

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Brutto | Netto | Km/h | Czas/Km |
|--------|------|---------------------------|----------------------|------|-------|-------|--------|-------|--------|---------|
| 1 | 72 | PIASECKI RADOSŁAW | BIEGA BO LUBIĘ GŁOGÓ | 1978 | 1 | 10kmM | 34:14 | 34:13 | 17,535 | 3:25 |
| 2 | 109 | ZAWADZKI BARTOSZ | SIEDLIKO | 1985 | 2 | 10kmM | 37:21 | 37:19 | 16,079 | 3:44 |
| 3 | 64 | OSIADŁY JAKUB | TEAM DRACZYŃSKI,NOWA | 1998 | 3 | 10kmM | 37:44 | 37:43 | 15,908 | 3:46 |
| 4 | 8 | KOMENDACKI DOMINIK | KGHM ZG RUN,GŁOGÓW | 1978 | 4 | 10kmM | 38:21 | 38:21 | 15,645 | 3:50 |
| 5 | 91 | SZENK MARTA | BYDGOSZCZ | 1980 | 1 | 10kmK | 38:55 | 38:55 | 15,418 | 3:53 |
| 6 | 89 | SWOBODA GRZEGORZ | NOWA SÓL | 1982 | 5 | 10kmM | 39:20 | 39:17 | 15,274 | 3:56 |
| 7 | 99 | WEBER KRYSZTIAN | BIEGAJĄCY_TATA,ŻARY | 1980 | 6 | 10kmM | 39:50 | 39:49 | 15,069 | 3:59 |
| 8 | 90 | SZCZUROWSKI MARIUSZ | MIŁO3 ,BYTOM ODRZAŃS | 1984 | 7 | 10kmM | 41:08 | 41:06 | 14,599 | 4:06 |
| 9 | 120 | POKLEPA DAWID | KB WIKON/ TEAM DRACZ | 1984 | 8 | 10kmM | 41:23 | 41:22 | 14,504 | 4:08 |
| 10 | 60 | MILEWICZ DARIUSZ | BOHAR PALET RUNNERS, | 1986 | 9 | 10kmM | 41:28 | 41:27 | 14,475 | 4:08 |
| 11 | 94 | SZYDŁO MATEUSZ | SIEDLIKO | 2001 | 10 | 10kmM | 41:38 | 41:36 | 14,423 | 4:09 |
| 12 | 54 | MARKOWIAK DANIEL | NOWOSOLSKA GRUPA BIE | 1985 | 11 | 10kmM | 41:45 | 41:43 | 14,383 | 4:10 |
| 13 | 18 | GŁOWACKI PAWEŁ | KB WIKON NOWA SÓL,NO | 1987 | 12 | 10kmM | 42:01 | 41:59 | 14,291 | 4:12 |
| 14 | 112 | ŻYWICKI CZESŁAW | TEAM KOPEĆ/RZEPIN,RZ | 1969 | 13 | 10kmM | 42:06 | 42:04 | 14,263 | 4:12 |
| 15 | 32 | JUCHNIEWICZ-POGORZELSKA J | KOŻUCHÓW | 1978 | 2 | 10kmK | 42:22 | 42:21 | 14,168 | 4:14 |
| 16 | 119 | MANTURA MAREK | OTYN | 1980 | 14 | 10kmM | 43:11 | 43:05 | 13,926 | 4:19 |
| 17 | 71 | PERŁAKOWSKI TADEUSZ | MTS DRUŻYNA SZPIKU K | 1956 | 15 | 10kmM | 43:25 | 43:21 | 13,841 | 4:20 |
| 18 | 66 | PALUS DAMIAN | BYTOM ODRZAŃSKI | 2003 | 16 | 10kmM | 43:36 | 43:32 | 13,783 | 4:21 |
| 19 | 67 | PALUS MARCIN | BYTOM ODRZAŃSKI | 1973 | 17 | 10kmM | 44:13 | 44:09 | 13,590 | 4:25 |
| 20 | 25 | GURGACZ TOMASZ | BYTOM ODRZAŃSKI | 1978 | 18 | 10kmM | 44:32 | 44:29 | 13,488 | 4:27 |
| 21 | 19 | GOLONKA PAWEŁ | KB WIKON NOWA SÓL,NO | 1983 | 19 | 10kmM | 44:34 | 44:30 | 13,483 | 4:27 |
| 22 | 93 | SZREDER ANDRZEJ | NIEZRZESZONY EMERYT, | 1954 | 20 | 10kmM | 44:40 | 44:37 | 13,448 | 4:28 |
| 23 | 123 | ŻURAWSKI BARTOSZ | METAPACK POLAND, N.M | 1997 | 21 | 10kmM | 44:53 | 44:52 | 13,373 | 4:29 |
| 24 | 92 | SZNAJDER RAFAŁ | BOROWIEC | 1988 | 22 | 10kmM | 45:00 | 44:57 | 13,348 | 4:30 |
| 25 | 59 | MIKOŁAJCZYK DARIUSZ | ZIELONA GÓRA | 1984 | 23 | 10kmM | 45:03 | 45:02 | 13,323 | 4:30 |
| 26 | 118 | GAŁĄZKIEWICZ MARIAN | BYTOM ODRZAŃSKI | 1956 | 24 | 10kmM | 45:41 | 45:41 | 13,134 | 4:34 |
| 27 | 96 | ŚWIĘCICKA EWELINA | FHU"DAS"DARIUSZ ŚWIĘ | 1977 | 3 | 10kmK | 45:43 | 45:40 | 13,139 | 4:34 |
| 28 | 37 | KLEBAN TOMASZ | MORSY BYTOM ODRZAŃSK | 1984 | 25 | 10kmM | 46:13 | 46:10 | 12,996 | 4:37 |
| 29 | 111 | ZIEMIŃSKI TOMASZ | BIEGAM BO LUBIĘ GŁOG | 1982 | 26 | 10kmM | 46:18 | 46:13 | 12,982 | 4:37 |
| 30 | 2 | BANASZEK JANUSZ | ŻARY RANNERS TEAM,ŻA | 1973 | 27 | 10kmM | 46:25 | 46:25 | 12,926 | 4:38 |
| 31 | 117 | LESZKIEWICZ KRZYSZOTF | BYTOM ODRZAŃSKI | 1981 | 28 | 10kmM | 46:28 | 46:26 | 12,922 | 4:38 |
| 32 | 17 | GAWLIK RAFAŁ | OSP BYTOM ODRZAŃSKI, | 1989 | 29 | 10kmM | 46:54 | 46:49 | 12,816 | 4:41 |
| 33 | 125 | JĘDRZEJCZAK TOMASZ | GŁOGÓW | 1977 | 30 | 10kmM | 47:17 | 47:08 | 12,730 | 4:43 |
| 34 | 63 | HETNER ROBERT | KB WIKON NOWA SÓL,NO | 1981 | 31 | 10kmM | 47:22 | 47:13 | 12,707 | 4:44 |
| 35 | 79 | ROKOSZ TOMASZ | BRZEG GŁOGOWSKI | 1968 | 32 | 10kmM | 47:30 | 47:24 | 12,658 | 4:45 |
| 36 | 53 | MAKAŁOWSKA KAROLINA | 1988,NOWA SÓL | 1988 | 4 | 10kmK | 47:51 | 47:47 | 12,557 | 4:47 |
| 37 | 31 | JÓŻWIAK RADOSŁAW | BIEGACZE ZJADACZE KM | 1979 | 33 | 10kmM | 48:07 | 48:01 | 12,496 | 4:48 |
| 38 | 48 | KUCHNIK PIOTR | MŁODE ORŁY,BYTOM ODR | 1986 | 34 | 10kmM | 48:40 | 48:35 | 12,350 | 4:52 |
| 39 | 107 | WULLRICH ARKADIUSZ | NOWA SÓL | 1985 | 35 | 10kmM | 48:45 | 48:39 | 12,333 | 4:52 |
| 40 | 14 | DĘBSKI PIOTR | ŻUKOWICE | 1971 | 36 | 10kmM | 48:58 | 48:54 | 12,270 | 4:53 |
| 41 | 45 | KOZŁOWSKI MICHAŁ | BYTOM ODRZAŃSKI | 1991 | 37 | 10kmM | 49:01 | 48:59 | 12,249 | 4:54 |
| 42 | 52 | MAGIERA JAROSŁAW | LUBIĘCIN | 1969 | 38 | 10kmM | 49:02 | 48:55 | 12,266 | 4:54 |
| 43 | 121 | GAWLIK MARCIN | BYTOM ODRZAŃSKI | 1997 | 39 | 10kmM | 49:40 | 49:31 | 12,117 | 4:58 |
| 44 | 1 | KOZŁOWSKA JUSTYNA | KLUB BIEGOWY WIKON N | 1990 | 5 | 10kmK | 50:05 | 50:04 | 11,984 | 5:00 |
| 45 | 126 | LOBODA WIKTOR | BYTOM ODRZAŃSKI | 1963 | 40 | 10kmM | 50:16 | 50:12 | 11,952 | 5:01 |
| 46 | 23 | GRYGOROWICZ ADAM | ARBITER,NOWA SÓL | 1978 | 41 | 10kmM | 50:24 | 50:13 | 11,948 | 5:02 |
| 47 | 5 | BRODZIŃSKA EMILIA | HARPAGAN ZG,KROSNO O | 1982 | 6 | 10kmK | 50:26 | 50:21 | 11,917 | 5:02 |

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Brutto | Netto | Km/h | Czas/Km |
|--------|------|---------------------------|----------------------|------|-------|-------|---------|---------|--------|---------|
| 48 | 74 | PLACKOWSKI MARCIN | GOSTYŃ,POZNAŃ | 1992 | 42 | 10kmM | 50:44 | 50:37 | 11,854 | 5:04 |
| 49 | 88 | STĘPIEŃ KRZYSZTOF | BYTOM ODRZAŃSKI | 1993 | 43 | 10kmM | 50:52 | 50:39 | 11,846 | 5:05 |
| 50 | 12 | CZAPLICKI MAREK | BYTOM ODRZAŃSKI | 1976 | 44 | 10kmM | 51:04 | 50:57 | 11,776 | 5:06 |
| 51 | 85 | SAS ROBERT | RUN FOR FUN - ZGZB,Z | 1977 | 45 | 10kmM | 51:04 | 50:53 | 11,792 | 5:06 |
| 52 | 41 | KOWALÓW DAMIAN | ZIELONA GÓRA | 1988 | 46 | 10kmM | 51:08 | 50:59 | 11,769 | 5:06 |
| 53 | 36 | KASPRZAK RAFAŁ | WIR BYTOM ODRZANSKI | 1984 | 47 | 10kmM | 51:13 | 51:07 | 11,738 | 5:07 |
| 54 | 27 | HETNAR ARTUR | KB WIKON NOWA SÓL ,N | 1976 | 48 | 10kmM | 51:50 | 51:42 | 11,605 | 5:11 |
| 55 | 98 | TELEGA MARTA | BYTOM ODRZAŃSKI | 1981 | 7 | 10kmK | 51:59 | 51:56 | 11,553 | 5:11 |
| 56 | 9 | CHMIELEWSKI TOMASZ | BYTOM ODRZANSKI | 1977 | 49 | 10kmM | 52:19 | 52:10 | 11,502 | 5:13 |
| 57 | 56 | MARKULAK ZBYSZEK | MARSZÓW,ŻARY | 1973 | 50 | 10kmM | 52:24 | 52:20 | 11,465 | 5:14 |
| 58 | 33 | JURASZEK ANDRZEJ | MORSY BYTOMODRZAŃSKI | 1972 | 51 | 10kmM | 52:33 | 52:25 | 11,447 | 5:15 |
| 59 | 65 | OSKWAREK BARTOSZ | KB WIKON NOWA SÓL,NO | 1995 | 52 | 10kmM | 53:02 | 52:54 | 11,342 | 5:18 |
| 60 | 15 | DOMIŃCZAK JUSTYNA | BYTOM ODRZAŃSKI | 1979 | 8 | 10kmK | 53:17 | 53:14 | 11,271 | 5:19 |
| 61 | 122 | SALMANOWICZ ZDZISŁAW | ZIELONA GÓRA | 1951 | 53 | 10kmM | 53:46 | 53:44 | 11,166 | 5:22 |
| 62 | 50 | LIS PIOTR | ŁUGITEAM,OTYŃ | 1977 | 54 | 10kmM | 53:47 | 53:42 | 11,173 | 5:22 |
| 63 | 76 | PŁOŃCZAK DARIUSZ | KGHM P30,BYTOM ODRZA | 1968 | 55 | 10kmM | 53:56 | 53:47 | 11,156 | 5:23 |
| 64 | 43 | KOZIAR LESZEK | RUCK FUNNING,GŁOGÓW | 1980 | 56 | 10kmM | 54:03 | 54:01 | 11,108 | 5:24 |
| 65 | 106 | WOLAK PIOTR | LOS TREPOS COMPANIER | 1984 | 57 | 10kmM | 54:26 | 54:17 | 11,053 | 5:26 |
| 66 | 10 | CIEŚLIK KAROLINA | WKURW_TEAM,NOWA SÓL | 1985 | 9 | 10kmK | 54:44 | 54:36 | 10,989 | 5:28 |
| 67 | 55 | MARKULAK ELLA | MARSZÓW,ŻARY | 1976 | 10 | 10kmK | 54:58 | 54:55 | 10,926 | 5:29 |
| 68 | 22 | GRELA JAREK | ZIELONA GÓRA | 1977 | 58 | 10kmM | 55:00 | 54:50 | 10,942 | 5:30 |
| 69 | 103 | WIĘCŁAW JULIA | ZIELONA GÓRO ZACZNIJ | 1985 | 11 | 10kmK | 55:22 | 55:11 | 10,873 | 5:32 |
| 70 | 58 | MIKOŁAJCZAK MATEUSZ | MODRZYCA | 1990 | 59 | 10kmM | 55:23 | 55:19 | 10,847 | 5:32 |
| 71 | 110 | ZAWORA ADAM | NOWA SÓL | 1976 | 60 | 10kmM | 55:45 | 55:36 | 10,791 | 5:34 |
| 72 | 105 | WOJTCZAK PAWEŁ | BYTOM ODRZAŃSKI | 1988 | 61 | 10kmM | 55:48 | 55:37 | 10,788 | 5:34 |
| 73 | 86 | SAWICKI KRZYSZTOF | KRZYSIEK BIEGA,KOŻUC | 1975 | 62 | 10kmM | 55:48 | 55:38 | 10,785 | 5:34 |
| 74 | 21 | GOTTER GRAŻYNA | NOWA SÓL | 1978 | 12 | 10kmK | 56:00 | 55:55 | 10,730 | 5:36 |
| 75 | 114 | WALKÓW-MAZAK MARTA | KOŻUCHÓW | 1982 | 13 | 10kmK | 56:02 | 55:54 | 10,733 | 5:36 |
| 76 | 113 | MAZAK ROMUALD | MAZAK DREAM TEAM,KOŻ | 1981 | 63 | 10kmM | 56:02 | 55:54 | 10,733 | 5:36 |
| 77 | 100 | WEBER MALWINA | BIEGAJĄCY_TATA,ŻARY | 1987 | 14 | 10kmK | 56:15 | 56:06 | 10,695 | 5:37 |
| 78 | 57 | MAZURKIEWICZ TOMASZ | OBY NIE BYŁO STEFANA | 1981 | 64 | 10kmM | 56:29 | 56:17 | 10,660 | 5:38 |
| 79 | 51 | LIS URSZULA | ŁUGTEAM,OTYŃ | 1981 | 15 | 10kmK | 56:33 | 56:26 | 10,632 | 5:39 |
| 80 | 78 | ROKOSZ KATARZYNA | BRZEG GŁOGOWSKI | 1971 | 16 | 10kmK | 56:52 | 56:43 | 10,579 | 5:41 |
| 81 | 24 | GURBAN MIECZYSLAW | BYTOM ODRZANSKI | 1962 | 65 | 10kmM | 57:15 | 57:11 | 10,493 | 5:43 |
| 82 | 39 | KORBECKA - RYGIEL AGNIESZ | KB WIKON NOWA SÓL,NO | 1973 | 17 | 10kmK | 57:35 | 57:27 | 10,444 | 5:45 |
| 83 | 40 | KOWALCZYK-HETNAR MARTA | KB WIKON NOWA SÓL ,N | 1976 | 18 | 10kmK | 57:35 | 57:27 | 10,444 | 5:45 |
| 84 | 101 | WERŁOS DAMIAN | 1989,NOWA SÓL | 1989 | 66 | 10kmM | 57:44 | 57:33 | 10,426 | 5:46 |
| 85 | 4 | BĘBEN WIOLETA | KB WIKON NOWA SÓL ,K | 1972 | 19 | 10kmK | 57:47 | 57:40 | 10,405 | 5:46 |
| 86 | 46 | KRAWCZAK KAROLINA | BIEGAM BO LUBIĘ GŁOG | 1988 | 20 | 10kmK | 58:25 | 58:18 | 10,292 | 5:50 |
| 87 | 13 | CZYREK ARKADIUSZ | KOŻUCHÓW | 1984 | 67 | 10kmM | 58:51 | 58:41 | 10,224 | 5:53 |
| 88 | 108 | ZALEWSKA JOANNA | BYTOM ODRZAŃSKI | 1978 | 21 | 10kmK | 59:46 | 59:38 | 10,061 | 5:58 |
| 89 | 47 | KUCHARSKA MAŁGORZATA | KROSNO ODRZAŃSKIE | 1978 | 22 | 10kmK | 1:00:02 | 59:56 | 10,011 | 6:00 |
| 90 | 116 | ORTYL RAFAŁ | BYTOM ODRZAŃSKI | 1988 | 68 | 10kmM | 1:00:16 | 1:00:03 | 9,992 | 6:01 |
| 91 | 49 | KUZIO KATARZYNA | BYTOM ODRZAŃSKI | 1986 | 23 | 10kmK | 1:00:31 | 1:00:20 | 9,945 | 6:03 |
| 92 | 77 | POMORSKI SŁAWOMIR | KB WIKON NOWA SÓL,NO | 1978 | 69 | 10kmM | 1:01:04 | 1:00:56 | 9,847 | 6:06 |
| 93 | 73 | PIWOŃSKI KRYSZTIAN | MORSY BYTOMODRZAŃSKI | 1978 | 70 | 10kmM | 1:01:27 | 1:01:22 | 9,777 | 6:08 |
| 94 | 34 | KARAKOLIS NATALIA | KIEŁCZ | 2000 | 24 | 10kmK | 1:01:45 | 1:01:40 | 9,730 | 6:10 |

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Brutto | Netto | Km/h | Czas/Km |
|--------|------|---------------------|----------------------|------|-------|-------|---------|---------|-------|---------|
| 95 | 124 | WIELICZKO BARTOSZ | GŁOGÓW | 1983 | 71 | 10kmM | 1:03:29 | 1:03:19 | 9,476 | 6:20 |
| 96 | 75 | PŁOŃCZAK ALEKSANDRA | NOWOSOLSKA GRUPA BIE | 1981 | 25 | 10kmK | 1:03:44 | 1:03:37 | 9,431 | 6:22 |
| 97 | 82 | RUSIN JANINA | HARENDZIAKI, ŻARY | 1965 | 26 | 10kmK | 1:04:22 | 1:04:15 | 9,339 | 6:26 |
| 98 | 35 | KASPRZAK JUSTYNA | WIR BYTOM ODRZAŃSKI, | 1984 | 27 | 10kmK | 1:04:23 | 1:04:13 | 9,343 | 6:26 |
| 99 | 26 | HARENDA CZESŁAW | HARENDZIAKI, ŻARY | 1967 | 72 | 10kmM | 1:04:24 | 1:04:17 | 9,334 | 6:26 |
| 100 | 3 | BERNAT MAGDALENA | NOWA SÓL | 1981 | 28 | 10kmK | 1:04:55 | 1:04:43 | 9,271 | 6:29 |
| 101 | 87 | SITARZ NATANIEL | BYTOM ODRZAŃSKI | 2005 | 73 | 10kmM | 1:05:40 | 1:05:37 | 9,144 | 6:34 |
| 102 | 38 | KLIMEK BARBARA | KKPN "LEJDIS" BYTOM | 1989 | 29 | 10kmK | 1:08:08 | 1:07:56 | 8,832 | 6:48 |
| 103 | 11 | CZAPLICKA BEATA | BYTOM ODRZAŃSKI | 1983 | 30 | 10kmK | 1:08:24 | 1:08:19 | 8,783 | 6:50 |
| 104 | 80 | RÓŻYCKA ANNA | GAWORZYCE | 1991 | 31 | 10kmK | 1:11:03 | 1:10:51 | 8,469 | 7:06 |
| 105 | 81 | RÓŻYCKI PAWEŁ | GAWORZYCE | 1991 | 74 | 10kmM | 1:11:03 | 1:10:52 | 8,467 | 7:06 |
| 106 | 70 | PAWLAK MAGDALENA | BYTOM ODRZAŃSKI | 1985 | 32 | 10kmK | 1:12:13 | 1:12:01 | 8,331 | 7:13 |