

| .p. | Imię i nazwisko | Klub | E1 | | E2 | | E3 | | Czas | Strata |
|------------------|------------------------|------------------------|-------|----|-------|----|-------|----|--------|---------|
| K-10 (1) | | | | | | | | | | |
| 1 | Anna Jacniacka | UNTS Warszawa | 17:24 | 1 | 12:00 | 1 | 16:19 | 1 | 45:43 | 0:00 |
| K-12 (16) | | | | | | | | | | |
| 1 | Zuzanna Rudenko | UNTS Warszawa | 21:18 | 1 | 10:52 | 1 | 16:36 | 1 | 48:46 | 0:00 |
| 2 | Julia Krempiska | UKS Azymut Pabianice | 24:18 | 3 | 12:00 | 4 | 16:46 | 2 | 53:04 | +4:18 |
| 3 | Aleksandra Siennicka | UNTS Warszawa | 25:12 | 4 | 16:41 | 10 | 17:30 | 3 | 59:23 | +10:37 |
| 4 | Małgorzata Sroka | UKS Patria Młynne | 27:54 | 6 | 14:16 | 8 | 17:35 | 4 | 59:45 | +10:59 |
| 5 | Zuzanna Dolińska | UKS Kusy Warszawa | 22:29 | 2 | 11:29 | 2 | 27:13 | 8 | 61:11 | +12:25 |
| 6 | Kaja Słupska | UNTS Warszawa | 53:15 | 13 | 11:56 | 3 | 21:54 | 7 | 87:05 | +38:19 |
| 7 | Klaudia Zelek | UKS Patria Młynne | 31:03 | 9 | 13:55 | 7 | 42:15 | 10 | 87:13 | +38:27 |
| 8 | Izabela Borzym | UKS Kusy Warszawa | 41:10 | 11 | 13:35 | 6 | 51:36 | 12 | 106:21 | +57:35 |
| | Magdalena Kwiecie | UNTS Warszawa | 27:34 | 5 | nkl | | 19:23 | 5 | | |
| | Julia Trzaska | UKS Saper Kazu | nkl | | 24:38 | 13 | 43:42 | 11 | | |
| | Małgorzata Onik | UKS Saper Kazu | | | 15:29 | 9 | 21:31 | 6 | | |
| | Magdalena Gers | UNTS Warszawa | 42:01 | 12 | 13:17 | 5 | | | | |
| | Lena Chabiera | UNTS Warszawa | 29:40 | 8 | 19:38 | 11 | | | | |
| | Anna G siennicka-Samek | UNTS Warszawa | 58:29 | 14 | | | 36:14 | 9 | | |
| | Helena Jakimiuk | UNTS Warszawa | 29:17 | 7 | 20:44 | 12 | | | | |
| | Julia Orlicka | UNTS Warszawa | 36:26 | 10 | | | | | | |
| K-14 (22) | | | | | | | | | | |
| 1 | Adrianna Biederman | WKS Wawel | 19:54 | 1 | 17:23 | 5 | 19:04 | 1 | 56:21 | 0:00 |
| 2 | Natalia Filipczak | PUKS Młode Orły NDM | 23:31 | 2 | 14:34 | 1 | 26:30 | 3 | 64:35 | +8:14 |
| 3 | Karolina Rosochacka | UKS OSiR Góra Kalwaria | 29:29 | 5 | 15:29 | 2 | 27:01 | 4 | 71:59 | +15:38 |
| 4 | Maja Garbacik | WKS Wawel | 28:00 | 4 | 20:16 | 9 | 23:54 | 2 | 72:10 | +15:49 |
| 5 | Olga Kozłowska | UKS Patria Młynne | 32:47 | 8 | 18:54 | 6 | 29:27 | 7 | 81:08 | +24:47 |
| 6 | Zuzanna Wszółek | WKS Wawel | 25:26 | 3 | 16:48 | 4 | 60:44 | 17 | 102:58 | +46:37 |
| 7 | Dagmara Suwiska | PUKS Młode Orły NDM | 39:25 | 10 | 19:43 | 8 | 47:43 | 14 | 106:51 | +50:30 |
| 8 | Alicja Urbaniak | KS Spójnia Warszawa | 41:08 | 11 | 18:56 | 7 | 47:04 | 13 | 107:08 | +50:47 |
| 9 | Aleksandra Rosińska | WKB Meta Lubliniec | 52:52 | 16 | 21:39 | 11 | 38:58 | 11 | 113:29 | +57:08 |
| 10 | Alicja Sołowiej | MKS Start Lublin | 56:54 | 17 | 20:47 | 10 | 37:36 | 10 | 115:17 | +58:56 |
| 11 | Zofia Otremska | UNTS Warszawa | 65:29 | 20 | 27:48 | 12 | 56:22 | 16 | 149:39 | +93:18 |
| 12 | Zuzanna Kanarek | UKS Kusy Warszawa | 77:38 | 21 | 48:47 | 13 | 73:41 | 18 | 200:06 | +143:45 |
| | Sonia Kubicka | PUKS Młode Orły NDM | 43:23 | 13 | nkl | | nkl | | | |
| | Julia Mianowska | UNTS Warszawa | 32:46 | 7 | nkl | | 28:44 | 6 | | |
| | Julia Głowacz | UKS Kusy Warszawa | 33:57 | 9 | nkl | | 32:00 | 9 | | |
| | Julia Susek | KS OK!Sport | 31:15 | 6 | | | 27:55 | 5 | | |
| | Joanna Bajbus | UNTS Warszawa | 61:09 | 19 | | | 48:11 | 15 | | |
| | Wiktoria Wysocka | PUKS Młode Orły NDM | 49:05 | 15 | nkl | | | | | |
| | Zosia G sienica Samek | UNTS Warszawa | 57:00 | 18 | | | 45:07 | 12 | | |
| | Alicja Staszak | UNTS Warszawa | | | 16:10 | 3 | 29:59 | 8 | | |
| | Dominika Płaska | UNTS Warszawa | 42:04 | 12 | | | | | | |
| | Wiktoria Korobkiewicz | UNTS Warszawa | 49:02 | 14 | | | | | | |
| K-16 (11) | | | | | | | | | | |
| 1 | Kinga Królik | UKS Azymut Pabianice | 26:56 | 3 | 11:56 | 1 | 26:46 | 5 | 65:38 | 0:00 |
| 2 | Aleksandra Filipowska | UKS Orientu Łódź | 28:12 | 5 | 13:10 | 3 | 24:45 | 1 | 66:07 | +0:29 |
| 3 | Justyna Kostrzevska | MKS Start Lublin | 26:24 | 2 | 11:57 | 2 | 28:50 | 8 | 67:11 | +1:33 |
| 4 | Barbara Wzi tek | WKS Wawel | 27:45 | 4 | 15:04 | 4 | 26:28 | 3 | 69:17 | +3:39 |
| 5 | Katarzyna Bugaj | WKS Wawel | 30:19 | 6 | 15:16 | 5 | 25:40 | 2 | 71:15 | +5:37 |
| 6 | Matylda Chwiałkowska | UKS Orientu Łódź | 30:38 | 7 | 17:10 | 7 | 27:25 | 6 | 75:13 | +9:35 |
| 7 | Wiktoria Marek | UNTS Warszawa | 33:03 | 8 | 15:34 | 6 | 26:38 | 4 | 75:15 | +9:37 |
| 8 | Anna-Maria Antonowicz | UNTS Warszawa | 36:04 | 9 | 19:55 | 9 | 28:51 | 9 | 84:50 | +19:12 |
| 9 | Alicja Bielecka | UKS Siódemka Rumia | 37:15 | 10 | 19:17 | 8 | 28:26 | 7 | 84:58 | +19:20 |

| .p. | Imię i nazwisko | Klub | E1 | E2 | E3 | Czas | Strata |
|--------------------|----------------------------|------------------------|-------|----|-------|-------------|---------------|
| K-16 (11) | | | | | | | |
| | | (c.d.) | | | | | |
| 10 | Emilia Piekarska | UKS OSiR Góra Kalwaria | 45:50 | 11 | 22:02 | 10 39:32 10 | 107:24 +41:46 |
| | Julia Bonat | KS Spójnia Warszawa | 26:17 | 1 | | | |
| K-18/20 (5) | | | | | | | |
| 1 | Kinga Urbanowicz | UKS OSiR Góra Kalwaria | 27:43 | 1 | 12:49 | 1 32:44 2 | 73:16 0:00 |
| 2 | Dagmara Dominiak | PUKS Młode Orły NDM | 33:35 | 2 | 13:45 | 2 29:49 1 | 77:09 +3:53 |
| 3 | Justyna Selwon | PUKS Młode Orły NDM | 37:02 | 4 | 16:48 | 4 35:27 4 | 89:17 +16:01 |
| 4 | Jagoda Filipczak | PUKS Młode Orły NDM | 42:56 | 5 | 16:10 | 3 34:11 3 | 93:17 +20:01 |
| 5 | Magdalena Jakiewicz | UKS Azymut Pabianice | 36:48 | 3 | 17:48 | 5 41:28 5 | 96:04 +22:48 |
| K-21A (25) | | | | | | | |
| 1 | Aleksandra Hornik | WKS Grunwald Poznań | 34:24 | 1 | 15:15 | 1 36:28 3 | 86:07 0:00 |
| 2 | Iwona Wicha | KS OK!Sport | 37:45 | 3 | 15:49 | 2 32:44 1 | 86:18 +0:11 |
| 3 | Monika Gajda | UNTS Warszawa | 36:36 | 2 | 15:51 | 3 37:25 6 | 89:52 +3:45 |
| 4 | Anna Górnicka-Antonowicz | UNTS Warszawa | 39:47 | 6 | 19:11 | 8 35:14 2 | 94:12 +8:05 |
| 5 | Zuzanna Kubicka | PUKS Młode Orły NDM | 38:25 | 4 | 18:49 | 7 37:17 4 | 94:31 +8:24 |
| 6 | Zuzanna Wachowicz | PUKS Młode Orły NDM | 40:37 | 7 | 16:37 | 4 37:24 5 | 94:38 +8:31 |
| 7 | Lilianna Etterle-Biederman | WKS Wawel | 39:31 | 5 | 21:10 | 12 38:06 7 | 98:47 +12:40 |
| 8 | Malwina Wysocka | KS OK!Sport | 40:44 | 8 | 18:36 | 6 46:16 14 | 105:36 +19:29 |
| 9 | Anna Matyba | UKS Arkady Raszków | 43:56 | 11 | 20:35 | 11 41:21 9 | 105:52 +19:45 |
| 10 | Katarzyna Dyzio | WKS Wawel | 43:25 | 10 | 20:05 | 10 43:53 12 | 107:23 +21:16 |
| 11 | Ewa Wołek | UNTS Warszawa | 42:00 | 9 | 24:04 | 16 41:33 10 | 107:37 +21:30 |
| 12 | Agnieszka Biolik | UNTS Warszawa | 51:08 | 17 | 19:27 | 9 41:04 8 | 111:39 +25:32 |
| 13 | Barbara Kębrowska | UNTS Warszawa | 50:22 | 16 | 17:55 | 5 44:42 13 | 112:59 +26:52 |
| 14 | Ilona Liwczyska | UMKS Orkan Ostróda | 45:39 | 13 | 25:47 | 21 46:30 15 | 117:56 +31:49 |
| 15 | Małgorzata Binięcka | UKS Azymut Pabianice | 49:24 | 14 | 23:12 | 14 51:40 20 | 124:16 +38:09 |
| 16 | Martyna Mikiewicz | KS OK!Sport | 54:29 | 18 | 22:31 | 13 52:40 22 | 129:40 +43:33 |
| 17 | Katarzyna Sypuła | UNTS Warszawa | 54:56 | 19 | 23:46 | 15 51:46 21 | 130:28 +44:21 |
| 18 | Agnieszka Kocińska | UMKS Orkan Ostróda | 58:01 | 21 | 24:53 | 17 48:40 17 | 131:34 +45:27 |
| 19 | Anna Dusza | UNTS Warszawa | 55:27 | 20 | 25:16 | 18 51:00 19 | 131:43 +45:36 |
| 20 | Diana Gordon | KU AZS WAT Warszawa | 61:51 | 22 | 25:43 | 20 59:44 24 | 147:18 +61:11 |
| | Barbara Szmyt | Klub InO Stowarzysze | | | 25:29 | 19 57:34 23 | |
| | Izabela Czajka | KS OK!Sport | 45:27 | 12 | | 42:33 11 | |
| | Marta Trojecka | KU AZS WAT Warszawa | 50:21 | 15 | | 48:01 16 | |
| | Anna Deck | KB Sulejówek | | | | 49:27 18 | |
| | Patrycja Patejko | KS Spójnia Warszawa | 65:36 | 23 | | | |
| K-35/40 (8) | | | | | | | |
| 1 | Ewa Tarnowska | MKS Start Lublin | 41:10 | 1 | 20:21 | 1 41:07 3 | 102:38 0:00 |
| 2 | Kornelia Nowicka-Bielecka | UKS Siódemka Rumia | 46:42 | 2 | 21:13 | 2 40:17 2 | 108:12 +5:34 |
| 3 | Dorota Mianowska | UNTS Warszawa | 48:26 | 3 | 36:47 | 4 42:50 4 | 128:03 +25:25 |
| 4 | Katarzyna Ociłowska | . indywidualny | 87:11 | 5 | 38:48 | 5 55:05 6 | 181:04 +78:26 |
| | Ewa Górska-Samek | UNTS Warszawa | 54:43 | 4 | | 67:13 7 | |
| | Karina Daniluk | . indywidualny | | | 21:16 | 3 39:57 1 | |
| | Agata Michałowska | KS Spójnia Warszawa | | | | nkl | |
| | Ewa Słak | KS OK!Sport | | | | 46:19 5 | |
| K-45/50 (6) | | | | | | | |
| 1 | Mariola Wołowczyk | UNTS Warszawa | 37:22 | 3 | 15:30 | 1 24:40 1 | 77:32 0:00 |
| 2 | Urszula Czerkawska | MUKS Gliwice | 33:24 | 2 | 24:20 | 2 29:00 2 | 86:44 +9:12 |
| | Joanna Parfianowicz | UNTS Warszawa | 31:17 | 1 | | | |
| | Magdalena Wachowicz | PUKS Młode Orły NDM | | | | 29:34 3 | |

| .p. | Imię i nazwisko | Klub | E1 | E2 | E3 | Czas | Strata |
|--------------------|-------------------------|------------------------|-------|----|-------|-------------|---------------|
| K-45/50 (6) | | | | | | | |
| | | (c.d.) | | | | | |
| | Beata Bargiel | KS OK!Sport | 47:10 | 4 | | | |
| | El bieta Wachnik-Kulpa | KS OK!Sport | 52:33 | 5 | | | |
| K-55/60 (7) | | | | | | | |
| 1 | Jolanta Mazurkiewicz | UKS Orientu Łód | 37:30 | 1 | 17:12 | 1 37:25 2 | 92:07 0:00 |
| 2 | Małgorzata Krochmal | KU AZS WAT Warszawa | 46:55 | 3 | 18:03 | 2 32:25 1 | 97:23 +5:16 |
| 3 | Krystyna Galicz | UKS Kusy Warszawa | 51:10 | 6 | 22:43 | 4 39:47 5 | 113:40 +21:33 |
| 4 | Krystyna Deck | KB Sulejówek | 48:28 | 4 | 25:49 | 6 39:29 4 | 113:46 +21:39 |
| 5 | Anna Olbrycht | OLBnO Warszawa | 52:31 | 7 | 20:26 | 3 40:57 6 | 113:54 +21:47 |
| 6 | Barbara Gli ska | UNTS Warszawa | 48:37 | 5 | 24:02 | 5 42:07 7 | 114:46 +22:39 |
| | Bo ena Bartnik | KU AZS WAT Warszawa | 46:37 | 2 | | 39:28 3 | |
| M-10 (5) | | | | | | | |
| 1 | Jan Antonowicz | UNTS Warszawa | 14:50 | 2 | 9:00 | 1 14:45 1 | 38:35 0:00 |
| 2 | Filip Janowski | KS Spójnia Warszawa | 14:44 | 1 | 9:28 | 2 15:44 2 | 39:56 +1:21 |
| 3 | Michał Bielecki | UKS Siódemka Rumia | 23:40 | 3 | 13:32 | 3 31:35 5 | 68:47 +30:12 |
| 4 | Kacper Podworski | UKS OSiR Góra Kalwaria | 26:57 | 4 | 15:30 | 4 27:58 3 | 70:25 +31:50 |
| | Mikołaj Wasilewski | UKS OSiR Góra Kalwaria | | | | 30:56 4 | |
| M-12 (20) | | | | | | | |
| 1 | Maciej Andrzejczak | UKS Azymut Pabianice | 30:47 | 6 | 12:02 | 3 18:28 1 | 61:17 0:00 |
| 2 | Jan SztraneK | UKS Azymut Pabianice | 24:37 | 2 | 11:28 | 1 25:17 5 | 61:22 +0:05 |
| 3 | Dawid Juzaszek | UNTS Warszawa | 30:44 | 5 | 11:52 | 2 19:16 2 | 61:52 +0:35 |
| 4 | Bartłomiej Olszewski | UNTS Warszawa | 29:59 | 4 | 12:16 | 5 21:32 3 | 63:47 +2:30 |
| 5 | Maciej abolicki | SP 65 Warszawa | 29:40 | 3 | 12:07 | 4 35:17 9 | 77:04 +15:47 |
| 6 | Ignacy Słomczy ski | UKS Orientu Łód | 41:19 | 8 | 14:04 | 7 25:12 4 | 80:35 +19:18 |
| 7 | Radosław Gawry | UKS Kusy Warszawa | 44:23 | 10 | 16:08 | 8 30:02 7 | 90:33 +29:16 |
| 8 | Emil Biolik | UNTS Warszawa | 35:49 | 7 | 12:25 | 6 46:30 11 | 94:44 +33:27 |
| 9 | Michał Czernicki | UKS Kusy Warszawa | 61:39 | 15 | 16:33 | 9 31:34 8 | 109:46 +48:29 |
| 10 | Kuba Słupski | UNTS Warszawa | 58:04 | 13 | 26:34 | 16 46:19 10 | 130:57 +69:40 |
| | Michał S dąk | KS OK!Sport | 19:27 | 1 | nkl | 25:35 6 | |
| | Adam Onik | UKS Saper Kazu | nkl | | 43:27 | 17 54:08 12 | |
| | Adam D browski | UKS Kusy Warszawa | nkl | | 18:40 | 11 56:06 13 | |
| | Patryk Wypniewski | UNTS Warszawa | 46:06 | 11 | 17:41 | 10 | |
| | Jakub Szala | UNTS Warszawa | 43:15 | 9 | 24:36 | 15 | |
| | Dominik Romanowski | UKS Kusy Warszawa | nkl | | 23:43 | 14 | |
| | Maksymilian Siemiradzki | UKS Kusy Warszawa | 79:20 | 17 | 22:26 | 12 | |
| | Dawid Jakoniuk | UNTS Warszawa | 48:52 | 12 | nkl | | |
| | Aleksander Zieleniewski | UKS Kusy Warszawa | 61:16 | 14 | 23:16 | 13 | |
| | Mateusz Wysocki | UKS Kusy Warszawa | 77:33 | 16 | | | |
| M-14 (22) | | | | | | | |
| 1 | Michał Krzyszty ski | WKS Wawel | 17:50 | 1 | 12:03 | 2 18:51 2 | 48:44 0:00 |
| 2 | Michał Pierzchała | UNTS Warszawa | 22:48 | 2 | 10:58 | 1 18:37 1 | 52:23 +3:39 |
| 3 | Dawid Zaj c | UKS Azymut Pabianice | 26:51 | 4 | 12:55 | 3 22:57 3 | 62:43 +13:59 |
| 4 | Grzegorz Baran | WKS Wawel | 23:58 | 3 | 17:36 | 10 23:00 4 | 64:34 +15:50 |
| 5 | Tomasz Choro | PUKS Młode Orły NDM | 27:55 | 5 | 14:01 | 4 23:41 5 | 65:37 +16:53 |
| 6 | Maciej Jasi ski | UKS Orientu Łód | 28:45 | 6 | 15:28 | 7 29:06 8 | 73:19 +24:35 |
| 7 | Bartek Kołcun | UNTS Warszawa | 31:28 | 8 | 14:37 | 5 27:27 7 | 73:32 +24:48 |
| 8 | Tomasz Gawlikowski | UNTS Warszawa | 36:56 | 10 | 16:45 | 9 29:27 9 | 83:08 +34:24 |
| 9 | Maciej Gr dzki | UKS Azymut Pabianice | 47:07 | 14 | 16:39 | 8 26:22 6 | 90:08 +41:24 |
| 10 | Grzegorz Zienkiewicz | UKS Kusy Warszawa | 43:07 | 12 | 17:53 | 11 36:03 10 | 97:03 +48:19 |

| .p. | Imię i nazwisko | Klub | E1 | E2 | E3 | Czas | Strata |
|--------------------|--------------------------|------------------------|--------|----|-------|----------|-------------------|
| M-14 (22) | | (c.d.) | | | | | |
| 11 | Kacper Stasiak | UKS Saper Kazu | 50:56 | 15 | 22:22 | 13 51:09 | 13 124:27 +75:43 |
| 12 | Juliusz Ostrowski | SP 65 Warszawa | 101:59 | 20 | 23:02 | 14 41:05 | 12 166:06 +117:22 |
| 13 | Kacper Michalak | SP 65 Warszawa | 74:00 | 18 | 34:09 | 16 67:28 | 15 175:37 +126:53 |
| 14 | Daniel Sitkiewicz | UNTS Warszawa | 103:24 | 21 | 28:51 | 15 56:41 | 14 188:56 +140:12 |
| | Jakub Kijak | WKS Wawel | 30:24 | 7 | 14:38 | 6 nkl | |
| | Szymon Gumowski | UKS Kusy Warszawa | nl | | 41:05 | 18 37:13 | 11 |
| | Kacper Bartosik | SP 65 Warszawa | 76:15 | 19 | 38:07 | 17 | |
| | Krystian Kostow | UNTS Warszawa | 61:59 | 17 | 18:44 | 12 | |
| | Paweł Drógowski | KS OK!Sport | 59:28 | 16 | | | |
| | Michał Strzelecki | UNTS Warszawa | 40:28 | 11 | | | |
| | Aleksander Wiśniewski | UNTS Warszawa | 44:20 | 13 | | | |
| | Maksymilian Wiśniewski | UNTS Warszawa | 32:25 | 9 | | | |
| M-16 (11) | | | | | | | |
| 1 | Marcin Biederman | WKS Wawel | 21:49 | 1 | 12:26 | 1 19:18 | 2 53:33 0:00 |
| 2 | Kacper Kuca | UKS Patria Młynne | 23:18 | 2 | 13:07 | 3 20:36 | 4 57:01 +3:28 |
| 3 | Fryderyk Pryjma | KS Spójnia Warszawa | 25:13 | 3 | 13:01 | 2 19:09 | 1 57:23 +3:50 |
| 4 | Jerzy Urbaniak | KS Spójnia Warszawa | 28:33 | 5 | 13:34 | 4 20:12 | 3 62:19 +8:46 |
| 5 | Maciej Borkowski | KS Spójnia Warszawa | 26:00 | 4 | 14:56 | 6 21:42 | 5 62:38 +9:05 |
| 6 | Wojciech Mossakowski | UNTS Warszawa | 29:36 | 6 | 14:59 | 7 24:31 | 6 69:06 +15:33 |
| 7 | Dawid Wlazeł | UKS Orientu Łódź | 32:38 | 7 | 17:34 | 9 27:45 | 8 77:57 +24:24 |
| 8 | Jakub Kisielewicz | UKS Azymut Pabianice | 33:08 | 8 | 17:40 | 10 27:26 | 7 78:14 +24:41 |
| | Bartłomiej Janowski | KS Spójnia Warszawa | nl | | 15:49 | 8 30:34 | 9 |
| | Jan Rutka | UNTS Warszawa | nl | | 14:23 | 5 | |
| | Jan Wiśniewski | KS OK!Sport | 51:39 | 9 | | | |
| M-18/20 (9) | | | | | | | |
| 1 | Marek Skorupa | WKS Wawel | 30:40 | 1 | 13:37 | 1 27:10 | 1 71:27 0:00 |
| 2 | Michał Wołowczyk | UNTS Warszawa | 32:43 | 2 | 14:35 | 2 30:27 | 2 77:45 +6:18 |
| 3 | Michał Kwiatkowski | PUKS Młode Orły NDM | 37:55 | 3 | 16:34 | 3 36:25 | 3 90:54 +19:27 |
| 4 | Patryk Marciniak | UKS Azymut Pabianice | 39:43 | 4 | 18:26 | 7 36:30 | 4 94:39 +23:12 |
| 5 | Marek Rosochacki | UKS OSiR Góra Kalwaria | 42:00 | 5 | 17:28 | 4 42:53 | 8 102:21 +30:54 |
| 6 | Mateusz Janowski | KS Spójnia Warszawa | 54:38 | 6 | 18:21 | 6 39:48 | 7 112:47 +41:20 |
| 7 | Marcin Gliński | . indywidualny | 69:05 | 7 | 18:20 | 5 39:00 | 6 126:25 +54:58 |
| 8 | Aleksander Tarnowski | MKS Start Lublin | 83:34 | 9 | 19:40 | 8 38:09 | 5 141:23 +69:56 |
| | Mariusz Skrzypkowski | PUKS Młode Orły NDM | 77:44 | 8 | 34:54 | 9 | |
| M-21A (26) | | | | | | | |
| 1 | Jacek Morawski | UNTS Warszawa | 39:41 | 3 | 16:17 | 2 35:41 | 3 91:39 0:00 |
| 2 | Łukasz Gryzio | UKS Azymut Pabianice | 44:24 | 10 | 16:21 | 3 35:06 | 1 95:51 +4:12 |
| 3 | Michał Garbacik | WKS Wawel | 43:36 | 9 | 16:15 | 1 36:06 | 4 95:57 +4:18 |
| 4 | Karol Galicz | UKS Kusy Warszawa | 42:49 | 7 | 16:43 | 5 36:28 | 5 96:00 +4:21 |
| 5 | Kamil Anc | UNTS Warszawa | 41:48 | 6 | 17:37 | 6 36:41 | 6 96:06 +4:27 |
| 6 | Tomasz Lubkiewicz | WKS Wawel | 43:06 | 8 | 19:02 | 9 35:15 | 2 97:23 +5:44 |
| 7 | Tadeusz Piłkowski | UKS Orientu Łódź | 45:27 | 11 | 19:36 | 10 42:54 | 9 107:57 +16:18 |
| 8 | Maciej Marcjanek | UKS Orientu Łódź | 52:28 | 14 | 18:23 | 8 40:57 | 8 111:48 +20:09 |
| 9 | Maciej Gózdzirowski | KU AZS WAT Warszawa | 53:48 | 15 | 19:37 | 11 46:40 | 12 120:05 +28:26 |
| 10 | Jakub Prasał | PUKS Młode Orły NDM | 55:17 | 16 | 21:18 | 12 46:10 | 11 122:45 +31:06 |
| 11 | Krzysztof Lisak | KU AZS WAT Warszawa | 58:06 | 20 | 26:15 | 14 44:08 | 10 128:29 +36:50 |
| 12 | Piotr Drógowski | KS OK!Sport | 55:29 | 17 | 24:48 | 13 50:04 | 13 130:21 +38:42 |
| | Andrzej Magier | . Berestje | 47:18 | 12 | nl | 38:59 | 7 |
| | Maciej Grabowski | UNTS Warszawa | 39:40 | 2 | 16:31 | 4 | |
| | Andrzej Gósiennica-Samek | UNTS Warszawa | 97:05 | 24 | | 56:26 | 16 |

| .p. | Imię i nazwisko | Klub | E1 | E2 | E3 | Czas | Strata |
|-------------------|------------------------|------------------------|----------|----------|------------|--------|--------|
| M-21A (26) | | (c.d.) | | | | | |
| | Grzegorz Wróblewski | KS OK!Sport | 48:48 13 | 18:07 7 | | | |
| | Łukasz Kochn | PUKS Młode Orły NDM | 63:20 23 | | 54:06 15 | | |
| | Marcin Okrzejski | . indywidualny | 58:10 21 | | 68:08 17 | | |
| | Ryszard Piekarski | UKS OSiR Góra Kalwaria | | | 52:37 14 | | |
| | Vladislav Laskarzewsky | . Ukraina | 39:55 4 | | | | |
| | Dymitro Terpai | UNTS Warszawa | 40:02 5 | | | | |
| | Karol Pietraszko | ubr Białowie a | | 27:46 15 | | | |
| | Krzysztof Sokalski | KU AZS WAT Warszawa | 56:17 19 | | | | |
| | Dariusz Sokalski | KU AZS WAT Warszawa | 39:39 1 | | | | |
| | Konrad Bartnik | KU AZS WAT Warszawa | 55:50 18 | | | | |
| | Paweł Krzemski | KU AZS WAT Warszawa | 58:46 22 | | | | |
| M-21B (2) | | | | | | | |
| 1 | Konrad Pietrzak | MKS Start Lublin | 46:02 1 | 16:40 | 1 44:35 1 | 107:17 | 0:00 |
| 2 | Łukasz Ł cki | UKS OSiR Góra Kalwaria | 49:59 2 | 20:19 | 2 45:23 2 | 115:41 | +8:24 |
| M-35 (5) | | | | | | | |
| 1 | Dariusz Wójcik | KS OK!Sport | 32:14 1 | 16:55 | 1 34:50 1 | 83:59 | 0:00 |
| 2 | Grzegorz Biolik | UNTS Warszawa | 34:31 2 | 19:55 | 3 36:36 2 | 91:02 | +7:03 |
| 3 | Stanisław Sołowiej | MKS Start Lublin | 34:58 3 | 17:29 | 2 38:48 3 | 91:15 | +7:16 |
| 4 | cibor Zawilak | ubr Białowie a | 47:27 4 | 20:41 | 4 47:34 4 | 115:42 | +31:43 |
| 5 | Krzysztof Poneta | UKS Saper Kazu | 49:46 5 | 24:42 | 5 48:38 5 | 123:06 | +39:07 |
| M-40 (11) | | | | | | | |
| 1 | Piotr Ratajczak | UMKS Orkan Ostróda | 32:52 1 | 18:02 | 3 33:12 2 | 84:06 | 0:00 |
| 2 | Zbigniew Wrzosek | ZB Warszawa | 36:35 2 | 17:38 | 2 33:56 3 | 88:09 | +4:03 |
| 3 | Artur Staszak | UNTS Warszawa | 37:59 3 | 19:03 | 5 44:48 5 | 101:50 | +17:44 |
| 4 | Rafał Mianowski | UNTS Warszawa | 47:58 4 | 18:51 | 4 40:00 4 | 106:49 | +22:43 |
| 5 | Grzegorz Doli ski | UKS Kusy Warszawa | 53:08 5 | 22:00 | 6 45:39 6 | 120:47 | +36:41 |
| 6 | Robert Słomczy ski | UKS Orientu Łód | 56:16 6 | 23:41 | 7 48:47 9 | 128:44 | +44:38 |
| 7 | Tadeusz Bielecki | UKS Siódemka Rumia | 70:36 8 | 43:13 | 9 46:44 7 | 160:33 | +76:27 |
| | Krystian S dłak | KS OK!Sport | nkl | 16:16 | 1 31:30 1 | | |
| | Dariusz Walczyna | Klub InO Stowarzysze | | 29:40 | 8 51:42 10 | | |
| | Marcin Marszałek | . indywidualny | 60:43 7 | | 58:03 11 | | |
| | Piotr Gawlikowski | UNTS Warszawa | | | 46:52 8 | | |
| M-45 (6) | | | | | | | |
| 1 | Janusz Wiejacki | UKS Saper Kazu | 35:04 1 | 17:33 | 1 34:26 2 | 87:03 | 0:00 |
| 2 | Krzysztof Szlendak | UNTS Warszawa | 38:44 3 | 19:05 | 2 41:19 4 | 99:08 | +12:05 |
| 3 | Arkadiusz Rosi ski | WKB Meta Lubliniec | 40:06 4 | 22:10 | 4 41:14 3 | 103:30 | +16:27 |
| 4 | Tomasz Michalak | SP 65 Warszawa | 51:55 6 | 21:02 | 3 45:29 5 | 118:26 | +31:23 |
| | Andrzej Krupi ski | UKS Saper Kazu | 35:46 2 | nkl | 30:52 1 | | |
| | Marek Dr gowski | KS OK!Sport | 41:14 5 | | | | |
| M-50 (6) | | | | | | | |
| 1 | Mirosław Tarnowski | MKS Start Lublin | 32:39 1 | 15:23 | 2 28:59 1 | 77:01 | 0:00 |
| 2 | Marek Wołowczyk | UNTS Warszawa | 36:35 2 | 14:53 | 1 30:40 3 | 82:08 | +5:07 |
| 3 | Witold Sochacki | UKS Patria Młynne | 44:36 4 | 17:31 | 3 44:14 4 | 106:21 | +29:20 |
| 4 | Marcin Parfianowicz | . indywidualny | 44:18 3 | 24:13 | 5 44:56 5 | 113:27 | +36:26 |
| 5 | Wacław Czerkawski | MUKS Gliwice | 54:27 5 | 22:11 | 4 46:02 6 | 122:40 | +45:39 |
| | Ryszard Chachurski | KU AZS WAT Warszawa | nkl | | 30:37 2 | | |

| .p. | Imię i nazwisko | Klub | E1 | E2 | E3 | Czas | Strata |
|--------------------|------------------------|------------------------|-------|----|-------|---------|-----------------|
| M-55 (6) | | | | | | | |
| 1 | Miroslaw Rogala | KU AZS WAT Warszawa | 33:55 | 2 | 15:08 | 1 30:57 | 1 80:00 0:00 |
| 2 | Janusz Walachowski | UKS Saper Kazu | 34:31 | 3 | 19:34 | 3 32:20 | 2 86:25 +6:25 |
| 3 | Wladyslaw Machowski | UKS OSiR Góra Kalwaria | 32:40 | 1 | 20:35 | 4 33:48 | 3 87:03 +7:03 |
| 4 | Grzegorz Krochmal | KU AZS WAT Warszawa | 37:16 | 4 | 18:49 | 2 37:23 | 4 93:28 +13:28 |
| 5 | Slawomir Sypula | UNTS Warszawa | 44:16 | 5 | 23:50 | 5 43:41 | 5 111:47 +31:47 |
| | Jerzy Wo niak | UKS Azymut Pabianice | 47:45 | 6 | nkl | 52:02 | 6 |
| M-60 (4) | | | | | | | |
| 1 | Tadeusz Wolejszo | KU AZS WAT Warszawa | 31:04 | 1 | 18:53 | 3 30:48 | 1 80:45 0:00 |
| 2 | Wieslaw Deck | KB Sulejówek | 38:35 | 2 | 17:16 | 1 38:22 | 2 94:13 +13:28 |
| | Feliks Kania | UKS Saper Kazu | nkl | | 17:44 | 2 | |
| | Bogdan Bala | MKS Pogo Siedlce | nkl | | | | |
| M-65/70 (5) | | | | | | | |
| 1 | Stanislaw Wasilewski | UKS Saper Kazu | 24:12 | 1 | 15:34 | 1 28:55 | 2 68:41 0:00 |
| 2 | Jan Kukuryka | KU AZS WAT Warszawa | 26:27 | 3 | 16:03 | 2 27:57 | 1 70:27 +1:46 |
| 3 | Graham Moon-Zalewska | MKS Start Lublin | 33:17 | 4 | 18:05 | 3 32:26 | 3 83:48 +15:07 |
| | Jan Gli ski | UNTS Warszawa | 56:25 | 5 | 55:58 | 5 | |
| | Lech Trzpil | KS OK!Sport | 24:23 | 2 | 18:58 | 4 | |
| M-80 (2) | | | | | | | |
| 1 | Helena Zielczy ska | A-TO-MY Warszawa | 49:43 | 1 | 21:19 | 2 55:09 | 2 126:11 0:00 |
| 2 | Mieczyslaw Zielczy ski | A-TO-MY Warszawa | 51:50 | 2 | 20:22 | 1 54:33 | 1 126:45 +0:34 |
| KM-10N (6) | | | | | | | |
| 1 | Jan Choro | PUKS Młode Orły NDM | 19:52 | 3 | 19:50 | 2 18:48 | 2 58:30 0:00 |
| 2 | Adam G sienica-Samek | UNTS Warszawa | 18:43 | 2 | 17:37 | 1 25:05 | 3 61:25 +2:55 |
| 3 | Jakub Ł cki | UKS OSiR Góra Kalwaria | 18:41 | 1 | 25:45 | 3 17:40 | 1 62:06 +3:36 |
| 4 | Agata J dryka | UKS Azymut Pabianice | 33:57 | 4 | 35:26 | 4 32:58 | 5 102:21 +43:51 |
| | Marta Bielecka | . indywidualny | nkl | | | | |
| | Witold Wierzbicki | UNTS Warszawa | | | | 30:59 | 4 |
| 10NR (8) | | | | | | | |
| 1 | Tosia Mianowska | UNTS Warszawa | 20:54 | 3 | 11:27 | 1 23:11 | 2 55:32 0:00 |
| 2 | Julia Ł cka | UKS OSiR Góra Kalwaria | 20:27 | 2 | 23:54 | 2 22:18 | 1 66:39 +11:07 |
| 3 | Natalia Rejment | KS Spójnia Warszawa | 27:56 | 4 | 36:24 | 4 31:39 | 3 95:59 +40:27 |
| 4 | Kinga Krochmal | KS Spójnia Warszawa | 28:03 | 5 | 36:28 | 5 31:50 | 4 96:21 +40:49 |
| 5 | Alicja Zawilak | ubr Białowie a | 52:50 | 6 | 28:56 | 3 39:00 | 6 120:46 +65:14 |
| | Krzy Jacniacki | UNTS Warszawa | | | | 31:58 | 5 |
| | Zuzanna Bartczak | UNTS Warszawa | 18:42 | 1 | | | |
| | Ola Wasilewska | UKS OSiR Góra Kalwaria | | | | nkl | |
| Open 1 (5) | | | | | | | |
| 1 | Jakub J dryka | UKS Azymut Pabianice | 36:28 | 3 | 39:07 | 2 44:09 | 1 119:44 0:00 |
| 2 | Beata Hoffmann | UKS Orientu Łód | 36:11 | 2 | 45:41 | 3 59:54 | 2 141:46 +22:02 |
| | Jaroslaw Borzym | UKS Kusy Warszawa | 48:18 | 4 | 34:15 | 1 | |
| | Piotr abolicki | SP 65 Warszawa | 81:40 | 5 | | | |
| | Andrzej Kulpa | KS OK!Sport | 31:21 | 1 | | | |

| .p. | Imię i nazwisko | Klub | E1 | E2 | E3 | Czas | Strata |
|-------------------|--------------------|----------------|-------|----|-------|-----------|-------------|
| Open 2 (4) | | | | | | | |
| 1 | Tomasz Paciorek | . indywidualny | 63:14 | 1 | 22:43 | 1 47:47 1 | 133:44 0:00 |
| | Anna Sakowicz | . indywidualny | 88:05 | 4 | | | |
| | Marek Tomankiewicz | KS OK!Sport | 87:46 | 3 | | | |
| | Anna Wychowaniec | KS OK!Sport | 87:44 | 2 | | | |