



KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2024-05-26
Jastrzębie-Zdrój
5.3 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open NW

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------|---------------------|-----------|------|----------------|-------------|----------------|------------------|-------------------|-------------------|--------------|-------------|
| 1 | ZACZYŃSKA-SKIBA Anna | 1147 | SALLER TEAM LEGNICA | Open NW | 1 | | 00:00:00 | 00:13:57 | 00:32:43.67 | 00:32:44.63 | | 6:10 | 9.7 (100%) |
| 2 | KOŁODZIEJ Joanna | 197 | MALINOWE GWIAZDY | Open NW | 2 | | 00:00:00 | 00:14:05 | 00:33:26.24 | 00:33:26.90 | +00:00:42 (2.1%) | 6:18 | 9.5 (97.9%) |
| 3 | SITTEK Agnieszka | 1151 | CHODZĘ W KATO | Open NW | 3 | | 00:00:00 | 00:14:34 | 00:34:19.30 | 00:34:19.96 | +00:01:35 (4.6%) | 6:28 | 9.3 (95.9%) |
| 4 | PIECHOCZEK-NIEZGODA Lucyna | 1126 | | Open NW | 4 | | 00:00:00 | 00:15:16 | 00:35:53.01 | 00:35:53.66 | +00:03:09 (8.8%) | 6:46 | 8.9 (91.8%) |
| 5 | NIEDERLIŃSKA Gabriela | 1149 | | Open NW | 5 | | 00:00:01 | 00:16:02 | 00:37:14.19 | 00:37:15.99 | +00:04:30 (12.1%) | 7:01 | 8.5 (87.6%) |
| 6 | JANICZEK Katarzyna | 1271 | ZZOZOLKI | Open NW | 6 | ZZOZOLKI | 00:00:02 | 00:16:15 | 00:37:47.03 | 00:37:49.93 | +00:05:03 (13.4%) | 7:07 | 8.4 (86.6%) |
| 7 | MILEWSKA-GROCHOWSKA Agnieszka | 1296 | | Open NW | 7 | | 00:00:01 | 00:16:36 | 00:38:53.09 | 00:38:54.90 | +00:06:09 (15.8%) | 7:20 | 8.2 (84.5%) |
| 8 | MILERT Jolanta | 1076 | NORDIC WALKING | Open NW | 8 | Aktywni Lyski | 00:00:11 | 00:16:50 | 00:39:03.19 | 00:39:14.95 | +00:06:19 (16.2%) | 7:22 | 8.1 (83.5%) |
| 9 | BOŁOTIUCH Katarzyna | 1148 | POWOLI DO CELU | Open NW | 10 | PoWoli do Celu | 00:00:00 | 00:17:02 | 00:39:26.02 | 00:39:26.68 | +00:06:42 (17.0%) | 7:26 | 8.1 (83.5%) |
| 10 | BORKOWSKA Paulina | 1010 | | Open NW | 9 | | 00:00:20 | 00:17:15 | 00:39:09.81 | 00:39:30.02 | +00:06:26 (16.4%) | 7:23 | 8.1 (83.5%) |
| 11 | SZENDZIELORZ Ilona | 1278 | OPEN SPORT TEAM | Open NW | 11 | | 00:00:03 | 00:16:56 | 00:39:27.02 | 00:39:30.09 | +00:06:43 (17.0%) | 7:26 | 8.1 (83.5%) |
| 12 | MIKA Emilia | 1170 | | Open NW | 12 | | 00:00:02 | 00:16:55 | 00:39:40.35 | 00:39:42.53 | +00:06:56 (17.5%) | 7:29 | 8 (82.5%) |
| 13 | SKORUPKA Bernadeta | 1281 | EKIPA NA KIJACH | Open NW | 14 | | 00:00:01 | 00:17:26 | 00:40:00.41 | 00:40:02.22 | +00:07:16 (18.2%) | 7:32 | 8 (82.5%) |
| 14 | RESZTAK Małgorzata | 1012 | NORDIKOWE FRELKI | Open NW | 13 | | 00:00:02 | 00:17:04 | 00:40:00.01 | 00:40:02.64 | +00:07:16 (18.2%) | 7:32 | 8 (82.5%) |
| 15 | PILSCZEK Iwona | 1283 | EKIPA NA KIJACH | Open NW | 15 | | 00:00:01 | 00:17:23 | 00:40:15.95 | 00:40:17.76 | +00:07:32 (18.7%) | 7:35 | 7.9 (81.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---------------------------|-----------|------|---------------------------------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 16 | TYCZEWSKA Paulina | 1248 | | Open NW | 17 | | 00:00:02 | 00:17:33 | 00:40:21.08 | 00:40:23.36 | +00:07:37 (18.9%) | 7:36 | 7.9 (81.4%) |
| 17 | SZWARC Anna | 876 | | Open NW | 16 | ZZOZOLKI | 00:00:10 | 00:18:16 | 00:40:19.08 | 00:40:29.93 | +00:07:35 (18.8%) | 7:36 | 7.9 (81.4%) |
| 18 | POLOK - LATUSEK Marzena | 1091 | OLZA CIESZYN | Open NW | 18 | ZZOZOLKI | 00:00:04 | 00:17:29 | 00:40:33.70 | 00:40:38.49 | +00:07:50 (19.3%) | 7:39 | 7.8 (80.4%) |
| 19 | SŁODOWA-KONIEC Ela | 1267 | | Open NW | 19 | Bank Spółdzielczy w Jastrzębiu-Zdroju | 00:00:04 | 00:17:36 | 00:40:43.31 | 00:40:47.36 | +00:07:59 (19.6%) | 7:40 | 7.8 (80.4%) |
| 20 | MANDRYSZ Aleksandra | 1191 | NORDIC WALKING LYSKI | Open NW | 20 | | 00:00:13 | 00:17:35 | 00:41:00.09 | 00:41:13.12 | +00:08:16 (20.2%) | 7:44 | 7.8 (80.4%) |
| 21 | SŁUPIK Bożena | 394 | | Open NW | 21 | | 00:00:03 | 00:17:29 | 00:41:19.44 | 00:41:22.48 | +00:08:35 (20.8%) | 7:47 | 7.7 (79.4%) |
| 22 | NIESTRÓJ Sylwia | 1125 | DYSTANS LUBOMIA | Open NW | 22 | | 00:00:01 | 00:17:48 | 00:41:26.12 | 00:41:27.93 | +00:08:42 (21.0%) | 7:49 | 7.7 (79.4%) |
| 23 | LEWANDOWSKA Ela | 1305 | | Open NW | 24 | | 00:00:04 | 00:17:59 | 00:41:46.80 | 00:41:50.98 | +00:09:03 (21.7%) | 7:52 | 7.6 (78.4%) |
| 24 | GÓRA Marta | 1019 | | Open NW | 23 | | 00:00:20 | 00:18:07 | 00:41:33.10 | 00:41:53.84 | +00:08:49 (21.2%) | 7:50 | 7.7 (79.4%) |
| 25 | GEMBALA Violetta | 1009 | | Open NW | 25 | | 00:00:01 | 00:18:15 | 00:41:52.08 | 00:41:53.89 | +00:09:08 (21.8%) | 7:53 | 7.6 (78.4%) |
| 26 | GRZEGOSZCZYK Katarzyna | 1291 | | Open NW | 26 | | 00:00:03 | 00:18:22 | 00:41:55.43 | 00:41:58.59 | +00:09:11 (21.9%) | 7:54 | 7.6 (78.4%) |
| 27 | MOŁDRZYK Małgorzata | 1146 | ZZOZOLKI | Open NW | 27 | ZZOZOLKI | 00:00:03 | 00:17:53 | 00:41:59.72 | 00:42:03.28 | +00:09:16 (22.1%) | 7:55 | 7.6 (78.4%) |
| 28 | PACYNA Danuta | 1159 | | Open NW | 29 | | 00:00:06 | 00:18:55 | 00:42:07.06 | 00:42:13.17 | +00:09:23 (22.3%) | 7:56 | 7.6 (78.4%) |
| 29 | OGIERMAN Aneta | 1240 | | Open NW | 28 | ZZOZOLKI | 00:00:10 | 00:18:48 | 00:42:05.02 | 00:42:15.86 | +00:09:21 (22.2%) | 7:56 | 7.6 (78.4%) |
| 30 | BIESZCZANIN Agnieszka | 1054 | | Open NW | 30 | | 00:00:15 | 00:18:49 | 00:42:18.66 | 00:42:34.56 | +00:09:34 (22.6%) | 7:58 | 7.5 (77.3%) |
| 31 | KOKOSZEK Aleksandra | 1022 | - | Open NW | 31 | | 00:00:05 | 00:18:27 | 00:42:29.15 | 00:42:34.71 | +00:09:45 (23.0%) | 8:00 | 7.5 (77.3%) |
| 32 | MATYSIAK Maria | 1172 | | Open NW | 32 | | 00:00:16 | 00:18:46 | 00:42:31.98 | 00:42:48.12 | +00:09:48 (23.1%) | 8:01 | 7.5 (77.3%) |
| 33 | ZDZIEBŁO Adriana | 1057 | | Open NW | 34 | | 00:00:02 | 00:18:11 | 00:42:51.51 | 00:42:54.19 | +00:10:07 (23.6%) | 8:05 | 7.4 (76.3%) |
| 34 | ŚLĘZAK Joanna | 1108 | NORDICOWE FRELKI | Open NW | 33 | | 00:00:19 | 00:18:55 | 00:42:36.54 | 00:42:56.45 | +00:09:52 (23.2%) | 8:02 | 7.5 (77.3%) |
| 35 | POTYSZ Monika | 1254 | | Open NW | 35 | | 00:00:01 | 00:18:30 | 00:42:56.46 | 00:42:57.93 | +00:10:12 (23.8%) | 8:06 | 7.4 (76.3%) |
| 36 | KORCZEWSKA Beata | 1077 | MIECHOWICKA GRUPA BIEGOWA | Open NW | 36 | MIECHOWICKA GRUPA BIEGOWA | 00:00:00 | 00:18:38 | 00:42:58.98 | 00:42:59.64 | +00:10:15 (23.9%) | 8:06 | 7.4 (76.3%) |
| 37 | PATYK Adelajda | 1025 | | Open NW | 37 | | 00:00:02 | 00:18:35 | 00:43:14.44 | 00:43:16.79 | +00:10:30 (24.3%) | 8:09 | 7.4 (76.3%) |
| 38 | BIEGONEK-OTRĘBA Anna | 1243 | | Open NW | 38 | | 00:00:02 | 00:18:35 | 00:43:14.49 | 00:43:16.85 | +00:10:30 (24.3%) | 8:09 | 7.4 (76.3%) |

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|-----|------------------------------|-------------|----------------------|-----------|------|------------------|-------------|----------------|--------------------|--------------------|----------------------|--------------|----------------|
| 39 | MATLOCH Izabela | 1157 | | Open NW | 41 | | 00:00:01 | 00:19:13 | 00:43:33.64 | 00:43:35.45 | +00:10:49 (24.9%) | 8:13 | 7.3 (75.3%) |
| 40 | STASZEK Monika | 1049 | NORDICOWE FRELKI | Open NW | 39 | | 00:00:21 | 00:19:21 | 00:43:16.08 | 00:43:37.89 | +00:10:32 (24.4%) | 8:09 | 7.3 (75.3%) |
| 41 | ŻURAWSKA Tatiana | 1018 | NORDICOWE FRELKI | Open NW | 40 | | 00:00:21 | 00:18:58 | 00:43:18.48 | 00:43:39.87 | +00:10:34 (24.4%) | 8:10 | 7.3 (75.3%) |
| 42 | KOWALEWSKA Jolanta | 1173 | | Open NW | 44 | | 00:00:08 | 00:19:08 | 00:43:39.77 | 00:43:48.67 | +00:10:56 (25.0%) | 8:14 | 7.3 (75.3%) |
| 43 | RZEPA Edyta | 1249 | | Open NW | 43 | | 00:00:13 | 00:19:23 | 00:43:36.60 | 00:43:49.68 | +00:10:52 (25.0%) | 8:13 | 7.3 (75.3%) |
| 44 | SZEWCZUK Agnieszka | 1153 | | Open NW | 42 | | 00:00:14 | 00:19:22 | 00:43:35.52 | 00:43:50.10 | +00:10:51 (24.9%) | 8:13 | 7.3 (75.3%) |
| 45 | PABIAN Zuzanna | 1150 | | Open NW | 46 | | 00:00:08 | 00:19:19 | 00:43:47.34 | 00:43:55.98 | +00:11:03 (25.3%) | 8:15 | 7.3 (75.3%) |
| 46 | WYRWICH Angelika | 1038 | NORDICOWE FRELKI | Open NW | 45 | Nordicowe Frelki | 00:00:19 | 00:19:23 | 00:43:43.57 | 00:44:03.31 | +00:10:59 (25.2%) | 8:14 | 7.3 (75.3%) |
| 47 | STUCHLIK Monika | 1204 | | Open NW | 47 | | 00:00:12 | 00:19:43 | 00:43:53.35 | 00:44:05.80 | +00:11:09 (25.4%) | 8:16 | 7.2 (74.2%) |
| 48 | GOŁDYN Bożena | 1086 | | Open NW | 52 | | 00:00:01 | | 00:44:21.97 | 00:44:23.77 | +00:11:38 (26.2%) | 8:22 | 7.2 (74.2%) |
| 49 | PIETRZYKOWSKA Iwona | 1174 | SMUKŁE KIJKI | Open NW | 50 | | 00:00:15 | 00:19:16 | 00:44:08.86 | 00:44:24.07 | +00:11:25 (25.9%) | 8:19 | 7.2 (74.2%) |
| 50 | SZYCHOWSKA Iwona | 1120 | | Open NW | 49 | Nordicowe Frelki | 00:00:21 | 00:19:31 | 00:44:02.76 | 00:44:24.25 | +00:11:19 (25.7%) | 8:18 | 7.2 (74.2%) |
| 51 | KAMIŃSKA Elżbieta | 1239 | NORDICOWE FRELKI | Open NW | 48 | | 00:00:22 | 00:19:28 | 00:44:02.37 | 00:44:24.85 | +00:11:18 (25.7%) | 8:18 | 7.2 (74.2%) |
| 52 | MACHNIK Anna | 1215 | NORDIC WALKING LYSKI | Open NW | 51 | | 00:00:10 | 00:20:15 | 00:44:17.26 | 00:44:27.77 | +00:11:33 (26.1%) | 8:21 | 7.2 (74.2%) |
| 53 | WERES Katarzyna | 1039 | | Open NW | 54 | ZZOZOLKI | 00:00:03 | 00:20:17 | 00:44:31.56 | 00:44:35.49 | +00:11:47 (26.5%) | 8:23 | 7.1 (73.2%) |
| 54 | CIŃCIO Iwona | 1185 | | Open NW | 55 | | 00:00:15 | 00:19:47 | 00:44:32.47 | 00:44:47.66 | +00:11:48 (26.5%) | 8:24 | 7.1 (73.2%) |
| 55 | BEHR Danuta | 1062 | NORDICOWE FRELKI | Open NW | 53 | | 00:00:21 | 00:19:23 | 00:44:29.60 | 00:44:51.40 | +00:11:45 (26.4%) | 8:23 | 7.1 (73.2%) |
| 56 | BOJARSKA Dorota | 1084 | | Open NW | 57 | | 00:00:11 | 00:19:48 | 00:44:46.21 | 00:44:57.48 | +00:12:02 (26.9%) | 8:26 | 7.1 (73.2%) |
| 57 | GURCZYŃSKA Monika | 1093 | NORDICOWE FRELKI | Open NW | 56 | | 00:00:22 | 00:19:39 | 00:44:35.73 | 00:44:58.63 | +00:11:52 (26.6%) | 8:24 | 7.1 (73.2%) |
| 58 | BEDNAREK Anita | 1186 | | Open NW | 61 | | 00:00:04 | 00:18:56 | 00:44:56.17 | 00:45:00.85 | +00:12:12 (27.2%) | 8:28 | 7.1 (73.2%) |
| 59 | ZAWISŁA Danuta | 1072 | | Open NW | 66 | | 00:00:01 | 00:19:05 | 00:45:05.41 | 00:45:07.08 | +00:12:21 (27.4%) | 8:30 | 7.1 (73.2%) |
| 60 | ZIĘTKIEWICZ Agnieszka | 1221 | | Open NW | 67 | | 00:00:01 | 00:19:04 | 00:45:05.59 | 00:45:07.11 | +00:12:21 (27.4%) | 8:30 | 7.1 (73.2%) |
| 61 | TYCZEWSKA Teresa | 1251 | | Open NW | 65 | | 00:00:07 | 00:19:05 | 00:45:02.67 | 00:45:09.80 | +00:12:19 (27.3%) | 8:29 | 7.1 (73.2%) |

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|-----|------------------------------------|-------------|--|-----------|------|--------------------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 62 | BUKOWIŃSKA Bożena | 1316 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | Open NW | 60 | | 00:00:14 | 00:19:19 | 00:44:56.09 | 00:45:10.77 | +00:12:12 (27.2%) | 8:28 | 7.1 (73.2%) |
| 63 | WRÓBEL Katarzyna | 1210 | | Open NW | 58 | LOUREDY | 00:00:21 | 00:19:45 | 00:44:51.11 | 00:45:12.76 | +00:12:07 (27.0%) | 8:27 | 7.1 (73.2%) |
| 64 | BOMBA Iwona | 1030 | NORDICOWE FRELKI | Open NW | 59 | | 00:00:17 | 00:19:30 | 00:44:55.45 | 00:45:13.30 | +00:12:11 (27.1%) | 8:28 | 7.1 (73.2%) |
| 65 | ZADROGA Dorota | 1002 | | Open NW | 64 | | 00:00:12 | 00:20:09 | 00:45:01.32 | 00:45:13.50 | +00:12:17 (27.3%) | 8:29 | 7.1 (73.2%) |
| 66 | GAWARECKA Bernadeta | 1318 | | Open NW | 68 | | 00:00:07 | 00:19:56 | 00:45:09.00 | 00:45:16.49 | +00:12:25 (27.5%) | 8:31 | 7 (72.2%) |
| 67 | KUŹMICZ Aga | 1192 | | Open NW | 62 | | 00:00:19 | 00:19:47 | 00:44:57.85 | 00:45:17.12 | +00:12:14 (27.2%) | 8:28 | 7.1 (73.2%) |
| 68 | MARCINIAK Maria | 1142 | | Open NW | 63 | Miechowska Grupa Biegowa | 00:00:20 | 00:20:09 | 00:44:59.31 | 00:45:19.55 | +00:12:15 (27.3%) | 8:29 | 7.1 (73.2%) |
| 69 | POLITOWICZ Teresa | 1075 | | Open NW | 70 | | 00:00:06 | 00:19:23 | 00:45:29.48 | 00:45:35.78 | +00:12:45 (28.1%) | 8:34 | 7 (72.2%) |
| 70 | JAKUBCZAK Katarzyna | 1114 | ZZOZOLKI | Open NW | 72 | ZZOZOLKI | 00:00:03 | 00:20:15 | 00:45:36.72 | 00:45:40.66 | +00:12:53 (28.2%) | 8:36 | 7 (72.2%) |
| 71 | ŻARSKA Oliwia | 1055 | | Open NW | 71 | | 00:00:06 | 00:20:26 | 00:45:36.68 | 00:45:43.50 | +00:12:53 (28.2%) | 8:36 | 7 (72.2%) |
| 72 | KUPCZAK Barbara | 1223 | | Open NW | 69 | | 00:00:18 | 00:20:24 | 00:45:26.91 | 00:45:45.79 | +00:12:43 (28.0%) | 8:34 | 7 (72.2%) |
| 73 | SIREK Izabela | 1036 | ZZOZOLKI | Open NW | 75 | ZZOZOLKI | 00:00:10 | 00:19:36 | 00:45:48.36 | 00:45:58.39 | +00:13:04 (28.6%) | 8:38 | 6.9 (71.1%) |
| 74 | SARNECKA-BĘBENEK Aleksandra | 1133 | SZARE MORSY | Open NW | 77 | Szare Morsy | 00:00:11 | 00:20:11 | 00:45:50.54 | 00:46:01.85 | +00:13:06 (28.6%) | 8:38 | 6.9 (71.1%) |
| 75 | STECKA Monika | 1023 | | Open NW | 73 | Mors Hubertus | 00:00:22 | 00:20:09 | 00:45:41.81 | 00:46:03.98 | +00:12:58 (28.4%) | 8:37 | 7 (72.2%) |
| 76 | ULBRYCH Patrycja | 1058 | | Open NW | 74 | | 00:00:16 | 00:20:18 | 00:45:47.62 | 00:46:04.38 | +00:13:03 (28.5%) | 8:38 | 6.9 (71.1%) |
| 77 | KOCHEL Jolanta | 1042 | | Open NW | 76 | | 00:00:17 | 00:20:42 | 00:45:49.76 | 00:46:07.51 | +00:13:06 (28.6%) | 8:38 | 6.9 (71.1%) |
| 78 | GAWROŃSKA Katarzyna | 1083 | | Open NW | 82 | | 00:00:11 | 00:19:44 | 00:45:57.20 | 00:46:08.22 | +00:13:13 (28.8%) | 8:40 | 6.9 (71.1%) |
| 79 | PRĘDKA Karolina | 1311 | | Open NW | 83 | | 00:00:07 | 00:20:20 | 00:46:00.90 | 00:46:08.56 | +00:13:17 (28.9%) | 8:40 | 6.9 (71.1%) |
| 80 | ZALEWSKA Joanna | 1183 | | Open NW | 78 | | 00:00:17 | 00:20:10 | 00:45:51.63 | 00:46:09.08 | +00:13:07 (28.6%) | 8:39 | 6.9 (71.1%) |
| 81 | BILEWICZ Ewa | 1213 | LOUREDY | Open NW | 79 | LOUREDY | 00:00:22 | 00:20:43 | 00:45:52.55 | 00:46:15.44 | +00:13:08 (28.7%) | 8:39 | 6.9 (71.1%) |
| 82 | GAPINSKA Agata | 1110 | | Open NW | 87 | | 00:00:09 | 00:20:07 | 00:46:11.48 | 00:46:21.00 | +00:13:27 (29.1%) | 8:42 | 6.9 (71.1%) |
| 83 | TROSZOK Gabriela | 1222 | | Open NW | 86 | Olza Cieszyn | 00:00:11 | 00:20:22 | 00:46:09.80 | 00:46:21.11 | +00:13:26 (29.1%) | 8:42 | 6.9 (71.1%) |
| 84 | SZLAUR Ewelina | 1097 | | Open NW | 85 | | 00:00:13 | 00:20:20 | 00:46:07.80 | 00:46:21.13 | +00:13:24 (29.1%) | 8:42 | 6.9 (71.1%) |

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|-----|-------------------------------|-------------|---------------------------|-----------|------|---------------------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 85 | BAJOR Aneta | 1310 | REBELLION OF FREE RUNNERS | Open NW | 84 | | 00:00:16 | 00:20:19 | 00:46:07.11 | 00:46:23.59 | +00:13:23 (29.0%) | 8:42 | 6.9 (71.1%) |
| 86 | RYŚ Agnieszka | 1071 | | Open NW | 88 | | 00:00:10 | 00:19:44 | 00:46:13.87 | 00:46:24.25 | +00:13:30 (29.2%) | 8:43 | 6.9 (71.1%) |
| 87 | PRĘDKA Anna | 1309 | | Open NW | 90 | | 00:00:07 | 00:20:21 | 00:46:17.41 | 00:46:24.64 | +00:13:33 (29.3%) | 8:43 | 6.9 (71.1%) |
| 88 | TOMALA Sylwia | 1261 | | Open NW | 91 | | 00:00:08 | 00:20:29 | 00:46:17.52 | 00:46:25.71 | +00:13:33 (29.3%) | 8:43 | 6.9 (71.1%) |
| 89 | BIEGUN Beata | 1139 | | Open NW | 80 | #JustFeelFitTEAM | 00:00:30 | 00:19:59 | 00:45:55.01 | 00:46:25.71 | +00:13:11 (28.7%) | 8:39 | 6.9 (71.1%) |
| 90 | JAROSIŃSKA Barbara | 1264 | | Open NW | 92 | | 00:00:07 | 00:20:34 | 00:46:22.76 | 00:46:30.17 | +00:13:39 (29.4%) | 8:44 | 6.9 (71.1%) |
| 91 | CIEŚLAR Nikolina | 1136 | | Open NW | 93 | | 00:00:07 | 00:20:35 | 00:46:22.97 | 00:46:30.36 | +00:13:39 (29.4%) | 8:44 | 6.9 (71.1%) |
| 92 | MATUSZEWSKA Małgorzata | 1095 | | Open NW | 81 | | 00:00:37 | 00:19:32 | 00:45:56.10 | 00:46:33.50 | +00:13:12 (28.8%) | 8:40 | 6.9 (71.1%) |
| 93 | ŻARSKA Katarzyna | 1044 | KOBIETY NA 5+ | Open NW | 94 | Kobiety na 5+ | 00:00:07 | 00:20:24 | 00:46:26.24 | 00:46:33.76 | +00:13:42 (29.5%) | 8:45 | 6.8 (70.1%) |
| 94 | SZWARLIK Bożena | 1082 | KOBIETY NA 5+ | Open NW | 95 | Kobiety na 5+ | 00:00:05 | 00:20:27 | 00:46:28.93 | 00:46:33.95 | +00:13:45 (29.6%) | 8:46 | 6.8 (70.1%) |
| 95 | POŁAP Sylwia | 1308 | | Open NW | 97 | | 00:00:06 | 00:20:10 | 00:46:32.48 | 00:46:38.65 | +00:13:48 (29.7%) | 8:46 | 6.8 (70.1%) |
| 96 | PĘCHERZ Joanna | 1032 | | Open NW | 102 | | 00:00:06 | 00:20:24 | 00:46:36.09 | 00:46:42.74 | +00:13:52 (29.8%) | 8:47 | 6.8 (70.1%) |
| 97 | ORLIK Patrycja | 1088 | | Open NW | 105 | | 00:00:04 | 00:20:21 | 00:46:41.44 | 00:46:45.50 | +00:13:57 (29.9%) | 8:48 | 6.8 (70.1%) |
| 98 | ŁASTÓWKA Marzena | 1246 | KOBIETY NA 5+ | Open NW | 101 | | 00:00:12 | 00:20:50 | 00:46:34.34 | 00:46:47.30 | +00:13:50 (29.7%) | 8:47 | 6.8 (70.1%) |
| 99 | ŁASTÓWKA Zuzanna | 1247 | | Open NW | 100 | | 00:00:13 | 00:20:49 | 00:46:33.92 | 00:46:47.40 | +00:13:50 (29.7%) | 8:46 | 6.8 (70.1%) |
| 100 | TRZASKALIK Barbara | 1292 | META | Open NW | 98 | | 00:00:14 | 00:20:25 | 00:46:33.25 | 00:46:47.73 | +00:13:49 (29.7%) | 8:46 | 6.8 (70.1%) |
| 101 | KOLEK Aleksandra | 1089 | | Open NW | 89 | | 00:00:35 | 00:20:27 | 00:46:14.23 | 00:46:50.23 | +00:13:30 (29.2%) | 8:43 | 6.9 (71.1%) |
| 102 | KACPROWICZ Anna | 1209 | LOUREDY | Open NW | 99 | LOUREDY | 00:00:20 | 00:20:27 | 00:46:33.39 | 00:46:53.62 | +00:13:49 (29.7%) | 8:46 | 6.8 (70.1%) |
| 103 | DOBIECKA Izabela | 1104 | | Open NW | 104 | | 00:00:15 | 00:20:36 | 00:46:37.98 | 00:46:53.68 | +00:13:54 (29.8%) | 8:47 | 6.8 (70.1%) |
| 104 | JABŁEKA Monika | 1132 | | Open NW | 96 | | 00:00:25 | 00:20:36 | 00:46:32.09 | 00:46:57.24 | +00:13:48 (29.7%) | 8:46 | 6.8 (70.1%) |
| 105 | KAMIŃSKA Anita | 1263 | | Open NW | 103 | Miechowicka Grupa Biegowa | 00:00:24 | 00:21:11 | 00:46:36.09 | 00:47:00.87 | +00:13:52 (29.8%) | 8:47 | 6.8 (70.1%) |
| 106 | MAŃKA Agnieszka | 1214 | | Open NW | 109 | | 00:00:07 | 00:20:20 | 00:46:56.48 | 00:47:03.70 | +00:14:12 (30.3%) | 8:51 | 6.8 (70.1%) |
| 107 | WAWRZASZEK Iwona | 1289 | SZARE MORSY | Open NW | 108 | Szare Morsy | 00:00:09 | 00:20:43 | 00:46:54.24 | 00:47:04.11 | +00:14:10 (30.2%) | 8:50 | 6.8 (70.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|---------------------------|-----------|------|---------------------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 108 | GÓRKA Kamila | 1053 | | Open NW | 113 | | 00:00:04 | 00:20:25 | 00:47:06.36 | 00:47:10.51 | +00:14:22 (30.5%) | 8:53 | 6.8 (70.1%) |
| 109 | JEZIOROWSKA-CAPANDA Patrycja | 1052 | | Open NW | 114 | | 00:00:03 | 00:20:25 | 00:47:06.57 | 00:47:10.54 | +00:14:22 (30.5%) | 8:53 | 6.8 (70.1%) |
| 110 | CHROBOK Józefa | 1241 | ZZOZOLKI | Open NW | 107 | Olza Cieszyn | 00:00:21 | 00:21:06 | 00:46:50.06 | 00:47:11.56 | +00:14:06 (30.1%) | 8:50 | 6.8 (70.1%) |
| 111 | SKOWRON Ewa | 1242 | OLZA CIESZYN | Open NW | 106 | ZZOZOLKI | 00:00:21 | 00:21:07 | 00:46:50.03 | 00:47:11.63 | +00:14:06 (30.1%) | 8:50 | 6.8 (70.1%) |
| 112 | MAREK Małgorzata | 1269 | BYLE DO METY | Open NW | 110 | | 00:00:14 | 00:19:42 | 00:46:57.45 | 00:47:12.05 | +00:14:13 (30.3%) | 8:51 | 6.8 (70.1%) |
| 113 | BAJGROWICZ Zuzanna | 1004 | | Open NW | 112 | | 00:00:10 | 00:20:46 | 00:47:03.55 | 00:47:14.35 | +00:14:19 (30.5%) | 8:52 | 6.8 (70.1%) |
| 114 | NYCZ Katarzyna | 1177 | SMUKŁE KIJKI | Open NW | 111 | | 00:00:15 | 00:20:07 | 00:46:59.26 | 00:47:15.13 | +00:14:15 (30.3%) | 8:51 | 6.8 (70.1%) |
| 115 | TOKAREWICZ Bernadeta | 1063 | | Open NW | 119 | | 00:00:04 | 00:20:33 | 00:47:15.34 | 00:47:20.10 | +00:14:31 (30.7%) | 8:54 | 6.7 (69.1%) |
| 116 | PROKOPIUK Adriana | 1007 | | Open NW | 117 | | 00:00:08 | 00:20:23 | 00:47:12.43 | 00:47:21.18 | +00:14:28 (30.7%) | 8:54 | 6.7 (69.1%) |
| 117 | MARGICIOK Helena | 1258 | | Open NW | 118 | | 00:00:07 | 00:20:23 | 00:47:14.17 | 00:47:21.57 | +00:14:30 (30.7%) | 8:54 | 6.7 (69.1%) |
| 118 | ISKRA Joanna | 1080 | | Open NW | 116 | | 00:00:14 | 00:20:42 | 00:47:11.22 | 00:47:25.89 | +00:14:27 (30.6%) | 8:54 | 6.7 (69.1%) |
| 119 | CZARNECKA Małgorzata | 1122 | MIECHOWICKA GRUPA BIEGOWA | Open NW | 115 | MIECHOWICKA GRUPA BIEGOWA | 00:00:19 | 00:20:41 | 00:47:07.24 | 00:47:26.46 | +00:14:23 (30.5%) | 8:53 | 6.7 (69.1%) |
| 120 | KOCEL Jolanta | 1216 | NORDIC WALKING LYSKI | Open NW | 120 | | 00:00:10 | 00:20:26 | 00:47:22.37 | 00:47:33.18 | +00:14:38 (30.9%) | 8:56 | 6.7 (69.1%) |
| 121 | RAK Izabela | 1102 | | Open NW | 123 | ZZOZOLKI | 00:00:03 | 00:20:21 | 00:47:33.15 | 00:47:36.65 | +00:14:49 (31.2%) | 8:58 | 6.7 (69.1%) |
| 122 | DZIEDZICKA Beata | 1284 | | Open NW | 121 | | 00:00:13 | 00:20:52 | 00:47:27.89 | 00:47:41.16 | +00:14:44 (31.0%) | 8:57 | 6.7 (69.1%) |
| 123 | NOWAK Marzena | 1207 | | Open NW | 122 | LOUREDY | 00:00:21 | 00:21:03 | 00:47:32.28 | 00:47:53.72 | +00:14:48 (31.2%) | 8:58 | 6.7 (69.1%) |
| 124 | MARYJOSZ Katarzyna | 1103 | MARYJOSZ TEAM | Open NW | 124 | | 00:00:16 | 00:20:59 | 00:47:39.92 | 00:47:56.49 | +00:14:56 (31.3%) | 8:59 | 6.7 (69.1%) |
| 125 | FLOREK Karolina | 1256 | | Open NW | 127 | | 00:00:09 | 00:20:44 | 00:47:50.47 | 00:48:00.09 | +00:15:06 (31.6%) | 9:01 | 6.6 (68.0%) |
| 126 | STRZEDULLA Bożena | 1024 | | Open NW | 129 | | 00:00:05 | 00:20:13 | 00:47:57.96 | 00:48:03.43 | +00:15:14 (31.8%) | 9:02 | 6.6 (68.0%) |
| 127 | WOLNIK Jolka | 1051 | | Open NW | 136 | | 00:00:03 | 00:20:14 | 00:48:00.54 | 00:48:03.66 | +00:15:16 (31.8%) | 9:03 | 6.6 (68.0%) |
| 128 | PANEK Dorota | 1085 | | Open NW | 132 | | 00:00:04 | 00:20:13 | 00:47:58.85 | 00:48:03.78 | +00:15:15 (31.8%) | 9:03 | 6.6 (68.0%) |
| 129 | PARCHAŃSKA Bogumiła | 1123 | | Open NW | 125 | ZZOZOLKI | 00:00:24 | 00:21:05 | 00:47:39.98 | 00:48:04.85 | +00:14:56 (31.3%) | 8:59 | 6.7 (69.1%) |
| 130 | BARTOSZEK Ilona | 1116 | | Open NW | 126 | ZZOZOLKI | 00:00:24 | 00:21:06 | 00:47:40.66 | 00:48:05.26 | +00:14:56 (31.4%) | 8:59 | 6.7 (69.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|------------------|-----------|------|---------------|-------------|----------------|------------------|-------------------|-------------------|--------------|-------------|
| 131 | BAC Barbara | 1282 | | Open NW | 131 | | 00:00:08 | 00:20:47 | 00:47:58.59 | 00:48:06.72 | +00:15:14 (31.8%) | 9:03 | 6.6 (68.0%) |
| 132 | BRYK Katarzyna | 296 | | Open NW | 133 | | 00:00:07 | 00:20:49 | 00:47:59.56 | 00:48:06.77 | +00:15:15 (31.8%) | 9:03 | 6.6 (68.0%) |
| 133 | KOSOWSKA Grażyna | 1141 | KOBIETY NA 5+ | Open NW | 130 | Kobiety na 5+ | 00:00:08 | 00:20:48 | 00:47:58.55 | 00:48:06.87 | +00:15:14 (31.8%) | 9:03 | 6.6 (68.0%) |
| 134 | TARGIEL Agnieszka | 1107 | POWOLI DO CELU | Open NW | 138 | | 00:00:04 | 00:21:29 | 00:48:03.72 | 00:48:08.12 | +00:15:20 (31.9%) | 9:03 | 6.6 (68.0%) |
| 135 | WOWRA Agnieszka | 1092 | | Open NW | 134 | | 00:00:11 | 00:20:46 | 00:48:00.30 | 00:48:11.80 | +00:15:16 (31.8%) | 9:03 | 6.6 (68.0%) |
| 136 | ŻYŁA-ROM Katarzyna | 1017 | | Open NW | 135 | | 00:00:12 | 00:20:46 | 00:48:00.38 | 00:48:12.86 | +00:15:16 (31.8%) | 9:03 | 6.6 (68.0%) |
| 137 | BARĆ Barbara | 1160 | BB-TEAM | Open NW | 139 | | 00:00:08 | 00:21:18 | 00:48:09.00 | 00:48:17.55 | +00:15:25 (32.0%) | 9:05 | 6.6 (68.0%) |
| 138 | ROLA Agnieszka | 1203 | BIE-RUN | Open NW | 128 | | 00:00:24 | 00:21:03 | 00:47:54.26 | 00:48:19.21 | +00:15:10 (31.7%) | 9:02 | 6.6 (68.0%) |
| 139 | ANTOŃCZAK Elżbieta | 1287 | | Open NW | 141 | | 00:00:03 | 00:20:45 | 00:48:17.95 | 00:48:21.13 | +00:15:34 (32.2%) | 9:06 | 6.6 (68.0%) |
| 140 | ŚLĘZAK Marzena | 1070 | NORDICOWE FRELKI | Open NW | 137 | | 00:00:21 | 00:20:59 | 00:48:01.13 | 00:48:22.31 | +00:15:17 (31.8%) | 9:03 | 6.6 (68.0%) |
| 141 | SZTUCHLIK Marzena | 1314 | SZARE MORSY | Open NW | 140 | | 00:00:09 | 00:20:50 | 00:48:14.88 | 00:48:24.53 | +00:15:31 (32.2%) | 9:06 | 6.6 (68.0%) |
| 142 | NIESTRÓJ Żaneta | 1124 | | Open NW | 142 | | 00:00:06 | 00:21:07 | 00:48:21.90 | 00:48:28.11 | +00:15:38 (32.3%) | 9:07 | 6.6 (68.0%) |
| 143 | MECHA Dorota | 1202 | | Open NW | 144 | | 00:00:10 | 00:20:52 | 00:48:25.38 | 00:48:35.79 | +00:15:41 (32.4%) | 9:08 | 6.6 (68.0%) |
| 144 | MROZEK Zenobia | 1196 | | Open NW | 151 | | 00:00:03 | 00:20:51 | 00:48:41.34 | 00:48:44.97 | +00:15:57 (32.8%) | 9:11 | 6.5 (67.0%) |
| 145 | STĘPIEŃ Sylwia | 1208 | | Open NW | 143 | LOUREDY | 00:00:22 | 00:20:57 | 00:48:22.93 | 00:48:45.81 | +00:15:39 (32.4%) | 9:07 | 6.6 (68.0%) |
| 146 | GÓRAL Alina | 1021 | | Open NW | 145 | | 00:00:17 | 00:21:11 | 00:48:29.14 | 00:48:46.70 | +00:15:45 (32.5%) | 9:08 | 6.6 (68.0%) |
| 147 | BENO-GĘSIKOWSKA Dorota | 1031 | | Open NW | 146 | | 00:00:17 | 00:21:11 | 00:48:29.30 | 00:48:47.03 | +00:15:45 (32.5%) | 9:08 | 6.6 (68.0%) |
| 148 | BIELA Lucyna | 667 | | Open NW | 150 | | 00:00:12 | 00:21:09 | 00:48:37.76 | 00:48:50.63 | +00:15:54 (32.7%) | 9:10 | 6.5 (67.0%) |
| 149 | DOBROWLAŃSKA WRÓŃSKA Romana | 1253 | ZZOZOLKI | Open NW | 152 | ZZOZOLKI | 00:00:03 | 00:20:19 | 00:48:50.71 | 00:48:54.57 | +00:16:07 (33.0%) | 9:12 | 6.5 (67.0%) |
| 150 | MICEK Sabina | 1005 | | Open NW | 148 | | 00:00:18 | 00:21:04 | 00:48:37.07 | 00:48:55.91 | +00:15:53 (32.7%) | 9:10 | 6.5 (67.0%) |
| 151 | MROZEK Magdalena | 1011 | | Open NW | 149 | | 00:00:18 | 00:21:04 | 00:48:37.43 | 00:48:56.21 | +00:15:53 (32.7%) | 9:10 | 6.5 (67.0%) |
| 152 | SOŁTYSIK Maria | 1013 | | Open NW | 147 | | 00:00:28 | 00:21:29 | 00:48:30.59 | 00:48:59.25 | +00:15:46 (32.5%) | 9:09 | 6.6 (68.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|---------------|-----------|------|-------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 153 | GOLASIK Barbara | 1293 | AKTYWNI LYSKI | Open NW | 153 | | 00:00:11 | 00:21:11 | 00:48:53.77 | 00:49:05.14 | +00:16:10 (33.1%) | 9:13 | 6.5 (67.0%) |
| 154 | BOBER Aneta | 1006 | | Open NW | 157 | | 00:00:11 | 00:21:30 | 00:48:57.94 | 00:49:09.76 | +00:16:14 (33.2%) | 9:14 | 6.5 (67.0%) |
| 155 | PERCHAŁA Aleksandra | 1260 | | Open NW | 159 | ZZOZOLKI | 00:00:06 | 00:21:40 | 00:49:03.95 | 00:49:10.06 | +00:16:20 (33.3%) | 9:15 | 6.5 (67.0%) |
| 156 | PATALON Grażyna | 1295 | SZARE MORSY | Open NW | 155 | Szare Morsy | 00:00:16 | 00:21:59 | 00:48:57.02 | 00:49:13.64 | +00:16:13 (33.1%) | 9:14 | 6.5 (67.0%) |
| 157 | WOJTEK Ilona | 1294 | | Open NW | 156 | | 00:00:16 | 00:21:49 | 00:48:57.08 | 00:49:13.69 | +00:16:13 (33.1%) | 9:14 | 6.5 (67.0%) |
| 158 | GOZDALSKA Agnieszka | 1290 | SZARE MORSY | Open NW | 154 | | 00:00:17 | 00:21:51 | 00:48:56.39 | 00:49:13.79 | +00:16:12 (33.1%) | 9:13 | 6.5 (67.0%) |
| 159 | CIEŚLIŃSKA Jolanta | 912 | | Open NW | 158 | | 00:00:13 | 00:21:55 | 00:49:03.34 | 00:49:16.60 | +00:16:19 (33.3%) | 9:15 | 6.5 (67.0%) |
| 160 | RAJS Ewelina | 1280 | | Open NW | 160 | | 00:00:12 | 00:21:27 | 00:49:09.78 | 00:49:22.20 | +00:16:26 (33.4%) | 9:16 | 6.5 (67.0%) |
| 161 | KOWALSKA Anna | 1244 | | Open NW | 165 | | 00:00:05 | 00:21:40 | 00:49:20.60 | 00:49:26.03 | +00:16:36 (33.7%) | 9:18 | 6.4 (66.0%) |
| 162 | ZYSK Jola | 1245 | | Open NW | 166 | | 00:00:05 | 00:21:39 | 00:49:20.83 | 00:49:26.04 | +00:16:37 (33.7%) | 9:18 | 6.4 (66.0%) |
| 163 | BAJGROWICZ Barbara | 1016 | | Open NW | 164 | | 00:00:08 | 00:21:11 | 00:49:18.40 | 00:49:27.05 | +00:16:34 (33.6%) | 9:18 | 6.5 (67.0%) |
| 164 | TABERSKA Grażyna | 1158 | | Open NW | 163 | | 00:00:09 | 00:22:05 | 00:49:18.11 | 00:49:27.49 | +00:16:34 (33.6%) | 9:18 | 6.5 (67.0%) |
| 165 | ŚLEDŹ Anna | 1285 | SZARE MORSY | Open NW | 162 | | 00:00:16 | 00:22:04 | 00:49:11.64 | 00:49:28.26 | +00:16:27 (33.5%) | 9:16 | 6.5 (67.0%) |
| 166 | DZIĄBÓR Bożena | 1286 | SZARE MORSY | Open NW | 161 | | 00:00:17 | 00:22:03 | 00:49:10.71 | 00:49:28.32 | +00:16:27 (33.5%) | 9:16 | 6.5 (67.0%) |
| 167 | MENDECKA Grażyna | 1065 | | Open NW | 171 | | 00:00:04 | 00:22:06 | 00:49:39.03 | 00:49:43.15 | +00:16:55 (34.1%) | 9:22 | 6.4 (66.0%) |
| 168 | WELET Marzena | 1301 | | Open NW | 172 | | 00:00:05 | 00:21:32 | 00:49:44.45 | 00:49:49.72 | +00:17:00 (34.2%) | 9:23 | 6.4 (66.0%) |
| 169 | SZYRSZEŃ Stefania | 1040 | | Open NW | 170 | | 00:00:17 | 00:20:57 | 00:49:38.10 | 00:49:55.60 | +00:16:54 (34.1%) | 9:21 | 6.4 (66.0%) |
| 170 | STOJAK Bożena | 1028 | | Open NW | 168 | LOUREDY | 00:00:23 | 00:21:41 | 00:49:33.42 | 00:49:56.96 | +00:16:49 (34.0%) | 9:20 | 6.4 (66.0%) |
| 171 | STANUCH Agnieszka | 1047 | | Open NW | 167 | LOUREDY | 00:00:23 | 00:21:40 | 00:49:33.29 | 00:49:57.05 | +00:16:49 (34.0%) | 9:20 | 6.4 (66.0%) |
| 172 | ULASKA-JAGODA Beata | 1206 | LOUREDY | Open NW | 169 | LOUREDY | 00:00:22 | 00:21:03 | 00:49:34.77 | 00:49:57.26 | +00:16:51 (34.0%) | 9:21 | 6.4 (66.0%) |
| 173 | KUC Ewa | 1307 | | Open NW | 173 | | 00:00:10 | 00:21:25 | 00:49:49.55 | 00:50:00.10 | +00:17:05 (34.3%) | 9:23 | 6.4 (66.0%) |
| 174 | KIELAR Małgosia | 1101 | | Open NW | 176 | | 00:00:05 | 00:22:10 | 00:49:54.75 | 00:50:00.54 | +00:17:11 (34.4%) | 9:24 | 6.4 (66.0%) |
| 175 | PYZIK Dorota | 1096 | | Open NW | 177 | | 00:00:05 | 00:22:10 | 00:49:55.03 | 00:50:00.58 | +00:17:11 (34.4%) | 9:25 | 6.4 (66.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---------------------------|-----------|------|---------------------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 176 | GOJOWY Gabriela | 1165 | | Open NW | 179 | | 00:00:05 | 00:22:10 | 00:49:57.60 | 00:50:02.76 | +00:17:13 (34.5%) | 9:25 | 6.4 (66.0%) |
| 177 | CZARNECKA Beata | 1163 | | Open NW | 178 | | 00:00:06 | 00:22:09 | 00:49:56.77 | 00:50:02.77 | +00:17:13 (34.5%) | 9:25 | 6.4 (66.0%) |
| 178 | WÓJCIK Rozalia | 1312 | | Open NW | 175 | | 00:00:13 | 00:21:28 | 00:49:53.01 | 00:50:06.01 | +00:17:09 (34.4%) | 9:24 | 6.4 (66.0%) |
| 179 | DRĄG Monika | 1182 | | Open NW | 180 | | 00:00:15 | 00:21:45 | 00:50:00.04 | 00:50:15.33 | +00:17:16 (34.5%) | 9:26 | 6.4 (66.0%) |
| 180 | ZIELUŃSKA Urszula | 1156 | | Open NW | 174 | | 00:00:26 | 00:21:59 | 00:49:51.05 | 00:50:17.21 | +00:17:07 (34.3%) | 9:24 | 6.4 (66.0%) |
| 181 | BIERNACKA Magdalena | 1140 | | Open NW | 182 | | 00:00:15 | 00:22:06 | 00:50:14.69 | 00:50:30.50 | +00:17:31 (34.9%) | 9:28 | 6.3 (64.9%) |
| 182 | SZCZEPANOWSKA Adriana | 1137 | | Open NW | 183 | | 00:00:15 | 00:22:07 | 00:50:15.46 | 00:50:30.73 | +00:17:31 (34.9%) | 9:28 | 6.3 (64.9%) |
| 183 | GARAJ Magda | 1229 | | Open NW | 181 | | 00:00:26 | 00:21:19 | 00:50:06.95 | 00:50:33.33 | +00:17:23 (34.7%) | 9:27 | 6.3 (64.9%) |
| 184 | JURASZCZYK Marta | 1161 | | Open NW | 185 | | 00:00:17 | 00:22:16 | 00:50:16.81 | 00:50:34.24 | +00:17:33 (34.9%) | 9:29 | 6.3 (64.9%) |
| 185 | WARCHOLIŃSKA Anna | 1056 | EKO-OKNA RUNNERS | Open NW | 184 | Eko-Okna Runners | 00:00:18 | 00:22:15 | 00:50:15.70 | 00:50:34.41 | +00:17:32 (34.9%) | 9:28 | 6.3 (64.9%) |
| 186 | MAJEWSKA Renata | 1220 | | Open NW | 193 | | 00:00:14 | 00:21:58 | 00:50:24.56 | 00:50:38.72 | +00:17:40 (35.1%) | 9:30 | 6.3 (64.9%) |
| 187 | WOWRA Beata | 200 | | Open NW | 199 | | 00:00:05 | 00:22:37 | 00:50:33.36 | 00:50:39.20 | +00:17:49 (35.3%) | 9:32 | 6.3 (64.9%) |
| 188 | MACIONCZYK Marzena | 1200 | | Open NW | 198 | | 00:00:07 | 00:21:45 | 00:50:32.69 | 00:50:40.17 | +00:17:49 (35.2%) | 9:32 | 6.3 (64.9%) |
| 189 | KŁOSOK Kornelia | 1272 | | Open NW | 197 | | 00:00:07 | 00:21:45 | 00:50:32.56 | 00:50:40.26 | +00:17:48 (35.2%) | 9:32 | 6.3 (64.9%) |
| 190 | KASELA Ewa | 1193 | ŻUBRÓWKI | Open NW | 186 | Żubrówki | 00:00:24 | 00:21:53 | 00:50:17.83 | 00:50:42.49 | +00:17:34 (34.9%) | 9:29 | 6.3 (64.9%) |
| 191 | KRÓLICZAK Małgorzata | 1098 | | Open NW | 187 | Żubrówki | 00:00:24 | 00:21:56 | 00:50:18.81 | 00:50:43.46 | +00:17:35 (35.0%) | 9:29 | 6.3 (64.9%) |
| 192 | KRYSIAK Dorota | 1037 | | Open NW | 188 | | 00:00:25 | 00:22:46 | 00:50:18.89 | 00:50:44.53 | +00:17:35 (35.0%) | 9:29 | 6.3 (64.9%) |
| 193 | PARZYCH Renata | 1162 | DRUŻYNA KOBIETY NA 5+ | Open NW | 195 | | 00:00:15 | 00:22:17 | 00:50:31.76 | 00:50:47.09 | +00:17:48 (35.2%) | 9:31 | 6.3 (64.9%) |
| 194 | JANOTA Magdalena | 1109 | | Open NW | 191 | ZZOZOLKI | 00:00:26 | 00:22:28 | 00:50:21.56 | 00:50:47.58 | +00:17:37 (35.0%) | 9:30 | 6.3 (64.9%) |
| 195 | POLOCZEK Ewa | 1184 | ZZOZOLKI | Open NW | 192 | ZZOZOLKI | 00:00:25 | 00:22:28 | 00:50:22.79 | 00:50:48.60 | +00:17:39 (35.0%) | 9:30 | 6.3 (64.9%) |
| 196 | KROCHMALSKA Jadwiga | 1128 | MIECHOWICKA GRUPA BIEGOWA | Open NW | 200 | Miechowicka Grupa Biegowa | 00:00:19 | 00:22:00 | 00:50:33.90 | 00:50:52.92 | +00:17:50 (35.3%) | 9:32 | 6.3 (64.9%) |
| 197 | POJDA Ewa | 1236 | | Open NW | 190 | | 00:00:33 | 00:21:39 | 00:50:20.30 | 00:50:53.75 | +00:17:36 (35.0%) | 9:29 | 6.3 (64.9%) |
| 198 | POJDA Justyna | 1232 | | Open NW | 189 | | 00:00:33 | 00:21:42 | 00:50:20.24 | 00:50:53.76 | +00:17:36 (35.0%) | 9:29 | 6.3 (64.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|---------------------------|-----------|------|---------------------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 199 | MILEWSKA Marta | 1106 | MIECHOWICKA GRUPA BIEGOWA | Open NW | 194 | Miechowicka Grupa Biegowa | 00:00:29 | 00:21:48 | 00:50:26.21 | 00:50:55.78 | +00:17:42 (35.1%) | 9:30 | 6.3 (64.9%) |
| 200 | ROMAŃSKA Katarzyna | 1155 | EKIPANAKIJACH | Open NW | 196 | | 00:00:25 | 00:22:25 | 00:50:32.27 | 00:50:57.78 | +00:17:48 (35.2%) | 9:32 | 6.3 (64.9%) |
| 201 | MISTEROWICZ Jolanta | 1257 | | Open NW | 204 | | 00:00:05 | 00:21:45 | 00:50:52.98 | 00:50:58.72 | +00:18:09 (35.7%) | 9:35 | 6.3 (64.9%) |
| 202 | ZYCH Małgorzata | 1001 | | Open NW | 201 | | 00:00:25 | 00:22:03 | 00:50:34.65 | 00:50:59.79 | +00:17:50 (35.3%) | 9:32 | 6.3 (64.9%) |
| 203 | DYNIA Jadwiga | 1268 | | Open NW | 202 | | 00:00:24 | 00:22:26 | 00:50:47.06 | 00:51:11.75 | +00:18:03 (35.6%) | 9:34 | 6.3 (64.9%) |
| 204 | MALIK Katarzyna | 1262 | "JESTEŚMY NAJLEPSZE" | Open NW | 205 | | 00:00:18 | 00:23:00 | 00:50:57.99 | 00:51:16.85 | +00:18:14 (35.8%) | 9:36 | 6.2 (63.9%) |
| 205 | KRAWCZYK Małgorzata | 1303 | | Open NW | 213 | | 00:00:05 | 00:21:53 | 00:51:14.06 | 00:51:19.81 | +00:18:30 (36.1%) | 9:40 | 6.2 (63.9%) |
| 206 | BOGOCZ Mirosława | 1168 | | Open NW | 210 | | 00:00:07 | 00:21:51 | 00:51:12.88 | 00:51:20.55 | +00:18:29 (36.1%) | 9:39 | 6.2 (63.9%) |
| 207 | KULCZYCKA Krystyna | 1129 | 55 LAT SP-5 | Open NW | 209 | 55-lat SP5 | 00:00:09 | 00:22:26 | 00:51:11.89 | 00:51:21.26 | +00:18:28 (36.1%) | 9:39 | 6.2 (63.9%) |
| 208 | GABRYŚ Małgorzata | 1034 | | Open NW | 215 | | 00:00:06 | 00:21:57 | 00:51:16.09 | 00:51:22.30 | +00:18:32 (36.2%) | 9:40 | 6.2 (63.9%) |
| 209 | KUTA Marzena | 1074 | | Open NW | 216 | | 00:00:05 | 00:21:57 | 00:51:16.69 | 00:51:22.43 | +00:18:33 (36.2%) | 9:40 | 6.2 (63.9%) |
| 210 | WYŻNIKIEWICZ Lidia | 1179 | | Open NW | 206 | | 00:00:21 | 00:22:00 | 00:51:01.64 | 00:51:23.06 | +00:18:17 (35.9%) | 9:37 | 6.2 (63.9%) |
| 211 | SZUMLAS Bogusława | 1230 | PIGUATEAM | Open NW | 203 | PiguaTeam | 00:00:31 | 00:22:39 | 00:50:52.11 | 00:51:23.52 | +00:18:08 (35.7%) | 9:35 | 6.3 (64.9%) |
| 212 | ZDEJSZY Magdalena | 1015 | | Open NW | 207 | ZZOZOLKI | 00:00:22 | 00:22:19 | 00:51:06.08 | 00:51:28.26 | +00:18:22 (36.0%) | 9:38 | 6.2 (63.9%) |
| 213 | TRUCHAN Izabela | 1288 | | Open NW | 208 | | 00:00:21 | 00:22:09 | 00:51:07.98 | 00:51:29.70 | +00:18:24 (36.0%) | 9:38 | 6.2 (63.9%) |
| 214 | KOJ Agnieszka | 602 | | Open NW | 217 | | 00:00:21 | 00:22:59 | 00:51:20.61 | 00:51:42.30 | +00:18:36 (36.3%) | 9:41 | 6.2 (63.9%) |
| 215 | KOLONKO Zuzanna | 1198 | KLUB DYSTANS | Open NW | 214 | | 00:00:27 | 00:22:55 | 00:51:15.76 | 00:51:43.26 | +00:18:32 (36.2%) | 9:40 | 6.2 (63.9%) |
| 216 | PALETA Katarzyna | 1197 | | Open NW | 212 | | 00:00:29 | 00:22:54 | 00:51:13.72 | 00:51:43.36 | +00:18:30 (36.1%) | 9:39 | 6.2 (63.9%) |
| 217 | HAJDUCZEK Aneta | 1199 | | Open NW | 211 | | 00:00:30 | 00:22:58 | 00:51:13.64 | 00:51:43.64 | +00:18:29 (36.1%) | 9:39 | 6.2 (63.9%) |
| 218 | GOMUŁKA Mariola | 1187 | | Open NW | 220 | | 00:00:17 | 00:21:59 | 00:51:34.16 | 00:51:51.98 | +00:18:50 (36.5%) | 9:43 | 6.2 (63.9%) |
| 219 | KOZIEŁ Grażyna | 1041 | POWOLI DOCELU | Open NW | 225 | PoWoli doCelu | 00:00:04 | 00:22:26 | 00:51:51.92 | 00:51:56.72 | +00:19:08 (36.9%) | 9:46 | 6.1 (62.9%) |
| 220 | MAZUR Małgorzata | 1112 | KOBIETY NA 5+ | Open NW | 222 | Kobiety na 5+ | 00:00:08 | 00:22:05 | 00:51:48.57 | 00:51:56.89 | +00:19:04 (36.8%) | 9:46 | 6.1 (62.9%) |
| 221 | CZERNECKA Justyna | 1235 | | Open NW | 218 | | 00:00:28 | 00:22:46 | 00:51:32.47 | 00:52:01.28 | +00:18:48 (36.5%) | 9:43 | 6.2 (63.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|----------------------|-----------|------|---------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 222 | BONISŁAWSKA Beata | 1233 | | Open NW | 219 | | 00:00:28 | 00:22:45 | 00:51:33.23 | 00:52:01.65 | +00:18:49 (36.5%) | 9:43 | 6.2 (63.9%) |
| 223 | KORNAS Marta | 1234 | | Open NW | 221 | | 00:00:29 | 00:22:41 | 00:51:42.45 | 00:52:11.49 | +00:18:58 (36.7%) | 9:45 | 6.2 (63.9%) |
| 224 | KRAKOWCZYK Janina | 1117 | NORDIC WALKING LYSKI | Open NW | 228 | | 00:00:01 | 00:23:38 | 00:52:10.56 | 00:52:12.37 | +00:19:26 (37.3%) | 9:50 | 6.1 (62.9%) |
| 225 | AUGUŚCIK Wioleta | 738 | | Open NW | 224 | | 00:00:24 | 00:22:52 | 00:51:48.81 | 00:52:12.87 | +00:19:05 (36.8%) | 9:46 | 6.1 (62.9%) |
| 226 | ARENDARCZYK Anna | 1144 | AA | Open NW | 223 | | 00:00:30 | 00:21:52 | 00:51:48.68 | 00:52:19.18 | +00:19:05 (36.8%) | 9:46 | 6.1 (62.9%) |
| 227 | SZAL Anna | 1003 | | Open NW | 226 | Mors Hubertus | 00:00:19 | 00:23:14 | 00:52:08.03 | 00:52:27.30 | +00:19:24 (37.2%) | 9:50 | 6.1 (62.9%) |
| 228 | PRASAK Sabina | 1121 | POGORIA BIEGA | Open NW | 227 | | 00:00:26 | 00:22:11 | 00:52:08.68 | 00:52:34.95 | +00:19:25 (37.2%) | 9:50 | 6.1 (62.9%) |
| 229 | CIESIELSKA Sylwia | 1020 | | Open NW | 229 | | 00:00:25 | 00:22:21 | 00:52:16.17 | 00:52:41.50 | +00:19:32 (37.4%) | 9:51 | 6.1 (62.9%) |
| 230 | CZAPURA Elżbieta | 1014 | MK TEAM | Open NW | 230 | | 00:00:25 | 00:22:20 | 00:52:16.69 | 00:52:41.77 | +00:19:33 (37.4%) | 9:51 | 6.1 (62.9%) |
| 231 | ŻYMEŁKA Janina | 1277 | - | Open NW | 231 | | 00:00:19 | 00:22:52 | 00:52:25.01 | 00:52:44.36 | +00:19:41 (37.6%) | 9:53 | 6.1 (62.9%) |
| 232 | NADOLNIK Jadwiga | 1188 | | Open NW | 236 | | 00:00:05 | 00:22:13 | 00:52:44.05 | 00:52:49.72 | +00:20:00 (37.9%) | 9:56 | 6 (61.9%) |
| 233 | CHOLEWA Magdalena | 1212 | | Open NW | 234 | | 00:00:15 | 00:21:36 | 00:52:35.22 | 00:52:50.96 | +00:19:51 (37.8%) | 9:55 | 6 (61.9%) |
| 234 | ZALEWSKA Marianna | 1145 | | Open NW | 233 | | 00:00:23 | 00:23:00 | 00:52:28.03 | 00:52:51.24 | +00:19:44 (37.6%) | 9:53 | 6.1 (62.9%) |
| 235 | STACHURA Beata | 1027 | | Open NW | 232 | | 00:00:28 | 00:23:07 | 00:52:27.87 | 00:52:56.25 | +00:19:44 (37.6%) | 9:53 | 6.1 (62.9%) |
| 236 | POGODA Renata | 1205 | | Open NW | 235 | | 00:00:26 | 00:23:28 | 00:52:35.93 | 00:53:02.57 | +00:19:52 (37.8%) | 9:55 | 6 (61.9%) |
| 237 | SZYMCZYK-ORŁOWSKA Iwona | 1219 | | Open NW | 243 | | 00:00:13 | 00:22:45 | 00:53:07.43 | 00:53:21.20 | +00:20:23 (38.4%) | 10:01 | 6 (61.9%) |
| 238 | ROJEWSKA Danuta | 1279 | | Open NW | 237 | | 00:00:28 | 00:23:19 | 00:52:56.33 | 00:53:24.68 | +00:20:12 (38.2%) | 9:59 | 6 (61.9%) |
| 239 | ŻBIK Joanna | 1100 | | Open NW | 240 | Team OczeK | 00:00:23 | 00:23:18 | 00:53:05.45 | 00:53:29.37 | +00:20:21 (38.4%) | 10:00 | 6 (61.9%) |
| 240 | GORAL Beata | 1118 | OCZEK TEAM | Open NW | 241 | | 00:00:23 | 00:23:17 | 00:53:06.04 | 00:53:29.65 | +00:20:22 (38.4%) | 10:01 | 6 (61.9%) |
| 241 | DANEL Ewelina | 1045 | TEAM OCZEK | Open NW | 239 | | 00:00:24 | 00:23:17 | 00:53:05.28 | 00:53:29.93 | +00:20:21 (38.4%) | 10:00 | 6 (61.9%) |
| 242 | KODURA Joanna | 249 | TEAM OCZEK | Open NW | 242 | | 00:00:22 | 00:23:21 | 00:53:07.18 | 00:53:30.02 | +00:20:23 (38.4%) | 10:01 | 6 (61.9%) |
| 243 | KALINOWSKA Ewelina | 1105 | TEAM OCZEK | Open NW | 238 | | 00:00:25 | 00:23:17 | 00:53:04.78 | 00:53:30.28 | +00:20:21 (38.3%) | 10:00 | 6 (61.9%) |
| 244 | SROCZYŃSKA Maria | 1180 | | Open NW | 244 | | 00:00:20 | 00:23:29 | 00:53:11.78 | 00:53:31.95 | +00:20:28 (38.5%) | 10:02 | 6 (61.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-----------------|-----------|------|---------------------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 245 | ANDROSZ Katarzyna | 1171 | | Open NW | 245 | | 00:00:20 | 00:23:28 | 00:53:11.84 | 00:53:32.58 | +00:20:28 (38.5%) | 10:02 | 6 (61.9%) |
| 246 | PIKSA Ewelina | 141 | | Open NW | 246 | | 00:00:16 | 00:23:35 | 00:53:22.79 | 00:53:39.19 | +00:20:39 (38.7%) | 10:04 | 6 (61.9%) |
| 247 | RUMPEL Marynia | 1079 | KS M.E.T.A. | Open NW | 249 | | 00:00:13 | 00:23:33 | 00:53:28.03 | 00:53:41.58 | +00:20:44 (38.8%) | 10:05 | 5.9 (60.8%) |
| 248 | ZALEWSKA Urszula | 1190 | | Open NW | 247 | | 00:00:20 | 00:23:53 | 00:53:24.26 | 00:53:44.43 | +00:20:40 (38.7%) | 10:04 | 6 (61.9%) |
| 249 | MAŁECKA Kamila | 1078 | | Open NW | 250 | | 00:00:19 | 00:23:54 | 00:53:28.50 | 00:53:47.87 | +00:20:44 (38.8%) | 10:05 | 5.9 (60.8%) |
| 250 | ZALEWSKA Sylwia | 1189 | | Open NW | 248 | | 00:00:20 | 00:23:52 | 00:53:27.14 | 00:53:47.99 | +00:20:43 (38.8%) | 10:05 | 5.9 (60.8%) |
| 251 | ĆWIĘKOWSKA Aneta | 1265 | | Open NW | 252 | | 00:00:12 | 00:23:35 | 00:53:43.68 | 00:53:56.54 | +00:21:00 (39.1%) | 10:08 | 5.9 (60.8%) |
| 252 | KLEBACH Ewa | 1266 | | Open NW | 251 | | 00:00:13 | 00:23:34 | 00:53:43.63 | 00:53:56.77 | +00:20:59 (39.1%) | 10:08 | 5.9 (60.8%) |
| 253 | GULAN Anna | 1195 | | Open NW | 253 | Gulanki | 00:00:19 | 00:23:42 | 00:53:49.81 | 00:54:09.79 | +00:21:06 (39.2%) | 10:09 | 5.9 (60.8%) |
| 254 | GULAN Marianna | 1167 | GULANKI | Open NW | 254 | Gulanki | 00:00:19 | 00:23:42 | 00:53:51.07 | 00:54:10.32 | +00:21:07 (39.2%) | 10:09 | 5.9 (60.8%) |
| 255 | GULAN Agnieszka | 1166 | GULANKI | Open NW | 255 | Gulanki | 00:00:18 | 00:23:42 | 00:53:51.76 | 00:54:10.47 | +00:21:08 (39.2%) | 10:09 | 5.9 (60.8%) |
| 256 | KUBICIUS Zofia | 1068 | OLZA CIESZYN | Open NW | 256 | ZZOZOLKI | 00:00:12 | 00:23:33 | 00:54:08.98 | 00:54:21.03 | +00:21:25 (39.6%) | 10:12 | 5.9 (60.8%) |
| 257 | BYSTRANOWSKA Ewelina | 1094 | | Open NW | 259 | | 00:00:23 | 00:23:45 | 00:54:30.00 | 00:54:53.12 | +00:21:46 (39.9%) | 10:16 | 5.8 (59.8%) |
| 258 | LEKSTON Ewa | 1060 | | Open NW | 258 | | 00:00:23 | 00:23:44 | 00:54:29.96 | 00:54:53.53 | +00:21:46 (39.9%) | 10:16 | 5.8 (59.8%) |
| 259 | BERNACISKO Weronika | 1073 | WARTKIE PIERONY | Open NW | 257 | | 00:00:27 | 00:24:25 | 00:54:29.27 | 00:54:56.29 | +00:21:45 (39.9%) | 10:16 | 5.8 (59.8%) |
| 260 | CZUCH Joanna | 762 | | Open NW | 260 | TEAM MAŁYCH BOHATERÓW :-) | 00:00:36 | 00:23:34 | 00:54:30.37 | 00:55:07.33 | +00:21:46 (40.0%) | 10:16 | 5.8 (59.8%) |
| 261 | WIATR Dorota | 1029 | | Open NW | 261 | | 00:00:10 | 00:24:38 | 00:55:13.70 | 00:55:24.06 | +00:22:30 (40.7%) | 10:25 | 5.8 (59.8%) |
| 262 | LEGIERSKA Jolanta | 1111 | | Open NW | 263 | | 00:00:17 | 00:24:26 | 00:55:22.21 | 00:55:39.45 | +00:22:38 (40.9%) | 10:26 | 5.7 (58.8%) |
| 263 | LIPCZYNSKA Maria | 1099 | | Open NW | 264 | | 00:00:17 | 00:24:26 | 00:55:23.68 | 00:55:40.74 | +00:22:40 (40.9%) | 10:26 | 5.7 (58.8%) |
| 264 | KRUCZAŁA Dominika | 1252 | | Open NW | 262 | | 00:00:30 | 00:23:41 | 00:55:20.45 | 00:55:50.48 | +00:22:36 (40.9%) | 10:26 | 5.7 (58.8%) |
| 265 | DANIKIEWICZ Wioletta | 1059 | | Open NW | 265 | | 00:00:28 | 00:23:43 | 00:55:25.76 | 00:55:54.13 | +00:22:42 (41.0%) | 10:27 | 5.7 (58.8%) |
| 266 | PIETRZYK Stanisława | 1238 | | Open NW | 267 | | 00:00:04 | 00:24:10 | 00:55:50.39 | 00:55:55.02 | +00:23:06 (41.4%) | 10:32 | 5.7 (58.8%) |
| 267 | KOWALCZUK Mirela | 1237 | | Open NW | 268 | | 00:00:04 | 00:24:10 | 00:55:50.93 | 00:55:55.03 | +00:23:07 (41.4%) | 10:32 | 5.7 (58.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|---------------|-----------|------|----------------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 268 | POLC Aniela | 1035 | | Open NW | 266 | | 00:00:26 | 00:24:33 | 00:55:30.64 | 00:55:56.96 | +00:22:46 (41.0%) | 10:28 | 5.7 (58.8%) |
| 269 | MACHACZEK Aleksandra | 1081 | | Open NW | 269 | | 00:00:27 | 00:24:34 | 00:56:20.81 | 00:56:48.25 | +00:23:37 (41.9%) | 10:37 | 5.6 (57.7%) |
| 270 | BURZYŃSKA Barbara | 1152 | | Open NW | 270 | | 00:00:27 | 00:24:34 | 00:56:20.86 | 00:56:48.57 | +00:23:37 (41.9%) | 10:37 | 5.6 (57.7%) |
| 271 | SMOLIK Ewelina | 657 | ZZOZOLKI | Open NW | 271 | ZZOZOLKI | 00:00:23 | 00:21:36 | 00:56:30.87 | 00:56:54.79 | +00:23:47 (42.1%) | 10:39 | 5.6 (57.7%) |
| 272 | WOJDAT Marta | 1050 | | Open NW | 272 | | 00:00:11 | 00:25:09 | 00:57:49.12 | 00:58:00.73 | +00:25:05 (43.4%) | 10:54 | 5.5 (56.7%) |
| 273 | BŁASZCZYK Marta | 1026 | | Open NW | 273 | | 00:00:12 | 00:25:10 | 00:57:49.18 | 00:58:01.44 | +00:25:05 (43.4%) | 10:54 | 5.5 (56.7%) |
| 274 | MULLER-KOCZOR Aleksandra | 932 | | Open NW | 276 | WYSTRZAŁOWE 19 | 00:00:12 | 00:23:38 | 00:58:45.26 | 00:58:57.56 | +00:26:01 (44.3%) | 11:05 | 5.4 (55.7%) |
| 275 | DĘBSKA Olga | 1302 | | Open NW | 275 | WYSTRZAŁOWE 19 | 00:00:14 | 00:23:39 | 00:58:45.06 | 00:58:59.06 | +00:26:01 (44.3%) | 11:05 | 5.4 (55.7%) |
| 276 | PASEK Agnieszka | 1315 | | Open NW | 274 | WYSTRZAŁOWE 19 | 00:00:15 | 00:23:39 | 00:58:45.02 | 00:59:00.37 | +00:26:01 (44.3%) | 11:05 | 5.4 (55.7%) |
| 277 | FURMAN Malwina | 1299 | | Open NW | 277 | WYSTRZAŁOWE 19 | 00:00:13 | 00:24:11 | 00:58:50.44 | 00:59:04.16 | +00:26:06 (44.4%) | 11:06 | 5.4 (55.7%) |
| 278 | KALUS Wioletta | 1227 | | Open NW | 278 | | 00:00:10 | 00:25:18 | 00:59:06.61 | 00:59:17.36 | +00:26:22 (44.6%) | 11:09 | 5.4 (55.7%) |
| 279 | DOMINIAK Monika | 1226 | | Open NW | 279 | | 00:00:10 | 00:25:20 | 00:59:07.38 | 00:59:17.41 | +00:26:23 (44.6%) | 11:09 | 5.4 (55.7%) |
| 280 | TARKA Hildegarda | 1228 | KOBIETY NA 5+ | Open NW | 282 | Kobiety na 5+ | 00:00:03 | 00:25:44 | 00:59:42.22 | 00:59:45.37 | +00:26:58 (45.2%) | 11:15 | 5.3 (54.6%) |
| 281 | WAŁKUSKA Janina | 1319 | | Open NW | 281 | | 00:00:17 | 00:25:12 | 00:59:35.88 | 00:59:52.90 | +00:26:52 (45.1%) | 11:14 | 5.3 (54.6%) |
| 282 | WOLAK Krystyna | 1033 | KOBIETY NA 5+ | Open NW | 280 | Kobiety na 5+ | 00:00:17 | 00:25:15 | 00:59:35.57 | 00:59:53.21 | +00:26:51 (45.1%) | 11:14 | 5.3 (54.6%) |
| 283 | FITAS Mariola | 1297 | | Open NW | 286 | | 00:00:08 | 00:26:36 | 01:00:34.85 | 01:00:43.11 | +00:27:51 (46.0%) | 11:25 | 5.3 (54.6%) |
| 284 | ADAMCZYK Alina | 1298 | | Open NW | 285 | | 00:00:08 | 00:26:37 | 01:00:34.74 | 01:00:43.61 | +00:27:51 (46.0%) | 11:25 | 5.3 (54.6%) |
| 285 | JURA Jadzia | 1175 | BABY GÓRA | Open NW | 283 | | 00:00:28 | 00:25:31 | 01:00:15.04 | 01:00:43.84 | +00:27:31 (45.7%) | 11:22 | 5.3 (54.6%) |
| 286 | MROZ Aneta | 1178 | BABY GÓRĄ | Open NW | 284 | | 00:00:29 | 00:25:35 | 01:00:15.97 | 01:00:45.09 | +00:27:32 (45.7%) | 11:22 | 5.3 (54.6%) |
| 287 | BLUCHA Janina | 1066 | | Open NW | 287 | | 00:00:09 | 00:26:50 | 01:00:39.77 | 01:00:49.24 | +00:27:56 (46.0%) | 11:26 | 5.2 (53.6%) |
| 288 | POLOCZEK Barbara | 1061 | | Open NW | 288 | | 00:00:09 | 00:27:04 | 01:02:04.58 | 01:02:14.33 | +00:29:20 (47.3%) | 11:42 | 5.1 (52.6%) |
| 289 | SMAGACZ Zyta | 1000 | | Open NW | 289 | Kobiety na 5+ | 00:00:16 | 00:25:54 | 01:02:30.37 | 01:02:46.93 | +00:29:46 (47.6%) | 11:47 | 5.1 (52.6%) |
| 290 | SZOJDA Ludmiła | 1217 | | Open NW | 290 | | 00:00:25 | 00:27:11 | 01:02:34.61 | 01:02:59.71 | +00:29:50 (47.7%) | 11:48 | 5.1 (52.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------|-----------|------|-----------|-------------|----------------|--------------------|--------------------|------|--------------|----------------|
| DNC | WIECZOREK Bożena | 1273 | NORDIC WALKING LYSKI | Open | NW | | 00:00:00 | | 00:44:25.13 | 00:44:25.13 | | 0:00 | 7.2 (74.2%) |

Znaleziono 291 wynik(ów)