

| Pl | Name | Time | | | | | | | | | | | | | | |
|----------------|-----------------------------|----------------|-------------------|----------------|----------------|----------------|--------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| K10 (2) | | | 4,1 km 0 m | | | | 8 C | | | | | | | | | |
| | | | 1(43) | 2(42) | 3(57) | 4(40) | 5(55) | 6(58) | 7(59) | 8(99) | Finish | | | | | |
| | Anna Wyligala | mp | 7:54 | 17:09 | ----- | ----- | 54:21 | 1:03:38 | 1:09:42 | 1:17:38 | 1:18:01 | | | | | |
| | | | 7:54 | 9:15 | | | 37:12 | 9:17 | 6:04 | 7:56 | 0:23 | | | | | |
| | Aneta Mazurkiewicz | mp | 8:05 | 17:19 | ----- | ----- | 54:19 | 1:03:51 | 1:09:44 | 1:17:44 | 1:18:07 | | | | | |
| | | | 8:05 | 9:14 | | | 37:00 | 9:32 | 5:53 | 8:00 | 0:23 | | | | | |
| K16 (2) | | | 4,5 km 0 m | | | | 17 C | | | | | | | | | |
| | | | 1(51) | 2(40) | 3(53) | 4(32) | 5(56) | 6(46) | 7(31) | 8(52) | 9(43) | 10(34) | 11(33) | 12(54) | 13(48) | 14(50) |
| | | | 15(49) | 16(58) | 17(99) | Finish | | | | | | | | | | |
| | 1 Marta Mazurkiewicz | 2:16:43 | 8:06 | 10:06 | 21:59 | 23:33 | 26:29 | 42:40 | 1:05:24 | 1:16:12 | 1:26:45 | 1:31:06 | 1:37:35 | 1:52:53 | 1:58:59 | 2:06:27 |
| | | | 8:06 | 2:00 | 11:53 | 1:34 | 2:56 | 16:11 | 22:44 | 10:48 | 10:33 | 4:21 | 6:29 | 15:18 | 6:06 | 7:28 |
| | | | 2:10:26 | 2:14:07 | 2:16:28 | 2:16:43 | | | | | | | | | | |
| | | | 3:59 | 3:41 | 2:21 | 0:15 | | | | | | | | | | |
| | Ewa Wyligala | dnf | 22:21 | 26:24 | 35:37 | 1:28:47 | 1:57:44 | 2:08:03 | 2:24:11 | ----- | 2:46:10 | ----- | ----- | ----- | ----- | ----- |
| | | | 22:21 | 4:03 | 9:13 | 53:10 | 28:57 | 10:19 | 16:08 | | 21:59 | | | | | |
| | | | ----- | ----- | ----- | | | | | | | | | | | |
| K18 (1) | | | 4,5 km 0 m | | | | 17 C | | | | | | | | | |
| | | | 1(51) | 2(40) | 3(53) | 4(32) | 5(56) | 6(46) | 7(31) | 8(52) | 9(43) | 10(34) | 11(33) | 12(54) | 13(48) | 14(50) |
| | | | 15(49) | 16(58) | 17(99) | Finish | | | | | | | | | | |
| | 1 Beata Mazurkiewicz | 2:14:34 | 11:49 | 14:25 | 19:54 | 21:48 | 24:27 | 40:37 | 1:03:05 | 1:13:08 | 1:24:39 | 1:29:01 | 1:35:29 | 1:50:45 | 1:57:02 | 2:04:22 |
| | | | 11:49 | 2:36 | 5:29 | 1:54 | 2:39 | 16:10 | 22:28 | 10:03 | 11:31 | 4:22 | 6:28 | 15:16 | 6:17 | 7:20 |
| | | | 2:08:07 | 2:11:55 | 2:14:15 | 2:14:34 | | | | | | | | | | |
| | | | 3:45 | 3:48 | 2:20 | 0:19 | | | | | | | | | | |
| K21 (1) | | | 5,2 km 0 m | | | | 17 C | | | | | | | | | |
| | | | 1(51) | 2(32) | 3(35) | 4(52) | 5(42) | 6(46) | 7(53) | 8(56) | 9(31) | 10(44) | 11(45) | 12(33) | 13(54) | 14(48) |
| | | | 15(37) | 16(50) | 17(99) | Finish | | | | | | | | | | |
| | 1 Paulina M dra | 1:14:44 | 4:14 | 9:28 | 13:10 | 17:34 | 18:44 | 20:32 | 22:36 | 26:21 | 30:41 | 35:11 | 48:06 | 52:46 | 55:44 | 59:58 |
| | | | 4:14 | 5:14 | 3:42 | 4:24 | 1:10 | 1:48 | 2:04 | 3:45 | 4:20 | 4:30 | 12:55 | 4:40 | 2:58 | 4:14 |
| | | | 1:06:29 | 1:10:27 | 1:14:23 | 1:14:44 | | | | | | | | | | |
| | | | 6:31 | 3:58 | 3:56 | 0:21 | | | | | | | | | | |
| K45 (2) | | | 4,2 km 0 m | | | | 15 C | | | | | | | | | |
| | | | 1(43) | 2(32) | 3(53) | 4(42) | 5(52) | 6(56) | 7(35) | 8(45) | 9(40) | 10(51) | 11(34) | 12(48) | 13(59) | 14(37) |
| | | | 15(99) | Finish | | | | | | | | | | | | |
| | 1 Agnieszka Mazurkie | 1:55:03 | 4:59 | 8:23 | 15:55 | 33:31 | 35:34 | 38:48 | 45:43 | 51:15 | 1:04:45 | 1:08:43 | 1:34:33 | 1:38:12 | 1:43:48 | 1:49:20 |
| | | | 4:59 | 3:24 | 7:32 | 17:36 | 2:03 | 3:14 | 6:55 | 5:32 | 13:30 | 3:58 | 25:50 | 3:39 | 5:36 | 5:32 |
| | | | 1:54:36 | 1:55:03 | | | | | | | | | | | | |
| | | | 5:16 | 0:27 | | | | | | | | | | | | |
| | Krystyna Janiczek | dnf | ----- | 18:35 | ----- | 31:34 | 37:59 | 41:31 | 47:47 | ----- | ----- | ----- | ----- | ----- | 1:15:59 | 1:23:28 |
| | | | | 18:35 | | 12:59 | 6:25 | 3:32 | 6:16 | | | | | | 28:12 | 7:29 |
| | | | 1:28:30 | 1:28:53 | | | | | | | | | | | | |
| | | | 5:02 | 0:23 | | | | | | | | | | | | |
| K50 (2) | | | 4,2 km 0 m | | | | 15 C | | | | | | | | | |
| | | | 1(43) | 2(32) | 3(53) | 4(42) | 5(52) | 6(56) | 7(35) | 8(45) | 9(40) | 10(51) | 11(34) | 12(48) | 13(59) | 14(37) |
| | | | 15(99) | Finish | | | | | | | | | | | | |
| | 1 Marzena Ciura | 1:52:30 | 6:04 | 10:31 | 12:17 | 24:02 | 25:39 | 34:41 | 42:01 | 48:21 | 1:06:28 | 1:09:59 | 1:30:00 | 1:34:33 | 1:42:58 | 1:47:28 |
| | | | 6:04 | 4:27 | 1:46 | 11:45 | 1:37 | 9:02 | 7:20 | 6:20 | 18:07 | 3:31 | 20:01 | 4:33 | 8:25 | 4:30 |
| | | | 1:52:12 | 1:52:30 | | | | | | | | | | | | |
| | | | 4:44 | 0:18 | | | | | | | | | | | | |
| | 2 Jolanta Podsiadła | 2:24:42 | 5:35 | 10:00 | 14:06 | 19:51 | 26:35 | 36:33 | 43:53 | 50:30 | 1:06:17 | 1:17:36 | 1:32:55 | 1:36:19 | 1:45:13 | 2:12:20 |
| | | | 5:35 | 4:25 | 4:06 | 5:45 | 6:44 | 9:58 | 7:20 | 6:37 | 15:47 | 11:19 | 15:19 | 3:24 | 8:54 | 27:07 |
| | | | 2:24:06 | 2:24:42 | | | | | | | | | | | | |
| | | | 11:46 | 0:36 | | | | | | | | | | | | |
| M10 (3) | | | 4,1 km 0 m | | | | 8 C | | | | | | | | | |
| | | | 1(43) | 2(42) | 3(57) | 4(40) | 5(55) | 6(58) | 7(59) | 8(99) | Finish | | | | | |
| | 1 Bruno Murzyn PK | 1:07:20 | 7:25 | 15:03 | 28:45 | 35:57 | 44:55 | 53:13 | 59:36 | 1:06:28 | 1:07:20 | | | | | |
| | | | 7:25 | 7:38 | 13:42 | 7:12 | 8:58 | 8:18 | 6:23 | 6:52 | 0:52 | | | | | |
| | Kacper Nippe | mp | 8:34 | 16:40 | 30:02 | 39:11 | 55:49 | ----- | ----- | 1:04:59 | 1:06:00 | | | | | |
| | | | 8:34 | 8:06 | 13:22 | 9:09 | 16:38 | | | 9:10 | 1:01 | | | | | |
| | Szymon Nippe | mp | 8:30 | 16:30 | 29:58 | 39:07 | 55:48 | ----- | ----- | 1:05:00 | 1:06:04 | | | | | |
| | | | 8:30 | 8:00 | 13:28 | 9:09 | 16:41 | | | 9:12 | 1:04 | | | | | |
| M12 (3) | | | 3,5 km 0 m | | | | 10 C | | | | | | | | | |
| | | | 1(43) | 2(56) | 3(42) | 4(44) | 5(40) | 6(51) | 7(55) | 8(37) | 9(59) | 10(99) | Finish | | | |
| | 1 Miłosz Sta kiewicz | 40:07 | 4:02 | 7:26 | 9:04 | 15:17 | 19:18 | 22:29 | 26:04 | 32:20 | 36:22 | 39:53 | 40:07 | | | |
| | | | 4:02 | 3:24 | 1:38 | 6:13 | 4:01 | 3:11 | 3:35 | 6:16 | 4:02 | 3:31 | 0:14 | | | |
| | 2 . Szaraki | 1:20:37 | 8:13 | 21:44 | 23:46 | 38:12 | 44:44 | 48:41 | 54:32 | 1:06:23 | 1:12:33 | 1:20:23 | 1:20:37 | | | |
| | | | 8:13 | 13:31 | 2:02 | 14:26 | 6:32 | 3:57 | 5:51 | 11:51 | 6:10 | 7:50 | 0:14 | | | |

| Pl | Name | Time | | | | | | | | | | | | | | | |
|-----------------------|---------------------------|----------------|-------------------|----------------|----------------|----------------|----------------|----------------|----------------|--------------|----------------|--------------|----------------|----------------|----------------|----------------|-------|
| M12 (3) | | | 3,5 km 0 m | | | | | 10 C | | | | | <i>(cont.)</i> | | | | |
| | | | 1(43) | 2(56) | 3(42) | 4(44) | 5(40) | 6(51) | 7(55) | 8(37) | 9(59) | 10(99) | Finish | | | | |
| 3 | Michał Rosłaniec P | 1:22:40 | 7:20 | 14:12 | 17:38 | 32:42 | 41:02 | 46:09 | 52:24 | 1:07:29 | 1:14:35 | 1:22:15 | 1:22:40 | | | | |
| | | | 7:20 | 6:52 | 3:26 | 15:04 | 8:20 | 5:07 | 6:15 | 15:05 | 7:06 | 7:40 | 0:25 | | | | |
| M21 (2) | | | 6,0 km 0 m | | | | 20 C | | | | | | | | | | |
| | | | 1(34) | 2(45) | 3(35) | 4(32) | 5(51) | 6(40) | 7(42) | 8(52) | 9(53) | 10(46) | 11(44) | 12(31) | 13(43) | 14(33) | |
| | | | 15(54) | 16(48) | 17(50) | 18(49) | 19(37) | 20(99) | Finish | | | | | | | | |
| 1 | Daniel Karpo | 1:25:52 | 12:54 | 19:17 | 21:01 | 25:20 | 29:35 | 31:10 | 37:26 | 38:52 | 41:51 | 43:11 | 47:24 | 51:00 | 58:28 | 1:03:20 | |
| | | | 12:54 | 6:23 | 1:44 | 4:19 | 4:15 | 1:35 | 6:16 | 1:26 | 2:59 | 1:20 | 4:13 | 3:36 | 7:28 | 4:52 | |
| | | | 1:06:48 | 1:09:35 | 1:14:11 | 1:18:32 | 1:23:04 | 1:25:32 | 1:25:52 | | | | | | | | |
| | | | 3:28 | 2:47 | 4:36 | 4:21 | 4:32 | 2:28 | 0:20 | | | | | | | | |
| 2 | Mateusz Suwara | 1:26:07 | 2:26 | 10:38 | 12:20 | 14:52 | 19:23 | 21:27 | 28:16 | 30:08 | 33:43 | 35:04 | 42:07 | 46:33 | 52:44 | 57:17 | |
| | | | 2:26 | 8:12 | 1:42 | 2:32 | 4:31 | 2:04 | 6:49 | 1:52 | 3:35 | 1:21 | 7:03 | 4:26 | 6:11 | 4:33 | |
| | | | 1:01:00 | 1:03:58 | 1:11:15 | 1:17:21 | 1:22:32 | 1:25:53 | 1:26:07 | | | | | | | | |
| | | | 3:43 | 2:58 | 7:17 | 6:06 | 5:11 | 3:21 | 0:14 | | | | | | | | |
| M35 (2) | | | 5,2 km 0 m | | | | 17 C | | | | | | | | | | |
| | | | 1(45) | 2(35) | 3(56) | 4(32) | 5(43) | 6(40) | 7(46) | 8(31) | 9(52) | 10(34) | 11(33) | 12(54) | 13(48) | 14(50) | |
| | | | 15(49) | 16(58) | 17(99) | Finish | | | | | | | | | | | |
| 1 | Marcin Maciejewski | 1:22:16 | 9:54 | 12:45 | 15:52 | 17:50 | 20:16 | 24:29 | 28:23 | 34:38 | 0:00 | 55:39 | 1:00:35 | 1:04:37 | 1:07:52 | 1:14:22 | |
| | | | 9:54 | 2:51 | 3:07 | 1:58 | 2:26 | 4:13 | 3:54 | 6:15 | | | | | | | |
| | | | 1:16:24 | 1:19:51 | 1:21:57 | 1:22:16 | | | | | | | | | | | |
| | | | 2:02 | 3:27 | 2:06 | 0:19 | | | | | | | | | | | |
| 2 | Tomasz Wyligala | 1:38:46 | 9:58 | 13:25 | 17:32 | 20:14 | 22:39 | 29:33 | 45:20 | 1:00:37 | 0:00 | 1:12:15 | 1:18:31 | 1:21:56 | 1:25:42 | 1:31:21 | |
| | | | 9:58 | 3:27 | 4:07 | 2:42 | 2:25 | 6:54 | 15:47 | 15:17 | | | | | | | |
| | | | 1:34:13 | 1:36:45 | 1:38:28 | 1:38:46 | | | | | | | | | | | |
| | | | 2:52 | 2:32 | 1:43 | 0:18 | | | | | | | | | | | |
| M50 (5) | | | 4,6 km 0 m | | | | 17 C | | | | | | | | | | |
| | | | 1(51) | 2(32) | 3(43) | 4(40) | 5(53) | 6(46) | 7(57) | 8(31) | 9(52) | 10(56) | 11(35) | 12(45) | 13(33) | 14(48) | |
| | | | 15(58) | 16(50) | 17(99) | Finish | | | | | | | | | | | |
| 1 | Andrzej Skonieczny | 58:52 | 3:50 | 7:51 | 11:28 | 15:47 | 19:13 | 20:33 | 23:10 | 27:09 | 0:00 | 36:25 | 38:54 | 40:57 | 44:59 | 49:14 | |
| | | | 3:50 | 4:01 | 3:37 | 4:19 | 3:26 | 1:20 | 2:37 | 3:59 | | | | | | | |
| | | | 53:17 | 54:51 | 58:33 | 58:52 | | | | | | | | | | | |
| | | | 4:03 | 1:34 | 3:42 | 0:19 | | | | | | | | | | | |
| 2 | Krzysztof Ciura | 1:07:13 | 5:43 | 9:14 | 12:49 | 17:34 | 21:08 | 22:30 | 24:28 | 28:32 | 0:00 | 40:20 | 44:17 | 46:33 | 51:58 | 56:36 | |
| | | | 5:43 | 3:31 | 3:35 | 4:45 | 3:34 | 1:22 | 1:58 | 4:04 | | | | | | | |
| | | | 1:00:22 | 1:02:26 | 1:06:51 | 1:07:13 | | | | | | | | | | | |
| | | | 3:46 | 2:04 | 4:25 | 0:22 | | | | | | | | | | | |
| 3 | Marek Poloczek | 1:52:49 | 5:20 | 10:29 | 20:14 | 32:18 | 39:17 | 41:10 | 45:17 | 51:48 | 1:08:36 | 1:10:56 | 1:22:06 | 1:24:31 | 1:30:51 | 1:36:33 | |
| | | | 5:20 | 5:09 | 9:45 | 12:04 | 6:59 | 1:53 | 4:07 | 6:31 | 16:48 | 2:20 | 11:10 | 2:25 | 6:20 | 5:42 | |
| | | | 1:41:27 | 1:46:55 | 1:52:27 | 1:52:49 | | | | | | | | | | | |
| | | | 4:54 | 5:28 | 5:32 | 0:22 | | | | | | | | | | | |
| | Krzysztof Rodzewic | mp | 47:06 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 1:01:43 | |
| | | | 47:06 | | | | | | | | | | | | | | |
| | | | ----- | ----- | 1:13:24 | 1:13:45 | | | 4:16 | 6:31 | 8:43 | 16:07 | 17:28 | 19:26 | 23:33 | 36:06 | 44:07 |
| | | | 59:06 | 1:05:09 | 1:08:59 | | | | | | | | | | | | |
| | | | *34 | *59 | *37 | | | | | | | | | | | | |
| Kazimierz Dura | mp | | 5:12 | 11:21 | 20:04 | 25:20 | ----- | 35:34 | 39:29 | 46:03 | 58:00 | 1:00:45 | 1:06:07 | 1:12:53 | 1:18:58 | 1:24:21 | |
| | | | 5:12 | 6:09 | 8:43 | 5:16 | | | | | | | | | | | |
| | | | 1:36:22 | 1:42:01 | 1:47:20 | 1:48:02 | | | | | | | | | | | |
| | | | 12:01 | 5:39 | 5:19 | 0:42 | | | | | | | | | | | |