

| MscKt | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscGen | Kateg | Brutto | Netto | Km/h | Czas/Km |
|-------|------|----------------------|-----------------------|------|--------|-------|---------|---------|--------|---------|
| 4 | 434 | OBSTÓJ KAROLINA | #SOBASTEAM&BIEGOSTAG | 1990 | 28 | K30 | 57:54 | 57:52 | 12,442 | 4:49 |
| 2 | 425 | MICHNOWICZ EWELINA | KROSNO-ODRZAŃSKIE | 1992 | 42 | K30 | 1:00:36 | 1:00:32 | 11,894 | 5:02 |
| 3 | 236 | WUJDA KAROLINA | ZIELONA GÓRA | 1991 | 49 | K30 | 1:02:09 | 1:02:02 | 11,607 | 5:10 |
| 4 | 95 | KUBERACKA JUSTYNA | ZIELONA GÓRA | 1988 | 66 | K30 | 1:04:15 | 1:04:11 | 11,218 | 5:20 |
| 5 | 261 | MASTERNAK MARTA | PRZYTOK | 1986 | 69 | K30 | 1:04:36 | 1:04:29 | 11,166 | 5:22 |
| 6 | 162 | RESPONDEK ANNA | ZIELONA GÓRA | 1983 | 79 | K30 | 1:05:26 | 1:05:23 | 11,012 | 5:26 |
| 7 | 190 | STASZCZAK MAŁGORZATA | TRI TEAM LUBAŃ, LUBAŃ | 1986 | 88 | K30 | 1:08:13 | 1:08:07 | 10,570 | 5:40 |
| 8 | 6 | ASANOWICZ EMILIA | ZIELONA GÓRA | 1988 | 101 | K30 | 1:10:57 | 1:10:45 | 10,177 | 5:53 |
| 9 | 91 | KRZESIŃSKA KATARZYNA | KRZESIŃSCY | 1984 | 115 | K30 | 1:13:22 | 1:13:15 | 9,829 | 6:06 |
| 10 | 158 | RATAJCZAK MAŁGORZATA | ZIELONA GÓRA | 1985 | 121 | K30 | 1:15:41 | 1:15:36 | 9,524 | 6:18 |
| 11 | 203 | SZYMAŃSKA KATARZYNA | MASTERCHEM RUNNERS T | 1988 | 135 | K30 | 1:17:41 | 1:17:39 | 9,272 | 6:28 |
| 12 | 225 | WIĘCŁAW JULIA | ZIELONA GÓRA | 1985 | 161 | K30 | 1:22:08 | 1:21:48 | 8,802 | 6:49 |
| 13 | 131 | NOWACZYK ANNA | ŁODYGA ATHLETIC, GROD | 1984 | 167 | K30 | 1:23:17 | 1:23:11 | 8,656 | 6:55 |
| 14 | 21 | BOGACKA ANETA | ZGZB | 1987 | 177 | K30 | 1:25:02 | 1:24:48 | 8,491 | 7:04 |
| 15 | 51 | DRYWA EWELINA | ZIELONA GÓRA | 1986 | 178 | K30 | 1:25:03 | 1:24:49 | 8,489 | 7:04 |
| 16 | 180 | SIMAŃCZYK MONIKA | RACULA | 1988 | 184 | K30 | 1:26:08 | 1:25:51 | 8,387 | 7:09 |
| 17 | 56 | FANAJŁO KASIA | ZGZB | 1986 | 191 | K30 | 1:27:58 | 1:27:52 | 8,194 | 7:19 |
| 18 | 218 | WALKUSZ AGNIESZKA | ŚWIEBODZIN | 1992 | 214 | K30 | 1:37:33 | 1:37:28 | 7,387 | 8:07 |
| 19 | 126 | MROZIUK MONIKA | ZIELONA GÓRA | 1986 | 221 | K30 | 1:40:24 | 1:40:08 | 7,190 | 8:20 |
| 20 | 136 | OLSZEWSKA KAMILA | ZIELONA GÓRA | 1987 | 232 | K30 | 2:07:01 | 2:06:51 | 5,676 | 10:34 |