



PZLA Mistrzostwa Polski w Biegu na 10 000 m

MIĘDZYRZECZ, 23 kwietnia 2022



Wyniki konkurencji-międzyczasy

10000 metrów kobiet

Rekord Świata(Open)	29:01.03 GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82 HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51 JARZYŃSKA Karolina	Niestowarzyszona	Ostrava	13-06-27
Rekord Polski(U23)	32:37.89 PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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Bieg 1/2

Start: 22-04-23 18:25:10

1	16	7	Aleksandra LISOWSKA	90-12-12	KS AZS UWM Olsztyn(WN)	32:55.09	PB
1:20.59 (1:20.59)	2:43.69 (1:23.11)	4:04.77 (1:21.08)	5:24.56 (1:19.80)	6:43.84 (1:19.28)	8:04.00 (1:20.17)	9:25.17 (1:21.17)	10:45.80 (1:20.63)
12:05.70 (1:19.91)	13:25.13 (1:19.44)	14:46.70 (1:21.57)	16:09.11 (1:22.42)	17:27.74 (1:18.63)	18:44.41 (1:16.68)	20:01.56 (1:17.15)	21:19.40 (1:17.84)
22:37.58 (1:18.18)	23:54.96 (1:17.39)	25:13.10 (1:18.15)	26:31.43 (1:18.33)	27:48.87 (1:17.45)	29:07.04 (1:18.17)	30:24.10 (1:17.06)	31:41.13 (1:17.03)
2	15	24	Beata TOPKA	99-01-20	ULKS Talex Borzytuchom(PM)	33:12.93	PB
1:20.75 (1:20.75)	2:43.52 (1:22.78)	4:04.34 (1:20.82)	5:25.85 (1:21.52)	6:44.97 (1:19.12)	8:05.71 (1:20.74)	9:26.75 (1:21.05)	10:47.50 (1:20.76)
12:06.45 (1:18.95)	13:25.94 (1:19.49)	14:47.16 (1:21.23)	16:10.34 (1:23.18)	17:28.77 (1:18.44)	18:46.50 (1:17.73)	20:06.97 (1:20.47)	21:28.52 (1:21.56)
22:49.70 (1:21.18)	24:10.65 (1:20.95)	25:33.23 (1:22.58)	26:54.20 (1:20.98)	28:14.69 (1:20.49)	29:32.91 (1:18.22)	30:51.77 (1:18.87)	32:08.56 (1:16.80)
3	2	15	Weronika LIZAKOWSKA	98-11-02	KUKS Remus Kościerzyna(PM)	33:14.52	
1:20.12 (1:20.12)	2:43.22 (1:23.11)	4:03.80 (1:20.58)	5:25.30 (1:21.51)	6:44.98 (1:19.68)	8:05.27 (1:20.29)	9:26.47 (1:21.20)	10:47.37 (1:20.91)
12:07.26 (1:19.89)	13:26.14 (1:18.89)	14:47.32 (1:21.18)	16:10.46 (1:23.15)	17:28.28 (1:17.82)	18:46.11 (1:17.84)	20:06.71 (1:20.60)	21:28.83 (1:22.13)
22:49.50 (1:20.67)	24:11.11 (1:21.62)	25:32.81 (1:21.71)	26:53.49 (1:20.68)	28:14.51 (1:21.02)	29:32.85 (1:18.35)	30:52.07 (1:19.22)	32:08.81 (1:16.75)
4	14	22	Kinga KRÓLIK	99-09-26	UKS Azymut Pabianice(LD)	33:16.11	PB
1:20.79 (1:20.79)	2:43.91 (1:23.12)	4:04.39 (1:20.48)	5:25.57 (1:21.19)	6:45.29 (1:19.72)	8:05.40 (1:20.11)	9:26.50 (1:21.11)	10:46.53 (1:20.04)
12:06.18 (1:19.65)	13:25.38 (1:19.20)	14:46.83 (1:21.45)	16:09.89 (1:23.06)	17:28.21 (1:18.33)	18:45.94 (1:17.73)	20:06.71 (1:20.78)	21:28.57 (1:21.86)
22:49.29 (1:20.73)	24:10.61 (1:21.32)	25:32.72 (1:22.12)	26:53.76 (1:21.04)	28:14.38 (1:20.62)	29:32.75 (1:18.37)	30:51.96 (1:19.22)	32:08.76 (1:16.80)
5	13	2	Patrycja KAPAŁA	97-03-26	AZS-AWF Katowice(SL)	33:49.96	PB
1:19.84 (1:19.84)	2:42.75 (1:22.91)	4:03.69 (1:20.95)	5:25.04 (1:21.35)	6:44.77 (1:19.73)	8:04.89 (1:20.13)	9:26.08 (1:21.19)	10:46.94 (1:20.87)
12:07.12 (1:20.18)	13:26.64 (1:19.52)	14:47.69 (1:21.06)	16:10.74 (1:23.05)	17:29.92 (1:19.19)	18:49.79 (1:19.88)	20:10.89 (1:21.10)	21:32.85 (1:21.97)
22:55.78 (1:22.93)	24:18.71 (1:22.94)	25:41.40 (1:22.69)	27:04.27 (1:22.88)	28:27.46 (1:23.19)	29:51.26 (1:23.81)	31:14.16 (1:22.91)	32:35.53 (1:21.37)
6	3	81	Julia KORALEWSKA	02-02-17	AZS-AWFIS Gdańsk(PM)	33:55.13	U23
1:21.36 (1:21.36)	2:44.66 (1:23.30)	4:05.51 (1:20.86)	5:26.44 (1:20.93)	6:46.41 (1:19.97)	8:06.78 (1:20.38)	9:27.63 (1:20.85)	10:48.06 (1:20.44)
12:08.21 (1:20.15)	13:27.83 (1:19.62)	14:49.75 (1:21.93)	16:12.23 (1:22.49)	17:35.20 (1:22.97)	18:57.67 (1:22.48)	20:20.57 (1:22.90)	21:43.75 (1:23.19)
23:08.27 (1:24.52)	24:31.32 (1:23.05)	25:54.49 (1:23.18)	27:15.17 (1:20.68)	28:39.34 (1:24.18)	30:03.22 (1:23.88)	31:25.91 (1:22.70)	32:46.20 (1:20.29)
7	17	17	Renata PLIŚ	85-02-05	MKL Maraton Świnoujście(ZP)	33:56.48	
1:19.28 (1:19.28)	2:42.45 (1:23.18)	4:02.81 (1:20.36)	5:24.89 (1:22.08)	6:43.95 (1:19.07)	8:04.33 (1:20.38)	9:25.44 (1:21.12)	10:46.28 (1:20.84)
12:05.98 (1:19.70)	13:25.14 (1:19.16)	14:46.28 (1:21.15)	16:09.72 (1:23.44)	17:29.50 (1:19.78)	18:51.07 (1:21.57)	20:15.06 (1:23.99)	21:38.91 (1:23.86)
23:03.59 (1:24.68)	24:27.83 (1:24.25)	25:52.17 (1:24.35)	27:14.85 (1:22.68)	28:39.33 (1:24.48)	30:03.58 (1:24.26)	31:26.24 (1:22.66)	32:45.73 (1:19.50)
8	11	5	Sabina JARZĄBEK	93-12-05	KKL Kielce(SK)	33:58.00	PB
1:20.43 (1:20.43)	2:43.55 (1:23.13)	4:04.28 (1:20.73)	5:25.03 (1:20.76)	6:44.40 (1:19.38)	8:04.56 (1:20.16)	9:25.85 (1:21.29)	10:47.28 (1:21.44)
12:07.69 (1:20.41)	13:27.33 (1:19.65)	14:49.34 (1:22.01)	16:11.95 (1:22.62)	17:34.87 (1:22.92)	18:58.00 (1:23.14)	20:20.92 (1:22.92)	21:43.52 (1:22.61)
23:07.61 (1:24.09)	24:31.12 (1:23.52)	25:54.85 (1:23.74)	27:16.38 (1:21.54)	28:40.24 (1:23.86)	30:03.15 (1:22.91)	31:25.85 (1:22.71)	32:46.59 (1:20.74)
9	5	83	Agnieszka CHORZĘPA	01-01-14	KS AZS AWF Warszawa(MZ)	34:30.59	U23
1:21.67 (1:21.67)	2:44.96 (1:23.29)	4:06.35 (1:21.40)	5:29.02 (1:22.67)	6:52.31 (1:23.29)	8:15.07 (1:22.77)	9:38.05 (1:22.98)	11:01.19 (1:23.15)
12:24.00 (1:22.81)	13:46.73 (1:22.74)	15:09.62 (1:22.89)	16:32.62 (1:23.01)	17:55.71 (1:23.10)	19:19.21 (1:23.50)	20:42.86 (1:23.66)	22:05.70 (1:22.84)
23:28.73 (1:23.04)	24:52.12 (1:23.39)	26:15.41 (1:23.29)	27:38.50 (1:23.09)	29:02.35 (1:23.86)	30:25.85 (1:23.50)	31:48.74 (1:22.89)	33:11.12 (1:22.39)
10	1	87	Natalia BIELAK	02-05-10	KS SMS Szklarska Poręba(DS)	34:44.49	U23
1:21.07 (1:21.07)	2:44.39 (1:23.33)	4:05.07 (1:20.68)	5:25.89 (1:20.83)	6:45.70 (1:19.81)	8:05.98 (1:20.29)	9:27.00 (1:21.03)	10:47.72 (1:20.73)
12:07.95 (1:20.23)	13:27.65 (1:19.71)	14:49.37 (1:21.72)	16:11.94 (1:22.58)	17:35.01 (1:23.08)	18:57.59 (1:22.58)	20:20.29 (1:22.71)	21:43.56 (1:23.27)
23:08.14 (1:24.59)	24:34.11 (1:25.97)	26:01.23 (1:27.12)	27:29.10 (1:27.88)	28:58.92 (1:29.83)	30:26.18 (1:27.27)	31:53.67 (1:27.49)	33:21.50 (1:27.84)

Strona 1 z 4

Druk: 22-04-23 19:11:31

DNS-nie wyst., DNF-nie ukoń., DQ-dyskw., NM-bez wyn., PB-r.życ., SB-r.sez., Q,q-awans, YC-żółta kartka

MIĘDZYRZECZ 2022

Przygotowanie: DomTel Sport Timing Słupsk, tel. 602 314171 www.domtel-sport.pl



10000 metrów kobiet

Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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11 10 4 **Julia AFELT** 99-11-06 CWZS Zawisza Bydgoszcz SL(KP) **35:04.32** PB

1:21.28 (1:21.28)	2:44.60 (1:23.32)	4:05.28 (1:20.68)	5:26.36 (1:21.08)	6:46.21 (1:19.85)	8:06.54 (1:20.34)	9:28.10 (1:21.56)	10:49.67 (1:21.58)
12:13.03 (1:23.36)	13:38.30 (1:25.27)	15:02.56 (1:24.27)	16:27.66 (1:25.11)	17:53.30 (1:25.64)	19:18.53 (1:25.24)	20:44.01 (1:25.48)	22:10.57 (1:26.57)
23:37.75 (1:27.18)	25:04.49 (1:26.75)	26:29.87 (1:25.38)	27:54.99 (1:25.13)	29:22.17 (1:27.19)	30:49.74 (1:27.57)	32:15.58 (1:25.85)	33:41.01 (1:25.43)

12 4 91 **Anna ŁAWRUKAJTIS** 01-08-02 RKS Rumia(PM) **36:11.77** U23

1:22.04 (1:22.04)	2:45.39 (1:23.35)	4:08.04 (1:22.66)	5:33.88 (1:25.85)	7:00.87 (1:26.99)	8:28.10 (1:27.23)	9:55.13 (1:27.03)	11:21.99 (1:26.87)
12:49.16 (1:27.17)	14:16.16 (1:27.00)	15:43.28 (1:27.12)	17:10.15 (1:26.88)	18:38.11 (1:27.96)	20:06.04 (1:27.94)	21:33.70 (1:27.67)	23:02.05 (1:28.35)
24:29.65 (1:27.60)	25:57.71 (1:28.06)	27:26.61 (1:28.91)	28:55.62 (1:29.01)	30:25.10 (1:29.49)	31:54.06 (1:28.96)	33:22.81 (1:28.76)	34:50.64 (1:27.84)

13 8 92 **Katarzyna GŁÓWCZEWSKA** 01-11-23 ULKS Talax Borzytuchom(PM) **36:37.00** PB U23

1:23.03 (1:23.03)	2:47.55 (1:24.52)	4:14.09 (1:26.55)	5:41.59 (1:27.51)	7:06.93 (1:25.34)	8:32.83 (1:25.91)	9:59.66 (1:26.83)	11:26.79 (1:27.13)
12:55.17 (1:28.39)	14:20.92 (1:25.75)	15:48.26 (1:27.34)	17:16.62 (1:28.37)	18:46.32 (1:29.70)	20:16.66 (1:30.35)	21:45.90 (1:29.24)	23:14.79 (1:28.89)
24:43.64 (1:28.85)	26:13.05 (1:29.41)	27:43.68 (1:30.64)	29:14.27 (1:30.60)	30:44.48 (1:30.22)	32:14.74 (1:30.26)	33:45.77 (1:31.04)	35:14.88 (1:29.11)

14 7 25 **Małgorzata CZARNOTA** 99-02-22 UMKS Nadir Jędrzejów(SK) **36:58.10** PB

1:21.92 (1:21.92)	2:45.12 (1:23.21)	4:07.33 (1:22.21)	5:33.82 (1:26.50)	7:01.17 (1:27.35)	8:28.49 (1:27.32)	9:55.56 (1:27.08)	11:22.62 (1:27.07)
12:51.29 (1:28.67)	14:21.29 (1:30.01)	15:50.02 (1:28.74)	17:20.76 (1:30.74)	18:51.35 (1:30.60)	20:21.67 (1:30.33)	21:52.25 (1:30.58)	23:24.82 (1:32.58)
24:57.51 (1:32.70)	26:28.74 (1:31.23)	27:58.15 (1:29.41)	29:30.72 (1:32.58)	31:02.15 (1:31.43)	32:32.74 (1:30.60)	34:03.51 (1:30.78)	35:35.05 (1:31.55)

15 9 30 **Milena SADOWSKA** 99-01-04 WMLKS Pomorze Stargard(ZP) **37:03.35**

1:22.22 (1:22.22)	2:45.63 (1:23.42)	4:08.19 (1:22.56)	5:33.56 (1:25.38)	7:00.74 (1:27.18)	8:28.18 (1:27.44)	9:55.34 (1:27.16)	11:22.26 (1:26.92)
12:49.90 (1:27.65)	14:18.49 (1:28.59)	15:48.06 (1:29.57)	17:17.24 (1:29.19)	18:49.46 (1:32.22)	20:21.03 (1:31.58)	21:51.89 (1:30.87)	23:24.61 (1:32.72)
24:57.09 (1:32.49)	26:28.23 (1:31.14)	27:57.94 (1:29.72)	29:30.35 (1:32.41)	31:02.71 (1:32.37)	32:34.55 (1:31.84)	34:06.69 (1:32.15)	35:37.75 (1:31.06)

16 6 88 **Beata NIEMYJSKA** 01-02-09 LKS Zantyr Sztum **37:24.52**

1:22.96 (1:22.96)	2:47.15 (1:24.19)	4:13.79 (1:26.65)	5:41.18 (1:27.39)	7:06.70 (1:25.52)	8:32.53 (1:25.84)	9:59.39 (1:26.86)	11:26.61 (1:27.23)
12:54.89 (1:28.29)	14:22.88 (1:27.99)	15:52.79 (1:29.92)	17:22.74 (1:29.95)	18:52.37 (1:29.63)	20:21.04 (1:28.68)	21:52.05 (1:31.01)	23:24.44 (1:32.39)
24:57.17 (1:32.74)	26:28.36 (1:31.20)	27:58.56 (1:30.21)	29:34.56 (1:36.00)	31:08.38 (1:33.83)	32:43.29 (1:34.91)	34:18.10 (1:34.82)	35:52.32 (1:34.22)

12 11 **Olga OCHAL-KALENDAROVA** 85-07-15 KS Prefbet-Sonarol(PD) **DNS**

Międzyczasy

1000m	17	Renata PLIŚ	3:23.13	5000m	7	Aleksandra LISOWSKA	16:48.41
2000m	7	Aleksandra LISOWSKA	6:43.60	6000m	7	Aleksandra LISOWSKA	21:19.35
3000m	7	Aleksandra LISOWSKA	10:05.68	7000m	7	Aleksandra LISOWSKA	23:16.10
4000m	17	Renata PLIŚ	13:24.91	8000m	7	Aleksandra LISOWSKA	26:31.15

Bieg 2/2

Start: 22-04-23 16:20:13

1 16 14 **Iwona WICHA** 87-11-18 KS Prefbet-Sonarol(PD) **36:50.97** PB

1:26.52 (1:26.52)	2:56.98 (1:30.47)	4:26.77 (1:29.79)	5:56.58 (1:29.81)	7:27.18 (1:30.61)	8:57.01 (1:29.83)	10:25.34 (1:28.34)	11:50.53 (1:25.19)
13:18.89 (1:28.37)	14:46.43 (1:27.55)	16:14.73 (1:28.30)	17:42.74 (1:28.01)	19:11.00 (1:28.26)	20:39.30 (1:28.31)	22:08.37 (1:29.07)	23:37.76 (1:29.39)
25:07.03 (1:29.28)	26:36.84 (1:29.81)	28:06.76 (1:29.93)	29:34.93 (1:28.17)	31:03.30 (1:28.38)	32:32.08 (1:28.78)	34:01.07 (1:28.99)	35:29.49 (1:28.43)

2 19 23 **Martyna BUDZIŁEK** 96-01-07 UKS Siódemka Ostrołęka(MZ) **37:27.91** PB

1:31.58 (1:31.58)	3:05.37 (1:33.79)	4:33.42 (1:28.06)	5:59.84 (1:26.42)	7:29.33 (1:29.50)	8:57.46 (1:28.13)	10:24.90 (1:27.44)	11:50.09 (1:25.19)
13:17.98 (1:27.90)	14:45.15 (1:27.17)	16:14.38 (1:29.24)	17:43.12 (1:28.74)	19:12.16 (1:29.04)	20:41.46 (1:29.31)	22:11.45 (1:29.99)	23:42.35 (1:30.90)
25:15.00 (1:32.66)	26:45.93 (1:30.94)	28:17.70 (1:31.78)	29:51.16 (1:33.46)	31:25.30 (1:34.15)	32:59.05 (1:33.76)	34:30.56 (1:31.51)	36:01.96 (1:31.41)

3 18 21 **Judyta RĘBISZ** 97-04-19 TL Pogoń Ruda Śląska(SL) **38:18.75** PB

1:31.21 (1:31.21)	3:05.06 (1:33.85)	4:33.06 (1:28.01)	6:00.57 (1:27.52)	7:29.78 (1:29.22)	8:58.54 (1:28.76)	10:28.60 (1:30.06)	11:59.11 (1:30.52)
13:29.47 (1:30.37)	15:00.91 (1:31.44)	16:32.41 (1:31.50)	18:05.20 (1:32.79)	19:38.01 (1:32.82)	21:10.75 (1:32.75)	22:42.92 (1:32.17)	24:16.25 (1:33.33)
25:50.23 (1:33.99)	27:24.62 (1:34.39)	29:00.51 (1:35.89)	30:35.70 (1:35.19)	32:11.51 (1:35.82)	33:47.16 (1:35.65)	35:22.08 (1:34.92)	36:55.51 (1:33.44)

10000 metrów kobiet

Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik																								
4	17	3	Barbara WOJTYŁA-SIKORA	95-12-01	AZS-AWF Katowice(SL)	39:02.00																								
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1:31.86 (1:31.86)	3:05.53 (1:33.68)	4:34.44 (1:28.92)	6:03.00 (1:28.56)	7:34.73 (1:31.73)	9:09.04 (1:34.31)	10:43.95 (1:34.92)	12:17.74 (1:33.80)																							
13:51.96 (1:34.22)	15:26.75 (1:34.79)	17:02.60 (1:35.86)	18:37.89 (1:35.29)	20:10.59 (1:32.70)	21:46.43 (1:35.85)	23:21.43 (1:35.00)	24:56.51 (1:35.09)																							
26:33.19 (1:36.68)	28:07.02 (1:33.83)	29:43.42 (1:36.41)	31:19.68 (1:36.26)	32:54.84 (1:35.17)	34:30.01 (1:35.17)	36:05.37 (1:35.37)	37:37.67 (1:32.30)																							
5	5	20	Żaneta POWOLNA	95-11-20	MKS Siechnice(DS)	39:03.54																								
<table border="1"> <tr> <td>1:32.13 (1:32.13)</td> <td>3:05.48 (1:33.35)</td> <td>4:34.10 (1:28.63)</td> <td>6:03.49 (1:29.39)</td> <td>7:35.05 (1:31.56)</td> <td>9:08.85 (1:33.81)</td> <td>10:44.42 (1:35.57)</td> <td>12:18.08 (1:33.67)</td> </tr> <tr> <td>13:52.10 (1:34.03)</td> <td>15:27.45 (1:35.35)</td> <td>17:03.24 (1:35.80)</td> <td>18:38.20 (1:34.96)</td> <td>20:11.14 (1:32.95)</td> <td>21:46.66 (1:35.52)</td> <td>23:21.61 (1:34.95)</td> <td>24:56.70 (1:35.10)</td> </tr> <tr> <td>26:32.75 (1:36.05)</td> <td>28:06.40 (1:33.66)</td> <td>29:43.69 (1:37.29)</td> <td>31:19.59 (1:35.91)</td> <td>32:54.98 (1:35.40)</td> <td>34:30.16 (1:35.18)</td> <td>36:05.09 (1:34.93)</td> <td>37:38.49 (1:33.41)</td> </tr> </table>							1:32.13 (1:32.13)	3:05.48 (1:33.35)	4:34.10 (1:28.63)	6:03.49 (1:29.39)	7:35.05 (1:31.56)	9:08.85 (1:33.81)	10:44.42 (1:35.57)	12:18.08 (1:33.67)	13:52.10 (1:34.03)	15:27.45 (1:35.35)	17:03.24 (1:35.80)	18:38.20 (1:34.96)	20:11.14 (1:32.95)	21:46.66 (1:35.52)	23:21.61 (1:34.95)	24:56.70 (1:35.10)	26:32.75 (1:36.05)	28:06.40 (1:33.66)	29:43.69 (1:37.29)	31:19.59 (1:35.91)	32:54.98 (1:35.40)	34:30.16 (1:35.18)	36:05.09 (1:34.93)	37:38.49 (1:33.41)
1:32.13 (1:32.13)	3:05.48 (1:33.35)	4:34.10 (1:28.63)	6:03.49 (1:29.39)	7:35.05 (1:31.56)	9:08.85 (1:33.81)	10:44.42 (1:35.57)	12:18.08 (1:33.67)																							
13:52.10 (1:34.03)	15:27.45 (1:35.35)	17:03.24 (1:35.80)	18:38.20 (1:34.96)	20:11.14 (1:32.95)	21:46.66 (1:35.52)	23:21.61 (1:34.95)	24:56.70 (1:35.10)																							
26:32.75 (1:36.05)	28:06.40 (1:33.66)	29:43.69 (1:37.29)	31:19.59 (1:35.91)	32:54.98 (1:35.40)	34:30.16 (1:35.18)	36:05.09 (1:34.93)	37:38.49 (1:33.41)																							
6	9	84	Adrianna JABŁOŃSKA	00-07-11	KS AZS AWF Wrocław(DS)	39:26.73																								
<table border="1"> <tr> <td>1:33.26 (1:33.26)</td> <td>3:10.93 (1:37.68)</td> <td>4:45.62 (1:34.70)</td> <td>6:18.42 (1:32.80)</td> <td>7:51.25 (1:32.84)</td> <td>9:21.82 (1:30.57)</td> <td>10:53.49 (1:31.68)</td> <td>12:25.59 (1:32.11)</td> </tr> <tr> <td>13:57.91 (1:32.32)</td> <td>15:32.46 (1:34.55)</td> <td>17:04.99 (1:32.53)</td> <td>18:37.22 (1:32.24)</td> <td>20:10.24 (1:33.02)</td> <td>21:46.95 (1:36.72)</td> <td>23:22.21 (1:35.26)</td> <td>24:56.70 (1:34.50)</td> </tr> <tr> <td>26:32.52 (1:35.82)</td> <td>28:06.80 (1:34.28)</td> <td>29:44.22 (1:37.43)</td> <td>31:21.17 (1:36.96)</td> <td>32:58.01 (1:36.84)</td> <td>34:36.50 (1:38.49)</td> <td>36:16.13 (1:39.64)</td> <td>37:53.19 (1:37.06)</td> </tr> </table>							1:33.26 (1:33.26)	3:10.93 (1:37.68)	4:45.62 (1:34.70)	6:18.42 (1:32.80)	7:51.25 (1:32.84)	9:21.82 (1:30.57)	10:53.49 (1:31.68)	12:25.59 (1:32.11)	13:57.91 (1:32.32)	15:32.46 (1:34.55)	17:04.99 (1:32.53)	18:37.22 (1:32.24)	20:10.24 (1:33.02)	21:46.95 (1:36.72)	23:22.21 (1:35.26)	24:56.70 (1:34.50)	26:32.52 (1:35.82)	28:06.80 (1:34.28)	29:44.22 (1:37.43)	31:21.17 (1:36.96)	32:58.01 (1:36.84)	34:36.50 (1:38.49)	36:16.13 (1:39.64)	37:53.19 (1:37.06)
1:33.26 (1:33.26)	3:10.93 (1:37.68)	4:45.62 (1:34.70)	6:18.42 (1:32.80)	7:51.25 (1:32.84)	9:21.82 (1:30.57)	10:53.49 (1:31.68)	12:25.59 (1:32.11)																							
13:57.91 (1:32.32)	15:32.46 (1:34.55)	17:04.99 (1:32.53)	18:37.22 (1:32.24)	20:10.24 (1:33.02)	21:46.95 (1:36.72)	23:22.21 (1:35.26)	24:56.70 (1:34.50)																							
26:32.52 (1:35.82)	28:06.80 (1:34.28)	29:44.22 (1:37.43)	31:21.17 (1:36.96)	32:58.01 (1:36.84)	34:36.50 (1:38.49)	36:16.13 (1:39.64)	37:53.19 (1:37.06)																							
7	4	26	Dominika ŁUKASIEWICZ	94-03-07	UMKS Nadir Jędrzejów(SK)	39:45.21																								
<table border="1"> <tr> <td>1:32.78 (1:32.78)</td> <td>3:10.84 (1:38.06)</td> <td>4:46.04 (1:35.21)</td> <td>6:18.94 (1:32.90)</td> <td>7:51.50 (1:32.57)</td> <td>9:22.12 (1:30.63)</td> <td>10:53.84 (1:31.72)</td> <td>12:26.33 (1:32.49)</td> </tr> <tr> <td>13:58.29 (1:31.96)</td> <td>15:32.48 (1:34.20)</td> <td>17:05.10 (1:32.62)</td> <td>18:39.09 (1:34.00)</td> <td>20:15.37 (1:36.28)</td> <td>21:51.81 (1:36.45)</td> <td>23:30.76 (1:38.95)</td> <td>25:10.89 (1:40.13)</td> </tr> <tr> <td>26:51.14 (1:40.25)</td> <td>28:30.21 (1:39.07)</td> <td>30:08.33 (1:38.13)</td> <td>31:47.67 (1:39.34)</td> <td>33:27.17 (1:39.50)</td> <td>35:06.39 (1:39.23)</td> <td>36:43.97 (1:37.59)</td> <td>38:19.68 (1:35.72)</td> </tr> </table>							1:32.78 (1:32.78)	3:10.84 (1:38.06)	4:46.04 (1:35.21)	6:18.94 (1:32.90)	7:51.50 (1:32.57)	9:22.12 (1:30.63)	10:53.84 (1:31.72)	12:26.33 (1:32.49)	13:58.29 (1:31.96)	15:32.48 (1:34.20)	17:05.10 (1:32.62)	18:39.09 (1:34.00)	20:15.37 (1:36.28)	21:51.81 (1:36.45)	23:30.76 (1:38.95)	25:10.89 (1:40.13)	26:51.14 (1:40.25)	28:30.21 (1:39.07)	30:08.33 (1:38.13)	31:47.67 (1:39.34)	33:27.17 (1:39.50)	35:06.39 (1:39.23)	36:43.97 (1:37.59)	38:19.68 (1:35.72)
1:32.78 (1:32.78)	3:10.84 (1:38.06)	4:46.04 (1:35.21)	6:18.94 (1:32.90)	7:51.50 (1:32.57)	9:22.12 (1:30.63)	10:53.84 (1:31.72)	12:26.33 (1:32.49)																							
13:58.29 (1:31.96)	15:32.48 (1:34.20)	17:05.10 (1:32.62)	18:39.09 (1:34.00)	20:15.37 (1:36.28)	21:51.81 (1:36.45)	23:30.76 (1:38.95)	25:10.89 (1:40.13)																							
26:51.14 (1:40.25)	28:30.21 (1:39.07)	30:08.33 (1:38.13)	31:47.67 (1:39.34)	33:27.17 (1:39.50)	35:06.39 (1:39.23)	36:43.97 (1:37.59)	38:19.68 (1:35.72)																							
8	6	16	Paulina GAJ	93-01-29	MCKiS Jaworzno(SL)	40:47.06																								
<table border="1"> <tr> <td>1:31.51 (1:31.51)</td> <td>3:05.19 (1:33.68)</td> <td>4:33.85 (1:28.67)</td> <td>6:01.58 (1:27.73)</td> <td>7:32.96 (1:31.39)</td> <td>9:05.93 (1:32.98)</td> <td>10:39.87 (1:33.94)</td> <td>12:14.11 (1:34.24)</td> </tr> <tr> <td>13:49.80 (1:35.69)</td> <td>15:27.20 (1:37.41)</td> <td>17:04.59 (1:37.40)</td> <td>18:41.50 (1:36.92)</td> <td>20:22.49 (1:40.99)</td> <td>22:04.74 (1:42.25)</td> <td>23:46.05 (1:41.32)</td> <td>25:28.47 (1:42.42)</td> </tr> <tr> <td>27:10.29 (1:41.82)</td> <td>28:55.10 (1:44.81)</td> <td>30:39.93 (1:44.84)</td> <td>32:22.83 (1:42.91)</td> <td>34:05.67 (1:42.84)</td> <td>35:50.59 (1:44.93)</td> <td>37:35.22 (1:44.63)</td> <td>39:15.46 (1:40.24)</td> </tr> </table>							1:31.51 (1:31.51)	3:05.19 (1:33.68)	4:33.85 (1:28.67)	6:01.58 (1:27.73)	7:32.96 (1:31.39)	9:05.93 (1:32.98)	10:39.87 (1:33.94)	12:14.11 (1:34.24)	13:49.80 (1:35.69)	15:27.20 (1:37.41)	17:04.59 (1:37.40)	18:41.50 (1:36.92)	20:22.49 (1:40.99)	22:04.74 (1:42.25)	23:46.05 (1:41.32)	25:28.47 (1:42.42)	27:10.29 (1:41.82)	28:55.10 (1:44.81)	30:39.93 (1:44.84)	32:22.83 (1:42.91)	34:05.67 (1:42.84)	35:50.59 (1:44.93)	37:35.22 (1:44.63)	39:15.46 (1:40.24)
1:31.51 (1:31.51)	3:05.19 (1:33.68)	4:33.85 (1:28.67)	6:01.58 (1:27.73)	7:32.96 (1:31.39)	9:05.93 (1:32.98)	10:39.87 (1:33.94)	12:14.11 (1:34.24)																							
13:49.80 (1:35.69)	15:27.20 (1:37.41)	17:04.59 (1:37.40)	18:41.50 (1:36.92)	20:22.49 (1:40.99)	22:04.74 (1:42.25)	23:46.05 (1:41.32)	25:28.47 (1:42.42)																							
27:10.29 (1:41.82)	28:55.10 (1:44.81)	30:39.93 (1:44.84)	32:22.83 (1:42.91)	34:05.67 (1:42.84)	35:50.59 (1:44.93)	37:35.22 (1:44.63)	39:15.46 (1:40.24)																							
9	2	19	Marta FRĄCOWIAK	98-12-31	MKS Siechnice(DS)	40:48.53																								
<table border="1"> <tr> <td>1:33.78 (1:33.78)</td> <td>3:11.51 (1:37.73)</td> <td>4:46.72 (1:35.21)</td> <td>6:19.48 (1:32.76)</td> <td>7:51.89 (1:32.41)</td> <td>9:22.35 (1:30.46)</td> <td>10:55.00 (1:32.66)</td> <td>12:29.02 (1:34.02)</td> </tr> <tr> <td>14:04.94 (1:35.92)</td> <td>15:41.54 (1:36.61)</td> <td>17:19.52 (1:37.99)</td> <td>18:58.82 (1:39.30)</td> <td>20:38.20 (1:39.39)</td> <td>22:19.45 (1:41.26)</td> <td>24:01.93 (1:42.48)</td> <td>25:46.36 (1:44.44)</td> </tr> <tr> <td>27:27.61 (1:41.25)</td> <td>29:10.00 (1:42.40)</td> <td>30:52.16 (1:42.16)</td> <td>32:36.29 (1:44.14)</td> <td>34:21.30 (1:45.01)</td> <td>36:04.00 (1:42.71)</td> <td>37:44.81 (1:40.81)</td> <td>39:22.38 (1:37.58)</td> </tr> </table>							1:33.78 (1:33.78)	3:11.51 (1:37.73)	4:46.72 (1:35.21)	6:19.48 (1:32.76)	7:51.89 (1:32.41)	9:22.35 (1:30.46)	10:55.00 (1:32.66)	12:29.02 (1:34.02)	14:04.94 (1:35.92)	15:41.54 (1:36.61)	17:19.52 (1:37.99)	18:58.82 (1:39.30)	20:38.20 (1:39.39)	22:19.45 (1:41.26)	24:01.93 (1:42.48)	25:46.36 (1:44.44)	27:27.61 (1:41.25)	29:10.00 (1:42.40)	30:52.16 (1:42.16)	32:36.29 (1:44.14)	34:21.30 (1:45.01)	36:04.00 (1:42.71)	37:44.81 (1:40.81)	39:22.38 (1:37.58)
1:33.78 (1:33.78)	3:11.51 (1:37.73)	4:46.72 (1:35.21)	6:19.48 (1:32.76)	7:51.89 (1:32.41)	9:22.35 (1:30.46)	10:55.00 (1:32.66)	12:29.02 (1:34.02)																							
14:04.94 (1:35.92)	15:41.54 (1:36.61)	17:19.52 (1:37.99)	18:58.82 (1:39.30)	20:38.20 (1:39.39)	22:19.45 (1:41.26)	24:01.93 (1:42.48)	25:46.36 (1:44.44)																							
27:27.61 (1:41.25)	29:10.00 (1:42.40)	30:52.16 (1:42.16)	32:36.29 (1:44.14)	34:21.30 (1:45.01)	36:04.00 (1:42.71)	37:44.81 (1:40.81)	39:22.38 (1:37.58)																							
10	11	93	Wiktoria METLICKA	01-12-07	ULKS Talax Borzytuchom(PM)	40:57.32																								
<table border="1"> <tr> <td>1:34.71 (1:34.71)</td> <td>3:12.64 (1:37.93)</td> <td>4:48.92 (1:36.29)</td> <td>6:27.43 (1:38.51)</td> <td>8:06.02 (1:38.59)</td> <td>9:46.83 (1:40.81)</td> <td>11:27.16 (1:40.33)</td> <td>13:09.51 (1:42.36)</td> </tr> <tr> <td>14:51.45 (1:41.94)</td> <td>16:33.62 (1:42.18)</td> <td>18:14.45 (1:40.83)</td> <td>19:55.83 (1:41.39)</td> <td>21:36.37 (1:40.54)</td> <td>23:15.09 (1:38.72)</td> <td>24:53.38 (1:38.30)</td> <td>26:33.28 (1:39.90)</td> </tr> <tr> <td>28:15.57 (1:42.30)</td> <td>29:56.86 (1:41.30)</td> <td>31:36.33 (1:39.47)</td> <td>33:16.24 (1:39.91)</td> <td>34:54.18 (1:37.95)</td> <td>36:30.57 (1:36.40)</td> <td>38:00.79 (1:30.23)</td> <td>39:34.90 (1:34.11)</td> </tr> </table>							1:34.71 (1:34.71)	3:12.64 (1:37.93)	4:48.92 (1:36.29)	6:27.43 (1:38.51)	8:06.02 (1:38.59)	9:46.83 (1:40.81)	11:27.16 (1:40.33)	13:09.51 (1:42.36)	14:51.45 (1:41.94)	16:33.62 (1:42.18)	18:14.45 (1:40.83)	19:55.83 (1:41.39)	21:36.37 (1:40.54)	23:15.09 (1:38.72)	24:53.38 (1:38.30)	26:33.28 (1:39.90)	28:15.57 (1:42.30)	29:56.86 (1:41.30)	31:36.33 (1:39.47)	33:16.24 (1:39.91)	34:54.18 (1:37.95)	36:30.57 (1:36.40)	38:00.79 (1:30.23)	39:34.90 (1:34.11)
1:34.71 (1:34.71)	3:12.64 (1:37.93)	4:48.92 (1:36.29)	6:27.43 (1:38.51)	8:06.02 (1:38.59)	9:46.83 (1:40.81)	11:27.16 (1:40.33)	13:09.51 (1:42.36)																							
14:51.45 (1:41.94)	16:33.62 (1:42.18)	18:14.45 (1:40.83)	19:55.83 (1:41.39)	21:36.37 (1:40.54)	23:15.09 (1:38.72)	24:53.38 (1:38.30)	26:33.28 (1:39.90)																							
28:15.57 (1:42.30)	29:56.86 (1:41.30)	31:36.33 (1:39.47)	33:16.24 (1:39.91)	34:54.18 (1:37.95)	36:30.57 (1:36.40)	38:00.79 (1:30.23)	39:34.90 (1:34.11)																							
11	7	13	Sylvia WALCZAK	91-01-24	KS Prefbet-Sonarol(PD)	41:06.60																								
<table border="1"> <tr> <td>1:34.07 (1:34.07)</td> <td>3:11.00 (1:36.93)</td> <td>4:45.26 (1:34.27)</td> <td>6:20.04 (1:34.79)</td> <td>7:55.09 (1:35.05)</td> <td>9:31.92 (1:36.84)</td> <td>11:09.60 (1:37.68)</td> <td>12:49.12 (1:39.52)</td> </tr> <tr> <td>14:29.86 (1:40.75)</td> <td>16:11.12 (1:41.27)</td> <td>17:53.32 (1:42.20)</td> <td>19:35.18 (1:41.86)</td> <td>21:17.51 (1:42.34)</td> <td>22:59.52 (1:42.01)</td> <td>24:41.61 (1:42.09)</td> <td>26:23.43 (1:41.82)</td> </tr> <tr> <td>28:02.60 (1:39.18)</td> <td>29:42.23 (1:39.63)</td> <td>31:21.80 (1:39.58)</td> <td>33:02.65 (1:40.85)</td> <td>34:42.92 (1:40.28)</td> <td>36:22.88 (1:39.96)</td> <td>37:54.65 (1:31.77)</td> <td>39:34.48 (1:39.83)</td> </tr> </table>							1:34.07 (1:34.07)	3:11.00 (1:36.93)	4:45.26 (1:34.27)	6:20.04 (1:34.79)	7:55.09 (1:35.05)	9:31.92 (1:36.84)	11:09.60 (1:37.68)	12:49.12 (1:39.52)	14:29.86 (1:40.75)	16:11.12 (1:41.27)	17:53.32 (1:42.20)	19:35.18 (1:41.86)	21:17.51 (1:42.34)	22:59.52 (1:42.01)	24:41.61 (1:42.09)	26:23.43 (1:41.82)	28:02.60 (1:39.18)	29:42.23 (1:39.63)	31:21.80 (1:39.58)	33:02.65 (1:40.85)	34:42.92 (1:40.28)	36:22.88 (1:39.96)	37:54.65 (1:31.77)	39:34.48 (1:39.83)
1:34.07 (1:34.07)	3:11.00 (1:36.93)	4:45.26 (1:34.27)	6:20.04 (1:34.79)	7:55.09 (1:35.05)	9:31.92 (1:36.84)	11:09.60 (1:37.68)	12:49.12 (1:39.52)																							
14:29.86 (1:40.75)	16:11.12 (1:41.27)	17:53.32 (1:42.20)	19:35.18 (1:41.86)	21:17.51 (1:42.34)	22:59.52 (1:42.01)	24:41.61 (1:42.09)	26:23.43 (1:41.82)																							
28:02.60 (1:39.18)	29:42.23 (1:39.63)	31:21.80 (1:39.58)	33:02.65 (1:40.85)	34:42.92 (1:40.28)	36:22.88 (1:39.96)	37:54.65 (1:31.77)	39:34.48 (1:39.83)																							
12	12	6	Milena KĘDZIA	97-06-18	KS AZS UWM Olsztyn(WN)	41:09.75																								
<table border="1"> <tr> <td>1:32.19 (1:32.19)</td> <td>3:06.15 (1:33.96)</td> <td>4:37.03 (1:30.88)</td> <td>6:10.95 (1:33.93)</td> <td>7:46.89 (1:35.95)</td> <td>9:23.12 (1:36.24)</td> <td>10:58.14 (1:35.02)</td> <td>12:35.76 (1:37.62)</td> </tr> <tr> <td>14:14.58 (1:38.83)</td> <td>15:54.91 (1:40.34)</td> <td>17:36.06 (1:41.15)</td> <td>19:16.53 (1:40.48)</td> <td>20:57.77 (1:41.25)</td> <td>22:38.92 (1:41.15)</td> <td>24:19.80 (1:40.89)</td> <td>26:03.26 (1:43.47)</td> </tr> <tr> <td>27:46.45 (1:43.19)</td> <td>29:29.89 (1:43.45)</td> <td>31:10.76 (1:40.88)</td> <td>32:52.41 (1:41.65)</td> <td>34:32.73 (1:40.32)</td> <td>36:15.54 (1:42.82)</td> <td>37:56.34 (1:40.80)</td> <td>39:38.77 (1:42.43)</td> </tr> </table>							1:32.19 (1:32.19)	3:06.15 (1:33.96)	4:37.03 (1:30.88)	6:10.95 (1:33.93)	7:46.89 (1:35.95)	9:23.12 (1:36.24)	10:58.14 (1:35.02)	12:35.76 (1:37.62)	14:14.58 (1:38.83)	15:54.91 (1:40.34)	17:36.06 (1:41.15)	19:16.53 (1:40.48)	20:57.77 (1:41.25)	22:38.92 (1:41.15)	24:19.80 (1:40.89)	26:03.26 (1:43.47)	27:46.45 (1:43.19)	29:29.89 (1:43.45)	31:10.76 (1:40.88)	32:52.41 (1:41.65)	34:32.73 (1:40.32)	36:15.54 (1:42.82)	37:56.34 (1:40.80)	39:38.77 (1:42.43)
1:32.19 (1:32.19)	3:06.15 (1:33.96)	4:37.03 (1:30.88)	6:10.95 (1:33.93)	7:46.89 (1:35.95)	9:23.12 (1:36.24)	10:58.14 (1:35.02)	12:35.76 (1:37.62)																							
14:14.58 (1:38.83)	15:54.91 (1:40.34)	17:36.06 (1:41.15)	19:16.53 (1:40.48)	20:57.77 (1:41.25)	22:38.92 (1:41.15)	24:19.80 (1:40.89)	26:03.26 (1:43.47)																							
27:46.45 (1:43.19)	29:29.89 (1:43.45)	31:10.76 (1:40.88)	32:52.41 (1:41.65)	34:32.73 (1:40.32)	36:15.54 (1:42.82)	37:56.34 (1:40.80)	39:38.77 (1:42.43)																							
13	8	9	Anna ŻUCHOWSKA	98-10-11	KS AZS-AWF Biała Podlaska(LU)	41:17.28																								
<table border="1"> <tr> <td>1:34.37 (1:34.37)</td> <td>3:11.06 (1:36.69)</td> <td>4:45.98 (1:34.93)</td> <td>6:20.65 (1:34.67)</td> <td>7:54.28 (1:33.64)</td> <td>9:28.19 (1:33.91)</td> <td>11:04.70 (1:36.52)</td> <td>12:43.00 (1:38.30)</td> </tr> <tr> <td>14:22.79 (1:39.79)</td> <td>16:04.02 (1:41.23)</td> <td>17:45.18 (1:41.17)</td> <td>19:25.93 (1:40.75)</td> <td>21:06.66 (1:40.73)</td> <td>22:47.48 (1:40.82)</td> <td>24:29.31 (1:41.83)</td> <td>26:12.78 (1:43.48)</td> </tr> <tr> <td>27:56.44 (1:43.67)</td> <td>29:39.70 (1:43.26)</td> <td>31:19.29 (1:39.60)</td> <td>33:01.42 (1:42.14)</td> <td>34:42.87 (1:41.45)</td> <td>36:23.12 (1:40.26)</td> <td>38:02.12 (1:39.00)</td> <td>39:44.80 (1:42.68)</td> </tr> </table>							1:34.37 (1:34.37)	3:11.06 (1:36.69)	4:45.98 (1:34.93)	6:20.65 (1:34.67)	7:54.28 (1:33.64)	9:28.19 (1:33.91)	11:04.70 (1:36.52)	12:43.00 (1:38.30)	14:22.79 (1:39.79)	16:04.02 (1:41.23)	17:45.18 (1:41.17)	19:25.93 (1:40.75)	21:06.66 (1:40.73)	22:47.48 (1:40.82)	24:29.31 (1:41.83)	26:12.78 (1:43.48)	27:56.44 (1:43.67)	29:39.70 (1:43.26)	31:19.29 (1:39.60)	33:01.42 (1:42.14)	34:42.87 (1:41.45)	36:23.12 (1:40.26)	38:02.12 (1:39.00)	39:44.80 (1:42.68)
1:34.37 (1:34.37)	3:11.06 (1:36.69)	4:45.98 (1:34.93)	6:20.65 (1:34.67)	7:54.28 (1:33.64)	9:28.19 (1:33.91)	11:04.70 (1:36.52)	12:43.00 (1:38.30)																							
14:22.79 (1:39.79)	16:04.02 (1:41.23)	17:45.18 (1:41.17)	19:25.93 (1:40.75)	21:06.66 (1:40.73)	22:47.48 (1:40.82)	24:29.31 (1:41.83)	26:12.78 (1:43.48)																							
27:56.44 (1:43.67)	29:39.70 (1:43.26)	31:19.29 (1:39.60)	33:01.42 (1:42.14)	34:42.87 (1:41.45)	36:23.12 (1:40.26)	38:02.12 (1:39.00)	39:44.80 (1:42.68)																							
14	15	10	Monika NAWRAT	88-01-06	KS Prefbet-Sonarol(PD)	41:23.35																								
<table border="1"> <tr> <td>1:34.60 (1:34.60)</td> <td>3:11.35 (1:36.75)</td> <td>4:46.31 (1:34.96)</td> <td>6:20.87 (1:34.56)</td> <td>7:55.49 (1:34.63)</td> <td>9:31.99 (1:36.50)</td> <td>11:09.83 (1:37.84)</td> <td>12:49.45 (1:39.63)</td> </tr> <tr> <td>14:30.23 (1:40.78)</td> <td>16:09.52 (1:39.29)</td> <td>17:48.82 (1:39.31)</td> <td>19:28.97 (1:40.15)</td> <td>21:10.08 (1:41.12)</td> <td>22:49.85 (1:39.78)</td> <td>24:30.69 (1:40.84)</td> <td>26:12.84 (1:42.16)</td> </tr> <tr> <td>27:56.67 (1:43.83)</td> <td>29:37.77 (1:41.10)</td> <td>31:20.22 (1:42.46)</td> <td>33:02.38 (1:42.16)</td> <td>34:43.28 (1:40.90)</td> <td>36:24.98 (1:41.70)</td> <td>38:06.85 (1:41.88)</td> <td>39:48.46 (1:41.61)</td> </tr> </table>							1:34.60 (1:34.60)	3:11.35 (1:36.75)	4:46.31 (1:34.96)	6:20.87 (1:34.56)	7:55.49 (1:34.63)	9:31.99 (1:36.50)	11:09.83 (1:37.84)	12:49.45 (1:39.63)	14:30.23 (1:40.78)	16:09.52 (1:39.29)	17:48.82 (1:39.31)	19:28.97 (1:40.15)	21:10.08 (1:41.12)	22:49.85 (1:39.78)	24:30.69 (1:40.84)	26:12.84 (1:42.16)	27:56.67 (1:43.83)	29:37.77 (1:41.10)	31:20.22 (1:42.46)	33:02.38 (1:42.16)	34:43.28 (1:40.90)	36:24.98 (1:41.70)	38:06.85 (1:41.88)	39:48.46 (1:41.61)
1:34.60 (1:34.60)	3:11.35 (1:36.75)	4:46.31 (1:34.96)	6:20.87 (1:34.56)	7:55.49 (1:34.63)	9:31.99 (1:36.50)	11:09.83 (1:37.84)	12:49.45 (1:39.63)																							
14:30.23 (1:40.78)	16:09.52 (1:39.29)	17:48.82 (1:39.31)	19:28.97 (1:40.15)	21:10.08 (1:41.12)	22:49.85 (1:39.78)	24:30.69 (1:40.84)	26:12.84 (1:42.16)																							
27:56.67 (1:43.83)	29:37.77 (1:41.10)	31:20.22 (1:42.46)	33:02.38 (1:42.16)	34:43.28 (1:40.90)	36:24.98 (1:41.70)	38:06.85 (1:41.88)	39:48.46 (1:41.61)																							
15	14	86	Izabela WIERCIOCH	00-04-13	KS AZS-AWF Biała Podlaska(LU)	41:59.34																								
<table border="1"> <tr> <td>1:35.24 (1:35.24)</td> <td>3:19.15 (1:43.92)</td> <td>4:57.71 (1:38.56)</td> <td>6:36.79 (1:39.09)</td> <td>8:16.04 (1:39.25)</td> <td>9:54.26 (1:38.23)</td> <td>11:34.44 (1:40.18)</td> <td>13:13.51 (1:39.08)</td> </tr> <tr> <td>14:52.52 (1:39.01)</td> <td>16:31.91 (1:39.39)</td> <td>18:11.71 (1:39.81)</td> <td>19:52.83 (1:41.12)</td> <td>21:34.50 (1:41.68)</td> <td>23:14.46 (1:39.97)</td> <td>24:54.99 (1:40.53)</td> <td>26:37.61 (1:42.63)</td> </tr> <tr> <td>28:20.77 (1:43.16)</td> <td>30:03.06 (1:42.29)</td> <td>31:46.00 (1:42.94)</td> <td>33:29.19 (1:43.19)</td> <td>35:10.69 (1:41.51)</td> <td>36:54.62 (1:43.93)</td> <td>38:37.65 (1:43.04)</td> <td>40:22.88 (1:45.23)</td> </tr> </table>							1:35.24 (1:35.24)	3:19.15 (1:43.92)	4:57.71 (1:38.56)	6:36.79 (1:39.09)	8:16.04 (1:39.25)	9:54.26 (1:38.23)	11:34.44 (1:40.18)	13:13.51 (1:39.08)	14:52.52 (1:39.01)	16:31.91 (1:39.39)	18:11.71 (1:39.81)	19:52.83 (1:41.12)	21:34.50 (1:41.68)	23:14.46 (1:39.97)	24:54.99 (1:40.53)	26:37.61 (1:42.63)	28:20.77 (1:43.16)	30:03.06 (1:42.29)	31:46.00 (1:42.94)	33:29.19 (1:43.19)	35:10.69 (1:41.51)	36:54.62 (1:43.93)	38:37.65 (1:43.04)	40:22.88 (1:45.23)
1:35.24 (1:35.24)	3:19.15 (1:43.92)	4:57.71 (1:38.56)	6:36.79 (1:39.09)	8:16.04 (1:39.25)	9:54.26 (1:38.23)	11:34.44 (1:40.18)	13:13.51 (1:39.08)																							
14:52.52 (1:39.01)	16:31.91 (1:39.39)	18:11.71 (1:39.81)	19:52.83 (1:41.12)	21:34.50 (1:41.68)	23:14.46 (1:39.97)	24:54.99 (1:40.53)	26:37.61 (1:42.63)																							
28:20.77 (1:43.16)	30:03.06 (1:42.29)	31:46.00 (1:42.94)	33:29.19 (1:43.19)	35:10.69 (1:41.51)	36:54.62 (1:43.93)	38:37.65 (1:43.04)	40:22.88 (1:45.23)																							

U23

U23

U23

10000 metrów kobiet

Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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16	3	27	Klaudia SZMIGIEL	96-11-13	UMKS Nadir Jędrzejów(SK)	42:43.69	
1:33.91 (1:33.91)	3:11.94 (1:38.03)	4:48.05 (1:36.11)	6:26.87 (1:38.82)	8:07.71 (1:40.85)	9:48.89 (1:41.18)	11:30.09 (1:41.20)	13:13.06 (1:42.98)
14:55.52 (1:42.46)	16:38.47 (1:42.96)	18:23.24 (1:44.77)	20:08.68 (1:45.44)	21:52.54 (1:43.86)	23:36.79 (1:44.26)	25:22.52 (1:45.74)	27:06.43 (1:43.91)
28:51.72 (1:45.29)	30:36.88 (1:45.16)	32:22.50 (1:45.63)	34:08.53 (1:46.03)	35:54.41 (1:45.88)	37:37.67 (1:43.26)	39:20.74 (1:43.08)	41:04.92 (1:44.18)

17	1	90	Julia MORAWSKA	00-02-11	MKS Siechnice(DS)	43:05.34	U23
1:34.52 (1:34.52)	3:12.20 (1:37.68)	4:47.63 (1:35.44)	6:22.71 (1:35.08)	8:00.63 (1:37.92)	9:40.30 (1:39.68)	11:22.02 (1:41.73)	13:05.99 (1:43.97)
15:00.42 (1:54.44)	16:47.20 (1:46.78)	18:34.03 (1:46.83)	20:21.48 (1:47.46)	22:06.62 (1:45.14)	23:51.49 (1:44.87)	25:39.48 (1:48.00)	27:28.96 (1:49.48)
29:15.51 (1:46.55)	31:01.72 (1:46.22)	32:48.57 (1:46.85)	34:37.07 (1:48.51)	36:24.74 (1:47.68)	38:08.04 (1:43.30)	39:51.32 (1:43.29)	41:33.55 (1:42.23)

	13	82	Anna WIECZOREK	00-12-31	KBKS Radomsko(LD)	DNF	U23
1:34.95 (1:34.95)	3:27.85 (1:52.91)	5:29.27 (2:01.42)	7:34.48 (2:05.22)	9:38.59 (2:04.11)	11:44.38 (2:05.80)	13:51.46 (2:07.09)	15:56.90 (2:05.45)
18:03.62 (2:06.72)	20:11.72 (2:08.11)	22:18.08 (2:06.36)	24:24.62 (2:06.55)	26:30.90 (2:06.28)	28:38.41 (2:07.51)	30:44.65 (2:06.25)	32:56.10 (2:11.45)
35:07.13 (2:11.03)	37:19.23 (2:12.10)	39:30.66 (2:11.44)	41:43.27 (2:12.61)"				

	10	85	Kinga PIETRAS	01-10-15	KS AZS AWF Wrocław(DS)	DNF	U23
1:33.34 (1:33.34)	3:11.18 (1:37.85)	4:45.62 (1:34.44)	6:18.73 (1:33.11)	7:50.99 (1:32.27)	9:21.60 (1:30.62)	10:53.29 (1:31.69)	12:26.01 (1:32.73)
13:58.08 (1:32.08)	15:32.05 (1:33.97)	17:04.79 (1:32.74)	18:36.75 (1:31.97)	20:10.42 (1:33.67)	21:45.61 (1:35.20)	23:17.63 (1:32.03)	24:50.41 (1:32.79)
26:25.78 (1:35.37)	28:00.26 (1:34.49)	29:34.32 (1:34.06)	31:09.53 (1:35.21)"				

Międzyczasy							
1000m	14	Iwona WICHA	3:41.26	5000m	14	Iwona WICHA	18:26.88
2000m	14	Iwona WICHA	7:27.11	6000m	14	Iwona WICHA	22:08.19
3000m	23	Martyna BUDZIŁEK	11:07.29	7000m	14	Iwona WICHA	25:52.05
4000m	23	Martyna BUDZIŁEK	14:45.02	8000m	14	Iwona WICHA	29:34.09

Legenda:

PB -rekord życiowy