

10 km

| Msc | Numer | Nazwisko | Imię | Pł | M pł | Kat | M kat | Miejscowość | Dystans | Prędkość | Czas/km | 1 okr | 2 okr | Meta |
|-----|-------|-------------|------------|----|---------|--------|----------|------------------------|---------|----------|----------|-------------|-------------|-------------|
| 1 | 54 | MATEUSIAK | RADOSŁAW | M | 1 | M 1 | 1 | RÓŻAN | 10 km | 16.99 | 00:03:31 | 00:17:36.95 | 00:17:42.25 | 00:35:19.78 |
| 2 | 89 | GODLEWSKI | ANDRZEJ | M | 2 | M 4 | 1 | BORAWSKIE | 10 km | 16.09 | 00:03:43 | 00:18:35.58 | 00:18:42.02 | 00:37:18.92 |
| 3 | 36 | KOTLENGA | PRZEMYSŁAW | M | 3 | M 5 | 1 | ŁAWA | 10 km | 16.06 | 00:03:44 | 00:18:43.27 | 00:18:37.05 | 00:37:21.33 |
| 4 | 29 | JARMOŁOWICZ | JACEK | M | 4 | M 7 | 1 | BIALYSTOK | 10 km | 15.99 | 00:03:45 | 00:18:47.00 | 00:18:45.00 | 00:37:32.00 |
| 5 | 39 | KOZIATEK | SEBASTIAN | M | 5 | M 3 | 1 | SZCZYTNO | 10 km | 15.96 | 00:03:45 | 00:19:11.03 | 00:18:24.21 | 00:37:36.21 |
| 6 | 7 | BOCHENKO | DANIEL | M | 6 | M 7 | 2 | BRZozowa | 10 km | 15.82 | 00:03:47 | 00:18:59.98 | 00:18:55.21 | 00:37:55.19 |
| 7 | 28 | IGNACZUK | TOMASZ | M | 7 | M 5 | 2 | ZAMBRÓW | 10 km | 14.99 | 00:04:00 | 00:20:12.97 | 00:19:47.75 | 00:40:01.81 |
| 8 | 94 | REGULSKI | DARIUSZ | M | 8 | M 7 | 3 | OSTROŁĘKA | 10 km | 14.93 | 00:04:01 | 00:19:43.94 | 00:20:25.38 | 00:40:12.34 |
| 9 | 38 | KOZIATEK | JAKUB | M | 9 | M 3 | 2 | SZCZYTNO | 10 km | 14.84 | 00:04:02 | 00:19:45.52 | 00:20:39.43 | 00:40:26.96 |
| 10 | 65 | RYBNIK | KAROL | M | 10 | M 3 | 3 | NOWE ALEKSANDROWO | 10 km | 14.67 | 00:04:05 | 00:19:52.75 | 00:20:57.11 | 00:40:54.76 |
| 11 | 41 | KRASOWSKI | DAMIAN | M | 11 | M 4 | 2 | BIALYSTOK | 10 km | 14.63 | 00:04:06 | 00:20:06.27 | 00:20:52.51 | 00:41:00.33 |
| 12 | 8 | BORZYMOWSKI | PAWEŁ | M | 12 | M 3 | 4 | PRASLITY | 10 km | 14.49 | 00:04:08 | 00:20:05.68 | 00:21:14.07 | 00:41:24.04 |
| 13 | 3 | BAŁULIS | RAJMUND | M | 13 | M 3 | 5 | SUWAŁKI | 10 km | 14.48 | 00:04:08 | 00:20:18.84 | 00:21:05.63 | 00:41:26.67 |
| 14 | 42 | KULESZKA | ANNA | K | 1 | K 3 | 1 | WĘGORZEWO | 10 km | 14.44 | 00:04:09 | 00:20:54.20 | 00:20:37.46 | 00:41:33.20 |
| 15 | 91 | JĘDRZEJCZYK | JAROSŁAW | M | 14 | M 5 | 3 | OSTROŁĘKA | 10 km | 14.42 | 00:04:09 | 00:20:51.90 | 00:20:40.86 | 00:41:36.26 |
| 16 | 9 | BOSIACKI | JAROSŁAW | M | 15 | M 5 | 4 | BIALYSTOK | 10 km | 14.39 | 00:04:10 | 00:20:51.51 | 00:20:47.78 | 00:41:42.25 |
| 17 | 52 | ŁYSKAWY | PRZEMYSŁAW | M | 16 | M 1 | 2 | CIECHANOWIEC | 10 km | 14.35 | 00:04:10 | 00:20:48.94 | 00:20:56.76 | 00:41:48.70 |
| 18 | 93 | PANICZKO | SŁAWOMIR | M | 17 | M 6 | 1 | BIALYSTOK | 10 km | 14.35 | 00:04:10 | 00:20:50.33 | 00:20:55.72 | 00:41:49.82 |
| 19 | 13 | DARMETKO | PAWEŁ | M | 18 | M 6 | 2 | KOLNO | 10 km | 14.35 | 00:04:10 | 00:20:09.08 | 00:21:39.15 | 00:41:49.87 |
| 20 | 70 | SZNUKOWSKI | DAWID | M | 19 | M 3 | 6 | SUWAŁKI | 10 km | 14.26 | 00:04:12 | 00:20:48.99 | 00:21:12.89 | 00:42:04.60 |
| 21 | 86 | BRZozowski | IRENEUSZ | M | 20 | M 5 | 5 | WYSOKIE MAZOWIECKIE | 10 km | 14.17 | 00:04:14 | 00:20:50.49 | 00:21:28.82 | 00:42:21.53 |
| 22 | 46 | LENART | MILOSZ | M | 21 | M 8 | 1 | KĘTRZYN | 10 km | 14.05 | 00:04:16 | 00:21:15.49 | 00:21:21.81 | 00:42:42.10 |
| 23 | 59 | PLEBAN | MAREK | M | 22 | M 6 | 3 | ŁOMŻA | 10 km | 13.95 | 00:04:18 | 00:21:23.20 | 00:21:35.01 | 00:43:01.57 |
| 24 | 61 | PONIATOWSKI | MAREK | M | 23 | M 6 | 4 | BEŁDA | 10 km | 13.81 | 00:04:20 | 00:21:04.53 | 00:22:20.63 | 00:43:26.90 |

| Msc | Numer | Nazwisko | Imię | Pl | M pl | Kat | M kat | Miejscowość | Dystans | Prędkość | Czas/km | 1 okr | 2 okr | Meta |
|-----|-------|-------------|------------|----|---------|------|----------|-----------------------|---------|----------|----------|-------------|-------------|-------------|
| 25 | 63 | PRUSZKO | ADAM | M | 24 | M 7 | 4 | ŁOMŻA | 10 km | 13.7 | 00:04:22 | 00:21:19.97 | 00:22:22.86 | 00:43:47.09 |
| 26 | 15 | DAWIDZIUK | PRZEMYSŁAW | M | 25 | M 2 | 1 | BIALYSTOK | 10 km | 13.62 | 00:04:24 | 00:22:01.78 | 00:21:57.35 | 00:44:03.00 |
| 27 | 17 | ELSTER | ADAM | M | 26 | M 7 | 5 | ŁOMŻA | 10 km | 13.49 | 00:04:26 | 00:22:01.77 | 00:22:25.03 | 00:44:29.79 |
| 28 | 92 | NIEMOTKO | PIOTR | M | 27 | M 6 | 5 | BIALYSTOK | 10 km | 13.35 | 00:04:29 | 00:22:38.46 | 00:22:14.24 | 00:44:57.85 |
| 29 | 32 | KIBITLEWSKA | EMILIA | K | 2 | K 4 | 1 | SUWAŁKI | 10 km | 13.33 | 00:04:30 | 00:21:50.68 | 00:23:06.98 | 00:45:00.76 |
| 30 | 72 | TABĘDZKA | KATARZYNA | K | 3 | K 4 | 2 | SREBRNY BOREK | 10 km | 13.17 | 00:04:33 | 00:22:10.06 | 00:23:21.09 | 00:45:33.11 |
| 31 | 37 | KOWALEWSKI | ŁUKASZ | M | 28 | M 4 | 3 | BISKUPIEC | 10 km | 13.14 | 00:04:33 | 00:22:07.00 | 00:23:28.41 | 00:45:39.34 |
| 32 | 83 | SYSUŁA | JANUSZ | M | 29 | M 10 | 1 | BIALYSTOK | 10 km | 13.04 | 00:04:36 | 00:22:24.89 | 00:23:33.59 | 00:46:01.70 |
| 33 | 2 | BAKUN | MONIKA | K | 4 | K 2 | 1 | EŁK | 10 km | 13.02 | 00:04:36 | 00:22:57.41 | 00:23:03.42 | 00:46:06.11 |
| 34 | 64 | PTAK | DAMIAN | M | 30 | M 3 | 7 | KUZIE | 10 km | 12.94 | 00:04:38 | 00:23:14.65 | 00:23:02.68 | 00:46:21.08 |
| 35 | 69 | SZCZUBEŁEK | WALDEMAR | M | 31 | M 9 | 1 | OSTROŁĘKA | 10 km | 12.89 | 00:04:39 | 00:23:12.89 | 00:23:15.75 | 00:46:33.07 |
| 36 | 71 | ŚLEDZIEWSKA | KATARZYNA | K | 5 | K 3 | 2 | STARY LUBOTYŃ | 10 km | 12.88 | 00:04:39 | 00:22:56.07 | 00:23:35.60 | 00:46:34.18 |
| 37 | 80 | KISZLUK | DARIUSZ | M | 32 | M 2 | 2 | SUCHOWOLA | 10 km | 12.88 | 00:04:39 | 00:22:29.09 | 00:24:00.55 | 00:46:34.32 |
| 38 | 12 | CHUTKOWSKA | AGNIESZKA | K | 6 | K 5 | 1 | KOLNO | 10 km | 12.83 | 00:04:40 | 00:23:03.35 | 00:23:42.16 | 00:46:47.78 |
| 39 | 1 | PERŁO | DARIUSZ | M | 33 | M 7 | 6 | BIALYSTOK | 10 km | 12.73 | 00:04:42 | 00:23:11.00 | 00:23:51.97 | 00:47:09.14 |
| 40 | 66 | SIENICKI | LESZEK | M | 34 | M 5 | 6 | ŁOMŻA | 10 km | 12.65 | 00:04:44 | 00:23:20.02 | 00:23:59.03 | 00:47:25.67 |
| 41 | 20 | GACKI | KRZYSZTOF | M | 35 | M 10 | 2 | PISZ | 10 km | 12.63 | 00:04:45 | 00:23:29.70 | 00:23:56.90 | 00:47:30.79 |
| 42 | 5 | BIERNAT | TOMASZ | M | 36 | M 6 | 6 | OSTROŁĘKA | 10 km | 12.63 | 00:04:45 | 00:24:05.67 | 00:23:16.70 | 00:47:30.83 |
| 43 | 19 | FIDURA | JACEK | M | 37 | M 6 | 7 | KAŃKOWO | 10 km | 12.58 | 00:04:46 | 00:23:02.62 | 00:24:32.39 | 00:47:42.69 |
| 44 | 78 | DUDA | ŁUKASZ | M | 38 | M 3 | 8 | KOMOROWO | 10 km | 12.56 | 00:04:46 | 00:23:54.44 | 00:23:53.19 | 00:47:47.63 |
| 45 | 82 | RUSZCZYK | MAŁGORZATA | K | 7 | K 5 | 2 | KĘTRZYN | 10 km | 12.54 | 00:04:47 | 00:23:47.86 | 00:23:57.89 | 00:47:50.00 |
| 46 | 60 | PONIATOWSKI | ADAM | M | 39 | M 4 | 4 | BEŁDA | 10 km | 12.5 | 00:04:48 | 00:23:32.89 | 00:24:23.23 | 00:48:01.00 |
| 47 | 95 | RZYP | JUSTYNA | K | 8 | K 3 | 3 | KĘTRZYN | 10 km | 12.41 | 00:04:50 | 00:24:11.46 | 00:24:06.35 | 00:48:22.40 |
| 48 | 47 | LESZCZYŃSKA | MAGDALENA | K | 9 | K 3 | 4 | OSTRÓW MAZOWIECKA | 10 km | 12.35 | 00:04:51 | 00:23:47.79 | 00:24:40.58 | 00:48:35.57 |
| 49 | 51 | LOTKOWSKI | MATEUSZ | M | 40 | M 1 | 3 | ŁOMŻA | 10 km | 12.33 | 00:04:52 | 00:24:11.40 | 00:24:24.92 | 00:48:40.09 |
| 50 | 50 | LIJKA | BOGUSŁAW | M | 41 | M 8 | 2 | KĘTRZYN | 10 km | 12.32 | 00:04:52 | 00:24:10.04 | 00:24:26.85 | 00:48:42.37 |
| 51 | 67 | SKŁADANEK | ZUZANNA | K | 10 | K 1 | 1 | MORZYCZYN WŁOŚCIAŃSKI | 10 km | 12.08 | 00:04:58 | 00:24:07.39 | 00:25:26.29 | 00:49:41.01 |
| 52 | 75 | TUROWSKI | ROBERT | M | 42 | M 5 | 7 | SOJCZYN BOROWY | 10 km | 11.98 | 00:05:00 | 00:24:33.68 | 00:25:24.68 | 00:50:04.70 |
| 53 | 62 | POZDRAWIAM | MARIUSZ | M | 43 | M 9 | 2 | ŁOMŻA | 10 km | 11.9 | 00:05:02 | 00:24:43.98 | 00:25:34.24 | 00:50:26.61 |

| Msc | Numer | Nazwisko | Imię | Pi | M pl | Kat | M kat | Miejscowość | Dystans | Prędkość | Czas/km | 1 okr | 2 okr | Meta |
|-----|-------|--------------|------------|----|---------|---------|----------|-------------|---------|----------|----------|-------------|-------------|-------------|
| 54 | 77 | WYRWAS | TADEUSZ | M | 44 | M 9 | 3 | ŁOMŻA | 10 km | 11.85 | 00:05:03 | 00:25:22.25 | 00:25:11.62 | 00:50:38.88 |
| 55 | 45 | KWIATKOWSKI | KAROL | M | 45 | M 6 | 8 | SUWAŁKI | 10 km | 11.81 | 00:05:04 | 00:25:18.35 | 00:25:21.48 | 00:50:47.95 |
| 56 | 85 | BALŁO | JAROSŁAW | M | 46 | M 3 | 9 | ORLA | 10 km | 11.78 | 00:05:05 | 00:24:40.82 | 00:26:10.61 | 00:50:56.79 |
| 57 | 55 | MOŚCICKI | ZENON | M | 47 | M 10 | 3 | RUTKI | 10 km | 11.72 | 00:05:07 | 00:26:01.51 | 00:25:02.76 | 00:51:12.03 |
| 58 | 90 | JASTRZĘBSKI | MIKOŁAJ | M | 48 | M 1 | 4 | ŁOMŻA | 10 km | 11.69 | 00:05:07 | 00:24:11.69 | 00:26:58.97 | 00:51:19.56 |
| 59 | 88 | DĄBROWSKI | KAROL | M | 49 | M 2 | 3 | ŁOMŻA | 10 km | 11.6 | 00:05:10 | 00:24:50.11 | 00:26:48.68 | 00:51:43.36 |
| 60 | 14 | DAWIDZIUK | DANIEL | M | 50 | M 6 | 9 | KĘTRZYN | 10 km | 11.6 | 00:05:10 | 00:25:29.66 | 00:26:09.02 | 00:51:44.32 |
| 61 | 6 | BLUSIEWCZ | JUSTYNA | K | 11 | K 4 | 3 | ŁOMŻA | 10 km | 11.57 | 00:05:11 | 00:25:35.15 | 00:26:15.23 | 00:51:51.25 |
| 62 | 96 | SZYMAŃSKI | PAWEŁ | M | 51 | M 7 | 7 | ZBÓJNA | 10 km | 11.53 | 00:05:12 | 00:25:21.61 | 00:26:36.41 | 00:52:03.89 |
| 63 | 30 | JERULANK | WIESŁAW | M | 52 | M 9 | 4 | GRAJEWO | 10 km | 11.51 | 00:05:12 | 00:26:04.98 | 00:25:57.64 | 00:52:09.31 |
| 64 | 4 | BIAŁOBRZESKI | WITOLD | M | 53 | M 11 | 1 | OSTROŁĘKA | 10 km | 11.48 | 00:05:13 | 00:25:44.70 | 00:26:28.41 | 00:52:17.12 |
| 65 | 79 | JEMIELITY | GRZEGORZ | M | 54 | M 6 | 10 | ŁOMŻA | 10 km | 11.41 | 00:05:15 | 00:26:52.10 | 00:25:33.89 | 00:52:36.00 |
| 66 | 57 | PASŁAWSKI | TOMASZ | M | 55 | M 4 | 5 | MAŁY PŁOCK | 10 km | 11.38 | 00:05:16 | 00:26:01.86 | 00:26:31.68 | 00:52:43.77 |
| 67 | 87 | CHARUBIN | MARIUSZ | M | 56 | M 5 | 8 | ŁUPKI/PISZ | 10 km | 11.31 | 00:05:18 | 00:26:15.42 | 00:26:41.38 | 00:53:02.95 |
| 68 | 53 | MASIUK-PLONA | MAŁGORZATA | K | 12 | K 6 | 1 | ŁOMŻA | 10 km | 11.3 | 00:05:18 | 00:26:55.33 | 00:26:05.48 | 00:53:06.31 |
| 69 | 68 | SOBIESZUK | MAREK | M | 57 | M 7 | 8 | ŁOMŻA | 10 km | 11.07 | 00:05:25 | 00:26:20.22 | 00:27:45.19 | 00:54:11.74 |
| 70 | 11 | CHALECKI | GRZEGORZ | M | 58 | M 8 | 3 | SUWAŁKI | 10 km | 10.93 | 00:05:29 | 00:27:08.55 | 00:27:36.18 | 00:54:54.59 |
| 71 | 76 | WALDZIŃSKI | TOMASZ | M | 59 | M 6 | 11 | ŁOMŻA | 10 km | 10.78 | 00:05:34 | 00:26:19.22 | 00:29:19.46 | 00:55:40.68 |
| 72 | 73 | TARNOWSKA | MARZENA | K | 13 | K 6 | 2 | ZAMBRÓW | 10 km | 10.76 | 00:05:34 | 00:27:57.05 | 00:27:40.71 | 00:55:45.27 |
| 73 | 23 | GLĘBOCKI | RYSZARD | M | 60 | M 7 | 9 | ZAMBRÓW | 10 km | 10.76 | 00:05:34 | 00:27:57.08 | 00:27:40.85 | 00:55:45.35 |
| 74 | 24 | GOŁOTA | ALEKSANDRA | K | 14 | K 5 | 3 | RUDKA | 10 km | 10.73 | 00:05:35 | 00:28:22.49 | 00:27:27.25 | 00:55:55.96 |
| 75 | 26 | GRYGO | KRZYSZTOF | M | 61 | M 9 | 5 | ŁOMŻA | 10 km | 10.66 | 00:05:37 | 00:27:58.92 | 00:28:10.57 | 00:56:18.66 |
| 76 | 58 | PERŁO | DOROTA | K | 15 | K 7 | 1 | BIAŁYSTOK | 10 km | 10.64 | 00:05:38 | 00:27:05.82 | 00:29:11.23 | 00:56:23.16 |
| 77 | 21 | GAŁĄZKA | AGNIESZKA | K | 16 | K 5 | 4 | ŁOMŻA | 10 km | 10.49 | 00:05:43 | 00:28:29.59 | 00:28:32.76 | 00:57:12.08 |
| 78 | 10 | BRZOSTEK | KRYSTIAN | M | 62 | M 3 | 10 | SZCZYTNO | 10 km | 10.23 | 00:05:51 | 00:28:56.05 | 00:29:43.24 | 00:58:39.69 |
| 79 | 34 | KOROLCZUK | HENRYK | M | 63 | M 10 | 4 | ŁOMŻA | 10 km | 9.87 | 00:06:04 | 00:28:55.99 | 00:31:43.54 | 01:00:47.96 |
| 80 | 56 | NOWAKOWSKI | CZESLAW | M | 64 | M 11 | 2 | WARSZAWA | 10 km | 9.83 | 00:06:06 | 00:29:47.17 | 00:31:07.29 | 01:01:04.73 |

| Msc | Numer | Nazwisko | Imię | Pi | M pi | Kat | M kat | Miejscowość | Dystans | Prędkość | Czas/km | 1 okr | 2 okr | Meta |
|-----|-------|-------------|-----------|----|------|------|-------|----------------|---------|----------|----------|-------------|-------------|-------------|
| 81 | 48 | LESZCZYŃSKI | ROMAN | M | 65 | M 11 | 3 | OSTROŁĘKA | 10 km | 9.45 | 00:06:20 | 00:30:54.27 | 00:32:23.98 | 01:03:28.54 |
| 82 | 35 | KORZENIECKA | BEATA | K | 17 | K 7 | 2 | ZBÓJNA | 10 km | 9.45 | 00:06:20 | 00:30:47.47 | 00:32:34.73 | 01:03:28.68 |
| 83 | 31 | JUCHNIEWICZ | STANISŁAW | M | 66 | M 11 | 4 | OSTROŁĘKA | 10 km | 9.19 | 00:06:31 | 00:30:58.76 | 00:34:10.62 | 01:05:17.06 |
| 84 | 97 | ŚLIWOWSKA | KINGA | K | 18 | K 1 | 2 | JABŁOŃ RYKACZE | 10 km | 9.14 | 00:06:33 | 00:31:56.07 | 00:33:41.39 | 01:05:37.46 |

5 km

| Msc | Numer | Nazwisko | Imię | Pi | M pi | Miejscowość | Dystans | Prędkość | Czas/km | Meta |
|-----|-------|---------------|------------|----|------|-------------------|---------|----------|----------|-------------|
| 1 | 169 | ROGOZIŃSKI | KAROL | M | 1 | DZBENIN | 5 km | 17.63 | 00:03:24 | 00:17:01.48 |
| 2 | 156 | CZARTOSZEWSKI | SZYMON | M | 2 | ŁOMŻA | 5 km | 17.27 | 00:03:28 | 00:17:22.86 |
| 3 | 160 | KOŁOSOWSKI | KAMIL | M | 3 | BIAŁYSTOK | 5 km | 16.92 | 00:03:32 | 00:17:44.15 |
| 4 | 168 | POLEWACZYK | TOMASZ | M | 4 | ŁYSE | 5 km | 16.76 | 00:03:34 | 00:17:54.00 |
| 5 | 151 | BRULIŃSKI | KAMIL | M | 5 | ŁOMŻA | 5 km | 16.17 | 00:03:42 | 00:18:33.64 |
| 6 | 191 | SYCZEW | RAFAŁ | M | 6 | MRĄGOWO | 5 km | 16.16 | 00:03:42 | 00:18:34.37 |
| 7 | 167 | MODZELEWSKI | PAWEŁ | M | 7 | PIĄTNICA | 5 km | 15.93 | 00:03:46 | 00:18:50.94 |
| 8 | 185 | KOSIŃSKI | MARCIN | M | 8 | KOLNO | 5 km | 15.83 | 00:03:47 | 00:18:57.56 |
| 9 | 184 | DOMORADZKI | ROBERT | M | 9 | ŁOMŻA | 5 km | 15.78 | 00:03:48 | 00:19:01.19 |
| 10 | 165 | KURBAT | GRZEGORZ | M | 10 | BIAŁYSTOK | 5 km | 15.54 | 00:03:51 | 00:19:18.17 |
| 11 | 176 | ZACH | KAMIL | M | 11 | ŁOMŻA | 5 km | 14.94 | 00:04:01 | 00:20:05.93 |
| 12 | 178 | FRĄCZYK | ŁUKASZ | M | 12 | ZAMBRÓW | 5 km | 14.57 | 00:04:07 | 00:20:35.01 |
| 13 | 187 | RZADKOWSKI | RAFAŁ | M | 13 | STAWISKI | 5 km | 14.52 | 00:04:08 | 00:20:40.72 |
| 14 | 159 | KACZMARCZYK | KAMIL | M | 14 | PIĄTNICA | 5 km | 14.47 | 00:04:08 | 00:20:44.78 |
| 15 | 162 | KOTOMSKA | GRAŻYNA | K | 1 | ŁOMŻA | 5 km | 13.95 | 00:04:18 | 00:21:30.84 |
| 16 | 158 | GUTOWSKI | KRYSTIAN | M | 15 | OSTROŁĘKA | 5 km | 13.9 | 00:04:19 | 00:21:35.39 |
| 17 | 153 | BUKOWSKI | ANDRZEJ | M | 16 | ŁOMŻA | 5 km | 13.29 | 00:04:30 | 00:22:34.85 |
| 18 | 186 | LANGOWSKI | LESZEK | M | 17 | ŁOMŻA | 5 km | 12.98 | 00:04:37 | 00:23:07.19 |
| 19 | 188 | KLIMEK | PIOTR | M | 18 | MRĄGOWO | 5 km | 12.92 | 00:04:38 | 00:23:13.00 |
| 20 | 152 | BRULIŃSKI | RAFAŁ | M | 19 | ŁOMŻA | 5 km | 12.74 | 00:04:42 | 00:23:33.25 |
| 21 | 157 | DZIEDZIK | PATRYCJA | K | 2 | BIAŁYSTOK | 5 km | 12.72 | 00:04:43 | 00:23:35.92 |
| 22 | 173 | SZELAŃGOWSKI | ADAM | M | 20 | ŁOMŻA | 5 km | 12.2 | 00:04:55 | 00:24:35.95 |
| 23 | 182 | TROJANOWSKI | MARCIN | M | 21 | ŁOMŻA | 5 km | 12.15 | 00:04:56 | 00:24:42.60 |
| 24 | 180 | KOZIATEK | MARCIN | M | 22 | SZCZYTNO | 5 km | 11.87 | 00:05:03 | 00:25:17.97 |
| 25 | 179 | KOZIATEK | JAKUB | M | 23 | SZCZYTNO | 5 km | 11.86 | 00:05:03 | 00:25:18.51 |
| 26 | 172 | SZELAŃGOWSKA | ANNA | K | 3 | ŁOMŻA | 5 km | 11.76 | 00:05:06 | 00:25:31.00 |
| 27 | 163 | KOTOWSKI | DARIUSZ | M | 24 | OLSZYNY | 5 km | 11.61 | 00:05:10 | 00:25:50.68 |
| 28 | 171 | SZARNECKA | PAULINA | K | 4 | CIEMNOSZYJE | 5 km | 10.71 | 00:05:36 | 00:28:01.58 |
| 29 | 177 | DĘBEK | MARCIN | M | 25 | ŁOMŻA | 5 km | 10.43 | 00:05:45 | 00:28:46.15 |
| 30 | 174 | SZYMCZUK | MAŁGORZATA | K | 5 | ŻĄBIKOWO PRYWATBE | 5 km | 10.39 | 00:05:46 | 00:28:52.46 |
| 31 | 161 | KOMOROWSKI | ADAM | M | 26 | ŁOMŻA | 5 km | 10.33 | 00:05:48 | 00:29:03.81 |
| 32 | 183 | ZIELIŃSKI | ZBIGNIEW | M | 27 | ŁOMŻA | 5 km | 10.09 | 00:05:56 | 00:29:44.86 |
| 33 | 189 | BIRAWSKI | KRZYSZTOF | M | 28 | ŁOMŻA | 5 km | 10.01 | 00:05:59 | 00:29:58.49 |

| Msc | Numer | Nazwisko | Imię | Pł | M pł | Miejscowość | Dystans | Prędkość | Czas/km | Meta |
|-----|-------|-----------|--------|----|------|-------------|---------|----------|----------|-------------|
| 34 | 190 | TRYBUŁA | TOMASZ | M | 29 | ŁOMŻA | 5 km | 10.01 | 00:05:59 | 00:29:58.89 |
| 35 | 154 | CHOJNICKA | JOANNA | K | 6 | ŁOMŻA | 5 km | 9.62 | 00:06:14 | 00:31:11.38 |
| 36 | 170 | SKRODZKI | TOMASZ | M | 30 | ŁOMŻA | 5 km | 9.28 | 00:06:27 | 00:32:19.46 |

drużyny

| MSC | Grupa | Numer | Uczestnik | Czasy pojedyncze | Suma czasów |
|-----|-----------------------------------|-------|---------------------|------------------|-------------|
| 1 | BIEGAM BO CHCĘ | 7 | BOCHENKO DANIEL | 00:37:55.19 | 02:55:10.57 |
| | | 3 | BAŁULIS RAJMUND | 00:41:26.67 | |
| | | 32 | KIBITLEWSKA EMILIA | 00:45:00.76 | |
| | | 45 | KWIATKOWSKI KAROL | 00:50:47.95 | |
| 2 | BIEGAMY DLA ZDROWIA | 89 | GODLEWSKI ANDRZEJ | 00:37:18.92 | 02:57:34.32 |
| | | 63 | PRUSZKO ADAM | 00:43:47.09 | |
| | | 83 | SYSUŁA JANUSZ | 00:46:01.70 | |
| | | 62 | POZDRAWIAM MARIUSZ | 00:50:26.61 | |
| 3 | DRUŻYNA ML | 42 | KULESZKA ANNA | 00:41:33.20 | 03:00:27.70 |
| | | 46 | LENART MIŁOSZ | 00:42:42.10 | |
| | | 82 | RUSZCZYK MAŁGORZATA | 00:47:50.00 | |
| | | 95 | RZYP JUSTYNA | 00:48:22.40 | |
| 4 | AKADEMIA NAUK STOSOWANYCH W ŁOMŻY | 52 | ŁYSKAWY PRZEMYSŁAW | 00:41:48.70 | 03:08:57.49 |
| | | 1 | PERŁO DARIUSZ | 00:47:09.14 | |
| | | 51 | LOTKOWSKI MATEUSZ | 00:48:40.09 | |
| | | 90 | JASTRZĘBSKI MIKOŁAJ | 00:51:19.56 | |
| 5 | MARATONKA GRAJEWO | 61 | PONIATOWSKI MAREK | 00:43:26.90 | 03:13:41.91 |
| | | 60 | PONIATOWSKI ADAM | 00:48:01.00 | |
| | | 75 | TUROWSKI ROBERT | 00:50:04.70 | |
| | | 30 | JERULANK WIESŁAW | 00:52:09.31 | |