

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 1 | KRYSKE Bartosz | 183 | SPÓJNIA BIAŁE BŁOTA | M-30 | 1 | 00:00:01 | 00:17:12 | 00:35:08.65 | 00:35:10.60 | | 3:30 | 17.1 (100%) |
| 2 | POLANSKI Tomasz | 320 | CIEPŁOBUD BYDGOSZCZ | M-40 | 1 | 00:00:00 | 00:17:21 | 00:35:49.00 | 00:35:49.95 | +00:00:40 (1.9%) | 3:34 | 16.8 (98.2%) |
| 3 | MECHLIŃSKI Bartłomiej | 241 | KM TRUCHCIK ŁUBIANKA | M-30 | 2 | 00:00:01 | 00:17:30 | 00:36:13.55 | 00:36:14.80 | +00:01:04 (3.0%) | 3:37 | 16.6 (97.1%) |
| 4 | GÓRCZYŃSKI Zbigniew | 102 | MPWIK WŁOCŁAWEK | M-20 | 1 | 00:00:01 | 00:17:44 | 00:36:42.90 | 00:36:44.05 | +00:01:34 (4.3%) | 3:40 | 16.3 (95.3%) |
| 5 | TUCZYŃSKI Sylwester | 421 | BYDGOSKIE OKONIE | M-20 | 2 | 00:00:00 | 00:17:59 | 00:37:50.35 | 00:37:51.05 | +00:02:41 (7.1%) | 3:47 | 15.9 (93.0%) |
| 6 | MAĆKOWSKI Maciej | 218 | BRICO MARCHE ŻNIN | M-20 | 3 | 00:00:00 | 00:18:14 | 00:37:59.65 | 00:38:00.40 | +00:02:51 (7.5%) | 3:48 | 15.8 (92.4%) |
| 7 | PODOLSKI Tomasz | 317 | UKS CZAPLA BIAŁE BŁOTA | M-16 | 1 | 00:00:01 | 00:18:23 | 00:38:06.85 | 00:38:07.90 | +00:02:58 (7.8%) | 3:48 | 15.7 (91.8%) |
| 8 | WOJCIECHOWSKI Dawid | 451 | T'RUN'KOWI | M-20 | 4 | 00:00:02 | 00:18:30 | 00:38:10.10 | 00:38:12.20 | +00:03:01 (7.9%) | 3:49 | 15.7 (91.8%) |
| 9 | IRACKI Mateusz | 118 | | M-20 | 5 | 00:00:02 | 00:19:44 | 00:39:18.30 | 00:39:21.10 | +00:04:09 (10.6%) | 3:55 | 15.3 (89.5%) |
| 10 | SZENK Marta | 397 | | K-30 | 1 | 00:00:01 | 00:19:09 | 00:39:28.60 | 00:39:29.85 | +00:04:19 (11.0%) | 3:56 | 15.2 (88.9%) |
| 11 | RADOWSKI Cezary | 329 | | M-40 | 2 | 00:00:02 | 00:19:21 | 00:39:41.60 | 00:39:43.70 | +00:04:32 (11.5%) | 3:58 | 15.1 (88.3%) |
| 12 | GOŁEMBIEWSKI Marek | 95 | MUKS PIĘTNASKA BYDGOSZCZ / B4SPORT | M-40 | 3 | 00:00:01 | 00:19:10 | 00:39:46.25 | 00:39:47.50 | +00:04:37 (11.6%) | 3:58 | 15.1 (88.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 13 | NITKA Łukasz | 273 | | M-30 | 3 | 00:00:01 | 00:19:32 | 00:40:10.30 | 00:40:11.65 | +00:05:01 (12.5%) | 4:01 | 14.9 (87.1%) |
| 14 | KOŁAKOWSKI Tomasz | 158 | HYDROTERM | M-20 | 6 | 00:00:01 | 00:19:14 | 00:40:11.60 | 00:40:13.55 | +00:05:02 (12.6%) | 4:01 | 14.9 (87.1%) |
| 15 | PELC Marcin | 300 | TKKF KOLEJARZ BYDGOSZCZ | M-30 | 4 | 00:00:02 | 00:19:17 | 00:40:17.50 | 00:40:19.70 | +00:05:08 (12.8%) | 4:01 | 14.9 (87.1%) |
| 16 | KOLMAJER Rafał | 157 | RUN BYDGOSZCZ | M-30 | 5 | 00:00:03 | 00:19:41 | 00:40:18.10 | 00:40:22.00 | +00:05:09 (12.8%) | 4:01 | 14.9 (87.1%) |
| 17 | TOMCZYŃSKI Bartosz | 418 | RAN PASJA | M-30 | 6 | 00:00:01 | 00:19:25 | 00:40:30.20 | 00:40:31.85 | +00:05:21 (13.2%) | 4:03 | 14.8 (86.5%) |
| 18 | GRESSWELL David | 108 | GLOUCESTER ATHLETIC CLUB | M-50 | 1 | 00:00:02 | 00:19:19 | 00:40:35.80 | 00:40:38.75 | +00:05:27 (13.4%) | 4:03 | 14.8 (86.5%) |
| 19 | KŁOS Oliver | 152 | | M-20 | 7 | 00:00:06 | 00:20:13 | 00:41:16.65 | 00:41:22.75 | +00:06:08 (14.9%) | 4:07 | 14.5 (84.8%) |
| 20 | JAGODZIŃSKI Mateusz | 123 | BYDGOSKIE OKONIE | M-20 | 8 | 00:00:01 | 00:19:24 | 00:41:28.65 | 00:41:30.00 | +00:06:20 (15.3%) | 4:08 | 14.5 (84.8%) |
| 21 | MAKARSKI Tomasz | 221 | MM PROJEKT | M-40 | 4 | 00:00:01 | 00:19:35 | 00:41:42.70 | 00:41:44.35 | +00:06:34 (15.7%) | 4:10 | 14.4 (84.2%) |
| 22 | KWIATKOWSKI Damian | 201 | RUN BYDGOSZCZ | M-20 | 9 | 00:00:04 | 00:19:55 | 00:41:46.15 | 00:41:50.30 | +00:06:37 (15.9%) | 4:10 | 14.4 (84.2%) |
| 23 | GORZYCKI Sławomir | 100 | WWW.PRODAM.PL | M-30 | 7 | 00:00:02 | 00:20:02 | 00:41:58.80 | 00:42:01.20 | +00:06:50 (16.3%) | 4:11 | 14.3 (83.6%) |
| 24 | CHMIELEWSKI Tomasz | 39 | FIT-MAX TEAM BYDGOSZCZ | M-50 | 2 | 00:00:01 | 00:20:02 | 00:42:03.15 | 00:42:05.05 | +00:06:54 (16.4%) | 4:12 | 14.3 (83.6%) |
| 25 | PFAJFER Marek | 305 | MARATONYPOLSKIE.PL TEAM | M-30 | 8 | 00:00:02 | 00:20:23 | 00:42:13.50 | 00:42:16.40 | +00:07:04 (16.8%) | 4:13 | 14.2 (83.0%) |
| 26 | KLUSKA Adam | 528 | IWSP SZ BYDGOSZCZ | M-30 | 9 | 00:00:04 | 00:20:40 | 00:42:18.15 | 00:42:22.75 | +00:07:09 (16.9%) | 4:13 | 14.2 (83.0%) |
| 27 | OSTROWSKI Kacper | 288 | | M-20 | 10 | 00:00:06 | 00:19:50 | 00:42:23.65 | 00:42:29.70 | +00:07:15 (17.1%) | 4:14 | 14.2 (83.0%) |
| 28 | SARNECKI Michał | 357 | ATI SYSTEMY ELEKTRONICZNE | M-30 | 10 | 00:00:17 | 00:20:21 | 00:42:33.15 | 00:42:50.55 | +00:07:24 (17.4%) | 4:15 | 14.1 (82.5%) |
| 29 | ŚLEFARSKI Jacek | 407 | | M-30 | 11 | 00:00:02 | 00:20:38 | 00:42:35.80 | 00:42:38.50 | +00:07:27 (17.5%) | 4:15 | 14.1 (82.5%) |
| 30 | DANIELEWSKI Mariusz | 60 | DRUŻYNA SZPIKU | M-30 | 12 | 00:00:04 | 00:21:04 | 00:42:36.45 | 00:42:40.90 | +00:07:27 (17.5%) | 4:15 | 14.1 (82.5%) |
| 31 | FLOREK Paweł | 81 | RE MEDIA BYDGOSZCZ | M-30 | 13 | 00:00:04 | 00:20:55 | 00:42:41.15 | 00:42:46.00 | +00:07:32 (17.7%) | 4:16 | 14.1 (82.5%) |
| 32 | OLSZEWSKI Adam | 546 | KB LECH RYPIN | M-50 | 3 | 00:00:03 | 00:20:40 | 00:42:44.40 | 00:42:47.80 | +00:07:35 (17.8%) | 4:16 | 14 (81.9%) |
| 33 | KACZMAREK Damian | 138 | | M-40 | 5 | 00:00:03 | 00:21:06 | 00:43:23.30 | 00:43:26.85 | +00:08:14 (19.0%) | 4:20 | 13.8 (80.7%) |
| 34 | KASPRZYK Piotr | 145 | ŻARŁOKI | M-40 | 6 | 00:00:14 | 00:21:18 | 00:43:23.40 | 00:43:38.05 | +00:08:14 (19.0%) | 4:20 | 13.8 (80.7%) |
| 35 | DAŃCZUK Jerzy | 61 | RWT W BYDGOSZCZY | M-50 | 4 | 00:00:04 | 00:20:59 | 00:43:24.40 | 00:43:28.50 | +00:08:15 (19.0%) | 4:20 | 13.8 (80.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-----------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 36 | JANCZARSKI Marcin | 125 | ŻARŁOKI | M-30 | 14 | 00:00:14 | 00:21:35 | 00:43:25.85 | 00:43:40.25 | +00:08:17 (19.1%) | 4:20 | 13.8 (80.7%) |
| 37 | MAĆKOWSKI Maciej | 217 | | M-30 | 15 | 00:00:02 | 00:20:29 | 00:43:41.10 | 00:43:43.25 | +00:08:32 (19.6%) | 4:22 | 13.7 (80.1%) |
| 38 | MICHNA Michał | 247 | KUJATT RUNNERS TEAM | M-30 | 16 | 00:00:04 | 00:20:56 | 00:43:42.60 | 00:43:47.40 | +00:08:33 (19.6%) | 4:22 | 13.7 (80.1%) |
| 39 | GRALIK Jędrzej | 106 | BYDGOSKIE OKONIE | M-20 | 11 | 00:00:03 | 00:20:44 | 00:43:46.10 | 00:43:49.30 | +00:08:37 (19.7%) | 4:22 | 13.7 (80.1%) |
| 40 | MICKIEWICZ Jan | 248 | AKADEMIA BIEGANIA GRUDZIĄDZ | M-50 | 5 | 00:00:03 | 00:20:59 | 00:43:47.40 | 00:43:50.40 | +00:08:38 (19.7%) | 4:22 | 13.7 (80.1%) |
| 41 | KUŁAKOWSKI Krzysztof | 197 | | M-30 | 17 | 00:00:05 | 00:20:43 | 00:43:48.80 | 00:43:54.60 | +00:08:40 (19.8%) | 4:22 | 13.7 (80.1%) |
| 42 | MARCHLEWSKI Paweł | 229 | TRONIK | M-16 | 2 | 00:00:11 | 00:21:32 | 00:43:52.35 | 00:44:03.55 | +00:08:43 (19.9%) | 4:23 | 13.7 (80.1%) |
| 43 | PRZYBOROWSKI Piotr | 324 | PRZYBOROWSKITEAM | M-16 | 3 | 00:00:06 | 00:20:49 | 00:43:53.65 | 00:43:59.65 | +00:08:45 (19.9%) | 4:23 | 13.7 (80.1%) |
| 44 | PILACHOWSKI Mariusz | 312 | IWSP SZ BYDGOSZCZ | M-30 | 18 | 00:00:18 | 00:22:01 | 00:44:06.60 | 00:44:25.15 | +00:08:57 (20.3%) | 4:24 | 13.6 (79.5%) |
| 45 | MARCHLEWSKI Jacek | 228 | TRONIK | M-40 | 7 | 00:00:11 | 00:21:32 | 00:44:12.15 | 00:44:23.35 | +00:09:03 (20.5%) | 4:25 | 13.6 (79.5%) |
| 46 | KOWALSKI Jacek | 166 | | M-30 | 19 | 00:00:07 | 00:21:31 | 00:44:12.70 | 00:44:19.70 | +00:09:04 (20.5%) | 4:25 | 13.6 (79.5%) |
| 47 | RZEPKA Andrzej | 354 | BRODNICA BIEGA | M-40 | 8 | 00:00:03 | 00:21:09 | 00:44:14.15 | 00:44:17.90 | +00:09:05 (20.6%) | 4:25 | 13.6 (79.5%) |
| 48 | ROMANOWSKI Michał | 341 | | M-30 | 20 | 00:00:11 | 00:21:09 | 00:44:19.95 | 00:44:31.20 | +00:09:11 (20.7%) | 4:26 | 13.5 (78.9%) |
| 49 | LEPRINCE Ludovic | 205 | | M-40 | 9 | 00:00:05 | 00:21:19 | 00:44:22.85 | 00:44:28.25 | +00:09:14 (20.8%) | 4:26 | 13.5 (78.9%) |
| 50 | WOŹNIAKOWSKA Agata | 457 | RUN BYDGOSZCZ | K-30 | 2 | 00:00:03 | 00:21:42 | 00:44:38.15 | 00:44:41.90 | +00:09:29 (21.3%) | 4:27 | 13.4 (78.4%) |
| 51 | OLENDER Tomasz | 280 | ENDUHUB RUNNING TEAM | M-20 | 12 | 00:00:07 | 00:22:41 | 00:44:48.50 | 00:44:56.20 | +00:09:39 (21.6%) | 4:28 | 13.4 (78.4%) |
| 52 | NOWAKOWSKI Mateusz | 276 | KM UMK TORUŃ | M-20 | 13 | 00:00:07 | 00:21:36 | 00:44:54.80 | 00:45:02.40 | +00:09:46 (21.8%) | 4:29 | 13.4 (78.4%) |
| 53 | PAKULSKI Rafał | 294 | | M-40 | 10 | 00:00:06 | 00:21:48 | 00:45:02.15 | 00:45:08.85 | +00:09:53 (22.0%) | 4:30 | 13.3 (77.8%) |
| 54 | DĄBROWSKI Paweł | 63 | | M-20 | 14 | 00:00:09 | 00:21:38 | 00:45:03.25 | 00:45:12.35 | +00:09:54 (22.0%) | 4:30 | 13.3 (77.8%) |
| 55 | KOZIŃSKI Marek | 170 | RUN BYDGOSZCZ | M-30 | 21 | 00:00:08 | 00:21:39 | 00:45:10.20 | 00:45:19.10 | +00:10:01 (22.2%) | 4:31 | 13.3 (77.8%) |
| 56 | BARTOSZEK Konrad | 10 | POLPHARMA RUN TEAM | M-30 | 22 | 00:00:19 | 00:21:51 | 00:45:18.15 | 00:45:37.75 | +00:10:09 (22.4%) | 4:31 | 13.2 (77.2%) |
| 57 | RACZYŃSKI Krzysztof | 328 | | M-50 | 6 | 00:00:07 | 00:21:57 | 00:45:19.55 | 00:45:27.50 | +00:10:10 (22.5%) | 4:32 | 13.2 (77.2%) |
| 58 | WUJEK Magdalena | 461 | | K-30 | 3 | 00:00:06 | 00:22:03 | 00:45:27.75 | 00:45:33.85 | +00:10:19 (22.7%) | 4:32 | 13.2 (77.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 59 | ŁOCHOCKI Dawid | 214 | | M-30 | 23 | 00:00:19 | 00:22:39 | 00:45:28.30 | 00:45:47.70 | +00:10:19 (22.7%) | 4:32 | 13.2 (77.2%) |
| 60 | PAWLAK Bartosz | 298 | WODKAN | M-30 | 24 | 00:00:11 | 00:21:42 | 00:45:29.85 | 00:45:41.05 | +00:10:21 (22.8%) | 4:33 | 13.2 (77.2%) |
| 61 | PALCZEWSKI Marcin | 296 | HYDRO-VACUUM S.A. | M-30 | 25 | 00:00:17 | 00:22:43 | 00:45:31.65 | 00:45:49.30 | +00:10:23 (22.8%) | 4:33 | 13.2 (77.2%) |
| 62 | TUCHOLSKI Bartłomiej | 420 | BYDGOSKIE OKONIE | M-20 | 15 | 00:00:03 | 00:21:32 | 00:45:40.30 | 00:45:44.05 | +00:10:31 (23.1%) | 4:34 | 13.1 (76.6%) |
| 63 | GÓRA Krystian | 101 | | M-30 | 26 | 00:00:08 | 00:21:45 | 00:45:43.20 | 00:45:51.20 | +00:10:34 (23.1%) | 4:34 | 13.1 (76.6%) |
| 64 | SZCZUKA Waldemar | 396 | ZWIK TCZEW | M-50 | 7 | 00:00:10 | 00:22:07 | 00:45:45.30 | 00:45:55.30 | +00:10:36 (23.2%) | 4:34 | 13.1 (76.6%) |
| 65 | CZYLEKO Adam | 56 | HYDRO-VACUUM S.A. | M-30 | 27 | 00:00:04 | 00:21:58 | 00:45:45.35 | 00:45:49.80 | +00:10:36 (23.2%) | 4:34 | 13.1 (76.6%) |
| 66 | WIKTOREK Dariusz | 437 | WODKAN | M-40 | 11 | 00:00:12 | 00:22:00 | 00:45:48.55 | 00:46:01.30 | +00:10:39 (23.3%) | 4:34 | 13.1 (76.6%) |
| 67 | MATUŁA Bartłomiej | 238 | THE RUNNERS ŚWIECIE | M-30 | 28 | 00:00:21 | 00:22:35 | 00:45:51.80 | 00:46:13.20 | +00:10:43 (23.4%) | 4:35 | 13.1 (76.6%) |
| 68 | ŻOŁNOWSKI Łukasz | 471 | | M-20 | 16 | 00:00:25 | 00:22:21 | 00:45:53.60 | 00:46:18.65 | +00:10:44 (23.4%) | 4:35 | 13.1 (76.6%) |
| 69 | WILK Łukasz | 439 | LUCKYWOLFS TEAM | M-30 | 29 | 00:00:05 | 00:22:12 | 00:45:55.55 | 00:46:00.85 | +00:10:46 (23.5%) | 4:35 | 13.1 (76.6%) |
| 70 | DĘBSKI Adrian | 68 | | M-30 | 30 | 00:00:05 | 00:22:07 | 00:45:59.20 | 00:46:04.90 | +00:10:50 (23.6%) | 4:35 | 13 (76.0%) |
| 71 | KUPRACZ Andrzej | 198 | | M-40 | 12 | 00:00:04 | 00:22:03 | 00:46:06.85 | 00:46:11.15 | +00:10:58 (23.8%) | 4:36 | 13 (76.0%) |
| 72 | GREFKOWICZ Paweł | 107 | ŻARŁOKI | M-40 | 13 | 00:00:14 | 00:22:41 | 00:46:10.50 | 00:46:24.50 | +00:11:01 (23.9%) | 4:37 | 13 (76.0%) |
| 73 | SOŁECKI Michał | 368 | ŻARŁOKI | M-30 | 31 | 00:00:15 | 00:22:43 | 00:46:24.40 | 00:46:39.50 | +00:11:15 (24.3%) | 4:38 | 12.9 (75.4%) |
| 74 | BEREBECKI Roman | 13 | KB LECH RYPIN | M-60+ | 1 | 00:00:01 | 00:22:10 | 00:46:25.20 | 00:46:26.35 | +00:11:16 (24.3%) | 4:38 | 12.9 (75.4%) |
| 75 | KUDALSKI Maciej | 193 | XYZ COPACABANA BYDGOSZCZ | M-20 | 17 | 00:00:04 | 00:21:40 | 00:46:38.15 | 00:46:42.55 | +00:11:29 (24.6%) | 4:39 | 12.9 (75.4%) |
| 76 | FLORIAŃCZYK Damian | 82 | H2O TEAM | M-30 | 32 | 00:00:07 | 00:22:10 | 00:46:41.35 | 00:46:48.55 | +00:11:32 (24.7%) | 4:40 | 12.9 (75.4%) |
| 77 | CIEPLIK Mateusz | 44 | WODKAN | M-30 | 33 | 00:00:13 | 00:22:23 | 00:46:45.65 | 00:46:58.70 | +00:11:37 (24.8%) | 4:40 | 12.8 (74.9%) |
| 78 | PEPLIŃSKI Grzegorz | 301 | | M-40 | 14 | 00:00:06 | 00:22:31 | 00:46:49.90 | 00:46:56.00 | +00:11:41 (25.0%) | 4:41 | 12.8 (74.9%) |
| 79 | CZERWIŃSKI Krzysztof | 54 | AKADEMIA BIEGANIA GRUDZIĄDZ | M-20 | 18 | 00:00:07 | 00:22:42 | 00:46:51.20 | 00:46:58.80 | +00:11:42 (25.0%) | 4:41 | 12.8 (74.9%) |
| 80 | LUZAK Szymon | 210 | RESTAURACJA SPIŻARNIA BYDGOSZCZ | M-20 | 19 | 00:00:09 | 00:22:35 | 00:46:51.30 | 00:47:00.35 | +00:11:42 (25.0%) | 4:41 | 12.8 (74.9%) |
| 81 | STYKAŁA Sebastian | 381 | | M-40 | 15 | 00:00:08 | 00:22:44 | 00:46:53.35 | 00:47:01.65 | +00:11:44 (25.0%) | 4:41 | 12.8 (74.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|----------------------------------|-----------|------|----------|----------|-------------|-------------|----------------------|--------------|-----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 82 | MARTIN Amanda | 236 | TEWKESBURY RUNNING CLUB | K-40 | 1 | 00:00:12 | 00:22:47 | 00:46:56.55 | 00:47:09.30 | +00:11:47 (25.1%) | 4:41 | 12.8 (74.9%) |
| 83 | WEDER Łukasz | 428 | AZS_UTP_BYDGOSZCZ | M-20 | 20 | 00:00:06 | 00:21:17 | 00:47:18.20 | 00:47:24.50 | +00:12:09 (25.7%) | 4:43 | 12.7 (74.3%) |
| 84 | DURAŁEK Andrzej | 76 | | M-40 | 16 | 00:00:08 | 00:22:29 | 00:47:18.60 | 00:47:27.55 | +00:12:09 (25.7%) | 4:43 | 12.7 (74.3%) |
| 85 | WRÓBLEWSKA Dagmara | 459 | TKKF KOLEJARZ BYDGOSZCZ | K-30 | 4 | 00:00:07 | 00:22:52 | 00:47:19.20 | 00:47:26.50 | +00:12:10 (25.7%) | 4:43 | 12.7 (74.3%) |
| 86 | WTOREK Tomasz | 460 | H2O TEAM | M-30 | 34 | 00:00:08 | 00:22:50 | 00:47:24.45 | 00:47:32.70 | +00:12:15 (25.9%) | 4:44 | 12.7 (74.3%) |
| 87 | CZELIŃSKI Leszek | 53 | | M-50 | 8 | 00:00:07 | 00:22:19 | 00:47:24.90 | 00:47:31.95 | +00:12:16 (25.9%) | 4:44 | 12.7 (74.3%) |
| 88 | KOCHAŃSKI Dariusz | 153 | | M-50 | 9 | 00:00:06 | 00:22:37 | 00:47:29.60 | 00:47:36.35 | +00:12:20 (26.0%) | 4:45 | 12.6 (73.7%) |
| 89 | NAGORZYSKI Arkadiusz | 264 | | M-30 | 35 | 00:00:06 | 00:22:56 | 00:47:32.60 | 00:47:38.90 | +00:12:23 (26.1%) | 4:45 | 12.6 (73.7%) |
| 90 | JELENIIEWSKI Wojciech | 134 | | M-20 | 21 | 00:00:06 | 00:22:14 | 00:47:32.80 | 00:47:39.70 | +00:12:24 (26.1%) | 4:45 | 12.6 (73.7%) |
| 91 | RUDOL Sebastiana | 346 | | M-40 | 17 | 00:00:18 | 00:23:24 | 00:47:52.70 | 00:48:11.45 | +00:12:44 (26.6%) | 4:47 | 12.5 (73.1%) |
| 92 | JELIŃSKI Krzysztof | 135 | MECHVENT TEAM | M-30 | 36 | 00:00:13 | 00:23:33 | 00:47:53.15 | 00:48:07.10 | +00:12:44 (26.6%) | 4:47 | 12.5 (73.1%) |
| 93 | WŁODARCZYK Witold | 485 | TRISPACE | M-50 | 10 | 00:00:12 | 00:22:45 | 00:47:53.55 | 00:48:05.60 | +00:12:44 (26.6%) | 4:47 | 12.5 (73.1%) |
| 94 | KISIEL Tomasz | 151 | RUN BYDGOSZCZ | M-40 | 18 | 00:00:12 | 00:22:52 | 00:47:58.95 | 00:48:11.15 | +00:12:50 (26.8%) | 4:47 | 12.5 (73.1%) |
| 95 | SZATTEN Dawid | 391 | | M-30 | 37 | 00:00:05 | 00:22:09 | 00:47:59.65 | 00:48:05.30 | +00:12:51 (26.8%) | 4:48 | 12.5 (73.1%) |
| 96 | WNUCZYŃSKI Andrzej | 447 | ORANGE POLSKA | M-40 | 19 | 00:00:10 | 00:22:58 | 00:48:00.80 | 00:48:11.35 | +00:12:52 (26.8%) | 4:48 | 12.5 (73.1%) |
| 97 | GRZEGORZEWSKI Rafał | 113 | BRZOZA BIEGA | M-40 | 20 | 00:00:07 | 00:23:15 | 00:48:01.45 | 00:48:09.25 | +00:12:52 (26.8%) | 4:48 | 12.5 (73.1%) |
| 98 | SZWARC Paweł | 402 | RUN BYDGOSZCZ | M-30 | 38 | 00:00:23 | 00:23:33 | 00:48:04.60 | 00:48:28.00 | +00:12:55 (26.9%) | 4:48 | 12.5 (73.1%) |
| 99 | KOWALIKOWSKI Tadeusz | 165 | | M-50 | 11 | 00:00:06 | 00:22:55 | 00:48:05.75 | 00:48:11.95 | +00:12:57 (26.9%) | 4:48 | 12.5 (73.1%) |
| 100 | KUJAWA Piotr | 195 | RUN BYDGOSZCZ | M-40 | 21 | 00:00:23 | 00:23:35 | 00:48:18.30 | 00:48:41.75 | +00:13:09 (27.2%) | 4:49 | 12.4 (72.5%) |
| 101 | GZYL Mikołaj | 115 | JANUSZE TRIATHLONU 'EXODUS' TEAM | M-30 | 39 | 00:00:33 | 00:23:20 | 00:48:20.80 | 00:48:53.95 | +00:13:12 (27.3%) | 4:50 | 12.4 (72.5%) |
| 102 | MEJGIER Paweł | 242 | TKKF WODNIK WIĘCIBORK | M-40 | 22 | 00:00:08 | 00:23:45 | 00:48:22.35 | 00:48:31.15 | +00:13:13 (27.3%) | 4:50 | 12.4 (72.5%) |
| 103 | RZEKANOWSKI Paweł | 353 | RUN BYDGOSZCZ | M-20 | 22 | 00:00:17 | 00:22:51 | 00:48:23.60 | 00:48:41.30 | +00:13:14 (27.4%) | 4:50 | 12.4 (72.5%) |
| 104 | ROZWADOWSKI Oskar | 343 | KLIMAT SOLEC | M-20 | 23 | 00:00:15 | 00:23:47 | 00:48:23.80 | 00:48:39.15 | +00:13:15 (27.4%) | 4:50 | 12.4 (72.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------------------|-----------|------|----------|----------|--------------------|---------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | | | | | |
| 105 | DERING Hanna | 66 | | K-30 | 5 | 00:00:24 | 00:23:55 | 00:48:24.00 | 00:48:48.50 | +00:13:15 (27.4%) | 4:50 | 12.4 (72.5%) |
| 106 | MIECZKOWSKI Dominik | 249 | INFRACORR TEAM | M-30 | 40 | 00:00:26 | 00:24:28 | 00:48:25.00 | 00:48:51.60 | +00:13:16 (27.4%) | 4:50 | 12.4 (72.5%) |
| 107 | WILK Paweł | 440 | WOKANCO | M-30 | 41 | 00:00:22 | 00:24:03 | 00:48:27.40 | 00:48:49.40 | +00:13:18 (27.5%) | 4:50 | 12.4 (72.5%) |
| 108 | LASKOWSKI Daniel | 203 | RUN PASJA | M-30 | 42 | 00:00:07 | 00:23:14 | 00:48:27.85 | 00:48:35.05 | +00:13:19 (27.5%) | 4:50 | 12.4 (72.5%) |
| 109 | SKORUPINSKI Piotr | 363 | FIBARO | M-30 | 43 | 00:00:14 | 00:23:51 | 00:48:33.60 | 00:48:48.25 | +00:13:24 (27.6%) | 4:51 | 12.4 (72.5%) |
| 110 | RATAJCZYK Grzegorz | 332 | HEFALUMPY | M-40 | 23 | 00:00:24 | 00:23:37 | 00:48:34.40 | 00:48:58.95 | +00:13:25 (27.6%) | 4:51 | 12.4 (72.5%) |
| 111 | NIEDBALSKI Grzegorz | 269 | RUN BYDGOSZCZ | M-50 | 12 | 00:00:17 | 00:23:44 | 00:48:43.75 | 00:49:01.35 | +00:13:35 (27.9%) | 4:52 | 12.3 (71.9%) |
| 112 | GMAJ Daniel | 93 | ALNOR SYSTEMY WENTYLACJI SP. Z O.O. | M-30 | 44 | 00:00:13 | 00:23:44 | 00:48:45.30 | 00:48:59.20 | +00:13:36 (27.9%) | 4:52 | 12.3 (71.9%) |
| 113 | TARNOWSKA Nika | 413 | KM TRUCHCIK ŁUBIANKA | K-30 | 6 | 00:00:14 | 00:24:15 | 00:48:46.10 | 00:49:01.05 | +00:13:37 (27.9%) | 4:52 | 12.3 (71.9%) |
| 114 | JURCZYK Ewa | 136 | HYDRO-VACUUM S.A. | K-40 | 2 | 00:00:28 | 00:24:19 | 00:48:54.45 | 00:49:23.10 | +00:13:45 (28.1%) | 4:53 | 12.3 (71.9%) |
| 115 | WARCZYĞŁOWA Adam | 426 | MIŁOSŁAW BIEGA | M-30 | 45 | 00:00:18 | 00:23:08 | 00:48:57.15 | 00:49:16.00 | +00:13:48 (28.2%) | 4:53 | 12.3 (71.9%) |
| 116 | TOMASZEWSKI Marcin | 417 | | M-40 | 24 | 00:00:09 | 00:23:32 | 00:48:57.25 | 00:49:07.10 | +00:13:48 (28.2%) | 4:53 | 12.3 (71.9%) |
| 117 | KIEŁPIKOWSKA Marta | 149 | UKS CZAPLA | K-16 | 1 | 00:00:02 | 00:23:18 | 00:48:57.50 | 00:49:00.20 | +00:13:48 (28.2%) | 4:53 | 12.3 (71.9%) |
| 118 | KARPACZ Jarek | 144 | | M-20 | 24 | 00:00:18 | 00:24:16 | 00:48:58.95 | 00:49:17.25 | +00:13:50 (28.3%) | 4:53 | 12.2 (71.3%) |
| 119 | RYŻYCKI Tomasz | 352 | | M-20 | 25 | 00:00:21 | 00:23:35 | 00:49:02.30 | 00:49:23.35 | +00:13:53 (28.3%) | 4:54 | 12.2 (71.3%) |
| 120 | KOWALCZYK Stanisław | 163 | ZP SERWIS | M-16 | 4 | 00:00:08 | 00:23:47 | 00:49:02.50 | 00:49:11.40 | +00:13:53 (28.3%) | 4:54 | 12.2 (71.3%) |
| 121 | SZULC Radek | 401 | | M-30 | 46 | 00:00:06 | 00:23:58 | 00:49:04.95 | 00:49:11.30 | +00:13:56 (28.4%) | 4:54 | 12.2 (71.3%) |
| 122 | GIERACH Marcin | 89 | TRISPACE | M-30 | 47 | 00:00:10 | 00:22:37 | 00:49:06.90 | 00:49:17.60 | +00:13:58 (28.4%) | 4:54 | 12.2 (71.3%) |
| 123 | GACKOWSKI Szymon | 86 | | M-30 | 48 | 00:00:17 | 00:23:39 | 00:49:08.05 | 00:49:25.50 | +00:13:59 (28.5%) | 4:54 | 12.2 (71.3%) |
| 124 | STRABEL Bartosz | 377 | KLIMAT SOLEC | M-20 | 26 | 00:00:11 | 00:23:57 | 00:49:14.10 | 00:49:25.35 | +00:14:05 (28.6%) | 4:55 | 12.2 (71.3%) |
| 125 | BALCERZAK Artur | 9 | | M-30 | 49 | 00:00:12 | 00:23:44 | 00:49:16.40 | 00:49:29.00 | +00:14:07 (28.7%) | 4:55 | 12.2 (71.3%) |
| 126 | ANDRZEJCZAK Rafał | 2 | | M-30 | 50 | 00:00:08 | 00:22:48 | 00:49:18.75 | 00:49:27.15 | +00:14:10 (28.7%) | 4:55 | 12.2 (71.3%) |
| 127 | MIELCARSKI Michał | 251 | MIELCAR TEAM | M-30 | 51 | 00:00:04 | 00:23:54 | 00:49:23.75 | 00:49:27.85 | +00:14:15 (28.9%) | 4:56 | 12.1 (70.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 128 | BIEL Marek | 17 | RUN BYDGOSZCZ | M-40 | 25 | 00:00:14 | 00:23:34 | 00:49:26.20 | 00:49:41.15 | +00:14:17 (28.9%) | 4:56 | 12.1 (70.8%) |
| 129 | GROCHOWSKI Jakub | 111 | JW 1515 | M-30 | 52 | 00:00:18 | 00:24:16 | 00:49:27.85 | 00:49:46.20 | +00:14:19 (29.0%) | 4:56 | 12.1 (70.8%) |
| 130 | KUTOWSKI Przemysław | 199 | | M-30 | 53 | 00:00:08 | 00:22:55 | 00:49:29.90 | 00:49:38.40 | +00:14:21 (29.0%) | 4:57 | 12.1 (70.8%) |
| 131 | STASZKIEWICZ Lucyna | 375 | STASHKY TEAM | K-40 | 3 | 00:00:09 | 00:23:27 | 00:49:36.95 | 00:49:46.15 | +00:14:28 (29.2%) | 4:57 | 12.1 (70.8%) |
| 132 | KUCHCZYŃSKI Adam | 190 | BÓL TO ŚCIEMA | M-40 | 26 | 00:00:16 | 00:23:47 | 00:49:45.55 | 00:50:02.00 | +00:14:36 (29.4%) | 4:58 | 12.1 (70.8%) |
| 133 | RYBACKI Marcin | 349 | TEAMOCHAL | M-40 | 27 | 00:00:03 | 00:23:58 | 00:49:46.50 | 00:49:50.25 | +00:14:37 (29.4%) | 4:58 | 12.1 (70.8%) |
| 134 | JEDLIŃSKI Janusz | 132 | BRZOZA BIEGA | M-40 | 28 | 00:00:08 | 00:23:48 | 00:49:49.30 | 00:49:57.40 | +00:14:40 (29.5%) | 4:58 | 12 (70.2%) |
| 135 | RATAJCZAK Jacek | 330 | KLIMA-THERM TEAM | M-30 | 54 | 00:00:02 | 00:23:56 | 00:49:56.85 | 00:49:59.25 | +00:14:48 (29.6%) | 4:59 | 12 (70.2%) |
| 136 | ROMAN Krzysztof | 340 | KLIMATRIK | M-30 | 55 | 00:00:14 | 00:23:57 | 00:49:57.60 | 00:50:11.60 | +00:14:48 (29.7%) | 4:59 | 12 (70.2%) |
| 137 | RATAJCZAK Jakub | 331 | MODINI.PL | M-30 | 56 | 00:00:18 | 00:23:42 | 00:50:06.10 | 00:50:24.10 | +00:14:57 (29.9%) | 5:00 | 12 (70.2%) |
| 138 | DREWS Grzegorz | 74 | INTECH | M-40 | 29 | 00:00:20 | 00:24:12 | 00:50:07.50 | 00:50:28.00 | +00:14:58 (29.9%) | 5:00 | 12 (70.2%) |
| 139 | ROSA Bartosz | 342 | | M-30 | 57 | 00:00:26 | 00:24:40 | 00:50:08.65 | 00:50:35.50 | +00:15:00 (29.9%) | 5:00 | 12 (70.2%) |
| 140 | CZAJKOWSKI Maciej | 50 | ATI SYSTEMY ELEKTRONICZNE | M-40 | 30 | 00:00:17 | 00:23:58 | 00:50:09.20 | 00:50:26.70 | +00:15:00 (29.9%) | 5:00 | 12 (70.2%) |
| 141 | KAMOWSKI Damian | 142 | SWIAT SMAKÓW ŻŁOTÓW | M-20 | 27 | 00:00:24 | 00:23:57 | 00:50:09.35 | 00:50:33.95 | +00:15:00 (29.9%) | 5:00 | 12 (70.2%) |
| 142 | DERENDA Mirosław | 65 | 1.BLWL | M-30 | 58 | 00:00:10 | 00:24:05 | 00:50:10.30 | 00:50:20.70 | +00:15:01 (30.0%) | 5:01 | 12 (70.2%) |
| 143 | JAGIELSKI Jacek | 122 | | M-40 | 31 | 00:00:11 | 00:24:42 | 00:50:20.00 | 00:50:31.75 | +00:15:11 (30.2%) | 5:02 | 11.9 (69.6%) |
| 144 | KRYSPIŃ Arkadiusz | 184 | | M-20 | 28 | 00:00:22 | 00:25:19 | 00:50:21.80 | 00:50:44.40 | +00:15:13 (30.2%) | 5:02 | 11.9 (69.6%) |
| 145 | TUSZYŃSKA Marcela | 422 | | K-20 | 1 | 00:00:12 | 00:23:42 | 00:50:24.80 | 00:50:37.20 | +00:15:16 (30.3%) | 5:02 | 11.9 (69.6%) |
| 146 | SZCZĘSNY Piotr | 395 | MVM | M-20 | 29 | 00:00:12 | 00:23:42 | 00:50:25.15 | 00:50:37.35 | +00:15:16 (30.3%) | 5:02 | 11.9 (69.6%) |
| 147 | CYL Dawid | 47 | RUN BYDGOSZCZ | M-30 | 59 | 00:00:22 | 00:24:48 | 00:50:26.55 | 00:50:49.20 | +00:15:17 (30.3%) | 5:02 | 11.9 (69.6%) |
| 148 | WŁADYKA Paweł | 445 | KLIMOR TEAM | M-30 | 60 | 00:00:40 | 00:25:46 | 00:50:26.60 | 00:51:06.90 | +00:15:17 (30.3%) | 5:02 | 11.9 (69.6%) |
| 149 | ŚWIĘCICKI Andrzej | 411 | BYDGOSZCZ | M-40 | 32 | 00:00:12 | 00:24:10 | 00:50:29.65 | 00:50:41.65 | +00:15:21 (30.4%) | 5:02 | 11.9 (69.6%) |
| 150 | RESKE Daniel | 338 | GOLDEN FITNESS | M-30 | 61 | 00:00:19 | 00:23:51 | 00:50:31.95 | 00:50:51.20 | +00:15:23 (30.5%) | 5:03 | 11.9 (69.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | 5km | 10km | 10km | 10km | | | |
| 151 | TATULIŃSKA Aleksandra | 414 | RUN BYDGOSZCZ | K-30 | 7 | 00:00:24 | 00:25:18 | 00:50:33.85 | 00:50:58.35 | +00:15:25 (30.5%) | 5:03 | 11.9 (69.6%) |
| 152 | ŁAZ Kamil | 213 | RUN BYDGOSZCZ | M-30 | 62 | 00:00:24 | 00:25:18 | 00:50:34.10 | 00:50:58.65 | +00:15:25 (30.5%) | 5:03 | 11.9 (69.6%) |
| 153 | WŁODARCZYK Wojciech | 446 | | M-50 | 13 | 00:00:08 | 00:24:10 | 00:50:35.50 | 00:50:43.80 | +00:15:26 (30.5%) | 5:03 | 11.9 (69.6%) |
| 154 | KOWALCZYK Tomasz | 162 | ZP SERWIS | M-40 | 33 | 00:00:09 | 00:24:08 | 00:50:36.55 | 00:50:46.35 | +00:15:27 (30.6%) | 5:03 | 11.9 (69.6%) |
| 155 | STARSZAK Pawel | 374 | | M-30 | 63 | 00:00:11 | 00:24:32 | 00:50:41.15 | 00:50:53.05 | +00:15:32 (30.7%) | 5:04 | 11.8 (69.0%) |
| 156 | PALACZ Wioletta | 295 | | K-30 | 8 | 00:00:10 | 00:24:09 | 00:50:42.60 | 00:50:53.50 | +00:15:33 (30.7%) | 5:04 | 11.8 (69.0%) |
| 157 | IWON Konrad | 119 | KLIMA-THERM TEAM | M-30 | 64 | 00:00:16 | 00:24:30 | 00:50:43.45 | 00:51:00.35 | +00:15:34 (30.7%) | 5:04 | 11.8 (69.0%) |
| 158 | KAZIMIERUK Mateusz | 147 | ALNOR SYSTEMY WENTYLACJI SP. Z O.O. | M-20 | 30 | 00:00:14 | 00:25:02 | 00:50:48.40 | 00:51:02.90 | +00:15:39 (30.8%) | 5:04 | 11.8 (69.0%) |
| 159 | RÓŻYCKI Marcin | 345 | | M-20 | 31 | 00:00:00 | 00:24:06 | 00:50:49.55 | 00:50:50.50 | +00:15:40 (30.9%) | 5:05 | 11.8 (69.0%) |
| 160 | KOWALIK Waldemar | 164 | | M-40 | 34 | 00:00:48 | 00:24:55 | 00:50:50.20 | 00:51:38.40 | +00:15:41 (30.9%) | 5:05 | 11.8 (69.0%) |
| 161 | RUSZKIEWICZ Łukasz | 348 | | M-30 | 65 | 00:00:28 | 00:24:40 | 00:50:50.50 | 00:51:19.00 | +00:15:41 (30.9%) | 5:05 | 11.8 (69.0%) |
| 162 | RÓŻOWICZ Aleksandra | 344 | | K-20 | 2 | 00:00:05 | 00:24:16 | 00:50:50.55 | 00:50:55.55 | +00:15:41 (30.9%) | 5:05 | 11.8 (69.0%) |
| 163 | RAUT Wiesław | 335 | | M-60+ | 2 | 00:00:16 | 00:24:28 | 00:50:53.15 | 00:51:09.95 | +00:15:44 (30.9%) | 5:05 | 11.8 (69.0%) |
| 164 | LUZAK Mirosław | 211 | MWIK BYDGOSZCZ | M-50 | 14 | 00:00:09 | 00:24:32 | 00:50:55.90 | 00:51:05.50 | +00:15:47 (31.0%) | 5:05 | 11.8 (69.0%) |
| 165 | WITCZAK Jarosław | 444 | | M-20 | 32 | 00:00:05 | 00:23:40 | 00:50:56.00 | 00:51:01.30 | +00:15:47 (31.0%) | 5:05 | 11.8 (69.0%) |
| 166 | GABRYSIAK Dawid | 84 | | M-30 | 66 | 00:00:26 | 00:24:40 | 00:50:59.40 | 00:51:26.10 | +00:15:50 (31.1%) | 5:06 | 11.8 (69.0%) |
| 167 | GACKOWSKA Beata | 85 | MWIK BYDGOSZCZ | K-40 | 4 | 00:00:07 | 00:25:15 | 00:51:02.45 | 00:51:09.80 | +00:15:53 (31.1%) | 5:06 | 11.8 (69.0%) |
| 168 | KIERZNIKIEWICZ Paweł | 150 | KLIMATRIK | M-30 | 67 | 00:00:13 | 00:24:15 | 00:51:04.25 | 00:51:17.70 | +00:15:55 (31.2%) | 5:06 | 11.7 (68.4%) |
| 169 | SZYSZKA Radosław | 405 | | M-30 | 68 | 00:00:09 | 00:24:40 | 00:51:15.10 | 00:51:24.65 | +00:16:06 (31.4%) | 5:07 | 11.7 (68.4%) |
| 170 | MATOWSKA Monika | 237 | | K-20 | 3 | 00:00:12 | 00:23:58 | 00:51:18.40 | 00:51:30.70 | +00:16:09 (31.5%) | 5:07 | 11.7 (68.4%) |
| 171 | GORDON Roman | 97 | RUN BYDGOSZCZ | M-60+ | 3 | 00:00:09 | 00:24:29 | 00:51:19.60 | 00:51:29.40 | +00:16:10 (31.5%) | 5:08 | 11.7 (68.4%) |
| 172 | WESOŁOWSKI Dariusz | 431 | | M-40 | 35 | 00:00:31 | 00:25:30 | 00:51:29.30 | 00:52:00.80 | +00:16:20 (31.7%) | 5:08 | 11.7 (68.4%) |
| 173 | SADEJ Małgorzata | 358 | INFRACORR TEAM | K-30 | 9 | 00:00:26 | 00:24:48 | 00:51:31.60 | 00:51:57.80 | +00:16:22 (31.8%) | 5:09 | 11.6 (67.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|-----------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 174 | WOJCIECHOWSKI Jarosław | 450 | LPKIW 'MYŚLĘCINEK' | M-40 | 36 | 00:00:08 | 00:24:16 | 00:51:31.95 | 00:51:40.90 | +00:16:23 (31.8%) | 5:09 | 11.6 (67.8%) |
| 175 | WIŚNIEWSKI Wojciech | 443 | B4SPORT | M-40 | 37 | 00:00:10 | 00:24:58 | 00:51:32.15 | 00:51:42.25 | +00:16:23 (31.8%) | 5:09 | 11.6 (67.8%) |
| 176 | CZELEŃ Szymon | 508 | | M-30 | 69 | 00:00:21 | 00:24:46 | 00:51:32.40 | 00:51:53.50 | +00:16:23 (31.8%) | 5:09 | 11.6 (67.8%) |
| 177 | TADROWSKI Tomasz | 412 | | M-40 | 38 | 00:00:21 | 00:24:16 | 00:51:43.05 | 00:52:04.75 | +00:16:34 (32.0%) | 5:10 | 11.6 (67.8%) |
| 178 | ORŁOWSKI Janusz | 284 | RUN BYDGOSZCZ | M-40 | 39 | 00:00:31 | 00:24:59 | 00:51:51.40 | 00:52:22.85 | +00:16:42 (32.2%) | 5:11 | 11.6 (67.8%) |
| 179 | MURAWSKI Piotr | 262 | | M-30 | 70 | 00:00:15 | 00:25:39 | 00:51:53.35 | 00:52:09.15 | +00:16:44 (32.3%) | 5:11 | 11.6 (67.8%) |
| 180 | KOWANEK Mateusz | 167 | | M-20 | 33 | 00:00:14 | 00:24:38 | 00:52:02.30 | 00:52:16.80 | +00:16:53 (32.5%) | 5:12 | 11.5 (67.3%) |
| 181 | BUZALSKI Robert | 34 | ORANGE POLSKA | M-40 | 40 | 00:00:10 | 00:24:16 | 00:52:08.90 | 00:52:19.50 | +00:17:00 (32.6%) | 5:12 | 11.5 (67.3%) |
| 182 | WASZAK Artur | 427 | | M-30 | 71 | 00:00:28 | 00:25:49 | 00:52:09.75 | 00:52:38.55 | +00:17:01 (32.6%) | 5:13 | 11.5 (67.3%) |
| 183 | MARCZYŃSKI Marshall Paweł | 231 | MARSHALL | M-30 | 72 | 00:00:16 | 00:25:37 | 00:52:09.85 | 00:52:26.15 | +00:17:01 (32.6%) | 5:13 | 11.5 (67.3%) |
| 184 | WYSZKOWSKA Marzena | 462 | - | K-30 | 10 | 00:00:28 | 00:25:49 | 00:52:10.45 | 00:52:38.85 | +00:17:01 (32.6%) | 5:13 | 11.5 (67.3%) |
| 185 | MIKOŁAJCZYK Dariusz | 252 | | M-40 | 41 | 00:00:11 | 00:24:11 | 00:52:15.05 | 00:52:26.95 | +00:17:06 (32.7%) | 5:13 | 11.5 (67.3%) |
| 186 | OSTROWSKI Piotr | 289 | OSTROWSKI TEAM | M-30 | 73 | 00:00:23 | 00:25:03 | 00:52:17.75 | 00:52:41.20 | +00:17:09 (32.8%) | 5:13 | 11.5 (67.3%) |
| 187 | WONIAKOWSKI Czesław | 453 | PARKRUN BYDGOSZCZ | M-50 | 15 | 00:00:22 | 00:25:35 | 00:52:17.80 | 00:52:39.90 | +00:17:09 (32.8%) | 5:13 | 11.5 (67.3%) |
| 188 | ANIOŁ Bartłomiej | 5 | INFRACORR TEAM | M-30 | 74 | 00:00:26 | 00:24:30 | 00:52:18.90 | 00:52:45.80 | +00:17:10 (32.8%) | 5:13 | 11.5 (67.3%) |
| 189 | STYKAŁA Magdalena | 379 | | K-40 | 5 | 00:00:24 | 00:25:01 | 00:52:22.70 | 00:52:47.00 | +00:17:14 (32.9%) | 5:14 | 11.5 (67.3%) |
| 190 | GÓRECKI Łukasz | 103 | BYDGOSKIE OKONIE | M-30 | 75 | 00:00:19 | 00:24:48 | 00:52:26.60 | 00:52:46.55 | +00:17:17 (33.0%) | 5:14 | 11.4 (66.7%) |
| 191 | WOJCIECHOWSKI Grzegorz | 449 | TRUST ME, IM THE ENGINEER! | M-20 | 34 | 00:00:13 | 00:24:28 | 00:52:27.10 | 00:52:40.30 | +00:17:18 (33.0%) | 5:14 | 11.4 (66.7%) |
| 192 | SZCZEPAŃSKI Patryk | 394 | AKADEMIA BIEGANIA GRUDZIĄDZ | M-30 | 76 | 00:00:29 | 00:25:08 | 00:52:29.45 | 00:52:58.60 | +00:17:20 (33.0%) | 5:14 | 11.4 (66.7%) |
| 193 | SZRAJDA Marcin | 399 | | M-30 | 77 | 00:00:03 | 00:25:27 | 00:52:29.50 | 00:52:32.50 | +00:17:20 (33.0%) | 5:14 | 11.4 (66.7%) |
| 194 | ŚWIATOWY Daria | 410 | | K-20 | 4 | 00:00:16 | 00:25:32 | 00:52:29.70 | 00:52:46.60 | +00:17:21 (33.1%) | 5:15 | 11.4 (66.7%) |
| 195 | FILIPEK Patryk | 79 | | M-20 | 35 | 00:00:16 | 00:25:32 | 00:52:29.75 | 00:52:46.55 | +00:17:21 (33.1%) | 5:15 | 11.4 (66.7%) |
| 196 | ANDRZEJEWSKI Ryszard | 3 | WZGÓRZE WOLNOŚCI | M-60+ | 4 | 00:00:04 | 00:25:01 | 00:52:35.35 | 00:52:40.20 | +00:17:26 (33.2%) | 5:15 | 11.4 (66.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|---------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 197 | URBAŃSKA Emilia | 424 | GALA24.PL | K-30 | 11 | 00:00:17 | 00:25:20 | 00:52:42.90 | 00:53:00.85 | +00:17:34 (33.3%) | 5:16 | 11.4 (66.7%) |
| 198 | KANIEWSKI Grzegorz | 143 | MIŁOŚLAW BIEGA | M-40 | 42 | 00:00:18 | 00:25:18 | 00:52:45.00 | 00:53:03.30 | +00:17:36 (33.4%) | 5:16 | 11.4 (66.7%) |
| 199 | WIŚNIEWSKI Daniel | 441 | | M-50 | 16 | 00:00:06 | 00:24:58 | 00:52:47.60 | 00:52:54.10 | +00:17:38 (33.4%) | 5:16 | 11.4 (66.7%) |
| 200 | ŁOŚ Piotr | 215 | | M-40 | 43 | 00:00:21 | 00:24:56 | 00:52:50.85 | 00:53:12.55 | +00:17:42 (33.5%) | 5:17 | 11.4 (66.7%) |
| 201 | NITA Wiesław | 271 | VILLAGE PUNK RUN | M-40 | 44 | 00:00:25 | 00:24:52 | 00:52:57.45 | 00:53:22.85 | +00:17:48 (33.6%) | 5:17 | 11.3 (66.1%) |
| 202 | WIĘCASZEK Maciej | 436 | NAVIME.PL | M-40 | 45 | 00:00:25 | 00:25:37 | 00:53:02.05 | 00:53:27.10 | +00:17:53 (33.7%) | 5:18 | 11.3 (66.1%) |
| 203 | CHWIŁKA Daniel | 42 | | M-30 | 78 | 00:00:09 | 00:24:52 | 00:53:04.50 | 00:53:14.00 | +00:17:55 (33.8%) | 5:18 | 11.3 (66.1%) |
| 204 | WRONECKA Emilia | 458 | | K-20 | 5 | 00:00:28 | 00:25:54 | 00:53:15.85 | 00:53:44.15 | +00:18:07 (34.0%) | 5:19 | 11.3 (66.1%) |
| 205 | BAUMAN Krystian | 11 | DRUŻYNA SZPIKU | M-30 | 79 | 00:00:39 | 00:26:13 | 00:53:16.50 | 00:53:55.80 | +00:18:07 (34.0%) | 5:19 | 11.3 (66.1%) |
| 206 | DESKA Paweł | 67 | KLIMA-THERM TEAM | M-40 | 46 | 00:00:43 | 00:26:04 | 00:53:21.25 | 00:54:04.55 | +00:18:12 (34.1%) | 5:20 | 11.2 (65.5%) |
| 207 | BURZYŃSKI Marek | 33 | - | M-40 | 47 | 00:00:13 | 00:25:34 | 00:53:21.40 | 00:53:35.05 | +00:18:12 (34.1%) | 5:20 | 11.2 (65.5%) |
| 208 | PRUS Justyna | 323 | - | K-30 | 12 | 00:00:13 | 00:25:34 | 00:53:21.70 | 00:53:35.20 | +00:18:13 (34.1%) | 5:20 | 11.2 (65.5%) |
| 209 | BIAŁOWĄS Dariusz | 15 | R2G | M-40 | 48 | 00:00:39 | 00:25:57 | 00:53:21.80 | 00:54:01.00 | +00:18:13 (34.1%) | 5:20 | 11.2 (65.5%) |
| 210 | OLIJARCZYK Paweł | 281 | KLIMOR TEAM | M-30 | 80 | 00:00:39 | 00:26:06 | 00:53:35.05 | 00:54:14.85 | +00:18:26 (34.4%) | 5:21 | 11.2 (65.5%) |
| 211 | TOMASZEWSKI Jordan | 416 | AFLOFARM RUNNING TEAM | M-30 | 81 | 00:00:02 | 00:25:50 | 00:53:39.35 | 00:53:42.25 | +00:18:30 (34.5%) | 5:22 | 11.2 (65.5%) |
| 212 | BIAŁOBŁOCKI Marek | 14 | LECH RYPIN | M-30 | 82 | 00:00:39 | 00:26:28 | 00:53:49.85 | 00:54:29.70 | +00:18:41 (34.7%) | 5:23 | 11.1 (64.9%) |
| 213 | CHOJNACKI Andrzej | 40 | ATI SYSTEMY ELEKTRONICZNE | M-40 | 49 | 00:00:17 | 00:24:57 | 00:53:52.60 | 00:54:10.55 | +00:18:43 (34.8%) | 5:23 | 11.1 (64.9%) |
| 214 | NOWACZYK Radosław | 274 | XAVI MAX ALEX | M-40 | 50 | 00:00:15 | 00:25:16 | 00:54:02.80 | 00:54:18.30 | +00:18:54 (35.0%) | 5:24 | 11.1 (64.9%) |
| 215 | PETELCZYC Piotr | 302 | PITER ELMAX | M-40 | 51 | 00:00:06 | 00:25:07 | 00:54:03.65 | 00:54:10.55 | +00:18:55 (35.0%) | 5:24 | 11.1 (64.9%) |
| 216 | URBAN Piotr | 423 | WODKAN | M-30 | 83 | 00:00:40 | 00:26:17 | 00:54:08.80 | 00:54:49.25 | +00:19:00 (35.1%) | 5:24 | 11.1 (64.9%) |
| 217 | LEWANDOWSKI Paweł | 206 | PAY TRADE | M-30 | 84 | 00:00:21 | 00:25:07 | 00:54:16.00 | 00:54:37.70 | +00:19:07 (35.2%) | 5:25 | 11.1 (64.9%) |
| 218 | ZALEWSKI Michał | 463 | KLIMA-THERM TEAM | M-40 | 52 | 00:00:41 | 00:25:57 | 00:54:17.55 | 00:54:59.45 | +00:19:08 (35.3%) | 5:25 | 11 (64.3%) |
| 219 | GRĘBICKI Rafał | 109 | | M-30 | 85 | 00:00:49 | 00:26:31 | 00:54:20.40 | 00:55:09.85 | +00:19:11 (35.3%) | 5:26 | 11 (64.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 220 | POLANSKA Beata | 319 | CIEPŁOBUD BYDGOSZCZ | K-40 | 6 | 00:00:23 | 00:26:41 | 00:54:23.05 | 00:54:46.45 | +00:19:14 (35.4%) | 5:26 | 11 (64.3%) |
| 221 | POLANSKA Asia | 318 | | K-30 | 13 | 00:00:23 | 00:26:41 | 00:54:24.15 | 00:54:47.35 | +00:19:15 (35.4%) | 5:26 | 11 (64.3%) |
| 222 | MRÓWCZYŃSKI Tomasz | 260 | | M-30 | 86 | 00:00:34 | 00:25:41 | 00:54:31.25 | 00:55:06.15 | +00:19:22 (35.5%) | 5:27 | 11 (64.3%) |
| 223 | APANASIEWICZ Bartosz | 6 | RUNSPACE.PL | M-30 | 87 | 00:00:20 | 00:25:55 | 00:54:32.35 | 00:54:52.65 | +00:19:23 (35.6%) | 5:27 | 11 (64.3%) |
| 224 | BRUDNICKI Paweł | 27 | KLIMAT SOLEC | M-20 | 36 | 00:00:15 | 00:25:38 | 00:54:32.60 | 00:54:47.85 | +00:19:23 (35.6%) | 5:27 | 11 (64.3%) |
| 225 | WOŹNIAK Anna | 454 | | K-30 | 14 | 00:00:19 | 00:25:56 | 00:54:32.70 | 00:54:52.35 | +00:19:24 (35.6%) | 5:27 | 11 (64.3%) |
| 226 | MAŁECKI Tomasz | 224 | | M-30 | 88 | 00:00:30 | 00:26:17 | 00:54:37.30 | 00:55:07.65 | +00:19:28 (35.7%) | 5:27 | 11 (64.3%) |
| 227 | POTRZEBOWSKA Agata | 322 | NIE MAM | K-30 | 15 | 00:00:16 | 00:26:38 | 00:54:38.90 | 00:54:55.80 | +00:19:30 (35.7%) | 5:27 | 11 (64.3%) |
| 228 | NEJMAN Dariusz | 268 | | M-30 | 89 | 00:00:34 | 00:25:42 | 00:54:39.65 | 00:55:14.10 | +00:19:31 (35.7%) | 5:28 | 11 (64.3%) |
| 229 | RYMER Adam | 351 | | M-30 | 90 | 00:00:55 | 00:27:08 | 00:54:40.10 | 00:55:35.95 | +00:19:31 (35.7%) | 5:28 | 11 (64.3%) |
| 230 | MOKOS Tomasz | 257 | BBL INOWROCŁAW | M-30 | 91 | 00:00:36 | 00:26:28 | 00:54:40.75 | 00:55:16.90 | +00:19:32 (35.7%) | 5:28 | 11 (64.3%) |
| 231 | MIŚ Michał | 256 | LUKS START NAKŁO | M-20 | 37 | 00:00:42 | 00:27:05 | 00:54:43.95 | 00:55:26.55 | +00:19:35 (35.8%) | 5:28 | 11 (64.3%) |
| 232 | SZULC Małgorzata | 400 | | K-30 | 16 | 00:00:28 | 00:26:08 | 00:54:46.70 | 00:55:15.35 | +00:19:38 (35.8%) | 5:28 | 11 (64.3%) |
| 233 | MARAŚKIEWICZ Agnieszka | 227 | | K-20 | 6 | 00:00:23 | 00:27:06 | 00:54:49.80 | 00:55:13.55 | +00:19:41 (35.9%) | 5:29 | 10.9 (63.7%) |
| 234 | WIATR Tomasz | 432 | | M-40 | 53 | 00:00:54 | 00:27:25 | 00:54:49.95 | 00:55:44.70 | +00:19:41 (35.9%) | 5:29 | 10.9 (63.7%) |
| 235 | BUCZKOWSKI Wojciech | 30 | STALRENT | M-40 | 54 | 00:00:27 | 00:26:10 | 00:54:50.05 | 00:55:17.35 | +00:19:41 (35.9%) | 5:29 | 10.9 (63.7%) |
| 236 | KOZIAK Karolina | 169 | | K-40 | 7 | 00:00:16 | 00:25:38 | 00:54:51.20 | 00:55:07.20 | +00:19:42 (35.9%) | 5:29 | 10.9 (63.7%) |
| 237 | OLSZEWSKA Adrianna | 282 | | K-20 | 7 | 00:00:16 | 00:25:38 | 00:54:55.75 | 00:55:12.35 | +00:19:47 (36.0%) | 5:29 | 10.9 (63.7%) |
| 238 | JAWORSKI Krzysztof | 130 | | M-40 | 55 | 00:00:26 | 00:26:35 | 00:54:56.85 | 00:55:23.10 | +00:19:48 (36.0%) | 5:29 | 10.9 (63.7%) |
| 239 | ŻERDZIŃSKI Marcin | 470 | | M-30 | 92 | 00:00:25 | 00:26:36 | 00:54:57.40 | 00:55:23.10 | +00:19:48 (36.1%) | 5:29 | 10.9 (63.7%) |
| 240 | SOBECKA Anna | 365 | | K-30 | 17 | 00:00:19 | 00:26:49 | 00:54:58.25 | 00:55:17.65 | +00:19:49 (36.1%) | 5:29 | 10.9 (63.7%) |
| 241 | MUSZKOWSKI Andrzej | 542 | | M-50 | 17 | 00:00:11 | 00:25:53 | 00:55:04.95 | 00:55:16.65 | +00:19:56 (36.2%) | 5:30 | 10.9 (63.7%) |
| 242 | RAUCHFLEISZ Andrzej | 334 | CZOPKI KOLCZASTE | M-40 | 56 | 00:00:55 | 00:27:26 | 00:55:06.55 | 00:56:01.60 | +00:19:57 (36.2%) | 5:30 | 10.9 (63.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | 5km | 10km | 10km | 10km | | | |
| 243 | SÓŁKOWSKA Hannelore | 369 | SAMA BIEGAM | K-50 | 1 | 00:00:43 | 00:26:27 | 00:55:09.05 | 00:55:52.95 | +00:20:00 (36.3%) | 5:30 | 10.9 (63.7%) |
| 244 | ŁOŚ Dariusz | 216 | | M-50 | 18 | 00:00:52 | 00:27:26 | 00:55:14.95 | 00:56:07.40 | +00:20:06 (36.4%) | 5:31 | 10.9 (63.7%) |
| 245 | CZAPLEWSKA Agnieszka | 51 | KB ŁAPKA | K-30 | 18 | 00:00:34 | 00:27:26 | 00:55:15.75 | 00:55:50.00 | +00:20:07 (36.4%) | 5:31 | 10.9 (63.7%) |
| 246 | WIŚNIEWSKI Włodzimierz | 442 | | M-50 | 19 | 00:00:46 | 00:26:47 | 00:55:16.20 | 00:56:02.95 | +00:20:07 (36.4%) | 5:31 | 10.9 (63.7%) |
| 247 | ŚMIEKOWSKI Ryszard | 408 | MIEJSKIE WODOCIĄGI I KANALIZACJA W BYDGOSZCZY | M-50 | 20 | 00:00:22 | 00:26:29 | 00:55:22.95 | 00:55:45.90 | +00:20:14 (36.5%) | 5:32 | 10.8 (63.2%) |
| 248 | KRAJNIK Wojciech | 175 | | M-30 | 93 | 00:00:45 | 00:27:12 | 00:55:25.30 | 00:56:10.70 | +00:20:16 (36.6%) | 5:32 | 10.8 (63.2%) |
| 249 | PIÓRKOWSKI Marcin | 313 | VADAIN RUNNING CLUB | M-30 | 94 | 00:00:39 | 00:26:44 | 00:55:33.50 | 00:56:13.20 | +00:20:24 (36.7%) | 5:33 | 10.8 (63.2%) |
| 250 | REPKA Marek | 336 | LUPUS TEAM | M-40 | 57 | 00:00:20 | 00:27:11 | 00:55:34.90 | 00:55:55.85 | +00:20:26 (36.8%) | 5:33 | 10.8 (63.2%) |
| 251 | PETRICZEK Wojciech | 303 | REZERWOWEPSY | M-30 | 95 | 00:00:36 | 00:27:35 | 00:55:36.15 | 00:56:12.65 | +00:20:27 (36.8%) | 5:33 | 10.8 (63.2%) |
| 252 | KONKEL Bartosz | 159 | | M-30 | 96 | 00:00:43 | 00:27:22 | 00:55:38.20 | 00:56:21.45 | +00:20:29 (36.8%) | 5:33 | 10.8 (63.2%) |
| 253 | JELENIOWSKI Eugeniusz | 133 | BŁĄDZIMSKIE ZAJĄCE | M-50 | 21 | 00:00:11 | 00:26:28 | 00:55:41.60 | 00:55:52.65 | +00:20:32 (36.9%) | 5:34 | 10.8 (63.2%) |
| 254 | STARCZEWSKI Paweł | 373 | | M-50 | 22 | 00:00:41 | 00:27:27 | 00:55:54.70 | 00:56:36.25 | +00:20:46 (37.1%) | 5:35 | 10.7 (62.6%) |
| 255 | KASZOWICZ Marek | 146 | RWT W BYDGOSZCZY | M-40 | 58 | 00:00:50 | 00:26:44 | 00:55:56.35 | 00:56:47.05 | +00:20:47 (37.2%) | 5:35 | 10.7 (62.6%) |
| 256 | ZYCH Dawid | 469 | | M-40 | 59 | 00:00:33 | 00:27:12 | 00:55:58.95 | 00:56:32.80 | +00:20:50 (37.2%) | 5:35 | 10.7 (62.6%) |
| 257 | WESOŁEK Piotr | 430 | BRAK | M-40 | 60 | 00:00:50 | 00:27:57 | 00:55:59.50 | 00:56:50.00 | +00:20:50 (37.2%) | 5:36 | 10.7 (62.6%) |
| 258 | MATUSZEWSKI Jarosław | 240 | | M-50 | 23 | 00:00:41 | 00:27:18 | 00:56:09.45 | 00:56:51.00 | +00:21:00 (37.4%) | 5:37 | 10.7 (62.6%) |
| 259 | RUDOL Magdalena | 347 | | K-40 | 8 | 00:00:19 | 00:25:57 | 00:56:10.10 | 00:56:29.10 | +00:21:01 (37.4%) | 5:37 | 10.7 (62.6%) |
| 260 | BAGROWSKI Marek | 8 | UMK COLLEGIUM-MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA | M-50 | 24 | 00:00:27 | 00:26:08 | 00:56:10.70 | 00:56:38.60 | +00:21:02 (37.4%) | 5:37 | 10.7 (62.6%) |
| 261 | MATUSEWICZ Michał | 239 | MATILEO | M-30 | 97 | 00:00:45 | 00:28:48 | 00:56:12.65 | 00:56:58.15 | +00:21:04 (37.5%) | 5:37 | 10.7 (62.6%) |
| 262 | PIECZYŃSKI Paweł | 309 | TROPS | M-40 | 61 | 00:01:00 | 00:27:28 | 00:56:14.90 | 00:57:15.00 | +00:21:06 (37.5%) | 5:37 | 10.7 (62.6%) |
| 263 | SKALISZ Ryszard | 480 | | M-60+ | 5 | 00:00:28 | 00:26:31 | 00:56:16.05 | 00:56:44.85 | +00:21:07 (37.5%) | 5:37 | 10.7 (62.6%) |
| 264 | PRZYKUCKI Bartek | 325 | INTECH | M-30 | 98 | 00:00:20 | 00:26:19 | 00:56:17.25 | 00:56:37.65 | +00:21:08 (37.6%) | 5:37 | 10.7 (62.6%) |
| 265 | WŁODARCZYK Barbara | 486 | | K-50 | 2 | 00:00:22 | 00:26:37 | 00:56:20.05 | 00:56:42.65 | +00:21:11 (37.6%) | 5:38 | 10.7 (62.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 266 | SZCZEBLEWSKI Witold | 392 | MOTOTURYSTYKA.COM | M-50 | 25 | 00:00:29 | 00:26:52 | 00:56:22.40 | 00:56:52.30 | +00:21:13 (37.7%) | 5:38 | 10.6 (62.0%) |
| 267 | REPKA Anna | 337 | LUPUS TEAM | K-40 | 9 | 00:00:20 | 00:27:32 | 00:56:23.65 | 00:56:44.60 | +00:21:15 (37.7%) | 5:38 | 10.6 (62.0%) |
| 268 | ZIELIŃSKI Karol | 468 | SUPPORT-RUNNERS | M-30 | 99 | 00:00:38 | 00:28:29 | 00:56:25.50 | 00:57:03.75 | +00:21:16 (37.7%) | 5:38 | 10.6 (62.0%) |
| 269 | STANGRECKI Dariusz | 371 | KB ŁAPKA | M-30 | 100 | 00:00:34 | 00:27:26 | 00:56:26.80 | 00:57:01.75 | +00:21:18 (37.7%) | 5:38 | 10.6 (62.0%) |
| 270 | KOLANOWSKI Wojciech | 155 | | M-50 | 26 | 00:00:27 | 00:26:36 | 00:56:33.65 | 00:57:00.95 | +00:21:25 (37.9%) | 5:39 | 10.6 (62.0%) |
| 271 | BRZOZOWSKI Mariusz | 28 | INDYWIDUALNIE | M-50 | 27 | 00:00:11 | 00:26:22 | 00:56:33.85 | 00:56:44.90 | +00:21:25 (37.9%) | 5:39 | 10.6 (62.0%) |
| 272 | BYCZKOWSKI Zenon | 35 | INDYWIDUALNIE | M-50 | 28 | 00:00:11 | 00:26:23 | 00:56:34.15 | 00:56:45.55 | +00:21:25 (37.9%) | 5:39 | 10.6 (62.0%) |
| 273 | BŁAŻEJEWSKI Dariusz | 19 | | M-40 | 62 | 00:00:45 | 00:26:58 | 00:56:34.55 | 00:57:20.30 | +00:21:25 (37.9%) | 5:39 | 10.6 (62.0%) |
| 274 | MAJEWSKI Robert | 148 | RUN PASJA | M-30 | 101 | 00:00:32 | 00:24:43 | 00:56:36.10 | 00:57:08.50 | +00:21:27 (37.9%) | 5:39 | 10.6 (62.0%) |
| 275 | BICZKOWSKA Magdalena | 16 | RUN BYDGOSZCZ | K-30 | 19 | 00:00:12 | 00:26:43 | 00:56:36.60 | 00:56:49.35 | +00:21:27 (37.9%) | 5:39 | 10.6 (62.0%) |
| 276 | KOLANOWSKA Grażyna | 154 | | K-50 | 3 | 00:00:28 | 00:26:56 | 00:56:43.80 | 00:57:11.90 | +00:21:35 (38.1%) | 5:40 | 10.6 (62.0%) |
| 277 | SZCZEPAŃSKA Anna | 393 | REMKAN POZNAŃ | K-30 | 20 | 00:00:30 | 00:27:30 | 00:56:44.25 | 00:57:15.20 | +00:21:35 (38.1%) | 5:40 | 10.6 (62.0%) |
| 278 | MICHALAK Robert | 243 | GORDON RUN | M-20 | 38 | 00:00:41 | 00:27:55 | 00:56:45.55 | 00:57:27.10 | +00:21:36 (38.1%) | 5:40 | 10.6 (62.0%) |
| 279 | WOŹNIAK Tomasz | 455 | | M-30 | 102 | 00:00:42 | 00:26:50 | 00:56:49.10 | 00:57:31.60 | +00:21:40 (38.1%) | 5:40 | 10.6 (62.0%) |
| 280 | RZEPKA Ewa | 356 | BRODNICA BIEGA | K-40 | 10 | 00:00:22 | 00:27:01 | 00:56:49.90 | 00:57:11.95 | +00:21:41 (38.2%) | 5:40 | 10.6 (62.0%) |
| 281 | MAREK Sławomir | 232 | STALE BIEGAM NOVA TRADING | M-30 | 103 | 00:00:27 | 00:27:08 | 00:56:53.60 | 00:57:21.50 | +00:21:44 (38.2%) | 5:41 | 10.5 (61.4%) |
| 282 | KRĘCICKI Jakub | 180 | | M-20 | 39 | 00:00:22 | 00:27:49 | 00:57:03.95 | 00:57:26.25 | +00:21:55 (38.4%) | 5:42 | 10.5 (61.4%) |
| 283 | DONDALSKI Maciej | 72 | | M-16 | 5 | 00:00:37 | 00:27:05 | 00:57:05.35 | 00:57:43.30 | +00:21:56 (38.4%) | 5:42 | 10.5 (61.4%) |
| 284 | WEGNER Roman | 429 | | M-50 | 29 | 00:00:11 | 00:26:29 | 00:57:06.85 | 00:57:17.95 | +00:21:58 (38.5%) | 5:42 | 10.5 (61.4%) |
| 285 | MINDYKOWSKA Anna | 254 | RUN BYDGOSZCZ | K-40 | 11 | 00:00:23 | 00:26:50 | 00:57:14.65 | 00:57:38.60 | +00:22:06 (38.6%) | 5:43 | 10.5 (61.4%) |
| 286 | PLEWIŃSKI Rafał | 315 | KUJATT RUNNERS TEAM | M-30 | 104 | 00:00:26 | 00:28:07 | 00:57:18.25 | 00:57:44.70 | +00:22:09 (38.7%) | 5:43 | 10.5 (61.4%) |
| 287 | SPLITT Jakub | 370 | KLIMAT SOLEC | M-20 | 40 | 00:00:15 | 00:26:10 | 00:57:18.30 | 00:57:33.75 | +00:22:09 (38.7%) | 5:43 | 10.5 (61.4%) |
| 288 | ŻURAWICKI Jakub | 472 | INTECH | M-20 | 41 | 00:00:19 | 00:26:49 | 00:57:18.75 | 00:57:38.70 | +00:22:10 (38.7%) | 5:43 | 10.5 (61.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|------------------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | 5km | 10km | 10km | 10km | | | |
| 289 | MAŁECKI Tomasz | 225 | DRUŻYNA SZPIKU | M-30 | 105 | 00:00:42 | 00:28:49 | 00:57:34.45 | 00:58:17.15 | +00:22:25 (39.0%) | 5:45 | 10.4 (60.8%) |
| 290 | KRAJDA Piotr | 173 | BBL BYDGOSZCZ | M-40 | 63 | 00:00:21 | 00:26:03 | 00:57:38.65 | 00:57:59.75 | +00:22:30 (39.0%) | 5:45 | 10.4 (60.8%) |
| 291 | GLASNER Rafał | 92 | WEEKENDOWY BIEGACZ | M-40 | 64 | 00:00:39 | 00:27:02 | 00:57:44.05 | 00:58:23.65 | +00:22:35 (39.1%) | 5:46 | 10.4 (60.8%) |
| 292 | GAJZLER Jerzy | 88 | BARTODZIEJE | M-60+ | 6 | 00:00:25 | 00:27:09 | 00:57:45.05 | 00:58:10.70 | +00:22:36 (39.1%) | 5:46 | 10.4 (60.8%) |
| 293 | LACH Michał | 202 | | M-20 | 42 | 00:00:26 | 00:26:34 | 00:57:45.65 | 00:58:12.05 | +00:22:37 (39.2%) | 5:46 | 10.4 (60.8%) |
| 294 | GROMEK Mariusz | 112 | | M-50 | 30 | 00:00:36 | 00:27:25 | 00:57:46.25 | 00:58:23.05 | +00:22:37 (39.2%) | 5:46 | 10.4 (60.8%) |
| 295 | ZAMIATOWSKA Kinga | 464 | RUN BYDGOSZCZ | K-30 | 21 | 00:00:29 | 00:27:53 | 00:57:47.30 | 00:58:16.55 | +00:22:38 (39.2%) | 5:46 | 10.4 (60.8%) |
| 296 | WOJCIECHOWSKA Magdalena | 448 | | K-20 | 8 | 00:00:19 | 00:26:54 | 00:57:47.55 | 00:58:06.85 | +00:22:38 (39.2%) | 5:46 | 10.4 (60.8%) |
| 297 | MAJEWSKI Tomasz | 220 | PRZEBIEGLI UNISŁAW I OKOLICE | M-40 | 65 | 00:00:51 | 00:28:01 | 00:57:51.10 | 00:58:42.70 | +00:22:42 (39.3%) | 5:47 | 10.4 (60.8%) |
| 298 | LIWOCH Grzegorz | 208 | OSIELSKO | M-40 | 66 | 00:00:19 | 00:26:22 | 00:57:53.90 | 00:58:13.20 | +00:22:45 (39.3%) | 5:47 | 10.4 (60.8%) |
| 299 | KRYSZTOFIAK Robert | 185 | | M-40 | 67 | 00:00:36 | 00:28:00 | 00:57:55.25 | 00:58:31.80 | +00:22:46 (39.3%) | 5:47 | 10.4 (60.8%) |
| 300 | JASKUŁOWSKI Artur | 128 | | M-40 | 68 | 00:00:33 | 00:27:19 | 00:58:02.45 | 00:58:35.75 | +00:22:53 (39.4%) | 5:48 | 10.3 (60.2%) |
| 301 | MARKOWSKA Izabela | 235 | | K-30 | 22 | 00:00:36 | 00:29:21 | 00:58:08.45 | 00:58:45.30 | +00:22:59 (39.6%) | 5:48 | 10.3 (60.2%) |
| 302 | GONCERZ Katarzyna | 96 | MWIK BYDGOSZCZ | K-30 | 23 | 00:00:20 | 00:27:08 | 00:58:16.15 | 00:58:36.30 | +00:23:07 (39.7%) | 5:49 | 10.3 (60.2%) |
| 303 | LUZAK Magdalena | 212 | | K-20 | 9 | 00:00:38 | 00:28:42 | 00:58:17.90 | 00:58:56.75 | +00:23:09 (39.7%) | 5:49 | 10.3 (60.2%) |
| 304 | STYKAŁA Adrianna | 380 | | K-16 | 2 | 00:00:30 | 00:27:29 | 00:58:19.95 | 00:58:50.45 | +00:23:11 (39.8%) | 5:50 | 10.3 (60.2%) |
| 305 | MIKUŁA Tomek | 253 | GORDON RUN | M-30 | 106 | 00:00:42 | 00:28:11 | 00:58:22.45 | 00:59:04.65 | +00:23:13 (39.8%) | 5:50 | 10.3 (60.2%) |
| 306 | WOŁOSZYN Kazimierz | 452 | BRZOZA BIEGA | M-50 | 31 | 00:00:37 | 00:27:26 | 00:58:30.10 | 00:59:08.00 | +00:23:21 (39.9%) | 5:51 | 10.3 (60.2%) |
| 307 | KRAŚNY Arkadiusz | 177 | BRAK | M-30 | 107 | 00:00:50 | 00:27:57 | 00:58:31.30 | 00:59:21.85 | +00:23:22 (39.9%) | 5:51 | 10.3 (60.2%) |
| 308 | MARKLIK Grażyna | 234 | | K-40 | 12 | 00:00:34 | 00:28:52 | 00:58:37.00 | 00:59:11.60 | +00:23:28 (40.0%) | 5:51 | 10.2 (59.6%) |
| 309 | LEMAŃCZYK Bożena | 204 | | K-30 | 24 | 00:00:21 | 00:27:49 | 00:58:41.40 | 00:59:02.80 | +00:23:32 (40.1%) | 5:52 | 10.2 (59.6%) |
| 310 | WADOWSKI Bartosz | 425 | ELEKTRYCY/KOPEL POZNAŃ | M-30 | 108 | 00:00:28 | 00:27:22 | 00:58:47.40 | 00:59:15.50 | +00:23:38 (40.2%) | 5:52 | 10.2 (59.6%) |
| 311 | SZYSLER Jarosław | 404 | | M-30 | 109 | 00:00:35 | 00:28:55 | 00:58:49.00 | 00:59:24.05 | +00:23:40 (40.2%) | 5:52 | 10.2 (59.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | 5km | 10km | 10km | 10km | | | |
| 312 | KALINOWSKA Kamila | 140 | RUN BYDGOSZCZ | K-40 | 13 | 00:00:27 | 00:27:29 | 00:58:58.25 | 00:59:25.85 | +00:23:49 (40.4%) | 5:53 | 10.2 (59.6%) |
| 313 | STANKIEWICZ Dariusz | 372 | BÓL TO ŚCIEMA | M-40 | 69 | 00:00:33 | 00:27:57 | 00:58:59.80 | 00:59:33.50 | +00:23:51 (40.4%) | 5:54 | 10.2 (59.6%) |
| 314 | NAGÓRKA Ania | 265 | | K-30 | 25 | 00:00:32 | 00:28:08 | 00:59:00.00 | 00:59:32.80 | +00:23:51 (40.4%) | 5:54 | 10.2 (59.6%) |
| 315 | JAKUBIAK Małgorzata | 124 | | K-30 | 26 | 00:00:38 | 00:28:30 | 00:59:03.35 | 00:59:41.55 | +00:23:54 (40.5%) | 5:54 | 10.2 (59.6%) |
| 316 | NURKIEWICZ Jarosław | 277 | ANIOŁY | M-40 | 70 | 00:00:44 | 00:29:14 | 00:59:04.45 | 00:59:48.80 | +00:23:55 (40.5%) | 5:54 | 10.2 (59.6%) |
| 317 | SIEWERT Hanna | 360 | | K-30 | 27 | 00:00:49 | 00:29:19 | 00:59:08.40 | 00:59:57.90 | +00:23:59 (40.6%) | 5:54 | 10.1 (59.1%) |
| 318 | STOŹEK Grażyna | 376 | | K-40 | 14 | 00:00:40 | 00:27:59 | 00:59:09.15 | 00:59:49.35 | +00:24:00 (40.6%) | 5:54 | 10.1 (59.1%) |
| 319 | ORACKA Maja | 283 | VCR | K-30 | 28 | 00:00:32 | 00:28:34 | 00:59:12.40 | 00:59:44.85 | +00:24:03 (40.6%) | 5:55 | 10.1 (59.1%) |
| 320 | MREŁA Adrian | 259 | | M-30 | 110 | 00:00:05 | 00:29:11 | 00:59:16.80 | 00:59:22.20 | +00:24:08 (40.7%) | 5:55 | 10.1 (59.1%) |
| 321 | FILOSEK Paweł | 80 | | M-20 | 43 | 00:00:43 | 00:28:10 | 00:59:17.50 | 01:00:00.50 | +00:24:08 (40.7%) | 5:55 | 10.1 (59.1%) |
| 322 | BOSIACKI Mateusz | 24 | RUN BYDGOSZCZ | M-20 | 44 | 00:00:38 | 00:28:07 | 00:59:18.60 | 00:59:57.50 | +00:24:09 (40.7%) | 5:55 | 10.1 (59.1%) |
| 323 | ŻYCHOWSKI Rafał | 473 | INTECH | M-30 | 111 | 00:00:20 | 00:27:38 | 00:59:20.10 | 00:59:40.50 | +00:24:11 (40.8%) | 5:56 | 10.1 (59.1%) |
| 324 | OBRZEŻGIEWICZ Marek | 278 | KS ZRYW RADZIEJÓW | M-50 | 32 | 00:00:29 | 00:27:57 | 00:59:20.35 | 00:59:50.20 | +00:24:11 (40.8%) | 5:56 | 10.1 (59.1%) |
| 325 | GORZYCKI Michał | 99 | KLIMAT SOLEC | M-30 | 112 | 00:00:23 | 00:27:30 | 00:59:24.65 | 00:59:47.80 | +00:24:16 (40.8%) | 5:56 | 10.1 (59.1%) |
| 326 | KUCHTA Jacek | 191 | KLIMAT SOLEC | M-30 | 113 | 00:00:21 | 00:27:28 | 00:59:26.40 | 00:59:47.95 | +00:24:17 (40.9%) | 5:56 | 10.1 (59.1%) |
| 327 | SZATKOWSKI Wojciech | 389 | | M-40 | 71 | 00:00:46 | 00:28:38 | 00:59:26.75 | 01:00:13.60 | +00:24:18 (40.9%) | 5:56 | 10.1 (59.1%) |
| 328 | NITA Katarzyna | 272 | VILLAGE PUNK RUN | K-40 | 15 | 00:00:39 | 00:27:49 | 00:59:28.70 | 01:00:08.00 | +00:24:20 (40.9%) | 5:56 | 10.1 (59.1%) |
| 329 | DĄBAL Bartosz | 62 | HYDRO-VACUUM S.A. | M-30 | 114 | 00:00:48 | 00:29:07 | 00:59:29.10 | 01:00:17.90 | +00:24:20 (40.9%) | 5:56 | 10.1 (59.1%) |
| 330 | WOŹNIAK Beata | 456 | | K-30 | 29 | 00:00:43 | 00:28:45 | 00:59:30.80 | 01:00:14.55 | +00:24:22 (40.9%) | 5:57 | 10.1 (59.1%) |
| 331 | BOLLIN Łukasz | 21 | | M-30 | 115 | 00:00:38 | 00:28:00 | 00:59:38.85 | 01:00:17.05 | +00:24:30 (41.1%) | 5:57 | 10.1 (59.1%) |
| 332 | TRUDNOWSKI Janusz | 419 | | M-60+ | 7 | 00:00:47 | 00:27:49 | 00:59:39.40 | 01:00:27.05 | +00:24:30 (41.1%) | 5:58 | 10.1 (59.1%) |
| 333 | ĆWIKLIŃSKA Anna | 58 | KLONIKTEAM | K-30 | 30 | 00:00:29 | 00:27:40 | 00:59:39.70 | 01:00:09.40 | +00:24:31 (41.1%) | 5:58 | 10.1 (59.1%) |
| 334 | RABCZYŃSKI Grzegorz | 327 | | M-30 | 116 | 00:00:48 | 00:29:48 | 00:59:51.75 | 01:00:40.05 | +00:24:43 (41.3%) | 5:59 | 10 (58.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | startu | 5km | | | | | |
| 335 | MUCYK Małgorzata | 479 | | K-30 | 31 | 00:00:31 | 00:28:58 | 00:59:52.25 | 01:00:24.00 | +00:24:43 (41.3%) | 5:59 | 10 (58.5%) |
| 336 | SOBOLEWSKA Aleksandra | 367 | | K-20 | 10 | 00:00:38 | 00:28:45 | 01:00:08.35 | 01:00:46.70 | +00:24:59 (41.6%) | 6:00 | 10 (58.5%) |
| 337 | KOZIAK Roman | 168 | | M-40 | 72 | 00:00:16 | 00:28:15 | 01:00:27.55 | 01:00:43.90 | +00:25:18 (41.9%) | 6:02 | 9.9 (57.9%) |
| 338 | OLEJNICZAK Witold | 279 | ULA TEAM | M-30 | 117 | 00:00:43 | 00:29:55 | 01:00:36.00 | 01:01:19.50 | +00:25:27 (42.0%) | 6:03 | 9.9 (57.9%) |
| 339 | OŚKA Beata | 290 | | K-30 | 32 | 00:00:30 | 00:29:09 | 01:00:36.95 | 01:01:07.60 | +00:25:28 (42.0%) | 6:03 | 9.9 (57.9%) |
| 340 | DĘBSKI Jan | 69 | STOWARZYSZENIE KUŹNIA | M-60+ | 8 | 00:00:16 | 00:28:27 | 01:00:40.90 | 01:00:57.35 | +00:25:32 (42.1%) | 6:04 | 9.9 (57.9%) |
| 341 | BRANDT Daniel | 26 | ZWIK TCZEW | M-40 | 73 | 00:00:19 | 00:27:50 | 01:00:49.25 | 01:01:08.40 | +00:25:40 (42.2%) | 6:04 | 9.9 (57.9%) |
| 342 | SZYGOWSKI Mariusz | 403 | H2O TEAM | M-50 | 33 | 00:00:08 | 00:29:48 | 01:00:49.90 | 01:00:58.15 | +00:25:41 (42.2%) | 6:05 | 9.9 (57.9%) |
| 343 | WIESE Sławomir | 435 | RWT W BYDGOSZCZY | M-40 | 74 | 00:00:49 | 00:28:54 | 01:00:53.40 | 01:01:43.25 | +00:25:44 (42.3%) | 6:05 | 9.9 (57.9%) |
| 344 | BEDNAREK Alvida | 12 | ALNOR SYSTEMY WENTYLACJI SP. Z O.O. | K-30 | 33 | 00:00:29 | 00:29:12 | 01:00:59.50 | 01:01:29.40 | +00:25:50 (42.4%) | 6:06 | 9.8 (57.3%) |
| 345 | MICHAŁOWSKI Cezary | 246 | ALNOR SYSTEMY WENTYLACJI SP. Z O.O. | M-30 | 118 | 00:00:30 | 00:29:22 | 01:01:01.05 | 01:01:31.40 | +00:25:52 (42.4%) | 6:06 | 9.8 (57.3%) |
| 346 | NIKOŁAJEW Monika | 270 | | K-30 | 34 | 00:00:36 | 00:29:30 | 01:01:01.85 | 01:01:37.95 | +00:25:53 (42.4%) | 6:06 | 9.8 (57.3%) |
| 347 | JAWORSKI Janusz | 131 | | M-50 | 34 | 00:00:29 | 00:28:28 | 01:01:05.65 | 01:01:34.80 | +00:25:57 (42.5%) | 6:06 | 9.8 (57.3%) |
| 348 | KUKULSKI Tomasz | 196 | ELEKTRYCY/KOPEL POZNAŃ | M-30 | 119 | 00:00:28 | 00:29:30 | 01:01:18.70 | 01:01:47.00 | +00:26:10 (42.7%) | 6:07 | 9.8 (57.3%) |
| 349 | RYBKA Katarzyna | 350 | RYNEK INSTALACYJNY | K-20 | 11 | 00:00:37 | 00:30:31 | 01:01:28.20 | 01:02:05.65 | +00:26:19 (42.8%) | 6:08 | 9.8 (57.3%) |
| 350 | MENKA Adam | 481 | | M-40 | 75 | 00:00:25 | 00:27:59 | 01:01:30.10 | 01:01:55.90 | +00:26:21 (42.9%) | 6:09 | 9.8 (57.3%) |
| 351 | MAŁANIN Dorota | 223 | | K-40 | 16 | 00:00:40 | 00:28:52 | 01:01:31.05 | 01:02:11.60 | +00:26:22 (42.9%) | 6:09 | 9.8 (57.3%) |
| 352 | PAWLAK Leszek | 299 | MATI-LEO | M-30 | 120 | 00:00:46 | 00:29:51 | 01:01:36.55 | 01:02:22.65 | +00:26:27 (43.0%) | 6:09 | 9.7 (56.7%) |
| 353 | SYCZUK Grzegorz | 385 | | M-40 | 76 | 00:00:35 | 00:29:54 | 01:01:38.15 | 01:02:13.95 | +00:26:29 (43.0%) | 6:09 | 9.7 (56.7%) |
| 354 | STRYCZYŃSKI Marek | 378 | | M-20 | 45 | 00:00:24 | 00:28:32 | 01:01:38.20 | 01:02:02.20 | +00:26:29 (43.0%) | 6:09 | 9.7 (56.7%) |
| 355 | MALICKA Beata | 222 | | K-50 | 4 | 00:00:28 | 00:29:20 | 01:01:38.45 | 01:02:07.25 | +00:26:29 (43.0%) | 6:09 | 9.7 (56.7%) |
| 356 | PLISZCZYŃSKA Joanna | 547 | | K-40 | 17 | 00:00:33 | 00:29:38 | 01:01:41.10 | 01:02:15.05 | +00:26:32 (43.0%) | 6:10 | 9.7 (56.7%) |
| 357 | SEROCKI Bartosz | 359 | KCBM FRANEK I RÓŻA | M-30 | 121 | 00:00:46 | 00:29:20 | 01:01:47.35 | 01:02:33.35 | +00:26:38 (43.1%) | 6:10 | 9.7 (56.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 358 | KRZYŻANOWSKI Wojciech | 187 | | M-40 | 77 | 00:00:56 | 00:31:09 | 01:01:49.95 | 01:02:45.95 | +00:26:41 (43.2%) | 6:10 | 9.7 (56.7%) |
| 359 | ANGLART Roman | 4 | | M-50 | 35 | 00:00:56 | 00:29:27 | 01:01:56.40 | 01:02:52.95 | +00:26:47 (43.3%) | 6:11 | 9.7 (56.7%) |
| 360 | GÓRNY Tadeusz | 104 | | M-60+ | 9 | 00:00:16 | 00:29:56 | 01:01:57.80 | 01:02:14.70 | +00:26:49 (43.3%) | 6:11 | 9.7 (56.7%) |
| 361 | JADCZAK Katarzyna | 121 | BRAK | K-30 | 35 | 00:00:36 | 00:29:14 | 01:01:57.85 | 01:02:34.25 | +00:26:49 (43.3%) | 6:11 | 9.7 (56.7%) |
| 362 | DANIELEWICZ Kuba | 59 | PRZEBIEGLI UNISŁAW I OKOLICE | M-30 | 122 | 00:00:51 | 00:30:12 | 01:01:58.70 | 01:02:50.30 | +00:26:50 (43.3%) | 6:11 | 9.7 (56.7%) |
| 363 | LORKOWSKA Beata | 209 | RUN BYDGOSZCZ | K-40 | 18 | 00:00:32 | 00:29:32 | 01:01:59.00 | 01:02:31.10 | +00:26:50 (43.3%) | 6:11 | 9.7 (56.7%) |
| 364 | HEIDER Anna | 116 | LASKI GARMINA | K-30 | 36 | 00:00:33 | 00:30:39 | 01:02:01.55 | 01:02:34.85 | +00:26:52 (43.3%) | 6:12 | 9.7 (56.7%) |
| 365 | JASINIECKI Wojciech | 127 | RUN BYDGOSZCZ | M-30 | 123 | 00:00:56 | 00:29:30 | 01:02:02.75 | 01:02:59.70 | +00:26:54 (43.4%) | 6:12 | 9.7 (56.7%) |
| 366 | OTLEWSKA Justyna | 291 | | K-20 | 12 | 00:00:42 | 00:30:24 | 01:02:02.85 | 01:02:45.30 | +00:26:54 (43.4%) | 6:12 | 9.7 (56.7%) |
| 367 | SYLDATK Marcin | 387 | | M-30 | 124 | 00:00:48 | 00:30:11 | 01:02:03.55 | 01:02:52.45 | +00:26:54 (43.4%) | 6:12 | 9.7 (56.7%) |
| 368 | BOHDZIEWICZ Paweł | 20 | | M-30 | 125 | 00:00:40 | 00:29:29 | 01:02:07.65 | 01:02:48.30 | +00:26:59 (43.4%) | 6:12 | 9.7 (56.7%) |
| 369 | KOZUCHOWSKA Katarzyna | 171 | RUN BDG | K-40 | 19 | 00:00:27 | 00:28:20 | 01:02:07.70 | 01:02:35.60 | +00:26:59 (43.4%) | 6:12 | 9.7 (56.7%) |
| 370 | KRAŚKIEWICZ Szymon | 176 | | M-20 | 46 | 00:00:45 | 00:31:01 | 01:02:25.35 | 01:03:10.75 | +00:27:16 (43.7%) | 6:14 | 9.6 (56.1%) |
| 371 | CZUCZEJKO Jolanta | 55 | RUN BYDGOSZCZ | K-40 | 20 | 00:00:54 | 00:30:44 | 01:02:27.95 | 01:03:22.30 | +00:27:19 (43.7%) | 6:14 | 9.6 (56.1%) |
| 372 | SOBOWIEC Szymon | 482 | | M-40 | 78 | 00:00:51 | 00:30:49 | 01:02:34.70 | 01:03:26.20 | +00:27:26 (43.8%) | 6:15 | 9.6 (56.1%) |
| 373 | BUŁA Dawid | 31 | | M-30 | 126 | 00:00:03 | 00:29:17 | 01:02:38.30 | 01:02:41.50 | +00:27:29 (43.9%) | 6:15 | 9.6 (56.1%) |
| 374 | AUGUSTYNOWICZ Andrzej | 7 | RWT W BYDGOSZCZY | M-40 | 79 | 00:00:32 | 00:29:53 | 01:02:43.80 | 01:03:16.40 | +00:27:35 (44.0%) | 6:16 | 9.6 (56.1%) |
| 375 | SKOCZYŃSKI Eugeniusz | 362 | GESAL | M-50 | 36 | 00:00:46 | 00:30:52 | 01:02:48.50 | 01:03:34.95 | +00:27:39 (44.0%) | 6:16 | 9.6 (56.1%) |
| 376 | ŚLADEWSKI Rafał | 406 | | M-30 | 127 | 00:00:07 | 00:28:58 | 01:02:56.80 | 01:03:03.85 | +00:27:48 (44.2%) | 6:17 | 9.5 (55.6%) |
| 377 | CEGIELSKI Maciej | 37 | ŻANDARMI Z BYDGOSZCZY | M-40 | 80 | 00:00:22 | 00:29:16 | 01:03:00.95 | 01:03:23.30 | +00:27:52 (44.2%) | 6:18 | 9.5 (55.6%) |
| 378 | WIERSKI Jarosław | 434 | | M-40 | 81 | 00:00:34 | 00:30:00 | 01:03:04.00 | 01:03:38.25 | +00:27:55 (44.3%) | 6:18 | 9.5 (55.6%) |
| 379 | CIACHERA Ireneusz | 43 | INDYWIDUALNIE | M-40 | 82 | 00:00:43 | 00:29:50 | 01:03:13.20 | 01:03:56.30 | +00:28:04 (44.4%) | 6:19 | 9.5 (55.6%) |
| 380 | GIERACH Krzysztof | 90 | | M-60+ | 10 | 00:00:32 | 00:29:59 | 01:03:28.65 | 01:04:01.25 | +00:28:20 (44.6%) | 6:20 | 9.5 (55.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 381 | SULECKI Bartłomiej | 382 | | M-30 | 128 | 00:00:50 | 00:32:48 | 01:03:33.15 | 01:04:23.70 | +00:28:24 (44.7%) | 6:21 | 9.4 (55.0%) |
| 382 | KOLASIŃSKA Joanna | 156 | RUN BYDGOSZCZ | K-30 | 37 | 00:00:54 | 00:30:58 | 01:03:42.50 | 01:04:36.65 | +00:28:33 (44.8%) | 6:22 | 9.4 (55.0%) |
| 383 | ORYSIAK Agnieszka | 285 | RYNEK INSTALACYJNY | K-40 | 21 | 00:00:37 | 00:31:32 | 01:03:44.10 | 01:04:22.05 | +00:28:35 (44.9%) | 6:22 | 9.4 (55.0%) |
| 384 | KRZYŻANOWSKI Adrian | 188 | KLIMA-THERM TEAM | M-20 | 47 | 00:00:42 | 00:29:55 | 01:03:46.40 | 01:04:28.40 | +00:28:37 (44.9%) | 6:22 | 9.4 (55.0%) |
| 385 | PODGÓRNIAK Zdzieszko | 316 | KLIMOR TEAM | M-20 | 48 | 00:00:40 | 00:28:17 | 01:03:50.15 | 01:04:30.90 | +00:28:41 (44.9%) | 6:23 | 9.4 (55.0%) |
| 386 | DUTKIEWICZ Urszula | 77 | TKKF KOLEJARZ BYDGOSZCZ | K-30 | 38 | 00:00:20 | 00:30:23 | 01:03:56.55 | 01:04:17.15 | +00:28:47 (45.0%) | 6:23 | 9.4 (55.0%) |
| 387 | PĘKACKI Łukasz | 304 | ALNOR SYSTEMY WENTYLACJI SP. Z O.O. | M-30 | 129 | 00:00:34 | 00:29:00 | 01:03:59.25 | 01:04:33.85 | +00:28:50 (45.1%) | 6:23 | 9.4 (55.0%) |
| 388 | MARCINIAK Justyna | 230 | | K-30 | 39 | 00:00:47 | 00:30:44 | 01:04:06.25 | 01:04:53.60 | +00:28:57 (45.2%) | 6:24 | 9.4 (55.0%) |
| 389 | KUBAS Marek | 189 | | M-50 | 37 | 00:00:47 | 00:31:00 | 01:04:08.50 | 01:04:55.90 | +00:28:59 (45.2%) | 6:24 | 9.4 (55.0%) |
| 390 | BYRTEK Grzegorz | 36 | | M-40 | 83 | 00:00:11 | 00:29:34 | 01:04:13.80 | 01:04:25.60 | +00:29:05 (45.3%) | 6:25 | 9.3 (54.4%) |
| 391 | KRUSZYŃSKI Mariusz | 182 | DRUŻYNA SZPIKU | M-40 | 84 | 00:00:39 | 00:29:36 | 01:04:23.55 | 01:05:02.70 | +00:29:14 (45.4%) | 6:26 | 9.3 (54.4%) |
| 392 | JURECKA Anna | 137 | REMKAN POZNAŃ | K-30 | 40 | 00:00:31 | 00:32:01 | 01:04:27.65 | 01:04:59.00 | +00:29:19 (45.5%) | 6:26 | 9.3 (54.4%) |
| 393 | KUZIEMSKA Anna | 200 | ELEKTRO.INFO | K-30 | 41 | 00:00:37 | 00:32:07 | 01:04:59.70 | 01:05:37.00 | +00:29:51 (45.9%) | 6:30 | 9.2 (53.8%) |
| 394 | GROCHOWALSKA Marzena | 110 | BYDGOSZCZ | K-30 | 42 | 00:00:45 | 00:30:58 | 01:05:10.90 | 01:05:56.50 | +00:30:02 (46.1%) | 6:31 | 9.2 (53.8%) |
| 395 | ZAWIERACZ Robert | 465 | PIĘKNE POJEZIERZE BRODNICKIE | M-30 | 130 | 00:00:47 | 00:31:10 | 01:05:20.55 | 01:06:08.20 | +00:30:11 (46.2%) | 6:32 | 9.2 (53.8%) |
| 396 | GMAJ Karolina | 94 | | K-30 | 43 | 00:00:26 | 00:29:07 | 01:05:31.20 | 01:05:57.35 | +00:30:22 (46.4%) | 6:33 | 9.2 (53.8%) |
| 397 | CZAJKA Aleksandra | 49 | MALDOM KWIDZYN | K-16 | 3 | 00:00:33 | 00:30:25 | 01:05:34.00 | 01:06:07.60 | +00:30:25 (46.4%) | 6:33 | 9.2 (53.8%) |
| 398 | CZAJKA Krzysztof | 48 | MALDOM KWIDZYN | M-40 | 85 | 00:00:33 | 00:30:25 | 01:05:35.10 | 01:06:08.50 | +00:30:26 (46.4%) | 6:33 | 9.1 (53.2%) |
| 399 | MYŻYŃSKI Maciej | 263 | | M-40 | 86 | 00:00:55 | 00:29:49 | 01:05:43.50 | 01:06:38.85 | +00:30:34 (46.5%) | 6:34 | 9.1 (53.2%) |
| 400 | FRYŻEWSKI Michał | 83 | POLACY DLA POLSKI :-) | M-40 | 87 | 00:00:47 | 00:31:08 | 01:05:49.75 | 01:06:37.60 | +00:30:41 (46.6%) | 6:35 | 9.1 (53.2%) |
| 401 | KRAWCZYK Bartłomiej | 179 | MECHVENT TEAM | M-30 | 131 | 00:00:34 | 00:32:06 | 01:06:05.35 | 01:06:40.25 | +00:30:56 (46.8%) | 6:36 | 9.1 (53.2%) |
| 402 | PASIEKA Magda | 297 | MAM TĘ MOC | K-30 | 44 | 00:00:39 | 00:31:59 | 01:06:10.00 | 01:06:49.00 | +00:31:01 (46.9%) | 6:37 | 9.1 (53.2%) |
| 403 | GACKOWSKI Edward | 87 | | M-60+ | 11 | 00:00:30 | 00:31:14 | 01:06:22.10 | 01:06:52.30 | +00:31:13 (47.0%) | 6:38 | 9 (52.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | startu | 5km | 10km | 10km | | | |
| 404 | DOMKA Krzysztof | 71 | REZERWOWE PSY | M-30 | 132 | 00:00:37 | 00:31:08 | 01:06:26.75 | 01:07:03.85 | +00:31:18 (47.1%) | 6:38 | 9 (52.6%) |
| 405 | - - | 568 | | K-20 | 13 | 00:00:30 | 00:30:40 | 01:06:36.45 | 01:07:06.95 | +00:31:27 (47.2%) | 6:39 | 9 (52.6%) |
| 406 | PIECYK-CZAJA Sonia | 308 | | K-30 | 45 | 00:00:43 | 00:32:04 | 01:06:45.75 | 01:07:29.55 | +00:31:37 (47.4%) | 6:40 | 9 (52.6%) |
| 407 | CUDAK Małgorzata | 46 | AQUA 4 | K-30 | 46 | 00:00:44 | 00:31:44 | 01:06:52.25 | 01:07:36.80 | +00:31:43 (47.4%) | 6:41 | 9 (52.6%) |
| 408 | TOMASZEK Sebastian | 415 | | M-30 | 133 | 00:00:50 | 00:33:44 | 01:06:58.30 | 01:07:48.40 | +00:31:49 (47.5%) | 6:41 | 9 (52.6%) |
| 409 | WIKTOROWICZ Dominika | 438 | | K-20 | 14 | 00:00:37 | 00:32:07 | 01:06:59.35 | 01:07:37.00 | +00:31:50 (47.5%) | 6:42 | 9 (52.6%) |
| 410 | ZIELIŃSKI Mateusz | 467 | | M-30 | 134 | 00:00:40 | 00:31:08 | 01:07:01.20 | 01:07:41.50 | +00:31:52 (47.6%) | 6:42 | 9 (52.6%) |
| 411 | CZARNY Krzysztof | 52 | MWIK BYDGOSZCZ | M-50 | 38 | 00:00:32 | 00:31:10 | 01:07:05.10 | 01:07:37.90 | +00:31:56 (47.6%) | 6:42 | 8.9 (52.0%) |
| 412 | JACOBI Maciej | 120 | | M-20 | 49 | 00:00:35 | 00:31:21 | 01:07:36.95 | 01:08:12.20 | +00:32:28 (48.0%) | 6:45 | 8.9 (52.0%) |
| 413 | BURCHARDT Mirka | 32 | RWT W BYDGOSZCZY | K-60+ | 1 | 00:00:33 | 00:29:46 | 01:07:37.10 | 01:08:10.40 | +00:32:28 (48.0%) | 6:45 | 8.9 (52.0%) |
| 414 | CZYŻEWSKA Justyna | 57 | | K-30 | 47 | 00:00:38 | 00:31:46 | 01:07:41.00 | 01:08:19.60 | +00:32:32 (48.1%) | 6:46 | 8.9 (52.0%) |
| 415 | DRAPIEWSKI Przemysław | 73 | RUN BYDGOSZCZ | M-40 | 88 | 00:00:25 | 00:31:58 | 01:07:43.10 | 01:08:08.60 | +00:32:34 (48.1%) | 6:46 | 8.9 (52.0%) |
| 416 | PIETRASZAK Tomasz | 311 | RUN BYDGOSZCZ | M-40 | 89 | 00:00:25 | 00:31:58 | 01:07:43.25 | 01:08:08.60 | +00:32:34 (48.1%) | 6:46 | 8.9 (52.0%) |
| 417 | SZEWczyk Karolina | 398 | | K-30 | 48 | 00:00:31 | 00:31:06 | 01:08:37.10 | 01:09:08.90 | +00:33:28 (48.8%) | 6:51 | 8.7 (50.9%) |
| 418 | KRAWCZAK Maciej | 178 | ASPEKT TEAM | M-40 | 90 | 00:00:05 | 00:33:30 | 01:08:45.20 | 01:08:50.70 | +00:33:36 (48.9%) | 6:52 | 8.7 (50.9%) |
| 419 | SCHULZ Maciej | 476 | PRUSZCZ BIEGA | M-40 | 91 | 00:00:41 | 00:32:46 | 01:09:13.00 | 01:09:54.35 | +00:34:04 (49.2%) | 6:55 | 8.7 (50.9%) |
| 420 | WALENTYNOWICZ Aneta | 475 | PRUSZCZ BIEGA | K-30 | 49 | 00:00:41 | 00:32:46 | 01:09:13.15 | 01:09:54.40 | +00:34:04 (49.2%) | 6:55 | 8.7 (50.9%) |
| 421 | RATAJCZYK Ewa | 333 | HEFALUMPY | K-40 | 22 | 00:00:38 | 00:33:23 | 01:09:14.00 | 01:09:52.80 | +00:34:05 (49.2%) | 6:55 | 8.7 (50.9%) |
| 422 | PIANOWSKA Ewa | 306 | BIURO INŻYNIERII ŚRODOWISKA | K-50 | 5 | 00:00:42 | 00:32:08 | 01:09:14.60 | 01:09:57.40 | +00:34:05 (49.2%) | 6:55 | 8.7 (50.9%) |
| 423 | DREWS Maciej | 75 | INTECH | M-30 | 135 | 00:00:19 | 00:31:05 | 01:09:17.00 | 01:09:36.95 | +00:34:08 (49.3%) | 6:55 | 8.7 (50.9%) |
| 424 | MICHALSKA Grażyna | 244 | KLIMAT SOLEC | K-30 | 50 | 00:00:48 | 00:32:32 | 01:09:19.05 | 01:10:07.75 | +00:34:10 (49.3%) | 6:55 | 8.7 (50.9%) |
| 425 | MIOTK Marek | 255 | KLIMOR TEAM | M-30 | 136 | 00:00:39 | 00:33:55 | 01:09:38.80 | 01:10:18.50 | +00:34:30 (49.5%) | 6:57 | 8.6 (50.3%) |
| 426 | URBAŃSKI Hubert | 484 | RUN TEAM | M-16 | 6 | 00:00:32 | 00:34:07 | 01:09:39.60 | 01:10:12.40 | +00:34:30 (49.5%) | 6:58 | 8.6 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|-------------------------------------|-----------|------|----------|----------|-----------------|------------------|-------------------|--------------|-------------|
| | | | | | | startu | 5km | | | | | |
| 427 | URBAŃSKI Piotr | 483 | | M-40 | 92 | 00:00:32 | 00:33:15 | 01:09:40.10 | 01:10:12.30 | +00:34:31 (49.6%) | 6:58 | 8.6 (50.3%) |
| 428 | JASTRZĘBSKI Mirosław | 129 | MECHVENT TEAM | M-60+ | 12 | 00:00:48 | 00:32:16 | 01:10:00.95 | 01:10:49.15 | +00:34:52 (49.8%) | 7:00 | 8.6 (50.3%) |
| 429 | ZIEGERT Jakub | 466 | MECHVENT TEAM | M-20 | 50 | 00:00:35 | 00:32:29 | 01:10:13.25 | 01:10:48.65 | +00:35:04 (50.0%) | 7:01 | 8.5 (49.7%) |
| 430 | KUCZYŃSKI Jarosław | 192 | MECHVENT TEAM | M-20 | 51 | 00:00:35 | 00:32:30 | 01:10:13.65 | 01:10:49.15 | +00:35:05 (50.0%) | 7:01 | 8.5 (49.7%) |
| 431 | BUBLIK Marta | 29 | RUN BYDGOSZCZ | K-30 | 51 | 00:00:56 | 00:33:35 | 01:10:15.30 | 01:11:11.95 | +00:35:06 (50.0%) | 7:01 | 8.5 (49.7%) |
| 432 | GORGOL Renata | 98 | RUN BYDGOSZCZ | K-40 | 23 | 00:00:56 | 00:33:35 | 01:10:15.90 | 01:11:12.20 | +00:35:07 (50.0%) | 7:01 | 8.5 (49.7%) |
| 433 | PISANKO Marcin | 314 | ZP SERWIS | M-30 | 137 | 00:00:53 | 00:34:05 | 01:10:46.25 | 01:11:39.90 | +00:35:37 (50.3%) | 7:04 | 8.5 (49.7%) |
| 434 | SOBOCZYŃSKA-ŚLEDŹ Joanna | 366 | | K-30 | 52 | 00:00:31 | 00:33:32 | 01:11:01.40 | 01:11:33.20 | +00:35:52 (50.5%) | 7:06 | 8.4 (49.1%) |
| 435 | PAKULSKA Dorota | 293 | | K-40 | 24 | 00:00:35 | 00:33:37 | 01:11:03.85 | 01:11:39.75 | +00:35:55 (50.5%) | 7:06 | 8.4 (49.1%) |
| 436 | NOWAK Monika | 275 | | K-20 | 15 | 00:00:44 | 00:33:34 | 01:11:06.35 | 01:11:51.20 | +00:35:57 (50.6%) | 7:06 | 8.4 (49.1%) |
| 437 | MAN Beata | 226 | KLIMAT SOLEC | K-30 | 53 | 00:00:44 | 00:33:57 | 01:11:10.50 | 01:11:55.40 | +00:36:01 (50.6%) | 7:07 | 8.4 (49.1%) |
| 438 | MAJEWSKA Małgorzata | 219 | MM | K-60+ | 2 | 00:00:45 | 00:33:55 | 01:11:19.85 | 01:12:04.95 | +00:36:11 (50.7%) | 7:07 | 8.4 (49.1%) |
| 439 | KAŁUSKI Jacek | 141 | MECHVENT TEAM | M-40 | 93 | 00:00:44 | 00:33:08 | 01:11:30.65 | 01:12:15.30 | +00:36:22 (50.9%) | 7:09 | 8.4 (49.1%) |
| 440 | SZALA Monika | 388 | | K-30 | 54 | 00:00:46 | 00:34:38 | 01:11:50.00 | 01:12:36.20 | +00:36:41 (51.1%) | 7:11 | 8.4 (49.1%) |
| 441 | IDZIAK Sylwia | 117 | ALNOR SYSTEMY WENTYLACJI SP. Z O.O. | K-30 | 55 | 00:00:29 | 00:32:10 | 01:11:50.25 | 01:12:19.70 | +00:36:41 (51.1%) | 7:11 | 8.4 (49.1%) |
| 442 | GRACZYKOWSKI Andrzej | 105 | | M-40 | 94 | 00:00:52 | 00:34:20 | 01:12:08.50 | 01:13:01.40 | +00:36:59 (51.3%) | 7:12 | 8.3 (48.5%) |
| 443 | JANKOWSKI Dawid | 126 | | M-30 | 138 | 00:00:16 | 00:33:19 | 01:12:24.50 | 01:12:40.60 | +00:37:15 (51.5%) | 7:14 | 8.3 (48.5%) |
| 444 | SIKORA Artur | 361 | | M-40 | 95 | 00:00:59 | 00:37:27 | 01:13:08.45 | 01:14:07.50 | +00:37:59 (52.0%) | 7:18 | 8.2 (48.0%) |
| 445 | OWIEŚNY Łukasz | 292 | KLIMAT SOLEC | M-30 | 139 | 00:00:45 | 00:34:21 | 01:13:39.75 | 01:14:25.35 | +00:38:31 (52.3%) | 7:22 | 8.1 (47.4%) |
| 446 | BIELIŃSKA Hania | 18 | ZP SERWIS | K-30 | 56 | 00:00:54 | 00:34:49 | 01:14:28.10 | 01:15:22.25 | +00:39:19 (52.8%) | 7:26 | 8.1 (47.4%) |
| 447 | PIANOWSKI Marek | 307 | BIURO INŻYNIERII ŚRODOWISKA | M-50 | 39 | 00:00:57 | 00:34:56 | 01:15:06.35 | 01:16:04.30 | +00:39:57 (53.2%) | 7:30 | 8 (46.8%) |
| 448 | ANASZEWICZ Dawid | 1 | BHP-SERVICE | M-30 | 140 | 00:00:26 | 00:36:29 | 01:15:32.50 | 01:15:59.40 | +00:40:23 (53.5%) | 7:33 | 7.9 (46.2%) |
| 449 | KROLL Agnieszka | 181 | | K-20 | 16 | 00:00:29 | 00:35:57 | 01:15:49.00 | 01:16:18.35 | +00:40:40 (53.6%) | 7:34 | 7.9 (46.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 450 | BOŚ Hania | 25 | AMATORKA | K-40 | 25 | 00:00:44 | 00:35:37 | 01:16:06.00 | 01:16:50.20 | +00:40:57 (53.8%) | 7:36 | 7.9 (46.2%) |
| 451 | NAWROCKI Adam | 267 | ASPEKT TEAM | M-40 | 96 | 00:00:05 | 00:36:36 | 01:16:44.50 | 01:16:50.00 | +00:41:35 (54.2%) | 7:40 | 7.8 (45.6%) |
| 452 | GIL Magdalena | 91 | | K-30 | 57 | 00:00:54 | 00:36:01 | 01:17:20.15 | 01:18:15.05 | +00:42:11 (54.6%) | 7:44 | 7.8 (45.6%) |
| 453 | LIBERA Sabina | 207 | PARKRAN BYDGOSZCZ | K-40 | 26 | 00:00:46 | 00:36:39 | 01:17:38.95 | 01:18:25.90 | +00:42:30 (54.7%) | 7:45 | 7.7 (45.0%) |
| 454 | ŚPIAKOWSKA Dorota | 409 | | K-30 | 58 | 00:00:49 | 00:37:15 | 01:22:33.75 | 01:23:23.60 | +00:47:25 (57.4%) | 8:15 | 7.3 (42.7%) |
| 455 | CEJKO Sławomir | 506 | | M-40 | 97 | 00:00:58 | 00:39:21 | 01:25:26.15 | 01:26:25.00 | +00:50:17 (58.9%) | 8:32 | 7 (40.9%) |
| 456 | SAMUL Ewa | 355 | MALTAŃCZYCY | K-30 | 59 | 00:00:58 | 00:39:20 | 01:25:27.25 | 01:26:25.50 | +00:50:18 (58.9%) | 8:32 | 7 (40.9%) |
| 457 | KOSKO-NOWAK Magdalena | 160 | | K-50 | 6 | 00:00:55 | 00:39:22 | 01:25:30.15 | 01:26:25.20 | +00:50:21 (58.9%) | 8:33 | 7 (40.9%) |
| 458 | MUL Marek | 261 | BŁĄDZIMSKIE ZAJĄCE | M-40 | 98 | 00:00:12 | 00:22:58 | | | +00:05:46 | 4:35 | 13.1 (76.6%) |
| 459 | LEWANDOWSKI Maciej | 245 | | M-20 | 52 | 00:01:00 | | | | | | (0.0%) |

Znaleziono 459 wynik(ów)