

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | Brutto | Netto | Km/h | Czas/km |
|-----|-------|-----------------------|----------------------|------|---------|---------|--------|---------|
| 1 | 133 | MAKOWIECKI DAMIAN | WŚCIEKŁE DZIKI,LUBSK | 1995 | 33:42 | 33:42 | 16,024 | 3:44 |
| 2 | 174 | SMYKOWSKI PRZEMYSŁAW | KALSK | 1996 | 35:29 | 35:29 | 15,218 | 3:56 |
| 3 | 119 | KIN ROBERT | ZIELONA GÓRA | 1971 | 36:19 | 36:17 | 14,883 | 4:01 |
| 4 | 157 | SKRZYŃSKI PRZEMYSŁAW | MASTERCHEM RUNNERS T | 1981 | 36:41 | 36:36 | 14,754 | 4:04 |
| 5 | 158 | SOBKOWIAK REMIGIUSZ | MOZÓW | 1977 | 39:03 | 39:01 | 13,840 | 4:20 |
| 6 | 115 | KAJETAŃCZYK JAKUB | WŚCIEKŁE DZIKI,LUBSK | 1996 | 39:09 | 39:05 | 13,817 | 4:20 |
| 7 | 105 | GILEWSKI PAWEŁ | TEAM RUDNIK,ZIELONA | 1976 | 39:28 | 39:24 | 13,706 | 4:22 |
| 8 | 173 | JESIENIOWSKI PAWEŁ | ZIEONA GÓRA | 1996 | 39:51 | 39:50 | 13,556 | 4:25 |
| 9 | 141 | OSMÓLSKI ROBERT | HERNIK TEAM,KÓRNIK | 1968 | 39:57 | 39:57 | 13,517 | 4:26 |
| 10 | 122 | KOWALSKI ARTUR | ZIELONA GÓRA | 1978 | 40:31 | 40:24 | 13,366 | 4:29 |
| 11 | 140 | OLEKSA ŁUKASZ | HERNIK TEAM,POZNAŃ | 1989 | 40:36 | 40:35 | 13,306 | 4:30 |
| 12 | 103 | CZUJKO MICHAŁ | ZIELONA GÓRA | 1983 | 41:04 | 40:56 | 13,192 | 4:32 |
| 13 | 127 | LENFANT FLORIS | TROYES | 1989 | 41:10 | 41:04 | 13,149 | 4:33 |
| 14 | 163 | SZPAK JAROSŁAW | YNWA,BYTOM ODRZ. | 1967 | 41:18 | 41:15 | 13,091 | 4:35 |
| 15 | 139 | NOWIŃSKI OLAF | ZIELONA GÓRA | 2009 | 41:19 | 41:11 | 13,112 | 4:34 |
| 16 | 138 | NIŻNIKOWSKI DAMIAN | 24BST ,ZIELONA GÓRA | 1988 | 42:02 | 41:55 | 12,883 | 4:39 |
| 17 | 150 | PUSZKIEL LESZEK | GREEN TEAM,ZIELONA G | 1957 | 43:34 | 43:31 | 12,409 | 4:50 |
| 18 | 176 | ZASOWSKI WIKTOR | ZIELONA GÓRA | 1990 | 43:50 | 43:41 | 12,362 | 4:51 |
| 19 | 169 | WILL MARCIN | SHADOWS-TEAM,ZIELONA | 1983 | 44:47 | 44:46 | 12,063 | 4:58 |
| 20 | 131 | LEWANDOWSKI JACEK | GB STATYSTYKA LUBUSK | 1979 | 45:05 | 44:55 | 12,022 | 4:59 |
| 21 | 136 | MATKOWSKI PRZEMYSŁAW | PERCEPTUS TEAM,ZIELO | 1985 | 45:42 | 45:27 | 11,881 | 5:03 |
| 22 | 104 | GASPARYAN ARTUR | ZIELONA GÓRA | 2001 | 46:17 | 46:13 | 11,684 | 5:08 |
| 23 | 114 | JANNUSCH ROBERT | COTTBUS | 1996 | 46:59 | 46:46 | 11,547 | 5:11 |
| 24 | 144 | PIKULSKI ARKADIUSZ | ZIELONA GÓRA | 1992 | 47:45 | 47:33 | 11,356 | 5:17 |
| 25 | 117 | KASPERCZYK MATEUSZ | ZIELONA GÓRA | 1990 | 47:49 | 47:46 | 11,305 | 5:18 |
| 26 | 109 | HAWRYLUK RAFAŁ | KS ZAPIERDALATOR,ZIE | 1979 | 48:08 | 48:01 | 11,246 | 5:20 |
| 27 | 111 | ZAWODZIŃSKI STANISŁAW | FANFIT II KIKBOXSING | 1994 | 49:12 | 49:10 | 10,983 | 5:27 |
| 28 | 143 | PIKULA RADOMIR | ZIELONA GÓRA | 1983 | 49:23 | 49:17 | 10,957 | 5:28 |
| 29 | 123 | KOWALSKI JAROSŁAW | ZIELONA GÓRA | 1981 | 49:26 | 49:24 | 10,931 | 5:29 |
| 30 | 151 | PYTKO RYSZARD | GALLOWAY TEAM ZGZB,Z | 1953 | 49:32 | 49:19 | 10,950 | 5:28 |
| 31 | 175 | SŁAWNY MACIEJ | ZIELONA GÓRA | 1983 | 49:36 | 49:26 | 10,924 | 5:29 |
| 32 | 172 | ZYGMUNTOWICZ TOMASZ | ZIELONA GÓRA | 1986 | 49:37 | 49:27 | 10,920 | 5:29 |
| 33 | 124 | KRZECZKOWSKI PIOTR | NADAKTYWNI NOWE MIAS | 1980 | 50:17 | 50:14 | 10,750 | 5:34 |
| 34 | 161 | SUWAJ ROMAN | HORACY ,ZIELONA GÓRA | 1958 | 50:36 | 50:31 | 10,690 | 5:36 |
| 35 | 145 | PLACKOWSKI KRZYSZTOF | AEROKLUB ZIEMI LUBUS | 1979 | 51:01 | 50:54 | 10,609 | 5:39 |
| 36 | 154 | SIERA ROBERT | ZIELONA GÓRA | 1972 | 52:57 | 52:51 | 10,218 | 5:52 |
| 37 | 113 | JANKOWSKI KAMIL | ZIELONA GÓRA | 1975 | 53:06 | 52:53 | 10,211 | 5:52 |
| 38 | 149 | PUCHALSKI DARIUSZ | KOŻŁA | 1962 | 53:37 | 53:22 | 10,119 | 5:55 |
| 39 | 129 | LEW MACIEJ | ZIELONA GÓRA | 1991 | 55:36 | 55:24 | 9,747 | 6:09 |
| 40 | 102 | BALKIEWICZ HENRYK | LEGNICA | 1963 | 59:44 | 59:31 | 9,073 | 6:36 |
| 41 | 132 | ŁĄCZKOWSKI TOMASZ | LODOŁAMACZE SPOKOTAT | 1973 | 59:56 | 59:48 | 9,030 | 6:38 |
| 42 | 130 | LEWANDOWSKI LESZEK | ZIELONA GÓRA | 1964 | 1:00:05 | 59:59 | 9,002 | 6:39 |
| 43 | 166 | ŚWIRKO PRZEMYSŁAW | PARKRUN ZIELONA GÓRA | 1972 | 1:00:22 | 1:00:15 | 8,963 | 6:41 |