

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|---------------|------------------|---|------|------|---------|----|---|---------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 1 | 4 | Błażej | Brzeziński | Bydgoszcz | | 1987 | M20 | 1 | 1 | | 00:15:25 (1) | 00:31:37 | 00:31:37 |
| 2 | 1297 | Marcin | Zagórny | Krosno | | 1988 | M20 | 2 | 2 | | 00:16:03 (3) | 00:32:11 | 00:32:11 |
| 3 | 9 | Volker | Goineau | Berlin | ART Düsseldorf | 1987 | M20 | 3 | 3 | | 00:16:02 (2) | 00:32:19 | 00:32:18 |
| 4 | 15 | Szymon | Bytniewski | Poznań | Unia Swarzedz/ Uniwersytet Ekonomiczny w Poznaniu | 1991 | M20 | 4 | 4 | | 00:16:25 (4) | 00:33:21 | 00:33:20 |
| 5 | 1250 | Łukasz | Wróbel | Wiry | KGB Grzmot Komorniki | 1978 | M30 | 1 | 5 | | 00:16:38 (5) | 00:34:03 | 00:34:02 |
| 6 | 14 | Radosław | Pluciński | Swarzędz | KB Maniac | 1989 | M20 | 5 | 6 | | 00:17:12 (7) | 00:34:26 | 00:34:26 |
| 7 | 1211 | Dominik | Włodarkiewicz | Poznań | Buff / ZmianyZmiany / VegeRunners | 1974 | M40 | 1 | 7 | | 00:17:19 (8) | 00:34:50 | 00:34:49 |
| 8 | 35 | Leszek | Ginter | Poznań | SA PSP | 1998 | M16 | 1 | 8 | | 00:17:11 (6) | 00:34:59 | 00:34:58 |
| 9 | 1278 | Damian | Kaźmierczak | ŚMIGIEL | DIM | 1977 | M30 | 2 | 9 | | 00:17:19 (9) | 00:35:20 | 00:35:18 |
| 10 | 1240 | Tomasz | Zegarlicki | Horyniec - Zdrój | AZS Politechnika Poznańska | 1994 | M20 | 6 | 10 | | 00:17:19 (10) | 00:35:26 | 00:35:25 |
| 11 | 10 | Przemysław | Walewski | Poznań | Malta Poznań/WSZYSTKOOBIEGANIU. | 1967 | M40 | 2 | 11 | | 00:17:22 (11) | 00:35:27 | 00:35:27 |
| 12 | 23 | Mateusz | Rodewald | Wronki | MKS Juvenia Puszczykowo | 1993 | M20 | 7 | 12 | | 00:17:23 (12) | 00:35:45 | 00:35:45 |
| 13 | 12 | Piotr | Tomczyk | Poznań | Piotrek Za linią mety | 1987 | M20 | 8 | 13 | | 00:18:00 (22) | 00:35:52 | 00:35:50 |
| 14 | 268 | Daniel | Kaczmarek | Luboń | Luboń Lucky Luzers | 1974 | M40 | 3 | 14 | | 00:17:37 (14) | 00:35:53 | 00:35:51 |
| 15 | 739 | Adrian | Graczyk | Czarnków | biegi.wlkp | 1988 | M20 | 9 | 15 | | 00:17:24 (13) | 00:35:59 | 00:35:57 |
| 16 | 371 | Maciej | Kaminik | ŚREM | Runner's Power | 1989 | M20 | 10 | 16 | | | 00:36:05 | 00:36:03 |
| 17 | 1216 | Andrzej | Gromadziński | Gniezno | KPP Gniezno | 1973 | M40 | 4 | 17 | | 00:17:55 (18) | 00:36:14 | 00:36:12 |
| 18 | 252 | Mateusz | Kaczmarek | Luboń | SPP Team | 1982 | M30 | 3 | 18 | | 00:17:46 (15) | 00:36:18 | 00:36:17 |
| 19 | 690 | Grzegorz | Jeziński | Koziegłowy | Unilever Poznań | 1964 | M50 | 1 | 19 | | 00:18:01 (23) | 00:36:28 | 00:36:27 |
| 20 | 3 | Aleksandra | Brzezińska | Bydgoszcz | MKL Toruń | 1991 | K20 | 1 | | 1 | 00:17:55 (19) | 00:36:33 | 00:36:32 |
| 21 | 20 | Piotr | Humerski | Grodzisk Wilko | Denflor | 1989 | M20 | 11 | 20 | | 00:18:06 (26) | 00:36:34 | 00:36:31 |
| 22 | 1003 | Tomasz | Kramski | Nekla | Active Nekla | 1974 | M40 | 5 | 21 | | 00:18:01 (24) | 00:36:37 | 00:36:35 |
| 23 | 1251 | Zbigniew | Miś | Poznań | Plomień Zagorzycy | 1988 | M20 | 12 | 22 | | 00:17:59 (21) | 00:36:38 | 00:36:35 |
| 24 | 448 | Mariusz | Tomaszewski | Gniezno | | 1976 | M40 | 6 | 23 | | | 00:36:47 | 00:36:43 |
| 25 | 298 | Wojciech | Grabiński | Rogoźno | Rogoziński Klub Biegacza | 1994 | M20 | 13 | 24 | | 00:17:58 (20) | 00:36:53 | 00:36:49 |
| 26 | 544 | Artur | Ostoją | Luboń | KB Maniac | 1965 | M50 | 2 | 25 | | 00:18:07 (27) | 00:36:57 | 00:36:55 |
| 27 | 928 | Mateusz | Błaszyk | Luboń | Betonowy Wojtek | 1987 | M20 | 14 | 26 | | 00:18:05 (25) | 00:37:02 | 00:36:58 |
| 28 | 1156 | Krzysztof | Terlecki | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1980 | M30 | 4 | 27 | | 00:17:46 (16) | 00:37:18 | 00:37:16 |
| 29 | 13 | Dawid | Jagła | Jarocin | | 1990 | M20 | 15 | 28 | | 00:17:47 (17) | 00:37:22 | 00:37:21 |
| 30 | 385 | Paweł | Górczyński | Poznań | STR Poznań | 1981 | M30 | 5 | 29 | | 00:18:14 (28) | 00:37:28 | 00:37:24 |
| 31 | 26 | Roman | Kuster | Komorniki | KGB Grzmot Komorniki | 1970 | M40 | 7 | 30 | | 00:18:26 (31) | 00:37:30 | 00:37:29 |
| 32 | 642 | Michał | Kubiak | Poznań | Night Runners | 1981 | M30 | 6 | 31 | | 00:18:30 (32) | 00:37:34 | 00:37:31 |
| 33 | 1261 | Adrian | Zeidler | Kurowo | Danflor Team | 1998 | M16 | 2 | 32 | | 00:18:23 (30) | 00:37:52 | 00:37:47 |
| 34 | 188 | Bartosz | Bieleń | Luboń | Luboń | 1980 | M30 | 7 | 33 | | 00:18:22 (29) | 00:37:55 | 00:37:53 |
| 35 | 1195 | Sławomir | Wroblewski | Sobialkowo | Somapol | 1979 | M30 | 8 | 34 | | 00:19:06 (41) | 00:38:12 | 00:38:05 |
| 36 | 77 | Jarosław | Sajnaj | LUBON | LUVENA | 1979 | M30 | 9 | 35 | | 00:18:37 (35) | 00:38:26 | 00:38:24 |
| 37 | 21 | Małgorzata | Kołaćka | Poznań | Butterfly Team Poznań/ UP poznań | 1993 | K20 | 2 | | 2 | 00:18:53 (38) | 00:38:30 | 00:38:30 |
| 38 | 783 | Marek | Skąpski | Przeźmierowo | | 1974 | M40 | 8 | 36 | | 00:19:26 (60) | 00:38:31 | 00:38:27 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|---------------|--------------------|--|------|------|---------|----|---|---------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 39 | 1151 | Dariusz | Głowski | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1983 | M30 | 10 | 37 | | 00:19:16 (45) | 00:38:31 | 00:38:28 |
| 40 | 166 | Michał | Noculak | Luboń | angloprojekt.pl | 1979 | M30 | 11 | 38 | | 00:18:52 (37) | 00:38:36 | 00:38:34 |
| 41 | 184 | Jan | Hordych | Szamocin | PCH_RUN | 1997 | M16 | 3 | 39 | | 00:18:34 (34) | 00:38:38 | 00:38:33 |
| 42 | 310 | Radosław | Gluzza | Opalenica | GP Opalenica | 1991 | M20 | 16 | 40 | | 00:18:30 (33) | 00:38:38 | 00:38:35 |
| 43 | 925 | Tomasz | Kowalski | Komorniki | KGB Grzmot Komorniki | 1988 | M20 | 17 | 41 | | 00:19:30 (62) | 00:38:39 | 00:38:35 |
| 44 | 249 | Wojciech | Szymczak | Poznań | PARAGRAF | 1988 | M20 | 18 | 42 | | 00:19:24 (53) | 00:38:40 | 00:38:36 |
| 45 | 1249 | Michał | Woźniak | Czapury | | 1979 | M30 | 12 | 43 | | 00:19:22 (49) | 00:38:40 | 00:38:35 |
| 46 | 810 | Jacek | Jajeśnica | Poznań | | 1975 | M40 | 9 | 44 | | 00:19:09 (42) | 00:38:43 | 00:38:39 |
| 47 | 19 | Agnieszka | Golak | Wyrzeka | Runner's Power | 1972 | K40 | 1 | | 3 | 00:19:25 (56) | 00:38:45 | 00:38:43 |
| 48 | 269 | Adam | Jankowiak | Luboń | SPP Team | 1983 | M30 | 13 | 45 | | 00:18:55 (39) | 00:38:49 | 00:38:46 |
| 49 | 85 | Albert | Napierata | Mosina | LUVENA | 1973 | M40 | 10 | 46 | | 00:18:51 (36) | 00:38:55 | 00:38:53 |
| 50 | 623 | Dominik | Andrzejewski | Murwana Goślina | MSICS Poznań | 1984 | M30 | 14 | 47 | | 00:19:23 (51) | 00:38:56 | 00:38:50 |
| 51 | 37 | Szymon | Czartoszewski | Poznań | SA PSP | 1996 | M20 | 19 | 48 | | 00:19:19 (46) | 00:39:05 | 00:38:57 |
| 52 | 512 | Filip | Misan | Leszno | | 1987 | M20 | 20 | 49 | | 00:19:01 (40) | 00:39:05 | 00:38:58 |
| 53 | 852 | Sławomir | Krysztofiak | bydgoszcz | argentchem | 1965 | M50 | 3 | 50 | | 00:19:20 (47) | 00:39:03 | 00:38:58 |
| 54 | 394 | Krzysztof | Ignaszewski | Śrem | Runners Power Śrem | 1979 | M30 | 15 | 51 | | 00:19:24 (54) | 00:39:07 | 00:39:04 |
| 55 | 401 | Michał | Chudziński | Nochowo | Runners Power Śrem | 1976 | M40 | 11 | 52 | | 00:19:24 (55) | 00:39:07 | 00:39:04 |
| 56 | 1025 | Piotr | Płazek | poznań | Malta-Poznań | 1962 | M50 | 4 | 53 | | 00:19:25 (57) | 00:39:07 | 00:39:05 |
| 57 | 36 | Damian | Błaut | Poznań | SA PSP | 1995 | M20 | 21 | 54 | | 00:19:34 (65) | 00:39:20 | 00:39:15 |
| 58 | 1269 | Jakub | Treć | Sztum | LKS Zantyr Sztum | 1995 | M20 | 22 | 55 | | 00:19:22 (50) | 00:39:21 | 00:39:18 |
| 59 | 308 | Piotr | Starkowski | Poznań | | 1989 | M20 | 23 | 56 | | 00:19:38 (70) | 00:39:24 | 00:39:20 |
| 60 | 664 | Piotr | Załuski | Pecna | Mosina Biega | 1973 | M40 | 12 | 57 | | 00:19:14 (44) | 00:39:23 | 00:39:21 |
| 61 | 1034 | Przemysław | Musik | Zalasewo | KB Maniac Poznań | 1970 | M40 | 13 | 58 | | 00:19:36 (66) | 00:39:29 | 00:39:26 |
| 62 | 506 | Piotr | Waligóra | Luboń | Luboń Lucky Luzers | 1976 | M40 | 14 | 59 | | 00:19:25 (58) | 00:39:37 | 00:39:28 |
| 63 | 1049 | Michał | Szczepaniak | Mosina | Night Runners | 1988 | M20 | 24 | 60 | | 00:19:25 (59) | 00:39:38 | 00:39:30 |
| 64 | 521 | Paweł | Gumienny | Poznań | KP PSP Środa Wlkp./Talex Borzytuchom | 1992 | M20 | 25 | 61 | | 00:20:02 (83) | 00:39:44 | 00:39:34 |
| 65 | 1260 | Mateusz | Fitt | Granowo | Danflor Team | 1999 | M16 | 4 | 62 | | 00:19:23 (52) | 00:39:41 | 00:39:37 |
| 66 | 1289 | Krzysztof | Panowicz | Ostrów Wlkp | | 1975 | M40 | 15 | 63 | | 00:19:37 (68) | 00:39:48 | 00:39:38 |
| 67 | 796 | Tomasz | Duszyński | Nowa Wieś | | 1985 | M30 | 16 | 64 | | 00:19:51 (76) | 00:39:48 | 00:39:38 |
| 68 | 397 | Michał | Szymaniak | LUBOŃ | MilanClubPolonia | 1978 | M30 | 17 | 65 | | 00:19:32 (63) | 00:39:46 | 00:39:43 |
| 69 | 1230 | Karolina | Chabros | POZNAŃ | sklepiegacza.pl | 1982 | K30 | 1 | | 4 | 00:19:54 (79) | 00:39:49 | 00:39:45 |
| 70 | 8 | Aga | Staniewska | Poznań | | 1986 | K30 | 2 | | 5 | 00:19:59 (82) | 00:39:53 | 00:39:47 |
| 71 | 146 | Tomasz | Koebisch | Koziegłowy | Maratończyk Poznań | 1978 | M30 | 18 | 66 | | 00:19:45 (73) | 00:39:52 | 00:39:48 |
| 72 | 534 | Robert | Tylicki | Leszno | TylickiTeam | 1972 | M40 | 16 | 67 | | 00:19:32 (64) | 00:39:55 | 00:39:50 |
| 73 | 931 | Wojciech | Gorańczkowski | Gowarzewo | | 1988 | M20 | 26 | 68 | | 00:19:11 (43) | 00:40:00 | 00:39:56 |
| 74 | 1065 | Adrian | Stasiak | Obrzycko | | 1988 | M20 | 27 | 69 | | 00:20:09 (90) | 00:40:02 | 00:39:56 |
| 75 | 930 | Sebastian | Król | Granowo | Drużyna Biegaczy Gmina Granowo | 1993 | M20 | 28 | 70 | | 00:19:37 (69) | 00:40:04 | 00:39:59 |
| 76 | 1000 | Kamil | Jeremicz | Środa Wielkopolska | Polonia Środa | 1998 | M16 | 5 | 71 | | 00:19:29 (61) | 00:40:05 | 00:39:59 |
| 77 | 119 | Tomasz | Witkowski | Kamionki | ALTO Kamionki | 1972 | M40 | 17 | 72 | | 00:19:42 (71) | 00:40:02 | 00:39:59 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|--------------|-----------------------|--|------|------|---------|-----|---|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 78 | 1204 | Tomasz | Krajewski | Poznań | | 1981 | M30 | 19 | 73 | | 00:19:36 (67) | 00:40:06 | 00:40:02 |
| 79 | 27 | Agnieszka | Kuster | Komorniki | KGB Grzmot Komorniki | 1973 | K40 | 2 | | 6 | 00:19:46 (74) | 00:40:11 | 00:40:08 |
| 80 | 587 | Arkadiusz | Stec | Komorniki | KGB Grzmot Komorniki | 1975 | M40 | 18 | 74 | | 00:20:10 (92) | 00:40:27 | 00:40:12 |
| 81 | 451 | Sławomir | Sip | Poznań | CONNECTOR TEAM | 1989 | M20 | 29 | 75 | | 00:20:21 (108) | 00:40:23 | 00:40:20 |
| 82 | 1147 | Marcin | Duda | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1980 | M30 | 20 | 76 | | 00:19:47 (75) | 00:40:29 | 00:40:23 |
| 83 | 733 | Witold | Chylak | Luboń | | 1976 | M40 | 19 | 77 | | 00:20:13 (98) | 00:40:40 | 00:40:24 |
| 84 | 1208 | Krzysztof | Nowak | POZNAŃ | STOMIL POZNAŃ | 1997 | M16 | 6 | 78 | | 00:20:04 (84) | 00:40:33 | 00:40:26 |
| 85 | 87 | ??? | ??? | | | | | | 79 | | 00:20:19 (106) | 00:40:38 | 00:40:28 |
| 86 | 610 | Paweł | Melonek | Grodzisk Wilk. | Grodziski Klub Biegacza | 1966 | M50 | 5 | 80 | | 00:20:11 (94) | 00:40:34 | 00:40:30 |
| 87 | 1089 | Jarosław | Juszczak | Poznań | | 1980 | M30 | 21 | 81 | | 00:20:09 (91) | 00:40:35 | 00:40:32 |
| 88 | 1061 | Marta | Andrzejewska | Boszkowo-Letnisko | Kołownik Włoszakwoice | 1993 | K20 | 3 | | 7 | 00:20:12 (97) | 00:40:41 | 00:40:36 |
| 89 | 1146 | Maciej | Wrona | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1982 | M30 | 22 | 82 | | 00:19:54 (80) | 00:40:52 | 00:40:42 |
| 90 | 861 | Krzysztof | Szaj | Poznań/Kostrzyn | | 1970 | M40 | 20 | 83 | | 00:19:53 (78) | 00:40:48 | 00:40:44 |
| 91 | 629 | Jacek | Błaszczyk | Mosina | Mosina Biega / Adrenalina Fitness | 1979 | M30 | 23 | 84 | | 00:20:18 (103) | 00:40:59 | 00:40:48 |
| 92 | 1215 | Tomasz | Lisiecki | Luboń | TRZYNASTKA PLUS | 1975 | M40 | 21 | 85 | | 00:20:06 (88) | 00:40:55 | 00:40:50 |
| 93 | 630 | Artur | Pietrzak | Swarzędz | CYBINA TEAM | 1973 | M40 | 22 | 86 | | 00:20:14 (101) | 00:41:03 | 00:40:52 |
| 94 | 260 | Dawid | Spychalski | Września | Night Runners Września | 1990 | M20 | 30 | 87 | | 00:20:10 (93) | 00:41:00 | 00:40:55 |
| 95 | 568 | Łukasz | Nagierski | Luboń | T-Mobile Running Team | 1978 | M30 | 24 | 88 | | 00:19:44 (72) | 00:41:01 | 00:40:55 |
| 96 | 1005 | Ewa | Peksa | Wągrowiec | | 1979 | K30 | 3 | | 8 | 00:20:13 (99) | 00:41:01 | 00:40:56 |
| 97 | 968 | Paweł | Bogusz | Poznań | CYBINA TEAM | 1982 | M30 | 25 | 89 | | 00:20:07 (89) | 00:41:12 | 00:41:02 |
| 98 | 669 | Rafał | Krakowiak | Krosno | Mosina Biega | 1989 | M20 | 31 | 90 | | 00:20:18 (104) | 00:41:17 | 00:41:06 |
| 99 | 42 | Krzystian | Piesik | Poznań | SA PSP | 1996 | M20 | 32 | 91 | | 00:19:21 (48) | 00:41:22 | 00:41:13 |
| 100 | 1284 | Antoni | Pazder | Poznań | | 1990 | M20 | 33 | 92 | | 00:20:46 (126) | 00:41:27 | 00:41:13 |
| 101 | 639 | Kamil | Loba | Dopiewo | RAWA TEAM | 1983 | M30 | 26 | 93 | | 00:19:52 (77) | 00:41:31 | 00:41:14 |
| 102 | 433 | Marek | Przytocki | Luboń | CPR Poznań | 1976 | M40 | 23 | 94 | | 00:20:20 (107) | 00:41:31 | 00:41:16 |
| 103 | 40 | Dominik | Łoś | Poznań | SA PSP | 1996 | M20 | 34 | 95 | | 00:19:55 (81) | 00:41:25 | 00:41:18 |
| 104 | 883 | Maciej | Bekier | Komorniki | SCIM | 1979 | M30 | 27 | 96 | | 00:20:28 (115) | 00:41:30 | 00:41:19 |
| 105 | 851 | Tomasz | Molenda | Zbąszyń | | 1993 | M20 | 35 | 97 | | 00:20:53 (135) | 00:41:32 | 00:41:20 |
| 106 | 1228 | Marek | Mocek | Granowo | Danflor Team | 1998 | M16 | 7 | 98 | | 00:20:15 (102) | 00:41:32 | 00:41:22 |
| 107 | 331 | Paweł | Wawrzyniak | Śrem | Mamy-Biegamy | 1981 | M30 | 28 | 99 | | 00:20:05 (86) | 00:41:29 | 00:41:23 |
| 108 | 1220 | Łukasz | Szul | Kościan | | 1991 | M20 | 36 | 100 | | 00:20:04 (85) | 00:41:33 | 00:41:24 |
| 109 | 1058 | Robert | Nowak | Ujazd - Huby | NOWAKI TEAM | 1999 | M16 | 8 | 101 | | 00:20:29 (116) | 00:41:40 | 00:41:30 |
| 110 | 58 | Maciej | Jaśkowiak | Grodzisk Wielkopolski | Grodziski Klub Biegacza | 1974 | M40 | 24 | 102 | | 00:20:18 (105) | 00:41:35 | 00:41:31 |
| 111 | 22 | Zuzanna | Baraniak | Jarocin | MKS Juwenia Puszczykowo | 1997 | K16 | 1 | | 9 | 00:20:05 (87) | 00:41:33 | 00:41:32 |
| 112 | 167 | Dawid | Dąbrowski | Murowana Goślina | Czerwonak Biega | 1990 | M20 | 37 | 103 | | 00:20:24 (113) | 00:41:43 | 00:41:32 |
| 113 | 92 | Maciej | Klaus | Luboń | EXACTUS SPORT TEAM | 1971 | M40 | 25 | 104 | | 00:20:23 (112) | 00:41:53 | 00:41:37 |
| 114 | 907 | Tomasz | Sołtysiak | Swarzędz | | 1971 | M40 | 26 | 105 | | 00:20:33 (120) | 00:41:45 | 00:41:38 |
| 115 | 1285 | Michał | Gil | Luboń | Luboński Klub Biegacza | 1997 | M16 | 9 | 106 | | 00:21:09 (153) | 00:41:51 | 00:41:38 |
| 116 | 1266 | Marek | Winckiewicz | Poznań | Poznań | 1976 | M40 | 27 | 107 | | 00:20:11 (95) | 00:41:51 | 00:41:39 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|--------------------|--------------|--|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 117 | 1265 | Ewa | Kaczmarek | Poznań | | 1989 | K20 | 4 | | 10 | 00:20:41 (122) | 00:41:56 | 00:41:41 |
| 118 | 494 | Remigiusz | Bachorski | Ciosaniec | Zabiegani Sława | 1984 | M30 | 29 | 108 | | 00:20:21 (109) | 00:41:49 | 00:41:42 |
| 119 | 470 | Jakub | Janaszek | Puszczkowo | Goggle PAE Team | 1983 | M30 | 30 | 109 | | 00:20:24 (114) | 00:41:57 | 00:41:44 |
| 120 | 435 | Zbyszek | Kusik | Poznań | Gira się kręci ILiM | 1982 | M30 | 31 | 110 | | 00:20:31 (118) | 00:41:53 | 00:41:47 |
| 121 | 598 | Janusz | Szymański | Poznań | Poznań | 1951 | M65+ | 1 | 111 | | 00:20:42 (124) | 00:42:05 | 00:41:53 |
| 122 | 804 | Marian | Kapitańczyk | Poznań | Malta-Poznań | 1955 | M60 | 1 | 112 | | 00:20:11 (96) | 00:41:55 | 00:41:54 |
| 123 | 454 | Karol | Wachowiak | Poznań | | 1977 | M30 | 32 | 113 | | 00:21:01 (144) | 00:42:13 | 00:41:56 |
| 124 | 590 | Mariusz | Dębicki | Września | Orange Polska | 1975 | M40 | 28 | 114 | | 00:21:04 (148) | 00:42:10 | 00:41:56 |
| 125 | 214 | Dariusz | Szymański | Poznań | Pogoń Radowita | 1974 | M40 | 29 | 115 | | 00:20:21 (110) | 00:42:12 | 00:41:56 |
| 126 | 1305 | Paweł | Krajewski | Poznań | | 1987 | M20 | 38 | 116 | | 00:21:09 (154) | 00:42:04 | 00:41:56 |
| 127 | 238 | Martin | Opaczyk | Poznań | Presto Travel | 1989 | M20 | 39 | 117 | | 00:21:29 (179) | 00:42:16 | 00:41:57 |
| 128 | 476 | Marcin | Foltyński | Gruszczyń | trenertriathlonu.pl | 1977 | M30 | 33 | 118 | | 00:20:38 (121) | 00:42:03 | 00:41:57 |
| 129 | 1121 | Marzena | Siwińska | Witkowo | Witkowo Biega | 1984 | K30 | 4 | | 11 | 00:20:13 (100) | 00:41:59 | 00:41:57 |
| 130 | 387 | Arek | Bednarski | Luboń | | 1981 | M30 | 34 | 119 | | 00:20:51 (131) | 00:42:26 | 00:42:05 |
| 131 | 250 | Janusz | Zaremba | poznan | Biegajnia Poznań | 1957 | M50 | 6 | 120 | | 00:20:43 (125) | 00:42:19 | 00:42:06 |
| 132 | 417 | Maria | Wengierek | Poznań | | 1993 | K20 | 5 | | 12 | 00:20:56 (140) | 00:42:25 | 00:42:11 |
| 133 | 1239 | Wojciech | Wieczerek | Wiry | Wielkopolski klub sportowy | 1979 | M30 | 35 | 121 | | 00:21:00 (142) | 00:43:07 | 00:42:11 |
| 134 | 143 | Marianna | Trzeciak | Poznań | Piatkowo na Biegowo | 1993 | K20 | 6 | | 13 | 00:20:51 (132) | 00:42:19 | 00:42:11 |
| 135 | 1283 | Klaudia | Karolczak | Poznań | Malta Poznań/WSZYSTKOOBIEGANIU. | 1978 | K30 | 5 | | 13 | 00:20:52 (134) | 00:42:17 | 00:42:11 |
| 136 | 255 | Rafał | Paluszkiewicz | Luboń | SPP Team | 1976 | M40 | 30 | 122 | | 00:20:47 (128) | 00:42:25 | 00:42:14 |
| 137 | 101 | Mateusz | Oppeln-Bronikowski | Sierosław | | 1988 | M20 | 40 | 123 | | 00:20:46 (127) | 00:42:24 | 00:42:16 |
| 138 | 1255 | Piotr | Jarczyński | Mosina | | 1983 | M30 | 36 | 124 | | 00:20:29 (117) | 00:42:25 | 00:42:16 |
| 139 | 1042 | Magdalena | Nowak | Ujazd - Huby | Grodziski Klub Biegacza | 1989 | K20 | 7 | | 15 | 00:20:51 (133) | 00:42:27 | 00:42:19 |
| 140 | 126 | Łukasz | Wikierski | Poznań | GB Wielkopolscy Biegacze | 1979 | M30 | 37 | 125 | | 00:20:57 (141) | 00:42:31 | 00:42:19 |
| 141 | 685 | Przemek | Roszyk | Kozięgłowy | ParkRun | 1974 | M40 | 31 | 126 | | 00:20:21 (111) | 00:42:28 | 00:42:22 |
| 142 | 462 | Emilia | Perz | Nowy Tomysl | | 1990 | K20 | 8 | | 16 | 00:21:23 (170) | 00:42:52 | 00:42:25 |
| 143 | 831 | Wojciech | Stachowiak | Dopiewiec | | 1977 | M30 | 38 | 127 | | 00:20:54 (137) | 00:42:42 | 00:42:26 |
| 144 | 1117 | Kamil | Roszyk | Luboń | | 1997 | M16 | 10 | 128 | | 00:20:31 (119) | 00:42:32 | 00:42:26 |
| 145 | 39 | Kamil | Szostak | Poznań | SA PSP | 1993 | M20 | 41 | 129 | | 00:21:10 (156) | 00:42:35 | 00:42:26 |
| 146 | 44 | Adrian | Tadych | Poznań | SA PSP | 1995 | M20 | 42 | 130 | | 00:21:10 (157) | 00:42:40 | 00:42:31 |
| 147 | 1263 | Mikołaj | Wnęk | Luboń | Sportsdirect.com | 1985 | M30 | 39 | 131 | | 00:21:03 (146) | 00:42:49 | 00:42:33 |
| 148 | 429 | Kevin | Gziel | Poznań | parkrun Poznań | 1996 | M20 | 43 | 132 | | 00:20:53 (136) | 00:42:40 | 00:42:34 |
| 149 | 892 | Maciej | Petza | Poznań | montemoro.pl | 1966 | M50 | 7 | 133 | | 00:20:49 (130) | 00:42:45 | 00:42:36 |
| 150 | 1149 | Patryk | Bobeki | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1983 | M30 | 40 | 134 | | 00:21:03 (147) | 00:42:44 | 00:42:37 |
| 151 | 297 | Andrzej | Nowak | Poznań | | 1971 | M40 | 32 | 135 | | 00:21:23 (171) | 00:42:53 | 00:42:38 |
| 152 | 30 | Natalia | Madaj | Poznań | | 1988 | K20 | 9 | | 17 | 00:21:02 (145) | 00:42:47 | 00:42:39 |
| 153 | 1270 | Dawid | Mądroczyk | Szewce | Opalenicki Klub Biegacza | 1989 | M20 | 44 | 136 | | 00:21:24 (173) | 00:42:55 | 00:42:41 |
| 154 | 843 | Łukasz | Fryska | Poznań | | 1985 | M30 | 41 | 137 | | 00:21:12 (160) | 00:43:20 | 00:42:43 |
| 155 | 845 | Daniel | Molenda | Zbąszyń | | 1989 | M20 | 45 | 138 | | 00:21:18 (169) | 00:42:56 | 00:42:44 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|---------------|-------------|--|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 156 | 1024 | Andrzej | Kandulski | Borówiec | Malta Poznań | 1953 | M60 | 2 | 139 | | 00:21:06 (150) | 00:42:50 | 00:42:45 |
| 157 | 731 | Janusz | Wiśniewski | Luboń | Siedmiomilowe Buty | 1973 | M40 | 33 | 140 | | 00:21:43 (188) | 00:42:52 | 00:42:46 |
| 158 | 800 | Agnieszka | Zaluska-Lipa | Mosina | Mosina Biega | 1979 | K30 | 6 | | 18 | 00:20:54 (138) | 00:42:56 | 00:42:46 |
| 159 | 393 | Przemysław | Pochylski | Lubon | ZGRUPKA TEAM | 1974 | M40 | 34 | 141 | | 00:21:12 (161) | 00:43:03 | 00:42:51 |
| 160 | 696 | Stanisław | Mielczarek | Kalisz | | 1957 | M50 | 8 | 142 | | 00:21:10 (158) | 00:43:03 | 00:42:54 |
| 161 | 985 | Andrzej | Szalaty | Borzykowo | ZŁOTE KŁOSY KOŁACZKOWO | 1975 | M40 | 35 | 143 | | 00:21:05 (149) | 00:43:08 | 00:42:54 |
| 162 | 937 | Adam | Dziurla | Poznań | Beiersdorf Sport Team | 1958 | M50 | 9 | 144 | | 00:21:00 (143) | 00:43:06 | 00:42:56 |
| 163 | 489 | Łukasz | Domański | Plewiska | Fitatu Runners | 1981 | M30 | 42 | 145 | | 00:20:48 (129) | 00:43:02 | 00:42:57 |
| 164 | 414 | Krzysztof | Ratajczak | Poznań | | 1980 | M30 | 43 | 146 | | 00:21:31 (181) | 00:43:13 | 00:42:57 |
| 165 | 933 | Filip | Odważny | Poznań | Beiersdorf Sport Team | 1992 | M20 | 46 | 147 | | 00:21:29 (180) | 00:43:11 | 00:43:01 |
| 166 | 966 | Radosław | Buchowski | Poznań | | 1982 | M30 | 44 | 148 | | 00:21:17 (168) | 00:43:23 | 00:43:04 |
| 167 | 667 | Sebastian | Golczak | Komorniki | KGB Grzmot Komorniki | 1976 | M40 | 36 | 149 | | 00:21:09 (155) | 00:43:14 | 00:43:06 |
| 168 | 122 | Maciej | Sznajder | Komorniki | KGB Grzmot Komorniki | 1972 | M40 | 37 | 150 | | 00:21:10 (159) | 00:43:14 | 00:43:06 |
| 169 | 279 | Robert | Dymarski | Mosina | Mosina Biega | 1980 | M30 | 45 | 151 | | 00:20:41 (123) | 00:43:19 | 00:43:08 |
| 170 | 204 | Mateusz | Klecz | Luboń | | 1991 | M20 | 47 | 152 | | 00:20:55 (139) | 00:43:19 | 00:43:13 |
| 171 | 940 | Marek | Stempak | Koziegłowy | Beiersdorf Sport Team | 1979 | M30 | 46 | 153 | | 00:21:31 (182) | 00:43:25 | 00:43:16 |
| 172 | 503 | Dominik | Tomiak | Komorniki | KGB Grzmot Komorniki | 1980 | M30 | 47 | 154 | | 00:21:08 (151) | 00:43:30 | 00:43:17 |
| 173 | 902 | Sławomir | Burchardt | POZNAŃ | KS Hades Poznań | 1966 | M50 | 10 | 155 | | 00:21:15 (165) | 00:43:28 | 00:43:22 |
| 174 | 1158 | Krzysztof | Rajewicz | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1974 | M40 | 38 | 156 | | 00:21:54 (199) | 00:43:37 | 00:43:23 |
| 175 | 747 | Karol | Sołtysiak | Poznań | | 1975 | M40 | 39 | 157 | | 00:21:52 (197) | 00:43:35 | 00:43:23 |
| 176 | 436 | Tomasz | Kaszyński | Luboń | | 1978 | M30 | 48 | 158 | | 00:21:33 (183) | 00:43:43 | 00:43:25 |
| 177 | 720 | Arkadiusz | Galasiński | Luboń | | 1982 | M30 | 49 | 159 | | 00:21:27 (176) | 00:43:33 | 00:43:26 |
| 178 | 1227 | Fryderyk | Wróbel | Jarocin | Roz(BIEG)ane Białe Tygrysy Jarocin | 1979 | M30 | 50 | 160 | | 00:21:48 (193) | 00:43:40 | 00:43:27 |
| 179 | 1233 | Tymoteusz | Łeszyk | Wschowa | Running Cherries | 2000 | M16 | 11 | 161 | | 00:21:28 (178) | 00:43:56 | 00:43:27 |
| 180 | 1136 | Paweł | Grzeszczyk | Dąbrówka | | 1978 | M30 | 51 | 162 | | 00:21:34 (184) | 00:43:47 | 00:43:31 |
| 181 | 41 | Marcin | Podlasiński | Poznań | SA PSP | 1996 | M20 | 48 | 163 | | 00:21:13 (164) | 00:43:40 | 00:43:33 |
| 182 | 465 | Daniel | Roszak | Komorniki | KGB Grzmot Komorniki | 1978 | M30 | 52 | 164 | | 00:21:16 (166) | 00:43:47 | 00:43:34 |
| 183 | 923 | Patryk | Dąbrowski | Poznań | | 1981 | M30 | 53 | 165 | | 00:21:16 (167) | 00:43:44 | 00:43:38 |
| 184 | 205 | Tomasz | Ratajczak | Luboń | | 1999 | M16 | 12 | 166 | | 00:21:26 (175) | 00:43:50 | 00:43:39 |
| 185 | 453 | Paweł | Spychała | Plewiska | | 1968 | M40 | 40 | 167 | | 00:21:38 (185) | 00:43:54 | 00:43:39 |
| 186 | 248 | Wojciech | Pietruszyński | Luboń | | 1995 | M20 | 49 | 168 | | 00:22:00 (209) | 00:44:08 | 00:43:41 |
| 187 | 79 | Michał | Kaczmarek | Włocławek | LUVENA | 1989 | M20 | 50 | 169 | | 00:21:08 (152) | 00:43:58 | 00:43:44 |
| 188 | 1103 | Krzystian | Sobczyk | Kościan | | 1988 | M20 | 51 | 170 | | 00:21:39 (186) | 00:44:06 | 00:43:46 |
| 189 | 961 | Marcin | Bultrowicz | Poznań | Beiersdorf Sport Team | 1977 | M30 | 54 | 171 | | 00:21:23 (172) | 00:44:02 | 00:43:53 |
| 190 | 878 | Łukasz | Padła | Luboń | SPP Team | 1983 | M30 | 55 | 172 | | 00:21:41 (187) | 00:44:11 | 00:43:57 |
| 191 | 1207 | Wojciech | Paluszkiwicz | Mosina | Akademia Sportu Mosina | 1994 | M20 | 52 | 173 | | 00:21:58 (208) | 00:44:33 | 00:43:58 |
| 192 | 1038 | Michał | Goździewski | Poznań | STR Projekt Racing Team | 1981 | M30 | 56 | 174 | | 00:21:25 (174) | 00:44:08 | 00:44:00 |
| 193 | 838 | Edward | Gołębiwski | Pobiedziska | TTKF Płomień Pobiedziska | 1950 | M65+ | 2 | 175 | | 00:21:48 (194) | 00:44:17 | 00:44:02 |
| 194 | 1194 | Marcin | Szczurowski | Plewiska | CHEMPIONI NIEZŁOMNI | 1984 | M30 | 57 | 176 | | 00:21:52 (198) | 00:44:18 | 00:44:07 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|--------------------|-----------------------|--|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 195 | 672 | Marek | Jędraszczak | Poznań | | 1960 | M50 | 11 | 177 | | 00:21:57 (203) | 00:44:15 | 00:44:10 |
| 196 | 1076 | Paweł | Golak | Szreniawa | KGB Grzmot Komorniki | 1960 | M50 | 12 | 178 | | 00:21:44 (189) | 00:44:24 | 00:44:11 |
| 197 | 1157 | Grzegorz | Stańczewski | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1977 | M30 | 58 | 179 | | 00:21:46 (191) | 00:44:23 | 00:44:13 |
| 198 | 1128 | Albert | Trąpczyński | Luboń | | 1991 | M20 | 53 | 180 | | 00:21:57 (204) | 00:44:56 | 00:44:17 |
| 199 | 286 | Agnieszka | Sawicka- Moczulska | Luboń | | 1980 | K30 | 7 | | 19 | 00:22:42 (250) | 00:44:40 | 00:44:20 |
| 200 | 549 | Dorota | Przybylak | Jasin | | 1993 | K20 | 10 | | 20 | 00:21:57 (205) | 00:44:32 | 00:44:23 |
| 201 | 123 | Fabian | Wiktorowski | Poznan | | 1976 | M40 | 41 | 181 | | 00:22:07 (212) | 00:44:46 | 00:44:28 |
| 202 | 776 | Joanna | Domań | Kiekrz | | 1976 | K40 | 3 | | 21 | 00:21:44 (190) | 00:44:40 | 00:44:29 |
| 203 | 1075 | Paweł | Cichowlas | Opalenica | Opalenicki Klub Biegacza | 1983 | M30 | 59 | 182 | | 00:21:48 (195) | 00:44:49 | 00:44:30 |
| 204 | 336 | Marcin | Pieszak | Tarnowo Podgórne | Kanapowe pampry | 1983 | M30 | 60 | 183 | | 00:22:09 (214) | 00:44:48 | 00:44:33 |
| 205 | 540 | Paweł | Urbanowicz | Koszalin | | 1991 | M20 | 54 | 184 | | 00:22:21 (225) | 00:45:02 | 00:44:35 |
| 206 | 118 | Łukasz | Wiza | Luboń | | 1981 | M30 | 61 | 185 | | 00:21:57 (206) | 00:44:55 | 00:44:36 |
| 207 | 1163 | Tomasz | Grygiel | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1980 | M30 | 62 | 186 | | 00:22:27 (230) | 00:45:03 | 00:44:39 |
| 208 | 997 | Leszek | Grześkowiak | Grodzisk Wielkopolski | Grodzicki Klub Biegacza | 1956 | M60 | 3 | 187 | | 00:21:56 (202) | 00:44:50 | 00:44:41 |
| 209 | 193 | Michał | Grochal | Przeźmierowo | | 1988 | M20 | 55 | 188 | | 00:22:34 (242) | 00:45:10 | 00:44:43 |
| 210 | 484 | Adam | Dworaczyk | Luboń | LKB | 1977 | M30 | 63 | 189 | | 00:22:28 (232) | 00:44:59 | 00:44:48 |
| 211 | 363 | Sebastian | Franek | Luboń | GB Wielkopolscy Biegacze | 1977 | M30 | 64 | 190 | | 00:21:54 (200) | 00:45:00 | 00:44:48 |
| 212 | 1295 | Krzysztof | Kanoniczak | Poznań | | 1963 | M50 | 13 | 191 | | 00:22:11 (216) | 00:45:03 | 00:44:48 |
| 213 | 932 | Ryszard | Wesołowski | Poznań | Beiersdorf Sport Team | 1973 | M40 | 42 | 192 | | 00:21:27 (177) | 00:45:02 | 00:44:49 |
| 214 | 908 | Adrian | Sołtysiak | Swarzędz | | 1998 | M16 | 13 | 193 | | 00:22:02 (210) | 00:45:01 | 00:44:53 |
| 215 | 1238 | Radosław | Tomczykowski | Września | | 1972 | M40 | 43 | 194 | | 00:22:18 (222) | 00:45:08 | 00:44:55 |
| 216 | 43 | Mariusz | Dylik | Poznań | SA PSP | 1994 | M20 | 56 | 195 | | 00:21:12 (162) | 00:45:05 | 00:44:57 |
| 217 | 788 | Jacek | Strabel | Komorniki | KB INTREX Poznań | 1980 | M30 | 65 | 196 | | 00:21:49 (196) | 00:45:11 | 00:44:57 |
| 218 | 175 | Andrzej | Grupa | Poznań | Wilda Biega | 1977 | M30 | 66 | 197 | | 00:22:22 (226) | 00:45:13 | 00:44:57 |
| 219 | 375 | Piotr | Wozniak | Lubon | | 1981 | M30 | 67 | 198 | | 00:22:18 (223) | 00:45:09 | 00:44:58 |
| 220 | 52 | Michał | Kowalski | Poznań | Kibole w Biegu | 1982 | M30 | 68 | 199 | | 00:22:48 (254) | 00:46:27 | 00:44:58 |
| 221 | 29 | Jacek | Pawelski | Luboń | Aqua Serwis | 1976 | M40 | 44 | 200 | | 00:21:47 (192) | 00:45:03 | 00:44:59 |
| 222 | 492 | Lucyna | Pauszek-Substyk | Wągrowiec | Biegający Wągrowiec | 1977 | K30 | 8 | | 22 | 00:21:57 (207) | 00:45:09 | 00:45:00 |
| 223 | 399 | Łukasz | Przybylski | Poznań | Butterfly Team | 1971 | M40 | 45 | 201 | | 00:22:09 (215) | 00:45:21 | 00:45:01 |
| 224 | 1062 | Paweł | Kaczmarek | Kostrzyn | Na szlaku Kostrzyn | 1977 | M30 | 69 | 202 | | 00:22:08 (213) | 00:45:16 | 00:45:03 |
| 225 | 407 | Piotr | Makowski | Szreniawa | KGB Grzmot Komorniki | 1972 | M40 | 46 | 203 | | 00:22:04 (211) | 00:45:24 | 00:45:08 |
| 226 | 1247 | Renata | Kasica | Daszewice | rownowaznia.pl | 1978 | K30 | 9 | | 23 | 00:22:14 (218) | 00:45:15 | 00:45:08 |
| 227 | 557 | Mirosław | Fręsko | Poznań | | 1976 | M40 | 47 | 204 | | 00:21:54 (201) | 00:45:27 | 00:45:10 |
| 228 | 325 | Arek | Rogowicz | Luboń | | 1996 | M20 | 57 | 205 | | 00:22:49 (257) | 00:45:41 | 00:45:13 |
| 229 | 556 | Jarosław | Ptak | Luboń | | 1973 | M40 | 48 | 206 | | 00:22:28 (233) | 00:45:35 | 00:45:19 |
| 230 | 300 | Paweł | Zimny | Luboń | Luboń Drużyna Pierścienia | 1974 | M40 | 49 | 207 | | 00:22:37 (247) | 00:45:42 | 00:45:23 |
| 231 | 650 | Rafał | Frański | Luboń | Luboński Klub Biegacza | 1972 | M40 | 50 | 208 | | 00:22:34 (243) | 00:45:57 | 00:45:23 |
| 232 | 708 | Paweł | Korus | jelenia góra | | 1986 | M30 | 70 | 209 | | 00:23:04 (276) | 00:45:51 | 00:45:23 |
| 233 | 576 | Tomasz | Przybecki | Luboń | PRZYBECCY | 1970 | M40 | 51 | 210 | | 00:22:49 (258) | 00:45:59 | 00:45:24 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|--------------|---------------|--|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 234 | 432 | Tytus | Pawlak | Wągrowiec | 12ft | 1987 | M20 | 58 | 211 | | 00:22:41 (248) | 00:45:47 | 00:45:26 |
| 235 | 539 | Bartek | Głuszak | Nekla | UKS Szybki Lopes Nekla | 1999 | M16 | 14 | 212 | | 00:22:36 (244) | 00:45:59 | 00:45:29 |
| 236 | 1168 | Wojciech | Malinowski | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1978 | M30 | 71 | 213 | | 00:22:48 (255) | 00:45:44 | 00:45:31 |
| 237 | 74 | Beata | Mucha | Poznań | | 1973 | K40 | 4 | | 24 | 00:22:13 (217) | 00:45:50 | 00:45:32 |
| 238 | 1162 | Robert | Białoszyński | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1971 | M40 | 52 | 214 | | 00:22:30 (236) | 00:45:46 | 00:45:32 |
| 239 | 177 | Ziemowit | Staszak | Poznań | gRUNwald team Poznań | 1988 | M20 | 59 | 215 | | 00:22:31 (238) | 00:45:43 | 00:45:35 |
| 240 | 54 | Jacek | Gaczkowski | Poznań | | 1983 | M30 | 72 | 216 | | 00:22:54 (263) | 00:45:47 | 00:45:37 |
| 241 | 115 | Dawid | Patej | Swarzędz | | 1983 | M30 | 73 | 217 | | 00:22:54 (264) | 00:45:48 | 00:45:38 |
| 242 | 83 | Patryk | Jankowiak | Szczytniki | LUVENA | 1978 | M30 | 74 | 218 | | 00:24:12 (375) | 00:46:45 | 00:45:40 |
| 243 | 666 | Janusz | Skorliński | Luboń | Poznański klub Karate Kyokushin | 1977 | M30 | 75 | 219 | | 00:22:36 (245) | 00:45:52 | 00:45:40 |
| 244 | 1088 | Andrzej | Sypniewski | Poznań | MW Invest Group | 1977 | M30 | 76 | 220 | | 00:22:26 (229) | 00:45:53 | 00:45:40 |
| 245 | 1237 | Wojciech | Piątek | Poznań, Polen | -0 | 1983 | M30 | 77 | 221 | | 00:23:01 (270) | 00:46:49 | 00:45:41 |
| 246 | 562 | Leszek | Słowik | Zielona Góra | | 1974 | M40 | 53 | 222 | | 00:22:24 (228) | 00:46:09 | 00:45:44 |
| 247 | 1036 | Marcin | Sokołowski | Mosina | | 1982 | M30 | 78 | 223 | | 00:22:41 (249) | 00:46:25 | 00:45:45 |
| 248 | 965 | Krzysztof | Łopąg | Wiry | | 1985 | M30 | 79 | 224 | | 00:22:27 (231) | 00:46:07 | 00:45:47 |
| 249 | 1120 | Andrzej | Kraszkiewicz | Poznań | Sześciopak Poznań | 1982 | M30 | 80 | 225 | | 00:22:16 (220) | 00:46:10 | 00:45:49 |
| 250 | 418 | Beata | Owczarek | Krosinko | | 1977 | K30 | 10 | | 25 | 00:22:55 (265) | 00:46:10 | 00:45:49 |
| 251 | 897 | Robert | Uzarewicz | Plewiska | | 1975 | M40 | 54 | 226 | | 00:22:31 (239) | 00:46:09 | 00:45:51 |
| 252 | 1020 | Mateusz | Krzyżagórski | Poznań | | 1992 | M20 | 60 | 227 | | 00:22:16 (221) | 00:46:08 | 00:45:52 |
| 253 | 251 | Dariusz | Mrugalski | POZNAŃ | | 1979 | M30 | 81 | 228 | | 00:22:22 (227) | 00:46:06 | 00:45:56 |
| 254 | 780 | Marcin | Hering | Borówiec | | 1978 | M30 | 82 | 229 | | 00:23:19 (290) | 00:46:27 | 00:45:56 |
| 255 | 228 | Izabela | Budna | Głuchowo | KGB Grzmot Komorniki | 1973 | K40 | 5 | | 26 | 00:22:33 (241) | 00:46:12 | 00:45:58 |
| 256 | 38 | Piotr | Sadowski | Poznań | SA PSP | 1995 | M20 | 61 | 230 | | 00:21:12 (163) | 00:46:08 | 00:46:01 |
| 257 | 1009 | Sławomir | Koska | czempin | | 1978 | M30 | 83 | 231 | | 00:23:07 (279) | 00:46:32 | 00:46:03 |
| 258 | 702 | Mariusz | Barczak | SWARZĘDZ | | 1975 | M40 | 55 | 232 | | 00:22:59 (267) | 00:46:27 | 00:46:03 |
| 259 | 1213 | Piotr | Kozłowski | Luboń | | 1972 | M40 | 56 | 233 | | 00:23:28 (304) | 00:47:32 | 00:46:08 |
| 260 | 551 | Artur | Pyszny | POZNAŃ | | 1984 | M30 | 84 | 234 | | 00:23:25 (302) | 00:47:40 | 00:46:08 |
| 261 | 203 | Przemysław | Janaszek | Puszczykowo | PTS Puszczykowo | 1980 | M30 | 85 | 235 | | 00:22:46 (252) | 00:46:32 | 00:46:10 |
| 262 | 1101 | Grzegorz | Sobociński | Poznań | META | 1979 | M30 | 86 | 236 | | 00:22:14 (219) | 00:46:34 | 00:46:13 |
| 263 | 51 | Przemysław | Wosik | Luboń | JKBH | 1976 | M40 | 57 | 237 | | 00:22:36 (246) | 00:46:46 | 00:46:17 |
| 264 | 765 | Andrzej | Lewandowski | Luboń | Ławeczka w Parku Witolda | 1974 | M40 | 57 | 237 | | 00:22:44 (251) | 00:46:52 | 00:46:17 |
| 265 | 967 | Damian | Maciejewski | Poznań | PRZYBECCY | 1978 | M30 | 87 | 239 | | 00:22:30 (237) | 00:46:38 | 00:46:19 |
| 266 | 456 | Marzenna | Perz | Nowy Tomysl | Nkb Chyzy | 1968 | K40 | 6 | | 27 | 00:23:02 (273) | 00:46:53 | 00:46:25 |
| 267 | 1218 | Agata | Korczyńska | Poznań | | 1983 | K30 | 11 | | 28 | 00:23:01 (271) | 00:47:07 | 00:46:27 |
| 268 | 1217 | Gabrieł | Gabrielski | Mosina | WALDI | 1977 | M30 | 88 | 240 | | 00:23:00 (269) | 00:47:09 | 00:46:29 |
| 269 | 801 | Dariusz | Lipa | Mosina | | 1979 | M30 | 89 | 241 | | 00:23:17 (289) | 00:46:48 | 00:46:31 |
| 270 | 777 | Marcin | Szafrański | Rosnówko | | 1980 | M30 | 90 | 242 | | 00:23:01 (272) | 00:47:13 | 00:46:32 |
| 271 | 569 | Karolina | Czeska | Mosina | Mosina Biega | 1990 | K20 | 11 | | 29 | 00:23:20 (294) | 00:47:00 | 00:46:34 |
| 272 | 284 | Krzysztof | Szafrański | Komorniki | | 1981 | M30 | 91 | 243 | | 00:22:59 (268) | 00:47:01 | 00:46:35 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|----------------|--------------|--------------|--------------------------|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 273 | 655 | Piotr | Lehmann | Poznań | wbee | 1989 | M20 | 62 | 244 | | 00:22:53 (262) | 00:47:00 | 00:46:38 |
| 274 | 767 | Magdalena | Pakulska | Poznań | Piątkowo na Biegowo | 1976 | K40 | 7 | | 30 | 00:23:13 (283) | 00:46:56 | 00:46:38 |
| 275 | 341 | Piotr | Stojek | Komorniki | KGB Grzmot Komorniki | 1980 | M30 | 92 | 245 | | 00:22:50 (261) | 00:46:55 | 00:46:39 |
| 276 | 1040 | Marcin | Łodyga | grodzisk wkp | Grodziski Klub Biegacza | 1981 | M30 | 93 | 246 | | 00:23:34 (316) | 00:46:59 | 00:46:39 |
| 277 | 303 | Rafał | Wysocki | Stargard | biegamsam.wordpress.com | 1989 | M20 | 63 | 247 | | 00:23:09 (280) | 00:47:19 | 00:46:41 |
| 278 | 1017 | Norbert | Paradowski | Poznań | | 1975 | M40 | 59 | 248 | | 00:23:19 (291) | 00:46:51 | 00:46:42 |
| 279 | 1245 | Marcin | Żyto | Suchy Las | | 1974 | M40 | 60 | 249 | | 00:22:31 (240) | 00:46:58 | 00:46:45 |
| 280 | 73 | Arkadiusz | Zajder | Luboń | | 1975 | M40 | 61 | 250 | | 00:22:58 (266) | 00:47:20 | 00:46:47 |
| 281 | 88 | Mariusz | Tomczak | Mosina | EXACTUS SPORT TEAM | 1972 | M40 | 62 | 251 | | 00:23:16 (285) | 00:47:13 | 00:46:48 |
| 282 | 848 | Damian | Szychowiak | MIĘDZYCHÓD | PMI Runners | 1983 | M30 | 94 | 252 | | 00:22:28 (234) | 00:47:06 | 00:46:51 |
| 283 | 233 | Zbigniew | Zajączkowski | Komorniki | Mamy-Biegamy | 1981 | M30 | 95 | 253 | | 00:22:18 (224) | 00:47:13 | 00:46:52 |
| 284 | 618 | Maciej | Gawęcki | Poznań | Podiceps | 1973 | M40 | 63 | 254 | | 00:23:19 (292) | 00:47:15 | 00:46:52 |
| 285 | 1203 | Sebastian | Pawela | Strzałkowo | Kolka Kosewo | 1976 | M40 | 64 | 255 | | 00:23:58 (354) | 00:47:49 | 00:46:56 |
| 286 | 1292 | Marcin | Antczak | Szczytniki | Fehlau Run Team | 1978 | M30 | 96 | 256 | | 00:24:17 (388) | 00:47:12 | 00:46:57 |
| 287 | 360 | Paweł | Wolniewicz | Dąbrówka | | 1973 | M40 | 65 | 257 | | 00:23:22 (298) | 00:47:27 | 00:47:00 |
| 288 | 257 | Marcin | Piwiński | Luboń | Night Runners | 1976 | M40 | 66 | 258 | | 00:22:49 (259) | 00:47:21 | 00:47:04 |
| 289 | 846 | Radosław | Dembski | Luboń | | 1981 | M30 | 97 | 259 | | 00:23:22 (299) | 00:47:33 | 00:47:05 |
| 290 | 224 | Patryk | Sobkowiak | Plewiska | malyguliwer.pl | 1984 | M30 | 98 | 260 | | 00:23:31 (309) | 00:47:28 | 00:47:06 |
| 291 | 1072 | Dariusz | Kłoda | Czapury | Czapury | 1975 | M40 | 67 | 261 | | 00:23:36 (319) | 00:47:38 | 00:47:08 |
| 292 | 993 | Andrzej | Turek | Ptaszkowo | | 1977 | M30 | 99 | 262 | | 00:24:20 (394) | 00:47:51 | 00:47:09 |
| 293 | 62 | Paweł | Schulz | Luboń | | 1989 | M20 | 64 | 263 | | 00:23:30 (307) | 00:48:06 | 00:47:09 |
| 294 | 538 | Joanna | Świdarska | Boruszyn | KB UE Poznań | 1989 | K20 | 12 | | 31 | 00:23:31 (310) | 00:47:24 | 00:47:14 |
| 295 | 1201 | Sebastian | Stachowiak | Ostrowite | Kolka Kosewo | 2000 | M16 | 15 | 264 | | 00:23:52 (342) | 00:48:13 | 00:47:19 |
| 296 | 757 | Robert | Jerzyński | Pobiedziska | | 1969 | M40 | 68 | 265 | | 00:22:46 (253) | 00:47:37 | 00:47:19 |
| 297 | 68 | Roman | Błaszka | Luboń | LUVENA | 1958 | M50 | 14 | 266 | | 00:23:19 (293) | 00:47:39 | 00:47:19 |
| 298 | 784 | Joanna | Skąpska | Poznań | | 1977 | K30 | 12 | | 32 | 00:23:33 (315) | 00:47:30 | 00:47:20 |
| 299 | 162 | Zbigniew | Łąkowski | Koziegłowy | SiekierkaOgrody.pl | 1975 | M40 | 69 | 267 | | 00:23:02 (274) | 00:47:47 | 00:47:21 |
| 300 | 1241 | Robert | Adamski | Luboń | Drużyna Szpiku | 1967 | M40 | 70 | 268 | | 00:23:22 (300) | 00:47:50 | 00:47:22 |
| 301 | 452 | Jarosław | Salski | wronki | Wroniecki Klub Biegacza | 1986 | M30 | 100 | 269 | | 00:23:29 (306) | 00:47:39 | 00:47:23 |
| 302 | 71 | Kuba | Ciesiołka | Poznań | GB Wielkopolscy Biegacze | 1980 | M30 | 101 | 270 | | 00:23:30 (308) | 00:47:38 | 00:47:23 |
| 303 | 1032 | Krzysztof | Jakubiak | POZNAŃ | Malta Poznań | 1954 | M60 | 4 | 271 | | 00:23:16 (286) | 00:47:33 | 00:47:25 |
| 304 | 1083 | Waldemar | Grześkowiak | Czempiń | drużyna szpiku | 1973 | M40 | 71 | 272 | | 00:23:21 (295) | 00:48:12 | 00:47:26 |
| 305 | 446 | Adrian Dariusz | Badziński | Buk | | 1989 | M20 | 65 | 273 | | 00:22:28 (235) | 00:47:55 | 00:47:27 |
| 306 | 421 | Łukasz | Łyk | Wiry | | 1982 | M30 | 102 | 274 | | 00:24:02 (362) | 00:48:59 | 00:47:28 |
| 307 | 900 | Daniel | Bartosik | Leszno | drużyna szpiku | 1981 | M30 | 103 | 275 | | 00:23:32 (314) | 00:48:43 | 00:47:30 |
| 308 | 468 | Kamil | Piętka | Luboń | | 1982 | M30 | 104 | 276 | | 00:23:35 (317) | 00:47:52 | 00:47:30 |
| 309 | 1028 | Maciej | Adamczyk | POZNAŃ | BZ WBK Runners Team | 1987 | M20 | 66 | 277 | | 00:23:26 (303) | 00:48:01 | 00:47:30 |
| 310 | 564 | Zbigniew | Bukalski | Luboń | | 1970 | M40 | 72 | 278 | | 00:23:02 (275) | 00:47:48 | 00:47:31 |
| 311 | 613 | Piotr | Piętowski | Luboń | Czarna Kula Poznań | 1973 | M40 | 73 | 279 | | 00:23:36 (320) | 00:47:53 | 00:47:35 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|-----------------|------------------|--|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 312 | 1174 | Wojciech | Jaworski | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1970 | M40 | 74 | 280 | | 00:22:48 (256) | 00:47:53 | 00:47:36 |
| 313 | 1029 | Agata | Poturalska | Poznan | Moodbox Team | 1985 | K30 | 13 | | 33 | 00:23:42 (331) | 00:48:24 | 00:47:39 |
| 314 | 1007 | Paweł | Adamczewski | Opalenica | | 1979 | M30 | 105 | 281 | | 00:23:38 (323) | 00:48:03 | 00:47:39 |
| 315 | 1094 | Mariusz | Każmierczak | Poznań | Piątkowo na Biegowo | 1972 | M40 | 75 | 282 | | 00:23:38 (324) | 00:48:23 | 00:47:41 |
| 316 | 1304 | Magdalena | Bień | Kielce | | 1979 | M30 | 106 | 283 | | 00:23:16 (287) | 00:48:06 | 00:47:42 |
| 317 | 161 | Maciej | Wilski | Luboń | Stomatologia Nad Zalemem | 1979 | M30 | 107 | 284 | | 00:23:37 (321) | 00:48:26 | 00:47:42 |
| 318 | 182 | Patryk | Kanarkowski | Luboń | | 1986 | M30 | 108 | 285 | | 00:23:35 (318) | 00:48:22 | 00:47:43 |
| 319 | 896 | Paweł | Kalita | Luboń | | 1993 | M20 | 67 | 286 | | 00:23:23 (301) | 00:48:08 | 00:47:46 |
| 320 | 474 | Michał | Balas | Poznań | Night Runners | 1974 | M40 | 76 | 287 | | 00:24:05 (364) | 00:49:07 | 00:47:48 |
| 321 | 1086 | Marek | Filipiak | Poznań | Scania | 1973 | M40 | 77 | 288 | | 00:24:00 (360) | 00:48:46 | 00:47:50 |
| 322 | 427 | Paweł | Machalski | Luboń | | 1998 | M16 | 16 | 289 | | 00:24:12 (376) | 00:48:21 | 00:47:56 |
| 323 | 824 | Józef | Nowak | SKÓRZEWO | BBC SKÓRZEWO | 1955 | M60 | 5 | 290 | | 00:23:05 (277) | 00:48:17 | 00:47:56 |
| 324 | 978 | Justyna | Lirsz | Biedrusko | | 1976 | K40 | 8 | | 34 | 00:23:21 (296) | 00:48:15 | 00:47:57 |
| 325 | 742 | Przemysław | Nowaczyk | LUBOŃ | Vanilla | 1980 | M30 | 109 | 291 | | 00:23:44 (335) | 00:48:37 | 00:47:57 |
| 326 | 518 | Zosia | Pieszak | Tarnowo Podgorne | Kanapowe pampry | 1985 | K30 | 14 | | 35 | 00:23:28 (305) | 00:48:12 | 00:47:58 |
| 327 | 850 | Robert | Marciniak | Poznan | | 1977 | M30 | 110 | 292 | | 00:23:37 (322) | 00:48:35 | 00:47:58 |
| 328 | 632 | Cezary | Mróz | Dąbrówka | | 1975 | M40 | 78 | 293 | | 00:22:49 (260) | 00:48:09 | 00:47:58 |
| 329 | 1026 | Beata | Lewicka-Płaczek | poznań | Malta-Poznań | 1964 | K50 | 1 | | 36 | 00:23:40 (326) | 00:48:07 | 00:47:58 |
| 330 | 601 | Wojciech | Frąckowiak | Pierzchno | | 1994 | M20 | 68 | 294 | | 00:23:51 (340) | 00:49:13 | 00:48:00 |
| 331 | 425 | Ewelina | Kowalczyk | Luboń | RDK Serwis Biega | 1976 | K40 | 9 | | 37 | 00:23:59 (357) | 00:48:32 | 00:48:01 |
| 332 | 499 | Gerard | Moliński | Wiry | PRZYBECCY | 1974 | M40 | 79 | 295 | | 00:24:20 (395) | 00:49:15 | 00:48:01 |
| 333 | 131 | Anna | Marcinkowska | Komorniki | KGB Grzmot Komorniki | 1980 | K30 | 15 | | 38 | 00:23:43 (333) | 00:48:18 | 00:48:02 |
| 334 | 772 | Rafał | Migdał | Luboń | KP Poznań Grunwald | 1973 | M40 | 80 | 296 | | 00:23:59 (358) | 00:48:21 | 00:48:06 |
| 335 | 256 | Michalina | Matuszczak | Luboń | | 1998 | K16 | 2 | | 39 | 00:24:26 (407) | 00:48:34 | 00:48:07 |
| 336 | 481 | Damian | Nowakowski | Września | | 1989 | M20 | 69 | 297 | | 00:23:56 (350) | 00:48:51 | 00:48:08 |
| 337 | 820 | Łukasz | Bartochowski | Poznań | Kolarze i żeglarze | 1981 | M30 | 111 | 298 | | 00:23:45 (336) | 00:49:22 | 00:48:08 |
| 338 | 714 | Michał | Jankowski | Zalasewo | Zalasewo | 1986 | M30 | 112 | 299 | | 00:23:31 (311) | 00:48:36 | 00:48:09 |
| 339 | 1212 | Mariusz | Kowalczyk | Poznań | gRUNwald team Poznań | 1975 | M40 | 81 | 300 | | 00:23:41 (328) | 00:48:28 | 00:48:10 |
| 340 | 1041 | Iza | Dąbrowska | Poznań | Mud Goats | 1977 | K30 | 16 | | 40 | 00:23:41 (329) | 00:48:29 | 00:48:11 |
| 341 | 659 | Rafał | Augustyniak | Stęszew | | 1985 | M30 | 113 | 301 | | 00:24:20 (396) | 00:48:43 | 00:48:11 |
| 342 | 626 | Barbara | Andrzejewska | Krosinko | Mosina Biega | 1974 | K40 | 10 | | 41 | 00:23:43 (334) | 00:48:54 | 00:48:13 |
| 343 | 114 | Krzysztof | Górecki | Luboń | Botime | 1981 | M30 | 114 | 302 | | 00:24:06 (367) | 00:49:24 | 00:48:14 |
| 344 | 244 | Weronika | Poczwardowska | Bydgoszcz | W36 TEAM | 1992 | K20 | 13 | | 42 | 00:23:50 (339) | 00:48:39 | 00:48:14 |
| 345 | 322 | Marek | Jankowski | Śrem | | 1987 | M20 | 70 | 303 | | 00:23:49 (338) | 00:48:50 | 00:48:15 |
| 346 | 1184 | Sławek | Budziszewski | Luboń | Luboński Klub Biegacza | 1972 | M40 | 82 | 304 | | 00:23:12 (282) | 00:48:48 | 00:48:16 |
| 347 | 1060 | Adam | Araszkiwicz | LUBOŃ | | 1998 | M16 | 17 | 305 | | 00:24:25 (404) | 00:48:42 | 00:48:17 |
| 348 | 173 | Tomasz | Woźniak | Komorniki | Mamy-Biegamy | 1980 | M30 | 115 | 306 | | 00:23:52 (343) | 00:48:39 | 00:48:17 |
| 349 | 353 | Kamila | Mikła | Poznań | 31 Baza Lotnictwa Taktycznego | 1980 | K30 | 17 | | 43 | 00:24:20 (397) | 00:48:40 | 00:48:19 |
| 350 | 1202 | Justyna | Kostrzewa | Ostrowite | Kolka Kosewo | 1987 | K20 | 14 | | 44 | 00:24:27 (410) | 00:49:11 | 00:48:19 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|----------------|-------------|--|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 351 | 726 | Bartosz | Chmielewski | Konin | Stomatologia Nad Zalewem | 1979 | M30 | 116 | 307 | | 00:24:17 (389) | 00:49:00 | 00:48:19 |
| 352 | 493 | Lech | Mysio | Nowy Tomyśl | Morsy Poznań | 1956 | M60 | 6 | 308 | | 00:24:17 (390) | 00:48:52 | 00:48:20 |
| 353 | 567 | Arkadiusz | Frąckowiak | Luboń | | 1966 | M50 | 15 | 309 | | 00:23:52 (344) | 00:49:34 | 00:48:21 |
| 354 | 805 | Ewelina | Burzyńska | Biedrusko | Natura Biedrusko | 1978 | K30 | 18 | | 45 | 00:23:16 (288) | 00:48:44 | 00:48:22 |
| 355 | 658 | Barłomiej | Pietrzak | Luboń | | 1980 | M30 | 117 | 310 | | 00:24:37 (428) | 00:49:10 | 00:48:24 |
| 356 | 405 | Martyna | Przybylska | Poznań | Butterfly Team | 1977 | K30 | 19 | | 46 | 00:23:53 (346) | 00:48:45 | 00:48:25 |
| 357 | 827 | Piotr | Marek | Poznań | Poznań | 1994 | M20 | 71 | 311 | | 00:24:16 (385) | 00:49:04 | 00:48:26 |
| 358 | 1144 | Piotr | Kubicki | Kościan | Dziki Zgon Kościan | 1986 | M30 | 118 | 312 | | 00:24:06 (368) | 00:49:33 | 00:48:27 |
| 359 | 174 | Piotr | Szpjaj | Luboń | SPP Team | 1989 | M20 | 72 | 313 | | 00:23:54 (348) | 00:48:56 | 00:48:27 |
| 360 | 607 | Maciej | Witkowiak | Luboń | | 1978 | M30 | 119 | 314 | | 00:23:56 (351) | 00:49:03 | 00:48:28 |
| 361 | 1303 | Sylvia | Czarnecka | Mosina | EXACTUS SPORT TEAM | 1984 | K30 | 20 | | 47 | 00:24:05 (365) | 00:49:37 | 00:48:29 |
| 362 | 773 | Hanna | Skrzypczak | Miłosław | Miłosław Fortuna Team | 1967 | K40 | 11 | | 48 | 00:24:10 (374) | 00:49:15 | 00:48:29 |
| 363 | 584 | Maciej | Patela | Borkowice | Mosina Biega/Borkowice Bike Team | 1979 | M30 | 120 | 315 | | 00:24:08 (371) | 00:49:12 | 00:48:31 |
| 364 | 130 | Tomasz | Jabłoński | Plewiska | Good Project Team | 1973 | M40 | 83 | 316 | | 00:23:41 (330) | 00:48:49 | 00:48:32 |
| 365 | 1063 | Rafał | Weiss | Czerwonak | | 1967 | M40 | 84 | 317 | | 00:24:05 (366) | 00:49:45 | 00:48:34 |
| 366 | 822 | Małgośka | Płóciennik | Luboń | LIBRA TEAM | 1975 | K40 | 12 | | 49 | 00:23:56 (352) | 00:48:52 | 00:48:34 |
| 367 | 1177 | Jacek | Konieczny | Mosina | Mosina Biega | 1975 | M40 | 85 | 318 | | 00:24:28 (416) | 00:49:13 | 00:48:35 |
| 368 | 1166 | Robert | Halamus | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1970 | M40 | 86 | 319 | | 00:24:21 (398) | 00:48:55 | 00:48:35 |
| 369 | 1082 | Szymon | Grześkowiak | Czempień | drużyna szpiku | 1999 | M16 | 18 | 320 | | 00:24:28 (417) | 00:49:22 | 00:48:36 |
| 370 | 905 | Iwona | Kozłowska | Granowo | klub biegacz Granowo drużyna szpiku | 1971 | K40 | 13 | | 50 | 00:24:06 (369) | 00:49:04 | 00:48:36 |
| 371 | 1244 | Julius | Freeland | Harrisville | Oscoda | 1993 | M20 | 73 | 321 | | 00:24:24 (400) | 00:49:13 | 00:48:38 |
| 372 | 862 | Mateusz | Wąlkowiak | Luboń | MATEO | 1990 | M20 | 74 | 322 | | 00:24:24 (401) | 00:49:13 | 00:48:39 |
| 373 | 1206 | Krzysztof | Lotka | Poznań | | 1972 | M40 | 87 | 323 | | 00:24:27 (411) | 00:49:44 | 00:48:39 |
| 374 | 1254 | Dawid | Ceranek | Luboń | Czerwony Smok Luboń | 1987 | M20 | 75 | 324 | | 00:24:31 (420) | 00:49:44 | 00:48:41 |
| 375 | 560 | Radostaw | Jarczyński | Mosina | Mosina Biega | 1978 | M30 | 121 | 325 | | 00:23:51 (341) | 00:49:25 | 00:48:43 |
| 376 | 760 | Tomasz | Szymański | Poznań | | 1988 | M20 | 76 | 326 | | 00:23:21 (297) | 00:49:04 | 00:48:44 |
| 377 | 1243 | Mikołaj | Wąlkowiak | Luboń | Luboń | 1994 | M20 | 77 | 327 | | 00:24:24 (402) | 00:49:18 | 00:48:44 |
| 378 | 1052 | Tomasz | Marcinek | Poznań | Drużyna Zbója | 1984 | M30 | 122 | 328 | | 00:24:46 (448) | 00:49:03 | 00:48:45 |
| 379 | 570 | Wojciech | Czeski | Mosina | Mosina Biega | 1987 | M20 | 78 | 329 | | 00:24:15 (382) | 00:49:13 | 00:48:46 |
| 380 | 1133 | Mariusz | Krupa | Poznań | Sześciopak Poznań | 1982 | M30 | 123 | 330 | | 00:23:40 (327) | 00:49:11 | 00:48:49 |
| 381 | 1081 | Mateusz | Argasiński | Dopiewiec | Drużyna Zbója | 1983 | M30 | 124 | 331 | | 00:24:45 (442) | 00:49:09 | 00:48:50 |
| 382 | 369 | Artur | Grzybek | LUBOŃ | FORTECA | 1973 | M40 | 88 | 332 | | 00:24:30 (419) | 00:49:24 | 00:48:51 |
| 383 | 1137 | Mikołaj | Kaczmarek | Poznań | | 1995 | M20 | 79 | 333 | | 00:25:34 (515) | 00:50:22 | 00:48:53 |
| 384 | 253 | Martyna | Witecka | Luboń | | 1998 | K16 | 3 | | 51 | 00:24:17 (391) | 00:49:28 | 00:48:57 |
| 385 | 1106 | Łukasz | Kowalczyk | Kościan | | 1987 | M20 | 80 | 334 | | 00:24:27 (412) | 00:49:34 | 00:48:59 |
| 386 | 163 | Jacek | Deja | Poznań | BBL Poznań | 1979 | M30 | 125 | 335 | | 00:23:52 (345) | 00:50:01 | 00:49:02 |
| 387 | 596 | Jacek | Gąsowski | Poznań | | 1972 | M40 | 89 | 336 | | 00:24:41 (434) | 00:49:40 | 00:49:02 |
| 388 | 595 | Iwona | Gąsowska | Poznań | | 1972 | K40 | 14 | | 52 | 00:24:43 (440) | 00:49:40 | 00:49:03 |
| 389 | 586 | Sławomir | Grządzielewski | Luboń | Luboń | 1977 | M30 | 126 | 337 | | 00:23:58 (355) | 00:49:49 | 00:49:03 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|----------------|--------------------|--------------------|------------------------|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 390 | 109 | Mateusz | Zawodny | Luboń | CYBINA TEAM | 1986 | M30 | 127 | 338 | | 00:24:14 (380) | 00:49:18 | 00:49:05 |
| 391 | 1259 | Dariusz | Skwaryło | Kórnik | Stocznowiec Poznań | 1982 | M30 | 128 | 339 | | 00:23:57 (353) | 00:49:44 | 00:49:06 |
| 392 | 840 | Marcin | Mytnik | Poznań | Stocznowiec Poznań | 1977 | M30 | 129 | 340 | | 00:23:58 (356) | 00:49:43 | 00:49:06 |
| 393 | 614 | Michał | Szafran | Luboń | M&M | 1981 | M30 | 130 | 341 | | 00:23:13 (284) | 00:49:29 | 00:49:11 |
| 394 | 501 | Paweł | Kalinowski | Komorniki | XTM | 1985 | M30 | 131 | 342 | | 00:23:53 (347) | 00:49:33 | 00:49:11 |
| 395 | 674 | Sebastian | Maserak | Rabowice | | 1979 | M30 | 132 | 343 | | 00:24:03 (363) | 00:50:04 | 00:49:14 |
| 396 | 981 | Aleksander | Majłowski | Gorzów Wlkp. | | 1950 | M65+ | 3 | 344 | | 00:23:31 (312) | 00:49:30 | 00:49:15 |
| 397 | 546 | Maciej | Przybyszewski | Poznań | | 1977 | M30 | 133 | 345 | | 00:24:54 (457) | 00:50:00 | 00:49:15 |
| 398 | 201 | Andrzej | Korytowski | Poznań | KGB Grzmot Komorniki | 1972 | M40 | 90 | 346 | | 00:24:16 (386) | 00:49:42 | 00:49:15 |
| 399 | 507 | Szymon | Okriak | Batorowo | | 1981 | M30 | 134 | 347 | | 00:24:50 (451) | 00:49:39 | 00:49:16 |
| 400 | 620 | Wiesław Stefan | Majewski | Komorniki | KGB Grzmot Komorniki | 1973 | M40 | 91 | 348 | | 00:24:17 (392) | 00:49:42 | 00:49:16 |
| 401 | 844 | Robert | Balcerak | Połajewo | Weterynaria biega | 1979 | M30 | 135 | 349 | | 00:24:33 (423) | 00:50:00 | 00:49:17 |
| 402 | 527 | Waldemar | Gruchalski | Melpin | NIGHT RUNNER | 1980 | M30 | 136 | 350 | | 00:23:45 (337) | 00:49:47 | 00:49:19 |
| 403 | 94 | Krzysztof | Szymendera | Krosno | EXACTUS SPORT TEAM | 1984 | M30 | 137 | 351 | | 00:24:42 (437) | 00:50:28 | 00:49:19 |
| 404 | 404 | Bartosz | Grzybek | Lubon | | 1978 | M30 | 138 | 352 | | 00:24:22 (399) | 00:49:52 | 00:49:20 |
| 405 | 372 | Jarosław | Sowiński | Tulce | TERAZ TULCE MY BIEGAMY | 1963 | M50 | 16 | 353 | | 00:23:11 (281) | 00:49:25 | 00:49:22 |
| 406 | 615 | Marcin | Szafran | Luboń | | 1983 | M30 | 139 | 354 | | 00:23:42 (332) | 00:49:40 | 00:49:22 |
| 407 | 262 | Barłomiej | Piwecki | Poznań | | 1981 | M30 | 140 | 355 | | 00:24:50 (452) | 00:49:47 | 00:49:24 |
| 408 | 185 | Łukasz | Jastak | Poznań | Starzyści | 1984 | M30 | 141 | 356 | | 00:25:09 (487) | 00:50:53 | 00:49:25 |
| 409 | 1099 | Grzegorz | Wancek | Poznań | | 1973 | M40 | 92 | 357 | | 00:24:25 (405) | 00:50:06 | 00:49:25 |
| 410 | 1090 | Florian | Owczarzak | Środa Wlkp. | PNM Środa Wlkp | 1981 | M30 | 142 | 358 | | 00:24:15 (383) | 00:49:56 | 00:49:26 |
| 411 | 211 | Jarosław | Każmierczak | Środa Wlkp. | Polonia Środa | 1981 | M30 | 143 | 359 | | 00:24:26 (408) | 00:49:58 | 00:49:28 |
| 412 | 926 | Mikołaj | Wiejak | Książ wielkopolski | | 1993 | M20 | 81 | 360 | | 00:24:45 (443) | 00:50:00 | 00:49:30 |
| 413 | 927 | Mariusz | Wiejak | Srem | | 1971 | M40 | 93 | 361 | | 00:24:46 (449) | 00:50:00 | 00:49:31 |
| 414 | 265 | Szymon | Jazy | Luboń | Pomioty Szatana | 1984 | M30 | 144 | 362 | | 00:24:35 (425) | 00:49:53 | 00:49:33 |
| 415 | 536 | Mariusz | Adamczak | OPALENICA | AKTYWNY WÓZKOWICZ | 1982 | M30 | 145 | 363 | | 00:23:05 (278) | 00:49:37 | 00:49:37 |
| 416 | 1267 | Hanczeska | Kuczyńska | Poznań | Maratończyk Poznań | 1979 | K30 | 21 | | 53 | 00:24:36 (426) | 00:50:35 | 00:49:40 |
| 417 | 112 | Agnieszka | Wilczyńska | poznań | nesthorn | 1979 | K30 | 22 | | 54 | 00:24:57 (465) | 00:50:05 | 00:49:41 |
| 418 | 128 | Błażej | Wilczyński | poznań | nesthorn | 1978 | M30 | 146 | 364 | | 00:24:56 (462) | 00:50:05 | 00:49:41 |
| 419 | 382 | Bogusia | Górczyńska | Poznań | STR Poznań | 1983 | K30 | 23 | | 55 | 00:24:15 (384) | 00:50:02 | 00:49:41 |
| 420 | 158 | Beata | Wojcięgowska-Nowak | Luboń | | 1984 | K30 | 24 | | 56 | 00:24:13 (377) | 00:50:16 | 00:49:41 |
| 421 | 293 | Ariel | Imiołek | Trzcianka | CPR Poznań | 1981 | M30 | 147 | 365 | | 00:24:00 (361) | 00:50:13 | 00:49:42 |
| 422 | 891 | Karol | Linnik | Poznań | Torpedo Szczecinek | 1977 | M30 | 148 | 366 | | 00:24:54 (458) | 00:50:28 | 00:49:43 |
| 423 | 594 | Aneta | Jarmużek | Poznań | | 1979 | K30 | 25 | | 57 | 00:24:14 (381) | 00:50:20 | 00:49:46 |
| 424 | 980 | Irena | Majłowska | Gorzów Wlkp. | | 1953 | K60 | 1 | | 58 | 00:24:17 (393) | 00:50:04 | 00:49:47 |
| 425 | 1027 | Łukasz | Zakrzewski | Żabno | | 1978 | M30 | 149 | 367 | | 00:24:41 (435) | 00:50:27 | 00:49:48 |
| 426 | 152 | Łukasz | Rembowicz | Września | | 1982 | M30 | 150 | 368 | | 00:24:38 (431) | 00:50:29 | 00:49:49 |
| 427 | 208 | Robert | Machała | Luboń | | 1977 | M30 | 151 | 369 | | 00:24:09 (373) | 00:50:09 | 00:49:50 |
| 428 | 513 | Marcin | Szóstak | mosina | pajęczek | 1982 | M30 | 152 | 370 | | 00:24:41 (436) | 00:50:35 | 00:49:51 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|-------------|---------------|---------------------------------|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 429 | 487 | Marcin | Szeląg | Poznań | | 1973 | M40 | 94 | 371 | | 00:24:27 (413) | 00:50:15 | 00:49:52 |
| 430 | 597 | Adrian | Taratajcio | Luboń | | 1979 | M30 | 153 | 372 | | 00:23:31 (313) | 00:50:15 | 00:49:52 |
| 431 | 337 | Arkadiusz | Starzyński | Piła | Fort Colomb | 1989 | M20 | 82 | 373 | | 00:24:06 (370) | 00:50:35 | 00:49:52 |
| 432 | 1185 | Renata | Bartoszek | Luboń | Luboński Klub Biegacza | 1979 | K30 | 26 | | 59 | 00:24:43 (441) | 00:50:30 | 00:49:53 |
| 433 | 1130 | Mateusz | Frączowiak | Poznań | Drużyna Jezusa | 2000 | M16 | 19 | 374 | | 00:25:08 (485) | 00:51:12 | 00:49:53 |
| 434 | 762 | Bartosz | Szczęch | Poznań | | 1981 | M30 | 154 | 375 | | 00:24:13 (378) | 00:50:13 | 00:49:54 |
| 435 | 918 | Michał | Matelski | Śrem | | 1989 | M20 | 83 | 376 | | 00:24:36 (427) | 00:50:25 | 00:49:55 |
| 436 | 490 | Marcin | Kuźniarek | Poznań | | 1983 | M30 | 155 | 377 | | 00:24:59 (470) | 00:51:02 | 00:49:56 |
| 437 | 906 | Weronika | Czopik | Śrem | KMP instal-projekt | 1990 | K20 | 15 | | 60 | 00:24:56 (463) | 00:50:28 | 00:49:56 |
| 438 | 904 | Mateusz | Kozak | Śrem | KMP instal-projekt | 1989 | M20 | 84 | 378 | | 00:24:33 (424) | 00:50:29 | 00:49:57 |
| 439 | 274 | Angelika | Strzepka | Koziegłowy | | 1984 | K30 | 27 | | 61 | 00:24:25 (406) | 00:50:30 | 00:49:58 |
| 440 | 920 | Maciej | Nowak | Stęszew | | 1976 | M40 | 95 | 379 | | 00:24:56 (464) | 00:50:30 | 00:49:59 |
| 441 | 145 | Izabela | Bobrowska | Luboń | Mamy-Biegamy | 1990 | K20 | 16 | | 62 | 00:24:40 (432) | 00:50:54 | 00:49:59 |
| 442 | 63 | Wojciech | Bobrowski | Luboń | KB Maniac Poznań | 1990 | M20 | 85 | 380 | | 00:24:40 (433) | 00:50:54 | 00:49:59 |
| 443 | 700 | Michał | Snela | Luboń | | 1974 | M40 | 96 | 381 | | 00:24:57 (466) | 00:51:15 | 00:50:02 |
| 444 | 160 | Marzena | Kwaśna | Luboń | SPP Team | 1971 | K40 | 15 | | 63 | 00:25:03 (479) | 00:50:35 | 00:50:02 |
| 445 | 1002 | Piotr | Radola | Kościan | PM TEAM | 1981 | M30 | 156 | 382 | | 00:24:26 (409) | 00:50:50 | 00:50:04 |
| 446 | 1246 | Robert | Majkowski | Luboń | | 1988 | M20 | 86 | 383 | | 00:24:50 (453) | 00:50:25 | 00:50:04 |
| 447 | 530 | Jakub | Kowalski | Luboń | | 1980 | M30 | 157 | 384 | | 00:24:45 (444) | 00:50:41 | 00:50:04 |
| 448 | 430 | Krzystian | Tarajkowski | Poznań | Tarajkowski TEAM | 1975 | M40 | 97 | 385 | | 00:26:05 (544) | 00:50:57 | 00:50:05 |
| 449 | 790 | Jacek | Sołtysiak | Kleszczewo | | 1996 | M20 | 87 | 386 | | 00:25:00 (471) | 00:50:34 | 00:50:05 |
| 450 | 164 | Aleksandra | Witkowska | Kamionki | ALTO Kamionki | 1973 | K40 | 16 | | 64 | 00:24:45 (445) | 00:50:34 | 00:50:05 |
| 451 | 721 | Stanisław | Kmieciak | Poznań | | 1998 | M16 | 20 | 387 | | 00:23:38 (325) | 00:50:55 | 00:50:06 |
| 452 | 1084 | Robert | Brudnicki | Mosina | | 1989 | M20 | 88 | 388 | | 00:23:54 (349) | 00:50:22 | 00:50:06 |
| 453 | 398 | Magdalena | Burdajewicz | mosina | mosina biega/pajęczek | 1980 | K30 | 28 | | 65 | 00:24:32 (421) | 00:50:32 | 00:50:07 |
| 454 | 736 | Tomasz | Mróz | Pysząca | Night Runners | 1982 | M30 | 158 | 389 | | 00:24:37 (429) | 00:50:56 | 00:50:07 |
| 455 | 32 | Mirek | Juszczak | Poznań | | 1981 | M30 | 159 | 390 | | 00:25:11 (490) | 00:50:52 | 00:50:09 |
| 456 | 1199 | Paulina | Okulska | Ostrowite | Kolka Kosewo | 1998 | K16 | 4 | | 66 | 00:24:27 (414) | 00:51:01 | 00:50:09 |
| 457 | 335 | Maciej | Tomczyk | STĘSZEW | TRZYNASTKA PLUS | 1976 | M40 | 98 | 391 | | 00:24:32 (422) | 00:50:33 | 00:50:11 |
| 458 | 677 | Jacek | Romanowski | Kicin | | 1963 | M50 | 17 | 392 | | 00:24:52 (456) | 00:51:01 | 00:50:13 |
| 459 | 519 | Piotr | Łeszyk | Wschowa | Runing Cherries | 1975 | M40 | 99 | 393 | | 00:25:38 (517) | 00:50:45 | 00:50:14 |
| 460 | 634 | Martyna | Bąkowska | Krosno Mosina | Biegajnia Poznań/Krosno | 1982 | K30 | 29 | | 67 | 00:24:13 (379) | 00:50:40 | 00:50:14 |
| 461 | 919 | Krzysztof | Gorynia | Poznań | amator | 1974 | M40 | 100 | 394 | | 00:25:07 (483) | 00:50:49 | 00:50:14 |
| 462 | 314 | Tomasz | Przybył | Poznań | DęBIEC | 1988 | M20 | 89 | 395 | | 00:25:05 (480) | 00:51:07 | 00:50:15 |
| 463 | 712 | Piotr | Komisarek | Mosina | adrenalina fitness/mosina biega | 1978 | M30 | 160 | 396 | | 00:25:57 (534) | 00:51:14 | 00:50:15 |
| 464 | 318 | Paulina | Gawęcka | Luboń | PZU SPORT TEAM | 1975 | K40 | 17 | | 68 | 00:24:24 (403) | 00:50:39 | 00:50:16 |
| 465 | 424 | Marek | Młynikowski | Swarzędz | Młynki | 1975 | M40 | 101 | 397 | | 00:25:44 (521) | 00:51:31 | 00:50:22 |
| 466 | 197 | Anna | Palacz | Nekla | Active Nekla | 1981 | K30 | 30 | | 69 | 00:24:54 (459) | 00:50:54 | 00:50:29 |
| 467 | 191 | Anna | Strojna | Poznań | gRUNwald team Poznań | 1974 | K40 | 18 | | 70 | 00:24:50 (454) | 00:50:47 | 00:50:29 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|---------------------|-----------------------|----------------------------|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 468 | 995 | Dawid | Palacz | Nekla | Active Nekla | 1981 | M30 | 161 | 398 | | 00:24:55 (461) | 00:50:54 | 00:50:29 |
| 469 | 117 | Maciej | Kaźmierski | Poznań | | 1989 | M20 | 90 | 399 | | 00:25:02 (475) | 00:51:10 | 00:50:30 |
| 470 | 812 | Łukasz | Nowakowski | Przedecz | | 1992 | M20 | 91 | 400 | | 00:25:01 (472) | 00:50:58 | 00:50:31 |
| 471 | 168 | Sławomir | Ciesielski | Luboń | | 1964 | M50 | 18 | 401 | | 00:25:27 (508) | 00:51:16 | 00:50:34 |
| 472 | 591 | Miłosz | Welnic | Kórnik | | 1977 | M30 | 162 | 402 | | 00:24:29 (418) | 00:51:43 | 00:50:34 |
| 473 | 875 | Mateusz | Zawada | Luboń | | 1984 | M30 | 163 | 403 | | 00:24:37 (430) | 00:51:27 | 00:50:36 |
| 474 | 1229 | Bartosz | Gałdyński | Swarzędz | | 1976 | M40 | 102 | 404 | | 00:24:45 (446) | 00:51:58 | 00:50:40 |
| 475 | 640 | Maciej | Staszewski | Dopiewo | RAWA TEAM | 1991 | M20 | 92 | 405 | | 00:24:48 (450) | 00:51:02 | 00:50:40 |
| 476 | 1139 | Mateusz | Rusiecki | Grodzisk Wielkopolski | | 1997 | M16 | 21 | 406 | | 00:24:16 (387) | 00:51:26 | 00:50:41 |
| 477 | 929 | Maciej | Marona | Swarzędz | drużyna szpiku | 1980 | M30 | 164 | 407 | | 00:25:33 (514) | 00:51:43 | 00:50:44 |
| 478 | 376 | Krzysztof | Andrzejewski | Lubon | Lubon | 1974 | M40 | 103 | 408 | | 00:25:12 (491) | 00:51:28 | 00:50:45 |
| 479 | 179 | Anna | Bednarska | Poznań | | 1986 | K30 | 31 | | 71 | 00:25:14 (492) | 00:52:02 | 00:50:45 |
| 480 | 266 | Bartosz | Szpajer | Luboń | CYBINA TEAM | 1987 | M20 | 93 | 409 | | 00:25:02 (476) | 00:51:19 | 00:50:50 |
| 481 | 458 | Michał | Sroka | Krzyż Wlkp. | | 1981 | M30 | 165 | 410 | | 00:25:45 (523) | 00:52:01 | 00:50:50 |
| 482 | 1001 | Marek | Torchala | Nowy Tomyśl | | 1972 | M40 | 104 | 411 | | 00:24:58 (469) | 00:51:47 | 00:50:51 |
| 483 | 495 | Andrzej | Szczęsny | Wschowa | Runing Cherries | 1973 | M40 | 105 | 412 | | 00:25:39 (519) | 00:51:22 | 00:50:52 |
| 484 | 814 | Filip | Gursz | Międzychód | PMI Runners | 1986 | M30 | 166 | 413 | | 00:24:08 (372) | 00:51:35 | 00:50:55 |
| 485 | 463 | Klara | Rennert | Poznań | Kobiety Biegają | 1988 | K20 | 17 | | 72 | 00:25:44 (522) | 00:51:35 | 00:50:56 |
| 486 | 1010 | Leonard | Wojnowski | POZNAŃ | METALSTUDIO | 1960 | M50 | 19 | 414 | | 00:25:22 (500) | 00:51:34 | 00:50:56 |
| 487 | 514 | Marta | Błachut - Laskowska | Poznań | kreatywnie.pl | 1985 | K30 | 32 | | 73 | 00:25:02 (477) | 00:51:44 | 00:50:57 |
| 488 | 517 | Maciej | Laskowski | Poznań | kreatywnie.pl | 1984 | M30 | 167 | 415 | | 00:25:01 (473) | 00:51:44 | 00:50:57 |
| 489 | 994 | Andżelika | Kędzierska | Śrem | | 1994 | K20 | 18 | | 74 | 00:24:57 (467) | 00:51:30 | 00:50:59 |
| 490 | 383 | Darek | Gocyla | Poznań | DARZYBóRUNNER-ska , Poznań | 1966 | M50 | 20 | 416 | | 00:24:50 (455) | 00:51:50 | 00:51:02 |
| 491 | 142 | Marek | Lewandowski | Luboń | | 1958 | M50 | 21 | 417 | | 00:25:06 (482) | 00:51:32 | 00:51:03 |
| 492 | 548 | Grzegorz | Pempera | Luboń | CYBINA TEAM | 1986 | M30 | 168 | 418 | | 00:23:59 (359) | 00:51:18 | 00:51:04 |
| 493 | 213 | Alicja | Łocman | Luboń | CONNECTOR TEAM | 1980 | K30 | 33 | | 75 | 00:24:42 (438) | 00:51:43 | 00:51:04 |
| 494 | 989 | Marcin | Chudziński | Puszczkowo | | 1981 | M30 | 169 | 419 | | 00:25:53 (529) | 00:51:31 | 00:51:05 |
| 495 | 1055 | Marta | Radota | Kościan | PM TEAM | 1985 | K30 | 34 | | 76 | 00:25:22 (501) | 00:51:55 | 00:51:09 |
| 496 | 348 | Tomasz | Zagozda | Luboń | Luboń | 1961 | M50 | 22 | 420 | | 00:25:19 (498) | 00:51:41 | 00:51:10 |
| 497 | 653 | Henryk | Malinowski | Rogoźno | Rogoziński Klub Biegacz | 1954 | M60 | 7 | 421 | | 00:24:45 (447) | 00:52:02 | 00:51:19 |
| 498 | 377 | Paweł | Dąbrowski | Poznań | Wielkopolscy Biegacze | 1975 | M40 | 106 | 422 | | 00:25:10 (489) | 00:52:26 | 00:51:20 |
| 499 | 881 | Grzegorz | Mieczkowski | Luboń | | 1976 | M40 | 107 | 423 | | 00:24:54 (460) | 00:52:37 | 00:51:20 |
| 500 | 1093 | Radostaw | Radom | Luboń | | 1967 | M40 | 108 | 424 | | | 00:52:14 | 00:51:23 |
| 501 | 770 | Łukasz | Kaczmarek | Września | | 1979 | M30 | 170 | 425 | | 00:25:02 (478) | 00:52:31 | 00:51:27 |
| 502 | 1222 | Roman | Panek | Koźmin Wlkp | Miłośnicy Piłki Nożnej | 1959 | M50 | 23 | 426 | | 00:26:29 (583) | 00:52:24 | 00:51:28 |
| 503 | 1279 | Grzegorz | Iszkuło | Kórnik | Dendrorunners | 1973 | M40 | 109 | 427 | | 00:25:52 (528) | 00:52:37 | 00:51:29 |
| 504 | 532 | Konstancja | Lissewska | Poznań | rewor.wordpress.com | 1986 | K30 | 35 | | 77 | 00:25:09 (488) | 00:52:09 | 00:51:30 |
| 505 | 656 | Marek | Szaj | Luboń | | 1978 | M30 | 171 | 428 | | 00:25:14 (493) | 00:51:37 | 00:51:30 |
| 506 | 267 | Piotr | Kocur | Lubon | | 1979 | M30 | 172 | 429 | | 00:25:26 (506) | 00:52:17 | 00:51:33 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|-------------------|-----------------------|--------------------------|------|------|---------|-----|----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 507 | 725 | Joanna | Malak-Chmielewska | Konin | Stomatologia Nad Zalewem | 1979 | K30 | 36 | | 78 | 00:25:23 (504) | 00:52:16 | 00:51:34 |
| 508 | 671 | Jadwiga | Staby | Nawojowa | | 1972 | K40 | 19 | | 79 | 00:25:15 (494) | 00:51:54 | 00:51:40 |
| 509 | 281 | Leszek | Grocholewski | LUBOŃ | MOTOR LUBOŃ TEAM | 1963 | M50 | 24 | 430 | | 00:25:22 (502) | 00:52:14 | 00:51:43 |
| 510 | 319 | Marcin | Błaszyk | Luboń | | 1982 | M30 | 173 | 431 | | 00:25:26 (507) | 00:52:28 | 00:51:43 |
| 511 | 679 | Aneta | Bednarek | Poznań | kobietybiegaja.pl | 1977 | K30 | 37 | | 80 | 00:25:08 (486) | 00:52:23 | 00:51:44 |
| 512 | 343 | Tomasz | Gramza | Poznań | | 1989 | M20 | 94 | 432 | | 00:25:27 (509) | 00:52:29 | 00:51:47 |
| 513 | 648 | Tomasz | Górniak | Strzelce Krajeńskie | | 1973 | M40 | 110 | 433 | | 00:25:55 (531) | 00:52:30 | 00:51:49 |
| 514 | 159 | Marek | Włoszyński | Luboń | | 1972 | M40 | 111 | 434 | | 00:26:11 (546) | 00:52:55 | 00:51:52 |
| 515 | 132 | Łukasz | Gałkowski | Poznań | FOTELIKOWO.PL | 1986 | M30 | 174 | 435 | | 00:26:59 (635) | 00:52:21 | 00:51:52 |
| 516 | 275 | Jacek | Borda | Poznań | | 1988 | M20 | 95 | 436 | | 00:26:03 (542) | 00:52:49 | 00:51:53 |
| 517 | 526 | Wojciech | Suszka | Poznań | BE3 CITYZEN_POZNAŃ | 1988 | M20 | 96 | 437 | | 00:25:05 (481) | 00:52:22 | 00:51:54 |
| 518 | 1291 | Robert | Pękała | Poznań | | 1971 | M40 | 112 | 438 | | 00:25:56 (532) | 00:52:52 | 00:51:57 |
| 519 | 1176 | Michał | Szymański | Mosina | Mosina Biega | 1968 | M40 | 113 | 439 | | 00:25:17 (496) | 00:52:35 | 00:51:59 |
| 520 | 1200 | Żaneta | Orchowska | Ostrowite | Kolka Kosewo | 1998 | K16 | 5 | | 81 | 00:24:27 (415) | 00:52:56 | 00:52:04 |
| 521 | 1107 | Marian | Tatarynowicz | ZIELONA GÓRA | | 1948 | M65+ | 4 | 440 | | 00:25:38 (518) | 00:53:00 | 00:52:06 |
| 522 | 317 | Janusz | Gluz | Opalenica | GP Opalenica | 1964 | M50 | 25 | 441 | | 00:24:57 (468) | 00:52:43 | 00:52:07 |
| 523 | 1132 | Leszek | Domań | Kiekrz | | 1975 | M40 | 114 | 442 | | 00:25:36 (516) | 00:53:31 | 00:52:12 |
| 524 | 689 | Jan | Linkiewicz | Luboń | | 1999 | M16 | 22 | 443 | | 00:26:20 (561) | 00:53:25 | 00:52:15 |
| 525 | 797 | Tomasz | Zajęc | Luboń | | 1972 | M40 | 115 | 444 | | 00:25:59 (537) | 00:53:41 | 00:52:16 |
| 526 | 898 | Piotr | Kobrzeńcecki | Komorniki | KGB Komorniki | 1978 | M30 | 175 | 445 | | 00:26:20 (562) | 00:53:27 | 00:52:17 |
| 527 | 651 | Aleksandra | Kosmowska | Wiry | | 1981 | K30 | 38 | | 82 | 00:26:41 (603) | 00:53:16 | 00:52:17 |
| 528 | 1059 | Ewa | Araszkiewicz | LUBOŃ | | 1971 | K40 | 20 | | 83 | 00:25:19 (499) | 00:52:56 | 00:52:19 |
| 529 | 998 | Danuta | Kusiak | Grodzisk Wielkopolski | Grodziski Klub Biegacza | 1960 | K50 | 2 | | 84 | 00:25:31 (512) | 00:52:40 | 00:52:20 |
| 530 | 1138 | Dawid | Kowalczyk | Kościan | | 1989 | M20 | 97 | 446 | | 00:25:16 (495) | 00:52:55 | 00:52:21 |
| 531 | 579 | Jarosław | Kłosiński | Poznań | | 1961 | M50 | 26 | 447 | | 00:26:20 (563) | 00:54:44 | 00:52:21 |
| 532 | 996 | Waldemar | Dominiak | Konin | | 1985 | M30 | 176 | 448 | | 00:26:31 (586) | 00:53:05 | 00:52:27 |
| 533 | 1192 | Anna | Babst | Luboń | Luboński Klub Biegacza | 1998 | K16 | 6 | | 85 | 00:25:59 (538) | 00:53:02 | 00:52:28 |
| 534 | 491 | Dariusz | Przybecki | wiry | PRZYBECCY | 1982 | M30 | 177 | 449 | | 00:26:17 (554) | 00:53:47 | 00:52:31 |
| 535 | 554 | Malgorzata | Lipska | Czarnków | biegam dla siebie :-) | 1986 | K30 | 39 | | 86 | | 00:53:44 | 00:52:32 |
| 536 | 611 | Joanna | Michalik | Czarnków | | 1988 | K20 | 19 | | 87 | 00:26:14 (550) | 00:53:44 | 00:52:32 |
| 537 | 555 | Mariusz | Kina | Czarnków | biegam bo lubie :-) | 1986 | M30 | 178 | 450 | | 00:26:13 (549) | 00:53:45 | 00:52:33 |
| 538 | 186 | Magda | Walenczak | Lwówek | Maratończyk Poznań | 1984 | K30 | 40 | | 88 | 00:26:20 (564) | 00:53:35 | 00:52:40 |
| 539 | 580 | Robert | Olejniczak | Dopiewo | RAWA TEAM | 1965 | M50 | 27 | 451 | | 00:25:01 (474) | 00:53:32 | 00:52:41 |
| 540 | 792 | Danka | Szczepaniak | Luboń | | 1984 | K30 | 41 | | 89 | 00:26:14 (551) | 00:53:07 | 00:52:42 |
| 541 | 786 | Mateusz | Haberko | Luboń | | 1989 | M20 | 98 | 452 | | 00:25:39 (520) | 00:54:10 | 00:52:42 |
| 542 | 901 | Arkadiusz | Olkowski | Olszewo Borki | OLSZEWO BORKI | 1985 | M30 | 179 | 453 | | 00:25:30 (511) | 00:53:51 | 00:52:44 |
| 543 | 349 | Monika | Włodarska | Luboń | | 1990 | K20 | 20 | | 90 | 00:26:51 (620) | 00:54:16 | 00:52:47 |
| 544 | 624 | Przemysław | Szumitowski | Lubon | | 1975 | M40 | 116 | 454 | | 00:26:28 (577) | 00:53:44 | 00:52:47 |
| 545 | 292 | Agnieszka | Król | Mosina | Mosina Biega | 1981 | K30 | 42 | | 91 | 00:26:19 (558) | 00:53:49 | 00:52:48 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|------------------|-------------|-------------------------|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 546 | 559 | Karolina | Jarczyńska | Mosina | Mosina Biega | 1980 | K30 | 43 | | 92 | 00:26:19 (559) | 00:53:49 | 00:52:48 |
| 547 | 895 | Mateusz | Paluszkiewicz | Poznań | | 1989 | M20 | 99 | 455 | | 00:25:56 (533) | 00:53:26 | 00:52:52 |
| 548 | 277 | Jacek | Schlegel | Luboń | Team Family Luboń | 1968 | M40 | 117 | 456 | | 00:25:07 (484) | 00:53:11 | 00:52:52 |
| 549 | 988 | Joanna | Ziółkowska | Rogalinek | MKS Juvenia Puszczykowo | 1977 | K30 | 44 | | 93 | 00:26:34 (593) | 00:54:14 | 00:53:00 |
| 550 | 889 | Agnieszka | Jędraszek | Paczkowo | Ciacho Team Trathlon | 1973 | K40 | 21 | | 94 | 00:26:49 (610) | 00:54:31 | 00:53:04 |
| 551 | 1274 | Piotr | Maciejewski | JEZIORKI | Buk | 1969 | M40 | 118 | 457 | | 00:27:28 (683) | 00:54:29 | 00:53:05 |
| 552 | 1127 | Filip | Konieczny | Puszczykowo | Puszczykowo | 1974 | M40 | 119 | 458 | | 00:26:20 (565) | 00:54:17 | 00:53:06 |
| 553 | 1021 | Adam | Ciupiński | Poznań | | 1985 | M30 | 180 | 459 | | 00:26:30 (584) | 00:53:55 | 00:53:06 |
| 554 | 135 | Natalia | Nowacka | Żabno | KB Maniac Poznań | 1987 | K20 | 21 | | 95 | 00:25:59 (539) | 00:53:46 | 00:53:06 |
| 555 | 444 | Jakub | Zimny | Krzyszkowo | | 1985 | M30 | 181 | 460 | | 00:26:40 (602) | 00:53:51 | 00:53:07 |
| 556 | 237 | Marcin | Nowak | Plewiska | Tata wymiata | 1980 | M30 | 182 | 461 | | 00:26:15 (552) | 00:54:08 | 00:53:08 |
| 557 | 460 | Radosław | Zygmunt | Skórzewo | | 1976 | M40 | 120 | 462 | | 00:26:31 (587) | 00:54:14 | 00:53:09 |
| 558 | 151 | Magdalena | Godlewska | Poznań | | 1980 | K30 | 45 | | 96 | 00:26:17 (555) | 00:54:08 | 00:53:10 |
| 559 | 80 | Jolanta | Tulińska-Całujek | Komorniki | LUVENA | 1982 | K30 | 46 | | 97 | 00:26:34 (594) | 00:54:15 | 00:53:12 |
| 560 | 33 | Paweł | Sekura | Luboń | SA PSP | 1980 | M30 | 183 | 463 | | 00:26:25 (573) | 00:53:51 | 00:53:13 |
| 561 | 227 | Sławomir | Sosnowski | POZNAŃ | | 1973 | M40 | 121 | 464 | | 00:27:02 (642) | 00:53:41 | 00:53:13 |
| 562 | 34 | Nikola | Sekura | Luboń | | 1988 | K20 | 22 | | 98 | 00:26:25 (574) | 00:53:51 | 00:53:13 |
| 563 | 817 | Józef | Bednarski | Poznań | Night Runners Poznań | 1946 | M65+ | 5 | 465 | | 00:25:17 (497) | 00:53:53 | 00:53:16 |
| 564 | 987 | Adam | Sitek | Lubon | | 1974 | M40 | 122 | 466 | | 00:27:02 (643) | 00:54:48 | 00:53:16 |
| 565 | 705 | Marcin | Szaliński | Poznań | | 1987 | M20 | 100 | 467 | | 00:27:11 (653) | 00:54:05 | 00:53:16 |
| 566 | 355 | Patrycja | Knapek | Zwola | | 1993 | K20 | 23 | | 99 | 00:26:41 (604) | 00:54:18 | 00:53:16 |
| 567 | 1224 | Mateusz | Gołembka | Leszno | Leszno | 1987 | M20 | 101 | 468 | | 00:26:19 (560) | 00:53:51 | 00:53:17 |
| 568 | 592 | Tomasz | Kozak | Luboń | | 1979 | M30 | 184 | 469 | | 00:26:31 (588) | 00:54:30 | 00:53:17 |
| 569 | 415 | Wojciech | Prysiażny | Luboń | | 1981 | M30 | 185 | 470 | | 00:26:32 (589) | 00:54:40 | 00:53:18 |
| 570 | 1209 | Piotr | Marchwicki | Poznań | | 1955 | M60 | 8 | 471 | | 00:26:00 (540) | 00:54:16 | 00:53:19 |
| 571 | 358 | Michał | Wronecki | Poznań | KC Aguś | 1982 | M30 | 186 | 472 | | 00:27:35 (697) | 00:54:34 | 00:53:19 |
| 572 | 524 | Tomasz | Kasperski | Luboń | | 1980 | M30 | 187 | 473 | | 00:26:11 (547) | 00:54:36 | 00:53:19 |
| 573 | 636 | Damian | Liszka | Lubon | | 1985 | M30 | 188 | 474 | | 00:25:25 (505) | 00:54:36 | 00:53:21 |
| 574 | 127 | Monika | Wozniak | Luboń | | 1989 | K20 | 24 | | 100 | 00:25:58 (536) | 00:53:49 | 00:53:21 |
| 575 | 740 | Artur | Bazarnik | Luboń | Kuźnia Triathlonu | 1971 | M40 | 123 | 475 | | 00:25:29 (510) | 00:54:03 | 00:53:21 |
| 576 | 280 | Małgorzata | Jakubczyk | Luboń | | 1981 | K30 | 47 | | 101 | 00:26:50 (614) | 00:53:52 | 00:53:22 |
| 577 | 271 | Rafał | Jakubczyk | Luboń | Triboys | 1981 | M30 | 189 | 476 | | 00:26:50 (615) | 00:53:53 | 00:53:23 |
| 578 | 486 | Damian | Badziński | Buk | | 1996 | M20 | 102 | 477 | | 00:25:22 (503) | 00:53:51 | 00:53:24 |
| 579 | 1290 | Maciej | Solpe | Luboń | | 1968 | M40 | 124 | 478 | | 00:26:28 (578) | 00:54:28 | 00:53:24 |
| 580 | 1006 | Katarzyna | Strzałkowska | Luboń | | 1981 | K30 | 48 | | 102 | 00:26:28 (579) | 00:54:15 | 00:53:25 |
| 581 | 1286 | Michał | Kotecki | Poznań | | 1986 | M30 | 190 | 479 | | 00:27:27 (679) | 00:54:34 | 00:53:26 |
| 582 | 867 | Paweł | Szymański | Leszno | | 1980 | M30 | 191 | 480 | | 00:26:04 (543) | 00:53:44 | 00:53:26 |
| 583 | 373 | Andrzej | Rasiński | Plewiska | | 1958 | M50 | 28 | 481 | | 00:25:57 (535) | 00:53:47 | 00:53:29 |
| 584 | 288 | Andrzej | Drgas | LUBOŃ | MOTOR LUBOŃ TEAM | 1955 | M60 | 9 | 482 | | 00:26:20 (566) | 00:54:01 | 00:53:30 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|---------------|-----------------------|--|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 585 | 368 | Adam | Wieczorek | Poznań | | 1982 | M30 | 192 | 483 | | 00:26:18 (557) | 00:54:52 | 00:53:30 |
| 586 | 410 | Konrad | Krawczyk | Poznań | | 1981 | M30 | 193 | 484 | | 00:27:02 (644) | 00:54:36 | 00:53:30 |
| 587 | 459 | Artur | Pachocki | Wiry | | 1970 | M40 | 125 | 485 | | 00:26:12 (548) | 00:54:40 | 00:53:31 |
| 588 | 647 | Damian | Stępa | Luboń | | 1997 | M16 | 23 | 486 | | 00:28:07 (753) | 00:54:47 | 00:53:33 |
| 589 | 741 | Grzegorz | Broniarczyk | Września | | 1974 | M40 | 126 | 486 | | 00:27:18 (665) | 00:54:16 | 00:53:33 |
| 590 | 585 | Natalia | Kędziora | Luboń | | 1977 | K30 | 49 | | 103 | 00:27:19 (667) | 00:54:51 | 00:53:34 |
| 591 | 116 | Bartosz | Przybyłski | Plewiska | | 1987 | M20 | 103 | 488 | | 00:25:51 (526) | 00:54:11 | 00:53:38 |
| 592 | 223 | Kasia | Malicka | Luboń | | 1982 | K30 | 50 | | 104 | 00:26:26 (575) | 00:54:44 | 00:53:39 |
| 593 | 81 | Michał | Całujek | Komorniki | LUVENA | 1981 | M30 | 194 | 489 | | 00:26:36 (596) | 00:54:44 | 00:53:42 |
| 594 | 1140 | Paweł | Rusiecki | Grodzisk Wielkopolski | | 1971 | M40 | 127 | 490 | | 00:26:45 (608) | 00:54:26 | 00:53:42 |
| 595 | 356 | Wojciech | Kozar | Luboń | | 1990 | M20 | 104 | 491 | | 00:26:08 (545) | 00:54:31 | 00:53:47 |
| 596 | 242 | Joanna | Lorenc | Luboń | | 1979 | K30 | 51 | | 105 | 00:26:00 (541) | 00:54:25 | 00:53:48 |
| 597 | 307 | Piotr | Stojewski | Swarzędz | | 1973 | M40 | 128 | 492 | | 00:26:37 (600) | 00:54:48 | 00:53:48 |
| 598 | 1173 | Filip | Leczek | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1987 | M20 | 105 | 493 | | 00:26:20 (567) | 00:54:47 | 00:53:51 |
| 599 | 296 | Monika | Miedziarek | luboń | | 1983 | K30 | 52 | | 106 | 00:26:28 (580) | 00:54:49 | 00:53:51 |
| 600 | 646 | Marta | Kliszewska | Luboń | | 1978 | K30 | 53 | | 107 | 00:26:58 (631) | 00:54:40 | 00:53:51 |
| 601 | 678 | Paweł | Niżewski | czapury | Mosina Biega | 1980 | M30 | 195 | 494 | | 00:26:58 (632) | 00:54:52 | 00:53:53 |
| 602 | 199 | Izabela | Witkowska | Kamionki | II LO Poznań | 1998 | K16 | 7 | | 108 | 00:26:50 (616) | 00:54:23 | 00:53:56 |
| 603 | 483 | Konstantyn | Doronowicz | Luboń | | 1987 | M20 | 106 | 495 | | 00:26:46 (609) | 00:54:47 | 00:53:57 |
| 604 | 811 | Karolina | Jajeńnica | Poznań | | 1976 | K40 | 22 | | 109 | 00:26:26 (576) | 00:54:46 | 00:53:57 |
| 605 | 558 | Karina | Fręsko | Poznań | | 1974 | K40 | 23 | | 110 | 00:26:59 (636) | 00:54:41 | 00:54:01 |
| 606 | 416 | Krystyna | Koziara | Poznań | | 1957 | K50 | 3 | | 111 | 00:26:23 (571) | 00:54:31 | 00:54:01 |
| 607 | 710 | Normunds | Mackevičs | Poznań | poznanski klub karate Kyokushin | 1975 | M40 | 129 | 496 | | 00:26:55 (627) | 00:54:53 | 00:54:02 |
| 608 | 602 | Arkadiusz | Szajek | Luboń | | 1977 | M30 | 196 | 497 | | 00:26:17 (556) | 00:54:40 | 00:54:02 |
| 609 | 1186 | Marta | Gidaszewska | Luboń | Luboński Klub Biegacza | 1987 | K20 | 25 | | 112 | 00:26:30 (585) | 00:54:43 | 00:54:04 |
| 610 | 727 | Adrianna | Kubiacyk | Krosno | | 1990 | K20 | 26 | | 113 | 00:25:54 (530) | 00:54:32 | 00:54:06 |
| 611 | 1188 | Mikołaj | Babst | Luboń | Luboński Klub Biegacza | 1973 | M40 | 130 | 498 | | 00:26:49 (611) | 00:54:44 | 00:54:06 |
| 612 | 1054 | Marcin | Kozłowicz | Pleszew | | 1991 | M20 | 107 | 499 | | 00:26:49 (612) | 00:54:57 | 00:54:06 |
| 613 | 1187 | Ewelina | Wysocka-Babst | Luboń | Luboński Klub Biegacza | 1978 | K30 | 54 | | 114 | 00:26:32 (590) | 00:54:43 | 00:54:06 |
| 614 | 111 | Łukasz | Krokowski | Luboń | | 1985 | M30 | 197 | 500 | | 00:25:46 (524) | 00:54:40 | 00:54:08 |
| 615 | 825 | Piotr | Zagórski | Śrem | | 1992 | M20 | 108 | 501 | | 00:27:36 (699) | 00:55:15 | 00:54:08 |
| 616 | 936 | Jola | Czyżniewska | Poznań | Beiersdorf Sport Team | 1969 | K40 | 24 | | 115 | 00:27:09 (650) | 00:54:47 | 00:54:09 |
| 617 | 180 | Rafał | Woźniak | Poznań | | 1977 | M30 | 198 | 502 | | 00:26:36 (597) | 00:54:58 | 00:54:10 |
| 618 | 210 | Monika | Moździoch | Poznań | | 1987 | K20 | 27 | | 116 | 00:26:36 (598) | 00:54:58 | 00:54:10 |
| 619 | 60 | Paweł | Garguliński | Poznań | Muzeum Narodowe w Poznaniu | 1974 | M40 | 131 | 503 | | 00:27:57 (732) | 00:54:50 | 00:54:10 |
| 620 | 1196 | Marek | Kądzielak | Rogalinek | Rogalinek | 1975 | M40 | 132 | 504 | | 00:27:57 (733) | 00:54:51 | 00:54:11 |
| 621 | 990 | Damian | Plewa | Luboń | | 1978 | M30 | 199 | 505 | | 00:26:36 (599) | 00:54:59 | 00:54:11 |
| 622 | 652 | Joanna | Jura | Poznań | | 1989 | K20 | 28 | | 117 | 00:26:41 (605) | 00:55:12 | 00:54:13 |
| 623 | 774 | Agnieszka | Ostrowska | Poznań | drużyna szpiku | 1985 | K30 | 55 | | 118 | 00:26:33 (591) | 00:54:34 | 00:54:16 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|---------------|------------------|--|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 624 | 243 | Krzysztof | Pawlak | Poznań | | 1958 | M50 | 29 | 506 | | 00:27:00 (637) | 00:55:14 | 00:54:17 |
| 625 | 364 | Justyna | Terlecka | Poznań | Kibole w Biegu | 1982 | K30 | 56 | | 119 | 00:27:30 (684) | 00:55:28 | 00:54:17 |
| 626 | 170 | Paweł | Opaczyk | Poznań | Presto Travel | 1957 | M50 | 30 | 507 | | 00:26:54 (625) | 00:55:20 | 00:54:18 |
| 627 | 520 | Marcin | Nizio | Luboń | | 1976 | M40 | 133 | 508 | | 00:28:41 (788) | 00:55:43 | 00:54:18 |
| 628 | 1008 | Tomasz | Kosik | Luboń | colian logistic | 1979 | M30 | 200 | 509 | | | 00:55:15 | 00:54:21 |
| 629 | 374 | Zuzanna | Kaczmarek | Poznań | | 1987 | K20 | 29 | | 120 | 00:26:50 (617) | 00:55:10 | 00:54:21 |
| 630 | 169 | Natalia | Gurdek | Śrem | Mamy-Biegamy | 1983 | K30 | 57 | | 121 | 00:26:41 (606) | 00:55:13 | 00:54:22 |
| 631 | 82 | Maciej | Kubala | Luboń | LUVENA | 1971 | M40 | 134 | 510 | | 00:26:33 (592) | 00:55:26 | 00:54:22 |
| 632 | 1282 | Katarzyna | Jedrowska | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1990 | K20 | 30 | | 122 | 00:26:53 (624) | 00:55:12 | 00:54:22 |
| 633 | 787 | Zuzanna | Haberko | Luboń | | 1987 | K20 | 31 | | 123 | 00:26:42 (607) | 00:55:50 | 00:54:22 |
| 634 | 1226 | Tomasz | Pięta | Luboń | TOPFARM | 1977 | M30 | 201 | 511 | | 00:26:52 (622) | 00:55:18 | 00:54:24 |
| 635 | 1129 | Tymoteusz | Trapczyński | Luboń | | 1994 | M20 | 109 | 512 | | 00:25:32 (513) | 00:55:55 | 00:54:25 |
| 636 | 833 | Marek | Przybysz | Mosina | | 1981 | M30 | 202 | 513 | | 00:27:45 (710) | 00:55:41 | 00:54:25 |
| 637 | 488 | Piotr | Wencel | Konarzewo | | 1946 | M65+ | 6 | 514 | | 00:26:28 (581) | 00:55:18 | 00:54:25 |
| 638 | 59 | Piotr | Dulat | Komorniki | KGB Grzmot Komorniki | 1967 | M40 | 135 | 515 | | 00:28:33 (782) | 00:55:01 | 00:54:26 |
| 639 | 963 | Aneta | Nowak | Luboń | | 1972 | K40 | 25 | | 124 | 00:26:22 (569) | 00:55:32 | 00:54:26 |
| 640 | 1253 | Piotr | Nowak | Luboń | | 1968 | M40 | 136 | 516 | | 00:26:21 (568) | 00:55:32 | 00:54:26 |
| 641 | 675 | Michał | Zatoński | Luboń | | 1977 | M30 | 203 | 517 | | 00:26:51 (621) | 00:55:14 | 00:54:26 |
| 642 | 876 | Ryszard | Garbacki | Poznań | | 1953 | M60 | 10 | 518 | | 00:26:54 (626) | 00:55:47 | 00:54:26 |
| 643 | 294 | Andrzej | Janowski | Plewiska | | 1982 | M30 | 204 | 519 | | 00:25:51 (527) | 00:55:01 | 00:54:29 |
| 644 | 662 | Marcin | Szymczak | Mosina | | 1977 | M30 | 205 | 520 | | 00:26:28 (582) | 00:55:34 | 00:54:32 |
| 645 | 290 | Ewa | Galant | Luboń | 40m | 1979 | K30 | 58 | | 125 | 00:26:52 (623) | 00:55:25 | 00:54:35 |
| 646 | 1037 | Kazimierz | Ratajczak | Kościan | KOŚCIAN TEAM | 1956 | M60 | 11 | 521 | | 00:28:06 (750) | 00:55:40 | 00:54:36 |
| 647 | 553 | Dariusz | Salomon | Swarzędz | Kibole w Biegu | 1986 | M30 | 206 | 522 | | 00:27:06 (647) | 00:55:47 | 00:54:38 |
| 648 | 1022 | Eugeniusz | Rybka | Poznań | BGK | 1947 | M65+ | 7 | 523 | | 00:26:22 (570) | 00:55:00 | 00:54:43 |
| 649 | 1160 | Patryk | Tomczak | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1993 | M20 | 110 | 524 | | 00:27:34 (695) | 00:55:41 | 00:54:44 |
| 650 | 970 | Daria | Woźniak | Stęszew | Team Aktywny Stęszew | 1985 | K30 | 59 | | 126 | 00:27:21 (671) | 00:55:43 | 00:54:47 |
| 651 | 759 | Maciej | Walkowiak | Luboń | | 1983 | M30 | 207 | 525 | | 00:29:02 (814) | 00:56:14 | 00:54:50 |
| 652 | 1299 | Artur | Nagły | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1975 | M40 | 137 | 526 | | 00:27:39 (703) | 00:55:54 | 00:54:50 |
| 653 | 991 | Łukasz | Wilczyński | Mosina | | 1980 | M30 | 208 | 527 | | 00:27:00 (638) | 00:55:11 | 00:54:50 |
| 654 | 320 | Anna | Jarczyńska | Mosina | Mosina Biega | 1976 | K40 | 26 | | 127 | 00:27:55 (727) | 00:55:53 | 00:54:52 |
| 655 | 1280 | Marcin | Kózka | Luboń | | 1982 | M30 | 209 | 528 | | 00:28:06 (751) | 00:55:56 | 00:54:52 |
| 656 | 1302 | Jakub | Szydłowski | Świątniki | IDMAR Racing Team Triathlon Division | 1983 | M30 | 210 | 529 | | 00:27:20 (670) | 00:55:39 | 00:54:53 |
| 657 | 1257 | Magdalena | Bąkowska | Poznań | Mamy-Biegamy | 1982 | K30 | 60 | | 128 | 00:27:13 (657) | 00:55:34 | 00:54:53 |
| 658 | 324 | Marek | Fier | Mosina | Mosina Biega | 1981 | M30 | 211 | 530 | | 00:27:56 (730) | 00:55:53 | 00:54:53 |
| 659 | 1258 | Karol | Podborożny | Przemyśl | Mamy-Biegamy Wsparcie Techniczne | 1985 | M30 | 212 | 531 | | 00:27:13 (658) | 00:55:35 | 00:54:54 |
| 660 | 719 | Jacek | Kopa | Luboń | Team Jack | 1976 | M40 | 138 | 532 | | 00:27:49 (719) | 00:56:09 | 00:54:56 |
| 661 | 832 | Karolina | Kucz-Zaworska | Murowana Goślina | SCIM | 1977 | K30 | 61 | | 129 | 00:27:06 (648) | 00:55:25 | 00:54:58 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|--------------------|-----------------|--|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 662 | 1179 | Łukasz | Idkowiak | Mosina | IDMAR Racing Team Triathlon Division | 1979 | M30 | 213 | 533 | | 00:27:21 (672) | 00:55:46 | 00:55:01 |
| 663 | 1035 | Beata | Grząślewicz | Kościan | KOŚCIAN TEAM | 1963 | K50 | 4 | | 130 | 00:26:58 (633) | 00:55:51 | 00:55:01 |
| 664 | 1111 | Jakub | Kubiak | Mosina | BRATBUD SUPER KILER JUNIOR | 2000 | M16 | 24 | 534 | | 00:27:26 (675) | 00:55:47 | 00:55:03 |
| 665 | 515 | Kamila | Pruszek-Postuszny | Komorniki | Mamy-Biegamy | 1983 | K30 | 62 | | 131 | 00:27:32 (687) | 00:56:19 | 00:55:05 |
| 666 | 338 | Krzysztof | Spychalski | Chodzież | | 1973 | M40 | 139 | 535 | | 00:27:40 (704) | 00:55:45 | 00:55:06 |
| 667 | 645 | Anna | Hoffmann-Kutkowska | Wiry | | 1978 | K30 | 63 | | 132 | 00:27:40 (705) | 00:56:41 | 00:55:06 |
| 668 | 969 | Lidia | Buczel | Wiry | Mamy Biegamy | 1981 | K30 | 64 | | 133 | 00:27:33 (688) | 00:56:20 | 00:55:07 |
| 669 | 1095 | Magdalena | Szafrańska | Stęszew | | 1975 | K40 | 27 | | 134 | 00:26:34 (595) | 00:56:05 | 00:55:10 |
| 670 | 261 | Monika | Czyż | Września | | 1993 | K20 | 32 | | 135 | 00:27:12 (654) | 00:56:03 | 00:55:10 |
| 671 | 234 | Marek | Czyż | Września | Night Runners Września | 1992 | M20 | 111 | 536 | | 00:27:12 (655) | 00:56:04 | 00:55:11 |
| 672 | 617 | Szymon | Walkiewicz | Śrem | | 1979 | M30 | 214 | 537 | | 00:26:24 (572) | 00:56:03 | 00:55:12 |
| 673 | 136 | Piotr | Jachnik | Luboń | | 1981 | M30 | 215 | 538 | | 00:26:50 (618) | 00:56:10 | 00:55:13 |
| 674 | 121 | Joanna | Jakubowska | Poznań | Decathlon Franowo | 1989 | K20 | 33 | | 136 | 00:27:33 (689) | 00:56:28 | 00:55:17 |
| 675 | 1064 | Michał | Szymański | Czempiń | | 1996 | M20 | 112 | 539 | | 00:27:27 (680) | 00:56:53 | 00:55:20 |
| 676 | 66 | Michał | Fiedler | Komorniki | | 1964 | M50 | 31 | 540 | | 00:27:46 (713) | 00:56:18 | 00:55:20 |
| 677 | 604 | Mieczysław | Budziński | Poznań | | 1956 | M60 | 12 | 541 | | 00:27:06 (649) | 00:56:05 | 00:55:21 |
| 678 | 1148 | Łukasz | Kruszewski | Daszewice | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1979 | M30 | 216 | 542 | | 00:28:07 (754) | 00:56:35 | 00:55:23 |
| 679 | 259 | Sławomir | Golak | Luboń | | 1968 | M40 | 140 | 543 | | 00:27:52 (725) | 00:55:57 | 00:55:23 |
| 680 | 447 | Przemysław | Błaszak | Poznań | | 1961 | M50 | 32 | 544 | | 00:27:10 (651) | 00:56:07 | 00:55:24 |
| 681 | 701 | Marek | Korytowski | Luboń | | 1973 | M40 | 141 | 545 | | 00:27:33 (690) | 00:56:39 | 00:55:24 |
| 682 | 819 | Damian | Kmieciak | Poznań | | 1985 | M30 | 217 | 546 | | 00:27:12 (656) | 00:56:48 | 00:55:24 |
| 683 | 566 | Sebastian | Tylman | Poznań | | 1985 | M30 | 218 | 547 | | 00:28:01 (741) | 00:56:08 | 00:55:26 |
| 684 | 565 | Iwona | Wiatr | Poznań | | 1987 | K20 | 34 | | 137 | 00:28:01 (742) | 00:56:08 | 00:55:26 |
| 685 | 984 | Alicja | Czerwińska | Luboń | | 1989 | K20 | 35 | | 138 | 00:27:48 (717) | 00:56:02 | 00:55:28 |
| 686 | 1004 | Łukasz | Pękala | Poznań | Rok | 1992 | M20 | 113 | 548 | | 00:27:49 (720) | 00:56:02 | 00:55:29 |
| 687 | 428 | Filip | Chmarzyński | Poznań | KS HADES | 1980 | M30 | 219 | 549 | | 00:26:56 (629) | 00:56:55 | 00:55:30 |
| 688 | 1193 | Rafał | Nuckowski | Luboń | Luboński Klub Biegacza | 1974 | M40 | 142 | 550 | | 00:25:50 (525) | 00:55:58 | 00:55:31 |
| 689 | 67 | Damian | Brodnicki | Poznań | KB MANIAC Poznań/ TKKF MPK Poznań. | 1983 | M30 | 220 | 551 | | 00:26:50 (619) | 00:56:24 | 00:55:32 |
| 690 | 457 | Piotr | Frąckowiak | Poznań | Drużyna Jezusa | 1972 | M40 | 143 | 552 | | 00:28:20 (773) | 00:56:51 | 00:55:32 |
| 691 | 1281 | Andrzej | Stanczewski | Kórnik | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1978 | M30 | 221 | 553 | | 00:27:26 (676) | 00:56:17 | 00:55:32 |
| 692 | 885 | Piotr | Tacij | Komorniki | SCIM | 1977 | M30 | 222 | 554 | | 00:27:04 (645) | 00:56:00 | 00:55:32 |
| 693 | 950 | Piotr | Wesołek | Chocicza | Beiersdorf Sport Team | 1988 | M20 | 114 | 555 | | 00:28:24 (775) | 00:56:56 | 00:55:33 |
| 694 | 854 | Kasia | Semmler | TUCHORZA | SANMAR TRANSPORT SPEDYCJA | 1980 | K30 | 65 | | 139 | 00:27:45 (711) | 00:57:05 | 00:55:33 |
| 695 | 56 | Konrad | Marciniak | Komorniki | | 1988 | M20 | 115 | 556 | | 00:27:33 (691) | 00:56:51 | 00:55:39 |
| 696 | 884 | Krzysztof | Sabiniewicz | Zalasewo | | 1971 | M40 | 144 | 557 | | 00:27:35 (698) | 00:56:46 | 00:55:43 |
| 697 | 289 | Izabela | Szukalska | Luboń | | 1972 | K40 | 28 | | 140 | 00:26:58 (634) | 00:56:34 | 00:55:45 |
| 698 | 236 | Joanna | Klimasyk | Grodzisk Wilkp. | | 1980 | K30 | 66 | | 141 | 00:27:22 (673) | 00:56:48 | 00:55:48 |
| 699 | 1044 | Kajetan | Biczkowski | Poznań | Night Runners / Żabka Team | 1991 | M20 | 116 | 558 | | 00:27:26 (677) | 00:56:47 | 00:55:49 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|--------------------|-------------------|------------------------------------|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 700 | 730 | Marcin | Lubiński | Komorniki | | 1973 | M40 | 145 | 559 | | 00:27:04 (646) | 00:57:11 | 00:55:53 |
| 701 | 605 | Beata | Jakubowska | Poznań | | 1969 | K40 | 29 | | 142 | 00:27:37 (700) | 00:56:58 | 00:55:53 |
| 702 | 254 | Mariusz | Budżko | Gdańsk | Dwie Brody | 1976 | M40 | 146 | 560 | | 00:27:15 (663) | 00:57:03 | 00:55:55 |
| 703 | 834 | Edyta | Idasiak-Wozniak | LUBON | | 1975 | K40 | 30 | | 143 | 00:27:34 (696) | 00:57:12 | 00:55:57 |
| 704 | 563 | Paweł | Ratajczak | Poznań | Go-Go | 1990 | M20 | 117 | 561 | | 00:28:00 (739) | 00:57:35 | 00:56:01 |
| 705 | 808 | Patryk | Barański | Luboń | | 1973 | M40 | 147 | 562 | | 00:27:46 (714) | 00:57:17 | 00:56:02 |
| 706 | 502 | Patryk | Burchardt | Poznań | | 1991 | M20 | 118 | 563 | | 00:27:47 (716) | 00:57:28 | 00:56:07 |
| 707 | 531 | Monika | Świątek-Twardowska | LUBOŃ | Mamy-Biegamy | 1978 | K30 | 67 | | 144 | 00:28:00 (740) | 00:57:24 | 00:56:07 |
| 708 | 916 | Michał | Prył | Poznań / Skórzewo | BBL Poznań | 1979 | M30 | 223 | 564 | | 00:26:16 (553) | 00:57:20 | 00:56:10 |
| 709 | 924 | Michał | Kałas | Poznań | | 1981 | M30 | 224 | 565 | | 00:27:57 (734) | 00:57:49 | 00:56:12 |
| 710 | 869 | Rafał | Boguś | Luboń | MajLen | 1976 | M40 | 148 | 566 | | 00:28:18 (770) | 00:57:38 | 00:56:12 |
| 711 | 523 | Marcin | Idkowiak | Krosinko/Mosina | KS IDMAR | 1976 | M40 | 149 | 567 | | 00:27:26 (678) | 00:56:58 | 00:56:12 |
| 712 | 943 | Anna | Rutkowska | Poznań | Beiersdorf Sport Team | 1974 | K40 | 31 | | 145 | 00:27:27 (681) | 00:57:15 | 00:56:13 |
| 713 | 1110 | Dariusz | Kubiak | Mosina | BRATBUD SUPER KILER | 1971 | M40 | 150 | 568 | | 00:27:27 (682) | 00:56:59 | 00:56:14 |
| 714 | 1045 | Joanna | Wągrowka | Luboń | | 1991 | K20 | 36 | | 146 | 00:28:47 (792) | 00:57:42 | 00:56:15 |
| 715 | 794 | Jędrzej | Jarych | Poznań | | 2000 | M16 | 25 | 569 | | 00:27:59 (737) | 00:57:23 | 00:56:17 |
| 716 | 860 | Hanna | Kuchwald | Czapury | | 1980 | K30 | 68 | | 147 | 00:27:49 (721) | 00:56:53 | 00:56:17 |
| 717 | 1126 | Tomasz | Kudlinski | Czapury | kudlinskitt@gmail.com | 1985 | M30 | 225 | 570 | | 00:28:01 (743) | 00:57:20 | 00:56:18 |
| 718 | 273 | Szymon | Hardyk | Tulce | | 1986 | M30 | 226 | 571 | | 00:27:40 (706) | 00:57:36 | 00:56:19 |
| 719 | 120 | Adam | Przybył | Daszewice | PRESS-SERVICE Monitoring Mediów | 1984 | M30 | 227 | 572 | | 00:27:54 (726) | 00:57:46 | 00:56:20 |
| 720 | 403 | Grzegorz | Litwin | Luboń | | 1968 | M40 | 151 | 573 | | 00:27:13 (659) | 00:56:42 | 00:56:21 |
| 721 | 686 | Sylwia | Roszyk | Koziegłowy | parkrun Poznań | 1978 | K30 | 69 | | 148 | 00:27:13 (660) | 00:56:44 | 00:56:21 |
| 722 | 226 | Grzegorz | Kuczmaja | Luboń | | 1988 | M20 | 119 | 574 | | 00:26:38 (601) | 00:56:55 | 00:56:22 |
| 723 | 1287 | Marek | Goslinski | Luboń | | 1985 | M30 | 228 | 575 | | 00:28:13 (763) | 00:57:31 | 00:56:23 |
| 724 | 49 | Marcin | Lipiński | Luboń | | 1986 | M30 | 229 | 576 | | 00:28:12 (762) | 00:57:32 | 00:56:24 |
| 725 | 1066 | Kasia | Włodarczyk | Poznań | Biegajacamatka.pl/Smashing Papkins | 1984 | K30 | 70 | | 149 | 00:27:14 (662) | 00:57:01 | 00:56:24 |
| 726 | 258 | Piotr | Dyk | Luboń | Dwie Brody | 1980 | M30 | 230 | 577 | | 00:27:23 (674) | 00:57:33 | 00:56:26 |
| 727 | 1109 | Dominik | Tomaszewski | Kórnik | Dendrorunners | 1972 | M40 | 152 | 578 | | 00:27:33 (692) | 00:57:14 | 00:56:26 |
| 728 | 1115 | Wojciech | Kurosiński | Czmoń | OAZA KÓRNIK | 1983 | M30 | 231 | 579 | | 00:27:33 (693) | 00:57:14 | 00:56:27 |
| 729 | 235 | Iwona | Mrugalska | POZNAŃ | | 1979 | K30 | 71 | | 150 | 00:27:30 (685) | 00:56:56 | 00:56:30 |
| 730 | 350 | Jarosław | Sobieraj | Luboń | | 1979 | M30 | 232 | 580 | | 00:26:56 (630) | 00:57:26 | 00:56:31 |
| 731 | 508 | Dorota | Ptak | Poznań | | 1970 | K40 | 32 | | 151 | 00:28:25 (777) | 00:57:52 | 00:56:31 |
| 732 | 379 | Artur | Wachowiak | Poznań | | 1987 | M20 | 120 | 581 | | 00:27:30 (686) | 00:57:20 | 00:56:32 |
| 733 | 880 | Dominika | Krzyminska | Gałowo/Szamotuły | | 1976 | K40 | 33 | | 152 | 00:27:48 (718) | 00:57:43 | 00:56:32 |
| 734 | 715 | Grzegorz | Nowicki | Swarzędz | | 1986 | M30 | 233 | 582 | | 00:27:19 (668) | 00:57:41 | 00:56:33 |
| 735 | 798 | Michał | Graf | Luboń | | 1977 | M30 | 234 | 583 | | 00:28:01 (744) | 00:57:59 | 00:56:33 |
| 736 | 879 | Tomek | Krzyminski | Gałowo/Szamotuły | | 1974 | M40 | 153 | 584 | | 00:27:49 (722) | 00:57:43 | 00:56:33 |
| 737 | 392 | Tomasz | Ryczak | Poznań | Michałek Team | 1985 | M30 | 235 | 585 | | 00:26:49 (613) | 00:57:30 | 00:56:35 |
| 738 | 1067 | Krzysztof | Kozak | Luboń | | 1973 | M40 | 154 | 586 | | 00:27:33 (694) | 00:57:42 | 00:56:39 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|------------------|-------------|--|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 739 | 676 | Violeta | Włodarska | Luboń | | 1965 | K50 | 5 | | 153 | 00:27:45 (712) | 00:58:07 | 00:56:40 |
| 740 | 1033 | Halina | Borowicz | Poznań | | 1956 | K60 | 2 | | 154 | 00:28:24 (776) | 00:57:59 | 00:56:44 |
| 741 | 1102 | Jolanta | Przerwa-Bech | Mosina | | 1978 | K30 | 72 | | 155 | 00:27:37 (701) | 00:58:12 | 00:56:44 |
| 742 | 1273 | Piotr | Walkowiak | LUBOŃ | MATEO | 1969 | M40 | 155 | 587 | | 00:27:13 (661) | 00:57:19 | 00:56:45 |
| 743 | 922 | Justyna | Jedut | Orchowo | | 1984 | K30 | 73 | | 156 | 00:27:59 (738) | 00:58:01 | 00:56:48 |
| 744 | 799 | Arkadiusz | Bednarek | Poznań | KB Katorznik Murowana Goślina | 1977 | M30 | 236 | 588 | | 00:28:15 (766) | 00:57:54 | 00:56:50 |
| 745 | 830 | Agnieszka | Stachowiak | Dopiewiec | | 1977 | K30 | 74 | | 157 | 00:28:16 (769) | 00:57:53 | 00:56:50 |
| 746 | 1294 | Mateusz | Janiak | Ostrzeszów | | 1996 | M20 | 121 | 589 | | 00:27:37 (702) | 00:57:53 | 00:56:51 |
| 747 | 1074 | Weronika | Cichowlas | Opalenica | Opalenicki Klub Biegacza | 1987 | K20 | 37 | | 158 | 00:28:06 (752) | 00:57:48 | 00:56:52 |
| 748 | 76 | Jakub | Dzidowski | Poznań | LUVENA | 1978 | M30 | 237 | 590 | | 00:28:57 (810) | 00:57:57 | 00:56:54 |
| 749 | 154 | Barbara | Filipowicz | Poznań | | 1978 | K30 | 75 | | 159 | 00:27:41 (707) | 00:57:21 | 00:56:55 |
| 750 | 445 | Andrzej | Nowicki | Poznań | Pomioty Szatana | 1991 | M20 | 122 | 591 | | 00:27:57 (735) | 00:58:01 | 00:57:03 |
| 751 | 315 | Edyta | Siebert | Luboń | | 1977 | K30 | 76 | | 160 | 00:28:04 (745) | 00:58:20 | 00:57:04 |
| 752 | 93 | Anna | Rudnicka | Mosina | EXACTUS SPORT TEAM | 1975 | K40 | 34 | | 161 | 00:27:10 (652) | 00:58:36 | 00:57:09 |
| 753 | 1079 | Michał | Sikorski | Wieruszów | | 1993 | M20 | 123 | 592 | | 00:29:08 (818) | 00:58:38 | 00:57:10 |
| 754 | 283 | Marcin | Godlewski | Poznań | | 1980 | M30 | 238 | 593 | | 00:28:10 (758) | 00:58:20 | 00:57:10 |
| 755 | 853 | Maciej | Zięba | Poznań | BBL Poznań | 1982 | M30 | 239 | 594 | | 00:27:46 (715) | 00:58:27 | 00:57:11 |
| 756 | 680 | Anna | Kurcius-Smoczyk | Luboń | | 1976 | K40 | 35 | | 162 | 00:27:44 (709) | 00:57:45 | 00:57:12 |
| 757 | 914 | Magdalena | Ławniczak | Poznań | | 1979 | K30 | 77 | | 163 | 00:28:21 (774) | 00:58:19 | 00:57:12 |
| 758 | 1105 | Lilianna | Jędrzejczak | Poznań | | 1993 | K20 | 38 | | 164 | 00:28:10 (759) | 00:58:38 | 00:57:12 |
| 759 | 380 | Marcin | Waś | Poznań | :D | 1983 | M30 | 240 | 595 | | 00:30:51 (918) | 00:58:49 | 00:57:16 |
| 760 | 982 | Janusz | Czerwiński | Luboń | | 1957 | M50 | 33 | 596 | | 00:28:05 (746) | 00:58:32 | 00:57:17 |
| 761 | 65 | Barbara | Gierszewska | Poznań | | 1954 | K60 | 3 | | 165 | 00:27:55 (728) | 00:57:45 | 00:57:20 |
| 762 | 1087 | Agnieszka | Filipiak | Poznań | Scania | 1975 | K40 | 36 | | 166 | 00:27:57 (736) | 00:58:18 | 00:57:21 |
| 763 | 443 | Katarzyna | Mizerna | Luboń | | 1984 | K30 | 78 | | 167 | 00:27:56 (731) | 00:58:02 | 00:57:24 |
| 764 | 287 | Piotr | Schlegel | Luboń | Team Family Luboń | 1978 | M30 | 241 | 597 | | 00:27:01 (641) | 00:57:46 | 00:57:26 |
| 765 | 890 | Dariusz | Zgrabka | Luboń | | 1961 | M50 | 34 | 598 | | 00:27:55 (729) | 00:57:52 | 00:57:27 |
| 766 | 1161 | Radek | Kaczor | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1969 | M40 | 156 | 599 | | 00:28:18 (771) | 00:58:25 | 00:57:28 |
| 767 | 737 | Magdalena | Padła | Luboń | | 1983 | K30 | 79 | | 168 | 00:28:47 (793) | 00:58:06 | 00:57:29 |
| 768 | 365 | Natalia | Mankiewicz | Luboń | | 1987 | K20 | 39 | | 169 | 00:28:54 (805) | 00:58:38 | 00:57:30 |
| 769 | 865 | Łukasz | Grześniński | Jarocin | Foto Grzesina | 1980 | M30 | 242 | 600 | | 00:29:03 (817) | 00:59:03 | 00:57:32 |
| 770 | 1293 | Krzysztof | Nowinka | Luboń | | 1974 | M40 | 157 | 601 | | 00:29:02 (815) | 00:58:42 | 00:57:36 |
| 771 | 917 | Piotr | Żakowski | Plewiska | | 1974 | M40 | 158 | 602 | | 00:29:28 (841) | 00:59:04 | 00:57:37 |
| 772 | 195 | Kasia | Zawiasieńska-Len | Gołuski | | 1973 | K40 | 37 | | 170 | 00:28:43 (789) | 00:59:02 | 00:57:39 |
| 773 | 153 | Weronika | Janaszek | Puszczykowo | PTS Puszczykowo | 1981 | K30 | 80 | | 171 | 00:27:16 (664) | 00:58:08 | 00:57:44 |
| 774 | 1069 | Maciej | Łobza | Poznań | | 1984 | M30 | 243 | 603 | | 00:28:44 (790) | 00:59:14 | 00:57:45 |
| 775 | 1275 | Łukasz | Szulda | LUBOŃ | | 1981 | M30 | 244 | 604 | | 00:28:15 (767) | 00:58:56 | 00:57:49 |
| 776 | 682 | Jakub | Spychała | Luboń | | 1982 | M30 | 245 | 605 | | 00:31:37 (961) | 00:59:21 | 00:57:50 |
| 777 | 327 | Dawid | Szlapka | Luboń | LECH POZNAŃ | 1992 | M20 | 124 | 606 | | 00:28:14 (765) | 00:58:44 | 00:57:53 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|------------------|-------------|----------------------------------|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 778 | 953 | Marcin | Koszela | Zalasewo | Beiersdorf Sport Team | 1973 | M40 | 159 | 607 | | 00:28:52 (803) | 00:59:06 | 00:57:55 |
| 779 | 947 | Wojciech | Ciesielski | LUBOŃ | Beiersdorf Sport Team | 1966 | M50 | 35 | 608 | | 00:28:53 (804) | 00:59:07 | 00:57:56 |
| 780 | 500 | Paweł | Czartoszewski | Luboń | | 1965 | M50 | 36 | 609 | | 00:27:51 (724) | 00:58:52 | 00:57:59 |
| 781 | 1164 | ??? | ??? | | | | | | 610 | | 00:28:10 (760) | 00:59:17 | 00:58:01 |
| 782 | 976 | Anna | Śledź-Rybak | Kamieniec | | 1983 | K30 | 81 | | 172 | 00:28:55 (807) | 00:59:15 | 00:58:01 |
| 783 | 910 | Katarzyna | Kinal | KARCZEWO | | 1983 | K30 | 82 | | 173 | 00:28:55 (808) | 00:59:16 | 00:58:03 |
| 784 | 181 | Agnieszka | Lucińska | Luboń | Luboń | 1990 | K20 | 40 | | 174 | 00:28:15 (768) | 00:59:17 | 00:58:05 |
| 785 | 301 | Krzysztof | Suss | Luboń | GeoWorks.pl Team | 1979 | M30 | 246 | 611 | | 00:29:02 (816) | 00:59:18 | 00:58:08 |
| 786 | 389 | Marcin | Gocyla | Poznań | DARZYBóRUNNER-ska , Poznań | 1995 | M20 | 125 | 612 | | 00:27:50 (723) | 00:58:56 | 00:58:10 |
| 787 | 778 | Monika | Szafrańska | Rosnówko | | 1980 | K30 | 83 | | 175 | 00:28:54 (806) | 00:59:00 | 00:58:13 |
| 788 | 793 | Jarosław | Jarych | Poznań | | 1972 | M40 | 160 | 613 | | 00:28:07 (755) | 00:59:19 | 00:58:14 |
| 789 | 699 | Rafał | Łykowski | Plewiska | | 1984 | M30 | 247 | 614 | | 00:28:05 (747) | 00:59:24 | 00:58:16 |
| 790 | 196 | Waldemar | Pawlak | Luboń | Wsparcie Techniczne Mamy-Biegamy | 1978 | M30 | 248 | 615 | | 00:28:48 (797) | 00:59:16 | 00:58:19 |
| 791 | 426 | Anna | Domańska | Koziegłowy | Mamy-Biegamy | 1984 | K30 | 84 | | 176 | 00:28:57 (811) | 00:59:33 | 00:58:21 |
| 792 | 1039 | Zofia | Zawieja | Poznań | | 1996 | K20 | 41 | | 177 | 00:27:00 (639) | 00:59:40 | 00:58:24 |
| 793 | 1014 | Jan | Kot Vel Kotyński | Luboń | | 1996 | M20 | 126 | 616 | | 00:27:00 (640) | 00:59:40 | 00:58:24 |
| 794 | 1272 | Zbigniew | Janowicz | Opalenica | Opalenicki Klub Biegacza | 1958 | M50 | 37 | 617 | | 00:28:08 (756) | 00:59:20 | 00:58:24 |
| 795 | 480 | Jakub | Malinowski | Poznań | | 1984 | M30 | 249 | 618 | | 00:29:31 (847) | 00:59:57 | 00:58:25 |
| 796 | 1271 | Romualda | Janowicz | Opalenica | Opalenicki Klub Biegacza | 1965 | K50 | 6 | | 178 | 00:28:09 (757) | 00:59:20 | 00:58:25 |
| 797 | 1189 | Marek | Siuda | Luboń | Luboński Klub Biegacza | 1968 | M40 | 161 | 619 | | 00:28:45 (791) | 00:59:03 | 00:58:25 |
| 798 | 464 | Maciej | Sobkowiak | Poznań | | 1980 | M30 | 250 | 620 | | 00:27:43 (708) | 01:00:04 | 00:58:26 |
| 799 | 849 | Kamil | Kropp | MIĘDZYCHÓD | PMI Runners | 1986 | M30 | 251 | 621 | | 00:29:50 (867) | 00:59:52 | 00:58:27 |
| 800 | 1190 | Izabela | Siuda | Luboń | Luboński Klub Biegacza | 1979 | K30 | 85 | | 179 | 00:28:47 (794) | 00:59:03 | 00:58:27 |
| 801 | 711 | Maciej | Majchrzycki | Poznań | | 1984 | M30 | 252 | 622 | | 00:28:05 (748) | 00:59:36 | 00:58:28 |
| 802 | 1191 | Dominik | Pochylski | Luboń | Luboński Klub Biegacza | 1972 | M40 | 162 | 623 | | 00:28:47 (795) | 00:59:04 | 00:58:28 |
| 803 | 217 | Marta | Wilska | Luboń | Stomatologia Nad Zalewem | 1979 | K30 | 86 | | 180 | 00:28:55 (809) | 00:59:17 | 00:58:31 |
| 804 | 578 | Mikołaj | Kłosiński | Poznań | | 1991 | M20 | 127 | 624 | | 00:27:18 (666) | 01:00:56 | 00:58:32 |
| 805 | 977 | Dariusz | Piasecki | Kamieniec | | 1972 | M40 | 163 | 625 | | 00:27:19 (669) | 01:00:00 | 00:58:34 |
| 806 | 328 | Natalia | Zmaczyńska | Luboń | | 1984 | K30 | 87 | | 181 | 00:28:58 (812) | 00:59:53 | 00:58:41 |
| 807 | 665 | Daria | Majchrzak | Poznań | Dzikie Wieprze | 1988 | K20 | 42 | | 182 | 00:28:50 (799) | 00:59:12 | 00:58:42 |
| 808 | 750 | Barłomiej | Maćkowiak | Luboń | | 1982 | M30 | 253 | 626 | | 00:28:37 (786) | 00:59:51 | 00:58:42 |
| 809 | 533 | Joanna | Siebert | Luboń | | 1976 | K40 | 38 | | 183 | 00:28:40 (787) | 01:00:00 | 00:58:45 |
| 810 | 477 | Wiktor | Doberschuetz | Poznań | 12ft Poznań | 1991 | M20 | 128 | 627 | | 00:26:55 (628) | 00:59:42 | 00:58:46 |
| 811 | 574 | Krzysztof | Tomczak | Luboń | Łazienkaplus.pl | 1987 | M20 | 129 | 628 | | 00:28:50 (800) | 00:59:17 | 00:58:46 |
| 812 | 1114 | Sylvia | Bielecka | Poznań | Łazienkaplus.pl | 1984 | K30 | 88 | | 184 | 00:28:50 (801) | 00:59:17 | 00:58:46 |
| 813 | 285 | Tomasz | Marcinkowski | Poznań | | 1984 | M30 | 254 | 629 | | 00:29:10 (822) | 00:59:38 | 00:58:47 |
| 814 | 498 | Anna | Moellenbrock | Wiry | KGB Grzmot Komorniki | 1992 | K20 | 43 | | 185 | 00:28:33 (783) | 00:59:24 | 00:58:48 |
| 815 | 1301 | Krzysztof | Pietrusiak | Pałędzie | | 1982 | M30 | 255 | 630 | | 00:28:31 (780) | 00:59:45 | 00:58:50 |
| 816 | 1300 | Agnieszka | Pietrusiak | Poznań | | 1981 | K30 | 89 | | 186 | 00:28:30 (779) | 00:59:45 | 00:58:50 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|--------------|------------------|--|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 817 | 232 | Agnieszka | Paluskiewicz | Luboń | | 1978 | K30 | 90 | | 187 | 00:29:17 (832) | 00:59:30 | 00:58:55 |
| 818 | 150 | Piotrek | Górniewicz | Rokietnica | NieWiemCoNaObiad.pl | 1980 | M30 | 256 | 631 | | 00:29:41 (858) | 00:59:41 | 00:58:55 |
| 819 | 1068 | Hania | Spychała | Plewiska | | 1999 | K16 | 8 | | 188 | 00:29:52 (870) | 01:00:20 | 00:58:57 |
| 820 | 1197 | Zofia | Śpiewakowska | Plewiska | indywidualnie | 1999 | K16 | 8 | | 188 | 00:29:52 (871) | 01:00:20 | 00:58:57 |
| 821 | 478 | Anna | Kłorek | Luboń | | 1979 | K30 | 91 | | 190 | 00:30:09 (885) | 01:00:28 | 00:59:03 |
| 822 | 1167 | Zbigniew | Witek | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1966 | M50 | 38 | 632 | | 00:28:35 (785) | 00:59:49 | 00:59:07 |
| 823 | 1277 | Marcin | Borowski | Luboń | | 1985 | M30 | 257 | 633 | | 00:29:31 (848) | 01:00:16 | 00:59:08 |
| 824 | 1023 | Julia | Scheffs | POZNAŃ | | 1988 | K20 | 44 | | 191 | 00:28:58 (813) | 01:00:02 | 00:59:14 |
| 825 | 187 | Piotr | Malecki | Luboń | Łaka Maka Fą | 1992 | M20 | 130 | 634 | | 00:29:13 (826) | 01:00:52 | 00:59:18 |
| 826 | 406 | Katarzyna | Glapa | Luboń | | 1979 | K30 | 92 | | 192 | 00:29:27 (839) | 01:00:46 | 00:59:18 |
| 827 | 743 | Tomasz | Gus | Luboń | | 1981 | M30 | 258 | 635 | | 00:30:01 (876) | 01:00:50 | 00:59:20 |
| 828 | 1232 | Łukasz | Frąckowiak | Śrem | | 1989 | M20 | 131 | 636 | | 00:31:12 (934) | 01:00:46 | 00:59:20 |
| 829 | 1231 | Sylwia | Frąckowiak | Śrem | | 1989 | K20 | 45 | | 193 | 00:31:12 (935) | 01:00:46 | 00:59:20 |
| 830 | 55 | Krzysztof | Latzke | Poznań | Huragan Szklarka Poznań | 1981 | M30 | 259 | 637 | | 00:29:12 (824) | 01:00:58 | 00:59:23 |
| 831 | 72 | Łukasz | Szymański | Poznań | Huragan Szklarka Poznań | 1980 | M30 | 260 | 638 | | 00:29:11 (823) | 01:00:58 | 00:59:23 |
| 832 | 171 | Kinga | Jurkiewicz | Brzeźno | | 1988 | K20 | 46 | | 194 | 00:29:31 (849) | 01:00:37 | 00:59:25 |
| 833 | 1018 | Grażyna | Maćkowiak | Poznań | | 1981 | K30 | 93 | | 195 | 00:29:45 (862) | 01:00:44 | 00:59:25 |
| 834 | 147 | Piotr | Przyborski | Poznań | gRUNwald team Poznań | 1976 | M40 | 164 | 639 | | 00:29:44 (861) | 01:00:45 | 00:59:26 |
| 835 | 582 | Julia | Przybecka | Luboń | PRZYBECCY | 1999 | K16 | 10 | | 196 | 00:29:31 (850) | 01:00:03 | 00:59:28 |
| 836 | 264 | Aurelia | Sobkowiak | Poznan | malyguliwer.pl | 1953 | K60 | 4 | | 197 | 00:28:34 (784) | 01:00:19 | 00:59:32 |
| 837 | 125 | Ola | Błażyńska | Luboń | | 1981 | K30 | 94 | | 198 | 00:29:36 (852) | 01:00:59 | 00:59:34 |
| 838 | 312 | Kinga | Rogal | Mosina | ROGAL TEAM | 1989 | K20 | 47 | | 199 | 00:28:28 (778) | 01:00:33 | 00:59:35 |
| 839 | 157 | Dawid | Chyliński | Luboń | Gira się kręci | 1982 | M30 | 261 | 640 | | 00:28:05 (749) | 00:59:58 | 00:59:37 |
| 840 | 946 | Robert | Gliszczyński | LUBOŃ | Beiersdorf Sport Team | 1974 | M40 | 165 | 641 | | 00:29:12 (825) | 01:00:50 | 00:59:38 |
| 841 | 449 | Mateusz | Zygmaniak | Murowana Goślina | Katorżnik Murowana Goślina | 1991 | M20 | 132 | 642 | | 00:28:47 (796) | 01:00:05 | 00:59:39 |
| 842 | 231 | Michał | Szwacki | Luboń | | 1982 | M30 | 262 | 643 | | 00:29:28 (842) | 01:00:48 | 00:59:41 |
| 843 | 755 | Przemysław | Kurasiński | Komorniki | | 1981 | M30 | 263 | 644 | | 00:30:12 (887) | 01:01:01 | 00:59:41 |
| 844 | 408 | Andrzej | Łuka | Luboń | | 1987 | M20 | 133 | 645 | | 00:30:29 (902) | 01:01:03 | 00:59:42 |
| 845 | 589 | Letycja | Zgrzeba | Poznań | | 1992 | K20 | 48 | | 200 | 00:30:22 (898) | 01:01:01 | 00:59:44 |
| 846 | 64 | Sebastian | Kubasiński | Komorniki | | 1985 | M30 | 264 | 646 | | 00:30:22 (899) | 01:01:01 | 00:59:44 |
| 847 | 439 | Robert | Kalinowski | Luboń | | 1974 | M40 | 166 | 647 | | 00:29:13 (827) | 01:00:51 | 00:59:45 |
| 848 | 440 | Małgorzata | Kalinowska | Luboń | | 1979 | K30 | 95 | | 201 | 00:29:14 (828) | 01:00:51 | 00:59:46 |
| 849 | 156 | Wojciech | Pawłowski | Poznań | schapani.pl | 1990 | M20 | 134 | 648 | | 00:29:09 (820) | 01:01:27 | 00:59:49 |
| 850 | 525 | Linda | Kasperska | Luboń | | 1980 | K30 | 96 | | 202 | 00:29:37 (853) | 01:01:07 | 00:59:50 |
| 851 | 105 | Marcin | Woźniak | Luboń | | 1987 | M20 | 135 | 649 | | 00:28:32 (781) | 01:00:49 | 00:59:52 |
| 852 | 644 | Monika | Dominiak | Luboń | matka wariatka | 1988 | K20 | 49 | | 203 | 00:28:48 (798) | 01:00:30 | 01:00:05 |
| 853 | 616 | Alina | Szafran | Luboń | | 1984 | K30 | 97 | | 204 | 00:28:50 (802) | 01:00:30 | 01:00:06 |
| 854 | 149 | Magdalena | Przewoźniak | Luboń | Kobiety Biegają | 1976 | K40 | 39 | | 205 | 00:29:38 (855) | 01:01:24 | 01:00:08 |
| 855 | 239 | Marta | Akuszewska | Luboń | Luboń | 1988 | K20 | 50 | | 206 | 00:29:28 (843) | 01:01:20 | 01:00:08 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|--------------------|----------------|-----------------------------------|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 856 | 722 | Małgorzata | Kmieciak | Poznań | | 2000 | K16 | 11 | | 207 | 00:28:13 (764) | 01:00:52 | 01:00:11 |
| 857 | 1097 | Jolanta | Kijek | Lwówek | | 1988 | K20 | 51 | | 208 | 00:29:25 (838) | 01:01:10 | 01:00:13 |
| 858 | 1113 | Sylwia | Kijek-Ulańska | Plewiska | Plewiska | 1977 | K30 | 98 | | 209 | 00:29:27 (840) | 01:01:09 | 01:00:13 |
| 859 | 915 | Anna | Zieleśkiewicz | Poznań | | 1984 | K30 | 99 | | 210 | 00:29:22 (837) | 01:01:21 | 01:00:15 |
| 860 | 748 | Magdalena | Najs | Swarzędz | Fort Colomb | 1989 | K20 | 52 | | 211 | 00:30:14 (888) | 01:01:37 | 01:00:16 |
| 861 | 561 | Joanna | Galas-Osuch | Luboń | | 1974 | K40 | 40 | | 212 | 00:30:00 (875) | 01:01:36 | 01:00:18 |
| 862 | 864 | Jarosław | Giersz | Luboń | | 1978 | M30 | 265 | 650 | | 00:28:10 (761) | 01:01:38 | 01:00:19 |
| 863 | 1118 | Halina | Dubiał | Leszno | | 1955 | K60 | 5 | | 213 | 00:30:31 (903) | 01:01:50 | 01:00:22 |
| 864 | 535 | Agnieszka | Sommerfeld | Strykowo | | 1993 | K20 | 53 | | 214 | 00:29:39 (856) | 01:01:19 | 01:00:22 |
| 865 | 1214 | Robert | Konieczny | Robakowo | | 1975 | M40 | 167 | 651 | | 00:29:09 (821) | 01:01:30 | 01:00:23 |
| 866 | 627 | Izabela | Nowicka-Błaszczak | Mosina | Mosina Biega / Adrenalina Fitness | 1980 | K30 | 100 | | 215 | 00:29:15 (829) | 01:01:30 | 01:00:29 |
| 867 | 960 | Michał | Suchocki | Poznań | Beiersdorf Sport Team | 1982 | M30 | 266 | 652 | | 00:31:01 (926) | 01:01:43 | 01:00:30 |
| 868 | 670 | Anna | Rosół | Krosno | Mosina biega/Adrenalina fitness | 1969 | K40 | 41 | | 216 | 00:29:17 (833) | 01:01:30 | 01:00:31 |
| 869 | 713 | Joanna | Adamczak-Komisarek | Mosina | adrenalina fitness/mosina biega | 1982 | K30 | 101 | | 217 | 00:29:17 (834) | 01:01:31 | 01:00:31 |
| 870 | 684 | Katarzyna | Fiksa | MOSINA | Mosina Biega/ Adrenalina Fitness | 1979 | K30 | 102 | | 218 | 00:29:18 (836) | 01:01:30 | 01:00:31 |
| 871 | 815 | Agata | Banaszak | Luboń | | 1964 | K50 | 7 | | 219 | | 01:01:02 | 01:00:31 |
| 872 | 769 | Kamila | Celler | Luboń | | 1987 | K20 | 54 | | 220 | 00:29:29 (845) | 01:01:36 | 01:00:32 |
| 873 | 220 | Maciej | Modrzejewski | Luboń | | 1972 | M40 | 168 | 653 | | 00:28:19 (772) | 01:01:36 | 01:00:33 |
| 874 | 1262 | Klaudia | Kordylas | Luboń | | 1990 | K20 | 55 | | 221 | 00:29:30 (846) | 01:01:36 | 01:00:33 |
| 875 | 516 | Alina | Błachut | Poznań | kreatywnie.pl | 1963 | K50 | 8 | | 222 | 00:29:43 (859) | 01:01:47 | 01:00:34 |
| 876 | 1252 | Joanna | Michalik | Poznań | | 1982 | K30 | 103 | | 223 | 00:30:16 (890) | 01:02:02 | 01:00:34 |
| 877 | 1276 | Monika | Szprejda | Luboń | | 1986 | K30 | 104 | | 224 | 00:29:16 (830) | 01:01:41 | 01:00:36 |
| 878 | 735 | Agnieszka | Kowalska | Poznań | Kibole w Biegu | 1981 | K30 | 105 | | 225 | 00:30:31 (904) | 01:02:05 | 01:00:36 |
| 879 | 643 | Sławomir | Stachelek | Mosina | | 1979 | M30 | 267 | 654 | | 00:30:58 (924) | 01:02:09 | 01:00:36 |
| 880 | 635 | Anna | Ratajczak | Grodzisk Wlkp. | | 1981 | K30 | 106 | | 226 | 00:29:39 (857) | 01:01:48 | 01:00:37 |
| 881 | 1248 | Magda | Frąckowiak | Borówiec | | 1980 | K30 | 107 | | 227 | 00:30:18 (891) | 01:02:07 | 01:00:40 |
| 882 | 871 | Małgorzata | Kaźmierczak | Luboń | Luboń | 1985 | K30 | 108 | | 228 | 00:30:07 (882) | 01:02:06 | 01:00:43 |
| 883 | 763 | Renata | Nawrocka | luboń | | 1963 | K50 | 9 | | 229 | 00:30:03 (880) | 01:02:16 | 01:00:44 |
| 884 | 599 | Katarzyna | Zimna | Poznań | | 1963 | K50 | 10 | | 230 | 00:29:51 (868) | 01:01:52 | 01:00:47 |
| 885 | 113 | Marta | Krokowska | Luboń | | 1986 | K30 | 109 | | 231 | 00:30:19 (894) | 01:02:13 | 01:00:52 |
| 886 | 728 | Marek | Przybylski | Luboń | | 1950 | M65+ | 8 | 655 | | 00:30:03 (881) | 01:01:52 | 01:00:53 |
| 887 | 877 | Marek | Zięba | Luboń | BBL Poznań | 1982 | M30 | 268 | 656 | | 00:30:07 (883) | 01:02:22 | 01:00:56 |
| 888 | 816 | Waldemar | Chudzicki | Łęczycza | amator | 1959 | M50 | 39 | 657 | | 00:29:16 (831) | 01:01:40 | 01:00:58 |
| 889 | 688 | Robert | Witkowski | Wiry | | 1971 | M40 | 169 | 658 | | 00:29:08 (819) | 01:01:39 | 01:01:01 |
| 890 | 600 | Beata | Spychała | Luboń | Maratończyk | 1974 | K40 | 42 | | 232 | 00:30:46 (912) | 01:01:55 | 01:01:05 |
| 891 | 856 | Anna | Rygus | Luboń | | 1982 | K30 | 110 | | 233 | 00:30:18 (892) | 01:01:55 | 01:01:11 |
| 892 | 218 | Piotr | Błażyński | Lubon | | 1980 | M30 | 269 | 659 | | 00:29:37 (854) | 01:02:40 | 01:01:15 |
| 893 | 939 | Dariusz | Fedder | Poznań | Beiersdorf Sport Team | 1980 | M30 | 270 | 660 | | 00:30:01 (877) | 01:02:41 | 01:01:15 |
| 894 | 745 | Sylwia | Łęcka | Lusowo | Mamy Biegamy | 1983 | K30 | 111 | | 234 | 00:29:45 (863) | 01:02:38 | 01:01:19 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-----------|-------------------|---------------------|--|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 895 | 528 | Agnieszka | Golon | Luboń | | 1983 | K30 | 112 | | 235 | 00:31:12 (936) | 01:02:37 | 01:01:19 |
| 896 | 704 | Tadeusz | Kasztelan | Poznań | DA Św. Roch | 1962 | M50 | 40 | 661 | | 00:29:17 (835) | 01:02:22 | 01:01:20 |
| 897 | 873 | Renata | Dokurno | Luboń | | 1983 | K30 | 113 | | 236 | 00:30:42 (907) | 01:02:57 | 01:01:34 |
| 898 | 874 | Tomasz | Dokurno | Luboń | CityZen | 1983 | M30 | 271 | 662 | | 00:30:42 (908) | 01:02:57 | 01:01:34 |
| 899 | 858 | Mirosław | Rygus | Pólko | | 1955 | M60 | 13 | 663 | | 00:30:18 (893) | 01:02:18 | 01:01:34 |
| 900 | 1242 | Anna | Owczarek | Prusy | | 1995 | K20 | 56 | | 237 | 00:30:56 (923) | 01:02:44 | 01:01:36 |
| 901 | 1152 | Andrzej | Łobejko | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1972 | M40 | 170 | 664 | | 00:29:52 (872) | 01:02:33 | 01:01:38 |
| 902 | 1154 | Daniel | Szlapka | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1972 | M40 | 171 | 665 | | 00:29:52 (873) | 01:02:34 | 01:01:39 |
| 903 | 144 | Mikołaj | Okupniak | Luboń | OSP Luboń | 1996 | M20 | 136 | 666 | | 00:31:16 (940) | 01:03:11 | 01:01:41 |
| 904 | 133 | Monika | Domagalska | Stęszew | | 1984 | K30 | 114 | | 238 | 00:30:51 (919) | 01:02:57 | 01:01:41 |
| 905 | 1234 | Joanna | Czeszyńska | Luboń | Luboń | 1983 | K30 | 115 | | 239 | 00:30:37 (906) | 01:03:08 | 01:01:42 |
| 906 | 631 | Mateusz | Mazurkiewicz | Poznań | | 1986 | M30 | 272 | 667 | | 00:31:22 (946) | 01:03:10 | 01:01:46 |
| 907 | 378 | Martyna | Napierska | Grodzisk Wlkp. | Grodziski Klub Biegacza | 1988 | K20 | 57 | | 240 | 00:31:18 (943) | 01:03:10 | 01:01:47 |
| 908 | 1141 | Tomasz | Romanowski | Mosina | Invictus Mosina | 1988 | M20 | 137 | 668 | | 00:31:13 (937) | 01:03:15 | 01:01:48 |
| 909 | 1210 | Sylwia | Romanowska | Trzykolne Młyny | | 1991 | K20 | 58 | | 241 | 00:31:14 (938) | 01:03:15 | 01:01:48 |
| 910 | 206 | Joanna | Siwczak | Poznań | | 1989 | K20 | 59 | | 242 | 00:30:22 (900) | 01:03:14 | 01:01:50 |
| 911 | 1073 | Katarzyna | Krajewska-Kłoda | Czapury | Czapury | 1974 | K40 | 43 | | 243 | 00:30:47 (913) | 01:03:26 | 01:02:02 |
| 912 | 1015 | Agnieszka | Pawłowska | GRANOWO | drużyna szpiku | 1981 | K30 | 116 | | 244 | 00:30:47 (914) | 01:03:26 | 01:02:02 |
| 913 | 1047 | Telesfor | Cieśliński | Swarzędz | | 1955 | M60 | 14 | 669 | | 00:30:10 (886) | 01:03:20 | 01:02:02 |
| 914 | 809 | Piotr | Urban | Poznań | | 1985 | M30 | 273 | 670 | | 00:30:28 (901) | 01:03:33 | 01:02:12 |
| 915 | 921 | Sylwia | Krzemińska-Słówek | Poznań | | 1973 | K40 | 44 | | 245 | 00:30:14 (889) | 01:03:33 | 01:02:17 |
| 916 | 388 | Jolanta | Kryzstofowicz | Plewiska | | 1970 | K40 | 45 | | 246 | 00:30:59 (925) | 01:03:40 | 01:02:20 |
| 917 | 949 | Maciej | Książkiewicz | Żnin | Beiersdorf Sport Team | 1975 | M40 | 172 | 671 | | 00:29:51 (869) | 01:03:37 | 01:02:26 |
| 918 | 53 | Ryszard | Kopacz | Poznań | | 1953 | M60 | 15 | 672 | | 00:29:35 (851) | 01:02:46 | 01:02:29 |
| 919 | 1150 | Ireneusz | Niczyporuk | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1975 | M40 | 173 | 673 | | 00:29:45 (864) | 01:02:52 | 01:02:35 |
| 920 | 1108 | Monika | Łoda-Niczyporuk | Poznań | | 1977 | K30 | 117 | | 247 | 00:29:45 (865) | 01:02:52 | 01:02:35 |
| 921 | 345 | Magdalena | Tomaszewska | Luboń | | 1985 | K30 | 118 | | 248 | 00:30:42 (909) | 01:03:49 | 01:02:40 |
| 922 | 299 | Bartosz | Nowak | Plewiska | | 1980 | M30 | 274 | 674 | | 00:31:16 (941) | 01:03:37 | 01:02:43 |
| 923 | 395 | Michał | Błahut | Kamionki | | 1983 | M30 | 275 | 675 | | 00:31:24 (948) | 01:04:02 | 01:02:44 |
| 924 | 344 | Bolesław | Witczak | Szamotuły | | 1966 | M50 | 41 | 676 | | 00:29:28 (844) | 01:03:50 | 01:02:46 |
| 925 | 386 | Wojciech | Roszak | Poznań | | 1983 | M30 | 276 | 677 | | 00:31:24 (949) | 01:04:06 | 01:02:48 |
| 926 | 1205 | Ewa | Tomczak | Ostrow Wielkopolski | | 1982 | K30 | 119 | | 249 | 00:31:14 (939) | 01:03:39 | 01:02:49 |
| 927 | 687 | Artur | Kawicki | Luboń | | 1981 | M30 | 277 | 678 | | 00:30:49 (915) | 01:04:18 | 01:02:49 |
| 928 | 738 | Stefan | Tomczak | Wronczyn | | 1947 | M65+ | 9 | 679 | | 00:30:07 (884) | 01:03:31 | 01:02:50 |
| 929 | 768 | Marcin | Lewandowski | Luboń | | 1979 | M30 | 278 | 680 | | 00:30:51 (920) | 01:04:16 | 01:02:51 |
| 930 | 291 | Patrycja | Starczewska | Poznań | | 1987 | K20 | 60 | | 250 | 00:31:29 (956) | 01:04:14 | 01:02:53 |
| 931 | 1256 | Renata | Opitz | Luboń | | 1968 | K40 | 46 | | 251 | 00:30:19 (895) | 01:03:39 | 01:02:57 |
| 932 | 734 | Anna | Szajewska | Poznań | | 1987 | K20 | 61 | | 252 | 00:31:24 (950) | 01:04:18 | 01:03:02 |
| 933 | 621 | Anna | Denis-Siemieniuk | Rogalin | KS Leśnik | 1985 | K30 | 120 | | 253 | 00:31:24 (951) | 01:04:24 | 01:03:08 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|----------------|--------------------|--|------|------|---------|-----|-----|----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 934 | 190 | Agnieszka | Szudobaj | Swarzędz | | 1989 | K20 | 62 | | 254 | 00:31:28 (955) | 01:04:29 | 01:03:08 |
| 935 | 148 | Dorota | Małecka | Luboń | Gdzie jest Dori? | 1999 | K16 | 12 | | 255 | 00:31:07 (930) | 01:04:48 | 01:03:17 |
| 936 | 649 | Agnieszka | Wójcik Miller | Grodzisk Wlkp. | | 1988 | K20 | 63 | | 256 | 00:31:30 (957) | 01:04:19 | 01:03:18 |
| 937 | 50 | Monika | Piğłowska | Luboń | | 1975 | K40 | 47 | | 257 | 00:30:34 (905) | 01:04:08 | 01:03:20 |
| 938 | 278 | Michał | Nowak | Poznań | XIII SKD-S | 1984 | M30 | 279 | 681 | | 00:30:44 (910) | 01:04:30 | 01:03:20 |
| 939 | 342 | Wojciech | Konstanty | Wiry | | 1981 | M30 | 280 | 682 | | 00:31:39 (963) | 01:04:55 | 01:03:25 |
| 940 | 821 | Robert | Czajka | Luboń | | 1972 | M40 | 174 | 683 | | 00:29:43 (860) | 01:04:07 | 01:03:28 |
| 941 | 1155 | Przemysław | Marosik | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1973 | M40 | 175 | 684 | | 00:30:02 (879) | 01:04:29 | 01:03:35 |
| 942 | 638 | Anna | Loba | Dopiewo | RAWA TEAM | 1983 | K30 | 121 | | 258 | 00:31:40 (964) | 01:05:08 | 01:03:51 |
| 943 | 1119 | Małgorzata | Kluska-Nowicka | Komorniki | | 1978 | K30 | 122 | | 259 | 00:31:19 (945) | 01:05:03 | 01:03:56 |
| 944 | 471 | Wojciech | Włodarczyk | Mosina | Mosina Biega | 1994 | M20 | 138 | 685 | | 00:31:06 (929) | 01:05:10 | 01:03:59 |
| 945 | 467 | Marcelina | Szymańska | Mosina | Mosina Biega | 1994 | K20 | 64 | | 260 | 00:31:07 (931) | 01:05:10 | 01:03:59 |
| 946 | 818 | Monika | Bednarska | Poznań | Night Runners Poznań | 1982 | K30 | 123 | | 261 | 00:29:53 (874) | 01:05:02 | 01:04:00 |
| 947 | 956 | Danuta | Mazur | Skoki | Beiersdorf Sport Team | 1969 | K40 | 48 | | 262 | 00:30:53 (921) | 01:05:00 | 01:04:00 |
| 948 | 957 | Ilona | Mazur | Skoki | Beiersdorf Sport Team | 1992 | K20 | 65 | | 263 | 00:30:53 (922) | 01:05:00 | 01:04:01 |
| 949 | 409 | Joanna | Bilska | Mosina | | 1984 | K30 | 124 | | 264 | 00:30:49 (916) | 01:05:41 | 01:04:07 |
| 950 | 200 | Zuzanna | Pawłowska | Luboń | Mamy-Biegamy | 1981 | K30 | 125 | | 265 | 00:32:09 (974) | 01:05:46 | 01:04:08 |
| 951 | 183 | Wojciech | Januć | Puszczkowo | Arka Leśna | 1990 | M20 | 139 | 686 | | 00:31:10 (933) | 01:05:07 | 01:04:08 |
| 952 | 106 | Katarzyna | Frankiewicz | Komorniki | | 1992 | K20 | 66 | | 266 | 00:31:09 (932) | 01:05:08 | 01:04:09 |
| 953 | 909 | Marcin | Waško | Luboń | | 1988 | M20 | 140 | 687 | | 00:30:01 (878) | 01:05:46 | 01:04:15 |
| 954 | 637 | Filip | Nowak | Poznań | ILIM POZNAŃ TEAM | 1979 | M30 | 281 | 688 | | 00:30:50 (917) | 01:05:38 | 01:04:16 |
| 955 | 795 | Krzysztof | Żytkiewicz | Plewiska | | 1973 | M40 | 176 | 689 | | 00:31:33 (959) | 01:05:51 | 01:04:18 |
| 956 | 370 | Natalia | Stroiwąs | Środa Wielkopolska | Kobiety Biegają | 1990 | K20 | 67 | | 267 | 00:29:45 (866) | 01:05:25 | 01:04:20 |
| 957 | 807 | Dariusz | Terelak | Suchy Las | | 1988 | M20 | 141 | 690 | | 00:31:33 (960) | 01:05:56 | 01:04:23 |
| 958 | 475 | Natalia | Kadziszewska | Luboń | Mamy-Biegamy | 1985 | K30 | 126 | | 268 | 00:32:09 (975) | 01:06:04 | 01:04:25 |
| 959 | 547 | Joanna | Książkiewicz | Tulce | CYBINA TEAM | 1994 | K20 | 68 | | 269 | 00:31:44 (966) | 01:06:06 | 01:04:37 |
| 960 | 581 | Anita | Zys | Luboń | PRZYBECCY | 1978 | K30 | 127 | | 270 | 00:30:21 (897) | 01:05:17 | 01:04:41 |
| 961 | 683 | Agnieszka | Spychała | Luboń | | 1986 | K30 | 128 | | 271 | 00:31:37 (962) | 01:06:14 | 01:04:43 |
| 962 | 1030 | Łukasz | Łukaszewski | Śrem | Kb Zadyszka Nochowo :) | 1978 | M30 | 282 | 691 | | 00:24:42 (439) | 01:05:20 | 01:04:56 |
| 963 | 230 | Katarzyna | Ludwiczak | Plewiska | | 1988 | K20 | 69 | | 272 | 00:31:18 (944) | 01:06:25 | 01:05:02 |
| 964 | 246 | Michał | Ludwiczak | Plewiska | | 1986 | M30 | 283 | 692 | | 00:31:23 (947) | 01:06:24 | 01:05:02 |
| 965 | 935 | Iwona | Skrzypek | Poznań | Beiersdorf Sport Team | 1981 | K30 | 129 | | 273 | 00:31:02 (927) | 01:06:16 | 01:05:03 |
| 966 | 1223 | Alicja | Panek | Koźmin Wlkp | tak se biegam | 1963 | K50 | 11 | | 274 | 00:32:08 (973) | 01:06:41 | 01:05:07 |
| 967 | 400 | Krzysztof | Łuka | Poznan | | 1981 | M30 | 284 | 693 | | 00:32:27 (982) | 01:06:42 | 01:05:20 |
| 968 | 971 | Andrzej | Piechota | Krzyż Wlkp | DZIADEK MAGDALENKI | 1949 | M65+ | 10 | 694 | | 00:31:43 (965) | 01:06:51 | 01:05:20 |
| 969 | 69 | Maciej | Lembicz | Poznań | Drużyna Mocarzy | 1972 | M40 | 177 | 695 | | 00:31:48 (967) | 01:06:40 | 01:05:25 |
| 970 | 302 | Ewa | Lembicz | Luboń | | 1972 | K40 | 49 | | 275 | 00:31:48 (968) | 01:06:39 | 01:05:25 |
| 971 | 951 | Mariusz | Kania | Poznań | Beiersdorf Sport Team | 1987 | M20 | 142 | 696 | | 00:32:16 (977) | 01:06:49 | 01:05:27 |
| 972 | 813 | Małgorzata | Walkowiak | Luboń | | 1983 | K30 | 130 | | 276 | 00:31:49 (969) | 01:06:52 | 01:05:28 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|------------|------------------------|-----------------------|--|------|------|---------|-----|-----|-----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 973 | 751 | Barbara | Zielińska | Poznań | Hicron | 1983 | K30 | 131 | | 277 | 00:32:24 (981) | 01:06:49 | 01:05:30 |
| 974 | 1011 | Leszek | Trawnicky | Plewiska | | 1950 | M65+ | 11 | 697 | | 00:30:19 (896) | 01:06:59 | 01:05:30 |
| 975 | 903 | Małgorzata | Cieślak | Luboń | | 1977 | K30 | 132 | | 278 | 00:32:12 (976) | 01:07:02 | 01:05:30 |
| 976 | 497 | Marek | Grzesiak | Poznań | | 1974 | M40 | 178 | 698 | | 00:30:44 (911) | 01:06:07 | 01:05:31 |
| 977 | 752 | Niina | Farjaszewska | Lubon | | 1985 | K30 | 133 | | 279 | 00:32:23 (980) | 01:06:53 | 01:05:33 |
| 978 | 1048 | Mieczysław | Miller | Grodzisk Wilkp. | MruczybutTeam | 1955 | M60 | 16 | 699 | | 00:32:35 (986) | 01:07:10 | 01:05:34 |
| 979 | 305 | Katarzyna | Pawlak | Poznań | | 1988 | K20 | 70 | | 280 | 00:32:17 (978) | 01:07:07 | 01:05:45 |
| 980 | 1051 | Agata | Nowicka | Poznań | | 1997 | K16 | 13 | | 281 | 00:33:29 (1004) | 01:07:24 | 01:05:51 |
| 981 | 1050 | Joanna | Ambroży | Luboń | | 1995 | K20 | 71 | | 282 | 00:33:30 (1005) | 01:07:24 | 01:05:52 |
| 982 | 863 | Maria | Walkowiak | Luboń | MATEO | 1990 | K20 | 72 | | 283 | 00:32:31 (985) | 01:06:50 | 01:05:53 |
| 983 | 893 | Magdalena | Wachowiak | Poznań | Watacha Team | 1985 | K30 | 134 | | 284 | 00:32:02 (972) | 01:06:26 | 01:05:57 |
| 984 | 91 | Inga | Ciastowicz-Tomczak | Mosina | EXACTUS SPORT TEAM | 1973 | K40 | 50 | | 285 | 00:31:51 (970) | 01:07:16 | 01:06:01 |
| 985 | 61 | Krzysztof | Kubiak | Poznań | KB MARATOŃCZYKA V LO POZNAŃ | 1989 | M20 | 143 | 700 | | 00:33:19 (1000) | 01:07:43 | 01:06:11 |
| 986 | 272 | Agnieszka | Wawrzyniak | luboń | | 1972 | K40 | 51 | | 286 | 00:31:26 (952) | 01:07:02 | 01:06:12 |
| 987 | 247 | Anna | Spychała | luboń | | 1978 | K30 | 135 | | 287 | 00:31:27 (954) | 01:07:02 | 01:06:12 |
| 988 | 543 | Roman | Walczak | Luboń | | 1985 | M30 | 285 | 701 | | 00:33:40 (1007) | 01:07:29 | 01:06:16 |
| 989 | 1100 | Paulina | Kordylewska | MOSINA | | 1980 | K30 | 136 | | 288 | 00:32:21 (979) | 01:07:03 | 01:06:22 |
| 990 | 1288 | Katarzyna | Klim | Luboń | | 1980 | K30 | 137 | | 289 | 00:33:32 (1006) | 01:07:34 | 01:06:31 |
| 991 | 57 | Joanna | Jaśkowiak | Grodzisk Wielkopolski | Grodziski Klub Biegacza | 1977 | K30 | 138 | | 290 | 00:31:17 (942) | 01:07:18 | 01:06:32 |
| 992 | 263 | Jakub | Bielawski | Luboń | Luboń | 1983 | M30 | 286 | 702 | | 00:31:05 (928) | 01:07:48 | 01:06:41 |
| 993 | 129 | Zofia | Cybulska | Luboń | Vege Runners | 1994 | K20 | 73 | | 291 | 00:33:18 (997) | 01:08:20 | 01:06:46 |
| 994 | 542 | Anna | Walczak | Luboń | | 1989 | K20 | 74 | | 292 | 00:33:42 (1008) | 01:08:04 | 01:06:53 |
| 995 | 633 | Ania | Winter | Luboń | | 1987 | K20 | 75 | | 293 | 00:33:22 (1001) | 01:08:23 | 01:06:54 |
| 996 | 886 | Ewelina | Silecka-Marek | Wiry | | 1975 | K40 | 52 | | 294 | 00:33:23 (1002) | 01:08:17 | 01:06:56 |
| 997 | 692 | Hanna | Karaszevska | WIRY | | 1976 | K40 | 53 | | 295 | 00:33:23 (1003) | 01:08:17 | 01:06:56 |
| 998 | 11 | Małgorzata | Machalska | Luboń | | 1967 | K40 | 54 | | 296 | 00:32:49 (989) | 01:08:16 | 01:07:23 |
| 999 | 75 | Małgorzata | Matysiak | Nowy Sącz | LUVENA | 1977 | K30 | 139 | | 297 | 00:32:49 (990) | 01:08:16 | 01:07:23 |
| 1000 | 1268 | Zdzisław | Gruszka | Luboń | | 1959 | M50 | 42 | 703 | | 00:32:28 (984) | 01:08:14 | 01:07:27 |
| 1001 | 1092 | Weronika | Matecka | Chocz | | 1991 | K20 | 76 | | 298 | 00:32:27 (983) | 01:09:09 | 01:07:42 |
| 1002 | 529 | Marta | Kowalska | Luboń | | 1980 | K30 | 140 | | 299 | 00:31:26 (953) | 01:08:23 | 01:07:46 |
| 1003 | 1169 | Tomasz | Szkieka | Poznań | 31. Baza Lotnictwa Taktycznego Poznań-Krzesiny | 1974 | M40 | 179 | 704 | | 00:31:30 (958) | 01:08:40 | 01:07:47 |
| 1004 | 47 | Anna | Owczarzak | Luboń | | 1993 | K20 | 77 | | 300 | 00:33:47 (1011) | 01:08:55 | 01:07:52 |
| 1005 | 48 | Anna | Hajkowicz-Klimaszewska | Luboń | | 1978 | K30 | 141 | | 301 | 00:33:45 (1009) | 01:08:58 | 01:07:53 |
| 1006 | 959 | Marta | Ranoszek | Poznań | Beiersdorf Sport Team | 1984 | K30 | 142 | | 302 | 00:31:58 (971) | 01:09:24 | 01:08:12 |
| 1007 | 438 | Marta | Kostrzewska | Luboń | | 1982 | K30 | 143 | | 303 | 00:32:53 (992) | 01:09:29 | 01:08:18 |
| 1008 | 724 | Robert | Jopek | Oleśnica | | 1972 | M40 | 180 | 705 | | 00:32:41 (987) | 01:09:14 | 01:08:24 |
| 1009 | 723 | Małgorzata | Wiatr-Kmieciak | Poznań | | 1971 | K40 | 55 | | 304 | 00:32:43 (988) | 01:09:14 | 01:08:26 |
| 1010 | 176 | Daniel | Musiak | Poznań | | 1984 | M30 | 287 | 706 | | 00:32:51 (991) | 01:09:59 | 01:08:40 |
| 1011 | 1296 | Krzysztof | Dyzdan | Krosno Odrzańskie | Gimnazjum nr 2 Luboń | 1982 | M30 | 288 | 707 | | 00:33:14 (995) | 01:10:01 | 01:08:52 |

Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|---------|-------|-------------|--------------|------------------|-------------------------------|------|------|---------|-----|-----|-----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 1012 | 983 | Barbara | Czerwińska | Luboń | | 1963 | K50 | 12 | | 305 | 00:33:45 (1010) | 01:10:27 | 01:08:55 |
| 1013 | 1056 | Teresa | Olmińska | Poznań | | 1995 | K20 | 78 | | 306 | 00:33:17 (996) | 01:10:50 | 01:09:29 |
| 1014 | 992 | Anita | Szafczyk | Września | Mamy -Biegam | 1979 | K30 | 144 | | 307 | 00:34:26 (1024) | 01:10:46 | 01:09:29 |
| 1015 | 505 | Nadine | Bręczewska | Luboń | | 1988 | K20 | 79 | | 308 | 00:33:18 (998) | 01:10:50 | 01:09:30 |
| 1016 | 511 | Agnieszka | Witt | Poznań | | 1990 | K20 | 80 | | 309 | 00:33:18 (999) | 01:10:51 | 01:09:31 |
| 1017 | 894 | Magdalena | Domachowska | Poznań | | 1988 | K20 | 81 | | 310 | 00:33:59 (1015) | 01:10:37 | 01:09:37 |
| 1018 | 347 | Katarzyna | Pyziółek | POZNAŃ | Mamy-Biegamy | 1977 | K30 | 145 | | 311 | 00:34:25 (1023) | 01:10:57 | 01:09:38 |
| 1019 | 1219 | Anna | Wieloch | Luboń | | 1980 | K30 | 146 | | 312 | 00:34:07 (1016) | 01:11:45 | 01:10:13 |
| 1020 | 1080 | Agnieszka | Krotkiewska | Luboń | | 1980 | K30 | 147 | | 313 | 00:34:30 (1028) | 01:11:49 | 01:10:21 |
| 1021 | 1225 | Sebastian | Kowalski | Luboń | | 1981 | M30 | 289 | 708 | | 00:34:29 (1027) | 01:11:49 | 01:10:21 |
| 1022 | 1091 | Magdalena | Dondajewska | Luboń | Dondi Team | 1981 | K30 | 148 | | 314 | 00:34:30 (1029) | 01:11:49 | 01:10:21 |
| 1023 | 340 | Monika | Zandecka | Luboń | Mamy-Biegamy | 1977 | K30 | 149 | | 315 | 00:34:27 (1026) | 01:11:41 | 01:10:24 |
| 1024 | 110 | Katarzyna | Pawlak | Luboń | Mamy-Biegamy | 1980 | K30 | 150 | | 316 | 00:34:26 (1025) | 01:11:41 | 01:10:24 |
| 1025 | 766 | Bartosz | Mocarski | Poznań | Topfarm/ Silver Fitness Luboń | 1986 | M30 | 290 | 709 | | 00:34:10 (1017) | 01:11:34 | 01:10:44 |
| 1026 | 1183 | Michał | Mielcarek | Luboń | Luboński Klub Biegacza | 1989 | M20 | 144 | 710 | | 00:34:18 (1019) | 01:11:47 | 01:11:11 |
| 1027 | 86 | Alina | Arndt-Kufel | Luboń | | 1959 | K50 | 13 | | 317 | 00:34:56 (1032) | 01:12:24 | 01:11:16 |
| 1028 | 806 | Dorota | Leszczyńska | Luboń | | 1973 | K40 | 56 | | 318 | 00:33:58 (1014) | 01:12:59 | 01:11:29 |
| 1029 | 1070 | Ewa | Matusiewicz | Poznań | | 1985 | K30 | 151 | | 319 | 00:33:00 (993) | 01:12:45 | 01:11:43 |
| 1030 | 1071 | Sławomir | Matusiewicz | Poznań | CITYZEN_SOLID_BE3 | 1979 | M30 | 291 | 711 | | 00:33:01 (994) | 01:12:45 | 01:11:44 |
| 1031 | 888 | Włodzimierz | Krawczyk | Śrem | Ciacho Team Trathlon | 1964 | M50 | 43 | 712 | | 00:34:19 (1021) | 01:13:19 | 01:11:51 |
| 1032 | 887 | Malgorzata | Dudziak | Kornik | Ciacho Team Trathlon | 1964 | K50 | 14 | | 320 | 00:34:18 (1020) | 01:13:19 | 01:11:52 |
| 1033 | 1077 | Wojciech | Kaptur | Czempiń | Torpeda Czempiń | 1963 | M50 | 44 | 713 | | 00:35:07 (1034) | 01:13:27 | 01:11:56 |
| 1034 | 1078 | Danuta | Kaptur | Czempiń | Torpeda Czempiń | 1968 | K40 | 57 | | 321 | 00:35:08 (1035) | 01:13:27 | 01:11:57 |
| 1035 | 870 | Mateusz | Każmierczak | Luboń | Luboń | 1985 | M30 | 292 | 714 | | 00:35:35 (1040) | 01:13:29 | 01:12:04 |
| 1036 | 46 | Florian | Kropidłowski | Police | | 1935 | M65+ | 12 | 715 | | | 01:13:39 | 01:12:37 |
| 1037 | 189 | Aneta | Frąckowiak | Poznań | Mamy-Biegamy | 1982 | K30 | 152 | | 322 | 00:34:20 (1022) | 01:13:56 | 01:12:39 |
| 1038 | 572 | Dominika | Rybak | Plewiska | | 1990 | K20 | 82 | | 323 | 00:35:10 (1036) | 01:14:13 | 01:12:42 |
| 1039 | 571 | Adam | Czarny | Plewiska | Programa.pl | 1987 | M20 | 145 | 716 | | 00:35:11 (1037) | 01:14:13 | 01:12:43 |
| 1040 | 1125 | Maria | Krzywińska | Leszno | | 1957 | K50 | 15 | | 324 | 00:35:16 (1038) | 01:14:18 | 01:12:50 |
| 1041 | 899 | Joanna | Konieczna | Śrem pysząca | Mamy-Biegamy | 1984 | K30 | 153 | | 325 | 00:34:38 (1030) | 01:13:55 | 01:13:03 |
| 1042 | 359 | Zuzanna | Błaszak | Poznań | | 1992 | K20 | 83 | | 326 | 00:34:57 (1033) | 01:13:57 | 01:13:13 |
| 1043 | 958 | Anna | Łaskarzewska | Skoki | Beiersdorf Sport Team | 1992 | K20 | 84 | | 327 | 00:33:48 (1012) | 01:14:22 | 01:13:22 |
| 1044 | 945 | Marta | Pöpke | Murowana Goślina | Beiersdorf Sport Team | 1985 | K30 | 154 | | 328 | 00:33:48 (1013) | 01:14:23 | 01:13:23 |
| 1045 | 835 | Natalia | Kwiecińska | Luboń | | 1982 | K30 | 155 | | 329 | 00:34:11 (1018) | 01:15:28 | 01:14:21 |
| 1046 | 229 | Marek | Walkiewicz | Luboń | Team Iga | 1985 | M30 | 293 | 717 | | 00:36:01 (1042) | 01:15:39 | 01:14:47 |
| 1047 | 1298 | Marta | Walkiewicz | Luboń | Iga Team | 1984 | K30 | 156 | | 330 | 00:36:01 (1043) | 01:15:40 | 01:14:48 |
| 1048 | 1122 | Magdalena | Paluskiewicz | Wysogotowo | MATEO SKLEP | 1964 | K50 | 16 | | 331 | 00:34:38 (1031) | 01:15:46 | 01:14:49 |
| 1049 | 1182 | Marcin | Meller | Luboń | Luboński Klub Biegacza | 1983 | M30 | 294 | 718 | | 00:36:21 (1044) | 01:16:47 | 01:16:10 |
| 1050 | 1181 | Agnieszka | Meller | Luboń | Luboński Klub Biegacza | 1983 | K30 | 157 | | 332 | 00:36:24 (1045) | 01:16:47 | 01:16:12 |

6. Luboński Bieg Niepodległości
 Organizator: Ronin Running Adam Chudzicki
 Data: 2016-11-11
 Dystans: 10 km



Wyniki

Klasyfikacja wg czasów netto (z wyjątkiem pierwszych 50 zawodników)

| Miejsce | Numer | Imię | Nazwisko | Miejscowość | Klub | Rok | Kat. | Miejsce | | | 5 km | Wynik | Czas netto |
|-------------|-------|-----------|------------|-------------|-----------------------|------|------|---------|-----|-----|-----------------|----------|------------|
| | | | | | | | | kat. | M | K | | | |
| 1051 | 955 | Ania | Werda | Poznań | Beiersdorf Sport Team | 1980 | K30 | 158 | | 333 | 00:36:24 (1046) | 01:17:40 | 01:16:39 |
| 1052 | 198 | Agnieszka | Braun | Strykowo | Mamy Biegamy | 1978 | K30 | 159 | | 334 | 00:37:01 (1048) | 01:18:44 | 01:17:26 |
| 1053 | 212 | Marta | Woźniak | Komorniki | Mamy-Biegamy | 1985 | K30 | 160 | | 335 | 00:37:01 (1049) | 01:18:45 | 01:17:27 |
| 1054 | 137 | Joanna | Hoffmann | Luboń | Mamy-Biegamy | 1986 | K30 | 161 | | 336 | 00:37:00 (1047) | 01:19:05 | 01:17:45 |
| 1055 | 823 | Maciek | Płóciennik | Luboń | LIBRA TEAM | 1975 | M40 | 181 | 719 | | 00:39:58 (1053) | 01:19:46 | 01:18:24 |
| 1056 | 1143 | Waldemar | Szymański | Wroniawy | | 1979 | M30 | 295 | 720 | | 00:37:40 (1050) | 01:19:21 | 01:18:27 |
| 1057 | 1142 | Karolina | Szymańska | Wroniawy | | 1980 | K30 | 162 | | 337 | 00:37:41 (1051) | 01:19:20 | 01:18:28 |
| 1058 | 744 | Leszek | Bartkowiak | Luboń | Silver Fitness Luboń | 1981 | M30 | 296 | 721 | | 00:35:50 (1041) | 01:20:07 | 01:18:36 |
| 1059 | 593 | Łukasz | Cichowski | Poznań | | 1988 | M20 | 146 | 722 | | 00:35:32 (1039) | 01:19:16 | 01:18:43 |
| 1060 | 361 | Monika | Gaszyńska | Poznań | | 1979 | K30 | 163 | | 338 | 00:38:49 (1052) | 01:21:49 | 01:20:14 |
| 1061 | 45 | Maria | Pańczak | Poznań | Koalicja Polska | 1939 | K65+ | 1 | | 339 | 00:44:48 (1054) | 01:36:02 | 01:34:23 |
| 1062 | 1098 | Janusz | Kalecki | Poznań | | 1948 | M65+ | 13 | 723 | | 00:46:02 (1055) | 01:36:06 | 01:35:43 |
| RAZEM: 1062 | | | | | | | | | | | | | |