



Wyniki konkurencji-międzyczasy 10000 metrów kobiet

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
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 (CZE)	13-06-27
Min. MŚ(Open)	30:20.00			Tokyo (JPN)	25-09-13
Min. UNI(Open)	32:40.00			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik		
	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
	3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

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Start: 25-04-26 17:28:52

1	23	60	Olimpia BREZA	02-02-14	KUKS Remus Kościerzyna(PM)	33:13.22	PB
1:20.78 (1:20.78)	2:45.38 (1:24.61)	4:09.13 (1:23.75)	5:33.69 (1:24.56)	6:56.63 (1:22.95)	8:16.46 (1:19.83)	9:35.92 (1:19.46)	10:55.37 (1:19.46)
12:15.53 (1:20.16)	13:35.02 (1:19.49)	14:54.89 (1:19.88)	16:14.43 (1:19.55)	17:34.85 (1:20.42)	18:54.57 (1:19.72)	20:15.23 (1:20.67)	21:33.81 (1:18.58)
22:53.39 (1:19.58)	24:13.44 (1:20.05)	25:31.27 (1:17.84)	26:45.96 (1:14.69)	28:03.71 (1:17.76)	29:21.39 (1:17.68)	30:39.82 (1:18.44)	31:59.39 (1:19.57)
2	14	25	Katarzyna NAPIÓRKOWSKA	04-09-12	LKS Maków Mazowiecki(MZ)	33:24.62	U23(1)
1:21.08 (1:21.08)	2:45.61 (1:24.54)	4:09.45 (1:23.84)	5:33.85 (1:24.41)	6:57.44 (1:23.59)	8:17.19 (1:19.75)	9:37.16 (1:19.98)	10:56.29 (1:19.14)
12:15.78 (1:19.49)	13:35.43 (1:19.65)	14:55.03 (1:19.60)	16:14.72 (1:19.69)	17:35.10 (1:20.39)	18:54.99 (1:19.90)	20:15.53 (1:20.54)	21:33.72 (1:18.19)
22:53.16 (1:19.44)	24:13.34 (1:20.19)	25:32.50 (1:19.17)	26:51.89 (1:19.39)	28:12.56 (1:20.67)	29:33.93 (1:21.37)	30:51.58 (1:17.66)	32:08.44 (1:16.86)
3	18	26	Elżbieta GLINKA	93-10-30	Passion First Warszawa(MZ)	33:33.22	
1:21.21 (1:21.21)	2:45.90 (1:24.70)	4:09.57 (1:23.67)	5:34.25 (1:24.68)	6:56.32 (1:22.08)	8:16.14 (1:19.82)	9:35.59 (1:19.46)	10:55.01 (1:19.43)
12:15.33 (1:20.32)	13:34.81 (1:19.49)	14:54.53 (1:19.73)	16:14.18 (1:19.65)	17:34.48 (1:20.31)	18:54.30 (1:19.82)	20:15.08 (1:20.78)	21:34.03 (1:18.96)
22:53.58 (1:19.56)	24:13.56 (1:19.98)	25:32.73 (1:19.18)	26:51.60 (1:18.87)	28:12.33 (1:20.74)	29:33.55 (1:21.22)	30:53.54 (1:20.00)	32:14.14 (1:20.60)
4	24	23	Agnieszka CHORZĘPA	01-01-14	KS AZS AWF Warszawa(MZ)	34:01.53	PB
1:20.44 (1:20.44)	2:45.09 (1:24.66)	4:08.75 (1:23.66)	5:33.47 (1:24.73)	6:57.12 (1:23.65)	8:16.98 (1:19.86)	9:36.90 (1:19.92)	10:56.55 (1:19.66)
12:15.92 (1:19.38)	13:35.96 (1:20.04)	14:56.83 (1:20.87)	16:18.84 (1:22.02)	17:40.82 (1:21.98)	19:02.81 (1:21.99)	20:25.72 (1:22.92)	21:48.11 (1:22.40)
23:10.93 (1:22.83)	24:33.71 (1:22.78)	25:56.46 (1:22.76)	27:18.80 (1:22.34)	28:40.72 (1:21.92)	30:02.16 (1:21.45)	31:23.56 (1:21.41)	32:44.55 (1:20.99)
5	4	50	Martyna KRAWCZYŃSKA	04-11-21	KS Prefbet-Sonarol Łomża(PD)	34:07.14	PB U23(2)
1:22.30 (1:22.30)	2:46.74 (1:24.44)	4:10.77 (1:24.03)	5:34.72 (1:23.96)	6:58.08 (1:23.37)	8:18.02 (1:19.94)	9:39.43 (1:21.41)	10:56.74 (1:17.31)
12:16.84 (1:20.10)	13:38.60 (1:21.76)	15:00.90 (1:22.31)	16:23.17 (1:22.27)	17:45.56 (1:22.39)	19:08.60 (1:23.04)	20:31.91 (1:23.32)	21:55.07 (1:23.16)
23:17.53 (1:22.47)	24:40.40 (1:22.87)	26:03.10 (1:22.70)	27:26.58 (1:23.49)	28:50.41 (1:23.84)	30:13.87 (1:23.46)	31:34.46 (1:20.60)	32:54.35 (1:19.89)
6	12	61	Beata NIEMYJSKA	01-02-09	LKS Zantyr Sztum(PM)	34:09.78	
1:22.06 (1:22.06)	2:46.44 (1:24.38)	4:10.46 (1:24.03)	5:34.99 (1:24.53)	6:58.53 (1:23.55)	8:18.82 (1:20.29)	9:39.59 (1:20.78)	10:57.43 (1:17.85)
12:17.31 (1:19.88)	13:40.67 (1:23.36)	15:03.61 (1:22.95)	16:26.84 (1:23.23)	17:50.06 (1:23.22)	19:12.58 (1:22.52)	20:35.96 (1:23.38)	21:59.29 (1:23.34)
23:21.25 (1:21.96)	24:44.03 (1:22.79)	26:06.56 (1:22.53)	27:29.61 (1:23.06)	28:51.66 (1:22.05)	30:14.09 (1:22.44)	31:34.18 (1:20.09)	32:54.11 (1:19.93)
7	7	47	Monika DUBIELLA	00-05-02	KS Prefbet-Sonarol Łomża(PD)	35:12.09	
1:22.26 (1:22.26)	2:46.97 (1:24.72)	4:11.00 (1:24.03)	5:35.24 (1:24.24)	6:58.29 (1:23.06)	8:18.51 (1:20.23)	9:39.99 (1:21.48)	11:01.21 (1:21.23)
12:23.32 (1:22.11)	13:46.36 (1:23.05)	15:09.71 (1:23.35)	16:33.91 (1:24.20)	17:59.24 (1:25.33)	19:25.19 (1:25.95)	20:52.78 (1:27.60)	22:22.67 (1:29.89)
23:49.06 (1:26.40)	25:14.70 (1:25.64)	26:40.63 (1:25.94)	28:06.17 (1:25.55)	29:31.92 (1:25.75)	30:58.28 (1:26.37)	32:26.54 (1:28.26)	33:52.79 (1:26.25)
8	20	64	Julia PAWEŁCZYK	02-03-26	SKLA Sopot(PM)	35:18.82	
1:22.76 (1:22.76)	2:47.38 (1:24.62)	4:11.41 (1:24.04)	5:35.84 (1:24.43)	6:59.52 (1:23.68)	8:23.02 (1:23.51)	9:49.30 (1:26.28)	11:14.33 (1:25.04)
12:38.85 (1:24.52)	14:04.43 (1:25.59)	15:29.40 (1:24.97)	16:53.93 (1:24.53)	18:19.77 (1:25.85)	19:44.79 (1:25.03)	21:10.05 (1:25.26)	22:35.88 (1:25.83)
24:01.97 (1:26.10)	25:27.74 (1:25.77)	26:53.55 (1:25.81)	28:19.88 (1:26.34)	29:46.42 (1:26.55)	31:12.64 (1:26.23)	32:36.90 (1:24.26)	34:01.79 (1:24.90)
9	10	43	Anna BĄKOWSKA	90-03-31	KS Podlasie Białystok(PD)	35:25.01	
1:21.74 (1:21.74)	2:46.12 (1:24.38)	4:10.23 (1:24.11)	5:36.75 (1:26.53)	6:57.78 (1:21.04)	8:17.78 (1:20.01)	9:39.08 (1:21.30)	11:02.79 (1:23.71)
12:25.72 (1:22.94)	13:51.70 (1:25.99)	15:17.62 (1:25.92)	16:44.28 (1:26.67)	18:10.38 (1:26.10)	19:37.69 (1:27.32)	21:05.43 (1:27.75)	22:31.72 (1:26.29)
23:58.44 (1:26.72)	25:25.26 (1:26.83)	26:54.66 (1:29.40)	28:22.15 (1:27.49)	29:48.13 (1:25.98)	31:11.74 (1:23.61)	32:37.48 (1:25.75)	34:04.11 (1:26.64)
10	25	71	Paulina GAJ	93-01-29	MCKiS Jaworzno(SL)	35:29.70	PB
1:20.29 (1:20.29)	2:44.86 (1:24.58)	4:08.52 (1:23.66)	5:33.14 (1:24.63)	6:57.90 (1:24.76)	8:20.79 (1:22.90)	9:46.53 (1:25.74)	11:11.84 (1:25.32)
12:36.85 (1:25.01)	14:01.26 (1:24.42)	15:26.57 (1:25.31)	16:52.54 (1:25.98)	18:18.66 (1:26.12)	19:44.15 (1:25.50)	21:09.77 (1:25.62)	22:35.98 (1:26.22)
24:02.31 (1:26.33)	25:27.96 (1:25.65)	26:55.62 (1:27.67)	28:22.65 (1:27.03)	29:48.65 (1:26.00)	31:14.10 (1:25.45)	32:40.95 (1:26.86)	34:09.75 (1:28.80)

10000 metrów kobiet

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
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 (CZE)	13-06-27
Min. MŚ(Open)	30:20.00			Tokyo (JPN)	25-09-13
Min. UNI(Open)	32:40.00			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

11 9 13 **Liliana MŁYNARCZYK** 03-08-30 MKST Astra Nowa Sól(LB) **35:42.92** U23(3)

1:24.27 (1:24.27)	2:49.28 (1:25.02)	4:11.93 (1:22.66)	5:36.08 (1:24.15)	6:59.77 (1:23.70)	8:22.74 (1:22.98)	9:48.94 (1:26.20)	11:13.92 (1:24.98)
12:39.16 (1:25.25)	14:04.01 (1:24.85)	15:29.74 (1:25.73)	16:54.67 (1:24.94)	18:19.98 (1:25.31)	19:45.36 (1:25.39)	21:11.06 (1:25.71)	22:38.13 (1:27.07)
24:05.39 (1:27.26)	25:32.28 (1:26.90)	26:59.72 (1:27.45)	28:27.74 (1:28.02)	29:54.47 (1:26.74)	31:22.48 (1:28.02)	32:51.93 (1:29.45)	34:19.42 (1:27.50)

12 16 22 **Joanna KONOPKO** 88-11-28 EasyRunning Team(MZ) **35:57.82**

1:23.01 (1:23.01)	2:47.71 (1:24.71)	4:11.42 (1:23.72)	5:35.54 (1:24.12)	6:58.80 (1:23.26)	8:21.42 (1:22.62)	9:46.78 (1:25.37)	11:12.12 (1:25.34)
12:37.16 (1:25.05)	14:01.49 (1:24.33)	15:26.75 (1:25.27)	16:52.89 (1:26.14)	18:19.19 (1:26.30)	19:46.76 (1:27.58)	21:15.57 (1:28.81)	22:45.18 (1:29.61)
24:12.99 (1:27.82)	25:41.83 (1:28.84)	27:09.88 (1:28.06)	28:38.25 (1:28.38)	30:07.94 (1:29.70)	31:36.51 (1:28.57)	33:05.37 (1:28.86)	34:33.92 (1:28.55)

13 11 39 **Paulina KICILIŃSKA** 03-09-30 ULKS Lipinki(MA) **36:18.31** U23(4)

1:22.49 (1:22.49)	2:47.24 (1:24.75)	4:11.22 (1:23.99)	5:35.67 (1:24.46)	6:59.07 (1:23.40)	8:21.59 (1:22.52)	9:47.17 (1:25.59)	11:12.28 (1:25.12)
12:37.29 (1:25.01)	14:01.75 (1:24.46)	15:27.11 (1:25.37)	16:52.95 (1:25.84)	18:19.52 (1:26.58)	19:46.25 (1:26.73)	21:15.05 (1:28.81)	22:44.88 (1:29.83)
24:15.09 (1:30.21)	25:45.08 (1:29.99)	27:19.32 (1:34.25)	28:49.19 (1:29.88)	30:17.42 (1:28.23)	31:47.82 (1:30.40)	33:17.16 (1:29.34)	34:49.22 (1:32.07)

14 17 4 **Kinga PIETRAS** 01-10-15 KS AZS AWF Wrocław(DS) **37:04.35**

1:23.98 (1:23.98)	2:49.89 (1:25.91)	4:15.09 (1:25.20)	5:43.92 (1:28.83)	7:13.36 (1:29.45)	8:43.91 (1:30.56)	10:13.94 (1:30.03)	11:43.17 (1:29.24)
13:12.89 (1:29.73)	14:42.50 (1:29.61)	16:12.44 (1:29.95)	17:42.98 (1:30.55)	19:13.23 (1:30.25)	20:44.32 (1:31.10)	22:14.57 (1:30.26)	23:44.64 (1:30.07)
25:14.89 (1:30.26)	26:45.31 (1:30.42)	28:15.70 (1:30.40)	29:46.43 (1:30.73)	31:16.01 (1:29.59)	32:45.78 (1:29.77)	34:16.30 (1:30.53)	35:46.05 (1:29.75)

15 19 19 **Magdalena CIOLAK** 01-05-05 MLUKS Rawa - Rawa Mazowiecka(LD) **37:05.41**

1:24.56 (1:24.56)	2:49.56 (1:25.00)	4:12.76 (1:23.20)	5:38.05 (1:25.29)	7:04.12 (1:26.08)	8:31.83 (1:27.72)	10:01.71 (1:29.88)	11:32.49 (1:30.79)
13:01.54 (1:29.05)	14:32.72 (1:31.19)	16:02.38 (1:29.67)	17:33.36 (1:30.99)	19:03.57 (1:30.21)	20:35.49 (1:31.92)	22:06.83 (1:31.35)	23:38.93 (1:32.11)
25:10.88 (1:31.95)	26:41.53 (1:30.65)	28:12.79 (1:31.27)	29:44.61 (1:31.82)	31:15.03 (1:30.43)	32:45.45 (1:30.42)	34:15.53 (1:30.09)	35:43.72 (1:28.20)

16 15 72 **Rozalia MALINA** 04-12-27 MKS-MOS Płomień Sosnowiec(SL) **37:30.49** U23(5)

1:23.62 (1:23.62)	2:49.63 (1:26.02)	4:14.28 (1:24.65)	5:41.54 (1:27.27)	7:08.57 (1:27.04)	8:35.58 (1:27.01)	10:04.08 (1:28.51)	11:32.17 (1:28.09)
13:01.92 (1:29.76)	14:33.06 (1:31.14)	16:02.09 (1:29.03)	17:33.07 (1:30.98)	19:03.28 (1:30.22)	20:35.15 (1:31.87)	22:07.22 (1:32.08)	23:41.75 (1:34.53)
25:15.22 (1:33.47)	26:48.36 (1:33.14)	28:20.42 (1:32.07)	29:53.05 (1:32.63)	31:25.45 (1:32.41)	32:56.64 (1:31.19)	34:29.89 (1:33.25)	36:01.82 (1:31.93)

17 5 37 **Marcelina KARBOWIAK** 91-01-14 Wieliszew Heron Team(MZ) **38:44.98**

1:24.74 (1:24.74)	2:51.89 (1:27.16)	4:22.12 (1:30.23)	5:54.38 (1:32.27)	7:26.73 (1:32.35)	8:57.14 (1:30.41)	10:28.33 (1:31.20)	12:00.51 (1:32.19)
13:33.74 (1:33.24)	15:05.06 (1:31.32)	16:38.21 (1:33.15)	18:11.31 (1:33.10)	19:45.36 (1:34.06)	21:20.05 (1:34.69)	22:56.32 (1:36.28)	24:32.22 (1:35.90)
26:07.13 (1:34.92)	27:42.28 (1:35.16)	29:17.80 (1:35.52)	30:53.21 (1:35.41)	32:29.50 (1:36.30)	34:06.27 (1:36.77)	35:41.87 (1:35.61)	37:17.53 (1:35.66)

18 1 91 **Sylvia WALCZAK** 91-01-24 KS Prefbet-Sonarol Łomża(PD) **39:25.71** PB

1:25.82 (1:25.82)	2:58.00 (1:32.18)	4:33.34 (1:35.35)	6:11.27 (1:37.93)	7:46.23 (1:34.97)	9:23.31 (1:37.08)	10:58.98 (1:35.67)	12:32.81 (1:33.84)
14:09.05 (1:36.24)	15:47.14 (1:38.10)	17:25.61 (1:38.47)	19:05.10 (1:39.49)	20:45.35 (1:40.26)	22:25.45 (1:40.10)	24:04.78 (1:39.33)	25:36.24 (1:31.46)
27:07.51 (1:31.28)	28:40.35 (1:32.84)	30:13.19 (1:32.85)	31:46.36 (1:33.17)	33:19.72 (1:33.37)	34:55.17 (1:35.45)	36:27.07 (1:31.90)	38:00.12 (1:33.06)

19 8 54 **Anastasiia KOLCHINA** 05-07-24 AML Słupsk(PM) **39:26.12** U23(6)

1:24.31 (1:24.31)	2:50.54 (1:26.23)	4:21.44 (1:30.90)	5:53.15 (1:31.72)	7:26.40 (1:33.25)	9:02.53 (1:36.14)	10:37.76 (1:35.24)	12:11.13 (1:33.37)
13:46.13 (1:35.00)	15:21.65 (1:35.53)	16:57.43 (1:35.78)	18:33.41 (1:35.98)	20:11.32 (1:37.92)	21:48.03 (1:36.71)	23:23.72 (1:35.70)	24:59.32 (1:35.60)
26:36.94 (1:37.63)	28:13.61 (1:36.67)	29:49.82 (1:36.22)	31:26.22 (1:36.40)	33:03.84 (1:37.63)	34:43.74 (1:39.91)	36:20.65 (1:36.91)	37:56.17 (1:35.53)

20 2 17 **Amelia PAWELUS** 05-08-13 LKS Omega Kleszczów(LD) **39:58.72** U23(7)

1:23.27 (1:23.27)	2:49.88 (1:26.61)	4:18.38 (1:28.50)	5:51.43 (1:33.05)	7:26.24 (1:34.82)	9:02.35 (1:36.12)	10:38.06 (1:35.71)	12:12.95 (1:34.89)
13:49.87 (1:36.92)	15:28.07 (1:38.21)	17:05.28 (1:37.21)	18:42.35 (1:37.07)	20:20.40 (1:38.05)	21:58.62 (1:38.22)	23:37.07 (1:38.46)	25:15.47 (1:38.40)
26:54.42 (1:38.96)	28:33.82 (1:39.40)	30:12.95 (1:39.13)	31:50.86 (1:37.92)	33:28.74 (1:37.88)	35:05.86 (1:37.12)	36:42.79 (1:36.94)	38:20.14 (1:37.35)

21 22 88 **Monika NOWAK** 81-11-02 SKSG Korona Szczecin(ZP) **42:19.81**

1:36.45 (1:36.45)	3:17.85 (1:41.41)	4:57.41 (1:39.56)	6:37.05 (1:39.64)	8:16.62 (1:39.58)	9:54.01 (1:37.40)	11:33.61 (1:39.60)	13:12.94 (1:39.34)
14:52.34 (1:39.40)	16:32.72 (1:40.38)	18:13.21 (1:40.50)	19:53.75 (1:40.54)	21:35.58 (1:41.84)	23:17.47 (1:41.90)	25:00.85 (1:43.38)	26:45.06 (1:44.22)
28:30.31 (1:45.25)	30:14.05 (1:43.74)	31:58.19 (1:44.14)	33:42.03 (1:43.84)	35:25.42 (1:43.40)	37:10.20 (1:44.78)	38:54.99 (1:44.79)	40:38.13 (1:43.15)

13 48 **Ewa JAGIELSKA** 82-10-25 KS Prefbet-Sonarol Łomża(PD) **DNS**

17:28:52.91							
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10000 metrów kobiet

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
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 (CZE)	13-06-27
Min. MŚ(Open)	30:20.00			Tokyo (JPN)	25-09-13
Min. UNI(Open)	32:40.00			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

3	49	Justyna KORYTKOWSKA			86-03-12	KS Prefbet-Sonarol Łomża(PD)	DNS
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17:28:52.91							
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21	42	Natalia CYGAN			05-05-25	KKL Stal Stalowa Wola(PK)	DNF	U23
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1:25.29 (1:25.29)	2:57.87 (1:32.58)	4:33.80 (1:35.94)	6:10.88 (1:37.08)	7:45.77 (1:34.90)	9:23.10 (1:37.34)	10:58.58 (1:35.48)	12:32.70 (1:34.12)
14:08.79 (1:36.09)	15:46.90 (1:38.12)	17:25.52 (1:38.62)	19:04.85 (1:39.33)	20:45.03 (1:40.19)	22:25.48 (1:40.45)	24:04.46 (1:38.98)	25:36.50 (1:32.05)
27:13.46 (1:36.96)*	14.99						

6	44	Małgorzata KARPIUK			03-01-04	KS Podlasie Białystok(PD)	DNF	U23
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1:22.70 (1:22.70)	2:45.83 (1:23.13)	4:09.94 (1:24.12)	5:34.41 (1:24.47)	6:56.61 (1:22.20)*			
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Międzyczasy

1000m	71	Paulina GAJ	3:26.69	5000m	26	Elżbieta GLINKA	16:53.70
2000m	26	Elżbieta GLINKA	6:56.10	6000m	26	Elżbieta GLINKA	20:14.80
3000m	26	Elżbieta GLINKA	10:14.47	7000m	25	Katarzyna NAPIÓRKOWSKA	23:32.23
4000m	26	Elżbieta GLINKA	13:34.46	8/9km	60	Olimpia BREZA	26:45/29:59

Legenda:

PB -rekord życiowy