

Classification: Mężczyźni

Split point: 113,1 km

| Place | Participant | Number | Club | Category | Drużyna | Swimming | | | Cycling | | | | | | Race | | | | | |
|-------|-----------------------|--------|------------------------------------|----------|---------------------------------|------------------|-----------------|-----|-----------------|-------------|------------------|-------------|------------------|-------------|-----------------|---------------------|---------------------|----------------------|----------|----------|
| | | | | | | P_Borowno 0.95km | P_Borowno 1.9km | Poz | R_Kotomierz 5km | R_Lidl 20km | R_Kotomierz 40km | R_Lidl 55km | R_Kotomierz 75km | R_Lidl 90km | Poz | B_Announcer 6.465km | B_Announcer 7.265km | B_Announcer 13.731km | | |
| 1 | KUZMINSKYI Andrii | 661 | SBR88 | M25-29 | | 00:13:31 | 00:27:38 | 4 | 00:02:24 | 00:08:55 | 00:30:43 | 01:02:16 | 01:24:51 | 01:56:39 | 02:19:59 | 4 | 00:01:30 | 00:26:27 | 00:29:53 | 00:55:35 |
| 2 | WOJNAR Robert | 842 | | M40-44 | | 00:16:40 | 00:33:27 | 52 | 00:02:30 | 00:08:54 | 00:30:55 | 01:01:50 | 01:24:02 | 01:55:29 | 02:17:56 | 2 | 00:01:34 | 00:25:51 | 00:29:13 | 00:55:05 |
| 3 | TOCHOWICZ Kasper | 813 | | M18-24 | | 00:13:41 | 00:27:46 | 6 | 00:02:49 | 00:09:04 | 00:32:01 | 01:05:03 | 01:28:01 | 02:00:52 | 02:23:23 | 9 | 00:01:16 | 00:26:01 | 00:29:29 | 00:56:13 |
| 4 | KALINOWSKI Paweł | 613 | BURNING FOR KONA | M30-34 | Burning for Kona | 00:13:50 | 00:28:09 | 8 | 00:02:42 | 00:09:22 | 00:32:18 | 01:04:43 | 01:27:56 | 02:00:38 | 02:23:16 | 8 | 00:01:47 | 00:26:44 | 00:30:09 | 00:56:53 |
| 5 | ZIĘBA Adam | 860 | NOVO NORDISK/TRISPACE | M40-44 | Trispace | 00:16:45 | 00:33:56 | 65 | 00:02:24 | 00:09:00 | 00:30:57 | 01:02:17 | 01:24:56 | 01:56:59 | 02:20:01 | 5 | 00:01:14 | 00:26:04 | 00:29:31 | 00:55:44 |
| 6 | MAZUR Paweł | 688 | UKS TRS SUSZ/AGROLOK SPORT TEAM | M25-29 | UKS TRS SUSZ/AGROLOK SPORT TEAM | 00:13:49 | 00:28:24 | 11 | 00:02:30 | 00:09:34 | 00:32:55 | 01:05:52 | 01:29:24 | 02:02:39 | 02:27:06 | 13 | 00:01:22 | 00:25:45 | 00:29:13 | 00:55:48 |
| 7 | PLUTA Gniewomir | 741 | UKS TRS SUSZ | M35-39 | UKS TRS SUSZ/AGROLOK SPORT TEAM | 00:13:54 | 00:28:15 | 10 | 00:02:35 | 00:09:35 | 00:32:58 | 01:05:59 | 01:29:29 | 02:02:42 | 02:27:09 | 15 | 00:01:15 | 00:26:44 | 00:30:25 | 00:58:19 |
| 8 | NAWROCKI Kamil | 715 | ENDURE TEAM | M25-29 | ENDURE TEAM | 00:15:10 | 00:31:48 | 32 | 00:02:33 | 00:09:30 | 00:32:40 | 01:05:17 | 01:28:44 | 02:01:57 | 02:25:29 | 11 | 00:01:30 | 00:27:03 | 00:30:35 | 00:57:25 |
| 9 | DASKO Jevgenijs | 548 | IRONMAN.LV | M30-34 | | 00:15:13 | 00:31:06 | 22 | 00:02:55 | 00:08:50 | 00:30:53 | 01:00:52 | 01:25:20 | 01:57:30 | 02:19:53 | 3 | 00:01:16 | 00:26:11 | 00:29:46 | 00:58:42 |
| 10 | HOPPE Mateusz | 593 | SKŻ SOPOT | M25-29 | | 00:14:29 | 00:29:58 | 17 | 00:02:44 | 00:09:02 | 00:31:34 | 01:03:42 | 01:26:24 | 01:58:42 | 02:21:14 | 6 | 00:01:59 | 00:27:41 | 00:31:30 | 01:00:24 |
| 11 | WOLSKI Krzysztof | 844 | | M30-34 | | 00:13:09 | 00:27:07 | 3 | 00:02:49 | 00:09:07 | 00:32:09 | 01:05:08 | 01:28:53 | 02:03:28 | 02:29:05 | 21 | 00:01:33 | 00:25:43 | 00:29:07 | 00:56:53 |
| 12 | SZEFER Piotr | 797 | BURNING FOR KONA | M40-44 | Burning for Kona | 00:16:44 | 00:33:33 | 57 | 00:02:23 | 00:09:09 | 00:31:19 | 01:02:45 | 01:25:36 | 01:58:42 | 02:22:02 | 7 | 00:01:09 | 00:27:52 | 00:31:43 | 01:00:13 |
| 13 | KISTOWSKI Kacper | 627 | WUEF TRI TEAM | M18-24 | Wuef Tri Team 1 | 00:18:06 | 00:36:29 | 117 | 00:03:30 | 00:08:35 | 00:29:34 | 00:59:44 | 01:21:23 | 01:51:42 | 02:13:22 | 1 | 00:01:11 | 00:27:20 | 00:31:19 | 01:00:41 |
| 14 | SOWA Michał | 785 | PROGRESS TRIATHLON TEAM/ ALBATROSY | M30-34 | Od amatora do PROsa | 00:15:10 | 00:31:17 | 24 | 00:02:26 | 00:09:25 | 00:32:09 | 01:04:39 | 01:28:00 | 02:01:23 | 02:25:22 | 10 | 00:01:23 | 00:28:58 | 00:32:45 | 01:00:19 |
| 15 | HLAVAC Lumir | 592 | SK FUGA | M40-44 | | 00:13:52 | 00:28:14 | 9 | 00:03:19 | 00:09:35 | 00:32:55 | 01:06:21 | 01:30:36 | 02:05:12 | 02:30:23 | 24 | 00:02:08 | 00:26:08 | 00:29:45 | 00:56:48 |
| 16 | SIKORSKI Leszek | 770 | | M30-34 | | 00:16:26 | 00:33:23 | 49 | 00:03:20 | 00:10:46 | 00:35:01 | 01:10:35 | 01:36:12 | 02:12:21 | 02:38:00 | 83 | 00:01:26 | 00:24:14 | 00:27:29 | 00:51:45 |
| 17 | MAZUR Marek | 689 | | M30-34 | | 00:16:46 | 00:34:18 | 70 | 00:03:09 | 00:09:16 | 00:32:36 | 01:05:52 | 01:30:01 | 02:04:10 | 02:28:27 | 18 | 00:01:33 | 00:26:35 | 00:30:32 | 00:58:03 |
| 18 | NAPIÓRKOWSKI Jakub | 713 | LUFT TRI TEAM | M25-29 | | 00:16:09 | 00:33:03 | 45 | 00:02:42 | 00:09:31 | 00:33:34 | 01:07:52 | 01:32:06 | 02:06:12 | 02:29:51 | 22 | 00:01:37 | 00:26:59 | 00:30:44 | 00:58:17 |
| 19 | DEMBIŃSKI Marek | 551 | WÓJTOWICZ TRI TEAM | M40-44 | | 00:13:44 | 00:27:42 | 5 | 00:02:39 | 00:09:59 | 00:34:02 | 01:09:47 | 01:35:37 | 02:11:24 | 02:35:42 | 64 | 00:01:28 | 00:26:50 | 00:30:27 | 00:58:50 |
| 20 | KOŁAKOWSKI Tomasz | 634 | TO TYLKO TRIATHLON | M25-29 | To Tylko Triathlon | 00:16:02 | 00:32:46 | 41 | 00:03:21 | 00:10:01 | 00:35:37 | 01:11:40 | 01:36:35 | 02:11:34 | 02:37:35 | 78 | 00:01:51 | 00:24:21 | 00:27:44 | 00:53:13 |
| 21 | PELC Marcin | 733 | TRISPACE | M30-34 | Trispace | 00:14:00 | 00:28:59 | 13 | 00:02:48 | 00:09:39 | 00:32:42 | 01:05:30 | 01:29:06 | 02:02:53 | 02:27:51 | 17 | 00:02:04 | 00:27:59 | 00:31:54 | 01:03:18 |
| 22 | ZIENKIEWICZ Janusz | 683 | TRISPACE | M45-49 | Trispace | 00:15:17 | 00:31:18 | 25 | 00:03:03 | 00:09:41 | 00:33:22 | 01:07:35 | 01:31:59 | 02:06:32 | 02:37:54 | 80 | 00:01:19 | 00:27:34 | 00:31:11 | 00:59:09 |
| 23 | GOŁEMBIEWSKI Marek | 578 | B4SPORT-MUKS PIĘTNASTKA BYDGOSZCZ | M45-49 | | 00:17:59 | 00:36:46 | 124 | 00:03:13 | 00:09:44 | 00:32:53 | 01:06:38 | 01:30:51 | 02:05:50 | 02:30:53 | 27 | 00:01:37 | 00:27:36 | 00:31:20 | 00:59:35 |
| 24 | IGNATOWICZ Andrzej | 597 | TRUCHT TARCHOMIN TEAM | M40-44 | | 00:16:13 | 00:33:05 | 46 | 00:03:29 | 00:10:14 | 00:34:25 | 01:09:02 | 01:33:21 | 02:08:59 | 02:34:24 | 58 | 00:02:35 | 00:27:22 | 00:31:08 | 00:59:12 |
| 25 | WRZOCHALSKI Robert | 855 | TRIDEA TEAM | M40-44 | | 00:16:46 | 00:34:02 | 67 | 00:02:53 | 00:09:21 | 00:32:12 | 01:04:47 | 01:28:04 | 02:01:56 | 02:26:33 | 12 | 00:01:36 | 00:28:38 | 00:32:35 | 01:03:32 |
| 26 | PILARCZYK Krzysztof | 738 | BURNING FOR KONA | M30-34 | Burning for Kona | 00:16:39 | 00:33:31 | 56 | 00:02:20 | 00:07:02 | 00:33:12 | 01:06:47 | 01:30:54 | 02:07:03 | 02:33:11 | 48 | 00:01:32 | 00:28:29 | 00:32:18 | 01:01:36 |
| 27 | GNIOT Jacek | 577 | WOJSKOWE ZAKŁADY UZBROJENIA S.A. | M45-49 | | 00:18:26 | 00:37:38 | 153 | 00:02:35 | 00:09:37 | 00:32:31 | 01:06:09 | 01:30:15 | 02:04:28 | 02:28:46 | 20 | 00:01:37 | 00:28:57 | 00:32:54 | 01:01:33 |
| 28 | JAŚKIEWICZ Marcin | 605 | CARSEKT | M30-34 | | 00:14:40 | 00:30:02 | 18 | 00:02:22 | 00:08:29 | 00:34:05 | 01:08:29 | 01:34:02 | 02:09:17 | 02:33:52 | 55 | 00:01:15 | 00:29:17 | 00:33:14 | 01:03:35 |
| 29 | MAGDZIARZ Jakub | 672 | KANCELARIA HMM | M35-39 | | 00:17:03 | 00:33:49 | 63 | 00:02:40 | 00:09:53 | 00:33:37 | 01:07:48 | 01:32:39 | 02:07:43 | 02:33:02 | 46 | 00:01:29 | 00:29:02 | 00:32:54 | 01:01:46 |
| 30 | NIEDZIAŁKOWSKI Patryk | 718 | | M18-24 | | 00:18:27 | 00:37:15 | 142 | 00:03:11 | 00:10:04 | 00:33:57 | 01:09:21 | 01:34:46 | 02:10:41 | 02:36:43 | 72 | 00:01:21 | 00:25:43 | 00:29:10 | 00:56:36 |
| 31 | CZAJKOWSKI Zbigniew | 543 | | M40-44 | | 00:16:03 | 00:33:03 | 44 | 00:02:55 | 00:09:48 | 00:33:30 | 01:07:50 | 01:32:51 | 02:08:32 | 02:34:07 | 56 | 00:01:16 | 00:28:53 | 00:32:44 | 01:02:16 |
| 32 | HERMELIN Wojciech | 590 | KANCELARIA HMM | M35-39 | | 00:14:57 | 00:30:48 | 20 | 00:02:48 | 00:09:36 | 00:33:30 | 01:06:48 | 01:31:22 | 02:06:15 | 02:31:38 | 32 | 00:01:13 | 00:29:43 | 00:33:46 | 01:04:55 |
| 33 | RUPIETA Maksym | 758 | WUEF TRI TEAM | M35-39 | Wuef Tri Team 1 | 00:15:31 | 00:31:20 | 26 | 00:03:17 | 00:11:18 | 00:37:06 | 01:13:32 | 01:38:21 | 02:15:07 | 02:41:16 | 111 | 00:02:16 | 00:27:52 | 00:31:32 | 00:58:39 |
| 34 | KALINOWSKI Paweł | 612 | OSW TRI TEAM | M45-49 | OSW TRI TEAM | 00:19:00 | 00:38:53 | 179 | 00:03:12 | 00:09:58 | 00:33:44 | 01:08:40 | 01:33:52 | 02:09:00 | 02:34:23 | 57 | 00:02:22 | 00:27:36 | 00:31:10 | 00:58:18 |

| | | | | Swimming | | | | | Cycling | | | | | Race | | | | | | |
|----|------------------------|-----|---|----------|-------------------------------------|----------|----------|-----|----------|----------|----------|----------|----------|----------|----------|-----|----------|----------|----------|----------|
| 35 | WALCZAK Michał | 827 | 3GRAVITY | M30-34 | 3Gravity | 00:17:06 | 00:34:46 | 77 | 00:02:32 | 00:10:46 | 00:35:35 | 01:11:01 | 01:35:52 | 02:12:37 | 02:38:48 | 92 | 00:01:17 | 00:26:45 | 00:30:25 | 00:59:10 |
| 36 | MALEC Marek | 677 | | M30-34 | | 00:14:29 | 00:29:37 | 15 | 00:02:42 | 00:09:51 | 00:34:13 | 01:09:11 | 01:34:15 | 02:09:09 | 02:34:40 | 59 | 00:01:26 | 00:29:16 | 00:33:13 | 01:03:43 |
| 37 | JABŁONSKI Marcin | 598 | KRYSPOORT TEAM | M45-49 | FUJI KRYSPOORT TEAM | 00:18:34 | 00:38:13 | 167 | 00:02:35 | 00:09:58 | 00:33:11 | 01:07:29 | 01:31:48 | 02:07:30 | 02:33:14 | 50 | 00:01:59 | 00:28:22 | 00:32:05 | 01:00:59 |
| 38 | PATALON Piotr | 732 | ORKAMASTERS IŁAWA | M45-49 | OrkaMasters Iława | 00:18:00 | 00:35:34 | 94 | 00:03:17 | 00:09:44 | 00:33:39 | 01:07:49 | 01:31:55 | 02:07:00 | 02:31:41 | 33 | 00:01:20 | 00:28:51 | 00:32:48 | 01:02:52 |
| 39 | SKŁADANOWSKI Marek | 773 | | M25-29 | | 00:15:58 | 00:32:34 | 37 | 00:03:15 | 00:09:53 | 00:33:30 | 01:08:14 | 01:33:19 | 02:08:29 | 02:33:26 | 52 | 00:01:40 | 00:29:37 | 00:33:39 | 01:04:06 |
| 40 | NAROŻNIK Maciej | 714 | DOMINO JACHAS TRIATHLON TEAM | M30-34 | | 00:14:06 | 00:29:14 | 14 | 00:02:29 | 00:10:35 | 00:35:37 | 01:10:57 | 01:35:03 | 02:11:27 | 02:37:40 | 79 | 00:01:51 | 00:29:19 | 00:33:20 | 01:03:47 |
| 41 | WNEK Jarosław | 840 | KUPSZOSE.PL | M25-29 | | 00:14:31 | 00:30:17 | 19 | 00:03:11 | 00:09:48 | 00:32:48 | 01:06:18 | 01:30:34 | 02:06:22 | 02:31:14 | 30 | 00:01:35 | 00:30:11 | 00:34:25 | 01:06:44 |
| 42 | WIERZBOWSKI Krzysztof | 836 | MOTOINTEGRATOR RUNNING TEAM | M35-39 | | 00:17:13 | 00:35:56 | 106 | 00:02:28 | 00:09:15 | 00:31:37 | 01:04:37 | 01:27:53 | 02:02:11 | 02:27:11 | 16 | 00:01:34 | 00:29:34 | 00:33:39 | 01:05:32 |
| 43 | CUPA Ireneusz | 540 | | M40-44 | | 00:17:48 | 00:37:01 | 135 | 00:03:32 | 00:10:11 | 00:33:25 | 01:07:29 | 01:31:17 | 02:06:08 | 02:30:55 | 28 | 00:02:41 | 00:30:15 | 00:34:13 | 01:04:21 |
| 44 | IGNACZAK Piotr | 596 | TRISPACE | M40-44 | Trispace | 00:18:27 | 00:37:32 | 150 | 00:03:36 | 00:09:37 | 00:33:07 | 01:06:47 | 01:31:05 | 02:06:38 | 02:31:50 | 37 | 00:01:40 | 00:29:08 | 00:33:09 | 01:03:35 |
| 45 | LIGENZA Kamil | 664 | GT RAT | M25-29 | | 00:15:46 | 00:32:38 | 40 | 00:03:55 | 00:09:31 | 00:32:21 | 01:06:20 | 01:29:58 | 02:05:03 | 02:30:17 | 23 | 00:01:29 | 00:30:18 | 00:34:27 | 01:10:20 |
| 46 | KORBACZ Łukasz | 638 | | M30-34 | | 00:16:16 | 00:32:50 | 42 | 00:02:47 | 00:09:52 | 00:34:58 | 01:11:07 | 01:37:09 | 02:13:59 | 02:40:46 | 106 | 00:03:52 | 00:27:12 | 00:31:07 | 01:00:13 |
| 47 | TEMPSKI Patryk | 873 | DRUŻYNA TVN | M30-34 | Drużyna TVN | 00:14:51 | 00:31:39 | 30 | 00:03:22 | 00:10:32 | 00:34:49 | 01:10:19 | 01:35:15 | 02:10:51 | 02:35:42 | 65 | 00:01:38 | 00:29:33 | 00:33:38 | 01:05:54 |
| 48 | HYHS Jan | 594 | OSW TRI TEAM | M25-29 | OSW TRI TEAM | 00:17:52 | 00:35:23 | 88 | 00:02:56 | 00:09:34 | 00:33:01 | 01:07:07 | 01:31:13 | 02:06:16 | 02:31:07 | 29 | 00:02:23 | 00:29:18 | 00:33:30 | 01:05:15 |
| 49 | DOLEŻEK Krystian | 553 | | M35-39 | | 00:15:53 | 00:32:13 | 33 | 00:03:28 | 00:09:40 | 00:33:44 | 01:08:11 | 01:32:48 | 02:07:34 | 02:32:11 | 40 | 00:01:40 | 00:32:04 | 00:36:21 | 01:08:14 |
| 50 | CHWALISZ Łukasz | 532 | VOLKSWAGEN POZNAŃ | M25-29 | | 00:18:19 | 00:36:52 | 130 | 00:04:13 | 00:10:21 | 00:34:36 | 01:09:38 | 01:34:50 | 02:10:38 | 02:35:36 | 63 | 00:02:19 | 00:28:03 | 00:31:55 | 01:01:54 |
| 51 | KUCERA Martin | 868 | SK FUGA | M30-34 | | 00:17:11 | 00:34:50 | 78 | 00:03:31 | 00:09:30 | 00:33:21 | 01:07:27 | 01:31:29 | 02:06:47 | 02:31:50 | 36 | 00:02:09 | 00:31:04 | 00:35:19 | 01:07:21 |
| 52 | SZYTTENHOLM Oliwier | 807 | TRISPACE | M35-39 | Trispace | 00:17:22 | 00:35:53 | 103 | 00:03:01 | 00:09:50 | 00:34:00 | 01:07:48 | 01:31:58 | 02:06:52 | 02:32:20 | 41 | 00:02:13 | 00:30:02 | 00:34:07 | 01:05:06 |
| 53 | SEKRECKI Michał | 766 | UAM TRIATHLON POZNAŃ | M25-29 | | 00:18:51 | 00:37:37 | 152 | 00:03:26 | 00:09:59 | 00:34:03 | 01:09:52 | 01:35:33 | 02:12:25 | 02:38:30 | 90 | 00:02:06 | 00:28:25 | 00:32:17 | 01:01:11 |
| 54 | DRYJA Krzysztof | 555 | | M35-39 | | 00:17:34 | 00:36:51 | 128 | 00:03:33 | 00:10:07 | 00:33:56 | 01:08:29 | 01:33:38 | 02:09:15 | 02:34:55 | 61 | 00:02:10 | 00:29:23 | 00:33:25 | 01:03:52 |
| 55 | PUZIAK Marcin | 750 | KB UE POZNAŃ | M35-39 | | 00:16:30 | 00:33:19 | 48 | 00:03:40 | 00:10:48 | 00:36:01 | 01:11:13 | 01:36:48 | 02:13:47 | 02:40:18 | 104 | 00:01:34 | 00:29:15 | 00:33:10 | 01:02:52 |
| 56 | CHOLEWIŃSKI Dariusz | 531 | HURAGAN MIEDZYŃ | M40-44 | | 00:19:47 | 00:39:17 | 191 | 00:04:32 | 00:09:42 | 00:33:47 | 01:08:33 | 01:33:24 | 02:09:35 | 02:35:50 | 66 | 00:02:01 | 00:28:50 | 00:32:48 | 01:01:52 |
| 57 | TYSZKA Dariusz | 824 | AKS POLONIA WARSZAWA | M40-44 | | 00:19:16 | 00:38:46 | 178 | 00:03:17 | 00:09:58 | 00:32:33 | 01:05:39 | 01:29:03 | 02:03:16 | 02:27:06 | 14 | 00:02:20 | 00:28:26 | 00:32:38 | 01:06:24 |
| 58 | RYDLEWSKI Kamil | 869 | PASSIO/TRISPACE | M40-44 | | 00:20:21 | 00:39:36 | 196 | 00:03:39 | 00:09:41 | 00:33:11 | 01:07:18 | 01:31:51 | 02:06:32 | 02:31:38 | 31 | 00:01:49 | 00:30:27 | 00:34:38 | 01:05:54 |
| 59 | JANKOWSKI Tomasz | 601 | TRISPACE | M40-44 | | 00:18:06 | 00:36:23 | 115 | 00:03:21 | 00:10:12 | 00:34:13 | 01:08:12 | 01:32:24 | 02:07:58 | 02:33:16 | 51 | 00:01:17 | 00:29:48 | 00:33:57 | 01:05:13 |
| 60 | RYMER Jakub | 761 | KLINIKA TRIATHLONU BYDGOSZCZ | M30-34 | | 00:16:12 | 00:33:10 | 47 | 00:02:55 | 00:09:38 | 00:32:59 | 01:06:34 | 01:30:37 | 02:05:39 | 02:30:47 | 26 | 00:02:25 | 00:31:17 | 00:35:19 | 01:08:04 |
| 61 | TUROWIEC Adam | 819 | UAM TRIATHLON POZNAŃ APPETITTEFORSPORTS.COM | M40-44 | | 00:15:45 | 00:32:26 | 35 | 00:03:18 | 00:09:33 | 00:33:17 | 01:06:49 | 01:30:48 | 02:05:58 | 02:30:33 | 25 | 00:01:49 | 00:31:48 | 00:36:36 | 01:11:16 |
| 62 | ŁAZ Kamil | 670 | RUN BYDGOSZCZ | M30-34 | | 00:18:35 | 00:37:53 | 156 | 00:04:13 | 00:10:53 | 00:36:51 | 01:14:37 | 01:40:58 | 02:19:35 | 02:47:39 | 158 | 00:02:17 | 00:25:57 | 00:29:25 | 00:56:06 |
| 63 | WOLSKI Michał | 845 | WOLSCY BROTHERS TRIATHLON TEAM/SMARUJ NA TRENING TEAM | M25-29 | | 00:16:42 | 00:34:28 | 73 | 00:02:37 | 00:10:45 | 00:36:35 | 01:12:58 | 01:39:29 | 02:17:18 | 02:45:25 | 142 | 00:01:38 | 00:27:18 | 00:31:02 | 00:59:54 |
| 64 | PORZYCH Rafał | 746 | RAFSON.TV | M18-24 | | 00:16:56 | 00:35:38 | 95 | 00:03:00 | 00:10:20 | 00:34:13 | 01:09:28 | 01:34:14 | 02:11:44 | 02:38:38 | 91 | 00:02:04 | 00:28:59 | 00:32:55 | 01:03:51 |
| 65 | KRUPIŃSKI Mateusz | 651 | 3GRAVITY | M30-34 | 3Gravity | 00:17:19 | 00:35:14 | 80 | 00:03:45 | 00:10:41 | 00:33:48 | 01:07:37 | 01:31:54 | 02:07:47 | 02:33:33 | 54 | 00:01:46 | 00:30:57 | 00:35:06 | 01:06:18 |
| 66 | FILIPOWSKI Zdzisław | 565 | KS CELIRONMAN | M45-49 | KS Celironman | 00:15:26 | 00:31:46 | 31 | 00:03:11 | 00:10:31 | 00:36:25 | 01:13:00 | 01:38:56 | 02:16:35 | 02:43:04 | 127 | 00:01:32 | 00:30:25 | 00:34:33 | 01:05:01 |
| 67 | MOROSZCZAK Bogumił | 706 | SPÓJNIA BIAŁE BŁOTA | M40-44 | | 00:16:55 | 00:34:27 | 72 | 00:04:18 | 00:10:23 | 00:35:22 | 01:11:50 | 01:37:54 | 02:14:46 | 02:40:59 | 107 | 00:02:22 | 00:28:25 | 00:32:17 | 01:02:45 |
| 68 | SZYMKÓW Sławek | 804 | TORUS TRIATHLON TEAM | M45-49 | | 00:18:09 | 00:36:51 | 129 | 00:03:23 | 00:10:02 | 00:33:48 | 01:07:46 | 01:32:05 | 02:07:33 | 02:33:02 | 45 | 00:02:13 | 00:30:20 | 00:34:32 | 01:05:42 |
| 69 | KLOMFAS Miron | 629 | TRISPACE | M40-44 | Trispace | 00:18:43 | 00:37:16 | 143 | 00:02:47 | 00:10:16 | 00:34:22 | 01:09:55 | 01:35:36 | 02:11:48 | 02:37:55 | 81 | 00:01:47 | 00:29:26 | 00:33:28 | 01:04:05 |
| 70 | KRZESAK Adam | 653 | NEON TEAM | M40-44 | NEON Team | 00:17:00 | 00:34:21 | 71 | 00:03:10 | 00:10:52 | 00:36:47 | 01:14:04 | 01:40:37 | 02:18:20 | 02:44:51 | 139 | 00:01:27 | 00:29:05 | 00:32:57 | 01:02:09 |
| 71 | KAPUSNIAK Tomasz | 621 | TAK DLA TRANSPLANTACJI | M40-44 | | 00:17:56 | 00:36:32 | 118 | 00:03:21 | 00:10:09 | 00:34:08 | 01:08:23 | 01:32:47 | 02:07:59 | 02:33:09 | 47 | 00:02:37 | 00:32:22 | 00:36:41 | 01:08:24 |
| 72 | RÓŻAŃSKI Kamil | 756 | 3GRAVITY | M30-34 | 3Gravity | 00:16:49 | 00:34:15 | 69 | 00:03:11 | 00:09:58 | 00:33:03 | 01:07:36 | 01:32:13 | 02:06:51 | 02:31:45 | 34 | 00:01:52 | 00:31:50 | 00:36:08 | 01:09:36 |
| 73 | KNOTHE Adam | 632 | BUDSTOL INVEST | M45-49 | | 00:21:08 | 00:43:34 | 247 | 00:03:27 | 00:09:45 | 00:32:43 | 01:06:25 | 01:29:55 | 02:03:59 | 02:28:44 | 19 | 00:01:39 | 00:30:35 | 00:34:49 | 01:06:47 |
| 74 | WOJCIECHOWSKI Mirosław | 841 | | M30-34 | | 00:17:29 | 00:35:19 | 85 | 00:03:30 | 00:10:10 | 00:34:52 | 01:10:34 | 01:35:58 | 02:12:19 | 02:38:00 | 84 | 00:01:34 | 00:30:18 | 00:34:36 | 01:05:56 |
| 75 | KOZAR Karol | 643 | | M35-39 | | 00:17:52 | 00:35:41 | 97 | 00:03:35 | 00:10:42 | 00:36:03 | 01:13:21 | 01:40:04 | 02:18:40 | 02:47:19 | 155 | 00:02:19 | 00:28:12 | 00:32:04 | 01:00:39 |
| 76 | OTŁOWSKI Grzegorz | 728 | KADYNY FOLWARK HOTEL TRIATHLON TEAM | M30-34 | Kadyny Folwark Hotel Triathlon Team | 00:17:48 | 00:36:06 | 110 | 00:03:41 | 00:10:16 | 00:34:39 | 01:10:13 | 01:35:51 | 02:13:27 | 02:39:53 | 97 | 00:02:10 | 00:30:47 | 00:34:57 | 01:05:55 |
| 77 | KASTRAU Tomasz | 622 | | M35-39 | Od amatora do PROsa | 00:14:22 | 00:29:53 | 16 | 00:03:53 | 00:10:08 | 00:35:18 | 01:08:48 | 01:32:55 | 02:07:57 | 02:32:37 | 44 | 00:02:28 | 00:31:55 | 00:36:33 | 01:11:44 |
| 78 | LITAWA Jacek | 666 | | M45-49 | | 00:16:18 | 00:32:33 | 36 | 00:03:21 | 00:09:46 | 00:34:39 | 01:11:28 | 01:37:24 | 02:16:32 | 02:42:36 | 123 | 00:02:05 | 00:29:06 | 00:33:02 | 01:04:01 |
| 79 | STODÓLSKI Przemysław | 788 | | M18-24 | | 00:16:32 | 00:33:34 | 58 | 00:02:34 | 00:10:11 | 00:34:01 | 01:07:28 | 01:31:48 | 02:07:00 | 02:33:12 | 49 | 00:01:42 | 00:29:26 | 00:33:37 | 01:10:19 |
| 80 | MUCHA Aleksander | 710 | SALAMANDER TEAM WŁOCŁAWEK | M30-34 | | 00:17:49 | 00:36:38 | 119 | 00:04:59 | 00:10:20 | 00:35:22 | 01:11:29 | 01:36:53 | 02:14:07 | 02:40:15 | 102 | 00:04:40 | 00:29:09 | 00:33:09 | 01:02:45 |
| 81 | PIESIK Dawid | 737 | ARRK | M25-29 | | 00:17:05 | 00:35:55 | 105 | 00:04:35 | 00:09:58 | 00:33:49 | 01:09:24 | 01:35:07 | 02:11:17 | 02:36:48 | 74 | 00:01:49 | 00:29:35 | 00:34:21 | 01:06:40 |
| 82 | LEBIODA Adam | 663 | WUJEK BIEGA KATOWICE | M45-49 | | 00:17:13 | 00:35:17 | 81 | 00:04:04 | 00:10:00 | 00:34:05 | 01:09:50 | 01:35:48 | 02:13:01 | 02:40:11 | 101 | 00:02:00 | 00:30:31 | 00:34:31 | 01:05:19 |
| 83 | SAWIEŁAJC Jakub | 765 | | M18-24 | | 00:15:54 | 00:32:16 | 34 | 00:03:05 | 00:10:09 | 00:34:44 | 01:10:13 | 01:35:33 | 02:12:08 | 02:38:08 | 85 | 00:02:41 | 00:31:08 | 00:35:25 | 01:08:32 |
| 84 | PASZKIEWICZ Krzysztof | 731 | | M55-59 | | 00:19:09 | 00:37:57 | 157 | 00:03:37 | 00:10:05 | 00:34:10 | 01:10:23 | 01:35:28 | 02:11:01 | 02:36:35 | 70 | 00:02:43 | 00:31:09 | 00:35:10 | 01:07:10 |
| 85 | MICHLEWICZ Michał | 696 | MKM TRIATHLON TEAM | M35-39 | | 00:16:43 | 00:34:59 | 79 | 00:04:24 | 00:09:59 | 00:35:01 | 01:11:00 | 01:37:09 | 02:14:53 | 02:41:51 | 118 | 00:02:11 | 00:29:38 | 00:33:53 | 01:05:26 |
| 86 | GÓRECKI Tomasz | 579 | PTT DELTA | M30-34 | PTT DELTA | 00:15:05 | 00:31:13 | 23 | 00:03:32 | 00: | | | | | | | | | | |

| | | | | Swimming | | | Cycling | | | | | | Race | | | | | | | |
|-----|------------------------|-----|----------------------------------|----------|----------------------|----------|-----------------|-----|----------|----------|----------|----------|----------|----------|-----------------|-----|----------|----------|----------|----------|
| 87 | KARWACKI Paweł | 875 | SOLANO/TRISPACE | M35-39 | Trispace | 00:19:26 | 00:39:04 | 185 | 00:02:57 | 00:10:16 | 00:34:23 | 01:10:00 | 01:35:11 | 02:11:35 | 02:37:00 | 75 | 00:02:11 | 00:31:37 | 00:35:41 | 01:07:36 |
| 88 | ŚWIECICKI Wojciech | 810 | FISHKA | M40-44 | | 00:18:27 | 00:37:28 | 148 | 00:03:39 | 00:09:57 | 00:34:40 | 01:10:12 | 01:36:03 | 02:13:11 | 02:39:59 | 100 | 00:02:26 | 00:28:24 | 00:32:17 | 01:04:10 |
| 89 | KRÓL Maciej | 648 | TRISPACE | M45-49 | Trispace | 00:17:51 | 00:37:02 | 136 | 00:02:46 | 00:09:57 | 00:33:07 | 01:08:20 | 01:32:42 | 02:09:55 | 02:36:04 | 68 | 00:02:29 | 00:31:27 | 00:35:45 | 01:09:07 |
| 90 | WAWRZYNIAK Marek | 831 | AZL | M45-49 | | 00:20:32 | 00:42:32 | 227 | 00:03:49 | 00:09:58 | 00:34:22 | 01:09:43 | 01:34:41 | 02:11:30 | 02:36:38 | 71 | 00:01:25 | 00:28:58 | 00:33:03 | 01:05:11 |
| 91 | DYKSAK Filip | 558 | KT WATERKNIGHTS / SBO SHELL | M30-34 | | 00:17:09 | 00:34:42 | 75 | 00:02:38 | 00:09:56 | 00:33:11 | 01:07:40 | 01:32:14 | 02:06:55 | 02:32:02 | 38 | 00:01:56 | 00:31:42 | 00:36:10 | 01:10:41 |
| 92 | KRZEMIŃSKI Adam | 652 | WUEF TRI TEAM | M35-39 | Wuef Tri Team 1 | 00:16:34 | 00:33:24 | 50 | 00:03:31 | 00:10:19 | 00:35:13 | 01:12:00 | 01:38:06 | 02:15:30 | 02:41:18 | 112 | 00:02:09 | 00:33:05 | 00:37:33 | 01:11:30 |
| 93 | SZYSZKA Łukasz | 871 | DRUŻYNA TVN | M25-29 | Drużyna TVN | 00:16:52 | 00:35:30 | 91 | 00:04:05 | 00:10:37 | 00:36:10 | 01:12:42 | 01:38:52 | 02:16:08 | 02:40:18 | 103 | 00:04:59 | 00:30:34 | 00:34:48 | 01:07:26 |
| 94 | WASILEWSKI Mirosław | 830 | ORKAMASTERS IŁAWA | M40-44 | OrkaMasters Iława | 00:17:53 | 00:37:13 | 139 | 00:03:51 | 00:10:20 | 00:35:14 | 01:11:37 | 01:37:17 | 02:15:28 | 02:42:00 | 119 | 00:02:10 | 00:32:08 | 00:36:46 | 01:08:18 |
| 95 | SWOREK Dawid | 795 | | M25-29 | | 00:16:19 | 00:33:30 | 53 | 00:02:56 | 00:10:24 | 00:35:19 | 01:10:43 | 01:36:09 | 02:11:54 | 02:37:56 | 82 | 00:01:20 | 00:31:10 | 00:35:18 | 01:09:56 |
| 96 | MICHAŁSKI Arkadiusz | 692 | ORKAMASTERS IŁAWA | M45-49 | OrkaMasters Iława | 00:17:23 | 00:35:22 | 87 | 00:03:48 | 00:10:15 | 00:34:09 | 01:09:11 | 01:33:21 | 02:08:44 | 02:34:50 | 60 | 00:02:32 | 00:33:08 | 00:37:46 | 01:13:02 |
| 97 | PTAK Dariusz | 747 | LUFT TRI TEAM | M50-54 | | 00:19:02 | 00:37:20 | 145 | 00:02:57 | 00:10:09 | 00:34:37 | 01:10:42 | 01:35:58 | 02:12:42 | 02:39:08 | 94 | 00:02:01 | 00:31:24 | 00:35:39 | 01:08:55 |
| 98 | SZULC Wojtek | 799 | KOCHAM DARIE | M50-54 | | 00:20:25 | 00:41:02 | 207 | 00:03:27 | 00:09:38 | 00:33:39 | 01:09:34 | 01:35:19 | 02:11:09 | 02:37:09 | 76 | 00:01:35 | 00:31:30 | 00:35:54 | 01:08:37 |
| 99 | SKRUDLIK Leszek | 775 | | M30-34 | | 00:19:32 | 00:38:56 | 180 | 00:03:51 | 00:10:38 | 00:35:27 | 01:12:19 | 01:37:08 | 02:12:49 | 02:38:24 | 89 | 00:03:29 | 00:31:07 | 00:35:28 | 01:07:59 |
| 100 | WIŚNIEWSKI Szymon | 837 | SPACE TEAM | M35-39 | | 00:18:45 | 00:37:19 | 144 | 00:03:54 | 00:10:24 | 00:34:30 | 01:09:40 | 01:35:18 | 02:12:14 | 02:38:21 | 87 | 00:01:29 | 00:30:42 | 00:35:04 | 01:10:55 |
| 101 | ŚWIDERSKI Jacek | 808 | ALWAYS WILD TEAM | M40-44 | ALWAYS WILD TEAM | 00:16:47 | 00:33:53 | 64 | 00:04:20 | 00:11:14 | 00:37:59 | 01:16:25 | 01:43:22 | 02:22:20 | 02:50:19 | 176 | 00:02:13 | 00:29:55 | 00:34:02 | 01:05:35 |
| 102 | MYTNIK Jakub | 711 | | M30-34 | | 00:20:45 | 00:43:41 | 250 | 00:05:22 | 00:11:47 | 00:37:52 | 01:14:08 | 01:39:33 | 02:15:43 | 02:41:26 | 116 | 00:02:20 | 00:29:34 | 00:33:48 | 01:05:09 |
| 103 | SZYMANOWSKI Paweł | 802 | MW | M25-29 | | 00:16:28 | 00:34:45 | 76 | 00:05:06 | 00:10:43 | 00:37:05 | 01:15:09 | 01:43:38 | 02:24:28 | 02:55:04 | 210 | 00:02:27 | 00:28:09 | 00:31:53 | 01:00:44 |
| 104 | TYMIŃSKI Dariusz | 822 | RYKOWISKO | M45-49 | | 00:20:18 | 00:41:07 | 209 | 00:04:29 | 00:10:43 | 00:36:49 | 01:14:25 | 01:40:41 | 02:18:59 | 02:46:14 | 149 | 00:02:36 | 00:29:02 | 00:33:05 | 01:03:14 |
| 105 | DZIEDZIC Radosław | 559 | RAJSPOORT ACTIVE | M35-39 | | 00:17:39 | 00:35:59 | 107 | 00:04:21 | 00:10:30 | 00:36:34 | 01:14:05 | 01:40:51 | 02:19:08 | 02:46:30 | 151 | 00:02:10 | 00:32:07 | 00:36:29 | 01:09:10 |
| 106 | CYBULSKI Konrad | 541 | KS CELIRONMAN S.A | M40-44 | KS Celironman | 00:19:24 | 00:38:42 | 177 | 00:03:16 | 00:11:23 | 00:36:56 | 01:14:13 | 01:40:51 | 02:19:56 | 02:46:38 | 152 | 00:01:57 | 00:29:47 | 00:33:50 | 01:04:55 |
| 107 | BARAN Jacek | 509 | KB WARTKO | M50-54 | | 00:20:51 | 00:42:34 | 228 | 00:03:31 | 00:10:50 | 00:36:17 | 01:13:51 | 01:40:16 | 02:18:57 | 02:45:46 | 145 | 00:01:58 | 00:30:04 | 00:34:03 | 01:05:22 |
| 108 | KUROWSKI Kamil | 659 | 3GRAVITY | M30-34 | 3Gravity | 00:19:15 | 00:39:20 | 192 | 00:05:12 | 00:09:33 | 00:33:39 | 01:09:13 | 01:35:29 | 02:13:18 | 02:42:32 | 122 | 00:02:04 | 00:30:23 | 00:34:21 | 01:07:08 |
| 109 | OCHENDAL Maciej | 724 | TRISPACE | M35-39 | Trispace | 00:18:26 | 00:37:26 | 147 | 00:03:15 | 00:09:39 | 00:33:14 | 01:07:25 | 01:31:57 | 02:07:38 | 02:33:28 | 53 | 00:01:32 | 00:32:28 | 00:36:58 | 01:14:52 |
| 110 | GÓRNY Wojciech | 580 | TRISPACE | M45-49 | Trispace | 00:18:05 | 00:36:52 | 131 | 00:03:20 | 00:10:37 | 00:36:28 | 01:16:17 | 01:43:04 | 02:21:20 | 02:48:24 | 159 | 00:03:55 | 00:27:50 | 00:31:38 | 01:03:50 |
| 111 | GRZEBIENIEWSKI Bogdan | 586 | | M25-29 | | 00:17:44 | 00:37:15 | 141 | 00:03:30 | 00:10:16 | 00:35:35 | 01:12:24 | 01:38:16 | 02:15:52 | 02:42:29 | 121 | 00:01:28 | 00:32:12 | 00:36:42 | 01:11:03 |
| 112 | TWARDOKĘS Maciej | 821 | | M30-34 | | 00:17:23 | 00:35:33 | 93 | 00:03:18 | 00:10:07 | 00:35:30 | 01:12:10 | 01:38:48 | 02:16:48 | 02:43:33 | 131 | 00:02:37 | 00:32:58 | 00:37:38 | 01:12:49 |
| 113 | KIEŁCZYŃSKI Andrzej | 625 | | M30-34 | | 00:16:02 | 00:33:24 | 51 | 00:04:00 | 00:10:01 | 00:34:25 | 01:09:44 | 01:35:13 | 02:12:43 | 02:40:20 | 105 | 00:01:55 | 00:33:01 | 00:37:39 | 01:13:40 |
| 114 | PIOTROWSKI Marcin | 739 | | M35-39 | Od amatora do PROsa | 00:18:57 | 00:38:14 | 168 | 00:03:22 | 00:09:53 | 00:33:41 | 01:07:58 | 01:32:21 | 02:07:39 | 02:32:32 | 42 | 00:02:20 | 00:33:14 | 00:39:10 | 01:17:23 |
| 115 | GAJEWSKI Jarosław | 852 | TRI-SPORT | M45-49 | | 00:17:54 | 00:36:25 | 116 | 00:04:52 | 00:10:49 | 00:36:56 | 01:13:51 | 01:40:25 | 02:19:29 | 02:47:33 | 157 | 00:02:02 | 00:30:52 | 00:35:05 | 01:08:14 |
| 116 | WOLSKI Marcin | 846 | WOLSCY BROTHERS TRIATHLON TEAM | M25-29 | | 00:16:00 | 00:32:36 | 39 | 00:03:16 | 00:10:01 | 00:35:55 | 01:14:18 | 01:41:33 | 02:23:04 | 02:53:15 | 199 | 00:02:11 | 00:30:39 | 00:34:54 | 01:09:04 |
| 117 | KOWALIKOWSKI Daniel | 641 | TRIFORFUN CHOJNICE | M25-29 | | 00:17:30 | 00:37:14 | 140 | 00:03:32 | 00:10:25 | 00:36:54 | 01:15:09 | 01:41:44 | 02:19:33 | 02:46:07 | 148 | 00:01:37 | 00:32:10 | 00:36:42 | 01:11:09 |
| 118 | WOŹNIAK Mikołaj | 849 | TRICLUB / AIRBICE TRIATHLON CLUB | M35-39 | Brownlee nr 3, 4 i 5 | 00:18:20 | 00:37:05 | 137 | 00:03:00 | 00:11:16 | 00:37:44 | 01:16:41 | 01:45:05 | 02:26:55 | 02:55:08 | 211 | 00:01:55 | 00:29:41 | 00:33:40 | 01:04:36 |
| 119 | KAK Marcin | 611 | | M30-34 | | 00:17:14 | 00:36:10 | 111 | 00:03:18 | 00:10:40 | 00:35:46 | 01:12:23 | 01:38:34 | 02:17:06 | 02:44:43 | 138 | 00:01:40 | 00:32:52 | 00:37:29 | 01:12:08 |
| 120 | FOGT Maciej | 566 | CB163 | M35-39 | | 00:20:27 | 00:41:35 | 214 | 00:03:36 | 00:10:21 | 00:35:25 | 01:11:58 | 01:37:13 | 02:14:37 | 02:41:02 | 109 | 00:02:01 | 00:32:00 | 00:36:17 | 01:11:03 |
| 121 | NADOBNIK Konrad | 712 | BIEGAM BO LUBIĘ ŻĄBKİ TEAM | M35-39 | | 00:22:03 | 00:44:04 | 260 | 00:04:30 | 00:10:05 | 00:34:00 | 01:08:34 | 01:33:46 | 02:10:00 | 02:36:03 | 67 | 00:02:05 | 00:33:37 | 00:38:09 | 01:13:26 |
| 122 | BETLEJ Hubert | 512 | ESKADRA KRAKÓW | M35-39 | K.T.O. z Krakowa | 00:23:04 | 00:45:29 | 274 | 00:04:15 | 00:09:38 | 00:33:17 | 01:07:17 | 01:31:53 | 02:07:01 | 02:32:09 | 39 | 00:02:00 | 00:34:49 | 00:39:25 | 01:15:42 |
| 123 | MARCINIUK Michał | 680 | KANCELARIA KFMM | M35-39 | | 00:19:24 | 00:39:33 | 195 | 00:03:37 | 00:10:00 | 00:33:57 | 01:08:46 | 01:33:17 | 02:09:32 | 02:36:48 | 73 | 00:03:00 | 00:33:29 | 00:38:15 | 01:15:33 |
| 124 | DAWIDOWICZ Maciej | 549 | BRZOZA BIEGA/ROWEROWA BRZOZA | M35-39 | Rowerowa Brzoza | 00:17:16 | 00:34:33 | 74 | 00:03:20 | 00:10:45 | 00:34:57 | 01:09:59 | 01:34:41 | 02:10:36 | 02:37:10 | 77 | 00:02:24 | 00:33:12 | 00:37:54 | 01:16:53 |
| 125 | SZCZEPAŃSKI Adam | 877 | ALBATROSY | M35-39 | | 00:21:19 | 00:43:49 | 251 | 00:03:21 | 00:11:30 | 00:38:32 | 01:17:32 | 01:45:21 | 02:25:16 | 02:53:43 | 203 | 00:02:34 | 00:28:53 | 00:32:49 | 01:02:35 |
| 126 | MARKIEWICZ Maciej | 681 | | M30-34 | | 00:19:12 | 00:38:11 | 166 | 00:05:29 | 00:11:22 | 00:38:29 | 01:17:50 | 01:45:26 | 02:24:10 | 02:51:37 | 190 | 00:02:07 | 00:32:04 | 00:36:29 | 01:08:03 |
| 127 | WŁODARCZAK Witold | 838 | TRISPACE | M50-54 | Trispace | 00:20:02 | 00:41:23 | 211 | 00:03:08 | 00:10:20 | 00:36:00 | 01:13:09 | 01:39:51 | 02:17:22 | 02:44:37 | 137 | 00:01:26 | 00:31:29 | 00:36:02 | 01:09:41 |
| 128 | WOLUSZEWSKI Remigiusz | 847 | PKO BANK POLSKI | M30-34 | | 00:24:18 | 00:50:15 | 303 | 00:05:30 | 00:09:47 | 00:35:02 | 01:11:18 | 01:37:50 | 02:17:04 | 02:46:28 | 150 | 00:02:02 | 00:28:27 | 00:32:17 | 01:01:42 |
| 129 | GACKOWSKI Jarek | 572 | | M35-39 | | 00:18:00 | 00:36:49 | 126 | 00:02:23 | 00:10:35 | 00:35:49 | 01:12:27 | 01:38:20 | 02:15:32 | 02:43:00 | 126 | 00:01:48 | 00:33:11 | 00:37:56 | 01:15:07 |
| 130 | WOŹNIAK Aureliusz | 848 | AMS TRIATHLON | M40-44 | AMS Triathlon | 00:19:34 | 00:38:40 | 175 | 00:04:27 | 00:09:50 | 00:33:06 | 01:06:49 | 01:30:45 | 02:06:03 | 02:31:46 | 35 | 00:01:55 | 00:35:59 | 00:41:32 | 01:21:25 |
| 131 | SIBILSKI Dawid | 768 | KUŹNIA TRIATHLONU | M35-39 | Kuźnia Triathlonu | 00:13:41 | 00:27:49 | 7 | 00:03:36 | 00:10:08 | 00:35:23 | 01:12:07 | 01:38:42 | 02:17:46 | 02:45:44 | 144 | 00:01:31 | 00:36:38 | 00:41:24 | 01:19:32 |
| 132 | KAJETANOWICZ Krzysztof | 610 | TRICLUB | M35-39 | Brownlee nr 3, 4 i 5 | 00:22:01 | 00:45:57 | 280 | 00:03:20 | 00:10:45 | 00:36:40 | 01:13:50 | 01:40:04 | 02:18:14 | 02:45:01 | 141 | 00:02:26 | 00:30:18 | 00:34:37 | 01:09:02 |

| | | | | Swimming | | | | Cycling | | | | Race | | | | | | | | |
|-----|-----------------------|-----|---|----------|----------------------------|----------|----------|---------|----------|----------|----------|----------|----------|----------|----------|-----|----------|----------|----------|----------|
| 133 | HIPNAROWICZ Grzegorz | 591 | SPORTTREND.PL | M35-39 | SPORTTREND.PL | 00:16:57 | 00:34:08 | 68 | 00:03:26 | 00:10:36 | 00:36:39 | 01:13:04 | 01:39:22 | 02:16:25 | 02:43:04 | 128 | 00:02:49 | 00:32:25 | 00:37:01 | 01:14:26 |
| 134 | KUNA Piotr | 658 | ROZBIEGANE SOLNE MIASTO | M35-39 | | 00:19:02 | 00:38:41 | 176 | 00:04:38 | 00:10:30 | 00:37:15 | 01:15:50 | 01:43:52 | 02:23:14 | 02:51:36 | 189 | 00:03:03 | 00:31:02 | 00:35:13 | 01:07:19 |
| 135 | PANGOWSKI Piotr | 730 | | M40-44 | | 00:18:14 | 00:37:46 | 154 | 00:05:02 | 00:10:31 | 00:36:11 | 01:14:12 | 01:41:09 | 02:19:58 | 02:47:21 | 156 | 00:02:22 | 00:32:24 | 00:36:46 | 01:11:15 |
| 136 | DAMSKI Łukasz | 546 | GARDENFLORA MTB TEAM | M35-39 | GardenFlora MTB Team | 00:18:29 | 00:39:14 | 190 | 00:02:32 | 00:10:03 | 00:34:52 | 01:10:19 | 01:36:21 | 02:13:55 | 02:41:10 | 110 | 00:01:39 | 00:33:21 | 00:37:52 | 01:14:27 |
| 137 | SZUT Dariusz | 801 | | M40-44 | | 00:17:24 | 00:35:39 | 96 | 00:04:22 | 00:10:43 | 00:36:47 | 01:14:32 | 01:41:28 | 02:22:14 | 02:50:24 | 177 | 00:02:03 | 00:30:58 | 00:35:06 | 01:11:25 |
| 138 | KAMIŃSKI Sławomir | 618 | | M35-39 | | 00:19:36 | 00:39:04 | 186 | 00:03:48 | 00:10:41 | 00:36:41 | 01:14:51 | 01:41:29 | 02:19:56 | 02:48:25 | 160 | 00:01:49 | 00:31:51 | 00:36:13 | 01:09:49 |
| 139 | TRIEBWASSER Jacek | 816 | | M45-49 | | 00:17:35 | 00:35:25 | 89 | 00:05:21 | 00:10:49 | 00:37:33 | 01:15:58 | 01:43:28 | 02:22:48 | 02:50:59 | 179 | 00:04:09 | 00:30:50 | 00:35:15 | 01:08:43 |
| 140 | WAGLEWSKI Karol | 826 | | M30-34 | | 00:21:37 | 00:45:38 | 277 | 00:04:04 | 00:10:01 | 00:34:39 | 01:09:53 | 01:34:37 | 02:10:19 | 02:36:18 | 69 | 00:01:30 | 00:38:56 | 00:44:07 | 01:18:54 |
| 141 | PUSTÓŁ Maciej | 749 | ADECCO | M35-39 | | 00:18:53 | 00:38:15 | 169 | 00:07:22 | 00:10:49 | 00:36:42 | 01:13:30 | 01:38:38 | 02:16:08 | 02:43:26 | 130 | 00:03:12 | 00:34:24 | 00:38:55 | 01:13:24 |
| 142 | KALĘCKI Piotr | 615 | INVENTIA KOLAGEN NATURALNY | M35-39 | | 00:15:18 | 00:31:01 | 21 | 00:04:18 | 00:12:05 | 00:39:14 | 01:18:45 | 01:46:41 | 02:26:25 | 02:55:13 | 212 | 00:02:37 | 00:31:26 | 00:36:04 | 01:09:25 |
| 143 | SZYMCZYK Tomasz | 803 | - | M35-39 | | 00:21:14 | 00:45:13 | 272 | 00:05:24 | 00:11:06 | 00:37:59 | 01:17:39 | 01:45:41 | 02:25:21 | 02:52:25 | 196 | 00:01:46 | 00:30:37 | 00:34:41 | 01:05:27 |
| 144 | BUDNICKI Michał | 524 | | M35-39 | | 00:17:08 | 00:35:48 | 100 | 00:03:58 | 00:11:11 | 00:38:27 | 01:18:07 | 01:46:27 | 02:27:06 | 02:56:47 | 219 | 00:02:30 | 00:32:38 | 00:36:56 | 01:09:33 |
| 145 | ROGAŁSKI Radosław | 754 | PROFESSIONAL HR / CB163 | M35-39 | | 00:18:20 | 00:36:54 | 132 | 00:04:32 | 00:10:42 | 00:37:14 | 01:15:31 | 01:42:35 | 02:21:56 | 02:50:15 | 174 | 00:02:03 | 00:33:18 | 00:37:54 | 01:12:26 |
| 146 | RYBARCZYK Marcin | 760 | KM PSP POZNAŃ | M40-44 | | 00:17:14 | 00:36:02 | 108 | 00:02:58 | 00:10:52 | 00:36:02 | 01:12:58 | 01:40:30 | 02:20:36 | 02:49:57 | 170 | 00:01:40 | 00:34:28 | 00:39:08 | 01:14:38 |
| 147 | FRANKOWSKI Andrzej | 567 | OSW TRI TEAM | M50-54 | OSW TRI TEAM | 00:18:30 | 00:37:35 | 151 | 00:04:35 | 00:10:35 | 00:36:58 | 01:16:44 | 01:43:41 | 02:24:29 | 02:52:21 | 195 | 00:02:42 | 00:32:24 | 00:36:55 | 01:10:26 |
| 148 | KANIA Michał | 619 | | M40-44 | | 00:18:31 | 00:38:30 | 172 | 00:04:48 | 00:10:50 | 00:36:56 | 01:15:01 | 01:42:10 | 02:21:13 | 02:49:06 | 163 | 00:03:19 | 00:33:31 | 00:38:27 | 01:12:22 |
| 149 | WIECZOREK Maciek | 835 | WILKI MORSKIE | M45-49 | | 00:19:13 | 00:39:45 | 200 | 00:04:46 | 00:11:05 | 00:36:16 | 01:14:12 | 01:40:24 | 02:19:15 | 02:47:07 | 154 | 00:02:52 | 00:34:05 | 00:38:38 | 01:12:46 |
| 150 | ABRAM Przemysław | 501 | POLSKI KLUB MTB | M45-49 | TRI TEAM MASTERS PIASECZNO | 00:23:23 | 00:47:40 | 286 | 00:03:52 | 00:10:18 | 00:35:02 | 01:11:26 | 01:37:08 | 02:14:56 | 02:41:40 | 117 | 00:02:18 | 00:32:27 | 00:36:52 | 01:11:17 |
| 151 | CIMACHOWSKI Jakub | 537 | CIMATECH | M35-39 | | 00:16:51 | 00:33:31 | 54 | 00:06:35 | 00:10:50 | 00:38:16 | 01:16:34 | 01:44:46 | 02:27:55 | 02:58:57 | 229 | 00:04:33 | 00:32:06 | 00:36:12 | 01:07:34 |
| 152 | KAMIŃSKI Radosław | 616 | WUEF TRI TEAM | M25-29 | Wuef Tri Team 1 | 00:20:56 | 00:42:55 | 236 | 00:04:20 | 00:10:50 | 00:37:23 | 01:16:32 | 01:43:59 | 02:23:56 | 02:52:27 | 197 | 00:02:21 | 00:31:09 | 00:35:20 | 01:07:54 |
| 153 | GRUBA Marek | 585 | | M25-29 | | 00:18:29 | 00:38:11 | 165 | 00:03:57 | 00:10:56 | 00:37:53 | 01:16:42 | 01:43:54 | 02:23:35 | 02:51:55 | 191 | 00:03:00 | 00:32:20 | 00:36:55 | 01:11:35 |
| 154 | CICHY Paweł | 535 | JASTRZĘBIE ŁASKIE | M60-64 | | 00:17:49 | 00:35:47 | 98 | 00:04:39 | 00:10:28 | 00:36:09 | 01:13:35 | 01:39:33 | 02:17:09 | 02:43:16 | 129 | 00:03:46 | 00:36:00 | 00:41:21 | 01:17:54 |
| 155 | KAWECKI Sławomir | 623 | MOTIV HOME TEAM | M35-39 | | 00:19:57 | 00:42:05 | 222 | 00:03:52 | 00:10:00 | 00:34:57 | 01:12:04 | 01:39:33 | 02:17:17 | 02:44:00 | 134 | 00:02:19 | 00:33:09 | 00:38:38 | 01:15:34 |
| 156 | FAJFER Robert | 562 | 5R TEAM | M35-39 | | 00:18:14 | 00:37:09 | 138 | 00:05:08 | 00:11:06 | 00:38:38 | 01:19:10 | 01:47:40 | 02:28:43 | 02:57:33 | 222 | 00:04:04 | 00:32:03 | 00:36:15 | 01:09:42 |
| 157 | LIZIK Radosław | 876 | NOVO NORDISK | M40-44 | Trispace | 00:19:10 | 00:39:07 | 187 | 00:04:15 | 00:10:25 | 00:34:48 | 01:10:51 | 01:36:38 | 02:13:46 | 02:39:56 | 99 | 00:02:13 | 00:38:25 | 00:43:51 | 01:21:39 |
| 158 | BUDZIK Ireneusz | 525 | BOZITA POLSKA | M45-49 | | 00:19:42 | 00:38:25 | 171 | 00:03:36 | 00:10:59 | 00:37:31 | 01:15:26 | 01:42:52 | 02:22:28 | 02:51:06 | 180 | 00:02:52 | 00:33:56 | 00:38:31 | 01:13:12 |
| 159 | IGNACZAK Jarosław | 595 | | M35-39 | | 00:24:21 | 00:49:02 | 295 | 00:03:38 | 00:10:22 | 00:36:36 | 01:15:59 | 01:43:04 | 02:21:47 | 02:49:11 | 164 | 00:02:26 | 00:29:57 | 00:34:04 | 01:06:54 |
| 160 | BORKOWSKI Tomasz | 518 | | M35-39 | | 00:19:20 | 00:39:59 | 202 | 00:06:18 | 00:10:40 | 00:37:30 | 01:16:11 | 01:42:21 | 02:20:57 | 02:48:26 | 161 | 00:01:56 | 00:32:44 | 00:37:28 | 01:12:41 |
| 161 | KABAT Błażej | 609 | | M25-29 | | 00:20:08 | 00:41:38 | 216 | 00:04:02 | 00:11:02 | 00:38:07 | 01:16:39 | 01:43:29 | 02:22:53 | 02:51:20 | 184 | 00:01:58 | 00:33:32 | 00:38:16 | 01:12:18 |
| 162 | MARTYNOWSKI Łukasz | 684 | | M35-39 | | 00:15:59 | 00:33:48 | 62 | 00:03:51 | 00:10:50 | 00:37:03 | 01:17:03 | 01:46:39 | 02:29:34 | 02:59:51 | 232 | 00:02:19 | 00:30:59 | 00:36:44 | 01:10:35 |
| 163 | KLONOWSKI Mariusz | 630 | PRIMIGENIUS | M35-39 | | 00:22:09 | 00:43:32 | 246 | 00:05:56 | 00:11:29 | 00:39:07 | 01:17:49 | 01:44:59 | 02:23:07 | 02:50:29 | 178 | 00:03:53 | 00:31:01 | 00:35:31 | 01:09:07 |
| 164 | PIEKARSKI Paweł | 736 | | M25-29 | | 00:15:54 | 00:32:35 | 38 | 00:02:29 | 00:09:58 | 00:33:52 | 01:07:32 | 01:31:28 | 02:07:37 | 02:34:58 | 62 | 00:01:41 | 00:35:38 | 00:40:56 | 01:23:15 |
| 165 | LISIECKI Jacek | 665 | | M40-44 | | 00:20:36 | 00:42:36 | 229 | 00:05:43 | 00:10:32 | 00:36:46 | 01:14:15 | 01:40:26 | 02:18:31 | 02:45:58 | 146 | 00:01:55 | 00:34:24 | 00:39:17 | 01:15:51 |
| 166 | NIC Jakub | 717 | | M40-44 | Brownlee nr 3, 4 i 5 | 00:19:03 | 00:38:22 | 170 | 00:04:47 | 00:09:54 | 00:34:11 | 01:09:46 | 01:34:57 | 02:12:10 | 02:38:23 | 88 | 00:03:54 | 00:37:12 | 00:42:12 | 01:20:38 |
| 167 | SUDZIŃSKI Sławomir | 866 | | M40-44 | | 00:19:22 | 00:37:48 | 155 | 00:03:49 | 00:10:42 | 00:37:15 | 01:15:44 | 01:43:31 | 02:22:38 | 02:50:10 | 173 | 00:01:54 | 00:36:12 | 00:41:00 | 01:18:24 |
| 168 | MISZTELA Tomasz | 704 | PTT DELTA | M50-54 | PTT DELTA | 00:21:39 | 00:45:08 | 271 | 00:05:54 | 00:10:32 | 00:35:36 | 01:12:26 | 01:38:06 | 02:15:29 | 02:42:44 | 124 | 00:02:40 | 00:35:16 | 00:40:27 | 01:17:03 |
| 169 | GRZYBOWSKI Dariusz | 588 | AKTYWNI GRÓJEC | M45-49 | | 00:17:26 | 00:35:19 | 83 | 00:03:44 | 00:10:13 | 00:34:53 | 01:11:59 | 01:38:13 | 02:17:39 | 02:45:41 | 143 | 00:02:20 | 00:37:15 | 00:42:09 | 01:20:33 |
| 170 | KRUCZKOWSKI Piotr | 650 | FUJI KRYSPORT TEAM | M50-54 | | 00:20:55 | 00:42:44 | 233 | 00:03:15 | 00:09:51 | 00:33:52 | 01:10:04 | 01:34:58 | 02:13:15 | 02:39:54 | 98 | 00:01:59 | 00:38:56 | 00:43:47 | 01:23:24 |
| 171 | SULKA Paweł | 794 | AZAGO | M40-44 | | 00:18:48 | 00:38:36 | 174 | 00:04:10 | 00:11:10 | 00:38:57 | 01:18:25 | 01:46:09 | 02:26:59 | 02:55:48 | 215 | 00:02:17 | 00:33:06 | 00:37:50 | 01:14:26 |
| 172 | SALINSKI Michał | 764 | TRAKTOR TEAM | M30-34 | | 00:17:11 | 00:35:21 | 86 | 00:03:19 | 00:10:01 | 00:34:42 | 01:10:37 | 01:36:49 | 02:15:02 | 02:42:50 | 125 | 00:01:53 | 00:36:52 | 00:42:20 | 01:25:49 |
| 173 | KAMIŃSKI Marek | 617 | LABOSPORT | M25-29 | | 00:22:49 | 00:48:50 | 293 | 00:03:28 | 00:10:45 | 00:36:29 | 01:13:48 | 01:39:55 | 02:17:25 | 02:44:36 | 136 | 00:01:38 | 00:29:15 | 00:33:36 | 01:13:59 |
| 174 | CZECHOWSKI Wiesław | 545 | | M40-44 | | 00:20:08 | 00:40:18 | 204 | 00:05:28 | 00:11:30 | 00:39:50 | 01:19:13 | 01:47:50 | 02:29:01 | 02:58:41 | 228 | 00:04:01 | 00:31:41 | 00:36:05 | 01:09:53 |
| 175 | KOSIEDOWSKI Wojtek | 640 | BGK TRI | M35-39 | | 00:13:11 | 00:27:01 | 2 | 00:02:57 | 00:10:28 | 00:36:04 | 01:12:37 | 01:39:27 | 02:17:19 | 02:51:36 | 188 | 00:03:14 | 00:37:04 | 00:42:26 | 01:23:15 |
| 176 | PLEWIŃSKI Wojciech | 740 | | M35-39 | | 00:16:08 | 00:32:53 | 43 | 00:03:54 | 00:10:33 | 00:35:50 | 01:12:10 | 01:38:08 | 02:17:07 | 02:46:01 | 147 | 00:02:07 | 00:36:01 | 00:41:25 | 01:22:50 |
| 177 | ANDRZEJEWSKI Bartosz | 504 | GRA-COM CENTRUM ROWEROWE MUROWANA GOŚLINA | M30-34 | | 00:22:23 | 00:47:50 | 288 | 00:03:06 | 00:11:03 | 00:36:22 | 01:13:42 | 01:39:14 | 02:17:27 | 02:44:08 | 135 | 00:02:05 | 00:31:39 | 00:36:38 | 01:17:30 |
| 178 | NEJMAN Andrzej Daniel | 880 | | M35-39 | | 00:18:45 | 00:39:39 | 197 | 00:04:55 | 00:11:15 | 00:37:56 | 01:16:51 | 01:44:09 | 02:23:45 | 02:52:45 | 198 | 00:02:38 | 00:34:19 | 00:39:09 | 01:15:42 |
| 179 | KANICKI Piotr | 620 | BUDEVER.PL | M40-44 | OSW TRI TEAM | 00:18:12 | 00:36:57 | 133 | 00:03:47 | 00:10:30 | 00:35:44 | 01:13:43 | 01:40:40 | 02:18:35 | 03:08:40 | 274 | 00:01:55 | 00:31:34 | 00:36:01 | 01:09:15 |

| | | | | Swimming | | | | Cycling | | | | Race | | | | | | | | |
|-----|----------------------|-----|------------------------------|----------|--------------------------|----------|-----------------|---------|----------|----------|----------|----------|----------|----------|-----------------|------------|----------|----------|----------|----------|
| 180 | KEMNITZ Marcin | 624 | 3GRAVITY | M30-34 | 3Gravity | 00:21:30 | 00:45:59 | 281 | 00:02:36 | 00:09:51 | 00:34:16 | 01:09:19 | 01:34:31 | 02:11:43 | 02:38:14 | 86 | 00:03:03 | 00:36:23 | 00:41:09 | 01:21:23 |
| 181 | KRAMARCZYK Krzysztof | 644 | | M55-59 | | 00:17:50 | 00:37:26 | 146 | 00:03:55 | 00:10:38 | 00:35:41 | 01:11:45 | 01:37:38 | 02:16:01 | 02:43:42 | 133 | 00:02:27 | 00:36:55 | 00:42:02 | 01:20:07 |
| 182 | MIELCAREK Maciej | 699 | MIELCARKS TEAM | M25-29 | Mielcarks Team | 00:16:12 | 00:33:43 | 61 | 00:05:31 | 00:10:25 | 00:37:29 | 01:16:24 | 01:44:30 | 02:22:33 | 02:49:22 | 165 | 00:02:18 | 00:36:27 | 00:41:35 | 01:20:46 |
| 183 | DĄBROWSKI Wiktor | 550 | | M25-29 | | 00:17:36 | 00:36:58 | 134 | 00:04:21 | 00:12:19 | 00:41:30 | 01:22:41 | 01:51:29 | 02:34:22 | 03:04:51 | 253 | 00:01:39 | 00:33:46 | 00:38:15 | 01:10:43 |
| 184 | WASILEWSKI Darek | 829 | RUN4FUN | M35-39 | Run4Fun www.bytpak.pl | 00:17:21 | 00:36:42 | 122 | 00:03:05 | 00:11:29 | 00:40:09 | 01:22:10 | 01:52:28 | 02:35:47 | 03:07:41 | 267 | 00:02:08 | 00:32:37 | 00:37:02 | 01:11:06 |
| 185 | KITKOWSKI Piotr | 628 | KITA TEAM | M40-44 | | 00:17:53 | 00:36:15 | 113 | 00:03:10 | 00:11:03 | 00:36:52 | 01:14:55 | 01:43:19 | 02:24:50 | 02:54:50 | 209 | 00:02:25 | 00:37:35 | 00:42:46 | 01:21:53 |
| 186 | JÓŻWIAK Marek | 608 | KRYSPOORT TEAM | M50-54 | FUJI KRYSPOORT TEAM | 00:24:59 | 00:50:20 | 304 | 00:04:46 | 00:10:12 | 00:34:54 | 01:10:57 | 01:36:39 | 02:14:25 | 02:41:00 | 108 | 00:02:25 | 00:35:32 | 00:40:37 | 01:18:25 |
| 187 | ZEGARSKI Arkadiusz | 859 | | M40-44 | | 00:18:11 | 00:36:48 | 125 | 00:03:22 | 00:10:22 | 00:35:44 | 01:14:41 | 01:42:02 | 02:21:25 | 02:49:42 | 167 | 00:02:38 | 00:36:03 | 00:40:53 | 01:19:01 |
| 188 | SKALBANIA Krzysztof | 772 | DOMINO JAHAS TRIATHLON TEAM | M30-34 | | 00:16:33 | 00:33:36 | 59 | 00:03:04 | 00:10:26 | 00:36:25 | 01:14:04 | 01:42:03 | 02:22:09 | 02:49:45 | 168 | 00:03:27 | 00:39:54 | 00:45:53 | 01:27:58 |
| 189 | KRAWISZ Maciej | 647 | | M40-44 | | 00:20:10 | 00:42:10 | 223 | 00:03:15 | 00:10:58 | 00:36:36 | 01:14:52 | 01:42:16 | 02:21:55 | 02:49:34 | 166 | 00:03:09 | 00:36:50 | 00:42:05 | 01:20:35 |
| 190 | GRAJEWSKI Mateusz | 583 | RUN4FUN | M30-34 | | 00:17:03 | 00:35:19 | 84 | 00:04:13 | 00:10:23 | 00:36:50 | 01:15:49 | 01:43:52 | 02:24:19 | 02:54:39 | 208 | 00:02:15 | 00:37:40 | 00:43:03 | 01:23:10 |
| 191 | CZARNIECKI Kamil | 544 | ZARZĄD | M35-39 | | 00:21:09 | 00:44:02 | 258 | 00:04:22 | 00:11:14 | 00:38:25 | 01:18:06 | 01:46:40 | 02:28:23 | 02:57:35 | 223 | 00:02:25 | 00:34:21 | 00:39:16 | 01:15:49 |
| 192 | GRZENIA Jacek | 587 | MJG INVESTMENTS | M40-44 | | 00:19:52 | 00:39:00 | 183 | 00:04:38 | 00:11:00 | 00:37:04 | 01:15:43 | 01:42:29 | 02:21:30 | 02:49:47 | 169 | 00:02:40 | 00:36:35 | 00:41:31 | 01:21:14 |
| 193 | SUDOŁ Jacek | 793 | | M35-39 | SPORTTREND.PL | 00:21:15 | 00:44:05 | 261 | 00:05:25 | 00:11:56 | 00:41:33 | 01:23:49 | 01:52:53 | 02:35:28 | 03:06:40 | 264 | 00:02:36 | 00:32:29 | 00:36:49 | 01:09:32 |
| 194 | BALEWSKI Tomasz | 508 | | M35-39 | | 00:21:40 | 00:43:51 | 253 | 00:05:05 | 00:11:45 | 00:40:19 | 01:21:58 | 01:51:55 | 02:35:01 | 03:06:17 | 262 | 00:02:52 | 00:30:55 | 00:35:25 | 01:08:32 |
| 195 | RUDOL Sebastian | 757 | | M40-44 | | 00:21:31 | 00:43:51 | 252 | 00:05:48 | 00:10:21 | 00:35:59 | 01:13:50 | 01:41:09 | 02:21:54 | 02:52:20 | 194 | 00:03:02 | 00:37:05 | 00:41:54 | 01:18:54 |
| 196 | SKORNOWICZ Paweł | 774 | WUEF TRI TEAM | M45-49 | Wuef Tri Team 1 | 00:19:18 | 00:39:41 | 198 | 00:04:11 | 00:11:11 | 00:38:27 | 01:17:05 | 01:44:47 | 02:24:29 | 02:54:09 | 206 | 00:02:11 | 00:33:51 | 00:38:35 | 01:14:48 |
| 197 | KUCIŃSKI Artur | 654 | | M40-44 | | 00:17:51 | 00:35:26 | 90 | 00:07:28 | 00:10:41 | 00:37:50 | 01:18:22 | 01:46:39 | 02:27:41 | 02:56:17 | 218 | 00:03:56 | 00:34:08 | 00:39:38 | 01:19:10 |
| 198 | CHABASIŃSKI Grzegorz | 528 | BIEGNIJ TATA, BIEGNIJ! | M45-49 | | 00:20:50 | 00:40:19 | 205 | 00:07:59 | 00:11:49 | 00:39:02 | 01:20:20 | 01:48:22 | 02:28:48 | 02:58:04 | 226 | 00:03:27 | 00:33:00 | 00:37:39 | 01:13:15 |
| 199 | ZACHWIEJA Piotr | 857 | | M30-34 | | 00:21:04 | 00:43:00 | 238 | 00:03:49 | 00:11:12 | 00:37:34 | 01:16:07 | 01:43:23 | 02:22:59 | 02:51:12 | 181 | 00:02:50 | 00:34:16 | 00:39:35 | 01:16:57 |
| 200 | SIEMIŃSKI Bartek | 769 | DRUŻYNA SZPIKU | M35-39 | | 00:16:22 | 00:34:01 | 66 | 00:05:07 | 00:10:23 | 00:36:23 | 01:14:58 | 01:42:45 | 02:24:35 | 02:55:15 | 213 | 00:02:23 | 00:32:20 | 00:37:11 | 01:21:47 |
| 201 | MASŁOWSKI Jacek | 685 | NO LIMITS | M25-29 | | 00:18:49 | 00:38:02 | 162 | 00:04:48 | 00:11:12 | 00:39:20 | 01:18:48 | 01:47:52 | 02:30:49 | 03:02:02 | 242 | 00:01:41 | 00:35:39 | 00:40:38 | 01:19:06 |
| 202 | MOSUR Kamil | 708 | | M40-44 | | 00:20:16 | 00:41:47 | 219 | 00:04:20 | 00:11:00 | 00:38:33 | 01:19:58 | 01:49:32 | 02:34:13 | 03:04:42 | 252 | 00:03:34 | 00:31:35 | 00:36:02 | 01:12:49 |
| 203 | KUJAWA Kamil | 656 | KLINIKA TRIATHLONU BYDGOSZCZ | M30-34 | | 00:23:33 | 00:50:43 | 307 | 00:05:01 | 00:10:25 | 00:36:32 | 01:14:03 | 01:41:38 | 02:21:23 | 02:49:59 | 171 | 00:02:10 | 00:35:20 | 00:40:39 | 01:18:04 |
| 203 | GACKOWSKI Krzysztof | 571 | | M40-44 | | 00:19:51 | 00:39:26 | 193 | 00:04:25 | 00:10:58 | 00:36:55 | 01:15:41 | 01:43:38 | 02:24:37 | 02:53:21 | 201 | 00:03:11 | 00:38:14 | 00:43:34 | 01:22:46 |
| 205 | CHROBOT Radek | 874 | DTUŻYNA TVN | M35-39 | Drużyna TVN | 00:16:57 | 00:35:48 | 99 | 00:04:21 | 00:11:13 | 00:37:38 | 01:16:29 | 01:44:15 | 02:23:38 | 02:52:11 | 192 | 00:02:38 | 00:37:22 | 00:42:24 | 01:24:19 |
| 206 | MOSKAL Aleksander | 707 | | M55-59 | | 00:17:33 | 00:36:40 | 120 | 00:05:09 | 00:11:23 | 00:39:10 | 01:20:02 | 01:49:30 | 02:33:01 | 03:04:55 | 254 | 00:02:27 | 00:33:41 | 00:38:26 | 01:16:29 |
| 207 | STROMCZYŃSKI Wiesław | 790 | RWT W BYDGOSZCZY | M55-59 | | 00:20:53 | 00:42:43 | 232 | 00:06:23 | 00:11:18 | 00:38:36 | 01:18:06 | 01:46:23 | 02:26:54 | 02:56:09 | 217 | 00:04:05 | 00:36:06 | 00:40:54 | 01:18:20 |
| 208 | TUROWSKI Maciej | 820 | CB163 | M25-29 | | 00:17:33 | 00:35:51 | 102 | 00:04:57 | 00:12:20 | 00:40:36 | 01:22:02 | 01:51:21 | 02:34:22 | 03:04:32 | 251 | 00:02:02 | 00:36:33 | 00:42:03 | 01:20:52 |
| 209 | RYTEL Rafał | 762 | ZARZĄD | M35-39 | | 00:19:06 | 00:39:08 | 189 | 00:04:17 | 00:11:40 | 00:40:36 | 01:22:34 | 01:52:29 | 02:36:07 | 03:07:03 | 265 | 00:03:18 | 00:36:21 | 00:41:50 | 01:17:33 |
| 210 | SŁAWKOWSKI Sławomir | 779 | | M45-49 | | 00:23:55 | 00:48:40 | 291 | 00:04:54 | 00:12:14 | 00:38:58 | 01:18:24 | 01:47:34 | 02:29:24 | 02:59:34 | 231 | 00:04:17 | 00:31:59 | 00:36:56 | 01:13:16 |
| 211 | RATAJCZAK Marek | 753 | TRIATHLON CLUB WROCŁAW | M50-54 | | 00:21:00 | 00:42:30 | 226 | 00:05:26 | 00:11:08 | 00:39:03 | 01:20:31 | 01:50:41 | 02:33:18 | 03:03:39 | 248 | 00:03:22 | 00:32:45 | 00:37:17 | 01:13:11 |
| 212 | BRZOSTEK Krzysztof | 523 | NZ | M45-49 | | 00:24:25 | 00:50:04 | 302 | 00:06:10 | 00:10:20 | 00:35:20 | 01:13:00 | 01:40:01 | 02:19:46 | 02:46:54 | 153 | 00:03:09 | 00:37:43 | 00:43:31 | 01:23:58 |
| 213 | NOWICKI Adam | 722 | | M40-44 | | 00:18:25 | 00:38:01 | 161 | 00:04:41 | 00:11:31 | 00:39:03 | 01:19:44 | 01:48:13 | 02:30:04 | 03:00:14 | 233 | 00:02:40 | 00:35:58 | 00:41:52 | 01:20:20 |
| 214 | KOŚCIELAK Maciej | 872 | ŻANDARMI Z BYDGOSZCZY | M35-39 | | 00:22:04 | 00:47:42 | 287 | 00:04:11 | 00:10:54 | 00:37:20 | 01:16:21 | 01:44:28 | 02:25:34 | 02:54:33 | 207 | 00:02:06 | 00:35:59 | 00:40:58 | 01:20:34 |
| 215 | SZYNDLAREWICZ Paweł | 806 | | M35-39 | | 00:20:58 | 00:43:14 | 242 | 00:05:15 | 00:11:41 | 00:38:24 | 01:16:52 | 01:44:23 | 02:25:09 | 02:53:57 | 204 | 00:02:38 | 00:37:36 | 00:43:12 | 01:23:34 |
| 216 | GÓRSKI Marcin | 581 | LEGIA RUN CLUB | M35-39 | | 00:18:51 | 00:37:30 | 149 | 00:05:02 | 00:11:16 | 00:38:47 | 01:18:40 | 01:47:04 | 02:30:50 | 03:05:44 | 259 | 00:03:27 | 00:36:05 | 00:41:08 | 01:18:36 |
| 217 | ANDRZEJEWSKI Bartosz | 503 | | M45-49 | | 00:17:47 | 00:36:42 | 121 | 00:06:02 | 00:12:46 | 00:41:20 | 01:22:48 | 01:52:11 | 02:34:17 | 03:03:32 | 247 | 00:03:03 | 00:34:23 | 00:39:17 | 01:20:29 |
| 218 | COŚ Mirek | 539 | | M30-34 | | 00:21:15 | 00:43:05 | 241 | 00:05:27 | 00:11:51 | 00:40:53 | 01:23:13 | 01:52:02 | 02:33:49 | 03:03:11 | 246 | 00:02:52 | 00:37:08 | 00:42:29 | 01:20:39 |
| 219 | SUCHANEK Szymon | 792 | ICAN | M25-29 | | 00:19:45 | 00:42:39 | 230 | 00:07:57 | 00:12:35 | 00:42:04 | 01:24:27 | 01:56:01 | 02:41:24 | 03:12:56 | 283 | 00:03:38 | 00:32:13 | 00:36:46 | 01:11:48 |
| 220 | DE SOUSA Carlos | 552 | KORUP MOTION | M55-59 | | 00:21:22 | 00:43:59 | 256 | 00:06:31 | 00:11:30 | 00:39:58 | 01:22:19 | 01:51:02 | 02:32:14 | 03:00:44 | 235 | 00:03:46 | 00:34:41 | 00:39:59 | 01:17:59 |
| 221 | TUBAJA Albert | 818 | KABEL TEAM BYDGOSZCZ | M40-44 | | 00:18:37 | 00:38:57 | 182 | 00:04:43 | 00:10:42 | 00:35:32 | 01:11:55 | 01:37:46 | 02:15:18 | 02:42:19 | 120 | 00:06:20 | 00:39:47 | 00:47:08 | 01:35:37 |
| 222 | KONITZ Marek | 636 | POWEL ACTIVE | M35-39 | | 00:22:51 | 00:47:59 | 289 | 00:05:57 | 00:10:40 | 00:36:56 | 01:15:13 | 01:43:20 | 02:21:58 | 02:49:03 | 162 | 00:02:05 | 00:37:06 | 00:42:22 | 01:24:04 |
| 223 | ZUBEK Rafał | 862 | PTT DELTA | M50-54 | PTT DELTA | 00:20:40 | 00:41:46 | 218 | 00:05:06 | 00:11:07 | 00:37:52 | 01:17:40 | 01:45:49 | 02:26:33 | 02:55:28 | 214 | 00:04:05 | 00:38:47 | 00:44:06 | 01:24:21 |
| 224 | TYMUL Jakub | 823 | NOVO NORDISK IRON TEAM | M35-39 | Trispace | 00:21:25 | 00:43:54 | 254 | 00:04:17 | 00:10:48 | 00:37:36 | 01:16:09 | 01:43:15 | 02:22:51 | 02:51:16 | 183 | 00:02:07 | 00:38:26 | 00:44:00 | 01:28:11 |
| 225 | SKRZYPCZAK Andrzej | 777 | DOLINA BIELIKA | M45-49 | | 00:23:10 | 00:46:36 | 285 | 00:04:15 | 00:11:27 | 00:39:01 | 01:19:31 | 01:49:44 | 02:35:37 | 03:09:22 | 276 | 00:02:05 | 00:34:09 | 00:38:58 | 01:16:07 |
| 226 | JAROSZYŃSKI Paweł | 604 | AKTYWNI GRÓJEC | M50-54 | | 00:20:48 | 00:42:28 | 225 | 00:05:39 | 00:11:51 | 00:38:41 | 01:17:10 | 01:44:27 | 02:23:29 | 02:51:31 | 187 | 00:02:52 | 00:40:27 | 00:46:07 | 01:27:27 |
| 227 | SUBKOWSKI Artur | 791 | | M40-44 | | 00:19:28 | 00:39:28 | 194 | 00:06:10 | 00:11:32 | 00:38:58 | 01:19:41 | 01:48:27 | 02:29:18 | 02:58:03 | 225 | 00:03:12 | 00:38:29 | 00:43:59 | 01:26:01 |
| 228 | WITCZAK Dariusz | 870 | SPORT, ZDROWIE, KONDYCJA | M45-49 | | 00:23:44 | 00:48:58 | 294 | 00:04:37 | 00:12:06 | 00:3 | | | | | | | | | |

| | | | | Swimming | | | | Cycling | | | | Race | | | | | | | |
|-----|----------------------|-----|--|----------|--------------------------|----------|-----------------|---------|----------|----------|----------|----------|----------|----------|---------------------|----------|----------|----------|----------|
| 229 | MIELCAREK Jędrzej | 700 | MIELCARCS TEAM | M18-24 | Mielcarks Team | 00:20:25 | 00:43:55 | 255 | 00:05:50 | 00:11:36 | 00:38:57 | 01:19:27 | 01:48:57 | 02:33:01 | 03:03:46 249 | 00:04:07 | 00:35:54 | 00:40:57 | 01:21:13 |
| 230 | MIELCAREK Mateusz | 698 | MIELCARCS TEAM | M25-29 | Mielcarks Team | 00:20:35 | 00:42:51 | 235 | 00:05:57 | 00:10:52 | 00:48:42 | 01:18:05 | 01:43:05 | 02:10:05 | 02:39:05 93 | 00:03:01 | 00:36:27 | 00:41:36 | 01:22:46 |
| 231 | KRÓLCZYŃSKI Maciej | 649 | KS 'WOLNI' | M35-39 | | 00:20:42 | 00:43:03 | 239 | 00:04:51 | 00:11:00 | 00:37:30 | 01:16:14 | 01:43:23 | 02:22:45 | 02:51:27 185 | 00:02:46 | 00:41:04 | 00:47:16 | 01:32:20 |
| 232 | BICZKOWSKI Kajetan | 513 | NIGHT RUNNERS | M25-29 | | 00:20:02 | 00:40:11 | 203 | 00:04:01 | 00:12:17 | 00:40:52 | 01:22:49 | 01:52:34 | 02:37:14 | 03:07:57 271 | 00:02:06 | 00:38:49 | 00:44:29 | 01:25:01 |
| 233 | LIZIK Waldemar | 668 | TRI POWER TEAM KONIN | M45-49 | | 00:18:53 | 00:37:58 | 159 | 00:04:18 | 00:11:55 | 00:40:54 | 01:23:44 | 01:54:18 | 02:39:24 | 03:10:22 280 | 00:02:58 | 00:39:10 | 00:44:42 | 01:25:59 |
| 234 | ORŁOWSKI Paweł | 727 | | M30-34 | | 00:17:28 | 00:36:17 | 114 | 00:03:05 | 00:10:29 | 00:35:48 | 01:13:29 | 01:40:41 | 02:23:14 | 02:51:16 182 | 00:01:56 | 00:39:09 | 00:45:03 | 01:30:42 |
| 235 | NOWACKI Karol | 721 | 3GRAVITY | M30-34 | 3Gravity | 00:20:37 | 00:42:21 | 224 | 00:03:24 | 00:12:15 | 00:40:36 | 01:21:26 | 01:49:58 | 02:31:30 | 03:01:46 240 | 00:02:26 | 00:38:48 | 00:44:14 | 01:25:32 |
| 236 | NAWROCKI Karol | 716 | | M35-39 | | 00:24:21 | 00:49:35 | 299 | 00:07:47 | 00:10:38 | 00:37:20 | 01:16:34 | 01:44:27 | 02:24:49 | 02:53:42 200 | 00:04:31 | 00:37:29 | 00:43:09 | 01:23:50 |
| 237 | RZENTKOWSKI Grzegorz | 763 | | M40-44 | | 00:22:57 | 00:45:03 | 270 | 00:03:45 | 00:11:29 | 00:39:35 | 01:22:25 | 01:52:25 | 02:37:26 | 03:08:27 273 | 00:03:19 | 00:38:02 | 00:43:38 | 01:24:20 |
| 238 | KLÓSKA Jarek | 631 | MAM TĘ MOC | M30-34 | | 00:25:23 | 00:49:30 | 297 | 00:04:34 | 00:12:05 | 00:41:21 | 01:23:38 | 01:53:21 | 02:36:08 | 03:06:22 263 | 00:02:30 | 00:37:27 | 00:43:05 | 01:22:39 |
| 239 | MICHALSKI Piotr | 693 | NAJPRZÓD BUGAJ | M30-34 | | 00:20:24 | 00:41:05 | 208 | 00:05:43 | 00:11:57 | 00:40:42 | 01:21:48 | 01:51:18 | 02:35:04 | 03:05:49 261 | 00:03:50 | 00:38:12 | 00:43:39 | 01:26:17 |
| 240 | NURKIEWICZ Jarosław | 723 | KUNG FU PANDY 3 | M45-49 | FUJI KRYSPORT TEAM | 00:21:01 | 00:44:20 | 266 | 00:05:09 | 00:11:30 | 00:39:42 | 01:21:10 | 01:50:29 | 02:32:21 | 03:01:59 241 | 00:02:56 | 00:38:12 | 00:43:48 | 01:29:50 |
| 241 | DUDEK Dawid | 557 | POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA | M35-39 | | 00:20:52 | 00:42:41 | 231 | 00:06:39 | 00:11:52 | 00:40:47 | 01:23:41 | 01:53:48 | 02:39:23 | 03:11:35 281 | 00:01:58 | 00:38:52 | 00:44:13 | 01:27:11 |
| 242 | MIELCAREK Tomasz | 697 | MIELCARCS TEAM | M40-44 | Mielcarks Team | 00:20:51 | 00:43:19 | 243 | 00:06:40 | 00:11:24 | 00:37:42 | 01:16:46 | 01:45:22 | 02:26:58 | 02:56:55 220 | 00:04:03 | 00:38:38 | 00:44:19 | 01:25:42 |
| 243 | BINDEK Łukasz | 514 | | M35-39 | | 00:21:11 | 00:43:40 | 249 | 00:05:22 | 00:11:45 | 00:41:35 | 01:24:51 | 01:55:34 | 02:43:27 | 03:16:35 290 | 00:02:02 | 00:39:24 | 00:45:02 | 01:24:38 |
| 244 | BRYLEW Tomasz | 521 | AGENCJA INTERAKTYWNA SITAB | M40-44 | | 00:20:59 | 00:43:30 | 244 | 00:04:19 | 00:11:29 | 00:39:05 | 01:20:09 | 01:50:08 | 02:32:44 | 03:03:05 245 | 00:03:36 | 00:38:46 | 00:44:41 | 01:31:15 |
| 245 | GRUBA Jacek | 584 | | M55-59 | | 00:21:19 | 00:44:03 | 259 | 00:05:06 | 00:11:36 | 00:40:11 | 01:23:18 | 01:53:18 | 02:37:32 | 03:08:56 275 | 00:02:29 | 00:38:42 | 00:44:47 | 01:27:08 |
| 246 | RAKOWSKI Piotr | 751 | BYDGOSKIE KOŁO REGIONALNE STOWARZYSZENIA ŻANDARMERII WOJSKOWEJ | M60-64 | | 00:20:41 | 00:43:04 | 240 | 00:07:09 | 00:11:52 | 00:40:20 | 01:22:54 | 01:52:38 | 02:37:18 | 03:07:47 268 | 00:02:54 | 00:42:45 | 00:48:12 | 01:30:57 |
| 247 | ŻABOWSKI Marek | 863 | TRISPACE | M30-34 | Trispace | 00:19:15 | 00:40:29 | 206 | 00:04:04 | 00:11:13 | 00:37:55 | 01:16:48 | 01:44:23 | 02:26:20 | 02:57:20 221 | 00:03:03 | 00:46:58 | 00:53:58 | 01:43:53 |
| 248 | SIAKOWSKI Ariel | 771 | HEGRA.PL NIERUCHOMOŚCI EXTREME TEAM | M30-34 | | 00:25:36 | 00:56:12 | 318 | 00:08:23 | 00:11:51 | 00:40:37 | 01:22:07 | 01:51:30 | 02:34:29 | 03:05:23 257 | 00:02:49 | 00:37:59 | 00:43:12 | 01:23:42 |
| 249 | MASŁOWSKI Michał | 686 | NO LIMITS | M25-29 | | 00:25:24 | 00:52:43 | 310 | 00:07:01 | 00:13:38 | 00:47:57 | 01:39:54 | 02:14:57 | 03:04:20 | 03:36:22 310 | 00:02:13 | 00:31:05 | 00:35:26 | 01:06:42 |
| 250 | SZREDER Jarosław | 798 | TURBO BEAUTIFUL OPLAWIEC TEAM | M25-29 | | 00:25:19 | 00:52:49 | 311 | 00:05:22 | 00:11:13 | 00:38:37 | 01:21:34 | 01:51:57 | 02:37:24 | 03:09:35 277 | 00:02:03 | 00:38:18 | 00:43:50 | 01:25:29 |
| 251 | BŁASZCZYK Borys | 516 | | M18-24 | | 00:21:32 | 00:43:35 | 248 | 00:07:04 | 00:11:46 | 00:41:36 | 01:22:30 | 01:51:36 | 02:33:20 | 03:05:30 258 | 00:03:59 | 00:40:41 | 00:47:04 | 01:32:20 |
| 252 | FRĄCKOWIAK Bartosz | 568 | | M25-29 | | 00:16:55 | 00:36:14 | 112 | 00:04:28 | 00:11:29 | 00:39:36 | 01:20:25 | 01:50:08 | 02:33:55 | 03:05:47 260 | 00:01:49 | 00:43:09 | 00:50:16 | 01:39:28 |
| 253 | MICHLEWICZ Marcin | 695 | MKM TRIATHLON TEAM | M35-39 | | 00:19:02 | 00:39:07 | 188 | 00:05:44 | 00:11:34 | 00:40:11 | 01:21:26 | 01:51:23 | 02:36:16 | 03:07:51 270 | 00:03:16 | 00:43:16 | 00:49:20 | 01:34:17 |
| 254 | GACKOWSKI Artur | 570 | NIGDY WIĘCEJ TRIATHLONU | M45-49 | | 00:18:48 | 00:39:03 | 184 | 00:05:00 | 00:11:34 | 00:39:42 | 01:21:40 | 01:52:07 | 02:36:28 | 03:09:43 278 | 00:03:03 | 00:42:51 | 00:49:06 | 01:33:26 |
| 255 | KIERSZNIIEWSKI Piotr | 626 | | M40-44 | | 00:23:53 | 00:48:42 | 292 | 00:06:41 | 00:10:30 | 00:36:29 | 01:14:27 | 01:41:40 | 02:21:18 | 02:50:09 172 | 00:04:38 | 00:48:25 | 00:54:36 | 01:40:32 |
| 256 | JAKUBISIAK Grzegorz | 600 | AKTYWNI GRÓJEC | M40-44 | | 00:20:23 | 00:42:00 | 221 | 00:05:42 | 00:11:34 | 00:39:44 | 01:22:15 | 01:50:59 | 02:34:27 | 03:04:07 250 | 00:03:09 | 00:42:03 | 00:48:32 | 01:34:26 |
| 257 | JANOWSKI Krzysztof | 602 | CB163 | M40-44 | | 00:21:50 | 00:46:36 | 284 | 00:05:32 | 00:19:27 | 00:46:58 | 01:36:08 | 02:05:22 | 03:01:21 | 03:31:36 306 | 00:02:29 | 00:34:00 | 00:39:00 | 01:15:23 |
| 258 | KRASKA Artur | 645 | TURBO BEAUTIFUL OPLAWIEC TEAM | M25-29 | | 00:28:04 | 01:03:18 | 322 | 00:11:29 | 00:12:26 | 00:42:13 | 01:24:59 | 01:56:07 | 02:42:05 | 03:14:33 285 | 00:03:19 | 00:33:48 | 00:38:23 | 01:13:03 |
| 258 | KRASKA Mikołaj | 646 | TURBO BEAUTIFUL OPLAWIEC TEAM | M25-29 | | 00:20:11 | 00:41:36 | 215 | 00:06:14 | 00:11:10 | 00:37:50 | 01:16:33 | 01:45:25 | 02:28:53 | 03:01:36 238 | 00:03:36 | 00:40:29 | 00:46:38 | 01:34:06 |
| 260 | WĘGRZYŃSKI Piotr | 833 | TRIATHLON TEAM CASTORAMA | M45-49 | | 00:21:38 | 00:45:18 | 273 | 00:06:08 | 00:11:35 | 00:39:29 | 01:20:09 | 01:49:00 | 02:31:30 | 03:01:39 239 | 00:05:08 | 00:43:22 | 00:50:06 | 01:36:39 |
| 261 | MICHAŁEK Mariusz | 694 | | M40-44 | | 00:24:26 | 00:51:06 | 309 | 00:09:28 | 00:12:59 | 00:43:46 | 01:27:45 | 01:59:50 | 02:44:57 | 03:16:39 291 | 00:06:50 | 00:36:58 | 00:42:36 | 01:22:02 |
| 262 | WOŹNICKI Karol | 851 | | M30-34 | | 00:27:21 | 01:00:07 | 320 | 00:08:07 | 00:11:55 | 00:41:13 | 01:23:16 | 01:52:33 | 02:34:57 | 03:05:12 256 | 00:04:06 | 00:40:05 | 00:45:54 | 01:27:56 |
| 263 | CIRSON Marek | 538 | ZESPÓŁ SZKÓŁ NR 5 MS BYDGOSZCZ | M45-49 | | 00:20:57 | 00:42:48 | 234 | 00:10:29 | 00:11:36 | 00:39:57 | 01:19:36 | 01:47:50 | 02:29:14 | 03:01:19 237 | 00:07:03 | 00:42:39 | 00:49:08 | 01:32:09 |
| 264 | WRZESZCZ Adrian | 854 | K.S. CELIRONMAN | M40-44 | KS Celironman | 00:18:03 | 00:36:45 | 123 | 00:03:44 | 00:11:24 | 00:40:05 | 01:22:24 | 01:51:56 | 02:36:23 | 03:07:59 237 | 00:02:12 | 00:38:44 | 00:44:55 | 01:37:39 |
| 265 | DRZEWIECKI Rafał | 556 | RUN4FUN | M40-44 | Run4Fun www.bytpak.pl | 00:20:14 | 00:44:10 | 264 | 00:03:42 | 00:11:44 | 00:40:15 | 01:24:29 | 01:56:57 | 02:44:58 | 03:19:26 293 | 00:02:58 | 00:44:28 | 00:50:35 | 01:37:24 |
| 266 | MACIEJAK Marcin | 671 | OD AMATORA DO PROSA | M40-44 | Od amatora do PROSa | 00:21:46 | 00:44:58 | 268 | 00:05:09 | 00:11:34 | 00:39:36 | 01:21:12 | 01:51:24 | 02:35:22 | 03:07:06 266 | 00:03:43 | 00:39:58 | 00:46:56 | 01:40:06 |
| 267 | KONIECZNY Karol | 635 | | M30-34 | | 00:22:36 | 00:45:54 | 279 | 00:07:37 | 00:12:23 | 00:42:10 | 01:25:13 | 01:55:59 | 02:40:26 | 03:14:56 286 | 00:05:07 | 00:44:12 | 00:50:41 | 01:36:20 |
| 268 | BURSIEWICZ Patryk | 527 | | M25-29 | | 00:22:25 | 00:45:33 | 275 | 00:08:52 | 00:12:15 | 00:42:30 | 01:26:18 | 01:58:48 | 02:51:21 | 03:25:43 289 | 00:11:34 | 00:36:39 | 00:45:14 | 01:26:07 |
| 269 | JEDRUSZKO Piotr | 606 | | M40-44 | | 00:25:40 | 00:55:23 | 317 | 00:10:57 | 00:11:33 | 00:39:59 | 01:23:22 | 01:56:40 | 02:45:27 | 03:16:00 298 | 00:09:22 | 00:37:00 | 00:42:21 | 01:26:07 |
| 270 | SZYMKUĆ Wojciech | 805 | KRÓL BETONU | M25-29 | | 00:24:52 | 00:50:46 | 308 | 00:04:41 | 00:12:52 | 00:46:02 | 01:34:12 | 02:06:13 | 02:52:21 | 03:23:36 297 | 00:03:04 | 00:43:03 | 00:48:28 | 01:33:34 |
| 271 | CICHOCKI Piotr | 533 | KM PSP RADOM | M25-29 | | 00:26:42 | 00:55:19 | 316 | 00:07:47 | 00:12:16 | 00:42:10 | 01:23:41 | 01:54:07 | 02:40:28 | 03:12:56 282 | 00:04:47 | 00:44:04 | 00:50:03 | 01:41:24 |
| 272 | SMĘDA Damian | 780 | | M25-29 | | 00:23:01 | 00:45:37 | 276 | 00:07:49 | 00:13:58 | 00:47:20 | 01:34:38 | 02:09:47 | 03:00:07 | 03:37:40 314 | 00:05:33 | 00:39:29 | 00:45:03 | 01:25:39 |
| 273 | FAJER Markus | 561 | RAZ SZCZECIN | M65-69 | | 00:25:38 | 00:54:36 | 313 | 00:06:50 | 00:13:23 | 00:46:09 | 01:35:26 | 02:11:41 | 03:01:54 | 03:37:44 315 | 00:04:30 | 00:35:11 | 00:39:59 | 01:17:45 |
| 274 | SZULIST Kazimierz | 800 | CTS | M35-39 | | 00:19:26 | 00:39:56 | 201 | 00:04:40 | 00:12:23 | 00:41:56 | 01:25:03 | 01:55:54 | 02:42:29 | 03:15:38 287 | 0 | | | |

| | | | | Swimming | | | Cycling | | | | | | | | | | Race | | |
|-----|---------------------|-----|------------------------------|----------|----------|----------|---------|----------|----------|----------|----------|----------|----------|----------|-----|----------|----------|----------|----------|
| 277 | DANILEWICZ Michał | 547 | MICHAŁ | M40-44 | 00:25:12 | 00:54:09 | 312 | 00:09:15 | 00:14:21 | 00:47:36 | 01:38:10 | 02:11:41 | 03:02:12 | 03:35:47 | 309 | 00:04:41 | 00:38:41 | 00:44:32 | 01:29:14 |
| 278 | GRACZYK Rafał | 582 | | M40-44 | 00:20:46 | 00:41:40 | 217 | 00:08:20 | 00:13:07 | 00:45:09 | 01:31:14 | 02:04:55 | 02:54:56 | 03:31:00 | 305 | 00:07:11 | 00:45:03 | 00:51:40 | 01:41:18 |
| 279 | TOMASZEK Sebastian | 814 | | M35-39 | 00:23:48 | 00:49:14 | 296 | 00:05:09 | 00:14:46 | 00:48:26 | 01:38:09 | 02:14:10 | 03:08:51 | 03:44:44 | 318 | 00:04:05 | 00:38:33 | 00:44:11 | 01:29:19 |
| 280 | MAKOSA Norbert | 690 | | M30-34 | 00:23:11 | 00:47:59 | 290 | 00:06:58 | 00:12:20 | 00:42:50 | 01:35:53 | 02:07:16 | 02:54:03 | 03:27:36 | 300 | 00:02:09 | 00:46:19 | 00:53:12 | 01:55:18 |
| 281 | GAŁA Mateusz | 574 | FAP FAP TEAM | M25-29 | 00:26:54 | 00:54:41 | 314 | 00:06:10 | 00:11:44 | 00:41:00 | 01:23:43 | 01:56:27 | 02:47:41 | 03:23:16 | 296 | 00:03:26 | 00:43:28 | 00:50:21 | 01:52:27 |
| 282 | CIEŚLUK Piotr | 536 | RIDE YOUR WAY SOLEC KUJAWSKI | M35-39 | 00:19:43 | 00:38:56 | 181 | 00:07:08 | 00:11:22 | 00:39:25 | 01:22:36 | 01:54:17 | 02:42:28 | 03:15:52 | 288 | 00:04:47 | 00:57:05 | 01:05:51 | 02:06:04 |
| 283 | KALISKI Kamil | 614 | AGROLOK SPORT TEAM | M30-34 | 00:17:09 | 00:35:54 | 104 | 00:02:54 | 00:10:13 | 00:34:56 | 01:11:00 | 01:36:23 | 02:13:03 | 02:39:09 | 95 | 00:02:10 | 00:33:58 | | |
| 284 | SOBCZAK Marcin | 782 | TRISPACE | M40-44 | 00:18:10 | 00:36:05 | 109 | 00:03:19 | 00:09:55 | 00:34:01 | 01:09:38 | 01:35:30 | 02:12:57 | 02:39:41 | 96 | | | | |
| | WACŁAWSKI Krzysztof | 825 | ORKAMASTERS IŁAWA | M50-54 | 00:15:32 | 00:31:37 | 29 | 00:03:02 | | | | | | | | | | | |
| | KOWALSKI Krzysztof | 642 | TRENUJ Z NAJLEPSZYMI | M35-39 | 00:17:35 | 00:35:51 | 101 | 00:04:07 | 00:10:34 | 00:35:50 | 01:14:03 | 01:41:35 | 02:21:14 | 02:50:16 | 175 | 00:01:47 | 00:41:12 | 00:48:54 | |
| | PLUTA Rafał | 742 | VIAS TRAIL RUNNING | M40-44 | 00:21:23 | 00:44:06 | 262 | 00:06:15 | 00:11:08 | 00:37:30 | | 01:23:01 | | | | | | | |
| | SKRZYDŁO Jarosław | 776 | | M30-34 | 00:15:11 | 00:31:26 | 28 | 00:03:36 | 00:10:17 | 00:34:26 | 01:11:42 | 01:38:51 | | | | | | | |
| DQ | STASIAK Olaf | 786 | | M18-24 | DQ | DQ | 300 | DQ | DQ | DQ | DQ | DQ | DQ | DQ | 313 | DQ | DQ | DQ | DQ |

Total 289 results.