1	**PIETRUCZUK Christopher**	**491**	KOŁOBRZEG	M-30	1	M 1	00:00:02	00:13:26	00:45:47	01:18:14	01:33:11	02:11:40	**02:51:06.64**	**02:51:08.72**		4:09	14.4 (100%)
2	**STADNIK Rafał**	**509**	KOŁOBRZEG	M-40	1	M 2	00:00:06	00:16:20	00:50:32	01:26:08	01:41:51	02:16:31	**02:51:31.44**	**02:51:38.39**	+00:00:24 (0.2%)	4:09	14.4 (100%)
3	**WOJTALIK Łukasz**	**529**	POŁCZYN ZDRÓJ	M-40	3	M 3	00:00:02	00:15:28	00:50:07	01:24:54	01:40:54	02:19:02	**02:56:48.11**	**02:56:50.72**	+00:05:41 (3.2%)	4:17	14 (97.2%)
4	**SPICZAK-BRZEZIŃSKI Robert**	**506**	KOŁOBRZEG	M-40	2	M 4	00:00:05	00:16:47	00:53:38	01:29:44	01:46:00	02:22:10	**02:56:46.70**	**02:56:52.45**	+00:05:40 (3.2%)	4:17	14 (97.2%)
5	**CUBER Wojciech**	**423**	ZŁOTÓW	M-40	4	M 5	00:00:02	00:16:24	00:51:53	01:27:11	01:43:29	02:20:49	**02:58:54.45**	**02:58:57.06**	+00:07:47 (4.4%)	4:20	13.8 (95.8%)
6	**BOLEWSKI Damian**	**410**	PAKSZYN	M-30	2	M 6	00:00:04	00:16:29	00:52:51	01:29:19	01:45:40	02:21:48	**02:59:08.96**	**02:59:12.99**	+00:08:02 (4.5%)	4:20	13.8 (95.8%)
7	**UTECHT Sławomir**	**523**	JANOWIEC WIELKOPOLSKI	M-30	3	M 7	00:00:03	00:16:28	00:52:45	01:29:20	01:46:01	02:22:38	**03:00:10.13**	**03:00:13.57**	+00:09:03 (5.0%)	4:22	13.7 (95.1%)
8	**UZNAŃSKI Wojciech**	**524**	KOŁOBRZEG	M-30	4	M 8	00:00:03	00:16:24	00:51:53	01:27:10	01:43:21	02:19:54	**03:01:43.33**	**03:01:46.48**	+00:10:36 (5.8%)	4:24	13.6 (94.4%)
9	**WEINAR Wojciech**	**525**	ŚWIDWIN	M-30	5	M 9	00:00:03	00:16:32	00:53:35	01:30:19	01:46:46	02:24:13	**03:04:18.79**	**03:04:22.30**	+00:13:12 (7.2%)	4:28	13.4 (93.1%)
10	**MICHALAK Mariusz**	**476**	WARSZAWA	M-50	1	M 10	00:00:05	00:17:19	00:55:21	01:32:58	01:49:57	02:27:51	**03:06:43.85**	**03:06:49.60**	+00:15:37 (8.4%)	4:31	13.2 (91.7%)
11	**BIAŁEK Beata**	**402**	WIDUCHOWA	K-50	1	K 1	00:00:16	00:17:08	00:54:15	01:31:21	01:48:02	02:26:48	**03:07:01.62**	**03:07:18.02**	+00:15:54 (8.5%)	4:32	13.2 (91.7%)
12	**RATZ Marcjanna**	**498**	BYDGOSZCZ	K-30	1	K 2	00:00:10	00:19:40	01:03:29	01:46:31	02:05:44	02:47:07	**03:27:36.49**	**03:27:47.37**	+00:36:29 (17.6%)	5:02	11.9 (82.6%)
13	**BOROWSKA Karolina**	**412**	PUCICE	K-40	1	K 3	00:00:05	00:17:00	00:56:36	01:37:54	01:57:03	02:44:30	**03:33:20.05**	**03:33:25.42**	+00:42:13 (19.8%)	5:10	11.6 (80.6%)
14	**MEYER Joanna**	**475**	BERGISCH GLADBACH	K-50	2	K 4	00:00:06	00:20:08	01:05:37	01:51:00	02:11:31	03:00:51	**03:50:22.01**	**03:50:28.06**	+00:59:15 (25.7%)	5:35	10.7 (74.3%)
15	**MAZUR Katarzyna**	**473**	INSKO	K-40	2	K 5	00:00:26	00:22:44	01:11:56	02:00:22	02:22:27	03:11:24	**04:01:45.25**	**04:02:11.30**	+01:10:38 (29.2%)	5:52	10.2 (70.8%)
16	**FELSKA Anna**	**427**	MIASTKO	K-50	3	K 6	00:00:44	00:23:17	01:14:06	02:04:35	02:26:53	03:15:42	**04:07:02.02**	**04:07:46.26**	+01:15:55 (30.7%)	5:59	10 (69.4%)
17	**SALAWA Anna**	**501**	GOŚCINO	K-40	3	K 7	00:00:14	00:20:10	01:06:53	01:56:20	02:19:41	03:14:46	**04:08:02.45**	**04:08:16.57**	+01:16:55 (31.0%)	6:01	10 (69.4%)
18	**KOWALSKA Renata**	**454**	WAWRÓW	K-30	2	K 8	00:00:18	00:23:07	01:14:32	02:06:04	02:29:21	03:20:51	**04:10:11.44**	**04:10:29.55**	+01:19:04 (31.6%)	6:04	9.9 (68.8%)
19	**GĄSKA Justyna**	**432**	SZCZECIN	K-40	4	K 9	00:00:33	00:20:37	01:06:59	01:55:13	02:18:22	03:12:12	**04:11:19.68**	**04:11:53.12**	+01:20:13 (31.9%)	6:06	9.8 (68.1%)
20	**ŚWITOŃ Magda**	**518**	GRYFICE	K-40	5	K 10	00:00:41	00:22:50	01:14:08	02:05:42	02:28:58	03:21:06	**04:19:28.65**	**04:20:09.86**	+01:28:22 (34.1%)	6:17	9.5 (66.0%)
21	**JAROSZ Bartosz**	**439**	OŁUŻNA	M-30	6	M 11	00:00:04	00:16:36	00:53:38	01:31:09	01:48:39	02:28:25	**03:09:52.81**	**03:09:57.21**	+00:18:46 (9.9%)	4:36	13 (90.3%)
22	**WOJTAS Stefan**	**530**	CZŁUCHÓW	M-40	5	M 12	00:00:05	00:16:48	00:53:39	01:30:52	01:48:12	02:29:59	**03:15:50.99**	**03:15:56.36**	+00:24:44 (12.6%)	4:45	12.6 (87.5%)
23	**CIEŚLEWICZ Hubert**	**422**	STARGARD	M-30	7	M 13	00:00:04	00:17:44	00:57:50	01:37:41	01:55:53	02:37:40	**03:20:16.61**	**03:20:21.55**	+00:29:09 (14.6%)	4:51	12.3 (85.4%)
24	**MŁYNAREK Mirosław**	**479**	PATEREK	M-30	8	M 14	00:00:07	00:17:41	00:57:57	01:38:30	01:56:17	02:37:57	**03:20:48.78**	**03:20:56.69**	+00:29:42 (14.8%)	4:52	12.3 (85.4%)
25	**PIOTRZKOWSKI-ŻOŁNOWSKI Kamil**	**493**	TORUŃ	M-18	1	M 15	00:00:08	00:18:34	00:59:30	01:40:34	01:59:03	02:40:40	**03:23:53.97**	**03:24:01.97**	+00:32:47 (16.1%)	4:56	12.1 (84.0%)
26	**JUSZCZAK Jarosław**	**445**	KOŁOBRZEG	M-30	9	M 16	00:00:20	00:19:11	01:01:39	01:44:14	02:03:20	02:46:35	**03:30:33.90**	**03:30:54.47**	+00:39:27 (18.7%)	5:06	11.7 (81.3%)
27	**CIBORSKI Sławomir**	**419**	KOŁOBRZEG	M-50	2	M 17	00:00:11	00:18:18	00:59:22	01:40:58	02:00:16	02:44:34	**03:31:17.05**	**03:31:28.97**	+00:40:10 (19.0%)	5:07	11.7 (81.3%)

28	**GERKE Mateusz**	**433**	KOŁOBRZEG	M-30	10	M 18	00:00:20	00:20:00	01:04:21	01:48:14	02:07:42	02:49:54	**03:31:52.62**	**03:32:12.72**	+00:40:45 (19.2%)	5:08	11.7 (81.3%)
29	**BIELIŃSKI Łukasz**	**405**	GRZYBOWO	M-40	6	M 19	00:00:17	00:18:52	00:59:01	01:40:06	01:58:52	02:44:39	**03:33:18.57**	**03:33:36.32**	+00:42:11 (19.8%)	5:10	11.6 (80.6%)
30	**STACHOWIAK Piotr**	**508**	KOŁOBRZEG	M-40	7	M 20	00:00:59	00:19:35	01:03:17	01:46:03	02:05:45	02:50:24	**03:39:25.78**	**03:40:25.40**	+00:48:19 (22.0%)	5:19	11.3 (78.5%)
31	**SCHULTEK Arkadiusz**	**502**	POZNAŃ	M-50	3	M 21	00:00:17	00:19:06	01:03:08	01:46:44	02:06:35	02:52:13	**03:42:11.35**	**03:42:28.61**	+00:51:04 (23.0%)	5:23	11.1 (77.1%)
32	**STUBIEDA Robert**	**511**	BIAŁOGARD	M-40	8	M 22	00:00:13	00:18:59	00:59:37	01:41:46	02:01:51	02:50:42	**03:44:28.49**	**03:44:41.80**	+00:53:21 (23.8%)	5:26	11 (76.4%)
33	**OCHWAT Bartłomiej**	**483**	KOŁOBRZEG	M-30	11	M 23	00:00:09	00:18:48	01:01:01	01:44:12	02:04:56	02:54:18	**03:45:24.93**	**03:45:34.66**	+00:54:18 (24.1%)	5:28	11 (76.4%)
34	**STEFANIAK Adam**	**510**	PIŁA	M-30	12	M 24	00:00:11	00:20:53	01:06:25	01:52:13	02:12:42	02:58:46	**03:45:47.69**	**03:45:59.47**	+00:54:41 (24.2%)	5:28	10.9 (75.7%)
35	**GĄSIOR Kacper**	**431**	TARNOWSKIE GÓRY	M-18	2	M 25	00:00:22	00:22:03	01:08:56	01:54:49	02:15:42	03:03:01	**03:49:55.41**	**03:50:17.47**	+00:58:48 (25.6%)	5:34	10.8 (75.0%)
36	**PIOTROWSKI Mateusz**	**492**	SŁUPSK	M-30	13	M 26	00:00:12	00:21:36	01:07:45	01:53:00	02:12:58	02:59:24	**03:49:56.85**	**03:50:09.75**	+00:58:50 (25.6%)	5:34	10.7 (74.3%)
37	**BLUMA Tomasz**	**406**	SŁUPSK	M-40	9	M 27	00:00:35	00:21:07	01:06:55	01:50:51	02:11:03	02:57:35	**03:51:35.03**	**03:52:10.58**	+01:00:28 (26.1%)	5:37	10.7 (74.3%)
38	**SILSKI Michał**	**503**	KOSZALIN	M-30	14	M 28	00:00:45	00:22:44	01:12:20	02:00:47	02:23:11	03:11:40	**03:53:32.93**	**03:54:18.64**	+01:02:26 (26.7%)	5:40	10.6 (73.6%)
39	**HABIAK Karol**	**437**	GRZYBOWO	M-40	10	M 29	00:00:10	00:20:34	01:05:34	01:49:59	02:10:43	03:00:54	**03:55:24.93**	**03:55:35.41**	+01:04:18 (27.3%)	5:42	10.5 (72.9%)
40	**GAJLEWICZ Piotr**	**430**	SZCZECIN	M-40	11	M 30	00:00:16	00:21:24	01:07:11	01:51:06	02:12:00	03:01:50	**03:55:49.31**	**03:56:05.54**	+01:04:42 (27.4%)	5:43	10.5 (72.9%)
41	**CHRZANOWSKI Mariusz**	**418**	KOŁOBRZEG	M-50	4	M 31	00:00:09	00:19:13	01:03:16	01:48:11	02:10:08	03:01:34	**03:56:40.21**	**03:56:49.29**	+01:05:33 (27.7%)	5:44	10.4 (72.2%)
42	**KRZYŻAŃSKI Jakub**	**458**	KOŁOBRZEG	M-40	12	M 32	00:00:26	00:20:24	01:04:30	01:48:08	02:09:13	02:59:22	**03:56:59.21**	**03:57:25.66**	+01:05:52 (27.8%)	5:45	10.4 (72.2%)
43	**WIŚNIEWSKI Stanisław**	**527**	KARLINO	M-40	13	M 33	00:00:35	00:19:56	01:06:40	01:54:27	02:16:24	03:08:31	**03:58:14.37**	**03:58:49.74**	+01:07:07 (28.2%)	5:46	10.4 (72.2%)
44	**JÓŹWIK Adam**	**444**	SŁAWNO	M-30	15	M 34	00:00:06	00:17:37	00:56:15	01:36:04	01:55:07	02:50:12	**03:59:06.14**	**03:59:12.92**	+01:07:59 (28.4%)	5:48	10.3 (71.5%)
45	**KOWALSKI Grzegorz**	**455**	OLSZTYN	M-50	5	M 35	00:00:29	00:19:53	01:02:57	01:47:54	02:09:18	03:02:06	**03:59:06.36**	**03:59:36.25**	+01:07:59 (28.4%)	5:48	10.3 (71.5%)
46	**ŚWITLIŃSKI Damian**	**517**	KOŁOBRZEG	M-30	16	M 36	00:01:01	00:23:37	01:13:16	02:00:57	02:22:19	03:11:24	**04:02:35.67**	**04:03:37.21**	+01:11:29 (29.5%)	5:53	10.2 (70.8%)
47	**TRZECIAKIEWICZ Rafał**	**519**	SZCZECIN	M-30	17	M 37	00:00:41	00:21:22	01:08:22	01:54:55	02:16:31	03:06:59	**04:05:28.32**	**04:06:09.70**	+01:14:21 (30.3%)	5:57	10.1 (70.1%)
48	**OSTAPIŃSKI Michał**	**486**	KOŁOBRZEG	M-40	14	M 38	00:00:32	00:22:11	01:09:49	01:56:04	02:16:48	03:05:47	**04:05:37.55**	**04:06:09.75**	+01:14:30 (30.3%)	5:57	10.1 (70.1%)
49	**BIELAK Wojciech**	**404**	USTRONIE MORSKIE	M-18	3	M 39	00:00:30	00:21:33	01:08:50	01:54:41	02:15:33	03:04:09	**04:08:18.96**	**04:08:49.70**	+01:17:12 (31.1%)	6:01	10 (69.4%)
50	**GOLIŃSKI Łukasz**	**434**	78-300 ŚWIDWIN	M-40	15	M 40	00:00:20	00:19:44	01:03:59	01:49:25	02:10:21	03:04:37	**04:09:33.25**	**04:09:53.46**	+01:18:26 (31.4%)	6:03	9.9 (68.8%)
51	**KURZEPA Daniel**	**464**	NIEKANIN	M-40	16	M 41	00:00:25	00:22:31	01:11:51	02:00:21	02:22:35	03:12:26	**04:11:03.58**	**04:11:29.55**	+01:19:56 (31.8%)	6:05	9.8 (68.1%)
52	**CHOMICZ Tomasz**	**417**	CZARNE	M-40	17	M 42	00:00:20	00:23:39	01:15:30	02:06:38	02:29:06	03:20:56	**04:12:45.50**	**04:13:05.85**	+01:21:38 (32.3%)	6:08	9.8 (68.1%)
53	**KARPIŃSKI Marcin**	**446**	KOSZALIN	M-40	18	M 43	00:00:45	00:22:23	01:10:52	01:58:08	02:19:47	03:12:52	**04:12:49.30**	**04:13:34.58**	+01:21:42 (32.3%)	6:08	9.8 (68.1%)
54	**RUTKOWSKI Rafał**	**499**	ZARAŃSKO	M-40	19	M 44	00:00:21	00:21:34	01:10:12	01:58:49	02:21:30	03:14:16	**04:15:01.32**	**04:15:22.88**	+01:23:54 (32.9%)	6:11	9.7 (67.4%)

55	**CIECHAŃSKI Michał**	**420**	ZAJĄCZKOWO	M-40	20	M 45	00:00:47	00:21:06	01:06:29	01:52:13	02:13:33	03:05:46	**04:17:25.94**	**04:18:13.51**	+01:26:19 (33.5%)	6:14	9.6 (66.7%)
56	**WYGRAŁA Robert**	**532**	WIELEŃ	M-50	6	M 46	00:00:45	00:23:06	01:13:35	02:02:48	02:25:31	03:18:28	**04:17:42.86**	**04:18:28.78**	+01:26:36 (33.6%)	6:15	9.6 (66.7%)
57	**DIDŁUCH Jacek**	**425**	POBŁOCIE WIELKIE	M-40	21	M 47	00:00:24	00:20:48	01:07:12	01:54:38	02:16:10	03:14:01	**04:17:58.18**	**04:18:22.33**	+01:26:51 (33.7%)	6:15	9.6 (66.7%)
58	**TYSZER Łukasz**	**522**	ROMANOWO	M-30	18	M 48	00:00:48	00:23:41	01:13:30	02:03:48	02:26:09	03:18:01	**04:26:38.29**	**04:27:26.43**	+01:35:31 (35.8%)	6:28	9.3 (64.6%)
59	**DOMAŃSKI Adam**	**426**	KOŁOBRZEG	M-50	7	M 49	00:00:23	00:22:40	01:12:04	02:01:06	02:23:37	03:17:07	**04:27:36.83**	**04:28:00.70**	+01:36:30 (36.1%)	6:29	9.2 (63.9%)
60	**CZESAK Dominika**	**424**	POZNAŃ	K-30	3	K 11	00:00:33	00:25:20	01:19:52	02:14:22	02:39:06	03:33:57	**04:28:36.49**	**04:29:09.81**	+01:37:29 (36.3%)	6:31	9.2 (63.9%)
61	**ŁOSICKI Michał**	**466**	BIAŁOGARD	M-18	4	M 50	00:00:23	00:21:23	01:10:31	01:59:46	02:23:43	03:23:39	**04:29:28.66**	**04:29:52.12**	+01:38:22 (36.5%)	6:32	9.2 (63.9%)
62	**JASNY Wioletta**	**441**	PAJĘCZNO	K-50	4	K 12	00:00:11	00:22:57	01:13:36	02:05:30	02:29:42	03:28:26	**04:29:35.44**	**04:29:46.82**	+01:38:28 (36.5%)	6:32	9.2 (63.9%)
63	**KRÓL Maciej**	**456**	WARSZAWA	M-40	22	M 51	00:00:09	00:20:34	01:07:17	01:55:08	02:17:01	03:18:12	**04:29:42.94**	**04:29:51.98**	+01:38:36 (36.6%)	6:32	9.2 (63.9%)
64	**MISKIEWICZ Jacek**	**478**	GDYNIA	M-18	5	M 52	00:00:45	00:23:57	01:16:45	02:10:39	02:34:47	03:31:05	**04:30:22.18**	**04:31:07.55**	+01:39:15 (36.7%)	6:33	9.1 (63.2%)
65	**KOPACZEL Paweł**	**450**	RYBNO	M-40	23	M 53	00:00:44	00:22:22	01:10:52	01:57:56	02:19:09	03:23:39	**04:33:21.22**	**04:34:05.83**	+01:42:14 (37.4%)	6:38	9 (62.5%)
66	**PLESIŃSKI Marcin**	**494**	BRZEG DOLNY	M-30	19	M 54	00:00:59	00:24:55	01:20:46	02:16:48	02:42:17	03:37:57	**04:34:05.65**	**04:35:05.54**	+01:42:59 (37.6%)	6:39	9 (62.5%)
67	**OLSZAK Anna**	**485**	BYDGOSZCZ	K-30	4	K 13	00:00:23	00:23:18	01:17:59	02:13:16	02:37:44	03:36:06	**04:35:40.91**	**04:36:04.56**	+01:44:34 (37.9%)	6:41	9 (62.5%)
68	**ZDROJEWSKI Marcin**	**533**	MIERZYN	M-50	8	M 55	00:00:26	00:26:13	01:23:02	02:18:15	02:43:52	03:40:17	**04:35:49.04**	**04:36:15.18**	+01:44:42 (38.0%)	6:41	9 (62.5%)
69	**JAWORSKA Katarzyna**	**442**	SZCZECIN	K-30	5	K 14	00:00:33	00:22:28	01:12:38	02:04:28	02:29:09	03:32:02	**04:37:30.82**	**04:38:04.07**	+01:46:24 (38.3%)	6:44	8.9 (61.8%)
70	**KUBIAK Katarzyna**	**459**	GNIEZNO	K-40	6	K 15	00:00:26	00:25:13	01:22:19	02:20:03	02:45:56	03:48:10	**04:42:08.44**	**04:42:35.40**	+01:51:01 (39.4%)	6:50	8.8 (61.1%)
71	**PAŁCZAK Bartosz**	**488**	KOŁOBRZEG	M-18	6	M 56	00:00:39	00:24:04	01:16:51	02:10:44	02:34:53	03:31:11	**04:42:26.73**	**04:43:06.52**	+01:51:20 (39.4%)	6:51	8.8 (61.1%)
72	**KŁUCIŃSKI Damian**	**449**	SZAMOTUŁY	M-50	9	M 57	00:00:31	00:23:25	01:14:33	02:05:53	02:30:07	03:34:40	**04:42:51.24**	**04:43:22.36**	+01:51:44 (39.5%)	6:51	8.7 (60.4%)
73	**SKWARCZYŃSKI Alan**	**504**	ŚWIDNIK	M-18	7	M 58	00:00:34	00:25:03	01:19:31	02:16:01	02:41:04	03:41:26	**04:45:43.78**	**04:46:18.47**	+01:54:37 (40.1%)	6:56	8.7 (60.4%)
74	**KLOFIK Małgorzata**	**448**	MIERZYN	K-40	7	K 16	00:00:27	00:26:29	01:23:41	02:21:02	02:47:04	03:45:41	**04:48:12.09**	**04:48:39.41**	+01:57:05 (40.6%)	6:59	8.6 (59.7%)
75	**BOCHEŃSKI Wiktor**	**408**	ZIELONA GÓRA	M-18	8	M 59	00:00:51	00:26:36	01:24:30	02:21:38	02:47:15	03:48:01	**04:52:11.34**	**04:53:03.12**	+02:01:04 (41.4%)	7:05	8.5 (59.0%)
76	**SMĘTEK Fabian**	**505**	ŚWIDWIN	M-30	20	M 60	00:00:23	00:22:41	01:14:09	02:08:37	02:35:25	03:45:58	**04:52:39.55**	**04:53:03.20**	+02:01:32 (41.5%)	7:06	8.4 (58.3%)
77	**FELSKI Mariusz**	**428**	MIASTKO	M-50	10	M 61	00:00:44	00:23:18	01:15:05	02:06:30	02:29:14	03:25:03	**04:53:01.08**	**04:53:45.47**	+02:01:54 (41.6%)	7:06	8.4 (58.3%)
78	**ŁUKASIEWICZ Agnieszka**	**468**	GRYFINO	K-50	5	K 17	00:00:26	00:25:13	01:22:18	02:20:02	02:45:56	03:49:53	**04:53:06.53**	**04:53:33.36**	+02:01:59 (41.6%)	7:06	8.4 (58.3%)
79	**BOCHEŃSKA Basia**	**407**	ZIELONA GÓRA	K-40	8	K 18	00:00:51	00:26:36	01:24:31	02:21:39	02:47:16	03:48:03	**04:53:11.47**	**04:54:02.87**	+02:02:04 (41.6%)	7:07	8.4 (58.3%)
80	**BOCHEŃSKI Tomasz**	**409**	ZIELONA GÓRA	M-40	24	M 62	00:00:50	00:26:37	01:24:31	02:21:39	02:47:18	03:48:03	**04:53:12.33**	**04:54:02.95**	+02:02:05 (41.6%)	7:07	8.4 (58.3%)
81	**ŚWIERCZ Filip**	**516**	BUDZISTOWO	M-18	9	M 63	00:00:39	00:22:29	01:10:21	02:01:01	02:27:32	03:51:36	**04:58:53.87**	**04:59:33.50**	+02:07:47 (42.8%)	7:15	8.3 (57.6%)

82	**SPŁAWSKI Dawid**	**507**	PŁOCICZNO	M-30	21	M 64	00:00:54	00:25:47	01:24:07	02:24:44	02:52:30	03:55:22	**05:03:14.52**	**05:04:09.39**	+02:12:07 (43.6%)	7:21	8.2 (56.9%)
83	**BOSZCZAK Aleksandra**	**414**	WARSZAWA	K-40	9	K 19	00:00:18	00:26:11	01:25:34	02:24:08	02:50:16	03:54:34	**05:03:18.90**	**05:03:37.71**	+02:12:12 (43.6%)	7:21	8.1 (56.3%)
84	**TYLMAN Piotr**	**520**	CZAPLINEK	M-40	25	M 65	00:00:20	00:21:15	01:10:32	02:05:16	02:32:48	03:45:36	**05:03:45.30**	**05:04:05.92**	+02:12:38 (43.7%)	7:22	8.1 (56.3%)
85	**MAŁKIŃSKI Józef**	**471**	BYDGOSZCZ	M-60	1	M 66	00:00:42	00:25:23	01:21:41	02:20:46	02:48:44	03:55:51	**05:04:01.57**	**05:04:43.69**	+02:12:54 (43.7%)	7:22	8.1 (56.3%)
86	**ADAMSKI Damian**	**401**	ZIELENIEWO	M-40	26	M 67	00:00:03	00:20:08	01:07:32	01:59:41	02:26:41	03:41:03	**05:04:09.76**	**05:04:13.39**	+02:13:03 (43.7%)	7:22	8.1 (56.3%)
87	**BURGHARDT Renata**	**416**	GRYFINO	K-50	6	K 20	00:00:26	00:25:13	01:22:19	02:20:03	02:45:55	03:59:12	**05:08:45.12**	**05:09:12.02**	+02:17:38 (44.6%)	7:29	8 (55.6%)
88	**KURLEJ Mariusz**	**463**	GRYFINO	M-50	11	M 68	00:00:51	00:25:31	01:26:58	02:31:41	02:59:10	04:04:48	**05:11:17.09**	**05:12:08.26**	+02:20:10 (45.0%)	7:33	7.9 (54.9%)
89	**POSELT Przemysław**	**495**	BEŁCHATÓW	M-30	22	M 69	00:00:30	00:23:31	01:19:09	02:15:21	02:41:17	03:52:48	**05:14:04.97**	**05:14:35.64**	+02:22:58 (45.5%)	7:37	7.9 (54.9%)
90	**OKOŃ Stanisław**	**484**	KOŁOBRZEG	M-60	2	M 70	00:01:00	00:26:40	01:25:12	02:25:49	02:54:33	04:04:20	**05:17:26.08**	**05:18:26.92**	+02:26:19 (46.1%)	7:42	7.8 (54.2%)
91	**NOWOSADZKI Aleksy**	**482**	WROCŁAW	M-18	10	M 71	00:00:54	00:27:11	01:28:45	02:30:40	02:59:36	04:08:12	**05:18:16.06**	**05:19:10.69**	+02:27:09 (46.2%)	7:43	7.8 (54.2%)
92	**POTURAJ Honorata**	**496**	WROCŁAW	K-18	1	K 21	00:00:54	00:27:10	01:28:43	02:30:40	02:59:36	04:08:12	**05:18:16.09**	**05:19:10.92**	+02:27:09 (46.2%)	7:43	7.8 (54.2%)
93	**SZYMAŃSKA Marianna**	**515**	KOŁOBRZEG	K-40	10	K 22	00:00:31	00:27:16	01:26:43	02:27:02	02:54:58	03:12:09	**05:18:34.52**	**05:19:06.45**	+02:27:27 (46.3%)	7:43	7.8 (54.2%)
94	**SZCZĘSNA Renata**	**513**	PAJĘCZNO	K-50	7	K 23	00:00:11	00:28:09	01:29:39	02:32:41	03:02:27	04:10:59	**05:19:23.44**	**05:19:34.70**	+02:28:16 (46.4%)	7:45	7.7 (53.5%)
95	**MAKOWSKI Dariusz**	**469**	CHOJNA	M-50	12	M 72	00:00:20	00:25:45	01:27:30	02:29:29	02:57:33	04:12:20	**05:22:19.22**	**05:22:39.36**	+02:31:12 (46.9%)	7:49	7.7 (53.5%)
96	**BOROWIAK Piotr**	**411**	BYTOM	M-50	13	M 73	00:00:53	00:27:41	01:31:00	02:35:59	03:05:41	04:16:24	**05:30:19.57**	**05:31:13.55**	+02:39:12 (48.2%)	8:01	7.5 (52.1%)
97	**WITEK Weronika**	**528**	PIEKARY ŚLĄSKIE	K-18	2	K 24	00:00:53	00:27:41	01:31:00	02:36:00	03:05:39	04:16:27	**05:30:19.82**	**05:31:13.59**	+02:39:13 (48.2%)	8:01	7.5 (52.1%)
98	**WOŹNIAK Piotr**	**531**	KOLOBRZEG	M-60	3	M 74	00:01:13	00:25:37	01:23:50	02:24:39	02:52:18	04:07:27	**05:40:44.49**	**05:41:58.06**	+02:49:37 (49.8%)	8:16	7.3 (50.7%)
99	**LEWANDOWSKI Mirosław**	**465**	GOLENIÓW	M-60	4	M 75	00:01:00	00:28:14	01:33:29	02:42:00	03:12:56	04:30:33	**05:51:10.01**	**05:52:10.95**	+03:00:03 (51.3%)	8:31	7 (48.6%)