

Kategoria: 30KM

| M | Mck | Nr | Imię | Nazwisko | Rok | Grupa | Miejscowość | Tranzyt | Wynik | Tempo |
|----|-----|-----|-----------|-------------|------|-------|---------------|----------|----------|-------|
| 1 | 1 | 226 | EMILIA | ROMANOWICZ | 1990 | 30K1 | SUPRAŚL | 00:45:55 | 01:34:17 | 03:08 |
| 2 | 2 | 127 | MARCELA | MARCISZ | 1987 | 30K1 | KORCZYNA | 00:44:05 | 01:36:03 | 03:12 |
| 3 | 3 | 249 | NATALIA | GRZEBISZ | 1988 | 30K1 | SIEDLCE | 00:46:35 | 01:36:10 | 03:12 |
| 4 | 4 | 79 | ANNA | SŁOWIOK | 1990 | 30K1 | WISŁA | 00:55:23 | 01:56:42 | 03:53 |
| 5 | 1 | 111 | ANETA | CIBOROWSKA | 1977 | 30K2 | PISZ | 01:02:18 | 02:13:29 | 04:26 |
| 6 | 1 | 244 | HALINA | OLEJNICZAK | 1960 | 30K4 | KOŚCIELISKO | 01:07:18 | 02:17:57 | 04:35 |
| 7 | 2 | 22 | MAGDALENA | PIRÓG | 1980 | 30K2 | NOWY TARG | 01:11:29 | 02:28:34 | 04:57 |
| 8 | 2 | 66 | TERESA | KAJDAS | 1956 | 30K4 | WIEN | 01:10:21 | 02:34:01 | 05:08 |
| 9 | 1 | 124 | ELŻBIETA | CZAMARA | 1965 | 30K3 | TARNÓW | 01:18:13 | 02:39:47 | 05:19 |
| 10 | 3 | 23 | URSZULA | LEŚNIAK | 1975 | 30K2 | WARSZAWA | 01:17:23 | 02:42:38 | 05:25 |
| 11 | 2 | 228 | MARZENA | RZESZÓTKO | 1965 | 30K3 | BIELSKO BIAŁA | 01:17:38 | 02:43:10 | 05:26 |
| 12 | 3 | 116 | KRYSTYNA | GRABOWSKA | 1962 | 30K4 | KRAKÓW | 01:20:04 | 02:47:56 | 05:35 |
| 13 | 1 | 144 | BARBARA | PRYMAKOWSKA | 1943 | 30K5 | TARNOW | 01:23:00 | 02:55:20 | 05:50 |
| 14 | 4 | 35 | JULIA | DZIEDZIC | 1960 | 30K4 | STARY SACZ | 01:23:43 | 02:59:18 | 05:58 |
| 15 | 5 | 37 | DOROTA | REJUS | 1960 | 30K4 | GŁOGÓW MŁP. | 01:30:38 | 03:08:50 | 06:17 |