

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Brutto | Netto | Km/h | Czas/Km |
|--------|------|-------------------------|----------------------|------|-------|-------|--------|-------|--------|---------|
| 1 | 118 | SOBCZAK SEBASTIAN | SZYBCY I WŚCIEKLI | 1975 | 1 | 4-M | 16:54 | 16:53 | 14,215 | 4:13 |
| 2 | 72 | BAJAN FILIP | LAB-BUD.COM,ZIELONA | 1993 | 2 | 4-M | 17:32 | 17:31 | 13,701 | 4:22 |
| 3 | 108 | OSIADŁY JAKUB | SZYBCY I WŚCIEKLI | 1998 | 3 | 4-M | 17:46 | 17:44 | 13,534 | 4:26 |
| 4 | 110 | PĘDZIOCH PRZEMYSŁAW | ZIELONA GÓRA | 1986 | 4 | 4-M | 18:06 | 18:04 | 13,284 | 4:31 |
| 5 | 119 | SOBOLEWSKI ŁUKASZ | SZALEJĄCA INFLACJA | 1983 | 5 | 4-M | 18:28 | 18:26 | 13,020 | 4:36 |
| 6 | 99 | KURIATA RAFAŁ | ZIELONA GÓRA | 1990 | 6 | 4-M | 18:33 | 18:31 | 12,961 | 4:37 |
| 7 | 127 | WI?NIEWSKI ŁUKASZ | SZALEJĄCA INFLACJA | 1980 | 7 | 4-M | 19:08 | 19:05 | 12,576 | 4:46 |
| 8 | 58 | ZBORALSKI MAREK | ZIELONA GÓRA | 1970 | 8 | 4-M | 19:17 | 19:14 | 12,478 | 4:48 |
| 9 | 106 | MROZIŃSKI ROMAN | TEAM DRACZYŃSKI | 1979 | 9 | 4-M | 19:18 | 19:15 | 12,468 | 4:48 |
| 10 | 133 | ŻAK MAREK | SIEDLEC | 1990 | 10 | 4-M | 19:26 | 19:24 | 12,371 | 4:51 |
| 11 | 87 | HERMAN GRZEGORZ | ZIELONA GÓRA | 1979 | 11 | 4-M | 20:20 | 20:16 | 11,842 | 5:04 |
| 12 | 116 | SKÓRZEWSKI DOMINIK | W?CIEKŁE DZIKI,JASIE | 1995 | 12 | 4-M | 20:20 | 20:17 | 11,832 | 5:04 |
| 13 | 96 | KOKOT PAWEŁ | HARPAGAN ZG | 1982 | 13 | 4-M | 20:33 | 20:29 | 11,717 | 5:07 |
| 14 | 78 | CAL PIOTR | ĘBIEGWILKAWILKOWO 5K | 1969 | 14 | 4-M | 20:36 | 20:34 | 11,669 | 5:08 |
| 15 | 112 | POGODA KAMILA | SZYBCY I WŚCIEKLI | 1999 | 1 | 4-K | 20:39 | 20:35 | 11,660 | 5:08 |
| 16 | 73 | BAJSEROWICZ ANNA | TEAM DRACZYŃSKI | 1981 | 2 | 4-K | 20:51 | 20:48 | 11,538 | 5:12 |
| 17 | 98 | KUBERACKA JUSTYNA | SZALEJĄCA INFLACJA | 1988 | 3 | 4-K | 21:05 | 21:02 | 11,410 | 5:15 |
| 18 | 89 | HNAT BARTOSZ | ZIELONA GÓRA | 1983 | 15 | 4-M | 21:18 | 21:08 | 11,356 | 5:17 |
| 19 | 80 | CHOJNACKI PIOTR | NOWA SÓL | 1964 | 16 | 4-M | 21:23 | 21:21 | 11,241 | 5:20 |
| 20 | 85 | FIEDOROWICZ TOMASZ | 34BKPANC,ZIELONA GÓR | 1979 | 17 | 4-M | 21:27 | 21:23 | 11,224 | 5:20 |
| 21 | 138 | KROJCIG EWA | ZIELONA GÓRA | 1980 | 4 | 4-K | 21:32 | 21:28 | 11,180 | 5:22 |
| 22 | 129 | ZASOWSKI IRENEUSZ | ZIELONA GÓRA | 1986 | 18 | 4-M | 21:36 | 21:32 | 11,146 | 5:23 |
| 23 | 123 | SZATKOWSKI PIOTR | HARPAGAN ZG | 1982 | 19 | 4-M | 21:43 | 21:37 | 11,103 | 5:24 |
| 24 | 128 | ZABAWSKA WIOLETTA | KB WIKON NOWA SÓL,NO | 1985 | 5 | 4-K | 21:46 | 21:43 | 11,051 | 5:25 |
| 25 | 124 | SZPAK JAROSŁAW | YNWA,BYTOM ODRZ. | 1967 | 20 | 4-M | 22:08 | 22:00 | 10,909 | 5:30 |
| 26 | 132 | ZIELIŃSKI PAWEŁ | ZIELONA GÓRA | 1988 | 21 | 4-M | 22:22 | 22:10 | 10,827 | 5:32 |
| 27 | 122 | SUŁKOWSKA SYLWIA | HARPAGAN ZG | 1980 | 6 | 4-K | 22:23 | 22:19 | 10,754 | 5:34 |
| 28 | 144 | CATEWICZ EMIL | ZIELONA GÓRA | 1995 | 22 | 4-M | 23:29 | 23:22 | 10,271 | 5:50 |
| 29 | 95 | KOCHANOWICZ MAREK | KB WIKON NOWA SÓL,NO | 1972 | 23 | 4-M | 23:35 | 23:30 | 10,213 | 5:52 |
| 30 | 91 | IWAŃSKI PAWEŁ | CZARNA | 1981 | 24 | 4-M | 23:35 | 23:22 | 10,271 | 5:50 |
| 31 | 142 | SULIMA-JAGIEŁOWICZ ANNA | WOSIR DRZONKÓW TEAM | 1969 | 7 | 4-K | 23:38 | 23:29 | 10,220 | 5:52 |
| 32 | 140 | NIEMIEC KATARZYNA | JEZIORY WYSOKIE | 1982 | 8 | 4-K | 24:15 | 24:10 | 9,931 | 6:02 |
| 33 | 141 | NIEMIEC GRZEGORZ | BRODY | 1973 | 25 | 4-M | 24:15 | 24:10 | 9,931 | 6:02 |
| 34 | 88 | HETNAR ARTUR | KB WIKON NOWA SÓL,NO | 1976 | 26 | 4-M | 24:34 | 24:28 | 9,809 | 6:07 |
| 35 | 79 | CARLSSON AGNIESZKA | ZIELONA GÓRA | 1975 | 9 | 4-K | 24:35 | 24:30 | 9,796 | 6:07 |
| 36 | 113 | POLAK NORBERT | ZIELONA GÓRA | 1994 | 27 | 4-M | 25:01 | 24:50 | 9,664 | 6:12 |
| 37 | 121 | STEFANOWICZ MICHAŁ | LUBSKO | 1991 | 28 | 4-M | 25:27 | 25:20 | 9,474 | 6:20 |
| 38 | 109 | OSMELAK MICHAŁ | ZIELONA GÓRA | 1993 | 29 | 4-M | 25:28 | 25:20 | 9,474 | 6:20 |
| 39 | 102 | LUTKA GRZEGORZ | ?WIEBODZIN | 1987 | 30 | 4-M | 26:23 | 26:09 | 9,178 | 6:32 |
| 40 | 94 | KASPERSKA EMILIA | ZIELONA GÓRA | 2005 | 10 | 4-K | 26:29 | 26:23 | 9,097 | 6:35 |
| 41 | 97 | KOWALCZYK-HETNAR MARTA | KB WIKON NOWA SÓL,NO | 1976 | 11 | 4-K | 26:41 | 26:37 | 9,017 | 6:39 |
| 42 | 120 | SOWA AGNIESZKA | ZIELONA GÓRA | 1975 | 12 | 4-K | 26:55 | 26:53 | 8,927 | 6:43 |
| 43 | 107 | NAPIERAŁA MARTA | ZIELONA GÓRA | 1997 | 13 | 4-K | 27:00 | 26:52 | 8,933 | 6:43 |
| 44 | 103 | MAĆKO DOMINIK | GŁOGÓW | 1993 | 31 | 4-M | 27:06 | 26:54 | 8,922 | 6:43 |
| 45 | 137 | BARTKOWSKI TOMASZ | KB TEMPO RACULA | 1981 | 32 | 4-M | 27:22 | 27:01 | 8,883 | 6:45 |
| 46 | 83 | DERESZ RAFAŁ | JW 1517,ZIELONA GÓRA | 1979 | 33 | 4-M | 27:43 | 27:34 | 8,706 | 6:53 |
| 47 | 111 | PŁOTAŁA SŁAWOMIR | ZIELONA GÓRA | 1971 | 34 | 4-M | 27:46 | 27:37 | 8,690 | 6:54 |
| 48 | 74 | BIELAWSKI JAROSŁAW | ŻAGAŃ | 1979 | 35 | 4-M | 27:58 | 27:43 | 8,659 | 6:55 |

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Brutto | Netto | Km/h | Czas/Km |
|--------|------|---------------------------|----------------------|------|-------|-------|--------|-------|-------|---------|
| 49 | 117 | SKRZYŃSKA MARLENA | ZIELONA GÓRO ZACZNIJ | 1985 | 14 | 4-K | 27:58 | 27:50 | 8,623 | 6:57 |
| 50 | 105 | MROZIŃSKI PIOTR | ZIELONA GÓRA | 1989 | 36 | 4-M | 28:17 | 28:04 | 8,551 | 7:01 |
| 51 | 125 | SZYMANEK MONIKA | ZIELONA GÓRA | 1993 | 15 | 4-K | 29:14 | 29:07 | 8,243 | 7:16 |
| 52 | 86 | GROMEK-KASPERSKA AGNIESZK | ZIELONA GÓRA | 1981 | 16 | 4-K | 29:18 | 29:11 | 8,224 | 7:17 |
| 53 | 81 | CHOROSTKOWSKA JOANNA | KB WIKON,PRZEMKÓW | 1989 | 17 | 4-K | 29:27 | 29:21 | 8,177 | 7:20 |
| 54 | 131 | ZIELIŃSKA LUDMIŁA | KB WIKON,MODRZYCA | 1978 | 18 | 4-K | 29:27 | 29:22 | 8,173 | 7:20 |
| 55 | 101 | LESZCZYK MARIUSZ | LESZNO | 1976 | 37 | 4-M | 29:49 | 29:40 | 8,090 | 7:25 |
| 56 | 7 | CHUDY MAGDALENA | LUBSKO | 1978 | 19 | 4-K | 29:55 | 29:50 | 8,045 | 7:27 |
| 57 | 134 | ŻUKOWSKI DOMINIK | BOBROWNIKI | 1999 | 38 | 4-M | 30:07 | 30:00 | 8,000 | 7:30 |
| 58 | 130 | ZIELIŃSKA DANUTA | ZIELONA GÓRA | 1959 | 20 | 4-K | 30:28 | 30:15 | 7,934 | 7:33 |
| 59 | 93 | KACZMAREK MARTYNA | W?CIEKŁE DZIKI,JASKÓ | 1993 | 21 | 4-K | 30:38 | 30:31 | 7,865 | 7:37 |
| 60 | 135 | SŁAWIŃSKI DANIEL | ZIELONA GÓRA | 1978 | 39 | 4-M | 31:32 | 31:23 | 7,647 | 7:50 |
| 61 | 136 | SŁAWIŃSKA RENATA | ZIELONA GÓRA | 1978 | 22 | 4-K | 31:33 | 31:23 | 7,647 | 7:50 |
| 62 | 75 | BIELEC KAROLINA | ŁASIŃSKI TEAM 2111.P | 1988 | 23 | 4-K | 32:18 | 32:07 | 7,473 | 8:01 |
| 63 | 115 | SKIER? ALBERT | ZAMACH W SMOLEŃSKU,Z | 1970 | 40 | 4-M | 34:08 | 33:57 | 7,069 | 8:29 |
| 64 | 92 | JUNCEWICZ ANETA | ZIELONA GÓRA | 1995 | 24 | 4-K | 35:55 | 35:42 | 6,723 | 8:55 |
| 65 | 104 | MAZUREK JUSTYNA | LUBSKO | 1979 | 25 | 4-K | 36:09 | 36:03 | 6,657 | 9:00 |
| 66 | 139 | RATAJCZAK JOLA | KB WIKON NOWA SÓL | 1951 | 26 | 4-K | 36:39 | 36:33 | 6,566 | 9:08 |
| 67 | 90 | IREK NATALIA | ZIELONA GÓRA | 2002 | 27 | 4-K | 36:57 | 36:53 | 6,507 | 9:13 |
| 68 | 71 | ANDRUSZKIEWICZ MONIKA | LUBSKO | 1978 | 28 | 4-K | 38:21 | 38:15 | 6,275 | 9:33 |
| 69 | 84 | DOBROSIELSKA ALEKSANDRA | ZIELONA GÓRA | 1980 | 29 | 4-K | 38:36 | 38:25 | 6,247 | 9:36 |