

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | Brutto | Netto | Km/h | Czas/km |
|-----|-------|---------------------------|----------------------|------|--------|-------|--------|---------|
| 1 | 71 | HAMPEL KAROLINA | SZYMANOWSKI TEAM ,ZI | 1994 | 19:58 | 19:55 | 15,063 | 3:59 |
| 2 | 26 | MASTERNAK MARTA | TEAMKOTLAREK RUNNERS | 1986 | 20:05 | 20:01 | 14,988 | 4:00 |
| 3 | 2 | BAJSEROWICZ ANNA | ZIELONA GÓRA | 1981 | 21:04 | 20:59 | 14,297 | 4:11 |
| 4 | 82 | KACZMAREK PAULINA | KL LUMEL ZIELONA GÓR | 1995 | 21:26 | 21:20 | 14,063 | 4:16 |
| 5 | 51 | KROJCIG EWA | ZIELONA GÓRA | 1980 | 22:05 | 22:00 | 13,636 | 4:24 |
| 6 | 11 | NIEMIEC KATARZYNA | BIEGOWA RODZINA ,BRO | 1982 | 23:06 | 23:02 | 13,025 | 4:36 |
| 7 | 34 | OLSZEWSKA KAMILA | ZIELONA GÓRA | 1987 | 23:18 | 23:14 | 12,912 | 4:38 |
| 8 | 46 | BANDUROWSKA AGNIESZKA | KB WIKON NOWA SÓL,NO | 1976 | 24:08 | 24:03 | 12,474 | 4:48 |
| 9 | 87 | MARGOL JOANNA | OTYŃ KB WIKON NOWA S | 1990 | 25:00 | 24:51 | 12,072 | 4:58 |
| 10 | 40 | KOWALCZYK-HETNAR MARTA | KB WIKON NOWA SÓL,NO | 1976 | 25:19 | 25:12 | 11,905 | 5:02 |
| 11 | 15 | DZIEDZIC JULITA | ZIELONA GÓRA | 1986 | 25:34 | 25:28 | 11,780 | 5:05 |
| 12 | 35 | CARLSSON AGNIESZKA | NIEZRZESZONA ,ZIELON | 1975 | 26:22 | 26:15 | 11,429 | 5:15 |
| 13 | 22 | NIEWCZAS BARBARA | ZIELONA GÓRA | 1991 | 27:04 | 27:00 | 11,111 | 5:24 |
| 14 | 16 | PRZYBYŁA SYLWIA | ZIELONA GÓRA | 1989 | 27:04 | 26:59 | 11,118 | 5:23 |
| 15 | 76 | ŁUKASIEWICZ ANNA | ZIELONA GÓRA | 1988 | 27:05 | 26:59 | 11,118 | 5:23 |
| 16 | 59 | SKOCZYLAS AGNIESZKA | ZIELONA GORA | 1980 | 28:16 | 28:06 | 10,676 | 5:37 |
| 17 | 50 | BOCZAR BEATA | GREEN TEAM,ZIELNA GÓ | 1965 | 28:20 | 28:12 | 10,638 | 5:38 |
| 18 | 28 | SOWA AGNIESZKA | ZIELONA GÓRA | 1975 | 28:31 | 28:24 | 10,563 | 5:40 |
| 19 | 56 | SZYMANEK MONIKA | ZIELONA GÓRA | 1993 | 30:57 | 30:51 | 9,724 | 6:10 |
| 20 | 45 | ZIELIŃSKA DANUTA | ZIELONA GÓRA | 1959 | 30:59 | 30:48 | 9,740 | 6:09 |
| 21 | 21 | MATUSZAK-CZACHOR ALEKSAND | SZPROTAWA | 1997 | 31:08 | 30:56 | 9,698 | 6:11 |
| 22 | 42 | CZYCZ EMILIA | GREN TEEM ,ZIELONA G | 1950 | 31:10 | 31:00 | 9,677 | 6:12 |
| 23 | 64 | TARCZYŃSKA KAROLINA | TRASA MASTERS MTB ,Z | 1981 | 31:21 | 31:07 | 9,641 | 6:13 |
| 24 | 31 | BEREŚ ANNA | KB WIKON NOWA SOL,NO | 1989 | 31:25 | 31:16 | 9,595 | 6:15 |
| 25 | 12 | ŻELAZNA ADRIANNA | ZIELONA GÓRA | 1984 | 32:09 | 31:54 | 9,404 | 6:22 |
| 26 | 81 | GRZEBIELUCHA ANNA | ZIELONA GÓRA | 1970 | 32:16 | 32:03 | 9,360 | 6:24 |
| 27 | 91 | KASPRZAK JUSTYNA | KB WIKON,NOWA SÓL | 1982 | 32:47 | 32:39 | 9,188 | 6:31 |
| 28 | 73 | JABŁONKA MIROSLAWA | ZIELONA GÓRA | 1958 | 32:58 | 32:55 | 9,114 | 6:35 |
| 29 | 6 | BRYSZEWSKA LILIANNA | ZIELONA GÓRA | 1976 | 34:21 | 34:06 | 8,798 | 6:49 |
| 30 | 9 | ZIELIŃSKA LUDMIŁA | KB WIKON,MODRZYCA | 1978 | 36:51 | 36:42 | 8,174 | 7:20 |
| 31 | 78 | MACIEJEWSKA KAROLINA | ZIELONA GÓRA | 1979 | 38:00 | 37:46 | 7,944 | 7:33 |
| 32 | 14 | DOBROSIELSKA ALEKSANDRA | ZIELONA GÓRA | 1980 | 41:22 | 41:09 | 7,290 | 8:13 |
| 33 | 24 | KUZNIK TUREWICZ MAŁGORZAT | ZIELONA GÓRA | 1981 | 42:39 | 42:32 | 7,053 | 8:30 |
| 34 | 52 | NOWAK MARTA | KB WIKON NOWA SÓL,NO | 1981 | 42:39 | 42:30 | 7,059 | 8:30 |
| 35 | 70 | BYKOWSKA HELENA | ZIELONA GORA | 1953 | 51:36 | 51:20 | 5,844 | 10:16 |