

| .p. | wy lmi i nazwisko | Czas | 2,3 km 0 m | | 8 PK | | | | | | | | | | | |
|-------------------|---------------------|-------|------------|--------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|
| | | | 1(38) | 2(37) | 3(33) | 4(36) | 5(41) | 6(43) | 7(46) | 8(47) | Meta | | | | | |
| A BnO (8) | | | | | | | | | | | | | | | | |
| 1 | Adam Onik | 14:41 | 1:39 | 3:25 | 5:46 | 7:11 | 8:59 | 11:40 | 12:50 | 14:15 | 14:41 | | | | | |
| | UKS Saper Kazu | | 1:39 | 1:46 | 2:21 | 1:25 | 1:48 | 2:41 | 1:10 | 1:25 | 0:26 | | | | | |
| 1 | Kacper Stasiak | 14:41 | 1:46 | 3:33 | 5:46 | 7:16 | 8:56 | 11:39 | 12:51 | 14:15 | 14:41 | | | | | |
| | UKS Saper Kazu | | 1:46 | 1:47 | 2:13 | 1:30 | 1:40 | 2:43 | 1:12 | 1:24 | 0:26 | | | | | |
| 3 | Zuzanna Doli ska | 22:50 | 3:31 | 6:11 | 8:46 | 11:14 | 13:49 | 18:47 | 20:24 | 22:16 | 22:50 | | | | | |
| | Kusy Bielany Orient | | 3:31 | 2:40 | 2:35 | 2:28 | 2:35 | 4:58 | 1:37 | 1:52 | 0:34 | | | | | |
| 4 | Mieczysław Zielczy | 41:23 | 4:30 | 9:34 | 15:43 | 20:16 | 25:23 | 33:16 | 36:31 | 40:07 | 41:23 | | | | | |
| | A-to-my | | 4:30 | 5:04 | 6:09 | 4:33 | 5:07 | 7:53 | 3:15 | 3:36 | 1:16 | | | | | |
| 5 | Helena Zielczy ska | 41:58 | 4:42 | 9:34 | 15:41 | 20:27 | 25:31 | 33:15 | 36:45 | 40:34 | 41:58 | | | | | |
| | A-to-my | | 4:42 | 4:52 | 6:07 | 4:46 | 5:04 | 7:44 | 3:30 | 3:49 | 1:24 | | | | | |
| 6 | Patryk Barej | 44:55 | 2:47 | 9:11 | 16:32 | 22:25 | 30:24 | 37:39 | 41:57 | 44:00 | 44:55 | | | | | |
| | 7WWDH Koh-i-noor | | 2:47 | 6:24 | 7:21 | 5:53 | 7:59 | 7:15 | 4:18 | 2:03 | 0:55 | | | | | |
| 7 | Wiktor Szczerbicki | 44:56 | 2:49 | 9:13 | 16:31 | 22:24 | 30:25 | 37:40 | 41:53 | 44:02 | 44:56 | | | | | |
| | 7WWDH Koh-i-noor | | 2:49 | 6:24 | 7:18 | 5:53 | 8:01 | 7:15 | 4:13 | 2:09 | 0:54 | | | | | |
| 8 | Olo Błachut | 47:35 | 4:59 | 8:04 | 14:48 | 21:16 | 29:14 | 39:24 | 42:59 | 46:55 | 47:35 | | | | | |
| | Team 360 | | 4:59 | 3:05 | 6:44 | 6:28 | 7:58 | 10:10 | 3:35 | 3:56 | 0:40 | | | | | |
| B BnO (21) | | | | | | | | | | | | | | | | |
| | | | 1(48) | 2(38) | 3(37) | 4(32) | 5(49) | 6(34) | 7(40) | 8(33) | 9(50) | 10(41) | 11(42) | 12(43) | 13(44) | 14(45) |
| | | | 15(46) | 16(47) | Meta | | | | | | | | | | | |
| 1 | Artur Lipi ski | 21:25 | 1:27 | 2:18 | 3:48 | 4:41 | 5:35 | 6:35 | 7:13 | 8:10 | 9:37 | 10:50 | 12:20 | 13:33 | 14:36 | 16:53 |
| | | | 1:27 | 0:51 | 1:30 | 0:53 | 0:54 | 1:00 | 0:38 | 0:57 | 1:27 | 1:13 | 1:30 | 1:13 | 1:03 | 2:17 |
| | | | 19:40 | 20:56 | 21:25 | | | | | | | | | | | |
| | | | 2:47 | 1:16 | 0:29 | | | | | | | | | | | |
| 2 | Grzegorz Doli ski | 22:57 | 1:21 | 2:07 | 3:57 | 4:59 | 6:08 | 7:10 | 7:48 | 8:37 | 10:03 | 11:24 | 13:09 | 14:29 | 15:29 | 18:04 |
| | Kusy Bielany Orient | | 1:21 | 0:46 | 1:50 | 1:02 | 1:09 | 1:02 | 0:38 | 0:49 | 1:26 | 1:21 | 1:45 | 1:20 | 1:00 | 2:35 |
| | | | 21:18 | 22:29 | 22:57 | | | | | | | | | | | |
| | | | 3:14 | 1:11 | 0:28 | | | | | | | | | | | |
| 3 | Michał St pniak | 24:19 | 1:22 | 2:07 | 3:42 | 4:41 | 5:56 | 7:01 | 7:44 | 8:37 | 10:33 | 11:57 | 13:43 | 15:06 | 16:19 | 19:01 |
| | KB ERGO | | 1:22 | 0:45 | 1:35 | 0:59 | 1:15 | 1:05 | 0:43 | 0:53 | 1:56 | 1:24 | 1:46 | 1:23 | 1:13 | 2:42 |
| | | | 22:25 | 23:51 | 24:19 | | | | | | | | | | | |
| | | | 3:24 | 1:26 | 0:28 | | | | | | | | | | | |
| 4 | Jacek Piekarski | 28:38 | 2:17 | 3:12 | 4:56 | 8:04 | 9:50 | 11:09 | 11:50 | 12:51 | 14:41 | 16:07 | 18:00 | 19:19 | 20:34 | 23:12 |
| | | | 2:17 | 0:55 | 1:44 | 3:08 | 1:46 | 1:19 | 0:41 | 1:01 | 1:50 | 1:26 | 1:53 | 1:19 | 1:15 | 2:38 |
| | | | 26:40 | 28:06 | 28:38 | | | | | | | | | | | |
| | | | 3:28 | 1:26 | 0:32 | | | | | | | | | | | |
| 5 | Przemek Gli ski | 29:02 | 1:49 | 2:54 | 4:40 | 6:04 | 7:48 | 9:08 | 10:01 | 11:21 | 13:37 | 15:07 | 17:08 | 19:25 | 20:36 | 23:22 |
| | 7WWDH Koh-i-noor | | 1:49 | 1:05 | 1:46 | 1:24 | 1:44 | 1:20 | 0:53 | 1:20 | 2:16 | 1:30 | 2:01 | 2:17 | 1:11 | 2:46 |
| | | | 26:46 | 28:14 | 29:02 | | | | | | | | | | | |
| | | | 3:24 | 1:28 | 0:48 | | | | | | | | | | | |
| 6 | Maria Muzyka | 29:50 | 1:46 | 2:37 | 4:29 | 5:49 | 10:07 | 11:22 | 12:10 | 13:16 | 15:25 | 16:54 | 18:51 | 20:21 | 21:33 | 24:20 |
| | Vege Runners | | 1:46 | 0:51 | 1:52 | 1:20 | 4:18 | 1:15 | 0:48 | 1:06 | 2:09 | 1:29 | 1:57 | 1:30 | 1:12 | 2:47 |
| | | | 27:54 | 29:20 | 29:50 | | | | | | | | | | | |
| | | | 3:34 | 1:26 | 0:30 | | | | | | | | | | | |
| 7 | Zuzanna Malanowsk | 31:00 | 1:57 | 2:53 | 5:38 | 10:40 | 12:19 | 13:32 | 14:13 | 15:14 | 17:08 | 18:34 | 20:27 | 21:53 | 23:07 | 25:43 |
| | Klno Stowarzysze | | 1:57 | 0:56 | 2:45 | 5:02 | 1:39 | 1:13 | 0:41 | 1:01 | 1:54 | 1:26 | 1:53 | 1:26 | 1:14 | 2:36 |
| | | | 29:08 | 30:33 | 31:00 | | | | | | | | | | | |
| | | | 3:25 | 1:25 | 0:27 | | | | | | | | | | | |
| 8 | Marzena W siewicz | 32:33 | 2:18 | 3:13 | 5:50 | 7:10 | 8:33 | 9:54 | 10:43 | 11:55 | 14:18 | 16:08 | 18:22 | 20:17 | 21:43 | 25:28 |
| | Pi paprochów | | 2:18 | 0:55 | 2:37 | 1:20 | 1:23 | 1:21 | 0:49 | 1:12 | 2:23 | 1:50 | 2:14 | 1:55 | 1:26 | 3:45 |
| | | | 29:27 | 31:55 | 32:33 | | | | | | | | | | | |
| | | | 3:59 | 2:28 | 0:38 | | | | | | | | | | | |
| 9 | Marcin Zabłocki | 32:43 | 1:29 | 2:21 | 6:05 | 7:18 | 9:44 | 11:02 | 11:50 | 13:17 | 15:38 | 17:23 | 19:40 | 21:21 | 22:43 | 26:08 |
| | Azaliowa Tim | | 1:29 | 0:52 | 3:44 | 1:13 | 2:26 | 1:18 | 0:48 | 1:27 | 2:21 | 1:45 | 2:17 | 1:41 | 1:22 | 3:25 |
| | | | 30:14 | 32:06 | 32:43 | | | | | | | | | | | |
| | | | 4:06 | 1:52 | 0:37 | | | | | | | | | | | |
| 10 | Adam Kaleta | 38:43 | 2:48 | 3:53 | 6:03 | 7:41 | 9:29 | 11:26 | 12:47 | 14:20 | 17:02 | 19:22 | 22:18 | 25:02 | 27:04 | 31:40 |
| | 7WWDH Koh-i-noor | | 2:48 | 1:05 | 2:10 | 1:38 | 1:48 | 1:57 | 1:21 | 1:33 | 2:42 | 2:20 | 2:56 | 2:44 | 2:02 | 4:36 |
| | | | 36:16 | 38:12 | 38:43 | | | | | | | | | | | |
| | | | 4:36 | 1:56 | 0:31 | | | | | | | | | | | |
| 11 | Anna Wychowaniec | 39:10 | 3:19 | 4:50 | 8:01 | 9:47 | 11:43 | 13:28 | 14:20 | 15:39 | 18:19 | 20:19 | 23:00 | 25:00 | 26:54 | 31:23 |
| | OK!SPORT Warszawa | | 3:19 | 1:31 | 3:11 | 1:46 | 1:56 | 1:45 | 0:52 | 1:19 | 2:40 | 2:00 | 2:41 | 2:00 | 1:54 | 4:29 |
| | | | 36:32 | 38:26 | 39:10 | | | | | | | | | | | |
| | | | 5:09 | 1:54 | 0:44 | | | | | | | | | | | |
| 12 | Beata Bargiel | 39:30 | 2:47 | 4:02 | 7:27 | 9:02 | 11:13 | 12:52 | 13:46 | 15:03 | 17:47 | 19:46 | 22:18 | 24:27 | 26:18 | 30:47 |
| | OK!SPORT Warszawa | | 2:47 | 1:15 | 3:25 | 1:35 | 2:11 | 1:39 | 0:54 | 1:17 | 2:44 | 1:59 | 2:32 | 2:09 | 1:51 | 4:29 |
| | | | 36:05 | 38:02 | 39:30 | | | | | | | | | | | |
| | | | 5:18 | 1:57 | 1:28 | | | | | | | | | | | |
| 13 | Alicja Tomankiewicz | 43:07 | 3:31 | 4:52 | 8:00 | 9:53 | 11:43 | 13:45 | 14:49 | 16:19 | 19:30 | 21:48 | 24:59 | 27:59 | 29:48 | 34:34 |
| | OK!SPORT Warszawa | | 3:31 | 1:21 | 3:08 | 1:53 | 1:50 | 2:02 | 1:04 | 1:30 | 3:11 | 2:18 | 3:11 | 3:00 | 1:49 | 4:46 |
| | | | 39:50 | 42:09 | 43:07 | | | | | | | | | | | |
| | | | 5:16 | 2:19 | 0:58 | | | | | | | | | | | |
| 14 | Włodzimierz Bargie | 43:13 | 3:11 | 6:03 | 9:10 | 10:56 | 13:21 | 15:17 | 16:25 | 17:59 | 20:56 | 23:16 | 26:09 | 28:43 | 30:38 | 34:45 |
| | OK!SPORT Warszawa | | 3:11 | 2:52 | 3:07 | 1:46 | 2:25 | 1:56 | 1:08 | 1:34 | 2:57 | 2:20 | 2:53 | 2:34 | 1:55 | 4:07 |
| | | | 39:57 | 42:18 | 43:13 | | | | | | | | | | | |
| | | | 5:12 | 2:21 | 0:55 | | | | | | | | | | | |

| .p. | wy lmi i nazwisko | Czas | 4,8 km 0 m 18 PK (c.d.) | | | | | | | | | | | | | |
|-----------|--|--------------|---------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------|----------------------|----------------------|----------------------|----------------|----------------|----------------|----------------|----------------|
| | | | 1(50) 15(44) | 2(33) 16(45) | 3(34) 17(46) | 4(49) 18(47) | 5(32) Meta | 6(36) | 7(48) | 8(38) | 9(37) | 10(40) | 11(50) | 12(41) | 13(42) | 14(43) |
| 12 | Małgorzata Antosik | 34:54 | 2:10 2:10 26:16 1:13 | 4:04 1:54 29:09 2:53 | 5:09 1:05 32:45 3:36 | 6:55 1:46 34:18 1:33 | 8:15 1:20 34:54 0:36 | 10:21 2:06 | 12:08 1:47 | 12:59 0:51 | 14:55 1:56 | 17:37 2:42 | 19:50 2:13 | 21:21 1:31 | 23:20 1:59 | 25:03 1:43 |
| 13 | Jerzy Urbaniak KS Spójnia W-wa | 36:34 | 1:47 1:47 27:23 1:26 | 3:47 2:00 30:28 3:05 | 5:01 1:14 34:08 3:40 | 6:51 1:50 35:50 1:42 | 8:20 1:29 36:34 0:44 | 10:05 1:45 | 11:39 1:34 | 12:53 1:14 | 15:02 2:09 | 17:40 2:38 | 19:52 2:12 | 22:13 2:21 | 24:11 1:58 | 25:57 1:46 |
| 14 | Wiesław Deck Sulejówek | 36:42 | 2:21 2:21 27:27 1:22 | 4:24 2:03 30:37 3:10 | 5:41 1:17 34:22 1:38 | 7:09 1:28 36:00 0:42 | 9:02 1:53 36:42 | 10:52 1:50 | 12:43 1:51 | 13:44 1:01 | 15:46 2:02 | 18:27 2:41 | 20:33 2:06 | 22:18 1:45 | 24:23 2:05 | 26:05 1:42 |
| 15 | Barbara Muzyka Kopytko/Warszawa | 39:47 | 2:26 2:26 30:31 1:26 | 5:32 3:06 33:33 3:02 | 6:48 1:16 37:35 4:02 | 8:06 1:18 39:10 1:35 | 10:52 2:46 39:47 0:37 | 12:36 1:44 | 14:31 1:55 | 16:11 1:40 | 18:21 2:10 | 21:02 2:41 | 23:12 2:10 | 24:59 1:47 | 27:23 2:24 | 29:05 1:42 |
| 16 | Natalia Sw da UKS Saper Kazu | 41:11 | 1:52 1:52 32:04 1:25 | 9:22 7:30 35:25 3:21 | 10:22 1:00 39:05 3:40 | 11:30 1:08 40:39 1:34 | 13:19 1:49 41:11 0:32 | 14:58 1:39 | 16:33 1:35 | 17:28 0:55 | 20:22 2:54 | 22:46 2:24 | 24:46 2:00 | 26:22 1:36 | 28:32 2:10 | 30:39 2:07 |
| 17 | Grzegorz Krochmal KU AZS WAT Warsz | 51:36 | 17:47 17:47 41:56 1:26 | 19:44 1:57 45:07 3:11 | 21:00 1:16 49:03 3:56 | 22:15 1:15 50:53 1:50 | 23:40 1:25 51:36 0:43 | 25:27 1:47 | 27:18 1:51 | 28:14 0:56 | 30:19 2:05 | 33:06 2:47 | 35:16 2:10 | 36:54 1:38 | 38:53 1:59 | 40:30 1:37 |
| | Przemysław Rosa przemekimaratton.pl | nkl | 2:09 2:09 25:21 1:14 | 5:49 3:40 28:06 2:45 | ----- 31:14 3:08 | 7:58 2:09 32:31 1:17 | 8:55 0:57 32:58 0:27 | 10:20 1:25 | 11:45 1:25 | 12:39 0:54 | 15:38 2:59 | 17:38 2:00 | 19:26 1:48 | 20:51 1:25 | 22:37 1:46 | 24:07 1:30 |
| | Jan Kaseja KB ERGO Niezła K | nkl | 6:36 6:36 ----- | ----- ----- | ----- ----- | ----- ----- | ----- 10:08 3:32 | ----- ----- | ----- 4:34 *41 | ----- ----- | ----- ----- | ----- ----- | ----- ----- | ----- ----- | ----- ----- | ----- ----- |
| | Tadeusz Patejko KS Spójnia W-wa | nkl | ----- ----- | 17:04 17:04 ----- | ----- ----- | ----- 23:35 4:08 | ----- 22:25 | 19:27 2:23 | ----- 4:27 *38 | ----- 4:28 *38 | ----- 7:40 *37 | ----- ----- | ----- ----- | ----- ----- | ----- ----- | ----- ----- |