

| .p. | wy lmi i nazwisko | Czas | | | | | | | | | | | | | | | |
|--------|--|-------|------------|--------|--------|--------|--------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--|
| A (31) | | | 4,0 km 0 m | | | | | | | 19 PK | | | | | | | |
| | | | 1(42) | 2(40) | 3(39) | 4(36) | 5(38) | 6(37) | 7(35) | 8(32) | 9(33) | 10(34) | 11(35) | 12(31) | 13(47) | 14(41) | |
| | | | 15(43) | 16(44) | 17(45) | 18(46) | 19(49) | Meta | | | | | | | | | |
| 1 | Tomek Berna WKS I sk Wrocław | 20:05 | 0:35 | 1:22 | 2:32 | 3:33 | 4:29 | 5:40 | 6:59 | 7:41 | 8:37 | 9:24 | 10:06 | 11:48 | 12:53 | 15:28 | |
| | | | 0:35 | 0:47 | 1:10 | 1:01 | 0:56 | 1:11 | 1:19 | 0:42 | 0:56 | 0:47 | 0:42 | 1:42 | 1:05 | 2:35 | |
| | | | 16:37 | 17:24 | 18:12 | 19:08 | 19:57 | 20:05 | | | | | | | | | |
| | | | 1:09 | 0:47 | 0:48 | 0:56 | 0:49 | 0:08 | | | | | | | | | |
| 2 | Kalikst Sobczy ski WKS I sk Wrocław | 21:22 | 0:38 | 1:31 | 2:30 | 3:39 | 4:40 | 5:46 | 7:05 | 7:46 | 8:54 | 9:45 | 10:28 | 12:08 | 13:12 | 15:34 | |
| | | | 0:38 | 0:53 | 0:59 | 1:09 | 1:01 | 1:06 | 1:19 | 0:41 | 1:08 | 0:51 | 0:43 | 1:40 | 1:04 | 2:22 | |
| | | | 16:37 | 17:37 | 19:17 | 20:20 | 21:13 | 21:22 | | | | | | | | | |
| | | | 1:03 | 1:00 | 1:40 | 1:03 | 0:53 | 0:09 | | | | | | | | | |
| 2 | Mateusz Filipiak KS Hades Pozna | 21:22 | 0:34 | 1:34 | 3:32 | 4:23 | 6:16 | 7:28 | 8:47 | 9:28 | 10:37 | 11:22 | 12:03 | 13:39 | 14:41 | 16:52 | |
| | | | 0:34 | 1:00 | 1:58 | 0:51 | 1:53 | 1:12 | 1:19 | 0:41 | 1:09 | 0:45 | 0:41 | 1:36 | 1:02 | 2:11 | |
| | | | 17:51 | 18:34 | 19:10 | 20:18 | 21:12 | 21:22 | | | | | | | | | |
| | | | 0:59 | 0:43 | 0:36 | 1:08 | 0:54 | 0:10 | | | | | | | | | |
| 4 | Olga Kraszewska WKS I sk Wrocław | 21:44 | 0:38 | 1:34 | 3:00 | 3:58 | 5:36 | 6:47 | 8:15 | 8:58 | 9:57 | 10:49 | 11:30 | 13:10 | 14:11 | 16:48 | |
| | | | 0:38 | 0:56 | 1:26 | 0:58 | 1:38 | 1:11 | 1:28 | 0:43 | 0:59 | 0:52 | 0:41 | 1:40 | 1:01 | 2:37 | |
| | | | 17:54 | 19:06 | 19:42 | 20:45 | 21:35 | 21:44 | | | | | | | | | |
| | | | 1:06 | 1:12 | 0:36 | 1:03 | 0:50 | 0:09 | | | | | | | | | |
| 5 | Marek Filipiak KS Hades Pozna | 23:28 | 0:39 | 1:34 | 4:03 | 5:02 | 6:08 | 7:26 | 8:49 | 9:28 | 10:48 | 11:53 | 12:38 | 14:27 | 15:37 | 18:08 | |
| | | | 0:39 | 0:55 | 2:29 | 0:59 | 1:06 | 1:18 | 1:23 | 0:39 | 1:20 | 1:05 | 0:45 | 1:49 | 1:10 | 2:31 | |
| | | | 19:15 | 20:03 | 20:50 | 22:05 | 23:19 | 23:28 | | | | | | | | | |
| | | | 1:07 | 0:48 | 0:47 | 1:15 | 1:14 | 0:09 | | | | | | | | | |
| 6 | Marcin Maciejewski indywidualnie | 23:33 | 0:43 | 1:49 | 3:12 | 4:13 | 5:32 | 6:47 | 8:20 | 9:08 | 10:14 | 11:12 | 11:56 | 13:44 | 14:55 | 17:55 | |
| | | | 0:43 | 1:06 | 1:23 | 1:01 | 1:19 | 1:15 | 1:33 | 0:48 | 1:06 | 0:58 | 0:44 | 1:48 | 1:11 | 3:00 | |
| | | | 19:07 | 20:22 | 21:06 | 22:20 | 23:24 | 23:33 | | | | | | | | | |
| | | | 1:12 | 1:15 | 0:44 | 1:14 | 1:04 | 0:09 | | | | | | | | | |
| 7 | Hanna Szczygieł WKS I sk Wrocław | 23:42 | 0:41 | 1:43 | 3:10 | 4:18 | 5:47 | 7:02 | 8:36 | 9:19 | 10:27 | 11:32 | 12:18 | 14:15 | 15:46 | 18:31 | |
| | | | 0:41 | 1:02 | 1:27 | 1:08 | 1:29 | 1:15 | 1:34 | 0:43 | 1:08 | 1:05 | 0:46 | 1:57 | 1:31 | 2:45 | |
| | | | 19:49 | 20:42 | 21:26 | 22:33 | 23:33 | 23:42 | | | | | | | | | |
| | | | 1:18 | 0:53 | 0:44 | 1:07 | 1:00 | 0:09 | | | | | | | | | |
| 8 | Piotr B k dentalcorner.pl | 23:46 | 1:07 | 2:05 | 3:24 | 4:13 | 5:15 | 6:28 | 7:52 | 10:09 | 11:21 | 12:09 | 12:52 | 15:32 | 16:33 | 18:50 | |
| | | | 1:07 | 0:58 | 1:19 | 0:49 | 1:02 | 1:13 | 1:24 | 2:17 | 1:12 | 0:48 | 0:43 | 2:40 | 1:01 | 2:17 | |
| | | | 19:49 | 20:37 | 21:58 | 22:49 | 23:39 | 23:46 | | | | | | | | | |
| | | | 0:59 | 0:48 | 1:21 | 0:51 | 0:50 | 0:07 | | | | | | | | | |
| 9 | Marek Kociuba WKS I sk Wrocław | 24:40 | 0:49 | 1:54 | 4:50 | 5:49 | 7:42 | 9:15 | 10:42 | 11:28 | 12:36 | 13:28 | 14:12 | 15:59 | 17:44 | 20:06 | |
| | | | 0:49 | 1:05 | 2:56 | 0:59 | 1:53 | 1:33 | 1:27 | 0:46 | 1:08 | 0:52 | 0:44 | 1:47 | 1:45 | 2:22 | |
| | | | 21:14 | 21:57 | 22:35 | 23:33 | 24:31 | 24:40 | | | | | | | | | |
| | | | 1:08 | 0:43 | 0:38 | 0:58 | 0:58 | 0:09 | | | | | | | | | |
| 10 | Piotr Mazurek WKS I sk Wrocław | 24:50 | 0:43 | 1:42 | 3:21 | 4:37 | 5:44 | 8:07 | 9:46 | 10:36 | 12:05 | 12:54 | 13:39 | 15:23 | 16:37 | 19:12 | |
| | | | 0:43 | 0:59 | 1:39 | 1:16 | 1:07 | 2:23 | 1:39 | 0:50 | 1:29 | 0:49 | 0:45 | 1:44 | 1:14 | 2:35 | |
| | | | 20:37 | 21:31 | 22:26 | 23:48 | 24:41 | 24:50 | | | | | | | | | |
| | | | 1:25 | 0:54 | 0:55 | 1:22 | 0:53 | 0:09 | | | | | | | | | |
| 11 | Maria Marciniak KS Hades Pozna | 24:55 | 0:39 | 1:37 | 4:02 | 5:02 | 6:12 | 7:37 | 9:06 | 9:42 | 10:43 | 12:57 | 13:43 | 15:42 | 16:53 | 19:47 | |
| | | | 0:39 | 0:58 | 2:25 | 1:00 | 1:10 | 1:25 | 1:29 | 0:36 | 1:01 | 2:14 | 0:46 | 1:59 | 1:11 | 2:54 | |
| | | | 20:56 | 21:47 | 22:32 | 23:36 | 24:46 | 24:55 | | | | | | | | | |
| | | | 1:09 | 0:51 | 0:45 | 1:04 | 1:10 | 0:09 | | | | | | | | | |
| 12 | Miłosz Sta kiewicz WKS I sk Wrocław | 25:44 | 0:48 | 1:57 | 3:49 | 4:51 | 6:08 | 7:46 | 9:24 | 10:14 | 11:14 | 12:14 | 12:55 | 14:50 | 16:43 | 19:09 | |
| | | | 0:48 | 1:09 | 1:52 | 1:02 | 1:17 | 1:38 | 1:38 | 0:50 | 1:00 | 1:00 | 0:41 | 1:55 | 1:53 | 2:26 | |
| | | | 20:34 | 21:30 | 23:29 | 24:32 | 25:35 | 25:44 | | | | | | | | | |
| | | | 1:25 | 0:56 | 1:59 | 1:03 | 1:03 | 0:09 | | | | | | | | | |
| 13 | Marcin Stawi ski Jabłka 5 Smaków | 25:55 | 0:45 | 2:42 | 5:04 | 6:09 | 7:23 | 8:58 | 10:44 | 11:40 | 12:47 | 13:49 | 14:38 | 16:32 | 17:57 | 20:43 | |
| | | | 0:45 | 1:57 | 2:22 | 1:05 | 1:14 | 1:35 | 1:46 | 0:56 | 1:07 | 1:02 | 0:49 | 1:54 | 1:25 | 2:46 | |
| | | | 21:54 | 22:45 | 23:30 | 24:34 | 25:45 | 25:55 | | | | | | | | | |
| | | | 1:11 | 0:51 | 0:45 | 1:04 | 1:11 | 0:10 | | | | | | | | | |
| 14 | Krzysztof Wojtczak WKS I sk Wrocław | 26:23 | 0:39 | 1:44 | 5:22 | 6:17 | 7:24 | 8:40 | 10:11 | 11:13 | 12:29 | 13:32 | 14:15 | 17:00 | 18:34 | 20:57 | |
| | | | 0:39 | 1:05 | 3:38 | 0:55 | 1:07 | 1:16 | 1:31 | 1:02 | 1:16 | 1:03 | 0:43 | 2:45 | 1:34 | 2:23 | |
| | | | 22:07 | 22:57 | 23:56 | 25:25 | 26:13 | 26:23 | | | | | | | | | |
| | | | 1:10 | 0:50 | 0:59 | 1:29 | 0:48 | 0:10 | | | | | | | | | |
| 15 | Urszula Adamska WKS I sk Wrocław | 26:50 | 0:49 | 2:01 | 3:48 | 4:52 | 6:13 | 7:34 | 9:18 | 10:08 | 11:27 | 13:23 | 14:09 | 16:18 | 17:45 | 20:50 | |
| | | | 0:49 | 1:12 | 1:47 | 1:04 | 1:21 | 1:21 | 1:44 | 0:50 | 1:19 | 1:56 | 0:46 | 2:09 | 1:27 | 3:05 | |
| | | | 22:26 | 23:20 | 24:19 | 25:34 | 26:40 | 26:50 | | | | | | | | | |
| | | | 1:36 | 0:54 | 0:59 | 1:15 | 1:06 | 0:10 | | | | | | | | | |
| 16 | Hanna Kuciel WKS I sk Wrocław | 27:02 | 0:49 | 2:40 | 3:59 | 5:11 | 6:30 | 7:57 | 9:56 | 10:41 | 12:00 | 13:05 | 13:58 | 16:17 | 17:37 | 20:34 | |
| | | | 0:49 | 1:51 | 1:19 | 1:12 | 1:19 | 1:27 | 1:59 | 0:45 | 1:19 | 1:05 | 0:53 | 2:19 | 1:20 | 2:57 | |
| | | | 21:52 | 22:56 | 23:44 | 25:03 | 26:51 | 27:02 | | | | | | | | | |
| | | | 1:18 | 1:04 | 0:48 | 1:19 | 1:48 | 0:11 | | | | | | | | | |
| 17 | Krzysztof Ł tkowski KB MANIAC Pozna | 28:46 | 0:52 | 2:10 | 4:28 | 5:46 | 7:10 | 9:00 | 10:47 | 11:41 | 12:58 | 14:08 | 15:03 | 17:16 | 18:55 | 22:09 | |
| | | | 0:52 | 1:18 | 2:18 | 1:18 | 1:24 | 1:50 | 1:47 | 0:54 | 1:17 | 1:10 | 0:55 | 2:13 | 1:39 | 3:14 | |
| | | | 23:28 | 24:37 | 25:51 | 27:23 | 28:37 | 28:46 | | | | | | | | | |
| | | | 1:19 | 1:09 | 1:14 | 1:32 | 1:14 | 0:09 | | | | | | | | | |
| 18 | Krzysztof Wrzesi s WKS I sk Wrocław | 29:37 | 0:38 | 1:33 | 2:53 | 3:55 | 5:13 | 6:29 | 7:55 | 8:42 | 9:53 | 10:48 | 11:35 | 14:38 | 15:45 | 18:36 | |
| | | | 0:38 | 0:55 | 1:20 | 1:02 | 1:18 | 1:16 | 1:26 | 0:47 | 1:11 | 0:55 | 0:47 | 3:03 | 1:07 | 2:51 | |
| | | | 19:53 | 20:51 | 22:46 | 28:14 | 29:28 | 29:37 | | | | | | | | | |
| | | | 1:17 | 0:58 | 1:55 | 5:28 | 1:14 | 0:09 | | | | | | | | | |
| 19 | Romuald Guga WKS I sk Wrocław | 32:15 | 0:45 | 2:15 | 3:55 | 5:11 | 7:21 | 9:03 | 10:53 | 12:13 | 13:39 | 14:46 | 15:46 | 18:25 | 19:46 | 25:33 | |
| | | | 0:45 | 1:30 | 1:40 | 1:16 | 2:10 | 1:42 | 1:50 | 1:20 | 1:26 | 1:07 | 1:00 | 2:39 | 1:21 | 5:47 | |
| | | | 26:59 | 28:10 | 29:12 | 30:20 | 32:03 | 32:15 | | | | | | | | | |
| | | | 1:26 | 1:11 | 1:02 | 1:08 | 1:43 | 0:12 | | | | | | | | | |
| 20 | Daniel Karpowicz BŁ DNI RYCERZE | 33:33 | 1:51 | 3:25 | 5:34 | 6:52 | 9:04 | 11:54 | 13:58 | 15:03 | 16:10 | 17:11 | 17:57 | 19:44 | 21:15 | 24:56 | |
| | | | 1:51 | 1:34 | 2:09 | 1:18 | 2:12 | 2:50 | 2:04 | 1:05 | 1:07 | 1:01 | 0:46 | 1:47 | 1:31 | 3:41 | |
| | | | 26:27 | 29:13 | 30:17 | 31:52 | 33:22 | 33:33 | | | | | | | | | |
| | | | 1:31 | 2:46 | 1:04 | 1:35 | 1:30 | 0:11 | | | | | | | | | |

| .p. | wy lmi i nazwisko | Czas | | | | | | | | | | | | | | | | | |
|--------|---|-------|------------|--------|--------|--------|--------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--|--|
| A (31) | | | 4,0 km 0 m | | | | | | | 19 PK | | | | | | | (c.d.) | | |
| | | | 1(42) | 2(40) | 3(39) | 4(36) | 5(38) | 6(37) | 7(35) | 8(32) | 9(33) | 10(34) | 11(35) | 12(31) | 13(47) | 14(41) | | | |
| | | | 15(43) | 16(44) | 17(45) | 18(46) | 19(49) | Meta | | | | | | | | | | | |
| 21 | Weronika Biata indywidualnie | 36:42 | 0:49 | 1:49 | 3:04 | 4:24 | 14:32 | 16:18 | 17:55 | 19:09 | 20:22 | 21:24 | 22:11 | 24:38 | 25:54 | 28:56 | | | |
| | | | 0:49 | 1:00 | 1:15 | 1:20 | 10:08 | 1:46 | 1:37 | 1:14 | 1:13 | 1:02 | 0:47 | 2:27 | 1:16 | 3:02 | | | |
| | | | 30:21 | 31:51 | 33:11 | 34:55 | 36:34 | 36:42 | | | | | | | | | | | |
| | | | 1:25 | 1:30 | 1:20 | 1:44 | 1:39 | 0:08 | | | | | | | | | | | |
| 22 | Michał Szczepaniak indywidualnie | 36:51 | 1:03 | 2:33 | 5:01 | 6:38 | 8:48 | 10:54 | 13:23 | 14:26 | 16:14 | 17:47 | 19:01 | 22:21 | 24:08 | 28:37 | | | |
| | | | 1:03 | 1:30 | 2:28 | 1:37 | 2:10 | 2:06 | 2:29 | 1:03 | 1:48 | 1:33 | 1:14 | 3:20 | 1:47 | 4:29 | | | |
| | | | 30:28 | 31:50 | 32:55 | 34:56 | 36:37 | 36:51 | | | | | | | | | | | |
| | | | 1:51 | 1:22 | 1:05 | 2:01 | 1:41 | 0:14 | | | | | | | | | | | |
| 23 | Wiktoria Go ciniak UKS Arkady Raszkó | 38:07 | 0:45 | 2:03 | 6:54 | 7:57 | 12:09 | 13:43 | 15:33 | 16:29 | 17:46 | 18:48 | 19:34 | 23:25 | 27:05 | 30:33 | | | |
| | | | 0:45 | 1:18 | 4:51 | 1:03 | 4:12 | 1:34 | 1:50 | 0:56 | 1:17 | 1:02 | 0:46 | 3:51 | 3:40 | 3:28 | | | |
| | | | 32:04 | 33:12 | 34:22 | 36:02 | 38:00 | 38:07 | | | | | | | | | | | |
| | | | 1:31 | 1:08 | 1:10 | 1:40 | 1:58 | 0:07 | | | | | | | | | | | |
| 24 | Andrzej Skonieczny Orientop Wrocław | 44:48 | 0:55 | 2:28 | 4:48 | 6:10 | 15:44 | 17:48 | 20:13 | 21:13 | 22:56 | 24:25 | 25:32 | 29:57 | 31:36 | 35:52 | | | |
| | | | 0:55 | 1:33 | 2:20 | 1:22 | 9:34 | 2:04 | 2:25 | 1:00 | 1:43 | 1:29 | 1:07 | 4:25 | 1:39 | 4:16 | | | |
| | | | 37:34 | 39:06 | 40:30 | 42:58 | 44:34 | 44:48 | | | | | | | | | | | |
| | | | 1:42 | 1:32 | 1:24 | 2:28 | 1:36 | 0:14 | | | | | | | | | | | |
| 25 | Alan Miłek indywidualnie | 47:14 | 1:00 | 2:32 | 10:16 | 13:21 | 16:06 | 18:18 | 20:13 | 21:27 | 22:57 | 24:14 | 25:17 | 27:54 | 29:42 | 34:44 | | | |
| | | | 1:00 | 1:32 | 7:44 | 3:05 | 2:45 | 2:12 | 1:55 | 1:14 | 1:30 | 1:17 | 1:03 | 2:37 | 1:48 | 5:02 | | | |
| | | | 36:50 | 38:37 | 40:58 | 45:13 | 47:00 | 47:14 | | | | | | | | | | | |
| | | | 2:06 | 1:47 | 2:21 | 4:15 | 1:47 | 0:14 | | | | | | | | | | | |
| 26 | Marcin My liwek WKS I sk Wrocław | 48:00 | 1:00 | 2:36 | 4:35 | 5:31 | 19:53 | 22:06 | 24:05 | 26:08 | 28:42 | 30:01 | 30:53 | 33:20 | 35:09 | 39:10 | | | |
| | | | 1:00 | 1:36 | 1:59 | 0:56 | 14:22 | 2:13 | 1:59 | 2:03 | 2:34 | 1:19 | 0:52 | 2:27 | 1:49 | 4:01 | | | |
| | | | 40:49 | 43:46 | 45:08 | 46:51 | 47:49 | 48:00 | | | | | | | | | | | |
| | | | 1:39 | 2:57 | 1:22 | 1:43 | 0:58 | 0:11 | | | | | | | | | | | |
| 27 | Jacek Wieszaczewski Orientop Wrocław | 51:59 | 1:38 | 3:52 | 6:52 | 9:19 | 11:47 | 15:21 | 19:07 | 20:56 | 23:23 | 25:23 | 27:10 | 31:23 | 34:05 | 40:41 | | | |
| | | | 1:38 | 2:14 | 3:00 | 2:27 | 2:28 | 3:34 | 3:46 | 1:49 | 2:27 | 2:00 | 1:47 | 4:13 | 2:42 | 6:36 | | | |
| | | | 43:13 | 45:11 | 46:44 | 49:10 | 51:36 | 51:59 | | | | | | | | | | | |
| | | | 2:32 | 1:58 | 1:33 | 2:26 | 2:26 | 0:23 | | | | | | | | | | | |
| | Filip Wodzicki WKS I sk Wrocław | nkl | 0:33 | 1:23 | 2:10 | 3:02 | 3:55 | 4:56 | 6:08 | 6:43 | 7:32 | 8:15 | ---- | 9:43 | 10:37 | 12:44 | | | |
| | | | 0:33 | 0:50 | 0:47 | 0:52 | 0:53 | 1:01 | 1:12 | 0:35 | 0:49 | 0:43 | ---- | 1:28 | 0:54 | 2:07 | | | |
| | | | 13:39 | 14:21 | 15:00 | 16:01 | 16:48 | 16:56 | | | | | | | | | | | |
| | | | 0:55 | 0:42 | 0:39 | 1:01 | 0:47 | 0:08 | | | | | | | | | | | |
| | Adrian Koczy ski WKS I sk Wrocław | nkl | 0:41 | 1:41 | 2:56 | 4:02 | 5:26 | 6:41 | 8:12 | 8:52 | ---- | 10:17 | 11:05 | 13:12 | 14:17 | 16:48 | | | |
| | | | 0:41 | 1:00 | 1:15 | 1:06 | 1:24 | 1:15 | 1:31 | 0:40 | ---- | 1:25 | 0:48 | 2:07 | 1:05 | 2:31 | | | |
| | | | 18:00 | 18:54 | 19:39 | 20:44 | 21:41 | 21:52 | | | | | | | | | | | |
| | | | 1:12 | 0:54 | 0:45 | 1:05 | 0:57 | 0:11 | | | | | | | | | | | |
| | Baltazar G bka BŁ DNI RYCERZE | nkl | 1:08 | 2:35 | 5:48 | 7:12 | 9:26 | 12:16 | 14:56 | ---- | 15:45 | 17:17 | 18:18 | 21:23 | 26:56 | 31:17 | | | |
| | | | 1:08 | 1:27 | 3:13 | 1:24 | 2:14 | 2:50 | 2:40 | ---- | 0:49 | 1:32 | 1:01 | 3:05 | 5:33 | 4:21 | | | |
| | | | 35:51 | 37:15 | 38:26 | 39:55 | 41:21 | 41:32 | | | | | | | | | | | |
| | | | 4:34 | 1:24 | 1:11 | 1:29 | 1:26 | 0:11 | | | | | | | | | | | |
| pk | Mikołaj Krawczy sk WKS I sk Wrocław | 16:23 | 0:33 | 1:19 | 2:06 | 2:53 | 3:45 | 4:43 | 5:49 | 6:21 | 7:11 | 7:50 | 8:26 | 9:47 | 10:38 | 12:35 | | | |
| | | | 0:33 | 0:46 | 0:47 | 0:47 | 0:52 | 0:58 | 1:06 | 0:32 | 0:50 | 0:39 | 0:36 | 1:21 | 0:51 | 1:57 | | | |
| | | | 13:25 | 14:05 | 14:43 | 15:30 | 16:15 | 16:23 | | | | | | | | | | | |
| | | | 0:50 | 0:40 | 0:38 | 0:47 | 0:45 | 0:08 | | | | | | | | | | | |
| B (24) | | | 3,2 km 0 m | | | | | | | 15 PK | | | | | | | | | |
| | | | 1(46) | 2(45) | 3(44) | 4(43) | 5(41) | 6(42) | 7(40) | 8(38) | 9(36) | 10(34) | 11(33) | 12(32) | 13(37) | 14(48) | | | |
| | | | 15(49) | Meta | | | | | | | | | | | | | | | |
| 1 | Jan May UKS D b Leszno | 21:00 | 1:18 | 4:08 | 4:55 | 5:48 | 7:17 | 8:14 | 9:41 | 11:01 | 12:11 | 13:40 | 14:41 | 15:59 | 17:40 | 19:30 | | | |
| | | | 1:18 | 2:50 | 0:47 | 0:53 | 1:29 | 0:57 | 1:27 | 1:20 | 1:10 | 1:29 | 1:01 | 1:18 | 1:41 | 1:50 | | | |
| | | | 20:54 | 21:00 | | | | | | | | | | | | | | | |
| | | | 1:24 | 0:06 | | | | | | | | | | | | | | | |
| 2 | Damian Widzewicz WKS I sk Wrocław | 21:11 | 1:08 | 2:12 | 2:47 | 3:35 | 4:37 | 5:36 | 6:37 | 11:12 | 12:21 | 14:12 | 15:06 | 16:34 | 18:09 | 19:46 | | | |
| | | | 1:08 | 1:04 | 0:35 | 0:48 | 1:02 | 0:59 | 1:01 | 4:35 | 1:09 | 1:51 | 0:54 | 1:28 | 1:35 | 1:37 | | | |
| | | | 21:03 | 21:11 | | | | | | | | | | | | | | | |
| | | | 1:17 | 0:08 | | | | | | | | | | | | | | | |
| 3 | Beata Mazurkiewicz Orientop Wrocław | 21:46 | 1:22 | 2:43 | 3:33 | 4:31 | 5:47 | 7:06 | 8:21 | 9:54 | 11:16 | 13:35 | 14:39 | 16:02 | 18:04 | 20:09 | | | |
| | | | 1:22 | 1:21 | 0:50 | 0:58 | 1:16 | 1:19 | 1:15 | 1:33 | 1:22 | 2:19 | 1:04 | 1:23 | 2:02 | 2:05 | | | |
| | | | 21:35 | 21:46 | | | | | | | | | | | | | | | |
| | | | 1:26 | 0:11 | | | | | | | | | | | | | | | |
| 3 | Konrad Przym cki MKS MOS Wrocław | 21:46 | 1:13 | 2:26 | 3:10 | 4:06 | 5:34 | 6:32 | 7:36 | 9:39 | 11:01 | 13:10 | 14:11 | 15:33 | 17:39 | 20:00 | | | |
| | | | 1:13 | 1:13 | 0:44 | 0:56 | 1:28 | 0:58 | 1:04 | 2:03 | 1:22 | 2:09 | 1:01 | 1:22 | 2:06 | 2:21 | | | |
| | | | 21:39 | 21:46 | | | | | | | | | | | | | | | |
| | | | 1:39 | 0:07 | | | | | | | | | | | | | | | |
| 5 | Michalina Wysocka WKS I sk Wrocław | 22:29 | 1:11 | 2:29 | 3:12 | 3:58 | 5:03 | 7:18 | 8:21 | 9:46 | 12:02 | 15:17 | 16:17 | 17:18 | 19:04 | 21:07 | | | |
| | | | 1:11 | 1:18 | 0:43 | 0:46 | 1:05 | 2:15 | 1:03 | 1:25 | 2:16 | 3:15 | 1:00 | 1:01 | 1:46 | 2:03 | | | |
| | | | 22:20 | 22:29 | | | | | | | | | | | | | | | |
| | | | 1:13 | 0:09 | | | | | | | | | | | | | | | |
| 6 | Nadia Biedak UKS D b Leszno | 22:37 | 1:30 | 2:42 | 3:30 | 4:24 | 5:44 | 6:56 | 8:16 | 9:43 | 12:44 | 14:35 | 15:52 | 17:10 | 19:00 | 21:10 | | | |
| | | | 1:30 | 1:12 | 0:48 | 0:54 | 1:20 | 1:12 | 1:20 | 1:27 | 3:01 | 1:51 | 1:17 | 1:18 | 1:50 | 2:10 | | | |
| | | | 22:30 | 22:37 | | | | | | | | | | | | | | | |
| | | | 1:20 | 0:07 | | | | | | | | | | | | | | | |
| 6 | Paweł Czepik KS Hades Pozna | 22:37 | 1:10 | 2:18 | 2:59 | 3:57 | 5:04 | 6:12 | 8:50 | 11:42 | 12:58 | 15:03 | 16:00 | 17:11 | 18:47 | 20:53 | | | |
| | | | 1:10 | 1:08 | 0:41 | 0:58 | 1:07 | 1:08 | 2:38 | 2:52 | 1:16 | 2:05 | 0:57 | 1:11 | 1:36 | 2:06 | | | |
| | | | 22:29 | 22:37 | | | | | | | | | | | | | | | |
| | | | 1:36 | 0:08 | | | | | | | | | | | | | | | |

| p. | wy lmi i nazwisko | Czas | | | | | | | | | | | | | | | |
|---------------|--|-------|--------------------------------------|-------------------------------|---------------------|--------------|---------------|---------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|---------------|--|
| | | | 3,2 km 0 m | | 15 PK | | | (c.d.) | | | | | | | | | |
| | | | 1(46) 15(49) | 2(45) Meta | 3(44) | 4(43) | 5(41) | 6(42) | 7(40) | 8(38) | 9(36) | 10(34) | 11(33) | 12(32) | 13(37) | 14(48) | |
| B (24) | | | | | | | | | | | | | | | | | |
| 8 | Eryk Kauch Orientop Wrocław | 22:38 | 1:36 1:36 22:27 1:42 | 2:47 1:11 22:38 0:11 | 3:40 0:53 | 4:42 1:02 | 6:09 1:27 | 7:18 1:09 | 8:39 1:21 | 9:58 1:19 | 11:24 1:26 | 13:28 2:04 | 14:44 1:16 | 16:13 1:29 | 18:25 2:12 | 20:45 2:20 | |
| 9 | Julia Nowak UKS D b Leszno | 22:44 | 1:18 1:18 22:37 1:17 | 2:47 1:29 22:44 0:07 | 3:36 0:49 | 4:36 1:00 | 5:57 1:21 | 7:08 1:11 | 9:13 2:05 | 10:40 1:27 | 12:09 1:29 | 14:23 2:14 | 15:31 1:08 | 16:47 1:16 | 18:59 2:12 | 21:20 2:21 | |
| 10 | Oskar Adamski KS T cza Brzezia Ł | 23:22 | 1:21 1:21 23:12 1:13 | 2:47 1:26 23:22 0:10 | 3:30 0:43 | 4:51 1:21 | 6:20 1:29 | 8:06 1:46 | 9:29 1:23 | 11:34 2:05 | 12:58 1:24 | 15:03 2:05 | 16:07 1:04 | 17:31 1:24 | 19:49 2:18 | 21:59 2:10 | |
| 11 | Klaudia Trzeciak UKS Arkady Raszkó | 23:52 | 1:17 1:17 23:43 1:29 | 2:29 1:12 23:52 0:09 | 3:19 0:50 | 4:26 1:07 | 6:08 1:42 | 7:26 1:18 | 8:45 1:19 | 10:48 2:03 | 12:14 1:26 | 14:48 2:34 | 16:01 1:13 | 17:34 1:33 | 19:54 2:20 | 22:14 2:20 | |
| 12 | Anna Rosłaniec indywidualnie | 26:27 | 1:27 1:27 26:15 1:55 | 2:38 1:11 26:27 0:12 | 3:30 0:52 | 4:51 1:21 | 6:09 1:18 | 7:32 1:23 | 8:48 1:16 | 10:38 1:50 | 12:10 1:32 | 14:27 2:17 | 15:54 1:27 | 17:41 1:47 | 20:02 2:21 | 24:20 4:18 | |
| 13 | Michał Pałamarz-Po indywidualnie | 27:38 | 1:22 1:22 27:27 2:03 | 2:53 1:31 27:38 0:11 | 3:37 0:44 | 4:47 1:10 | 6:36 1:49 | 7:53 1:17 | 9:09 1:16 | 12:09 3:00 | 13:28 1:19 | 17:52 4:24 | 19:00 1:08 | 20:47 1:47 | 23:10 2:23 | 25:24 2:14 | |
| 14 | Joanna Puternicka Orientop Wrocław | 29:15 | 1:34 1:34 29:04 1:23 | 2:54 1:20 29:15 0:11 | 3:48 0:54 | 4:59 1:11 | 6:30 1:31 | 7:52 1:22 | 9:40 1:48 | 11:20 1:40 | 16:59 5:39 | 19:41 2:42 | 20:58 1:17 | 22:52 1:54 | 25:14 2:22 | 27:41 2:27 | |
| 15 | Sylwia Semeniuk-Pr WKS I sk Wrocław | 29:29 | 1:43 1:43 29:17 1:50 | 3:21 1:38 29:29 0:12 | 4:34 1:13 | 5:49 1:15 | 7:24 1:35 | 8:58 1:34 | 10:26 1:28 | 12:33 2:07 | 15:58 3:25 | 18:44 2:46 | 20:29 1:45 | 22:05 1:36 | 25:07 3:02 | 27:27 2:20 | |
| 16 | Karolina Go ciniak UKS Arkady Raszkó | 29:38 | 2:35 2:35 29:29 1:55 | 4:10 1:35 29:38 0:09 | 5:09 0:59 | 6:19 1:10 | 8:10 1:51 | 9:41 1:31 | 11:08 1:27 | 13:38 2:30 | 15:22 1:44 | 18:08 2:46 | 19:51 1:43 | 21:31 1:40 | 24:20 2:49 | 27:34 3:14 | |
| 17 | Agnieszka Filipiak KS Hades Pozna | 30:28 | 2:36 2:36 30:18 1:51 | 4:09 1:33 30:28 0:10 | 5:00 0:51 | 6:09 1:09 | 8:01 1:52 | 9:27 1:26 | 11:01 1:34 | 12:39 1:38 | 18:32 5:53 | 20:52 2:20 | 22:02 1:10 | 23:41 1:39 | 25:58 2:17 | 28:27 2:29 | |
| 18 | Marek Poloczek KS Artemis Wrocław | 33:56 | 1:37 1:37 33:44 1:52 | 3:15 1:38 33:56 0:12 | 4:10 0:55 | 5:41 1:31 | 7:46 2:05 | 9:16 1:30 | 11:00 1:44 | 13:57 2:57 | 18:35 4:38 | 21:42 3:07 | 23:08 1:26 | 25:30 2:22 | 28:30 3:00 | 31:52 3:22 | |
| 19 | Magdalena May UKS D b Leszno | 35:52 | 1:25 1:25 35:42 1:59 | 3:20 1:55 35:52 0:10 | 4:06 0:46 | 5:40 1:34 | 9:23 3:43 | 10:32 1:09 | 12:50 2:18 | 18:04 5:14 | 19:41 1:37 | 24:09 4:28 | 26:22 2:13 | 28:22 2:00 | 30:54 2:32 | 33:43 2:49 | |
| 20 | Krzysztof Ciura indywidualnie | 37:21 | 1:57 1:57 37:03 1:49 | 3:57 2:00 37:21 0:18 | 5:06 1:09 | 6:37 1:31 | 8:42 2:05 | 10:27 1:45 | 13:27 3:00 | 15:41 2:14 | 19:21 3:40 | 22:28 3:07 | 24:41 2:13 | 27:28 2:47 | 31:12 3:44 | 35:14 4:02 | |
| 21 | Sylwia Łukaszyk UKS D b Leszno | 39:01 | 1:37 1:37 38:50 1:58 | 3:17 1:40 39:01 0:11 | 4:14 0:57 | 5:28 1:14 | 11:43 6:15 | 12:57 1:14 | 15:53 2:56 | 21:05 5:12 | 22:47 1:42 | 27:14 4:27 | 29:28 2:14 | 31:35 2:07 | 34:03 2:28 | 36:52 2:49 | |
| 22 | Agnieszka Mazurkie Orientop Wrocław | 40:43 | 2:48 2:48 40:25 3:02 | 4:46 1:58 40:43 0:18 | 5:51 1:05 | 7:13 1:22 | 9:56 2:43 | 11:45 1:49 | 13:30 1:45 | 15:46 2:16 | 23:51 8:05 | 27:28 3:37 | 28:59 1:31 | 30:53 1:54 | 34:22 3:29 | 37:23 3:01 | |
| 23 | Patrycja Zieli ska UKS Arkady Raszkó | 40:48 | 3:18 3:18 40:39 1:46 | 4:37 1:19 40:48 0:09 | 5:19 0:42 | 6:22 1:03 | 7:54 1:32 | 16:11 8:17 | 17:36 1:25 | 20:37 3:01 | 28:09 7:32 | 30:41 2:32 | 32:05 1:24 | 34:19 2:14 | 36:30 2:11 | 38:53 2:23 | |
| 24 | Marzena Ciura indywidualnie | 46:41 | 2:15 2:15 46:28 2:42 | 3:51 1:36 46:41 0:13 | 4:59 1:08 | 6:57 1:58 | 12:33 5:36 | 14:12 1:39 | 15:53 1:41 | 27:10 11:17 | 29:46 2:36 | 33:47 4:01 | 35:18 1:31 | 37:01 1:43 | 40:08 3:07 | 43:46 3:38 | |
| C (23) | | | | | | | | | | | | | | | | | |
| | | | 2,3 km 0 m | | 12 PK | | | | | | | | | | | | |
| | | | 1(38) | 2(36) | 3(35) | 4(32) | 5(37) | 6(38) | 7(40) | 8(42) | 9(44) | 10(45) | 11(46) | 12(49) | Meta | | |
| 1 | Maja Stefa ska UKS Arkady Raszkó | 18:40 | 1:32 1:32 | 3:00 1:28 | 4:45 1:45 | 5:37 0:52 | 7:57 2:20 | 10:53 2:56 | 12:20 1:27 | 13:37 1:17 | 15:27 1:50 | 16:20 0:53 | 17:32 1:12 | 18:33 1:01 | 18:40 0:07 | | |
| 2 | Florian Pałamarz-P KS T cza Brzezia Ł | 28:23 | 2:57 | 4:29 | 7:22 | 8:49 | 11:19 | 13:21 | 15:22 | 17:09 | 20:05 | 23:46 | 26:33 | 28:13 | 28:23 | | |
| 3 | Maja Gonddek MKS MOS Wrocław | 30:37 | 2:57 | 1:32 | 2:53 | 1:27 | 2:30 | 2:02 | 2:01 | 1:47 | 2:56 | 3:41 | 2:47 | 1:40 | 0:10 | | |
| | | | 1:39 | 10:30 | 14:10 | 15:05 | 17:17 | 19:14 | 21:12 | 22:48 | 25:08 | 26:35 | 28:03 | 30:28 | 30:37 | | |
| | | | 1:39 | 8:51 | 3:40 | 0:55 | 2:12 | 1:57 | 1:58 | 1:36 | 2:20 | 1:27 | 1:28 | 2:25 | 0:09 | | |

| .p. | wy lmi i nazwisko | Czas | 1,6 km 0 m 12 PK | | | | | | | | | | | | (c.d.) |
|-----------------|---------------------------|--------------|-------------------------|-------|-------|-------|-------------|-------|-------|-------|-------|--------|---------|---------|---------|
| | | | 1(38) | 2(37) | 3(35) | 4(34) | 5(33) | 6(32) | 7(36) | 8(39) | 9(40) | 10(42) | 11(45) | 12(49) | Meta |
| MIX (20) | | | | | | | | | | | | | | | |
| 15 | Młodzi Gniewni z S | 37:29 | 3:29 | 6:33 | 9:10 | 10:11 | 11:26 | 12:47 | 15:30 | 17:22 | 23:16 | 24:46 | 33:16 | 37:19 | 37:29 |
| | SP 66 Wrocław | | 3:29 | 3:04 | 2:37 | 1:01 | 1:15 | 1:21 | 2:43 | 1:52 | 5:54 | 1:30 | 8:30 | 4:03 | 0:10 |
| 16 | SISTARS | 40:03 | 9:29 | 12:29 | 15:17 | 16:42 | 18:41 | 20:41 | 23:58 | 25:57 | 29:01 | 31:59 | 36:45 | 39:48 | 40:03 |
| | indywidualnie | | 9:29 | 3:00 | 2:48 | 1:25 | 1:59 | 2:00 | 3:17 | 1:59 | 3:04 | 2:58 | 4:46 | 3:03 | 0:15 |
| 17 | HaPiNa | 41:45 | 2:39 | 4:25 | 7:03 | 16:23 | 17:33 | 19:27 | 23:25 | 26:01 | 28:13 | 29:45 | 38:59 | 41:34 | 41:45 |
| | SP 66 Wrocław | | 2:39 | 1:46 | 2:38 | 9:20 | 1:10 | 1:54 | 3:58 | 2:36 | 2:12 | 1:32 | 9:14 | 2:35 | 0:11 |
| 18 | Dori&Olga | 54:50 | 4:56 | 9:11 | 14:48 | 17:04 | 20:43 | 25:19 | 31:07 | 35:39 | 39:53 | 43:09 | 48:58 | 54:30 | 54:50 |
| | KS T cza Brzezia Ł | | 4:56 | 4:15 | 5:37 | 2:16 | 3:39 | 4:36 | 5:48 | 4:32 | 4:14 | 3:16 | 5:49 | 5:32 | 0:20 |
| | Sigmy z Przybysza | nkl | 1:53 | 4:39 | 7:29 | 16:28 | ----- | ----- | 48:43 | 53:18 | 56:52 | 58:20 | 1:21:40 | 1:25:29 | 1:25:48 |
| | indywidualnie | | 1:53 | 2:46 | 2:50 | 8:59 | | | 32:15 | 4:35 | 3:34 | 1:28 | 23:20 | 3:49 | 0:19 |
| | | | 8:30 | 13:54 | 37:18 | 39:24 | 43:32 | | | | | | | | |
| | | | *33 | *32 | *42 | *40 | *39 | | | | | | | | |
| | Speed Bananas! | nkl | 2:08 | 4:29 | 20:22 | 21:17 | 22:10 | 24:39 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | SP 66 Wrocław | | 2:08 | 2:21 | 15:53 | 0:55 | 0:53 | 2:29 | | | | | | | |