

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | Brutto | Netto | Km/h | Czas/km |
|-----|-------|----------------------|----------------------|------|--------|-------|--------|---------|
| 1 | 152 | WAWRZYKOWSKI JAKUB | MKST ASTRA NOWA SÓL | 1997 | 30:58 | 30:56 | 17,457 | 3:26 |
| 2 | 161 | SZATKOWSKI PAWEŁ | HARPAGAN ZIELONA GÓR | 1980 | 31:20 | 31:20 | 17,234 | 3:28 |
| 3 | 127 | BUBEL SEBASTIAN | KB WIKON NOWA SÓL ,N | 1984 | 35:51 | 35:49 | 15,077 | 3:58 |
| 4 | 149 | KIN ROBERT | ZIELONA GÓRA | 1971 | 35:57 | 35:54 | 15,042 | 3:59 |
| 5 | 128 | GOLONKA PAWEŁ | KB WIKON NOWA SÓL,NO | 1983 | 36:55 | 36:52 | 14,647 | 4:05 |
| 6 | 106 | MICHNOWICZ EWELINA | KROSNO ODRZAŃSKIE | 1992 | 37:37 | 37:34 | 14,374 | 4:10 |
| 7 | 129 | TALKOWSKA ALEKSANDRA | KB WIKON NOWA SÓL ,N | 1983 | 37:54 | 37:49 | 14,279 | 4:12 |
| 8 | 105 | BASIŃSKI TOMASZ | ŻARY | 1992 | 38:17 | 38:13 | 14,130 | 4:14 |
| 9 | 104 | ANDRZEJEWSKI DROGOSZ | RUNATTACK,KŁOPOTÓW | 1986 | 38:31 | 38:29 | 14,032 | 4:16 |
| 10 | 142 | KOWALSKI MICHAŁ | MICHNET,ZIELONA GÓRA | 1978 | 38:54 | 38:50 | 13,906 | 4:18 |
| 11 | 151 | SASOR SŁAWOMIR | NGB,KOŻUCHÓW | 1971 | 39:05 | 39:02 | 13,834 | 4:20 |
| 12 | 153 | BYKOWSKI WOJCIECH | ZIELONA GÓRA | 1979 | 40:05 | 40:01 | 13,494 | 4:26 |
| 13 | 112 | CZUJKO MICHAŁ | 8K48,ZIELONA GÓRA | 1983 | 40:14 | 40:11 | 13,438 | 4:27 |
| 14 | 131 | MAZIJ PIOTR | KB ZDYSZAAANI CHOCIA | 1986 | 40:15 | 40:13 | 13,427 | 4:28 |
| 15 | 146 | WIŚNIEWSKI KRZYSZTOF | NIEDORADZ | 1974 | 40:21 | 40:16 | 13,411 | 4:28 |
| 16 | 101 | ZEMLEDUCH TOMASZ | ZEMLEDUCHY,ZIELONA G | 1986 | 40:33 | 40:27 | 13,350 | 4:29 |
| 17 | 136 | MERES JACEK | ZIELONA GÓRA | 1988 | 40:58 | 40:53 | 13,208 | 4:32 |
| 18 | 118 | ZIELIŃSKI PAWEŁ | ZIELONA GÓRA | 1988 | 40:59 | 40:48 | 13,235 | 4:32 |
| 19 | 130 | PUSZKIEL LESZEK | GREEN TEAM,ZIELONA G | 1957 | 41:50 | 41:47 | 12,924 | 4:38 |
| 20 | 138 | GASPARYAN ARTUR | ZIELONA GÓRA | 2001 | 42:04 | 42:00 | 12,857 | 4:40 |
| 21 | 157 | SŁAWNY MACIEJ | ZIELONA GÓRA | 1983 | 42:20 | 42:10 | 12,806 | 4:41 |
| 22 | 154 | KASPRZAK RAFAŁ | KB WIKON,NOWA SOL | 1984 | 42:46 | 42:35 | 12,681 | 4:43 |
| 23 | 140 | JURASZEK ANDRZEJ | GBBO BYTOM ODRZAŃSKI | 1972 | 42:48 | 42:41 | 12,651 | 4:44 |
| 24 | 121 | RESPONDEK ANNA | ZIELONA GÓRA | 1983 | 42:54 | 42:49 | 12,612 | 4:45 |
| 25 | 155 | NOSEK MARCIN | WROCŁAW | 1976 | 43:34 | 43:29 | 12,419 | 4:49 |
| 26 | 158 | TRUBIŁOWICZ MATEUSZ | BIEGOWE DZIKI OCR,ZI | 1994 | 44:30 | 44:25 | 12,158 | 4:56 |
| 27 | 150 | LUTKA GRZEGORZ | ŚWIEBODZIN | 1987 | 45:31 | 45:17 | 11,925 | 5:01 |
| 28 | 159 | ZASOWSKI WIKTOR | ZIELONA GÓRA | 1990 | 45:57 | 45:45 | 11,803 | 5:05 |
| 29 | 148 | DOMINIK MAĆKO | MACKO.NET.PL,GŁOGÓW | 1993 | 46:04 | 45:55 | 11,760 | 5:06 |
| 30 | 135 | DOBROWOLSKI PIOTR | OSP ŁAZ,ŁAZ | 1983 | 46:10 | 45:59 | 11,743 | 5:06 |
| 31 | 143 | KOWALSKI SEWERYN | MICHNET,ZIELONA GÓRA | 2007 | 46:31 | 46:27 | 11,625 | 5:09 |
| 32 | 111 | SADZA BARTOSZ | ZIELONA GÓRA | 1980 | 47:38 | 47:22 | 11,400 | 5:15 |
| 33 | 102 | CUKIERNIK PRZEMYSŁAW | HARPAGAN ZIELONA GÓR | 1982 | 47:44 | 47:37 | 11,341 | 5:17 |
| 34 | 163 | MAJEWSKI MACIEJ | ZIELONA GÓRA | 1987 | 48:05 | 47:55 | 11,270 | 5:19 |
| 35 | 160 | GRZEBIELUCHA TOMASZ | ZIELONA GÓRA | 1969 | 48:06 | 47:58 | 11,258 | 5:19 |
| 36 | 133 | CHWIN SŁAWOMIR | JW1517,ZIELONA GORA | 1983 | 48:11 | 48:07 | 11,223 | 5:20 |
| 37 | 132 | KASPERCZYK MATEUSZ | RADIO INDEX,RACULA-Z | 1990 | 48:15 | 48:09 | 11,215 | 5:21 |
| 38 | 164 | CZUCHMAN MAREK | ZIELONA GÓRA | 1987 | 48:21 | 48:15 | 11,192 | 5:21 |
| 39 | 134 | CZUCHMAN AGNIESZKA | ZIELONA GÓRA | 1987 | 48:21 | 48:15 | 11,192 | 5:21 |
| 40 | 107 | SUWAJ ROMAN | ZOMBIE ,ZIELONA GÓRA | 1958 | 48:42 | 48:34 | 11,119 | 5:23 |
| 41 | 147 | CHRÓŚCIEL ALEKSANDRA | NOWA SÓL | 1980 | 49:13 | 49:07 | 10,994 | 5:27 |
| 42 | 124 | PŁOTAŁA ALICJA | ZIELONA GÓRA | 1972 | 49:48 | 49:41 | 10,869 | 5:31 |
| 43 | 141 | JĘDRO JACEK | MICHNET,ZIELONA GÓRA | 1968 | 50:59 | 50:41 | 10,654 | 5:37 |
| 44 | 103 | LEW MACIEJ | ZIELONA GÓRA RA | 1991 | 51:29 | 51:22 | 10,513 | 5:42 |
| 45 | 144 | POSIŁEK BARTOSZ | GUBIN | 1988 | 51:54 | 51:43 | 10,442 | 5:44 |
| 46 | 145 | PYTKO RYSZARD | ZGZB GALLOWAY TEAM,Z | 1953 | 52:07 | 51:54 | 10,405 | 5:46 |
| 47 | 137 | CZEPIEL NATALIA | GREEN TEAM,ZIELONA G | 1985 | 52:22 | 52:13 | 10,342 | 5:48 |
| 48 | 139 | ROSOŁEK ELZBIETA | GREEN TEAM ,ZIELONA | 1965 | 52:22 | 52:12 | 10,345 | 5:48 |

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|-----|-------|----------------------|----------------------|------|---------|---------|--------|---------|
| 49 | 108 | TKACZEWSKI HUBERT | ZIELONA GÓRA | 1980 | 52:55 | 52:39 | 10,256 | 5:51 |
| 50 | 125 | TOPOLNICKI EUGENIUSZ | ZIELONA GÓRA | 1959 | 53:18 | 53:12 | 10,150 | 5:54 |
| 51 | 156 | PTASZKIEWICZ EWA | ZGZB/GALLOWAY TEAM , | 1971 | 53:45 | 53:33 | 10,084 | 5:57 |
| 52 | 122 | KLUCZYŃSKI SŁAWOMIR | ZIELONA GÓRA | 1976 | 53:52 | 53:37 | 10,072 | 5:57 |
| 53 | 162 | SUTUŁA KAROLINA | ZGZB,ZIELONA GÓRA | 1984 | 54:03 | 53:53 | 10,022 | 5:59 |
| 54 | 109 | MAJEWSKI JAROSŁAW | FZ POJECHANI,ZIELONA | 1973 | 54:24 | 54:10 | 9,969 | 6:01 |
| 55 | 120 | GWARA REMIGIUSZ | TEAM DALEKO JESZCZE? | 1967 | 55:38 | 55:26 | 9,741 | 6:09 |
| 56 | 115 | RÓŻAŃSKA MARTYNA | ŻAGAŃ | 1994 | 55:59 | 55:47 | 9,680 | 6:11 |
| 57 | 119 | ŚWIRKO PRZEMYSŁAW | BIEGAMY DLA SIEBIE , | 1972 | 56:42 | 56:34 | 9,546 | 6:17 |
| 58 | 110 | KACZMAREK ADAM | AEROKLUB ZIEMI LUBUS | 1978 | 57:51 | 57:37 | 9,372 | 6:24 |
| 59 | 114 | SALMANOWICZ ZDZISŁAW | ZIELONA GÓRA | 1951 | 1:01:31 | 1:01:23 | 8,797 | 6:49 |
| 60 | 123 | SIMAŃCZYK MONIKA | ZIELONA GÓRA | 1988 | 1:05:50 | 1:05:39 | 8,225 | 7:17 |