

| MscGen | NrSt | Nazwisko | Zespół/Miejscowo | Ur. | MscKt | Kateg | Brutto | Netto | Km/h | Czas/Km |
|--------|------|------------------------|----------------------|------|-------|-------|--------|-------|--------|---------|
| 1 | 57 | KURIATA RAFAŁ | ZIELONA GÓRA | 1990 | 1 | OpenM | 17:33 | 17:33 | 17,094 | 3:30 |
| 2 | 12 | KRASI SKI PIOTR | GUBIN | 1984 | 2 | OpenM | 18:46 | 18:44 | 16,014 | 3:45 |
| 3 | 30 | PRÜFER PAWEŁ | OSIEDLE SŁONECZNE | 1972 | 3 | OpenM | 18:55 | 18:54 | 15,873 | 3:47 |
| 4 | 15 | RZE NIK DACJAN | ZIELONA GÓRA | 1989 | 4 | OpenM | 19:10 | 19:08 | 15,679 | 3:50 |
| 5 | 32 | ROSZYK PAWEŁ | NOWA SÓL | 1989 | 5 | OpenM | 19:25 | 19:24 | 15,464 | 3:53 |
| 6 | 1 | BANASZEK SŁAWOMIR | BIEGACZE ZJADACZE KM | 1976 | 6 | OpenM | 19:53 | 19:52 | 15,101 | 3:58 |
| 7 | 50 | SZYMCZYK RAFAŁ | ZIELONA GÓRA | 1982 | 7 | OpenM | 19:54 | 19:53 | 15,088 | 3:58 |
| 8 | 8 | HERMAN GRZEGORZ | SIŁA I HUMOR,ZIELONA | 1979 | 8 | OpenM | 20:08 | 20:06 | 14,925 | 4:01 |
| 9 | 35 | SKLEPOWICZ JAKUB | JEDEN PLUS,65-001 | 1988 | 9 | OpenM | 20:44 | 20:43 | 14,481 | 4:08 |
| 10 | 52 | PAWŁOWSKI | KO UCHÓW | 1977 | 10 | OpenM | 20:59 | 20:58 | 14,308 | 4:11 |
| 11 | 19 | MARKOWSKI DARIUSZ | GUBIN,GUBIN | 1993 | 11 | OpenM | 21:06 | 21:06 | 14,218 | 4:13 |
| 12 | 6 | DANKOWSKI AMADEUSZ | KRWIOBIEG(ANIE),ZIEL | 1990 | 12 | OpenM | 21:13 | 21:10 | 14,173 | 4:14 |
| 13 | 22 | MICHNOWICZ EWELINA | STRA GRANICZNA,KROS | 1992 | 1 | OpenK | 21:18 | 21:17 | 14,096 | 4:15 |
| 14 | 3 | MACIEJEWSKI PAWEŁ | ZIELONA GÓRA | 1980 | 13 | OpenM | 21:27 | 21:26 | 13,997 | 4:17 |
| 15 | 45 | WITKOWSKI MAREK | SKO CZENI OCR,ZIELON | 1977 | 14 | OpenM | 22:07 | 22:06 | 13,575 | 4:25 |
| 16 | 60 | NOWAK WOJCIECH | ZIELONA GÓRA | 1988 | 15 | OpenM | 22:22 | 22:20 | 13,433 | 4:28 |
| 17 | 39 | SZRYMSKI BARTOSZ | EOBUWIE.PL MOKASYNY, | 1991 | 16 | OpenM | 22:23 | 22:19 | 13,443 | 4:28 |
| 18 | 59 | MAZUR MAREK | ZIELONA GÓRA | 1990 | 17 | OpenM | 22:32 | 22:29 | 13,343 | 4:30 |
| 19 | 53 | MAJ MARIUSZ | KO UCHÓW | 1980 | 18 | OpenM | 23:23 | 23:21 | 12,848 | 4:40 |
| 20 | 58 | MOKHAMMAD ROMAN | ZIELONA GÓRA | 2002 | 19 | OpenM | 24:08 | 24:07 | 12,440 | 4:49 |
| 21 | 51 | MU KO BARTOSZ | ZIELONA GÓRA | 1992 | 20 | OpenM | 25:00 | 24:57 | 12,024 | 5:00 |
| 22 | 14 | KUDŁA WOJCIECH | KRWIOBIEG(ANIE),ZIEL | 1991 | 21 | OpenM | 25:14 | 25:12 | 11,905 | 5:02 |
| 23 | 37 | SZOSTAK JOANNA | KRWIOBIEG(ANIE),ZIEL | 1990 | 2 | OpenK | 25:14 | 25:13 | 11,897 | 5:02 |
| 24 | 10 | KACZMAREK WALDEMAR | STRA GRANICZNA,GUBI | 1980 | 22 | OpenM | 25:56 | 25:55 | 11,576 | 5:11 |
| 25 | 46 | ZWIRECKI PAWEŁ | EOBUWIE.PL MOKASYNY, | 1984 | 23 | OpenM | 25:56 | 25:52 | 11,598 | 5:11 |
| 26 | 25 | NOWAK JACEK | ZIELONA GÓRA | 1986 | 24 | OpenM | 26:34 | 26:33 | 11,299 | 5:18 |
| 27 | 23 | NAWROCKI MATEUSZ | ZIELONA GÓRA | 2000 | 25 | OpenM | 26:43 | 26:40 | 11,250 | 5:20 |
| 28 | 55 | NAWROCKI RAFAŁ | ZIELONA GÓRA | 1980 | 26 | OpenM | 26:43 | 26:41 | 11,243 | 5:20 |
| 29 | 4 | KOWALCZUK ANNA | ZIELONA GÓRA | 1977 | 3 | OpenK | 26:50 | 26:47 | 11,201 | 5:22 |
| 30 | 54 | MAJ DIANA | KO UCHÓW | 1980 | 4 | OpenK | 27:14 | 27:12 | 11,029 | 5:26 |
| 31 | 11 | KRAKOWIAN ZDZISŁAW | STRA GRANICZNA,ZB S | 1976 | 27 | OpenM | 27:21 | 27:17 | 10,996 | 5:28 |
| 32 | 38 | SZPAK JAROSŁAW | YNWA,BYTOM ODRZA SKI | 1967 | 28 | OpenM | 27:51 | 27:48 | 10,791 | 5:34 |
| 33 | 48 | ŁAPUCHA JAROSŁAW | ZIELONA GÓRA | 1994 | 29 | OpenM | 27:59 | 27:57 | 10,733 | 5:35 |
| 34 | 61 | PISKORSKI GRZEGORZ | ZIELONA GÓRA | 1995 | 30 | OpenM | 28:06 | 28:04 | 10,689 | 5:37 |
| 35 | 49 | MICHALSKI TOMASZ | ZIELONA GÓRA | 1972 | 31 | OpenM | 28:26 | 28:22 | 10,576 | 5:41 |
| 36 | 21 | MICHALSKI DARIUSZ | STRA GRANICZNA,KROS | 1971 | 32 | OpenM | 28:26 | 28:22 | 10,576 | 5:41 |
| 37 | 42 | WALCZAK ANNA | SULECHÓW | 1982 | 5 | OpenK | 28:27 | 28:22 | 10,576 | 5:41 |
| 38 | 28 | PISZCZYGŁOWA BERNADETA | GORZÓW WIELKOPOLSKI | 1971 | 6 | OpenK | 28:40 | 28:37 | 10,483 | 5:44 |
| 39 | 2 | BIEGA SKI MARIAN | BOMADEK,ZIELONA GÓRA | 1949 | 33 | OpenM | 29:10 | 29:06 | 10,309 | 5:50 |
| 40 | 20 | MATUSIAK AGATA | NIEDORADZ | 1994 | 7 | OpenK | 30:08 | 30:06 | 9,967 | 6:01 |
| 41 | 36 | SZKUDLAREK ANGELINA | PŁOTY | 1991 | 8 | OpenK | 31:13 | 31:11 | 9,621 | 6:14 |
| 42 | 9 | JAKUBOWSKA RENATA | STOWARZYSZENIE CURTE | 1975 | 9 | OpenK | 32:17 | 32:13 | 9,312 | 6:27 |
| 43 | 43 | WALCZAK MACIEJ | SULECHÓW | 1981 | 34 | OpenM | 33:15 | 33:10 | 9,045 | 6:39 |
| 44 | 7 | DZI BÓR MAREK | KOTOWICE | 1983 | 35 | OpenM | 34:08 | 34:04 | 8,806 | 6:49 |
| 45 | 13 | FR CKOWIAK KRZYSZTOF | ZIELONA GÓRA | 1983 | 36 | OpenM | 34:08 | 34:05 | 8,802 | 6:49 |