

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | MscGen | Brutto | Netto | Km/h | Czas/km |
|-----|-------|------------------------|-----------------------|------|--------|---------|---------|--------|---------|
| 1 | 211 | KAMIŃSKI ROMAN | GŁOGÓW , PBSZ GŁOGÓW | 1966 | 95 | 43:36 | 43:32 | 13,783 | 4:21 |
| 2 | 161 | HERBA WIKTOR | ZIELONA GÓRA | 1963 | 115 | 44:41 | 44:36 | 13,453 | 4:27 |
| 3 | 66 | CHOJNACKI PIOTR | NOWA SÓL, NOWA SÓL | 1964 | 120 | 44:52 | 44:50 | 13,383 | 4:29 |
| 4 | 143 | GOSTYŃSKI BOGUMIŁ | SULECHÓW , BBL SULEC | 1962 | 210 | 49:10 | 48:53 | 12,274 | 4:53 |
| 5 | 551 | STROJNY MARIAN | NOWA SÓL, KB.ANTONI | 1958 | 212 | 49:13 | 48:52 | 12,278 | 4:53 |
| 6 | 152 | GRZEŚKO TOMASZ | SULECHÓW | 1960 | 214 | 49:22 | 49:00 | 12,245 | 4:54 |
| 7 | 688 | ŻAK WOJCIECH | MIEDZYRZECZ | 1962 | 234 | 50:31 | 49:47 | 12,052 | 4:58 |
| 8 | 491 | ROGOWSKI EDWARD | ZIELONA GÓRA | 1958 | 255 | 51:25 | 51:03 | 11,753 | 5:06 |
| 9 | 276 | KOWALEWSKI ZBIGNIEW | NOWA SOL, KOWALEWSKI | 1960 | 282 | 52:53 | 52:41 | 11,389 | 5:16 |
| 10 | 216 | KARWACKI ROBERT | ZIELONA GÓRA | 1966 | 305 | 54:17 | 53:42 | 11,173 | 5:22 |
| 11 | 598 | TOPOLNICKI EUGENIUSZ | ZIELONA GÓRA | 1959 | 317 | 54:50 | 54:20 | 11,043 | 5:26 |
| 12 | 644 | WŁUDARSKI MACIEJ | ŻARY, ŻARY RUNNERS T | 1965 | 344 | 56:42 | 56:30 | 10,619 | 5:39 |
| 13 | 584 | ŚWIDERSKI JAROMIR | NOWA SÓL , ŚLĘZAK TEA | 1962 | 373 | 58:18 | 57:52 | 10,369 | 5:47 |
| 14 | 493 | ROSKWITALSKI BOLESŁAW | NOWA SÓL | 1962 | 394 | 59:47 | 59:28 | 10,090 | 5:56 |
| 15 | 429 | OLSZEWSKI STANISŁAW | WOLSZTYN | 1964 | 399 | 1:00:13 | 59:37 | 10,064 | 5:57 |
| 16 | 442 | PANACHEDA LESZEK | BOGATYNIA, GÓRNE ŁUŻ | 1962 | 402 | 1:00:28 | 1:00:12 | 9,967 | 6:01 |
| 17 | 627 | WIERZBICKI REMIGIUSZ | ŚWIEBODZIN , WIERZBI | 1960 | 403 | 1:00:30 | 59:57 | 10,008 | 5:59 |
| 18 | 625 | WIELGOSZ LESZEK | NOWA SÓL , KB SPOCEN | 1963 | 410 | 1:01:05 | 1:00:47 | 9,871 | 6:04 |
| 19 | 464 | POŁOŃSKI IRENEUSZ | NOWE MIASTECZKO | 1963 | 418 | 1:01:22 | 1:01:10 | 9,809 | 6:07 |
| 20 | 410 | NAPIERAŁA TADEUSZ | GŁOGÓW, TEGES | 1960 | 419 | 1:01:28 | 1:00:39 | 9,893 | 6:03 |
| 21 | 277 | KOWALEWSKI MAREK | MODRZYCA | 1964 | 428 | 1:02:18 | 1:01:46 | 9,714 | 6:10 |
| 22 | 631 | WIKTOROWICZ WIESLAW | ZIELONA GORA | 1958 | 450 | 1:05:47 | 1:05:20 | 9,184 | 6:32 |
| 23 | 651 | WOJCIECHOWSKI ZDZISŁAW | ZIELONA GÓRA, LODOŁA | 1966 | 451 | 1:06:02 | 1:05:27 | 9,167 | 6:32 |
| 24 | 699 | SADOWSKI WOJCIECH | KOŻUCHÓW | 1960 | 487 | 1:18:07 | 1:17:51 | 7,707 | 7:47 |
| 25 | 169 | HUBALA ROMAN | ZIMNA BRZEŹNICA | 1958 | 489 | 1:24:39 | 1:23:53 | 7,153 | 8:23 |