

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Brutto | Netto | Km/h | Czas/Km |
|--------|------|-----------------------|----------------------|------|-------|-------|---------|---------|--------|---------|
| 1 | 2 | BAJSEROWICZ ANNA | ZIELONA GÓRA | 1981 | 1 | K40 | 44:50 | 44:46 | 13,403 | 4:29 |
| 2 | 23 | BIEGACZ ANONIMOWY | | 1994 | 1 | K20 | 45:01 | 44:57 | 13,348 | 4:30 |
| 3 | 52 | SIEMIATOWSKA ELŻBIETA | ULTRA DIABŁY TEAM LU | 1985 | 1 | K30 | 45:11 | 45:05 | 13,309 | 4:31 |
| 4 | 54 | STARCZEWSKA IZABELA | ULTRA DIABŁY TEAM LU | 1970 | 1 | K50 | 47:18 | 47:11 | 12,716 | 4:43 |
| 5 | 40 | MICHNOWICZ EWELINA | KROSNO ODRZAŃSKIE | 1992 | 2 | K20 | 47:52 | 47:50 | 12,544 | 4:47 |
| 6 | 30 | KRZESIŃSKA KATARZYNA | ZAWSZE RAZEM ,ZIELON | 1984 | 2 | K30 | 50:49 | 50:39 | 11,846 | 5:04 |
| 7 | 25 | KAŹMIERSKA MONIKA | NOWOSOLSKA GRUPA BIE | 1979 | 2 | K40 | 51:14 | 51:09 | 11,730 | 5:07 |
| 8 | 12 | GARBOWSKA ANNA | SULECHÓW | 1981 | 3 | K40 | 51:59 | 51:52 | 11,568 | 5:11 |
| 9 | 19 | BIEGACZ ANONIMOWY | | 1974 | 4 | K40 | 54:59 | 54:49 | 10,946 | 5:29 |
| 10 | 63 | ŚLUSARCZYK EWA | ZIELONA GÓRA | 1978 | 5 | K40 | 55:00 | 54:49 | 10,946 | 5:30 |
| 11 | 7 | BOCZKOWSKA MAŁGORZATA | SWIEBODZIN | 1979 | 6 | K40 | 55:12 | 55:00 | 10,909 | 5:31 |
| 12 | 11 | BIEGACZ ANONIMOWY | | 1976 | 7 | K40 | 58:08 | 57:58 | 10,351 | 5:48 |
| 13 | 18 | GWIAZDA WANDA | SZPROTAWO BIEGAJ ,SZ | 1955 | 1 | K60 | 59:48 | 59:44 | 10,045 | 5:58 |
| 14 | 4 | BIEGACZ ANONIMOWY | | 1979 | 8 | K40 | 1:02:45 | 1:02:36 | 9,585 | 6:16 |
| 15 | 24 | KALIŃSKA-KOSIOREK EWA | ZIELONA GÓRO ZACZNIJ | 1980 | 9 | K40 | 1:04:16 | 1:04:05 | 9,363 | 6:25 |
| 16 | 41 | NITSCHKA KAMILA | ZIELONA GÓRA | 1984 | 3 | K30 | 1:04:16 | 1:04:06 | 9,360 | 6:25 |