

VI Ogólnopolski Bieg Do Gorących Źródeł - Sanus Per Aquam - Zdrowie przez wodę

WYNIKI ZAWODÓW / RESULTS LIST





























OPEN

Organizator: KB Geotermia Uniejów, UM w Uniejowie, M-GOK w Uniejowie, Geotermia Uniejów

Data: 21 października 2012 r.

Miejsce: Uniejów

Dystans: 10 km

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total | Tempo m/km | diff Net | 5 km | Check points |
|-------------|-----------|-------------------------|---------------------|---|---|------------|-----------------------|----------------|---------------|-------------|----------|--------------|
| 1 | 1 | KŁECZEK Radosław | GOGOLIN |  POL | SPORTING MIĘDZYZDROJE/SKLEP BIEGACZA.PL | 85 M20/1 | M / 1 | 00:30:56 | 00:30:56 | 03.05 | +0:00:00 | 0:16:11 / 3 |
| 2 | 443 | OSMULSKI Tomasz | ŁÓDŹ |  POL | RUDZKI KLUB SPORTOWY | 82 M30/1 | Abst/1 M / 2 | 00:31:13 | 00:31:11 | 03.07 | +0:00:15 | 0:16:11 / 4 |
| 3 | 859 | VERETSKYY Pavlo | DONETSK |  UKR | KKB FINISZ KALISZ | 85 M20/2 | M / 3 | 00:31:29 | 00:31:28 | 03.08 | +0:00:32 | 0:16:11 / 2 |
| 4 | 857 | FISKOWICZ Sergiej | NOVOWOLYNSK |  UKR | LKB RUDNIK | 80 M30/2 | M / 4 | 00:32:10 | 00:32:09 | 03.12 | +0:01:13 | 0:16:10 / 1 |
| 5 | 894 | PAŁKA Piotr | KISIĘTA |  POL | | 84 M20/3 | M / 5 | 00:32:22 | 00:32:21 | 03.14 | +0:01:25 | 0:16:11 / 5 |
| 6 | 864 | SZYMKOWIAK Krzysztof | KOŚCIAN |  POL | LKS SANA KOŚCIAN | 93 M16/1 | M / 6 | 00:33:13 | 00:33:13 | 03.19 | +0:02:17 | 0:16:12 / 6 |
| 7 | 885 | GÓRNY Krzysztof | KALISZ |  POL | | 78 M30/3 | M / 7 | 00:34:37 | 00:34:35 | 03.27 | +0:03:40 | 0:17:13 / 7 |
| 8 | 434 | NOWOSIELSKI Krzysztof | DĄBIE |  POL | KB DĄBIE NAD NEREM | 76 M30/4 | M / 8 | 00:34:40 | 00:34:36 | 03.27 | +0:03:40 | 0:17:36 / 10 |
| 9 | 237 | KARKOSZKA Marcin | PALATY |  POL | SZUKAM SPONSORA | 93 M16/2 | M / 9 | 00:34:41 | 00:34:39 | 03.27 | +0:03:43 | 0:17:37 / 11 |
| 10 | 852 | CHARUBA Łukasz | ŁÓDŹ |  POL | UKS ORIENTUŚ ŁÓDŹ | 90 M20/4 | M / 10 | 00:34:46 | 00:34:43 | 03.28 | +0:03:48 | 0:17:51 / 16 |
| 11 | 893 | JUSZCZAK Tomasz | TARNOWSKIE |  POL | | 79 M30/5 | M / 11 | 00:34:58 | 00:34:56 | 03.29 | +0:04:01 | 0:17:57 / 20 |
| 12 | 441 | OLSZYNA Łukasz | KALISZ |  POL | UKS 12 KALISZ | 80 M30/6 | M / 12 | 00:35:00 | 00:34:59 | 03.29 | +0:04:04 | 0:17:25 / 8 |
| 13 | 444 | OWCZAREK Tomasz | BEŁCHATÓW |  POL | NIEZRZESZONY | 85 M20/5 | M / 13 | 00:35:15 | 00:35:11 | 03.31 | +0:04:15 | 0:17:51 / 17 |
| 14 | 872 | BASENDOWSKI Piotr | ŁÓDŹ |  POL | | 74 M30/7 | M / 14 | 00:35:16 | 00:35:13 | 03.31 | +0:04:18 | 0:17:36 / 9 |
| 15 | 779 | BOROWSKI Krzysztof | BLACHOWNIA |  POL | | 54 M50/1 | M / 15 | 00:35:17 | 00:35:14 | 03.31 | +0:04:19 | 0:17:50 / 14 |
| 16 | 505 | PYRA Wiesław | PRASZKA |  POL | | 72 M40/1 | M / 16 | 00:35:28 | 00:35:25 | 03.32 | +0:04:30 | 0:17:52 / 18 |
| 17 | 889 | PŁOCHOCKI Ryszard | NOWE |  POL | SUPERMARATON KALISZ | 61 M50/2 | M / 17 | 00:35:35 | 00:35:33 | 03.33 | +0:04:38 | 0:17:51 / 15 |
| 18 | 858 | FISKOWICZ Lilia | NOVOWOLYNSK |  UKR | LKB RUDNIK | 89 K20/1 | K / 1 | 00:35:46 | 00:35:43 | 03.34 | +0:04:47 | 0:18:16 / 27 |
| 19 | 267 | KOCHANEK Dariusz | KALISZ |  POL | KKB FINISZ KALISZ | 76 M30/8 | M / 18 | 00:35:47 | 00:35:45 | 03.34 | +0:04:49 | 0:18:07 / 22 |
| 20 | 207 | JASIŃSKI Wittek | ŁÓDŹ |  POL | ORIENTUŚ ŁÓDŹ | 94 M16/3 | M / 19 | 00:36:01 | 00:35:58 | 03.35 | +0:05:02 | 0:18:14 / 24 |
| 21 | 575 | STOBIECKI Marcin | ALEKSANDRÓW |  POL | | 92 M20/6 | M / 20 | 00:36:07 | 00:36:04 | 03.36 | +0:05:09 | 0:18:15 / 26 |
| 22 | 271 | KOŁODZIEJCZYK Jarosław | CZĘSTOCHOWA |  POL | ZABIEGANI CZĘSTOCHOWA | 70 M40/2 | M / 21 | 00:36:08 | 00:36:03 | 03.36 | +0:05:08 | 0:18:14 / 25 |
| 23 | 491 | POPLAWSKI Piotr | ŁÓDŹ |  POL | UKS ORIENTUŚ ŁÓDŹ | 86 M20/7 | Abst/2 M / 22 | 00:36:20 | 00:36:18 | 03.37 | +0:05:22 | 0:17:38 / 12 |
| 24 | 329 | KULAS Sławomir | DOBRZYCA |  POL | TRUCHTACZ DOBRZYCA | 71 M40/3 | M / 23 | 00:36:21 | 00:36:18 | 03.37 | +0:05:23 | 0:17:50 / 13 |
| 25 | 319 | KUBIAK Łukasz | UNIEJÓW |  POL | KB GEOTERMIA UNIEJÓW | 88 M20/8 | M / 24 | 00:36:23 | 00:36:20 | 03.38 | +0:05:25 | 0:18:38 / 35 |
| 26 | 71 | BRYCH-PAJAK Ewa | CZESTOCHOWA |  POL | MIASTO SPORTU | 75 K30/1 | K / 2 | 00:36:30 | 00:36:30 | 03.39 | +0:05:34 | 0:18:22 / 30 |
| 27 | 515 | RUTKOWSKI Jan | LUZINO |  POL | GKS KASZUBI LUZINO | 76 M30/9 | M / 25 | 00:36:32 | 00:36:30 | 03.39 | +0:05:34 | 0:18:38 / 36 |
| 28 | 634 | TROCIŃSKI Jacek | ŁÓDŹ |  POL | | 70 M40/4 | M / 26 | 00:36:32 | 00:36:31 | 03.39 | +0:05:35 | 0:18:02 / 21 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|----------|--------|-----------------------|------------------|-----------|--|-----------|--------------------|-------------------|------------|----------|--------------|
| 29 | 476 | PILARSKA Karolina | KOSZĘCIN | | POL WKB META LUBLINIEC | 87 K20/2 | K / 3 | 00:36:34 00:36:34 | 03.39 | +0:05:38 | 0:18:21 / 29 |
| 30 | 522 | RZEŃCA Krzysztof | ŁÓDŹ | | POL ORIENTUŚ ŁÓDŹ | 96 M16/4 | M / 27 | 00:36:37 00:36:32 | 03.39 | +0:05:37 | 0:18:53 / 41 |
| 31 | 382 | MATUSIAK Daniel | ŁÓDŹ | | POL | 84 M20/9 | Abst/3 M / 28 | 00:36:38 00:36:30 | 03.39 | +0:05:35 | 0:18:31 / 32 |
| 32 | 361 | LUKASIAK Adam | GRABÓW | | POL ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 95 M16/5 | M / 29 | 00:36:42 00:36:39 | 03.39 | +0:05:44 | 0:18:35 / 33 |
| 33 | 206 | JARYSZ Bartosz | KOBIERNO | | POL WKS OLEŚNICZANKA OLEŚNICA | 94 M16/6 | M / 30 | 00:37:12 00:37:09 | 03.42 | +0:06:13 | 0:18:14 / 23 |
| 34 | 547 | SMOLEŃSKI Michał | ŁÓDŹ | | POL ORUN.PL | 80 M30/10 | M / 31 | 00:37:13 00:37:09 | 03.42 | +0:06:13 | 0:18:49 / 40 |
| 35 | 540 | SKOWROŃSKI Tomasz | PRUSZKÓW | | POL STOWARZYSZENIE SPORTOWE TRIATHLON DELFIN | 93 M16/7 | M / 32 | 00:37:24 00:37:21 | 03.44 | +0:06:25 | 0:18:21 / 28 |
| 36 | 867 | MAJORCZYK Adam | KOŚCIAN | | POL | 91 M20/10 | M / 33 | 00:37:26 00:37:23 | 03.44 | +0:06:28 | 0:18:55 / 43 |
| 37 | 778 | RUTKOWSKI Jakub | BELCHATÓW | | POL KB SPARTAKUS BELCHATÓW | 70 M40/5 | M / 34 | 00:37:29 00:37:21 | 03.44 | +0:06:26 | 0:19:16 / 56 |
| 38 | 68 | BORKOWSKI Marcin | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 79 M30/11 | M / 35 | 00:37:31 00:37:23 | 03.44 | +0:06:28 | 0:19:11 / 52 |
| 39 | 545 | SMARZEK Cezary | ŁASK-WIEWIÓRC | | POL JASTRZĄB - 32.BLT ŁASK | 71 M40/6 | M / 36 | 00:37:35 00:37:32 | 03.45 | +0:06:36 | 0:19:04 / 46 |
| 40 | 388 | MAZUREK Ireneusz | TOMASZOW.MAZ | | POL KB OLIMP TOMASZÓW MAZ. | 77 M30/12 | M / 37 | 00:37:36 00:37:32 | 03.45 | +0:06:36 | 0:19:07 / 49 |
| 41 | 792 | PIETRZAK Andrzej | PABIANICE | | POL SZAKALE BAŁUT ŁÓDŹ | 75 M30/13 | M / 38 | 00:37:36 00:37:34 | 03.45 | +0:06:38 | 0:18:40 / 37 |
| 42 | 119 | DRAŹEK Paweł | BELCHATÓW | | POL PGE JUPITER ELEKTROWNIA BELCHATÓW | 68 M40/7 | M / 39 | 00:37:41 00:37:39 | 03.45 | +0:06:43 | 0:19:09 / 50 |
| 43 | 871 | JAKUBCZYK Mariusz | ŁÓDŹ | | POL | 76 M30/14 | M / 40 | 00:37:48 00:37:45 | 03.46 | +0:06:49 | 0:18:44 / 39 |
| 44 | 638 | TRZEPIZUR Dominik | WRĘCZYCA | | POL NGB KLOBUCK | 87 M20/11 | M / 41 | 00:37:52 00:37:49 | 03.46 | +0:06:54 | 0:18:36 / 34 |
| 45 | 7 | JAKYMOVYCH Natalia | LUTSK | | UKR SK KOVEL LKB RUDNIK | 68 K40/1 | K / 4 | 00:37:55 00:37:52 | 03.47 | +0:06:57 | 0:18:40 / 38 |
| 46 | 860 | DUDEK Sylwester | RUDNIK | | POL LKB RUDNIK | 63 M40/8 | Abst/4 M / 42 | 00:37:55 00:37:52 | 03.47 | +0:06:57 | 0:19:02 / 44 |
| 47 | 757 | BARTOSIK Tomasz | UNIEJÓW | | POL | 77 M30/15 | M / 43 | 00:37:56 00:37:54 | 03.47 | +0:06:58 | 0:19:23 / 65 |
| 48 | 396 | MIEDZIEJEWSKI Andrzej | GRODZISK | | POL | 86 M20/12 | M / 44 | 00:37:58 00:37:47 | 03.46 | +0:06:51 | 0:19:41 / 72 |
| 49 | 339 | KUZYK Agnieszka | RACISZYN | | POL WKS META LUBLINIEC | 76 K30/2 | K / 5 | 00:38:04 00:38:01 | 03.48 | +0:07:06 | 0:19:06 / 48 |
| 50 | 236 | KARASIŃSKI Marcin | KALISZ | | POL TRIATHLON DELFIN KALISZ | 70 M40/9 | M / 45 | 00:38:05 00:38:02 | 03.48 | +0:07:06 | 0:18:25 / 31 |
| 51 | 775 | WASILEWSKI Piotr | SZCZERCÓW | | POL KB SPARTAKUS BELCHATÓW | 81 M30/16 | M / 46 | 00:38:05 00:38:01 | 03.48 | +0:07:06 | 0:19:16 / 57 |
| 52 | 481 | SARNIAK Jarosław | KOŁO | | POL SANITEC KOŁO | 74 M30/17 | M / 47 | 00:38:06 00:38:04 | 03.48 | +0:07:09 | 0:19:15 / 55 |
| 53 | 177 | GRZEGORCZYK Bartek | PABIANICE | | POL BRE.LOCUM/FESTIWAL BIEGOWY KRYNICA | 77 M30/18 | M / 48 | 00:38:12 00:38:09 | 03.48 | +0:07:14 | 0:19:10 / 51 |
| 54 | 17 | ANDRYSZCZYK Andrzej | TERESIN | | POL UKS FILIPIDES TERESIN | 70 M40/10 | Abst/5NieM / 49 | 00:38:13 00:38:11 | 03.49 | +0:07:15 | 0:19:17 / 58 |
| 55 | 226 | KACZMAREK Monika | ŁÓDŹ | | POL SZAKALE BAŁUT | 89 K20/3 | K / 6 | 00:38:16 00:38:14 | 03.49 | +0:07:18 | 0:19:21 / 63 |
| 56 | 782 | RĘBACZ Sylwester | ZDUŃSKA WOLA | | POL 32 BLT JASTRZĄB | 74 M30/19 | M / 50 | 00:38:16 00:38:12 | 03.49 | +0:07:17 | 0:19:17 / 59 |
| 57 | 708 | ZACHARSKI Damian | MYSZKÓW | | POL ZABIEGANI CZĘSTOCHOWA | 83 M20/13 | M / 51 | 00:38:20 00:38:14 | 03.49 | +0:07:18 | 0:19:20 / 61 |
| 58 | 527 | SABANDA Witold | ŁÓDŹ | | POL KB ARTURÓWEK ŁÓDŹ | 73 M30/20 | M / 52 | 00:38:25 00:38:14 | 03.49 | +0:07:18 | 0:19:45 / 73 |
| 59 | 628 | TOMASZEWSKI Krzysztof | TUREK | | POL KB GEOTERMIA UNIEJÓW | 67 M40/11 | M / 53 | 00:38:28 00:38:25 | 03.50 | +0:07:29 | 0:19:02 / 45 |
| 60 | 137 | FRYDRYCHOWSKI Piotr | KLECZEW | | POL OSIR KLECZEW | 94 M16/8 | Abst/6 M / 54 | 00:38:33 00:38:30 | 03.51 | +0:07:35 | 0:17:54 / 19 |
| 61 | 333 | KUNIKOWSKI Tomasz | ŁÓWICZ | | POL LKS DAR PLACENCJA/UNIERSYTET ŁÓDZKI | 88 M20/14 | M / 55 | 00:38:34 00:38:31 | 03.51 | +0:07:36 | 0:19:14 / 54 |
| 62 | 262 | KŁYSZ Marek | ANDRESPOL | | POL | 68 M40/12 | M / 56 | 00:38:36 00:38:32 | 03.51 | +0:07:37 | 0:19:22 / 64 |
| 63 | 358 | ŁĄCZYŃSKI Adam | ŁÓDŹ | | POL | 84 M20/15 | M / 57 | 00:38:46 00:38:43 | 03.52 | +0:07:47 | 0:19:18 / 60 |
| 64 | 240 | KAROLAK Karol | POZNAŃ | | POL | 91 M20/16 | M / 58 | 00:38:57 00:38:53 | 03.53 | +0:07:58 | 0:19:49 / 74 |
| 65 | 483 | PIOTROWSKI Arkadiusz | ŁASK | | POL | 84 M20/17 | M / 59 | 00:39:00 00:38:55 | 03.53 | +0:08:00 | 0:18:54 / 42 |
| 66 | 314 | KUBACKI Sebastian | UJAZD | | POL AVIVA RUNNING TEAM | 80 M30/21 | M / 60 | 00:39:00 00:38:54 | 03.53 | +0:07:58 | 0:20:17 / 97 |
| 67 | 425 | NOWAK Dawid | KIELCZYGLÓW | | POL BABELSPORT | 81 M30/22 | M / 61 | 00:39:02 00:38:51 | 03.53 | +0:07:56 | 0:20:00 / 84 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | | Tempo m/km | diff Net | Check points | |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|----------|-------------------|-----------------|---------------------|---------------|
| 68 | 511 | ROSIŃSKI Łukasz | LUBLINIEC | POL | WKB META LUBLINIEC | 83 | M20/18 | M / 62 | 00:39:04 | 00:39:01 | 03.54 | +0:08:05 | 0:19:39 / 70 |
| 69 | 771 | SOSNOWSKI Tomasz | KŁOBUCK | POL | WKB META LUBLINIEC | 77 | M30/23 | M / 63 | 00:39:06 | 00:39:04 | 03.54 | +0:08:08 | 0:19:12 / 53 |
| 70 | 549 | SMOLIŃSKI Michał | ŁÓDŹ | POL | METALCHEM | 90 | M20/19 | M / 64 | 00:39:07 | 00:38:56 | 03.53 | +0:08:01 | 0:20:05 / 87 |
| 71 | 498 | PRZYBYLSKI Jarosław | KOŁO | POL | MLUKS TRIATHLON KOŁO | 74 | M30/24 | M / 65 | 00:39:10 | 00:39:07 | 03.54 | +0:08:11 | 0:19:20 / 62 |
| 72 | 106 | DAWID Zbyszek | TUREK | POL | KB GEOTERMIA UNIEJÓW | 64 | M40/13 | M / 66 | 00:39:11 | 00:39:08 | 03.54 | +0:08:12 | 0:19:40 / 71 |
| 73 | 131 | ELJASZ Robert | ŁÓDŹ | POL | | 68 | M40/14 | M / 67 | 00:39:15 | 00:39:10 | 03.55 | +0:08:14 | 0:19:54 / 80 |
| 74 | 765 | ROMANOWICZ Daniel | ALEKSANDRÓW | POL | | 90 | M20/20 | M / 68 | 00:39:18 | 00:39:15 | 03.55 | +0:08:20 | 0:19:04 / 47 |
| 75 | 569 | STAWIKOWSKI Dariusz | ŁÓDŹ | POL | ŁÓDŹ RUNNING TEAM | 73 | M30/25 | Abst/7 | 00:39:20 | 00:39:17 | 03.55 | +0:08:22 | 0:19:52 / 77 |
| 76 | 199 | JAKUBOWSKI Sławomir | MALANÓW | POL | | 63 | M40/15 | M / 70 | 00:39:21 | 00:39:17 | 03.55 | +0:08:21 | 0:19:52 / 78 |
| 77 | 700 | WSZELAKI Damian | BEŁCHATÓW | POL | K.B.SPARTAKUS | 85 | M20/21 | M / 71 | 00:39:24 | 00:39:20 | 03.56 | +0:08:25 | 0:19:51 / 76 |
| 78 | 448 | PASTUCHA Piotr | OSTRÓW | POL | ICE MAT TEAM | 77 | M30/26 | M / 72 | 00:39:27 | 00:39:22 | 03.56 | +0:08:27 | 0:19:57 / 81 |
| 79 | 660 | WERNER Czesław | MALANÓW | POL | FLORIAN CHOJNICE | 62 | M50/3 | Niep/2 | 00:39:27 | 00:39:21 | 03.56 | +0:08:25 | 0:19:25 / 67 |
| 80 | 561 | SÓJKA Krzysztof | BEŁCHATÓW | POL | | 77 | M30/27 | M / 74 | 00:39:28 | 00:39:24 | 03.56 | +0:08:29 | 0:19:51 / 75 |
| 81 | 532 | SCHAB Joanna | WARSZAWA | POL | ALETEMPO | 76 | K30/3 | K / 7 | 00:39:29 | 00:39:26 | 03.56 | +0:08:30 | 0:19:28 / 68 |
| 82 | 241 | KAZIMIERCZAK Rafał | BOGDANKA | POL | | 79 | M30/28 | M / 75 | 00:39:36 | 00:39:31 | 03.57 | +0:08:36 | 0:19:58 / 82 |
| 83 | 322 | KUBICKI Grzegorz | ALEKSANDRÓW | POL | ŁÓDŹ RUNNING TEAM | 71 | M40/16 | M / 76 | 00:39:39 | 00:39:37 | 03.57 | +0:08:41 | 0:19:29 / 69 |
| 84 | 60 | BLASZCZYK Czesław | KROŚNIEWICE | POL | MKS EXPOM KROŚNIEWIANKA | 64 | M40/17 | M / 77 | 00:39:43 | 00:39:32 | 03.57 | +0:08:37 | 0:20:05 / 86 |
| 85 | 126 | DYBALSKI Mariusz | BEŁCHATÓW | POL | KB SPARTAKUS BEŁCHATÓW | 83 | M20/22 | M / 78 | 00:39:43 | 00:39:39 | 03.57 | +0:08:43 | 0:20:05 / 88 |
| 86 | 354 | LUBCZYŃSKI Jacek | KŁOBUCK | POL | NGB KŁOBUCK | 56 | M50/4 | M / 79 | 00:39:44 | 00:39:40 | 03.58 | +0:08:44 | 0:20:00 / 85 |
| 87 | 144 | GAJDZICKI Krzysztof | WIŚNIOWA GÓRA | POL | BIEGACZ NOWOSOLNA | 73 | M30/29 | M / 80 | 00:39:57 | 00:39:54 | 03.59 | +0:08:58 | 0:20:08 / 91 |
| 88 | 49 | BEDNAREK Jakub | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 81 | M30/30 | M / 81 | 00:39:57 | 00:39:49 | 03.58 | +0:08:54 | 0:20:37 / 107 |
| 89 | 603 | SZUKALSKI Grzegorz | PAJĘCZNO | POL | WKB META LUBLINIEC | 79 | M30/31 | M / 82 | 00:39:59 | 00:39:51 | 03.59 | +0:08:56 | 0:20:13 / 93 |
| 90 | 459 | PELIKAN Andrzej | KŁOBUCK | POL | NGB KŁOBUCK | 66 | M40/18 | M / 83 | 00:39:59 | 00:39:55 | 03.59 | +0:08:59 | 0:19:53 / 79 |
| 91 | 28 | BALCERZAK Marek | ZGIERZ | POL | POLITECHNIKA ŁÓDZKA | 90 | M20/23 | M / 84 | 00:40:00 | 00:39:57 | 03.59 | +0:09:02 | 0:20:27 / 101 |
| 92 | 722 | ZIELIŃSKI Bartłomiej | BEŁCHATÓW | POL | K. B. SPARTAKUS | 81 | M30/32 | M / 85 | 00:40:01 | 00:39:53 | 03.59 | +0:08:58 | 0:20:13 / 94 |
| 93 | 308 | KRYGIER Krzysztof | ŚWINICE | POL | KB GEOTERMIA UNIEJÓW | 91 | M20/24 | M / 86 | 00:40:02 | 00:39:54 | 03.59 | +0:08:59 | 0:20:16 / 96 |
| 94 | 327 | KUGLARZ Zbigniew | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 74 | M30/33 | M / 87 | 00:40:03 | 00:39:55 | 03.59 | +0:09:00 | 0:20:16 / 95 |
| 95 | 513 | RUCIŃSKI Marek | GDYNIA | POL | VEL-DĄBRÓWNO | 68 | M40/19 | M / 88 | 00:40:08 | 00:40:06 | 04.00 | +0:09:10 | 0:19:24 / 66 |
| 96 | 367 | MAJORCZYK Bartosz | KARCZEWO | POL | GRODZISKI KLUB BIEGACZA | 92 | M20/25 | Abst/8 | 00:40:10 | 00:40:07 | 04.00 | +0:09:11 | 0:20:42 / 112 |
| 97 | 346 | LEWANDOWICZ Mateusz | DOBRZYCA | POL | TRUCHTACZ DOBRZYCA | 94 | M16/9 | M / 90 | 00:40:12 | 00:40:06 | 04.00 | +0:09:11 | 0:20:31 / 102 |
| 98 | 662 | WICHLACZ Michał | DOBRZYCA | POL | TRUCHTACZ DOBRZYCA | 82 | M30/34 | M / 91 | 00:40:12 | 00:40:07 | 04.00 | +0:09:11 | 0:20:31 / 103 |
| 99 | 170 | GRADOWSKI Wojciech | ŁÓDŹ | POL | | 73 | M30/35 | M / 92 | 00:40:15 | 00:40:02 | 04.00 | +0:09:06 | 0:20:33 / 105 |
| 100 | 723 | ZIELIŃSKI Maciej | BEŁCHATÓW | POL | KB SPARTAKUS BEŁCHATÓW | 85 | M20/26 | M / 93 | 00:40:16 | 00:40:08 | 04.00 | +0:09:12 | 0:20:53 / 118 |
| 101 | 285 | KOSOWSKI Janusz | OLSZTYN | POL | AKM OLIMP OLSZTYN12 | 52 | M60/1 | M / 94 | 00:40:19 | 00:40:18 | 04.01 | +0:09:23 | 0:20:19 / 98 |
| 102 | 657 | WEDER Piotr | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 76 | M30/36 | M / 95 | 00:40:24 | 00:40:21 | 04.02 | +0:09:25 | 0:20:40 / 111 |
| 103 | 83 | CERK Patryk | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 95 | M16/10 | M / 96 | 00:40:37 | 00:40:33 | 04.03 | +0:09:38 | 0:20:05 / 89 |
| 104 | 691 | WOŹNIAK Marek | KOŁO | POL | FLORIAN CHOJNICE | 61 | M50/5 | Abst/9 | 00:40:51 | 00:40:48 | 04.04 | +0:09:52 | 0:20:07 / 90 |
| 105 | 133 | FIKS Zbigniew | KRASZEW | POL | | 49 | M60/2 | M / 98 | 00:41:01 | 00:40:59 | 04.05 | +0:10:03 | 0:20:22 / 99 |
| 106 | 78 | BUGAJNY Damian | KALISZ | POL | SUPERMARATON KALISZ | 75 | M30/37 | M / 99 | 00:41:03 | 00:41:01 | 04.06 | +0:10:05 | 0:20:27 / 100 |
| 107 | 870 | KAWELCZYK Robert | CZĘSTOCHOWA | POL | | 67 | M40/20 | M / 100 | 00:41:07 | 00:40:53 | 04.05 | +0:09:58 | 0:21:00 / 122 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|----------|--------|------------------------|------------------|-----------|--|-----------|--------------------|-------------------|------------|----------|---------------|
| 108 | 45 | BAUER Zdzisław | GRABÓW | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘB | 94 M16/11 | M / 101 | 00:41:13 00:41:05 | 04.06 | +0:10:10 | 0:21:28 / 140 |
| 109 | 410 | MOSZCZYŃSKI Jacek | ZGIERZ | POL | SZAKALE BAŁUT | 69 M40/21 | M / 102 | 00:41:15 00:41:11 | 04.07 | +0:10:15 | 0:19:58 / 83 |
| 110 | 437 | OCIEPA Artur | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 79 M30/38 | M / 103 | 00:41:19 00:41:12 | 04.07 | +0:10:16 | 0:21:13 / 131 |
| 111 | 70 | BORYS Krzysztof | ŁÓDŹ | POL | ŁÓDŹ RUNNING TEAM | 74 M30/39 | M / 104 | 00:41:24 00:41:06 | 04.06 | +0:10:11 | 0:21:13 / 130 |
| 112 | 551 | SOBCZAK Robert | ŁÓDŹ | POL | DRUŻYNA KRWINKI | 82 M30/40 | M / 105 | 00:41:24 00:41:12 | 04.07 | +0:10:16 | 0:21:10 / 125 |
| 113 | 216 | JUCHA Michał | ŁÓDŹ | POL | | 76 M30/41 | M / 106 | 00:41:26 00:41:20 | 04.08 | +0:10:25 | 0:20:38 / 108 |
| 114 | 659 | WELM Grzegorz | CZĘSTOCHOWA | POL | E.L.I.TE.RUNNERS | 70 M40/22 | M / 107 | 00:41:33 00:41:29 | 04.08 | +0:10:33 | 0:20:09 / 92 |
| 115 | 776 | PODGAŃSKI Krzysztof | ŁÓDŹ | POL | LODZ RUNNING TEAM | 71 M40/23 | M / 108 | 00:41:34 00:41:31 | 04.09 | +0:10:35 | 0:21:17 / 133 |
| 116 | 661 | WERNER Katarzyna | MALANÓW | POL | KKB FINISZ KALISZ | 89 K20/4 | K / 8 | 00:41:35 00:41:32 | 04.09 | +0:10:37 | 0:20:46 / 113 |
| 117 | 898 | BRZESZKIEWICZ Michał | ŁÓDŹ | POL | | 79 M30/42 | M / 109 | 00:41:38 00:41:27 | 04.08 | +0:10:31 | 0:21:20 / 135 |
| 118 | 362 | MACOCH Zbigniew | KRZEPICE | POL | NGB KŁOBUCK | 48 M60/3 | M / 110 | 00:41:44 00:41:39 | 04.09 | +0:10:44 | 0:20:39 / 109 |
| 119 | 14 | ALBIN Roman | BRZEGIE | POL | SAMORZĄDOWIEC | 75 M30/43 | M / 111 | 00:41:49 00:41:45 | 04.10 | +0:10:49 | 0:20:47 / 114 |
| 120 | 357 | ŁASZKIEWICZ Tadeusz | KOŁO | POL | MLUKS TRIATHLON KOŁO | 56 M50/6 | Abst/10 M / 112 | 00:41:50 00:41:47 | 04.10 | +0:10:52 | 0:20:54 / 120 |
| 121 | 77 | BUGAJNY Andrzej | KOŁO | POL | ALF BORKI | 65 M40/24 | M / 113 | 00:41:51 00:41:48 | 04.10 | +0:10:52 | 0:20:40 / 110 |
| 122 | 712 | ZAKRZEWSKI Rafał | GRABOWIEC 19 | POL | PARTNERTECH SIERADZ | 79 M30/44 | M / 114 | 00:41:51 00:41:37 | 04.09 | +0:10:41 | 0:21:39 / 157 |
| 123 | 321 | KUBICA Łukasz | BIELSKO BIAŁA | POL | NIEZRZESZONY | 89 M20/27 | Niep/3 M / 115 | 00:41:52 00:41:44 | 04.10 | +0:10:48 | 0:21:13 / 129 |
| 124 | 18 | ANDRZEJCZAK Rafał | PABIANICE | POL | KORONA PABIANICE | 74 M30/45 | M / 116 | 00:41:52 00:41:40 | 04.10 | +0:10:44 | 0:21:28 / 142 |
| 125 | 591 | SZEWczyk Jarosław | NOWY BEDOŃ | POL | | 74 M30/46 | M / 117 | 00:41:58 00:41:51 | 04.11 | +0:10:55 | 0:21:29 / 143 |
| 126 | 677 | WOJCIECHOWSKI Andrzej | TUREK | POL | | 72 M40/25 | M / 118 | 00:41:59 00:41:43 | 04.10 | +0:10:47 | 0:21:34 / 151 |
| 127 | 580 | STUPNOWICZ Przemek | ŁÓDŹ | POL | BIEGAMPOLODZI.PL TEAM | 95 M16/12 | M / 119 | 00:42:02 00:41:54 | 04.11 | +0:10:59 | 0:21:55 / 172 |
| 128 | 614 | ŚMICH Mateusz | CZĘSTOCHOWA | POL | | 82 M30/47 | M / 120 | 00:42:04 00:42:01 | 04.12 | +0:11:06 | 0:20:47 / 115 |
| 129 | 67 | BORKOWSKI Grzegorz | ŁÓDŹ | POL | BIEGAMPOLODZI.PL TEAM | 55 M50/7 | M / 121 | 00:42:07 00:41:54 | 04.11 | +0:10:58 | 0:21:18 / 134 |
| 130 | 648 | URBAŃCZYK Jerzy | TUREK | POL | NIEZRZESZONY | 64 M40/26 | M / 122 | 00:42:11 00:42:02 | 04.12 | +0:11:06 | 0:21:38 / 155 |
| 131 | 578 | STRUMIAN Przemysław | JUSTYNÓW | POL | JST | 89 M20/28 | M / 123 | 00:42:15 00:42:09 | 04.12 | +0:11:13 | 0:21:36 / 153 |
| 132 | 201 | JAMROZIK Zbigniew | KOŁO | POL | | 77 M30/48 | M / 124 | 00:42:18 00:42:14 | 04.13 | +0:11:18 | 0:21:31 / 144 |
| 133 | 453 | PAWŁAK Arkadiusz | KALISZ | POL | JASTAL | 68 M40/27 | M / 125 | 00:42:20 00:42:18 | 04.13 | +0:11:22 | 0:21:11 / 126 |
| 134 | 296 | KOZIŃSKI Kamil | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 87 M20/29 | M / 126 | 00:42:21 00:42:11 | 04.13 | +0:11:16 | 0:21:38 / 156 |
| 135 | 579 | STRZEMECKI Łukasz | ŁDZ | POL | | 76 M30/49 | M / 127 | 00:42:21 00:42:18 | 04.13 | +0:11:23 | 0:20:51 / 116 |
| 136 | 631 | TORZEWSKI Roman | BONIEWO | POL | | 71 M40/28 | M / 128 | 00:42:21 00:42:15 | 04.13 | +0:11:20 | 0:21:28 / 141 |
| 137 | 64 | BONAWENTURCZAK Andrzej | KROSNIWICE | POL | MKS EXPOM KROSŃIEWIANKA | 66 M40/29 | M / 129 | 00:42:21 00:42:16 | 04.13 | +0:11:20 | 0:21:44 / 160 |
| 138 | 769 | KRAWCZYK Natalia | KALISZ | POL | TRIATHLON DELFIN KALISZ | 88 K20/5 | K / 9 | 00:42:24 00:42:22 | 04.14 | +0:11:26 | 0:21:12 / 128 |
| 139 | 52 | BERCZYŃSKI Damian | UNIEJÓW | POL | SEKCJA SPORTOWA 'TRAMPEK' | 87 M20/30 | Niep/4 M / 130 | 00:42:26 00:42:13 | 04.13 | +0:11:18 | 0:20:54 / 121 |
| 140 | 641 | TYBURCZY Michał | ŁÓDŹ | POL | SWISSPIGMENTS | 75 M30/50 | M / 131 | 00:42:27 00:42:16 | 04.13 | +0:11:20 | 0:22:18 / 189 |
| 141 | 856 | JASIŃSKI Marek | WARSZAWA | POL | | 60 M50/8 | M / 132 | 00:42:27 00:42:22 | 04.14 | +0:11:26 | 0:21:50 / 166 |
| 142 | 463 | PĘKAŁA Jarosław | ZGIERZ | POL | 32 BLT JASTRZĄB | 70 M40/30 | M / 133 | 00:42:28 00:42:22 | 04.14 | +0:11:27 | 0:21:27 / 138 |
| 143 | 865 | MIEDZIŃSKA Katarzyna | KOŚCIAN | POL | | 95 K16/1 | K / 10 | 00:42:31 00:42:24 | 04.14 | +0:11:29 | 0:21:11 / 127 |
| 144 | 583 | SZALKIEWICZ Krystian | ŁASK | POL | | 78 M30/51 | M / 134 | 00:42:33 00:42:27 | 04.14 | +0:11:31 | 0:21:16 / 132 |
| 145 | 387 | MATYSIK Zbigniew | OSTRÓW | POL | ICE MAT TEAM | 74 M30/52 | M / 135 | 00:42:33 00:42:29 | 04.14 | +0:11:33 | 0:21:33 / 146 |
| 146 | 242 | KĄŻMIERCZAK Adam | ŁÓDŹ | POL | POLITECHNIKA ŁÓDZKA | 91 M20/31 | M / 136 | 00:42:36 00:42:27 | 04.14 | +0:11:32 | 0:20:53 / 119 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|-----------------|---------------|-----------------------------|-------------------------|------------------|--|----------------|---------------------------|--------------------------|-------------------|-----------------|---------------------|
| 147 | 730 | ZYGMUNT Sławomir | KOŁO | POL | MLUKS TRIATHLON KOŁO | 70 M40/31 | M / 137 | 00:42:38 00:42:34 | 04.15 | +0:11:39 | 0:20:37 / 106 |
| 148 | 379 | MATEJCZUK Agata | ŁÓDŹ | POL | KB ARTURÓWEK ŁÓDŹ | 81 K30/4 | K / 11 | 00:42:38 00:42:19 | 04.13 | +0:11:23 | 0:21:34 / 150 |
| 149 | 295 | KOWALSKI Jakub | GŁÓWNO | POL | ŁÓDŹ RUNNING TEAM | 83 M20/32 | M / 138 | 00:42:40 00:42:28 | 04.14 | +0:11:32 | 0:21:21 / 137 |
| 150 | 536 | SIERADZ Marcin | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 82 M30/53 | M / 139 | 00:42:42 00:42:35 | 04.15 | +0:11:40 | 0:21:07 / 124 |
| 151 | 447 | PALUS Paweł | JÓZEFOSŁAW | POL | | 73 M30/54 | M / 140 | 00:42:44 00:42:27 | 04.14 | +0:11:31 | 0:21:51 / 168 |
| 152 | 640 | TUTAK Maciej | KOŁO | POL | LO KOŁO | 95 M16/13 | M / 141 | 00:42:47 00:42:44 | 04.16 | +0:11:48 | 0:21:35 / 152 |
| 153 | 375 | MARCINIAK Janusz | ŁÓDŹ | POL | NIEZRZESZONY | 64 M40/32 | M / 142 | 00:42:49 00:42:43 | 04.16 | +0:11:48 | 0:21:47 / 165 |
| 154 | 489 | POLEĆ Tomasz | ŁÓDŹ | POL | NIEZRZESZONY | 88 M20/33 | M / 143 | 00:42:50 00:42:38 | 04.15 | +0:11:43 | 0:22:05 / 180 |
| 155 | 334 | KUPNIEWSKI Jakub | WARSZAWA | POL | CANAL+ SPORT TEAM | 71 M40/33 | M / 144 | 00:42:50 00:42:41 | 04.16 | +0:11:45 | 0:22:45 / 221 |
| 156 | 30 | BALICKI Rafał | ŁÓDŹ | POL | BIEGACZ NOWOSOLNA | 97 M16/14 | M / 145 | 00:42:52 00:42:48 | 04.16 | +0:11:53 | 0:21:46 / 162 |
| 157 | 72 | BRZUSTOWICZ Marek | TUREK | POL | | 56 M50/9 | M / 146 | 00:42:57 00:42:45 | 04.16 | +0:11:50 | 0:21:34 / 147 |
| 158 | 364 | MAGOTT Kamil | WIELUŃ | POL | | 95 M16/15 | M / 147 | 00:42:57 00:42:28 | 04.14 | +0:11:33 | 0:22:45 / 222 |
| 159 | 576 | STOLECKI Piotr | BELCHATÓW | POL | DRUŻYNA SZPIKU/KB SPARTAKUS BELCHATÓW | 79 M30/55 | M / 148 | 00:42:58 00:42:50 | 04.17 | +0:11:54 | 0:20:53 / 117 |
| 160 | 323 | KUCHARSKI Damian | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 86 M20/34 | M / 149 | 00:43:03 00:42:59 | 04.17 | +0:12:04 | 0:21:43 / 159 |
| 161 | 59 | BŁASZCZYK Andrzej | WARTKOWICE | POL | | 65 M40/34 | M / 150 | 00:43:07 00:43:01 | 04.18 | +0:12:06 | 0:21:47 / 164 |
| 162 | 460 | PELIKAN Artur | KŁOBUCK | POL | | 94 M16/16 | M / 151 | 00:43:07 00:43:01 | 04.18 | +0:12:06 | 0:21:05 / 123 |
| 163 | 539 | SKOKOWSKI Robert | ŁÓDŹ | POL | | 88 M20/35 | M / 152 | 00:43:08 00:43:03 | 04.18 | +0:12:07 | 0:22:22 / 194 |
| 164 | 793 | MILEK Artur | SIERADZ | POL | | 75 M30/56 | M / 153 | 00:43:14 00:42:51 | 04.17 | +0:11:55 | 0:22:44 / 219 |
| 165 | 703 | WYPART Jakub | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 74 M30/57 | M / 154 | 00:43:14 00:42:56 | 04.17 | +0:12:01 | 0:22:21 / 193 |
| 166 | 41 | BARTNIAK Łukasz | DASZYNA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘS | 94 M16/17 | M / 155 | 00:43:17 00:43:12 | 04.19 | +0:12:16 | 0:21:28 / 139 |
| 167 | 87 | CHODAKOWSKI Marcei | PODDĘBICE | POL | GEOTERMIA UNIEJÓW | 78 M30/58 | Abst/11 M / 156 | 00:43:23 00:42:54 | 04.17 | +0:11:59 | 0:22:46 / 224 |
| 168 | 184 | GUTOWSKI Dariusz | KŁOBUCK | POL | NGB KŁOBUCK | 68 M40/35 | M / 157 | 00:43:24 00:43:20 | 04.20 | +0:12:24 | 0:21:38 / 154 |
| 169 | 53 | BEŠKA Marcin | PABIANICE | POL | | 82 M30/59 | M / 158 | 00:43:26 00:43:08 | 04.18 | +0:12:12 | 0:22:27 / 198 |
| 170 | 196 | JAKSA Arkadiusz | PABIANICE | POL | KORONA PABIANICE | 71 M40/36 | M / 159 | 00:43:29 00:43:16 | 04.19 | +0:12:21 | 0:21:59 / 176 |
| 171 | 767 | WŁASNY Mateusz | UNIEJÓW | POL | | 86 M20/36 | M / 160 | 00:43:32 00:43:23 | 04.20 | +0:12:27 | 0:22:32 / 206 |
| 172 | 510 | ROSA Leszek | TŁUSZCZ | POL | BÓBR TŁUSZCZ | 59 M50/10 | M / 161 | 00:43:34 00:43:17 | 04.19 | +0:12:22 | 0:22:41 / 216 |
| 173 | 764 | SZAFARZ Michał | OPATÓWEK | POL | TERMALNA UNIEJÓW | 87 M20/37 | M / 162 | 00:43:35 00:43:12 | 04.19 | +0:12:16 | 0:22:15 / 183 |
| 174 | 632 | TROCHA Darek | WŁADYSŁAWÓW | POL | | 72 M40/37 | M / 163 | 00:43:35 00:43:28 | 04.20 | +0:12:32 | 0:21:34 / 148 |
| 175 | 719 | ZĄBKIEWICZ Grzegorz | CZĘSTOCHOWA | POL | ZABIEGANI/MACROLOGIC | 83 M20/38 | M / 164 | 00:43:38 00:43:28 | 04.20 | +0:12:33 | 0:22:03 / 178 |
| 176 | 275 | KOPEĆ Waldemar | BOBROWNIKI | POL | | 70 M40/38 | M / 165 | 00:43:39 00:43:23 | 04.20 | +0:12:28 | 0:22:17 / 186 |
| 177 | 259 | KLONOWICZ Jacek | ŁÓDŹ | POL | | 67 M40/39 | M / 166 | 00:43:40 00:43:27 | 04.20 | +0:12:31 | 0:21:45 / 161 |
| 178 | 51 | BEDYK Tomasz | ŁÓDŹ | POL | SZAKALE BAŁUT ŁÓDŹ | 78 M30/60 | M / 167 | 00:43:47 00:43:36 | 04.21 | +0:12:40 | 0:22:37 / 212 |
| 179 | 253 | KLEPACZ Piotr | ŁÓDŹ | POL | NIEZRZESZONY | 68 M40/40 | M / 168 | 00:43:49 00:43:38 | 04.21 | +0:12:43 | 0:22:10 / 182 |
| 180 | 731 | ŻACZEK Władysław | ANDRESPOL | POL | BIEGACZ NOWOSOLNA | 63 M40/41 | M / 169 | 00:43:53 00:43:36 | 04.21 | +0:12:40 | 0:22:18 / 188 |
| 181 | 665 | WIERUS Jerzy | CZĘSTOCHOWA | POL | | 67 M40/42 | M / 170 | 00:43:55 00:43:52 | 04.23 | +0:12:57 | 0:21:33 / 145 |
| 182 | 707 | ZABŁOCKI Piotr | ŁÓDŹ | POL | SKS.KATOLIK.EDU.PL | 95 M16/18 | M / 171 | 00:43:56 00:43:45 | 04.22 | +0:12:49 | 0:21:21 / 136 |
| 183 | 301 | KRAWCZYŃSKI Przemysław | ŁÓDŹ | POL | | 83 M20/39 | M / 172 | 00:43:57 00:43:50 | 04.23 | +0:12:55 | 0:22:28 / 200 |
| 184 | 462 | PERLIŃSKI Maciej | ŁÓDŹ | POL | BIEGAM BO LUBIE ŁÓDŹ, JRG-5 | 83 M20/40 | M / 173 | 00:43:58 00:43:53 | 04.23 | +0:12:58 | 0:21:34 / 149 |
| 185 | 795 | GONZALO CARDELO Hector | LODZ | POL | PA CORRER Y NO ECHAR GOTA | 79 M30/61 | M / 174 | 00:43:58 00:43:32 | 04.21 | +0:12:37 | 0:22:54 / 234 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | | Tempo m/km | diff Net | Check points | |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|----------|-------------------|-----------------|---------------------|---------------|
| 186 | 279 | KORCZYŃSKI Stanisław | ŁÓDŹ | POL | | 53 | M50/11 | M / 175 | 00:43:59 | 00:43:55 | 04.23 | +0:13:00 | 0:22:01 / 177 |
| 187 | 38 | BARAŃSKI Adam | ŁÓDŹ | POL | | 86 | M20/41 | M / 176 | 00:44:00 | 00:43:54 | 04.23 | +0:12:59 | 0:21:55 / 171 |
| 188 | 727 | ZIMOWSKI Robert | BELCHATOW | POL | JUPITER | 64 | M40/43 | M / 177 | 00:44:02 | 00:43:46 | 04.22 | +0:12:50 | 0:22:33 / 207 |
| 189 | 159 | GODLEWSKI Michał | ŁÓDŹ | POL | BIEGAMPOLODZI.PL | 80 | M30/62 | M / 178 | 00:44:03 | 00:43:40 | 04.22 | +0:12:44 | 0:22:19 / 191 |
| 190 | 801 | KĄŻMIERCZAK Arkadiusz | ZGIERZ | POL | | 79 | M30/63 | M / 179 | 00:44:05 | 00:43:59 | 04.23 | +0:13:04 | 0:21:46 / 163 |
| 191 | 202 | JANECZEK Wiesław | TRĘBACZEW | POL | LZS TRĘBACZEW | 61 | M50/12 | M / 180 | 00:44:06 | 00:44:00 | 04.24 | +0:13:05 | 0:22:29 / 202 |
| 192 | 118 | DOSPIAŁ Jarosław | OZORKÓW | POL | | 83 | M20/42 | M / 181 | 00:44:08 | 00:43:53 | 04.23 | +0:12:58 | 0:23:12 / 262 |
| 193 | 252 | KLEPACZ Jacek | ŁÓDŹ | POL | | 71 | M40/44 | M / 182 | 00:44:12 | 00:43:56 | 04.23 | +0:13:00 | 0:22:27 / 199 |
| 194 | 243 | KĄŻMIERCZAK Marcin | ŁÓDŹ | POL | | 74 | M30/64 | M / 183 | 00:44:13 | 00:43:57 | 04.23 | +0:13:02 | 0:22:27 / 197 |
| 195 | 174 | GROSFELD Karol | GORZKOWICE | POL | ZABIEGANI CZĘSTOCHOWA | 83 | M20/43 | M / 184 | 00:44:13 | 00:43:55 | 04.23 | +0:12:59 | 0:22:43 / 217 |
| 196 | 720 | ZĄBKIEWICZ Katarzyna | CZĘSTOCHOWA | POL | | 84 | K20/6 | K / 12 | 00:44:14 | 00:44:04 | 04.24 | +0:13:08 | 0:22:43 / 218 |
| 197 | 193 | ILSKI Wojciech | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 50 | M60/4 | M / 185 | 00:44:19 | 00:44:07 | 04.24 | +0:13:12 | 0:22:08 / 181 |
| 198 | 143 | GAJDA Arkadiusz | KONIN | POL | RUN4FUN | 78 | M30/65 | M / 186 | 00:44:20 | 00:44:14 | 04.25 | +0:13:19 | 0:22:26 / 196 |
| 199 | 347 | LEWANDOWICZ Tomasz | DOBRZYCA | POL | TRUCHTACZ DOBRZYCA | 70 | M40/45 | M / 187 | 00:44:21 | 00:44:13 | 04.25 | +0:13:17 | 0:22:17 / 187 |
| 200 | 480 | PILKA Konrad | KOŁO | POL | | 78 | M30/66 | M / 188 | 00:44:21 | 00:44:14 | 04.25 | +0:13:18 | 0:23:00 / 246 |
| 201 | 565 | STANIROWSKI Jarosław | MSTÓW | POL | | 71 | M40/46 | Abst/12 M / 189 | 00:44:23 | 00:43:54 | 04.23 | +0:12:59 | 0:23:25 / 277 |
| 202 | 433 | NOWINOWSKI Andrzej | TUREK | POL | | 76 | M30/67 | M / 190 | 00:44:25 | 00:44:13 | 04.25 | +0:13:18 | 0:22:35 / 210 |
| 203 | 290 | KOTŁOWSKI Janusz | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 66 | M40/47 | M / 191 | 00:44:25 | 00:44:21 | 04.26 | +0:13:25 | 0:22:32 / 205 |
| 204 | 519 | RYCZYŃSKI Zbigniew | MALANÓW | POL | ZESPÓŁ SZKÓŁ OGÓLNOKSZTAŁCĄCYCH W TURKU | 69 | M40/48 | M / 192 | 00:44:25 | 00:44:02 | 04.24 | +0:13:06 | 0:22:18 / 190 |
| 205 | 621 | TARCZYŃSKI Rafał | BELCHATÓW | POL | ENERGOSERWIS KLESZCZÓW | 80 | M30/68 | M / 193 | 00:44:26 | 00:44:11 | 04.25 | +0:13:16 | 0:23:04 / 248 |
| 206 | 902 | LISEWSKI Tomasz | ZŁOTODIA | POL | KM UMK TORUŃ | 82 | M30/69 | M / 194 | 00:44:26 | 00:43:59 | 04.23 | +0:13:03 | 0:22:47 / 226 |
| 207 | 69 | BOROŃCZYK Karol | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘCZ | 6 | M16/19 | M / 195 | 00:44:27 | 00:44:22 | 04.26 | +0:13:27 | 0:22:35 / 209 |
| 208 | 432 | NOWICKI Rafał | KOŁO | POL | NIEZRZESZONY | 76 | M30/70 | M / 196 | 00:44:29 | 00:44:20 | 04.26 | +0:13:25 | 0:22:40 / 215 |
| 209 | 66 | BORECKI Stanisław | PIŁA | POL | 4RUN TEAM PIŁA | 54 | M50/13 | M / 197 | 00:44:29 | 00:44:23 | 04.26 | +0:13:28 | 0:23:00 / 245 |
| 210 | 809 | KĘDZIA Andrzej | SYCÓW | POL | | 61 | M50/14 | M / 198 | 00:44:29 | 00:44:17 | 04.25 | +0:13:21 | 0:22:20 / 192 |
| 211 | 466 | PIECZORA Monika | ŁÓDŹ | POL | BIEGAMPOLODZI.PL | 73 | K30/5 | K / 13 | 00:44:30 | 00:44:15 | 04.25 | +0:13:20 | 0:23:10 / 256 |
| 212 | 128 | DYŚKO Piotr | ŁÓDŹ | POL | | 72 | M40/49 | M / 199 | 00:44:30 | 00:44:22 | 04.26 | +0:13:27 | 0:23:00 / 243 |
| 213 | 618 | TAŃSKI Cezary | DĄBIE | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘCZ | 4 | M16/20 | M / 200 | 00:44:32 | 00:44:29 | 04.26 | +0:13:33 | 0:21:55 / 170 |
| 214 | 31 | BALIŃSKI Kamil | LUBOCHNIA | POL | JW4390 | 81 | M30/71 | M / 201 | 00:44:34 | 00:43:38 | 04.21 | +0:12:43 | 0:22:56 / 237 |
| 215 | 105 | DANYCH Krzysztof | ALEKSANDRÓW | POL | | 58 | M50/15 | M / 202 | 00:44:38 | 00:44:25 | 04.26 | +0:13:30 | 0:22:46 / 223 |
| 216 | 697 | WÓJCIK Rafał | KONSTANTYNÓW | POL | | 86 | M20/44 | M / 203 | 00:44:38 | 00:44:21 | 04.26 | +0:13:25 | 0:22:38 / 213 |
| 217 | 616 | ŚWIDERSKI Adrian | WARSZAWA | POL | | 74 | M30/72 | M / 204 | 00:44:40 | 00:44:33 | 04.27 | +0:13:37 | 0:22:47 / 225 |
| 218 | 695 | WOŹNIAK Jarosław | ŁÓDŹ | POL | | 70 | M40/50 | M / 205 | 00:44:44 | 00:44:40 | 04.28 | +0:13:44 | 0:21:59 / 175 |
| 219 | 883 | DZIOPA Cezariusz | KONIN | POL | | 58 | M50/16 | M / 206 | 00:44:47 | 00:44:42 | 04.28 | +0:13:47 | 0:22:32 / 204 |
| 220 | 246 | KĘPIŃSKI Henryk | BELCHATÓW | POL | KB SPARTAKUS BELCHATÓW | 53 | M50/17 | M / 207 | 00:44:49 | 00:44:43 | 04.28 | +0:13:48 | 0:21:51 / 167 |
| 221 | 670 | WIŚNIEWSKI Marian | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 56 | M50/18 | M / 208 | 00:44:50 | 00:44:32 | 04.27 | +0:13:37 | 0:22:53 / 232 |
| 222 | 415 | MUSZYŃSKI Andrzej | DOBRZYCA | POL | TRUCHTACZ DOBRZYCA | 53 | M50/19 | M / 209 | 00:44:50 | 00:44:45 | 04.28 | +0:13:49 | 0:22:54 / 235 |
| 223 | 293 | KOWALSKI Włodzimierz | ŁÓDŹ | POL | ŁÓDŹ RUNNING TEAM | 55 | M50/20 | M / 210 | 00:44:56 | 00:44:54 | 04.29 | +0:13:58 | 0:22:16 / 185 |
| 224 | 100 | CZARNOTA Maciej | ZGIERZ | POL | | 89 | M20/45 | M / 211 | 00:44:56 | 00:44:42 | 04.28 | +0:13:46 | 0:23:12 / 261 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|----------|--------|-----------------------|------------------|-----------|-------------------------|-----------|--------------------|-------------------|------------|----------|---------------|
| 225 | 39 | BARAŃSKI Konrad | SĘDZIEJOWICE | POL | | 83 M20/46 | M / 212 | 00:44:57 00:44:45 | 04.28 | +0:13:50 | 0:22:51 / 228 |
| 226 | 141 | GACH Maciej | ŁÓDŹ | POL | | 93 M16/21 | M / 213 | 00:44:57 00:44:44 | 04.28 | +0:13:48 | 0:22:04 / 179 |
| 227 | 6 | CHAJDAS Włodzimierz | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 65 M40/51 | Abst/13 M / 214 | 00:45:03 00:44:54 | 04.29 | +0:13:58 | 0:22:31 / 203 |
| 228 | 890 | PODZIŃSKI Edward | ŁÓDŹ | POL | | 61 M50/21 | M / 215 | 00:45:09 00:44:54 | 04.29 | +0:13:59 | 0:22:58 / 238 |
| 229 | 342 | LASZCZAK Stanisław | ŁASK | POL | | 58 M50/22 | M / 216 | 00:45:10 00:45:03 | 04.30 | +0:14:08 | 0:21:57 / 174 |
| 230 | 854 | SZUSTAK Ireneusz | POROŻE | POL | | 56 M50/23 | Niep/5 M / 217 | 00:45:12 00:44:48 | 04.28 | +0:13:52 | 0:23:40 / 295 |
| 231 | 543 | SŁOWIŃSKI Artur | ŁÓDŹ | POL | JULIA TEAM | 80 M30/73 | M / 218 | 00:45:14 00:45:09 | 04.30 | +0:14:13 | 0:23:03 / 247 |
| 232 | 189 | HOFMAŃSKI Tomasz | OSTRÓW | POL | ICE MAT TEAM | 74 M30/74 | M / 219 | 00:45:15 00:44:49 | 04.28 | +0:13:53 | 0:23:20 / 270 |
| 233 | 627 | TOBOREK Stanisław | CZĘSTOCHOWA | POL | | 69 M40/52 | M / 220 | 00:45:15 00:44:52 | 04.29 | +0:13:56 | 0:23:12 / 260 |
| 234 | 81 | BURSKI Dariusz | KONSTANTYNÓW | POL | | 90 M20/47 | M / 221 | 00:45:17 00:45:10 | 04.31 | +0:14:15 | 0:21:52 / 169 |
| 235 | 880 | PELIKAN Witold | KŁOBUCK | POL | NGB KŁOBUCK | 69 M40/53 | M / 222 | 00:45:17 00:45:12 | 04.31 | +0:14:16 | 0:22:51 / 227 |
| 236 | 609 | SZYMAŃSKI Dariusz | KLECZEW | POL | OSIR KLECZEW | 67 M40/54 | M / 223 | 00:45:18 00:45:12 | 04.31 | +0:14:16 | 0:23:00 / 244 |
| 237 | 89 | CHOSZCZEWSKI Mariusz | ŁASK | POL | 32 BLT JASTRZĄB | 82 M30/75 | M / 224 | 00:45:18 00:45:11 | 04.31 | +0:14:15 | 0:22:51 / 229 |
| 238 | 548 | SMOLIŃSKI Mariusz | ŁÓDŹ | POL | METALCHEM | 63 M40/55 | M / 225 | 00:45:19 00:45:08 | 04.30 | +0:14:13 | 0:23:05 / 250 |
| 239 | 568 | STASZEWSKI Tomasz | ŁÓDŹ | POL | BIEGACZ NOWOSOLNA | 73 M30/76 | M / 226 | 00:45:20 00:45:01 | 04.30 | +0:14:05 | 0:23:10 / 257 |
| 240 | 790 | DOMSKI Marcin | POZNAŃ | POL | DRUŻYNA SZPIKU | 77 M30/77 | M / 227 | 00:45:22 00:45:05 | 04.30 | +0:14:10 | 0:23:05 / 251 |
| 241 | 646 | URBAN Gracjan | OSTRÓW | POL | ICE MAT TEAM | 96 M16/22 | M / 228 | 00:45:25 00:45:18 | 04.31 | +0:14:22 | 0:23:18 / 268 |
| 242 | 717 | ZASADA Witold | ŁÓDŹ | POL | XTRI.PL | 71 M40/56 | M / 229 | 00:45:25 00:45:14 | 04.31 | +0:14:18 | 0:23:12 / 259 |
| 243 | 195 | JAGAS Radek | GRABINA | POL | BIEGACZ NOWOSOLNA | 72 M40/57 | M / 230 | 00:45:27 00:45:21 | 04.32 | +0:14:25 | 0:22:26 / 195 |
| 244 | 408 | MORAWIEC Arkadiusz | ŁÓDŹ | POL | | 69 M40/58 | M / 231 | 00:45:28 00:45:22 | 04.32 | +0:14:26 | 0:23:08 / 254 |
| 245 | 558 | SOLAREK Piotr | ŁÓDŹ | POL | NIEZRZESZONY | 90 M20/48 | M / 232 | 00:45:32 00:45:02 | 04.30 | +0:14:07 | 0:23:29 / 284 |
| 246 | 520 | RYDECKI Paweł | BLACHOWNIA | POL | | 64 M40/59 | M / 233 | 00:45:33 00:44:49 | 04.28 | +0:13:53 | 0:23:49 / 308 |
| 247 | 571 | STEINKE Adam | ŁÓDŹ | POL | | 89 M20/49 | M / 234 | 00:45:34 00:45:19 | 04.31 | +0:14:23 | 0:23:48 / 307 |
| 248 | 500 | PRZYGOZDKI Tadeusz | PIOTRKÓW TRYB. | POL | | 49 M60/5 | Abst/14 M / 235 | 00:45:38 00:45:31 | 04.33 | +0:14:35 | 0:23:05 / 249 |
| 249 | 534 | SERAFIŃSKI Karol | TUREK | POL | NIEZRZESZONY | 79 M30/78 | M / 236 | 00:45:40 00:45:29 | 04.32 | +0:14:33 | 0:23:10 / 255 |
| 250 | 401 | MILCZAREK Janusz | ŁÓDŹ | POL | ŁÓDŹ RUNNING TEAM | 62 M50/24 | M / 237 | 00:45:42 00:45:39 | 04.33 | +0:14:43 | 0:22:28 / 201 |
| 251 | 426 | NOWAK Mateusz | WIEWIÓRCZYN | POL | | 92 M20/50 | M / 238 | 00:45:46 00:45:38 | 04.33 | +0:14:43 | 0:20:32 / 104 |
| 252 | 688 | WOLSKI Dariusz | ALEKSANDRÓW | POL | SKS KATOLIK/IM2010 | 71 M40/60 | M / 239 | 00:45:47 00:45:37 | 04.33 | +0:14:41 | 0:23:29 / 283 |
| 253 | 91 | CHRZANOWSKI Krzysztof | KOŁO | POL | BUD-REM | 57 M50/25 | M / 240 | 00:45:48 00:45:25 | 04.32 | +0:14:30 | 0:23:48 / 306 |
| 254 | 878 | KRASZEWSKI Wojciech | WŁOCŁAWEK | POL | | 65 M40/61 | M / 241 | 00:45:50 00:45:39 | 04.33 | +0:14:44 | 0:23:38 / 294 |
| 255 | 340 | KWAŚNY Artur | ALEKSANDRÓW | POL | SKS KATOLIK.EDU.PL | 96 M16/23 | M / 242 | 00:45:52 00:45:38 | 04.33 | +0:14:42 | 0:23:30 / 286 |
| 256 | 377 | MARCINKIEWICZ Mariusz | ŁÓDŹ | POL | PRO-MILE ŁÓDŹ | 78 M30/79 | M / 243 | 00:45:53 00:45:35 | 04.33 | +0:14:40 | 0:23:18 / 267 |
| 257 | 16 | ANDRYSIAK Jarosław | ŁĘCZYCA | POL | ZSMR PIĄTEK | 77 M30/80 | M / 244 | 00:45:53 00:45:50 | 04.35 | +0:14:55 | 0:22:15 / 184 |
| 258 | 214 | JEZIORNY Ryszard | WIELUŃ | POL | | 63 M40/62 | Abst/15 M / 245 | 00:45:56 00:45:54 | 04.35 | +0:14:58 | 0:21:56 / 173 |
| 259 | 15 | ANDRUSZEWSKI Tomasz | ZDUŃSKA WOLA | POL | KB GEOTERMIA UNIEJÓW | 81 M30/81 | M / 246 | 00:45:56 00:45:45 | 04.34 | +0:14:50 | 0:23:18 / 266 |
| 260 | 506 | RACZYŃSKI Jacek | KALISZ | POL | SUPERMARATON KALISZ | 68 M40/63 | M / 247 | 00:45:56 00:45:34 | 04.33 | +0:14:39 | 0:24:21 / 345 |
| 261 | 666 | WIERZBICKI Krzysztof | KALUSZYN | POL | | 82 M30/82 | M / 248 | 00:45:58 00:45:49 | 04.34 | +0:14:53 | 0:23:32 / 288 |
| 262 | 21 | ANDRZEJEWSKI Tomasz | WOLA PODLĘŻNA | POL | RUN4FUN | 80 M30/83 | M / 249 | 00:45:59 00:45:49 | 04.34 | +0:14:54 | 0:22:45 / 220 |
| 263 | 264 | KNOPIK Adam | PIOTRKÓW TRYB. | POL | | 50 M60/6 | M / 250 | 00:45:59 00:45:52 | 04.35 | +0:14:56 | 0:23:15 / 263 |
| 264 | 376 | MARCINIAK Piotr | KROŚNIEWICE | POL | MKS EXPOM KROŚNIEWIANKA | 98 M16/24 | M / 251 | 00:46:02 00:45:54 | 04.35 | +0:14:59 | 0:24:58 / 401 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|----------|--------|----------------------------|------------------|-----------|---|-----------|--------------------|-------------------|------------|----------|---------------|
| 265 | 469 | PIERZGALSKI Patryk | ŁĘCZYCA | | POL ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 95 M16/25 | M / 252 | 00:46:04 00:45:39 | 04.33 | +0:14:43 | 0:23:21 / 272 |
| 266 | 861 | PECYNA Kamil | UNIEJÓW | | POL | 85 M20/51 | M / 253 | 00:46:04 00:45:35 | 04.33 | +0:14:40 | 0:24:35 / 364 |
| 267 | 796 | KRUMOV Krum | ŁÓDŹ | | POL | 81 M30/84 | M / 254 | 00:46:05 00:45:40 | 04.34 | +0:14:44 | 0:23:16 / 264 |
| 268 | 421 | NIEWIADA Jarosław | KOTLIN | | POL TRUCHTACZ DOBRZYCA | 69 M40/64 | Niep/6 M / 255 | 00:46:08 00:45:59 | 04.35 | +0:15:03 | 0:23:31 / 287 |
| 269 | 716 | ZARODA Jerzy zbigniew | KONIN | | POL KB AKTYWNI-KONIN | 70 M40/65 | M / 256 | 00:46:10 00:45:48 | 04.34 | +0:14:53 | 0:25:03 / 408 |
| 270 | 209 | JĄSNIEWICZ Wojciech | SWARZĘDZ | | POL | 79 M30/85 | M / 257 | 00:46:10 00:45:58 | 04.35 | +0:15:02 | 0:22:59 / 239 |
| 271 | 294 | KOWALSKI Antoni | ŁÓDŹ | | POL | 59 M50/26 | M / 258 | 00:46:13 00:46:02 | 04.36 | +0:15:07 | 0:23:22 / 273 |
| 272 | 12 | ADAMSKA Joanna | ŁÓDŹ | | POL | 81 K30/6 | K / 14 | 00:46:14 00:46:06 | 04.36 | +0:15:11 | 0:23:27 / 279 |
| 273 | 138 | FRYDRYCHOWSKI Przemysław | KLECZEW | | POL OSIR KLECZEW | 71 M40/66 | M / 259 | 00:46:15 00:46:09 | 04.36 | +0:15:13 | 0:23:00 / 241 |
| 274 | 503 | PUCHALSKI Marek | KLECZEW | | POL | 70 M40/67 | M / 260 | 00:46:16 00:46:10 | 04.37 | +0:15:14 | 0:23:00 / 242 |
| 275 | 26 | AUGUSTYNIAK Grzegorz | GOLINA | | POL K.B.WARTKO | 78 M30/86 | M / 261 | 00:46:16 00:46:03 | 04.36 | +0:15:07 | 0:23:46 / 301 |
| 276 | 601 | SZTACHAŃSKI Piotr | ŁÓDŹ | | POL WISKITNO RUNNERS | 67 M40/68 | M / 262 | 00:46:18 00:46:07 | 04.36 | +0:15:12 | 0:23:23 / 274 |
| 277 | 218 | JUREK Tomasz | ZGIERZ | | POL SKT PŁAZIK & BBL | 82 M30/87 | M / 263 | 00:46:20 00:46:14 | 04.37 | +0:15:18 | 0:22:55 / 236 |
| 278 | 435 | OBALA Michał | WIELUŃ | | POL | 95 M16/26 | M / 264 | 00:46:20 00:45:52 | 04.35 | +0:14:56 | 0:24:43 / 380 |
| 279 | 23 | ANTCZAK Agnieszka | ŁÓDŹ | | POL BIEGACZ NOWOSOLNA | 76 K30/7 | K / 15 | 00:46:20 00:46:05 | 04.36 | +0:15:09 | 0:23:54 / 313 |
| 280 | 169 | GRABSKA-GRZEGORCZYK Milena | PABIANICE | | POL | 78 K30/8 | K / 16 | 00:46:21 00:46:13 | 04.37 | +0:15:17 | 0:24:00 / 318 |
| 281 | 61 | BLASZCZYK Marcin | KROŚNIEWICE | | POL MKS EXPOM KROŚNIEWIANKA | 93 M16/27 | M / 265 | 00:46:21 00:46:15 | 04.37 | +0:15:19 | 0:22:53 / 231 |
| 282 | 729 | ZWOLIŃSKI Rafał | KOŁO | | POL | 78 M30/88 | M / 266 | 00:46:26 00:45:59 | 04.35 | +0:15:03 | 0:24:21 / 341 |
| 283 | 385 | MATYJASZ Mirosław | KALISZ | | POL | 61 M50/27 | M / 267 | 00:46:27 00:46:03 | 04.36 | +0:15:08 | 0:24:22 / 346 |
| 284 | 277 | KOPKA Marcin | ZDUŃSKA WOLA | | POL | 87 M20/52 | M / 268 | 00:46:28 00:46:17 | 04.37 | +0:15:21 | 0:24:02 / 322 |
| 285 | 572 | STĘPIEŃ Jacek | BISKUPICE | | POL NIEZRZESZONY | 77 M30/89 | M / 269 | 00:46:30 00:46:06 | 04.36 | +0:15:10 | 0:23:44 / 299 |
| 286 | 270 | KOŁATA Łukasz | WARTKOWICE | | POL | 81 M30/90 | M / 270 | 00:46:31 00:46:15 | 04.37 | +0:15:20 | 0:23:54 / 312 |
| 287 | 777 | PANASIUK Sergiej | KOVEL | | UKR SK KOVEL LKB RUDNIK | 77 M30/91 | M / 271 | 00:46:31 00:46:29 | 04.38 | +0:15:33 | 0:24:04 / 324 |
| 288 | 219 | JURGA Kazimierz | WOLA | | POL | 62 M50/28 | M / 272 | 00:46:33 00:46:16 | 04.37 | +0:15:20 | 0:23:44 / 298 |
| 289 | 658 | WEINBERG Kamil | ŁÓDŹ | | POL BIEGAMPOLODZI.PL | 72 M40/69 | M / 273 | 00:46:33 00:46:10 | 04.37 | +0:15:14 | 0:24:02 / 323 |
| 290 | 886 | WEDER Maciej | ŁÓDŹ | | POL | 97 M16/28 | M / 274 | 00:46:34 00:46:24 | 04.38 | +0:15:28 | 0:23:24 / 275 |
| 291 | 668 | WILCZYŃSKI Stanisław | ŁÓDŹ | | POL FOREVER YOUNG ŁÓDŹ | 47 M60/7 | M / 275 | 00:46:34 00:46:04 | 04.36 | +0:15:09 | 0:24:21 / 344 |
| 292 | 690 | WOZNIAK Dorota | KOŁO | | POL FLORIAN CHOJNICE | 81 K30/9 | K / 17 | 00:46:36 00:46:31 | 04.39 | +0:15:35 | 0:23:06 / 252 |
| 293 | 645 | UDUT Jarosław | RĄBIEŃ AB | | POL | 82 M30/92 | M / 276 | 00:46:37 00:46:31 | 04.39 | +0:15:36 | 0:23:27 / 280 |
| 294 | 504 | PUCHAŁA Tomasz | ŁÓDŹ | | POL BIEGAMPOLODZI.PL | 81 M30/93 | Abst/16 M / 277 | 00:46:39 00:46:32 | 04.39 | +0:15:36 | 0:23:56 / 315 |
| 295 | 650 | WACHOWSKI Michał | ŁÓDŹ | | POL | 75 M30/94 | M / 278 | 00:46:40 00:46:32 | 04.39 | +0:15:36 | 0:23:55 / 314 |
| 296 | 152 | GAWLIKOWSKI Przemysław | WIELKA | | POL | 83 M20/53 | M / 279 | 00:46:41 00:46:18 | 04.37 | +0:15:23 | 0:24:21 / 342 |
| 297 | 728 | ZUJEWSKI Piotr | ŁÓDŹ | | POL | 70 M40/70 | M / 280 | 00:46:43 00:46:07 | 04.36 | +0:15:12 | 0:23:42 / 297 |
| 298 | 394 | MICHAŁSKI Krzysztof | KONIN | | POL RUN4FUN | 81 M30/95 | M / 281 | 00:46:43 00:46:41 | 04.40 | +0:15:45 | 0:24:08 / 326 |
| 299 | 895 | HOCH Wojciech | KONIN | | POL KB AKTYWNI-KONIN | 80 M30/96 | M / 282 | 00:46:45 00:46:10 | 04.37 | +0:15:14 | 0:24:27 / 355 |
| 300 | 345 | LESZCZYŃSKI Mateusz | ŁÓDŹ | | POL | 84 M20/54 | M / 283 | 00:46:45 00:46:31 | 04.39 | +0:15:36 | 0:22:59 / 240 |
| 301 | 800 | KĄZMIERCZAK Piotr | ZGIERZ | | POL | 82 M30/97 | M / 284 | 00:46:47 00:46:35 | 04.39 | +0:15:39 | 0:23:53 / 311 |
| 302 | 190 | HRECZAŃSKI Paweł | BLACHOWNIA | | POL VIVAPOL-BLACHOWNIA | 67 M40/71 | M / 285 | 00:46:49 00:46:05 | 04.36 | +0:15:09 | 0:25:09 / 418 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points | | | |
|----------|--------|--------------------------|------------------|-----------|---|---------|--------------------|-------------------|------------|----------|--------------|----------|---------------|---------------|
| 303 | 805 | WEWIÓR Józef | OSTRÓW WLKP | POL | | 63 | M40/72 | M / 286 | 00:46:52 | 00:46:23 | 04.38 | +0:15:27 | 0:24:27 / 354 | |
| 304 | 896 | PIASECKI Jakub | KONIN | POL | | 79 | M30/98 | M / 287 | 00:46:54 | 00:46:18 | 04.37 | +0:15:23 | 0:24:28 / 356 | |
| 305 | 773 | KRAWCZYK Tadeusz | ZAIĄCZKI 2 | POL | KRZEPKI-FLORIAN KRZEPICE | 56 | M50/29 | M / 288 | 00:46:55 | 00:46:50 | 04.41 | +0:15:55 | 0:23:11 / 258 | |
| 306 | 477 | PILARSKI Edmund | KONIN | POL | KB AKTYWNI-KONIN | 51 | M60/8 | M / 289 | 00:46:58 | 00:46:49 | 04.40 | +0:15:53 | 0:23:40 / 296 | |
| 307 | 65 | BONAWENTURCZAK Maciej 39 | | POL | MKS EXPOM KROŚNIEWIANKA | 98 | M16/29 | M / 290 | 00:47:00 | 00:46:53 | 04.41 | +0:15:58 | 0:24:58 / 400 | |
| 308 | 424 | NOWAK Sławomir | 281 ŁÓDŹ | POL | ARTURÓWEK | 66 | M40/73 | M / 291 | 00:47:00 | 00:46:47 | 04.40 | +0:15:51 | 0:24:08 / 329 | |
| 309 | 653 | WALCZAK Ireneusz | GÓRA ŚW | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 95 | M16/30 | M / 292 | 00:47:01 | 00:46:56 | 04.41 | +0:16:00 | 0:22:40 / 214 | |
| 310 | 594 | SZŁĘK Andrzej | ŁÓDŹ | POL | KS ŁÓDŹ | 75 | M30/99 | M / 293 | 00:47:03 | 00:46:46 | 04.40 | +0:15:51 | 0:23:26 / 278 | |
| 311 | 114 | DLUGOŁĘCKI Piotr | DOBRA | POL | FORSPORT | 64 | M40/74 | M / 294 | 00:47:04 | 00:46:53 | 04.41 | +0:15:57 | 0:23:47 / 303 | |
| 312 | 635 | TRZEPACZ Gabriela | KAWĘCZYN | POL | MARATON TUREK | 93 | K16/2 | K / 18 | 00:47:07 | 00:47:01 | 04.42 | +0:16:06 | 0:23:19 / 269 | |
| 313 | 239 | KAROLAK Grzegorz | POZNAŃ | POL | | 68 | M40/75 | M / 295 | 00:47:07 | 00:46:32 | 04.39 | +0:15:37 | 0:24:16 / 333 | |
| 314 | 113 | DLUGOKĘCKI Krystian | ŁÓDŹ | POL | BIEGAMPOLODZI.PL | 85 | M20/55 | M / 296 | 00:47:08 | 00:47:00 | 04.42 | +0:16:05 | 0:23:07 / 253 | |
| 315 | 307 | KRYDA Jacek | ŁÓDŹ | POL | BIEGAM BO LUBIĘ ŁÓDŹ | 66 | M40/76 | M / 297 | 00:47:09 | 00:46:54 | 04.41 | +0:15:58 | 0:23:48 / 304 | |
| 316 | 406 | MODRZEJEWSKI Mariusz | GRABÓW NAD | POL | POLITECHNIKA WROCLAWSKA | 93 | M16/31 | M / 298 | 00:47:09 | 00:46:22 | 04.38 | +0:15:26 | 0:26:37 / 530 | |
| 317 | 617 | ŚWITOŃ Marian | BUKOWNICA | POL | T.G. SOKÓŁ BUKOWNICA | 60 | M50/30 | M / 299 | 00:47:09 | 00:46:28 | 04.38 | +0:15:33 | 0:26:37 / 532 | |
| 318 | 517 | RYBAK Bogdan | ŁÓDŹ | POL | NIEZRZESZONY | 71 | M40/77 | M / 300 | 00:47:10 | 00:46:43 | 04.40 | +0:15:47 | 0:24:45 / 383 | |
| 319 | 227 | KACZMAREK Robert | ŁÓDŹ | POL | LODZ RUNNING TEAM | 78 | M30/100 | M / 301 | 00:47:12 | 00:47:04 | 04.42 | +0:16:09 | 0:23:33 / 290 | |
| 320 | 804 | KACZMAREK Dariusz | KONIN | POL | GEO-TECH | 69 | M40/78 | M / 302 | 00:47:14 | 00:46:43 | 04.40 | +0:15:47 | 0:24:18 / 335 | |
| 321 | 546 | SMOLAREK Włodzimierz | KWIATKOWICE | POL | 32 BLT JASTRZĄB | 73 | M30/101 | M / 303 | 00:47:15 | 00:46:49 | 04.40 | +0:15:54 | 0:25:06 / 411 | |
| 322 | 79 | BUKOWSKI Marian | STARY | POL | KTA PASAT KOŃSKIE | 48 | M60/9 | M / 304 | 00:47:16 | 00:46:48 | 04.40 | +0:15:52 | 0:24:33 / 361 | |
| 323 | 155 | GLADKI Adam | ŁOWICZ | POL | R-TEAM ŁOWICZ | 81 | M30/102 | M / 305 | 00:47:16 | 00:46:42 | 04.40 | +0:15:46 | 0:23:47 / 302 | |
| 324 | 283 | KOSECKI Konrad | ALEKSANDROW | POL | KB GEOTERMIA UNIEJÓW | 77 | M30/103 | M / 306 | 00:47:17 | 00:47:00 | 04.42 | +0:16:05 | 0:24:54 / 396 | |
| 325 | 36 | BARANIECKI Zbigniew | POZNAŃ | POL | BRYLANT KÓRNIK | 58 | M50/31 | M / 307 | 00:47:17 | 00:47:05 | 04.42 | +0:16:09 | 0:23:29 / 282 | |
| 326 | 54 | BIELAK Artur | KALISZ | POL | | 76 | M30/104 | M / 308 | 00:47:19 | 00:47:05 | 04.42 | +0:16:09 | 0:24:41 / 375 | |
| 327 | 592 | SZEWCZYK Łukasz | KALISZ | POL | SUPERMARATON KALISZ | 81 | M30/105 | M / 309 | 00:47:19 | 00:46:50 | 04.41 | +0:15:54 | 0:24:41 / 376 | |
| 328 | 400 | MIKOŁAJCZYK Mariusz | TUREK | POL | KB GEOTERMIA UNIEJÓW | 77 | M30/106 | M / 310 | 00:47:22 | 00:47:10 | 04.43 | +0:16:15 | 0:24:39 / 369 | |
| 329 | 484 | PIOTROWSKI Robert | KONIN | POL | KB AKTYWNI-KONIN | 89 | M20/56 | M / 311 | 00:47:23 | 00:47:14 | 04.43 | +0:16:19 | 0:24:28 / 357 | |
| 330 | 763 | OLBRYŚ Stanisław-adam | NASIELSK | POL | KB PIMAR LEGIONOWO | 67 | M40/79 | M / 312 | 00:47:24 | 00:47:20 | 04.44 | +0:16:25 | 0:22:52 / 230 | |
| 331 | 570 | STEFAŃSKI Włodzimierz | KŁOBUCK | POL | NGB KŁOBUCK | 70 | M40/80 | M / 313 | 00:47:25 | 00:47:11 | 04.43 | +0:16:16 | 0:23:57 / 317 | |
| 332 | 586 | SZCZEPANEK Jan | PODDĘBICE | POL | | 63 | M40/81 | M / 314 | 00:47:27 | 00:46:56 | 04.41 | +0:16:00 | 0:24:08 / 328 | |
| 333 | 879 | ROSIAK Mariusz | ŁÓDŹ | POL | | 71 | M40/82 | M / 315 | 00:47:27 | 00:47:13 | 04.43 | +0:16:17 | 0:24:24 / 348 | |
| 334 | 528 | SADOWSKI Artur | RAPIEŃ | POL | BIEGAM BO LUBIĘ ŁÓDŹ | 78 | M30/107 | M / 316 | 00:47:29 | 00:46:54 | 04.41 | +0:15:59 | 0:24:16 / 332 | |
| 335 | 374 | MARAT Henryk | BRZĘZINY | POL | KB ARTURÓWEK ŁÓDŹ - NIEPELNOSPRAWNY | 47 | M60/10 | Niep/7 | M / 317 | 00:47:29 | 00:47:24 | 04.44 | +0:16:28 | 0:23:17 / 265 |
| 336 | 33 | BANACHOWSKI Artur | ŁÓDŹ | POL | | 83 | M20/57 | M / 318 | 00:47:30 | 00:47:08 | 04.42 | +0:16:13 | 0:24:51 / 394 | |
| 337 | 530 | SALAMON Wojciech | ŁÓDŹ | POL | | 74 | M30/108 | M / 319 | 00:47:31 | 00:47:14 | 04.43 | +0:16:18 | 0:23:56 / 316 | |
| 338 | 289 | KOTFAS Piotr | GRODNO | POL | | 82 | M30/109 | M / 320 | 00:47:35 | 00:47:24 | 04.44 | +0:16:29 | 0:24:08 / 330 | |
| 339 | 761 | POLETEK Michał | KRAKÓW | POL | | 87 | M20/58 | M / 321 | 00:47:37 | 00:47:17 | 04.43 | +0:16:21 | 0:24:19 / 337 | |
| 340 | 573 | STĘPIEŃ Magdalena | GRODZISK WLKP. | POL | GRODZISKI KLUB BIEGACZA | 87 | K20/7 | K / 19 | 00:47:38 | 00:47:28 | 04.44 | +0:16:33 | 0:23:36 / 291 | |
| 341 | 514 | RUTA Maciej | ŁÓDŹ | POL | NIEZRZESZONY | 77 | M30/110 | M / 322 | 00:47:43 | 00:47:07 | 04.42 | +0:16:12 | 0:24:49 / 392 | |
| 342 | 485 | PLUCIENNIK Patryk | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 96 | M16/32 | M / 323 | 00:47:44 | 00:47:39 | 04.45 | +0:16:44 | 0:22:35 / 208 | |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | | Tempo m/km | diff Net | Check points | |
|-----------------|---------------|-----------------------------|-------------------------|------------------|--------------------------------|----------------|---------------------------|--------------------------|----------|-------------------|-----------------|---------------------|---------------|
| 343 | 392 | MICHALIK Marek | CZĘSTOCHOWA | POL | | 73 | M30/111 | M / 324 | 00:47:45 | 00:47:29 | 04.44 | +0:16:33 | 0:24:33 / 360 |
| 344 | 208 | JASZCZYK Włodzimierz | KLOBUCK | POL | NGB KLOBUCK | 70 | M40/83 | M / 325 | 00:47:47 | 00:47:32 | 04.45 | +0:16:37 | 0:24:01 / 319 |
| 345 | 251 | KILAN Piotr | IWANOWICE | POL | NGB KLOBUCK | 72 | M40/84 | M / 326 | 00:47:48 | 00:47:38 | 04.45 | +0:16:43 | 0:23:37 / 292 |
| 346 | 309 | KRYMARYS Jakub | ŁÓDŹ | POL | SKS KATOLIK.EDU.PL | 96 | M16/33 | M / 327 | 00:47:49 | 00:47:34 | 04.45 | +0:16:39 | 0:24:20 / 340 |
| 347 | 273 | KOMZA Marek | ŁÓDŹ | POL | NIEZRZESZONY | 66 | M40/85 | M / 328 | 00:47:50 | 00:47:33 | 04.45 | +0:16:38 | 0:24:36 / 366 |
| 348 | 383 | MATUSIAK Mateusz | ŁĘCZYCA | POL | | 96 | M16/34 | M / 329 | 00:47:50 | 00:47:45 | 04.46 | +0:16:50 | 0:22:35 / 211 |
| 349 | 680 | WOJCIECHOWSKI Paweł | ZGIERZ | POL | | 77 | M30/112 | M / 330 | 00:47:51 | 00:47:18 | 04.43 | +0:16:23 | 0:25:21 / 434 |
| 350 | 492 | POSZWA Radosław | TUREK | POL | | 84 | M20/59 | M / 331 | 00:47:53 | 00:47:43 | 04.46 | +0:16:47 | 0:23:48 / 305 |
| 351 | 612 | SZYMCZAK Wojciech | ŁÓDŹ | POL | BIEGACZ NOWOSOLNA | 63 | M40/86 | M / 332 | 00:47:53 | 00:47:38 | 04.45 | +0:16:43 | 0:24:01 / 320 |
| 352 | 739 | LEŚNIEWSKI Kazimierz | WŁOCŁAWEK | POL | | 42 | M70/1 | M / 333 | 00:47:56 | 00:47:52 | 04.47 | +0:16:57 | 0:24:27 / 353 |
| 353 | 256 | KLIMCZEWSKI Andrzej | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 62 | M50/32 | M / 334 | 00:47:56 | 00:47:52 | 04.47 | +0:16:57 | 0:21:40 / 158 |
| 354 | 150 | GAMROWSKI Grzegorz | GRODZISK WLKP | POL | GRODZISKI KLUB BIEGACZA | 57 | M50/33 | M / 335 | 00:47:57 | 00:47:50 | 04.47 | +0:16:55 | 0:24:08 / 327 |
| 355 | 799 | KĄZMIERCZAK-SOWA Adriana | ŁÓDŹ | POL | | 82 | K30/10 | K / 20 | 00:47:57 | 00:47:44 | 04.46 | +0:16:49 | 0:23:53 / 310 |
| 356 | 348 | LEWANDOWSKA Ewa | ŁÓDŹ | POL | KB ARTURÓWEK ŁÓDŹ | 61 | K50/1 | K / 21 | 00:48:03 | 00:47:41 | 04.46 | +0:16:46 | 0:24:27 / 352 |
| 357 | 470 | PIETRASIK Grzegorz | KONSTANTYNÓW | POL | | 88 | M20/60 | M / 336 | 00:48:05 | 00:47:59 | 04.47 | +0:17:03 | 0:23:21 / 271 |
| 358 | 875 | ŚWIETULSKI Michał | WRÓBLEW | POL | | 95 | M16/35 | M / 337 | 00:48:09 | 00:47:39 | 04.45 | +0:16:44 | 0:23:30 / 285 |
| 359 | 56 | BIŃCZYK Dariusz | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 84 | M20/61 | M / 338 | 00:48:11 | 00:47:45 | 04.46 | +0:16:50 | 0:25:08 / 416 |
| 360 | 300 | KRAWCZYK Agnieszka | ŁASK | POL | ŁÓDŹ RUNNING TEAM | 93 | K16/3 | K / 22 | 00:48:13 | 00:47:57 | 04.47 | +0:17:02 | 0:24:46 / 387 |
| 361 | 108 | DADELA Antoni | KRZEPICE | POL | NGB KLOBUCK | 52 | M60/11 | M / 339 | 00:48:15 | 00:48:08 | 04.48 | +0:17:12 | 0:24:04 / 325 |
| 362 | 577 | STRATYŃSKI Filip | BRÓJCE | POL | NIEZRZESZONY | 75 | M30/113 | M / 340 | 00:48:15 | 00:47:55 | 04.47 | +0:16:59 | 0:24:20 / 338 |
| 363 | 416 | MUSZYŃSKI Sebastian | ZĄBKI | POL | NIEZRZESZONY | 78 | M30/114 | M / 341 | 00:48:16 | 00:48:11 | 04.49 | +0:17:16 | 0:24:43 / 381 |
| 364 | 652 | WALCZAK Agata | ŁÓDŹ | POL | KB ARTURÓWEK | 72 | K40/2 | K / 23 | 00:48:16 | 00:47:54 | 04.47 | +0:16:59 | 0:25:00 / 403 |
| 365 | 224 | KACZMAREK Arkadiusz | ŁÓDŹ | POL | | 75 | M30/115 | M / 342 | 00:48:17 | 00:47:55 | 04.47 | +0:17:00 | 0:24:50 / 393 |
| 366 | 611 | SZYMCZAK Piotr | ŁÓDŹ | POL | BIEGAMPOLODZI.PL | 79 | M30/116 | Niep/8 M / 343 | 00:48:23 | 00:47:52 | 04.47 | +0:16:56 | 0:24:47 / 389 |
| 367 | 866 | TALIKADZE Roman | KOŚCIAN | POL | LKS SANA KOŚCIAN | 58 | M50/34 | M / 344 | 00:48:26 | 00:48:27 | 04.50 | +0:17:31 | 0:22:53 / 233 |
| 368 | 13 | GRABOWSKI Wasyl | WASYLEWO | POL | OTK RZEŹNIK | 65 | M40/87 | M / 345 | 00:48:27 | 00:48:18 | 04.49 | +0:17:23 | 0:24:24 / 347 |
| 369 | 508 | REMBERK Michał | WARSZAWA | POL | WARSZAWSKI ŻÓŁWKI | 71 | M40/88 | M / 346 | 00:48:28 | 00:48:16 | 04.49 | +0:17:20 | 0:25:14 / 424 |
| 370 | 482 | PILKA Dominik | GOZDÓW | POL | LO KOŁO | 95 | M16/36 | M / 347 | 00:48:28 | 00:48:20 | 04.50 | +0:17:24 | 0:24:44 / 382 |
| 371 | 302 | KRĘT Michał | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 82 | M30/117 | M / 348 | 00:48:29 | 00:48:10 | 04.49 | +0:17:14 | 0:25:25 / 435 |
| 372 | 791 | NOCOŃ Mariusz | LUBLINIEC | POL | NIEZRZESZONY | 77 | M30/118 | M / 349 | 00:48:30 | 00:48:13 | 04.49 | +0:17:18 | 0:25:14 / 422 |
| 373 | 518 | RYBAK Tadeusz | CZĘSTOCHOWA | POL | BIEGAM BO LUBIEŃ CZĘSTOCHOWA | 70 | M40/89 | M / 350 | 00:48:32 | 00:48:22 | 04.50 | +0:17:26 | 0:24:46 / 385 |
| 374 | 266 | KOBACKI Przemysław | GŁOWNO | POL | DRUŻYNA SZPIKU | 76 | M30/119 | M / 351 | 00:48:34 | 00:48:21 | 04.50 | +0:17:26 | 0:24:46 / 388 |
| 375 | 439 | OKRASKA Gabriel | ŁOWICZ | POL | R-TEAM ŁOWICZ | 72 | M40/90 | M / 352 | 00:48:34 | 00:48:05 | 04.48 | +0:17:09 | 0:25:01 / 406 |
| 376 | 156 | GŁOWACKI Arek | BIAŁA | POL | | 79 | M30/120 | M / 353 | 00:48:34 | 00:48:21 | 04.50 | +0:17:26 | 0:24:46 / 386 |
| 377 | 63 | BOCZEK Magdalena | ŁÓDŹ | POL | | 87 | K20/8 | K / 24 | 00:48:36 | 00:48:25 | 04.50 | +0:17:29 | 0:24:25 / 350 |
| 378 | 99 | CZAJKA Łukasz | CIAŻEŃ | POL | NIEZRZESZONY | 80 | M30/121 | M / 354 | 00:48:37 | 00:48:20 | 04.50 | +0:17:24 | 0:25:18 / 429 |
| 379 | 221 | JUSZCZAK Witold | KONSTANTYNÓW | POL | | 76 | M30/122 | M / 355 | 00:48:38 | 00:48:24 | 04.50 | +0:17:28 | 0:24:24 / 349 |
| 380 | 306 | KRYCZKA Krzysztof | SĘDZEWICZ | POL | | 83 | M20/62 | Abst/17 M / 356 | 00:48:41 | 00:48:26 | 04.50 | +0:17:31 | 0:24:42 / 379 |
| 381 | 526 | RZEŹNICZEK Krzysztof | ŁÓDŹ | POL | | 82 | M30/123 | M / 357 | 00:48:41 | 00:48:34 | 04.51 | +0:17:39 | 0:24:17 / 334 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|-------------------|-----------------|---------------------|
| 382 | 429 | NOWAKOWSKI Piotr | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 91 M20/63 | M / 358 | 00:48:44 00:48:37 | 04.51 | +0:17:41 | 0:24:20 / 339 |
| 383 | 436 | OCHOTA Łukasz | OZORKÓW | POL | NIEZRZESZONY | 90 M20/64 | M / 359 | 00:48:44 00:48:33 | 04.51 | +0:17:37 | 0:25:29 / 438 |
| 384 | 368 | MAKOWSKI Arkadiusz | ŁÓDŹ | POL | BIEGACZ NOWOSOLNA | 73 M30/124 | M / 360 | 00:48:45 00:48:34 | 04.51 | +0:17:39 | 0:23:38 / 293 |
| 385 | 407 | MODRZEJEWSKI Roman | GRABÓW | POL | KINGS OF METAL | 67 M40/91 | M / 361 | 00:48:48 00:48:03 | 04.48 | +0:17:08 | 0:26:37 / 531 |
| 386 | 25 | ARKUSZYŃSKI Paweł | TOMASZÓW MAZ. | POL | TIME 4 RUNNING | 75 M30/125 | M / 362 | 00:48:55 00:48:47 | 04.52 | +0:17:52 | 0:23:28 / 281 |
| 387 | 732 | ŻAROMIŃSKI Julian | ŁÓDŹ | POL | BIEGACZ NOWOSOLNA | 66 M40/92 | M / 363 | 00:48:55 00:48:20 | 04.50 | +0:17:25 | 0:24:15 / 331 |
| 388 | 512 | ROSIŃSKI Zbigniew | LUBLINIEC | POL | WKB META LUBLINIEC | 60 M50/35 | M / 364 | 00:48:56 00:48:29 | 04.50 | +0:17:33 | 0:26:17 / 503 |
| 389 | 696 | WOŹNIAK Piotr | WROCŁAW | POL | WROCŁAW | 64 M40/93 | M / 365 | 00:48:57 00:48:21 | 04.50 | +0:17:25 | 0:25:49 / 465 |
| 390 | 673 | WŁODARCZYK Julia | ŁÓDŹ | POL | | 92 K20/9 | K / 25 | 00:48:57 00:48:23 | 04.50 | +0:17:27 | 0:25:45 / 461 |
| 391 | 86 | CHMIELARZ Krzysztof | RADOMSKO | POL | | 61 M50/36 | M / 366 | 00:48:58 00:48:53 | 04.53 | +0:17:58 | 0:25:18 / 428 |
| 392 | 180 | GRZELCZAK Tomasz | ŁÓDŹ | POL | | 67 M40/94 | M / 367 | 00:48:59 00:48:48 | 04.52 | +0:17:53 | 0:24:30 / 358 |
| 393 | 582 | SWĘDROWSKI Jacek | KONIN | POL | KB AKTYWNI-KONIN | 77 M30/126 | M / 368 | 00:48:59 00:48:27 | 04.50 | +0:17:31 | 0:25:17 / 425 |
| 394 | 581 | SWĘDROWSKA Alicja | KONIN | POL | KB AKTYWNI-KONIN | 85 K20/10 | K / 26 | 00:48:59 00:48:28 | 04.50 | +0:17:32 | 0:25:17 / 426 |
| 395 | 718 | ZAWIERUCHA Łukasz | ZDUŃSKA WOLA | POL | PARTNERTECH SIERADZ | 81 M30/127 | M / 369 | 00:49:05 00:48:44 | 04.52 | +0:17:48 | 0:26:01 / 482 |
| 396 | 366 | MAJCHRZAK Krzysztof | PARZĘCZEW | POL | | 73 M30/128 | M / 370 | 00:49:05 00:48:44 | 04.52 | +0:17:48 | 0:25:01 / 407 |
| 397 | 183 | GRZYBOWSKI Marcin | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 94 M16/37 | M / 371 | 00:49:07 00:48:59 | 04.53 | +0:18:04 | 0:23:46 / 300 |
| 398 | 417 | NADOLSKI Sylwester | KONIN | POL | | 78 M30/129 | M / 372 | 00:49:08 00:48:37 | 04.51 | +0:17:41 | 0:25:42 / 450 |
| 399 | 607 | SZMYT Roman | ZDUŃSKA WOLA | POL | AMATOR | 86 M20/65 | M / 373 | 00:49:10 00:48:44 | 04.52 | +0:17:48 | 0:25:47 / 464 |
| 400 | 468 | PIEKARSKI Janusz | ŁÓDŹ | POL | | 69 M40/95 | M / 374 | 00:49:11 00:48:45 | 04.52 | +0:17:49 | 0:24:56 / 399 |
| 401 | 624 | TEODORCZYK Marcin | KONIN | POL | KB AKTYWNI-KONIN | 77 M30/130 | M / 375 | 00:49:14 00:48:40 | 04.52 | +0:17:45 | 0:25:44 / 457 |
| 402 | 372 | MAŁAGOWSKI Piotr | UJAZD | POL | DYM TEAM | 88 M20/66 | M / 376 | 00:49:14 00:49:06 | 04.54 | +0:18:11 | 0:23:50 / 309 |
| 403 | 599 | SZPRUTA Wojciech | KONIN | POL | | 57 M50/37 | M / 377 | 00:49:17 00:48:44 | 04.52 | +0:17:49 | 0:25:42 / 452 |
| 404 | 384 | MATUSIAK Ryszard | OZORKÓW | POL | OZO OZORKÓW | 50 M60/12 | M / 378 | 00:49:18 00:49:08 | 04.54 | +0:18:13 | 0:24:59 / 402 |
| 405 | 709 | ZAJĄC Zbigniew | MALANÓW | POL | NIEZRZESZONY | 68 M40/96 | M / 379 | 00:49:18 00:49:08 | 04.54 | +0:18:12 | 0:24:40 / 372 |
| 406 | 472 | PIETRZAK Marcin | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 75 M30/131 | M / 380 | 00:49:19 00:49:11 | 04.55 | +0:18:16 | 0:23:33 / 289 |
| 407 | 162 | GORACY Damian | POZNAN | POL | DISTANCE KALISZ TECZA | 81 M30/132 | M / 381 | 00:49:19 00:49:08 | 04.54 | +0:18:12 | 0:25:07 / 413 |
| 408 | 336 | KURZAWSKI Jerzy | ŁÓDŹ | POL | KB GAPA ŁÓDŹ | 49 M60/13 | M / 382 | 00:49:21 00:49:09 | 04.54 | +0:18:13 | 0:25:14 / 423 |
| 409 | 884 | WEDER Jacek | ŁÓDŹ | POL | | 68 M40/97 | M / 383 | 00:49:21 00:48:47 | 04.52 | +0:17:51 | 0:24:18 / 336 |
| 410 | 19 | ANDRZEJCZAK Tomasz | PABIANICE | POL | KORONA PABIANICE | 80 M30/133 | M / 384 | 00:49:22 00:49:08 | 04.54 | +0:18:13 | 0:24:02 / 321 |
| 411 | 188 | HEINDL Tomek | NOWY BEDOŃ | POL | | 83 M20/67 | M / 385 | 00:49:22 00:48:56 | 04.53 | +0:18:00 | 0:23:25 / 276 |
| 412 | 780 | OWOCKI Roman | WRZEŚNIA | POL | NIEZRZESZONY | 80 M30/134 | M / 386 | 00:49:24 00:49:16 | 04.55 | +0:18:20 | 0:25:33 / 442 |
| 413 | 478 | PILARSKI Jacek | KONIN | POL | KB AKTYWNI-KONIN | 68 M40/98 | M / 387 | 00:49:25 00:48:52 | 04.53 | +0:17:57 | 0:25:44 / 460 |
| 414 | 888 | GAPSKI Adam | KONIN | POL | | 76 M30/135 | M / 388 | 00:49:25 00:48:51 | 04.53 | +0:17:56 | 0:25:43 / 454 |
| 415 | 552 | SOBCZYK Krzysztof | KUTNO | POL | | 73 M30/136 | M / 389 | 00:49:26 00:49:23 | 04.56 | +0:18:27 | 0:24:30 / 359 |
| 416 | 261 | KŁUCJASZ Katarzyna | BELCHATÓW | POL | | 88 K20/11 | K / 27 | 00:49:27 00:49:08 | 04.54 | +0:18:13 | 0:25:44 / 458 |
| 417 | 74 | BUCZAK Jarosław | PIŃCZÓW | POL | KL PONIDZIE PIŃCZÓW | 62 M50/38 | M / 390 | 00:49:32 00:49:10 | 04.55 | +0:18:15 | 0:25:04 / 410 |
| 418 | 311 | KRYSIK Krzysztof | SIERADZ | POL | | 72 M40/99 | M / 391 | 00:49:33 00:49:07 | 04.54 | +0:18:12 | 0:25:34 / 444 |
| 419 | 758 | ANTONÓW Adrian | TUREK | POL | NIEZRZESZONY | 92 M20/68 | M / 392 | 00:49:34 00:49:22 | 04.56 | +0:18:27 | 0:24:39 / 371 |
| 420 | 50 | MORAWIEC Jan | ŁÓDŹ | POL | | 33 M70/2 | M / 393 | 00:49:34 00:49:30 | 04.57 | +0:18:35 | 0:25:20 / 432 |
| 421 | 2 | SZYGENDA Waldemar | KONIN | POL | KB AKTYWNI-KONIN | 63 M40/100 | M / 394 | 00:49:35 00:49:23 | 04.56 | +0:18:28 | 0:25:54 / 472 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|----------|--------|-----------------------|------------------|-----------|--|------------|--------------------|-------------------|------------|----------|---------------|
| 422 | 343 | LEBIEDZIK Tomasz | ŁÓDŹ | POL | KLUB PIĘKNA I BESTIA | 77 M30/137 | M / 395 | 00:49:35 00:49:21 | 04.56 | +0:18:26 | 0:25:31 / 441 |
| 423 | 702 | WYGASŁ Sławomir | JASTRZĄB | POL | | 65 M40/101 | M / 396 | 00:49:37 00:49:24 | 04.56 | +0:18:29 | 0:25:00 / 404 |
| 424 | 103 | CZUBIŃSKI Marek | ŁÓDŹ | POL | | 53 M50/39 | Niep/9 M / 397 | 00:49:37 00:49:32 | 04.57 | +0:18:37 | 0:25:13 / 420 |
| 425 | 409 | MOSKAL Izabella | WARSZAWA | POL | K.B. ERGO | 73 K30/11 | K / 28 | 00:49:39 00:49:33 | 04.57 | +0:18:38 | 0:24:35 / 365 |
| 426 | 541 | SKUBIŃ Maciej | GŁOGÓW | POL | NIEZRZESZONY | 76 M30/138 | Abst/18 Niep/108 | 00:49:39 00:49:10 | 04.55 | +0:18:14 | 0:25:57 / 479 |
| 427 | 230 | KAMECKI Łukasz | ŁÓDŹ | POL | ŁÓDŹ | 82 M30/139 | M / 399 | 00:49:43 00:49:32 | 04.57 | +0:18:37 | 0:24:42 / 378 |
| 428 | 222 | KACALAK Michał | ZDUŃSKA WOLA | POL | | 86 M20/69 | M / 400 | 00:49:45 00:49:34 | 04.57 | +0:18:39 | 0:24:48 / 390 |
| 429 | 741 | BANIA Jan | ŁÓDŹ | POL | KB ARTURÓWEK ŁÓDŹ | 46 M60/14 | M / 401 | 00:49:46 00:49:41 | 04.58 | +0:18:46 | 0:24:41 / 374 |
| 430 | 381 | MATUSIAK Konrad | ŚWINICE | POL | | 92 M20/70 | M / 402 | 00:49:47 00:49:09 | 04.54 | +0:18:13 | 0:28:13 / 609 |
| 431 | 420 | NEJMAN Tomasz | PŁOCK | POL | NIEZRZESZONY | 82 M30/140 | M / 403 | 00:49:47 00:49:37 | 04.57 | +0:18:41 | 0:24:45 / 384 |
| 432 | 194 | DARNOŃSKI Marcin | GRABINA | POL | BIEGACZ NOWOSOLNA | 76 M30/141 | M / 404 | 00:49:49 00:49:42 | 04.58 | +0:18:47 | 0:24:41 / 377 |
| 433 | 619 | TARABASZ Marek | GOŁUCHÓW | POL | | 68 M40/102 | M / 405 | 00:49:51 00:49:39 | 04.57 | +0:18:44 | 0:24:26 / 351 |
| 434 | 585 | SZAPIEL Marek | ŁÓDŹ | POL | AMATOR | 62 M50/40 | M / 406 | 00:49:52 00:49:22 | 04.56 | +0:18:26 | 0:25:42 / 451 |
| 435 | 46 | BAŁOL Damian | ŁÓDŹ | POL | NIEZRZESZONY | 88 M20/71 | M / 407 | 00:49:53 00:49:36 | 04.57 | +0:18:41 | 0:24:33 / 362 |
| 436 | 456 | PAWLIKOWSKI Sebastian | TUREK | POL | | 89 M20/72 | M / 408 | 00:49:53 00:49:27 | 04.56 | +0:18:32 | 0:25:08 / 417 |
| 437 | 644 | TYRALLA Frank | ŁÓDŹ | POL | | 64 M40/103 | M / 409 | 00:49:53 00:49:21 | 04.56 | +0:18:25 | 0:25:40 / 447 |
| 438 | 344 | LEPALCZYK Kamil | DASZYNA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘB | 94 M16/38 | M / 410 | 00:49:56 00:49:51 | 04.59 | +0:18:55 | 0:26:01 / 481 |
| 439 | 228 | KALINOWSKI Jerzy | SŁUPNO | POL | PKS PŁOCK | 48 M60/15 | M / 411 | 00:49:58 00:49:47 | 04.58 | +0:18:52 | 0:24:53 / 395 |
| 440 | 863 | DĘBSKI Marcin | LEŻNICA MAŁA | POL | | 96 M16/39 | M / 412 | 00:50:00 00:49:33 | 04.57 | +0:18:37 | 0:26:20 / 507 |
| 441 | 173 | GROBELNY Rafał | CZARNOŻYŁY | POL | NIEZRZESZONY | 84 M20/73 | M / 413 | 00:50:01 00:49:39 | 04.57 | +0:18:44 | 0:25:56 / 476 |
| 442 | 413 | MROWICKI Grzegorz | ŁÓDŹ | POL | | 63 M40/104 | M / 414 | 00:50:04 00:49:49 | 04.58 | +0:18:54 | 0:24:38 / 368 |
| 443 | 615 | ŚWIDERSKI Dariusz | WARSZAWA | POL | C.F.CEFARM | 69 M40/105 | M / 415 | 00:50:05 00:49:45 | 04.58 | +0:18:50 | 0:24:40 / 373 |
| 444 | 721 | ZEMAN Grzegorz | BIELSKO BIAŁA | POL | NIEZRZESZONY | 73 M30/142 | M / 416 | 00:50:07 00:49:58 | 04.59 | +0:19:03 | 0:24:39 / 370 |
| 445 | 630 | TOMICI Robert | ŁÓDŹ | POL | | 77 M30/143 | M / 417 | 00:50:08 00:49:55 | 04.59 | +0:19:00 | 0:24:55 / 398 |
| 446 | 521 | RYŻŁAK Adam | ŁÓDŹ | POL | SZAKALE BAŁUT | 75 M30/144 | M / 418 | 00:50:08 00:49:51 | 04.59 | +0:18:55 | 0:25:43 / 456 |
| 447 | 24 | ARABAS Krzysztof | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 52 M60/16 | M / 419 | 00:50:12 00:50:04 | 05.00 | +0:19:08 | 0:25:07 / 412 |
| 448 | 810 | MICHAŁKIEWICZ Michał | ŁĘCZYCA | POL | | 83 M20/74 | M / 420 | 00:50:15 00:50:00 | 05.00 | +0:19:04 | 0:25:43 / 455 |
| 449 | 713 | ZALEŚNY Przemysław | KWILEŃ | POL | | 75 M30/145 | M / 421 | 00:50:20 00:49:53 | 04.59 | +0:18:57 | 0:25:55 / 475 |
| 450 | 229 | KALUŻNY Modest | WARSZAWA | POL | | 55 M50/41 | M / 422 | 00:50:20 00:50:07 | 05.00 | +0:19:12 | 0:25:34 / 445 |
| 451 | 423 | NOWACKI Bartłomiej | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 82 M30/146 | M / 423 | 00:50:24 00:50:00 | 05.00 | +0:19:04 | 0:25:08 / 415 |
| 452 | 487 | POLIT Ernest | 434.DOMANIEWIC | POL | R-TEAM ŁOWICZ | 74 M30/147 | M / 424 | 00:50:24 00:49:50 | 04.59 | +0:18:54 | 0:26:10 / 492 |
| 453 | 475 | PIGOŃSKI Wojciech | ŁÓDŹ | POL | | 68 M40/106 | M / 425 | 00:50:25 00:49:57 | 04.59 | +0:19:02 | 0:25:58 / 480 |
| 454 | 904 | FIUTAK Robert | ŁÓDŹ | POL | | 73 M30/148 | M / 426 | 00:50:25 00:49:53 | 04.59 | +0:18:57 | 0:25:20 / 431 |
| 455 | 165 | GÓRSKI Paweł | WARSZAWA | POL | | 80 M30/149 | M / 427 | 00:50:27 00:50:04 | 05.00 | +0:19:09 | 0:25:41 / 449 |
| 456 | 642 | TYLKE Jerzy | OZORKÓW | POL | OZO OZORKÓW | 63 M40/107 | M / 428 | 00:50:31 00:50:21 | 05.02 | +0:19:26 | 0:24:54 / 397 |
| 457 | 855 | JASIŃSKA Teresa | WARSZAWA | POL | | 56 K50/2 | K / 29 | 00:50:33 00:50:14 | 05.01 | +0:19:19 | 0:25:46 / 463 |
| 458 | 153 | GENDASZEWSKI Piotr | ŁÓDŹ | POL | | 86 M20/75 | M / 429 | 00:50:34 00:50:22 | 05.02 | +0:19:26 | 0:24:49 / 391 |
| 459 | 98 | CZAJKA Grzegorz | NIEBORÓW | POL | R-TEAM ŁOWICZ | 79 M30/150 | Abst/19 M / 430 | 00:50:36 00:50:03 | 05.00 | +0:19:08 | 0:26:10 / 491 |
| 460 | 595 | SZMYTKE Sabina | KONSTANTYNÓW | POL | SZAKALE BAŁUT ŁÓDŹ | 53 M50/42 | M / 431 | 00:50:42 00:50:39 | 05.03 | +0:19:44 | 0:25:03 / 409 |
| 461 | 107 | DĄBROWSKI Krzysztof | MSTÓW | POL | | 77 M30/151 | M / 432 | 00:50:43 00:50:13 | 05.01 | +0:19:17 | 0:26:01 / 483 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points | | | |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|-------------------|-----------------|---------------------|----------|---------------|---------------|
| 462 | 806 | KALUŻNY Radosław | ŁÓDŹ | POL | | 82 | M30/152 | M / 433 | 00:50:43 | 00:50:04 | 05.00 | +0:19:08 | 0:27:03 / 550 | |
| 463 | 427 | NOWAK Roman | SIERADZ | POL | PARTNERTECH SIERADZ | 80 | M30/153 | M / 434 | 00:50:45 | 00:50:23 | 05.02 | +0:19:27 | 0:26:10 / 494 | |
| 464 | 233 | KAPUSTA Tomasz | DOMANIEWICE | POL | NIEZRZESZONY | 71 | M40/108 | M / 435 | 00:50:46 | 00:50:12 | 05.01 | +0:19:16 | 0:27:34 / 582 | |
| 465 | 745 | SZEWCZYK Tadeusz | ŁÓDŹ | POL | NIEZRZESZONY | 46 | M60/17 | M / 436 | 00:50:47 | 00:50:28 | 05.02 | +0:19:33 | 0:26:29 / 521 | |
| 466 | 245 | KĄŻMIERCZAK Tomasz | GRABÓW | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 90 | M20/76 | M / 437 | 00:50:49 | 00:50:28 | 05.02 | +0:19:33 | 0:24:21 / 343 | |
| 467 | 897 | ROJAS Ismael | ŁÓDŹ | POL | | 87 | M20/77 | M / 438 | 00:50:49 | 00:50:22 | 05.02 | +0:19:27 | 0:25:54 / 473 | |
| 468 | 674 | WŁODARCZYK Wojciech | ŁÓDŹ | POL | | 56 | M50/43 | M / 439 | 00:50:49 | 00:50:44 | 05.04 | +0:19:49 | 0:25:20 / 430 | |
| 469 | 75 | BUDNY Andrzej | KRAŚNICA-KOŁO | POL | NIEZRZESZONY | 64 | M40/109 | M / 440 | 00:50:49 | 00:50:32 | 05.03 | +0:19:37 | 0:26:10 / 493 | |
| 470 | 182 | GRZYBOWSKI Arkadiusz | ŁÓDŹ | POL | | 87 | M20/78 | M / 441 | 00:50:50 | 00:50:28 | 05.02 | +0:19:32 | 0:26:08 / 487 | |
| 471 | 20 | ANDRZEJCZAK Tomasz | KONIN | POL | KB AKTYWNI-KONIN | 73 | M30/154 | M / 442 | 00:50:51 | 00:50:40 | 05.04 | +0:19:44 | 0:25:56 / 477 | |
| 472 | 95 | CIÓLKOWSKA Dorota | ŁÓDŹ | POL | BIEGAMPOLODZI.PL | 80 | K30/12 | K / 30 | 00:50:53 | 00:50:48 | 05.04 | +0:19:53 | 0:25:17 / 427 | |
| 473 | 675 | WŁODARCZYK Przemysław | ZGIERZ | POL | | 79 | M30/155 | M / 443 | 00:50:53 | 00:50:48 | 05.04 | +0:19:53 | 0:25:29 / 437 | |
| 474 | 787 | JANICKI Rafał | WROCLAW | POL | | 77 | M30/156 | M / 444 | 00:50:54 | 00:50:33 | 05.03 | +0:19:38 | 0:25:30 / 439 | |
| 475 | 567 | STANKIEWICZ Andrzej | ŁÓDŹ | POL | | 74 | M30/157 | M / 445 | 00:50:55 | 00:50:21 | 05.02 | +0:19:26 | 0:27:32 / 580 | |
| 476 | 318 | KUBIAK Paulina | #ARG! | POL | | 90 | K20/12 | K / 31 | 00:50:57 | 00:50:36 | 05.03 | +0:19:40 | 0:26:21 / 510 | |
| 477 | 685 | WOLNIAK Andrzej | KALISZ | POL | SUPERMARATON KALISZ | 54 | M50/44 | Abst/20 | M / 446 | 00:50:57 | 00:50:13 | 05.01 | +0:19:17 | 0:25:14 / 421 |
| 478 | 313 | KUBACKI Marek | NIEWIADÓW | POL | | 82 | M30/158 | M / 447 | 00:50:57 | 00:50:35 | 05.03 | +0:19:39 | 0:26:21 / 509 | |
| 479 | 231 | KAMIŃSKI Mariusz | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 94 | M16/40 | M / 448 | 00:51:02 | 00:50:53 | 05.05 | +0:19:58 | 0:24:34 / 363 | |
| 480 | 507 | RASZYK Piotr | ŁÓDŹ | POL | CYKLOMANIAK | 53 | M50/45 | M / 449 | 00:51:03 | 00:50:46 | 05.04 | +0:19:51 | 0:25:53 / 467 | |
| 481 | 450 | PAŚ Michał | GAŚAWA | POL | NIEZRZESZONY | 75 | M30/159 | Abst/21 | M / 450 | 00:51:05 | 00:50:53 | 05.05 | +0:19:58 | 0:25:54 / 471 |
| 482 | 303 | KRIGER Bartosz | INOWROCLAW | POL | | 84 | M20/79 | M / 451 | 00:51:07 | 00:50:31 | 05.03 | +0:19:35 | 0:25:53 / 468 | |
| 483 | 140 | FURS Wojciech | KOŁO | POL | | 68 | M40/110 | M / 452 | 00:51:09 | 00:50:42 | 05.04 | +0:19:47 | 0:26:24 / 516 | |
| 484 | 740 | KUPIS Marian feliks | ŁÓDŹ | POL | KB ARTURÓWEK | 45 | M60/18 | M / 453 | 00:51:10 | 00:51:05 | 05.06 | +0:20:10 | 0:25:21 / 433 | |
| 485 | 853 | GONTAREK Wojciech | UNIEJÓW | POL | | 60 | M50/46 | M / 454 | 00:51:11 | 00:50:58 | 05.05 | +0:20:03 | 0:25:01 / 405 | |
| 486 | 901 | SIOREK Waldemar | NIEWIESZ | POL | | 67 | M40/111 | M / 455 | 00:51:12 | 00:50:55 | 05.05 | +0:20:00 | 0:24:36 / 367 | |
| 487 | 58 | BŁASZAK-OWOCKA Monika | WRZEŚNIA | POL | NIEZRZESZONA | 82 | K30/13 | K / 32 | 00:51:12 | 00:51:04 | 05.06 | +0:20:08 | 0:25:37 / 446 | |
| 488 | 748 | STUPNOWICZ Andrzej | ŁÓDŹ | POL | | 45 | M60/19 | M / 456 | 00:51:17 | 00:51:03 | 05.06 | +0:20:08 | 0:26:08 / 488 | |
| 489 | 874 | NIEWIADOMSKI Krzysztof | ŁÓDŹ | POL | KB SPARTAKUS | 74 | M30/160 | M / 457 | 00:51:17 | 00:50:52 | 05.05 | +0:19:56 | 0:26:51 / 540 | |
| 490 | 754 | ŻYDCZYK Paweł | ŁÓDŹ | POL | | 89 | M20/80 | M / 458 | 00:51:20 | 00:51:00 | 05.06 | +0:20:04 | 0:25:30 / 440 | |
| 491 | 320 | KUBIAK Ryszard | ŁÓDŹ | POL | | 67 | M40/112 | M / 459 | 00:51:23 | 00:51:11 | 05.07 | +0:20:15 | 0:25:10 / 419 | |
| 492 | 134 | FILAS Tomasz | TUREK | POL | GEOTERMIA UNIEJÓW | 77 | M30/161 | M / 460 | 00:51:27 | 00:50:58 | 05.05 | +0:20:02 | 0:26:59 / 546 | |
| 493 | 286 | KOŚCIELKOWSKI Marcel | WRĘCZYCA | POL | ZABIEGANI CZĘSTOCHOWA | 01 | M16/41 | M / 461 | 00:51:28 | 00:51:11 | 05.07 | +0:20:16 | 0:26:20 / 505 | |
| 494 | 130 | DZIĘGIELEWSKI Michał | ŁÓDŹ | POL | RADOGOSZCZ | 87 | M20/81 | M / 462 | 00:51:31 | 00:51:09 | 05.06 | +0:20:13 | 0:26:23 / 515 | |
| 495 | 284 | KOSICKI Tomasz | BISKUPICE | POL | KB MANIAC POZNAŃ | 71 | M40/113 | M / 463 | 00:51:31 | 00:51:21 | 05.08 | +0:20:25 | 0:26:13 / 497 | |
| 496 | 682 | WOJTAS Renata | ZGIERZ | POL | | 74 | K30/14 | K / 33 | 00:51:33 | 00:51:13 | 05.07 | +0:20:18 | 0:26:26 / 518 | |
| 497 | 168 | BEDNAREK Stanisław | ŁÓDŹ | POL | | 56 | M50/47 | M / 464 | 00:51:36 | 00:51:20 | 05.08 | +0:20:25 | 0:26:11 / 495 | |
| 498 | 654 | WALCZAK Rafał | KALISZ | POL | NIEZRZESZONY | 73 | M30/162 | M / 465 | 00:51:36 | 00:51:25 | 05.08 | +0:20:29 | 0:25:08 / 414 | |
| 499 | 509 | ROGÓSZ Piotr | ŁÓDŹ | POL | NIE TRENUJĘ W KLUBIE | 68 | M40/114 | M / 466 | 00:51:39 | 00:51:17 | 05.07 | +0:20:22 | 0:26:57 / 544 | |
| 500 | 146 | GALAS Paweł | KONIN | POL | K.B.WARTKO | 72 | M40/115 | M / 467 | 00:51:39 | 00:51:25 | 05.08 | +0:20:30 | 0:25:28 / 436 | |
| 501 | 178 | GRZEJZIAK Przemysław | ŁÓDŹ | POL | POYRY POLAND | 80 | M30/163 | M / 468 | 00:51:39 | 00:51:08 | 05.06 | +0:20:12 | 0:26:35 / 528 | |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|-------------------|-----------------|---------------------|
| 502 | 250 | KIERZKOWSKI Tomasz | WARSZAWA | POL | BANK PEKAO SA | 72 M40/116 | M / 469 | 00:51:40 00:51:08 | 05.06 | +0:20:12 | 0:25:54 / 470 |
| 503 | 73 | BUBEL Tomasz | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 67 M40/117 | M / 470 | 00:51:43 00:51:04 | 05.06 | +0:20:08 | 0:26:43 / 533 |
| 504 | 705 | WYSOCZYŃSKI Łukasz | OSTRÓW | POL | | 86 M20/82 | M / 471 | 00:51:44 00:51:15 | 05.07 | +0:20:19 | 0:26:21 / 511 |
| 505 | 531 | SASS Paweł | ŁĘCZYCA | POL | | 75 M30/164 | M / 472 | 00:51:47 00:51:30 | 05.09 | +0:20:35 | 0:26:09 / 490 |
| 506 | 212 | JEDRZEJEWSKA Marta | LODZ | POL | | 76 K30/15 | K / 34 | 00:51:48 00:51:27 | 05.08 | +0:20:32 | 0:26:09 / 489 |
| 507 | 692 | WOŹNIAK Dorota | WROCLAW | POL | REGIONALNE CENTRUM KRWIODAWSTWA WROCLAW | 68 K40/3 | K / 35 | 00:51:49 00:51:14 | 05.07 | +0:20:19 | 0:26:26 / 519 |
| 508 | 112 | DI-GIUSTO Piotr | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 70 M40/118 | M / 473 | 00:51:50 00:51:28 | 05.08 | +0:20:32 | 0:26:07 / 486 |
| 509 | 877 | GRZEGORZEWSKI Jacek | PABIANICE | POL | | 79 M30/165 | M / 474 | 00:51:51 00:51:32 | 05.09 | +0:20:37 | 0:25:57 / 478 |
| 510 | 623 | TEKLAK Krzysztof | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 67 M40/119 | M / 475 | 00:51:51 00:51:11 | 05.07 | +0:20:16 | 0:26:44 / 534 |
| 511 | 328 | KUJAWIAK Jacek | ŁÓDŹ | POL | | 66 M40/120 | M / 476 | 00:51:53 00:51:37 | 05.09 | +0:20:41 | 0:26:23 / 514 |
| 512 | 442 | ORZELEK Sławomir | PANKI | POL | ZABIEGANI CZĘSTOCHOWA | 56 M50/48 | Abst/22 M / 477 | 00:51:58 00:51:37 | 05.09 | +0:20:42 | 0:26:20 / 504 |
| 513 | 598 | SZOKALSKI Kazimierz | NOWY PRAZMÓW | POL | KLUB FILIPKA | 63 M40/121 | M / 478 | 00:51:58 00:51:26 | 05.08 | +0:20:31 | 0:26:58 / 545 |
| 514 | 667 | WIKTOREK Jadwiga | ŁÓDŹ | POL | | 50 K60/1 | K / 36 | 00:51:59 00:51:31 | 05.09 | +0:20:35 | 0:27:03 / 549 |
| 515 | 656 | WASILEWSKI Paweł | OZORKÓW | POL | | 73 M30/166 | M / 479 | 00:52:01 00:51:32 | 05.09 | +0:20:37 | 0:27:09 / 553 |
| 516 | 555 | SOKOŁOWSKI Andrzej | ŁÓDŹ | POL | | 54 M50/49 | M / 480 | 00:52:06 00:51:52 | 05.11 | +0:20:56 | 0:26:22 / 512 |
| 517 | 94 | CICHOS Barbara | GRODZISK | POL | GRODZISKI KLUB BIEGACZA | 66 K40/4 | K / 37 | 00:52:08 00:51:42 | 05.10 | +0:20:46 | 0:25:42 / 453 |
| 518 | 655 | WASIELEWSKI Marek | ŁÓDŹ | POL | BIEGAMPOLODZI.PL | 75 M30/167 | M / 481 | 00:52:12 00:51:53 | 05.11 | +0:20:58 | 0:26:29 / 522 |
| 519 | 204 | JANICKI Krzysztof | ZDUŃSKA WOLA | POL | | 74 M30/168 | M / 482 | 00:52:13 00:51:52 | 05.11 | +0:20:57 | 0:25:50 / 466 |
| 520 | 651 | WAGENKNECHT Radosław | | POL | KB OLIMP TOMASZÓW MAZ. | 74 M30/169 | M / 483 | 00:52:14 00:51:43 | 05.10 | +0:20:47 | 0:27:18 / 560 |
| 521 | 887 | JARECKI Stanisław | KONIN | POL | | 52 M60/20 | M / 484 | 00:52:15 00:51:51 | 05.11 | +0:20:55 | 0:26:49 / 539 |
| 522 | 451 | PAWIŃSKI Maciej | ŁÓDŹ | POL | | 84 M20/83 | M / 485 | 00:52:15 00:52:02 | 05.12 | +0:21:06 | 0:26:35 / 529 |
| 523 | 200 | JAKUBOWSKI Wojciech | UNIEJÓW | POL | | 74 M30/170 | M / 486 | 00:52:16 00:51:56 | 05.11 | +0:21:01 | 0:27:23 / 567 |
| 524 | 316 | KUBACKI Łukasz | KOŁO | POL | | 79 M30/171 | M / 487 | 00:52:16 00:51:50 | 05.11 | +0:20:54 | 0:27:27 / 575 |
| 525 | 620 | TARCZ Wiktor | UNIEJÓW | POL | | 71 M40/122 | M / 488 | 00:52:18 00:51:40 | 05.10 | +0:20:44 | 0:27:03 / 551 |
| 526 | 873 | JAKUBOWSKA Wioletta | MALANÓW | POL | | 70 K40/5 | K / 38 | 00:52:20 00:51:56 | 05.11 | +0:21:01 | 0:27:37 / 585 |
| 527 | 452 | PAWIŃSKI Zbigniew | ŁÓDŹ | POL | | 59 M50/50 | M / 489 | 00:52:20 00:52:07 | 05.12 | +0:21:11 | 0:26:34 / 527 |
| 528 | 341 | KWIATKOWSKI Mariusz | ŁÓDŹ | POL | | 63 M40/123 | M / 490 | 00:52:21 00:51:58 | 05.11 | +0:21:02 | 0:27:12 / 555 |
| 529 | 726 | ZIĘBA Marta | ŁÓDŹ | POL | | 86 K20/13 | K / 39 | 00:52:24 00:52:08 | 05.12 | +0:21:12 | 0:26:22 / 513 |
| 530 | 523 | RZEŹNICKI Andrzej | ŁÓDŹ | POL | BIEGAM BO LUBIĘ ŁÓDŹ | 51 M60/21 | M / 491 | 00:52:25 00:51:55 | 05.11 | +0:21:00 | 0:26:57 / 543 |
| 531 | 876 | NOWICKI Przemysław | ŁÓDŹ | POL | | 72 M40/124 | M / 492 | 00:52:28 00:51:51 | 05.11 | +0:20:56 | 0:27:24 / 569 |
| 532 | 471 | PIETRZAK Iwona | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 71 K40/6 | K / 40 | 00:52:32 00:52:22 | 05.14 | +0:21:26 | 0:26:13 / 496 |
| 533 | 268 | KOLCZYŃSKI Dariusz | ŁÓDŹ | POL | | 61 M50/51 | M / 493 | 00:52:33 00:52:09 | 05.12 | +0:21:13 | 0:27:44 / 589 |
| 534 | 715 | ZAREMBA Maciej | KSAWERÓW | POL | | 81 M30/172 | M / 494 | 00:52:37 00:52:18 | 05.13 | +0:21:22 | 0:26:32 / 524 |
| 535 | 770 | RONERT Wojciech | ŁÓDŹ | POL | KB. STOPA | 56 M50/52 | M / 495 | 00:52:39 00:52:11 | 05.13 | +0:21:15 | 0:26:32 / 525 |
| 536 | 724 | ZIENKIEWICZ Marek | WARSZAWA | POL | | 76 M30/173 | M / 496 | 00:52:40 00:52:06 | 05.12 | +0:21:11 | 0:28:04 / 606 |
| 537 | 220 | JUSKOWIAK Kinga | POZNAŃ | POL | KB MANIAC POZNAŃ | 78 K30/16 | K / 41 | 00:52:42 00:52:37 | 05.15 | +0:21:41 | 0:26:05 / 484 |
| 538 | 706 | WYSTĘPSKI Janusz | GNIEZNO | POL | DRUŻYNA SZPIKU | 72 M40/125 | M / 497 | 00:52:43 00:52:38 | 05.15 | +0:21:42 | 0:26:06 / 485 |
| 539 | 397 | MIELCZAREK Adam | SĘDZIEJOWICE | POL | | 84 M20/84 | M / 498 | 00:52:47 00:52:32 | 05.15 | +0:21:37 | 0:25:53 / 469 |
| 540 | 280 | KORDELAS Grzegorz | ŁÓDŹ | POL | ŁÓDŹ RUNNING TEAM | 50 M60/22 | M / 499 | 00:52:47 00:52:31 | 05.15 | +0:21:35 | 0:26:45 / 535 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|----------|--------|----------------------|------------------|-----------|---|------------|--------------------|-------------------|------------|----------|---------------|
| 541 | 272 | KOLUDA Dawid | GRABÓW | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘBĄ | M16/42 | M / 500 | 00:52:50 00:52:42 | 05.16 | +0:21:47 | 0:27:21 / 564 |
| 542 | 672 | WITKOWSKI Wojciech | ŁÓDŹ | POL | | 63 M40/126 | M / 501 | 00:52:51 00:52:28 | 05.14 | +0:21:32 | 0:27:01 / 548 |
| 543 | 493 | POTOCKA Anna | ŁÓDŹ | POL | DRUŻYNA FUNDACJI 'KRWINKA' | 57 K50/3 | K / 42 | 00:52:52 00:52:45 | 05.16 | +0:21:49 | 0:26:53 / 542 |
| 544 | 669 | WILCZYŃSKI Wiktor | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 78 M30/174 | M / 502 | 00:52:53 00:52:22 | 05.14 | +0:21:27 | 0:27:29 / 579 |
| 545 | 678 | WOJCIECHOWSKA Emilia | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 71 K40/7 | K / 43 | 00:52:53 00:52:36 | 05.15 | +0:21:41 | 0:27:26 / 573 |
| 546 | 862 | KLIMEK Łukasz | PABIANICE | POL | | 83 M20/85 | M / 503 | 00:52:54 00:52:40 | 05.16 | +0:21:44 | 0:25:45 / 462 |
| 547 | 798 | BOŻYK Tomasz | ŁÓDŹ | POL | | 71 M40/127 | M / 504 | 00:52:56 00:52:32 | 05.15 | +0:21:37 | 0:27:25 / 571 |
| 548 | 40 | BARAŃSKI Krzysztof | ŁÓDŹ | POL | NIEZRZESZONY | 85 M20/86 | M / 505 | 00:52:57 00:52:27 | 05.14 | +0:21:32 | 0:28:21 / 615 |
| 549 | 172 | GRISGRABER Mariusz | ŁÓDŹ | POL | | 62 M50/53 | M / 506 | 00:53:03 00:52:57 | 05.17 | +0:22:01 | 0:25:40 / 448 |
| 550 | 211 | JAWORSKI Konrad | WARSZAWA | POL | | 76 M30/175 | M / 507 | 00:53:08 00:52:48 | 05.16 | +0:21:52 | 0:26:15 / 499 |
| 551 | 751 | REMBOWSKI Jacek | ŁOWICZ | POL | | 46 M60/23 | M / 508 | 00:53:08 00:52:30 | 05.15 | +0:21:34 | 0:28:25 / 620 |
| 552 | 76 | BUGAJAK Anna | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 71 K40/8 | K / 44 | 00:53:14 00:52:57 | 05.17 | +0:22:02 | 0:27:26 / 574 |
| 553 | 80 | BULSKI Daniel | WACERZÓW | POL | | 73 M30/176 | M / 509 | 00:53:17 00:52:48 | 05.16 | +0:21:52 | 0:27:16 / 556 |
| 554 | 689 | WONKO Ewa | ŁÓDŹ | POL | | 86 K20/14 | K / 45 | 00:53:18 00:53:10 | 05.19 | +0:22:14 | 0:27:11 / 554 |
| 555 | 449 | PASZYŃSKI Józef | ŁÓDŹ | POL | ORIENTUŚ ŁÓDŹ | 53 M50/54 | M / 510 | 00:53:26 00:53:03 | 05.18 | +0:22:07 | 0:27:18 / 559 |
| 556 | 260 | KŁOS Marek | LUTOMIERSK | POL | | 68 M40/128 | M / 511 | 00:53:29 00:53:13 | 05.19 | +0:22:18 | 0:26:46 / 536 |
| 557 | 92 | CHUDZIK Radek | ŁÓDŹ | POL | | 77 M30/177 | M / 512 | 00:53:33 00:53:17 | 05.19 | +0:22:21 | 0:26:15 / 501 |
| 558 | 337 | KURZYDLAK Aleksandra | BEŁCHATÓW | POL | K. B. SPARTAKUS | 79 K30/17 | K / 46 | 00:53:33 00:53:24 | 05.20 | +0:22:28 | 0:27:17 / 558 |
| 559 | 684 | WOLNA Karolina | RUDNIKI | POL | ZABIEGANI CZĘSTOCHOWA | 80 K30/18 | K / 47 | 00:53:41 00:53:24 | 05.20 | +0:22:28 | 0:26:49 / 537 |
| 560 | 142 | GADZINOWSKI Ignacy | RADOM | POL | | 50 M60/24 | M / 513 | 00:53:44 00:53:35 | 05.21 | +0:22:39 | 0:26:33 / 526 |
| 561 | 352 | LISIEWSKA Agata | GŁÓWNO | POL | ŁÓDŹ RUNNING TEAM | 66 K40/9 | K / 48 | 00:53:44 00:53:20 | 05.20 | +0:22:24 | 0:26:49 / 538 |
| 562 | 217 | JUCHNER Jakub | SIERADZ | POL | PARTNERTECH SIERADZ | 79 M30/178 | M / 514 | 00:53:45 00:53:16 | 05.19 | +0:22:20 | 0:27:21 / 562 |
| 563 | 356 | ŁASKI Rafał | SIERADZ | POL | PARTNERTECH SIERADZ | 74 M30/179 | M / 515 | 00:53:45 00:53:23 | 05.20 | +0:22:27 | 0:27:20 / 561 |
| 564 | 402 | MILCZAREK Małgorzata | ŁÓDŹ | POL | BIEGAM BO LUBIE ŁÓDŹ | 74 K30/19 | K / 49 | 00:53:46 00:53:25 | 05.20 | +0:22:29 | 0:26:28 / 520 |
| 565 | 403 | MINIAK Rafał | TOMASZÓW | POL | MARATONYPOLSKIE.PL TEAM | 79 M30/180 | M / 516 | 00:53:59 00:53:47 | 05.22 | +0:22:52 | 0:25:33 / 443 |
| 566 | 305 | KRUSZYŃSKI Andrzej | BEŁCHATÓW | POL | | 59 M50/55 | M / 517 | 00:54:02 00:53:27 | 05.20 | +0:22:32 | 0:28:35 / 628 |
| 567 | 288 | KOT Katarzyna | ŁÓDŹ | POL | BIEGAM PO ŁODZI | 75 K30/20 | K / 50 | 00:54:07 00:53:39 | 05.21 | +0:22:43 | 0:27:25 / 570 |
| 568 | 281 | KORYCKI Krzysztof | ZGIERZ | POL | | 77 M30/181 | M / 518 | 00:54:09 00:53:39 | 05.21 | +0:22:43 | 0:27:16 / 557 |
| 569 | 315 | KUBACKI Dariusz | GROTNIKI | POL | | 70 M40/129 | M / 519 | 00:54:10 00:53:30 | 05.21 | +0:22:35 | 0:28:13 / 610 |
| 570 | 488 | POLEĆ Grzegorz | PRZYGOŃ | POL | NIEZRZESZONY | 56 M50/56 | M / 520 | 00:54:10 00:53:45 | 05.22 | +0:22:49 | 0:28:26 / 622 |
| 571 | 550 | SMUL Bogusława | ŁÓDŹ | POL | | 68 K40/10 | K / 51 | 00:54:12 00:53:59 | 05.23 | +0:23:03 | 0:26:20 / 508 |
| 572 | 457 | PAWLOWSKI Tomasz | DOBRZYCA | POL | TRUCHTACZ DOBRZYCA | 79 M30/182 | M / 521 | 00:54:13 00:54:10 | 05.25 | +0:23:14 | 0:26:14 / 498 |
| 573 | 363 | MADZIARA Aneta | WIELUŃ | POL | | 77 K30/21 | K / 52 | 00:54:13 00:54:05 | 05.24 | +0:23:09 | 0:26:15 / 500 |
| 574 | 223 | KACPRZAK Zbigniew | ŁÓDŹ | POL | SZAKALE BAŁUT | 71 M40/130 | M / 522 | 00:54:15 00:53:41 | 05.22 | +0:22:46 | 0:27:34 / 581 |
| 575 | 244 | KĄZMIERCZAK Marek | ŁÓDŹ | POL | | 59 M50/57 | M / 523 | 00:54:16 00:53:50 | 05.23 | +0:22:54 | 0:27:22 / 565 |
| 576 | 278 | KOPKA Piotr | PABIANICE | POL | | 81 M30/183 | M / 524 | 00:54:17 00:54:00 | 05.24 | +0:23:04 | 0:27:28 / 577 |
| 577 | 430 | NOWAKOWSKI Robert | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘBĄ | M16/43 | M / 525 | 00:54:18 00:54:11 | 05.25 | +0:23:15 | 0:25:44 / 459 |
| 578 | 714 | ZAŃKO Albin | TUREK | POL | ZESPÓŁ SZKÓŁ OGÓLNOKSZTAŁCAJĄCYCH W TURKU | 54 M50/58 | M / 526 | 00:54:20 00:53:48 | 05.22 | +0:22:53 | 0:27:45 / 590 |
| 579 | 762 | GIBOWSKI Robert | WARTKOWICE | POL | NIEZRZESZONY | 77 M30/184 | M / 527 | 00:54:22 00:53:56 | 05.23 | +0:23:00 | 0:28:40 / 632 |














| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points | | | |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|-------------------|-----------------|---------------------|----------|---------------|---------------|
| 580 | 593 | SZKOPEK Jacek | ŁÓDŹ | POL | | 59 | M50/59 | M / 528 | 00:54:26 | 00:54:07 | 05.24 | +0:23:12 | 0:27:00 / 547 | |
| 581 | 597 | SZOKALSKA Urszula | NOWY PRAŻMÓW | POL | KLUB FILIPKA | 69 | K40/11 | K / 53 | 00:54:27 | 00:53:55 | 05.23 | +0:23:00 | 0:27:41 / 587 | |
| 582 | 62 | BŁAŻEJCZYK Agnieszka | ŁÓDŹ | POL | BIEGAMPOLODZI.PL | 65 | K40/12 | K / 54 | 00:54:29 | 00:54:16 | 05.25 | +0:23:21 | 0:26:24 / 517 | |
| 583 | 752 | PIKULSKI Mieczysław | PIŃCZÓW | POL | KL PONIDZIE PIŃCZÓW | 43 | M60/25 | M / 529 | 00:54:30 | 00:54:13 | 05.25 | +0:23:17 | 0:27:22 / 566 | |
| 584 | 324 | KUCHARSKI Marek | KLWÓW | POL | ORANGE POLSKA | 75 | M30/185 | M / 530 | 00:54:33 | 00:53:58 | 05.23 | +0:23:03 | 0:27:35 / 583 | |
| 585 | 132 | FERĘC Jan | ŁÓDŹ | POL | SKS KATOLIK.EDU.PL | 96 | M16/44 | Niep/11 | M / 531 | 00:54:34 | 00:54:16 | 05.25 | +0:23:21 | 0:28:17 / 613 |
| 586 | 116 | DOMAŃSKI Stanisław | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 46 | M60/26 | M / 532 | 00:54:35 | 00:54:04 | 05.24 | +0:23:08 | 0:27:08 / 552 | |
| 587 | 784 | MOSZCZYŃSKI Szymon | ZGIERZ | POL | SKS KATOLIK.EDU.PL | 95 | M16/45 | M / 533 | 00:54:36 | 00:54:22 | 05.26 | +0:23:27 | 0:26:31 / 523 | |
| 588 | 663 | WIECZORKIEWICZ Ewa | MALANÓW | POL | | 64 | K40/13 | K / 55 | 00:54:40 | 00:54:19 | 05.25 | +0:23:23 | 0:27:46 / 591 | |
| 589 | 774 | WASILEWSKA Agnieszka | SZCZERCÓW | POL | KB SPARTAKUS BEŁCHATÓW | 81 | K30/22 | K / 56 | 00:54:44 | 00:54:33 | 05.27 | +0:23:37 | 0:27:38 / 586 | |
| 590 | 497 | PRZYBYLSKA Anna | KOŁO | POL | | 76 | K30/23 | K / 57 | 00:54:54 | 00:54:39 | 05.27 | +0:23:43 | 0:27:51 / 595 | |
| 591 | 179 | GRZELAK Rafał | KOŁO | POL | | 79 | M30/186 | M / 534 | 00:54:54 | 00:54:39 | 05.27 | +0:23:43 | 0:27:51 / 596 | |
| 592 | 371 | MALICKI Grzegorz | NOWY KAZANÓW | POL | KTA PASAT KOŃSKIE | 70 | M40/131 | M / 535 | 00:54:56 | 00:54:28 | 05.26 | +0:23:33 | 0:27:23 / 568 | |
| 593 | 412 | MROWICKA Małgorzata | ŁÓDŹ | POL | | 67 | K40/14 | K / 58 | 00:55:06 | 00:54:49 | 05.28 | +0:23:54 | 0:27:43 / 588 | |
| 594 | 292 | KOWALSKI Jarosław | ZGIERZ | POL | | 74 | M30/187 | M / 536 | 00:55:07 | 00:54:37 | 05.27 | +0:23:41 | 0:28:22 / 617 | |
| 595 | 637 | TRZEPIZUR Artur | CZĘSTOCHOWA | POL | | 69 | M40/132 | M / 537 | 00:55:11 | 00:54:37 | 05.27 | +0:23:41 | 0:29:33 / 654 | |
| 596 | 636 | TRZEPIZUR Magdalena | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 74 | K30/24 | K / 59 | 00:55:12 | 00:54:38 | 05.27 | +0:23:43 | 0:29:33 / 652 | |
| 597 | 205 | JANKOWSKI Dawid | MIROŚLAWKI | POL | | 82 | M30/188 | M / 538 | 00:55:17 | 00:55:03 | 05.30 | +0:24:08 | 0:27:35 / 584 | |
| 598 | 851 | WIERZBICKI Jakub | PODDĘBICE | POL | | 75 | M30/189 | M / 539 | 00:55:18 | 00:54:57 | 05.29 | +0:24:01 | 0:26:53 / 541 | |
| 599 | 380 | MATUSIAK Julita | ŚWINICE | POL | | 93 | K16/4 | K / 60 | 00:55:21 | 00:55:02 | 05.30 | +0:24:06 | 0:28:55 / 638 | |
| 600 | 48 | BEDNAREK Artur | SIERADZ | POL | PARTNERTECH SIERADZ | 83 | M20/87 | M / 540 | 00:55:22 | 00:54:52 | 05.29 | +0:23:57 | 0:27:21 / 563 | |
| 601 | 785 | LISIŃSKI Jakub | ŁÓDŹ | POL | SKS KATOLIK.EDU.PL | 95 | M16/46 | M / 541 | 00:55:24 | 00:55:08 | 05.30 | +0:24:13 | 0:27:49 / 594 | |
| 602 | 524 | RZEŃNICKI Piotr | ŁÓDŹ | POL | BIEGAM BO LUBIE ŁÓDŹ, DRUŻYNA KRWINKI | 82 | M30/190 | M / 542 | 00:55:26 | 00:55:04 | 05.30 | +0:24:09 | 0:28:01 / 603 | |
| 603 | 525 | RZEŃNICKI Zygmunt | ŁÓDŹ | POL | BIEGAM BO LUBIE ŁÓDŹ | 55 | M50/60 | Abst/23 | M / 543 | 00:55:26 | 00:55:04 | 05.30 | +0:24:08 | 0:28:02 / 604 |
| 604 | 55 | BIERNACKI Adam | ŁÓDŹ | POL | ŁÓDŹ / WARSZAWA | 50 | M60/27 | M / 544 | 00:55:30 | 00:55:15 | 05.31 | +0:24:20 | 0:28:33 / 626 | |
| 605 | 542 | SKUPIŃSKI Marcin | ŁÓDŹ | POL | | 83 | M20/88 | Abst/24 | M / 545 | 00:55:31 | 00:55:21 | 05.32 | +0:24:25 | 0:28:10 / 607 |
| 606 | 317 | KUBIAK Daria | ŁÓDŹ | POL | ŁÓDŹ RUNNING TEAM | 83 | K20/15 | K / 61 | 00:55:31 | 00:55:08 | 05.30 | +0:24:12 | 0:27:26 / 572 | |
| 607 | 57 | BIS Filip | POZNAŃ | POL | NIEZRZESZONY | 76 | M30/191 | M / 546 | 00:55:35 | 00:55:05 | 05.30 | +0:24:10 | 0:27:55 / 599 | |
| 608 | 725 | ZIĘBA Małgorzata | ŁÓDŹ | POL | | 63 | K40/15 | K / 62 | 00:55:36 | 00:55:19 | 05.31 | +0:24:23 | 0:27:27 / 576 | |
| 609 | 734 | BŁĄDEK Witold | ŁÓDŹ | POL | NIEZRZESZONY | 44 | M60/28 | M / 547 | 00:55:36 | 00:55:12 | 05.31 | +0:24:16 | 0:27:55 / 600 | |
| 610 | 176 | GRUSZECKI Przemysław | ŁÓDŹ | POL | | 82 | M30/192 | M / 548 | 00:55:39 | 00:55:04 | 05.30 | +0:24:08 | 0:27:59 / 602 | |
| 611 | 414 | MROWIEC Teresa | BLACHOWNIA | POL | | 63 | K40/16 | K / 63 | 00:55:42 | 00:55:31 | 05.33 | +0:24:35 | 0:28:35 / 627 | |
| 612 | 151 | GAWLIK Kinga | ŁĘCZYCA | POL | | 80 | K30/25 | K / 64 | 00:55:43 | 00:55:18 | 05.31 | +0:24:23 | 0:28:41 / 633 | |
| 613 | 326 | KUDŁA Robert | WROCLAW | POL | | 75 | M30/193 | M / 549 | 00:55:47 | 00:55:23 | 05.32 | +0:24:28 | 0:28:47 / 634 | |
| 614 | 759 | ADRYSIEWICZ Mariusz | UNIKAJÓW | POL | | 77 | M30/194 | M / 550 | 00:55:57 | 00:55:24 | 05.32 | +0:24:29 | 0:29:58 / 677 | |
| 615 | 203 | JANIAK Kamil | ZDUŃSKA WOLA | POL | | 91 | M20/89 | M / 551 | 00:56:00 | 00:55:34 | 05.33 | +0:24:38 | 0:30:43 / 699 | |
| 616 | 499 | PRZYBYŁ Tomasz | KALISZ | POL | SUPERMARATON KALISZ | 88 | M20/90 | M / 552 | 00:56:08 | 00:55:57 | 05.35 | +0:25:02 | 0:27:55 / 598 | |
| 617 | 557 | SOLAREK Justyna | ŁÓDŹ | POL | NIEZRZESZONY | 86 | K20/16 | K / 65 | 00:56:09 | 00:55:35 | 05.33 | +0:24:39 | 0:30:12 / 682 | |
| 618 | 899 | MACUR Tomasz | GDAŃSK | POL | KREMÓWKI PO SALEZJAŃSKU | 73 | M30/195 | M / 553 | 00:56:11 | 00:55:38 | 05.33 | +0:24:43 | 0:29:38 / 657 | |
| 619 | 768 | DOMAGAŁA Sebastian | ŁĘCZYCA | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 84 | M16/47 | M / 554 | 00:56:14 | 00:56:06 | 05.36 | +0:25:11 | 0:26:20 / 506 | |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|----------|--------|---------------------------|------------------|-----------|----------------------------|------------|--------------------|-------------------|------------|----------|---------------|
| 620 | 263 | KNAP Arkadiusz | ROKICINY | POL | | 78 M30/196 | M / 555 | 00:56:15 00:56:05 | 05.36 | +0:25:09 | 0:28:29 / 624 |
| 621 | 608 | SZYLLER Bartosz | RĄBIEŃ | POL | | 82 M30/197 | M / 556 | 00:56:15 00:55:36 | 05.33 | +0:24:40 | 0:29:54 / 672 |
| 622 | 111 | DĘTKIEWICZ Ilona | KAROLINÓW | POL | | 85 K20/17 | K / 66 | 00:56:16 00:56:07 | 05.36 | +0:25:11 | 0:28:27 / 623 |
| 623 | 34 | BANASIAK Piotr | OZORKOW | POL | KRZAL ADVENTURE TEAM | 66 M40/133 | M / 557 | 00:56:17 00:55:36 | 05.33 | +0:24:40 | 0:28:17 / 614 |
| 624 | 699 | WRÓBLEWSKA Agnieszka | UNIEJÓW | POL | K.B. GEOTERMIA UNIEJÓW | 85 K20/18 | K / 67 | 00:56:18 00:55:49 | 05.34 | +0:24:54 | 0:29:42 / 661 |
| 625 | 605 | SZURGOT Jolanta | POWIERCIE | POL | | 58 K50/4 | K / 68 | 00:56:19 00:56:05 | 05.36 | +0:25:09 | 0:28:03 / 605 |
| 626 | 282 | KOS Katarzyna | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 85 K20/19 | K / 69 | 00:56:19 00:55:52 | 05.35 | +0:24:57 | 0:29:41 / 660 |
| 627 | 44 | BATAROWICZ Dariusz | UNIEJÓW | POL | KB GEOTERMIA UNIEJÓW | 86 M20/91 | M / 558 | 00:56:19 00:56:00 | 05.36 | +0:25:05 | 0:29:47 / 666 |
| 628 | 338 | KUSIAK Danuta | GRODZISK WLKP. | POL | GRODZISKI KLUB BIEGACZA | 60 K50/5 | K / 70 | 00:56:21 00:56:16 | 05.37 | +0:25:20 | 0:28:14 / 612 |
| 629 | 181 | GRZESKOWIAK Leszek | GRODZISK WLKP. | POL | GRODZISKI KLUB BIEGACZA | 56 M50/61 | M / 559 | 00:56:22 00:56:16 | 05.37 | +0:25:21 | 0:28:14 / 611 |
| 630 | 109 | DEREJSKI Krzysztof | ŁÓDŹ | POL | | 67 M40/134 | M / 560 | 00:56:26 00:56:04 | 05.36 | +0:25:08 | 0:28:21 / 616 |
| 631 | 760 | TOMCZYK Tomasz | UNIEJÓW | POL | | 81 M30/198 | M / 561 | 00:56:28 00:55:55 | 05.35 | +0:25:00 | 0:29:58 / 676 |
| 632 | 766 | DLUGOŁĘCKA Ula | DOBRA | POL | FORSPORT | 59 K50/6 | K / 71 | 00:56:28 00:56:16 | 05.37 | +0:25:20 | 0:28:26 / 621 |
| 633 | 639 | TRZOSOWSKI Jacek | WARSZAWA | POL | C.F.CEFARM | 64 M40/135 | M / 562 | 00:56:30 00:56:09 | 05.36 | +0:25:14 | 0:28:24 / 618 |
| 634 | 892 | FABIŃSKI Tomasz | CISEW | POL | | 77 M30/199 | M / 563 | 00:56:31 00:55:53 | 05.35 | +0:24:57 | 0:28:30 / 625 |
| 635 | 254 | KLĘKA Beata | BELCHATÓW | POL | | 74 K30/26 | K / 72 | 00:56:31 00:56:12 | 05.37 | +0:25:16 | 0:28:36 / 629 |
| 636 | 563 | STALICA Marzena | CZĘSTOCHOWA | POL | | 72 K40/17 | K / 73 | 00:56:32 00:55:45 | 05.34 | +0:24:50 | 0:29:33 / 653 |
| 637 | 11 | ADAMCZYK Tomasz | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 67 M40/136 | M / 564 | 00:56:32 00:55:46 | 05.34 | +0:24:50 | 0:29:33 / 651 |
| 638 | 29 | BALICKI Jacek | ŁÓDŹ | POL | BIEGACZ NOWOSOLNA | 63 M40/137 | M / 565 | 00:56:33 00:56:04 | 05.36 | +0:25:09 | 0:29:51 / 670 |
| 639 | 431 | NOWICKI Jerzy | ŁÓDŹ | POL | BIEGACZ NOWOSOLNA | 51 M60/29 | M / 566 | 00:56:35 00:56:06 | 05.36 | +0:25:11 | 0:29:53 / 671 |
| 640 | 495 | PRAŻUCH Paweł | ŁÓDŹ | POL | | 84 M20/92 | Abst/25 M / 567 | 00:56:41 00:56:27 | 05.38 | +0:25:32 | 0:27:47 / 592 |
| 641 | 633 | TROCIŃSKI Adrian | ŁÓDŹ | POL | | 92 M20/93 | M / 568 | 00:56:44 00:56:30 | 05.39 | +0:25:35 | 0:29:01 / 640 |
| 642 | 494 | PRASOL Szczepan | ŁÓDŹ | POL | AMCOR RUNNING TEAM | 82 M30/200 | M / 569 | 00:56:45 00:56:39 | 05.39 | +0:25:43 | 0:27:29 / 578 |
| 643 | 604 | SZULETA-KOSICKA Agnieszka | BISKUPICE | POL | KB MANIAC POZNAŃ | 70 K40/18 | K / 74 | 00:56:47 00:56:16 | 05.37 | +0:25:20 | 0:29:20 / 646 |
| 644 | 349 | LIPIŃSKI Krzysztof | KOZIEGŁOWY | POL | KB MANIAC POZNAŃ | 62 M50/62 | M / 570 | 00:56:47 00:56:17 | 05.37 | +0:25:22 | 0:29:20 / 645 |
| 645 | 213 | JEDYNAK Izabela | POZNAŃ | POL | KB MANIAC POZNAŃ | 76 K30/27 | K / 75 | 00:56:48 00:56:18 | 05.37 | +0:25:23 | 0:29:19 / 644 |
| 646 | 82 | BURSKI Piotr | PODDĘBICE | POL | NIE TRENUJĘ W KLUBIE | 73 M30/201 | M / 571 | 00:56:49 00:56:31 | 05.39 | +0:25:35 | 0:28:57 / 639 |
| 647 | 562 | STACHOWSKI Piotr | POZNAŃ | POL | | 63 M40/138 | M / 572 | 00:56:56 00:56:44 | 05.40 | +0:25:49 | 0:25:55 / 474 |
| 648 | 428 | NOWAKOWSKI Maciej | WARSZAWA | POL | | 80 M30/202 | M / 573 | 00:56:58 00:56:30 | 05.39 | +0:25:35 | 0:31:05 / 710 |
| 649 | 701 | WYBRAŃSKI Dariusz | DĄBIE | POL | | 66 M40/139 | M / 574 | 00:57:04 00:56:39 | 05.39 | +0:25:44 | 0:30:05 / 680 |
| 650 | 647 | URBAN Marcin | ŁÓDŹ | POL | DRUŻYNA FUNDACJI 'KRWINKA' | 79 M30/203 | M / 575 | 00:57:10 00:56:46 | 05.40 | +0:25:51 | 0:28:49 / 636 |
| 651 | 755 | TARCZ Piotr | UNIEJÓW | POL | K.B. GEOTERMIA UNIEJÓW | 73 M30/204 | Niep/12 M / 576 | 00:57:10 00:56:39 | 05.39 | +0:25:44 | 0:29:35 / 655 |
| 652 | 386 | MATYSIAK Hieronim | KOBYLA GÓRA | POL | | 59 M50/63 | M / 577 | 00:57:24 00:56:46 | 05.40 | +0:25:50 | 0:29:04 / 641 |
| 653 | 610 | SZYMAŃSKI Paweł | PODDĘBICE | POL | | 87 M20/94 | M / 578 | 00:57:31 00:57:17 | 05.43 | +0:26:21 | 0:28:24 / 619 |
| 654 | 788 | JANCAK Tomasz | STRZELCE | POL | AMAZONKA STRZELCE | 73 M30/205 | M / 579 | 00:57:35 00:57:08 | 05.42 | +0:26:12 | 0:29:22 / 648 |
| 655 | 42 | BARTOSIK Arkadiusz | KROŚNIEWICE | POL | MKS EXPOM KROŚNIEWIANKA | 72 M40/140 | M / 580 | 00:57:39 00:57:32 | 05.45 | +0:26:36 | 0:29:08 / 642 |
| 656 | 516 | RUTKOWSKI Tomasz | BELCHATÓW | POL | | 86 M20/95 | M / 581 | 00:57:40 00:57:17 | 05.43 | +0:26:21 | 0:29:48 / 667 |
| 657 | 248 | KIBAŁA Arkadiusz | BELCHATÓW | POL | NIEZRZESZONY | 73 M30/206 | M / 582 | 00:57:41 00:57:17 | 05.43 | +0:26:22 | 0:29:45 / 664 |
| 658 | 97 | CYNIAK Joanna | ŁÓDŹ | POL | SPORTHOSTEL.EU | 84 K20/20 | K / 76 | 00:57:51 00:57:24 | 05.44 | +0:26:29 | 0:29:11 / 643 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points | | |
|----------|--------|--------------------------|------------------|-----------|-------------------------|---------|--------------------|-------------------|------------|----------|--------------|----------|---------------|
| 659 | 559 | SOLAREK Tomasz | ŻABIENIEC | POL | | 78 | M30/207 | M / 583 | 00:57:52 | 00:57:25 | 05.44 | +0:26:29 | 0:28:39 / 631 |
| 660 | 789 | PASIKOWSKA Mariola | ŁÓDŹ | POL | NIEZRZESZONA | 61 | K50/7 | K / 77 | 00:57:57 | 00:57:25 | 05.44 | +0:26:30 | 0:30:03 / 678 |
| 661 | 794 | DOLIŃSKA Agnieszka | WARSZAWA | POL | ALETEMPO | 76 | K30/28 | K / 78 | 00:58:02 | 00:57:51 | 05.47 | +0:26:56 | 0:29:21 / 647 |
| 662 | 694 | WOŹNIAK Dorota maria | ŁÓDŹ | POL | | 70 | K40/19 | K / 79 | 00:58:05 | 00:57:43 | 05.46 | +0:26:48 | 0:28:48 / 635 |
| 663 | 676 | WOJCIECH Abel | KONSTANTYNÓW | POL | DELOITTE ADVENTURE TEAM | 87 | M20/96 | M / 584 | 00:58:07 | 00:57:49 | 05.46 | +0:26:54 | 0:30:44 / 700 |
| 664 | 125 | DUDEK Michał | ŁÓDŹ | POL | | 74 | M30/208 | M / 585 | 00:58:20 | 00:58:04 | 05.48 | +0:27:08 | 0:27:47 / 593 |
| 665 | 27 | BAJAK Filip | ŁÓDŹ | POL | NIEZRZESZONY | 81 | M30/209 | M / 586 | 00:58:27 | 00:57:53 | 05.47 | +0:26:57 | 0:30:48 / 704 |
| 666 | 903 | SZYMAŃSKI Zbigniew | KOŁO | POL | | 45 | M60/30 | M / 587 | 00:58:27 | 00:57:54 | 05.47 | +0:26:58 | 0:30:15 / 684 |
| 667 | 574 | STĘPIEŃ Małgorzata | SZCZERCÓW | POL | | 86 | K20/21 | K / 80 | 00:58:33 | 00:58:23 | 05.50 | +0:27:28 | 0:29:49 / 668 |
| 668 | 171 | GRAMBOR Marcin | PABIANICE | POL | | 82 | M30/210 | M / 588 | 00:58:34 | 00:58:09 | 05.48 | +0:27:14 | 0:31:23 / 721 |
| 669 | 538 | SIWEK Milena | SŁUPNO | POL | | 86 | K20/22 | K / 81 | 00:58:37 | 00:58:27 | 05.50 | +0:27:32 | 0:27:56 / 601 |
| 670 | 102 | CZERNIJ Mariusz | PŁOCK | POL | NIEZRZESZONY | 82 | M30/211 | M / 589 | 00:58:38 | 00:58:27 | 05.50 | +0:27:32 | 0:27:54 / 597 |
| 671 | 606 | SZWEDA-LEWANDOWSKA Zofia | WARSZAWA | POL | | 81 | K30/29 | K / 82 | 00:58:39 | 00:58:06 | 05.48 | +0:27:11 | 0:30:37 / 697 |
| 672 | 881 | KLEPCZAREK Emilia | ŁÓDŹ | POL | | 81 | K30/30 | K / 83 | 00:58:41 | 00:58:06 | 05.48 | +0:27:11 | 0:30:36 / 696 |
| 673 | 613 | ŚMICH Krzysztof | CZĘSTOCHOWA | POL | | 60 | M50/64 | M / 590 | 00:58:46 | 00:58:28 | 05.50 | +0:27:32 | 0:29:32 / 650 |
| 674 | 802 | KRUPSKI Krzysztof | ŁÓDŹ | POL | | 75 | M30/212 | M / 591 | 00:58:52 | 00:58:33 | 05.51 | +0:27:37 | 0:28:53 / 637 |
| 675 | 101 | CZERNIAK Anna | KOTWASICE | POL | | 75 | K30/31 | K / 84 | 00:58:58 | 00:58:33 | 05.51 | +0:27:38 | 0:31:24 / 722 |
| 676 | 446 | PACYNIAK Dawid | PABIANICE | POL | | 84 | M20/97 | M / 592 | 00:59:02 | 00:58:28 | 05.50 | +0:27:33 | 0:32:04 / 745 |
| 677 | 135 | FREBEL Piotr | PABIANICE | POL | | 62 | M50/65 | M / 593 | 00:59:02 | 00:58:33 | 05.51 | +0:27:37 | 0:29:43 / 662 |
| 678 | 473 | PIETRZAK Michał | BABIAK | POL | | 82 | M30/213 | M / 594 | 00:59:04 | 00:58:24 | 05.50 | +0:27:29 | 0:30:28 / 689 |
| 679 | 474 | PIETRZAK Paweł | BABIAK | POL | | 80 | M30/214 | M / 595 | 00:59:05 | 00:58:27 | 05.50 | +0:27:31 | 0:30:27 / 688 |
| 680 | 797 | NOCEŃ Dawid | SULEJÓWEK | POL | | 94 | M16/48 | M / 596 | 00:59:08 | 00:58:50 | 05.53 | +0:27:55 | 0:26:16 / 502 |
| 681 | 900 | NOCEŃ Mariusz | SULEJÓWEK | POL | | 75 | M30/215 | M / 597 | 00:59:08 | 00:58:50 | 05.53 | +0:27:55 | 0:28:13 / 608 |
| 682 | 148 | GALOCH Łukasz | BELCHATÓW | POL | | 80 | M30/216 | M / 598 | 00:59:11 | 00:58:50 | 05.53 | +0:27:55 | 0:30:31 / 691 |
| 683 | 496 | PROSIŃSKI Wiesław | ŁÓDŹ | POL | | 54 | M50/66 | M / 599 | 00:59:14 | 00:58:55 | 05.53 | +0:28:00 | 0:28:37 / 630 |
| 684 | 325 | KUDŁA Alicja | WROCLAW | POL | | 76 | K30/32 | K / 85 | 00:59:21 | 00:58:57 | 05.53 | +0:28:02 | 0:30:13 / 683 |
| 685 | 533 | SENDRA Norbert | ŁÓDŹ | POL | | 77 | M30/217 | M / 600 | 00:59:23 | 00:59:04 | 05.54 | +0:28:09 | 0:29:36 / 656 |
| 686 | 756 | SOBCZAK Tomasz | UNIEJÓW | POL | | 73 | M30/218 | M / 601 | 00:59:24 | 00:58:45 | 05.52 | +0:27:50 | 0:31:41 / 733 |
| 687 | 781 | RĘBACZ Anna | ZDUŃSKA WOLA | POL | | 75 | K30/33 | K / 86 | 00:59:28 | 00:59:02 | 05.54 | +0:28:06 | 0:31:13 / 716 |
| 688 | 783 | RĘBACZ Damian | ZDUŃSKA WOLA | POL | | 98 | M16/49 | M / 602 | 00:59:28 | 00:59:00 | 05.54 | +0:28:04 | 0:31:13 / 715 |
| 689 | 353 | LIU Mariusz | ŁÓDŹ | POL | NIE TRENUJĘ W KLUBIE | 70 | M40/141 | M / 603 | 00:59:30 | 00:59:09 | 05.54 | +0:28:14 | 0:30:31 / 692 |
| 690 | 891 | SKOWRON Joanna | ŁÓDŹ | POL | | 75 | K30/34 | K / 87 | 00:59:33 | 00:59:00 | 05.54 | +0:28:05 | 0:30:16 / 685 |
| 691 | 395 | MICHAŁOWSKI Piotr | ŁÓDŹ | POL | | 72 | M40/142 | M / 604 | 00:59:35 | 00:59:07 | 05.54 | +0:28:12 | 0:30:35 / 695 |
| 692 | 869 | KRZYWDA Marta | GODZIESZE | POL | | 87 | K20/23 | K / 88 | 00:59:39 | 00:59:18 | 05.55 | +0:28:22 | 0:29:51 / 669 |
| 693 | 249 | KICIŃSKA Karolina | ŁÓDŹ | POL | | 88 | K20/24 | K / 89 | 00:59:39 | 00:59:09 | 05.54 | +0:28:13 | 0:31:14 / 717 |
| 694 | 808 | GIWEROWSKI Paweł | ZGIERZ | POL | BIEGAMPOLODZI.PL | 73 | M30/219 | M / 605 | 00:59:40 | 00:59:17 | 05.55 | +0:28:22 | 0:30:29 / 690 |
| 695 | 807 | GIWEROWSKA Agnieszka | ZGIERZ | POL | BIEGAMPOLODZI.PL | 73 | K30/35 | K / 90 | 00:59:41 | 00:59:18 | 05.55 | +0:28:23 | 0:30:31 / 693 |
| 696 | 127 | DYMEL Andrzej | WARSZAWA | POL | | 52 | M60/31 | M / 606 | 00:59:56 | 00:59:36 | 05.57 | +0:28:40 | 0:29:58 / 675 |
| 697 | 584 | SZAMBELAN Angela | WRZEŚNIA | POL | | 82 | K30/36 | K / 91 | 00:59:58 | 00:59:49 | 05.58 | +0:28:54 | 0:30:18 / 686 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|-------------------|-----------------|---------------------|
| 698 | 479 | PILAT Robert | WRZEŚNIA | POL | NIEZRZESZONY | 73 M30/220 | M / 607 | 00:59:59 00:59:34 | 05.57 | +0:28:38 | 0:29:41 / 659 |
| 699 | 749 | STOLARCZYK Stanisław | TŁUSZCZ | POL | BÓBR TŁUSZCZ | 43 M60/32 | M / 608 | 01:00:03 00:59:30 | 05.57 | +0:28:35 | 0:30:45 / 701 |
| 700 | 225 | KACZMAREK Marcin | ŁÓDŹ | POL | STOWARZYSZENIE MOPITEK | 76 M30/221 | M / 609 | 01:00:09 00:59:42 | 05.58 | +0:28:46 | 0:31:36 / 730 |
| 701 | 299 | KRAKOWSKI Teofan | ŁÓDŹ | POL | | 70 M40/143 | M / 610 | 01:00:16 00:59:47 | 05.58 | +0:28:51 | 0:31:57 / 740 |
| 702 | 310 | KRYSIAK Aneta | PODDĘBICE | POL | | 84 K20/25 | K / 92 | 01:00:16 00:59:56 | 05.59 | +0:29:01 | 0:31:34 / 728 |
| 703 | 390 | MĘCZYŃSKI Piotr | LEŻNICA WIELKA | POL | | 69 M40/144 | M / 611 | 01:00:18 00:59:48 | 05.58 | +0:28:52 | 0:31:00 / 709 |
| 704 | 166 | GRABOWSKI Tomasz | 307 STRZELCE | POL | PARAKULOS LEŻNICA WIELKA | 74 M30/222 | M / 612 | 01:00:19 00:59:50 | 05.59 | +0:28:54 | 0:30:57 / 708 |
| 705 | 85 | CHALCIŃSKA Katarzyna | ŁASK | POL | | 69 K40/20 | K / 93 | 01:00:21 00:59:56 | 05.59 | +0:29:00 | 0:29:40 / 658 |
| 706 | 47 | BAKOWSKA Klaudia | KONIN | POL | NIEZRZESZONA | 89 K20/26 | K / 94 | 01:00:21 01:00:06 | 06.00 | +0:29:10 | 0:31:41 / 732 |
| 707 | 234 | KAPUŚCIŃSKI Łukasz | KOŁO | POL | NIEZRZESZONY | 86 M20/98 | M / 613 | 01:00:21 01:00:06 | 06.00 | +0:29:10 | 0:31:36 / 731 |
| 708 | 192 | ILSKA Anna | ŁÓDŹ | POL | LION'S FAMILY SPORT TEAM | 79 K30/37 | K / 95 | 01:00:24 01:00:00 | 06.00 | +0:29:04 | 0:29:43 / 663 |
| 709 | 312 | KRZEMINSKI Adam | WARSZAWA | POL | | 81 M30/223 | M / 614 | 01:00:26 00:59:52 | 05.59 | +0:28:56 | 0:31:59 / 741 |
| 710 | 124 | DUBYK Marcin | NYSA | POL | | 80 M30/224 | M / 615 | 01:00:29 00:59:29 | 05.56 | +0:28:34 | 0:30:03 / 679 |
| 711 | 298 | KRAKOWSKA Magdalena | ŁÓDŹ | POL | | 84 K20/27 | K / 96 | 01:00:30 01:00:16 | 06.01 | +0:29:20 | 0:32:12 / 750 |
| 712 | 297 | KRAKOWSKA Anna | ŁÓDŹ | POL | | 84 K20/28 | K / 97 | 01:00:30 01:00:16 | 06.01 | +0:29:20 | 0:32:12 / 749 |
| 713 | 147 | GALAS Robert | KONIN | POL | WARTKO GOLINA | 74 M30/225 | M / 616 | 01:00:34 01:00:00 | 06.00 | +0:29:05 | 0:31:16 / 718 |
| 714 | 129 | DZIAŁAK Marian | KONIN | POL | NIEZRZESZONY | 48 M60/33 | M / 617 | 01:00:34 01:00:17 | 06.01 | +0:29:21 | 0:29:30 / 649 |
| 715 | 544 | SMARZEK Benita | ŁASK-WIEWIÓRC | POL | JASTRZĄB - 32.BLT ŁASK | 70 K40/21 | K / 98 | 01:00:35 01:00:05 | 06.00 | +0:29:09 | 0:30:53 / 706 |
| 716 | 698 | WRÓBEL Marek | ŁASK | POL | | 50 M60/34 | M / 618 | 01:00:36 01:00:06 | 06.00 | +0:29:11 | 0:30:53 / 707 |
| 717 | 335 | KURZAWSKA Renata | ŁÓDŹ | POL | KB GAPA ŁÓDŹ | 50 K60/2 | K / 99 | 01:00:37 01:00:05 | 06.00 | +0:29:10 | 0:31:45 / 735 |
| 718 | 360 | ŁUCZAK Andrzej | ŁÓDŹ | POL | STOWARZYSZENIE MOPITEK | 70 M40/145 | Abst/26 M / 619 | 01:00:42 01:00:15 | 06.01 | +0:29:20 | 0:30:08 / 681 |
| 719 | 398 | MIKOŁAJCZYK Paulina | UNIEJÓW | POL | K.B. GEOTERMIA UNIEJÓW | 87 K20/29 | K / 100 | 01:00:58 01:00:50 | 06.05 | +0:29:55 | 0:29:57 / 674 |
| 720 | 399 | MIKOŁAJCZYK Sebastian | BOGATYNIA | POL | K.B. GEOTERMIA UNIEJÓW | 81 M30/226 | M / 620 | 01:00:58 01:00:52 | 06.05 | +0:29:56 | 0:29:56 / 673 |
| 721 | 602 | SZTOMBKA Wojciech | ŁÓDŹ | POL | | 59 M50/67 | M / 621 | 01:01:04 01:00:39 | 06.03 | +0:29:44 | 0:30:43 / 698 |
| 722 | 445 | PACHUTA Monika | WRZEŚNIA | POL | | 78 K30/38 | K / 101 | 01:01:06 01:00:57 | 06.05 | +0:30:01 | 0:30:47 / 703 |
| 723 | 37 | BARANOWSKA Joanna | WRZEŚNIA | POL | | 78 K30/39 | K / 102 | 01:01:06 01:00:57 | 06.05 | +0:30:01 | 0:30:47 / 702 |
| 724 | 191 | IGNACZAK Magdalena | WARTKOWICE | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 94 K16/5 | K / 103 | 01:01:11 01:00:55 | 06.05 | +0:29:59 | 0:31:31 / 725 |
| 725 | 467 | PIEKARSKA Anna | ŁÓDŹ | POL | | 68 K40/22 | K / 104 | 01:01:15 01:00:49 | 06.04 | +0:29:54 | 0:31:13 / 714 |
| 726 | 274 | KONARSKA Wiktoria | ŁÓDŹ | POL | | 83 K20/30 | K / 105 | 01:01:15 01:00:51 | 06.05 | +0:29:55 | 0:31:18 / 720 |
| 727 | 276 | KOPERTOWSKI Wiktor | PIOTRKÓW TRYB. | POL | | 52 M60/35 | M / 622 | 01:01:23 01:01:10 | 06.07 | +0:30:14 | 0:30:21 / 687 |
| 728 | 351 | LISIECKA Małgorzata | ZGIERZ | POL | | 74 K30/40 | Abst/27 K / 106 | 01:01:29 01:01:17 | 06.07 | +0:30:21 | 0:31:12 / 713 |
| 729 | 440 | OLEŃSKA Marta | PIĄTKOWISKO | POL | | 80 K30/41 | K / 107 | 01:01:34 01:01:00 | 06.06 | +0:30:04 | 0:33:00 / 756 |
| 730 | 332 | KULESZA Marcin | ŁÓDŹ | POL | | 72 M40/146 | M / 623 | 01:01:34 01:01:07 | 06.06 | +0:30:11 | 0:30:34 / 694 |
| 731 | 121 | DUBEL Andrzej | MALANÓW | POL | | 80 M30/227 | M / 624 | 01:01:39 01:01:15 | 06.07 | +0:30:20 | 0:32:48 / 754 |
| 732 | 600 | SZTACHANSKA Małgorzata | ŁÓDŹ | POL | | 67 K40/23 | K / 108 | 01:01:40 01:01:23 | 06.08 | +0:30:28 | 0:30:52 / 705 |
| 733 | 160 | GOLCZAK Jakub | GRODZISK WLKP. | POL | NIEZRZESZONY | 80 M30/228 | M / 625 | 01:01:52 01:01:25 | 06.08 | +0:30:29 | 0:31:33 / 727 |
| 734 | 786 | JANICKI Janusz | WROCLAW | POL | | 71 M40/147 | M / 626 | 01:01:55 01:01:36 | 06.09 | +0:30:40 | 0:29:46 / 665 |
| 735 | 589 | SZCZYTKOWSKA Monika | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 71 K40/24 | K / 109 | 01:01:58 01:01:25 | 06.08 | +0:30:30 | 0:31:49 / 736 |
| 736 | 882 | OLCZYK Renata | PODDĘBICE | POL | | 68 K40/25 | K / 110 | 01:01:58 01:01:37 | 06.09 | +0:30:42 | 0:31:56 / 739 |
| 737 | 868 | SZCZEPANIAK Michał | ŁÓDŹ | POL | | 67 M40/148 | Abst/28 M / 627 | 01:02:37 01:02:11 | 06.13 | +0:31:15 | 0:31:33 / 726 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik Total Netto | Tempo m/km | diff Net | Check points |
|-----------------|---------------|-----------------------------|-------------------------|------------------|---|----------------|---------------------------|--------------------------|-------------------|-----------------|---------------------|
| 738 | 175 | GRUCHOT Ewa | ŁÓDŹ | POL | | 74 K30/42 | K / 111 | 01:02:43 01:02:17 | 06.13 | +0:31:22 | 0:31:35 / 729 |
| 739 | 331 | KULECZKA Angelina | ŁĘCZYCA | POL | | 93 K16/6 | K / 112 | 01:02:50 01:02:35 | 06.15 | +0:31:40 | 0:32:55 / 755 |
| 740 | 681 | WOJCIECHOWSKI Waldemar | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 63 M40/149 | M / 628 | 01:02:58 01:02:25 | 06.14 | +0:31:30 | 0:31:56 / 738 |
| 741 | 679 | WOJCIECHOWSKA Jolanta | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 60 K50/8 | K / 113 | 01:02:58 01:02:25 | 06.14 | +0:31:30 | 0:31:56 / 737 |
| 742 | 164 | GÓRSKA Katarzyna | WARSZAWA | POL | | 81 K30/43 | K / 114 | 01:02:59 01:02:36 | 06.15 | +0:31:41 | 0:31:45 / 734 |
| 743 | 232 | KAPUSTA Sylwia | MALANÓW | POL | FLORIAN CHOJNICE | 80 K30/44 | Niep/13 K / 115 | 01:03:03 01:02:39 | 06.15 | +0:31:43 | 0:33:06 / 759 |
| 744 | 235 | KARALUS Dariusz | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 64 M40/150 | M / 629 | 01:03:21 01:02:51 | 06.17 | +0:31:55 | 0:32:08 / 748 |
| 745 | 710 | ZAKRZEWSKA Maria | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 65 K40/26 | K / 116 | 01:03:21 01:02:51 | 06.17 | +0:31:56 | 0:32:02 / 742 |
| 746 | 711 | ZAKRZEWSKI Sławomir | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 55 M50/68 | M / 630 | 01:03:22 01:02:51 | 06.17 | +0:31:56 | 0:32:02 / 743 |
| 747 | 803 | NEJC Michał | ŁÓDŹ | POL | | 96 M16/50 | M / 631 | 01:03:49 01:03:23 | 06.20 | +0:32:27 | 0:31:29 / 724 |
| 748 | 419 | NEJC Dariusz | ŁÓDŹ | POL | | 70 M40/151 | M / 632 | 01:03:50 01:03:23 | 06.20 | +0:32:28 | 0:31:29 / 723 |
| 749 | 455 | PAWLAK Piotr | UNIEJÓW | POL | | 83 M20/99 | M / 633 | 01:03:52 01:03:20 | 06.20 | +0:32:24 | 0:31:11 / 712 |
| 750 | 454 | PAWLAK Iwona | UNIEJÓW | POL | | 85 K20/31 | K / 117 | 01:03:52 01:03:31 | 06.21 | +0:32:36 | 0:31:11 / 711 |
| 751 | 122 | DUBEL Angelika | MALANÓW | POL | | 85 K20/32 | K / 118 | 01:04:20 01:03:54 | 06.23 | +0:32:59 | 0:32:25 / 751 |
| 752 | 22 | ANDRZEJEWSKI Piotr | ŁÓDŹ | POL | | 81 M30/229 | M / 634 | 01:04:20 01:03:43 | 06.22 | +0:32:48 | 0:31:17 / 719 |
| 753 | 772 | WACŁAWSKI Adam | PABIANICE | POL | PARTNERTECH SIERADZ | 78 M30/230 | M / 635 | 01:04:23 01:03:53 | 06.23 | +0:32:57 | 0:32:08 / 747 |
| 754 | 438 | OGRODOWCZYK Magdalena | ŁÓDŹ | POL | | 79 K30/45 | K / 119 | 01:04:32 01:04:07 | 06.24 | +0:33:11 | 0:33:05 / 758 |
| 755 | 365 | MAJCHROWSKA Anna | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 64 K40/27 | K / 120 | 01:04:48 01:04:16 | 06.25 | +0:33:21 | 0:32:06 / 746 |
| 756 | 257 | KLIMCZEWSKI Marek | ŁÓDŹ | POL | FOREVER YOUNG ŁÓDŹ | 65 M40/152 | M / 636 | 01:04:48 01:04:18 | 06.25 | +0:33:22 | 0:32:03 / 744 |
| 757 | 149 | GALOCH Paulina | DZIERŻAŃNA | POL | | 88 K20/33 | K / 121 | 01:05:13 01:04:49 | 06.28 | +0:33:53 | 0:32:44 / 753 |
| 758 | 115 | DOLATOWSKA Anna | PARZĘCZEW | POL | | 88 K20/34 | K / 122 | 01:05:24 01:05:02 | 06.30 | +0:34:07 | 0:34:06 / 768 |
| 759 | 686 | WOLSKA Marta | ALEKSANDRÓW | POL | SKS KATOLIK.EDU.PL | 94 K16/7 | K / 123 | 01:05:34 01:05:19 | 06.31 | +0:34:24 | 0:33:07 / 760 |
| 760 | 359 | ŁECHTAŃSKA Grażyna | GOLINA | POL | KB WARTKO | 70 K40/28 | K / 124 | 01:05:56 01:05:38 | 06.33 | +0:34:43 | 0:32:39 / 752 |
| 761 | 355 | LUBERDA Tomasz | KŁOBUCK | POL | NGB KŁOBUCK | 76 M30/231 | M / 637 | 01:05:59 01:05:34 | 06.33 | +0:34:39 | 0:33:20 / 761 |
| 762 | 35 | BANASIAK Elżbieta | ŁÓDŹ | POL | | 57 K50/9 | K / 125 | 01:06:20 01:06:03 | 06.36 | +0:35:08 | 0:33:03 / 757 |
| 763 | 529 | SAGANOWSKA Dorota | WODZIERADY | POL | | 62 K50/10 | K / 126 | 01:08:22 01:07:56 | 06.47 | +0:37:01 | 0:34:06 / 770 |
| 764 | 742 | WĘGRZYCKI Wiesław | KRAKÓW | POL | KL PONIDZIE PIŃCZÓW | 33 M70/3 | Niep/14 M / 638 | 01:08:23 01:08:04 | 06.48 | +0:37:09 | 0:34:41 / 774 |
| 765 | 117 | DOMINIAK Magdalena | WARTKOWICE | POL | ZESPÓŁ SZKÓŁ IM. JADWIGI GRODZKIEJ W ŁĘ | 95 K16/8 | K / 127 | 01:08:23 01:08:07 | 06.48 | +0:37:11 | 0:34:11 / 772 |
| 766 | 671 | WITCZAK Adam | ŁÓDŹ | POL | | 87 M20/100 | M / 639 | 01:08:34 01:08:04 | 06.48 | +0:37:08 | 0:33:32 / 763 |
| 767 | 411 | MOŹDŻAN Michał | ŁÓDŹ | POL | NIEZRZESZONY | 74 M30/232 | M / 640 | 01:08:34 01:08:03 | 06.48 | +0:37:07 | 0:33:31 / 762 |
| 768 | 370 | MALICKA Bożena | ŁÓDŹ | POL | BIEGAM BO LUBIĘ ŁÓDŹ | 67 K40/29 | K / 128 | 01:08:44 01:08:24 | 06.50 | +0:37:29 | 0:34:06 / 767 |
| 769 | 215 | JÓZWIAK Magdalena | OZORKÓW | POL | | 91 K20/35 | K / 129 | 01:08:48 01:08:26 | 06.50 | +0:37:31 | 0:34:06 / 769 |
| 770 | 88 | CHODAKOWSKA Marta | PODDĘBICE | POL | K.B. GEOTERMIA UNIEJÓW | 79 K30/46 | K / 130 | 01:08:53 01:08:34 | 06.51 | +0:37:38 | 0:34:03 / 765 |
| 771 | 369 | MALEWSKA Ewa | PODDĘBICE | POL | | 72 K40/30 | K / 131 | 01:08:53 01:08:33 | 06.51 | +0:37:38 | 0:34:02 / 764 |
| 772 | 464 | PIĄTEK Anna | PODDĘBICE | POL | | 87 K20/36 | K / 132 | 01:08:53 01:08:33 | 06.51 | +0:37:37 | 0:34:03 / 766 |
| 773 | 93 | CICHAWA Mirosław | WARSZAWA | POL | C.F.CEFARM | 83 M20/101 | Abst/29 M / 641 | 01:09:20 01:09:00 | 06.54 | +0:38:04 | 0:34:10 / 771 |
| 774 | 753 | WITCZAK Mikołaj | BIELAWA | POL | | 35 M70/4 | M / 642 | 01:09:32 01:09:12 | 06.55 | +0:38:16 | 0:34:38 / 773 |
| 775 | 110 | DĘBSKA-SZMICH Sylwia | ŁÓDŹ | POL | | 81 K30/47 | K / 133 | 01:09:42 01:09:28 | 06.56 | +0:38:33 | 0:35:21 / 775 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik | | Tempo m/km | diff Net | Check points |
|-------------|-----------|-------------------------|---------------------|---|----------------------------|------------|-----------------------|-----------------|----------|---------------|-------------|---------------|
| | | | | | | | | Total | Netto | | | |
| 776 | 389 | MAZURKIEWICZ Jolanta | ŁÓDŹ |  POL | ORIENTUŚ ŁÓDŹ | 57 | K / 134 | 01:10:44 | 01:10:21 | 07.02 | +0:39:25 | 0:36:23 / 781 |
| 777 | 136 | FRYDRYCH Bożena | WARSZAWA |  POL | | 57 | K / 135 | 01:10:46 | 01:10:27 | 07.02 | +0:39:32 | 0:36:12 / 778 |
| 778 | 625 | TĘCZA Edyta | KRUSZYNA |  POL | ZABIEGANI CZĘSTOCHOWA | 84 | K / 136 | 01:11:07 | 01:10:31 | 07.03 | +0:39:35 | 0:35:23 / 776 |
| 779 | 626 | TĘCZA Jakub | CZĘSTOCHOWA |  POL | ZABIEGANI CZĘSTOCHOWA | 84 | M / 643 | 01:11:09 | 01:10:32 | 07.03 | +0:39:37 | 0:35:24 / 777 |
| 780 | 736 | DOMAŃSKI Jacek expedyt | WARSZAWA |  POL | WKS META LUBLINIEC | 41 | M70/5 Niep/15 | 01:11:20 | 01:10:48 | 07.04 | +0:39:52 | 0:36:19 / 780 |
| 781 | 291 | KOWALCZYK Kamil | WARSZAWA |  POL | C.F.CEFARM | 84 | M / 645 | 01:13:23 | 01:13:03 | 07.18 | +0:42:07 | 0:36:31 / 783 |
| 782 | 733 | ŻUK Katarzyna | WARSZAWA |  POL | C.F.CEFARM | 83 | K / 137 | 01:13:23 | 01:13:04 | 07.18 | +0:42:08 | 0:36:31 / 782 |
| 783 | 378 | MAREK Henryk | WARSZAWA |  POL | | 47 | M / 646 | 01:13:33 | 01:13:14 | 07.19 | +0:42:18 | 0:36:19 / 779 |
| 784 | 556 | SOLAREK Danuta | ŁÓDŹ |  POL | NIEZRZESZONY | 62 | K / 138 | 01:13:49 | 01:13:15 | 07.19 | +0:42:20 | 0:38:36 / 786 |
| 785 | 258 | KLIMEK Krzysztof | ŁÓDŹ |  POL | ORIENTUŚ ŁÓDŹ | 52 | M / 647 | 01:14:46 | 01:14:22 | 07.26 | +0:43:27 | 0:36:51 / 785 |
| 786 | 750 | ROSIŃSKA Janina | PABIANICE |  POL | AZS ŁÓDŹ | 36 | K70/1 Abst/30 | 01:16:03 | 01:16:00 | 07.36 | +0:45:04 | 0:36:43 / 784 |
| 787 | 197 | JAKUBOWSKA Jolanta | WIELUŃ |  POL | NIEZRZESZONA | 63 | K40/31 Niep/16 | 01:18:56 | 01:18:18 | 07.49 | +0:47:22 | 0:40:05 / 787 |
| 788 | 744 | SZYMAŃSKI Zdzisław | KOŁO |  POL | BUD-REM | 44 | M / 648 | 01:18:56 | 01:18:31 | 07.51 | +0:47:36 | 0:40:08 / 788 |