

| MscGen | NrSt | Nazwisko                  | Zespół/Miejscowo     | Ur.  | MscKt | Kateg | Brutto | Netto | Km/h   | Czas/Km |
|--------|------|---------------------------|----------------------|------|-------|-------|--------|-------|--------|---------|
| 1      | 190  | OŁ DZIEWSKA KAMILA        | LUBIN                | 1987 | 1     | K30   | 38:04  | 38:01 | 13,494 | 4:27    |
| 2      | 220  | MYDŁOWSKA ANNA            | TEAM DRACZY SKI,PRZE | 2000 | 1     | K18   | 39:48  | 39:44 | 12,911 | 4:39    |
| 3      | 149  | SZCZUROWSKA JOANNA        | GŁOGÓW MTS DRU SZPI  | 1978 | 1     | K40   | 40:37  | 40:32 | 12,656 | 4:45    |
| 4      | 55   | MACHOWSKA WERONIKA        | ZAKOCHAJ SI W BIEGA  | 1986 | 2     | K30   | 42:10  | 42:07 | 12,180 | 4:55    |
| 5      | 19   | GRZYWACZ ANNA             | CHOJNÓW              | 1985 | 3     | K30   | 42:50  | 42:46 | 11,995 | 5:00    |
| 6      | 167  | KASPERSKA SYLWIA          | KB ZDYSZAAANI CHOCIA | 1978 | 2     | K40   | 43:18  | 43:11 | 11,880 | 5:03    |
| 7      | 4    | BENDKOWSKA ANNA           | JANOSPORT TEAM LEGNI | 1996 | 2     | K18   | 43:22  | 43:17 | 11,852 | 5:04    |
| 8      | 6    | BENDOWSKA WIOLETA         | ORANGE GYM ,NOWA SÓL | 1977 | 3     | K40   | 43:31  | 43:29 | 11,798 | 5:05    |
| 9      | 56   | MADEJ EL BIETA            | FITNESS PIEKARY LEGN | 1978 | 4     | K40   | 43:50  | 43:41 | 11,744 | 5:07    |
| 10     | 12   | DUDA MAJKA                | KRAKOW               | 1996 | 3     | K18   | 45:02  | 44:54 | 11,425 | 5:16    |
| 11     | 104  | WO NIAK KAROLINA          | PI CZÓW              | 1995 | 4     | K18   | 45:25  | 45:07 | 11,371 | 5:18    |
| 12     | 205  | TOMASIK NATALIA           | BUDZISZÓW WIELKI     | 1985 | 4     | K30   | 46:19  | 46:04 | 11,136 | 5:25    |
| 13     | 177  | BIKOWSKA MAŁGORZATA       | SIEDLIKA             | 2001 | 5     | K18   | 46:32  | 46:19 | 11,076 | 5:26    |
| 14     | 179  | NOCU IWONA                | LUBIN                | 1978 | 5     | K40   | 46:36  | 46:29 | 11,036 | 5:27    |
| 15     | 156  | BONECKA RENATA            | FITNESS PIEKARY LEGN | 1980 | 5     | K30   | 46:40  | 46:31 | 11,028 | 5:27    |
| 16     | 45   | KRUPA BEATA               | ZAKOCHAJ SI W BIEGA  | 1967 | 1     | K50   | 46:58  | 46:55 | 10,934 | 5:29    |
| 17     | 110  | HOŁOWNIA PATRYCJA         | BIEGUSY CZAPLE,CZAPL | 1983 | 6     | K30   | 47:11  | 46:59 | 10,919 | 5:31    |
| 18     | 67   | PIETRZAK ANNA             | WROCŁAW              | 1977 | 6     | K40   | 47:18  | 47:13 | 10,865 | 5:31    |
| 19     | 174  | NOWICKA-TYMECKA MONIKA    | GŁOGÓW BEZ BALASTU   | 1990 | 6     | K18   | 47:47  | 47:42 | 10,755 | 5:35    |
| 20     | 121  | SOBCZYK MONIKA            | CROSS STRACE CÓW GŁO | 1975 | 7     | K40   | 47:48  | 47:42 | 10,755 | 5:35    |
| 21     | 125  | TARKOWSKA EDYTA           | CHOJNÓW              | 1981 | 7     | K30   | 47:52  | 47:28 | 10,808 | 5:35    |
| 22     | 3    | BAREŁKOWSKA SONIA         | MIŁKOWICE            | 1988 | 8     | K30   | 47:57  | 47:45 | 10,743 | 5:36    |
| 23     | 134  | WI NIEWSKA EWA            | STRZEGOMSKA DWUNASTK | 1968 | 2     | K50   | 48:22  | 48:09 | 10,654 | 5:39    |
| 24     | 7    | BYCZEK JOLANTA            | POL-MIED TRANS SP.   | 1971 | 8     | K40   | 48:39  | 48:36 | 10,556 | 5:41    |
| 25     | 181  | DANIELCZUK MARIKA         | BIEGUSY CZAPLE ,CZAP | 1987 | 9     | K30   | 48:50  | 48:38 | 10,548 | 5:42    |
| 26     | 147  | PLESKACEWICZ MAGDALENA    | OLAWS ZŁOTORYJA ,ZŁO | 1988 | 10    | K30   | 48:59  | 48:49 | 10,509 | 5:43    |
| 27     | 80   | ROZNOWSKA MONIKA          | ROZBIEGANI CHOJNÓW,C | 1975 | 9     | K40   | 49:03  | 48:49 | 10,509 | 5:44    |
| 28     | 93   | TKACZYSZYN-KAŁU NA DARIA  | ROZBIEGANI CHOJNÓW,C | 1989 | 11    | K30   | 49:03  | 48:49 | 10,509 | 5:44    |
| 29     | 203  | JASTRZ BSKA AGNIESZKA     | WKB PIAST WROCŁAW,WR | 1972 | 10    | K40   | 49:23  | 49:16 | 10,413 | 5:46    |
| 30     | 44   | KRAWCZAK KAROLINA         | BIEGAM BO LUBI GŁOG  | 1988 | 12    | K30   | 49:33  | 49:25 | 10,381 | 5:47    |
| 31     | 71   | PINIAWSKA IWONA           | AKS WYBIEGANI POLKOW | 1974 | 11    | K40   | 50:14  | 50:12 | 10,219 | 5:52    |
| 32     | 66   | P CHALSKA JOANNA          | FITNESS PIEKARY LEGN | 1958 | 3     | K50   | 50:21  | 50:10 | 10,226 | 5:53    |
| 33     | 172  | WAWRONIAK RENATA          | CHOJNÓW              | 1975 | 12    | K40   | 50:30  | 50:13 | 10,216 | 5:54    |
| 34     | 105  | BANASZCZAK DAGMARA        | WIDNICKA GRUPA BIEG  | 1990 | 7     | K18   | 51:04  | 50:58 | 10,065 | 5:58    |
| 35     | 231  | GRABDA EWELINA            | LEGNICA              | 1987 | 13    | K30   | 51:35  | 51:35 | 9,945  | 6:01    |
| 36     | 32   | KARNAS JOANNA             | POL-MIED TRANS SP.   | 1977 | 13    | K40   | 51:44  | 51:41 | 9,926  | 6:03    |
| 37     | 36   | KAWA MARTA                | LEGNICA              | 1981 | 14    | K30   | 51:51  | 51:42 | 9,923  | 6:03    |
| 38     | 225  | CHODOR ANNA               | LEGNICA              | 1978 | 14    | K40   | 52:03  | 51:46 | 9,910  | 6:05    |
| 39     | 193  | GRO SKA MAGDA             | FENIKS LEGNICA,LEGNI | 1985 | 15    | K30   | 52:07  | 51:51 | 9,894  | 6:05    |
| 40     | 155  | JÓZEFIAK ANNA             | AGA SKA GRUPA BIEGO  | 1991 | 8     | K18   | 52:29  | 52:18 | 9,809  | 6:08    |
| 41     | 96   | WANOWSKA ANNA             | MIŁKOWICE BIEGAJ ,MI | 1983 | 16    | K30   | 52:35  | 52:20 | 9,803  | 6:09    |
| 42     | 191  | GARLICKA JOANNA           | OSIEK MTS DR SZPIKU  | 1980 | 17    | K30   | 52:40  | 52:28 | 9,778  | 6:09    |
| 43     | 204  | LEWANDOWSKA MAŁGORZATA    | LEGNICA LEW LEGNICA  | 1964 | 4     | K50   | 52:52  | 52:44 | 9,728  | 6:10    |
| 44     | 50   | KURATEWICZ KATARZYNA      | MIŁKOWICE BIEGAJ ,1A | 1985 | 18    | K30   | 53:17  | 52:56 | 9,691  | 6:13    |
| 45     | 139  | KRUK IWONA                | CHOJNÓW              | 1969 | 5     | K50   | 53:48  | 53:34 | 9,577  | 6:17    |
| 46     | 195  | BAKALARZ-KONSEWICZ SYLWIA | CHOJNÓW ROZBIEGANI   | 1983 | 19    | K30   | 54:41  | 54:18 | 9,448  | 6:23    |
| 47     | 82   | RYBCZY SKA ANNA           | KPZ SFORA CHOJNÓW/RO | 1978 | 15    | K40   | 54:47  | 54:27 | 9,421  | 6:24    |

| MscGen | NrSt | Nazwisko                 | Zespół/Miejscowo     | Ur.  | MscKt | Kateg | Brutto  | Netto   | Km/h  | Czas/Km |
|--------|------|--------------------------|----------------------|------|-------|-------|---------|---------|-------|---------|
| 48     | 70   | PILICH-ZAREMBA MAGDALENA | LUBIATÓW             | 1982 | 20    | K30   | 55:08   | 54:54   | 9,344 | 6:26    |
| 49     | 182  | HAŁDRZY SKA ANNA         | LEGNICA FITNESS PIEK | 1981 | 21    | K30   | 55:28   | 55:10   | 9,299 | 6:29    |
| 50     | 118  | MAŁYNIAK MONIKA          | KGHM ZG RUN,GŁOGÓW   | 1992 | 9     | K18   | 56:06   | 55:58   | 9,166 | 6:33    |
| 51     | 62   | NELEC BEATA              | BIEGAM BEZ SPINY,GR  | 1969 | 6     | K50   | 56:08   | 55:53   | 9,180 | 6:33    |
| 52     | 160  | HONC BEATA               | RUDNA                | 1998 | 10    | K18   | 56:54   | 56:38   | 9,058 | 6:39    |
| 53     | 141  | POMYKAŁA KRYSZYNA        | AGRODNO              | 1962 | 7     | K50   | 56:59   | 56:40   | 9,053 | 6:39    |
| 54     | 106  | BANASZCZAK ROKSANA       | JAWORZYNA L SKA      | 1991 | 11    | K18   | 57:36   | 57:17   | 8,955 | 6:44    |
| 55     | 148  | WISZNIOWSKA MAGDALENA    | CHOJNÓW ROZBIEGANI   | 1982 | 22    | K30   | 57:43   | 57:20   | 8,948 | 6:45    |
| 56     | 27   | KACZANOWSKA MAGDALENA    | LEGNICA GRUPA GŁUCHY | 1977 | 16    | K40   | 1:00:16 | 1:00:09 | 8,529 | 7:02    |
| 57     | 102  | WOJTECZEK TERESA         | POL-MIED TRANS SP.   | 1970 | 17    | K40   | 1:00:39 | 1:00:24 | 8,493 | 7:05    |
| 58     | 232  | DUCH EWA                 | MIŁKOWICE            | 1983 | 23    | K30   | 1:01:10 | 1:00:55 | 8,421 | 7:09    |
| 59     | 217  | FURTAK ANNA              | KTO MUSI BY OSTATN   | 1964 | 8     | K50   | 1:02:21 | 1:02:02 | 8,270 | 7:17    |
| 60     | 84   | SKIBI SKA MAŁGORZATA     | WROCLAW              | 1984 | 24    | K30   | 1:02:42 | 1:02:31 | 8,206 | 7:19    |
| 61     | 126  | WENDZONKA KATARZYNA      | LUBIN                | 1993 | 12    | K18   | 1:03:56 | 1:03:50 | 8,037 | 7:28    |
| 62     | 60   | MUDRA MAGDALENA          | LEGNICA              | 1993 | 13    | K18   | 1:04:04 | 1:03:44 | 8,049 | 7:29    |
| 63     | 216  | ANNA WIERZBICKA          | CHOJNÓW              | 1991 | 14    | K18   | 1:04:39 | 1:04:20 | 7,974 | 7:33    |
| 64     | 135  | PIETRAS BARBARA          | STRZEGOMSKA DWUNAST  | 1951 | 9     | K50   | 1:06:05 | 1:05:51 | 7,790 | 7:43    |
| 65     | 213  | OPACZEWSKA KLAUDIA       | MIŁKOWICE BIEGAJ ,MI | 1988 | 25    | K30   | 1:06:25 | 1:06:23 | 7,728 | 7:46    |
| 66     | 170  | WIERZBICKA MARTA         | KRZESZÓW             | 1977 | 18    | K40   | 1:07:51 | 1:07:44 | 7,574 | 7:56    |
| 67     | 128  | HANC AGNIESZKA           | CHOJNÓW              | 1982 | 26    | K30   | 1:12:54 | 1:12:35 | 7,068 | 8:31    |
| 68     | 61   | MUDRA MAŁGORZATA         | LEGNICA              | 1982 | 27    | K30   | 1:12:54 | 1:12:35 | 7,068 | 8:31    |
| 69     | 188  | HAŁAS IZABELLA           | PRO-RUN WROCLAW,PKP  | 1966 | 10    | K50   | 1:22:15 | 1:21:58 | 6,259 | 9:37    |