | 5.4 (58.7%) |
| 115 | RADYK Aleksandra | 3337 | PRZEMYSKI KLUB BIEGACZA | K20 | 23 | 02:03:06.85 | +00:51:13 (41.6%) | 11:11 | 5.4 (58.7%) |
| 116 | WAŚACZ Urszula | 3279 | | K40 | 35 | 02:03:52.45 | +00:51:59 (42.0%) | 11:15 | 5.3 (57.6%) |
| 117 | KACZMARZYK Izabela | 3249 | | K40 | 36 | 02:04:14.45 | +00:52:21 (42.1%) | 11:17 | 5.3 (57.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|---------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 118 | PAWELEC Krystyna | 3144 | DOGOŃ GRODZISK MAZOWIECKI | K60 | 3 | 02:04:33.65 | +00:52:40 (42.3%) | 11:19 | 5.3 (57.6%) |
| 119 | PASZEK Krystyna | 3143 | DOGOŃ GRODZISK MAZOWIECKI | K60 | 4 | 02:04:34.05 | +00:52:40 (42.3%) | 11:19 | 5.3 (57.6%) |
| 120 | GUZIK Justyna | 3017 | KKM KALORYFER | K40 | 37 | 02:04:44.25 | +00:52:50 (42.4%) | 11:20 | 5.3 (57.6%) |
| 121 | WIŚNIEWSKA Żaneta | 3421 | KIJKOWE TRZEMESZNO | K20 | 24 | 02:04:56.80 | +00:53:03 (42.5%) | 11:21 | 5.3 (57.6%) |
| 122 | STANKOWSKA Justyna | 3409 | KIJKOWE TRZEMESZNO | K40 | 38 | 02:04:57.50 | +00:53:04 (42.5%) | 11:21 | 5.3 (57.6%) |
| 123 | KOWALCZYK Magdalena | 3193 | ROZBIEGANY SULEJÓWEK | K30 | 49 | 02:05:29.00 | +00:53:35 (42.7%) | 11:24 | 5.3 (57.6%) |
| 124 | MIKULSKA Aneta | 3194 | ROZBIEGANY SULEJÓWEK | K40 | 39 | 02:05:29.10 | +00:53:35 (42.7%) | 11:24 | 5.3 (57.6%) |
| 125 | KASPRZYK Katarzyna | 3027 | | K20 | 25 | 02:06:00.05 | +00:54:06 (42.9%) | 11:27 | 5.2 (56.5%) |
| 126 | MAZUR Katarzyna | 3178 | UKS AZYMUT PABIANICE | K30 | 50 | 02:06:00.70 | +00:54:07 (42.9%) | 11:27 | 5.2 (56.5%) |
| 127 | SZUBEL Katarzyna | 3486 | | K30 | 51 | 02:06:41.15 | +00:54:47 (43.3%) | 11:31 | 5.2 (56.5%) |
| 128 | BIENIEK Lena | 3287 | | K20 | 26 | 02:07:10.60 | +00:55:17 (43.5%) | 11:33 | 5.2 (56.5%) |
| 129 | BIENIEK Iwona | 3286 | | K40 | 40 | 02:07:12.80 | +00:55:19 (43.5%) | 11:33 | 5.2 (56.5%) |
| 130 | NESTOROWICZ Monika | 3202 | KLUB BIEGACZA JURUND SZCZYTNO | K40 | 41 | 02:07:14.95 | +00:55:21 (43.5%) | 11:34 | 5.2 (56.5%) |
| 131 | BUZALSKA Agnieszka | 3240 | SMBUDOWLANI | K50 | 9 | 02:07:53.25 | +00:55:59 (43.8%) | 11:37 | 5.2 (56.5%) |
| 132 | WALISZEWSKA-PLEWA Izabela | 3088 | | K40 | 42 | 02:08:22.00 | +00:56:28 (44.0%) | 11:40 | 5.1 (55.4%) |
| 133 | MATEJCZUK Julia | 3038 | BIAŁYSTOK BIEGA TEAM | K20 | 27 | 02:08:51.35 | +00:56:57 (44.2%) | 11:42 | 5.1 (55.4%) |
| 134 | KUCZYŃSKA Agnieszka | 3033 | | K40 | 43 | 02:08:51.90 | +00:56:58 (44.2%) | 11:42 | 5.1 (55.4%) |
| 135 | ZIELIŃSKA Marta | 3523 | JACEKBIEGA RUNNING TEAM | K40 | 44 | 02:08:52.80 | +00:56:59 (44.2%) | 11:42 | 5.1 (55.4%) |
| 136 | KŁODZIŃSKA Barbara | 3254 | ULTRAMĘKI | K50 | 10 | 02:09:09.80 | +00:57:16 (44.3%) | 11:44 | 5.1 (55.4%) |
| 137 | PATALON-KŁODAWSKA Dorota | 3266 | DZIEWCZYNY Z MAZUR | K40 | 45 | 02:09:22.40 | +00:57:28 (44.4%) | 11:45 | 5.1 (55.4%) |
| 138 | LASKOWSKA Joanna | 3256 | DZIEWCZYNY Z MAZUR | K30 | 52 | 02:09:22.45 | +00:57:29 (44.4%) | 11:45 | 5.1 (55.4%) |
| 139 | DOLATA Magdalena | 3292 | SOCIOS SILESIA | K30 | 53 | 02:09:33.95 | +00:57:40 (44.5%) | 11:46 | 5.1 (55.4%) |
| 140 | BDZIKOT Anna | 3362 | | K30 | 54 | 02:09:35.25 | +00:57:41 (44.5%) | 11:46 | 5.1 (55.4%) |
| 141 | WIŚNIEWSKA Magdalena | 3095 | ZMASAKROWANI | K40 | 46 | 02:09:38.10 | +00:57:44 (44.5%) | 11:47 | 5.1 (55.4%) |
| 142 | BLIM Sylwia | 3000 | ZMASAKROWANI | K40 | 47 | 02:09:39.15 | +00:57:45 (44.6%) | 11:47 | 5.1 (55.4%) |
| 143 | WAŚOWSKA Jagoda | 3597 | KS PEGAZ PIASECZNO | K50 | 11 | 02:09:55.15 | +00:58:01 (44.7%) | 11:48 | 5.1 (55.4%) |
| 144 | STASZCZYK Anna | 3347 | | K30 | 55 | 02:10:57.25 | +00:59:03 (45.1%) | 11:54 | 5 (54.3%) |
| 145 | JAGODA Małgorzata | 3382 | FUCHS OIL TEAM | K20 | 28 | 02:11:19.60 | +00:59:26 (45.3%) | 11:56 | 5 (54.3%) |
| 146 | WOLSKA Anna | 3097 | | K40 | 48 | 02:11:32.80 | +00:59:39 (45.3%) | 11:57 | 5 (54.3%) |
| 147 | FORMELLA Joanna | 3011 | | K30 | 56 | 02:11:33.10 | +00:59:39 (45.4%) | 11:57 | 5 (54.3%) |
| 148 | SZANIAWSKA Agata | 3609 | | K30 | 57 | 02:12:28.65 | +01:00:35 (45.7%) | 12:02 | 5 (54.3%) |
| 149 | TOMCZAK Magdalena | 3351 | | K40 | 49 | 02:12:59.50 | +01:01:06 (45.9%) | 12:05 | 5 (54.3%) |
| 150 | ZADROŻNA Olga | 3425 | CROSS TRENING MAZOVIA CIECHANÓW | K30 | 58 | 02:13:52.35 | +01:01:58 (46.3%) | 12:10 | 4.9 (53.3%) |
| 151 | GRACZYK Dąbrówka | 3246 | | K20 | 29 | 02:15:00.25 | +01:03:06 (46.7%) | 12:16 | 4.9 (53.3%) |
| 152 | KOSIN Irena | 3312 | WKURW_TEAM | K30 | 59 | 02:15:06.20 | +01:03:12 (46.8%) | 12:16 | 4.9 (53.3%) |
| 153 | GŁOWACKA Aleksandra | 3219 | MŁODY VS STARY | K40 | 50 | 02:16:38.55 | +01:04:45 (47.4%) | 12:25 | 4.8 (52.2%) |
| 154 | UCHEREK Kinga | 3353 | | K40 | 51 | 02:17:52.45 | +01:05:59 (47.9%) | 12:32 | 4.8 (52.2%) |
| 155 | OCHWAT Elżbieta | 3432 | UKS ARKA UMIESZCZ | K40 | 52 | 02:18:02.05 | +01:06:08 (47.9%) | 12:32 | 4.8 (52.2%) |
| 156 | WÓDZ Anna | 3167 | | K30 | 60 | 02:18:34.50 | +01:06:41 (48.1%) | 12:35 | 4.8 (52.2%) |
| 157 | WESOŁOWSKA Klaudia | 3496 | | K20 | 30 | 02:18:35.95 | +01:06:42 (48.1%) | 12:35 | 4.8 (52.2%) |
| 158 | NOWAK Ania | 3485 | | K40 | 53 | 02:18:36.50 | +01:06:43 (48.1%) | 12:36 | 4.8 (52.2%) |
| 159 | NOWAK Martyna | 3399 | | K20 | 31 | 02:18:39.45 | +01:06:46 (48.2%) | 12:36 | 4.8 (52.2%) |
| 160 | SZMATLOCH Karolina | 3504 | | K30 | 61 | 02:18:39.70 | +01:06:46 (48.2%) | 12:36 | 4.8 (52.2%) |
| 161 | MARCOL Oriana | 3537 | | K30 | 62 | 02:19:09.50 | +01:07:16 (48.3%) | 12:39 | 4.7 (51.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|----------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 162 | WARCHOŁ Elżbieta | 3215 | | K30 | 63 | 02:19:30.20 | +01:07:36 (48.5%) | 12:40 | 4.7 (51.1%) |
| 163 | KONIECPOLSKA Jadwiga | 3192 | | K40 | 54 | 02:19:30.35 | +01:07:36 (48.5%) | 12:40 | 4.7 (51.1%) |
| 164 | GRESER Beata | 3302 | GS TEAM | K40 | 55 | 02:20:18.80 | +01:08:25 (48.8%) | 12:45 | 4.7 (51.1%) |
| 165 | KULCZYCKA Renata | 3667 | | K50 | 12 | 02:20:46.80 | +01:08:53 (48.9%) | 12:47 | 4.7 (51.1%) |
| 166 | SZKAMRUK Małgorzata | 3551 | EXTREMALNE OTK NA RELAKSIE | K40 | 56 | 02:20:47.60 | +01:08:54 (48.9%) | 12:47 | 4.7 (51.1%) |
| 167 | ZEMŁA Dorota | 3107 | | K20 | 32 | 02:21:10.55 | +01:09:17 (49.1%) | 12:50 | 4.7 (51.1%) |
| 168 | BADOWSKA Monika | 3170 | | K40 | 57 | 02:21:13.70 | +01:09:20 (49.1%) | 12:50 | 4.7 (51.1%) |
| 169 | ROCHOWIAK Karina | 3408 | | K20 | 33 | 02:21:57.95 | +01:10:04 (49.4%) | 12:54 | 4.6 (50.0%) |
| 170 | OBIDZIŃSKA Katarzyna | 3325 | | K30 | 64 | 02:22:16.05 | +01:10:22 (49.5%) | 12:56 | 4.6 (50.0%) |
| 171 | FURMAN Agnieszka | 3373 | OCHAJORUN & FRIENDS | K30 | 65 | 02:22:19.80 | +01:10:26 (49.5%) | 12:56 | 4.6 (50.0%) |
| 172 | PAWELEC Justyna | 3328 | TSA SANDOMIERZ | K30 | 66 | 02:22:48.10 | +01:10:54 (49.7%) | 12:58 | 4.6 (50.0%) |
| 173 | WRZOSEK Justyna | 3360 | TSA SANDOMIERZ | K30 | 67 | 02:22:48.40 | +01:10:54 (49.7%) | 12:58 | 4.6 (50.0%) |
| 174 | PIETRZYK Marzena | 3231 | | K40 | 58 | 02:23:13.55 | +01:11:20 (49.8%) | 13:01 | 4.6 (50.0%) |
| 175 | SZYMANEK Aleksandra | 3073 | ZWOLEŃNICY BIEGANIA | K20 | 34 | 02:23:50.25 | +01:11:56 (50.0%) | 13:04 | 4.6 (50.0%) |
| 176 | MATYSIAK Karolina | 3040 | ZWOLEŃNICY BIEGANIA | K30 | 68 | 02:23:50.65 | +01:11:57 (50.0%) | 13:04 | 4.6 (50.0%) |
| 177 | KOGUT Katarzyna | 3128 | SII RUNNING TEAM | K30 | 69 | 02:24:02.15 | +01:12:08 (50.1%) | 13:05 | 4.6 (50.0%) |
| 178 | SOKOŁOWSKA Agnieszka | 3155 | | K20 | 35 | 02:24:03.55 | +01:12:10 (50.1%) | 13:05 | 4.6 (50.0%) |
| 179 | ZALAS Anna | 3510 | | K30 | 70 | 02:24:09.65 | +01:12:16 (50.1%) | 13:06 | 4.6 (50.0%) |
| 180 | MICHALIK Wiktoria | 3322 | SŁOŃCA JURY | K20 | 36 | 02:24:09.95 | +01:12:16 (50.1%) | 13:06 | 4.6 (50.0%) |
| 181 | CICHOŃ Aleksandra | 3114 | DECATHLON RUMIA | K20 | 37 | 02:24:26.60 | +01:12:33 (50.2%) | 13:07 | 4.6 (50.0%) |
| 182 | NAZIMEK Małgorzata | 3502 | BLACK RIVER | K20 | 38 | 02:24:43.60 | +01:12:50 (50.3%) | 13:09 | 4.6 (50.0%) |
| 183 | SOCHACKA Katarzyna | 3592 | | K20 | 39 | 02:25:14.25 | +01:13:20 (50.5%) | 13:12 | 4.5 (48.9%) |
| 184 | GASIŃSKA Oliwia | 3478 | SŁOŃCA JURY | K40 | 59 | 02:25:24.55 | +01:13:31 (50.6%) | 13:13 | 4.5 (48.9%) |
| 185 | WILOWSKI Jowita | 3587 | | K30 | 71 | 02:25:33.25 | +01:13:39 (50.6%) | 13:13 | 4.5 (48.9%) |
| 186 | GASIŃSKA Agnieszka | 3571 | SŁOŃCA JURY | K40 | 60 | 02:25:37.25 | +01:13:43 (50.6%) | 13:14 | 4.5 (48.9%) |
| 187 | OBIÓRKO Małgorzata | 3400 | | K60 | 5 | 02:25:49.25 | +01:13:55 (50.7%) | 13:15 | 4.5 (48.9%) |
| 188 | KĘDZIORA Alicja | 3189 | GSK FIT PIORUNY | K30 | 72 | 02:26:27.55 | +01:14:34 (50.9%) | 13:18 | 4.5 (48.9%) |
| 189 | KOZIOŁ Joanna | 3195 | | K30 | 73 | 02:26:29.05 | +01:14:35 (50.9%) | 13:19 | 4.5 (48.9%) |
| 190 | KANIEWSKA Justyna | 3385 | DZIKI DZIK TEAM | K20 | 40 | 02:26:31.85 | +01:14:38 (50.9%) | 13:19 | 4.5 (48.9%) |
| 191 | STĘPIŃSKA Natalia | 3412 | DZIKI DZIK TEAM | K20 | 41 | 02:26:33.35 | +01:14:39 (50.9%) | 13:19 | 4.5 (48.9%) |
| 192 | SZKAMRUK Alicja | 3553 | EXTREMALNE OTK NA RELAKSIE | K30 | 74 | 02:26:37.50 | +01:14:44 (51.0%) | 13:19 | 4.5 (48.9%) |
| 193 | PĘKAŁSKA Anna | 3539 | | K50 | 13 | 02:26:47.00 | +01:14:53 (51.0%) | 13:20 | 4.5 (48.9%) |
| 194 | ŚWIĘTOCHOWSKA Magdalena | 3213 | | K30 | 75 | 02:27:07.45 | +01:15:14 (51.1%) | 13:22 | 4.5 (48.9%) |
| 195 | PIENIAŻEK Agnieszka | 3205 | | K40 | 61 | 02:27:09.60 | +01:15:16 (51.1%) | 13:22 | 4.5 (48.9%) |
| 196 | WASZAK Celina | 3163 | | K30 | 76 | 02:27:26.90 | +01:15:33 (51.2%) | 13:24 | 4.5 (48.9%) |
| 197 | ŚWIERAD Małgorzata | 3160 | | K30 | 77 | 02:27:42.60 | +01:15:49 (51.3%) | 13:25 | 4.5 (48.9%) |
| 198 | URBANOWICZ Agnieszka | 3162 | | K40 | 62 | 02:28:03.85 | +01:16:10 (51.4%) | 13:27 | 4.5 (48.9%) |
| 199 | KORZENIOWSKA Justyna | 3578 | RK ATHLETICS | K40 | 63 | 02:29:21.45 | +01:17:28 (51.9%) | 13:34 | 4.4 (47.8%) |
| 200 | KOJRUK Emilia | 3389 | | K20 | 42 | 02:29:29.70 | +01:17:36 (51.9%) | 13:35 | 4.4 (47.8%) |
| 201 | SZKAMRUK Alicja | 3666 | EXTREMALNE OTK NA RELAKSIE | K30 | 78 | 02:29:44.10 | +01:17:50 (52.0%) | 13:36 | 4.4 (47.8%) |
| 202 | DASZCZYŃSKA Iwona | 3368 | ADASKO TEAM | K40 | 64 | 02:29:52.75 | +01:17:59 (52.0%) | 13:37 | 4.4 (47.8%) |
| 203 | SKRZYCKA-GOŁĘBIEWSKA Ewa | 3065 | | K40 | 65 | 02:31:27.50 | +01:19:34 (52.5%) | 13:46 | 4.4 (47.8%) |
| 204 | PAWĘZOWSKA Anna | 3055 | BĘDZIN TEAM | K40 | 66 | 02:31:27.85 | +01:19:34 (52.5%) | 13:46 | 4.4 (47.8%) |
| 205 | KOCLĘGA Justyna | 3593 | GIT EKIPA! | K30 | 79 | 02:32:34.15 | +01:20:40 (52.9%) | 13:52 | 4.3 (46.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|---------------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | netto 11km | Różn | | |
| 206 | KLARECKA Joanna | 3387 | ASTMA TEAM | K40 | 67 | 02:33:55.95 | +01:22:02 (53.3%) | 13:59 | 4.3 (46.7%) |
| 207 | ADAMCZEWSKA Anna | 3168 | | K40 | 68 | 02:34:39.50 | +01:22:46 (53.5%) | 14:03 | 4.3 (46.7%) |
| 208 | ADAMCZEWSKA Agnieszka | 3169 | | K40 | 69 | 02:34:39.70 | +01:22:46 (53.5%) | 14:03 | 4.3 (46.7%) |
| 209 | TESCHE Basia | 3082 | GORĄCE PĄCZKI | K30 | 80 | 02:35:01.05 | +01:23:07 (53.6%) | 14:05 | 4.3 (46.7%) |
| 210 | WĄSIK Natalia | 3089 | | K30 | 81 | 02:35:04.05 | +01:23:10 (53.6%) | 14:05 | 4.3 (46.7%) |
| 211 | PAWŁOWSKA Danuta | 3329 | WKURW_TEAM | K40 | 70 | 02:36:22.60 | +01:24:29 (54.0%) | 14:12 | 4.2 (45.7%) |
| 212 | OLĘDZKA-KULIK Monika | 3180 | | K40 | 71 | 02:38:33.00 | +01:26:39 (54.7%) | 14:24 | 4.2 (45.7%) |
| 213 | CICHOCKA Renata | 3112 | | K40 | 72 | 02:40:13.75 | +01:28:20 (55.1%) | 14:33 | 4.1 (44.6%) |
| 214 | WOJCIECHOWICZ-BRATKO Aldona | 3356 | 60+ | K60 | 6 | 02:41:33.10 | +01:29:39 (55.5%) | 14:41 | 4.1 (44.6%) |
| 215 | KRYSIEWICZ Aleksandra | 3224 | | K30 | 82 | 02:41:53.05 | +01:29:59 (55.6%) | 14:43 | 4.1 (44.6%) |
| 216 | SIERECKA Dorota | 3273 | TEAM ZABIEGANEDNI // WKURW_TEAM | K40 | 73 | 02:42:28.75 | +01:30:35 (55.8%) | 14:46 | 4.1 (44.6%) |
| 217 | HERMAN Joanna | 3586 | | K20 | 43 | 02:43:57.30 | +01:32:03 (56.2%) | 14:54 | 4 (43.5%) |
| 218 | HERMAN Agata | 3668 | | K20 | 44 | 02:43:58.10 | +01:32:04 (56.2%) | 14:54 | 4 (43.5%) |
| 219 | HERMAN Agnieszka | 3590 | | K40 | 74 | 02:44:01.20 | +01:32:07 (56.2%) | 14:54 | 4 (43.5%) |
| 220 | NIENADOWSKA Beata | 3228 | ELBLĄG | K50 | 14 | 02:45:21.60 | +01:33:28 (56.5%) | 15:01 | 4 (43.5%) |
| 221 | MROCZEK Kinga | 3259 | | K40 | 75 | 02:47:42.90 | +01:35:49 (57.1%) | 15:14 | 3.9 (42.4%) |
| 222 | GAJEWSKA Klaudia | 3012 | | K20 | 45 | 02:48:33.30 | +01:36:39 (57.3%) | 15:19 | 3.9 (42.4%) |
| 223 | KACZOROWSKA Anna | 3023 | SLOW JOGGING SIEDLCE | K50 | 15 | 02:49:14.70 | +01:37:21 (57.5%) | 15:23 | 3.9 (42.4%) |
| 224 | STASIAK Sylwia | 3069 | | K50 | 16 | 02:49:14.90 | +01:37:21 (57.5%) | 15:23 | 3.9 (42.4%) |
| 225 | JANICKA Katarzyna | 3497 | | K30 | 83 | 02:49:38.40 | +01:37:44 (57.6%) | 15:25 | 3.9 (42.4%) |
| 226 | LENARCZYK Klaudia | 3316 | | K30 | 84 | 02:49:47.40 | +01:37:53 (57.7%) | 15:26 | 3.9 (42.4%) |
| 227 | SZEWCZYK Anna | 3457 | | K40 | 76 | 02:50:32.05 | +01:38:38 (57.8%) | 15:30 | 3.9 (42.4%) |
| 228 | PUCUŁA Ewa | 3147 | | K50 | 17 | 02:51:17.95 | +01:39:24 (58.0%) | 15:34 | 3.9 (42.4%) |
| 229 | ŁYSEK Olga | 3037 | NIE LAM SIĘ | K30 | 85 | 02:51:50.00 | +01:39:56 (58.2%) | 15:37 | 3.8 (41.3%) |
| 230 | MAŚLANA Maja | 3199 | | K20 | 46 | 02:53:42.75 | +01:41:49 (58.6%) | 15:47 | 3.8 (41.3%) |
| 231 | SZCZEPAŃSKA Natalia | 3211 | | K20 | 47 | 02:53:43.45 | +01:41:50 (58.6%) | 15:47 | 3.8 (41.3%) |
| 232 | RYBCZYŃSKA Anna | 3545 | SARNI TĘTENT | K30 | 86 | 02:57:58.75 | +01:46:05 (59.6%) | 16:10 | 3.7 (40.2%) |
| 233 | MAŚLANA Monika | 3198 | | K40 | 77 | 02:58:10.65 | +01:46:17 (59.7%) | 16:11 | 3.7 (40.2%) |
| 234 | STACHURA Anna | 3437 | MIMI | K30 | 87 | 02:58:47.85 | +01:46:54 (59.8%) | 16:15 | 3.7 (40.2%) |
| 235 | ŻARNOWSKA Sylwia | 3283 | SAMI SWOI | K40 | 78 | 02:59:06.85 | +01:47:13 (59.9%) | 16:16 | 3.7 (40.2%) |
| 236 | SENDERECKA Dorota | 3599 | | K40 | 79 | 03:02:42.60 | +01:50:49 (60.7%) | 16:36 | 3.6 (39.1%) |
| 237 | WÓJCIK Gabriela | 3098 | | K30 | 88 | 03:04:10.60 | +01:52:17 (61.0%) | 16:44 | 3.6 (39.1%) |
| 238 | KOSTECKA Karolina | 3133 | KMKRUN | K20 | 48 | 03:06:59.65 | +01:55:06 (61.6%) | 16:59 | 3.5 (38.0%) |
| 239 | KOSTECKA Magdalena | 3132 | KMKRUN | K40 | 80 | 03:07:02.90 | +01:55:09 (61.6%) | 17:00 | 3.5 (38.0%) |
| 240 | TOMKIEWICZ Edyta | 3214 | | K40 | 81 | 03:09:39.60 | +01:57:46 (62.1%) | 17:14 | 3.5 (38.0%) |
| 241 | WASILEWSKA Marta | 3556 | REZERWOWE PSY | K20 | 49 | 03:11:17.30 | +01:59:23 (62.4%) | 17:23 | 3.5 (38.0%) |
| 242 | WASILEWSKA Justyna | 3550 | | K40 | 82 | 03:11:17.45 | +01:59:24 (62.4%) | 17:23 | 3.5 (38.0%) |
| 243 | SPANIER Elżbieta | 3525 | | K50 | 18 | 03:14:10.05 | +02:02:16 (63.0%) | 17:39 | 3.4 (37.0%) |
| 244 | SZCZĘSNA Anna | 3156 | | K30 | 89 | 03:17:53.95 | +02:06:00 (63.7%) | 17:59 | 3.3 (35.9%) |
| 245 | KLIMEK Sonia | 3482 | | K20 | 50 | 03:21:25.45 | +02:09:32 (64.3%) | 18:18 | 3.3 (35.9%) |
| 246 | MICHALIK Agnieszka | 3321 | SŁOŃCA JURY | K40 | 83 | 03:21:31.30 | +02:09:37 (64.3%) | 18:19 | 3.3 (35.9%) |
| 247 | WALASEK Justyna | 3508 | STOWARZYSZENIE SPORTOWE "SŁOŃCA JURY" | K30 | 90 | 03:21:31.85 | +02:09:38 (64.3%) | 18:19 | 3.3 (35.9%) |
| 248 | MIECZNIKOWSKA Olga | 3397 | | K20 | 51 | 03:22:49.40 | +02:10:55 (64.6%) | 18:26 | 3.3 (35.9%) |
| 249 | MITURA Hanna | 3534 | | K60 | 7 | 03:22:50.90 | +02:10:57 (64.6%) | 18:26 | 3.3 (35.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|----------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 250 | RADYK Anna | 3336 | PRZEMYSKI KLUB BIEGACZA | K20 | 52 | 03:23:11.00 | +02:11:17 (64.6%) | 18:28 | 3.2 (34.8%) |
| 251 | RADYK Joanna | 3335 | PRZEMYSKI KLUB BIEGACZA | K30 | 91 | 03:23:12.30 | +02:11:18 (64.6%) | 18:28 | 3.2 (34.8%) |
| 252 | SZKAMRUK Bogusława | 3552 | EXTREMALNE OTK NA RELAKSIE | K60 | 8 | 03:28:39.65 | +02:16:46 (65.5%) | 18:58 | 3.2 (34.8%) |
| 253 | MAJER Magda | 3197 | S AR CA SM | K30 | 92 | 03:30:29.80 | +02:18:36 (65.8%) | 19:08 | 3.1 (33.7%) |
| 254 | SMIT Katarzyna | 3516 | MORSY KANZAS | K30 | 93 | 03:41:31.05 | +02:29:37 (67.5%) | 20:08 | 3 (32.6%) |
| 255 | PASIŃSKA Anna | 3327 | FABRYKA DZIKA | K40 | 84 | 03:41:56.15 | +02:30:02 (67.6%) | 20:10 | 3 (32.6%) |
| 256 | PIECHOWSKA Magda | 3330 | FABRYKA DZIKA | K30 | 94 | 03:41:56.70 | +02:30:03 (67.6%) | 20:10 | 3 (32.6%) |
| 257 | FOLTA Paulina | 3009 | BRZOZÓW BIEGA | K30 | 95 | 03:43:11.60 | +02:31:18 (67.8%) | 20:17 | 3 (32.6%) |
| 258 | ŻYŁKA-PATRYLAK Patrycja | 3108 | GRUPA BIEGOWA ZARSZYN | K20 | 53 | 03:43:12.30 | +02:31:18 (67.8%) | 20:17 | 3 (32.6%) |
| 259 | LENARD Aneta | 3393 | | K40 | 85 | 03:44:24.30 | +02:32:30 (68.0%) | 20:24 | 2.9 (31.5%) |
| 260 | ŁUKASIAK Dorota | 3396 | | K40 | 86 | 03:44:26.05 | +02:32:32 (68.0%) | 20:24 | 2.9 (31.5%) |
| 261 | SOWA Renata | 3345 | DRUŻYNA PIERŚCIENIA | K40 | 87 | 03:45:45.55 | +02:33:52 (68.2%) | 20:31 | 2.9 (31.5%) |
| 262 | TESCHE Zosia | 3083 | GORĄCE PĄCZKI | K30 | 96 | 03:51:17.15 | +02:39:23 (68.9%) | 21:01 | 2.9 (31.5%) |
| 263 | TESCHE Agata | 3080 | | K30 | 97 | 03:51:46.45 | +02:39:53 (69.0%) | 21:04 | 2.8 (30.4%) |
| 264 | STELMACH Małgorzata | 3452 | LEŻACZE ŁĄKOWI | K50 | 19 | 03:59:48.45 | +02:47:55 (70.0%) | 21:48 | 2.8 (30.4%) |
| 265 | PERLAK Ewa | 3531 | | K20 | 54 | 04:19:23.00 | +03:07:29 (72.3%) | 23:34 | 2.5 (27.2%) |
| 266 | GÓRSKA Romana | 3535 | | K30 | 98 | 04:19:23.70 | +03:07:30 (72.3%) | 23:34 | 2.5 (27.2%) |
| 267 | GROBORZ Malwina | 3016 | LECYMY DURŚ | K30 | 99 | 04:26:18.20 | +03:14:24 (73.0%) | 24:12 | 2.5 (27.2%) |
| 268 | MAZIUK-TYDA Małgorzata | 3227 | | K50 | 20 | 04:47:17.15 | +03:35:23 (75.0%) | 26:07 | 2.3 (25.0%) |
| | BARTOŃ Ewa | 3499 | | K30 | | DNF | | - | - (0.0%) |
| | MIKSZA Aneta | 3045 | CROSSFITTER BOX CHEŁM | K40 | | DNF | | - | - (0.0%) |

Znaleziono 270 wynik(ów)