



V OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Event: V Międzynarodowe Mistrzostwa Polski Nordic Walking
Organiser: Wesoly Borsuk Team, Polskie Zrzeszenie Nordic Walking
Date: 2023-03-25
Place: Prudnik
Distance: 21.1 km



Classification: Kobiety

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | Premia Górska 5.7km | 10.7km | 16.2km | Net time 21.1km | Gap | Pace min/km | Pace km/h |
|-------|----------------------------------|------------|--------------------------------|----------|------|----------------|-----------------|---------------------------|----------|----------|-----------------------|----------------------|----------------|----------------|
| 1 | WOJCIECHOWSKA Elżbieta | 1 | POLIPACK TEAM GWE | K40-44 | 1 | 1 | | 00:59:58 | 01:09:26 | 02:11:28 | 02:21:09.80 | | 6:41 | 9 (100%) |
| 2 | SOSNOWSKA Agnieszka | 163 | K.S. VICTORIA POTĘGOWO | K35-39 | 1 | 1 | | 01:00:16 | 01:09:55 | 02:13:52 | 02:24:02.40 | +00:02:52 (2.0%) | 6:49 | 8.8 (97.8%) |
| 3 | KUBISZYN Małgorzata | 210 | K.S. VICTORIA POTĘGOWO | K35-39 | 2 | | | 01:03:09 | 01:13:35 | 02:20:22 | 02:30:43.95 | +00:09:34 (6.3%) | 7:08 | 8.4 (93.3%) |
| 4 | MIELECKA Agnieszka | 105 | POLIPACK TEAM GWE | K50-54 | 1 | | | 01:06:01 | 01:16:31 | 02:24:49 | 02:34:51.95 | +00:13:42 (8.8%) | 7:20 | 8.2 (91.1%) |
| 5 | BIELECKA Zuzanna | 12 | K.S. VICTORIA POTĘGOWO | K40-44 | 2 | | | 01:05:02 | 01:15:21 | 02:24:51 | 02:35:11.45 | +00:14:01 (9.0%) | 7:21 | 8.2 (91.1%) |
| 6 | KOŁODZIEJ Joanna | 63 | MALINOWE GWIAZDY | K55-59 | 1 | 1 | | 01:06:52 | 01:17:35 | 02:28:24 | 02:39:32.90 | +00:18:23 (11.5%) | 7:33 | 7.9 (87.8%) |
| 7 | KOŁODZIEJCZAK Beata | 62 | SOCHO TEAM | K50-54 | 2 | | | 01:08:59 | 01:19:50 | 02:30:17 | 02:40:55.95 | +00:19:46 (12.3%) | 7:37 | 7.9 (87.8%) |
| 8 | RAJEK Magdalena | 142 | NORDIC TEAM CZĘSTOCHOWA | K45-49 | 1 | | | 01:09:25 | 01:20:06 | 02:32:48 | 02:43:56.95 | +00:22:47 (13.9%) | 7:46 | 7.7 (85.6%) |
| 9 | LUMPEOVÁ Lenka | 90 | | K55-59 | 2 | 1 | | 01:09:30 | 01:20:21 | 02:33:31 | 02:44:35.85 | +00:23:26 (14.2%) | 7:48 | 7.7 (85.6%) |
| 10 | KRÓLIKOWSKA Krystyna | 75 | POLIPACK TEAM GWE | K50-54 | 3 | | | 01:09:02 | 01:20:07 | 02:34:02 | 02:45:26.15 | +00:24:16 (14.7%) | 7:50 | 7.7 (85.6%) |
| 11 | PIŁAT Joanna | 132 | ŻĄDŁO NORDIC WALKING KLUCZBORK | K50-54 | 4 | | | 01:09:32 | 01:20:53 | 02:34:36 | 02:46:02.35 | +00:24:52 (15.0%) | 7:52 | 7.6 (84.4%) |
| 12 | DEMBOWSKA Zofia | 31 | KATOWICKI NORDIC WALKING | K35-39 | 3 | | | 01:09:56 | 01:20:45 | 02:35:22 | 02:46:19.95 | +00:25:10 (15.1%) | 7:52 | 7.6 (84.4%) |
| 13 | KRAWĘTEK Agnieszka | 74 | KS NW BEŁCHATÓW | K50-54 | 5 | 1 | | 01:10:25 | 01:21:37 | 02:35:38 | 02:46:40.20 | +00:25:30 (15.3%) | 7:53 | 7.6 (84.4%) |

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | Premia Górska | | | Net time | Gap | Pace min/km | Pace km/h |
|-------|------------------------------------|------------|---|----------|------|----------------|-----------------|------------------|----------|----------|--------------------|----------------------|----------------|----------------|
| | | | | | | | | 5.7km | 10.7km | 16.2km | 21.1km | | | |
| 14 | CIEŚLAR Barbara | 24 | | K40-44 | 3 | | | 01:10:27 | 01:21:38 | 02:36:21 | 02:47:30.70 | +00:26:20 (15.7%) | 7:56 | 7.6 (84.4%) |
| 15 | SPYCHAŁA Marzena | 166 | POLIPACK TEAM GWE | K50-54 | 6 | | | 01:11:25 | 01:22:45 | 02:36:41 | 02:48:02.55 | +00:26:52 (16.0%) | 7:57 | 7.5 (83.3%) |
| 16 | OKRZESIK-FRĄCKOWIAK Izabela | 120 | | K55-59 | 3 | | | 01:11:00 | 01:22:13 | 02:37:04 | 02:48:46.50 | +00:27:36 (16.4%) | 7:59 | 7.5 (83.3%) |
| 17 | RESEMAN Sylwia | 144 | POLIPACK TEAM GWE | K50-54 | 7 | | | 01:11:44 | 01:23:05 | 02:38:01 | 02:48:57.45 | +00:27:47 (16.5%) | 8:00 | 7.5 (83.3%) |
| 18 | SAWICKA Marta | 206 | | K50-54 | 8 | | | 01:12:09 | 01:23:19 | 02:37:33 | 02:48:59.50 | +00:27:49 (16.5%) | 8:00 | 7.5 (83.3%) |
| 19 | KNAPCZYK-KANIA Gabriela | 61 | WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO | K45-49 | 2 | | | 01:11:40 | 01:23:10 | 02:38:17 | 02:49:23.10 | +00:28:13 (16.7%) | 8:01 | 7.5 (83.3%) |
| 20 | NACZK Wiktoria | 113 | POLIPACK TEAM GWE | K18-34 | 1 | | | 01:11:45 | 01:23:04 | 02:38:03 | 02:49:26.65 | +00:28:16 (16.7%) | 8:01 | 7.5 (83.3%) |
| 21 | ZDRZAŁEK Alicja | 201 | NORDIC SPORT 2021 | K40-44 | 4 | 1 | | 01:11:28 | 01:22:42 | 02:39:45 | 02:51:35.15 | +00:30:25 (17.7%) | 8:07 | 7.4 (82.2%) |
| 22 | KOŃCZEWSKA Bożena | 64 | BIESZCZADZKI KLUB NORDIC WALKING | K60-64 | 1 | | | 01:11:30 | 01:23:09 | 02:40:42 | 02:52:18.80 | +00:31:09 (18.1%) | 8:09 | 7.3 (81.1%) |
| 23 | CYRULEWSKA Małgorzata | 25 | PAMSO RUN TEAM | K50-54 | 9 | | | 01:11:45 | 01:23:11 | 02:40:56 | 02:52:58.80 | +00:31:49 (18.4%) | 8:11 | 7.3 (81.1%) |
| 24 | SZCZUDLIK Małgorzata | 173 | NORDIC SPORT 2021 | K40-44 | 5 | | | 01:12:46 | 01:24:10 | 02:42:03 | 02:53:28.10 | +00:32:18 (18.6%) | 8:13 | 7.3 (81.1%) |
| 25 | FLISEK Blanka | 36 | UNLIMITED SPORT 2.0 | K35-39 | 4 | 1 | | 01:12:36 | 01:24:14 | 02:41:55 | 02:53:47.30 | +00:32:37 (18.8%) | 8:14 | 7.3 (81.1%) |
| 26 | JANICKA Alicja | 50 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | K35-39 | 5 | 1 | | 01:13:44 | 01:25:48 | 02:42:48 | 02:55:22.80 | +00:34:13 (19.5%) | 8:18 | 7.2 (80.0%) |
| 27 | MUSIAŁ Ola | 111 | NORDIC TEAM CZĘSTOCHOWA | K40-44 | 6 | | | 01:13:36 | 01:25:35 | 02:43:18 | 02:55:23.80 | +00:34:14 (19.5%) | 8:18 | 7.2 (80.0%) |
| 28 | JARUGA Beata | 52 | | K45-49 | 3 | | | 01:14:23 | 01:26:16 | 02:43:59 | 02:55:32.30 | +00:34:22 (19.6%) | 8:19 | 7.2 (80.0%) |
| 29 | MAŚLANKA Iwona | 102 | NORDIC SPORT 2021 | K50-54 | 10 | | | 01:12:15 | 01:23:49 | 02:44:23 | 02:55:59.80 | +00:34:50 (19.8%) | 8:20 | 7.2 (80.0%) |
| 30 | CHRZANOWSKA Daria | 20 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | K35-39 | 6 | | | 01:13:41 | 01:25:40 | 02:44:51 | 02:56:55.35 | +00:35:45 (20.2%) | 8:23 | 7.2 (80.0%) |
| 31 | KUŁAKOWSKA Halina | 84 | NORDIC SPORT 2021 | K45-49 | 4 | | | 01:13:19 | 01:25:07 | 02:44:59 | 02:57:04.55 | +00:35:54 (20.3%) | 8:23 | 7.1 (78.9%) |
| 32 | JUZOF Iwona | 53 | | K50-54 | 11 | | | 01:14:24 | 01:26:18 | 02:45:55 | 02:57:49.00 | +00:36:39 (20.6%) | 8:25 | 7.1 (78.9%) |
| 33 | KOZŁOWSKA Małgorzata | 72 | ESJA TEAM | K40-44 | 7 | | | 01:14:29 | 01:26:35 | 02:46:38 | 02:58:30.20 | +00:37:20 (20.9%) | 8:27 | 7.1 (78.9%) |
| 34 | MIŚKOWICZ Anna | 108 | | K65-69 | 1 | | | 01:17:17 | 01:29:18 | 02:49:40 | 03:01:48.85 | +00:40:39 (22.4%) | 8:36 | 7 (77.8%) |
| 35 | POSTEK Danuta | 138 | | K60-64 | 2 | | | 01:17:12 | 01:29:33 | 02:49:41 | 03:02:23.25 | +00:41:13 (22.6%) | 8:38 | 6.9 (76.7%) |
| 36 | PANKIEWICZ Ewelina | 125 | NORDIC SPORT 2021 | K18-34 | 2 | | | 01:14:11 | 01:26:25 | 02:51:42 | 03:04:17.05 | +00:43:07 (23.4%) | 8:44 | 6.9 (76.7%) |

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | Premia Górska | | | Net time | Gap | Pace min/km | Pace km/h |
|-------|-------------------------------|------------|---|----------|------|----------------|-----------------|------------------|----------|----------|--------------------|----------------------|----------------|----------------|
| | | | | | | | | 5.7km | 10.7km | 16.2km | 21.1km | | | |
| 37 | BUCZKO Agnieszka | 16 | KOLOSEUM ŚWIDNICA | K45-49 | 5 | | | 01:17:30 | 01:30:05 | 02:52:11 | 03:04:33.55 | +00:43:23 (23.5%) | 8:44 | 6.9 (76.7%) |
| 38 | OLSZEWSKA Dorota | 122 | WŁÓCZNO TEAM | K40-44 | 8 | | | 01:17:25 | 01:29:44 | 02:52:22 | 03:04:43.20 | +00:43:33 (23.6%) | 8:45 | 6.9 (76.7%) |
| 39 | CETERA Ewelina | 17 | BOROSZÓW CHODZI | K40-44 | 9 | 2 | | 01:17:52 | 01:30:27 | 02:52:39 | 03:04:55.85 | +00:43:46 (23.7%) | 8:45 | 6.8 (75.6%) |
| 40 | HLAVÁČOVÁ Eva | 47 | | K50-54 | 12 | 1 | | 01:18:17 | 01:31:03 | 02:52:32 | 03:05:21.15 | +00:44:11 (23.8%) | 8:47 | 6.8 (75.6%) |
| 41 | NACHAJEWSKA Krystyna | 112 | PTTK ACTIV BRZEG | K60-64 | 3 | | | 01:17:17 | 01:29:32 | 02:52:23 | 03:05:50.00 | +00:44:40 (24.0%) | 8:48 | 6.8 (75.6%) |
| 42 | BAR Patrycja | 5 | ŻĄDŁO NORDIC WALKING KLUCZBORK | K18-34 | 3 | | | 01:16:10 | 01:28:47 | 02:54:23 | 03:07:17.25 | +00:46:07 (24.6%) | 8:52 | 6.8 (75.6%) |
| 43 | MILERT Jolanta | 106 | NORDIC WALKING LYSKI | K50-54 | 13 | 1 | | 01:18:29 | 01:31:06 | 02:56:10 | 03:08:28.95 | +00:47:19 (25.1%) | 8:55 | 6.7 (74.4%) |
| 44 | NIEDŹWIECKA Małgorzata | 116 | NORDIC TEAM CZĘSTOCHOWA | K65-69 | 2 | | | 01:19:36 | 01:31:52 | 02:56:16 | 03:08:58.00 | +00:47:48 (25.3%) | 8:57 | 6.7 (74.4%) |
| 45 | DIBELKA Urszula | 33 | | K50-54 | 14 | | | 01:16:48 | 01:29:35 | 02:55:21 | 03:09:03.40 | +00:47:53 (25.3%) | 8:57 | 6.7 (74.4%) |
| 46 | SKRZĄTEK Lucyna | 157 | NORDIC SPORT 2021 | K50-54 | 15 | | | 01:18:43 | 01:31:07 | 02:56:54 | 03:09:25.35 | +00:48:15 (25.5%) | 8:58 | 6.7 (74.4%) |
| 47 | LEWANDOWSKA Aneta | 89 | TRITON KONIN | K45-49 | 6 | | | 01:17:06 | 01:29:41 | 02:56:58 | 03:09:57.30 | +00:48:47 (25.7%) | 9:00 | 6.7 (74.4%) |
| 48 | WILK Iwona | 186 | NORDIC SPORT 2021 | K45-49 | 7 | | | 01:21:44 | 01:34:54 | 02:58:33 | 03:11:44.85 | +00:50:35 (26.4%) | 9:05 | 6.6 (73.3%) |
| 49 | POLAŃSKA Agnieszka | 136 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | K40-44 | 10 | | | 01:20:29 | 01:33:45 | 02:59:10 | 03:12:31.10 | +00:51:21 (26.7%) | 9:07 | 6.6 (73.3%) |
| 50 | KUZIMIŃSKA Grażyna | 87 | NORDIC TEAM CZĘSTOCHOWA | K50-54 | 16 | | | 01:21:04 | 01:34:21 | 02:58:54 | 03:12:49.20 | +00:51:39 (26.8%) | 9:08 | 6.6 (73.3%) |
| 51 | GOTTASOVA Renata | 41 | | K50-54 | 17 | | | 01:20:02 | 01:33:09 | 03:00:38 | 03:13:55.10 | +00:52:45 (27.2%) | 9:11 | 6.5 (72.2%) |
| 52 | MARINKOVÁ Alena | 100 | ZLATÉ HORY | K40-44 | 11 | | | 01:20:50 | 01:34:06 | 03:01:28 | 03:14:30.90 | +00:53:21 (27.4%) | 9:13 | 6.5 (72.2%) |
| 53 | ANDRZEJEWSKA Maria | 3 | PARTYZANCI KONIN | K45-49 | 8 | | | 01:20:54 | 01:34:22 | 03:01:18 | 03:14:33.65 | +00:53:23 (27.4%) | 9:13 | 6.5 (72.2%) |
| 54 | ZAWADZKA Maria | 198 | KGHM METRACO | K70-74 | 1 | | | 01:22:38 | 01:35:40 | 03:02:20 | 03:15:53.30 | +00:54:43 (27.9%) | 9:17 | 6.5 (72.2%) |
| 55 | MICHALSKA Beata | 104 | STAN UMYSŁU LEWIN BIEGA | K45-49 | 9 | | | 01:21:43 | 01:34:45 | 03:02:37 | 03:16:10.60 | +00:55:00 (28.0%) | 9:17 | 6.5 (72.2%) |
| 56 | KRUSZYŃIAK Katarzyna | 77 | FN5 | K40-44 | 12 | | | 01:20:41 | 01:33:48 | 03:03:21 | 03:17:09.20 | +00:55:59 (28.4%) | 9:20 | 6.4 (71.1%) |
| 57 | HASIAK Katarzyna | 45 | | K55-59 | 4 | | | 01:21:25 | 01:34:19 | 03:04:16 | 03:17:42.10 | +00:56:32 (28.6%) | 9:22 | 6.4 (71.1%) |
| 58 | PADOWICZ Anna | 124 | ESJA TEAM | K40-44 | 13 | | | 01:21:30 | 01:34:47 | 03:05:46 | 03:18:16.15 | +00:57:06 (28.8%) | 9:23 | 6.4 (71.1%) |
| 59 | TERESIŃSKA Jolanta | 178 | NORDIC TEAM CZĘSTOCHOWA | K45-49 | 10 | | | 01:21:50 | 01:34:55 | 03:05:10 | 03:18:25.40 | +00:57:15 (28.9%) | 9:24 | 6.4 (71.1%) |

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | Premia Górska | | | Net time | Gap | Pace min/km | Pace km/h |
|-------|--------------------------------------|------------|---|----------|------|----------------|-----------------|------------------|----------|----------|--------------------|----------------------|----------------|----------------|
| | | | | | | | | 5.7km | 10.7km | 16.2km | 21.1km | | | |
| 60 | KUCHARCZYK Katarzyna | 81 | | K40-44 | 14 | | | 01:19:48 | 01:32:46 | 03:04:25 | 03:18:27.75 | +00:57:17 (28.9%) | 9:24 | 6.4 (71.1%) |
| 61 | KOWALCZYK Anna | 69 | | K18-34 | 4 | | | | 01:35:59 | | 03:18:41.55 | +00:57:31 (29.0%) | 9:24 | 6.4 (71.1%) |
| 62 | FRANKIEWICZ - KAPUSCINSKA Ewa | 37 | FN5 | K40-44 | 15 | | | 01:23:43 | 01:36:40 | 03:05:43 | 03:18:43.35 | +00:57:33 (29.0%) | 9:25 | 6.4 (71.1%) |
| 63 | BERESKA Irena | 9 | NORDIC SPORT 2021 | K35-39 | 7 | | | 01:22:51 | 01:35:44 | 03:05:46 | 03:19:06.00 | +00:57:56 (29.1%) | 9:26 | 6.4 (71.1%) |
| 64 | SCHEJBALOVÁ Kristina | 156 | ZELENÁ TĚLOCVIČNA | K65-69 | 3 | | | 01:23:01 | 01:35:52 | 03:05:44 | 03:19:30.90 | +00:58:21 (29.2%) | 9:27 | 6.3 (70.0%) |
| 65 | GARBACZ Joanna | 213 | | K40-44 | 16 | | | 01:22:28 | 01:36:14 | 03:06:23 | 03:20:07.00 | +00:58:57 (29.5%) | 9:29 | 6.3 (70.0%) |
| 66 | POHL Anna | 134 | KNW | K55-59 | 5 | | | 01:23:28 | 01:36:40 | 03:06:48 | 03:20:54.90 | +00:59:45 (29.7%) | 9:31 | 6.3 (70.0%) |
| 67 | DROZD Maria | 35 | | K55-59 | 6 | 1 | | 01:23:46 | 01:36:42 | 03:09:01 | 03:22:32.75 | +01:01:22 (30.3%) | 9:35 | 6.3 (70.0%) |
| 68 | CÍCHOVÁ Jana | 23 | | K50-54 | 18 | | | 01:24:57 | 01:38:33 | 03:11:03 | 03:25:09.45 | +01:03:59 (31.2%) | 9:43 | 6.2 (68.9%) |
| 69 | PAŤORKOVÁ Sabina | 128 | | K45-49 | 11 | | | 01:25:19 | 01:39:03 | 03:10:51 | 03:25:31.05 | +01:04:21 (31.3%) | 9:44 | 6.2 (68.9%) |
| 70 | SOŚNIAK Ilona | 164 | NORDIC TEAM CZĘSTOCHOWA | K45-49 | 12 | 1 | | 01:25:33 | 01:39:15 | 03:12:10 | 03:26:00.15 | +01:04:50 (31.5%) | 9:45 | 6.1 (67.8%) |
| 71 | BIZAŃSKA Barbara | 13 | KRAINA MIODEM PŁYNAĆCA | K50-54 | 19 | | | 01:25:19 | 01:38:54 | 03:12:50 | 03:26:45.25 | +01:05:35 (31.7%) | 9:47 | 6.1 (67.8%) |
| 72 | ZAWADZKA Aleksandra | 199 | TREKILEJDIS SOPOT | K40-44 | 17 | 1 | | 01:26:23 | 01:40:23 | 03:15:12 | 03:29:23.55 | +01:08:13 (32.6%) | 9:55 | 6 (66.7%) |
| 73 | BIAŁAS Ewa | 10 | STAN UMYSŁU-LEWIN BIEGA | K60-64 | 4 | | | 01:25:48 | 01:39:13 | 03:16:46 | 03:30:45.80 | +01:09:36 (33.0%) | 9:59 | 6 (66.7%) |
| 74 | STEFANÓW Magdalena | 169 | MJM | K45-49 | 13 | | | 01:25:46 | 01:39:17 | 03:18:56 | 03:34:12.85 | +01:13:03 (34.1%) | 10:09 | 5.9 (65.6%) |
| 75 | ROLBIECKA-MICZKA Magdalena | 145 | | K40-44 | 18 | | | 01:28:55 | 01:42:57 | 03:20:04 | 03:34:35.75 | +01:13:25 (34.2%) | 10:10 | 5.9 (65.6%) |
| 76 | CHOMICZ Lila | 18 | TREKLEJDIS | K60-64 | 5 | | | 01:29:18 | 01:43:36 | 03:19:45 | 03:35:10.90 | +01:14:01 (34.4%) | 10:11 | 5.9 (65.6%) |
| 77 | NICIEJEWSKA Joanna | 115 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | K40-44 | 19 | | | 01:26:39 | 01:41:17 | 03:20:16 | 03:36:07.75 | +01:14:57 (34.7%) | 10:14 | 5.9 (65.6%) |
| 78 | KABATA Agnieszka | 55 | NORDIC SPORT 2021 | K45-49 | 14 | | | 01:26:33 | 01:40:05 | 03:21:06 | 03:36:29.10 | +01:15:19 (34.8%) | 10:15 | 5.8 (64.4%) |
| 79 | SARZYŃSKA Iwona | 155 | | K55-59 | 7 | | | 01:29:31 | 01:43:48 | 03:22:16 | 03:37:00.15 | +01:15:50 (34.9%) | 10:17 | 5.8 (64.4%) |
| 80 | WITEK Bernadeta | 190 | STAN UMYSŁU LEWIN BIEGA | K50-54 | 20 | | | 01:27:23 | 01:41:52 | 03:25:05 | 03:41:14.20 | +01:20:04 (36.2%) | 10:29 | 5.7 (63.3%) |
| 81 | STUDZIŃSKA Monika | 171 | TEKLEJDIS | K45-49 | 15 | | | 01:40:23 | 01:55:36 | | 04:00:35.00 | +01:39:25 (41.3%) | 11:24 | 5.3 (58.9%) |
| 82 | ANGIELCZYK Małgorzata | 4 | ZIELONE GROSZKI | K70-74 | 2 | | | 01:35:14 | 01:50:10 | | 04:00:45.85 | +01:39:36 (41.4%) | 11:24 | 5.3 (58.9%) |

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | Premia Górska | | | Net time | Gap | Pace min/km | Pace km/h |
|-------|-------------------------|------------|---------|----------|------|----------------|-----------------|------------------|----------------|----------------|---------------------------------|----------------------|----------------|----------------|
| | | | | | | | | 5.7km | 10.7km | 16.2km | 21.1km | | | |
| 83 | KRZYWIŃSKA Agata | 79 | | K50-54 | 21 | | | 01:38:17 | 01:54:35 | | 04:03:14.45 | +01:42:04 (42.0%) | 11:31 | 5.2 (57.8%) |
| DQ | ROMANII Hanna | 147 | | K40-44 | | 3 | 1 | 01:17:25 DQ | 01:30:14 DQ | 02:50:37 DQ | 03:02:44.30 DQ | | 0:00 | 6.9 (76.7%) |
| DNC | BARTYZEL Dorota | 8 | NORDIKI | K55-59 | | | | 01:25:55 | 01:40:40 | | | | | (0.0%) |

Total 85 results.