

**BIEG SZLAK TRAFI 2018 - 04.08.2018, PARCHATKA
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|-----|------|---------------------------|----------------------|------|-----|------|--------|-------|--------|-------|
| 1 | 112 | BOROWIEC MICHAŁ | BIEGAJĄCY ŚWIDNIK | 1985 | 1e | 7k-M | 30:43 | 30:40 | 13,696 | 4:23 |
| 2 | 53 | TEŚLUK KUBA | NIGHT RUNNERS | 1993 | 2e | 7k-M | 31:21 | 31:18 | 13,419 | 4:28 |
| 3 | 147 | DYŚ PAWEŁ | STAY INSANE | 1983 | 3e | 7k-M | 34:02 | 34:00 | 12,353 | 4:51 |
| 4 | 93 | SZYDŁOWSKI RAFAŁ | POWER TRAINING | 1988 | 4e | 7k-M | 35:30 | 35:26 | 11,853 | 5:04 |
| 5 | 183 | RESZKA MAREK | LUBLIN | 1987 | 5e | 7k-M | 35:46 | 35:42 | 11,765 | 5:06 |
| 6 | 135 | KĄKOL MICHAŁ | RACEFIGHTER | 1986 | 6e | 7k-M | 36:05 | 35:59 | 11,672 | 5:09 |
| 7 | 177 | KUBA DAMIAN | SEROKOMLA JANOWIEC | 1994 | 7e | 7k-M | 36:42 | 36:10 | 11,613 | 5:14 |
| 8 | 121 | JUSZCZAK MARCIN | RACEFIGHTER | 1986 | 8e | 7k-M | 37:34 | 37:29 | 11,205 | 5:22 |
| 9 | 76 | WÓJCİK JÓZEF | CHEŁM BIEGA | 1969 | 9e | 7k-M | 37:41 | 37:39 | 11,155 | 5:23 |
| 10 | 129 | SAWA JAROSŁAW | STAY INSANE | 1979 | 10e | 7k-M | 37:49 | 37:44 | 11,131 | 5:24 |
| 11 | 47 | AUGUSTYNIĄK ADAM | STAY INSANE | 1983 | 11e | 7k-M | 38:05 | 38:01 | 11,048 | 5:26 |
| 12 | 174 | OLSZAK ŁUKASZ | MULTIMEDIA RUNNERS P | 1981 | 12e | 7k-M | 38:41 | 38:33 | 10,895 | 5:31 |
| 13 | 61 | SZCZEPANIĄK PIOTR | SIEDLCE | 1986 | 13e | 7k-M | 38:43 | 38:36 | 10,881 | 5:31 |
| 14 | 50 | WICHNIAK PAWEŁ | T-MOBILE RUNNING TEA | 1976 | 14e | 7k-M | 38:49 | 38:46 | 10,834 | 5:32 |
| 15 | 90 | MADYŃSKI RAFAŁ | 4PROGRESS,ZYRZYN | 1974 | 15e | 7k-M | 39:00 | 38:51 | 10,811 | 5:34 |
| 16 | 52 | PAWEŁKA MIROSLAW | STAY INSANE | 1980 | 16e | 7k-M | 39:15 | 39:07 | 10,737 | 5:36 |
| 17 | 119 | KOZŁOWSKI BARTOSZ | AVANGARDA PUŁAWY | 1984 | 17e | 7k-M | 39:26 | 39:22 | 10,669 | 5:38 |
| 18 | 39 | WŁUDARCZYK DAMIAN | AVANGARDA PUŁAWY | 1982 | 18e | 7k-M | 39:51 | 39:49 | 10,548 | 5:41 |
| 19 | 157 | PARTYKA PAWEŁ | AVANGARDA PUŁAWY | 1986 | 19e | 7k-M | 40:27 | 40:21 | 10,409 | 5:46 |
| 20 | 51 | ZAWADKA KAMIL | 1990,PILAWA | 1990 | 20e | 7k-M | 41:08 | 40:37 | 10,341 | 5:52 |
| 21 | 98 | GAȚARCZYK MARIUSZ | DZIKIE GRUBASY SZATA | 1983 | 21e | 7k-M | 41:13 | 40:58 | 10,252 | 5:53 |
| 22 | 3 | TYLUTKI KINGA | MULTIMEDIA RUNNERS P | 1983 | 1e | 7k-K | 41:24 | 41:16 | 10,178 | 5:54 |
| 23 | 161 | DANILUK EDYTA | AVANGARDA PUŁAWY | 1986 | 2e | 7k-K | 41:47 | 41:38 | 10,088 | 5:58 |
| 24 | 23 | BORECZEK KAMIL | NALECZÓW | 1994 | 22e | 7k-M | 42:19 | 41:57 | 10,012 | 6:02 |
| 25 | 212 | TYLUTKI KAMIL | MBC TEAM,WARSZAWA | 1981 | 23e | 7k-M | 42:28 | 42:19 | 9,925 | 6:04 |
| 26 | 94 | BOGUSZ PAWEŁ | LUBLIN | 1983 | 24e | 7k-M | 42:29 | 42:10 | 9,960 | 6:04 |
| 27 | 15 | BORATYŃSKI PAWEŁ | PLUTONALPHA,USTANÓW | 1983 | 25e | 7k-M | 42:30 | 41:47 | 10,052 | 6:04 |
| 28 | 139 | SOLAN ŁUKASZ | LUBLIN | 1983 | 26e | 7k-M | 42:31 | 42:18 | 9,929 | 6:04 |
| 29 | 138 | RORAT ARTUR | CHELM BIEGA / DECATH | 1990 | 27e | 7k-M | 42:35 | 42:18 | 9,929 | 6:05 |
| 30 | 8 | KLESZCZYŃSKI BARTOSZ | MULTIMEDIA RUNNERS P | 1985 | 28e | 7k-M | 42:37 | 42:20 | 9,921 | 6:05 |
| 31 | 178 | MAJ PIOTR | MULTIMEDIA RUNNERS P | 1971 | 29e | 7k-M | 42:43 | 42:22 | 9,913 | 6:06 |
| 32 | 38 | SŁUPECZĄSKI JERZY | WARSZAWA | 1985 | 30e | 7k-M | 42:51 | 42:40 | 9,844 | 6:07 |
| 33 | 187 | WIDELSKA EWELINA | BELŻYCE | 1983 | 3e | 7k-K | 42:54 | 42:50 | 9,805 | 6:07 |
| 34 | 9 | BILSKA-ZAJĄC EWA | MULTIMEDIA RUNNERS P | 1984 | 4e | 7k-K | 42:55 | 42:40 | 9,844 | 6:07 |
| 35 | 152 | WOJCIECHOWSKI PAWEŁ | AVANGARDA PUŁAWY | 1974 | 31e | 7k-M | 43:29 | 43:21 | 9,689 | 6:12 |
| 36 | 126 | DYŚ MAŁGORZATA | LUBLIN | 1979 | 5e | 7k-K | 43:40 | 43:30 | 9,655 | 6:14 |
| 37 | 180 | PESZEK KATARZYNA | DZIKIE GRUBASY SZATA | 1978 | 6e | 7k-K | 43:43 | 43:28 | 9,663 | 6:14 |
| 38 | 179 | GÓRECKI BARTŁOMIEJ | WARSZAWA | 1976 | 32e | 7k-M | 43:54 | 43:31 | 9,651 | 6:16 |
| 39 | 24 | GORECKA ALEKSANDRA | BIEGUSIEM.PL,MARKUSZ | 1994 | 7e | 7k-K | 43:59 | 43:43 | 9,607 | 6:17 |
| 40 | 117 | BISZCZUK MARIOLA | AVANGARDA PUŁAWY | 1985 | 8e | 7k-K | 44:07 | 44:03 | 9,535 | 6:18 |
| 41 | 44 | KOZICKI MAREK | PILAWA | 1984 | 33e | 7k-M | 44:37 | 44:06 | 9,524 | 6:22 |
| 42 | 5 | NALEPA SZYMON | IM-POSSIBLE TEAM | 1984 | 34e | 7k-M | 44:49 | 44:13 | 9,499 | 6:24 |
| 43 | 71 | MATUK KONRAD | BIAŁYSTOK | 1987 | 35e | 7k-M | 45:12 | 44:45 | 9,385 | 6:27 |
| 44 | 30 | GRABOWSKI JAROSŁAW | DSS ORLETA | 1981 | 36e | 7k-M | 45:13 | 44:30 | 9,438 | 6:27 |
| 45 | 116 | ZMARZ MALGORZATA | SANOK | 1979 | 9e | 7k-K | 45:23 | 45:16 | 9,278 | 6:29 |
| 46 | 151 | WITKOWSKA-WALENCIK JUSTYN | AVANGARDA PUŁAWY | 1981 | 10e | 7k-K | 45:25 | 45:17 | 9,275 | 6:29 |
| 47 | 10 | MICHALAK BEATA | GÓRA KALWARIA | 1989 | 11e | 7k-K | 45:27 | 45:14 | 9,285 | 6:29 |
| 48 | 73 | SENDER ANDRZEJ | SMUGI | 1970 | 37e | 7k-M | 45:33 | 45:29 | 9,234 | 6:30 |
| 49 | 181 | MACIĄG PAWEŁ | PUŁAWY | 1983 | 38e | 7k-M | 46:01 | 45:36 | 9,211 | 6:34 |
| 50 | 120 | ZAWADZKA MONIKA | AVANGARDA PUŁAWY | 1974 | 12e | 7k-K | 46:32 | 46:27 | 9,042 | 6:38 |

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|-----|------|--------------------------|----------------------|------|-----|------|--------|-------|-------|-------|
| 51 | 64 | NOWINSKI LUKASZ | LEICESTER | 1987 | 39e | 7k-M | 46:50 | 46:34 | 9,019 | 6:41 |
| 52 | 150 | WĘGLIŃSKA KATARZYNA | AVANGARDA PUŁAWY | 1976 | 13e | 7k-K | 47:03 | 46:53 | 8,958 | 6:43 |
| 53 | 105 | GORZKOWSKI MARCIN | BUKOWSKO | 1980 | 40e | 7k-M | 47:10 | 47:04 | 8,924 | 6:44 |
| 54 | 75 | WÓJCIC ANNA | DZIKIE MUSTANGI | 1989 | 14e | 7k-K | 47:34 | 46:44 | 8,987 | 6:47 |
| 55 | 72 | MĄDRO MATEUSZ | DZIKIE MUSTANGI | 1985 | 41e | 7k-M | 47:34 | 46:43 | 8,990 | 6:47 |
| 56 | 91 | PŁOŃSKI PAWEŁ | F.C. JUVENTUS.WARSZA | 1974 | 42e | 7k-M | 48:03 | 47:54 | 8,768 | 6:51 |
| 57 | 142 | WÓLCZYŃSKI KRZYSZTOF | MULTIMEDIA RUNNERS P | 1980 | 43e | 7k-M | 48:14 | 47:57 | 8,759 | 6:53 |
| 58 | 87 | LISZKA BŁAŻEJ | MULTIMEDIA RUNNERS P | 1983 | 44e | 7k-M | 48:14 | 47:55 | 8,765 | 6:53 |
| 59 | 115 | ZMARZ KRZYSZTOF | SANOK.SANOK | 1978 | 45e | 7k-M | 48:24 | 48:18 | 8,696 | 6:54 |
| 60 | 185 | ŚWISTAK PIOTR | WARSZAWA | 1984 | 46e | 7k-M | 48:33 | 48:08 | 8,726 | 6:56 |
| 61 | 6 | KOŁODZIEJCZYK MARTA | FIZJO-SPORT LECZNA B | 1980 | 15e | 7k-K | 48:39 | 48:15 | 8,705 | 6:57 |
| 62 | 184 | WÓJCICKA AGNIESZKA | ŁĘCZNA | 1977 | 16e | 7k-K | 48:39 | 48:15 | 8,705 | 6:57 |
| 63 | 60 | KAWKA TOMASZ | GLORIA VICTIS,ZYRZYN | 1981 | 47e | 7k-M | 49:17 | 49:02 | 8,566 | 7:02 |
| 64 | 59 | KAWKA MAŁGORZATA | ZYRZYN | 1985 | 17e | 7k-K | 49:17 | 49:02 | 8,566 | 7:02 |
| 65 | 113 | MALETKA DOMINIKA | KOLBIEL | 1989 | 18e | 7k-K | 49:17 | 49:07 | 8,551 | 7:02 |
| 66 | 114 | MALETKA JAN | KOLBIEL | 1965 | 48e | 7k-M | 49:18 | 49:08 | 8,548 | 7:02 |
| 67 | 155 | MARGOL-SZUWARA AGNIESZKA | 1. BDM | 1980 | 19e | 7k-K | 49:31 | 49:05 | 8,557 | 7:04 |
| 68 | 132 | SOLECKI DARIUSZ | P.R.R.,PULAWY | 1965 | 49e | 7k-M | 50:03 | 49:49 | 8,431 | 7:09 |
| 69 | 374 | BIENIAS MARIOLA | ŁYZIO & MILORD KĄPAN | 1988 | 20e | 7k-K | 50:05 | 49:52 | 8,422 | 7:09 |
| 70 | 97 | PYCKA MARCIN | SWIDNIK | 1984 | 50e | 7k-M | 50:17 | 49:57 | 8,408 | 7:11 |
| 71 | 131 | MEJKA ANETA | RACEFIGHTER | 1976 | 21e | 7k-K | 50:19 | 50:12 | 8,367 | 7:11 |
| 72 | 25 | WÓJCIC MAŁGORZATA | DSS ORLETA,STEZYCA | 1980 | 22e | 7k-K | 50:23 | 49:51 | 8,425 | 7:11 |
| 73 | 140 | SZACOŃ MACIEJ | LUBLIN | 1991 | 51e | 7k-M | 50:25 | 50:00 | 8,400 | 7:12 |
| 74 | 18 | NÓWAK BARBARA | PULAWY | 1979 | 52e | 7k-M | 50:37 | 50:23 | 8,336 | 7:13 |
| 75 | 74 | TOMCZYK DAWID | LUBLIN | 1977 | 53e | 7k-M | 50:38 | 50:09 | 8,375 | 7:14 |
| 76 | 55 | ZAKASZEWSKA AGNIESZKA | IM-POSSIBLE TEAM | 1984 | 23e | 7k-K | 50:49 | 50:15 | 8,358 | 7:15 |
| 77 | 27 | IWAŃSKI JACEK | UKS OLIMP,SKARYSZEW | 1973 | 54e | 7k-M | 50:52 | 50:17 | 8,353 | 7:16 |
| 78 | 7 | GAWLIK SYLWIA | LUBLIN | 1980 | 24e | 7k-K | 50:58 | 50:27 | 8,325 | 7:16 |
| 79 | 123 | SYTA JAKUB | WARSZAWA | 1978 | 55e | 7k-M | 51:14 | 50:36 | 8,300 | 7:19 |
| 80 | 21 | STOIŃSKA BARBARA | LASKI | 1981 | 25e | 7k-K | 51:25 | 50:57 | 8,243 | 7:20 |
| 81 | 66 | RACZKIEWICZ RENATA | LEICESTER | 1984 | 26e | 7k-K | 51:29 | 51:13 | 8,200 | 7:21 |
| 82 | 103 | STĘPIEŃ DOROTA | WARSZAWA | 1984 | 27e | 7k-K | 51:35 | 51:12 | 8,203 | 7:22 |
| 83 | 109 | NÓWAK KATARZYNA | DZIKIE GRUBASY SZATA | 1987 | 28e | 7k-K | 51:50 | 51:36 | 8,140 | 7:24 |
| 84 | 175 | KWIATEK MACIEJ | RUKE PUŁAWY | 1975 | 56e | 7k-M | 52:20 | 51:51 | 8,100 | 7:28 |
| 85 | 42 | UDOWOLSKI NORBERT | BIALA PODLASKA | 1973 | 57e | 7k-M | 52:40 | 52:28 | 8,005 | 7:31 |
| 86 | 167 | PIOTROWICZ MAGDALENA | CISOWIANKA TEAM PL,L | 1986 | 29e | 7k-K | 52:44 | 52:23 | 8,018 | 7:32 |
| 87 | 159 | SAWA KAMILA | AVANGARDA PUŁAWY | 1990 | 30e | 7k-K | 52:50 | 52:42 | 7,970 | 7:32 |
| 88 | 158 | SAWA EMIL | AVANGARDA PUŁAWY | 1990 | 58e | 7k-M | 52:50 | 52:42 | 7,970 | 7:32 |
| 89 | 104 | GORZKOWSKA IWONA | BUKOWSKO | 1980 | 31e | 7k-K | 52:58 | 52:51 | 7,947 | 7:34 |
| 90 | 31 | GRZĄDA MICHAŁ | KRSP,PULAWY | 1987 | 59e | 7k-M | 53:10 | 52:27 | 8,008 | 7:35 |
| 91 | 14 | KRASOWICZ IWONA | LUBLIN | 1977 | 32e | 7k-K | 53:12 | 52:39 | 7,977 | 7:36 |
| 92 | 70 | NOWOROLNIK PAWEŁ | MULTIMEDIA RUNNERS P | 1979 | 60e | 7k-M | 53:27 | 53:08 | 7,905 | 7:38 |
| 93 | 79 | CZARNECKA EWA | MULTIMEDIA RUNNERS P | 1980 | 33e | 7k-K | 53:29 | 53:10 | 7,900 | 7:38 |
| 94 | 69 | GAŚSIOR KRZYSZTOF | RADOM | 1994 | 61e | 7k-M | 53:30 | 53:10 | 7,900 | 7:38 |
| 95 | 176 | WRÓBEL RAFAŁ | USŁUGI PROTETYCZNE P | 1979 | 62e | 7k-M | 53:30 | 53:08 | 7,905 | 7:38 |
| 96 | 62 | BARDZEL JUSTYNA | LÓDZ | 1983 | 34e | 7k-K | 53:34 | 53:21 | 7,873 | 7:39 |
| 97 | 82 | BOCHENKIEWICZ MARCIN | MULTIMEDIA RUNNERS P | 1979 | 63e | 7k-M | 53:35 | 53:18 | 7,880 | 7:39 |
| 98 | 154 | KURPIŃSKA EWELINA | AVANGARDA PUŁAWY | 1990 | 35e | 7k-K | 53:36 | 53:28 | 7,855 | 7:39 |
| 99 | 45 | KOZUBAŁA PAWEŁ | WARSZAWA | 1985 | 64e | 7k-M | 53:38 | 53:17 | 7,882 | 7:39 |
| 100 | 83 | BORZECKA MAGDALENA | PULAWY | 1979 | 36e | 7k-K | 53:40 | 53:28 | 7,855 | 7:40 |

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|-----|------|-------------------------|----------------------|------|-----|------|---------|---------|-------|-------|
| 101 | 146 | KRÓL ALEKSANDRA | AVANGARDA PUŁAWY | 1991 | 37e | 7k-K | 53:43 | 53:31 | 7,848 | 7:40 |
| 102 | 32 | GNIĘCIAK MONIKA | GÓRA PUŁAWSKA | 1980 | 38e | 7k-K | 53:54 | 53:26 | 7,860 | 7:42 |
| 103 | 163 | KLESZCZYŃSKA AGNIESZKA | MULTIMEDIA RUNNERS P | 1985 | 39e | 7k-K | 53:54 | 53:23 | 7,868 | 7:42 |
| 104 | 143 | DYŚ OLGA | LUBLIN | 1989 | 40e | 7k-K | 53:57 | 53:32 | 7,846 | 7:42 |
| 105 | 164 | KŁOPOT STANISŁAWA | PUŁAWY | 1972 | 41e | 7k-K | 53:58 | 53:26 | 7,860 | 7:42 |
| 106 | 54 | RUTKOWSKA MIŁENA | AVANGARDA FITNESS&SP | 1982 | 42e | 7k-K | 53:58 | 53:27 | 7,858 | 7:42 |
| 107 | 40 | RZEŹNIK JOLANTA | 9-TKA RUNNING TEAM,P | 1962 | 43e | 7k-K | 54:06 | 53:55 | 7,790 | 7:43 |
| 108 | 88 | BRZEZNIKA JUSTYNA | WARSZAWA | 1980 | 44e | 7k-K | 54:10 | 53:37 | 7,833 | 7:44 |
| 109 | 43 | WOJDASZKA DOMINIKA | GARBÓW | 1990 | 45e | 7k-K | 54:40 | 54:24 | 7,721 | 7:48 |
| 110 | 169 | WALCZAK IZABELA | LUBLIN BIEGA | 1984 | 46e | 7k-K | 55:55 | 55:17 | 7,597 | 7:59 |
| 111 | 182 | LECH ANDRZEJ | LUBLIN | 1967 | 65e | 7k-M | 55:55 | 55:46 | 7,531 | 7:59 |
| 112 | 165 | PTASZYŃSKI ŁUKASZ | WARSZAWA | 1987 | 66e | 7k-M | 56:23 | 56:11 | 7,476 | 8:03 |
| 113 | 96 | PAWŁOWSKA-LIS MARIA | JANOWIEC | 1977 | 47e | 7k-K | 56:34 | 55:48 | 7,527 | 8:04 |
| 114 | 125 | ZAGAJSKI ROBERT | LUBLIN | 1964 | 67e | 7k-M | 56:36 | 56:04 | 7,491 | 8:05 |
| 115 | 56 | BOCHENKIEWICZ MARIA | MULTIMEDIA RUNNERS P | 1987 | 48e | 7k-K | 57:01 | 56:41 | 7,410 | 8:08 |
| 116 | 160 | CIUPA WOJCIECH | MULTIMEDIA RUNNERS P | 1976 | 68e | 7k-M | 57:03 | 56:09 | 7,480 | 8:09 |
| 117 | 58 | WIKIERA ALINA | BARANÓW | 1988 | 49e | 7k-K | 57:03 | 56:29 | 7,436 | 8:09 |
| 118 | 80 | BOCHENKIEWICZ KAMILA | MULTIMEDIA RUNNERS P | 1982 | 50e | 7k-K | 57:06 | 56:49 | 7,392 | 8:09 |
| 119 | 130 | MATYSIAK KAROLINA | TCZÓW | 1983 | 51e | 7k-K | 57:07 | 56:51 | 7,388 | 8:09 |
| 120 | 133 | WILKIEWICZ DARIUSZ | ZWOLEN BIEGA,ZWOLEN | 1979 | 69e | 7k-M | 57:08 | 56:53 | 7,384 | 8:09 |
| 121 | 108 | DĄBROWSKI PRZEMEK | LUBLIN | 1983 | 70e | 7k-M | 57:22 | 56:44 | 7,403 | 8:11 |
| 122 | 166 | KĘSKA PAWEŁ | LUBLIN | 1958 | 71e | 7k-M | 57:33 | 57:12 | 7,343 | 8:13 |
| 123 | 186 | BOJARSZCZUK JOLANTA | PUŁAWY | 1977 | 52e | 7k-K | 57:59 | 57:46 | 7,271 | 8:17 |
| 124 | 102 | DERMAŃSKA MARTA | WARSZAWA | 1984 | 53e | 7k-K | 58:07 | 57:44 | 7,275 | 8:18 |
| 125 | 37 | GAWRYJOLEK KAROLINA | GOLAB | 1984 | 54e | 7k-K | 58:08 | 57:31 | 7,302 | 8:18 |
| 126 | 153 | MARCZAK-SIKORA KAROLINA | MULTIMEDIA RUNNERS P | 1980 | 55e | 7k-K | 58:26 | 57:41 | 7,281 | 8:20 |
| 127 | 12 | SZYMANEK KRZYSZTOF | MULTIMEDIA RUNNERS P | 1975 | 72e | 7k-M | 58:28 | 57:44 | 7,275 | 8:21 |
| 128 | 124 | WIKIERA KAMIL | MULTIMEDIA RUNNERS P | 1983 | 73e | 7k-M | 58:49 | 58:12 | 7,216 | 8:24 |
| 129 | 122 | GOŁOFIT MATEUSZ | MULTIMEDIA RUNNERS P | 1987 | 74e | 7k-M | 58:49 | 58:13 | 7,214 | 8:24 |
| 130 | 4 | PROKOPIUK MAGDALENA | RADONIE | 1975 | 56e | 7k-K | 59:40 | 58:51 | 7,137 | 8:31 |
| 131 | 134 | CAPAŁA MIECZYŚLAW | IND.,PUŁAWY | 1949 | 75e | 7k-M | 1:00:13 | 59:27 | 7,065 | 8:36 |
| 132 | 162 | ROGOWSKI KRZYSZTOF | AVANGARDA PUŁAWY | 1982 | 76e | 7k-M | 1:00:24 | 1:00:13 | 6,975 | 8:37 |
| 133 | 67 | SZARSKA IWONA | ALETEMPO,WARSZAWA | 1960 | 57e | 7k-K | 1:00:38 | 59:59 | 7,002 | 8:39 |
| 134 | 144 | GRONOWSKA MAŁGORZATA | MIACZYŃ | 1977 | 58e | 7k-K | 1:01:09 | 1:00:23 | 6,956 | 8:44 |
| 135 | 92 | JAWORSKA JUSTYNA | PUŁAWY | 1978 | 59e | 7k-K | 1:01:09 | 1:00:23 | 6,956 | 8:44 |
| 136 | 22 | GRZĄDZIEL JAROSŁAW | PUŁAWY | 1990 | 77e | 7k-M | 1:02:35 | 1:01:58 | 6,778 | 8:56 |
| 137 | 68 | GLINKA EWA | DZIKIE MUSTANGI | 1987 | 60e | 7k-K | 1:02:38 | 1:01:48 | 6,796 | 8:56 |
| 138 | 81 | WIECZOREK BEATA | DZIKIE GRUBASY SZATA | 1987 | 61e | 7k-K | 1:02:54 | 1:02:40 | 6,702 | 8:59 |
| 139 | 106 | FIROSZ MAŁGORZATA | BIEGAJĄCY ŚWIDNIK | 1999 | 62e | 7k-K | 1:03:45 | 1:03:25 | 6,623 | 9:06 |
| 140 | 86 | SZULC ŁUKASZ | INTROGRAF TEAM | 1995 | 78e | 7k-M | 1:05:10 | 1:04:43 | 6,490 | 9:18 |
| 141 | 156 | NAWROCKA AGNIESZKA | AVANGARDA PUŁAWY | 1977 | 63e | 7k-K | 1:05:14 | 1:05:04 | 6,455 | 9:19 |
| 142 | 19 | SMOCZYŃSKA AGNIESZKA | JÓZEFOSŁAW | 1969 | 64e | 7k-K | 1:05:19 | 1:04:42 | 6,491 | 9:19 |
| 143 | 63 | CIESIELSKA IWONA | WARSZAWA | 1969 | 65e | 7k-K | 1:05:19 | 1:04:43 | 6,490 | 9:19 |
| 144 | 85 | KĘSKA EWA | LUBLIN | 1960 | 66e | 7k-K | 1:06:12 | 1:05:48 | 6,383 | 9:27 |
| 145 | 46 | ZAKASZEWSKI MARCIN | IM-POSSIBLE TEAM | 1986 | 79e | 7k-M | 1:06:49 | 1:06:15 | 6,340 | 9:32 |
| 146 | 41 | KOWALSKA MONIKA | T-MOBILE RUNNING TEA | 1979 | 67e | 7k-K | 1:08:01 | 1:07:33 | 6,218 | 9:43 |
| 147 | 127 | OŻÓG DOROTA | CHELM | 1975 | 68e | 7k-K | 1:09:05 | 1:08:47 | 6,106 | 9:52 |
| 148 | 128 | OŻÓG IWONA | CHELM | 1973 | 69e | 7k-K | 1:09:05 | 1:08:47 | 6,106 | 9:52 |
| 149 | 95 | BARCZAK SYLWIA | STAY INSANE | 1984 | 70e | 7k-K | 1:09:30 | 1:09:02 | 6,084 | 9:55 |
| 150 | 11 | MOSKALIK IWONA | MULTIMEDIA RUNNERS P | 1980 | 71e | 7k-K | 1:11:14 | 1:10:26 | 5,963 | 10:10 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | MscKat | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|----------------------|------|----------|---------|---------|-------|-------|
| 151 | 2 | SZWED-LIPIŃSKI MAREK | DZIKIE GRUBASY SZATA | 1978 | 80e 7k-M | 1:11:37 | 1:10:53 | 5.925 | 10:13 |
| 152 | 65 | RABA JOLANTA | GRUPA BIEGOWA UM W-W | 1963 | 72e 7k-K | 1:12:31 | 1:11:49 | 5.848 | 10:21 |
| 153 | 17 | SMOCZYŃSKA KATARZYNA | JÓZEFOSŁAW | 1974 | 73e 7k-K | 1:12:32 | 1:11:55 | 5.840 | 10:21 |
| 154 | 77 | MATUSZEWSKA KAROLINA | LEGIONOWO | 1979 | 74e 7k-K | 1:17:12 | 1:16:31 | 5.489 | 11:01 |
| 155 | 78 | MATUSZEWSKI DOMINIK | LEGIONOWO | 1977 | 81e 7k-M | 1:17:12 | 1:16:31 | 5.489 | 11:01 |