

29. Bieg Niepodległości

WYNIKI ZAWODÓW

Nordic Walking



29. BIEG
NIEPODLEGŁOŚCI

Organizator: Stołeczne Centrum Sportu AKTYWNA WARSZAWA

Termin: 11.11.2017

Miejsce: Warszawa

Dystans: 6,5 km

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|-----------|-------------------------|---------------------|-------------|---------------------------------------|------------|--------------|-------------|----------|
| 4404 | AMBROSZKIEWICZ Jadwiga | Warszawa | POL | | 58 | 01:02:51 | 00:22:03,52 | 09:40 |
| 14740 | ANDRUSZKIEWICZ Krystyna | Głowno | POL | / Stowarzyszenie Prodesse | 53 | 01:12:50 | 00:32:03,07 | 11:12 |
| 12486 | BABULA Jarosław | Warszawa | POL | / Bank Millennium | 83 | 00:45:17 | 00:04:29,65 | 06:58 |
| 7473 | BAGIŃSKA Małgorzata | Warszawa | POL | | 50 | 00:59:33 | 00:18:45,88 | 09:09 |
| 1055 | BARTKOWIAK Henryk | Nowa Iwiczna | POL | / Gibno Warszawa | 46 | 00:59:25 | 00:18:37,63 | 09:08 |
| 15675 | BARTOSIK Krystyna | Zgierz | POL | | 58 | 00:57:10 | 00:16:23,32 | 08:47 |
| 730 | BIAŁECKI Krzysztof | Warszawa | POL | | 44 | 01:03:05 | 00:22:18,09 | 09:42 |
| 13180 | BIAŁEK Hanna | Warszawa | POL | | 56 | 01:02:19 | 00:21:31,46 | 09:35 |
| 6101 | BLACHURA Tomasz | Piaseczno | POL | | 79 | 00:59:27 | 00:18:39,48 | 09:08 |
| 7191 | BOBAK-DULKA Anita | Warszawa | POL | | 60 | 01:02:39 | 00:21:51,90 | 09:38 |
| 2216 | BOGAJ Dariusz | Warszawa | POL | | 72 | 00:55:56 | 00:15:08,60 | 08:36 |
| 1948 | BORKOWSKI Wiesław | Warszawa Wesola | POL | | 48 | 00:55:32 | 00:14:44,66 | 08:32 |
| 2938 | BOŃCZYŹYŃSKA Monika | Warszawa | POL | | 75 | 01:03:23 | 00:22:36,08 | 09:45 |
| 7236 | BROJAK Anna | Brwinów | POL | / Runegates Brwinów | 84 | 00:56:35 | 00:15:48,33 | 08:42 |
| 1080 | BRONZ Zygmunt | Warszawa | POL | | 40 | 00:55:18 | 00:14:31,19 | 08:30 |
| 4864 | BRONZ Joanna | Warszawa | POL | | 62 | 00:57:33 | 00:16:45,47 | 08:51 |
| 1979 | BRZEZIŃSKA Aleksandra | Warszawa | POL | | 79 | 00:57:09 | 00:16:22,09 | 08:47 |
| 9589 | BUCZYŃSKA Halina | Warszawa Mokotów | POL | | 49 | 00:59:49 | 00:19:01,53 | 09:12 |
| 4625 | BUDNA Ewa | Warszawa | POL | / Grupa Biegowa Um W-wa | 86 | 01:07:14 | 00:26:26,76 | 10:20 |
| 14973 | BURBELKA Magda | Pruszków | POL | | 02 | 01:00:47 | 00:20:00,29 | 09:21 |
| 14741 | BURSIĄK Aleksandra | Głowno | POL | / Stowarzyszenie Prodesse | 00 | 01:12:47 | 00:31:59,67 | 11:11 |
| 14742 | BURZYŃSKA Aneta | Głowno | POL | / Stowarzyszenie Prodesse | 79 | 01:16:49 | 00:36:01,73 | 11:49 |
| 10843 | BŁĘDOWSKA Danuta | Warszawa | POL | | 48 | 01:01:41 | 00:20:53,41 | 09:29 |
| 10844 | BŁĘDOWSKI Witold | Warszawa | POL | | 48 | 01:08:17 | 00:27:29,54 | 10:30 |
| 1296 | CECELON Agnieszka | Staszów | POL | / Staszów | 73 | 00:54:48 | 00:14:00,45 | 08:25 |
| 10494 | CEGŁA Martyna | Pruszków | POL | | 82 | 00:54:54 | 00:14:06,54 | 08:26 |
| 3006 | CHMIEL Piotr | Brwinów / Swarzędz | POL | | 73 | 01:00:30 | 00:19:43,08 | 09:18 |
| 13084 | CHODACZ Andrzej | Otwock | POL | | 64 | 01:16:46 | 00:35:58,43 | 11:48 |
| 10606 | CHOTKOWSKA Paulina | Góra Kalwaria | POL | | 80 | 01:09:08 | 00:28:20,89 | 10:38 |
| 10608 | CHOTKOWSKI Paweł | Góra Kalwaria | POL | | 08 | 01:09:03 | 00:28:15,58 | 10:37 |
| 10607 | CHOTKOWSKI Tomasz | Góra Kalwaria | POL | | 10 | 01:09:13 | 00:28:26,13 | 10:39 |
| 14743 | CHUDZIA Monika | Głowno | POL | / Stowarzyszenie Prodesse | 55 | 01:12:34 | 00:31:47,16 | 11:09 |
| 14905 | CHWASTEK Ryszard | Warszawa | POL | | 56 | 00:49:17 | 00:08:29,73 | 07:34 |
| 8218 | CIARKA Krystyna | Chotomów | POL | / Adwokaci | 49 | 00:58:31 | 00:17:43,95 | 09:00 |
| 9042 | CICHECKA Maria | Sieradz | POL | | 60 | 01:08:31 | 00:27:43,98 | 10:32 |
| 11903 | CIESIELSKA Iwona | Warszawa | POL | | 69 | 00:56:55 | 00:16:07,62 | 08:45 |
| 3454 | CIESLIK Zbigniew | Warszawa | POL | | 64 | 00:55:01 | 00:14:13,60 | 08:27 |
| 117 | CIEŚLAK Grażyna | Warszawa | POL | | 62 | 01:02:39 | 00:21:52,26 | 09:38 |
| 118 | CIEŚLAK Jerzy | Warszawa | POL | | 57 | 00:57:08 | 00:16:21,28 | 08:47 |
| 6169 | CIOK Dominika | Warszawa | POL | / Stena Recycling | 82 | 00:53:39 | 00:12:51,61 | 08:15 |
| 12600 | CYRYNGER Jarosław | Warszawa | POL | / Stowarzyszenie Transplantacji Serca | 61 | 01:08:51 | 00:28:04,05 | 10:35 |
| 7604 | CZERŃIAK Maria | Warszawa | POL | | 51 | 00:58:20 | 00:17:33,00 | 08:58 |
| 1355 | CZERWIŃSKA Ewa | Koszalin | POL | / Team Nutrilite | 51 | 00:57:07 | 00:16:20,08 | 08:47 |
| 1356 | CZERWIŃSKI Czesław | Koszalin | POL | / Team Nutrilite | 50 | 00:57:04 | 00:16:16,61 | 08:46 |
| 4236 | CZUBAKOWSKA Beata | Warszawa | POL | | 88 | 01:01:09 | 00:20:22,19 | 09:24 |
| 58 | CZŁAPSKI Krzysztof | Ciechanów | POL | | 63 | 01:06:10 | 00:25:23,24 | 10:10 |
| 554 | DAMPC Małgorzata | Warszawa | POL | | 72 | 01:00:34 | 00:19:46,78 | 09:19 |
| 1109 | DEPTUŁA Henryk | Warszawa | POL | | 39 | 00:55:10 | 00:14:22,77 | 08:29 |

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|-----------|--------------------------------|-------------------------|-------------|-------------------------------|------------|--------------|-------------|----------|
| 1386 | DOBROWOLSKI Zbigniew | Staszów | POL | / Staszów | 65 | 00:58:52 | 00:18:04,93 | 09:03 |
| 1392 | DOMAGAŁA Weronika | Staszów | POL | / Staszów | 04 | 01:01:10 | 00:20:23,34 | 09:24 |
| 1397 | DOWBUSZ Eugeniusz | Koszalin | POL | / Team Nutrilite | 50 | 00:57:07 | 00:16:19,38 | 08:47 |
| 4981 | DREGER Mirosław | Warszawa | POL | | 56 | 00:53:35 | 00:12:47,55 | 08:14 |
| 4980 | DREGER Barbara | Warszawa | POL | | 57 | 00:58:55 | 00:18:07,59 | 09:03 |
| 1405 | DRZAZGA Natalia | Staszów | POL | / Staszów | 04 | 01:02:36 | 00:21:48,41 | 09:37 |
| 1406 | DRZAZGA Klaudia | Staszów | POL | / Staszów | 04 | 01:02:35 | 00:21:48,15 | 09:37 |
| 14744 | DRÓŻKA Weronika | Głowno | POL | / Stowarzyszenie Prodesse | 00 | 01:14:20 | 00:33:32,77 | 11:26 |
| 9874 | DUDZIŃSKA Sabina | Teresin | POL | / Dogoń | 84 | 01:11:38 | 00:30:50,73 | 11:01 |
| 7194 | DULKA Andrzej | Warszawa | POL | | 59 | 01:04:00 | 00:23:12,43 | 09:50 |
| 8756 | DWURZNIK Aleksandra | Warszawa | POL | | 87 | 01:03:28 | 00:22:40,52 | 09:45 |
| 10252 | DZIAKIEWICZ Iwona | Żyrardów | POL | | 66 | 00:51:42 | 00:10:54,69 | 07:57 |
| 3012 | DZIKI Marzena | Warszawa | POL | / Aletempo | 53 | 00:57:00 | 00:16:12,60 | 08:46 |
| 2450 | DŻWIGALSKI Leszek | Warszawa | POL | | 50 | 00:53:09 | 00:12:22,29 | 08:10 |
| 5326 | DĄBROWSKA Dorota | Warszawa | POL | | 77 | 00:58:58 | 00:18:11,07 | 09:04 |
| 3244 | DĄBROŚ Izabela | Warszawa | POL | / Walk Talk | 75 | 00:54:06 | 00:13:19,10 | 08:19 |
| 7625 | ELŻANOWSKA-PODLASIŃSKA Urszula | Pruszków | POL | | 82 | 00:54:58 | 00:14:11,24 | 08:27 |
| 1436 | FALASA Kinga | Staszów | POL | / Staszów | 07 | 01:11:19 | 00:30:31,60 | 10:58 |
| 1437 | FALASA Agnieszka | Staszów | POL | / Staszów | 74 | 01:11:21 | 00:30:33,92 | 10:58 |
| 1438 | FALASA Sławomir | Staszów | POL | / Staszów | 75 | 01:32:30 | 00:51:43,18 | 14:13 |
| 1447 | FIJAŁKOWSKA Julia | Toruń | POL | | 02 | 01:03:02 | 00:22:14,48 | 09:41 |
| 1449 | FIJAŁKOWSKA Natalia | Toruń | POL | | 03 | 01:02:59 | 00:22:11,96 | 09:41 |
| 7621 | FIJAŁKOWSKI Przemysław | Toruń | POL | / Mała Nieszawka | 74 | 01:03:34 | 00:22:47,25 | 09:46 |
| 2205 | FILIPOWICZ Jerzy | Warszawa | POL | | 55 | 01:02:31 | 00:21:43,95 | 09:37 |
| 2994 | FRANKEL-DOMINIK Marta | Warszawa | POL | / Akademia Walki | 89 | 00:56:53 | 00:16:05,84 | 08:45 |
| 2454 | FREJLICH Bianka | Słupno | POL | | 74 | 01:07:21 | 00:26:34,31 | 10:21 |
| 14556 | FROMLEWICZ Kinga | Warszawa | POL | | 78 | 01:06:44 | 00:25:57,02 | 10:16 |
| 6891 | FRYS - STANCZAK Anna | Warszawa | POL | / Stare Babice Biegają | 74 | 00:56:37 | 00:15:49,53 | 08:42 |
| 14745 | FRAŃCZAK Danuta | Głowno | POL | / Stowarzyszenie Prodesse | 56 | 01:19:42 | 00:38:54,42 | 12:15 |
| 5760 | GAWĘDA Bożena | Warszawa | POL | | 69 | 00:58:45 | 00:17:58,02 | 09:02 |
| 1499 | GIBAŁA Elżbieta | Staszów | POL | / Staszów | 67 | 01:17:28 | 00:36:40,59 | 11:55 |
| 6997 | GŁOWACKA Anna | Ostrowiec Świętokrzyski | POL | | 63 | 00:59:20 | 00:18:33,31 | 09:07 |
| 13085 | GONTARZEWSKA Marta | Otwock | POL | | 77 | 01:16:44 | 00:35:56,76 | 11:48 |
| 1529 | GOZDEK Karol | Staszów | POL | / Staszów | 08 | 01:11:51 | 00:31:04,06 | 11:03 |
| 1530 | GOZDEK Elżbieta | Staszów | POL | / Staszów | 80 | 01:11:49 | 00:31:01,45 | 11:02 |
| 1531 | GOZDEK Wiktoria | Staszów | POL | / Staszów | 10 | 01:11:48 | 00:31:00,83 | 11:02 |
| 4942 | GOLĘBIEWSKA Agnieszka | Warszawa | POL | | 85 | 01:00:03 | 00:19:15,58 | 09:14 |
| 15685 | GRABARCZYK Piotr | Warszawa | POL | | 70 | 01:01:36 | 00:20:48,95 | 09:28 |
| 15687 | GRABARCZYK Magdalena | Warszawa | POL | | 70 | 01:01:36 | 00:20:49,12 | 09:28 |
| 2542 | GRABOWSKA Maria | Warszawa | POL | | 53 | 00:55:16 | 00:14:28,78 | 08:30 |
| 6417 | GRABOWSKA-SKALSKA Iwona | Warszawa | POL | | 79 | 00:56:34 | 00:15:47,01 | 08:42 |
| 9 | GRABOWSKI Wojciech | | POL | | 38 | 01:13:15 | 00:32:28,08 | 11:16 |
| 5816 | GRODZKI Ignacy | Warszawa | POL | | 09 | 00:57:07 | 00:16:19,60 | 08:47 |
| 982 | GRZEGORCZYK-MAJCHER Edyta | Wąwolnica | POL | | 85 | 00:59:01 | 00:18:14,02 | 09:04 |
| 94 | GRZELAK Maria | Warszawa | POL | | 79 | 00:56:55 | 00:16:08,34 | 08:45 |
| 7193 | GRZESIK Maria | Koszalin | POL | / Koszalin | 49 | 00:57:54 | 00:17:07,07 | 08:54 |
| 3343 | GŁĘBOCKA Alina | Zambrów | POL | / E-przemek.pl | 46 | 00:53:37 | 00:12:50,14 | 08:15 |
| 2290 | HAŁASZCZYK Aleksandra | Warszawa | POL | / Poczta Polska S.a. | 86 | 01:00:25 | 00:19:38,20 | 09:17 |
| 10868 | HOLYST Aleksandra | Warszawa | POL | | 80 | 01:11:57 | 00:31:10,07 | 11:04 |
| 10865 | HOLYST Robert | Warszawa | POL | | 63 | 01:11:54 | 00:31:06,71 | 11:03 |
| 10867 | HOLYST Natalia | Warszawa | POL | | 06 | 01:03:01 | 00:22:13,69 | 09:41 |
| 10866 | HOLYST Piotr | Warszawa | POL | | 10 | 01:11:43 | 00:30:55,97 | 11:02 |
| 11718 | HUREC Barbara | Nowy Dwór Mazowiecki | POL | | 64 | 01:12:54 | 00:32:07,32 | 11:13 |
| 1602 | IDZIK Bartłomiej | Staszów | POL | / Staszów | 07 | 01:11:56 | 00:31:08,92 | 11:04 |
| 7956 | IZDEBSKA Monika | Warszawa | POL | / Nbs Team | 78 | 00:51:55 | 00:11:07,94 | 07:59 |
| 10479 | JABŁONSKA Michalina | Warszawa | POL | | 87 | 00:58:46 | 00:17:58,75 | 09:02 |
| 4926 | JANCZEWSKA Janina | Ostrołęka | POL | / Niezrzeszony14 | 58 | 01:10:33 | 00:29:45,77 | 10:51 |
| 4925 | JANCZEWSKA Aleksandra | Ostrołęka | POL | | 06 | 01:10:03 | 00:29:16,27 | 10:46 |
| 4924 | JANCZEWSKI Tomasz | Warszawa | POL | | 82 | 01:10:12 | 00:29:24,70 | 10:48 |

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|-----------|------------------------------|---------------------|-------------|-----------------------------------|------------|--------------|-------------|----------|
| 6609 | JANKOWSKA Joanna | Tuszczy | POL | / Bóbr Tuszczy | 77 | 01:00:52 | 00:20:04,74 | 09:21 |
| 4216 | JARZĄBEK Grażyna | Warszawa | POL | / Avocado Wellness | 53 | 00:57:31 | 00:16:43,39 | 08:50 |
| 16709 | JASIŃSKA Justyna | Gliwice | POL | / - | 78 | 00:58:34 | 00:17:46,50 | 09:00 |
| 15829 | JASZCZUK Kasia | Warszawa | POL | / Rotary Club Warszawa Sobieski | 82 | 01:04:44 | 00:23:56,90 | 09:57 |
| 16011 | JAWORSKA Alicja | Staszów | POL | / Staszów | 06 | 01:12:16 | 00:31:28,63 | 11:07 |
| 6786 | JERZAK-WODZYŃSKA Grażyna | Minsk-mazowiecki | POL | | 55 | 01:08:50 | 00:28:02,51 | 10:35 |
| 16476 | JONCA Milena | Staszów | POL | / Staszów | 05 | 00:55:46 | 00:14:58,45 | 08:34 |
| 8032 | JUŹWIUK Marta | Skierniewice | POL | | 86 | 00:53:28 | 00:12:41,36 | 08:13 |
| 15445 | KACPERKIEWICZ Elżbieta | Białobrzegi | POL | | 65 | 00:56:11 | 00:15:23,92 | 08:38 |
| 16484 | KACPRZYK Jolanta | Łódź | POL | / Jolter | 61 | 00:57:43 | 00:16:55,54 | 08:52 |
| 12552 | KAJAK Anna maria | Warszawa | POL | / Truchtacz.pl | 94 | 00:52:27 | 00:11:39,63 | 08:04 |
| 632 | KALINKIEWICZ Anna | Warszawa | POL | / Stowarzyszenie Dać Siebie Innym | 54 | 01:10:07 | 00:29:20,28 | 10:47 |
| 14746 | KANTORSKA Marianna | Głowno | POL | / Stowarzyszenie Prodesse | 59 | 01:12:53 | 00:32:05,41 | 11:12 |
| 3891 | KARASIEWICZ Iwona | Warszawa | POL | / Nordiclub Szczecin | 83 | 00:57:30 | 00:16:42,96 | 08:50 |
| 2406 | KARNKOWSKI Włodzimierz | Warszawa | POL | / - | 45 | 01:05:46 | 00:24:59,05 | 10:07 |
| 14747 | KASIŃSKA Marta | Zgierz | POL | / Stowarzyszenie Prodesse | 87 | 01:12:41 | 00:31:54,01 | 11:11 |
| 6998 | KAZMIERCZAK Anna | Konin | POL | | 66 | 00:59:23 | 00:18:35,67 | 09:08 |
| 14748 | KAZMIERCZAK Ewa | Głowno | POL | / Stowarzyszenie Prodesse | 55 | 01:09:47 | 00:28:59,65 | 10:44 |
| 8541 | KIWERSKA Katarzyna | Sochaczew | POL | | 91 | 00:52:02 | 00:11:14,91 | 08:00 |
| 16589 | KLAMCZYŃSKA Zofia | Staszów | POL | / Staszów | 65 | 01:11:25 | 00:30:37,65 | 10:59 |
| 15444 | KOKIEĆ Justyna | Białobrzegi | POL | | 69 | 00:56:10 | 00:15:23,05 | 08:38 |
| 3730 | KOMOŃSKA Marlena | Warszawa | POL | | 85 | 00:50:53 | 00:10:05,87 | 07:49 |
| 2453 | KONIECZNAK Katarzyna | Warszawa | POL | | 72 | 01:07:17 | 00:26:30,19 | 10:21 |
| 7904 | KOPROWSKA Ewa | Warszawa | POL | / Pzu Sport Team | 74 | 01:08:10 | 00:27:22,44 | 10:29 |
| 2299 | KOPYTIUK Konrad | Warszawa | POL | / Poczta Polska S.a. | 88 | 01:00:27 | 00:19:39,79 | 09:18 |
| 16925 | KORCZAK Monika | Staszów | POL | / Staszów | 71 | 00:58:48 | 00:18:00,54 | 09:02 |
| 7702 | KORNICKA Aneta | Pruszków | POL | | 74 | 00:55:25 | 00:14:37,91 | 08:31 |
| 7703 | KORNICKI Robert | Pruszków | POL | | 70 | 00:53:06 | 00:12:18,72 | 08:10 |
| 6995 | KORZEC Monika | Konin | POL | | 83 | 00:59:22 | 00:18:34,46 | 09:08 |
| 3049 | KORZYŃSKA Maria | Warszawa | POL | | 52 | 01:14:37 | 00:33:50,35 | 11:28 |
| 14749 | KOSZMIDER Julia | Głowno | POL | / Stowarzyszenie Prodesse | 00 | 01:14:22 | 00:33:35,14 | 11:26 |
| 55 | KOWALSKA Joanna | Warszawa | POL | | 81 | 00:55:03 | 00:14:16,33 | 08:28 |
| 6641 | KOWALSKA Irena | Warszawa | POL | | 49 | 01:03:49 | 00:23:01,62 | 09:49 |
| 7856 | KOWALSKA Joanna | Feliksów | POL | / Rysie Razem | 73 | 01:01:05 | 00:20:18,05 | 09:23 |
| 9029 | KOWALUK Krzysztof | Biała Podlaska | POL | | 62 | 01:09:37 | 00:28:49,84 | 10:42 |
| 9030 | KOWALUK Lidia | Biała Podlaska | POL | | 61 | 01:09:34 | 00:28:47,13 | 10:42 |
| 14750 | KOZŁOWSKA Aneta | Głowno | POL | / Stowarzyszenie Prodesse | 60 | 01:05:30 | 00:24:42,66 | 10:04 |
| 1934 | KOZŁOWSKA-SAWICKA Małgorzata | Baniocha | POL | / Tim | 63 | 00:49:32 | 00:08:44,46 | 07:37 |
| 16968 | KRAKÓWKA Zofia | Staszów | POL | / Staszów | 58 | 01:17:26 | 00:36:39,18 | 11:54 |
| 17310 | KRAUZA-KUR Izabela | Warszawa | POL | | 72 | 00:55:20 | 00:14:32,67 | 08:30 |
| 57 | KRAWCZAK Ewa | Łomianki | POL | | 65 | 01:05:51 | 00:25:03,68 | 10:07 |
| 5801 | KRAWCZYKIEWICZ Krystyna | Gorzewo | POL | | 50 | 01:07:27 | 00:26:40,24 | 10:22 |
| 16976 | KREFFT Lidia | Gdynia | POL | | 69 | 01:00:19 | 00:19:31,67 | 09:16 |
| 8542 | KRONE Mirosław | Warszawa | POL | | 79 | 00:49:59 | 00:09:11,40 | 07:41 |
| 8543 | KRONE Wiktoria | Warszawa | POL | | 06 | 00:49:59 | 00:09:11,59 | 07:41 |
| 13409 | KRUKOWSKA Anna | Drzonowo | POL | / Dojlidy | 53 | 01:00:43 | 00:19:56,15 | 09:20 |
| 1170 | KRUPA Aleksandra | Siedlce | POL | | 47 | 01:01:53 | 00:21:06,24 | 09:31 |
| 14807 | KSIĘŻAK Magdalena | Chotomów | POL | | 77 | 00:59:47 | 00:18:59,95 | 09:11 |
| 16994 | KUBALSKA Ida | Staszów | POL | / Staszów | 07 | 00:58:39 | 00:17:52,04 | 09:01 |
| 16995 | KUBALSKI Piotr | Staszów | POL | / Staszów | 76 | 00:54:43 | 00:13:56,19 | 08:25 |
| 14751 | KUBIAK Edward | Zgierz | POL | / Stowarzyszenie Prodesse | 61 | 01:22:23 | 00:41:36,00 | 12:40 |
| 14752 | KUBIAK Elżbieta | Zgierz | POL | / Stowarzyszenie Prodesse | 61 | 01:09:18 | 00:28:31,01 | 10:39 |
| 10822 | KUCHARSKA Agata | Warszawa | POL | | 80 | 01:01:53 | 00:21:05,53 | 09:31 |
| 14753 | KUKLIŃSKA Dominika | Stryków | POL | / Stowarzyszenie Prodesse | 00 | 01:04:09 | 00:23:21,87 | 09:52 |
| 4672 | KULESA Anna | Warszawa | POL | / Qlesh Racing Team | 78 | 00:57:53 | 00:17:05,89 | 08:54 |
| 7932 | KULMA Hanna | Sulejówek | POL | | 57 | 01:00:37 | 00:19:49,53 | 09:19 |
| 7931 | KULMA Zbigniew | Sulejówek | POL | | 55 | 01:00:39 | 00:19:51,95 | 09:19 |
| 14250 | KUPRAS Dorota | Warszawa | POL | | 78 | 00:56:56 | 00:16:08,78 | 08:45 |
| 10364 | KURZELA Eliza | Pruszków | POL | | 82 | 00:57:03 | 00:16:15,53 | 08:46 |

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|--------|----------------------------|---------------------|-------------|--------------------------------|------------|--------------|-------------|----------|
| 7189 | KUTA Urszula | Warszawa Wesola | POL | | 74 | 01:02:38 | 00:21:50,54 | 09:38 |
| 7190 | KUTA Marek | Warszawa | POL | | 63 | 01:01:23 | 00:20:35,41 | 09:26 |
| 6025 | KWAŚNA Anna | Warszawa | POL | / Avocado | 82 | 00:54:08 | 00:13:20,46 | 08:19 |
| 6027 | KWAŚNY Maciej | Warszawa | POL | | 83 | 00:46:24 | 00:05:36,40 | 07:08 |
| 17035 | KWIATKOWSKA Maria | Plock | POL | | 91 | 01:01:52 | 00:21:04,86 | 09:31 |
| 4238 | KŁUCIŃSKA Agnieszka | Legionowo | POL | | 88 | 00:57:15 | 00:16:27,64 | 08:48 |
| 14754 | LADEMAN Aneta | Glowno | POL | / Stowarzyszenie Prodesse | 60 | 01:09:52 | 00:29:05,18 | 10:45 |
| 13203 | LANGNER-DREWNIAK Katarzyna | Koczargi Stare | POL | | 68 | 00:53:12 | 00:12:24,62 | 08:11 |
| 2936 | LATAS Sebastian | Warszawa | POL | | 75 | 01:03:21 | 00:22:34,09 | 09:44 |
| 12751 | LEMANOWICZ Marta | Jablonna | POL | / Danske Team | 78 | 00:57:01 | 00:16:14,34 | 08:46 |
| 4056 | LESIK Jan | Warszawa | POL | / Cross Syrenka | 52 | 00:57:13 | 00:16:26,33 | 08:48 |
| 4456 | LESZCZYŃSKA Elżbieta | Warszawa | POL | | 70 | 00:52:44 | 00:11:56,39 | 08:06 |
| 1058 | LIPIEC Dariusz | Warszawa | POL | / Byledobiec | 40 | 00:50:31 | 00:09:44,34 | 07:46 |
| 4276 | LIPIEC Ewa | Kozłów Biskupi | POL | | 63 | 00:59:19 | 00:18:31,84 | 09:07 |
| 2025 | LIPIŃSKA Małgorzata | Warszawa | POL | | 68 | 01:10:17 | 00:29:30,07 | 10:48 |
| 6175 | LIPIŃSKA Iwona | Warszawa | POL | / Stena Recycling | 74 | 01:03:28 | 00:22:40,90 | 09:45 |
| 7310 | LIS Małgorzata | Warszawa | POL | | 74 | 00:55:26 | 00:14:39,31 | 08:31 |
| 1174 | MAJ Sławomir | Warszawa | POL | | 35 | 00:59:01 | 00:18:13,73 | 09:04 |
| 7237 | MAJER Iwona | Brwinów | POL | / Runegates Brwinów | 81 | 00:56:54 | 00:16:06,62 | 08:45 |
| 4599 | MAJSZYK Katarzyna | Warszawa | POL | | 71 | 01:06:17 | 00:25:30,34 | 10:11 |
| 4601 | MAJSZYK Wiktoria | Warszawa | POL | | 02 | 01:01:52 | 00:21:04,51 | 09:31 |
| 4600 | MAJSZYK Marek | Warszawa | POL | | 05 | 01:06:18 | 00:25:30,74 | 10:12 |
| 8433 | MALINOWSKA Jolanta | Józefów | POL | / Niezrzeszona | 58 | 01:10:13 | 00:29:26,20 | 10:48 |
| 12883 | MARCZYK Jerzy paweł | Warszawa | POL | / Face Nordic Walking Team | 58 | 00:58:45 | 00:17:57,59 | 09:02 |
| 1135 | MARKIEWICZ Barbara | Warszawa | POL | | 36 | 01:03:49 | 00:23:01,68 | 09:49 |
| 14755 | MARKOWICZ Edyta | Glowno | POL | / Stowarzyszenie Prodesse | 79 | 01:16:32 | 00:35:45,01 | 11:46 |
| 14972 | MARKOWSKA-BURBELKA Dorota | Pruszków | POL | | 71 | 01:00:48 | 00:20:01,07 | 09:21 |
| 9918 | MARKS Małgorzata | Warszawa | POL | | 64 | 00:54:33 | 00:13:45,62 | 08:23 |
| 3243 | MARTYNIUK Renata | Warszawa | POL | | 53 | 01:05:55 | 00:25:07,59 | 10:08 |
| 7919 | MARUSZEWSKI Krzysztof | Warszawa | POL | | 54 | 01:08:31 | 00:27:43,92 | 10:32 |
| 17156 | MASZOTA Joanna | Bartoszyce | POL | | 75 | 01:01:55 | 00:21:07,74 | 09:31 |
| 11425 | MATEREK Elżbieta | Skarżysko-kam | POL | | 58 | 00:56:54 | 00:16:06,62 | 08:45 |
| 14756 | MATUSIAK Renata | Glowno | POL | / Stowarzyszenie Prodesse | 60 | 01:05:32 | 00:24:45,16 | 10:05 |
| 1164 | MATUSIEWICZ Jerzy | Olsztyn | POL | | 44 | 01:01:53 | 00:21:05,57 | 09:31 |
| 10690 | MATUSIEWICZ Bartosz | Warszawa | POL | | 98 | 01:01:33 | 00:20:46,32 | 09:28 |
| 17165 | MAZANKA Emilia | Staszów | POL | / Staszów | 04 | 01:01:07 | 00:20:20,09 | 09:24 |
| 17169 | MAZUR Łucja | Staszów | POL | / Staszów | 39 | 01:20:24 | 00:39:36,59 | 12:22 |
| 6907 | MALEK Anna | Warszawa | POL | / Www.kuchnia-biegacza.blog.pl | 70 | 01:05:54 | 00:25:07,31 | 10:08 |
| 16258 | MALEK Paweł | Warszawa | POL | | 68 | 01:05:51 | 00:25:04,12 | 10:07 |
| 469 | MIAŁKOWSKI Józef | Warszawa | POL | / Polska Zbrojna | 49 | 01:07:23 | 00:26:35,83 | 10:22 |
| 5584 | MICHALAK Maria | Warszawa | POL | | 01 | 00:57:31 | 00:16:43,49 | 08:50 |
| 5583 | MICHALAK Monika | Warszawa | POL | | 68 | 00:57:47 | 00:17:00,28 | 08:53 |
| 17207 | MISAK Julia | Staszów | POL | / Staszów | 07 | 01:11:59 | 00:31:11,65 | 11:04 |
| 17208 | MISAK Anita | Staszów | POL | / Staszów | 85 | 01:12:14 | 00:31:27,03 | 11:06 |
| 17209 | MISIAK Wojciech | Staszów | POL | / Staszów | 78 | 01:08:41 | 00:27:54,14 | 10:34 |
| 12538 | MOLAK Mieczysław | Warszawa | POL | | 63 | 00:52:52 | 00:12:04,69 | 08:08 |
| 12536 | MOLAK Mariola | Warszawa | POL | | 62 | 00:58:25 | 00:17:38,22 | 08:59 |
| 14571 | MOLASY Magdalena | Warszawa | POL | | 87 | 00:56:51 | 00:16:03,40 | 08:44 |
| 4380 | MORAWSKA Joanna | Warszawa | POL | / - | 50 | 01:05:04 | 00:24:16,53 | 10:00 |
| 13984 | MOSTOWSKA Joanna | Warszawa | POL | / Inne Spacery | 82 | 01:12:55 | 00:32:07,91 | 11:13 |
| 13985 | MOSTOWSKA Agnieszka | Warszawa | POL | | 52 | 01:13:00 | 00:32:12,60 | 11:13 |
| 1086 | MROCZKOWSKA Teresa | Warszawa | POL | | 44 | 00:59:17 | 00:18:29,58 | 09:07 |
| 1146 | MUCHA Andrzej | Warszawa | POL | / Www.kuchnia-biegacza.blog.pl | 47 | 00:58:39 | 00:17:52,14 | 09:01 |
| 10683 | MUCHOROWSKA Magdalena | Warszawa | POL | / Avocado | 67 | 00:54:13 | 00:13:25,55 | 08:20 |
| 17237 | MYSLEK Kinga | Staszów | POL | / Staszów | 05 | 01:12:14 | 00:31:26,37 | 11:06 |
| 16190 | MĄDRY Zdzisław | Częstochowa | POL | / Stowarzyszenie Cross | 52 | 00:54:08 | 00:13:20,60 | 08:19 |
| 8528 | NESTEROWICZ Małgorzata | Warszawa | POL | | 65 | 00:49:49 | 00:09:01,56 | 07:39 |
| 13135 | NIEDŹWIEDZKA Joanna | Warszawa | POL | | 58 | 01:06:31 | 00:25:43,70 | 10:14 |
| 2753 | NIETRZEBKA Aleksandra | Międzybórz | POL | / 1991 | 91 | 00:46:54 | 00:06:06,91 | 07:13 |

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|-----------|--------------------------|---------------------|-------------|-------------------------------|------------|--------------|-------------|----------|
| 2754 | NIETRZEBKA Paweł | Międzyborów | POL | | 88 | 00:47:13 | 00:06:26,10 | 07:15 |
| 1180 | NIEWIADOMSKI Józef | Grudziądz | POL | | 38 | 01:03:46 | 00:22:59,32 | 09:48 |
| 4860 | NORBERCIAK Honorata | Warka | POL | | 71 | 00:55:16 | 00:14:28,53 | 08:30 |
| 553 | NOWAK Anna | Sulejówek | POL | | 67 | 01:00:31 | 00:19:43,96 | 09:18 |
| 17264 | NOWAK Krystyna | Staszów | POL | / Staszów | 49 | 00:57:47 | 00:16:59,69 | 08:53 |
| 8279 | NOWICKA Renata | Józefów | POL | | 80 | 00:56:18 | 00:15:30,72 | 08:39 |
| 15097 | NĘDZI Małgorzata | Radom | POL | | 62 | 01:14:04 | 00:33:17,02 | 11:23 |
| 14757 | OGŁOZA Regina | Głowno | POL | / Stowarzyszenie Prodesse | 48 | 01:16:43 | 00:35:56,22 | 11:48 |
| 2304 | OLCHOWIK Urszula | Warszawa | POL | / Poczta Polska S.a. | 88 | 01:00:27 | 00:19:39,83 | 09:18 |
| 13838 | OSMAN Marta | Kielce | POL | | 71 | 00:51:15 | 00:10:28,36 | 07:53 |
| 474 | OWCZAREK Sławomir | Warszawa | POL | / Polska Zbrojna | 70 | 01:05:21 | 00:24:34,14 | 10:03 |
| 2755 | OWCZAREK Magdalena | Międzyborów | POL | | 68 | 00:55:28 | 00:14:40,48 | 08:32 |
| 14758 | OWCZAREK Daria | Głowno | POL | / Stowarzyszenie Prodesse | 00 | 01:14:16 | 00:33:29,06 | 11:25 |
| 5907 | PAJĄCZKOWSKA Aleksandra | Warszawa | POL | | 78 | 00:57:47 | 00:16:59,55 | 08:53 |
| 1156 | PANASIUK Elżbieta | Pruszków | POL | | 42 | 01:08:01 | 00:27:14,30 | 10:27 |
| 7197 | PASIEWICZ Adam | Warszawa | POL | | 59 | 00:54:12 | 00:13:24,45 | 08:20 |
| 8103 | PASZEK Krystyna | Grodzisk Maz | POL | / Dogoń Grodzisk Mazowiecki | 61 | 00:46:33 | 00:05:45,67 | 07:09 |
| 6654 | PATEL Oliwia | Warszawa | POL | | 03 | 01:02:13 | 00:21:25,62 | 09:34 |
| 4277 | PATRYCY Agnieszka | Warszawa | POL | | 77 | 01:16:50 | 00:36:03,01 | 11:49 |
| 7146 | PAŻ Agnieszka | Tłuszcz | POL | / Bóbr Tłuszcz | 77 | 00:56:13 | 00:15:25,80 | 08:38 |
| 17467 | PIGULA Krzysztof | Łódź | POL | | 62 | 00:51:01 | 00:10:13,98 | 07:51 |
| 6652 | PIOTROWSKA Małgorzata | Szczecin | POL | | 60 | 01:10:10 | 00:29:23,11 | 10:47 |
| 13536 | PIOTROWSKI Dariusz | Warszawa | POL | | 61 | 01:01:29 | 00:20:41,68 | 09:27 |
| 17452 | PIĄTKOWSKA Laura | Staszów | POL | / Staszów | 48 | 01:05:40 | 00:24:52,70 | 10:06 |
| 9632 | PIĄTKOWSKA-BEER Maria | Warszawa | POL | | 66 | 01:17:06 | 00:36:19,33 | 11:51 |
| 8526 | PLASZCZYK Danuta | Józefów | POL | | 66 | 01:02:22 | 00:21:35,00 | 09:35 |
| 8525 | PLASZCZYK-KRYSTOWSKA Ewa | Warszawa | POL | | 73 | 01:02:16 | 00:21:28,94 | 09:34 |
| 8501 | PLONA-PIENKOWSKA Sylwia | Łomża | POL | | 80 | 00:54:33 | 00:13:45,76 | 08:23 |
| 1071 | PODGÓRZAK Zdzisław | Warszawa | POL | / Nie Zrzeszony | 45 | 00:50:53 | 00:10:05,61 | 07:49 |
| 2490 | POLOWCZYK Marek | Warszawa | POL | | 48 | 01:05:28 | 00:24:40,47 | 10:04 |
| 17505 | POTERACKA Irena | Bydgoszcz | POL | / Frau | 64 | 01:05:56 | 00:25:09,20 | 10:08 |
| 93 | PRUSIK Agnieszka | Warszawa | POL | | 73 | 00:57:01 | 00:16:14,06 | 08:46 |
| 3858 | PRZYTUŁA Karol | Rawa Mazowiecka | POL | | 75 | 01:00:19 | 00:19:32,15 | 09:16 |
| 3859 | PRZYTUŁA Wojciech | Rawa Mazowiecka | POL | | 00 | 00:56:21 | 00:15:33,66 | 08:40 |
| 3860 | PRZYTUŁA Maria | Rawa Mazowiecka | POL | | 04 | 00:56:20 | 00:15:32,83 | 08:40 |
| 5631 | PRZYTUŁA Gosia | Warszawa | POL | | 04 | 01:00:19 | 00:19:32,06 | 09:16 |
| 14701 | PĘDZISZ Agnieszka | Warszawa | POL | | 76 | 00:56:58 | 00:16:11,24 | 08:45 |
| 14702 | PĘDZISZ Krzysztof | Warszawa | POL | | 76 | 00:53:44 | 00:12:56,46 | 08:16 |
| 9748 | RACZYNSKA Ewa | Golków | POL | | 64 | 01:09:41 | 00:28:54,04 | 10:43 |
| 14759 | RADZIKOWSKI Waldemar | Głowno | POL | / Stowarzyszenie Prodesse | 48 | 01:11:14 | 00:30:27,14 | 10:57 |
| 13696 | RANCEWICZ Joanna | Warszawa | POL | | 67 | 00:55:30 | 00:14:43,12 | 08:32 |
| 1115 | RECHNIO Andrzej | Józefów | POL | | 43 | 00:51:16 | 00:10:28,53 | 07:53 |
| 15200 | REDOS Beata | Warszawa | POL | | 75 | 00:59:21 | 00:18:33,68 | 09:07 |
| 15199 | REDOS Robert | Warszawa | POL | | 73 | 00:59:19 | 00:18:31,63 | 09:07 |
| 1166 | REGULSKI Michał | Warszawa | POL | | 38 | 01:00:10 | 00:19:22,86 | 09:15 |
| 14760 | REJMAN Weronika | Dmosin | POL | / Stowarzyszenie Prodesse | 00 | 01:04:42 | 00:23:54,48 | 09:57 |
| 13136 | ROKITA Stanisław | Warszawa | POL | | 56 | 01:17:47 | 00:36:59,80 | 11:58 |
| 3923 | ROMAŃSKA Małgorzata | Warszawa | POL | | 51 | 01:04:37 | 00:23:49,48 | 09:56 |
| 14761 | ROSOWSKA Janina | Głowno | POL | / Stowarzyszenie Prodesse | 60 | 01:16:45 | 00:35:58,28 | 11:48 |
| 3837 | ROZMYŚLÓWICZ Monika | Warszawa | POL | / Eneria | 71 | 00:57:03 | 00:16:15,74 | 08:46 |
| 14775 | RUSEK Agnieszka | Dmosin | POL | / Stowarzyszenie Prodesse | 00 | 01:04:11 | 00:23:23,91 | 09:52 |
| 4253 | RYBARCZYK Arkadiusz | Leszno | POL | | 73 | 01:05:11 | 00:24:23,39 | 10:01 |
| 4252 | RYBARCZYK Małgorzata | Leszno | POL | | 76 | 01:05:01 | 00:24:14,09 | 10:00 |
| 4254 | RYBARCZYK Jakub | Leszno | POL | | 01 | 01:04:05 | 00:23:17,83 | 09:51 |
| 4054 | RYBKA Mariola | Wiejca | POL | | 72 | 00:57:20 | 00:16:33,05 | 08:49 |
| 4053 | RYBKA Paweł | Wiejca | POL | | 70 | 00:57:14 | 00:16:27,20 | 08:48 |
| 17311 | RYBUS Joanna | Warszawa | POL | | 76 | 00:55:21 | 00:14:34,29 | 08:31 |
| 10392 | RYMUZA Hanna | Warszawa | POL | | 57 | 01:01:36 | 00:20:48,71 | 09:28 |
| 4858 | RZEŹNIK Aldona | Warka | POL | | 63 | 00:55:22 | 00:14:35,21 | 08:31 |

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|-----------|-------------------------|----------------------|-------------|---------------------------------------|------------|--------------|-------------|----------|
| 11909 | RĄPAŁA Leszek | Magdalenka | POL | | 62 | 00:53:28 | 00:12:40,46 | 08:13 |
| 4215 | SANKOWSKA Beata | Warszawa | POL | / Avocado Wellness Club | 67 | 00:57:33 | 00:16:46,12 | 08:51 |
| 5298 | SASINOWSKA Beata | Marki | POL | / Nutrilite | 64 | 00:50:50 | 00:10:02,96 | 07:49 |
| 7153 | SCHEFFS Waldemar | Ząbki | POL | | 62 | 00:51:43 | 00:10:55,94 | 07:57 |
| 6404 | SCZANIECKA Karolina | Warszawa | POL | | 80 | 01:02:15 | 00:21:28,02 | 09:34 |
| 4090 | SENATOR Ryszard | Warszawa | POL | / Aletempo | 57 | 00:53:16 | 00:12:28,86 | 08:11 |
| 10015 | SICIAREK Mateusz | Warszawa | POL | / Bielański Klub Sportowy | 05 | 00:40:47 | 00:00:00,00 | 06:16 |
| 10013 | SICIAREK Marta | Warszawa | POL | / Bielański Klub Sportowy | 07 | 00:55:48 | 00:15:00,95 | 08:35 |
| 10014 | SICIAREK Maria | Warszawa | POL | / Bielański Klub Sportowy | 10 | 00:55:46 | 00:14:58,48 | 08:34 |
| 10012 | SICIAREK Magdalena | Warszawa | POL | / Bielański Klub Sportowy | 78 | 00:55:46 | 00:14:59,24 | 08:34 |
| 7999 | SICIAREK Barbara | Warszawa | POL | / Bielański Klub Sportowy | 03 | 00:48:55 | 00:08:07,93 | 07:31 |
| 9802 | SICIAREK Marcin | Warszawa | POL | / Bielański Klub Sportowy | 09 | 00:59:21 | 00:18:34,17 | 09:07 |
| 9801 | SICIAREK Michał | Warszawa | POL | / Bielański Klub Sportowy | 71 | 00:59:26 | 00:18:39,11 | 09:08 |
| 7192 | SIENKIEWICZ Ewa | Kretomino | POL | / Koszalin | 53 | 01:04:08 | 00:23:20,38 | 09:52 |
| 12812 | SIENKIEWICZ Grzegorz | Warszawa | POL | | 82 | 01:05:15 | 00:24:27,85 | 10:02 |
| 12817 | SIENKIEWICZ Tadeusz | Jaroslaw | POL | | 59 | 01:05:17 | 00:24:30,04 | 10:02 |
| 3324 | SIWIŃSKA Oliwia | Warszawa | POL | | 91 | 00:54:04 | 00:13:16,68 | 08:19 |
| 9975 | SKORZYBUT Anita | Jablonna | POL | | 75 | 00:56:09 | 00:15:22,32 | 08:38 |
| 2091 | SKRZECZ Jadwiga | Warszawa | POL | | 47 | 00:59:10 | 00:18:23,34 | 09:06 |
| 10605 | SKÓRA DROŹDŹ Marzenna | Warka | POL | | 57 | 01:09:22 | 00:28:35,27 | 10:40 |
| 5908 | SMOCZYŃSKA Katarzyna | Józefoslaw | POL | | 74 | 00:57:05 | 00:16:18,14 | 08:47 |
| 5111 | SMOCZYŃSKA Agnieszka | Józefoslaw | POL | | 69 | 00:56:53 | 00:16:05,69 | 08:45 |
| 5691 | SMYK Piotr dominik | Warszawa | POL | | 03 | 01:03:30 | 00:22:43,28 | 09:46 |
| 5689 | SMYK Piotr | Warszawa | POL | | 69 | 01:04:23 | 00:23:35,74 | 09:54 |
| 14762 | SOBCZYŃSKA Aleksandra | Stryków | POL | / Stowarzyszenie Prodesse | 00 | 00:58:08 | 00:17:20,68 | 08:56 |
| 17646 | SOBIEGRAJ Marzena | Staszów | POL | / Staszów | 69 | 01:17:29 | 00:36:42,25 | 11:55 |
| 17647 | SOBIEGRAJ Milena | Staszów | POL | / Staszów | 06 | 01:17:23 | 00:36:35,87 | 11:54 |
| 17654 | SOJDA Alicja | Staszów | POL | / Staszów | 70 | 01:06:18 | 00:25:30,69 | 10:12 |
| 17655 | SOJDA Adam | Staszów | POL | / Staszów | 03 | 01:06:18 | 00:25:30,72 | 10:12 |
| 14763 | SOLTYKIEWICZ Aleksandra | Głowno | POL | / Stowarzyszenie Prodesse | 99 | 01:12:46 | 00:31:59,04 | 11:11 |
| 14549 | STANCZYK Joanna | Warszawa | POL | / Brak | 76 | 01:04:43 | 00:23:55,57 | 09:57 |
| 3245 | STANKOWSKA Ewa | Nowy Dwór Mazowiecki | POL | / Walk Talk | 75 | 00:54:29 | 00:13:42,09 | 08:23 |
| 9875 | STASIEŃKO Konrad | Grodzisk Mazowiecki | POL | | 82 | 01:11:38 | 00:30:50,69 | 11:01 |
| 5915 | STASIUKIEWICZ Piotr | Warszawa | POL | | 73 | 01:07:03 | 00:26:15,71 | 10:18 |
| 14550 | STAŃCZYK Urszula | Warszawa | POL | | 52 | 00:59:37 | 00:18:49,57 | 09:10 |
| 13099 | STOLARSKA Beata | Jablonna | POL | | 66 | 00:53:55 | 00:13:07,75 | 08:17 |
| 10 | STOPYRA Artur | Warszawa | POL | | 65 | 00:58:27 | 00:17:39,87 | 08:59 |
| 17687 | STRAWA Anna | Staszów | POL | / Staszów | 77 | 01:32:22 | 00:51:34,85 | 14:12 |
| 17688 | STRAWA Amelia | Staszów | POL | / Staszów | 12 | 01:32:17 | 00:51:30,17 | 14:11 |
| 1163 | STĘPIEŃ Lucyna | Warszawa | POL | / Avocado | 46 | 01:14:35 | 00:33:47,87 | 11:28 |
| 3966 | STĘPIEŃ Romka | Ożarów Mazowiecki | POL | | 64 | 01:06:13 | 00:25:26,34 | 10:11 |
| 17684 | STĘPIEŃ Justyna | Staszów | POL | / Staszów | 77 | 01:05:39 | 00:24:52,36 | 10:06 |
| 7160 | STĘPNIAK Monika | Warszawa | POL | | 78 | 01:03:14 | 00:22:26,83 | 09:43 |
| 1175 | SUCHEŃSKI Janusz | Oleśnica | POL | | 44 | 01:00:45 | 00:19:58,18 | 09:20 |
| 15372 | SUKACZ Beata | Warszawa | POL | | 71 | 01:06:36 | 00:25:49,25 | 10:14 |
| 6791 | SUMKA Afreda | Lipków | POL | | 54 | 00:59:42 | 00:18:55,05 | 09:11 |
| 17701 | SYTA Anna | Siemczyno | POL | | 88 | 00:59:58 | 00:19:11,15 | 09:13 |
| 2090 | SZCZECIŃSKA Danuta | Warszawa | POL | | 49 | 00:58:23 | 00:17:35,44 | 08:58 |
| 17719 | SZCZYPKOWSKA Marzena | Staszów | POL | / Staszów | 72 | 01:12:11 | 00:31:23,83 | 11:06 |
| 8305 | SZELEST Adam | Zakręt | POL | / Slow Vegan Runner | 54 | 01:02:28 | 00:21:40,51 | 09:36 |
| 9807 | SZELEST Małgorzata | Zakręt | POL | / Slow Vegan Runner | 58 | 01:02:25 | 00:21:38,03 | 09:36 |
| 17720 | SZERCER Michał | Staszów | POL | / Staszów | 50 | 01:20:21 | 00:39:33,85 | 12:21 |
| 13086 | SZEWCZAK Mateusz | Otwock | POL | | 04 | 01:16:49 | 00:36:01,80 | 11:49 |
| 3578 | SZEWCZYK Marek | Warszawa | POL | / Face Nordic Walking Team | 59 | 00:55:33 | 00:14:45,67 | 08:32 |
| 3579 | SZEWCZYK Agnieszka | Warszawa | POL | / Face Nordic Walking Team | 75 | 00:55:41 | 00:14:53,93 | 08:34 |
| 2310 | SZLAGA Arkadiusz | Warszawa | POL | / Poczta Polska S.a. | 77 | 00:46:18 | 00:05:30,44 | 07:07 |
| 15831 | SZLASKA Ania | Warszawa | POL | / Rotary Club Warszawa Sobieski | 82 | 01:04:46 | 00:23:59,02 | 09:57 |
| 3972 | SZLICHT Maerk | Lublin | POL | / Stowarzyszenie Transplantacji Serca | 52 | 01:08:48 | 00:28:00,96 | 10:35 |
| 7996 | SZOLAJSKA Maria | Warszawa | POL | / Bielański Klub Sportowy | 04 | 00:48:55 | 00:08:08,28 | 07:31 |

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|--------|-----------------------------|----------------------|-------------|-------------------------------|------------|--------------|-------------|----------|
| 7628 | SZTUREMSKA Magda | Warszawa | | POL | 88 | 01:02:01 | 00:21:14,11 | 09:32 |
| 7627 | SZTUREMSKA Urszula | Warszawa | | POL | 89 | 01:02:02 | 00:21:14,79 | 09:32 |
| 8761 | SZTUREMSKI Zbigniew | Warszawa | | POL | 54 | 01:02:03 | 00:21:16,15 | 09:32 |
| 14765 | SZUBIELAK-CHUDZIA Samanta | Głowno | | POL / Stowarzyszenie Prodesse | 81 | 01:12:45 | 00:31:57,89 | 11:11 |
| 13236 | SZYDŁOWSKA Elżbieta | Ożarów Mazowiecki | | POL | 61 | 00:57:33 | 00:16:45,49 | 08:51 |
| 2027 | SZYMANIK Jerzy | Warszawa | | POL | 06 | 01:10:02 | 00:29:15,23 | 10:46 |
| 2026 | SZYMANIK Mikołaj | Warszawa | | POL | 04 | 00:43:40 | 00:02:52,57 | 06:43 |
| 14573 | SZYMAŃSKA Agnieszka | Bobrowniki | | POL | 70 | 00:51:35 | 00:10:48,31 | 07:56 |
| 14904 | SŁONIEWSKA Monika | Warszawa | | POL | 69 | 00:57:36 | 00:16:49,16 | 08:51 |
| 4948 | SĄTOWICZ Małgorzata | Ząbki | | POL | 64 | 00:58:41 | 00:17:53,57 | 09:01 |
| 17768 | TAMJOLA Zofia | Staszów | | POL / Staszów | 53 | 00:57:45 | 00:16:57,47 | 08:53 |
| 1074 | TARAŃ-GRZYBOWSKA Anna | Warszawa | | POL | 41 | 01:00:30 | 00:19:43,06 | 09:18 |
| 8057 | TARSA Paulina | Warszawa | | POL | 82 | 00:59:53 | 00:19:05,42 | 09:12 |
| 14570 | TAŃSKA Monika | Zielonka | | POL | 72 | 00:56:58 | 00:16:10,62 | 08:45 |
| 5454 | TETERYCZ Tomasz | Hrubieszów | | POL | 85 | 01:07:47 | 00:27:00,27 | 10:25 |
| 1178 | THOMALLA Janina | Ząbrze | | POL / Tomchem | 41 | 01:13:21 | 00:32:33,61 | 11:17 |
| 2169 | TOMALA Jarosław | Warszawa | | POL | 79 | 00:59:15 | 00:18:27,95 | 09:07 |
| 2512 | TOMALA Monika | Warszawa | | POL | 84 | 00:59:22 | 00:18:35,31 | 09:08 |
| 3066 | TOMASZEWSKA Mariola | Warszawa | | POL | 68 | 00:54:08 | 00:13:21,07 | 08:19 |
| 8460 | TRAMMER Barbara | Warszawa | | POL | 59 | 01:01:13 | 00:20:25,47 | 09:25 |
| 14766 | TYLKE Katarzyna | Głowno | | POL / Stowarzyszenie Prodesse | 55 | 01:16:38 | 00:35:50,81 | 11:47 |
| 2192 | TYSZKA Marta | Warszawa | | POL | 72 | 01:02:16 | 00:21:28,77 | 09:34 |
| 6103 | TYŚNICKI Emil | Nowy Dwór Mazowiecki | | POL | 62 | 01:00:05 | 00:19:17,42 | 09:14 |
| 14767 | URBAŃSKA Iwona | Zgierz | | POL / Stowarzyszenie Prodesse | 64 | 01:19:57 | 00:39:09,79 | 12:18 |
| 14768 | URBAŃSKI Krzysztof | Zgierz | | POL / Stowarzyszenie Prodesse | 60 | 01:01:16 | 00:20:28,44 | 09:25 |
| 56 | WADECKA Marzena | Łomianki | | POL | 70 | 01:05:50 | 00:25:02,42 | 10:07 |
| 4237 | WALCZAK Rafał | Legionowo | | POL | 88 | 01:01:14 | 00:20:26,73 | 09:25 |
| 7594 | WALUŚ Włodzimierz | Warszawa | | POL | 55 | 00:54:16 | 00:13:28,81 | 08:20 |
| 11717 | WARAKOMSKA Joanna | Nowy Dwór Mazowiecki | | POL | 81 | 01:11:17 | 00:30:29,76 | 10:58 |
| 1162 | WARAKOMSKI Andrzej | Nowy Dwór Mazowiecki | | POL | 45 | 01:13:03 | 00:32:15,94 | 11:14 |
| 4914 | WARDZIŃSKA Małgorzata | Warszawa | | POL / Brak | 48 | 01:00:27 | 00:19:40,24 | 09:18 |
| 15710 | WERESZCZYŃSKA-DEMBSKA Beata | Warszawa | | POL | 66 | 01:03:29 | 00:22:41,60 | 09:46 |
| 2068 | WICIK-KOWALCZYK Aleksandra | Mińsk Mazowiecki | | POL / Mkb Dreptak | 85 | 00:55:14 | 00:14:27,10 | 08:29 |
| 7492 | WILCZYŃSKA Małgorzata | Warszawa | | POL | 77 | 01:00:12 | 00:19:24,96 | 09:15 |
| 7195 | WINIARSKA Halina | Warszawa | | POL | 52 | 01:01:28 | 00:20:40,63 | 09:27 |
| 7196 | WINIARSKI Leszek | Warszawa | | POL | 54 | 01:03:59 | 00:23:11,90 | 09:50 |
| 14770 | WIŚNIEWSKA Krystyna | Głowno | | POL / Stowarzyszenie Prodesse | 55 | 01:16:51 | 00:36:04,13 | 11:49 |
| 7563 | WOJEWÓDZKA Dorota | Warszawa | | POL / Wojewódzcy Team | 65 | 00:59:11 | 00:18:23,91 | 09:06 |
| 7562 | WOJEWÓDZKA Julia | Warszawa | | POL / Wojewódzcy Team | 05 | 00:58:58 | 00:18:10,50 | 09:04 |
| 2539 | WOJTALEWICZ Barbara | Warszawa | | POL | 54 | 01:02:49 | 00:22:02,22 | 09:39 |
| 13501 | WOLNIEWICZ Anna | Marki | | POL | 84 | 01:07:07 | 00:26:19,49 | 10:19 |
| 13502 | WOLNIEWICZ Dominik | Kobyłka | | POL | 07 | 01:07:02 | 00:26:14,80 | 10:18 |
| 3965 | WOSZCZEK-EWERTOWSKA Ewa | Marki | | POL / Markowi Biegacze | 74 | 01:06:18 | 00:25:30,79 | 10:12 |
| 4106 | WRÓBLEWSKA Barbara | Warszawa | | POL / Niezrzeszona | 49 | 01:08:48 | 00:28:00,78 | 10:35 |
| 4107 | WRÓBLEWSKI Kazimierz | Warszawa | | POL / Niezrzeszony | 49 | 01:08:49 | 00:28:02,03 | 10:35 |
| 15612 | WYBORSKA Maja | Warszawa | | POL | 82 | 00:51:03 | 00:10:15,40 | 07:51 |
| 15337 | WYSOKIŃSKA Anna | Warszawa | | POL | 62 | 00:57:06 | 00:16:18,58 | 08:47 |
| 14769 | WAŚIK Elżbieta | Głowno | | POL / Stowarzyszenie Prodesse | 60 | 01:09:50 | 00:29:03,26 | 10:44 |
| 9637 | WAŚOWICZ Marlena | Konstancin-jeziorna | | POL | 57 | 00:58:38 | 00:17:50,58 | 09:01 |
| 10140 | WĘGLEWSKA Agnieszka | Płock | | POL / Dynamic | 94 | 00:53:42 | 00:12:55,04 | 08:15 |
| 13357 | WĘGLEWSKI Jacek | Łódź | | POL / Fia | 70 | 00:51:49 | 00:11:01,51 | 07:58 |
| 1083 | WĘGRZYNEK Hanna | Warszawa | | POL | 46 | 01:06:40 | 00:25:53,01 | 10:15 |
| 17913 | WÓJCIK Ewa | Sosnowiec | | POL | 81 | 01:00:18 | 00:19:31,12 | 09:16 |
| 17934 | ZABOROWSKA Maria | Staszów | | POL / Staszów | 56 | 00:57:04 | 00:16:17,08 | 08:46 |
| 14771 | ZAKRZEWSKA Monika | Głowno | | POL / Stowarzyszenie Prodesse | 73 | 01:16:50 | 00:36:02,49 | 11:49 |
| 14772 | ZAKRZEWSKA Karolina | Głowno | | POL / Stowarzyszenie Prodesse | 96 | 01:11:04 | 00:30:17,06 | 10:56 |
| 7611 | ZALESKA -ROLEWICZ Iwona | Izabelin | | POL | 77 | 00:55:44 | 00:14:57,00 | 08:34 |
| 1161 | ZAWADZKI Edward | Warszawa | | POL | 41 | 01:01:51 | 00:21:03,43 | 09:30 |
| 12890 | ZAWIERUCHA Leszek | Warszawa | | POL / Nationale Nederlanden | 72 | 00:53:11 | 00:12:23,53 | 08:10 |

Klasyfikacja wg czasów netto.

| Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Czas Time | Strata | [min/km] |
|-----------|-----------------------------|----------------------|-------------|-------------------------------|------------|--------------|-------------|----------|
| 993 | ZAWODNIK Do uzup | | POL | | | 01:11:54 | 00:31:06,81 | 11:03 |
| 1000 | ZAWODNIK Do uzup | | POL | | | 01:02:13 | 00:21:25,76 | 09:34 |
| 994 | ZAWODNIK Do uzup | | POL | | | 01:11:58 | 00:31:10,92 | 11:04 |
| 17993 | ZAWODNIK Do uzup | | POL | | | 01:11:36 | 00:30:48,89 | 11:01 |
| 17994 | ZAWODNIK Do uzup | | POL | | | 01:11:34 | 00:30:47,24 | 11:00 |
| 13204 | ZALUCKA Romana | Warszawa | POL | | 68 | 00:53:05 | 00:12:17,90 | 08:10 |
| 353 | ZGORZEŁSKA Małgorzata | Pruszków | POL | / Nissan | 78 | 00:49:53 | 00:09:05,51 | 07:40 |
| 10485 | ZIELIŃSKA Bogumiła | Lębork | POL | | 51 | 01:09:35 | 00:28:47,92 | 10:42 |
| 4566 | ZIELIŃSKA Barbara | Warszawa | POL | | 67 | 00:56:54 | 00:16:06,70 | 08:45 |
| 14957 | ZWIERZYŃSKA Elżbieta | Warszawa | POL | | 52 | 01:15:27 | 00:34:40,11 | 11:36 |
| 14548 | ZWIERZYŃSKI Jerzy | Warszawa | POL | | 51 | 00:59:37 | 00:18:49,94 | 09:10 |
| 5245 | ZWIERZYŃSKI Cezary | Warszawa | POL | | 57 | 00:56:34 | 00:15:46,37 | 08:42 |
| 7593 | ŚLIFIERZ Grażyna | Warszawa | POL | | 55 | 01:00:07 | 00:19:19,94 | 09:15 |
| 17760 | ŚNIOŚ Maria | Staszów | POL | / Staszów | 63 | 01:06:17 | 00:25:30,12 | 10:11 |
| 8254 | ŚWISTAK Ewa | Grojec | POL | | 53 | 00:58:50 | 00:18:03,32 | 09:03 |
| 17083 | ŁABĘDZKI Kacper | Staszów | POL | / Staszów | 05 | 00:53:58 | 00:13:11,30 | 08:18 |
| 10869 | ŁADUNKIN Agnieszka | Warszawa | POL | | 74 | 01:12:05 | 00:31:17,59 | 11:05 |
| 10870 | ŁADUNKIN Krzysztof | Warszawa | POL | | 74 | 01:11:49 | 00:31:02,04 | 11:03 |
| 10871 | ŁADUNKIN Zofia | Warszawa | POL | | 06 | 01:02:54 | 00:22:06,85 | 09:40 |
| 1089 | ŁAMPIKA Kornelia | Warszawa | POL | | 38 | 01:05:33 | 00:24:45,87 | 10:05 |
| 2937 | ŁATAŚ Adam | Warszawa | POL | | 05 | 01:03:17 | 00:22:29,46 | 09:44 |
| 5815 | ŁOPIEŃSKA Magdalena | Warszawa | POL | | 76 | 00:57:08 | 00:16:20,80 | 08:47 |
| 2455 | ŁOPIEŃSKA Monika | Słupno | POL | | 71 | 01:07:20 | 00:26:32,86 | 10:21 |
| 12290 | ŁUCZYŃSKA Katarzyna | Warszawa | POL | | 72 | 01:06:41 | 00:25:54,03 | 10:15 |
| 11719 | ŁUSZCZEWSKA Wanda | Nowy Dwór Mazowiecki | POL | | 94 | 01:11:17 | 00:30:30,16 | 10:58 |
| 14773 | ŻAK Lech | Zgierz | POL | / Stowarzyszenie Prodesse | 54 | 01:06:53 | 00:26:05,59 | 10:17 |
| 14774 | ŻAK Elżbieta | Zgierz | POL | / Stowarzyszenie Prodesse | 55 | 01:22:43 | 00:41:55,76 | 12:43 |
| 8551 | ŻEBROWSKA Aleksandra | Warszawa | POL | | 91 | 01:04:04 | 00:23:16,67 | 09:51 |
| 6026 | ĆWIRKO- ŚLADOWSKA Agnieszka | Warszawa | POL | / Avocado Wellness Club | 82 | 00:54:05 | 00:13:17,49 | 08:19 |

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| Zgłoszonych: | 490 | Wystartowało: | 431 | Ukończyło: | 431 |
|--------------|-----|---------------|-----|------------|-----|