

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | Brutto | Netto | Km/h | Czas/km |
|-----|-------|--------------------------|----------------------|------|--------|-------|--------|---------|
| 1 | 189 | HAMPEL KAROLINA | SZYMANOWSKI TEAM,ZIE | 1994 | 22:05 | 22:05 | 16,302 | 3:40 |
| 2 | 172 | MICHNOWICZ EWELINA | KROSNO ODRZAŃSKIE | 2022 | 22:15 | 22:14 | 16,192 | 3:42 |
| 3 | 156 | TALKOWSKA ALEKSANDRA | KB WIKON NOWA SÓL ,N | 1983 | 23:21 | 23:20 | 15,429 | 3:53 |
| 4 | 120 | PERON ANITA | ZIELONA GÓRA | 1987 | 23:40 | 23:39 | 15,222 | 3:56 |
| 5 | 80 | KROJCIG EWA | ZIELONA GÓRA | 1980 | 23:50 | 23:49 | 15,115 | 3:58 |
| 6 | 171 | WOCH AGNIESZKA | EKM,ZIELONA GÓRA | 1973 | 23:50 | 23:49 | 15,115 | 3:58 |
| 7 | 33 | DOMINIK MAGDALENA | ZIELONA GÓRA | 1986 | 25:45 | 25:43 | 13,999 | 4:17 |
| 8 | 55 | JAROWICZ JOANNA | ZIELONA GÓRA | 1987 | 26:16 | 26:11 | 13,749 | 4:21 |
| 9 | 132 | RESPONDEK ANNA | ZIELONA GÓRA | 1983 | 26:30 | 26:29 | 13,593 | 4:24 |
| 10 | 77 | KOWALCZYK-HETNAR MARTA | KB WIKON NOWA SÓL,NO | 1976 | 27:39 | 27:37 | 13,036 | 4:36 |
| 11 | 181 | ZARZYCKA KATARZYNA | ZIELONA GÓRA | 1992 | 27:46 | 27:38 | 13,028 | 4:36 |
| 12 | 99 | MATUKIEWICZ JULIA | ZIELONA GÓRA | 1986 | 27:48 | 27:44 | 12,981 | 4:37 |
| 13 | 107 | NIEĆKOWIAK KATARZYNA | ZIELONA GÓRA | 1988 | 28:03 | 27:55 | 12,896 | 4:39 |
| 14 | 15 | BŁĄŻEJEWSKA DANUTA | ZIELONA GÓRA | 1988 | 28:32 | 28:26 | 12,661 | 4:44 |
| 15 | 93 | MARGOL JOANNA | KB WIKON NOWA SÓL,ZA | 1990 | 28:43 | 28:40 | 12,558 | 4:46 |
| 16 | 192 | JAMKOWSKA URSZULA | ZIELONA GÓRA | 1978 | 28:49 | 28:48 | 12,500 | 4:48 |
| 17 | 145 | STARCZEWSKA PLUTA ALICJA | KRWIOBIEGANIE,ZIELON | 1969 | 29:03 | 28:51 | 12,478 | 4:48 |
| 18 | 147 | SZATARSKA MARTA | ZIELONA GÓRA | 1982 | 29:59 | 29:51 | 12,060 | 4:58 |
| 19 | 194 | FIRLEJ ANNA | KRWIOBIEGANIE,ZIELON | 1994 | 30:29 | 30:15 | 11,901 | 5:02 |
| 20 | 177 | WYSOCKA-KUŹMIAK JUSTYNA | ZIELONA GÓRA | 1980 | 30:30 | 30:22 | 11,855 | 5:03 |
| 21 | 183 | ZIELIŃSKA LUDMIŁA | KB WIKON,MODRZYCA | 1978 | 30:56 | 30:52 | 11,663 | 5:08 |
| 22 | 119 | PAWŁOWSKA JOANNA | LEBIODA TEAM,NOWA SÓ | 1983 | 31:34 | 31:28 | 11,441 | 5:14 |
| 23 | 62 | KAJDAS KATARZYNA | CROSS STRACEŃCÓW TEA | 1978 | 32:06 | 32:02 | 11,238 | 5:20 |
| 24 | 56 | JASIŃSKA MARTA | KLUB BIEGOWY WIKON N | 1982 | 32:27 | 32:24 | 11,111 | 5:24 |
| 25 | 28 | CZEPIEL NATALIA | ZIELONA GÓRA | 1985 | 32:37 | 32:31 | 11,071 | 5:25 |
| 26 | 41 | HAGEL JULITA | LUBIN | 1982 | 33:10 | 33:03 | 10,893 | 5:30 |
| 27 | 110 | NOWAK MARTA | KB WIKON NOWA SÓL,NO | 1981 | 33:20 | 33:19 | 10,805 | 5:33 |
| 28 | 60 | JUSZCZAK OLIWIA | ZIELONA GÓRA | 1993 | 33:28 | 33:23 | 10,784 | 5:33 |
| 29 | 84 | KUEHNEL PEGGY | COTTBUS | 1971 | 33:37 | 33:31 | 10,741 | 5:35 |
| 30 | 30 | DALECKA-ZABOROWSKA MAGDA | ZIELONA GÓRA | 1976 | 33:43 | 33:33 | 10,730 | 5:35 |
| 31 | 127 | POLISZEWSKA EWA | ZIELONA GÓRA | 1980 | 33:49 | 33:41 | 10,688 | 5:36 |
| 32 | 76 | KOWALCZYK JOWITA | ZIELONA GÓRA | 1973 | 33:50 | 33:41 | 10,688 | 5:36 |
| 33 | 175 | WRÓBLEWSKA MAŁGORZATA | BIEGAMY BO CHCEMY KR | 1977 | 34:23 | 34:19 | 10,491 | 5:43 |
| 34 | 11 | BEREŚ ANNA | KB WIKON,NOWE MIASTE | 1989 | 34:26 | 34:23 | 10,470 | 5:43 |
| 35 | 25 | CHWIĄLKOWSKA JULIA | ZIELONA GÓRA | 2000 | 34:26 | 34:20 | 10,485 | 5:43 |
| 36 | 17 | BOCZAR BEATA | GREEN TEAM,ZIELONA G | 1965 | 35:07 | 35:00 | 10,286 | 5:50 |
| 37 | 40 | GWIAZDA WANDA | SZPROTAWO BIEGAJ,SZP | 1955 | 35:14 | 35:11 | 10,232 | 5:51 |
| 38 | 12 | BIAŁAS ELWIRA | ZIELONA GÓRA | 1976 | 35:19 | 35:04 | 10,266 | 5:50 |
| 39 | 103 | MURAWSKA JOANNA | ZIELONA GÓRA | 1990 | 35:24 | 35:08 | 10,247 | 5:51 |
| 40 | 150 | SZCZEPANIAK ANNA | ZIELONA GÓRA | 1982 | 35:40 | 35:26 | 10,160 | 5:54 |
| 41 | 29 | CZYCZ EMILIA | GREEN TEAM,ZIELONA G | 1950 | 35:53 | 35:46 | 10,065 | 5:57 |
| 42 | 116 | PALISZEWSKA PATRYCJA | ZIELONA GÓRA | 1984 | 36:36 | 36:34 | 9,845 | 6:05 |
| 43 | 104 | NAJDEK JUSTYNA | ŻÓŁWIKI,ŻAGAŃ | 1996 | 36:37 | 36:23 | 9,895 | 6:03 |
| 44 | 139 | SKRZYŃSKA MARLENA | MCH RUNNERS TEAM ,ZI | 1985 | 37:13 | 36:58 | 9,738 | 6:09 |
| 45 | 35 | FLIGIER KATARZYNA | NOWE GRANICE,ZIELONA | 1972 | 37:59 | 37:43 | 9,545 | 6:17 |
| 46 | 54 | JARCZEWSKA RENATA | GOLENIÓW | 1967 | 38:15 | 38:05 | 9,453 | 6:20 |
| 47 | 109 | NOSEK ANNA | ZIELONA GÓRA | 1983 | 39:06 | 38:46 | 9,286 | 6:27 |
| 48 | 90 | ŁOJEWSKA KATARZYNA | ZIELONA GÓRA | 1971 | 39:39 | 39:24 | 9,137 | 6:34 |

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | Brutto | Netto | Km/h | Czas/km |
|-----|-------|---------------------|----------------------|------|--------|-------|-------|---------|
| 49 | 190 | OLCZYK ELWIRA | GRUPA BIEGOWA STATYS | 1975 | 41:37 | 41:22 | 8,703 | 6:53 |
| 50 | 114 | OLSZEWSKA MONIKA | GLOBALLOGIC POLAND,Z | 1982 | 43:15 | 42:59 | 8,375 | 7:09 |
| 51 | 26 | CIERPICA ELIZA | GLOBALLOGIC POLAND,Z | 1992 | 46:18 | 46:02 | 7,820 | 7:40 |
| 52 | 72 | KONDRAD DOROTA | ZIELONA GORA | 1982 | 46:18 | 46:03 | 7,818 | 7:40 |
| 53 | 52 | JANKOWSKA AGNIESZKA | GBSL STATYSTYKA LUBU | 1975 | 50:55 | 50:32 | 7,124 | 8:25 |
| 54 | 162 | TURKOWSKA BASIA | BIEGAM BO MUSZĘ ,ZIE | 1975 | 50:55 | 50:38 | 7,110 | 8:26 |
| 55 | 96 | CHRUSTEK EWA | KONIEC WYŚCIGU,ZIELO | 1968 | 50:55 | 50:38 | 7,110 | 8:26 |