



Wydarzenie: Półmaraton Gliwicki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-10-22
Miejsce: Gliwice
Dystans: 10 km

NORDIC WALKING GLIWICKI - 10KM

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 10_km 4.3km | 15_km 6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---------------------|-----------|------|-------------|----------------|--------------|--------------------|---------------------|----------------------|-----------------|----------------|
| 1 | CYRUS Bogdan | 3069 | SILESIA NORDIC TEAM | M-40 | 1 | 00:02:45 | 00:26:37 | 00:37:37 | 01:04:43.85 | 01:07:29.45 | | 6:28 | 9.3 (100%) |
| 2 | ADAMUS Marian | 3087 | ŚLESIA NORDIC TEAM | M-60 | 1 | 00:02:44 | 00:27:13 | 00:38:20 | 01:06:23.80 | 01:09:08.65 | +00:01:39 (2.5%) | 6:38 | 9 (96.8%) |
| 3 | MAŁKA Marian | 3067 | NIEZRZESZONY | M-50 | 1 | 00:02:49 | 00:28:10 | 00:39:26 | 01:07:38.45 | 01:10:27.90 | +00:02:54 (4.3%) | 6:45 | 8.9 (95.7%) |
| 4 | SMOLARCZYK Dorota | 3071 | MŁODE WILKI | K-40 | 1 | 00:02:13 | 00:29:09 | 00:40:43 | 01:09:59.85 | 01:12:13.40 | +00:05:16 (7.5%) | 7:00 | 8.6 (92.5%) |
| 5 | TYCZEWSKI Jacek | 3035 | | M-30 | 1 | 00:02:44 | 00:29:19 | 00:41:37 | 01:12:00.60 | 01:14:45.45 | +00:07:16 (10.1%) | 7:12 | 8.3 (89.2%) |
| 6 | HAHN Piotr | 3072 | NORRUN TEAM | M-30 | 2 | 00:02:49 | 00:30:41 | 00:42:36 | 01:12:38.30 | 01:15:28.00 | +00:07:54 (10.9%) | 7:15 | 8.3 (89.2%) |
| 7 | SKONIECZNY Sebastian | 3016 | BUKATEAM | M-30 | 3 | 00:02:47 | 00:30:05 | 00:42:23 | 01:12:57.90 | 01:15:45.20 | +00:08:14 (11.3%) | 7:17 | 8.2 (88.2%) |
| 8 | MARONDEL Katarzyna | 3086 | SILESIA NORDIC TEAM | K-30 | 1 | 00:02:46 | 00:30:17 | 00:42:28 | 01:13:01.70 | 01:15:47.90 | +00:08:17 (11.4%) | 7:18 | 8.2 (88.2%) |
| 9 | STĘPIEŃ Dorota | 3047 | | K-40 | 2 | 00:02:50 | 00:29:53 | 00:42:06 | 01:13:04.65 | 01:15:55.40 | +00:08:20 (11.4%) | 7:18 | 8.2 (88.2%) |
| 10 | KAJCA Mirosław | 3011 | ŁAZISKIE KARLUSY | M-40 | 2 | 00:02:47 | 00:30:14 | 00:42:21 | 01:13:25.25 | 01:16:12.30 | +00:08:41 (11.8%) | 7:20 | 8.2 (88.2%) |
| 11 | MAZIUK Krzysztof | 3044 | | M-40 | 3 | 00:02:51 | 00:30:51 | 00:42:56 | 01:13:43.30 | 01:16:35.20 | +00:08:59 (12.2%) | 7:22 | 8.1 (87.1%) |
| 12 | SKOWROŃSKA Anna | 3066 | | K-40 | 3 | 00:02:49 | 00:31:09 | 00:43:20 | 01:14:09.80 | 01:16:59.55 | +00:09:25 (12.7%) | 7:25 | 8.1 (87.1%) |
| 13 | JASIŃSKI Mateusz | 3095 | CERTUM | M-20 | 1 | 00:02:45 | 00:31:48 | 00:44:03 | 01:14:41.55 | 01:17:26.85 | +00:09:57 (13.3%) | 7:28 | 8 (86.0%) |
| 14 | WIŚNIEWSKI Roman | 3077 | | M-60 | 2 | 00:02:48 | 00:31:25 | 00:44:13 | 01:15:53.40 | 01:18:41.75 | +00:11:09 (14.7%) | 7:35 | 7.9 (84.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 10_km 4.3km | 15_km 6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------------------------|-----------|------|-------------|----------------|--------------|--------------------|---------------------|----------------------|-----------------|----------------|
| 15 | TYCZEWSKA Paulina | 3031 | | K-30 | 2 | 00:02:46 | 00:30:55 | 00:43:35 | 01:16:18.35 | 01:19:04.65 | +00:11:34 (15.2%) | 7:37 | 7.9 (84.9%) |
| 16 | WOJNOWSKI Wojciech | 3100 | | M-30 | 4 | 00:02:49 | 00:32:02 | 00:44:57 | 01:16:27.95 | 01:19:17.10 | +00:11:44 (15.3%) | 7:38 | 7.8 (83.9%) |
| 17 | URBANOWICZ Aleksandra | 3080 | KTB 'PRZEZ LAS ' GLIWICE | K-50 | 1 | 00:02:50 | 00:32:38 | 00:45:17 | 01:16:36.60 | 01:19:26.85 | +00:11:52 (15.5%) | 7:39 | 7.8 (83.9%) |
| 18 | KOZUB Patrycja | 3094 | CERTUM | K-20 | 1 | 00:02:43 | 00:32:16 | 00:45:09 | 01:17:34.30 | 01:20:18.10 | +00:12:50 (16.6%) | 7:45 | 7.7 (82.8%) |
| 19 | OWCZAREK Marcin | 3041 | | M-50 | 3 | 00:02:04 | 00:32:15 | 00:45:17 | 01:18:18.75 | 01:20:23.45 | +00:13:34 (17.3%) | 7:49 | 7.7 (82.8%) |
| 20 | JAWORSKI Andrzej | 3023 | | M-50 | 2 | 00:02:46 | 00:32:29 | 00:45:25 | 01:17:48.15 | 01:20:34.50 | +00:13:04 (16.8%) | 7:46 | 7.7 (82.8%) |
| 21 | SKAWIŃSKA Ewa | 3076 | RIGHTWAY | K-40 | 4 | 00:02:50 | 00:32:53 | 00:45:40 | 01:17:46.85 | 01:20:37.10 | +00:13:03 (16.8%) | 7:46 | 7.7 (82.8%) |
| 22 | TAISNER Aleksandra | 3089 | | K-30 | 3 | 00:02:48 | 00:32:52 | 00:45:45 | 01:19:03.65 | 01:21:51.65 | +00:14:19 (18.1%) | 7:54 | 7.6 (81.7%) |
| 23 | LIPUT Dawid | 3099 | | M-30 | 5 | 00:02:49 | 00:32:25 | 00:45:40 | 01:19:39.30 | 01:22:29.10 | +00:14:55 (18.7%) | 7:58 | 7.5 (80.6%) |
| 24 | MICHALIK Joanna | 3081 | | K-30 | 4 | 00:02:47 | 00:33:42 | 00:47:03 | 01:19:50.75 | 01:22:37.85 | +00:15:06 (18.9%) | 7:59 | 7.5 (80.6%) |
| 25 | TYCZEWSKA Teresa | 3014 | | K-40 | 5 | 00:02:47 | 00:32:55 | 00:46:16 | 01:20:24.05 | 01:23:11.95 | +00:15:40 (19.5%) | 8:02 | 7.5 (80.6%) |
| 26 | WIŚNIEWSKI Sławomir | 3022 | | M-50 | 4 | 00:02:48 | 00:33:32 | 00:47:07 | 01:21:15.60 | 01:24:03.65 | +00:16:31 (20.3%) | 8:07 | 7.4 (79.6%) |
| 27 | SIEJKO Janusz Adam | 3060 | UM | M-60 | 3 | 00:02:57 | 00:35:06 | 00:48:54 | 01:22:03.45 | 01:25:00.45 | +00:17:19 (21.1%) | 8:12 | 7.3 (78.5%) |
| 28 | TRACZEWSKA Magdalena | 3082 | | K-30 | 5 | 00:02:52 | 00:34:08 | 00:47:59 | 01:22:37.80 | 01:25:30.00 | +00:17:53 (21.7%) | 8:15 | 7.3 (78.5%) |
| 29 | GĘBCZYK Władysław | 3010 | GLIWICKI KLUB KOLEKCJONERÓW | M-60 | 4 | 00:02:50 | 00:34:22 | 00:48:07 | 01:22:52.65 | 01:25:42.70 | +00:18:08 (21.9%) | 8:17 | 7.2 (77.4%) |
| 30 | KIDAWA Bożena | 3024 | | K-60 | 1 | 00:02:46 | 00:34:18 | 00:48:03 | 01:23:01.75 | 01:25:48.20 | +00:18:17 (22.0%) | 8:18 | 7.2 (77.4%) |
| 31 | WINKIEWICZ Jolanta | 3056 | | K-50 | 2 | 00:02:47 | 00:34:27 | 00:48:19 | 01:23:10.15 | 01:25:57.50 | +00:18:26 (22.2%) | 8:19 | 7.2 (77.4%) |
| 32 | LEWANDOWSKA Iwona | 3079 | | K-50 | 3 | 00:02:43 | 00:34:04 | 00:48:07 | 01:23:25.25 | 01:26:08.50 | +00:18:41 (22.4%) | 8:20 | 7.2 (77.4%) |
| 33 | KIDAWA Marian | 3015 | | M-60 | 5 | 00:02:46 | 00:33:47 | 00:47:42 | 01:23:28.75 | 01:26:15.10 | +00:18:44 (22.5%) | 8:20 | 7.2 (77.4%) |
| 34 | STACHOWICZ Szymon | 3008 | | M-20 | 2 | 00:02:55 | 00:35:42 | 00:49:57 | 01:23:33.40 | 01:26:29.05 | +00:18:49 (22.5%) | 8:21 | 7.2 (77.4%) |
| 35 | WĘGRZYNOWICZ Estera | 3007 | | K-30 | 6 | 00:02:55 | 00:35:42 | 00:49:58 | 01:23:35.80 | 01:26:31.05 | +00:18:51 (22.6%) | 8:21 | 7.2 (77.4%) |
| 36 | SARRÉ Joanna | 3039 | SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA | K-60 | 2 | 00:02:56 | 00:34:15 | 00:48:08 | 01:24:23.55 | 01:27:19.60 | +00:19:39 (23.3%) | 8:26 | 7.1 (76.3%) |
| 37 | KOTYLAK Wojciech | 3040 | | M-50 | 5 | 00:02:53 | 00:35:04 | 00:48:50 | 01:24:28.30 | 01:27:21.35 | +00:19:44 (23.4%) | 8:26 | 7.1 (76.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 10_km 4.3km | 15_km 6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|------------------------|-----------|------|-------------|----------------|--------------|--------------------|---------------------|----------------------|-----------------|----------------|
| 38 | NOWAK Sebastian | 3091 | PROPOINT | M-30 | 6 | 00:02:45 | 00:35:19 | 00:49:24 | 01:25:03.30 | 01:27:48.45 | +00:20:19 (23.9%) | 8:30 | 7.1 (76.3%) |
| 39 | WOLIŃSKA Katarzyna | 3097 | | K-40 | 6 | 00:02:59 | 00:37:01 | 00:51:35 | 01:24:54.35 | 01:27:53.45 | +00:20:10 (23.8%) | 8:29 | 7.1 (76.3%) |
| 40 | RYGULSKI Andrzej | 3012 | ŁAZISKIE KARLUSY | M-60 | 6 | 00:02:46 | 00:36:34 | 00:51:03 | 01:25:13.70 | 01:28:00.05 | +00:20:29 (24.1%) | 8:31 | 7 (75.3%) |
| 41 | BENTKOWSKI Lesław | 3013 | DIRTY SPARROWS | M-70 | 1 | 00:02:44 | 00:35:45 | 00:50:07 | 01:25:28.55 | 01:28:13.15 | +00:20:44 (24.3%) | 8:32 | 7 (75.3%) |
| 42 | MAZIUK Ewa | 3045 | | K-40 | 7 | 00:02:51 | 00:35:52 | 00:50:07 | 01:25:30.30 | 01:28:21.85 | +00:20:46 (24.3%) | 8:33 | 7 (75.3%) |
| 43 | MIZERA Beata | 3006 | | K-40 | 8 | 00:02:55 | 00:35:49 | 00:50:03 | 01:25:34.80 | 01:28:29.95 | +00:20:50 (24.4%) | 8:33 | 7 (75.3%) |
| 44 | SOBCZAK-KOSIŃSKA Sylwia | 3049 | | K-30 | 7 | 00:02:51 | 00:35:55 | 00:50:08 | 01:25:46.05 | 01:28:37.60 | +00:21:02 (24.5%) | 8:34 | 7 (75.3%) |
| 45 | SKONIECZNA Magdalena | 3017 | BUKATEAM | K-30 | 8 | 00:02:48 | 00:35:13 | 00:49:20 | 01:25:52.20 | 01:28:40.65 | +00:21:08 (24.6%) | 8:35 | 7 (75.3%) |
| 46 | DOMARADZKA Karolina | 3037 | | K-20 | 2 | 00:02:51 | 00:36:40 | 00:50:53 | 01:26:02.25 | 01:28:53.30 | +00:21:18 (24.8%) | 8:36 | 7 (75.3%) |
| 47 | KOZŁOWSKA Karina | 3029 | | K-40 | 9 | 00:02:43 | 00:35:14 | 00:49:52 | 01:26:11.80 | 01:28:55.55 | +00:21:27 (24.9%) | 8:37 | 7 (75.3%) |
| 48 | KISTELLA Paulina | 3061 | | K-20 | 3 | 00:02:45 | 00:35:05 | 00:49:29 | 01:26:14.25 | 01:28:59.60 | +00:21:30 (24.9%) | 8:37 | 7 (75.3%) |
| 49 | ARTER Małgorzata | 3003 | | K-50 | 4 | 00:02:45 | 00:36:30 | 00:50:46 | 01:26:16.45 | 01:29:01.80 | +00:21:32 (25.0%) | 8:37 | 7 (75.3%) |
| 50 | PROKOP Gabriela | 3098 | | K-30 | 9 | 00:02:48 | 00:36:35 | 00:50:58 | 01:26:14.30 | 01:29:02.85 | +00:21:30 (24.9%) | 8:37 | 7 (75.3%) |
| 51 | GAMRACY Leszek | 3062 | UTW GLIWICE | M-60 | 8 | 00:00:00 | | | 01:29:24.00 | 01:29:24.00 | +00:24:40 (27.6%) | 8:56 | 6.7 (72.0%) |
| 52 | WROCŁAWSKI Rafał | 3101 | | M-40 | 4 | 00:02:50 | 00:35:53 | 00:50:21 | 01:27:07.60 | 01:29:58.15 | +00:22:23 (25.7%) | 8:42 | 6.9 (74.2%) |
| 53 | TURCZYN Jolanta | 3053 | | K-50 | 5 | 00:02:49 | 00:36:33 | 00:51:05 | 01:27:58.75 | 01:30:48.15 | +00:23:14 (26.4%) | 8:47 | 6.8 (73.1%) |
| 54 | GROSS Mirosław | 3038 | FIS-SST TEAM / UNISONO | M-60 | 7 | 00:02:47 | 00:38:02 | 00:52:36 | 01:28:27.20 | 01:31:15.10 | +00:23:43 (26.8%) | 8:50 | 6.8 (73.1%) |
| 55 | MAŁKA Irena | 3068 | NIEZRZESZONA | K-60 | 3 | 00:02:45 | 00:37:11 | 00:51:58 | 01:28:35.00 | 01:31:20.10 | +00:23:51 (26.9%) | 8:51 | 6.8 (73.1%) |
| 56 | WOJDAT Hanna | 3054 | | K-40 | 10 | 00:02:59 | 00:37:05 | 00:51:50 | 01:28:43.65 | 01:31:43.40 | +00:23:59 (27.0%) | 8:52 | 6.8 (73.1%) |
| 57 | SNOCHOWSKA Agata | 3058 | SZOMBIERKI RANNERS | K-30 | 10 | 00:02:53 | 00:38:11 | 00:52:53 | 01:28:57.75 | 01:31:51.70 | +00:24:13 (27.2%) | 8:53 | 6.7 (72.0%) |
| 58 | NOWICKA Katarzyna | 3065 | SZOMBIERKI RUNNERS | K-40 | 11 | 00:02:54 | 00:38:10 | 00:52:52 | 01:28:59.00 | 01:31:53.30 | +00:24:15 (27.3%) | 8:53 | 6.7 (72.0%) |
| 59 | ALEKSANDROWICZ Małgorzata | 3033 | | K-50 | 6 | 00:02:10 | 00:37:27 | 00:52:24 | 01:29:47.10 | 01:31:57.75 | +00:25:03 (27.9%) | 8:58 | 6.7 (72.0%) |
| 60 | DŁUGAJ Urszula | 3078 | | K-40 | 12 | 00:02:50 | 00:38:07 | 00:53:02 | 01:29:13.75 | 01:32:03.75 | +00:24:29 (27.5%) | 8:55 | 6.7 (72.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 10_km 4.3km | 15_km 6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|-------------------------------------|-----------|------|-------------|----------------|--------------|--------------------|---------------------|----------------------|-----------------|----------------|
| 61 | PACYNA-ZIEBURA Anna | 3030 | | K-30 | 12 | 00:00:00 | 00:40:31 | 00:55:33 | 01:32:13.05 | 01:32:13.05 | +00:27:29 (29.8%) | 9:13 | 6.5 (69.9%) |
| 62 | PAWŁOWSKA Anna | 3034 | | K-40 | 14 | 00:02:11 | 00:37:26 | 00:52:24 | 01:30:14.65 | 01:32:25.70 | +00:25:30 (28.3%) | 9:01 | 6.6 (71.0%) |
| 63 | KOWAL Sylwia | 3064 | - | K-40 | 13 | 00:02:47 | 00:38:55 | 00:53:59 | 01:29:39.55 | 01:32:26.85 | +00:24:55 (27.8%) | 8:57 | 6.7 (72.0%) |
| 64 | LISOWSKI Mirosław | 3026 | KLIWICKI KLUB KOLERKCJONERÓW | M-50 | 6 | 00:02:53 | 00:38:09 | 00:53:05 | 01:29:43.35 | 01:32:36.60 | +00:24:59 (27.9%) | 8:58 | 6.7 (72.0%) |
| 65 | LISOWSKA Agnieszka | 3027 | | K-18 | 1 | 00:02:52 | 00:38:09 | 00:53:05 | 01:29:44.45 | 01:32:36.70 | +00:25:00 (27.9%) | 8:58 | 6.7 (72.0%) |
| 66 | NOWAK Lidia | 3048 | | K-50 | 7 | 00:02:51 | 00:37:57 | 00:52:45 | 01:30:00.65 | 01:32:51.70 | +00:25:16 (28.1%) | 9:00 | 6.7 (72.0%) |
| 67 | JASIŃSKA Justyna | 3063 | | K-30 | 11 | 00:02:47 | 00:38:56 | 00:53:59 | 01:30:08.50 | 01:32:55.80 | +00:25:24 (28.2%) | 9:00 | 6.7 (72.0%) |
| 68 | KMIEĆ Agnieszka | 3088 | CERTUM | K-20 | 4 | 00:02:47 | 00:37:45 | 00:52:50 | 01:30:14.00 | 01:33:01.40 | +00:25:30 (28.3%) | 9:01 | 6.6 (71.0%) |
| 69 | TOMASZCZYK Piotr | 3090 | MEGAVAT RUNNING TEAM | M-50 | 7 | 00:02:48 | 00:38:15 | 00:53:10 | 01:30:15.25 | 01:33:04.00 | +00:25:31 (28.3%) | 9:01 | 6.6 (71.0%) |
| 70 | PURTAK Anna | 3032 | | K-50 | 8 | 00:02:48 | 00:38:13 | 00:53:07 | 01:31:10.95 | 01:33:59.20 | +00:26:27 (29.0%) | 9:07 | 6.6 (71.0%) |
| 71 | JANIK Sylwia | 3075 | | K-20 | 5 | 00:01:57 | 00:38:53 | 00:54:30 | 01:32:44.60 | 01:34:41.70 | +00:28:00 (30.2%) | 9:16 | 6.5 (69.9%) |
| 72 | DWORAK Iwona | 3036 | | K-30 | 13 | 00:02:45 | 00:37:33 | 00:52:57 | 01:32:19.05 | 01:35:04.05 | +00:27:35 (29.9%) | 9:13 | 6.5 (69.9%) |
| 73 | PILSZAK Krystian | 3055 | TAK DLA TRANSPLANTACJI-TEAM | M-60 | 9 | 00:02:46 | 00:38:04 | 00:53:41 | 01:32:32.30 | 01:35:18.50 | +00:27:48 (30.0%) | 9:15 | 6.5 (69.9%) |
| 74 | KALISZ Aneta | 3092 | | K-40 | 15 | 00:02:53 | 00:39:28 | 00:54:48 | 01:32:46.90 | 01:35:40.25 | +00:28:03 (30.2%) | 9:16 | 6.5 (69.9%) |
| 75 | KREFT Sylwia | 3093 | | K-40 | 16 | 00:02:53 | 00:39:31 | 00:54:48 | 01:32:47.30 | 01:35:40.95 | +00:28:03 (30.2%) | 9:16 | 6.5 (69.9%) |
| 76 | MICHNA Grzegorz | 3096 | | M-60 | 10 | 00:02:54 | 00:39:45 | 00:54:49 | 01:32:49.80 | 01:35:43.85 | +00:28:05 (30.3%) | 9:16 | 6.5 (69.9%) |
| 77 | CEMPULIK-ŁAKOMSKA Agnieszka | 3019 | | K-40 | 17 | 00:02:54 | 00:40:17 | 00:55:47 | 01:33:08.60 | 01:36:03.55 | +00:28:24 (30.5%) | 9:18 | 6.4 (68.8%) |
| 78 | ŁAKOMSKI Marcin | 3018 | | M-40 | 5 | 00:02:55 | 00:40:14 | 00:56:14 | 01:33:10.40 | 01:36:05.45 | +00:28:26 (30.5%) | 9:19 | 6.4 (68.8%) |
| 79 | CHOJNACKI Wojciech | 3050 | NIZRZESZONY | M-60 | 11 | 00:02:57 | 00:38:54 | 00:54:38 | 01:33:25.05 | 01:36:22.20 | +00:28:41 (30.7%) | 9:20 | 6.4 (68.8%) |
| 80 | KACZMAREK Danuta | 3020 | SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA | K-30 | 14 | 00:02:52 | 00:38:48 | 00:54:26 | 01:33:38.85 | 01:36:31.55 | +00:28:55 (30.9%) | 9:21 | 6.4 (68.8%) |
| 81 | RAJTOR Dominika | 3084 | | K-30 | 15 | 00:02:44 | 00:38:57 | 00:54:37 | 01:34:25.50 | 01:37:09.90 | +00:29:41 (31.4%) | 9:26 | 6.4 (68.8%) |
| 82 | GÓRAL Małgorzata | 3051 | NIEZRZESZONY | K-40 | 19 | 00:02:46 | 00:39:03 | 00:54:47 | 01:34:51.90 | 01:37:38.30 | +00:30:08 (31.8%) | 9:29 | 6.3 (67.7%) |
| 83 | GÓRNIAK Alicja | 3052 | NIZRZESZONY | K-40 | 18 | 00:02:46 | 00:39:02 | 00:54:47 | 01:34:51.85 | 01:37:38.35 | +00:30:08 (31.8%) | 9:29 | 6.3 (67.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 10_km 4.3km | 15_km 6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|----------------------|-----------|------|-------------|----------------|--------------|--------------------|---------------------|----------------------|-----------------|----------------|
| 84 | LEŚ Michał | 3046 | | M-40 | 6 | 00:02:47 | 00:40:31 | 00:56:27 | 01:36:15.95 | 01:39:03.55 | +00:31:32 (32.8%) | 9:37 | 6.2 (66.7%) |
| 85 | WIĘCŁAW Cecylia | 3074 | | K-30 | 16 | 00:02:51 | 00:40:06 | 00:56:04 | 01:36:22.10 | 01:39:13.55 | +00:31:38 (32.8%) | 9:38 | 6.2 (66.7%) |
| 86 | KOTOWSKA Karolina | 3001 | ETISOFT RUNNING TEAM | K-30 | 17 | 00:02:56 | 00:40:26 | 00:56:22 | 01:37:36.10 | 01:40:32.40 | +00:32:52 (33.7%) | 9:45 | 6.1 (65.6%) |
| 87 | JAKUBIAK Izabella | 3073 | | K-40 | 20 | 00:02:51 | 00:40:16 | 00:56:30 | 01:38:27.25 | 01:41:18.70 | +00:33:43 (34.3%) | 9:50 | 6.1 (65.6%) |
| 88 | WIRSKA Magdalena | 3059 | | K-30 | 18 | 00:02:43 | 00:40:33 | 00:56:56 | 01:38:56.90 | 01:41:40.85 | +00:34:13 (34.6%) | 9:53 | 6.1 (65.6%) |
| 89 | PARUZEL Julianna | 3042 | BPK | K-30 | 19 | 00:02:52 | 00:41:59 | 00:58:02 | 01:39:17.90 | 01:42:10.70 | +00:34:34 (34.8%) | 9:55 | 6 (64.5%) |
| 90 | HILKNER-BUKOWSKA Dorota | 3043 | | K-50 | 9 | 00:02:53 | 00:41:57 | 00:57:58 | 01:39:18.85 | 01:42:11.95 | +00:34:35 (34.8%) | 9:55 | 6 (64.5%) |
| 91 | WIŚNIEWSKA Marzanna | 3021 | | K-40 | 21 | 00:02:56 | 00:41:17 | 00:57:54 | 01:39:35.80 | 01:42:32.25 | +00:34:51 (35.0%) | 9:57 | 6 (64.5%) |
| 92 | PŁONKA Janina | 3009 | | K-60 | 4 | 00:02:48 | 00:41:24 | 00:58:02 | 01:39:44.20 | 01:42:32.30 | +00:35:00 (35.1%) | 9:58 | 6 (64.5%) |
| 93 | HAŁA-WAWRZAK Alicja | 3070 | | K-40 | 22 | 00:02:49 | 00:41:57 | 00:58:47 | 01:43:23.05 | 01:46:12.75 | +00:38:39 (37.4%) | 10:20 | 5.8 (62.4%) |

Znaleziono 93 wynik(ów)