

XXV Jubileuszowy Strzelecki Bieg Uliczny im. E. Ferta

WYNIKI ZAWODÓW / RESULTS LIST

OPEN

Organizator: Urząd Miejski - Referat Sportu i Rekreacji w Strzelcach Opolskich

Data: 20 grudnia 2014 r.

Miejsce: Strzelce Opolskie

Dystans: 15 km

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|-------------|-----------|-------------------------|---------------------|--------------|--|------------|-----------------------|--------------|---------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | | | | | | | | | 3 km | 4 km | 7 km | 8 km | 11 km | 12,4 km |
| 1 | 4599 | BŁAŻYŃSKI Marcin | Opole | | POL Wkb Meta Lubliniec | 88 | M20/1 M / 1 | 00:48:03 | 03.12 | +0:00:00 | 0:07:06 / 1 | 0:12:09 / 1 | 0:20:36 / 1 | 0:25:48 / 1 | 0:34:23 / 1 | 0:39:33 / 1 |
| 2 | 597 | MALINA Dawid | Rybnik | | POL Chemika Rybnik | 91 | M20/2 M / 2 | 00:48:54 | 03.15 | +0:00:51 | 0:07:25 / 6 | 0:12:39 / 3 | 0:21:34 / 5 | 0:26:54 / 3 | 0:35:37 / 2 | 0:40:37 / 2 |
| 3 | 760 | PĄŁKA Piotr | Olsztyn | | POL Cks Budowlani Częstochowa | 84 | M30/1 M / 3 | 00:49:02 | 03.16 | +0:00:59 | 0:07:24 / 2 | 0:12:39 / 2 | 0:21:34 / 4 | 0:26:54 / 2 | 0:35:37 / 3 | 0:40:37 / 3 |
| 4 | 125 | CIEPLAK Marcin | Rybnik | | POL Chemika Rybnik | 91 | M20/3 M / 4 | 00:49:13 | 03.16 | +0:01:10 | 0:07:25 / 8 | 0:12:40 / 8 | 0:21:35 / 8 | 0:26:55 / 6 | 0:35:37 / 4 | 0:40:38 / 4 |
| 5 | 261 | GRAJCAR Łukasz | Konopiska | | POL Cks Budowlani Częstochowa | 87 | M20/4 M / 5 | 00:49:54 | 03.19 | +0:01:51 | 0:07:25 / 4 | 0:12:40 / 7 | 0:21:33 / 2 | 0:26:54 / 4 | 0:35:44 / 5 | 0:41:06 / 5 |
| 6 | 594 | MAKOŚ Kamil | Bolesławiec | | POL 10bkpanc | 81 | M30/2 M / 6 | 00:50:05 | 03.20 | +0:02:02 | 0:07:28 / 10 | 0:12:39 / 5 | 0:21:35 / 6 | 0:26:55 / 5 | 0:35:54 / 6 | 0:41:14 / 6 |
| 7 | 969 | STARODUBTSEV Viktor | Lwow | | UKR Jm Demolex Bardejov | 70 | M40/1 M / 7 | 00:50:11 | 03.20 | +0:02:08 | 0:07:25 / 7 | 0:12:39 / 4 | 0:21:35 / 9 | 0:26:55 / 7 | 0:35:55 / 7 | 0:41:15 / 7 |
| 8 | 288 | HALCZAK Szymon | Kędzierzyn-Koźle | | POL Anton Team | 94 | M20/5 M / 8 | 00:50:28 | 03.21 | +0:02:25 | 0:07:25 / 9 | 0:12:40 / 10 | 0:21:35 / 10 | 0:26:58 / 9 | 0:36:02 / 8 | 0:41:26 / 8 |
| 9 | 257 | GRABOWSKI Karol | Częstochowa | | POL - | 89 | M20/6 M / 9 | 00:51:07 | 03.24 | +0:03:04 | 0:07:25 / 5 | 0:12:40 / 6 | 0:21:35 / 7 | 0:26:57 / 8 | 0:36:15 / 9 | 0:41:48 / 9 |
| 10 | 944 | SOBCZYK Tomasz | Wrocław | | POL Luks Żórawina/wrocław Maraton Team | 77 | M30/3 M / 10 | 00:51:32 | 03.26 | +0:03:29 | 0:07:24 / 3 | 0:12:40 / 9 | 0:21:34 / 3 | 0:27:03 / 10 | 0:36:24 / 10 | 0:42:02 / 10 |
| 11 | 53 | BIELIŃSKI Piotr | Knurów | | POL Sokół Knurów/rydz Team | 88 | M20/7 M / 11 | 00:51:50 | 03.27 | +0:03:47 | 0:07:29 / 11 | 0:12:56 / 11 | 0:22:00 / 11 | 0:27:34 / 11 | 0:36:59 / 11 | 0:42:34 / 11 |
| 12 | 391 | KASPRZAK Radosław | Rybnik | | POL Chemika Rybnik | 91 | M20/8 M / 12 | 00:52:01 | 03.28 | +0:03:58 | 0:07:52 / 18 | 0:13:19 / 16 | 0:22:26 / 12 | 0:28:00 / 12 | 0:37:21 / 12 | 0:42:52 / 12 |
| 13 | 972 | STARZYŃSKI Dariusz | Sędziszów | | POL Pkp Energetyka Katowice | 74 | M40/2 M / 13 | 00:52:51 | 03.31 | +0:04:48 | 0:07:46 / 15 | 0:13:16 / 15 | 0:22:38 / 15 | 0:28:20 / 13 | 0:37:49 / 13 | 0:43:25 / 13 |
| 14 | 7 | ANTCZAK Robert | Racibórz | | POL Sokół Racibórz/easy Run Racibórz | 81 | M30/4 M / 14 | 00:52:56 | 03.31 | +0:04:53 | 0:07:46 / 16 | 0:13:15 / 14 | 0:22:32 / 13 | 0:28:20 / 15 | 0:37:49 / 14 | 0:43:26 / 14 |
| 15 | 367 | KADŁUCZKA Jan | Głogówek | | POL Cross Krapkowice | 83 | M30/5 M / 15 | 00:52:58 | 03.31 | +0:04:55 | 0:07:40 / 12 | 0:13:15 / 13 | 0:22:37 / 14 | 0:28:20 / 14 | 0:37:57 / 15 | 0:43:40 / 15 |
| 16 | 180 | DYCZEK Mariusz | Zdzieszowice | | POL Anton Team Zdzieszowice | 79 | M30/6 M / 16 | 00:53:00 | 03.31 | +0:04:57 | 0:07:57 / 20 | 0:13:37 / 19 | 0:23:03 / 18 | 0:28:43 / 16 | 0:38:08 / 16 | 0:43:46 / 16 |
| 17 | 806 | PLESIŃSKI Mariusz | Świętoszów | | POL 10bkpanc | 73 | M40/3 M / 17 | 00:53:30 | 03.34 | +0:05:27 | 0:08:25 / 44 | 0:14:08 / 36 | 0:23:42 / 30 | 0:29:24 / 25 | 0:38:53 / 19 | 0:44:26 / 19 |
| 18 | 1128 | WIŚNIEWSKI Krzysztof | Bolesławiec | | POL 10bkpanc | 82 | M30/7 M / 18 | 00:53:31 | 03.34 | +0:05:28 | 0:08:24 / 42 | 0:14:09 / 39 | 0:23:43 / 31 | 0:29:23 / 24 | 0:38:54 / 23 | 0:44:28 / 20 |
| 19 | 383 | KARASOWSKI Łukasz | Brzeg | | POL Jw 2697 Brzeg | 83 | M30/8 M / 19 | 00:53:42 | 03.34 | +0:05:39 | 0:08:20 / 37 | 0:14:07 / 33 | 0:23:41 / 29 | 0:29:23 / 23 | 0:38:53 / 22 | 0:44:30 / 21 |
| 20 | 1146 | WOSIK Daniel | Kunów | | POL Rmd Montrail Team | 80 | M30/9 M / 20 | 00:53:51 | 03.35 | +0:05:48 | 0:07:45 / 14 | 0:13:14 / 12 | 0:22:53 / 16 | 0:28:45 / 17 | 0:38:28 / 17 | 0:44:15 / 17 |
| 21 | 384 | KARKOSZKA Marcin | Palaty | | POL Pwsz Kalisz | 93 | M20/9 M / 21 | 00:53:56 | 03.35 | +0:05:53 | 0:07:52 / 19 | 0:13:22 / 17 | 0:22:59 / 17 | 0:28:46 / 18 | 0:38:28 / 18 | 0:44:16 / 18 |
| 22 | 4 | AMBROZIK Adam | Brzeg | | POL Jw 2697 Brzeg | 75 | M30/10 M / 22 | 00:54:06 | 03.36 | +0:06:03 | 0:08:24 / 43 | 0:14:09 / 40 | 0:23:43 / 32 | 0:29:24 / 28 | 0:38:53 / 20 | 0:44:31 / 22 |
| 23 | 241 | GNIŁA Rafał | Praszka | | POL Wkb Meta Lubliniec | 76 | M30/11 M / 23 | 00:54:12 | 03.36 | +0:06:09 | 0:07:51 / 17 | 0:13:27 / 18 | 0:23:29 / 19 | 0:29:22 / 21 | 0:38:53 / 21 | 0:44:31 / 23 |
| 24 | 995 | SWOBODA Marek | Wałbrzych | | POL Byledobiec Anin | 64 | M50/1 M / 24 | 00:54:21 | 03.37 | +0:06:18 | 0:08:10 / 29 | 0:14:02 / 28 | 0:23:41 / 28 | 0:29:25 / 30 | 0:39:08 / 25 | 0:45:00 / 26 |
| 25 | 575 | MACHLOWSKI Łukasz | Kraków | | POL Kkb Dystans Kraków | 86 | M20/10 M / 25 | 00:54:27 | 03.37 | +0:06:24 | 0:08:10 / 28 | 0:14:01 / 27 | 0:23:40 / 25 | 0:29:25 / 29 | 0:38:58 / 24 | 0:44:48 / 24 |
| 26 | 85 | ULFIK Rafał | Zabrze | | POL Rmd Montrail Team/ Skb Kraśnik | 87 | M20/11 M / 26 | 00:54:31 | 03.38 | +0:06:28 | 0:07:58 / 21 | 0:13:47 / 20 | 0:23:29 / 20 | 0:29:22 / 20 | 0:39:09 / 27 | 0:45:01 / 29 |
| 27 | 683 | MUSIAŁ Artur | Namysłów | | POL Nkb Zryw Namysłów/ Anton Team | 76 | M30/12 M / 27 | 00:54:33 | 03.38 | +0:06:30 | 0:08:04 / 23 | 0:13:50 / 24 | 0:23:38 / 24 | 0:29:24 / 26 | 0:39:13 / 30 | 0:45:01 / 28 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|---------------------------|-------------------|-----------|--|---------|--------------------|-----------|------------|----------|---------------|--------------|--------------|--------------|--------------|--------------|
| 28 | 746 | PACHUTA Krzysztof | Opole | POL | Opole | 82 | M30/13 M / 28 | 00:54:35 | 03.38 | +0:06:32 | 0:08:05 / 24 | 0:13:48 / 22 | 0:23:30 / 21 | 0:29:22 / 19 | 0:39:09 / 28 | 0:45:00 / 25 |
| 29 | 686 | MUZYK Patryk | Kietrz | POL | Gryf Kietrz | 90 | M20/12 M / 29 | 00:54:39 | 03.38 | +0:06:36 | 0:08:02 / 22 | 0:13:48 / 21 | 0:23:30 / 22 | 0:29:23 / 22 | 0:39:08 / 26 | 0:45:00 / 27 |
| 30 | 105 | CABAN Jakub | Moskorzew | POL | Olimpijczyk Szczekociny | 88 | M20/13 M / 30 | 00:54:57 | 03.39 | +0:06:54 | 0:08:07 / 25 | 0:13:49 / 23 | 0:23:31 / 23 | 0:29:24 / 27 | 0:39:11 / 29 | 0:45:08 / 30 |
| 31 | 4622 | BARON Kamil | Jasiona | POL | Anton Team | 97 | M20/14 M / 31 | 00:54:58 | 03.39 | +0:06:55 | 0:08:26 / 45 | 0:14:08 / 37 | 0:23:55 / 35 | 0:29:48 / 34 | 0:39:39 / 33 | 0:45:27 / 31 |
| 32 | 903 | SAS Dominik | Starokrzepice | POL | Kb Florian Zajaczki Drugie | 90 | M20/15 M / 32 | 00:55:10 | 03.40 | +0:07:07 | 0:08:16 / 30 | 0:14:04 / 31 | 0:23:47 / 33 | 0:29:45 / 33 | 0:39:41 / 34 | 0:45:41 / 34 |
| 33 | 201 | FISKOVICZ Siergiej | | UKR | Lkb Rudnik | 80 | M30/14 M / 33 | 00:55:12 | 03.40 | +0:07:09 | 0:07:41 / 13 | 0:14:01 / 25 | 0:23:41 / 26 | 0:29:30 / 31 | 0:39:36 / 31 | 0:45:27 / 32 |
| 34 | 200 | FISKOVICZ Lilia | Nyzkinycki | UKR | Lkb Rudnik | 89 | K20/1 K / 1 | 00:55:13 | 03.40 | +0:07:10 | 0:08:20 / 36 | 0:14:01 / 26 | 0:23:41 / 27 | 0:29:31 / 32 | 0:39:36 / 32 | 0:45:28 / 33 |
| 35 | 561 | LIZAK Wojciech | Jastrzębie Zdrój | POL | | 80 | M30/15 M / 34 | 00:55:27 | 03.41 | +0:07:24 | 0:08:19 / 32 | 0:14:07 / 34 | 0:23:55 / 36 | 0:29:53 / 36 | 0:39:45 / 35 | 0:45:42 / 36 |
| 36 | 494 | KRZAK Robert | Gliwice | POL | Author Bicycles | 64 | M50/2 M / 35 | 00:55:29 | 03.41 | +0:07:26 | 0:08:20 / 34 | 0:14:07 / 35 | 0:23:54 / 34 | 0:29:53 / 35 | 0:39:46 / 36 | 0:45:42 / 35 |
| 37 | 915 | SITEK Tadeusz | Marciszów | POL | | 56 | M50/3 M / 36 | 00:55:45 | 03.42 | +0:07:42 | 0:08:38 / 66 | 0:14:19 / 47 | 0:24:08 / 41 | 0:29:58 / 37 | 0:39:54 / 37 | 0:45:51 / 37 |
| 38 | 138 | CZAPKA Norbert | Brzeg | POL | Jw 2697 Brzeg | 71 | M40/4 M / 37 | 00:55:54 | 03.43 | +0:07:51 | 0:08:29 / 54 | 0:14:20 / 48 | 0:24:24 / 48 | 0:30:22 / 43 | 0:40:27 / 43 | 0:46:17 / 41 |
| 39 | 93 | BUCZYŃSKI Mariusz | Bolesław | POL | | 82 | M30/16 M / 38 | 00:55:59 | 03.43 | +0:07:56 | 0:08:21 / 38 | 0:14:06 / 32 | 0:24:04 / 39 | 0:30:05 / 40 | 0:40:13 / 39 | 0:46:07 / 38 |
| 40 | 92 | BUCZYŃSKI Arkadiusz | Bolesław | POL | | 74 | M40/5 M / 39 | 00:56:02 | 03.43 | +0:07:59 | 0:08:35 / 61 | 0:14:25 / 52 | 0:24:24 / 47 | 0:30:20 / 42 | 0:40:27 / 44 | 0:46:22 / 43 |
| 41 | 1126 | WIŚNIEWSKA-ULFIK Dominika | Zabrze | POL | Rmd Montrail Team/skb Kraśnik | 86 | K20/2 K / 2 | 00:56:23 | 03.45 | +0:08:20 | 0:08:20 / 35 | 0:14:10 / 41 | 0:24:07 / 40 | 0:30:09 / 41 | 0:40:18 / 41 | 0:46:16 / 40 |
| 42 | 962 | SPALIŃSKI Piotr | Olawa | POL | Ulks Ziemia Olawska | 68 | M40/6 M / 40 | 00:56:25 | 03.45 | +0:08:22 | 0:08:26 / 46 | 0:14:16 / 43 | 0:24:23 / 45 | 0:30:23 / 44 | 0:40:26 / 42 | 0:46:23 / 44 |
| 43 | 277 | GRZESIK Andrzej | Kuźnia Raciborska | POL | Zawisza Stara Kuźnia | 63 | M50/4 M / 41 | 00:56:27 | 03.45 | +0:08:24 | 0:08:20 / 33 | 0:14:08 / 38 | 0:23:59 / 38 | 0:29:59 / 39 | 0:40:03 / 38 | 0:46:15 / 39 |
| 44 | 865 | RĘBISZ Mariusz | Racibórz | POL | B.b.l.racibórz | 71 | M40/7 M / 42 | 00:56:31 | 03.46 | +0:08:28 | 0:08:10 / 27 | 0:14:04 / 30 | 0:23:57 / 37 | 0:29:58 / 38 | 0:40:14 / 40 | 0:46:21 / 42 |
| 45 | 866 | ROCZKOWSKI Artur | Rybnik | POL | Sbd Energetyk Rybnik | 65 | M40/8 M / 43 | 00:56:43 | 03.46 | +0:08:40 | 0:08:47 / 89 | 0:14:46 / 69 | 0:24:53 / 57 | 0:30:53 / 51 | 0:40:57 / 47 | 0:46:57 / 47 |
| 46 | 953 | SOKOŁOWSKI Marek | Mysłowice-wesoła | POL | Skok Wesoła | 69 | M40/9 M / 44 | 00:56:44 | 03.46 | +0:08:41 | 0:08:23 / 41 | 0:14:17 / 44 | 0:24:24 / 46 | 0:30:25 / 47 | 0:40:50 / 46 | 0:46:54 / 46 |
| 47 | 546 | LESIK Krzysztof | Wodzisław Śląski | POL | Forma Wodzisław Śląski | 74 | M40/10 M / 45 | 00:56:46 | 03.46 | +0:08:43 | 0:08:23 / 40 | 0:14:17 / 45 | 0:24:23 / 44 | 0:30:24 / 46 | 0:40:39 / 45 | 0:46:40 / 45 |
| 48 | 565 | LOTA Andrzej | Legnica | POL | Kb Lew Legnica | 70 | M40/11 M / 46 | 00:57:09 | 03.48 | +0:09:06 | 0:08:55 / 109 | 0:15:02 / 96 | 0:25:14 / 73 | 0:31:19 / 64 | 0:41:24 / 54 | 0:47:27 / 53 |
| 49 | 30 | BASTA Grzegorz | Chelmek | POL | Zadyszka Oświęcim | 70 | M40/12 M / 47 | 00:57:16 | 03.48 | +0:09:13 | 0:08:28 / 51 | 0:14:22 / 49 | 0:24:36 / 50 | 0:30:44 / 48 | 0:41:00 / 49 | 0:47:09 / 48 |
| 50 | 891 | RZEPKA Bernard | Zdzieszowice | POL | Zdzieszowice | 68 | M40/13 M / 48 | 00:57:17 | 03.48 | +0:09:14 | 0:08:27 / 48 | 0:14:24 / 51 | 0:24:33 / 49 | 0:30:46 / 49 | 0:41:00 / 48 | 0:47:14 / 49 |
| 51 | 437 | KOKOT Daniel | Ozimek | POL | | 92 | M20/16 M / 49 | 00:57:18 | 03.49 | +0:09:15 | 0:08:31 / 57 | 0:14:33 / 57 | 0:24:51 / 55 | 0:31:02 / 55 | 0:41:21 / 52 | 0:47:21 / 52 |
| 52 | 795 | PIETRZYK Wojciech | Kraków | POL | | 77 | M30/17 M / 50 | 00:57:24 | 03.49 | +0:09:22 | 0:08:47 / 88 | 0:14:46 / 70 | 0:25:00 / 61 | 0:31:09 / 59 | 0:41:24 / 55 | 0:47:30 / 54 |
| 53 | 83 | BRZESZCZ Miłosz | Strzelce Opolskie | POL | | 79 | M30/18 M / 51 | 00:57:26 | 03.49 | +0:09:23 | 0:08:41 / 76 | 0:14:37 / 58 | 0:24:47 / 53 | 0:30:55 / 52 | 0:41:11 / 51 | 0:47:20 / 51 |
| 54 | 306 | HRYNIÓW Łukasz | Chrząszczyce | POL | Bieg Opolski | 79 | M30/19 M / 52 | 00:57:35 | 03.50 | +0:09:32 | 0:08:18 / 31 | 0:14:11 / 42 | 0:24:20 / 43 | 0:30:23 / 45 | 0:41:01 / 50 | 0:47:15 / 50 |
| 55 | 1099 | WAŁOSZCZYK Bartłomiej | Świętoszów | POL | 10bkpanc Świętoszów | 73 | M40/14 M / 53 | 00:57:48 | 03.51 | +0:09:45 | 0:08:50 / 93 | 0:14:47 / 72 | 0:24:51 / 54 | 0:30:58 / 54 | 0:41:23 / 53 | 0:47:38 / 55 |
| 56 | 1048 | ŚLĘZAK Sylwia | Częstochowa | POL | Cks Budowlani Częstochowa | 95 | K20/3 K / 3 | 00:57:56 | 03.51 | +0:09:54 | 0:08:54 / 103 | 0:15:00 / 93 | 0:25:12 / 71 | 0:31:26 / 70 | 0:41:40 / 59 | 0:47:52 / 57 |
| 57 | 109 | CHATYS Przemysław | Kędzierzyn-koźle | POL | Azs Ku Politechnika Opolska / Ks Koziole | 90 | M20/17 M / 54 | 00:57:57 | 03.51 | +0:09:54 | 0:08:55 / 108 | 0:15:01 / 95 | 0:25:13 / 72 | 0:31:26 / 71 | 0:41:41 / 61 | 0:47:52 / 58 |
| 58 | 178 | DUŻNIAK Dominik | Czyżowice | POL | Niezrzeszony | 85 | M20/18 M / 55 | 00:58:00 | 03.52 | +0:09:57 | 0:08:29 / 53 | 0:14:29 / 54 | 0:24:42 / 51 | 0:30:57 / 53 | 0:41:28 / 56 | 0:47:44 / 56 |
| 59 | 465 | KOTELUK Tomasz | Kalinowice | POL | Rsir Strzelce Op. | 73 | M40/15 M / 56 | 00:58:13 | 03.52 | +0:10:11 | 0:08:34 / 59 | 0:14:39 / 61 | 0:25:07 / 67 | 0:31:21 / 66 | 0:41:46 / 62 | 0:47:58 / 60 |
| 60 | 350 | JĘDRUSIK Mateusz | Brzeszcze | POL | Zadyszka Oświęcim | 79 | M30/20 M / 57 | 00:58:16 | 03.53 | +0:10:13 | 0:08:40 / 74 | 0:14:39 / 62 | 0:25:01 / 62 | 0:31:16 / 62 | 0:41:40 / 58 | 0:47:53 / 59 |
| 61 | 398 | KAWOŃ Piotr | Namysłów | POL | | 80 | M30/21 M / 58 | 00:58:19 | 03.53 | +0:10:17 | 0:08:36 / 62 | 0:14:41 / 63 | 0:25:05 / 66 | 0:31:19 / 65 | 0:41:46 / 63 | 0:47:59 / 61 |
| 62 | 1065 | TOMASZEWSKI Zdzisław | Wałbrzych | POL | -biegaj-zapobiegaj | 65 | M40/16 M / 59 | 00:58:27 | 03.53 | +0:10:24 | 0:08:27 / 49 | 0:14:31 / 55 | 0:24:53 / 56 | 0:31:07 / 56 | 0:41:41 / 60 | 0:48:02 / 62 |
| 63 | 977 | STEMPLEWSKI Sebastian | Opole | POL | | 74 | M40/17 M / 60 | 00:58:33 | 03.54 | +0:10:31 | 0:08:52 / 98 | 0:14:55 / 88 | 0:25:12 / 70 | 0:31:22 / 67 | 0:41:48 / 65 | 0:48:05 / 63 |
| 64 | 897 | SAMBAK Tadeusz | Brzeszcze | POL | Zadyszka Oświęcim | 69 | M40/18 M / 61 | 00:58:43 | 03.54 | +0:10:40 | 0:08:42 / 78 | 0:14:43 / 66 | 0:25:03 / 64 | 0:31:18 / 63 | 0:41:47 / 64 | 0:48:06 / 64 |
| 65 | 615 | MARKOWICZ Łukasz | Wrocław | POL | Uniwersytet Wrocławski | 94 | M20/19 M / 62 | 00:58:48 | 03.55 | +0:10:45 | 0:08:38 / 67 | 0:14:48 / 75 | 0:25:20 / 78 | 0:31:40 / 77 | 0:42:13 / 73 | 0:48:33 / 69 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | | |
|----------|--------|----------------------|--------------------|-----------|----------------------------------|-----------|--------------------|-----------|------------|----------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 66 | 440 | KOŁODZIEJ Rafał | Góraždze | POL | | 89 M20/20 | M / 63 | Woje/19 | 00:58:50 | 03.55 | +0:10:47 | 0:08:31 / 56 | 0:14:32 / 56 | 0:24:57 / 58 | 0:31:07 / 57 | 0:41:39 / 57 | 0:48:08 / 65 |
| 67 | 566 | LUBNAU Marek | Sosnowiec | POL | Harpagan Sosnowiec | 62 M50/5 | M / 64 | | 00:58:53 | 03.55 | +0:10:51 | 0:08:42 / 79 | 0:14:52 / 84 | 0:25:22 / 82 | 0:31:39 / 76 | 0:42:12 / 71 | 0:48:34 / 70 |
| 68 | 191 | FERENC Janusz | Ludwikowice | POL | Usks Ludwikowice Kl. | 54 M60/1 | M / 65 | | 00:58:53 | 03.55 | +0:10:51 | 0:08:38 / 68 | 0:14:43 / 67 | 0:25:01 / 63 | 0:31:15 / 61 | 0:41:53 / 67 | 0:48:18 / 66 |
| 69 | 248 | GOLYŚ Dawid | Knurów | POL | Mosir Łaziska Górne | 95 M20/21 | M / 66 | | 00:58:56 | 03.55 | +0:10:53 | 0:08:38 / 65 | 0:14:41 / 65 | 0:24:57 / 59 | 0:31:10 / 60 | 0:41:49 / 66 | 0:48:18 / 67 |
| 70 | 161 | DOMAGAŁA Robert | Krotoszyn | POL | K.s. Krotosz Krotoszyn | 70 M40/19 | M / 67 | | 00:59:06 | 03.56 | +0:11:03 | 0:08:26 / 47 | 0:14:24 / 50 | 0:24:45 / 52 | 0:31:09 / 58 | 0:42:01 / 69 | 0:48:38 / 72 |
| 71 | 65 | BOK Marcin | Żędowice | POL | | 94 M20/22 | M / 68 | Pow/1 | 00:59:08 | 03.56 | +0:11:06 | 0:09:18 / 158 | 0:15:46 / 148 | 0:26:21 / 127 | 0:32:42 / 119 | 0:43:10 / 105 | 0:49:14 / 91 |
| 72 | 490 | KRUPA Przemysław | Mnich | POL | Biegiem Przez Chybie | 83 M30/22 | M / 69 | | 00:59:17 | 03.57 | +0:11:15 | 0:08:39 / 70 | 0:14:49 / 80 | 0:25:26 / 85 | 0:31:44 / 80 | 0:42:26 / 78 | 0:48:46 / 75 |
| 73 | 4688 | PAWŁOWSKI Łukasz | Czestochowa | POL | Raw Vegan Run | 79 M30/23 | M / 70 | | 00:59:17 | 03.57 | +0:11:14 | 0:09:05 / 134 | 0:15:16 / 115 | 0:25:49 / 102 | 0:32:06 / 89 | 0:42:43 / 87 | 0:48:59 / 80 |
| 74 | 26 | KIEBZAK Bartomiej | Kędzierzyn - Koźle | POL | Amator | 89 M20/23 | M / 71 | Woje/20 | 00:59:17 | 03.57 | +0:11:14 | 0:08:08 / 26 | 0:14:03 / 29 | 0:24:16 / 42 | 0:30:49 / 50 | 0:42:00 / 68 | 0:48:30 / 68 |
| 75 | 1164 | VARGA Jozef | Záborske | SVK | Maras Team | 72 M40/20 | M / 72 | | 00:59:17 | 03.57 | +0:11:15 | 0:08:42 / 77 | 0:14:50 / 82 | 0:25:15 / 74 | 0:31:35 / 72 | 0:42:12 / 72 | 0:48:37 / 71 |
| 76 | 400 | KAZIMIROWA Olga | Makeewka | UKR | Ice Mat Team Ostrow Wlkp | 75 K30/1 | K / 4 | | 00:59:18 | 03.57 | +0:11:15 | 0:08:37 / 63 | 0:14:46 / 71 | 0:25:16 / 75 | 0:31:37 / 74 | 0:42:12 / 70 | 0:48:39 / 73 |
| 77 | 423 | KLINIK Paweł | Racibórz | POL | Kb Biegambolubię Racibórz | 82 M30/24 | M / 73 | | 00:59:19 | 03.57 | +0:11:16 | 0:08:58 / 116 | 0:15:10 / 104 | 0:25:32 / 87 | 0:31:54 / 85 | 0:42:30 / 79 | 0:48:52 / 78 |
| 78 | 519 | KULAS Sławomir | Dobrzyca | POL | Truchtacz Dobrzyca | 71 M40/21 | M / 74 | | 00:59:22 | 03.57 | +0:11:19 | 0:08:38 / 69 | 0:14:41 / 64 | 0:25:04 / 65 | 0:31:24 / 69 | 0:42:17 / 74 | 0:48:48 / 77 |
| 79 | 531 | KUZYK Agnieszka | Raciszyn | POL | Wkb Meta Lubliniec | 76 K30/2 | K / 5 | | 00:59:22 | 03.57 | +0:11:20 | 0:08:43 / 86 | 0:14:49 / 81 | 0:25:19 / 77 | 0:31:39 / 75 | 0:42:19 / 75 | 0:48:46 / 74 |
| 80 | 753 | PALACZ Marcin | Brzeg | POL | Optima Cardio Bunge Runners Team | 77 M30/25 | M / 75 | Woje/21 | 00:59:26 | 03.57 | +0:11:23 | 0:08:40 / 72 | 0:14:53 / 86 | 0:25:34 / 88 | 0:31:59 / 86 | 0:42:47 / 89 | 0:49:10 / 90 |
| 81 | 4601 | ŚLĘZAK Robert | Szczekociny | POL | Olimpijczyk Szczekociny | 76 M30/26 | M / 76 | | 00:59:27 | 03.57 | +0:11:25 | 0:09:10 / 139 | 0:15:29 / 127 | 0:25:56 / 110 | 0:32:10 / 95 | 0:42:39 / 82 | 0:49:01 / 84 |
| 82 | 430 | KOBOSKO Paweł | Rajsko | POL | Zadzyszka Oświęcim | 77 M30/27 | M / 77 | | 00:59:27 | 03.57 | +0:11:25 | 0:08:43 / 85 | 0:14:48 / 76 | 0:25:23 / 84 | 0:31:51 / 84 | 0:42:31 / 81 | 0:48:54 / 79 |
| 83 | 732 | OLSZEWSKI Eligiusz | Opole | POL | Bbl Opole | 73 M40/22 | M / 78 | Woje/22 | 00:59:27 | 03.57 | +0:11:24 | 0:08:58 / 115 | 0:15:15 / 110 | 0:25:52 / 103 | 0:32:05 / 88 | 0:42:41 / 83 | 0:49:01 / 85 |
| 84 | 507 | KUCHARSKI Damian | Częstochowa | POL | Zabiegani Czestochowa | 86 M20/24 | M / 79 | | 00:59:31 | 03.58 | +0:11:29 | 0:08:48 / 90 | 0:14:56 / 90 | 0:25:37 / 91 | 0:32:01 / 87 | 0:42:41 / 85 | 0:49:01 / 83 |
| 85 | 570 | LOPIANIAK Tomasz | Opole | POL | Luks Żórawina | 75 M30/28 | M / 80 | Woje/23 | 00:59:31 | 03.58 | +0:11:28 | 0:08:28 / 52 | 0:14:37 / 60 | 0:25:18 / 76 | 0:31:47 / 81 | 0:42:47 / 90 | 0:49:10 / 89 |
| 86 | 1079 | TYMKÓW Łukasz | Brzeg | POL | Falck Medycyna | 81 M30/29 | M / 81 | Woje/24 | 00:59:31 | 03.58 | +0:11:28 | 0:09:00 / 122 | 0:15:16 / 114 | 0:25:52 / 104 | 0:32:11 / 99 | 0:42:41 / 84 | 0:48:59 / 81 |
| 87 | 581 | MACIOL Andrzej | Krakow | POL | Azs Awf Kraków Masters | 54 M60/2 | M / 82 | | 00:59:34 | 03.58 | +0:11:32 | 0:08:39 / 71 | 0:14:49 / 79 | 0:25:20 / 80 | 0:31:40 / 78 | 0:42:20 / 76 | 0:48:48 / 76 |
| 88 | 941 | SMOLIS Arkadiusz | Jeziorna | POL | Brak | 82 M30/30 | M / 83 | | 00:59:38 | 03.58 | +0:11:35 | 0:09:03 / 130 | 0:15:19 / 119 | 0:25:47 / 99 | 0:32:13 / 103 | 0:43:01 / 99 | 0:49:23 / 95 |
| 89 | 444 | KOMANDER Ewa | Kedzierzyn-koźle | POL | Zaksa | 85 K20/4 | K / 6 | Woje/25 | 00:59:42 | 03.58 | +0:11:40 | 0:08:43 / 83 | 0:14:56 / 89 | 0:25:40 / 95 | 0:32:06 / 90 | 0:42:41 / 86 | 0:49:00 / 82 |
| 90 | 935 | SLUPEK Tomasz | Wodzisław Śl | POL | Forma Wodzisław Śląski | 77 M30/31 | M / 84 | | 00:59:44 | 03.58 | +0:11:41 | 0:08:30 / 55 | 0:14:37 / 59 | 0:25:10 / 69 | 0:31:36 / 73 | 0:42:30 / 80 | 0:49:04 / 86 |
| 91 | 4714 | PIŁORSKI Dominik | Zabrze | POL | Olsh | 93 M20/25 | M / 85 | | 00:59:48 | 03.59 | +0:11:45 | 0:09:00 / 123 | 0:15:13 / 108 | 0:25:52 / 106 | 0:32:17 / 107 | 0:43:08 / 103 | 0:49:33 / 101 |
| 92 | 735 | ORLICKI Stanisław | Rudze | POL | Orzel - Rudze | 59 M50/6 | M / 86 | | 00:59:50 | 03.59 | +0:11:48 | 0:08:58 / 119 | 0:15:20 / 123 | 0:26:02 / 116 | 0:32:25 / 110 | 0:43:00 / 97 | 0:49:17 / 93 |
| 93 | 833 | PRIMUS Paweł | Strzelce Opolskie | POL | | 93 M20/26 | M / 87 | Gmin/3 | 00:59:51 | 03.59 | +0:11:48 | 0:08:57 / 113 | 0:15:11 / 105 | 0:25:49 / 101 | 0:32:15 / 106 | 0:42:52 / 92 | 0:49:15 / 92 |
| 94 | 324 | JANICKI Michał | Bytom | POL | | 87 M20/27 | M / 88 | | 00:59:51 | 03.59 | +0:11:48 | 0:08:46 / 87 | 0:14:53 / 85 | 0:25:20 / 79 | 0:31:49 / 82 | 0:42:52 / 94 | 0:49:28 / 99 |
| 95 | 37 | BEDNORZ Marek | Świerkle | POL | Lzs Świerkle | 81 M30/32 | M / 89 | Woje/26 | 00:59:52 | 03.59 | +0:11:49 | 0:08:53 / 100 | 0:15:06 / 99 | 0:25:48 / 100 | 0:32:06 / 91 | 0:42:45 / 88 | 0:49:10 / 88 |
| 96 | 111 | CHEBA Ariel | Bojanowo | POL | Wkb Piast Wrocław | 91 M20/28 | M / 90 | | 00:59:54 | 03.59 | +0:11:51 | 0:09:04 / 131 | 0:15:18 / 118 | 0:26:03 / 117 | 0:32:32 / 113 | 0:43:26 / 111 | 0:49:47 / 107 |
| 97 | 4719 | SAMOLUK Adrian | Biały Kościół | POL | | 93 M20/29 | M / 91 | | 00:59:54 | 03.59 | +0:11:51 | 0:08:51 / 96 | 0:15:01 / 94 | 0:25:36 / 89 | 0:32:09 / 93 | 0:43:00 / 96 | 0:49:28 / 100 |
| 98 | 782 | PELIKAN Artur | Kłobuck | POL | Ngb Kłobuck | 94 M20/30 | M / 92 | | 01:00:01 | 04.00 | +0:11:58 | 0:08:53 / 101 | 0:15:07 / 101 | 0:25:45 / 98 | 0:32:12 / 102 | 0:43:03 / 100 | 0:49:26 / 97 |
| 99 | 265 | GRUCA Jarosław | Olesno | POL | Olesno Biega | 72 M40/23 | M / 93 | Woje/27 | 01:00:09 | 04.00 | +0:12:07 | 0:08:49 / 92 | 0:14:57 / 91 | 0:25:41 / 96 | 0:32:10 / 96 | 0:43:18 / 106 | 0:49:44 / 105 |
| 100 | 937 | SMARZYCH Bartosz | Strzelce Opolskie | POL | | 94 M20/31 | M / 94 | Gmin/4 | 01:00:10 | 04.00 | +0:12:07 | 0:08:57 / 112 | 0:15:12 / 107 | 0:25:59 / 111 | 0:32:48 / 122 | 0:43:47 / 123 | 0:50:01 / 113 |
| 101 | 39 | BEJM Michał | Działoszyn | POL | | 97 M20/32 | M / 95 | | 01:00:12 | 04.00 | +0:12:09 | 0:08:43 / 84 | 0:14:49 / 77 | 0:25:21 / 81 | 0:31:43 / 79 | 0:42:23 / 77 | 0:49:06 / 87 |
| 102 | 618 | MARZEC Grzegorz | Szczepanek | POL | Klub Wesolego Szampana | 74 M40/24 | M / 96 | Gmin/5 | 01:00:14 | 04.00 | +0:12:12 | 0:08:42 / 81 | 0:14:57 / 92 | 0:25:40 / 94 | 0:32:08 / 92 | 0:42:59 / 95 | 0:49:33 / 102 |
| 103 | 747 | PACUŁA Andrzej | Gliwice | POL | Akmb Pędziwiatr Gliwice | 64 M50/7 | M / 97 | | 01:00:15 | 04.01 | +0:12:13 | 0:08:59 / 120 | 0:15:15 / 111 | 0:25:53 / 108 | 0:32:12 / 100 | 0:42:52 / 93 | 0:49:22 / 94 |
| 104 | 582 | MACIUSZEK Łukasz | Mańkowice | POL | Bbl Opole | 86 M20/33 | M / 98 | Woje/28 | 01:00:22 | 04.01 | +0:12:20 | 0:09:14 / 146 | 0:15:48 / 151 | 0:26:41 / 138 | 0:33:08 / 133 | 0:43:51 / 124 | 0:50:11 / 117 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|-----------------------|-------------------|-----------|------------------------------------|-----------|--------------------|------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 105 | 522 | KURCZYK Tomasz | Kolonowskie | POL | Redrooster | 78 M30/33 | M / 99 | Powil/2 01:00:24 | 04.01 | +0:12:21 | 0:09:15 / 147 | 0:15:56 / 163 | 0:26:35 / 131 | 0:33:03 / 129 | 0:43:44 / 120 | 0:50:01 / 112 |
| 106 | 580 | MACIEJEWSKI Marek | Mysłowice | POL | Truchtacz Mysłowice | 61 M50/8 | M / 100 | 01:00:24 | 04.01 | +0:12:22 | 0:08:40 / 73 | 0:14:51 / 83 | 0:25:23 / 83 | 0:31:50 / 83 | 0:42:49 / 91 | 0:49:26 / 98 |
| 107 | 142 | CZŁONKOWSKI Krzysztof | Szczekociny | POL | Olimpijczyk Szczekociny | 76 M30/34 | M / 101 | 01:00:25 | 04.01 | +0:12:23 | 0:08:54 / 104 | 0:15:12 / 106 | 0:26:04 / 118 | 0:32:37 / 115 | 0:43:29 / 112 | 0:49:59 / 111 |
| 108 | 1027 | SZMIT Radosław | Biały Kościół | POL | Biały Kościół | 79 M30/35 | M / 102 | 01:00:28 | 04.01 | +0:12:26 | 0:09:02 / 128 | 0:15:18 / 116 | 0:26:02 / 114 | 0:32:25 / 111 | 0:43:06 / 101 | 0:49:36 / 103 |
| 109 | 332 | JANUSZ Ryszard | Szczytna | POL | Luks Żórawina | 63 M50/9 | M / 103 | 01:00:29 | 04.01 | +0:12:26 | 0:08:22 / 39 | 0:14:18 / 46 | 0:24:58 / 60 | 0:31:22 / 68 | 0:43:31 / 114 | 0:49:52 / 108 |
| 110 | 290 | HANGIEL Krzysztof | Sosnowiec | POL | Harpagan Sosnowiec | 59 M50/10 | M / 104 | 01:00:31 | 04.02 | +0:12:29 | 0:08:58 / 117 | 0:15:23 / 126 | 0:26:19 / 125 | 0:32:53 / 125 | 0:43:45 / 122 | 0:50:14 / 118 |
| 111 | 1097 | WALIGÓRA Marian | Częstochowa | POL | Jasna Góra | 66 M40/25 | M / 105 | 01:00:33 | 04.02 | +0:12:31 | 0:08:49 / 91 | 0:15:07 / 102 | 0:26:02 / 115 | 0:32:33 / 114 | 0:43:35 / 115 | 0:50:05 / 116 |
| 112 | 1021 | SZKODA Dariusz | Ruda Śląska | POL | Lp-hp !!! | 80 M30/36 | M / 106 | 01:00:43 | 04.02 | +0:12:40 | 0:09:04 / 132 | 0:15:15 / 112 | 0:26:07 / 119 | 0:32:38 / 116 | 0:43:42 / 117 | 0:50:20 / 121 |
| 113 | 768 | PAPUGA Dariusz | Jawiszowice | POL | Zadyszka Oświęcim | 65 M40/26 | M / 107 | 01:00:43 | 04.02 | +0:12:41 | 0:08:41 / 75 | 0:14:48 / 74 | 0:25:32 / 86 | 0:32:10 / 94 | 0:43:08 / 104 | 0:49:44 / 106 |
| 114 | 1182 | ZIELIŃSKI Marcin | Dobrzeń Wielki | POL | Bieg Opolski/pge Elektrownia Opola | 72 M40/27 | M / 108 | Woje/29 01:00:44 | 04.02 | +0:12:41 | 0:08:54 / 105 | 0:15:07 / 100 | 0:25:53 / 107 | 0:32:19 / 108 | 0:43:20 / 107 | 0:49:55 / 109 |
| 115 | 369 | KALICINSKA Monika | Wrocław | POL | | 89 K20/5 | K / 7 | 01:00:47 | 04.03 | +0:12:44 | 0:08:50 / 94 | 0:15:05 / 98 | 0:25:52 / 105 | 0:32:14 / 104 | 0:43:07 / 102 | 0:49:38 / 104 |
| 116 | 1072 | TRZEPIZUR Dominik | Wręczyca Wielka | POL | Ngb Kłobuck | 87 M20/34 | M / 109 | 01:00:48 | 04.03 | +0:12:45 | 0:08:50 / 95 | 0:15:05 / 97 | 0:25:43 / 97 | 0:32:11 / 98 | 0:43:00 / 98 | 0:49:25 / 96 |
| 117 | 754 | PALCZEWSKI Przemysław | Mysłowice | POL | | 75 M30/37 | M / 110 | 01:00:57 | 04.03 | +0:12:55 | 0:09:10 / 142 | 0:15:35 / 135 | 0:26:28 / 129 | 0:32:57 / 127 | 0:43:55 / 126 | 0:50:22 / 123 |
| 118 | 275 | GRZEGORZAK Michał | Mechnice | POL | | 91 M20/35 | M / 111 | Woje/30 01:00:57 | 04.03 | +0:12:55 | 0:09:22 / 172 | 0:15:47 / 150 | 0:26:44 / 143 | 0:33:14 / 137 | 0:44:09 / 133 | 0:50:35 / 130 |
| 119 | 4773 | PIETRZAK Przemysław | Krapkowice | POL | Intersport | 77 M30/38 | M / 112 | Woje/31 01:01:02 | 04.04 | +0:12:59 | 0:08:57 / 111 | 0:15:19 / 122 | 0:26:00 / 112 | 0:32:29 / 112 | 0:43:22 / 109 | 0:50:03 / 114 |
| 120 | 646 | MICHAŁSKI Bartłomiej | Strzelce Opolskie | POL | | 96 M20/36 | M / 113 | Gmin/6 01:01:03 | 04.04 | +0:13:00 | 0:08:28 / 50 | 0:14:29 / 53 | 0:25:09 / 68 | 0:33:04 / 130 | 0:44:07 / 132 | 0:50:37 / 132 |
| 121 | 116 | CHRUSZCZ Jerzy marek | Opole | POL | | 59 M50/11 | M / 114 | Woje/32 01:01:04 | 04.04 | +0:13:01 | 0:08:57 / 114 | 0:15:18 / 117 | 0:26:11 / 121 | 0:32:41 / 117 | 0:43:45 / 121 | 0:50:16 / 120 |
| 122 | 837 | PRYSTASZ Krzysztof | Olawa | POL | Klemme Olawa | 78 M30/39 | M / 115 | 01:01:04 | 04.04 | +0:13:02 | 0:09:27 / 186 | 0:15:57 / 166 | 0:26:43 / 140 | 0:33:08 / 132 | 0:44:06 / 131 | 0:50:35 / 131 |
| 123 | 163 | USTIANOWSKA Dorota | Częstochowa | POL | | 70 K40/1 | K / 8 | 01:01:07 | 04.04 | +0:13:05 | 0:08:54 / 107 | 0:15:19 / 120 | 0:26:13 / 123 | 0:32:43 / 120 | 0:43:36 / 116 | 0:50:14 / 119 |
| 124 | 606 | MARCJANEK Łukasz | Szczytna | POL | Kp Polanica Zdrój | 89 M20/37 | M / 116 | 01:01:17 | 04.05 | +0:13:14 | 0:08:35 / 60 | 0:14:44 / 68 | 0:25:38 / 92 | 0:32:11 / 97 | 0:43:22 / 108 | 0:50:03 / 115 |
| 125 | 923 | SKROK Dariusz | Namysłów | POL | Hardcore Holidays | 73 M40/28 | M / 117 | Woje/33 01:01:22 | 04.05 | +0:13:19 | 0:09:04 / 133 | 0:15:30 / 129 | 0:26:23 / 128 | 0:32:59 / 128 | 0:44:00 / 129 | 0:50:34 / 128 |
| 126 | 996 | DUDEK Sylwester | Rudnik | POL | Lkb Rudnik | 63 M50/12 | M / 118 | 01:01:23 | 04.05 | +0:13:20 | 0:08:33 / 58 | 0:14:48 / 73 | 0:25:39 / 93 | 0:32:15 / 105 | 0:43:31 / 113 | 0:50:22 / 124 |
| 127 | 4681 | KOWALCZYK Arkadiusz | Brzeg | POL | | 88 M20/38 | M / 119 | Woje/34 01:01:23 | 04.05 | +0:13:20 | 0:08:54 / 106 | 0:15:14 / 109 | 0:26:12 / 122 | 0:32:48 / 121 | 0:44:00 / 128 | 0:50:38 / 133 |
| 128 | 912 | SIKORA Stefan | Bielsko-biała | POL | Beskidek Bielsko Biała | 49 M60/3 | M / 120 | 01:01:26 | 04.05 | +0:13:24 | 0:09:11 / 143 | 0:15:37 / 140 | 0:26:35 / 132 | 0:33:05 / 131 | 0:44:03 / 130 | 0:50:29 / 127 |
| 129 | 264 | GROMEK Grzegorz | Tarnów Opolski | POL | Cyklofan Opole | 80 M30/40 | M / 121 | Woje/35 01:01:29 | 04.05 | +0:13:26 | 0:09:20 / 166 | 0:15:46 / 146 | 0:26:15 / 124 | 0:32:50 / 124 | 0:43:53 / 125 | 0:50:29 / 126 |
| 130 | 17 | BAR Stanisław | Strzelce Opolskie | POL | | 76 M30/41 | M / 122 | Gmin/7 01:01:31 | 04.06 | +0:13:28 | 0:09:18 / 160 | 0:15:38 / 142 | 0:26:37 / 136 | 0:33:12 / 136 | 0:44:13 / 134 | 0:50:48 / 134 |
| 131 | 538 | LACH Sebastian | Grodzów | POL | Gz Lzs Grodzów | 76 M30/42 | M / 123 | Woje/36 01:01:35 | 04.06 | +0:13:33 | 0:09:01 / 124 | 0:15:20 / 124 | 0:26:10 / 120 | 0:32:41 / 118 | 0:43:43 / 119 | 0:50:21 / 122 |
| 132 | 1076 | TWOREK Adam | Strzelce Opolskie | POL | - | 92 M20/39 | M / 124 | Gmin/8 01:01:36 | 04.06 | +0:13:33 | 0:08:42 / 82 | 0:14:49 / 78 | 0:25:37 / 90 | 0:32:12 / 101 | 0:43:42 / 118 | 0:50:29 / 125 |
| 133 | 276 | GRZEMPOWSKI Piotr | Krotoszyn | POL | Ks Krotoszyn Krotoszyn | 88 M20/40 | M / 125 | 01:01:38 | 04.06 | +0:13:35 | 0:09:21 / 170 | 0:15:51 / 157 | 0:26:49 / 147 | 0:33:26 / 142 | 0:44:23 / 138 | 0:50:56 / 135 |
| 134 | 559 | LITWIN Józef | Glubczyce | POL | Niezrzeszony | 49 M60/4 | M / 126 | Woje/37 01:01:39 | 04.06 | +0:13:36 | 0:09:14 / 145 | 0:15:33 / 134 | 0:26:21 / 126 | 0:32:54 / 126 | 0:43:56 / 127 | 0:50:34 / 129 |
| 135 | 478 | KOZIELSKI Lesław | Wodzisław Śl | POL | Forma Wodzisław Śląski | 84 M30/43 | M / 127 | 01:01:46 | 04.07 | +0:13:43 | 0:09:29 / 192 | 0:16:02 / 174 | 0:27:24 / 176 | 0:34:06 / 173 | 0:45:31 / 169 | 0:51:39 / 150 |
| 136 | 316 | IZYDORCZYK Jakub | Strzelce Opolskie | POL | Biegne Bo Goni Mnie Misio Zbójnik | 90 M20/41 | M / 128 | Gmin/9 01:01:48 | 04.07 | +0:13:45 | 0:09:34 / 203 | 0:16:19 / 200 | 0:27:16 / 167 | 0:33:44 / 156 | 0:44:51 / 147 | 0:51:26 / 142 |
| 137 | 238 | GLENSK Łukasz | Daniec | POL | Aks Politechnika Wrocławska | 92 M20/42 | M / 129 | Woje/38 01:01:56 | 04.07 | +0:13:53 | 0:09:01 / 126 | 0:15:30 / 128 | 0:26:37 / 135 | 0:33:09 / 134 | 0:44:16 / 137 | 0:51:04 / 138 |
| 138 | 309 | HYLA Dariusz | Dąbrowa Górnicza | POL | Cafemobil | 69 M40/29 | M / 130 | 01:01:58 | 04.07 | +0:13:55 | 0:08:38 / 64 | 0:14:54 / 87 | 0:26:01 / 113 | 0:32:49 / 123 | 0:44:15 / 135 | 0:50:56 / 136 |
| 139 | 781 | PELIKAN Andrzej | Kłobuck | POL | Ngb Kłobuck | 66 M40/30 | M / 131 | 01:01:58 | 04.07 | +0:13:56 | 0:09:13 / 144 | 0:15:39 / 143 | 0:26:35 / 134 | 0:33:10 / 135 | 0:44:15 / 136 | 0:50:56 / 137 |
| 140 | 564 | LOS Patryk | Krapkowice | POL | Garagegym Krapkowice | 81 M30/44 | M / 132 | Woje/39 01:02:04 | 04.08 | +0:14:02 | 0:09:20 / 165 | 0:15:50 / 154 | 0:26:59 / 157 | 0:33:41 / 153 | 0:44:50 / 146 | 0:51:27 / 144 |
| 141 | 31 | BAWOR Robert | Częstochowa | POL | Zabiegani Częstochowa | 75 M30/45 | M / 133 | 01:02:07 | 04.08 | +0:14:05 | 0:08:52 / 99 | 0:15:07 / 103 | 0:25:56 / 109 | 0:32:25 / 109 | 0:43:22 / 110 | 0:49:58 / 110 |
| 142 | 511 | KUCZOK Mirosław | Wodzisław Śląski | POL | Forma Wodzisław Śląski | 72 M40/31 | M / 134 | 01:02:09 | 04.08 | +0:14:07 | 0:09:17 / 153 | 0:15:47 / 149 | 0:26:46 / 144 | 0:33:25 / 141 | 0:44:31 / 139 | 0:51:18 / 140 |
| 143 | 695 | NARUSZEWICZ Arkadiusz | Tarnowskie Góry | POL | Niezrzeszony | 75 M30/46 | M / 135 | 01:02:13 | 04.08 | +0:14:10 | 0:09:22 / 173 | 0:15:51 / 155 | 0:26:52 / 150 | 0:33:29 / 144 | 0:44:32 / 140 | 0:51:15 / 139 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|----------------------------|-------------------|-----------|--------------------------------|-----------|--------------------|------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 144 | 759 | PAŁETKO Marek | Jasienica Dolna | POL | Nysa Biega | 82 M30/47 | M / 136 | Woje/40 01:02:16 | 04.09 | +0:14:13 | 0:09:39 / 218 | 0:16:19 / 201 | 0:27:32 / 188 | 0:34:03 / 168 | 0:44:57 / 152 | 0:51:32 / 147 |
| 145 | 918 | SKIBA Ryszard | Racibórz | POL | | 76 M30/48 | M / 137 | 01:02:29 | 04.09 | +0:14:27 | 0:09:30 / 193 | 0:16:03 / 177 | 0:26:57 / 154 | 0:33:36 / 149 | 0:44:52 / 149 | 0:51:23 / 141 |
| 146 | 654 | MIKA Dawid | Mysłowice | POL | Mysłowicki Klub Biegacza No.1 | 80 M30/49 | M / 138 | 01:02:29 | 04.09 | +0:14:27 | 0:09:33 / 201 | 0:16:11 / 189 | 0:27:30 / 184 | 0:34:00 / 165 | 0:45:08 / 157 | 0:51:42 / 151 |
| 147 | 4801 | JAJUGA Arkadiusz | Zdzieszowice | POL | | 71 M40/32 | M / 139 | Woje/41 01:02:30 | 04.10 | +0:14:28 | 0:09:10 / 140 | 0:15:46 / 147 | 0:26:56 / 152 | 0:33:41 / 154 | 0:44:48 / 144 | 0:51:27 / 143 |
| 148 | 815 | POGORZELSKI Grzegorz | Wałbrzych | POL | Dęby Wałbrzych | 62 M50/13 | M / 140 | 01:02:33 | 04.10 | +0:14:31 | 0:09:07 / 135 | 0:15:35 / 137 | 0:26:44 / 142 | 0:33:27 / 143 | 0:44:44 / 142 | 0:51:31 / 146 |
| 149 | 237 | GLENSK Arkadiusz | Daniec | POL | | 95 M20/43 | M / 141 | Woje/42 01:02:34 | 04.10 | +0:14:32 | 0:08:53 / 102 | 0:15:16 / 113 | 0:26:29 / 130 | 0:33:16 / 138 | 0:44:42 / 141 | 0:51:28 / 145 |
| 150 | 388 | KASIURA Krzysztof | Krapkowice | POL | Cross Krapkowice | 72 M40/33 | M / 142 | Woje/43 01:02:42 | 04.10 | +0:14:40 | 0:09:48 / 238 | 0:16:30 / 222 | 0:27:38 / 192 | 0:34:10 / 179 | 0:45:14 / 162 | 0:51:53 / 155 |
| 151 | 727 | OLESIŃSKI Ernest | Legnica | POL | M.wójcik Team | 78 M30/50 | M / 143 | 01:02:42 | 04.10 | +0:14:40 | 0:09:23 / 176 | 0:16:05 / 181 | 0:27:20 / 170 | 0:34:06 / 174 | 0:45:19 / 166 | 0:52:01 / 161 |
| 152 | 1162 | WYMYSŁO Andrzej | Piekary Śląskie | POL | Przełęcz Piekarski | 57 M50/14 | M / 144 | 01:02:46 | 04.11 | +0:14:43 | 0:09:19 / 161 | 0:15:51 / 156 | 0:26:58 / 155 | 0:33:41 / 152 | 0:44:51 / 148 | 0:51:34 / 149 |
| 153 | 1111 | WICHLACZ Michał | Dobrzyca | POL | Truchtacz Dobrzyca | 82 M30/51 | M / 145 | 01:02:47 | 04.11 | +0:14:44 | 0:09:36 / 210 | 0:16:12 / 190 | 0:27:13 / 165 | 0:33:54 / 162 | 0:45:02 / 154 | 0:51:43 / 152 |
| 154 | 451 | KONIK Grzegorz | Przeciszów | POL | Zadyszka Oświęcim | 69 M40/34 | M / 146 | 01:02:52 | 04.11 | +0:14:49 | 0:09:42 / 225 | 0:16:26 / 210 | 0:27:32 / 187 | 0:34:10 / 178 | 0:45:16 / 163 | 0:51:59 / 160 |
| 155 | 390 | KASPRZAK Krzysztof | Kobierno | POL | Ks Krotosz Krotoszyn | 68 M40/35 | M / 147 | 01:02:54 | 04.11 | +0:14:51 | 0:09:41 / 223 | 0:16:14 / 192 | 0:27:22 / 174 | 0:34:00 / 164 | 0:45:08 / 156 | 0:51:48 / 154 |
| 156 | 59 | BŁAŻUTYCZ Paweł | Cieszaków | POL | Ks Krotosz Krotoszyn | 73 M40/36 | M / 148 | 01:02:54 | 04.11 | +0:14:52 | 0:08:51 / 97 | 0:15:21 / 125 | 0:26:35 / 133 | 0:33:21 / 140 | 0:44:47 / 143 | 0:51:33 / 148 |
| 157 | 599 | MALSKA Janina | Krze | POL | Pocztowa Grupa Biegowa | 70 K40/2 | K / 9 | 01:02:55 | 04.11 | +0:14:52 | 0:09:07 / 137 | 0:15:37 / 138 | 0:26:43 / 141 | 0:33:30 / 145 | 0:44:49 / 145 | 0:51:44 / 153 |
| 158 | 435 | KOCZUŁA Justyna | Kędzierzyn-koźle | POL | | 81 K30/3 | K / 10 | Woje/44 01:02:59 | 04.11 | +0:14:57 | 0:09:23 / 179 | 0:16:01 / 171 | 0:27:21 / 172 | 0:34:04 / 170 | 0:45:14 / 161 | 0:51:56 / 157 |
| 159 | 148 | DANIŁ Adam | Rybnik | POL | Chemika Rybnik | 64 M50/15 | M / 149 | 01:03:03 | 04.12 | +0:15:01 | 0:09:29 / 191 | 0:16:01 / 173 | 0:27:12 / 164 | 0:33:53 / 161 | 0:45:09 / 158 | 0:51:54 / 156 |
| 160 | 450 | KONIAK Michał | Brzeg | POL | 10bkpanc / Blog | 68 M40/37 | M / 150 | Woje/45 01:03:07 | 04.12 | +0:15:04 | 0:09:28 / 189 | 0:16:04 / 180 | 0:27:07 / 161 | 0:33:52 / 160 | 0:45:10 / 159 | 0:52:02 / 162 |
| 161 | 197 | FILIPCZAK Dariusz | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 68 M40/38 | M / 151 | Gmin/10 01:03:09 | 04.12 | +0:15:07 | 0:08:59 / 121 | 0:15:32 / 132 | 0:26:49 / 146 | 0:33:35 / 148 | 0:45:04 / 155 | 0:51:57 / 159 |
| 162 | 1098 | WALKOWIAK Artur | Zawadzkie | POL | Filip Zawadzkie | 72 M40/39 | M / 152 | Pow/3 01:03:14 | 04.12 | +0:15:11 | 0:09:18 / 159 | 0:15:49 / 152 | 0:27:11 / 163 | 0:34:03 / 167 | 0:45:22 / 167 | 0:52:06 / 164 |
| 163 | 600 | MAŁEK Krzysztof | Wołów | POL | Wołów Biega | 68 M40/40 | M / 153 | 01:03:23 | 04.13 | +0:15:20 | 0:09:43 / 226 | 0:16:31 / 225 | 0:27:49 / 198 | 0:34:31 / 191 | 0:45:41 / 178 | 0:52:24 / 171 |
| 164 | 239 | GLIK Dariusz | Szymiszów | POL | Gmina Strzelce Opolskie | 84 M30/52 | M / 154 | Gmin/11 01:03:32 | 04.14 | +0:15:30 | 0:09:02 / 127 | 0:15:31 / 130 | 0:26:47 / 145 | 0:33:34 / 147 | 0:45:01 / 153 | 0:51:56 / 158 |
| 165 | 860 | REJMAN Krzysztof | Dobra | POL | Mb - Projekt | 86 M20/44 | M / 155 | Woje/46 01:03:35 | 04.14 | +0:15:32 | 0:09:17 / 151 | 0:15:49 / 153 | 0:26:57 / 153 | 0:33:44 / 155 | 0:45:19 / 165 | 0:52:20 / 167 |
| 166 | 74 | BOSY Jacek | Opole | POL | Fast Foot Opole | 79 M30/53 | M / 156 | Woje/47 01:03:40 | 04.14 | +0:15:38 | 0:09:01 / 125 | 0:15:32 / 133 | 0:26:54 / 151 | 0:33:40 / 151 | 0:45:12 / 160 | 0:52:14 / 165 |
| 167 | 475 | KOWNACKI Kamil | Namysłów | POL | | 82 M30/54 | M / 157 | Woje/48 01:03:41 | 04.14 | +0:15:39 | 0:09:36 / 211 | 0:16:15 / 193 | 0:27:32 / 185 | 0:34:20 / 185 | 0:45:35 / 176 | 0:52:23 / 170 |
| 168 | 687 | MUZYK Piotr | Kietrz | POL | | 70 M40/41 | M / 158 | Woje/49 01:03:43 | 04.14 | +0:15:40 | 0:09:03 / 129 | 0:15:35 / 136 | 0:27:01 / 159 | 0:33:58 / 163 | 0:45:33 / 172 | 0:52:27 / 173 |
| 169 | 199 | KAJKA Sławomir | Chorzów | POL | | 69 M40/42 | M / 159 | 01:03:44 | 04.14 | +0:15:41 | 0:09:18 / 157 | 0:15:56 / 162 | 0:27:10 / 162 | 0:34:09 / 176 | 0:45:49 / 183 | 0:52:42 / 180 |
| 170 | 4627 | MISKIEWICZ Mariusz | Mnich | POL | Biegiem Przez Chybie | 81 M30/55 | M / 160 | 01:03:45 | 04.15 | +0:15:43 | 0:08:57 / 110 | 0:15:32 / 131 | 0:27:02 / 160 | 0:34:01 / 166 | 0:45:34 / 174 | 0:52:33 / 176 |
| 171 | 4630 | ŚWIĘCZYK Krzysztof | Chybie-mnich | POL | Biegiem Przez Chybie | 85 M20/45 | M / 161 | 01:03:46 | 04.15 | +0:15:44 | 0:09:15 / 148 | 0:15:56 / 164 | 0:27:14 / 166 | 0:34:03 / 169 | 0:45:34 / 175 | 0:52:31 / 175 |
| 172 | 1068 | TOMKÓW Robert | Niemodlin | POL | Fast Foot Opole | 72 M40/43 | M / 162 | Woje/50 01:03:49 | 04.15 | +0:15:46 | 0:08:42 / 80 | 0:15:19 / 121 | 0:26:41 / 139 | 0:33:39 / 150 | 0:45:16 / 164 | 0:52:18 / 166 |
| 173 | 1083 | UCIECHOWSKA - RUZIK Teresa | Opole | POL | Opole | 87 K20/6 | K / 11 | Woje/51 01:03:50 | 04.15 | +0:15:47 | 0:09:25 / 184 | 0:16:06 / 182 | 0:27:27 / 181 | 0:34:09 / 177 | 0:45:33 / 173 | 0:52:26 / 172 |
| 174 | 323 | JANIAK Witold | Wrocław | POL | Luks Żorawina | 70 M40/44 | M / 163 | 01:03:50 | 04.15 | +0:15:48 | 0:09:24 / 180 | 0:16:07 / 183 | 0:27:20 / 171 | 0:34:05 / 172 | 0:45:32 / 171 | 0:52:21 / 168 |
| 175 | 670 | MORAWSKA Bożena | Świdnica | POL | Wielka Sowa | 69 K40/3 | K / 12 | 01:03:51 | 04.15 | +0:15:48 | 0:09:28 / 187 | 0:16:07 / 184 | 0:27:18 / 168 | 0:34:05 / 171 | 0:45:31 / 168 | 0:52:22 / 169 |
| 176 | 655 | MIKŁASZ Tomasz | Strzelce Opolskie | POL | | 75 M30/56 | M / 164 | Gmin/12 01:04:01 | 04.16 | +0:15:59 | 0:09:50 / 245 | 0:16:35 / 230 | 0:28:07 / 222 | 0:35:00 / 214 | 0:46:43 / 214 | 0:53:07 / 186 |
| 177 | 227 | GAWEL Bogdan | Oświęcim-zaborze | POL | Festiwal Biegowy W Krynicy | 56 M50/16 | M / 165 | 01:04:02 | 04.16 | +0:15:59 | 0:09:36 / 208 | 0:16:21 / 202 | 0:27:40 / 193 | 0:34:23 / 187 | 0:45:44 / 180 | 0:52:36 / 177 |
| 178 | 1131 | WITKOWSKI Damian | Krotoszyn | POL | Ks Krotosz Krotoszyn | 81 M30/57 | M / 166 | 01:04:03 | 04.16 | +0:16:00 | 0:09:25 / 183 | 0:16:17 / 196 | 0:28:02 / 214 | 0:34:58 / 212 | 0:46:33 / 205 | 0:53:12 / 191 |
| 179 | 867 | ROGAŁA Grzegorz | Odolanów | POL | Ks Maraton Ostrów Wielkopolski | 90 M20/46 | M / 167 | 01:04:06 | 04.16 | +0:16:04 | 0:09:23 / 178 | 0:16:01 / 172 | 0:27:26 / 179 | 0:34:12 / 182 | 0:45:44 / 179 | 0:52:44 / 181 |
| 180 | 393 | KASZUBA Grzegorz | Lipowa | POL | Brak | 83 M30/58 | M / 168 | Woje/52 01:04:06 | 04.16 | +0:16:04 | 0:09:07 / 136 | 0:15:37 / 139 | 0:26:58 / 156 | 0:33:46 / 157 | 0:45:31 / 170 | 0:52:30 / 174 |
| 181 | 616 | MARMOL Mirosław | Racibórz | POL | Racibórz | 77 M30/59 | M / 169 | Niep/1 01:04:08 | 04.16 | +0:16:05 | 0:09:21 / 169 | 0:15:42 / 145 | 0:26:50 / 148 | 0:33:30 / 146 | 0:44:56 / 150 | 0:52:04 / 163 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | | |
|----------|--------|-------------------------|--------------------|-----------|-----------------------------------|-----------|--------------------|---------------|------------|----------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 182 | 260 | GUCCMAN Bartłomiej | Opole | POL | Bieg Opolski | 76 M30/60 | M / 170 | Woje/53Niep/2 | 01:04:08 | 04.16 | +0:16:06 | 0:09:43 / 227 | 0:16:28 / 218 | 0:27:50 / 200 | 0:34:38 / 193 | 0:46:01 / 188 | 0:52:52 / 183 |
| 183 | 629 | MATYSEK Rafał | Strzelce Opolskie | POL | Biegne Bo Goni Mnie Misio Zbójnik | 83 M30/61 | M / 171 | Gmin/13 | 01:04:13 | 04.16 | +0:16:10 | 0:09:39 / 217 | 0:16:26 / 212 | 0:27:55 / 203 | 0:34:48 / 200 | 0:46:21 / 193 | 0:53:09 / 190 |
| 184 | 177 | DUDZIK Sławomir | Brzeg | POL | | 77 M30/62 | M / 172 | Woje/54 | 01:04:14 | 04.16 | +0:16:12 | 0:09:16 / 150 | 0:15:58 / 168 | 0:27:24 / 177 | 0:34:13 / 183 | 0:45:47 / 182 | 0:52:45 / 182 |
| 185 | 144 | CZYŻ Grzegorz | Krapkowice | POL | Cross Krapkowice | 72 M40/45 | M / 173 | Woje/55 | 01:04:18 | 04.17 | +0:16:15 | 0:09:17 / 154 | 0:15:55 / 161 | 0:27:22 / 173 | 0:34:11 / 180 | 0:45:46 / 181 | 0:52:42 / 179 |
| 186 | 476 | KOWNACKI Marcin | Namysłów | POL | Jw 2697 Brzeg | 80 M30/63 | M / 174 | Woje/56 | 01:04:22 | 04.17 | +0:16:19 | 0:09:37 / 213 | 0:16:16 / 194 | 0:27:36 / 191 | 0:34:26 / 189 | 0:45:56 / 185 | 0:52:55 / 185 |
| 187 | 784 | PĘCZEK Karolina | Myszków | POL | Adamietz/wrocław Maraton Team | 91 K20/7 | K / 13 | | 01:04:30 | 04.18 | +0:16:27 | 0:09:35 / 207 | 0:16:27 / 215 | 0:28:09 / 225 | 0:35:02 / 216 | 0:46:40 / 211 | 0:53:29 / 203 |
| 188 | 278 | GRZEŚIŃSKI Adam | Strzelce Opolskie | POL | | 75 M30/64 | M / 175 | Gmin/14 | 01:04:33 | 04.18 | +0:16:31 | 0:10:00 / 279 | 0:16:35 / 231 | 0:27:56 / 208 | 0:34:44 / 197 | 0:46:15 / 192 | 0:53:08 / 187 |
| 189 | 702 | NIEZGÓDKA Przemysław | Wrocław | POL | Wkb Piast Wrocław | 84 M30/65 | M / 176 | | 01:04:33 | 04.18 | +0:16:31 | 0:09:32 / 197 | 0:16:22 / 206 | 0:27:56 / 205 | 0:34:57 / 211 | 0:46:34 / 206 | 0:53:21 / 196 |
| 190 | 1107 | WELM Grzegorz | Częstochowa | POL | Zabiegani Częstochowa | 70 M40/46 | M / 177 | | 01:04:37 | 04.18 | +0:16:35 | 0:09:19 / 163 | 0:15:52 / 158 | 0:27:26 / 180 | 0:34:24 / 188 | 0:46:11 / 190 | 0:53:14 / 192 |
| 191 | 98 | BULENDA Grzegorz | Racibórz | POL | Easy Run Racibórz | 68 M40/47 | M / 178 | | 01:04:37 | 04.18 | +0:16:34 | 0:09:59 / 273 | 0:16:50 / 253 | 0:28:21 / 238 | 0:35:12 / 229 | 0:46:38 / 208 | 0:53:23 / 200 |
| 192 | 193 | FIEDOROW Szymon | Mirków | POL | | 73 M40/48 | M / 179 | | 01:04:37 | 04.18 | +0:16:34 | 0:09:32 / 199 | 0:16:18 / 197 | 0:27:34 / 190 | 0:34:23 / 186 | 0:45:55 / 184 | 0:52:52 / 184 |
| 193 | 458 | WĘGRZYN Ireneusz | Glubczyce | POL | Kn Glubczyce | 60 M50/17 | M / 180 | | 01:04:41 | 04.18 | +0:16:39 | 0:09:33 / 202 | 0:16:19 / 199 | 0:27:55 / 204 | 0:34:48 / 201 | 0:46:26 / 196 | 0:53:20 / 195 |
| 194 | 4700 | CIOCH Paweł | Opole | POL | | 79 M30/66 | M / 181 | Woje/57Niep/3 | 01:04:46 | 04.19 | +0:16:43 | 0:09:55 / 258 | 0:16:47 / 247 | 0:28:14 / 229 | 0:35:03 / 219 | 0:46:44 / 216 | 0:53:40 / 211 |
| 195 | 676 | MROZEK Janusz | Racibórz | POL | Easy Run Racibórz | 77 M30/67 | M / 182 | | 01:04:46 | 04.19 | +0:16:44 | 0:10:01 / 280 | 0:16:52 / 257 | 0:28:23 / 239 | 0:35:13 / 230 | 0:46:40 / 212 | 0:53:28 / 202 |
| 196 | 283 | GUTOWSKI Dariusz | Kłobuck | POL | Ngb Kłobuck | 68 M40/49 | M / 183 | | 01:04:47 | 04.19 | +0:16:44 | 0:09:40 / 221 | 0:16:29 / 219 | 0:28:00 / 211 | 0:34:53 / 206 | 0:46:31 / 203 | 0:53:22 / 199 |
| 197 | 1125 | WISZNIEWSKI Wojciech | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 78 M30/68 | M / 184 | Gmin/15 | 01:04:49 | 04.19 | +0:16:47 | 0:09:23 / 175 | 0:16:03 / 179 | 0:27:33 / 189 | 0:34:29 / 190 | 0:46:14 / 191 | 0:53:20 / 193 |
| 198 | 793 | PIETRZAK Kamil | Opole | POL | Brak | 85 M20/47 | M / 185 | Woje/58 | 01:04:51 | 04.19 | +0:16:49 | 0:09:35 / 205 | 0:16:29 / 220 | 0:27:47 / 197 | 0:34:54 / 208 | 0:46:27 / 197 | 0:53:30 / 204 |
| 199 | 151 | KONDRACKI Dariusz | Częstochowa | POL | Zabiegani Częstochowa | 67 M40/50 | M / 186 | | 01:04:52 | 04.19 | +0:16:50 | 0:09:36 / 209 | 0:16:17 / 195 | 0:27:51 / 201 | 0:34:44 / 196 | 0:46:22 / 194 | 0:53:20 / 194 |
| 200 | 4623 | TOMASZEWSKI Dariusz | Dąbrowa Górnicza | POL | Tkcf Siedlce | 78 M30/69 | M / 187 | | 01:04:52 | 04.19 | +0:16:49 | 0:09:17 / 152 | 0:16:08 / 185 | 0:27:20 / 169 | 0:34:08 / 175 | 0:46:04 / 189 | 0:53:08 / 188 |
| 201 | 704 | NOLEPA Krzysztof | Opole | POL | | 85 M20/48 | M / 188 | Woje/59 | 01:04:54 | 04.19 | +0:16:51 | 0:09:51 / 249 | 0:16:40 / 237 | 0:28:18 / 234 | 0:35:08 / 224 | 0:46:56 / 225 | 0:53:51 / 222 |
| 202 | 162 | DOMICZ Antoni | Opole | POL | Luks Żorawina | 54 M60/5 | M / 189 | Woje/60 | 01:04:54 | 04.19 | +0:16:52 | 0:09:43 / 228 | 0:16:28 / 217 | 0:27:56 / 206 | 0:34:48 / 202 | 0:46:29 / 200 | 0:53:22 / 198 |
| 203 | 1054 | ŚWIERCZEK Roman | Lewin Brzeski | POL | Lewin Biega | 66 M40/51 | M / 190 | Woje/61 | 01:04:57 | 04.19 | +0:16:54 | 0:10:05 / 295 | 0:16:59 / 274 | 0:28:25 / 242 | 0:35:17 / 233 | 0:47:04 / 230 | 0:54:00 / 226 |
| 204 | 121 | CIBIS Adam | Kędzierzyn - Koźle | POL | Sks Koziłek | 89 M20/49 | M / 191 | Woje/62 | 01:05:01 | 04.20 | +0:16:58 | 0:09:34 / 204 | 0:16:12 / 191 | 0:27:53 / 202 | 0:34:47 / 199 | 0:46:24 / 195 | 0:53:22 / 197 |
| 205 | 986 | STRZÓDKA Sebastian | Sosnowiec | POL | Harpagan Sosnowiec | 84 M30/70 | M / 192 | | 01:05:02 | 04.20 | +0:17:00 | 0:09:10 / 141 | 0:15:58 / 167 | 0:27:32 / 186 | 0:34:38 / 194 | 0:46:30 / 202 | 0:53:38 / 210 |
| 206 | 218 | FUSIARZ Grzegorz | Krapkowice | POL | | 88 M20/50 | M / 193 | Woje/63 | 01:05:05 | 04.20 | +0:17:03 | 0:09:35 / 206 | 0:16:26 / 209 | 0:28:08 / 223 | 0:35:00 / 215 | 0:46:39 / 210 | 0:53:36 / 208 |
| 207 | 572 | LUKASZCZYKIEWICZ Tomasz | K-koźle | POL | | 72 M40/52 | M / 194 | Woje/64 | 01:05:05 | 04.20 | +0:17:02 | 0:09:45 / 229 | 0:16:31 / 226 | 0:28:03 / 216 | 0:35:02 / 218 | 0:46:43 / 213 | 0:53:44 / 216 |
| 208 | 293 | HARMANSA Piotr | Gogolin | POL | | 69 M40/53 | M / 195 | Woje/65 | 01:05:06 | 04.20 | +0:17:03 | 0:09:40 / 220 | 0:16:27 / 213 | 0:27:59 / 210 | 0:34:53 / 204 | 0:46:38 / 209 | 0:53:36 / 209 |
| 209 | 325 | JANIK Jerzy | Strzelce Opolskie | POL | Osir Strzelce Opolskie | 54 M60/6 | M / 196 | Gmin/16 | 01:05:08 | 04.20 | +0:17:05 | 0:09:21 / 168 | 0:16:00 / 170 | 0:27:25 / 178 | 0:34:11 / 181 | 0:45:59 / 187 | 0:53:08 / 189 |
| 210 | 226 | GARCORZ Dawid | Dzielnia | POL | | 94 M20/51 | M / 197 | | 01:05:10 | 04.20 | +0:17:07 | 0:10:03 / 288 | 0:16:48 / 248 | 0:28:13 / 228 | 0:35:07 / 222 | 0:46:51 / 222 | 0:53:46 / 217 |
| 211 | 673 | MOSUR Tomasz | Wrocław | POL | | 70 M40/54 | M / 198 | | 01:05:11 | 04.20 | +0:17:08 | 0:09:32 / 198 | 0:16:22 / 204 | 0:27:56 / 207 | 0:34:59 / 213 | 0:46:43 / 215 | 0:53:47 / 218 |
| 212 | 700 | NIEMCZYCKI Tomasz | Glubczyce | POL | Niezrzeszony | 75 M30/71 | M / 199 | Woje/66 | 01:05:12 | 04.20 | +0:17:10 | 0:10:09 / 308 | 0:17:03 / 282 | 0:28:39 / 257 | 0:35:36 / 248 | 0:47:05 / 231 | 0:54:03 / 229 |
| 213 | 890 | RZECZKOWSKI Aleksander | Namysłów | POL | Ntt Triada | 74 M40/55 | M / 200 | Woje/67 | 01:05:15 | 04.21 | +0:17:12 | 0:09:39 / 216 | 0:16:27 / 216 | 0:27:57 / 209 | 0:34:52 / 203 | 0:46:33 / 204 | 0:53:31 / 205 |
| 214 | 145 | ĆWIAKAŁA Wojciech | Jelenia Góra | POL | | 63 M50/18 | M / 201 | | 01:05:15 | 04.21 | +0:17:13 | 0:09:46 / 231 | 0:16:32 / 227 | 0:28:04 / 217 | 0:35:07 / 223 | 0:46:50 / 220 | 0:53:48 / 219 |
| 215 | 1050 | ŚMIGIELSKI Krystian | Strzelce Opolskie | POL | | 83 M30/72 | M / 202 | Gmin/17 | 01:05:16 | 04.21 | +0:17:13 | 0:10:12 / 316 | 0:17:12 / 296 | 0:28:54 / 275 | 0:36:03 / 272 | 0:47:36 / 253 | 0:54:23 / 239 |
| 216 | 114 | CHMIELEWSKI Andrzej | Olesno | POL | Opolskie Centrum Rowerowe | 84 M30/73 | M / 203 | Woje/68 | 01:05:16 | 04.21 | +0:17:14 | 0:09:48 / 242 | 0:16:34 / 229 | 0:28:05 / 219 | 0:35:04 / 221 | 0:46:44 / 218 | 0:53:43 / 214 |
| 217 | 379 | KANDZIA Krzysztof | Tworóg | POL | Belo Team | 85 M20/52 | M / 204 | | 01:05:17 | 04.21 | +0:17:14 | 0:09:57 / 265 | 0:16:46 / 245 | 0:28:17 / 231 | 0:35:09 / 225 | 0:46:51 / 223 | 0:53:50 / 221 |
| 218 | 15 | BANASIAK Tomasz | Racibórz | POL | - | 72 M40/56 | M / 205 | | 01:05:28 | 04.21 | +0:17:25 | 0:09:24 / 181 | 0:16:03 / 175 | 0:27:23 / 175 | 0:34:13 / 184 | 0:46:27 / 198 | 0:53:44 / 215 |
| 219 | 480 | KOZIŃSKI Kamil | Częstochowa | POL | Zabiegani Czestochowa | 87 M20/53 | M / 206 | | 01:05:29 | 04.21 | +0:17:27 | 0:09:22 / 174 | 0:15:57 / 165 | 0:27:30 / 183 | 0:34:32 / 192 | 0:46:28 / 199 | 0:53:32 / 206 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|------------------------|-------------------|-----------|------------------------------|-----------|--------------------|------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 220 | 1130 | WITKIEWICZ Wojciech | Kotórz Maly | POL | | 88 M20/54 | M / 207 | Woje/69 01:05:30 | 04.22 | +0:17:27 | 0:09:46 / 232 | 0:16:37 / 232 | 0:28:16 / 230 | 0:35:15 / 232 | 0:46:59 / 229 | 0:53:56 / 225 |
| 221 | 247 | GOŁĘBIEWSKI Roman | Lewin Brzeski | POL | Lewin Biega | 72 M40/57 | M / 208 | Woje/70 01:05:30 | 04.22 | +0:17:28 | 0:09:57 / 266 | 0:16:38 / 236 | 0:28:06 / 221 | 0:34:56 / 209 | 0:46:44 / 217 | 0:53:41 / 212 |
| 222 | 578 | MACIEJEWSKI Andrzej | Krotoszyn | POL | Ks Krotosz Krotoszyn | 59 M50/19 | M / 209 | 01:05:30 | 04.22 | +0:17:28 | 0:09:56 / 260 | 0:16:53 / 259 | 0:28:33 / 250 | 0:35:29 / 244 | 0:47:15 / 236 | 0:54:14 / 235 |
| 223 | 813 | POCZTA Marian | Krotoszyn | POL | Ks Krotosz Krotoszyn | 65 M40/58 | M / 210 | 01:05:31 | 04.22 | +0:17:28 | 0:09:40 / 219 | 0:16:37 / 233 | 0:28:21 / 236 | 0:35:18 / 234 | 0:47:09 / 233 | 0:54:11 / 234 |
| 224 | 311 | ILNICKI Przemyslaw | Brzeźce | POL | | 72 M40/59 | M / 211 | Woje/71 01:05:31 | 04.22 | +0:17:29 | 0:09:51 / 251 | 0:16:44 / 243 | 0:28:39 / 258 | 0:35:43 / 253 | 0:47:29 / 249 | 0:54:28 / 245 |
| 225 | 376 | KALUŻNY Sebastian | Wrocław | POL | | 79 M30/74 | M / 212 | 01:05:33 | 04.22 | +0:17:31 | 0:10:13 / 320 | 0:17:11 / 293 | 0:28:47 / 268 | 0:35:44 / 255 | 0:47:19 / 240 | 0:54:09 / 233 |
| 226 | 327 | JANIK Rafał | Strzelce Opolskie | POL | Amator | 78 M30/75 | M / 213 | Gmin/18 01:05:34 | 04.22 | +0:17:32 | 0:09:21 / 171 | 0:16:03 / 176 | 0:27:43 / 195 | 0:34:46 / 198 | 0:46:48 / 219 | 0:53:54 / 223 |
| 227 | 51 | BIELIŃSKA Monika | Przyszwice | POL | Art-team | 83 K30/4 | K / 14 | 01:05:35 | 04.22 | +0:17:32 | 0:09:18 / 155 | 0:16:03 / 178 | 0:27:42 / 194 | 0:34:39 / 195 | 0:46:36 / 207 | 0:53:41 / 213 |
| 228 | 91 | BUCZKIEWICZ Marcin | Brzeg | POL | Kotwica Brzeg | 79 M30/76 | M / 214 | Woje/72 01:05:41 | 04.22 | +0:17:38 | 0:09:38 / 214 | 0:16:23 / 207 | 0:28:00 / 213 | 0:34:56 / 210 | 0:46:57 / 227 | 0:54:01 / 227 |
| 229 | 1161 | WYLECIAŁ Dorota | Katowice | POL | Truchtacz Myslowice | 60 K50/1 | K / 15 | 01:05:43 | 04.22 | +0:17:40 | 0:09:28 / 188 | 0:16:22 / 205 | 0:28:05 / 220 | 0:35:02 / 217 | 0:46:51 / 221 | 0:53:55 / 224 |
| 230 | 1189 | ZWOLENKIEWICZ Sławomir | Leśnica | POL | | 76 M30/77 | M / 215 | Powil/4 01:05:48 | 04.23 | +0:17:46 | 0:09:47 / 234 | 0:16:29 / 221 | 0:28:03 / 215 | 0:35:03 / 220 | 0:46:58 / 228 | 0:54:01 / 228 |
| 231 | 1171 | ZAMOJSKI Daniel | Bytom | POL | | 84 M30/78 | M / 216 | 01:05:53 | 04.23 | +0:17:51 | 0:09:23 / 177 | 0:15:53 / 160 | 0:27:00 / 158 | 0:33:47 / 158 | 0:45:41 / 177 | 0:53:25 / 201 |
| 232 | 312 | IWANEK Dominik | Tarnowskie Góry | POL | | 86 M20/55 | M / 217 | 01:05:54 | 04.23 | +0:17:51 | 0:10:01 / 282 | 0:16:44 / 242 | 0:28:08 / 224 | 0:34:53 / 205 | 0:46:29 / 201 | 0:53:32 / 207 |
| 233 | 4780 | DŁUTOWSKI Mateusz | St | POL | | 91 M20/56 | M / 218 | Gmin/19 01:05:54 | 04.23 | +0:17:52 | 0:09:25 / 182 | 0:16:19 / 198 | 0:28:17 / 232 | 0:35:20 / 237 | 0:47:24 / 245 | 0:54:23 / 240 |
| 234 | 1015 | SZCZYPKA Piotr | Chybie | POL | | 89 M20/57 | M / 219 | 01:05:56 | 04.23 | +0:17:54 | 0:09:45 / 230 | 0:16:33 / 228 | 0:28:11 / 227 | 0:35:10 / 226 | 0:46:54 / 224 | 0:54:06 / 231 |
| 235 | 479 | KOZIMOR Wiesław | Lewin Brzeski | POL | MaratonyPolskie.pl Team | 61 M50/20 | M / 220 | Woje/73 01:05:58 | 04.23 | +0:17:55 | 0:09:51 / 246 | 0:16:42 / 239 | 0:28:31 / 247 | 0:35:27 / 241 | 0:47:12 / 234 | 0:54:08 / 232 |
| 236 | 368 | KALETA Jan | Kraków | POL | Jw 2771 Rzaška | 70 M40/60 | M / 221 | 01:05:58 | 04.23 | +0:17:56 | 0:10:00 / 278 | 0:16:51 / 256 | 0:28:33 / 251 | 0:35:31 / 245 | 0:47:18 / 238 | 0:54:19 / 236 |
| 237 | 595 | MAKOWIAK Jan | Dziergowice | POL | Niezrzeszony | 73 M40/61 | M / 222 | 01:06:01 | 04.24 | +0:17:58 | 0:09:47 / 235 | 0:16:38 / 235 | 0:28:18 / 235 | 0:35:10 / 227 | 0:46:57 / 226 | 0:54:04 / 230 |
| 238 | 1186 | ZIMOCZ Przemyslaw | Kępno | POL | K.s. Leniwiec | 79 M30/79 | M / 223 | 01:06:05 | 04.24 | +0:18:02 | 0:09:59 / 269 | 0:16:58 / 273 | 0:28:42 / 263 | 0:35:41 / 251 | 0:47:22 / 243 | 0:54:23 / 241 |
| 239 | 690 | MZYK Marcin | Boronów | POL | | 87 M20/58 | M / 224 | 01:06:05 | 04.24 | +0:18:02 | 0:09:51 / 247 | 0:16:45 / 244 | 0:28:33 / 249 | 0:35:29 / 243 | 0:47:19 / 239 | 0:54:26 / 243 |
| 240 | 1030 | SZOBER Grzegorz | Strzelce Opolskie | POL | Osir Strzelce Opolskie | 92 M20/59 | M / 225 | Gmin/20 01:06:05 | 04.24 | +0:18:03 | 0:10:20 / 351 | 0:17:14 / 299 | 0:28:53 / 274 | 0:35:50 / 264 | 0:47:30 / 250 | 0:54:33 / 247 |
| 241 | 356 | JURKOWSKI Łukasz | Rybnik | POL | Sbd Energetyk Rybnik | 79 M30/80 | M / 226 | 01:06:11 | 04.24 | +0:18:08 | 0:09:56 / 263 | 0:16:55 / 264 | 0:28:43 / 265 | 0:35:48 / 263 | 0:47:40 / 260 | 0:54:41 / 252 |
| 242 | 52 | BIELIŃSKI Artur | Przyszwice | POL | Art-team | 86 M20/60 | M / 227 | 01:06:14 | 04.24 | +0:18:12 | 0:09:20 / 164 | 0:15:53 / 159 | 0:27:49 / 199 | 0:35:22 / 238 | 0:47:24 / 246 | 0:54:38 / 249 |
| 243 | 590 | MAJEK Krzysztof | Katowice | POL | Tkkf Timken | 71 M40/62 | M / 228 | 01:06:14 | 04.24 | +0:18:12 | 0:09:59 / 271 | 0:16:55 / 262 | 0:28:39 / 259 | 0:35:45 / 256 | 0:47:39 / 258 | 0:54:43 / 255 |
| 244 | 361 | KABATA Jakub | Jaworzno | POL | Lzs Falstart Rudniki | 92 M20/61 | M / 229 | Woje/74 01:06:15 | 04.25 | +0:18:12 | 0:10:03 / 290 | 0:17:12 / 294 | 0:29:10 / 293 | 0:36:16 / 278 | 0:48:02 / 270 | 0:54:53 / 263 |
| 245 | 928 | SKWORC Grzegorz | Siemianowice | POL | | 87 M20/62 | M / 230 | 01:06:16 | 04.25 | +0:18:13 | 0:09:15 / 149 | 0:16:09 / 187 | 0:28:04 / 218 | 0:35:13 / 231 | 0:47:18 / 237 | 0:54:36 / 248 |
| 246 | 417 | KLEPACZ Mirosław | Kędzierzyn-koźle | POL | Ks Koziołek Kędzierzyn-koźle | 67 M40/63 | M / 231 | Woje/75 01:06:19 | 04.25 | +0:18:16 | 0:10:05 / 292 | 0:16:49 / 250 | 0:28:26 / 244 | 0:35:24 / 239 | 0:47:22 / 244 | 0:54:25 / 242 |
| 247 | 758 | PALETKO Grzegorz | Jasienica Dolna | POL | Nysa Biega | 87 M20/63 | M / 232 | Woje/76 01:06:20 | 04.25 | +0:18:17 | 0:09:48 / 239 | 0:16:50 / 251 | 0:28:30 / 246 | 0:35:36 / 247 | 0:47:38 / 256 | 0:54:44 / 256 |
| 248 | 994 | SWOBODA Leszek | Solarnia | POL | | 73 M40/64 | M / 233 | 01:06:20 | 04.25 | +0:18:17 | 0:09:51 / 250 | 0:16:44 / 241 | 0:28:21 / 237 | 0:35:19 / 235 | 0:47:21 / 242 | 0:54:28 / 244 |
| 249 | 504 | KUBIENIEC Grzegorz | Gliwice | POL | Ekologik | 81 M30/81 | M / 234 | 01:06:23 | 04.25 | +0:18:20 | 0:09:57 / 267 | 0:16:49 / 249 | 0:28:25 / 240 | 0:35:41 / 250 | 0:47:27 / 248 | 0:54:38 / 251 |
| 250 | 512 | KUCZYŃSKI Piotr | Poznań | POL | Nkb Chyży Nowy Tomyśl | 56 M50/21 | M / 235 | 01:06:25 | 04.25 | +0:18:22 | 0:10:00 / 277 | 0:16:56 / 265 | 0:28:42 / 262 | 0:35:47 / 258 | 0:47:40 / 259 | 0:54:47 / 259 |
| 251 | 1025 | SZMIGIEL Dariusz | Myslowice | POL | Truchtacz Myslowice | 68 M40/65 | M / 236 | 01:06:25 | 04.25 | +0:18:22 | 0:09:33 / 200 | 0:16:26 / 211 | 0:28:18 / 233 | 0:35:25 / 240 | 0:47:19 / 241 | 0:54:20 / 237 |
| 252 | 826 | PORADA Adam | Zdzieszowice | POL | Team `bazylia` Zdzieszowice | 70 M40/66 | M / 237 | Woje/77 01:06:25 | 04.25 | +0:18:22 | 0:10:08 / 303 | 0:17:15 / 300 | 0:29:10 / 292 | 0:36:17 / 279 | 0:48:09 / 272 | 0:55:08 / 267 |
| 253 | 919 | SKIBICKI Krzysztof | Oświęcim | POL | Damyrade | 70 M40/67 | M / 238 | 01:06:27 | 04.25 | +0:18:24 | 0:10:20 / 352 | 0:17:10 / 291 | 0:28:50 / 270 | 0:35:47 / 259 | 0:47:31 / 251 | 0:54:42 / 254 |
| 254 | 889 | RYZNER Krzysztof | Jarosław | POL | Jarosław | 60 M50/22 | M / 239 | 01:06:29 | 04.25 | +0:18:26 | 0:10:13 / 325 | 0:17:20 / 313 | 0:29:07 / 286 | 0:36:03 / 273 | 0:47:52 / 264 | 0:54:46 / 257 |
| 255 | 574 | ŁYŻWIŃSKI Wojciech | Gliwice | POL | Brak | 79 M30/82 | M / 240 | 01:06:30 | 04.26 | +0:18:27 | 0:09:56 / 262 | 0:16:50 / 252 | 0:28:25 / 241 | 0:35:37 / 249 | 0:47:26 / 247 | 0:54:38 / 250 |
| 256 | 158 | DMOWSKI Marek | Gwoździany | POL | Osp Gwoździany | 72 M40/68 | M / 241 | 01:06:33 | 04.26 | +0:18:31 | 0:10:41 / 425 | 0:17:52 / 388 | 0:29:21 / 309 | 0:36:22 / 291 | 0:48:10 / 273 | 0:55:19 / 270 |
| 257 | 377 | KAMIŃSKI Dominik | Dąbrowa Górnicza | POL | Harpagan Sosnowiec | 79 M30/83 | M / 242 | 01:06:34 | 04.26 | +0:18:31 | 0:09:19 / 162 | 0:15:42 / 144 | 0:26:40 / 137 | 0:33:20 / 139 | 0:44:57 / 151 | 0:52:37 / 178 |
| 258 | 934 | SŁOWIK Mariusz | Opole | POL | - | 80 M30/84 | M / 243 | Woje/78 01:06:34 | 04.26 | +0:18:32 | 0:09:48 / 240 | 0:16:46 / 246 | 0:28:34 / 252 | 0:35:44 / 254 | 0:47:39 / 257 | 0:54:49 / 260 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|----------------------|-------------------|-----------|--|---------|--------------------|------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 259 | 925 | SKRZYPEK Wiesław | Tulowice | POL | Klub Biegających Leśników | 75 | M30/85 M / 244 | Woje/79 01:06:35 | 04.26 | +0:18:32 | 0:09:29 / 190 | 0:16:11 / 188 | 0:27:46 / 196 | 0:34:53 / 207 | 0:47:06 / 232 | 0:54:22 / 238 |
| 260 | 552 | LEWANDOWICZ Tomasz | Dobrzyca | POL | Truchtacz Dobrzyca | 70 | M40/69 M / 245 | 01:06:39 | 04.26 | +0:18:36 | 0:10:09 / 307 | 0:17:03 / 283 | 0:28:46 / 267 | 0:35:48 / 262 | 0:47:42 / 261 | 0:54:50 / 261 |
| 261 | 1138 | WOJNAROWSKI Mateusz | Wielopole | POL | Terminal Logistyczny Promont | 87 | M20/64 M / 246 | 01:06:40 | 04.26 | +0:18:37 | 0:09:59 / 275 | 0:17:08 / 288 | 0:28:47 / 269 | 0:35:50 / 265 | 0:47:36 / 255 | 0:54:52 / 262 |
| 262 | 168 | DROŻAK Tomasz | Tarnów Opolski | POL | Brak | 80 | M30/86 M / 247 | Woje/80 01:06:40 | 04.26 | +0:18:38 | 0:09:31 / 196 | 0:16:31 / 223 | 0:28:26 / 243 | 0:35:32 / 246 | 0:47:36 / 252 | 0:54:41 / 253 |
| 263 | 1023 | SZKOPKOWSKI Dawid | Bytom | POL | Miechowska Grupa Biegowa | 94 | M20/65 M / 248 | 01:06:42 | 04.26 | +0:18:39 | 0:10:05 / 294 | 0:17:07 / 287 | 0:28:46 / 266 | 0:35:43 / 252 | 0:47:36 / 254 | 0:54:47 / 258 |
| 264 | 4640 | KASPROWSKI Łukasz | Krapkowice | POL | Garage Team | 79 | M30/87 M / 249 | Woje/81 01:06:42 | 04.26 | +0:18:39 | 0:09:20 / 167 | 0:16:08 / 186 | 0:28:00 / 212 | 0:35:12 / 228 | 0:47:14 / 235 | 0:54:33 / 246 |
| 265 | 408 | KILAN Zbigniew | Szczekociny | POL | Olimpijczyk Szczekociny | 57 | M50/23 M / 250 | 01:06:44 | 04.26 | +0:18:41 | 0:09:50 / 244 | 0:16:51 / 255 | 0:28:42 / 261 | 0:35:53 / 267 | 0:47:52 / 265 | 0:55:03 / 265 |
| 266 | 1160 | WYBRANIEC Andrzej | Kietrz | POL | Ks Gryf | 50 | M60/7 M / 251 | Woje/82 01:06:49 | 04.27 | +0:18:47 | 0:10:00 / 276 | 0:16:57 / 269 | 0:28:53 / 272 | 0:35:57 / 271 | 0:47:53 / 266 | 0:54:58 / 264 |
| 267 | 966 | STANIA Paweł | Opole | POL | | 82 | M30/88 M / 252 | Woje/83 01:06:56 | 04.27 | +0:18:54 | 0:10:08 / 301 | 0:17:21 / 315 | 0:29:22 / 310 | 0:36:33 / 302 | 0:48:29 / 285 | 0:55:29 / 277 |
| 268 | 236 | GICZEWSKI Grzegorz | Bytom | POL | Miechowska Grupa Biegowa | 65 | M40/70 M / 253 | 01:06:56 | 04.27 | +0:18:54 | 0:10:36 / 405 | 0:18:01 / 410 | 0:30:21 / 386 | 0:37:35 / 363 | 0:49:20 / 325 | 0:56:12 / 303 |
| 269 | 856 | RALKO Wojciech | Januszkowice | POL | 5ever Alone | 96 | M20/66 M / 254 | Woje/84 01:06:58 | 04.27 | +0:18:55 | 0:09:59 / 270 | 0:16:54 / 260 | 0:28:41 / 260 | 0:35:54 / 268 | 0:47:50 / 263 | 0:55:11 / 268 |
| 270 | 119 | CHUCHLA Jacek | Bytom | POL | Miechowska Grupa Biegowa | 71 | M40/71 M / 255 | 01:07:01 | 04.28 | +0:18:58 | 0:10:23 / 361 | 0:17:40 / 360 | 0:30:01 / 352 | 0:37:14 / 336 | 0:48:58 / 307 | 0:55:51 / 289 |
| 271 | 130 | CIEŚLAK Mariusz | Wrocław | POL | Kb Vamos Amigos Wrocław | 72 | M40/72 M / 256 | 01:07:04 | 04.28 | +0:19:01 | 0:09:38 / 215 | 0:16:37 / 234 | 0:28:34 / 253 | 0:35:47 / 261 | 0:47:56 / 269 | 0:55:06 / 266 |
| 272 | 4598 | ROMAN Krzysztof | Kudowa Zdrój | POL | Ulks Opal Kudowa | 59 | M50/24 M / 257 | 01:07:07 | 04.28 | +0:19:04 | 0:09:52 / 252 | 0:17:00 / 276 | 0:29:08 / 287 | 0:36:21 / 289 | 0:48:38 / 293 | 0:55:40 / 283 |
| 273 | 990 | SUCHOGÓRSKA Monika | Dąbrowa Górnicza | POL | Harpagan Sosnowiec | 84 | K30/5 K / 16 | 01:07:07 | 04.28 | +0:19:04 | 0:10:08 / 304 | 0:17:15 / 301 | 0:29:08 / 288 | 0:36:22 / 292 | 0:48:21 / 280 | 0:55:34 / 279 |
| 274 | 724 | OKRÓJ Zbigniew | Gliwice | POL | | 73 | M40/73 M / 258 | 01:07:11 | 04.28 | +0:19:08 | 0:10:08 / 300 | 0:17:08 / 289 | 0:29:09 / 291 | 0:36:19 / 284 | 0:48:16 / 278 | 0:55:26 / 274 |
| 275 | 73 | BORTEL Mirosław | Tychy | POL | Festiwal Biegowy W Krynicy | 71 | M40/74 M / 259 | 01:07:13 | 04.28 | +0:19:10 | 0:09:53 / 256 | 0:17:00 / 275 | 0:29:00 / 280 | 0:36:13 / 277 | 0:48:16 / 276 | 0:55:24 / 272 |
| 276 | 8 | ANTOLAK Edward | Katowice | POL | Tkkf Saturn Czeladz | 51 | M60/8 M / 260 | 01:07:18 | 04.29 | +0:19:15 | 0:11:16 / 578 | 0:18:36 / 496 | 0:30:18 / 382 | 0:37:23 / 344 | 0:48:57 / 306 | 0:55:54 / 291 |
| 277 | 406 | KIC Łukasz | Sosnowiec | POL | Harpagan Sosnowiec | 86 | M20/67 M / 261 | 01:07:25 | 04.29 | +0:19:23 | 0:09:26 / 185 | 0:16:25 / 208 | 0:28:31 / 248 | 0:35:51 / 266 | 0:48:23 / 281 | 0:55:30 / 278 |
| 278 | 249 | GOROL Jarosław | Woźniki | POL | Mlks Woźniki | 84 | M30/89 M / 262 | 01:07:27 | 04.29 | +0:19:24 | 0:10:41 / 423 | 0:17:57 / 399 | 0:29:56 / 345 | 0:37:04 / 324 | 0:49:04 / 311 | 0:56:11 / 301 |
| 279 | 505 | KUBIK Jarosław | Jaworzno | POL | . | 70 | M40/75 M / 263 | 01:07:29 | 04.29 | +0:19:26 | 0:09:54 / 257 | 0:16:52 / 258 | 0:28:39 / 256 | 0:35:47 / 260 | 0:47:55 / 268 | 0:55:22 / 271 |
| 280 | 993 | SUROWIECKI Robert | Skrzyszów | POL | Forma Wodzisław | 68 | M40/76 M / 264 | 01:07:31 | 04.30 | +0:19:28 | 0:09:41 / 222 | 0:16:40 / 238 | 0:28:36 / 254 | 0:35:55 / 269 | 0:48:08 / 271 | 0:55:25 / 273 |
| 281 | 814 | PODSIADŁO Jarosław | Sosnowiec | POL | Harpagan Sosnowiec | 66 | M40/77 M / 265 | 01:07:31 | 04.30 | +0:19:29 | 0:10:12 / 317 | 0:17:15 / 302 | 0:29:18 / 304 | 0:36:27 / 295 | 0:48:34 / 288 | 0:55:42 / 284 |
| 282 | 286 | GWÓZDŹ Piotr | Boruszowice | POL | | 78 | M30/90 M / 266 | 01:07:40 | 04.30 | +0:19:38 | 0:10:17 / 341 | 0:17:25 / 327 | 0:29:32 / 313 | 0:36:51 / 311 | 0:49:12 / 318 | 0:56:21 / 310 |
| 283 | 25 | BARTKOWIAK Mariusz | Opole | POL | Opolebiega.pl | 80 | M30/91 M / 267 | Woje/85 01:07:40 | 04.30 | +0:19:38 | 0:10:30 / 382 | 0:17:40 / 361 | 0:29:38 / 320 | 0:36:46 / 310 | 0:48:53 / 302 | 0:56:08 / 299 |
| 284 | 225 | GAJEWSKI Ireneusz | Sosnowiec | POL | Harpagan Sosnowiec | 73 | M40/78 M / 268 | 01:07:42 | 04.30 | +0:19:40 | 0:10:48 / 466 | 0:18:03 / 417 | 0:29:58 / 348 | 0:37:03 / 322 | 0:48:47 / 300 | 0:55:56 / 292 |
| 285 | 645 | MICHAŁA Radosław | Czarnowąsy | POL | | 87 | M20/68 M / 269 | Woje/86 01:07:43 | 04.30 | +0:19:41 | 0:10:02 / 284 | 0:16:57 / 270 | 0:28:55 / 276 | 0:36:04 / 274 | 0:48:15 / 275 | 0:55:37 / 281 |
| 286 | 1052 | ŚRODA Andrzej | Strzelce Opolskie | POL | Pizzeria `bella Italia` Strzelce Opolski | 65 | M40/79 M / 270 | Gmin/21 01:07:43 | 04.30 | +0:19:41 | 0:10:21 / 354 | 0:17:24 / 326 | 0:29:27 / 312 | 0:36:34 / 305 | 0:48:28 / 284 | 0:55:45 / 286 |
| 287 | 1108 | WĘGLARCZYK Krzysztof | Wodzisław Śląski | POL | Forma Wodzisław Śląski | 77 | M30/92 M / 271 | 01:07:43 | 04.30 | +0:19:41 | 0:10:03 / 289 | 0:17:15 / 303 | 0:29:17 / 303 | 0:36:34 / 304 | 0:48:34 / 287 | 0:55:45 / 285 |
| 288 | 679 | MRÓZ Łukasz `tazo` | Kietrz | POL | Ks Gryf Kietrz | 80 | M30/93 M / 272 | Woje/87 01:07:44 | 04.30 | +0:19:42 | 0:10:12 / 315 | 0:17:20 / 312 | 0:29:15 / 301 | 0:36:18 / 283 | 0:48:14 / 274 | 0:55:29 / 276 |
| 289 | 449 | KONFEDERAK Tomasz | Zawadzkie | POL | Redroosterr.blogspot.com | 75 | M30/94 M / 273 | Pow/5 01:07:49 | 04.31 | +0:19:47 | 0:09:31 / 195 | 0:16:22 / 203 | 0:28:09 / 226 | 0:35:27 / 242 | 0:47:48 / 262 | 0:55:18 / 269 |
| 290 | 859 | REICHERT Andrzej | Ujazd | POL | Zawisza Stara Kuźnia | 51 | M60/9 M / 274 | Pow/6 01:07:50 | 04.31 | +0:19:47 | 0:09:48 / 237 | 0:17:02 / 279 | 0:29:03 / 282 | 0:36:22 / 290 | 0:48:30 / 286 | 0:55:46 / 287 |
| 291 | 708 | NOWAK Grzegorz | Czeladz | POL | Tkkf Saturn Czeladz | 75 | M30/95 M / 275 | 01:07:54 | 04.31 | +0:19:52 | 0:09:37 / 212 | 0:16:55 / 261 | 0:29:06 / 284 | 0:36:21 / 288 | 0:48:34 / 289 | 0:55:57 / 294 |
| 292 | 785 | PEKAŁA Michał | Kobiór | POL | Bieg Opolski | 90 | M20/69 M / 276 | 01:07:56 | 04.31 | +0:19:54 | 0:10:43 / 430 | 0:18:02 / 413 | 0:30:17 / 378 | 0:37:28 / 352 | 0:49:30 / 333 | 0:56:35 / 319 |
| 293 | 418 | KŁEK Mariusz | Sosnowiec | POL | Harpagan Sosnowiec | 86 | M20/70 M / 277 | 01:07:56 | 04.31 | +0:19:54 | 0:08:58 / 118 | 0:15:58 / 169 | 0:27:28 / 182 | 0:35:20 / 236 | 0:48:17 / 279 | 0:55:36 / 280 |
| 294 | 1034 | SZPINEK Marcin | Nysa | POL | | 80 | M30/96 M / 278 | Woje/88 01:08:01 | 04.32 | +0:19:58 | 0:10:14 / 328 | 0:17:30 / 338 | 0:29:40 / 321 | 0:36:52 / 312 | 0:48:54 / 303 | 0:56:09 / 300 |
| 295 | 4580 | PIELKA Erwin | Ślupsko | POL | Ślupsko Amator | 65 | M40/80 M / 279 | 01:08:01 | 04.32 | +0:19:58 | 0:10:23 / 358 | 0:17:20 / 311 | 0:29:09 / 290 | 0:36:18 / 282 | 0:48:27 / 282 | 0:55:48 / 288 |
| 296 | 4635 | LAZIK Tomasz | Opole | POL | Cyklofan Opole | 93 | M20/71 M / 280 | Woje/89 01:08:03 | 04.32 | +0:20:01 | 0:10:37 / 408 | 0:17:56 / 396 | 0:29:52 / 336 | 0:36:56 / 315 | 0:48:46 / 299 | 0:56:04 / 296 |
| 297 | 131 | CIEŚLIK Grzegorz | Bielsko - Biała | POL | Ultra Beskid Sport | 83 | M30/97 M / 281 | 01:08:04 | 04.32 | +0:20:01 | 0:09:18 / 156 | 0:16:27 / 214 | 0:28:28 / 245 | 0:35:46 / 257 | 0:47:54 / 267 | 0:55:29 / 275 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|-----------------------|-------------------|-----------|---------------------------|------------|--------------------|------------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 298 | 1073 | TRZOP Tomasz | Glubczyce | POL | Kp Psp Glubczyce | 82 M30/98 | M / 282 | Woje/90 01:08:06 | 04.32 | +0:20:03 | 0:10:45 / 448 | 0:17:48 / 381 | 0:29:53 / 339 | 0:37:03 / 323 | 0:49:07 / 313 | 0:56:24 / 311 |
| 299 | 783 | PETRYK Adam | Lubecko | POL | | 74 M40/81 | M / 283 | 01:08:07 | 04.32 | +0:20:05 | 0:10:44 / 442 | 0:18:03 / 416 | 0:30:17 / 379 | 0:37:33 / 360 | 0:49:40 / 341 | 0:56:36 / 322 |
| 300 | 4595 | MALORNY Tomasz | Kedzierzyn-kozle | POL | Ks Koziolek | 79 M30/99 | M / 284 | Woje/91 01:08:09 | 04.32 | +0:20:06 | 0:10:13 / 323 | 0:17:11 / 292 | 0:29:05 / 283 | 0:36:20 / 286 | 0:48:36 / 290 | 0:55:54 / 290 |
| 301 | 639 | MAZUREK Ryszard | Tluszc | POL | Bóbr Tluszcz | 74 M40/82 | M / 285 | 01:08:11 | 04.32 | +0:20:08 | 0:09:10 / 138 | 0:15:38 / 141 | 0:26:50 / 149 | 0:33:47 / 159 | 0:45:57 / 186 | 0:53:48 / 220 |
| 302 | 946 | SOBIERAJ Andrzej | Kuźnia Raciborska | POL | Opel Active Team Gliwice | 73 M40/83 | M / 286 | 01:08:11 | 04.32 | +0:20:09 | 0:10:28 / 374 | 0:17:45 / 373 | 0:29:45 / 327 | 0:36:58 / 319 | 0:49:02 / 310 | 0:56:17 / 306 |
| 303 | 179 | DWORSKI Marek | Gliwice | POL | Akmb Pędziwiatr - Gliwice | 55 M50/25 | M / 287 | 01:08:12 | 04.32 | +0:20:10 | 0:09:56 / 259 | 0:17:02 / 278 | 0:29:13 / 296 | 0:36:29 / 297 | 0:48:45 / 298 | 0:56:06 / 297 |
| 304 | 117 | CHRZAN Tadeusz | Rydułtowy | POL | Forma Wodzisław Śląski | 60 M50/26 | M / 288 | 01:08:21 | 04.33 | +0:20:18 | 0:10:04 / 291 | 0:17:04 / 284 | 0:29:20 / 308 | 0:36:32 / 299 | 0:48:37 / 292 | 0:56:07 / 298 |
| 305 | 548 | LESNIEWSKI Stanislaw | Sosnowiec | POL | Czeladź | 55 M50/27 | M / 289 | 01:08:23 | 04.33 | +0:20:21 | 0:10:30 / 383 | 0:17:47 / 379 | 0:30:08 / 363 | 0:37:22 / 342 | 0:49:32 / 336 | 0:56:39 / 325 |
| 306 | 864 | RĘBISZ Agnieszka | Racibórz | POL | B.b.l. Racibórz | 73 K40/4 | K / 17 | 01:08:24 | 04.33 | +0:20:21 | 0:09:56 / 264 | 0:16:50 / 254 | 0:28:53 / 273 | 0:36:09 / 275 | 0:48:27 / 283 | 0:55:57 / 295 |
| 307 | 821 | POLAŃSKI Zbigniew | Strzelce Opolskie | POL | | 60 M50/28 | M / 290 | Gmin/22 01:08:26 | 04.33 | +0:20:23 | 0:10:46 / 457 | 0:18:01 / 411 | 0:30:15 / 374 | 0:37:24 / 345 | 0:49:33 / 339 | 0:56:40 / 328 |
| 308 | 497 | SOBEL Krzysztof | Boruszowice | POL | Boruszowice Krotofil Team | 91 M20/72 | M / 291 | 01:08:27 | 04.33 | +0:20:25 | 0:10:25 / 372 | 0:17:36 / 349 | 0:29:40 / 322 | 0:37:01 / 320 | 0:49:23 / 327 | 0:56:36 / 321 |
| 309 | 726 | OLEJNIK Stanislaw | Glubczyce | POL | | 58 M50/29 | M / 292 | Woje/92Niep/4 01:08:27 | 04.33 | +0:20:24 | 0:09:56 / 261 | 0:17:05 / 286 | 0:29:08 / 289 | 0:36:21 / 287 | 0:48:37 / 291 | 0:55:56 / 293 |
| 310 | 96 | BUKOWSKI Edward | Kluczbork | POL | Amator | 69 M40/84 | M / 293 | Woje/93 01:08:27 | 04.33 | +0:20:24 | 0:09:49 / 243 | 0:16:42 / 240 | 0:28:43 / 264 | 0:35:56 / 270 | 0:48:16 / 277 | 0:55:40 / 282 |
| 311 | 23 | BAROS Daniel | Rudniki | POL | Falstart Rudniki | 92 M20/73 | M / 294 | Woje/94 01:08:27 | 04.33 | +0:20:25 | 0:10:29 / 381 | 0:17:55 / 394 | 0:30:20 / 383 | 0:37:35 / 364 | 0:49:31 / 334 | 0:56:43 / 330 |
| 312 | 255 | GÓRSKI Kamil | Bytom | POL | Btm Runners | 84 M30/100 | M / 295 | 01:08:29 | 04.33 | +0:20:26 | 0:10:16 / 337 | 0:17:26 / 333 | 0:29:38 / 319 | 0:36:57 / 317 | 0:49:10 / 316 | 0:56:35 / 318 |
| 313 | 1142 | MARKOWSKI Marek | Kępno | POL | Polpharma | 77 M30/101 | M / 296 | 01:08:33 | 04.34 | +0:20:30 | 0:10:16 / 334 | 0:17:22 / 319 | 0:29:34 / 315 | 0:36:54 / 313 | 0:49:19 / 324 | 0:56:41 / 329 |
| 314 | 4582 | LEŚNIAK Marian | Kraków | POL | Azs Awf Kraków Masters | 47 M60/10 | M / 297 | 01:08:35 | 04.34 | +0:20:33 | 0:11:30 / 625 | 0:18:51 / 532 | 0:30:29 / 400 | 0:37:33 / 359 | 0:49:17 / 322 | 0:56:32 / 313 |
| 315 | 1059 | TASAREK Ryszard | Nysa | POL | Nysa Biega | 52 M60/11 | M / 298 | Woje/95 01:08:36 | 04.34 | +0:20:33 | 0:10:45 / 451 | 0:18:07 / 432 | 0:30:38 / 412 | 0:37:57 / 400 | 0:49:53 / 346 | 0:56:47 / 332 |
| 316 | 250 | GORZKOWSKI Bartłomiej | Tarnowskie Góry | POL | Btm Runners | 78 M30/102 | M / 299 | 01:08:37 | 04.34 | +0:20:35 | 0:10:16 / 335 | 0:17:25 / 328 | 0:29:38 / 318 | 0:36:56 / 314 | 0:49:12 / 317 | 0:56:35 / 317 |
| 317 | 319 | SOBEL Jacek | Boruszowice | POL | Boruszowice Krotofil Team | 98 M20/74 | M / 300 | 01:08:40 | 04.34 | +0:20:38 | 0:10:28 / 375 | 0:17:41 / 363 | 0:29:42 / 323 | 0:37:02 / 321 | 0:49:22 / 326 | 0:56:37 / 324 |
| 318 | 352 | JURCZYK Robert | Lewin Brzeski | POL | Lewin Biega | 72 M40/85 | M / 301 | Woje/96 01:08:41 | 04.34 | +0:20:38 | 0:10:08 / 299 | 0:17:13 / 297 | 0:29:15 / 300 | 0:36:32 / 301 | 0:48:56 / 304 | 0:56:19 / 308 |
| 319 | 1 | ADAMUS Michał | Sosnowiec | POL | . | 80 M30/103 | M / 302 | 01:08:48 | 04.35 | +0:20:46 | 0:10:31 / 384 | 0:17:49 / 382 | 0:29:59 / 349 | 0:37:05 / 327 | 0:49:14 / 319 | 0:56:33 / 315 |
| 320 | 579 | MACIEJEWSKI Artur | Biskupice | POL | Zabiegani Częstochowa | 65 M40/86 | M / 303 | 01:08:53 | 04.35 | +0:20:51 | 0:10:10 / 310 | 0:17:12 / 295 | 0:29:16 / 302 | 0:36:31 / 298 | 0:49:00 / 308 | 0:56:34 / 316 |
| 321 | 577 | BIALAŚ Paweł | Strzelce Opolskie | POL | | 85 M20/75 | M / 304 | Gmin/23 01:08:54 | 04.35 | +0:20:51 | 0:10:15 / 329 | 0:17:17 / 308 | 0:29:19 / 306 | 0:36:28 / 296 | 0:48:43 / 296 | 0:56:13 / 304 |
| 322 | 1136 | WOJDAK Tadeusz | Paczyna | POL | Osp Strzelce Opolskie | 77 M30/104 | M / 305 | 01:08:56 | 04.35 | +0:20:54 | 0:10:13 / 324 | 0:17:17 / 306 | 0:29:26 / 311 | 0:36:41 / 308 | 0:49:08 / 315 | 0:56:43 / 331 |
| 323 | 212 | FRANK Joachim | Kędzierzyn-koźle | POL | | 64 M50/30 | M / 306 | Woje/97 01:08:57 | 04.35 | +0:20:55 | 0:09:53 / 254 | 0:17:04 / 285 | 0:29:13 / 298 | 0:36:34 / 303 | 0:49:01 / 309 | 0:56:33 / 314 |
| 324 | 4721 | WOLANY Przemysław | Szymiszów | POL | | 85 M20/76 | M / 307 | Gmin/24 01:08:59 | 04.35 | +0:20:57 | 0:09:59 / 274 | 0:17:00 / 277 | 0:29:01 / 281 | 0:36:25 / 293 | 0:48:56 / 305 | 0:56:29 / 312 |
| 325 | 11 | BAJOR Robert | Rędziny | POL | | 74 M40/87 | M / 308 | 01:09:00 | 04.36 | +0:20:57 | 0:09:31 / 194 | 0:16:58 / 271 | 0:28:57 / 277 | 0:36:20 / 285 | 0:48:49 / 301 | 0:56:19 / 309 |
| 326 | 481 | KOZŁOWICZ Edward | Wałbrzych | POL | Usks Ludwikowice Kl. | 51 M60/12 | M / 309 | 01:09:00 | 04.36 | +0:20:58 | 0:10:23 / 359 | 0:17:38 / 358 | 0:29:45 / 326 | 0:37:05 / 326 | 0:49:23 / 328 | 0:56:35 / 320 |
| 327 | 468 | KOTYSZ Waldemar | Opole | POL | Biegam Bo Lubię Opole | 64 M50/31 | M / 310 | Woje/98 01:09:01 | 04.36 | +0:20:59 | 0:10:13 / 321 | 0:17:20 / 314 | 0:29:20 / 307 | 0:36:42 / 309 | 0:49:07 / 312 | 0:56:37 / 323 |
| 328 | 707 | NOWAK Damian | Zdzieszowice | POL | Zdzieszowice | 92 M20/77 | M / 311 | Woje/99 01:09:02 | 04.36 | +0:20:59 | 0:10:14 / 327 | 0:17:25 / 329 | 0:29:52 / 337 | 0:37:06 / 329 | 0:49:27 / 331 | 0:56:58 / 337 |
| 329 | 571 | LUKASIK Leszek | Olawa | POL | | 59 M50/32 | M / 312 | 01:09:03 | 04.36 | +0:21:01 | 0:10:18 / 346 | 0:17:25 / 331 | 0:29:37 / 317 | 0:36:56 / 316 | 0:49:16 / 321 | 0:56:40 / 327 |
| 330 | 638 | MAZUR Tomasz | Krapkowice | POL | Garagegym Krapkowice | 85 M20/78 | M / 313 | Woje/100 01:09:03 | 04.36 | +0:21:01 | 0:10:35 / 401 | 0:17:48 / 380 | 0:30:05 / 358 | 0:37:26 / 348 | 0:49:38 / 340 | 0:56:58 / 336 |
| 331 | 253 | GÓRA Szymon | Zdzieszowice | POL | Szpadyzor Crew | 93 M20/79 | M / 314 | Woje/101 01:09:04 | 04.36 | +0:21:02 | 0:10:13 / 326 | 0:17:25 / 330 | 0:29:52 / 335 | 0:37:06 / 328 | 0:49:27 / 330 | 0:56:58 / 338 |
| 332 | 1170 | ZAŁUGOWICZ Przemysław | Brzeg | POL | Azs Uj Kraków | 92 M20/80 | M / 315 | Woje/102 01:09:09 | 04.36 | +0:21:07 | 0:10:56 / 496 | 0:18:27 / 474 | 0:30:53 / 438 | 0:38:16 / 411 | 0:50:26 / 378 | 0:57:29 / 352 |
| 333 | 340 | JASIÓWKA Artur | Opole | POL | Lks Osir Komprachcice | 86 M20/81 | M / 316 | Woje/103 01:09:10 | 04.36 | +0:21:08 | 0:10:31 / 386 | 0:17:40 / 362 | 0:29:47 / 329 | 0:37:07 / 331 | 0:49:33 / 338 | 0:56:49 / 333 |
| 334 | 242 | GOGAŁA Ryszard | Glubczyce | POL | Niezrzeszony | 71 M40/88 | M / 317 | Woje/104 01:09:12 | 04.36 | +0:21:10 | 0:10:24 / 363 | 0:17:28 / 336 | 0:29:15 / 299 | 0:38:58 / 466 | 0:50:32 / 391 | 0:57:32 / 357 |
| 335 | 140 | CZEKAJ Bogdan | Kędzierzyn-koźle | POL | | 70 M40/89 | M / 318 | Woje/105 01:09:12 | 04.36 | +0:21:10 | 0:09:48 / 236 | 0:16:55 / 263 | 0:28:57 / 278 | 0:36:17 / 280 | 0:48:38 / 294 | 0:56:16 / 305 |
| 336 | 409 | KINAL Grzegorz | Wrocław | POL | | 81 M30/105 | M / 319 | 01:09:14 | 04.36 | +0:21:12 | 0:10:21 / 355 | 0:17:43 / 367 | 0:30:17 / 380 | 0:37:45 / 379 | 0:50:23 / 376 | 0:57:32 / 356 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|-----------------------|-------------------|-----------|----------------------------------|------------|--------------------|-------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 337 | 374 | KALUSKI Jaroslaw | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 65 M40/90 | M / 320 | Gmin/25 01:09:15 | 04.37 | +0:21:13 | 0:10:03 / 285 | 0:17:02 / 280 | 0:29:18 / 305 | 0:36:35 / 306 | 0:49:07 / 314 | 0:56:39 / 326 |
| 338 | 4770 | MARKOWSKI Waldemar | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 80 M30/106 | M / 321 | Gmin/26 01:09:17 | 04.37 | +0:21:14 | 0:10:16 / 339 | 0:17:22 / 317 | 0:29:13 / 297 | 0:36:26 / 294 | 0:48:45 / 297 | 0:56:11 / 302 |
| 339 | 794 | PIETRZAK Leszek | Kędzierzyn-koźle | POL | | 85 M20/82 | M / 322 | Woje/106 01:09:18 | 04.37 | +0:21:15 | 0:10:46 / 458 | 0:18:07 / 434 | 0:30:29 / 402 | 0:37:52 / 391 | 0:50:13 / 364 | 0:57:31 / 354 |
| 340 | 1014 | SZCZYGLSKI Bartłomiej | Wrocław | POL | Scott Trisfera Polska | 73 M40/91 | M / 323 | 01:09:20 | 04.37 | +0:21:18 | 0:10:05 / 293 | 0:17:23 / 325 | 0:29:42 / 324 | 0:37:08 / 332 | 0:49:31 / 335 | 0:56:49 / 334 |
| 341 | 878 | RÓG Marcin | Mysłowice | POL | | 88 M20/83 | M / 324 | 01:09:21 | 04.37 | +0:21:19 | 0:10:40 / 419 | 0:17:47 / 377 | 0:30:16 / 376 | 0:37:46 / 382 | 0:50:18 / 369 | 0:57:43 / 367 |
| 342 | 314 | IWAŃSKI Artur | Krapkowie | POL | | 75 M30/107 | M / 325 | Woje/107 01:09:21 | 04.37 | +0:21:18 | 0:10:32 / 390 | 0:17:53 / 389 | 0:30:22 / 389 | 0:37:50 / 387 | 0:50:08 / 359 | 0:57:31 / 355 |
| 343 | 4611 | JEREMICZ Krzysztof | Racibórz | POL | B.b.l. Racibórz | 73 M40/92 | M / 326 | 01:09:22 | 04.37 | +0:21:19 | 0:10:36 / 404 | 0:17:58 / 401 | 0:30:23 / 392 | 0:37:43 / 373 | 0:50:09 / 360 | 0:57:33 / 358 |
| 344 | 4589 | PRZYBYŁ Jaroslaw | Kluczbork | POL | | 76 M30/108 | M / 327 | Woje/108 01:09:25 | 04.37 | +0:21:22 | 0:10:34 / 397 | 0:18:07 / 430 | 0:30:23 / 391 | 0:37:45 / 380 | 0:50:20 / 374 | 0:57:43 / 368 |
| 345 | 550 | LEWALD Michał | Opole | POL | Cykloopole | 79 M30/109 | M / 328 | Woje/109 01:09:26 | 04.37 | +0:21:23 | 0:10:34 / 395 | 0:17:49 / 383 | 0:30:22 / 390 | 0:37:44 / 376 | 0:50:07 / 357 | 0:57:27 / 349 |
| 346 | 307 | HULKIEWICZ Marek | Opole | POL | Cykloopole | 71 M40/93 | M / 329 | Woje/110 01:09:27 | 04.37 | +0:21:25 | 0:10:42 / 429 | 0:17:57 / 398 | 0:30:21 / 384 | 0:37:44 / 377 | 0:50:05 / 354 | 0:57:28 / 350 |
| 347 | 902 | SARNECKI Adam | Ujazd | POL | | 83 M30/110 | M / 330 | Powil/7 01:09:29 | 04.37 | +0:21:26 | 0:10:48 / 465 | 0:18:09 / 443 | 0:30:30 / 409 | 0:37:49 / 386 | 0:50:04 / 353 | 0:57:19 / 344 |
| 348 | 54 | BIERNAT Wojciech | Zabrze | POL | Opel Active Team Gliwice | 76 M30/111 | M / 331 | Niep/5 01:09:31 | 04.38 | +0:21:29 | 0:10:44 / 439 | 0:18:04 / 420 | 0:30:26 / 395 | 0:37:51 / 388 | 0:50:16 / 368 | 0:57:38 / 364 |
| 349 | 583 | MACYSZYN Wojciech | Wręcycza Wielka | POL | Ngb Kłobuck | 79 M30/112 | M / 332 | 01:09:34 | 04.38 | +0:21:31 | 0:10:51 / 473 | 0:18:11 / 446 | 0:30:43 / 416 | 0:38:10 / 408 | 0:50:30 / 386 | 0:57:45 / 369 |
| 350 | 1173 | ZAPOTOCZNY Przemysław | Gliwice | POL | | 75 M30/113 | M / 333 | 01:09:37 | 04.38 | +0:21:35 | 0:10:33 / 393 | 0:17:54 / 392 | 0:30:09 / 364 | 0:37:31 / 358 | 0:49:58 / 348 | 0:57:22 / 346 |
| 351 | 518 | KULAS Rafał | Krotoszyn | POL | Ks Krotosz Krotoszyn | 70 M40/94 | M / 334 | 01:09:38 | 04.38 | +0:21:36 | 0:09:53 / 255 | 0:16:58 / 272 | 0:29:07 / 285 | 0:36:32 / 300 | 0:49:15 / 320 | 0:56:52 / 335 |
| 352 | 632 | MAZUR Anna | Lubań Śląski | POL | | 83 K30/6 | K / 18 | 01:09:40 | 04.38 | +0:21:37 | 0:10:03 / 286 | 0:17:18 / 309 | 0:29:44 / 325 | 0:37:09 / 334 | 0:49:43 / 343 | 0:57:14 / 342 |
| 353 | 693 | NAJWER Tomasz | Krapkowie | POL | Cem-bud Chrzanów | 73 M40/95 | M / 335 | Woje/111 01:09:42 | 04.38 | +0:21:39 | 0:09:48 / 241 | 0:16:56 / 268 | 0:29:11 / 294 | 0:36:37 / 307 | 0:49:17 / 323 | 0:56:59 / 339 |
| 354 | 971 | STAROSTKA Jacek | Kędzierzyn-koźle | POL | Pko Bank Polski - Biegajmy Razem | 74 M40/96 | M / 336 | Woje/112 01:09:42 | 04.38 | +0:21:40 | 0:10:17 / 343 | 0:17:35 / 348 | 0:30:06 / 360 | 0:37:34 / 362 | 0:50:06 / 356 | 0:57:28 / 351 |
| 355 | 4629 | NAPIERAJ Andrzej | Żytniów | POL | Falstart Rudniki | 68 M40/97 | M / 337 | Woje/113 01:09:42 | 04.38 | +0:21:40 | 0:10:15 / 332 | 0:17:33 / 343 | 0:29:58 / 347 | 0:37:22 / 341 | 0:49:49 / 344 | 0:57:21 / 345 |
| 356 | 235 | GERMUGA Sebastian | Gliwice | POL | Opel Active Team | 74 M40/98 | M / 338 | 01:09:45 | 04.39 | +0:21:43 | 0:10:41 / 424 | 0:18:02 / 412 | 0:30:24 / 393 | 0:37:51 / 389 | 0:50:15 / 366 | 0:57:34 / 360 |
| 357 | 4588 | SELEROWICZ Rafał | Brzeg | POL | | 83 M30/114 | M / 339 | Woje/114 01:09:49 | 04.39 | +0:21:47 | 0:10:24 / 365 | 0:17:47 / 378 | 0:30:16 / 377 | 0:37:53 / 393 | 0:50:18 / 370 | 0:57:48 / 373 |
| 358 | 535 | LABISZ Grzegorz | Opole | POL | | 85 M20/84 | M / 340 | Woje/115 01:09:51 | 04.39 | +0:21:49 | 0:10:28 / 379 | 0:17:46 / 376 | 0:30:09 / 366 | 0:37:33 / 361 | 0:50:16 / 367 | 0:57:46 / 372 |
| 359 | 689 | MYSZOR Tomasz | Opole | POL | | 70 M40/99 | M / 341 | Woje/116 01:09:52 | 04.39 | +0:21:49 | 0:10:11 / 312 | 0:17:23 / 320 | 0:29:54 / 341 | 0:37:25 / 347 | 0:50:14 / 365 | 0:57:45 / 370 |
| 360 | 973 | STAWARZ Paweł | Oleśnica | POL | Kb Lupus Oleśnica | 69 M40/100 | M / 342 | 01:09:52 | 04.39 | +0:21:49 | 0:10:01 / 281 | 0:17:23 / 321 | 0:29:57 / 346 | 0:37:24 / 346 | 0:49:58 / 349 | 0:57:35 / 361 |
| 361 | 778 | PAWŁOWSKI Jakub | Kotulini | POL | | 90 M20/85 | M / 343 | 01:09:52 | 04.39 | +0:21:50 | 0:10:45 / 445 | 0:18:09 / 441 | 0:30:50 / 431 | 0:38:18 / 418 | 0:50:41 / 398 | 0:58:00 / 388 |
| 362 | 999 | SZASTAK Damian | Sosnowiec | POL | Harpagan Sosnowiec | 76 M30/115 | M / 344 | 01:09:53 | 04.39 | +0:21:50 | 0:10:12 / 314 | 0:17:23 / 324 | 0:29:48 / 330 | 0:37:20 / 339 | 0:50:00 / 350 | 0:57:35 / 362 |
| 363 | 549 | BERESZKO Waldemar | Sosnowiec | POL | Tkkf Saturn Sosnowiec | 52 M60/13 | M / 345 | 01:09:55 | 04.39 | +0:21:52 | 0:10:25 / 368 | 0:17:42 / 366 | 0:30:07 / 361 | 0:37:31 / 357 | 0:50:06 / 355 | 0:57:37 / 363 |
| 364 | 553 | LEWANDOWSKI Marek | Lewin Brzeski | POL | Lewin Biega - Wolf | 82 M30/116 | M / 346 | Woje/117 01:09:55 | 04.39 | +0:21:52 | 0:10:12 / 318 | 0:17:26 / 332 | 0:29:46 / 328 | 0:37:07 / 330 | 0:49:43 / 342 | 0:57:15 / 343 |
| 365 | 1045 | SZYPORTA Waldemar | Namysłów | POL | Niezrzeszony | 72 M40/101 | M / 347 | Woje/118 01:09:55 | 04.39 | +0:21:53 | 0:10:15 / 331 | 0:17:42 / 364 | 0:30:07 / 362 | 0:37:36 / 367 | 0:50:04 / 352 | 0:57:41 / 365 |
| 366 | 643 | MEKITÓW Maciej | Namysłów | POL | | 83 M30/117 | M / 348 | Woje/119 01:09:56 | 04.39 | +0:21:54 | 0:09:41 / 224 | 0:16:31 / 224 | 0:28:37 / 255 | 0:36:58 / 318 | 0:50:07 / 358 | 0:57:41 / 366 |
| 367 | 863 | RESKA Piotr | Ciasna | POL | Biegacz Z Ciasnej | 78 M30/118 | M / 349 | 01:09:57 | 04.39 | +0:21:54 | 0:10:12 / 313 | 0:17:17 / 307 | 0:29:36 / 316 | 0:37:05 / 325 | 0:49:30 / 332 | 0:57:07 / 341 |
| 368 | 4605 | KULA Mateusz | Lędziny | POL | Terminal Logistyczny Promont | 92 M20/86 | M / 350 | 01:09:58 | 04.39 | +0:21:55 | 0:10:02 / 283 | 0:16:56 / 267 | 0:28:50 / 271 | 0:36:12 / 276 | 0:49:24 / 329 | 0:57:05 / 340 |
| 369 | 1166 | ZACHARIASZ Józef | Opole | POL | Luks Żorawina | 64 M50/33 | M / 351 | Woje/120 01:09:58 | 04.39 | +0:21:56 | 0:10:32 / 388 | 0:17:45 / 372 | 0:30:10 / 369 | 0:37:30 / 355 | 0:50:03 / 351 | 0:57:30 / 353 |
| 370 | 413 | KIRYK Krzysztof | Czarnowasy | POL | Feniks | 69 M40/102 | M / 352 | Woje/121 01:09:59 | 04.39 | +0:21:57 | 0:10:40 / 420 | 0:18:03 / 415 | 0:30:30 / 407 | 0:37:53 / 395 | 0:50:32 / 390 | 0:58:00 / 389 |
| 371 | 106 | CEBULA Jerzy | Żarki Letnisko | POL | Leśne Ludki Żarki Letnisko | 58 M50/34 | M / 353 | 01:09:59 | 04.39 | +0:21:57 | 0:10:58 / 501 | 0:18:40 / 505 | 0:31:20 / 474 | 0:38:45 / 448 | 0:50:51 / 408 | 0:58:18 / 397 |
| 372 | 797 | PIJANKA Mariusz | Opole | POL | | 72 M40/103 | M / 354 | Woje/122 01:10:00 | 04.40 | +0:21:58 | 0:10:53 / 478 | 0:18:21 / 463 | 0:30:54 / 439 | 0:38:22 / 422 | 0:51:00 / 413 | 0:58:17 / 396 |
| 373 | 447 | KONDERAK Dawid | Chorzów | POL | Drużyna Szpiku | 84 M30/119 | M / 355 | 01:10:01 | 04.40 | +0:21:59 | 0:10:31 / 385 | 0:17:44 / 368 | 0:29:54 / 340 | 0:37:08 / 333 | 0:49:32 / 337 | 0:57:23 / 348 |
| 374 | 303 | HOŁYŃSKI Tomasz | Knurów | POL | | 75 M30/120 | M / 356 | 01:10:03 | 04.40 | +0:22:00 | 0:10:52 / 475 | 0:18:16 / 454 | 0:30:41 / 415 | 0:38:10 / 409 | 0:50:44 / 401 | 0:58:03 / 390 |
| 375 | 1012 | SZCZERBA Andrzej | Sosnowiec | POL | | 72 M40/104 | M / 357 | 01:10:04 | 04.40 | +0:22:02 | 0:10:18 / 345 | 0:17:38 / 357 | 0:30:12 / 371 | 0:37:44 / 374 | 0:50:28 / 382 | 0:57:56 / 382 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | | |
|----------|--------|------------------------|-------------------|-----------|----------------------------------|---------|--------------------|-------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|--|
| 376 | 1102 | WARWAS Paweł | Sosnowiec | POL | Harpagan Sosnowiec | 68 | M40/105 M / 358 | 01:10:06 | 04.40 | +0:22:03 | 0:10:13 / 322 | 0:17:23 / 322 | 0:29:48 / 331 | 0:37:19 / 338 | 0:49:56 / 347 | 0:57:34 / 359 | |
| 377 | 898 | SAMELSKI Błażej | Strzelce Opolskie | POL | Student Sqad | 91 | M20/87 M / 359 | Gmin/27 01:10:07 | 04.40 | +0:22:04 | 0:10:13 / 319 | 0:17:27 / 334 | 0:29:55 / 344 | 0:37:29 / 354 | 0:50:19 / 371 | 0:57:53 / 376 | |
| 378 | 809 | PŁONKA Szymon | Grodków | POL | Gz Lzs Grodków | 78 | M30/121 M / 360 | Woje/123 01:10:09 | 04.40 | +0:22:06 | 0:10:08 / 302 | 0:17:22 / 316 | 0:29:49 / 334 | 0:37:15 / 337 | 0:49:49 / 345 | 0:57:22 / 347 | |
| 379 | 967 | STANISZEWSKI Krzysztof | Gliwice | POL | Biegamy Z Sercem.pl | 96 | M20/88 M / 361 | 01:10:11 | 04.40 | +0:22:08 | 0:10:50 / 471 | 0:18:08 / 439 | 0:30:29 / 404 | 0:37:55 / 399 | 0:50:27 / 381 | 0:57:57 / 384 | |
| 380 | 1043 | SZYMKIEWICZ Tomasz | Kielce | POL | | 64 | M50/35 M / 362 | 01:10:13 | 04.40 | +0:22:11 | 0:10:37 / 406 | 0:17:55 / 393 | 0:30:29 / 401 | 0:37:55 / 398 | 0:50:26 / 379 | 0:57:54 / 378 | |
| 381 | 4619 | BARTNIK Michał | Sulęcín | POL | Jasna Góra | 75 | M30/122 M / 363 | 01:10:14 | 04.40 | +0:22:11 | 0:10:16 / 333 | 0:17:32 / 341 | 0:30:09 / 368 | 0:37:36 / 368 | 0:50:20 / 372 | 0:57:53 / 375 | |
| 382 | 917 | SKALSKA Anna | Bytom | POL | Festiwal Biegowy W Krynicy Zdrój | 80 | K30/7 K / 19 | 01:10:17 | 04.41 | +0:22:15 | 0:10:36 / 403 | 0:17:59 / 406 | 0:30:28 / 399 | 0:37:54 / 397 | 0:50:30 / 387 | 0:57:54 / 377 | |
| 383 | 4310 | SKRZYPCZAK Łukasz | Cieszyn | POL | | 76 | M30/123 M / 364 | 01:10:18 | 04.41 | +0:22:15 | 0:11:10 / 551 | 0:18:56 / 546 | 0:31:39 / 501 | 0:39:14 / 491 | 0:51:47 / 458 | 0:58:49 / 428 | |
| 384 | 120 | CHUDY Jacek | Blachownia | POL | Osir Blachownia | 75 | M30/124 M / 365 | 01:10:22 | 04.41 | +0:22:19 | 0:10:43 / 434 | 0:18:06 / 427 | 0:30:47 / 425 | 0:38:16 / 414 | 0:50:45 / 402 | 0:58:13 / 393 | |
| 385 | 950 | SOCHA Grzegorz | Olawa | POL | | 79 | M30/125 M / 366 | 01:10:23 | 04.41 | +0:22:21 | 0:10:28 / 373 | 0:17:45 / 375 | 0:30:21 / 385 | 0:37:53 / 392 | 0:50:42 / 400 | 0:58:19 / 398 | |
| 386 | 4608 | FOX Mateusz | Potępa | POL | | 82 | M30/126 M / 367 | 01:10:25 | 04.41 | +0:22:22 | 0:11:27 / 615 | 0:18:40 / 504 | 0:31:10 / 461 | 0:38:50 / 453 | 0:51:07 / 418 | 0:58:23 / 405 | |
| 387 | 955 | SOLL Dawid | Opole | POL | Opolebiega.pl | 92 | M20/89 M / 368 | Woje/124 01:10:25 | 04.41 | +0:22:23 | 0:10:46 / 459 | 0:18:13 / 450 | 0:30:50 / 432 | 0:38:19 / 419 | 0:50:49 / 404 | 0:58:19 / 400 | |
| 388 | 4676 | RATAJCZAK Rafał | Punców | POL | | 69 | M40/106 M / 369 | 01:10:25 | 04.41 | +0:22:23 | 0:11:10 / 548 | 0:18:55 / 545 | 0:31:38 / 500 | 0:39:14 / 490 | 0:51:47 / 457 | 0:58:48 / 427 | |
| 389 | 4727 | GÓRECKO Michał | Zabrze | POL | Bdsc | 78 | M30/127 M / 370 | 01:10:26 | 04.41 | +0:22:23 | 0:10:46 / 455 | 0:18:08 / 438 | 0:30:55 / 441 | 0:38:32 / 438 | 0:51:14 / 430 | 0:58:40 / 421 | |
| 390 | 982 | STRZELCZAK Mariusz | Zajączki Drugie | POL | Kb Florian Zajączki Drugie | 76 | M30/128 M / 371 | 01:10:27 | 04.41 | +0:22:25 | 0:10:45 / 444 | 0:18:09 / 442 | 0:30:48 / 426 | 0:38:20 / 420 | 0:51:05 / 415 | 0:58:37 / 415 | |
| 391 | 399 | KAZAN Andrzej | Strzelce Opolskie | POL | | 64 | M50/36 M / 372 | Gmin/28 01:10:28 | 04.41 | +0:22:26 | 0:10:19 / 347 | 0:17:37 / 356 | 0:30:00 / 350 | 0:37:27 / 351 | 0:50:10 / 361 | 0:57:46 / 371 | |
| 392 | 181 | DYDUCH Adam | Strzelce Opolskie | POL | | 81 | M30/129 M / 373 | Gmin/29 01:10:31 | 04.42 | +0:22:28 | 0:10:18 / 344 | 0:17:34 / 344 | 0:30:09 / 365 | 0:37:36 / 366 | 0:50:21 / 375 | 0:57:55 / 381 | |
| 393 | 710 | NOWAK Jan | Racibórz | POL | Biegam Bo Lubię Racibórz | 58 | M50/37 M / 374 | 01:10:33 | 04.42 | +0:22:30 | 0:10:24 / 364 | 0:17:44 / 370 | 0:30:11 / 370 | 0:37:44 / 375 | 0:50:29 / 385 | 0:57:57 / 386 | |
| 394 | 4604 | MIELNIK Damian | Glubczyce Sady | POL | | 76 | M30/130 M / 375 | 01:10:34 | 04.42 | +0:22:32 | 0:10:24 / 367 | 0:17:30 / 339 | 0:29:12 / 295 | 0:39:02 / 471 | 0:51:11 / 424 | 0:58:30 / 410 | |
| 395 | 992 | SUŁKOWSKI Marcin | Krapkowice | POL | Garagegym | 82 | M30/131 M / 376 | Woje/125 01:10:35 | 04.42 | +0:22:33 | 0:10:32 / 391 | 0:17:49 / 384 | 0:30:14 / 373 | 0:37:47 / 384 | 0:50:26 / 380 | 0:57:57 / 383 | |
| 396 | 461 | KORNAGA Andrzej | Katowice | POL | Solidarność KwK Wujek | 59 | M50/38 M / 377 | 01:10:37 | 04.42 | +0:22:34 | 0:11:05 / 532 | 0:18:33 / 491 | 0:31:01 / 445 | 0:38:29 / 434 | 0:51:02 / 414 | 0:58:20 / 402 | |
| 397 | 729 | OLEWICZ Andrzej | Strzelce Opolskie | POL | | 66 | M40/107 M / 378 | Gmin/30 01:10:40 | 04.42 | +0:22:37 | 0:10:46 / 453 | 0:18:01 / 409 | 0:30:30 / 406 | 0:37:53 / 396 | 0:50:37 / 395 | 0:58:08 / 392 | |
| 398 | 1026 | SZMIT Anna | Sarny Wielkie | POL | Mos Wrocław | 95 | K20/8 K / 20 | Woje/126 01:10:43 | 04.42 | +0:22:41 | 0:10:10 / 309 | 0:17:20 / 310 | 0:29:55 / 342 | 0:37:26 / 350 | 0:50:25 / 377 | 0:57:58 / 387 | |
| 399 | 4677 | GUMIŃSKI Przemysław | Ozimek | POL | | 81 | M30/132 M / 379 | Woje/127 01:10:43 | 04.42 | +0:22:41 | 0:10:59 / 505 | 0:18:28 / 478 | 0:31:02 / 447 | 0:38:34 / 441 | 0:51:06 / 417 | 0:58:35 / 412 | |
| 400 | 4585 | LETKI Paweł | Namysłów | POL | | 80 | M30/133 M / 380 | Woje/128 01:10:44 | 04.42 | +0:22:41 | 0:10:19 / 349 | 0:17:45 / 371 | 0:30:31 / 410 | 0:38:06 / 403 | 0:50:50 / 406 | 0:58:17 / 395 | |
| 401 | 829 | POŚPIECH Karol | Syrynia | POL | Forma Wodzisław | 54 | M60/14 M / 381 | 01:10:44 | 04.42 | +0:22:42 | 0:11:03 / 521 | 0:18:27 / 475 | 0:31:02 / 446 | 0:38:26 / 430 | 0:50:49 / 405 | 0:58:14 / 394 | |
| 402 | 1197 | ŻYDOWSKI Łukasz | Olawa | POL | Olawska Strefa Biegowa | 80 | M30/134 M / 382 | 01:10:48 | 04.43 | +0:22:45 | 0:10:32 / 389 | 0:17:59 / 405 | 0:30:53 / 437 | 0:38:17 / 416 | 0:50:59 / 411 | 0:58:30 / 409 | |
| 403 | 103 | BURZYŃSKI Konrad | Tarnowskie Góry | POL | Tks Karate | 79 | M30/135 M / 383 | 01:10:50 | 04.43 | +0:22:48 | 0:11:32 / 632 | 0:19:19 / 603 | 0:32:07 / 539 | 0:39:23 / 501 | 0:51:43 / 454 | 0:58:51 / 430 | |
| 404 | 4634 | OZAIST Piotr | Krapkowice | POL | Cross Krapkowice | 80 | M30/136 M / 384 | Woje/129 01:10:53 | 04.43 | +0:22:51 | 0:11:11 / 555 | 0:18:46 / 520 | 0:31:44 / 509 | 0:39:10 / 479 | 0:51:28 / 442 | 0:58:51 / 431 | |
| 405 | 540 | LASZKIEWICZ Jacek | Wołów | POL | Wkb Piast Wrocław | 60 | M50/39 M / 385 | 01:10:55 | 04.43 | +0:22:52 | 0:10:09 / 306 | 0:17:22 / 318 | 0:29:48 / 333 | 0:37:21 / 340 | 0:50:11 / 362 | 0:57:54 / 379 | |
| 406 | 1159 | WRÓBEL Robert | Wrocław | POL | Niezrzeszony | 73 | M40/108 M / 386 | 01:10:55 | 04.43 | +0:22:52 | 0:10:15 / 330 | 0:17:36 / 351 | 0:30:16 / 375 | 0:37:48 / 385 | 0:50:38 / 396 | 0:58:20 / 401 | |
| 407 | 913 | SIKORSKI Rafał | Brzeg | POL | | 78 | M30/137 M / 387 | Woje/130 01:10:55 | 04.43 | +0:22:53 | 0:10:58 / 500 | 0:18:29 / 479 | 0:30:56 / 443 | 0:38:33 / 439 | 0:51:11 / 426 | 0:58:37 / 416 | |
| 408 | 268 | GRYCZKA Tomasz | Opole | POL | Brak | 82 | M30/138 M / 388 | Woje/131 01:10:56 | 04.43 | +0:22:53 | 0:10:38 / 413 | 0:18:18 / 457 | 0:31:15 / 466 | 0:38:54 / 459 | 0:51:25 / 437 | 0:58:41 / 422 | |
| 409 | 701 | NIEWIADA Jarosław | Kotłín | POL | Truchtacz Dobrzyca | 69 | M40/109 M / 389 | Niep/6 01:10:58 | 04.43 | +0:22:55 | 0:10:16 / 336 | 0:17:29 / 337 | 0:29:55 / 343 | 0:37:28 / 353 | 0:50:13 / 363 | 0:57:57 / 385 | |
| 410 | 604 | MARCHEWKA Bartosz | Wrocław | POL | | 84 | M30/139 M / 390 | 01:11:00 | 04.44 | +0:22:57 | 0:11:11 / 556 | 0:18:49 / 526 | 0:31:44 / 511 | 0:39:12 / 482 | 0:51:31 / 443 | 0:58:52 / 432 | |
| 411 | 1011 | SZCZEPEK Roman | Tarnów Opolski | POL | | 76 | M30/140 M / 391 | Woje/132 01:11:01 | 04.44 | +0:22:58 | 0:10:19 / 348 | 0:17:36 / 353 | 0:30:05 / 356 | 0:37:38 / 370 | 0:50:41 / 397 | 0:58:25 / 406 | |
| 412 | 752 | PAJDA Henryk | Przemysł | POL | Ośrodek Joggingu | 55 | M50/40 M / 392 | 01:11:01 | 04.44 | +0:22:59 | 0:10:53 / 481 | 0:18:18 / 456 | 0:31:06 / 452 | 0:38:31 / 436 | 0:51:11 / 425 | 0:58:37 / 414 | |
| 413 | 4664 | MIKA Krzysztof | Strzelce Opolskie | POL | Strzelce Opolskie | 69 | M40/110 M / 393 | Gmin/31 01:11:03 | 04.44 | +0:23:00 | 0:10:43 / 436 | 0:18:06 / 428 | 0:30:47 / 423 | 0:38:24 / 426 | 0:51:08 / 419 | 0:58:42 / 423 | |
| 414 | 412 | KIRKIEWICZ Ireneusz | Olawa | POL | Kolega Maćka Olawa | 71 | M40/111 M / 394 | 01:11:07 | 04.44 | +0:23:05 | 0:11:08 / 541 | 0:18:46 / 522 | 0:31:28 / 483 | 0:38:57 / 464 | 0:51:14 / 429 | 0:58:39 / 418 | |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|------------------------|-------------------|-----------|-------------------------------------|---------|--------------------|-------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 415 | 88 | BUCLAW Marcin | Tarnowskie Góry | POL | Gb Gwarek Tarnowskie Góry | 84 | M30/141 M / 395 | 01:11:08 | 04.44 | +0:23:06 | 0:10:57 / 499 | 0:18:33 / 490 | 0:31:13 / 464 | 0:38:52 / 458 | 0:51:28 / 441 | 0:58:55 / 435 |
| 416 | 4621 | OPERACZ Radosław | Chrzastowice | POL | Cyklofan Opole | 70 | M40/112 M / 396 | Woje/133 01:11:08 | 04.44 | +0:23:05 | 0:10:17 / 340 | 0:17:37 / 355 | 0:30:03 / 355 | 0:37:37 / 369 | 0:50:32 / 389 | 0:58:23 / 404 |
| 417 | 1133 | WITKOWSKI Tadeusz | Tarnów Opolski | POL | Niezrzeszony | 56 | M50/41 M / 397 | Woje/134 01:11:09 | 04.44 | +0:23:07 | 0:10:23 / 360 | 0:17:36 / 350 | 0:30:02 / 353 | 0:37:26 / 349 | 0:50:20 / 373 | 0:57:55 / 380 |
| 418 | 792 | PIETRUKANIEC Antoni | Opole | POL | Cyklofan Opole | 61 | M50/42 M / 398 | Woje/135 01:11:10 | 04.44 | +0:23:07 | 0:10:38 / 414 | 0:17:58 / 402 | 0:30:09 / 367 | 0:37:45 / 378 | 0:50:31 / 388 | 0:58:07 / 391 |
| 419 | 681 | MRUGAŁA Monika | Węgry | POL | Fast Foot Opole | 74 | K40/5 K / 21 | Woje/136 01:11:13 | 04.44 | +0:23:10 | 0:09:58 / 268 | 0:16:56 / 266 | 0:28:58 / 279 | 0:36:18 / 281 | 0:48:39 / 295 | 0:56:18 / 307 |
| 420 | 650 | MIELCAREK Leszek | Bytom | POL | Festiwal Biegowy W Krynicy | 55 | M50/43 M / 399 | 01:11:15 | 04.45 | +0:23:13 | 0:10:35 / 399 | 0:17:58 / 404 | 0:30:26 / 397 | 0:38:02 / 401 | 0:50:50 / 407 | 0:58:29 / 407 |
| 421 | 1124 | WISZNIEWSKI Sławomir | Strzelce Opolskie | POL | Stalmet | 79 | M30/142 M / 400 | Gmin/32 01:11:15 | 04.45 | +0:23:13 | 0:10:33 / 392 | 0:18:04 / 422 | 0:30:46 / 421 | 0:38:23 / 424 | 0:51:18 / 433 | 0:58:54 / 434 |
| 422 | 299 | HERBA Grzegorz | Kietrz | POL | | 77 | M30/143 M / 401 | Woje/137 01:11:18 | 04.45 | +0:23:16 | 0:10:39 / 416 | 0:18:03 / 419 | 0:30:45 / 419 | 0:38:16 / 413 | 0:51:09 / 420 | 0:58:40 / 420 |
| 423 | 748 | PACUŁA Piotr | Gliwice | POL | Opel Active Team Gliwice | 59 | M50/44 M / 402 | 01:11:21 | 04.45 | +0:23:18 | 0:10:23 / 362 | 0:17:54 / 390 | 0:30:39 / 413 | 0:38:16 / 412 | 0:51:00 / 412 | 0:58:36 / 413 |
| 424 | 520 | KULESA Łukasz | Kędzierzyn-koźle | POL | Kolegium Sędziów Kędzierzyn - Koźle | 89 | M20/90 M / 403 | Woje/138 01:11:22 | 04.45 | +0:23:19 | 0:10:03 / 287 | 0:17:14 / 298 | 0:30:01 / 351 | 0:37:46 / 381 | 0:50:28 / 384 | 0:57:51 / 374 |
| 425 | 79 | BROL Krzysztof | Lisowice | POL | Niezrzeszony | 65 | M40/113 M / 404 | 01:11:23 | 04.45 | +0:23:20 | 0:10:43 / 431 | 0:18:05 / 424 | 0:30:45 / 420 | 0:38:21 / 421 | 0:51:09 / 422 | 0:58:42 / 424 |
| 426 | 41 | BEŚKA Sławomir | Rybnik Ochojec | POL | Ochajo | 70 | M40/114 M / 405 | 01:11:23 | 04.45 | +0:23:20 | 0:10:45 / 446 | 0:18:23 / 466 | 0:31:10 / 459 | 0:38:41 / 444 | 0:51:19 / 434 | 0:58:40 / 419 |
| 427 | 916 | SKALNY Mariusz | Nysa | POL | | 91 | M20/91 M / 406 | Woje/139 01:11:24 | 04.45 | +0:23:21 | 0:10:16 / 338 | 0:17:36 / 352 | 0:30:29 / 405 | 0:38:18 / 417 | 0:51:17 / 432 | 0:58:44 / 425 |
| 428 | 228 | GAWELKO Janusz | Gliwice | POL | | 61 | M50/45 M / 407 | 01:11:24 | 04.45 | +0:23:22 | 0:10:35 / 400 | 0:17:56 / 395 | 0:30:53 / 436 | 0:38:29 / 432 | 0:51:21 / 435 | 0:58:53 / 433 |
| 429 | 365 | KACZMARSKI Rafał | Wabienice | POL | Kb Lupus Oleśnica | 78 | M30/144 M / 408 | 01:11:26 | 04.45 | +0:23:23 | 0:10:11 / 311 | 0:17:32 / 340 | 0:30:24 / 394 | 0:38:09 / 407 | 0:51:10 / 423 | 0:58:50 / 429 |
| 430 | 289 | HAŁON Andrzej | Opole | POL | Biegam Bo Lubię Opole | 54 | M60/15 M / 409 | Woje/140 01:11:28 | 04.45 | +0:23:26 | 0:10:43 / 433 | 0:18:06 / 426 | 0:30:52 / 434 | 0:38:30 / 435 | 0:51:12 / 427 | 0:58:39 / 417 |
| 431 | 931 | SŁODKIEWICZ Mateusz | Katowice | POL | Kb Józefinka | 83 | M30/145 M / 410 | 01:11:34 | 04.46 | +0:23:31 | 0:11:00 / 509 | 0:18:45 / 517 | 0:31:39 / 502 | 0:39:15 / 493 | 0:52:03 / 476 | 0:59:32 / 461 |
| 432 | 4776 | SPAŁEK Andrzej | Zawadzkie | POL | Bank Bps | 67 | M40/115 M / 411 | Pow/8 01:11:34 | 04.46 | +0:23:31 | 0:11:23 / 603 | 0:18:57 / 550 | 0:31:43 / 506 | 0:39:12 / 484 | 0:52:01 / 471 | 0:59:27 / 455 |
| 433 | 1035 | SZPON Tomasz | Opole | POL | | 89 | M20/92 M / 412 | Woje/141 01:11:38 | 04.46 | +0:23:36 | 0:11:01 / 513 | 0:18:43 / 515 | 0:31:41 / 503 | 0:39:15 / 492 | 0:51:50 / 460 | 0:59:13 / 444 |
| 434 | 764 | PANDEL Grzegorz | Boguszyce | POL | Szus Boguszyce | 69 | M40/116 M / 413 | 01:11:39 | 04.46 | +0:23:36 | 0:10:17 / 342 | 0:17:35 / 345 | 0:30:02 / 354 | 0:37:31 / 356 | 0:50:35 / 393 | 0:58:19 / 399 |
| 435 | 4620 | KOCHANOWSKI Mateusz | Małujowice | POL | | 87 | M20/93 M / 414 | 01:11:46 | 04.47 | +0:23:43 | 0:10:07 / 298 | 0:17:17 / 305 | 0:30:05 / 357 | 0:37:40 / 371 | 0:50:48 / 403 | 0:58:29 / 408 |
| 436 | 677 | MROZEK Marek | Kotulin | POL | Osp Kotulin | 70 | M40/117 M / 415 | 01:11:48 | 04.47 | +0:23:45 | 0:10:44 / 441 | 0:18:08 / 437 | 0:30:49 / 428 | 0:38:17 / 415 | 0:51:15 / 431 | 0:59:02 / 437 |
| 437 | 976 | STEFANIAK Justyna | Oleśnica | POL | Kb Lupus Oleśnica | 76 | K30/8 K / 22 | 01:11:49 | 04.47 | +0:23:46 | 0:10:46 / 454 | 0:18:25 / 469 | 0:31:12 / 463 | 0:38:55 / 461 | 0:51:57 / 466 | 0:59:21 / 450 |
| 438 | 698 | NICPOŃ Dominik | Krapkowice | POL | | 80 | M30/146 M / 416 | Woje/142 01:11:50 | 04.47 | +0:23:47 | 0:11:04 / 527 | 0:18:50 / 529 | 0:31:56 / 529 | 0:39:40 / 526 | 0:52:19 / 487 | 0:59:40 / 466 |
| 439 | 839 | PRZEŹDZIAK Zygmunt | Strzelce Opolskie | POL | | 75 | M30/147 M / 417 | Gmin/33 01:11:50 | 04.47 | +0:23:48 | 0:10:32 / 387 | 0:17:40 / 359 | 0:30:05 / 359 | 0:37:36 / 365 | 0:50:33 / 392 | 0:58:21 / 403 |
| 440 | 267 | GRUSZKA Robert | Wieruszów | POL | Niezrzeszony | 77 | M30/148 M / 418 | 01:11:51 | 04.47 | +0:23:48 | 0:11:04 / 529 | 0:18:41 / 508 | 0:31:32 / 493 | 0:39:10 / 480 | 0:51:58 / 468 | 0:59:31 / 458 |
| 441 | 165 | DREJ Maciej | Sosnowiec | POL | Harpagan Sosnowiec | 86 | M20/94 M / 419 | 01:11:54 | 04.47 | +0:23:52 | 0:11:11 / 554 | 0:18:55 / 544 | 0:31:51 / 523 | 0:39:26 / 506 | 0:51:52 / 461 | 0:59:42 / 467 |
| 442 | 717 | NOWAK Wojciech | Sosnowiec | POL | | 77 | M30/149 M / 420 | 01:11:55 | 04.47 | +0:23:53 | 0:10:49 / 469 | 0:18:21 / 461 | 0:31:17 / 470 | 0:38:57 / 463 | 0:52:03 / 475 | 0:59:42 / 468 |
| 443 | 4782 | ZABIEROWSKI Witold | Kadłub | POL | Adamietz | 65 | M40/118 M / 421 | Gmin/34 01:11:56 | 04.47 | +0:23:54 | 0:10:37 / 407 | 0:18:02 / 414 | 0:30:49 / 429 | 0:38:25 / 428 | 0:51:24 / 436 | 0:59:14 / 447 |
| 444 | 637 | MAZUR Michał | Koszecin | POL | X | 72 | M40/119 M / 422 | 01:11:58 | 04.47 | +0:23:56 | 0:10:45 / 449 | 0:18:07 / 435 | 0:31:00 / 444 | 0:38:39 / 443 | 0:51:40 / 451 | 0:59:22 / 451 |
| 445 | 914 | SIPIERA Tomasz | Kraków | POL | Night Runners | 72 | M40/120 M / 423 | 01:11:59 | 04.47 | +0:23:57 | 0:09:59 / 272 | 0:17:23 / 323 | 0:30:26 / 396 | 0:38:06 / 404 | 0:51:12 / 428 | 0:59:08 / 440 |
| 446 | 4632 | CITKO Maciej | Przysiecz | POL | | 86 | M20/95 M / 424 | Woje/143 01:12:01 | 04.48 | +0:23:59 | 0:10:44 / 438 | 0:18:19 / 460 | 0:31:07 / 455 | 0:38:43 / 446 | 0:51:35 / 447 | 0:59:13 / 445 |
| 447 | 19 | BARANEK Marek | Bytom | POL | Opel Active Team | 70 | M40/121 M / 425 | 01:12:05 | 04.48 | +0:24:02 | 0:10:28 / 376 | 0:17:44 / 369 | 0:30:17 / 381 | 0:37:52 / 390 | 0:50:42 / 399 | 0:58:33 / 411 |
| 448 | 5 | ANDRUSZKIEWICZ Andrzej | Gliwice | POL | | 77 | M30/150 M / 426 | 01:12:05 | 04.48 | +0:24:03 | 0:11:07 / 537 | 0:18:31 / 484 | 0:31:08 / 457 | 0:38:43 / 445 | 0:51:46 / 455 | 0:59:22 / 452 |
| 449 | 541 | LAZIK Robert | Opole | POL | Cyklofan Opole | 70 | M40/122 M / 427 | Woje/144 01:12:07 | 04.48 | +0:24:04 | 0:10:37 / 410 | 0:17:58 / 403 | 0:30:29 / 403 | 0:38:10 / 410 | 0:51:09 / 421 | 0:59:05 / 439 |
| 450 | 282 | GUNIA Mariusz | Oświęcim | POL | Zadyszka Oświęcim | 65 | M40/123 M / 428 | 01:12:12 | 04.48 | +0:24:09 | 0:10:36 / 402 | 0:17:59 / 407 | 0:30:48 / 427 | 0:38:29 / 433 | 0:51:26 / 438 | 0:59:13 / 446 |
| 451 | 198 | CUKROWSKI Eugeniusz | Rybnik | POL | Pkp Carbo | 55 | M50/46 M / 429 | 01:12:13 | 04.48 | +0:24:10 | 0:10:24 / 366 | 0:17:42 / 365 | 0:30:22 / 388 | 0:37:53 / 394 | 0:50:51 / 409 | 0:58:45 / 426 |
| 452 | 184 | DYNAK Mariusz | Sucha | POL | Adamietz | 73 | M40/124 M / 430 | Gmin/35 01:12:18 | 04.49 | +0:24:15 | 0:10:21 / 353 | 0:17:49 / 385 | 0:30:45 / 417 | 0:38:22 / 423 | 0:51:27 / 440 | 0:59:11 / 441 |
| 453 | 60 | BOCZULA Krzysztof | Bielawa | POL | Wkb Piast Wrocław | 62 | M50/47 M / 431 | 01:12:19 | 04.49 | +0:24:17 | 0:10:33 / 394 | 0:18:04 / 421 | 0:30:47 / 424 | 0:38:27 / 431 | 0:51:31 / 444 | 0:59:13 / 443 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|------------------------|-------------------|-----------|--|---------|--------------------|-------------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 454 | 9 | ATES Rudolf | Kudowa-zdrój | POL | Weterani | 54 | M60/16 M / 432 | 01:12:21 | 04.49 | +0:24:18 | 0:10:59 / 503 | 0:18:29 / 480 | 0:31:21 / 475 | 0:38:57 / 465 | 0:51:58 / 469 | 0:59:34 / 463 |
| 455 | 1144 | WOLNY Jacek | Tarnowskie Góry | POL | Gb Gwar Tarnowskie Góry | 71 | M40/125 M / 433 | 01:12:23 | 04.49 | +0:24:21 | 0:11:27 / 616 | 0:18:41 / 512 | 0:31:15 / 465 | 0:38:56 / 462 | 0:51:48 / 459 | 0:59:28 / 456 |
| 456 | 840 | PRZYBYLEK Łukasz | Strzelce Opolskie | POL | Uks Mos Opole/uks Kusy Strzelce Opolskie | 99 | M20/96 M / 434 | Gmin/36 01:12:24 | 04.49 | +0:24:21 | 0:11:54 / 696 | 0:19:54 / 667 | 0:33:05 / 617 | 0:40:45 / 590 | 0:53:06 / 520 | 1:00:18 / 492 |
| 457 | 868 | ROGOWSKI Mariusz | Mikowice | POL | | 72 | M40/126 M / 435 | Woje/145 01:12:24 | 04.49 | +0:24:21 | 0:10:06 / 297 | 0:17:33 / 342 | 0:30:27 / 398 | 0:38:03 / 402 | 0:51:35 / 446 | 0:59:18 / 449 |
| 458 | 721 | OGONOWSKI Edward | Opole | POL | Żółwik Opole | 49 | M60/17 M / 436 | Woje/146 01:12:25 | 04.49 | +0:24:23 | 0:10:48 / 467 | 0:18:19 / 459 | 0:31:06 / 451 | 0:38:51 / 455 | 0:51:57 / 467 | 0:59:39 / 465 |
| 459 | 279 | GRZYWNA Grzegorz | Olesno | POL | Bushido | 92 | M20/97 M / 437 | Woje/147 01:12:26 | 04.49 | +0:24:24 | 0:10:46 / 452 | 0:18:17 / 455 | 0:31:06 / 450 | 0:38:44 / 447 | 0:51:40 / 450 | 0:59:24 / 453 |
| 460 | 215 | LAKE Dariusz | Nakło | POL | | 76 | M30/151 M / 438 | Woje/148 01:12:29 | 04.49 | +0:24:26 | 0:10:25 / 370 | 0:17:37 / 354 | 0:30:13 / 372 | 0:37:47 / 383 | 0:50:53 / 410 | 0:58:56 / 436 |
| 461 | 1090 | USZKO Grzegorz | Siedlec | POL | | 67 | M40/127 M / 439 | Powil/9 01:12:29 | 04.49 | +0:24:26 | 0:10:56 / 492 | 0:18:30 / 482 | 0:31:30 / 487 | 0:39:07 / 472 | 0:52:14 / 483 | 1:00:02 / 483 |
| 462 | 622 | MATUSZCZYK Adrian | Strzelce Opolskie | POL | | 73 | M40/128 M / 440 | Gmin/37 01:12:29 | 04.49 | +0:24:27 | 0:10:42 / 427 | 0:18:09 / 440 | 0:31:10 / 458 | 0:38:48 / 452 | 0:51:46 / 456 | 0:59:31 / 457 |
| 463 | 765 | PAPIERZ Jarosław | Opole | POL | Kosta-metal Run | 64 | M50/48 M / 441 | Woje/149 01:12:30 | 04.50 | +0:24:27 | 0:10:58 / 502 | 0:18:33 / 488 | 0:31:17 / 471 | 0:39:01 / 470 | 0:51:54 / 464 | 0:59:31 / 460 |
| 464 | 802 | PIOTRKOWSKI Jerzy | Wrocław | POL | Team Asa - Biegiem Po Zdrowie | 58 | M50/49 M / 442 | 01:12:30 | 04.50 | +0:24:27 | 0:11:39 / 658 | 0:19:29 / 621 | 0:32:33 / 575 | 0:40:13 / 545 | 0:52:54 / 514 | 1:00:27 / 499 |
| 465 | 537 | DUDEK Piotr | Strzelce Opolskie | POL | | 73 | M40/129 M / 443 | Gmin/38 01:12:31 | 04.50 | +0:24:29 | 0:10:55 / 488 | 0:18:14 / 452 | 0:31:16 / 469 | 0:39:01 / 469 | 0:52:22 / 489 | 0:59:54 / 476 |
| 466 | 663 | MITOŚ Ryszard | Mysłowice | POL | | 53 | M60/18 M / 444 | 01:12:32 | 04.50 | +0:24:29 | 0:10:47 / 460 | 0:18:29 / 481 | 0:31:35 / 496 | 0:39:23 / 500 | 0:52:27 / 494 | 1:00:01 / 482 |
| 467 | 672 | MOREK Krzysztof | Kępno | POL | Ks Leniwiec | 78 | M30/152 M / 445 | 01:12:33 | 04.50 | +0:24:31 | 0:10:37 / 412 | 0:18:08 / 436 | 0:30:52 / 433 | 0:38:31 / 437 | 0:51:39 / 449 | 0:59:31 / 459 |
| 468 | 1089 | USZKO Adam | Siedlec | POL | | 93 | M20/98 M / 446 | Powil/10 01:12:34 | 04.50 | +0:24:32 | 0:10:48 / 468 | 0:18:22 / 464 | 0:31:10 / 460 | 0:38:47 / 450 | 0:51:52 / 462 | 0:59:56 / 478 |
| 469 | 948 | SOBIERSKI Wojciech | Wrocław | POL | | 78 | M30/153 M / 447 | 01:12:35 | 04.50 | +0:24:32 | 0:10:05 / 296 | 0:17:27 / 335 | 0:30:49 / 430 | 0:38:33 / 440 | 0:51:40 / 452 | 0:59:34 / 462 |
| 470 | 190 | FARON Agnieszka | Kraków | POL | Norafsport | 82 | K30/9 K / 23 | 01:12:39 | 04.50 | +0:24:36 | 0:11:09 / 542 | 0:18:47 / 524 | 0:31:30 / 488 | 0:39:09 / 476 | 0:52:06 / 479 | 0:59:45 / 470 |
| 471 | 4789 | SANDALNY Łukasz | Kluczbork | POL | | 96 | M20/99 M / 448 | Woje/150 01:12:42 | 04.50 | +0:24:39 | 0:11:35 / 643 | 0:19:07 / 577 | 0:31:34 / 495 | 0:39:08 / 475 | 0:52:05 / 478 | 0:59:47 / 472 |
| 472 | 960 | SÓJKA Rafał | Kobierno | POL | Ks Krotoszyn | 74 | M40/130 M / 449 | 01:12:45 | 04.51 | +0:24:42 | 0:11:14 / 567 | 0:18:53 / 537 | 0:31:42 / 505 | 0:39:20 / 496 | 0:52:18 / 486 | 0:59:52 / 474 |
| 473 | 979 | STRĄŚ Andrzej | Sosnowiec | POL | Harpagan Sosnowiec | 64 | M50/50 M / 450 | 01:12:46 | 04.51 | +0:24:44 | 0:10:49 / 470 | 0:18:22 / 465 | 0:31:18 / 472 | 0:38:59 / 467 | 0:52:04 / 477 | 1:00:01 / 481 |
| 474 | 893 | SABANOS Gejza | Lubotice | SVK | Maras Team | 61 | M50/51 M / 451 | 01:12:48 | 04.51 | +0:24:46 | 0:11:09 / 547 | 0:18:46 / 521 | 0:31:31 / 491 | 0:39:09 / 477 | 0:52:06 / 480 | 0:59:47 / 471 |
| 475 | 2 | AKSAMIT-MIKA Celestyna | Mysłowice | POL | Mysłowicki Klub Biegacza No.1 | 81 | K30/10 K / 24 | 01:12:51 | 04.51 | +0:24:48 | 0:10:46 / 456 | 0:18:15 / 453 | 0:31:07 / 454 | 0:38:52 / 457 | 0:52:02 / 473 | 0:59:57 / 479 |
| 476 | 819 | POLAK Krzysztof | Ruda Śląska | POL | Opel Active Team | 73 | M40/131 M / 452 | 01:12:52 | 04.51 | +0:24:50 | 0:10:37 / 409 | 0:17:57 / 400 | 0:30:30 / 408 | 0:38:08 / 405 | 0:51:26 / 439 | 0:59:25 / 454 |
| 477 | 664 | MIZERA Agnieszka | Wrocław | POL | | 69 | K40/6 K / 25 | 01:12:52 | 04.51 | +0:24:50 | 0:10:39 / 418 | 0:18:11 / 447 | 0:31:03 / 448 | 0:38:46 / 449 | 0:51:53 / 463 | 0:59:36 / 464 |
| 478 | 592 | MAJGIER Marcin | Skarbimierz | POL | | 75 | M30/154 M / 453 | Woje/151 01:12:53 | 04.51 | +0:24:50 | 0:10:08 / 305 | 0:17:17 / 304 | 0:29:53 / 338 | 0:37:41 / 372 | 0:51:05 / 416 | 0:59:14 / 448 |
| 479 | 495 | KRZESZOWSKI Piotr | Przeworno | POL | Strzeleński Klub Biegacza | 86 | M20/100 M / 454 | 01:12:56 | 04.51 | +0:24:53 | 0:10:48 / 463 | 0:18:24 / 467 | 0:31:31 / 490 | 0:39:24 / 504 | 0:52:44 / 503 | 1:00:24 / 497 |
| 480 | 210 | FORYT Wojciech | Strzelce Opolskie | POL | Primero | 88 | M20/101 M / 455 | Gmin/39 01:12:57 | 04.51 | +0:24:55 | 0:10:39 / 417 | 0:18:18 / 458 | 0:31:28 / 484 | 0:39:14 / 489 | 0:52:13 / 482 | 1:00:05 / 486 |
| 481 | 135 | CUPIAŁ Urszula | Poraj | POL | | 74 | K40/7 K / 26 | 01:13:02 | 04.52 | +0:25:00 | 0:11:02 / 518 | 0:18:40 / 503 | 0:31:36 / 498 | 0:39:22 / 498 | 0:52:26 / 493 | 1:00:11 / 490 |
| 482 | 80 | BROMBOSZCZ Karol | Katowice | POL | Truchtaocz Mysłowice | 57 | M50/52 M / 456 | 01:13:03 | 04.52 | +0:25:00 | 0:10:51 / 474 | 0:18:28 / 476 | 0:31:07 / 453 | 0:38:51 / 454 | 0:52:03 / 474 | 0:59:59 / 480 |
| 483 | 4803 | SIWEK Krzysztof | Złoty Stok | POL | | 67 | M40/132 M / 457 | 01:13:04 | 04.52 | +0:25:02 | 0:10:25 / 371 | 0:17:50 / 386 | 0:30:38 / 411 | 0:38:37 / 442 | 0:52:01 / 472 | 1:00:08 / 488 |
| 484 | 773 | PASTUCHA Anna | Krapkowice | POL | Cross Krapkowice | 58 | K50/2 K / 27 | Woje/152 01:13:06 | 04.52 | +0:25:03 | 0:10:57 / 498 | 0:18:32 / 485 | 0:31:29 / 486 | 0:39:13 / 485 | 0:52:21 / 488 | 1:00:03 / 485 |
| 485 | 862 | REMPUSZEWSKI Mateusz | Chudów | POL | | 89 | M20/102 M / 458 | 01:13:14 | 04.52 | +0:25:11 | 0:11:14 / 569 | 0:18:56 / 549 | 0:31:56 / 528 | 0:39:39 / 520 | 0:52:38 / 500 | 1:00:21 / 496 |
| 486 | 244 | GOLA Dawid | Sucha | POL | - | 95 | M20/103 M / 459 | Gmin/40 01:13:14 | 04.52 | +0:25:11 | 0:09:47 / 233 | 0:17:35 / 346 | 0:30:52 / 435 | 0:38:59 / 468 | 0:52:23 / 490 | 1:00:10 / 489 |
| 487 | 101 | BUNK Dawid | Ostrów | POL | | 90 | M20/104 M / 460 | 01:13:14 | 04.52 | +0:25:11 | 0:10:44 / 440 | 0:18:25 / 471 | 0:31:47 / 515 | 0:39:36 / 516 | 0:52:54 / 515 | 1:00:39 / 509 |
| 488 | 301 | HETMAŃCZYK Ireneusz | Opole | POL | Fast Foot Opole | 69 | M40/133 M / 461 | Woje/153 01:13:15 | 04.53 | +0:25:13 | 0:10:47 / 462 | 0:18:30 / 483 | 0:31:36 / 497 | 0:39:22 / 499 | 0:52:33 / 496 | 1:00:20 / 494 |
| 489 | 222 | GAJ-JURCZYK Renata | Lewin Brzeski | POL | Lewin Biega | 73 | K40/8 K / 28 | Woje/154 01:13:17 | 04.53 | +0:25:14 | 0:10:52 / 476 | 0:18:25 / 470 | 0:31:25 / 481 | 0:39:17 / 495 | 0:52:32 / 495 | 1:00:19 / 493 |
| 490 | 530 | KUZIEMSKI Tomasz | Ostrów | POL | Ks Maraton Ostrów Wielkopolski | 89 | M20/105 M / 462 | 01:13:17 | 04.53 | +0:25:15 | 0:10:43 / 437 | 0:18:25 / 468 | 0:31:46 / 513 | 0:39:32 / 512 | 0:52:54 / 516 | 1:00:38 / 507 |
| 491 | 1091 | USZKO Sabina | Siedlec | POL | | 65 | K40/9 K / 29 | Powil/11 01:13:18 | 04.53 | +0:25:15 | 0:10:54 / 486 | 0:18:26 / 473 | 0:31:24 / 480 | 0:39:10 / 478 | 0:52:13 / 481 | 1:00:03 / 484 |
| 492 | 513 | KUDŁA Czesław | Mikowice | POL | | 51 | M60/19 M / 463 | Woje/155Niep/7 01:13:22 | 04.53 | +0:25:20 | 0:11:07 / 539 | 0:18:58 / 555 | 0:32:27 / 569 | 0:40:11 / 540 | 0:53:07 / 523 | 1:00:50 / 518 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|-----------------------|--------------------|-----------|----------------------------|------------|--------------------|-------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 493 | 385 | KARKOSZKA Marcin | Masanów | POL | | 90 M20/106 | M / 464 | 01:13:23 | 04.53 | +0:25:21 | 0:10:45 / 443 | 0:18:26 / 472 | 0:31:47 / 516 | 0:39:34 / 514 | 0:52:56 / 517 | 1:00:40 / 510 |
| 494 | 442 | KOŁODZIEJ Waldemar | Górki | POL | | 71 M40/134 | M / 465 | Woje/156 01:13:23 | 04.53 | +0:25:21 | 0:11:00 / 511 | 0:18:56 / 547 | 0:32:12 / 543 | 0:40:01 / 534 | 0:53:07 / 524 | 1:00:45 / 513 |
| 495 | 153 | DELKOWSKI Aleksander | Sosnowiec | POL | Harpagan Sosnowiec | 72 M40/135 | M / 466 | 01:13:25 | 04.53 | +0:25:23 | 0:11:35 / 645 | 0:19:44 / 649 | 0:32:43 / 592 | 0:40:15 / 548 | 0:53:11 / 527 | 1:00:39 / 508 |
| 496 | 1057 | ŚWITOŃ Marian | Bukownica | POL | T.g.sokol Bukownica | 60 M50/53 | M / 467 | 01:13:25 | 04.53 | +0:25:22 | 0:10:20 / 350 | 0:17:45 / 374 | 0:30:54 / 440 | 0:39:08 / 474 | 0:53:11 / 529 | 1:01:02 / 525 |
| 497 | 685 | MUSZYŃSKI Andrzej | Dobrzyca | POL | Truchtacz Dobrzyca | 53 M60/20 | M / 468 | 01:13:26 | 04.53 | +0:25:24 | 0:11:29 / 622 | 0:19:08 / 579 | 0:32:01 / 533 | 0:39:49 / 529 | 0:52:57 / 518 | 1:00:41 / 511 |
| 498 | 922 | SKÓRA Marcin | Strzelce Opolskie | POL | Student Sqad | 89 M20/107 | M / 469 | Gmin/41 01:13:28 | 04.53 | +0:25:25 | 0:11:16 / 579 | 0:18:52 / 535 | 0:31:53 / 525 | 0:39:31 / 509 | 0:52:45 / 504 | 1:00:21 / 495 |
| 499 | 4788 | RYBAK Tadeusz | Częstochowa | POL | Zabiegani Częstochowa | 70 M40/136 | M / 470 | 01:13:29 | 04.53 | +0:25:27 | 0:11:00 / 512 | 0:18:40 / 506 | 0:31:48 / 517 | 0:39:37 / 518 | 0:52:47 / 509 | 1:00:37 / 506 |
| 500 | 558 | LISZKA Piotr | Bytom | POL | Ks Limanowa Forrest | 53 M60/21 | M / 471 | 01:13:32 | 04.54 | +0:25:29 | 0:11:14 / 565 | 0:18:49 / 527 | 0:31:52 / 524 | 0:39:33 / 513 | 0:52:38 / 499 | 1:00:26 / 498 |
| 501 | 1084 | ULIASZ Radek | Arendal | NOR | | 94 M20/108 | M / 472 | 01:13:32 | 04.54 | +0:25:29 | 0:09:51 / 248 | 0:17:10 / 290 | 0:29:48 / 332 | 0:37:23 / 343 | 0:50:28 / 383 | 0:59:05 / 438 |
| 502 | 196 | FJALKOWSKI Tomasz | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 80 M30/155 | M / 473 | Gmin/42 01:13:34 | 04.54 | +0:25:31 | 0:10:22 / 356 | 0:17:35 / 347 | 0:30:21 / 387 | 0:38:08 / 406 | 0:51:36 / 448 | 0:59:51 / 473 |
| 503 | 496 | KRZEWSKI Krzysztof | Dzielnia | POL | | 79 M30/156 | M / 474 | 01:13:34 | 04.54 | +0:25:31 | 0:11:31 / 629 | 0:19:20 / 605 | 0:32:34 / 578 | 0:40:26 / 565 | 0:53:27 / 535 | 1:01:02 / 524 |
| 504 | 614 | MARKIEWICZ Wiesław | Kały | POL | Gmina Murów | 57 M50/54 | M / 475 | Woje/157 01:13:35 | 04.54 | +0:25:32 | 0:10:34 / 398 | 0:18:03 / 418 | 0:31:03 / 449 | 0:38:54 / 460 | 0:52:15 / 484 | 1:00:12 / 491 |
| 505 | 4617 | WŁODARCZYK Marcin | Mysłowice | POL | | 82 M30/157 | M / 476 | 01:13:38 | 04.54 | +0:25:35 | 0:10:56 / 494 | 0:18:37 / 498 | 0:31:44 / 510 | 0:39:25 / 505 | 0:52:37 / 498 | 1:00:32 / 502 |
| 506 | 936 | SMACZYŃSKI Dariusz | Dąbrowa Gornicza | POL | Srs Aktywna Dąbrowa | 64 M50/55 | M / 477 | 01:13:40 | 04.54 | +0:25:38 | 0:10:22 / 357 | 0:18:00 / 408 | 0:31:19 / 473 | 0:39:08 / 473 | 0:52:46 / 507 | 1:00:29 / 500 |
| 507 | 81 | BROSZCZAK Grzegorz | Zdzieszowice | POL | Godzikowice Team | 67 M40/137 | M / 478 | Woje/158 01:13:43 | 04.54 | +0:25:41 | 0:10:34 / 396 | 0:17:56 / 397 | 0:31:28 / 482 | 0:39:14 / 488 | 0:52:15 / 485 | 1:00:08 / 487 |
| 508 | 43 | BIAŁAS Stanisław | Lewin Brzeski | POL | Pks Brzeg-lewin Biega | 56 M50/56 | M / 479 | Woje/159 01:13:46 | 04.55 | +0:25:43 | 0:10:37 / 411 | 0:18:12 / 448 | 0:31:22 / 478 | 0:39:24 / 503 | 0:52:47 / 508 | 1:00:49 / 517 |
| 509 | 854 | RAJCZYBA Małgorzata | Wrocław | POL | | 65 K40/10 | K / 30 | 01:13:50 | 04.55 | +0:25:48 | 0:11:14 / 566 | 0:18:53 / 538 | 0:31:46 / 514 | 0:39:36 / 517 | 0:52:42 / 502 | 1:00:34 / 504 |
| 510 | 853 | RAJCZYBA Adam | Wrocław | POL | Cross Wrocław | 65 M40/138 | M / 480 | Niep/8 01:13:53 | 04.55 | +0:25:51 | 0:11:16 / 575 | 0:18:54 / 541 | 0:31:48 / 518 | 0:39:37 / 519 | 0:52:45 / 505 | 1:00:35 / 505 |
| 511 | 459 | KORDZIŃSKI Kazimierz | Lubliniec | POL | Rmd Montrail Team | 58 M50/57 | M / 481 | 01:13:54 | 04.55 | +0:25:51 | 0:10:43 / 432 | 0:18:05 / 423 | 0:30:46 / 422 | 0:38:26 / 429 | 0:51:42 / 453 | 0:59:44 / 469 |
| 512 | 281 | GUBAŁA Krzysztof | Tapkowice | POL | Morsy Z Chechła Rodem | 72 M40/139 | M / 482 | 01:13:55 | 04.55 | +0:25:52 | 0:10:45 / 450 | 0:18:21 / 462 | 0:31:29 / 485 | 0:39:12 / 481 | 0:52:35 / 497 | 1:00:31 / 501 |
| 513 | 4009 | LIZAK Krzysztof | Żory | POL | | 75 M30/158 | M / 483 | 01:13:55 | 04.55 | +0:25:52 | 0:11:09 / 546 | 0:18:58 / 554 | 0:32:11 / 542 | 0:40:02 / 535 | 0:53:21 / 534 | 1:01:12 / 527 |
| 514 | 206 | FLORECKI Andrzej | Gliwice | POL | Akmb Pędziwiatr Gliwice | 55 M50/58 | M / 484 | 01:13:56 | 04.55 | +0:25:53 | 0:10:38 / 415 | 0:18:11 / 445 | 0:31:16 / 468 | 0:39:17 / 494 | 0:52:24 / 492 | 1:00:33 / 503 |
| 515 | 775 | PASTUCHA Marek | Krapkowice | POL | Cross Krapkowice | 60 M50/59 | M / 485 | Woje/160 01:13:59 | 04.55 | +0:25:57 | 0:10:45 / 447 | 0:17:54 / 391 | 0:31:08 / 456 | 0:43:13 / 701 | 0:55:17 / 622 | 1:02:20 / 576 |
| 516 | 254 | GÓRECKI Ryszard | Gliwice | POL | Niezrzeszony | 65 M40/140 | M / 486 | 01:14:02 | 04.56 | +0:26:00 | 0:11:02 / 514 | 0:18:51 / 530 | 0:31:55 / 527 | 0:39:39 / 522 | 0:52:50 / 512 | 1:00:48 / 516 |
| 517 | 351 | JĘDRZEJEWSKI Zbigniew | Wrocław | POL | Niezrzeszony | 63 M50/60 | M / 487 | 01:14:05 | 04.56 | +0:26:02 | 0:11:12 / 561 | 0:18:50 / 528 | 0:31:50 / 519 | 0:39:40 / 525 | 0:53:11 / 528 | 1:01:00 / 522 |
| 518 | 1049 | ŚLOSARCZYK Gabryśia | Mysłowice | POL | | 77 K30/11 | K / 31 | 01:14:05 | 04.56 | +0:26:02 | 0:10:54 / 487 | 0:18:40 / 507 | 0:31:50 / 521 | 0:39:39 / 523 | 0:53:06 / 522 | 1:01:03 / 526 |
| 519 | 4667 | WOLNY Bartomiej | Strzelce Opolskie | POL | Strzelce Opolskie | 87 M20/109 | M / 488 | Gmin/43 01:14:05 | 04.56 | +0:26:03 | 0:10:41 / 426 | 0:18:05 / 425 | 0:30:45 / 418 | 0:38:23 / 425 | 0:51:34 / 445 | 0:59:54 / 475 |
| 520 | 1156 | WÓJCİK Monika | Krapkowice | POL | Cross Krapkowice | 83 K30/12 | K / 32 | Woje/161 01:14:05 | 04.56 | +0:26:02 | 0:10:51 / 472 | 0:18:32 / 486 | 0:31:33 / 494 | 0:39:24 / 502 | 0:52:45 / 506 | 1:00:43 / 512 |
| 521 | 789 | PIELA Michał | Strzelce Opolskie | POL | | 89 M20/110 | M / 489 | Gmin/44 01:14:06 | 04.56 | +0:26:04 | 0:11:02 / 519 | 0:18:34 / 494 | 0:31:12 / 462 | 0:38:47 / 451 | 0:51:54 / 465 | 0:59:56 / 477 |
| 522 | 981 | STRYCHARZ Bogdan | Opole | POL | - | 77 M30/159 | M / 490 | Woje/162 01:14:13 | 04.56 | +0:26:11 | 0:11:21 / 596 | 0:19:11 / 585 | 0:32:21 / 562 | 0:40:13 / 546 | 0:53:27 / 536 | 1:01:21 / 532 |
| 523 | 869 | ROJEK Artur | Kietrz | POL | Ks Gryf Kietrz | 79 M30/160 | M / 491 | Woje/163 01:14:22 | 04.57 | +0:26:20 | 0:11:38 / 653 | 0:19:18 / 601 | 0:32:30 / 571 | 0:40:25 / 563 | 0:53:42 / 549 | 1:01:26 / 534 |
| 524 | 596 | MALICKI Grzegorz | Nowy Kazanów | POL | | 70 M40/141 | M / 492 | 01:14:24 | 04.57 | +0:26:22 | 0:11:02 / 516 | 0:18:39 / 502 | 0:31:43 / 507 | 0:39:32 / 511 | 0:52:51 / 513 | 1:00:52 / 519 |
| 525 | 386 | KARSZNIA Radosław | Wrocław | POL | | 76 M30/161 | M / 493 | 01:14:34 | 04.58 | +0:26:31 | 0:11:21 / 594 | 0:19:13 / 591 | 0:32:31 / 572 | 0:40:30 / 570 | 0:53:57 / 559 | 1:01:53 / 550 |
| 526 | 63 | BOGDANOWICZ Maria | Wrocław | POL | Pro-run Wrocław | 66 K40/11 | K / 33 | 01:14:34 | 04.58 | +0:26:32 | 0:10:59 / 506 | 0:18:44 / 516 | 0:32:03 / 535 | 0:39:51 / 530 | 0:53:17 / 531 | 1:01:14 / 528 |
| 527 | 554 | LIC Janusz | Zabrze | POL | Brak | 67 M40/142 | M / 494 | 01:14:40 | 04.58 | +0:26:37 | 0:11:09 / 545 | 0:18:34 / 493 | 0:31:24 / 479 | 0:39:12 / 483 | 0:52:42 / 501 | 1:00:55 / 520 |
| 528 | 12 | BALBUS Michał | Bytom | POL | Festiwal Biegowy W Krynicy | 52 M60/22 | M / 495 | 01:14:40 | 04.58 | +0:26:38 | 0:10:43 / 435 | 0:18:14 / 451 | 0:31:21 / 476 | 0:39:13 / 487 | 0:53:00 / 519 | 1:00:57 / 521 |
| 529 | 4593 | FAFARA Marek | Kedzierzyn - Kozle | POL | Ks Koziołek | 81 M30/162 | M / 496 | Woje/164 01:14:43 | 04.58 | +0:26:41 | 0:11:24 / 605 | 0:19:03 / 566 | 0:32:18 / 555 | 0:40:23 / 562 | 0:53:48 / 553 | 1:01:54 / 552 |
| 530 | 71 | BOROWIAK Allan | Świebodzice | POL | Tempo Wałbrzych | 73 M40/143 | M / 497 | 01:14:44 | 04.58 | +0:26:42 | 0:12:28 / 774 | 0:20:28 / 717 | 0:34:00 / 669 | 0:41:46 / 639 | 0:54:46 / 603 | 1:02:20 / 577 |
| 531 | 858 | RAWSKI Dariusz | Bytków | POL | Darspeed | 75 M30/163 | M / 498 | Woje/165 01:14:45 | 04.59 | +0:26:43 | 0:11:10 / 549 | 0:18:52 / 534 | 0:32:04 / 536 | 0:39:44 / 527 | 0:53:13 / 530 | 1:01:14 / 529 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | | |
|----------|--------|----------------------|------------------|-----------|--|---------|--------------------|----------------|------------|----------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 532 | 441 | KOŁODZIEJ Tomasz | Nysa | | POL Nysa Biega | 77 | M30/164 M / 499 | Woje/166 | 01:14:47 | 04.59 | +0:26:44 | 0:11:19 / 589 | 0:19:15 / 596 | 0:32:33 / 574 | 0:40:28 / 567 | 0:53:30 / 538 | 1:01:29 / 536 |
| 533 | 4713 | CHOJNACKI Stanisław | Czeladź | | POL Czeladź | 50 | M60/23 M / 500 | | 01:14:47 | 04.59 | +0:26:44 | 0:11:07 / 540 | 0:19:07 / 575 | 0:32:19 / 558 | 0:40:15 / 547 | 0:53:40 / 548 | 1:01:38 / 544 |
| 534 | 1009 | SZCZEPAŃSKI Tomasz | Opole | | POL 303 | 79 | M30/165 M / 501 | Woje/167 | 01:14:49 | 04.59 | +0:26:46 | 0:11:31 / 628 | 0:19:28 / 619 | 0:32:45 / 594 | 0:40:38 / 579 | 0:54:05 / 571 | 1:02:00 / 555 |
| 535 | 122 | CIECIELAĞ Jarosław | Nysa | | POL Nysa Biega | 68 | M40/144 M / 502 | Woje/168 | 01:14:52 | 04.59 | +0:26:49 | 0:11:21 / 600 | 0:19:18 / 602 | 0:32:35 / 582 | 0:40:31 / 571 | 0:53:32 / 541 | 1:01:31 / 538 |
| 536 | 807 | PLUSKOTA Henryk | Praszka | | POL Neapco Praszka | 58 | M50/61 M / 503 | Woje/169 | 01:14:53 | 04.59 | +0:26:51 | 0:11:16 / 573 | 0:19:02 / 562 | 0:32:12 / 544 | 0:40:02 / 536 | 0:53:30 / 537 | 1:01:26 / 535 |
| 537 | 426 | KŁOSEK Jacek | Racibórz | | POL Instal - Tech Team | 89 | M20/111 M / 504 | | 01:14:54 | 04.59 | +0:26:51 | 0:11:14 / 564 | 0:19:05 / 571 | 0:32:23 / 566 | 0:40:16 / 552 | 0:53:37 / 545 | 1:01:37 / 543 |
| 538 | 665 | MOCEK Patrycja | Chudów | | POL - | 91 | K20/9 K / 34 | | 01:14:57 | 04.59 | +0:26:54 | 0:11:07 / 538 | 0:18:58 / 553 | 0:32:18 / 557 | 0:40:10 / 539 | 0:53:35 / 543 | 1:01:42 / 545 |
| 539 | 968 | STARCZEWSKI Grzegorz | Częstochowa | | POL Wolny Strzelec | 72 | M40/145 M / 505 | | 01:14:58 | 04.59 | +0:26:55 | 0:11:28 / 618 | 0:19:16 / 598 | 0:32:41 / 589 | 0:40:38 / 581 | 0:53:59 / 562 | 1:01:56 / 553 |
| 540 | 405 | KĘSICKI Robert | Katowice | | POL Night Runners | 82 | M30/166 M / 506 | | 01:14:59 | 04.59 | +0:26:56 | 0:10:40 / 422 | 0:19:23 / 608 | 0:33:48 / 656 | 0:41:41 / 633 | 0:56:13 / 655 | 1:03:21 / 616 |
| 541 | 94 | BUDZIŃSKI Krzysztof | Opole | | POL Niezrzeszony | 68 | M40/146 M / 507 | Woje/170 | 01:15:01 | 05.00 | +0:26:58 | 0:11:16 / 574 | 0:18:59 / 556 | 0:32:13 / 546 | 0:40:11 / 542 | 0:53:35 / 542 | 1:01:30 / 537 |
| 542 | 4591 | WENCEL Robert | Kędzierzyn-koźle | | POL Ks Koziołek | 71 | M40/147 M / 508 | Woje/171Niep/9 | 01:15:01 | 05.00 | +0:26:59 | 0:11:21 / 598 | 0:19:01 / 559 | 0:32:16 / 550 | 0:40:20 / 559 | 0:53:45 / 550 | 1:01:51 / 549 |
| 543 | 899 | SANDRYK Adam | Olawa | | POL Aktywny Dynów | 72 | M40/148 M / 509 | | 01:15:03 | 05.00 | +0:27:00 | 0:10:40 / 421 | 0:18:12 / 449 | 0:31:31 / 489 | 0:39:31 / 510 | 0:53:08 / 525 | 1:01:14 / 530 |
| 544 | 910 | SIKORA Alicja | Bielsko-biała | | POL Sprint Bielsko Biala | 52 | K60/1 K / 35 | | 01:15:04 | 05.00 | +0:27:01 | 0:10:54 / 484 | 0:18:33 / 492 | 0:31:38 / 499 | 0:39:29 / 507 | 0:52:49 / 510 | 1:01:01 / 523 |
| 545 | 551 | LEWANDOWICZ Michał | Nysa | | POL Nysa Biega | 84 | M30/167 M / 510 | Woje/172 | 01:15:06 | 05.00 | +0:27:03 | 0:11:31 / 631 | 0:19:35 / 632 | 0:33:13 / 625 | 0:41:12 / 618 | 0:54:39 / 599 | 1:02:36 / 593 |
| 546 | 4774 | KOZIARSKI Andrzej | Sieraków Śląski | | POL | 83 | M30/168 M / 511 | | 01:15:06 | 05.00 | +0:27:04 | 0:12:14 / 737 | 0:20:19 / 699 | 0:33:54 / 665 | 0:41:53 / 645 | 0:55:18 / 625 | 1:02:46 / 599 |
| 547 | 770 | PARYSEK Bogdan | Krotoszyn | | POL Ks Krotosz | 50 | M60/24 M / 512 | | 01:15:07 | 05.00 | +0:27:04 | 0:11:05 / 531 | 0:18:54 / 539 | 0:31:50 / 520 | 0:39:39 / 521 | 0:53:17 / 532 | 1:01:34 / 541 |
| 548 | 310 | IGNASIAK Jan | Sieradz | | POL | 56 | M50/62 M / 513 | Niep/10 | 01:15:08 | 05.00 | +0:27:05 | 0:11:03 / 523 | 0:18:54 / 540 | 0:32:18 / 556 | 0:40:20 / 560 | 0:53:52 / 555 | 1:01:53 / 551 |
| 549 | 743 | OSTROWSKI Rafał | Opole | | POL | 77 | M30/169 M / 514 | Woje/173 | 01:15:09 | 05.00 | +0:27:06 | 0:11:33 / 636 | 0:19:24 / 611 | 0:32:43 / 593 | 0:40:29 / 568 | 0:53:46 / 551 | 1:01:49 / 547 |
| 550 | 1194 | ŽUK Zbigniew | Wałbrzych | | POL Kb Faurecia Wałbrzych/stoor | 68 | M40/149 M / 515 | | 01:15:10 | 05.00 | +0:27:07 | 0:10:48 / 464 | 0:18:37 / 497 | 0:32:08 / 541 | 0:40:17 / 553 | 0:53:57 / 560 | 1:02:05 / 557 |
| 551 | 1087 | URBANIAK Wiesław | Krotoszyn | | POL K.s. Krotosz Krotoszyn | 64 | M50/63 M / 516 | | 01:15:12 | 05.00 | +0:27:09 | 0:10:53 / 480 | 0:18:41 / 511 | 0:31:50 / 522 | 0:39:40 / 524 | 0:53:17 / 533 | 1:01:34 / 540 |
| 552 | 452 | KISIELEWSKI Adam | Opole | | POL Azs Politechnika Opolska | 87 | M20/112 M / 517 | Woje/174 | 01:15:12 | 05.00 | +0:27:09 | 0:11:04 / 526 | 0:19:03 / 564 | 0:31:44 / 512 | 0:40:16 / 551 | 0:54:22 / 587 | 1:02:29 / 587 |
| 553 | 86 | BRZOSTEK Edward | Częstochowa | | POL Zabiegani Częstochowa | 62 | M50/64 M / 518 | | 01:15:14 | 05.00 | +0:27:12 | 0:11:35 / 644 | 0:19:37 / 637 | 0:33:12 / 624 | 0:40:59 / 600 | 0:54:15 / 578 | 1:02:09 / 562 |
| 554 | 874 | ROŚLICKI Jarosław | Wrocław | | POL Tu Europa | 80 | M30/170 M / 519 | | 01:15:15 | 05.01 | +0:27:13 | 0:10:28 / 378 | 0:18:07 / 431 | 0:31:21 / 477 | 0:39:21 / 497 | 0:53:06 / 521 | 1:01:25 / 533 |
| 555 | 605 | MARCINKOWSKA Monika | Nowa Ruda | | POL Usks Ludwikowice Kłodzkie | 75 | K30/13 K / 36 | | 01:15:18 | 05.01 | +0:27:15 | 0:11:35 / 642 | 0:19:29 / 620 | 0:32:39 / 587 | 0:40:38 / 580 | 0:54:15 / 577 | 1:02:25 / 583 |
| 556 | 723 | OGRODOWSKI Paweł | Kędzierzyn-koźle | | POL Anton Team - Ks Długodystansowiec Kędzie | 78 | M30/171 M / 520 | Woje/175 | 01:15:19 | 05.01 | +0:27:17 | 0:11:05 / 533 | 0:19:05 / 568 | 0:32:35 / 580 | 0:40:38 / 582 | 0:54:04 / 567 | 1:02:11 / 564 |
| 557 | 706 | NOWAK Agnieszka | Sosnowiec | | POL Pogoria Biega | 79 | K30/14 K / 37 | | 01:15:19 | 05.01 | +0:27:16 | 0:11:41 / 663 | 0:19:41 / 647 | 0:33:06 / 618 | 0:40:59 / 599 | 0:54:20 / 585 | 1:02:14 / 571 |
| 558 | 906 | SERWADCZAK Piotr | Skarbimierz | | POL Niezrzeszony | 72 | M40/150 M / 521 | Woje/176 | 01:15:20 | 05.01 | +0:27:17 | 0:10:55 / 489 | 0:18:41 / 509 | 0:31:56 / 530 | 0:39:55 / 532 | 0:53:31 / 540 | 1:01:48 / 546 |
| 559 | 873 | ROSZUK Jakub | Dylaki | | POL Poliwoda | 79 | M30/172 M / 522 | Woje/177 | 01:15:21 | 05.01 | +0:27:19 | 0:11:18 / 583 | 0:19:07 / 574 | 0:32:14 / 547 | 0:39:58 / 533 | 0:53:30 / 539 | 1:01:33 / 539 |
| 560 | 486 | KRET Kinga | Opole | | POL Vege Runners | 79 | K30/15 K / 38 | Woje/178 | 01:15:25 | 05.01 | +0:27:23 | 0:11:26 / 610 | 0:19:20 / 606 | 0:32:53 / 602 | 0:40:59 / 598 | 0:54:20 / 583 | 1:02:17 / 572 |
| 561 | 560 | LITWIN Sławomir | Sosnowiec | | POL Gonie Psonie | 76 | M30/173 M / 523 | | 01:15:27 | 05.01 | +0:27:25 | 0:11:30 / 623 | 0:19:32 / 626 | 0:33:00 / 609 | 0:41:01 / 602 | 0:54:31 / 591 | 1:02:32 / 590 |
| 562 | 182 | DYLAĞ Marek | Jaworzno | | POL Kb Mckis Jaworzno | 61 | M50/65 M / 524 | | 01:15:27 | 05.01 | +0:27:24 | 0:11:05 / 530 | 0:18:51 / 531 | 0:32:07 / 540 | 0:40:12 / 543 | 0:53:51 / 554 | 1:02:04 / 556 |
| 563 | 1176 | ZAWARTKA Rafał | Sosnowiec | | POL Harpagan Sosnowiec | 70 | M40/151 M / 525 | | 01:15:28 | 05.01 | +0:27:26 | 0:11:30 / 624 | 0:19:33 / 628 | 0:33:04 / 612 | 0:41:03 / 605 | 0:54:34 / 593 | 1:02:39 / 595 |
| 564 | 528 | KUŚ Iwona | Opole | | POL - | 84 | K30/16 K / 39 | Woje/179 | 01:15:28 | 05.01 | +0:27:26 | 0:11:07 / 536 | 0:19:05 / 570 | 0:32:34 / 579 | 0:40:35 / 573 | 0:54:03 / 566 | 1:02:06 / 560 |
| 565 | 563 | LORINCOVA Stefania | Presov | | SVK Maras Team | 85 | K20/10 K / 40 | | 01:15:31 | 05.02 | +0:27:28 | 0:10:28 / 377 | 0:18:07 / 433 | 0:31:15 / 467 | 0:39:13 / 486 | 0:52:50 / 511 | 1:01:15 / 531 |
| 566 | 1167 | ZAGAJA Janusz | Pokój | | POL Niezrzeszony | 55 | M50/66 M / 526 | Woje/180 | 01:15:32 | 05.02 | +0:27:29 | 0:11:15 / 571 | 0:19:03 / 565 | 0:32:31 / 573 | 0:40:37 / 577 | 0:54:20 / 586 | 1:02:21 / 578 |
| 567 | 666 | MOCEK Roman | Chudów | | POL | 60 | M50/67 M / 527 | | 01:15:32 | 05.02 | +0:27:30 | 0:11:47 / 671 | 0:19:38 / 645 | 0:33:09 / 620 | 0:41:08 / 613 | 0:54:32 / 592 | 1:02:31 / 589 |
| 568 | 534 | KWIOTEK Wiktor | Krobosz | | POL Www.silezjaplus.eu | 84 | M30/174 M / 528 | Woje/181 | 01:15:33 | 05.02 | +0:27:30 | 0:11:11 / 559 | 0:18:59 / 557 | 0:32:15 / 549 | 0:40:18 / 554 | 0:54:05 / 572 | 1:02:20 / 575 |
| 569 | 1145 | WOLNY Tadeusz | Mikołów | | POL | 58 | M50/68 M / 529 | | 01:15:33 | 05.02 | +0:27:31 | 0:11:02 / 515 | 0:18:52 / 536 | 0:32:15 / 548 | 0:40:15 / 549 | 0:53:54 / 556 | 1:02:11 / 563 |
| 570 | 667 | MODRZEJEWSKI Roman | Grabów Nad | | POL Kings Of Metal | 67 | M40/152 M / 530 | | 01:15:34 | 05.02 | +0:27:31 | 0:11:18 / 582 | 0:19:07 / 576 | 0:32:20 / 559 | 0:40:18 / 555 | 0:53:58 / 561 | 1:02:13 / 570 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|----------------------|-------------------|-----------|--|---------|--------------------|-----------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 571 | 157 | DMOWSKA Aneta | Gwoździany | POL | | 76 | K30/17 K / 41 | 01:15:34 | 05.02 | +0:27:31 | 0:11:16 / 580 | 0:19:10 / 582 | 0:32:33 / 576 | 0:40:36 / 576 | 0:54:15 / 579 | 1:02:23 / 581 |
| 572 | 28 | BARTOSIK Józef | Smolniki | POL | F.c.smolniki | 85 | M20/113 M / 531 | 01:15:34 | 05.02 | +0:27:32 | 0:11:18 / 584 | 0:19:08 / 578 | 0:32:20 / 560 | 0:40:18 / 556 | 0:53:59 / 563 | 1:02:13 / 568 |
| 573 | 4603 | SEWERYN- CZYŻ Bożena | Krapkowie | POL | Cross Krapkowie | 71 | K40/12 K / 42 | 01:15:35 | 05.02 | +0:27:32 | 0:12:00 / 707 | 0:19:55 / 670 | 0:33:14 / 627 | 0:41:05 / 607 | 0:54:28 / 590 | 1:02:25 / 582 |
| 574 | 731 | OLIWA Piotr | Tułowice | POL | Biegam Bo Lubię Opole | 84 | M30/175 M / 532 | 01:15:36 | 05.02 | +0:27:34 | 0:11:13 / 563 | 0:19:01 / 561 | 0:32:17 / 553 | 0:40:20 / 558 | 0:54:05 / 570 | 1:02:21 / 579 |
| 575 | 213 | FRANKIEWICZ Ryszard | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 80 | M30/176 M / 533 | 01:15:37 | 05.02 | +0:27:34 | 0:11:33 / 639 | 0:19:34 / 630 | 0:33:05 / 616 | 0:41:08 / 611 | 0:54:16 / 580 | 1:02:28 / 584 |
| 576 | 335 | JAROSŁAWSKI Edward | Kędzierzyn-koźle | POL | | 48 | M60/25 M / 534 | 01:15:38 | 05.02 | +0:27:35 | 0:11:12 / 560 | 0:18:58 / 552 | 0:32:17 / 554 | 0:40:16 / 550 | 0:53:56 / 557 | 1:02:06 / 561 |
| 577 | 1113 | WIECHA Witold | Szczepany | POL | Niezrzeszony | 73 | M40/153 M / 535 | 01:15:39 | 05.02 | +0:27:37 | 0:10:42 / 428 | 0:18:07 / 429 | 0:30:55 / 442 | 0:38:51 / 456 | 0:52:23 / 491 | 1:00:48 / 514 |
| 578 | 97 | BUL Daniel | Kędzierzyn-koźle | POL | Anton Team - Ks Długodystansowiec Kędzie | 81 | M30/177 M / 536 | 01:15:42 | 05.02 | +0:27:39 | 0:11:06 / 534 | 0:19:04 / 567 | 0:32:35 / 581 | 0:40:39 / 584 | 0:54:04 / 569 | 1:02:11 / 565 |
| 579 | 291 | HANO Jan | Gliwice | POL | Pędziwiatr Gliwice | 47 | M60/26 M / 537 | 01:15:43 | 05.02 | +0:27:40 | 0:11:14 / 568 | 0:19:10 / 583 | 0:32:40 / 588 | 0:40:44 / 589 | 0:54:26 / 589 | 1:02:32 / 591 |
| 580 | 305 | HORÁK Jiří | Krnov | CZE | Krnov | 48 | M60/27 M / 538 | 01:15:44 | 05.02 | +0:27:41 | 0:11:15 / 572 | 0:19:12 / 589 | 0:32:42 / 590 | 0:40:48 / 592 | 0:54:12 / 576 | 1:02:19 / 573 |
| 581 | 843 | PUSZCZEWICZ Zenon | Pisarzowice | POL | Niezrzeszony | 41 | M70/1 M / 539 | 01:15:44 | 05.02 | +0:27:42 | 0:11:02 / 520 | 0:18:52 / 533 | 0:32:13 / 545 | 0:40:13 / 544 | 0:53:48 / 552 | 1:02:05 / 558 |
| 582 | 947 | SOBIERAJ Bartłomiej | Opole | POL | | 89 | M20/114 M / 540 | 01:15:49 | 05.03 | +0:27:47 | 0:12:06 / 716 | 0:20:08 / 688 | 0:33:28 / 637 | 0:41:16 / 622 | 0:54:36 / 596 | 1:02:28 / 586 |
| 583 | 345 | JASZCZYK Włodzimierz | Kłobuck | POL | Ngb Kłobuck | 70 | M40/154 M / 541 | 01:15:50 | 05.03 | +0:27:47 | 0:11:02 / 517 | 0:18:41 / 510 | 0:31:41 / 504 | 0:39:36 / 515 | 0:53:39 / 547 | 1:01:50 / 548 |
| 584 | 527 | KURYŁO Zenon | Rybnik | POL | Geo-bud-t.b.m. Żory | 66 | M40/155 M / 542 | 01:15:51 | 05.03 | +0:27:48 | 0:11:00 / 507 | 0:18:56 / 548 | 0:32:22 / 563 | 0:40:25 / 564 | 0:54:09 / 574 | 1:02:22 / 580 |
| 585 | 159 | DOBOSZ Jacek | Gogolin | POL | T. S. Iron Man Gogolin | 70 | M40/156 M / 543 | 01:15:51 | 05.03 | +0:27:48 | 0:09:52 / 253 | 0:17:03 / 281 | 0:29:33 / 314 | 0:37:10 / 335 | 0:50:36 / 394 | 0:59:12 / 442 |
| 586 | 997 | SYPEREK Marcin | Wrocław | POL | Pro-run Wrocław | 74 | M40/157 M / 544 | 01:15:53 | 05.03 | +0:27:50 | 0:11:15 / 570 | 0:19:11 / 584 | 0:32:46 / 595 | 0:40:50 / 594 | 0:54:38 / 598 | 1:02:47 / 601 |
| 587 | 828 | PORADA Małgorzata | Opole | POL | Bbl Opole | 73 | K40/13 K / 43 | 01:15:55 | 05.03 | +0:27:53 | 0:11:38 / 654 | 0:19:34 / 631 | 0:33:09 / 622 | 0:41:15 / 621 | 0:54:50 / 605 | 1:02:47 / 600 |
| 588 | 331 | JANUS Justyna | Ślaboszów | POL | - | 89 | K20/11 K / 44 | 01:15:56 | 05.03 | +0:27:54 | 0:10:54 / 483 | 0:18:46 / 523 | 0:32:21 / 561 | 0:40:27 / 566 | 0:54:07 / 573 | 1:02:20 / 574 |
| 589 | 834 | PRIMUS Waldemar | Strzelce Op | POL | Strzelce Op | 59 | M50/69 M / 545 | 01:15:56 | 05.03 | +0:27:54 | 0:10:57 / 497 | 0:18:39 / 501 | 0:32:06 / 537 | 0:40:11 / 541 | 0:53:59 / 564 | 1:02:12 / 567 |
| 590 | 20 | BARANOWSKA Bożena | Jemielnica | POL | | 66 | K40/14 K / 45 | 01:15:59 | 05.03 | +0:27:56 | 0:11:04 / 524 | 0:18:55 / 543 | 0:32:17 / 551 | 0:40:19 / 557 | 0:53:56 / 558 | 1:02:13 / 569 |
| 591 | 887 | RYSZKA Piotr | Brzeszcze | POL | | 77 | M30/178 M / 546 | 01:16:00 | 05.04 | +0:27:58 | 0:11:32 / 634 | 0:19:27 / 614 | 0:32:59 / 606 | 0:41:06 / 608 | 0:54:44 / 602 | 1:02:52 / 603 |
| 592 | 810 | PŁOTEK Halina | Głubczyce | POL | Zdw- Głubczyce | 58 | K50/3 K / 46 | 01:16:02 | 05.04 | +0:27:59 | 0:10:47 / 461 | 0:18:28 / 477 | 0:32:01 / 534 | 0:40:21 / 561 | 0:54:04 / 568 | 1:02:11 / 566 |
| 593 | 4633 | SOBÓTKA Sławomir | Krapkowie | POL | | 71 | M40/158 M / 547 | 01:16:02 | 05.04 | +0:28:00 | 0:11:34 / 641 | 0:19:35 / 633 | 0:33:01 / 611 | 0:41:02 / 603 | 0:54:35 / 594 | 1:02:42 / 596 |
| 594 | 18 | BARAN Michał | Warmatowice | POL | | 81 | M30/179 M / 548 | 01:16:04 | 05.04 | +0:28:02 | 0:11:00 / 510 | 0:18:42 / 514 | 0:32:23 / 565 | 0:40:36 / 574 | 0:54:53 / 608 | 1:02:38 / 594 |
| 595 | 786 | PIATEK Małgorzata | Żywiec | POL | Nz | 58 | K50/4 K / 47 | 01:16:10 | 05.04 | +0:28:07 | 0:10:53 / 482 | 0:18:32 / 487 | 0:31:54 / 526 | 0:39:55 / 531 | 0:53:39 / 546 | 1:02:05 / 559 |
| 596 | 295 | HAZUBSKA Anna | Ostrzeszów | POL | Aktywny Ostrzeszów | 91 | K20/12 K / 48 | 01:16:10 | 05.04 | +0:28:08 | 0:11:35 / 646 | 0:19:32 / 623 | 0:32:59 / 607 | 0:40:58 / 597 | 0:54:37 / 597 | 1:02:50 / 602 |
| 597 | 24 | BARTECZKO Patrycja | Otmice | POL | - | 83 | K30/18 K / 49 | 01:16:13 | 05.04 | +0:28:11 | 0:11:21 / 593 | 0:19:12 / 588 | 0:32:36 / 585 | 0:40:36 / 575 | 0:54:20 / 584 | 1:02:28 / 585 |
| 598 | 980 | STRĘK Łukasz | Wrocław | POL | | 84 | M30/180 M / 549 | 01:16:19 | 05.05 | +0:28:16 | 0:10:29 / 380 | 0:18:09 / 444 | 0:31:32 / 492 | 0:39:47 / 528 | 0:53:37 / 544 | 1:01:59 / 554 |
| 599 | 657 | MIKOŁAJCZYK Piotr | Będzin | POL | Tkkf Czeladź | 40 | M70/2 M / 550 | 01:16:24 | 05.05 | +0:28:21 | 0:11:22 / 602 | 0:19:25 / 612 | 0:32:58 / 604 | 0:41:05 / 606 | 0:54:36 / 595 | 1:02:45 / 597 |
| 600 | 67 | BOMBA Andrzej | Strzelce Opolskie | POL | Student Squad | 89 | M20/115 M / 551 | 01:16:26 | 05.05 | +0:28:23 | 0:11:56 / 699 | 0:19:58 / 671 | 0:33:45 / 651 | 0:41:55 / 646 | 0:54:57 / 611 | 1:02:54 / 604 |
| 601 | 302 | HLĄDZYŃSKI Łukasz | Kępno | POL | Ks Leniwiec | 85 | M20/116 M / 552 | 01:16:26 | 05.05 | +0:28:24 | 0:10:55 / 490 | 0:18:45 / 518 | 0:32:26 / 568 | 0:40:38 / 583 | 0:54:18 / 581 | 1:02:34 / 592 |
| 602 | 1017 | SZEJA Szymon | Kędzierzyn-koźle | POL | | 90 | M20/117 M / 553 | 01:16:28 | 05.05 | +0:28:25 | 0:12:08 / 721 | 0:20:23 / 705 | 0:34:13 / 682 | 0:42:26 / 666 | 0:56:01 / 648 | 1:03:41 / 632 |
| 603 | 501 | KSIĘŻYK Anna | Katowice | POL | | 84 | K30/19 K / 50 | 01:16:38 | 05.06 | +0:28:36 | 0:11:20 / 590 | 0:19:15 / 597 | 0:32:52 / 601 | 0:41:07 / 610 | 0:54:41 / 600 | 1:02:59 / 606 |
| 604 | 371 | KALITA Dariusz | Wałbrzych | POL | Tempo Wałbrzych | 65 | M40/159 M / 554 | 01:16:45 | 05.07 | +0:28:42 | 0:11:59 / 703 | 0:20:15 / 697 | 0:34:22 / 688 | 0:42:35 / 675 | 0:56:09 / 653 | 1:03:50 / 638 |
| 605 | 4626 | KLOCEK Dariusz | Dąbrowa Górnicza | POL | | 73 | M40/160 M / 555 | 01:16:47 | 05.07 | +0:28:44 | 0:11:36 / 647 | 0:19:44 / 650 | 0:33:35 / 644 | 0:41:47 / 640 | 0:55:33 / 633 | 1:03:39 / 629 |
| 606 | 588 | MADEJEK Wojciech | Sosnowiec | POL | Harpagan Sosnowiec | 87 | M20/118 M / 556 | 01:16:47 | 05.07 | +0:28:44 | 0:10:56 / 495 | 0:18:58 / 551 | 0:32:46 / 597 | 0:41:11 / 616 | 0:55:42 / 639 | 1:03:50 / 639 |
| 607 | 761 | PAŁUSZNA Anna | Czeladź | POL | Harpagan Sosnowiec | 81 | K30/20 K / 51 | 01:16:48 | 05.07 | +0:28:45 | 0:11:36 / 648 | 0:19:46 / 653 | 0:33:37 / 645 | 0:41:48 / 641 | 0:55:35 / 634 | 1:03:41 / 631 |
| 608 | 477 | KOZACZKA Włodzimierz | Gliwice | POL | EI-projekt Bb Team | 75 | M30/181 M / 557 | 01:16:48 | 05.07 | +0:28:46 | 0:11:47 / 672 | 0:19:52 / 665 | 0:33:33 / 642 | 0:41:42 / 635 | 0:55:23 / 627 | 1:03:29 / 621 |
| 609 | 378 | KAMIŃSKI Marian | Namysłów | POL | | 75 | M30/182 M / 558 | 01:16:49 | 05.07 | +0:28:47 | 0:11:33 / 637 | 0:19:38 / 642 | 0:33:32 / 641 | 0:41:44 / 637 | 0:55:37 / 635 | 1:03:43 / 635 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|--------------------------|-------------------|-----------|--------------------------|------------|--------------------|-----------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 610 | 844 | PYZIK Marek | Gliwice | POL | | 63 M50/70 | M / 559 | 01:16:57 | 05.07 | +0:28:55 | 0:11:47 / 673 | 0:19:53 / 666 | 0:33:34 / 643 | 0:41:44 / 638 | 0:55:23 / 629 | 1:03:30 / 622 |
| 611 | 801 | PILARZ-MALKIEWICZ Danuta | Wrocław | POL | Wkb Piast Wrocław | 64 K50/5 | K / 52 | 01:16:57 | 05.07 | +0:28:55 | 0:11:19 / 586 | 0:19:17 / 600 | 0:33:00 / 608 | 0:41:08 / 612 | 0:54:58 / 612 | 1:03:12 / 608 |
| 612 | 845 | PYZIK Tomasz | Gliwice | POL | Drużyna Mojauczrzyca.pl | 75 M30/183 | M / 560 | 01:16:58 | 05.07 | +0:28:56 | 0:11:46 / 668 | 0:19:52 / 662 | 0:33:30 / 638 | 0:41:43 / 636 | 0:55:20 / 626 | 1:03:28 / 619 |
| 613 | 354 | JURECKI Zygfryd | Wrocław | POL | Pro-run Wrocław | 65 M40/161 | M / 561 | 01:16:59 | 05.07 | +0:28:57 | 0:11:31 / 630 | 0:19:38 / 644 | 0:33:20 / 630 | 0:41:31 / 628 | 0:55:27 / 630 | 1:03:41 / 630 |
| 614 | 1199 | ŻYGADŁO Tadeusz | Wołów | POL | Wołow Biega | 73 M40/162 | M / 562 | 01:17:00 | 05.08 | +0:28:57 | 0:11:00 / 508 | 0:18:47 / 525 | 0:32:25 / 567 | 0:40:37 / 578 | 0:54:23 / 588 | 1:02:56 / 605 |
| 615 | 678 | MRÓZ Adrian | Gogolin | POL | T.s. Iron Man Gogolin | 75 M30/184 | M / 563 | 01:17:01 | 05.08 | +0:28:59 | 0:10:56 / 493 | 0:18:38 / 500 | 0:31:56 / 531 | 0:40:06 / 538 | 0:54:11 / 575 | 1:02:46 / 598 |
| 616 | 300 | HERBUT Jerzy | Kluczbork | POL | Mks Kluczbork | 60 M50/71 | M / 564 | 01:17:06 | 05.08 | +0:29:04 | 0:11:50 / 684 | 0:19:54 / 668 | 0:33:47 / 654 | 0:41:59 / 648 | 0:55:47 / 641 | 1:03:47 / 636 |
| 617 | 108 | CEDRO Damian | Opole | POL | Bosse Nogi Malinka Opole | 78 M30/185 | M / 565 | 01:17:07 | 05.08 | +0:29:04 | 0:11:33 / 638 | 0:19:32 / 625 | 0:32:49 / 600 | 0:40:41 / 586 | 0:54:19 / 582 | 1:03:05 / 607 |
| 618 | 466 | KOTLARSKI Marcin | Świebodzice | POL | Golden Team | 79 M30/186 | M / 566 | 01:17:13 | 05.08 | +0:29:10 | 0:11:59 / 702 | 0:20:14 / 696 | 0:34:21 / 686 | 0:42:35 / 674 | 0:56:19 / 658 | 1:04:19 / 649 |
| 619 | 1069 | TOPOLSKA Olga | Oleśnica | POL | Kb Lupus Oleśnica | 90 K20/13 | K / 53 | 01:17:13 | 05.08 | +0:29:10 | 0:11:19 / 585 | 0:19:11 / 586 | 0:32:36 / 583 | 0:40:42 / 588 | 0:54:50 / 606 | 1:03:13 / 609 |
| 620 | 800 | PILARSKI Dionizy | Oleśnica | POL | Kb Lupus Oleśnica | 61 M50/72 | M / 567 | 01:17:13 | 05.08 | +0:29:10 | 0:11:19 / 587 | 0:19:11 / 587 | 0:32:36 / 584 | 0:40:42 / 587 | 0:54:51 / 607 | 1:03:14 / 610 |
| 621 | 634 | MAZUR Katarzyna | Koszęcin | POL | Orty Koszęcin | 72 K40/15 | K / 54 | 01:17:14 | 05.08 | +0:29:12 | 0:11:24 / 606 | 0:19:30 / 622 | 0:33:07 / 619 | 0:41:14 / 619 | 0:55:05 / 616 | 1:03:19 / 613 |
| 622 | 4581 | SZYPORTA Ewa | Namysłów | POL | | 77 K30/21 | K / 55 | 01:17:16 | 05.09 | +0:29:13 | 0:11:13 / 562 | 0:19:14 / 594 | 0:32:58 / 605 | 0:41:15 / 620 | 0:55:11 / 620 | 1:03:31 / 623 |
| 623 | 956 | PYKA Rafał | Strzelce Opolskie | POL | | 87 M20/119 | M / 568 | 01:17:16 | 05.09 | +0:29:14 | 0:10:54 / 485 | 0:18:42 / 513 | 0:32:27 / 570 | 0:40:39 / 585 | 0:54:56 / 609 | 1:03:19 / 614 |
| 624 | 273 | GRYSZKIEWICZ Roman | Mechnice | POL | | 61 M50/73 | M / 569 | 01:17:16 | 05.09 | +0:29:14 | 0:11:06 / 535 | 0:19:05 / 569 | 0:32:46 / 596 | 0:40:58 / 596 | 0:55:17 / 623 | 1:03:37 / 626 |
| 625 | 341 | JASIÓWKA Bartłomiej | Polska Nowa Wieś | POL | Lks Osir Komprachcice | 81 M30/187 | M / 570 | 01:17:19 | 05.09 | +0:29:16 | 0:13:28 / 877 | 0:22:22 / 839 | 0:36:32 / 792 | 0:44:19 / 747 | 0:57:59 / 709 | 1:05:12 / 669 |
| 626 | 1063 | TOMASZEWSKA Izabela | Tarnowskie Góry | POL | Gb Gwarek T. Góry | 69 K40/16 | K / 56 | 01:17:20 | 05.09 | +0:29:18 | 0:11:40 / 661 | 0:19:43 / 648 | 0:33:25 / 635 | 0:41:38 / 630 | 0:55:18 / 624 | 1:03:34 / 624 |
| 627 | 4596 | ROMAN Elżbieta | Kudowa Zdrój | POL | Ulks Opal Kudowa | 54 K60/2 | K / 57 | 01:17:23 | 05.09 | +0:29:21 | 0:11:48 / 679 | 0:19:49 / 659 | 0:33:31 / 639 | 0:41:42 / 634 | 0:55:31 / 632 | 1:03:43 / 634 |
| 628 | 141 | CZERNIAK Tobiasz | Krapkowice | POL | Cross Krapkowice | 87 M20/120 | M / 571 | 01:17:23 | 05.09 | +0:29:21 | 0:10:25 / 369 | 0:17:52 / 387 | 0:30:40 / 414 | 0:38:25 / 427 | 0:51:59 / 470 | 1:00:48 / 515 |
| 629 | 1100 | WANAT Wacław | Wrocław | POL | Pro-run Wrocław | 46 M60/28 | M / 572 | 01:17:24 | 05.09 | +0:29:21 | 0:11:32 / 635 | 0:19:37 / 641 | 0:33:21 / 632 | 0:41:31 / 629 | 0:55:29 / 631 | 1:03:42 / 633 |
| 630 | 189 | FABJAŃSKI Augustyn | Wrocław | POL | | 57 M50/74 | M / 573 | 01:17:25 | 05.09 | +0:29:22 | 0:11:04 / 528 | 0:18:54 / 542 | 0:32:34 / 577 | 0:40:50 / 593 | 0:55:00 / 613 | 1:03:18 / 612 |
| 631 | 871 | ROSIN Ryszard | Gliwice | POL | | 58 M50/75 | M / 574 | 01:17:25 | 05.09 | +0:29:22 | 0:12:10 / 726 | 0:20:25 / 708 | 0:34:15 / 685 | 0:42:20 / 662 | 0:55:56 / 646 | 1:04:03 / 644 |
| 632 | 214 | FRUCZ Jacek | Sosnowiec | POL | | 68 M40/163 | M / 575 | 01:17:26 | 05.09 | +0:29:23 | 0:11:31 / 626 | 0:19:38 / 643 | 0:33:43 / 649 | 0:41:59 / 647 | 0:55:49 / 642 | 1:04:00 / 643 |
| 633 | 4628 | BAROS Grzegorz | Żytniów | POL | Fal | 66 M40/164 | M / 576 | 01:17:26 | 05.09 | +0:29:23 | 0:10:52 / 477 | 0:18:38 / 499 | 0:32:07 / 538 | 0:40:34 / 572 | 0:54:56 / 610 | 1:03:24 / 617 |
| 634 | 132 | CISZAK Zofia | Bytom | POL | Miechowska Grupa Biegowa | 76 K30/22 | K / 58 | 01:17:28 | 05.09 | +0:29:26 | 0:11:27 / 617 | 0:19:20 / 604 | 0:33:04 / 614 | 0:41:11 / 617 | 0:55:11 / 619 | 1:03:38 / 628 |
| 635 | 989 | SUCHOCKI Mieczysław | Sosnowiec | POL | Harpagan Sosnowiec | 53 M60/29 | M / 577 | 01:17:30 | 05.10 | +0:29:27 | 0:11:09 / 543 | 0:19:02 / 563 | 0:32:38 / 586 | 0:40:47 / 591 | 0:54:42 / 601 | 1:03:15 / 611 |
| 636 | 1184 | ZIĘTEK Grzegorz | Bytom | POL | Miechowska Grupa Biegowa | 75 M30/188 | M / 578 | 01:17:30 | 05.10 | +0:29:27 | 0:11:28 / 619 | 0:19:21 / 607 | 0:33:04 / 613 | 0:41:11 / 615 | 0:55:08 / 617 | 1:03:37 / 627 |
| 637 | 183 | DYLLA Franz | Tarnów Opolski | POL | | 48 M60/30 | M / 579 | 01:17:33 | 05.10 | +0:29:30 | 0:10:56 / 491 | 0:18:33 / 489 | 0:32:00 / 532 | 0:40:03 / 537 | 0:54:00 / 565 | 1:02:30 / 588 |
| 638 | 631 | MAZIK Patryk | Namysłów | POL | | 91 M20/121 | M / 580 | 01:17:35 | 05.10 | +0:29:33 | 0:11:34 / 640 | 0:19:48 / 656 | 0:33:57 / 667 | 0:42:25 / 665 | 0:56:09 / 652 | 1:04:18 / 648 |
| 639 | 682 | MULARCZYK Maciej | Strzelce Opolskie | POL | Virtual Runner Club | 78 M30/189 | M / 581 | 01:17:38 | 05.10 | +0:29:36 | 0:11:52 / 690 | 0:20:07 / 687 | 0:33:54 / 664 | 0:42:08 / 655 | 0:55:38 / 636 | 1:03:49 / 637 |
| 640 | 938 | SMARZYCH Mariola | Strzelce Opolskie | POL | | 68 K40/17 | K / 59 | 01:17:38 | 05.10 | +0:29:36 | 0:11:53 / 693 | 0:20:03 / 679 | 0:33:40 / 646 | 0:41:50 / 642 | 0:55:40 / 638 | 1:03:53 / 641 |
| 641 | 838 | PRZEWORSKI Mirosław | Strzelce Opolskie | POL | | 75 M30/190 | M / 582 | 01:17:38 | 05.10 | +0:29:36 | 0:11:26 / 612 | 0:19:27 / 615 | 0:33:13 / 626 | 0:41:28 / 626 | 0:55:16 / 621 | 1:03:34 / 625 |
| 642 | 988 | SUCHECKI Kajetan | Zabrze | POL | Azs Ue Katowice | 90 M20/122 | M / 583 | 01:17:39 | 05.10 | +0:29:37 | 0:12:08 / 719 | 0:20:21 / 701 | 0:34:07 / 673 | 0:42:21 / 663 | 0:56:08 / 651 | 1:04:21 / 652 |
| 643 | 95 | BUJŁOW Arkadiusz | Katowice | POL | Giszowiec | 63 M50/76 | M / 584 | 01:17:40 | 05.10 | +0:29:38 | 0:11:32 / 633 | 0:19:24 / 609 | 0:32:55 / 603 | 0:41:09 / 614 | 0:55:01 / 614 | 1:03:25 / 618 |
| 644 | 556 | LISEK Jozef | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 51 M60/31 | M / 585 | 01:17:41 | 05.10 | +0:29:38 | 0:10:53 / 479 | 0:18:36 / 495 | 0:32:17 / 552 | 0:40:30 / 569 | 0:54:46 / 604 | 1:03:20 / 615 |
| 645 | 4616 | PELC Czesław | Rybnik | POL | Pędziwiatr Gliwice | 57 M50/77 | M / 586 | 01:17:41 | 05.10 | +0:29:38 | 0:12:09 / 722 | 0:20:31 / 720 | 0:34:44 / 705 | 0:43:04 / 694 | 0:56:44 / 666 | 1:04:46 / 657 |
| 646 | 4682 | PARKITNY Krzysztof | Blachownia | POL | Kkta Blachownia | 54 M60/32 | M / 587 | 01:17:41 | 05.10 | +0:29:38 | 0:11:20 / 591 | 0:19:12 / 590 | 0:32:49 / 598 | 0:41:02 / 604 | 0:55:03 / 615 | 1:03:28 / 620 |
| 647 | 835 | PRIMUS Wojciech | Strzelce Opolskie | POL | | 90 M20/123 | M / 588 | 01:17:48 | 05.11 | +0:29:46 | 0:11:21 / 595 | 0:19:33 / 627 | 0:33:50 / 658 | 0:42:06 / 653 | 0:56:11 / 654 | 1:04:11 / 647 |
| 648 | 78 | BROJ Dariusz | Zlinice | POL | Bieg Opolski | 85 M20/124 | M / 589 | 01:17:51 | 05.11 | +0:29:48 | 0:11:04 / 525 | 0:18:45 / 519 | 0:31:43 / 508 | 0:39:29 / 508 | 0:53:10 / 526 | 1:01:37 / 542 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | | |
|----------|--------|----------------------|-------------------|-----------|----------------------------|---------|--------------------|---------------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|--|
| 649 | 488 | KRÓLIK Mateusz | Dobrzyca | POL | Team Pleszew | 82 | M30/191 M / 590 | 01:17:52 | 05.11 | +0:29:50 | 0:11:26 / 611 | 0:19:13 / 592 | 0:33:15 / 629 | 0:42:05 / 652 | 0:56:55 / 672 | 1:04:47 / 658 | |
| 650 | 1029 | SZNURA Piotr | Jemielnica | POL | - | 91 | M20/125 M / 591 | Powil/14 01:18:01 | 05.12 | +0:29:59 | 0:11:37 / 651 | 0:19:50 / 660 | 0:34:09 / 677 | 0:42:33 / 673 | 0:56:06 / 649 | 1:04:07 / 646 | |
| 651 | 263 | GROCHOWSKI Grzegorz | Piekary Śląskie | POL | Grupa Nomax | 71 | M40/165 M / 592 | 01:18:06 | 05.12 | +0:30:04 | 0:12:29 / 776 | 0:20:54 / 758 | 0:35:19 / 736 | 0:43:28 / 713 | 0:57:04 / 681 | 1:04:54 / 665 | |
| 652 | 420 | KLIMKOWICZ Grzegorz | Dobrzeń Wielki | POL | Bieg Opolski | 76 | M30/192 M / 593 | Wojel/204Niep/11 01:18:08 | 05.12 | +0:30:05 | 0:11:37 / 649 | 0:19:46 / 652 | 0:33:42 / 648 | 0:41:52 / 644 | 0:55:55 / 645 | 1:04:21 / 651 | |
| 653 | 415 | KITA Ewa | Kędzierzyn-koźle | POL | | 63 | K50/6 K / 60 | Wojel/205 01:18:15 | 05.13 | +0:30:13 | 0:11:11 / 558 | 0:19:00 / 558 | 0:32:49 / 599 | 0:41:06 / 609 | 0:55:23 / 628 | 1:03:50 / 640 | |
| 654 | 945 | SOBEL Waldemar | Boruszowice | POL | Boruszowice Krotofil Team | 62 | M50/78 M / 594 | 01:18:23 | 05.13 | +0:30:21 | 0:11:48 / 676 | 0:19:59 / 673 | 0:34:02 / 671 | 0:42:30 / 670 | 0:56:47 / 668 | 1:05:18 / 674 | |
| 655 | 315 | IWAŃSKI Józef | Krapkowice | POL | | 52 | M60/33 M / 595 | Wojel/206 01:18:25 | 05.13 | +0:30:23 | 0:11:03 / 522 | 0:19:08 / 580 | 0:33:01 / 610 | 0:41:22 / 623 | 0:55:39 / 637 | 1:04:06 / 645 | |
| 656 | 4785 | ROMANOWICZ Mirosław | Strzelce Opolskie | POL | | 73 | M40/166 M / 596 | Gmin/55 01:18:27 | 05.13 | +0:30:25 | 0:11:10 / 550 | 0:19:15 / 595 | 0:33:15 / 628 | 0:41:39 / 631 | 0:55:50 / 643 | 1:04:24 / 653 | |
| 657 | 4609 | STERA Anna | Bytom | POL | | 76 | K30/23 K / 61 | 01:18:42 | 05.14 | +0:30:39 | 0:11:54 / 694 | 0:20:20 / 700 | 0:34:22 / 689 | 0:42:49 / 685 | 0:56:48 / 669 | 1:05:03 / 668 | |
| 658 | 1078 | TYKA Edward | Świętochłowice | POL | Niezrzeszony | 43 | M70/3 M / 597 | 01:18:44 | 05.14 | +0:30:41 | 0:11:28 / 621 | 0:19:27 / 616 | 0:33:09 / 621 | 0:41:28 / 625 | 0:55:45 / 640 | 1:04:20 / 650 | |
| 659 | 684 | MUSUR Adam | Oleśnica | POL | Kb Lupus | 53 | M60/34 M / 598 | 01:18:44 | 05.14 | +0:30:42 | 0:11:16 / 576 | 0:19:17 / 599 | 0:33:10 / 623 | 0:41:31 / 627 | 0:55:53 / 644 | 1:04:32 / 655 | |
| 660 | 736 | ORŁOWSKI Kamil | Wrocław | POL | Pik Izbicko | 85 | M20/126 M / 599 | 01:18:44 | 05.14 | +0:30:41 | 0:11:25 / 609 | 0:19:45 / 651 | 0:33:51 / 661 | 0:42:13 / 657 | 0:56:33 / 663 | 1:05:00 / 667 | |
| 661 | 847 | RACZKOWSKI Albert | Kędzierzyn-koźle | POL | | 72 | M40/167 M / 600 | Wojel/207 01:18:48 | 05.15 | +0:30:46 | 0:11:27 / 614 | 0:19:37 / 638 | 0:33:51 / 660 | 0:42:13 / 658 | 0:56:26 / 661 | 1:04:51 / 663 | |
| 662 | 143 | CZOK Krzysztof | Dobrodzień | POL | Niezrzeszony | 72 | M40/168 M / 601 | Wojel/208 01:18:58 | 05.15 | +0:30:56 | 0:11:50 / 683 | 0:19:58 / 672 | 0:33:56 / 666 | 0:42:10 / 656 | 0:56:22 / 659 | 1:04:48 / 660 | |
| 663 | 127 | CIESLIK Arkadiusz | Ciepiewice | POL | Ciepiewice | 75 | M30/193 M / 602 | Wojel/209 01:18:59 | 05.15 | +0:30:56 | 0:11:21 / 597 | 0:19:27 / 618 | 0:33:23 / 633 | 0:41:39 / 632 | 0:56:07 / 650 | 1:04:31 / 654 | |
| 664 | 1105 | WĄSEK Joanna | Opole | POL | Biegam Bo Lubię Opole | 69 | K40/18 K / 62 | Wojel/210 01:18:59 | 05.15 | +0:30:57 | 0:11:51 / 685 | 0:20:04 / 680 | 0:34:09 / 676 | 0:42:29 / 668 | 0:56:31 / 662 | 1:04:55 / 666 | |
| 665 | 4663 | MIKA Robert | Strzelce Opolskie | POL | Strzelce Opolskie | 93 | M20/127 M / 603 | Gmin/56 01:19:07 | 05.16 | +0:31:04 | 0:11:21 / 599 | 0:19:26 / 613 | 0:33:24 / 634 | 0:41:52 / 643 | 0:56:17 / 656 | 1:04:45 / 656 | |
| 666 | 855 | RAJCZYK Włodzimierz | Żarki Letnisko | POL | Leśne Ludki Żarki Letnisko | 59 | M50/79 M / 604 | 01:19:10 | 05.16 | +0:31:08 | 0:12:04 / 713 | 0:20:23 / 706 | 0:34:29 / 695 | 0:42:49 / 684 | 0:56:56 / 674 | 1:05:20 / 676 | |
| 667 | 502 | KSIĘŻYK Mirosław | Katowice | POL | Macrologic | 78 | M30/194 M / 605 | 01:19:14 | 05.16 | +0:31:11 | 0:11:28 / 620 | 0:19:36 / 634 | 0:33:58 / 668 | 0:42:16 / 660 | 0:56:36 / 664 | 1:04:51 / 664 | |
| 668 | 68 | BORA Andrzej | Wrocław | POL | Wkb Piast Wrocław | 48 | M60/35 M / 606 | 01:19:15 | 05.17 | +0:31:13 | 0:11:52 / 687 | 0:20:05 / 681 | 0:34:10 / 680 | 0:42:31 / 671 | 0:56:50 / 671 | 1:05:14 / 671 | |
| 669 | 38 | BEER Michał | Krapkowice | POL | Psp Krapkowice | 88 | M20/128 M / 607 | Wojel/211 01:19:16 | 05.17 | +0:31:14 | 0:11:17 / 581 | 0:19:27 / 617 | 0:33:31 / 640 | 0:42:07 / 654 | 0:56:17 / 657 | 1:04:48 / 659 | |
| 670 | 76 | BROCKI Rafał | Opole | POL | | 69 | M40/169 M / 608 | Wojel/212 01:19:21 | 05.17 | +0:31:18 | 0:10:59 / 504 | 0:19:06 / 573 | 0:33:27 / 636 | 0:42:00 / 649 | 0:56:24 / 660 | 1:04:50 / 662 | |
| 671 | 1143 | WOLNIK Ryszard | Boruszowice | POL | Boruszowice Krotofil Team | 66 | M40/170 M / 609 | 01:19:22 | 05.17 | +0:31:20 | 0:11:47 / 674 | 0:20:00 / 675 | 0:34:01 / 670 | 0:42:29 / 669 | 0:56:47 / 667 | 1:05:18 / 673 | |
| 672 | 456 | KOPREK Janusz | Toszek | POL | | 73 | M40/171 M / 610 | 01:19:28 | 05.17 | +0:31:25 | 0:12:27 / 771 | 0:20:55 / 759 | 0:35:21 / 738 | 0:43:51 / 729 | 0:57:54 / 706 | 1:06:10 / 697 | |
| 673 | 1118 | WIKA Sebastian | Tychy | POL | 40-latek Tychy | 75 | M30/195 M / 611 | 01:19:32 | 05.18 | +0:31:30 | 0:11:59 / 705 | 0:20:14 / 695 | 0:34:14 / 683 | 0:42:47 / 683 | 0:57:20 / 685 | 1:05:41 / 681 | |
| 674 | 171 | DUBIJ Leon | Wrocław | POL | Wkb Piast Wrocław | 41 | M70/4 M / 612 | 01:19:34 | 05.18 | +0:31:31 | 0:11:46 / 669 | 0:20:02 / 678 | 0:34:03 / 672 | 0:42:28 / 667 | 0:56:42 / 665 | 1:05:13 / 670 | |
| 675 | 905 | SEREDYNIECKI Ryszard | Olawa | POL | | 72 | M40/172 M / 613 | 01:19:34 | 05.18 | +0:31:32 | 0:12:12 / 732 | 0:20:25 / 707 | 0:34:24 / 691 | 0:42:41 / 680 | 0:56:56 / 673 | 1:05:20 / 675 | |
| 676 | 879 | RÓŻKOWSKI Andrzej | Bytom | POL | Biegamy Razem | 59 | M50/80 M / 614 | 01:19:35 | 05.18 | +0:31:33 | 0:12:15 / 742 | 0:20:50 / 752 | 0:35:56 / 765 | 0:44:57 / 771 | 1:00:24 / 773 | 1:07:26 / 728 | |
| 677 | 644 | MIARA Krzysztof | Lubliniec | POL | Lubliniec | 56 | M50/81 M / 615 | Niep/12 01:19:42 | 05.18 | +0:31:40 | 0:12:28 / 773 | 0:20:47 / 745 | 0:34:49 / 713 | 0:43:18 / 706 | 0:57:29 / 687 | 1:06:02 / 687 | |
| 678 | 1036 | SZRAJBER Michał | Strzelce Opolskie | POL | Osir Strzelce Opolskie | 78 | M30/196 M / 616 | Gmin/57 01:19:44 | 05.18 | +0:31:42 | 0:11:11 / 557 | 0:19:05 / 572 | 0:33:05 / 615 | 0:41:27 / 624 | 0:55:58 / 647 | 1:04:49 / 661 | |
| 679 | 280 | GRZYWNA Marek | Olesno | POL | Bushido | 68 | M40/173 M / 617 | Wojel/213 01:19:45 | 05.19 | +0:31:43 | 0:11:46 / 670 | 0:20:07 / 686 | 0:34:09 / 675 | 0:42:36 / 676 | 0:57:00 / 676 | 1:05:32 / 679 | |
| 680 | 730 | OLEWICZ Krzysztof | Strzelce Opolskie | POL | | 81 | M30/197 M / 618 | Gmin/58 01:19:45 | 05.19 | +0:31:43 | 0:12:22 / 755 | 0:20:36 / 729 | 0:34:34 / 698 | 0:42:52 / 686 | 0:57:08 / 683 | 1:05:29 / 678 | |
| 681 | 920 | SKONIECZNY Andrzej | Włochy | POL | Polska | 81 | M30/198 M / 619 | Wojel/214 01:19:48 | 05.19 | +0:31:45 | 0:11:50 / 682 | 0:20:08 / 689 | 0:34:28 / 694 | 0:43:06 / 695 | 0:57:27 / 686 | 1:05:59 / 686 | |
| 682 | 272 | GRYGIEL Katarzyna | Żarki Letnisko | POL | Leśne Ludki Żarki Letnisko | 83 | K30/24 K / 63 | 01:19:48 | 05.19 | +0:31:46 | 0:11:39 / 656 | 0:19:52 / 663 | 0:34:09 / 678 | 0:42:40 / 678 | 0:57:00 / 677 | 1:05:26 / 677 | |
| 683 | 1088 | URBAŃSKA Katarzyna | Opole | POL | Bieg Opolski | 81 | K30/25 K / 64 | Wojel/215 01:19:50 | 05.19 | +0:31:48 | 0:12:43 / 802 | 0:21:25 / 794 | 0:35:45 / 755 | 0:44:09 / 741 | 0:58:12 / 717 | 1:06:27 / 702 | |
| 684 | 498 | KRZYWICKI Jan | Gliwice | POL | | 54 | M60/36 M / 620 | 01:19:55 | 05.19 | +0:31:52 | 0:11:09 / 544 | 0:19:08 / 581 | 0:32:43 / 591 | 0:40:52 / 595 | 0:55:09 / 618 | 1:03:59 / 642 | |
| 685 | 1134 | WIZNER Czesław | Mysłowice | POL | . | 54 | M60/37 M / 621 | 01:19:55 | 05.19 | +0:31:53 | 0:12:11 / 728 | 0:20:27 / 713 | 0:34:55 / 718 | 0:43:23 / 711 | 0:57:41 / 699 | 1:06:03 / 691 | |
| 686 | 16 | BANASIK Wiesław | Zdzieszowice | POL | Koksownia Zdzieszowice | 61 | M50/82 M / 622 | Wojel/216 01:20:01 | 05.20 | +0:31:58 | 0:11:38 / 655 | 0:19:47 / 654 | 0:33:50 / 659 | 0:42:19 / 661 | 0:57:03 / 680 | 1:05:40 / 680 | |
| 687 | 812 | POCZĄTKO Marcin | Lewin Brzeski | POL | | 82 | M30/199 M / 623 | Wojel/217 01:20:06 | 05.20 | +0:32:04 | 0:11:47 / 675 | 0:19:47 / 655 | 0:33:48 / 655 | 0:42:41 / 679 | 0:57:42 / 700 | 1:06:06 / 693 | |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | | |
|----------|--------|-------------------------|-------------------|-----------|-----------------------------|------------|--------------------|-----------|------------|----------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 688 | 339 | JAROSZUK Adrian | Kędzierzyn-koźle | POL | | 85 M20/129 | M / 624 | Woje/218 | 01:20:07 | 05.20 | +0:32:04 | 0:11:40 / 659 | 0:20:01 / 677 | 0:34:23 / 690 | 0:42:46 / 682 | 0:57:01 / 678 | 1:05:56 / 685 |
| 689 | 1001 | SZATON Bogusław | Czeladź | POL | | 69 M40/174 | M / 625 | | 01:20:10 | 05.20 | +0:32:08 | 0:12:14 / 740 | 0:20:21 / 702 | 0:34:24 / 692 | 0:42:57 / 689 | 0:57:38 / 696 | 1:06:02 / 690 |
| 690 | 1077 | TYCZYŃSKI Piotr | Kobierno | POL | Ks Krotosz Krotoszyn | 65 M40/175 | M / 626 | | 01:20:11 | 05.20 | +0:32:09 | 0:12:00 / 706 | 0:20:23 / 704 | 0:34:42 / 703 | 0:43:16 / 703 | 0:57:43 / 701 | 1:06:14 / 699 |
| 691 | 1147 | WOŚKO Jan | Krapkowie | POL | Cross Krapkowie | 53 M60/38 | M / 627 | Woje/219 | 01:20:14 | 05.20 | +0:32:11 | 0:12:13 / 733 | 0:20:32 / 722 | 0:34:46 / 708 | 0:43:11 / 699 | 0:57:30 / 689 | 1:06:02 / 688 |
| 692 | 1062 | TOMASZEK Bernadeta | Kraków | POL | Azs Awf Kraków Masters | 75 K30/26 | K / 65 | | 01:20:17 | 05.21 | +0:32:15 | 0:11:58 / 701 | 0:20:28 / 715 | 0:34:49 / 714 | 0:43:15 / 702 | 0:57:33 / 693 | 1:06:07 / 695 |
| 693 | 555 | LIGNAR Andrzej | Gwoździece | POL | Niezrzeszony | 58 M50/83 | M / 628 | Woje/220 | 01:20:20 | 05.21 | +0:32:18 | 0:12:13 / 734 | 0:20:31 / 721 | 0:34:47 / 709 | 0:43:11 / 698 | 0:57:40 / 698 | 1:06:07 / 696 |
| 694 | 510 | KUCZMIERCZYK Janusz | Myslowice | POL | Truchtacz Myslowice | 47 M60/39 | M / 629 | | 01:20:23 | 05.21 | +0:32:21 | 0:12:22 / 757 | 0:20:49 / 748 | 0:34:55 / 717 | 0:43:18 / 707 | 0:57:31 / 690 | 1:05:54 / 682 |
| 695 | 380 | KAPUŚCIŃSKA Anna | Świętochłowice | POL | Ośrodek Joggingu | 52 K60/3 | K / 66 | | 01:20:33 | 05.22 | +0:32:30 | 0:12:03 / 711 | 0:20:36 / 728 | 0:35:12 / 731 | 0:43:46 / 727 | 0:58:05 / 714 | 1:06:41 / 708 |
| 696 | 791 | PIETREK Henryk | Katowice | POL | Katowice | 44 M70/5 | M / 630 | | 01:20:36 | 05.22 | +0:32:33 | 0:11:24 / 608 | 0:19:36 / 636 | 0:33:48 / 657 | 0:42:21 / 664 | 0:57:10 / 684 | 1:05:55 / 684 |
| 697 | 1044 | SZYMSKI Marian | Imielin | POL | Truchtacz-myslowice | 51 M60/40 | M / 631 | | 01:20:36 | 05.22 | +0:32:34 | 0:12:23 / 760 | 0:20:50 / 751 | 0:34:56 / 719 | 0:43:16 / 704 | 0:57:32 / 692 | 1:05:54 / 683 |
| 698 | 694 | NAPORA Mieczysław | Pińczów | POL | KI Poniemie Pińczów | 48 M60/41 | M / 632 | | 01:20:42 | 05.22 | +0:32:40 | 0:13:04 / 824 | 0:21:20 / 790 | 0:35:25 / 743 | 0:43:59 / 736 | 0:58:12 / 716 | 1:06:43 / 709 |
| 699 | 827 | PORADA Anna | Zdzieszowice | POL | Team `bazylia` Zdzieszowice | 70 K40/19 | K / 67 | Woje/221 | 01:20:44 | 05.22 | +0:32:41 | 0:12:02 / 709 | 0:20:21 / 703 | 0:34:34 / 697 | 0:43:09 / 697 | 0:57:30 / 688 | 1:06:07 / 694 |
| 700 | 1002 | SZCZECHOWIAK Mieczysław | Pniewy | POL | Brak | 54 M60/42 | M / 633 | | 01:20:44 | 05.22 | +0:32:41 | 0:12:21 / 753 | 0:20:37 / 731 | 0:34:47 / 711 | 0:43:13 / 700 | 0:57:36 / 694 | 1:06:17 / 700 |
| 701 | 633 | LEWANDOWSKI Tadeusz | Wrocław | POL | Wkb Piast Wrocław | 49 M60/43 | M / 634 | | 01:20:45 | 05.23 | +0:32:42 | 0:11:52 / 691 | 0:20:05 / 683 | 0:34:10 / 679 | 0:42:31 / 672 | 0:56:50 / 670 | 1:05:15 / 672 |
| 702 | 229 | GAWELKO Rauszanija | Gliwice | POL | | 67 K40/20 | K / 68 | | 01:20:45 | 05.23 | +0:32:42 | 0:11:52 / 688 | 0:20:26 / 709 | 0:34:47 / 710 | 0:43:36 / 717 | 0:57:51 / 705 | 1:06:38 / 707 |
| 703 | 642 | MEHL Paweł | Opole | POL | | 85 M20/130 | M / 635 | Woje/222 | 01:20:46 | 05.23 | +0:32:43 | 0:12:39 / 794 | 0:21:04 / 767 | 0:36:18 / 785 | 0:44:28 / 750 | 0:58:37 / 731 | 1:07:01 / 716 |
| 704 | 402 | KĘDZIA Janusz | Kluczbork | POL | Mks Kluczbork | 59 M50/84 | M / 636 | Woje/223 | 01:20:46 | 05.23 | +0:32:44 | 0:12:24 / 762 | 0:20:53 / 756 | 0:35:02 / 724 | 0:43:36 / 718 | 0:58:22 / 719 | 1:06:48 / 712 |
| 705 | 954 | SOKOŁOWSKI Tomasz | Opole | POL | Bieg Opolski | 72 M40/176 | M / 637 | Woje/224 | 01:20:47 | 05.23 | +0:32:44 | 0:11:39 / 657 | 0:19:48 / 658 | 0:33:44 / 650 | 0:42:03 / 651 | 0:56:59 / 675 | 1:06:02 / 689 |
| 706 | 1056 | ŚWITALA Mariusz | Ostrów | POL | - | 69 M40/177 | M / 638 | | 01:20:56 | 05.23 | +0:32:54 | 0:11:48 / 680 | 0:20:10 / 691 | 0:34:41 / 702 | 0:43:22 / 709 | 0:57:44 / 702 | 1:06:20 / 701 |
| 707 | 375 | KALUSKI Roman | Strzelce Opolskie | POL | Rsir Strzelce Op. | 94 M20/131 | M / 639 | Gmin/59 | 01:21:05 | 05.24 | +0:33:02 | 0:12:25 / 766 | 0:20:40 / 739 | 0:34:39 / 699 | 0:42:58 / 690 | 0:57:32 / 691 | 1:06:10 / 698 |
| 708 | 55 | BIL Janusz | Praszka | POL | Neapco Praszka | 53 M60/44 | M / 640 | Woje/225 | 01:21:08 | 05.24 | +0:33:05 | 0:12:08 / 720 | 0:20:30 / 719 | 0:35:02 / 723 | 0:43:34 / 716 | 0:57:57 / 707 | 1:06:31 / 705 |
| 709 | 1085 | UŁASIEWICZ Jan | Zabrze | POL | Opel Active Team Gliwice | 67 M40/178 | M / 641 | | 01:21:11 | 05.24 | +0:33:08 | 0:12:18 / 747 | 0:20:45 / 742 | 0:35:23 / 741 | 0:43:54 / 733 | 0:58:21 / 718 | 1:06:50 / 713 |
| 710 | 410 | KINAL Leszek | Wrocław | POL | Wrocław -kuźniki | 50 M60/45 | M / 642 | | 01:21:13 | 05.24 | +0:33:11 | 0:12:05 / 714 | 0:20:32 / 723 | 0:35:05 / 726 | 0:43:41 / 723 | 0:58:23 / 720 | 1:07:05 / 719 |
| 711 | 1031 | SZOPA Teresa | Olszowa | POL | | 91 K20/14 | K / 69 | Powil/15 | 01:21:17 | 05.25 | +0:33:14 | 0:12:16 / 743 | 0:20:40 / 737 | 0:35:14 / 732 | 0:43:59 / 737 | 0:58:31 / 728 | 1:07:11 / 721 |
| 712 | 167 | DROZD Przemysław | Opole | POL | Niezrzeszony | 72 M40/179 | M / 643 | Woje/226 | 01:21:19 | 05.25 | +0:33:17 | 0:11:19 / 588 | 0:19:32 / 624 | 0:33:51 / 662 | 0:42:40 / 677 | 0:57:37 / 695 | 1:06:28 / 703 |
| 713 | 656 | MIKLUSZKA Ryszard | Strzelce Opolskie | POL | Luks Żorawina | 53 M60/46 | M / 644 | Gmin/60 | 01:21:21 | 05.25 | +0:33:18 | 0:11:16 / 577 | 0:19:24 / 610 | 0:33:42 / 647 | 0:42:16 / 659 | 0:57:04 / 682 | 1:06:06 / 692 |
| 714 | 529 | KUŚ Michał | Kędzierzyn-koźle | POL | Anton Team Reflektor | 78 M30/200 | M / 645 | Woje/227 | 01:21:24 | 05.25 | +0:33:21 | 0:12:28 / 775 | 0:21:07 / 774 | 0:35:41 / 752 | 0:44:15 / 743 | 0:58:40 / 733 | 1:07:14 / 722 |
| 715 | 4641 | FIJALKOWSKI Krzysztof | Strzelce Opolskie | POL | Mks Strzelce Opolskie | 84 M30/201 | M / 646 | Gmin/61 | 01:21:27 | 05.25 | +0:33:25 | 0:12:25 / 765 | 0:20:49 / 749 | 0:35:06 / 727 | 0:43:34 / 715 | 0:57:58 / 708 | 1:06:46 / 711 |
| 716 | 741 | OSTROPOLSKI Henryk | Dzierżoniów | POL | Wkb Piast Wrocław | 57 M50/85 | M / 647 | | 01:21:29 | 05.25 | +0:33:26 | 0:12:29 / 778 | 0:20:52 / 755 | 0:35:24 / 742 | 0:44:03 / 739 | 0:58:34 / 729 | 1:07:16 / 723 |
| 717 | 270 | GRYGIEL Jarosław | Żarki Letnisko | POL | Leśne Ludki Żarki Letnisko | 59 M50/86 | M / 648 | | 01:21:31 | 05.26 | +0:33:28 | 0:11:43 / 665 | 0:20:00 / 676 | 0:34:26 / 693 | 0:43:08 / 696 | 0:57:50 / 703 | 1:06:46 / 710 |
| 718 | 338 | JAROSZ Mariusz | Lewin Brzeski | POL | | 82 M30/202 | M / 649 | Woje/228 | 01:21:33 | 05.26 | +0:33:30 | 0:11:31 / 627 | 0:19:33 / 629 | 0:33:53 / 663 | 0:42:42 / 681 | 0:57:40 / 697 | 1:06:31 / 706 |
| 719 | 798 | PIJANKA Monika | Opole | POL | | 74 K40/21 | K / 70 | Woje/229 | 01:21:36 | 05.26 | +0:33:34 | 0:12:35 / 789 | 0:21:03 / 766 | 0:35:16 / 733 | 0:43:52 / 730 | 0:58:26 / 721 | 1:07:19 / 725 |
| 720 | 4725 | GALIK Dawid | Kujakowice Dolne | POL | | | M / 650 | Woje/230 | 01:21:41 | 05.26 | +0:33:39 | 0:11:53 / 692 | 0:19:59 / 674 | 0:34:46 / 707 | 0:43:47 / 728 | 0:58:58 / 742 | 1:07:57 / 740 |
| 721 | 703 | NIEZGÓDKA Zbigniew | Wrocław | POL | Wkb Piast Wrocław | 59 M50/87 | M / 651 | | 01:21:45 | 05.27 | +0:33:42 | 0:12:48 / 813 | 0:21:28 / 799 | 0:35:57 / 770 | 0:44:34 / 752 | 0:58:55 / 739 | 1:07:37 / 732 |
| 722 | 1115 | WIERZBICKI Wiesław | Brzeg | POL | | 65 M40/180 | M / 652 | Woje/231 | 01:21:58 | 05.27 | +0:33:55 | 0:13:48 / 905 | 0:23:55 / 910 | 0:38:06 / 845 | 0:46:00 / 805 | 0:59:48 / 759 | 1:08:03 / 743 |
| 723 | 1148 | WOSKOWSKA Magdalena | Racibórz | POL | Kb Biegambolubię Racibórz | 80 K30/27 | K / 71 | | 01:21:58 | 05.27 | +0:33:55 | 0:11:22 / 601 | 0:19:36 / 635 | 0:33:46 / 652 | 0:42:55 / 687 | 0:58:36 / 730 | 1:07:42 / 734 |
| 724 | 4610 | SZYJKA Beata | Racibórz | POL | Kbbiefambolubie | 71 K40/22 | K / 72 | | 01:21:58 | 05.27 | +0:33:55 | 0:11:23 / 604 | 0:19:37 / 639 | 0:33:46 / 653 | 0:42:55 / 688 | 0:58:38 / 732 | 1:07:42 / 735 |
| 725 | 4618 | KUBICA Małgorzata | Katowice | POL | | 76 K30/28 | K / 73 | | 01:21:59 | 05.27 | +0:33:57 | 0:11:59 / 704 | 0:20:38 / 733 | 0:35:21 / 737 | 0:44:03 / 740 | 0:58:58 / 741 | 1:07:52 / 738 |
| 726 | 397 | KAWOŃ Andrzej | Namysłów | POL | Niezrzeszony | 54 M60/47 | M / 653 | Woje/232 | 01:22:05 | 05.28 | +0:34:02 | 0:11:10 / 552 | 0:19:13 / 593 | 0:33:20 / 631 | 0:42:02 / 650 | 0:57:02 / 679 | 1:06:29 / 704 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|----------------------|-------------------|-----------|---------------------------------|------------|--------------------|--------------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 727 | 217 | FUDALI Ryszard | Gliwice | POL | Saint-gobain Squad | 58 M50/88 | M / 654 | 01:22:12 | 05.28 | +0:34:10 | 0:11:26 / 613 | 0:19:48 / 657 | 0:34:14 / 684 | 0:43:19 / 708 | 0:58:02 / 710 | 1:06:52 / 714 |
| 728 | 462 | KOROLL Liliana | Strzelce Opolskie | POL | | 75 K30/29 | K / 74 | Gmin/62 01:22:22 | 05.29 | +0:34:19 | 0:11:41 / 664 | 0:19:40 / 646 | 0:34:12 / 681 | 0:42:58 / 692 | 0:57:50 / 704 | 1:07:01 / 717 |
| 729 | 296 | HAZY Katarzyna | Otmuchów | POL | | 79 K30/30 | K / 75 | Woje/233 01:22:23 | 05.29 | +0:34:20 | 0:12:14 / 738 | 0:20:32 / 724 | 0:35:02 / 722 | 0:43:44 / 725 | 0:58:27 / 724 | 1:07:19 / 724 |
| 730 | 1153 | WÓJCIAK Artur | Kąty Wrocławskie | POL | | 74 M40/181 | M / 655 | 01:22:23 | 05.29 | +0:34:21 | 0:11:49 / 681 | 0:20:05 / 684 | 0:34:22 / 687 | 0:42:59 / 693 | 0:58:03 / 711 | 1:07:03 / 718 |
| 731 | 542 | LECHOWICZ Antoni | Dąbrówka | POL | Niezrzeszony | 58 M50/89 | M / 656 | Woje/234 01:22:23 | 05.29 | +0:34:21 | 0:11:24 / 607 | 0:19:37 / 640 | 0:34:08 / 674 | 0:42:58 / 691 | 0:58:04 / 713 | 1:07:05 / 720 |
| 732 | 1101 | WANTUCH Piotr | Glucholazy | POL | | 72 M40/182 | M / 657 | Woje/235 01:22:23 | 05.29 | +0:34:21 | 0:12:14 / 741 | 0:20:33 / 725 | 0:35:03 / 725 | 0:43:45 / 726 | 0:58:26 / 722 | 1:07:21 / 726 |
| 733 | 232 | GAWŁOWSKI Andrzej | Lubliniec | POL | Klub Morsów Sopol | 61 M50/90 | M / 658 | 01:22:24 | 05.29 | +0:34:22 | 0:12:29 / 777 | 0:21:06 / 772 | 0:35:38 / 748 | 0:44:19 / 748 | 0:58:58 / 743 | 1:07:46 / 737 |
| 734 | 1066 | TOMAŚ Piotr | Opole | POL | | 66 M40/183 | M / 659 | Woje/236 01:22:27 | 05.29 | +0:34:24 | 0:12:19 / 749 | 0:20:45 / 743 | 0:35:09 / 729 | 0:43:37 / 719 | 0:58:03 / 712 | 1:07:00 / 715 |
| 735 | 521 | KULIJ Jan | Blachownia | POL | Kkta | 50 M60/48 | M / 660 | Niep/13 01:22:27 | 05.29 | +0:34:25 | 0:11:38 / 652 | 0:19:55 / 669 | 0:34:40 / 700 | 0:43:22 / 710 | 0:58:27 / 723 | 1:07:21 / 727 |
| 736 | 661 | MISZCZUK Marcin | Kędzierzyn-koźle | POL | | 78 M30/203 | M / 661 | Woje/237 01:22:33 | 05.30 | +0:34:31 | 0:12:31 / 784 | 0:21:16 / 786 | 0:36:00 / 772 | 0:44:43 / 757 | 0:59:16 / 745 | 1:08:06 / 744 |
| 737 | 1109 | WĘGRZYK Eugeniusz | Nieznaszyn | POL | Niezrzeszony | 59 M50/91 | M / 662 | Woje/238Niep/14 01:22:33 | 05.30 | +0:34:31 | 0:12:12 / 731 | 0:20:43 / 741 | 0:35:07 / 728 | 0:43:41 / 722 | 0:58:28 / 725 | 1:07:27 / 729 |
| 738 | 44 | BIAŁAS Tomasz | Lewin Brzeski | POL | Lewin Biega | 81 M30/204 | M / 663 | Woje/239 01:22:34 | 05.30 | +0:34:31 | 0:12:28 / 772 | 0:21:22 / 791 | 0:36:42 / 798 | 0:45:44 / 798 | 1:01:20 / 804 | 1:09:37 / 783 |
| 739 | 1094 | WALCZYK Adam | Januszkowice | POL | | 69 M40/184 | M / 664 | Woje/240 01:22:38 | 05.30 | +0:34:36 | 0:12:20 / 751 | 0:20:40 / 738 | 0:35:17 / 735 | 0:44:02 / 738 | 0:58:52 / 736 | 1:07:40 / 733 |
| 740 | 56 | BISIKIEWICZ Elżbieta | Nowa Ruda | POL | Usks Ludwikowice Klodzkie | 72 K40/23 | K / 76 | 01:22:40 | 05.30 | +0:34:38 | 0:11:52 / 689 | 0:20:10 / 690 | 0:34:40 / 701 | 0:43:17 / 705 | 0:58:28 / 726 | 1:07:32 / 731 |
| 741 | 349 | JENDRYSIK Kinga | Toszek | POL | . | 83 K30/31 | K / 77 | 01:22:41 | 05.30 | +0:34:39 | 0:11:37 / 650 | 0:20:05 / 682 | 0:34:55 / 716 | 0:43:31 / 714 | 0:58:29 / 727 | 1:07:27 / 730 |
| 742 | 963 | STACHURA Beata | Nysa | POL | Nysa Biega | 73 K40/24 | K / 78 | Woje/241 01:22:47 | 05.31 | +0:34:45 | 0:12:11 / 727 | 0:20:47 / 744 | 0:35:38 / 747 | 0:44:43 / 756 | 0:59:39 / 751 | 1:08:48 / 757 |
| 743 | 603 | MARAS Ladislav | Presov | SVK | Maras Team | 63 M50/92 | M / 665 | 01:22:51 | 05.31 | +0:34:49 | 0:13:08 / 829 | 0:22:04 / 823 | 0:37:01 / 813 | 0:45:39 / 795 | 1:00:15 / 770 | 1:08:51 / 762 |
| 744 | 1157 | WÓJTOWICZ Andrzej | Kietrz | POL | Ks Gryf | 56 M50/93 | M / 666 | Woje/242Niep/15 01:22:52 | 05.31 | +0:34:49 | 0:12:56 / 816 | 0:21:41 / 809 | 0:36:38 / 795 | 0:45:22 / 784 | 1:00:03 / 765 | 1:08:46 / 754 |
| 745 | 711 | NOWAK Marek | Wieliczka | POL | Azs Awf Masters Kraków | 57 M50/94 | M / 667 | 01:23:01 | 05.32 | +0:34:58 | 0:12:12 / 730 | 0:20:39 / 736 | 0:35:12 / 730 | 0:43:52 / 731 | 0:58:46 / 734 | 1:07:44 / 736 |
| 746 | 274 | GRZECHNIK Czesława | Strzelce Opolskie | POL | | 75 K30/32 | K / 79 | Gmin/63 01:23:03 | 05.32 | +0:35:01 | 0:11:54 / 695 | 0:20:10 / 692 | 0:34:54 / 715 | 0:43:54 / 734 | 0:59:06 / 744 | 1:08:06 / 745 |
| 747 | 21 | BARAŃSKA Małgorzata | Opole | POL | Bbl Opole | 70 K40/25 | K / 80 | Woje/243 01:23:07 | 05.32 | +0:35:04 | 0:12:39 / 795 | 0:21:31 / 802 | 0:36:22 / 788 | 0:45:11 / 780 | 0:59:57 / 761 | 1:08:43 / 753 |
| 748 | 544 | LEJCZAK Krzysztof | Krapkowice | POL | Cross Krapkowice | 63 M50/95 | M / 668 | Woje/244 01:23:07 | 05.32 | +0:35:04 | 0:12:20 / 752 | 0:20:59 / 762 | 0:35:39 / 749 | 0:44:22 / 749 | 0:59:26 / 748 | 1:08:20 / 748 |
| 749 | 602 | MANDAT Janek | Oleśnica | POL | Kb Lupus Oleśnica | 59 M50/96 | M / 669 | 01:23:09 | 05.32 | +0:35:06 | 0:11:43 / 667 | 0:20:05 / 685 | 0:34:48 / 712 | 0:43:39 / 720 | 0:58:56 / 740 | 1:08:01 / 742 |
| 750 | 942 | SMYKOWSKI Władysław | Oława | POL | | 49 M60/49 | M / 670 | 01:23:12 | 05.32 | +0:35:09 | 0:12:46 / 807 | 0:21:29 / 801 | 0:36:16 / 784 | 0:44:57 / 770 | 0:59:42 / 752 | 1:08:26 / 749 |
| 751 | 1040 | SZYMANOWSKA Patrycja | Dobrzyca | POL | | 85 K20/15 | K / 81 | 01:23:17 | 05.33 | +0:35:14 | 0:12:01 / 708 | 0:20:29 / 718 | 0:35:00 / 720 | 0:43:42 / 724 | 0:58:47 / 735 | 1:07:57 / 741 |
| 752 | 776 | PAWŁAK Katarzyna | Wrocław | POL | Radio Wrocław | 76 K30/33 | K / 82 | 01:23:17 | 05.33 | +0:35:15 | 0:12:18 / 748 | 0:20:57 / 760 | 0:35:47 / 757 | 0:44:52 / 764 | 0:59:52 / 760 | 1:08:50 / 759 |
| 753 | 1175 | ZASKÓRSKA Magdalena | Żytno | POL | Hospicjum Ziemi Częstochowskiej | 87 K20/16 | K / 83 | 01:23:20 | 05.33 | +0:35:17 | 0:11:58 / 700 | 0:20:28 / 714 | 0:35:17 / 734 | 0:44:14 / 742 | 0:59:30 / 750 | 1:08:42 / 752 |
| 754 | 543 | LECHOWICZ Jerzy | Krapkowice | POL | Cem-bud Chrzanów | 50 M60/50 | M / 671 | Woje/245 01:23:22 | 05.33 | +0:35:19 | 0:12:42 / 800 | 0:21:14 / 785 | 0:36:05 / 775 | 0:44:46 / 759 | 0:59:46 / 756 | 1:08:37 / 751 |
| 755 | 436 | KOJ Piotr | Dobrodzień | POL | | 59 M50/97 | M / 672 | Woje/246 01:23:24 | 05.33 | +0:35:22 | 0:12:31 / 782 | 0:21:09 / 777 | 0:35:54 / 762 | 0:44:53 / 765 | 0:59:57 / 762 | 1:08:49 / 758 |
| 756 | 525 | KURTZ Joachim | Dobrodzień | POL | | 62 M50/98 | M / 673 | Woje/247 01:23:27 | 05.33 | +0:35:24 | 0:12:35 / 788 | 0:21:11 / 781 | 0:35:57 / 768 | 0:44:55 / 766 | 0:59:59 / 763 | 1:08:51 / 761 |
| 757 | 104 | BYSIEC Czesław | Dobrodzień | POL | Meta Lubliniec | 49 M60/51 | M / 674 | Woje/248 01:23:28 | 05.33 | +0:35:26 | 0:12:36 / 791 | 0:21:13 / 783 | 0:35:58 / 771 | 0:44:55 / 767 | 1:00:00 / 764 | 1:08:51 / 763 |
| 758 | 433 | KOCIELSKA Anna | Gliwice | POL | Akmb Pędziwiatr Gliwice | 87 K20/17 | K / 84 | 01:23:29 | 05.33 | +0:35:26 | 0:12:40 / 796 | 0:21:36 / 805 | 0:36:42 / 799 | 0:45:44 / 797 | 1:00:48 / 784 | 1:09:17 / 771 |
| 759 | 90 | BUCZARSKI Bartłomiej | Opole | POL | Niezrzeszony | 74 M40/185 | M / 675 | Woje/249 01:23:33 | 05.34 | +0:35:31 | 0:11:51 / 686 | 0:20:13 / 694 | 0:34:42 / 704 | 0:43:41 / 721 | 0:58:53 / 738 | 1:07:53 / 739 |
| 760 | 688 | MYLEK Piotr | Opole | POL | | 70 M40/186 | M / 676 | Woje/250 01:23:39 | 05.34 | +0:35:36 | 0:13:13 / 840 | 0:22:17 / 832 | 0:37:18 / 820 | 0:46:08 / 809 | 1:00:52 / 786 | 1:09:35 / 782 |
| 761 | 1195 | ŻUR Katarzyna | Bytom | POL | Miechowska Grupa Biegowa | 95 K20/18 | K / 85 | 01:23:41 | 05.34 | +0:35:38 | 0:12:26 / 768 | 0:20:54 / 757 | 0:35:40 / 751 | 0:44:29 / 751 | 0:59:47 / 758 | 1:08:56 / 765 |
| 762 | 1181 | ZEMLA Piotr | Gliwice | POL | | 69 M40/187 | M / 677 | 01:23:45 | 05.35 | +0:35:43 | 0:12:43 / 803 | 0:21:27 / 797 | 0:36:25 / 790 | 0:45:23 / 785 | 1:00:27 / 777 | 1:09:16 / 770 |
| 763 | 22 | BARAŃSKI Rafał | Opole | POL | Biegamboszę | 71 M40/188 | M / 678 | Woje/251 01:23:56 | 05.35 | +0:35:53 | 0:12:40 / 798 | 0:21:25 / 795 | 0:36:10 / 777 | 0:44:56 / 768 | 0:59:45 / 754 | 1:08:48 / 756 |
| 764 | 4689 | POCZKAJSKA Lidia | Nysa | POL | Nysa Biega | 89 K20/19 | K / 86 | Woje/252 01:23:56 | 05.35 | +0:35:54 | 0:11:40 / 660 | 0:19:52 / 664 | 0:34:31 / 696 | 0:43:24 / 712 | 0:58:53 / 737 | 1:08:10 / 746 |
| 765 | 33 | BAK Wawrzyniec | Strzelce Opolskie | POL | Student Sqad | 89 M20/132 | M / 679 | Gmin/64Niep/16 01:23:56 | 05.35 | +0:35:54 | 0:12:14 / 739 | 0:21:42 / 810 | 0:37:25 / 826 | 0:46:14 / 815 | 1:00:38 / 782 | 1:09:20 / 773 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|----------------------|--------------------|-----------|---|------------|--------------------|-------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 766 | 1139 | WOJTANOWICZ Mariusz | Głogówek | POL | | 65 M40/189 | M / 680 | Woje/253 01:23:59 | 05.35 | +0:35:56 | 0:12:43 / 801 | 0:21:43 / 812 | 0:36:54 / 807 | 0:45:50 / 801 | 1:01:00 / 794 | 1:09:53 / 786 |
| 767 | 1193 | ZMUŻ Adam | Opole | POL | - | 89 M20/133 | M / 681 | Woje/254 01:24:05 | 05.36 | +0:36:03 | 0:12:31 / 781 | 0:21:08 / 775 | 0:36:03 / 773 | 0:45:07 / 776 | 1:00:30 / 780 | 1:09:28 / 779 |
| 768 | 233 | GAWRYSZ Czesław | Duszniki Zdrój | POL | Weterani | 47 M60/52 | M / 682 | 01:24:07 | 05.36 | +0:36:04 | 0:12:14 / 736 | 0:20:51 / 753 | 0:35:32 / 745 | 0:44:17 / 746 | 0:59:22 / 747 | 1:08:20 / 747 |
| 769 | 32 | BAZYLEWICZ Ireneusz | Olawa | POL | | 63 M50/99 | M / 683 | 01:24:08 | 05.36 | +0:36:06 | 0:13:09 / 830 | 0:22:17 / 830 | 0:37:20 / 822 | 0:46:10 / 810 | 1:01:08 / 798 | 1:09:48 / 785 |
| 770 | 224 | GAJEWSKA Isabela | Sosnowiec | POL | Harpagan Sosnowiec | 75 K30/34 | K / 87 | 01:24:18 | 05.37 | +0:36:16 | 0:12:02 / 710 | 0:20:38 / 734 | 0:35:33 / 746 | 0:44:38 / 755 | 1:00:04 / 766 | 1:09:18 / 772 |
| 771 | 627 | MATYJASEK Grzegorz | Bytom | POL | Miechowska Grupa Biegowa | 85 M20/134 | M / 684 | 01:24:30 | 05.38 | +0:36:27 | 0:12:26 / 769 | 0:21:22 / 792 | 0:36:24 / 789 | 0:45:14 / 782 | 1:00:25 / 774 | 1:09:26 / 777 |
| 772 | 205 | FLORCZUK Wiesław | Brzeg | POL | Niezrzeszony | 64 M50/100 | M / 685 | Woje/255 01:24:37 | 05.38 | +0:36:34 | 0:12:10 / 725 | 0:20:43 / 740 | 0:35:55 / 764 | 0:45:00 / 773 | 1:00:08 / 768 | 1:09:09 / 768 |
| 773 | 223 | GAJDA Marcin | Krapkowice | POL | | 92 M20/135 | M / 686 | Woje/256 01:24:40 | 05.38 | +0:36:37 | 0:12:03 / 712 | 0:20:38 / 732 | 0:36:12 / 779 | 0:45:08 / 777 | 1:00:23 / 772 | 1:09:26 / 776 |
| 774 | 712 | NOWAK Radosław | Czeladź | POL | Czeladź | 75 M30/205 | M / 687 | 01:24:40 | 05.38 | +0:36:37 | 0:11:20 / 592 | 0:19:51 / 661 | 0:34:44 / 706 | 0:43:53 / 732 | 0:59:29 / 749 | 1:08:50 / 760 |
| 775 | 4642 | BUCZAK Katarzyna | Bytom | POL | | 72 K40/26 | K / 88 | 01:24:40 | 05.38 | +0:36:38 | 0:12:16 / 744 | 0:20:49 / 750 | 0:35:56 / 767 | 0:44:57 / 772 | 1:00:25 / 775 | 1:09:25 / 775 |
| 776 | 4643 | FIBICH Tomasz | Strzelce Opolskie | POL | | 73 M40/190 | M / 688 | Gmin/65 01:24:40 | 05.38 | +0:36:38 | 0:13:31 / 885 | 0:23:01 / 889 | 0:39:08 / 881 | 0:48:01 / 872 | 1:02:41 / 836 | 1:11:13 / 819 |
| 777 | 492 | KRYSIK Dariusz | Wrocław | POL | Uniwersytet Ekonomiczny We Wrocławiu | 60 M50/101 | M / 689 | 01:24:44 | 05.38 | +0:36:41 | 0:13:02 / 822 | 0:21:49 / 815 | 0:36:46 / 804 | 0:45:30 / 792 | 1:00:28 / 779 | 1:09:30 / 781 |
| 778 | 1120 | WILK Sebastian | Kędzierzyn-koźle | POL | Bieganie Dla Przyjemności | 72 M40/191 | M / 690 | Woje/257 01:24:46 | 05.39 | +0:36:44 | 0:12:13 / 735 | 0:21:14 / 784 | 0:36:48 / 805 | 0:46:02 / 806 | 1:01:35 / 808 | 1:10:11 / 792 |
| 779 | 772 | PASOŃ Aleksandra | Kędzierzyn-koźle | POL | | 70 K40/27 | K / 89 | Woje/258 01:24:50 | 05.39 | +0:36:47 | 0:12:22 / 758 | 0:21:19 / 789 | 0:36:37 / 794 | 0:45:46 / 800 | 1:00:57 / 792 | 1:09:47 / 784 |
| 780 | 883 | RYBAK Jakub | Suchy Bór | POL | | 97 M20/136 | M / 691 | Woje/259 01:24:58 | 05.39 | +0:36:55 | 0:13:26 / 870 | 0:22:35 / 851 | 0:38:09 / 849 | 0:47:09 / 840 | 1:02:11 / 825 | 1:10:56 / 812 |
| 781 | 4637 | LENART Adrian | Bytom | POL | Btm Runners | 81 M30/206 | M / 692 | 01:24:59 | 05.39 | +0:36:56 | 0:11:41 / 662 | 0:20:17 / 698 | 0:36:04 / 774 | 0:45:25 / 789 | 1:00:43 / 783 | 1:09:55 / 787 |
| 782 | 884 | RYBAK Wojciech | Suchy Bór | POL | Sb Runners | 70 M40/192 | M / 693 | Woje/260 01:25:00 | 05.40 | +0:36:57 | 0:13:27 / 872 | 0:22:37 / 854 | 0:38:11 / 851 | 0:47:10 / 841 | 1:02:15 / 826 | 1:10:58 / 813 |
| 783 | 1037 | SZRAMIAK Katarzyna | Opole | POL | Amator | 69 K40/28 | K / 90 | Woje/261 01:25:00 | 05.40 | +0:36:58 | 0:12:32 / 786 | 0:21:00 / 765 | 0:35:45 / 754 | 0:44:44 / 758 | 1:00:07 / 767 | 1:09:22 / 774 |
| 784 | 870 | ROJEWSKI Łukasz | Legnica | POL | . | 79 M30/207 | M / 694 | 01:25:03 | 05.40 | +0:37:00 | 0:13:14 / 841 | 0:21:59 / 817 | 0:37:21 / 823 | 0:46:19 / 819 | 1:01:17 / 801 | 1:10:15 / 793 |
| 785 | 514 | KUFEL Jacek | Żory | POL | Hrmax Żory | 77 M30/208 | M / 695 | 01:25:05 | 05.40 | +0:37:03 | 0:11:43 / 666 | 0:20:13 / 693 | 0:35:01 / 721 | 0:43:57 / 735 | 0:59:19 / 746 | 1:08:47 / 755 |
| 786 | 118 | CHRZANOWSKI Czesław | Sosnowiec | POL | Klub Hdk-pck Przy Kwk,,myslowice-wesola | 60 M50/102 | M / 696 | 01:25:12 | 05.40 | +0:37:09 | 0:12:31 / 783 | 0:21:10 / 778 | 0:35:50 / 758 | 0:44:48 / 762 | 1:00:16 / 771 | 1:09:27 / 778 |
| 787 | 4775 | DELENGOWSKI Łukasz | Zawadzkie | POL | | 89 M20/137 | M / 697 | Powil/16 01:25:14 | 05.40 | +0:37:11 | 0:13:13 / 839 | 0:22:28 / 843 | 0:38:21 / 860 | 0:47:36 / 856 | 1:03:03 / 848 | 1:11:26 / 825 |
| 788 | 1191 | ZELEŹNIK Wojciech | Zabrze | POL | - | 81 M30/209 | M / 698 | 01:25:14 | 05.40 | +0:37:12 | 0:13:28 / 876 | 0:22:37 / 857 | 0:38:07 / 847 | 0:46:51 / 831 | 1:01:44 / 812 | 1:10:50 / 808 |
| 789 | 66 | BOK Rafał | Zabrze | POL | Night Runners Zabrze | 80 M30/210 | M / 699 | 01:25:16 | 05.41 | +0:37:14 | 0:13:31 / 884 | 0:22:40 / 863 | 0:38:10 / 850 | 0:46:53 / 833 | 1:01:45 / 815 | 1:10:52 / 809 |
| 790 | 1123 | WIRSKI Adam | Strzelce Opolskie | POL | Gmina Strzelce Opolskie | 78 M30/211 | M / 700 | Gmin/66 01:25:24 | 05.41 | +0:37:21 | 0:13:26 / 869 | 0:22:34 / 848 | 0:37:59 / 837 | 0:47:03 / 837 | 1:02:07 / 824 | 1:11:02 / 816 |
| 791 | 1019 | SZEWczyk Marek | Dobrzyca | POL | Truchtacz Dobrzyca | 63 M50/103 | M / 701 | 01:25:25 | 05.41 | +0:37:23 | 0:11:55 / 697 | 0:20:27 / 711 | 0:35:22 / 739 | 0:44:15 / 744 | 0:59:46 / 755 | 1:09:05 / 766 |
| 792 | 342 | JASKUŁA Elżbieta | Ozimek | POL | Nie Ma Nudy! | 80 K30/35 | K / 91 | Woje/262 01:25:26 | 05.41 | +0:37:23 | 0:12:46 / 808 | 0:21:44 / 813 | 0:36:57 / 810 | 0:45:58 / 803 | 1:01:30 / 805 | 1:10:30 / 800 |
| 793 | 126 | CIERNIEWSKI Ryszard | Kozminiec | POL | - | 68 M40/193 | M / 702 | 01:25:26 | 05.41 | +0:37:24 | 0:11:55 / 698 | 0:20:27 / 712 | 0:35:23 / 740 | 0:44:16 / 745 | 0:59:47 / 757 | 1:09:06 / 767 |
| 794 | 896 | SALATA Katarzyna | Niemodlin | POL | Niemodlin Biega | 74 K40/29 | K / 92 | Woje/263 01:25:29 | 05.41 | +0:37:27 | 0:12:10 / 724 | 0:20:37 / 730 | 0:35:56 / 766 | 0:45:10 / 779 | 1:01:03 / 797 | 1:10:17 / 795 |
| 795 | 1004 | SZCZEPANIAK Paweł | Sosnowiec | POL | Harpagan Sosnowiec | 77 M30/212 | M / 703 | 01:25:29 | 05.41 | +0:37:27 | 0:12:24 / 763 | 0:21:06 / 770 | 0:35:46 / 756 | 0:44:47 / 760 | 1:00:27 / 778 | 1:10:00 / 789 |
| 796 | 691 | NADBRZEŻNY Jan | Malnia | POL | Cross Krapkowice | 46 M60/53 | M / 704 | 01:25:29 | 05.41 | +0:37:27 | 0:12:23 / 759 | 0:20:59 / 761 | 0:35:57 / 769 | 0:45:02 / 774 | 1:00:53 / 788 | 1:10:09 / 791 |
| 797 | 58 | BLĄŻEWSKI Grzegorz | Kluczbork | POL | Zorginici | 71 M40/194 | M / 705 | Woje/264 01:25:31 | 05.42 | +0:37:28 | 0:13:35 / 893 | 0:22:43 / 870 | 0:38:05 / 844 | 0:47:43 / 861 | 1:02:27 / 829 | 1:11:33 / 826 |
| 798 | 755 | PALIWODA Ryszard | Niemodlin | POL | Niemodlin Biega | 65 M40/195 | M / 706 | Woje/265 01:25:31 | 05.42 | +0:37:29 | 0:12:09 / 723 | 0:20:35 / 727 | 0:35:54 / 763 | 0:45:09 / 778 | 1:01:02 / 795 | 1:10:17 / 794 |
| 799 | 739 | OSÓBKA Małgorzata | Kędzierzyn - Koźle | POL | | 65 K40/30 | K / 93 | Woje/266 01:25:33 | 05.42 | +0:37:31 | 0:13:21 / 854 | 0:22:20 / 837 | 0:37:22 / 824 | 0:46:26 / 823 | 1:01:45 / 813 | 1:10:45 / 807 |
| 800 | 740 | OSÓBKA Piotr | Kędzierzyn - Koźle | POL | | 67 M40/196 | M / 707 | Woje/267 01:25:34 | 05.42 | +0:37:32 | 0:13:22 / 855 | 0:22:21 / 838 | 0:37:24 / 825 | 0:46:14 / 816 | 1:01:47 / 817 | 1:10:31 / 801 |
| 801 | 1116 | WIESZALA Lucyna | Złotniki | POL | | 90 K20/20 | K / 94 | Woje/268 01:25:38 | 05.42 | +0:37:35 | 0:12:48 / 812 | 0:21:42 / 811 | 0:36:44 / 801 | 0:45:40 / 796 | 1:00:52 / 787 | 1:09:56 / 788 |
| 802 | 34 | BEDNARCZYK Lesław | Czestochowa | POL | | 52 M60/54 | M / 708 | 01:25:38 | 05.42 | +0:37:36 | 0:12:24 / 764 | 0:20:48 / 746 | 0:35:52 / 761 | 0:44:34 / 753 | 1:00:08 / 769 | 1:09:14 / 769 |
| 803 | 353 | JURCZYŃSKI Grzegorz | Strzelce Opolskie | POL | Niezrzeszony | 76 M30/213 | M / 709 | Gmin/67 01:25:39 | 05.42 | +0:37:36 | 0:13:26 / 866 | 0:22:35 / 852 | 0:38:00 / 839 | 0:47:03 / 838 | 1:02:06 / 822 | 1:11:02 / 817 |
| 804 | 774 | PASTUCHA Katarzyna | Krapkowice | POL | Cross Krapkowice | 93 K20/21 | K / 95 | Woje/269 01:25:41 | 05.42 | +0:37:38 | 0:12:06 / 717 | 0:20:38 / 735 | 0:36:15 / 783 | 0:45:11 / 781 | 1:00:26 / 776 | 1:09:29 / 780 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|----------------------------|-------------------|-----------|---------------------------------|------------|--------------------|-------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 805 | 625 | MATUSZEK Karolina | Kąty Opolskie | POL | | 90 K20/22 | K / 96 | Woje/270 01:25:41 | 05.42 | +0:37:39 | 0:12:44 / 804 | 0:21:39 / 807 | 0:36:58 / 811 | 0:46:11 / 812 | 1:01:45 / 814 | 1:10:58 / 815 |
| 806 | 1121 | WILUSZ Henryk | Dobrzeń Wielki | POL | Niezrzeszony | 72 M40/197 | M / 710 | Woje/271 01:25:42 | 05.42 | +0:37:39 | 0:13:17 / 846 | 0:22:20 / 836 | 0:37:36 / 830 | 0:46:31 / 826 | 1:01:42 / 810 | 1:10:44 / 806 |
| 807 | 882 | RUSZAŁA Paweł | Opole | POL | | 92 M20/138 | M / 711 | Woje/272 01:25:43 | 05.42 | +0:37:41 | 0:12:45 / 806 | 0:21:38 / 806 | 0:36:59 / 812 | 0:46:12 / 813 | 1:01:43 / 811 | 1:10:58 / 814 |
| 808 | 640 | MAZURKIEWICZ Piotr | Olesno | POL | | 72 M40/198 | M / 712 | Woje/273 01:25:54 | 05.43 | +0:37:51 | 0:12:32 / 787 | 0:21:18 / 788 | 0:36:28 / 791 | 0:45:24 / 787 | 1:00:48 / 785 | 1:10:02 / 790 |
| 809 | 156 | DEREŃ Anita | Opole | POL | | 81 K30/36 | K / 97 | Woje/274 01:26:05 | 05.44 | +0:38:03 | 0:12:38 / 792 | 0:21:05 / 768 | 0:36:20 / 786 | 0:45:24 / 788 | 1:00:55 / 790 | 1:10:24 / 798 |
| 810 | 832 | PRESZ Dariusz | Strzelce Opolskie | POL | | 86 M20/139 | M / 713 | Gmin/68 01:26:11 | 05.44 | +0:38:08 | 0:12:36 / 790 | 0:21:11 / 779 | 0:35:50 / 760 | 0:44:38 / 754 | 0:59:42 / 753 | 1:08:56 / 764 |
| 811 | 45 | BIAŁOWAŚ Mirosław | Rybnik | POL | Sbd Energetyk Rybnik | 64 M50/104 | M / 714 | 01:26:11 | 05.44 | +0:38:08 | 0:11:48 / 678 | 0:20:28 / 716 | 0:35:44 / 753 | 0:45:06 / 775 | 1:01:10 / 800 | 1:10:39 / 803 |
| 812 | 358 | JUROS Tomasz | Wawelno | POL | Lks Osir Komprachcice | 86 M20/140 | M / 715 | Powil/17 01:26:16 | 05.45 | +0:38:14 | 0:13:29 / 879 | 0:22:39 / 861 | 0:38:18 / 856 | 0:47:30 / 851 | 1:02:38 / 834 | 1:11:34 / 828 |
| 813 | 42 | BIALAŚ Ewa | Lewin Brzeski | POL | Lewin Biega | 62 K50/7 | K / 98 | Woje/275 01:26:22 | 05.45 | +0:38:20 | 0:12:27 / 770 | 0:21:23 / 793 | 0:36:41 / 797 | 0:45:44 / 799 | 1:01:20 / 803 | 1:10:40 / 804 |
| 814 | 392 | KASPRZYCKI Artur | Ozimek | POL | Nspj | 75 M30/214 | M / 716 | Woje/276 01:26:24 | 05.45 | +0:38:21 | 0:13:32 / 886 | 0:22:44 / 872 | 0:38:15 / 854 | 0:47:21 / 846 | 1:02:44 / 838 | 1:11:48 / 834 |
| 815 | 517 | KUKUCZKA Wioletta | Kluczbork | POL | Fado | 72 K40/31 | K / 99 | Woje/277 01:26:24 | 05.45 | +0:38:21 | 0:13:34 / 891 | 0:22:45 / 874 | 0:38:17 / 855 | 0:47:22 / 848 | 1:02:46 / 841 | 1:11:48 / 835 |
| 816 | 343 | JASKUŁA Joanna | Ozimek | POL | Nie Ma Nudy! | 77 K30/37 | K / 100 | Woje/278 01:26:25 | 05.45 | +0:38:22 | 0:12:47 / 809 | 0:21:44 / 814 | 0:36:56 / 809 | 0:45:59 / 804 | 1:01:30 / 806 | 1:10:56 / 811 |
| 817 | 1190 | ŻEBROWSKA Matylda | Mysłowice | POL | Mysłowicki Klub Biegacza No.1 | 74 K40/32 | K / 101 | 01:26:26 | 05.45 | +0:38:23 | 0:12:29 / 779 | 0:21:08 / 776 | 0:35:50 / 759 | 0:44:47 / 761 | 1:00:31 / 781 | 1:10:20 / 797 |
| 818 | 395 | KAWALEC Anna | Sosnowiec | POL | Harpagan Sosnowiec | 87 K20/23 | K / 102 | 01:26:31 | 05.46 | +0:38:29 | 0:12:30 / 780 | 0:21:27 / 798 | 0:36:54 / 808 | 0:46:04 / 808 | 1:01:51 / 819 | 1:11:17 / 823 |
| 819 | 403 | KĘDZIERSKI Zenon | Strzelce Op. | POL | Gmina Strzelce Op. | 51 M60/55 | M / 717 | Gmin/69 01:26:39 | 05.46 | +0:38:37 | 0:12:21 / 754 | 0:20:59 / 763 | 0:36:11 / 778 | 0:45:23 / 786 | 1:01:00 / 793 | 1:10:18 / 796 |
| 820 | 881 | RUSAKOWICZ Sylwia | Krapkowice | POL | Garagegym | 81 K30/38 | K / 103 | Woje/279 01:26:45 | 05.47 | +0:38:43 | 0:12:44 / 805 | 0:21:29 / 800 | 0:36:34 / 793 | 0:45:35 / 793 | 1:01:03 / 796 | 1:10:33 / 802 |
| 821 | 381 | KAPUŚCŃSKA Aleksandra | Długomilowice | POL | | 82 K30/39 | K / 104 | Woje/280 01:26:51 | 05.47 | +0:38:48 | 0:12:26 / 767 | 0:21:17 / 787 | 0:36:45 / 803 | 0:46:15 / 817 | 1:01:48 / 818 | 1:11:17 / 822 |
| 822 | 771 | PASIEKA Czesław | Gliwice | POL | Actemium | 68 M40/199 | M / 718 | 01:26:58 | 05.47 | +0:38:56 | 0:13:12 / 834 | 0:22:18 / 833 | 0:37:20 / 821 | 0:46:23 / 821 | 1:01:51 / 820 | 1:11:10 / 818 |
| 823 | 271 | GRYGIEL Joanna | Żarki Letnisko | POL | Leśne Ludki Żarki Letnisko | 59 K50/8 | K / 105 | 01:27:01 | 05.48 | +0:38:59 | 0:12:22 / 756 | 0:21:05 / 769 | 0:36:12 / 781 | 0:45:15 / 783 | 1:01:08 / 799 | 1:10:42 / 805 |
| 824 | 27 | BARTODZIEJSKI Jacek | Jaworzyna Śląska | POL | | 70 M40/200 | M / 719 | 01:27:07 | 05.48 | +0:39:04 | 0:12:07 / 718 | 0:20:34 / 726 | 0:35:27 / 744 | 0:44:49 / 763 | 1:00:57 / 791 | 1:10:56 / 810 |
| 825 | 970 | STAROSTKA Andrzej | Kędzierzyn-koźle | POL | Niezniszczalni Kędzierzyn-koźle | 48 M60/56 | M / 720 | Woje/281 01:27:10 | 05.48 | +0:39:07 | 0:12:52 / 815 | 0:22:12 / 826 | 0:38:07 / 846 | 0:47:30 / 850 | 1:03:09 / 851 | 1:12:25 / 850 |
| 826 | 333 | JAŃSKI Roman | Kluczbork | POL | Fado | 70 M40/201 | M / 721 | Woje/282 01:27:12 | 05.48 | +0:39:10 | 0:13:34 / 892 | 0:22:47 / 879 | 0:38:18 / 857 | 0:47:22 / 847 | 1:02:47 / 843 | 1:11:56 / 840 |
| 827 | 586 | MAĆKÓW Martyna | Kędzierzyn- Koźle | POL | | 86 K20/24 | K / 106 | Woje/283 01:27:25 | 05.49 | +0:39:22 | 0:13:29 / 878 | 0:22:41 / 866 | 0:38:15 / 853 | 0:47:18 / 845 | 1:02:46 / 842 | 1:11:42 / 833 |
| 828 | 14 | BANASIAK Piotr | Ozorków | POL | Krzal Adventure Team | 66 M40/202 | M / 722 | 01:27:25 | 05.49 | +0:39:23 | 0:12:17 / 746 | 0:21:06 / 771 | 0:37:59 / 838 | 0:47:24 / 849 | 1:03:16 / 854 | 1:12:24 / 849 |
| 829 | 892 | RZEŹNICZAK Marek | Wrocław | POL | | 62 M50/105 | M / 723 | 01:27:26 | 05.49 | +0:39:23 | 0:13:12 / 836 | 0:22:13 / 828 | 0:37:16 / 818 | 0:46:23 / 822 | 1:02:15 / 828 | 1:11:34 / 827 |
| 830 | 337 | JAROSZ Marian | Mysłowice | POL | Truchtacz Mysłowice | 53 M60/57 | M / 724 | 01:27:32 | 05.50 | +0:39:30 | 0:12:52 / 814 | 0:21:36 / 804 | 0:36:22 / 787 | 0:45:29 / 791 | 1:01:18 / 802 | 1:11:17 / 821 |
| 831 | 593 | MAK Agnieszka | Kamionek | POL | | 91 K20/25 | K / 107 | Woje/284 01:27:32 | 05.50 | +0:39:30 | 0:13:27 / 873 | 0:22:47 / 880 | 0:38:24 / 863 | 0:47:42 / 859 | 1:03:05 / 849 | 1:12:17 / 847 |
| 832 | 648 | MICKIEWICZ Adam | Gracze | POL | Bazalt -gracze | 67 M40/203 | M / 725 | Woje/285 01:27:34 | 05.50 | +0:39:31 | 0:13:16 / 844 | 0:22:09 / 825 | 0:37:15 / 817 | 0:46:18 / 818 | 1:01:46 / 816 | 1:11:14 / 820 |
| 833 | 292 | HARMANSA Kornelia | Gogolin | POL | | 73 K40/33 | K / 108 | Woje/286 01:27:35 | 05.50 | +0:39:32 | 0:13:07 / 826 | 0:22:13 / 829 | 0:37:38 / 831 | 0:46:50 / 829 | 1:02:43 / 837 | 1:12:03 / 843 |
| 834 | 422 | KLIMOWICZ-BODYS Małgorzata | Wrocław | POL | Fast Foot Opole | 76 K30/40 | K / 109 | 01:27:39 | 05.50 | +0:39:36 | 0:13:24 / 861 | 0:22:32 / 845 | 0:38:00 / 840 | 0:47:00 / 835 | 1:02:28 / 831 | 1:11:51 / 836 |
| 835 | 192 | FESSER Alicja | Kamionek | POL | | 93 K20/26 | K / 110 | Woje/287 01:27:40 | 05.50 | +0:39:37 | 0:13:27 / 871 | 0:22:48 / 881 | 0:38:24 / 862 | 0:47:42 / 860 | 1:03:05 / 850 | 1:12:16 / 846 |
| 836 | 722 | OGORZELEC Mariusz | Opole | POL | Fast Foot Opole | 76 M30/215 | M / 726 | Woje/288 01:27:41 | 05.50 | +0:39:38 | 0:13:26 / 867 | 0:22:36 / 853 | 0:38:01 / 841 | 0:47:02 / 836 | 1:02:32 / 833 | 1:11:53 / 837 |
| 837 | 961 | SPADLO Andrzej | Wilków | POL | | 60 M50/106 | M / 727 | Woje/289 01:27:43 | 05.50 | +0:39:40 | 0:13:38 / 896 | 0:22:53 / 883 | 0:38:22 / 861 | 0:47:49 / 862 | 1:02:52 / 845 | 1:11:36 / 829 |
| 838 | 984 | STRZELECKI Lesław | Kleszczów/gliwice | POL | Cegelec Gliwice | 60 M50/107 | M / 728 | 01:27:44 | 05.50 | +0:39:41 | 0:13:11 / 831 | 0:22:18 / 834 | 0:37:41 / 832 | 0:46:53 / 834 | 1:02:41 / 835 | 1:12:09 / 844 |
| 839 | 1198 | ŻYGADŁO Kazimierz | Krzywiczyny | POL | Lks Krzywiczyny | 58 M50/108 | M / 729 | Woje/290 01:27:45 | 05.51 | +0:39:42 | 0:13:41 / 899 | 0:22:56 / 885 | 0:38:26 / 864 | 0:47:54 / 868 | 1:02:54 / 846 | 1:11:41 / 832 |
| 840 | 649 | MICUDA Jan | Mysłowice | POL | Truchtacz Mysłowice | 50 M60/58 | M / 730 | 01:27:50 | 05.51 | +0:39:47 | 0:13:12 / 835 | 0:22:27 / 842 | 0:38:08 / 848 | 0:47:18 / 844 | 1:03:12 / 853 | 1:12:36 / 851 |
| 841 | 373 | KALUSKA Bożena | Opole | POL | | 77 K30/41 | K / 111 | Woje/291 01:27:59 | 05.51 | +0:39:56 | 0:12:23 / 761 | 0:20:52 / 754 | 0:36:08 / 776 | 0:45:28 / 790 | 1:01:31 / 807 | 1:11:21 / 824 |
| 842 | 692 | NAGABA Grzegorz | Krapkowice | POL | Drink Team | 73 M40/204 | M / 731 | Woje/292 01:28:04 | 05.52 | +0:40:01 | 0:13:03 / 823 | 0:22:04 / 821 | 0:37:14 / 816 | 0:46:27 / 824 | 1:02:28 / 830 | 1:11:54 / 838 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|------------------------|--------------------|-----------|-----------------------------------|---------|--------------------|-----------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 843 | 499 | KRZYWOKULSKI Krzysztof | Kluczbork | POL | Krzywokulski.pl | 71 | M40/205 M / 732 | 01:28:06 | 05.52 | +0:40:03 | 0:13:23 / 858 | 0:22:17 / 831 | 0:37:34 / 829 | 0:46:50 / 828 | 1:02:45 / 840 | 1:11:57 / 841 |
| 844 | 876 | ROWIŃSKI Sławomir | Krapkowice | POL | Drink Team | 63 | M50/109 M / 733 | 01:28:06 | 05.52 | +0:40:04 | 0:13:04 / 825 | 0:22:04 / 822 | 0:37:14 / 815 | 0:46:27 / 825 | 1:02:28 / 832 | 1:11:54 / 839 |
| 845 | 318 | JABŁOŃSKI Kazimierz | Prądy | POL | | 51 | M60/59 M / 734 | 01:28:11 | 05.52 | +0:40:08 | 0:13:11 / 833 | 0:22:22 / 840 | 0:38:03 / 843 | 0:47:09 / 839 | 1:03:02 / 847 | 1:12:23 / 848 |
| 846 | 4697 | MISIEWICZ Jarosław | Opole | POL | | 75 | M30/216 M / 735 | 01:28:23 | 05.53 | +0:40:21 | 0:13:44 / 900 | 0:23:10 / 895 | 0:39:09 / 882 | 0:48:31 / 876 | 1:04:23 / 874 | 1:13:28 / 859 |
| 847 | 485 | KRASOWSKI Grzegorz | Walidrog | POL | | 68 | M40/206 M / 736 | 01:28:24 | 05.53 | +0:40:21 | 0:11:11 / 553 | 0:19:01 / 560 | 0:32:22 / 564 | 0:40:59 / 601 | 0:58:08 / 715 | 1:08:33 / 750 |
| 848 | 573 | LYŻWIŃSKA Marta | Gliwice | POL | Brak | 76 | K30/42 K / 112 | 01:28:24 | 05.53 | +0:40:22 | 0:12:42 / 799 | 0:21:33 / 803 | 0:36:51 / 806 | 0:46:10 / 811 | 1:02:15 / 827 | 1:12:02 / 842 |
| 849 | 1042 | SZYMCZYNA Zdzisław | Kraków | POL | Kkb Dystans Kraków - Roa Szczecin | 58 | M50/110 M / 737 | 01:28:31 | 05.54 | +0:40:28 | 0:13:13 / 837 | 0:22:38 / 859 | 0:38:27 / 868 | 0:47:51 / 865 | 1:03:42 / 859 | 1:13:01 / 855 |
| 850 | 1187 | ZŁOTO Dominika | Opole | POL | | 86 | K20/27 K / 113 | 01:28:31 | 05.54 | +0:40:29 | 0:13:24 / 862 | 0:22:37 / 855 | 0:38:13 / 852 | 0:47:33 / 853 | 1:03:10 / 852 | 1:12:38 / 853 |
| 851 | 438 | KOLBERG Damian | Lipks | GER | | 83 | M30/217 M / 738 | 01:28:37 | 05.54 | +0:40:35 | 0:11:48 / 677 | 0:20:26 / 710 | 0:35:39 / 750 | 0:44:56 / 769 | 1:00:55 / 789 | 1:10:26 / 799 |
| 852 | 1046 | SZYSZKA Kasia-ewa | Opole | POL | Bieg Opolski | 65 | K40/34 K / 114 | 01:28:45 | 05.55 | +0:40:43 | 0:12:12 / 729 | 0:21:13 / 782 | 0:36:44 / 800 | 0:46:02 / 807 | 1:01:55 / 821 | 1:11:40 / 831 |
| 853 | 636 | MAZUR Maciej | Opole | POL | | 74 | M40/207 M / 739 | 01:28:47 | 05.55 | +0:40:44 | 0:13:35 / 895 | 0:23:07 / 892 | 0:39:05 / 878 | 0:48:35 / 877 | 1:04:18 / 871 | 1:13:36 / 866 |
| 854 | 4726 | NAREWSKI Łukasz | Strzelce Opolskie | POL | | 81 | M30/218 M / 740 | 01:28:53 | 05.55 | +0:40:51 | 0:12:38 / 793 | 0:21:07 / 773 | 0:36:13 / 782 | 0:45:35 / 794 | 1:01:41 / 809 | 1:11:36 / 830 |
| 855 | 1041 | SZYMAŃSKI Adam | Krotoszyn | POL | Ks Krotosz Krotoszyn | 71 | M40/208 M / 741 | 01:28:56 | 05.55 | +0:40:53 | 0:13:18 / 848 | 0:22:25 / 841 | 0:37:52 / 833 | 0:48:53 / 884 | 1:04:39 / 878 | 1:13:39 / 869 |
| 856 | 699 | NIEDBAŁA Aleksander | Kędzierzyn - Koźle | POL | Galareta | 85 | M20/141 M / 742 | 01:28:59 | 05.55 | +0:40:56 | 0:13:47 / 904 | 0:23:13 / 897 | 0:39:18 / 888 | 0:48:40 / 879 | 1:04:40 / 880 | 1:14:30 / 875 |
| 857 | 1158 | WRÓBEL Marek | Łask | POL | Niezrzeszony | 50 | M60/60 M / 743 | 01:29:23 | 05.57 | +0:41:21 | 0:13:00 / 821 | 0:21:59 / 819 | 0:37:17 / 819 | 0:46:47 / 827 | 1:03:16 / 855 | 1:12:54 / 854 |
| 858 | 429 | KOBOS Dariusz | Wrocław | POL | Przemysław Niezgódka Prorun | 83 | M30/219 M / 744 | 01:29:24 | 05.57 | +0:41:21 | 0:12:48 / 811 | 0:21:40 / 808 | 0:37:27 / 827 | 0:47:13 / 842 | 1:03:42 / 857 | 1:13:29 / 861 |
| 859 | 89 | BUCZAK Jarosław | Pińczów | POL | KI Ponidzie | 62 | M50/111 M / 745 | 01:29:30 | 05.58 | +0:41:27 | 0:13:21 / 853 | 0:22:42 / 869 | 0:38:36 / 871 | 0:47:51 / 864 | 1:04:05 / 868 | 1:13:36 / 867 |
| 860 | 799 | PIKULSKI Mieczysław | Pińczów | POL | KI Ponidzie Pińczów | 43 | M70/6 M / 746 | 01:29:30 | 05.58 | +0:41:28 | 0:13:20 / 852 | 0:22:42 / 868 | 0:38:36 / 872 | 0:47:52 / 866 | 1:04:05 / 869 | 1:13:37 / 868 |
| 861 | 445 | KOMAR Ewa | Wałbrzych | POL | Tempo Wałbrzych | 80 | K30/43 K / 115 | 01:29:32 | 05.58 | +0:41:29 | 0:13:26 / 868 | 0:22:41 / 864 | 0:38:27 / 867 | 0:47:55 / 869 | 1:04:04 / 867 | 1:13:29 / 860 |
| 862 | 396 | KAWALEROWICZ Marcin | Strzelce Opolskie | POL | Codefusion | 79 | M30/220 M / 747 | 01:29:39 | 05.58 | +0:41:36 | 0:13:32 / 888 | 0:22:47 / 876 | 0:38:29 / 869 | 0:47:39 / 858 | 1:03:42 / 858 | 1:13:19 / 857 |
| 863 | 630 | MATYSIAK Lidia | Koźmin Wlkp | POL | Truchtacz-dobrzyca | 90 | K20/28 K / 116 | 01:29:40 | 05.58 | +0:41:37 | 0:12:56 / 817 | 0:21:59 / 818 | 0:38:01 / 842 | 0:47:38 / 857 | 1:03:52 / 864 | 1:13:34 / 864 |
| 864 | 243 | GOIK Magdalena | Bytom | POL | Fhk | 71 | K40/35 K / 117 | 01:29:40 | 05.58 | +0:41:37 | 0:13:00 / 820 | 0:22:12 / 827 | 0:37:56 / 834 | 0:47:14 / 843 | 1:03:39 / 856 | 1:13:12 / 856 |
| 865 | 174 | DUDEK Jan | Tarnowskie Gory | POL | | 50 | M60/61 M / 748 | 01:29:54 | 05.59 | +0:41:51 | 0:13:14 / 842 | 0:22:35 / 850 | 0:38:26 / 865 | 0:47:56 / 871 | 1:04:17 / 870 | 1:13:55 / 872 |
| 866 | 500 | KRZYŻOWSKI Tomasz | Ozimek | POL | | 62 | M50/112 M / 749 | 01:29:56 | 05.59 | +0:41:53 | 0:13:27 / 875 | 0:22:45 / 875 | 0:38:37 / 873 | 0:47:55 / 870 | 1:04:02 / 866 | 1:13:52 / 871 |
| 867 | 4696 | ŻUREK Celina | Opole | POL | | 70 | K40/36 K / 118 | 01:30:01 | 06.00 | +0:41:58 | 0:13:08 / 828 | 0:22:18 / 835 | 0:37:59 / 836 | 0:47:34 / 854 | 1:03:44 / 861 | 1:13:25 / 858 |
| 868 | 407 | KIKLAISZ Elżbieta | Siedlec | POL | Pik Izbicko | 73 | K40/37 K / 119 | 01:30:11 | 06.00 | +0:42:09 | 0:13:24 / 859 | 0:22:41 / 865 | 0:38:31 / 870 | 0:47:53 / 867 | 1:03:58 / 865 | 1:13:48 / 870 |
| 869 | 788 | PIEKAREC Czesław | Tarnowskie Góry | POL | Niezrzeszony | 39 | M70/7 M / 750 | 01:30:14 | 06.00 | +0:42:11 | 0:12:47 / 810 | 0:21:55 / 816 | 0:37:32 / 828 | 0:46:50 / 830 | 1:02:51 / 844 | 1:12:37 / 852 |
| 870 | 321 | JAGOŚ Dariusz | Bobrowniki | POL | | 76 | M30/221 M / 751 | 01:30:20 | 06.01 | +0:42:18 | 0:12:16 / 745 | 0:21:11 / 780 | 0:36:44 / 802 | 0:45:53 / 802 | 1:02:06 / 823 | 1:12:14 / 845 |
| 871 | 608 | MARCZEWSKI Marcin | Sosnowiec | POL | | 80 | M30/222 M / 752 | 01:30:28 | 06.01 | +0:42:26 | 0:13:25 / 864 | 0:22:37 / 858 | 0:38:20 / 859 | 0:47:35 / 855 | 1:03:42 / 860 | 1:13:34 / 863 |
| 872 | 830 | POŹNIAK Łukasz | Wróblewice | POL | | 75 | M30/223 M / 753 | 01:30:47 | 06.03 | +0:42:45 | 0:13:49 / 910 | 0:23:22 / 899 | 0:39:10 / 883 | 0:48:42 / 881 | 1:04:20 / 872 | 1:13:56 / 873 |
| 873 | 617 | PLOCIŃSKA | Chmielów | POL | | 89 | K20/29 K / 120 | 01:30:55 | 06.03 | +0:42:53 | 0:13:25 / 863 | 0:22:32 / 846 | 0:39:01 / 876 | 0:48:01 / 874 | 1:03:50 / 863 | 1:13:32 / 862 |
| 874 | 419 | KLIMCZAK Bronisław | Częstochowa | POL | Amator-częstochowa | 56 | M50/113 M / 754 | 01:31:02 | 06.04 | +0:42:59 | 0:12:40 / 797 | 0:22:03 / 820 | 0:37:58 / 835 | 0:47:32 / 852 | 1:04:21 / 873 | 1:14:19 / 874 |
| 875 | 719 | NOWICKA Adriana | Dobrzyca | POL | Truchtacz Dobrzyca | 92 | K20/30 K / 121 | 01:31:09 | 06.04 | +0:43:07 | 0:12:56 / 818 | 0:22:09 / 824 | 0:38:27 / 866 | 0:48:01 / 873 | 1:04:31 / 876 | 1:14:30 / 876 |
| 876 | 414 | KIRYK Natalia | Czarnowasy | POL | Niezrzeszona | 92 | K20/31 K / 122 | 01:31:09 | 06.04 | +0:43:07 | 0:14:44 / 929 | 0:24:22 / 920 | 0:40:37 / 909 | 0:50:11 / 904 | 1:06:26 / 887 | 1:16:02 / 885 |
| 877 | 1172 | ZAPOTOCZNA Renata | Gliwice | POL | | 74 | K40/38 K / 123 | 01:32:29 | 06.09 | +0:44:26 | 0:13:17 / 845 | 0:22:34 / 847 | 0:38:49 / 874 | 0:48:23 / 875 | 1:04:39 / 879 | 1:14:42 / 877 |
| 878 | 959 | SOWIŃSKI Walerian | Gliwice | POL | Gliwice | 46 | M60/62 M / 755 | 01:32:35 | 06.10 | +0:44:32 | 0:13:22 / 856 | 0:23:26 / 901 | 0:39:57 / 897 | 0:49:42 / 894 | 1:06:36 / 893 | 1:15:56 / 884 |
| 879 | 317 | JABŁOŃSKA Marzena | Sosnowiec | POL | Harpagan Sosnowiec | 80 | K30/44 K / 124 | 01:32:43 | 06.10 | +0:44:41 | 0:13:14 / 843 | 0:22:34 / 849 | 0:39:06 / 879 | 0:48:52 / 883 | 1:05:56 / 884 | 1:15:53 / 883 |
| 880 | 1188 | ZNAMIROWSKI Krzysztof | Wrocław | POL | Radio Wrocław | 72 | M40/209 M / 756 | 01:32:49 | 06.11 | +0:44:47 | 0:13:08 / 827 | 0:22:39 / 860 | 0:39:06 / 880 | 0:48:37 / 878 | 1:05:05 / 881 | 1:15:13 / 880 |
| 881 | 489 | KRÓTKA Elżbieta | Zabrze | POL | | 54 | K60/4 K / 125 | 01:32:58 | 06.11 | +0:44:55 | 0:13:48 / 909 | 0:23:28 / 902 | 0:39:57 / 898 | 0:49:47 / 895 | 1:06:28 / 888 | 1:16:08 / 886 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | |
|----------|--------|------------------------|-------------------|-----------|------------------------------|---------|--------------------|--------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| 882 | 147 | DANIK Krzysztof | Opole | POL | Pge Feniks Opole | 69 | M40/210 M / 757 | Wojce/305 01:33:00 | 06.12 | +0:44:57 | 0:14:11 / 917 | 0:24:05 / 914 | 0:40:57 / 913 | 0:50:29 / 908 | 1:06:49 / 896 | 1:16:37 / 890 |
| 883 | 4578 | ZEMYKA Zbigniew | Kraków | POL | Kora | 54 | M60/63 M / 758 | 01:33:14 | 06.12 | +0:45:11 | 0:13:39 / 897 | 0:22:59 / 888 | 0:39:15 / 885 | 0:48:49 / 882 | 1:05:28 / 882 | 1:15:42 / 882 |
| 884 | 804 | PIOTROWSKI Marek | Oleśnica | POL | Kb Szerszeń Oleśnica | 75 | M30/224 M / 759 | 01:33:16 | 06.13 | +0:45:13 | 0:13:24 / 860 | 0:22:55 / 884 | 0:39:26 / 890 | 0:49:23 / 889 | 1:06:30 / 890 | 1:16:23 / 887 |
| 885 | 4586 | PRZYBYŁ Monika | Kluczbork | POL | | 85 | K20/32 K / 126 | Wojce/306 01:33:16 | 06.13 | +0:45:14 | 0:13:13 / 838 | 0:22:41 / 867 | 0:38:51 / 875 | 0:48:41 / 880 | 1:05:36 / 883 | 1:15:33 / 881 |
| 886 | 99 | BULKOWSKA Elzbieta | Oleśnica | POL | | 68 | K40/39 K / 127 | 01:33:19 | 06.13 | +0:45:16 | 0:13:27 / 874 | 0:22:57 / 886 | 0:39:30 / 893 | 0:49:26 / 890 | 1:06:32 / 892 | 1:16:26 / 888 |
| 887 | 1086 | URACZ Łukasz | Sosnowiec | POL | Harpagan Sosnowiec | 79 | M30/225 M / 760 | 01:33:21 | 06.13 | +0:45:18 | 0:12:06 / 715 | 0:20:48 / 747 | 0:36:40 / 796 | 0:46:51 / 832 | 1:04:35 / 877 | 1:15:07 / 879 |
| 888 | 1168 | ZAJDEL Dariusz | Zawadzkie | POL | | 61 | M50/114 M / 761 | Powil/19 01:33:31 | 06.14 | +0:45:28 | 0:13:54 / 914 | 0:24:01 / 912 | 0:40:45 / 910 | 0:50:32 / 909 | 1:07:29 / 907 | 1:17:44 / 906 |
| 889 | 1151 | WOŹNICA Robert | Borucin | POL | Wkb Meta Lubliniec | 64 | M50/115 M / 762 | 01:33:33 | 06.14 | +0:45:31 | 0:13:19 / 850 | 0:22:37 / 856 | 0:39:02 / 877 | 0:49:00 / 885 | 1:06:19 / 886 | 1:16:33 / 889 |
| 890 | 348 | JENDRYCA Denis | Górki | POL | Lks Osir Komprachcice | 94 | M20/142 M / 763 | 01:33:47 | 06.15 | +0:45:45 | 0:13:30 / 881 | 0:22:40 / 862 | 0:38:18 / 858 | 0:47:51 / 863 | 1:04:29 / 875 | 1:14:52 / 878 |
| 891 | 411 | KINAL Magdalena | Wrocław | POL | | 86 | K20/33 K / 128 | 01:33:58 | 06.15 | +0:45:56 | 0:13:51 / 911 | 0:23:30 / 904 | 0:39:57 / 899 | 0:49:48 / 896 | 1:07:10 / 902 | 1:17:14 / 897 |
| 892 | 526 | KURYŁO Katarzyna | Opole | POL | | 94 | K20/34 K / 129 | Wojce/307 01:34:06 | 06.16 | +0:46:04 | 0:13:23 / 857 | 0:22:51 / 882 | 0:39:12 / 884 | 0:49:07 / 886 | 1:06:19 / 885 | 1:16:43 / 891 |
| 893 | 1110 | WIĄCEK Monika | Bielsko-biała | POL | -dopiero Zaczynam | 83 | K30/45 K / 130 | 01:34:14 | 06.16 | +0:46:11 | 0:13:20 / 851 | 0:22:47 / 878 | 0:39:19 / 889 | 0:49:17 / 888 | 1:06:30 / 891 | 1:16:57 / 893 |
| 894 | 439 | KOŁACZEK Katarzyna | Bielsko-biała | POL | Chyba Dam Radę | 80 | K30/46 K / 131 | 01:34:14 | 06.16 | +0:46:11 | 0:13:18 / 849 | 0:22:44 / 873 | 0:39:18 / 887 | 0:49:14 / 887 | 1:06:30 / 889 | 1:16:56 / 892 |
| 895 | 1179 | WĘGLER Zbigniew | Sosnowiec | POL | | 46 | M60/64 M / 764 | 01:34:25 | 06.17 | +0:46:23 | 0:13:30 / 882 | 0:23:14 / 898 | 0:40:07 / 903 | 0:50:22 / 907 | 1:07:42 / 909 | 1:17:49 / 908 |
| 896 | 1039 | SZYBURSKI Stanisław | Zabrze | POL | | 69 | M40/211 M / 765 | 01:34:29 | 06.17 | +0:46:26 | 0:13:48 / 906 | 0:23:30 / 903 | 0:39:58 / 900 | 0:49:52 / 897 | 1:07:04 / 898 | 1:17:09 / 895 |
| 897 | 1129 | WITCZAK Elzbieta | Zabrze | POL | Zabrzanie Pozytywnie Aktywni | 66 | K40/40 K / 132 | 01:34:32 | 06.18 | +0:46:30 | 0:13:48 / 907 | 0:23:31 / 905 | 0:40:00 / 901 | 0:49:53 / 899 | 1:07:07 / 900 | 1:17:05 / 894 |
| 898 | 204 | FLORCZUK Mieczysław | Brzeg | POL | - | 65 | M40/212 M / 766 | Wojce/308 01:34:34 | 06.18 | +0:46:32 | 0:12:32 / 785 | 0:21:26 / 796 | 0:37:06 / 814 | 0:46:21 / 820 | 1:02:45 / 839 | 1:13:36 / 865 |
| 899 | 46 | BIAŁOŻYD Andrzej | Wrocław | POL | | 58 | M50/116 M / 767 | 01:34:45 | 06.19 | +0:46:42 | 0:13:48 / 908 | 0:23:36 / 907 | 0:40:24 / 907 | 0:50:13 / 905 | 1:07:19 / 903 | 1:17:19 / 901 |
| 900 | 47 | BIAŁOŻYD Bożena | Wrocław | POL | | 59 | K50/9 K / 133 | 01:34:46 | 06.19 | +0:46:44 | 0:13:47 / 903 | 0:23:37 / 908 | 0:40:25 / 908 | 0:50:15 / 906 | 1:07:20 / 904 | 1:17:18 / 899 |
| 901 | 326 | JANIK Monika | Wrocław | POL | | 78 | K30/47 K / 134 | 01:34:52 | 06.19 | +0:46:50 | 0:14:15 / 919 | 0:24:14 / 917 | 0:40:58 / 914 | 0:50:55 / 912 | 1:07:50 / 910 | 1:18:06 / 910 |
| 902 | 404 | KĘPA Wiesław | Bielawa | POL | Wielka Sowa | 59 | M50/117 M / 768 | 01:34:53 | 06.19 | +0:46:50 | 0:13:46 / 902 | 0:23:22 / 900 | 0:39:56 / 896 | 0:49:54 / 900 | 1:07:08 / 901 | 1:17:34 / 905 |
| 903 | 1047 | ŚCIBISZ Bogdan | Sosnowiec | POL | Tkksaturnczeladz | 43 | M70/8 M / 769 | 01:34:54 | 06.19 | +0:46:52 | 0:13:29 / 880 | 0:22:57 / 887 | 0:39:42 / 894 | 0:49:56 / 901 | 1:07:27 / 906 | 1:17:24 / 902 |
| 904 | 4808 | SOJKA Anna | Wolbrom | POL | Harpagan Sosnowiec | 94 | K20/35 K / 135 | 01:35:03 | 06.20 | +0:47:00 | 0:13:25 / 865 | 0:23:08 / 893 | 0:40:04 / 902 | 0:50:09 / 903 | 1:07:32 / 908 | 1:17:46 / 907 |
| 905 | 77 | BRODIUK Norbert | Gliwice | POL | Paulus | 73 | M40/213 M / 770 | 01:35:08 | 06.20 | +0:47:05 | 0:13:11 / 832 | 0:22:47 / 877 | 0:39:27 / 891 | 0:49:30 / 892 | 1:07:04 / 899 | 1:17:32 / 904 |
| 906 | 1114 | WIELOWSKA Urszula | Hajduki Nyskie | POL | Nysa Biega | 72 | K40/41 K / 136 | Wojce/309 01:35:13 | 06.20 | +0:47:11 | 0:13:34 / 890 | 0:23:12 / 896 | 0:39:49 / 895 | 0:49:53 / 898 | 1:07:22 / 905 | 1:17:53 / 909 |
| 907 | 796 | PIJANKA Ewa | Opole | POL | | 91 | K20/36 K / 137 | Wojce/310 01:35:22 | 06.21 | +0:47:19 | 0:13:17 / 847 | 0:22:44 / 871 | 0:39:16 / 886 | 0:49:29 / 891 | 1:06:54 / 897 | 1:17:29 / 903 |
| 908 | 112 | CHLEBDA Zofia | Opole | POL | Niezrzeszony | 83 | K30/48 K / 138 | Wojce/311 01:35:30 | 06.22 | +0:47:27 | 0:13:00 / 819 | 0:22:32 / 844 | 0:39:28 / 892 | 0:49:34 / 893 | 1:06:43 / 895 | 1:17:16 / 898 |
| 909 | 609 | MARCZYK Grzegorz | Opole | POL | | 74 | M40/214 M / 771 | Wojce/312 01:36:20 | 06.25 | +0:48:17 | 0:14:17 / 920 | 0:23:48 / 909 | 0:40:20 / 906 | 0:50:00 / 902 | 1:06:39 / 894 | 1:17:18 / 900 |
| 910 | 246 | GOLI Wilhelm | Jemielnica | POL | | 47 | M60/65 M / 772 | Powil/20 01:36:32 | 06.26 | +0:48:30 | 0:14:08 / 916 | 0:24:11 / 915 | 0:41:25 / 917 | 0:51:28 / 914 | 1:08:58 / 913 | 1:19:11 / 911 |
| 911 | 245 | GOLI Leszek | Warszawa | POL | | 76 | M30/226 M / 773 | 01:36:32 | 06.26 | +0:48:30 | 0:14:08 / 915 | 0:24:13 / 916 | 0:41:23 / 916 | 0:51:29 / 915 | 1:09:00 / 914 | 1:19:12 / 912 |
| 912 | 539 | LAMM Magdalena | Otmice | POL | - | 85 | K20/37 K / 139 | Powil/21 01:37:15 | 06.29 | +0:49:12 | 0:14:34 / 927 | 0:24:40 / 922 | 0:41:52 / 920 | 0:51:56 / 919 | 1:09:17 / 916 | 1:19:45 / 915 |
| 913 | 443 | KOŁODZIEJCZYK Karolina | Strzelce Opolskie | POL | | 85 | K20/38 K / 140 | Gmin/71 01:37:19 | 06.29 | +0:49:16 | 0:14:38 / 928 | 0:24:42 / 923 | 0:41:55 / 921 | 0:52:00 / 921 | 1:09:21 / 918 | 1:19:50 / 916 |
| 914 | 623 | MATUSZEK Dariusz | Kąty Opolskie | POL | - | 68 | M40/215 M / 774 | Wojce/313 01:38:00 | 06.32 | +0:49:57 | 0:13:32 / 889 | 0:23:07 / 891 | 0:40:18 / 905 | 0:50:45 / 910 | 1:08:33 / 912 | 1:19:22 / 913 |
| 915 | 624 | MATUSZEK Dorota | Kąty Opolskie | POL | - | 72 | K40/42 K / 141 | Wojce/314 01:38:01 | 06.32 | +0:49:58 | 0:13:32 / 887 | 0:23:06 / 890 | 0:40:17 / 904 | 0:50:45 / 911 | 1:08:32 / 911 | 1:19:23 / 914 |
| 916 | 1132 | WITKOWSKI Rafał | Lewin Brzeski | POL | Lewin Biega | 83 | M30/227 M / 775 | Wojce/315 01:39:00 | 06.36 | +0:50:58 | 0:12:19 / 750 | 0:21:00 / 764 | 0:36:12 / 780 | 0:46:12 / 814 | 1:03:46 / 862 | 1:17:12 / 896 |
| 917 | 591 | MAJEWSKI Zbigniew | Brzeg | POL | | 64 | M50/118 M / 776 | Wojce/316 01:39:04 | 06.36 | +0:51:01 | 0:13:51 / 912 | 0:24:04 / 913 | 0:41:33 / 918 | 0:51:40 / 918 | 1:09:15 / 915 | 1:19:59 / 917 |
| 918 | 733 | ORIAN Anna | Zdzieszowice | POL | Ks `koziolak` | 75 | K30/49 K / 142 | Wojce/317 01:39:28 | 06.37 | +0:51:25 | 0:14:26 / 923 | 0:24:18 / 919 | 0:41:06 / 915 | 0:51:30 / 916 | 1:09:49 / 919 | 1:20:42 / 918 |
| 919 | 460 | KORMAN Patrycja | Wrocław | POL | | 82 | K30/50 K / 143 | 01:40:06 | 06.40 | +0:52:03 | 0:13:31 / 883 | 0:23:08 / 894 | 0:40:50 / 911 | 0:51:23 / 913 | 1:09:52 / 920 | 1:20:48 / 919 |
| 920 | 432 | KOCIEL Jarosław | Bytom | POL | | 69 | M40/216 M / 777 | 01:40:57 | 06.43 | +0:52:55 | 0:13:40 / 898 | 0:24:15 / 918 | 0:42:09 / 922 | 0:54:18 / 927 | 1:11:35 / 922 | 1:24:46 / 926 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | | | | | | |
|----------|--------|-------------------------|------------------|-----------|-------------------------|------------|--------------------|--------------------------|------------|----------|---------------|---------------|---------------|---------------|---------------|---------------|--|
| 921 | 160 | DOLATA Leszek | Syców | POL | Kb Lupus Oleśnica | 58 M50/119 | M / 778 | 01:41:09 | 06.44 | +0:53:06 | 0:13:35 / 894 | 0:23:56 / 911 | 0:41:42 / 919 | 0:51:59 / 920 | 1:09:57 / 921 | 1:20:56 / 920 | |
| 922 | 1150 | WOŹNIAK Barbara | Zagórze | POL | Ks Limanowa 'forrest' | 55 K50/10 | K / 144 | Niep/18 01:41:42 | 06.46 | +0:53:40 | 0:14:28 / 925 | 0:24:51 / 924 | 0:42:47 / 924 | 0:53:24 / 922 | 1:11:41 / 923 | 1:22:52 / 921 | |
| 923 | 964 | STADNICZUK Michał | Mikowice | POL | Luks Żórawina | 30 M70/9 | M / 779 | Woje/318 01:41:45 | 06.47 | +0:53:42 | 0:14:33 / 926 | 0:25:12 / 927 | 0:43:04 / 926 | 0:53:53 / 925 | 1:12:15 / 924 | 1:23:10 / 922 | |
| 924 | 202 | FLAK Ewa | Bytom | POL | | 75 K30/51 | K / 145 | 01:42:15 | 06.49 | +0:54:13 | 0:14:28 / 924 | 0:24:55 / 926 | 0:43:02 / 925 | 0:54:00 / 926 | 1:12:38 / 926 | 1:23:56 / 924 | |
| 925 | 965 | STAGROWSKA Jadwiga | Lewin Brzeski | POL | | 54 K60/5 | K / 146 | Woje/319 01:42:37 | 06.50 | +0:54:35 | 0:14:20 / 921 | 0:24:38 / 921 | 0:42:30 / 923 | 0:53:30 / 923 | 1:12:31 / 925 | 1:23:51 / 923 | |
| 926 | 4602 | STROJWAŚ Anna | Wrocław | POL | Wkb Piast Wrocław | 57 K50/11 | K / 147 | 01:43:25 | 06.53 | +0:55:23 | 0:15:47 / 937 | 0:26:35 / 936 | 0:44:20 / 930 | 0:54:58 / 929 | 1:13:36 / 928 | 1:25:01 / 928 | |
| 927 | 387 | KASIERSKA Ewa katarzyna | Poznań | POL | Wkb Meta Lubliniec | 48 K60/6 | K / 148 | Niep/19 01:43:33 | 06.54 | +0:55:30 | 0:14:56 / 931 | 0:26:04 / 932 | 0:44:32 / 932 | 0:55:13 / 931 | 1:13:48 / 929 | 1:24:58 / 927 | |
| 928 | 877 | ROZBICKI Czesław | Wrocław | POL | | 46 M60/66 | M / 780 | 01:43:35 | 06.54 | +0:55:33 | 0:14:21 / 922 | 0:24:51 / 925 | 0:43:07 / 927 | 0:53:51 / 924 | 1:12:39 / 927 | 1:24:02 / 925 | |
| 929 | 1137 | WOJDYLA Mieczysław | Wrocław | POL | Pss Społem Pólnoc | 64 M50/120 | M / 781 | Niep/20 01:44:24 | 06.57 | +0:56:21 | 0:15:00 / 933 | 0:25:34 / 930 | 0:43:41 / 928 | 0:54:33 / 928 | 1:13:57 / 930 | 1:25:36 / 929 | |
| 930 | 4584 | ŻUK Józef | Wałbrzych | POL | Wkb Wałbrzych | 40 M70/10 | M / 782 | 01:46:16 | 07.05 | +0:58:14 | 0:15:15 / 935 | 0:26:26 / 934 | 0:45:15 / 935 | 0:56:19 / 933 | 1:15:15 / 933 | 1:26:31 / 930 | |
| 931 | 587 | MADEJ Józef | Oświęcim | POL | Zadzyszka Oświęcim | 51 M60/67 | M / 783 | 01:46:46 | 07.07 | +0:58:44 | 0:14:52 / 930 | 0:26:14 / 933 | 0:45:11 / 934 | 0:56:17 / 932 | 1:15:01 / 931 | 1:26:38 / 931 | |
| 932 | 1071 | TROJANOWSKA Ewa | Strzelin | POL | | 71 K40/43 | K / 149 | 01:47:06 | 07.08 | +0:59:04 | 0:14:59 / 932 | 0:25:44 / 931 | 0:44:15 / 929 | 0:55:10 / 930 | 1:15:08 / 932 | 1:26:51 / 932 | |
| 933 | 4587 | KUCZOK Anna | Wodzisław Śląski | POL | | 97 K20/39 | K / 150 | 01:48:57 | 07.15 | +1:00:55 | 0:13:44 / 901 | 0:25:16 / 928 | 0:44:24 / 931 | 0:56:26 / 934 | 1:17:08 / 935 | 1:29:54 / 936 | |
| 934 | 1022 | SZKOLNICKI Stanisław | Opole | POL | Niezrzeszony | 49 M60/68 | M / 784 | Woje/320 01:49:04 | 07.16 | +1:01:01 | 0:15:35 / 936 | 0:26:46 / 937 | 0:45:39 / 936 | 0:56:54 / 935 | 1:16:45 / 934 | 1:28:52 / 933 | |
| 935 | 524 | KUREK Edward | Katowice | POL | Mosir Czeladz | 39 M70/11 | M / 785 | 01:49:33 | 07.18 | +1:01:30 | 0:14:12 / 918 | 0:25:17 / 929 | 0:45:00 / 933 | 0:57:11 / 936 | 1:17:39 / 937 | 1:30:25 / 938 | |
| 936 | 857 | RAŁ Zdzisława | Gliwice | POL | Niezrzeszony | 55 K50/12 | K / 151 | 01:49:38 | 07.18 | +1:01:35 | 0:13:52 / 913 | 0:23:31 / 906 | 0:40:53 / 912 | 0:51:34 / 917 | 1:09:19 / 917 | 1:29:08 / 934 | |
| 937 | 29 | BARTOSZEWICZ Władysław | Opole | POL | Biegam Bo Lubię Opole | 50 M60/69 | M / 786 | Woje/321 01:50:21 | 07.21 | +1:02:18 | 0:15:01 / 934 | 0:26:30 / 935 | 0:46:02 / 938 | 0:57:47 / 938 | 1:18:40 / 938 | 1:30:08 / 937 | |
| 938 | 259 | GRACA Jan | Poznowice | POL | | 49 M60/70 | M / 787 | Powii/22Niep/21 01:50:27 | 07.21 | +1:02:24 | 0:15:47 / 938 | 0:26:56 / 938 | 0:45:59 / 937 | 0:57:30 / 937 | 1:17:30 / 936 | 1:29:44 / 935 | |
| 939 | 824 | POLOCZEK Marek | Wrocław | POL | Wkb Piast Wrocław | 55 M50/121 | M / 788 | 01:53:26 | 07.33 | +1:05:23 | 0:15:55 / 939 | 0:27:07 / 939 | 0:46:37 / 939 | 0:58:12 / 939 | 1:18:43 / 939 | 1:30:48 / 939 | |
| 940 | 269 | GRYGIEL Bolesław | Kędzierzyn-koźle | POL | Niezrzeszony | 47 M60/71 | M / 789 | Woje/322 02:03:30 | 08.14 | +1:15:28 | 0:16:41 / 940 | 0:28:33 / 940 | 0:48:32 / 940 | 1:00:49 / 940 | 1:23:03 / 940 | 1:37:57 / 940 | |