

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Czas | Km/h | Czas/Km |
|--------|------|--------------------------|----------------------|------|-------|-------|-------|--------|---------|
| 1 | 184 | DRUCIAREK JAROSŁAW | SZPROTAWA,JW2399ŚWIE | 1987 | 1 | M30 | 14:33 | 18,326 | 3:16 |
| 2 | 55 | KOSTRZEMBSKI ZBIGNIEW | ZIELONA GÓRA | 1977 | 1 | M40 | 15:35 | 17,111 | 3:30 |
| 3 | 63 | KUBIAK KACPER | TEAM MARYSIĄK,ZIELON | 2000 | 1 | M18 | 15:41 | 17,001 | 3:31 |
| 4 | 122 | SITNICKI MARIUSZ | ŻAGAŃ | 1977 | 2 | M40 | 15:47 | 16,894 | 3:33 |
| 5 | 34 | GRZYWACZYK ARTUR | ILOWA | 1987 | 2 | M30 | 15:56 | 16,735 | 3:35 |
| 6 | 157 | WEBER KRYSZTIAN | ŻARY | 1980 | 3 | M30 | 16:15 | 16,409 | 3:39 |
| 7 | 23 | FAJGER JANUSZ | FAJGER | 1970 | 3 | M40 | 16:22 | 16,292 | 3:40 |
| 8 | 146 | TOMASZEWICZ MICHAŁ | DRUŻYNA CHROBREGO ,S | 1999 | 2 | M18 | 16:54 | 15,778 | 3:48 |
| 9 | 154 | WALKÓW JAROSŁAW | WRZESINY | 1983 | 4 | M30 | 16:55 | 15,762 | 3:48 |
| 10 | 16 | CICHOCKI SEBASTIAN | NOWA SÓL | 1997 | 3 | M18 | 17:09 | 15,548 | 3:51 |
| 11 | 93 | MIEMCZYK ARTUR | 34BKPANC,ŻAGAŃ | 1970 | 4 | M40 | 17:17 | 15,428 | 3:53 |
| 12 | 134 | STOŚ PAWEŁ | 100\$ | 1987 | 5 | M30 | 17:18 | 15,413 | 3:53 |
| 13 | 92 | MICHNOWICZ EWELINA | KROSNO ODRZAŃSKIE | 1992 | 1 | K18 | 17:21 | 15,368 | 3:54 |
| 14 | 175 | ŻARNOTAL ARTUR | ORKIESTRA WOJSKOWA Ż | 1992 | 4 | M18 | 17:37 | 15,136 | 3:57 |
| 15 | 83 | MANAJ MICHAŁ | WKS ŁAZ,ŻARY | 1983 | 6 | M30 | 17:51 | 14,938 | 4:00 |
| 16 | 144 | ŚWIDERSKI ŁUKASZ | BBL ŻAGAŃ,ŻAGAŃ | 1989 | 7 | M30 | 18:05 | 14,745 | 4:04 |
| 17 | 141 | ŚLEBIODA PIOTR | IŁOWA | 1982 | 8 | M30 | 18:08 | 14,704 | 4:04 |
| 18 | 126 | STACHOWSKI MIROSŁAW | CZARNA DYWIZJA,ŻARY | 1964 | 1 | M50 | 18:13 | 14,637 | 4:05 |
| 19 | 135 | STRZAŁA KRZYSZTOF | ŻAGAŃ | 1989 | 9 | M30 | 18:21 | 14,531 | 4:07 |
| 20 | 32 | GOŹDZIEJEWSKA NATALIA | ŻAGAŃ | 1992 | 2 | K18 | 18:25 | 14,478 | 4:08 |
| 21 | 142 | ŚRÓBKA MATEUSZ | ŻARY | 1989 | 10 | M30 | 18:41 | 14,272 | 4:12 |
| 22 | 60 | KOWALSKI MIROSŁAW | TEAM KOWALSCY | 1974 | 5 | M40 | 18:42 | 14,259 | 4:12 |
| 23 | 48 | KASPRZYK TOMASZ | ŻAGAŃ | 2004 | 1 | M13 | 18:57 | 14,071 | 4:15 |
| 24 | 156 | WARSZAWSKI JERZY | ŻAGAŃ | 1953 | 1 | M60 | 19:04 | 13,985 | 4:17 |
| 25 | 147 | TROJNAR PRZEMYSŁAW | BBL ŻAGAŃ ,ŻAGAŃ | 1983 | 11 | M30 | 19:05 | 13,972 | 4:17 |
| 26 | 22 | DZIOPA-KAN ANNA | BBL ŻAGAŃ,ŻAGAŃ | 1976 | 1 | K40 | 19:05 | 13,972 | 4:17 |
| 27 | 45 | JÓZEFIAK GRZEGORZ MICHAŁ | JÓZEFIAK TEAM | 1997 | 5 | M18 | 19:10 | 13,912 | 4:18 |
| 28 | 10 | CHIMKO ANDRZEJ | ŻAGAŃ | 1979 | 6 | M40 | 19:11 | 13,900 | 4:19 |
| 29 | 43 | JELIŃSKI JANUSZ | BBL ŻAGAŃ ,ŻAGAŃ | 1964 | 2 | M50 | 19:14 | 13,863 | 4:19 |
| 30 | 145 | TKACZ ADAM | ZZO,ŻARY | 1991 | 6 | M18 | 19:18 | 13,816 | 4:20 |
| 31 | 41 | JANUS PIOTR | ŻARY | 1987 | 12 | M30 | 19:19 | 13,804 | 4:20 |
| 32 | 155 | WANTUCH ANDRZEJ | NIEZRZESZONY,PRZEMKÓ | 1962 | 3 | M50 | 19:24 | 13,744 | 4:21 |
| 33 | 111 | PIĘTA MAREK | BBKTS,NOWA SÓL | 1982 | 13 | M30 | 19:27 | 13,709 | 4:22 |
| 34 | 190 | SIEJA MARCIN | ŻAGAŃ | 1962 | 4 | M50 | 19:28 | 13,697 | 4:22 |
| 35 | 121 | SAWICKA KATARZYNA | ŻAGAŃ | 1986 | 1 | K30 | 19:29 | 13,686 | 4:23 |
| 36 | 4 | BRECHUN ADRIAN | 11BREM,ŻAGAŃ | 1976 | 7 | M40 | 19:32 | 13,651 | 4:23 |
| 37 | 116 | ROMEJKO URSZULA | BBL ŻAGAŃ,ŻAGAŃ | 1983 | 2 | K30 | 19:40 | 13,558 | 4:25 |
| 38 | 172 | MARKOWSKI MAREK | ŻARY | 1978 | 8 | M40 | 19:41 | 13,546 | 4:25 |
| 39 | 12 | CHRUSTOWSKI RADOSŁAW | NIEDORADZ,NIEDORADZ | 1975 | 9 | M40 | 19:42 | 13,535 | 4:25 |
| 40 | 100 | NIEWIADOMSKI ROMAN | NIEWIADOMSCY | 1980 | 14 | M30 | 19:45 | 13,501 | 4:26 |
| 41 | 137 | SUROWIEC PIOTR | PARKRUN ŻARY / JW264 | 1977 | 10 | M40 | 19:47 | 13,478 | 4:27 |
| 42 | 104 | PATYK HENRYK | M-LID ŻARY,ŻARY | 1961 | 5 | M50 | 19:50 | 13,444 | 4:27 |
| 43 | 162 | WÓJCIK KAZIMIERZ | 11 BREM,ŻAGAŃ | 1970 | 11 | M40 | 19:50 | 13,444 | 4:27 |
| 44 | 185 | WÓJCIK KINGA | ŻAGAŃ | 1982 | 3 | K30 | 19:51 | 13,433 | 4:28 |
| 45 | 58 | KOWALSKA MAJA | TEAM KOWALSCY | 2002 | 1 | K13 | 19:52 | 13,421 | 4:28 |
| 46 | 120 | RZEŹNICZAK PRZEMYSŁAW | ŻAGAŃSKIE DZIKI,ŻAGA | 1975 | 12 | M40 | 20:01 | 13,321 | 4:30 |
| 47 | 96 | MYSZCZYŃSKI JAKUB | ---,SKWIERZYNA | 1993 | 7 | M18 | 20:06 | 13,266 | 4:31 |
| 48 | 139 | SZPAK MACIEJ | NOWOGRÓD BOBRZ | 1997 | 8 | M18 | 20:08 | 13,244 | 4:31 |

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Czas | Km/h | Czas/Km |
|--------|------|-----------------------|----------------------|------|-------|-------|-------|--------|---------|
| 49 | 168 | ZYGOWSKI KRZYSZTOF | LUBSKO | 1979 | 13 | M40 | 20:17 | 13,146 | 4:33 |
| 50 | 300 | WOJDAK ZBIGNIEW | 34BKPANC,ŻAGAŃ | 1962 | 6 | M50 | 20:33 | 12,975 | 4:37 |
| 51 | 124 | SKÓRA ZBIGNIEW | SP-PARTS,ŻAGAŃ | 1963 | 7 | M50 | 20:38 | 12,923 | 4:38 |
| 52 | 158 | WEBER MALWINA | ŻARY | 1987 | 4 | K30 | 20:44 | 12,860 | 4:39 |
| 53 | 21 | DUTCZAK WOJCIECH | ZIELONA GÓRA | 1983 | 15 | M30 | 20:57 | 12,727 | 4:42 |
| 54 | 138 | SZPAK JAROSŁAW | YNWA,BYTOM ODRZAŃSKI | 1967 | 8 | M50 | 20:58 | 12,717 | 4:43 |
| 55 | 88 | MATEJKO DANIEL | ŻAGAŃ | 1981 | 16 | M30 | 21:08 | 12,617 | 4:45 |
| 56 | 183 | LEŚNIEWSKA ALEKSANDRA | NOWA SÓL, KARATE KYO | 1995 | 3 | K18 | 21:09 | 12,607 | 4:45 |
| 57 | 75 | MACHLOWIEC DOMINIKA | IŁOWA | 1981 | 5 | K30 | 21:15 | 12,548 | 4:46 |
| 58 | 86 | MARKULAK ZBYSZEK | MARKULAK | 1973 | 14 | M40 | 21:15 | 12,548 | 4:46 |
| 59 | 89 | MATUSZEK MAŁGORZATA | LUBSKO | 1993 | 4 | K18 | 21:15 | 12,548 | 4:46 |
| 60 | 102 | OLEKSIUK ANETA | NIEWIADOMSCY | 1984 | 6 | K30 | 21:22 | 12,479 | 4:48 |
| 61 | 52 | KOSAŁKA EDWARD | 11 DKPANC ,ZARY | 1965 | 9 | M50 | 21:30 | 12,402 | 4:50 |
| 62 | 136 | SUPLAT KACPER | ŻAGAŃ | 2004 | 2 | M13 | 21:50 | 12,213 | 4:54 |
| 63 | 106 | PAWLAK PIOTR | ŻAGAŃ | 1965 | 10 | M50 | 21:52 | 12,194 | 4:55 |
| 64 | 117 | ROSÓŁ ROMAN | STARY ŻAGAŃ | 1966 | 11 | M50 | 22:00 | 12,120 | 4:57 |
| 65 | 118 | ROSÓŁ ARKADIUSZ | STARY ŻAGAŃ | 1999 | 9 | M18 | 22:00 | 12,120 | 4:57 |
| 66 | 51 | KONIOR MAKS | MAJ | 2009 | 1 | NIEKL | 22:07 | 12,056 | 4:58 |
| 67 | 17 | DREWICZ KINGA | MAJ | 1979 | 2 | K40 | 22:08 | 12,047 | 4:58 |
| 68 | 115 | ROGOWSKI ROBERT | ŻAGAŃ | 1974 | 15 | M40 | 22:11 | 12,020 | 4:59 |
| 69 | 85 | MARKULAK ELLA | MARKULAK | 1976 | 3 | K40 | 22:12 | 12,011 | 4:59 |
| 70 | 59 | KOWALSKI BARTŁOMIEJ | TEAM KOWALSCY | 2006 | 3 | M13 | 22:16 | 11,975 | 5:00 |
| 71 | 71 | LEWICKA JULITA | CARTEL EUGENA,ŻARY | 1993 | 5 | K18 | 22:36 | 11,798 | 5:05 |
| 72 | 176 | PYZDEK ŁUKASZ | ŻAGAŃ, OW ŻAGAŃ | 1994 | 10 | M18 | 22:40 | 11,764 | 5:06 |
| 73 | 57 | KOWALSKA JANINA | TEAM KOWALSCY | 1979 | 4 | K40 | 22:45 | 11,720 | 5:07 |
| 74 | 114 | PSYK BEATA | ŻAGAŃ | 1976 | 5 | K40 | 22:47 | 11,703 | 5:07 |
| 75 | 177 | SZYMAŃSKA DOMINIKA | SIECIOBORZYCE | 2000 | 6 | K18 | 23:00 | 11,593 | 5:10 |
| 76 | 143 | ŚRÓBKA WERONIKA | ŻARY | 1992 | 7 | K18 | 23:06 | 11,543 | 5:11 |
| 77 | 160 | WERŁOS DAMIAN | NOWA SÓL | 1989 | 17 | M30 | 23:12 | 11,493 | 5:13 |
| 78 | 77 | MAJ HANIA | MAJ | 2008 | 2 | NIEKL | 23:16 | 11,460 | 5:14 |
| 79 | 174 | GONCIRZ RENATA | ZIELONA GÓRA | 1970 | 6 | K40 | 23:16 | 11,460 | 5:14 |
| 80 | 2 | BENYSKIEWICZ DAWID | MAJ | 2007 | 3 | NIEKL | 23:19 | 11,436 | 5:14 |
| 81 | 44 | JÓZEFIAK ANNA | JÓZEFIAK TEAM | 1981 | 7 | K30 | 23:25 | 11,387 | 5:16 |
| 82 | 40 | JANKIEWICZ KATARZYNA | ŻAGAŃ | 1990 | 8 | K18 | 23:28 | 11,362 | 5:16 |
| 83 | 181 | PANACHEDA LESZEK | BOGATYNIA, GÓRNE LUŻ | 1962 | 12 | M50 | 23:29 | 11,354 | 5:17 |
| 84 | 9 | BUDZIŁO DANIEL | ŻANDARMERIA WOJSKOWA | 1978 | 16 | M40 | 23:33 | 11,322 | 5:17 |
| 85 | 128 | STANKIEWICZ PATRYK | DERMO-ESTETIC,ŻARY | 1980 | 18 | M30 | 23:36 | 11,298 | 5:18 |
| 86 | 18 | DUDZIK MAREK | BBL,ŻAGAŃ | 1978 | 17 | M40 | 23:42 | 11,251 | 5:19 |
| 87 | 19 | DUDZIK PAWEŁ | BBL,ŻAGAŃ | 1980 | 19 | M30 | 23:44 | 11,235 | 5:20 |
| 88 | 47 | KASPRZYK LUCYNA | ŻAGAŃ | 1976 | 7 | K40 | 23:48 | 11,203 | 5:21 |
| 89 | 30 | FOGIEL JERZY | FOGIEL | 1976 | 18 | M40 | 23:51 | 11,180 | 5:22 |
| 90 | 186 | AŁDAŚ PAWEŁ | ŻAGAŃ | 1990 | 11 | M18 | 23:55 | 11,149 | 5:22 |
| 91 | 159 | WENTLANT ELWIRA | ŻARY | 1979 | 8 | K40 | 23:55 | 11,149 | 5:22 |
| 92 | 97 | MYSZKA MARIAN | DZIETRZYCHOWICE | 1968 | 13 | M50 | 23:57 | 11,133 | 5:23 |
| 93 | 56 | KOSZELOWSKA KAROLINA | ŻAGAŃ | 1984 | 8 | K30 | 24:03 | 11,087 | 5:24 |
| 94 | 76 | MAĆKO RENATA | JASIEŃ | 1981 | 9 | K30 | 24:18 | 10,973 | 5:28 |
| 95 | 182 | KORÓLIK AGNIESZKA | JASIEŃ | 1982 | 10 | K30 | 24:18 | 10,973 | 5:28 |
| 96 | 11 | CHŁOPEK WIESŁAW | ŻAGAŃ | 1957 | 2 | M60 | 24:20 | 10,958 | 5:28 |

| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Czas | Km/h | Czas/Km |
|--------|------|----------------------|----------------------|------|-------|-------|-------|--------|---------|
| 97 | 6 | BRENKIEWICZ ALICJA | ZAGAN | 1988 | 11 | K30 | 24:28 | 10,898 | 5:30 |
| 98 | 61 | KRYGIER EWELINA | KADŁUBIA | 1984 | 12 | K30 | 24:31 | 10,876 | 5:31 |
| 99 | 26 | FISZER EWA | IŁOWA | 1966 | 1 | K50 | 24:55 | 10,701 | 5:36 |
| 100 | 28 | FISZER ROBERT | IŁOWA | 1967 | 14 | M50 | 24:55 | 10,701 | 5:36 |
| 101 | 103 | OSZMIĄNCZUK JOANNA | ŻARY TRIATHLON TEAM, | 1976 | 9 | K40 | 24:59 | 10,673 | 5:37 |
| 102 | 165 | WRZESZCZ PRZEMYSŁAW | ŻAGAŃ | 2006 | 4 | M13 | 25:00 | 10,666 | 5:37 |
| 103 | 149 | TWARDY PAWEŁ | PARKRUN ŻARY,ŻARY | 1975 | 19 | M40 | 25:21 | 10,518 | 5:42 |
| 104 | 99 | NIEDŹWIECKI MARIAN | STOWARZYSZENIE AKTYW | 1951 | 3 | M60 | 25:21 | 10,518 | 5:42 |
| 105 | 132 | STOŚ BEATA | 100\$ | 1991 | 9 | K18 | 25:42 | 10,375 | 5:46 |
| 106 | 64 | KUGLARZ TOMASZ | BIEGACZE ZJADACZE KM | 1976 | 20 | M40 | 25:44 | 10,362 | 5:47 |
| 107 | 140 | SZYMSZON PIOTR | ŻAGAŃ | 1974 | 21 | M40 | 25:44 | 10,362 | 5:47 |
| 108 | 98 | NIEDZIELA MAŁGORZATA | ŻAGAŃ | 1970 | 10 | K40 | 25:45 | 10,355 | 5:47 |
| 109 | 164 | WRZESZCZ ANETA | ŻAGAŃ | 1981 | 13 | K30 | 25:46 | 10,348 | 5:47 |
| 110 | 178 | KICHARD BARBARA | JASIEŃ | 1981 | 14 | K30 | 25:49 | 10,328 | 5:48 |
| 111 | 53 | KOSSOWSKI JAKUB | KOSSOWSCY | 2008 | 4 | NIEKL | 25:51 | 10,315 | 5:49 |
| 112 | 54 | KOSSOWSKI WOJCIECH | KOSSOWSCY | 1976 | 22 | M40 | 25:51 | 10,315 | 5:49 |
| 113 | 3 | BIERNACKI MARCIN | ŻAGAŃSKA GRUPA BIEGO | 1985 | 20 | M30 | 25:51 | 10,315 | 5:49 |
| 114 | 171 | KULIKOWSKA MARZENA | ŻAGAŃ | 1980 | 15 | K30 | 25:52 | 10,308 | 5:49 |
| 115 | 50 | KOŁODZIEJ ALEKSANDRA | ŻAGAŃ | 1991 | 10 | K18 | 25:57 | 10,275 | 5:50 |
| 116 | 170 | JÓŹWIAK NATAN | ŻAGAŃ | 2008 | 5 | NIEKL | 26:02 | 10,242 | 5:51 |
| 117 | 169 | ŻUREK ROMAN | ŻAGAŃ | 1961 | 15 | M50 | 26:06 | 10,216 | 5:52 |
| 118 | 113 | POLUS BARBARA | ŻARY | 1976 | 11 | K40 | 26:07 | 10,210 | 5:52 |
| 119 | 109 | PIETROWIAK JOLANTA | CARTEL EUGENA,LUBANI | 1979 | 12 | K40 | 26:21 | 10,119 | 5:55 |
| 120 | 42 | JASTRZĄB WERONIKA | BRZEŹNICA | 2000 | 11 | K18 | 26:25 | 10,094 | 5:56 |
| 121 | 87 | MARSZAŁEK WIESŁAW | MORSY ŻAGAŃ,ŻAGAŃ | 1966 | 16 | M50 | 26:28 | 10,075 | 5:57 |
| 122 | 62 | KRZYŻAN JAGODA | ŻAGAŃ | 2004 | 2 | K13 | 26:32 | 10,049 | 5:58 |
| 123 | 119 | RYBICKA ALICJA | NIEZRZESZONA,ŻAGAŃ | 1953 | 2 | K50 | 26:44 | 9,974 | 6:00 |
| 124 | 65 | KULASZA JERZY | ŻAGAŃ | 1964 | 17 | M50 | 26:49 | 9,943 | 6:02 |
| 125 | 14 | CHUDY ARKADIUSZ | ARKADIO TEAM | 1976 | 23 | M40 | 26:55 | 9,906 | 6:03 |
| 126 | 20 | DUSZYŃSKA MARTA | ARKADIO TEAM | 2007 | 6 | NIEKL | 26:55 | 9,906 | 6:03 |
| 127 | 15 | CHUDY MAGDALENA | ARKADIO TEAM | 1978 | 13 | K40 | 26:55 | 9,906 | 6:03 |
| 128 | 148 | TRUCHLEWSKI MARIUSZ | ŻAGAŃ | 1972 | 24 | M40 | 27:00 | 9,876 | 6:04 |
| 129 | 125 | STACHOWICZ DARIA | ZAGAN | 1988 | 16 | K30 | 27:15 | 9,785 | 6:07 |
| 130 | 68 | LEN DAMIAN | ŻAGAŃ | 1983 | 21 | M30 | 27:29 | 9,702 | 6:11 |
| 131 | 25 | FAJGER URSZULA | FAJGER | 2002 | 3 | K13 | 27:35 | 9,667 | 6:12 |
| 132 | 24 | FAJGER TERESA | FAJGER | 1974 | 14 | K40 | 27:35 | 9,667 | 6:12 |
| 133 | 180 | NIEWIADOMSKA MARZENA | NIEWIADOMSCY | 1971 | 15 | K40 | 28:02 | 9,512 | 6:18 |
| 134 | 79 | MAJ MICHAŁ | MAJ | 2010 | 7 | NIEKL | 28:20 | 9,411 | 6:22 |
| 135 | 82 | MALINOWSKI MICHAŁ | MALINOWSKICH | 1984 | 22 | M30 | 28:26 | 9,378 | 6:23 |
| 136 | 81 | MALINOWSKI KRZYSZTOF | MALINOWSKICH | 2010 | 8 | NIEKL | 28:26 | 9,378 | 6:23 |
| 137 | 131 | STOLARZ KORNELIA | ŻAGAŃ | 2009 | 9 | NIEKL | 28:27 | 9,372 | 6:24 |
| 138 | 130 | STOLARZ IRENEUSZ | ŻAGAŃ | 1978 | 25 | M40 | 28:27 | 9,372 | 6:24 |
| 139 | 78 | MAJ KRZYSZTOF | MAJ | 1980 | 23 | M30 | 28:38 | 9,312 | 6:26 |
| 140 | 179 | SZADKOWSKA MARYSIA | 100\$ | 2013 | 10 | NIEKL | 28:52 | 9,237 | 6:29 |
| 141 | 133 | STOŚ KRZYSZTOF | 100\$ | 1961 | 18 | M50 | 28:52 | 9,237 | 6:29 |
| 142 | 80 | MALINOWSKA JADWIGA | ŻAGAŃ | 1984 | 17 | K30 | 28:55 | 9,221 | 6:30 |
| 143 | 152 | URBANOWICZ JULIANNA | URBANOWICZ | 2012 | 11 | NIEKL | 28:57 | 9,210 | 6:30 |
| 144 | 153 | URBANOWICZ MATEUSZ | URBANOWICZ | 1983 | 24 | M30 | 28:57 | 9,210 | 6:30 |

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| MscGen | NrSt | Nazwisko | Zespół/Miejscowość | Ur. | MscKt | Kateg | Czas | Km/h | Czas/Km |
|--------|------|---------------------------|----------------------|------|-------|-------|-------|-------|---------|
| 145 | 66 | LAŚKIEWICZ MARCIN | LAŚKIEWICZ | 1979 | 26 | M40 | 28:59 | 9,200 | 6:31 |
| 146 | 166 | ZADOŃ AGNIESZKA | ŚWIETOSZOW,ŚWIĘTOSZÓ | 1982 | 18 | K30 | 29:49 | 8,943 | 6:42 |
| 147 | 91 | MAĆZKA MAŁGORZATA | MAĆZKA | 2005 | 4 | K13 | 30:06 | 8,858 | 6:46 |
| 148 | 90 | MAĆZKA BOLESŁAW | ŚWIĘTOSZÓW | 1978 | 27 | M40 | 30:07 | 8,854 | 6:46 |
| 149 | 123 | SKÓRA EWA | SP-PARTS,ŻAGAŃ | 1963 | 3 | K50 | 30:17 | 8,805 | 6:48 |
| 150 | 127 | STANKIEWICZ EWELINA | DERMO ESTETIC ŻARY , | 1983 | 19 | K30 | 30:18 | 8,800 | 6:49 |
| 151 | 29 | FOGIEL JOLANTA | FOGIEL | 1976 | 16 | K40 | 30:45 | 8,671 | 6:55 |
| 152 | 31 | FOGIEL WIKTORIA | FOGIEL | 2009 | 12 | NIEKL | 30:45 | 8,671 | 6:55 |
| 153 | 173 | ZADORECKA URSZULA | ZIELONA GÓRA | 1955 | 4 | K50 | 30:47 | 8,662 | 6:55 |
| 154 | 8 | BUCZKOWSKI KRZYSZTOF | SWIETOSZOW | 1976 | 28 | M40 | 31:22 | 8,501 | 7:03 |
| 155 | 151 | URBANOWICZ HANNA | URBANOWICZ | 2009 | 13 | NIEKL | 31:53 | 8,363 | 7:10 |
| 156 | 39 | JANAS DANIEL | ŻAGAŃSKIE DZIKI,ŻAGA | 1971 | 29 | M40 | 31:57 | 8,346 | 7:11 |
| 157 | 167 | ZIELIŃSKA MARTA | MALOMICE | 1983 | 20 | K30 | 32:11 | 8,285 | 7:14 |
| 158 | 112 | PLICHTA MONIKA | ŚWIĘTOSZÓW,ŚWIĘTOSZÓ | 1981 | 21 | K30 | 32:16 | 8,264 | 7:15 |
| 159 | 150 | URBANOWICZ ELŻBIETA | URBANOWICZ | 1986 | 22 | K30 | 32:18 | 8,255 | 7:16 |
| 160 | 46 | JÓZEFIAK PAULINA | JÓZEFIAK TEAM | 2007 | 14 | NIEKL | 32:27 | 8,217 | 7:18 |
| 161 | 7 | BUCZKOWSKA ANNA | SWIETOSZOW | 1981 | 23 | K30 | 32:35 | 8,183 | 7:19 |
| 162 | 94 | MISZCZUK-RZEŹNICZAK MAŁGO | ŻAGAŃ | 1975 | 17 | K40 | 32:45 | 8,142 | 7:22 |
| 163 | 101 | OGRODOWIAK MARIA | KOŻUCHÓW | 1956 | 5 | K50 | 32:51 | 8,117 | 7:23 |
| 164 | 37 | HARENDA CZESŁAW | HARENDZIAKI,ŻARY | 1967 | 19 | M50 | 32:53 | 8,109 | 7:23 |
| 165 | 38 | HARENDA HELENA | HARENDZIAKI,ŻARY | 2011 | 15 | NIEKL | 32:53 | 8,109 | 7:23 |
| 166 | 163 | WRONKIEWICZ ANDRZEJ | ŻAGAŃ | 1952 | 4 | M60 | 32:59 | 8,084 | 7:25 |
| 167 | 69 | LEWANDOWSKA EMILIA | ŻAGAŃ | 2007 | 16 | NIEKL | 33:21 | 7,995 | 7:30 |
| 168 | 70 | LEWANDOWSKA URSZULA | ŻAGAŃ | 1976 | 18 | K40 | 33:26 | 7,975 | 7:31 |
| 169 | 189 | GROMANOWSKI BARTOSZ | GROMANKI | 2009 | 17 | NIEKL | 33:40 | 7,920 | 7:34 |
| 170 | 33 | GROMANOWSKA ANNA | GROMANKI | 1985 | 24 | K30 | 33:41 | 7,916 | 7:34 |
| 171 | 187 | GROMANOWSKI MARCIN | GROMANKI | 1980 | 25 | M30 | 33:41 | 7,916 | 7:34 |
| 172 | 188 | GROMANOWSKA JULIA EWA | GROMANKI | 2014 | 18 | NIEKL | 33:41 | 7,916 | 7:34 |
| 173 | 49 | KOŁECKI ANDRZEJ | ŻAGAŃ | 1955 | 5 | M60 | 33:53 | 7,869 | 7:37 |
| 174 | 72 | LÓSSA JOLANTA | LÓSSA | 1979 | 19 | K40 | 35:04 | 7,604 | 7:53 |
| 175 | 73 | LÓSSA MAGDA | LÓSSA | 2017 | 19 | NIEKL | 35:04 | 7,604 | 7:53 |