

**VI BIEG NYSKI - 09.06.2018, NYSA
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|-----|------|--------------------------|-----------------------|------|-----------|--------|-------|--------|-------|
| 1 | 673 | OIGO CHRISTINE MORAA | BENEDEK-TEAM,ELDORET | 1986 | 1e K30 | 36:40 | 36:40 | 16,364 | 3:40 |
| 2 | 674 | ONYANCHA YUNES MORAA | BENEDEK-TEAM,ELDORET | 1988 | 2e K30 | 36:50 | 36:49 | 16,297 | 3:41 |
| 3 | 696 | KIMUTAI HELLEN JEPKOSGEI | BENEDEK-TEAM,ELDORET | 1982 | 3e K30 | 37:10 | 37:09 | 16,151 | 3:43 |
| 4 | 670 | KÁCSER ZITA | BENEDEK-TEAM,DEBRECE | 1988 | 4e K30 | 37:44 | 37:43 | 15,908 | 3:46 |
| 5 | 250 | FILIPIOVÁ EVA | SUMPERK | 1986 | 5e K30 | 37:55 | 37:53 | 15,838 | 3:47 |
| 6 | 610 | GOMOLYSEK KINGA | MATNER RUNNING TEAM, | 1986 | 6e K30 | 38:44 | 38:40 | 15,517 | 3:52 |
| 7 | 686 | ROZUMKIEWICZ SONIA | SWIDNICKA GRUPA BIEG | 1990 | 1e K20 | 41:00 | 40:57 | 14,652 | 4:06 |
| 8 | 681 | HOŁUBOWICZ ANITA | MATNER RUNNING TEAM, | 1993 | 2e K20 | 41:49 | 41:45 | 14,371 | 4:10 |
| 9 | 526 | PIETROCZUK SYLWIA | LZS KL KOTWICA BRZEG | 1991 | 3e K20 | 42:23 | 42:19 | 14,179 | 4:14 |
| 10 | 585 | WOJTASIK IZABELA | LUBOSZYCE | 1975 | 1e K40 | 44:28 | 44:18 | 13,544 | 4:26 |
| 11 | 346 | BUKOWSKA-GOLAK JOANNA | GOGGLE PRO ACTIVE EY | 1981 | 7e K30 | 44:54 | 44:47 | 13,398 | 4:29 |
| 12 | 448 | PANCYLEJKO BEATA | RAJSPOK ACTIVE,OPOL | 1975 | 2e K40 | 45:00 | 44:49 | 13,388 | 4:30 |
| 13 | 9 | GOŁĘBIEWSKA SYLWIA | SWIDNICKA GRUPA BIEG | 1975 | 3e K40 | 45:02 | 44:54 | 13,363 | 4:30 |
| 14 | 494 | WÓJCIK MONIKA | MKS SIECHNICE,ZIEBIC | 1992 | 4e K20 | 45:14 | 45:10 | 13,284 | 4:31 |
| 15 | 513 | JAROSZ AGNIESZKA | NYSA BIEGA,NYSA | 1978 | 4e K40 | 45:16 | 45:05 | 13,309 | 4:31 |
| 16 | 95 | DROŹDZIK MAGDALENA | WKB META LUBLINIEC,N | 1979 | 8e K30 | 45:36 | 45:24 | 13,216 | 4:33 |
| 17 | 18 | MILIŃSKA LILIANNA | NIEMODLIN | 1981 | 9e K30 | 45:38 | 45:24 | 13,216 | 4:33 |
| 18 | 29 | WIEK-REZACZ ALICJA | NYSA BIEGA,NYSA | 1983 | 10e K30 | 45:38 | 45:18 | 13,245 | 4:33 |
| 19 | 648 | BRYDA DOROTA | EURODENT LOSIÓW,BRZE | 1971 | 5e K40 | 45:58 | 45:52 | 13,081 | 4:35 |
| 20 | 656 | SOBIESZCZAŃSKA AGNIESZKA | DY CZUS TEAM ,PRUDNIK | 1980 | 11e K30 | 46:02 | 45:56 | 13,062 | 4:36 |
| 21 | 546 | OLSZAŃSKA JOANNA | DECATHLON OPOLE,OPOL | 1994 | 5e K20 | 46:20 | 46:15 | 12,973 | 4:38 |
| 22 | 726 | ŻUKOWSKA ANNA | NYSA | 1974 | 6e K40 | 46:25 | 46:10 | 12,996 | 4:38 |
| 23 | 99 | GRODECKA ALEKSANDRA | ZABKOWICKA GRUPA BIE | 1989 | 6e K20 | 46:33 | 46:11 | 12,992 | 4:39 |
| 24 | 67 | MILER BARBARA | NIEMODLIN BIEGA,NIEM | 1968 | 1e K50 | 46:37 | 46:23 | 12,936 | 4:39 |
| 25 | 768 | BIERNACKA BEATA | OPOLE | 1985 | 12e K30 | 47:00 | 46:46 | 12,830 | 4:42 |
| 26 | 770 | GAWLIK JADWIGA | NYSA BIEGA,NYSA | 1979 | 13e K30 | 47:29 | 47:18 | 12,685 | 4:44 |
| 27 | 374 | GLĄB DARIA | ATHLETICS NYSA,PRUDN | 1991 | 7e K20 | 47:34 | 47:21 | 12,672 | 4:45 |
| 28 | 109 | KOCANDA ALINA | RAJSPOK ,PRÓSZKÓW | 1986 | 14e K30 | 47:45 | 47:33 | 12,618 | 4:46 |
| 29 | 256 | MATEJOVÁ LUCIE | SUMPERK,SUMPERK | 2001 | 1e K16 | 48:00 | 47:56 | 12,517 | 4:48 |
| 30 | 336 | APOSTEL AMELIA | KRAPKOWICE | 1981 | 15e K30 | 48:02 | 47:43 | 12,574 | 4:48 |
| 31 | 415 | LEWTAK SYLWIA | GLUCHOLAZY | 1973 | 7e K40 | 48:07 | 47:48 | 12,552 | 4:48 |
| 32 | 222 | STODTKO MAŁGORZATA | TARNÓW OPOLSKI | 1985 | 16e K30 | 48:11 | 48:00 | 12,500 | 4:49 |
| 33 | 684 | PIERZCHAŁA MONIKA | SZCZYTNA | 1977 | 8e K40 | 48:25 | 48:11 | 12,452 | 4:50 |
| 34 | 87 | ŻARCZYŃSKA MAGDALENA | WOLÓW | 1993 | 8e K20 | 48:42 | 48:14 | 12,440 | 4:52 |
| 35 | 133 | KURPAS AGATA | ZDZIESZOWICE | 1982 | 17e K30 | 48:47 | 48:36 | 12,346 | 4:52 |
| 36 | 148 | STĘPIEŃ KAMILA | OPOLE | 1987 | 18e K30 | 49:00 | 48:49 | 12,291 | 4:54 |
| 37 | 829 | CUDNIK AGNIESZKA | KLUB KOLARSKI KTUKOL | 1977 | 9e K40 | 49:03 | 48:55 | 12,266 | 4:54 |
| 38 | 451 | PAWLIK KATARZYNA | OPOLE BIEGA,NYSA | 1989 | 9e K20 | 49:06 | 48:54 | 12,270 | 4:54 |
| 39 | 118 | STANULEWICZ IZABELA | NYSA | 1983 | 19e K30 | 49:11 | 48:43 | 12,316 | 4:55 |
| 40 | 542 | MANUEL PALACIOS FABIOLA | KLUB MEKSYK NYSA,NYS | 1983 | 20e K30 | 49:54 | 49:45 | 12,060 | 4:59 |
| 41 | 185 | SZNAJDER JOANNA | BIEGAM BRUM BRUM | 1975 | 10e K40 | 50:00 | 49:52 | 12,032 | 5:00 |
| 42 | 500 | ŻEGLĘŃ KATARZYNA | LUBRZA | 1981 | 21e K30 | 50:03 | 49:34 | 12,105 | 5:00 |
| 43 | 355 | CZEKAJ JUSTYNA | ANTONTEAM,KEDZIERZYN | 1998 | 10e K20 | 50:27 | 50:15 | 11,940 | 5:02 |
| 44 | 194 | MATUSZEWSKA ANNA | RAWICZ | 1995 | 11e K20 | 50:28 | 49:51 | 12,036 | 5:02 |
| 45 | 303 | JOB MAŁGORZATA | NYSA | 1973 | 11e K40 | 50:37 | 50:11 | 11,956 | 5:03 |
| 46 | 577 | PĘDZIK RENATA | NYSA BIEGA,NYSA | 1970 | 12e K40 | 50:38 | 50:22 | 11,913 | 5:03 |
| 47 | 52 | KUŁAKOWSKA MAŁGORZATA | SWIDNICKA GRUPA BIEG | 1982 | 22e K30 | 50:43 | 50:15 | 11,940 | 5:04 |
| 48 | 170 | RUSCHE SILVIA | LAUFTREFF LÜDINGHAUS | 1962 | 2e K50 | 50:50 | 50:29 | 11,885 | 5:05 |
| 49 | 688 | BIELECKA IWONA | PRO-RUN WROCLAW,WROC | 1986 | 23e K30 | 50:55 | 50:33 | 11,869 | 5:05 |
| 50 | 444 | PACHURA PATRYCJA | GLUCHOLAZY | 1990 | 12e K20 | 51:05 | 50:24 | 11,905 | 5:06 |

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|-----|------|----------------------|-----------------------|------|-----------|--------|-------|--------|-------|
| 51 | 358 | DĄBROWSKA NATALIA | OPOLE | 1987 | 24e K30 | 51:12 | 50:22 | 11,913 | 5:07 |
| 52 | 366 | FIDOT ALEKSANDRA | GLOGÓWEK | 1982 | 25e K30 | 51:25 | 51:10 | 11,726 | 5:08 |
| 53 | 661 | WORACZEK JOANNA | MATNER RUNNING TEAM, | 1991 | 13e K20 | 51:26 | 50:56 | 11,780 | 5:08 |
| 54 | 628 | ZYŁA KATARZYNA | OPOLE BIEGA,TARNÓW O | 1989 | 14e K20 | 51:40 | 51:19 | 11,692 | 5:10 |
| 55 | 70 | WILMAN MAŁGORZATA | OTMUCHÓW | 1980 | 26e K30 | 51:42 | 51:08 | 11,734 | 5:10 |
| 56 | 739 | RAMS ELŻBIETA | KS „KOZIOLEK” KEDZI | 1974 | 13e K40 | 51:46 | 51:18 | 11,696 | 5:10 |
| 57 | 205 | PIECYK DOROTA | BBL GLUCHOLAZY, GLUCH | 1975 | 14e K40 | 51:49 | 51:41 | 11,609 | 5:10 |
| 58 | 483 | SZWED NATALIA | NYSA | 1989 | 15e K20 | 51:55 | 51:34 | 11,635 | 5:11 |
| 59 | 214 | NOWAK KATARZYNA | TULOWICE | 1983 | 27e K30 | 52:03 | 51:52 | 11,568 | 5:12 |
| 60 | 161 | USZKO SABINA | IZBICKO - SIEDLEC | 1965 | 3e K50 | 52:06 | 51:45 | 11,594 | 5:12 |
| 61 | 330 | STACHURA BEATA | NYSA BIEGA, NYSA | 1973 | 15e K40 | 52:07 | 51:51 | 11,572 | 5:12 |
| 62 | 381 | ILNICKA MONIKA | RACLAWICE SL | 1988 | 28e K30 | 52:09 | 51:38 | 11,620 | 5:12 |
| 63 | 72 | HOCZEK ANETA | KOLANOWICE | 1977 | 16e K40 | 52:19 | 51:55 | 11,557 | 5:13 |
| 64 | 213 | MIKULEC MAŁGORZATA | LIPKI | 1967 | 4e K50 | 52:20 | 51:40 | 11,613 | 5:14 |
| 65 | 519 | LESZCZYŃSKA ANNA | OLAWSKA GRUPA BIEGOW | 1979 | 29e K30 | 52:22 | 51:44 | 11,598 | 5:14 |
| 66 | 455 | PLONKA JOANNA | GZ LZS GRODKÓW ,GROD | 1980 | 30e K30 | 52:25 | 52:03 | 11,527 | 5:14 |
| 67 | 180 | PAWLIK AGNIESZKA | NYSA BIEGA, NYSA | 1973 | 17e K40 | 52:33 | 52:18 | 11,472 | 5:15 |
| 68 | 226 | BRONISZEWSKA EDYTA | NYSA BIEGA, NYSA | 1973 | 18e K40 | 52:33 | 52:18 | 11,472 | 5:15 |
| 69 | 457 | POŹNIAK ANNA | GLUBCZYCE | 1997 | 16e K20 | 52:48 | 52:21 | 11,461 | 5:16 |
| 70 | 591 | GAJEK HALINA | ATHLETICS NYSA, PRUDN | 1974 | 19e K40 | 53:07 | 52:32 | 11,421 | 5:18 |
| 71 | 590 | FILAK LILIANA | WROCLAW | 1987 | 31e K30 | 53:34 | 53:16 | 11,264 | 5:21 |
| 72 | 199 | TYSZKOWSKA KATARZYNA | ATHLETICS NYSA, 48-34 | 1992 | 17e K20 | 53:49 | 53:18 | 11,257 | 5:22 |
| 73 | 179 | KUBICA EWA | NYSA | 1993 | 18e K20 | 53:56 | 53:09 | 11,289 | 5:23 |
| 74 | 396 | KOCIMSKA KATARZYNA | EUROVENT ATHLETICS O | 1978 | 20e K40 | 53:57 | 53:36 | 11,194 | 5:23 |
| 75 | 463 | RUDNICKA ALICJA | NYSA | 1987 | 32e K30 | 54:00 | 53:45 | 11,163 | 5:24 |
| 76 | 55 | PUSZYŃSKA PAULINA | WALIM | 1992 | 19e K20 | 54:11 | 53:31 | 11,211 | 5:25 |
| 77 | 110 | ŁAWCZYS NATALIA | NYSA | 1993 | 20e K20 | 54:14 | 54:06 | 11,091 | 5:25 |
| 78 | 515 | JAWORSKA MAGDALENA | OPOLE | 1986 | 33e K30 | 54:24 | 53:49 | 11,149 | 5:26 |
| 79 | 39 | GRYCZEWSKA KATARZYNA | WROCLAW | 1992 | 21e K20 | 54:28 | 54:10 | 11,077 | 5:26 |
| 80 | 211 | MAKAROŃSKA KORNELIA | PACZKÓW | 1996 | 22e K20 | 54:29 | 53:52 | 11,139 | 5:26 |
| 81 | 528 | SIWEK JUSTYNA | SZYBKIE PRADY, PRADY | 1980 | 34e K30 | 54:32 | 54:19 | 11,046 | 5:27 |
| 82 | 136 | NIZIOŁEK EWA | NIEMODLIN BIEGA ,NIE | 1974 | 21e K40 | 54:33 | 54:07 | 11,087 | 5:27 |
| 83 | 655 | SIKORA IZABELA | NYSA | 1989 | 23e K20 | 54:33 | 54:02 | 11,104 | 5:27 |
| 84 | 545 | NOWAK IWONA | DYCZUS TEAM, ZDZIESZO | 1993 | 24e K20 | 54:34 | 53:49 | 11,149 | 5:27 |
| 85 | 581 | WAWER KATARZYNA | GOGOLIN | 1987 | 35e K30 | 54:38 | 53:45 | 11,163 | 5:27 |
| 86 | 654 | PETKOVIC SONJA | WROCLAW | 1994 | 25e K20 | 54:39 | 54:13 | 11,067 | 5:27 |
| 87 | 352 | CZABANOWSKA AGATA | NYSA | 1971 | 22e K40 | 54:58 | 54:47 | 10,952 | 5:29 |
| 88 | 311 | KUSTRZA KLAUDIA | NYSA | 1988 | 36e K30 | 55:02 | 54:37 | 10,986 | 5:30 |
| 89 | 364 | BERGER EDYTA | ATHLETICS NYSA, OTMUC | 1978 | 23e K40 | 55:23 | 54:47 | 10,952 | 5:32 |
| 90 | 769 | CHABIŃSKA PATRYCJA | NYSA | 1986 | 37e K30 | 55:40 | 55:08 | 10,883 | 5:34 |
| 91 | 327 | DZIEDZIŃSKA DARIA | DECATHLON OPOLE, NYSA | 1992 | 26e K20 | 55:43 | 55:36 | 10,791 | 5:34 |
| 92 | 416 | LIPIŃSKA JOANNA | NYSA | 1975 | 24e K40 | 55:43 | 55:34 | 10,798 | 5:34 |
| 93 | 286 | WARZECHA TERESA | ATHLETICS NYSA, PACZK | 1962 | 5e K50 | 55:52 | 55:25 | 10,827 | 5:35 |
| 94 | 43 | RAFA ASIA | OPOLE | 1981 | 38e K30 | 56:04 | 55:44 | 10,766 | 5:36 |
| 95 | 443 | OSIADŁY MAŁGORZATA | BBL GLUCHOLAZY, GLUCH | 1976 | 25e K40 | 56:08 | 55:27 | 10,821 | 5:36 |
| 96 | 376 | GORCZYCA SAMANTA | KEDZIERZYN-KOZLE | 1991 | 27e K20 | 56:29 | 55:41 | 10,775 | 5:38 |
| 97 | 167 | KRIENS ANJA | LAUFTREFF LÜDINGHAUS | 1972 | 26e K40 | 56:33 | 56:07 | 10,692 | 5:39 |
| 98 | 637 | KOCHANOWSKA EWA | DEBOWA TEAM, OPOLE | 1976 | 27e K40 | 56:37 | 56:03 | 10,705 | 5:39 |
| 99 | 613 | KACZMAREK KATARZYNA | DZIERZONIÓW | 1984 | 39e K30 | 56:43 | 56:21 | 10,648 | 5:40 |
| 100 | 225 | SZWARGA BOŻENA | PACZKÓW | 1977 | 28e K40 | 56:49 | 56:14 | 10,670 | 5:40 |

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|-----|------|---------------------------|-----------------------|------|-----------|---------|---------|--------|-------|
| 101 | 617 | NAGRODZKA MARTA | NYSA | 1986 | 40e K30 | 56:52 | 56:13 | 10,673 | 5:41 |
| 102 | 801 | KALUŻA JUZTYNA | GLUCHOŁAZY | 1981 | 41e K30 | 56:56 | 56:38 | 10,594 | 5:41 |
| 103 | 695 | GŁOŚNICKA ADRIANNA | OPOLE | 1993 | 28e K20 | 57:04 | 56:37 | 10,598 | 5:42 |
| 104 | 742 | WAŚOWICZ MAGDALENA | HUSARIA RACE TEAM.OP | 1995 | 29e K20 | 57:07 | 57:00 | 10,526 | 5:42 |
| 105 | 597 | KRUSZEWSKA RENATA | WROCLAW | 1972 | 29e K40 | 57:09 | 56:29 | 10,623 | 5:42 |
| 106 | 482 | SZUBRYCHT BEATA | STRZELCE OPOLSKIE | 1971 | 30e K40 | 57:37 | 56:58 | 10,532 | 5:45 |
| 107 | 453 | PIETRZAK ANNA | WROCLAW | 1977 | 31e K40 | 57:40 | 57:04 | 10,514 | 5:46 |
| 108 | 721 | PIWKO-CYGOŃ AGNIESZKA | NIEMODLIN | 1973 | 32e K40 | 57:43 | 57:13 | 10,486 | 5:46 |
| 109 | 551 | RAUCH-TRZOP MAGDALENA | KRAKÓW | 1990 | 30e K20 | 57:43 | 57:18 | 10,471 | 5:46 |
| 110 | 312 | MACZUGA EWELINA | NYSA | 1983 | 42e K30 | 57:46 | 57:38 | 10,411 | 5:46 |
| 111 | 228 | CIEŚLA ALEKSANDRA | OPOLE | 1991 | 31e K20 | 57:53 | 57:16 | 10,477 | 5:47 |
| 112 | 730 | GOSPODARCZYK HALINA | BBL GLUCHOŁAZY, GLUCH | 1981 | 43e K30 | 57:57 | 57:15 | 10,480 | 5:47 |
| 113 | 618 | WÓJCIK DOMINIKA | KYOKUSHIN, NYSA | 1999 | 2e K16 | 58:01 | 57:26 | 10,447 | 5:48 |
| 114 | 377 | GUŁA IWONA | BIERZÓW | 1967 | 6e K50 | 58:05 | 57:29 | 10,438 | 5:48 |
| 115 | 722 | PODBURACZYŃSKA EWA | OPOLE | 1974 | 33e K40 | 58:05 | 57:25 | 10,450 | 5:48 |
| 116 | 30 | WIŚNIEWSKA AGNIESZKA | NOWA RUDA BIEGA, NOWA | 1980 | 44e K30 | 58:06 | 57:38 | 10,411 | 5:48 |
| 117 | 517 | KLECZA ALEKSANDRA | NYSA BIEGA, NYSA | 1973 | 34e K40 | 58:08 | 57:22 | 10,459 | 5:48 |
| 118 | 65 | MICHALSKA-HASIAK KATARZYN | NYSA | 1965 | 7e K50 | 58:13 | 57:48 | 10,381 | 5:49 |
| 119 | 650 | FALKENBERG EWA | KRAPKOWICE | 1982 | 45e K30 | 58:13 | 57:30 | 10,435 | 5:49 |
| 120 | 420 | ŁAZECZKO ANNA | WROCLAW | 1970 | 35e K40 | 58:27 | 58:02 | 10,339 | 5:50 |
| 121 | 653 | MAZUR AGNIESZKA | BIEGAM I DOBRZE MI Z | 1978 | 36e K40 | 58:32 | 58:28 | 10,262 | 5:51 |
| 122 | 378 | HADRYŚ NATALIA | PRUDNIK | 1989 | 32e K20 | 58:33 | 58:23 | 10,277 | 5:51 |
| 123 | 693 | DRACZEWSKA NATALIA | OPOLE | 1995 | 33e K20 | 58:38 | 58:00 | 10,345 | 5:51 |
| 124 | 428 | MATUSIAK MARZENA | NYSA | 1984 | 46e K30 | 58:40 | 58:32 | 10,251 | 5:52 |
| 125 | 307 | KUSZNIEREWICZ HANNA | NYSA | 1986 | 47e K30 | 58:41 | 58:19 | 10,289 | 5:52 |
| 126 | 200 | WACHOWSKA AGNIESZKA | OLAWA | 1983 | 48e K30 | 58:51 | 58:14 | 10,303 | 5:53 |
| 127 | 568 | KAŁASZNIK OLGA | BRAK, OPOLE | 1981 | 49e K30 | 59:08 | 58:45 | 10,213 | 5:54 |
| 128 | 811 | HOSZMAN ANETA | JĘDRZYCHÓW | 1973 | 37e K40 | 59:09 | 58:58 | 10,175 | 5:54 |
| 129 | 328 | SAJEK - STADNIK JOLANTA | NYSA | 1973 | 38e K40 | 59:09 | 58:59 | 10,172 | 5:54 |
| 130 | 813 | KULAK JUSTYNA | GLUCHOŁAZY | 1990 | 34e K20 | 59:15 | 58:47 | 10,207 | 5:55 |
| 131 | 53 | LESZCZYŃSKA BOŻENA | NIEMODLIN BIEGA, NIE | 1956 | 1e K60 | 59:44 | 59:20 | 10,112 | 5:58 |
| 132 | 350 | CHMIEL MAGDALENA | FU GETSU, OTMUCHÓW | 1978 | 39e K40 | 59:52 | 59:37 | 10,064 | 5:59 |
| 133 | 660 | VOKIC JELENA | TUTTI FRUTTI, WROCLA | 1993 | 35e K20 | 1:00:05 | 59:39 | 10,059 | 6:00 |
| 134 | 641 | MANDZIEJ ULA | NYSA | 1978 | 40e K40 | 1:00:17 | 59:41 | 10,053 | 6:01 |
| 135 | 536 | SPIŻAK ALEKSANDRA | SIDZINA | 1993 | 36e K20 | 1:00:28 | 59:54 | 10,017 | 6:02 |
| 136 | 78 | MAĆKÓW AGNIESZKA | PAKOSLAWICE | 1973 | 41e K40 | 1:00:28 | 1:00:08 | 9,978 | 6:02 |
| 137 | 77 | KRZYSICA KATARZYNA | KS KOZIOLEK, KEDZIERZ | 1987 | 50e K30 | 1:00:53 | 1:00:24 | 9,934 | 6:05 |
| 138 | 732 | HOJDA ALEKSANDRA | BIEGAM BO LUBIE GLUC | 1984 | 51e K30 | 1:01:01 | 1:00:20 | 9,945 | 6:06 |
| 139 | 289 | GRUSZECKA AGNIESZKA | BRZEG | 1991 | 37e K20 | 1:01:03 | 1:00:34 | 9,906 | 6:06 |
| 140 | 846 | ŁOBODA MARIANNA | NYSA | 1980 | 52e K30 | 1:01:25 | 1:01:05 | 9,823 | 6:08 |
| 141 | 196 | NOWAK TERESA | ZIEBICE | 1954 | 2e K60 | 1:01:32 | 1:00:55 | 9,850 | 6:09 |
| 142 | 50 | JAKUBOWSKA ALEKSANDRA | NYSA | 1993 | 38e K20 | 1:01:33 | 1:00:42 | 9,885 | 6:09 |
| 143 | 707 | STANEK NATALIA | OZIMEK | 1991 | 39e K20 | 1:01:34 | 1:01:05 | 9,823 | 6:09 |
| 144 | 819 | NOWAK NATALIA | GLIWICE | 1992 | 40e K20 | 1:01:53 | 1:01:21 | 9,780 | 6:11 |
| 145 | 104 | TWAROGIEL ANNA | ATHLETICS NYSA, NYSA | 1983 | 53e K30 | 1:01:58 | 1:01:24 | 9,772 | 6:11 |
| 146 | 212 | MAKAROŃSKA TERESA | PACZKÓW | 1970 | 42e K40 | 1:02:09 | 1:01:34 | 9,746 | 6:12 |
| 147 | 202 | ALICH KARINA | BBL GLUCHOŁAZY, GLUCH | 1977 | 43e K40 | 1:02:09 | 1:01:28 | 9,761 | 6:12 |
| 148 | 221 | SOKÓŁ DOROTA | NYSA | 1972 | 44e K40 | 1:02:15 | 1:01:26 | 9,767 | 6:13 |
| 149 | 573 | MORAWIEC-BARTOSZ KATARZYN | JĘDRZYCHÓW | 1970 | 45e K40 | 1:02:15 | 1:01:42 | 9,724 | 6:13 |
| 150 | 713 | WÓJTOWICZ BEATA | NYSA | 1980 | 54e K30 | 1:02:19 | 1:01:47 | 9,711 | 6:13 |

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|-----|------|-------------------------|----------------------|------|-----------|---------|---------|-------|-------|
| 151 | 209 | HNATÓW MARZENA | NYSA BIEGA,NYSA | 1975 | 46e K40 | 1:02:19 | 1:01:46 | 9,714 | 6:13 |
| 152 | 123 | DUDEK EMILIA | NYSA BIEGA,NYSA | 1972 | 47e K40 | 1:02:19 | 1:01:47 | 9,711 | 6:13 |
| 153 | 189 | GACZKOWSKA SABINA | OPOLE | 1991 | 41e K20 | 1:02:25 | 1:01:43 | 9,722 | 6:14 |
| 154 | 234 | KOZIÓŁ AGNIESZKA | ATLETICS NYSA,NYSA | 1974 | 48e K40 | 1:02:25 | 1:01:49 | 9,706 | 6:14 |
| 155 | 231 | JADACH BARBARA | NYSA | 1993 | 42e K20 | 1:02:32 | 1:01:58 | 9,683 | 6:15 |
| 156 | 387 | KASPERSKA AGATA | TULOWICE | 1985 | 55e K30 | 1:02:45 | 1:01:55 | 9,690 | 6:16 |
| 157 | 755 | PIOTROWSKA DOROTA | OPOLE | 1985 | 56e K30 | 1:02:46 | 1:02:17 | 9,633 | 6:16 |
| 158 | 765 | CIECIELĄG ANNA | OTMUCHÓW | 1998 | 43e K20 | 1:02:52 | 1:02:12 | 9,646 | 6:17 |
| 159 | 826 | SZYMAŃSKA ANNA | KĘDZIERZYN-KOŹLE | 1989 | 44e K20 | 1:02:53 | 1:02:04 | 9,667 | 6:17 |
| 160 | 524 | NIESTROJ JUSTYNA | OPOLE | 1982 | 57e K30 | 1:02:55 | 1:02:09 | 9,654 | 6:17 |
| 161 | 516 | KLECZA AGNIESZKA | NYSA BIEGA,NYSA | 2000 | 3e K16 | 1:02:58 | 1:02:10 | 9,651 | 6:17 |
| 162 | 479 | STOJANOWSKA AGATA | CROSSANDAVTIV NYSA , | 1991 | 45e K20 | 1:03:13 | 1:03:05 | 9,511 | 6:19 |
| 163 | 283 | POHL ANNA | BIALA | 1968 | 8e K50 | 1:03:17 | 1:02:45 | 9,562 | 6:19 |
| 164 | 17 | ŁUCZAK KAROLINA | NYSA | 1985 | 58e K30 | 1:03:27 | 1:02:45 | 9,562 | 6:20 |
| 165 | 842 | GRAOWSKA AGNIESZKA | NYSA | 1990 | 46e K20 | 1:03:27 | 1:03:08 | 9,504 | 6:20 |
| 166 | 164 | BECKER ULLA | LAUFTREFF LÜDINGHAUS | 1943 | 3e K60 | 1:03:38 | 1:03:17 | 9,481 | 6:21 |
| 167 | 176 | GROMALA MAGDALENA | NYSA BIEGA,NYSA | 1974 | 49e K40 | 1:03:48 | 1:03:09 | 9,501 | 6:22 |
| 168 | 557 | CHROBAK MAGDALENA | NYSA | 1991 | 47e K20 | 1:03:51 | 1:03:43 | 9,417 | 6:23 |
| 169 | 438 | NOSAL KATARZYNA | NYSA | 1978 | 50e K40 | 1:04:00 | 1:03:40 | 9,424 | 6:24 |
| 170 | 556 | WESOŁOWSKA MARTA | KŁODZKO | 1982 | 59e K30 | 1:04:07 | 1:03:58 | 9,380 | 6:24 |
| 171 | 184 | SZARANIEC KATARZYNA | NYSA | 1987 | 60e K30 | 1:04:07 | 1:03:58 | 9,380 | 6:24 |
| 172 | 822 | ZBYRYT HALINA | NOWA RUDA AKTYWNA NO | 1973 | 51e K40 | 1:04:09 | 1:03:59 | 9,377 | 6:24 |
| 173 | 287 | BOREK JADWIGA | ACTIV EAGLES PRO,KED | 1979 | 61e K30 | 1:04:27 | 1:03:39 | 9,427 | 6:26 |
| 174 | 772 | MAKUŁA MAGDALENA | JARNOLTÓWEK | 1986 | 62e K30 | 1:04:52 | 1:04:04 | 9,365 | 6:29 |
| 175 | 472 | SOPIAK LAURA | PACZKÓW | 1990 | 48e K20 | 1:04:54 | 1:04:06 | 9,360 | 6:29 |
| 176 | 774 | ZAWADA AGNIESZKA | KAMIENNIK | 1990 | 49e K20 | 1:05:07 | 1:04:32 | 9,298 | 6:30 |
| 177 | 204 | KOWALSKA JOANNA | BIEGAM BO LUBIE GLUC | 1977 | 52e K40 | 1:05:11 | 1:04:43 | 9,271 | 6:31 |
| 178 | 129 | KĄŻMIERCZAK-TKACZ EWA | BIEGAM BO LUBIE GLUC | 1976 | 53e K40 | 1:05:11 | 1:04:44 | 9,269 | 6:31 |
| 179 | 102 | LIBOR ANNA | OZIMEK | 1980 | 63e K30 | 1:05:18 | 1:04:38 | 9,283 | 6:31 |
| 180 | 322 | ROMKOWSKA IZABELA | JOLAOS GYM,SKOROGOSZ | 1989 | 50e K20 | 1:05:29 | 1:04:54 | 9,245 | 6:32 |
| 181 | 81 | WAWRZYŃCZAK WIOLETA | NYSA | 1990 | 51e K20 | 1:05:35 | 1:05:13 | 9,200 | 6:33 |
| 182 | 555 | UZIĘBŁO MARTA | NYSA | 1983 | 64e K30 | 1:05:38 | 1:04:58 | 9,236 | 6:33 |
| 183 | 368 | FORNALCZYK MONIKA | NYSA | 1975 | 54e K40 | 1:05:39 | 1:05:06 | 9,217 | 6:33 |
| 184 | 624 | ŁYCZEK SANDRA | KŁODZKO | 1991 | 52e K20 | 1:06:24 | 1:05:42 | 9,132 | 6:38 |
| 185 | 565 | DOLIŃSKA MAGDALENA | OPOLE | 1976 | 55e K40 | 1:06:40 | 1:06:18 | 9,050 | 6:40 |
| 186 | 313 | MISA MARTA | SCINAWA NYSKA | 1996 | 53e K20 | 1:07:23 | 1:06:35 | 9,011 | 6:44 |
| 187 | 325 | SZTOGRYN SANDRA | NYSA | 1992 | 54e K20 | 1:07:23 | 1:06:36 | 9,009 | 6:44 |
| 188 | 539 | BORGOŃ ALEKSANDRA | NYSA | 1989 | 55e K20 | 1:07:51 | 1:07:10 | 8,933 | 6:47 |
| 189 | 25 | SALIŃSKA MONIKA | BRZEG | 1991 | 56e K20 | 1:08:11 | 1:07:42 | 8,863 | 6:49 |
| 190 | 20 | PIESTRAK RENATA | GLUCHOLAZY | 1969 | 56e K40 | 1:08:16 | 1:07:31 | 8,887 | 6:49 |
| 191 | 848 | AUGUST-WIĘCH KAMILA | NYSA | 1988 | 65e K30 | 1:08:46 | 1:08:37 | 8,744 | 6:52 |
| 192 | 413 | LATA VIOLETTA | LEWIN BIEGA,LEWIN BR | 1969 | 57e K40 | 1:10:55 | 1:10:24 | 8,523 | 7:05 |
| 193 | 295 | CZYŻ HALINA | KAMIENIEC ZABKOWICKI | 1971 | 58e K40 | 1:11:47 | 1:11:10 | 8,431 | 7:10 |
| 194 | 400 | KOPROWIAK KATARZYNA | WROCLAW | 1990 | 57e K20 | 1:11:53 | 1:11:00 | 8,451 | 7:11 |
| 195 | 354 | CZARNECKA BARBARA | NYSA | 1959 | 9e K50 | 1:11:58 | 1:11:04 | 8,443 | 7:11 |
| 196 | 384 | JASTRZEBSKA SABINA | NYSA | 1982 | 66e K30 | 1:12:18 | 1:11:45 | 8,362 | 7:13 |
| 197 | 150 | WĄSOWICZ OLIWIA | PRIMA APRILIS CLUB,W | 1993 | 58e K20 | 1:13:24 | 1:13:09 | 8,202 | 7:20 |
| 198 | 125 | KASPRZYK EWA | NYSA | 1975 | 59e K40 | 1:13:25 | 1:13:10 | 8,200 | 7:20 |
| 199 | 266 | BORTNIK GABRIELA | NYSA | 1995 | 59e K20 | 1:16:21 | 1:15:31 | 7,945 | 7:38 |
| 200 | 521 | MALIK-LICZNAR KATARZYNA | PARKRUN OPOLE,SZCZED | 1985 | 67e K30 | 1:16:32 | 1:15:51 | 7,910 | 7:39 |
| 201 | 584 | WĄSOWICZ KRYSZYNA | PRIMA APRILIS CLUB,N | 1964 | 10e K50 | 1:19:22 | 1:19:06 | 7,585 | 7:56 |
| 202 | 691 | CIECIELĄG OLA | NYSA | 1968 | 11e K50 | 1:28:03 | 1:27:09 | 6,885 | 8:48 |