

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | MscGen | Brutto | Netto | Km/h | Czas/km |
|-----|-------|----------------------|-----------------------|------|--------|--------|-------|--------|---------|
| | 700 | STADNIK JACEK | ZIELONA GÓRA | 1991 | 4 | 32:35 | 32:35 | 18,414 | 3:15 |
| | 680 | WOSTAL ALEKSANDER | PROGRESSCONTROL, Z- | 1992 | 2 | 32:54 | 32:53 | 18,246 | 3:17 |
| | 448 | MARYSIAK ADAM | MKST ASTRA NOWA SÓL, | 1988 | 3 | 33:47 | 33:46 | 17,769 | 3:22 |
| 1 | 252 | SZAWALA JACEK | 5 LPA SULECHÓW, ZIELO | 1993 | 6 | 34:38 | 34:37 | 17,333 | 3:27 |
| 2 | 446 | BOULKHALF ABDELLATIF | KB WIKON NOWA SÓL, MO | 1990 | 9 | 35:11 | 35:11 | 17,054 | 3:31 |
| 3 | 576 | ZAGÓRNY MARCIN | MKST ASTRA NOWA SÓL, | 1988 | 10 | 35:14 | 35:14 | 17,029 | 3:31 |
| 4 | 299 | PRZYWORSKI KAMIL | 5 LUBUSKI PUŁK ARTYL | 1991 | 12 | 35:53 | 35:52 | 16,729 | 3:35 |
| 5 | 67 | JABŁOŃSKI JACEK | DRUŻYNA DOBREJ ENERG | 1989 | 13 | 36:03 | 36:03 | 16,644 | 3:36 |
| 6 | 163 | DEKIERT MICHAŁ | ŁĄGÓW | 1988 | 14 | 36:20 | 36:18 | 16,529 | 3:37 |
| 7 | 353 | SZCZĘCH BARTOSZ | CZARNI ŻAGAŃ, ŻAGAŃ | 1993 | 17 | 36:58 | 36:55 | 16,253 | 3:41 |
| 8 | 65 | GRZYWACZYK ARTUR | 34BKPANC ŻAGAŃ, ILOW | 1987 | 18 | 37:04 | 37:02 | 16,202 | 3:42 |
| 9 | 38 | LAWRENC ARTUR | MASATEAM, NOWA SÓL | 1988 | 19 | 37:05 | 37:04 | 16,187 | 3:42 |
| 10 | 56 | BŁOŃSKI MICHAŁ | 34 BKPANC ŻAGAŃ, ŻAG | 1989 | 20 | 37:25 | 37:22 | 16,057 | 3:44 |
| 11 | 692 | DANIELKIEWICZ TOMASZ | WKBPIAST WROCŁAW, ŻU | 1986 | 22 | 37:45 | 37:45 | 15,894 | 3:46 |
| 12 | 653 | KRÓL ARTUR | ZIELONA GÓRA | 1989 | 23 | 38:00 | 37:59 | 15,796 | 3:47 |
| 13 | 693 | SZWAŁKO KAMIL | MIRSK | 1985 | 34 | 39:34 | 39:30 | 15,190 | 3:57 |
| 14 | 372 | ANDRZEJEWSKI DROGOSZ | SEKCA BIEGOWA LUBIN | 1986 | 39 | 40:26 | 40:26 | 14,839 | 4:02 |
| 15 | 138 | WOJTKOWIAK PIOTR | AKS WYBIEGANI POLKOW | 1991 | 45 | 41:00 | 40:57 | 14,652 | 4:05 |
| 16 | 534 | WANOWSKI PRZEMYSŁAW | ÓBIEGIEMWLAS, ZIELONA | 1985 | 47 | 41:16 | 41:01 | 14,628 | 4:06 |
| 17 | 582 | FRAĆKOWIAK RAFAŁ | SB DOGORYWANKO, NOWA | 1992 | 49 | 41:26 | 41:24 | 14,493 | 4:08 |
| 18 | 478 | BUBEL PAWEŁ | KB WIKON NOWA SÓL, N | 1988 | 53 | 41:32 | 41:27 | 14,475 | 4:08 |
| 19 | 114 | RAŹCZKOWSKI MICHAŁ | JEDZ I TRENUJ, WĘGRZY | 1993 | 55 | 41:57 | 41:52 | 14,331 | 4:11 |
| 20 | 340 | WITLICKI KACPER | BBC KROSNO ODRZAŃSKI | 1994 | 56 | 42:04 | 41:57 | 14,303 | 4:11 |
| 21 | 185 | WITES DENIS | DRUŻYNA DOBREJ ENERG | 1991 | 62 | 42:35 | 42:32 | 14,107 | 4:15 |
| 22 | 451 | GORGOL CZAREK | ADAM DRACZYŃSKI RUNN | 1988 | 64 | 42:44 | 42:39 | 14,068 | 4:15 |
| 23 | 230 | MARKOWSKI DARIUSZ | BBL GUBIN, GUBIN | 1993 | 65 | 42:44 | 42:42 | 14,052 | 4:16 |
| 24 | 341 | DRZEWIECKI KAMIL | DRUŻYNA DOBREJ ENERG | 1990 | 66 | 42:55 | 42:50 | 14,008 | 4:17 |
| 25 | 369 | MARGOL RADOSŁAW | KB WIKON NOWA SÓL, ZA | 1985 | 67 | 42:55 | 42:48 | 14,019 | 4:16 |
| 26 | 444 | GOLAŃSKI WOJCIECH | CENTRUM FIZJOTERAPII | 1991 | 68 | 42:57 | 42:49 | 14,013 | 4:16 |
| 27 | 410 | ŻELAZOWSKI DAMIAN | KONESERZY, OTYŃ | 1985 | 73 | 43:09 | 43:03 | 13,937 | 4:18 |
| 28 | 342 | JUNG DAWID | NOWA SÓL | 1992 | 75 | 43:13 | 43:07 | 13,916 | 4:18 |
| 29 | 94 | RATAJCZAK RAFAŁ | ADAM DRACZYŃSKI RUNN | 1985 | 84 | 43:56 | 43:42 | 13,730 | 4:22 |
| 30 | 301 | RUSNARCZYK MICHAŁ | LUBIN | 1991 | 90 | 44:21 | 44:13 | 13,570 | 4:25 |
| 31 | 399 | MANTURA KONRAD | SZCZECIN | 1994 | 95 | 44:37 | 44:25 | 13,508 | 4:26 |
| 32 | 592 | RYBACKI ROMAN | NOWA SÓL | 1986 | 99 | 44:53 | 44:35 | 13,458 | 4:27 |
| 33 | 103 | MUS PAWEŁ | KB WIKON, LUBIESZÓW | 1988 | 100 | 44:55 | 44:48 | 13,393 | 4:28 |
| 34 | 644 | HEBDZYŃSKI MARIUSZ | ZIELONA GÓRA | 1992 | 101 | 45:03 | 44:31 | 13,478 | 4:27 |
| 35 | 48 | WITCZAK WOJCIECH | TARNAWA KROŚNIEŃSKA | 1988 | 104 | 45:15 | 45:03 | 13,319 | 4:30 |
| 36 | 545 | FISZER RAFAŁ | ŻAGAŃ | 1994 | 112 | 45:46 | 45:38 | 13,148 | 4:33 |
| 37 | 326 | DRZEWIECKI DAWID | NOWA SÓL | 1994 | 113 | 45:48 | 45:37 | 13,153 | 4:33 |
| 38 | 74 | RAGAN PAWEŁ | KANDLEWO RUNNING TEA | 1985 | 120 | 46:28 | 46:13 | 12,982 | 4:37 |
| 39 | 535 | WARSZAWSKI ANDRZEJ | ZIELONA GÓRA | 1985 | 124 | 46:47 | 46:37 | 12,871 | 4:39 |
| 40 | 548 | GUZIK JAROSŁAW | SŁUBICE | 1985 | 128 | 46:56 | 46:31 | 12,899 | 4:39 |
| 41 | 599 | SZUMIGAJ WALDEMAR | PRZEDMOŚCIE | 1985 | 129 | 46:59 | 46:27 | 12,917 | 4:38 |
| 42 | 134 | RYNKIEWICZ WOJCIECH | NOWA SÓL | 1986 | 133 | 47:18 | 47:03 | 12,752 | 4:42 |
| 43 | 659 | KIRAGA PIOTR | NOWA SÓL | 1993 | 137 | 47:41 | 47:17 | 12,689 | 4:43 |
| 44 | 528 | STAŃKO TOMASZ | CNS, NOWA SÓL | 1986 | 143 | 47:59 | 47:46 | 12,561 | 4:46 |
| 45 | 217 | KEMPIŃSKI KAMIL | SŁAWA | 1986 | 144 | 48:00 | 47:36 | 12,605 | 4:45 |

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | MscGen | Brutto | Netto | Km/h | Czas/km |
|-----|-------|----------------------|----------------------|------|--------|---------|---------|--------|---------|
| 46 | 150 | ZIEMNIK WOJCIECH | WATAHA PRZEMKÓW ,PRZ | 1987 | 147 | 48:02 | 47:38 | 12,596 | 4:45 |
| 47 | 584 | KOKOWSKI MATEUSZ | SEVEN PERCEPTUS TEAM | 1985 | 149 | 48:04 | 47:50 | 12,544 | 4:47 |
| 48 | 201 | MARKOWIAK DANIEL | NOWOSOLSKA GRUPA BIE | 1985 | 150 | 48:06 | 47:53 | 12,530 | 4:47 |
| 49 | 27 | WERŁOS DAMIAN | WER-LIFT,NOWA SÓL | 1989 | 151 | 48:09 | 48:00 | 12,500 | 4:48 |
| 50 | 382 | ZDANOWICZ JAN | FNW,NOWA SÓL | 1988 | 153 | 48:13 | 48:03 | 12,487 | 4:48 |
| 51 | 616 | DARABAN GABRIEL | ŻAGAŃ | 1990 | 159 | 48:28 | 48:03 | 12,487 | 4:48 |
| 52 | 356 | OWCZAREK SZYMON | NOWA SÓL | 1989 | 160 | 48:34 | 48:24 | 12,397 | 4:50 |
| 53 | 190 | KOWALEWSKI PAWEŁ | KOWALEWSKI TEAM/ CNS | 1987 | 164 | 49:02 | 48:49 | 12,291 | 4:52 |
| 54 | 343 | ROGOZIŃSKI MAREK | NOWA SÓL | 1991 | 166 | 49:09 | 48:51 | 12,282 | 4:53 |
| 55 | 338 | WASZKIEWICZ MATEUSZ | NOWA SÓL | 1988 | 175 | 49:29 | 49:21 | 12,158 | 4:56 |
| 56 | 176 | PIKULSKI ARKADIUSZ | ZIELONA GÓRA | 1992 | 180 | 49:46 | 49:35 | 12,101 | 4:57 |
| 57 | 348 | RELICH LUKASZ | WROCŁAW | 1988 | 182 | 49:57 | 49:37 | 12,093 | 4:57 |
| 58 | 686 | PIĘNKOSZ ADRIAN | RUNNING 8K, ZIELONA | 1992 | 184 | 50:00 | 49:34 | 12,105 | 4:57 |
| 59 | 211 | SZCZECIŃSKI MICHAŁ | NOWA SÓL | 1985 | 190 | 50:29 | 50:16 | 11,936 | 5:01 |
| 60 | 540 | CHWIAŁKOWSKI EMIL | NOWA SÓL | 1985 | 192 | 50:34 | 50:20 | 11,921 | 5:02 |
| 61 | 515 | MAJEWSKI MATEUSZ | NOWA SÓL | 1986 | 196 | 50:47 | 50:28 | 11,889 | 5:02 |
| 62 | 417 | MAJORCZYK JAN | ZIELONA GÓRA | 1993 | 197 | 50:49 | 50:10 | 11,960 | 5:01 |
| 63 | 43 | OŚKA SEBASTIAN | NOWA SÓL | 1991 | 199 | 50:57 | 50:37 | 11,854 | 5:03 |
| 64 | 486 | KOWALEWSKI TOMASZ | KOWALEWSKI TEAM,NOWA | 1985 | 204 | 51:14 | 51:01 | 11,761 | 5:06 |
| 65 | 561 | OSTROWSKI MARCIN | ORLED24,NOWA SÓL | 1985 | 208 | 51:20 | 50:59 | 11,769 | 5:05 |
| 66 | 359 | DUBELTÓWKA MAREK | NOWA SÓL | 1986 | 210 | 51:31 | 51:17 | 11,700 | 5:07 |
| 67 | 324 | CHARTWIK MATEUSZ | NOWA SÓL | 1991 | 221 | 52:02 | 51:42 | 11,605 | 5:10 |
| 68 | 428 | WORONOWICZ ADAM | LAGATO SPEED ,NOWA S | 1991 | 223 | 52:05 | 51:46 | 11,590 | 5:10 |
| 69 | 212 | MAĆKO DOMINIK | GŁOGÓW | 1993 | 226 | 52:11 | 51:59 | 11,542 | 5:11 |
| 70 | 611 | MADEJ MICHAŁ | POZNAŃ | 1994 | 227 | 52:21 | 51:41 | 11,609 | 5:10 |
| 71 | 97 | WOJTCZAK PAWEŁ | BYTOM ODRZAŃSKI | 1988 | 230 | 52:27 | 52:07 | 11,513 | 5:12 |
| 72 | 157 | MIKOŁAJCZAK MATEUSZ | FORREST GUMP NOWA SÓ | 1990 | 234 | 52:43 | 52:28 | 11,436 | 5:14 |
| 73 | 69 | KIERUL ŁUKASZ | HASSA TEAM ,NOWA SÓL | 1986 | 243 | 53:19 | 52:58 | 11,328 | 5:17 |
| 74 | 45 | STUŁA RAFAŁ | NOWA SÓL | 1991 | 246 | 53:22 | 53:05 | 11,303 | 5:18 |
| 75 | 40 | MACIEJEWSKI BŁAŻEJ | NOWA SÓL | 1991 | 251 | 53:43 | 53:15 | 11,268 | 5:19 |
| 76 | 640 | BERCZUK MARIUSZ | NOWA SÓL | 1991 | 253 | 53:43 | 53:28 | 11,222 | 5:20 |
| 77 | 572 | SZUMSKI ADRIAN | NOWA SOL | 1994 | 258 | 53:57 | 53:27 | 11,225 | 5:20 |
| 78 | 483 | JAKUB FILIPEK | LAGATO SPEED,NOWA SÓ | 1992 | 259 | 53:59 | 53:40 | 11,180 | 5:22 |
| 79 | 411 | ŻYŻNIEWSKI BARTOSZ | LAGATO SPEED,PRZYBOR | 1986 | 261 | 54:11 | 53:52 | 11,139 | 5:23 |
| 80 | 529 | SZURPICKI BARTOSZ | JEROZOLIMSCY LEGIONI | 1992 | 266 | 54:21 | 54:00 | 11,111 | 5:24 |
| 81 | 495 | PŁONKA PATRYK | JEROZOLIMSCY LEGIONI | 1992 | 267 | 54:22 | 54:22 | 11,036 | 5:26 |
| 82 | 147 | RATAJCZAK ROBERT | MASA TEAM,NOWA SÓL | 1987 | 268 | 54:28 | 54:07 | 11,087 | 5:24 |
| 83 | 443 | WICHA ŁUKASZ | ZĄBKI | 1985 | 271 | 54:37 | 54:03 | 11,101 | 5:24 |
| 84 | 588 | PIETRZAK BŁAŻEJ | NOWA SÓL | 1989 | 273 | 55:08 | 54:46 | 10,956 | 5:28 |
| 85 | 76 | WUDARCZYK PAWEŁ | RUSZOWICE | 1988 | 279 | 55:23 | 54:47 | 10,952 | 5:28 |
| 86 | 117 | SLIEPOV OLEKSII | CNS NOWA SÓL,ZAKĘCIE | 1994 | 282 | 55:44 | 55:25 | 10,827 | 5:32 |
| 87 | 137 | OSIŃSKI ŁUKASZ | GŁOGÓW | 1985 | 284 | 55:44 | 55:17 | 10,853 | 5:31 |
| 88 | 313 | ZAWADZKI BARTOSZ | SIEDLIKO | 1985 | 294 | 56:21 | 55:38 | 10,785 | 5:33 |
| 89 | 363 | MATEJKO WOJCIECH | OVOPOL TEAM,NOWA SÓL | 1990 | 299 | 56:37 | 56:18 | 10,657 | 5:37 |
| 90 | 169 | SZCZEPANIAK PAWEŁ | OVOPOL TEAM,NOWA SÓL | 1989 | 300 | 56:39 | 56:19 | 10,654 | 5:37 |
| 91 | 649 | POL MACIEJ | WROCŁAW | 1987 | 334 | 59:24 | 58:53 | 10,190 | 5:53 |
| 92 | 323 | BAK ŁUKASZ | MILBIX BHP,MYSZĘCIN | 1989 | 345 | 1:00:13 | 59:52 | 10,022 | 5:59 |
| 93 | 220 | MARKOWIAK PRZEMYSŁAW | NOWA SÓL | 1987 | 348 | 1:00:23 | 1:00:02 | 9,994 | 6:00 |

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | MscGen | Brutto | Netto | Km/h | Czas/km |
|-----|-------|---------------------|----------------------|------|--------|---------|---------|-------|---------|
| 94 | 282 | KACZOROWSKI MATEUSZ | ŚW. ANTONI NOWA SÓL | 1991 | 358 | 1:01:33 | 1:01:17 | 9,791 | 6:07 |
| 95 | 39 | LECH PAWEŁ | LECH,NOWA SÓL | 1989 | 360 | 1:02:16 | 1:01:41 | 9,727 | 6:10 |
| 96 | 151 | BANASZAK JACEK | LUBIESZÓW | 1991 | 362 | 1:02:58 | 1:02:17 | 9,633 | 6:13 |
| 97 | 112 | MATYCH ŁUKASZ | LEŚNIK,PRZYLASKI | 1985 | 364 | 1:03:03 | 1:02:33 | 9,592 | 6:15 |
| 98 | 426 | ŚMIAŁEK WOJCIECH | NOWA SÓL | 1989 | 378 | 1:05:47 | 1:05:09 | 9,210 | 6:30 |
| 99 | 641 | MICHALIK MACIEJ | BOBROWNIKI | 1994 | 379 | 1:05:56 | 1:05:27 | 9,167 | 6:32 |
| 100 | 587 | NOWACKI DAMIAN | ZIELONA GÓRA | 1990 | 381 | 1:06:16 | 1:05:35 | 9,149 | 6:33 |
| 101 | 9 | JANUSZEWSKI BARTOSZ | SPOCENI INACZEJ,NOWA | 1989 | 383 | 1:06:21 | 1:05:50 | 9,114 | 6:35 |
| 102 | 542 | DYNIESKI MACIEJ | NOWA SÓL | 1991 | 392 | 1:07:35 | 1:06:59 | 8,957 | 6:41 |
| 103 | 290 | BIERNACKI MARCIN | CALI CAFE ŻAGAŃ,ŻAGA | 1985 | 399 | 1:08:33 | 1:08:22 | 8,776 | 6:50 |
| 104 | 505 | BIAZIK DAWID | NOWA SÓL | 1991 | 402 | 1:09:07 | 1:08:30 | 8,759 | 6:51 |
| 105 | 81 | SOJKA EMIL | NOWE MIASTECZKO | 1990 | 417 | 1:18:41 | 1:18:03 | 7,687 | 7:48 |
| 106 | 365 | MIKOŁAJCZYK PAWEŁ | SM ZG,NOWA SÓL | 1986 | 421 | 1:22:25 | 1:22:15 | 7,295 | 8:13 |