

KOBIETY NA 5+ :: BIEG

Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

Data: 2024-05-26

Miejsce: Jastrzębie-Zdrój

Dystans: 5.3 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 1500 miejsc wg czasu brutto



KOBIETY NA 5+ :: BIEG, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|---|------------------|------|-----------|--------|-----|--------------------------------------|--------------------|----------|-------------|-------------|--------|------|
| 1 | JAGIELSKA EWA | 1 | | WYSZKÓW | POL | 40-49 LAT | 1 | 1 | INCOLA TEAM | | 00:07:57 | 00:18:19.04 | 00:18:19.41 | 3:27 | 17.4 |
| 2 | MENDECKA-ZEJDLER MICHALINA | 63 | | ŁAZISKA GÓRNE | POL | 30-39 LAT | 1 | 2 | | | 00:08:23 | 00:19:09.91 | 00:19:10.28 | 3:36 | 16.6 |
| 3 | SUWAJ ANETA | 480 | TL ATHLETICS/ALPIN SPORT TEAM | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 2 | 3 | TL ATHLETICS JASTRZĘBIE | N&A | 00:08:36 | 00:19:38.77 | 00:19:39.14 | 3:42 | 16.2 |
| 4 | DYRLAGA JUSTYNA | 51 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 3 | 4 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:08:47 | 00:20:39.08 | 00:20:40.90 | 3:53 | 15.4 |
| 5 | WITOSZEK BARBARA | 297 | AKTYWNA PSZCZYNA RUNNERS TEAM | SUSZEC | POL | 30-39 LAT | 4 | 5 | | | 00:09:32 | 00:21:09.32 | 00:21:09.69 | 3:59 | 15 |
| 6 | ADAMCZYK-NOWAK BEATA | 307 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 1 | 6 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:07 | 00:21:10.48 | 00:21:13.05 | 3:59 | 15 |
| 7 | JANKO ANNA | 206 | HRMAX ŻORY | ŻORY | POL | 30-39 LAT | 5 | 7 | HRMAX DZIOŁSZKI | | 00:09:06 | 00:21:15.00 | 00:21:17.33 | 4:00 | 15 |
| 8 | MROWIEC KINGA | 709 | TL POGOŃ RUDA ŚLĄSKA | RUDA ŚLĄSKA | POL | 20-29 LAT | 1 | 8 | | TEAM HALEMBA | 00:09:21 | 00:21:25.64 | 00:21:26.01 | 4:02 | 14.8 |
| 9 | LEWICKA ELŻBIETA | 520 | | KNURÓW | POL | 40-49 LAT | 2 | 9 | | RANNELLE | 00:09:11 | 00:21:30.03 | 00:21:31.85 | 4:03 | 14.8 |
| 10 | JANEK WERONIKA | 226 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 3 | 10 | | | 00:09:23 | 00:21:54.81 | 00:21:55.86 | 4:07 | 14.5 |
| 11 | SUDNIK ANNA | 519 | RANNELLE | KNURÓW | POL | 30-39 LAT | 6 | 11 | | RANNELLE | 00:09:19 | 00:22:14.33 | 00:22:17.17 | 4:11 | 14.3 |
| 12 | NIEDOBECKA JOANNA | 69 | AKADEMIA BIEGANIA ORNONTOWICE | ORNONTOWICE | POL | 30-39 LAT | 7 | 12 | | | 00:09:20 | 00:22:26.99 | 00:22:27.36 | 4:13 | 14.2 |
| 13 | WRÓBLEWSKA JUDYTA | 500 | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 8 | 13 | TL ATHLETICS JASTRZĘBIE | | 00:09:21 | 00:22:33.54 | 00:22:35.36 | 4:15 | 14.1 |
| 14 | BUDNY PATRYCJA | 363 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 20-29 LAT | 2 | 14 | WARTKIE PIERONICE | | 00:09:26 | 00:22:34.48 | 00:22:37.62 | 4:15 | 14.1 |
| 15 | PIETRAS SYLWIA | 147 | MIECHOWICKA GRUPA BIEGOWA | ZABRZE | POL | 30-39 LAT | 9 | 15 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:44 | 00:22:46.99 | 00:22:49.53 | 4:17 | 14 |
| 16 | OPIEKULSKA RENATA | 983 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 6 | 16 | | | 00:09:29 | 00:22:54.32 | 00:22:56.14 | 4:19 | 13.9 |
| 17 | KOBIELUSZ MARTYNA | 388 | | RYBNIK | POL | 20-29 LAT | 3 | 17 | | | 00:09:39 | 00:22:52.93 | 00:22:57.20 | 4:18 | 13.9 |
| 18 | POŁOMSKA EDYTA | 368 | POŁOMSCY TEAM | RYDUŁTOWY | POL | 40-49 LAT | 5 | 18 | | | 00:09:22 | 00:22:53.79 | 00:22:57.28 | 4:19 | 13.9 |
| 19 | JURASZEK ELŻBIETA | 393 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 4 | 19 | #JUSTFEELFITTEAM | | 00:09:59 | 00:22:53.15 | 00:22:59.94 | 4:19 | 13.9 |
| 20 | WYPIŃOR EWA | 331 | | GODÓW | POL | 40-49 LAT | 7 | 20 | | | 00:09:41 | 00:22:58.77 | 00:23:03.38 | 4:20 | 13.8 |
| 21 | KAJTOCH JOLANTA | 553 | BIE-RUN | BIERUŃ | POL | 40-49 LAT | 8 | 21 | | MONIKA I JOLA | 00:09:59 | 00:23:09.35 | 00:23:11.56 | 4:22 | 13.7 |
| 22 | NENKO BARBARA | 984 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 9 | 22 | NEVER TOO LATE | TEAM HALEMBA | 00:10:21 | 00:23:14.82 | 00:23:17.58 | 4:23 | 13.7 |
| 23 | ANDROSZ BEATA | 909 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 11 | 23 | | | 00:10:01 | 00:23:18.55 | 00:23:22.31 | 4:23 | 13.6 |
| 24 | BARSKA AGNIESZKA | 587 | | GOGOLIN | POL | 40-49 LAT | 10 | 24 | DYCUŻ TEAM | | 00:09:48 | 00:23:16.23 | 00:23:24.67 | 4:23 | 13.7 |
| 25 | KANDORA JOANNA | 675 | MIECHOWICACH GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 12 | 25 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:14 | 00:23:32.57 | 00:23:36.49 | 4:26 | 13.5 |
| 26 | WRÓBEL KATARZYNA | 517 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 10 | 26 | #JUSTFEELFITTEAM | | 00:10:01 | 00:23:34.01 | 00:23:39.99 | 4:26 | 13.5 |
| 27 | DOMIAN PAULINA | 334 | | GÓRKI WIELKIE | POL | 30-39 LAT | 11 | 27 | | | 00:10:02 | 00:23:39.35 | 00:23:42.96 | 4:27 | 13.4 |
| 28 | MALEJKA KATARZYNA | 740 | | KATOWICE | POL | 50-59 LAT | 2 | 28 | HURAGAN LIGOTA | E&K | 00:10:05 | 00:23:30.05 | 00:23:43.53 | 4:26 | 13.5 |
| 29 | NGUYEN DOROTA | 668 | RADLINIOKI W BIEGU/RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | 30-39 LAT | 12 | 29 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | | 00:10:28 | 00:23:41.37 | 00:23:48.04 | 4:28 | 13.4 |
| 30 | PERUGIEWICZ JOANNA | 731 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 13 | 30 | | @GOOD VIBES | 00:09:51 | 00:23:53.07 | 00:23:57.93 | 4:30 | 13.3 |
| 31 | NOWAK BEATA | 374 | ZZOZOLKI | PUNŃCÓW | POL | 50-59 LAT | 3 | 31 | ZZOZOLKI | | 00:10:00 | 00:23:57.25 | 00:24:00.43 | 4:31 | 13.3 |
| 32 | SUSHKO MARYNA | 663 | RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM" | RYBNIK | POL | 30-39 LAT | 14 | 32 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | ZIELONE DZIEWCZYNY | 00:10:33 | 00:23:57.68 | 00:24:03.50 | 4:31 | 13.3 |
| 33 | BINIENDA AGNIESZKA | 449 | KOBIETY WATAHY | ZABRZE | POL | 40-49 LAT | 14 | 33 | | | 00:10:16 | 00:24:01.91 | 00:24:05.91 | 4:31 | 13.2 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---------------------------|-------------------|------|-----------|--------|-----|---------------------------|----------------|----------|-------------|-------------|--------|------|
| 34 | DYCZEK BASIA | 582 | DYCUŚ TEAM | ŻYROWA | POL | 30-39 LAT | 15 | 34 | DYCUŚ TEAM | | 00:10:16 | 00:24:00.20 | 00:24:08.92 | 4:31 | 13.3 |
| 35 | CZYŻ LEONARDA | 366 | ZZOZOLKI | CIESZYN | POL | 50-59 LAT | 4 | 35 | ZZOZOLKI | | 00:10:11 | 00:24:05.69 | 00:24:09.22 | 4:32 | 13.2 |
| 36 | GRYCMAN MARTA | 433 | | TURZA ŚLĄSKA | POL | 30-39 LAT | 16 | 36 | | M I A | 00:10:15 | 00:24:11.61 | 00:24:17.41 | 4:33 | 13.1 |
| 37 | TANISTRA - SŁOWIK KATARZYNA | 522 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 13 | 37 | HURAGAN LIGOTA | | 00:10:21 | 00:23:58.94 | 00:24:23.85 | 4:31 | 13.3 |
| 38 | MIKULAK NATALIA | 423 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 4 | 38 | | | 00:10:19 | 00:24:20.75 | 00:24:26.94 | 4:35 | 13.1 |
| 39 | SZOJDA PAULINA | 96 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 15 | 39 | VIKING TRAINING CENTER | | 00:10:16 | 00:24:20.82 | 00:24:27.32 | 4:35 | 13.1 |
| 40 | NIEŚLAŃCZYK MAŁGORZATA | 485 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 17 | 40 | WATAHA | | 00:10:20 | 00:24:29.70 | 00:24:32.34 | 4:37 | 13 |
| 41 | PERKOWSKA DARIA | 987 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 18 | 41 | KOBIETY NA 5+ | | 00:10:14 | 00:24:32.46 | 00:24:36.28 | 4:37 | 13 |
| 42 | KONDZIOŁKA KINGA | 308 | | ZEBRZYDOWICE | POL | 20-29 LAT | 5 | 42 | ZZOZOLKI | | 00:10:31 | 00:24:36.23 | 00:24:38.05 | 4:38 | 12.9 |
| 43 | MOCHOCKA AGNIESZKA | 728 | | ŻORY | POL | 40-49 LAT | 16 | 43 | TEAM OLI LIDL | | 00:10:20 | 00:24:22.51 | 00:24:39.88 | 4:35 | 13.1 |
| 44 | PASŁAWSKA KATARZYNA | 140 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 19 | 44 | KOBIETY NA 5+ | | 00:10:14 | 00:24:39.26 | 00:24:43.07 | 4:39 | 12.9 |
| 45 | BIAŁOŃCZYK JOANNA | 218 | BYLE DO METY | ZEBRZYDOWICE | POL | 30-39 LAT | 17 | 45 | BYLE DO METY | | 00:11:04 | 00:24:30.61 | 00:24:45.60 | 4:37 | 13 |
| 46 | SIKORA WIKTORIA | 685 | | CIESZYN | POL | 20-29 LAT | 6 | 46 | | | 00:10:40 | 00:24:48.66 | 00:24:53.15 | 4:40 | 12.8 |
| 47 | PAWŁOWSKA BEATA | 178 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 6 | 47 | | | 00:10:18 | 00:24:49.51 | 00:24:55.62 | 4:40 | 12.8 |
| 48 | SZAFARCZYK EUGENIA | 279 | RUNSZ-TEAM | OCHABY MAŁE | POL | 60+ | 1 | 48 | RUNSZ-TEAM | | 00:10:23 | 00:24:59.81 | 00:25:00.18 | 4:42 | 12.7 |
| 49 | NOWAK EWA | 477 | | MYSŁOWICE | POL | 50-59 LAT | 5 | 49 | | E&K | 00:10:52 | 00:24:46.97 | 00:25:00.66 | 4:40 | 12.8 |
| 50 | MIELAŃCZYK PATRYCJA | 142 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 18 | 50 | | | 00:10:31 | 00:25:04.57 | 00:25:07.29 | 4:43 | 12.7 |
| 51 | JANKO JOANNA | 157 | | ŻORY | POL | 30-39 LAT | 20 | 51 | | | 00:10:57 | 00:25:13.13 | 00:25:14.95 | 4:45 | 12.6 |
| 52 | KIELKOWSKA MARIA | 942 | | PSZCZYNA | POL | 40-49 LAT | 21 | 52 | | | 00:11:07 | 00:25:08.60 | 00:25:17.45 | 4:44 | 12.7 |
| 53 | KANDORA KATARZYNA | 676 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 16-19 LAT | 1 | 53 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:50 | 00:25:16.90 | 00:25:20.84 | 4:46 | 12.6 |
| 54 | MATERNOWSKA SANDRA | 819 | | STRUMIEŃ | POL | 30-39 LAT | 22 | 54 | | | 00:10:27 | 00:25:19.85 | 00:25:23.00 | 4:46 | 12.6 |
| 55 | GABER MAGDALENA | 202 | #JUSTFEELFITTEAM | UJSOŁY | POL | 40-49 LAT | 20 | 55 | #JUSTFEELFITTEAM | | 00:10:47 | 00:24:53.44 | 00:25:23.64 | 4:41 | 12.8 |
| 56 | PORCZYŃSKA PATRYCJA | 870 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 19 | 56 | SPOT PSZCZYNA | DIEGO&COCO | 00:11:04 | 00:25:12.70 | 00:25:24.26 | 4:45 | 12.6 |
| 57 | SOŁTYSEK BARBARA | 623 | #JUSTFEELFITTEAM | CISIEC | POL | 40-49 LAT | 22 | 57 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:10:55 | 00:25:13.28 | 00:25:24.62 | 4:45 | 12.6 |
| 58 | RYŁKO-ŻYLA KAMILA | 484 | JUSTFEELFITTEAM | BIELSKO-BIAŁA | POL | 30-39 LAT | 21 | 58 | #JUSTFEELFITTEAM | | 00:10:54 | 00:25:13.14 | 00:25:25.07 | 4:45 | 12.6 |
| 59 | POZNIAK MARIA | 416 | | DOBRZEŃ WIELKI | POL | 20-29 LAT | 7 | 59 | | | 00:10:52 | 00:25:22.30 | 00:25:35.60 | 4:47 | 12.5 |
| 60 | LOSKOT MONIKA | 557 | | TYCHY | POL | 40-49 LAT | 24 | 60 | | MONIKA I JOLA | 00:10:31 | 00:25:33.42 | 00:25:35.89 | 4:49 | 12.4 |
| 61 | SŁOWIK MARLENA | 119 | #JUSTFEELFITTEAM | CIĘCINA | POL | 16-19 LAT | 2 | 61 | #JUSTFEELFITTEAM | | 00:10:48 | 00:25:32.05 | 00:25:37.21 | 4:49 | 12.5 |
| 62 | GOZDALSKA-ZACHŁÓD SYLWIA | 674 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 23 | 62 | | | 00:10:33 | 00:25:34.14 | 00:25:38.29 | 4:49 | 12.4 |
| 63 | KWAPISZ-BONUSIAK DOROTA | 2 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 25 | 63 | | | 00:10:43 | 00:25:39.88 | 00:25:41.88 | 4:50 | 12.4 |
| 64 | SUSZCZYK MONIKA | 121 | MORS HUBERTUS | MYSŁOWICE | POL | 40-49 LAT | 23 | 64 | | GAZELE | 00:11:18 | 00:25:31.05 | 00:25:41.91 | 4:48 | 12.5 |
| 65 | GRZYBEK MAŁGORZATA | 817 | | POGWIZDÓW | POL | 30-39 LAT | 24 | 65 | | | 00:10:56 | 00:25:39.35 | 00:25:44.61 | 4:50 | 12.4 |
| 66 | MENTELSKA WIOLETA | 345 | POWOLI DO CELU | HARMĘŻE | POL | 30-39 LAT | 26 | 66 | POWOLI DO CELU | | 00:10:30 | 00:25:41.13 | 00:25:45.80 | 4:50 | 12.4 |
| 67 | DOMAŃSKA JOANNA | 41 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 27 | 67 | | | 00:10:30 | 00:25:49.43 | 00:25:55.76 | 4:52 | 12.3 |
| 68 | PIDANTY MILENA | 465 | | JASTRZĘBIE -ZDROJ | POL | 30-39 LAT | 28 | 68 | | | 00:11:20 | 00:25:52.44 | 00:26:00.77 | 4:52 | 12.3 |
| 69 | MISTEROWICZ KINGA | 290 | RUNSZ-TEAM | PISARZOWICE | POL | 30-39 LAT | 29 | 69 | RUNSZ-TEAM | | 00:11:08 | 00:26:00.95 | 00:26:02.77 | 4:54 | 12.2 |
| 70 | DAICZMANEK ALEKSANDRA | 91 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 25 | 70 | | | 00:11:16 | 00:26:06.21 | 00:26:13.59 | 4:55 | 12.2 |
| 71 | KOWALONEK ALEKSANDRA | 716 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 8 | 71 | | @GOOD VIBES | 00:10:51 | 00:26:14.82 | 00:26:19.42 | 4:56 | 12.1 |
| 72 | HANDY SAMANTA | 138 | POWOLI DO CELU | KĘTY | POL | 30-39 LAT | 31 | 72 | POWOLI DO CELU | | 00:10:58 | 00:26:08.09 | 00:26:22.79 | 4:55 | 12.2 |
| 73 | MUSIOŁ HELENA | 543 | | RYBNIK | POL | 40-49 LAT | 26 | 73 | | | 00:10:59 | 00:26:20.31 | 00:26:23.87 | 4:58 | 12.1 |
| 74 | BROCKA ANITA | 431 | SILESIAN TRIATHLON TEAM | TURZA ŚLĄSKA | POL | 50-59 LAT | 7 | 74 | SILESIAN TRIATHLON TEAM | M I A | 00:11:09 | 00:26:23.92 | 00:26:29.89 | 4:58 | 12.1 |
| 75 | MUSIAŁ WIOLETTA | 113 | GALOPUJĄCE ŚLIMAKI | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 27 | 75 | | | 00:11:24 | 00:26:24.28 | 00:26:30.94 | 4:58 | 12 |
| 76 | HANARZ JOANNA | 209 | #JUSTFEELFITTEAM | SOPOTNIA WIELKA | POL | 30-39 LAT | 32 | 76 | #JUSTFEELFITTEAM | | 00:11:12 | 00:26:30.59 | 00:26:38.41 | 5:00 | 12 |
| 77 | POPEK BARBARA | 59 | SOBIESKI 6 | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 8 | 77 | SOBIESKI 6 | SOBIESKI 6 | 00:11:02 | 00:26:34.48 | 00:26:39.57 | 5:00 | 12 |
| 78 | PUSTELNIK JUSTYNA | 707 | | RYBNIK | POL | 40-49 LAT | 29 | 78 | | | 00:11:04 | 00:26:33.88 | 00:26:40.07 | 5:00 | 12 |
| 79 | SZCZĘSNA KINGA | 389 | RUNSZ-TEAM | SKOCZÓW | POL | 20-29 LAT | 9 | 79 | RUNSZ-TEAM | | 00:12:04 | 00:26:38.57 | 00:26:41.73 | 5:01 | 11.9 |
| 80 | GOŁBA-KĘSKA EWA | 283 | | OŚWIĘCIM | POL | 30-39 LAT | 30 | 80 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:41 | 00:26:02.70 | 00:26:42.63 | 4:54 | 12.2 |
| 81 | HANDZLIK-STARZYK ANNA | 136 | | PORĘBA WIELKA | POL | 40-49 LAT | 28 | 81 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:45 | 00:26:29.08 | 00:26:42.96 | 4:59 | 12 |
| 82 | LERCH-HENCZKO MARIA | 645 | AKTYWNI NAKRĘCENI | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 34 | 82 | | | 00:10:54 | 00:26:42.79 | 00:26:50.05 | 5:02 | 11.9 |
| 83 | CHROMIK KRYSZYNA | 828 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 33 | 83 | | DWIE SZALONE | 00:11:05 | 00:26:30.83 | 00:26:53.96 | 5:00 | 12 |
| 84 | MENDECKA DARIA | 233 | MOSIR ŁAZISKA GÓRNE | GLIWICE | POL | 30-39 LAT | 35 | 84 | | | 00:11:15 | 00:26:48.82 | 00:26:55.32 | 5:03 | 11.9 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|----------------|----------|-------------|-------------|--------|------|
| 85 | HELIOSZ AGNIESZKA | 457 | | KROSTOSZOWICE | POL | 40-49 LAT | 33 | 85 | | | 00:11:14 | 00:26:52.53 | 00:26:57.50 | 5:04 | 11.8 |
| 86 | KORDEK DOROTA | 387 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 31 | 86 | | | 00:11:26 | 00:26:44.81 | 00:26:57.80 | 5:02 | 11.9 |
| 87 | MAZUR MAŁGORZATA | 750 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 30 | 87 | | | 00:11:26 | 00:26:36.03 | 00:27:05.13 | 5:01 | 12 |
| 88 | LACH EWELINA | 679 | | ŚWIERKLANY | POL | 40-49 LAT | 35 | 88 | | | 00:11:21 | 00:26:57.85 | 00:27:06.46 | 5:05 | 11.8 |
| 89 | JESIONEK MAŁGORZATA | 105 | VIKING TRAINING CENTER | IMIELIN | POL | 40-49 LAT | 32 | 89 | VIKING TRAINING CENTER | | 00:11:40 | 00:26:50.54 | 00:27:08.03 | 5:03 | 11.9 |
| 90 | URBANEK IWONA | 644 | | BIERUŃ | POL | 40-49 LAT | 34 | 90 | | | 00:11:31 | 00:26:55.48 | 00:27:12.87 | 5:04 | 11.8 |
| 91 | KIERMACZ DOROTA | 478 | JEJKOWICE BIEGAJA | SZCZERBICE | POL | 30-39 LAT | 37 | 91 | JEJKOWICKIE KOBIETKI | | 00:11:58 | 00:27:11.22 | 00:27:15.13 | 5:07 | 11.7 |
| 92 | LEPA KLAUDIA | 910 | | RUDA ŚLĄSKA | POL | 20-29 LAT | 10 | 92 | | | 00:11:31 | 00:27:13.03 | 00:27:18.53 | 5:08 | 11.7 |
| 93 | MACHNIK IWONA | 358 | JEJKOWICE BIEGAJA | JEJKOWICE | POL | 30-39 LAT | 38 | 93 | JEJKOWICKIE KOBIETKI | | 00:11:56 | 00:27:13.85 | 00:27:18.85 | 5:08 | 11.7 |
| 94 | KRAKOWCZYK TATIANA | 153 | | OŚWIĘCIM | POL | 40-49 LAT | 36 | 94 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:44 | 00:27:06.15 | 00:27:20.38 | 5:06 | 11.7 |
| 95 | SIKORA ANNA | 993 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 36 | 95 | NESSI SPORTSWEAR | | 00:11:37 | 00:26:52.09 | 00:27:27.49 | 5:04 | 11.8 |
| 96 | PAJESTKA KATARZYNA | 421 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 39 | 96 | | | 00:11:39 | 00:27:23.86 | 00:27:30.19 | 5:10 | 11.6 |
| 97 | SLISZ MARIA | 189 | DECATHLON I PRZYJACIELE | RYBNIK | POL | 50-59 LAT | 9 | 97 | | M&M | 00:11:38 | 00:27:24.78 | 00:27:33.91 | 5:10 | 11.6 |
| 98 | KUFIETA MAGDALENA | 788 | DECATHLON | RYBNIK | POL | 40-49 LAT | 40 | 98 | | M&M | 00:11:35 | 00:27:24.55 | 00:27:33.97 | 5:10 | 11.6 |
| 99 | KUPCZAK DOMINIKA | 643 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 3 | 99 | | | 00:11:40 | 00:27:31.61 | 00:27:34.79 | 5:11 | 11.6 |
| 100 | LORENZ AGNIESZKA | 261 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 38 | 100 | NICE GIRLS | | 00:11:41 | 00:27:15.18 | 00:27:35.18 | 5:08 | 11.7 |
| 101 | PIOTROWSKA ANNA | 554 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 37 | 101 | HURAGAN LIGOTA | | 00:12:01 | 00:27:13.40 | 00:27:38.33 | 5:08 | 11.7 |
| 102 | HOLONA AGATA | 659 | | ŻORY | POL | 30-39 LAT | 40 | 102 | | | 00:11:34 | 00:27:37.82 | 00:27:39.64 | 5:12 | 11.5 |
| 103 | SOKÓŁ-PISZCZEK AGNIESZKA | 943 | PRO INDUSTRIA ŻORY TEAM | ŻORY | POL | 40-49 LAT | 42 | 103 | | | 00:12:02 | 00:27:27.07 | 00:27:41.80 | 5:10 | 11.6 |
| 104 | DYCZEK KLAUDIA | 95 | DYCUŻ TEAM | ZDZIESZOWICE | POL | 40-49 LAT | 45 | 104 | DYCUŻ TEAM | | 00:11:57 | 00:27:35.42 | 00:27:44.94 | 5:12 | 11.5 |
| 105 | GARBOŚ WERONIKA | 921 | | ŻORY | POL | 40-49 LAT | 43 | 105 | | | 00:11:57 | 00:27:27.66 | 00:27:46.18 | 5:10 | 11.6 |
| 106 | GOŁOFIT EDYTA | 995 | | SZCZERBICE | POL | 20-29 LAT | 11 | 106 | OPEL FIJAŁKOWSKI | | 00:11:59 | 00:27:35.88 | 00:27:47.47 | 5:12 | 11.5 |
| 107 | PIĄTEK PATRYCJA | 696 | | RYBNIK | POL | 20-29 LAT | 13 | 107 | | MAJOWE PSIAPSI | 00:11:48 | 00:27:42.22 | 00:27:49.93 | 5:13 | 11.5 |
| 108 | HAŁASA ANNA | 778 | | ŁAWNOWICE | POL | 20-29 LAT | 12 | 108 | | | 00:11:55 | 00:27:39.17 | 00:27:50.13 | 5:13 | 11.5 |
| 109 | BIENKO EDYTA | 446 | | LIGOTA | POL | 40-49 LAT | 41 | 109 | | | 00:11:38 | 00:27:25.99 | 00:27:50.62 | 5:10 | 11.6 |
| 110 | RASZKA-TRZÓPEK DOROTA | 306 | | ŻORY | POL | 30-39 LAT | 41 | 110 | | | 00:12:13 | 00:27:53.59 | 00:28:00.69 | 5:15 | 11.4 |
| 111 | SZPYRA ANIELA | 239 | SOBIESKI6 | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 5 | 111 | SOBIESKI 6 | | 00:11:45 | 00:27:56.03 | 00:28:01.11 | 5:16 | 11.4 |
| 112 | BAC MAŁGORZATA | 857 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 4 | 112 | | | 00:11:30 | 00:27:51.15 | 00:28:02.57 | 5:15 | 11.4 |
| 113 | TALIK MONIKA | 111 | | ŻYWIEC | POL | 40-49 LAT | 47 | 113 | | BABY GÓRA | 00:11:43 | 00:27:51.92 | 00:28:04.65 | 5:15 | 11.4 |
| 114 | ZIEMINSKA PAULINA | 11 | | SKOCZÓW | POL | 20-29 LAT | 14 | 114 | | | 00:11:59 | 00:27:53.05 | 00:28:07.84 | 5:15 | 11.4 |
| 115 | GRZYB KLAUDIA | 856 | | ZABRZE | POL | 30-39 LAT | 39 | 115 | | | 00:12:23 | 00:27:18.05 | 00:28:17.57 | 5:09 | 11.6 |
| 116 | CZYŻ WIOLA | 160 | | ZABRZE | POL | 40-49 LAT | 44 | 116 | | | 00:12:13 | 00:27:28.29 | 00:28:18.97 | 5:10 | 11.6 |
| 117 | WERNIK KATARZYNA | 268 | | RADLIN | POL | 50-59 LAT | 10 | 117 | | | 00:12:02 | 00:28:14.99 | 00:28:22.17 | 5:19 | 11.3 |
| 118 | BAKOWSKA JUSTYNA | 338 | | STRUMIEN | POL | 40-49 LAT | 50 | 118 | | | 00:12:15 | 00:28:04.33 | 00:28:23.10 | 5:17 | 11.3 |
| 119 | DZIOBEK DOMINIKA | 317 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 52 | 119 | | | 00:11:27 | 00:28:21.46 | 00:28:24.79 | 5:20 | 11.2 |
| 120 | MAZUR ANNA | 883 | ZIMNOKRWISTE WIEWIÓRKI | KOBIÓR | POL | 30-39 LAT | 42 | 120 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:51 | 00:27:56.72 | 00:28:26.82 | 5:16 | 11.4 |
| 121 | MADEJA ALEKSANDRA | 376 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 51 | 121 | MIECHOWICKA GRUPA BIEGOWA | | 00:12:18 | 00:28:16.32 | 00:28:28.37 | 5:20 | 11.3 |
| 122 | KRZAK NATALIA | 924 | | WIŚLICA | POL | 40-49 LAT | 56 | 122 | | | 00:12:00 | 00:28:25.55 | 00:28:30.46 | 5:21 | 11.2 |
| 123 | RAŹNIAK BEATA | 172 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 11 | 123 | KOBIETY NA 5+ | | 00:12:19 | 00:28:24.70 | 00:28:30.86 | 5:21 | 11.2 |
| 124 | PIETRZYK MAŁGORZATA | 715 | | BYTOM | POL | 40-49 LAT | 46 | 124 | | | 00:12:24 | 00:27:35.71 | 00:28:35.14 | 5:12 | 11.5 |
| 125 | RABSZTYN-PILARSKA SYLWIA | 627 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 54 | 125 | KOBIETY NA 5+ | | 00:12:01 | 00:28:22.67 | 00:28:35.37 | 5:21 | 11.2 |
| 126 | WANDZEL ANNA | 26 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 49 | 126 | | | 00:11:59 | 00:28:04.19 | 00:28:35.64 | 5:17 | 11.3 |
| 127 | SMOLORZ ANNA | 3 | | SIEMIANOWICE ŚLĄSKIE | POL | 30-39 LAT | 43 | 127 | | | 00:12:21 | 00:28:14.07 | 00:28:35.97 | 5:19 | 11.3 |
| 128 | KASPERCZYK ALEKSANDRA | 256 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 48 | 128 | WARTKIE PIERONICE | | 00:12:22 | 00:27:59.25 | 00:28:36.67 | 5:16 | 11.4 |
| 129 | PLASKA BARBARA | 15 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 12 | 129 | KOBIETY NA 5+ | | 00:11:57 | 00:28:30.05 | 00:28:41.47 | 5:22 | 11.2 |
| 130 | GORZELAK JOANNA | 913 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 57 | 130 | KOBIETY NA 5+ | | 00:12:06 | 00:28:30.12 | 00:28:41.51 | 5:22 | 11.2 |
| 131 | PASTUCHA ANNA | 377 | | KRAPKOWICE | POL | 60+ | 2 | 131 | | | 00:12:11 | 00:28:35.36 | 00:28:44.58 | 5:23 | 11.1 |
| 132 | KUFKA JUDYTA | 626 | | ŚWIERKLANY | POL | 30-39 LAT | 44 | 132 | | | 00:12:06 | 00:28:16.38 | 00:28:44.85 | 5:20 | 11.3 |
| 133 | MARCZYŃSKA IZABELA | 660 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 46 | 133 | | | 00:11:53 | 00:28:40.78 | 00:28:46.00 | 5:24 | 11.1 |
| 134 | OLECH KINGA | 698 | | RYBNIK | POL | 20-29 LAT | 17 | 134 | | MAJOWE PSIAPSI | 00:11:50 | 00:28:40.87 | 00:28:48.00 | 5:24 | 11.1 |
| 135 | WIDUCH KATARZYNA | 722 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 45 | 135 | | IDZIEMY BIEGAĆ | 00:11:55 | 00:28:38.86 | 00:28:49.33 | 5:24 | 11.1 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|--|----------------------|------|-----------|--------|-----|------------------------|-----------------------------|----------|-------------|-------------|--------|------|
| 136 | MARSZAŁKOWSKA DARIA | 939 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 59 | 136 | | | 00:12:19 | 00:28:35.34 | 00:28:49.42 | 5:23 | 11.1 |
| 137 | PARMA ANNA | 944 | | GORZYCZKI | POL | 30-39 LAT | 47 | 137 | | | 00:11:52 | 00:28:42.57 | 00:28:49.93 | 5:24 | 11.1 |
| 138 | PIECHA-ŁACHAJCZYK HANNA | 470 | | RYBNIK | POL | 40-49 LAT | 55 | 138 | | KIEDY JAK NIE TERAZ? | 00:12:28 | 00:28:23.23 | 00:28:49.99 | 5:21 | 11.2 |
| 139 | BANACH EWA | 629 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 48 | 139 | | | 00:12:06 | 00:28:44.78 | 00:28:51.52 | 5:25 | 11.1 |
| 140 | SZEWERDA HANNA | 541 | | BYTOM | POL | 40-49 LAT | 53 | 140 | | | 00:12:17 | 00:28:22.08 | 00:28:51.77 | 5:21 | 11.2 |
| 141 | SZEWCZYK MARZENA | 482 | JEJKOWICE BIEGAJA | JEJKOWICE | POL | 40-49 LAT | 58 | 141 | JEJKOWICKIE KOBIETKI | | 00:12:27 | 00:28:35.09 | 00:28:51.97 | 5:23 | 11.1 |
| 142 | PROKOP IWONA | 986 | | RUDA ŚLĄSKA | POL | 50-59 LAT | 13 | 142 | | | 00:12:34 | 00:28:37.52 | 00:28:52.56 | 5:23 | 11.1 |
| 143 | KRAWCZYK URSZULA | 255 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 15 | 143 | | | 00:12:24 | 00:28:14.89 | 00:29:00.66 | 5:19 | 11.3 |
| 144 | DĄBROWSKA AGATA | 846 | | ŻORY | POL | 40-49 LAT | 62 | 144 | | | 00:12:19 | 00:28:48.57 | 00:29:01.82 | 5:26 | 11 |
| 145 | ŁATKA DOROTA | 729 | | ŻORY | POL | 50-59 LAT | 14 | 145 | | | 00:12:05 | 00:28:51.93 | 00:29:04.26 | 5:26 | 11 |
| 146 | GRUSZKIEWICZ SYLWIA | 511 | | CZERWIONKA-LESZCZYNY | POL | 40-49 LAT | 61 | 146 | | | | 00:28:44.00 | 00:29:04.87 | 5:25 | 11.1 |
| 147 | PYTEL RENATA | 248 | | PIELGRZYMOWICE | POL | 50-59 LAT | 17 | 147 | SOBIESKI 6 | SOBIESKI 6 | 00:11:52 | 00:28:59.18 | 00:29:05.89 | 5:28 | 11 |
| 148 | SZYMCZYK TERESA | 469 | TEAM SZYMCZYKI /ZABIEGANA BABCIA | CZĘSTOCHOWA | POL | 60+ | 3 | 148 | | | 00:12:11 | 00:28:50.60 | 00:29:06.57 | 5:26 | 11 |
| 149 | SKIBA KRZYSIA | 396 | | RYBNIK | POL | 40-49 LAT | 65 | 149 | | | 00:12:33 | 00:29:04.51 | 00:29:13.99 | 5:29 | 10.9 |
| 150 | BOJDA BRYGIDA | 150 | PORANNY BESKID RUN | PIERŚCIEC | POL | 40-49 LAT | 64 | 150 | | | 00:12:20 | 00:29:01.94 | 00:29:17.78 | 5:28 | 11 |
| 151 | MAZGAJ GRAŻYNA | 745 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 16 | 151 | | | 00:12:18 | 00:28:58.03 | 00:29:17.97 | 5:27 | 11 |
| 152 | TERESZYŃSKA ANNA | 632 | | LAZISKA GÓRNE | POL | 40-49 LAT | 66 | 152 | | | 00:11:57 | 00:29:10.96 | 00:29:19.22 | 5:30 | 10.9 |
| 153 | SOŁTYS WIKTORIA | 535 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 16 | 153 | | | 00:12:14 | 00:28:38.14 | 00:29:20.17 | 5:24 | 11.1 |
| 154 | SAJNAJ IZABELA | 321 | | GLIWICE | POL | 40-49 LAT | 60 | 154 | | IZOLDA&IWI | 00:12:24 | 00:28:40.94 | 00:29:22.08 | 5:24 | 11.1 |
| 155 | PAWLIKOWSKA BARBARA | 639 | | ŻORY | POL | 40-49 LAT | 67 | 155 | | IDZIEMY BIEGAĆ | 00:12:02 | 00:29:15.37 | 00:29:25.41 | 5:31 | 10.9 |
| 156 | MIKOŁAJEC PAULINA | 949 | | ŻORY | POL | 20-29 LAT | 18 | 156 | | | 00:12:41 | 00:29:15.15 | 00:29:31.35 | 5:31 | 10.9 |
| 157 | PUDA DOROTA | 981 | KOBIETY NA 5+ | MNICH | POL | 50-59 LAT | 20 | 157 | KOBIETY NA 5+ | | 00:12:18 | 00:29:20.13 | 00:29:33.58 | 5:32 | 10.8 |
| 158 | HUTYRA EWA | 289 | | RAJCZA | POL | 30-39 LAT | 49 | 158 | | | 00:12:26 | 00:29:10.01 | 00:29:35.43 | 5:30 | 10.9 |
| 159 | JAKUBOWSKA ALEKSANDRA | 759 | | JASTRZĘBIE ZDROJ | POL | 40-49 LAT | 63 | 159 | | | 00:12:56 | 00:28:58.68 | 00:29:40.60 | 5:27 | 11 |
| 160 | ŁATA-KUNERT MAGDALENA | 869 | FEMINGO NOWOCZESNA FIZJOTERAPIA KOBIET | RYBNIK | POL | 40-49 LAT | 71 | 160 | | | 00:12:21 | 00:29:36.50 | 00:29:41.54 | 5:35 | 10.7 |
| 161 | SKRZYPOSZEK MAŁGORZATA | 320 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 15 | 161 | WARTKIE PIERONICE | | 00:12:34 | 00:28:54.04 | 00:29:42.21 | 5:27 | 11 |
| 162 | SPYRKA MONIKA | 555 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 52 | 162 | KLUB BIEGACZA FARTLEK | KLUB BIEGACZA FARTLEK GIRLS | 00:12:05 | 00:29:30.11 | 00:29:44.53 | 5:33 | 10.8 |
| 163 | PIONTEK SABINA | 281 | MIEDONIA FIT | RACIBÓRZ | POL | 30-39 LAT | 55 | 163 | | | 00:12:30 | 00:29:33.58 | 00:29:44.63 | 5:34 | 10.8 |
| 164 | GARUS MAGDALENA | 271 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 72 | 164 | | | 00:12:27 | 00:29:40.12 | 00:29:47.07 | 5:35 | 10.7 |
| 165 | PLOTKA IWONA | 824 | SZPRYCHY | RYBNIK | POL | 30-39 LAT | 51 | 165 | SZPRYCHY | SZPRYCHY | 00:12:24 | 00:29:26.10 | 00:29:47.44 | 5:33 | 10.8 |
| 166 | PACHUT JUSTYNA | 527 | VIKING TRAINING CENTER | PIASEK | POL | 40-49 LAT | 68 | 166 | | | 00:12:48 | 00:29:16.56 | 00:29:47.88 | 5:31 | 10.9 |
| 167 | GRABIAŃSKA KATARZYNA | 245 | VIKING TRAINING CENTER | KATOWICE | POL | 40-49 LAT | 69 | 167 | VIKING TRAINING CENTER | | 00:12:46 | 00:29:17.90 | 00:29:48.03 | 5:31 | 10.9 |
| 168 | BRASZKIEWICZ AGNIESZKA | 957 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 58 | 168 | | | 00:12:37 | 00:29:35.17 | 00:29:50.08 | 5:34 | 10.7 |
| 169 | PAŁUCKA MONIKA | 491 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 61 | 169 | POWOLI DO CELU | | 00:12:33 | 00:29:46.22 | 00:29:50.17 | 5:36 | 10.7 |
| 170 | WOJTAS KINGA | 600 | POWOLI DO CELU | WOLA | POL | 20-29 LAT | 19 | 170 | POWOLI DO CELU | | 00:13:08 | 00:29:30.37 | 00:29:51.11 | 5:33 | 10.8 |
| 171 | KĄKOL-WOJTAS KATARZYNA | 300 | POWOLI DO CELU | WOLA | POL | 40-49 LAT | 70 | 171 | POWOLI DO CELU | | 00:13:07 | 00:29:29.44 | 00:29:51.74 | 5:33 | 10.8 |
| 172 | REJBICZ WERONIKA | 937 | | JASTRZĘBIE ZDROJ | POL | 30-39 LAT | 59 | 172 | | | 00:12:39 | 00:29:38.74 | 00:29:53.27 | 5:35 | 10.7 |
| 173 | ADAMEK STELLA | 681 | | ZABŁOCIE | POL | 30-39 LAT | 50 | 173 | | | 00:13:10 | 00:29:14.34 | 00:29:57.88 | 5:30 | 10.9 |
| 174 | SOKÓL-OLEŚ EWELINA | 254 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 18 | 174 | RUNTEAM PAWŁOWICE | | 00:13:00 | 00:29:05.24 | 00:29:59.21 | 5:29 | 10.9 |
| 175 | CHMURA EWELINA | 127 | #JUSTFEELFITTEAM | ŻABNICA | POL | 30-39 LAT | 53 | 175 | #JUSTFEELFITTEAM | | 00:13:17 | 00:29:31.15 | 00:29:59.94 | 5:34 | 10.8 |
| 176 | KUBECKA JOLANTA | 356 | ZZOZOLKI | PIERŚCIEC | POL | 50-59 LAT | 23 | 176 | ZZOZOLKI | | 00:12:36 | 00:29:43.51 | 00:30:01.69 | 5:36 | 10.7 |
| 177 | ROZMUS MARZENA | 971 | STS BIEGATON MIKOŁÓW | KATOWICE | POL | 50-59 LAT | 19 | 177 | | NAJLEPSZE | 00:12:54 | 00:29:19.18 | 00:30:02.14 | 5:31 | 10.8 |
| 178 | FRYZIK MONIKA | 574 | | OPATÓW | POL | 20-29 LAT | 20 | 178 | | | 00:13:23 | 00:29:39.53 | 00:30:03.30 | 5:35 | 10.7 |
| 179 | KONIECKO KAROLINA | 1323 | | PAWŁOWICE | POL | 30-39 LAT | 56 | 179 | | | 00:12:27 | 00:29:33.75 | 00:30:03.58 | 5:34 | 10.8 |
| 180 | GŁĄBEK EDYTA | 501 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 63 | 180 | SPOT PSZCZYNA | | 00:12:38 | 00:29:53.67 | 00:30:03.94 | 5:38 | 10.6 |
| 181 | BUCHHOLZ MAJKA | 412 | | LESZCZYNY | POL | 50-59 LAT | 25 | 181 | | | 00:12:33 | 00:30:00.45 | 00:30:04.06 | 5:39 | 10.6 |
| 182 | KANIA MONIKA | 171 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 74 | 182 | | | 00:12:43 | 00:29:47.16 | 00:30:05.79 | 5:37 | 10.7 |
| 183 | GÓRKA BARBARA | 452 | RUN TEAM | ŻORY | POL | 40-49 LAT | 79 | 183 | RUNTEAM PAWŁOWICE | | 00:13:15 | 00:30:06.18 | 00:30:08.00 | 5:40 | 10.6 |
| 184 | BURDA RENATA | 474 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 50-59 LAT | 21 | 184 | | | 00:12:47 | 00:29:33.25 | 00:30:08.06 | 5:34 | 10.8 |
| 185 | MARCISZ NATALIA | 974 | | ŻORY | POL | 20-29 LAT | 21 | 185 | | | 00:13:00 | 00:29:50.18 | 00:30:08.11 | 5:37 | 10.7 |
| 186 | GAŁUSZKA KATARZYNA | 227 | | RADZIECHOWY | POL | 30-39 LAT | 54 | 186 | | | 00:12:01 | 00:29:32.07 | 00:30:10.84 | 5:34 | 10.8 |
| 187 | PARCHAŃSKA-ŻUREK IWONA | 451 | | POGWIZDÓW | POL | 30-39 LAT | 57 | 187 | | | 00:13:15 | 00:29:35.04 | 00:30:10.95 | 5:34 | 10.7 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|-----------------------------------|------------------|------|-----------|--------|-----|------------------------------|---------------------------|----------|-------------|-------------|--------|------|
| 188 | ZAMARŁO NATALIA | 919 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 64 | 188 | ZZOZOLKI | | 00:13:10 | 00:29:57.83 | 00:30:12.58 | 5:39 | 10.6 |
| 189 | ZARAŃSKA IZABELA | 486 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 22 | 189 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:12:52 | 00:29:40.04 | 00:30:13.48 | 5:35 | 10.7 |
| 190 | KĘKUŚ DOROTA | 785 | | MARKLOWICE GÓRNE | POL | 40-49 LAT | 82 | 190 | PRZEDSZKOLE MAŁYCH BOHATERÓW | | 00:12:14 | 00:30:11.71 | 00:30:16.53 | 5:41 | 10.5 |
| 191 | GATNER AGNIESZKA | 313 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 80 | 191 | | | 00:12:14 | 00:30:10.02 | 00:30:16.84 | 5:41 | 10.5 |
| 192 | ŁASA IZABELA | 624 | | ŻORY | POL | 40-49 LAT | 75 | 192 | TEAM OLI LIDL | | 00:12:56 | 00:29:53.90 | 00:30:20.53 | 5:38 | 10.6 |
| 193 | IWANCZEWSKA WERONIKA | 838 | | BYTOM | POL | 30-39 LAT | 60 | 193 | WARTKIE PIERONICE | | 00:12:53 | 00:29:45.24 | 00:30:23.08 | 5:36 | 10.7 |
| 194 | TRYBAŁA DANUTA | 497 | | PIELGRZYMOWICE | POL | 40-49 LAT | 73 | 194 | WATAHA | | 00:13:35 | 00:29:46.96 | 00:30:26.28 | 5:36 | 10.7 |
| 195 | LISZKA MONIKA | 217 | TEAM PAPRY/VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 76 | 195 | VIKING TRAINING CENTER | | 00:13:35 | 00:30:00.77 | 00:30:27.28 | 5:39 | 10.6 |
| 196 | LEGIERSKA NATALIA | 683 | TL ATHLETICS JASTRZĘBIE | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 67 | 196 | TL ATHLETICS JASTRZĘBIE | CORRIDORI | 00:12:47 | 00:30:23.06 | 00:30:29.16 | 5:43 | 10.5 |
| 197 | SAMUL KAROLINA | 325 | HURAGAN LIGOTA | SOSNOWIEC | POL | 40-49 LAT | 83 | 197 | HURAGAN LIGOTA | | 00:13:28 | 00:30:16.24 | 00:30:29.28 | 5:42 | 10.5 |
| 198 | RANSZ BEATA | 79 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 27 | 198 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.76 | 00:30:31.51 | 5:42 | 10.5 |
| 199 | RATAJCZAK EWA | 502 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 84 | 199 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.75 | 00:30:31.52 | 5:42 | 10.5 |
| 200 | PRZYBYLSKA-BAK KASIA | 442 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 78 | 200 | VIKING TRAINING CENTER | | 00:12:47 | 00:30:02.10 | 00:30:32.04 | 5:40 | 10.6 |
| 201 | BURZYŃSKA BEATA | 415 | | KATOWICE | POL | 40-49 LAT | 86 | 201 | | RÓŻOWY TRAMPEK | 00:12:39 | 00:30:27.14 | 00:30:33.18 | 5:44 | 10.4 |
| 202 | CHORCHOS MAGDA | 12 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 65 | 202 | | | 00:13:13 | 00:30:17.39 | 00:30:34.40 | 5:42 | 10.5 |
| 203 | JACEK DOROTA | 561 | | WODZISŁAW ŚL | POL | 40-49 LAT | 85 | 203 | | | 00:12:50 | 00:30:25.88 | 00:30:34.85 | 5:44 | 10.5 |
| 204 | SZENDERA-ORSZULIK ZOFIA | 47 | | STUDZIONKA | POL | 40-49 LAT | 88 | 204 | | | 00:12:32 | 00:30:33.31 | 00:30:37.39 | 5:45 | 10.4 |
| 205 | KUŚ MONIKA | 754 | | KOŃCZYCE WIELKIE | POL | 30-39 LAT | 69 | 205 | | | 00:13:05 | 00:30:33.57 | 00:30:39.35 | 5:45 | 10.4 |
| 206 | KOZIELSKA DOMINIKA | 858 | | GLIWICE | POL | 20-29 LAT | 22 | 206 | | | 00:13:30 | 00:30:09.05 | 00:30:40.18 | 5:41 | 10.5 |
| 207 | ADAMUS ANNA | 384 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 77 | 207 | WARTKIE PIERONICE | | 00:13:11 | 00:30:01.71 | 00:30:40.95 | 5:39 | 10.6 |
| 208 | DAWID ŻANETA | 436 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 62 | 208 | VIKING TRAINING CENTER | | 00:13:00 | 00:29:53.61 | 00:30:41.99 | 5:38 | 10.6 |
| 209 | BURCZYK CELINA | 309 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 30 | 209 | HURAGAN LIGOTA | | 00:12:27 | 00:30:32.36 | 00:30:43.26 | 5:45 | 10.4 |
| 210 | NATKANIEC DOROTA | 851 | | BRZEZÓWKA | POL | 50-59 LAT | 26 | 210 | | | 00:13:31 | 00:30:16.95 | 00:30:48.03 | 5:42 | 10.5 |
| 211 | KANTOROWSKA ANIA | 16 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 68 | 211 | POWOLI DO CELU | | 00:13:16 | 00:30:31.71 | 00:30:48.68 | 5:45 | 10.4 |
| 212 | SOCHA MARLENA | 82 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 24 | 212 | WARTKIE PIERONICE | | 00:13:02 | 00:29:52.38 | 00:30:49.49 | 5:38 | 10.6 |
| 213 | MICHAŁAK NIKOLA | 544 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 23 | 213 | | | 00:12:52 | 00:30:10.43 | 00:30:51.66 | 5:41 | 10.5 |
| 214 | JASTRZĘBSKA EWA | 199 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 29 | 214 | | | 00:12:56 | 00:30:29.94 | 00:30:51.85 | 5:45 | 10.4 |
| 215 | WALA ANNA | 162 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 81 | 215 | | | 00:12:57 | 00:30:10.17 | 00:30:51.97 | 5:41 | 10.5 |
| 216 | SZCZOTKA SYLWIA | 46 | #JUSTFEELFITTEAM | RAJCZA | POL | 30-39 LAT | 66 | 216 | #JUSTFEELFITTEAM | | 00:13:27 | 00:30:22.50 | 00:30:58.62 | 5:43 | 10.5 |
| 217 | CELER IWONA | 232 | | TYCHY | POL | 50-59 LAT | 31 | 217 | | | 00:12:54 | 00:30:33.86 | 00:31:00.89 | 5:45 | 10.4 |
| 218 | GENSTY KLAUDIA | 259 | DYSTANS LUBOMIA | LUBOMIA | POL | 50-59 LAT | 33 | 218 | | | 00:13:36 | 00:30:42.27 | 00:31:02.39 | 5:47 | 10.4 |
| 219 | TULKO IWONA | 277 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 35 | 219 | | | 00:12:28 | 00:31:02.04 | 00:31:05.34 | 5:51 | 10.2 |
| 220 | SOBIK ANNA | 850 | | RYBNIK | POL | 30-39 LAT | 75 | 220 | | | 00:13:01 | 00:30:56.28 | 00:31:05.41 | 5:50 | 10.3 |
| 221 | BUGLA WERONIKA | 298 | DYSTANS LUBOMIA | GRABÓWKA | POL | 50-59 LAT | 34 | 221 | | | 00:12:44 | 00:31:01.16 | 00:31:06.50 | 5:51 | 10.3 |
| 222 | NYKIEL MAŁGORZATA | 273 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 28 | 222 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:14:08 | 00:30:28.08 | 00:31:07.11 | 5:44 | 10.4 |
| 223 | BRZUSKA ADRIANNA | 145 | ZZOZOLKI | CIESZYN | POL | 20-29 LAT | 24 | 223 | ZZOZOLKI | | 00:12:41 | 00:30:28.30 | 00:31:08.10 | 5:44 | 10.4 |
| 224 | MALISZEWSKA BEATA | 792 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 72 | 224 | | | 00:12:45 | 00:30:45.43 | 00:31:10.24 | 5:48 | 10.3 |
| 225 | CZECH KAROLINA | 804 | | TYCHY | POL | 30-39 LAT | 74 | 225 | | | 00:13:14 | 00:30:51.47 | 00:31:10.53 | 5:49 | 10.3 |
| 226 | TRZEWIK BEATA | 920 | ZIMNOKRWISTE WIEWIÓRKI | OŚWIĘCIM | POL | 50-59 LAT | 32 | 226 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:21 | 00:30:41.06 | 00:31:11.04 | 5:47 | 10.4 |
| 227 | DOBOSZ ILONA | 54 | | MARKLOWICE GÓRNE | POL | 50-59 LAT | 39 | 227 | | | 00:13:06 | 00:31:04.92 | 00:31:12.46 | 5:51 | 10.2 |
| 228 | SZYSZKA NATALIA | 605 | | BYTOM | POL | 30-39 LAT | 79 | 228 | PO JEDNEJ BABCY | | 00:13:10 | 00:31:05.56 | 00:31:14.37 | 5:51 | 10.2 |
| 229 | GACH ANNA | 591 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 83 | 229 | | | 00:12:06 | 00:31:09.52 | 00:31:15.12 | 5:52 | 10.2 |
| 230 | BALCAREK MAGDALENA | 680 | | POŁOMIA | POL | 40-49 LAT | 87 | 230 | | | 00:13:11 | 00:30:33.01 | 00:31:15.79 | 5:45 | 10.4 |
| 231 | JANIK ANNA | 994 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 70 | 231 | NESSI SPORTSWEAR | | 00:13:53 | 00:30:39.56 | 00:31:15.86 | 5:46 | 10.4 |
| 232 | WIERCIGROCH MARIOLA | 173 | | KAMESZNICA | POL | 30-39 LAT | 73 | 232 | #JUSTFEELFITTEAM | | 00:13:24 | 00:30:48.43 | 00:31:16.74 | 5:48 | 10.3 |
| 233 | PATAŁĄG SANDRA | 55 | | MYŚLOWICE | POL | 30-39 LAT | 71 | 233 | | | 00:13:21 | 00:30:40.67 | 00:31:16.92 | 5:47 | 10.4 |
| 234 | MUSIAŁ MARIA | 445 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 4 | 234 | | | 00:13:54 | 00:30:39.03 | 00:31:17.61 | 5:46 | 10.4 |
| 235 | JUREK IZA | 584 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 89 | 235 | NICE GIRLS | | 00:13:41 | 00:30:57.37 | 00:31:17.82 | 5:50 | 10.3 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------------|------|--|--------------------------|------|-----------|--------|-----|---|-----------|----------|-------------|-------------|--------|------|
| 236 | KROCZEK AGATA | 695 | | ZEBRZYDOWICE | POL | 40-49 LAT | 90 | 236 | NICE GIRLS | | 00:13:42 | 00:30:57.43 | 00:31:17.87 | 5:50 | 10.3 |
| 237 | DĄBROWSKA KATARZYNA | 349 | | SKRBEŃSKO | POL | 40-49 LAT | 99 | 237 | | | 00:12:56 | 00:31:11.81 | 00:31:19.39 | 5:53 | 10.2 |
| 238 | MICHALSKA MONIKA | 867 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 81 | 238 | | | 00:13:13 | 00:31:07.21 | 00:31:20.05 | 5:52 | 10.2 |
| 239 | WALEK NATALIA | 693 | | CIESZYN | POL | 30-39 LAT | 80 | 239 | | | 00:13:29 | 00:31:06.00 | 00:31:22.18 | 5:52 | 10.2 |
| 240 | KOSIACKA AGNIESZKA | 8 | | RYBNIK | POL | 30-39 LAT | 82 | 240 | | | 00:14:12 | 00:31:07.86 | 00:31:24.01 | 5:52 | 10.2 |
| 241 | DOBRENIUK AURELIA | 70 | | RYBNIK | POL | 40-49 LAT | 103 | 241 | | | 00:12:42 | 00:31:19.97 | 00:31:29.53 | 5:54 | 10.2 |
| 242 | BAJCAR BEATA | 552 | KOBIETY NA 5+ | CHYBIE | POL | 50-59 LAT | 43 | 242 | KOBIETY NA 5+ | | 00:13:09 | 00:31:19.37 | 00:31:32.29 | 5:54 | 10.2 |
| 243 | LACHOWICZ IZABELA | 422 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | 30-39 LAT | 78 | 243 | | | 00:13:10 | 00:31:00.91 | 00:31:32.74 | 5:50 | 10.3 |
| 244 | GABRUŚ IWONA | 418 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | CZERWIONKA-STAN OWICE | POL | 50-59 LAT | 37 | 244 | | | 00:13:12 | 00:31:03.39 | 00:31:32.78 | 5:51 | 10.2 |
| 245 | GROLIK KAROLINA | 573 | | RYBNIK | POL | 40-49 LAT | 93 | 245 | | | 00:13:11 | 00:31:01.20 | 00:31:32.80 | 5:51 | 10.3 |
| 246 | KRZYŻOWSKA IWONA | 318 | | MIKOŁÓW | POL | 40-49 LAT | 100 | 246 | | | 00:13:43 | 00:31:15.88 | 00:31:33.70 | 5:53 | 10.2 |
| 247 | HAŚNIK DARIA | 972 | | TYCHY | POL | 30-39 LAT | 77 | 247 | | NAJLEPSZE | 00:13:16 | 00:30:59.69 | 00:31:34.34 | 5:50 | 10.3 |
| 248 | DĄBROWSKA - KUŚNIERZ EWELINA | 29 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 91 | 248 | | | 00:13:52 | 00:30:57.56 | 00:31:35.01 | 5:50 | 10.3 |
| 249 | LUCIK GRAŻYNA | 329 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 60+ | 6 | 249 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:21 | 00:31:29.84 | 00:31:35.02 | 5:56 | 10.1 |
| 250 | ROJ ANNA | 310 | | | POL | 40-49 LAT | 101 | 250 | | | 00:13:45 | 00:31:18.56 | 00:31:36.07 | 5:54 | 10.2 |
| 251 | KLIMEK-KARAS SYLWIA | 907 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | CZECHOWICE-DZIED ZICE | POL | 40-49 LAT | 106 | 251 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZI CE | | 00:14:05 | 00:31:26.41 | 00:31:38.79 | 5:55 | 10.1 |
| 252 | ZIEMIŃSKA PATRYCJA | 10 | | SKOCZÓW | POL | 40-49 LAT | 104 | 252 | | | 00:13:25 | 00:31:24.22 | 00:31:39.47 | 5:55 | 10.1 |
| 253 | SKWORC ILONA | 931 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 92 | 253 | WARTKIE PIERONICE | | 00:13:56 | 00:31:00.53 | 00:31:39.71 | 5:50 | 10.3 |
| 254 | OZDARSKA BEATA | 252 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 38 | 254 | WARTKIE PIERONICE | | 00:13:22 | 00:31:04.53 | 00:31:39.91 | 5:51 | 10.2 |
| 255 | TOMAN ANTONINA | 703 | | CIESZYN | POL | 40-49 LAT | 97 | 255 | | | 00:13:38 | 00:31:04.96 | 00:31:40.19 | 5:51 | 10.2 |
| 256 | KMIECIAK GRAŻYNA | 827 | | RADLIN | POL | 50-59 LAT | 40 | 256 | | | 00:13:31 | 00:31:09.98 | 00:31:40.55 | 5:52 | 10.2 |
| 257 | GOLDA EWA | 903 | SPECIALTEAM | STUDZIONKA | POL | 50-59 LAT | 44 | 257 | SPECIALTEAM | EWANKA | 00:14:11 | 00:31:23.87 | 00:31:41.38 | 5:55 | 10.1 |
| 258 | BRZUSKA KATARZYNA | 50 | ZZOZOLKI | CIESZYN | POL | 40-49 LAT | 94 | 258 | ZZOZOLKI | | 00:13:19 | 00:31:02.29 | 00:31:41.42 | 5:51 | 10.2 |
| 259 | FURMANEK ELA | 65 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 42 | 259 | HURAGAN LIGOTA | | 00:14:31 | 00:31:18.06 | 00:31:41.75 | 5:54 | 10.2 |
| 260 | HORAK ALINA | 795 | ----- | RACIBÓRZ | POL | 50-59 LAT | 36 | 260 | | | 00:13:31 | 00:31:03.00 | 00:31:42.81 | 5:51 | 10.2 |
| 261 | FRANCISZCZAK ŁUCJA | 362 | CIDRYLOTAJOM | BYTOM | POL | 60+ | 7 | 261 | | | 00:12:58 | 00:31:42.60 | 00:31:42.96 | 5:58 | 10 |
| 262 | BORUTA WIOLETTA | 293 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 107 | 262 | | | 00:13:29 | 00:31:29.79 | 00:31:44.33 | 5:56 | 10.1 |
| 263 | CHRZĄSTEK MAGDALENA | 432 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 85 | 263 | | | 00:12:57 | 00:31:28.04 | 00:31:45.98 | 5:56 | 10.1 |
| 264 | ŚLUCZKA KINGA | 697 | | USTRON | POL | 50-59 LAT | 45 | 264 | | | 00:13:43 | 00:31:27.46 | 00:31:46.60 | 5:56 | 10.1 |
| 265 | KURIATA KATARZYNA | 130 | | ŻORY | POL | 30-39 LAT | 86 | 265 | TEAM OLI LIDL | | 00:13:46 | 00:31:29.74 | 00:31:47.91 | 5:56 | 10.1 |
| 266 | HERCHEL MARZENA | 316 | SUSZECKA DZIKA PIĄTKA DYCHA I PÓLMARATON | SUSZEC | POL | 40-49 LAT | 105 | 266 | | | 00:13:24 | 00:31:25.91 | 00:31:49.13 | 5:55 | 10.1 |
| 267 | LISZKA JOANNA | 43 | | ŻORY | POL | 40-49 LAT | 96 | 267 | | | 00:15:00 | 00:31:03.79 | 00:31:50.20 | 5:51 | 10.2 |
| 268 | AUGUŚCIK EWELINA | 495 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 87 | 268 | | | 00:13:30 | 00:31:39.05 | 00:31:50.59 | 5:58 | 10 |
| 269 | CEGLARSKA ALICJA | 344 | JEJKOWICE BIEGAJĄ | RYBNIK | POL | 40-49 LAT | 114 | 269 | JEJKOWICKIE KOBIETKI | | 00:13:35 | 00:31:45.36 | 00:31:50.71 | 5:59 | 10 |
| 270 | WOŹNIAK ALEKSANDRA | 357 | | ŻORY | POL | 40-49 LAT | 111 | 270 | TEAM OLI LIDL | | 00:13:18 | 00:31:32.62 | 00:31:51.03 | 5:56 | 10.1 |
| 271 | SNOCHOWSKA GABRIELA | 796 | SKLEP BIEGACZA RUNNING TEAM | KATOWICE | POL | 30-39 LAT | 76 | 271 | | | 00:14:18 | 00:30:59.17 | 00:31:52.43 | 5:50 | 10.3 |
| 272 | CZEKAJŁO PAULINA | 280 | OSZEK TEAM | KRZANOWICE | POL | 40-49 LAT | 98 | 272 | TEAM OCZEK | | 00:14:55 | 00:31:07.31 | 00:31:54.93 | 5:52 | 10.2 |
| 273 | BOMBOR ANTONINA | 712 | | RYBNIK | POL | 40-49 LAT | 95 | 273 | | | 00:13:30 | 00:31:03.52 | 00:31:55.31 | 5:51 | 10.2 |
| 274 | DZIEWIRZ AURELIA | 885 | | WARSZOWICE | POL | 40-49 LAT | 118 | 274 | | | 00:13:13 | 00:31:48.31 | 00:31:55.90 | 6:00 | 10 |
| 275 | ZIMNY CELINA | 401 | SMAKI BIEGANIA | RYBNIK | POL | 40-49 LAT | 119 | 275 | | | 00:13:05 | 00:31:48.40 | 00:31:58.05 | 6:00 | 10 |
| 276 | SOBINA ROKSANA | 970 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 110 | 276 | KLUB BIEGACZA FARTLEK | | 00:13:27 | 00:31:31.13 | 00:31:59.01 | 5:56 | 10.1 |
| 277 | DĄBROWSKA EMILIA | 1321 | PARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 109 | K 1 | PARTLEK | | 00:13:27 | 00:31:30.88 | 00:31:59.04 | 5:56 | 10.1 |
| 278 | LACHERA MARYSIA | 787 | | ZABRZE | POL | 60+ | 5 | 277 | | | 00:13:35 | 00:31:03.63 | 00:31:59.70 | 5:51 | 10.2 |
| 279 | ROŚCZAK SYLWIA | 767 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 121 | 278 | | | 00:12:54 | 00:31:51.93 | 00:31:59.73 | 6:00 | 10 |
| 280 | SAGAN IZABELA | 413 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 127 | 279 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:13:02 | 00:31:59.16 | 00:32:03.08 | 6:02 | 9.9 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---------------------------|------------------|------|-----------|--------|-----|---------------------------|-----------------|----------|-------------|-------------|--------|------|
| 281 | KUSA ALEKSANDRA | 1320 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 46 | K 2 | | | 00:13:24 | 00:31:27.78 | 00:32:03.89 | 5:56 | 10.1 |
| 282 | KŁEK MARZENA | 945 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 123 | 280 | | | 00:13:13 | 00:31:56.57 | 00:32:04.25 | 6:01 | 10 |
| 283 | WÓJCIK ANNA | 769 | ZZOZOLKI | CIESZYN | POL | 30-39 LAT | 84 | 281 | ZZOZOLKI | | 00:14:08 | 00:31:25.58 | 00:32:04.97 | 5:55 | 10.1 |
| 284 | GOLĄBEK ANNA | 661 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 88 | 282 | | | 00:13:31 | 00:31:50.41 | 00:32:05.01 | 6:00 | 10 |
| 285 | JURASZEK AGNIESZKA | 713 | JUST FEEL FIT | WĘGIERSKA GÓRKA | POL | 40-49 LAT | 108 | 283 | #JUSTFEELFITTEAM | | 00:13:30 | 00:31:30.88 | 00:32:05.09 | 5:56 | 10.1 |
| 286 | GÓRKA ALEKSANDRA | 805 | | SIEMIANOWICE | POL | 40-49 LAT | 117 | 284 | | | 00:13:16 | 00:31:48.22 | 00:32:05.13 | 6:00 | 10 |
| 287 | SKOTNICKA URSZULA | 193 | NIE ZRZESZONA | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 47 | 285 | | | 00:13:07 | 00:31:59.82 | 00:32:07.43 | 6:02 | 9.9 |
| 288 | DROBNY JOANNA | 766 | | RYDUŁTOWY | POL | 30-39 LAT | 90 | 286 | | | 00:13:38 | 00:31:59.43 | 00:32:07.70 | 6:02 | 9.9 |
| 289 | POŁEDNIOK ALEKSANDRA | 551 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 124 | 287 | | | 00:13:14 | 00:31:56.91 | 00:32:07.78 | 6:01 | 10 |
| 290 | ŁEPEK BOŻENA | 343 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 41 | 288 | | | 00:13:38 | 00:31:15.95 | 00:32:07.93 | 5:53 | 10.2 |
| 291 | SEKIERKA KLAUDIA | 149 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 91 | 289 | | | 00:12:41 | 00:32:04.76 | 00:32:08.58 | 6:03 | 9.9 |
| 292 | ŻEBRACKA- MEJER KORNELIA | 985 | | WYRY | POL | 30-39 LAT | 94 | 290 | | | 00:13:18 | 00:32:07.93 | 00:32:09.93 | 6:03 | 9.9 |
| 293 | KŁOZIK AGNIESZKA | 6 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 131 | 291 | | | 00:13:07 | 00:32:09.14 | 00:32:11.43 | 6:03 | 9.9 |
| 294 | MARSZOLIK ANGELA | 559 | | RYBNIK | POL | 40-49 LAT | 102 | 292 | | | 00:13:48 | 00:31:19.49 | 00:32:12.00 | 5:54 | 10.2 |
| 295 | BURDZIK WERONIKA | 499 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 89 | 293 | | | 00:13:30 | 00:31:59.33 | 00:32:14.58 | 6:02 | 9.9 |
| 296 | PETRYKOWSKA MAGDA | 380 | | ŻORY | POL | 20-29 LAT | 25 | 294 | | | 00:15:11 | 00:31:26.88 | 00:32:18.83 | 5:55 | 10.1 |
| 297 | FIZIA JOANNA | 930 | | BAKÓW | POL | 30-39 LAT | 95 | 295 | | | 00:13:50 | 00:32:09.88 | 00:32:22.41 | 6:03 | 9.9 |
| 298 | GWIZDAŁA JOANNA | 609 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 112 | 296 | | | 00:13:21 | 00:31:35.33 | 00:32:23.22 | 5:57 | 10.1 |
| 299 | TYRYTKO SYLWIA | 322 | WATAHA | PRUCHNA | POL | 40-49 LAT | 120 | 297 | WATAHA | | 00:13:58 | 00:31:49.05 | 00:32:28.88 | 6:00 | 10 |
| 300 | JĘDRZEJEWSKA BEATA | 492 | MIRAZ RACE TEAM | BYTOM | POL | 40-49 LAT | 113 | 298 | | | 00:13:48 | 00:31:43.47 | 00:32:28.92 | 5:59 | 10 |
| 301 | WOWRA ALEKSANDRA | 662 | | MIKOŁÓW | POL | 30-39 LAT | 93 | 299 | | | 00:14:20 | 00:32:07.58 | 00:32:29.06 | 6:03 | 9.9 |
| 302 | GLANERT KAROLINA | 990 | | ŻORY | POL | 60+ | 8 | 300 | | | 00:13:32 | 00:32:25.76 | 00:32:31.53 | 6:06 | 9.8 |
| 303 | PROKOPIUK WIKTORIA | 177 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 7 | 301 | | | 00:12:47 | 00:32:20.42 | 00:32:31.62 | 6:06 | 9.8 |
| 304 | ŁASA MARTYNA | 625 | | ŻORY | POL | 16-19 LAT | 6 | 302 | TEAM OLI LIDL | | 00:13:41 | 00:32:06.40 | 00:32:33.04 | 6:03 | 9.9 |
| 305 | ZAWADZKA BEBA | 122 | | ZABRZE | POL | 40-49 LAT | 115 | 303 | | | 00:14:26 | 00:31:47.31 | 00:32:37.03 | 5:59 | 10 |
| 306 | TARGOSZ ANETA | 161 | | CIESZYN | POL | 40-49 LAT | 116 | 304 | ZZOZOLKI | | 00:13:48 | 00:31:47.34 | 00:32:38.11 | 5:59 | 10 |
| 307 | ORSZULIK PAULINA | 978 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 26 | 305 | | | 00:14:10 | 00:31:56.26 | 00:32:38.47 | 6:01 | 10 |
| 308 | KOKOT MONIKA | 440 | | MIKOŁÓW | POL | 40-49 LAT | 126 | 306 | | | 00:13:17 | 00:31:58.50 | 00:32:38.48 | 6:01 | 9.9 |
| 309 | KOŁDYS KAROLINA | 979 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 27 | 307 | | | 00:14:12 | 00:31:56.95 | 00:32:38.95 | 6:01 | 10 |
| 310 | GROMADZKA JUSTYNA | 253 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 122 | 308 | | | 00:13:31 | 00:31:53.71 | 00:32:39.52 | 6:00 | 10 |
| 311 | STĘPIEŃ SANDRA | 216 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 102 | 309 | | | 00:13:09 | 00:32:30.10 | 00:32:40.06 | 6:07 | 9.8 |
| 312 | KUSZOWSKA JULIA | 938 | JEJKOWICKIE KOBIETKI | JEJKOWICE | POL | 30-39 LAT | 97 | 310 | JEJKOWICKIE KOBIETKI | | 00:13:54 | 00:32:13.09 | 00:32:40.30 | 6:04 | 9.9 |
| 313 | HYJEK EWA | 863 | | RACIBÓRZ | POL | 40-49 LAT | 137 | 311 | | | 00:13:34 | 00:32:36.45 | 00:32:41.03 | 6:09 | 9.8 |
| 314 | PAJĄK MARIOLA | 151 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 92 | 312 | #JUSTFEELFITTEAM | | 00:14:02 | 00:32:06.85 | 00:32:41.25 | 6:03 | 9.9 |
| 315 | MATUĆ ALEKSANDRA | 45 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 48 | 313 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:59 | 00:32:10.57 | 00:32:41.85 | 6:04 | 9.9 |
| 316 | KOZDROŃ ANNA | 195 | LECOM ŚWIONY | ŚWIĘTOCHŁOWICE | POL | 40-49 LAT | 129 | 314 | | | 00:13:45 | 00:32:06.45 | 00:32:42.64 | 6:03 | 9.9 |
| 317 | ŁAPA ALEKSANDRA | 4 | 4A | PSZCZYNA | POL | 40-49 LAT | 128 | 315 | | 4A | 00:13:21 | 00:31:59.84 | 00:32:43.33 | 6:02 | 9.9 |
| 318 | BAŁUCH MICHALINA | 894 | SPECIALTEAM | STUDZIENICE | POL | 30-39 LAT | 100 | 316 | SPECIALTEAM | SPECIALTEAM M&M | 00:14:11 | 00:32:27.54 | 00:32:44.57 | 6:07 | 9.8 |
| 319 | TYTKO-HAŁADA MAŁGORZATA | 847 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 138 | 317 | | | 00:13:11 | 00:32:37.29 | 00:32:45.06 | 6:09 | 9.7 |
| 320 | JANOSZ NATALIA | 30 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 103 | 318 | SPOT PSZCZYNA | | 00:13:26 | 00:32:32.10 | 00:32:46.37 | 6:08 | 9.8 |
| 321 | WOLSKA MARTA | 212 | | ŻYWIEC | POL | 40-49 LAT | 135 | 319 | | BABY GÓRĄ | 00:14:25 | 00:32:17.19 | 00:32:46.45 | 6:05 | 9.9 |
| 322 | BALICKA MAGDALENA | 596 | | OCHABY MAŁE | POL | 40-49 LAT | 125 | 320 | | | 00:13:55 | 00:31:58.35 | 00:32:46.63 | 6:01 | 9.9 |
| 323 | WIECZOREK MAŁGORZATA | 621 | WARTKIE PIERONICE | BYTOM | POL | 40-49 LAT | 130 | 321 | | | 00:14:09 | 00:32:08.64 | 00:32:47.13 | 6:03 | 9.9 |
| 324 | DROBIAK KORNELIA | 512 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 104 | 322 | | | 00:14:07 | 00:32:34.21 | 00:32:47.93 | 6:08 | 9.8 |
| 325 | WALUSZ JOLANTA | 588 | SZOMBIERKI DREAM TEAM | BYTOM | POL | 50-59 LAT | 50 | 323 | | | 00:13:43 | 00:32:16.88 | 00:32:49.15 | 6:05 | 9.9 |
| 326 | OLSCHIMKE KASIA | 181 | K.S. M.E.T.A | KATOWICE | POL | 40-49 LAT | 133 | 324 | K.S. M.E.T.A | | 00:14:22 | 00:32:15.47 | 00:32:49.64 | 6:05 | 9.9 |
| 327 | ANIOL-BARLIK AGNIESZKA | 198 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 141 | 325 | | | 00:13:38 | 00:32:46.78 | 00:32:50.34 | 6:10 | 9.7 |
| 328 | HETMANIOK AGNIESZKA | 381 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 96 | 326 | | | 00:13:04 | 00:32:10.25 | 00:32:51.96 | 6:04 | 9.9 |
| 329 | SUKIENNIK ALEKSANDRA | 532 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 105 | 327 | VIKING TRAINING CENTER | | 00:12:59 | 00:32:35.14 | 00:32:56.02 | 6:08 | 9.8 |
| 330 | KRAWCZYK MONIKA | 802 | | ŻORY | POL | 30-39 LAT | 108 | 328 | | | 00:13:20 | 00:32:48.43 | 00:32:56.39 | 6:11 | 9.7 |
| 331 | GAŁUSZKA MAŁGORZATA | 196 | | OŚWIĘCIM | POL | 30-39 LAT | 107 | 329 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:32:44.48 | 00:32:56.69 | 6:10 | 9.7 |
| 332 | SOSNA IWONA | 652 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 142 | 330 | | | 00:13:10 | 00:32:49.51 | 00:32:58.64 | 6:11 | 9.7 |
| 333 | KOTLARCZYK KATARZYNA | 710 | | OŚWIĘCIM | POL | 40-49 LAT | 136 | 331 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:30 | 00:32:28.86 | 00:33:00.28 | 6:07 | 9.8 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|------------------------------------|------------------|------|-----------|--------|-----|------------------------------|-----------|----------|-------------|-------------|--------|------|
| 334 | PAWLIK NATALIA | 34 | BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 101 | 332 | | | 00:13:19 | 00:32:29.08 | 00:33:01.34 | 6:07 | 9.8 |
| 335 | MAĆKÓW AGNIESZKA | 437 | | PAKOSŁAWICE | POL | 50-59 LAT | 53 | 333 | | | 00:13:47 | 00:32:27.19 | 00:33:03.54 | 6:07 | 9.8 |
| 336 | KUBIAK IZABELA | 32 | | ŻORY | POL | 30-39 LAT | 99 | 334 | | | 00:13:45 | 00:32:26.88 | 00:33:03.61 | 6:07 | 9.8 |
| 337 | JABŁOŃSKA-ŚLAZIŃSKA ANNA | 963 | | GLIWICE | POL | 40-49 LAT | 140 | 335 | | | 00:14:17 | 00:32:41.35 | 00:33:04.34 | 6:10 | 9.7 |
| 338 | GRABOWSKA KATARZYNA | 286 | | TYCHY | POL | 50-59 LAT | 49 | 336 | | | 00:14:14 | 00:32:13.93 | 00:33:04.78 | 6:04 | 9.9 |
| 339 | SZUBARSKA KATARZYNA | 840 | ZZOZOLKI | POGWIZDÓW | POL | 50-59 LAT | 55 | 337 | ZZOZOLKI | | 00:14:00 | 00:32:40.50 | 00:33:05.29 | 6:09 | 9.7 |
| 340 | KĄŁUS JOANNA | 548 | UKS REFLEX RYBNIK | RYBNIK | POL | 40-49 LAT | 139 | 338 | | | 00:13:43 | 00:32:37.68 | 00:33:07.24 | 6:09 | 9.7 |
| 341 | FARUGA ANGELINA | 725 | | ĆWIKLICE | POL | 30-39 LAT | 109 | 339 | | | 00:14:10 | 00:32:52.29 | 00:33:08.02 | 6:12 | 9.7 |
| 342 | KAMIŃSKA AGNIESZKA | 62 | | ZEBRZYDOWICE | POL | 40-49 LAT | 134 | 340 | | | 00:13:53 | 00:32:16.26 | 00:33:09.33 | 6:05 | 9.9 |
| 343 | KŁOSEK MONIKA | 976 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 132 | 341 | | | 00:13:33 | 00:32:14.12 | 00:33:10.19 | 6:04 | 9.9 |
| 344 | HEJNA IZABELA | 860 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 52 | 342 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.28 | 00:33:11.43 | 6:06 | 9.8 |
| 345 | KRAUSE SYLWIA | 33 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 51 | 343 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.07 | 00:33:11.50 | 6:06 | 9.8 |
| 346 | KUREK JOANNA | 774 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 144 | 344 | INCOLA TEAM | | 00:14:17 | 00:32:57.00 | 00:33:14.97 | 6:13 | 9.7 |
| 347 | BUREK GABRIELA | 85 | RUNTEAM | PAWŁOWICE | POL | 30-39 LAT | 98 | 345 | | | 00:14:15 | 00:32:21.54 | 00:33:15.99 | 6:06 | 9.8 |
| 348 | BOBER ALICJA | 275 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 143 | 346 | | | 00:14:17 | 00:32:51.35 | 00:33:16.99 | 6:11 | 9.7 |
| 349 | LENART-ZYGMUNT MARTYNA | 106 | | MYSŁOWICE | POL | 30-39 LAT | 106 | 347 | | | 00:14:15 | 00:32:39.45 | 00:33:17.80 | 6:09 | 9.7 |
| 350 | MAŚLANKA SABINA | 223 | | BYTOM | POL | 50-59 LAT | 54 | 348 | WARTKIE PIERONICE | | 00:14:22 | 00:32:39.76 | 00:33:17.97 | 6:09 | 9.7 |
| 351 | WRÓBEL KAROLINA | 152 | MIECHOWICKA GRUPA BIEGOWA | KATOWICE | POL | 20-29 LAT | 31 | 349 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:53 | 00:33:04.68 | 00:33:21.21 | 6:14 | 9.6 |
| 352 | MILDNER GRAŻYNA | 159 | | TYCHY | POL | 40-49 LAT | 146 | 350 | VIKING TRAINING CENTER | | 00:13:38 | 00:33:07.75 | 00:33:25.46 | 6:14 | 9.6 |
| 353 | ZIEJA MARTYNA | 687 | MAGDA | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 28 | 351 | MAGDA | | 00:14:39 | 00:32:47.63 | 00:33:28.91 | 6:11 | 9.7 |
| 354 | ŚMIATEK MARTYNA | 771 | | RYBNIK | POL | 20-29 LAT | 29 | 352 | | | 00:15:02 | 00:32:48.97 | 00:33:30.47 | 6:11 | 9.7 |
| 355 | KĘPKA JOANNA | 839 | | MIKOŁÓW | POL | 50-59 LAT | 57 | 353 | | | 00:13:52 | 00:33:09.36 | 00:33:30.67 | 6:15 | 9.6 |
| 356 | JANCZAR ANGELIKA | 94 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 118 | 354 | | | 00:14:17 | 00:33:23.86 | 00:33:32.58 | 6:17 | 9.5 |
| 357 | GIEZEK DOROTA | 434 | | GOŁKOWICE | POL | 30-39 LAT | 117 | 355 | | | 00:14:04 | 00:33:17.88 | 00:33:34.45 | 6:16 | 9.6 |
| 358 | HAIN KLAUDIA | 975 | MAŁE LAMPARTY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 119 | 356 | | | 00:13:42 | 00:33:27.69 | 00:33:34.52 | 6:18 | 9.5 |
| 359 | CZARNOTA BOŻENA | 448 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 59 | 357 | | | 00:14:04 | 00:33:17.98 | 00:33:34.54 | 6:16 | 9.6 |
| 360 | KOCERBA KATARZYNA | 569 | JEJKOWICE BIEGAJĄ | LYSKI | POL | 30-39 LAT | 114 | 358 | | | 00:14:37 | 00:33:03.24 | 00:33:35.64 | 6:14 | 9.6 |
| 361 | BIELECKA ANNA | 589 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 111 | 359 | VIKING TRAINING CENTER | | 00:14:36 | 00:32:57.54 | 00:33:35.97 | 6:13 | 9.7 |
| 362 | PIETROSZEK WŁADYSŁAWA | 71 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 151 | 360 | | | 00:13:16 | 00:33:28.44 | 00:33:36.44 | 6:18 | 9.5 |
| 363 | ZIELIŃSKA KAROLINA | 666 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 110 | 361 | | | 00:14:12 | 00:32:55.21 | 00:33:36.73 | 6:12 | 9.7 |
| 364 | DAMIĘCKA MAGDA | 650 | | PAWŁOWICE | POL | 30-39 LAT | 122 | 362 | | | 00:14:52 | 00:33:35.37 | 00:33:37.37 | 6:20 | 9.5 |
| 365 | WAWRYK-BIZOŃ ZANETA | 505 | | LUBOMIA | POL | 30-39 LAT | 113 | 363 | | | 00:14:39 | 00:32:58.61 | 00:33:39.35 | 6:13 | 9.6 |
| 366 | SZYMICZEK PAULINA | 503 | DYSTANS LUBOMIA | LUBOMIA | POL | 30-39 LAT | 112 | 364 | | | 00:14:41 | 00:32:58.56 | 00:33:39.36 | 6:13 | 9.6 |
| 367 | SURY SYLWIA | 571 | | BRZUŚNIK | POL | 30-39 LAT | 121 | 365 | | | 00:14:03 | 00:33:33.64 | 00:33:39.41 | 6:19 | 9.5 |
| 368 | SZCZUKA JOANNA | 426 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 147 | 366 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:04 | 00:33:13.54 | 00:33:40.44 | 6:16 | 9.6 |
| 369 | MAJERANOWSKA KINGA | 686 | | ŻORY | POL | 16-19 LAT | 8 | 367 | | | 00:14:14 | 00:32:56.03 | 00:33:40.49 | 6:12 | 9.7 |
| 370 | ŁAPA JULIQ | 39 | AKTYWNA PSZCZYNA | PSZCZYNA | POL | 20-29 LAT | 30 | 368 | | | 00:14:36 | 00:33:02.49 | 00:33:40.85 | 6:13 | 9.6 |
| 371 | KŁOPEĆ WERONIKA | 855 | | ZEBRZYDOWICE | POL | 30-39 LAT | 116 | 369 | | | 00:14:30 | 00:33:09.18 | 00:33:41.62 | 6:15 | 9.6 |
| 372 | BURY NATALIA | 267 | #JUSTFEELFITTEAM | CISIEC | POL | 30-39 LAT | 115 | 370 | #JUSTFEELFITTEAM | | 00:13:28 | 00:33:07.40 | 00:33:42.35 | 6:14 | 9.6 |
| 373 | BADACH AGNIESZKA | 7 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 61 | 371 | KOBIETY NA 5+ | | 00:14:03 | 00:33:29.80 | 00:33:42.48 | 6:19 | 9.5 |
| 374 | ŚLEZIAK EWA | 746 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 60 | 372 | | | 00:14:27 | 00:33:21.51 | 00:33:43.82 | 6:17 | 9.5 |
| 375 | DZIUK JOLANTA | 493 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 58 | 373 | | | 00:14:06 | 00:33:11.83 | 00:33:44.47 | 6:15 | 9.6 |
| 376 | SZPYRA SONIA | 244 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 63 | 374 | | | 00:13:41 | 00:33:39.12 | 00:33:44.91 | 6:20 | 9.5 |
| 377 | KADŁUBEK MAGDALENA | 1087 | | CHORZÓW | POL | 50-59 LAT | 56 | 375 | | | 00:14:19 | 00:32:55.40 | 00:33:46.29 | 6:12 | 9.7 |
| 378 | KUSTRĄ-POLAK MONIKA | 911 | JEJKOWICE BIEGAJĄ | JEJKOWICE | POL | 40-49 LAT | 148 | 376 | JEJKOWICKIE KOBIETKI | | 00:13:56 | 00:33:22.40 | 00:33:49.67 | 6:17 | 9.5 |
| 379 | MAJERANOWSKA WIKTORIA | 748 | | ŻORY | POL | 20-29 LAT | 32 | 377 | | | 00:14:46 | 00:33:05.29 | 00:33:49.74 | 6:14 | 9.6 |
| 380 | RADECKA BOŻENA | 934 | | JASTRZEBIE-ZDROJ | POL | 60+ | 9 | 378 | | | 00:13:34 | 00:33:13.45 | 00:33:50.97 | 6:16 | 9.6 |
| 381 | KWIATKOWSKA ELWIRA | 419 | ZABIEGANY TEAM | RYBNIK | POL | 40-49 LAT | 160 | 379 | | | 00:14:09 | 00:33:49.28 | 00:33:53.82 | 6:22 | 9.4 |
| 382 | WITOS KAROLINA | 896 | | CISIEC | POL | 16-19 LAT | 9 | 380 | | | 00:12:52 | 00:33:51.69 | 00:33:55.97 | 6:23 | 9.4 |
| 383 | TRYBAŁA WERONIKA | 498 | WATAHA | PIELGRZYMOWICE | POL | 20-29 LAT | 33 | 381 | WATAHA | | 00:13:59 | 00:33:16.87 | 00:33:56.21 | 6:16 | 9.6 |
| 384 | WOSIŃSKA HELENA | 538 | | PAWŁOWICE | POL | 40-49 LAT | 145 | 382 | RUNTEAM PAWŁOWICE | | 00:14:16 | 00:33:03.27 | 00:33:56.62 | 6:14 | 9.6 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|------------------------------|--------------------------|------|-----------|--------|-----|------------------------------|-----------|----------|-------------|-------------|--------|------|
| 385 | DUTKA - BĘBEN KINGA | 929 | | CZECHOWICE DZIEDZICE | POL | 40-49 LAT | 157 | 383 | | | 00:14:10 | 00:33:44.42 | 00:33:56.80 | 6:21 | 9.4 |
| 386 | GŁĄB AGNIESZKA | 439 | SPOT PSZCZYNA | GOCZAŁKOWICE-ZD RÓJ | POL | 40-49 LAT | 156 | 384 | SPOT PSZCZYNA | | 00:13:41 | 00:33:44.36 | 00:33:56.96 | 6:21 | 9.4 |
| 387 | KARWOT MARTYNA | 705 | | ŻORY | POL | 20-29 LAT | 35 | 385 | | | 00:13:32 | 00:33:51.95 | 00:33:59.02 | 6:23 | 9.4 |
| 388 | ŁUSZCZ EWELINA | 454 | | BYTOM | POL | 20-29 LAT | 34 | 386 | | | 00:14:01 | 00:33:30.05 | 00:34:00.20 | 6:19 | 9.5 |
| 389 | ŁUSZCZ MAGDALENA | 455 | SILESIA MARATHON CLUB | BYTOM | POL | 50-59 LAT | 62 | 387 | | | 00:14:02 | 00:33:31.16 | 00:34:00.42 | 6:19 | 9.5 |
| 390 | KONIECZNA MAGDALENA | 965 | | BYTOM | POL | 40-49 LAT | 150 | 388 | | | 00:14:18 | 00:33:24.66 | 00:34:02.37 | 6:18 | 9.5 |
| 391 | KOŁODYŃSKA JUSTYNA | 165 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 129 | 389 | | | 00:14:26 | 00:33:53.75 | 00:34:03.60 | 6:23 | 9.4 |
| 392 | LUPA MONIKA | 327 | | SOSNOWIEC | POL | 40-49 LAT | 153 | 390 | | | 00:14:03 | 00:33:40.09 | 00:34:04.50 | 6:21 | 9.4 |
| 393 | DONOCIK BOGUSŁAWA | 23 | | CIESZYN | POL | 40-49 LAT | 149 | 391 | ZZOZOLKI | | 00:14:59 | 00:33:24.19 | 00:34:05.41 | 6:18 | 9.5 |
| 394 | TATARCZYK JUSTYNA | 179 | | SKRZYSZÓW | POL | 40-49 LAT | 165 | 392 | | | 00:14:29 | 00:33:59.10 | 00:34:08.09 | 6:24 | 9.4 |
| 395 | GAPIŃSKA JOANNA | 372 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 131 | 393 | | | 00:14:36 | 00:33:57.26 | 00:34:11.15 | 6:24 | 9.4 |
| 396 | GAŚSIOR ROKSANA | 1322 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 120 | K 3 | | | 00:14:01 | 00:33:29.21 | 00:34:13.24 | 6:19 | 9.5 |
| 397 | WOŚ MAGDALENA | 68 | | RYDUŁTOWY | POL | 30-39 LAT | 125 | 394 | PIERUNSKIE CANGÓRY | | 00:14:02 | 00:33:46.37 | 00:34:14.54 | 6:22 | 9.4 |
| 398 | TOPOLIŃSKA DOROTA | 881 | | ZEBRZYDOWICE | POL | 30-39 LAT | 135 | 395 | | | 00:13:49 | 00:34:08.42 | 00:34:14.55 | 6:26 | 9.3 |
| 399 | JAFERNIK MAŁGORZATA | 690 | | ŻYWIEC | POL | 40-49 LAT | 152 | 396 | | | 00:14:43 | 00:33:34.89 | 00:34:14.93 | 6:20 | 9.5 |
| 400 | ZAREMBA JUSTYNA | 299 | | TYCHY | POL | 30-39 LAT | 130 | 397 | | | 00:14:41 | 00:33:56.58 | 00:34:16.29 | 6:24 | 9.4 |
| 401 | SIWY MONIKA | 72 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 162 | 398 | VIKING TRAINING CENTER | | 00:14:38 | 00:33:53.86 | 00:34:16.44 | 6:23 | 9.4 |
| 402 | BOGACZ-BUCHTA ANNA | 570 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 158 | 399 | | | 00:14:49 | 00:33:47.35 | 00:34:17.38 | 6:22 | 9.4 |
| 403 | PULUT ANNA | 479 | | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 166 | 400 | | | 00:14:28 | 00:34:01.28 | 00:34:17.55 | 6:25 | 9.3 |
| 404 | KRÓL MAGDALENA | 49 | | SŁAWKÓW | POL | 40-49 LAT | 163 | 401 | | | 00:14:37 | 00:33:56.65 | 00:34:17.88 | 6:24 | 9.4 |
| 405 | IDZIKOWSKA ELŻBIETA | 302 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 164 | 402 | | | 00:14:14 | 00:33:57.27 | 00:34:18.00 | 6:24 | 9.4 |
| 406 | ULMAN JUSTYNA | 547 | | GOŁKOWICE | POL | 30-39 LAT | 126 | 403 | | KREJZOLKI | 00:14:36 | 00:33:52.28 | 00:34:19.42 | 6:23 | 9.4 |
| 407 | CZAPSKA EWA | 48 | HURAGAN LIGOTA | KATOWICE | POL | 60+ | 10 | 404 | HURAGAN LIGOTA | | 00:14:36 | 00:33:56.11 | 00:34:19.81 | 6:24 | 9.4 |
| 408 | SMAGA EWELINA | 546 | | GOŁKOWICE | POL | 40-49 LAT | 161 | 405 | | KREJZOLKI | 00:14:35 | 00:33:52.76 | 00:34:20.55 | 6:23 | 9.4 |
| 409 | SOBEL BEATA | 19 | | WIEPRZ | POL | 40-49 LAT | 170 | 406 | | | 00:14:04 | 00:34:07.53 | 00:34:21.68 | 6:26 | 9.3 |
| 410 | KAFARA JOANNA | 889 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 123 | 407 | WATAHA | | 00:15:36 | 00:33:42.33 | 00:34:21.91 | 6:21 | 9.4 |
| 411 | TRYBAŁA MONIKA | 888 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 155 | 408 | WATAHA | | 00:15:37 | 00:33:43.88 | 00:34:22.01 | 6:21 | 9.4 |
| 412 | GOLEC MONIKA | 100 | | CIĘCINA | POL | 30-39 LAT | 134 | 409 | | | 00:14:25 | 00:34:07.19 | 00:34:22.07 | 6:26 | 9.3 |
| 413 | SARZYŃSKA IWONA | 829 | | RYBNIK | POL | 40-49 LAT | 169 | 410 | SZPRYCHY | | 00:14:27 | 00:34:04.30 | 00:34:22.13 | 6:25 | 9.3 |
| 414 | ARENDARSKA PATRYCJA | 270 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 124 | 411 | | | 00:14:39 | 00:33:44.61 | 00:34:22.91 | 6:21 | 9.4 |
| 415 | MAJER MARZENA | 631 | TEAM AERO ŻÓŁEIKI | KNURÓW | POL | 50-59 LAT | 64 | 412 | | | 00:16:06 | 00:33:40.08 | 00:34:25.27 | 6:21 | 9.4 |
| 416 | STUŻIK MARIOLA | 619 | | RYBNIK | POL | 40-49 LAT | 168 | 413 | | | 00:15:04 | 00:34:04.16 | 00:34:25.57 | 6:25 | 9.3 |
| 417 | PASTUSIAK JANINA | 989 | | RYBNIK | POL | 40-49 LAT | 167 | 414 | | | 00:15:03 | 00:34:03.43 | 00:34:25.66 | 6:25 | 9.3 |
| 418 | WOŹNIAK ANNA | 489 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 154 | 415 | | | 00:13:48 | 00:33:42.50 | 00:34:27.82 | 6:21 | 9.4 |
| 419 | SODZAWICZNA MAGDALENA | 222 | | TYCHY | POL | 30-39 LAT | 132 | 416 | VIKING TRAINING CENTER | | 00:13:58 | 00:34:00.08 | 00:34:28.46 | 6:24 | 9.4 |
| 420 | WOJTAS PAULINA | 800 | TEAM OLI LIDL | ŻORY | POL | 30-39 LAT | 136 | 417 | TEAM OLI LIDL | | 00:14:46 | 00:34:11.74 | 00:34:30.34 | 6:26 | 9.3 |
| 421 | MISIOŁEK GOŚKA | 312 | | MIKOŁÓW | POL | 40-49 LAT | 172 | 418 | | | 00:15:33 | 00:34:13.02 | 00:34:31.08 | 6:27 | 9.3 |
| 422 | KUŹNIK EDYTA | 125 | | RYBNIK | POL | 30-39 LAT | 139 | 419 | | | 00:13:58 | 00:34:22.14 | 00:34:31.52 | 6:29 | 9.3 |
| 423 | MADALIŃSKA KAROLINA | 174 | | PRUCHNA | POL | 30-39 LAT | 142 | 420 | | | 00:14:16 | 00:34:27.74 | 00:34:31.85 | 6:30 | 9.2 |
| 424 | DUSZA JOLANTA | 865 | SMAKI BIEGANIA | RYDUŁTOWY | POL | 40-49 LAT | 176 | 421 | | | 00:13:38 | 00:34:22.13 | 00:34:32.42 | 6:29 | 9.3 |
| 425 | NOWICKA OLA | 282 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 133 | 422 | | | 00:14:04 | 00:34:05.02 | 00:34:32.99 | 6:25 | 9.3 |
| 426 | SZPYRKA MONIKA | 708 | | PSZCZYNA | POL | 20-29 LAT | 36 | K 4 | | | 00:14:38 | 00:33:57.41 | 00:34:34.78 | 6:24 | 9.4 |
| 427 | NOWROT EWA | 373 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 173 | 423 | | | 00:14:31 | 00:34:13.48 | 00:34:35.84 | 6:27 | 9.3 |
| 428 | PIETRUSZEWSKA MAGDALENA | 276 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 178 | 424 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:44 | 00:34:30.87 | 00:34:37.92 | 6:30 | 9.2 |
| 429 | ZDEB BASIA | 38 | | ZABRZE | POL | 40-49 LAT | 159 | 425 | | | 00:14:44 | 00:33:48.73 | 00:34:39.44 | 6:22 | 9.4 |
| 430 | GWÓDZ JOLANTA | 476 | PO WOLI DO CELU | WOLA | POL | 50-59 LAT | 67 | 426 | POWOLI DOCELU | | 00:15:02 | 00:34:20.53 | 00:34:39.89 | 6:28 | 9.3 |
| 431 | FECZKO MONIKA | 812 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 39 | 427 | | | 00:14:30 | 00:34:24.30 | 00:34:40.29 | 6:29 | 9.2 |
| 432 | IDZIKOWSKA URSZULA | 303 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 38 | 428 | | | 00:14:14 | 00:34:19.03 | 00:34:40.31 | 6:28 | 9.3 |
| 433 | GUDZIK ANGELIKA | 515 | | CZERWIONKA-LESZC ZINY | POL | 30-39 LAT | 138 | 429 | | | 00:14:36 | 00:34:21.20 | 00:34:40.76 | 6:28 | 9.3 |
| 434 | PRUDEL JOANNA | 733 | | RYBNIK | POL | 30-39 LAT | 143 | 430 | | | 00:13:56 | 00:34:31.28 | 00:34:41.92 | 6:30 | 9.2 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|--------------------------------|-----------------------|------|-----------|--------|-----|---------------------------|------------|----------|-------------|-------------|--------|------|
| 435 | PRUDEL PAULINA | 734 | | RYBNIK | POL | 20-29 LAT | 40 | 431 | | | 00:13:55 | 00:34:30.84 | 00:34:41.95 | 6:30 | 9.2 |
| 436 | PRUDEL KAROLINA | 735 | | RYBNIK | POL | 16-19 LAT | 10 | 432 | | | 00:13:55 | 00:34:31.39 | 00:34:42.05 | 6:30 | 9.2 |
| 437 | PIECHOCKA-WARZECHA KATARZYNA | 927 | | CZECHOWICE-DZIED ZICE | POL | 30-39 LAT | 144 | 433 | | | 00:14:07 | 00:34:31.38 | 00:34:43.26 | 6:30 | 9.2 |
| 438 | HRYNKIEWICZ IZABELA | 311 | | CZELADŹ | POL | 40-49 LAT | 175 | 434 | | | 00:14:06 | 00:34:20.54 | 00:34:45.04 | 6:28 | 9.3 |
| 439 | GOLEC-CHOLEWA ALEKSANDRA | 221 | | LEŚNA | POL | 30-39 LAT | 145 | 435 | | | 00:14:28 | 00:34:31.69 | 00:34:46.06 | 6:30 | 9.2 |
| 440 | RYZIŃSKA KORNELIA | 337 | | GLIWICE | POL | 20-29 LAT | 37 | 436 | | | 00:14:51 | 00:34:04.93 | 00:34:46.40 | 6:25 | 9.3 |
| 441 | STOPYRA AGNIESZKA | 526 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 65 | 437 | | | 00:14:38 | 00:33:56.21 | 00:34:46.40 | 6:24 | 9.4 |
| 442 | SADLOK ANNA | 902 | | JAWISZOWICE | POL | 40-49 LAT | 177 | 438 | SPECIALTEAM | EWANKA | 00:14:20 | 00:34:29.93 | 00:34:47.45 | 6:30 | 9.2 |
| 443 | BRYCHY ESTERA | 13 | | PAWŁOWICE | POL | 30-39 LAT | 127 | 439 | | | 00:14:47 | 00:33:52.81 | 00:34:47.68 | 6:23 | 9.4 |
| 444 | SOŁODUCHA JUSTYNA | 462 | | SKRZYSZÓW | POL | 40-49 LAT | 174 | 440 | | | 00:14:28 | 00:34:19.02 | 00:34:48.22 | 6:28 | 9.3 |
| 445 | FECZKO LUCYNA | 811 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 179 | 441 | | | 00:14:23 | 00:34:33.28 | 00:34:49.08 | 6:31 | 9.2 |
| 446 | SZELONG KINGA | 915 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 41 | 442 | | | 00:13:17 | 00:34:47.83 | 00:34:51.36 | 6:33 | 9.1 |
| 447 | WESOŁOWSKA KATARZYNA | 444 | | USTROŃ | POL | 50-59 LAT | 68 | 443 | ZZOZOLKI | | 00:14:52 | 00:34:37.01 | 00:34:52.85 | 6:31 | 9.2 |
| 448 | HERZYK EWA | 1138 | | GÓRKI WIELKIE | POL | 60+ | 12 | 444 | ZZOZOLKI | | 00:14:52 | 00:34:37.13 | 00:34:52.87 | 6:31 | 9.2 |
| 449 | BYRTEK ANNA | 664 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 137 | 445 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.16 | 00:34:55.05 | 6:27 | 9.3 |
| 450 | DREWNIAK MAGDALENA | 246 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 171 | 446 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.07 | 00:34:55.25 | 6:27 | 9.3 |
| 451 | PAGIELA KATARZYNA | 391 | | POGWIZDÓW | POL | 30-39 LAT | 141 | 447 | | | 00:15:33 | 00:34:24.31 | 00:34:55.36 | 6:29 | 9.2 |
| 452 | LISZOK IWONA | 364 | | WODZIŚLAW ŚLĄSKI | POL | 30-39 LAT | 146 | 448 | | | 00:14:34 | 00:34:33.18 | 00:34:55.68 | 6:31 | 9.2 |
| 453 | SOSNA AGATA | 266 | | WODZIŚLAW ŚLĄSKI | POL | 50-59 LAT | 66 | 449 | | | 00:14:27 | 00:34:06.99 | 00:34:59.20 | 6:26 | 9.3 |
| 454 | BUCZAK KLAUDIA | 158 | ŻUBRÓWKI | RYBNIK | POL | 30-39 LAT | 128 | 450 | ŻUBRÓWKI | | 00:14:49 | 00:33:53.42 | 00:34:59.48 | 6:23 | 9.4 |
| 455 | KUJAWA MARZENA | 120 | | ŻORY | POL | 40-49 LAT | 184 | 451 | TEAM OLI LIDL | | 00:14:59 | 00:34:47.20 | 00:35:05.85 | 6:33 | 9.1 |
| 456 | BOŹEK DAGMARA | 42 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 183 | 452 | TEAM OLI LIDL | | 00:14:59 | 00:34:46.93 | 00:35:05.98 | 6:33 | 9.1 |
| 457 | SZYNAŁ MAGDALENA | 634 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 147 | 453 | | | 00:14:29 | 00:34:45.68 | 00:35:09.15 | 6:33 | 9.2 |
| 458 | SIKORA AGNIESZKA | 264 | | ZABRZE | POL | 40-49 LAT | 181 | 454 | | | 00:15:28 | 00:34:42.90 | 00:35:10.62 | 6:32 | 9.2 |
| 459 | DELEWSKA DOROTA | 816 | NIGHT RUNNERS ZABRZE | ZABRZE | POL | 50-59 LAT | 69 | 455 | | | 00:15:29 | 00:34:43.32 | 00:35:10.72 | 6:33 | 9.2 |
| 460 | CZERWIŃSKA IWONA | 64 | | RYBNIK | POL | 30-39 LAT | 140 | 456 | | | 00:15:08 | 00:34:22.49 | 00:35:15.50 | 6:29 | 9.3 |
| 461 | WYSOCKA MAGDALENA | 429 | | RYDUŁTOWY | POL | 40-49 LAT | 186 | 457 | | | 00:14:45 | 00:34:51.32 | 00:35:17.28 | 6:34 | 9.1 |
| 462 | MOSZ WERONIKA | 564 | | RYDUŁTOWY | POL | 40-49 LAT | 185 | 458 | | | 00:14:44 | 00:34:51.22 | 00:35:17.44 | 6:34 | 9.1 |
| 463 | PAWELA SYLWIA | 764 | | ŚWIERKLANY | POL | 30-39 LAT | 152 | 459 | | | 00:14:15 | 00:35:08.68 | 00:35:19.72 | 6:37 | 9.1 |
| 464 | SŁODZIŃSKA MAGDALENA | 468 | MADYRUN | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 42 | 460 | | | 00:14:42 | 00:35:05.00 | 00:35:22.65 | 6:37 | 9.1 |
| 465 | GŁÓWCZYK IZABELLA | 340 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 195 | 461 | KOBIETY NA 5+ | | 00:14:25 | 00:35:12.88 | 00:35:24.80 | 6:38 | 9 |
| 466 | WRÓBEL EWA | 568 | ITMBW | KRAKÓW | POL | 40-49 LAT | 196 | 462 | | | 00:15:05 | 00:35:19.20 | 00:35:26.29 | 6:39 | 9 |
| 467 | STOCZEK AGNIESZKA | 922 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 70 | 463 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:17 | 00:34:55.23 | 00:35:27.28 | 6:35 | 9.1 |
| 468 | KALETA AGNIESZKA | 129 | POWOLI DO CELU | BRZESZCZE | POL | 30-39 LAT | 153 | 464 | POWOLI DOCELU | | 00:14:27 | 00:35:11.17 | 00:35:28.90 | 6:38 | 9 |
| 469 | KUCHMISTRZ IZABELA | 265 | | ZABRZE | POL | 40-49 LAT | 180 | 465 | | | 00:14:43 | 00:34:39.96 | 00:35:29.44 | 6:32 | 9.2 |
| 470 | GABRYEL DANUTA | 447 | | BYTOM | POL | 60+ | 13 | 466 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:02 | 00:35:04.59 | 00:35:30.69 | 6:36 | 9.1 |
| 471 | ROMBERG AGNIESZKA | 144 | MIECHOWICE GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 191 | 467 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:01 | 00:35:04.66 | 00:35:30.76 | 6:36 | 9.1 |
| 472 | HRISTOVA DARIA | 871 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 155 | 468 | SPOT PSZCZYNA | DIEGO&COCO | 00:14:10 | 00:35:16.85 | 00:35:31.25 | 6:39 | 9 |
| 473 | SZCZEPANOWSKA GRAŻYNA | 730 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 11 | 469 | | | 00:15:02 | 00:34:31.39 | 00:35:32.55 | 6:30 | 9.2 |
| 474 | SZYMAŃSKA ANNA | 928 | DRUŻYNA WIEWIÓRKI ZIMNOKRWISTE | PORĘBA WIELKA | POL | 40-49 LAT | 190 | 470 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:18 | 00:35:02.89 | 00:35:35.27 | 6:36 | 9.1 |
| 475 | KUCZEK KATARZYNA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | 40-49 LAT | 182 | 471 | | | 00:16:02 | 00:34:46.91 | 00:35:35.63 | 6:33 | 9.1 |
| 476 | TRZCIŃSKA JOANNA | 92 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 158 | 472 | KOBIETY NA 5+ | | 00:14:42 | 00:35:25.52 | 00:35:36.53 | 6:40 | 9 |
| 477 | KRZYŻOWSKA MARZENA | 656 | | KATOWICE | POL | 30-39 LAT | 160 | 473 | | | 00:14:41 | 00:35:29.77 | 00:35:37.39 | 6:41 | 9 |
| 478 | BOKŁAK MAGDALENA | 954 | | PAWŁOWICE | POL | 40-49 LAT | 187 | 474 | | | 00:15:29 | 00:34:51.46 | 00:35:37.46 | 6:34 | 9.1 |
| 479 | PŁOSKA MARZENA | 139 | | ZABRZE | POL | 30-39 LAT | 157 | 475 | | | 00:14:46 | 00:35:23.64 | 00:35:40.49 | 6:40 | 9 |
| 480 | KOZŁOWSKA MALWINA | 128 | | BĘDZIN | POL | 30-39 LAT | 156 | 476 | | | 00:14:47 | 00:35:23.33 | 00:35:40.54 | 6:40 | 9 |
| 481 | KAMIŃSKA KAJA | 400 | | RYBNIK | POL | 16-19 LAT | 11 | 477 | | | 00:15:28 | 00:35:29.23 | 00:35:43.29 | 6:41 | 9 |
| 482 | BAŁA JUSTYNA | 115 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 200 | 478 | KOBIETY NA 5+ | | 00:14:05 | 00:35:29.64 | 00:35:43.43 | 6:41 | 9 |
| 483 | BUGAŃSKA EDYTA | 326 | | PORĘBA WIELKA | POL | 40-49 LAT | 201 | 479 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:35:32.02 | 00:35:44.85 | 6:42 | 8.9 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|-------------------------|----------|-------------|-------------|--------|------|
| 484 | CZERNIEJ NATALIA | 884 | | PAWŁOWICE | POL | 30-39 LAT | 164 | 480 | | | 00:13:53 | 00:35:41.83 | 00:35:45.76 | 6:43 | 8.9 |
| 485 | SZMUK KARINA | 744 | | PAWŁOWICE | POL | 30-39 LAT | 149 | 481 | | | 00:15:30 | 00:34:59.23 | 00:35:45.86 | 6:36 | 9.1 |
| 486 | LEWANDOWSKA ANETA | 962 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 189 | 482 | | | 00:15:34 | 00:35:01.06 | 00:35:47.30 | 6:36 | 9.1 |
| 487 | MICHALAK MONIKA | 999 | | | POL | 20-29 LAT | 43 | 483 | OPEL FIJAŁKOWSKI | | 00:16:09 | 00:35:38.22 | 00:35:48.73 | 6:43 | 8.9 |
| 488 | MORGAŁA DARIA | 604 | | KSIĄŻENICE | POL | 40-49 LAT | 193 | 484 | | | 00:15:55 | 00:35:10.56 | 00:35:51.02 | 6:38 | 9 |
| 489 | DERECHOWSKA AGNIESZKA | 224 | | PALOWICE | POL | 40-49 LAT | 192 | 485 | | | 00:15:53 | 00:35:09.27 | 00:35:51.07 | 6:37 | 9 |
| 490 | KOKOT JUSTYNA | 496 | HARCIOLE | RUĐA ŚLĄSKA | POL | 40-49 LAT | 198 | 486 | | | 00:15:04 | 00:35:25.34 | 00:35:51.27 | 6:40 | 9 |
| 491 | NOSOL KAROLINA | 689 | | JARZĄBKOWICE | POL | 30-39 LAT | 154 | 487 | | | 00:14:44 | 00:35:12.34 | 00:35:51.82 | 6:38 | 9 |
| 492 | ŚLEBODA BOŻENA | 323 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 197 | 488 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:05 | 00:35:19.45 | 00:35:53.14 | 6:39 | 9 |
| 493 | GŁĄB MAGDALENA | 133 | | TYCHY | POL | 40-49 LAT | 203 | 489 | | | 00:15:22 | 00:35:35.18 | 00:35:55.05 | 6:42 | 8.9 |
| 494 | ADAMCZAK RENATA | 25 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 72 | 490 | | | 00:15:11 | 00:35:21.19 | 00:35:55.45 | 6:40 | 9 |
| 495 | ZŁOCIĄK AGNIESZKA | 215 | | TYCHY | POL | 40-49 LAT | 204 | 491 | | | 00:15:22 | 00:35:35.45 | 00:35:55.75 | 6:42 | 8.9 |
| 496 | MARSZALIK ANIA | 347 | | KATOWICE | POL | 40-49 LAT | 202 | 492 | | | 00:14:28 | 00:35:32.16 | 00:35:55.80 | 6:42 | 8.9 |
| 497 | KEMPA-GOŁĄB AGNIESZKA | 459 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 162 | 493 | VIKING TRAINING CENTER | | 00:15:14 | 00:35:38.75 | 00:35:59.62 | 6:43 | 8.9 |
| 498 | TOBIASZ JUSTYNA | 533 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 205 | 494 | VIKING TRAINING CENTER | | 00:15:17 | 00:35:38.50 | 00:36:00.17 | 6:43 | 8.9 |
| 499 | KACZMARCZYK-ZIELIŃSKA MAGDALENA | 563 | | PAWŁOWICE | POL | 30-39 LAT | 151 | 495 | RUNTEAM PAWŁOWICE | | 00:16:01 | 00:35:03.92 | 00:36:00.78 | 6:36 | 9.1 |
| 500 | TWARDAWA MAGDALENA | 849 | | ŻORY | POL | 30-39 LAT | 161 | 496 | TEAM OLI LIDL | | 00:15:40 | 00:35:33.75 | 00:36:00.79 | 6:42 | 8.9 |
| 501 | FLAK EWA | 830 | | BYTOM | POL | 40-49 LAT | 188 | 497 | WARTKIE PIERONICE | | 00:14:46 | 00:34:59.61 | 00:36:01.31 | 6:36 | 9.1 |
| 502 | OLSZEWSKA OLIVIA | 780 | | ZBYTKÓW | POL | 30-39 LAT | 150 | 498 | | | 00:15:33 | 00:34:59.48 | 00:36:01.35 | 6:36 | 9.1 |
| 503 | BRANDYS KRYSZYNA | 135 | DYŃKI TEAM | ZBYTKÓW | POL | 30-39 LAT | 148 | 499 | | | 00:15:35 | 00:34:59.16 | 00:36:01.47 | 6:36 | 9.1 |
| 504 | ZIĘTARA AGATA | 516 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 71 | 500 | | | 00:15:21 | 00:35:10.90 | 00:36:01.76 | 6:38 | 9 |
| 505 | ŻYWICA DOROTA | 262 | | KATOWICE | POL | 40-49 LAT | 208 | 501 | HURAGAN LIGOTA | | 00:14:59 | 00:35:47.36 | 00:36:03.43 | 6:45 | 8.9 |
| 506 | FIRLA LIDKA | 580 | ZZOZOLKI | CIESZYN | POL | 40-49 LAT | 199 | 502 | ZZOZOLKI | | 00:15:02 | 00:35:28.19 | 00:36:03.49 | 6:41 | 9 |
| 507 | MAZUR-LĄGODA DARIA | 53 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 74 | 503 | | | 00:15:53 | 00:35:28.46 | 00:36:04.58 | 6:41 | 9 |
| 508 | DRAGON PAULINA | 395 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 163 | 504 | | | 00:15:38 | 00:35:39.53 | 00:36:05.85 | 6:43 | 8.9 |
| 509 | PLESZCZYŃSKA IWONA | 305 | | ZABRZE | POL | 40-49 LAT | 194 | 505 | | | 00:14:39 | 00:35:12.71 | 00:36:06.85 | 6:38 | 9 |
| 510 | DĘBOWSKA BEATA | 101 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 73 | 506 | | | 00:15:03 | 00:35:22.42 | 00:36:09.61 | 6:40 | 9 |
| 511 | PIEROŃ JULIA | 702 | | KRAKÓW | POL | 30-39 LAT | 169 | 507 | PO JEDNEJ BABCI | | 00:14:20 | 00:36:04.20 | 00:36:12.15 | 6:48 | 8.8 |
| 512 | MASZCZYŃSKA-SKALIK ANNA | 330 | | TYCHY | POL | 40-49 LAT | 206 | 508 | | | 00:15:35 | 00:35:41.57 | 00:36:14.82 | 6:43 | 8.9 |
| 513 | STRZODA BARBARA | 706 | | CZARKÓW | POL | 40-49 LAT | 207 | 509 | | | 00:15:16 | 00:35:45.21 | 00:36:15.90 | 6:44 | 8.9 |
| 514 | MATUSZEK ANNA | 83 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 174 | 510 | | | 00:15:01 | 00:36:14.12 | 00:36:19.87 | 6:50 | 8.8 |
| 515 | MACHNIK MARTA | 471 | | GLIWICE | POL | 30-39 LAT | 176 | 511 | | | 00:13:58 | 00:36:18.27 | 00:36:20.09 | 6:50 | 8.8 |
| 516 | KAISER WIKTORIA | 375 | | ŻORY | POL | 20-29 LAT | 45 | 512 | | | 00:15:07 | 00:35:57.53 | 00:36:22.08 | 6:46 | 8.8 |
| 517 | FOJCIK KASIA | 257 | PIERUNSKIE CANGÓRY | PSZÓW (GMINA: PSZÓW) | POL | 30-39 LAT | 167 | 513 | PIERUNSKIE CANGÓRY | KANGURZYCE | 00:14:47 | 00:35:55.47 | 00:36:23.98 | 6:46 | 8.9 |
| 518 | GOJ HANIA | 700 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 75 | 514 | | MORS HUBERTUS MYSŁOWICE | 00:14:38 | 00:35:35.28 | 00:36:24.60 | 6:42 | 8.9 |
| 519 | KOŁODZIEJ EWA | 341 | | ŚWIERKLANY | POL | 50-59 LAT | 76 | 515 | | | 00:16:27 | 00:35:56.07 | 00:36:27.09 | 6:46 | 8.8 |
| 520 | KAMEJSZA OLGA | 472 | ZABIERZÓW BIEGA | JASIEŃSKA | POL | 30-39 LAT | 159 | 516 | | | 00:15:41 | 00:35:26.49 | 00:36:27.62 | 6:41 | 9 |
| 521 | FOJCIK GABRIELA | 473 | | RYBNIK | POL | 60+ | 14 | 517 | | | 00:15:22 | 00:36:00.03 | 00:36:28.99 | 6:47 | 8.8 |
| 522 | JANIK ANNA | 148 | | OŚWIĘCIM | POL | 30-39 LAT | 175 | 518 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:22 | 00:36:15.65 | 00:36:29.53 | 6:50 | 8.8 |
| 523 | WOŹNIAK WIKTORIA | 456 | | ŻORY | POL | 20-29 LAT | 46 | 519 | | | 00:14:21 | 00:36:08.72 | 00:36:30.34 | 6:49 | 8.8 |
| 524 | STEBEL MARZENA | 898 | SPOT PSZCZYNA | STUDZIONKA | POL | 40-49 LAT | 214 | 520 | SPOT PSZCZYNA | | | 00:36:20.90 | 00:36:32.96 | 6:51 | 8.8 |
| 525 | KARASZ DARIA | 783 | | PSZÓW | POL | 30-39 LAT | 165 | 521 | | | 00:15:28 | 00:35:47.43 | 00:36:33.81 | 6:45 | 8.9 |
| 526 | WIŚNIEWSKA MARIA | 428 | | POGÓRZE | POL | 20-29 LAT | 44 | 522 | | | 00:15:26 | 00:35:51.79 | 00:36:34.38 | 6:45 | 8.9 |
| 527 | DZIĘCIELEWSKA SYLWIA | 899 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 209 | 523 | BYLE DO METY | | 00:15:17 | 00:35:52.88 | 00:36:36.19 | 6:46 | 8.9 |
| 528 | BLANIK AGNIESZKA | 842 | | RADLIN | POL | 40-49 LAT | 210 | 524 | | | 00:15:20 | 00:35:53.59 | 00:36:37.97 | 6:46 | 8.9 |
| 529 | WOJĐANOWSKA MAŁGORZATA | 219 | | TARNOWSKIE GÓRY | POL | 30-39 LAT | 171 | 525 | | | 00:14:12 | 00:36:07.98 | 00:36:39.89 | 6:48 | 8.8 |
| 530 | BUCHOLC MARIOLA | 777 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 179 | 526 | | | 00:15:01 | 00:36:33.74 | 00:36:40.07 | 6:53 | 8.7 |
| 531 | BUNIEWICZ-KULLAS MAŁGORZATA | 507 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 78 | 527 | VIKING TRAINING CENTER | | 00:15:32 | 00:36:22.03 | 00:36:42.07 | 6:51 | 8.7 |
| 532 | BULANDA MARTYNA | 406 | VIKING TRAINING CENTER | TUCHY | POL | 30-39 LAT | 173 | 528 | VIKING TRAINING CENTER | | 00:14:36 | 00:36:13.69 | 00:36:44.13 | 6:50 | 8.8 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|--|------------------|------|-----------|--------|-----|--|--------------------------|----------|-------------|-------------|--------|------|
| 533 | MATUSZEK DOROTA | 460 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 50-59 LAT | 77 | 529 | | | 00:15:43 | 00:36:00.29 | 00:36:44.19 | 6:47 | 8.8 |
| 534 | RUSZAŁA KAROLINA | 453 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 30-39 LAT | 168 | 530 | | | 00:15:44 | 00:36:01.65 | 00:36:44.20 | 6:47 | 8.8 |
| 535 | CZERWIŃSKA KLAUDYNA | 996 | | RYBNIK | POL | 30-39 LAT | 178 | 531 | | OPEL FIJAŁKOWSKI | 00:15:21 | 00:36:32.22 | 00:36:44.73 | 6:53 | 8.7 |
| 536 | KIETRYS ANNA | 810 | | ZABRZE | POL | 30-39 LAT | 182 | 532 | | | 00:15:54 | 00:36:37.30 | 00:36:47.59 | 6:54 | 8.7 |
| 537 | LASKOWSKA ANNA | 779 | | SKRZYSZÓW | POL | 30-39 LAT | 166 | 533 | | | 00:15:35 | 00:35:49.92 | 00:36:51.82 | 6:45 | 8.9 |
| 538 | CITUK IWONA | 420 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 216 | 534 | VIKING TRAINING CENTER | | 00:15:57 | 00:36:33.12 | 00:36:53.17 | 6:53 | 8.7 |
| 539 | REYMANN MILENA | 776 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 212 | 535 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:15:35 | 00:36:10.87 | 00:36:56.36 | 6:49 | 8.8 |
| 540 | MIELAŃCZYK MARIA | 28 | | PSZÓW | POL | 60+ | 15 | 536 | | | 00:15:29 | 00:36:15.13 | 00:36:56.64 | 6:50 | 8.8 |
| 541 | MICHALAK MARTA | 998 | | RYBNIK | POL | 30-39 LAT | 184 | 537 | OPEL FIJAŁKOWSKI | | 00:15:50 | 00:36:45.99 | 00:36:56.72 | 6:56 | 8.7 |
| 542 | WYSKIEL MARTA | 132 | | RYBNIK | POL | 30-39 LAT | 170 | 538 | | | 00:15:09 | 00:36:06.51 | 00:36:57.86 | 6:48 | 8.8 |
| 543 | GRECZNER OLIWIA | 360 | | OŚWIĘCIM | POL | 16-19 LAT | 12 | 539 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:27 | 00:36:26.43 | 00:37:02.60 | 6:52 | 8.7 |
| 544 | PEPEK BOŻENA | 789 | | ŻORY | POL | 40-49 LAT | 215 | 540 | | | 00:15:27 | 00:36:22.62 | 00:37:03.28 | 6:51 | 8.7 |
| 545 | SOSIŃSKA ANNA | 862 | | KRAKÓW | POL | 20-29 LAT | 48 | 541 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:21 | 00:36:56.07 | 00:37:04.27 | 6:58 | 8.6 |
| 546 | KONOPKA MAGDALENA | 86 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 172 | 542 | 55-LAT SP5 | | 00:16:26 | 00:36:13.12 | 00:37:04.84 | 6:50 | 8.8 |
| 547 | KANIA BOŻENA | 348 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 213 | 543 | 55-LAT SP5 | | 00:16:12 | 00:36:12.85 | 00:37:04.99 | 6:49 | 8.8 |
| 548 | CICHY AGNIESZKA | 126 | | RUĐA ŚLĄSKA | POL | 40-49 LAT | 221 | 544 | | | 00:15:28 | 00:36:45.62 | 00:37:05.16 | 6:56 | 8.7 |
| 549 | CICHOŃ IWONA | 386 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 220 | 545 | HURAGAN LIGOTA | | 00:15:42 | 00:36:42.91 | 00:37:07.33 | 6:55 | 8.7 |
| 550 | DYNIA MAGDALENA | 93 | DYŃKI TEAM | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 211 | 546 | | | 00:15:29 | 00:36:03.34 | 00:37:07.63 | 6:48 | 8.8 |
| 551 | SMOLEŃ DAGMARA | 398 | | TYCHY | POL | 40-49 LAT | 222 | 547 | VIKING TRAINING CENTER | | 00:15:26 | 00:36:48.63 | 00:37:07.70 | 6:56 | 8.6 |
| 552 | MATUSIAK PAULINA | 723 | | JASTRZEBIE ZDRÓJ | POL | 30-39 LAT | 183 | 548 | | | 00:15:18 | 00:36:42.82 | 00:37:07.84 | 6:55 | 8.7 |
| 553 | KUCHARCZYK ANETA | 237 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 223 | 549 | VIKING TRAINING CENTER | | 00:15:27 | 00:36:48.88 | 00:37:07.94 | 6:56 | 8.6 |
| 554 | LISICKA SABINA | 408 | | CIĘCINA | POL | 30-39 LAT | 186 | 550 | #JUSTFEELFITTEAM | | 00:15:12 | 00:37:02.10 | 00:37:08.45 | 6:59 | 8.6 |
| 555 | KARBOUY MARZENA | 562 | ZATYRANI.PL GRATISOWNIA.PL | ŻERNICA | POL | 30-39 LAT | 177 | 551 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | | 00:15:52 | 00:36:25.14 | 00:37:09.26 | 6:52 | 8.7 |
| 556 | ROGÓŻ SONIA | 577 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | ŻERNICA | POL | 50-59 LAT | 79 | 552 | | | 00:15:51 | 00:36:25.24 | 00:37:09.34 | 6:52 | 8.7 |
| 557 | MAROSZEK ALEKSANDRA | 483 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 226 | 553 | | | 00:14:37 | 00:37:03.61 | 00:37:12.18 | 6:59 | 8.6 |
| 558 | ROKITA MAGDALENA | 576 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 181 | 554 | | | 00:16:36 | 00:36:35.91 | 00:37:16.97 | 6:54 | 8.7 |
| 559 | BUREK ALINA | 518 | | LUBOMIA | POL | 40-49 LAT | 218 | 555 | | | 00:15:20 | 00:36:38.37 | 00:37:19.38 | 6:54 | 8.7 |
| 560 | LECHOWICZ IRENA | 301 | SZARE MORSY | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 16 | 556 | | | 00:15:49 | 00:36:45.43 | 00:37:19.94 | 6:56 | 8.7 |
| 561 | RATAJSZCZAK-MAŁYS EWA | 315 | BBL RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 81 | 557 | | | 00:15:55 | 00:36:32.86 | 00:37:20.64 | 6:53 | 8.7 |
| 562 | KAMECKA AGNIESZKA | 531 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 83 | 558 | VIKING TRAINING CENTER | | 00:16:02 | 00:37:00.35 | 00:37:21.22 | 6:58 | 8.6 |
| 563 | KWAŚNIEWSKA KASIA | 848 | | ŻORY | POL | 40-49 LAT | 228 | 559 | | | 00:15:24 | 00:37:06.70 | 00:37:22.22 | 7:00 | 8.6 |
| 564 | LABZA ANNA | 593 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 180 | 560 | | | 00:15:43 | 00:36:35.22 | 00:37:25.45 | 6:54 | 8.7 |
| 565 | SUCHY KATARZYNA | 859 | | MARKLOWICE | POL | 40-49 LAT | 227 | 561 | SZPRYCHY | | 00:15:50 | 00:37:06.14 | 00:37:25.58 | 7:00 | 8.6 |
| 566 | CZYSZCZOŃ PAULINA | 524 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 187 | 562 | VIKING TRAINING CENTER | | 00:15:20 | 00:37:05.84 | 00:37:25.89 | 6:59 | 8.6 |
| 567 | WOJTOŃ-STAWICKA MAŁGORZATA | 438 | RUNTEAM PAWŁOWICE | PAWŁOWICE | POL | 50-59 LAT | 80 | 563 | RUNTEAM PAWŁOWICE | | 00:16:02 | 00:36:27.63 | 00:37:26.18 | 6:52 | 8.7 |
| 568 | ŻEBROWSKA MATYLDA | 66 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 82 | 564 | MORS HUBERTUS | | 00:15:07 | 00:36:37.67 | 00:37:27.52 | 6:54 | 8.7 |
| 569 | SZCZECZLA PATRYCJA | 556 | | SKOCZÓW | POL | 20-29 LAT | 47 | 565 | | | 00:15:55 | 00:36:52.74 | 00:37:28.48 | 6:57 | 8.6 |
| 570 | PETRYKOWSKA ELŻBIETA | 369 | | ŻORY | POL | 40-49 LAT | 219 | 566 | | | 00:15:11 | 00:36:40.01 | 00:37:32.01 | 6:55 | 8.7 |
| 571 | STRASZEWSKA ALEKSANDRA | 97 | KLUB SPORTOWY M.E.T.A. | CZYŻOWICE | POL | 40-49 LAT | 225 | 567 | | | 00:15:50 | 00:36:59.83 | 00:37:33.62 | 6:58 | 8.6 |
| 572 | GAŃKO GRAŻYNA | 608 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 17 | 568 | | | 00:15:58 | 00:37:22.16 | 00:37:34.67 | 7:03 | 8.5 |
| 573 | BATKO AGNIESZKA | 378 | | ŻORY | POL | 40-49 LAT | 217 | 569 | | | 00:15:31 | 00:36:36.21 | 00:37:34.98 | 6:54 | 8.7 |
| 574 | MODZELEWSKA LIDIA | 806 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 86 | 570 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:37 | 00:37:25.35 | 00:37:38.41 | 7:03 | 8.5 |
| 575 | MENDROCH JOANNA | 146 | ZZOZOLKI | HAŻLACH | POL | 50-59 LAT | 84 | 571 | ZZOZOLKI | | 00:15:41 | 00:37:08.90 | 00:37:41.00 | 7:00 | 8.6 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|--------------------------|----------|-------------|-------------|--------|------|
| 576 | LAZAR JOANNA | 274 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 185 | 572 | | | 00:15:27 | 00:36:56.04 | 00:37:44.87 | 6:58 | 8.6 |
| 577 | KACZMAREK EWA | 950 | | TYCHY | POL | 40-49 LAT | 231 | 573 | | | 00:15:47 | 00:37:13.03 | 00:37:45.75 | 7:01 | 8.5 |
| 578 | PRZYWARA EWELINA | 760 | | KICZYCE | POL | 40-49 LAT | 224 | 574 | | | 00:15:46 | 00:36:54.90 | 00:37:46.28 | 6:57 | 8.6 |
| 579 | GRZEGOSZCZYK ŻANETA | 803 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 194 | 575 | | | 00:14:40 | 00:37:38.30 | 00:37:46.43 | 7:06 | 8.4 |
| 580 | SZYMCZAK MARIOLA | 187 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 19 | 576 | | | 00:15:16 | 00:37:37.78 | 00:37:47.81 | 7:05 | 8.5 |
| 581 | DEMSKA-ĆWIERTKA IZABELA | 586 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 230 | 577 | VIKING TRAINING CENTER | | 00:16:30 | 00:37:09.94 | 00:37:48.31 | 7:00 | 8.6 |
| 582 | KŁOPEĆ SYLWIA | 854 | | ZEBRZYDOWICE | POL | 30-39 LAT | 191 | 578 | | | 00:15:29 | 00:37:13.96 | 00:37:48.37 | 7:01 | 8.5 |
| 583 | SZABLICKA MONIKA | 726 | MAGDA | SKOCZÓW | POL | 40-49 LAT | 229 | 579 | MAGDA | | 00:15:13 | 00:37:08.63 | 00:37:48.89 | 7:00 | 8.6 |
| 584 | SZABLICKA MAGDA | 719 | MAGDA | SKOCZÓW | POL | 20-29 LAT | 49 | 580 | MAGDA | | 00:15:13 | 00:37:07.90 | 00:37:48.91 | 7:00 | 8.6 |
| 585 | DZIEDZINA ANNA | 807 | | TYCHY | POL | 30-39 LAT | 193 | 581 | | | 00:17:41 | 00:37:30.48 | 00:37:49.51 | 7:04 | 8.5 |
| 586 | MARUSZCZYK MAŁGORZATA | 692 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 189 | 582 | VIKING TRAINING CENTER | | 00:16:29 | 00:37:10.34 | 00:37:49.70 | 7:00 | 8.6 |
| 587 | MALICH ALEKSANDRA | 961 | TEAM MAŁYCH BOHATERÓW | PNIÓWEK | POL | 20-29 LAT | 50 | 583 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:58 | 00:37:23.72 | 00:37:51.54 | 7:03 | 8.5 |
| 588 | KLUSKA SYLWIA | 81 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 92 | 584 | HURAGAN LIGOTA | | 00:15:49 | 00:37:37.96 | 00:37:55.59 | 7:05 | 8.5 |
| 589 | OBERSKA SYLWIA | 236 | NORDIKOWE FRELKI | KATOWICE | POL | 50-59 LAT | 87 | 585 | NORDICOWE FRELKI | | 00:15:40 | 00:37:26.03 | 00:37:55.71 | 7:03 | 8.5 |
| 590 | STALMACH IZA | 658 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 89 | 586 | | | 00:15:34 | 00:37:34.94 | 00:37:59.03 | 7:05 | 8.5 |
| 591 | POPCZYK EWA | 409 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 85 | 587 | | | 00:15:55 | 00:37:22.33 | 00:37:59.06 | 7:03 | 8.5 |
| 592 | PRZYŁUCKA GRAŻYNA | 370 | BIEGOWA KUŹNIA | PRE CZOW | POL | 50-59 LAT | 91 | 588 | | | 00:15:35 | 00:37:35.72 | 00:37:59.25 | 7:05 | 8.5 |
| 593 | HEROK MICHALINA | 536 | | MNICH | POL | 30-39 LAT | 192 | 589 | | | 00:15:49 | 00:37:19.49 | 00:38:02.00 | 7:02 | 8.5 |
| 594 | CIEŚLA EDYTA | 537 | | RYBNIK | POL | 50-59 LAT | 90 | 590 | | | 00:16:15 | 00:37:35.29 | 00:38:03.67 | 7:05 | 8.5 |
| 595 | MACKÓW MAŁGORZATA | 205 | | NYSA | POL | 20-29 LAT | 51 | 591 | | | 00:15:35 | 00:37:27.51 | 00:38:04.73 | 7:03 | 8.5 |
| 596 | ABRACHAMCZYK AGNIESZKA | 18 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 52 | 592 | | | 00:16:13 | 00:37:48.18 | 00:38:04.85 | 7:07 | 8.4 |
| 597 | JURKOWSKA MONIKA | 103 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 197 | 593 | KOBIETY NA 5+ | | 00:16:12 | 00:37:47.45 | 00:38:05.00 | 7:07 | 8.4 |
| 598 | KACHEL SONIA | 844 | SONIAKACHEL@VP.PL | RYBNIK | POL | 30-39 LAT | 196 | 594 | SZPRYCHY | | 00:17:24 | 00:37:45.36 | 00:38:05.87 | 7:07 | 8.4 |
| 599 | REK KATARZYNA | 494 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 232 | 595 | RADLINIOKI W BIEGU | | 00:15:33 | 00:37:22.55 | 00:38:06.54 | 7:03 | 8.5 |
| 600 | KRZYKAŁA ZDZISŁAWA | 841 | | WYRY | POL | 50-59 LAT | 94 | 596 | | | 00:15:58 | 00:37:46.17 | 00:38:07.44 | 7:07 | 8.4 |
| 601 | JAKUBIK EDYTA | 763 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 190 | 597 | | | 00:14:55 | 00:37:13.82 | 00:38:08.42 | 7:01 | 8.5 |
| 602 | GUŚCIORA JUSTYNA | 108 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 95 | 598 | | | 00:14:45 | 00:37:57.98 | 00:38:10.79 | 7:09 | 8.4 |
| 603 | DAMIS DARIA | 52 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 188 | 599 | | | 00:15:20 | 00:37:07.42 | 00:38:12.30 | 7:00 | 8.6 |
| 604 | LAKSA MARLENA | 60 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 50-59 LAT | 88 | 600 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:06 | 00:37:29.37 | 00:38:13.57 | 7:04 | 8.5 |
| 605 | CEREMON JOANNA | 890 | | PIELGRZYMOWICE | POL | 40-49 LAT | 245 | 601 | | | 00:15:17 | 00:38:10.76 | 00:38:15.38 | 7:12 | 8.3 |
| 606 | CISŁO KATARZYNA | 37 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 205 | 602 | POWOLI DO CELU | | 00:16:13 | 00:37:58.21 | 00:38:15.40 | 7:09 | 8.4 |
| 607 | ZŁOTKOWSKA SYLWIA | 741 | WATAHA | PIELGRZYMOWICE | POL | 30-39 LAT | 203 | 603 | WATAHA | | 00:15:16 | 00:37:55.27 | 00:38:16.65 | 7:09 | 8.4 |
| 608 | DULIBAN AGNIESZKA | 940 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 204 | 604 | | | 00:15:56 | 00:37:56.82 | 00:38:17.46 | 7:09 | 8.4 |
| 609 | MICHALSKA BEATA | 169 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 93 | 605 | WARTKIE PIERONICE | | 00:15:53 | 00:37:43.21 | 00:38:17.69 | 7:06 | 8.4 |
| 610 | KONOPACKA WALERIA | 487 | | BIELSKO-BIAŁA | POL | 60+ | 18 | 606 | | | 00:16:31 | 00:37:28.72 | 00:38:20.07 | 7:04 | 8.5 |
| 611 | RĘKAL DOROTA | 242 | BYLE DO METY | ZEBRZYDOWICE | POL | 60+ | 21 | 607 | BYLE DO METY | | 00:15:20 | 00:38:05.38 | 00:38:22.21 | 7:11 | 8.4 |
| 612 | OLCZYK WIOLETTA | 560 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 101 | 608 | KOBIETY NA 5+ | | 00:15:00 | 00:38:12.68 | 00:38:22.62 | 7:12 | 8.3 |
| 613 | STRUFF KAROLINA | 825 | SZPRYCHY | RYBNIK | POL | 40-49 LAT | 235 | 609 | | SZPRYCHY | 00:15:41 | 00:38:01.62 | 00:38:23.20 | 7:10 | 8.4 |
| 614 | BANACH-HAN KINGA | 673 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 215 | 610 | | | 00:15:51 | 00:38:21.90 | 00:38:25.56 | 7:14 | 8.3 |
| 615 | MURAS-JAROMIN JUSTYNA | 878 | | PSZCZYNA | POL | 30-39 LAT | 202 | 611 | | | 00:16:17 | 00:37:53.97 | 00:38:25.63 | 7:08 | 8.4 |
| 616 | KUBIS BARBARA | 670 | | CZARKÓW | POL | 40-49 LAT | 234 | 612 | | | 00:16:19 | 00:37:53.81 | 00:38:25.77 | 7:08 | 8.4 |
| 617 | SADOWSKA KAMILA | 926 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 209 | 613 | | | 00:15:55 | 00:38:06.10 | 00:38:26.85 | 7:11 | 8.3 |
| 618 | WIKA AGNIESZKA | 861 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 247 | 614 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:17 | 00:38:19.95 | 00:38:28.76 | 7:13 | 8.3 |
| 619 | PIEROŃ-KŁAKUS ANETA | 701 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 214 | 615 | PO JEDNEJ BABCI | | 00:15:20 | 00:38:20.39 | 00:38:28.76 | 7:13 | 8.3 |
| 620 | STACHOŃ SYLWIA | 461 | 4A | CZERWIONKA LESZCZYNY | POL | 40-49 LAT | 233 | 616 | | | 00:16:03 | 00:37:30.34 | 00:38:30.29 | 7:04 | 8.5 |
| 621 | KRZYSZTOPORSKA KAROLINA | 346 | | RYBNIK | POL | 30-39 LAT | 195 | 617 | | | 00:17:03 | 00:37:39.30 | 00:38:32.05 | 7:06 | 8.4 |
| 622 | KMIECIAK DOMINIKA | 167 | RUNPATOLA | RADLIN | POL | 30-39 LAT | 206 | 618 | | | 00:15:55 | 00:38:02.69 | 00:38:33.31 | 7:10 | 8.4 |
| 623 | KUBALA JOANNA | 952 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 208 | 619 | | | 00:15:57 | 00:38:04.71 | 00:38:33.66 | 7:10 | 8.4 |
| 624 | PORĘBA WIOLA | 866 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 207 | 620 | | | 00:15:57 | 00:38:04.19 | 00:38:33.73 | 7:10 | 8.4 |
| 625 | SERAFIN CHWAŁEK JOANNA | 118 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 240 | 621 | | | 00:15:41 | 00:38:07.00 | 00:38:34.31 | 7:11 | 8.3 |
| 626 | BOREK KAROLINA | 900 | BYLE DO METY | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 200 | 622 | | | 00:15:40 | 00:37:52.79 | 00:38:34.97 | 7:08 | 8.4 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|----------------------|----------|-------------|-------------|--------|------|
| 627 | OSMAŃSKA EWA | 615 | | ŻORY | POL | 40-49 LAT | 242 | 623 | | PSIAPS11 | 00:16:08 | 00:38:07.60 | 00:38:36.09 | 7:11 | 8.3 |
| 628 | SŁYSZ NATALIA | 642 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 201 | 624 | BYLE DO METY | | 00:16:25 | 00:37:53.09 | 00:38:37.74 | 7:08 | 8.4 |
| 629 | ROJEK-CZEKAJ PATRYCJA | 791 | | RYBNIK | POL | 40-49 LAT | 249 | 625 | | | 00:15:39 | 00:38:28.27 | 00:38:38.24 | 7:15 | 8.3 |
| 630 | HABER KATARZYNA | 203 | MIECHOWICKA GRUPA BIEGOWA | ŁAPSZE NIŻNE | POL | 50-59 LAT | 97 | 626 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:34 | 00:38:01.60 | 00:38:39.84 | 7:10 | 8.4 |
| 631 | BASEK MARTA | 328 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 98 | 627 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:06.33 | 00:38:40.14 | 7:11 | 8.3 |
| 632 | BURNAGIEL AGATA | 191 | HRMAX DZIOŁSZKI | CZERWIONKA-LESZCZYNY | POL | 50-59 LAT | 96 | 628 | HRMAX DZIOŁSZKI | | 00:16:17 | 00:38:00.90 | 00:38:40.72 | 7:10 | 8.4 |
| 633 | MAJCHRZYK LIDIA | 204 | | KNUROW | POL | 60+ | 20 | 629 | | | 00:16:17 | 00:38:00.92 | 00:38:40.74 | 7:10 | 8.4 |
| 634 | KĄŁUS EWA | 230 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 243 | 630 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.74 | 00:38:40.75 | 7:11 | 8.3 |
| 635 | RYBAK MONIKA | 742 | | RYBNIK | POL | 40-49 LAT | 246 | 631 | | KIEDY JAK NIE TERAZ? | 00:16:32 | 00:38:12.41 | 00:38:40.79 | 7:12 | 8.3 |
| 636 | KACZOREK ANNA | 353 | HRMAX DZIOŁSZK | ŻORY | POL | 40-49 LAT | 237 | 632 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:05.75 | 00:38:41.06 | 7:11 | 8.4 |
| 637 | JAKUBOWSKA AGNIESZKA | 61 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 238 | 633 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:05.76 | 00:38:41.14 | 7:11 | 8.4 |
| 638 | MACURA EWA | 417 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 100 | 634 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:10.21 | 00:38:41.85 | 7:12 | 8.3 |
| 639 | ŻBEL ANIA | 9 | HRMAX ŻORY | ZEBRZYDOWICE | POL | 40-49 LAT | 244 | 635 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:09.89 | 00:38:42.34 | 7:11 | 8.3 |
| 640 | WALA ROKSANA | 948 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 210 | 636 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:44 | 00:38:10.15 | 00:38:43.02 | 7:12 | 8.3 |
| 641 | PADIASEK DOMINIKA | 821 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 236 | 637 | HRMAX DZIOŁSZKI | | 00:16:15 | 00:38:05.48 | 00:38:43.33 | 7:11 | 8.4 |
| 642 | TOMAN ANETA | 694 | HRMAX DZIOŁSZKI | SUSZEC | POL | 40-49 LAT | 241 | 638 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.18 | 00:38:43.43 | 7:11 | 8.3 |
| 643 | DACENKO JOANNA | 669 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 248 | 639 | | | 00:15:52 | 00:38:27.73 | 00:38:43.61 | 7:15 | 8.3 |
| 644 | BODZIONY ANNA | 737 | HRMAX | ŻORY | POL | 40-49 LAT | 239 | 640 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:06.49 | 00:38:43.70 | 7:11 | 8.3 |
| 645 | KOGUT EDYTA | 718 | | ŻORY | POL | 50-59 LAT | 99 | 641 | HRMAX DZIOŁSZKI | | 00:16:25 | 00:38:07.95 | 00:38:44.20 | 7:11 | 8.3 |
| 646 | ANDROSZ JOANNA | 324 | | RYBNIK | POL | 40-49 LAT | 252 | 642 | | | 00:15:46 | 00:38:32.80 | 00:38:46.44 | 7:16 | 8.3 |
| 647 | WAGNER NATALIA | 647 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 218 | 643 | | | 00:16:21 | 00:38:41.73 | 00:38:48.56 | 7:17 | 8.2 |
| 648 | PIECHOCIŃSKA KATARZYNA | 914 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 199 | 644 | SZARE MORSY | | 00:16:02 | 00:37:51.43 | 00:38:48.96 | 7:08 | 8.4 |
| 649 | HUBA AGNIESZKA | 134 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 217 | 645 | KOBIETY NA 5+ | | 00:14:41 | 00:38:36.11 | 00:38:49.02 | 7:16 | 8.2 |
| 650 | MYŚLIWIEC MONIKA | 581 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 253 | 646 | KOBIETY NA 5+ | | 00:15:55 | 00:38:39.13 | 00:38:49.08 | 7:17 | 8.2 |
| 651 | MACHEJ MAŁGORZATA | 504 | | KOŃCZYCE MAŁE | POL | 50-59 LAT | 102 | 647 | | | 00:16:33 | 00:38:13.59 | 00:38:50.54 | 7:12 | 8.3 |
| 652 | PLATA MARLENA | 521 | | PAWŁOWICE ŚLĄSKIE | POL | 30-39 LAT | 212 | 648 | | | 00:16:49 | 00:38:13.82 | 00:38:51.02 | 7:12 | 8.3 |
| 653 | KACZOREK MALWINA | 1276 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 216 | 649 | | | 00:15:26 | 00:38:27.12 | 00:38:53.04 | 7:15 | 8.3 |
| 654 | RUSINEK JOANNA | 923 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 105 | 650 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:44 | 00:38:21.36 | 00:38:53.05 | 7:14 | 8.3 |
| 655 | SMOŁKA KATARZYNA | 508 | FLUENTBE | RYBNIK | POL | 30-39 LAT | 213 | 651 | | | 00:17:31 | 00:38:17.91 | 00:38:54.43 | 7:13 | 8.3 |
| 656 | MICHAŁEK KAROLINA | 872 | VIKING TRENING CENTER | TYCHY | POL | 20-29 LAT | 55 | 652 | VIKING TRAINING CENTER | | 00:16:18 | 00:38:32.49 | 00:38:54.46 | 7:16 | 8.3 |
| 657 | NIEDZWIĘDZ JULIA | 342 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 56 | 653 | | | 00:16:18 | 00:38:45.00 | 00:38:54.88 | 7:18 | 8.2 |
| 658 | JANISZEWKA PATRYCJA | 917 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 211 | 654 | BYLE DO METY | | 00:15:30 | 00:38:13.54 | 00:38:57.39 | 7:12 | 8.3 |
| 659 | FITAS NATALIA | 758 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 53 | 655 | | | 00:17:03 | 00:38:19.52 | 00:38:58.32 | 7:13 | 8.3 |
| 660 | PELCZAR NATALIA | 818 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 57 | 656 | | | 00:16:16 | 00:38:50.90 | 00:38:59.31 | 7:19 | 8.2 |
| 661 | GARUS ANDZIA | 467 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 254 | 657 | | | 00:16:10 | 00:38:43.53 | 00:38:59.70 | 7:18 | 8.2 |
| 662 | MAZUREK BEATA | 590 | ŻUBRÓWKI | GASZOWICE | POL | 30-39 LAT | 198 | 658 | ŻUBRÓWKI | | 00:16:58 | 00:37:50.73 | 00:39:00.80 | 7:08 | 8.4 |
| 663 | ROŻEK MIROSLAWA | 397 | | KATOWICE | POL | 50-59 LAT | 104 | 659 | | | 00:16:22 | 00:38:17.51 | 00:39:00.98 | 7:13 | 8.3 |
| 664 | ROSTAŁSKA BARBARA | 966 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 103 | 660 | 55-LAT SP5 | | 00:16:24 | 00:38:14.36 | 00:39:06.98 | 7:12 | 8.3 |
| 665 | MAGIERA BARBARA | 269 | POWOLI DO CELU | CHEŁM ŚLĄSKI | POL | 30-39 LAT | 221 | 661 | POWOLI DO CELU | | 00:16:15 | 00:38:49.99 | 00:39:07.20 | 7:19 | 8.2 |
| 666 | MARON HONORATA | 549 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 223 | 662 | | | 00:16:16 | 00:38:58.85 | 00:39:07.74 | 7:21 | 8.2 |
| 667 | WODNIAK ANGELA | 74 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 220 | 663 | POWOLI DO CELU | | 00:16:13 | 00:38:49.66 | 00:39:08.03 | 7:19 | 8.2 |
| 668 | OLEJNIK KAROLINA | 757 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 54 | 664 | | | 00:17:03 | 00:38:31.00 | 00:39:09.59 | 7:16 | 8.3 |
| 669 | ŚNIEG ALICJA | 747 | | ZABRZE | POL | 30-39 LAT | 225 | 665 | | | 00:15:59 | 00:39:04.37 | 00:39:14.44 | 7:22 | 8.1 |
| 670 | ŚMIGIEL ANETA | 814 | RADLINIOKI W BIEGU | RYBNIK | POL | 40-49 LAT | 250 | 666 | RADLINIOKI W BIEGU | | 00:16:29 | 00:38:31.16 | 00:39:18.11 | 7:16 | 8.3 |
| 671 | KŁYSZCZ HONORATA | 699 | | UCHYLSKO | POL | 40-49 LAT | 251 | 667 | | | 00:16:26 | 00:38:31.46 | 00:39:18.13 | 7:16 | 8.3 |
| 672 | MAREK SYLWIA | 879 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 222 | 668 | | | 00:16:51 | 00:38:52.27 | 00:39:26.32 | 7:20 | 8.2 |
| 673 | STELMACH MARTA | 749 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 228 | 669 | | | 00:16:20 | 00:39:19.51 | 00:39:27.58 | 7:25 | 8.1 |
| 674 | WOŹNICKA ANNA | 175 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 40-49 LAT | 259 | 670 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:48 | 00:39:23.04 | 00:39:35.24 | 7:25 | 8.1 |
| 675 | WYBRANIEC ALEKSANDRA | 797 | | OŚWIĘCIM | POL | 20-29 LAT | 59 | 671 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:50 | 00:39:03.38 | 00:39:35.26 | 7:22 | 8.1 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|-----|------------------------------|------------------|------|-----------|--------|-----|------------------------------|------------------------------|----------|-------------|-------------|--------|------|
| 676 | BANACH MONIKA | 450 | ZIMNOKRWISTE WIEWIÓRKI | OSWIECIM | POL | 50-59 LAT | 112 | 672 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:40 | 00:39:22.46 | 00:39:35.52 | 7:25 | 8.1 |
| 677 | SCHMIDT MAGDALENA | 893 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 219 | 673 | 55-LAT SP5 | | 00:16:31 | 00:38:46.61 | 00:39:39.27 | 7:18 | 8.2 |
| 678 | PYZIK BARBARA | 14 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 261 | 674 | | | 00:15:18 | 00:39:25.61 | 00:39:39.48 | 7:26 | 8.1 |
| 679 | ZAGÓRSKA BEATA | 319 | | GOLESZÓW | POL | 40-49 LAT | 255 | 675 | ZZOZOLKI | | 00:16:39 | 00:38:55.91 | 00:39:40.39 | 7:20 | 8.2 |
| 680 | LOREK JOLANTA | 355 | | ZAMARSKI | POL | 40-49 LAT | 256 | 676 | | | 00:16:40 | 00:38:56.13 | 00:39:40.52 | 7:20 | 8.2 |
| 681 | BARAN KAROLINA | 525 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 224 | 677 | | | 00:16:46 | 00:39:00.68 | 00:39:42.05 | 7:21 | 8.2 |
| 682 | PATAŁĄG KATARZYNA | 24 | | MYSŁOWICE | POL | 30-39 LAT | 226 | 678 | | | 00:15:56 | 00:39:08.20 | 00:39:45.61 | 7:23 | 8.1 |
| 683 | OSZEK KAROLINA | 76 | TEAM OCZEK | RACIBÓRZ | POL | 40-49 LAT | 257 | 679 | TEAM OCZEK | | 00:16:27 | 00:38:59.33 | 00:39:46.33 | 7:21 | 8.2 |
| 684 | NAWARYŃSKA EWA | 176 | | RACIBÓRZ | POL | 50-59 LAT | 107 | 680 | | | 00:17:22 | 00:38:59.67 | 00:39:46.37 | 7:21 | 8.2 |
| 685 | NAWARYŃSKA KATARZYNA | 210 | | RACIBÓRZ | POL | 20-29 LAT | 58 | 681 | | | 00:16:27 | 00:38:59.56 | 00:39:46.46 | 7:21 | 8.2 |
| 686 | STYRNOL BEATA | 194 | | PAWŁÓW | POL | 50-59 LAT | 106 | 682 | | | 00:17:22 | 00:38:59.43 | 00:39:47.04 | 7:21 | 8.2 |
| 687 | DRANICZAREK ANNA | 481 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 232 | 683 | | | 00:16:24 | 00:39:41.40 | 00:39:48.44 | 7:29 | 8 |
| 688 | ZMUDA WIOLETA | 260 | KLUB SPORTOWY META | GORZYCZKI | POL | 40-49 LAT | 258 | 684 | | | 00:16:57 | 00:39:15.31 | 00:39:49.97 | 7:24 | 8.1 |
| 689 | MARUSZCZAK JUSTYNA | 186 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 109 | 685 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:15 | 00:39:08.32 | 00:39:50.27 | 7:23 | 8.1 |
| 690 | NAWROCKA AGNIESZKA | 84 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 111 | 686 | | | 00:16:41 | 00:39:18.09 | 00:39:51.55 | 7:24 | 8.1 |
| 691 | ZACZYŃSKA-POZNIAK JAROSŁAWA | 411 | | DOBRZEŃ WIELKI | POL | 50-59 LAT | 108 | 687 | | | 00:16:02 | 00:39:03.08 | 00:39:52.82 | 7:22 | 8.1 |
| 692 | KAMIŃSKA ALEKSANDRA | 530 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 227 | 688 | | | 00:16:46 | 00:39:11.81 | 00:39:53.00 | 7:23 | 8.1 |
| 693 | MAZUREK NATALIA | 997 | | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 61 | 689 | OPEL FIJAŁKOWSKI | | 00:16:12 | 00:39:42.39 | 00:39:53.10 | 7:29 | 8 |
| 694 | KOWALSKA MAŁGORZATA | 441 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 110 | 690 | | | 00:15:53 | 00:39:16.80 | 00:39:57.00 | 7:24 | 8.1 |
| 695 | GRZELAK PATRYCJA | 352 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 265 | 691 | | | 00:16:29 | 00:39:45.37 | 00:40:00.53 | 7:30 | 8 |
| 696 | ZWOREK ROTKEGEL ANNA | 583 | | TOSZEK | POL | 50-59 LAT | 114 | 692 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:43 | 00:39:29.40 | 00:40:02.54 | 7:26 | 8.1 |
| 697 | WĘGRZYN ZUZANNA | 592 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 62 | 693 | | | 00:16:08 | 00:39:54.14 | 00:40:04.25 | 7:31 | 8 |
| 698 | GARUS DARIA | 285 | | ORNONTOWICE | POL | 30-39 LAT | 230 | 694 | | | 00:16:20 | 00:39:36.44 | 00:40:05.31 | 7:28 | 8 |
| 699 | KOWALCZYK BASIA | 170 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 268 | 695 | | | 00:16:29 | 00:39:59.61 | 00:40:06.71 | 7:32 | 8 |
| 700 | WANDZEL IWONA | 117 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 231 | 696 | | | 00:16:09 | 00:39:37.48 | 00:40:07.92 | 7:28 | 8 |
| 701 | PARCHAŃSKA OLIWIA | 617 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 233 | 697 | BYLE DO METY | | 00:17:35 | 00:39:41.65 | 00:40:08.10 | 7:29 | 8 |
| 702 | TUSZYŃSKA ANNA | 107 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 260 | 698 | | MIECHOWICKA GRUPA BIEGOWA | 00:17:19 | 00:39:24.66 | 00:40:09.00 | 7:26 | 8.1 |
| 703 | GŁĄB MARIOLA | 665 | | ŚWIĘTOCHŁOWICE | POL | 30-39 LAT | 229 | 699 | | | 00:15:59 | 00:39:34.32 | 00:40:10.41 | 7:27 | 8 |
| 704 | ZAJĄC PATRYCJA | 382 | ZAJĄCE > | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 60 | 700 | | | 00:16:39 | 00:39:31.21 | 00:40:10.95 | 7:27 | 8 |
| 705 | KOŁODZIEJCZYK ALEKSANDRA | 78 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 262 | 701 | RADLINIOKI W BIEGU | | 00:16:26 | 00:39:26.10 | 00:40:13.83 | 7:26 | 8.1 |
| 706 | DUBIEL JOANNA | 20 | DUBIEL CLUB | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 116 | 702 | | | 00:16:47 | 00:40:09.76 | 00:40:14.39 | 7:34 | 7.9 |
| 707 | RADUICKA KINGA | 837 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 266 | 703 | NICE GIRLS | | 00:16:43 | 00:39:56.93 | 00:40:15.89 | 7:32 | 8 |
| 708 | PIWOWAR BEATA | 836 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 267 | 704 | NICE GIRLS | | 00:16:44 | 00:39:57.82 | 00:40:16.24 | 7:32 | 8 |
| 709 | KLEPACKA EDYTA | 403 | | SUSZEC | POL | 40-49 LAT | 263 | 705 | | | 00:17:43 | 00:39:42.77 | 00:40:19.14 | 7:29 | 8 |
| 710 | RUSZCZYŃSKA ANNA | 407 | | SUSZEC | POL | 40-49 LAT | 264 | 706 | | | 00:17:42 | 00:39:43.43 | 00:40:19.15 | 7:29 | 8 |
| 711 | VAIDYAN-IWANOWSKA GRAZYNA | 314 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 23 | 707 | | | 00:16:22 | 00:40:17.48 | 00:40:22.64 | 7:36 | 7.9 |
| 712 | NIEDŹWIEDŹ MAJA | 339 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 273 | 708 | | | 00:15:43 | 00:40:20.86 | 00:40:30.07 | 7:36 | 7.9 |
| 713 | OSTAPIUK ANNA | 40 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 235 | 709 | | | 00:16:57 | 00:39:56.91 | 00:40:30.89 | 7:32 | 8 |
| 714 | BETLEJ DOROTA | 572 | | KATOWICE | POL | 30-39 LAT | 234 | 710 | | | 00:16:02 | 00:39:52.10 | 00:40:31.54 | 7:31 | 8 |
| 715 | KUŚKA JUSTYNA | 610 | PSIAPSI | JANKOWICE | POL | 40-49 LAT | 272 | 711 | | PSIAPSI | 00:15:52 | 00:40:09.81 | 00:40:36.29 | 7:34 | 7.9 |
| 716 | BRODA BEATA | 240 | | PIASEK | POL | 50-59 LAT | 115 | 712 | | | 00:16:38 | 00:40:00.00 | 00:40:36.86 | 7:32 | 8 |
| 717 | BRODA KAMILA | 229 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 236 | 713 | | | 00:16:39 | 00:40:00.90 | 00:40:37.17 | 7:32 | 8 |
| 718 | PIPIRO GRAZYNA | 156 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 22 | 714 | KOBIETY NA 5+ | | 00:17:10 | 00:40:02.43 | 00:40:39.96 | 7:33 | 7.9 |
| 719 | NALEPKA KATARZYNA | 109 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 269 | 715 | MIECHOWICKA GRUPA BIEGOWA | IDYMY DURŚ | 00:17:19 | 00:40:00.15 | 00:40:44.72 | 7:32 | 8 |
| 720 | CHOLEWIŃSKA KATARZYNA | 717 | | ZAMBRÓW | POL | 50-59 LAT | 117 | 716 | | | 00:17:22 | 00:40:19.97 | 00:40:46.56 | 7:36 | 7.9 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|------------------------------|---------------------|------|-----------|--------|-----|------------------------------|--------------|----------|-------------|-------------|--------|------|
| 721 | BIŁAŚ JOANNA | 875 | SPOT PSZCZYNA | RADOSTOWICE | POL | 40-49 LAT | 279 | 717 | | | 00:16:41 | 00:40:36.65 | 00:40:47.65 | 7:39 | 7.8 |
| 722 | LISOWSKA AGNIESZKA | 784 | | PAWŁOWICE | POL | 40-49 LAT | 274 | 718 | | | 00:17:18 | 00:40:21.05 | 00:40:49.17 | 7:36 | 7.9 |
| 723 | RACIBORSKA AGNIESZKA | 786 | | PAWŁOWICE | POL | 40-49 LAT | 275 | 719 | | | 00:17:19 | 00:40:21.71 | 00:40:49.26 | 7:36 | 7.9 |
| 724 | KLUSKA PATRYCJA | 908 | | OŚWIĘCIM | POL | 20-29 LAT | 63 | 720 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:39:59.02 | 00:40:49.59 | 7:32 | 8 |
| 725 | MIKŁUSIAK BARBARA | 845 | | RYBNIK | POL | 30-39 LAT | 243 | 721 | SZPRYCHY | | 00:17:54 | 00:40:31.84 | 00:40:51.57 | 7:38 | 7.8 |
| 726 | KUCZEK ELWIRA | 831 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 270 | 722 | | DWIE SZCZIGI | 00:16:30 | 00:40:03.64 | 00:40:52.38 | 7:33 | 7.9 |
| 727 | KRÓL JUSTYNA | 832 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 271 | 723 | | DWIE SZCZIGI | 00:16:29 | 00:40:04.36 | 00:40:52.90 | 7:33 | 7.9 |
| 728 | KAJSTURA KATARZYNA | 622 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 277 | 724 | VIKING TRAINING CENTER | | 00:17:01 | 00:40:32.60 | 00:40:53.88 | 7:38 | 7.8 |
| 729 | LIMAŃSKA JOANNA | 585 | VIKING TRAINING CENTER | MIKOŁÓW | POL | 30-39 LAT | 239 | 725 | VIKING TRAINING CENTER | | 00:16:50 | 00:40:14.96 | 00:40:54.21 | 7:35 | 7.9 |
| 730 | OLEŚ ULA | 947 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 241 | 726 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:37 | 00:40:29.58 | 00:40:56.11 | 7:38 | 7.9 |
| 731 | UHEREK AGNIESZKA | 599 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 238 | 727 | GRAŻYNY 87 | | 00:16:45 | 00:40:02.24 | 00:40:57.66 | 7:33 | 7.9 |
| 732 | OWCZARZY AGNIESZKA | 597 | GRAŻYNY 87 | KOŃCZYCE MAŁE | POL | 30-39 LAT | 237 | 728 | GRAŻYNY 87 | | 00:16:45 | 00:40:01.64 | 00:40:57.80 | 7:33 | 7.9 |
| 733 | WÓJCIK DOROTA | 724 | | ŻORY | POL | 30-39 LAT | 240 | 729 | BYLE DO METY | | 00:16:26 | 00:40:15.84 | 00:41:00.64 | 7:35 | 7.9 |
| 734 | SZWED ANIA | 241 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 276 | 730 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:28 | 00:40:29.74 | 00:41:01.24 | 7:38 | 7.9 |
| 735 | FOLTYN DOMINIKA | 877 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 242 | 731 | | | 00:17:39 | 00:40:30.66 | 00:41:04.29 | 7:38 | 7.9 |
| 736 | STEFANIAK JUSTYNA | 110 | POGORIA BIEGA | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 278 | 732 | | | 00:17:12 | 00:40:34.47 | 00:41:07.52 | 7:39 | 7.8 |
| 737 | KALITA ANNA | 773 | | JAWORZE | POL | 50-59 LAT | 118 | 733 | INCOLA TEAM | | 00:17:52 | 00:40:20.42 | 00:41:13.52 | 7:36 | 7.9 |
| 738 | ŻULEWSKA MARIA | 955 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 24 | 734 | | | 00:16:25 | 00:41:14.20 | 00:41:14.56 | 7:46 | 7.7 |
| 739 | PAŁYS AGATA | 736 | SZARE MORSY | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 283 | 735 | | | 00:16:25 | 00:41:14.23 | 00:41:14.60 | 7:46 | 7.7 |
| 740 | NOWAK-MARKITON KAROLINA | 951 | | PAWŁOWICE | POL | 30-39 LAT | 247 | 736 | | | 00:18:31 | 00:41:10.05 | 00:41:20.68 | 7:46 | 7.7 |
| 741 | NIEDZIELA ROKSANA | 183 | | OŚWIĘCIM | POL | 20-29 LAT | 65 | 737 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:23 | 00:41:10.30 | 00:41:24.15 | 7:46 | 7.7 |
| 742 | ŚLEZIONA KATARZYNA | 379 | | TYCHY | POL | 30-39 LAT | 246 | 738 | | | 00:16:36 | 00:41:08.45 | 00:41:26.77 | 7:45 | 7.7 |
| 743 | JELONEK KLAUDIA | 180 | | WOLA | POL | 30-39 LAT | 245 | 739 | | | 00:17:35 | 00:40:48.12 | 00:41:26.83 | 7:41 | 7.8 |
| 744 | ADAMUS DARIA | 606 | | OSWIECIM | POL | 20-29 LAT | 64 | 740 | | | 00:17:33 | 00:40:46.89 | 00:41:27.26 | 7:41 | 7.8 |
| 745 | KULIG-GOC GABRIELA | 207 | | STUDZIENICE | POL | 30-39 LAT | 244 | 741 | | | 00:17:35 | 00:40:47.16 | 00:41:27.29 | 7:41 | 7.8 |
| 746 | KOZDOŃ JĄGODA | 56 | | RYBNIK | POL | 30-39 LAT | 251 | 742 | | | 00:16:38 | 00:41:22.72 | 00:41:28.23 | 7:48 | 7.7 |
| 747 | SZCZUCHNIAK ADRIANA | 284 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 280 | 743 | | | 00:17:06 | 00:40:45.83 | 00:41:31.11 | 7:41 | 7.8 |
| 748 | JAKIELEK BARBARA | 225 | | OŚWIĘCIM | POL | 30-39 LAT | 248 | 744 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:45 | 00:41:16.91 | 00:41:31.44 | 7:47 | 7.7 |
| 749 | WODZYŃSKA-KOCZY MARTA | 294 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 285 | 745 | | | 00:16:39 | 00:41:15.38 | 00:41:32.12 | 7:46 | 7.7 |
| 750 | SIEROTA RENATA | 887 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 284 | 746 | | | 00:17:06 | 00:41:14.76 | 00:41:32.19 | 7:46 | 7.7 |
| 751 | MILCUSZEK MAGDALENA | 90 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 249 | 747 | | | 00:17:08 | 00:41:17.02 | 00:41:32.39 | 7:47 | 7.7 |
| 752 | RYŚ WERONIKA | 278 | | KATOWICE | POL | 20-29 LAT | 66 | 748 | | | 00:17:23 | 00:41:19.32 | 00:41:39.23 | 7:47 | 7.7 |
| 753 | BARTNIK JOANNA | 251 | STREET SPIRIT | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 286 | 749 | | DWIE SZALONE | 00:16:58 | 00:41:16.78 | 00:41:40.67 | 7:47 | 7.7 |
| 754 | PIETRASZEK EWA | 234 | KOBIETY WATAHY | RUDA ŚLĄSKA | POL | 50-59 LAT | 119 | 750 | | | 00:17:40 | 00:40:54.25 | 00:41:41.63 | 7:43 | 7.8 |
| 755 | NOWAK MALWINA | 936 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 252 | 751 | | | 00:18:12 | 00:41:31.14 | 00:41:42.68 | 7:50 | 7.7 |
| 756 | GUBAŁA MONIKA | 727 | | ZABRZE | POL | 30-39 LAT | 250 | 752 | | | 00:18:47 | 00:41:17.25 | 00:41:46.50 | 7:47 | 7.7 |
| 757 | KAJMOWICZ-SOPICKA JOLANTA | 982 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 281 | 753 | INCOLA TEAM | | 00:17:52 | 00:41:02.61 | 00:41:56.01 | 7:44 | 7.7 |
| 758 | DERYŁO SYLWIA | 988 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 282 | 754 | INCOLA TEAM | | 00:17:52 | 00:41:02.64 | 00:41:56.06 | 7:44 | 7.7 |
| 759 | BYCINA EDYTA | 935 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 287 | 755 | | | 00:17:24 | 00:41:27.55 | 00:42:02.92 | 7:49 | 7.7 |
| 760 | ROTTER HANNA | 164 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 26 | 756 | | | 00:17:31 | 00:41:38.60 | 00:42:03.51 | 7:51 | 7.6 |
| 761 | KIERMASZEK BARBARA | 402 | | WODZISŁAW ŚLĄSKI | POL | 60+ | 25 | 757 | | | 00:17:22 | 00:41:37.84 | 00:42:04.22 | 7:51 | 7.6 |
| 762 | BROCKA JOANNA | 672 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 289 | 758 | | | 00:17:24 | 00:41:30.97 | 00:42:05.92 | 7:49 | 7.7 |
| 763 | GRECZNER JOWITA | 359 | | OŚWIĘCIM | POL | 40-49 LAT | 288 | 759 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:50 | 00:41:30.48 | 00:42:06.60 | 7:49 | 7.7 |
| 764 | PALICA HALINA | 809 | AKTYWNI LYSKI | LYSKI | POL | 60+ | 27 | 760 | | | 00:17:42 | 00:41:39.05 | 00:42:08.29 | 7:51 | 7.6 |
| 765 | POREMSKA ELŻBIETA | 901 | AKTYWNI LYSKI | LYSKI | POL | 40-49 LAT | 290 | 761 | | | 00:17:42 | 00:41:39.46 | 00:42:08.35 | 7:51 | 7.6 |
| 766 | DZIENDZIEL RENATA | 75 | | ŻORY | POL | 50-59 LAT | 113 | 762 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:17 | 00:39:23.90 | 00:42:10.13 | 7:25 | 8.1 |
| 767 | GLICA KATARZYNA | 756 | | BYTOM | POL | 30-39 LAT | 254 | 763 | | | 00:17:56 | 00:42:05.60 | 00:42:16.88 | 7:56 | 7.6 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|------------------------------|---------------------|------|-----------|--------|-----|------------------------------|-------------------|----------|-------------|-------------|--------|------|
| 768 | KOSTKA JUSTYNA | 655 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 256 | 764 | | | 00:18:28 | 00:42:14.53 | 00:42:23.07 | 7:58 | 7.5 |
| 769 | KRZACZEK ALEKSANDRA | 87 | RADLINIOKI W BIEGU | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 120 | 765 | RADLINIOKI W BIEGU | | 00:17:35 | 00:41:43.37 | 00:42:29.31 | 7:52 | 7.6 |
| 770 | CZYŻAK BEATA | 385 | | CIESZYŃ | POL | 40-49 LAT | 291 | 766 | ZZOZOLKI | | 00:19:35 | 00:41:57.23 | 00:42:30.96 | 7:54 | 7.6 |
| 771 | PALUCH AGNIESZKA | 263 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 295 | 767 | | | 00:17:22 | 00:42:14.16 | 00:42:32.49 | 7:58 | 7.5 |
| 772 | MATIOSZEK AGNIESZKA | 88 | | RACIBÓRZ | POL | 30-39 LAT | 253 | 768 | | | 00:17:49 | 00:41:49.21 | 00:42:36.71 | 7:53 | 7.6 |
| 773 | BALCERAK BEATA | 250 | | ŻORY | POL | 30-39 LAT | 255 | 769 | | | 00:17:13 | 00:42:12.12 | 00:42:37.67 | 7:57 | 7.5 |
| 774 | ORDZOWIAŁA KAROLINA | 598 | | ŻORY | POL | 40-49 LAT | 294 | 770 | | | 00:17:13 | 00:42:13.60 | 00:42:38.89 | 7:57 | 7.5 |
| 775 | KOTLARCZYK PATRYCJA | 711 | | OŚWIĘCIM | POL | 20-29 LAT | 67 | 771 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:57.25 | 00:42:47.52 | 7:54 | 7.6 |
| 776 | STANIÓW-KLUSKA AGNIESZKA | 906 | | OŚWIĘCIM | POL | 40-49 LAT | 292 | 772 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:58.65 | 00:42:47.69 | 7:55 | 7.6 |
| 777 | DOBOSZ KASIA | 753 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 121 | 773 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:47 | 00:42:11.53 | 00:42:49.45 | 7:57 | 7.5 |
| 778 | BRYŁA MAŁGORZATA | 720 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 293 | 774 | | SOCJO CORPO GROUP | 00:18:00 | 00:42:06.92 | 00:42:50.40 | 7:56 | 7.6 |
| 779 | MYŚLIWIEC SENIORITA | 137 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 257 | 775 | KOBIETY NA 5+ | | 00:17:04 | 00:42:42.37 | 00:42:51.04 | 8:03 | 7.4 |
| 780 | GŁUSZAK ALEKSANDRA | 332 | KOBIETY NA 5+ | JASTRZĘBIE -ZDRÓJ | POL | 40-49 LAT | 301 | 776 | KOBIETY NA 5+ | | 00:16:58 | 00:42:42.24 | 00:42:51.25 | 8:03 | 7.4 |
| 781 | BETAŃSKA ANETA | 155 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 302 | 777 | KOBIETY NA 5+ | | 00:17:03 | 00:42:42.29 | 00:42:51.29 | 8:03 | 7.4 |
| 782 | WAWOCZNY ANITA | 392 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 298 | 778 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.84 | 00:42:52.20 | 8:02 | 7.5 |
| 783 | SAWICKA MARTA | 211 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 299 | 779 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.99 | 00:42:52.34 | 8:02 | 7.5 |
| 784 | ŁANUCHA MARIOLA | 67 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 29 | 780 | KOBIETY NA 5+ | | 00:17:51 | 00:42:37.98 | 00:42:53.39 | 8:02 | 7.5 |
| 785 | GREŃ-IWAN ANNA | 770 | | KLAUDYN | POL | 60+ | 28 | 781 | | | 00:17:51 | 00:42:37.51 | 00:42:53.49 | 8:02 | 7.5 |
| 786 | ZALEWSKA BARBARA | 190 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 303 | 782 | KOBIETY NA 5+ | | 00:17:30 | 00:42:46.47 | 00:42:53.73 | 8:04 | 7.4 |
| 787 | KOLAT JADWIGA | 57 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 300 | 783 | KOBIETY NA 5+ | | 00:16:54 | 00:42:40.58 | 00:42:54.05 | 8:03 | 7.5 |
| 788 | PAJĄK MAŁGORZATA | 291 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 124 | 784 | KOBIETY NA 5+ | | 00:17:03 | 00:42:44.82 | 00:42:54.13 | 8:03 | 7.4 |
| 789 | KNAPEK ANNA | 292 | | OŚWIĘCIM | POL | 40-49 LAT | 304 | 785 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:55 | 00:42:53.41 | 00:42:55.41 | 8:05 | 7.4 |
| 790 | GAJDA ALEKSANDRA | 826 | | RYBNIK | POL | 40-49 LAT | 297 | 786 | SZPRYCHY | | 00:17:54 | 00:42:34.43 | 00:42:56.02 | 8:01 | 7.5 |
| 791 | FRANKOWSKA ANIA | 636 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 123 | 787 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:31 | 00:42:34.97 | 00:43:07.43 | 8:01 | 7.5 |
| 792 | HANUSA BEATA | 790 | | ŻORY | POL | 20-29 LAT | 68 | 788 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.61 | 00:43:08.83 | 8:03 | 7.5 |
| 793 | FIRLEJ HANIA | 799 | | ŻORY | POL | 20-29 LAT | 69 | 789 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.88 | 00:43:08.84 | 8:03 | 7.5 |
| 794 | POCENTAJŁO BEATA | 143 | BIEGAM BO LUBIĘ RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 122 | 790 | | | 00:17:59 | 00:42:33.32 | 00:43:21.42 | 8:01 | 7.5 |
| 795 | JUTKA KASIA | 17 | | TYCHY | POL | 40-49 LAT | 305 | 791 | | | 00:17:32 | 00:43:00.01 | 00:43:22.40 | 8:06 | 7.4 |
| 796 | WAMBERSKA BEATA | 201 | | KOBIÓR | POL | 30-39 LAT | 259 | 792 | | | 00:17:31 | 00:43:00.28 | 00:43:22.49 | 8:06 | 7.4 |
| 797 | BROLL AGNIESZKA | 678 | | KATOWICE | POL | 40-49 LAT | 296 | 793 | | | 00:18:35 | 00:42:32.97 | 00:43:35.74 | 8:01 | 7.5 |
| 798 | KOWALSKA DOROTA | 539 | SBD ENERGETYK RYBNIK | RYBNIK | POL | 50-59 LAT | 126 | 794 | | | 00:17:32 | 00:43:07.68 | 00:43:37.54 | 8:08 | 7.4 |
| 799 | GALAS MARTYNA | 58 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 306 | 795 | | | 00:17:47 | 00:43:07.20 | 00:43:38.46 | 8:08 | 7.4 |
| 800 | STAŚKIEWICZ MONIKA | 509 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 125 | 796 | | | 00:18:16 | 00:42:58.09 | 00:43:41.39 | 8:06 | 7.4 |
| 801 | GÓRNICZ PATRYCJA | 651 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 261 | 797 | | | 00:17:28 | 00:43:08.43 | 00:43:45.26 | 8:08 | 7.4 |
| 802 | POPOWSKA AGNIESZKA | 960 | | BIELSKO-BIAŁA | POL | 50-59 LAT | 127 | 798 | | | 00:18:55 | 00:43:08.35 | 00:43:45.67 | 8:08 | 7.4 |
| 803 | LORENZ WIOLETTA | 958 | | BIELSKO BIAŁA | POL | 40-49 LAT | 307 | 799 | | | 00:18:53 | 00:43:08.12 | 00:43:45.67 | 8:08 | 7.4 |
| 804 | OSTASZEWSKA WIOLETTA | 868 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 309 | 800 | VIKING TRAINING CENTER | | 00:17:35 | 00:43:21.73 | 00:43:48.37 | 8:10 | 7.3 |
| 805 | FIZIA KATARZYNA | 618 | | KRZYŻOWICE | POL | 30-39 LAT | 262 | 801 | | PSIAPS11 | 00:19:33 | 00:43:20.43 | 00:43:48.76 | 8:10 | 7.3 |
| 806 | SZCZEPANIK MARTA | 671 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 260 | 802 | | | 00:18:30 | 00:43:01.83 | 00:43:53.69 | 8:06 | 7.4 |
| 807 | JANKOWSKA MARTYNA | 124 | | DĄBROWA GÓRNICZA | POL | 16-19 LAT | 13 | 803 | | | 00:18:12 | 00:43:22.44 | 00:44:04.52 | 8:10 | 7.3 |
| 808 | BAZGIER MAGDALENA | 654 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 263 | 804 | | | 00:17:28 | 00:43:29.36 | 00:44:06.22 | 8:12 | 7.3 |
| 809 | OLBER JUSTYNA | 918 | | ŻORY | POL | 30-39 LAT | 264 | 805 | | | 00:18:48 | 00:43:38.13 | 00:44:12.23 | 8:13 | 7.3 |
| 810 | MIŁOWSKA SYLWIA | 567 | | RYBNIK | POL | 40-49 LAT | 310 | 806 | | | 00:18:08 | 00:43:55.71 | 00:44:23.02 | 8:17 | 7.2 |
| 811 | BARCZYCKA MONIKA | 755 | | RYBNIK | POL | 30-39 LAT | 265 | 807 | | | 00:18:08 | 00:43:55.86 | 00:44:23.15 | 8:17 | 7.2 |
| 812 | MONIKA MONIKA | 258 | | KRAKÓW | POL | 30-39 LAT | 267 | 808 | | | 00:18:31 | 00:44:29.64 | 00:44:41.16 | 8:23 | 7.1 |
| 813 | STAŚKIEWICZ BEATA | 721 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 311 | 809 | | SOCJO CORPO GROUP | 00:18:43 | 00:44:01.27 | 00:44:44.95 | 8:18 | 7.2 |
| 814 | GOMUŁKA ANNA | 99 | | MYSŁOWICE | POL | 30-39 LAT | 266 | 810 | | | 00:17:53 | 00:44:09.31 | 00:44:46.90 | 8:19 | 7.2 |
| 815 | FABIN MARTA | 635 | | ŻORY | POL | 30-39 LAT | 268 | 811 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.47 | 00:44:52.93 | 8:23 | 7.1 |
| 816 | DUDEK JANETA | 781 | | ŻORY | POL | 40-49 LAT | 313 | 812 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.83 | 00:44:53.00 | 8:23 | 7.1 |
| 817 | KATRYNIOK EWA | 231 | KLUB SPORTOWY M.E.T.A. | UCHYLSKO | POL | 40-49 LAT | 312 | 813 | | | 00:18:26 | 00:44:18.46 | 00:44:53.53 | 8:21 | 7.2 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|------------|----------|-------------|-------------|--------|------|
| 818 | WORONKO-ZACZYŃSKA JANINA | 410 | | LUBIN | POL | 60+ | 30 | 814 | | | 00:18:54 | 00:44:38.55 | 00:45:07.05 | 8:25 | 7.1 |
| 819 | KASTELIK ILONA | 607 | | ŻORY | POL | 30-39 LAT | 269 | 815 | | PSIAPSI | 00:19:09 | 00:44:59.45 | 00:45:26.00 | 8:29 | 7.1 |
| 820 | WYSTEMP EWELINA | 614 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 258 | 816 | | | 00:17:48 | 00:42:46.47 | 00:45:35.18 | 8:04 | 7.4 |
| 821 | WOLNY ŻANETA | 565 | | WODZISŁAW | POL | 30-39 LAT | 270 | 817 | | WOLNY TIM | 00:19:48 | 00:45:04.41 | 00:45:39.00 | 8:30 | 7.1 |
| 822 | DUDA MAGDALENA | 287 | | ŻORY | POL | 40-49 LAT | 308 | 818 | | | 00:18:59 | 00:43:18.53 | 00:45:40.44 | 8:10 | 7.3 |
| 823 | KLEPACKA MAJA | 404 | | SUSZEC | POL | 16-19 LAT | 14 | 819 | | | 00:19:00 | 00:45:04.55 | 00:45:40.93 | 8:30 | 7.1 |
| 824 | NALEWAJKA WIOLETA | 443 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 130 | 820 | KOBIETY NA 5+ | | 00:18:44 | 00:45:31.41 | 00:45:45.52 | 8:35 | 7 |
| 825 | SZCZEPANIK ALEKSANDRA | 116 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 273 | 821 | | | 00:18:42 | 00:45:31.16 | 00:45:45.60 | 8:35 | 7 |
| 826 | NIEDZIOŁKO BOŻENA | 208 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 129 | 822 | KOBIETY NA 5+ | | 00:18:42 | 00:45:30.88 | 00:45:46.22 | 8:35 | 7 |
| 827 | ŻYŁA SONIA | 946 | | BAKÓW | POL | 30-39 LAT | 272 | 823 | | | 00:18:13 | 00:45:19.12 | 00:45:48.27 | 8:33 | 7 |
| 828 | KWIATKOWSKA BERTA | 616 | VIKING TRAINING CENTER | BIERUŃ | POL | 40-49 LAT | 315 | 824 | VIKING TRAINING CENTER | | 00:18:27 | 00:45:30.14 | 00:45:55.04 | 8:35 | 7 |
| 829 | KLIMEK JUSTYNA | 566 | VIKING TRAINING CENTER | MYSŁOWICE | POL | 40-49 LAT | 314 | 825 | VIKING TRAINING CENTER | | 00:17:31 | 00:45:29.50 | 00:45:55.10 | 8:34 | 7 |
| 830 | MACHOWSKA RENATA | 272 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 316 | 826 | VIKING TRAINING CENTER | | 00:17:32 | 00:45:30.57 | 00:45:55.16 | 8:35 | 7 |
| 831 | GROCHOWSKA OLIWIA | 550 | | JASTRZĘBIE ZDRÓJ | POL | 16-19 LAT | 15 | 827 | | | 00:18:32 | 00:45:49.74 | 00:46:02.21 | 8:38 | 6.9 |
| 832 | MROWCZYK KAMILA | 751 | | KATOWICE | POL | 30-39 LAT | 274 | 828 | | | 00:18:40 | 00:45:39.11 | 00:46:04.91 | 8:36 | 7 |
| 833 | RODZIEWICZ AGNIESZKA | 684 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 271 | 829 | | | 00:19:25 | 00:45:16.51 | 00:46:13.34 | 8:32 | 7 |
| 834 | ZAWADA MAGDALENA | 367 | | CIESZYN | POL | 40-49 LAT | 317 | 830 | ZZOZOLKI | | 00:19:35 | 00:45:40.87 | 00:46:14.55 | 8:36 | 7 |
| 835 | WŁOCH IZABELA | 184 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 319 | 831 | VIKING TRAINING CENTER | | 00:19:34 | 00:46:18.79 | 00:46:40.40 | 8:44 | 6.9 |
| 836 | WŁOCH DOMINIKA | 646 | | TYCHY | POL | 20-29 LAT | 70 | 832 | VIKING TRAINING CENTER | | 00:19:33 | 00:46:17.68 | 00:46:40.46 | 8:43 | 6.9 |
| 837 | SŁOTA JUSTYNA | 22 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 40-49 LAT | 318 | 833 | MIECHOWICKA GRUPA BIEGOWA | | 00:19:12 | 00:46:09.83 | 00:46:54.07 | 8:42 | 6.9 |
| 838 | WIĘDŁOCHA-GRABKA MARTA | 752 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 276 | 834 | | | 00:19:30 | 00:46:27.10 | 00:46:54.56 | 8:45 | 6.8 |
| 839 | KONOWALCZUK IZA | 633 | | JASTRZĘBIE - ZDROJ | POL | 30-39 LAT | 275 | 835 | | | 00:19:31 | 00:46:26.82 | 00:46:54.60 | 8:45 | 6.8 |
| 840 | ABRACHAMCZYK BARBARA | 102 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 31 | 836 | | | 00:18:27 | 00:46:41.71 | 00:46:57.56 | 8:48 | 6.8 |
| 841 | STOMPEL KAROLINA | 765 | | CHORZÓW | POL | 20-29 LAT | 71 | 837 | | | 00:20:04 | 00:46:24.44 | 00:46:57.95 | 8:45 | 6.9 |
| 842 | STOMPEL JUSTYNA | 815 | | CHORZÓW | POL | 40-49 LAT | 320 | 838 | | | 00:20:04 | 00:46:24.69 | 00:46:58.41 | 8:45 | 6.9 |
| 843 | BALAS MAŁGORZATA | 123 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 280 | 839 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.70 | 00:47:00.07 | 8:47 | 6.8 |
| 844 | BIZACKA MARZENA | 371 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 281 | 840 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.73 | 00:47:00.34 | 8:47 | 6.8 |
| 845 | NAMIELSKA JUSTYNA | 880 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 128 | 841 | | | 00:18:46 | 00:44:10.33 | 00:47:01.16 | 8:20 | 7.2 |
| 846 | SZŁAPA URSZULA | 36 | SPOT PSZCZYNA | CZARKÓW | POL | 40-49 LAT | 322 | 842 | SPOT PSZCZYNA | GABI I ULA | 00:19:35 | 00:46:55.16 | 00:47:26.49 | 8:51 | 6.8 |
| 847 | DZIĘCIOŁ MAŁGORZATA | 131 | SPOT PSZCZYNA | PIASTÓW | POL | 60+ | 32 | 843 | SPOT PSZCZYNA | | 00:19:36 | 00:46:55.30 | 00:47:26.63 | 8:51 | 6.8 |
| 848 | WITKOWSKA-DOLNY SANDRA | 390 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 278 | 844 | GRAŻYNY 87 | | 00:20:07 | 00:46:31.70 | 00:47:29.29 | 8:46 | 6.8 |
| 849 | PRUC JOLANTA | 808 | GRAŻYNY 87 | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 279 | 845 | GRAŻYNY 87 | | 00:20:09 | 00:46:33.49 | 00:47:29.40 | 8:46 | 6.8 |
| 850 | WOŹNIAK MAGDALENA | 458 | | ŻORY | POL | 40-49 LAT | 323 | 846 | | | 00:20:16 | 00:47:05.97 | 00:47:29.51 | 8:53 | 6.8 |
| 851 | SŁUPECKA BEATA | 336 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 324 | 847 | | | 00:18:45 | 00:47:44.92 | 00:48:08.89 | 9:00 | 6.7 |
| 852 | SAGAN MAŁGORZATA | 967 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 132 | 848 | TEAM MAŁYCH BOHATERÓW :-) | | 00:19:44 | 00:48:08.86 | 00:48:34.64 | 9:04 | 6.6 |
| 853 | KOPYTEK ANETA | 977 | RUNAWAYS | TYCHY | POL | 40-49 LAT | 321 | 849 | | | 00:19:58 | 00:46:27.49 | 00:48:49.51 | 8:45 | 6.8 |
| 854 | KUŚMIERSKA-KUBAS ALINA | 933 | | JASTRZEBIE-ZDROJ | POL | 50-59 LAT | 133 | 850 | | | 00:19:38 | 00:48:29.01 | 00:48:51.65 | 9:08 | 6.6 |
| 855 | PEŁACZEK DOMINIKA | 430 | | CHAŁUPKI | POL | 30-39 LAT | 282 | 851 | | | 00:20:32 | 00:48:32.59 | 00:48:58.86 | 9:09 | 6.6 |
| 856 | MARCZOK MARTA | 601 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 283 | 852 | | | 00:20:34 | 00:48:34.12 | 00:48:59.01 | 9:09 | 6.5 |
| 857 | PIŁATOWSKA MAGDALENA | 424 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 284 | 853 | | | 00:20:34 | 00:48:34.20 | 00:48:59.10 | 9:09 | 6.5 |
| 858 | JAMIOŁA KINGA | 542 | | RADLIN | POL | 30-39 LAT | 277 | 854 | | | 00:21:12 | 00:46:30.11 | 00:49:06.56 | 8:46 | 6.8 |
| 859 | KUCZEK JOLANTA | 545 | | RADLIN | POL | 50-59 LAT | 131 | 855 | | | 00:21:14 | 00:46:29.90 | 00:49:06.69 | 8:46 | 6.8 |
| 860 | LEJTAN JOANNA | 243 | | KARVINA | CZE | 40-49 LAT | 325 | 856 | | | 00:20:22 | 00:48:33.84 | 00:49:19.72 | 9:09 | 6.5 |
| 861 | WOJTAL DANUTA | 801 | | JASTRZĘBIE - ZDRÓJ | POL | 50-59 LAT | 135 | 857 | | | 00:20:18 | 00:49:15.56 | 00:49:52.84 | 9:17 | 6.5 |
| 862 | KANIA GRAŻYNA | 852 | | RYBNIK | POL | 50-59 LAT | 134 | 858 | | | 00:21:53 | 00:49:00.67 | 00:51:31.15 | 9:14 | 6.5 |
| 863 | HASIOR DOROTA | 185 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 138 | 859 | | | 00:21:09 | 00:51:04.89 | 00:51:45.36 | 9:38 | 6.2 |
| 864 | PIĄTKOWSKA ROMANA | 154 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 137 | 860 | | | 00:21:09 | 00:51:04.76 | 00:51:45.56 | 9:38 | 6.2 |

KOBIETY NA 5+ :: BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-------------------------|------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 865 | JANKOWSKA ANITA | 112 | | DĄBROWA GÓRNICZA | POL | 50-59 LAT | 139 | 861 | | | 00:22:01 | 00:51:13.63 | 00:51:55.93 | 9:39 | 6.2 |
| 866 | BUJAK MAGDALENA | 73 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 285 | 862 | VIKING TRAINING CENTER | | 00:22:08 | 00:52:06.66 | 00:52:28.87 | 9:49 | 6.1 |
| 867 | KRÓLICZAK AGNIESZKA | 228 | | KRAKÓW | POL | 20-29 LAT | 72 | 863 | ŻUBRÓWKI | | | 00:50:18.41 | 00:52:59.21 | 9:29 | 6.3 |
| 868 | ŚWITA ANNA | 214 | FORMA WODZISŁAW | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 136 | 864 | | | 00:22:01 | 00:51:02.03 | 00:53:37.89 | 9:37 | 6.2 |
| 869 | WOLAŃSKA BARBARA | 383 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 286 | 865 | GRAŻYNY 87 | | 00:20:45 | 00:53:54.41 | 00:55:05.10 | 10:10 | 5.9 |
| 870 | KIEŁKOWSKA EWELINA | 682 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 287 | 866 | GRAŻYNY 87 | | 00:21:00 | 00:54:10.84 | 00:55:06.22 | 10:13 | 5.9 |
| 871 | STRYCHARZ ALEKSANDRA | 768 | OCZEK TEAM | PAWŁÓW | POL | 40-49 LAT | 326 | 867 | TEAM OCZEK | | 00:23:17 | 00:53:04.97 | 00:55:45.22 | 10:00 | 6 |
| 872 | KORBEL KLAUDIA | 956 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 288 | 868 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:39 | 00:54:29.86 | 00:57:22.14 | 10:16 | 5.8 |
| 873 | RUTKOWSKA ANIA | 953 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 140 | 869 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:41 | 00:54:33.44 | 00:57:25.40 | 10:17 | 5.8 |
| 874 | BUREK SONIA | 980 | TEAM MAŁYCH BOHATERÓW | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 289 | 870 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:43 | 00:54:34.52 | 00:57:26.43 | 10:17 | 5.8 |
| 875 | TRZCIŃSKA PAULINA | 44 | | POZNAŃ | POL | 30-39 LAT | 290 | 871 | | | 00:25:00 | 00:57:47.66 | 00:57:58.23 | 10:54 | 5.5 |
| 876 | BORDA GRAŻYNA | 80 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 327 | 872 | KOBIETY NA 5+ | | 00:24:58 | 00:57:46.10 | 00:57:58.25 | 10:53 | 5.5 |
| 877 | ŻEBROWSKA WERONIKA | 31 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 20-29 LAT | 73 | 873 | | | 00:19:31 | 00:57:31.63 | 00:58:22.45 | 10:51 | 5.5 |
| 878 | SZCZEPANIK BOGUMIŁA | 27 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 291 | 874 | | | | 01:00:37.96 | 01:01:18.15 | 11:26 | 5.2 |
| 879 | CIEŚLA LILIANA | 603 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 33 | 875 | | | 00:17:47 | 01:07:25.63 | 01:07:26.00 | 12:43 | 4.7 |
| 880 | SKRZYPIEC MARTYNA | 864 | | KNURÓW | POL | 30-39 LAT | 292 | 876 | | | 00:16:06 | | | 6:26 | 9.3 |
| 881 | JABŁOŃSKA ALEKSANDRA | 964 | | GLIWICE | POL | 30-39 LAT | 293 | 877 | | | | | | | |

KOBIETY NA 5+ :: BIEG, Decathlon Go

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|---|------------------|------|-----------|--------|-----|---------------------------|-----------------|----------|-------------|-------------|--------|------|
| 1 | JAGIELSKA EWA | 1 | | WYSZKÓW | POL | 40-49 LAT | 1 | 1 | INCOLA TEAM | | 00:07:57 | 00:18:19.04 | 00:18:19.41 | 3:27 | 17.4 |
| 2 | MENDECKA-ZEJDLER MICHALINA | 63 | | ŁAZISKA GÓRNE | POL | 30-39 LAT | 1 | 2 | | | 00:08:23 | 00:19:09.91 | 00:19:10.28 | 3:36 | 16.6 |
| 3 | SUWAJ ANETA | 480 | TL ATHLETICS/ALPIN SPORT TEAM | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 2 | 3 | TL ATHLETICS JASTRZĘBIE | N&A | 00:08:36 | 00:19:38.77 | 00:19:39.14 | 3:42 | 16.2 |
| 4 | DYRLAGA JUSTYNA | 51 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 3 | 4 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:08:47 | 00:20:39.08 | 00:20:40.90 | 3:53 | 15.4 |
| 5 | WITOSZEK BARBARA | 297 | AKTYWNA PSZCZYNA RUNNERS TEAM | SUSZEC | POL | 30-39 LAT | 4 | 5 | | | 00:09:32 | 00:21:09.32 | 00:21:09.69 | 3:59 | 15 |
| 6 | ADAMCZYK-NOWAK BEATA | 307 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 1 | 6 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:07 | 00:21:10.48 | 00:21:13.05 | 3:59 | 15 |
| 7 | JANKO ANNA | 206 | HRMAX ŻORY | ŻORY | POL | 30-39 LAT | 5 | 7 | HRMAX DZIOLSZKI | | 00:09:06 | 00:21:15.00 | 00:21:17.33 | 4:00 | 15 |
| 8 | MROWIEC KINGA | 709 | TL POGOŃ RUDA ŚLĄSKA | RUDA ŚLĄSKA | POL | 20-29 LAT | 1 | 8 | | TEAM HALEMBA | 00:09:21 | 00:21:25.64 | 00:21:26.01 | 4:02 | 14.8 |
| 9 | LEWICKA ELŻBIETA | 520 | | KNURÓW | POL | 40-49 LAT | 2 | 9 | | RANNELLE | 00:09:11 | 00:21:30.03 | 00:21:31.85 | 4:03 | 14.8 |
| 10 | JANEK WERONIKA | 226 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 3 | 10 | | | 00:09:23 | 00:21:54.81 | 00:21:55.86 | 4:07 | 14.5 |
| 11 | SUDNIK ANNA | 519 | RANNELLE | KNURÓW | POL | 30-39 LAT | 6 | 11 | | RANNELLE | 00:09:19 | 00:22:14.33 | 00:22:17.17 | 4:11 | 14.3 |
| 12 | NIEDOBECKA JOANNA | 69 | AKADEMIA BIEGANIA ORNONTOWICE | ORNONTOWICE | POL | 30-39 LAT | 7 | 12 | | | 00:09:20 | 00:22:26.99 | 00:22:27.36 | 4:13 | 14.2 |
| 13 | WRÓBLEWSKA JUDYTA | 500 | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 8 | 13 | TL ATHLETICS JASTRZĘBIE | | 00:09:21 | 00:22:33.54 | 00:22:35.36 | 4:15 | 14.1 |
| 14 | BUDNY PATRYCJA | 363 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 20-29 LAT | 2 | 14 | WARTKIE PIERONICE | | 00:09:26 | 00:22:34.48 | 00:22:37.62 | 4:15 | 14.1 |
| 15 | PIETRAS SYLWIA | 147 | MIECHOWICKA GRUPA BIEGOWA | ZABRZE | POL | 30-39 LAT | 9 | 15 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:44 | 00:22:46.99 | 00:22:49.53 | 4:17 | 14 |
| 16 | OPIEKULSKA RENATA | 983 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 6 | 16 | | | 00:09:29 | 00:22:54.32 | 00:22:56.14 | 4:19 | 13.9 |
| 17 | KOBIELUSZ MARTYNA | 388 | | RYBNIK | POL | 20-29 LAT | 3 | 17 | | | 00:09:39 | 00:22:52.93 | 00:22:57.20 | 4:18 | 13.9 |
| 18 | POŁOMSKA EDYTA | 368 | POŁOMSCY TEAM | RYDUŁTOWY | POL | 40-49 LAT | 5 | 18 | | | 00:09:22 | 00:22:53.79 | 00:22:57.28 | 4:19 | 13.9 |
| 19 | JURASZEK ELŻBIETA | 393 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 4 | 19 | #JUSTFEELFITTEAM | | 00:09:59 | 00:22:53.15 | 00:22:59.94 | 4:19 | 13.9 |
| 20 | WYPIÓR EWA | 331 | | GODÓW | POL | 40-49 LAT | 7 | 20 | | | 00:09:41 | 00:22:58.77 | 00:23:03.38 | 4:20 | 13.8 |
| 21 | KAJTOCH JOLANTA | 553 | BIE-RUN | BIERUŃ | POL | 40-49 LAT | 8 | 21 | | MONIKA I JOLA | 00:09:59 | 00:23:09.35 | 00:23:11.56 | 4:22 | 13.7 |
| 22 | NENKO BARBARA | 984 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 9 | 22 | NEVER TOO LATE | TEAM HALEMBA | 00:10:21 | 00:23:14.82 | 00:23:17.58 | 4:23 | 13.7 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---|------------------|------|-----------|--------|-----|--------------------------------------|--------------------|----------|-------------|-------------|--------|------|
| 23 | ANDROSZ BEATA | 909 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 11 | 23 | | | 00:10:01 | 00:23:18.55 | 00:23:22.31 | 4:23 | 13.6 |
| 24 | BARSKA AGNIESZKA | 587 | | GOGOLIN | POL | 40-49 LAT | 10 | 24 | DYCUŚ TEAM | | 00:09:48 | 00:23:16.23 | 00:23:24.67 | 4:23 | 13.7 |
| 25 | KANDORA JOANNA | 675 | MIECHOWICACH GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 12 | 25 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:14 | 00:23:32.57 | 00:23:36.49 | 4:26 | 13.5 |
| 26 | WRÓBEL KATARZYNA | 517 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 10 | 26 | #JUSTFEELFITTEAM | | 00:10:01 | 00:23:34.01 | 00:23:39.99 | 4:26 | 13.5 |
| 27 | DOMIAN PAULINA | 334 | | GÓRKI WIELKIE | POL | 30-39 LAT | 11 | 27 | | | 00:10:02 | 00:23:39.35 | 00:23:42.96 | 4:27 | 13.4 |
| 28 | MALEJKA KATARZYNA | 740 | | KATOWICE | POL | 50-59 LAT | 2 | 28 | HURAGAN LIGOTA | E&K | 00:10:05 | 00:23:30.05 | 00:23:43.53 | 4:26 | 13.5 |
| 29 | NGUYEN DOROTA | 668 | RADLINIOKI W BIEGU/RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | 30-39 LAT | 12 | 29 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | | 00:10:28 | 00:23:41.37 | 00:23:48.04 | 4:28 | 13.4 |
| 30 | PERUGIEWICZ JOANNA | 731 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 13 | 30 | | @GOOD VIBES | 00:09:51 | 00:23:53.07 | 00:23:57.93 | 4:30 | 13.3 |
| 31 | NOWAK BEATA | 374 | ZZOZOLKI | PUNĆÓW | POL | 50-59 LAT | 3 | 31 | ZZOZOLKI | | 00:10:00 | 00:23:57.25 | 00:24:00.43 | 4:31 | 13.3 |
| 32 | SUSHKO MARYNA | 663 | RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM" | RYBNIK | POL | 30-39 LAT | 14 | 32 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | ZIELONE DZIEWCZYNY | 00:10:33 | 00:23:57.68 | 00:24:03.50 | 4:31 | 13.3 |
| 33 | BINIENDA AGNIESZKA | 449 | KOBIETY WATAHY | ZABRZE | POL | 40-49 LAT | 14 | 33 | | | 00:10:16 | 00:24:01.91 | 00:24:05.91 | 4:31 | 13.2 |
| 34 | DYCEK BASIA | 582 | DYCUŚ TEAM | ŻYROWA | POL | 30-39 LAT | 15 | 34 | DYCUŚ TEAM | | 00:10:16 | 00:24:00.20 | 00:24:08.92 | 4:31 | 13.3 |
| 35 | CZYŻ LEONARDA | 366 | ZZOZOLKI | CIESZYŃ | POL | 50-59 LAT | 4 | 35 | ZZOZOLKI | | 00:10:11 | 00:24:05.69 | 00:24:09.22 | 4:32 | 13.2 |
| 36 | GRYCMAN MARTA | 433 | | TURZA ŚLĄSKA | POL | 30-39 LAT | 16 | 36 | | M I A | 00:10:15 | 00:24:11.61 | 00:24:17.41 | 4:33 | 13.1 |
| 37 | TANIŠTRA - SŁOWIK KATARZYNA | 522 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 13 | 37 | HURAGAN LIGOTA | | 00:10:21 | 00:23:58.94 | 00:24:23.85 | 4:31 | 13.3 |
| 38 | MIKULAK NATALIA | 423 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 4 | 38 | | | 00:10:19 | 00:24:20.75 | 00:24:26.94 | 4:35 | 13.1 |
| 39 | SZOJDA PAULINA | 96 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 15 | 39 | VIKING TRAINING CENTER | | 00:10:16 | 00:24:20.82 | 00:24:27.32 | 4:35 | 13.1 |
| 40 | NIEŚLAŃCZYK MAŁGORZATA | 485 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 17 | 40 | WATAHA | | 00:10:20 | 00:24:29.70 | 00:24:32.34 | 4:37 | 13 |
| 41 | PERKOWSKA DARIA | 987 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 18 | 41 | KOBIETY NA 5+ | | 00:10:14 | 00:24:32.46 | 00:24:36.28 | 4:37 | 13 |
| 42 | KONDRZIOŁKA KINGA | 308 | | ZEBRZYDOWICE | POL | 20-29 LAT | 5 | 42 | ZZOZOLKI | | 00:10:31 | 00:24:36.23 | 00:24:38.05 | 4:38 | 12.9 |
| 43 | MOCHOCKA AGNIESZKA | 728 | | ŻORY | POL | 40-49 LAT | 16 | 43 | TEAM OLI LIDL | | 00:10:20 | 00:24:22.51 | 00:24:39.88 | 4:35 | 13.1 |
| 44 | PASŁAWSKA KATARZYNA | 140 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 19 | 44 | KOBIETY NA 5+ | | 00:10:14 | 00:24:39.26 | 00:24:43.07 | 4:39 | 12.9 |
| 45 | BIAŁOŃCZYK JOANNA | 218 | BYLE DO METY | ZEBRZYDOWICE | POL | 30-39 LAT | 17 | 45 | BYLE DO METY | | 00:11:04 | 00:24:30.61 | 00:24:45.60 | 4:37 | 13 |
| 46 | SIKORA WIKTORIA | 685 | | CIESZYŃ | POL | 20-29 LAT | 6 | 46 | | | 00:10:40 | 00:24:48.66 | 00:24:53.15 | 4:40 | 12.8 |
| 47 | PAWŁOWSKA BEATA | 178 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 6 | 47 | | | 00:10:18 | 00:24:49.51 | 00:24:55.62 | 4:40 | 12.8 |
| 48 | SZAFARCZYK EUGENIA | 279 | RUNSZ-TEAM | OCHABY MAŁE | POL | 60+ | 1 | 48 | RUNSZ-TEAM | | 00:10:23 | 00:24:59.81 | 00:25:00.18 | 4:42 | 12.7 |
| 49 | NOWAK EWA | 477 | | MYSŁOWICE | POL | 50-59 LAT | 5 | 49 | | E&K | 00:10:52 | 00:24:46.97 | 00:25:00.66 | 4:40 | 12.8 |
| 50 | MIELAŃCZYK PATRYCJA | 142 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 18 | 50 | | | 00:10:31 | 00:25:04.57 | 00:25:07.29 | 4:43 | 12.7 |
| 51 | JANKO JOANNA | 157 | | ŻORY | POL | 30-39 LAT | 20 | 51 | | | 00:10:57 | 00:25:13.13 | 00:25:14.95 | 4:45 | 12.6 |
| 52 | KIEŁKOWSKA MARIA | 942 | | PSZCZYNA | POL | 40-49 LAT | 21 | 52 | | | 00:11:07 | 00:25:08.60 | 00:25:17.45 | 4:44 | 12.7 |
| 53 | KANDORA KATARZYNA | 676 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 16-19 LAT | 1 | 53 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:50 | 00:25:16.90 | 00:25:20.84 | 4:46 | 12.6 |
| 54 | MATERNOWSKA SANDRA | 819 | | STRUMIEŃ | POL | 30-39 LAT | 22 | 54 | | | 00:10:27 | 00:25:19.85 | 00:25:23.00 | 4:46 | 12.6 |
| 55 | GABER MAGDALENA | 202 | #JUSTFEELFITTEAM | UJSOŁY | POL | 40-49 LAT | 20 | 55 | #JUSTFEELFITTEAM | | 00:10:47 | 00:24:53.44 | 00:25:23.64 | 4:41 | 12.8 |
| 56 | PORCZYŃSKA PATRYCJA | 870 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 19 | 56 | SPOT PSZCZYNA | DIEGO&COCO | 00:11:04 | 00:25:12.70 | 00:25:24.26 | 4:45 | 12.6 |
| 57 | SOŁTYSEK BARBARA | 623 | #JUSTFEELFITTEAM | CISIEC | POL | 40-49 LAT | 22 | 57 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:10:55 | 00:25:13.28 | 00:25:24.62 | 4:45 | 12.6 |
| 58 | RYŁKO-ŻYŁA KAMILA | 484 | JUSTFEELFITTEAM | BIELSKO-BIAŁA | POL | 30-39 LAT | 21 | 58 | #JUSTFEELFITTEAM | | 00:10:54 | 00:25:13.14 | 00:25:25.07 | 4:45 | 12.6 |
| 59 | POZNAK MARIA | 416 | | DOBRZEŃ WIELKI | POL | 20-29 LAT | 7 | 59 | | | 00:10:52 | 00:25:22.30 | 00:25:35.60 | 4:47 | 12.5 |
| 60 | LOSKOT MONIKA | 557 | | TYCHY | POL | 40-49 LAT | 24 | 60 | | MONIKA I JOLA | 00:10:31 | 00:25:33.42 | 00:25:35.89 | 4:49 | 12.4 |
| 61 | SŁOWIK MARLENA | 119 | #JUSTFEELFITTEAM | CIĘCINA | POL | 16-19 LAT | 2 | 61 | #JUSTFEELFITTEAM | | 00:10:48 | 00:25:32.05 | 00:25:37.21 | 4:49 | 12.5 |
| 62 | GOZDALSKA-ZACHŁÓD SYLWIA | 674 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 23 | 62 | | | 00:10:33 | 00:25:34.14 | 00:25:38.29 | 4:49 | 12.4 |
| 63 | KWAPISZ-BONUSIAK DOROTA | 2 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 25 | 63 | | | 00:10:43 | 00:25:39.88 | 00:25:41.88 | 4:50 | 12.4 |
| 64 | SUSZCZYK MONIKA | 121 | MORS HUBERTUS | MYSŁOWICE | POL | 40-49 LAT | 23 | 64 | | GAZELE | 00:11:18 | 00:25:31.05 | 00:25:41.91 | 4:48 | 12.5 |
| 65 | GRZYBEK MAŁGORZATA | 817 | | POGWIZDÓW | POL | 30-39 LAT | 24 | 65 | | | 00:10:56 | 00:25:39.35 | 00:25:44.61 | 4:50 | 12.4 |
| 66 | MENTELSKA WIOLETA | 345 | POWOLI DO CELU | HARMEŻE | POL | 30-39 LAT | 26 | 66 | POWOLI DO CELU | | 00:10:30 | 00:25:41.13 | 00:25:45.80 | 4:50 | 12.4 |
| 67 | DOMAŃSKA JOANNA | 41 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 27 | 67 | | | 00:10:30 | 00:25:49.43 | 00:25:55.76 | 4:52 | 12.3 |
| 68 | PIDANTY MILENA | 465 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 28 | 68 | | | 00:11:20 | 00:25:52.44 | 00:26:00.77 | 4:52 | 12.3 |
| 69 | MISTEROWICZ KINGA | 290 | RUNSZ-TEAM | PISARZOWICE | POL | 30-39 LAT | 29 | 69 | RUNSZ-TEAM | | 00:11:08 | 00:26:00.95 | 00:26:02.77 | 4:54 | 12.2 |
| 70 | DAICZMANEK ALEKSANDRA | 91 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 25 | 70 | | | 00:11:16 | 00:26:06.21 | 00:26:13.59 | 4:55 | 12.2 |
| 71 | KOWALONEK ALEKSANDRA | 716 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 8 | 71 | | @GOOD VIBES | 00:10:51 | 00:26:14.82 | 00:26:19.42 | 4:56 | 12.1 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|----------------|----------|-------------|-------------|--------|------|
| 72 | HANDY SAMANTA | 138 | POWOLI DO CELU | KĘTY | POL | 30-39 LAT | 31 | 72 | POWOLI DO CELU | | 00:10:58 | 00:26:08.09 | 00:26:22.79 | 4:55 | 12.2 |
| 73 | MUSIOŁ HELENA | 543 | | RYBNIK | POL | 40-49 LAT | 26 | 73 | | | 00:10:59 | 00:26:20.31 | 00:26:23.87 | 4:58 | 12.1 |
| 74 | BROCKA ANITA | 431 | SILESIA TRIATHLON TEAM | TURZA ŚLĄSKA | POL | 50-59 LAT | 7 | 74 | SILESIA TRIATHLON TEAM | M I A | 00:11:09 | 00:26:23.92 | 00:26:29.89 | 4:58 | 12.1 |
| 75 | MUSIAŁ WIOLETTA | 113 | GALOPUJĄCE ŚLIMAKI | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 27 | 75 | | | 00:11:24 | 00:26:24.28 | 00:26:30.94 | 4:58 | 12 |
| 76 | HANARZ JOANNA | 209 | #JUSTFEELFITTEAM | SOPOTNIA WIELKA | POL | 30-39 LAT | 32 | 76 | #JUSTFEELFITTEAM | | 00:11:12 | 00:26:30.59 | 00:26:38.41 | 5:00 | 12 |
| 77 | POPEK BARBARA | 59 | SOBIESKI 6 | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 8 | 77 | SOBIESKI 6 | SOBIESKI 6 | 00:11:02 | 00:26:34.48 | 00:26:39.57 | 5:00 | 12 |
| 78 | PUSTELNIK JUSTYNA | 707 | | RYBNIK | POL | 40-49 LAT | 29 | 78 | | | 00:11:04 | 00:26:33.88 | 00:26:40.07 | 5:00 | 12 |
| 79 | SZCZĘSNA KINGA | 389 | RUNSZ-TEAM | SKOCZÓW | POL | 20-29 LAT | 9 | 79 | RUNSZ-TEAM | | 00:12:04 | 00:26:38.57 | 00:26:41.73 | 5:01 | 11.9 |
| 80 | GOŁBA-KĘSKA EWA | 283 | | OŚWIĘCIM | POL | 30-39 LAT | 30 | 80 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:41 | 00:26:02.70 | 00:26:42.63 | 4:54 | 12.2 |
| 81 | HANDZLIK-STARZYK ANNA | 136 | | PORĘBA WIELKA | POL | 40-49 LAT | 28 | 81 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:45 | 00:26:29.08 | 00:26:42.96 | 4:59 | 12 |
| 82 | LERCH-HENCZKO MARIA | 645 | AKTYWNIENIE NAKRĘCENI | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 34 | 82 | | | 00:10:54 | 00:26:42.79 | 00:26:50.05 | 5:02 | 11.9 |
| 83 | CHROMIK KRYSZYNA | 828 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 33 | 83 | | DWIE SZALONE | 00:11:05 | 00:26:30.83 | 00:26:53.96 | 5:00 | 12 |
| 84 | MENDECKA DARIA | 233 | MOSIR ŁAZISKA GÓRNE | GLIWICE | POL | 30-39 LAT | 35 | 84 | | | 00:11:15 | 00:26:48.82 | 00:26:55.32 | 5:03 | 11.9 |
| 85 | HELIOSZ AGNIESZKA | 457 | | KROSTOSZOWICE | POL | 40-49 LAT | 33 | 85 | | | 00:11:14 | 00:26:52.53 | 00:26:57.50 | 5:04 | 11.8 |
| 86 | KORDEK DOROTA | 387 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 31 | 86 | | | 00:11:26 | 00:26:44.81 | 00:26:57.80 | 5:02 | 11.9 |
| 87 | MAZUR MAŁGORZATA | 750 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 30 | 87 | | | 00:11:26 | 00:26:36.03 | 00:27:05.13 | 5:01 | 12 |
| 88 | LACH EWELINA | 679 | | ŚWIERKLANY | POL | 40-49 LAT | 35 | 88 | | | 00:11:21 | 00:26:57.85 | 00:27:06.46 | 5:05 | 11.8 |
| 89 | JESIONEK MAŁGORZATA | 105 | VIKING TRAINING CENTER | IMIELIN | POL | 40-49 LAT | 32 | 89 | VIKING TRAINING CENTER | | 00:11:40 | 00:26:50.54 | 00:27:08.03 | 5:03 | 11.9 |
| 90 | URBANEK IWONA | 644 | | BIERUŃ | POL | 40-49 LAT | 34 | 90 | | | 00:11:31 | 00:26:55.48 | 00:27:12.87 | 5:04 | 11.8 |
| 91 | KIERMACZ DOROTA | 478 | JEJKOWICE BIEGAJĄ | SZCZERBICE | POL | 30-39 LAT | 37 | 91 | JEJKOWICKIE KOBIETKI | | 00:11:58 | 00:27:11.22 | 00:27:15.13 | 5:07 | 11.7 |
| 92 | LEPA KLAUDIA | 910 | | RUDA ŚLĄSKA | POL | 20-29 LAT | 10 | 92 | | | 00:11:31 | 00:27:13.03 | 00:27:18.53 | 5:08 | 11.7 |
| 93 | MACHNIK IWONA | 358 | JEJKOWICE BIEGAJĄ | JEJKOWICE | POL | 30-39 LAT | 38 | 93 | JEJKOWICKIE KOBIETKI | | 00:11:56 | 00:27:13.85 | 00:27:18.85 | 5:08 | 11.7 |
| 94 | KRAKOWCZYK TATIANA | 153 | | OŚWIĘCIM | POL | 40-49 LAT | 36 | 94 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:44 | 00:27:06.15 | 00:27:20.38 | 5:06 | 11.7 |
| 95 | SIKORA ANNA | 993 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 36 | 95 | NESSI SPORTSWEAR | | 00:11:37 | 00:26:52.09 | 00:27:27.49 | 5:04 | 11.8 |
| 96 | PAJESTKA KATARZYNA | 421 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 39 | 96 | | | 00:11:39 | 00:27:23.86 | 00:27:30.19 | 5:10 | 11.6 |
| 97 | SLISZ MARIA | 189 | DECATHLON I PRZYJACIELE | RYBNIK | POL | 50-59 LAT | 9 | 97 | | M&M | 00:11:38 | 00:27:24.78 | 00:27:33.91 | 5:10 | 11.6 |
| 98 | KUFIETA MAGDALENA | 788 | DECATHLON | RYBNIK | POL | 40-49 LAT | 40 | 98 | | M&M | 00:11:35 | 00:27:24.55 | 00:27:33.97 | 5:10 | 11.6 |
| 99 | KUPCZAK DOMINIKA | 643 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 3 | 99 | | | 00:11:40 | 00:27:31.61 | 00:27:34.79 | 5:11 | 11.6 |
| 100 | LORENZ AGNIESZKA | 261 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 38 | 100 | NICE GIRLS | | 00:11:41 | 00:27:15.18 | 00:27:35.18 | 5:08 | 11.7 |
| 101 | PIOTROWSKA ANNA | 554 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 37 | 101 | HURAGAN LIGOTA | | 00:12:01 | 00:27:13.40 | 00:27:38.33 | 5:08 | 11.7 |
| 102 | HOLONA AGATA | 659 | | ŻORY | POL | 30-39 LAT | 40 | 102 | | | 00:11:34 | 00:27:37.82 | 00:27:39.64 | 5:12 | 11.5 |
| 103 | SOKÓL-PISZCZEK AGNIESZKA | 943 | PRO INDUSTRIA ŻORY TEAM | ŻORY | POL | 40-49 LAT | 42 | 103 | | | 00:12:02 | 00:27:27.07 | 00:27:41.80 | 5:10 | 11.6 |
| 104 | DYCZEK KLAUDIA | 95 | DYCUŻ TEAM | ZDZIESZOWICE | POL | 40-49 LAT | 45 | 104 | DYCUŻ TEAM | | 00:11:57 | 00:27:35.42 | 00:27:44.94 | 5:12 | 11.5 |
| 105 | GARBOŚ WERONIKA | 921 | | ŻORY | POL | 40-49 LAT | 43 | 105 | | | 00:11:57 | 00:27:27.66 | 00:27:46.18 | 5:10 | 11.6 |
| 106 | GOŁOFIT EDYTA | 995 | | SZCZERBICE | POL | 20-29 LAT | 11 | 106 | OPEL FIJAŁKOWSKI | | 00:11:59 | 00:27:35.88 | 00:27:47.47 | 5:12 | 11.5 |
| 107 | PIĄTEK PATRYCJA | 696 | | RYBNIK | POL | 20-29 LAT | 13 | 107 | | MAJOWE PSIAPSI | 00:11:48 | 00:27:42.22 | 00:27:49.93 | 5:13 | 11.5 |
| 108 | HAŁASA ANNA | 778 | | PŁAWNIOWICE | POL | 20-29 LAT | 12 | 108 | | | 00:11:55 | 00:27:39.17 | 00:27:50.13 | 5:13 | 11.5 |
| 109 | BIENKO EDYTA | 446 | | LIGOTA | POL | 40-49 LAT | 41 | 109 | | | 00:11:38 | 00:27:25.99 | 00:27:50.62 | 5:10 | 11.6 |
| 110 | RASZKA-TRZÓPEK DOROTA | 306 | | ŻORY | POL | 30-39 LAT | 41 | 110 | | | 00:12:13 | 00:27:53.59 | 00:28:00.69 | 5:15 | 11.4 |
| 111 | SZPYRA ANIELA | 239 | SOBIESKI6 | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 5 | 111 | SOBIESKI 6 | | 00:11:45 | 00:27:56.03 | 00:28:01.11 | 5:16 | 11.4 |
| 112 | BAC MAŁGORZATA | 857 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 4 | 112 | | | 00:11:30 | 00:27:51.15 | 00:28:02.57 | 5:15 | 11.4 |
| 113 | TALIK MONIKA | 111 | | ŻYWIEC | POL | 40-49 LAT | 47 | 113 | | BABY GÓRA | 00:11:43 | 00:27:51.92 | 00:28:04.65 | 5:15 | 11.4 |
| 114 | ZIEMIŃSKA PAULINA | 11 | | SKOCZÓW | POL | 20-29 LAT | 14 | 114 | | | 00:11:59 | 00:27:53.05 | 00:28:07.84 | 5:15 | 11.4 |
| 115 | GRZYB KLAUDIA | 856 | | ZABRZE | POL | 30-39 LAT | 39 | 115 | | | 00:12:23 | 00:27:18.05 | 00:28:17.57 | 5:09 | 11.6 |
| 116 | CZYŻ WIOLA | 160 | | ZABRZE | POL | 40-49 LAT | 44 | 116 | | | 00:12:13 | 00:27:28.29 | 00:28:18.97 | 5:10 | 11.6 |
| 117 | WERNIK KATARZYNA | 268 | | RADLIN | POL | 50-59 LAT | 10 | 117 | | | 00:12:02 | 00:28:14.99 | 00:28:22.17 | 5:19 | 11.3 |
| 118 | BAKOWSKA JUSTYNA | 338 | | STRUMIEŃ | POL | 40-49 LAT | 50 | 118 | | | 00:12:15 | 00:28:04.33 | 00:28:23.10 | 5:17 | 11.3 |
| 119 | DZIOBEK DOMINIKA | 317 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 52 | 119 | | | 00:11:27 | 00:28:21.46 | 00:28:24.79 | 5:20 | 11.2 |
| 120 | MAZUR ANNA | 883 | ZIMNOKRWISTE WIEWIÓRKI | KOBIÓR | POL | 30-39 LAT | 42 | 120 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:51 | 00:27:56.72 | 00:28:26.82 | 5:16 | 11.4 |
| 121 | MADEJA ALEKSANDRA | 376 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 51 | 121 | MIECHOWICKA GRUPA BIEGOWA | | 00:12:18 | 00:28:16.32 | 00:28:28.37 | 5:20 | 11.3 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|--|----------------------|------|-----------|--------|-----|------------------------|-----------------------------|----------|-------------|-------------|--------|------|
| 122 | KRZAK NATALIA | 924 | | WIŚLICA | POL | 40-49 LAT | 56 | 122 | | | 00:12:00 | 00:28:25.55 | 00:28:30.46 | 5:21 | 11.2 |
| 123 | RAŹNIAK BEATA | 172 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 11 | 123 | KOBIETY NA 5+ | | 00:12:19 | 00:28:24.70 | 00:28:30.86 | 5:21 | 11.2 |
| 124 | PIETRZYK MAŁGORZATA | 715 | | BYTOM | POL | 40-49 LAT | 46 | 124 | | | 00:12:24 | 00:27:35.71 | 00:28:35.14 | 5:12 | 11.5 |
| 125 | RABSZTYN-PILARSKA SYLWIA | 627 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 54 | 125 | KOBIETY NA 5+ | | 00:12:01 | 00:28:22.67 | 00:28:35.37 | 5:21 | 11.2 |
| 126 | WANDZEL ANNA | 26 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 49 | 126 | | | 00:11:59 | 00:28:04.19 | 00:28:35.64 | 5:17 | 11.3 |
| 127 | SMOLORZ ANNA | 3 | | SIEMIANOWICE ŚLĄSKIE | POL | 30-39 LAT | 43 | 127 | | | 00:12:21 | 00:28:14.07 | 00:28:35.97 | 5:19 | 11.3 |
| 128 | KASPERCZYK ALEKSANDRA | 256 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 48 | 128 | WARTKIE PIERONICE | | 00:12:22 | 00:27:59.25 | 00:28:36.67 | 5:16 | 11.4 |
| 129 | PLASKA BARBARA | 15 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 12 | 129 | KOBIETY NA 5+ | | 00:11:57 | 00:28:30.05 | 00:28:41.47 | 5:22 | 11.2 |
| 130 | GORZELAK JOANNA | 913 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 57 | 130 | KOBIETY NA 5+ | | 00:12:06 | 00:28:30.12 | 00:28:41.51 | 5:22 | 11.2 |
| 131 | PASTUCHA ANNA | 377 | | KRAPKOWICE | POL | 60+ | 2 | 131 | | | 00:12:11 | 00:28:35.36 | 00:28:44.58 | 5:23 | 11.1 |
| 132 | KUFKA JUDYTA | 626 | | ŚWIERKLANY | POL | 30-39 LAT | 44 | 132 | | | 00:12:06 | 00:28:16.38 | 00:28:44.85 | 5:20 | 11.3 |
| 133 | MARCZYŃSKA IZABELA | 660 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 46 | 133 | | | 00:11:53 | 00:28:40.78 | 00:28:46.00 | 5:24 | 11.1 |
| 134 | OLECH KINGA | 698 | | RYBNIK | POL | 20-29 LAT | 17 | 134 | | MAJOWE PSIAPSI | 00:11:50 | 00:28:40.87 | 00:28:48.00 | 5:24 | 11.1 |
| 135 | WIDUCH KATARZYNA | 722 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 45 | 135 | | IDZIEMY BIEGAĆ | 00:11:55 | 00:28:38.86 | 00:28:49.33 | 5:24 | 11.1 |
| 136 | MARSZAŁKOWSKA DARIA | 939 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 59 | 136 | | | 00:12:19 | 00:28:35.34 | 00:28:49.42 | 5:23 | 11.1 |
| 137 | PARMA ANNA | 944 | | GORZYCKI | POL | 30-39 LAT | 47 | 137 | | | 00:11:52 | 00:28:42.57 | 00:28:49.93 | 5:24 | 11.1 |
| 138 | PIECHA-ŁACHAJCZYK HANNA | 470 | | RYBNIK | POL | 40-49 LAT | 55 | 138 | | KIEDY JAK NIE TERAZ? | 00:12:28 | 00:28:23.23 | 00:28:49.99 | 5:21 | 11.2 |
| 139 | BANACH EWA | 629 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 48 | 139 | | | 00:12:06 | 00:28:44.78 | 00:28:51.52 | 5:25 | 11.1 |
| 140 | SZEWERDA HANNA | 541 | | BYTOM | POL | 40-49 LAT | 53 | 140 | | | 00:12:17 | 00:28:22.08 | 00:28:51.77 | 5:21 | 11.2 |
| 141 | SZEWczyk MARZENA | 482 | JEJKOWICE BIEGAJĄ | JEJKOWICE | POL | 40-49 LAT | 58 | 141 | JEJKOWICKIE KOBIETKI | | 00:12:27 | 00:28:35.09 | 00:28:51.97 | 5:23 | 11.1 |
| 142 | PROKOP IWONA | 986 | | RUDA ŚLĄSKA | POL | 50-59 LAT | 13 | 142 | | | 00:12:34 | 00:28:37.52 | 00:28:52.56 | 5:23 | 11.1 |
| 143 | KRAWCZYK URSZULA | 255 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 15 | 143 | | | 00:12:24 | 00:28:14.89 | 00:29:00.66 | 5:19 | 11.3 |
| 144 | DĄBROWSKA AGATA | 846 | | ŻORY | POL | 40-49 LAT | 62 | 144 | | | 00:12:19 | 00:28:48.57 | 00:29:01.82 | 5:26 | 11 |
| 145 | ŁATKA DOROTA | 729 | | ŻORY | POL | 50-59 LAT | 14 | 145 | | | 00:12:05 | 00:28:51.93 | 00:29:04.26 | 5:26 | 11 |
| 146 | GRUSZKIEWICZ SYLWIA | 511 | | CZERWIONKA-LESZCZYNY | POL | 40-49 LAT | 61 | 146 | | | 00:12:05 | 00:28:44.00 | 00:29:04.87 | 5:25 | 11.1 |
| 147 | PYTEL RENATA | 248 | | PIELGRZYMOWICE | POL | 50-59 LAT | 17 | 147 | SOBIESKI 6 | SOBIESKI 6 | 00:11:52 | 00:28:59.18 | 00:29:05.89 | 5:28 | 11 |
| 148 | SZYM CZYK TERESA | 469 | TEAM SZYM CZYKI /ZABIEGANA BABCIA | CZĘSTOCHOWA | POL | 60+ | 3 | 148 | | | 00:12:11 | 00:28:50.60 | 00:29:06.57 | 5:26 | 11 |
| 149 | SKIBA KRZYSIA | 396 | | RYBNIK | POL | 40-49 LAT | 65 | 149 | | | 00:12:33 | 00:29:04.51 | 00:29:13.99 | 5:29 | 10.9 |
| 150 | BOJDA BRYGIDA | 150 | PORANNY BESKID RUN | PIERŚCIEC | POL | 40-49 LAT | 64 | 150 | | | 00:12:20 | 00:29:01.94 | 00:29:17.78 | 5:28 | 11 |
| 151 | MAZGAJ GRAŻYNA | 745 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 16 | 151 | | | 00:12:18 | 00:28:58.03 | 00:29:17.97 | 5:27 | 11 |
| 152 | TERESZYŃSKA ANNA | 632 | | LAZISKA GÓRNE | POL | 40-49 LAT | 66 | 152 | | | 00:11:57 | 00:29:10.96 | 00:29:19.22 | 5:30 | 10.9 |
| 153 | SOŁTYS WIKTORIA | 535 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 16 | 153 | | | 00:12:14 | 00:28:38.14 | 00:29:20.17 | 5:24 | 11.1 |
| 154 | SAJNAJ IZABELA | 321 | | GLIWICE | POL | 40-49 LAT | 60 | 154 | | IZOLDA&IWI | 00:12:24 | 00:28:40.94 | 00:29:22.08 | 5:24 | 11.1 |
| 155 | PAWLIKOWSKA BARBARA | 639 | | ŻORY | POL | 40-49 LAT | 67 | 155 | | IDZIEMY BIEGAĆ | 00:12:02 | 00:29:15.37 | 00:29:25.41 | 5:31 | 10.9 |
| 156 | MIKOŁAJEC PAULINA | 949 | | ŻORY | POL | 20-29 LAT | 18 | 156 | | | 00:12:41 | 00:29:15.15 | 00:29:31.35 | 5:31 | 10.9 |
| 157 | PUDA DOROTA | 981 | KOBIETY NA 5+ | MNICH | POL | 50-59 LAT | 20 | 157 | KOBIETY NA 5+ | | 00:12:18 | 00:29:20.13 | 00:29:33.58 | 5:32 | 10.8 |
| 158 | HUTYRA EWA | 289 | | RAJCZA | POL | 30-39 LAT | 49 | 158 | | | 00:12:26 | 00:29:10.01 | 00:29:35.43 | 5:30 | 10.9 |
| 159 | JAKUBOWSKA ALEKSANDRA | 759 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 63 | 159 | | | 00:12:56 | 00:28:58.68 | 00:29:40.60 | 5:27 | 11 |
| 160 | ŁATA-KUNERT MAGDALENA | 869 | FEMINGO NOWOCZESNA FIZJOTERAPIA KOBIET | RYBNIK | POL | 40-49 LAT | 71 | 160 | | | 00:12:21 | 00:29:36.50 | 00:29:41.54 | 5:35 | 10.7 |
| 161 | SKRZYPOSEK MAŁGORZATA | 320 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 15 | 161 | WARTKIE PIERONICE | | 00:12:34 | 00:28:54.04 | 00:29:42.21 | 5:27 | 11 |
| 162 | SPYRKA MONIKA | 555 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 52 | 162 | KLUB BIEGACZA FARTLEK | KLUB BIEGACZA FARTLEK GIRLS | 00:12:05 | 00:29:30.11 | 00:29:44.53 | 5:33 | 10.8 |
| 163 | PIONTEK SABINA | 281 | MIEDONIA FIT | RACIBÓRZ | POL | 30-39 LAT | 55 | 163 | | | 00:12:30 | 00:29:33.58 | 00:29:44.63 | 5:34 | 10.8 |
| 164 | GARUS MAGDALENA | 271 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 72 | 164 | | | 00:12:27 | 00:29:40.12 | 00:29:47.07 | 5:35 | 10.7 |
| 165 | PŁOTKA IWONA | 824 | SZPRYCHY | RYBNIK | POL | 30-39 LAT | 51 | 165 | SZPRYCHY | SZPRYCHY | 00:12:24 | 00:29:26.10 | 00:29:47.44 | 5:33 | 10.8 |
| 166 | PACHUT JUSTYNA | 527 | VIKING TRAINING CENTER | PIASEK | POL | 40-49 LAT | 68 | 166 | | | 00:12:48 | 00:29:16.56 | 00:29:47.88 | 5:31 | 10.9 |
| 167 | GRABIAŃSKA KATARZYNA | 245 | VIKING TRAINING CENTER | KATOWICE | POL | 40-49 LAT | 69 | 167 | VIKING TRAINING CENTER | | 00:12:46 | 00:29:17.90 | 00:29:48.03 | 5:31 | 10.9 |
| 168 | BRASZKIEWICZ AGNIESZKA | 957 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 58 | 168 | | | 00:12:37 | 00:29:35.17 | 00:29:50.08 | 5:34 | 10.7 |
| 169 | PAŁUCKA MONIKA | 491 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 61 | 169 | POWOLI DO CELU | | 00:12:33 | 00:29:46.22 | 00:29:50.17 | 5:36 | 10.7 |
| 170 | WOJTAS KINGA | 600 | POWOLI DO CELU | WOLA | POL | 20-29 LAT | 19 | 170 | POWOLI DO CELU | | 00:13:08 | 00:29:30.37 | 00:29:51.11 | 5:33 | 10.8 |
| 171 | KĄKOL-WOJTAS KATARZYNA | 300 | POWOLI DO CELU | WOLA | POL | 40-49 LAT | 70 | 171 | POWOLI DO CELU | | 00:13:07 | 00:29:29.44 | 00:29:51.74 | 5:33 | 10.8 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-----------------------------------|------------------|------|-----------|--------|-----|------------------------------|---------------------------|----------|-------------|-------------|--------|------|
| 172 | REJBICZ WERONIKA | 937 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 59 | 172 | | | 00:12:39 | 00:29:38.74 | 00:29:53.27 | 5:35 | 10.7 |
| 173 | ADAMEK STELLA | 681 | | ZABŁOCIE | POL | 30-39 LAT | 50 | 173 | | | 00:13:10 | 00:29:14.34 | 00:29:57.88 | 5:30 | 10.9 |
| 174 | SOKÓL-OLEŚ EVELINA | 254 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 18 | 174 | RUNTEAM PAWŁOWICE | | 00:13:00 | 00:29:05.24 | 00:29:59.21 | 5:29 | 10.9 |
| 175 | CHMURA EVELINA | 127 | #JUSTFEELFITTEAM | ŻABNICA | POL | 30-39 LAT | 53 | 175 | #JUSTFEELFITTEAM | | 00:13:17 | 00:29:31.15 | 00:29:59.94 | 5:34 | 10.8 |
| 176 | KUBECKA JOLANTA | 356 | ZZOZOLKI | PIERŚCIEC | POL | 50-59 LAT | 23 | 176 | ZZOZOLKI | | 00:12:36 | 00:29:43.51 | 00:30:01.69 | 5:36 | 10.7 |
| 177 | ROZMUS MARZENA | 971 | STS BIEGATON MIKOŁÓW | KATOWICE | POL | 50-59 LAT | 19 | 177 | | NAJLEPSZE | 00:12:54 | 00:29:19.18 | 00:30:02.14 | 5:31 | 10.8 |
| 178 | FRYZIK MONIKA | 574 | | OPATÓW | POL | 20-29 LAT | 20 | 178 | | | 00:13:23 | 00:29:39.53 | 00:30:03.30 | 5:35 | 10.7 |
| 179 | KONIECKO KAROLINA | 1323 | | PAWŁOWICE | POL | 30-39 LAT | 56 | 179 | | | 00:12:27 | 00:29:33.75 | 00:30:03.58 | 5:34 | 10.8 |
| 180 | GŁĄBEK EDYTA | 501 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 63 | 180 | SPOT PSZCZYNA | | 00:12:38 | 00:29:53.67 | 00:30:03.94 | 5:38 | 10.6 |
| 181 | BUCHHOLZ MAJKA | 412 | | LESZCZYNY | POL | 50-59 LAT | 25 | 181 | | | 00:12:33 | 00:30:00.45 | 00:30:04.06 | 5:39 | 10.6 |
| 182 | KANIA MONIKA | 171 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 74 | 182 | | | 00:12:43 | 00:29:47.16 | 00:30:05.79 | 5:37 | 10.7 |
| 183 | GÓRKA BARBARA | 452 | RUN TEAM | ŻORY | POL | 40-49 LAT | 79 | 183 | RUNTEAM PAWŁOWICE | | 00:13:15 | 00:30:06.18 | 00:30:08.00 | 5:40 | 10.6 |
| 184 | BURDA RENATA | 474 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 50-59 LAT | 21 | 184 | | | 00:12:47 | 00:29:33.25 | 00:30:08.06 | 5:34 | 10.8 |
| 185 | MARCISZ NATALIA | 974 | | ŻORY | POL | 20-29 LAT | 21 | 185 | | | 00:13:00 | 00:29:50.18 | 00:30:08.11 | 5:37 | 10.7 |
| 186 | GAŁUSZKA KATARZYNA | 227 | | RADZIECHOWY | POL | 30-39 LAT | 54 | 186 | | | 00:12:01 | 00:29:32.07 | 00:30:10.84 | 5:34 | 10.8 |
| 187 | PARCHAŃSKA-ŻUREK IWONA | 451 | | POGWIZDÓW | POL | 30-39 LAT | 57 | 187 | | | 00:13:15 | 00:29:35.04 | 00:30:10.95 | 5:34 | 10.7 |
| 188 | ZAMARŁO NATALIA | 919 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 64 | 188 | ZZOZOLKI | | 00:13:10 | 00:29:57.83 | 00:30:12.58 | 5:39 | 10.6 |
| 189 | ZARAŃSKA IZABELA | 486 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 22 | 189 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:12:52 | 00:29:40.04 | 00:30:13.48 | 5:35 | 10.7 |
| 190 | KĘKUŚ DOROTA | 785 | | MARKLOWICE GÓRNE | POL | 40-49 LAT | 82 | 190 | PRZEDSZKOLE MAŁYCH BOHATERÓW | | 00:12:14 | 00:30:11.71 | 00:30:16.53 | 5:41 | 10.5 |
| 191 | GATNER AGNIESZKA | 313 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 80 | 191 | | | 00:12:14 | 00:30:10.02 | 00:30:16.84 | 5:41 | 10.5 |
| 192 | ŁASA IZABELA | 624 | | ŻORY | POL | 40-49 LAT | 75 | 192 | TEAM OLI LIDL | | 00:12:56 | 00:29:53.90 | 00:30:20.53 | 5:38 | 10.6 |
| 193 | IWANCZEWSKA WERONIKA | 838 | | BYTOM | POL | 30-39 LAT | 60 | 193 | WARTKIE PIERONICE | | 00:12:53 | 00:29:45.24 | 00:30:23.08 | 5:36 | 10.7 |
| 194 | TRYBAŁA DANUTA | 497 | | PIELGRZYMOWICE | POL | 40-49 LAT | 73 | 194 | WATAHA | | 00:13:35 | 00:29:46.96 | 00:30:26.28 | 5:36 | 10.7 |
| 195 | LISZKA MONIKA | 217 | TEAM PAPRY/VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 76 | 195 | VIKING TRAINING CENTER | | 00:13:35 | 00:30:00.77 | 00:30:27.28 | 5:39 | 10.6 |
| 196 | LEGIERSKA NATALIA | 683 | TL ATHLETICS JASTRZĘBIE | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 67 | 196 | TL ATHLETICS JASTRZĘBIE | CORRIDORI | 00:12:47 | 00:30:23.06 | 00:30:29.16 | 5:43 | 10.5 |
| 197 | SAMUL KAROLINA | 325 | HURAGAN LIGOTA | SOSNOWIEC | POL | 40-49 LAT | 83 | 197 | HURAGAN LIGOTA | | 00:13:28 | 00:30:16.24 | 00:30:29.28 | 5:42 | 10.5 |
| 198 | RANSZ BEATA | 79 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 27 | 198 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.76 | 00:30:31.51 | 5:42 | 10.5 |
| 199 | RATAJCZAK EWA | 502 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 84 | 199 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.75 | 00:30:31.52 | 5:42 | 10.5 |
| 200 | PRZYBYLSKA-BAK KASIA | 442 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 78 | 200 | VIKING TRAINING CENTER | | 00:12:47 | 00:30:02.10 | 00:30:32.04 | 5:40 | 10.6 |
| 201 | BURZYŃSKA BEATA | 415 | | KATOWICE | POL | 40-49 LAT | 86 | 201 | | RÓŻOWY TRAMPEK | 00:12:39 | 00:30:27.14 | 00:30:33.18 | 5:44 | 10.4 |
| 202 | CHORCHOS MAGDA | 12 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 65 | 202 | | | 00:13:13 | 00:30:17.39 | 00:30:34.40 | 5:42 | 10.5 |
| 203 | JACEK DOROTA | 561 | | WODZISŁAW ŚL | POL | 40-49 LAT | 85 | 203 | | | 00:12:50 | 00:30:25.88 | 00:30:34.85 | 5:44 | 10.5 |
| 204 | SZENDERA-ORSZULIK ZOFIA | 47 | | STUDZIONKA | POL | 40-49 LAT | 88 | 204 | | | 00:12:32 | 00:30:33.31 | 00:30:37.39 | 5:45 | 10.4 |
| 205 | KUŚ MONIKA | 754 | | KOŃCZYCE WIELKIE | POL | 30-39 LAT | 69 | 205 | | | 00:13:05 | 00:30:33.57 | 00:30:39.35 | 5:45 | 10.4 |
| 206 | KOZIELSKA DOMINIKA | 858 | | GLIWICE | POL | 20-29 LAT | 22 | 206 | | | 00:13:30 | 00:30:09.05 | 00:30:40.18 | 5:41 | 10.5 |
| 207 | ADAMUS ANNA | 384 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 77 | 207 | WARTKIE PIERONICE | | 00:13:11 | 00:30:01.71 | 00:30:40.95 | 5:39 | 10.6 |
| 208 | DAWID ŻANETA | 436 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 62 | 208 | VIKING TRAINING CENTER | | 00:13:00 | 00:29:53.61 | 00:30:41.99 | 5:38 | 10.6 |
| 209 | BURCZYK CELINA | 309 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 30 | 209 | HURAGAN LIGOTA | | 00:12:27 | 00:30:32.36 | 00:30:43.26 | 5:45 | 10.4 |
| 210 | NATKANIEC DOROTA | 851 | | BRZEZÓWKA | POL | 50-59 LAT | 26 | 210 | | | 00:13:31 | 00:30:16.95 | 00:30:48.03 | 5:42 | 10.5 |
| 211 | KANTOROWSKA ANIA | 16 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 68 | 211 | POWOLI DO CELU | | 00:13:16 | 00:30:31.71 | 00:30:48.68 | 5:45 | 10.4 |
| 212 | SOCHA MARLENA | 82 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 24 | 212 | WARTKIE PIERONICE | | 00:13:02 | 00:29:52.38 | 00:30:49.49 | 5:38 | 10.6 |
| 213 | MICHAŁAK NIKOLA | 544 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 23 | 213 | | | 00:12:52 | 00:30:10.43 | 00:30:51.66 | 5:41 | 10.5 |
| 214 | JASTRZĘBSKA EWA | 199 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 29 | 214 | | | 00:12:56 | 00:30:29.94 | 00:30:51.85 | 5:45 | 10.4 |
| 215 | WALA ANNA | 162 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 81 | 215 | | | 00:12:57 | 00:30:10.17 | 00:30:51.97 | 5:41 | 10.5 |
| 216 | SZCZOTKA SYLWIA | 46 | #JUSTFEELFITTEAM | RAJCZA | POL | 30-39 LAT | 66 | 216 | #JUSTFEELFITTEAM | | 00:13:27 | 00:30:22.50 | 00:30:58.62 | 5:43 | 10.5 |
| 217 | CELER IWONA | 232 | | TYCHY | POL | 50-59 LAT | 31 | 217 | | | 00:12:54 | 00:30:33.86 | 00:31:00.89 | 5:45 | 10.4 |
| 218 | GENSTY KLAUDIA | 259 | DYSTANS LUBOMIA | LUBOMIA | POL | 50-59 LAT | 33 | 218 | | | 00:13:36 | 00:30:42.27 | 00:31:02.39 | 5:47 | 10.4 |
| 219 | TULKÓ IWONA | 277 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 35 | 219 | | | 00:12:28 | 00:31:02.04 | 00:31:05.34 | 5:51 | 10.2 |
| 220 | SOBIK ANNA | 850 | | RYBNIK | POL | 30-39 LAT | 75 | 220 | | | 00:13:01 | 00:30:56.28 | 00:31:05.41 | 5:50 | 10.3 |
| 221 | BUGŁA WERONIKA | 298 | DYSTANS LUBOMIA | GRABÓWKA | POL | 50-59 LAT | 34 | 221 | | | 00:12:44 | 00:31:01.16 | 00:31:06.50 | 5:51 | 10.3 |
| 222 | NYKIEL MAŁGORZATA | 273 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 28 | 222 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:14:08 | 00:30:28.08 | 00:31:07.11 | 5:44 | 10.4 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------------|-----|--|--------------------------|------|-----------|--------|-----|---|-----------|----------|-------------|-------------|--------|------|
| 223 | BRZUSKA ADRIANNA | 145 | ZZOZOLKI | CIESZYŃ | POL | 20-29 LAT | 24 | 223 | ZZOZOLKI | | 00:12:41 | 00:30:28.30 | 00:31:08.10 | 5:44 | 10.4 |
| 224 | MALISZEWSKA BEATA | 792 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 72 | 224 | | | 00:12:45 | 00:30:45.43 | 00:31:10.24 | 5:48 | 10.3 |
| 225 | CZECH KAROLINA | 804 | | TYCHY | POL | 30-39 LAT | 74 | 225 | | | 00:13:14 | 00:30:51.47 | 00:31:10.53 | 5:49 | 10.3 |
| 226 | TRZEWIK BEATA | 920 | ZIMNOKRWISTE WIEWIÓRKI | OŚWIĘCIM | POL | 50-59 LAT | 32 | 226 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:21 | 00:30:41.06 | 00:31:11.04 | 5:47 | 10.4 |
| 227 | DOBOSZ ILONA | 54 | | MARKLOWICE GÓRNE | POL | 50-59 LAT | 39 | 227 | | | 00:13:06 | 00:31:04.92 | 00:31:12.46 | 5:51 | 10.2 |
| 228 | SZYSZKA NATALIA | 605 | | BYTOM | POL | 30-39 LAT | 79 | 228 | PO JEDNEJ BABCI | | 00:13:10 | 00:31:05.56 | 00:31:14.37 | 5:51 | 10.2 |
| 229 | GACH ANNA | 591 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 83 | 229 | | | 00:12:06 | 00:31:09.52 | 00:31:15.12 | 5:52 | 10.2 |
| 230 | BALCAREK MAGDALENA | 680 | | POŁOMIA | POL | 40-49 LAT | 87 | 230 | | | 00:13:11 | 00:30:33.01 | 00:31:15.79 | 5:45 | 10.4 |
| 231 | JANIK ANNA | 994 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 70 | 231 | NESSI SPORTSWEAR | | 00:13:53 | 00:30:39.56 | 00:31:15.86 | 5:46 | 10.4 |
| 232 | WIERCIGROCH MARIOLA | 173 | | KAMESZNICA | POL | 30-39 LAT | 73 | 232 | #JUSTFEELFITTEAM | | 00:13:24 | 00:30:48.43 | 00:31:16.74 | 5:48 | 10.3 |
| 233 | PATAŁĄG SANDRA | 55 | | MYSŁOWICE | POL | 30-39 LAT | 71 | 233 | | | 00:13:21 | 00:30:40.67 | 00:31:16.92 | 5:47 | 10.4 |
| 234 | MUSIAŁ MARIA | 445 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 4 | 234 | | | 00:13:54 | 00:30:39.03 | 00:31:17.61 | 5:46 | 10.4 |
| 235 | JUREK IZA | 584 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 89 | 235 | NICE GIRLS | | 00:13:41 | 00:30:57.37 | 00:31:17.82 | 5:50 | 10.3 |
| 236 | KROCZEK AGATA | 695 | | ZEBRZYDOWICE | POL | 40-49 LAT | 90 | 236 | NICE GIRLS | | 00:13:42 | 00:30:57.43 | 00:31:17.87 | 5:50 | 10.3 |
| 237 | DĄBROWSKA KATARZYNA | 349 | | SKRBEŃSKO | POL | 40-49 LAT | 99 | 237 | | | 00:12:56 | 00:31:11.81 | 00:31:19.39 | 5:53 | 10.2 |
| 238 | MICHAŁSKA MONIKA | 867 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 81 | 238 | | | 00:13:13 | 00:31:07.21 | 00:31:20.05 | 5:52 | 10.2 |
| 239 | WALEK NATALIA | 693 | | CIESZYŃ | POL | 30-39 LAT | 80 | 239 | | | 00:13:29 | 00:31:06.00 | 00:31:22.18 | 5:52 | 10.2 |
| 240 | KOSIACKA AGNIESZKA | 8 | | RYBNIK | POL | 30-39 LAT | 82 | 240 | | | 00:14:12 | 00:31:07.86 | 00:31:24.01 | 5:52 | 10.2 |
| 241 | DOBRENIUK AURELIA | 70 | | RYBNIK | POL | 40-49 LAT | 103 | 241 | | | 00:12:42 | 00:31:19.97 | 00:31:29.53 | 5:54 | 10.2 |
| 242 | BAJCAR BEATA | 552 | KOBIETY NA 5+ | CHYBIE | POL | 50-59 LAT | 43 | 242 | KOBIETY NA 5+ | | 00:13:09 | 00:31:19.37 | 00:31:32.29 | 5:54 | 10.2 |
| 243 | LACHOWICZ IZABELA | 422 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | 30-39 LAT | 78 | 243 | | | 00:13:10 | 00:31:00.91 | 00:31:32.74 | 5:50 | 10.3 |
| 244 | GABRUŚ IWONA | 418 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | CZERWIONKA-STAN OWICE | POL | 50-59 LAT | 37 | 244 | | | 00:13:12 | 00:31:03.39 | 00:31:32.78 | 5:51 | 10.2 |
| 245 | GROLIK KAROLINA | 573 | | RYBNIK | POL | 40-49 LAT | 93 | 245 | | | 00:13:11 | 00:31:01.20 | 00:31:32.80 | 5:51 | 10.3 |
| 246 | KRZYŻOWSKA IWONA | 318 | | MIKOŁÓW | POL | 40-49 LAT | 100 | 246 | | | 00:13:43 | 00:31:15.88 | 00:31:33.70 | 5:53 | 10.2 |
| 247 | HAŚNIK DARIA | 972 | | TYCHY | POL | 30-39 LAT | 77 | 247 | | NAJLEPSZE | 00:13:16 | 00:30:59.69 | 00:31:34.34 | 5:50 | 10.3 |
| 248 | DĄBROWSKA - KUŚNIERZ EWELINA | 29 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 91 | 248 | | | 00:13:52 | 00:30:57.56 | 00:31:35.01 | 5:50 | 10.3 |
| 249 | LUCIK GRAŻYNA | 329 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 60+ | 6 | 249 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:21 | 00:31:29.84 | 00:31:35.02 | 5:56 | 10.1 |
| 250 | ROJ ANNA | 310 | | | POL | 40-49 LAT | 101 | 250 | | | 00:13:45 | 00:31:18.56 | 00:31:36.07 | 5:54 | 10.2 |
| 251 | KLIMEK-KARAS SYLWIA | 907 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | CZECHOWICE-DZIEDZICE | POL | 40-49 LAT | 106 | 251 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | | 00:14:05 | 00:31:26.41 | 00:31:38.79 | 5:55 | 10.1 |
| 252 | ZIEMIŃSKA PATRYCJA | 10 | | SKOCZÓW | POL | 40-49 LAT | 104 | 252 | | | 00:13:25 | 00:31:24.22 | 00:31:39.47 | 5:55 | 10.1 |
| 253 | SKWORC ILONA | 931 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 92 | 253 | WARTKIE PIERONICE | | 00:13:56 | 00:31:00.53 | 00:31:39.71 | 5:50 | 10.3 |
| 254 | OZDARSKA BEATA | 252 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 38 | 254 | WARTKIE PIERONICE | | 00:13:22 | 00:31:04.53 | 00:31:39.91 | 5:51 | 10.2 |
| 255 | TOMAN ANTONINA | 703 | | CIESZYŃ | | 40-49 LAT | 97 | 255 | | | 00:13:38 | 00:31:04.96 | 00:31:40.19 | 5:51 | 10.2 |
| 256 | KMIECIAK GRAŻYNA | 827 | | RADLIN | POL | 50-59 LAT | 40 | 256 | | | 00:13:31 | 00:31:09.98 | 00:31:40.55 | 5:52 | 10.2 |
| 257 | GOLDA EWA | 903 | SPECIALTEAM | STUDZIONKA | POL | 50-59 LAT | 44 | 257 | SPECIALTEAM | EWANKA | 00:14:11 | 00:31:23.87 | 00:31:41.38 | 5:55 | 10.1 |
| 258 | BRZUSKA KATARZYNA | 50 | ZZOZOLKI | CIESZYŃ | POL | 40-49 LAT | 94 | 258 | ZZOZOLKI | | 00:13:19 | 00:31:02.29 | 00:31:41.42 | 5:51 | 10.2 |
| 259 | FURMANEK ELA | 65 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 42 | 259 | HURAGAN LIGOTA | | 00:14:31 | 00:31:18.06 | 00:31:41.75 | 5:54 | 10.2 |
| 260 | HORAK ALINA | 795 | ----- | RACIBÓRZ | POL | 50-59 LAT | 36 | 260 | | | 00:13:31 | 00:31:03.00 | 00:31:42.81 | 5:51 | 10.2 |
| 261 | FRANCISZCZAK ŁUCJA | 362 | CIDRYLOTAJOM | BYTOM | POL | 60+ | 7 | 261 | | | 00:12:58 | 00:31:42.60 | 00:31:42.96 | 5:58 | 10 |
| 262 | BORUTA WIOLETTA | 293 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 107 | 262 | | | 00:13:29 | 00:31:29.79 | 00:31:44.33 | 5:56 | 10.1 |
| 263 | CHRZASTEK MAGDALENA | 432 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 85 | 263 | | | 00:12:57 | 00:31:28.04 | 00:31:45.98 | 5:56 | 10.1 |
| 264 | ŚLUCZKA KINGA | 697 | | USTROŃ | POL | 50-59 LAT | 45 | 264 | | | 00:13:43 | 00:31:27.46 | 00:31:46.60 | 5:56 | 10.1 |
| 265 | KURIATA KATARZYNA | 130 | | ŻORY | POL | 30-39 LAT | 86 | 265 | TEAM OLI LIDL | | 00:13:46 | 00:31:29.74 | 00:31:47.91 | 5:56 | 10.1 |
| 266 | HERCHEL MARZENA | 316 | SUSZECKA DZIKA PIĄTKA DYCHA I PÓLMARATON | SUSZEC | POL | 40-49 LAT | 105 | 266 | | | 00:13:24 | 00:31:25.91 | 00:31:49.13 | 5:55 | 10.1 |
| 267 | LISZKA JOANNA | 43 | | ŻORY | POL | 40-49 LAT | 96 | 267 | | | 00:15:00 | 00:31:03.79 | 00:31:50.20 | 5:51 | 10.2 |
| 268 | AUGUŚCIK EWELINA | 495 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 87 | 268 | | | 00:13:30 | 00:31:39.05 | 00:31:50.59 | 5:58 | 10 |
| 269 | CEGLARSKA ALICJA | 344 | JEJKOWICE BIEGAJA | RYBNIK | POL | 40-49 LAT | 114 | 269 | JEJKOWICKIE KOBIETKI | | 00:13:35 | 00:31:45.36 | 00:31:50.71 | 5:59 | 10 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---------------------------------------|------------------|------|-----------|--------|-----|---------------------------------------|-----------------|----------|-------------|-------------|--------|------|
| 270 | WOŹNIAK ALEKSANDRA | 357 | | ŻORY | POL | 40-49 LAT | 111 | 270 | TEAM OLI LIDL | | 00:13:18 | 00:31:32.62 | 00:31:51.03 | 5:56 | 10.1 |
| 271 | SNOCHOWSKA GABRIELA | 796 | SKLEP BIEGACZA RUNNING TEAM | KATOWICE | POL | 30-39 LAT | 76 | 271 | | | 00:14:18 | 00:30:59.17 | 00:31:52.43 | 5:50 | 10.3 |
| 272 | CZEKAJŁO PAULINA | 280 | OSZEK TEAM | KRZANOWICE | POL | 40-49 LAT | 98 | 272 | TEAM OCZEK | | 00:14:55 | 00:31:07.31 | 00:31:54.93 | 5:52 | 10.2 |
| 273 | BOMBOR ANTONINA | 712 | | RYBNIK | POL | 40-49 LAT | 95 | 273 | | | 00:13:30 | 00:31:03.52 | 00:31:55.31 | 5:51 | 10.2 |
| 274 | DZIEWIRZ AURELIA | 885 | | WARSZOWICE | POL | 40-49 LAT | 118 | 274 | | | 00:13:13 | 00:31:48.31 | 00:31:55.90 | 6:00 | 10 |
| 275 | ZIMNY CELINA | 401 | SMAKI BIEGANIA | RYBNIK | POL | 40-49 LAT | 119 | 275 | | | 00:13:05 | 00:31:48.40 | 00:31:58.05 | 6:00 | 10 |
| 276 | SOBINA ROKSANA | 970 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 110 | 276 | KLUB BIEGACZA FARTLEK | | 00:13:27 | 00:31:31.13 | 00:31:59.01 | 5:56 | 10.1 |
| 277 | DĄBROWSKA EMILIA | 1321 | PARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 109 | K 1 | PARTLEK | | 00:13:27 | 00:31:30.88 | 00:31:59.04 | 5:56 | 10.1 |
| 278 | LACHERA MARYSIA | 787 | | ZABRZE | POL | 60+ | 5 | 277 | | | 00:13:35 | 00:31:03.63 | 00:31:59.70 | 5:51 | 10.2 |
| 279 | ROŚCZAK SYLWIA | 767 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 121 | 278 | | | 00:12:54 | 00:31:51.93 | 00:31:59.73 | 6:00 | 10 |
| 280 | SAGAN IZABELA | 413 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 127 | 279 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:13:02 | 00:31:59.16 | 00:32:03.08 | 6:02 | 9.9 |
| 281 | KUSA ALEKSANDRA | 1320 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 46 | K 2 | | | 00:13:24 | 00:31:27.78 | 00:32:03.89 | 5:56 | 10.1 |
| 282 | KŁEK MARZENA | 945 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 123 | 280 | | | 00:13:13 | 00:31:56.57 | 00:32:04.25 | 6:01 | 10 |
| 283 | WÓJCIK ANNA | 769 | ZZOZOLKI | CIESZYN | POL | 30-39 LAT | 84 | 281 | ZZOZOLKI | | 00:14:08 | 00:31:25.58 | 00:32:04.97 | 5:55 | 10.1 |
| 284 | GOŁĄBEK ANNA | 661 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 88 | 282 | | | 00:13:31 | 00:31:50.41 | 00:32:05.01 | 6:00 | 10 |
| 285 | JURASZEK AGNIESZKA | 713 | JUST FEEL FIT | WĘGIERSKA GÓRKA | POL | 40-49 LAT | 108 | 283 | #JUSTFEELFITTEAM | | 00:13:30 | 00:31:30.88 | 00:32:05.09 | 5:56 | 10.1 |
| 286 | GÓRKA ALEKSANDRA | 805 | | SIEMIANOWICE | POL | 40-49 LAT | 117 | 284 | | | 00:13:16 | 00:31:48.22 | 00:32:05.13 | 6:00 | 10 |
| 287 | SKOTNICKA URSZULA | 193 | NIE ZRZESZONA | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 47 | 285 | | | 00:13:07 | 00:31:59.82 | 00:32:07.43 | 6:02 | 9.9 |
| 288 | DROBNY JOANNA | 766 | | RYDUŁTOWY | POL | 30-39 LAT | 90 | 286 | | | 00:13:38 | 00:31:59.43 | 00:32:07.70 | 6:02 | 9.9 |
| 289 | POŁĘDNIOK ALEKSANDRA | 551 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 124 | 287 | | | 00:13:14 | 00:31:56.91 | 00:32:07.78 | 6:01 | 10 |
| 290 | ŁEPEK BOŻENA | 343 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 41 | 288 | | | 00:13:38 | 00:31:15.95 | 00:32:07.93 | 5:53 | 10.2 |
| 291 | SIEKIERKA KLAUDIA | 149 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 91 | 289 | | | 00:12:41 | 00:32:04.76 | 00:32:08.58 | 6:03 | 9.9 |
| 292 | ŻEBRACKA- MEJER KORNELIA | 985 | | WYRY | POL | 30-39 LAT | 94 | 290 | | | 00:13:18 | 00:32:07.93 | 00:32:09.93 | 6:03 | 9.9 |
| 293 | KŁOZIK AGNIESZKA | 6 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 131 | 291 | | | 00:13:07 | 00:32:09.14 | 00:32:11.43 | 6:03 | 9.9 |
| 294 | MARSZOLIK ANGELA | 559 | | RYBNIK | POL | 40-49 LAT | 102 | 292 | | | 00:13:48 | 00:31:19.49 | 00:32:12.00 | 5:54 | 10.2 |
| 295 | BURDZIK WERONIKA | 499 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 89 | 293 | | | 00:13:30 | 00:31:59.33 | 00:32:14.58 | 6:02 | 9.9 |
| 296 | PETRYKOWSKA MAGDA | 380 | | ŻORY | POL | 20-29 LAT | 25 | 294 | | | 00:15:11 | 00:31:26.88 | 00:32:18.83 | 5:55 | 10.1 |
| 297 | FIZIA JOANNA | 930 | | BAKÓW | POL | 30-39 LAT | 95 | 295 | | | 00:13:50 | 00:32:09.88 | 00:32:22.41 | 6:03 | 9.9 |
| 298 | GWIZDAŁA JOANNA | 609 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 112 | 296 | | | 00:13:21 | 00:31:35.33 | 00:32:23.22 | 5:57 | 10.1 |
| 299 | TYRYTKO SYLWIA | 322 | WATAHA | PRUCHNA | POL | 40-49 LAT | 120 | 297 | WATAHA | | 00:13:58 | 00:31:49.05 | 00:32:28.88 | 6:00 | 10 |
| 300 | JĘDRZEJEWSKA BEATA | 492 | MIRAZ RACE TEAM | BYTOM | POL | 40-49 LAT | 113 | 298 | | | 00:13:48 | 00:31:43.47 | 00:32:28.92 | 5:59 | 10 |
| 301 | WOWRA ALEKSANDRA | 662 | | MIKOŁÓW | POL | 30-39 LAT | 93 | 299 | | | 00:14:20 | 00:32:07.58 | 00:32:29.06 | 6:03 | 9.9 |
| 302 | GLANERT KAROLINA | 990 | | ŻORY | POL | 60+ | 8 | 300 | | | 00:13:32 | 00:32:25.76 | 00:32:31.53 | 6:06 | 9.8 |
| 303 | PROKOPIUK WIKTORIA | 177 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 7 | 301 | | | 00:12:47 | 00:32:20.42 | 00:32:31.62 | 6:06 | 9.8 |
| 304 | ŁASA MARTYNA | 625 | | ŻORY | POL | 16-19 LAT | 6 | 302 | TEAM OLI LIDL | | 00:13:41 | 00:32:06.40 | 00:32:33.04 | 6:03 | 9.9 |
| 305 | ZAWADZKA BEBA | 122 | | ZABRZE | POL | 40-49 LAT | 115 | 303 | | | 00:14:26 | 00:31:47.31 | 00:32:37.03 | 5:59 | 10 |
| 306 | TARGOSZ ANETA | 161 | | CIESZYN | POL | 40-49 LAT | 116 | 304 | ZZOZOLKI | | 00:13:48 | 00:31:47.34 | 00:32:38.11 | 5:59 | 10 |
| 307 | ORSZULIK PAULINA | 978 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 26 | 305 | | | 00:14:10 | 00:31:56.26 | 00:32:38.47 | 6:01 | 10 |
| 308 | KOKOT MONIKA | 440 | | MIKOŁÓW | POL | 40-49 LAT | 126 | 306 | | | 00:13:17 | 00:31:58.50 | 00:32:38.48 | 6:01 | 9.9 |
| 309 | KOŁDYS KAROLINA | 979 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 27 | 307 | | | 00:14:12 | 00:31:56.95 | 00:32:38.95 | 6:01 | 10 |
| 310 | GROMADZKA JUSTYNA | 253 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 122 | 308 | | | 00:13:31 | 00:31:53.71 | 00:32:39.52 | 6:00 | 10 |
| 311 | STĘPIEŃ SANDRA | 216 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 102 | 309 | | | 00:13:09 | 00:32:30.10 | 00:32:40.06 | 6:07 | 9.8 |
| 312 | KUSZOWSKA JULIA | 938 | JEJKOWICKIE KOBIETKI | JEJKOWICE | POL | 30-39 LAT | 97 | 310 | JEJKOWICKIE KOBIETKI | | 00:13:54 | 00:32:13.09 | 00:32:40.30 | 6:04 | 9.9 |
| 313 | HYJEK EWA | 863 | | RACIBÓRZ | POL | 40-49 LAT | 137 | 311 | | | 00:13:34 | 00:32:36.45 | 00:32:41.03 | 6:09 | 9.8 |
| 314 | PAJAŁ MARIOLA | 151 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 92 | 312 | #JUSTFEELFITTEAM | | 00:14:02 | 00:32:06.85 | 00:32:41.25 | 6:03 | 9.9 |
| 315 | MATUĆ ALEKSANDRA | 45 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 48 | 313 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:59 | 00:32:10.57 | 00:32:41.85 | 6:04 | 9.9 |
| 316 | KOZDROŃ ANNA | 195 | LECOM ŚWIONY | ŚWIĘTOCHŁOWICE | POL | 40-49 LAT | 129 | 314 | | | 00:13:45 | 00:32:06.45 | 00:32:42.64 | 6:03 | 9.9 |
| 317 | ŁAPA ALEKSANDRA | 4 | 4A | PSZCZYNA | POL | 40-49 LAT | 128 | 315 | | 4A | 00:13:21 | 00:31:59.84 | 00:32:43.33 | 6:02 | 9.9 |
| 318 | BAŁUCH MICHALINA | 894 | SPECIALTEAM | STUDZIENCE | POL | 30-39 LAT | 100 | 316 | SPECIALTEAM | SPECIALTEAM M&M | 00:14:11 | 00:32:27.54 | 00:32:44.57 | 6:07 | 9.8 |
| 319 | TYTKO-HAŁADA MAŁGORZATA | 847 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 138 | 317 | | | 00:13:11 | 00:32:37.29 | 00:32:45.06 | 6:09 | 9.7 |
| 320 | JANOSZ NATALIA | 30 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 103 | 318 | SPOT PSZCZYNA | | 00:13:26 | 00:32:32.10 | 00:32:46.37 | 6:08 | 9.8 |
| 321 | WOLSKA MARTA | 212 | | ŻYWIEC | POL | 40-49 LAT | 135 | 319 | | BABY GÓRA | 00:14:25 | 00:32:17.19 | 00:32:46.45 | 6:05 | 9.9 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------------|----------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 322 | BALICKA MAGDALENA | 596 | | OCHABY MAŁE | POL | 40-49 LAT | 125 | 320 | | | 00:13:55 | 00:31:58.35 | 00:32:46.63 | 6:01 | 9.9 |
| 323 | WIECZOREK MAŁGORZATA | 621 | WARTKIE PIERONICE | BYTOM | POL | 40-49 LAT | 130 | 321 | | | 00:14:09 | 00:32:08.64 | 00:32:47.13 | 6:03 | 9.9 |
| 324 | DROBIAK KORNELIA | 512 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 104 | 322 | | | 00:14:07 | 00:32:34.21 | 00:32:47.93 | 6:08 | 9.8 |
| 325 | WALUSZ JOLANTA | 588 | SZOMBIERKI DREAM TEAM | BYTOM | POL | 50-59 LAT | 50 | 323 | | | 00:13:43 | 00:32:16.88 | 00:32:49.15 | 6:05 | 9.9 |
| 326 | OLSCHIMKE KASIA | 181 | K.S. M.E.T.A | KATOWICE | POL | 40-49 LAT | 133 | 324 | K.S. M.E.T.A | | 00:14:22 | 00:32:15.47 | 00:32:49.64 | 6:05 | 9.9 |
| 327 | ANIOL-BARLIK AGNIESZKA | 198 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 141 | 325 | | | 00:13:38 | 00:32:46.78 | 00:32:50.34 | 6:10 | 9.7 |
| 328 | HETMANIOK AGNIESZKA | 381 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 96 | 326 | | | 00:13:04 | 00:32:10.25 | 00:32:51.96 | 6:04 | 9.9 |
| 329 | SUKIENNIK ALEKSANDRA | 532 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 105 | 327 | VIKING TRAINING CENTER | | 00:12:59 | 00:32:35.14 | 00:32:56.02 | 6:08 | 9.8 |
| 330 | KRAWCZYK MONIKA | 802 | | ŻORY | POL | 30-39 LAT | 108 | 328 | | | 00:13:20 | 00:32:48.43 | 00:32:56.39 | 6:11 | 9.7 |
| 331 | GAŁUSZKA MAŁGORZATA | 196 | | OŚWIĘCIM | POL | 30-39 LAT | 107 | 329 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:32:44.48 | 00:32:56.69 | 6:10 | 9.7 |
| 332 | SOSNA IWONA | 652 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 142 | 330 | | | 00:13:10 | 00:32:49.51 | 00:32:58.64 | 6:11 | 9.7 |
| 333 | KOTLARCZYK KATARZYNA | 710 | | OŚWIĘCIM | POL | 40-49 LAT | 136 | 331 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:30 | 00:32:28.86 | 00:33:00.28 | 6:07 | 9.8 |
| 334 | PAWLIK NATALIA | 34 | BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 101 | 332 | | | 00:13:19 | 00:32:29.08 | 00:33:01.34 | 6:07 | 9.8 |
| 335 | MAĆKÓW AGNIESZKA | 437 | | PAKOSŁAWICE | POL | 50-59 LAT | 53 | 333 | | | 00:13:47 | 00:32:27.19 | 00:33:03.54 | 6:07 | 9.8 |
| 336 | KUBIAK IZABELA | 32 | | ŻORY | POL | 30-39 LAT | 99 | 334 | | | 00:13:45 | 00:32:26.88 | 00:33:03.61 | 6:07 | 9.8 |
| 337 | JABŁOŃSKA-SŁAZIŃSKA ANNA | 963 | | GLIWICE | POL | 40-49 LAT | 140 | 335 | | | 00:14:17 | 00:32:41.35 | 00:33:04.34 | 6:10 | 9.7 |
| 338 | GRABOWSKA KATARZYNA | 286 | | TYCHY | POL | 50-59 LAT | 49 | 336 | | | 00:14:14 | 00:32:13.93 | 00:33:04.78 | 6:04 | 9.9 |
| 339 | SZUBARSKA KATARZYNA | 840 | ZZOZOLKI | POGWIZDÓW | POL | 50-59 LAT | 55 | 337 | ZZOZOLKI | | 00:14:00 | 00:32:40.50 | 00:33:05.29 | 6:09 | 9.7 |
| 340 | KAŁUS JOANNA | 548 | UKS REFLEX RYBNIK | RYBNIK | POL | 40-49 LAT | 139 | 338 | | | 00:13:43 | 00:32:37.68 | 00:33:07.24 | 6:09 | 9.7 |
| 341 | FARUGA ANGELINA | 725 | | ĆWIKLICE | POL | 30-39 LAT | 109 | 339 | | | 00:14:10 | 00:32:52.29 | 00:33:08.02 | 6:12 | 9.7 |
| 342 | KAMIŃSKA AGNIESZKA | 62 | | ZEBRZYDOWICE | POL | 40-49 LAT | 134 | 340 | | | 00:13:53 | 00:32:16.26 | 00:33:09.33 | 6:05 | 9.9 |
| 343 | KŁOSEK MONIKA | 976 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 132 | 341 | | | 00:13:33 | 00:32:14.12 | 00:33:10.19 | 6:04 | 9.9 |
| 344 | HEJNA IZABELA | 860 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 52 | 342 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.28 | 00:33:11.43 | 6:06 | 9.8 |
| 345 | KRAUSE SYLWIA | 33 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 51 | 343 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.07 | 00:33:11.50 | 6:06 | 9.8 |
| 346 | KUREK JOANNA | 774 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 144 | 344 | INCOLA TEAM | | 00:14:17 | 00:32:57.00 | 00:33:14.97 | 6:13 | 9.7 |
| 347 | BUREK GABRIELA | 85 | RUNTEAM | PAWŁOWICE ŚLĄSKIE | POL | 30-39 LAT | 98 | 345 | | | 00:14:15 | 00:32:21.54 | 00:33:15.99 | 6:06 | 9.8 |
| 348 | BOBER ALICJA | 275 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 143 | 346 | | | 00:14:17 | 00:32:51.35 | 00:33:16.99 | 6:11 | 9.7 |
| 349 | LENART-ZYGMUNT MARTYNA | 106 | | MYSŁOWICE | POL | 30-39 LAT | 106 | 347 | | | 00:14:15 | 00:32:39.45 | 00:33:17.80 | 6:09 | 9.7 |
| 350 | MAŚLANKA SABINA | 223 | | BYTOM | POL | 50-59 LAT | 54 | 348 | WARTKIE PIERONICE | | 00:14:22 | 00:32:39.76 | 00:33:17.97 | 6:09 | 9.7 |
| 351 | WRÓBEL KAROLINA | 152 | MIECHOWICKA GRUPA BIEGOWA | KATOWICE | POL | 20-29 LAT | 31 | 349 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:53 | 00:33:04.68 | 00:33:21.21 | 6:14 | 9.6 |
| 352 | MILDNER GRAŻYNA | 159 | | TYCHY | POL | 40-49 LAT | 146 | 350 | VIKING TRAINING CENTER | | 00:13:38 | 00:33:07.75 | 00:33:25.46 | 6:14 | 9.6 |
| 353 | ZIEJA MARTYNA | 687 | MAGDA | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 28 | 351 | MAGDA | | 00:14:39 | 00:32:47.63 | 00:33:28.91 | 6:11 | 9.7 |
| 354 | ŚMIATEK MARTYNA | 771 | | RYBNIK | POL | 20-29 LAT | 29 | 352 | | | 00:15:02 | 00:32:48.97 | 00:33:30.47 | 6:11 | 9.7 |
| 355 | KĘPKA JOANNA | 839 | | MIKOŁÓW | POL | 50-59 LAT | 57 | 353 | | | 00:13:52 | 00:33:09.36 | 00:33:30.67 | 6:15 | 9.6 |
| 356 | JANCZAR ANGELIKA | 94 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 118 | 354 | | | 00:14:17 | 00:33:23.86 | 00:33:32.58 | 6:17 | 9.5 |
| 357 | GIEZEK DOROTA | 434 | | GOŁKOWICE | POL | 30-39 LAT | 117 | 355 | | | 00:14:04 | 00:33:17.88 | 00:33:34.45 | 6:16 | 9.6 |
| 358 | HAIN KLAUDIA | 975 | MAŁE LAMPARTY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 119 | 356 | | | 00:13:42 | 00:33:27.69 | 00:33:34.52 | 6:18 | 9.5 |
| 359 | CZARNOTA BOŻENA | 448 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 59 | 357 | | | 00:14:04 | 00:33:17.98 | 00:33:34.54 | 6:16 | 9.6 |
| 360 | KOCERBA KATARZYNA | 569 | JEJKOWICE BIEGAJA | LYSKI | POL | 30-39 LAT | 114 | 358 | | | 00:14:37 | 00:33:03.24 | 00:33:35.64 | 6:14 | 9.6 |
| 361 | BIELECKA ANNA | 589 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 111 | 359 | VIKING TRAINING CENTER | | 00:14:36 | 00:32:57.54 | 00:33:35.97 | 6:13 | 9.7 |
| 362 | PIETROSZEK WŁADYSŁAWA | 71 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 151 | 360 | | | 00:13:16 | 00:33:28.44 | 00:33:36.44 | 6:18 | 9.5 |
| 363 | ZIELIŃSKA KAROLINA | 666 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 110 | 361 | | | 00:14:12 | 00:32:55.21 | 00:33:36.73 | 6:12 | 9.7 |
| 364 | DAMIĘCZKA MAGDA | 650 | | PAWŁOWICE | POL | 30-39 LAT | 122 | 362 | | | 00:14:52 | 00:33:35.37 | 00:33:37.37 | 6:20 | 9.5 |
| 365 | WAWRYK-BIZOŃ ŻANETA | 505 | | LUBOMIA | POL | 30-39 LAT | 113 | 363 | | | 00:14:39 | 00:32:58.61 | 00:33:39.35 | 6:13 | 9.6 |
| 366 | SZYMICZEK PAULINA | 503 | DYSTANS LUBOMIA | LUBOMIA | POL | 30-39 LAT | 112 | 364 | | | 00:14:41 | 00:32:58.56 | 00:33:39.36 | 6:13 | 9.6 |
| 367 | SURY SYLWIA | 571 | | BRZUŚNIK | POL | 30-39 LAT | 121 | 365 | | | 00:14:03 | 00:33:33.64 | 00:33:39.41 | 6:19 | 9.5 |
| 368 | SZCZUKA JOANNA | 426 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 147 | 366 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:04 | 00:33:13.54 | 00:33:40.44 | 6:16 | 9.6 |
| 369 | MAJERANOWSKA KINGA | 686 | | ŻORY | POL | 16-19 LAT | 8 | 367 | | | 00:14:14 | 00:32:56.03 | 00:33:40.49 | 6:12 | 9.7 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|------------------------|--------------------|------|-----------|--------|-----|------------------------|-----------|----------|-------------|-------------|--------|------|
| 370 | ŁAPA JULIQ | 39 | AKTYWNA PSZCZYNA | PSZCZYNA | POL | 20-29 LAT | 30 | 368 | | | 00:14:36 | 00:33:02.49 | 00:33:40.85 | 6:13 | 9.6 |
| 371 | KŁOPEĆ WERONIKA | 855 | | ZEBRZYDOWICE | POL | 30-39 LAT | 116 | 369 | | | 00:14:30 | 00:33:09.18 | 00:33:41.62 | 6:15 | 9.6 |
| 372 | BURY NATALIA | 267 | #JUSTFEELFITTEAM | CISIEC | POL | 30-39 LAT | 115 | 370 | #JUSTFEELFITTEAM | | 00:13:28 | 00:33:07.40 | 00:33:42.35 | 6:14 | 9.6 |
| 373 | BADACH AGNIESZKA | 7 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 61 | 371 | KOBIETY NA 5+ | | 00:14:03 | 00:33:29.80 | 00:33:42.48 | 6:19 | 9.5 |
| 374 | ŚLEZIAK EWA | 746 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 60 | 372 | | | 00:14:27 | 00:33:21.51 | 00:33:43.82 | 6:17 | 9.5 |
| 375 | DZIUK JOLANTA | 493 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 58 | 373 | | | 00:14:06 | 00:33:11.83 | 00:33:44.47 | 6:15 | 9.6 |
| 376 | SZPYRA SONIA | 244 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 63 | 374 | | | 00:13:41 | 00:33:39.12 | 00:33:44.91 | 6:20 | 9.5 |
| 377 | KADŁUBEK MAGDALENA | 1087 | | CHORZÓW | POL | 50-59 LAT | 56 | 375 | | | 00:14:19 | 00:32:55.40 | 00:33:46.29 | 6:12 | 9.7 |
| 378 | KUSTRA-POLAK MONIKA | 911 | JEJKOWICE BIEGAJA | JEJKOWICE | POL | 40-49 LAT | 148 | 376 | JEJKOWICKIE KOBIETKI | | 00:13:56 | 00:33:22.40 | 00:33:49.67 | 6:17 | 9.5 |
| 379 | MAJERANOWSKA WIKTORIA | 748 | | ŻORY | POL | 20-29 LAT | 32 | 377 | | | 00:14:46 | 00:33:05.29 | 00:33:49.74 | 6:14 | 9.6 |
| 380 | RADECKA BOŻENA | 934 | | JASTRZEBIE-ZDROJ | POL | 60+ | 9 | 378 | | | 00:13:34 | 00:33:13.45 | 00:33:50.97 | 6:16 | 9.6 |
| 381 | KWIATKOWSKA ELWIRA | 419 | ZABIEGANY TEAM | RYBNIK | POL | 40-49 LAT | 160 | 379 | | | 00:14:09 | 00:33:49.28 | 00:33:53.82 | 6:22 | 9.4 |
| 382 | WITOS KAROLINA | 896 | | CISIEC | POL | 16-19 LAT | 9 | 380 | | | 00:12:52 | 00:33:51.69 | 00:33:55.97 | 6:23 | 9.4 |
| 383 | TRYBAŁA WERONIKA | 498 | WATAHA | PIELGRZYMOWICE | POL | 20-29 LAT | 33 | 381 | WATAHA | | 00:13:59 | 00:33:16.87 | 00:33:56.21 | 6:16 | 9.6 |
| 384 | WOSIŃSKA HELENA | 538 | | PAWŁOWICE | POL | 40-49 LAT | 145 | 382 | RUNTEAM PAWŁOWICE | | 00:14:16 | 00:33:03.27 | 00:33:56.62 | 6:14 | 9.6 |
| 385 | DUTKA - BĘBEN KINGA | 929 | | CZECHOWICE | POL | 40-49 LAT | 157 | 383 | | | 00:14:10 | 00:33:44.42 | 00:33:56.80 | 6:21 | 9.4 |
| 386 | GŁĄB AGNIESZKA | 439 | SPOT PSZCZYNA | GOCZAŁKOWICE-ZDRÓJ | POL | 40-49 LAT | 156 | 384 | SPOT PSZCZYNA | | 00:13:41 | 00:33:44.36 | 00:33:56.96 | 6:21 | 9.4 |
| 387 | KARWOT MARTYNA | 705 | | ŻORY | POL | 20-29 LAT | 35 | 385 | | | 00:13:32 | 00:33:51.95 | 00:33:59.02 | 6:23 | 9.4 |
| 388 | ŁUSZCZ EWELINA | 454 | | BYTOM | POL | 20-29 LAT | 34 | 386 | | | 00:14:01 | 00:33:30.05 | 00:34:00.20 | 6:19 | 9.5 |
| 389 | ŁUSZCZ MAGDALENA | 455 | SILESIA MARATHON CLUB | BYTOM | POL | 50-59 LAT | 62 | 387 | | | 00:14:02 | 00:33:31.16 | 00:34:00.42 | 6:19 | 9.5 |
| 390 | KONIECZNA MAGDALENA | 965 | | BYTOM | POL | 40-49 LAT | 150 | 388 | | | 00:14:18 | 00:33:24.66 | 00:34:02.37 | 6:18 | 9.5 |
| 391 | KOŁODYŃSKA JUSTYNA | 165 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 129 | 389 | | | 00:14:26 | 00:33:53.75 | 00:34:03.60 | 6:23 | 9.4 |
| 392 | LUPA MONIKA | 327 | | SOSNOWIEC | POL | 40-49 LAT | 153 | 390 | | | 00:14:03 | 00:33:40.09 | 00:34:04.50 | 6:21 | 9.4 |
| 393 | DONOCIK BOGUSŁAWA | 23 | | CIESZYN | POL | 40-49 LAT | 149 | 391 | ZZOZOLKI | | 00:14:59 | 00:33:24.19 | 00:34:05.41 | 6:18 | 9.5 |
| 394 | TATARCZYK JUSTYNA | 179 | | SKRZYSZÓW | POL | 40-49 LAT | 165 | 392 | | | 00:14:29 | 00:33:59.10 | 00:34:08.09 | 6:24 | 9.4 |
| 395 | GAPIŃSKA JOANNA | 372 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 131 | 393 | | | 00:14:36 | 00:33:57.26 | 00:34:11.15 | 6:24 | 9.4 |
| 396 | GAŚSIOR ROKSANA | 1322 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 120 | K 3 | | | 00:14:01 | 00:33:29.21 | 00:34:13.24 | 6:19 | 9.5 |
| 397 | WOŚ MAGDALENA | 68 | | RYDUŁTOWY | POL | 30-39 LAT | 125 | 394 | PIERUNSKIE CANGÓRY | | 00:14:02 | 00:33:46.37 | 00:34:14.54 | 6:22 | 9.4 |
| 398 | TOPOLIŃSKA DOROTA | 881 | | ZEBRZYDOWICE | POL | 30-39 LAT | 135 | 395 | | | 00:13:49 | 00:34:08.42 | 00:34:14.55 | 6:26 | 9.3 |
| 399 | JAFERNIK MAŁGORZATA | 690 | | ŻYWIEC | POL | 40-49 LAT | 152 | 396 | | | 00:14:43 | 00:33:34.89 | 00:34:14.93 | 6:20 | 9.5 |
| 400 | ZAREMBA JUSTYNA | 299 | | TYCHY | POL | 30-39 LAT | 130 | 397 | | | 00:14:41 | 00:33:56.58 | 00:34:16.29 | 6:24 | 9.4 |
| 401 | SIWY MONIKA | 72 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 162 | 398 | VIKING TRAINING CENTER | | 00:14:38 | 00:33:53.86 | 00:34:16.44 | 6:23 | 9.4 |
| 402 | BOGACZ-BUCHTA ANNA | 570 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 158 | 399 | | | 00:14:49 | 00:33:47.35 | 00:34:17.38 | 6:22 | 9.4 |
| 403 | PULUT ANNA | 479 | | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 166 | 400 | | | 00:14:28 | 00:34:01.28 | 00:34:17.55 | 6:25 | 9.3 |
| 404 | KRÓL MAGDALENA | 49 | | SŁAWKÓW | POL | 40-49 LAT | 163 | 401 | | | 00:14:37 | 00:33:56.65 | 00:34:17.88 | 6:24 | 9.4 |
| 405 | IDZIKOWSKA ELŻBIETA | 302 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 164 | 402 | | | 00:14:14 | 00:33:57.27 | 00:34:18.00 | 6:24 | 9.4 |
| 406 | ULMAN JUSTYNA | 547 | | GOŁKOWICE | POL | 30-39 LAT | 126 | 403 | | KREJZOLKI | 00:14:36 | 00:33:52.28 | 00:34:19.42 | 6:23 | 9.4 |
| 407 | CZAPSKA EWA | 48 | HURAGAN LIGOTA | KATOWICE | POL | 60+ | 10 | 404 | HURAGAN LIGOTA | | 00:14:36 | 00:33:56.11 | 00:34:19.81 | 6:24 | 9.4 |
| 408 | SMAGA EWELINA | 546 | | GOŁKOWICE | POL | 40-49 LAT | 161 | 405 | | KREJZOLKI | 00:14:35 | 00:33:52.76 | 00:34:20.55 | 6:23 | 9.4 |
| 409 | SOBEL BEATA | 19 | | WIEPRZ | POL | 40-49 LAT | 170 | 406 | | | 00:14:04 | 00:34:07.53 | 00:34:21.68 | 6:26 | 9.3 |
| 410 | KAFARA JOANNA | 889 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 123 | 407 | WATAHA | | 00:15:36 | 00:33:42.33 | 00:34:21.91 | 6:21 | 9.4 |
| 411 | TRYBAŁA MONIKA | 888 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 155 | 408 | WATAHA | | 00:15:37 | 00:33:43.88 | 00:34:22.01 | 6:21 | 9.4 |
| 412 | GOLEC MONIKA | 100 | | CIĘCINA | POL | 30-39 LAT | 134 | 409 | | | 00:14:25 | 00:34:07.19 | 00:34:22.07 | 6:26 | 9.3 |
| 413 | SARZYŃSKA IWONA | 829 | | RYBNIK | POL | 40-49 LAT | 169 | 410 | SZPRYCHY | | 00:14:27 | 00:34:04.30 | 00:34:22.13 | 6:25 | 9.3 |
| 414 | ARENDARSKA PATRYCJA | 270 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 124 | 411 | | | 00:14:39 | 00:33:44.61 | 00:34:22.91 | 6:21 | 9.4 |
| 415 | MAJER MARZENA | 631 | TEAM AERO ŻÓŁEIKI | KNURÓW | POL | 50-59 LAT | 64 | 412 | | | 00:16:06 | 00:33:40.08 | 00:34:25.27 | 6:21 | 9.4 |
| 416 | STUZIK MARIOLA | 619 | | RYBNIK | POL | 40-49 LAT | 168 | 413 | | | 00:15:04 | 00:34:04.16 | 00:34:25.57 | 6:25 | 9.3 |
| 417 | PASTUSIAK JANINA | 989 | | RYBNIK | POL | 40-49 LAT | 167 | 414 | | | 00:15:03 | 00:34:03.43 | 00:34:25.66 | 6:25 | 9.3 |
| 418 | WOŹNIAK ANNA | 489 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 154 | 415 | | | 00:13:48 | 00:33:42.50 | 00:34:27.82 | 6:21 | 9.4 |
| 419 | SODZAWICZNA MAGDALENA | 222 | | TYCHY | POL | 30-39 LAT | 132 | 416 | VIKING TRAINING CENTER | | 00:13:58 | 00:34:00.08 | 00:34:28.46 | 6:24 | 9.4 |
| 420 | WOJTAS PAULINA | 800 | TEAM OLI LIDL | ŻORY | POL | 30-39 LAT | 136 | 417 | TEAM OLI LIDL | | 00:14:46 | 00:34:11.74 | 00:34:30.34 | 6:26 | 9.3 |
| 421 | MISIOŁEK GOŚKA | 312 | | MIKOŁÓW | POL | 40-49 LAT | 172 | 418 | | | 00:15:33 | 00:34:13.02 | 00:34:31.08 | 6:27 | 9.3 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 422 | KUŹNIK EDYTA | 125 | | RYBNIK | POL | 30-39 LAT | 139 | 419 | | | 00:13:58 | 00:34:22.14 | 00:34:31.52 | 6:29 | 9.3 |
| 423 | MADALIŃSKA KAROLINA | 174 | | PRUCHNA | POL | 30-39 LAT | 142 | 420 | | | 00:14:16 | 00:34:27.74 | 00:34:31.85 | 6:30 | 9.2 |
| 424 | DUSZA JOLANTA | 865 | SMAKI BIEGANIA | RYDUŁTOWY | POL | 40-49 LAT | 176 | 421 | | | 00:13:38 | 00:34:22.13 | 00:34:32.42 | 6:29 | 9.3 |
| 425 | NOWICKA OLA | 282 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 133 | 422 | | | 00:14:04 | 00:34:05.02 | 00:34:32.99 | 6:25 | 9.3 |
| 426 | SZPYRKA MONIKA | 708 | | PSZCZYNA | POL | 20-29 LAT | 36 | K 4 | | | 00:14:38 | 00:33:57.41 | 00:34:34.78 | 6:24 | 9.4 |
| 427 | NOWROT EWA | 373 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 173 | 423 | | | 00:14:31 | 00:34:13.48 | 00:34:35.84 | 6:27 | 9.3 |
| 428 | PIETRUSZEWSKA MAGDALENA | 276 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 178 | 424 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:44 | 00:34:30.87 | 00:34:37.92 | 6:30 | 9.2 |
| 429 | ZDEB BASIA | 38 | | ZABRZE | POL | 40-49 LAT | 159 | 425 | | | 00:14:44 | 00:33:48.73 | 00:34:39.44 | 6:22 | 9.4 |
| 430 | GWÓZDŹ JOLANTA | 476 | PO WOLI DO CELU | WOLA | POL | 50-59 LAT | 67 | 426 | POWOLI DOCELU | | 00:15:02 | 00:34:20.53 | 00:34:39.89 | 6:28 | 9.3 |
| 431 | FECZKO MONIKA | 812 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 39 | 427 | | | 00:14:30 | 00:34:24.30 | 00:34:40.29 | 6:29 | 9.2 |
| 432 | IDZIKOWSKA URSZULA | 303 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 38 | 428 | | | 00:14:14 | 00:34:19.03 | 00:34:40.31 | 6:28 | 9.3 |
| 433 | GUDZIK ANGELIKA | 515 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 138 | 429 | | | 00:14:36 | 00:34:21.20 | 00:34:40.76 | 6:28 | 9.3 |
| 434 | PRUDEL JOANNA | 733 | | RYBNIK | POL | 30-39 LAT | 143 | 430 | | | 00:13:56 | 00:34:31.28 | 00:34:41.92 | 6:30 | 9.2 |
| 435 | PRUDEL PAULINA | 734 | | RYBNIK | POL | 20-29 LAT | 40 | 431 | | | 00:13:55 | 00:34:30.84 | 00:34:41.95 | 6:30 | 9.2 |
| 436 | PRUDEL KAROLINA | 735 | | RYBNIK | POL | 16-19 LAT | 10 | 432 | | | 00:13:55 | 00:34:31.39 | 00:34:42.05 | 6:30 | 9.2 |
| 437 | PIECHOCKA-WARZECHA KATARZYNA | 927 | | CZECHOWICE-DZIEDZICE | POL | 30-39 LAT | 144 | 433 | | | 00:14:07 | 00:34:31.38 | 00:34:43.26 | 6:30 | 9.2 |
| 438 | HRYNKIEWICZ IZABELA | 311 | | CZELADŹ | POL | 40-49 LAT | 175 | 434 | | | 00:14:06 | 00:34:20.54 | 00:34:45.04 | 6:28 | 9.3 |
| 439 | GOLEC-CHOLEWA ALEKSANDRA | 221 | | LEŚNA | POL | 30-39 LAT | 145 | 435 | | | 00:14:28 | 00:34:31.69 | 00:34:46.06 | 6:30 | 9.2 |
| 440 | RYZIŃSKA KORNELIA | 337 | | GLIWICE | POL | 20-29 LAT | 37 | 436 | | | 00:14:51 | 00:34:04.93 | 00:34:46.40 | 6:25 | 9.3 |
| 441 | STOPYRA AGNIESZKA | 526 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 65 | 437 | | | 00:14:38 | 00:33:56.21 | 00:34:46.40 | 6:24 | 9.4 |
| 442 | SADŁOK ANNA | 902 | | JAWISZOWICE | POL | 40-49 LAT | 177 | 438 | SPECIALTEAM | EWANKA | 00:14:20 | 00:34:29.93 | 00:34:47.45 | 6:30 | 9.2 |
| 443 | BRYCHCY ESTERA | 13 | | PAWŁOWICE | POL | 30-39 LAT | 127 | 439 | | | 00:14:47 | 00:33:52.81 | 00:34:47.68 | 6:23 | 9.4 |
| 444 | SOŁODUCHA JUSTYNA | 462 | | SKRZYSZÓW | POL | 40-49 LAT | 174 | 440 | | | 00:14:28 | 00:34:19.02 | 00:34:48.22 | 6:28 | 9.3 |
| 445 | FECZKO LUCYNA | 811 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 179 | 441 | | | 00:14:23 | 00:34:33.28 | 00:34:49.08 | 6:31 | 9.2 |
| 446 | SZELONG KINGA | 915 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 41 | 442 | | | 00:13:17 | 00:34:47.83 | 00:34:51.36 | 6:33 | 9.1 |
| 447 | WESOŁOWSKA KATARZYNA | 444 | | USTROŃ | POL | 50-59 LAT | 68 | 443 | ZZOZOLKI | | 00:14:52 | 00:34:37.01 | 00:34:52.85 | 6:31 | 9.2 |
| 448 | HERZYK EWA | 1138 | | GÓRKI WIELKIE | POL | 60+ | 12 | 444 | ZZOZOLKI | | 00:14:52 | 00:34:37.13 | 00:34:52.87 | 6:31 | 9.2 |
| 449 | BYRTEK ANNA | 664 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 137 | 445 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.16 | 00:34:55.05 | 6:27 | 9.3 |
| 450 | DREWNIAK MAGDALENA | 246 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 171 | 446 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.07 | 00:34:55.25 | 6:27 | 9.3 |
| 451 | PAGIEŁA KATARZYNA | 391 | | POGWIZDÓW | POL | 30-39 LAT | 141 | 447 | | | 00:15:33 | 00:34:24.31 | 00:34:55.36 | 6:29 | 9.2 |
| 452 | LISZOK IWONA | 364 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 146 | 448 | | | 00:14:34 | 00:34:33.18 | 00:34:55.68 | 6:31 | 9.2 |
| 453 | SOSNA AGATA | 266 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 66 | 449 | | | 00:14:27 | 00:34:06.99 | 00:34:59.20 | 6:26 | 9.3 |
| 454 | BUCZAK KLAUDIA | 158 | ŻUBRÓWKI | RYBNIK | POL | 30-39 LAT | 128 | 450 | ŻUBRÓWKI | | 00:14:49 | 00:33:53.42 | 00:34:59.48 | 6:23 | 9.4 |
| 455 | KUJAWA MARZENA | 120 | | ŻORY | POL | 40-49 LAT | 184 | 451 | TEAM OLI LIDL | | 00:14:59 | 00:34:47.20 | 00:35:05.85 | 6:33 | 9.1 |
| 456 | BOŹEK DAGMARA | 42 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 183 | 452 | TEAM OLI LIDL | | 00:14:59 | 00:34:46.93 | 00:35:05.98 | 6:33 | 9.1 |
| 457 | SZYNAŁ MAGDALENA | 634 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 147 | 453 | | | 00:14:29 | 00:34:45.68 | 00:35:09.15 | 6:33 | 9.2 |
| 458 | SIKORA AGNIESZKA | 264 | | ZABRZE | POL | 40-49 LAT | 181 | 454 | | | 00:15:28 | 00:34:42.90 | 00:35:10.62 | 6:32 | 9.2 |
| 459 | DELEWSKA DOROTA | 816 | NIGHT RUNNERS ZABRZE | ZABRZE | POL | 50-59 LAT | 69 | 455 | | | 00:15:29 | 00:34:43.32 | 00:35:10.72 | 6:33 | 9.2 |
| 460 | CZERWIŃSKA IWONA | 64 | | RYBNIK | POL | 30-39 LAT | 140 | 456 | | | 00:15:08 | 00:34:22.49 | 00:35:15.50 | 6:29 | 9.3 |
| 461 | WYSOCKA MAGDALENA | 429 | | RYDUŁTOWY | POL | 40-49 LAT | 186 | 457 | | | 00:14:45 | 00:34:51.32 | 00:35:17.28 | 6:34 | 9.1 |
| 462 | MOSZ WERONIKA | 564 | | RYDUŁTOWY | POL | 40-49 LAT | 185 | 458 | | | 00:14:44 | 00:34:51.22 | 00:35:17.44 | 6:34 | 9.1 |
| 463 | PAWELA SYLWIA | 764 | | ŚWIERKLANY | POL | 30-39 LAT | 152 | 459 | | | 00:14:15 | 00:35:08.68 | 00:35:19.72 | 6:37 | 9.1 |
| 464 | SŁODZIŃSKA MAGDALENA | 468 | MADYRUN | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 42 | 460 | | | 00:14:42 | 00:35:05.00 | 00:35:22.65 | 6:37 | 9.1 |
| 465 | GŁÓWCZYK IZABELLA | 340 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 195 | 461 | KOBIETY NA 5+ | | 00:14:25 | 00:35:12.88 | 00:35:24.80 | 6:38 | 9 |
| 466 | WRÓBEL EWA | 568 | ITMBW | KRAKÓW | POL | 40-49 LAT | 196 | 462 | | | 00:15:05 | 00:35:19.20 | 00:35:26.29 | 6:39 | 9 |
| 467 | STOCZEK AGNIESZKA | 922 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 70 | 463 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:17 | 00:34:55.23 | 00:35:27.28 | 6:35 | 9.1 |
| 468 | KALETA AGNIESZKA | 129 | POWOLI DO CELU | BRZESZCZE | POL | 30-39 LAT | 153 | 464 | POWOLI DOCELU | | 00:14:27 | 00:35:11.17 | 00:35:28.90 | 6:38 | 9 |
| 469 | KUCHMISTRZ IZABELA | 265 | | ZABRZE | POL | 40-49 LAT | 180 | 465 | | | 00:14:43 | 00:34:39.96 | 00:35:29.44 | 6:32 | 9.2 |
| 470 | GABRYEL DANUTA | 447 | | BYTOM | POL | 60+ | 13 | 466 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:02 | 00:35:04.59 | 00:35:30.69 | 6:36 | 9.1 |
| 471 | ROMBERG AGNIESZKA | 144 | MIECHOWICE GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 191 | 467 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:01 | 00:35:04.66 | 00:35:30.76 | 6:36 | 9.1 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------------|-----|-----------------------------------|-------------------------|------|-----------|--------|-----|------------------------------|----------------------------|----------|-------------|-------------|--------|------|
| 472 | HRISTOVA DARIA | 871 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 155 | 468 | SPOT PSZCZYNA | DIEGO&COCO | 00:14:10 | 00:35:16.85 | 00:35:31.25 | 6:39 | 9 |
| 473 | SZCZEPANOWSKA GRAŻYNA | 730 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 11 | 469 | | | 00:15:02 | 00:34:31.39 | 00:35:32.55 | 6:30 | 9.2 |
| 474 | SZYMAŃSKA ANNA | 928 | DRUŻYNA WIEWIÓRKI ZIMNOKRWISTE | PORĘBA WIELKA | POL | 40-49 LAT | 190 | 470 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:18 | 00:35:02.89 | 00:35:35.27 | 6:36 | 9.1 |
| 475 | KUCZEK KATARZYNA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | 40-49 LAT | 182 | 471 | | | 00:16:02 | 00:34:46.91 | 00:35:35.63 | 6:33 | 9.1 |
| 476 | TRZCIŃSKA JOANNA | 92 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 158 | 472 | KOBIETY NA 5+ | | 00:14:42 | 00:35:25.52 | 00:35:36.53 | 6:40 | 9 |
| 477 | KRZYŻOWSKA MARZENA | 656 | | KATOWICE | POL | 30-39 LAT | 160 | 473 | | | 00:14:41 | 00:35:29.77 | 00:35:37.39 | 6:41 | 9 |
| 478 | BOKŁAK MAGDALENA | 954 | | PAWŁOWICE | POL | 40-49 LAT | 187 | 474 | | | 00:15:29 | 00:34:51.46 | 00:35:37.46 | 6:34 | 9.1 |
| 479 | PŁOSKA MARZENA | 139 | | ZABRZE | POL | 30-39 LAT | 157 | 475 | | | 00:14:46 | 00:35:23.64 | 00:35:40.49 | 6:40 | 9 |
| 480 | KOZŁOWSKA MALWINA | 128 | | BĘDZIN | POL | 30-39 LAT | 156 | 476 | | | 00:14:47 | 00:35:23.33 | 00:35:40.54 | 6:40 | 9 |
| 481 | KAMIŃSKA KAJA | 400 | | RYBNIK | POL | 16-19 LAT | 11 | 477 | | | 00:15:28 | 00:35:29.23 | 00:35:43.29 | 6:41 | 9 |
| 482 | BAŁA JUSTYNA | 115 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 200 | 478 | KOBIETY NA 5+ | | 00:14:05 | 00:35:29.64 | 00:35:43.43 | 6:41 | 9 |
| 483 | BUGAŃSKA EDYTA | 326 | | PORĘBA WIELKA | POL | 40-49 LAT | 201 | 479 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:35:32.02 | 00:35:44.85 | 6:42 | 8.9 |
| 484 | CZERNIEJ NATALIA | 884 | | PAWŁOWICE | POL | 30-39 LAT | 164 | 480 | | | 00:13:53 | 00:35:41.83 | 00:35:45.76 | 6:43 | 8.9 |
| 485 | SZMUK KARINA | 744 | | PAWŁOWICE | POL | 30-39 LAT | 149 | 481 | | | 00:15:30 | 00:34:59.23 | 00:35:45.86 | 6:36 | 9.1 |
| 486 | LEWANDOWSKA ANETA | 962 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 189 | 482 | | | 00:15:34 | 00:35:01.06 | 00:35:47.30 | 6:36 | 9.1 |
| 487 | MICHALAK MONIKA | 999 | | | POL | 20-29 LAT | 43 | 483 | OPEL FIJAŁKOWSKI | | 00:16:09 | 00:35:38.22 | 00:35:48.73 | 6:43 | 8.9 |
| 488 | MORGAŁA DARIA | 604 | | KSIĄŻENICE | POL | 40-49 LAT | 193 | 484 | | | 00:15:55 | 00:35:10.56 | 00:35:51.02 | 6:38 | 9 |
| 489 | DERECHOWSKA AGNIESZKA | 224 | | PALOWICE | POL | 40-49 LAT | 192 | 485 | | | 00:15:53 | 00:35:09.27 | 00:35:51.07 | 6:37 | 9 |
| 490 | KOKOT JUSTYNA | 496 | HARCIOLE | RUDA ŚLĄSKA | POL | 40-49 LAT | 198 | 486 | | | 00:15:04 | 00:35:25.34 | 00:35:51.27 | 6:40 | 9 |
| 491 | NOSOL KAROLINA | 689 | | JARZĄBKOWICE | POL | 30-39 LAT | 154 | 487 | | | 00:14:44 | 00:35:12.34 | 00:35:51.82 | 6:38 | 9 |
| 492 | ŚLEBODA BOŻENA | 323 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 197 | 488 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:05 | 00:35:19.45 | 00:35:53.14 | 6:39 | 9 |
| 493 | GŁĄB MAGDALENA | 133 | | TYCHY | POL | 40-49 LAT | 203 | 489 | | | 00:15:22 | 00:35:35.18 | 00:35:55.05 | 6:42 | 8.9 |
| 494 | ADAMCZAK RENATA | 25 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 72 | 490 | | | 00:15:11 | 00:35:21.19 | 00:35:55.45 | 6:40 | 9 |
| 495 | ZŁOCIAK AGNIESZKA | 215 | | TYCHY | POL | 40-49 LAT | 204 | 491 | | | 00:15:22 | 00:35:35.45 | 00:35:55.75 | 6:42 | 8.9 |
| 496 | MARSZALIK ANIA | 347 | | KATOWICE | POL | 40-49 LAT | 202 | 492 | | | 00:14:28 | 00:35:32.16 | 00:35:55.80 | 6:42 | 8.9 |
| 497 | KEMPA-GOŁĄB AGNIESZKA | 459 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 162 | 493 | VIKING TRAINING CENTER | | 00:15:14 | 00:35:38.75 | 00:35:59.62 | 6:43 | 8.9 |
| 498 | TOBIASZ JUSTYNA | 533 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 205 | 494 | VIKING TRAINING CENTER | | 00:15:17 | 00:35:38.50 | 00:36:00.17 | 6:43 | 8.9 |
| 499 | KACZMARCZYK-ZIELIŃSKA MAGDALENA | 563 | | PAWŁOWICE | POL | 30-39 LAT | 151 | 495 | RUNTEAM PAWLOWICE | | 00:16:01 | 00:35:03.92 | 00:36:00.78 | 6:36 | 9.1 |
| 500 | TWARDAWA MAGDALENA | 849 | | ŻORY | POL | 30-39 LAT | 161 | 496 | TEAM OLI LIDL | | 00:15:40 | 00:35:33.75 | 00:36:00.79 | 6:42 | 8.9 |
| 501 | FLAK EWA | 830 | | BYTOM | POL | 40-49 LAT | 188 | 497 | WARTKIE PIERONICE | | 00:14:46 | 00:34:59.61 | 00:36:01.31 | 6:36 | 9.1 |
| 502 | OLSZEWSKA OLIVIA | 780 | | ZBYTKÓW | POL | 30-39 LAT | 150 | 498 | | | 00:15:33 | 00:34:59.48 | 00:36:01.35 | 6:36 | 9.1 |
| 503 | BRANDYS KRYSZYNA | 135 | DYŃKI TEAM | ZBYTKÓW | POL | 30-39 LAT | 148 | 499 | | | 00:15:35 | 00:34:59.16 | 00:36:01.47 | 6:36 | 9.1 |
| 504 | ZIĘTARA AGATA | 516 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 71 | 500 | | | 00:15:21 | 00:35:10.90 | 00:36:01.76 | 6:38 | 9 |
| 505 | ŻYWICA DOROTA | 262 | | KATOWICE | POL | 40-49 LAT | 208 | 501 | HURAGAN LIGOTA | | 00:14:59 | 00:35:47.36 | 00:36:03.43 | 6:45 | 8.9 |
| 506 | FIRLA LIDKA | 580 | ZZOZOLKI | CIESZYN | POL | 40-49 LAT | 199 | 502 | ZZOZOLKI | | 00:15:02 | 00:35:28.19 | 00:36:03.49 | 6:41 | 9 |
| 507 | MAZUR-ŁAGODA DARIA | 53 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 74 | 503 | | | 00:15:53 | 00:35:28.46 | 00:36:04.58 | 6:41 | 9 |
| 508 | DRAGON PAULINA | 395 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 163 | 504 | | | 00:15:38 | 00:35:39.53 | 00:36:05.85 | 6:43 | 8.9 |
| 509 | PLESZCZYŃSKA IWONA | 305 | | ZABRZE | POL | 40-49 LAT | 194 | 505 | | | 00:14:39 | 00:35:12.71 | 00:36:06.85 | 6:38 | 9 |
| 510 | DĘBOWSKA BEATA | 101 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 73 | 506 | | | 00:15:03 | 00:35:22.42 | 00:36:09.61 | 6:40 | 9 |
| 511 | PIEROŃ JULIA | 702 | | KRAKÓW | POL | 30-39 LAT | 169 | 507 | PO JEDNEJ BABCI | | 00:14:20 | 00:36:04.20 | 00:36:12.15 | 6:48 | 8.8 |
| 512 | MASZCZYŃSKA-SKALIK ANNA | 330 | | TYCHY | POL | 40-49 LAT | 206 | 508 | | | 00:15:35 | 00:35:41.57 | 00:36:14.82 | 6:43 | 8.9 |
| 513 | STRZODA BARBARA | 706 | | CZARKÓW | POL | 40-49 LAT | 207 | 509 | | | 00:15:16 | 00:35:45.21 | 00:36:15.90 | 6:44 | 8.9 |
| 514 | MATUSZEK ANNA | 83 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 174 | 510 | | | 00:15:01 | 00:36:14.12 | 00:36:19.87 | 6:50 | 8.8 |
| 515 | MACHNIK MARTA | 471 | | GLIWICE | POL | 30-39 LAT | 176 | 511 | | | 00:13:58 | 00:36:18.27 | 00:36:20.09 | 6:50 | 8.8 |
| 516 | KAISER WIKTORIA | 375 | | ŻORY | POL | 20-29 LAT | 45 | 512 | | | 00:15:07 | 00:35:57.53 | 00:36:22.08 | 6:46 | 8.8 |
| 517 | FOJCIK KASIA | 257 | PIERUNSKIE CANGÓRY | PSZÓW (GMINA: PSZÓW) | POL | 30-39 LAT | 167 | 513 | PIERUNSKIE CANGÓRY | KANGURZYCE | 00:14:47 | 00:35:55.47 | 00:36:23.98 | 6:46 | 8.9 |
| 518 | GOJ HANIA | 700 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 75 | 514 | | MORS HUBERTUS MYSŁOWICE | 00:14:38 | 00:35:35.28 | 00:36:24.60 | 6:42 | 8.9 |
| 519 | KOŁODZIEJ EWA | 341 | | ŚWIERKLANY | POL | 50-59 LAT | 76 | 515 | | | 00:16:27 | 00:35:56.07 | 00:36:27.09 | 6:46 | 8.8 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|-----|---|------------------|------|-----------|--------|-----|--|-----------------------------|----------|-------------|-------------|--------|------|
| 520 | KAMEJSZA OLGA | 472 | ZABIERZÓW BIEGA | JASZENICA | POL | 30-39 LAT | 159 | 516 | | | 00:15:41 | 00:35:26.49 | 00:36:27.62 | 6:41 | 9 |
| 521 | FOJCIK GABRIELA | 473 | | RYBNIK | POL | 60+ | 14 | 517 | | | 00:15:22 | 00:36:00.03 | 00:36:28.99 | 6:47 | 8.8 |
| 522 | JANIK ANNA | 148 | | OŚWIĘCIM | POL | 30-39 LAT | 175 | 518 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:22 | 00:36:15.65 | 00:36:29.53 | 6:50 | 8.8 |
| 523 | WOŹNIAK WIKTORIA | 456 | | ŻORY | POL | 20-29 LAT | 46 | 519 | | | 00:14:21 | 00:36:08.72 | 00:36:30.34 | 6:49 | 8.8 |
| 524 | STEBEL MARZENA | 898 | SPOT PSZCZYNA | STUDZIONKA | POL | 40-49 LAT | 214 | 520 | SPOT PSZCZYNA | | | 00:36:20.90 | 00:36:32.96 | 6:51 | 8.8 |
| 525 | KARAS DARIA | 783 | | PSZÓW | POL | 30-39 LAT | 165 | 521 | | | 00:15:28 | 00:35:47.43 | 00:36:33.81 | 6:45 | 8.9 |
| 526 | WIŚNIEWSKA MARIA | 428 | | POGÓRZE | POL | 20-29 LAT | 44 | 522 | | | 00:15:26 | 00:35:51.79 | 00:36:34.38 | 6:45 | 8.9 |
| 527 | DZIĘCIELEWSKA SYLWIA | 899 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 209 | 523 | BYLE DO METY | | 00:15:17 | 00:35:52.88 | 00:36:36.19 | 6:46 | 8.9 |
| 528 | BLANIK AGNIESZKA | 842 | | RADLIN | POL | 40-49 LAT | 210 | 524 | | | 00:15:20 | 00:35:53.59 | 00:36:37.97 | 6:46 | 8.9 |
| 529 | WOJDANOWSKA MAŁGORZATA | 219 | | TARNOWSKIE GÓRY | POL | 30-39 LAT | 171 | 525 | | | 00:14:12 | 00:36:07.98 | 00:36:39.89 | 6:48 | 8.8 |
| 530 | BUCHOLC MARIOLA | 777 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 179 | 526 | | | 00:15:01 | 00:36:33.74 | 00:36:40.07 | 6:53 | 8.7 |
| 531 | BUNIEWICZ-KULLAS MAŁGORZATA | 507 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 78 | 527 | VIKING TRAINING CENTER | | 00:15:32 | 00:36:22.03 | 00:36:42.07 | 6:51 | 8.7 |
| 532 | BULANDA MARTYNA | 406 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 173 | 528 | VIKING TRAINING CENTER | | 00:14:36 | 00:36:13.69 | 00:36:44.13 | 6:50 | 8.8 |
| 533 | MATUSZEK DOROTA | 460 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 50-59 LAT | 77 | 529 | | | 00:15:43 | 00:36:00.29 | 00:36:44.19 | 6:47 | 8.8 |
| 534 | RUSZAŁA KAROLINA | 453 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 30-39 LAT | 168 | 530 | | | 00:15:44 | 00:36:01.65 | 00:36:44.20 | 6:47 | 8.8 |
| 535 | CZERWIŃSKA KLAUDYNA | 996 | | RYBNIK | POL | 30-39 LAT | 178 | 531 | | OPEL FIJAŁKOWSKI | 00:15:21 | 00:36:32.22 | 00:36:44.73 | 6:53 | 8.7 |
| 536 | KIETRYS ANNA | 810 | | ZABRZE | POL | 30-39 LAT | 182 | 532 | | | 00:15:54 | 00:36:37.30 | 00:36:47.59 | 6:54 | 8.7 |
| 537 | LASKOWSKA ANNA | 779 | | SKRZYSZÓW | POL | 30-39 LAT | 166 | 533 | | | 00:15:35 | 00:35:49.92 | 00:36:51.82 | 6:45 | 8.9 |
| 538 | CITUK IWONA | 420 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 216 | 534 | VIKING TRAINING CENTER | | 00:15:57 | 00:36:33.12 | 00:36:53.17 | 6:53 | 8.7 |
| 539 | REYMANN MILENA | 776 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 212 | 535 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:15:35 | 00:36:10.87 | 00:36:56.36 | 6:49 | 8.8 |
| 540 | MIELAŃCZYK MARIA | 28 | | PSZÓW | POL | 60+ | 15 | 536 | | | 00:15:29 | 00:36:15.13 | 00:36:56.64 | 6:50 | 8.8 |
| 541 | MICHAŁAK MARTA | 998 | | RYBNIK | POL | 30-39 LAT | 184 | 537 | OPEL FIJAŁKOWSKI | | 00:15:50 | 00:36:45.99 | 00:36:56.72 | 6:56 | 8.7 |
| 542 | WYSKIEL MARTA | 132 | | RYBNIK | POL | 30-39 LAT | 170 | 538 | | | 00:15:09 | 00:36:06.51 | 00:36:57.86 | 6:48 | 8.8 |
| 543 | GRECZNER OLIVIA | 360 | | OŚWIĘCIM | POL | 16-19 LAT | 12 | 539 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:27 | 00:36:26.43 | 00:37:02.60 | 6:52 | 8.7 |
| 544 | PEPEK BOŻENA | 789 | | ŻORY | POL | 40-49 LAT | 215 | 540 | | | 00:15:27 | 00:36:22.62 | 00:37:03.28 | 6:51 | 8.7 |
| 545 | SOSIŃSKA ANNA | 862 | | KRAKÓW | POL | 20-29 LAT | 48 | 541 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:21 | 00:36:56.07 | 00:37:04.27 | 6:58 | 8.6 |
| 546 | KONOPKA MAGDALENA | 86 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 172 | 542 | 55-LAT SP5 | | 00:16:26 | 00:36:13.12 | 00:37:04.84 | 6:50 | 8.8 |
| 547 | KANIA BOŻENA | 348 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 213 | 543 | 55-LAT SP5 | | 00:16:12 | 00:36:12.85 | 00:37:04.99 | 6:49 | 8.8 |
| 548 | CICHY AGNIESZKA | 126 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 221 | 544 | | | 00:15:28 | 00:36:45.62 | 00:37:05.16 | 6:56 | 8.7 |
| 549 | CICHOŃ IWONA | 386 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 220 | 545 | HURAGAN LIGOTA | | 00:15:42 | 00:36:42.91 | 00:37:07.33 | 6:55 | 8.7 |
| 550 | DYNIA MAGDALENA | 93 | DYNKI TEAM | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 211 | 546 | | | 00:15:29 | 00:36:03.34 | 00:37:07.63 | 6:48 | 8.8 |
| 551 | SMOLEŃ DAGMARA | 398 | | TYCHY | POL | 40-49 LAT | 222 | 547 | VIKING TRAINING CENTER | | 00:15:26 | 00:36:48.63 | 00:37:07.70 | 6:56 | 8.6 |
| 552 | MATUSIAK PAULINA | 723 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 183 | 548 | | | 00:15:18 | 00:36:42.82 | 00:37:07.84 | 6:55 | 8.7 |
| 553 | KUCHARCZYK ANETA | 237 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 223 | 549 | VIKING TRAINING CENTER | | 00:15:27 | 00:36:48.88 | 00:37:07.94 | 6:56 | 8.6 |
| 554 | LISICKA SABINA | 408 | | CIĘCINA | POL | 30-39 LAT | 186 | 550 | #JUSTFEELFITTEAM | | 00:15:12 | 00:37:02.10 | 00:37:08.45 | 6:59 | 8.6 |
| 555 | KARBOUY MARZENA | 562 | ZATYRANI.PL GRATISOWNIA.PL | ŻERNICA | POL | 30-39 LAT | 177 | 551 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | | 00:15:52 | 00:36:25.14 | 00:37:09.26 | 6:52 | 8.7 |
| 556 | ROGÓŻ SONIA | 577 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | ŻERNICA | POL | 50-59 LAT | 79 | 552 | | | 00:15:51 | 00:36:25.24 | 00:37:09.34 | 6:52 | 8.7 |
| 557 | MAROSZEK ALEKSANDRA | 483 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 226 | 553 | | | 00:14:37 | 00:37:03.61 | 00:37:12.18 | 6:59 | 8.6 |
| 558 | ROKITA MAGDALENA | 576 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 181 | 554 | | | 00:16:36 | 00:36:35.91 | 00:37:16.97 | 6:54 | 8.7 |
| 559 | BUREK ALINA | 518 | | LUBOMIA | POL | 40-49 LAT | 218 | 555 | | | 00:15:20 | 00:36:38.37 | 00:37:19.38 | 6:54 | 8.7 |
| 560 | LECHOWICZ IRENA | 301 | SZARE MORSY | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 16 | 556 | | | 00:15:49 | 00:36:45.43 | 00:37:19.94 | 6:56 | 8.7 |
| 561 | RATAJSZCZAK-MAŁYS EWA | 315 | BBL RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 81 | 557 | | | 00:15:55 | 00:36:32.86 | 00:37:20.64 | 6:53 | 8.7 |
| 562 | KAMECKA AGNIESZKA | 531 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 83 | 558 | VIKING TRAINING CENTER | | 00:16:02 | 00:37:00.35 | 00:37:21.22 | 6:58 | 8.6 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 563 | KWAŚNIEWSKA KASIA | 848 | | ŻORY | POL | 40-49 LAT | 228 | 559 | | | 00:15:24 | 00:37:06.70 | 00:37:22.22 | 7:00 | 8.6 |
| 564 | LABZA ANNA | 593 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 180 | 560 | | | 00:15:43 | 00:36:35.22 | 00:37:25.45 | 6:54 | 8.7 |
| 565 | SUCHY KATARZYNA | 859 | | MARKLOWICE | POL | 40-49 LAT | 227 | 561 | SZPRYCHY | | 00:15:50 | 00:37:06.14 | 00:37:25.58 | 7:00 | 8.6 |
| 566 | CZYSZCZOŃ PAULINA | 524 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 187 | 562 | VIKING TRAINING CENTER | | 00:15:20 | 00:37:05.84 | 00:37:25.89 | 6:59 | 8.6 |
| 567 | WOJTOŃ-STAWICKA MAŁGORZATA | 438 | RUNTEAM PAWŁOWICE | PAWŁOWICE | POL | 50-59 LAT | 80 | 563 | RUNTEAM PAWŁOWICE | | 00:16:02 | 00:36:27.63 | 00:37:26.18 | 6:52 | 8.7 |
| 568 | ŻEBROWSKA MATYŁDA | 66 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 82 | 564 | MORS HUBERTUS | | 00:15:07 | 00:36:37.67 | 00:37:27.52 | 6:54 | 8.7 |
| 569 | SZCZECHLA PATRYCJA | 556 | | SKOCZÓW | POL | 20-29 LAT | 47 | 565 | | | 00:15:55 | 00:36:52.74 | 00:37:28.48 | 6:57 | 8.6 |
| 570 | PETRYKOWSKA ELŻBIETA | 369 | | ŻORY | POL | 40-49 LAT | 219 | 566 | | | 00:15:11 | 00:36:40.01 | 00:37:32.01 | 6:55 | 8.7 |
| 571 | STRASZEWSKA ALEKSANDRA | 97 | KLUB SPORTOWY M.E.T.A. | CZYŻOWICE | POL | 40-49 LAT | 225 | 567 | | | 00:15:50 | 00:36:59.83 | 00:37:33.62 | 6:58 | 8.6 |
| 572 | GAŃKO GRAŻYNA | 608 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 17 | 568 | | | 00:15:58 | 00:37:22.16 | 00:37:34.67 | 7:03 | 8.5 |
| 573 | BATKO AGNIESZKA | 378 | | ŻORY | POL | 40-49 LAT | 217 | 569 | | | 00:15:31 | 00:36:36.21 | 00:37:34.98 | 6:54 | 8.7 |
| 574 | MODZELEWSKA LIDIA | 806 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 86 | 570 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:37 | 00:37:25.35 | 00:37:38.41 | 7:03 | 8.5 |
| 575 | MENDROCH JOANNA | 146 | ZZOZOLKI | HAŻLACH | POL | 50-59 LAT | 84 | 571 | | ZZOZOLKI | 00:15:41 | 00:37:08.90 | 00:37:41.00 | 7:00 | 8.6 |
| 576 | LAZAR JOANNA | 274 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 185 | 572 | | | 00:15:27 | 00:36:56.04 | 00:37:44.87 | 6:58 | 8.6 |
| 577 | KACZMAREK EWA | 950 | | TYCHY | POL | 40-49 LAT | 231 | 573 | | | 00:15:47 | 00:37:13.03 | 00:37:45.75 | 7:01 | 8.5 |
| 578 | PRZYWARA EWELINA | 760 | | KICZYCE | POL | 40-49 LAT | 224 | 574 | | | 00:15:46 | 00:36:54.90 | 00:37:46.28 | 6:57 | 8.6 |
| 579 | GRZEGOSZCZYK ŻANETA | 803 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 194 | 575 | | | 00:14:40 | 00:37:38.30 | 00:37:46.43 | 7:06 | 8.4 |
| 580 | SZYMCZAK MARIOLA | 187 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 19 | 576 | | | 00:15:16 | 00:37:37.78 | 00:37:47.81 | 7:05 | 8.5 |
| 581 | DEMSKA-ĆWIERTKA IZABELA | 586 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 230 | 577 | VIKING TRAINING CENTER | | 00:16:30 | 00:37:09.94 | 00:37:48.31 | 7:00 | 8.6 |
| 582 | KŁOPEĆ SYLWIA | 854 | | ZEBRZYDOWICE | POL | 30-39 LAT | 191 | 578 | | | 00:15:29 | 00:37:13.96 | 00:37:48.37 | 7:01 | 8.5 |
| 583 | SZABLICKA MONIKA | 726 | MAGDA | SKOCZÓW | POL | 40-49 LAT | 229 | 579 | MAGDA | | 00:15:13 | 00:37:08.63 | 00:37:48.89 | 7:00 | 8.6 |
| 584 | SZABLICKA MAGDA | 719 | MAGDA | SKOCZÓW | POL | 20-29 LAT | 49 | 580 | MAGDA | | 00:15:13 | 00:37:07.90 | 00:37:48.91 | 7:00 | 8.6 |
| 585 | DZIEDZINA ANNA | 807 | | TYCHY | POL | 30-39 LAT | 193 | 581 | | | 00:17:41 | 00:37:30.48 | 00:37:49.51 | 7:04 | 8.5 |
| 586 | MARUSZCZYK MAŁGORZATA | 692 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 189 | 582 | VIKING TRAINING CENTER | | 00:16:29 | 00:37:10.34 | 00:37:49.70 | 7:00 | 8.6 |
| 587 | MALICH ALEKSANDRA | 961 | TEAM MAŁYCH BOHATERÓW | PNÍÓWEK | POL | 20-29 LAT | 50 | 583 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:58 | 00:37:23.72 | 00:37:51.54 | 7:03 | 8.5 |
| 588 | KLUSKA SYLWIA | 81 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 92 | 584 | HURAGAN LIGOTA | | 00:15:49 | 00:37:37.96 | 00:37:55.59 | 7:05 | 8.5 |
| 589 | OBERSKA SYLWIA | 236 | NORDIKOWE FRELKI | KATOWICE | POL | 50-59 LAT | 87 | 585 | NORDICOWE FRELKI | | 00:15:40 | 00:37:26.03 | 00:37:55.71 | 7:03 | 8.5 |
| 590 | STALMACH IZA | 658 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 89 | 586 | | | 00:15:34 | 00:37:34.94 | 00:37:59.03 | 7:05 | 8.5 |
| 591 | POPCZYK EWA | 409 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 85 | 587 | | | 00:15:55 | 00:37:22.33 | 00:37:59.06 | 7:03 | 8.5 |
| 592 | PRZYŁUCKA GRAŻYNA | 370 | BIEGOWA KUŹNIA | PRECZOW | POL | 50-59 LAT | 91 | 588 | | | 00:15:35 | 00:37:35.72 | 00:37:59.25 | 7:05 | 8.5 |
| 593 | HEROK MICHALINA | 536 | | MNICH | POL | 30-39 LAT | 192 | 589 | | | 00:15:49 | 00:37:19.49 | 00:38:02.00 | 7:02 | 8.5 |
| 594 | CIEŚLA EDYTA | 537 | | RYBNIK | POL | 50-59 LAT | 90 | 590 | | | 00:16:15 | 00:37:35.29 | 00:38:03.67 | 7:05 | 8.5 |
| 595 | MAĆKÓW MAŁGORZATA | 205 | | NYSA | POL | 20-29 LAT | 51 | 591 | | | 00:15:35 | 00:37:27.51 | 00:38:04.73 | 7:03 | 8.5 |
| 596 | ABRACHAMCZYK AGNIESZKA | 18 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 52 | 592 | | | 00:16:13 | 00:37:48.18 | 00:38:04.85 | 7:07 | 8.4 |
| 597 | JURKOWSKA MONIKA | 103 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 197 | 593 | KOBIETY NA 5+ | | 00:16:12 | 00:37:47.45 | 00:38:05.00 | 7:07 | 8.4 |
| 598 | KACHEL SONIA | 844 | SONIAKACHEL@VP.PL | RYBNIK | POL | 30-39 LAT | 196 | 594 | SZPRYCHY | | 00:17:24 | 00:37:45.36 | 00:38:05.87 | 7:07 | 8.4 |
| 599 | REK KATARZYNA | 494 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 232 | 595 | RADLINIOKI W BIEGU | | 00:15:33 | 00:37:22.55 | 00:38:06.54 | 7:03 | 8.5 |
| 600 | KRZYKAŁA ZDZISŁAWA | 841 | | WYRY | POL | 50-59 LAT | 94 | 596 | | | 00:15:58 | 00:37:46.17 | 00:38:07.44 | 7:07 | 8.4 |
| 601 | JAKUBIK EDYTA | 763 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 190 | 597 | | | 00:14:55 | 00:37:13.82 | 00:38:08.42 | 7:01 | 8.5 |
| 602 | GUŚCIORA JUSTYNA | 108 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 95 | 598 | | | 00:14:45 | 00:37:57.98 | 00:38:10.79 | 7:09 | 8.4 |
| 603 | DAMIS DARIA | 52 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 188 | 599 | | | 00:15:20 | 00:37:07.42 | 00:38:12.30 | 7:00 | 8.6 |
| 604 | LAKSA MARLENA | 60 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 50-59 LAT | 88 | 600 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:06 | 00:37:29.37 | 00:38:13.57 | 7:04 | 8.5 |
| 605 | CEREMON JOANNA | 890 | | PIELGRZYMOWICE | POL | 40-49 LAT | 245 | 601 | | | 00:15:17 | 00:38:10.76 | 00:38:15.38 | 7:12 | 8.3 |
| 606 | CISŁO KATARZYNA | 37 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 205 | 602 | POWOLI DOCELU | | 00:16:13 | 00:37:58.21 | 00:38:15.40 | 7:09 | 8.4 |
| 607 | ZŁOTKOWSKA SYLWIA | 741 | WATAHA | PIELGRZYMOWICE | POL | 30-39 LAT | 203 | 603 | WATAHA | | 00:15:16 | 00:37:55.27 | 00:38:16.65 | 7:09 | 8.4 |
| 608 | DULIBAN AGNIESZKA | 940 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 204 | 604 | | | 00:15:56 | 00:37:56.82 | 00:38:17.46 | 7:09 | 8.4 |
| 609 | MICHALSKA BEATA | 169 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 93 | 605 | WARTKIE PIERONICE | | 00:15:53 | 00:37:43.21 | 00:38:17.69 | 7:06 | 8.4 |
| 610 | KONOPACKA WALERIA | 487 | | BIELSKO-BIAŁA | POL | 60+ | 18 | 606 | | | 00:16:31 | 00:37:28.72 | 00:38:20.07 | 7:04 | 8.5 |
| 611 | REKAŁ DOROTA | 242 | BYLE DO METY | ZEBRZYDOWICE | POL | 60+ | 21 | 607 | BYLE DO METY | | 00:15:20 | 00:38:05.38 | 00:38:22.21 | 7:11 | 8.4 |
| 612 | OLCZYK WIOLETTA | 560 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 101 | 608 | KOBIETY NA 5+ | | 00:15:00 | 00:38:12.68 | 00:38:22.62 | 7:12 | 8.3 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|------------------------------|--------------------------|------|-----------|--------|-----|------------------------------|-----------------------------|----------|-------------|-------------|--------|------|
| 613 | STRUFF KAROLINA | 825 | SZPRYCHY | RYBNIK | POL | 40-49 LAT | 235 | 609 | | SZPRYCHY | 00:15:41 | 00:38:01.62 | 00:38:23.20 | 7:10 | 8.4 |
| 614 | BANACH-HAN KINGA | 673 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 215 | 610 | | | 00:15:51 | 00:38:21.90 | 00:38:25.56 | 7:14 | 8.3 |
| 615 | MURAS-JAROMIN JUSTYNA | 878 | | PSZCZYNA | POL | 30-39 LAT | 202 | 611 | | | 00:16:17 | 00:37:53.97 | 00:38:25.63 | 7:08 | 8.4 |
| 616 | KUBIS BARBARA | 670 | | CZARKÓW | POL | 40-49 LAT | 234 | 612 | | | 00:16:19 | 00:37:53.81 | 00:38:25.77 | 7:08 | 8.4 |
| 617 | SADOWSKA KAMILA | 926 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 209 | 613 | | | 00:15:55 | 00:38:06.10 | 00:38:26.85 | 7:11 | 8.3 |
| 618 | WIKI AGNIESZKA | 861 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 247 | 614 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:17 | 00:38:19.95 | 00:38:28.76 | 7:13 | 8.3 |
| 619 | PIEROŃ-KŁAKUS ANETA | 701 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 214 | 615 | PO JEDNEJ BABCI | | 00:15:20 | 00:38:20.39 | 00:38:28.76 | 7:13 | 8.3 |
| 620 | STACHOŃ SYLWIA | 461 | 4A | CZERWIONKA LESZCZYNY | POL | 40-49 LAT | 233 | 616 | | | 00:16:03 | 00:37:30.34 | 00:38:30.29 | 7:04 | 8.5 |
| 621 | KRZYSZTOPORSKA KAROLINA | 346 | | RYBNIK | POL | 30-39 LAT | 195 | 617 | | | 00:17:03 | 00:37:39.30 | 00:38:32.05 | 7:06 | 8.4 |
| 622 | KMIECIAK DOMINIKA | 167 | RUNPATOLA | RADLIN | POL | 30-39 LAT | 206 | 618 | | | 00:15:55 | 00:38:02.69 | 00:38:33.31 | 7:10 | 8.4 |
| 623 | KUBALA JOANNA | 952 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 208 | 619 | | | 00:15:57 | 00:38:04.71 | 00:38:33.66 | 7:10 | 8.4 |
| 624 | PORĘBA WIOLA | 866 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 207 | 620 | | | 00:15:57 | 00:38:04.19 | 00:38:33.73 | 7:10 | 8.4 |
| 625 | SERAFIN CHWAŁEK JOANNA | 118 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 240 | 621 | | | 00:15:41 | 00:38:07.00 | 00:38:34.31 | 7:11 | 8.3 |
| 626 | BOREK KAROLINA | 900 | BYLE DO METY | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 200 | 622 | | | 00:15:40 | 00:37:52.79 | 00:38:34.97 | 7:08 | 8.4 |
| 627 | OSMAŃSKA EWA | 615 | | ŻORY | POL | 40-49 LAT | 242 | 623 | | PSIAPSI1 | 00:16:08 | 00:38:07.60 | 00:38:36.09 | 7:11 | 8.3 |
| 628 | SŁYSZ NATALIA | 642 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 201 | 624 | BYLE DO METY | | 00:16:25 | 00:37:53.09 | 00:38:37.74 | 7:08 | 8.4 |
| 629 | ROJEK-CZEKAJ PATRYCJA | 791 | | RYBNIK | POL | 40-49 LAT | 249 | 625 | | | 00:15:39 | 00:38:28.27 | 00:38:38.24 | 7:15 | 8.3 |
| 630 | HABER KATARZYNA | 203 | MIECHOWICKA GRUPA BIEGOWA | ŁAPSZE NIŻNE | POL | 50-59 LAT | 97 | 626 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:34 | 00:38:01.60 | 00:38:39.84 | 7:10 | 8.4 |
| 631 | BASEK MARTA | 328 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 98 | 627 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:06.33 | 00:38:40.14 | 7:11 | 8.3 |
| 632 | BURNAGIEL AGATA | 191 | HRMAX DZIOŁSZKI | CZERWIONKA-LESZC ZYNY | POL | 50-59 LAT | 96 | 628 | HRMAX DZIOŁSZKI | | 00:16:17 | 00:38:00.90 | 00:38:40.72 | 7:10 | 8.4 |
| 633 | MAJCHRZYK LIDIA | 204 | | KNURÓW | POL | 60+ | 20 | 629 | | | 00:16:17 | 00:38:00.92 | 00:38:40.74 | 7:10 | 8.4 |
| 634 | KĄŁUS EWA | 230 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 243 | 630 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.74 | 00:38:40.75 | 7:11 | 8.3 |
| 635 | RYBAK MONIKA | 742 | | RYBNIK | POL | 40-49 LAT | 246 | 631 | | KIEDY JAK NIE TERAZ? | 00:16:32 | 00:38:12.41 | 00:38:40.79 | 7:12 | 8.3 |
| 636 | KACZÓREK ANNA | 353 | HRMAX DZIOŁSZK | ŻORY | POL | 40-49 LAT | 237 | 632 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:05.75 | 00:38:41.06 | 7:11 | 8.4 |
| 637 | JAKUBOWSKA AGNIESZKA | 61 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 238 | 633 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:05.76 | 00:38:41.14 | 7:11 | 8.4 |
| 638 | MACURA EWA | 417 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 100 | 634 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:10.21 | 00:38:41.85 | 7:12 | 8.3 |
| 639 | ŻBEL ANIA | 9 | HRMAX ŻORY | ZEBRZYDOWICE | POL | 40-49 LAT | 244 | 635 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:09.89 | 00:38:42.34 | 7:11 | 8.3 |
| 640 | WALA ROKSANA | 948 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 210 | 636 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:44 | 00:38:10.15 | 00:38:43.02 | 7:12 | 8.3 |
| 641 | PADIASEK DOMINIKA | 821 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 236 | 637 | HRMAX DZIOŁSZKI | | 00:16:15 | 00:38:05.48 | 00:38:43.33 | 7:11 | 8.4 |
| 642 | TOMAN ANETA | 694 | HRMAX DZIOŁSZKI | SUSZEC | POL | 40-49 LAT | 241 | 638 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.18 | 00:38:43.43 | 7:11 | 8.3 |
| 643 | DACENKO JOANNA | 669 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 248 | 639 | | | 00:15:52 | 00:38:27.73 | 00:38:43.61 | 7:15 | 8.3 |
| 644 | BODZIONY ANNA | 737 | HRMAX | ŻORY | POL | 40-49 LAT | 239 | 640 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:06.49 | 00:38:43.70 | 7:11 | 8.3 |
| 645 | KOGUT EDYTA | 718 | | ŻORY | POL | 50-59 LAT | 99 | 641 | HRMAX DZIOŁSZKI | | 00:16:25 | 00:38:07.95 | 00:38:44.20 | 7:11 | 8.3 |
| 646 | ANDROSZ JOANNA | 324 | | RYBNIK | POL | 40-49 LAT | 252 | 642 | | | 00:15:46 | 00:38:32.80 | 00:38:46.44 | 7:16 | 8.3 |
| 647 | WAGNER NATALIA | 647 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 218 | 643 | | | 00:16:21 | 00:38:41.73 | 00:38:48.56 | 7:17 | 8.2 |
| 648 | PIECHOCIŃSKA KATARZYNA | 914 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 199 | 644 | SZARE MORSY | | 00:16:02 | 00:37:51.43 | 00:38:48.96 | 7:08 | 8.4 |
| 649 | HUBA AGNIESZKA | 134 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 217 | 645 | KOBIETY NA 5+ | | 00:14:41 | 00:38:36.11 | 00:38:49.02 | 7:16 | 8.2 |
| 650 | MYŚLIWIEC MONIKA | 581 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 253 | 646 | KOBIETY NA 5+ | | 00:15:55 | 00:38:39.13 | 00:38:49.08 | 7:17 | 8.2 |
| 651 | MACHEJ MAŁGORZATA | 504 | | KOŃCZYCE MAŁE | POL | 50-59 LAT | 102 | 647 | | | 00:16:33 | 00:38:13.59 | 00:38:50.54 | 7:12 | 8.3 |
| 652 | PLATA MARLENA | 521 | | PAWŁOWICE ŚLĄSKIE | POL | 30-39 LAT | 212 | 648 | | | 00:16:49 | 00:38:13.82 | 00:38:51.02 | 7:12 | 8.3 |
| 653 | KACZÓREK MALWINA | 1276 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 216 | 649 | | | 00:15:26 | 00:38:27.12 | 00:38:53.04 | 7:15 | 8.3 |
| 654 | RUSINEK JOANNA | 923 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 105 | 650 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:44 | 00:38:21.36 | 00:38:53.05 | 7:14 | 8.3 |
| 655 | SMOŁKA KATARZYNA | 508 | FLUENTBE | RYBNIK | POL | 30-39 LAT | 213 | 651 | | | 00:17:31 | 00:38:17.91 | 00:38:54.43 | 7:13 | 8.3 |
| 656 | MICHAŁEK KAROLINA | 872 | VIKING TRENING CENTER | TYCHY | POL | 20-29 LAT | 55 | 652 | VIKING TRAINING CENTER | | 00:16:18 | 00:38:32.49 | 00:38:54.46 | 7:16 | 8.3 |
| 657 | NIEDŹWIEDŹ JULIA | 342 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 56 | 653 | | | 00:16:18 | 00:38:45.00 | 00:38:54.88 | 7:18 | 8.2 |
| 658 | JANISZEWA PATRYCJA | 917 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 211 | 654 | BYLE DO METY | | 00:15:30 | 00:38:13.54 | 00:38:57.39 | 7:12 | 8.3 |
| 659 | FITAS NATALIA | 758 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 53 | 655 | | | 00:17:03 | 00:38:19.52 | 00:38:58.32 | 7:13 | 8.3 |
| 660 | PELCZAR NATALIA | 818 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 57 | 656 | | | 00:16:16 | 00:38:50.90 | 00:38:59.31 | 7:19 | 8.2 |
| 661 | GARUS ANDZIA | 467 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 254 | 657 | | | 00:16:10 | 00:38:43.53 | 00:38:59.70 | 7:18 | 8.2 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 662 | MAZUREK BEATA | 590 | ŻUBRÓWKI | GASZOWICE | POL | 30-39 LAT | 198 | 658 | ŻUBRÓWKI | | 00:16:58 | 00:37:50.73 | 00:39:00.80 | 7:08 | 8.4 |
| 663 | ROŻEK MIROSŁAWA | 397 | | KATOWICE | POL | 50-59 LAT | 104 | 659 | | | 00:16:22 | 00:38:17.51 | 00:39:00.98 | 7:13 | 8.3 |
| 664 | ROSTALSKA BARBARA | 966 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 103 | 660 | 55-LAT SP5 | | 00:16:24 | 00:38:14.36 | 00:39:06.98 | 7:12 | 8.3 |
| 665 | MAGIERA BARBARA | 269 | POWOLI DO CELU | CHEŁM ŚLĄSKI | POL | 30-39 LAT | 221 | 661 | POWOLI DO CELU | | 00:16:15 | 00:38:49.99 | 00:39:07.20 | 7:19 | 8.2 |
| 666 | MARON HONORATA | 549 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 223 | 662 | | | 00:16:16 | 00:38:58.85 | 00:39:07.74 | 7:21 | 8.2 |
| 667 | WODNIAK ANGELA | 74 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 220 | 663 | POWOLI DO CELU | | 00:16:13 | 00:38:49.66 | 00:39:08.03 | 7:19 | 8.2 |
| 668 | OLEJNIK KAROLINA | 757 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 54 | 664 | | | 00:17:03 | 00:38:31.00 | 00:39:09.59 | 7:16 | 8.3 |
| 669 | ŚNIEG ALICJA | 747 | | ZABRZE | POL | 30-39 LAT | 225 | 665 | | | 00:15:59 | 00:39:04.37 | 00:39:14.44 | 7:22 | 8.1 |
| 670 | ŚMIGIEL ANETA | 814 | RADLINIOKI W BIEGU | RYBNIK | POL | 40-49 LAT | 250 | 666 | RADLINIOKI W BIEGU | | 00:16:29 | 00:38:31.16 | 00:39:18.11 | 7:16 | 8.3 |
| 671 | KLYSZCZ HONORATA | 699 | | UCHYLSKO | POL | 40-49 LAT | 251 | 667 | | | 00:16:26 | 00:38:31.46 | 00:39:18.13 | 7:16 | 8.3 |
| 672 | MAREK SYLWIA | 879 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 222 | 668 | | | 00:16:51 | 00:38:52.27 | 00:39:26.32 | 7:20 | 8.2 |
| 673 | STELMACH MARTA | 749 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 228 | 669 | | | 00:16:20 | 00:39:19.51 | 00:39:27.58 | 7:25 | 8.1 |
| 674 | WOŹNICKA ANNA | 175 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 40-49 LAT | 259 | 670 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:48 | 00:39:23.04 | 00:39:35.24 | 7:25 | 8.1 |
| 675 | WYBRANIEC ALEKSANDRA | 797 | | OŚWIĘCIM | POL | 20-29 LAT | 59 | 671 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:50 | 00:39:03.38 | 00:39:35.26 | 7:22 | 8.1 |
| 676 | BANACH MONIKA | 450 | ZIMNOKRWISTE WIEWIÓRKI | OŚWIĘCIM | POL | 50-59 LAT | 112 | 672 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:40 | 00:39:22.46 | 00:39:35.52 | 7:25 | 8.1 |
| 677 | SCHMIDT MAGDALENA | 893 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 219 | 673 | 55-LAT SP5 | | 00:16:31 | 00:38:46.61 | 00:39:39.27 | 7:18 | 8.2 |
| 678 | PYZIK BARBARA | 14 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 261 | 674 | | | 00:15:18 | 00:39:25.61 | 00:39:39.48 | 7:26 | 8.1 |
| 679 | ZAGÓRSKA BEATA | 319 | | GOLESZÓW | POL | 40-49 LAT | 255 | 675 | ZZOZOLKI | | 00:16:39 | 00:38:55.91 | 00:39:40.39 | 7:20 | 8.2 |
| 680 | LOREK JOLANTA | 355 | | ZAMARSKI | POL | 40-49 LAT | 256 | 676 | | | 00:16:40 | 00:38:56.13 | 00:39:40.52 | 7:20 | 8.2 |
| 681 | BARAN KAROLINA | 525 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 224 | 677 | | | 00:16:46 | 00:39:00.68 | 00:39:42.05 | 7:21 | 8.2 |
| 682 | PATAŁG KATARZYNA | 24 | | MYSŁOWICE | POL | 30-39 LAT | 226 | 678 | | | 00:15:56 | 00:39:08.20 | 00:39:45.61 | 7:23 | 8.1 |
| 683 | OSZEK KAROLINA | 76 | TEAM OCZEK | RACIBÓRZ | POL | 40-49 LAT | 257 | 679 | TEAM OCZEK | | 00:16:27 | 00:38:59.33 | 00:39:46.33 | 7:21 | 8.2 |
| 684 | NAWARYŃSKA EWA | 176 | | RACIBÓRZ | POL | 50-59 LAT | 107 | 680 | | | 00:17:22 | 00:38:59.67 | 00:39:46.37 | 7:21 | 8.2 |
| 685 | NAWARYŃSKA KATARZYNA | 210 | | RACIBÓRZ | POL | 20-29 LAT | 58 | 681 | | | 00:16:27 | 00:38:59.56 | 00:39:46.46 | 7:21 | 8.2 |
| 686 | STYRNOL BEATA | 194 | | PAWLÓW | POL | 50-59 LAT | 106 | 682 | | | 00:17:22 | 00:38:59.43 | 00:39:47.04 | 7:21 | 8.2 |
| 687 | DRANICZAREK ANNA | 481 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 232 | 683 | | | 00:16:24 | 00:39:41.40 | 00:39:48.44 | 7:29 | 8 |
| 688 | ZMUDA WIOLETA | 260 | KLUB SPORTOWY META | GORZYCZKI | POL | 40-49 LAT | 258 | 684 | | | 00:16:57 | 00:39:15.31 | 00:39:49.97 | 7:24 | 8.1 |
| 689 | MARUSZCZAK JUSTYNA | 186 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 109 | 685 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:15 | 00:39:08.32 | 00:39:50.27 | 7:23 | 8.1 |
| 690 | NAWROCKA AGNIESZKA | 84 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 111 | 686 | | | 00:16:41 | 00:39:18.09 | 00:39:51.55 | 7:24 | 8.1 |
| 691 | ZACZYŃSKA-POZNIAK JAROSŁAWA | 411 | | DOBRZEŃ WIELKI | POL | 50-59 LAT | 108 | 687 | | | 00:16:02 | 00:39:03.08 | 00:39:52.82 | 7:22 | 8.1 |
| 692 | KAMIŃSKA ALEKSANDRA | 530 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 227 | 688 | | | 00:16:46 | 00:39:11.81 | 00:39:53.00 | 7:23 | 8.1 |
| 693 | MAZUREK NATALIA | 997 | | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 61 | 689 | OPEL FIJAŁKOWSKI | | 00:16:12 | 00:39:42.39 | 00:39:53.10 | 7:29 | 8 |
| 694 | KOWALSKA MAŁGORZATA | 441 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 110 | 690 | | | 00:15:53 | 00:39:16.80 | 00:39:57.00 | 7:24 | 8.1 |
| 695 | GRZELAK PATRYCJA | 352 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 265 | 691 | | | 00:16:29 | 00:39:45.37 | 00:40:00.53 | 7:30 | 8 |
| 696 | ZWOREK ROTKEGEL ANNA | 583 | | TOSZEK | POL | 50-59 LAT | 114 | 692 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:43 | 00:39:29.40 | 00:40:02.54 | 7:26 | 8.1 |
| 697 | WĘGRZYN ZUZANNA | 592 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 62 | 693 | | | 00:16:08 | 00:39:54.14 | 00:40:04.25 | 7:31 | 8 |
| 698 | GARUS DARIA | 285 | | ORNONTOWICE | POL | 30-39 LAT | 230 | 694 | | | 00:16:20 | 00:39:36.44 | 00:40:05.31 | 7:28 | 8 |
| 699 | KOWALCZYK BASIA | 170 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 268 | 695 | | | 00:16:29 | 00:39:59.61 | 00:40:06.71 | 7:32 | 8 |
| 700 | WANDZEL IWONA | 117 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 231 | 696 | | | 00:16:09 | 00:39:37.48 | 00:40:07.92 | 7:28 | 8 |
| 701 | PARCHAŃSKA OLIWIA | 617 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 233 | 697 | BYLE DO METY | | 00:17:35 | 00:39:41.65 | 00:40:08.10 | 7:29 | 8 |
| 702 | TUSZYŃSKA ANNA | 107 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 260 | 698 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:19 | 00:39:24.66 | 00:40:09.00 | 7:26 | 8.1 |
| 703 | GŁAB MARIOLA | 665 | | ŚWIĘTOCHŁOWICE | POL | 30-39 LAT | 229 | 699 | | | 00:15:59 | 00:39:34.32 | 00:40:10.41 | 7:27 | 8 |
| 704 | ZAJĄC PATRYCJA | 382 | ZAJĄCE | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 60 | 700 | | | 00:16:39 | 00:39:31.21 | 00:40:10.95 | 7:27 | 8 |
| 705 | KOŁODZIEJCZYK ALEKSANDRA | 78 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 262 | 701 | RADLINIOKI W BIEGU | | 00:16:26 | 00:39:26.10 | 00:40:13.83 | 7:26 | 8.1 |
| 706 | DUBIEL JOANNA | 20 | DUBIEL CLUB | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 116 | 702 | | | 00:16:47 | 00:40:09.76 | 00:40:14.39 | 7:34 | 7.9 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|--------------|----------|-------------|-------------|--------|------|
| 707 | RADUCKA KINGA | 837 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 266 | 703 | NICE GIRLS | | 00:16:43 | 00:39:56.93 | 00:40:15.89 | 7:32 | 8 |
| 708 | PIWOWAR BEATA | 836 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 267 | 704 | NICE GIRLS | | 00:16:44 | 00:39:57.82 | 00:40:16.24 | 7:32 | 8 |
| 709 | KLEPACKA EDYTA | 403 | | SUSZEC | POL | 40-49 LAT | 263 | 705 | | | 00:17:43 | 00:39:42.77 | 00:40:19.14 | 7:29 | 8 |
| 710 | RUSZCZYŃSKA ANNA | 407 | | SUSZEC | POL | 40-49 LAT | 264 | 706 | | | 00:17:42 | 00:39:43.43 | 00:40:19.15 | 7:29 | 8 |
| 711 | VAIDYAN-IWANOWSKA GRAŻYNA | 314 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 23 | 707 | | | 00:16:22 | 00:40:17.48 | 00:40:22.64 | 7:36 | 7.9 |
| 712 | NIEDŹWIEDŹ MAJA | 339 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 273 | 708 | | | 00:15:43 | 00:40:20.86 | 00:40:30.07 | 7:36 | 7.9 |
| 713 | OSTAPIUK ANNA | 40 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 235 | 709 | | | 00:16:57 | 00:39:56.91 | 00:40:30.89 | 7:32 | 8 |
| 714 | BETLEJ DOROTA | 572 | | KATOWICE | POL | 30-39 LAT | 234 | 710 | | | 00:16:02 | 00:39:52.10 | 00:40:31.54 | 7:31 | 8 |
| 715 | KUŚKA JUSTYNA | 610 | PSIAPSI | JANKOWICE | POL | 40-49 LAT | 272 | 711 | | PSIAPSI | 00:15:52 | 00:40:09.81 | 00:40:36.29 | 7:34 | 7.9 |
| 716 | BRODA BEATA | 240 | | PIASEK | POL | 50-59 LAT | 115 | 712 | | | 00:16:38 | 00:40:00.00 | 00:40:36.86 | 7:32 | 8 |
| 717 | BRODA KAMILA | 229 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 236 | 713 | | | 00:16:39 | 00:40:00.90 | 00:40:37.17 | 7:32 | 8 |
| 718 | PIPIRO GRAŻYNA | 156 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 22 | 714 | KOBIETY NA 5+ | | 00:17:10 | 00:40:02.43 | 00:40:39.96 | 7:33 | 7.9 |
| 719 | NALEPKA KATARZYNA | 109 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 269 | 715 | MIECHOWICKA GRUPA BIEGOWA | IDYMY DURŚ | 00:17:19 | 00:40:00.15 | 00:40:44.72 | 7:32 | 8 |
| 720 | CHOLEWIŃSKA KATARZYNA | 717 | | ZAMBRÓW | POL | 50-59 LAT | 117 | 716 | | | 00:17:22 | 00:40:19.97 | 00:40:46.56 | 7:36 | 7.9 |
| 721 | BIALAS JOANNA | 875 | SPOT PSZCZYNA | RADOSTOWICE | POL | 40-49 LAT | 279 | 717 | | | 00:16:41 | 00:40:36.65 | 00:40:47.65 | 7:39 | 7.8 |
| 722 | LISOWSKA AGNIESZKA | 784 | | PAWŁOWICE | POL | 40-49 LAT | 274 | 718 | | | 00:17:18 | 00:40:21.05 | 00:40:49.17 | 7:36 | 7.9 |
| 723 | RACIBORSKA AGNIESZKA | 786 | | PAWŁOWICE | POL | 40-49 LAT | 275 | 719 | | | 00:17:19 | 00:40:21.71 | 00:40:49.26 | 7:36 | 7.9 |
| 724 | KLUSKA PATRYCJA | 908 | | OŚWIĘCIM | POL | 20-29 LAT | 63 | 720 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:39:59.02 | 00:40:49.59 | 7:32 | 8 |
| 725 | MIKŁUSIAK BARBARA | 845 | | RYBNIK | POL | 30-39 LAT | 243 | 721 | SZPRYCHY | | 00:17:54 | 00:40:31.84 | 00:40:51.57 | 7:38 | 7.8 |
| 726 | KUCZEK ELWIRA | 831 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 270 | 722 | | DWIE SZCZIGI | 00:16:30 | 00:40:03.64 | 00:40:52.38 | 7:33 | 7.9 |
| 727 | KRÓL JUSTYNA | 832 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 271 | 723 | | DWIE SZCZIGI | 00:16:29 | 00:40:04.36 | 00:40:52.90 | 7:33 | 7.9 |
| 728 | KAJSTURA KATARZYNA | 622 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 277 | 724 | VIKING TRAINING CENTER | | 00:17:01 | 00:40:32.60 | 00:40:53.88 | 7:38 | 7.8 |
| 729 | LIMAŃSKA JOANNA | 585 | VIKING TRAINING CENTER | MIKOŁÓW | POL | 30-39 LAT | 239 | 725 | VIKING TRAINING CENTER | | 00:16:50 | 00:40:14.96 | 00:40:54.21 | 7:35 | 7.9 |
| 730 | OLEŚ ULA | 947 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 241 | 726 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:37 | 00:40:29.58 | 00:40:56.11 | 7:38 | 7.9 |
| 731 | UHEREK AGNIESZKA | 599 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 238 | 727 | GRAŻYNY 87 | | 00:16:45 | 00:40:02.24 | 00:40:57.66 | 7:33 | 7.9 |
| 732 | OWCZARZY AGNIESZKA | 597 | GRAŻYNY 87 | KOŃCZYCE MAŁE | POL | 30-39 LAT | 237 | 728 | GRAŻYNY 87 | | 00:16:45 | 00:40:01.64 | 00:40:57.80 | 7:33 | 7.9 |
| 733 | WÓJCIK DOROTA | 724 | | ZORY | POL | 30-39 LAT | 240 | 729 | BYLE DO METY | | 00:16:26 | 00:40:15.84 | 00:41:00.64 | 7:35 | 7.9 |
| 734 | SZWED ANIA | 241 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 276 | 730 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:28 | 00:40:29.74 | 00:41:01.24 | 7:38 | 7.9 |
| 735 | FOLTYN DOMINIKA | 877 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 242 | 731 | | | 00:17:39 | 00:40:30.66 | 00:41:04.29 | 7:38 | 7.9 |
| 736 | STEFANIAK JUSTYNA | 110 | POGORIA BIEGA | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 278 | 732 | | | 00:17:12 | 00:40:34.47 | 00:41:07.52 | 7:39 | 7.8 |
| 737 | KALITA ANNA | 773 | | JAWORZE | POL | 50-59 LAT | 118 | 733 | INCOLA TEAM | | 00:17:52 | 00:40:20.42 | 00:41:13.52 | 7:36 | 7.9 |
| 738 | ŻULEWSKA MARIA | 955 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 24 | 734 | | | 00:16:25 | 00:41:14.20 | 00:41:14.56 | 7:46 | 7.7 |
| 739 | PAŁYS AGATA | 736 | SZARE MORSY | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 283 | 735 | | | 00:16:25 | 00:41:14.23 | 00:41:14.60 | 7:46 | 7.7 |
| 740 | NOWAK-MARKITON KAROLINA | 951 | | PAWŁOWICE | POL | 30-39 LAT | 247 | 736 | | | 00:18:31 | 00:41:10.05 | 00:41:20.68 | 7:46 | 7.7 |
| 741 | NIEDZIELA ROKSANA | 183 | | OŚWIĘCIM | POL | 20-29 LAT | 65 | 737 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:23 | 00:41:10.30 | 00:41:24.15 | 7:46 | 7.7 |
| 742 | ŚLEZIONA KATARZYNA | 379 | | TYCHY | POL | 30-39 LAT | 246 | 738 | | | 00:16:36 | 00:41:08.45 | 00:41:26.77 | 7:45 | 7.7 |
| 743 | JELONEK KLAUDIA | 180 | | WOLA | POL | 30-39 LAT | 245 | 739 | | | 00:17:35 | 00:40:48.12 | 00:41:26.83 | 7:41 | 7.8 |
| 744 | ADAMUS DARIA | 606 | | OSWIECIM | POL | 20-29 LAT | 64 | 740 | | | 00:17:33 | 00:40:46.89 | 00:41:27.26 | 7:41 | 7.8 |
| 745 | KULIG-GOC GABRIELA | 207 | | STUDZIENICE | POL | 30-39 LAT | 244 | 741 | | | 00:17:35 | 00:40:47.16 | 00:41:27.29 | 7:41 | 7.8 |
| 746 | KOŹDOŃ JAGODA | 56 | | RYBNIK | POL | 30-39 LAT | 251 | 742 | | | 00:16:38 | 00:41:22.72 | 00:41:28.23 | 7:48 | 7.7 |
| 747 | SZCZUCHNIAK ADRIANA | 284 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 280 | 743 | | | 00:17:06 | 00:40:45.83 | 00:41:31.11 | 7:41 | 7.8 |
| 748 | JAKIEŁEK BARBARA | 225 | | OŚWIĘCIM | POL | 30-39 LAT | 248 | 744 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:45 | 00:41:16.91 | 00:41:31.44 | 7:47 | 7.7 |
| 749 | WODZYŃSKA-KOCZY MARTA | 294 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 285 | 745 | | | 00:16:39 | 00:41:15.38 | 00:41:32.12 | 7:46 | 7.7 |
| 750 | SIEROTA RENATA | 887 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 284 | 746 | | | 00:17:06 | 00:41:14.76 | 00:41:32.19 | 7:46 | 7.7 |
| 751 | MILCUSZEK MAGDALENA | 90 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 249 | 747 | | | 00:17:08 | 00:41:17.02 | 00:41:32.39 | 7:47 | 7.7 |
| 752 | RYŚ WERONIKA | 278 | | KATOWICE | POL | 20-29 LAT | 66 | 748 | | | 00:17:23 | 00:41:19.32 | 00:41:39.23 | 7:47 | 7.7 |
| 753 | BARTNIK JOANNA | 251 | STREET SPIRIT | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 286 | 749 | | DWIE SZALONE | 00:16:58 | 00:41:16.78 | 00:41:40.67 | 7:47 | 7.7 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|------------------------------|-------------------|------|-----------|--------|-----|------------------------------|-----------|----------|-------------|-------------|--------|------|
| 754 | PIETRASZEK EWA | 234 | KOBIETY WATAHY | RUDA ŚLĄSKA | POL | 50-59 LAT | 119 | 750 | | | 00:17:40 | 00:40:54.25 | 00:41:41.63 | 7:43 | 7.8 |
| 755 | NOWAK MALWINA | 936 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 252 | 751 | | | 00:18:12 | 00:41:31.14 | 00:41:42.68 | 7:50 | 7.7 |
| 756 | GUBAŁA MONIKA | 727 | | ZABRZE | POL | 30-39 LAT | 250 | 752 | | | 00:18:47 | 00:41:17.25 | 00:41:46.50 | 7:47 | 7.7 |
| 757 | KAJMOWICZ-SOPICKA JOLANTA | 982 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 281 | 753 | INCOLA TEAM | | 00:17:52 | 00:41:02.61 | 00:41:56.01 | 7:44 | 7.7 |
| 758 | DERYŁO SYLWIA | 988 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 282 | 754 | INCOLA TEAM | | 00:17:52 | 00:41:02.64 | 00:41:56.06 | 7:44 | 7.7 |
| 759 | BYCINA EDYTA | 935 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 287 | 755 | | | 00:17:24 | 00:41:27.55 | 00:42:02.92 | 7:49 | 7.7 |
| 760 | ROTTER HANNA | 164 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 26 | 756 | | | 00:17:31 | 00:41:38.60 | 00:42:03.51 | 7:51 | 7.6 |
| 761 | KIERMASZEK BARBARA | 402 | | WODZISŁAW ŚLĄSKI | POL | 60+ | 25 | 757 | | | 00:17:22 | 00:41:37.84 | 00:42:04.22 | 7:51 | 7.6 |
| 762 | BROCKA JOANNA | 672 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 289 | 758 | | | 00:17:24 | 00:41:30.97 | 00:42:05.92 | 7:49 | 7.7 |
| 763 | GRECZNER JOWITA | 359 | | OŚWIĘCIM | POL | 40-49 LAT | 288 | 759 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:50 | 00:41:30.48 | 00:42:06.60 | 7:49 | 7.7 |
| 764 | PALICA HALINA | 809 | AKTYWNI LYSKI | LYSKI | POL | 60+ | 27 | 760 | | | 00:17:42 | 00:41:39.05 | 00:42:08.29 | 7:51 | 7.6 |
| 765 | POREMSKA ELŻBIETA | 901 | AKTYWNI LYSKI | LYSKI | POL | 40-49 LAT | 290 | 761 | | | 00:17:42 | 00:41:39.46 | 00:42:08.35 | 7:51 | 7.6 |
| 766 | DZIENDZIEL RENATA | 75 | | ŻORY | POL | 50-59 LAT | 113 | 762 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:17 | 00:39:23.90 | 00:42:10.13 | 7:25 | 8.1 |
| 767 | GLICA KATARZYNA | 756 | | BYTOM | POL | 30-39 LAT | 254 | 763 | | | 00:17:56 | 00:42:05.60 | 00:42:16.88 | 7:56 | 7.6 |
| 768 | KOSTKA JUSTYNA | 655 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 256 | 764 | | | 00:18:28 | 00:42:14.53 | 00:42:23.07 | 7:58 | 7.5 |
| 769 | KRZACZEK ALEKSANDRA | 87 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 120 | 765 | RADLINIOKI W BIEGU | | 00:17:35 | 00:41:43.37 | 00:42:29.31 | 7:52 | 7.6 |
| 770 | CZYŻAK BEATA | 385 | | CIESZYN | POL | 40-49 LAT | 291 | 766 | ZZOZOLKI | | 00:19:35 | 00:41:57.23 | 00:42:30.96 | 7:54 | 7.6 |
| 771 | PALUCH AGNIESZKA | 263 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 295 | 767 | | | 00:17:22 | 00:42:14.16 | 00:42:32.49 | 7:58 | 7.5 |
| 772 | MATIOSZEK AGNIESZKA | 88 | | RACIBÓRZ | POL | 30-39 LAT | 253 | 768 | | | 00:17:49 | 00:41:49.21 | 00:42:36.71 | 7:53 | 7.6 |
| 773 | BALCERAK BEATA | 250 | | ŻORY | POL | 30-39 LAT | 255 | 769 | | | 00:17:13 | 00:42:12.12 | 00:42:37.67 | 7:57 | 7.5 |
| 774 | ORDZOWIAŁA KAROLINA | 598 | | ŻORY | POL | 40-49 LAT | 294 | 770 | | | 00:17:13 | 00:42:13.60 | 00:42:38.89 | 7:57 | 7.5 |
| 775 | KOTLARZYK PATRYCJA | 711 | | OŚWIĘCIM | POL | 20-29 LAT | 67 | 771 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:57.25 | 00:42:47.52 | 7:54 | 7.6 |
| 776 | STANIÓW-KLUSKA AGNIESZKA | 906 | | OŚWIĘCIM | POL | 40-49 LAT | 292 | 772 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:58.65 | 00:42:47.69 | 7:55 | 7.6 |
| 777 | DOBOSZ KASIA | 753 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 121 | 773 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:47 | 00:42:11.53 | 00:42:49.45 | 7:57 | 7.5 |
| 778 | BRYŁA MAŁGORZATA | 720 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 293 | 774 | SOCJO CORPO GROUP | | 00:18:00 | 00:42:06.92 | 00:42:50.40 | 7:56 | 7.6 |
| 779 | MYŚLIWIEC SENIORITA | 137 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 257 | 775 | KOBIETY NA 5+ | | 00:17:04 | 00:42:42.37 | 00:42:51.04 | 8:03 | 7.4 |
| 780 | GLUSZAK ALEKSANDRA | 332 | KOBIETY NA 5+ | JASTRZĘBIE -ZDRÓJ | POL | 40-49 LAT | 301 | 776 | KOBIETY NA 5+ | | 00:16:58 | 00:42:42.24 | 00:42:51.25 | 8:03 | 7.4 |
| 781 | BETAŃSKA ANETA | 155 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 302 | 777 | KOBIETY NA 5+ | | 00:17:03 | 00:42:42.29 | 00:42:51.29 | 8:03 | 7.4 |
| 782 | WAWOCZNY ANITA | 392 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 298 | 778 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.84 | 00:42:52.20 | 8:02 | 7.5 |
| 783 | SAWICKA MARTA | 211 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 299 | 779 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.99 | 00:42:52.34 | 8:02 | 7.5 |
| 784 | ŁANUCHA MARIOLA | 67 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 29 | 780 | KOBIETY NA 5+ | | 00:17:51 | 00:42:37.98 | 00:42:53.39 | 8:02 | 7.5 |
| 785 | GREŃ-IWAN ANNA | 770 | | KLAUDYN | POL | 60+ | 28 | 781 | | | 00:17:51 | 00:42:37.51 | 00:42:53.49 | 8:02 | 7.5 |
| 786 | ZALEWSKA BARBARA | 190 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 303 | 782 | KOBIETY NA 5+ | | 00:17:30 | 00:42:46.47 | 00:42:53.73 | 8:04 | 7.4 |
| 787 | KOLAT JADWIGA | 57 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 300 | 783 | KOBIETY NA 5+ | | 00:16:54 | 00:42:40.58 | 00:42:54.05 | 8:03 | 7.5 |
| 788 | PAJĄK MAŁGORZATA | 291 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 124 | 784 | KOBIETY NA 5+ | | 00:17:03 | 00:42:44.82 | 00:42:54.13 | 8:03 | 7.4 |
| 789 | KNAPEK ANNA | 292 | | OŚWIĘCIM | POL | 40-49 LAT | 304 | 785 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:55 | 00:42:53.41 | 00:42:55.41 | 8:05 | 7.4 |
| 790 | GAJDA ALEKSANDRA | 826 | | RYBNIK | POL | 40-49 LAT | 297 | 786 | SZPRYCHY | | 00:17:54 | 00:42:34.43 | 00:42:56.02 | 8:01 | 7.5 |
| 791 | FRANKOWSKA ANIA | 636 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 123 | 787 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:31 | 00:42:34.97 | 00:43:07.43 | 8:01 | 7.5 |
| 792 | HANUSA BEATA | 790 | | ŻORY | POL | 20-29 LAT | 68 | 788 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.61 | 00:43:08.83 | 8:03 | 7.5 |
| 793 | FIRLEJ HANIA | 799 | | ŻORY | POL | 20-29 LAT | 69 | 789 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.88 | 00:43:08.84 | 8:03 | 7.5 |
| 794 | POCENTAJŁO BEATA | 143 | BIEGAM BO LUBIĘ RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 122 | 790 | | | 00:17:59 | 00:42:33.32 | 00:43:21.42 | 8:01 | 7.5 |
| 795 | JUTKA KASIA | 17 | | TYCHY | POL | 40-49 LAT | 305 | 791 | | | 00:17:32 | 00:43:00.01 | 00:43:22.40 | 8:06 | 7.4 |
| 796 | WAMBERSKA BEATA | 201 | | KOBIÓR | POL | 30-39 LAT | 259 | 792 | | | 00:17:31 | 00:43:00.28 | 00:43:22.49 | 8:06 | 7.4 |
| 797 | BROLL AGNIESZKA | 678 | | KATOWICE | POL | 40-49 LAT | 296 | 793 | | | 00:18:35 | 00:42:32.97 | 00:43:35.74 | 8:01 | 7.5 |
| 798 | KOWALSKA DOROTA | 539 | SBD ENERGETYK RYBNIK | RYBNIK | POL | 50-59 LAT | 126 | 794 | | | 00:17:32 | 00:43:07.68 | 00:43:37.54 | 8:08 | 7.4 |
| 799 | GALAŚ MARTYNA | 58 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 306 | 795 | | | 00:17:47 | 00:43:07.20 | 00:43:38.46 | 8:08 | 7.4 |
| 800 | STAŚKIEWICZ MONIKA | 509 | | JASTRZĘBIE-ZDÓJ | POL | 50-59 LAT | 125 | 796 | | | 00:18:16 | 00:42:58.09 | 00:43:41.39 | 8:06 | 7.4 |
| 801 | GÓRNICZ PATRYCJA | 651 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 261 | 797 | | | 00:17:28 | 00:43:08.43 | 00:43:45.26 | 8:08 | 7.4 |
| 802 | POPOWSKA AGNIESZKA | 960 | | BIELSKO-BIAŁA | POL | 50-59 LAT | 127 | 798 | | | 00:18:55 | 00:43:08.35 | 00:43:45.67 | 8:08 | 7.4 |
| 803 | LORENZ WIOLETTA | 958 | | BIELSKO BIAŁA | POL | 40-49 LAT | 307 | 799 | | | 00:18:53 | 00:43:08.12 | 00:43:45.67 | 8:08 | 7.4 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|-------------------|----------|-------------|-------------|--------|------|
| 804 | OSTASZEWSKA WIOLETTA | 868 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 309 | 800 | VIKING TRAINING CENTER | | 00:17:35 | 00:43:21.73 | 00:43:48.37 | 8:10 | 7.3 |
| 805 | FIZIA KATARZYNA | 618 | | KRZYŻOWICE | POL | 30-39 LAT | 262 | 801 | | PSIAPSI1 | 00:19:33 | 00:43:20.43 | 00:43:48.76 | 8:10 | 7.3 |
| 806 | SZCZEPANIK MARTA | 671 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 260 | 802 | | | 00:18:30 | 00:43:01.83 | 00:43:53.69 | 8:06 | 7.4 |
| 807 | JANKOWSKA MARTYNA | 124 | | DĄBROWA GÓRNICZA | POL | 16-19 LAT | 13 | 803 | | | 00:18:12 | 00:43:22.44 | 00:44:04.52 | 8:10 | 7.3 |
| 808 | BAZGIER MAGDALENA | 654 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 263 | 804 | | | 00:17:28 | 00:43:29.36 | 00:44:06.22 | 8:12 | 7.3 |
| 809 | OLBER JUSTYNA | 918 | | ŻORY | POL | 30-39 LAT | 264 | 805 | | | 00:18:48 | 00:43:38.13 | 00:44:12.23 | 8:13 | 7.3 |
| 810 | MIŁOWSKA SYLWIA | 567 | | RYBNIK | POL | 40-49 LAT | 310 | 806 | | | 00:18:08 | 00:43:55.71 | 00:44:23.02 | 8:17 | 7.2 |
| 811 | BARCZYCKA MONIKA | 755 | | RYBNIK | POL | 30-39 LAT | 265 | 807 | | | 00:18:08 | 00:43:55.86 | 00:44:23.15 | 8:17 | 7.2 |
| 812 | MONIKA MONIKA | 258 | | KRAKÓW | POL | 30-39 LAT | 267 | 808 | | | 00:18:31 | 00:44:29.64 | 00:44:41.16 | 8:23 | 7.1 |
| 813 | STAŚKIEWICZ BEATA | 721 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 311 | 809 | | SOCJO CORPO GROUP | 00:18:43 | 00:44:01.27 | 00:44:44.95 | 8:18 | 7.2 |
| 814 | GOMUŁKA ANNA | 99 | | MYSŁOWICE | POL | 30-39 LAT | 266 | 810 | | | 00:17:53 | 00:44:09.31 | 00:44:46.90 | 8:19 | 7.2 |
| 815 | FABIN MARTA | 635 | | ŻORY | POL | 30-39 LAT | 268 | 811 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.47 | 00:44:52.93 | 8:23 | 7.1 |
| 816 | DUDEK JANETA | 781 | | ŻORY | POL | 40-49 LAT | 313 | 812 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.83 | 00:44:53.00 | 8:23 | 7.1 |
| 817 | KATRYNIOK EWA | 231 | KLUB SPORTOWY M.E.T.A. | UCHYLSKO | POL | 40-49 LAT | 312 | 813 | | | 00:18:26 | 00:44:18.46 | 00:44:53.53 | 8:21 | 7.2 |
| 818 | WORONKO-ZACZYŃSKA JANINA | 410 | | LUBIN | POL | 60+ | 30 | 814 | | | 00:18:54 | 00:44:38.55 | 00:45:07.05 | 8:25 | 7.1 |
| 819 | KASTELIK IŁONA | 607 | | ŻORY | POL | 30-39 LAT | 269 | 815 | | PSIAPSI | 00:19:09 | 00:44:59.45 | 00:45:26.00 | 8:29 | 7.1 |
| 820 | WYSTEMP EWELINA | 614 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 258 | 816 | | | 00:17:48 | 00:42:46.47 | 00:45:35.18 | 8:04 | 7.4 |
| 821 | WOLNY ŻANETA | 565 | | WODZISŁAW | POL | 30-39 LAT | 270 | 817 | | WOLNY TIM | 00:19:48 | 00:45:04.41 | 00:45:39.00 | 8:30 | 7.1 |
| 822 | DUDA MAGDALENA | 287 | | ŻORY | POL | 40-49 LAT | 308 | 818 | | | 00:18:59 | 00:43:18.53 | 00:45:40.44 | 8:10 | 7.3 |
| 823 | KLEPACKA MAJA | 404 | | SUSZEC | POL | 16-19 LAT | 14 | 819 | | | 00:19:00 | 00:45:04.55 | 00:45:40.93 | 8:30 | 7.1 |
| 824 | NALEWAJKA WIOLETA | 443 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 130 | 820 | KOBIETY NA 5+ | | 00:18:44 | 00:45:31.41 | 00:45:45.52 | 8:35 | 7 |
| 825 | SZCZEPANIK ALEKSANDRA | 116 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 273 | 821 | | | 00:18:42 | 00:45:31.16 | 00:45:45.60 | 8:35 | 7 |
| 826 | NIEDZIOŁKO BOŻENA | 208 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 129 | 822 | KOBIETY NA 5+ | | 00:18:42 | 00:45:30.88 | 00:45:46.22 | 8:35 | 7 |
| 827 | ŻYŁA SONIA | 946 | | BAKÓW | POL | 30-39 LAT | 272 | 823 | | | 00:18:13 | 00:45:19.12 | 00:45:48.27 | 8:33 | 7 |
| 828 | KWIATKOWSKA BERTA | 616 | VIKING TRAINING CENTER | BIERUŃ | POL | 40-49 LAT | 315 | 824 | VIKING TRAINING CENTER | | 00:18:27 | 00:45:30.14 | 00:45:55.04 | 8:35 | 7 |
| 829 | KLIMEK JUSTYNA | 566 | VIKING TRAINING CENTER | MYSŁOWICE | POL | 40-49 LAT | 314 | 825 | VIKING TRAINING CENTER | | 00:17:31 | 00:45:29.50 | 00:45:55.10 | 8:34 | 7 |
| 830 | MACHOWSKA RENATA | 272 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 316 | 826 | VIKING TRAINING CENTER | | 00:17:32 | 00:45:30.57 | 00:45:55.16 | 8:35 | 7 |
| 831 | GROCHOWSKA OLIIWIA | 550 | | JASTRZĘBIE ZDRÓJ | POL | 16-19 LAT | 15 | 827 | | | 00:18:32 | 00:45:49.74 | 00:46:02.21 | 8:38 | 6.9 |
| 832 | MROWCZYK KAMILA | 751 | | KATOWICE | POL | 30-39 LAT | 274 | 828 | | | 00:18:40 | 00:45:39.11 | 00:46:04.91 | 8:36 | 7 |
| 833 | RODZIEWICZ AGNIESZKA | 684 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 271 | 829 | | | 00:19:25 | 00:45:16.51 | 00:46:13.34 | 8:32 | 7 |
| 834 | ZAWADA MAGDALENA | 367 | | CIESZYN | POL | 40-49 LAT | 317 | 830 | ZZOZOLKI | | 00:19:35 | 00:45:40.87 | 00:46:14.55 | 8:36 | 7 |
| 835 | WŁOCH IZABELA | 184 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 319 | 831 | VIKING TRAINING CENTER | | 00:19:34 | 00:46:18.79 | 00:46:40.40 | 8:44 | 6.9 |
| 836 | WŁOCH DOMINIKA | 646 | | TYCHY | POL | 20-29 LAT | 70 | 832 | VIKING TRAINING CENTER | | 00:19:33 | 00:46:17.68 | 00:46:40.46 | 8:43 | 6.9 |
| 837 | SŁOTA JUSTYNA | 22 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 40-49 LAT | 318 | 833 | MIECHOWICKA GRUPA BIEGOWA | | 00:19:12 | 00:46:09.83 | 00:46:54.07 | 8:42 | 6.9 |
| 838 | WIĘDŁOCHA-GRABKA MARTA | 752 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 276 | 834 | | | 00:19:30 | 00:46:27.10 | 00:46:54.56 | 8:45 | 6.8 |
| 839 | KONOWALCZUK IZA | 633 | | JASTRZĘBIE - ZDROJ | POL | 30-39 LAT | 275 | 835 | | | 00:19:31 | 00:46:26.82 | 00:46:54.60 | 8:45 | 6.8 |
| 840 | ABRACHAMCZYK BARBARA | 102 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 31 | 836 | | | 00:18:27 | 00:46:41.71 | 00:46:57.56 | 8:48 | 6.8 |
| 841 | STOMPEL KAROLINA | 765 | | CHORZÓW | POL | 20-29 LAT | 71 | 837 | | | 00:20:04 | 00:46:24.44 | 00:46:57.95 | 8:45 | 6.9 |
| 842 | STOMPEL JUSTYNA | 815 | | CHORZÓW | POL | 40-49 LAT | 320 | 838 | | | 00:20:04 | 00:46:24.69 | 00:46:58.41 | 8:45 | 6.9 |
| 843 | BALAS MAŁGORZATA | 123 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 280 | 839 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.70 | 00:47:00.07 | 8:47 | 6.8 |
| 844 | BIZACKA MARZENA | 371 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 281 | 840 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.73 | 00:47:00.34 | 8:47 | 6.8 |
| 845 | NAMIELSKA JUSTYNA | 880 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 128 | 841 | | | 00:18:46 | 00:44:10.33 | 00:47:01.16 | 8:20 | 7.2 |
| 846 | SZŁAPA URSZULA | 36 | SPOT PSZCZYNA | CZARKÓW | POL | 40-49 LAT | 322 | 842 | SPOT PSZCZYNA | GABI I ULA | 00:19:35 | 00:46:55.16 | 00:47:26.49 | 8:51 | 6.8 |
| 847 | DZIĘCIOŁ MAŁGORZATA | 131 | SPOT PSZCZYNA | PIASTÓW | POL | 60+ | 32 | 843 | SPOT PSZCZYNA | | 00:19:36 | 00:46:55.30 | 00:47:26.63 | 8:51 | 6.8 |
| 848 | WITKOWSKA-DOLNY SANDRA | 390 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 278 | 844 | GRAŻYNY 87 | | 00:20:07 | 00:46:31.70 | 00:47:29.29 | 8:46 | 6.8 |
| 849 | PRUC JOLANTA | 808 | GRAŻYNY 87 | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 279 | 845 | GRAŻYNY 87 | | 00:20:09 | 00:46:33.49 | 00:47:29.40 | 8:46 | 6.8 |

KOBIETY NA 5+ :: BIEG, Decathlon Go c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-------------------------|--------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 850 | WOŹNIAK MAGDALENA | 458 | | ŻORY | POL | 40-49 LAT | 323 | 846 | | | 00:20:16 | 00:47:05.97 | 00:47:29.51 | 8:53 | 6.8 |
| 851 | SŁUPECKA BEATA | 336 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 324 | 847 | | | 00:18:45 | 00:47:44.92 | 00:48:08.89 | 9:00 | 6.7 |
| 852 | SAGAN MAŁGORZATA | 967 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 132 | 848 | TEAM MAŁYCH BOHATERÓW :-) | | 00:19:44 | 00:48:08.86 | 00:48:34.64 | 9:04 | 6.6 |
| 853 | KOPYTEK ANETA | 977 | RUNAWAYS | TYCHY | POL | 40-49 LAT | 321 | 849 | | | 00:19:58 | 00:46:27.49 | 00:48:49.51 | 8:45 | 6.8 |
| 854 | KUŚMIERSKA-KUBAS ALINA | 933 | | JASTRZEBIE-ZDROJ | POL | 50-59 LAT | 133 | 850 | | | 00:19:38 | 00:48:29.01 | 00:48:51.65 | 9:08 | 6.6 |
| 855 | PLACZEK DOMINIKA | 430 | | CHAŁUPKI | POL | 30-39 LAT | 282 | 851 | | | 00:20:32 | 00:48:32.59 | 00:48:58.86 | 9:09 | 6.6 |
| 856 | MARCZOK MARTA | 601 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 283 | 852 | | | 00:20:34 | 00:48:34.12 | 00:48:59.01 | 9:09 | 6.5 |
| 857 | PIŁATOWSKA MAGDALENA | 424 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 284 | 853 | | | 00:20:34 | 00:48:34.20 | 00:48:59.10 | 9:09 | 6.5 |
| 858 | JAMIOŁA KINGA | 542 | | RADLIN | POL | 30-39 LAT | 277 | 854 | | | 00:21:12 | 00:46:30.11 | 00:49:06.56 | 8:46 | 6.8 |
| 859 | KUCZEK JOLANTA | 545 | | RADLIN | POL | 50-59 LAT | 131 | 855 | | | 00:21:14 | 00:46:29.90 | 00:49:06.69 | 8:46 | 6.8 |
| 860 | LEJTAN JOANNA | 243 | | KARVINA | CZE | 40-49 LAT | 325 | 856 | | | 00:20:22 | 00:48:33.84 | 00:49:19.72 | 9:09 | 6.5 |
| 861 | WOJTAL DANUTA | 801 | | JASTRZĘBIE - ZDRÓJ | POL | 50-59 LAT | 135 | 857 | | | 00:20:18 | 00:49:15.56 | 00:49:52.84 | 9:17 | 6.5 |
| 862 | KANIA GRAŻYNA | 852 | | RYBNIK | POL | 50-59 LAT | 134 | 858 | | | 00:21:53 | 00:49:00.67 | 00:51:31.15 | 9:14 | 6.5 |
| 863 | HASIOR DOROTA | 185 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 138 | 859 | | | 00:21:09 | 00:51:04.89 | 00:51:45.36 | 9:38 | 6.2 |
| 864 | PIĄTKOWSKA ROMANA | 154 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 137 | 860 | | | 00:21:09 | 00:51:04.76 | 00:51:45.56 | 9:38 | 6.2 |
| 865 | JANKOWSKA ANITA | 112 | | DĄBROWA GÓRNICZA | POL | 50-59 LAT | 139 | 861 | | | 00:22:01 | 00:51:13.63 | 00:51:55.93 | 9:39 | 6.2 |
| 866 | BUJAK MAGDALENA | 73 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 285 | 862 | VIKING TRAINING CENTER | | 00:22:08 | 00:52:06.66 | 00:52:28.87 | 9:49 | 6.1 |
| 867 | KRÓLICZAK AGNIESZKA | 228 | | KRAKÓW | POL | 20-29 LAT | 72 | 863 | ŻUBRÓWKI | | | 00:50:18.41 | 00:52:59.21 | 9:29 | 6.3 |
| 868 | ŚWITA ANNA | 214 | FORMA WODZISŁAW | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 136 | 864 | | | 00:22:01 | 00:51:02.03 | 00:53:37.89 | 9:37 | 6.2 |
| 869 | WOLAŃSKA BARBARA | 383 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 286 | 865 | GRAŻYNY 87 | | 00:20:45 | 00:53:54.41 | 00:55:05.10 | 10:10 | 5.9 |
| 870 | KIELKOWSKA EWELINA | 682 | | JASTRZEBIE-ZDRÓJ | POL | 30-39 LAT | 287 | 866 | GRAŻYNY 87 | | 00:21:00 | 00:54:10.84 | 00:55:06.22 | 10:13 | 5.9 |
| 871 | STRYCHARZ ALEKSANDRA | 768 | OCZEK TEAM | PAWŁÓW | POL | 40-49 LAT | 326 | 867 | TEAM OCZEK | | 00:23:17 | 00:53:04.97 | 00:55:45.22 | 10:00 | 6 |
| 872 | KORBEL KLAUDIA | 956 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 288 | 868 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:39 | 00:54:29.86 | 00:57:22.14 | 10:16 | 5.8 |
| 873 | RUTKOWSKA ANIA | 953 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 140 | 869 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:41 | 00:54:33.44 | 00:57:25.40 | 10:17 | 5.8 |
| 874 | BUREK SONIA | 980 | TEAM MAŁYCH BOHATERÓW | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 289 | 870 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:43 | 00:54:34.52 | 00:57:26.43 | 10:17 | 5.8 |
| 875 | TRZCIŃSKA PAULINA | 44 | | POZNAŃ | POL | 30-39 LAT | 290 | 871 | | | 00:25:00 | 00:57:47.66 | 00:57:58.23 | 10:54 | 5.5 |
| 876 | BORDA GRAŻYNA | 80 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 327 | 872 | KOBIETY NA 5+ | | 00:24:58 | 00:57:46.10 | 00:57:58.25 | 10:53 | 5.5 |
| 877 | ŻEBROWSKA WERONIKA | 31 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 20-29 LAT | 73 | 873 | | | 00:19:31 | 00:57:31.63 | 00:58:22.45 | 10:51 | 5.5 |
| 878 | SZCZEPANIK BOGUMIŁA | 27 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 291 | 874 | | | | 01:00:37.96 | 01:01:18.15 | 11:26 | 5.2 |
| 879 | CIEŚLA LILIANA | 603 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 33 | 875 | | | 00:17:47 | 01:07:25.63 | 01:07:26.00 | 12:43 | 4.7 |
| 880 | SKRZYPIEC MARTYNA | 864 | | KNURÓW | POL | 30-39 LAT | 292 | 876 | | | 00:16:06 | | | 6:26 | 9.3 |
| 881 | JABŁOŃSKA ALEKSANDRA | 964 | | GLIWICE | POL | 30-39 LAT | 293 | 877 | | | | | | | |

KOBIETY NA 5+ :: BIEG, Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|-------------------------------|------------------|------|-----------|--------|-----|---------------------------|-----------------|----------|-------------|-------------|--------|------|
| 1 | JAGIELSKA EWA | 1 | | WYSZKÓW | POL | 40-49 LAT | 1 | 1 | INCOLA TEAM | | 00:07:57 | 00:18:19.04 | 00:18:19.41 | 3:27 | 17.4 |
| 2 | MENDECKA-ZEJDLER MICHALINA | 63 | | ŁAZISKA GÓRNE | POL | 30-39 LAT | 1 | 2 | | | 00:08:23 | 00:19:09.91 | 00:19:10.28 | 3:36 | 16.6 |
| 3 | SUWAJ ANETA | 480 | TL ATHLETICS/ALPIN SPORT TEAM | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 2 | 3 | TL ATHLETICS JASTRZĘBIE | N&A | 00:08:36 | 00:19:38.77 | 00:19:39.14 | 3:42 | 16.2 |
| 4 | DYRLAGA JUSTYNA | 51 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 3 | 4 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:08:47 | 00:20:39.08 | 00:20:40.90 | 3:53 | 15.4 |
| 5 | WITOSZEK BARBARA | 297 | AKTYWNA PSZCZYNA RUNNERS TEAM | SUSZEC | POL | 30-39 LAT | 4 | 5 | | | 00:09:32 | 00:21:09.32 | 00:21:09.69 | 3:59 | 15 |
| 6 | ADAMCZYK-NOWAK BEATA | 307 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 1 | 6 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:07 | 00:21:10.48 | 00:21:13.05 | 3:59 | 15 |
| 7 | JANKO ANNA | 206 | HRMAX ŻORY | ŻORY | POL | 30-39 LAT | 5 | 7 | HRMAX DZIOŁSZKI | | 00:09:06 | 00:21:15.00 | 00:21:17.33 | 4:00 | 15 |
| 8 | MROWIEC KINGA | 709 | TL POGOŃ RUDA ŚLĄSKA | RUDA ŚLĄSKA | POL | 20-29 LAT | 1 | 8 | | TEAM HALEMBA | 00:09:21 | 00:21:25.64 | 00:21:26.01 | 4:02 | 14.8 |
| 9 | LEWICKA ELŻBIETA | 520 | | KNURÓW | POL | 40-49 LAT | 2 | 9 | | RANNELLE | 00:09:11 | 00:21:30.03 | 00:21:31.85 | 4:03 | 14.8 |
| 10 | JANEK WERONIKA | 226 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 3 | 10 | | | 00:09:23 | 00:21:54.81 | 00:21:55.86 | 4:07 | 14.5 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---|------------------|------|-----------|--------|-----|--|--------------------|----------|-------------|-------------|--------|------|
| 11 | SUDNIK ANNA | 519 | RANNELLE | KNURÓW | POL | 30-39 LAT | 6 | 11 | | RANNELLE | 00:09:19 | 00:22:14.33 | 00:22:17.17 | 4:11 | 14.3 |
| 12 | NIEDOBECKA JOANNA | 69 | AKADEMIA BIEGANIA ORNONTOWICE | ORNONTOWICE | POL | 30-39 LAT | 7 | 12 | | | 00:09:20 | 00:22:26.99 | 00:22:27.36 | 4:13 | 14.2 |
| 13 | WRÓBLEWSKA JUDYTA | 500 | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 8 | 13 | TL ATHLETICS JASTRZĘBIE | | 00:09:21 | 00:22:33.54 | 00:22:35.36 | 4:15 | 14.1 |
| 14 | BUDNY PATRYCJA | 363 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 20-29 LAT | 2 | 14 | WARTKIE PIERONICE | | 00:09:26 | 00:22:34.48 | 00:22:37.62 | 4:15 | 14.1 |
| 15 | PIETRAS SYLWIA | 147 | MIECHOWICKA GRUPA BIEGOWA | ZABRZE | POL | 30-39 LAT | 9 | 15 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:44 | 00:22:46.99 | 00:22:49.53 | 4:17 | 14 |
| 16 | OPIEKULSKA RENATA | 983 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 6 | 16 | | | 00:09:29 | 00:22:54.32 | 00:22:56.14 | 4:19 | 13.9 |
| 17 | KOBIELUSZ MARTYNA | 388 | | RYBNIK | POL | 20-29 LAT | 3 | 17 | | | 00:09:39 | 00:22:52.93 | 00:22:57.20 | 4:18 | 13.9 |
| 18 | POŁOMSKA EDYTA | 368 | POŁOMSCY TEAM | RYDUŁTOWY | POL | 40-49 LAT | 5 | 18 | | | 00:09:22 | 00:22:53.79 | 00:22:57.28 | 4:19 | 13.9 |
| 19 | JURASZEK ELŻBIETA | 393 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 4 | 19 | #JUSTFEELFITTEAM | | 00:09:59 | 00:22:53.15 | 00:22:59.94 | 4:19 | 13.9 |
| 20 | WYPIÓR EWA | 331 | | GODÓW | POL | 40-49 LAT | 7 | 20 | | | 00:09:41 | 00:22:58.77 | 00:23:03.38 | 4:20 | 13.8 |
| 21 | KAJTOCH JOLANTA | 553 | BIE-RUN | BIERUŃ | POL | 40-49 LAT | 8 | 21 | | MONIKA I JOLA | 00:09:59 | 00:23:09.35 | 00:23:11.56 | 4:22 | 13.7 |
| 22 | NENKO BARBARA | 984 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 9 | 22 | NEVER TOO LATE | TEAM HALEMBA | 00:10:21 | 00:23:14.82 | 00:23:17.58 | 4:23 | 13.7 |
| 23 | ANDROSZ BEATA | 909 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 11 | 23 | | | 00:10:01 | 00:23:18.55 | 00:23:22.31 | 4:23 | 13.6 |
| 24 | BARSKA AGNIESZKA | 587 | | GOGOLIN | POL | 40-49 LAT | 10 | 24 | DYCUŻ TEAM | | 00:09:48 | 00:23:16.23 | 00:23:24.67 | 4:23 | 13.7 |
| 25 | KANDORA JOANNA | 675 | MIECHOWICACH GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 12 | 25 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:14 | 00:23:32.57 | 00:23:36.49 | 4:26 | 13.5 |
| 26 | WRÓBEL KATARZYNA | 517 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 10 | 26 | #JUSTFEELFITTEAM | | 00:10:01 | 00:23:34.01 | 00:23:39.99 | 4:26 | 13.5 |
| 27 | DOMIAN PAULINA | 334 | | GÓRKI WIELKIE | POL | 30-39 LAT | 11 | 27 | | | 00:10:02 | 00:23:39.35 | 00:23:42.96 | 4:27 | 13.4 |
| 28 | MALEJKA KATARZYNA | 740 | | KATOWICE | POL | 50-59 LAT | 2 | 28 | HURAGAN LIGOTA | E&K | 00:10:05 | 00:23:30.05 | 00:23:43.53 | 4:26 | 13.5 |
| 29 | NGUYEN DOROTA | 668 | RADLINIOKI W BIEGU/RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | 30-39 LAT | 12 | 29 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | | 00:10:28 | 00:23:41.37 | 00:23:48.04 | 4:28 | 13.4 |
| 30 | PERUGIEWICZ JOANNA | 731 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 13 | 30 | | @GOOD VIBES | 00:09:51 | 00:23:53.07 | 00:23:57.93 | 4:30 | 13.3 |
| 31 | NOWAK BEATA | 374 | ZZOZOLKI | PUNĆÓW | POL | 50-59 LAT | 3 | 31 | ZZOZOLKI | | 00:10:00 | 00:23:57.25 | 00:24:00.43 | 4:31 | 13.3 |
| 32 | SUSHKO MARYNA | 663 | RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM" | RYBNIK | POL | 30-39 LAT | 14 | 32 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | ZIELONE DZIEWCZYNY | 00:10:33 | 00:23:57.68 | 00:24:03.50 | 4:31 | 13.3 |
| 33 | BINIENDA AGNIESZKA | 449 | KOBIETY WATAHY | ZABRZE | POL | 40-49 LAT | 14 | 33 | | | 00:10:16 | 00:24:01.91 | 00:24:05.91 | 4:31 | 13.2 |
| 34 | DYCEK BASIA | 582 | DYCUŻ TEAM | ŻYROWA | POL | 30-39 LAT | 15 | 34 | DYCUŻ TEAM | | 00:10:16 | 00:24:00.20 | 00:24:08.92 | 4:31 | 13.3 |
| 35 | CZYŻ LEONARDA | 366 | ZZOZOLKI | CIESZYN | POL | 50-59 LAT | 4 | 35 | ZZOZOLKI | | 00:10:11 | 00:24:05.69 | 00:24:09.22 | 4:32 | 13.2 |
| 36 | GRYCMAN MARTA | 433 | | TURZA ŚLĄSKA | POL | 30-39 LAT | 16 | 36 | | M I A | 00:10:15 | 00:24:11.61 | 00:24:17.41 | 4:33 | 13.1 |
| 37 | TANISTRA - SŁOWIK KATARZYNA | 522 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 13 | 37 | HURAGAN LIGOTA | | 00:10:21 | 00:23:58.94 | 00:24:23.85 | 4:31 | 13.3 |
| 38 | MIKULAK NATALIA | 423 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 4 | 38 | | | 00:10:19 | 00:24:20.75 | 00:24:26.94 | 4:35 | 13.1 |
| 39 | SZOJDA PAULINA | 96 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 15 | 39 | VIKING TRAINING CENTER | | 00:10:16 | 00:24:20.82 | 00:24:27.32 | 4:35 | 13.1 |
| 40 | NIEŚLAŃCZYK MAŁGORZATA | 485 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 17 | 40 | WATAHA | | 00:10:20 | 00:24:29.70 | 00:24:32.34 | 4:37 | 13 |
| 41 | PERKOWSKA DARIA | 987 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 18 | 41 | KOBIETY NA 5+ | | 00:10:14 | 00:24:32.46 | 00:24:36.28 | 4:37 | 13 |
| 42 | KONDZIOŁKA KINGA | 308 | | ZEBRZYDOWICE | POL | 20-29 LAT | 5 | 42 | ZZOZOLKI | | 00:10:31 | 00:24:36.23 | 00:24:38.05 | 4:38 | 12.9 |
| 43 | MOCHOCKA AGNIESZKA | 728 | | ŻORY | POL | 40-49 LAT | 16 | 43 | TEAM OLI LIDL | | 00:10:20 | 00:24:22.51 | 00:24:39.88 | 4:35 | 13.1 |
| 44 | PASŁAWSKA KATARZYNA | 140 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 19 | 44 | KOBIETY NA 5+ | | 00:10:14 | 00:24:39.26 | 00:24:43.07 | 4:39 | 12.9 |
| 45 | BIAŁOŃCZYK JOANNA | 218 | BYLE DO METY | ZEBRZYDOWICE | POL | 30-39 LAT | 17 | 45 | BYLE DO METY | | 00:11:04 | 00:24:30.61 | 00:24:45.60 | 4:37 | 13 |
| 46 | SIKORA WIKTORIA | 685 | | CIESZYN | POL | 20-29 LAT | 6 | 46 | | | 00:10:40 | 00:24:48.66 | 00:24:53.15 | 4:40 | 12.8 |
| 47 | PAWŁOWSKA BEATA | 178 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 6 | 47 | | | 00:10:18 | 00:24:49.51 | 00:24:55.62 | 4:40 | 12.8 |
| 48 | SZAFARCZYK EUGENIA | 279 | RUNSZ-TEAM | OCHABY MAŁE | POL | 60+ | 1 | 48 | RUNSZ-TEAM | | 00:10:23 | 00:24:59.81 | 00:25:00.18 | 4:42 | 12.7 |
| 49 | NOWAK EWA | 477 | | MYSŁOWICE | POL | 50-59 LAT | 5 | 49 | | E&K | 00:10:52 | 00:24:46.97 | 00:25:00.66 | 4:40 | 12.8 |
| 50 | MIELAŃCZYK PATRYCJA | 142 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 18 | 50 | | | 00:10:31 | 00:25:04.57 | 00:25:07.29 | 4:43 | 12.7 |
| 51 | JANKO JOANNA | 157 | | ŻORY | POL | 30-39 LAT | 20 | 51 | | | 00:10:57 | 00:25:13.13 | 00:25:14.95 | 4:45 | 12.6 |
| 52 | KIEŁKOWSKA MARIA | 942 | | PSZCZYNA | POL | 40-49 LAT | 21 | 52 | | | 00:11:07 | 00:25:08.60 | 00:25:17.45 | 4:44 | 12.7 |
| 53 | KANDORA KATARZYNA | 676 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 16-19 LAT | 1 | 53 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:50 | 00:25:16.90 | 00:25:20.84 | 4:46 | 12.6 |
| 54 | MATERNOWSKA SANDRA | 819 | | STRUMIEN | POL | 30-39 LAT | 22 | 54 | | | 00:10:27 | 00:25:19.85 | 00:25:23.00 | 4:46 | 12.6 |
| 55 | GABER MAGDALENA | 202 | #JUSTFEELFITTEAM | UJSOŁY | POL | 40-49 LAT | 20 | 55 | #JUSTFEELFITTEAM | | 00:10:47 | 00:24:53.44 | 00:25:23.64 | 4:41 | 12.8 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|-------------------------|------------------|------|-----------|--------|-----|---------------------------|----------------|----------|-------------|-------------|--------|------|
| 56 | PORCZYŃSKA PATRYCJA | 870 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 19 | 56 | SPOT PSZCZYNA | DIEGO&COCO | 00:11:04 | 00:25:12.70 | 00:25:24.26 | 4:45 | 12.6 |
| 57 | SOŁTYSEK BARBARA | 623 | #JUSTFEELFITTEAM | CISIEC | POL | 40-49 LAT | 22 | 57 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:10:55 | 00:25:13.28 | 00:25:24.62 | 4:45 | 12.6 |
| 58 | RYŁKO-ŻYŁA KAMILA | 484 | JUSTFEELFITTEAM | BIELSKO-BIAŁA | POL | 30-39 LAT | 21 | 58 | #JUSTFEELFITTEAM | | 00:10:54 | 00:25:13.14 | 00:25:25.07 | 4:45 | 12.6 |
| 59 | POZNIAK MARIA | 416 | | DOBŹEN WIELKI | POL | 20-29 LAT | 7 | 59 | | | 00:10:52 | 00:25:22.30 | 00:25:35.60 | 4:47 | 12.5 |
| 60 | LOSKOT MONIKA | 557 | | TYCHY | POL | 40-49 LAT | 24 | 60 | | MONIKA I JOLA | 00:10:31 | 00:25:33.42 | 00:25:35.89 | 4:49 | 12.4 |
| 61 | SŁOWIK MARLENA | 119 | #JUSTFEELFITTEAM | CIĘCINA | POL | 16-19 LAT | 2 | 61 | #JUSTFEELFITTEAM | | 00:10:48 | 00:25:32.05 | 00:25:37.21 | 4:49 | 12.5 |
| 62 | GOZDALSKA-ZACHŁÓD SYLWIA | 674 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 23 | 62 | | | 00:10:33 | 00:25:34.14 | 00:25:38.29 | 4:49 | 12.4 |
| 63 | KWAPISZ-BONUSIAK DOROTA | 2 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 25 | 63 | | | 00:10:43 | 00:25:39.88 | 00:25:41.88 | 4:50 | 12.4 |
| 64 | SUSZCZYK MONIKA | 121 | MORS HUBERTUS | MYŚŁOWICE | POL | 40-49 LAT | 23 | 64 | | GAZELE | 00:11:18 | 00:25:31.05 | 00:25:41.91 | 4:48 | 12.5 |
| 65 | GRZYBEK MAŁGORZATA | 817 | | POGWIZDÓW | POL | 30-39 LAT | 24 | 65 | | | 00:10:56 | 00:25:39.35 | 00:25:44.61 | 4:50 | 12.4 |
| 66 | MENTELSKA WIOLETA | 345 | POWOLI DO CELU | HARMĘŻE | POL | 30-39 LAT | 26 | 66 | POWOLI DO CELU | | 00:10:30 | 00:25:41.13 | 00:25:45.80 | 4:50 | 12.4 |
| 67 | DOMAŃSKA JOANNA | 41 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 27 | 67 | | | 00:10:30 | 00:25:49.43 | 00:25:55.76 | 4:52 | 12.3 |
| 68 | PIDANTY MILENA | 465 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 28 | 68 | | | 00:11:20 | 00:25:52.44 | 00:26:00.77 | 4:52 | 12.3 |
| 69 | MISTEROWICZ KINGA | 290 | RUNSZ-TEAM | PISARZOWICE | POL | 30-39 LAT | 29 | 69 | RUNSZ-TEAM | | 00:11:08 | 00:26:00.95 | 00:26:02.77 | 4:54 | 12.2 |
| 70 | DAICZMANEK ALEKSANDRA | 91 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 25 | 70 | | | 00:11:16 | 00:26:06.21 | 00:26:13.59 | 4:55 | 12.2 |
| 71 | KOWALONEK ALEKSANDRA | 716 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 8 | 71 | | @GOOD VIBES | 00:10:51 | 00:26:14.82 | 00:26:19.42 | 4:56 | 12.1 |
| 72 | HANDY SAMANTA | 138 | POWOLI DO CELU | KĘTY | POL | 30-39 LAT | 31 | 72 | POWOLI DO CELU | | 00:10:58 | 00:26:08.09 | 00:26:22.79 | 4:55 | 12.2 |
| 73 | MUSIOŁ HELENA | 543 | | RYBNIK | POL | 40-49 LAT | 26 | 73 | | | 00:10:59 | 00:26:20.31 | 00:26:23.87 | 4:58 | 12.1 |
| 74 | BROCKA ANITA | 431 | SILESIA TRIATHLON TEAM | TURZA ŚLĄSKA | POL | 50-59 LAT | 7 | 74 | SILESIA TRIATHLON TEAM | M I A | 00:11:09 | 00:26:23.92 | 00:26:29.89 | 4:58 | 12.1 |
| 75 | MUSIAŁ WIOLETTA | 113 | GALOPUJĄCE ŚLIMAKI | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 27 | 75 | | | 00:11:24 | 00:26:24.28 | 00:26:30.94 | 4:58 | 12 |
| 76 | HANARZ JOANNA | 209 | #JUSTFEELFITTEAM | SOPOTNIA WIELKA | POL | 30-39 LAT | 32 | 76 | #JUSTFEELFITTEAM | | 00:11:12 | 00:26:30.59 | 00:26:38.41 | 5:00 | 12 |
| 77 | POPEK BARBARA | 59 | SOBIESKI 6 | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 8 | 77 | SOBIESKI 6 | SOBIESKI 6 | 00:11:02 | 00:26:34.48 | 00:26:39.57 | 5:00 | 12 |
| 78 | PUSTELNIK JUSTYNA | 707 | | RYBNIK | POL | 40-49 LAT | 29 | 78 | | | 00:11:04 | 00:26:33.88 | 00:26:40.07 | 5:00 | 12 |
| 79 | SZCZĘSNA KINGA | 389 | RUNSZ-TEAM | SKOCZÓW | POL | 20-29 LAT | 9 | 79 | RUNSZ-TEAM | | 00:12:04 | 00:26:38.57 | 00:26:41.73 | 5:01 | 11.9 |
| 80 | GOŁBA-KĘSKA EWA | 283 | | OŚWIĘCIM | POL | 30-39 LAT | 30 | 80 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:41 | 00:26:02.70 | 00:26:42.63 | 4:54 | 12.2 |
| 81 | HANDZLIK-STARZYK ANNA | 136 | | PORĘBA WIELKA | POL | 40-49 LAT | 28 | 81 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:45 | 00:26:29.08 | 00:26:42.96 | 4:59 | 12 |
| 82 | LERCH-HENCZKO MARIA | 645 | AKTYWNIENIE NAKRĘCENI | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 34 | 82 | | | 00:10:54 | 00:26:42.79 | 00:26:50.05 | 5:02 | 11.9 |
| 83 | CHROMIK KRYSZYNA | 828 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 33 | 83 | | DWIE SZALONE | 00:11:05 | 00:26:30.83 | 00:26:53.96 | 5:00 | 12 |
| 84 | MENDECKA DARIA | 233 | MOSIR ŁAZISKA GÓRNE | GLIWICE | POL | 30-39 LAT | 35 | 84 | | | 00:11:15 | 00:26:48.82 | 00:26:55.32 | 5:03 | 11.9 |
| 85 | HELIO SZ AGNIESZKA | 457 | | KROSTOSZOWICE | POL | 40-49 LAT | 33 | 85 | | | 00:11:14 | 00:26:52.53 | 00:26:57.50 | 5:04 | 11.8 |
| 86 | KORDEK DOROTA | 387 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 31 | 86 | | | 00:11:26 | 00:26:44.81 | 00:26:57.80 | 5:02 | 11.9 |
| 87 | MAZUR MAŁGORZATA | 750 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 30 | 87 | | | 00:11:26 | 00:26:36.03 | 00:27:05.13 | 5:01 | 12 |
| 88 | LACH EWELINA | 679 | | ŚWIERKLANY | POL | 40-49 LAT | 35 | 88 | | | 00:11:21 | 00:26:57.85 | 00:27:06.46 | 5:05 | 11.8 |
| 89 | JESIONEK MAŁGORZATA | 105 | VIKING TRAINING CENTER | IMIELIN | POL | 40-49 LAT | 32 | 89 | VIKING TRAINING CENTER | | 00:11:40 | 00:26:50.54 | 00:27:08.03 | 5:03 | 11.9 |
| 90 | URBANEK IWONA | 644 | | BIERUŃ | POL | 40-49 LAT | 34 | 90 | | | 00:11:31 | 00:26:55.48 | 00:27:12.87 | 5:04 | 11.8 |
| 91 | KIERMACZ DOROTA | 478 | JEJKOWICE BIEGAJĄ | SZCZERBICE | POL | 30-39 LAT | 37 | 91 | JEJKOWICKIE KOBIETKI | | 00:11:58 | 00:27:11.22 | 00:27:15.13 | 5:07 | 11.7 |
| 92 | LEPA KLAUDIA | 910 | | RUDA ŚLĄSKA | POL | 20-29 LAT | 10 | 92 | | | 00:11:31 | 00:27:13.03 | 00:27:18.53 | 5:08 | 11.7 |
| 93 | MACHNIK IWONA | 358 | JEJKOWICE BIEGAJĄ | JEJKOWICE | POL | 30-39 LAT | 38 | 93 | JEJKOWICKIE KOBIETKI | | 00:11:56 | 00:27:13.85 | 00:27:18.85 | 5:08 | 11.7 |
| 94 | KRAKOWCZYK TATIANA | 153 | | OŚWIĘCIM | POL | 40-49 LAT | 36 | 94 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:44 | 00:27:06.15 | 00:27:20.38 | 5:06 | 11.7 |
| 95 | SIKORA ANNA | 993 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 36 | 95 | NESSI SPORTSWEAR | | 00:11:37 | 00:26:52.09 | 00:27:27.49 | 5:04 | 11.8 |
| 96 | PAJESTKA KATARZYNA | 421 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 39 | 96 | | | 00:11:39 | 00:27:23.86 | 00:27:30.19 | 5:10 | 11.6 |
| 97 | SLISZ MARIA | 189 | DECATHLON I PRZYJACIELE | RYBNIK | POL | 50-59 LAT | 9 | 97 | | M&M | 00:11:38 | 00:27:24.78 | 00:27:33.91 | 5:10 | 11.6 |
| 98 | KUFIETA MAGDALENA | 788 | DECATHLON | RYBNIK | POL | 40-49 LAT | 40 | 98 | | M&M | 00:11:35 | 00:27:24.55 | 00:27:33.97 | 5:10 | 11.6 |
| 99 | KUPCZAK DOMINIKA | 643 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 3 | 99 | | | 00:11:40 | 00:27:31.61 | 00:27:34.79 | 5:11 | 11.6 |
| 100 | LORENZ AGNIESZKA | 261 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 38 | 100 | NICE GIRLS | | 00:11:41 | 00:27:15.18 | 00:27:35.18 | 5:08 | 11.7 |
| 101 | PIOTROWSKA ANNA | 554 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 37 | 101 | HURAGAN LIGOTA | | 00:12:01 | 00:27:13.40 | 00:27:38.33 | 5:08 | 11.7 |
| 102 | HOLONA AGATA | 659 | | ŻORY | POL | 30-39 LAT | 40 | 102 | | | 00:11:34 | 00:27:37.82 | 00:27:39.64 | 5:12 | 11.5 |
| 103 | SOKÓŁ-PISZCZEK AGNIESZKA | 943 | PRO INDUSTRIA ŻORY TEAM | ŻORY | POL | 40-49 LAT | 42 | 103 | | | 00:12:02 | 00:27:27.07 | 00:27:41.80 | 5:10 | 11.6 |
| 104 | DYCZEK KLAUDIA | 95 | DYCUŚ TEAM | ZDZIESZOWICE | POL | 40-49 LAT | 45 | 104 | DYCUŚ TEAM | | 00:11:57 | 00:27:35.42 | 00:27:44.94 | 5:12 | 11.5 |
| 105 | GARBOŚ WERONIKA | 921 | | ŻORY | POL | 40-49 LAT | 43 | 105 | | | 00:11:57 | 00:27:27.66 | 00:27:46.18 | 5:10 | 11.6 |
| 106 | GOŁOFIT EDYTA | 995 | | SZCZERBICE | POL | 20-29 LAT | 11 | 106 | OPEL FIJAŁKOWSKI | | 00:11:59 | 00:27:35.88 | 00:27:47.47 | 5:12 | 11.5 |
| 107 | PIĄTEK PATRYCJA | 696 | | RYBNIK | POL | 20-29 LAT | 13 | 107 | | MAJOWE PSIAPSI | 00:11:48 | 00:27:42.22 | 00:27:49.93 | 5:13 | 11.5 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|----------------------------------|----------------------|------|-----------|--------|-----|---------------------------|----------------------|----------|-------------|-------------|--------|------|
| 108 | HAŁASA ANNA | 778 | | PLAWNIOWICE | POL | 20-29 LAT | 12 | 108 | | | 00:11:55 | 00:27:39.17 | 00:27:50.13 | 5:13 | 11.5 |
| 109 | BIENKO EDYTA | 446 | | LIGOTA | POL | 40-49 LAT | 41 | 109 | | | 00:11:38 | 00:27:25.99 | 00:27:50.62 | 5:10 | 11.6 |
| 110 | RASZKA-TRZÓPEK DOROTA | 306 | | ŻORY | POL | 30-39 LAT | 41 | 110 | | | 00:12:13 | 00:27:53.59 | 00:28:00.69 | 5:15 | 11.4 |
| 111 | SZPYRA ANIELA | 239 | SOBIESKI6 | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 5 | 111 | SOBIESKI 6 | | 00:11:45 | 00:27:56.03 | 00:28:01.11 | 5:16 | 11.4 |
| 112 | BAC MAŁGORZATA | 857 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 4 | 112 | | | 00:11:30 | 00:27:51.15 | 00:28:02.57 | 5:15 | 11.4 |
| 113 | TALIK MONIKA | 111 | | ŻYWIEC | POL | 40-49 LAT | 47 | 113 | | BABY GÓRĄ | 00:11:43 | 00:27:51.92 | 00:28:04.65 | 5:15 | 11.4 |
| 114 | ZIEMINSKA PAULINA | 11 | | SKOCZÓW | POL | 20-29 LAT | 14 | 114 | | | 00:11:59 | 00:27:53.05 | 00:28:07.84 | 5:15 | 11.4 |
| 115 | GRZYB KLAUDIA | 856 | | ZABRZE | POL | 30-39 LAT | 39 | 115 | | | 00:12:23 | 00:27:18.05 | 00:28:17.57 | 5:09 | 11.6 |
| 116 | CZYŻ WIOLA | 160 | | ZABRZE | POL | 40-49 LAT | 44 | 116 | | | 00:12:13 | 00:27:28.29 | 00:28:18.97 | 5:10 | 11.6 |
| 117 | WERNIK KATARZYNA | 268 | | RADLIN | POL | 50-59 LAT | 10 | 117 | | | 00:12:02 | 00:28:14.99 | 00:28:22.17 | 5:19 | 11.3 |
| 118 | BAKOWSKA JUSTYNA | 338 | | STRUMIEŃ | POL | 40-49 LAT | 50 | 118 | | | 00:12:15 | 00:28:04.33 | 00:28:23.10 | 5:17 | 11.3 |
| 119 | DZIOBEK DOMINIKA | 317 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 52 | 119 | | | 00:11:27 | 00:28:21.46 | 00:28:24.79 | 5:20 | 11.2 |
| 120 | MAZUR ANNA | 883 | ZIMNOKRWISTE WIEWIÓRKI | KOBIÓR | POL | 30-39 LAT | 42 | 120 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:51 | 00:27:56.72 | 00:28:26.82 | 5:16 | 11.4 |
| 121 | MADEJA ALEKSANDRA | 376 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 51 | 121 | MIECHOWICKA GRUPA BIEGOWA | | 00:12:18 | 00:28:16.32 | 00:28:28.37 | 5:20 | 11.3 |
| 122 | KRZAK NATALIA | 924 | | WIŚLICA | POL | 40-49 LAT | 56 | 122 | | | 00:12:00 | 00:28:25.55 | 00:28:30.46 | 5:21 | 11.2 |
| 123 | RAŻNIAK BEATA | 172 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 11 | 123 | KOBIETY NA 5+ | | 00:12:19 | 00:28:24.70 | 00:28:30.86 | 5:21 | 11.2 |
| 124 | PIETRZYK MAŁGORZATA | 715 | | BYTOM | POL | 40-49 LAT | 46 | 124 | | | 00:12:24 | 00:27:35.71 | 00:28:35.14 | 5:12 | 11.5 |
| 125 | RABSZTYN-PILARSKA SYLWIA | 627 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 54 | 125 | KOBIETY NA 5+ | | 00:12:01 | 00:28:22.67 | 00:28:35.37 | 5:21 | 11.2 |
| 126 | WANDZEL ANNA | 26 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 49 | 126 | | | 00:11:59 | 00:28:04.19 | 00:28:35.64 | 5:17 | 11.3 |
| 127 | SMOLORZ ANNA | 3 | | SIEMIANOWICE ŚLĄSKIE | POL | 30-39 LAT | 43 | 127 | | | 00:12:21 | 00:28:14.07 | 00:28:35.97 | 5:19 | 11.3 |
| 128 | KASPERCZYK ALEKSANDRA | 256 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 48 | 128 | WARTKIE PIERONICE | | 00:12:22 | 00:27:59.25 | 00:28:36.67 | 5:16 | 11.4 |
| 129 | PLASKA BARBARA | 15 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 12 | 129 | KOBIETY NA 5+ | | 00:11:57 | 00:28:30.05 | 00:28:41.47 | 5:22 | 11.2 |
| 130 | GORZELAK JOANNA | 913 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 57 | 130 | KOBIETY NA 5+ | | 00:12:06 | 00:28:30.12 | 00:28:41.51 | 5:22 | 11.2 |
| 131 | PASTUCHA ANNA | 377 | | KRAPKOWICE | POL | 60+ | 2 | 131 | | | 00:12:11 | 00:28:35.36 | 00:28:44.58 | 5:23 | 11.1 |
| 132 | KUFKA JUDYTA | 626 | | ŚWIERKLANY | POL | 30-39 LAT | 44 | 132 | | | 00:12:06 | 00:28:16.38 | 00:28:44.85 | 5:20 | 11.3 |
| 133 | MARCZYŃSKA IZABELA | 660 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 46 | 133 | | | 00:11:53 | 00:28:40.78 | 00:28:46.00 | 5:24 | 11.1 |
| 134 | OLECH KINGA | 698 | | RYBNIK | POL | 20-29 LAT | 17 | 134 | | MAJOWE PSIAPSI | 00:11:50 | 00:28:40.87 | 00:28:48.00 | 5:24 | 11.1 |
| 135 | WIDUCH KATARZYNA | 722 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 45 | 135 | | IDZIEMY BIEGAĆ | 00:11:55 | 00:28:38.86 | 00:28:49.33 | 5:24 | 11.1 |
| 136 | MARZAŁKOWSKA DARIA | 939 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 59 | 136 | | | 00:12:19 | 00:28:35.34 | 00:28:49.42 | 5:23 | 11.1 |
| 137 | PARMA ANNA | 944 | | GORZYCZKI | POL | 30-39 LAT | 47 | 137 | | | 00:11:52 | 00:28:42.57 | 00:28:49.93 | 5:24 | 11.1 |
| 138 | PIECHA-ŁACHAJCZYK HANNA | 470 | | RYBNIK | POL | 40-49 LAT | 55 | 138 | | KIEDY JAK NIE TERAZ? | 00:12:28 | 00:28:23.23 | 00:28:49.99 | 5:21 | 11.2 |
| 139 | BANACH EWA | 629 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 48 | 139 | | | 00:12:06 | 00:28:44.78 | 00:28:51.52 | 5:25 | 11.1 |
| 140 | SZEWERDA HANNA | 541 | | BYTOM | POL | 40-49 LAT | 53 | 140 | | | 00:12:17 | 00:28:22.08 | 00:28:51.77 | 5:21 | 11.2 |
| 141 | SZEWczyk MARZENA | 482 | JEJKOWICE BIEGAJA | JEJKOWICE | POL | 40-49 LAT | 58 | 141 | JEJKOWICKIE KOBIETKI | | 00:12:27 | 00:28:35.09 | 00:28:51.97 | 5:23 | 11.1 |
| 142 | PROKOP IWONA | 986 | | RUDA ŚLĄSKA | POL | 50-59 LAT | 13 | 142 | | | 00:12:34 | 00:28:37.52 | 00:28:52.56 | 5:23 | 11.1 |
| 143 | KRAWCZYK URSZULA | 255 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 15 | 143 | | | 00:12:24 | 00:28:14.89 | 00:29:00.66 | 5:19 | 11.3 |
| 144 | DĄBROWSKA AGATA | 846 | | ŻORY | POL | 40-49 LAT | 62 | 144 | | | 00:12:19 | 00:28:48.57 | 00:29:01.82 | 5:26 | 11 |
| 145 | ŁATKA DOROTA | 729 | | ŻORY | POL | 50-59 LAT | 14 | 145 | | | 00:12:05 | 00:28:51.93 | 00:29:04.26 | 5:26 | 11 |
| 146 | GRUSZKIEWICZ SYLWIA | 511 | | CZERWIONKA-LESZCZYNY | POL | 40-49 LAT | 61 | 146 | | | | 00:28:44.00 | 00:29:04.87 | 5:25 | 11.1 |
| 147 | PYTEL RENATA | 248 | | PIELGRZYMOWICE | POL | 50-59 LAT | 17 | 147 | SOBIESKI 6 | SOBIESKI 6 | 00:11:52 | 00:28:59.18 | 00:29:05.89 | 5:28 | 11 |
| 148 | SZYMCZYK TERESA | 469 | TEAM SZYMCZYKI /ZABIEGANA BABCIA | CZEŚTOCHOWA | POL | 60+ | 3 | 148 | | | 00:12:11 | 00:28:50.60 | 00:29:06.57 | 5:26 | 11 |
| 149 | SKIBA KRZYSIA | 396 | | RYBNIK | POL | 40-49 LAT | 65 | 149 | | | 00:12:33 | 00:29:04.51 | 00:29:13.99 | 5:29 | 10.9 |
| 150 | BOJDA BRYGIDA | 150 | PORANNY BESKID RUN | PIEŚCIEC | POL | 40-49 LAT | 64 | 150 | | | 00:12:20 | 00:29:01.94 | 00:29:17.78 | 5:28 | 11 |
| 151 | MAZGAJ GRAZYNA | 745 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 16 | 151 | | | 00:12:18 | 00:28:58.03 | 00:29:17.97 | 5:27 | 11 |
| 152 | TERESZYŃSKA ANNA | 632 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 66 | 152 | | | 00:11:57 | 00:29:10.96 | 00:29:19.22 | 5:30 | 10.9 |
| 153 | SOŁTYS WIKTORIA | 535 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 16 | 153 | | | 00:12:14 | 00:28:38.14 | 00:29:20.17 | 5:24 | 11.1 |
| 154 | SAJNAJ IZABELA | 321 | | GLIWICE | POL | 40-49 LAT | 60 | 154 | | IZOLDA&IWI | 00:12:24 | 00:28:40.94 | 00:29:22.08 | 5:24 | 11.1 |
| 155 | PAWLIKOWSKA BARBARA | 639 | | ŻORY | POL | 40-49 LAT | 67 | 155 | | IDZIEMY BIEGAĆ | 00:12:02 | 00:29:15.37 | 00:29:25.41 | 5:31 | 10.9 |
| 156 | MIKOŁAJEC PAULINA | 949 | | ŻORY | POL | 20-29 LAT | 18 | 156 | | | 00:12:41 | 00:29:15.15 | 00:29:31.35 | 5:31 | 10.9 |
| 157 | PUDA DOROTA | 981 | KOBIETY NA 5+ | MNICH | POL | 50-59 LAT | 20 | 157 | KOBIETY NA 5+ | | 00:12:18 | 00:29:20.13 | 00:29:33.58 | 5:32 | 10.8 |
| 158 | HUTYRA EWA | 289 | | RAJCZA | POL | 30-39 LAT | 49 | 158 | | | 00:12:26 | 00:29:10.01 | 00:29:35.43 | 5:30 | 10.9 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|--|------------------|------|-----------|--------|-----|------------------------------|-----------------------------|----------|-------------|-------------|--------|------|
| 159 | JAKUBOWSKA ALEKSANDRA | 759 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 63 | 159 | | | 00:12:56 | 00:28:58.68 | 00:29:40.60 | 5:27 | 11 |
| 160 | ŁATA-KUNERT MAGDALENA | 869 | FEMINGO NOWOCZESNA FIZJOTERAPIA KOBIET | RYBNIK | POL | 40-49 LAT | 71 | 160 | | | 00:12:21 | 00:29:36.50 | 00:29:41.54 | 5:35 | 10.7 |
| 161 | SKRZYPOSZEK MAŁGORZATA | 320 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 15 | 161 | WARTKIE PIERONICE | | 00:12:34 | 00:28:54.04 | 00:29:42.21 | 5:27 | 11 |
| 162 | SPYRKA MONIKA | 555 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 52 | 162 | KLUB BIEGACZA FARTLEK | KLUB BIEGACZA FARTLEK GIRLS | 00:12:05 | 00:29:30.11 | 00:29:44.53 | 5:33 | 10.8 |
| 163 | PIONTEK SABINA | 281 | MIEDONIA FIT | RACIBÓRZ | POL | 30-39 LAT | 55 | 163 | | | 00:12:30 | 00:29:33.58 | 00:29:44.63 | 5:34 | 10.8 |
| 164 | GARUS MAGDALENA | 271 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 72 | 164 | | | 00:12:27 | 00:29:40.12 | 00:29:47.07 | 5:35 | 10.7 |
| 165 | PŁOTKA IWONA | 824 | SZPRYCHY | RYBNIK | POL | 30-39 LAT | 51 | 165 | SZPRYCHY | SZPRYCHY | 00:12:24 | 00:29:26.10 | 00:29:47.44 | 5:33 | 10.8 |
| 166 | PACHUT JUSTYNA | 527 | VIKING TRAINING CENTER | PIASEK | POL | 40-49 LAT | 68 | 166 | | | 00:12:48 | 00:29:16.56 | 00:29:47.88 | 5:31 | 10.9 |
| 167 | GRABIANSKA KATARZYNA | 245 | VIKING TRAINING CENTER | KATOWICE | POL | 40-49 LAT | 69 | 167 | VIKING TRAINING CENTER | | 00:12:46 | 00:29:17.90 | 00:29:48.03 | 5:31 | 10.9 |
| 168 | BRASZKIEWICZ AGNIESZKA | 957 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 58 | 168 | | | 00:12:37 | 00:29:35.17 | 00:29:50.08 | 5:34 | 10.7 |
| 169 | PAŁUCKA MONIKA | 491 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 61 | 169 | POWOLI DO CELU | | 00:12:33 | 00:29:46.22 | 00:29:50.17 | 5:36 | 10.7 |
| 170 | WOJTAS KINGA | 600 | POWOLI DO CELU | WOLA | POL | 20-29 LAT | 19 | 170 | POWOLI DO CELU | | 00:13:08 | 00:29:30.37 | 00:29:51.11 | 5:33 | 10.8 |
| 171 | KAŁOL-WOJTAS KATARZYNA | 300 | POWOLI DO CELU | WOLA | POL | 40-49 LAT | 70 | 171 | POWOLI DO CELU | | 00:13:07 | 00:29:29.44 | 00:29:51.74 | 5:33 | 10.8 |
| 172 | REJBICZ WERONIKA | 937 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 59 | 172 | | | 00:12:39 | 00:29:38.74 | 00:29:53.27 | 5:35 | 10.7 |
| 173 | ADAMEK STELLA | 681 | | ZABŁOCIE | POL | 30-39 LAT | 50 | 173 | | | 00:13:10 | 00:29:14.34 | 00:29:57.88 | 5:30 | 10.9 |
| 174 | SOKÓL-OLEŚ EVELINA | 254 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 18 | 174 | RUNTEAM PAWŁOWICE | | 00:13:00 | 00:29:05.24 | 00:29:59.21 | 5:29 | 10.9 |
| 175 | CHMURA EVELINA | 127 | #JUSTFEELFITTEAM | ŻABNICA | POL | 30-39 LAT | 53 | 175 | #JUSTFEELFITTEAM | | 00:13:17 | 00:29:31.15 | 00:29:59.94 | 5:34 | 10.8 |
| 176 | KUBECKA JOLANTA | 356 | ZZOZOLKI | PIERŚCIEC | POL | 50-59 LAT | 23 | 176 | ZZOZOLKI | | 00:12:36 | 00:29:43.51 | 00:30:01.69 | 5:36 | 10.7 |
| 177 | ROZMUS MARZENA | 971 | STS BIEGATON MIKOŁÓW | KATOWICE | POL | 50-59 LAT | 19 | 177 | | NAJLEPSZE | 00:12:54 | 00:29:19.18 | 00:30:02.14 | 5:31 | 10.8 |
| 178 | FRYZIK MONIKA | 574 | | OPATÓW | POL | 20-29 LAT | 20 | 178 | | | 00:13:23 | 00:29:39.53 | 00:30:03.30 | 5:35 | 10.7 |
| 179 | KONIECKO KAROLINA | 1323 | | PAWŁOWICE | POL | 30-39 LAT | 56 | 179 | | | 00:12:27 | 00:29:33.75 | 00:30:03.58 | 5:34 | 10.8 |
| 180 | GŁĄBEK EDYTA | 501 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 63 | 180 | SPOT PSZCZYNA | | 00:12:38 | 00:29:53.67 | 00:30:03.94 | 5:38 | 10.6 |
| 181 | BUCHHOLZ MAJKA | 412 | | LESZCZYNY | POL | 50-59 LAT | 25 | 181 | | | 00:12:33 | 00:30:00.45 | 00:30:04.06 | 5:39 | 10.6 |
| 182 | KANIA MONIKA | 171 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 74 | 182 | | | 00:12:43 | 00:29:47.16 | 00:30:05.79 | 5:37 | 10.7 |
| 183 | GÓRKA BARBARA | 452 | RUN TEAM | ŻORY | POL | 40-49 LAT | 79 | 183 | RUNTEAM PAWŁOWICE | | 00:13:15 | 00:30:06.18 | 00:30:08.00 | 5:40 | 10.6 |
| 184 | BURDA RENATA | 474 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 50-59 LAT | 21 | 184 | | | 00:12:47 | 00:29:33.25 | 00:30:08.06 | 5:34 | 10.8 |
| 185 | MARCISZ NATALIA | 974 | | ŻORY | POL | 20-29 LAT | 21 | 185 | | | 00:13:00 | 00:29:50.18 | 00:30:08.11 | 5:37 | 10.7 |
| 186 | GAŁUSZKA KATARZYNA | 227 | | RADZIECHOWY | POL | 30-39 LAT | 54 | 186 | | | 00:12:01 | 00:29:32.07 | 00:30:10.84 | 5:34 | 10.8 |
| 187 | PARCHAŃSKA-ZUREK IWONA | 451 | | POGWIZDÓW | POL | 30-39 LAT | 57 | 187 | | | 00:13:15 | 00:29:35.04 | 00:30:10.95 | 5:34 | 10.7 |
| 188 | ZAMARŁO NATALIA | 919 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 64 | 188 | ZZOZOLKI | | 00:13:10 | 00:29:57.83 | 00:30:12.58 | 5:39 | 10.6 |
| 189 | ZARAŃSKA IZABELA | 486 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 22 | 189 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:12:52 | 00:29:40.04 | 00:30:13.48 | 5:35 | 10.7 |
| 190 | KĘKUŚ DOROTA | 785 | | MARKLOWICE GÓRNE | POL | 40-49 LAT | 82 | 190 | PRZEDSZKOLE MAŁYCH BOHATERÓW | | 00:12:14 | 00:30:11.71 | 00:30:16.53 | 5:41 | 10.5 |
| 191 | GATNER AGNIESZKA | 313 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 80 | 191 | | | 00:12:14 | 00:30:10.02 | 00:30:16.84 | 5:41 | 10.5 |
| 192 | ŁASA IZABELA | 624 | | ŻORY | POL | 40-49 LAT | 75 | 192 | TEAM OLI LIDL | | 00:12:56 | 00:29:53.90 | 00:30:20.53 | 5:38 | 10.6 |
| 193 | IWANCZEWSKA WERONIKA | 838 | | BYTOM | POL | 30-39 LAT | 60 | 193 | WARTKIE PIERONICE | | 00:12:53 | 00:29:45.24 | 00:30:23.08 | 5:36 | 10.7 |
| 194 | TRYBAŁA DANUTA | 497 | | PIELGRZYMOWICE | POL | 40-49 LAT | 73 | 194 | WATAHA | | 00:13:35 | 00:29:46.96 | 00:30:26.28 | 5:36 | 10.7 |
| 195 | LISZKA MONIKA | 217 | TEAM PAPRY/VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 76 | 195 | VIKING TRAINING CENTER | | 00:13:35 | 00:30:00.77 | 00:30:27.28 | 5:39 | 10.6 |
| 196 | LEGIERSKA NATALIA | 683 | TL ATHLETICS JASTRZĘBIE | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 67 | 196 | TL ATHLETICS JASTRZĘBIE | CORRIDORI | 00:12:47 | 00:30:23.06 | 00:30:29.16 | 5:43 | 10.5 |
| 197 | SAMUL KAROLINA | 325 | HURAGAN LIGOTA | SOSNOWIEC | POL | 40-49 LAT | 83 | 197 | HURAGAN LIGOTA | | 00:13:28 | 00:30:16.24 | 00:30:29.28 | 5:42 | 10.5 |
| 198 | RANSZ BEATA | 79 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 27 | 198 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.76 | 00:30:31.51 | 5:42 | 10.5 |
| 199 | RATAJCZAK EWA | 502 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 84 | 199 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.75 | 00:30:31.52 | 5:42 | 10.5 |
| 200 | PRZYBYLSKA-BAK KASIA | 442 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 78 | 200 | VIKING TRAINING CENTER | | 00:12:47 | 00:30:02.10 | 00:30:32.04 | 5:40 | 10.6 |
| 201 | BURZYŃSKA BEATA | 415 | | KATOWICE | POL | 40-49 LAT | 86 | 201 | | RÓŻOWY TRAMPEK | 00:12:39 | 00:30:27.14 | 00:30:33.18 | 5:44 | 10.4 |
| 202 | CHORCHOS MAGDA | 12 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 65 | 202 | | | 00:13:13 | 00:30:17.39 | 00:30:34.40 | 5:42 | 10.5 |
| 203 | JACEK DOROTA | 561 | | WODZISŁAW ŚL | POL | 40-49 LAT | 85 | 203 | | | 00:12:50 | 00:30:25.88 | 00:30:34.85 | 5:44 | 10.5 |
| 204 | SZENDERA-ORSZULIK ZOFIA | 47 | | STUDZIONKA | POL | 40-49 LAT | 88 | 204 | | | 00:12:32 | 00:30:33.31 | 00:30:37.39 | 5:45 | 10.4 |
| 205 | KUŚ MONIKA | 754 | | KOŃCZYCE WIELKIE | POL | 30-39 LAT | 69 | 205 | | | 00:13:05 | 00:30:33.57 | 00:30:39.35 | 5:45 | 10.4 |
| 206 | KOZIĘLSKA DOMINIKA | 858 | | GLIWICE | POL | 20-29 LAT | 22 | 206 | | | 00:13:30 | 00:30:09.05 | 00:30:40.18 | 5:41 | 10.5 |
| 207 | ADAMUS ANNA | 384 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 77 | 207 | WARTKIE PIERONICE | | 00:13:11 | 00:30:01.71 | 00:30:40.95 | 5:39 | 10.6 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|---|-----------------------|------|-----------|--------|-----|---|---------------------------|----------|-------------|-------------|--------|------|
| 208 | DAWID ŻANETA | 436 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 62 | 208 | VIKING TRAINING CENTER | | 00:13:00 | 00:29:53.61 | 00:30:41.99 | 5:38 | 10.6 |
| 209 | BURCZYK CELINA | 309 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 30 | 209 | HURAGAN LIGOTA | | 00:12:27 | 00:30:32.36 | 00:30:43.26 | 5:45 | 10.4 |
| 210 | NATKANIEC DOROTA | 851 | | BRZEWÓWKA | POL | 50-59 LAT | 26 | 210 | | | 00:13:31 | 00:30:16.95 | 00:30:48.03 | 5:42 | 10.5 |
| 211 | KANTOROWSKA ANIA | 16 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 68 | 211 | POWOLI DO CELU | | 00:13:16 | 00:30:31.71 | 00:30:48.68 | 5:45 | 10.4 |
| 212 | SOCHA MARLENA | 82 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 24 | 212 | WARTKIE PIERONICE | | 00:13:02 | 00:29:52.38 | 00:30:49.49 | 5:38 | 10.6 |
| 213 | MICHAŁAK NIKOLA | 544 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 23 | 213 | | | 00:12:52 | 00:30:10.43 | 00:30:51.66 | 5:41 | 10.5 |
| 214 | JASTRZĘBSKA EWA | 199 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 29 | 214 | | | 00:12:56 | 00:30:29.94 | 00:30:51.85 | 5:45 | 10.4 |
| 215 | WALA ANNA | 162 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 81 | 215 | | | 00:12:57 | 00:30:10.17 | 00:30:51.97 | 5:41 | 10.5 |
| 216 | SZCZOTKA SYLWIA | 46 | #JUSTFEELFITTEAM | RAJCSA | POL | 30-39 LAT | 66 | 216 | #JUSTFEELFITTEAM | | 00:13:27 | 00:30:22.50 | 00:30:58.62 | 5:43 | 10.5 |
| 217 | CELER IWONA | 232 | | TYCHY | POL | 50-59 LAT | 31 | 217 | | | 00:12:54 | 00:30:33.86 | 00:31:00.89 | 5:45 | 10.4 |
| 218 | GENSTY KLAUDIA | 259 | DYSTANS LUBOMIA | LUBOMIA | POL | 50-59 LAT | 33 | 218 | | | 00:13:36 | 00:30:42.27 | 00:31:02.39 | 5:47 | 10.4 |
| 219 | TULKO IWONA | 277 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 35 | 219 | | | 00:12:28 | 00:31:02.04 | 00:31:05.34 | 5:51 | 10.2 |
| 220 | SOBIK ANNA | 850 | | RYBNIK | POL | 30-39 LAT | 75 | 220 | | | 00:13:01 | 00:30:56.28 | 00:31:05.41 | 5:50 | 10.3 |
| 221 | BUGŁA WERONIKA | 298 | DYSTANS LUBOMIA | GRABÓWKA | POL | 50-59 LAT | 34 | 221 | | | 00:12:44 | 00:31:01.16 | 00:31:06.50 | 5:51 | 10.3 |
| 222 | NYKIEL MAŁGORZATA | 273 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 28 | 222 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:14:08 | 00:30:28.08 | 00:31:07.11 | 5:44 | 10.4 |
| 223 | BRZUSKA ADRIANNA | 145 | ZZOZOLKI | CIESZYN | POL | 20-29 LAT | 24 | 223 | ZZOZOLKI | | 00:12:41 | 00:30:28.30 | 00:31:08.10 | 5:44 | 10.4 |
| 224 | MALISZEWSKA BEATA | 792 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 72 | 224 | | | 00:12:45 | 00:30:45.43 | 00:31:10.24 | 5:48 | 10.3 |
| 225 | CZECH KAROLINA | 804 | | TYCHY | POL | 30-39 LAT | 74 | 225 | | | 00:13:14 | 00:30:51.47 | 00:31:10.53 | 5:49 | 10.3 |
| 226 | TRZEWIK BEATA | 920 | ZIMNOKRWISTE WIEWIÓRKI | OŚWIĘCIM | POL | 50-59 LAT | 32 | 226 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:21 | 00:30:41.06 | 00:31:11.04 | 5:47 | 10.4 |
| 227 | DOBOSZ ILONA | 54 | | MARKLOWICE GÓRNE | POL | 50-59 LAT | 39 | 227 | | | 00:13:06 | 00:31:04.92 | 00:31:12.46 | 5:51 | 10.2 |
| 228 | SZYSZKA NATALIA | 605 | | BYTOM | POL | 30-39 LAT | 79 | 228 | PO JEDNEJ BABCI | | 00:13:10 | 00:31:05.56 | 00:31:14.37 | 5:51 | 10.2 |
| 229 | GACH ANNA | 591 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 83 | 229 | | | 00:12:06 | 00:31:09.52 | 00:31:15.12 | 5:52 | 10.2 |
| 230 | BALCAREK MAGDALENA | 680 | | POŁOMIA | POL | 40-49 LAT | 87 | 230 | | | 00:13:11 | 00:30:33.01 | 00:31:15.79 | 5:45 | 10.4 |
| 231 | JANIK ANNA | 994 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 70 | 231 | NESSI SPORTSWEAR | | 00:13:53 | 00:30:39.56 | 00:31:15.86 | 5:46 | 10.4 |
| 232 | WIERCIGROCH MARIOLA | 173 | | KAMESZNICA | POL | 30-39 LAT | 73 | 232 | #JUSTFEELFITTEAM | | 00:13:24 | 00:30:48.43 | 00:31:16.74 | 5:48 | 10.3 |
| 233 | PATAŁĄG SANDRA | 55 | | MYSŁOWICE | POL | 30-39 LAT | 71 | 233 | | | 00:13:21 | 00:30:40.67 | 00:31:16.92 | 5:47 | 10.4 |
| 234 | MUSIAŁ MARIA | 445 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 4 | 234 | | | 00:13:54 | 00:30:39.03 | 00:31:17.61 | 5:46 | 10.4 |
| 235 | JUREK IZA | 584 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 89 | 235 | NICE GIRLS | | 00:13:41 | 00:30:57.37 | 00:31:17.82 | 5:50 | 10.3 |
| 236 | KROCZEK AGATA | 695 | | ZEBRZYDOWICE | POL | 40-49 LAT | 90 | 236 | NICE GIRLS | | 00:13:42 | 00:30:57.43 | 00:31:17.87 | 5:50 | 10.3 |
| 237 | DĄBROWSKA KATARZYNA | 349 | | SKRBEŃSKO | POL | 40-49 LAT | 99 | 237 | | | 00:12:56 | 00:31:11.81 | 00:31:19.39 | 5:53 | 10.2 |
| 238 | MICHAŁSKA MONIKA | 867 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 81 | 238 | | | 00:13:13 | 00:31:07.21 | 00:31:20.05 | 5:52 | 10.2 |
| 239 | WALEK NATALIA | 693 | | CIESZYN | POL | 30-39 LAT | 80 | 239 | | | 00:13:29 | 00:31:06.00 | 00:31:22.18 | 5:52 | 10.2 |
| 240 | KOSIACKA AGNIESZKA | 8 | | RYBNIK | POL | 30-39 LAT | 82 | 240 | | | 00:14:12 | 00:31:07.86 | 00:31:24.01 | 5:52 | 10.2 |
| 241 | DOBRENIUK AURELIA | 70 | | RYBNIK | POL | 40-49 LAT | 103 | 241 | | | 00:12:42 | 00:31:19.97 | 00:31:29.53 | 5:54 | 10.2 |
| 242 | BAJCAR BEATA | 552 | KOBIETY NA 5+ | CHYBIE | POL | 50-59 LAT | 43 | 242 | KOBIETY NA 5+ | | 00:13:09 | 00:31:19.37 | 00:31:32.29 | 5:54 | 10.2 |
| 243 | LACHOWICZ IZABELA | 422 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | 30-39 LAT | 78 | 243 | | | 00:13:10 | 00:31:00.91 | 00:31:32.74 | 5:50 | 10.3 |
| 244 | GABRUŚ IWONA | 418 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | CZERWIONKA-STAN OWICE | POL | 50-59 LAT | 37 | 244 | | | 00:13:12 | 00:31:03.39 | 00:31:32.78 | 5:51 | 10.2 |
| 245 | GROLIK KAROLINA | 573 | | RYBNIK | POL | 40-49 LAT | 93 | 245 | | | 00:13:11 | 00:31:01.20 | 00:31:32.80 | 5:51 | 10.3 |
| 246 | KRZYŻOWSKA IWONA | 318 | | MIKOŁÓW | POL | 40-49 LAT | 100 | 246 | | | 00:13:43 | 00:31:15.88 | 00:31:33.70 | 5:53 | 10.2 |
| 247 | HAŚNIK DARIA | 972 | | TYCHY | POL | 30-39 LAT | 77 | 247 | | NAJLEPSZE | 00:13:16 | 00:30:59.69 | 00:31:34.34 | 5:50 | 10.3 |
| 248 | DĄBROWSKA - KUŚNIERZ EWELINA | 29 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 91 | 248 | | | 00:13:52 | 00:30:57.56 | 00:31:35.01 | 5:50 | 10.3 |
| 249 | LUCK GRAŻYNA | 329 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 60+ | 6 | 249 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:21 | 00:31:29.84 | 00:31:35.02 | 5:56 | 10.1 |
| 250 | ROJ ANNA | 310 | | | POL | 40-49 LAT | 101 | 250 | | | 00:13:45 | 00:31:18.56 | 00:31:36.07 | 5:54 | 10.2 |
| 251 | KLIMEK-KARAS SYLWIA | 907 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | CZECHOWICE-DZIEDZICE | POL | 40-49 LAT | 106 | 251 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | | 00:14:05 | 00:31:26.41 | 00:31:38.79 | 5:55 | 10.1 |
| 252 | ZIEMIŃSKA PATRYCJA | 10 | | SKOCZÓW | POL | 40-49 LAT | 104 | 252 | | | 00:13:25 | 00:31:24.22 | 00:31:39.47 | 5:55 | 10.1 |
| 253 | SKWORC ILONA | 931 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 92 | 253 | WARTKIE PIERONICE | | 00:13:56 | 00:31:00.53 | 00:31:39.71 | 5:50 | 10.3 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---|------------------|------|-----------|--------|-----|---|-----------|----------|-------------|-------------|--------|------|
| 254 | OZDARSKA BEATA | 252 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 38 | 254 | WARTKIE PIERONICE | | 00:13:22 | 00:31:04.53 | 00:31:39.91 | 5:51 | 10.2 |
| 255 | TOMAN ANTONINA | 703 | | CIESZYN | | 40-49 LAT | 97 | 255 | | | 00:13:38 | 00:31:04.96 | 00:31:40.19 | 5:51 | 10.2 |
| 256 | KMIECIAK GRAŻYNA | 827 | | RADLIN | POL | 50-59 LAT | 40 | 256 | | | 00:13:31 | 00:31:09.98 | 00:31:40.55 | 5:52 | 10.2 |
| 257 | GOLDA EWA | 903 | SPECIALTEAM | STUDZIONKA | POL | 50-59 LAT | 44 | 257 | SPECIALTEAM | EWANKA | 00:14:11 | 00:31:23.87 | 00:31:41.38 | 5:55 | 10.1 |
| 258 | BRZUSKA KATARZYNA | 50 | ZZOZOLKI | CIESZYN | POL | 40-49 LAT | 94 | 258 | ZZOZOLKI | | 00:13:19 | 00:31:02.29 | 00:31:41.42 | 5:51 | 10.2 |
| 259 | FURMANEK ELA | 65 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 42 | 259 | HURAGAN LIGOTA | | 00:14:31 | 00:31:18.06 | 00:31:41.75 | 5:54 | 10.2 |
| 260 | HORAK ALINA | 795 | ----- | RACIBÓRZ | POL | 50-59 LAT | 36 | 260 | | | 00:13:31 | 00:31:03.00 | 00:31:42.81 | 5:51 | 10.2 |
| 261 | FRANCISZCZAK ŁUCJA | 362 | CIDRYLOTAJOM | BYTOM | POL | 60+ | 7 | 261 | | | 00:12:58 | 00:31:42.60 | 00:31:42.96 | 5:58 | 10 |
| 262 | BORUTA WIOLETTA | 293 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 107 | 262 | | | 00:13:29 | 00:31:29.79 | 00:31:44.33 | 5:56 | 10.1 |
| 263 | CHRZAŚTEK MAGDALENA | 432 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 85 | 263 | | | 00:12:57 | 00:31:28.04 | 00:31:45.98 | 5:56 | 10.1 |
| 264 | ŚLUCZKA KINGA | 697 | | USTROŃ | POL | 50-59 LAT | 45 | 264 | | | 00:13:43 | 00:31:27.46 | 00:31:46.60 | 5:56 | 10.1 |
| 265 | KURIATA KATARZYNA | 130 | | ŻORY | POL | 30-39 LAT | 86 | 265 | TEAM OLI LIDL | | 00:13:46 | 00:31:29.74 | 00:31:47.91 | 5:56 | 10.1 |
| 266 | HERCHEL MARZENA | 316 | SUSZECKA DZIKA PIĄTKA DYCHA I PÓLMARATON | SUSZEC | POL | 40-49 LAT | 105 | 266 | | | 00:13:24 | 00:31:25.91 | 00:31:49.13 | 5:55 | 10.1 |
| 267 | LISZKA JOANNA | 43 | | ŻORY | POL | 40-49 LAT | 96 | 267 | | | 00:15:00 | 00:31:03.79 | 00:31:50.20 | 5:51 | 10.2 |
| 268 | AUGUŚCIK EWELINA | 495 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 87 | 268 | | | 00:13:30 | 00:31:39.05 | 00:31:50.59 | 5:58 | 10 |
| 269 | CEGLARSKA ALICJA | 344 | JEJKOWICE BIEGAJĄ | RYBNIK | POL | 40-49 LAT | 114 | 269 | JEJKOWICKIE KOBIETKI | | 00:13:35 | 00:31:45.36 | 00:31:50.71 | 5:59 | 10 |
| 270 | WOŹNIAK ALEKSANDRA | 357 | | ŻORY | POL | 40-49 LAT | 111 | 270 | TEAM OLI LIDL | | 00:13:18 | 00:31:32.62 | 00:31:51.03 | 5:56 | 10.1 |
| 271 | SNOCHOWSKA GABRIELA | 796 | SKLEP BIEGACZA RUNNING TEAM | KATOWICE | POL | 30-39 LAT | 76 | 271 | | | 00:14:18 | 00:30:59.17 | 00:31:52.43 | 5:50 | 10.3 |
| 272 | CZEKAJŁO PAULINA | 280 | OSZEK TEAM | KRZANOWICE | POL | 40-49 LAT | 98 | 272 | TEAM OCZEK | | 00:14:55 | 00:31:07.31 | 00:31:54.93 | 5:52 | 10.2 |
| 273 | BOMBOR ANTONINA | 712 | | RYBNIK | POL | 40-49 LAT | 95 | 273 | | | 00:13:30 | 00:31:03.52 | 00:31:55.31 | 5:51 | 10.2 |
| 274 | DZIEWIRZ AURELIA | 885 | | WARSZOWICE | POL | 40-49 LAT | 118 | 274 | | | 00:13:13 | 00:31:48.31 | 00:31:55.90 | 6:00 | 10 |
| 275 | ZIMNY CELINA | 401 | SMAKI BIEGANIA | RYBNIK | POL | 40-49 LAT | 119 | 275 | | | 00:13:05 | 00:31:48.40 | 00:31:58.05 | 6:00 | 10 |
| 276 | SOBINA ROKSANA | 970 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 110 | 276 | KLUB BIEGACZA FARTLEK | | 00:13:27 | 00:31:31.13 | 00:31:59.01 | 5:56 | 10.1 |
| 277 | DĄBROWSKA EMILIA | 1321 | PARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 109 | K 1 | PARTLEK | | 00:13:27 | 00:31:30.88 | 00:31:59.04 | 5:56 | 10.1 |
| 278 | LACHERA MARYSIA | 787 | | ZABRZE | POL | 60+ | 5 | 277 | | | 00:13:35 | 00:31:03.63 | 00:31:59.70 | 5:51 | 10.2 |
| 279 | ROŚCZAK SYLWIA | 767 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 121 | 278 | | | 00:12:54 | 00:31:51.93 | 00:31:59.73 | 6:00 | 10 |
| 280 | SAGAN IZABELA | 413 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 127 | 279 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:13:02 | 00:31:59.16 | 00:32:03.08 | 6:02 | 9.9 |
| 281 | KUSA ALEKSANDRA | 1320 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 46 | K 2 | | | 00:13:24 | 00:31:27.78 | 00:32:03.89 | 5:56 | 10.1 |
| 282 | KŁEK MARZENA | 945 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 123 | 280 | | | 00:13:13 | 00:31:56.57 | 00:32:04.25 | 6:01 | 10 |
| 283 | WÓJCİK ANNA | 769 | ZZOZOLKI | CIESZYN | POL | 30-39 LAT | 84 | 281 | ZZOZOLKI | | 00:14:08 | 00:31:25.58 | 00:32:04.97 | 5:55 | 10.1 |
| 284 | GOŁĄBEK ANNA | 661 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 88 | 282 | | | 00:13:31 | 00:31:50.41 | 00:32:05.01 | 6:00 | 10 |
| 285 | JURASZEK AGNIESZKA | 713 | JUST FEEL FIT | WĘGIERSKA GÓRKA | POL | 40-49 LAT | 108 | 283 | #JUSTFEELFITTEAM | | 00:13:30 | 00:31:30.88 | 00:32:05.09 | 5:56 | 10.1 |
| 286 | GÓRKA ALEKSANDRA | 805 | | SIEMIANOWICE | POL | 40-49 LAT | 117 | 284 | | | 00:13:16 | 00:31:48.22 | 00:32:05.13 | 6:00 | 10 |
| 287 | SKOTNICKA URSZULA | 193 | NIE ZRZESZONA | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 47 | 285 | | | 00:13:07 | 00:31:59.82 | 00:32:07.43 | 6:02 | 9.9 |
| 288 | DROBNY JOANNA | 766 | | RYDUŁTOWY | POL | 30-39 LAT | 90 | 286 | | | 00:13:38 | 00:31:59.43 | 00:32:07.70 | 6:02 | 9.9 |
| 289 | POŁĘDNIÓK ALEKSANDRA | 551 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 124 | 287 | | | 00:13:14 | 00:31:56.91 | 00:32:07.78 | 6:01 | 10 |
| 290 | ŁEPEK BOŻENA | 343 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 41 | 288 | | | 00:13:38 | 00:31:15.95 | 00:32:07.93 | 5:53 | 10.2 |
| 291 | SIEKIERKA KLAUDIA | 149 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 91 | 289 | | | 00:12:41 | 00:32:04.76 | 00:32:08.58 | 6:03 | 9.9 |
| 292 | ŻEBRACKA- MEJER KORNELIA | 985 | | WYRY | POL | 30-39 LAT | 94 | 290 | | | 00:13:18 | 00:32:07.93 | 00:32:09.93 | 6:03 | 9.9 |
| 293 | KŁOZIK AGNIESZKA | 6 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 131 | 291 | | | 00:13:07 | 00:32:09.14 | 00:32:11.43 | 6:03 | 9.9 |
| 294 | MARSZOLIK ANGELA | 559 | | RYBNIK | POL | 40-49 LAT | 102 | 292 | | | 00:13:48 | 00:31:19.49 | 00:32:12.00 | 5:54 | 10.2 |
| 295 | BURDZIK WERONIKA | 499 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 89 | 293 | | | 00:13:30 | 00:31:59.33 | 00:32:14.58 | 6:02 | 9.9 |
| 296 | PETRYKOWSKA MAGDA | 380 | | ŻORY | POL | 20-29 LAT | 25 | 294 | | | 00:15:11 | 00:31:26.88 | 00:32:18.83 | 5:55 | 10.1 |
| 297 | FIZIA JOANNA | 930 | | BAKÓW | POL | 30-39 LAT | 95 | 295 | | | 00:13:50 | 00:32:09.88 | 00:32:22.41 | 6:03 | 9.9 |
| 298 | GWIZDAŁA JOANNA | 609 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 112 | 296 | | | 00:13:21 | 00:31:35.33 | 00:32:23.22 | 5:57 | 10.1 |
| 299 | TYRYTKO SYLWIA | 322 | WATAHA | PRUCHNA | POL | 40-49 LAT | 120 | 297 | WATAHA | | 00:13:58 | 00:31:49.05 | 00:32:28.88 | 6:00 | 10 |
| 300 | JĘDRZEJEWSKA BEATA | 492 | MIRAZ RACE TEAM | BYTOM | POL | 40-49 LAT | 113 | 298 | | | 00:13:48 | 00:31:43.47 | 00:32:28.92 | 5:59 | 10 |
| 301 | WOWRA ALEKSANDRA | 662 | | MIKOŁÓW | POL | 30-39 LAT | 93 | 299 | | | 00:14:20 | 00:32:07.58 | 00:32:29.06 | 6:03 | 9.9 |
| 302 | GLANERT KAROLINA | 990 | | ŻORY | POL | 60+ | 8 | 300 | | | 00:13:32 | 00:32:25.76 | 00:32:31.53 | 6:06 | 9.8 |
| 303 | PROKOPIUK WIKTORIA | 177 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 7 | 301 | | | 00:12:47 | 00:32:20.42 | 00:32:31.62 | 6:06 | 9.8 |
| 304 | ŁASA MARTYNA | 625 | | ŻORY | POL | 16-19 LAT | 6 | 302 | TEAM OLI LIDL | | 00:13:41 | 00:32:06.40 | 00:32:33.04 | 6:03 | 9.9 |
| 305 | ZAWADZKA BEBA | 122 | | ZABRZE | POL | 40-49 LAT | 115 | 303 | | | 00:14:26 | 00:31:47.31 | 00:32:37.03 | 5:59 | 10 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------------|-------------------|------|-----------|--------|-----|---------------------------|-----------------|----------|-------------|-------------|--------|------|
| 306 | TARGOSZ ANETA | 161 | | CIESZYN | POL | 40-49 LAT | 116 | 304 | ZZOZOLKI | | 00:13:48 | 00:31:47.34 | 00:32:38.11 | 5:59 | 10 |
| 307 | ORSZULIK PAULINA | 978 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 26 | 305 | | | 00:14:10 | 00:31:56.26 | 00:32:38.47 | 6:01 | 10 |
| 308 | KOKOT MONIKA | 440 | | MIKOŁÓW | POL | 40-49 LAT | 126 | 306 | | | 00:13:17 | 00:31:58.50 | 00:32:38.48 | 6:01 | 9.9 |
| 309 | KOŁĘDYS KAROLINA | 979 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 27 | 307 | | | 00:14:12 | 00:31:56.95 | 00:32:38.95 | 6:01 | 10 |
| 310 | GROMADZKA JUSTYNA | 253 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 122 | 308 | | | 00:13:31 | 00:31:53.71 | 00:32:39.52 | 6:00 | 10 |
| 311 | STĘPIEŃ SANDRA | 216 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 102 | 309 | | | 00:13:09 | 00:32:30.10 | 00:32:40.06 | 6:07 | 9.8 |
| 312 | KUSZOWSKA JULIA | 938 | JEJKOWICKIE KOBIETKI | JEJKOWICE | POL | 30-39 LAT | 97 | 310 | JEJKOWICKIE KOBIETKI | | 00:13:54 | 00:32:13.09 | 00:32:40.30 | 6:04 | 9.9 |
| 313 | HYJEK EWA | 863 | | RACIBÓRZ | POL | 40-49 LAT | 137 | 311 | | | 00:13:34 | 00:32:36.45 | 00:32:41.03 | 6:09 | 9.8 |
| 314 | PAJĄK MARIOLA | 151 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 92 | 312 | #JUSTFEELFITTEAM | | 00:14:02 | 00:32:06.85 | 00:32:41.25 | 6:03 | 9.9 |
| 315 | MATUĆ ALEKSANDRA | 45 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 48 | 313 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:59 | 00:32:10.57 | 00:32:41.85 | 6:04 | 9.9 |
| 316 | KOZDROŃ ANNA | 195 | LECOM ŚWIONY | ŚWIĘTOCHŁOWICE | POL | 40-49 LAT | 129 | 314 | | | 00:13:45 | 00:32:06.45 | 00:32:42.64 | 6:03 | 9.9 |
| 317 | ŁAPA ALEKSANDRA | 4 | 4A | PSZCZYNA | POL | 40-49 LAT | 128 | 315 | | 4A | 00:13:21 | 00:31:59.84 | 00:32:43.33 | 6:02 | 9.9 |
| 318 | BAŁUCH MICHALINA | 894 | SPECIALTEAM | STUDZIENICE | POL | 30-39 LAT | 100 | 316 | SPECIALTEAM | SPECIALTEAM M&M | 00:14:11 | 00:32:27.54 | 00:32:44.57 | 6:07 | 9.8 |
| 319 | TYTKO-HAŁADA MAŁGORZATA | 847 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 138 | 317 | | | 00:13:11 | 00:32:37.29 | 00:32:45.06 | 6:09 | 9.7 |
| 320 | JANOSZ NATALIA | 30 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 103 | 318 | SPOT PSZCZYNA | | 00:13:26 | 00:32:32.10 | 00:32:46.37 | 6:08 | 9.8 |
| 321 | WOLSKA MARTA | 212 | | ŻYWIEC | POL | 40-49 LAT | 135 | 319 | | BABY GÓRA | 00:14:25 | 00:32:17.19 | 00:32:46.45 | 6:05 | 9.9 |
| 322 | BALIĆKA MAGDALENA | 596 | | OCHABY MAŁE | POL | 40-49 LAT | 125 | 320 | | | 00:13:55 | 00:31:58.35 | 00:32:46.63 | 6:01 | 9.9 |
| 323 | WIECZOREK MAŁGORZATA | 621 | WARTKIE PIERONICE | BYTOM | POL | 40-49 LAT | 130 | 321 | | | 00:14:09 | 00:32:08.64 | 00:32:47.13 | 6:03 | 9.9 |
| 324 | DROBIAK KORNELIA | 512 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 104 | 322 | | | 00:14:07 | 00:32:34.21 | 00:32:47.93 | 6:08 | 9.8 |
| 325 | WALUSZ JOLANTA | 588 | SZOMBIERKI DREAM TEAM | BYTOM | POL | 50-59 LAT | 50 | 323 | | | 00:13:43 | 00:32:16.88 | 00:32:49.15 | 6:05 | 9.9 |
| 326 | OLSCHIMKE KASIA | 181 | K.S. M.E.T.A | KATOWICE | POL | 40-49 LAT | 133 | 324 | K.S. M.E.T.A | | 00:14:22 | 00:32:15.47 | 00:32:49.64 | 6:05 | 9.9 |
| 327 | ANIOL-BARLIK AGNIESZKA | 198 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 141 | 325 | | | 00:13:38 | 00:32:46.78 | 00:32:50.34 | 6:10 | 9.7 |
| 328 | HETMANIOK AGNIESZKA | 381 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 96 | 326 | | | 00:13:04 | 00:32:10.25 | 00:32:51.96 | 6:04 | 9.9 |
| 329 | SUKIENNIK ALEKSANDRA | 532 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 105 | 327 | VIKING TRAINING CENTER | | 00:12:59 | 00:32:35.14 | 00:32:56.02 | 6:08 | 9.8 |
| 330 | KRAWCZYK MONIKA | 802 | | ŻORY | POL | 30-39 LAT | 108 | 328 | | | 00:13:20 | 00:32:48.43 | 00:32:56.39 | 6:11 | 9.7 |
| 331 | GAŁUSZKA MAŁGORZATA | 196 | | OŚWIĘCIM | POL | 30-39 LAT | 107 | 329 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:32:44.48 | 00:32:56.69 | 6:10 | 9.7 |
| 332 | SOSNA IWONA | 652 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 142 | 330 | | | 00:13:10 | 00:32:49.51 | 00:32:58.64 | 6:11 | 9.7 |
| 333 | KOTLARCZYK KATARZYNA | 710 | | OŚWIĘCIM | POL | 40-49 LAT | 136 | 331 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:30 | 00:32:28.86 | 00:33:00.28 | 6:07 | 9.8 |
| 334 | PAWLIK NATALIA | 34 | BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 101 | 332 | | | 00:13:19 | 00:32:29.08 | 00:33:01.34 | 6:07 | 9.8 |
| 335 | MAĆKÓW AGNIESZKA | 437 | | PAKOŚLAWICE | POL | 50-59 LAT | 53 | 333 | | | 00:13:47 | 00:32:27.19 | 00:33:03.54 | 6:07 | 9.8 |
| 336 | KUBIAK IZABELA | 32 | | ŻORY | POL | 30-39 LAT | 99 | 334 | | | 00:13:45 | 00:32:26.88 | 00:33:03.61 | 6:07 | 9.8 |
| 337 | JABŁOŃSKA-ŚLAZIŃSKA ANNA | 963 | | GLIWICE | POL | 40-49 LAT | 140 | 335 | | | 00:14:17 | 00:32:41.35 | 00:33:04.34 | 6:10 | 9.7 |
| 338 | GRABOWSKA KATARZYNA | 286 | | TYCHY | POL | 50-59 LAT | 49 | 336 | | | 00:14:14 | 00:32:13.93 | 00:33:04.78 | 6:04 | 9.9 |
| 339 | SZUBARSKA KATARZYNA | 840 | ZZOZOLKI | POGWIZDÓW | POL | 50-59 LAT | 55 | 337 | ZZOZOLKI | | 00:14:00 | 00:32:40.50 | 00:33:05.29 | 6:09 | 9.7 |
| 340 | KĄŁUS JOANNA | 548 | UKS REFLEX RYBNIK | RYBNIK | POL | 40-49 LAT | 139 | 338 | | | 00:13:43 | 00:32:37.68 | 00:33:07.24 | 6:09 | 9.7 |
| 341 | FARUGA ANGELINA | 725 | | ĆWIKLICE | POL | 30-39 LAT | 109 | 339 | | | 00:14:10 | 00:32:52.29 | 00:33:08.02 | 6:12 | 9.7 |
| 342 | KAMIŃSKA AGNIESZKA | 62 | | ZEBRZYDOWICE | POL | 40-49 LAT | 134 | 340 | | | 00:13:53 | 00:32:16.26 | 00:33:09.33 | 6:05 | 9.9 |
| 343 | KŁOSEK MONIKA | 976 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 132 | 341 | | | 00:13:33 | 00:32:14.12 | 00:33:10.19 | 6:04 | 9.9 |
| 344 | HEJNA IZABELA | 860 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 52 | 342 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.28 | 00:33:11.43 | 6:06 | 9.8 |
| 345 | KRAUSE SYLWIA | 33 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 51 | 343 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.07 | 00:33:11.50 | 6:06 | 9.8 |
| 346 | KUREK JOANNA | 774 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 144 | 344 | INCOLA TEAM | | 00:14:17 | 00:32:57.00 | 00:33:14.97 | 6:13 | 9.7 |
| 347 | BUREK GABRIELA | 85 | RUNTEAM | PAWŁOWICE ŚLĄSKIE | POL | 30-39 LAT | 98 | 345 | | | 00:14:15 | 00:32:21.54 | 00:33:15.99 | 6:06 | 9.8 |
| 348 | BOBER ALICJA | 275 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 143 | 346 | | | 00:14:17 | 00:32:51.35 | 00:33:16.99 | 6:11 | 9.7 |
| 349 | LENART-ZYGMUNT MARTYNA | 106 | | MYSŁOWICE | POL | 30-39 LAT | 106 | 347 | | | 00:14:15 | 00:32:39.45 | 00:33:17.80 | 6:09 | 9.7 |
| 350 | MAŚLANKA SABINA | 223 | | BYTOM | POL | 50-59 LAT | 54 | 348 | WARTKIE PIERONICE | | 00:14:22 | 00:32:39.76 | 00:33:17.97 | 6:09 | 9.7 |
| 351 | WRÓBEL KAROLINA | 152 | MIECHOWICKA GRUPA BIEGOWA | KATOWICE | POL | 20-29 LAT | 31 | 349 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:53 | 00:33:04.68 | 00:33:21.21 | 6:14 | 9.6 |
| 352 | MILDNER GRAŻYNA | 159 | | TYCHY | POL | 40-49 LAT | 146 | 350 | VIKING TRAINING CENTER | | 00:13:38 | 00:33:07.75 | 00:33:25.46 | 6:14 | 9.6 |
| 353 | ZIEJA MARTYNA | 687 | MAGDA | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 28 | 351 | MAGDA | | 00:14:39 | 00:32:47.63 | 00:33:28.91 | 6:11 | 9.7 |
| 354 | ŚMIATEK MARTYNA | 771 | | RYBNIK | POL | 20-29 LAT | 29 | 352 | | | 00:15:02 | 00:32:48.97 | 00:33:30.47 | 6:11 | 9.7 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|---------------------------|-------------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 355 | KĘPKA JOANNA | 839 | | MIKOŁÓW | POL | 50-59 LAT | 57 | 353 | | | 00:13:52 | 00:33:09.36 | 00:33:30.67 | 6:15 | 9.6 |
| 356 | JANCZAR ANGELIKA | 94 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 118 | 354 | | | 00:14:17 | 00:33:23.86 | 00:33:32.58 | 6:17 | 9.5 |
| 357 | GIEZEK DOROTA | 434 | | GOŁKOWICE | POL | 30-39 LAT | 117 | 355 | | | 00:14:04 | 00:33:17.88 | 00:33:34.45 | 6:16 | 9.6 |
| 358 | HAIN KLAUDIA | 975 | MAŁE LAMPARTY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 119 | 356 | | | 00:13:42 | 00:33:27.69 | 00:33:34.52 | 6:18 | 9.5 |
| 359 | CZARNOTA BOŻENA | 448 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 59 | 357 | | | 00:14:04 | 00:33:17.98 | 00:33:34.54 | 6:16 | 9.6 |
| 360 | KOCERBA KATARZYNA | 569 | JEJKOWICE BIEGAJA | LYSKI | POL | 30-39 LAT | 114 | 358 | | | 00:14:37 | 00:33:03.24 | 00:33:35.64 | 6:14 | 9.6 |
| 361 | BIELECKA ANNA | 589 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 111 | 359 | VIKING TRAINING CENTER | | 00:14:36 | 00:32:57.54 | 00:33:35.97 | 6:13 | 9.7 |
| 362 | PIETROSZEK WŁADYSŁAWA | 71 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 151 | 360 | | | 00:13:16 | 00:33:28.44 | 00:33:36.44 | 6:18 | 9.5 |
| 363 | ZIELIŃSKA KAROLINA | 666 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 110 | 361 | | | 00:14:12 | 00:32:55.21 | 00:33:36.73 | 6:12 | 9.7 |
| 364 | DAMIĘCKA MAGDA | 650 | | PAWŁOWICE | POL | 30-39 LAT | 122 | 362 | | | 00:14:52 | 00:33:35.37 | 00:33:37.37 | 6:20 | 9.5 |
| 365 | WAWRYK-BIZOŃ ŻANETA | 505 | | LUBOMIA | POL | 30-39 LAT | 113 | 363 | | | 00:14:39 | 00:32:58.61 | 00:33:39.35 | 6:13 | 9.6 |
| 366 | SZYMICZEK PAULINA | 503 | DYSTANS LUBOMIA | LUBOMIA | POL | 30-39 LAT | 112 | 364 | | | 00:14:41 | 00:32:58.56 | 00:33:39.36 | 6:13 | 9.6 |
| 367 | SURY SYLWIA | 571 | | BRZUŚNIK | POL | 30-39 LAT | 121 | 365 | | | 00:14:03 | 00:33:33.64 | 00:33:39.41 | 6:19 | 9.5 |
| 368 | SZCZUKA JOANNA | 426 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 147 | 366 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:04 | 00:33:13.54 | 00:33:40.44 | 6:16 | 9.6 |
| 369 | MAJERANOWSKA KINGA | 686 | | ŻORY | POL | 16-19 LAT | 8 | 367 | | | 00:14:14 | 00:32:56.03 | 00:33:40.49 | 6:12 | 9.7 |
| 370 | ŁAPA JULIQ | 39 | AKTYWNA PSZCZYNA | PSZCZYNA | POL | 20-29 LAT | 30 | 368 | | | 00:14:36 | 00:33:02.49 | 00:33:40.85 | 6:13 | 9.6 |
| 371 | KŁOPEĆ WERONIKA | 855 | | ZEBRZYDOWICE | POL | 30-39 LAT | 116 | 369 | | | 00:14:30 | 00:33:09.18 | 00:33:41.62 | 6:15 | 9.6 |
| 372 | BURY NATALIA | 267 | #JUSTFEELFITTEAM | CISIEC | POL | 30-39 LAT | 115 | 370 | #JUSTFEELFITTEAM | | 00:13:28 | 00:33:07.40 | 00:33:42.35 | 6:14 | 9.6 |
| 373 | BADACH AGNIESZKA | 7 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 61 | 371 | KOBIETY NA 5+ | | 00:14:03 | 00:33:29.80 | 00:33:42.48 | 6:19 | 9.5 |
| 374 | SZEZIAK EWA | 746 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 60 | 372 | | | 00:14:27 | 00:33:21.51 | 00:33:43.82 | 6:17 | 9.5 |
| 375 | DZIUK JOLANTA | 493 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 58 | 373 | | | 00:14:06 | 00:33:11.83 | 00:33:44.47 | 6:15 | 9.6 |
| 376 | SZPYRA SONIA | 244 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 63 | 374 | | | 00:13:41 | 00:33:39.12 | 00:33:44.91 | 6:20 | 9.5 |
| 377 | KADŁUBEK MAGDALENA | 1087 | | CHORZÓW | POL | 50-59 LAT | 56 | 375 | | | 00:14:19 | 00:32:55.40 | 00:33:46.29 | 6:12 | 9.7 |
| 378 | KUSTRĄ-POLAK MONIKA | 911 | JEJKOWICE BIEGAJA | JEJKOWICE | POL | 40-49 LAT | 148 | 376 | JEJKOWICKIE KOBIETKI | | 00:13:56 | 00:33:22.40 | 00:33:49.67 | 6:17 | 9.5 |
| 379 | MAJERANOWSKA WIKTORIA | 748 | | ŻORY | POL | 20-29 LAT | 32 | 377 | | | 00:14:46 | 00:33:05.29 | 00:33:49.74 | 6:14 | 9.6 |
| 380 | RADECKA BOŻENA | 934 | | JASTRZEBIE-ZDROJ | POL | 60+ | 9 | 378 | | | 00:13:34 | 00:33:13.45 | 00:33:50.97 | 6:16 | 9.6 |
| 381 | KWIATKOWSKA ELWIRA | 419 | ZABIEGANY TEAM | RYBNIK | POL | 40-49 LAT | 160 | 379 | | | 00:14:09 | 00:33:49.28 | 00:33:53.82 | 6:22 | 9.4 |
| 382 | WITOS KAROLINA | 896 | | CISIEC | POL | 16-19 LAT | 9 | 380 | | | 00:12:52 | 00:33:51.69 | 00:33:55.97 | 6:23 | 9.4 |
| 383 | TRYBAŁA WERONIKA | 498 | WATAHA | PIELGRZYMOWICE | POL | 20-29 LAT | 33 | 381 | WATAHA | | 00:13:59 | 00:33:16.87 | 00:33:56.21 | 6:16 | 9.6 |
| 384 | WOSIŃSKA HELENA | 538 | | PAWŁOWICE | POL | 40-49 LAT | 145 | 382 | RUNTEAM PAWŁOWICE | | 00:14:16 | 00:33:03.27 | 00:33:56.62 | 6:14 | 9.6 |
| 385 | DUTKA - BĘBEN KINGA | 929 | | CZECHOWICE DZIEDZICE | POL | 40-49 LAT | 157 | 383 | | | 00:14:10 | 00:33:44.42 | 00:33:56.80 | 6:21 | 9.4 |
| 386 | GŁĄB AGNIESZKA | 439 | SPOT PSZCZYNA | GO CZĄŁKOWICE-ZD RÓJ | POL | 40-49 LAT | 156 | 384 | SPOT PSZCZYNA | | 00:13:41 | 00:33:44.36 | 00:33:56.96 | 6:21 | 9.4 |
| 387 | KARWOT MARTYNA | 705 | | ŻORY | POL | 20-29 LAT | 35 | 385 | | | 00:13:32 | 00:33:51.95 | 00:33:59.02 | 6:23 | 9.4 |
| 388 | ŁUSZCZ EWELINA | 454 | | BYTOM | POL | 20-29 LAT | 34 | 386 | | | 00:14:01 | 00:33:30.05 | 00:34:00.20 | 6:19 | 9.5 |
| 389 | ŁUSZCZ MAGDALENA | 455 | SILESIA MARATHON CLUB | BYTOM | POL | 50-59 LAT | 62 | 387 | | | 00:14:02 | 00:33:31.16 | 00:34:00.42 | 6:19 | 9.5 |
| 390 | KONIECZNA MAGDALENA | 965 | | BYTOM | POL | 40-49 LAT | 150 | 388 | | | 00:14:18 | 00:33:24.66 | 00:34:02.37 | 6:18 | 9.5 |
| 391 | KOŁODYŃSKA JUSTYNA | 165 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 129 | 389 | | | 00:14:26 | 00:33:53.75 | 00:34:03.60 | 6:23 | 9.4 |
| 392 | LUPA MONIKA | 327 | | SOSNOWIEC | POL | 40-49 LAT | 153 | 390 | | | 00:14:03 | 00:33:40.09 | 00:34:04.50 | 6:21 | 9.4 |
| 393 | DONOCIK BOGUSŁAWA | 23 | | CIESZYN | POL | 40-49 LAT | 149 | 391 | ZZOZOLKI | | 00:14:59 | 00:33:24.19 | 00:34:05.41 | 6:18 | 9.5 |
| 394 | TATARCZYK JUSTYNA | 179 | | SKRZYSZÓW | POL | 40-49 LAT | 165 | 392 | | | 00:14:29 | 00:33:59.10 | 00:34:08.09 | 6:24 | 9.4 |
| 395 | GAPIŃSKA JOANNA | 372 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 131 | 393 | | | 00:14:36 | 00:33:57.26 | 00:34:11.15 | 6:24 | 9.4 |
| 396 | GAŚSIOR ROKSANA | 1322 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 120 | K 3 | | | 00:14:01 | 00:33:29.21 | 00:34:13.24 | 6:19 | 9.5 |
| 397 | WOŚ MAGDALENA | 68 | | RYDUŁTOWY | POL | 30-39 LAT | 125 | 394 | PIERUNSKIE CANGÓRY | | 00:14:02 | 00:33:46.37 | 00:34:14.54 | 6:22 | 9.4 |
| 398 | TOPOLIŃSKA DOROTA | 881 | | ZEBRZYDOWICE | POL | 30-39 LAT | 135 | 395 | | | 00:13:49 | 00:34:08.42 | 00:34:14.55 | 6:26 | 9.3 |
| 399 | JAFERNIK MAŁGORZATA | 690 | | ŻYWIEC | POL | 40-49 LAT | 152 | 396 | | | 00:14:43 | 00:33:34.89 | 00:34:14.93 | 6:20 | 9.5 |
| 400 | ZAREMBA JUSTYNA | 299 | | TYCHY | POL | 30-39 LAT | 130 | 397 | | | 00:14:41 | 00:33:56.58 | 00:34:16.29 | 6:24 | 9.4 |
| 401 | SIWY MONIKA | 72 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 162 | 398 | VIKING TRAINING CENTER | | 00:14:38 | 00:33:53.86 | 00:34:16.44 | 6:23 | 9.4 |
| 402 | BOGACZ-BUCHTA ANNA | 570 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 158 | 399 | | | 00:14:49 | 00:33:47.35 | 00:34:17.38 | 6:22 | 9.4 |
| 403 | PULUT ANNA | 479 | | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 166 | 400 | | | 00:14:28 | 00:34:01.28 | 00:34:17.55 | 6:25 | 9.3 |
| 404 | KRÓL MAGDALENA | 49 | | SŁAWKÓW | POL | 40-49 LAT | 163 | 401 | | | 00:14:37 | 00:33:56.65 | 00:34:17.88 | 6:24 | 9.4 |
| 405 | IDZIKOWSKA ELŻBIETA | 302 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 164 | 402 | | | 00:14:14 | 00:33:57.27 | 00:34:18.00 | 6:24 | 9.4 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 406 | ULMAN JUSTYNA | 547 | | GOŁKOWICE | POL | 30-39 LAT | 126 | 403 | | | 00:14:36 | 00:33:52.28 | 00:34:19.42 | 6:23 | 9.4 |
| 407 | CZAPSKA EWA | 48 | HURAGAN LIGOTA | KATOWICE | POL | 60+ | 10 | 404 | HURAGAN LIGOTA | KREJZOLKI | 00:14:36 | 00:33:56.11 | 00:34:19.81 | 6:24 | 9.4 |
| 408 | SMAGA EWELINA | 546 | | GOŁKOWICE | POL | 40-49 LAT | 161 | 405 | | KREJZOLKI | 00:14:35 | 00:33:52.76 | 00:34:20.55 | 6:23 | 9.4 |
| 409 | SOBEL BEATA | 19 | | WIEPRZ | POL | 40-49 LAT | 170 | 406 | | | 00:14:04 | 00:34:07.53 | 00:34:21.68 | 6:26 | 9.3 |
| 410 | KAFARA JOANNA | 889 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 123 | 407 | WATAHA | | 00:15:36 | 00:33:42.33 | 00:34:21.91 | 6:21 | 9.4 |
| 411 | TRYBAŁA MONIKA | 888 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 155 | 408 | WATAHA | | 00:15:37 | 00:33:43.88 | 00:34:22.01 | 6:21 | 9.4 |
| 412 | GOLEC MONIKA | 100 | | CIĘCINA | POL | 30-39 LAT | 134 | 409 | | | 00:14:25 | 00:34:07.19 | 00:34:22.07 | 6:26 | 9.3 |
| 413 | SARZYŃSKA IWONA | 829 | | RYBNIK | POL | 40-49 LAT | 169 | 410 | SZPRYCHY | | 00:14:27 | 00:34:04.30 | 00:34:22.13 | 6:25 | 9.3 |
| 414 | ARENDARSKA PATRYCJA | 270 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 124 | 411 | | | 00:14:39 | 00:33:44.61 | 00:34:22.91 | 6:21 | 9.4 |
| 415 | MAJER MARZENA | 631 | TEAM AERO ŻÓŁEIKI | KNURÓW | POL | 50-59 LAT | 64 | 412 | | | 00:16:06 | 00:33:40.08 | 00:34:25.27 | 6:21 | 9.4 |
| 416 | STUZIK MARIOLA | 619 | | RYBNIK | POL | 40-49 LAT | 168 | 413 | | | 00:15:04 | 00:34:04.16 | 00:34:25.57 | 6:25 | 9.3 |
| 417 | PASTUSIAK JANINA | 989 | | RYBNIK | POL | 40-49 LAT | 167 | 414 | | | 00:15:03 | 00:34:03.43 | 00:34:25.66 | 6:25 | 9.3 |
| 418 | WOŹNIAK ANNA | 489 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 154 | 415 | | | 00:13:48 | 00:33:42.50 | 00:34:27.82 | 6:21 | 9.4 |
| 419 | SODZAWICZNA MAGDALENA | 222 | | TYCHY | POL | 30-39 LAT | 132 | 416 | VIKING TRAINING CENTER | | 00:13:58 | 00:34:00.08 | 00:34:28.46 | 6:24 | 9.4 |
| 420 | WOJTAS PAULINA | 800 | TEAM OLI LIDL | ŻORY | POL | 30-39 LAT | 136 | 417 | TEAM OLI LIDL | | 00:14:46 | 00:34:11.74 | 00:34:30.34 | 6:26 | 9.3 |
| 421 | MISIOŁEK GOŚKA | 312 | | MIKOŁÓW | POL | 40-49 LAT | 172 | 418 | | | 00:15:33 | 00:34:13.02 | 00:34:31.08 | 6:27 | 9.3 |
| 422 | KUŹNIK EDYTA | 125 | | RYBNIK | POL | 30-39 LAT | 139 | 419 | | | 00:13:58 | 00:34:22.14 | 00:34:31.52 | 6:29 | 9.3 |
| 423 | MADALIŃSKA KAROLINA | 174 | | PRUCHNA | POL | 30-39 LAT | 142 | 420 | | | 00:14:16 | 00:34:27.74 | 00:34:31.85 | 6:30 | 9.2 |
| 424 | DUSZA JOLANTA | 865 | SMAKI BIEGANIA | RYDUŁTOWY | POL | 40-49 LAT | 176 | 421 | | | 00:13:38 | 00:34:22.13 | 00:34:32.42 | 6:29 | 9.3 |
| 425 | NOWICKA OLA | 282 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 133 | 422 | | | 00:14:04 | 00:34:05.02 | 00:34:32.99 | 6:25 | 9.3 |
| 426 | SZPYRKA MONIKA | 708 | | PSZCZYNA | POL | 20-29 LAT | 36 | K 4 | | | 00:14:38 | 00:33:57.41 | 00:34:34.78 | 6:24 | 9.4 |
| 427 | NOWROT EWA | 373 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 173 | 423 | | | 00:14:31 | 00:34:13.48 | 00:34:35.84 | 6:27 | 9.3 |
| 428 | PIETRUSZEWSKA MAGDALENA | 276 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 178 | 424 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:44 | 00:34:30.87 | 00:34:37.92 | 6:30 | 9.2 |
| 429 | ZDEB BASIA | 38 | | ZABRZE | POL | 40-49 LAT | 159 | 425 | | | 00:14:44 | 00:33:48.73 | 00:34:39.44 | 6:22 | 9.4 |
| 430 | GWÓZDŹ JOLANTA | 476 | PO WOLI DO CELU | WOLA | POL | 50-59 LAT | 67 | 426 | POWOLI DOCELU | | 00:15:02 | 00:34:20.53 | 00:34:39.89 | 6:28 | 9.3 |
| 431 | FECZKO MONIKA | 812 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 39 | 427 | | | 00:14:30 | 00:34:24.30 | 00:34:40.29 | 6:29 | 9.2 |
| 432 | IDZIKOWSKA URSZULA | 303 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 38 | 428 | | | 00:14:14 | 00:34:19.03 | 00:34:40.31 | 6:28 | 9.3 |
| 433 | GUDZIK ANGELIKA | 515 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 138 | 429 | | | 00:14:36 | 00:34:21.20 | 00:34:40.76 | 6:28 | 9.3 |
| 434 | PRUDEL JOANNA | 733 | | RYBNIK | POL | 30-39 LAT | 143 | 430 | | | 00:13:56 | 00:34:31.28 | 00:34:41.92 | 6:30 | 9.2 |
| 435 | PRUDEL PAULINA | 734 | | RYBNIK | POL | 20-29 LAT | 40 | 431 | | | 00:13:55 | 00:34:30.84 | 00:34:41.95 | 6:30 | 9.2 |
| 436 | PRUDEL KAROLINA | 735 | | RYBNIK | POL | 16-19 LAT | 10 | 432 | | | 00:13:55 | 00:34:31.39 | 00:34:42.05 | 6:30 | 9.2 |
| 437 | PIECHOCKA-WARZECHA KATARZYNA | 927 | | CZECHOWICE-DZIEDZICE | POL | 30-39 LAT | 144 | 433 | | | 00:14:07 | 00:34:31.38 | 00:34:43.26 | 6:30 | 9.2 |
| 438 | HRYNKIEWICZ IZABELA | 311 | | CZELADŹ | POL | 40-49 LAT | 175 | 434 | | | 00:14:06 | 00:34:20.54 | 00:34:45.04 | 6:28 | 9.3 |
| 439 | GOLEC-CHOLEWA ALEKSANDRA | 221 | | LEŚNA | POL | 30-39 LAT | 145 | 435 | | | 00:14:28 | 00:34:31.69 | 00:34:46.06 | 6:30 | 9.2 |
| 440 | RYZIŃSKA KORNELIA | 337 | | GLIWICE | POL | 20-29 LAT | 37 | 436 | | | 00:14:51 | 00:34:04.93 | 00:34:46.40 | 6:25 | 9.3 |
| 441 | STOPYRA AGNIESZKA | 526 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 65 | 437 | | | 00:14:38 | 00:33:56.21 | 00:34:46.40 | 6:24 | 9.4 |
| 442 | SADŁOK ANNA | 902 | | JAWISZOWICE | POL | 40-49 LAT | 177 | 438 | SPECIALTEAM | EWANKA | 00:14:20 | 00:34:29.93 | 00:34:47.45 | 6:30 | 9.2 |
| 443 | BRYCHCY ESTERA | 13 | | PAWŁOWICE | POL | 30-39 LAT | 127 | 439 | | | 00:14:47 | 00:33:52.81 | 00:34:47.68 | 6:23 | 9.4 |
| 444 | SOŁODUCHA JUSTYNA | 462 | | SKRZYSZÓW | POL | 40-49 LAT | 174 | 440 | | | 00:14:28 | 00:34:19.02 | 00:34:48.22 | 6:28 | 9.3 |
| 445 | FECZKO LUCYNA | 811 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 179 | 441 | | | 00:14:23 | 00:34:33.28 | 00:34:49.08 | 6:31 | 9.2 |
| 446 | SZELONG KINGA | 915 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 41 | 442 | | | 00:13:17 | 00:34:47.83 | 00:34:51.36 | 6:33 | 9.1 |
| 447 | WESOŁOWSKA KATARZYNA | 444 | | USTRÓŃ | POL | 50-59 LAT | 68 | 443 | ZZOZOLKI | | 00:14:52 | 00:34:37.01 | 00:34:52.85 | 6:31 | 9.2 |
| 448 | HERZYK EWA | 1138 | | GÓRKI WIELKIE | POL | 60+ | 12 | 444 | ZZOZOLKI | | 00:14:52 | 00:34:37.13 | 00:34:52.87 | 6:31 | 9.2 |
| 449 | BYRTEK ANNA | 664 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 137 | 445 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.16 | 00:34:55.05 | 6:27 | 9.3 |
| 450 | DREWNIAK MAGDALENA | 246 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 171 | 446 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.07 | 00:34:55.25 | 6:27 | 9.3 |
| 451 | PAGIEŁA KATARZYNA | 391 | | POGWIZDÓW | POL | 30-39 LAT | 141 | 447 | | | 00:15:33 | 00:34:24.31 | 00:34:55.36 | 6:29 | 9.2 |
| 452 | LISZOK IWONA | 364 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 146 | 448 | | | 00:14:34 | 00:34:33.18 | 00:34:55.68 | 6:31 | 9.2 |
| 453 | SOSNA AGATA | 266 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 66 | 449 | | | 00:14:27 | 00:34:06.99 | 00:34:59.20 | 6:26 | 9.3 |
| 454 | BUCZAK KLAUDIA | 158 | ŻUBRÓWKI | RYBNIK | POL | 30-39 LAT | 128 | 450 | ŻUBRÓWKI | | 00:14:49 | 00:33:53.42 | 00:34:59.48 | 6:23 | 9.4 |
| 455 | KUJAWA MARZENA | 120 | | ŻORY | POL | 40-49 LAT | 184 | 451 | TEAM OLI LIDL | | 00:14:59 | 00:34:47.20 | 00:35:05.85 | 6:33 | 9.1 |
| 456 | BOŹEK DAGMARA | 42 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 183 | 452 | TEAM OLI LIDL | | 00:14:59 | 00:34:46.93 | 00:35:05.98 | 6:33 | 9.1 |
| 457 | SZYŃAL MAGDALENA | 634 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 147 | 453 | | | 00:14:29 | 00:34:45.68 | 00:35:09.15 | 6:33 | 9.2 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------------|-----|--------------------------------|----------------------|------|-----------|--------|-----|---------------------------|------------|----------|-------------|-------------|--------|------|
| 458 | SIKORA AGNIESZKA | 264 | | ZABRZE | POL | 40-49 LAT | 181 | 454 | | | 00:15:28 | 00:34:42.90 | 00:35:10.62 | 6:32 | 9.2 |
| 459 | DELEWSKA DOROTA | 816 | NIGHT RUNNERS ZABRZE | ZABRZE | POL | 50-59 LAT | 69 | 455 | | | 00:15:29 | 00:34:43.32 | 00:35:10.72 | 6:33 | 9.2 |
| 460 | CZERWIŃSKA IWONA | 64 | | RYBNIK | POL | 30-39 LAT | 140 | 456 | | | 00:15:08 | 00:34:22.49 | 00:35:15.50 | 6:29 | 9.3 |
| 461 | WYSOCKA MAGDALENA | 429 | | RYDUŁTOWY | POL | 40-49 LAT | 186 | 457 | | | 00:14:45 | 00:34:51.32 | 00:35:17.28 | 6:34 | 9.1 |
| 462 | MOSZ WERONIKA | 564 | | RYDUŁTOWY | POL | 40-49 LAT | 185 | 458 | | | 00:14:44 | 00:34:51.22 | 00:35:17.44 | 6:34 | 9.1 |
| 463 | PAWEŁA SYLWIA | 764 | | ŚWIERKŁANY | POL | 30-39 LAT | 152 | 459 | | | 00:14:15 | 00:35:08.68 | 00:35:19.72 | 6:37 | 9.1 |
| 464 | SŁODZIŃSKA MAGDALENA | 468 | MADYRUN | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 42 | 460 | | | 00:14:42 | 00:35:05.00 | 00:35:22.65 | 6:37 | 9.1 |
| 465 | GŁÓWCZYK IZABELLA | 340 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 195 | 461 | KOBIETY NA 5+ | | 00:14:25 | 00:35:12.88 | 00:35:24.80 | 6:38 | 9 |
| 466 | WRÓBEL EWA | 568 | ITMBW | KRAKÓW | POL | 40-49 LAT | 196 | 462 | | | 00:15:05 | 00:35:19.20 | 00:35:26.29 | 6:39 | 9 |
| 467 | STOCZEK AGNIESZKA | 922 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 70 | 463 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:17 | 00:34:55.23 | 00:35:27.28 | 6:35 | 9.1 |
| 468 | KALETA AGNIESZKA | 129 | POWOLI DO CELU | BRZESZCZE | POL | 30-39 LAT | 153 | 464 | POWOLI DOCELU | | 00:14:27 | 00:35:11.17 | 00:35:28.90 | 6:38 | 9 |
| 469 | KUCHMISTRZ IZABELA | 265 | | ZABRZE | POL | 40-49 LAT | 180 | 465 | | | 00:14:43 | 00:34:39.96 | 00:35:29.44 | 6:32 | 9.2 |
| 470 | GABRYEL DANUTA | 447 | | BYTOM | POL | 60+ | 13 | 466 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:02 | 00:35:04.59 | 00:35:30.69 | 6:36 | 9.1 |
| 471 | ROMBERG AGNIESZKA | 144 | MIECHOWICE GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 191 | 467 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:01 | 00:35:04.66 | 00:35:30.76 | 6:36 | 9.1 |
| 472 | HRISTOVA DARIA | 871 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 155 | 468 | SPOT PSZCZYNA | DIEGO&COCO | 00:14:10 | 00:35:16.85 | 00:35:31.25 | 6:39 | 9 |
| 473 | SZCZEPANOWSKA GRAŻYNA | 730 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 11 | 469 | | | 00:15:02 | 00:34:31.39 | 00:35:32.55 | 6:30 | 9.2 |
| 474 | SZYMAŃSKA ANNA | 928 | DRUŻYNA WIEWIÓRKI ZIMNOKRWISTE | PORĘBA WIELKA | POL | 40-49 LAT | 190 | 470 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:18 | 00:35:02.89 | 00:35:35.27 | 6:36 | 9.1 |
| 475 | KUCZEK KATARZYNA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | 40-49 LAT | 182 | 471 | | | 00:16:02 | 00:34:46.91 | 00:35:35.63 | 6:33 | 9.1 |
| 476 | TRZCIŃSKA JOANNA | 92 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 158 | 472 | KOBIETY NA 5+ | | 00:14:42 | 00:35:25.52 | 00:35:36.53 | 6:40 | 9 |
| 477 | KRZYŻOWSKA MARZENA | 656 | | KATOWICE | POL | 30-39 LAT | 160 | 473 | | | 00:14:41 | 00:35:29.77 | 00:35:37.39 | 6:41 | 9 |
| 478 | BOKŁAK MAGDALENA | 954 | | PAWŁOWICE | POL | 40-49 LAT | 187 | 474 | | | 00:15:29 | 00:34:51.46 | 00:35:37.46 | 6:34 | 9.1 |
| 479 | PŁOSKA MARZENA | 139 | | ZABRZE | POL | 30-39 LAT | 157 | 475 | | | 00:14:46 | 00:35:23.64 | 00:35:40.49 | 6:40 | 9 |
| 480 | KOZŁOWSKA MALWINA | 128 | | BĘDZIN | POL | 30-39 LAT | 156 | 476 | | | 00:14:47 | 00:35:23.33 | 00:35:40.54 | 6:40 | 9 |
| 481 | KAMIŃSKA KAJA | 400 | | RYBNIK | POL | 16-19 LAT | 11 | 477 | | | 00:15:28 | 00:35:29.23 | 00:35:43.29 | 6:41 | 9 |
| 482 | BAŁAJ JUSTYNA | 115 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 200 | 478 | KOBIETY NA 5+ | | 00:14:05 | 00:35:29.64 | 00:35:43.43 | 6:41 | 9 |
| 483 | BUGAŃSKA EDYTA | 326 | | PORĘBA WIELKA | POL | 40-49 LAT | 201 | 479 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:35:32.02 | 00:35:44.85 | 6:42 | 8.9 |
| 484 | CZERNIEJ NATALIA | 884 | | PAWŁOWICE | POL | 30-39 LAT | 164 | 480 | | | 00:13:53 | 00:35:41.83 | 00:35:45.76 | 6:43 | 8.9 |
| 485 | SZMUK KARINA | 744 | | PAWŁOWICE | POL | 30-39 LAT | 149 | 481 | | | 00:15:30 | 00:34:59.23 | 00:35:45.86 | 6:36 | 9.1 |
| 486 | LEWANDOWSKA ANETA | 962 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 189 | 482 | | | 00:15:34 | 00:35:01.06 | 00:35:47.30 | 6:36 | 9.1 |
| 487 | MICHAŁAK MONIKA | 999 | | | POL | 20-29 LAT | 43 | 483 | OPEL FIJAŁKOWSKI | | 00:16:09 | 00:35:38.22 | 00:35:48.73 | 6:43 | 8.9 |
| 488 | MORGAŁA DARIA | 604 | | KSIĄŻENICE | POL | 40-49 LAT | 193 | 484 | | | 00:15:55 | 00:35:10.56 | 00:35:51.02 | 6:38 | 9 |
| 489 | DERECHOWSKA AGNIESZKA | 224 | | PALOWICE | POL | 40-49 LAT | 192 | 485 | | | 00:15:53 | 00:35:09.27 | 00:35:51.07 | 6:37 | 9 |
| 490 | KOKOT JUSTYNA | 496 | HARCIOLE | RUDA ŚLĄSKA | POL | 40-49 LAT | 198 | 486 | | | 00:15:04 | 00:35:25.34 | 00:35:51.27 | 6:40 | 9 |
| 491 | NOSOL KAROLINA | 689 | | JARZĄBKOWICE | POL | 30-39 LAT | 154 | 487 | | | 00:14:44 | 00:35:12.34 | 00:35:51.82 | 6:38 | 9 |
| 492 | ŚLEBODA BOŻENA | 323 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 197 | 488 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:05 | 00:35:19.45 | 00:35:53.14 | 6:39 | 9 |
| 493 | GŁĄB MAGDALENA | 133 | | TYCHY | POL | 40-49 LAT | 203 | 489 | | | 00:15:22 | 00:35:35.18 | 00:35:55.05 | 6:42 | 8.9 |
| 494 | ADAMCZAK RENATA | 25 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 72 | 490 | | | 00:15:11 | 00:35:21.19 | 00:35:55.45 | 6:40 | 9 |
| 495 | ZŁOČIAK AGNIESZKA | 215 | | TYCHY | POL | 40-49 LAT | 204 | 491 | | | 00:15:22 | 00:35:35.45 | 00:35:55.75 | 6:42 | 8.9 |
| 496 | MARSZALIK ANIA | 347 | | KATOWICE | POL | 40-49 LAT | 202 | 492 | | | 00:14:28 | 00:35:32.16 | 00:35:55.80 | 6:42 | 8.9 |
| 497 | KEMPA-GOŁĄB AGNIESZKA | 459 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 162 | 493 | VIKING TRAINING CENTER | | 00:15:14 | 00:35:38.75 | 00:35:59.62 | 6:43 | 8.9 |
| 498 | TOBIASZ JUSTYNA | 533 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 205 | 494 | VIKING TRAINING CENTER | | 00:15:17 | 00:35:38.50 | 00:36:00.17 | 6:43 | 8.9 |
| 499 | KACZMARCZYK-ZIELINSKA MAGDALENA | 563 | | PAWŁOWICE | POL | 30-39 LAT | 151 | 495 | RUNTEAM PAWŁOWICE | | 00:16:01 | 00:35:03.92 | 00:36:00.78 | 6:36 | 9.1 |
| 500 | TWARDAWA MAGDALENA | 849 | | ŻORY | POL | 30-39 LAT | 161 | 496 | TEAM OLI LIDL | | 00:15:40 | 00:35:33.75 | 00:36:00.79 | 6:42 | 8.9 |
| 501 | FLAK EWA | 830 | | BYTOM | POL | 40-49 LAT | 188 | 497 | WARTKIE PIERONICE | | 00:14:46 | 00:34:59.61 | 00:36:01.31 | 6:36 | 9.1 |
| 502 | OLSZEWSKA OLIVIA | 780 | | ZBYTKÓW | POL | 30-39 LAT | 150 | 498 | | | 00:15:33 | 00:34:59.48 | 00:36:01.35 | 6:36 | 9.1 |
| 503 | BRANDYS KRYSZYNA | 135 | DYŃKI TEAM | ZBYTKÓW | POL | 30-39 LAT | 148 | 499 | | | 00:15:35 | 00:34:59.16 | 00:36:01.47 | 6:36 | 9.1 |
| 504 | ZIĘTARA AGATA | 516 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 71 | 500 | | | 00:15:21 | 00:35:10.90 | 00:36:01.76 | 6:38 | 9 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|-------------------------|----------------------|------|-----------|--------|-----|---------------------------------------|--------------------------|----------|-------------|-------------|--------|------|
| 505 | ŻYWICA DOROTA | 262 | | KATOWICE | POL | 40-49 LAT | 208 | 501 | HURAGAN LIGOTA | | 00:14:59 | 00:35:47.36 | 00:36:03.43 | 6:45 | 8.9 |
| 506 | FIRLA LIDKA | 580 | ZZOZOLKI | CIESZYN | POL | 40-49 LAT | 199 | 502 | | ZZOZOLKI | 00:15:02 | 00:35:28.19 | 00:36:03.49 | 6:41 | 9 |
| 507 | MAZUR-ŁAGODA DARIA | 53 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 74 | 503 | | | 00:15:53 | 00:35:28.46 | 00:36:04.58 | 6:41 | 9 |
| 508 | DRAGON PAULINA | 395 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 163 | 504 | | | 00:15:38 | 00:35:39.53 | 00:36:05.85 | 6:43 | 8.9 |
| 509 | PLESZCZYŃSKA IWONA | 305 | | ZABRZE | POL | 40-49 LAT | 194 | 505 | | | 00:14:39 | 00:35:12.71 | 00:36:06.85 | 6:38 | 9 |
| 510 | DĘBOWSKA BEATA | 101 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 73 | 506 | | | 00:15:03 | 00:35:22.42 | 00:36:09.61 | 6:40 | 9 |
| 511 | PIEROŃ JULIA | 702 | | KRAKÓW | POL | 30-39 LAT | 169 | 507 | PO JEDNEJ BABCI | | 00:14:20 | 00:36:04.20 | 00:36:12.15 | 6:48 | 8.8 |
| 512 | MASZCZYŃSKA-SKALIK ANNA | 330 | | TYCHY | POL | 40-49 LAT | 206 | 508 | | | 00:15:35 | 00:35:41.57 | 00:36:14.82 | 6:43 | 8.9 |
| 513 | STRZODA BARBARA | 706 | | CZARKÓW | POL | 40-49 LAT | 207 | 509 | | | 00:15:16 | 00:35:45.21 | 00:36:15.90 | 6:44 | 8.9 |
| 514 | MATUSZEK ANNA | 83 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 174 | 510 | | | 00:15:01 | 00:36:14.12 | 00:36:19.87 | 6:50 | 8.8 |
| 515 | MACHNIK MARTA | 471 | | GLIWICE | POL | 30-39 LAT | 176 | 511 | | | 00:13:58 | 00:36:18.27 | 00:36:20.09 | 6:50 | 8.8 |
| 516 | KAISER WIKTORIA | 375 | | ŻORY | POL | 20-29 LAT | 45 | 512 | | | 00:15:07 | 00:35:57.53 | 00:36:22.08 | 6:46 | 8.8 |
| 517 | FOJCIK KASIA | 257 | PIERUNSKIE CANGÓRY | PSZÓW (GMINA: PSZÓW) | POL | 30-39 LAT | 167 | 513 | PIERUNSKIE CANGÓRY | KANGURZYCE | 00:14:47 | 00:35:55.47 | 00:36:23.98 | 6:46 | 8.9 |
| 518 | GOJ HANIA | 700 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 75 | 514 | | MORS HUBERTUS MYSŁOWICE | 00:14:38 | 00:35:35.28 | 00:36:24.60 | 6:42 | 8.9 |
| 519 | KOŁODZIEJ EWA | 341 | | ŚWIERKLANY | POL | 50-59 LAT | 76 | 515 | | | 00:16:27 | 00:35:56.07 | 00:36:27.09 | 6:46 | 8.8 |
| 520 | KAMEJSZA OLGA | 472 | ZABIERZÓW BIEGA | JASZENICA | POL | 30-39 LAT | 159 | 516 | | | 00:15:41 | 00:35:26.49 | 00:36:27.62 | 6:41 | 9 |
| 521 | FOJCIK GABRIELA | 473 | | RYBNIK | POL | 60+ | 14 | 517 | | | 00:15:22 | 00:36:00.03 | 00:36:28.99 | 6:47 | 8.8 |
| 522 | JANIK ANNA | 148 | | OŚWIĘCIM | POL | 30-39 LAT | 175 | 518 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:22 | 00:36:15.65 | 00:36:29.53 | 6:50 | 8.8 |
| 523 | WOŹNIAK WIKTORIA | 456 | | ŻORY | POL | 20-29 LAT | 46 | 519 | | | 00:14:21 | 00:36:08.72 | 00:36:30.34 | 6:49 | 8.8 |
| 524 | STEBEL MARZENA | 898 | SPOT PSZCZYNA | STUDZIONKA | POL | 40-49 LAT | 214 | 520 | SPOT PSZCZYNA | | 00:15:26 | 00:36:20.90 | 00:36:32.96 | 6:51 | 8.8 |
| 525 | KARAŚ DARIA | 783 | | PSZÓW | POL | 30-39 LAT | 165 | 521 | | | 00:15:28 | 00:35:47.43 | 00:36:33.81 | 6:45 | 8.9 |
| 526 | WIŚNIEWSKA MARIA | 428 | | POGÓRZE | POL | 20-29 LAT | 44 | 522 | | | 00:15:26 | 00:35:51.79 | 00:36:34.38 | 6:45 | 8.9 |
| 527 | DZIĘCIELEWSKA SYLWIA | 899 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 209 | 523 | BYLE DO METY | | 00:15:17 | 00:35:52.88 | 00:36:36.19 | 6:46 | 8.9 |
| 528 | BLANIK AGNIESZKA | 842 | | RADLIN | POL | 40-49 LAT | 210 | 524 | | | 00:15:20 | 00:35:53.59 | 00:36:37.97 | 6:46 | 8.9 |
| 529 | WOJDANOWSKA MAŁGORZATA | 219 | | TARNOWSKIE GÓRY | POL | 30-39 LAT | 171 | 525 | | | 00:14:12 | 00:36:07.98 | 00:36:39.89 | 6:48 | 8.8 |
| 530 | BUCHOLC MARIOLA | 777 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 179 | 526 | | | 00:15:01 | 00:36:33.74 | 00:36:40.07 | 6:53 | 8.7 |
| 531 | BUNIEWICZ-KULLAS MAŁGORZATA | 507 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 78 | 527 | VIKING TRAINING CENTER | | 00:15:32 | 00:36:22.03 | 00:36:42.07 | 6:51 | 8.7 |
| 532 | BULANDA MARTYNA | 406 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 173 | 528 | VIKING TRAINING CENTER | | 00:14:36 | 00:36:13.69 | 00:36:44.13 | 6:50 | 8.8 |
| 533 | MATUSZEK DOROTA | 460 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 50-59 LAT | 77 | 529 | | | 00:15:43 | 00:36:00.29 | 00:36:44.19 | 6:47 | 8.8 |
| 534 | RUSZAŁA KAROLINA | 453 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 30-39 LAT | 168 | 530 | | | 00:15:44 | 00:36:01.65 | 00:36:44.20 | 6:47 | 8.8 |
| 535 | CZERWIŃSKA KLAUDYNA | 996 | | RYBNIK | POL | 30-39 LAT | 178 | 531 | OPEL FIJAŁKOWSKI | | 00:15:21 | 00:36:32.22 | 00:36:44.73 | 6:53 | 8.7 |
| 536 | KIETRYS ANNA | 810 | | ZABRZE | POL | 30-39 LAT | 182 | 532 | | | 00:15:54 | 00:36:37.30 | 00:36:47.59 | 6:54 | 8.7 |
| 537 | LASKOWSKA ANNA | 779 | | SKRZYSZÓW | POL | 30-39 LAT | 166 | 533 | | | 00:15:35 | 00:35:49.92 | 00:36:51.82 | 6:45 | 8.9 |
| 538 | CITUK IWONA | 420 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 216 | 534 | VIKING TRAINING CENTER | | 00:15:57 | 00:36:33.12 | 00:36:53.17 | 6:53 | 8.7 |
| 539 | REYMANN MILENA | 776 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 212 | 535 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:15:35 | 00:36:10.87 | 00:36:56.36 | 6:49 | 8.8 |
| 540 | MIELAŃCZYK MARIA | 28 | | PSZÓW | POL | 60+ | 15 | 536 | | | 00:15:29 | 00:36:15.13 | 00:36:56.64 | 6:50 | 8.8 |
| 541 | MICHALAK MARTA | 998 | | RYBNIK | POL | 30-39 LAT | 184 | 537 | OPEL FIJAŁKOWSKI | | 00:15:50 | 00:36:45.99 | 00:36:56.72 | 6:56 | 8.7 |
| 542 | WYSKIEL MARTA | 132 | | RYBNIK | POL | 30-39 LAT | 170 | 538 | | | 00:15:09 | 00:36:06.51 | 00:36:57.86 | 6:48 | 8.8 |
| 543 | GRECZNER OLIWIA | 360 | | OŚWIĘCIM | POL | 16-19 LAT | 12 | 539 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:27 | 00:36:26.43 | 00:37:02.60 | 6:52 | 8.7 |
| 544 | PEPEK BOŻENA | 789 | | ŻORY | POL | 40-49 LAT | 215 | 540 | | | 00:15:27 | 00:36:22.62 | 00:37:03.28 | 6:51 | 8.7 |
| 545 | SOSIŃSKA ANNA | 862 | | KRAKÓW | POL | 20-29 LAT | 48 | 541 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:21 | 00:36:56.07 | 00:37:04.27 | 6:58 | 8.6 |
| 546 | KONOPKA MAGDALENA | 86 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 172 | 542 | 55-LAT SP5 | | 00:16:26 | 00:36:13.12 | 00:37:04.84 | 6:50 | 8.8 |
| 547 | KANIA BOŻENA | 348 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 213 | 543 | 55-LAT SP5 | | 00:16:12 | 00:36:12.85 | 00:37:04.99 | 6:49 | 8.8 |
| 548 | CICHY AGNIESZKA | 126 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 221 | 544 | | | 00:15:28 | 00:36:45.62 | 00:37:05.16 | 6:56 | 8.7 |
| 549 | CICHOŃ IWONA | 386 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 220 | 545 | HURAGAN LIGOTA | | 00:15:42 | 00:36:42.91 | 00:37:07.33 | 6:55 | 8.7 |
| 550 | DYNIA MAGDALENA | 93 | DYŃKI TEAM | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 211 | 546 | | | 00:15:29 | 00:36:03.34 | 00:37:07.63 | 6:48 | 8.8 |
| 551 | SMOLEŃ DAGMARA | 398 | | TYCHY | POL | 40-49 LAT | 222 | 547 | VIKING TRAINING CENTER | | 00:15:26 | 00:36:48.63 | 00:37:07.70 | 6:56 | 8.6 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|---|------------------|------|-----------|--------|-----|--|-----------|----------|-------------|-------------|--------|------|
| 552 | MATUSIAK PAULINA | 723 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 183 | 548 | | | 00:15:18 | 00:36:42.82 | 00:37:07.84 | 6:55 | 8.7 |
| 553 | KUCHARCZYK ANETA | 237 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 223 | 549 | VIKING TRAINING CENTER | | 00:15:27 | 00:36:48.88 | 00:37:07.94 | 6:56 | 8.6 |
| 554 | LISICKA SABINA | 408 | | CIĘCINA | POL | 30-39 LAT | 186 | 550 | #JUSTFEELFITTEAM | | 00:15:12 | 00:37:02.10 | 00:37:08.45 | 6:59 | 8.6 |
| 555 | KARBOUY MARZENA | 562 | ZATYRANI.PL GRATISOWNIA.PL | ŻERNICA | POL | 30-39 LAT | 177 | 551 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | | 00:15:52 | 00:36:25.14 | 00:37:09.26 | 6:52 | 8.7 |
| 556 | ROGÓZ SONIA | 577 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | ŻERNICA | POL | 50-59 LAT | 79 | 552 | | | 00:15:51 | 00:36:25.24 | 00:37:09.34 | 6:52 | 8.7 |
| 557 | MAROSZEK ALEKSANDRA | 483 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 226 | 553 | | | 00:14:37 | 00:37:03.61 | 00:37:12.18 | 6:59 | 8.6 |
| 558 | ROKITA MAGDALENA | 576 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 181 | 554 | | | 00:16:36 | 00:36:35.91 | 00:37:16.97 | 6:54 | 8.7 |
| 559 | BUREK ALINA | 518 | | LUBOMIA | POL | 40-49 LAT | 218 | 555 | | | 00:15:20 | 00:36:38.37 | 00:37:19.38 | 6:54 | 8.7 |
| 560 | LECHOWICZ IRENA | 301 | SZARE MORSY | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 16 | 556 | | | 00:15:49 | 00:36:45.43 | 00:37:19.94 | 6:56 | 8.7 |
| 561 | RATAJSZCZAK-MAŁYS EWA | 315 | BBL RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 81 | 557 | | | 00:15:55 | 00:36:32.86 | 00:37:20.64 | 6:53 | 8.7 |
| 562 | KAMECKA AGNIESZKA | 531 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 83 | 558 | VIKING TRAINING CENTER | | 00:16:02 | 00:37:00.35 | 00:37:21.22 | 6:58 | 8.6 |
| 563 | KWAŚNIEWSKA KASIA | 848 | | ŻORY | POL | 40-49 LAT | 228 | 559 | | | 00:15:24 | 00:37:06.70 | 00:37:22.22 | 7:00 | 8.6 |
| 564 | LABZA ANNA | 593 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 180 | 560 | | | 00:15:43 | 00:36:35.22 | 00:37:25.45 | 6:54 | 8.7 |
| 565 | SUCHY KATARZYNA | 859 | | MARKLOWICE | POL | 40-49 LAT | 227 | 561 | SZPRYCHY | | 00:15:50 | 00:37:06.14 | 00:37:25.58 | 7:00 | 8.6 |
| 566 | CZYSZCZOŃ PAULINA | 524 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 187 | 562 | VIKING TRAINING CENTER | | 00:15:20 | 00:37:05.84 | 00:37:25.89 | 6:59 | 8.6 |
| 567 | WOJTOŃ-STAWICKA MAŁGORZATA | 438 | RUNTEAM PAWŁOWICE | PAWŁOWICE | POL | 50-59 LAT | 80 | 563 | RUNTEAM PAWŁOWICE | | 00:16:02 | 00:36:27.63 | 00:37:26.18 | 6:52 | 8.7 |
| 568 | ŻEBROWSKA MATYLDA | 66 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 82 | 564 | MORS HUBERTUS | | 00:15:07 | 00:36:37.67 | 00:37:27.52 | 6:54 | 8.7 |
| 569 | SZCZECHLA PATRYCJA | 556 | | SKOCZÓW | POL | 20-29 LAT | 47 | 565 | | | 00:15:55 | 00:36:52.74 | 00:37:28.48 | 6:57 | 8.6 |
| 570 | PETRYKOWSKA ELŻBIETA | 369 | | ŻORY | POL | 40-49 LAT | 219 | 566 | | | 00:15:11 | 00:36:40.01 | 00:37:32.01 | 6:55 | 8.7 |
| 571 | STRASZEWSKA ALEKSANDRA | 97 | KLUB SPORTOWY M.E.T.A. | CZYŻOWICE | POL | 40-49 LAT | 225 | 567 | | | 00:15:50 | 00:36:59.83 | 00:37:33.62 | 6:58 | 8.6 |
| 572 | GAŃKO GRAŻYNA | 608 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 17 | 568 | | | 00:15:58 | 00:37:22.16 | 00:37:34.67 | 7:03 | 8.5 |
| 573 | BATKO AGNIESZKA | 378 | | ŻORY | POL | 40-49 LAT | 217 | 569 | | | 00:15:31 | 00:36:36.21 | 00:37:34.98 | 6:54 | 8.7 |
| 574 | MODZELEWSKA LIDIA | 806 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 86 | 570 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:37 | 00:37:25.35 | 00:37:38.41 | 7:03 | 8.5 |
| 575 | MENDROCH JOANNA | 146 | ZZOZOLKI | HAŻLACH | POL | 50-59 LAT | 84 | 571 | ZZOZOLKI | | 00:15:41 | 00:37:08.90 | 00:37:41.00 | 7:00 | 8.6 |
| 576 | LAZAR JOANNA | 274 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 185 | 572 | | | 00:15:27 | 00:36:56.04 | 00:37:44.87 | 6:58 | 8.6 |
| 577 | KACZMAREK EWA | 950 | | TYCHY | POL | 40-49 LAT | 231 | 573 | | | 00:15:47 | 00:37:13.03 | 00:37:45.75 | 7:01 | 8.5 |
| 578 | PRZYWARA EWELINA | 760 | | KICZYCE | POL | 40-49 LAT | 224 | 574 | | | 00:15:46 | 00:36:54.90 | 00:37:46.28 | 6:57 | 8.6 |
| 579 | GRZEGOSZCZYK ŻANETA | 803 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 194 | 575 | | | 00:14:40 | 00:37:38.30 | 00:37:46.43 | 7:06 | 8.4 |
| 580 | SZYMCZAK MARIOLA | 187 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 19 | 576 | | | 00:15:16 | 00:37:37.78 | 00:37:47.81 | 7:05 | 8.5 |
| 581 | DEMSKA-ĆWIERTKA IZABELA | 586 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 230 | 577 | VIKING TRAINING CENTER | | 00:16:30 | 00:37:09.94 | 00:37:48.31 | 7:00 | 8.6 |
| 582 | KŁOPEĆ SYLWIA | 854 | | ZEBRZYDOWICE | POL | 30-39 LAT | 191 | 578 | | | 00:15:29 | 00:37:13.96 | 00:37:48.37 | 7:01 | 8.5 |
| 583 | SZABLICKA MONIKA | 726 | MAGDA | SKOCZÓW | POL | 40-49 LAT | 229 | 579 | MAGDA | | 00:15:13 | 00:37:08.63 | 00:37:48.89 | 7:00 | 8.6 |
| 584 | SZABLICKA MAGDA | 719 | MAGDA | SKOCZÓW | POL | 20-29 LAT | 49 | 580 | MAGDA | | 00:15:13 | 00:37:07.90 | 00:37:48.91 | 7:00 | 8.6 |
| 585 | DZIEDZINA ANNA | 807 | | TYCHY | POL | 30-39 LAT | 193 | 581 | | | 00:17:41 | 00:37:30.48 | 00:37:49.51 | 7:04 | 8.5 |
| 586 | MARUSZCZYK MAŁGORZATA | 692 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 189 | 582 | VIKING TRAINING CENTER | | 00:16:29 | 00:37:10.34 | 00:37:49.70 | 7:00 | 8.6 |
| 587 | MALICH ALEKSANDRA | 961 | TEAM MAŁYCH BOHATERÓW | PNIÓWEK | POL | 20-29 LAT | 50 | 583 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:58 | 00:37:23.72 | 00:37:51.54 | 7:03 | 8.5 |
| 588 | KLUSKA SYLWIA | 81 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 92 | 584 | HURAGAN LIGOTA | | 00:15:49 | 00:37:37.96 | 00:37:55.59 | 7:05 | 8.5 |
| 589 | OBERSKA SYLWIA | 236 | NORDIKOWE FRELKI | KATOWICE | POL | 50-59 LAT | 87 | 585 | NORDICOWE FRELKI | | 00:15:40 | 00:37:26.03 | 00:37:55.71 | 7:03 | 8.5 |
| 590 | STALMACH IZA | 658 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 89 | 586 | | | 00:15:34 | 00:37:34.94 | 00:37:59.03 | 7:05 | 8.5 |
| 591 | POPCZYK EWA | 409 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 85 | 587 | | | 00:15:55 | 00:37:22.33 | 00:37:59.06 | 7:03 | 8.5 |
| 592 | PRZYŁUCKA GRAŻYNA | 370 | BIEGOWA KUŹNIA | PRECZOW | POL | 50-59 LAT | 91 | 588 | | | 00:15:35 | 00:37:35.72 | 00:37:59.25 | 7:05 | 8.5 |
| 593 | HEROK MICHALINA | 536 | | MNICH | POL | 30-39 LAT | 192 | 589 | | | 00:15:49 | 00:37:19.49 | 00:38:02.00 | 7:02 | 8.5 |
| 594 | CIEŚLA EDYTA | 537 | | RYBNIK | POL | 50-59 LAT | 90 | 590 | | | 00:16:15 | 00:37:35.29 | 00:38:03.67 | 7:05 | 8.5 |
| 595 | MAĆKÓW MAŁGORZATA | 205 | | NYSA | POL | 20-29 LAT | 51 | 591 | | | 00:15:35 | 00:37:27.51 | 00:38:04.73 | 7:03 | 8.5 |
| 596 | ABRACHAMCZYK AGNIESZKA | 18 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 52 | 592 | | | 00:16:13 | 00:37:48.18 | 00:38:04.85 | 7:07 | 8.4 |
| 597 | JURKOWSKA MONIKA | 103 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 197 | 593 | KOBIETY NA 5+ | | 00:16:12 | 00:37:47.45 | 00:38:05.00 | 7:07 | 8.4 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|--------------------------|----------|-------------|-------------|--------|------|
| 598 | KACHEL SONIA | 844 | SONIAKACHEL@VP.PL | RYBNIK | POL | 30-39 LAT | 196 | 594 | SZPRYCHY | | 00:17:24 | 00:37:45.36 | 00:38:05.87 | 7:07 | 8.4 |
| 599 | REK KATARZYNA | 494 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 232 | 595 | RADLINIOKI W BIEGU | | 00:15:33 | 00:37:22.55 | 00:38:06.54 | 7:03 | 8.5 |
| 600 | KRZYKAŁA ZDZISŁAWA | 841 | | WYRY | POL | 50-59 LAT | 94 | 596 | | | 00:15:58 | 00:37:46.17 | 00:38:07.44 | 7:07 | 8.4 |
| 601 | JAKUBIK EDYTA | 763 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 190 | 597 | | | 00:14:55 | 00:37:13.82 | 00:38:08.42 | 7:01 | 8.5 |
| 602 | GUŚCIORA JUSTYNA | 108 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 95 | 598 | | | 00:14:45 | 00:37:57.98 | 00:38:10.79 | 7:09 | 8.4 |
| 603 | DAMIS DARIA | 52 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 188 | 599 | | | 00:15:20 | 00:37:07.42 | 00:38:12.30 | 7:00 | 8.6 |
| 604 | LAKSA MARLENA | 60 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 50-59 LAT | 88 | 600 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:06 | 00:37:29.37 | 00:38:13.57 | 7:04 | 8.5 |
| 605 | CEREMON JOANNA | 890 | | PIELGRZYMOWICE | POL | 40-49 LAT | 245 | 601 | | | 00:15:17 | 00:38:10.76 | 00:38:15.38 | 7:12 | 8.3 |
| 606 | CISŁO KATARZYNA | 37 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 205 | 602 | POWOLI DOCELU | | 00:16:13 | 00:37:58.21 | 00:38:15.40 | 7:09 | 8.4 |
| 607 | ZŁOTKOWSKA SYLWIA | 741 | WATAHA | PIELGRZYMOWICE | POL | 30-39 LAT | 203 | 603 | WATAHA | | 00:15:16 | 00:37:55.27 | 00:38:16.65 | 7:09 | 8.4 |
| 608 | DULIBAN AGNIESZKA | 940 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 204 | 604 | | | 00:15:56 | 00:37:56.82 | 00:38:17.46 | 7:09 | 8.4 |
| 609 | MICHALSKA BEATA | 169 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 93 | 605 | WARTKIE PIERONICE | | 00:15:53 | 00:37:43.21 | 00:38:17.69 | 7:06 | 8.4 |
| 610 | KONOPACKA WALERIA | 487 | | BIELSKO-BIAŁA | POL | 60+ | 18 | 606 | | | 00:16:31 | 00:37:28.72 | 00:38:20.07 | 7:04 | 8.5 |
| 611 | RĘKAŁ DOROTA | 242 | BYLE DO METY | ZEBRZYDOWICE | POL | 60+ | 21 | 607 | BYLE DO METY | | 00:15:20 | 00:38:05.38 | 00:38:22.21 | 7:11 | 8.4 |
| 612 | OLCZYK WIOLETTA | 560 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 101 | 608 | KOBIETY NA 5+ | | 00:15:00 | 00:38:12.68 | 00:38:22.62 | 7:12 | 8.3 |
| 613 | STRUFF KAROLINA | 825 | SZPRYCHY | RYBNIK | POL | 40-49 LAT | 235 | 609 | | SZPRYCHY | 00:15:41 | 00:38:01.62 | 00:38:23.20 | 7:10 | 8.4 |
| 614 | BANACH-HAN KINGA | 673 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 215 | 610 | | | 00:15:51 | 00:38:21.90 | 00:38:25.56 | 7:14 | 8.3 |
| 615 | MURAS-JAROMIN JUSTYNA | 878 | | PSZCZYNA | POL | 30-39 LAT | 202 | 611 | | | 00:16:17 | 00:37:53.97 | 00:38:25.63 | 7:08 | 8.4 |
| 616 | KUBIS BARBARA | 670 | | CZARKÓW | POL | 40-49 LAT | 234 | 612 | | | 00:16:19 | 00:37:53.81 | 00:38:25.77 | 7:08 | 8.4 |
| 617 | SADOWSKA KAMILA | 926 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 209 | 613 | | | 00:15:55 | 00:38:06.10 | 00:38:26.85 | 7:11 | 8.3 |
| 618 | WIKA AGNIESZKA | 861 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 247 | 614 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:17 | 00:38:19.95 | 00:38:28.76 | 7:13 | 8.3 |
| 619 | PIEROŃ-KŁAKUS ANETA | 701 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 214 | 615 | PO JEDNEJ BABCI | | 00:15:20 | 00:38:20.39 | 00:38:28.76 | 7:13 | 8.3 |
| 620 | STACHOŃ SYLWIA | 461 | 4A | CZERWIONKA LESZCZYNY | POL | 40-49 LAT | 233 | 616 | | | 00:16:03 | 00:37:30.34 | 00:38:30.29 | 7:04 | 8.5 |
| 621 | KRZYSZTOPORSKA KAROLINA | 346 | | RYBNIK | POL | 30-39 LAT | 195 | 617 | | | 00:17:03 | 00:37:39.30 | 00:38:32.05 | 7:06 | 8.4 |
| 622 | KMIECIAK DOMINIKA | 167 | RUNPATOLA | RADLIN | POL | 30-39 LAT | 206 | 618 | | | 00:15:55 | 00:38:02.69 | 00:38:33.31 | 7:10 | 8.4 |
| 623 | KUBALA JOANNA | 952 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 208 | 619 | | | 00:15:57 | 00:38:04.71 | 00:38:33.66 | 7:10 | 8.4 |
| 624 | PORĘBA WIOLA | 866 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 207 | 620 | | | 00:15:57 | 00:38:04.19 | 00:38:33.73 | 7:10 | 8.4 |
| 625 | SERAFIN CHWAŁEK JOANNA | 118 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 240 | 621 | | | 00:15:41 | 00:38:07.00 | 00:38:34.31 | 7:11 | 8.3 |
| 626 | BOREK KAROLINA | 900 | BYLE DO METY | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 200 | 622 | | | 00:15:40 | 00:37:52.79 | 00:38:34.97 | 7:08 | 8.4 |
| 627 | OSMAŃSKA EWA | 615 | | ŻORY | POL | 40-49 LAT | 242 | 623 | | PSIAPSI1 | 00:16:08 | 00:38:07.60 | 00:38:36.09 | 7:11 | 8.3 |
| 628 | SŁYSZ NATALIA | 642 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 201 | 624 | BYLE DO METY | | 00:16:25 | 00:37:53.09 | 00:38:37.74 | 7:08 | 8.4 |
| 629 | ROJEK-CZEKAJ PATRYCJA | 791 | | RYBNIK | POL | 40-49 LAT | 249 | 625 | | | 00:15:39 | 00:38:28.27 | 00:38:38.24 | 7:15 | 8.3 |
| 630 | HABER KATARZYNA | 203 | MIECHOWICKA GRUPA BIEGOWA | ŁAPSZE NIŻNE | POL | 50-59 LAT | 97 | 626 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:34 | 00:38:01.60 | 00:38:39.84 | 7:10 | 8.4 |
| 631 | BASEK MARTA | 328 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 98 | 627 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:06.33 | 00:38:40.14 | 7:11 | 8.3 |
| 632 | BURNAGIEL AGATA | 191 | HRMAX DZIOŁSZKI | CZERWIONKA-LESZCZYNY | POL | 50-59 LAT | 96 | 628 | HRMAX DZIOŁSZKI | | 00:16:17 | 00:38:00.90 | 00:38:40.72 | 7:10 | 8.4 |
| 633 | MAJCHRZYK LIDIA | 204 | | KNUROW | POL | 60+ | 20 | 629 | | | 00:16:17 | 00:38:00.92 | 00:38:40.74 | 7:10 | 8.4 |
| 634 | KĄŁUS EWA | 230 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 243 | 630 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.74 | 00:38:40.75 | 7:11 | 8.3 |
| 635 | RYBAK MONIKA | 742 | | RYBNIK | POL | 40-49 LAT | 246 | 631 | | KIEDY JAK NIE TERAZ? | 00:16:32 | 00:38:12.41 | 00:38:40.79 | 7:12 | 8.3 |
| 636 | KACZOREK ANNA | 353 | HRMAX DZIOŁSZK | ŻORY | POL | 40-49 LAT | 237 | 632 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:05.75 | 00:38:41.06 | 7:11 | 8.4 |
| 637 | JAKUBOWSKA AGNIESZKA | 61 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 238 | 633 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:05.76 | 00:38:41.14 | 7:11 | 8.4 |
| 638 | MACURA EWA | 417 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 100 | 634 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:10.21 | 00:38:41.85 | 7:12 | 8.3 |
| 639 | ŻBEL ANIA | 9 | HRMAX ŻORY | ZEBRZYDOWICE | POL | 40-49 LAT | 244 | 635 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:09.89 | 00:38:42.34 | 7:11 | 8.3 |
| 640 | WALA ROKSANA | 948 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 210 | 636 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:44 | 00:38:10.15 | 00:38:43.02 | 7:12 | 8.3 |
| 641 | PADIASEK DOMINIKA | 821 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 236 | 637 | HRMAX DZIOŁSZKI | | 00:16:15 | 00:38:05.48 | 00:38:43.33 | 7:11 | 8.4 |
| 642 | TOMAN ANETA | 694 | HRMAX DZIOŁSZKI | SUSZEC | POL | 40-49 LAT | 241 | 638 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.18 | 00:38:43.43 | 7:11 | 8.3 |
| 643 | DACENKO JOANNA | 669 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 248 | 639 | | | 00:15:52 | 00:38:27.73 | 00:38:43.61 | 7:15 | 8.3 |
| 644 | BODZIONY ANNA | 737 | HRMAX | ŻORY | POL | 40-49 LAT | 239 | 640 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:06.49 | 00:38:43.70 | 7:11 | 8.3 |
| 645 | KOGUT EDYTA | 718 | | ŻORY | POL | 50-59 LAT | 99 | 641 | HRMAX DZIOŁSZKI | | 00:16:25 | 00:38:07.95 | 00:38:44.20 | 7:11 | 8.3 |
| 646 | ANDROSZ JOANNA | 324 | | RYBNIK | POL | 40-49 LAT | 252 | 642 | | | 00:15:46 | 00:38:32.80 | 00:38:46.44 | 7:16 | 8.3 |
| 647 | WAGNER NATALIA | 647 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 218 | 643 | | | 00:16:21 | 00:38:41.73 | 00:38:48.56 | 7:17 | 8.2 |
| 648 | PIECHOCIŃSKA KATARZYNA | 914 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 199 | 644 | SZARE MORSY | | 00:16:02 | 00:37:51.43 | 00:38:48.96 | 7:08 | 8.4 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|------------------------------|------------------|------|-----------|--------|-----|------------------------------|-----------|----------|-------------|-------------|--------|------|
| 649 | HUBA AGNIESZKA | 134 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 217 | 645 | KOBIETY NA 5+ | | 00:14:41 | 00:38:36.11 | 00:38:49.02 | 7:16 | 8.2 |
| 650 | MYŚLIWIEC MONIKA | 581 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 253 | 646 | KOBIETY NA 5+ | | 00:15:55 | 00:38:39.13 | 00:38:49.08 | 7:17 | 8.2 |
| 651 | MACHEJ MAŁGORZATA | 504 | | KOŃCZYCE MAŁE | POL | 50-59 LAT | 102 | 647 | | | 00:16:33 | 00:38:13.59 | 00:38:50.54 | 7:12 | 8.3 |
| 652 | PLATA MARLENA | 521 | | PAWŁOWICE | POL | 30-39 LAT | 212 | 648 | | | 00:16:49 | 00:38:13.82 | 00:38:51.02 | 7:12 | 8.3 |
| 653 | KACZOREK MALWINA | 1276 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 216 | 649 | | | 00:15:26 | 00:38:27.12 | 00:38:53.04 | 7:15 | 8.3 |
| 654 | RUSINEK JOANNA | 923 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 105 | 650 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:44 | 00:38:21.36 | 00:38:53.05 | 7:14 | 8.3 |
| 655 | SMOŁKA KATARZYNA | 508 | FLUENTBE | RYBNIK | POL | 30-39 LAT | 213 | 651 | | | 00:17:31 | 00:38:17.91 | 00:38:54.43 | 7:13 | 8.3 |
| 656 | MICHAŁEK KAROLINA | 872 | VIKING TRENING CENTER | TYCHY | POL | 20-29 LAT | 55 | 652 | VIKING TRAINING CENTER | | 00:16:18 | 00:38:32.49 | 00:38:54.46 | 7:16 | 8.3 |
| 657 | NIEDŹWIEDŹ JULIA | 342 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 56 | 653 | | | 00:16:18 | 00:38:45.00 | 00:38:54.88 | 7:18 | 8.2 |
| 658 | JANISZEWA PATRYCJA | 917 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 211 | 654 | BYLE DO METY | | 00:15:30 | 00:38:13.54 | 00:38:57.39 | 7:12 | 8.3 |
| 659 | FITAS NATALIA | 758 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 53 | 655 | | | 00:17:03 | 00:38:19.52 | 00:38:58.32 | 7:13 | 8.3 |
| 660 | PELCZAR NATALIA | 818 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 57 | 656 | | | 00:16:16 | 00:38:50.90 | 00:38:59.31 | 7:19 | 8.2 |
| 661 | GARUS ANDZIA | 467 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 254 | 657 | | | 00:16:10 | 00:38:43.53 | 00:38:59.70 | 7:18 | 8.2 |
| 662 | MAZUREK BEATA | 590 | ŻUBRÓWKI | GASZOWICE | POL | 30-39 LAT | 198 | 658 | ŻUBRÓWKI | | 00:16:58 | 00:37:50.73 | 00:39:00.80 | 7:08 | 8.4 |
| 663 | ROŻEK MIROSŁAWA | 397 | | KATOWICE | POL | 50-59 LAT | 104 | 659 | | | 00:16:22 | 00:38:17.51 | 00:39:00.98 | 7:13 | 8.3 |
| 664 | ROSTAŁSKA BARBARA | 966 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 103 | 660 | 55-LAT SP5 | | 00:16:24 | 00:38:14.36 | 00:39:06.98 | 7:12 | 8.3 |
| 665 | MAGIERA BARBARA | 269 | POWOLI DO CELU | CHEŁM ŚLĄSKI | POL | 30-39 LAT | 221 | 661 | POWOLI DO CELU | | 00:16:15 | 00:38:49.99 | 00:39:07.20 | 7:19 | 8.2 |
| 666 | MARON HONORATA | 549 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 223 | 662 | | | 00:16:16 | 00:38:58.85 | 00:39:07.74 | 7:21 | 8.2 |
| 667 | WODNIAK ANGELA | 74 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 220 | 663 | POWOLI DO CELU | | 00:16:13 | 00:38:49.66 | 00:39:08.03 | 7:19 | 8.2 |
| 668 | OLEJNIK KAROLINA | 757 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 54 | 664 | | | 00:17:03 | 00:38:31.00 | 00:39:09.59 | 7:16 | 8.3 |
| 669 | ŚNIEG ALICJA | 747 | | ZABRZE | POL | 30-39 LAT | 225 | 665 | | | 00:15:59 | 00:39:04.37 | 00:39:14.44 | 7:22 | 8.1 |
| 670 | ŚMIGIEL ANETA | 814 | RADLINIOKI W BIEGU | RYBNIK | POL | 40-49 LAT | 250 | 666 | RADLINIOKI W BIEGU | | 00:16:29 | 00:38:31.16 | 00:39:18.11 | 7:16 | 8.3 |
| 671 | KLISZCZ HONORATA | 699 | | UCHYLSKO | POL | 40-49 LAT | 251 | 667 | | | 00:16:26 | 00:38:31.46 | 00:39:18.13 | 7:16 | 8.3 |
| 672 | MAREK SYLWIA | 879 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 222 | 668 | | | 00:16:51 | 00:38:52.27 | 00:39:26.32 | 7:20 | 8.2 |
| 673 | STELMACH MARTA | 749 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 228 | 669 | | | 00:16:20 | 00:39:19.51 | 00:39:27.58 | 7:25 | 8.1 |
| 674 | WOŹNICKA ANNA | 175 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 40-49 LAT | 259 | 670 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:48 | 00:39:23.04 | 00:39:35.24 | 7:25 | 8.1 |
| 675 | WYBRANIEC ALEKSANDRA | 797 | | OŚWIĘCIM | POL | 20-29 LAT | 59 | 671 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:50 | 00:39:03.38 | 00:39:35.26 | 7:22 | 8.1 |
| 676 | BANACH MONIKA | 450 | ZIMNOKRWISTE WIEWIÓRKI | OŚWIĘCIM | POL | 50-59 LAT | 112 | 672 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:40 | 00:39:22.46 | 00:39:35.52 | 7:25 | 8.1 |
| 677 | SCHMIDT MAGDALENA | 893 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 219 | 673 | 55-LAT SP5 | | 00:16:31 | 00:38:46.61 | 00:39:39.27 | 7:18 | 8.2 |
| 678 | PYZIK BARBARA | 14 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 261 | 674 | | | 00:15:18 | 00:39:25.61 | 00:39:39.48 | 7:26 | 8.1 |
| 679 | ZAGÓRSKA BEATA | 319 | | GOLESZÓW | POL | 40-49 LAT | 255 | 675 | ZZOZOLKI | | 00:16:39 | 00:38:55.91 | 00:39:40.39 | 7:20 | 8.2 |
| 680 | LOREK JOLANTA | 355 | | ZAMARSKI | POL | 40-49 LAT | 256 | 676 | | | 00:16:40 | 00:38:56.13 | 00:39:40.52 | 7:20 | 8.2 |
| 681 | BARAN KAROLINA | 525 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 224 | 677 | | | 00:16:46 | 00:39:00.68 | 00:39:42.05 | 7:21 | 8.2 |
| 682 | PATAŁĄG KATARZYNA | 24 | | MYSŁOWICE | POL | 30-39 LAT | 226 | 678 | | | 00:15:56 | 00:39:08.20 | 00:39:45.61 | 7:23 | 8.1 |
| 683 | OSZEK KAROLINA | 76 | TEAM OCZEK | RACIBÓRZ | POL | 40-49 LAT | 257 | 679 | TEAM OCZEK | | 00:16:27 | 00:38:59.33 | 00:39:46.33 | 7:21 | 8.2 |
| 684 | NAWARYŃSKA EWA | 176 | | RACIBÓRZ | POL | 50-59 LAT | 107 | 680 | | | 00:17:22 | 00:38:59.67 | 00:39:46.37 | 7:21 | 8.2 |
| 685 | NAWARYŃSKA KATARZYNA | 210 | | RACIBÓRZ | POL | 20-29 LAT | 58 | 681 | | | 00:16:27 | 00:38:59.56 | 00:39:46.46 | 7:21 | 8.2 |
| 686 | STYRNOL BEATA | 194 | | PAWŁÓW | POL | 50-59 LAT | 106 | 682 | | | 00:17:22 | 00:38:59.43 | 00:39:47.04 | 7:21 | 8.2 |
| 687 | DRANICZAREK ANNA | 481 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 232 | 683 | | | 00:16:24 | 00:39:41.40 | 00:39:48.44 | 7:29 | 8 |
| 688 | ZMUDA WIOLETA | 260 | KLUB SPORTOWY META | GORZYCZKI | POL | 40-49 LAT | 258 | 684 | | | 00:16:57 | 00:39:15.31 | 00:39:49.97 | 7:24 | 8.1 |
| 689 | MARUSZCZAK JUSTYNA | 186 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 109 | 685 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:15 | 00:39:08.32 | 00:39:50.27 | 7:23 | 8.1 |
| 690 | NAWROCKA AGNIESZKA | 84 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 111 | 686 | | | 00:16:41 | 00:39:18.09 | 00:39:51.55 | 7:24 | 8.1 |
| 691 | ZACZYŃSKA-POZNAK JAROSŁAWA | 411 | | DOBRZEŃ WIELKI | POL | 50-59 LAT | 108 | 687 | | | 00:16:02 | 00:39:03.08 | 00:39:52.82 | 7:22 | 8.1 |
| 692 | KAMIŃSKA ALEKSANDRA | 530 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 227 | 688 | | | 00:16:46 | 00:39:11.81 | 00:39:53.00 | 7:23 | 8.1 |
| 693 | MAZUREK NATALIA | 997 | | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 61 | 689 | OPEL FIJAŁKOWSKI | | 00:16:12 | 00:39:42.39 | 00:39:53.10 | 7:29 | 8 |
| 694 | KOWAŁSKA MAŁGORZATA | 441 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 110 | 690 | | | 00:15:53 | 00:39:16.80 | 00:39:57.00 | 7:24 | 8.1 |
| 695 | GRZELAK PATRYCJA | 352 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 265 | 691 | | | 00:16:29 | 00:39:45.37 | 00:40:00.53 | 7:30 | 8 |
| 696 | ZWOREK ROTKEGEL ANNA | 583 | | TOSZEK | POL | 50-59 LAT | 114 | 692 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:43 | 00:39:29.40 | 00:40:02.54 | 7:26 | 8.1 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|---------------------------|----------|-------------|-------------|--------|------|
| 697 | WĘGRZYN ZUZANNA | 592 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 62 | 693 | | | 00:16:08 | 00:39:54.14 | 00:40:04.25 | 7:31 | 8 |
| 698 | GARUS DARIA | 285 | | ORNONTOWICE | POL | 30-39 LAT | 230 | 694 | | | 00:16:20 | 00:39:36.44 | 00:40:05.31 | 7:28 | 8 |
| 699 | KOWALCZYK BASIA | 170 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 268 | 695 | | | 00:16:29 | 00:39:59.61 | 00:40:06.71 | 7:32 | 8 |
| 700 | WANDZEL IWONA | 117 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 231 | 696 | | | 00:16:09 | 00:39:37.48 | 00:40:07.92 | 7:28 | 8 |
| 701 | PARCHAŃSKA OLIWIA | 617 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 233 | 697 | BYLE DO METY | | 00:17:35 | 00:39:41.65 | 00:40:08.10 | 7:29 | 8 |
| 702 | TUSZYŃSKA ANNA | 107 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 260 | 698 | | MIECHOWICKA GRUPA BIEGOWA | 00:17:19 | 00:39:24.66 | 00:40:09.00 | 7:26 | 8.1 |
| 703 | GŁĄB MARIOLA | 665 | | ŚWIĘTOCHŁOWICE | POL | 30-39 LAT | 229 | 699 | | | 00:15:59 | 00:39:34.32 | 00:40:10.41 | 7:27 | 8 |
| 704 | ZAJĄC PATRYCJA | 382 | ZAJĄCE > | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 60 | 700 | | | 00:16:39 | 00:39:31.21 | 00:40:10.95 | 7:27 | 8 |
| 705 | KOŁODZIEJCZYK ALEKSANDRA | 78 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 262 | 701 | RADLINIOKI W BIEGU | | 00:16:26 | 00:39:26.10 | 00:40:13.83 | 7:26 | 8.1 |
| 706 | DUBIEL JOANNA | 20 | DUBIEL CLUB | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 116 | 702 | | | 00:16:47 | 00:40:09.76 | 00:40:14.39 | 7:34 | 7.9 |
| 707 | RADUCKA KINGA | 837 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 266 | 703 | NICE GIRLS | | 00:16:43 | 00:39:56.93 | 00:40:15.89 | 7:32 | 8 |
| 708 | PIWOWAR BEATA | 836 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 267 | 704 | NICE GIRLS | | 00:16:44 | 00:39:57.82 | 00:40:16.24 | 7:32 | 8 |
| 709 | KLEPACKA EDYTA | 403 | | SUSZEC | POL | 40-49 LAT | 263 | 705 | | | 00:17:43 | 00:39:42.77 | 00:40:19.14 | 7:29 | 8 |
| 710 | RUSZCZYŃSKA ANNA | 407 | | SUSZEC | POL | 40-49 LAT | 264 | 706 | | | 00:17:42 | 00:39:43.43 | 00:40:19.15 | 7:29 | 8 |
| 711 | VAIDYAN-IWANOWSKA GRAŻYNA | 314 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 23 | 707 | | | 00:16:22 | 00:40:17.48 | 00:40:22.64 | 7:36 | 7.9 |
| 712 | NIEDŹWIEDŹ MAJA | 339 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 273 | 708 | | | 00:15:43 | 00:40:20.86 | 00:40:30.07 | 7:36 | 7.9 |
| 713 | OSTAPIUK ANNA | 40 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 235 | 709 | | | 00:16:57 | 00:39:56.91 | 00:40:30.89 | 7:32 | 8 |
| 714 | BETLEJ DOROTA | 572 | | KATOWICE | POL | 30-39 LAT | 234 | 710 | | | 00:16:02 | 00:39:52.10 | 00:40:31.54 | 7:31 | 8 |
| 715 | KUŚKA JUSTYNA | 610 | PSIAPSI | JANKOWICE | POL | 40-49 LAT | 272 | 711 | | PSIAPSI | 00:15:52 | 00:40:09.81 | 00:40:36.29 | 7:34 | 7.9 |
| 716 | BRODA BEATA | 240 | | PIASEK | POL | 50-59 LAT | 115 | 712 | | | 00:16:38 | 00:40:00.00 | 00:40:36.86 | 7:32 | 8 |
| 717 | BRODA KAMILA | 229 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 236 | 713 | | | 00:16:39 | 00:40:00.90 | 00:40:37.17 | 7:32 | 8 |
| 718 | PIPIRO GRAŻYNA | 156 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 22 | 714 | KOBIETY NA 5+ | | 00:17:10 | 00:40:02.43 | 00:40:39.96 | 7:33 | 7.9 |
| 719 | NALEPKA KATARZYNA | 109 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 269 | 715 | MIECHOWICKA GRUPA BIEGOWA | IDYMY DURŚ | 00:17:19 | 00:40:00.15 | 00:40:44.72 | 7:32 | 8 |
| 720 | CHOLEWIŃSKA KATARZYNA | 717 | | ZAMBRÓW | POL | 50-59 LAT | 117 | 716 | | | 00:17:22 | 00:40:19.97 | 00:40:46.56 | 7:36 | 7.9 |
| 721 | BIAŁAS JOANNA | 815 | SPOT PSZCZYNA | RADOSTOWICE | POL | 40-49 LAT | 279 | 717 | | | 00:16:41 | 00:40:36.65 | 00:40:47.65 | 7:39 | 7.8 |
| 722 | LISOWSKA AGNIESZKA | 784 | | PAWŁOWICE | POL | 40-49 LAT | 274 | 718 | | | 00:17:18 | 00:40:21.05 | 00:40:49.17 | 7:36 | 7.9 |
| 723 | RACIBORSKA AGNIESZKA | 786 | | PAWŁOWICE | POL | 40-49 LAT | 275 | 719 | | | 00:17:19 | 00:40:21.71 | 00:40:49.26 | 7:36 | 7.9 |
| 724 | KLUSKA PATRYCJA | 908 | | OŚWIĘCIM | POL | 20-29 LAT | 63 | 720 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:39:59.02 | 00:40:49.59 | 7:32 | 8 |
| 725 | MIKLUSIAK BARBARA | 845 | | RYBNIK | POL | 30-39 LAT | 243 | 721 | SZPRYCHY | | 00:17:54 | 00:40:31.84 | 00:40:51.57 | 7:38 | 7.8 |
| 726 | KUCZEK ELWIRA | 831 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 270 | 722 | | DWIE SZCZIGI | 00:16:30 | 00:40:03.64 | 00:40:52.38 | 7:33 | 7.9 |
| 727 | KRÓL JUSTYNA | 832 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 271 | 723 | | DWIE SZCZIGI | 00:16:29 | 00:40:04.36 | 00:40:52.90 | 7:33 | 7.9 |
| 728 | KAJSTURA KATARZYNA | 622 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 277 | 724 | VIKING TRAINING CENTER | | 00:17:01 | 00:40:32.60 | 00:40:53.88 | 7:38 | 7.8 |
| 729 | LIMAŃSKA JOANNA | 585 | VIKING TRAINING CENTER | MIKOŁÓW | POL | 30-39 LAT | 239 | 725 | VIKING TRAINING CENTER | | 00:16:50 | 00:40:14.96 | 00:40:54.21 | 7:35 | 7.9 |
| 730 | OLEŚ ULA | 947 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 241 | 726 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:37 | 00:40:29.58 | 00:40:56.11 | 7:38 | 7.9 |
| 731 | UHEREK AGNIESZKA | 599 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 238 | 727 | GRAŻYNY 87 | | 00:16:45 | 00:40:02.24 | 00:40:57.66 | 7:33 | 7.9 |
| 732 | OWCZARZY AGNIESZKA | 597 | GRAŻYNY 87 | KOŃCZYCE MAŁE | POL | 30-39 LAT | 237 | 728 | GRAŻYNY 87 | | 00:16:45 | 00:40:01.64 | 00:40:57.80 | 7:33 | 7.9 |
| 733 | WÓJCIK DOROTA | 724 | | ŻORY | POL | 30-39 LAT | 240 | 729 | BYLE DO METY | | 00:16:26 | 00:40:15.84 | 00:41:00.64 | 7:35 | 7.9 |
| 734 | SZWED ANIA | 241 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 276 | 730 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:28 | 00:40:29.74 | 00:41:01.24 | 7:38 | 7.9 |
| 735 | FOLTYN DOMINIKA | 877 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 242 | 731 | | | 00:17:39 | 00:40:30.66 | 00:41:04.29 | 7:38 | 7.9 |
| 736 | STEFANIAK JUSTYNA | 110 | POGORIA BIEGA | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 278 | 732 | | | 00:17:12 | 00:40:34.47 | 00:41:07.52 | 7:39 | 7.8 |
| 737 | KALITA ANNA | 773 | | JAWORZE | POL | 50-59 LAT | 118 | 733 | INCOLA TEAM | | 00:17:52 | 00:40:20.42 | 00:41:13.52 | 7:36 | 7.9 |
| 738 | ŻULEWSKA MARIA | 955 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 24 | 734 | | | 00:16:25 | 00:41:14.20 | 00:41:14.56 | 7:46 | 7.7 |
| 739 | PAŁYS AGATA | 736 | SZARE MORSY | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 283 | 735 | | | 00:16:25 | 00:41:14.23 | 00:41:14.60 | 7:46 | 7.7 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|------------------------------|-------------------|------|-----------|--------|-----|------------------------------|-------------------|----------|-------------|-------------|--------|------|
| 740 | NOWAK-MARKITON KAROLINA | 951 | | PAWŁOWICE | POL | 30-39 LAT | 247 | 736 | | | 00:18:31 | 00:41:10.05 | 00:41:20.68 | 7:46 | 7.7 |
| 741 | NIEDZIELA ROKSANA | 183 | | OŚWIĘCIM | POL | 20-29 LAT | 65 | 737 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:23 | 00:41:10.30 | 00:41:24.15 | 7:46 | 7.7 |
| 742 | ŚLEZIONA KATARZYNA | 379 | | TYCHY | POL | 30-39 LAT | 246 | 738 | | | 00:16:36 | 00:41:08.45 | 00:41:26.77 | 7:45 | 7.7 |
| 743 | JELONEK KLAUDIA | 180 | | WOLA | POL | 30-39 LAT | 245 | 739 | | | 00:17:35 | 00:40:48.12 | 00:41:26.83 | 7:41 | 7.8 |
| 744 | ADAMUS DARIA | 606 | | OSWIECIM | POL | 20-29 LAT | 64 | 740 | | | 00:17:33 | 00:40:46.89 | 00:41:27.26 | 7:41 | 7.8 |
| 745 | KULIG-GOC GABRIELA | 207 | | STUDZIENICE | POL | 30-39 LAT | 244 | 741 | | | 00:17:35 | 00:40:47.16 | 00:41:27.29 | 7:41 | 7.8 |
| 746 | KOZDOŃ JAGODA | 56 | | RYBNIK | POL | 30-39 LAT | 251 | 742 | | | 00:16:38 | 00:41:22.72 | 00:41:28.23 | 7:48 | 7.7 |
| 747 | SZCZUCHNIAK ADRIANA | 284 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 280 | 743 | | | 00:17:06 | 00:40:45.83 | 00:41:31.11 | 7:41 | 7.8 |
| 748 | JAKIEŁEK BARBARA | 225 | | OŚWIĘCIM | POL | 30-39 LAT | 248 | 744 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:45 | 00:41:16.91 | 00:41:31.44 | 7:47 | 7.7 |
| 749 | WODZYŃSKA-KOCZY MARTA | 294 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 285 | 745 | | | 00:16:39 | 00:41:15.38 | 00:41:32.12 | 7:46 | 7.7 |
| 750 | SIEROTA RENATA | 887 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 284 | 746 | | | 00:17:06 | 00:41:14.76 | 00:41:32.19 | 7:46 | 7.7 |
| 751 | MILCUSZEK MAGDALENA | 90 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 249 | 747 | | | 00:17:08 | 00:41:17.02 | 00:41:32.39 | 7:47 | 7.7 |
| 752 | RYŚ WERONIKA | 278 | | KATOWICE | POL | 20-29 LAT | 66 | 748 | | | 00:17:23 | 00:41:19.32 | 00:41:39.23 | 7:47 | 7.7 |
| 753 | BARTNIK JOANNA | 251 | STREET SPIRIT | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 286 | 749 | | DWIE SZALONE | 00:16:58 | 00:41:16.78 | 00:41:40.67 | 7:47 | 7.7 |
| 754 | PIETRASZEK EWA | 234 | KOBIETY WATAHY | RUDA ŚLĄSKA | POL | 50-59 LAT | 119 | 750 | | | 00:17:40 | 00:40:54.25 | 00:41:41.63 | 7:43 | 7.8 |
| 755 | NOWAK MAŁWINA | 936 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 252 | 751 | | | 00:18:12 | 00:41:31.14 | 00:41:42.68 | 7:50 | 7.7 |
| 756 | GUBAŁA MONIKA | 727 | | ZABRZE | POL | 30-39 LAT | 250 | 752 | | | 00:18:47 | 00:41:17.25 | 00:41:46.50 | 7:47 | 7.7 |
| 757 | KAJMOWICZ-SOPICKA JOLANTA | 982 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 281 | 753 | INCOLA TEAM | | 00:17:52 | 00:41:02.61 | 00:41:56.01 | 7:44 | 7.7 |
| 758 | DERYŁO SYLWIA | 988 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 282 | 754 | INCOLA TEAM | | 00:17:52 | 00:41:02.64 | 00:41:56.06 | 7:44 | 7.7 |
| 759 | BYCINA EDYTA | 935 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 287 | 755 | | | 00:17:24 | 00:41:27.55 | 00:42:02.92 | 7:49 | 7.7 |
| 760 | ROTTER HANNA | 164 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 26 | 756 | | | 00:17:31 | 00:41:38.60 | 00:42:03.51 | 7:51 | 7.6 |
| 761 | KIERMASZEK BARBARA | 402 | | WODZISŁAW ŚLĄSKI | POL | 60+ | 25 | 757 | | | 00:17:22 | 00:41:37.84 | 00:42:04.22 | 7:51 | 7.6 |
| 762 | BROCKA JOANNA | 672 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 289 | 758 | | | 00:17:24 | 00:41:30.97 | 00:42:05.92 | 7:49 | 7.7 |
| 763 | GRECZNER JOWITA | 359 | | OŚWIĘCIM | POL | 40-49 LAT | 288 | 759 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:50 | 00:41:30.48 | 00:42:06.60 | 7:49 | 7.7 |
| 764 | PALICA HALINA | 809 | AKTYWNI LYSKI | LYSKI | POL | 60+ | 27 | 760 | | | 00:17:42 | 00:41:39.05 | 00:42:08.29 | 7:51 | 7.6 |
| 765 | POREMSKA ELŻBIETA | 901 | AKTYWNI LYSKI | LYSKI | POL | 40-49 LAT | 290 | 761 | | | 00:17:42 | 00:41:39.46 | 00:42:08.35 | 7:51 | 7.6 |
| 766 | DZIENDZIEL RENATA | 75 | | ŻORY | POL | 50-59 LAT | 113 | 762 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:17 | 00:39:23.90 | 00:42:10.13 | 7:25 | 8.1 |
| 767 | GLICA KATARZYNA | 756 | | BYTOM | POL | 30-39 LAT | 254 | 763 | | | 00:17:56 | 00:42:05.60 | 00:42:16.88 | 7:56 | 7.6 |
| 768 | KOSTKA JUSTYNA | 655 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 256 | 764 | | | 00:18:28 | 00:42:14.53 | 00:42:23.07 | 7:58 | 7.5 |
| 769 | KRZACZEK ALEKSANDRA | 87 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 120 | 765 | RADLINIOKI W BIEGU | | 00:17:35 | 00:41:43.37 | 00:42:29.31 | 7:52 | 7.6 |
| 770 | CZYŻAK BEATA | 385 | | CIESZYN | POL | 40-49 LAT | 291 | 766 | ZZOZOLKI | | 00:19:35 | 00:41:57.23 | 00:42:30.96 | 7:54 | 7.6 |
| 771 | PALUCH AGNIESZKA | 263 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 295 | 767 | | | 00:17:22 | 00:42:14.16 | 00:42:32.49 | 7:58 | 7.5 |
| 772 | MATIOSZEK AGNIESZKA | 88 | | RACIBÓRZ | POL | 30-39 LAT | 253 | 768 | | | 00:17:49 | 00:41:49.21 | 00:42:36.71 | 7:53 | 7.6 |
| 773 | BALCERAK BEATA | 250 | | ŻORY | POL | 30-39 LAT | 255 | 769 | | | 00:17:13 | 00:42:12.12 | 00:42:37.67 | 7:57 | 7.5 |
| 774 | ORDZOWIAŁA KAROLINA | 598 | | ŻORY | POL | 40-49 LAT | 294 | 770 | | | 00:17:13 | 00:42:13.60 | 00:42:38.89 | 7:57 | 7.5 |
| 775 | KOTLARCZYK PATRYCJA | 711 | | OŚWIĘCIM | POL | 20-29 LAT | 67 | 771 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:57.25 | 00:42:47.52 | 7:54 | 7.6 |
| 776 | STANIÓW-KLUSKA AGNIESZKA | 906 | | OŚWIĘCIM | POL | 40-49 LAT | 292 | 772 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:58.65 | 00:42:47.69 | 7:55 | 7.6 |
| 777 | DOBOSZ KASIA | 753 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 121 | 773 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:47 | 00:42:11.53 | 00:42:49.45 | 7:57 | 7.5 |
| 778 | BRYŁA MAŁGORZATA | 720 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 293 | 774 | | SOCJO CORPO GROUP | 00:18:00 | 00:42:06.92 | 00:42:50.40 | 7:56 | 7.6 |
| 779 | MYŚLIWIEC SENIORITA | 137 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 257 | 775 | KOBIETY NA 5+ | | 00:17:04 | 00:42:42.37 | 00:42:51.04 | 8:03 | 7.4 |
| 780 | GŁUSZAK ALEKSANDRA | 332 | KOBIETY NA 5+ | JASTRZĘBIE -ZDRÓJ | POL | 40-49 LAT | 301 | 776 | KOBIETY NA 5+ | | 00:16:58 | 00:42:42.24 | 00:42:51.25 | 8:03 | 7.4 |
| 781 | BETAŃSKA ANETA | 155 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 302 | 777 | KOBIETY NA 5+ | | 00:17:03 | 00:42:42.29 | 00:42:51.29 | 8:03 | 7.4 |
| 782 | WAWOCZNY ANITA | 392 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 298 | 778 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.84 | 00:42:52.20 | 8:02 | 7.5 |
| 783 | SAWICKA MARTA | 211 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 299 | 779 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.99 | 00:42:52.34 | 8:02 | 7.5 |
| 784 | ŁANUCHA MARIOLA | 67 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 29 | 780 | KOBIETY NA 5+ | | 00:17:51 | 00:42:37.98 | 00:42:53.39 | 8:02 | 7.5 |
| 785 | GREŃ-IWAN ANNA | 770 | | KLAUDYN | POL | 60+ | 28 | 781 | | | 00:17:51 | 00:42:37.51 | 00:42:53.49 | 8:02 | 7.5 |
| 786 | ZALEWSKA BARBARA | 190 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 303 | 782 | KOBIETY NA 5+ | | 00:17:30 | 00:42:46.47 | 00:42:53.73 | 8:04 | 7.4 |
| 787 | KOLAT JADWIGA | 57 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 300 | 783 | KOBIETY NA 5+ | | 00:16:54 | 00:42:40.58 | 00:42:54.05 | 8:03 | 7.5 |
| 788 | PAJĄK MAŁGORZATA | 291 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 124 | 784 | KOBIETY NA 5+ | | 00:17:03 | 00:42:44.82 | 00:42:54.13 | 8:03 | 7.4 |
| 789 | KNAPEK ANNA | 292 | | OŚWIĘCIM | POL | 40-49 LAT | 304 | 785 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:55 | 00:42:53.41 | 00:42:55.41 | 8:05 | 7.4 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|-------------------|----------|-------------|-------------|--------|------|
| 790 | GAJDA ALEKSANDRA | 826 | | RYBNIK | POL | 40-49 LAT | 297 | 786 | SZPRYCHY | | 00:17:54 | 00:42:34.43 | 00:42:56.02 | 8:01 | 7.5 |
| 791 | FRANKOWSKA ANIA | 636 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 123 | 787 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:31 | 00:42:34.97 | 00:43:07.43 | 8:01 | 7.5 |
| 792 | HANUSA BEATA | 790 | | ŻORY | POL | 20-29 LAT | 68 | 788 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.61 | 00:43:08.83 | 8:03 | 7.5 |
| 793 | FIRLEJ HANIA | 799 | | ŻORY | POL | 20-29 LAT | 69 | 789 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.88 | 00:43:08.84 | 8:03 | 7.5 |
| 794 | POCENTAJLO BEATA | 143 | BIEGAM BO LUBIĘ RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 122 | 790 | | | 00:17:59 | 00:42:33.32 | 00:43:21.42 | 8:01 | 7.5 |
| 795 | JUTKA KASIA | 17 | | TYCHY | POL | 40-49 LAT | 305 | 791 | | | 00:17:32 | 00:43:00.01 | 00:43:22.40 | 8:06 | 7.4 |
| 796 | WAMBERSKA BEATA | 201 | | KOBIÓR | POL | 30-39 LAT | 259 | 792 | | | 00:17:31 | 00:43:00.28 | 00:43:22.49 | 8:06 | 7.4 |
| 797 | BROLL AGNIESZKA | 678 | | KATOWICE | POL | 40-49 LAT | 296 | 793 | | | 00:18:35 | 00:42:32.97 | 00:43:35.74 | 8:01 | 7.5 |
| 798 | KOWALSKA DOROTA | 539 | SBD ENERGETYK RYBNIK | RYBNIK | POL | 50-59 LAT | 126 | 794 | | | 00:17:32 | 00:43:07.68 | 00:43:37.54 | 8:08 | 7.4 |
| 799 | GALAS MARTYNA | 58 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 306 | 795 | | | 00:17:47 | 00:43:07.20 | 00:43:38.46 | 8:08 | 7.4 |
| 800 | STAŚKIEWICZ MONIKA | 509 | | JASTRZĘBIE-ZDÓJ | POL | 50-59 LAT | 125 | 796 | | | 00:18:16 | 00:42:58.09 | 00:43:41.39 | 8:06 | 7.4 |
| 801 | GÓRNICZ PATRYCJA | 651 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 261 | 797 | | | 00:17:28 | 00:43:08.43 | 00:43:45.26 | 8:08 | 7.4 |
| 802 | POPOWSKA AGNIESZKA | 960 | | BIELSKO-BIAŁA | POL | 50-59 LAT | 127 | 798 | | | 00:18:55 | 00:43:08.35 | 00:43:45.67 | 8:08 | 7.4 |
| 803 | LORENZ WIOLETTA | 958 | | BIELSKO BIAŁA | POL | 40-49 LAT | 307 | 799 | | | 00:18:53 | 00:43:08.12 | 00:43:45.67 | 8:08 | 7.4 |
| 804 | OSTASZEWSKA WIOLETTA | 868 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 309 | 800 | VIKING TRAINING CENTER | | 00:17:35 | 00:43:21.73 | 00:43:48.37 | 8:10 | 7.3 |
| 805 | FIZIA KATARZYNA | 618 | | KRZYŻOWICE | POL | 30-39 LAT | 262 | 801 | | PSIAPSI1 | 00:19:33 | 00:43:20.43 | 00:43:48.76 | 8:10 | 7.3 |
| 806 | SZCZEPANIK MARTA | 671 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 260 | 802 | | | 00:18:30 | 00:43:01.83 | 00:43:53.69 | 8:06 | 7.4 |
| 807 | JANKOWSKA MARTYNA | 124 | | DĄBROWA GÓRNICZA | POL | 16-19 LAT | 13 | 803 | | | 00:18:12 | 00:43:22.44 | 00:44:04.52 | 8:10 | 7.3 |
| 808 | BAZGIER MAGDALENA | 654 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 263 | 804 | | | 00:17:28 | 00:43:29.36 | 00:44:06.22 | 8:12 | 7.3 |
| 809 | OLBER JUSTYNA | 918 | | ŻORY | POL | 30-39 LAT | 264 | 805 | | | 00:18:48 | 00:43:38.13 | 00:44:12.23 | 8:13 | 7.3 |
| 810 | MŁOWSKA SYLWIA | 567 | | RYBNIK | POL | 40-49 LAT | 310 | 806 | | | 00:18:08 | 00:43:55.71 | 00:44:23.02 | 8:17 | 7.2 |
| 811 | BARCZYCKA MONIKA | 755 | | RYBNIK | POL | 30-39 LAT | 265 | 807 | | | 00:18:08 | 00:43:55.86 | 00:44:23.15 | 8:17 | 7.2 |
| 812 | MONIKA MONIKA | 258 | | KRAKÓW | POL | 30-39 LAT | 267 | 808 | | | 00:18:31 | 00:44:29.64 | 00:44:41.16 | 8:23 | 7.1 |
| 813 | STAŚKIEWICZ BEATA | 721 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 311 | 809 | | SOCJO CORPO GROUP | 00:18:43 | 00:44:01.27 | 00:44:44.95 | 8:18 | 7.2 |
| 814 | GOMUŁKA ANNA | 99 | | MYSŁOWICE | POL | 30-39 LAT | 266 | 810 | | | 00:17:53 | 00:44:09.31 | 00:44:46.90 | 8:19 | 7.2 |
| 815 | FABIN MARTA | 635 | | ŻORY | POL | 30-39 LAT | 268 | 811 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.47 | 00:44:52.93 | 8:23 | 7.1 |
| 816 | DUDEK JANETA | 781 | | ŻORY | POL | 40-49 LAT | 313 | 812 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.83 | 00:44:53.00 | 8:23 | 7.1 |
| 817 | KATRYNIOK EWA | 231 | KLUB SPORTOWY M.E.T.A. | UCHYLSKO | POL | 40-49 LAT | 312 | 813 | | | 00:18:26 | 00:44:18.46 | 00:44:53.53 | 8:21 | 7.2 |
| 818 | WORONKO-ZACZYŃSKA JANINA | 410 | | LUBIN | POL | 60+ | 30 | 814 | | | 00:18:54 | 00:44:38.55 | 00:45:07.05 | 8:25 | 7.1 |
| 819 | KASTELIK ILONA | 607 | | ŻORY | POL | 30-39 LAT | 269 | 815 | | PSIAPSI | 00:19:09 | 00:44:59.45 | 00:45:26.00 | 8:29 | 7.1 |
| 820 | WYSTEMP EWELINA | 614 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 258 | 816 | | | 00:17:48 | 00:42:46.47 | 00:45:35.18 | 8:04 | 7.4 |
| 821 | WOLNY ŻANETA | 565 | | WODZISŁAW | POL | 30-39 LAT | 270 | 817 | | WOLNY TIM | 00:19:48 | 00:45:04.41 | 00:45:39.00 | 8:30 | 7.1 |
| 822 | DUDA MAGDALENA | 287 | | ŻORY | POL | 40-49 LAT | 308 | 818 | | | 00:18:59 | 00:43:18.53 | 00:45:40.44 | 8:10 | 7.3 |
| 823 | KLEPACKA MAJA | 404 | | SUSZEC | POL | 16-19 LAT | 14 | 819 | | | 00:19:00 | 00:45:04.55 | 00:45:40.93 | 8:30 | 7.1 |
| 824 | NALEWAJKA WIOLETA | 443 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 130 | 820 | KOBIETY NA 5+ | | 00:18:44 | 00:45:31.41 | 00:45:45.52 | 8:35 | 7 |
| 825 | SZCZEPANIK ALEKSANDRA | 116 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 273 | 821 | | | 00:18:42 | 00:45:31.16 | 00:45:45.60 | 8:35 | 7 |
| 826 | NIEDZIOŁKO BOŻENA | 208 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 129 | 822 | KOBIETY NA 5+ | | 00:18:42 | 00:45:30.88 | 00:45:46.22 | 8:35 | 7 |
| 827 | ŻYŁA SONIA | 946 | | BAKÓW | POL | 30-39 LAT | 272 | 823 | | | 00:18:13 | 00:45:19.12 | 00:45:48.27 | 8:33 | 7 |
| 828 | KWIATKOWSKA BERTA | 616 | VIKING TRAINING CENTER | BIERUŃ | POL | 40-49 LAT | 315 | 824 | VIKING TRAINING CENTER | | 00:18:27 | 00:45:30.14 | 00:45:55.04 | 8:35 | 7 |
| 829 | KLIMEK JUSTYNA | 566 | VIKING TRAINING CENTER | MYSŁOWICE | POL | 40-49 LAT | 314 | 825 | VIKING TRAINING CENTER | | 00:17:31 | 00:45:29.50 | 00:45:55.10 | 8:34 | 7 |
| 830 | MACHOWSKA RENATA | 272 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 316 | 826 | VIKING TRAINING CENTER | | 00:17:32 | 00:45:30.57 | 00:45:55.16 | 8:35 | 7 |
| 831 | GROCHOWSKA OLIWIA | 550 | | JASTRZĘBIE ZDRÓJ | POL | 16-19 LAT | 15 | 827 | | | 00:18:32 | 00:45:49.74 | 00:46:02.21 | 8:38 | 6.9 |
| 832 | MROWCZYK KAMILA | 751 | | KATOWICE | POL | 30-39 LAT | 274 | 828 | | | 00:18:40 | 00:45:39.11 | 00:46:04.91 | 8:36 | 7 |
| 833 | RODZIEWICZ AGNIESZKA | 684 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 271 | 829 | | | 00:19:25 | 00:45:16.51 | 00:46:13.34 | 8:32 | 7 |
| 834 | ZAWADA MAGDALENA | 367 | | CIESZYŃ | POL | 40-49 LAT | 317 | 830 | ZZOZOLKI | | 00:19:35 | 00:45:40.87 | 00:46:14.55 | 8:36 | 7 |
| 835 | WŁOCH IZABELA | 184 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 319 | 831 | VIKING TRAINING CENTER | | 00:19:34 | 00:46:18.79 | 00:46:40.40 | 8:44 | 6.9 |
| 836 | WŁOCH DOMINIKA | 646 | | TYCHY | POL | 20-29 LAT | 70 | 832 | VIKING TRAINING CENTER | | 00:19:33 | 00:46:17.68 | 00:46:40.46 | 8:43 | 6.9 |
| 837 | SŁOTA JUSTYNA | 22 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 40-49 LAT | 318 | 833 | MIECHOWICKA GRUPA BIEGOWA | | 00:19:12 | 00:46:09.83 | 00:46:54.07 | 8:42 | 6.9 |

KOBIETY NA 5+ :: BIEG, Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-------------------------|--------------------|------|-----------|--------|-----|---------------------------|------------|----------|-------------|-------------|--------|------|
| 838 | WIĘDŁOCHA-GRABKA MARTA | 752 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 276 | 834 | | | 00:19:30 | 00:46:27.10 | 00:46:54.56 | 8:45 | 6.8 |
| 839 | KONOWALCZUK IZA | 633 | | JASTRZĘBIE - ZDRÓJ | POL | 30-39 LAT | 275 | 835 | | | 00:19:31 | 00:46:26.82 | 00:46:54.60 | 8:45 | 6.8 |
| 840 | ABRACHAMCZYK BARBARA | 102 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 31 | 836 | | | 00:18:27 | 00:46:41.71 | 00:46:57.56 | 8:48 | 6.8 |
| 841 | STOMPEL KAROLINA | 765 | | CHORZÓW | POL | 20-29 LAT | 71 | 837 | | | 00:20:04 | 00:46:24.44 | 00:46:57.95 | 8:45 | 6.9 |
| 842 | STOMPEL JUSTYNA | 815 | | CHORZÓW | POL | 40-49 LAT | 320 | 838 | | | 00:20:04 | 00:46:24.69 | 00:46:58.41 | 8:45 | 6.9 |
| 843 | BALAS MAŁGORZATA | 123 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 280 | 839 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.70 | 00:47:00.07 | 8:47 | 6.8 |
| 844 | BIZACKA MARZENA | 371 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 281 | 840 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.73 | 00:47:00.34 | 8:47 | 6.8 |
| 845 | NAMIELSKA JUSTYNA | 880 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 128 | 841 | | | 00:18:46 | 00:44:10.33 | 00:47:01.16 | 8:20 | 7.2 |
| 846 | SZŁAPA URSZULA | 36 | SPOT PSZCZYNA | CZARKÓW | POL | 40-49 LAT | 322 | 842 | SPOT PSZCZYNA | GABI I ULA | 00:19:35 | 00:46:55.16 | 00:47:26.49 | 8:51 | 6.8 |
| 847 | DZIĘCIOŁ MAŁGORZATA | 131 | SPOT PSZCZYNA | PIASTÓW | POL | 60+ | 32 | 843 | SPOT PSZCZYNA | | 00:19:36 | 00:46:55.30 | 00:47:26.63 | 8:51 | 6.8 |
| 848 | WITKOWSKA-DOLNY SANDRA | 390 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 278 | 844 | GRAŻYNY 87 | | 00:20:07 | 00:46:31.70 | 00:47:29.29 | 8:46 | 6.8 |
| 849 | PRUC JOLANTA | 808 | GRAŻYNY 87 | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 279 | 845 | GRAŻYNY 87 | | 00:20:09 | 00:46:33.49 | 00:47:29.40 | 8:46 | 6.8 |
| 850 | WOŹNIAK MAGDALENA | 458 | | ŻORY | POL | 40-49 LAT | 323 | 846 | | | 00:20:16 | 00:47:05.97 | 00:47:29.51 | 8:53 | 6.8 |
| 851 | SKUPECKA BEATA | 336 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 324 | 847 | | | 00:18:45 | 00:47:44.92 | 00:48:08.89 | 9:00 | 6.7 |
| 852 | SAGAN MAŁGORZATA | 967 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 132 | 848 | TEAM MAŁYCH BOHATERÓW :-) | | 00:19:44 | 00:48:08.86 | 00:48:34.64 | 9:04 | 6.6 |
| 853 | KOPYTEK ANETA | 977 | RUNAWAYS | TYCHY | POL | 40-49 LAT | 321 | 849 | | | 00:19:58 | 00:46:27.49 | 00:48:49.51 | 8:45 | 6.8 |
| 854 | KUŚMIERSKA-KUBAS ALINA | 933 | | JASTRZEBIE-ZDROJ | POL | 50-59 LAT | 133 | 850 | | | 00:19:38 | 00:48:29.01 | 00:48:51.65 | 9:08 | 6.6 |
| 855 | PLACZEK DOMINIKA | 430 | | CHAŁUPKI | POL | 30-39 LAT | 282 | 851 | | | 00:20:32 | 00:48:32.59 | 00:48:58.86 | 9:09 | 6.6 |
| 856 | MARCZOK MARTA | 601 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 283 | 852 | | | 00:20:34 | 00:48:34.12 | 00:48:59.01 | 9:09 | 6.5 |
| 857 | PIĄTOWSKA MAGDALENA | 424 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 284 | 853 | | | 00:20:34 | 00:48:34.20 | 00:48:59.10 | 9:09 | 6.5 |
| 858 | JAMIOŁA KINGA | 542 | | RADLIN | POL | 30-39 LAT | 277 | 854 | | | 00:21:12 | 00:46:30.11 | 00:49:06.56 | 8:46 | 6.8 |
| 859 | KUCZEK JOLANTA | 545 | | RADLIN | POL | 50-59 LAT | 131 | 855 | | | 00:21:14 | 00:46:29.90 | 00:49:06.69 | 8:46 | 6.8 |
| 860 | LEJTAN JOANNA | 243 | | KARVINA | CZE | 40-49 LAT | 325 | 856 | | | 00:20:22 | 00:48:33.84 | 00:49:19.72 | 9:09 | 6.5 |
| 861 | WOJTAL DANUTA | 801 | | JASTRZĘBIE - ZDRÓJ | POL | 50-59 LAT | 135 | 857 | | | 00:20:18 | 00:49:15.56 | 00:49:52.84 | 9:17 | 6.5 |
| 862 | KANIA GRAŻYNA | 852 | | RYBNIK | POL | 50-59 LAT | 134 | 858 | | | 00:21:53 | 00:49:00.67 | 00:51:31.15 | 9:14 | 6.5 |
| 863 | HASIOR DOROTA | 185 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 138 | 859 | | | 00:21:09 | 00:51:04.89 | 00:51:45.36 | 9:38 | 6.2 |
| 864 | PIĄTKOWSKA ROMANA | 154 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 137 | 860 | | | 00:21:09 | 00:51:04.76 | 00:51:45.56 | 9:38 | 6.2 |
| 865 | JANKOWSKA ANITA | 112 | | DĄBROWA GÓRNICZA | POL | 50-59 LAT | 139 | 861 | | | 00:22:01 | 00:51:13.63 | 00:51:55.93 | 9:39 | 6.2 |
| 866 | BUJAK MAGDALENA | 73 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 285 | 862 | VIKING TRAINING CENTER | | 00:22:08 | 00:52:06.66 | 00:52:28.87 | 9:49 | 6.1 |
| 867 | KRÓLICZAK AGNIESZKA | 228 | | KRAKÓW | POL | 20-29 LAT | 72 | 863 | ŻUBRÓWKI | | | 00:50:18.41 | 00:52:59.21 | 9:29 | 6.3 |
| 868 | ŚWITA ANNA | 214 | FORMA WODZISŁAW | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 136 | 864 | | | 00:22:01 | 00:51:02.03 | 00:53:37.89 | 9:37 | 6.2 |
| 869 | WOLAŃSKA BARBARA | 383 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 286 | 865 | GRAŻYNY 87 | | 00:20:45 | 00:53:54.41 | 00:55:05.10 | 10:10 | 5.9 |
| 870 | KIELKOWSKA EWELINA | 682 | | JASTRZEBIE-ZDRÓJ | POL | 30-39 LAT | 287 | 866 | GRAŻYNY 87 | | 00:21:00 | 00:54:10.84 | 00:55:06.22 | 10:13 | 5.9 |
| 871 | STRYCHARZ ALEKSANDRA | 768 | OCZEK TEAM | PAWŁÓW | POL | 40-49 LAT | 326 | 867 | TEAM OCZEK | | 00:23:17 | 00:53:04.97 | 00:55:45.22 | 10:00 | 6 |
| 872 | KORBEL KLAUDIA | 956 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 288 | 868 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:39 | 00:54:29.86 | 00:57:22.14 | 10:16 | 5.8 |
| 873 | RUTKOWSKA ANIA | 953 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 140 | 869 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:41 | 00:54:33.44 | 00:57:25.40 | 10:17 | 5.8 |
| 874 | BUREK SONIA | 980 | TEAM MAŁYCH BOHATERÓW | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 289 | 870 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:43 | 00:54:34.52 | 00:57:26.43 | 10:17 | 5.8 |
| 875 | TRZCIŃSKA PAULINA | 44 | | POZNAŃ | POL | 30-39 LAT | 290 | 871 | | | 00:25:00 | 00:57:47.66 | 00:57:58.23 | 10:54 | 5.5 |
| 876 | BORDA GRAŻYNA | 80 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 327 | 872 | KOBIETY NA 5+ | | 00:24:58 | 00:57:46.10 | 00:57:58.25 | 10:53 | 5.5 |
| 877 | ŻEBROWSKA WERONIKA | 31 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 20-29 LAT | 73 | 873 | | | 00:19:31 | 00:57:31.63 | 00:58:22.45 | 10:51 | 5.5 |
| 878 | SZCZEPANIK BOGUMIŁA | 27 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 291 | 874 | | | | 01:00:37.96 | 01:01:18.15 | 11:26 | 5.2 |
| 879 | CIEŚLA LILIANA | 603 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 33 | 875 | | | 00:17:47 | 01:07:25.63 | 01:07:26.00 | 12:43 | 4.7 |
| 880 | SKRZYPIEC MARTYNA | 864 | | KNURÓW | POL | 30-39 LAT | 292 | 876 | | | 00:16:06 | | | 6:26 | 9.3 |
| 881 | JABŁOŃSKA ALEKSANDRA | 964 | | GLIWICE | POL | 30-39 LAT | 293 | 877 | | | | | | | |

KOBIETY NA 5+ :: BIEG, Najlepsza Jastrzębianka

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---|-------------------|------|-----------|--------|-----|-------------------------|-----------------------------|----------|-------------|-------------|--------|------|
| 1 | SUWAJ ANETA | 480 | TL ATHLETICS/ALPIN SPORT TEAM | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 2 | 3 | TL ATHLETICS JASTRZĘBIE | N&A | 00:08:36 | 00:19:38.77 | 00:19:39.14 | 3:42 | 16.2 |
| 2 | WRÓBLEWSKA JUDYTA | 500 | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 8 | 13 | TL ATHLETICS JASTRZĘBIE | | 00:09:21 | 00:22:33.54 | 00:22:35.36 | 4:15 | 14.1 |
| 3 | OPIEKULSKA RENATA | 983 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 6 | 16 | | | 00:09:29 | 00:22:54.32 | 00:22:56.14 | 4:19 | 13.9 |
| 4 | MIKULAK NATALIA | 423 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 4 | 38 | | | 00:10:19 | 00:24:20.75 | 00:24:26.94 | 4:35 | 13.1 |
| 5 | NIESŁAŃCZYK MAŁGORZATA | 485 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 17 | 40 | WATAHA | | 00:10:20 | 00:24:29.70 | 00:24:32.34 | 4:37 | 13 |
| 6 | PERKOWSKA DARIA | 987 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 18 | 41 | KOBIETY NA 5+ | | 00:10:14 | 00:24:32.46 | 00:24:36.28 | 4:37 | 13 |
| 7 | PASŁAWSKA KATARZYNA | 140 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 19 | 44 | KOBIETY NA 5+ | | 00:10:14 | 00:24:39.26 | 00:24:43.07 | 4:39 | 12.9 |
| 8 | GOZDALSKA-ZACHŁÓD SYLWIA | 674 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 23 | 62 | | | 00:10:33 | 00:25:34.14 | 00:25:38.29 | 4:49 | 12.4 |
| 9 | KWAPISZ-BONUSIAK DOROTA | 2 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 25 | 63 | | | 00:10:43 | 00:25:39.88 | 00:25:41.88 | 4:50 | 12.4 |
| 10 | DOMAŃSKA JOANNA | 41 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 27 | 67 | | | 00:10:30 | 00:25:49.43 | 00:25:55.76 | 4:52 | 12.3 |
| 11 | PIDANTY MILENA | 465 | | JASTRZĘBIE -ZDRÓJ | POL | 30-39 LAT | 28 | 68 | | | 00:11:20 | 00:25:52.44 | 00:26:00.77 | 4:52 | 12.3 |
| 12 | MUSIAŁ WIOLETTA | 113 | GALOPUJĄCE ŚLIMAKI | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 27 | 75 | | | 00:11:24 | 00:26:24.28 | 00:26:30.94 | 4:58 | 12 |
| 13 | CHROMIK KRYSZYNA | 828 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 33 | 83 | | DWIE SZALONE | 00:11:05 | 00:26:30.83 | 00:26:53.96 | 5:00 | 12 |
| 14 | POPEK BARBARA | 59 | SOBIESKI 6 | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 8 | 77 | SOBIESKI 6 | SOBIESKI 6 | 00:11:02 | 00:26:34.48 | 00:26:39.57 | 5:00 | 12 |
| 15 | LERCH-HENCZKO MARIA | 645 | AKTYWNIENI NAKRĘCENI | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 34 | 82 | | | 00:10:54 | 00:26:42.79 | 00:26:50.05 | 5:02 | 11.9 |
| 16 | LORENZ AGNIESZKA | 261 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 38 | 100 | NICE GIRLS | | 00:11:41 | 00:27:15.18 | 00:27:35.18 | 5:08 | 11.7 |
| 17 | KUPCZAK DOMINIKA | 643 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 3 | 99 | | | 00:11:40 | 00:27:31.61 | 00:27:34.79 | 5:11 | 11.6 |
| 18 | BAC MAŁGORZATA | 857 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 4 | 112 | | | 00:11:30 | 00:27:51.15 | 00:28:02.57 | 5:15 | 11.4 |
| 19 | SZPYRA ANIELA | 239 | SOBIESKI6 | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 5 | 111 | SOBIESKI 6 | | 00:11:45 | 00:27:56.03 | 00:28:01.11 | 5:16 | 11.4 |
| 20 | KRAWCZYK URSZULA | 255 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 15 | 143 | | | 00:12:24 | 00:28:14.89 | 00:29:00.66 | 5:19 | 11.3 |
| 21 | RABSZTYN-PILARSKA SYLWIA | 627 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 54 | 125 | KOBIETY NA 5+ | | 00:12:01 | 00:28:22.67 | 00:28:35.37 | 5:21 | 11.2 |
| 22 | RAŻNIAK BEATA | 172 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 11 | 123 | KOBIETY NA 5+ | | 00:12:19 | 00:28:24.70 | 00:28:30.86 | 5:21 | 11.2 |
| 23 | PLASKA BARBARA | 15 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 12 | 129 | KOBIETY NA 5+ | | 00:11:57 | 00:28:30.05 | 00:28:41.47 | 5:22 | 11.2 |
| 24 | GORZELAK JOANNA | 913 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 57 | 130 | KOBIETY NA 5+ | | 00:12:06 | 00:28:30.12 | 00:28:41.51 | 5:22 | 11.2 |
| 25 | MARSZAŁKOWSKA DARIA | 939 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 59 | 136 | | | 00:12:19 | 00:28:35.34 | 00:28:49.42 | 5:23 | 11.1 |
| 26 | SOŁTYS WIKTORIA | 535 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 16 | 153 | | | 00:12:14 | 00:28:38.14 | 00:29:20.17 | 5:24 | 11.1 |
| 27 | MARCZYŃSKA IZABELA | 660 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 46 | 133 | | | 00:11:53 | 00:28:40.78 | 00:28:46.00 | 5:24 | 11.1 |
| 28 | BANACH EWA | 629 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 48 | 139 | | | 00:12:06 | 00:28:44.78 | 00:28:51.52 | 5:25 | 11.1 |
| 29 | JAKUBOWSKA ALEKSANDRA | 759 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 63 | 159 | | | 00:12:56 | 00:28:58.68 | 00:29:40.60 | 5:27 | 11 |
| 30 | SOKÓŁ-OLEŚ EWELENA | 254 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 18 | 174 | RUNTEAM PAWŁOWICE | | 00:13:00 | 00:29:05.24 | 00:29:59.21 | 5:29 | 10.9 |
| 31 | SPYRKA MONIKA | 555 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 52 | 162 | KLUB BIEGACZA FARTLEK | KLUB BIEGACZA FARTLEK GIRLS | 00:12:05 | 00:29:30.11 | 00:29:44.53 | 5:33 | 10.8 |
| 32 | BRASZKIEWICZ AGNIESZKA | 957 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 58 | 168 | | | 00:12:37 | 00:29:35.17 | 00:29:50.08 | 5:34 | 10.7 |
| 33 | REJBICZ WERONIKA | 937 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 59 | 172 | | | 00:12:39 | 00:29:38.74 | 00:29:53.27 | 5:35 | 10.7 |
| 34 | GARUS MAGDALENA | 271 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 72 | 164 | | | 00:12:27 | 00:29:40.12 | 00:29:47.07 | 5:35 | 10.7 |
| 35 | GATNER AGNIESZKA | 313 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 80 | 191 | | | 00:12:14 | 00:30:10.02 | 00:30:16.84 | 5:41 | 10.5 |
| 36 | WALA ANNA | 162 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 81 | 215 | | | 00:12:57 | 00:30:10.17 | 00:30:51.97 | 5:41 | 10.5 |
| 37 | MICHALAK NIKOLA | 544 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 23 | 213 | | | 00:12:52 | 00:30:10.43 | 00:30:51.66 | 5:41 | 10.5 |
| 38 | CHORCHOS MAGDA | 12 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 65 | 202 | | | 00:13:13 | 00:30:17.39 | 00:30:34.40 | 5:42 | 10.5 |
| 39 | RATAJCZAK EWA | 502 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 84 | 199 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.75 | 00:30:31.52 | 5:42 | 10.5 |
| 40 | RANSZ BEATA | 79 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 27 | 198 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.76 | 00:30:31.51 | 5:42 | 10.5 |
| 41 | LEGIERSKA NATALIA | 683 | TL ATHLETICS JASTRZĘBIE | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 67 | 196 | TL ATHLETICS JASTRZĘBIE | CORRIDORI | 00:12:47 | 00:30:23.06 | 00:30:29.16 | 5:43 | 10.5 |
| 42 | JASTRZĘBSKA EWA | 199 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 29 | 214 | | | 00:12:56 | 00:30:29.94 | 00:30:51.85 | 5:45 | 10.4 |
| 43 | MUSIAŁ MARIA | 445 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 4 | 234 | | | 00:13:54 | 00:30:39.03 | 00:31:17.61 | 5:46 | 10.4 |
| 44 | MALISZEWSKA BEATA | 792 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 72 | 224 | | | 00:12:45 | 00:30:45.43 | 00:31:10.24 | 5:48 | 10.3 |
| 45 | JUREK IZA | 584 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 89 | 235 | NICE GIRLS | | 00:13:41 | 00:30:57.37 | 00:31:17.82 | 5:50 | 10.3 |
| 46 | TULKÓ IWONA | 277 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 35 | 219 | | | 00:12:28 | 00:31:02.04 | 00:31:05.34 | 5:51 | 10.2 |
| 47 | MICHALSKA MONIKA | 867 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 81 | 238 | | | 00:13:13 | 00:31:07.21 | 00:31:20.05 | 5:52 | 10.2 |
| 48 | GACH ANNA | 591 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 83 | 229 | | | 00:12:06 | 00:31:09.52 | 00:31:15.12 | 5:52 | 10.2 |
| 49 | KUSA ALEKSANDRA | 1320 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 46 | K 2 | | | 00:13:24 | 00:31:27.78 | 00:32:03.89 | 5:56 | 10.1 |
| 50 | CHRZĄSTEK MAGDALENA | 432 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 85 | 263 | | | 00:12:57 | 00:31:28.04 | 00:31:45.98 | 5:56 | 10.1 |
| 51 | BORUTA WIOLETTA | 293 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 107 | 262 | | | 00:13:29 | 00:31:29.79 | 00:31:44.33 | 5:56 | 10.1 |
| 52 | DĄBROWSKA EMILIA | 1321 | PARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 109 | K 1 | PARTLEK | | 00:13:27 | 00:31:30.88 | 00:31:59.04 | 5:56 | 10.1 |

KOBIETY NA 5+ :: BIEG, Najlepsza Jastrzębianka c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------------|------------------|------|-----------|--------|-----|---------------------------------------|-----------|----------|-------------|-------------|--------|------|
| 53 | SOBINA ROKSANA | 970 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 110 | 276 | KLUB BIEGACZA FARTLEK | | 00:13:27 | 00:31:31.13 | 00:31:59.01 | 5:56 | 10.1 |
| 54 | GWIZDAŁA JOANNA | 609 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 112 | 296 | | | 00:13:21 | 00:31:35.33 | 00:32:23.22 | 5:57 | 10.1 |
| 55 | AUGUŚCİK EWELINA | 495 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 87 | 268 | | | 00:13:30 | 00:31:39.05 | 00:31:50.59 | 5:58 | 10 |
| 56 | GOŁĄBEK ANNA | 661 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 88 | 282 | | | 00:13:31 | 00:31:50.41 | 00:32:05.01 | 6:00 | 10 |
| 57 | ROŚCZAK SYLWIA | 767 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 121 | 278 | | | 00:12:54 | 00:31:51.93 | 00:31:59.73 | 6:00 | 10 |
| 58 | ORSZULIK PAULINA | 978 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 26 | 305 | | | 00:14:10 | 00:31:56.26 | 00:32:38.47 | 6:01 | 10 |
| 59 | KŁEK MARŻENA | 945 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 123 | 280 | | | 00:13:13 | 00:31:56.57 | 00:32:04.25 | 6:01 | 10 |
| 60 | POŁĘDNIOK ALEKSANDRA | 551 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 124 | 287 | | | 00:13:14 | 00:31:56.91 | 00:32:07.78 | 6:01 | 10 |
| 61 | KOŁDYS KAROLINA | 979 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 27 | 307 | | | 00:14:12 | 00:31:56.95 | 00:32:38.95 | 6:01 | 10 |
| 62 | SAGAN IZABELA | 413 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 127 | 279 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:13:02 | 00:31:59.16 | 00:32:03.08 | 6:02 | 9.9 |
| 63 | BURDZIK WERONIKA | 499 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 89 | 293 | | | 00:13:30 | 00:31:59.33 | 00:32:14.58 | 6:02 | 9.9 |
| 64 | DROBNY JOANNA | 766 | | RYDUŁTOWY | POL | 30-39 LAT | 90 | 286 | | | 00:13:38 | 00:31:59.43 | 00:32:07.70 | 6:02 | 9.9 |
| 65 | SKOTNICKA URSZULA | 193 | NIE ZRZESZONA | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 47 | 285 | | | 00:13:07 | 00:31:59.82 | 00:32:07.43 | 6:02 | 9.9 |
| 66 | SIEKIERKA KLAUDIA | 149 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 91 | 289 | | | 00:12:41 | 00:32:04.76 | 00:32:08.58 | 6:03 | 9.9 |
| 67 | WOWRA ALEKSANDRA | 662 | | MIKOŁÓW | POL | 30-39 LAT | 93 | 299 | | | 00:14:20 | 00:32:07.58 | 00:32:29.06 | 6:03 | 9.9 |
| 68 | HETMANIOK AGNIESZKA | 381 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 96 | 326 | | | 00:13:04 | 00:32:10.25 | 00:32:51.96 | 6:04 | 9.9 |
| 69 | KŁOSEK MONIKA | 976 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 132 | 341 | | | 00:13:33 | 00:32:14.12 | 00:33:10.19 | 6:04 | 9.9 |
| 70 | PROKOPIUK WIKTORIA | 177 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 7 | 301 | | | 00:12:47 | 00:32:20.42 | 00:32:31.62 | 6:06 | 9.8 |
| 71 | PAWLIK NATALIA | 34 | BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 101 | 332 | | | 00:13:19 | 00:32:29.08 | 00:33:01.34 | 6:07 | 9.8 |
| 72 | STĘPIEŃ SANDRA | 216 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 102 | 309 | | | 00:13:09 | 00:32:30.10 | 00:32:40.06 | 6:07 | 9.8 |
| 73 | ANIOŁ-BARLIK AGNIESZKA | 198 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 141 | 325 | | | 00:13:38 | 00:32:46.78 | 00:32:50.34 | 6:10 | 9.7 |
| 74 | ZIEJA MARTYNA | 687 | MAGDA | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 28 | 351 | MAGDA | | 00:14:39 | 00:32:47.63 | 00:33:28.91 | 6:11 | 9.7 |
| 75 | SOSNA IWONA | 652 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 142 | 330 | | | 00:13:10 | 00:32:49.51 | 00:32:58.64 | 6:11 | 9.7 |
| 76 | BOBER ALICJA | 275 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 143 | 346 | | | 00:14:17 | 00:32:51.35 | 00:33:16.99 | 6:11 | 9.7 |
| 77 | ZIELIŃSKA KAROLINA | 666 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 110 | 361 | | | 00:14:12 | 00:32:55.21 | 00:33:36.73 | 6:12 | 9.7 |
| 78 | KŁOPEĆ WERONIKA | 855 | | ZEBRZYDOWICE | POL | 30-39 LAT | 116 | 369 | | | 00:14:30 | 00:33:09.18 | 00:33:41.62 | 6:15 | 9.6 |
| 79 | DZIUK JOLANTA | 493 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 58 | 373 | | | 00:14:06 | 00:33:11.83 | 00:33:44.47 | 6:15 | 9.6 |
| 80 | RADECKA BOŻENA | 934 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 9 | 378 | | | 00:13:34 | 00:33:13.45 | 00:33:50.97 | 6:16 | 9.6 |
| 81 | CZARNOTA BOŻENA | 448 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 59 | 357 | | | 00:14:04 | 00:33:17.98 | 00:33:34.54 | 6:16 | 9.6 |
| 82 | JANCZAR ANGELIKA | 94 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 118 | 354 | | | 00:14:17 | 00:33:23.86 | 00:33:32.58 | 6:17 | 9.5 |
| 83 | HAIN KLAUDIA | 975 | MAŁE LAMPARTY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 119 | 356 | | | 00:13:42 | 00:33:27.69 | 00:33:34.52 | 6:18 | 9.5 |
| 84 | PIETROSZEK WŁADYSŁAWA | 71 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 151 | 360 | | | 00:13:16 | 00:33:28.44 | 00:33:36.44 | 6:18 | 9.5 |
| 85 | GAŚSIOR ROKSANA | 1322 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 120 | K 3 | | | 00:14:01 | 00:33:29.21 | 00:34:13.24 | 6:19 | 9.5 |
| 86 | BADACH AGNIESZKA | 7 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 61 | 371 | KOBIETY NA 5+ | | 00:14:03 | 00:33:29.80 | 00:33:42.48 | 6:19 | 9.5 |
| 87 | SZPYRA SONIA | 244 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 63 | 374 | | | 00:13:41 | 00:33:39.12 | 00:33:44.91 | 6:20 | 9.5 |
| 88 | KAFARA JOANNA | 889 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 123 | 407 | WATAHA | | 00:15:36 | 00:33:42.33 | 00:34:21.91 | 6:21 | 9.4 |
| 89 | TRYBAŁA MONIKA | 888 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 155 | 408 | WATAHA | | 00:15:37 | 00:33:43.88 | 00:34:22.01 | 6:21 | 9.4 |
| 90 | ARENDARSKA PATRYCJA | 270 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 124 | 411 | | | 00:14:39 | 00:33:44.61 | 00:34:22.91 | 6:21 | 9.4 |
| 91 | BOGACZ-BUCHTA ANNA | 570 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 158 | 399 | | | 00:14:49 | 00:33:47.35 | 00:34:17.38 | 6:22 | 9.4 |
| 92 | KOŁODYŃSKA JUSTYNA | 165 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 129 | 389 | | | 00:14:26 | 00:33:53.75 | 00:34:03.60 | 6:23 | 9.4 |
| 93 | STOPYRA AGNIESZKA | 526 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 65 | 437 | | | 00:14:38 | 00:33:56.21 | 00:34:46.40 | 6:24 | 9.4 |
| 94 | GAPIŃSKA JOANNA | 372 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 131 | 393 | | | 00:14:36 | 00:33:57.26 | 00:34:11.15 | 6:24 | 9.4 |
| 95 | IDZIKOWSKA ELŻBIETA | 302 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 164 | 402 | | | 00:14:14 | 00:33:57.27 | 00:34:18.00 | 6:24 | 9.4 |
| 96 | NOWICKA OLA | 282 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 133 | 422 | | | 00:14:04 | 00:34:05.02 | 00:34:32.99 | 6:25 | 9.3 |
| 97 | TOPOLIŃSKA DOROTA | 881 | | ZEBRZYDOWICE | POL | 30-39 LAT | 135 | 395 | | | 00:13:49 | 00:34:08.42 | 00:34:14.55 | 6:26 | 9.3 |
| 98 | NOWROT EWA | 373 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 173 | 423 | | | 00:14:31 | 00:34:13.48 | 00:34:35.84 | 6:27 | 9.3 |
| 99 | IDZIKOWSKA URSZULA | 303 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 38 | 428 | | | 00:14:14 | 00:34:19.03 | 00:34:40.31 | 6:28 | 9.3 |
| 100 | SZCZEPANOWSKA GRAŻYNA | 730 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 11 | 469 | | | 00:15:02 | 00:34:31.39 | 00:35:32.55 | 6:30 | 9.2 |
| 101 | FECZKO LUCYNA | 811 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 179 | 441 | | | 00:14:23 | 00:34:33.28 | 00:34:49.08 | 6:31 | 9.2 |
| 102 | SZYŃAL MAGDALENA | 634 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 147 | 453 | | | 00:14:29 | 00:34:45.68 | 00:35:09.15 | 6:33 | 9.2 |
| 103 | BOŻEK DAGMARA | 42 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 183 | 452 | TEAM OLI LIDL | | 00:14:59 | 00:34:46.93 | 00:35:05.98 | 6:33 | 9.1 |
| 104 | SZELONG KINGA | 915 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 41 | 442 | | | 00:13:17 | 00:34:47.83 | 00:34:51.36 | 6:33 | 9.1 |
| 105 | LEWANDOWSKA ANETA | 962 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 189 | 482 | | | 00:15:34 | 00:35:01.06 | 00:35:47.30 | 6:36 | 9.1 |

KOBIETY NA 5+ :: BIEG, Najlepsza Jastrzębianka c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------|------------------|------|-----------|--------|-----|---|-----------|----------|-------------|-------------|--------|------|
| 106 | SŁODZIŃSKA MAGDALENA | 468 | MADYRUN | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 42 | 460 | | | 00:14:42 | 00:35:05.00 | 00:35:22.65 | 6:37 | 9.1 |
| 107 | ZIĘTARA AGATA | 516 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 71 | 500 | | | 00:15:21 | 00:35:10.90 | 00:36:01.76 | 6:38 | 9 |
| 108 | GLÓWCZYK IZABELLA | 340 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 195 | 461 | KOBIETY NA 5+ | | 00:14:25 | 00:35:12.88 | 00:35:24.80 | 6:38 | 9 |
| 109 | ADAMCZAK RENATA | 25 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 72 | 490 | | | 00:15:11 | 00:35:21.19 | 00:35:55.45 | 6:40 | 9 |
| 110 | DĘBOWSKA BEATA | 101 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 73 | 506 | | | 00:15:03 | 00:35:22.42 | 00:36:09.61 | 6:40 | 9 |
| 111 | TRZCIŃSKA JOANNA | 92 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 158 | 472 | KOBIETY NA 5+ | | 00:14:42 | 00:35:25.52 | 00:35:36.53 | 6:40 | 9 |
| 112 | BAŁA JUSTYNA | 115 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 200 | 478 | KOBIETY NA 5+ | | 00:14:05 | 00:35:29.64 | 00:35:43.43 | 6:41 | 9 |
| 113 | DZIĘCIELEWSKA SYLWIA | 899 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 209 | 523 | BYLE DO METY | | 00:15:17 | 00:35:52.88 | 00:36:36.19 | 6:46 | 8.9 |
| 114 | DYŃIA MAGDALENA | 93 | DYŃKI TEAM | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 211 | 546 | | | 00:15:29 | 00:36:03.34 | 00:37:07.63 | 6:48 | 8.8 |
| 115 | REYMANN MILENA | 776 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 212 | 535 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:15:35 | 00:36:10.87 | 00:36:56.36 | 6:49 | 8.8 |
| 116 | KONOPKA MAGDALENA | 86 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 172 | 542 | 55-LAT SP5 | | 00:16:26 | 00:36:13.12 | 00:37:04.84 | 6:50 | 8.8 |
| 117 | MATUSZEK ANNA | 83 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 174 | 510 | | | 00:15:01 | 00:36:14.12 | 00:36:19.87 | 6:50 | 8.8 |
| 118 | BUCHOLC MARIOLA | 777 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 179 | 526 | | | 00:15:01 | 00:36:33.74 | 00:36:40.07 | 6:53 | 8.7 |
| 119 | LABZA ANNA | 593 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 180 | 560 | | | 00:15:43 | 00:36:35.22 | 00:37:25.45 | 6:54 | 8.7 |
| 120 | ROKITA MAGDALENA | 576 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 181 | 554 | | | 00:16:36 | 00:36:35.91 | 00:37:16.97 | 6:54 | 8.7 |
| 121 | MATUSIAK PAULINA | 723 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 183 | 548 | | | 00:15:18 | 00:36:42.82 | 00:37:07.84 | 6:55 | 8.7 |
| 122 | LECHOWICZ IRENA | 301 | SZARE MORSY | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 16 | 556 | | | 00:15:49 | 00:36:45.43 | 00:37:19.94 | 6:56 | 8.7 |
| 123 | LAZAR JOANNA | 274 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 185 | 572 | | | 00:15:27 | 00:36:56.04 | 00:37:44.87 | 6:58 | 8.6 |
| 124 | DAMIS DARIA | 52 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 188 | 599 | | | 00:15:20 | 00:37:07.42 | 00:38:12.30 | 7:00 | 8.6 |
| 125 | JAKUBIK EDYTA | 763 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 190 | 597 | | | 00:14:55 | 00:37:13.82 | 00:38:08.42 | 7:01 | 8.5 |
| 126 | KŁOPEĆ SYLWIA | 854 | | ZEBRZYDOWICE | POL | 30-39 LAT | 191 | 578 | | | 00:15:29 | 00:37:13.96 | 00:37:48.37 | 7:01 | 8.5 |
| 127 | GAŃKO GRAŻYNA | 608 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 17 | 568 | | | 00:15:58 | 00:37:22.16 | 00:37:34.67 | 7:03 | 8.5 |
| 128 | SZYMCZAK MARIOLA | 187 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 19 | 576 | | | 00:15:16 | 00:37:37.78 | 00:37:47.81 | 7:05 | 8.5 |
| 129 | ABRACHAMCZYK AGNIESZKA | 18 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 52 | 592 | | | 00:16:13 | 00:37:48.18 | 00:38:04.85 | 7:07 | 8.4 |
| 130 | BOREK KAROLINA | 900 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 200 | 622 | | | 00:15:40 | 00:37:52.79 | 00:38:34.97 | 7:08 | 8.4 |
| 131 | SŁYSZ NATALIA | 642 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 201 | 624 | BYLE DO METY | | 00:16:25 | 00:37:53.09 | 00:38:37.74 | 7:08 | 8.4 |
| 132 | DULIBAN AGNIESZKA | 940 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 204 | 604 | | | 00:15:56 | 00:37:56.82 | 00:38:17.46 | 7:09 | 8.4 |
| 133 | GUŚCIORA JUSTYNA | 108 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 95 | 598 | | | 00:14:45 | 00:37:57.98 | 00:38:10.79 | 7:09 | 8.4 |
| 134 | SADOWSKA KAMILA | 926 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 209 | 613 | | | 00:15:55 | 00:38:06.10 | 00:38:26.85 | 7:11 | 8.3 |
| 135 | SERAFIN CHWAŁEK JOANNA | 118 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 240 | 621 | | | 00:15:41 | 00:38:07.00 | 00:38:34.31 | 7:11 | 8.3 |
| 136 | WALA ROKSANA | 948 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 210 | 636 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:44 | 00:38:10.15 | 00:38:43.02 | 7:12 | 8.3 |
| 137 | CEREMON JOANNA | 890 | | PIELGRZYMOWICE | POL | 40-49 LAT | 245 | 601 | | | 00:15:17 | 00:38:10.76 | 00:38:15.38 | 7:12 | 8.3 |
| 138 | OLCZYK WIOLETTA | 560 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 101 | 608 | KOBIETY NA 5+ | | 00:15:00 | 00:38:12.68 | 00:38:22.62 | 7:12 | 8.3 |
| 139 | JANISZEWSKA PATRYCJA | 917 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 211 | 654 | BYLE DO METY | | 00:15:30 | 00:38:13.54 | 00:38:57.39 | 7:12 | 8.3 |
| 140 | ROSTALSKA BARBARA | 966 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 103 | 660 | 55-LAT SP5 | | 00:16:24 | 00:38:14.36 | 00:39:06.98 | 7:12 | 8.3 |
| 141 | FITAS NATALIA | 758 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 53 | 655 | | | 00:17:03 | 00:38:19.52 | 00:38:58.32 | 7:13 | 8.3 |
| 142 | PIERON-KŁAKUS ANETA | 701 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 214 | 615 | PO JEDNEJ BABCI | | 00:15:20 | 00:38:20.39 | 00:38:28.76 | 7:13 | 8.3 |
| 143 | BANACH-HAN KINGA | 673 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 215 | 610 | | | 00:15:51 | 00:38:21.90 | 00:38:25.56 | 7:14 | 8.3 |
| 144 | KACZOREK MALWINA | 1276 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 216 | 649 | | | 00:15:26 | 00:38:27.12 | 00:38:53.04 | 7:15 | 8.3 |
| 145 | DACENKO JOANNA | 669 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 248 | 639 | | | 00:15:52 | 00:38:27.73 | 00:38:43.61 | 7:15 | 8.3 |
| 146 | OLEJNIK KAROLINA | 757 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 54 | 664 | | | 00:17:03 | 00:38:31.00 | 00:39:09.59 | 7:16 | 8.3 |
| 147 | HUBA AGNIESZKA | 134 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 217 | 645 | KOBIETY NA 5+ | | 00:14:41 | 00:38:36.11 | 00:38:49.02 | 7:16 | 8.2 |
| 148 | MYŚLIWIEC MONIKA | 581 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 253 | 646 | KOBIETY NA 5+ | | 00:15:55 | 00:38:39.13 | 00:38:49.08 | 7:17 | 8.2 |
| 149 | WAGNER NATALIA | 647 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 218 | 643 | | | 00:16:21 | 00:38:41.73 | 00:38:48.56 | 7:17 | 8.2 |
| 150 | GARUS ANDZIA | 467 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 254 | 657 | | | 00:16:10 | 00:38:43.53 | 00:38:59.70 | 7:18 | 8.2 |
| 151 | NIEDŹWIEDŹ JULIA | 342 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 56 | 653 | | | 00:16:18 | 00:38:45.00 | 00:38:54.88 | 7:18 | 8.2 |
| 152 | SCHMIDT MAGDALENA | 893 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 219 | 673 | 55-LAT SP5 | | 00:16:31 | 00:38:46.61 | 00:39:39.27 | 7:18 | 8.2 |
| 153 | PEL CZAR NATALIA | 818 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 57 | 656 | | | 00:16:16 | 00:38:50.90 | 00:38:59.31 | 7:19 | 8.2 |
| 154 | MAREK SYLWIA | 879 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 222 | 668 | | | 00:16:51 | 00:38:52.27 | 00:39:26.32 | 7:20 | 8.2 |
| 155 | MARON HONORATA | 549 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 223 | 662 | | | 00:16:16 | 00:38:58.85 | 00:39:07.74 | 7:21 | 8.2 |
| 156 | BARAN KAROLINA | 525 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 224 | 677 | | | 00:16:46 | 00:39:00.68 | 00:39:42.05 | 7:21 | 8.2 |
| 157 | KAMIŃSKA ALEKSANDRA | 530 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 227 | 688 | | | 00:16:46 | 00:39:11.81 | 00:39:53.00 | 7:23 | 8.1 |
| 158 | KOWALSKA MAŁGORZATA | 441 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 110 | 690 | | | 00:15:53 | 00:39:16.80 | 00:39:57.00 | 7:24 | 8.1 |
| 159 | STELMACH MARTA | 749 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 228 | 669 | | | 00:16:20 | 00:39:19.51 | 00:39:27.58 | 7:25 | 8.1 |

KOBIETY NA 5+ :: BIEG, Najlepsza Jastrzębianka c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|---------------|--------------------|------|-----------|--------|-----|---------------------------|-------------------|----------|-------------|-------------|--------|------|
| 160 | PYZIK BARBARA | 14 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 261 | 674 | | | 00:15:18 | 00:39:25.61 | 00:39:39.48 | 7:26 | 8.1 |
| 161 | ZAJĄC PATRYCJA | 382 | ZAJĄCE | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 60 | 700 | | | 00:16:39 | 00:39:31.21 | 00:40:10.95 | 7:27 | 8 |
| | | | > | | | | | | | | | | | | |
| 162 | DRANICZAREK ANNA | 481 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 232 | 683 | | | 00:16:24 | 00:39:41.40 | 00:39:48.44 | 7:29 | 8 |
| 163 | GRZELAK PATRYCJA | 352 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 265 | 691 | | | 00:16:29 | 00:39:45.37 | 00:40:00.53 | 7:30 | 8 |
| 164 | WĘGRZYN ZUZANNA | 592 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 62 | 693 | | | 00:16:08 | 00:39:54.14 | 00:40:04.25 | 7:31 | 8 |
| 165 | OSTAPIUK ANNA | 40 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 235 | 709 | | | 00:16:57 | 00:39:56.91 | 00:40:30.89 | 7:32 | 8 |
| 166 | RADUCKA KINGA | 837 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 266 | 703 | NICE GIRLS | | 00:16:43 | 00:39:56.93 | 00:40:15.89 | 7:32 | 8 |
| 167 | PIWOWAR BEATA | 836 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 267 | 704 | NICE GIRLS | | 00:16:44 | 00:39:57.82 | 00:40:16.24 | 7:32 | 8 |
| 168 | KOWALCZYK BASIA | 170 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 268 | 695 | | | 00:16:29 | 00:39:59.61 | 00:40:06.71 | 7:32 | 8 |
| 169 | BRODA KAMILA | 229 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 236 | 713 | | | 00:16:39 | 00:40:00.90 | 00:40:37.17 | 7:32 | 8 |
| 170 | UHEREK AGNIESZKA | 599 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 238 | 727 | GRAŻYNY 87 | | 00:16:45 | 00:40:02.24 | 00:40:57.66 | 7:33 | 7.9 |
| 171 | PIPIRO GRAŻYNA | 156 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 22 | 714 | KOBIETY NA 5+ | | 00:17:10 | 00:40:02.43 | 00:40:39.96 | 7:33 | 7.9 |
| 172 | VAIDYAN-IWANOWSKA GRAŻYNA | 314 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 23 | 707 | | | 00:16:22 | 00:40:17.48 | 00:40:22.64 | 7:36 | 7.9 |
| 173 | NIEDŹWIĘDŹ MAJA | 339 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 273 | 708 | | | 00:15:43 | 00:40:20.86 | 00:40:30.07 | 7:36 | 7.9 |
| 174 | OLEŚ ULA | 947 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 241 | 726 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:37 | 00:40:29.58 | 00:40:56.11 | 7:38 | 7.9 |
| 175 | FOLTYN DOMINIKA | 877 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 242 | 731 | | | 00:17:39 | 00:40:30.66 | 00:41:04.29 | 7:38 | 7.9 |
| 176 | SZCZUCHNIAK ADRIANA | 284 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 280 | 743 | | | 00:17:06 | 00:40:45.83 | 00:41:31.11 | 7:41 | 7.8 |
| 177 | PAŁYS AGATA | 736 | SZARE MORSY | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 283 | 735 | | | 00:16:25 | 00:41:14.23 | 00:41:14.60 | 7:46 | 7.7 |
| 178 | SIEROTA RENATA | 887 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 284 | 746 | | | 00:17:06 | 00:41:14.76 | 00:41:32.19 | 7:46 | 7.7 |
| 179 | WODZYŃSKA-KOCZY MARTA | 294 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 285 | 745 | | | 00:16:39 | 00:41:15.38 | 00:41:32.12 | 7:46 | 7.7 |
| 180 | BARTNIK JOANNA | 251 | STREET SPIRIT | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 286 | 749 | | DWIE SZALONE | 00:16:58 | 00:41:16.78 | 00:41:40.67 | 7:47 | 7.7 |
| 181 | MILCUSZEK MAGDALENA | 90 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 249 | 747 | | | 00:17:08 | 00:41:17.02 | 00:41:32.39 | 7:47 | 7.7 |
| 182 | BYCINA EDYTA | 935 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 287 | 755 | | | 00:17:24 | 00:41:27.55 | 00:42:02.92 | 7:49 | 7.7 |
| 183 | BROCKA JOANNA | 672 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 289 | 758 | | | 00:17:24 | 00:41:30.97 | 00:42:05.92 | 7:49 | 7.7 |
| 184 | NOWAK MALWINA | 936 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 252 | 751 | | | 00:18:12 | 00:41:31.14 | 00:41:42.68 | 7:50 | 7.7 |
| 185 | ROTTER HANNA | 164 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 26 | 756 | | | 00:17:31 | 00:41:38.60 | 00:42:03.51 | 7:51 | 7.6 |
| 186 | BRYŁA MAŁGORZATA | 720 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 293 | 774 | | SOCJO CORPO GROUP | 00:18:00 | 00:42:06.92 | 00:42:50.40 | 7:56 | 7.6 |
| 187 | KOSTKA JUSTYNA | 655 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 256 | 764 | | | 00:18:28 | 00:42:14.53 | 00:42:23.07 | 7:58 | 7.5 |
| 188 | ŁANUCHA MARIOLA | 67 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 29 | 780 | KOBIETY NA 5+ | | 00:17:51 | 00:42:37.98 | 00:42:53.39 | 8:02 | 7.5 |
| 189 | WAWOCZNY ANITA | 392 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 298 | 778 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.84 | 00:42:52.20 | 8:02 | 7.5 |
| 190 | SAWICKA MARTA | 211 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 299 | 779 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.99 | 00:42:52.34 | 8:02 | 7.5 |
| 191 | KOLAT JADWIGA | 57 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 300 | 783 | KOBIETY NA 5+ | | 00:16:54 | 00:42:40.58 | 00:42:54.05 | 8:03 | 7.5 |
| 192 | GLUSZAK ALEKSANDRA | 332 | KOBIETY NA 5+ | JASTRZĘBIE -ZDRÓJ | POL | 40-49 LAT | 301 | 776 | KOBIETY NA 5+ | | 00:16:58 | 00:42:42.24 | 00:42:51.25 | 8:03 | 7.4 |
| 193 | BETAŃSKA ANETA | 155 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 302 | 777 | KOBIETY NA 5+ | | 00:17:03 | 00:42:42.29 | 00:42:51.29 | 8:03 | 7.4 |
| 194 | MYŚLIWIEC SENIORITA | 137 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 257 | 775 | KOBIETY NA 5+ | | 00:17:04 | 00:42:42.37 | 00:42:51.04 | 8:03 | 7.4 |
| 195 | PAJĄK MAŁGORZATA | 291 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 124 | 784 | KOBIETY NA 5+ | | 00:17:03 | 00:42:44.82 | 00:42:54.13 | 8:03 | 7.4 |
| 196 | ZALEWSKA BARBARA | 190 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 303 | 782 | KOBIETY NA 5+ | | 00:17:30 | 00:42:46.47 | 00:42:53.73 | 8:04 | 7.4 |
| 197 | STAŚKIEWICZ MONIKA | 509 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 125 | 796 | | | 00:18:16 | 00:42:58.09 | 00:43:41.39 | 8:06 | 7.4 |
| 198 | SZCZEPANIK MARTA | 671 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 260 | 802 | | | 00:18:30 | 00:43:01.83 | 00:43:53.69 | 8:06 | 7.4 |
| 199 | GÓRNICZ PATRYCJA | 651 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 261 | 797 | | | 00:17:28 | 00:43:08.43 | 00:43:45.26 | 8:08 | 7.4 |
| 200 | BAZGIER MAGDALENA | 654 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 263 | 804 | | | 00:17:28 | 00:43:29.36 | 00:44:06.22 | 8:12 | 7.3 |
| 201 | OLBER JUSTYNA | 918 | | ŻORY | POL | 30-39 LAT | 264 | 805 | | | 00:18:48 | 00:43:38.13 | 00:44:12.23 | 8:13 | 7.3 |
| 202 | STAŚKIEWICZ BEATA | 721 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 311 | 809 | | SOCJO CORPO GROUP | 00:18:43 | 00:44:01.27 | 00:44:44.95 | 8:18 | 7.2 |
| 203 | RODZIEWICZ AGNIESZKA | 684 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 271 | 829 | | | 00:19:25 | 00:45:16.51 | 00:46:13.34 | 8:32 | 7 |
| 204 | NIEDZIOŁKO BOŻENA | 208 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 129 | 822 | KOBIETY NA 5+ | | 00:18:42 | 00:45:30.88 | 00:45:46.22 | 8:35 | 7 |
| 205 | SZCZEPANIK ALEKSANDRA | 116 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 273 | 821 | | | 00:18:42 | 00:45:31.16 | 00:45:45.60 | 8:35 | 7 |
| 206 | NALEWAJKA WIOLETA | 443 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 130 | 820 | KOBIETY NA 5+ | | 00:18:44 | 00:45:31.41 | 00:45:45.52 | 8:35 | 7 |
| 207 | GROCHOWSKA OLIWIA | 550 | | JASTRZĘBIE ZDRÓJ | POL | 16-19 LAT | 15 | 827 | | | 00:18:32 | 00:45:49.74 | 00:46:02.21 | 8:38 | 6.9 |
| 208 | KONOWALCZUK IZA | 633 | | JASTRZĘBIE - ZDRÓJ | POL | 30-39 LAT | 275 | 835 | | | 00:19:31 | 00:46:26.82 | 00:46:54.60 | 8:45 | 6.8 |
| 209 | WIĘDŁOCHA-GRABKA MARTA | 752 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 276 | 834 | | | 00:19:30 | 00:46:27.10 | 00:46:54.56 | 8:45 | 6.8 |

KOBIETY NA 5+ :: BIEG, Najlepsza Jastrzębianka c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-----------------------|--------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 210 | WITKOWSKA-DOLNY SANDRA | 390 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 278 | 844 | GRAŻYNY 87 | | 00:20:07 | 00:46:31.70 | 00:47:29.29 | 8:46 | 6.8 |
| 211 | PRUC JOLANTA | 808 | GRAŻYNY 87 | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 279 | 845 | GRAŻYNY 87 | | 00:20:09 | 00:46:33.49 | 00:47:29.40 | 8:46 | 6.8 |
| 212 | ABRACHAMCZYK BARBARA | 102 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 31 | 836 | | | 00:18:27 | 00:46:41.71 | 00:46:57.56 | 8:48 | 6.8 |
| 213 | SŁUPECKA BEATA | 336 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 324 | 847 | | | 00:18:45 | 00:47:44.92 | 00:48:08.89 | 9:00 | 6.7 |
| 214 | SAGAN MAŁGORZATA | 967 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 132 | 848 | TEAM MAŁYCH BOHATERÓW :-) | | 00:19:44 | 00:48:08.86 | 00:48:34.64 | 9:04 | 6.6 |
| 215 | KUŚMIERSKA-KUBAS ALINA | 933 | | JASTRZEBIE-ZDRÓJ | POL | 50-59 LAT | 133 | 850 | | | 00:19:38 | 00:48:29.01 | 00:48:51.65 | 9:08 | 6.6 |
| 216 | MARCZOK MARTA | 601 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 283 | 852 | | | 00:20:34 | 00:48:34.12 | 00:48:59.01 | 9:09 | 6.5 |
| 217 | PIŁATOWSKA MAGDALENA | 424 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 284 | 853 | | | 00:20:34 | 00:48:34.20 | 00:48:59.10 | 9:09 | 6.5 |
| 218 | WOJTAŁ DANUTA | 801 | | JASTRZĘBIE - ZDRÓJ | POL | 50-59 LAT | 135 | 857 | | | 00:20:18 | 00:49:15.56 | 00:49:52.84 | 9:17 | 6.5 |
| 219 | PIĄTKOWSKA ROMANA | 154 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 137 | 860 | | | 00:21:09 | 00:51:04.76 | 00:51:45.56 | 9:38 | 6.2 |
| 220 | HASIOR DOROTA | 185 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 138 | 859 | | | 00:21:09 | 00:51:04.89 | 00:51:45.36 | 9:38 | 6.2 |
| 221 | WOLAŃSKA BARBARA | 383 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 286 | 865 | GRAŻYNY 87 | | 00:20:45 | 00:53:54.41 | 00:55:05.10 | 10:10 | 5.9 |
| 222 | KORBEL KLAUDIA | 956 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 288 | 868 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:39 | 00:54:29.86 | 00:57:22.14 | 10:16 | 5.8 |
| 223 | RUTKOWSKA ANIA | 953 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 140 | 869 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:41 | 00:54:33.44 | 00:57:25.40 | 10:17 | 5.8 |
| 224 | BUREK SONIA | 980 | TEAM MAŁYCH BOHATERÓW | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 289 | 870 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:43 | 00:54:34.52 | 00:57:26.43 | 10:17 | 5.8 |
| 225 | SZCZEPANIK BOGUMIŁA | 27 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 291 | 874 | | | | 01:00:37.96 | 01:01:18.15 | 11:26 | 5.2 |
| 226 | CIEŚLA LILIANA | 603 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 33 | 875 | | | 00:17:47 | 01:07:25.63 | 01:07:26.00 | 12:43 | 4.7 |

KOBIETY NA 5+ :: BIEG, 16-19 lat

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 1 | KANDORA KATARZYNA | 676 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 16-19 LAT | 1 | 53 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:50 | 00:25:16.90 | 00:25:20.84 | 4:46 | 12.6 |
| 2 | SŁOWIK MARLENA | 119 | #JUSTFEELFITTEAM | CIĘCINA | POL | 16-19 LAT | 2 | 61 | #JUSTFEELFITTEAM | | 00:10:48 | 00:25:32.05 | 00:25:37.21 | 4:49 | 12.5 |
| 3 | KUPCZAK DOMINIKA | 643 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 3 | 99 | | | 00:11:40 | 00:27:31.61 | 00:27:34.79 | 5:11 | 11.6 |
| 4 | BAC MAŁGORZATA | 857 | | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 4 | 112 | | | 00:11:30 | 00:27:51.15 | 00:28:02.57 | 5:15 | 11.4 |
| 5 | SZPYRA ANIELA | 239 | SOBIESKI6 | JASTRZĘBIE-ZDRÓJ | POL | 16-19 LAT | 5 | 111 | SOBIESKI 6 | | 00:11:45 | 00:27:56.03 | 00:28:01.11 | 5:16 | 11.4 |
| 6 | ŁASA MARTYNA | 625 | | ŻORY | POL | 16-19 LAT | 6 | 302 | TEAM OLI LIDL | | 00:13:41 | 00:32:06.40 | 00:32:33.04 | 6:03 | 9.9 |
| 7 | PROKOPIUK WIKTORIA | 177 | | JASTRZEBIE-ZDRÓJ | POL | 16-19 LAT | 7 | 301 | | | 00:12:47 | 00:32:20.42 | 00:32:31.62 | 6:06 | 9.8 |
| 8 | MAJERANOWSKA KINGA | 686 | | ŻORY | POL | 16-19 LAT | 8 | 367 | | | 00:14:14 | 00:32:56.03 | 00:33:40.49 | 6:12 | 9.7 |
| 9 | WITOS KAROLINA | 896 | | CISIEC | POL | 16-19 LAT | 9 | 380 | | | 00:12:52 | 00:33:51.69 | 00:33:55.97 | 6:23 | 9.4 |
| 10 | PRUDEL KAROLINA | 735 | | RYBNIK | POL | 16-19 LAT | 10 | 432 | | | 00:13:55 | 00:34:31.39 | 00:34:42.05 | 6:30 | 9.2 |
| 11 | KAMIŃSKA KAJA | 400 | | RYBNIK | POL | 16-19 LAT | 11 | 477 | | | 00:15:28 | 00:35:29.23 | 00:35:43.29 | 6:41 | 9 |
| 12 | GRECZNER OLIWIA | 360 | | OŚWIĘCIM | POL | 16-19 LAT | 12 | 539 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:27 | 00:36:26.43 | 00:37:02.60 | 6:52 | 8.7 |
| 13 | JANKOWSKA MARTYNA | 124 | | DĄBROWA GÓRNICZA | POL | 16-19 LAT | 13 | 803 | | | 00:18:12 | 00:43:22.44 | 00:44:04.52 | 8:10 | 7.3 |
| 14 | KLEPACKA MAJA | 404 | | SUSZEC | POL | 16-19 LAT | 14 | 819 | | | 00:19:00 | 00:45:04.55 | 00:45:40.93 | 8:30 | 7.1 |
| 15 | GROCHOWSKA OLIWIA | 550 | | JASTRZĘBIE ZDRÓJ | POL | 16-19 LAT | 15 | 827 | | | 00:18:32 | 00:45:49.74 | 00:46:02.21 | 8:38 | 6.9 |

KOBIETY NA 5+ :: BIEG, 20-29 lat

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|----------------------|------------------|------|-----------|--------|-----|-------------------|--------------|----------|-------------|-------------|--------|------|
| 1 | MROWIEC KINGA | 709 | TL POGOŃ RUDA ŚLĄSKA | RUDA ŚLĄSKA | POL | 20-29 LAT | 1 | 8 | | TEAM HALEMBA | 00:09:21 | 00:21:25.64 | 00:21:26.01 | 4:02 | 14.8 |
| 2 | BUDNY PATRYCJA | 363 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 20-29 LAT | 2 | 14 | WARTKIE PIERONICE | | 00:09:26 | 00:22:34.48 | 00:22:37.62 | 4:15 | 14.1 |
| 3 | KOBIELUSZ MARTYNA | 388 | | RYBNIK | POL | 20-29 LAT | 3 | 17 | | | 00:09:39 | 00:22:52.93 | 00:22:57.20 | 4:18 | 13.9 |
| 4 | MIKULAK NATALIA | 423 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 4 | 38 | | | 00:10:19 | 00:24:20.75 | 00:24:26.94 | 4:35 | 13.1 |
| 5 | KONDZIOŁKA KINGA | 308 | | ZEBRZYDOWICE | POL | 20-29 LAT | 5 | 42 | ZZOZOLKI | | 00:10:31 | 00:24:36.23 | 00:24:38.05 | 4:38 | 12.9 |
| 6 | SIKORA WIKTORIA | 685 | | CIESZYN | POL | 20-29 LAT | 6 | 46 | | | 00:10:40 | 00:24:48.66 | 00:24:53.15 | 4:40 | 12.8 |
| 7 | POZNIAK MARIA | 416 | | DOBRZEŃ WIELKI | POL | 20-29 LAT | 7 | 59 | | | 00:10:52 | 00:25:22.30 | 00:25:35.60 | 4:47 | 12.5 |

KOBIETY NA 5+ :: BIEG, 20-29 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|--------------------------|----------|-------------|-------------|--------|------|
| 8 | KOWALONEK ALEKSANDRA | 716 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 8 | 71 | | @GOOD VIBES | 00:10:51 | 00:26:14.82 | 00:26:19.42 | 4:56 | 12.1 |
| 9 | SZCZĘSNA KINGA | 389 | RUNSZ-TEAM | SKOCZÓW | POL | 20-29 LAT | 9 | 79 | RUNSZ-TEAM | | 00:12:04 | 00:26:38.57 | 00:26:41.73 | 5:01 | 11.9 |
| 10 | LEPA KLAUDIA | 910 | | RUDA ŚLĄSKA | POL | 20-29 LAT | 10 | 92 | | | 00:11:31 | 00:27:13.03 | 00:27:18.53 | 5:08 | 11.7 |
| 11 | GOŁOFIT EDYTA | 995 | | SZCZERBICE | POL | 20-29 LAT | 11 | 106 | OPEL FIJAŁKOWSKI | | 00:11:59 | 00:27:35.88 | 00:27:47.47 | 5:12 | 11.5 |
| 12 | HAŁASA ANNA | 778 | | PLAWNIOWICE | POL | 20-29 LAT | 12 | 108 | | | 00:11:55 | 00:27:39.17 | 00:27:50.13 | 5:13 | 11.5 |
| 13 | PIĄTEK PATRYCJA | 696 | | RYBNIK | POL | 20-29 LAT | 13 | 107 | | MAJOWE PSIAPSI | 00:11:48 | 00:27:42.22 | 00:27:49.93 | 5:13 | 11.5 |
| 14 | ZIEMIŃSKA PAULINA | 11 | | SKOCZÓW | POL | 20-29 LAT | 14 | 114 | | | 00:11:59 | 00:27:53.05 | 00:28:07.84 | 5:15 | 11.4 |
| 15 | KRAWCZYK URSZULA | 255 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 15 | 143 | | | 00:12:24 | 00:28:14.89 | 00:29:00.66 | 5:19 | 11.3 |
| 16 | SOŁTYS WIKTORIA | 535 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 16 | 153 | | | 00:12:14 | 00:28:38.14 | 00:29:20.17 | 5:24 | 11.1 |
| 17 | OLECH KINGA | 698 | | RYBNIK | POL | 20-29 LAT | 17 | 134 | | MAJOWE PSIAPSI | 00:11:50 | 00:28:40.87 | 00:28:48.00 | 5:24 | 11.1 |
| 18 | MIKOŁAJEC PAULINA | 949 | | ŻORY | POL | 20-29 LAT | 18 | 156 | | | 00:12:41 | 00:29:15.15 | 00:29:31.35 | 5:31 | 10.9 |
| 19 | WOJTAS KINGA | 600 | POWOLI DO CELU | WOLA | POL | 20-29 LAT | 19 | 170 | POWOLI DO CELU | | 00:13:08 | 00:29:30.37 | 00:29:51.11 | 5:33 | 10.8 |
| 20 | FRYZIK MONIKA | 574 | | OPATÓW | POL | 20-29 LAT | 20 | 178 | | | 00:13:23 | 00:29:39.53 | 00:30:03.30 | 5:35 | 10.7 |
| 21 | MARCISZ NATALIA | 974 | | ŻORY | POL | 20-29 LAT | 21 | 185 | | | 00:13:00 | 00:29:50.18 | 00:30:08.11 | 5:37 | 10.7 |
| 22 | KOZIĘLSKA DOMINIKA | 858 | | GLIWICE | POL | 20-29 LAT | 22 | 206 | | | 00:13:30 | 00:30:09.05 | 00:30:40.18 | 5:41 | 10.5 |
| 23 | MICHAŁAK NIKOLA | 544 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 23 | 213 | | | 00:12:52 | 00:30:10.43 | 00:30:51.66 | 5:41 | 10.5 |
| 24 | BRZUSKA ADRIANNA | 145 | ZZOZOLKI | CIESZYŃ | POL | 20-29 LAT | 24 | 223 | ZZOZOLKI | | 00:12:41 | 00:30:28.30 | 00:31:08.10 | 5:44 | 10.4 |
| 25 | PETRYKOWSKA MAGDA | 380 | | ŻORY | POL | 20-29 LAT | 25 | 294 | | | 00:15:11 | 00:31:26.88 | 00:32:18.83 | 5:55 | 10.1 |
| 26 | ORSZULIK PAULINA | 978 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 26 | 305 | | | 00:14:10 | 00:31:56.26 | 00:32:38.47 | 6:01 | 10 |
| 27 | KOŁDYS KAROLINA | 979 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 27 | 307 | | | 00:14:12 | 00:31:56.95 | 00:32:38.95 | 6:01 | 10 |
| 28 | ZIEJA MARTYNA | 687 | MAGDA | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 28 | 351 | MAGDA | | 00:14:39 | 00:32:47.63 | 00:33:28.91 | 6:11 | 9.7 |
| 29 | ŚMIATEK MARTYNA | 771 | | RYBNIK | POL | 20-29 LAT | 29 | 352 | | | 00:15:02 | 00:32:48.97 | 00:33:30.47 | 6:11 | 9.7 |
| 30 | ŁAPA JULIQ | 39 | AKTYWNA PSZCZYNA | PSZCZYNA | POL | 20-29 LAT | 30 | 368 | | | 00:14:36 | 00:33:02.49 | 00:33:40.85 | 6:13 | 9.6 |
| 31 | WRÓBEL KAROLINA | 152 | MIECHOWICKA GRUPA BIEGOWA | KATOWICE | POL | 20-29 LAT | 31 | 349 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:53 | 00:33:04.68 | 00:33:21.21 | 6:14 | 9.6 |
| 32 | MAJERANOWSKA WIKTORIA | 748 | | ŻORY | POL | 20-29 LAT | 32 | 377 | | | 00:14:46 | 00:33:05.29 | 00:33:49.74 | 6:14 | 9.6 |
| 33 | TRYBAŁA WERONIKA | 498 | WATAHA | PIELGRZYMOWICE | POL | 20-29 LAT | 33 | 381 | WATAHA | | 00:13:59 | 00:33:16.87 | 00:33:56.21 | 6:16 | 9.6 |
| 34 | ŁUSZCZ EWELINA | 454 | | BYTOM | POL | 20-29 LAT | 34 | 386 | | | 00:14:01 | 00:33:30.05 | 00:34:00.20 | 6:19 | 9.5 |
| 35 | KARWOT MARTYNA | 705 | | ŻORY | POL | 20-29 LAT | 35 | 385 | | | 00:13:32 | 00:33:51.95 | 00:33:59.02 | 6:23 | 9.4 |
| 36 | SZPYRKA MONIKA | 708 | | PSZCZYNA | POL | 20-29 LAT | 36 | K 4 | | | 00:14:38 | 00:33:57.41 | 00:34:34.78 | 6:24 | 9.4 |
| 37 | RYZIŃSKA KORNELIA | 337 | | GLIWICE | POL | 20-29 LAT | 37 | 436 | | | 00:14:51 | 00:34:04.93 | 00:34:46.40 | 6:25 | 9.3 |
| 38 | IDZIKOWSKA URSZULA | 303 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 38 | 428 | | | 00:14:14 | 00:34:19.03 | 00:34:40.31 | 6:28 | 9.3 |
| 39 | FECZKO MONIKA | 812 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 39 | 427 | | | 00:14:30 | 00:34:24.30 | 00:34:40.29 | 6:29 | 9.2 |
| 40 | PRUDEL PAULINA | 734 | | RYBNIK | POL | 20-29 LAT | 40 | 431 | | | 00:13:55 | 00:34:30.84 | 00:34:41.95 | 6:30 | 9.2 |
| 41 | SZELONG KINGA | 915 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 41 | 442 | | | 00:13:17 | 00:34:47.83 | 00:34:51.36 | 6:33 | 9.1 |
| 42 | SŁODZIŃSKA MAGDALENA | 468 | MADYRUN | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 42 | 460 | | | 00:14:42 | 00:35:05.00 | 00:35:22.65 | 6:37 | 9.1 |
| 43 | MICHAŁAK MONIKA | 999 | | | POL | 20-29 LAT | 43 | 483 | OPEL FIJAŁKOWSKI | | 00:16:09 | 00:35:38.22 | 00:35:48.73 | 6:43 | 8.9 |
| 44 | WIŚNIEWSKA MARIA | 428 | | POGÓRZE | POL | 20-29 LAT | 44 | 522 | | | 00:15:26 | 00:35:51.79 | 00:36:34.38 | 6:45 | 8.9 |
| 45 | KAISER WIKTORIA | 375 | | ŻORY | POL | 20-29 LAT | 45 | 512 | | | 00:15:07 | 00:35:57.53 | 00:36:22.08 | 6:46 | 8.8 |
| 46 | WOŹNIAK WIKTORIA | 456 | | ŻORY | POL | 20-29 LAT | 46 | 519 | | | 00:14:21 | 00:36:08.72 | 00:36:30.34 | 6:49 | 8.8 |
| 47 | SZCZECZLA PATRYCJA | 556 | | SKOCZÓW | POL | 20-29 LAT | 47 | 565 | | | 00:15:55 | 00:36:52.74 | 00:37:28.48 | 6:57 | 8.6 |
| 48 | SOSIŃSKA ANNA | 862 | | KRAKÓW | POL | 20-29 LAT | 48 | 541 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:21 | 00:36:56.07 | 00:37:04.27 | 6:58 | 8.6 |
| 49 | SZABLICKA MAGDA | 719 | MAGDA | SKOCZÓW | POL | 20-29 LAT | 49 | 580 | MAGDA | | 00:15:13 | 00:37:07.90 | 00:37:48.91 | 7:00 | 8.6 |
| 50 | MALICH ALEKSANDRA | 961 | TEAM MAŁYCH BOHATERÓW | PNIÓWEK | POL | 20-29 LAT | 50 | 583 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:58 | 00:37:23.72 | 00:37:51.54 | 7:03 | 8.5 |
| 51 | MAĆKÓW MAŁGORZATA | 205 | | NYSA | POL | 20-29 LAT | 51 | 591 | | | 00:15:35 | 00:37:27.51 | 00:38:04.73 | 7:03 | 8.5 |
| 52 | ABRACHAMCZYK AGNIESZKA | 18 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 52 | 592 | | | 00:16:13 | 00:37:48.18 | 00:38:04.85 | 7:07 | 8.4 |
| 53 | FITAS NATALIA | 758 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 53 | 655 | | | 00:17:03 | 00:38:19.52 | 00:38:58.32 | 7:13 | 8.3 |
| 54 | OLEJNIK KAROLINA | 757 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 54 | 664 | | | 00:17:03 | 00:38:31.00 | 00:39:09.59 | 7:16 | 8.3 |
| 55 | MICHAŁEK KAROLINA | 872 | VIKING TRENING CENTER | TYCHY | POL | 20-29 LAT | 55 | 652 | VIKING TRAINING CENTER | | 00:16:18 | 00:38:32.49 | 00:38:54.46 | 7:16 | 8.3 |
| 56 | NIEDŹWIEDŹ JULIA | 342 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 56 | 653 | | | 00:16:18 | 00:38:45.00 | 00:38:54.88 | 7:18 | 8.2 |
| 57 | PEŁCZAR NATALIA | 818 | | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 57 | 656 | | | 00:16:16 | 00:38:50.90 | 00:38:59.31 | 7:19 | 8.2 |
| 58 | NAWARYŃSKA KATARZYNA | 210 | | RACIBÓRZ | POL | 20-29 LAT | 58 | 681 | | | 00:16:27 | 00:38:59.56 | 00:39:46.46 | 7:21 | 8.2 |
| 59 | WYBRANIEC ALEKSANDRA | 797 | | OŚWIĘCIM | POL | 20-29 LAT | 59 | 671 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:50 | 00:39:03.38 | 00:39:35.26 | 7:22 | 8.1 |

KOBIETY NA 5+ :: BIEG, 20-29 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|-------------------------|------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 60 | ZAJĄC PATRYCJA | 382 | ZAJĄCE | JASTRZĘBIE ZDRÓJ | POL | 20-29 LAT | 60 | 700 | | | 00:16:39 | 00:39:31.21 | 00:40:10.95 | 7:27 | 8 |
| 61 | MAZUREK NATALIA | 997 | | WODZISŁAW ŚLĄSKI | POL | 20-29 LAT | 61 | 689 | OPEL FIJAŁKOWSKI | | 00:16:12 | 00:39:42.39 | 00:39:53.10 | 7:29 | 8 |
| 62 | WĘGRZYŃ ZUZANNA | 592 | | JASTRZĘBIE-ZDRÓJ | POL | 20-29 LAT | 62 | 693 | | | 00:16:08 | 00:39:54.14 | 00:40:04.25 | 7:31 | 8 |
| 63 | KLUSKA PATRYCJA | 908 | | OŚWIĘCIM | POL | 20-29 LAT | 63 | 720 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:39:59.02 | 00:40:49.59 | 7:32 | 8 |
| 64 | ADAMUS DARIA | 606 | | OSWIECIM | POL | 20-29 LAT | 64 | 740 | | | 00:17:33 | 00:40:46.89 | 00:41:27.26 | 7:41 | 7.8 |
| 65 | NIEDZIELA ROKSANA | 183 | | OŚWIĘCIM | POL | 20-29 LAT | 65 | 737 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:23 | 00:41:10.30 | 00:41:24.15 | 7:46 | 7.7 |
| 66 | RYŚ WERONIKA | 278 | | KATOWICE | POL | 20-29 LAT | 66 | 748 | | | 00:17:23 | 00:41:19.32 | 00:41:39.23 | 7:47 | 7.7 |
| 67 | KOTLARCZYK PATRYCJA | 711 | | OŚWIĘCIM | POL | 20-29 LAT | 67 | 771 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:57.25 | 00:42:47.52 | 7:54 | 7.6 |
| 68 | HANUSA BEATA | 790 | | ŻORY | POL | 20-29 LAT | 68 | 788 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.61 | 00:43:08.83 | 8:03 | 7.5 |
| 69 | FIRLEJ HANIA | 799 | | ŻORY | POL | 20-29 LAT | 69 | 789 | TEAM OLI LIDL | | 00:16:37 | 00:42:41.88 | 00:43:08.84 | 8:03 | 7.5 |
| 70 | WŁOCH DOMINIKA | 646 | | TYCHY | POL | 20-29 LAT | 70 | 832 | VIKING TRAINING CENTER | | 00:19:33 | 00:46:17.68 | 00:46:40.46 | 8:43 | 6.9 |
| 71 | STOMPEL KAROLINA | 765 | | CHORZÓW | POL | 20-29 LAT | 71 | 837 | | | 00:20:04 | 00:46:24.44 | 00:46:57.95 | 8:45 | 6.9 |
| 72 | KRÓLICZAK AGNIESZKA | 228 | | KRAKÓW | POL | 20-29 LAT | 72 | 863 | ŻUBRÓWKI | | | 00:50:18.41 | 00:52:59.21 | 9:29 | 6.3 |
| 73 | ŻEBROWSKA WERONIKA | 31 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 20-29 LAT | 73 | 873 | | | 00:19:31 | 00:57:31.63 | 00:58:22.45 | 10:51 | 5.5 |

KOBIETY NA 5+ :: BIEG, 30-39 lat

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|---|------------------|------|-----------|--------|-----|--|--------------------|----------|-------------|-------------|--------|------|
| 1 | MENDECKA-ZEJDLER MICHALINA | 63 | | ŁAZISKA GÓRNE | POL | 30-39 LAT | 1 | 2 | | | 00:08:23 | 00:19:09.91 | 00:19:10.28 | 3:36 | 16.6 |
| 2 | SUWAJ ANETA | 480 | TL ATHLETICS/ALPIN SPORT TEAM | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 2 | 3 | TL ATHLETICS JASTRZĘBIE | N&A | 00:08:36 | 00:19:38.77 | 00:19:39.14 | 3:42 | 16.2 |
| 3 | DYRLAGA JUSTYNA | 51 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 3 | 4 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:08:47 | 00:20:39.08 | 00:20:40.90 | 3:53 | 15.4 |
| 4 | WITOSZEK BARBARA | 297 | AKTYWNA PSZCZYNA RUNNERS TEAM | SUSZEC | POL | 30-39 LAT | 4 | 5 | | | 00:09:32 | 00:21:09.32 | 00:21:09.69 | 3:59 | 15 |
| 5 | JANKO ANNA | 206 | HRMAX ŻORY | ŻORY | POL | 30-39 LAT | 5 | 7 | HRMAX DZIOŁSZKI | | 00:09:06 | 00:21:15.00 | 00:21:17.33 | 4:00 | 15 |
| 6 | SUDNIK ANNA | 519 | RANNELLE | KNURÓW | POL | 30-39 LAT | 6 | 11 | | RANNELLE | 00:09:19 | 00:22:14.33 | 00:22:17.17 | 4:11 | 14.3 |
| 7 | NIEDOBECKA JOANNA | 69 | AKADEMIA BIEGANIA ORNONTOWICE | ORNONTOWICE | POL | 30-39 LAT | 7 | 12 | | | 00:09:20 | 00:22:26.99 | 00:22:27.36 | 4:13 | 14.2 |
| 8 | WRÓBLEWSKA JUDYTA | 500 | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 8 | 13 | TL ATHLETICS JASTRZĘBIE | | 00:09:21 | 00:22:33.54 | 00:22:35.36 | 4:15 | 14.1 |
| 9 | PIETRAS SYLWIA | 147 | MIECHOWICKA GRUPA BIEGOWA | ZABRZE | POL | 30-39 LAT | 9 | 15 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:44 | 00:22:46.99 | 00:22:49.53 | 4:17 | 14 |
| 10 | WRÓBEL KATARZYNA | 517 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 10 | 26 | #JUSTFEELFITTEAM | | 00:10:01 | 00:23:34.01 | 00:23:39.99 | 4:26 | 13.5 |
| 11 | DOMIAN PAULINA | 334 | | GÓRKI WIELKIE | POL | 30-39 LAT | 11 | 27 | | | 00:10:02 | 00:23:39.35 | 00:23:42.96 | 4:27 | 13.4 |
| 12 | NGUYEN DOROTA | 668 | RADLINOKI W BIEGU/RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | 30-39 LAT | 12 | 29 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | | 00:10:28 | 00:23:41.37 | 00:23:48.04 | 4:28 | 13.4 |
| 13 | PERUGIEWICZ JOANNA | 731 | @GOOD VIBES | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 13 | 30 | | @GOOD VIBES | 00:09:51 | 00:23:53.07 | 00:23:57.93 | 4:30 | 13.3 |
| 14 | SUSHKO MARYNA | 663 | RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM" | RYBNIK | POL | 30-39 LAT | 14 | 32 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | ZIELONE DZIEWCZYNY | 00:10:33 | 00:23:57.68 | 00:24:03.50 | 4:31 | 13.3 |
| 15 | DYCZEK BASIA | 582 | DYCUŚ TEAM | ŻYROWA | POL | 30-39 LAT | 15 | 34 | DYCUŚ TEAM | | 00:10:16 | 00:24:00.20 | 00:24:08.92 | 4:31 | 13.3 |
| 16 | GRYCMAN MARTA | 433 | | TURZA ŚLĄSKA | POL | 30-39 LAT | 16 | 36 | | M I A | 00:10:15 | 00:24:11.61 | 00:24:17.41 | 4:33 | 13.1 |
| 17 | BIAŁOŃCZYK JOANNA | 218 | BYLE DO METY | ZEBRZYDOWICE | POL | 30-39 LAT | 17 | 45 | BYLE DO METY | | 00:11:04 | 00:24:30.61 | 00:24:45.60 | 4:37 | 13 |
| 18 | MIELAŃCZYK PATRYCJA | 142 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 18 | 50 | | | 00:10:31 | 00:25:04.57 | 00:25:07.29 | 4:43 | 12.7 |

KOBIETY NA 5+ :: BIEG, 30-39 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|-------------------------|--------------------------|------|-----------|--------|-----|----------------------------|--------------------------------|----------|-------------|-------------|--------|------|
| 19 | PORCZYŃSKA PATRYCJA | 870 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 19 | 56 | SPOT PSZCZYNA | Diego&COCO | 00:11:04 | 00:25:12.70 | 00:25:24.26 | 4:45 | 12.6 |
| 20 | JANKO JOANNA | 157 | | ŻORY | POL | 30-39 LAT | 20 | 51 | | | 00:10:57 | 00:25:13.13 | 00:25:14.95 | 4:45 | 12.6 |
| 21 | RYŁKO-ŻYŁA KAMILA | 484 | JUSTFEELFITTEAM | BIELSKO-BIAŁA | POL | 30-39 LAT | 21 | 58 | #JUSTFEELFITTEAM | | 00:10:54 | 00:25:13.14 | 00:25:25.07 | 4:45 | 12.6 |
| 22 | MATERNOWSKA SANDRA | 819 | | STRUMIEN | POL | 30-39 LAT | 22 | 54 | | | 00:10:27 | 00:25:19.85 | 00:25:23.00 | 4:46 | 12.6 |
| 23 | GOZDALSKA-ZACHŁÓD SYLWIA | 674 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 23 | 62 | | | 00:10:33 | 00:25:34.14 | 00:25:38.29 | 4:49 | 12.4 |
| 24 | GRZYBEK MAŁGORZATA | 817 | | POGWIZDÓW | POL | 30-39 LAT | 24 | 65 | | | 00:10:56 | 00:25:39.35 | 00:25:44.61 | 4:50 | 12.4 |
| 25 | KWAPISZ-BONUSIAK DOROTA | 2 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 25 | 63 | | | 00:10:43 | 00:25:39.88 | 00:25:41.88 | 4:50 | 12.4 |
| 26 | MENTELSKA WIOLETA | 345 | POWOLI DO CELU | HARMĘŻE | POL | 30-39 LAT | 26 | 66 | POWOLI DO CELU | | 00:10:30 | 00:25:41.13 | 00:25:45.80 | 4:50 | 12.4 |
| 27 | DOMAŃSKA JOANNA | 41 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 27 | 67 | | | 00:10:30 | 00:25:49.43 | 00:25:55.76 | 4:52 | 12.3 |
| 28 | PIDANTY MILENA | 465 | | JASTRZĘBIE -ZDROJ | POL | 30-39 LAT | 28 | 68 | | | 00:11:20 | 00:25:52.44 | 00:26:00.77 | 4:52 | 12.3 |
| 29 | MISTEROWICZ KINGA | 290 | RUNSZ-TEAM | PISARZOWICE | POL | 30-39 LAT | 29 | 69 | RUNSZ-TEAM | | 00:11:08 | 00:26:00.95 | 00:26:02.77 | 4:54 | 12.2 |
| 30 | GOŁBA-KĘSKA EWA | 283 | | OŚWIĘCIM | POL | 30-39 LAT | 30 | 80 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:41 | 00:26:02.70 | 00:26:42.63 | 4:54 | 12.2 |
| 31 | HANDY SAMANTA | 138 | POWOLI DO CELU | KĘTY | POL | 30-39 LAT | 31 | 72 | POWOLI DO CELU | | 00:10:58 | 00:26:08.09 | 00:26:22.79 | 4:55 | 12.2 |
| 32 | HANARZ JOANNA | 209 | #JUSTFEELFITTEAM | SOPOTNIA WIELKA | POL | 30-39 LAT | 32 | 76 | #JUSTFEELFITTEAM | | 00:11:12 | 00:26:30.59 | 00:26:38.41 | 5:00 | 12 |
| 33 | CHROMIK KRYSZYNA | 828 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 33 | 83 | | DWIE SZALONE | 00:11:05 | 00:26:30.83 | 00:26:53.96 | 5:00 | 12 |
| 34 | LERCH-HENCZKO MARIA | 645 | AKTYWNIENI NAKRĘCENI | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 34 | 82 | | | 00:10:54 | 00:26:42.79 | 00:26:50.05 | 5:02 | 11.9 |
| 35 | MENDECKA DARIA | 233 | MOSIR ŁAZISKA GÓRNE | GLIWICE | POL | 30-39 LAT | 35 | 84 | | | 00:11:15 | 00:26:48.82 | 00:26:55.32 | 5:03 | 11.9 |
| 36 | SIKORA ANNA | 993 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 36 | 95 | NESSI SPORTSWEAR | | 00:11:37 | 00:26:52.09 | 00:27:27.49 | 5:04 | 11.8 |
| 37 | KIERMACZ DOROTA | 478 | JEJKOWICE BIEGAJĄ | SZCZERBICE | POL | 30-39 LAT | 37 | 91 | JEJKOWICKIE KOBIETKI | | 00:11:58 | 00:27:11.22 | 00:27:15.13 | 5:07 | 11.7 |
| 38 | MACHNIK IWONA | 358 | JEJKOWICE BIEGAJĄ | JEJKOWICE | POL | 30-39 LAT | 38 | 93 | JEJKOWICKIE KOBIETKI | | 00:11:56 | 00:27:13.85 | 00:27:18.85 | 5:08 | 11.7 |
| 39 | GRZYB KLAUDIA | 856 | | ZABRZE | POL | 30-39 LAT | 39 | 115 | | | 00:12:23 | 00:27:18.05 | 00:28:17.57 | 5:09 | 11.6 |
| 40 | HOLONA AGATA | 659 | | ŻORY | POL | 30-39 LAT | 40 | 102 | | | 00:11:34 | 00:27:37.82 | 00:27:39.64 | 5:12 | 11.5 |
| 41 | RASZKA-TRZÓPEK DOROTA | 306 | | ŻORY | POL | 30-39 LAT | 41 | 110 | | | 00:12:13 | 00:27:53.59 | 00:28:00.69 | 5:15 | 11.4 |
| 42 | MAZUR ANNA | 883 | ZIMNOKRWISTE WIEWIÓRKI | KOBIÓR | POL | 30-39 LAT | 42 | 120 | WIEWIÓRKI ZIMNOKRWISTE | | 00:11:51 | 00:27:56.72 | 00:28:26.82 | 5:16 | 11.4 |
| 43 | SMOLORZ ANNA | 3 | | SIEMIANOWICE ŚLĄSKIE | POL | 30-39 LAT | 43 | 127 | | | 00:12:21 | 00:28:14.07 | 00:28:35.97 | 5:19 | 11.3 |
| 44 | KUFKA JUDYTA | 626 | | ŚWIERKLANY | POL | 30-39 LAT | 44 | 132 | | | 00:12:06 | 00:28:16.38 | 00:28:44.85 | 5:20 | 11.3 |
| 45 | WIDUCH KATARZYNA | 722 | | CZERWIONKA-LESZC ZYNY | POL | 30-39 LAT | 45 | 135 | | IDZIEMY BIEGAĆ | 00:11:55 | 00:28:38.86 | 00:28:49.33 | 5:24 | 11.1 |
| 46 | MARCZYŃSKA IZABELA | 660 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 46 | 133 | | | 00:11:53 | 00:28:40.78 | 00:28:46.00 | 5:24 | 11.1 |
| 47 | PARMA ANNA | 944 | | GORZYCKI | POL | 30-39 LAT | 47 | 137 | | | 00:11:52 | 00:28:42.57 | 00:28:49.93 | 5:24 | 11.1 |
| 48 | BANACH EWA | 629 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 48 | 139 | | | 00:12:06 | 00:28:44.78 | 00:28:51.52 | 5:25 | 11.1 |
| 49 | HUTYRA EWA | 289 | | RAJCZA | POL | 30-39 LAT | 49 | 158 | | | 00:12:26 | 00:29:10.01 | 00:29:35.43 | 5:30 | 10.9 |
| 50 | ADAMEK STELLA | 681 | | ZABŁOCIE | POL | 30-39 LAT | 50 | 173 | | | 00:13:10 | 00:29:14.34 | 00:29:57.88 | 5:30 | 10.9 |
| 51 | PŁOTKA IWONA | 824 | SZPRYCHY | RYBNIK | POL | 30-39 LAT | 51 | 165 | SZPRYCHY | SZPRYCHY | 00:12:24 | 00:29:26.10 | 00:29:47.44 | 5:33 | 10.8 |
| 52 | SPYRKA MONIKA | 555 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 52 | 162 | KLUB BIEGACZA FARTLEK | KLUB BIEGACZA FARTLEK GIRLS | 00:12:05 | 00:29:30.11 | 00:29:44.53 | 5:33 | 10.8 |
| 53 | CHMURA EWELINA | 127 | #JUSTFEELFITTEAM | ŻABNICA | POL | 30-39 LAT | 53 | 175 | #JUSTFEELFITTEAM | | 00:13:17 | 00:29:31.15 | 00:29:59.94 | 5:34 | 10.8 |
| 54 | GAŁUSZKA KATARZYNA | 227 | | RADZIECHOWY | POL | 30-39 LAT | 54 | 186 | | | 00:12:01 | 00:29:32.07 | 00:30:10.84 | 5:34 | 10.8 |
| 55 | PIONTEK SABINA | 281 | MIEDONIA FIT | RACIBÓRZ | POL | 30-39 LAT | 55 | 163 | | | 00:12:30 | 00:29:33.58 | 00:29:44.63 | 5:34 | 10.8 |
| 56 | KONIECKO KAROLINA | 1323 | | PAWŁOWICE | POL | 30-39 LAT | 56 | 179 | | | 00:12:27 | 00:29:33.75 | 00:30:03.58 | 5:34 | 10.8 |
| 57 | PARCHAŃSKA-ŻUREK IWONA | 451 | | POGWIZDÓW | POL | 30-39 LAT | 57 | 187 | | | 00:13:15 | 00:29:35.04 | 00:30:10.95 | 5:34 | 10.7 |
| 58 | BRASZKIEWICZ AGNIESZKA | 957 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 58 | 168 | | | 00:12:37 | 00:29:35.17 | 00:29:50.08 | 5:34 | 10.7 |
| 59 | REJBICZ WERONIKA | 937 | | JASTRZĘBIE ZDROJ | POL | 30-39 LAT | 59 | 172 | | | 00:12:39 | 00:29:38.74 | 00:29:53.27 | 5:35 | 10.7 |
| 60 | IWANCZEWSKA WERONIKA | 838 | | BYTOM | POL | 30-39 LAT | 60 | 193 | WARTKIE PIERONICE | | 00:12:53 | 00:29:45.24 | 00:30:23.08 | 5:36 | 10.7 |
| 61 | PAŁUCKA MONIKA | 491 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 61 | 169 | POWOLI DO CELU | | 00:12:33 | 00:29:46.22 | 00:29:50.17 | 5:36 | 10.7 |
| 62 | DAWID ŻANETA | 436 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 62 | 208 | VIKING TRAINING CENTER | | 00:13:00 | 00:29:53.61 | 00:30:41.99 | 5:38 | 10.6 |
| 63 | GŁĄBEK EDYTA | 501 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 63 | 180 | SPOT PSZCZYNA | | 00:12:38 | 00:29:53.67 | 00:30:03.94 | 5:38 | 10.6 |
| 64 | ZAMARŁO NATALIA | 919 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 64 | 188 | ZZOZOLKI | | 00:13:10 | 00:29:57.83 | 00:30:12.58 | 5:39 | 10.6 |
| 65 | CHORCHOS MAGDA | 12 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 65 | 202 | | | 00:13:13 | 00:30:17.39 | 00:30:34.40 | 5:42 | 10.5 |
| 66 | SZCZOTKA SYLWIA | 46 | #JUSTFEELFITTEAM | RAJCZA | POL | 30-39 LAT | 66 | 216 | #JUSTFEELFITTEAM | | 00:13:27 | 00:30:22.50 | 00:30:58.62 | 5:43 | 10.5 |
| 67 | LEGIERSKA NATALIA | 683 | TL ATHLETICS JASTRZĘBIE | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 67 | 196 | TL ATHLETICS JASTRZĘBIE | CORRIDORI | 00:12:47 | 00:30:23.06 | 00:30:29.16 | 5:43 | 10.5 |
| 68 | KANTOROWSKA ANIA | 16 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 68 | 211 | POWOLI DO CELU | | 00:13:16 | 00:30:31.71 | 00:30:48.68 | 5:45 | 10.4 |

KOBIETY NA 5+ :: BIEG, 30-39 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|--------------------------------------|-------------------|------|-----------|--------|-----|------------------------|-----------------|----------|-------------|-------------|--------|------|
| 69 | KUŚ MONIKA | 754 | | KOŃCZYCE WIELKIE | POL | 30-39 LAT | 69 | 205 | | | 00:13:05 | 00:30:33.57 | 00:30:39.35 | 5:45 | 10.4 |
| 70 | JANIK ANNA | 994 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 70 | 231 | NESSI SPORTSWEAR | | 00:13:53 | 00:30:39.56 | 00:31:15.86 | 5:46 | 10.4 |
| 71 | PATAŁĄG SANDRA | 55 | | MYSŁOWICE | POL | 30-39 LAT | 71 | 233 | | | 00:13:21 | 00:30:40.67 | 00:31:16.92 | 5:47 | 10.4 |
| 72 | MALISZEWSKA BEATA | 792 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 72 | 224 | | | 00:12:45 | 00:30:45.43 | 00:31:10.24 | 5:48 | 10.3 |
| 73 | WIERCIGROCH MARIOLA | 173 | | KAMESZNICA | POL | 30-39 LAT | 73 | 232 | #JUSTFEELFITTEAM | | 00:13:24 | 00:30:48.43 | 00:31:16.74 | 5:48 | 10.3 |
| 74 | CZECH KAROLINA | 804 | | TYCHY | POL | 30-39 LAT | 74 | 225 | | | 00:13:14 | 00:30:51.47 | 00:31:10.53 | 5:49 | 10.3 |
| 75 | SOBIK ANNA | 850 | | RYBNIK | POL | 30-39 LAT | 75 | 220 | | | 00:13:01 | 00:30:56.28 | 00:31:05.41 | 5:50 | 10.3 |
| 76 | SNOCHOWSKA GABRIELA | 796 | SKLEP BIEGACZA RUNNING TEAM | KATOWICE | POL | 30-39 LAT | 76 | 271 | | | 00:14:18 | 00:30:59.17 | 00:31:52.43 | 5:50 | 10.3 |
| 77 | HAŚNIK DARIA | 972 | | TYCHY | POL | 30-39 LAT | 77 | 247 | | NAJLEPSZE | 00:13:16 | 00:30:59.69 | 00:31:34.34 | 5:50 | 10.3 |
| 78 | LACHOWICZ IZABELA | 422 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | 30-39 LAT | 78 | 243 | | | 00:13:10 | 00:31:00.91 | 00:31:32.74 | 5:50 | 10.3 |
| 79 | SZYSZKA NATALIA | 605 | | BYTOM | POL | 30-39 LAT | 79 | 228 | PO JEDNEJ BABCI | | 00:13:10 | 00:31:05.56 | 00:31:14.37 | 5:51 | 10.2 |
| 80 | WALEK NATALIA | 693 | | CIESZYN | POL | 30-39 LAT | 80 | 239 | | | 00:13:29 | 00:31:06.00 | 00:31:22.18 | 5:52 | 10.2 |
| 81 | MICHALSKA MONIKA | 867 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 81 | 238 | | | 00:13:13 | 00:31:07.21 | 00:31:20.05 | 5:52 | 10.2 |
| 82 | KOSIACKA AGNIESZKA | 8 | | RYBNIK | POL | 30-39 LAT | 82 | 240 | | | 00:14:12 | 00:31:07.86 | 00:31:24.01 | 5:52 | 10.2 |
| 83 | GACH ANNA | 591 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 83 | 229 | | | 00:12:06 | 00:31:09.52 | 00:31:15.12 | 5:52 | 10.2 |
| 84 | WÓJCIK ANNA | 769 | ZZOZOLKI | CIESZYN | POL | 30-39 LAT | 84 | 281 | ZZOZOLKI | | 00:14:08 | 00:31:25.58 | 00:32:04.97 | 5:55 | 10.1 |
| 85 | CHRZĄSTEK MAGDALENA | 432 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 85 | 263 | | | 00:12:57 | 00:31:28.04 | 00:31:45.98 | 5:56 | 10.1 |
| 86 | KURIATA KATARZYNA | 130 | | ŻORY | POL | 30-39 LAT | 86 | 265 | TEAM OLI LIDL | | 00:13:46 | 00:31:29.74 | 00:31:47.91 | 5:56 | 10.1 |
| 87 | AUGUŚCIK EWELINA | 495 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 87 | 268 | | | 00:13:30 | 00:31:39.05 | 00:31:50.59 | 5:58 | 10 |
| 88 | GOŁĄBEK ANNA | 661 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 88 | 282 | | | 00:13:31 | 00:31:50.41 | 00:32:05.01 | 6:00 | 10 |
| 89 | BURDZIK WERONIKA | 499 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 89 | 293 | | | 00:13:30 | 00:31:59.33 | 00:32:14.58 | 6:02 | 9.9 |
| 90 | DROBNY JOANNA | 766 | | RYDUŁTOWY | POL | 30-39 LAT | 90 | 286 | | | 00:13:38 | 00:31:59.43 | 00:32:07.70 | 6:02 | 9.9 |
| 91 | SIEKIERKA KLAUDIA | 149 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 91 | 289 | | | 00:12:41 | 00:32:04.76 | 00:32:08.58 | 6:03 | 9.9 |
| 92 | PAJĄK MARIOLA | 151 | #JUSTFEELFITTEAM | WĘGIERSKA GÓRKA | POL | 30-39 LAT | 92 | 312 | #JUSTFEELFITTEAM | | 00:14:02 | 00:32:06.85 | 00:32:41.25 | 6:03 | 9.9 |
| 93 | WOWRA ALEKSANDRA | 662 | | MIKOŁÓW | POL | 30-39 LAT | 93 | 299 | | | 00:14:20 | 00:32:07.58 | 00:32:29.06 | 6:03 | 9.9 |
| 94 | ŻEBRACKA- MEJER KORNELIA | 985 | | WYRY | POL | 30-39 LAT | 94 | 290 | | | 00:13:18 | 00:32:07.93 | 00:32:09.93 | 6:03 | 9.9 |
| 95 | FIZIA JOANNA | 930 | | BAKÓW | POL | 30-39 LAT | 95 | 295 | | | 00:13:50 | 00:32:09.88 | 00:32:22.41 | 6:03 | 9.9 |
| 96 | HETMANIOK AGNIESZKA | 381 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 96 | 326 | | | 00:13:04 | 00:32:10.25 | 00:32:51.96 | 6:04 | 9.9 |
| 97 | KUSZOWSKA JULIA | 938 | JEJKOWICKIE KOBIETKI | JEJKOWICE | POL | 30-39 LAT | 97 | 310 | JEJKOWICKIE KOBIETKI | | 00:13:54 | 00:32:13.09 | 00:32:40.30 | 6:04 | 9.9 |
| 98 | BUREK GABRIELA | 85 | RUNTEAM | PAWŁOWICE ŚLĄSKIE | POL | 30-39 LAT | 98 | 345 | | | 00:14:15 | 00:32:21.54 | 00:33:15.99 | 6:06 | 9.8 |
| 99 | KUBIAK IZABELA | 32 | | ŻORY | POL | 30-39 LAT | 99 | 334 | | | 00:13:45 | 00:32:26.88 | 00:33:03.61 | 6:07 | 9.8 |
| 100 | BAŁUCH MICHALINA | 894 | SPECIALTEAM | STUDZIENICE | POL | 30-39 LAT | 100 | 316 | SPECIALTEAM | SPECIALTEAM M&M | 00:14:11 | 00:32:27.54 | 00:32:44.57 | 6:07 | 9.8 |
| 101 | PAWLIK NATALIA | 34 | BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 101 | 332 | | | 00:13:19 | 00:32:29.08 | 00:33:01.34 | 6:07 | 9.8 |
| 102 | STĘPIEŃ SANDRA | 216 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 102 | 309 | | | 00:13:09 | 00:32:30.10 | 00:32:40.06 | 6:07 | 9.8 |
| 103 | JANOSZ NATALIA | 30 | SPOT PSZCZYNA | ĆWIKLICE | POL | 30-39 LAT | 103 | 318 | SPOT PSZCZYNA | | 00:13:26 | 00:32:32.10 | 00:32:46.37 | 6:08 | 9.8 |
| 104 | DROBIAK KORNELIA | 512 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 104 | 322 | | | 00:14:07 | 00:32:34.21 | 00:32:47.93 | 6:08 | 9.8 |
| 105 | SUKIENNIK ALEKSANDRA | 532 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 105 | 327 | VIKING TRAINING CENTER | | 00:12:59 | 00:32:35.14 | 00:32:56.02 | 6:08 | 9.8 |
| 106 | LENART-ZYGMUNT MARTYNA | 106 | | MYSŁOWICE | POL | 30-39 LAT | 106 | 347 | | | 00:14:15 | 00:32:39.45 | 00:33:17.80 | 6:09 | 9.7 |
| 107 | GAŁUSZKA MAŁGORZATA | 196 | | OŚWIĘCIM | POL | 30-39 LAT | 107 | 329 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:32:44.48 | 00:32:56.69 | 6:10 | 9.7 |
| 108 | KRAWCZYK MONIKA | 802 | | ŻORY | POL | 30-39 LAT | 108 | 328 | | | 00:13:20 | 00:32:48.43 | 00:32:56.39 | 6:11 | 9.7 |
| 109 | FARUGA ANGELINA | 725 | | ĆWIKLICE | POL | 30-39 LAT | 109 | 339 | | | 00:14:10 | 00:32:52.29 | 00:33:08.02 | 6:12 | 9.7 |
| 110 | ZIELIŃSKA KAROLINA | 666 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 110 | 361 | | | 00:14:12 | 00:32:55.21 | 00:33:36.73 | 6:12 | 9.7 |
| 111 | BIELECKA ANNA | 589 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 111 | 359 | VIKING TRAINING CENTER | | 00:14:36 | 00:32:57.54 | 00:33:35.97 | 6:13 | 9.7 |
| 112 | SZYMICZEK PAULINA | 503 | DYSTANS LUBOMIA | LUBOMIA | POL | 30-39 LAT | 112 | 364 | | | 00:14:41 | 00:32:58.56 | 00:33:39.36 | 6:13 | 9.6 |
| 113 | WAWRYK-BIZOŃ ŻANETA | 505 | | LUBOMIA | POL | 30-39 LAT | 113 | 363 | | | 00:14:39 | 00:32:58.61 | 00:33:39.35 | 6:13 | 9.6 |
| 114 | KOCERBA KATARZYNA | 569 | JEJKOWICE BIEGAJĄ | LYSKI | POL | 30-39 LAT | 114 | 358 | | | 00:14:37 | 00:33:03.24 | 00:33:35.64 | 6:14 | 9.6 |
| 115 | BURY NATALIA | 267 | #JUSTFEELFITTEAM | CISIEC | POL | 30-39 LAT | 115 | 370 | #JUSTFEELFITTEAM | | 00:13:28 | 00:33:07.40 | 00:33:42.35 | 6:14 | 9.6 |
| 116 | KŁOPEĆ WERONIKA | 855 | | ZEBRZYDOWICE | POL | 30-39 LAT | 116 | 369 | | | 00:14:30 | 00:33:09.18 | 00:33:41.62 | 6:15 | 9.6 |
| 117 | GIEZEK DOROTA | 434 | | GOŁKOWICE | POL | 30-39 LAT | 117 | 355 | | | 00:14:04 | 00:33:17.88 | 00:33:34.45 | 6:16 | 9.6 |
| 118 | JANCZAR ANGELIKA | 94 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 118 | 354 | | | 00:14:17 | 00:33:23.86 | 00:33:32.58 | 6:17 | 9.5 |

KOBIETY NA 5+ :: BIEG, 30-39 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------------|------|------------------------|----------------------|------|-----------|--------|-----|------------------------|------------|----------|-------------|-------------|--------|------|
| 119 | HAIN KLAUDIA | 975 | MAŁE LAMPARTY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 119 | 356 | | | 00:13:42 | 00:33:27.69 | 00:33:34.52 | 6:18 | 9.5 |
| 120 | GAŚSIOR ROKSANA | 1322 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 120 | K 3 | | | 00:14:01 | 00:33:29.21 | 00:34:13.24 | 6:19 | 9.5 |
| 121 | SURY SYLWIA | 571 | | BRZUŚNIK | POL | 30-39 LAT | 121 | 365 | | | 00:14:03 | 00:33:33.64 | 00:33:39.41 | 6:19 | 9.5 |
| 122 | DAMIĘCKA MAGDA | 650 | | PAWŁOWICE | POL | 30-39 LAT | 122 | 362 | | | 00:14:52 | 00:33:35.37 | 00:33:37.37 | 6:20 | 9.5 |
| 123 | KAFARA JOANNA | 889 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 123 | 407 | WATAHA | | 00:15:36 | 00:33:42.33 | 00:34:21.91 | 6:21 | 9.4 |
| 124 | ARENDARSKA PATRYCJA | 270 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 124 | 411 | | | 00:14:39 | 00:33:44.61 | 00:34:22.91 | 6:21 | 9.4 |
| 125 | WOŚ MAGDALENA | 68 | | RYDUŁTOWY | POL | 30-39 LAT | 125 | 394 | PIERUNSKIE CANGÓRY | | 00:14:02 | 00:33:46.37 | 00:34:14.54 | 6:22 | 9.4 |
| 126 | ULMAN JUSTYNA | 547 | | GOŁKOWICE | POL | 30-39 LAT | 126 | 403 | | KREJZOLKI | 00:14:36 | 00:33:52.28 | 00:34:19.42 | 6:23 | 9.4 |
| 127 | BRYCHCY ESTERA | 13 | | PAWŁOWICE | POL | 30-39 LAT | 127 | 439 | | | 00:14:47 | 00:33:52.81 | 00:34:47.68 | 6:23 | 9.4 |
| 128 | BUCZAK KLAUDIA | 158 | ŻUBRÓWKI | RYBNIK | POL | 30-39 LAT | 128 | 450 | ŻUBRÓWKI | | 00:14:49 | 00:33:53.42 | 00:34:59.48 | 6:23 | 9.4 |
| 129 | KOŁODYŃSKA JUSTYNA | 165 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 129 | 389 | | | 00:14:26 | 00:33:53.75 | 00:34:03.60 | 6:23 | 9.4 |
| 130 | ZAREMBA JUSTYNA | 299 | | TYCHY | POL | 30-39 LAT | 130 | 397 | | | 00:14:41 | 00:33:56.58 | 00:34:16.29 | 6:24 | 9.4 |
| 131 | GAPIŃSKA JOANNA | 372 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 131 | 393 | | | 00:14:36 | 00:33:57.26 | 00:34:11.15 | 6:24 | 9.4 |
| 132 | SODZAWICZNA MAGDALENA | 222 | | TYCHY | POL | 30-39 LAT | 132 | 416 | VIKING TRAINING CENTER | | 00:13:58 | 00:34:00.08 | 00:34:28.46 | 6:24 | 9.4 |
| 133 | NOWICKA OLA | 282 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 133 | 422 | | | 00:14:04 | 00:34:05.02 | 00:34:32.99 | 6:25 | 9.3 |
| 134 | GOLEC MONIKA | 100 | | CIĘCINA | POL | 30-39 LAT | 134 | 409 | | | 00:14:25 | 00:34:07.19 | 00:34:22.07 | 6:26 | 9.3 |
| 135 | TOPOLIŃSKA DOROTA | 881 | | ZEBRZYDOWICE | POL | 30-39 LAT | 135 | 395 | | | 00:13:49 | 00:34:08.42 | 00:34:14.55 | 6:26 | 9.3 |
| 136 | WOJTAS PAULINA | 800 | TEAM OLI LIDL | ZORY | POL | 30-39 LAT | 136 | 417 | TEAM OLI LIDL | | 00:14:46 | 00:34:11.74 | 00:34:30.34 | 6:26 | 9.3 |
| 137 | BYRTEK ANNA | 664 | #JUSTFEELFITTEAM | JELEŚNIA | POL | 30-39 LAT | 137 | 445 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.16 | 00:34:55.05 | 6:27 | 9.3 |
| 138 | GUDZIK ANGELIKA | 515 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 138 | 429 | | | 00:14:36 | 00:34:21.20 | 00:34:40.76 | 6:28 | 9.3 |
| 139 | KUŹNIK EDYTA | 125 | | RYBNIK | POL | 30-39 LAT | 139 | 419 | | | 00:13:58 | 00:34:22.14 | 00:34:31.52 | 6:29 | 9.3 |
| 140 | CZERWIŃSKA IWONA | 64 | | RYBNIK | POL | 30-39 LAT | 140 | 456 | | | 00:15:08 | 00:34:22.49 | 00:35:15.50 | 6:29 | 9.3 |
| 141 | PAGIEŁA KATARZYNA | 391 | | POGWIZDÓW | POL | 30-39 LAT | 141 | 447 | | | 00:15:33 | 00:34:24.31 | 00:34:55.36 | 6:29 | 9.2 |
| 142 | MADALIŃSKA KAROLINA | 174 | | PRUCHNA | POL | 30-39 LAT | 142 | 420 | | | 00:14:16 | 00:34:27.74 | 00:34:31.85 | 6:30 | 9.2 |
| 143 | PRUDEL JOANNA | 733 | | RYBNIK | POL | 30-39 LAT | 143 | 430 | | | 00:13:56 | 00:34:31.28 | 00:34:41.92 | 6:30 | 9.2 |
| 144 | PIECHOCKA-WARZECHA KATARZYNA | 927 | | CZECHOWICE-DZIEDZICE | POL | 30-39 LAT | 144 | 433 | | | 00:14:07 | 00:34:31.38 | 00:34:43.26 | 6:30 | 9.2 |
| 145 | GOLEC-CHOLEWA ALEKSANDRA | 221 | | LEŚNA | POL | 30-39 LAT | 145 | 435 | | | 00:14:28 | 00:34:31.69 | 00:34:46.06 | 6:30 | 9.2 |
| 146 | LISZOK IWONA | 364 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 146 | 448 | | | 00:14:34 | 00:34:33.18 | 00:34:55.68 | 6:31 | 9.2 |
| 147 | SZYNAŁ MAGDALENA | 634 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 147 | 453 | | | 00:14:29 | 00:34:45.68 | 00:35:09.15 | 6:33 | 9.2 |
| 148 | BRANDYS KRYSZYNA | 135 | DYŃKI TEAM | ZBYTKÓW | POL | 30-39 LAT | 148 | 499 | | | 00:15:35 | 00:34:59.16 | 00:36:01.47 | 6:36 | 9.1 |
| 149 | SZMUK KARINA | 744 | | PAWŁOWICE | POL | 30-39 LAT | 149 | 481 | | | 00:15:30 | 00:34:59.23 | 00:35:45.86 | 6:36 | 9.1 |
| 150 | OLSZEWSKA OLIWIA | 780 | | ZBYTKÓW | POL | 30-39 LAT | 150 | 498 | | | 00:15:33 | 00:34:59.48 | 00:36:01.35 | 6:36 | 9.1 |
| 151 | KACZMARCZYK-ZIELIŃSKA MAGDALENA | 563 | | PAWŁOWICE | POL | 30-39 LAT | 151 | 495 | RUNTEAM PAWŁOWICE | | 00:16:01 | 00:35:03.92 | 00:36:00.78 | 6:36 | 9.1 |
| 152 | PAWEŁA SYLWIA | 764 | | ŚWIERKLANY | POL | 30-39 LAT | 152 | 459 | | | 00:14:15 | 00:35:08.68 | 00:35:19.72 | 6:37 | 9.1 |
| 153 | KALETA AGNIESZKA | 129 | POWOLI DO CELU | BRZESZCZE | POL | 30-39 LAT | 153 | 464 | POWOLI DOCELU | | 00:14:27 | 00:35:11.17 | 00:35:28.90 | 6:38 | 9 |
| 154 | NOSOL KAROLINA | 689 | | JARZĄBKOWICE | POL | 30-39 LAT | 154 | 487 | | | 00:14:44 | 00:35:12.34 | 00:35:51.82 | 6:38 | 9 |
| 155 | HRISTOVA DARIA | 871 | SPOT PSZCZYNA | TYCHY | POL | 30-39 LAT | 155 | 468 | SPOT PSZCZYNA | DIEGO&COCO | 00:14:10 | 00:35:16.85 | 00:35:31.25 | 6:39 | 9 |
| 156 | KOZŁOWSKA MALWINA | 128 | | BĘDZIN | POL | 30-39 LAT | 156 | 476 | | | 00:14:47 | 00:35:23.33 | 00:35:40.54 | 6:40 | 9 |
| 157 | PŁOSKA MARZENA | 139 | | ZABRZE | POL | 30-39 LAT | 157 | 475 | | | 00:14:46 | 00:35:23.64 | 00:35:40.49 | 6:40 | 9 |
| 158 | TRZCIŃSKA JOANNA | 92 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 158 | 472 | KOBIETY NA 5+ | | 00:14:42 | 00:35:25.52 | 00:35:36.53 | 6:40 | 9 |
| 159 | KAMEJSZA OLGA | 472 | ZABIERZÓW BIEGA | JASIENICA | POL | 30-39 LAT | 159 | 516 | | | 00:15:41 | 00:35:26.49 | 00:36:27.62 | 6:41 | 9 |
| 160 | KRZYŻOWSKA MARZENA | 656 | | KATOWICE | POL | 30-39 LAT | 160 | 473 | | | 00:14:41 | 00:35:29.77 | 00:35:37.39 | 6:41 | 9 |
| 161 | TWARDAWA MAGDALENA | 849 | | ZORY | POL | 30-39 LAT | 161 | 496 | TEAM OLI LIDL | | 00:15:40 | 00:35:33.75 | 00:36:00.79 | 6:42 | 8.9 |
| 162 | KEMPA-GOŁĄB AGNIESZKA | 459 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 162 | 493 | VIKING TRAINING CENTER | | 00:15:14 | 00:35:38.75 | 00:35:59.62 | 6:43 | 8.9 |
| 163 | DRAGON PAULINA | 395 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 163 | 504 | | | 00:15:38 | 00:35:39.53 | 00:36:05.85 | 6:43 | 8.9 |
| 164 | CZERNIEJ NATALIA | 884 | | PAWŁOWICE | POL | 30-39 LAT | 164 | 480 | | | 00:13:53 | 00:35:41.83 | 00:35:45.76 | 6:43 | 8.9 |
| 165 | KARAŚ DARIA | 783 | | PSZÓW | POL | 30-39 LAT | 165 | 521 | | | 00:15:28 | 00:35:47.43 | 00:36:33.81 | 6:45 | 8.9 |
| 166 | LASKOWSKA ANNA | 779 | | SKRZYSZÓW | POL | 30-39 LAT | 166 | 533 | | | 00:15:35 | 00:35:49.92 | 00:36:51.82 | 6:45 | 8.9 |
| 167 | FOJCIK KASIA | 257 | PIERUNSKIE CANGÓRY | PSZÓW (GMINA: PSZÓW) | POL | 30-39 LAT | 167 | 513 | PIERUNSKIE CANGÓRY | KANGURZYCE | 00:14:47 | 00:35:55.47 | 00:36:23.98 | 6:46 | 8.9 |
| 168 | RUSZAŁA KAROLINA | 453 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 30-39 LAT | 168 | 530 | | | 00:15:44 | 00:36:01.65 | 00:36:44.20 | 6:47 | 8.8 |

KOBIETY NA 5+ :: BIEG, 30-39 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|----------------------------|-------------------|------|-----------|--------|-----|--|------------------|----------|-------------|-------------|--------|------|
| 169 | PIEROŃ JULIA | 702 | | KRAKÓW | POL | 30-39 LAT | 169 | 507 | PO JEDNEJ BABCI | | 00:14:20 | 00:36:04.20 | 00:36:12.15 | 6:48 | 8.8 |
| 170 | WYSKIEL MARTA | 132 | | RYBNIK | POL | 30-39 LAT | 170 | 538 | | | 00:15:09 | 00:36:06.51 | 00:36:57.86 | 6:48 | 8.8 |
| 171 | WOJDANOWSKA MAŁGORZATA | 219 | | TARNOWSKIE GÓRY | POL | 30-39 LAT | 171 | 525 | | | 00:14:12 | 00:36:07.98 | 00:36:39.89 | 6:48 | 8.8 |
| 172 | KONOPKA MAGDALENA | 86 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 172 | 542 | 55-LAT SP5 | | 00:16:26 | 00:36:13.12 | 00:37:04.84 | 6:50 | 8.8 |
| 173 | BULANDA MARTYNA | 406 | VIKING TRAINING CENTER | TUCHY | POL | 30-39 LAT | 173 | 528 | VIKING TRAINING CENTER | | 00:14:36 | 00:36:13.69 | 00:36:44.13 | 6:50 | 8.8 |
| 174 | MATUSZEK ANNA | 83 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 174 | 510 | | | 00:15:01 | 00:36:14.12 | 00:36:19.87 | 6:50 | 8.8 |
| 175 | JANIK ANNA | 148 | | OŚWIĘCIM | POL | 30-39 LAT | 175 | 518 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:22 | 00:36:15.65 | 00:36:29.53 | 6:50 | 8.8 |
| 176 | MACHNIK MARTA | 471 | | GLIWICE | POL | 30-39 LAT | 176 | 511 | | | 00:13:58 | 00:36:18.27 | 00:36:20.09 | 6:50 | 8.8 |
| 177 | KARBOUY MARZENA | 562 | ZATYRANI.PL GRATISOWNIA.PL | ŻERNICA | POL | 30-39 LAT | 177 | 551 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | | 00:15:52 | 00:36:25.14 | 00:37:09.26 | 6:52 | 8.7 |
| 178 | CZERWIŃSKA KLAUDYNA | 996 | | RYBNIK | POL | 30-39 LAT | 178 | 531 | | OPEL FIJAŁKOWSKI | 00:15:21 | 00:36:32.22 | 00:36:44.73 | 6:53 | 8.7 |
| 179 | BUCHOLC MARIOLA | 777 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 179 | 526 | | | 00:15:01 | 00:36:33.74 | 00:36:40.07 | 6:53 | 8.7 |
| 180 | LABZA ANNA | 593 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 180 | 560 | | | 00:15:43 | 00:36:35.22 | 00:37:25.45 | 6:54 | 8.7 |
| 181 | ROKITA MAGDALENA | 576 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 181 | 554 | | | 00:16:36 | 00:36:35.91 | 00:37:16.97 | 6:54 | 8.7 |
| 182 | KIETRYS ANNA | 810 | | ZABRZE | POL | 30-39 LAT | 182 | 532 | | | 00:15:54 | 00:36:37.30 | 00:36:47.59 | 6:54 | 8.7 |
| 183 | MATUSIAK PAULINA | 723 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 183 | 548 | | | 00:15:18 | 00:36:42.82 | 00:37:07.84 | 6:55 | 8.7 |
| 184 | MICHALAK MARTA | 998 | | RYBNIK | POL | 30-39 LAT | 184 | 537 | OPEL FIJAŁKOWSKI | | 00:15:50 | 00:36:45.99 | 00:36:56.72 | 6:56 | 8.7 |
| 185 | LAZAR JOANNA | 274 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 185 | 572 | | | 00:15:27 | 00:36:56.04 | 00:37:44.87 | 6:58 | 8.6 |
| 186 | LISICKA SABINA | 408 | | CIĘCINA | POL | 30-39 LAT | 186 | 550 | #JUSTFEELFITTEAM | | 00:15:12 | 00:37:02.10 | 00:37:08.45 | 6:59 | 8.6 |
| 187 | CZYSZCZOŃ PAULINA | 524 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 187 | 562 | VIKING TRAINING CENTER | | 00:15:20 | 00:37:05.84 | 00:37:25.89 | 6:59 | 8.6 |
| 188 | DAMIS DARIA | 52 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 188 | 599 | | | 00:15:20 | 00:37:07.42 | 00:38:12.30 | 7:00 | 8.6 |
| 189 | MARUSZCZYK MAŁGORZATA | 692 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 189 | 582 | VIKING TRAINING CENTER | | 00:16:29 | 00:37:10.34 | 00:37:49.70 | 7:00 | 8.6 |
| 190 | JAKUBIK EDYTA | 763 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 190 | 597 | | | 00:14:55 | 00:37:13.82 | 00:38:08.42 | 7:01 | 8.5 |
| 191 | KŁOPEĆ SYLWIA | 854 | | ZEBRZYDOWICE | POL | 30-39 LAT | 191 | 578 | | | 00:15:29 | 00:37:13.96 | 00:37:48.37 | 7:01 | 8.5 |
| 192 | HEROK MICHALINA | 536 | | MNICH | POL | 30-39 LAT | 192 | 589 | | | 00:15:49 | 00:37:19.49 | 00:38:02.00 | 7:02 | 8.5 |
| 193 | DZIEDZINA ANNA | 807 | | TYCHY | POL | 30-39 LAT | 193 | 581 | | | 00:17:41 | 00:37:30.48 | 00:37:49.51 | 7:04 | 8.5 |
| 194 | GRZEGOSZCZYK ŻANETA | 803 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 194 | 575 | | | 00:14:40 | 00:37:38.30 | 00:37:46.43 | 7:06 | 8.4 |
| 195 | KRZYSZTOPORSKA KAROLINA | 346 | | RYBNIK | POL | 30-39 LAT | 195 | 617 | | | 00:17:03 | 00:37:39.30 | 00:38:32.05 | 7:06 | 8.4 |
| 196 | KACHEL SONIA | 844 | SONIAKACHEL@VP.PL | RYBNIK | POL | 30-39 LAT | 196 | 594 | SZPRYCHY | | 00:17:24 | 00:37:45.36 | 00:38:05.87 | 7:07 | 8.4 |
| 197 | JURKOWSKA MONIKA | 103 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 197 | 593 | KOBIETY NA 5+ | | 00:16:12 | 00:37:47.45 | 00:38:05.00 | 7:07 | 8.4 |
| 198 | MAZUREK BEATA | 590 | ŻUBRÓWKI | GASZOWICE | POL | 30-39 LAT | 198 | 658 | ŻUBRÓWKI | | 00:16:58 | 00:37:50.73 | 00:39:00.80 | 7:08 | 8.4 |
| 199 | PIECHOCIŃSKA KATARZYNA | 914 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 199 | 644 | SZARE MORSY | | 00:16:02 | 00:37:51.43 | 00:38:48.96 | 7:08 | 8.4 |
| 200 | BOREK KAROLINA | 900 | BYLE DO METY | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 200 | 622 | | | 00:15:40 | 00:37:52.79 | 00:38:34.97 | 7:08 | 8.4 |
| 201 | SŁYSZ NATALIA | 642 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 201 | 624 | BYLE DO METY | | 00:16:25 | 00:37:53.09 | 00:38:37.74 | 7:08 | 8.4 |
| 202 | MURAS-JAROMIN JUSTYNA | 878 | | PSZCZYNA | POL | 30-39 LAT | 202 | 611 | | | 00:16:17 | 00:37:53.97 | 00:38:25.63 | 7:08 | 8.4 |
| 203 | ZŁOTKOWSKA SYLWIA | 741 | WATAHA | PIELGRZYMOWICE | POL | 30-39 LAT | 203 | 603 | WATAHA | | 00:15:16 | 00:37:55.27 | 00:38:16.65 | 7:09 | 8.4 |
| 204 | DULIBAN AGNIESZKA | 940 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 204 | 604 | | | 00:15:56 | 00:37:56.82 | 00:38:17.46 | 7:09 | 8.4 |
| 205 | CISŁO KATARZYNA | 37 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 205 | 602 | POWOLI DOCELU | | 00:16:13 | 00:37:58.21 | 00:38:15.40 | 7:09 | 8.4 |
| 206 | KMIECIAK DOMINIKA | 167 | RUNPATOLA | RADLIN | POL | 30-39 LAT | 206 | 618 | | | 00:15:55 | 00:38:02.69 | 00:38:33.31 | 7:10 | 8.4 |
| 207 | PORĘBA WIOLA | 866 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 207 | 620 | | | 00:15:57 | 00:38:04.19 | 00:38:33.73 | 7:10 | 8.4 |
| 208 | KUBALA JOANNA | 952 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 30-39 LAT | 208 | 619 | | | 00:15:57 | 00:38:04.71 | 00:38:33.66 | 7:10 | 8.4 |
| 209 | SADOWSKA KAMILA | 926 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 209 | 613 | | | 00:15:55 | 00:38:06.10 | 00:38:26.85 | 7:11 | 8.3 |
| 210 | WALA ROKSANA | 948 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 210 | 636 | TEAM MAŁYCH BOHATERÓW :-) | | 00:16:44 | 00:38:10.15 | 00:38:43.02 | 7:12 | 8.3 |
| 211 | JANISZEK PATRYCJA | 917 | BYLE DO METY | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 211 | 654 | BYLE DO METY | | 00:15:30 | 00:38:13.54 | 00:38:57.39 | 7:12 | 8.3 |
| 212 | PLATA MARLENA | 521 | | PAWŁOWICE ŚLĄSKIE | POL | 30-39 LAT | 212 | 648 | | | 00:16:49 | 00:38:13.82 | 00:38:51.02 | 7:12 | 8.3 |
| 213 | SMOŁKA KATARZYNA | 508 | FLUENTBE | RYBNIK | POL | 30-39 LAT | 213 | 651 | | | 00:17:31 | 00:38:17.91 | 00:38:54.43 | 7:13 | 8.3 |
| 214 | PIEROŃ-KŁAKUS ANETA | 701 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 214 | 615 | PO JEDNEJ BABCI | | 00:15:20 | 00:38:20.39 | 00:38:28.76 | 7:13 | 8.3 |
| 215 | BANACH-HAN KINGA | 673 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 215 | 610 | | | 00:15:51 | 00:38:21.90 | 00:38:25.56 | 7:14 | 8.3 |
| 216 | KACZOREK MALWINA | 1276 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 216 | 649 | | | 00:15:26 | 00:38:27.12 | 00:38:53.04 | 7:15 | 8.3 |
| 217 | HUBA AGNIESZKA | 134 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 217 | 645 | KOBIETY NA 5+ | | 00:14:41 | 00:38:36.11 | 00:38:49.02 | 7:16 | 8.2 |

KOBIETY NA 5+ :: BIEG, 30-39 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|------------------------|----------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 218 | WAGNER NATALIA | 647 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 218 | 643 | | | 00:16:21 | 00:38:41.73 | 00:38:48.56 | 7:17 | 8.2 |
| 219 | SCHMIDT MAGDALENA | 893 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 219 | 673 | 55-LAT SP5 | | 00:16:31 | 00:38:46.61 | 00:39:39.27 | 7:18 | 8.2 |
| 220 | WODNIAK ANGELA | 74 | POWOLI DO CELU | WOLA | POL | 30-39 LAT | 220 | 663 | POWOLI DOCELU | | 00:16:13 | 00:38:49.66 | 00:39:08.03 | 7:19 | 8.2 |
| 221 | MAGIERA BARBARA | 269 | POWOLI DO CELU | CHEŁM ŚLĄSKI | POL | 30-39 LAT | 221 | 661 | POWOLI DO CELU | | 00:16:15 | 00:38:49.99 | 00:39:07.20 | 7:19 | 8.2 |
| 222 | MAREK SYLWIA | 879 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 222 | 668 | | | 00:16:51 | 00:38:52.27 | 00:39:26.32 | 7:20 | 8.2 |
| 223 | MARON HONORATA | 549 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 223 | 662 | | | 00:16:16 | 00:38:58.85 | 00:39:07.74 | 7:21 | 8.2 |
| 224 | BARAN KAROLINA | 525 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 224 | 677 | | | 00:16:46 | 00:39:00.68 | 00:39:42.05 | 7:21 | 8.2 |
| 225 | ŚNIEG ALICJA | 747 | | ZABRZE | POL | 30-39 LAT | 225 | 665 | | | 00:15:59 | 00:39:04.37 | 00:39:14.44 | 7:22 | 8.1 |
| 226 | PATAŁĄG KATARZYNA | 24 | | MYSŁOWICE | POL | 30-39 LAT | 226 | 678 | | | 00:15:56 | 00:39:08.20 | 00:39:45.61 | 7:23 | 8.1 |
| 227 | KAMIŃSKA ALEKSANDRA | 530 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 227 | 688 | | | 00:16:46 | 00:39:11.81 | 00:39:53.00 | 7:23 | 8.1 |
| 228 | STELMACH MARTA | 749 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 228 | 669 | | | 00:16:20 | 00:39:19.51 | 00:39:27.58 | 7:25 | 8.1 |
| 229 | GŁĄB MARIOLA | 665 | | ŚWIĘTOCHŁOWICE | POL | 30-39 LAT | 229 | 699 | | | 00:15:59 | 00:39:34.32 | 00:40:10.41 | 7:27 | 8 |
| 230 | GARUS DARIA | 285 | | ORNONTOWICE | POL | 30-39 LAT | 230 | 694 | | | 00:16:20 | 00:39:36.44 | 00:40:05.31 | 7:28 | 8 |
| 231 | WANDZEL IWONA | 117 | | BIELSKO-BIAŁA | POL | 30-39 LAT | 231 | 696 | | | 00:16:09 | 00:39:37.48 | 00:40:07.92 | 7:28 | 8 |
| 232 | DRANICZAREK ANNA | 481 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 232 | 683 | | | 00:16:24 | 00:39:41.40 | 00:39:48.44 | 7:29 | 8 |
| 233 | PARCHAŃSKA OLIWIA | 617 | | WODZISŁAW ŚLĄSKI | POL | 30-39 LAT | 233 | 697 | BYLE DO METY | | 00:17:35 | 00:39:41.65 | 00:40:08.10 | 7:29 | 8 |
| 234 | BETLEJ DOROTA | 572 | | KATOWICE | POL | 30-39 LAT | 234 | 710 | | | 00:16:02 | 00:39:52.10 | 00:40:31.54 | 7:31 | 8 |
| 235 | OSTAPIUK ANNA | 40 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 235 | 709 | | | 00:16:57 | 00:39:56.91 | 00:40:30.89 | 7:32 | 8 |
| 236 | BRODA KAMILA | 229 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 236 | 713 | | | 00:16:39 | 00:40:00.90 | 00:40:37.17 | 7:32 | 8 |
| 237 | OWCZARZY AGNIESZKA | 597 | GRAŻYNY 87 | KOŃCZYCE MAŁE | POL | 30-39 LAT | 237 | 728 | GRAŻYNY 87 | | 00:16:45 | 00:40:01.64 | 00:40:57.80 | 7:33 | 7.9 |
| 238 | UHEREK AGNIESZKA | 599 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 238 | 727 | GRAŻYNY 87 | | 00:16:45 | 00:40:02.24 | 00:40:57.66 | 7:33 | 7.9 |
| 239 | LIMAŃSKA JOANNA | 585 | VIKING TRAINING CENTER | MIKOŁÓW | POL | 30-39 LAT | 239 | 725 | VIKING TRAINING CENTER | | 00:16:50 | 00:40:14.96 | 00:40:54.21 | 7:35 | 7.9 |
| 240 | WÓJCİK DOROTA | 724 | | ŻORY | POL | 30-39 LAT | 240 | 729 | BYLE DO METY | | 00:16:26 | 00:40:15.84 | 00:41:00.64 | 7:35 | 7.9 |
| 241 | OLEŚ ULA | 947 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 241 | 726 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:37 | 00:40:29.58 | 00:40:56.11 | 7:38 | 7.9 |
| 242 | FOLTYN DOMINIKA | 877 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 242 | 731 | | | 00:17:39 | 00:40:30.66 | 00:41:04.29 | 7:38 | 7.9 |
| 243 | MIKUSIAK BARBARA | 845 | | RYBNIK | POL | 30-39 LAT | 243 | 721 | SZPRYCHY | | 00:17:54 | 00:40:31.84 | 00:40:51.57 | 7:38 | 7.8 |
| 244 | KULIG-GOC GABRIELA | 207 | | STUDZIENICE | POL | 30-39 LAT | 244 | 741 | | | 00:17:35 | 00:40:47.16 | 00:41:27.29 | 7:41 | 7.8 |
| 245 | JELONEK KLAUDIA | 180 | | WOLA | POL | 30-39 LAT | 245 | 739 | | | 00:17:35 | 00:40:48.12 | 00:41:26.83 | 7:41 | 7.8 |
| 246 | ŚLEZIONA KATARZYNA | 379 | | TYCHY | POL | 30-39 LAT | 246 | 738 | | | 00:16:36 | 00:41:08.45 | 00:41:26.77 | 7:45 | 7.7 |
| 247 | NOWAK-MARKITON KAROLINA | 951 | | PAWŁOWICE | POL | 30-39 LAT | 247 | 736 | | | 00:18:31 | 00:41:10.05 | 00:41:20.68 | 7:46 | 7.7 |
| 248 | JAKIELEK BARBARA | 225 | | OŚWIĘCIM | POL | 30-39 LAT | 248 | 744 | WIEWIÓRKI ZIMNOKRWISTE | | 00:16:45 | 00:41:16.91 | 00:41:31.44 | 7:47 | 7.7 |
| 249 | MILCUSZEK MAGDALENA | 90 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 249 | 747 | | | 00:17:08 | 00:41:17.02 | 00:41:32.39 | 7:47 | 7.7 |
| 250 | GUBAŁA MONIKA | 727 | | ZABRZE | POL | 30-39 LAT | 250 | 752 | | | 00:18:47 | 00:41:17.25 | 00:41:46.50 | 7:47 | 7.7 |
| 251 | KOŹDOŃ JAGODA | 56 | | RYBNIK | POL | 30-39 LAT | 251 | 742 | | | 00:16:38 | 00:41:22.72 | 00:41:28.23 | 7:48 | 7.7 |
| 252 | NOWAK MALWINA | 936 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 252 | 751 | | | 00:18:12 | 00:41:31.14 | 00:41:42.68 | 7:50 | 7.7 |
| 253 | MATIOSZEK AGNIESZKA | 88 | | RACIBÓRZ | POL | 30-39 LAT | 253 | 768 | | | 00:17:49 | 00:41:49.21 | 00:42:36.71 | 7:53 | 7.6 |
| 254 | GLICA KATARZYNA | 756 | | BYTOM | POL | 30-39 LAT | 254 | 763 | | | 00:17:56 | 00:42:05.60 | 00:42:16.88 | 7:56 | 7.6 |
| 255 | BALCERAK BEATA | 250 | | ŻORY | POL | 30-39 LAT | 255 | 769 | | | 00:17:13 | 00:42:12.12 | 00:42:37.67 | 7:57 | 7.5 |
| 256 | KOSTKA JUSTYNA | 655 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 256 | 764 | | | 00:18:28 | 00:42:14.53 | 00:42:23.07 | 7:58 | 7.5 |
| 257 | MYŚLIWIEC SENIORITA | 137 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 257 | 775 | KOBIETY NA 5+ | | 00:17:04 | 00:42:42.37 | 00:42:51.04 | 8:03 | 7.4 |
| 258 | WYSTEMP EWELINA | 614 | | CZERWIONKA-LESZCZYNY | POL | 30-39 LAT | 258 | 816 | | | 00:17:48 | 00:42:46.47 | 00:45:35.18 | 8:04 | 7.4 |
| 259 | WAMBERSKA BEATA | 201 | | KOBIÓR | POL | 30-39 LAT | 259 | 792 | | | 00:17:31 | 00:43:00.28 | 00:43:22.49 | 8:06 | 7.4 |
| 260 | SZCZEPANIK MARTA | 671 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 260 | 802 | | | 00:18:30 | 00:43:01.83 | 00:43:53.69 | 8:06 | 7.4 |
| 261 | GÓRNICZ PATRYCJA | 651 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 261 | 797 | | | 00:17:28 | 00:43:08.43 | 00:43:45.26 | 8:08 | 7.4 |
| 262 | FIZIA KATARZYNA | 618 | | KRZYŻOWICE | POL | 30-39 LAT | 262 | 801 | | PSIAPSI1 | 00:19:33 | 00:43:20.43 | 00:43:48.76 | 8:10 | 7.3 |
| 263 | BAZGIER MAGDALENA | 654 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 263 | 804 | | | 00:17:28 | 00:43:29.36 | 00:44:06.22 | 8:12 | 7.3 |
| 264 | OLBER JUSTYNA | 918 | | ŻORY | POL | 30-39 LAT | 264 | 805 | | | 00:18:48 | 00:43:38.13 | 00:44:12.23 | 8:13 | 7.3 |
| 265 | BARCZYCKA MONIKA | 755 | | RYBNIK | POL | 30-39 LAT | 265 | 807 | | | 00:18:08 | 00:43:55.86 | 00:44:23.15 | 8:17 | 7.2 |
| 266 | GOMUŁKA ANNA | 99 | | MYSŁOWICE | POL | 30-39 LAT | 266 | 810 | | | 00:17:53 | 00:44:09.31 | 00:44:46.90 | 8:19 | 7.2 |
| 267 | MONIKA MONIKA | 258 | | KRAKÓW | POL | 30-39 LAT | 267 | 808 | | | 00:18:31 | 00:44:29.64 | 00:44:41.16 | 8:23 | 7.1 |
| 268 | FABIN MARTA | 635 | | ŻORY | POL | 30-39 LAT | 268 | 811 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.47 | 00:44:52.93 | 8:23 | 7.1 |
| 269 | KASTELIK ILONA | 607 | | ŻORY | POL | 30-39 LAT | 269 | 815 | | PSIAPSI | 00:19:09 | 00:44:59.45 | 00:45:26.00 | 8:29 | 7.1 |
| 270 | WOLNY ŻANETA | 565 | | WODZISŁAW | POL | 30-39 LAT | 270 | 817 | | WOLNY TIM | 00:19:48 | 00:45:04.41 | 00:45:39.00 | 8:30 | 7.1 |

KOBIETY NA 5+ :: BIEG, 30-39 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|------------------------|--------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 271 | RODZIEWICZ AGNIESZKA | 684 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 271 | 829 | | | 00:19:25 | 00:45:16.51 | 00:46:13.34 | 8:32 | 7 |
| 272 | ŻYŁA SONIA | 946 | | BAKÓW | POL | 30-39 LAT | 272 | 823 | | | 00:18:13 | 00:45:19.12 | 00:45:48.27 | 8:33 | 7 |
| 273 | SZCZEPANIK ALEKSANDRA | 116 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 273 | 821 | | | 00:18:42 | 00:45:31.16 | 00:45:45.60 | 8:35 | 7 |
| 274 | MROWCZYK KAMILA | 751 | | KATOWICE | POL | 30-39 LAT | 274 | 828 | | | 00:18:40 | 00:45:39.11 | 00:46:04.91 | 8:36 | 7 |
| 275 | KONOWALCZUK IZA | 633 | | JASTRZĘBIE - ZDRÓJ | POL | 30-39 LAT | 275 | 835 | | | 00:19:31 | 00:46:26.82 | 00:46:54.60 | 8:45 | 6.8 |
| 276 | WIĘDŁOCHA-GRABKA MARTA | 752 | | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 276 | 834 | | | 00:19:30 | 00:46:27.10 | 00:46:54.56 | 8:45 | 6.8 |
| 277 | JAMIOŁA KINGA | 542 | | RADLIN | POL | 30-39 LAT | 277 | 854 | | | 00:21:12 | 00:46:30.11 | 00:49:06.56 | 8:46 | 6.8 |
| 278 | WITKOWSKA-DOLNY SANDRA | 390 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 278 | 844 | GRAŻYNY 87 | | 00:20:07 | 00:46:31.70 | 00:47:29.29 | 8:46 | 6.8 |
| 279 | PRUC JOLANTA | 808 | GRAŻYNY 87 | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 279 | 845 | GRAŻYNY 87 | | 00:20:09 | 00:46:33.49 | 00:47:29.40 | 8:46 | 6.8 |
| 280 | BALAS MAŁGORZATA | 123 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 280 | 839 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.70 | 00:47:00.07 | 8:47 | 6.8 |
| 281 | BIZACKA MARZENA | 371 | VIKING TRAINING CENTER | BIERUŃ | POL | 30-39 LAT | 281 | 840 | VIKING TRAINING CENTER | | 00:19:29 | 00:46:36.73 | 00:47:00.34 | 8:47 | 6.8 |
| 282 | PLĄCZEK DOMINIKA | 430 | | CHAŁUPKI | POL | 30-39 LAT | 282 | 851 | | | 00:20:32 | 00:48:32.59 | 00:48:58.86 | 9:09 | 6.6 |
| 283 | MARCZOK MARTA | 601 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 283 | 852 | | | 00:20:34 | 00:48:34.12 | 00:48:59.01 | 9:09 | 6.5 |
| 284 | PIŁATOWSKA MAGDALENA | 424 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 284 | 853 | | | 00:20:34 | 00:48:34.20 | 00:48:59.10 | 9:09 | 6.5 |
| 285 | BUJAK MAGDALENA | 73 | VIKING TRAINING CENTER | TYCHY | POL | 30-39 LAT | 285 | 862 | VIKING TRAINING CENTER | | 00:22:08 | 00:52:06.66 | 00:52:28.87 | 9:49 | 6.1 |
| 286 | WOLAŃSKA BARBARA | 383 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 286 | 865 | GRAŻYNY 87 | | 00:20:45 | 00:53:54.41 | 00:55:05.10 | 10:10 | 5.9 |
| 287 | KIEŁKOWSKA EWELINA | 682 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 287 | 866 | GRAŻYNY 87 | | 00:21:00 | 00:54:10.84 | 00:55:06.22 | 10:13 | 5.9 |
| 288 | KORBEL KLAUDIA | 956 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 288 | 868 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:39 | 00:54:29.86 | 00:57:22.14 | 10:16 | 5.8 |
| 289 | BUREK SONIA | 980 | TEAM MAŁYCH BOHATERÓW | JASTRZĘBIE ZDRÓJ | POL | 30-39 LAT | 289 | 870 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:43 | 00:54:34.52 | 00:57:26.43 | 10:17 | 5.8 |
| 290 | TRZCIŃSKA PAULINA | 44 | | POZNAŃ | POL | 30-39 LAT | 290 | 871 | | | 00:25:00 | 00:57:47.66 | 00:57:58.23 | 10:54 | 5.5 |
| 291 | SZCZEPANIK BOGUMIŁA | 27 | | JASTRZĘBIE-ZDRÓJ | POL | 30-39 LAT | 291 | 874 | | | | 01:00:37.96 | 01:01:18.15 | 11:26 | 5.2 |
| 292 | SKRZYPIEC MARTYNA | 864 | | KNURÓW | POL | 30-39 LAT | 292 | 876 | | | 00:16:06 | | | 6:26 | 9.3 |
| 293 | JABŁOŃSKA ALEKSANDRA | 964 | | GLIWICE | POL | 30-39 LAT | 293 | 877 | | | | | | | |

KOBIETY NA 5+ :: BIEG, 40-49 lat

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|----------------------------|------------------|------|-----------|--------|-----|---------------------------|---------------|----------|-------------|-------------|--------|------|
| 1 | JAGIELSKA EWA | 1 | | WYSZKÓW | POL | 40-49 LAT | 1 | 1 | INCOLA TEAM | | 00:07:57 | 00:18:19.04 | 00:18:19.41 | 3:27 | 17.4 |
| 2 | LEWICKA ELŻBIETA | 520 | | KNURÓW | POL | 40-49 LAT | 2 | 9 | | RANNELLE | 00:09:11 | 00:21:30.03 | 00:21:31.85 | 4:03 | 14.8 |
| 3 | JANEK WERONIKA | 226 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 3 | 10 | | | 00:09:23 | 00:21:54.81 | 00:21:55.86 | 4:07 | 14.5 |
| 4 | JURASZEK ELŻBIETA | 393 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 4 | 19 | #JUSTFEELFITTEAM | | 00:09:59 | 00:22:53.15 | 00:22:59.94 | 4:19 | 13.9 |
| 5 | POŁOMSKA EDYTA | 368 | POŁOMSCY TEAM | RYDUŁTOWY | POL | 40-49 LAT | 5 | 18 | | | 00:09:22 | 00:22:53.79 | 00:22:57.28 | 4:19 | 13.9 |
| 6 | OPIEKULSKA RENATA | 983 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 6 | 16 | | | 00:09:29 | 00:22:54.32 | 00:22:56.14 | 4:19 | 13.9 |
| 7 | WYPIÓR EWA | 331 | | GODÓW | POL | 40-49 LAT | 7 | 20 | | | 00:09:41 | 00:22:58.77 | 00:23:03.38 | 4:20 | 13.8 |
| 8 | KAJTOCH JOLANTA | 553 | BIE-RUN | BIERUŃ | POL | 40-49 LAT | 8 | 21 | | MONIKA I JOLA | 00:09:59 | 00:23:09.35 | 00:23:11.56 | 4:22 | 13.7 |
| 9 | NENKO BARBARA | 984 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 9 | 22 | NEVER TOO LATE | TEAM HALEMBA | 00:10:21 | 00:23:14.82 | 00:23:17.58 | 4:23 | 13.7 |
| 10 | BARSKA AGNIESZKA | 587 | | GOGOLIN | POL | 40-49 LAT | 10 | 24 | DYCZUŚ TEAM | | 00:09:48 | 00:23:16.23 | 00:23:24.67 | 4:23 | 13.7 |
| 11 | ANDROSZ BEATA | 909 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 11 | 23 | | | 00:10:01 | 00:23:18.55 | 00:23:22.31 | 4:23 | 13.6 |
| 12 | KANDORA JOANNA | 675 | MIECHOWICACH GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 12 | 25 | MIECHOWICKA GRUPA BIEGOWA | | 00:10:14 | 00:23:32.57 | 00:23:36.49 | 4:26 | 13.5 |
| 13 | TANISTRA - SŁOWIK KATARZYNA | 522 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 13 | 37 | HURAGAN LIGOTA | | 00:10:21 | 00:23:58.94 | 00:24:23.85 | 4:31 | 13.3 |
| 14 | BINIENDA AGNIESZKA | 449 | KOBIETY WATAHA | ZABRZE | POL | 40-49 LAT | 14 | 33 | | | 00:10:16 | 00:24:01.91 | 00:24:05.91 | 4:31 | 13.2 |
| 15 | SZOJDA PAULINA | 96 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 15 | 39 | VIKING TRAINING CENTER | | 00:10:16 | 00:24:20.82 | 00:24:27.32 | 4:35 | 13.1 |
| 16 | MOCHOCKA AGNIESZKA | 728 | | ŻORY | POL | 40-49 LAT | 16 | 43 | TEAM OLI LIDL | | 00:10:20 | 00:24:22.51 | 00:24:39.88 | 4:35 | 13.1 |
| 17 | NIEŚLAŃCZYK MAŁGORZATA | 485 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 17 | 40 | WATAHA | | 00:10:20 | 00:24:29.70 | 00:24:32.34 | 4:37 | 13 |
| 18 | PERKOWSKA DARIA | 987 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 18 | 41 | KOBIETY NA 5+ | | 00:10:14 | 00:24:32.46 | 00:24:36.28 | 4:37 | 13 |
| 19 | PASŁAWSKA KATARZYNA | 140 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 19 | 44 | KOBIETY NA 5+ | | 00:10:14 | 00:24:39.26 | 00:24:43.07 | 4:39 | 12.9 |
| 20 | GABER MAGDALENA | 202 | #JUSTFEELFITTEAM | UJSOŁY | POL | 40-49 LAT | 20 | 55 | #JUSTFEELFITTEAM | | 00:10:47 | 00:24:53.44 | 00:25:23.64 | 4:41 | 12.8 |
| 21 | KIEŁKOWSKA MARIA | 942 | | PSZCZYNA | POL | 40-49 LAT | 21 | 52 | | | 00:11:07 | 00:25:08.60 | 00:25:17.45 | 4:44 | 12.7 |

KOBIETY NA 5+ :: BIEG, 40-49 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---|--------------------------|------|-----------|--------|-----|------------------|------------------------------|----------|-------------|-------------|--------|------|
| 22 | SOŁTYSEK BARBARA | 623 | #JUSTFEELFITTEAM | CISIEC | POL | 40-49 LAT | 22 | 57 | #JUSTFEELFITTEAM | #MOBILITYGIRLS | 00:10:55 | 00:25:13.28 | 00:25:24.62 | 4:45 | 12.6 |
| 23 | SUSZCZYK MONIKA | 121 | MORS HUBERTUS | MYSŁOWICE | POL | 40-49 LAT | 23 | 64 | | GAZELE | 00:11:18 | 00:25:31.05 | 00:25:41.91 | 4:48 | 12.5 |
| 24 | LOSKOT MONIKA | 557 | | TYCHY | POL | 40-49 LAT | 24 | 60 | | MONIKA I JOLA | 00:10:31 | 00:25:33.42 | 00:25:35.89 | 4:49 | 12.4 |
| 25 | DAICZMANEK ALEKSANDRA | 91 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 25 | 70 | | | 00:11:16 | 00:26:06.21 | 00:26:13.59 | 4:55 | 12.2 |
| 26 | MUSIOŁ HELENA | 543 | | RYBNIK | POL | 40-49 LAT | 26 | 73 | | | 00:10:59 | 00:26:20.31 | 00:26:23.87 | 4:58 | 12.1 |
| 27 | MUSIAŁ WIOLETTA | 113 | GALOPUJĄCE ŚLIMAKI | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 27 | 75 | | | 00:11:24 | 00:26:24.28 | 00:26:30.94 | 4:58 | 12 |
| 28 | HANDZLIK-STARZYK ANNA | 136 | | PORĘBA WIELKA | POL | 40-49 LAT | 28 | 81 | | WIEWIÓRKI ZIMNOKRWISTE | 00:11:45 | 00:26:29.08 | 00:26:42.96 | 4:59 | 12 |
| 29 | PUSTELNIK JUSTYNA | 707 | | RYBNIK | POL | 40-49 LAT | 29 | 78 | | | 00:11:04 | 00:26:33.88 | 00:26:40.07 | 5:00 | 12 |
| 30 | MAZUR MAŁGORZATA | 750 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 30 | 87 | | | 00:11:26 | 00:26:36.03 | 00:27:05.13 | 5:01 | 12 |
| 31 | KORDEK DOROTA | 387 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 31 | 86 | | | 00:11:26 | 00:26:44.81 | 00:26:57.80 | 5:02 | 11.9 |
| 32 | JESIONEK MAŁGORZATA | 105 | VIKING TRAINING CENTER | IMIELIN | POL | 40-49 LAT | 32 | 89 | | VIKING TRAINING CENTER | 00:11:40 | 00:26:50.54 | 00:27:08.03 | 5:03 | 11.9 |
| 33 | HELIOSZ AGNIESZKA | 457 | | KROSTOSZOWICE | POL | 40-49 LAT | 33 | 85 | | | 00:11:14 | 00:26:52.53 | 00:26:57.50 | 5:04 | 11.8 |
| 34 | URBANEK IWONA | 644 | | BIERUŃ | POL | 40-49 LAT | 34 | 90 | | | 00:11:31 | 00:26:55.48 | 00:27:12.87 | 5:04 | 11.8 |
| 35 | LACH EWELINA | 679 | | ŚWIERKLANY | POL | 40-49 LAT | 35 | 88 | | | 00:11:21 | 00:26:57.85 | 00:27:06.46 | 5:05 | 11.8 |
| 36 | KRAKOWCZYK TATIANA | 153 | | OŚWIĘCIM | POL | 40-49 LAT | 36 | 94 | | WIEWIÓRKI ZIMNOKRWISTE | 00:11:44 | 00:27:06.15 | 00:27:20.38 | 5:06 | 11.7 |
| 37 | PIOTROWSKA ANNA | 554 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 37 | 101 | | HURAGAN LIGOTA | 00:12:01 | 00:27:13.40 | 00:27:38.33 | 5:08 | 11.7 |
| 38 | LORENZ AGNIESZKA | 261 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 38 | 100 | | NICE GIRLS | 00:11:41 | 00:27:15.18 | 00:27:35.18 | 5:08 | 11.7 |
| 39 | PAJESTKA KATARZYNA | 421 | | RUEDA ŚLĄSKA | POL | 40-49 LAT | 39 | 96 | | | 00:11:39 | 00:27:23.86 | 00:27:30.19 | 5:10 | 11.6 |
| 40 | KUFIETA MAGDALENA | 788 | DECATHLON | RYBNIK | POL | 40-49 LAT | 40 | 98 | | M&M | 00:11:35 | 00:27:24.55 | 00:27:33.97 | 5:10 | 11.6 |
| 41 | BIENKO EDYTA | 446 | | LIGOTA | POL | 40-49 LAT | 41 | 109 | | | 00:11:38 | 00:27:25.99 | 00:27:50.62 | 5:10 | 11.6 |
| 42 | SOKÓŁ-PISZCZEK AGNIESZKA | 943 | PRO INDUSTRIA ŻORY TEAM | ŻORY | POL | 40-49 LAT | 42 | 103 | | | 00:12:02 | 00:27:27.07 | 00:27:41.80 | 5:10 | 11.6 |
| 43 | GARBOŚ WERONIKA | 921 | | ŻORY | POL | 40-49 LAT | 43 | 105 | | | 00:11:57 | 00:27:27.66 | 00:27:46.18 | 5:10 | 11.6 |
| 44 | CZYŻ WIOLA | 160 | | ZABRZE | POL | 40-49 LAT | 44 | 116 | | | 00:12:13 | 00:27:28.29 | 00:28:18.97 | 5:10 | 11.6 |
| 45 | DYCZEK KLAUDIA | 95 | DYCUŻUŚ TEAM | ZDZIESZOWICE | POL | 40-49 LAT | 45 | 104 | | DYCUŻUŚ TEAM | 00:11:57 | 00:27:35.42 | 00:27:44.94 | 5:12 | 11.5 |
| 46 | PIETRZYK MAŁGORZATA | 715 | | BYTOM | POL | 40-49 LAT | 46 | 124 | | | 00:12:24 | 00:27:35.71 | 00:28:35.14 | 5:12 | 11.5 |
| 47 | TALIK MONIKA | 111 | | ŻYWIEC | POL | 40-49 LAT | 47 | 113 | | BABY GÓRA | 00:11:43 | 00:27:51.92 | 00:28:04.65 | 5:15 | 11.4 |
| 48 | KASPERCZYK ALEKSANDRA | 256 | WARTKIE PIERONY | RUEDA ŚLĄSKA | POL | 40-49 LAT | 48 | 128 | | WARTKIE PIERONICE | 00:12:22 | 00:27:59.25 | 00:28:36.67 | 5:16 | 11.4 |
| 49 | WANDZEL ANNA | 26 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 49 | 126 | | | 00:11:59 | 00:28:04.19 | 00:28:35.64 | 5:17 | 11.3 |
| 50 | BAKOWSKA JUSTYNA | 338 | | STRUMIEN | POL | 40-49 LAT | 50 | 118 | | | 00:12:15 | 00:28:04.33 | 00:28:23.10 | 5:17 | 11.3 |
| 51 | MADEJA ALEKSANDRA | 376 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 51 | 121 | | MIECHOWICKA GRUPA BIEGOWA | 00:12:18 | 00:28:16.32 | 00:28:28.37 | 5:20 | 11.3 |
| 52 | DZIOBEK DOMINIKA | 317 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 52 | 119 | | | 00:11:27 | 00:28:21.46 | 00:28:24.79 | 5:20 | 11.2 |
| 53 | SZEWERDA HANNA | 541 | | BYTOM | POL | 40-49 LAT | 53 | 140 | | | 00:12:17 | 00:28:22.08 | 00:28:51.77 | 5:21 | 11.2 |
| 54 | RABSZTYN-PILARSKA SYLWIA | 627 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 54 | 125 | | KOBIETY NA 5+ | 00:12:01 | 00:28:22.67 | 00:28:35.37 | 5:21 | 11.2 |
| 55 | PIECHA-ŁACHAJCZYK HANNA | 470 | | RYBNIK | POL | 40-49 LAT | 55 | 138 | | KIEDY JAK NIE TERAZ? | 00:12:28 | 00:28:23.23 | 00:28:49.99 | 5:21 | 11.2 |
| 56 | KRZAK NATALIA | 924 | | WIŚLICA | POL | 40-49 LAT | 56 | 122 | | | 00:12:00 | 00:28:25.55 | 00:28:30.46 | 5:21 | 11.2 |
| 57 | GORZELAK JOANNA | 913 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 57 | 130 | | KOBIETY NA 5+ | 00:12:06 | 00:28:30.12 | 00:28:41.51 | 5:22 | 11.2 |
| 58 | SZEWczyk MARZENA | 482 | JEJKOWICE BIEGAJĄ | JEJKOWICE | POL | 40-49 LAT | 58 | 141 | | JEJKOWICKIE KOBIETKI | 00:12:27 | 00:28:35.09 | 00:28:51.97 | 5:23 | 11.1 |
| 59 | MARSZAŁKOWSKA DARIA | 939 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 59 | 136 | | | 00:12:19 | 00:28:35.34 | 00:28:49.42 | 5:23 | 11.1 |
| 60 | SAJNAJ IZABELA | 321 | | GLIWICE | POL | 40-49 LAT | 60 | 154 | | IZOLDA&IWI | 00:12:24 | 00:28:40.94 | 00:29:22.08 | 5:24 | 11.1 |
| 61 | GRUSZKIEWICZ SYLWIA | 511 | | CZERWIONKA-LESZC ZYNY | POL | 40-49 LAT | 61 | 146 | | | | 00:28:44.00 | 00:29:04.87 | 5:25 | 11.1 |
| 62 | DĄBROWSKA AGATA | 846 | | ŻORY | POL | 40-49 LAT | 62 | 144 | | | 00:12:19 | 00:28:48.57 | 00:29:01.82 | 5:26 | 11 |
| 63 | JAKUBOWSKA ALEKSANDRA | 759 | | JASTRZĘBIE ZDROJ | POL | 40-49 LAT | 63 | 159 | | | 00:12:56 | 00:28:58.68 | 00:29:40.60 | 5:27 | 11 |
| 64 | BOJDA BRYGIDA | 150 | PORANNY BESKID RUN | PIERŚCIEC | POL | 40-49 LAT | 64 | 150 | | | 00:12:20 | 00:29:01.94 | 00:29:17.78 | 5:28 | 11 |
| 65 | SKIBA KRZYSIA | 396 | | RYBNIK | POL | 40-49 LAT | 65 | 149 | | | 00:12:33 | 00:29:04.51 | 00:29:13.99 | 5:29 | 10.9 |
| 66 | TERESZYŃSKA ANNA | 632 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 66 | 152 | | | 00:11:57 | 00:29:10.96 | 00:29:19.22 | 5:30 | 10.9 |
| 67 | PAWLIKOWSKA BARBARA | 639 | | ŻORY | POL | 40-49 LAT | 67 | 155 | | IDZIEMY BIEGAĆ | 00:12:02 | 00:29:15.37 | 00:29:25.41 | 5:31 | 10.9 |
| 68 | PACHUT JUSTYNA | 527 | VIKING TRAINING CENTER | PIASEK | POL | 40-49 LAT | 68 | 166 | | | 00:12:48 | 00:29:16.56 | 00:29:47.88 | 5:31 | 10.9 |
| 69 | GRABIANSKA KATARZYNA | 245 | VIKING TRAINING CENTER | KATOWICE | POL | 40-49 LAT | 69 | 167 | | VIKING TRAINING CENTER | 00:12:46 | 00:29:17.90 | 00:29:48.03 | 5:31 | 10.9 |
| 70 | KAŁOL-WOJTAS KATARZYNA | 300 | POWOLI DO CELU | WOLA | POL | 40-49 LAT | 70 | 171 | | POWOLI DOCELU | 00:13:07 | 00:29:29.44 | 00:29:51.74 | 5:33 | 10.8 |
| 71 | ŁATA-KUNERT MAGDALENA | 869 | FEMINGO NOWOCZESNA FIZJOTERAPIA KOBIET | RYBNIK | POL | 40-49 LAT | 71 | 160 | | | 00:12:21 | 00:29:36.50 | 00:29:41.54 | 5:35 | 10.7 |

KOBIETY NA 5+ :: BIEG, 40-49 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|---|----------------------|------|-----------|--------|-----|---|----------------|----------|-------------|-------------|--------|------|
| 72 | GARUS MAGDALENA | 271 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 72 | 164 | | | 00:12:27 | 00:29:40.12 | 00:29:47.07 | 5:35 | 10.7 |
| 73 | TRYBAŁA DANUTA | 497 | | PIELGRZYMOWICE | POL | 40-49 LAT | 73 | 194 | WATAHA | | 00:13:35 | 00:29:46.96 | 00:30:26.28 | 5:36 | 10.7 |
| 74 | KANIA MONIKA | 171 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 74 | 182 | | | 00:12:43 | 00:29:47.16 | 00:30:05.79 | 5:37 | 10.7 |
| 75 | ŁASA IZABELA | 624 | | ŻORY | POL | 40-49 LAT | 75 | 192 | TEAM OLI LIDL | | 00:12:56 | 00:29:53.90 | 00:30:20.53 | 5:38 | 10.6 |
| 76 | LISZKA MONIKA | 217 | TEAM PAPRY/VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 76 | 195 | VIKING TRAINING CENTER | | 00:13:35 | 00:30:00.77 | 00:30:27.28 | 5:39 | 10.6 |
| 77 | ADAMUS ANNA | 384 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 77 | 207 | WARTKIE PIERONICE | | 00:13:11 | 00:30:01.71 | 00:30:40.95 | 5:39 | 10.6 |
| 78 | PRZYBYLSKA-BAK KASIA | 442 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 78 | 200 | VIKING TRAINING CENTER | | 00:12:47 | 00:30:02.10 | 00:30:32.04 | 5:40 | 10.6 |
| 79 | GÓRKA BARBARA | 452 | RUN TEAM | ŻORY | POL | 40-49 LAT | 79 | 183 | RUNTEAM PAWŁOWICE | | 00:13:15 | 00:30:06.18 | 00:30:08.00 | 5:40 | 10.6 |
| 80 | GATNER AGNIESZKA | 313 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 80 | 191 | | | 00:12:14 | 00:30:10.02 | 00:30:16.84 | 5:41 | 10.5 |
| 81 | WALA ANNA | 162 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 81 | 215 | | | 00:12:57 | 00:30:10.17 | 00:30:51.97 | 5:41 | 10.5 |
| 82 | KĘKUŚ DOROTA | 785 | | MARKŁOWICE GÓRNE | POL | 40-49 LAT | 82 | 190 | PRZEDSZKOLE MAŁYCH BOHATERÓW | | 00:12:14 | 00:30:11.71 | 00:30:16.53 | 5:41 | 10.5 |
| 83 | SAMUL KAROLINA | 325 | HURAGAN LIGOTA | SOSNOWIEC | POL | 40-49 LAT | 83 | 197 | HURAGAN LIGOTA | | 00:13:28 | 00:30:16.24 | 00:30:29.28 | 5:42 | 10.5 |
| 84 | RATAJCZAK EWA | 502 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 84 | 199 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.75 | 00:30:31.52 | 5:42 | 10.5 |
| 85 | JACEK DOROTA | 561 | | WODZISŁAW ŚL | POL | 40-49 LAT | 85 | 203 | | | 00:12:50 | 00:30:25.88 | 00:30:34.85 | 5:44 | 10.5 |
| 86 | BURZYŃSKA BEATA | 415 | | KATOWICE | POL | 40-49 LAT | 86 | 201 | | RÓŻOWY TRAMPEK | 00:12:39 | 00:30:27.14 | 00:30:33.18 | 5:44 | 10.4 |
| 87 | BALCAREK MAGDALENA | 680 | | POŁOMIA | POL | 40-49 LAT | 87 | 230 | | | 00:13:11 | 00:30:33.01 | 00:31:15.79 | 5:45 | 10.4 |
| 88 | SZENDERA-ORSZULIK ZOFIA | 47 | | STUDZIONKA | POL | 40-49 LAT | 88 | 204 | | | 00:12:32 | 00:30:33.31 | 00:30:37.39 | 5:45 | 10.4 |
| 89 | JUREK IZA | 584 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 89 | 235 | NICE GIRLS | | 00:13:41 | 00:30:57.37 | 00:31:17.82 | 5:50 | 10.3 |
| 90 | KROCZEK AGATA | 695 | | ZEBRZYDOWICE | POL | 40-49 LAT | 90 | 236 | NICE GIRLS | | 00:13:42 | 00:30:57.43 | 00:31:17.87 | 5:50 | 10.3 |
| 91 | DĄBROWSKA - KUŚNIERZ EWELINA | 29 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 91 | 248 | | | 00:13:52 | 00:30:57.56 | 00:31:35.01 | 5:50 | 10.3 |
| 92 | SKWORC ILONA | 931 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 40-49 LAT | 92 | 253 | WARTKIE PIERONICE | | 00:13:56 | 00:31:00.53 | 00:31:39.71 | 5:50 | 10.3 |
| 93 | GROLIK KAROLINA | 573 | | RYBNIK | POL | 40-49 LAT | 93 | 245 | | | 00:13:11 | 00:31:01.20 | 00:31:32.80 | 5:51 | 10.3 |
| 94 | BRZUSKA KATARZYNA | 50 | ZZOZOLKI | CIESZYN | POL | 40-49 LAT | 94 | 258 | ZZOZOLKI | | 00:13:19 | 00:31:02.29 | 00:31:41.42 | 5:51 | 10.2 |
| 95 | BOMBOR ANTONINA | 712 | | RYBNIK | POL | 40-49 LAT | 95 | 273 | | | 00:13:30 | 00:31:03.52 | 00:31:55.31 | 5:51 | 10.2 |
| 96 | LISZKA JOANNA | 43 | | ŻORY | POL | 40-49 LAT | 96 | 267 | | | 00:15:00 | 00:31:03.79 | 00:31:50.20 | 5:51 | 10.2 |
| 97 | TOMAN ANTONINA | 703 | | CIESZYN | POL | 40-49 LAT | 97 | 255 | | | 00:13:38 | 00:31:04.96 | 00:31:40.19 | 5:51 | 10.2 |
| 98 | CZEKAJŁO PAULINA | 280 | OSZEK TEAM | KRZANOWICE | POL | 40-49 LAT | 98 | 272 | TEAM OCZEK | | 00:14:55 | 00:31:07.31 | 00:31:54.93 | 5:52 | 10.2 |
| 99 | DĄBROWSKA KATARZYNA | 349 | | SKRBEŃSKO | POL | 40-49 LAT | 99 | 237 | | | 00:12:56 | 00:31:11.81 | 00:31:19.39 | 5:53 | 10.2 |
| 100 | KRZYŻOWSKA IWONA | 318 | | MIKOŁÓW | POL | 40-49 LAT | 100 | 246 | | | 00:13:43 | 00:31:15.88 | 00:31:33.70 | 5:53 | 10.2 |
| 101 | ROJ ANNA | 310 | | | POL | 40-49 LAT | 101 | 250 | | | 00:13:45 | 00:31:18.56 | 00:31:36.07 | 5:54 | 10.2 |
| 102 | MARSZOLIK ANGELA | 559 | | RYBNIK | POL | 40-49 LAT | 102 | 292 | | | 00:13:48 | 00:31:19.49 | 00:32:12.00 | 5:54 | 10.2 |
| 103 | DOBRENIUK AURELIA | 70 | | RYBNIK | POL | 40-49 LAT | 103 | 241 | | | 00:12:42 | 00:31:19.97 | 00:31:29.53 | 5:54 | 10.2 |
| 104 | ZIEMIŃSKA PATRYCJA | 10 | | SKOCZÓW | POL | 40-49 LAT | 104 | 252 | | | 00:13:25 | 00:31:24.22 | 00:31:39.47 | 5:55 | 10.1 |
| 105 | HERCHEL MARZENA | 316 | SUSZECKA DZIKA PIĄTKA DYCHA I PÓLMARATON | SUSZEC | POL | 40-49 LAT | 105 | 266 | | | 00:13:24 | 00:31:25.91 | 00:31:49.13 | 5:55 | 10.1 |
| 106 | KLIMEK-KARAS SYLWIA | 907 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | CZECHOWICE-DZIEDZICE | POL | 40-49 LAT | 106 | 251 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | | 00:14:05 | 00:31:26.41 | 00:31:38.79 | 5:55 | 10.1 |
| 107 | BORUTA WIOLETTA | 293 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 107 | 262 | | | 00:13:29 | 00:31:29.79 | 00:31:44.33 | 5:56 | 10.1 |
| 108 | JURASZEK AGNIESZKA | 713 | JUST FEEL FIT | WĘGIERSKA GÓRKA | POL | 40-49 LAT | 108 | 283 | #JUSTFEELFITTEAM | | 00:13:30 | 00:31:30.88 | 00:32:05.09 | 5:56 | 10.1 |
| 109 | DĄBROWSKA EMILIA | 1321 | PARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 109 | K 1 | PARTLEK | | 00:13:27 | 00:31:30.88 | 00:31:59.04 | 5:56 | 10.1 |
| 110 | SOBINA ROKSANA | 970 | KLUB BIEGACZA FARTLEK | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 110 | 276 | KLUB BIEGACZA FARTLEK | | 00:13:27 | 00:31:31.13 | 00:31:59.01 | 5:56 | 10.1 |
| 111 | WOŹNIAK ALEKSANDRA | 357 | | ŻORY | POL | 40-49 LAT | 111 | 270 | TEAM OLI LIDL | | 00:13:18 | 00:31:32.62 | 00:31:51.03 | 5:56 | 10.1 |
| 112 | GWIZDAŁA JOANNA | 609 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 112 | 296 | | | 00:13:21 | 00:31:35.33 | 00:32:23.22 | 5:57 | 10.1 |
| 113 | JĘDRZEJEWSKA BEATA | 492 | MIRAZ RACE TEAM | BYTOM | POL | 40-49 LAT | 113 | 298 | | | 00:13:48 | 00:31:43.47 | 00:32:28.92 | 5:59 | 10 |
| 114 | CEGLARSKA ALICJA | 344 | JEJKOWICE BIEGAJĄ | RYBNIK | POL | 40-49 LAT | 114 | 269 | JEJKOWICKIE KOBIETKI | | 00:13:35 | 00:31:45.36 | 00:31:50.71 | 5:59 | 10 |
| 115 | ZAWADZKA BEBA | 122 | | ZABRZE | POL | 40-49 LAT | 115 | 303 | | | 00:14:26 | 00:31:47.31 | 00:32:37.03 | 5:59 | 10 |
| 116 | TARGOSZ ANETA | 161 | | CIESZYN | POL | 40-49 LAT | 116 | 304 | ZZOZOLKI | | 00:13:48 | 00:31:47.34 | 00:32:38.11 | 5:59 | 10 |
| 117 | GÓRKA ALEKSANDRA | 805 | | SIEMIANOWICE | POL | 40-49 LAT | 117 | 284 | | | 00:13:16 | 00:31:48.22 | 00:32:05.13 | 6:00 | 10 |
| 118 | DZIEWIRZ AURELIA | 885 | | WARSZOWICE | POL | 40-49 LAT | 118 | 274 | | | 00:13:13 | 00:31:48.31 | 00:31:55.90 | 6:00 | 10 |
| 119 | ZIMNY CELINA | 401 | SMAKI BIEGANIA | RYBNIK | POL | 40-49 LAT | 119 | 275 | | | 00:13:05 | 00:31:48.40 | 00:31:58.05 | 6:00 | 10 |

KOBIETY NA 5+ :: BIEG, 40-49 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------------------|----------------------|------|-----------|--------|-----|---------------------------------------|-----------|----------|-------------|-------------|--------|------|
| 120 | TYRYTKO SYLWIA | 322 | WATAHA | PRUCHNA | POL | 40-49 LAT | 120 | 297 | WATAHA | | 00:13:58 | 00:31:49.05 | 00:32:28.88 | 6:00 | 10 |
| 121 | ROŚCZAK SYLWIA | 767 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 121 | 278 | | | 00:12:54 | 00:31:51.93 | 00:31:59.73 | 6:00 | 10 |
| 122 | GROMADZKA JUSTYNA | 253 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 122 | 308 | | | 00:13:31 | 00:31:53.71 | 00:32:39.52 | 6:00 | 10 |
| 123 | KŁEK MARZENA | 945 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 123 | 280 | | | 00:13:13 | 00:31:56.57 | 00:32:04.25 | 6:01 | 10 |
| 124 | POLEDNIOK ALEKSANDRA | 551 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 124 | 287 | | | 00:13:14 | 00:31:56.91 | 00:32:07.78 | 6:01 | 10 |
| 125 | BALICKA MAGDALENA | 596 | | OCHABY MAŁE | POL | 40-49 LAT | 125 | 320 | | | 00:13:55 | 00:31:58.35 | 00:32:46.63 | 6:01 | 9.9 |
| 126 | KOKOT MONIKA | 440 | | MIKOŁÓW | POL | 40-49 LAT | 126 | 306 | | | 00:13:17 | 00:31:58.50 | 00:32:38.48 | 6:01 | 9.9 |
| 127 | SAGAN IZABELA | 413 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | JASTRZEBIE-ZDRÓJ | POL | 40-49 LAT | 127 | 279 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | | 00:13:02 | 00:31:59.16 | 00:32:03.08 | 6:02 | 9.9 |
| 128 | ŁAPA ALEKSANDRA | 4 | 4A | PSZCZYNA | POL | 40-49 LAT | 128 | 315 | | 4A | 00:13:21 | 00:31:59.84 | 00:32:43.33 | 6:02 | 9.9 |
| 129 | KOZDROŃ ANNA | 195 | LECOM ŚWIONY | ŚWIĘTOCHŁOWICE | POL | 40-49 LAT | 129 | 314 | | | 00:13:45 | 00:32:06.45 | 00:32:42.64 | 6:03 | 9.9 |
| 130 | WIECZOREK MAŁGORZATA | 621 | WARTKIE PIERONICE | BYTOM | POL | 40-49 LAT | 130 | 321 | | | 00:14:09 | 00:32:08.64 | 00:32:47.13 | 6:03 | 9.9 |
| 131 | KŁOZIK AGNIESZKA | 6 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 131 | 291 | | | 00:13:07 | 00:32:09.14 | 00:32:11.43 | 6:03 | 9.9 |
| 132 | KŁOSEK MONIKA | 976 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 132 | 341 | | | 00:13:33 | 00:32:14.12 | 00:33:10.19 | 6:04 | 9.9 |
| 133 | OLSCHIMKE KASIA | 181 | K.S. M.E.T.A | KATOWICE | POL | 40-49 LAT | 133 | 324 | K.S. M.E.T.A | | 00:14:22 | 00:32:15.47 | 00:32:49.64 | 6:05 | 9.9 |
| 134 | KAMIŃSKA AGNIESZKA | 62 | | ZEBRZYDOWICE | POL | 40-49 LAT | 134 | 340 | | | 00:13:53 | 00:32:16.26 | 00:33:09.33 | 6:05 | 9.9 |
| 135 | WOLSKA MARTA | 212 | | ŻYWIEC | POL | 40-49 LAT | 135 | 319 | | BABY GÓRĄ | 00:14:25 | 00:32:17.19 | 00:32:46.45 | 6:05 | 9.9 |
| 136 | KOTLARCYK KATARZYNA | 710 | | OŚWIĘCIM | POL | 40-49 LAT | 136 | 331 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:30 | 00:32:28.86 | 00:33:00.28 | 6:07 | 9.8 |
| 137 | HYJEK EWA | 863 | | RACIBÓRZ | POL | 40-49 LAT | 137 | 311 | | | 00:13:34 | 00:32:36.45 | 00:32:41.03 | 6:09 | 9.8 |
| 138 | TYTKO-HAŁADA MAŁGORZATA | 847 | | WODZISŁAW ŚLĄSKI | POL | 40-49 LAT | 138 | 317 | | | 00:13:11 | 00:32:37.29 | 00:32:45.06 | 6:09 | 9.7 |
| 139 | KAŁUS JOANNA | 548 | UKS REFLEX RYBNIK | RYBNIK | POL | 40-49 LAT | 139 | 338 | | | 00:13:43 | 00:32:37.68 | 00:33:07.24 | 6:09 | 9.7 |
| 140 | JABŁOŃSKA-ŚLAZIŃSKA ANNA | 963 | | GLIWICE | POL | 40-49 LAT | 140 | 335 | | | 00:14:17 | 00:32:41.35 | 00:33:04.34 | 6:10 | 9.7 |
| 141 | ANIOŁ-BARLIK AGNIESZKA | 198 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 141 | 325 | | | 00:13:38 | 00:32:46.78 | 00:32:50.34 | 6:10 | 9.7 |
| 142 | SOSNA IWONA | 652 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 142 | 330 | | | 00:13:10 | 00:32:49.51 | 00:32:58.64 | 6:11 | 9.7 |
| 143 | BOBER ALICJA | 275 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 143 | 346 | | | 00:14:17 | 00:32:51.35 | 00:33:16.99 | 6:11 | 9.7 |
| 144 | KUREK JOANNA | 774 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 144 | 344 | INCOLA TEAM | | 00:14:17 | 00:32:57.00 | 00:33:14.97 | 6:13 | 9.7 |
| 145 | WOSIŃSKA HELENA | 538 | | PAWŁOWICE | POL | 40-49 LAT | 145 | 382 | RUNTEAM PAWŁOWICE | | 00:14:16 | 00:33:03.27 | 00:33:56.62 | 6:14 | 9.6 |
| 146 | MILDNER GRAŻYNA | 159 | | TYCHY | POL | 40-49 LAT | 146 | 350 | VIKING TRAINING CENTER | | 00:13:38 | 00:33:07.75 | 00:33:25.46 | 6:14 | 9.6 |
| 147 | SZCZUKA JOANNA | 426 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 147 | 366 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:04 | 00:33:13.54 | 00:33:40.44 | 6:16 | 9.6 |
| 148 | KUSTRĄ-POLAK MONIKA | 911 | JEJKOWICE BIEGAJĄ | JEJKOWICE | POL | 40-49 LAT | 148 | 376 | JEJKOWICKIE KOBIETKI | | 00:13:56 | 00:33:22.40 | 00:33:49.67 | 6:17 | 9.5 |
| 149 | DONOCIK BOGUSŁAWA | 23 | | CIESZYN | POL | 40-49 LAT | 149 | 391 | ZZOZOLKI | | 00:14:59 | 00:33:24.19 | 00:34:05.41 | 6:18 | 9.5 |
| 150 | KONIECZNA MAGDALENA | 965 | | BYTOM | POL | 40-49 LAT | 150 | 388 | | | 00:14:18 | 00:33:24.66 | 00:34:02.37 | 6:18 | 9.5 |
| 151 | PIETROSZEK WŁADYSŁAWA | 71 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 151 | 360 | | | 00:13:16 | 00:33:28.44 | 00:33:36.44 | 6:18 | 9.5 |
| 152 | JAFERNIK MAŁGORZATA | 690 | | ŻYWIEC | POL | 40-49 LAT | 152 | 396 | | | 00:14:43 | 00:33:34.89 | 00:34:14.93 | 6:20 | 9.5 |
| 153 | LUPA MONIKA | 327 | | SOSNOWIEC | POL | 40-49 LAT | 153 | 390 | | | 00:14:03 | 00:33:40.09 | 00:34:04.50 | 6:21 | 9.4 |
| 154 | WOŹNIAK ANNA | 489 | KOBIETY WATAHY | BYTOM | POL | 40-49 LAT | 154 | 415 | | | 00:13:48 | 00:33:42.50 | 00:34:27.82 | 6:21 | 9.4 |
| 155 | TRYBAŁA MONIKA | 888 | WATAHA | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 155 | 408 | WATAHA | | 00:15:37 | 00:33:43.88 | 00:34:22.01 | 6:21 | 9.4 |
| 156 | GŁĄB AGNIESZKA | 439 | SPOT PSZCZYNA | GOCZAŁKOWICE-ZDRÓJ | POL | 40-49 LAT | 156 | 384 | SPOT PSZCZYNA | | 00:13:41 | 00:33:44.36 | 00:33:56.96 | 6:21 | 9.4 |
| 157 | DUTKA - BĘBEN KINGA | 929 | | CZECHEWICE DZIEDZICE | POL | 40-49 LAT | 157 | 383 | | | 00:14:10 | 00:33:44.42 | 00:33:56.80 | 6:21 | 9.4 |
| 158 | BOGACZ-BUCHTA ANNA | 570 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 158 | 399 | | | 00:14:49 | 00:33:47.35 | 00:34:17.38 | 6:22 | 9.4 |
| 159 | ZDEB BASIA | 38 | | ZABRZE | POL | 40-49 LAT | 159 | 425 | | | 00:14:44 | 00:33:48.73 | 00:34:39.44 | 6:22 | 9.4 |
| 160 | KWIATKOWSKA ELWIRA | 419 | ZABIEGANY TEAM | RYBNIK | POL | 40-49 LAT | 160 | 379 | | | 00:14:09 | 00:33:49.28 | 00:33:53.82 | 6:22 | 9.4 |
| 161 | SMAGA EWELINA | 546 | | GOKOWICE | POL | 40-49 LAT | 161 | 405 | | KREJZOLKI | 00:14:35 | 00:33:52.76 | 00:34:20.55 | 6:23 | 9.4 |
| 162 | SIWY MONIKA | 72 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 162 | 398 | VIKING TRAINING CENTER | | 00:14:38 | 00:33:53.86 | 00:34:16.44 | 6:23 | 9.4 |
| 163 | KRÓL MAGDALENA | 49 | | ŚLĄWKÓW | POL | 40-49 LAT | 163 | 401 | | | 00:14:37 | 00:33:56.65 | 00:34:17.88 | 6:24 | 9.4 |
| 164 | IDZIKOWSKA ELŻBIETA | 302 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 164 | 402 | | | 00:14:14 | 00:33:57.27 | 00:34:18.00 | 6:24 | 9.4 |
| 165 | TATARCZYK JUSTYNA | 179 | | SKRZYSZÓW | POL | 40-49 LAT | 165 | 392 | | | 00:14:29 | 00:33:59.10 | 00:34:08.09 | 6:24 | 9.4 |
| 166 | PULUT ANNA | 479 | | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 166 | 400 | | | 00:14:28 | 00:34:01.28 | 00:34:17.55 | 6:25 | 9.3 |
| 167 | PASTUSIAK JANINA | 989 | | RYBNIK | POL | 40-49 LAT | 167 | 414 | | | 00:15:03 | 00:34:03.43 | 00:34:25.66 | 6:25 | 9.3 |

KOBIETY NA 5+ :: BIEG, 40-49 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|--------------------------------|----------------------|------|-----------|--------|-----|---------------------------------------|-----------|----------|-------------|-------------|--------|------|
| 168 | STUŻIK MARIOLA | 619 | | RYBNIK | POL | 40-49 LAT | 168 | 413 | | | 00:15:04 | 00:34:04.16 | 00:34:25.57 | 6:25 | 9.3 |
| 169 | SARZYŃSKA IWONA | 829 | | RYBNIK | POL | 40-49 LAT | 169 | 410 | SZPRYCHY | | 00:14:27 | 00:34:04.30 | 00:34:22.13 | 6:25 | 9.3 |
| 170 | SOBEL BEATA | 19 | | WIEPRZ | POL | 40-49 LAT | 170 | 406 | | | 00:14:04 | 00:34:07.53 | 00:34:21.68 | 6:26 | 9.3 |
| 171 | DREWNIAK MAGDALENA | 246 | JUSTFEELFITTEAM | JELEŚNIA | POL | 40-49 LAT | 171 | 446 | #JUSTFEELFITTEAM | | 00:15:33 | 00:34:12.07 | 00:34:55.25 | 6:27 | 9.3 |
| 172 | MISIOLEK GOŚKA | 312 | | MIKOŁÓW | POL | 40-49 LAT | 172 | 418 | | | 00:15:33 | 00:34:13.02 | 00:34:31.08 | 6:27 | 9.3 |
| 173 | NOWROT EWA | 373 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 173 | 423 | | | 00:14:31 | 00:34:13.48 | 00:34:35.84 | 6:27 | 9.3 |
| 174 | SOŁODUCHA JUSTYNA | 462 | | SKRZYSZÓW | POL | 40-49 LAT | 174 | 440 | | | 00:14:28 | 00:34:19.02 | 00:34:48.22 | 6:28 | 9.3 |
| 175 | HRYNKIEWICZ IZABELA | 311 | | CZELADŹ | POL | 40-49 LAT | 175 | 434 | | | 00:14:06 | 00:34:20.54 | 00:34:45.04 | 6:28 | 9.3 |
| 176 | DUSZA JOLANTA | 865 | SMAKI BIEGANIA | RYDUŁTOWY | POL | 40-49 LAT | 176 | 421 | | | 00:13:38 | 00:34:22.13 | 00:34:32.42 | 6:29 | 9.3 |
| 177 | SADŁOK ANNA | 902 | | JAWISZOWICE | POL | 40-49 LAT | 177 | 438 | SPECIALTEAM | EWANKA | 00:14:20 | 00:34:29.93 | 00:34:47.45 | 6:30 | 9.2 |
| 178 | PIETRUSZEWSKA MAGDALENA | 276 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 178 | 424 | MIECHOWICKA GRUPA BIEGOWA | | 00:14:44 | 00:34:30.87 | 00:34:37.92 | 6:30 | 9.2 |
| 179 | FECZKO LUCYNA | 811 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 179 | 441 | | | 00:14:23 | 00:34:33.28 | 00:34:49.08 | 6:31 | 9.2 |
| 180 | KUCHMISTRZ IZABELA | 265 | | ZABRZE | POL | 40-49 LAT | 180 | 465 | | | 00:14:43 | 00:34:39.96 | 00:35:29.44 | 6:32 | 9.2 |
| 181 | SIKORA AGNIESZKA | 264 | | ZABRZE | POL | 40-49 LAT | 181 | 454 | | | 00:15:28 | 00:34:42.90 | 00:35:10.62 | 6:32 | 9.2 |
| 182 | KUCZEK KATARZYNA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | 40-49 LAT | 182 | 471 | | | 00:16:02 | 00:34:46.91 | 00:35:35.63 | 6:33 | 9.1 |
| 183 | BOŹEK DAGMARA | 42 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 183 | 452 | TEAM OLI LIDL | | 00:14:59 | 00:34:46.93 | 00:35:05.98 | 6:33 | 9.1 |
| 184 | KUJAWA MARZENA | 120 | | ŻORY | POL | 40-49 LAT | 184 | 451 | TEAM OLI LIDL | | 00:14:59 | 00:34:47.20 | 00:35:05.85 | 6:33 | 9.1 |
| 185 | MOSZ WERONIKA | 564 | | RYDUŁTOWY | POL | 40-49 LAT | 185 | 458 | | | 00:14:44 | 00:34:51.22 | 00:35:17.44 | 6:34 | 9.1 |
| 186 | WYSOCKA MAGDALENA | 429 | | RYDUŁTOWY | POL | 40-49 LAT | 186 | 457 | | | 00:14:45 | 00:34:51.32 | 00:35:17.28 | 6:34 | 9.1 |
| 187 | BOKŁAK MAGDALENA | 954 | | PAWŁOWICE | POL | 40-49 LAT | 187 | 474 | | | 00:15:29 | 00:34:51.46 | 00:35:37.46 | 6:34 | 9.1 |
| 188 | FLAK EWA | 830 | | BYTOM | POL | 40-49 LAT | 188 | 497 | WARTKIE PIERONICE | | 00:14:46 | 00:34:59.61 | 00:36:01.31 | 6:36 | 9.1 |
| 189 | LEWANDOWSKA ANETA | 962 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 189 | 482 | | | 00:15:34 | 00:35:01.06 | 00:35:47.30 | 6:36 | 9.1 |
| 190 | SZYMAŃSKA ANNA | 928 | DRUŻYNA WIEWIÓRKI ZIMNOKRWISTE | PORĘBA WIELKA | POL | 40-49 LAT | 190 | 470 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:18 | 00:35:02.89 | 00:35:35.27 | 6:36 | 9.1 |
| 191 | ROMBERG AGNIESZKA | 144 | MIECHOWICE GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 191 | 467 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:01 | 00:35:04.66 | 00:35:30.76 | 6:36 | 9.1 |
| 192 | DERECHOWSKA AGNIESZKA | 224 | | PALOWICE | POL | 40-49 LAT | 192 | 485 | | | 00:15:53 | 00:35:09.27 | 00:35:51.07 | 6:37 | 9 |
| 193 | MORGAŁA DARIA | 604 | | KSIĄŻENICE | POL | 40-49 LAT | 193 | 484 | | | 00:15:55 | 00:35:10.56 | 00:35:51.02 | 6:38 | 9 |
| 194 | PLESZCZYŃSKA IWONA | 305 | | ZABRZE | POL | 40-49 LAT | 194 | 505 | | | 00:14:39 | 00:35:12.71 | 00:36:06.85 | 6:38 | 9 |
| 195 | GŁÓWCZYK IZABELLA | 340 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 195 | 461 | KOBIETY NA 5+ | | 00:14:25 | 00:35:12.88 | 00:35:24.80 | 6:38 | 9 |
| 196 | WRÓBEL EWA | 568 | ITMBW | KRAKÓW | POL | 40-49 LAT | 196 | 462 | | | 00:15:05 | 00:35:19.20 | 00:35:26.29 | 6:39 | 9 |
| 197 | ŚLEBODA BOŻENA | 323 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 197 | 488 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:05 | 00:35:19.45 | 00:35:53.14 | 6:39 | 9 |
| 198 | KOKOT JUSTYNA | 496 | HARCIOLE | RUDA ŚLĄSKA | POL | 40-49 LAT | 198 | 486 | | | 00:15:04 | 00:35:25.34 | 00:35:51.27 | 6:40 | 9 |
| 199 | FIRLA LIDKA | 580 | ZZOZOLKI | CIESZYN | POL | 40-49 LAT | 199 | 502 | ZZOZOLKI | | 00:15:02 | 00:35:28.19 | 00:36:03.49 | 6:41 | 9 |
| 200 | BAŁA JUSTYNA | 115 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 200 | 478 | KOBIETY NA 5+ | | 00:14:05 | 00:35:29.64 | 00:35:43.43 | 6:41 | 9 |
| 201 | BUGAŃSKA EDYTA | 326 | | PORĘBA WIELKA | POL | 40-49 LAT | 201 | 479 | WIEWIÓRKI ZIMNOKRWISTE | | 00:14:16 | 00:35:32.02 | 00:35:44.85 | 6:42 | 8.9 |
| 202 | MARSZALIK ANIA | 347 | | KATOWICE | POL | 40-49 LAT | 202 | 492 | | | 00:14:28 | 00:35:32.16 | 00:35:55.80 | 6:42 | 8.9 |
| 203 | GŁĄB MAGDALENA | 133 | | TYCHY | POL | 40-49 LAT | 203 | 489 | | | 00:15:22 | 00:35:35.18 | 00:35:55.05 | 6:42 | 8.9 |
| 204 | ZŁOCIĄK AGNIESZKA | 215 | | TYCHY | POL | 40-49 LAT | 204 | 491 | | | 00:15:22 | 00:35:35.45 | 00:35:55.75 | 6:42 | 8.9 |
| 205 | TOBIASZ JUSTYNA | 533 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 205 | 494 | VIKING TRAINING CENTER | | 00:15:17 | 00:35:38.50 | 00:36:00.17 | 6:43 | 8.9 |
| 206 | MASZCZYŃSKA-SKALIK ANNA | 330 | | TYCHY | POL | 40-49 LAT | 206 | 508 | | | 00:15:35 | 00:35:41.57 | 00:36:14.82 | 6:43 | 8.9 |
| 207 | STRZODA BARBARA | 706 | | CZARKÓW | POL | 40-49 LAT | 207 | 509 | | | 00:15:16 | 00:35:45.21 | 00:36:15.90 | 6:44 | 8.9 |
| 208 | ŻYWICA DOROTA | 262 | | KATOWICE | POL | 40-49 LAT | 208 | 501 | HURAGAN LIGOTA | | 00:14:59 | 00:35:47.36 | 00:36:03.43 | 6:45 | 8.9 |
| 209 | DZIĘCIELEWSKA SYLWIA | 899 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 209 | 523 | BYLE DO METY | | 00:15:17 | 00:35:52.88 | 00:36:36.19 | 6:46 | 8.9 |
| 210 | BLANIK AGNIESZKA | 842 | | RADLIN | POL | 40-49 LAT | 210 | 524 | | | 00:15:20 | 00:35:53.59 | 00:36:37.97 | 6:46 | 8.9 |
| 211 | DYNIA MAGDALENA | 93 | DYŃKI TEAM | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 211 | 546 | | | 00:15:29 | 00:36:03.34 | 00:37:07.63 | 6:48 | 8.8 |
| 212 | REYMANN MILENA | 776 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 212 | 535 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDRÓJU | | 00:15:35 | 00:36:10.87 | 00:36:56.36 | 6:49 | 8.8 |
| 213 | KANIA BOŻENA | 348 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 213 | 543 | 55-LAT SP5 | | 00:16:12 | 00:36:12.85 | 00:37:04.99 | 6:49 | 8.8 |
| 214 | STEBEL MARZENA | 898 | SPOT PSZCZYNA | STUDZIONKA | POL | 40-49 LAT | 214 | 520 | SPOT PSZCZYNA | | | 00:36:20.90 | 00:36:32.96 | 6:51 | 8.8 |
| 215 | PEPEK BOŻENA | 789 | | ŻORY | POL | 40-49 LAT | 215 | 540 | | | 00:15:27 | 00:36:22.62 | 00:37:03.28 | 6:51 | 8.7 |

KOBIETY NA 5+ :: BIEG, 40-49 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|------------------------|---------------------------|----------|-------------|-------------|--------|------|
| 216 | CITUK IWONA | 420 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 216 | 534 | VIKING TRAINING CENTER | | 00:15:57 | 00:36:33.12 | 00:36:53.17 | 6:53 | 8.7 |
| 217 | BATKO AGNIESZKA | 378 | | ŻORY | POL | 40-49 LAT | 217 | 569 | | | 00:15:31 | 00:36:36.21 | 00:37:34.98 | 6:54 | 8.7 |
| 218 | BUREK ALINA | 518 | | LUBOMIA | POL | 40-49 LAT | 218 | 555 | | | 00:15:20 | 00:36:38.37 | 00:37:19.38 | 6:54 | 8.7 |
| 219 | PETRYKOWSKA ELŻBIETA | 369 | | ŻORY | POL | 40-49 LAT | 219 | 566 | | | 00:15:11 | 00:36:40.01 | 00:37:32.01 | 6:55 | 8.7 |
| 220 | CICHOŃ IWONA | 386 | HURAGAN LIGOTA | KATOWICE | POL | 40-49 LAT | 220 | 545 | HURAGAN LIGOTA | | 00:15:42 | 00:36:42.91 | 00:37:07.33 | 6:55 | 8.7 |
| 221 | CICHY AGNIESZKA | 126 | | RUĐA ŚLĄSKA | POL | 40-49 LAT | 221 | 544 | | | 00:15:28 | 00:36:45.62 | 00:37:05.16 | 6:56 | 8.7 |
| 222 | SMOLEŃ DAGMARA | 398 | | TYCHY | POL | 40-49 LAT | 222 | 547 | VIKING TRAINING CENTER | | 00:15:26 | 00:36:48.63 | 00:37:07.70 | 6:56 | 8.6 |
| 223 | KUCHARCZYK ANETA | 237 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 223 | 549 | VIKING TRAINING CENTER | | 00:15:27 | 00:36:48.88 | 00:37:07.94 | 6:56 | 8.6 |
| 224 | PRZYWARA EWELINA | 760 | | KICZYCE | POL | 40-49 LAT | 224 | 574 | | | 00:15:46 | 00:36:54.90 | 00:37:46.28 | 6:57 | 8.6 |
| 225 | STRASZEWSKA ALEKSANDRA | 97 | KLUB SPORTOWY M.E.T.A. | CZYŻOWICE | POL | 40-49 LAT | 225 | 567 | | | 00:15:50 | 00:36:59.83 | 00:37:33.62 | 6:58 | 8.6 |
| 226 | MAROSZEK ALEKSANDRA | 483 | | WODZIŚLAW ŚLĄSKI | POL | 40-49 LAT | 226 | 553 | | | 00:14:37 | 00:37:03.61 | 00:37:12.18 | 6:59 | 8.6 |
| 227 | SUCHY KATARZYNA | 859 | | MARKLOWICE | POL | 40-49 LAT | 227 | 561 | SZPRYCHY | | 00:15:50 | 00:37:06.14 | 00:37:25.58 | 7:00 | 8.6 |
| 228 | KWAŚNIEWSKA KASIA | 848 | | ŻORY | POL | 40-49 LAT | 228 | 559 | | | 00:15:24 | 00:37:06.70 | 00:37:22.22 | 7:00 | 8.6 |
| 229 | SZABLICKA MONIKA | 726 | MAGDA | SKOCZÓW | POL | 40-49 LAT | 229 | 579 | MAGDA | | 00:15:13 | 00:37:08.63 | 00:37:48.89 | 7:00 | 8.6 |
| 230 | DEMSKA-ĆWIERTKA IZABELA | 586 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 230 | 577 | VIKING TRAINING CENTER | | 00:16:30 | 00:37:09.94 | 00:37:48.31 | 7:00 | 8.6 |
| 231 | KACZMAREK EWA | 950 | | TYCHY | POL | 40-49 LAT | 231 | 573 | | | 00:15:47 | 00:37:13.03 | 00:37:45.75 | 7:01 | 8.5 |
| 232 | REK KATARZYNA | 494 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 232 | 595 | RADLINIOKI W BIEGU | | 00:15:33 | 00:37:22.55 | 00:38:06.54 | 7:03 | 8.5 |
| 233 | STACHOŃ SYLWIA | 461 | 4A | CZERWIONKA LESZCZYNY | POL | 40-49 LAT | 233 | 616 | | | 00:16:03 | 00:37:30.34 | 00:38:30.29 | 7:04 | 8.5 |
| 234 | KUBIS BARBARA | 670 | | CZARKÓW | POL | 40-49 LAT | 234 | 612 | | | 00:16:19 | 00:37:53.81 | 00:38:25.77 | 7:08 | 8.4 |
| 235 | STRUFF KAROLINA | 825 | SZPRYCHY | RYBNIK | POL | 40-49 LAT | 235 | 609 | | SZPRYCHY | 00:15:41 | 00:38:01.62 | 00:38:23.20 | 7:10 | 8.4 |
| 236 | PADIASEK DOMINIKA | 821 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 236 | 637 | HRMAX DZIOŁSZKI | | 00:16:15 | 00:38:05.48 | 00:38:43.33 | 7:11 | 8.4 |
| 237 | KACZOREK ANNA | 353 | HRMAX DZIOŁSZK | ŻORY | POL | 40-49 LAT | 237 | 632 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:05.75 | 00:38:41.06 | 7:11 | 8.4 |
| 238 | JAKUBOWSKA AGNIESZKA | 61 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 238 | 633 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:05.76 | 00:38:41.14 | 7:11 | 8.4 |
| 239 | BODZIONY ANNA | 737 | HRMAX | ŻORY | POL | 40-49 LAT | 239 | 640 | HRMAX DZIOŁSZKI | | 00:16:23 | 00:38:06.49 | 00:38:43.70 | 7:11 | 8.3 |
| 240 | SERAFIN CHWAŁEK JOANNA | 118 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 240 | 621 | | | 00:15:41 | 00:38:07.00 | 00:38:34.31 | 7:11 | 8.3 |
| 241 | TOMAN ANETA | 694 | HRMAX DZIOŁSZKI | SUSZEC | POL | 40-49 LAT | 241 | 638 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.18 | 00:38:43.43 | 7:11 | 8.3 |
| 242 | OSMAŃSKA EWA | 615 | | ŻORY | POL | 40-49 LAT | 242 | 623 | | PSIAPS1 | 00:16:08 | 00:38:07.60 | 00:38:36.09 | 7:11 | 8.3 |
| 243 | KĄŁUS EWA | 230 | HRMAX ŻORY | ŻORY | POL | 40-49 LAT | 243 | 630 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:07.74 | 00:38:40.75 | 7:11 | 8.3 |
| 244 | ŻBEL ANIA | 9 | HRMAX ŻORY | ZEBRZYDOWICE | POL | 40-49 LAT | 244 | 635 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:09.89 | 00:38:42.34 | 7:11 | 8.3 |
| 245 | CEREMON JOANNA | 890 | | PIELGRZYMOWICE | POL | 40-49 LAT | 245 | 601 | | | 00:15:17 | 00:38:10.76 | 00:38:15.38 | 7:12 | 8.3 |
| 246 | RYBAK MONIKA | 742 | | RYBNIK | POL | 40-49 LAT | 246 | 631 | | KIEDY JAK NIE TERAZ? | 00:16:32 | 00:38:12.41 | 00:38:40.79 | 7:12 | 8.3 |
| 247 | WIKA AGNIESZKA | 861 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 247 | 614 | PO JEDNEJ BABCI | AAA ALE FAJNE DZIEWCZYNY | 00:15:17 | 00:38:19.95 | 00:38:28.76 | 7:13 | 8.3 |
| 248 | DACENKO JOANNA | 669 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 248 | 639 | | | 00:15:52 | 00:38:27.73 | 00:38:43.61 | 7:15 | 8.3 |
| 249 | ROJEK-CZEKAJ PATRYCJA | 791 | | RYBNIK | POL | 40-49 LAT | 249 | 625 | | | 00:15:39 | 00:38:28.27 | 00:38:38.24 | 7:15 | 8.3 |
| 250 | ŚMIGIEL ANETA | 814 | RADLINIOKI W BIEGU | RYBNIK | POL | 40-49 LAT | 250 | 666 | RADLINIOKI W BIEGU | | 00:16:29 | 00:38:31.16 | 00:39:18.11 | 7:16 | 8.3 |
| 251 | KŁYSZCZ HONORATA | 699 | | UCHYLSCO | POL | 40-49 LAT | 251 | 667 | | | 00:16:26 | 00:38:31.46 | 00:39:18.13 | 7:16 | 8.3 |
| 252 | ANDROSZ JOANNA | 324 | | RYBNIK | POL | 40-49 LAT | 252 | 642 | | | 00:15:46 | 00:38:32.80 | 00:38:46.44 | 7:16 | 8.3 |
| 253 | MYŚLIWIEC MONIKA | 581 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 253 | 646 | KOBIETY NA 5+ | | 00:15:55 | 00:38:39.13 | 00:38:49.08 | 7:17 | 8.2 |
| 254 | GARUS ANDZIA | 467 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 254 | 657 | | | 00:16:10 | 00:38:43.53 | 00:38:59.70 | 7:18 | 8.2 |
| 255 | ZAGÓRSKA BEATA | 319 | | GOLESZÓW | POL | 40-49 LAT | 255 | 675 | ZZOZOLKI | | 00:16:39 | 00:38:55.91 | 00:39:40.39 | 7:20 | 8.2 |
| 256 | LOREK JOLANTA | 355 | | ZAMARSKI | POL | 40-49 LAT | 256 | 676 | | | 00:16:40 | 00:38:56.13 | 00:39:40.52 | 7:20 | 8.2 |
| 257 | OSZEK KAROLINA | 76 | TEAM OCZEK | RACIBÓRZ | POL | 40-49 LAT | 257 | 679 | TEAM OCZEK | | 00:16:27 | 00:38:59.33 | 00:39:46.33 | 7:21 | 8.2 |
| 258 | ZMUDA WIOLETA | 260 | KLUB SPORTOWY META | GORZYCZKI | POL | 40-49 LAT | 258 | 684 | | | 00:16:57 | 00:39:15.31 | 00:39:49.97 | 7:24 | 8.1 |
| 259 | WOŹNICKA ANNA | 175 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 40-49 LAT | 259 | 670 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:48 | 00:39:23.04 | 00:39:35.24 | 7:25 | 8.1 |
| 260 | TUSZYŃSKA ANNA | 107 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 260 | 698 | | MIECHOWICKA GRUPA BIEGOWA | 00:17:19 | 00:39:24.66 | 00:40:09.00 | 7:26 | 8.1 |
| 261 | PYZIK BARBARA | 14 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 261 | 674 | | | 00:15:18 | 00:39:25.61 | 00:39:39.48 | 7:26 | 8.1 |
| 262 | KOŁODZIEJCZYK ALEKSANDRA | 78 | RADLINIOKI W BIEGU | RADLIN | POL | 40-49 LAT | 262 | 701 | RADLINIOKI W BIEGU | | 00:16:26 | 00:39:26.10 | 00:40:13.83 | 7:26 | 8.1 |
| 263 | KLEPACKA EDYTA | 403 | | SUSZEC | POL | 40-49 LAT | 263 | 705 | | | 00:17:43 | 00:39:42.77 | 00:40:19.14 | 7:29 | 8 |
| 264 | RUSZCZYŃSKA ANNA | 407 | | SUSZEC | POL | 40-49 LAT | 264 | 706 | | | 00:17:42 | 00:39:43.43 | 00:40:19.15 | 7:29 | 8 |

KOBIETY NA 5+ :: BIEG, 40-49 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|---------------------------|-------------------|------|-----------|--------|-----|---------------------------|-------------------|----------|-------------|-------------|--------|------|
| 265 | GRZELAK PATRYCJA | 352 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 265 | 691 | | | 00:16:29 | 00:39:45.37 | 00:40:00.53 | 7:30 | 8 |
| 266 | RADUCKA KINGA | 837 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 266 | 703 | NICE GIRLS | | 00:16:43 | 00:39:56.93 | 00:40:15.89 | 7:32 | 8 |
| 267 | PIWOWAR BEATA | 836 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 267 | 704 | NICE GIRLS | | 00:16:44 | 00:39:57.82 | 00:40:16.24 | 7:32 | 8 |
| 268 | KOWALCZYK BASIA | 170 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 268 | 695 | | | 00:16:29 | 00:39:59.61 | 00:40:06.71 | 7:32 | 8 |
| 269 | NALEPKA KATARZYNA | 109 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 269 | 715 | MIECHOWICKA GRUPA BIEGOWA | IDYMY DURŚ | 00:17:19 | 00:40:00.15 | 00:40:44.72 | 7:32 | 8 |
| 270 | KUCZEK ELWIRA | 831 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 270 | 722 | | DWIE SZCZIGI | 00:16:30 | 00:40:03.64 | 00:40:52.38 | 7:33 | 7.9 |
| 271 | KRÓL JUSTYNA | 832 | | ŁAZISKA GÓRNE | POL | 40-49 LAT | 271 | 723 | | DWIE SZCZIGI | 00:16:29 | 00:40:04.36 | 00:40:52.90 | 7:33 | 7.9 |
| 272 | KUŚKA JUSTYNA | 610 | PSIAPSI | JANKOWICE | POL | 40-49 LAT | 272 | 711 | | PSIAPSI | 00:15:52 | 00:40:09.81 | 00:40:36.29 | 7:34 | 7.9 |
| 273 | NIEDŹWIEDŹ MAJA | 339 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 273 | 708 | | | 00:15:43 | 00:40:20.86 | 00:40:30.07 | 7:36 | 7.9 |
| 274 | LISOWSKA AGNIESZKA | 784 | | PAWŁOWICE | POL | 40-49 LAT | 274 | 718 | | | 00:17:18 | 00:40:21.05 | 00:40:49.17 | 7:36 | 7.9 |
| 275 | RACIBORSKA AGNIESZKA | 786 | | PAWŁOWICE | POL | 40-49 LAT | 275 | 719 | | | 00:17:19 | 00:40:21.71 | 00:40:49.26 | 7:36 | 7.9 |
| 276 | SZWED ANIA | 241 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 40-49 LAT | 276 | 730 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:28 | 00:40:29.74 | 00:41:01.24 | 7:38 | 7.9 |
| 277 | KAJSTURA KATARZYNA | 622 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 277 | 724 | VIKING TRAINING CENTER | | 00:17:01 | 00:40:32.60 | 00:40:53.88 | 7:38 | 7.8 |
| 278 | STEFANIAK JUSTYNA | 110 | POGORIA BIEGA | DĄBROWA GÓRNICZA | POL | 40-49 LAT | 278 | 732 | | | 00:17:12 | 00:40:34.47 | 00:41:07.52 | 7:39 | 7.8 |
| 279 | BIAŁAS JOANNA | 875 | SPOT PSZCZYNA | RADOSTOWICE | POL | 40-49 LAT | 279 | 717 | | | 00:16:41 | 00:40:36.65 | 00:40:47.65 | 7:39 | 7.8 |
| 280 | SZCZUCHNIAK ADRIANA | 284 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 280 | 743 | | | 00:17:06 | 00:40:45.83 | 00:41:31.11 | 7:41 | 7.8 |
| 281 | KAJMOVICZ-SOPICKA JOLANTA | 982 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 281 | 753 | INCOLA TEAM | | 00:17:52 | 00:41:02.61 | 00:41:56.01 | 7:44 | 7.7 |
| 282 | DERYŁO SYLWIA | 988 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 282 | 754 | INCOLA TEAM | | 00:17:52 | 00:41:02.64 | 00:41:56.06 | 7:44 | 7.7 |
| 283 | PAŁYS AGATA | 736 | SZARE MORSY | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 283 | 735 | | | 00:16:25 | 00:41:14.23 | 00:41:14.60 | 7:46 | 7.7 |
| 284 | SIEROTA RENATA | 887 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 284 | 746 | | | 00:17:06 | 00:41:14.76 | 00:41:32.19 | 7:46 | 7.7 |
| 285 | WODZYŃSKA-KOCZY MARTA | 294 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 285 | 745 | | | 00:16:39 | 00:41:15.38 | 00:41:32.12 | 7:46 | 7.7 |
| 286 | BARTNIK JOANNA | 251 | STREET SPIRIT | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 286 | 749 | | DWIE SZALONE | 00:16:58 | 00:41:16.78 | 00:41:40.67 | 7:47 | 7.7 |
| 287 | BYCINA EDYTA | 935 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 287 | 755 | | | 00:17:24 | 00:41:27.55 | 00:42:02.92 | 7:49 | 7.7 |
| 288 | GRECZNER JOWITA | 359 | | OŚWIĘCIM | POL | 40-49 LAT | 288 | 759 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:50 | 00:41:30.48 | 00:42:06.60 | 7:49 | 7.7 |
| 289 | BROCKA JOANNA | 672 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 289 | 758 | | | 00:17:24 | 00:41:30.97 | 00:42:05.92 | 7:49 | 7.7 |
| 290 | POREMSKA ELŻBIETA | 901 | AKTYWNI LYSKI | LYSKI | POL | 40-49 LAT | 290 | 761 | | | 00:17:42 | 00:41:39.46 | 00:42:08.35 | 7:51 | 7.6 |
| 291 | CZYŻAK BEATA | 385 | | CIESZYN | POL | 40-49 LAT | 291 | 766 | ZZOZOLKI | | 00:19:35 | 00:41:57.23 | 00:42:30.96 | 7:54 | 7.6 |
| 292 | STANIÓW-KLUSKA AGNIESZKA | 906 | | OŚWIĘCIM | POL | 40-49 LAT | 292 | 772 | WIEWIÓRKI ZIMNOKRWISTE | | 00:19:01 | 00:41:58.65 | 00:42:47.69 | 7:55 | 7.6 |
| 293 | BRYŁA MAŁGORZATA | 720 | | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 293 | 774 | | SOCJO CORPO GROUP | 00:18:00 | 00:42:06.92 | 00:42:50.40 | 7:56 | 7.6 |
| 294 | ORDZOWIAŁA KAROLINA | 598 | | ŻORY | POL | 40-49 LAT | 294 | 770 | | | 00:17:13 | 00:42:13.60 | 00:42:38.89 | 7:57 | 7.5 |
| 295 | PALUCH AGNIESZKA | 263 | | RUDA ŚLĄSKA | POL | 40-49 LAT | 295 | 767 | | | 00:17:22 | 00:42:14.16 | 00:42:32.49 | 7:58 | 7.5 |
| 296 | BROLL AGNIESZKA | 678 | | KATOWICE | POL | 40-49 LAT | 296 | 793 | | | 00:18:35 | 00:42:32.97 | 00:43:35.74 | 8:01 | 7.5 |
| 297 | GAJDA ALEKSANDRA | 826 | | RYBNIK | POL | 40-49 LAT | 297 | 786 | SZPRYCHY | | 00:17:54 | 00:42:34.43 | 00:42:56.02 | 8:01 | 7.5 |
| 298 | WAWOCZNY ANITA | 392 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 298 | 778 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.84 | 00:42:52.20 | 8:02 | 7.5 |
| 299 | SAWICKA MARTA | 211 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 299 | 779 | KOBIETY NA 5+ | | 00:17:18 | 00:42:39.99 | 00:42:52.34 | 8:02 | 7.5 |
| 300 | KOLAT JADWIGA | 57 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 300 | 783 | KOBIETY NA 5+ | | 00:16:54 | 00:42:40.58 | 00:42:54.05 | 8:03 | 7.5 |
| 301 | GŁUSZAK ALEKSANDRA | 332 | KOBIETY NA 5+ | JASTRZĘBIE -ZDRÓJ | POL | 40-49 LAT | 301 | 776 | KOBIETY NA 5+ | | 00:16:58 | 00:42:42.24 | 00:42:51.25 | 8:03 | 7.4 |
| 302 | BETAŃSKA ANETA | 155 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 302 | 777 | KOBIETY NA 5+ | | 00:17:03 | 00:42:42.29 | 00:42:51.29 | 8:03 | 7.4 |
| 303 | ZALEWSKA BARBARA | 190 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 303 | 782 | KOBIETY NA 5+ | | 00:17:30 | 00:42:46.47 | 00:42:53.73 | 8:04 | 7.4 |
| 304 | KNAPEK ANNA | 292 | | OŚWIĘCIM | POL | 40-49 LAT | 304 | 785 | WIEWIÓRKI ZIMNOKRWISTE | | 00:17:55 | 00:42:53.41 | 00:42:55.41 | 8:05 | 7.4 |
| 305 | JUTKA KASIA | 17 | | TYCHY | POL | 40-49 LAT | 305 | 791 | | | 00:17:32 | 00:43:00.01 | 00:43:22.40 | 8:06 | 7.4 |
| 306 | GALAS MARTYNA | 58 | | BIELSKO-BIAŁA | POL | 40-49 LAT | 306 | 795 | | | 00:17:47 | 00:43:07.20 | 00:43:38.46 | 8:08 | 7.4 |
| 307 | LORENZ WIOLETTA | 958 | | BIELSKO BIAŁA | POL | 40-49 LAT | 307 | 799 | | | 00:18:53 | 00:43:08.12 | 00:43:45.67 | 8:08 | 7.4 |
| 308 | DUDA MAGDALENA | 287 | | ŻORY | POL | 40-49 LAT | 308 | 818 | | | 00:18:59 | 00:43:18.53 | 00:45:40.44 | 8:10 | 7.3 |
| 309 | OSTASZEWSKA WIOLETTA | 868 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 309 | 800 | VIKING TRAINING CENTER | | 00:17:35 | 00:43:21.73 | 00:43:48.37 | 8:10 | 7.3 |
| 310 | MIŁOWSKA SYLWIA | 567 | | RYBNIK | POL | 40-49 LAT | 310 | 806 | | | 00:18:08 | 00:43:55.71 | 00:44:23.02 | 8:17 | 7.2 |
| 311 | STAŚKIEWICZ BEATA | 721 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 311 | 809 | | SOCJO CORPO GROUP | 00:18:43 | 00:44:01.27 | 00:44:44.95 | 8:18 | 7.2 |
| 312 | KATRYNIOK EWA | 231 | KLUB SPORTOWY M.E.T.A. | UCHYLSKO | POL | 40-49 LAT | 312 | 813 | | | 00:18:26 | 00:44:18.46 | 00:44:53.53 | 8:21 | 7.2 |
| 313 | DUDEK JANETA | 781 | | ŻORY | POL | 40-49 LAT | 313 | 812 | TEAM OLI LIDL | | 00:18:03 | 00:44:30.83 | 00:44:53.00 | 8:23 | 7.1 |

KOBIETY NA 5+ :: BIEG, 40-49 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|------------|----------|-------------|-------------|--------|------|
| 314 | KLIMEK JUSTYNA | 566 | VIKING TRAINING CENTER | MYSŁOWICE | POL | 40-49 LAT | 314 | 825 | VIKING TRAINING CENTER | | 00:17:31 | 00:45:29.50 | 00:45:55.10 | 8:34 | 7 |
| 315 | KWIATKOWSKA BERTA | 616 | VIKING TRAINING CENTER | BIERUŃ | POL | 40-49 LAT | 315 | 824 | VIKING TRAINING CENTER | | 00:18:27 | 00:45:30.14 | 00:45:55.04 | 8:35 | 7 |
| 316 | MACHOWSKA RENATA | 272 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 316 | 826 | VIKING TRAINING CENTER | | 00:17:32 | 00:45:30.57 | 00:45:55.16 | 8:35 | 7 |
| 317 | ZAWADA MAGDALENA | 367 | | CIESZYN | POL | 40-49 LAT | 317 | 830 | ZZOZOLKI | | 00:19:35 | 00:45:40.87 | 00:46:14.55 | 8:36 | 7 |
| 318 | SŁOTA JUSTYNA | 22 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 40-49 LAT | 318 | 833 | MIECHOWICKA GRUPA BIEGOWA | | 00:19:12 | 00:46:09.83 | 00:46:54.07 | 8:42 | 6.9 |
| 319 | WŁOCH IZABELA | 184 | VIKING TRAINING CENTER | TYCHY | POL | 40-49 LAT | 319 | 831 | VIKING TRAINING CENTER | | 00:19:34 | 00:46:18.79 | 00:46:40.40 | 8:44 | 6.9 |
| 320 | STOMPEL JUSTYNA | 815 | | CHORZÓW | POL | 40-49 LAT | 320 | 838 | | | 00:20:04 | 00:46:24.69 | 00:46:58.41 | 8:45 | 6.9 |
| 321 | KOPYTEK ANETA | 977 | RUNAWAYS | TYCHY | POL | 40-49 LAT | 321 | 849 | | | 00:19:58 | 00:46:27.49 | 00:48:49.51 | 8:45 | 6.8 |
| 322 | SZŁAPA URSZULA | 36 | SPOT PSZCZYNA | CZARKÓW | POL | 40-49 LAT | 322 | 842 | SPOT PSZCZYNA | GABI I ULA | 00:19:35 | 00:46:55.16 | 00:47:26.49 | 8:51 | 6.8 |
| 323 | WOŹNIAK MAGDALENA | 458 | | ŻORY | POL | 40-49 LAT | 323 | 846 | | | 00:20:16 | 00:47:05.97 | 00:47:29.51 | 8:53 | 6.8 |
| 324 | SŁUPECKA BEATA | 336 | | JASTRZĘBIE-ZDRÓJ | POL | 40-49 LAT | 324 | 847 | | | 00:18:45 | 00:47:44.92 | 00:48:08.89 | 9:00 | 6.7 |
| 325 | LEJTAN JOANNA | 243 | | KARWINA | CZE | 40-49 LAT | 325 | 856 | | | 00:20:22 | 00:48:33.84 | 00:49:19.72 | 9:09 | 6.5 |
| 326 | STRYCHARZ ALEKSANDRA | 768 | OCZEK TEAM | PAWŁÓW | POL | 40-49 LAT | 326 | 867 | TEAM OCZEK | | 00:23:17 | 00:53:04.97 | 00:55:45.22 | 10:00 | 6 |
| 327 | BORDA GRAŻYNA | 80 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 40-49 LAT | 327 | 872 | KOBIETY NA 5+ | | 00:24:58 | 00:57:46.10 | 00:57:58.25 | 10:53 | 5.5 |

KOBIETY NA 5+ :: BIEG, 50-59 lat

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---------------------------|------------------|------|-----------|--------|-----|---------------------------|---------------------------|----------|-------------|-------------|--------|------|
| 1 | ADAMCZYK-NOWAK BEATA | 307 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 1 | 6 | MIECHOWICKA GRUPA BIEGOWA | KWIAT MIECHOWIC | 00:09:07 | 00:21:10.48 | 00:21:13.05 | 3:59 | 15 |
| 2 | MALEJKA KATARZYNA | 740 | | KATOWICE | POL | 50-59 LAT | 2 | 28 | HURAGAN LIGOTA | E&K | 00:10:05 | 00:23:30.05 | 00:23:43.53 | 4:26 | 13.5 |
| 3 | NOWAK BEATA | 374 | ZZOZOLKI | PUNĆÓW | POL | 50-59 LAT | 3 | 31 | ZZOZOLKI | | 00:10:00 | 00:23:57.25 | 00:24:00.43 | 4:31 | 13.3 |
| 4 | CZYŻ LEONARDA | 366 | ZZOZOLKI | CIESZYN | POL | 50-59 LAT | 4 | 35 | ZZOZOLKI | | 00:10:11 | 00:24:05.69 | 00:24:09.22 | 4:32 | 13.2 |
| 5 | NOWAK EWA | 477 | | MYSŁOWICE | POL | 50-59 LAT | 5 | 49 | | E&K | 00:10:52 | 00:24:46.97 | 00:25:00.66 | 4:40 | 12.8 |
| 6 | PAWŁOWSKA BEATA | 178 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 6 | 47 | | | 00:10:18 | 00:24:49.51 | 00:24:55.62 | 4:40 | 12.8 |
| 7 | BROCKA ANITA | 431 | SILESIA TRIATHLON TEAM | TURZA ŚLĄSKA | POL | 50-59 LAT | 7 | 74 | SILESIA TRIATHLON TEAM | M I A | 00:11:09 | 00:26:23.92 | 00:26:29.89 | 4:58 | 12.1 |
| 8 | POPEK BARBARA | 59 | SOBIESKI 6 | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 8 | 77 | SOBIESKI 6 | SOBIESKI 6 | 00:11:02 | 00:26:34.48 | 00:26:39.57 | 5:00 | 12 |
| 9 | SLISZ MARIA | 189 | DECATHLON I PRZYJACIELE | RYBNIK | POL | 50-59 LAT | 9 | 97 | | M&M | 00:11:38 | 00:27:24.78 | 00:27:33.91 | 5:10 | 11.6 |
| 10 | WERNIK KATARZYNA | 268 | | RADLIN | POL | 50-59 LAT | 10 | 117 | | | 00:12:02 | 00:28:14.99 | 00:28:22.17 | 5:19 | 11.3 |
| 11 | RAŹNIAK BEATA | 172 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 11 | 123 | KOBIETY NA 5+ | | 00:12:19 | 00:28:24.70 | 00:28:30.86 | 5:21 | 11.2 |
| 12 | PLASKA BARBARA | 15 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 12 | 129 | KOBIETY NA 5+ | | 00:11:57 | 00:28:30.05 | 00:28:41.47 | 5:22 | 11.2 |
| 13 | PROKOP IWONA | 986 | | RUDA ŚLĄSKA | POL | 50-59 LAT | 13 | 142 | | | 00:12:34 | 00:28:37.52 | 00:28:52.56 | 5:23 | 11.1 |
| 14 | ŁATKA DOROTA | 729 | | ŻORY | POL | 50-59 LAT | 14 | 145 | | | 00:12:05 | 00:28:51.93 | 00:29:04.26 | 5:26 | 11 |
| 15 | SKRZYPOSZEK MAŁGORZATA | 320 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 15 | 161 | WARTKIE PIERONICE | | 00:12:34 | 00:28:54.04 | 00:29:42.21 | 5:27 | 11 |
| 16 | MAZGAJ GRAŻYNA | 745 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 16 | 151 | | | 00:12:18 | 00:28:58.03 | 00:29:17.97 | 5:27 | 11 |
| 17 | PYTEL RENATA | 248 | | PIELGRZYMOWICE | POL | 50-59 LAT | 17 | 147 | SOBIESKI 6 | SOBIESKI 6 | 00:11:52 | 00:28:59.18 | 00:29:05.89 | 5:28 | 11 |
| 18 | SOKÓL-OLEŚ EWELINA | 254 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 18 | 174 | RUNTEAM PAWŁOWICE | | 00:13:00 | 00:29:05.24 | 00:29:59.21 | 5:29 | 10.9 |
| 19 | ROZMUS MARZENA | 971 | STS BIEGATON MIKOŁÓW | KATOWICE | POL | 50-59 LAT | 19 | 177 | | NAJLEPSZE | 00:12:54 | 00:29:19.18 | 00:30:02.14 | 5:31 | 10.8 |
| 20 | PUDA DOROTA | 981 | KOBIETY NA 5+ | MNICH | POL | 50-59 LAT | 20 | 157 | KOBIETY NA 5+ | | 00:12:18 | 00:29:20.13 | 00:29:33.58 | 5:32 | 10.8 |
| 21 | BURDA RENATA | 474 | AKTYWNI RYDUŁTOWY | RYDUŁTOWY | POL | 50-59 LAT | 21 | 184 | | | 00:12:47 | 00:29:33.25 | 00:30:08.06 | 5:34 | 10.8 |
| 22 | ZARAŃSKA IZABELA | 486 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 22 | 189 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:12:52 | 00:29:40.04 | 00:30:13.48 | 5:35 | 10.7 |
| 23 | KUBECKA JOLANTA | 356 | ZZOZOLKI | PIERŚCIEC | POL | 50-59 LAT | 23 | 176 | ZZOZOLKI | | 00:12:36 | 00:29:43.51 | 00:30:01.69 | 5:36 | 10.7 |
| 24 | SOCHA MARLENA | 82 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 24 | 212 | WARTKIE PIERONICE | | 00:13:02 | 00:29:52.38 | 00:30:49.49 | 5:38 | 10.6 |
| 25 | BUCHHOLZ MAJKA | 412 | | LESZCZYNY | POL | 50-59 LAT | 25 | 181 | | | 00:12:33 | 00:30:00.45 | 00:30:04.06 | 5:39 | 10.6 |
| 26 | NATKANIEC DOROTA | 851 | | BRZEZÓWKA | POL | 50-59 LAT | 26 | 210 | | | 00:13:31 | 00:30:16.95 | 00:30:48.03 | 5:42 | 10.5 |
| 27 | RANSZ BEATA | 79 | PRZYJACIÓŁKI DO SPÓŁKI | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 27 | 198 | | PRZYJACIÓŁKI | 00:12:53 | 00:30:17.76 | 00:30:31.51 | 5:42 | 10.5 |
| 28 | NYKIEL MAŁGORZATA | 273 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 28 | 222 | MIECHOWICKA GRUPA BIEGOWA | MIECHOWICKA GRUPA BIEGOWA | 00:14:08 | 00:30:28.08 | 00:31:07.11 | 5:44 | 10.4 |
| 29 | JASTRZĘBSKA EWA | 199 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 29 | 214 | | | 00:12:56 | 00:30:29.94 | 00:30:51.85 | 5:45 | 10.4 |

KOBIETY NA 5+ :: BIEG, 50-59 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|---|--------------------------|------|-----------|--------|-----|------------------------------|----------------------------|----------|-------------|-------------|--------|------|
| 30 | BURCZYK CELINA | 309 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 30 | 209 | HURAGAN LIGOTA | | 00:12:27 | 00:30:32.36 | 00:30:43.26 | 5:45 | 10.4 |
| 31 | CELER IWONA | 232 | | TYCHY | POL | 50-59 LAT | 31 | 217 | | | 00:12:54 | 00:30:33.86 | 00:31:00.89 | 5:45 | 10.4 |
| 32 | TRZEWIK BEATA | 920 | ZIMNOKRWISTE WIEWIÓRKI | OŚWIĘCIM | POL | 50-59 LAT | 32 | 226 | WIEWIÓRKI ZIMNOKRWISTE | | 00:13:21 | 00:30:41.06 | 00:31:11.04 | 5:47 | 10.4 |
| 33 | GENSTY KLAUDIA | 259 | DYSTANS LUBOMIA | LUBOMIA | POL | 50-59 LAT | 33 | 218 | | | 00:13:36 | 00:30:42.27 | 00:31:02.39 | 5:47 | 10.4 |
| 34 | BUGŁA WERONIKA | 298 | DYSTANS LUBOMIA | GRABÓWKA | POL | 50-59 LAT | 34 | 221 | | | 00:12:44 | 00:31:01.16 | 00:31:06.50 | 5:51 | 10.3 |
| 35 | TULKÓ IWONA | 277 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 35 | 219 | | | 00:12:28 | 00:31:02.04 | 00:31:05.34 | 5:51 | 10.2 |
| 36 | HORAK ALINA | 795 | ----- | RACIBÓRZ | POL | 50-59 LAT | 36 | 260 | | | 00:13:31 | 00:31:03.00 | 00:31:42.81 | 5:51 | 10.2 |
| 37 | GABRUŚ IWONA | 418 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | CZERWIONKA-STAN OWICE | POL | 50-59 LAT | 37 | 244 | | | 00:13:12 | 00:31:03.39 | 00:31:32.78 | 5:51 | 10.2 |
| 38 | OZDARSKA BEATA | 252 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 38 | 254 | WARTKIE PIERONICE | | 00:13:22 | 00:31:04.53 | 00:31:39.91 | 5:51 | 10.2 |
| 39 | DOBOSZ ILONA | 54 | | MARKLOWICE GÓRNE | POL | 50-59 LAT | 39 | 227 | | | 00:13:06 | 00:31:04.92 | 00:31:12.46 | 5:51 | 10.2 |
| 40 | KMIECIAK GRAZYNA | 827 | | RADLIN | POL | 50-59 LAT | 40 | 256 | | | 00:13:31 | 00:31:09.98 | 00:31:40.55 | 5:52 | 10.2 |
| 41 | ŁEPEK BOŻENA | 343 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 41 | 288 | | | 00:13:38 | 00:31:15.95 | 00:32:07.93 | 5:53 | 10.2 |
| 42 | FURMANEK ELA | 65 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 42 | 259 | HURAGAN LIGOTA | | 00:14:31 | 00:31:18.06 | 00:31:41.75 | 5:54 | 10.2 |
| 43 | BAJCAR BEATA | 552 | KOBIETY NA 5+ | CHYBIE | POL | 50-59 LAT | 43 | 242 | KOBIETY NA 5+ | | 00:13:09 | 00:31:19.37 | 00:31:32.29 | 5:54 | 10.2 |
| 44 | GOLDA EWA | 903 | SPECIALTEAM | STUDZIONKA | POL | 50-59 LAT | 44 | 257 | SPECIALTEAM | EWANKA | 00:14:11 | 00:31:23.87 | 00:31:41.38 | 5:55 | 10.1 |
| 45 | ŚLUCZKA KINGA | 697 | | USTROŃ | POL | 50-59 LAT | 45 | 264 | | | 00:13:43 | 00:31:27.46 | 00:31:46.60 | 5:56 | 10.1 |
| 46 | KUSA ALEKSANDRA | 1320 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 46 | K 2 | | | 00:13:24 | 00:31:27.78 | 00:32:03.89 | 5:56 | 10.1 |
| 47 | SKOTNICKA URSZULA | 193 | NIE ZRZESZONA | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 47 | 285 | | | 00:13:07 | 00:31:59.82 | 00:32:07.43 | 6:02 | 9.9 |
| 48 | MATUĆ ALEKSANDRA | 45 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 48 | 313 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:59 | 00:32:10.57 | 00:32:41.85 | 6:04 | 9.9 |
| 49 | GRABOWSKA KATARZYNA | 286 | | TYCHY | POL | 50-59 LAT | 49 | 336 | | | 00:14:14 | 00:32:13.93 | 00:33:04.78 | 6:04 | 9.9 |
| 50 | WALUSZ JOLANTA | 588 | SZOMBIERKI DREAM TEAM | BYTOM | POL | 50-59 LAT | 50 | 323 | | | 00:13:43 | 00:32:16.88 | 00:32:49.15 | 6:05 | 9.9 |
| 51 | KRAUSE SYLWIA | 33 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 51 | 343 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.07 | 00:33:11.50 | 6:06 | 9.8 |
| 52 | HEJNA IZABELA | 860 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 52 | 342 | RADLINIOKI W BIEGU | | 00:14:37 | 00:32:25.28 | 00:33:11.43 | 6:06 | 9.8 |
| 53 | MAĆKÓW AGNIESZKA | 437 | | PAKOŚLAWICE | POL | 50-59 LAT | 53 | 333 | | | 00:13:47 | 00:32:27.19 | 00:33:03.54 | 6:07 | 9.8 |
| 54 | MAŚLANKA SABINA | 223 | | BYTOM | POL | 50-59 LAT | 54 | 348 | WARTKIE PIERONICE | | 00:14:22 | 00:32:39.76 | 00:33:17.97 | 6:09 | 9.7 |
| 55 | SZUBARSKA KATARZYNA | 840 | ZZOZOLKI | POGWIZDÓW | POL | 50-59 LAT | 55 | 337 | ZZOZOLKI | | 00:14:00 | 00:32:40.50 | 00:33:05.29 | 6:09 | 9.7 |
| 56 | KADŁUBEK MAGDALENA | 1087 | | CHORZÓW | POL | 50-59 LAT | 56 | 375 | | | 00:14:19 | 00:32:55.40 | 00:33:46.29 | 6:12 | 9.7 |
| 57 | KĘPKA JOANNA | 839 | | MIKOŁÓW | POL | 50-59 LAT | 57 | 353 | | | 00:13:52 | 00:33:09.36 | 00:33:30.67 | 6:15 | 9.6 |
| 58 | DZIUK JOLANTA | 493 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 58 | 373 | | | 00:14:06 | 00:33:11.83 | 00:33:44.47 | 6:15 | 9.6 |
| 59 | CZARNOTA BOŻENA | 448 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 59 | 357 | | | 00:14:04 | 00:33:17.98 | 00:33:34.54 | 6:16 | 9.6 |
| 60 | ŚLEZIAK EWA | 746 | | TARNOWSKIE GÓRY | POL | 50-59 LAT | 60 | 372 | | | 00:14:27 | 00:33:21.51 | 00:33:43.82 | 6:17 | 9.5 |
| 61 | BADACH AGNIESZKA | 7 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 61 | 371 | KOBIETY NA 5+ | | 00:14:03 | 00:33:29.80 | 00:33:42.48 | 6:19 | 9.5 |
| 62 | ŁUSZCZ MAGDALENA | 455 | SILESIA MARATHON CLUB | BYTOM | POL | 50-59 LAT | 62 | 387 | | | 00:14:02 | 00:33:31.16 | 00:34:00.42 | 6:19 | 9.5 |
| 63 | SZPYRA SONIA | 244 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 63 | 374 | | | 00:13:41 | 00:33:39.12 | 00:33:44.91 | 6:20 | 9.5 |
| 64 | MAJER MARZENA | 631 | TEAM AERO ŻÓŁEIKI | KNURÓW | POL | 50-59 LAT | 64 | 412 | | | 00:16:06 | 00:33:40.08 | 00:34:25.27 | 6:21 | 9.4 |
| 65 | STOPYRA AGNIESZKA | 526 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 65 | 437 | | | 00:14:38 | 00:33:56.21 | 00:34:46.40 | 6:24 | 9.4 |
| 66 | SOSNA AGATA | 266 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 66 | 449 | | | 00:14:27 | 00:34:06.99 | 00:34:59.20 | 6:26 | 9.3 |
| 67 | GWÓDZ JOLANTA | 476 | PO WOLI DO CELU | WOLA | POL | 50-59 LAT | 67 | 426 | POWOLI DOCELU | | 00:15:02 | 00:34:20.53 | 00:34:39.89 | 6:28 | 9.3 |
| 68 | WESOŁOWSKA KATARZYNA | 444 | | USTROŃ | POL | 50-59 LAT | 68 | 443 | ZZOZOLKI | | 00:14:52 | 00:34:37.01 | 00:34:52.85 | 6:31 | 9.2 |
| 69 | DELEWSKA DOROTA | 816 | NIGHT RUNNERS ZABRZE | ZABRZE | POL | 50-59 LAT | 69 | 455 | | | 00:15:29 | 00:34:43.32 | 00:35:10.72 | 6:33 | 9.2 |
| 70 | STOCZEK AGNIESZKA | 922 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 70 | 463 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:17 | 00:34:55.23 | 00:35:27.28 | 6:35 | 9.1 |
| 71 | ZIĘTARA AGATA | 516 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 71 | 500 | | | 00:15:21 | 00:35:10.90 | 00:36:01.76 | 6:38 | 9 |
| 72 | ADAMCZAK RENATA | 25 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 72 | 490 | | | 00:15:11 | 00:35:21.19 | 00:35:55.45 | 6:40 | 9 |
| 73 | DĘBOWSKA BEATA | 101 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 73 | 506 | | | 00:15:03 | 00:35:22.42 | 00:36:09.61 | 6:40 | 9 |
| 74 | MAZUR-ŁAGODA DARIA | 53 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 74 | 503 | | | 00:15:53 | 00:35:28.46 | 00:36:04.58 | 6:41 | 9 |
| 75 | GOJ HANIA | 700 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 75 | 514 | | MORS HUBERTUS MYSŁOWICE | 00:14:38 | 00:35:35.28 | 00:36:24.60 | 6:42 | 8.9 |
| 76 | KOŁODZIEJ EWA | 341 | | ŚWIERKLANY | POL | 50-59 LAT | 76 | 515 | | | 00:16:27 | 00:35:56.07 | 00:36:27.09 | 6:46 | 8.8 |
| 77 | MATUSZEK DOROTA | 460 | KĄTY BIEGAJĄ | KĄTY OPOLSKIE | POL | 50-59 LAT | 77 | 529 | | | 00:15:43 | 00:36:00.29 | 00:36:44.19 | 6:47 | 8.8 |
| 78 | BUNIEWICZ-KULLAS MAŁGORZATA | 507 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 78 | 527 | VIKING TRAINING CENTER | | 00:15:32 | 00:36:22.03 | 00:36:42.07 | 6:51 | 8.7 |
| 79 | ROGÓZ SONIA | 577 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | ŻERNICA | POL | 50-59 LAT | 79 | 552 | | | 00:15:51 | 00:36:25.24 | 00:37:09.34 | 6:52 | 8.7 |

KOBIETY NA 5+ :: BIEG, 50-59 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---------------------------|----------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 80 | WOJTOŃ-STAWICKA MAŁGORZATA | 438 | RUNTEAM PAWŁOWICE | PAWŁOWICE | POL | 50-59 LAT | 80 | 563 | RUNTEAM PAWŁOWICE | | 00:16:02 | 00:36:27.63 | 00:37:26.18 | 6:52 | 8.7 |
| 81 | RATAJSZCZAK-MALYS EWA | 315 | BBL RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 81 | 557 | | | 00:15:55 | 00:36:32.86 | 00:37:20.64 | 6:53 | 8.7 |
| 82 | ŻEBROWSKA MATYLDA | 66 | MORS HUBERTUS MYSŁOWICE | MYSŁOWICE | POL | 50-59 LAT | 82 | 564 | MORS HUBERTUS | | 00:15:07 | 00:36:37.67 | 00:37:27.52 | 6:54 | 8.7 |
| 83 | KAMECKA AGNIESZKA | 531 | VIKING TRAINING CENTER | TYCHY | POL | 50-59 LAT | 83 | 558 | VIKING TRAINING CENTER | | 00:16:02 | 00:37:00.35 | 00:37:21.22 | 6:58 | 8.6 |
| 84 | MENDROCH JOANNA | 146 | ZZOZOLKI | HAŻLACH | POL | 50-59 LAT | 84 | 571 | ZZOZOLKI | | 00:15:41 | 00:37:08.90 | 00:37:41.00 | 7:00 | 8.6 |
| 85 | POPCZYK EWA | 409 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 85 | 587 | | | 00:15:55 | 00:37:22.33 | 00:37:59.06 | 7:03 | 8.5 |
| 86 | MODZELEWSKA LIDIA | 806 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 86 | 570 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:37 | 00:37:25.35 | 00:37:38.41 | 7:03 | 8.5 |
| 87 | OBERSKA SYLWIA | 236 | NORDIKOWE FRELKI | KATOWICE | POL | 50-59 LAT | 87 | 585 | NORDICOWE FRELKI | | 00:15:40 | 00:37:26.03 | 00:37:55.71 | 7:03 | 8.5 |
| 88 | LAKSA MARLENA | 60 | MIECHOWICKA GRUPA BIEGOWA | RUDA ŚLĄSKA | POL | 50-59 LAT | 88 | 600 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:06 | 00:37:29.37 | 00:38:13.57 | 7:04 | 8.5 |
| 89 | STALMACH IZA | 658 | BIEGOWA KUŹNIA | BĘDZIN | POL | 50-59 LAT | 89 | 586 | | | 00:15:34 | 00:37:34.94 | 00:37:59.03 | 7:05 | 8.5 |
| 90 | CIEŚLA EDYTA | 537 | | RYBNIK | POL | 50-59 LAT | 90 | 590 | | | 00:16:15 | 00:37:35.29 | 00:38:03.67 | 7:05 | 8.5 |
| 91 | PRZYLUCKA GRAŻYNA | 370 | BIEGOWA KUŹNIA | PRECZOW | POL | 50-59 LAT | 91 | 588 | | | 00:15:35 | 00:37:35.72 | 00:37:59.25 | 7:05 | 8.5 |
| 92 | KLUSKA SYLWIA | 81 | HURAGAN LIGOTA | KATOWICE | POL | 50-59 LAT | 92 | 584 | HURAGAN LIGOTA | | 00:15:49 | 00:37:37.96 | 00:37:55.59 | 7:05 | 8.5 |
| 93 | MICHAŁSKA BEATA | 169 | WARTKIE PIERONY | RUDA ŚLĄSKA | POL | 50-59 LAT | 93 | 605 | WARTKIE PIERONICE | | 00:15:53 | 00:37:43.21 | 00:38:17.69 | 7:06 | 8.4 |
| 94 | KRZYKAŁA ZDZISŁAWA | 841 | | WYRY | POL | 50-59 LAT | 94 | 596 | | | 00:15:58 | 00:37:46.17 | 00:38:07.44 | 7:07 | 8.4 |
| 95 | GUŚCIORA JUSTYNA | 108 | | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 95 | 598 | | | 00:14:45 | 00:37:57.98 | 00:38:10.79 | 7:09 | 8.4 |
| 96 | BURNAGIEL AGATA | 191 | HRMAX DZIOŁSZKI | CZERWIONKA-LESZCZYNY | POL | 50-59 LAT | 96 | 628 | HRMAX DZIOŁSZKI | | 00:16:17 | 00:38:00.90 | 00:38:40.72 | 7:10 | 8.4 |
| 97 | HABER KATARZYNA | 203 | MIECHOWICKA GRUPA BIEGOWA | ŁAPSZE NIŻNE | POL | 50-59 LAT | 97 | 626 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:34 | 00:38:01.60 | 00:38:39.84 | 7:10 | 8.4 |
| 98 | BASEK MARTA | 328 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 98 | 627 | HRMAX DZIOŁSZKI | | 00:16:22 | 00:38:06.33 | 00:38:40.14 | 7:11 | 8.3 |
| 99 | KOGUT EDYTA | 718 | | ŻORY | POL | 50-59 LAT | 99 | 641 | HRMAX DZIOŁSZKI | | 00:16:25 | 00:38:07.95 | 00:38:44.20 | 7:11 | 8.3 |
| 100 | MACURA EWA | 417 | HRMAX DZIOŁSZKI | ŻORY | POL | 50-59 LAT | 100 | 634 | HRMAX DZIOŁSZKI | | 00:16:24 | 00:38:10.21 | 00:38:41.85 | 7:12 | 8.3 |
| 101 | OLCZYK WIOLETTA | 560 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 101 | 608 | KOBIETY NA 5+ | | 00:15:00 | 00:38:12.68 | 00:38:22.62 | 7:12 | 8.3 |
| 102 | MACHEJ MAŁGORZATA | 504 | | KOŃCZYCE MAŁE | POL | 50-59 LAT | 102 | 647 | | | 00:16:33 | 00:38:13.59 | 00:38:50.54 | 7:12 | 8.3 |
| 103 | ROSTAŁSKA BARBARA | 966 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 103 | 660 | 55-LAT SP5 | | 00:16:24 | 00:38:14.36 | 00:39:06.98 | 7:12 | 8.3 |
| 104 | ROŻEK MIROSŁAWA | 397 | | KATOWICE | POL | 50-59 LAT | 104 | 659 | | | 00:16:22 | 00:38:17.51 | 00:39:00.98 | 7:13 | 8.3 |
| 105 | RUSINEK JOANNA | 923 | WIEWIÓRKI ZIMNOKRWISTE | OŚWIĘCIM | POL | 50-59 LAT | 105 | 650 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:44 | 00:38:21.36 | 00:38:53.05 | 7:14 | 8.3 |
| 106 | STYRNOL BEATA | 194 | | PAWŁÓW | POL | 50-59 LAT | 106 | 682 | | | 00:17:22 | 00:38:59.43 | 00:39:47.04 | 7:21 | 8.2 |
| 107 | NAWARYŃSKA EWA | 176 | | RACIBÓRZ | POL | 50-59 LAT | 107 | 680 | | | 00:17:22 | 00:38:59.67 | 00:39:46.37 | 7:21 | 8.2 |
| 108 | ZACZYŃSKA-POZNIAK JAROSŁAWA | 411 | | DOBRZEŃ WIELKI | POL | 50-59 LAT | 108 | 687 | | | 00:16:02 | 00:39:03.08 | 00:39:52.82 | 7:22 | 8.1 |
| 109 | MARUSZCZAK JUSTYNA | 186 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 109 | 685 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:15 | 00:39:08.32 | 00:39:50.27 | 7:23 | 8.1 |
| 110 | KOWALSKA MAŁGORZATA | 441 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 110 | 690 | | | 00:15:53 | 00:39:16.80 | 00:39:57.00 | 7:24 | 8.1 |
| 111 | NAWROCKA AGNIESZKA | 84 | | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 111 | 686 | | | 00:16:41 | 00:39:18.09 | 00:39:51.55 | 7:24 | 8.1 |
| 112 | BANACH MONIKA | 450 | ZIMNOKRWISTE WIEWIÓRKI | OŚWIĘCIM | POL | 50-59 LAT | 112 | 672 | WIEWIÓRKI ZIMNOKRWISTE | | 00:15:40 | 00:39:22.46 | 00:39:35.52 | 7:25 | 8.1 |
| 113 | DZIENDZIEL RENATA | 75 | | ŻORY | POL | 50-59 LAT | 113 | 762 | TEAM MAŁYCH BOHATERÓW :-) | | 00:17:17 | 00:39:23.90 | 00:42:10.13 | 7:25 | 8.1 |
| 114 | ZWOREK ROTKEGEL ANNA | 583 | | TOSZEK | POL | 50-59 LAT | 114 | 692 | MIECHOWICKA GRUPA BIEGOWA | | 00:16:43 | 00:39:29.40 | 00:40:02.54 | 7:26 | 8.1 |
| 115 | BRODA BEATA | 240 | | PIASEK | POL | 50-59 LAT | 115 | 712 | | | 00:16:38 | 00:40:00.00 | 00:40:36.86 | 7:32 | 8 |
| 116 | DUBIEL JOANNA | 20 | DUBIEL CLUB | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 116 | 702 | | | 00:16:47 | 00:40:09.76 | 00:40:14.39 | 7:34 | 7.9 |
| 117 | CHOLEWIŃSKA KATARZYNA | 717 | | ZAMBROW | POL | 50-59 LAT | 117 | 716 | | | 00:17:22 | 00:40:19.97 | 00:40:46.56 | 7:36 | 7.9 |
| 118 | KALITA ANNA | 773 | | JAWORZE | POL | 50-59 LAT | 118 | 733 | INCOLA TEAM | | 00:17:52 | 00:40:20.42 | 00:41:13.52 | 7:36 | 7.9 |
| 119 | PIETRASZEK EWA | 234 | KOBIETY WATAHY | RUDA ŚLĄSKA | POL | 50-59 LAT | 119 | 750 | | | 00:17:40 | 00:40:54.25 | 00:41:41.63 | 7:43 | 7.8 |
| 120 | KRZACZEK ALEKSANDRA | 87 | RADLINIOKI W BIEGU | RADLIN | POL | 50-59 LAT | 120 | 765 | RADLINIOKI W BIEGU | | 00:17:35 | 00:41:43.37 | 00:42:29.31 | 7:52 | 7.6 |
| 121 | DOBOSZ KASJA | 753 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 121 | 773 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:47 | 00:42:11.53 | 00:42:49.45 | 7:57 | 7.5 |
| 122 | POCENTAJO BEATA | 143 | BIEGAM BO LUBIE RACIBÓRZ | RACIBÓRZ | POL | 50-59 LAT | 122 | 790 | | | 00:17:59 | 00:42:33.32 | 00:43:21.42 | 8:01 | 7.5 |
| 123 | FRANKOWSKA ANIA | 636 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 50-59 LAT | 123 | 787 | MIECHOWICKA GRUPA BIEGOWA | | 00:17:31 | 00:42:34.97 | 00:43:07.43 | 8:01 | 7.5 |

KOBIETY NA 5+ :: BIEG, 50-59 lat c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|----------------------|--------------------|------|-----------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 124 | PAJĄK MAŁGORZATA | 291 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 124 | 784 | KOBIETY NA 5+ | | 00:17:03 | 00:42:44.82 | 00:42:54.13 | 8:03 | 7.4 |
| 125 | STAŚKIEWICZ MONIKA | 509 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 125 | 796 | | | 00:18:16 | 00:42:58.09 | 00:43:41.39 | 8:06 | 7.4 |
| 126 | KOWALSKA DOROTA | 539 | SBD ENERGETYK RYBNIK | RYBNIK | POL | 50-59 LAT | 126 | 794 | | | 00:17:32 | 00:43:07.68 | 00:43:37.54 | 8:08 | 7.4 |
| 127 | POPOWSKA AGNIESZKA | 960 | | BIELSKO-BIAŁA | POL | 50-59 LAT | 127 | 798 | | | 00:18:55 | 00:43:08.35 | 00:43:45.67 | 8:08 | 7.4 |
| 128 | NAMIELSKA JUSTYNA | 880 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 128 | 841 | | | 00:18:46 | 00:44:10.33 | 00:47:01.16 | 8:20 | 7.2 |
| 129 | NIEDZIOŁKO BOŻENA | 208 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 129 | 822 | KOBIETY NA 5+ | | 00:18:42 | 00:45:30.88 | 00:45:46.22 | 8:35 | 7 |
| 130 | NALEWAJKA WIOLETA | 443 | KOBIETY NA 5+ | JASTRZĘBIE ZDRÓJ | POL | 50-59 LAT | 130 | 820 | KOBIETY NA 5+ | | 00:18:44 | 00:45:31.41 | 00:45:45.52 | 8:35 | 7 |
| 131 | KUCZEK JOLANTA | 545 | | RADLIN | POL | 50-59 LAT | 131 | 855 | | | 00:21:14 | 00:46:29.90 | 00:49:06.69 | 8:46 | 6.8 |
| 132 | SAGAN MAŁGORZATA | 967 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 132 | 848 | TEAM MAŁYCH BOHATERÓW :-) | | 00:19:44 | 00:48:08.86 | 00:48:34.64 | 9:04 | 6.6 |
| 133 | KUŚMIERSKA-KUBAS ALINA | 933 | | JASTRZEBIE-ZDROJ | POL | 50-59 LAT | 133 | 850 | | | 00:19:38 | 00:48:29.01 | 00:48:51.65 | 9:08 | 6.6 |
| 134 | KANIA GRAŻYNA | 852 | | RYBNIK | POL | 50-59 LAT | 134 | 858 | | | 00:21:53 | 00:49:00.67 | 00:51:31.15 | 9:14 | 6.5 |
| 135 | WOJTAL DANUTA | 801 | | JASTRZĘBIE - ZDRÓJ | POL | 50-59 LAT | 135 | 857 | | | 00:20:18 | 00:49:15.56 | 00:49:52.84 | 9:17 | 6.5 |
| 136 | ŚWITA ANNA | 214 | FORMA WODZISŁAW | WODZISŁAW ŚLĄSKI | POL | 50-59 LAT | 136 | 864 | | | 00:22:01 | 00:51:02.03 | 00:53:37.89 | 9:37 | 6.2 |
| 137 | PIĄTKOWSKA ROMANA | 154 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 137 | 860 | | | 00:21:09 | 00:51:04.76 | 00:51:45.56 | 9:38 | 6.2 |
| 138 | HASIOR DOROTA | 185 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 138 | 859 | | | 00:21:09 | 00:51:04.89 | 00:51:45.36 | 9:38 | 6.2 |
| 139 | JANKOWSKA ANITA | 112 | | DĄBROWA GÓRNICZA | POL | 50-59 LAT | 139 | 861 | | | 00:22:01 | 00:51:13.63 | 00:51:55.93 | 9:39 | 6.2 |
| 140 | RUTKOWSKA ANIA | 953 | | JASTRZĘBIE-ZDRÓJ | POL | 50-59 LAT | 140 | 869 | TEAM MAŁYCH BOHATERÓW :-) | | 00:23:41 | 00:54:33.44 | 00:57:25.40 | 10:17 | 5.8 |

KOBIETY NA 5+ :: BIEG, 60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|----------------------------------|------------------|------|------|--------|-----|---------------------------|-----------|----------|-------------|-------------|--------|------|
| 1 | SZAFARCZYK EUGENIA | 279 | RUNSZ-TEAM | OCHABY MAŁE | POL | 60+ | 1 | 48 | RUNSZ-TEAM | | 00:10:23 | 00:24:59.81 | 00:25:00.18 | 4:42 | 12.7 |
| 2 | PASTUCHA ANNA | 377 | | KRAPKOWICE | POL | 60+ | 2 | 131 | | | 00:12:11 | 00:28:35.36 | 00:28:44.58 | 5:23 | 11.1 |
| 3 | SZYMCZYK TERESA | 469 | TEAM SZYMCZYKI /ZABIEGANA BABCIA | CZĘSTOCHOWA | POL | 60+ | 3 | 148 | | | 00:12:11 | 00:28:50.60 | 00:29:06.57 | 5:26 | 11 |
| 4 | MUSIAŁ MARIA | 445 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 4 | 234 | | | 00:13:54 | 00:30:39.03 | 00:31:17.61 | 5:46 | 10.4 |
| 5 | LACHERA MARYSIA | 787 | | ZABRZE | POL | 60+ | 5 | 277 | | | 00:13:35 | 00:31:03.63 | 00:31:59.70 | 5:51 | 10.2 |
| 6 | LUCIK GRAŻYNA | 329 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | 60+ | 6 | 249 | MIECHOWICKA GRUPA BIEGOWA | | 00:13:21 | 00:31:29.84 | 00:31:35.02 | 5:56 | 10.1 |
| 7 | FRANCISZCZAK ŁUCJA | 362 | CIDRYLOTAJOM | BYTOM | POL | 60+ | 7 | 261 | | | 00:12:58 | 00:31:42.60 | 00:31:42.96 | 5:58 | 10 |
| 8 | GLANERT KAROLINA | 990 | | ŻORY | POL | 60+ | 8 | 300 | | | 00:13:32 | 00:32:25.76 | 00:32:31.53 | 6:06 | 9.8 |
| 9 | RADECKA BOŻENA | 934 | | JASTRZEBIE-ZDROJ | POL | 60+ | 9 | 378 | | | 00:13:34 | 00:33:13.45 | 00:33:50.97 | 6:16 | 9.6 |
| 10 | CZAPSKA EWA | 48 | HURAGAN LIGOTA | KATOWICE | POL | 60+ | 10 | 404 | HURAGAN LIGOTA | | 00:14:36 | 00:33:56.11 | 00:34:19.81 | 6:24 | 9.4 |
| 11 | SZCZEPANOWSKA GRAŻYNA | 730 | | JASTRZEBIE ZDRÓJ | POL | 60+ | 11 | 469 | | | 00:15:02 | 00:34:31.39 | 00:35:32.55 | 6:30 | 9.2 |
| 12 | HERZYK EWA | 1138 | | GÓRKI WIELKIE | POL | 60+ | 12 | 444 | ZZOZOLKI | | 00:14:52 | 00:34:37.13 | 00:34:52.87 | 6:31 | 9.2 |
| 13 | GABRYEL DANUTA | 447 | | BYTOM | POL | 60+ | 13 | 466 | MIECHOWICKA GRUPA BIEGOWA | | 00:15:02 | 00:35:04.59 | 00:35:30.69 | 6:36 | 9.1 |
| 14 | FOJCIK GABRIELA | 473 | | RYBNIK | POL | 60+ | 14 | 517 | | | 00:15:22 | 00:36:00.03 | 00:36:28.99 | 6:47 | 8.8 |
| 15 | MIELAŃCZYK MARIA | 28 | | PSZÓW | POL | 60+ | 15 | 536 | | | 00:15:29 | 00:36:15.13 | 00:36:56.64 | 6:50 | 8.8 |
| 16 | LECHOWICZ IRENA | 301 | SZARE MORSY | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 16 | 556 | | | 00:15:49 | 00:36:45.43 | 00:37:19.94 | 6:56 | 8.7 |
| 17 | GAŃKO GRAŻYNA | 608 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 17 | 568 | | | 00:15:58 | 00:37:22.16 | 00:37:34.67 | 7:03 | 8.5 |
| 18 | KONOPACKA WALERIA | 487 | | BIELSKO-BIAŁA | POL | 60+ | 18 | 606 | | | 00:16:31 | 00:37:28.72 | 00:38:20.07 | 7:04 | 8.5 |
| 19 | SZYMCZAK MARIOLA | 187 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 19 | 576 | | | 00:15:16 | 00:37:37.78 | 00:37:47.81 | 7:05 | 8.5 |
| 20 | MAJCHRZYK LIDIA | 204 | | KNUROW | POL | 60+ | 20 | 629 | | | 00:16:17 | 00:38:00.92 | 00:38:40.74 | 7:10 | 8.4 |
| 21 | REKAŁ DOROTA | 242 | BYLE DO METY | ZEBRZYDOWICE | POL | 60+ | 21 | 607 | BYLE DO METY | | 00:15:20 | 00:38:05.38 | 00:38:22.21 | 7:11 | 8.4 |
| 22 | PIPIRO GRAŻYNA | 156 | KOBIETY NA 5+ | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 22 | 714 | KOBIETY NA 5+ | | 00:17:10 | 00:40:02.43 | 00:40:39.96 | 7:33 | 7.9 |
| 23 | VAIDYAN-IWANOWSKA GRAŻYNA | 314 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 23 | 707 | | | 00:16:22 | 00:40:17.48 | 00:40:22.64 | 7:36 | 7.9 |
| 24 | ŻULEWSKA MARIA | 955 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 24 | 734 | | | 00:16:25 | 00:41:14.20 | 00:41:14.56 | 7:46 | 7.7 |
| 25 | KIERMASZEK BARBARA | 402 | | WODZISŁAW ŚLĄSKI | POL | 60+ | 25 | 757 | | | 00:17:22 | 00:41:37.84 | 00:42:04.22 | 7:51 | 7.6 |
| 26 | ROTTER HANNA | 164 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 26 | 756 | | | 00:17:31 | 00:41:38.60 | 00:42:03.51 | 7:51 | 7.6 |
| 27 | PALICA HALINA | 809 | AKTYWNI LYSKI | LYSKI | POL | 60+ | 27 | 760 | | | 00:17:42 | 00:41:39.05 | 00:42:08.29 | 7:51 | 7.6 |
| 28 | GREŃ-IWAN ANNA | 770 | | KLAUDYN | POL | 60+ | 28 | 781 | | | 00:17:51 | 00:42:37.51 | 00:42:53.49 | 8:02 | 7.5 |

KOBIETY NA 5+ :: BIEG, 60+ c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | Drużyna 2 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|---------------|------------------|------|------|--------|-----|---------------|-----------|----------|-------------|-------------|--------|------|
| 29 | ŁANUCHA MARIOLA | 67 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 29 | 780 | KOBIETY NA 5+ | | 00:17:51 | 00:42:37.98 | 00:42:53.39 | 8:02 | 7.5 |
| 30 | WORONKO-ZACZYŃSKA JANINA | 410 | | LUBIN | POL | 60+ | 30 | 814 | | | 00:18:54 | 00:44:38.55 | 00:45:07.05 | 8:25 | 7.1 |
| 31 | ABRACHAMCZYK BARBARA | 102 | | JASTRZĘBIE ZDRÓJ | POL | 60+ | 31 | 836 | | | 00:18:27 | 00:46:41.71 | 00:46:57.56 | 8:48 | 6.8 |
| 32 | DZIĘCIOŁ MAŁGORZATA | 131 | SPOT PSZCZYNA | PIASTÓW | POL | 60+ | 32 | 843 | SPOT PSZCZYNA | | 00:19:36 | 00:46:55.30 | 00:47:26.63 | 8:51 | 6.8 |
| 33 | CIEŚLA LILIANA | 603 | | JASTRZĘBIE-ZDRÓJ | POL | 60+ | 33 | 875 | | | 00:17:47 | 01:07:25.63 | 01:07:26.00 | 12:43 | 4.7 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|---------------------------|---|-----------------------------------|--------------|
| 1 | #JUSTFEELFITTEAM | JUSTYNA DYRLAGAELŻBIETA JURASZEKKATARZYNA WRÓBEL | 00:20:39.0800:22:53.1500:23:34.01 | 01:07:06 |
| 2 | MIECHOWICKA GRUPA BIEGOWA | BEATA ADAMCZYK-NOWAKSYLWIA PIETRASJOANNA KANDORA | 00:21:10.4800:22:46.9900:23:32.57 | 01:07:28 |
| 3 | TL ATHLETICS JASTRZĘBIE | ANETA SUWAJUDYTA WRÓBLEWSKANATALIA LEGIERSKA | 00:19:38.7700:22:33.5400:30:23.06 | 01:12:34 |
| 4 | ZZOZOLKI | BEATA NOWAKLEONARDA CZYŻKINGA KONDZIOŁKA | 00:23:57.2500:24:05.6900:24:36.23 | 01:12:38 |
| 5 | HURAGAN LIGOTA | KATARZYNA MALEJKAKATARZYNA TANISTRA - SŁOWIKANNA PIOTROWSKA | 00:23:30.0500:23:58.9400:27:13.40 | 01:14:43 |
| 6 | DYCUŚ TEAM | AGNIESZKA BARSKABASIA DYCZEKLAUDIA DYCZEK | 00:23:16.2300:24:00.2000:27:35.42 | 01:14:53 |
| 7 | KOBIETY NA 5+ | DARIA PERKOWSKAKATARZYNA PASŁAWSKABEATA RAŹNIAK | 00:24:32.4600:24:39.2600:28:24.70 | 01:17:35 |
| 8 | RUNSZ-TEAM | EUGENIA SZAFARCZYKINGA MISTEROWICZKINGA SZCZĘSNA | 00:24:59.8100:26:00.9500:26:38.57 | 01:17:37 |
| 9 | WARTKIE PIERONICE | PATRYCJA BUDNYALEKSANDRA KASPERCZYKMAŁGORZATA SKRZYPOSEK | 00:22:34.4800:27:59.2500:28:54.04 | 01:19:27 |
| 10 | WIEWIÓRKA ZIMNOKRWISTE | EWA GOŁBA-KĘSKAANNA HANDZLIK-STARZYKTATIANA KRAKOWCZYK | 00:26:02.7000:26:29.0800:27:06.15 | 01:19:37 |
| 11 | VIKING TRAINING CENTER | PAULINA SZOJDAMAŁGORZATA JESIONEKKATARZYNA GRABIAŃSKA | 00:24:20.8200:26:50.5400:29:17.90 | 01:20:27 |
| 12 | POWOLI DO CELU | WIOLETA MENTELSKASAMANTA HANDYMONIKA PAŁUCKA | 00:25:41.1300:26:08.0900:29:46.22 | 01:21:35 |
| 13 | JEJKOWICKIE KOBIETKI | DOROTA KIERMACZIWONA MACHNIKMARZENA SZEWCZYK | 00:27:11.2200:27:13.8500:28:35.09 | 01:22:59 |
| 14 | SOBIESKI 6 | BARBARA POPEKANIELA SZPYRARENATA PYTEL | 00:26:34.4800:27:56.0300:28:59.18 | 01:23:29 |
| 15 | TEAM OLI LIDL | AGNIESZKA MOCHOCKAIZABELA ŁASAKATARZYNA KURIATA | 00:24:22.5100:29:53.9000:31:29.74 | 01:25:44 |
| 16 | WATAHA | MAŁGORZATA NIEŚLAŃCZYKDANUTA TRYBAŁASYLWIA TYRYTKO | 00:24:29.7000:29:46.9600:31:49.05 | 01:26:04 |
| 17 | SPOT PSZCZYNA | PATRYCJA PORCZYŃSKAEDYTA GŁĄBEKNATALIA JANOSZ | 00:25:12.7000:29:53.6700:32:32.10 | 01:27:37 |
| 18 | NICE GIRLS | AGNIESZKA LORENZIZA JUREKAGATA KROCZEK | 00:27:15.1800:30:57.3700:30:57.43 | 01:29:05 |
| 19 | INCOLA TEAM | EWA JAGIELSKAJOANNA KUREKANNA KALITA | 00:18:19.0400:32:57.0000:40:20.42 | 01:31:36 |
| 20 | RUNTEAM PAWŁOWICE | EWELINA SOKÓŁ-OLESBARBARA GÓRKAHELENA WOSIŃSKA | 00:29:05.2400:30:06.1800:33:03.27 | 01:32:14 |
| 21 | HRMAX DZIOŁSZKI | ANNA JANKOMARTA BASEKAGATA BURNAGIEL | 00:21:15.0000:38:06.3300:38:00.90 | 01:37:23 |
| 22 | SPECIALTEAM | EWA GOLDAMICHALINA BAŁUCHANNA SADŁOK | 00:31:23.8700:32:27.5400:34:29.93 | 01:38:19 |
| 23 | BYLE DO METY | JOANNA BIAŁOŃCZYKSYLWIA DZIĘCIELEWSKADOROTA REKAL | 00:24:30.6100:35:52.8800:38:05.38 | 01:38:27 |
| 24 | POWOLI DO CELU | KATARZYNA KĄKOL-WOJTASJOLANTA GWÓDZDZAGNIESZKA KALETĄ | 00:29:29.4400:34:20.5300:35:11.17 | 01:39:00 |
| 25 | OPEL FIJAŁKOWSKI | EDYTA GOŁOFITMONIKA MICHALAKMARTA MICHALAK | 00:27:35.8800:35:38.2200:36:45.99 | 01:39:58 |
| 26 | SZPRYCHY | IWONA PŁOTKAIWONA SARZYŃSKAKATARZYNA SUCHY | 00:29:26.1000:34:04.3000:37:06.14 | 01:40:36 |
| 27 | RADLINIOKI W BIEGU | IZABELA HEJNASYLWIA KRAUSEKATARZYNA REK | 00:32:25.2800:32:25.0700:37:22.55 | 01:42:12 |
| 28 | PO JEDNEJ BABCI | NATALIA SZYSZKAJULIA PIERONANNA SOSIŃSKA | 00:31:05.5600:36:04.2000:36:56.07 | 01:44:05 |
| 29 | MAGDA | MARTYNA ZIEJAMONIKA SZABLICKAMAGDA SZABLICKA | 00:32:47.6300:37:08.6300:37:07.90 | 01:47:02 |
| 30 | 55-LAT SP5 | MAGDALENA KONOPKABOŻENA KANIABARBARA ROSTALSKA | 00:36:13.1200:36:12.8500:38:14.36 | 01:50:39 |
| 31 | TEAM MAŁYCH BOHATERÓW :-) | ALEKSANDRA MALICHROKSANA WALAULA OLEŚ | 00:37:23.7200:38:10.1500:40:29.58 | 01:56:02 |
| 32 | ŻUBRÓWKI | KLADIA BUCZAKBEATA MAZUREKAGNIESZKA KRÓLICZAK | 00:33:53.4200:37:50.7300:50:18.41 | 02:02:07 |
| 33 | TEAM OCZEK | PAULINA CZEKAJŁOKAROLINA OSZEKALEKSANDRA STRYCHARZ | 00:31:07.3100:38:59.3300:53:04.97 | 02:03:10 |
| 34 | GRAŻYNY 87 | AGNIESZKA UHEREKAGNIESZKA OWCZARZYSANDRA WITKOWSKA-DOLNY | 00:40:02.2400:40:01.6400:46:31.70 | 02:06:34 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja drużynowa - średni czas

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|----------------|-------------------------|-------------|--------------|
| 1 | NEVER TOO LATE | BARBARA NENKO | 00:23:14.82 | 00:23:14.82 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja drużynowa - średni czas, cd.

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|---|--|--|---------------|
| 2 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | DOROTA NGUYENMARYNA SUSHKO | 00:23:41.3700:23:57.68 | 00:23:41.3700 |
| 3 | TL ATHLETICS JASTRZĘBIE | ANETA SUWAJJUDYTA WRÓBLEWSKANATALIA LEGIERSKA | 00:19:38.7700:22:33.5400:30:23.06 | 00:24:11.6500 |
| 4 | DYCUŚ TEAM | AGNIESZKA BARSKABASIA DYCZEKLAUDIA DYCZEK | 00:23:16.2300:24:00.2000:27:35.42 | 00:24:51.6500 |
| 5 | RUNSZ-TEAM | EUGENIA SZAFARCZYKINGA MISTEROWICZKINGA SZCZĘSNA | 00:24:59.8100:26:00.9500:26:38.57 | 00:25:52.7300 |
| 6 | SILESIAN TRIATHLON TEAM | ANITA BROCKA | 00:26:23.92 | 00:26:23.92 |
| 7 | SOBIESKI 6 | BARBARA POPEKANIELA SZPYRARENATA PYTEL | 00:26:34.4800:27:56.0300:28:59.18 | 00:27:56.0300 |
| 8 | #JUSTFEELFITTEAM | JUSTYNA DYRLAGAEŁZBIETA JURASZEKATARZYNA WRÓBELMAGDALENA GABERBARBARA SOŁTYSEKKAMILA RYŁKO-ŻYŁAMARLENA SŁOWIKJOANNA HANARZEWELENA CHMURASYLWIA SZCZOTKAMARIOLA WIERCIGROCHAGNIESZKA JURASZEKMARIOLA PAJĄKNATALIA BURYANNA BYRTEKMAGDALENA DREWNIKASABINA LISICKA | 00:20:39.0800:22:53.1500:23:34.0100:24:53.4400:25:13.2800:25:13.1400:25:32.0500:26:30.5900:29:31.1500:30:22.5000:30:48.4300:31:30.8800:32:06.8500:33.07.4000:34:12.1600:34:12.0700:37:02.10 | 00:28:40.0000 |
| 9 | NESSI SPORTSWEAR | ANNA SIKORAANNA JANIK | 00:26:52.0900:30:39.56 | 00:28:40.0000 |
| 10 | JEJKOWICKIE KOBIETKI | DOROTA KIERMACZIWONA MACHNIKMARZENA SZEWCZYKALICJA CEGLARSKAJULIA KUSZOWSKAMONIKA KUSTRA-POLAK | 00:27:11.2200:27:13.8500:28:35.0900:31:45.3600:32:13.0900:33:22.40 | 00:30:03.0000 |
| 11 | POWOLI DO CELU | WIOLETA MENTELSKASAMANTA HANDYMONIKA PAŁUCKAKINGA WOJTASANIA KANTOROWSKABARBARA MAGIERA | 00:25:41.1300:26:08.0900:29:46.2200:29:30.3700:30:31.7100:38:49.99 | 00:30:04.0000 |
| 12 | PRZEDSZKOLE MAŁYCH BOHATERÓW | DOROTA KĘKUŚ | 00:30:11.71 | 00:30:11.71 |
| 13 | KLUB BIEGACZA FARTLEK | MONIKA SPYRKAROKSANA SOBINA | 00:29:30.1100:31:31.13 | 00:30:33.0000 |
| 14 | WARTKIE PIERONICE | PATRYCJA BUDNYALEKSANDRA KASPERCZYKMAŁGORZATA SKRZYPOSZEKWERONIKA IWANCZEWSKAANNA ADAMUSMARLENA SOCHAILONA SKWORCBEATA OZDARSKASABINA MAŚLANKAEWA FLAKBEATA MICHALSKA | 00:22:34.4800:27:59.2500:28:54.0400:29:45.2400:30:01.7100:29:52.3800:31:00.5300:31:04.5300:32:39.7600:34:59.6100:37:43.21 | 00:30:35.0000 |
| 15 | HURAGAN LIGOTA | KATARZYNA MALEJKAKATARZYNA TANISTRA - SŁOWIKANNA PIOTROWSKAKAROLINA SAMULCELINA BURCZYKELA FURMANEKWA CZAPKADOROTA ŻYWICAIWONA CICHONŚYLWIA KLUSKA | 00:23:30.0500:23:58.9400:27:13.4000:30:16.2400:30:32.3600:31:18.0600:33:56.1100:35:47.3600:36:42.9100:37:37.96 | 00:31:05.0000 |
| 16 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | SYLWIA KLIMEK-KARAS | 00:31:26.41 | 00:31:26.41 |
| 17 | PARTLEK | EMILIA DĄBROWSKA | 00:31:30.88 | 00:31:30.88 |
| 18 | WATAHA | MAŁGORZATA NIEŚLAŃCZYKANUTA TRYBAŁASYLWIA TYRYTKOWERONIKA TRYBAŁAJOANNA KAFARAMONIKA TRYBAŁASYLWIA ZŁOTKOWSKA | 00:24:29.7000:29:46.9600:31:49.0500:33:16.8700:33:42.3300:33:43.8800:37:55.27 | 00:32:06.0000 |
| 19 | K.S. M.E.T.A | KASIA OLSCHIMKE | 00:32:15.47 | 00:32:15.47 |
| 20 | RUNTEAM PAWŁOWICE | EWELINA SOKÓŁ-OLEŚBARBARA GÓRKAHELENA WOSIŃSKAMAGDALENA KACZMARCZYK-ZIELIŃSKAMAŁGORZATA WOJTOŃ-STAWICKA | 00:29:05.2400:30:06.1800:33:03.2700:35:03.9200:36:27.63 | 00:32:45.0000 |
| 21 | SPECIALTEAM | EWA GOLDAMICHALINA BAŁUCHANNA SADLOK | 00:31:23.8700:32:27.5400:34:29.93 | 00:32:46.0000 |
| 22 | ZZOZOLKI | BEATA NOWAKLEONARDA CZYŻKINGA KONZIOŁKAJOLANTA KUBECKANATALIA ZAMARŁOADRIANNA BRZUSKAKATARZYNA BRZUSKAANNA WÓJCIKANETA TARGOSZKATARZYNA SZUBARSKABOGUSŁAWA DONOCIKKATARZYNA WESOŁOWSKAEWA HERZYKLIDKA FIRLAJOANNA MENDROCHBEATA ZAGÓRSKABEATA CZYŻAKMAGDALENA ZAWADA | 00:23:57.2500:24:05.6900:24:36.2300:29:43.5100:29:57.8300:30:28.3000:31:02.2900:31:25.5800:31:47.3400:32:40.5000:33:24.1900:34:37.0100:34:37.1300:35.28.1900:37:08.9000:38:55.9100:41:57.2300:45:40.87 | 00:32:53.0000 |
| 23 | NICE GIRLS | AGNIESZKA LORENZIZA JUREKAGATA KROCZEKINGA RADUCKABEATA PIWOWAR | 00:27:15.1800:30:57.3700:30:57.4300:39:56.9300:39:57.82 | 00:33:46.0000 |
| 24 | MIECHOWICKA GRUPA BIEGOWA | BEATA ADAMCZYK-NOWAKSYLWIA PIETRASJOANNA KANDORAKATARZYNA KANDORA Aleksandra MADEJAIZABELA ZARAŃSKAMAŁGORZATA NYKIELGRAZYNA LUCIKALEKSANDRA MATUĆKAROLINA WRÓBELJOANNA SZCZUKAMAGDALENA PIETRUSZEWSKADANUTA GABRYELAGNIESZKA ROMBERGBOŻENA ŚLEBODAMARLENA ŁAKSAKATARZYNA HABERJUSTYNA MARUSZCZAKANNA ZWOREK ROTKEGELKATARZYNA NALEPKAANIA SZWEDKASIA DOBOSZANIA FRANKOWSKAJUSTYNA SŁOTA | 00:21:10.4800:22:46.9900:23:32.5700:25:16.9000:28:16.3200:29:40.0400:30:28.0800:31:29.8400:32:10.5700:33:04.6800:33:13.5400:34:30.8700:35:04.5900:35.04.6600:35:19.4500:37:29.3700:38:01.6000:39:08.3200:39:29.4000:40:00.1500.40:29.7400:42:11.5300:42:34.9700:46:09.83 | 00:34:03.0000 |
| 25 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | IZABELA SAGANMILENA REYMANN | 00:31:59.1600:36:10.87 | 00:34:05.0000 |
| 26 | INCOLA TEAM | EWA JAGIELSKAJOANNA KUREKANNA KALITAJOLANTA KAJMOWICZ-SOPICKASYLWIA DERYŁO | 00:18:19.0400:32:57.0000:40:20.4200:41:02.6100:41:02.64 | 00:34:44.0000 |
| 27 | PIERUNSKIE CANGÓRY | MAGDALENA WOŚKASIA FOJCIK | 00:33:46.3700:35:55.47 | 00:34:53.0000 |
| 28 | OPEL FIJAŁKOWSKI | EDYTA GOŁOFITMONIKA MICHALAKMARTA MICHALAKNATALIA MAZUREK | 00:27:35.8800:35:38.2200:36:45.9900:39:42.39 | 00:34:55.0000 |
| 29 | POWOLI DO CELU | KATARZYNA KAŁOL-WOJTASJOLANTA GWÓZDZAGNIESZKA KALETAKATARZYNA CIŚŁOANGELA WODNIAK | 00:29:29.4400:34:20.5300:35:11.1700:37:58.2100:38:49.66 | 00:35:09.0000 |
| 30 | TEAM OLI LIDL | AGNIESZKA MOCHOCKAIZABELA ŁASAKATARZYNA KURIATAALEKSANDRA WOŹNIAKMARTYNA ŁASAPaulina WOJTASMARZENA KUJAWADAGMARA BOŻEKMAGDALENA TWARDAWABEATA HANUSAHANIA FIRLEJMARTA FABINJANETA DUDEK | 00:24:22.5100:29:53.9000:31:29.7400:31:32.6200:32:06.4000:34:11.7400:34:47.2000:34:46.9300:35:33.7500:42:41.6100:42:41.8800:44:30.4700:44:30.83 | 00:35:33.0000 |
| 31 | MAGDA | MARTYNA ZIEJAMONIKA SZABLICKAMAGDA SZABLICKA | 00:32:47.6300:37:08.6300:37:07.90 | 00:35:43.0000 |
| 32 | SPOT PSZCZYNA | PATRYCJA PORCZYŃSKAEDYTA GŁĄBEKNATALIA JANOSZAGNIESZKA GŁĄBDARIA HRISTOVAMARZENA STEBELURSZULA SZŁAPAMAŁGORZATA DZIĘCIOŁ | 00:25:12.7000:29:53.6700:32:32.1000:33:44.3600:35:16.8500:36:20.9000:46:55.1600:46:55.30 | 00:35:53.0000 |
| 33 | WIEWIÓRKI ZIMNOKRWISTE | EWA GOŁBA-KĘSKAANNA HANDZLIK-STARZYKTATIANA KRAKÓWCZYKANNA MAZURBEATA TRZEWIKMAŁGORZATA GAŁUSZKAKATARZYNA KOTLARCZYKAGNIESZKA STOCZEKANNA SZYMAŃSKAEDYTA BUGAŃSKAANNA JANIKOLIWIWA GRECZNERLIDIA MODZIELEWSKAJOANNA RUSINEKANNA WOŹNICKAALEKSANDRA WYBRANIECMONIKA BANACHPATRYCJA KLUSKAROKSANA NIEDZIELABARBARA JAKIEŁEKJOWITA GRECZNERPATRYCJA KOTLARCZYKAGNIESZKA STANIÓW-KLUSKAANNA KNAPEK | 00:26:02.7000:26:29.0800:27:06.1500:27:56.7200:30:41.0600:32:44.4800:32:28.8600:34:55.2300:35:02.8900:35:32.0200:36:15.6500:36:26.4300:37:25.3500:38.21.3600:39:23.0400:39:03.3800:39:22.4600:39:59.0200:41:10.3000:41:16.9100.41:30.4800:41:57.2500:41:58.6500:42:53.41 | 00:36:05.0000 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja drużynowa - średni czas, cd.

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|--|---|--|--------------|
| 34 | PO JEDNEJ BABC | NATALIA SZYSZKAJULIA PIEROŃANNA SOSIŃSKAAGNIESZKA WIKAAWETA PIEROŃ-KŁAKUS | 00:31:05.5600:36:04.2000:36:56.0700:38:19.9500:38:20.39 | 00:36:09 |
| 35 | VIKING TRAINING CENTER | MONIKA SIWYKAROLINA MICHAŁEK | 00:33:53.8600:38:32.49 | 00:36:13 |
| 36 | BYLE DO METY | JOANNA BIAŁOŃCZYKSYLWIA DZIĘCIELEWSKADOROTA RĘKALNATALIA SŁYSZPATRYCJA JANISZEWKAOLIWIA PARCHAŃSKADOROTA WÓJCIK | 00:24:30.6100:35:52.8800:38:05.3800:37:53.0900:38:13.5400:39:41.6500:40:15.84 | 00:36:23 |
| 37 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | MARZENA KARBOWY | 00:36:25.14 | 00:36:23 |
| 38 | MORS HUBERTUS | MATYLDA ŻEBROWSKA | 00:36:37.67 | 00:36:33 |
| 39 | HRMAX DZIOŁSZKI | ANNA JANKOMARTA BASEKAGATA BURNAGIELEWA KAŁUSANNA KACZOREKAGNIESZKA JAKUBOWSKAEWA MACURAANIA ŻBELDOMINIKA PADIASEKANETA TOMANANNA BODZIONYEDYTA KOGUT | 00:21:15.0000:38:06.3300:38:00.9000:38:07.7400:38:05.7500:38:05.7600:38:10.2100:38:09.8900:38:05.4800:38:07.1800:38:06.4900:38:07.95 | 00:36:42 |
| 40 | SZPRYCHY | IWONA PŁOTKAIWONA SARZYŃSKAKATARZYNA SUCHYSONIA KACHELBARBARA MIKŁUSIAKALEKSANDRA GAJDA | 00:29:26.1000:34:04.3000:37:06.1400:37:45.3600:40:31.8400:42:34.43 | 00:36:54 |
| 41 | RADLINIOKI W BIEGU | IZABELA HEJNASYLWIA KRAUSEKATARZYNA REKANETA ŚMIGIELEKALEKSANDRA KOŁODZIEJCZYKALEKSANDRA KRZACZEK | 00:32:25.2800:32:25.0700:37:22.5500:38:31.1600:39:26.1000:41:43.37 | 00:36:59 |
| 42 | 55-LAT SP5 | MAGDALENA KONOPKABOŻENA KANIABARBARA ROSTALSKAMAGDALENA SCHMIDT | 00:36:13.1200:36:12.8500:38:14.3600:38:46.61 | 00:37:23 |
| 43 | NORDICOWE FRELKI | SYLWIA OBERSKA | 00:37:26.03 | 00:37:23 |
| 44 | KOBIETY NA 5+ | DARIA PERKOWSKAKATARZYNA PASŁAWSKABEATA RAŻNIAKSYLWIA RABSZTYN-PILARSKABARBARA PŁASKAJOANNA GORZELAKADOROTA PUDABEATA BAJCARAGNIESZKA BADACHIZABELLA GŁÓWCZYKJOANNA TRZCIŃSKAJUSTYNA BAŁAMONIKA JURKOWSKAWIOLETTA OLCZYKAGNIESZKA HUBAMONIKA MYŚLIWIECGRĄŻYNA PIPIROSENIORITA MYŚLIWIECALEKSANDRA GŁUSZAKANETA BETAŃSKAANITA WAWOCZNYMARTA SAWICKAMARIOLA ŁANUCHABARBARA ZALEWSKAJDWIGA KOLATMAŁGORZATA PAJĄKWIOLETTA NALEWAJKABOŻENA NIEDZIOŁKOGRAŻYNA BORDA PAULINA SZOJDAMAŁGORZATA JESIONEKATARZYNA GRABIAŃSKAMONIKA LISZKAKASIA PRZYBYLSKA-BAKŻANETA DAWIDALEKSANDRA SUKIENNIKGRĄŻYNA MILDNERANNA BIELECKAMAGDALENA SODZAWICZNAAGNIESZKA KEMPA-GOŁĄBJUSTYNA TOBIASZMAŁGORZATA BUNIEWICZ-KULLASMARTYNA BULANDAIWONA CITUKDAGMARA SMOLEŃANETA KUCHARCZYKAGNIESZKA KAMECKAPaulina CZYSZCZONIZABELA DEMSKA-ĆWIERTKAMAŁGORZATA MARUSZCZYKATARZYNA KAJSTURAJOANNA LIMAŃSKAWIOLETTA OSTASZEWSKABERTA KWIATKOWSKAJUSTYNA KLIMEKRENATA MACHOWSKAIZABELA WŁOCHDOMINIKA WŁOCHMAŁGORZATA BALASMARZENA BIZACKAMAGDALENA BUJAK | 00:24:32.4600:24:39.2600:28:24.7000:28:22.6700:28:30.0500:28:30.1200:29:20.1300:31:19.3700:33:29.8000:35:12.8800:35:25.5200:35:29.6400:37:47.4500:38:12.6800:38:36.1100:38:39.1300:40:02.4300:42:42.3700:42:42.2400:42:42.2900:42:39.8400:42:39.9900:42:37.9800:42:46.4700:42:40.5800:42:44.8200:45:31.4100:45:30.8800:57:46.10 | 00:37:34 |
| 45 | VIKING TRAINING CENTER | PAULINA SZOJDAMAŁGORZATA JESIONEKATARZYNA GRABIAŃSKAMONIKA LISZKAKASIA PRZYBYLSKA-BAKŻANETA DAWIDALEKSANDRA SUKIENNIKGRĄŻYNA MILDNERANNA BIELECKAMAGDALENA SODZAWICZNAAGNIESZKA KEMPA-GOŁĄBJUSTYNA TOBIASZMAŁGORZATA BUNIEWICZ-KULLASMARTYNA BULANDAIWONA CITUKDAGMARA SMOLEŃANETA KUCHARCZYKAGNIESZKA KAMECKAPaulina CZYSZCZONIZABELA DEMSKA-ĆWIERTKAMAŁGORZATA MARUSZCZYKATARZYNA KAJSTURAJOANNA LIMAŃSKAWIOLETTA OSTASZEWSKABERTA KWIATKOWSKAJUSTYNA KLIMEKRENATA MACHOWSKAIZABELA WŁOCHDOMINIKA WŁOCHMAŁGORZATA BALASMARZENA BIZACKAMAGDALENA BUJAK | 00:24:20.8200:26:50.5400:29:17.9000:30:00.7700:30:02.1000:29:53.6100:32:35.1400:33:07.7500:32:57.5400:34:00.0800:35:38.7500:35:38.5000:36:22.0300:36:13.6900:36:33.1200:36:48.6300:36:48.8800:37:00.3500:37:05.8400:37:09.9400:37:10.3400:40:32.6000:40:14.9600:43:21.7300:45:30.1400:45:29.5000:45:30.5700:46:18.7900:46:17.6800:46:36.7000:46:36.7300:52:06.66 | 00:37:33 |
| 46 | SZARE MORSY | KATARZYNA PIECHOŃCISKA | 00:37:51.43 | 00:37:53 |
| 47 | ŻUBRÓWKI | KLAUDIA BUCZAKBEATA MAZUREKAGNIESZKA KRÓLICZAK | 00:33:53.4200:37:50.7300:50:18.41 | 00:40:40 |
| 48 | TEAM OCZEK | PAULINA CZEKAJŁOKAROLINA OSZEKALEKSANDRA STRYCHARZ | 00:31:07.3100:38:59.3300:53:04.97 | 00:41:03 |
| 49 | TEAM MAŁYCH BOHATERÓW :-) | ALEKSANDRA MALICHROKSANA WALAULA OLEŚRENATA DZIENDZIELMAŁGORZATA SAGANKLAUDIA KORBELANIA RUTKOWSKASONIA BUREK | 00:37:23.7200:38:10.1500:40:29.5800:39:23.9000:48:08.8600:54:29.8600:54:33.4400:54:34.52 | 00:45:54 |
| 50 | GRĄŻYNY 87 | AGNIESZKA UHEREKAGNIESZKA OW CZARZYSANDRA WITKOWSKA-DOLNYJOLANTA PRUCBARBARA WOLAŃSKAEWELINA KIEŁKOWSKA | 00:40:02.2400:40:01.6400:46:31.7000:46:33.4900:53:54.4100:54:10.84 | 00:46:52 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja Przyjaciółki do Spółki

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|-----------------|--|------------------------|--------------|
| 1 | RANNELLE | ELŻBIETA LEWICKAANNA SUDNIK | 00:21:30.0300:22:14.33 | 00:43:44 |
| 2 | KWIAT MIECHOWIC | BEATA ADAMCZYK-NOWAKSYLWIA PIETRAS | 00:21:10.4800:22:46.99 | 00:43:56 |
| 3 | TEAM HALEMBA | KINGA MROWIECBARBARA NENKO | 00:21:25.6400:23:14.82 | 00:44:39 |
| 4 | #MOBILITYGIRLS | JUSTYNA DYRLAGABARBARA SOŁTYSEK | 00:20:39.0800:25:13.28 | 00:45:52 |
| 5 | E&K | KATARZYNA MALEJKAEWA NOWAK | 00:23:30.0500:24:46.97 | 00:48:16 |
| 6 | MONIKA I JOLA | JOLANTA KAJTOCHMONIKA LOSKOT | 00:23:09.3500:25:33.42 | 00:48:42 |
| 7 | @GOOD VIBES | JOANNA PERUGIEWICZALEKSANDRA KOWALONEK | 00:23:53.0700:26:14.82 | 00:50:07 |
| 8 | M I A | MARTA GRYCMANANITA BROCKA | 00:24:11.6100:26:23.92 | 00:50:34 |
| 9 | M&M | MARIA SŁISZMAGDALENA KUFIEITA | 00:27:24.7800:27:24.55 | 00:54:48 |
| 10 | SOBIESKI 6 | BARBARA POPEKRENATA PYTEL | 00:26:34.4800:28:59.18 | 00:55:33 |
| 11 | MAJOWE PSIAPSI | PATRYCJA PIĄTEKINGA OLECH | 00:27:42.2200:28:40.87 | 00:56:23 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja Przyjaciółki do Spółki, cd.

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|---------------------------|-------------------------------------|------------------------|--------------|
| 12 | IDZIEMY BIEGAĆ | KATARZYNA WIDUCHBARBARA PAWLIKOWSKA | 00:28:38.8600:29:15.37 | 00:57:53.85 |
| 13 | BABY GÓRA | MONIKA TALIKMARTA WOLSKA | 00:27:51.9200:32:17.19 | 01:00:09.11 |
| 14 | MIECHOWICKA GRUPA BIEGOWA | IZABELA ZARAŃSKAMAŁGORZATA NYKIEL | 00:29:40.0400:30:28.08 | 01:00:08.12 |
| 15 | NAJLEPSZE | MARZENA ROZMUSDARIA HAŚNIK | 00:29:19.1800:30:59.69 | 01:00:18.87 |
| 16 | DIEGO&COCO | PATRYCJA PORCZYŃSKADARIA HRISTOVA | 00:25:12.7000:35:16.85 | 01:00:28.55 |
| 17 | PRZYJACIÓŁKI | BEATA RANSZEWA RATAJCZAK | 00:30:17.7600:30:17.75 | 01:00:34.51 |
| 18 | EWANKA | EWA GOLDAANNA SADLOK | 00:31:23.8700:34:29.93 | 01:05:53.80 |
| 19 | KIEDY JAK NIE TERAZ? | HANNA PIECHA-LACHAJCZYKMONIKA RYBAK | 00:28:23.2300:38:12.41 | 01:06:35.64 |
| 20 | SZPRYCHY | IWONA PŁOTKAKAROLINA STRUFF | 00:29:26.1000:38:01.62 | 01:07:27.72 |
| 21 | KREJZOLKI | JUSTYNA ULMANEWELINA SMAGA | 00:33:52.2800:33:52.76 | 01:07:44.99 |
| 22 | DWIE SZALONE | KRYSTYNA CHROMIKJOANNA BARTNIK | 00:26:30.8300:41:16.78 | 01:07:46.61 |
| 23 | AAA ALE FAJNE DZIEWCZYNY | ANNA SOSIŃSKAAGNIESZKA WIKA | 00:36:56.0700:38:19.95 | 01:15:15.02 |
| 24 | DWIE SZCZIGI | ELWIRA KUCZEKJUSTYNA KRÓL | 00:40:03.6400:40:04.36 | 01:20:07.99 |
| 25 | PSIAPSI | EWA OSMAŃSKAKATARZYNA FIZIA | 00:38:07.6000:43:20.43 | 01:21:28.03 |
| 26 | PSIAPSI | JUSTYNA KUŚKAILONA KASTELIK | 00:40:09.8100:44:59.45 | 01:25:08.26 |
| 27 | SOCJO CORPO GROUP | MAŁGORZATA BRYŁABEATA STĄSKIEWICZ | 00:42:06.9200:44:01.27 | 01:26:08.19 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja rodzinna: Matka + Córka

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|---------------------------------|---|------------------------|--------------|
| 1 | KANDORKI | JOANNA KANDORAKATARZYNA KANDORA | 00:23:32.5700:25:16.90 | 00:48:49.47 |
| 2 | BEATA & KLAUDIA | BEATA ANDROSZKLAUDIA LEPA | 00:23:18.5500:27:13.03 | 00:50:31.58 |
| 3 | ZGRANY DUET | EUGENIA SZAFARCZYKINGA MISTEROWICZ | 00:24:59.8100:26:00.95 | 00:50:50.76 |
| 4 | ZIEMNIACZKI | PAULINA ZIEMIŃSKAPATRYCJA ZIEMIŃSKA | 00:27:53.0500:31:24.22 | 00:59:17.27 |
| 5 | SONIA DO KWADRATU | ANIELA SZPYRASONIA SZPYRA | 00:27:56.0300:33:39.12 | 01:01:35.15 |
| 6 | DRUŻYNA RR | BARBARA GÓRKAKAROLINA GLANERT | 00:30:06.1800:32:25.76 | 01:02:31.94 |
| 7 | MAMA I CÓRKA | JOANNA BIAŁOŃCZYKDOROTA REKAL | 00:24:30.6100:38:05.38 | 01:02:35.99 |
| 8 | WATAHA | MARIA POZNAKJAROSŁAWA ZACZYŃSKA-POZNAK | 00:25:22.3000:39:03.08 | 01:04:25.38 |
| 9 | PRZYJACIÓLECZKI | EWELINA ŁUSZCZMAGDALENA ŁUSZCZ | 00:33:30.0500:33:31.16 | 01:07:01.21 |
| 10 | GANG PETRYKOSIE | MAGDA PETRYKOWSKAELŻBIETA PETRYKOWSKA | 00:31:26.8800:36:40.01 | 01:08:06.89 |
| 11 | JAK SIOSTRY | URSZULA IDZIKOWSKAELŻBIETA IDZIKOWSKA | 00:34:19.0300:33:57.27 | 01:08:16.30 |
| 12 | FLORENTYNKI | MONIKA FECZKOLUCYNA FECZKO | 00:34:24.3000:34:33.28 | 01:08:57.58 |
| 13 | PRUDEL | JOANNA PRUDELPAULINA PRUDEL | 00:34:31.2800:34:30.84 | 01:09:02.12 |
| 14 | KMIECIACZKI | DOMINIKA KMIECIAKGRAZYNA KMIECIAK | 00:38:02.6900:31:09.98 | 01:09:12.67 |
| 15 | KĄTY BIEGAJĄ | DOROTA MATUSZEKKAROLINA RUSZAŁA | 00:36:00.2900:36:01.65 | 01:12:01.94 |
| 16 | KATARZYNA I PATRYCJA KOTLARCZYK | KATARZYNA KOTLARCZYKPATRYCJA KOTLARCZYK | 00:32:28.8600:41:57.25 | 01:14:26.11 |
| 17 | MIKETKI | ALEKSANDRA POŁEDNIOKOLIWIA GROCHOWSKA | 00:31:56.9100:45:49.74 | 01:17:46.65 |
| 18 | SZYBKIE MISIE | MAJA NIEDŹWIEDŹJULIA NIEDŹWIEDŹ | 00:40:20.8600:38:45.00 | 01:19:05.86 |
| 19 | BRODA | BEATA BRODAKAMILA BRODA | 00:40:00.0000:40:00.90 | 01:20:00.90 |
| 20 | AGNIESZKA I PATRYCJA KLUSKA | PATRYCJA KLUSKAAGNIESZKA STANIÓW-KLUSKA | 00:39:59.0200:41:58.65 | 01:21:57.67 |
| 21 | WOŹNIAK | WIKTORIA WOŹNIAKMAGDALENA WOŹNIAK | 00:36:08.7200:47:05.97 | 01:23:14.69 |
| 22 | KLEPKI | EDYTA KLEPACKAMAJA KLEPACKA | 00:39:42.7700:45:04.55 | 01:24:47.32 |
| 23 | B&A | ALEKSANDRA SZCZEPANIKBOŻENA NIEDZIOLKO | 00:45:31.1600:45:30.88 | 01:31:02.04 |
| 24 | KUCZEK | KINGA JAMIOŁAJOLANTA KUCZEK | 00:46:30.1100:46:29.90 | 01:32:59.81 |
| 25 | GOSIA I ULA | URSZULA SZŁAPAMAŁGORZATA DZIĘCIOŁ | 00:46:55.1600:46:55.30 | 01:33:50.46 |

KOBIETY NA 5+ :: BIEG, Klasyfikacja rodzinna: Sisters

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|----------------------|--|------------------------|--------------|
| 1 | SIOSTRY MENDECKIE | MICHALINA MENDECKA-ZEJDLERDARIA MENDECKA | 00:19:09.9100:26:48.82 | 00:45:51 |
| 2 | JANKO TWINS | JOANNA JANKOANNA JANKO | 00:25:13.1300:21:15.00 | 00:46:28 |
| 3 | BELI | BEATA NOWAKLEONARDA CZYŻ | 00:23:57.2500:24:05.69 | 00:48:02 |
| 4 | IRYNY | ELŻBIETA JURASZEKJOANNA HANARZ | 00:22:53.1500:26:30.59 | 00:49:23 |
| 5 | RUSIN | WERONIKA JANEKDOMINIKA DZIOBEK | 00:21:54.8100:28:21.46 | 00:50:15 |
| 6 | KOLANKO TEAM | MONIKA KŁOSEKAGATA HOLONA | 00:32:14.1200:27:37.82 | 00:59:51 |
| 7 | MAJERANKI | KINGA MAJERANOWSKAWIKTORIA MAJERANOWSKA | 00:32:56.0300:33:05.29 | 01:06:01 |
| 8 | SIOSTRY DANISZEWSKIE | MAŁGORZATA JAFERNIKKAROLINA NOSOL | 00:33:34.8900:35:12.34 | 01:08:46 |
| 9 | SIOSTRY KOWALSKIE | MARIA MUSIAŁMAŁGORZATA KOWALSKA | 00:30:39.0300:39:16.80 | 01:09:55 |
| 10 | DYŃKI TEAM | MAGDALENA DYŃIAKRYSTYNA BRANDYS | 00:36:03.3400:34:59.16 | 01:11:02 |
| 11 | W&H | WŁADYSŁAWA PIETROSZEKHONORATA MARON | 00:33:28.4400:38:58.85 | 01:12:28 |
| 12 | NOWACZKI | EWELINA AUGUŚCIKKAROLINA NOWAK-MARKITON | 00:31:39.0500:41:10.05 | 01:12:49 |
| 13 | PIEROŃSKIE SIOSTRY | ANETA PIEROŃ-KŁAKUSJULIA PIEROŃ | 00:38:20.3900:36:04.20 | 01:14:24 |
| 14 | AGA I WIOLA | AGNIESZKA POPOWSKAWIOLETTA LORENZ | 00:43:08.3500:43:08.12 | 01:26:16 |