

IV Samsung Półmaraton pod patronatem Starosty Szamotulskiego

WYNIKI ZAWODÓW

Bieg 21km

Organizator: Stowarzyszenie Biegów Ziemi Szamotulskiej

Termin: 19.10.2014

Miejsce: Szamotuły

Dystans: 21,097 km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------------------------|-----------|--------------------------|----------------------|-------------|-----------------|------------|-----------------------|--------|--------------|----------|
| Bieg 21km KATEGORIA:M20 | | | | | | | | | | |
| 1 | 454 | KABAT Damian | STARGARD SZCZECIŃSKI | POL | | 89 | M20/1 | (M)1 | 01:09:55 | 03.18 |
| 2 | 1302 | ZAGÓRNY Marcin | RADNICA | POL | | 88 | M20/2 | (M)3 | 01:12:02 | 03.24 |
| 3 | 502 | KĘSY Marcin | POZNAŃ | POL | | 85 | M20/3 | (M)4 | 01:12:43 | 03.26 |
| 4 | 954 | PUDEŁKO Jakub | PIASECZNO | POL | | 90 | M20/4 | (M)7 | 01:15:39 | 03.35 |
| 5 | 387 | JAGŁA Dawid | JAROCIN | POL | | 90 | M20/5 | (M)10 | 01:16:34 | 03.37 |
| 6 | 971 | RODEWALD Mateusz | WRONKI | POL | | 93 | M20/6 | (M)11 | 01:16:45 | 03.38 |
| 7 | 481 | KARASEK Jakub | SIEDLCE | POL | | 90 | M20/7 | (M)12 | 01:17:31 | 03.40 |
| 8 | 314 | GRACZYK Adrian | CZARNKÓW | POL | | 88 | M20/8 | (M)15 | 01:18:58 | 03.44 |
| 9 | 583 | KRAWCZYK Mateusz | DRAWSKO POMORSKIE | POL | | 91 | M20/9 | (M)23 | 01:22:20 | 03.53 |
| 10 | 44 | BANASZAK Łukasz | DZIAŁYŃ | POL | | 85 | M20/10 | (M)24 | 01:22:35 | 03.54 |
| 11 | 745 | MICHALAK Mirosław | KOŚCIAN | POL | | 87 | M20/11 | (M)26 | 01:23:04 | 03.56 |
| 12 | 806 | NIEMYT Adam | POZNAŃ | POL | | 89 | M20/12 | (M)27 | 01:23:17 | 03.56 |
| 13 | 311 | GRABIŃSKI Wojciech | ROGOŹNO | POL | | 94 | M20/13 | (M)38 | 01:26:00 | 04.03 |
| 14 | 1271 | WOJTYSIAK Michał | POZNAŃ | POL | | 89 | M20/14 | (M)52 | 01:27:08 | 04.07 |
| 15 | 1097 | STEFANIAK Mateusz | WRONKI | POL | | 91 | M20/15 | (M)56 | 01:27:29 | 04.08 |
| 16 | 228 | FABIŃSKI Łukasz | MIĘDZYCHÓD | POL | | 95 | M20/16 | (M)57 | 01:27:39 | 04.09 |
| 17 | 1068 | SOŁOCH Maciej | WRONKI | POL | | 91 | M20/17 | (M)69 | 01:28:38 | 04.12 |
| 18 | 1102 | STRONKA Dawid | POZNAŃ | POL | | 87 | M20/18 | (M)73 | 01:28:59 | 04.13 |
| 19 | 655 | LEWANDOWSKI Maciej | WOLA PODLĘŻNA | POL | | 91 | M20/19 | (M)80 | 01:29:57 | 04.15 |
| 20 | 292 | GOLAŃSKI Wojciech | GŁOGÓW | POL | | 91 | M20/20 | (M)85 | 01:30:20 | 04.16 |
| 21 | 633 | KUSZNIEREWICZ Maciej | POZNAŃ | POL | | 85 | M20/21 | (M)86 | 01:30:21 | 04.16 |
| 22 | 993 | RUSIN Radosław | POZNAŃ | POL | | 86 | M20/22 | (M)87 | 01:30:22 | 04.17 |
| 23 | 1305 | ZAJDEL Sebastian | PRZYBYSZEWO | POL | | 94 | M20/23 | (M)88 | 01:30:24 | 04.17 |
| 24 | 1064 | SOBKOWSKI Krzysztof | MIĘDZYCHÓD | POL | | 85 | M20/24 | (M)89 | 01:30:24 | 04.17 |
| 25 | 875 | PATKOWSKI Radosław | WAŁCZ | POL | | 86 | M20/25 | (M)91 | 01:30:31 | 04.17 |
| 26 | 1171 | TARCHALSKI Piotr | KALISZ | POL | | 85 | M20/26 | (M)98 | 01:31:48 | 04.21 |
| 27 | 748 | MIERZYŃSKI Paweł | WŁOSZAKOWICE | POL | | 89 | M20/27 | (M)99 | 01:31:52 | 04.21 |
| 28 | 443 | JÓŚ Damian | KĄSINOWO | POL | | 90 | M20/28 | (M)102 | 01:32:12 | 04.22 |
| 29 | 298 | GOŚCINIAK Emil | KONIN | POL | | 90 | M20/29 | (M)103 | 01:32:14 | 04.22 |
| 30 | 599 | KRZYSZTOFEK Bartłomiej | WIĘCIBORK | POL | | 94 | M20/30 | (M)104 | 01:32:21 | 04.22 |
| 31 | 188 | DEMBIŃSKI Arkadiusz | SKOKI | POL | | 86 | M20/31 | (M)110 | 01:33:05 | 04.24 |
| 32 | 656 | LEWANDOWSKI Mateusz | POZNAŃ | POL | | 87 | M20/32 | (M)116 | 01:33:45 | 04.26 |
| 33 | 1023 | SERBA Michał | SZAMOTUŁY | POL | | 92 | M20/33 | (M)122 | 01:34:12 | 04.27 |
| 34 | 1210 | WALTER Karol | KOKOSZCZYN | POL | | 89 | M20/34 | (M)123 | 01:34:13 | 04.27 |
| 35 | 453 | KACZKOWSKI Miłosz | WAŁBRZYCH | POL | | 93 | M20/35 | (M)124 | 01:34:17 | 04.28 |
| 36 | 1282 | WOŹNY Przemysław | KUŚLIN | POL | | 90 | M20/36 | (M)128 | 01:34:30 | 04.28 |
| 37 | 115 | BRUDŁO Konrad | POZNAŃ | POL | | 86 | M20/37 | (M)129 | 01:34:32 | 04.28 |
| 38 | 731 | MATUSZEWSKI Nikodem | POZNAŃ | POL | | 89 | M20/38 | (M)131 | 01:34:40 | 04.29 |
| 39 | 699 | MAJCHRZYCKI Jakub | LULINEK | POL | | 86 | M20/39 | (M)132 | 01:34:44 | 04.29 |
| 40 | 1276 | WOSIK Maciej | LUBOŃ | POL | | 95 | M20/40 | (M)133 | 01:34:47 | 04.29 |
| 41 | 145 | CHMIEL Mateusz | BISKUPICE | POL | | 91 | M20/41 | (M)137 | 01:35:03 | 04.30 |
| 42 | 1074 | SPICZAK-BRZEZIŃSKI Paweł | PRZECHLEWO | POL | | 90 | M20/42 | (M)139 | 01:35:11 | 04.30 |
| 43 | 1093 | STAWSKI Mateusz | NIEPRUSZEWO | POL | | 92 | M20/43 | (M)140 | 01:35:14 | 04.30 |
| 44 | 990 | RUDA Robert | WĄGROWIEC | POL | | 94 | M20/44 | (M)144 | 01:35:28 | 04.31 |
| 45 | 154 | CHWALISZ Łukasz | BOLEWICE | POL | | 90 | M20/45 | (M)159 | 01:36:24 | 04.34 |
| 46 | 751 | PAŁUCKI Zbigniew | POZNAŃ | POL | | 85 | M20/46 | (M)166 | 01:36:39 | 04.34 |

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|--------------|--------|------------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|
| 47 | 510 | KIRCHNER Przemysław | PLEWISKA | POL | | 85 | M20/47 (M)171 | 01:36:47 | 04.35 |
| 48 | 552 | KOTECKI Paweł | POZNAŃ | POL | | 92 | M20/48 (M)176 | 01:37:01 | 04.35 |
| 49 | 1146 | SZYMAŃSKI Paweł | PIŁA | POL | | 88 | M20/49 (M)184 | 01:37:27 | 04.37 |
| 50 | 837 | OGÓRKIEWICZ Jan | BISKUPICE | POL | | 88 | M20/50 (M)188 | 01:37:35 | 04.37 |
| 51 | 464 | KALETKA Damian | TRZCIANKA | POL | | 85 | M20/51 (M)197 | 01:37:55 | 04.38 |
| 52 | 996 | RYBARCZYK Maciej | SZAMOTUŁY | POL | | 91 | M20/52 (M)200 | 01:37:57 | 04.38 |
| 53 | 1148 | SZYMCZAK Arkadiusz | WAŁCZ | POL | | 90 | M20/53 (M)201 | 01:38:00 | 04.38 |
| 54 | 329 | GRZĄBKA Michał | POZNAŃ | POL | | 88 | M20/54 (M)211 | 01:38:38 | 04.40 |
| 55 | 1191 | URBAN Marcin | NOWA WIEŚ | POL | | 85 | M20/55 (M)219 | 01:39:09 | 04.41 |
| 56 | 618 | KUIK Cezary | POZNAŃ 2 | POL | | 93 | M20/56 (M)224 | 01:39:23 | 04.42 |
| 57 | 195 | DOLATOWSKI Marek | ŚWIEBODZIN | POL | | 87 | M20/57 (M)229 | 01:39:34 | 04.43 |
| 58 | 104 | BORKOWSKI Mateusz | POZNAŃ | POL | | 85 | M20/58 (M)234 | 01:39:50 | 04.43 |
| 59 | 207 | DREWS Krzysztof | POZNAŃ | POL | | 86 | M20/59 (M)235 | 01:39:51 | 04.43 |
| 60 | 534 | KONENC Jacek | POZNAŃ | POL | | 86 | M20/60 (M)238 | 01:39:55 | 04.44 |
| 61 | 992 | RUNOWSKI Jakub | PODRZEWIE | POL | | 86 | M20/61 (M)246 | 01:40:17 | 04.45 |
| 62 | 689 | MACIEJEWSKI Marcel | POZNAŃ | POL | | 87 | M20/62 (M)250 | 01:40:22 | 04.45 |
| 63 | 561 | KOWALSKI Kamil | WRONKI | POL | | 93 | M20/63 (M)253 | 01:40:30 | 04.45 |
| 64 | 313 | GRABOWSKI Damian | POZNAŃ | POL | | 85 | M20/64 (M)257 | 01:40:40 | 04.46 |
| 65 | 303 | GÓRECKI Mateusz | SWARZĘDZ | POL | | 95 | M20/65 (M)258 | 01:40:45 | 04.46 |
| 66 | 638 | KWIATKOWSKI Dawid | SYCYN | POL | | 95 | M20/66 (M)276 | 01:41:31 | 04.48 |
| 67 | 811 | NOWACZYK Jędrzej | POZNAŃ | POL | | 87 | M20/67 (M)277 | 01:41:38 | 04.49 |
| 68 | 194 | DOLATA Łukasz | POZNAŃ | POL | | 86 | M20/68 (M)278 | 01:41:41 | 04.49 |
| 69 | 260 | FRAŃCZEK Marcin | KOŚCIAN | POL | | 88 | M20/69 (M)281 | 01:41:48 | 04.49 |
| 70 | 1170 | TALMA Marcin | PIASKI | POL | | 91 | M20/70 (M)289 | 01:42:16 | 04.50 |
| 71 | 186 | DĄBEK Krzysztof | STRZĄLKOWO | POL | | 89 | M20/71 (M)295 | 01:42:31 | 04.51 |
| 72 | 526 | KOLIŃSKI Przemysław | KIĄCZYN | POL | | 89 | M20/72 (M)296 | 01:42:34 | 04.51 |
| 73 | 117 | BRUST Bartosz | ROGOŹNO | POL | | 91 | M20/73 (M)297 | 01:42:35 | 04.51 |
| 74 | 1252 | WIŚNIEWSKI Mateusz | POZNAŃ | POL | | 87 | M20/74 (M)300 | 01:42:37 | 04.51 |
| 75 | 1151 | SZYSZKO Stanisław | PIŁA | POL | | 86 | M20/75 (M)304 | 01:42:50 | 04.52 |
| 76 | 1218 | WASZTYL Michał | POWIDZ | POL | | 89 | M20/76 (M)307 | 01:42:54 | 04.52 |
| 77 | 765 | ZAWODNY Mateusz | LUBOŃ | POL | | 86 | M20/77 (M)312 | 01:43:03 | 04.53 |
| 78 | 519 | KŁOS Tomasz | SIERADZ | POL | | 85 | M20/78 (M)314 | 01:43:08 | 04.53 |
| 79 | 1019 | SCHADE Filip | SZAMOTUŁY | POL | | 91 | M20/79 (M)317 | 01:43:23 | 04.54 |
| 80 | 202 | DOPIERAŁA Michał perez | POZNAŃ | POL | | 85 | M20/80 (M)319 | 01:43:30 | 04.54 |
| 81 | 702 | MAJEWSKI Sebastian | SZAMOTUŁY | POL | | 85 | M20/81 (M)320 | 01:43:33 | 04.54 |
| 82 | 334 | BANDUR Grzegorz | POZNAŃ | POL | | 88 | M20/82 (M)323 | 01:43:41 | 04.54 |
| 83 | 349 | HANCYK Szymon | ROKIETNICA | POL | | 85 | M20/83 (M)327 | 01:43:49 | 04.55 |
| 84 | 361 | HOFFMANN Bartosz | WRONKI | POL | | 91 | M20/84 (M)338 | 01:44:01 | 04.55 |
| 85 | 883 | PAWLAK Radosław | OWIŃSKA | POL | | 88 | M20/85 (M)342 | 01:44:06 | 04.56 |
| 86 | 522 | KOCIŃSKI Radosław | POZNAŃ | POL | | 89 | M20/86 (M)350 | 01:44:25 | 04.57 |
| 87 | 69 | BEKASIAK Mikołaj | SZAMOTUŁY | POL | | 90 | M20/87 (M)351 | 01:44:27 | 04.57 |
| 88 | 989 | ROŹNIAKOWSKI Leszek | DOBRE | POL | | 86 | M20/88 (M)356 | 01:44:35 | 04.57 |
| 89 | 1250 | WIŚNIEWSKI Jakub | BRZOZA | POL | | 94 | M20/89 (M)358 | 01:44:42 | 04.57 |
| 90 | 1031 | SIEBERT Mateusz | POZNAŃ | POL | | 95 | M20/90 (M)365 | 01:44:59 | 04.58 |
| 91 | 75 | BETAŃSKI Filip | KONSTANTYNOWO | POL | | 90 | M20/91 (M)366 | 01:45:06 | 04.58 |
| 92 | 376 | IBRON Błażej | OSTRÓW WIELKOPOLSKI | POL | | 90 | M20/92 (M)368 | 01:45:07 | 04.58 |
| 93 | 64 | BARTUŚ Jan | GŁOGÓW | POL | | 96 | M20/93 (M)369 | 01:45:08 | 04.59 |
| 94 | 716 | MALUŚKIEWICZ Grzegorz | ZALASEWO | POL | | 88 | M20/94 (M)380 | 01:46:01 | 05.01 |
| 95 | 866 | PANIĄCZYK Filip | POZNAŃ | POL | | 95 | M20/95 (M)384 | 01:46:13 | 05.02 |
| 96 | 1059 | SOBCZAK Jakub | SZAMOTUŁY | POL | | 93 | M20/96 (M)394 | 01:46:40 | 05.03 |
| 97 | 457 | KACPRZAK Arkadiusz | RADOM | POL | | 92 | M20/97 (M)396 | 01:46:45 | 05.03 |
| 98 | 1281 | WOŹNY Przemysław | MIĘDZYCHÓD | POL | | 86 | M20/98 (M)397 | 01:46:47 | 05.03 |
| 99 | 792 | NACZAS Łukasz | SOBIESZYN | POL | | 89 | M20/99 (M)399 | 01:46:50 | 05.03 |
| 100 | 854 | PABICH Michał | POZNAŃ | POL | | 88 | M20/100 (M)405 | 01:47:09 | 05.04 |
| 101 | 799 | KAMIŃSKI Jarosław | POZNAŃ | POL | | 87 | M20/101 (M)406 | 01:47:11 | 05.04 |
| 102 | 952 | PRZYBYŁ Sebastian | WRONKI | POL | | 89 | M20/102 (M)411 | 01:47:23 | 05.05 |
| 103 | 249 | FLIEGNER Tomasz | BUK | POL | | 96 | M20/103 (M)413 | 01:47:30 | 05.05 |
| 104 | 356 | HERCKA Maciej | WRONKI | POL | | 90 | M20/104 (M)420 | 01:47:40 | 05.06 |

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|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 105 | 572 | KOZŁOWSKI Łukasz | WAŁBRZYCH | POL | | 91 | M20/105 (M)422 | 01:47:44 | 05.06 |
| 106 | 1090 | STASIAK Adrian | OBRZYCKO | POL | | 88 | M20/106 (M)425 | 01:47:49 | 05.06 |
| 107 | 1290 | WYKROTA Łukasz | KAŻMIERZ | POL | | 88 | M20/107 (M)460 | 01:49:08 | 05.10 |
| 108 | 1155 | ŚMIGLEWSKI Szymon | SIERAKÓW | POL | | 94 | M20/108 (M)466 | 01:49:14 | 05.10 |
| 109 | 705 | MAJORCZYK Adam | KOŚCIAN | POL | | 91 | M20/109 (M)495 | 01:50:25 | 05.14 |
| 110 | 901 | PILACZYŃSKI Piotr | POZNAŃ | POL | | 95 | M20/110 (M)500 | 01:50:38 | 05.14 |
| 111 | 1332 | ZIĘTKIEWICZ Dawid | WSZEMBÓRZ | POL | | 85 | M20/111 (M)503 | 01:50:40 | 05.14 |
| 112 | 725 | MATUSIAK Marcin | CHODZIEŻ | POL | | 87 | M20/112 (M)506 | 01:50:44 | 05.14 |
| 113 | 420 | JARNUT Łukasz | LWÓWEK | POL | | 89 | M20/113 (M)508 | 01:50:54 | 05.15 |
| 114 | 948 | PRZETAKOWSKI Sebastian | KONIN | POL | | 93 | M20/114 (M)511 | 01:51:02 | 05.15 |
| 115 | 29 | ANIOLA Mateusz | ROGALIN | POL | | 87 | M20/115 (M)513 | 01:51:08 | 05.16 |
| 116 | 1011 | SADOWSKI Rafał | BELCHATÓW | POL | | 87 | M20/116 (M)516 | 01:51:15 | 05.16 |
| 117 | 1361 | KOKOT Dariusz | KONIN | POL | | 88 | M20/117 (M)527 | 01:51:48 | 05.18 |
| 118 | 683 | ŁUKASIK Adrian | POZNAŃ | POL | | 87 | M20/118 (M)534 | 01:52:08 | 05.18 |
| 119 | 386 | JAGIELSKI Bartłomiej | POZNAŃ | POL | | 86 | M20/119 (M)537 | 01:52:17 | 05.19 |
| 120 | 436 | JEMCZURA Rafał | DĘBNO | POL | | 91 | M20/120 (M)539 | 01:52:27 | 05.19 |
| 121 | 714 | MALUJDY Michał | POZNAŃ | POL | | 91 | M20/121 (M)546 | 01:52:55 | 05.21 |
| 122 | 106 | BOROŃSKI Paweł | SZAMOTUŁY | POL | | 90 | M20/122 (M)559 | 01:53:20 | 05.22 |
| 123 | 504 | KIELEK Jakub | KOŁOBRZEG | POL | | 92 | M20/123 (M)561 | 01:53:29 | 05.22 |
| 124 | 726 | MATUSZAK Dominik | KALISZ | POL | | 86 | M20/124 (M)562 | 01:53:31 | 05.22 |
| 125 | 344 | GZYL Jakub | WRONKI | POL | | 85 | M20/125 (M)565 | 01:53:38 | 05.23 |
| 126 | 544 | KORBIK Marcin | KOZIEGŁOWY | POL | | 87 | M20/126 (M)586 | 01:54:10 | 05.24 |
| 127 | 1109 | DĄBROWSKI Wiktor | SZCZYTNO | POL | | 91 | M20/127 (M)597 | 01:54:55 | 05.26 |
| 128 | 874 | PATER Marcin | GNIEZNO | POL | | 87 | M20/128 (M)603 | 01:55:19 | 05.27 |
| 129 | 670 | ŁAKOMY Michał | CZERWONAK | POL | | 97 | M20/129 (M)609 | 01:55:30 | 05.28 |
| 130 | 1025 | SERWATA Dawid | NOWA WIEŚ | POL | | 92 | M20/130 (M)611 | 01:55:32 | 05.28 |
| 131 | 125 | BUDZIŃSKI Krzysztof | POZNAŃ | POL | | 88 | M20/131 (M)612 | 01:55:32 | 05.28 |
| 132 | 338 | GRZEŚKOWIAK Kacper | JAROGNIEWICE | POL | | 86 | M20/132 (M)613 | 01:55:33 | 05.28 |
| 133 | 1200 | WALCZAK Dariusz | DASZEWICE | POL | | 86 | M20/133 (M)622 | 01:55:55 | 05.29 |
| 134 | 511 | KISTOWSKI Hubert | POZNAŃ | POL | | 88 | M20/134 (M)640 | 01:56:55 | 05.32 |
| 135 | 645 | LATOSIŃSKI Tomasz | LEGNICA | POL | | 85 | M20/135 (M)641 | 01:56:58 | 05.32 |
| 136 | 486 | KASPERSKI Wojciech | NIEPRUSZEWO | POL | | 88 | M20/136 (M)653 | 01:57:20 | 05.33 |
| 137 | 1299 | ZABOROWSKI Tomasz | ŚWIĘTOCHŁOWICE | POL | | 87 | M20/137 (M)656 | 01:57:23 | 05.33 |
| 138 | 116 | BRUĐŁO Piotr | POZNAŃ | POL | | 85 | M20/138 (M)663 | 01:57:35 | 05.34 |
| 139 | 840 | OLEJARCZYK Michał | ŚWIDNICA | POL | | 87 | M20/139 (M)664 | 01:57:36 | 05.34 |
| 140 | 1015 | SAMORAJ Łukasz | GDYNIA | POL | | 89 | M20/140 (M)685 | 01:58:30 | 05.37 |
| 141 | 953 | PUDELKO Roman | CHRÓSCINA | POL | | 88 | M20/141 (M)687 | 01:58:38 | 05.37 |
| 142 | 616 | KUCIK Sebastian | WRONKI | POL | | 93 | M20/142 (M)696 | 01:58:55 | 05.38 |
| 143 | 1295 | WYSOCZAŃSKI Sławomir | KOŚCIAN | POL | | 93 | M20/143 (M)702 | 01:59:15 | 05.39 |
| 144 | 1260 | WOJCIECHOWSKI Krzysztof | SZAMOTUŁY | POL | | 93 | M20/144 (M)703 | 01:59:15 | 05.39 |
| 145 | 217 | DUDKIEWICZ Wojciech | BUK | POL | | 89 | M20/145 (M)705 | 01:59:20 | 05.39 |
| 146 | 1283 | WÓJCIK Dominik | POZNAŃ | POL | | 94 | M20/146 (M)713 | 01:59:45 | 05.40 |
| 147 | 1328 | ZIELIŃSKI Sławomir | WRZEŚNIA | POL | | 85 | M20/147 (M)716 | 02:00:11 | 05.41 |
| 148 | 255 | FORTOWSKI Jędrzej | POZNAŃ | POL | | 95 | M20/148 (M)717 | 02:00:13 | 05.41 |
| 149 | 306 | GÓRNY Jakub | GOSTYŃ | POL | | 89 | M20/149 (M)726 | 02:00:29 | 05.42 |
| 150 | 652 | LEŚNIK Tomasz | KOZIEGŁOWY | POL | | 85 | M20/150 (M)731 | 02:00:53 | 05.43 |
| 151 | 884 | PAWLIK Tomasz | POZNAŃ | POL | | 88 | M20/151 (M)736 | 02:01:16 | 05.44 |
| 152 | 981 | ROSIK Marcin | SZCZECIN | POL | | 87 | M20/152 (M)739 | 02:01:27 | 05.45 |
| 153 | 878 | PAWLAK Andrzej | WROCLAW | POL | | 87 | M20/153 (M)744 | 02:01:45 | 05.46 |
| 154 | 593 | KRYSIEWICZ Konrad | BIALYSTOK | POL | | 92 | M20/154 (M)746 | 02:02:00 | 05.46 |
| 155 | 984 | ROSZAK Adrian | SZAMOTUŁY | POL | | 86 | M20/155 (M)752 | 02:02:49 | 05.49 |
| 156 | 672 | ŁASSA Paweł | POZNAŃ | POL | | 87 | M20/156 (M)753 | 02:02:49 | 05.49 |
| 157 | 913 | PLEBAŃSKI Jarosław | ŚREM | POL | | 85 | M20/157 (M)764 | 02:03:25 | 05.51 |
| 158 | 822 | NOWAK Marcin | POZNAŃ | POL | | 85 | M20/158 (M)775 | 02:03:58 | 05.52 |
| 159 | 497 | KĘDZIERSKI Adam | POZNAŃ | POL | | 89 | M20/159 (M)778 | 02:04:12 | 05.53 |
| 160 | 1120 | SZESZUŁA Mariusz | OPALENICA | POL | | 89 | M20/160 (M)793 | 02:04:49 | 05.55 |
| 161 | 1152 | SZYWAŁA Marek | GŁOGÓW | POL | | 88 | M20/161 (M)794 | 02:04:51 | 05.55 |
| 162 | 1029 | SIEBERT Damian | POZNAŃ | POL | | 88 | M20/162 (M)799 | 02:05:16 | 05.56 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 163 | 1062 | SOBKOWIAK Damian | TARNOWO PODGÓRNE | POL | | 96 | M20/163 (M)800 | 02:05:21 | 05.56 |
| 164 | 975 | ROMANOWSKI Mateusz | ŚREM | POL | | 85 | M20/164 (M)803 | 02:05:30 | 05.56 |
| 165 | 367 | HOJAN Adam | POZNAŃ | POL | | 85 | M20/165 (M)807 | 02:05:48 | 05.57 |
| 166 | 1320 | ZAWROTNIAK Jakub | BISKUPICE WLKP. | POL | | 92 | M20/166 (M)813 | 02:05:57 | 05.58 |
| 167 | 496 | KERBER Jakub | POZNAŃ | POL | | 87 | M20/167 (M)816 | 02:06:08 | 05.58 |
| 168 | 577 | KRAJEWSKI Michał | POZNAŃ | POL | | 89 | M20/168 (M)817 | 02:06:11 | 05.58 |
| 169 | 1334 | ZIOMKA Jakub | SZCZECIN | POL | | 85 | M20/169 (M)821 | 02:06:32 | 05.59 |
| 170 | 629 | KURZAWA Jakub | WRONKI | POL | | 86 | M20/170 (M)825 | 02:06:46 | 06.00 |
| 171 | 785 | MUSIALAK Jacek | WROCLAW | POL | | 86 | M20/171 (M)828 | 02:06:50 | 06.00 |
| 172 | 278 | GĘBICKI Rafał | WROCLAW | POL | | 89 | M20/172 (M)829 | 02:06:54 | 06.00 |
| 173 | 902 | PINIARSKI Paweł | POZNAŃ | POL | | 88 | M20/173 (M)834 | 02:07:11 | 06.01 |
| 174 | 1331 | ZIĘBACZEWSKI Jacek | RADOMSKO | POL | | 89 | M20/174 (M)839 | 02:07:45 | 06.03 |
| 175 | 1077 | SPYCHAŁA Hubert | SZAMOTUŁY | POL | | 94 | M20/175 (M)845 | 02:08:43 | 06.06 |
| 176 | 233 | FAFEREK Grzegorz | OBORNIKI | POL | | 86 | M20/176 (M)846 | 02:08:53 | 06.06 |
| 177 | 1183 | TOTLEBEN Bartosz | GRUDZIĄDZ | POL | | 89 | M20/177 (M)849 | 02:09:03 | 06.07 |
| 178 | 1103 | STRÓŻNIAK Mikołaj | POZNAŃ | POL | | 86 | M20/178 (M)850 | 02:09:06 | 06.07 |
| 179 | 916 | PLACZEK Łukasz | SZAMOTUŁY | POL | | 85 | M20/179 (M)851 | 02:09:12 | 06.07 |
| 180 | 501 | KĘSY Krystian | SIERAKÓW | POL | | 89 | M20/180 (M)857 | 02:09:37 | 06.08 |
| 181 | 320 | GREENDA Łukasz | WRONKI | POL | | 89 | M20/181 (M)862 | 02:09:59 | 06.09 |
| 182 | 35 | BAĆMAGA Marek | WARSZAWA | POL | | 85 | M20/182 (M)880 | 02:11:49 | 06.14 |
| 183 | 581 | KRAŚNIEWSKI Krystian | SZAMOTUŁY | POL | | 85 | M20/183 (M)888 | 02:12:35 | 06.17 |
| 184 | 1225 | WESOŁEK Daniel | SWARZĘDZ | POL | | 88 | M20/184 (M)894 | 02:13:05 | 06.18 |
| 185 | 445 | JÓZEFIAK Jan | CHLUDOWO | POL | | 85 | M20/185 (M)896 | 02:13:08 | 06.18 |
| 186 | 1304 | ZAJĄC Tomasz | SZAMOTUŁY | POL | | 95 | M20/186 (M)904 | 02:15:10 | 06.24 |
| 187 | 417 | JARCZYŃSKI Adam | POZNAŃ | POL | | 95 | M20/187 (M)918 | 02:17:39 | 06.31 |
| 188 | 340 | GRZYBEK Krzysztof | POZNAŃ | POL | | 85 | M20/188 (M)921 | 02:18:19 | 06.33 |
| 189 | 521 | KOCIK Radosław | SZAMOTUŁY | POL | | 86 | M20/189 (M)922 | 02:18:20 | 06.33 |
| 190 | 61 | BARTKOWIAK Michał | LESZNO | POL | | 86 | M20/190 (M)937 | 02:21:46 | 06.43 |
| 191 | 430 | JASIŃSKI Paweł | SZAMOTUŁY | POL | | 93 | M20/191 (M)941 | 02:22:38 | 06.45 |
| 192 | 1003 | RYCZAK Tomasz | TRZCIANKA | POL | | 85 | M20/192 (M)942 | 02:22:48 | 06.46 |
| 193 | 472 | KAMIŃSKI Mikołaj | POZNAŃ | POL | | 86 | M20/193 (M)948 | 02:24:14 | 06.50 |
| 194 | 24 | ANDRYS Mariusz | KOŹLE | POL | | 87 | M20/194 (M)949 | 02:24:14 | 06.50 |
| 195 | 10 | MADEJCZYK Konrad | WARSZAWA | POL | | 85 | M20/195 (M)963 | 02:27:24 | 06.59 |
| 196 | 1172 | TATUR Wojciech | PIOTROWICE | POL | | 89 | M20/196 (M)966 | 02:28:12 | 07.01 |

Bieg 21km KATEGORIA:M30

| | | | | | | | | | |
|----|------|---------------------|-------------------|-----|--|----|--------------|----------|-------|
| 1 | 28 | ANDRZEJUK Bogusław | BIALYSTOK | POL | | 75 | M30/1 (M)2 | 01:09:58 | 03.18 |
| 2 | 397 | JAMIOŁ Michał | KIELCE | POL | | 80 | M30/2 (M)6 | 01:15:38 | 03.35 |
| 3 | 532 | KONDRATOWICZ Łukasz | KAMIENNA GÓRA | POL | | 81 | M30/3 (M)8 | 01:16:03 | 03.36 |
| 4 | 263 | GACKI Robert | POZNAŃ | POL | | 84 | M30/4 (M)16 | 01:19:09 | 03.44 |
| 5 | 254 | FORNALIK Przemysław | LWÓWEK | POL | | 75 | M30/5 (M)17 | 01:19:17 | 03.45 |
| 6 | 720 | MARCINIAK Tomasz | KACZORY | POL | | 80 | M30/6 (M)18 | 01:20:04 | 03.47 |
| 7 | 1356 | TOKAREK Przemysław | GUBIN | POL | | 82 | M30/7 (M)19 | 01:20:24 | 03.48 |
| 8 | 283 | GIEZEK Marcin | POZNAŃ | POL | | 83 | M30/8 (M)21 | 01:22:04 | 03.53 |
| 9 | 149 | CHOLOTA Marek | ŻORY | POL | | 79 | M30/9 (M)22 | 01:22:09 | 03.53 |
| 10 | 408 | JANKOWSKI Arek | POZNAŃ | POL | | 75 | M30/10 (M)30 | 01:24:15 | 03.59 |
| 11 | 468 | KAMERDUŁA Łukasz | KROSNO ODRZAŃSKIE | POL | | 80 | M30/11 (M)31 | 01:24:28 | 03.59 |
| 12 | 500 | KĘDZIORA Rafał | KOZIEGŁOWY | POL | | 77 | M30/12 (M)33 | 01:24:40 | 04.00 |
| 13 | 277 | GERC Jarosław | ŚWIEBODZIN | POL | | 82 | M30/13 (M)34 | 01:24:54 | 04.01 |
| 14 | 178 | CZERSKI Krzysztof | POZNAŃ | POL | | 81 | M30/14 (M)35 | 01:24:59 | 04.01 |
| 15 | 1265 | WOJNA Mikołaj | POZNAŃ | POL | | 84 | M30/15 (M)36 | 01:25:01 | 04.01 |
| 16 | 880 | PAWLAK Błażej | CHWALIBOGOWO | POL | | 81 | M30/16 (M)37 | 01:25:16 | 04.02 |
| 17 | 525 | KOEBSCHE Tomasz | POZNAŃ | POL | | 78 | M30/17 (M)39 | 01:26:04 | 04.04 |
| 18 | 681 | ŁUCZAK Marcin | POZNAŃ | POL | | 82 | M30/18 (M)40 | 01:26:08 | 04.04 |
| 19 | 1060 | SOBCZAK Witold | POZNAŃ | POL | | 77 | M30/19 (M)41 | 01:26:11 | 04.04 |
| 20 | 492 | KĄŻMIERCZAK Mariusz | TARNOWO PODGÓRNE | POL | | 79 | M30/20 (M)42 | 01:26:16 | 04.04 |
| 21 | 1038 | SIKORA Robert | POZNAŃ | POL | | 80 | M30/21 (M)43 | 01:26:16 | 04.05 |
| 22 | 120 | BRZOZOWSKI Artur | KOZIEGŁOWY | POL | | 75 | M30/22 (M)44 | 01:26:20 | 04.05 |
| 23 | 555 | KOWALEWSKI Rafał | POZNAŃ | POL | | 75 | M30/23 (M)45 | 01:26:21 | 04.05 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 24 | 1215 | WASIAK Rafał | DĄBRÓWKA | POL | | 77 | M30/24 (M)46 | 01:26:24 | 04.05 |
| 25 | 389 | JAJEŚNICA Jacek | POZNAŃ | POL | | 75 | M30/25 (M)54 | 01:27:13 | 04.08 |
| 26 | 1081 | SPYCHAŁA Radosław | CHRZYPKO WIELKIE | POL | | 79 | M30/26 (M)58 | 01:27:40 | 04.09 |
| 27 | 413 | JANOWSKI Arkadiusz | PERZYNY | POL | | 76 | M30/27 (M)59 | 01:27:44 | 04.09 |
| 28 | 1303 | ZAGÓRSKI Tomasz | DĄBRÓWKA | POL | | 80 | M30/28 (M)61 | 01:27:58 | 04.10 |
| 29 | 92 | BŁASZCZYK Tomasz | GÓRA | POL | | 79 | M30/29 (M)62 | 01:28:08 | 04.10 |
| 30 | 1342 | ZYGMUNT Tomasz | SZCZECIN | POL | | 78 | M30/30 (M)64 | 01:28:19 | 04.11 |
| 31 | 680 | ŁUCZAK Łukasz | ŁÓDŹ | POL | | 78 | M30/31 (M)66 | 01:28:22 | 04.11 |
| 32 | 122 | BUDKIEWICZ Adrian | POZNAŃ | POL | | 79 | M30/32 (M)67 | 01:28:30 | 04.11 |
| 33 | 828 | NOWAKOWSKI Marcin | WROCLAW | POL | | 83 | M30/33 (M)71 | 01:28:52 | 04.12 |
| 34 | 1262 | WOJCIECHOWSKI Norbert | GNIEZNO | POL | | 80 | M30/34 (M)72 | 01:28:59 | 04.13 |
| 35 | 56 | BARANOWSKI Jacek | BOGUSZÓW-GORCE | POL | | 78 | M30/35 (M)78 | 01:29:41 | 04.15 |
| 36 | 208 | DRGAS Roman | PROCHY | POL | | 82 | M30/36 (M)84 | 01:30:16 | 04.16 |
| 37 | 435 | JAŹNIEWICZ Artur | ŚWINOUJŚCIE | POL | | 84 | M30/37 (M)92 | 01:30:31 | 04.17 |
| 38 | 1035 | SIEMIONOW Piotr | PNIEWY | POL | | 78 | M30/38 (M)93 | 01:30:41 | 04.17 |
| 39 | 1350 | ŻUK Dariusz | SZCZECIN | POL | | 83 | M30/39 (M)94 | 01:31:21 | 04.19 |
| 40 | 1297 | WZIĘCH Piotr | WĄGROWIEC | POL | | 84 | M30/40 (M)96 | 01:31:37 | 04.20 |
| 41 | 229 | FABIŚ Adrian | POZNAŃ | POL | | 77 | M30/41 (M)97 | 01:31:45 | 04.20 |
| 42 | 1240 | WIKĄ Jacek | WRONKI | POL | | 79 | M30/42 (M)100 | 01:31:56 | 04.21 |
| 43 | 136 | MATŁĄG Michał | POZNAŃ | POL | | 75 | M30/43 (M)101 | 01:31:59 | 04.21 |
| 44 | 772 | MORACZEWSKI Konrad | MAGDALENKA | POL | | 76 | M30/44 (M)105 | 01:32:24 | 04.22 |
| 45 | 274 | GBIORCZYK Rafi | SZCZECIN | POL | | 76 | M30/45 (M)106 | 01:32:26 | 04.22 |
| 46 | 597 | KRZESZOWSKI Maciej | POZNAŃ | POL | | 76 | M30/46 (M)109 | 01:33:00 | 04.24 |
| 47 | 826 | NOWAK Rafał | ZŁOTÓW | POL | | 80 | M30/47 (M)112 | 01:33:13 | 04.25 |
| 48 | 770 | MONCZYŃSKI Bartłomiej | POZNAŃ | POL | | 79 | M30/48 (M)113 | 01:33:23 | 04.25 |
| 49 | 961 | RADECKI Jakub | WROCLAW | POL | | 75 | M30/49 (M)114 | 01:33:40 | 04.26 |
| 50 | 57 | BARANOWSKI Szymon | WRONKI | POL | | 81 | M30/50 (M)115 | 01:33:44 | 04.26 |
| 51 | 529 | KOLECKI Tomasz | POZNAŃ | POL | | 80 | M30/51 (M)119 | 01:33:55 | 04.27 |
| 52 | 755 | MILACHOWSKI Sebastian | ZŁOTÓW | POL | | 84 | M30/52 (M)120 | 01:34:05 | 04.27 |
| 53 | 685 | ŁUKASZEWSKI Sebastian | STARGARD | POL | | 79 | M30/53 (M)121 | 01:34:11 | 04.27 |
| 54 | 1139 | SZYŁAK Piotr | PNIEWY | POL | | 75 | M30/54 (M)126 | 01:34:27 | 04.28 |
| 55 | 870 | PAPRZYCKI Rafał | POZNAŃ | POL | | 76 | M30/55 (M)127 | 01:34:27 | 04.28 |
| 56 | 610 | KUBICA Tomasz | OSTRÓW WIELKOPOLSKI | POL | | 81 | M30/56 (M)136 | 01:35:03 | 04.30 |
| 57 | 322 | GROCHOCIŃSKI Tomasz | WĄGROWIEC | POL | | 79 | M30/57 (M)141 | 01:35:17 | 04.31 |
| 58 | 169 | CYNAR Jarosław | WAŁBRZYCH | POL | | 79 | M30/58 (M)145 | 01:35:33 | 04.31 |
| 59 | 566 | KOZANECKI Radosław | JANKOWO DOLNE | POL | | 76 | M30/59 (M)146 | 01:35:38 | 04.32 |
| 60 | 160 | CICHOMSKI Krzysztof | GDYNIA | POL | | 83 | M30/60 (M)147 | 01:35:49 | 04.32 |
| 61 | 158 | CHYŁAK Witold | LUBOŃ | POL | | 76 | M30/61 (M)148 | 01:35:50 | 04.32 |
| 62 | 1230 | WICHLACZ Michał | DOBRYCA | POL | | 82 | M30/62 (M)149 | 01:35:52 | 04.32 |
| 63 | 1164 | ŚWITAJ Patryk | ŻORY | POL | | 80 | M30/63 (M)151 | 01:35:57 | 04.32 |
| 64 | 798 | NAROJCZYK Arkadiusz | MAKÓW MAZOWIECKI | POL | | 75 | M30/64 (M)152 | 01:35:57 | 04.32 |
| 65 | 384 | JABŁOŃSKI Sebastian | GNIEZNO | POL | | 80 | M30/65 (M)153 | 01:35:57 | 04.32 |
| 66 | 1338 | ZYBURA Paweł | POZNAŃ | POL | | 79 | M30/66 (M)155 | 01:36:10 | 04.33 |
| 67 | 272 | GARSTKIEWICZ Michał | POZNAŃ | POL | | 83 | M30/67 (M)157 | 01:36:18 | 04.33 |
| 68 | 1268 | WOJTKOWIAK Mariusz | POZNAŃ | POL | | 82 | M30/68 (M)160 | 01:36:27 | 04.34 |
| 69 | 810 | RADTKOWSKI Arkadiusz | POZNAŃ | POL | | 77 | M30/69 (M)169 | 01:36:45 | 04.35 |
| 70 | 25 | ANDRZEJEWSKI Daniel | KOMORNIKI | POL | | 75 | M30/70 (M)170 | 01:36:46 | 04.35 |
| 71 | 1264 | WOJEWODA Paweł | WIELEŃ | POL | | 79 | M30/71 (M)175 | 01:36:59 | 04.35 |
| 72 | 167 | CWOJDZIŃSKI Piotr | POZNAŃ | POL | | 78 | M30/72 (M)177 | 01:37:02 | 04.35 |
| 73 | 719 | MARCINIAK Przemysław | PLESZEW | POL | | 76 | M30/73 (M)179 | 01:37:11 | 04.36 |
| 74 | 1075 | SPICZAK Paweł | GORZÓW WLKP. | POL | | 75 | M30/74 (M)181 | 01:37:21 | 04.36 |
| 75 | 911 | PIWKOWSKI Jakub | PILA | POL | | 83 | M30/75 (M)183 | 01:37:26 | 04.37 |
| 76 | 1313 | ZAREWICZ Konrad | DĄBRÓWKA | POL | | 82 | M30/76 (M)185 | 01:37:30 | 04.37 |
| 77 | 335 | GRZELKA Tomasz | KAŻMIERZ | POL | | 83 | M30/77 (M)186 | 01:37:31 | 04.37 |
| 78 | 405 | JANKOWIAK Patryk | SZCZYTNIKI | POL | | 78 | M30/78 (M)190 | 01:37:38 | 04.37 |
| 79 | 565 | KOZANECKI Przemysław | ŁUBOWO | POL | | 76 | M30/79 (M)191 | 01:37:39 | 04.37 |
| 80 | 674 | ŁAWNICZAK Marcin | WRONKI | POL | | 81 | M30/80 (M)193 | 01:37:45 | 04.38 |
| 81 | 1241 | WIKĄ Przemysław | WRONKI | POL | | 76 | M30/81 (M)195 | 01:37:48 | 04.38 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 82 | 982 | ROSIŃSKI Sławomir | SEKIERKI WIELKIE | POL | | 80 | M30/82 (M)202 | 01:38:00 | 04.38 |
| 83 | 1208 | WALIGÓRSKI Waldemar | POZNAŃ | POL | | 79 | M30/83 (M)203 | 01:38:01 | 04.38 |
| 84 | 46 | BANASZCZYK Janusz | KAŻMIERZ | POL | | 83 | M30/84 (M)204 | 01:38:02 | 04.38 |
| 85 | 955 | PURCZYŃSKI Michał | SEKIERKI WIELKIE | POL | | 80 | M30/85 (M)205 | 01:38:20 | 04.39 |
| 86 | 553 | KOWALCZUK Adam | OBORNIKI | POL | | 75 | M30/86 (M)206 | 01:38:25 | 04.39 |
| 87 | 664 | LISIECKI Tomasz | LUBOŃ | POL | | 75 | M30/87 (M)209 | 01:38:35 | 04.40 |
| 88 | 293 | GOLCZAK Krzysztof | POZNAŃ | POL | | 77 | M30/88 (M)212 | 01:38:40 | 04.40 |
| 89 | 308 | GÓRZNY Łukasz | GOWARZEWO | POL | | 76 | M30/89 (M)214 | 01:38:42 | 04.40 |
| 90 | 579 | KRAJEWSKI Tomasz | POZNAŃ | POL | | 81 | M30/90 (M)217 | 01:39:01 | 04.41 |
| 91 | 173 | CZARNOWSKI Stefan | POZNAŃ | POL | | 82 | M30/91 (M)220 | 01:39:10 | 04.42 |
| 92 | 108 | BRODNICKI Damian | POZNAŃ | POL | | 83 | M30/92 (M)221 | 01:39:16 | 04.42 |
| 93 | 391 | JAKUBAS Grzegorz | BIELSKO-BIAŁA | POL | | 80 | M30/93 (M)222 | 01:39:18 | 04.42 |
| 94 | 909 | PIWECKI Bartłomiej | POZNAŃ | POL | | 81 | M30/94 (M)225 | 01:39:23 | 04.42 |
| 95 | 1193 | URBANIAK Łukasz | TRZEMESZNO | POL | | 80 | M30/95 (M)226 | 01:39:27 | 04.42 |
| 96 | 1270 | WOJTKOWSKI Marcin | POZNAŃ | POL | | 84 | M30/96 (M)228 | 01:39:30 | 04.43 |
| 97 | 1287 | WRÓBLEWSKI Tomasz | MOSINA | POL | | 80 | M30/97 (M)230 | 01:39:36 | 04.43 |
| 98 | 1004 | RZEPECKI Michał | ZIELONA GÓRA | POL | | 79 | M30/98 (M)231 | 01:39:36 | 04.43 |
| 99 | 964 | RATAJCZAK Krzysztof | POZNAŃ | POL | | 80 | M30/99 (M)232 | 01:39:37 | 04.43 |
| 100 | 196 | DOLECKI Maciej | BORUJA KOŚCIELNA | POL | | 82 | M30/100 (M)233 | 01:39:45 | 04.43 |
| 101 | 850 | OSIŃSKI Paweł | SOCHACZEW | POL | | 78 | M30/101 (M)236 | 01:39:52 | 04.44 |
| 102 | 333 | GRZEGORZEK Marcin | MUROWANA GOŚLINA | POL | | 78 | M30/102 (M)237 | 01:39:55 | 04.44 |
| 103 | 77 | BIAŁCZYK Mariusz | PIŁA | POL | | 77 | M30/103 (M)239 | 01:39:57 | 04.44 |
| 104 | 895 | PIECHOWSKI Krzysztof | PIŁA | POL | | 76 | M30/104 (M)240 | 01:39:57 | 04.44 |
| 105 | 1206 | WALCZAK Robert | ZIELONA GÓRA | POL | | 80 | M30/105 (M)243 | 01:40:05 | 04.44 |
| 106 | 859 | PAGNANI Robert | POZNAŃ | POL | | 75 | M30/106 (M)245 | 01:40:15 | 04.45 |
| 107 | 1043 | SIWIK Maciej | POZNAŃ | POL | | 77 | M30/107 (M)247 | 01:40:17 | 04.45 |
| 108 | 1182 | TONDAŚ Krzysztof | CIELCZA | POL | | 75 | M30/108 (M)248 | 01:40:17 | 04.45 |
| 109 | 1179 | TOMASZEWSKI Maciej | SZAMOTUŁY | POL | | 84 | M30/109 (M)249 | 01:40:17 | 04.45 |
| 110 | 621 | KULESZA Adam | OBORNIKI | POL | | 83 | M30/110 (M)251 | 01:40:22 | 04.45 |
| 111 | 1357 | KWITOWSKI Grzegorz | GNIEZNO | POL | | 83 | M30/111 (M)254 | 01:40:35 | 04.46 |
| 112 | 30 | ANKUDOWICZ Damian | ZŁOTÓW | POL | | 78 | M30/112 (M)255 | 01:40:37 | 04.46 |
| 113 | 212 | DRZEŹDŻON Piotr | POZNAŃ | POL | | 78 | M30/113 (M)256 | 01:40:40 | 04.46 |
| 114 | 181 | DALECKI Radosław | WAŁBRZYCH | POL | | 77 | M30/114 (M)259 | 01:40:47 | 04.46 |
| 115 | 1174 | TELICKI Andrzej | POZNAŃ | POL | | 82 | M30/115 (M)260 | 01:40:48 | 04.46 |
| 116 | 696 | MAJ Waldemar | WAŁCZ | POL | | 78 | M30/116 (M)262 | 01:40:52 | 04.46 |
| 117 | 819 | NOWAK Karol | KAWNICE-KOLONIA | POL | | 83 | M30/117 (M)263 | 01:40:53 | 04.46 |
| 118 | 1325 | ZIELIŃSKI Artur | GNIEZNO | POL | | 76 | M30/118 (M)264 | 01:40:55 | 04.47 |
| 119 | 1223 | WAŚOWSKI Maciej | SZAMOTUŁY | POL | | 82 | M30/119 (M)267 | 01:41:00 | 04.47 |
| 120 | 1014 | SAMBORSKI Przemysław | WAŁCZ | POL | | 84 | M30/120 (M)271 | 01:41:07 | 04.47 |
| 121 | 214 | DUCHNIAK Tomasz | POZNAŃ | POL | | 81 | M30/121 (M)272 | 01:41:24 | 04.48 |
| 122 | 1185 | TRITT Dawid | POZNAŃ | POL | | 84 | M30/122 (M)273 | 01:41:24 | 04.48 |
| 123 | 1196 | WACHOWIAK Karol | POZNAŃ | POL | | 77 | M30/123 (M)275 | 01:41:25 | 04.48 |
| 124 | 1042 | SIWEK Paweł | POZNAŃ | POL | | 76 | M30/124 (M)279 | 01:41:44 | 04.49 |
| 125 | 199 | DOMAŃSKI Łukasz | PLEWISKA | POL | | 81 | M30/125 (M)282 | 01:41:48 | 04.49 |
| 126 | 821 | NOWAK Marcin | POZNAŃ | POL | | 76 | M30/126 (M)286 | 01:41:56 | 04.49 |
| 127 | 925 | POKRYWKA Arkadiusz | DĄBRÓWKA | POL | | 79 | M30/127 (M)288 | 01:42:11 | 04.50 |
| 128 | 148 | CHOJNACKI Maciej | POZNAŃ | POL | | 76 | M30/128 (M)293 | 01:42:20 | 04.51 |
| 129 | 536 | KONIECZNY Jacek | MOSINA | POL | | 75 | M30/129 (M)294 | 01:42:29 | 04.51 |
| 130 | 1221 | WAWRZYŃSKI Marcin | POZNAŃ | POL | | 83 | M30/130 (M)298 | 01:42:35 | 04.51 |
| 131 | 423 | JAROSZCZYK Grzegorz | WARSZAWA | POL | | 79 | M30/131 (M)299 | 01:42:36 | 04.51 |
| 132 | 1034 | SIEJEK Maciej | OBRZYCKO | POL | | 84 | M30/132 (M)301 | 01:42:45 | 04.52 |
| 133 | 381 | IWANICKI Piotr | SKÓRZEWO | POL | | 75 | M30/133 (M)305 | 01:42:51 | 04.52 |
| 134 | 1141 | SZYMIANIAK Bartosz | KOŚCIAN | POL | | 79 | M30/134 (M)306 | 01:42:51 | 04.52 |
| 135 | 137 | CEBULSKI Krzysztof | OBORNIKI | POL | | 84 | M30/135 (M)309 | 01:42:59 | 04.52 |
| 136 | 204 | DRABJEWSKI Paweł | WIĘCIBORK | POL | | 80 | M30/136 (M)310 | 01:43:00 | 04.52 |
| 137 | 693 | MAĆKOWSKI Maciej | POZNAŃ | POL | | 81 | M30/137 (M)313 | 01:43:03 | 04.53 |
| 138 | 516 | KLIMASEK Przemek | LUBASZ | POL | | 81 | M30/138 (M)316 | 01:43:17 | 04.53 |
| 139 | 1243 | WILCZYŃSKI Błażej | POZNAŃ | POL | | 78 | M30/139 (M)324 | 01:43:43 | 04.55 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 140 | 659 | LINDA Jan | ZAKRZEWO | POL | | 80 | M30/140 (M)326 | 01:43:46 | 04.55 |
| 141 | 1161 | ŚWIĄTEK Remik | OWIŃSKA | POL | | 76 | M30/141 (M)329 | 01:43:50 | 04.55 |
| 142 | 63 | BARTOSZEK Łukasz | ROGOŹNO | POL | | 84 | M30/142 (M)332 | 01:43:51 | 04.55 |
| 143 | 712 | MALINOWSKI Marcin | KOMORNIKI | POL | | 78 | M30/143 (M)333 | 01:43:56 | 04.55 |
| 144 | 1065 | SOBOCIŃSKI Grzegorz | POZNAŃ | POL | | 79 | M30/144 (M)335 | 01:43:58 | 04.55 |
| 145 | 78 | BIAŁEK Mirosław | WRONKI | POL | | 84 | M30/145 (M)339 | 01:44:01 | 04.55 |
| 146 | 261 | FRESZEL Krzysztof | WARSZAWA | POL | | 77 | M30/146 (M)340 | 01:44:03 | 04.55 |
| 147 | 162 | CICHOWLAS Paweł | OPALENICA | POL | | 83 | M30/147 (M)341 | 01:44:04 | 04.55 |
| 148 | 1166 | ŚWITALA Mateusz | POZNAŃ | POL | | 84 | M30/148 (M)343 | 01:44:10 | 04.56 |
| 149 | 804 | NIEDZIAŁKOWSKI Jan | POZNAŃ | POL | | 84 | M30/149 (M)347 | 01:44:19 | 04.56 |
| 150 | 447 | JUDKOWIAK Michał | POZNAŃ | POL | | 79 | M30/150 (M)349 | 01:44:23 | 04.56 |
| 151 | 1007 | RZEZNIK Tomasz | POZNAN | POL | | 76 | M30/151 (M)352 | 01:44:29 | 04.57 |
| 152 | 830 | NOWAKOWSKI Ryszard | POZNAŃ | POL | | 76 | M30/152 (M)353 | 01:44:30 | 04.57 |
| 153 | 724 | MATUSIAK Jarek | POZNAŃ | POL | | 75 | M30/153 (M)354 | 01:44:30 | 04.57 |
| 154 | 327 | GRYGOROWICZ Marcin | RUMIA | POL | | 82 | M30/154 (M)359 | 01:44:44 | 04.57 |
| 155 | 460 | KACZMAREK Paweł | POZNAŃ | POL | | 76 | M30/155 (M)360 | 01:44:45 | 04.57 |
| 156 | 749 | MIERZYŃSKI Szymon | ZBAŚZYŃ | POL | | 77 | M30/156 (M)363 | 01:44:54 | 04.58 |
| 157 | 299 | GOŚCINIAK Łukasz | ZBAŚZYŃ | POL | | 81 | M30/157 (M)364 | 01:44:54 | 04.58 |
| 158 | 847 | OLSZEWSKI Tomasz | MOSINA | POL | | 79 | M30/158 (M)367 | 01:45:07 | 04.58 |
| 159 | 574 | KOZŁOWSKI Marcin | GDAŃSK | POL | | 77 | M30/159 (M)370 | 01:45:19 | 04.59 |
| 160 | 891 | PFAJFER Marek | LEGBAŁ | POL | | 84 | M30/160 (M)371 | 01:45:25 | 04.59 |
| 161 | 15 | ADAMCZAK Zbigniew | SZAMOTUŁY | POL | | 84 | M30/161 (M)373 | 01:45:37 | 05.00 |
| 162 | 1002 | RYCHEL Grzegorz | LUBOŃ | POL | | 80 | M30/162 (M)375 | 01:45:50 | 05.01 |
| 163 | 596 | KRYŚ Mariusz | BUK | POL | | 75 | M30/163 (M)377 | 01:45:55 | 05.01 |
| 164 | 862 | PALUSZKIEWICZ Rafał | LUBOŃ | POL | | 76 | M30/164 (M)383 | 01:46:09 | 05.01 |
| 165 | 873 | PARUSZEWSKI Robert | GDYNIA | POL | | 80 | M30/165 (M)389 | 01:46:31 | 05.02 |
| 166 | 995 | RYBAK Paweł | NOWY TOMYŚL | POL | | 83 | M30/166 (M)390 | 01:46:31 | 05.02 |
| 167 | 1214 | WAROŚ Marek | WRONKI | POL | | 81 | M30/167 (M)392 | 01:46:32 | 05.03 |
| 168 | 1033 | SIEDLARZ Tomasz | ZBAŚZYŃ | POL | | 79 | M30/168 (M)395 | 01:46:44 | 05.03 |
| 169 | 861 | PALUSZAK Rafał | SIERAKÓW | POL | | 80 | M30/169 (M)398 | 01:46:49 | 05.03 |
| 170 | 1167 | TABAT Piotr | ROGOŹNO | POL | | 80 | M30/170 (M)400 | 01:46:50 | 05.03 |
| 171 | 83 | BIJAS Piotr | SWARZĘDZ | POL | | 75 | M30/171 (M)401 | 01:46:56 | 05.04 |
| 172 | 886 | PAWLUS Piotr | POZNAŃ | POL | | 84 | M30/172 (M)402 | 01:47:02 | 05.04 |
| 173 | 282 | GIERS Robert | KOŚCIAN | POL | | 79 | M30/173 (M)403 | 01:47:02 | 05.04 |
| 174 | 461 | KACZMAREK Przemysław | SIERAKÓW | POL | | 80 | M30/174 (M)404 | 01:47:07 | 05.04 |
| 175 | 183 | DANILEWICZ Mariusz | DABRÓWKA | POL | | 79 | M30/175 (M)407 | 01:47:12 | 05.04 |
| 176 | 1360 | KOMOROWSKI Filip | POZNAŃ | POL | | 79 | M30/176 (M)409 | 01:47:13 | 05.04 |
| 177 | 896 | PIEPIORA Łukasz | WARZYMICE | POL | | 83 | M30/177 (M)414 | 01:47:34 | 05.05 |
| 178 | 1101 | STRABEL Jacek | KOMORNIKI | POL | | 80 | M30/178 (M)416 | 01:47:36 | 05.06 |
| 179 | 997 | RYBARCZYK Marcin | POZNAŃ | POL | | 75 | M30/179 (M)417 | 01:47:37 | 05.06 |
| 180 | 150 | CHRAPŁAK Szymon | PNIEWY | POL | | 75 | M30/180 (M)419 | 01:47:40 | 05.06 |
| 181 | 729 | MATUSZEWSKI Marcin | RAWICZ | POL | | 82 | M30/181 (M)421 | 01:47:44 | 05.06 |
| 182 | 365 | HOFMAN Piotr | MROWINO | POL | | 77 | M30/182 (M)427 | 01:47:50 | 05.06 |
| 183 | 305 | GÓRNY Dawid | WRONKI | POL | | 84 | M30/183 (M)429 | 01:47:52 | 05.06 |
| 184 | 1242 | WIKTOROWSKI Fabian | POZNAŃ | POL | | 76 | M30/184 (M)431 | 01:48:01 | 05.07 |
| 185 | 1211 | WALTER Sergiusz | SZAMOTUŁY | POL | | 78 | M30/185 (M)432 | 01:48:04 | 05.07 |
| 186 | 341 | GURANOWSKI Mikołaj | CHYBY | POL | | 75 | M30/186 (M)434 | 01:48:07 | 05.07 |
| 187 | 754 | MIKULSKI Jacek | BYTOM | POL | | 81 | M30/187 (M)435 | 01:48:09 | 05.07 |
| 188 | 211 | DRZEWIECKI Marcin | PLEWISKA | POL | | 82 | M30/188 (M)437 | 01:48:13 | 05.07 |
| 189 | 767 | MODLISZEWSKI Dariusz | POZNAŃ | POL | | 76 | M30/189 (M)438 | 01:48:15 | 05.07 |
| 190 | 68 | BEDNARCZYK Tomasz | TRZCIANKA | POL | | 84 | M30/190 (M)439 | 01:48:17 | 05.07 |
| 191 | 690 | MACIEJEWSKI Piotr | TRZEMESZNO | POL | | 80 | M30/191 (M)440 | 01:48:21 | 05.08 |
| 192 | 237 | FIEDOROWICZ Tomasz | ZIELONA GÓRA | POL | | 79 | M30/192 (M)441 | 01:48:27 | 05.08 |
| 193 | 8 | ACHREM Tomasz | WIRY | POL | | 75 | M30/193 (M)443 | 01:48:32 | 05.08 |
| 194 | 912 | PIWOSZ Michał | WRONKI | POL | | 80 | M30/194 (M)444 | 01:48:33 | 05.08 |
| 195 | 1203 | WALCZAK Krzysztof | POZNAŃ | POL | | 77 | M30/195 (M)447 | 01:48:37 | 05.08 |
| 196 | 444 | JÓSKOWIAK Michał | GRODZISK | POL | | 78 | M30/196 (M)448 | 01:48:42 | 05.09 |
| 197 | 330 | GRZĄDKOWSKI Seweryn | WŁADYSŁAWOWO | POL | | 75 | M30/197 (M)450 | 01:48:46 | 05.09 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 198 | 1154 | ŚLIWIŃSKI Rafał | KIELCE | POL | | 77 | M30/198 (M)451 | 01:48:47 | 05.09 |
| 199 | 734 | MAZUREK Damian | POZNAŃ | POL | | 79 | M30/199 (M)454 | 01:48:54 | 05.09 |
| 200 | 969 | REMBACZ Tomasz | CHRZYPKO WIELKIE | POL | | 77 | M30/200 (M)455 | 01:48:54 | 05.09 |
| 201 | 934 | POPLAWSKI Krzysztof | SWARZĘDZ | POL | | 80 | M30/201 (M)457 | 01:48:58 | 05.09 |
| 202 | 138 | CEGLEWSKI Marcin | POZNAŃ | POL | | 78 | M30/202 (M)458 | 01:49:00 | 05.10 |
| 203 | 908 | PITUŁA Jarosław | GORZÓW WLKP. | POL | | 84 | M30/203 (M)459 | 01:49:06 | 05.10 |
| 204 | 429 | JASIŃSKI Marcin | KÓRNIK | POL | | 82 | M30/204 (M)462 | 01:49:09 | 05.10 |
| 205 | 801 | NAWROCKI Mateusz | POZNAŃ | POL | | 83 | M30/205 (M)465 | 01:49:13 | 05.10 |
| 206 | 932 | POMIANOWSKI Szymon | WRONKI / WROCŁAW | POL | | 84 | M30/206 (M)467 | 01:49:18 | 05.10 |
| 207 | 1094 | STEC Arkadiusz | KOMORNIKI | POL | | 75 | M30/207 (M)468 | 01:49:21 | 05.11 |
| 208 | 1105 | STRYJSKI Szymon | SUCHY LAS | POL | | 76 | M30/208 (M)469 | 01:49:23 | 05.11 |
| 209 | 823 | NOWAK Michał | GNIEZNO | POL | | 76 | M30/209 (M)470 | 01:49:30 | 05.11 |
| 210 | 371 | HOPPE Bartosz | ŚREM | POL | | 84 | M30/210 (M)471 | 01:49:31 | 05.11 |
| 211 | 960 | RABSCH Bartek | POZNAŃ | POL | | 78 | M30/211 (M)472 | 01:49:33 | 05.11 |
| 212 | 370 | HOLUBOWICZ Grzegorz | SKWIERZYNA | POL | | 80 | M30/212 (M)474 | 01:49:39 | 05.11 |
| 213 | 1337 | ZYBER Maciej | PIŁA | POL | | 83 | M30/213 (M)479 | 01:49:47 | 05.12 |
| 214 | 147 | CHMIELNIK Piotr | KÓRNIK | POL | | 82 | M30/214 (M)480 | 01:49:52 | 05.12 |
| 215 | 1026 | SETECKI Michał | NOWE SKALMIERZYCE | POL | | 78 | M30/215 (M)484 | 01:50:02 | 05.12 |
| 216 | 946 | PRZEPIÓRA Grzegorz | ZALASEWO / SWARZĘDZ | POL | | 78 | M30/216 (M)488 | 01:50:15 | 05.13 |
| 217 | 118 | BRYKCZYŃSKI Błażej | SZCZECIN | POL | | 77 | M30/217 (M)489 | 01:50:15 | 05.13 |
| 218 | 1024 | SERDECZNY Artur | SZCZECIN | POL | | 79 | M30/218 (M)490 | 01:50:17 | 05.13 |
| 219 | 757 | MILCZAREK Michał | SULĘCINEK | POL | | 77 | M30/219 (M)491 | 01:50:18 | 05.13 |
| 220 | 959 | PYTKOWSKI Arek | SZCZECIN | POL | | 75 | M30/220 (M)492 | 01:50:19 | 05.13 |
| 221 | 300 | GOTOWY Piotr | DUSZNIKI | POL | | 80 | M30/221 (M)493 | 01:50:21 | 05.13 |
| 222 | 91 | BŁASZCZYK Sławomir | GDAŃSK | POL | | 79 | M30/222 (M)496 | 01:50:25 | 05.14 |
| 223 | 40 | BALA Adrian | CHOJNÓW | POL | | 80 | M30/223 (M)498 | 01:50:32 | 05.14 |
| 224 | 779 | MSZANOWSKI Jędrzej | SKRZYŃKI | POL | | 82 | M30/224 (M)499 | 01:50:33 | 05.14 |
| 225 | 588 | KRÓL Rafał | ZŁOTORYJSKO | POL | | 75 | M30/225 (M)504 | 01:50:40 | 05.14 |
| 226 | 476 | KANIEWSKI Michał | POZNAŃ | POL | | 75 | M30/226 (M)507 | 01:50:52 | 05.15 |
| 227 | 966 | RATAJSZCZAK Konrad | POZNAŃ | POL | | 82 | M30/227 (M)509 | 01:50:55 | 05.15 |
| 228 | 1247 | WIŚNIEWSKI Artur | POZNAŃ | POL | | 75 | M30/228 (M)512 | 01:51:03 | 05.15 |
| 229 | 894 | PIDEK Marcin | OBORNIKI | POL | | 78 | M30/229 (M)517 | 01:51:20 | 05.16 |
| 230 | 218 | DUDKOWIAK Łukasz | ROGOŹNO | POL | | 77 | M30/230 (M)518 | 01:51:21 | 05.16 |
| 231 | 542 | KOPLIN Marek | POŁAJEWO | POL | | 82 | M30/231 (M)519 | 01:51:22 | 05.16 |
| 232 | 789 | MUSKAŁA Damian | WAŁBRZYCH | POL | | 84 | M30/232 (M)520 | 01:51:23 | 05.16 |
| 233 | 950 | PRZYBYLAK Paweł | MOSINA | POL | | 80 | M30/233 (M)521 | 01:51:31 | 05.17 |
| 234 | 1311 | ZAPALSKI Marcin | POZNAŃ | POL | | 81 | M30/234 (M)522 | 01:51:35 | 05.17 |
| 235 | 533 | KONENC Jacek | WRONKI | POL | | 75 | M30/235 (M)525 | 01:51:45 | 05.17 |
| 236 | 1098 | STEFANIUK Rafał | DOBRE MIASTO | POL | | 76 | M30/236 (M)526 | 01:51:46 | 05.17 |
| 237 | 51 | BARABASZ Marek | WROCŁAW | POL | | 80 | M30/237 (M)529 | 01:51:49 | 05.18 |
| 238 | 829 | NOWAKOWSKI Piotr | POZNAŃ | POL | | 83 | M30/238 (M)530 | 01:51:50 | 05.18 |
| 239 | 632 | KUSZ Radosław | PIŁA | POL | | 75 | M30/239 (M)533 | 01:52:06 | 05.18 |
| 240 | 346 | HAJDUK Szymon | SZCZECIN | POL | | 76 | M30/240 (M)535 | 01:52:12 | 05.19 |
| 241 | 1177 | TOMASZEWSKI Krzysztof | POZNAŃ | POL | | 82 | M30/241 (M)536 | 01:52:14 | 05.19 |
| 242 | 239 | FILIPIAK Leszek | OPALENICA | POL | | 77 | M30/242 (M)543 | 01:52:40 | 05.20 |
| 243 | 243 | FILUT Łukasz | POZNAŃ | POL | | 80 | M30/243 (M)547 | 01:52:56 | 05.21 |
| 244 | 265 | GAJ Radosław | KATOWICE | POL | | 76 | M30/244 (M)548 | 01:52:59 | 05.21 |
| 245 | 563 | KOWALSKI Michał | CZERWIEŃSK | POL | | 78 | M30/245 (M)549 | 01:53:00 | 05.21 |
| 246 | 1114 | SZAFALOWICZ Tomasz | POZNAŃ | POL | | 81 | M30/246 (M)551 | 01:53:03 | 05.21 |
| 247 | 404 | JANIAK Michał | KOSTRZYN WLKP. | POL | | 78 | M30/247 (M)552 | 01:53:03 | 05.21 |
| 248 | 1317 | ZAWADZKI Marcin | POZNAŃ | POL | | 78 | M30/248 (M)553 | 01:53:05 | 05.21 |
| 249 | 312 | GRABOWSKI Adam | WĄGROWIEC | POL | | 79 | M30/249 (M)554 | 01:53:09 | 05.21 |
| 250 | 390 | JAJOR Jędrzej | POZNAŃ | POL | | 81 | M30/250 (M)555 | 01:53:13 | 05.22 |
| 251 | 398 | JANAS Bogusław | POZNAŃ | POL | | 78 | M30/251 (M)556 | 01:53:17 | 05.22 |
| 252 | 355 | HENSCHKE Adam | KOMORNIKI | POL | | 83 | M30/252 (M)557 | 01:53:19 | 05.22 |
| 253 | 480 | KAPUSTKA Mirosław | POZNAŃ | POL | | 83 | M30/253 (M)558 | 01:53:20 | 05.22 |
| 254 | 944 | PROKOPOWICZ Marcin | JASTROWIE | POL | | 79 | M30/254 (M)560 | 01:53:25 | 05.22 |
| 255 | 419 | JARKA Rufin | CZARNKÓW | POL | | 83 | M30/255 (M)563 | 01:53:32 | 05.22 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 256 | 773 | MOSOŃ Kuba | WARSZAWA | | POL | 81 | M30/256 (M)564 | 01:53:37 | 05.23 |
| 257 | 538 | KONIECZNY Piotr | NOWY TOMYŚL | | POL | 81 | M30/257 (M)569 | 01:53:45 | 05.23 |
| 258 | 377 | IDKOWIAK Bartłomiej | SZAMOTUŁY | | POL | 76 | M30/258 (M)570 | 01:53:46 | 05.23 |
| 259 | 1108 | SUDAK Łukasz | SZCZECIN | | POL | 83 | M30/259 (M)572 | 01:53:52 | 05.23 |
| 260 | 1045 | SKLEPIK Ryszard | KIEKRZ | | POL | 79 | M30/260 (M)574 | 01:53:56 | 05.24 |
| 261 | 802 | NETTMANN Mateusz | POZNAN | | POL | 79 | M30/261 (M)578 | 01:54:02 | 05.24 |
| 262 | 1279 | WOŹNIAK Marcin | POZNAŃ | | POL | 80 | M30/262 (M)580 | 01:54:04 | 05.24 |
| 263 | 135 | CAŁKA Grzegorz | RADZYMIN | | POL | 75 | M30/263 (M)585 | 01:54:09 | 05.24 |
| 264 | 347 | HAMROL Łukasz | ŚMIGIEL | | POL | 77 | M30/264 (M)588 | 01:54:28 | 05.25 |
| 265 | 372 | HOROSZKO Adrian | GORZÓW WLKP. | | POL | 83 | M30/265 (M)589 | 01:54:28 | 05.25 |
| 266 | 682 | ŁUKARSKI Maciej | POZNAŃ | | POL | 81 | M30/266 (M)591 | 01:54:31 | 05.25 |
| 267 | 743 | MICHALAK Dominik | PRZEMKÓW | | POL | 78 | M30/267 (M)594 | 01:54:41 | 05.26 |
| 268 | 256 | FÓRMANIAK Marek | WRZESNIA | | POL | 80 | M30/268 (M)599 | 01:55:09 | 05.27 |
| 269 | 411 | JANKOWSKI Sebastian | WRONKI | | POL | 80 | M30/269 (M)600 | 01:55:10 | 05.27 |
| 270 | 649 | LEHMANN Paweł | ZBĄSZYŃ | | POL | 75 | M30/270 (M)601 | 01:55:17 | 05.27 |
| 271 | 190 | DEMBSKI Grzegorz | PLEWISKA | | POL | 77 | M30/271 (M)602 | 01:55:18 | 05.27 |
| 272 | 206 | DREGER Marcin | KIEKRZ | | POL | 77 | M30/272 (M)605 | 01:55:23 | 05.28 |
| 273 | 1194 | URBAŃSKI Leszek | PLEWISKA | | POL | 79 | M30/273 (M)606 | 01:55:26 | 05.28 |
| 274 | 1365 | TOMCZAK Tomasz | PRZEMIEROWO | | POL | 76 | M30/274 (M)607 | 01:55:28 | 05.28 |
| 275 | 284 | GIL Łukasz | DASZEWICE | | POL | 84 | M30/275 (M)608 | 01:55:29 | 05.28 |
| 276 | 458 | KACZMAREK Mariusz | OBRZYCKO | | POL | 79 | M30/276 (M)616 | 01:55:44 | 05.29 |
| 277 | 979 | ROSA Jarosław | POZNAŃ | | POL | 76 | M30/277 (M)617 | 01:55:44 | 05.29 |
| 278 | 337 | GRZESIK Łukasz | POZNAŃ | | POL | 81 | M30/278 (M)618 | 01:55:46 | 05.29 |
| 279 | 471 | KAMIŃSKI Mikołaj | POZNAŃ | | POL | 79 | M30/279 (M)619 | 01:55:48 | 05.29 |
| 280 | 276 | GEPPERT Jakub | POZNAŃ | | POL | 84 | M30/280 (M)621 | 01:55:54 | 05.29 |
| 281 | 287 | GLUMIŃSKI Bartosz | KOŚCIAN | | POL | 80 | M30/281 (M)625 | 01:56:00 | 05.29 |
| 282 | 910 | PIWECKI Maciej | SADY | | POL | 76 | M30/282 (M)626 | 01:56:01 | 05.29 |
| 283 | 424 | JARZĄB Łukasz | PYRZYCE | | POL | 77 | M30/283 (M)627 | 01:56:03 | 05.30 |
| 284 | 782 | MUMOT Artur | ROGALINEK | | POL | 76 | M30/284 (M)629 | 01:56:16 | 05.30 |
| 285 | 585 | KRIESE Tomasz | WIĘCIBORK | | POL | 79 | M30/285 (M)631 | 01:56:24 | 05.31 |
| 286 | 551 | KOSTECKI Damian | MARGONIN | | POL | 77 | M30/286 (M)637 | 01:56:35 | 05.31 |
| 287 | 787 | MUSIAŁ Tomasz | STARA LUBIANKA | | POL | 82 | M30/287 (M)639 | 01:56:51 | 05.32 |
| 288 | 448 | JUDKOWIAK Rafał | PĘCKOWO | | POL | 79 | M30/288 (M)642 | 01:56:59 | 05.32 |
| 289 | 1126 | SZMYTKIEWICZ Krzysztof | GORZÓW WLKP. | | POL | 83 | M30/289 (M)643 | 01:57:00 | 05.32 |
| 290 | 849 | ORŁOWSKI Marcin | POZNAŃ | | POL | 81 | M30/290 (M)644 | 01:57:03 | 05.32 |
| 291 | 483 | KARCZEWSKI Paweł | SZYDŁOWO | | POL | 82 | M30/291 (M)646 | 01:57:10 | 05.33 |
| 292 | 271 | GARBIC Michał | KIEKRZ | | POL | 79 | M30/292 (M)648 | 01:57:12 | 05.33 |
| 293 | 152 | CHRZANOWSKI Piotr | SZCZECINEK | | POL | 84 | M30/293 (M)649 | 01:57:14 | 05.33 |
| 294 | 803 | NIEBOJ Jakub | POZNAŃ | | POL | 81 | M30/294 (M)652 | 01:57:18 | 05.33 |
| 295 | 774 | MOSORZEWSKI Łukasz | NOWA SÓL | | POL | 80 | M30/295 (M)654 | 01:57:20 | 05.33 |
| 296 | 379 | IRZYKOWICZ Łukasz | WRONKI | | POL | 79 | M30/296 (M)655 | 01:57:20 | 05.33 |
| 297 | 814 | NOWAK Bartosz | POZNAŃ | | POL | 83 | M30/297 (M)658 | 01:57:24 | 05.33 |
| 298 | 623 | KURCZYŃSKI Rafał | POZNAŃ | | POL | 77 | M30/298 (M)660 | 01:57:28 | 05.34 |
| 299 | 1293 | WYSOCKI Marcin | POZNAŃ | | POL | 78 | M30/299 (M)661 | 01:57:34 | 05.34 |
| 300 | 1373 | HENECKZOWSKI Łukasz | POZNAŃ | | POL | 78 | M30/300 (M)662 | 01:57:35 | 05.34 |
| 301 | 234 | FELDMANN Bartosz | POZNAŃ | | POL | 77 | M30/301 (M)667 | 01:57:41 | 05.34 |
| 302 | 654 | LEWANDOWSKI Grzegorz | SZYDŁOWO | | POL | 76 | M30/302 (M)668 | 01:57:41 | 05.34 |
| 303 | 1073 | SPELAK Krzysztof | SKÓRZEWO | | POL | 79 | M30/303 (M)670 | 01:57:49 | 05.35 |
| 304 | 1116 | SZARAPANOWSKI Damian | LUBRZA | | POL | 78 | M30/304 (M)673 | 01:57:58 | 05.35 |
| 305 | 441 | JĘDRUSZCZAK Marcin | POZNAŃ | | POL | 77 | M30/305 (M)678 | 01:58:07 | 05.35 |
| 306 | 484 | KARMIŁO-JANKOWSKI Maciej | POZNAŃ | | POL | 75 | M30/306 (M)679 | 01:58:11 | 05.36 |
| 307 | 869 | PAPRZYCKI Maciej | WROCLAW | | POL | 79 | M30/307 (M)681 | 01:58:15 | 05.36 |
| 308 | 1209 | WALKOWIAK Tomasz | LUBOŃ | | POL | 84 | M30/308 (M)683 | 01:58:22 | 05.36 |
| 309 | 220 | DWOJAK Marcin | PRZEŻMIEROWO | | POL | 78 | M30/309 (M)684 | 01:58:24 | 05.36 |
| 310 | 1254 | WITKOWSKI Bartosz | KOZIEGŁOWY | | POL | 77 | M30/310 (M)688 | 01:58:41 | 05.37 |
| 311 | 793 | NAHACZEWSKI Grzegorz | NOWY TOMYŚL | | POL | 75 | M30/311 (M)689 | 01:58:41 | 05.37 |
| 312 | 686 | ŁUKOWICZ Łukasz | KOŚCIERZYNA | | POL | 82 | M30/312 (M)690 | 01:58:44 | 05.37 |
| 313 | 1277 | WOSIK Przemysław | LUBOŃ | | POL | 76 | M30/313 (M)692 | 01:58:48 | 05.37 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 314 | 987 | ROSZKIEWICZ Paweł | PNIEWY | POL | | 78 | M30/314 (M)694 | 01:58:54 | 05.38 |
| 315 | 1112 | SYGOCKI Konrad | WARSZAWA | POL | | 78 | M30/315 (M)695 | 01:58:54 | 05.38 |
| 316 | 539 | KONIKOWSKI Krzysztof | POZNAŃ | POL | | 75 | M30/316 (M)698 | 01:58:59 | 05.38 |
| 317 | 914 | PLEWA Damian | LUBOŃ | POL | | 78 | M30/317 (M)699 | 01:59:00 | 05.38 |
| 318 | 582 | KRAWCZYK Jarosław | ZDUNY | POL | | 76 | M30/318 (M)700 | 01:59:03 | 05.38 |
| 319 | 851 | OSUCHOWSKI Marek | SWARZĘDZ | POL | | 77 | M30/319 (M)710 | 01:59:42 | 05.40 |
| 320 | 76 | BIALCZYK Jarosław | GAŁOWO | POL | | 79 | M30/320 (M)714 | 02:00:03 | 05.41 |
| 321 | 1080 | SPYCHAŁA Michał | WRONKI | POL | | 81 | M30/321 (M)715 | 02:00:08 | 05.41 |
| 322 | 985 | ROSZCZAK Adam | POZNAŃ | POL | | 75 | M30/322 (M)718 | 02:00:14 | 05.41 |
| 323 | 1150 | SZYKOWSKI VEL SĘK Szymon | POZNAŃ | POL | | 82 | M30/323 (M)719 | 02:00:15 | 05.41 |
| 324 | 1314 | ZATOR Piotr | POZNAŃ | POL | | 83 | M30/324 (M)720 | 02:00:15 | 05.42 |
| 325 | 187 | DĄBROWSKI Paweł | POZNAŃ | POL | | 75 | M30/325 (M)722 | 02:00:16 | 05.42 |
| 326 | 1100 | STOLAŚ Łukasz | GAŁOWO | POL | | 82 | M30/326 (M)723 | 02:00:20 | 05.42 |
| 327 | 956 | PUSSAK Bartosz | POZNAŃ | POL | | 84 | M30/327 (M)727 | 02:00:38 | 05.43 |
| 328 | 466 | KALEK Szymon | SZAMOTUŁY | POL | | 77 | M30/328 (M)729 | 02:00:43 | 05.43 |
| 329 | 927 | POLEHOJKO Dariusz | WROCLAW | POL | | 75 | M30/329 (M)730 | 02:00:48 | 05.43 |
| 330 | 438 | JESSA Mateusz | GORZÓW WLKP. | POL | | 83 | M30/330 (M)733 | 02:01:05 | 05.44 |
| 331 | 613 | KUBISZ Maciej | POZNAN | POL | | 82 | M30/331 (M)734 | 02:01:09 | 05.44 |
| 332 | 385 | KRZYSZTOSEK Marcin | DUSZNIKI | POL | | 77 | M30/332 (M)738 | 02:01:18 | 05.45 |
| 333 | 1061 | SOBCZYŃSKI Michał | PAMIĄTKOWO | POL | | 80 | M30/333 (M)741 | 02:01:31 | 05.45 |
| 334 | 326 | GRYGIEL Piotr | POZNAŃ | POL | | 81 | M30/334 (M)742 | 02:01:33 | 05.45 |
| 335 | 38 | BAHYRYCZ Zbigniew | ROKIETNICA | POL | | 77 | M30/335 (M)745 | 02:01:53 | 05.46 |
| 336 | 763 | MISIORNY Waldemar | POZNAN | POL | | 79 | M30/336 (M)747 | 02:02:04 | 05.47 |
| 337 | 1153 | ŚLIWIŃSKI Paweł | PUSZCZYKOWO | POL | | 84 | M30/337 (M)750 | 02:02:31 | 05.48 |
| 338 | 1359 | GALAŃ Wojciech | WARSZAWA | POL | | 78 | M30/338 (M)754 | 02:02:53 | 05.49 |
| 339 | 677 | ŁĄKOWSKI Zbigniew | KOZIEGŁOWY | POL | | 75 | M30/339 (M)761 | 02:03:13 | 05.50 |
| 340 | 1016 | SAPALSKI Arkadiusz | LUSOWO | POL | | 76 | M30/340 (M)762 | 02:03:18 | 05.50 |
| 341 | 709 | MALICKI Mateusz | POZNAŃ | POL | | 81 | M30/341 (M)767 | 02:03:33 | 05.51 |
| 342 | 1129 | SZÓSTAK Marcin | POZNAŃ | POL | | 82 | M30/342 (M)770 | 02:03:42 | 05.51 |
| 343 | 906 | PISKORSKI Krzysztof | WARSZAWA | POL | | 76 | M30/343 (M)777 | 02:04:07 | 05.53 |
| 344 | 661 | LIPIŃSKI Jacek | KIEKRZ | POL | | 75 | M30/344 (M)779 | 02:04:17 | 05.53 |
| 345 | 266 | GAJEWSKI Andre | POZNAŃ | POL | | 82 | M30/345 (M)780 | 02:04:17 | 05.53 |
| 346 | 634 | KUŹNIAK Paweł | SZAMOTUŁY | POL | | 76 | M30/346 (M)782 | 02:04:25 | 05.53 |
| 347 | 1374 | PRONIN Tomasz | SANTOCKO | POL | | 77 | M30/347 (M)785 | 02:04:29 | 05.54 |
| 348 | 242 | FILIPOWSKI Łukasz | KAŻMIERZ | POL | | 76 | M30/348 (M)786 | 02:04:32 | 05.54 |
| 349 | 34 | AUGUSTYNIAK Grzegorz | SIERAKÓW | POL | | 83 | M30/349 (M)789 | 02:04:40 | 05.54 |
| 350 | 973 | ROGOZIŃSKI Henryk | BUK | POL | | 76 | M30/350 (M)790 | 02:04:44 | 05.54 |
| 351 | 939 | POSPIESZNY Łukasz | POZNAŃ | POL | | 83 | M30/351 (M)792 | 02:04:48 | 05.54 |
| 352 | 732 | MATYKIEWICZ Michał | LUSOWO | POL | | 79 | M30/352 (M)795 | 02:04:51 | 05.55 |
| 353 | 1245 | WILKOSZ Rafał | SIERAKÓW WLKP | POL | | 84 | M30/353 (M)798 | 02:04:53 | 05.55 |
| 354 | 1289 | WUCENS Marek | PILA | POL | | 79 | M30/354 (M)804 | 02:05:34 | 05.57 |
| 355 | 70 | BEREZOWSKI Krystian | KRZYŻ WIELKOPOLSKI | POL | | 81 | M30/355 (M)805 | 02:05:35 | 05.57 |
| 356 | 328 | GRYNASZKO Bogumił | SWARZĘDZ | POL | | 78 | M30/356 (M)806 | 02:05:46 | 05.57 |
| 357 | 980 | ROSA Michał | SZCZECIN | POL | | 79 | M30/357 (M)809 | 02:05:51 | 05.57 |
| 358 | 168 | CYFERKOWSKI Roman | POZNAŃ | POL | | 81 | M30/358 (M)810 | 02:05:51 | 05.57 |
| 359 | 721 | MARCINIAK Wojciech | SZCZECIN | POL | | 75 | M30/359 (M)812 | 02:05:57 | 05.58 |
| 360 | 573 | KOZŁOWSKI Marcin | POZNAŃ | POL | | 76 | M30/360 (M)814 | 02:06:04 | 05.58 |
| 361 | 1096 | STEFANIAK Łukasz | ZLOTNIKI | POL | | 78 | M30/361 (M)818 | 02:06:14 | 05.59 |
| 362 | 358 | ROSZAK Bartosz | WRONKI | POL | | 83 | M30/362 (M)820 | 02:06:29 | 05.59 |
| 363 | 1379 | DĄBKOWSKI Mariusz | GOWOROWO | POL | | 76 | M30/363 (M)822 | 02:06:38 | 06.00 |
| 364 | 783 | MICHALAK Sławek | ROGALINEK | POL | | 76 | M30/364 (M)823 | 02:06:39 | 06.00 |
| 365 | 1255 | WITKOWSKI Leszek | TRZCIANKA | POL | | 76 | M30/365 (M)824 | 02:06:42 | 06.00 |
| 366 | 1234 | WIECZOREK Łukasz | SZAMOTUŁY | POL | | 84 | M30/366 (M)826 | 02:06:48 | 06.00 |
| 367 | 1125 | SZMATUŁA Robert | POZNAŃ | POL | | 75 | M30/367 (M)830 | 02:06:58 | 06.01 |
| 368 | 215 | DUDA Tomasz | KRAJENKA | POL | | 76 | M30/368 (M)831 | 02:06:59 | 06.01 |
| 369 | 395 | JAKUBOWSKI Wojciech | LESZNO | POL | | 84 | M30/369 (M)832 | 02:07:01 | 06.01 |
| 370 | 262 | GACEK Arkadiusz | OBORNIKI | POL | | 78 | M30/370 (M)840 | 02:07:54 | 06.03 |
| 371 | 1180 | TOMASZEWSKI Tomasz | PAŁĘDZIE | POL | | 77 | M30/371 (M)841 | 02:08:02 | 06.04 |



























































| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 372 | 1378 | SZCZĘCH Bartosz | POZNAŃ | POL | | 81 | M30/372 (M)842 | 02:08:16 | 06.04 |
| 373 | 1063 | SOBKOWIAK Radosław | TARNOWO PODGÓRNE | POL | | 83 | M30/373 (M)843 | 02:08:27 | 06.05 |
| 374 | 570 | KOZIO Mateusz | POZNAŃ | POL | | 78 | M30/374 (M)844 | 02:08:36 | 06.05 |
| 375 | 832 | NOWICKI Piotr | SWARZĘDZ | POL | | 78 | M30/375 (M)847 | 02:09:00 | 06.06 |
| 376 | 839 | OLCZYK Marcin | SKÓRZEWO | POL | | 78 | M30/376 (M)853 | 02:09:21 | 06.07 |
| 377 | 684 | ŁUKASZEWSKI Łukasz | BRODNICA | POL | | 78 | M30/377 (M)854 | 02:09:23 | 06.07 |
| 378 | 1144 | SZYMANOWSKI Marcin | POZNAŃ | POL | | 76 | M30/378 (M)855 | 02:09:27 | 06.08 |
| 379 | 665 | LITEWKA Filip | POZNAN | POL | | 78 | M30/379 (M)856 | 02:09:36 | 06.08 |
| 380 | 485 | KAROLCZAK Robert | WARSZAWA | POL | | 80 | M30/380 (M)858 | 02:09:37 | 06.08 |
| 381 | 841 | OLEJARCZYK Tomasz | ŚWIDNICA | POL | | 82 | M30/381 (M)860 | 02:09:46 | 06.09 |
| 382 | 589 | KRUBER Piotr | POLICE | POL | | 81 | M30/382 (M)864 | 02:10:06 | 06.10 |
| 383 | 753 | MIKULSKI Jacek | POLICE | POL | | 80 | M30/383 (M)865 | 02:10:07 | 06.10 |
| 384 | 489 | KAWALEC Maciej | BARLINEK | POL | | 80 | M30/384 (M)866 | 02:10:08 | 06.10 |
| 385 | 1086 | STACHOWIAK Marek | ROKIETNICA | POL | | 78 | M30/385 (M)867 | 02:10:09 | 06.10 |
| 386 | 11 | FRANKE Michał | SZAMOTUŁY | POL | | 75 | M30/386 (M)868 | 02:10:13 | 06.10 |
| 387 | 1130 | SZPILER Mariusz | SZAMOTUŁY | POL | | 82 | M30/387 (M)869 | 02:10:14 | 06.10 |
| 388 | 619 | KUJAWA Tomasz | POZNAŃ | POL | | 78 | M30/388 (M)871 | 02:10:23 | 06.10 |
| 389 | 892 | PIASEK Karol | OŻARÓW MAZ | POL | | 82 | M30/389 (M)872 | 02:10:39 | 06.11 |
| 390 | 708 | MALECHA Tomasz | MOSINA | POL | | 76 | M30/390 (M)876 | 02:11:26 | 06.13 |
| 391 | 43 | BANACH Karol | BOLEWICE | POL | | 79 | M30/391 (M)879 | 02:11:46 | 06.14 |
| 392 | 537 | KONIECZNY Paweł | POZNAŃ | POL | | 76 | M30/392 (M)882 | 02:12:04 | 06.15 |
| 393 | 166 | CITKOWSKI Tomasz | MIAŁY | POL | | 80 | M30/393 (M)884 | 02:12:18 | 06.16 |
| 394 | 252 | FLUDRA Łukasz | POZNAŃ | POL | | 79 | M30/394 (M)889 | 02:12:46 | 06.17 |
| 395 | 268 | GALKOWSKI Piotr | SZAMOTUŁY | POL | | 75 | M30/395 (M)891 | 02:12:59 | 06.18 |
| 396 | 794 | NALEWAJKO Jacek | LESZNO | POL | | 77 | M30/396 (M)892 | 02:13:01 | 06.18 |
| 397 | 396 | JAMBROŹEK Sebastian | POZNAŃ | POL | | 82 | M30/397 (M)893 | 02:13:03 | 06.18 |
| 398 | 1269 | WOJTKOWIAK Michał | ZŁOTNIKI | POL | | 77 | M30/398 (M)895 | 02:13:05 | 06.18 |
| 399 | 1044 | SKACZKO Jacek | POZNAŃ | POL | | 81 | M30/399 (M)902 | 02:14:46 | 06.23 |
| 400 | 879 | PAWLAK Artur | POZNAŃ | POL | | 79 | M30/400 (M)906 | 02:15:26 | 06.25 |
| 401 | 216 | DUDEK Łukasz | ZDUNY | POL | | 80 | M30/401 (M)909 | 02:15:35 | 06.25 |
| 402 | 16 | ADAMCZEWSKI Sebastian | POZNAŃ | POL | | 82 | M30/402 (M)910 | 02:15:44 | 06.26 |
| 403 | 1310 | ZAMOJDA Marcin | PIŁA | POL | | 77 | M30/403 (M)913 | 02:16:21 | 06.27 |
| 404 | 442 | JODKO Piotr | BATOROWO | POL | | 79 | M30/404 (M)916 | 02:17:02 | 06.29 |
| 405 | 498 | KĘDZIERSKI Arkadiusz | WITASZYCE | POL | | 76 | M30/405 (M)919 | 02:17:56 | 06.32 |
| 406 | 1375 | MRÓZ Michał | GORZÓW WIELKOPOLSKI | POL | | 76 | M30/406 (M)923 | 02:18:23 | 06.33 |
| 407 | 193 | DŁUŻYŃSKI Jakub | ROKIETNICA | POL | | 80 | M30/407 (M)925 | 02:18:28 | 06.33 |
| 408 | 1228 | WIATR Adam | WAŁCZ | POL | | 82 | M30/408 (M)926 | 02:18:37 | 06.34 |
| 409 | 1037 | GIEROBA Kamil | LUBLIN | POL | | 77 | M30/409 (M)927 | 02:19:06 | 06.35 |
| 410 | 824 | NOWAK Paweł | POZNAŃ | POL | | 75 | M30/410 (M)929 | 02:19:27 | 06.36 |
| 411 | 957 | PUTYRA Leszek | SZAMOTUŁY | POL | | 80 | M30/411 (M)932 | 02:20:25 | 06.39 |
| 412 | 1178 | TOMASZEWSKI Maciej | POZNAŃ | POL | | 78 | M30/412 (M)933 | 02:20:35 | 06.39 |
| 413 | 342 | GURZYŃSKI Szymon | ŚRODA WIELKOPOLSKA | POL | | 82 | M30/413 (M)936 | 02:21:44 | 06.43 |
| 414 | 617 | KUFLIŃSKI Wojciech | POZNAŃ | POL | | 81 | M30/414 (M)938 | 02:22:06 | 06.44 |
| 415 | 345 | GZYL Krzysztof | SZAMOTUŁY | POL | | 81 | M30/415 (M)940 | 02:22:28 | 06.45 |
| 416 | 636 | KWIATKOWSKI Artur | BARANOWO | POL | | 76 | M30/416 (M)943 | 02:23:04 | 06.46 |
| 417 | 221 | DYK Piotr | LUBOŃ | POL | | 80 | M30/417 (M)945 | 02:23:15 | 06.47 |
| 418 | 614 | KUCHARSKI Michał | LUBOŃ | POL | | 81 | M30/418 (M)946 | 02:23:39 | 06.48 |
| 419 | 244 | FISCHER Tomasz | MOSINA | POL | | 82 | M30/419 (M)947 | 02:23:46 | 06.48 |
| 420 | 12 | KROPACZEWSKI Marcin | SZAMOTUŁY | POL | | 75 | M30/420 (M)954 | 02:24:55 | 06.52 |
| 421 | 213 | DUBIEL Paweł | SWARZĘDZ | POL | | 79 | M30/421 (M)955 | 02:25:08 | 06.52 |
| 422 | 530 | KOŁODZIEJSKI Maciej | KROTOSZYN | POL | | 76 | M30/422 (M)958 | 02:25:39 | 06.54 |
| 423 | 812 | NOWAK Adam | KREROWO | POL | | 80 | M30/423 (M)959 | 02:25:59 | 06.55 |
| 424 | 9 | GZYL Krzysztof | WARSZAWA | POL | | 75 | M30/424 (M)964 | 02:27:24 | 06.59 |
| 425 | 512 | KLESZCZ Adam | PIŁA | POL | | 77 | M30/425 (M)968 | 02:29:42 | 07.05 |
| 426 | 1157 | ŚNIEGOCKI Paweł | TARNOWO PODGÓRNE | POL | | 78 | M30/426 (M)970 | 02:30:24 | 07.07 |
| 427 | 727 | MATUSZAK Krzysztof | KOBYLNICA | POL | | 78 | M30/427 (M)971 | 02:30:45 | 07.08 |
| 428 | 756 | MILANOWSKI Marek | POTASZE | POL | | 76 | M30/428 (M)972 | 02:30:54 | 07.09 |
| 429 | 257 | FRANKOWIAK Mikołaj | POZNAŃ | POL | | 77 | M30/429 (M)973 | 02:31:09 | 07.09 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 430 | 54 | BARANIECKI Artur | GUBIN | POL | | 82 | M30/430 (M)974 | 02:31:23 | 07.10 |
| 431 | 79 | BIAŁEK Piotr | SZAMOTUŁY | POL | | 76 | M30/431 (M)976 | 02:32:57 | 07.15 |
| 432 | 446 | JÓZWIAK Paweł | ROKIETNICA | POL | | 81 | M30/432 (M)977 | 02:33:38 | 07.16 |
| 433 | 143 | CHIRREK Marcin | SZAMOTUŁY | POL | | 81 | M30/433 (M)978 | 02:33:49 | 07.17 |
| 434 | 505 | KIERSTAN Paweł | WIELEŃ | POL | | 76 | M30/434 (M)979 | 02:34:39 | 07.19 |
| 435 | 399 | JANASIAK Krzysztof | SZAMOTUŁY | POL | | 76 | M30/435 (M)980 | 02:35:02 | 07.20 |
| 436 | 111 | BRODZKI Dariusz | PŁOCK | POL | | 75 | M30/436 (M)982 | 02:39:14 | 07.32 |
| 437 | 119 | BRZEZIŃSKI Jerzy | SIERAKÓW | POL | | 78 | M30/437 (M)983 | 02:41:36 | 07.39 |
| 438 | 1022 | SEIDEL Robert | KĘDZIERZYN-KOŹLE | POL | | 81 | M30/438 (M)986 | 02:45:38 | 07.51 |
| 439 | 432 | JASTAK Łukasz | POZNAŃ | POL | | 84 | M30/439 (M)988 | 02:47:50 | 07.57 |








Bieg 21km KATEGORIA:M40

| | | | | | | | | | |
|----|------|-------------------------|---------------------|-----|--|----|---------------|----------|-------|
| 1 | 1364 | POBŁOCKI Piotr | ŁĘBORK | POL | | 65 | M40/1 (M)5 | 01:13:13 | 03.28 |
| 2 | 601 | KRZYŚCIN Andrzej | GNIEZNO | POL | | 67 | M40/2 (M)9 | 01:16:21 | 03.37 |
| 3 | 58 | BARSZOWSKI Paweł | LESZNO | POL | | 70 | M40/3 (M)13 | 01:18:37 | 03.43 |
| 4 | 65 | BAZIMIEROWSKI Sylwester | DOLASZEWO | POL | | 71 | M40/4 (M)29 | 01:23:57 | 03.58 |
| 5 | 1017 | SARNOWSKI Janusz | ZŁOTÓW | POL | | 69 | M40/5 (M)47 | 01:26:30 | 04.06 |
| 6 | 777 | MRÓZ Krzysztof | KOZIEGŁOWY | POL | | 72 | M40/6 (M)48 | 01:26:50 | 04.06 |
| 7 | 1244 | WILINSKI Adam | FALKOWO | POL | | 71 | M40/7 (M)50 | 01:26:59 | 04.07 |
| 8 | 1256 | WITKOWSKI Tomasz | KAMIONKI | POL | | 72 | M40/8 (M)51 | 01:27:05 | 04.07 |
| 9 | 1006 | RZESZUT Jacek | POZNAŃ | POL | | 66 | M40/9 (M)53 | 01:27:10 | 04.07 |
| 10 | 1347 | ŻELEŹNIAK Marek | TORZYM | POL | | 68 | M40/10 (M)55 | 01:27:19 | 04.08 |
| 11 | 1106 | STRZYŻEWSKI Andrzej | GNIEZNO | POL | | 69 | M40/11 (M)63 | 01:28:16 | 04.11 |
| 12 | 554 | KOWALCZUK Grzegorz | TUCZNO | POL | | 67 | M40/12 (M)68 | 01:28:36 | 04.12 |
| 13 | 796 | NAPIERAŁA Wojciech | POZNAŃ | POL | | 72 | M40/13 (M)75 | 01:29:13 | 04.13 |
| 14 | 392 | JAKUBIK Piotr | POZNAŃ | POL | | 71 | M40/14 (M)76 | 01:29:31 | 04.14 |
| 15 | 363 | HOFFMANN Mariusz | WRONKI | POL | | 68 | M40/15 (M)77 | 01:29:32 | 04.14 |
| 16 | 319 | GREGORCZYK Krzysztof | CHELMSKO ŚLĄSKIE | POL | | 70 | M40/16 (M)79 | 01:29:54 | 04.15 |
| 17 | 584 | KRIESE Piotr | RUNOWO KRAJENSKIE | POL | | 66 | M40/17 (M)81 | 01:29:59 | 04.15 |
| 18 | 820 | NOWAK Krzysztof | KAMIONKI | POL | | 73 | M40/18 (M)83 | 01:30:04 | 04.16 |
| 19 | 1169 | TAISNER Michał | POZNAŃ | POL | | 74 | M40/19 (M)95 | 01:31:22 | 04.19 |
| 20 | 171 | CYRULEWSKI Jarosław | BIERZGLINEK | POL | | 68 | M40/20 (M)107 | 01:32:37 | 04.23 |
| 21 | 688 | MACIASZCZYK Roman | BIERUTÓW | POL | | 69 | M40/21 (M)108 | 01:32:42 | 04.23 |
| 22 | 164 | CIESZYŃSKI Piotr | POZNAŃ | POL | | 72 | M40/22 (M)111 | 01:33:05 | 04.24 |
| 23 | 578 | KRAJEWSKI Radosław | TORZYM | POL | | 74 | M40/23 (M)117 | 01:33:52 | 04.26 |
| 24 | 1047 | SKORNOWICZ Paweł | KAŹMIERZ | POL | | 71 | M40/24 (M)125 | 01:34:22 | 04.28 |
| 25 | 1239 | WIĘCKOWSKI Jacek | GNIEZNO | POL | | 73 | M40/25 (M)135 | 01:35:00 | 04.30 |
| 26 | 113 | BROWARSKI Mariusz | POZNAŃ | POL | | 74 | M40/26 (M)138 | 01:35:05 | 04.30 |
| 27 | 241 | FILIPOWICZ Marcin | WARSZAWA | POL | | 71 | M40/27 (M)142 | 01:35:27 | 04.31 |
| 28 | 943 | PROJS Tomasz | ŁUBIANKA | POL | | 65 | M40/28 (M)143 | 01:35:27 | 04.31 |
| 29 | 1330 | ZIELONKA Zbigniew | GDYNIA | POL | | 74 | M40/29 (M)150 | 01:35:53 | 04.32 |
| 30 | 694 | MADAJCZAK Jarosław | TRZCIANKA | POL | | 73 | M40/30 (M)156 | 01:36:16 | 04.33 |
| 31 | 1333 | ZIMNY Rafał | WRONKI | POL | | 69 | M40/31 (M)158 | 01:36:20 | 04.33 |
| 32 | 983 | ROSOŁOWSKI Grzegorz | NOWE MIASTECZKO | POL | | 72 | M40/32 (M)164 | 01:36:37 | 04.34 |
| 33 | 1173 | TATYS Tomasz | ŚWIDWIN | POL | | 74 | M40/33 (M)165 | 01:36:38 | 04.34 |
| 34 | 631 | KUSTER Roman | KOMORNIKI | POL | | 70 | M40/34 (M)167 | 01:36:40 | 04.34 |
| 35 | 1092 | STAWICKI Adam | OBORNIKI | POL | | 66 | M40/35 (M)168 | 01:36:44 | 04.35 |
| 36 | 1176 | TOMASZEWSKI Dominik | KÓRNIK | POL | | 72 | M40/36 (M)173 | 01:36:48 | 04.35 |
| 37 | 470 | KAMIŃSKI Jerzy | OBORNIKI | POL | | 70 | M40/37 (M)174 | 01:36:49 | 04.35 |
| 38 | 279 | GIEDRYS Wojtek | TRZCIANKA | POL | | 71 | M40/38 (M)180 | 01:37:21 | 04.36 |
| 39 | 421 | JAROSIK Dariusz | OSTRÓW WIELKOPOLSKI | POL | | 73 | M40/39 (M)182 | 01:37:23 | 04.36 |
| 40 | 316 | GRAEB Grzegorz | PNIEWY | POL | | 70 | M40/40 (M)187 | 01:37:33 | 04.37 |
| 41 | 201 | DONAJ Adam | KOŚCIAN | POL | | 74 | M40/41 (M)189 | 01:37:37 | 04.37 |
| 42 | 1069 | SOLTYSIK Jarosław | STRZYŻEWO | POL | | 72 | M40/42 (M)194 | 01:37:46 | 04.38 |
| 43 | 752 | MIKOŁAJCZAK Mieczysław | WRZEŚNIA | POL | | 67 | M40/43 (M)196 | 01:37:54 | 04.38 |
| 44 | 666 | LITKE Rafał | MIĘDZYCHÓD | POL | | 74 | M40/44 (M)207 | 01:38:28 | 04.40 |
| 45 | 942 | PRECH Marek | ZŁOTNIKI | POL | | 68 | M40/45 (M)213 | 01:38:41 | 04.40 |
| 46 | 836 | ODWROT Hubert | TRZCIANKA | POL | | 71 | M40/46 (M)215 | 01:38:44 | 04.40 |
| 47 | 235 | FIALKA Maciej | KACZORY | POL | | 74 | M40/47 (M)216 | 01:38:59 | 04.41 |



















































| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 48 | 41 | BALAWANDER Jakub | POZNAŃ | POL | | 74 | M40/48 (M)218 | 01:39:02 | 04.41 |
| 49 | 1300 | ZACH Sebastian | WIĘCIBORK | POL | | 73 | M40/49 (M)223 | 01:39:22 | 04.42 |
| 50 | 762 | MISIORNY Radosław | POZNAŃ | POL | | 73 | M40/50 (M)227 | 01:39:28 | 04.42 |
| 51 | 843 | OLESIAK Roman | KROSNO ODRZAŃSKIE | POL | | 73 | M40/51 (M)241 | 01:39:58 | 04.44 |
| 52 | 1012 | SAKOWSKI Grzegorz | CHOJNA | POL | | 66 | M40/52 (M)242 | 01:39:58 | 04.44 |
| 53 | 1165 | ŚWITAL Leszek | CHODZIEŻ | POL | | 74 | M40/53 (M)261 | 01:40:48 | 04.46 |
| 54 | 1082 | SPYCHAŁA Sławomir | SAPOWICE GM.STĘSZEWO | POL | | 66 | M40/54 (M)265 | 01:40:55 | 04.47 |
| 55 | 733 | MATYLA Bronisław | RYDZYNA | POL | | 65 | M40/55 (M)269 | 01:41:07 | 04.47 |
| 56 | 155 | CHWALISZ Włodek | ŁOMNICA | POL | | 71 | M40/56 (M)270 | 01:41:07 | 04.47 |
| 57 | 1190 | TYBURSKI Jacek | MINSK MAZOWIECKI | POL | | 73 | M40/57 (M)280 | 01:41:47 | 04.49 |
| 58 | 1336 | ZIÓLKOWSKI Robert | UJSCIE | POL | | 72 | M40/58 (M)284 | 01:41:56 | 04.49 |
| 59 | 66 | BABELCZYK Piotr | MIĘDZYCHÓD | POL | | 72 | M40/59 (M)290 | 01:42:16 | 04.50 |
| 60 | 740 | MEJGIER Paweł | SYPNIEWO | POL | | 70 | M40/60 (M)291 | 01:42:16 | 04.50 |
| 61 | 1341 | ZYGMUNT Marcin | PIŁA | POL | | 74 | M40/61 (M)292 | 01:42:18 | 04.50 |
| 62 | 612 | KUBIK Robert | PNIEWY | POL | | 73 | M40/62 (M)302 | 01:42:45 | 04.52 |
| 63 | 1091 | STAWARZ Paweł | OLEŚNICA | POL | | 69 | M40/63 (M)303 | 01:42:47 | 04.52 |
| 64 | 455 | KACZMAREK Grzegorz | MUROWANA GOŚLINA | POL | | 73 | M40/64 (M)308 | 01:42:56 | 04.52 |
| 65 | 739 | MEJGIER Karol | WIĘCIBORK | POL | | 74 | M40/65 (M)318 | 01:43:28 | 04.54 |
| 66 | 852 | OWCZARZAK Dariusz | POZNAŃ | POL | | 67 | M40/66 (M)322 | 01:43:39 | 04.54 |
| 67 | 541 | KONTAK Krzysztof | LUBIN | POL | | 71 | M40/67 (M)325 | 01:43:45 | 04.55 |
| 68 | 1263 | WOJDA Darek | JÓZEFÓW | POL | | 74 | M40/68 (M)330 | 01:43:51 | 04.55 |
| 69 | 310 | GRABIŃSKI Waldemar | ROGOŹNO | POL | | 73 | M40/69 (M)331 | 01:43:51 | 04.55 |
| 70 | 1039 | SIKORA Robert | WRONKI | POL | | 72 | M40/70 (M)334 | 01:43:56 | 04.55 |
| 71 | 1238 | WIERZBICKI Wiesław | MUROWANA GOŚLINA | POL | | 73 | M40/71 (M)344 | 01:44:12 | 04.56 |
| 72 | 1041 | SITEK Dariusz | PUSZCZYKOWO | POL | | 73 | M40/72 (M)345 | 01:44:12 | 04.56 |
| 73 | 270 | GAPA Wiesław | SYPNIEWO | POL | | 71 | M40/73 (M)346 | 01:44:16 | 04.56 |
| 74 | 493 | KAZMIERCZAK Mariusz | POZNAŃ | POL | | 72 | M40/74 (M)348 | 01:44:21 | 04.56 |
| 75 | 459 | KACZMAREK Mirosław | KOŚCIAN | POL | | 70 | M40/75 (M)355 | 01:44:31 | 04.57 |
| 76 | 1251 | WIŚNIEWSKI Leszek | BRZOZA | POL | | 69 | M40/76 (M)357 | 01:44:41 | 04.57 |
| 77 | 95 | BOBAK Krzysztof | GŁOGÓW | POL | | 72 | M40/77 (M)361 | 01:44:50 | 04.58 |
| 78 | 855 | PACHLA Jacek | SZAMOTUŁY | POL | | 71 | M40/78 (M)372 | 01:45:37 | 05.00 |
| 79 | 888 | PELCZAR Zbigniew | PRZEŹMIEROWO | POL | | 73 | M40/79 (M)379 | 01:46:00 | 05.01 |
| 80 | 788 | MUSIELAK Piotr | POZNAŃ | POL | | 70 | M40/80 (M)382 | 01:46:07 | 05.01 |
| 81 | 887 | PAWŁOWICZ Wojciech | KÓRNIK | POL | | 72 | M40/81 (M)385 | 01:46:18 | 05.02 |
| 82 | 259 | FRAĆKOWIAK Włodzimierz | WRONKI | POL | | 66 | M40/82 (M)386 | 01:46:19 | 05.02 |
| 83 | 575 | KOZŁOWSKI Tomasz | LESZNO | POL | | 70 | M40/83 (M)387 | 01:46:27 | 05.02 |
| 84 | 1201 | WALCZAK Dariusz | POZNAŃ | POL | | 72 | M40/84 (M)388 | 01:46:30 | 05.02 |
| 85 | 1147 | SZYMAŃSKI Roman | BUK | POL | | 66 | M40/85 (M)391 | 01:46:31 | 05.02 |
| 86 | 1079 | SPYCHAŁA Mariusz | NOWY TOMYŚL | POL | | 71 | M40/86 (M)410 | 01:47:14 | 05.04 |
| 87 | 209 | DROŹDŹ Piotr | STARA LUBIANKA | POL | | 70 | M40/87 (M)412 | 01:47:29 | 05.05 |
| 88 | 929 | POLICHNOWSKI Piotr | POZNAŃ | POL | | 67 | M40/88 (M)418 | 01:47:40 | 05.06 |
| 89 | 520 | KOBUS Adam | GARDNO | POL | | 69 | M40/89 (M)423 | 01:47:45 | 05.06 |
| 90 | 1145 | SZYMAŃSKI Dariusz | POZNAŃ | POL | | 74 | M40/90 (M)426 | 01:47:49 | 05.06 |
| 91 | 1298 | WZIĘCH Tomasz | POZNAŃ | POL | | 72 | M40/91 (M)428 | 01:47:51 | 05.06 |
| 92 | 296 | GORYNIA Krzysztof | POZNAŃ | POL | | 74 | M40/92 (M)436 | 01:48:12 | 05.07 |
| 93 | 1267 | WOJTALAK Jacek | OBORNIKI | POL | | 74 | M40/93 (M)442 | 01:48:27 | 05.08 |
| 94 | 815 | NOWAK Dariusz | MIĘDZYCHÓD | POL | | 73 | M40/94 (M)446 | 01:48:36 | 05.08 |
| 95 | 1207 | WALCZAK Robert | SKÓRZEWO | POL | | 73 | M40/95 (M)449 | 01:48:45 | 05.09 |
| 96 | 592 | KRYGOWSKI Maciej | SWARZĘDZ | POL | | 71 | M40/96 (M)452 | 01:48:49 | 05.09 |
| 97 | 641 | LAGUNIONEK Michał | POZNAŃ | POL | | 69 | M40/97 (M)453 | 01:48:50 | 05.09 |
| 98 | 39 | BAJGERT Robert | KOŁOBRZEG | POL | | 70 | M40/98 (M)456 | 01:48:56 | 05.09 |
| 99 | 250 | FLIS Dariusz | POZNAŃ | POL | | 72 | M40/99 (M)461 | 01:49:09 | 05.10 |
| 100 | 1036 | SIEROCKI Piotr | GOLENIÓW | POL | | 74 | M40/100 (M)464 | 01:49:12 | 05.10 |
| 101 | 737 | MAZURKIEWICZ Piotr | OLEŚNO | POL | | 72 | M40/101 (M)473 | 01:49:36 | 05.11 |
| 102 | 1066 | SOBUSIAK Jan | SUCHY LAS | POL | | 72 | M40/102 (M)476 | 01:49:40 | 05.11 |
| 103 | 1143 | SZYMAŃKIEWICZ Jerzy | WRONKI | POL | | 69 | M40/103 (M)478 | 01:49:46 | 05.12 |
| 104 | 808 | NIEWIEDZIAŁ Tomasz | POZNAŃ | POL | | 69 | M40/104 (M)483 | 01:50:00 | 05.12 |
| 105 | 922 | PODGÓRSKI Mariusz | WRONKI | POL | | 66 | M40/105 (M)486 | 01:50:09 | 05.13 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|---|---------------------|----------------|-------------------------------|------------------|-----------------|
| 106 | 47 | BANASZCZYK Piotr | KAZMIERZ |  | POL | 74 | M40/106 (M)494 | 01:50:21 | 05.13 |
| 107 | 698 | MAJCHRZAK Jarosław | POZNAŃ |  | POL | 73 | M40/107 (M)505 | 01:50:42 | 05.14 |
| 108 | 1204 | WALCZAK Michał | GRUSZCZYN |  | POL | 73 | M40/108 (M)514 | 01:51:08 | 05.16 |
| 109 | 735 | MAZUREK Paweł | BYTKOWO |  | POL | 68 | M40/109 (M)515 | 01:51:09 | 05.16 |
| 110 | 170 | CYPRIAN Jarosław | OPALENICA |  | POL | 69 | M40/110 (M)523 | 01:51:38 | 05.17 |
| 111 | 48 | BANASZKIEWICZ Grzegorz | TRZEMESZNO |  | POL | 73 | M40/111 (M)528 | 01:51:49 | 05.18 |
| 112 | 1020 | SCHADE Reik | PASEWALK |  | GER | 68 | M40/112 (M)531 | 01:51:54 | 05.18 |
| 113 | 1149 | SZYMCZAK Krzysztof | WALCZ |  | POL | 66 | M40/113 (M)540 | 01:52:32 | 05.20 |
| 114 | 495 | KEMPINSKI Paweł | POZNAŃ |  | POL | 71 | M40/114 (M)544 | 01:52:41 | 05.20 |
| 115 | 205 | DRATWA Sławomir | POZNAŃ |  | POL | 72 | M40/115 (M)545 | 01:52:51 | 05.20 |
| 116 | 1312 | ZAREMBA Maciej | POZNAŃ |  | POL | 74 | M40/116 (M)550 | 01:53:01 | 05.21 |
| 117 | 515 | KLIKS Dariusz | POZNAŃ |  | POL | 70 | M40/117 (M)566 | 01:53:39 | 05.23 |
| 118 | 450 | KABZA Grzegorz | NOWY TOMYŚL |  | POL | 69 | M40/118 (M)567 | 01:53:41 | 05.23 |
| 119 | 1353 | DUDZIAK Maciej | POZNAŃ |  | POL | 71 | M40/119 (M)568 | 01:53:44 | 05.23 |
| 120 | 1021 | SCHUBERT Jędrzej | MIĘDZYCHÓD |  | POL | 65 | M40/120 (M)573 | 01:53:54 | 05.23 |
| 121 | 109 | BRODOWSKI Cezary | LUBOŃ |  | POL | 73 | M40/121 (M)575 | 01:53:57 | 05.24 |
| 122 | 440 | JĘDRUSIAK Tomasz | TORUŃ |  | POL | 72 | M40/122 (M)576 | 01:53:59 | 05.24 |
| 123 | 650 | LEHNHARDT Wiesław | POZNAŃ |  | POL | 70 | M40/123 (M)577 | 01:53:59 | 05.24 |
| 124 | 1175 | TOBIS Paweł | WARSZAWA |  | POL | 73 | M40/124 (M)581 | 01:54:06 | 05.24 |
| 125 | 842 | OLEJNICZAK Krzysztof | GOSTYŃ |  | POL | 67 | M40/125 (M)582 | 01:54:06 | 05.24 |
| 126 | 1213 | WARDAK Tomasz | RADZYMIN |  | POL | 73 | M40/126 (M)584 | 01:54:08 | 05.24 |
| 127 | 280 | GIELDA Adam | ŚREM |  | POL | 71 | M40/127 (M)587 | 01:54:17 | 05.25 |
| 128 | 1323 | ZGOŁA Przemysław | TARNOWO PODGÓRNE |  | POL | 71 | M40/128 (M)590 | 01:54:30 | 05.25 |
| 129 | 20 | ADAMSKI Robert | LUBOŃ |  | POL | 67 | M40/129 (M)592 | 01:54:32 | 05.25 |
| 130 | 1308 | ZAKRZEWSKI Krzysztof | PALĘDZIE |  | POL | 71 | M40/130 (M)593 | 01:54:35 | 05.25 |
| 131 | 1355 | ŻYTO Marcin | SUCHY LAS |  | POL | 74 | M40/131 (M)595 | 01:54:43 | 05.26 |
| 132 | 750 | MIESZKOWSKI Paweł | POZNAŃ |  | POL | 68 | M40/132 (M)596 | 01:54:48 | 05.26 |
| 133 | 1372 | SYPEREK Marcin | WROCLAW |  | POL | 74 | M40/133 (M)614 | 01:55:35 | 05.28 |
| 134 | 527 | KOLLMANN Marcin | CZARNKÓW |  | POL | 74 | M40/134 (M)615 | 01:55:41 | 05.29 |
| 135 | 970 | ROCLAWSKI Marcin | GDAŃSK |  | POL | 73 | M40/135 (M)620 | 01:55:48 | 05.29 |
| 136 | 331 | GRZECHOWSKI Wojtek | PAMIĄTKOWO |  | POL | 71 | M40/136 (M)623 | 01:55:57 | 05.29 |
| 137 | 357 | HERMAN Artur | SWARZĘDZ |  | POL | 70 | M40/137 (M)624 | 01:55:57 | 05.29 |
| 138 | 258 | FRAĆKOWIAK Tomasz | GNIEZNO |  | POL | 74 | M40/138 (M)630 | 01:56:24 | 05.31 |
| 139 | 637 | KWIATKOWSKI Dariusz | BUK |  | POL | 74 | M40/139 (M)632 | 01:56:27 | 05.31 |
| 140 | 844 | OLESEK Tomasz | GOLENIÓW |  | POL | 70 | M40/140 (M)633 | 01:56:32 | 05.31 |
| 141 | 741 | MENDEL Jarosław | POZNAŃ |  | POL | 65 | M40/141 (M)634 | 01:56:33 | 05.31 |
| 142 | 14 | ADAM Tomasz | POZNAŃ |  | POL | 72 | M40/142 (M)635 | 01:56:33 | 05.31 |
| 143 | 184 | DANKOWSKI Paweł | ROKIETNICA |  | POL | 71 | M40/143 (M)636 | 01:56:34 | 05.31 |
| 144 | 416 | JANYGA Robert | POZNAŃ |  | POL | 69 | M40/144 (M)638 | 01:56:37 | 05.31 |
| 145 | 1124 | SZKUTNIK Arkadiusz | STARGARD SZCZECIŃSKI |  | POL | 67 | M40/145 (M)645 | 01:57:09 | 05.33 |
| 146 | 899 | PIETRZAK Ryszard | SZAMOTUŁY |  | POL | 66 | M40/146 (M)647 | 01:57:10 | 05.33 |
| 147 | 1134 | SZULC Tomasz | GDAŃSK |  | POL | 67 | M40/147 (M)657 | 01:57:23 | 05.33 |
| 148 | 1123 | SZKODA Mariusz | TRZCIANKA |  | POL | 70 | M40/148 (M)659 | 01:57:24 | 05.33 |
| 149 | 315 | KOWALSKI Maciej | POZNAŃ |  | POL | 70 | M40/149 (M)665 | 01:57:36 | 05.34 |
| 150 | 567 | KOZBER Ireneusz | WRONKI |  | POL | 71 | M40/150 (M)666 | 01:57:37 | 05.34 |
| 151 | 17 | ADAMCZYK Arkadiusz | PILA |  | POL | 68 | M40/151 (M)669 | 01:57:47 | 05.35 |
| 152 | 1292 | WYSOCKI Jacek | POZNAŃ |  | POL | 73 | M40/152 (M)671 | 01:57:55 | 05.35 |
| 153 | 267 | GALAT Jakub | GOSTYŃ |  | POL | 74 | M40/153 (M)672 | 01:57:55 | 05.35 |
| 154 | 857 | PACZKOWSKI Bartosz | SZAMOTUŁY |  | POL | 71 | M40/154 (M)674 | 01:57:59 | 05.35 |
| 155 | 1189 | TWARDOŃ Piotr | WROCLAW |  | POL | 73 | M40/155 (M)676 | 01:58:05 | 05.35 |
| 156 | 1261 | WOJCIECHOWSKI1 Krzysztof | SZCZECIN |  | POL | 73 | M40/156 (M)677 | 01:58:07 | 05.35 |
| 157 | 991 | RUDZKI Mariusz | GŁOGÓW |  | POL | 73 | M40/157 (M)680 | 01:58:11 | 05.36 |
| 158 | 1078 | SPYCHAŁA Karol | SZAMOTUŁY |  | POL | 68 | M40/158 (M)682 | 01:58:15 | 05.36 |
| 159 | 503 | KIAŁKA Michał | RAWICZ |  | POL | 70 | M40/159 (M)686 | 01:58:36 | 05.37 |
| 160 | 651 | LEMBICZ Maciej | LUBOŃ |  | POL | 72 | M40/160 (M)693 | 01:58:49 | 05.37 |
| 161 | 281 | GIELDA Zbigniew | ŚREM |  | POL | 71 | M40/161 (M)697 | 01:58:56 | 05.38 |
| 162 | 974 | ROGOZIŃSKI Tomasz | PYZDRY |  | POL | 74 | M40/162 (M)704 | 01:59:20 | 05.39 |
| 163 | 230 | FAJER Ireneusz | POZNAŃ |  | POL | 66 | M40/163 (M)706 | 01:59:25 | 05.39 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 164 | 73 | BESTRZYŃSKI Olech | GĄDKI | POL | | 71 | M40/164 (M)708 | 01:59:35 | 05.40 |
| 165 | 591 | KRYGIER Przemysław | POZNAŃ | POL | | 71 | M40/165 (M)709 | 01:59:39 | 05.40 |
| 166 | 1351 | ŻUK Zbigniew | WAŁBRZYCH | POL | | 68 | M40/166 (M)711 | 01:59:43 | 05.40 |
| 167 | 487 | KASPROWICZ Szymon | PUSZCZYKOWO | POL | | 70 | M40/167 (M)743 | 02:01:36 | 05.45 |
| 168 | 1368 | KACZMAREK Krzysztof | SWARZĘDZ | POL | | 70 | M40/168 (M)748 | 02:02:15 | 05.47 |
| 169 | 1137 | SZYCHOWIAK Tomasz | SZAMOTUŁY | POL | | 66 | M40/169 (M)749 | 02:02:18 | 05.47 |
| 170 | 180 | DAKOWSKI Antoni | POZNAŃ | POL | | 69 | M40/170 (M)751 | 02:02:35 | 05.48 |
| 171 | 86 | BINKOWSKI Sławomir | POZNAŃ | POL | | 72 | M40/171 (M)756 | 02:02:55 | 05.49 |
| 172 | 26 | ANDRZEJEWSKI Maciej | SZAMOTUŁY | POL | | 73 | M40/172 (M)757 | 02:02:56 | 05.49 |
| 173 | 1158 | ŚPIEWAKOWSKI Arkadiusz | POZNAN | POL | | 65 | M40/173 (M)758 | 02:02:57 | 05.49 |
| 174 | 289 | GMEREK Paweł | WOLSZTYN | POL | | 74 | M40/174 (M)759 | 02:03:09 | 05.50 |
| 175 | 1329 | ZIELIŃSKI Tomasz | ŚRODA WIELKOPOLSKA | POL | | 68 | M40/175 (M)760 | 02:03:10 | 05.50 |
| 176 | 640 | LADANAJ Joachim | ZIELONKA | POL | | 74 | M40/176 (M)763 | 02:03:19 | 05.50 |
| 177 | 99 | BONDARCZUK Igor | MUROWANA GOŚLINA | POL | | 73 | M40/177 (M)765 | 02:03:27 | 05.51 |
| 178 | 816 | NOWAK Jacek | POZNAŃ | POL | | 74 | M40/178 (M)766 | 02:03:32 | 05.51 |
| 179 | 53 | BARANIECKI Arkadiusz | SZAMOTUŁY | POL | | 70 | M40/179 (M)768 | 02:03:35 | 05.51 |
| 180 | 663 | LISIECKI Karol | POZNAŃ | POL | | 68 | M40/180 (M)772 | 02:03:48 | 05.52 |
| 181 | 140 | CERBIN Sławomir | SUCHY LAS | POL | | 73 | M40/181 (M)774 | 02:03:52 | 05.52 |
| 182 | 893 | PIASKOWSKI Łukasz | PLEWISKA | POL | | 74 | M40/182 (M)781 | 02:04:23 | 05.53 |
| 183 | 240 | FILIPIAK Marek | POZNAŃ | POL | | 73 | M40/183 (M)783 | 02:04:27 | 05.53 |
| 184 | 889 | PERZ Robert | POZNAŃ | POL | | 71 | M40/184 (M)784 | 02:04:29 | 05.54 |
| 185 | 867 | PANIŃSKI Paweł | POZNAŃ | POL | | 67 | M40/185 (M)787 | 02:04:35 | 05.54 |
| 186 | 1236 | WIELICKI Robert | POZNAŃ | POL | | 65 | M40/186 (M)788 | 02:04:38 | 05.54 |
| 187 | 700 | MAJEK Jarosław | DABRÓWKA | POL | | 67 | M40/187 (M)801 | 02:05:24 | 05.56 |
| 188 | 557 | KOWALKOWSKI Sławomir | KOMORNIKI | POL | | 73 | M40/188 (M)811 | 02:05:56 | 05.58 |
| 189 | 1111 | SUSZKA Dawid | KOŚCIAN | POL | | 73 | M40/189 (M)815 | 02:06:05 | 05.58 |
| 190 | 462 | KACZMAREK Witold | BORÓWIEC | POL | | 68 | M40/190 (M)827 | 02:06:50 | 06.00 |
| 191 | 157 | CHYB Marcin | WAŁBRZYCH | POL | | 73 | M40/191 (M)833 | 02:07:09 | 06.01 |
| 192 | 890 | PETERS Przemysław | MUROWANA GOŚLINA | POL | | 72 | M40/192 (M)835 | 02:07:11 | 06.01 |
| 193 | 415 | JANUSZAK Przemysław | OBORNIKI | POL | | 74 | M40/193 (M)836 | 02:07:25 | 06.02 |
| 194 | 1232 | WIECZERZYCKI Leszek | POZNAŃ | POL | | 66 | M40/194 (M)837 | 02:07:39 | 06.03 |
| 195 | 112 | BRONIARZ Robert | POZNAŃ | POL | | 72 | M40/195 (M)852 | 02:09:15 | 06.07 |
| 196 | 2 | JAROSZYK Sławomir | POZNAŃ | POL | | 67 | M40/196 (M)859 | 02:09:39 | 06.08 |
| 197 | 85 | BINKOWSKI Marcin | MOSINA | POL | | 73 | M40/197 (M)861 | 02:09:52 | 06.09 |
| 198 | 687 | MACHNIK Lesław | JAROCIN | POL | | 66 | M40/198 (M)877 | 02:11:37 | 06.14 |
| 199 | 499 | KĘDZIORA Dominik | ROKIETNICA | POL | | 72 | M40/199 (M)878 | 02:11:42 | 06.14 |
| 200 | 410 | JANKOWSKI Rafał | BYDGOSZCZ | POL | | 74 | M40/200 (M)881 | 02:11:51 | 06.15 |
| 201 | 924 | PODZIŃSKI Piotr | WRONKI | POL | | 68 | M40/201 (M)883 | 02:12:12 | 06.16 |
| 202 | 1344 | ŻABKO Jarosław | POZNAŃ | POL | | 66 | M40/202 (M)885 | 02:12:19 | 06.16 |
| 203 | 667 | LOSIAK Paweł | POZNAŃ | POL | | 74 | M40/203 (M)886 | 02:12:20 | 06.16 |
| 204 | 142 | CHELMINIAK Dominik | KRÓLIKOWICE | POL | | 73 | M40/204 (M)897 | 02:13:38 | 06.20 |
| 205 | 1195 | URBAŃSKI Radosław | POZNAŃ | POL | | 73 | M40/205 (M)899 | 02:13:48 | 06.20 |
| 206 | 797 | NARŁOWSKI Tomasz | PLEWISKA | POL | | 70 | M40/206 (M)905 | 02:15:16 | 06.24 |
| 207 | 697 | MAJCHROWSKI Sławomir | POZNAŃ | POL | | 71 | M40/207 (M)907 | 02:15:27 | 06.25 |
| 208 | 246 | FITT Piotr | OBRZYCKO | POL | | 70 | M40/208 (M)908 | 02:15:33 | 06.25 |
| 209 | 723 | MATECKI Grzegorz | TULCE | POL | | 73 | M40/209 (M)911 | 02:16:08 | 06.27 |
| 210 | 1216 | WASIAK Tomasz | POZNAŃ | POL | | 71 | M40/210 (M)912 | 02:16:21 | 06.27 |
| 211 | 1052 | SMYK Andrzej | OPALENICA | POL | | 69 | M40/211 (M)917 | 02:17:30 | 06.31 |
| 212 | 1291 | WYPUSZCZ Jacek | PLESZEW | POL | | 74 | M40/212 (M)920 | 02:17:57 | 06.32 |
| 213 | 176 | CZEPEK Paweł | GDAŃSK | POL | | 69 | M40/213 (M)928 | 02:19:20 | 06.36 |
| 214 | 848 | OPALA Wojciech | POZNAŃ | POL | | 74 | M40/214 (M)930 | 02:19:35 | 06.36 |
| 215 | 722 | MASŁOWSKI Przemysław | JAROCIN | POL | | 68 | M40/215 (M)931 | 02:20:07 | 06.38 |
| 216 | 353 | HEGMIT Robert | BORÓWIEC | POL | | 69 | M40/216 (M)934 | 02:20:43 | 06.40 |
| 217 | 549 | KOSMALA Sławomir | ZIELONA GÓRA | POL | | 73 | M40/217 (M)935 | 02:21:34 | 06.42 |
| 218 | 1226 | WESOLEK Marcin | POZNAŃ | POL | | 73 | M40/218 (M)939 | 02:22:27 | 06.45 |
| 219 | 560 | KOWALSKI Jacek | GUŁTOWY | POL | | 71 | M40/219 (M)944 | 02:23:06 | 06.47 |
| 220 | 437 | JESSA Andrzej | PĘCKOWO | POL | | 71 | M40/220 (M)950 | 02:24:15 | 06.50 |
| 221 | 825 | NOWAK Piotr | PABIANICE | POL | | 70 | M40/221 (M)951 | 02:24:30 | 06.50 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|---|--------------|---------|------------------------|-----------|----------|
| 222 | 422 | JAROSZ Tomasz | POZNAŃ |  POL | | 70 | M40/222 (M)952 | 02:24:44 | 06.51 |
| 223 | 224 | DZIEWIECKI Tomasz | PRUSZKÓW |  POL | | 65 | M40/223 (M)956 | 02:25:17 | 06.53 |
| 224 | 425 | JASIAK Piotr | MIĘDZYBORÓW |  POL | | 70 | M40/224 (M)957 | 02:25:31 | 06.53 |
| 225 | 139 | CEGŁOWSKI Tomasz | LUBIN |  POL | | 72 | M40/225 (M)961 | 02:26:51 | 06.57 |
| 226 | 923 | ŁUKASIK Sławomir | POZNAŃ |  POL | | 69 | M40/226 (M)962 | 02:27:07 | 06.58 |
| 227 | 225 | DZIOBA Marcin | CERADZ DOLNY |  POL | | 74 | M40/227 (M)965 | 02:28:08 | 07.01 |
| 228 | 336 | GRZESIAK Marek | POZNAŃ |  POL | | 74 | M40/228 (M)985 | 02:43:22 | 07.44 |

Bieg 21km KATEGORIA:M50

| | | | | | | | | | |
|----|------|------------------------|--------------------|---|--|----|---------------|----------|-------|
| 1 | 439 | JEZERSKI Grzegorz | KOZIEGŁOWY |  POL | | 64 | M50/1 (M)14 | 01:18:44 | 03.43 |
| 2 | 917 | PŁOCHOCKI Ryszard | NOWE SKALMIERZYCE |  POL | | 61 | M50/2 (M)20 | 01:20:53 | 03.49 |
| 3 | 31 | ANTCZAK Robert | POZNAŃ |  POL | | 62 | M50/3 (M)25 | 01:22:55 | 03.55 |
| 4 | 559 | KOWALSKI Cezary | SZCZECIN |  POL | | 64 | M50/4 (M)28 | 01:23:32 | 03.57 |
| 5 | 1087 | STANCZAK Janusz | POZNAN |  POL | | 60 | M50/5 (M)32 | 01:24:32 | 04.00 |
| 6 | 963 | RATAJCZAK Janusz | DRAWSKO |  POL | | 62 | M50/6 (M)65 | 01:28:21 | 04.11 |
| 7 | 290 | GODYCKI-ĆWIRKO Andrzej | ŁÓDŹ |  POL | | 59 | M50/7 (M)70 | 01:28:50 | 04.12 |
| 8 | 1005 | RZEPECKI Robert | KALISZ |  POL | | 63 | M50/8 (M)74 | 01:29:04 | 04.13 |
| 9 | 600 | KRZYSZTOŃ Wojciech | MUROWANA GOŚLINA |  POL | | 55 | M50/9 (M)82 | 01:30:03 | 04.16 |
| 10 | 630 | KURZAWSKI Wojciech | OSTRÓW WLKP |  POL | | 62 | M50/10 (M)90 | 01:30:30 | 04.17 |
| 11 | 764 | MISZTA Sławomir | POZNAŃ |  POL | | 60 | M50/11 (M)118 | 01:33:52 | 04.26 |
| 12 | 226 | DZIURLA Adam | POZNAŃ |  POL | | 58 | M50/12 (M)130 | 01:34:33 | 04.28 |
| 13 | 506 | KIESLICH Mariusz | POZNAŃ |  POL | | 62 | M50/13 (M)134 | 01:34:54 | 04.29 |
| 14 | 23 | ANDRYCHIEWICZ Jarosław | MIĘKOWO |  POL | | 64 | M50/14 (M)154 | 01:36:09 | 04.33 |
| 15 | 998 | RYBARCZYK Marek | KRZYŻ WIELKOPOLSKI |  POL | | 58 | M50/15 (M)161 | 01:36:29 | 04.34 |
| 16 | 55 | BARANOWSKI Antoni | TUMIDAJ |  POL | | 59 | M50/16 (M)162 | 01:36:30 | 04.34 |
| 17 | 781 | MULLER Andrzej | PUSZCZYKOWO |  POL | | 58 | M50/17 (M)163 | 01:36:32 | 04.34 |
| 18 | 1380 | OŚWIĘCIMSKI Wojciech | PILA |  POL | | 63 | M50/18 (M)178 | 01:37:05 | 04.36 |
| 19 | 1275 | WOROCH Roman | DOPIEWO |  POL | | 58 | M50/19 (M)192 | 01:37:40 | 04.37 |
| 20 | 151 | CHRÓŚCIK Andrzej | GRODZISK |  POL | | 60 | M50/20 (M)198 | 01:37:55 | 04.38 |
| 21 | 965 | RATAJCZAK Rajmund | POZNAŃ |  POL | | 62 | M50/21 (M)199 | 01:37:56 | 04.38 |
| 22 | 898 | PIETRUSZYŃSKI Gerard | MIĘDZYCHÓD |  POL | | 58 | M50/22 (M)210 | 01:38:38 | 04.40 |
| 23 | 431 | JASIŃSKI Włodzimierz | CHOSZCZNO |  POL | | 56 | M50/23 (M)252 | 01:40:25 | 04.45 |
| 24 | 1227 | WESOŁOWSKI Ryszard | POZNAŃ |  POL | | 60 | M50/24 (M)266 | 01:40:57 | 04.47 |
| 25 | 590 | KRYCHOWSKI Aleksander | POZNAŃ |  POL | | 58 | M50/25 (M)268 | 01:41:00 | 04.47 |
| 26 | 744 | MICHALAK Maciej | MUROWANA GOŚLINA |  POL | | 63 | M50/26 (M)274 | 01:41:24 | 04.48 |
| 27 | 598 | KRZYK Jarosław | GDYNIA |  POL | | 61 | M50/27 (M)285 | 01:41:56 | 04.49 |
| 28 | 71 | BERNAD Roman | POZNAŃ |  POL | | 64 | M50/28 (M)287 | 01:41:59 | 04.50 |
| 29 | 648 | LEBKUCHEN Janusz | TRZCIANKA |  POL | | 61 | M50/29 (M)315 | 01:43:11 | 04.53 |
| 30 | 935 | PORADA Marek | POZNAŃ |  POL | | 63 | M50/30 (M)321 | 01:43:38 | 04.54 |
| 31 | 897 | PIETROWSKI Mariusz | POZNAŃ |  POL | | 62 | M50/31 (M)328 | 01:43:50 | 04.55 |
| 32 | 1326 | ZIELIŃSKI Krzysztof | WRONKI |  POL | | 63 | M50/32 (M)336 | 01:43:58 | 04.55 |
| 33 | 604 | KRZYŻAŃSKI Remigiusz | KOŚCIAN |  POL | | 62 | M50/33 (M)337 | 01:43:58 | 04.55 |
| 34 | 671 | ŁAKOMY Waldemar | BUK |  POL | | 59 | M50/34 (M)362 | 01:44:53 | 04.58 |
| 35 | 817 | NOWAK Jan | RACIBÓRZ |  POL | | 58 | M50/35 (M)374 | 01:45:44 | 05.00 |
| 36 | 318 | GRAJZER Mirosław | POZNAŃ |  POL | | 56 | M50/36 (M)376 | 01:45:53 | 05.01 |
| 37 | 291 | GOLAK Paweł | SZRENIAWA |  POL | | 60 | M50/37 (M)378 | 01:45:59 | 05.01 |
| 38 | 428 | JASIŃSKI Hilary | WITKOWO |  POL | | 61 | M50/38 (M)381 | 01:46:05 | 05.01 |
| 39 | 994 | RUTKOWSKI Kazimierz | ŚLIWNO |  POL | | 59 | M50/39 (M)408 | 01:47:12 | 05.04 |
| 40 | 1369 | PIECHOWIAK Andrzej | POZNAŃ |  POL | | 64 | M50/40 (M)415 | 01:47:34 | 05.05 |
| 41 | 245 | KALISZ Dariusz | WAŁBRZYCH |  POL | | 64 | M50/41 (M)424 | 01:47:47 | 05.06 |
| 42 | 791 | MYSIO Lech | POZNAŃ |  POL | | 56 | M50/42 (M)430 | 01:48:01 | 05.07 |
| 43 | 535 | KONIECZNY Andrzej | POZNAŃ |  POL | | 58 | M50/43 (M)433 | 01:48:05 | 05.07 |
| 44 | 695 | MAGIERA Mirosław | WAŁBRZYCH |  POL | | 63 | M50/44 (M)445 | 01:48:36 | 05.08 |
| 45 | 1040 | SIKORSKI Witold | ROSNOWO |  POL | | 61 | M50/45 (M)463 | 01:49:09 | 05.10 |
| 46 | 412 | JANOWICZ Zbigniew | OPALENICA |  POL | | 58 | M50/46 (M)475 | 01:49:40 | 05.11 |
| 47 | 562 | KOWALSKI Konrad | POZNAŃ |  POL | | 60 | M50/47 (M)477 | 01:49:46 | 05.12 |
| 48 | 465 | KALETKA Dariusz | TRZCIANKA |  POL | | 60 | M50/48 (M)481 | 01:49:56 | 05.12 |
| 49 | 368 | HOJAN Jarosław | POZNAŃ |  POL | | 62 | M50/49 (M)482 | 01:50:00 | 05.12 |
| 50 | 605 | KRZYŻAŃSKI Roman | KOŚCIAN |  POL | | 59 | M50/50 (M)487 | 01:50:13 | 05.13 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 51 | 7 | PAWLACZYK Michał | POZNAŃ | POL | | 59 | M50/51 (M)497 | 01:50:30 | 05.14 |
| 52 | 307 | GÓRNY Marek | ŚWIĘCIECHOWA | POL | | 55 | M50/52 (M)502 | 01:50:39 | 05.14 |
| 53 | 247 | FLENS Tadeusz | MIĘDZYCHÓD | POL | | 58 | M50/53 (M)524 | 01:51:45 | 05.17 |
| 54 | 373 | HUDZIŃSKI Romuald | WIELEŃ | POL | | 58 | M50/54 (M)538 | 01:52:17 | 05.19 |
| 55 | 1272 | WOLCZYŃSKI Jacek | POZNAŃ | POL | | 60 | M50/55 (M)542 | 01:52:37 | 05.20 |
| 56 | 518 | KLUPŚ Mieczysław | SUCHY LAS | POL | | 59 | M50/56 (M)583 | 01:54:07 | 05.24 |
| 57 | 1322 | ZDANOWSKI Marian | POZNAŃ | POL | | 56 | M50/57 (M)598 | 01:55:02 | 05.27 |
| 58 | 33 | ANTONIAK Sławomir | POZNAŃ | POL | | 62 | M50/58 (M)604 | 01:55:23 | 05.28 |
| 59 | 130 | BUZAŁA Walenty | STARA ŁUBIANKA | POL | | 61 | M50/59 (M)610 | 01:55:31 | 05.28 |
| 60 | 121 | BRZYKCY Zbigniew | SKWIERZYNA | POL | | 58 | M50/60 (M)628 | 01:56:13 | 05.30 |
| 61 | 1316 | ZAWADZKI Krzysztof | STARY KISIELIN | POL | | 56 | M50/61 (M)675 | 01:58:03 | 05.35 |
| 62 | 1327 | ZIELIŃSKI Piotr | DUSZNIKI WLKP | POL | | 63 | M50/62 (M)691 | 01:58:44 | 05.37 |
| 63 | 332 | GRZEGOREK Wojtek | WAŁCZ | POL | | 64 | M50/63 (M)701 | 01:59:06 | 05.38 |
| 64 | 90 | BŁAJET Marek | SUCHY LAS | POL | | 57 | M50/64 (M)707 | 01:59:26 | 05.39 |
| 65 | 1266 | WOJNOWSKI Leonard | POZNAŃ | POL | | 60 | M50/65 (M)724 | 02:00:24 | 05.42 |
| 66 | 523 | ŚWIĘTEK Wojciech | POZNAŃ | POL | | 63 | M50/66 (M)740 | 02:01:27 | 05.45 |
| 67 | 958 | PYTA Grzegorz | GRODZISK WLKP. | POL | | 60 | M50/67 (M)755 | 02:02:54 | 05.49 |
| 68 | 1199 | WAJNOR Waldemar | POZNAŃ | POL | | 59 | M50/68 (M)769 | 02:03:42 | 05.51 |
| 69 | 856 | PACIOREK Marek | POPOWO LETNISKO | POL | | 57 | M50/69 (M)773 | 02:03:51 | 05.52 |
| 70 | 882 | PAWLAK Krzysztof | POZNAŃ | POL | | 58 | M50/70 (M)776 | 02:04:03 | 05.52 |
| 71 | 564 | KOWALSKI Zbigniew | STARA ŁUBIANKA | POL | | 59 | M50/71 (M)796 | 02:04:52 | 05.55 |
| 72 | 1280 | WOŹNIAK Tomasz | POZNAŃ | POL | | 57 | M50/72 (M)797 | 02:04:53 | 05.55 |
| 73 | 1 | MOSKWA Krzysztof | LESZNO | POL | | 57 | M50/73 (M)802 | 02:05:24 | 05.56 |
| 74 | 3 | GROBELNY Ryszard | POZNAŃ | POL | | 63 | M50/74 (M)808 | 02:05:50 | 05.57 |
| 75 | 1118 | SZCZYRBA Ryszard | POZNAŃ | POL | | 58 | M50/75 (M)819 | 02:06:26 | 05.59 |
| 76 | 59 | BARTELA Janusz | WRONKI | POL | | 57 | M50/76 (M)838 | 02:07:39 | 06.03 |
| 77 | 1000 | RYBSKI Marek | OBRZYCKO | POL | | 58 | M50/77 (M)848 | 02:09:03 | 06.07 |
| 78 | 1358 | KŁOS Zbigniew | PIASTÓW | POL | | 60 | M50/78 (M)870 | 02:10:19 | 06.10 |
| 79 | 620 | KULAS Roman | POZNAŃ | POL | | 58 | M50/79 (M)873 | 02:10:44 | 06.11 |
| 80 | 766 | MLECZAK Piotr | POZNAŃ | POL | | 57 | M50/80 (M)887 | 02:12:23 | 06.16 |
| 81 | 622 | KUPKA Zbigniew | STARE BOJANOWO | POL | | 62 | M50/81 (M)890 | 02:12:55 | 06.18 |
| 82 | 1055 | SOBALSKI Stanisław | GOSTYŃ | POL | | 57 | M50/82 (M)898 | 02:13:44 | 06.20 |
| 83 | 172 | CZAPNIK Mariusz | KAJETANY | POL | | 63 | M50/83 (M)900 | 02:14:21 | 06.22 |
| 84 | 153 | CHUDZICKI Waldemar | ŁĘCZYCA | POL | | 59 | M50/84 (M)901 | 02:14:26 | 06.22 |
| 85 | 833 | NOWIERSKI Jan | WRONKI | POL | | 64 | M50/85 (M)903 | 02:14:55 | 06.23 |
| 86 | 715 | MALUJDY Włodzimierz | POZNAŃ | POL | | 58 | M50/86 (M)914 | 02:16:24 | 06.27 |
| 87 | 1046 | SKOCZEK Marek | SUŁKOWICE | POL | | 60 | M50/87 (M)953 | 02:24:55 | 06.52 |
| 88 | 409 | JANKOWSKI Grzegorz | POZNAŃ | POL | | 58 | M50/88 (M)960 | 02:26:22 | 06.56 |
| 89 | 105 | BOROŃ Ryszard | NOWA IWICZNA | POL | | 60 | M50/89 (M)969 | 02:30:16 | 07.07 |
| 90 | 6 | KUREK Jacek | SZAMOTUŁY | POL | | 55 | M50/90 (M)975 | 02:32:48 | 07.14 |
| 91 | 1099 | STEMPNIAK Bogdan | POZNAN | POL | | 62 | M50/91 (M)984 | 02:42:02 | 07.40 |
| 92 | 978 | ROMANÓW Marek | POZNAŃ | POL | | 61 | M50/92 (M)987 | 02:47:31 | 07.56 |

Bieg 21km KATEGORIA:M60

| | | | | | | | | | |
|----|-----|----------------------|---------------------|-----|--|----|---------------|----------|-------|
| 1 | 161 | CICHONCZUK Antoni | GDYNIA | POL | | 49 | M60/1 (M)49 | 01:26:51 | 04.07 |
| 2 | 490 | KAZIBUT Zdzisław | POZNAN | POL | | 52 | M60/2 (M)60 | 01:27:55 | 04.10 |
| 3 | 704 | MAJŁOWSKI Aleksander | GORZÓW WLKP. | POL | | 50 | M60/3 (M)244 | 01:40:08 | 04.44 |
| 4 | 231 | FAJER Markus | DOBRA SZCZECIŃSKA | POL | | 48 | M60/4 (M)283 | 01:41:51 | 04.49 |
| 5 | 931 | POLEĆ Wiesław | PIŁA | POL | | 49 | M60/5 (M)311 | 01:43:03 | 04.53 |
| 6 | 4 | DOBAK Stefan | SZAMOTUŁY | POL | | 46 | M60/6 (M)393 | 01:46:36 | 05.03 |
| 7 | 607 | KUBASZEWSKI Henryk | LESZNO | POL | | 51 | M60/7 (M)501 | 01:50:38 | 05.14 |
| 8 | 790 | MUSUR Adam | OLEŚNICA | POL | | 53 | M60/8 (M)510 | 01:50:56 | 05.15 |
| 9 | 531 | KOMOROWSKI Stefan | POZNAŃ | POL | | 50 | M60/9 (M)541 | 01:52:33 | 05.20 |
| 10 | 418 | JARECKI Stanisław | KONIN | POL | | 52 | M60/10 (M)571 | 01:53:52 | 05.23 |
| 11 | 999 | RYBKA Eugeniusz | POZNAŃ | POL | | 47 | M60/11 (M)579 | 01:54:02 | 05.24 |
| 12 | 514 | KLICZKA Jan | WITNICA 'GORZOWSKA' | POL | | 54 | M60/12 (M)650 | 01:57:15 | 05.33 |
| 13 | 644 | LASOTA Mirosław | WAŁCZ | POL | | 53 | M60/13 (M)651 | 01:57:17 | 05.33 |
| 14 | 132 | BZDRĘGA Franciszek | POZNAŃ | POL | | 54 | M60/14 (M)721 | 02:00:15 | 05.42 |
| 15 | 273 | GAZARKIEWICZ Antoni | GDAŃSK | POL | | 52 | M60/15 (M)725 | 02:00:25 | 05.42 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 16 | 809 | NIEZIOLEK Piotr | WIELEŃ | | POL | 53 | M60/16 (M)728 | 02:00:41 | 05.43 |
| 17 | 1083 | SPYCHAŁA Stanisław | WRONKI | | POL | 54 | M60/17 (M)732 | 02:01:01 | 05.44 |
| 18 | 676 | ŁĄCZYŃSKI Henryk | SZAMOTUŁY | | POL | 51 | M60/18 (M)735 | 02:01:14 | 05.44 |
| 19 | 626 | KUROWSKI Bogdan | WRONKI | | POL | 49 | M60/19 (M)737 | 02:01:17 | 05.44 |
| 20 | 701 | MAJERYK Edward | JASIEŃ | | POL | 49 | M60/20 (M)771 | 02:03:43 | 05.51 |
| 21 | 131 | BYKOWSKI Bogdan | STARY KISIELIN | | POL | 49 | M60/21 (M)791 | 02:04:46 | 05.54 |
| 22 | 1315 | ZAWADZKI Józef | POZNAN | | POL | 49 | M60/22 (M)863 | 02:10:03 | 06.09 |
| 23 | 918 | PLÓCIENICZAK Jerzy | RYDZYNA | | POL | 54 | M60/23 (M)875 | 02:11:23 | 06.13 |
| 24 | 546 | KORZEB Zenon | GRYFINO | | POL | 49 | M60/24 (M)915 | 02:16:42 | 06.28 |
| 25 | 478 | KANSY Grzegorz | POZNAŃ | | POL | 50 | M60/25 (M)924 | 02:18:26 | 06.33 |
| 26 | 871 | PAROŃ Henryk | SZAMOTUŁY | | POL | 53 | M60/26 (M)967 | 02:29:19 | 07.04 |

Bieg 21km KATEGORIA:M70

| | | | | | | | | | |
|---|------|---------------------|-----------|--|-----|----|--------------|----------|-------|
| 1 | 658 | LIBAN Zygfryd | TCZEW | | POL | 43 | M70/1 (M)172 | 01:36:48 | 04.35 |
| 2 | 236 | FIDECKI Wiesław | POZNAŃ | | POL | 44 | M70/2 (M)208 | 01:38:29 | 04.40 |
| 3 | 1284 | WÓJCIK Tadeusz | CHOJNA | | POL | 43 | M70/3 (M)485 | 01:50:04 | 05.13 |
| 4 | 1212 | WALUSZYŃSKI Bogdan | GNIEZNO | | POL | 43 | M70/4 (M)532 | 01:52:05 | 05.18 |
| 5 | 1376 | RADKE Witold | WAŁBRZYCH | | POL | 43 | M70/5 (M)712 | 01:59:45 | 05.40 |
| 6 | 1367 | STASIŃSKI Stanisław | POZNAŃ | | POL | 44 | M70/6 (M)874 | 02:11:20 | 06.13 |
| 7 | 369 | HOJKA Ryszard | WROCLAW | | POL | 41 | M70/7 (M)981 | 02:38:24 | 07.30 |

Bieg 21km KATEGORIA:K20

| | | | | | | | | | |
|----|------|------------------------|---------------------|--|-----|----|---------------|----------|-------|
| 1 | 919 | POBŁOCKA Kamila | ŁĘBORK | | POL | 90 | K20/1 (K)2 | 01:20:45 | 03.49 |
| 2 | 858 | PADUSZYŃSKA Wioletta | GORZÓW WIELKOPOLSKI | | POL | 85 | K20/2 (K)4 | 01:24:35 | 04.00 |
| 3 | 297 | GOSK Anna | BIALYSTOK | | POL | 90 | K20/3 (K)5 | 01:25:16 | 04.02 |
| 4 | 1088 | STANIEWSKA Agnieszka | POZNAŃ | | POL | 86 | K20/4 (K)6 | 01:28:33 | 04.11 |
| 5 | 27 | ANDRZEJEWSKA Marta | BOSZKOWO-LETNISKO | | POL | 93 | K20/5 (K)7 | 01:31:40 | 04.20 |
| 6 | 868 | PAPIEŻ Justyna | JAROCIN | | POL | 91 | K20/6 (K)9 | 01:33:48 | 04.26 |
| 7 | 758 | MACIĄG Iwona | BOLEWICE | | POL | 88 | K20/7 (K)15 | 01:38:44 | 04.40 |
| 8 | 103 | BORKOWSKA Roksana | BARWICE | | POL | 90 | K20/8 (K)16 | 01:39:07 | 04.41 |
| 9 | 509 | KINOWSKA Monika | WRONKI | | POL | 87 | K20/9 (K)18 | 01:40:34 | 04.46 |
| 10 | 1160 | ŚWIĄTEK Agata | OPALENICA | | POL | 93 | K20/10 (K)19 | 01:40:54 | 04.46 |
| 11 | 402 | JANDA Beata | KATOWICE | | POL | 87 | K20/11 (K)21 | 01:42:41 | 04.52 |
| 12 | 1162 | ŚWIERCZEK Sylwia | LEWIN BRZESKI | | POL | 89 | K20/12 (K)28 | 01:46:03 | 05.01 |
| 13 | 941 | POZORSKA Marta | WILCZYN | | POL | 89 | K20/13 (K)29 | 01:46:11 | 05.02 |
| 14 | 1071 | SOWIŃSKA Agata | KATOWICE | | POL | 85 | K20/14 (K)30 | 01:46:40 | 05.03 |
| 15 | 264 | GAIK Paulina | WARSZAWA | | POL | 89 | K20/15 (K)31 | 01:46:50 | 05.03 |
| 16 | 949 | PRZYBYLAK Dorota | SWARZEDZ/JASIN | | POL | 93 | K20/16 (K)34 | 01:47:15 | 05.05 |
| 17 | 1370 | PIECHOWIAK Dominika | POZNAŃ | | POL | 85 | K20/17 (K)36 | 01:47:34 | 05.05 |
| 18 | 401 | JANCZAK Anna | GLĘGOŃ | | POL | 91 | K20/18 (K)40 | 01:49:08 | 05.10 |
| 19 | 609 | KUBERKA Malwina | CZERWONAK | | POL | 91 | K20/19 (K)42 | 01:49:50 | 05.12 |
| 20 | 467 | KAMAN Magdalena | OSTRÓW WLKP. | | POL | 85 | K20/20 (K)52 | 01:52:09 | 05.18 |
| 21 | 907 | PISULA Joanna | KALISZ | | POL | 90 | K20/21 (K)57 | 01:53:29 | 05.22 |
| 22 | 1032 | SIECZKAREK Klaudia | SŁUPCA | | POL | 92 | K20/22 (K)67 | 01:54:54 | 05.26 |
| 23 | 977 | ROMANÓW Karolina | POZNAŃ | | POL | 88 | K20/23 (K)68 | 01:55:01 | 05.27 |
| 24 | 1159 | ŚRAMA Adrianna | WRONKI | | POL | 94 | K20/24 (K)72 | 01:55:36 | 05.28 |
| 25 | 37 | BAGIŃSKA Paula | POZNAŃ | | POL | 91 | K20/25 (K)80 | 01:56:47 | 05.32 |
| 26 | 556 | KOWALKOWSKA Agnieszka | POZNAŃ | | POL | 85 | K20/26 (K)81 | 01:57:06 | 05.33 |
| 27 | 691 | MAĆKOWIAK Paulina | POZNAŃ | | POL | 88 | K20/27 (K)85 | 01:57:28 | 05.34 |
| 28 | 1138 | SZYDŁOWSKA Paulina | POZNAŃ | | POL | 88 | K20/28 (K)86 | 01:57:44 | 05.34 |
| 29 | 301 | GÓRECKA Karolina | SWARZĘDZ | | POL | 92 | K20/29 (K)87 | 01:58:13 | 05.36 |
| 30 | 232 | FALBORSKA Agnieszka | POZNAŃ | | POL | 94 | K20/30 (K)89 | 01:58:14 | 05.36 |
| 31 | 675 | ŁAŻNIAK Agata | POZNAŃ | | POL | 86 | K20/31 (K)90 | 01:58:46 | 05.37 |
| 32 | 1115 | SZAJDAK Ada | SZAMOTUŁY | | POL | 89 | K20/32 (K)91 | 01:59:20 | 05.39 |
| 33 | 921 | POCZWARDOWSKA Weronika | BYDGOSZCZ | | POL | 92 | K20/33 (K)92 | 01:59:31 | 05.39 |
| 34 | 936 | PORANKIEWICZ Katarzyna | TRZCIANKA | | POL | 90 | K20/34 (K)94 | 01:59:59 | 05.41 |
| 35 | 1051 | SKWAREK Karolina | ŚREM | | POL | 88 | K20/35 (K)96 | 02:00:43 | 05.43 |
| 36 | 192 | DETYNA Agnieszka | CZARNY BÓR | | POL | 95 | K20/36 (K)98 | 02:00:54 | 05.43 |
| 37 | 624 | KURKOWSKA Jana | POZNAŃ | | POL | 90 | K20/37 (K)99 | 02:00:57 | 05.44 |
| 38 | 706 | MAKOWSKA Anna | LUBOŃ | | POL | 85 | K20/38 (K)100 | 02:01:00 | 05.44 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|------------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 39 | 348 | HANCYK Kamila | KOMORNIKI | POL | | 87 | K20/39 (K)103 | 02:01:13 | 05.44 |
| 40 | 210 | WALENCIAK Malwina | ŚRODA WLKP | POL | | 89 | K20/40 (K)104 | 02:01:17 | 05.44 |
| 41 | 742 | MENDYK Edyta | POZNAŃ | POL | | 86 | K20/41 (K)106 | 02:02:00 | 05.46 |
| 42 | 776 | MROWIŃSKA Małgorzata | KROSNO | POL | | 86 | K20/42 (K)109 | 02:02:32 | 05.48 |
| 43 | 813 | NOWAK Alicja | POZNAŃ | POL | | 85 | K20/43 (K)118 | 02:03:58 | 05.52 |
| 44 | 1070 | SOT Weronika | PULAWY | POL | | 88 | K20/44 (K)126 | 02:05:41 | 05.57 |
| 45 | 227 | ELSNER Joanna | SZAMOTUŁY | POL | | 93 | K20/45 (K)129 | 02:06:32 | 05.59 |
| 46 | 1030 | SIEBERT Ewelina | POZNAŃ | POL | | 90 | K20/46 (K)137 | 02:07:29 | 06.02 |
| 47 | 494 | KAZMIERSKA Agnieszka | GIZALKI | POL | | 87 | K20/47 (K)138 | 02:07:44 | 06.03 |
| 48 | 1309 | ZALASZEWSKA Paulina | WĄGROWIEC | POL | | 88 | K20/48 (K)141 | 02:07:52 | 06.03 |
| 49 | 635 | KWIATEK Weronika | SZAMOTUŁY | POL | | 88 | K20/49 (K)146 | 02:08:21 | 06.05 |
| 50 | 877 | PAWLACZYK Magdalena | POZNAŃ | POL | | 90 | K20/50 (K)147 | 02:08:34 | 06.05 |
| 51 | 524 | KOCZOROWSKA Monika | KROTOSZYN | POL | | 85 | K20/51 (K)149 | 02:09:05 | 06.07 |
| 52 | 222 | DYMEK Maria | WRONKI | POL | | 88 | K20/52 (K)150 | 02:09:06 | 06.07 |
| 53 | 972 | ROGALA Anna | GOSTYŃ | POL | | 90 | K20/53 (K)151 | 02:09:07 | 06.07 |
| 54 | 191 | DENIS-SIEMIENIUK Anna | ROGALIN | POL | | 85 | K20/54 (K)153 | 02:09:25 | 06.08 |
| 55 | 730 | MATUSZEWSKA Marta | WRONKI | POL | | 87 | K20/55 (K)154 | 02:09:31 | 06.08 |
| 56 | 98 | BOGALIŃSKA Katarzyna | NYSA | POL | | 86 | K20/56 (K)156 | 02:09:49 | 06.09 |
| 57 | 1188 | TRZECIAK Marianna | POZNAŃ | POL | | 93 | K20/57 (K)159 | 02:10:12 | 06.10 |
| 58 | 1343 | ŻABKO Aleksandra | POZNAŃ | POL | | 92 | K20/58 (K)174 | 02:12:29 | 06.16 |
| 59 | 1198 | WACHOWSKA Marta | POZNAŃ | POL | | 90 | K20/59 (K)176 | 02:12:58 | 06.18 |
| 60 | 1371 | SMOLARCZYK Aleksandra | POZNAŃ | POL | | 85 | K20/60 (K)178 | 02:13:31 | 06.19 |
| 61 | 507 | KIJAK Agnieszka | ROBAKOWO | POL | | 87 | K20/61 (K)188 | 02:15:12 | 06.24 |
| 62 | 67 | BAK Halszka | OBRZYCKO | POL | | 87 | K20/62 (K)189 | 02:15:36 | 06.25 |
| 63 | 375 | HUSZCZA Izabela | POZNAŃ | POL | | 85 | K20/63 (K)195 | 02:17:01 | 06.29 |
| 64 | 248 | FLIEGNER Julia | POZNAŃ | POL | | 85 | K20/64 (K)197 | 02:17:28 | 06.30 |
| 65 | 479 | KAPUSTKA Katarzyna | POZNAŃ | POL | | 86 | K20/65 (K)202 | 02:19:35 | 06.37 |
| 66 | 388 | JAHNKE Martyna | SZAMOTUŁY | POL | | 89 | K20/66 (K)203 | 02:19:45 | 06.37 |
| 67 | 933 | POPIELA Anna | OBRZYCKO | POL | | 91 | K20/67 (K)204 | 02:19:57 | 06.38 |
| 68 | 286 | GLINKOWSKA Joanna | CHODZIEŻ | POL | | 91 | K20/68 (K)205 | 02:20:04 | 06.38 |
| 69 | 778 | MRÓZ Marta | ŚREM | POL | | 88 | K20/69 (K)207 | 02:20:20 | 06.39 |
| 70 | 1001 | RYCHCZYŃSKA Anna | OSTRORÓG | POL | | 91 | K20/70 (K)208 | 02:20:25 | 06.39 |
| 71 | 302 | GÓRECKA Milena | WRONKI | POL | | 87 | K20/71 (K)213 | 02:21:18 | 06.41 |
| 72 | 156 | CHWIAŁKOWSKA Katarzyna | POZNAŃ | POL | | 86 | K20/72 (K)214 | 02:21:35 | 06.42 |
| 73 | 713 | MALIŃSKA Joanna | POZNAŃ | POL | | 93 | K20/73 (K)225 | 02:26:32 | 06.56 |
| 74 | 380 | IWANICKA Agnieszka | ZABORÓW | POL | | 86 | K20/74 (K)237 | 02:31:12 | 07.10 |
| 75 | 1110 | SURDYK Paulina | TRZEMESZNO | POL | | 92 | K20/75 (K)249 | 02:37:11 | 07.27 |
| 76 | 678 | LECH Bożena | SAPOWICE | POL | | 85 | K20/76 (K)251 | 02:38:02 | 07.29 |
| 77 | 159 | CICHA Marta | KAMIONKI | POL | | 89 | K20/77 (K)256 | 02:44:43 | 07.48 |
| 78 | 728 | MATUSZAK Patrycja | SWARZĘDZ | POL | | 87 | K20/78 (K)258 | 02:47:51 | 07.57 |

Bieg 21km KATEGORIA:K30

| | | | | | | | | | |
|----|------|---------------------------|-----------|-----|--|----|--------------|----------|-------|
| 1 | 1053 | JANASIAK Agnieszka | POZNAŃ | POL | | 81 | K30/1 (K)1 | 01:20:15 | 03.48 |
| 2 | 1259 | WŁODARCZYK Patrycja | JAWORZNO | POL | | 80 | K30/2 (K)3 | 01:24:09 | 03.59 |
| 3 | 920 | POCHRANOWICZ Basia | MYŚLIBÓRZ | POL | | 77 | K30/3 (K)8 | 01:33:17 | 04.25 |
| 4 | 1346 | ŻBIKOWSKA-JUSIS Katarzyna | ŁÓDŹ | POL | | 83 | K30/4 (K)12 | 01:35:41 | 04.32 |
| 5 | 60 | BARŁÓG Agnieszka | SZAMOTUŁY | POL | | 83 | K30/5 (K)17 | 01:39:35 | 04.43 |
| 6 | 251 | FLOREK Monika | SKÓRZEWO | POL | | 81 | K30/6 (K)20 | 01:42:12 | 04.50 |
| 7 | 615 | KUCHTA Izabela | RADOMIA | POL | | 78 | K30/7 (K)23 | 01:43:13 | 04.53 |
| 8 | 625 | KURKOWSKA Małgorzata | GNIEZNO | POL | | 84 | K30/8 (K)24 | 01:43:26 | 04.54 |
| 9 | 1140 | SZYMANEK Anna | WARSZAWA | POL | | 80 | K30/9 (K)26 | 01:45:10 | 04.59 |
| 10 | 19 | ADAMSKA Maria | SZAMOTUŁY | POL | | 84 | K30/10 (K)27 | 01:45:50 | 05.01 |
| 11 | 662 | LIRSZ Justyna | BIEDRUSKO | POL | | 76 | K30/11 (K)32 | 01:46:59 | 05.04 |
| 12 | 350 | HANDSCHUH-ADAM Dagmara | POZNAŃ | POL | | 78 | K30/12 (K)33 | 01:47:11 | 05.04 |
| 13 | 1050 | SKURAT Małgorzata | POZNAŃ | POL | | 78 | K30/13 (K)35 | 01:47:24 | 05.05 |
| 14 | 876 | PAUSZEK-SUBSTYK Lucyna | WĄGROWIEC | POL | | 77 | K30/14 (K)38 | 01:48:36 | 05.08 |
| 15 | 123 | BUDYCH-GÓRZNA Magdalena | GOWARZEWO | POL | | 77 | K30/15 (K)39 | 01:48:41 | 05.09 |
| 16 | 1056 | SOBAŃSKA Anna | DOLASZEWO | POL | | 78 | K30/16 (K)41 | 01:49:16 | 05.10 |
| 17 | 1219 | WAWIÓRKO Ania | POZNAŃ | POL | | 83 | K30/17 (K)43 | 01:50:07 | 05.13 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|--------------------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 18 | 1349 | ŻÓŁNOWSKA Aleksandra | SZCZECIN | | POL | 84 | K30/18 (K)44 | 01:50:14 | 05.13 |
| 19 | 491 | KAŹMIERCZAK Ilona | ROGOŹNO | | POL | 75 | K30/19 (K)45 | 01:50:24 | 05.14 |
| 20 | 1286 | WRÓBLEWSKA Klaudia | MOSINA | | POL | 82 | K30/20 (K)50 | 01:51:40 | 05.17 |
| 21 | 1363 | ELSNER Roma | POZNAŃ | | POL | 80 | K30/21 (K)51 | 01:52:06 | 05.18 |
| 22 | 669 | ŁADOŃSKA Katarzyna | WROCLAW | | POL | 82 | K30/22 (K)53 | 01:52:11 | 05.19 |
| 23 | 945 | PRUSINOWSKA Beata | ZALASEWO | | POL | 76 | K30/23 (K)54 | 01:52:25 | 05.19 |
| 24 | 736 | MAZURKIEWICZ-WARCHAŁOWSK A Agnieszka | WROCLAW | | POL | 75 | K30/24 (K)55 | 01:52:30 | 05.19 |
| 25 | 771 | MORACZEWSKA Kasia | MAGDALENKA | | POL | 76 | K30/25 (K)58 | 01:53:42 | 05.23 |
| 26 | 134 | CAŁKA Agnieszka | RADZYMIN | | POL | 77 | K30/26 (K)60 | 01:54:09 | 05.24 |
| 27 | 775 | MROSKOWIAK Ania | GARBY | | POL | 81 | K30/27 (K)62 | 01:54:12 | 05.24 |
| 28 | 406 | JANKOWSKA Agnieszka | WARSZAWA | | POL | 80 | K30/28 (K)64 | 01:54:23 | 05.25 |
| 29 | 1184 | TRĄBKA Joanna | STARY LUBOSZ | | POL | 76 | K30/29 (K)65 | 01:54:49 | 05.26 |
| 30 | 603 | KRZYŻANIAK Agnieszka | KAMIONKI | | POL | 84 | K30/30 (K)66 | 01:54:52 | 05.26 |
| 31 | 198 | DOMAŃ Joanna | KIEKRZ | | POL | 76 | K30/31 (K)69 | 01:55:12 | 05.27 |
| 32 | 1163 | ŚWIERZOWSKA Magdalena | POZNAŃ | | POL | 78 | K30/32 (K)71 | 01:55:26 | 05.28 |
| 33 | 1008 | RZEŹNIK Marlena | POZNAŃ | | POL | 78 | K30/33 (K)73 | 01:55:41 | 05.29 |
| 34 | 80 | BIEDNA Dorota | OBORNIKI | | POL | 78 | K30/34 (K)74 | 01:55:48 | 05.29 |
| 35 | 853 | OZIMEK-MADEJ Milena | KAŹMIERZ | | POL | 84 | K30/35 (K)75 | 01:55:49 | 05.29 |
| 36 | 761 | MIREK Małgorzata | LUBOŃ | | POL | 79 | K30/36 (K)78 | 01:56:30 | 05.31 |
| 37 | 900 | HOK Agnieszka | KOŁOBRZEG | | POL | 78 | K30/37 (K)79 | 01:56:45 | 05.32 |
| 38 | 351 | HANYSZ Magdalena | KOZIEGŁOWY | | POL | 78 | K30/38 (K)83 | 01:57:12 | 05.33 |
| 39 | 1072 | SPELAK Katarzyna | SKÓRZEWO | | POL | 78 | K30/39 (K)88 | 01:58:13 | 05.36 |
| 40 | 846 | OLSZEWSKA Natalia | PAMIĄTKOWO | | POL | 77 | K30/40 (K)95 | 02:00:04 | 05.41 |
| 41 | 760 | KOWALEWSKA Joanna | POZNAŃ | | POL | 77 | K30/41 (K)97 | 02:00:44 | 05.43 |
| 42 | 1009 | SACKIEWICZ-WIĄCEK Agnieszka | JEDLINA- ZDRÓJ | | POL | 76 | K30/42 (K)101 | 02:01:00 | 05.44 |
| 43 | 547 | KOSICKA Lidia | POZNAŃ | | POL | 78 | K30/43 (K)102 | 02:01:02 | 05.44 |
| 44 | 795 | NAPIERAŁA Katarzyna | SUCHY LAS | | POL | 76 | K30/44 (K)105 | 02:01:54 | 05.46 |
| 45 | 352 | MATERAK Urszula | WĄGROWIEC | | POL | 82 | K30/45 (K)107 | 02:02:17 | 05.47 |
| 46 | 904 | PIOTROWSKA Agnieszka | GUŁTOWY | | POL | 75 | K30/46 (K)108 | 02:02:22 | 05.48 |
| 47 | 1285 | WRÓBEL Marzena | PSZCZEW | | POL | 80 | K30/47 (K)110 | 02:02:55 | 05.49 |
| 48 | 1237 | WIERZBICKA Joanna | MUROWANA GOŚLINA | | POL | 75 | K30/48 (K)113 | 02:03:09 | 05.50 |
| 49 | 354 | HEJNAR-GLUMIŃSKA Katarzyna | KOŚCIAN | | POL | 80 | K30/49 (K)115 | 02:03:28 | 05.51 |
| 50 | 275 | GEMBICKA Natalia | POZNAŃ | | POL | 84 | K30/50 (K)116 | 02:03:44 | 05.51 |
| 51 | 127 | BULANOWSKA Monika | GORZÓW WIELKOPOLSKI | | POL | 83 | K30/51 (K)117 | 02:03:45 | 05.51 |
| 52 | 124 | BUDZIŃSKA Kamila | POZNAŃ | | POL | 83 | K30/52 (K)119 | 02:04:04 | 05.52 |
| 53 | 32 | ANTKOWIAK Aleksandra | POZNAŃ | | POL | 83 | K30/53 (K)120 | 02:04:06 | 05.52 |
| 54 | 835 | ODWROT Barbara | SZAMOTUŁY | | POL | 76 | K30/54 (K)121 | 02:04:25 | 05.53 |
| 55 | 403 | JANDY Honorata | SZAMOTUŁY | | POL | 75 | K30/55 (K)124 | 02:05:00 | 05.55 |
| 56 | 1142 | SZYMANIAK Paulina | POZNAŃ | | POL | 84 | K30/56 (K)125 | 02:05:20 | 05.56 |
| 57 | 940 | POTOCKA Magdalena | CERADZ KOŚCIELNY | | POL | 78 | K30/57 (K)127 | 02:05:54 | 05.58 |
| 58 | 200 | DOMAZER-ROSA Edyta | SZAMOCIN | | POL | 84 | K30/58 (K)128 | 02:06:30 | 05.59 |
| 59 | 97 | BOGACKA Emilia | POZNAŃ | | POL | 84 | K30/59 (K)131 | 02:06:43 | 06.00 |
| 60 | 45 | BANASZCZYK Anna | KIĄCZYN | | POL | 77 | K30/60 (K)132 | 02:06:48 | 06.00 |
| 61 | 1288 | WUCENS Małgorzata | PILA | | POL | 79 | K30/61 (K)133 | 02:07:02 | 06.01 |
| 62 | 36 | BAGIŃSKA Katarzyna | POZNAŃ | | POL | 81 | K30/62 (K)134 | 02:07:11 | 06.01 |
| 63 | 323 | GROLIMUND Dagmara | ZÜRICH | | SUI | 84 | K30/63 (K)139 | 02:07:44 | 06.03 |
| 64 | 1339 | BUSZKA Anita | WĄGROWIEC | | POL | 78 | K30/64 (K)140 | 02:07:51 | 06.03 |
| 65 | 860 | PAJĄK Marta | WARSZAWA | | POL | 79 | K30/65 (K)144 | 02:08:21 | 06.05 |
| 66 | 1018 | SAVITSKAYA Ekaterina | POZNAŃ | | POL | 83 | K30/66 (K)145 | 02:08:21 | 06.05 |
| 67 | 129 | BURDAJEWICZ Magdalena | MOSINA | | POL | 80 | K30/67 (K)157 | 02:09:51 | 06.09 |
| 68 | 786 | MUSIAŁ-KURZAWSKA Olga | POZNAŃ | | POL | 82 | K30/68 (K)160 | 02:10:12 | 06.10 |
| 69 | 309 | GRABIANOWSKA Agnieszka | POZNAŃ | | POL | 76 | K30/69 (K)161 | 02:10:22 | 06.10 |
| 70 | 182 | DALKA Hanna | POZNAŃ | | POL | 84 | K30/70 (K)162 | 02:10:32 | 06.11 |
| 71 | 474 | KANIEWSKA Monika | WĄGROWIEC | | POL | 79 | K30/71 (K)163 | 02:10:36 | 06.11 |
| 72 | 81 | BIEDROWSKA Małgorzata | POZNAŃ | | POL | 81 | K30/72 (K)164 | 02:10:37 | 06.11 |
| 73 | 107 | BORUŃ Elżbieta | SZCZECIN | | POL | 84 | K30/73 (K)165 | 02:11:11 | 06.13 |
| 74 | 219 | DWOJAK Izabela | POZNAŃ | | POL | 78 | K30/74 (K)166 | 02:11:19 | 06.13 |
| 75 | 550 | KOSTECKA Małgorzata | SWARZĘDZ | | POL | 84 | K30/75 (K)167 | 02:11:55 | 06.15 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 76 | 100 | BORAWSKA-WAJNERT Ewa | POZNAŃ | | POL | 77 | K30/76 (K)168 | 02:12:03 | 06.15 |
| 77 | 1027 | SICIARZ Natalia | POZNAŃ | | POL | 84 | K30/77 (K)170 | 02:12:16 | 06.16 |
| 78 | 606 | KUBACKA Katarzyna | POZNAŃ | | POL | 81 | K30/78 (K)171 | 02:12:19 | 06.16 |
| 79 | 433 | JAWORSKA Magdalena | POZNAŃ | | POL | 77 | K30/79 (K)172 | 02:12:22 | 06.16 |
| 80 | 1278 | WOŹNIAK Beata | KOZIEGŁOWY | | POL | 77 | K30/80 (K)175 | 02:12:43 | 06.17 |
| 81 | 718 | MANTYK Katarzyna | OBORNIKI | | POL | 82 | K30/81 (K)177 | 02:13:00 | 06.18 |
| 82 | 197 | DOMAGALSKA Joanna | POZNAŃ | | POL | 84 | K30/82 (K)179 | 02:13:37 | 06.20 |
| 83 | 1217 | WASICKA-JAKUBEK Angelika | SWARZĘDZ | | POL | 84 | K30/83 (K)180 | 02:13:39 | 06.20 |
| 84 | 1321 | ZBYSZEWSKA Izabela | ZŁOTNIKI | | POL | 75 | K30/84 (K)181 | 02:14:02 | 06.21 |
| 85 | 141 | CHARZEWSKA Joanna | PRZEŹMIEROWO | | POL | 79 | K30/85 (K)182 | 02:14:08 | 06.21 |
| 86 | 915 | PLEWA Natalia | OBORNIKI | | POL | 82 | K30/86 (K)184 | 02:14:36 | 06.22 |
| 87 | 1186 | TROJAN Monika | JEŻÓW SUDECKI | | POL | 80 | K30/87 (K)185 | 02:14:48 | 06.23 |
| 88 | 1348 | ŻÓLDAK-STRYJSKA Iwona | POZNAŃ | | POL | 78 | K30/88 (K)187 | 02:15:10 | 06.24 |
| 89 | 747 | MIELCAREK Beata | LESZNO | | POL | 75 | K30/89 (K)191 | 02:16:20 | 06.27 |
| 90 | 128 | BURANT Agnieszka | POZNAŃ | | POL | 83 | K30/90 (K)192 | 02:16:27 | 06.28 |
| 91 | 805 | NIEMIEC Katarzyna | WROCLAW | | POL | 83 | K30/91 (K)194 | 02:16:55 | 06.29 |
| 92 | 449 | JUSIK Izabela | GAŁOWO | | POL | 75 | K30/92 (K)198 | 02:17:49 | 06.31 |
| 93 | 175 | CZEKALSKA Maria | POBIEDZISKA | | POL | 84 | K30/93 (K)199 | 02:18:15 | 06.33 |
| 94 | 1340 | ZYGMUNT Angelika | PIŁA | | POL | 75 | K30/94 (K)200 | 02:19:16 | 06.36 |
| 95 | 452 | KACZAN Aleksandra | PLEWISKA | | POL | 75 | K30/95 (K)201 | 02:19:33 | 06.36 |
| 96 | 938 | POSIŁA Joanna | MOSINA | | POL | 79 | K30/96 (K)206 | 02:20:14 | 06.38 |
| 97 | 1324 | ZIELIŃSKA Michalina | ŚRODA WLKP. | | POL | 82 | K30/97 (K)209 | 02:20:35 | 06.39 |
| 98 | 1095 | STEFANIAK Agata | ZŁOTNIKI | | POL | 80 | K30/98 (K)210 | 02:20:40 | 06.40 |
| 99 | 13 | KUS Anna | SZAMOTUŁY | | POL | 75 | K30/99 (K)211 | 02:20:50 | 06.40 |
| 100 | 325 | GRYGIANIEC Monika | WRONKI | | POL | 81 | K30/100 (K)212 | 02:21:16 | 06.41 |
| 101 | 473 | KANIEWSKA Beata | MIŁOSŁAW | | POL | 77 | K30/101 (K)215 | 02:21:38 | 06.42 |
| 102 | 872 | PARTYKA Maja | PIŁA | | POL | 84 | K30/102 (K)217 | 02:22:50 | 06.46 |
| 103 | 881 | PAWLAK Dorota | OPALENICA | | POL | 82 | K30/103 (K)220 | 02:23:13 | 06.47 |
| 104 | 602 | KRZYWAK Anna | GORZÓW WLKP. | | POL | 79 | K30/104 (K)223 | 02:24:06 | 06.49 |
| 105 | 668 | LUDWICZAK Monika | PRZEŹMIEROWO | | POL | 82 | K30/105 (K)226 | 02:26:46 | 06.57 |
| 106 | 101 | BORKOWSKA-WÓJCIK Marta | WROCLAW | | POL | 81 | K30/106 (K)228 | 02:27:20 | 06.59 |
| 107 | 189 | DEMBSKA Anna | PLEWISKA | | POL | 76 | K30/107 (K)229 | 02:27:22 | 06.59 |
| 108 | 1352 | ŻUKOWSKA Aleksandra | WARSZAWA | | POL | 81 | K30/108 (K)231 | 02:27:48 | 07.00 |
| 109 | 321 | GRENDLA Marlena | SZAMOTUŁY | | POL | 75 | K30/109 (K)232 | 02:28:45 | 07.03 |
| 110 | 710 | MALINOWSKA Izabela | NOWA IWICZNA | | POL | 75 | K30/110 (K)233 | 02:30:17 | 07.07 |
| 111 | 759 | CIEŚLIK Agnieszka | PRZEŹMIEROWO | | POL | 78 | K30/111 (K)234 | 02:30:17 | 07.07 |
| 112 | 469 | KAMIŃSKA Marta | BARANOWO | | POL | 84 | K30/112 (K)235 | 02:30:18 | 07.07 |
| 113 | 1156 | ŚNIEGOCKA Magdalena | TARNOWO PODGÓRNE | | POL | 79 | K30/113 (K)236 | 02:30:22 | 07.07 |
| 114 | 52 | BARANIECKA Olga | GUBIN | | POL | 81 | K30/114 (K)238 | 02:31:23 | 07.10 |
| 115 | 5 | BIAŁEK Paulina | SZAMOTUŁY | | POL | 79 | K30/115 (K)239 | 02:32:58 | 07.15 |
| 116 | 707 | MAKSIMCZYK Małgorzata | POZNAŃ | | POL | 80 | K30/116 (K)240 | 02:33:23 | 07.16 |
| 117 | 177 | CZERNIEWSKA Dominika | SUCHY LAS | | POL | 83 | K30/117 (K)241 | 02:33:55 | 07.17 |
| 118 | 863 | PAŁKA Aleksandra | WROCLAW | | POL | 80 | K30/118 (K)243 | 02:34:41 | 07.19 |
| 119 | 364 | HOFFMANN-ROSA Anita | POZNAŃ | | POL | 77 | K30/119 (K)244 | 02:34:58 | 07.20 |
| 120 | 400 | JANASIAK Magdalena | SZAMOTUŁY | | POL | 75 | K30/120 (K)245 | 02:35:00 | 07.20 |
| 121 | 488 | KASPRZYK Izabela | PUSZCZYKOWO | | POL | 83 | K30/121 (K)246 | 02:35:00 | 07.20 |
| 122 | 586 | KRÓL Agnieszka | MOSINA | | POL | 81 | K30/122 (K)247 | 02:35:00 | 07.20 |
| 123 | 1136 | SZWARCZYŃSKA Izabella | POZNAŃ | | POL | 79 | K30/123 (K)248 | 02:36:44 | 07.25 |
| 124 | 110 | BRODZKA Monika | PŁOCK | | POL | 77 | K30/124 (K)250 | 02:37:30 | 07.27 |
| 125 | 545 | KOREK Ewa | ZŁOTNIKI | | POL | 83 | K30/125 (K)252 | 02:38:08 | 07.29 |

Bieg 21km KATEGORIA:K40

| | | | | | | | | | |
|---|-----|---------------------------|---------|--|-----|----|-------------|----------|-------|
| 1 | 74 | BESZ-MALINOWSKA Katarzyna | POZNAŃ | | POL | 73 | K40/1 (K)10 | 01:34:27 | 04.28 |
| 2 | 926 | POL Barbara | PLESZEW | | POL | 71 | K40/2 (K)11 | 01:35:40 | 04.32 |
| 3 | 780 | MUCHA Beata | POZNAŃ | | POL | 73 | K40/3 (K)14 | 01:38:38 | 04.40 |
| 4 | 738 | MEJER Magdalena | DĄBROWA | | POL | 71 | K40/4 (K)22 | 01:42:54 | 04.52 |
| 5 | 571 | KOZŁOWSKA Iwona | GRANOWO | | POL | 71 | K40/5 (K)25 | 01:44:07 | 04.56 |
| 6 | 628 | KURZAJCZYK Joanna | PIŁA | | POL | 71 | K40/6 (K)46 | 01:50:32 | 05.14 |
| 7 | 673 | ŁATYSZEW Katarzyna | POZNAŃ | | POL | 74 | K40/7 (K)47 | 01:51:05 | 05.15 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|---------------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 8 | 885 | PAWLKOWSKA Anna | WROCLAW | POL | | 74 | K40/8 (K)48 | 01:51:11 | 05.16 |
| 9 | 1345 | ŻARNOWSKA Katarzyna | PILA | POL | | 74 | K40/9 (K)49 | 01:51:30 | 05.17 |
| 10 | 1273 | WOLNA Elżbieta | STRYKOWO | POL | | 73 | K40/10 (K)56 | 01:53:00 | 05.21 |
| 11 | 94 | BŁOCH Arleta | CHOJNO-MLYN | POL | | 72 | K40/11 (K)59 | 01:53:52 | 05.23 |
| 12 | 838 | OKONIEWSKA Agnieszka | MYSIADŁO | POL | | 72 | K40/12 (K)70 | 01:55:14 | 05.27 |
| 13 | 87 | BIRECKA Kamilla | KALISZ | POL | | 74 | K40/13 (K)76 | 01:55:58 | 05.29 |
| 14 | 1366 | STRZELCZYK Wioletta | PILA | POL | | 74 | K40/14 (K)77 | 01:56:11 | 05.30 |
| 15 | 1307 | ZAKASZEWSKA Alicja | GÓRA | POL | | 71 | K40/15 (K)82 | 01:57:12 | 05.33 |
| 16 | 1253 | WITKOWSKA Aleksandra | KAMIONKI | POL | | 73 | K40/16 (K)93 | 01:59:45 | 05.40 |
| 17 | 768 | FALKOWSKA Beata | POZNAŃ | POL | | 65 | K40/17 (K)111 | 02:02:58 | 05.49 |
| 18 | 647 | LEBIEDŹ Justyna | ROKIETNICA | POL | | 74 | K40/18 (K)112 | 02:03:04 | 05.50 |
| 19 | 362 | HOFFMANN Małgorzata | WRONKI | POL | | 70 | K40/19 (K)114 | 02:03:14 | 05.50 |
| 20 | 18 | ADAMCZYK Izabela | POZNAŃ | POL | | 74 | K40/20 (K)122 | 02:04:38 | 05.54 |
| 21 | 627 | KURPISZ Monika | POZNAŃ | POL | | 71 | K40/21 (K)123 | 02:04:47 | 05.54 |
| 22 | 1362 | PIĘTERA Agnieszka | WARSZAWA | POL | | 66 | K40/22 (K)135 | 02:07:22 | 06.02 |
| 23 | 1377 | LEMIEC Agnieszka | PŁOCK | POL | | 68 | K40/23 (K)136 | 02:07:22 | 06.02 |
| 24 | 660 | LIPIEC Lucyna | PILA | POL | | 72 | K40/24 (K)142 | 02:07:57 | 06.03 |
| 25 | 513 | KLEWICZ Anna | POZNAŃ | POL | | 67 | K40/25 (K)143 | 02:08:15 | 06.04 |
| 26 | 928 | POLICHNOWSKA Monika | POZNAŃ | POL | | 69 | K40/26 (K)148 | 02:08:49 | 06.06 |
| 27 | 558 | KOWALSKA Anna | GUŁTOWY | POL | | 73 | K40/27 (K)152 | 02:09:20 | 06.07 |
| 28 | 818 | NOWAK-JAROSZYK Monika | POZNAŃ | POL | | 71 | K40/28 (K)155 | 02:09:38 | 06.08 |
| 29 | 1085 | STACHOWIAK Danuta | ROKIETNICA | POL | | 74 | K40/29 (K)158 | 02:10:11 | 06.10 |
| 30 | 845 | OLSZEWSKA Donata | POZNAŃ | POL | | 72 | K40/30 (K)173 | 02:12:23 | 06.16 |
| 31 | 611 | KUBICKA Kamilla | POZNAŃ | POL | | 73 | K40/31 (K)183 | 02:14:36 | 06.22 |
| 32 | 642 | LANGIE Genowefa | BELCHATÓW | POL | | 72 | K40/32 (K)186 | 02:14:55 | 06.23 |
| 33 | 576 | KRAJEWSKA-KŁODA Katarzyna | CZAPURY | POL | | 74 | K40/33 (K)190 | 02:15:37 | 06.25 |
| 34 | 1319 | ZAWROTNIAK Daria | BISKUPICE | POL | | 69 | K40/34 (K)193 | 02:16:44 | 06.28 |
| 35 | 93 | BŁĄDEK Jolanta | BOBROWICE | POL | | 66 | K40/35 (K)196 | 02:17:27 | 06.30 |
| 36 | 1231 | WIECHECKA Lidia | POZNAŃ | POL | | 69 | K40/36 (K)216 | 02:21:48 | 06.43 |
| 37 | 865 | PANEK Zenia | SZAMOTUŁY | POL | | 73 | K40/37 (K)221 | 02:23:46 | 06.48 |
| 38 | 864 | PAMUŁA Anna | JOZEFOSŁAW | POL | | 74 | K40/38 (K)222 | 02:23:47 | 06.48 |
| 39 | 1294 | WYSOCZAŃSKA Irena | KOŚCIAN | POL | | 68 | K40/39 (K)242 | 02:34:32 | 07.19 |
| 40 | 482 | KARASZEWSKA Aneta | POZNAŃ | POL | | 72 | K40/40 (K)255 | 02:40:25 | 07.36 |

Bieg 21km KATEGORIA:K50

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|----|------|-------------------------|--------------|-----|--|----|---------------|----------|-------|
| 1 | 223 | DZIERZKOWSKA Aleksandra | KOZIEGŁOWY | POL | | 62 | K50/1 (K)13 | 01:36:27 | 04.34 |
| 2 | 1131 | SZRAM Iwona | BORÓWIEC | POL | | 61 | K50/2 (K)61 | 01:54:10 | 05.24 |
| 3 | 1197 | WACHOWSKA Alina | POZNAŃ | POL | | 58 | K50/3 (K)130 | 02:06:36 | 06.00 |
| 4 | 807 | NIEPOROWSKA Beata | ZIELONA GÓRA | POL | | 63 | K50/4 (K)218 | 02:22:54 | 06.46 |
| 5 | 1117 | SZCZYRBA Maria | POZNAŃ | POL | | 58 | K50/5 (K)219 | 02:23:00 | 06.46 |
| 6 | 692 | MAĆKOWSKA Jadwiga | POZNAŃ | POL | | 58 | K50/6 (K)224 | 02:25:11 | 06.52 |
| 7 | 827 | NOWAK Wiesława | POZNAN | POL | | 59 | K50/7 (K)227 | 02:27:05 | 06.58 |
| 8 | 711 | MALINOWSKA Jolanta | POZNAŃ | POL | | 62 | K50/8 (K)230 | 02:27:46 | 07.00 |
| 9 | 1229 | WICHLACZ Małgorzata | POZNAŃ | POL | | 60 | K50/9 (K)253 | 02:38:33 | 07.30 |
| 10 | 976 | ROMANÓW Beata | POZNAŃ | POL | | 63 | K50/10 (K)257 | 02:47:31 | 07.56 |

Bieg 21km KATEGORIA:K60

| | | | | | | | | | |
|---|------|-------------------|--------------|-----|--|----|--------------|----------|-------|
| 1 | 1076 | SPYCHAŁA Danuta | POZNAŃ | POL | | 53 | K60/1 (K)37 | 01:47:53 | 05.06 |
| 2 | 703 | MAJŁOWSKA Irena | GORZÓW WLKP. | POL | | 53 | K60/2 (K)63 | 01:54:20 | 05.25 |
| 3 | 643 | LASOTA Irena | WAŁCZ | POL | | 51 | K60/3 (K)84 | 01:57:19 | 05.33 |
| 4 | 800 | NATER Urszula | LUBOŃ | POL | | 50 | K60/4 (K)169 | 02:12:09 | 06.15 |
| 5 | 427 | JASINOWSKA Emilia | MIĘDZYCHÓD | POL | | 52 | K60/5 (K)254 | 02:39:27 | 07.33 |
| 6 | 102 | BORKOWSKA Ewa | ZŁOTÓW | POL | | 52 | K60/6 (K)259 | 02:50:29 | 08.04 |