

| MIE. | IMIĘ | NAZWISKO | NR. STARTO | PŁEĆ | kat | MSC W K | POMIAR 1 | CZAS N |
|------|------------|--------------|------------|------|-----|---------|----------|----------|
| 1 | Tomasz | Osmulski | 61 | M | M30 | 1 | 00:16:11 | 00:31:49 |
| 2 | PATRYK | STYPUŁKOWSKI | 65 | M | M20 | 1 | 00:16:10 | 00:31:50 |
| 3 | ARTUR | KOZŁOWSKI | 472 | M | M30 | 2 | 00:16:10 | 00:31:56 |
| 4 | Błażej | Skowroński | 421 | M | M20 | 2 | 00:16:11 | 00:32:18 |
| 5 | Tomasz | Kisiel | 496 | M | M20 | 3 | 00:16:11 | 00:32:26 |
| 6 | MACIEJ | NITKA | 215 | M | M20 | 4 | 00:16:23 | 00:33:11 |
| 7 | KAMIL | BARON | 394 | M | M16 | 1 | 00:16:55 | 00:34:23 |
| 8 | Michał | Bejm | 491 | M | M16 | 2 | 00:17:28 | 00:35:06 |
| 9 | Paweł | Kopaczewski | 397 | M | M20 | 5 | 00:17:30 | 00:35:06 |
| 10 | Wiesław | Pyra | 409 | M | M40 | 1 | 00:17:28 | 00:35:09 |
| 11 | Michał | Kosior | 459 | M | M20 | 6 | 00:17:29 | 00:35:13 |
| 12 | Łukasz | Hryniów | 403 | M | M30 | 3 | 00:17:29 | 00:35:19 |
| 13 | Michał | Rzempołuch | 423 | M | M20 | 7 | 00:18:06 | 00:36:41 |
| 14 | Jerzy | Urbańczyk | 9 | M | M50 | 1 | 00:18:07 | 00:36:42 |
| 15 | Krzysztof | Tomaszewski | 151 | M | M40 | 2 | 00:18:08 | 00:36:42 |
| 16 | Łukasz | Sobera | 53 | M | M20 | 8 | 00:18:13 | 00:36:46 |
| 17 | Sylwester | Rębacz | 117 | M | M40 | 3 | 00:18:14 | 00:37:25 |
| 18 | Bartłomiej | Szukalski | 137 | M | M20 | 9 | 00:18:33 | 00:37:36 |
| 19 | NADRATO | MARCIN | 93 | M | M20 | 10 | 00:18:43 | 00:37:37 |
| 20 | Piotr | Kruk | 171 | M | M30 | 4 | 00:18:41 | 00:37:57 |
| 21 | Kamil | Papierski | 146 | M | M20 | 11 | 00:18:52 | 00:38:02 |
| 22 | Piotr | Wójcik | 199 | M | M20 | 12 | 00:19:04 | 00:38:13 |
| 23 | Daniel | Michalski | 323 | M | M20 | 13 | 00:18:49 | 00:38:16 |
| 24 | JAKUB | MICHALAK | 128 | M | M30 | 5 | 00:19:07 | 00:38:20 |
| 25 | GRZEGORZ | STOPAREK | 191 | M | M40 | 4 | 00:18:59 | 00:38:25 |
| 26 | Damian | Szczesny | 226 | M | M30 | 6 | 00:18:59 | 00:38:27 |
| 27 | Piotr | Kęszka | 239 | M | M30 | 7 | 00:19:09 | 00:38:39 |
| 28 | Marian | Waligóra | 494 | M | M50 | 2 | 00:19:17 | 00:38:42 |
| 29 | Robert | Sobczak | 229 | M | M30 | 8 | 00:19:41 | 00:38:44 |
| 30 | Natalia | Grzegorzczak | 435 | K | K16 | 1 | 00:19:16 | 00:38:59 |
| 31 | Kamil | Romas | 458 | M | M16 | 3 | 00:19:02 | 00:39:02 |
| 32 | Zdzisław | Kluf | 352 | M | M50 | 3 | 00:19:17 | 00:39:04 |
| 33 | Łukasz | Gabrych | 317 | M | M30 | 9 | 00:19:43 | 00:39:05 |
| 34 | Jakub | Strzelecki | 258 | M | M50 | 4 | 00:19:43 | 00:39:14 |
| 35 | Przemysław | Balcerzak | 73 | M | M20 | 14 | 00:19:34 | 00:39:16 |
| 36 | TOMASZ | ANTOSIAK | 395 | M | M30 | 10 | 00:19:41 | 00:39:16 |
| 37 | Paweł | Buęcicka | 34 | M | M30 | 11 | 00:19:32 | 00:39:16 |
| 38 | PRZEMYSŁ | JUCHA | 224 | M | M30 | 12 | 00:19:41 | 00:39:16 |
| 39 | Agnieszka | Kuzyk | 390 | K | K40 | 1 | 00:19:26 | 00:39:26 |
| 40 | HUBERT | KOŁACZEK | 212 | M | M20 | 15 | 00:19:51 | 00:39:30 |
| 41 | ROBERT | WÓJCIK | 52 | M | M40 | 5 | 00:19:51 | 00:39:30 |
| 42 | Grzegorz | Maciaszek | 347 | M | M40 | 6 | 00:19:22 | 00:39:34 |
| 43 | Jan | Sobera | 50 | M | M50 | 5 | 00:19:40 | 00:39:36 |
| 44 | Patryk | Pawłowski | 401 | M | M16 | 4 | 00:19:33 | 00:39:41 |
| 45 | Marek | Bocain | 320 | M | M50 | 6 | 00:19:40 | 00:39:42 |
| 46 | Piotr | Goździk | 1 | M | M20 | 16 | 00:19:36 | 00:39:43 |
| 47 | Mariusz W | Więta | 329 | M | M30 | 13 | 00:19:14 | 00:39:48 |
| 48 | karol | maciaszczyk | 253 | M | M30 | 14 | 00:19:36 | 00:39:50 |
| 49 | PAWEŁ | SZYKTANC | 474 | M | M20 | 17 | 00:19:50 | 00:39:50 |
| 50 | Mariusz | Rostek | 453 | M | M40 | 7 | 00:19:43 | 00:39:54 |
| 51 | MICHAŁ | KARWOWSKI | 107 | M | M30 | 15 | 00:19:41 | 00:39:54 |
| 52 | Konrad | Grzyb | 414 | M | M20 | 18 | 00:20:08 | 00:39:57 |

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|-----|------------|---------------|-----|---|-----|----|----------|----------|
| 53 | MATEUSZ | JUCHNER | 331 | M | M16 | 5 | 00:19:58 | 00:40:08 |
| 54 | | | 379 | | | | 00:19:59 | 00:40:09 |
| 55 | Arkadiusz | Gęsiak | 237 | M | M30 | 16 | 00:19:35 | 00:40:10 |
| 56 | Michał | Zientera | 398 | M | M16 | 6 | 00:20:34 | 00:40:13 |
| 57 | Janusz | Romanowicz | 207 | M | M20 | 19 | 00:19:43 | 00:40:16 |
| 58 | Adam | Mielczarek | 101 | M | M30 | 17 | 00:20:07 | 00:40:22 |
| 59 | Piotr | Wróblewski | 315 | M | M40 | 8 | 00:20:15 | 00:40:22 |
| 60 | Artur | Jasiński | 192 | M | M40 | 9 | 00:19:48 | 00:40:25 |
| 61 | paweł | Drażek | 468 | M | M40 | 10 | 00:20:14 | 00:40:29 |
| 62 | DOMINIK | SZYMAŃSKI | 177 | M | M16 | 7 | 00:19:00 | 00:40:32 |
| 63 | Maciej | Ruta | 214 | M | M30 | 18 | 00:20:00 | 00:40:36 |
| 64 | Rafał | Lemanik | 327 | M | M20 | 20 | 00:20:14 | 00:40:58 |
| 65 | Tomasz | Krawczyk | 495 | M | M20 | 21 | 00:20:42 | 00:41:06 |
| 66 | Jacek | Raducki | 188 | M | M40 | 11 | 00:20:32 | 00:41:12 |
| 67 | Piotr | Kułak | 243 | M | M20 | 22 | 00:20:16 | 00:41:18 |
| 68 | KATARZYNA | WERNER | 300 | K | K20 | 1 | 00:20:20 | 00:41:19 |
| 69 | Marcin | Gabrysiak | 400 | M | M30 | 19 | 00:20:50 | 00:41:19 |
| 70 | | | 346 | | | | 00:19:52 | 00:41:24 |
| 71 | Jacek | Jędrzejczyk | 337 | M | M30 | 20 | 00:20:01 | 00:41:25 |
| 72 | PIOTR | SZCZEPANIAK | 411 | M | M30 | 21 | 00:20:29 | 00:41:27 |
| 73 | Przemysław | Makles | 413 | M | M30 | 22 | 00:20:48 | 00:41:31 |
| 74 | Sylwester | Wojciechowski | 42 | M | M40 | 12 | 00:20:29 | 00:41:32 |
| 75 | Dominik | Grudzien | 135 | M | M30 | 23 | 00:20:51 | 00:41:38 |
| 76 | TOMASZ | KOŁATEK | 475 | M | M50 | 7 | 00:20:28 | 00:41:39 |
| 77 | Andrzej | Wojciechowski | 88 | M | M40 | 13 | 00:20:31 | 00:41:40 |
| 78 | piotr | MIEDZIŃSKI | 59 | M | M30 | 24 | 00:20:36 | 00:41:40 |
| 79 | Robert | Błaszczak | 485 | M | M30 | 25 | 00:20:22 | 00:41:49 |
| 80 | Damian | Mikołajczyk | 449 | M | M20 | 23 | 00:20:09 | 00:41:55 |
| 81 | Kacper | Krawczyk | 280 | M | M16 | 8 | 00:19:43 | 00:41:57 |
| 82 | Bartosz | Jarząbek | 105 | M | M30 | 26 | 00:21:07 | 00:42:02 |
| 83 | Janusz | Rogowski | 296 | M | M20 | 24 | 00:20:51 | 00:42:04 |
| 84 | Czesław | Werner | 279 | M | M50 | 8 | 00:20:41 | 00:42:20 |
| 85 | PIOTR | BAK | 282 | M | M30 | 27 | 00:21:13 | 00:42:27 |
| 86 | Sławomir | Kurzawa | 399 | M | M50 | 9 | 00:21:31 | 00:42:31 |
| 87 | Artur | Janecka | 432 | M | M30 | 28 | 00:21:13 | 00:42:32 |
| 88 | SZYMON | KAŻMIERCZAK | 144 | M | M16 | 9 | 00:20:41 | 00:42:33 |
| 89 | Piotr | Małek | 437 | M | M40 | 14 | 00:21:12 | 00:42:33 |
| 90 | BARTEK | CIERPLIKOWSKI | 389 | M | M16 | 10 | 00:20:33 | 00:42:43 |
| 91 | Piotr | Cieślik | 306 | M | M40 | 15 | 00:21:24 | 00:42:46 |
| 92 | Jacek | Bienias | 152 | M | M40 | 16 | 00:21:24 | 00:42:49 |
| 93 | Hubert | Witkowski | 262 | M | M30 | 29 | 00:21:14 | 00:42:50 |
| 94 | Radek | Stolarczyk | 360 | M | M30 | 30 | 00:21:53 | 00:42:56 |
| 95 | Andrzej | Wieloch | 492 | M | M50 | 10 | 00:21:12 | 00:42:58 |
| 96 | Kordian | Pilarski | 241 | M | M20 | 25 | 00:22:09 | 00:43:04 |
| 97 | Rafał | Gobelny | 445 | M | M30 | 31 | 00:22:06 | 00:43:14 |
| 98 | TOMASZ | DYGA | 14 | K | K30 | 1 | 00:22:12 | 00:43:17 |
| 99 | hieronim | klimczak | 31 | M | M30 | 32 | 00:22:29 | 00:43:19 |
| 100 | ADAM | OLKUSZ | 465 | M | M30 | 33 | 00:22:38 | 00:43:30 |
| 101 | Paweł | Skotnicki | 197 | M | M30 | 34 | 00:21:13 | 00:43:31 |
| 102 | Krzysiek | Krawczyk | 498 | M | M30 | 35 | 00:21:46 | 00:43:34 |
| 103 | Kacper | Kaczmarek | 257 | M | M16 | 11 | 00:21:10 | 00:43:35 |
| 104 | Dariusz | Niewiadomski | 79 | M | M20 | 26 | 00:20:39 | 00:43:42 |
| 105 | Jacek | Gnysiński | 98 | M | M50 | 11 | 00:21:31 | 00:43:46 |

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| 106 | Damian | Pabianiak | 160 | M | M20 | 27 | 00:21:50 | 00:43:46 |
| 107 | Piotr | Adrian | 159 | M | M60 | 1 | 00:22:08 | 00:43:46 |
| 108 | Andrzej | Wągrowski | 176 | M | M50 | 12 | 00:21:52 | 00:43:47 |
| 109 | Zbigniew | Skolasa | 7 | M | M30 | 36 | 00:21:14 | 00:43:47 |
| 110 | Michał | Kosiński | 154 | M | M20 | 28 | 00:22:28 | 00:43:48 |
| 111 | Michał | Packi | 380 | M | M20 | 29 | 00:22:13 | 00:43:54 |
| 112 | Dariusz | Galoch | 500 | M | M20 | 30 | 00:21:41 | 00:43:54 |
| 113 | Łukasz | klate | 133 | M | M30 | 37 | 00:22:12 | 00:43:54 |
| 114 | Kazimierz | Matkowski | 422 | M | M50 | 13 | 00:22:06 | 00:43:56 |
| 115 | Szymon | Błachowicz | 322 | M | M20 | 31 | 00:22:07 | 00:44:00 |
| 116 | Witek | Bzdurski | 68 | M | M30 | 38 | 00:22:02 | 00:44:02 |
| 117 | Tomasz | Modrzejewski | 373 | M | M20 | 32 | 00:21:22 | 00:44:02 |
| 118 | Stanisław | Mielczarek | 245 | M | M50 | 14 | 00:22:16 | 00:44:04 |
| 119 | Dariusz | Rybacki | 430 | M | M30 | 39 | 00:22:02 | 00:44:07 |
| 120 | Stanisław | Korczyński | 148 | M | M60 | 2 | 00:21:50 | 00:44:12 |
| 121 | Arkadiusz | Piotrowski | 189 | M | M30 | 40 | 00:22:39 | 00:44:16 |
| 122 | ZBIGNIEW | TABAKA | 213 | M | M30 | 41 | 00:22:26 | 00:44:17 |
| 123 | Tomasz | Paś | 481 | M | M40 | 17 | 00:22:05 | 00:44:19 |
| 124 | Damian | Jonczyk | 351 | M | M20 | 33 | 00:23:03 | 00:44:19 |
| 125 | Grzegorz | Dziedzic | 227 | M | M40 | 18 | 00:21:53 | 00:44:26 |
| 126 | jacek | szymczak | 415 | M | M40 | 19 | 00:22:28 | 00:44:26 |
| 127 | Krzysztof | Krawczyk | 436 | M | M40 | 20 | 00:21:48 | 00:44:29 |
| 128 | wojciech | śliwakowski | 455 | M | M40 | 21 | 00:22:46 | 00:44:32 |
| 129 | Kamil | Kindela | 274 | M | M20 | 34 | 00:22:26 | 00:44:32 |
| 130 | Piotr | Rosiak | 335 | M | M30 | 42 | 00:22:01 | 00:44:35 |
| 131 | Tomasz | Barasiński | 354 | M | M40 | 22 | 00:22:08 | 00:44:41 |
| 132 | Grzegorz | Podgrodzki | 143 | M | M40 | 23 | 00:22:51 | 00:44:45 |
| 133 | STANISŁAW | STEFAŃSKI | 388 | M | M40 | 24 | 00:22:28 | 00:44:48 |
| 134 | Adam | Bogacki | 416 | M | M30 | 43 | 00:23:04 | 00:44:56 |
| 135 | Łukasz | Kłos | 119 | M | M30 | 44 | 00:22:33 | 00:44:58 |
| 136 | Krzysztof | Kołaczek | 231 | M | M40 | 25 | 00:22:29 | 00:44:59 |
| 137 | Mateusz | Ciołek | 109 | M | M20 | 35 | 00:22:46 | 00:44:59 |
| 138 | DAMIAN | WAWRZYŃIAK | 441 | M | M30 | 45 | 00:22:59 | 00:45:01 |
| 139 | Michał | Jaszczak | 246 | M | M30 | 46 | 00:22:47 | 00:45:04 |
| 140 | Mariusz | Szaflik | 35 | M | M40 | 26 | 00:23:04 | 00:45:04 |
| 141 | Piotr | Gabara | 211 | M | M30 | 47 | 00:22:47 | 00:45:05 |
| 142 | Anna | Paulina | 355 | K | K30 | 2 | 00:22:02 | 00:45:07 |
| 143 | Mariusz | Gąsior | 114 | M | M30 | 48 | 00:23:02 | 00:45:10 |
| 144 | Artur | Milek | 85 | M | M40 | 27 | 00:22:29 | 00:45:10 |
| 145 | Bartosz | Drobny | 170 | M | M30 | 49 | 00:22:54 | 00:45:12 |
| 146 | Dariusz | Holak | 185 | M | M20 | 36 | 00:22:44 | 00:45:12 |
| 147 | Mikołaj | Pakuła | 242 | M | M30 | 50 | 00:22:47 | 00:45:16 |
| 148 | Karol | Suleja | 451 | M | M30 | 51 | 00:22:50 | 00:45:17 |
| 149 | Zbigniew | Redkiewicz | 20 | M | M30 | 52 | 00:22:36 | 00:45:18 |
| 150 | Krzysztof | Lasoń | 483 | M | M50 | 15 | 00:22:53 | 00:45:18 |
| 151 | Robert | Witkowski | 22 | M | M40 | 28 | 00:22:38 | 00:45:22 |
| 152 | Robert | Majchrowski | 164 | M | M40 | 29 | 00:22:20 | 00:45:24 |
| 153 | Witold | Snowarski | 303 | M | M40 | 30 | 00:22:31 | 00:45:26 |
| 154 | ANTONI | BARANOWSKI | 225 | M | M50 | 16 | 00:23:30 | 00:45:27 |
| 155 | Radosław | Sekieta | 385 | M | M40 | 31 | 00:22:54 | 00:45:28 |
| 156 | ARKADIUSZ | BUDZYŃSKI | 344 | M | M50 | 17 | 00:22:54 | 00:45:32 |
| 157 | Robert | Jabłoński | 307 | M | M30 | 53 | 00:22:42 | 00:45:33 |
| 158 | Dariusz | Wiszniewski | 367 | M | M40 | 32 | 00:22:32 | 00:45:35 |

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| 159 | Maciej | Mikołajczyk | 343 | M | M20 | 37 | 00:22:57 | 00:45:39 |
| 160 | KRZYSZTOF | BRZEZIŃSKI | 118 | M | M40 | 33 | 00:22:51 | 00:45:44 |
| 161 | Adam | Ziółkowski | 366 | M | M30 | 54 | 00:22:35 | 00:45:47 |
| 162 | LESZEK | FLEISCHER | 345 | M | M40 | 34 | 00:22:47 | 00:45:48 |
| 163 | Miłosz | Matillek | 193 | M | M20 | 38 | 00:23:03 | 00:45:49 |
| 164 | Adam | Fizlak | 269 | M | M30 | 55 | 00:22:36 | 00:45:51 |
| 165 | OSKAR | OSEREK | 168 | M | M16 | 12 | 00:23:04 | 00:45:51 |
| 166 | Małgorzata | Zabadeusz | 83 | K | K20 | 2 | 00:22:19 | 00:45:56 |
| 167 | Radosław | Saładajczyk | 294 | M | M30 | 56 | 00:22:49 | 00:46:06 |
| 168 | Radosław | Matusiak | 48 | M | M40 | 35 | 00:24:07 | 00:46:07 |
| 169 | Paulina | Kołatek | 64 | M | K20 | 39 | 00:23:18 | 00:46:09 |
| 170 | Robert | Felcenloben | 29 | M | M30 | 57 | 00:23:43 | 00:46:14 |
| 171 | Tomek | Owczarek | 76 | M | M40 | 36 | 00:23:35 | 00:46:14 |
| 172 | Rafał | Zajac | 78 | M | M30 | 58 | 00:23:11 | 00:46:16 |
| 173 | Katarzyna | Jeziorna | 158 | K | K30 | 3 | 00:22:44 | 00:46:18 |
| 174 | KRZYSZTOF | OLEJNICZAK | 479 | M | M20 | 40 | 00:24:38 | 00:46:18 |
| 175 | KONRAD | LEŚNIK | 313 | M | M16 | 13 | 00:23:03 | 00:46:22 |
| 176 | HENRYK | KĘPIŃSKI | 305 | M | M60 | 3 | 00:23:24 | 00:46:23 |
| 177 | Maciej | Filipowicz | 442 | M | M30 | 59 | 00:22:46 | 00:46:23 |
| 178 | MARCIN | WYMYSŁOWSKI | 384 | M | M30 | 60 | 00:23:25 | 00:46:24 |
| 179 | MAREK | SZAFONI | 463 | M | M40 | 37 | 00:23:04 | 00:46:25 |
| 180 | RADOSŁAW | GRABIASZ | 308 | M | M30 | 61 | 00:23:12 | 00:46:27 |
| 181 | Piotr | Pipia | 201 | M | M20 | 41 | 00:22:42 | 00:46:28 |
| 182 | Piotr | Dąbek | 200 | M | M20 | 42 | 00:23:00 | 00:46:29 |
| 183 | Andrzej | Putyński | 97 | M | M50 | 18 | 00:22:54 | 00:46:30 |
| 184 | Wojciech | Okoński | 290 | M | M20 | 43 | 00:23:15 | 00:46:31 |
| 185 | Mateusz | Janecka | 217 | M | M20 | 44 | 00:23:43 | 00:46:32 |
| 186 | Ryszard | Jeziorny | 244 | M | M50 | 19 | 00:23:27 | 00:46:39 |
| 187 | Arkadiusz | Ciszewski | 407 | M | M40 | 38 | 00:23:01 | 00:46:39 |
| 188 | Tomasz | Dobras | 115 | M | M20 | 45 | 00:23:21 | 00:46:43 |
| 189 | Wojciech | KOWALCZYK | 251 | M | M50 | 20 | 00:23:10 | 00:46:44 |
| 190 | Wojciech | Jakubowski | 486 | M | M40 | 39 | 00:23:13 | 00:46:47 |
| 191 | Marcin | Borowski | 179 | M | M20 | 46 | 00:24:33 | 00:46:49 |
| 192 | Damian | Słupiński | 426 | M | M20 | 47 | 00:23:03 | 00:46:50 |
| 193 | Janusz | Redzynia | 392 | M | M60 | 4 | 00:23:26 | 00:46:52 |
| 194 | Józef | Gil | 140 | M | M30 | 62 | 00:24:27 | 00:46:55 |
| 195 | DOMINIK | KUBIAK | 298 | M | M30 | 63 | 00:23:06 | 00:46:56 |
| 196 | Roman | Modrzejewski | 260 | M | M40 | 40 | 00:23:55 | 00:47:06 |
| 197 | Damian | Modranka | 23 | M | M20 | 48 | 00:23:22 | 00:47:18 |
| 198 | Jarosław | Wolak | 124 | M | M40 | 41 | 00:24:05 | 00:47:19 |
| 199 | Marcin | Ozga | 166 | M | M20 | 49 | 00:23:39 | 00:47:20 |
| 200 | Bartłomiej | STASZEWSKI | 30 | M | M20 | 50 | 00:23:00 | 00:47:26 |
| 201 | Łukasz | Gręziak | 92 | M | M30 | 64 | 00:23:18 | 00:47:27 |
| 202 | EWELINA | KEMPA | 95 | K | K20 | 3 | 00:23:19 | 00:47:29 |
| 203 | Marcin | Głodek | 448 | M | M30 | 65 | 00:23:34 | 00:47:31 |
| 204 | Sebastian | Bąk | 123 | M | M20 | 51 | 00:23:23 | 00:47:36 |
| 205 | PIOTR | PACYNA | 464 | M | | | 00:22:39 | 00:47:37 |
| 206 | Maciej | Parzybót | 77 | M | M20 | 52 | 00:23:32 | 00:47:38 |
| 207 | Witold | Gołąb | 15 | M | M30 | 66 | 00:22:46 | 00:47:42 |
| 208 | Rafał | Zakrzewski | 284 | M | M30 | 67 | 00:25:12 | 00:47:47 |
| 209 | Józef | Suski | 141 | M | M30 | 68 | 00:23:41 | 00:47:47 |
| 210 | Roman | Nowak | 256 | M | M30 | 69 | 00:23:19 | 00:47:54 |
| 211 | Piotr | Kulesza | 43 | M | M30 | 70 | 00:26:18 | 00:47:55 |

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| 212 | Bartłomie | Szachta | 47 | M | | | 00:23:16 | 00:47:56 |
| 213 | Łukasz | Kulak | 275 | M | M30 | 71 | 00:23:34 | 00:47:57 |
| 214 | Damian | Kucharski | 172 | M | M30 | 72 | 00:24:34 | 00:48:04 |
| 215 | Paweł | Majczak | 24 | M | M40 | 42 | 00:24:30 | 00:48:06 |
| 216 | Paweł | Niedźwiecki | 349 | M | M40 | 43 | 00:24:14 | 00:48:08 |
| 217 | Andrzej | Dudek | 147 | M | M50 | 21 | 00:24:25 | 00:48:14 |
| 218 | Piotr | Kwiatkowski | 490 | M | M40 | 44 | 00:24:15 | 00:48:15 |
| 219 | Paweł | Szarf | 131 | M | M20 | 53 | 00:24:52 | 00:48:18 |
| 220 | Błażej | Burdukiewicz | 309 | M | M20 | 54 | 00:24:42 | 00:48:20 |
| 221 | Bartłomie | Pilsyk | 94 | M | M30 | 73 | 00:24:18 | 00:48:23 |
| 222 | Maciej | Jeziorny | 234 | M | M30 | 74 | 00:24:18 | 00:48:24 |
| 223 | JAN | IGNASIAK | 110 | M | M60 | 5 | 00:23:57 | 00:48:25 |
| 224 | Stanisław | Osiński | 264 | M | M50 | 22 | 00:24:27 | 00:48:27 |
| 225 | Agata | Jakubowska | 221 | K | K20 | 4 | 00:24:32 | 00:48:29 |
| 226 | Małgorzat | Gozdalik | 89 | K | K30 | 4 | 00:24:31 | 00:48:31 |
| 227 | DARIUSZ | SZYMAŃSKI | 334 | M | M50 | 23 | 00:24:34 | 00:48:33 |
| 228 | Aneta | Dawiduk | 134 | K | K40 | 2 | 00:24:23 | 00:48:33 |
| 229 | ARKADIUSZ | GORZELAŃCZYK | 182 | M | M16 | 14 | 00:24:41 | 00:48:44 |
| 230 | sebastian | seraficki | 230 | M | M40 | 45 | 00:24:32 | 00:48:45 |
| 231 | Zbigniew | Nowak | 365 | M | M30 | 75 | 00:24:05 | 00:48:48 |
| 232 | Adam | Gałęski | 27 | M | M20 | 55 | 00:24:40 | 00:48:50 |
| 233 | Kamil | Waligórski | 493 | M | | | 00:23:33 | 00:48:51 |
| 234 | Robert | Muszyński | 408 | M | M40 | 46 | 00:24:20 | 00:48:51 |
| 235 | Joanna | Balcerak-Kolasa | 126 | K | K40 | 3 | 00:24:44 | 00:48:52 |
| 236 | Tomasz | Adamski | 167 | M | M40 | 47 | 00:24:41 | 00:48:53 |
| 237 | Hubert | Wyszkowski | 350 | M | M20 | 56 | 00:23:36 | 00:48:55 |
| 238 | Karolina | Rochowiec | 181 | K | K20 | 5 | 00:24:42 | 00:48:58 |
| 239 | Julia | Kwiatkowska | 261 | K | K20 | 6 | 00:24:16 | 00:49:01 |
| 240 | Mariusz | Sowiński | 310 | M | M30 | 76 | 00:24:39 | 00:49:02 |
| 241 | Jacek | Wójciak | 434 | M | M40 | 48 | 00:24:29 | 00:49:02 |
| 242 | Magdalen | DĘBOWSKA | 311 | K | K30 | 5 | 00:24:44 | 00:49:02 |
| 243 | Bartosz | Wróblewski | 326 | M | M20 | 57 | 00:24:02 | 00:49:05 |
| 244 | | | 184 | | | | 00:24:28 | 00:49:05 |
| 245 | Szczepan | Matusiak | 396 | M | M40 | 49 | 00:24:00 | 00:49:11 |
| 246 | Przemek | Wawrzyniak | 25 | M | M30 | 77 | 00:24:48 | 00:49:12 |
| 247 | Arkadiusz | Czarnasiak | 196 | M | M20 | 58 | 00:24:37 | 00:49:14 |
| 248 | Daria | Zajęc | 433 | K | K20 | 7 | 00:24:43 | 00:49:17 |
| 249 | Marek | Łukaszewski | 272 | M | M40 | 50 | 00:23:53 | 00:49:19 |
| 250 | SEBASTIA | PIETRZAK | 466 | M | M16 | 15 | 00:25:58 | 00:49:23 |
| 251 | Leszek | Światły | 86 | M | M40 | 51 | 00:25:33 | 00:49:25 |
| 252 | Marta | Szymanowska | 404 | K | K30 | 6 | 00:24:06 | 00:49:26 |
| 253 | Paweł | Gołąb | 165 | M | M40 | 52 | 00:24:47 | 00:49:26 |
| 254 | ANNA | BUGAJAK | 12 | K | K40 | 4 | 00:24:40 | 00:49:33 |
| 255 | Wojciech | Podwysocki | 136 | M | M30 | 78 | 00:24:26 | 00:49:38 |
| 256 | Adam | Krata | 417 | M | M20 | 59 | 00:25:05 | 00:49:49 |
| 257 | SŁAWOMI | SIEMIŃSKI | 216 | M | M30 | 79 | 00:25:09 | 00:49:51 |
| 258 | Daniel | Kaźmierczak | 362 | M | M30 | 80 | 00:24:24 | 00:49:52 |
| 259 | HUBERT | GOŁĄBEK | 132 | M | M20 | 60 | 00:26:58 | 00:49:57 |
| 260 | Jakub | Mielczarek | 348 | M | M30 | 81 | 00:25:53 | 00:49:58 |
| 261 | Robert | Szczepański | 299 | M | M40 | 53 | 00:24:52 | 00:49:58 |
| 262 | Sławek | Redkiewicz | 356 | M | M30 | 82 | 00:25:12 | 00:50:01 |
| 263 | Marcin | Słoka | 312 | M | M30 | 83 | 00:25:44 | 00:50:06 |
| 264 | Marek | Długosz | 99 | M | M50 | 24 | 00:24:27 | 00:50:07 |

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|-----|------------|----------------|-----|---|-----|----|----------|----------|
| 265 | PIOTR | TAMA | 71 | M | M40 | 54 | 00:25:12 | 00:50:09 |
| 266 | Andrzej | Bakowicz | 45 | M | M40 | 55 | 00:25:08 | 00:50:18 |
| 267 | JERZY | KLESZCZ | 330 | M | M40 | 56 | 00:25:24 | 00:50:20 |
| 268 | Rafał | Łaski | 427 | M | M40 | 57 | 00:25:23 | 00:50:20 |
| 269 | DARIUSZ | ORZECHOWSKI | 473 | M | M40 | 58 | 00:25:50 | 00:50:20 |
| 270 | Rafał | Dziuba | 84 | M | M30 | 84 | 00:25:51 | 00:50:25 |
| 271 | Magdalena | Śliwakowska | 454 | K | K40 | 5 | 00:25:29 | 00:50:28 |
| 272 | Mateusz | Aleksandrowicz | 254 | M | M20 | 61 | 00:25:04 | 00:50:42 |
| 273 | Tomasz | Błaszczyk | 161 | M | M30 | 85 | 00:24:45 | 00:50:44 |
| 274 | JACEK | ZELMANOWICZ | 142 | M | M40 | 59 | 00:24:58 | 00:50:50 |
| 275 | PAWEŁ | JANIAK | 452 | M | M30 | 86 | 00:25:15 | 00:50:59 |
| 276 | Joanna | Wytykowska | 163 | K | K30 | 7 | 00:25:07 | 00:51:07 |
| 277 | TOMASZ | MAJCZAK | 175 | M | M40 | 60 | 00:25:50 | 00:51:14 |
| 278 | Damian | Rybarczyk | 487 | M | M30 | 87 | 00:24:50 | 00:51:18 |
| 279 | Natalia | Krajewska | 393 | K | K30 | 8 | 00:25:29 | 00:51:21 |
| 280 | Andrzej | Pabiniak | 359 | M | M40 | 61 | 00:25:46 | 00:51:24 |
| 281 | Paweł | Banasik | 120 | M | M30 | 88 | 00:26:46 | 00:51:26 |
| 282 | Maciej | Pabisiak | 149 | M | M30 | 89 | 00:26:15 | 00:51:35 |
| 283 | Krzysztof | Jabłoński | 499 | M | M30 | 90 | 00:25:07 | 00:51:37 |
| 284 | MAGDALENA | MIŁOSZ | 19 | K | K30 | 9 | 00:25:49 | 00:51:38 |
| 285 | Tomasz | Chmielewski | 155 | M | M40 | 62 | 00:26:39 | 00:51:40 |
| 286 | MAREK | CYGANEK | 103 | M | M50 | 25 | 00:26:11 | 00:51:41 |
| 287 | RAJMUND | SKRZYPIŃSKI | 233 | M | M60 | 6 | 00:40:36 | 00:51:43 |
| 288 | MAREK | DUDKA | 462 | M | M50 | 26 | 00:25:55 | 00:51:47 |
| 289 | Justyna | Kalinowska | 10 | K | K20 | 8 | 00:25:23 | 00:51:47 |
| 290 | Paweł | Szarf | 16 | M | M20 | 62 | 00:25:26 | 00:51:49 |
| 291 | Jędrzej | Bartnicki | 273 | M | M20 | 63 | 00:27:09 | 00:51:50 |
| 292 | Adam | Musur | 497 | M | M60 | 7 | 00:25:31 | 00:51:55 |
| 293 | Agnieszka | Tusz | 100 | K | K20 | 9 | 00:27:09 | 00:51:55 |
| 294 | Andrzej | Helicki | 342 | M | M50 | 27 | 00:25:03 | 00:51:58 |
| 295 | ROBERT | KOLASIŃSKI | 41 | M | M20 | 64 | 00:26:37 | 00:52:05 |
| 296 | Agnieszka | Kulesza | 46 | K | K30 | 10 | 00:26:46 | 00:52:08 |
| 297 | Sebastian | Kulesza | 44 | M | M30 | 91 | 00:26:43 | 00:52:09 |
| 298 | Hubert | Tomczuk | 204 | M | M20 | 65 | 00:26:47 | 00:52:19 |
| 299 | Dorota | Zenderowska | 37 | K | K40 | 6 | 00:26:30 | 00:52:21 |
| 300 | Przemysław | Ciekański | 431 | M | M20 | 66 | 00:26:14 | 00:52:21 |
| 301 | Małgorzata | Gruszka | 205 | K | K40 | 7 | 00:26:01 | 00:52:24 |
| 302 | Anna | Kulawiecka | 450 | K | K20 | 10 | 00:26:50 | 00:52:28 |
| 303 | SŁAWOMIR | GOZDALIK | 108 | M | M40 | 63 | 00:25:25 | 00:52:35 |
| 304 | Bogusia | Niewiadomska | 418 | K | K40 | 8 | 00:26:33 | 00:52:36 |
| 305 | Arkadiusz | Kwiatkowski | 406 | M | M40 | 64 | 00:25:04 | 00:52:38 |
| 306 | Piotr | Kowalski | 194 | M | M20 | 67 | 00:27:26 | 00:52:41 |
| 307 | Marek | Korbel | 33 | M | M20 | 68 | 00:26:59 | 00:52:50 |
| 308 | Adam | Korbel | 39 | M | M30 | 92 | 00:27:00 | 00:52:53 |
| 309 | Marcin | Nowak | 236 | M | M30 | 93 | 00:26:54 | 00:53:03 |
| 310 | PATRYCJA | BEDNAREK | 271 | K | K20 | 11 | 00:27:01 | 00:53:04 |
| 311 | Anna | Matusiak | 40 | K | K40 | 9 | 00:27:30 | 00:53:08 |
| 312 | Joanna | Maślanka | 106 | K | K30 | 11 | 00:27:22 | 00:53:09 |
| 313 | Robert | Mikła | 270 | M | M30 | 94 | 00:26:57 | 00:53:11 |
| 314 | Agnieszka | Błoch | 180 | K | K40 | 10 | 00:26:55 | 00:53:12 |
| 315 | Anna | Kardecka | 482 | K | K30 | 12 | 00:26:34 | 00:53:18 |
| 316 | WALDEMAR | SZUMICKI | 456 | M | M60 | 8 | 00:26:13 | 00:53:24 |
| 317 | Robert | Cieślak | 328 | M | M30 | 95 | 00:26:13 | 00:53:29 |

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|-----|------------|---------------------|-----|---|-----|-----|----------|----------|
| 318 | JUSTYNA | NIEMCZYK | 478 | K | K30 | 13 | 00:26:58 | 00:53:30 |
| 319 | TOMASZ | BALIŃSKI | 3 | M | M20 | 69 | 00:27:39 | 00:53:34 |
| 320 | Bigniew | Angulski | 63 | M | M40 | 65 | 00:26:15 | 00:53:34 |
| 321 | Jakub | Łuczak | 375 | M | M20 | 70 | 00:27:15 | 00:53:34 |
| 322 | MAGDA | LEŚNICZAK | 383 | K | K30 | 14 | 00:27:15 | 00:53:36 |
| 323 | Lidia | Jucha | 235 | K | K40 | 11 | 00:27:04 | 00:53:42 |
| 324 | | | 121 | | | | 00:27:30 | 00:53:46 |
| 325 | Maciej | Zawieja | 202 | M | M30 | 96 | 00:26:59 | 00:53:47 |
| 326 | Mariusz | Sewerynek | 198 | M | M30 | 97 | 00:27:05 | 00:53:48 |
| 327 | Wiktor | Olszewski | 11 | M | M20 | 71 | 00:27:31 | 00:53:49 |
| 328 | Seweryn | Pasikowski | 32 | M | M40 | 66 | 00:27:31 | 00:53:49 |
| 329 | Mateusz | Cyganek | 90 | M | M20 | 72 | 00:27:12 | 00:53:51 |
| 330 | Jasmina E | Szyktanc | 289 | K | K30 | 15 | 00:27:10 | 00:53:53 |
| 331 | RADOSŁA | JADWISZCZAK | 66 | M | M40 | 67 | 00:24:47 | 00:53:55 |
| 332 | Sławomir | Chaładaj | 374 | M | M40 | 68 | 00:26:56 | 00:53:56 |
| 333 | Adrian | Posiewała | 301 | M | M20 | 73 | 00:27:40 | 00:53:56 |
| 334 | Patryk | Ożarek | 203 | M | M20 | 74 | 00:27:07 | 00:53:59 |
| 335 | Magdalen | Moreira De Oliveira | 489 | K | K30 | 16 | 00:26:57 | 00:54:02 |
| 336 | Basia | Cichecka | 112 | K | K20 | 12 | 00:27:34 | 00:54:02 |
| 337 | Genowefa | lange | 190 | K | K40 | 12 | 00:26:48 | 00:54:03 |
| 338 | Marlena | Girek | 333 | K | K40 | 13 | 00:27:12 | 00:54:07 |
| 339 | Mateusz | Kuczyński | 74 | M | M30 | 98 | 00:26:35 | 00:54:09 |
| 340 | Rydzyńska | Kamila | 321 | K | K30 | 17 | 00:27:09 | 00:54:10 |
| 341 | Marcin | Olechowski | 81 | M | M30 | 99 | 00:26:21 | 00:54:14 |
| 342 | Barbara | Sokołowska | 470 | K | K40 | 14 | 00:26:55 | 00:54:14 |
| 343 | Marek | Czubiński | 232 | M | M60 | 9 | 00:27:07 | 00:54:17 |
| 344 | Aneta | Pabiniak | 358 | K | K40 | 15 | 00:26:25 | 00:54:17 |
| 345 | | | 293 | | | | 00:27:12 | 00:54:20 |
| 346 | Andrzej | Szymczak | 391 | M | M30 | 100 | 00:27:32 | 00:54:22 |
| 347 | Jarosław | Wielgus | 28 | M | M40 | 69 | 00:26:35 | 00:54:22 |
| 348 | Dorota | Krysiak | 91 | K | K30 | 18 | 00:27:11 | 00:54:28 |
| 349 | Małgorzata | Gozdalik | 319 | K | K30 | 19 | 00:27:33 | 00:54:36 |
| 350 | Justyna | Jakubowska | 67 | K | K20 | 13 | 00:27:33 | 00:54:38 |
| 351 | Agnieszka | Tomaszewska | 228 | K | K30 | 20 | 00:27:47 | 00:54:49 |
| 352 | Tomek | Szałwiński | 447 | M | M50 | 28 | 00:27:42 | 00:54:49 |
| 353 | Janek | Mandat | 145 | M | M50 | 29 | 00:26:58 | 00:54:54 |
| 354 | Katarzyna | Wietrzyk | 285 | K | K30 | 21 | 00:27:50 | 00:55:03 |
| 355 | PIOTR | WŁOCHACZ | 195 | M | M30 | 101 | 00:27:25 | 00:55:08 |
| 356 | Marcin | Marks | 111 | M | M40 | 70 | 00:27:43 | 00:55:11 |
| 357 | aleksandr | kudra | 353 | K | K30 | 22 | 00:27:50 | 00:55:24 |
| 358 | Marek | Wróbel | 286 | M | M60 | 10 | 00:28:05 | 00:55:37 |
| 359 | katarzyna | rozpędzka - drozd | 428 | K | K30 | 23 | 00:27:52 | 00:55:41 |
| 360 | Magdalen | Maciaszczyk | 252 | K | K30 | 24 | 00:27:43 | 00:55:42 |
| 361 | Agata | Jeżak | 377 | K | K30 | 25 | 00:29:09 | 00:55:44 |
| 362 | Adam | Włodarczyk | 484 | M | M16 | 16 | 00:26:53 | 00:55:47 |
| 363 | Zbigniew | Kwiecień | 439 | M | M50 | 30 | 00:28:07 | 00:55:49 |
| 364 | Mariola | Bobrycka | 440 | K | K40 | 16 | 00:28:08 | 00:55:50 |
| 365 | Piotr | Jurczak | 17 | M | M30 | 102 | 00:28:50 | 00:55:50 |
| 366 | DOMINIK | Paś | 183 | K | K30 | 26 | 00:28:32 | 00:55:52 |
| 367 | Tomasz | BŁASIAK | 36 | M | M50 | 31 | 00:28:10 | 00:55:57 |
| 368 | Piotr | Fengler | 480 | M | M20 | 75 | 00:26:51 | 00:56:00 |
| 369 | Magdalen | Każmierczak | 363 | K | K30 | 27 | 00:27:42 | 00:56:05 |
| 370 | Ewa | Niewiadomska | 424 | K | K50 | 1 | 00:27:54 | 00:56:24 |

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|-----|------------|---------------|-----|---|-----|-----|----------|----------|
| 371 | tadeusz | kwiatkowski | 338 | M | M50 | 32 | 00:27:41 | 00:56:25 |
| 372 | Halina | Łuczak | 457 | K | K30 | 28 | 00:28:05 | 00:56:29 |
| 373 | Monika | Niciejewska | 209 | K | K20 | 14 | 00:28:18 | 00:56:41 |
| 374 | Maria | Szymańska | 153 | K | K30 | 29 | 00:27:56 | 00:56:47 |
| 375 | GRZEGORZ | KIKOWSKI | 336 | M | M40 | 71 | 00:29:14 | 00:56:53 |
| 376 | Bartłomiej | Drach | 295 | M | M30 | 103 | 00:27:46 | 00:56:56 |
| 377 | Magdalena | Jakubowska | 268 | K | K20 | 15 | 00:29:02 | 00:57:00 |
| 378 | Sebastian | Nowakowski | 255 | M | M30 | 104 | 00:28:01 | 00:57:05 |
| 379 | Anna | Karwot | 6 | K | K30 | 30 | 00:28:41 | 00:57:11 |
| 380 | MONIKA | WILCZEK | 169 | K | K30 | 31 | 00:28:43 | 00:57:16 |
| 381 | Anna | Pasińska | 405 | K | K40 | 17 | 00:29:08 | 00:57:24 |
| 382 | Alicja | Michalska | 13 | K | K30 | 32 | 00:28:04 | 00:57:29 |
| 383 | Paweł | Peryga | 162 | M | M30 | 105 | 00:29:28 | 00:57:47 |
| 384 | Patrycja | Jarczak | 371 | K | K30 | 33 | 00:29:18 | 00:57:52 |
| 385 | BARTOSZ | ŚWINIARSKI | 370 | M | M20 | 76 | 00:29:21 | 00:57:54 |
| 386 | ANDRZEJ | WOŹNIAK | 129 | M | M30 | 106 | 00:28:49 | 00:57:58 |
| 387 | Zbigniew | Jabłoński | 51 | M | M40 | 72 | 00:28:51 | 00:58:03 |
| 388 | Mateusz | Buczowski | 438 | M | M20 | 77 | 00:28:04 | 00:58:05 |
| 389 | Karolina | Ciszewska | 173 | K | K30 | 34 | 00:30:06 | 00:58:07 |
| 390 | Wojciech | Kolasa | 127 | M | M40 | 73 | 00:29:21 | 00:58:16 |
| 391 | Łukasz | drozd | 429 | M | M30 | 107 | 00:30:21 | 00:58:22 |
| 392 | Monika | Miśkiewicz | 139 | K | K30 | 35 | 00:29:03 | 00:58:28 |
| 393 | Rafał | Borowiecki | 102 | M | M40 | 74 | 00:28:46 | 00:58:30 |
| 394 | Paweł | Pizon | 96 | M | M30 | 108 | 00:29:10 | 00:58:31 |
| 395 | Marcin | Borowiecki | 332 | M | M30 | 109 | 00:28:47 | 00:58:31 |
| 396 | TOMASZ | DULAS | 18 | M | M40 | 75 | 00:30:11 | 00:58:48 |
| 397 | Grzegorz | Moszczyński | 80 | M | M40 | 76 | 00:29:35 | 00:59:00 |
| 398 | krzysztof | CIEKAŃSKI | 70 | M | M40 | 77 | 00:28:33 | 00:59:09 |
| 399 | Michał | Gławenda | 75 | M | M20 | 78 | 00:29:42 | 00:59:16 |
| 400 | Ryszard | Goszczyński | 488 | M | M60 | 11 | 00:30:23 | 00:59:25 |
| 401 | PIOTR | KLIMCZAK | 467 | M | M30 | 110 | 00:30:18 | 00:59:25 |
| 402 | Agata | Kosecka | 26 | K | K20 | 16 | 00:30:18 | 00:59:25 |
| 403 | Piotr | Nowak | 55 | M | M20 | 79 | 00:30:11 | 00:59:26 |
| 404 | Sebastian | Malicki | 238 | M | M30 | 111 | 00:29:43 | 00:59:30 |
| 405 | Paweł | Krzymianowski | 444 | M | M50 | 33 | 00:28:01 | 00:59:39 |
| 406 | Anna | Stankiewicz | 386 | K | K50 | 2 | 00:30:20 | 00:59:40 |
| 407 | Aleksandr | Moszczyńska | 138 | K | K40 | 18 | 00:29:35 | 00:59:45 |
| 408 | | | 186 | M | | | 00:31:22 | 00:59:51 |
| 409 | Łukasz | Grzesiak | 220 | M | M30 | 112 | 00:30:22 | 00:59:51 |
| 410 | PIOTROW | MICHAŁ | 223 | M | M30 | 113 | 00:28:51 | 01:00:05 |
| 411 | Małgorzata | Wierucka | 287 | K | K40 | 19 | 00:29:11 | 01:00:12 |
| 412 | Sebastian | Kamiński | 60 | M | M20 | 80 | 00:30:16 | 01:00:12 |
| 413 | Dominika | Kuleta | 56 | K | K20 | 17 | 00:30:16 | 01:00:12 |
| 414 | Jakub | Antosik | 87 | M | M20 | 81 | 00:30:20 | 01:00:20 |
| 415 | Marcin | Grabas | 471 | M | M30 | 114 | 00:29:23 | 01:00:32 |
| 416 | marcin | stanecki | 361 | M | M40 | 78 | 00:30:25 | 01:00:39 |
| 417 | Anna | Sikora | 69 | K | K20 | 18 | 00:29:06 | 01:00:40 |
| 418 | Katarzyna | Laszczyk | 4 | K | K30 | 36 | 00:30:18 | 01:00:54 |
| 419 | Beata | Błoch | 376 | K | K40 | 20 | 00:30:23 | 01:01:00 |
| 420 | Tomasz | Rudzki | 266 | M | M40 | 79 | 00:30:23 | 01:01:00 |
| 421 | Radostaw | Kępa | 259 | M | M30 | 115 | 00:32:09 | 01:01:07 |
| 422 | Marek | Kałajak | 210 | M | M40 | 80 | 00:29:52 | 01:01:35 |
| 423 | Weronika | Chrabelska | 174 | K | K30 | 37 | 00:30:13 | 01:01:59 |

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| 424 | Elżbieta | Osińska | 265 | K | K50 | 3 | 00:31:00 | 01:02:45 |
| 425 | Marcin | Kryściak | 276 | M | M30 | 116 | 00:30:17 | 01:02:48 |
| 426 | Marta | Budziarek | 372 | K | K30 | 38 | 00:30:36 | 01:03:03 |
| 427 | Ewa | Szałwińska | 446 | K | K50 | 4 | 00:31:58 | 01:03:13 |
| 428 | Joanna | Omąkowska-Marks | 113 | K | K40 | 21 | 00:31:49 | 01:03:24 |
| 429 | Bartosz | Komar | 302 | M | M20 | 82 | 00:30:15 | 01:03:38 |
| 430 | Katarzyna | Wiśniewska | 249 | K | K40 | 22 | 00:32:09 | 01:04:04 |
| 431 | Katarzyna | Górecka | 250 | K | K40 | 23 | 00:32:25 | 01:04:24 |
| 432 | marcin | rzepkowski | 38 | M | M30 | 117 | 00:30:31 | 01:04:43 |
| 433 | Paweł | Wołkanin | 62 | M | M50 | 34 | 00:31:45 | 01:05:01 |
| 434 | Iza | Osetek | 8 | K | K20 | 19 | 00:30:21 | 01:05:09 |
| 435 | Beata | Kucharska | 72 | K | K20 | 20 | 00:30:03 | 01:05:19 |
| 436 | ANIA | MOKROS | 381 | K | K40 | 24 | 00:32:04 | 01:05:59 |
| 437 | Agnieszka | Cieślik | 219 | K | K40 | 25 | 00:32:42 | 01:05:59 |
| 438 | Kalina | Wilczyńska | 5 | K | K30 | 39 | 00:30:56 | 01:06:08 |
| 439 | Nadia | Guzińska | 425 | K | K16 | 2 | 00:31:32 | 01:06:10 |
| 440 | Martyna | Floriańczyk | 21 | K | K20 | 21 | 00:32:24 | 01:07:33 |
| 441 | Konrad | Cieślik | 263 | M | M40 | 81 | 00:30:47 | 01:07:44 |
| 442 | LIDIA | BAK | 281 | K | K30 | 40 | 00:34:09 | 01:08:10 |
| 443 | JOLANTA | JAKUBOWSKA | 156 | K | K50 | 5 | 00:33:51 | 01:08:23 |
| 444 | Grażyna | Sujka | 157 | K | K50 | 6 | 00:33:50 | 01:08:24 |
| 445 | Sylwia | Klimczak | 58 | K | K40 | 26 | 00:35:02 | 01:09:53 |
| 446 | Sylwia | Kurzawa | 49 | K | K30 | 41 | 00:35:05 | 01:09:56 |
| 447 | Monika | Szymczyk | 187 | K | K30 | 42 | 00:36:59 | 01:13:45 |
| 448 | Małgorzata | Proce | 57 | K | K30 | 43 | 00:36:51 | 01:14:31 |
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