

13. BIEG W POSZUKIWANIU ŚWIĘTEGO MIKOŁAJA

Klub Biegacza Athletics Team Prusice, Gmina Prusice, GOKIS, PCF · sobota, 7 grudnia 2024

Wyniki końcowe - OPEN K

| Poz. | Nr | Nazwisko, Imię | Płeć | Kat | By cat. | KLUB | MIASTO | Wynik | Różnica | Tempo | Czas netto |
|------|-----|------------------------|------|-----|---------|--|------------------|----------|-----------|-------|------------|
| 1 | 308 | CZERW ANNA | K | K30 | Open 1° | DTR BIEGA / MARIO TEAM | TRZEBNICA | 18:17.02 | - | 03:40 | 0:18:13.98 |
| 2 | 116 | BATOR MILENA | K | K20 | Open 2° | OŚ RACING TEAM OBORNIKI ŚLĄSKIE | ZAWONIA | 18:53.85 | +36.83 | 03:47 | 0:18:51.97 |
| 3 | 437 | ADAMCZYK IWETA | K | K30 | Open 3° | ADAMS FAMILY | WROCŁAW | 19:08.14 | +51.12 | 03:50 | 0:19:02.40 |
| 4 | 408 | WIECZOREK EWELINA | K | K30 | 1° | ZA LINIĄ METY | TRZEBNICA | 20:07.71 | +01:50.69 | 04:01 | 0:20:04.21 |
| 5 | 107 | WAJSZCZAK LIDIA | K | K30 | 2° | | PIASKI | 20:18.88 | +02:01.86 | 04:04 | 0:20:16.76 |
| 6 | 64 | SZMACIŃSKA SYLWIA | K | K30 | 3° | ZABIEGANIZYCIEM | GŁOGÓW | 20:47.21 | +02:30.19 | 04:10 | 0:20:45.09 |
| 7 | 47 | MRÓWCZYŃSKA MAŁGORZATA | K | K20 | 1° | UKS ACHILLES LESZNO | LESZNO | 20:51.35 | +02:34.33 | 04:10 | 0:20:50.25 |
| 8 | 293 | SULEWSKA NATALIA | K | K30 | 4° | DTR BIEGA / MARIO TEAM | ŁOZINA | 20:53.05 | +02:36.03 | 04:11 | 0:20:46.91 |
| 9 | 213 | KWIECIEŃ MONIKA | K | K20 | 2° | | KŁOMNICE | 21:40.80 | +03:23.78 | 04:20 | 0:21:36.64 |
| 10 | 312 | SALAMON DAGMARA | K | K30 | 5° | DTR BIEGA / MARIO TEAM | TRZEBNICA | 21:46.62 | +03:29.60 | 04:21 | 0:21:39.95 |
| 11 | 133 | GIEŁDA AGNIESZKA | K | K40 | 1° | SPINKO LESZNO/RUN TEAM RYDZYNA | RYDZYNA | 22:26.84 | +04:09.82 | 04:29 | 0:22:24.68 |
| 12 | 256 | SOROCZYŃSKA MONIKA | K | K30 | 6° | ZDROWY DUCH TEAM | KĄTY WROCŁAWSKIE | 22:46.28 | +04:29.26 | 04:33 | 0:22:41.03 |
| 13 | 10 | TOPA BEATA | K | K40 | 2° | BEZ KLUBU | WIELKA LIPA | 22:53.09 | +04:36.07 | 04:35 | 0:22:50.10 |
| 14 | 19 | CZAJA MAŁGORZATA | K | K40 | 3° | ATHLETICS TEAM PRUSICE | WROCŁAW | 23:10.32 | +04:53.30 | 04:38 | 0:23:04.37 |
| 15 | 314 | KONIECPOLSKA MARTA | K | K30 | 7° | BŁONIAKI KROTOSZYN | KROTOSZYN | 23:24.66 | +05:07.64 | 04:41 | 0:23:14.19 |
| 16 | 345 | ZALEWSKA ELŻBIETA | K | K30 | 8° | | LUTYNIA | 23:28.31 | +05:11.29 | 04:41 | 0:23:19.74 |
| 17 | 236 | HAWRON AGNIESZKA | K | K50 | 1° | PARKRUN WROCŁAW | WROCŁAW | 23:35.12 | +05:18.10 | 04:43 | 0:23:17.67 |
| 18 | 86 | JURKOWSKA JOANNA | K | K20 | 3° | MARKUS SAJEWICZ TEAM | ŻMIGRÓD | 23:50.65 | +05:33.63 | 04:46 | 0:23:41.19 |
| 19 | 270 | MICHONSKA IZABELA | K | K50 | 2° | WOŁÓW BIEGA | WOŁÓW | 24:08.59 | +05:51.57 | 04:50 | 0:24:01.21 |
| 20 | 27 | BARTKOWIAK IWONA | K | K50 | 3° | LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOW | LESZNO | 24:13.70 | +05:56.68 | 04:50 | 0:23:56.75 |
| 21 | 164 | RADOJEWSKA JOANNA | K | K30 | 9° | MARKUS SAJEWICZ TEAM | MIEJSKA GÓRKA | 24:25.11 | +06:08.09 | 04:53 | 0:24:17.02 |
| 22 | 71 | BOJEK BEATA | K | K40 | 4° | LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOW | RYDZYNA | 24:43.82 | +06:26.80 | 04:56 | 0:24:24.52 |
| 23 | 1 | POSŁUSZNA ANNA | K | K50 | 4° | TEAM ZNAD ODRY | GŁOSKA | 24:44.30 | +06:27.28 | 04:57 | 0:24:25.38 |
| 24 | 109 | JEŻEWSKA IWONA | K | K30 | 10° | | MILICZ | 24:55.98 | +06:38.96 | 04:59 | 0:24:40.16 |
| 25 | 135 | DUNAL DOMINIKA | K | K30 | 11° | | WOŁÓW | 24:57.21 | +06:40.19 | 04:59 | 0:24:57.21 |
| 26 | 34 | BUCZEK ANNA | K | K30 | 12° | | PIOTRKOWICE | 25:06.90 | +06:49.88 | 05:01 | 0:24:45.89 |
| 27 | 435 | STAL JUSTYNA | K | K40 | 5° | | JELCZ-LASKOWICE | 25:20.25 | +07:03.23 | 05:04 | 0:25:11.42 |
| 28 | 63 | KOSTECKA ANNA | K | K40 | 6° | | PRUSICE | 25:43.57 | +07:26.55 | 05:08 | 0:25:33.10 |
| 29 | 23 | STANKIEWICZ IZABELA | K | K40 | 7° | | WROCŁAW | 25:49.15 | +07:32.13 | 05:10 | 0:25:35.94 |
| 30 | 90 | ANTOLAK AGATA | K | K20 | 4° | | OBORNIKI ŚLĄSKIE | 26:04.66 | +07:47.64 | 05:13 | 0:25:52.12 |
| 31 | 332 | SZYMANOWSKA PAULINA | K | K40 | 8° | BŁONIAKI KROTOSZYN | KROTOSZYN | 26:06.35 | +07:49.33 | 05:13 | 0:25:56.61 |
| 32 | 118 | LUBAŃSKA ALICJA | K | K50 | 5° | DTR BIEGA / MARIO TEAM | BUKOWICE | 26:07.81 | +07:50.79 | 05:13 | 0:25:54.79 |
| 33 | 198 | WŁODARCZYK MONIKA | K | K40 | 9° | AKTYWNY OSTRZESZÓW | OSTRZESZÓW | 26:12.19 | +07:55.17 | 05:14 | 0:25:44.09 |
| 34 | 55 | GAWEK MARTA | K | K30 | 13° | KB HARCOWNIK | WOJNOWICE | 26:13.92 | +07:56.90 | 05:14 | 0:25:51.49 |
| 35 | 111 | KOWALCZYK SANDRA | K | K30 | 14° | ENDORFINA WSCHOWA | WSCHOWA | 26:17.33 | +08:00.31 | 05:16 | 0:25:59.35 |
| 36 | 234 | KNOTZ AGNIESZKA | K | K30 | 15° | | WROCŁAW | 26:19.76 | +08:02.74 | 05:16 | 0:25:55.15 |
| 37 | 139 | KARCZOWSKA ANNA | K | K40 | 10° | | TRZEBNICA | 26:20.73 | +08:03.71 | 05:16 | 0:26:12.16 |
| 38 | 125 | GADASZEWSKA ANNA | K | K40 | 11° | AKS BUKOWE TRZEBNICA | TRZEBNICA | 26:22.94 | +08:05.92 | 05:16 | 0:26:16.80 |
| 39 | 330 | ŁAWNICZAK JUSTYNA | K | K40 | 12° | JUTROSIŃSKI KLUB BIEGACZY | JUTROSIN | 26:24.65 | +08:07.63 | 05:17 | 0:26:09.74 |
| 40 | 241 | MARCZAK JOANNA | K | K30 | 16° | BRAK | TRZEBNICA | 26:32.45 | +08:15.43 | 05:19 | 0:26:09.05 |

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Wyniki końcowe - OPEN K

| Poz. | Nr | Nazwisko, Imię | Płeć | Kat | By cat. | KLUB | MIASTO | Wynik | Różnica | Tempo | Czas netto |
|------|-----|-----------------------------|------|-----|---------|---------------------------|---------------|----------|-----------|-------|------------|
| 41 | 68 | HAZUBSKA ANNA | K | K50 | 6° | ATHLETICS TEAM PRUSICE | TRZEBNICA | 26:34.89 | +08:17.87 | 05:19 | 0:26:25.62 |
| 42 | 210 | TOMASZEWICZ KATARZYNA | K | K30 | 17° | | ŻMIGRÓD | 26:38.31 | +08:21.29 | 05:20 | 0:26:19.38 |
| 43 | 404 | BAJEWSKA WIOLETTA | K | K40 | 13° | DTR BIEGA / MARIO TEAM | KSIĘGINICE | 27:06.82 | +08:49.80 | 05:25 | 0:26:53.37 |
| 44 | 207 | SALAMON AGNIESZKA | K | K20 | 5° | ZDROWY DUCH TEAM | WROCLAW | 27:08.28 | +08:51.26 | 05:26 | 0:26:53.91 |
| 45 | 35 | ŻYWINA MARTA | K | K40 | 14° | BABKI Z KLASĄ | GŁOGÓW | 27:11.73 | +08:54.71 | 05:26 | 0:26:50.73 |
| 46 | 269 | MARKIEWICZ-ZIĘTEK ALEKSANDR | K | K30 | 18° | ZIĘTEK TEAM | WRÓBLOWICE | 27:37.23 | +09:20.21 | 05:31 | 0:27:12.62 |
| 47 | 87 | OWSIANIK SYLWIA | K | K50 | 7° | DTR BIEGA / MARIO TEAM | MILICZ | 27:38.45 | +09:21.43 | 05:32 | 0:27:27.58 |
| 48 | 212 | TOMASZEWICZ MARTA | K | K30 | 19° | | ŻMIGRÓD | 27:41.61 | +09:24.59 | 05:32 | 0:27:20.61 |
| 49 | 290 | KRAMARCZYK JOLANTA | K | K60 | 1° | ENDORFINA WSCHOWA | WSCHOWA | 27:51.80 | +09:34.78 | 05:34 | 0:27:36.88 |
| 50 | 431 | SZYSZKA SANDRA | K | K30 | 20° | ATHLETICS TEAM PRUSICE | PRUSICE | 28:04.65 | +09:47.63 | 05:37 | 0:27:35.61 |
| 51 | 220 | GABRYSZ ŻANETA | K | K40 | 15° | | GŁOGÓW | 28:06.60 | +09:49.58 | 05:37 | 0:27:47.67 |
| 52 | 128 | WAŚNIEWSKA EMILKA | K | K20 | 6° | TEAM ZNAD ODRY | GŁOSKA | 28:10.26 | +09:53.24 | 05:38 | 0:27:47.83 |
| 53 | 28 | WAŚNIEWSKA KINGA | K | K20 | 7° | TEAM ZNAD ODRY | GŁOSKA | 28:12.94 | +09:55.92 | 05:38 | 0:27:51.68 |
| 54 | 446 | WOJNAROWSKA KINGA | K | K30 | 21° | | BRZOZA | 28:18.77 | +10:01.75 | 05:40 | 0:28:06.22 |
| 55 | 11 | SOBIECHOWSKA MARIOLA | K | K40 | 16° | BABYLON GŁOGÓW | GŁOGÓW | 28:21.20 | +10:04.18 | 05:40 | 0:28:00.19 |
| 56 | 426 | MIKOŁAJCZYK WIKTORIA | K | K20 | 8° | | SZCZYTKOWICE | 28:23.88 | +10:06.86 | 05:41 | 0:28:11.33 |
| 57 | 322 | KULAS WERONIKA | K | K40 | 17° | PARKRUN BŁONIE, KROTOSZYN | KROTOSZYN | 28:27.77 | +10:10.75 | 05:41 | 0:28:15.95 |
| 58 | 296 | KORZELECKA KAROLINA | K | K40 | 18° | | MILICZ | 28:30.21 | +10:13.19 | 05:42 | 0:28:13.93 |
| 59 | 298 | TWARDOWSKA-OLSZAŃSKA ZOFIA | K | K40 | 19° | OGT OLEŚNICA | SPALICE | 28:53.78 | +10:36.76 | 05:47 | 0:28:24.53 |
| 60 | 255 | MADEJSKA KAROLINA | K | K40 | 20° | POWRÓT DO KORZENI | WROCLAW | 28:59.86 | +10:42.84 | 05:48 | 0:28:44.98 |
| 61 | 273 | MATYSIAK MAGDALENA | K | K40 | 21° | POWRÓT DO KORZENI | POZNAŃ | 29:00.35 | +10:43.33 | 05:48 | 0:28:44.27 |
| 62 | 217 | MAĆZKA EWELINA | K | K20 | 9° | | OSOLA | 29:02.53 | +10:45.51 | 05:49 | 0:28:49.34 |
| 63 | 228 | MACIEJAK-SNELA AGNIESZKA | K | K40 | 22° | | OCZKOWICE | 29:06.44 | +10:49.42 | 05:49 | 0:28:57.87 |
| 64 | 380 | OWCZAREK AGNIESZKA | K | K30 | 22° | | WROCLAWW | 29:06.69 | +10:49.67 | 05:49 | 0:28:49.24 |
| 65 | 216 | NIEMCZYK ANNA | K | K20 | 10° | | WROCLAW | 29:17.37 | +11:00.35 | 05:52 | 0:28:58.25 |
| 66 | 371 | LIPIEŃ MONIKA | K | K20 | 11° | BRAK | TRZEBNICA | 29:17.37 | +11:00.35 | 05:52 | 0:28:51.79 |
| 67 | 372 | SZCZEPANIAK DANUTA | K | K20 | 12° | | PAKOSŁAW | 29:17.61 | +11:00.59 | 05:52 | 0:28:52.03 |
| 68 | 240 | PIASECKA PATRYCJA | K | K30 | 23° | | WOŁÓW | 29:18.59 | +11:01.57 | 05:52 | 0:28:53.26 |
| 69 | 202 | BYSTROWSKA WIOLETTA | K | K40 | 23° | | KROTOSZYN | 29:27.84 | +11:10.82 | 05:53 | 0:29:00.78 |
| 70 | 42 | KWIETNIEWSKA EDYTA | K | K40 | 24° | | GŁOGÓW | 29:42.89 | +11:25.87 | 05:56 | 0:29:24.90 |
| 71 | 209 | KLEIN NATALIA | K | K20 | 13° | ZDROWY DUCH TEAM | WROCLAW | 29:53.55 | +11:36.53 | 05:59 | 0:29:37.74 |
| 72 | 161 | OŻÓG DAGMARA | K | K30 | 24° | | KROŚCINA MAŁA | 30:02.51 | +11:45.49 | 06:01 | 0:29:44.33 |
| 73 | 397 | MALINOWSKA-KUDZIA IZABELA | K | K40 | 25° | | WROCLAW | 30:12.25 | +11:55.23 | 06:02 | 0:29:44.68 |
| 74 | 127 | POSŁUSZNA KLAUDIA | K | K20 | 14° | TEAM ZNAD ODRY | GŁOSKA | 30:15.40 | +11:58.38 | 06:03 | 0:29:53.43 |
| 75 | 405 | MACHOŃ IZABELA | K | K20 | 15° | COSANOW.PL | CHOCIANÓW | 30:35.29 | +12:18.27 | 06:07 | 0:30:10.94 |
| 76 | 141 | KOZAK MONIKA | K | K30 | 25° | GWIAZDY TEAM | WROCLAW | 30:40.62 | +12:23.60 | 06:08 | 0:30:15.55 |
| 77 | 136 | WITTENBECK PATRYCJA | K | K30 | 26° | GWIAZDY TEAM | WROCLAW | 30:40.62 | +12:23.60 | 06:08 | 0:30:15.29 |
| 78 | 56 | KŁOCZYŃSKA ANITA | K | K30 | 27° | | WROCLAW | 30:56.22 | +12:39.20 | 06:11 | 0:30:28.39 |
| 79 | 40 | DROSZCZAK ANETA | K | K30 | 28° | | WROCLAW | 31:08.37 | +12:51.35 | 06:14 | 0:30:39.34 |
| 80 | 69 | HAZUBSKA AGNIESZKA | K | K20 | 16° | ATHLETICS TEAM PRUSICE | GÓRKI WIELKIE | 31:29.06 | +13:12.04 | 06:18 | 0:31:18.59 |

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Wyniki końcowe - OPEN K

| Poz. | Nr | Nazwisko, Imię | Płeć | Kat | By cat. | KLUB | MIASTO | Wynik | Różnica | Tempo | Czas netto |
|------|-----|--------------------------|------|-----|---------|------------------------|-------------------|----------|-----------|-------|------------|
| 81 | 311 | NICER EDYTA | K | K40 | 26° | | LUBNÓW | 31:31.99 | +13:14.97 | 06:18 | 0:31:11.45 |
| 82 | 393 | MICHAŁOWICZ MARTA | K | K30 | 29° | DTR BIEGA / MARIO TEAM | TRZEBNICA | 31:33.21 | +13:16.19 | 06:19 | 0:31:09.11 |
| 83 | 175 | BOLF MARTA | K | K40 | 27° | BRAK | BRZEG DOLNY | 31:34.92 | +13:17.90 | 06:19 | 0:31:09.86 |
| 84 | 309 | MIECZNIKOWSKA ANIA | K | K40 | 28° | | LUBNÓW | 31:36.63 | +13:19.61 | 06:19 | 0:31:16.54 |
| 85 | 265 | BEDNARZ ANNA | K | K50 | 8° | | OLEŚNICA | 31:37.85 | +13:20.83 | 06:19 | 0:31:16.83 |
| 86 | 246 | ZUCHOWSKA AGATA | K | K40 | 29° | WŁADEK TEAM | WROCLAW | 31:47.85 | +13:30.83 | 06:22 | 0:31:14.49 |
| 87 | 249 | MITRĘGA DOMINIKA | K | K20 | 17° | | WROCLAW | 31:48.34 | +13:31.32 | 06:22 | 0:31:30.36 |
| 88 | 238 | ORZOŁ BEATA | K | K50 | 9° | EDI TEAM | ZAWIDÓW | 31:52.73 | +13:35.71 | 06:22 | 0:31:35.52 |
| 89 | 445 | MIELACH Magdalena | K | K30 | 30° | | | 31:57.38 | +13:40.36 | 06:23 | 0:31:27.18 |
| 90 | 348 | MEDYŃSKA MAŁGORZATA | K | K50 | 10° | TEAM JUTROSIN | JUTROSIN | 32:08.35 | +13:51.33 | 06:26 | 0:31:57.43 |
| 91 | 350 | ŻMUDA HANNA | K | K40 | 30° | TEAM JUTROSIN | JUTROSIN | 32:08.59 | +13:51.57 | 06:26 | 0:31:57.21 |
| 92 | 353 | SMEREKA JOANNA | K | K40 | 31° | RUNNING TEAM MILICZ | MILICZ | 32:12.98 | +13:55.96 | 06:26 | 0:31:56.71 |
| 93 | 122 | KRAŚNIEWSKA WANDA | K | K40 | 32° | | ŻMIGRÓD | 32:17.63 | +14:00.61 | 06:28 | 0:31:53.02 |
| 94 | 152 | KOBIERSKA-OBAL HALSZKA | K | K30 | 31° | | KROTOSZYN | 32:21.78 | +14:04.76 | 06:28 | 0:32:05.51 |
| 95 | 44 | MRÓWCZYŃSKA MARTA | K | K40 | 33° | | LESZNO | 32:32.03 | +14:15.01 | 06:31 | 0:32:27.87 |
| 96 | 423 | ŚWIĄTKOWSKA VANESSA | K | K20 | 18° | GKS FIGHTER TRZEBNICA | ZŁOTÓW | 32:33.25 | +14:16.23 | 06:31 | 0:32:03.05 |
| 97 | 194 | GIBOWSKA LUCJA | K | K20 | 19° | GKS FIGHTER TRZEBNICA | TRZEBNICA | 32:33.25 | +14:16.23 | 06:31 | 0:32:04.20 |
| 98 | 406 | WOLSZTYNIAK KATARZYNA | K | K30 | 32° | STARY SIELEC TEAM | MIEJSKA GÓRKA | 32:34.47 | +14:17.45 | 06:31 | 0:32:00.85 |
| 99 | 369 | PLEWA ALEKSANDRA | K | K30 | 33° | | STARY SIELEC TEAM | 32:34.48 | +14:17.46 | 06:31 | 0:32:00.38 |
| 100 | 50 | SZEMIEL KAROLINA | K | K20 | 20° | | PRUSICE | 32:39.64 | +14:22.62 | 06:32 | 0:32:21.20 |
| 101 | 148 | JUSKOWSKA HONORATA | K | K50 | 11° | | RAWICZ | 32:47.49 | +14:30.47 | 06:34 | 0:32:23.82 |
| 102 | 157 | GIELEC JOANNA | K | K20 | 21° | TEAM ZNAD ODRY | LENARTOWICE | 32:51.64 | +14:34.62 | 06:34 | 0:32:27.97 |
| 103 | 45 | JAREMKIEWICZ MAGDALENA | K | K30 | 34° | | TRZEBNICA | 32:56.28 | +14:39.26 | 06:35 | 0:32:26.54 |
| 104 | 271 | ŻMUDA IZABELA | K | K50 | 12° | | KOTOWICE | 32:59.20 | +14:42.18 | 06:36 | 0:32:37.23 |
| 105 | 410 | NIEWIADOMSKA ADRIANNA | K | K20 | 22° | IPA WROCLAW | WROCLAW | 32:59.94 | +14:42.92 | 06:36 | 0:32:48.56 |
| 106 | 291 | OLSZAŃSKA DOROTA | K | K30 | 35° | | PRUSICE | 33:02.15 | +14:45.13 | 06:37 | 0:32:58.45 |
| 107 | 420 | CIOROCH MONIKA | K | K30 | 36° | PARKRUN WROCLAW | WROCLAW | 33:11.89 | +14:54.87 | 06:38 | 0:32:41.16 |
| 108 | 425 | ŻMUDA ZUZANNA | K | K20 | 23° | | KOTOWICE | 33:41.49 | +15:24.47 | 06:44 | 0:33:28.29 |
| 109 | 378 | KRAWICZ-SZCZEPANIAK ANNA | K | K40 | 34° | GKS FIGHTER TRZEBNICA | TRZEBNICA | 34:52.60 | +16:35.58 | 06:58 | 0:34:37.04 |
| 110 | 103 | GROCHOWSKA NINA | K | K20 | 24° | | WROCLAW | 34:53.82 | +16:36.80 | 06:59 | 0:34:21.46 |
| 111 | 180 | CIDYLO-STARCZEWSKA MAGDA | K | K30 | 37° | GKS FIGHTER TRZEBNICA | TRZEBNICA | 35:09.37 | +16:52.35 | 07:02 | 0:34:55.40 |
| 112 | 416 | KRZYŻAK SYLWIA | K | K50 | 13° | | PRUSICE | 35:45.97 | +17:28.95 | 07:09 | 0:35:17.88 |
| 113 | 395 | JOŃCZYK MARTA | K | K30 | 38° | | OLEŚNICA | 36:21.40 | +18:04.38 | 07:16 | 0:35:55.04 |
| 114 | 104 | JAROSZYK ALICJA | K | K20 | 25° | | WROCLAW | 36:22.38 | +18:05.36 | 07:16 | 0:35:47.79 |
| 115 | 131 | NALEPKA BARBARA | K | K30 | 39° | GKS FIGHTER TRZEBNICA | TRZEBNICA | 36:40.10 | +18:23.08 | 07:20 | 0:36:25.92 |
| 116 | 137 | WIĘCKOWSKA KAMILA | K | K30 | 40° | GKS FIGHTER TRZEBNICA | TRZEBNICA | 36:40.59 | +18:23.57 | 07:20 | 0:36:24.77 |
| 117 | 258 | PIASECKA-LASKA MALWINA | K | K30 | 41° | | ŚWIĄTNIKI | 36:43.74 | +18:26.72 | 07:20 | 0:36:13.54 |
| 118 | 91 | BAK ANNA | K | K20 | 26° | MARKUS SAJEWICZ TEAM | ŻMIGRÓD | 37:02.65 | +18:45.63 | 07:25 | 0:36:35.59 |
| 119 | 93 | ROESLER-WIERZBA JUSTYNA | K | K40 | 35° | MARKUS SAJEWICZ TEAM | ŻMIGRÓD | 37:02.65 | +18:45.63 | 07:25 | 0:36:34.82 |
| 120 | 154 | JĘDRAŚ-ŚWIDERSKA JOANNA | K | K30 | 42° | MARKUS SAJEWICZ TEAM | RAWICZ | 37:02.90 | +18:45.88 | 07:25 | 0:36:37.69 |

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Wyniki końcowe - OPEN K

| Poz. | Nr | Nazwisko, Imię | Płeć | Kat | By cat. | KLUB | MIASTO | Wynik | Różnica | Tempo | Czas netto |
|------|-----|-------------------------|------|-----|---------|-----------------|---|----------|-----------|-------|------------|
| 121 | 16 | GŁOWACKA-RADEK KAROLINA | K | K30 | 43° | SPARTA | WSZEMIRÓW | 37:22.59 | +19:05.57 | 07:28 | 0:36:52.57 |
| 122 | 342 | ŁYCZEK MONIKA | K | K30 | 44° | | DZIERŻONIÓW, DZIERŻONIOWSKI, DOLNOŚLĄSK | 37:23.32 | +19:06.30 | 07:29 | 0:36:56.26 |
| 123 | 223 | APANEL KAJA | K | K30 | 45° | | MILICZ | 37:49.25 | +19:32.23 | 07:34 | 0:37:33.44 |
| 124 | 285 | BIJAK DOROTA | K | K60 | 2° | PARKRUN WROCŁAW | WROCŁAW | 37:59.17 | +19:42.15 | 07:36 | 0:37:27.75 |
| 125 | 61 | STARCZEWSKA PAULINA | K | K50 | 14° | | RAWICZ | 38:55.72 | +20:38.70 | 07:47 | 0:38:32.05 |
| 126 | 303 | WIECH MAGDALENA | K | K40 | 36° | | SKARBIMIERZ-OSIEDLE | 38:58.39 | +20:41.37 | 07:47 | 0:38:44.94 |
| 127 | 96 | STAROSTA BEATA | K | K50 | 15° | | PRUSICE | 42:01.29 | +23:44.27 | 08:24 | 0:41:54.63 |
| 128 | 260 | MRÓWCZYŃSKA MARIA | K | K60 | 3° | | OSIECZNA | 49:21.09 | +31:04.07 | 09:52 | 0:48:55.25 |
| 129 | 178 | SKRZYPCZAK MAŁGORZATA | K | K60 | 4° | | LESZNO | 49:43.06 | +31:26.04 | 09:56 | 0:49:16.70 |