



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: Polska Federacja Nordic Walking
Data: 2018-09-08
Miejsce: Hajnówka
Dystans: 5 km



Klasyfikacja: Kobiety

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|--------------------------------|-----------|------|--------------|--------------------|------------------|--------------|-------------|
| 1 | KRAJEWSKA Hanna | 248 | MARSZ PO ZDROWIE POZNAŃ | K-Junior | 1 | | 00:33:38.72 | | 6:43 | 8.9 (100%) |
| 2 | ŁUKASZEWICZ Joanna | 288 | GREEN TEAM ZIELONA GÓRA | K45-49 | 1 | | 00:34:12.08 | +00:00:33 (1.6%) | 6:50 | 8.8 (98.9%) |
| 3 | OKRZESIK-FRĄCKOWIAK Izabela | 336 | KS METRACO POLKOWICE | K50-54 | 1 | | 00:34:25.23 | +00:00:46 (2.3%) | 6:53 | 8.7 (97.8%) |
| 4 | USS Jola | 707 | NOWI SIEDLCE/NW WSCHÓD | K55-59 | 1 | | 00:34:33.80 | +00:00:55 (2.7%) | 6:54 | 8.7 (97.8%) |
| 5 | JÓŹWIAK Marianna | 177 | SERCE NORDICA WŁOCŁAWEK | K45-49 | 2 | | 00:34:44.79 | +00:01:06 (3.2%) | 6:57 | 8.6 (96.6%) |
| 6 | SULIKOWSKA Agnieszka | 453 | PASJA NORDIC WALKING | K30-39 | 1 | | 00:34:49.79 | +00:01:11 (3.4%) | 6:58 | 8.6 (96.6%) |
| 7 | REJMENTOWSKA Sylwia | 388 | PASJA NORDIC WALKING | K40-44 | 1 | | 00:34:53.37 | +00:01:14 (3.6%) | 6:58 | 8.6 (96.6%) |
| 8 | KORYTOWSKA Agnieszka | 232 | | K30-39 | 2 | | 00:34:57.19 | +00:01:18 (3.7%) | 6:59 | 8.6 (96.6%) |
| 9 | DUSIEL Ewa | 92 | VIKING NORDIC TEAM CZĘSTOCHOWA | K50-54 | 2 | | 00:34:58.50 | +00:01:19 (3.8%) | 6:59 | 8.6 (96.6%) |
| 10 | MANDZIUK Magdalena | 295 | NOWI SIEDLCE/NW WSCHÓD | K-Junior | 2 | | 00:35:00.18 | +00:01:21 (3.9%) | 7:00 | 8.6 (96.6%) |
| 11 | MARCINKOWSKA Agnieszka | 297 | UNIA MIAST | K-Junior | 3 | | 00:35:01.12 | +00:01:22 (3.9%) | 7:00 | 8.6 (96.6%) |
| 12 | STOLARSKA Joanna | 446 | VIKING NORDIC TEAM CZĘSTOCHOWA | K-Junior | 4 | | 00:35:05.93 | +00:01:27 (4.1%) | 7:01 | 8.5 (95.5%) |
| 13 | SZYMANOWSKA Anna | 474 | ELIT TEAMLĘBORK | K55-59 | 2 | | 00:35:07.51 | +00:01:28 (4.2%) | 7:01 | 8.5 (95.5%) |
| 14 | IDKOWIAK Magdalena | 158 | KS IDMAR RACING TEAM | K40-44 | 2 | | 00:35:11.37 | +00:01:32 (4.4%) | 7:02 | 8.5 (95.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|--------------------------------|-----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 15 | PUSZKARSKA Małgorzata | 378 | | K40-44 | 3 | | 00:35:17.47 | +00:01:38 (4.7%) | 7:03 | 8.5 (95.5%) |
| 16 | ROMAŃCZUK Agnieszka | 393 | NOWI SIEDLCE/NW WSCHÓD | K45-49 | 3 | | 00:35:59.74 | +00:02:21 (6.5%) | 7:12 | 8.3 (93.3%) |
| 17 | GODZIŃSKA Dorota | 127 | BAŻANT NWTEAM | K30-39 | 3 | | 00:36:03.20 | +00:02:24 (6.7%) | 7:12 | 8.3 (93.3%) |
| 18 | PREKURAT Marzena | 368 | NOWI SIEDLCE/NW WSCHÓD | K50-54 | 3 | | 00:36:04.42 | +00:02:25 (6.7%) | 7:12 | 8.3 (93.3%) |
| 19 | GAPIŃSKA Janina | 108 | WESOŁY BORSUK TEAM | K60-64 | 1 | | 00:36:05.79 | +00:02:27 (6.8%) | 7:13 | 8.3 (93.3%) |
| 20 | WILD Ewa | 730 | | K40-44 | 4 | | 00:36:10.87 | +00:02:32 (7.0%) | 7:14 | 8.3 (93.3%) |
| 21 | BONDAR Inna | 42 | | K55-59 | 3 | | 00:36:13.30 | +00:02:34 (7.1%) | 7:14 | 8.3 (93.3%) |
| 22 | DAWIDZIUK Ewa | 78 | | K30-39 | 4 | | 00:36:31.15 | +00:02:52 (7.9%) | 7:18 | 8.2 (92.1%) |
| 23 | WIERZCHOSŁAWSKA Agnieszka | 725 | | K18-29 | 1 | | 00:36:32.67 | +00:02:53 (7.9%) | 7:18 | 8.2 (92.1%) |
| 24 | KOLARSKA Agnieszka | 219 | VIKING NORDIC TEAM CZĘSTOCHOWA | K30-39 | 5 | | 00:36:34.89 | +00:02:56 (8.0%) | 7:19 | 8.2 (92.1%) |
| 25 | DOLBAK Maryna | 83 | NORDIC BREST | K45-49 | 4 | | 00:36:36.73 | +00:02:58 (8.1%) | 7:19 | 8.2 (92.1%) |
| 26 | PIETRUSEWICZ Joanna | 354 | | K40-44 | 5 | | 00:36:39.94 | +00:03:01 (8.2%) | 7:20 | 8.2 (92.1%) |
| 27 | RUSIŃSKA Edyta | 400 | AVOCADO WELLNESS CLUB | K45-49 | 5 | | 00:36:50.23 | +00:03:11 (8.7%) | 7:22 | 8.1 (91.0%) |
| 28 | TOPOREK Aleksandra | 498 | NWPL/LUKI TEAM | K- Niepełnosprawni(B) | 1 | | 00:36:51.76 | +00:03:13 (8.7%) | 7:22 | 8.1 (91.0%) |
| 29 | MUSIATOWICZ Aleksandra | 319 | | K45-49 | 6 | | 00:36:54.08 | +00:03:15 (8.8%) | 7:22 | 8.1 (91.0%) |
| 30 | MALINOWSKA Monika | 292 | LKS ZANTYR SZTUM | K30-39 | 6 | | 00:36:58.33 | +00:03:19 (9.0%) | 7:23 | 8.1 (91.0%) |
| 31 | MAZURCZAK Grażyna | 304 | NOWI SIEDLCE/NW WSCHÓD | K45-49 | 7 | | 00:36:59.28 | +00:03:20 (9.0%) | 7:23 | 8.1 (91.0%) |
| 32 | SULECKA Gabriela | 452 | | K- Niepełnosprawni(A) | 1 | | 00:37:00.85 | +00:03:22 (9.1%) | 7:24 | 8.1 (91.0%) |
| 33 | PRYCZYNICZ Róża | 370 | POWIAT HAJNÓWKA | K-Junior | 5 | | 00:37:06.40 | +00:03:27 (9.3%) | 7:25 | 8.1 (91.0%) |
| 34 | GRYGOROWICZ Teresa | 143 | KS METRACO POLKOWICE | K65-69 | 1 | | 00:37:06.71 | +00:03:27 (9.3%) | 7:25 | 8.1 (91.0%) |
| 35 | RĘDZINIAK Marzena | 389 | KLUBSPORTU.PL | K30-39 | 7 | | 00:37:32.07 | +00:03:53 (10.4%) | 7:30 | 8 (89.9%) |
| 36 | KUPIBIDA Bogusława | 263 | SILESIA NORDIC TEAM | K55-59 | 4 | | 00:37:32.70 | +00:03:53 (10.4%) | 7:30 | 8 (89.9%) |
| 37 | JEDYNAK Kasia | 173 | PASJA NORDIC WALKING | K-Dzieci | 1 | | 00:37:33.32 | +00:03:54 (10.4%) | 7:30 | 8 (89.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|--------------------------------|----------------------|------|--------------|----------------|-------------------|--------------|-------------|
| 38 | NIKITIUK Anna | 328 | POWIAT HAJNÓWKA | K30-39 | 8 | | 00:37:34.69 | +00:03:55 (10.5%) | 7:30 | 8 (89.9%) |
| 39 | ŻUKOWICZ Anna | 772 | KLUBSPORTU.PL | K-Dzieci | 2 | | 00:37:36.49 | +00:03:57 (10.5%) | 7:31 | 8 (89.9%) |
| 40 | SZOSTAK Wiola | 464 | STEP BY STEP NW TEAM | K30-39 | 9 | | 00:37:40.14 | +00:04:01 (10.7%) | 7:32 | 8 (89.9%) |
| 41 | WOŁK Beata | 743 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | K40-44 | 6 | | 00:37:48.38 | +00:04:09 (11.0%) | 7:33 | 7.9 (88.8%) |
| 42 | DANA Kazimiera | 74 | KLUB NW PATYCZAKI - GRUDZIĄDZ | K65-69 | 2 | | 00:37:51.39 | +00:04:12 (11.1%) | 7:34 | 7.9 (88.8%) |
| 43 | MACZKOWSKA Zofia | 290 | LKS ZANTYR SZTUM | K-Junior | 6 | | 00:37:58.19 | +00:04:19 (11.4%) | 7:35 | 7.9 (88.8%) |
| 44 | DZIEDZIK Patrycja | 98 | | K18-29 | 2 | | 00:38:04.26 | +00:04:25 (11.6%) | 7:36 | 7.9 (88.8%) |
| 45 | SZENDZIELORZ Ilona | 458 | STADION ŚLĄSKI | K60-64 | 2 | | 00:38:04.61 | +00:04:25 (11.6%) | 7:36 | 7.9 (88.8%) |
| 46 | MOLENDĄ Magdalena | 312 | KS IDMAR RACING TEAM | K30-39 | 10 | | 00:38:06.65 | +00:04:27 (11.7%) | 7:37 | 7.9 (88.8%) |
| 47 | WOJTALA Małgorzata | 741 | KLUBSPORTU.PL | K45-49 | 8 | | 00:38:18.76 | +00:04:40 (12.2%) | 7:39 | 7.8 (87.6%) |
| 48 | ZHALKOUSKAYA Yuliya | 762 | | K30-39 | 11 | | 00:38:25.70 | +00:04:46 (12.4%) | 7:41 | 7.8 (87.6%) |
| 49 | BORKOWSKA Małgorzata | 44 | NOWI SIEDLCE/NW WSCHÓD | K45-49 | 9 | | 00:38:29.36 | +00:04:50 (12.6%) | 7:41 | 7.8 (87.6%) |
| 50 | KOZŁOWSKA Maja | 245 | | K-Dzieci | 3 | | 00:38:32.98 | +00:04:54 (12.7%) | 7:42 | 7.8 (87.6%) |
| 51 | GODZIŃSKA Paulina | 126 | BAŻANT NWTEAM | K-Dzieci | 4 | | 00:38:36.35 | +00:04:57 (12.8%) | 7:43 | 7.8 (87.6%) |
| 52 | IWANIUK Julia | 160 | | K-Junior | 7 | | 00:38:43.10 | +00:05:04 (13.1%) | 7:44 | 7.7 (86.5%) |
| 53 | JURCZYŃSKA Bożena | 186 | VIKING NORDIC TEAM CZĘSTOCHOWA | K55-59 | 5 | | 00:38:44.76 | +00:05:06 (13.2%) | 7:45 | 7.7 (86.5%) |
| 54 | JAKOWIECKA Karolina | 167 | PASJA NORDIC WALKING | K40-44 | 7 | | 00:38:59.77 | +00:05:21 (13.7%) | 7:47 | 7.7 (86.5%) |
| 55 | BUJNICKA Magdalena | 59 | NORDIC WALKING PASŁĘK | K-Dzieci | 5 | | 00:39:08.18 | +00:05:29 (14.0%) | 7:49 | 7.7 (86.5%) |
| 56 | DZIAKIEWICZ Iwona | 97 | | K50-54 | 4 | | 00:39:10.10 | +00:05:31 (14.1%) | 7:50 | 7.7 (86.5%) |
| 57 | GÓRECKA Iwona | 132 | UNIA MIAST | K50-54 | 5 | | 00:39:11.12 | +00:05:32 (14.1%) | 7:50 | 7.7 (86.5%) |
| 58 | HANUS Joanna | 151 | KS METRACO POLKOWICE | K-Niepełnosprawni(B) | 2 | | 00:39:17.07 | +00:05:38 (14.4%) | 7:51 | 7.6 (85.4%) |
| 59 | KAZBIERUK Julia | 199 | | K18-29 | 3 | | 00:39:24.52 | +00:05:45 (14.6%) | 7:52 | 7.6 (85.4%) |
| 60 | KWAŚNA Małgorzata | 269 | CHODZĘ Z SERCEM | K50-54 | 6 | | 00:39:28.35 | +00:05:49 (14.8%) | 7:53 | 7.6 (85.4%) |

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|-----|------------------------------|------------|---|----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 61 | ANGIELCZYK Małgorzata | 21 | MARSZ PO ZDROWIE POZNAŃ | K65-69 | 3 | | 00:39:32.66 | +00:05:53 (14.9%) | 7:54 | 7.6 (85.4%) |
| 62 | HISZPAŃSKA Katarzyna | 153 | VIKING NORDIC TEAM CZĘSTOCHOWA | K18-29 | 4 | | 00:39:35.23 | +00:05:56 (15.0%) | 7:55 | 7.6 (85.4%) |
| 63 | PIWOWARCZYK Elżbieta | 359 | | K50-54 | 7 | | 00:39:52.97 | +00:06:14 (15.6%) | 7:58 | 7.5 (84.3%) |
| 64 | WYCISŁO Agata | 753 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | K-Niepełnosprawni(B) | 3 | | 00:39:56.63 | +00:06:17 (15.8%) | 7:59 | 7.5 (84.3%) |
| 65 | SZYMAŃSKA Lucyna | 476 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH | K-Niepełnosprawni(A) | 2 | | 00:40:01.78 | +00:06:23 (15.9%) | 8:00 | 7.5 (84.3%) |
| 66 | TOMCZAK Klaudia | 493 | MONTE BIANCO | K30-39 | 12 | | 00:40:01.82 | +00:06:23 (16.0%) | 8:00 | 7.5 (84.3%) |
| 67 | BAL Agnieszka | 25 | KABEX PODKOWA JANÓW | K30-39 | 13 | | 00:40:04.13 | +00:06:25 (16.0%) | 8:00 | 7.5 (84.3%) |
| 68 | SACHARUK Anna | 408 | POWIAT HAJNÓWKA | K-Junior | 8 | | 00:40:06.74 | +00:06:28 (16.1%) | 8:01 | 7.5 (84.3%) |
| 69 | PIPIRO Grażyna | 792 | UNIA MIAST | K60-64 | 3 | | 00:40:07.24 | +00:06:28 (16.1%) | 8:01 | 7.5 (84.3%) |
| 70 | ZIELIŃSKA Violetta | 763 | | K45-49 | 10 | | 00:40:13.34 | +00:06:34 (16.4%) | 8:02 | 7.5 (84.3%) |
| 71 | NIEPOGODA Gabriela | 326 | POWIAT HAJNÓWKA | K-Junior | 9 | | 00:40:16.15 | +00:06:37 (16.4%) | 8:03 | 7.5 (84.3%) |
| 72 | DANILUK Natalia | 75 | POWIAT HAJNÓWKA | K-Junior | 10 | | 00:40:16.20 | +00:06:37 (16.5%) | 8:03 | 7.5 (84.3%) |
| 73 | SZNAJDER Teresa | 461 | UNIA MIAST | K60-64 | 4 | | 00:40:17.44 | +00:06:38 (16.5%) | 8:03 | 7.4 (83.1%) |
| 74 | WALESZKO Anna | 713 | | K45-49 | 11 | | 00:40:19.65 | +00:06:40 (16.6%) | 8:03 | 7.4 (83.1%) |
| 75 | PYKA Aleksandra | 380 | UNIA MIAST | K-Dzieci | 6 | | 00:40:20.69 | +00:06:41 (16.6%) | 8:04 | 7.4 (83.1%) |
| 76 | SAMOJLIK Jagna | 416 | | K-Dzieci | 7 | | 00:40:20.95 | +00:06:42 (16.6%) | 8:04 | 7.4 (83.1%) |
| 77 | WYSOCKA Sandra | 755 | | K18-29 | 5 | | 00:40:26.01 | +00:06:47 (16.8%) | 8:05 | 7.4 (83.1%) |
| 78 | ŚLUSARCZYK Karolina | 480 | WESOŁY BORSUK TEAM | K-Junior | 11 | | 00:40:27.23 | +00:06:48 (16.8%) | 8:05 | 7.4 (83.1%) |
| 79 | NIECHWIEJCZYK Kinga | 324 | UNIA MIAST | K-Junior | 12 | | 00:40:29.62 | +00:06:50 (16.9%) | 8:05 | 7.4 (83.1%) |
| 80 | RACZYŃSKA Aleksandra | 382 | UNIA MIAST | K70+ | 1 | | 00:40:31.10 | +00:06:52 (17.0%) | 8:06 | 7.4 (83.1%) |
| 81 | KĘDZIERSKA Barbara | 203 | | K40-44 | 8 | | 00:40:33.05 | +00:06:54 (17.0%) | 8:06 | 7.4 (83.1%) |
| 82 | DAROSZEWSKA Krystyna | 77 | SERCE NORDICA WŁOCLAWEK | K60-64 | 5 | | 00:40:33.75 | +00:06:55 (17.1%) | 8:06 | 7.4 (83.1%) |
| 83 | POLKOWSKA Katarzyna | 363 | NOWI SIEDLCE/NW WSCHÓD | K50-54 | 8 | | 00:40:35.78 | +00:06:57 (17.1%) | 8:07 | 7.4 (83.1%) |

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|-----|-------------------------------|------------|--------------------------------|----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 84 | KREFT Jolanta | 249 | UNIA MIAST | K50-54 | 9 | | 00:40:45.72 | +00:07:07 (17.5%) | 8:09 | 7.4 (83.1%) |
| 85 | WALORYSZAK Barbara | 714 | MORSY RADZYMIN | K60-64 | 6 | | 00:40:48.65 | +00:07:09 (17.6%) | 8:09 | 7.4 (83.1%) |
| 86 | KONDRACIUK Magdalena | 224 | | K30-39 | 14 | | 00:40:50.37 | +00:07:11 (17.6%) | 8:10 | 7.3 (82.0%) |
| 87 | WIKTORZAK Elżbieta | 727 | UNIA MIAST | K55-59 | 6 | | 00:40:51.62 | +00:07:12 (17.7%) | 8:10 | 7.3 (82.0%) |
| 88 | WASZKIEWICZ Julia | 719 | | K-Dzieci | 8 | | 00:40:56.31 | +00:07:17 (17.8%) | 8:11 | 7.3 (82.0%) |
| 89 | ZIELIŃSKA Barbara | 764 | | K60-64 | 7 | | 00:40:57.76 | +00:07:19 (17.9%) | 8:11 | 7.3 (82.0%) |
| 90 | KSIĄŻEK Danuta | 253 | CHODZĘ Z SERCEM | K60-64 | 8 | | 00:41:03.33 | +00:07:24 (18.0%) | 8:12 | 7.3 (82.0%) |
| 91 | STOLARSKA Magdalena | 447 | VIKING NORDIC TEAM CZĘSTOCHOWA | K45-49 | 12 | | 00:41:06.96 | +00:07:28 (18.2%) | 8:13 | 7.3 (82.0%) |
| 92 | CHARKIEWICZ Urszula | 62 | | K18-29 | 6 | | 00:41:08.34 | +00:07:29 (18.2%) | 8:13 | 7.3 (82.0%) |
| 93 | KWIATKOWSKA Jadwiga | 271 | KS METRACO POLKOWICE | K70+ | 2 | | 00:41:11.38 | +00:07:32 (18.3%) | 8:14 | 7.3 (82.0%) |
| 94 | BOŹKO Urszula | 50 | | K-Niepełnosprawni(B) | 4 | | 00:41:12.95 | +00:07:34 (18.4%) | 8:14 | 7.3 (82.0%) |
| 95 | KOZŁOWSKA Elżbieta | 244 | | K40-44 | 9 | | 00:41:24.84 | +00:07:46 (18.8%) | 8:17 | 7.2 (80.9%) |
| 96 | CYBUL Ewa | 68 | CHODZĘ Z SERCEM | K55-59 | 7 | | 00:41:27.71 | +00:07:48 (18.9%) | 8:17 | 7.2 (80.9%) |
| 97 | SIŁUSZYK Elżbieta | 426 | CHODZĘ Z SERCEM | K30-39 | 15 | | 00:41:28.53 | +00:07:49 (18.9%) | 8:17 | 7.2 (80.9%) |
| 98 | MICHALAK Elżbieta | 305 | NW CHODZĘ Z SERCEM - NW WSCHÓD | K55-59 | 8 | | 00:41:28.82 | +00:07:50 (18.9%) | 8:17 | 7.2 (80.9%) |
| 99 | DUDZICZ Barbara | 90 | | K30-39 | 16 | | 00:41:29.05 | +00:07:50 (18.9%) | 8:17 | 7.2 (80.9%) |
| 100 | HAJDUK Natalia | 150 | HAJDUKI | K-Dzieci | 9 | | 00:41:37.13 | +00:07:58 (19.2%) | 8:19 | 7.2 (80.9%) |
| 101 | BARGIEŁ Joanna | 26 | AZS SUM | K18-29 | 7 | | 00:41:37.98 | +00:07:59 (19.2%) | 8:19 | 7.2 (80.9%) |
| 102 | LESIUK Mirosława | 275 | AKTYWNI Z PASJĄ | K60-64 | 9 | | 00:41:38.91 | +00:08:00 (19.2%) | 8:19 | 7.2 (80.9%) |
| 103 | ŚWIĆ Agnieszka | 482 | POWIAT HAJNÓWKA | K-Junior | 13 | | 00:41:39.19 | +00:08:00 (19.2%) | 8:20 | 7.2 (80.9%) |
| 104 | KUZICH Volha | 267 | | K18-29 | 8 | | 00:41:45.07 | +00:08:06 (19.4%) | 8:21 | 7.2 (80.9%) |
| 105 | RAJEWSKA Beata | 386 | | K40-44 | 10 | | 00:41:46.24 | +00:08:07 (19.5%) | 8:21 | 7.2 (80.9%) |
| 106 | GARDZIELEWSKA Elżbieta | 111 | KLUB NW PATYCZAKI - GRUDZIĄDZ | K60-64 | 10 | | 00:41:48.34 | +00:08:09 (19.5%) | 8:21 | 7.2 (80.9%) |

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|-----|------------------------------|------------|-------------------------------|----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 107 | LATO Agnieszka | 273 | WĘDRUJĄCE KIJE ŁUKÓW | K45-49 | 13 | | 00:41:49.06 | +00:08:10 (19.5%) | 8:21 | 7.2 (80.9%) |
| 108 | BARTOSZEWICZ Julita | 29 | | K-Dzieci | 10 | | 00:41:54.30 | +00:08:15 (19.7%) | 8:23 | 7.2 (80.9%) |
| 109 | WYSOCKA Martyna | 754 | | K-Dzieci | 11 | | 00:41:58.10 | +00:08:19 (19.8%) | 8:23 | 7.1 (79.8%) |
| 110 | KONDRACIUK Marta | 225 | | K-Dzieci | 12 | | 00:41:58.32 | +00:08:19 (19.8%) | 8:23 | 7.1 (79.8%) |
| 111 | SZWARC Barbara | 473 | | K-Niepełnosprawni(B) | 5 | | 00:42:00.10 | +00:08:21 (19.9%) | 8:24 | 7.1 (79.8%) |
| 112 | SZEMBERSKA Małgorzata | 456 | KLUBSPORTU.PL | K40-44 | 11 | | 00:42:04.02 | +00:08:25 (20.0%) | 8:24 | 7.1 (79.8%) |
| 113 | WOROCH Jolanta | 745 | DOPIEWO | K50-54 | 10 | | 00:42:06.62 | +00:08:27 (20.1%) | 8:25 | 7.1 (79.8%) |
| 114 | KIERDELEWICZ Martyna | 211 | POWIAT HAJNÓWKA | K-Junior | 14 | | 00:42:11.16 | +00:08:32 (20.2%) | 8:26 | 7.1 (79.8%) |
| 115 | SZOSTEK Anna | 465 | NOWI SIEDLCE/NW WSCHÓD | K30-39 | 17 | | 00:42:13.21 | +00:08:34 (20.3%) | 8:26 | 7.1 (79.8%) |
| 116 | KORCZ Marzena | 229 | NAREW | K30-39 | 18 | | 00:42:13.71 | +00:08:34 (20.3%) | 8:26 | 7.1 (79.8%) |
| 117 | ŚLEDŹ Ewa | 479 | AKTYWNI Z PASJĄ | K-Niepełnosprawni(A) | 3 | | 00:42:18.63 | +00:08:39 (20.5%) | 8:27 | 7.1 (79.8%) |
| 118 | RUSINOWICZ Anna | 399 | | K-Dzieci | 13 | | 00:42:23.78 | +00:08:45 (20.6%) | 8:28 | 7.1 (79.8%) |
| 119 | KORZENIOW Aldona | 689 | CHODZĘ Z SERCEM | K50-54 | 11 | | 00:42:30.88 | +00:08:52 (20.9%) | 8:30 | 7.1 (79.8%) |
| 120 | RÓŻYCKA Beata | 396 | CHODZĘ Z SERCEM | K45-49 | 14 | | 00:42:31.45 | +00:08:52 (20.9%) | 8:30 | 7.1 (79.8%) |
| 121 | KOWALCZYK Alicja | 500 | | K70+ | 3 | | 00:42:36.18 | +00:08:57 (21.0%) | 8:31 | 7 (78.7%) |
| 122 | MARCINIUK Katarzyna | 296 | CHODZĘ Z SERCEM | K45-49 | 15 | | 00:42:38.53 | +00:08:59 (21.1%) | 8:31 | 7 (78.7%) |
| 123 | JURCZUK Aleksandra | 182 | POWIAT HAJNÓWKA | K-Junior | 15 | | 00:42:39.45 | +00:09:00 (21.1%) | 8:32 | 7 (78.7%) |
| 124 | NOWAK Danuta | 331 | SANTANDER CONSUMER BANK | K45-49 | 16 | | 00:42:40.98 | +00:09:02 (21.2%) | 8:32 | 7 (78.7%) |
| 125 | OWCZAREK Henryka | 342 | MARSZ PO ZDROWIE POZNAŃ | K70+ | 4 | | 00:42:41.33 | +00:09:02 (21.2%) | 8:32 | 7 (78.7%) |
| 126 | SZCZEŚNIAK Teresa | 455 | KLUB NW PATYCZAKI - GRUDZIĄDZ | K65-69 | 4 | | 00:42:41.51 | +00:09:02 (21.2%) | 8:32 | 7 (78.7%) |
| 127 | SZŁĄZAK Beata | 459 | UNIA MIAST | K45-49 | 17 | | 00:42:42.28 | +00:09:03 (21.2%) | 8:32 | 7 (78.7%) |
| 128 | KIERDELEWICZ Gabriela | 212 | POWIAT HAJNÓWKA | K-Dzieci | 14 | | 00:42:42.70 | +00:09:03 (21.2%) | 8:32 | 7 (78.7%) |
| 129 | ROMANCZUK Barbara | 390 | POWIAT HAJNÓWKA | K40-44 | 12 | | 00:42:47.05 | +00:09:08 (21.4%) | 8:33 | 7 (78.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------------------------|-----------|------|--------------|--------------------|-------------------|--------------|-------------|
| 130 | PACYNA Helena | 344 | KS METRACO POLKOWICE | K65-69 | 5 | | 00:42:47.88 | +00:09:09 (21.4%) | 8:33 | 7 (78.7%) |
| 131 | WIERTEL Natalia | 724 | POWIAT HAJNÓWKA | K18-29 | 9 | | 00:42:47.99 | +00:09:09 (21.4%) | 8:33 | 7 (78.7%) |
| 132 | CIEŚLIŃSKA Wiesława | 67 | AKTYWNI Z PASJĄ | K55-59 | 9 | | 00:42:49.44 | +00:09:10 (21.4%) | 8:34 | 7 (78.7%) |
| 133 | DĘBSKA Marta | 81 | VIKING NORDIC TEAM CZĘSTOCHOWA | K40-44 | 13 | | 00:42:49.66 | +00:09:10 (21.4%) | 8:33 | 7 (78.7%) |
| 134 | LUBOWICKA Nikola | 282 | POWIAT HAJNÓWKA | K-Junior | 16 | | 00:42:50.30 | +00:09:11 (21.5%) | 8:34 | 7 (78.7%) |
| 135 | MAZUR Barbara | 802 | CHODZE Z SERCEM | K65-69 | 6 | | 00:42:51.12 | +00:09:12 (21.5%) | 8:34 | 7 (78.7%) |
| 136 | KIENDYŚ Gabriela | 206 | POWIAT HAJNÓWKA | K-Junior | 17 | | 00:42:51.53 | +00:09:12 (21.5%) | 8:34 | 7 (78.7%) |
| 137 | JURCZUK Eugenia | 181 | POWIAT HAJNÓWKA | K60-64 | 11 | | 00:42:54.14 | +00:09:15 (21.6%) | 8:34 | 7 (78.7%) |
| 138 | KLUJ Jadwiga | 217 | | K60-64 | 12 | | 00:43:06.88 | +00:09:28 (22.0%) | 8:37 | 7 (78.7%) |
| 139 | BARTUSIK-URBAN Jadwiga | 30 | SANTANDER CONSUMER BANK | K45-49 | 18 | | 00:43:08.01 | +00:09:29 (22.0%) | 8:37 | 7 (78.7%) |
| 140 | RZEPKO Anna | 404 | | K30-39 | 19 | | 00:43:11.20 | +00:09:32 (22.1%) | 8:38 | 6.9 (77.5%) |
| 141 | KARANOS Celina | 195 | | K50-54 | 12 | | 00:43:15.92 | +00:09:37 (22.2%) | 8:39 | 6.9 (77.5%) |
| 142 | SADLOS Helena | 409 | LKS ZANTYR SZTUM | K65-69 | 7 | | 00:43:22.99 | +00:09:44 (22.4%) | 8:40 | 6.9 (77.5%) |
| 143 | VALIUSHKA Halina | 708 | | K50-54 | 13 | | 00:43:23.06 | +00:09:44 (22.4%) | 8:40 | 6.9 (77.5%) |
| 144 | GRUSZKA Barbara | 141 | LKS ZANTYR SZTUM | K70+ | 5 | | 00:43:24.30 | +00:09:45 (22.5%) | 8:40 | 6.9 (77.5%) |
| 145 | ZOŃ Agnieszka | 769 | PASJA NORDIC WALKING | K30-39 | 20 | | 00:43:24.35 | +00:09:45 (22.5%) | 8:40 | 6.9 (77.5%) |
| 146 | GUZ Urszula | 148 | | K60-64 | 13 | | 00:43:40.22 | +00:10:01 (23.0%) | 8:44 | 6.9 (77.5%) |
| 147 | KORCZ Marta | 230 | NAREW | K-Dzieci | 15 | | 00:43:42.96 | +00:10:04 (23.0%) | 8:44 | 6.9 (77.5%) |
| 148 | LECYK Jadwiga | 775 | CHODZĘ Z SERCEM | K60-64 | 14 | | 00:43:46.28 | +00:10:07 (23.1%) | 8:45 | 6.9 (77.5%) |
| 149 | SIDORUK Irena | 423 | UTW HAJNÓWKA | K60-64 | 15 | | 00:43:48.43 | +00:10:09 (23.2%) | 8:45 | 6.8 (76.4%) |
| 150 | JANUSZKIEWICZ Wioletta | 170 | POWIAT HAJNÓWKA | K45-49 | 19 | | 00:43:53.03 | +00:10:14 (23.3%) | 8:46 | 6.8 (76.4%) |
| 151 | KOLBUSZ Janina | 221 | KS METRACO POLKOWICE | K65-69 | 8 | | 00:43:58.01 | +00:10:19 (23.5%) | 8:47 | 6.8 (76.4%) |
| 152 | KULA Monika | 257 | CHODZĘ Z SERCEM | K40-44 | 14 | | 00:44:01.72 | +00:10:23 (23.6%) | 8:48 | 6.8 (76.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|--------------------------------|----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 153 | KINDZIUK Ewelina | 213 | | K-Niepełnosprawni(B) | 6 | | 00:44:03.80 | +00:10:25 (23.6%) | 8:48 | 6.8 (76.4%) |
| 154 | SZOKAŁO-JEFIMIUK Bożena | 463 | POWIAT HAJNÓWKA | K40-44 | 15 | | 00:44:05.06 | +00:10:26 (23.7%) | 8:49 | 6.8 (76.4%) |
| 155 | IGNACIUK Julita | 159 | POWIAT HAJNÓWKA | K-Junior | 18 | | 00:44:05.11 | +00:10:26 (23.7%) | 8:49 | 6.8 (76.4%) |
| 156 | ZINCZUK Julia | 767 | HAJNÓWKA | K-Junior | 19 | | 00:44:05.69 | +00:10:26 (23.7%) | 8:49 | 6.8 (76.4%) |
| 157 | PANKIEWICZ-DMOWSKA Cecylia | 345 | | K70+ | 6 | | 00:44:09.62 | +00:10:30 (23.8%) | 8:50 | 6.8 (76.4%) |
| 158 | JANKOWSKA-PLEWA Krystyna | 168 | | K50-54 | 14 | | 00:44:10.12 | +00:10:31 (23.8%) | 8:50 | 6.8 (76.4%) |
| 159 | GRAF Katarzyna | 135 | | K40-44 | 16 | | 00:44:11.03 | +00:10:32 (23.9%) | 8:50 | 6.8 (76.4%) |
| 160 | KOŁODZIŃSKA Agnieszka | 222 | | K30-39 | 21 | | 00:44:13.81 | +00:10:35 (23.9%) | 8:50 | 6.8 (76.4%) |
| 161 | MALINOWSKA Grażyna | 294 | LKS ZANTYR SZTUM | K65-69 | 9 | | 00:44:19.67 | +00:10:40 (24.1%) | 8:51 | 6.8 (76.4%) |
| 162 | KIERDELEWICZ Aleksandra | 208 | | K-Dzieci | 16 | | 00:44:21.14 | +00:10:42 (24.1%) | 8:52 | 6.8 (76.4%) |
| 163 | FAŁDYGA Joanna | 102 | PASJA NORDIC WALKING | K40-44 | 17 | | 00:44:21.44 | +00:10:42 (24.1%) | 8:52 | 6.8 (76.4%) |
| 164 | KOLARSKA Nadia | 220 | VIKING NORDIC TEAM CZĘSTOCHOWA | K-Dzieci | 17 | | 00:44:27.55 | +00:10:48 (24.3%) | 8:53 | 6.7 (75.3%) |
| 165 | PINIS Gabriela | 357 | VIKING NORDIC TEAM CZĘSTOCHOWA | K-Dzieci | 18 | | 00:44:27.89 | +00:10:49 (24.3%) | 8:53 | 6.7 (75.3%) |
| 166 | GROBELNA Jadwiga | 137 | KS METRACO POLKOWICE | K-Niepełnosprawni(B) | 7 | | 00:44:31.64 | +00:10:52 (24.4%) | 8:54 | 6.7 (75.3%) |
| 167 | PIETRUSZKIEWICZ Anna | 355 | HAJNÓWKA | K40-44 | 18 | | 00:44:33.18 | +00:10:54 (24.5%) | 8:54 | 6.7 (75.3%) |
| 168 | FIEDORUK Antonina | 103 | | K65-69 | 10 | | 00:44:35.46 | +00:10:56 (24.5%) | 8:55 | 6.7 (75.3%) |
| 169 | SZREJDER Zofia | 468 | POWIAT HAJNÓWKA | K60-64 | 16 | | 00:44:46.25 | +00:11:07 (24.8%) | 8:57 | 6.7 (75.3%) |
| 170 | SIEWIERENIUK Martyna | 425 | | K-Dzieci | 19 | | 00:44:48.35 | +00:11:09 (24.9%) | 8:57 | 6.7 (75.3%) |
| 171 | PIETRUSZKIEWICZ Ula | 356 | | K-Dzieci | 20 | | 00:44:49.18 | +00:11:10 (24.9%) | 8:57 | 6.7 (75.3%) |
| 172 | KALINOWSKA Gabriela | 191 | | K-Dzieci | 21 | | 00:44:54.59 | +00:11:15 (25.1%) | 8:58 | 6.7 (75.3%) |
| 173 | TOKAJUK Maja | 492 | POWIAT HAJNÓWKA | K-Dzieci | 22 | | 00:44:57.67 | +00:11:18 (25.2%) | 8:59 | 6.7 (75.3%) |
| 174 | ŁOBUZIŃSKA Ula | 286 | POWIAT HAJNÓWKA | K-Junior | 20 | | 00:45:00.51 | +00:11:21 (25.2%) | 9:00 | 6.7 (75.3%) |
| 175 | GOTÓWKO Iwona | 131 | | K50-54 | 15 | | 00:45:00.88 | +00:11:22 (25.3%) | 9:00 | 6.7 (75.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|-------------------------------|----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 176 | MALINOWSKA Eugenia | 293 | | K60-64 | 17 | | 00:45:01.51 | +00:11:22 (25.3%) | 9:00 | 6.7 (75.3%) |
| 177 | ONISKIEWICZ Ola | 340 | | K-Dzieci | 23 | | 00:45:07.13 | +00:11:28 (25.4%) | 9:01 | 6.6 (74.2%) |
| 178 | BORECZKO Kornelia | 43 | POWIAT HAJNÓWKA | K18-29 | 10 | | 00:45:08.49 | +00:11:29 (25.5%) | 9:01 | 6.6 (74.2%) |
| 179 | DUDZICZ Nina | 91 | | K-Dzieci | 24 | | 00:45:08.98 | +00:11:30 (25.5%) | 9:01 | 6.6 (74.2%) |
| 180 | PRZYBYŁOWSKA Olivia | 373 | HAJNÓWKA | K-Dzieci | 25 | | 00:45:08.99 | +00:11:30 (25.5%) | 9:01 | 6.6 (74.2%) |
| 181 | ULEZŁO Katarzyna | 705 | POWIAT HAJNÓWKA | K18-29 | 11 | | 00:45:10.55 | +00:11:31 (25.5%) | 9:02 | 6.6 (74.2%) |
| 182 | DZIENISZEWSKA Alina | 99 | | K40-44 | 19 | | 00:45:15.10 | +00:11:36 (25.6%) | 9:03 | 6.6 (74.2%) |
| 183 | OGONOWSKA Edyta | 334 | KLUB NW PATYCZAKI - GRUDZIĄDZ | K55-59 | 10 | | 00:45:24.02 | +00:11:45 (25.9%) | 9:04 | 6.6 (74.2%) |
| 184 | TICHONIUK Marzena | 490 | | K30-39 | 22 | | 00:45:25.20 | +00:11:46 (25.9%) | 9:05 | 6.6 (74.2%) |
| 185 | AKSZTYNIUK Janina | 8 | | K30-39 | 23 | | 00:45:28.90 | +00:11:50 (26.0%) | 9:05 | 6.6 (74.2%) |
| 186 | TELENTEJUK Anna | 488 | UTW HAJNÓWKA | K60-64 | 18 | | 00:45:28.90 | +00:11:50 (26.0%) | 9:05 | 6.6 (74.2%) |
| 187 | RYGOROWICZ Wiera | 403 | POWIAT HAJNÓWKA | K-Niepełnosprawni(B) | 8 | | 00:45:29.87 | +00:11:51 (26.1%) | 9:06 | 6.6 (74.2%) |
| 188 | ADAMSKA Irena | 5 | POWIAT HAJNÓWKA | K60-64 | 19 | | 00:45:30.85 | +00:11:52 (26.1%) | 9:06 | 6.6 (74.2%) |
| 189 | WITOMSKA Kamila | 739 | POWIAT HAJNÓWKA | K-Junior | 21 | | 00:45:41.98 | +00:12:03 (26.4%) | 9:08 | 6.6 (74.2%) |
| 190 | MUDER Iwona | 176 | PUKS JEDYNKA ŁOSICE | K40-44 | 20 | | 00:45:42.60 | +00:12:03 (26.4%) | 9:08 | 6.6 (74.2%) |
| 191 | SAJEWICZ Magda | 415 | POWIAT HAJNÓWKA | K-Junior | 22 | | 00:45:42.98 | +00:12:04 (26.4%) | 9:08 | 6.6 (74.2%) |
| 192 | ŁAPIUK Aleksandra | 285 | | K-Junior | 23 | | 00:45:43.50 | +00:12:04 (26.4%) | 9:08 | 6.6 (74.2%) |
| 193 | FILIPIUK Martyna | 105 | POWIAT HAJNÓWKA | K-Junior | 24 | | 00:45:46.81 | +00:12:08 (26.5%) | 9:09 | 6.6 (74.2%) |
| 194 | SKIEPKO Paulina | 430 | | K30-39 | 24 | | 00:45:49.34 | +00:12:10 (26.6%) | 9:09 | 6.5 (73.0%) |
| 195 | ADAMCZYK-ŚMIERTKA Małgorzata | 1 | SANTANDER CONSUMER BANK | K30-39 | 25 | | 00:45:50.68 | +00:12:11 (26.6%) | 9:10 | 6.5 (73.0%) |
| 196 | ŁAPIŃSKA Renia | 284 | | K60-64 | 20 | | 00:45:53.01 | +00:12:14 (26.7%) | 9:10 | 6.5 (73.0%) |
| 197 | KONARSKA Agata | 557 | | K30-39 | 26 | | 00:45:54.27 | +00:12:15 (26.7%) | 9:11 | 6.5 (73.0%) |
| 198 | LITWIN Klaudia | 281 | POWIAT HAJNÓWKA | K-Junior | 25 | | 00:45:55.13 | +00:12:16 (26.7%) | 9:11 | 6.5 (73.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|--------------------|-----------|------|--------------|--------------------|-------------------|--------------|-------------|
| 199 | LESIŃSKA Krystyna | 274 | LKS ZANTYR SZTUM | K65-69 | 11 | | 00:45:55.47 | +00:12:16 (26.7%) | 9:11 | 6.5 (73.0%) |
| 200 | TYSZKO Aleksandra | 704 | | K-Dzieci | 26 | | 00:45:59.70 | +00:12:20 (26.9%) | 9:11 | 6.5 (73.0%) |
| 201 | WILCZYŃSKA Barbara | 728 | AKTYWNI Z PASJĄ | K65-69 | 12 | | 00:46:00.71 | +00:12:21 (26.9%) | 9:12 | 6.5 (73.0%) |
| 202 | BACH Joanna | 23 | | K45-49 | 20 | | 00:46:05.21 | +00:12:26 (27.0%) | 9:13 | 6.5 (73.0%) |
| 203 | CZEMPIK Kornelia | 69 | UNIA MIAST | K50-54 | 16 | | 00:46:10.54 | +00:12:31 (27.1%) | 9:14 | 6.5 (73.0%) |
| 204 | SACHARCZUK Zofia | 407 | | K-Dzieci | 27 | | 00:46:11.02 | +00:12:32 (27.1%) | 9:14 | 6.5 (73.0%) |
| 205 | SUPRUN Patrycja | 454 | | K-Dzieci | 28 | | 00:46:13.71 | +00:12:34 (27.2%) | 9:14 | 6.5 (73.0%) |
| 206 | ŁAPIŃSKA Patrycja | 283 | POWIAT HAJNÓWKA | K-Junior | 26 | | 00:46:13.91 | +00:12:35 (27.2%) | 9:14 | 6.5 (73.0%) |
| 207 | GĄSOWSKA Walentyna Katarzyna | 116 | POWIAT HAJNÓWKA | K45-49 | 21 | | 00:46:17.22 | +00:12:38 (27.3%) | 9:15 | 6.5 (73.0%) |
| 208 | MARCZUK Urszula | 300 | POWIAT HAJNÓWKA | K-Junior | 27 | | 00:46:18.93 | +00:12:40 (27.4%) | 9:15 | 6.5 (73.0%) |
| 209 | TARGOSZ Zdzisława | 487 | | K55-59 | 11 | | 00:46:20.91 | +00:12:42 (27.4%) | 9:16 | 6.5 (73.0%) |
| 210 | SOŁKIEWICZ Olga | 439 | | K55-59 | 12 | | 00:46:21.76 | +00:12:43 (27.4%) | 9:16 | 6.5 (73.0%) |
| 211 | PRZYBYŁOWSKA Małgorzata | 374 | HAJNÓWKA | K30-39 | 27 | | 00:46:21.91 | +00:12:43 (27.4%) | 9:16 | 6.5 (73.0%) |
| 212 | TRUSIEWICZ Karolina | 499 | POWIAT HAJNÓWKA | K-Junior | 28 | | 00:46:25.15 | +00:12:46 (27.5%) | 9:17 | 6.5 (73.0%) |
| 213 | MICHAŁOWSKA Małgorzata | 298 | | K45-49 | 22 | | 00:46:31.17 | +00:12:52 (27.7%) | 9:18 | 6.4 (71.9%) |
| 214 | BAGROWSKA Alla | 24 | UTW HAJNÓWKA | K65-69 | 13 | | 00:46:34.23 | +00:12:55 (27.8%) | 9:18 | 6.4 (71.9%) |
| 215 | FILINOWICZ Maria | 104 | UTW HAJNÓWKA | K70+ | 7 | | 00:46:54.77 | +00:13:16 (28.3%) | 9:23 | 6.4 (71.9%) |
| 216 | KUŚNIERZ Klara | 265 | | K-Dzieci | 29 | | 00:46:59.10 | +00:13:20 (28.4%) | 9:23 | 6.4 (71.9%) |
| 217 | GŁOWACKA Natalia | 124 | | K-Dzieci | 30 | | 00:47:03.75 | +00:13:25 (28.5%) | 9:24 | 6.4 (71.9%) |
| 218 | ZDANOWSKA Agnieszka | 761 | POWIAT HAJNÓWKA | K18-29 | 12 | | 00:47:07.60 | +00:13:28 (28.6%) | 9:25 | 6.4 (71.9%) |
| 219 | GLENCNER Mariola | 122 | | K40-44 | 21 | | 00:47:11.09 | +00:13:32 (28.7%) | 9:26 | 6.4 (71.9%) |
| 220 | ŚLUSARCZYK Danuta | 481 | WESOŁY BORSUK TEAM | K65-69 | 14 | | 00:47:15.71 | +00:13:36 (28.8%) | 9:27 | 6.3 (70.8%) |
| 221 | ACKIEWICZ Gabriela | 791 | POWIAT HAJNÓWKA | K-Dzieci | 31 | | 00:47:29.19 | +00:13:50 (29.1%) | 9:30 | 6.3 (70.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-------------------------|----------------------|------|--------------|--------------------|----------------------|--------------|----------------|
| 222 | KIERDELEWICZ Aleksandra | 210 | | K-Dzieci | 32 | | 00:47:30.53 | +00:13:51 (29.2%) | 9:30 | 6.3 (70.8%) |
| 223 | KĘDZIERSKA Mirosława | 202 | ZBUCKI RUCH | K70+ | 8 | | 00:47:34.44 | +00:13:55 (29.3%) | 9:31 | 6.3 (70.8%) |
| 224 | MORDAŃ Elżbieta | 313 | POWIAT HAJNÓWKA | K40-44 | 22 | | 00:47:35.42 | +00:13:56 (29.3%) | 9:31 | 6.3 (70.8%) |
| 225 | MROWIEC Maria | 317 | UNIA MIAST | K70+ | 9 | | 00:47:41.67 | +00:14:02 (29.5%) | 9:32 | 6.3 (70.8%) |
| 226 | BIELAWSKA Dorota | 33 | SANTANDER CONSUMER BANK | K55-59 | 13 | | 00:47:45.29 | +00:14:06 (29.5%) | 9:33 | 6.3 (70.8%) |
| 227 | GRZEŚKIEWICZ Beata | 147 | | K-Niepełnosprawni(B) | 9 | | 00:47:47.39 | +00:14:08 (29.6%) | 9:33 | 6.3 (70.8%) |
| 228 | NIKONOWICZ Anna | 329 | | K-Niepełnosprawni(B) | 10 | | 00:47:47.87 | +00:14:09 (29.6%) | 9:33 | 6.3 (70.8%) |
| 229 | KOWALSKA Bronisława | 242 | UNIA MIAST | K50-54 | 17 | | 00:47:49.46 | +00:14:10 (29.6%) | 9:34 | 6.3 (70.8%) |
| 230 | WIŚNIEWSKA Danuta | 733 | PASJA NORDIC WALKING | K55-59 | 14 | | 00:47:51.22 | +00:14:12 (29.7%) | 9:34 | 6.3 (70.8%) |
| 231 | NESTERUK Teresa | 321 | UTW HAJNÓWKA | K65-69 | 15 | | 00:48:01.14 | +00:14:22 (29.9%) | 9:36 | 6.2 (69.7%) |
| 232 | BUDNA Halina | 56 | | K65-69 | 16 | | 00:48:01.15 | +00:14:22 (29.9%) | 9:36 | 6.2 (69.7%) |
| 233 | KORCZ Aleksandra | 231 | | K-Junior | 29 | | 00:48:05.85 | +00:14:27 (30.0%) | 9:37 | 6.2 (69.7%) |
| 234 | IWANIUK Ewa | 163 | | K-Junior | 30 | | 00:48:08.57 | +00:14:29 (30.1%) | 9:37 | 6.2 (69.7%) |
| 235 | KURYŁO Maria | 264 | POWIAT HAJNÓWKA | K55-59 | 15 | | 00:48:11.64 | +00:14:32 (30.2%) | 9:38 | 6.2 (69.7%) |
| 236 | BOGDANOWICZ Joanna | 39 | | K-Dzieci | 33 | | 00:48:14.83 | +00:14:36 (30.3%) | 9:39 | 6.2 (69.7%) |
| 237 | SIENKIEWICZ Natalia | 424 | POWIAT HAJNÓWKA | K-Junior | 31 | | 00:48:16.67 | +00:14:37 (30.3%) | 9:39 | 6.2 (69.7%) |
| 238 | GAWRYLUK Barbara | 115 | | K40-44 | 23 | | 00:48:17.95 | +00:14:39 (30.3%) | 9:39 | 6.2 (69.7%) |
| 239 | WRZOSEK Ewa | 749 | | K40-44 | 24 | | 00:48:18.19 | +00:14:39 (30.3%) | 9:39 | 6.2 (69.7%) |
| 240 | MOROŃ Michalina | 315 | UNIA MIAST | K45-49 | 23 | | 00:48:18.84 | +00:14:40 (30.4%) | 9:39 | 6.2 (69.7%) |
| 241 | ROMANIUK Małgorzata | 392 | | K-Dzieci | 34 | | 00:48:25.94 | +00:14:47 (30.5%) | 9:41 | 6.2 (69.7%) |
| 242 | JAKIMIUK Aleksandra | 165 | | K-Dzieci | 35 | | 00:48:26.66 | +00:14:47 (30.5%) | 9:41 | 6.2 (69.7%) |
| 243 | IWANIUK Aleksandra | 162 | | K-Dzieci | 36 | | 00:48:26.71 | +00:14:47 (30.5%) | 9:41 | 6.2 (69.7%) |
| 244 | BILKIEWICZ Julia | 35 | POWIAT HAJNÓWKA | K-Junior | 32 | | 00:48:29.59 | +00:14:50 (30.6%) | 9:42 | 6.2 (69.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------|----------------------|------|--------------|--------------------|----------------------|--------------|----------------|
| 245 | SKIBA Edyta | 428 | POWIAT HAJNÓWKA | K-Junior | 33 | | 00:48:29.67 | +00:14:50 (30.6%) | 9:42 | 6.2 (69.7%) |
| 246 | WAWRZYNIUK Elżbieta | 722 | | K60-64 | 21 | | 00:48:31.73 | +00:14:53 (30.7%) | 9:42 | 6.2 (69.7%) |
| 247 | BELTER Teresa | 31 | POWIAT HAJNÓWKA | K65-69 | 17 | | 00:48:33.85 | +00:14:55 (30.7%) | 9:42 | 6.2 (69.7%) |
| 248 | PLEWA Aleksandra | 361 | | K-Dzieci | 37 | | 00:48:34.14 | +00:14:55 (30.7%) | 9:42 | 6.2 (69.7%) |
| 249 | PIĄTKOWSKA Małgorzata | 350 | KS METRACO POLKOWICE | K70+ | 10 | | 00:48:46.79 | +00:15:08 (31.0%) | 9:45 | 6.1 (68.5%) |
| 250 | URBANOWICZ Beata | 706 | SANTANDER CONSUMER BANK | K40-44 | 25 | | 00:48:48.60 | +00:15:09 (31.1%) | 9:45 | 6.1 (68.5%) |
| 251 | STRYGANEK Walentyna | 450 | UTW HAJNÓWKA | K60-64 | 22 | | 00:49:03.23 | +00:15:24 (31.4%) | 9:48 | 6.1 (68.5%) |
| 252 | ANDREJCZYK Halina | 16 | UTW HAJNÓWKA | K70+ | 11 | | 00:49:13.73 | +00:15:35 (31.7%) | 9:50 | 6.1 (68.5%) |
| 253 | LESIUK Maria | 276 | AKTYWNI Z PASJĄ | K-Dzieci | 38 | | 00:49:27.74 | +00:15:49 (32.0%) | 9:53 | 6.1 (68.5%) |
| 254 | JANUSIEWICZ Patrycja | 169 | POWIAT HAJNÓWKA | K18-29 | 13 | | 00:49:40.16 | +00:16:01 (32.3%) | 9:56 | 6 (67.4%) |
| 255 | DUBOW Angelina | 88 | POWIAT HAJNÓWKA | K18-29 | 14 | | 00:49:46.35 | +00:16:07 (32.4%) | 9:57 | 6 (67.4%) |
| 256 | TUPIEKA Urszula | 702 | SANTANDER CONSUMER BANK | K30-39 | 28 | | 00:49:59.21 | +00:16:20 (32.7%) | 9:59 | 6 (67.4%) |
| 257 | TERECHOWICZ Maria | 489 | SANTANDER CONSUMER BANK | K30-39 | 29 | | 00:50:01.00 | +00:16:22 (32.7%) | 10:00 | 6 (67.4%) |
| 258 | BISZCZUK Nina | 37 | UTW HAJNÓWKA | K60-64 | 23 | | 00:50:16.44 | +00:16:37 (33.1%) | 10:03 | 6 (67.4%) |
| 259 | POSKROBKO Elwira | 365 | POWIAT HAJNÓWKA | K30-39 | 30 | | 00:50:26.71 | +00:16:47 (33.3%) | 10:05 | 5.9 (66.3%) |
| 260 | ŻWAŃSKA Joanna | 773 | POWIAT HAJNÓWKA | K30-39 | 31 | | 00:50:26.76 | +00:16:48 (33.3%) | 10:05 | 5.9 (66.3%) |
| 261 | KOTOWSKA Anna | 239 | AKTYWNI Z PASJĄ | K-Niepełnosprawni(B) | 11 | | 00:50:32.27 | +00:16:53 (33.4%) | 10:06 | 5.9 (66.3%) |
| 262 | DŹWILEWSKA Kamila | 100 | POWIAT HAJNÓWKA | K-Junior | 34 | | 00:50:46.12 | +00:17:07 (33.7%) | 10:09 | 5.9 (66.3%) |
| 263 | CHRZANOWSKA Katarzyna | 797 | | K45-49 | 24 | | 00:50:49.51 | +00:17:10 (33.8%) | 10:10 | 5.9 (66.3%) |
| 264 | RUSAKOW Wiktoria | 398 | | K-Dzieci | 39 | | 00:50:53.55 | +00:17:14 (33.9%) | 10:10 | 5.9 (66.3%) |
| 265 | PERYT Elżbieta | 349 | WĘDRUJĄCE KIJE ŁUKÓW | K65-69 | 18 | | 00:51:01.22 | +00:17:22 (34.1%) | 10:12 | 5.9 (66.3%) |
| 266 | WRZOSEK Weronika | 750 | | K-Dzieci | 40 | | 00:51:09.15 | +00:17:30 (34.2%) | 10:13 | 5.9 (66.3%) |
| 267 | GAWRYLUK Magda | 114 | | K-Dzieci | 41 | | 00:51:09.84 | +00:17:31 (34.2%) | 10:14 | 5.9 (66.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-----------------|-----------------------|------|--------------|--------------------|----------------------|--------------|----------------|
| 268 | DUTKOWSKA Wiktoria | 93 | POWIAT HAJNÓWKA | K-Junior | 35 | | 00:51:10.34 | +00:17:31 (34.3%) | 10:14 | 5.9 (66.3%) |
| 269 | SOŁOŚCIUK Helena | 440 | UTW HAJNÓWKA | K70+ | 12 | | 00:51:15.80 | +00:17:37 (34.4%) | 10:15 | 5.9 (66.3%) |
| 270 | KACPRZAK Nina | 188 | UTW HAJNÓWKA | K65-69 | 19 | | 00:51:41.75 | +00:18:03 (34.9%) | 10:20 | 5.8 (65.2%) |
| 271 | ANDROSIUK Izabela | 18 | POWIAT HAJNÓWKA | K-Junior | 36 | | 00:51:44.91 | +00:18:06 (35.0%) | 10:21 | 5.8 (65.2%) |
| 272 | MSCICHOWSKA Anna | 318 | | K- Niepełnosprawni(B) | 12 | | 00:51:48.17 | +00:18:09 (35.1%) | 10:21 | 5.8 (65.2%) |
| 273 | STAROŃSKA Wiktoria | 444 | POWIAT HAJNÓWKA | K-Dzieci | 42 | | 00:51:51.62 | +00:18:12 (35.1%) | 10:22 | 5.8 (65.2%) |
| 274 | ALEKSIEJUK Angelika | 13 | POWIAT HAJNÓWKA | K-Dzieci | 43 | | 00:51:54.38 | +00:18:15 (35.2%) | 10:23 | 5.8 (65.2%) |
| 275 | ALEKSIEJUK Aneta | 11 | POWIAT HAJNÓWKA | K30-39 | 32 | | 00:51:56.93 | +00:18:18 (35.2%) | 10:23 | 5.8 (65.2%) |
| 276 | STELMACH Maria | 445 | UTW HAJNÓWKA | K65-69 | 20 | | 00:51:56.94 | +00:18:18 (35.2%) | 10:23 | 5.8 (65.2%) |
| 277 | CZYŻEWSKA Halina | 73 | UTW HAJNÓWKA | K70+ | 13 | | 00:51:58.11 | +00:18:19 (35.3%) | 10:23 | 5.8 (65.2%) |
| 278 | ANDREJUK Agnieszka | 17 | | K40-44 | 26 | | 00:51:59.10 | +00:18:20 (35.3%) | 10:23 | 5.8 (65.2%) |
| 279 | ZIELIŃSKA Adriana | 765 | | K- Niepełnosprawni(B) | 13 | | 00:52:01.58 | +00:18:22 (35.3%) | 10:24 | 5.8 (65.2%) |
| 280 | SACHARUK Sandra | 506 | | K-Dzieci | 44 | | 00:52:06.58 | +00:18:27 (35.4%) | 10:25 | 5.8 (65.2%) |
| 281 | SADOWSKA Weronika | 410 | | K-Dzieci | 45 | | 00:52:17.51 | +00:18:38 (35.7%) | 10:27 | 5.7 (64.0%) |
| 282 | MASALSKA Aleksandra | 302 | POWIAT HAJNÓWKA | K-Junior | 37 | | 00:52:17.76 | +00:18:39 (35.7%) | 10:27 | 5.7 (64.0%) |
| 283 | GOLONKO Emilia | 129 | POWIAT HAJNÓWKA | K-Junior | 38 | | 00:52:17.94 | +00:18:39 (35.7%) | 10:27 | 5.7 (64.0%) |
| 284 | KOT Małgorzata | 629 | | K-Dzieci | 46 | | 00:52:19.05 | +00:18:40 (35.7%) | 10:27 | 5.7 (64.0%) |
| 285 | TOMASZEWSKA Nikola | 34 | | K-Dzieci | 47 | | 00:52:50.69 | +00:19:11 (36.3%) | 10:34 | 5.7 (64.0%) |
| 286 | BUJEK Aleksandra | 57 | | K-Dzieci | 48 | | 00:52:52.73 | +00:19:14 (36.4%) | 10:34 | 5.7 (64.0%) |
| 287 | GĄSOWSKA Angelika | 118 | POWIAT HAJNÓWKA | K18-29 | 15 | | 00:52:56.32 | +00:19:17 (36.4%) | 10:35 | 5.7 (64.0%) |
| 288 | WIŚNIEWSKA Klaudia | 734 | POWIAT HAJNÓWKA | K18-29 | 16 | | 00:52:56.54 | +00:19:17 (36.4%) | 10:35 | 5.7 (64.0%) |
| 289 | HUDYKA Ewelina | 156 | POWIAT HAJNÓWKA | K18-29 | 17 | | 00:52:58.35 | +00:19:19 (36.5%) | 10:35 | 5.7 (64.0%) |
| 290 | OMIELIANIUK Patrycja | 339 | POWIAT HAJNÓWKA | K18-29 | 18 | | 00:52:58.80 | +00:19:20 (36.5%) | 10:35 | 5.7 (64.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------|----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 291 | TARARUJ Paulina | 484 | POWIAT HAJNÓWKA | K18-29 | 19 | | 00:52:59.58 | +00:19:20 (36.5%) | 10:35 | 5.7 (64.0%) |
| 292 | HANUS Teresa | 152 | | K-Niepełnosprawni(B) | 14 | | 00:53:00.43 | +00:19:21 (36.5%) | 10:36 | 5.7 (64.0%) |
| 293 | SIEGIEŃ Zuzanna | 627 | | K-Dzieci | 49 | | 00:53:10.98 | +00:19:32 (36.7%) | 10:38 | 5.6 (62.9%) |
| 294 | HORNOSTAJ Irena | 154 | POWIAT HAJNÓWKA | K55-59 | 16 | | 00:53:32.67 | +00:19:53 (37.2%) | 10:42 | 5.6 (62.9%) |
| 295 | DUBKOWICZ Anna | 87 | POWIAT HAJNÓWKA | K55-59 | 17 | | 00:53:33.57 | +00:19:54 (37.2%) | 10:42 | 5.6 (62.9%) |
| 296 | WASIAK Krystyna | 717 | POWIAT HAJNÓWKA | K40-44 | 27 | | 00:53:34.83 | +00:19:56 (37.2%) | 10:43 | 5.6 (62.9%) |
| 297 | RADECKA Krystyna | 384 | PASJA NORDIC WALKING | K70+ | 14 | | 00:53:40.99 | +00:20:02 (37.3%) | 10:44 | 5.6 (62.9%) |
| 298 | LEWCZUK-LUTYCZ Irena | 280 | UTW HAJNÓWKA | K65-69 | 21 | | 00:53:48.15 | +00:20:09 (37.5%) | 10:45 | 5.6 (62.9%) |
| 299 | SAWCZUK Natalia | 420 | POWIAT HAJNÓWKA | K-Junior | 39 | | 00:53:48.49 | +00:20:09 (37.5%) | 10:45 | 5.6 (62.9%) |
| 300 | SAWCZUK Agnieszka | 421 | POWIAT HAJNÓWKA | K-Junior | 40 | | 00:53:49.25 | +00:20:10 (37.5%) | 10:45 | 5.6 (62.9%) |
| 301 | OSTASZEWSKA Natalia | 341 | POWIAT HAJNÓWKA | K-Junior | 41 | | 00:53:49.44 | +00:20:10 (37.5%) | 10:45 | 5.6 (62.9%) |
| 302 | BOROWIK Anna | 46 | | K30-39 | 33 | | 00:53:58.15 | +00:20:19 (37.7%) | 10:47 | 5.6 (62.9%) |
| 303 | TICHONIUK Aleksandra | 491 | POWIAT HAJNÓWKA | K-Junior | 42 | | 00:54:08.20 | +00:20:29 (37.9%) | 10:49 | 5.5 (61.8%) |
| 304 | SKIEPKO Edyta | 429 | | K-Junior | 43 | | 00:54:08.27 | +00:20:29 (37.9%) | 10:49 | 5.5 (61.8%) |
| 305 | JERZYK Irena | 175 | POWIAT HAJNÓWKA | K60-64 | 24 | | 00:54:17.14 | +00:20:38 (38.0%) | 10:51 | 5.5 (61.8%) |
| 306 | KORCZ Magdalena | 642 | | K-Dzieci | 50 | | 00:54:37.24 | +00:20:58 (38.4%) | 10:55 | 5.5 (61.8%) |
| 307 | RZEPKO Oliwia | 405 | | K-Dzieci | 51 | | 00:54:39.55 | +00:21:00 (38.4%) | 10:55 | 5.5 (61.8%) |
| 308 | BOBKIEWICZ Aleksandra | 38 | UTW HAJNÓWKA | K70+ | 15 | | 00:54:46.99 | +00:21:08 (38.6%) | 10:57 | 5.5 (61.8%) |
| 309 | NAZARUK Lidia | 320 | UTW HAJNÓWKA | K70+ | 16 | | 00:54:47.47 | +00:21:08 (38.6%) | 10:57 | 5.5 (61.8%) |
| 310 | RABECKA Maria | 381 | | K70+ | 17 | | 00:55:03.97 | +00:21:25 (38.9%) | 11:00 | 5.4 (60.7%) |
| 311 | TARCZYŃSKA Helena | 485 | WĘDRUJĄCE KIJE ŁUKÓW | K65-69 | 22 | | 00:55:17.59 | +00:21:38 (39.2%) | 11:03 | 5.4 (60.7%) |
| 312 | MOŻAJEW Maria | 316 | POWIAT HAJNÓWKA | K-Niepełnosprawni(B) | 15 | | 00:55:41.47 | +00:22:02 (39.6%) | 11:08 | 5.4 (60.7%) |
| 313 | PATEJUK Julia | 348 | POWIAT HAJNÓWKA | K-Junior | 44 | | 00:55:44.27 | +00:22:05 (39.6%) | 11:08 | 5.4 (60.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-------------------------------|----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 314 | KENDYŚ Martyna | 200 | POWIAT HAJNÓWKA | K-Junior | 45 | | 00:55:45.50 | +00:22:06 (39.7%) | 11:09 | 5.4 (60.7%) |
| 315 | JURCZUK Dorota | 184 | | K-Dzieci | 52 | | 00:55:45.71 | +00:22:06 (39.7%) | 11:09 | 5.4 (60.7%) |
| 316 | ALEKSIEJUK Katarzyna | 14 | POWIAT HAJNÓWKA | K-Junior | 46 | | 00:55:47.17 | +00:22:08 (39.7%) | 11:09 | 5.4 (60.7%) |
| 317 | WRZOSEK Julia | 751 | | K-Junior | 47 | | 00:55:47.88 | +00:22:09 (39.7%) | 11:09 | 5.4 (60.7%) |
| 318 | BOROWIK Gabriela | 47 | POWIAT HAJNÓWKA | K-Junior | 48 | | 00:55:48.25 | +00:22:09 (39.7%) | 11:09 | 5.4 (60.7%) |
| 319 | HRYNKIEWICZ Alina | 155 | | K60-64 | 25 | | 00:55:58.19 | +00:22:19 (39.9%) | 11:11 | 5.4 (60.7%) |
| 320 | JERZYK Halina | 174 | | K60-64 | 26 | | 00:55:58.38 | +00:22:19 (39.9%) | 11:11 | 5.4 (60.7%) |
| 321 | SOŁOWIANIUK Urszula | 441 | POWIAT HAJNÓWKA | K-Niepełnosprawni(B) | 16 | | 00:56:11.74 | +00:22:33 (40.1%) | 11:14 | 5.3 (59.6%) |
| 322 | KOWALCZUK Irena | 240 | POWIAT HAJNÓWKA | K-Niepełnosprawni(B) | 17 | | 00:56:12.86 | +00:22:34 (40.1%) | 11:14 | 5.3 (59.6%) |
| 323 | ZAJKOWSKA Nina | 757 | POWIAT HAJNÓWKA | K-Niepełnosprawni(B) | 18 | | 00:56:51.98 | +00:23:13 (40.8%) | 11:22 | 5.3 (59.6%) |
| 324 | BOŁTROMIUK Zenaida | 41 | POWIAT HAJNÓWKA | K55-59 | 18 | | 00:56:57.91 | +00:23:19 (40.9%) | 11:23 | 5.3 (59.6%) |
| 325 | BÓJKO-PIETROCZUK Bogusława | 53 | POWIAT HAJNÓWKA | K45-49 | 25 | | 00:57:22.54 | +00:23:43 (41.4%) | 11:28 | 5.2 (58.4%) |
| 326 | SZPILKO Mirosława | 466 | POWIAT HAJNÓWKA | K40-44 | 28 | | 00:57:23.05 | +00:23:44 (41.4%) | 11:28 | 5.2 (58.4%) |
| 327 | GRYGORUK Irena | 145 | POWIAT HAJNÓWKA | K45-49 | 26 | | 00:57:23.85 | +00:23:45 (41.4%) | 11:28 | 5.2 (58.4%) |
| 328 | KRYSZTOFIAK Maja | 252 | | K-Dzieci | 53 | | 00:57:51.26 | +00:24:12 (41.8%) | 11:34 | 5.2 (58.4%) |
| 329 | GARUSTOWICZ Emilia | 112 | | K30-39 | 34 | | 00:58:45.41 | +00:25:06 (42.7%) | 11:45 | 5.1 (57.3%) |
| 330 | RACZYŃSKA Anna | 383 | WĘDRUJĄCE KIJE ŁUKÓW | K65-69 | 23 | | 01:00:37.01 | +00:26:58 (44.5%) | 12:07 | 4.9 (55.1%) |
| 331 | KIŚLAK Krystyna | 214 | POWIAT HAJNOWSKI | K50-54 | 18 | | 01:01:17.88 | +00:27:39 (45.1%) | 12:15 | 4.9 (55.1%) |
| 332 | KRUSZEWSKA Elżbieta | 251 | KLUB NW PATYCZAKI - GRUDZIĄDZ | K70+ | 18 | | 01:01:50.38 | +00:28:11 (45.6%) | 12:22 | 4.9 (55.1%) |
| 333 | KOSIERKIEWICZ Małgorzata | 234 | | K50-54 | 19 | | 01:02:14.77 | +00:28:36 (45.9%) | 12:27 | 4.8 (53.9%) |
| 334 | GIERASIMIUK Weronika | 119 | SZKOŁA NR 3 | K-Dzieci | 54 | | 01:02:35.44 | +00:28:56 (46.2%) | 12:31 | 4.8 (53.9%) |
| 335 | KĄLAMAJSKA Barbara | 192 | KLUB NW PATYCZAKI - GRUDZIĄDZ | K60-64 | 27 | | 01:02:47.22 | +00:29:08 (46.4%) | 12:33 | 4.8 (53.9%) |
| 336 | DZIADZEVICH Natallia | 96 | | K30-39 | 35 | | 01:03:21.33 | +00:29:42 (46.9%) | 12:40 | 4.7 (52.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------------|--------------------------|------|--------------|--------------------|----------------------|--------------|----------------|
| 337 | BUCZKOWSKA Hanna | 55 | KLUB NW PATYCZAKI - GRUDZIĄDZ | K50-54 | 20 | | 01:03:49.60 | +00:30:10 (47.3%) | 12:46 | 4.7 (52.8%) |
| 338 | SADOWSKA Julia | 412 | | K-Dzieci | 55 | | 01:05:58.54 | +00:32:19 (49.0%) | 13:11 | 4.5 (50.6%) |
| 339 | SADOWSKA Barbara | 411 | POWIAT HAJNÓWKA | K30-39 | 36 | | 01:05:58.67 | +00:32:19 (49.0%) | 13:11 | 4.5 (50.6%) |
| 340 | NIŻNIK-KNIGA Krystyna | 330 | | K65-69 | 24 | | 01:06:38.52 | +00:32:59 (49.5%) | 13:19 | 4.5 (50.6%) |
| 341 | CHMIELEWSKA Ela | 65 | | K65-69 | 25 | | 01:06:38.65 | +00:32:59 (49.5%) | 13:19 | 4.5 (50.6%) |
| 342 | WOJDA Teodora | 740 | | K- Niepełnosprawni(B) | 19 | | 01:09:55.90 | +00:36:17 (51.9%) | 13:59 | 4.3 (48.3%) |
| 343 | GIŻYŃSKA Hanna | 121 | | K- Niepełnosprawni(B) | 20 | | 01:09:57.51 | +00:36:18 (51.9%) | 13:59 | 4.3 (48.3%) |
| 344 | KOBUS Monika | 218 | | K30-39 | 37 | | 01:09:58.12 | +00:36:19 (51.9%) | 13:59 | 4.3 (48.3%) |
| 345 | PUC Agnieszka | 377 | RAKKAR | K40-44 | 29 | | 01:10:02.43 | +00:36:23 (52.0%) | 14:00 | 4.3 (48.3%) |
| 346 | KARDASZ Natalia | 197 | POWIAT HAJNÓWKA | K18-29 | 20 | | 01:12:15.72 | +00:38:36 (53.4%) | 14:27 | 4.2 (47.2%) |
| 347 | KOZIOŁ Walentyna | 243 | | K- Niepełnosprawni(B) | 21 | | 01:13:18.08 | +00:39:39 (54.1%) | 14:39 | 4.1 (46.1%) |
| 348 | JASIONOWSKA Maria | 172 | | K- Niepełnosprawni(A) | 4 | | 01:13:19.38 | +00:39:40 (54.1%) | 14:40 | 4.1 (46.1%) |
| 349 | WIŚNIEWSKA Magdalena | 732 | | K40-44 | 30 | | 01:13:35.58 | +00:39:56 (54.3%) | 14:43 | 4.1 (46.1%) |
| 350 | SZUPILUK Anna | 470 | | K18-29 | 21 | | 01:13:36.42 | +00:39:57 (54.3%) | 14:43 | 4.1 (46.1%) |
| 351 | GIŻYŃSKA Barbara | 120 | | K- Niepełnosprawni(B) | 22 | | 01:13:37.16 | +00:39:58 (54.3%) | 14:43 | 4.1 (46.1%) |
| 352 | GODLEWSKA Jadwiga | 125 | | K- Niepełnosprawni(B) | 23 | | 01:13:37.72 | +00:39:58 (54.3%) | 14:43 | 4.1 (46.1%) |
| 353 | ŻEMBROWSKA Martyna | 770 | POWIAT HAJNÓWKA | K-Junior | 49 | | | | | (0.0%) |
| 354 | ZINKIEWICZ Aleksandra | 768 | | K-Junior | 50 | | | | | (0.0%) |

Znaleziono 354 wynik(ów)