

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Netto | Km/h | Czas/km |
|-----|-------|---------------------------|----------------------|------|--------|-----|-------|--------|---------|
| 1 | 380 | KLAYBOR NATALIA | 34 BKPANC, ŻAGAŃ | 1995 | | | 18:42 | 16,043 | 3:44 |
| 2 | 386 | DZIOPA-KAN ANNA | ŻAGAŃSKA GRUPA BIEGO | 1976 | | | 21:56 | 13,678 | 4:23 |
| 3 | 339 | GAWURA ANNA | ŻAGAŃ | 1985 | | | 25:03 | 11,976 | 5:00 |
| 4 | 323 | DREWICZ KINGA | KB WIKON NOWA SÓL ,Ż | 1979 | | | 25:46 | 11,643 | 5:09 |
| 5 | 338 | SZNAJDER ANNA | DRINGENBERG POLSKA,Ż | 1983 | | | 26:20 | 11,392 | 5:16 |
| 6 | 342 | KONSTANCIAK JOANNA | ŚW ANTONI NOWA SÓL , | 1983 | | | 26:30 | 11,321 | 5:18 |
| 7 | 343 | MAĆKÓW PATRYCJA | ŚW. ANTONI NOWA SÓL | 1992 | | | 26:37 | 11,271 | 5:19 |
| 8 | 301 | CARLSSON AGNIESZKA | GREEN TEAM ,ZIELONA | 1975 | | | 26:40 | 11,250 | 5:20 |
| 9 | 332 | WALCZAK URSZULA | WROCLAW | 1993 | | | 26:57 | 11,132 | 5:23 |
| 10 | 333 | BOGIEL MARZENA | WYKŁĘCI ,MAŁOMICE | 1981 | | | 27:00 | 11,111 | 5:24 |
| 11 | 325 | GROMANOWSKA ANNA | CARTER EUGENA,ŻARY | 1985 | | | 27:37 | 10,863 | 5:31 |
| 12 | 316 | WILCZEWSKA AGNIESZKA | ŻAGAŃ | 1986 | | | 27:49 | 10,785 | 5:33 |
| 13 | 344 | MAGDA MAGDALENA | ŚW.ANTONI NOWA SÓL , | 1981 | | | 28:13 | 10,632 | 5:38 |
| 14 | 356 | MATUSIAK ADRIANA | ZIELONA GÓRA | 1973 | | | 29:08 | 10,297 | 5:49 |
| 15 | 406 | NOWAK MONIKA | ŚWIETOSZÓW | 1980 | | | 29:17 | 10,245 | 5:51 |
| 16 | 326 | CICHOCKA JUSTYNA | SAINT-GOBAIN SQUAD,Ż | 1986 | | | 29:19 | 10,233 | 5:51 |
| 17 | 353 | PARFENIUK MONIKA | WROCLAW ŻWROCLAW-ŚRÓ | 1986 | | | 29:28 | 10,181 | 5:53 |
| 18 | 366 | ŚWIĄTEK AGNIESZKA | SMAKOŁYSZ,ZIELONA GÓ | 1979 | | | 29:36 | 10,135 | 5:55 |
| 19 | 328 | MIĘTEK AGNIESZKA | ŻAGAŃ | 1980 | | | 30:02 | 9,989 | 6:00 |
| 20 | 348 | HOROBİŃSKA EWA | ZIELONA GÓRA | 1975 | | | 30:15 | 9,917 | 6:03 |
| 21 | 411 | KOWERCZUK DARIA | LUBSKO | 1985 | | | 30:19 | 9,896 | 6:03 |
| 22 | 382 | SMORAĞIEWICZ AGNIESZKA | ŻAGAŃ | 1983 | | | 30:21 | 9,885 | 6:04 |
| 23 | 365 | KÜHNEL PEGGY | LTSV FORST 1990 E.V. | 1971 | | | 30:30 | 9,836 | 6:06 |
| 24 | 310 | WRÓBLEWSKA MAŁGORZATA | BIEGAMY BO CHCEMY KR | 1977 | | | 30:44 | 9,761 | 6:08 |
| 25 | 389 | WOŹNIAK AGNIESZKA | ŻAGAŃ | 1985 | | | 30:48 | 9,740 | 6:09 |
| 26 | 367 | BANSKA-POLEWKA MAŁGORZATA | ZAGA | 1976 | | | 31:11 | 9,621 | 6:14 |
| 27 | 401 | SAVORY CERYC | RAF., | 2000 | | | 31:49 | 9,429 | 6:21 |
| 28 | 355 | KULIKOWSKA MARZENA | IRON POWER,ŻAGAŃ | 1980 | | | 31:51 | 9,419 | 6:22 |
| 29 | 302 | JACKOWIAK MONIKA | WESOŁE BOBERKI ,ŻAGA | 1974 | | | 32:20 | 9,278 | 6:28 |
| 30 | 320 | BIELECKA ANNA | WESOŁE BOBERKI,ŻAGAŃ | 1988 | | | 32:22 | 9,269 | 6:28 |
| 31 | 314 | GRAJEK EWELINA | WESOŁE BOBERKI ,ŻAGA | 1984 | | | 32:22 | 9,269 | 6:28 |
| 32 | 327 | KOSIM IZABELA | NOWA SÓL | 1995 | | | 32:38 | 9,193 | 6:31 |
| 33 | 308 | KRĘŻEL ADRIANA | WESOŁE BOBERKI,ŻAGAŃ | 1984 | | | 32:47 | 9,151 | 6:33 |
| 34 | 317 | KORECKA BEATA | JASIEŃ | 1971 | | | 33:06 | 9,063 | 6:37 |
| 35 | 336 | KOŁOSIŃSKA MARTYNA | ŻAGAŃ | 1996 | | | 33:29 | 8,960 | 6:41 |
| 36 | 337 | MALASIEWICZ MAŁGORZATA | DRINGENBERG POLSKA,Ż | 1986 | | | 33:29 | 8,960 | 6:41 |
| 37 | 393 | TOOLEY HELEN | RAF., | 1973 | | | 34:11 | 8,776 | 6:50 |
| 38 | 307 | GUZENDA KORNELIA | WESOŁE BOBERKI ,ŻAGA | 1999 | | | 34:32 | 8,687 | 6:54 |
| 39 | 312 | LECKA JOANNA | WESOŁE BOBERKI ,ŻAGA | 1989 | | | 34:59 | 8,576 | 6:59 |
| 40 | 372 | PAJĄK MONIKA | ŻAGAŃ | 1974 | | | 36:47 | 8,156 | 7:21 |
| 41 | 363 | BOROWSKA AGNIESZKA | ZIELONA GÓRA | 1989 | | | 36:48 | 8,152 | 7:21 |
| 42 | 403 | BODDICE-JONES HOLLY | RAF., | 1991 | | | 37:46 | 7,944 | 7:33 |
| 43 | 400 | BOURKE REBECCA | RAF., | 1998 | | | 37:47 | 7,940 | 7:33 |
| 44 | 377 | GRZEŚKOWIAK MONIKA | ŻARY RUNNERS TEAM,ŻA | 1979 | | | 38:35 | 7,775 | 7:43 |
| 45 | 352 | KOWALSKA ANETA | PKO BANK POLSKI,ŻAGA | 1973 | | | 39:16 | 7,640 | 7:51 |
| 46 | 369 | MENCEL ANNA | PRZEWÓZ | 1984 | | | 41:50 | 7,171 | 8:22 |