

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | MscGen | Netto | Km/h | Czas/km |
|-----|-------|-----------------------|----------------------|------|--------|-------|--------|---------|
| | 223 | KŁAYBOR NATALIA | 34 BKPANC, ŻAGAN | 1995 | 4 | 17:55 | 16,744 | 3:35 |
| | 247 | GREDKA KLAUDIA | OSNO LUBUSKIE | 1998 | 2 | 18:55 | 15,859 | 3:47 |
| 1 | 171 | JÓZEFOWICZ MAŁGORZATA | MODRZYCA | 2003 | 15 | 23:23 | 12,830 | 4:40 |
| 2 | 145 | ŻMUDA KINGA | ZIELONA GÓRA | 1999 | 17 | 23:51 | 12,579 | 4:46 |
| 3 | 61 | DYLEWICZ WERONIKA | ZIELONA GÓRA | 2000 | 19 | 24:14 | 12,380 | 4:50 |
| 4 | 114 | WOŹNIAK AGNIESZKA | TORZYM | 2002 | 21 | 24:16 | 12,363 | 4:51 |
| 5 | 195 | KOWALSKA JULIA | ZIELONA GÓRA | 2006 | 30 | 26:30 | 11,321 | 5:18 |
| 6 | 108 | KASPERSKA EMILIA | ZIELONA GÓRA | 2005 | 34 | 26:53 | 11,159 | 5:22 |
| 7 | 215 | SŁAWEK ALICJA | ZIELONA GÓRA | 2007 | 43 | 27:39 | 10,850 | 5:31 |
| 8 | 87 | SOBALAK JULIA | ZIELONA GÓRA | 2007 | 51 | 29:06 | 10,309 | 5:49 |
| 9 | 22 | FIEDOROWICZ MARTA | ZIELONA GÓRA | 1994 | 55 | 29:30 | 10,169 | 5:54 |
| 10 | 28 | DARDZIŃSKA AMELIA | ZIELONA GÓRA | 2006 | 61 | 30:09 | 9,950 | 6:01 |
| 11 | 60 | STASZEWSKA GABRIELA | AEROKLUB ZIEMI LUBUS | 2004 | 66 | 30:41 | 9,777 | 6:08 |
| 12 | 101 | PUTNINA DZULIJA | ZIELONA GORA | 1996 | 73 | 32:02 | 9,365 | 6:24 |
| 13 | 132 | WYROSTEK MICHALINA | MORZYCZYN | 2000 | 75 | 32:17 | 9,293 | 6:27 |
| 14 | 70 | HUTTA MARTYNA | NIETKÓW | 2003 | 78 | 34:29 | 8,700 | 6:53 |