

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscGen | Brutto | Netto | Km/h | Czas/km |
|-----|-------|----------------------|----------------------|------|--------|--------|-------|--------|---------|
| 1 | 89 | FEDORCZAK MICHAŁ | WOSIEK TEAM,NOWA SÓL | 1995 | 4 | 34:52 | 34:51 | 17,217 | 3:29 |
| 2 | 469 | WAWRZYKOWSKI JAKUB | MKST ASTRA NOWA SÓL | 1997 | 6 | 35:39 | 35:39 | 16,830 | 3:33 |
| 3 | 76 | ŚLEDŹ ADAM | ROCKWOOL/TRIAMO SULE | 1995 | 7 | 35:55 | 35:54 | 16,713 | 3:35 |
| 4 | 219 | KUBIAK KACPER | MKST ASTRA NOWA SÓL, | 2000 | 8 | 36:03 | 36:03 | 16,644 | 3:36 |
| 5 | 397 | SMYKOWSKI PRZEMYSŁAW | BBL SULECHÓW,SULECHÓ | 1996 | 9 | 36:30 | 36:28 | 16,453 | 3:38 |
| 6 | 228 | KUSIAKIEWICZ MATEUSZ | WITKOWSKI RUNNING TE | 1995 | 12 | 37:09 | 37:06 | 16,173 | 3:42 |
| 7 | 278 | MICHALCZENIA KACPER | SZPROTAWA BIEGAJ,SZP | 1999 | 22 | 38:12 | 38:10 | 15,721 | 3:49 |
| 8 | 142 | JAWORSKI BARTOSZ | ZIELONA GÓRA,ZIELONA | 2005 | 25 | 38:36 | 38:34 | 15,557 | 3:51 |
| 9 | 581 | POKLEPA RAFAŁ | NOWA SÓL | 2006 | 26 | 38:40 | 38:25 | 15,618 | 3:50 |
| 10 | 430 | SZYDŁO MATEUSZ | AZS POLITECHNIKA WRO | 2001 | 27 | 38:41 | 38:40 | 15,517 | 3:52 |
| 11 | 319 | PALIŃSKI BARTŁOMIEJ | ROZBIEGANI CHOJNÓW,C | 1995 | 48 | 41:27 | 41:24 | 14,493 | 4:08 |
| 12 | 102 | GARGASIEWICZ KACPER | RATOWNICZA LIGA BIEG | 1998 | 50 | 42:07 | 42:02 | 14,274 | 4:12 |
| 13 | 484 | WITLICKI KACPER | BBC KROSNO ODRZAŃSKI | 1994 | 51 | 42:07 | 41:57 | 14,303 | 4:11 |
| 14 | 224 | GARLIŃSKI ŁUKASZ | KB KROKUS KWIATKOWIC | 1996 | 57 | 42:33 | 42:29 | 14,123 | 4:14 |
| 15 | 309 | OSIADŁY JAKUB | NOWA SÓL | 1998 | 69 | 43:24 | 43:21 | 13,841 | 4:20 |
| 16 | 47 | BUGANIK JAKUB | KB WIKON NOWA SÓL,ŁU | 1995 | 79 | 43:59 | 43:57 | 13,652 | 4:23 |
| 17 | 215 | KRUPA ŁUKASZ | RUDNA | 1996 | 81 | 44:11 | 43:57 | 13,652 | 4:23 |
| 18 | 377 | RYTWIŃSKI MAREK | GRUPA MORSY NOWA SÓL | 1994 | 92 | 45:28 | 45:06 | 13,304 | 4:30 |
| 19 | 254 | MANTURA KONRAD | MODRZYCA | 1994 | 100 | 46:12 | 46:02 | 13,034 | 4:36 |
| 20 | 320 | PALUS DAMIAN | BYTOM ODRZAŃSKI | 2003 | 106 | 46:30 | 46:24 | 12,931 | 4:38 |
| 21 | 82 | DRZEWIECKI DAWID | NOWA SÓL | 1994 | 114 | 46:57 | 46:48 | 12,821 | 4:40 |
| 22 | 173 | KIERZEK JACEK | WILKANOWO | 1997 | 116 | 47:00 | 46:53 | 12,798 | 4:41 |
| 23 | 204 | KOWALEWSKI TOMASZ | NOWA SÓL | 1996 | 117 | 47:02 | 46:35 | 12,880 | 4:39 |
| 24 | 186 | KONDRAT KAMIL | PALLADYNI JANA PAWŁA | 1994 | 120 | 47:08 | 46:52 | 12,802 | 4:41 |
| 25 | 48 | BUSZEWSKI ERYK | SIEDLISKO | 2007 | 128 | 47:39 | 47:12 | 12,712 | 4:43 |
| 26 | 549 | FLEJSZAR BARTOSZ | CZARNA | 1999 | 145 | 48:34 | 48:21 | 12,410 | 4:50 |
| 27 | 14 | BANDUROWSKI KAMIL | KB WIKON NOWA SÓL,NO | 2004 | 147 | 48:40 | 48:18 | 12,422 | 4:49 |
| 28 | 304 | NOWAK MATEUSZ | BUK | 1995 | 153 | 49:03 | 48:49 | 12,291 | 4:52 |
| 29 | 351 | PRZEMYSŁAŃSKI MACIEJ | NOWA SÓL | 1998 | 162 | 49:23 | 49:17 | 12,175 | 4:55 |
| 30 | 403 | STANKIEWICZ JAKUB | MODRZYCA | 1999 | 180 | 50:48 | 50:19 | 11,924 | 5:01 |
| 31 | 109 | GRABARA HUBERT | NOWA SÓL | 2004 | 188 | 51:19 | 51:05 | 11,746 | 5:06 |
| 32 | 396 | SMYKOWSKI TOMASZ | SULECHÓW | 2006 | 190 | 51:25 | 51:16 | 11,704 | 5:07 |
| 33 | 527 | JANECKI MICHAŁ | ZIELONA GÓRA | 2004 | 194 | 51:31 | 51:12 | 11,719 | 5:07 |
| 34 | 429 | SZYDŁO TOMASZ | SIEDLISKO | 2006 | 201 | 52:07 | 51:33 | 11,639 | 5:09 |
| 35 | 70 | DALEKI KONRAD | NOWA SÓL | 1996 | 203 | 52:09 | 51:42 | 11,605 | 5:10 |
| 36 | 349 | ROMEJKO MICHAŁ | NOWA SÓL | 2006 | 204 | 52:10 | 51:46 | 11,590 | 5:10 |
| 37 | 580 | SZYMCZAK KAMIL | OTYŃ | 2000 | 212 | 52:18 | 52:04 | 11,524 | 5:12 |
| 38 | 521 | BARTMAN RADOSŁAW | ZIELONA GÓRA | 1996 | 220 | 52:40 | 52:23 | 11,454 | 5:14 |
| 39 | 272 | MEDEJSZO ANTONI | NOWA SÓL | 2001 | 230 | 53:24 | 53:00 | 11,321 | 5:18 |
| 40 | 559 | WOJCIECHOWSKI RAFAŁ | NOWA SÓL | 1997 | 231 | 53:26 | 52:56 | 11,335 | 5:17 |
| 41 | 393 | SIUZDAK RAFAŁ | KONOTOP | 1995 | 236 | 53:32 | 53:09 | 11,289 | 5:18 |
| 42 | 77 | DOEHLER MAURICE | COTTBUS | 2007 | 252 | 54:38 | 54:18 | 11,050 | 5:25 |
| 43 | 426 | SZUMSKI ADRIAN | MPLAB,NOWA SÓL | 1994 | 255 | 54:46 | 54:31 | 11,006 | 5:27 |
| 44 | 395 | SLIEPOV OLEKSII | CNS NOWA SÓL,ZAKĘCIE | 1994 | 260 | 54:58 | 54:48 | 10,949 | 5:28 |
| 45 | 233 | LEŚNIEWICZ KRZYSZTOF | WROCŁAW | 2001 | 271 | 55:35 | 55:13 | 10,866 | 5:31 |
| 46 | 353 | PRZYBYŁA DAWID | NOWA SÓL | 1998 | 275 | 55:52 | 55:32 | 10,804 | 5:33 |
| 47 | 579 | SZYMCZAK PATRYK | OTYŃ | 2002 | 285 | 56:37 | 56:10 | 10,682 | 5:37 |
| 48 | 548 | ZŁOTOWSKI MIŁOSZ | ZIELONA GÓRA | 2003 | 292 | 57:15 | 57:07 | 10,505 | 5:42 |

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscGen | Brutto | Netto | Km/h | Czas/km |
|-----|-------|---------------------|--------------------|------|--------|---------|---------|--------|---------|
| 49 | 326 | PASZKE MIKOŁAJ | NOWE MIASTECZKO | 2006 | 300 | 57:43 | 57:17 | 10,474 | 5:43 |
| 50 | 476 | WILCZYŃSKI KAMIL | ŻUCHLÓW | 1995 | 303 | 58:01 | 57:47 | 10,384 | 5:46 |
| 51 | 417 | SZARATA ARKADIUSZ | MPLAB,NOWA SÓL | 1995 | 310 | 58:25 | 58:09 | 10,318 | 5:48 |
| 52 | 279 | MICHALIK MACIEJ | 67-106 | 1994 | 322 | 59:52 | 59:19 | 10,115 | 5:55 |
| 53 | 311 | OSKWAREK BARTOSZ | KB WIKON,NOWA SÓL | 1995 | 344 | 1:02:45 | 1:02:35 | 9,587 | 6:15 |
| 54 | 241 | MACIEJEWSKI MATEUSZ | NOWA SÓL | 1995 | 346 | 1:03:00 | 1:02:24 | 9,615 | 6:14 |
| 55 | 562 | PATELKA JAROSŁAW | NOWA SÓL | 1997 | 347 | 1:03:09 | 1:02:29 | 9,603 | 6:14 |
| 56 | 589 | OLSZEWSKI JAKUB | NOWA SÓL | 2011 | 359 | 1:06:36 | 1:05:55 | 9,102 | 6:35 |
| 57 | 590 | MICHTA BARTOSZ | RUDZINY | 2005 | 360 | 1:06:37 | 1:05:56 | 9,100 | 6:35 |
| 58 | 407 | STEFANIAK MACIEJ | NOWA SÓL | 1996 | 367 | 1:07:58 | 1:07:33 | 8,882 | 6:45 |
| 59 | 567 | KASPRZAK WOJCIECH | NOWA SÓL | 2010 | 387 | 1:15:18 | 1:15:12 | 7,979 | 7:31 |
| 60 | 473 | WIEKIERA MATEUSZ | SŁOCINA | 2002 | 389 | 1:18:22 | 1:17:53 | 7,704 | 7:47 |