

Klasyfikacja: Wszyscy

Punkt pomiarowy: 190,7 km

| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna | Pływanie | | | | Poz | Czas | Rowing | | | | | | Poz | Czas | Bieg |
|-----|----------------------|-------|----------------------------------|-----------|-----------------|------------------|------------------|-----------------|-----|----------|----------|--------------------|-------------------|----------------|---------------------|--------------------|--------------|----------|------|----------|
| | | | | | | P_Borowno 0.95km | P_Borowno 2.85km | R_Borowno 3.8km | | | | R_Kotomierz 9.75km | R_Pauliny 42.75km | R_Lidl 63.25km | R_Kotomierz 87.75km | R_Pauliny 120.75km | R_Lidl 141km | | | |
| 1 | SOWA Michał | 191 | DECATHLON TRIATHLON TEAM | M30-34 | | 00:14:58 | 00:46:55 | 01:03:18 | 10 | 00:02:55 | 00:15:45 | 01:06:50 | 01:38:12 | 02:16:10 | 03:08:43 | 03:42:45 | 04:22:14 | 04:46:49 | 1 | 00:02:37 |
| 2 | KOWALCZYK Marek | 94 | | M40-44 | | 00:15:06 | 00:46:57 | 01:03:22 | 12 | 00:02:42 | 00:15:58 | 01:08:41 | 01:41:33 | 02:21:23 | 03:14:52 | 03:49:25 | 04:30:03 | 04:55:27 | 2 | 00:01:21 |
| 3 | MAZUR Paweł | 131 | UKS TRS SUSZ/AGROLOK SPORT TEAM | M30-34 | | 00:14:44 | 00:44:37 | 00:59:41 | 4 | 00:02:20 | 00:16:29 | 01:11:19 | 01:44:50 | 02:25:06 | 03:18:56 | 03:53:52 | 04:35:00 | 05:00:14 | 6 | 00:01:29 |
| 4 | PLUTA Gniewomir | 164 | UKS TRS SUSZ | M35-39 | | 00:14:48 | 00:44:38 | 00:59:42 | 5 | 00:02:25 | 00:17:03 | 01:11:46 | 01:45:33 | 02:25:41 | 03:19:21 | 03:54:15 | 04:34:39 | 05:00:07 | 5 | 00:01:49 |
| 5 | SZYSZKA Łukasz | 233 | TVN MEDIA | M25-29 | | 00:14:42 | 00:45:20 | 01:00:48 | 7 | 00:02:17 | 00:17:13 | 01:13:25 | 01:47:43 | 02:28:49 | 03:23:47 | 03:58:50 | 04:39:47 | 05:05:08 | 8 | 00:02:09 |
| | KOT Remigiusz | 92 | RM TRI TEAM | M45-49 | | 00:15:35 | 00:47:58 | 01:04:37 | 15 | 00:02:37 | 00:16:55 | 01:10:09 | 01:43:29 | 02:23:14 | 03:17:27 | 03:52:35 | 04:34:17 | 04:59:25 | 3 | 00:02:26 |
| 7 | BOROWIAK Rafał | 18 | JOKS TEAM | M35-39 | | 00:15:47 | 00:48:52 | 01:05:30 | 18 | 00:02:57 | 00:16:39 | 01:11:50 | 01:46:11 | 02:26:58 | 03:22:45 | 03:57:20 | 04:38:59 | 05:04:27 | 7 | 00:02:01 |
| 8 | LEWANDOWSKI Maciej | 115 | #DASHRADE TEAM | M30-34 | #DASHRADE Team | 00:15:54 | 00:49:17 | 01:06:08 | 23 | 00:02:53 | 00:16:25 | 01:11:38 | 01:46:12 | 02:27:44 | 03:24:39 | 04:00:58 | 04:43:11 | 05:08:43 | 12 | 00:02:17 |
| 9 | GOZDALSKI Jarosław | 56 | WITKOWO BIEGA | M45-49 | | 00:16:33 | 00:50:31 | 01:08:21 | 34 | 00:02:54 | 00:18:26 | 01:17:08 | 01:51:22 | 02:33:43 | 03:31:12 | 04:06:30 | 04:46:43 | 05:11:44 | 15 | 00:01:39 |
| 10 | MAZUREK Michał | 132 | EUROSOFT | M40-44 | | 00:17:22 | 00:54:21 | 01:13:32 | 53 | 00:02:34 | 00:16:45 | 01:12:36 | 01:46:32 | 02:27:54 | 03:24:07 | 03:59:59 | 04:41:50 | 05:08:20 | 11 | 00:01:30 |
| 11 | PLICHTA Andrzej | 162 | PIASECKI CONCEPT | M30-34 | | 00:16:59 | 00:54:32 | 01:14:27 | 57 | 00:03:39 | 00:16:47 | 01:11:32 | 01:45:49 | 02:26:38 | 03:22:32 | 03:58:09 | 04:39:12 | 05:05:24 | 9 | 00:01:57 |
| 12 | ERMANIS Gints | 44 | IRONMAN.LV | M40-44 | | 00:19:08 | 01:00:00 | 01:21:23 | 108 | 00:02:14 | 00:16:25 | 01:10:48 | 01:44:11 | 02:25:43 | 03:20:45 | 03:54:27 | 04:34:21 | 05:00:07 | 4 | 00:02:09 |
| 13 | JURJEVIC Marina | 69 | TK ZADAR | K35-39 | | 00:15:46 | 00:48:58 | 01:06:01 | 19 | 00:03:33 | 00:17:39 | 01:14:19 | 01:49:29 | 02:32:31 | 03:30:49 | 04:07:07 | 04:49:46 | 05:15:31 | 17 | 00:02:12 |
| 14 | MROCKOWSKI Karol | 144 | #DASHRADE TEAM | M25-29 | #DASHRADE Team | 00:14:11 | 00:43:54 | 00:59:08 | 1 | 00:03:15 | 00:17:53 | 01:15:34 | 01:51:48 | 02:34:56 | 03:33:36 | 04:10:54 | 04:54:53 | 05:21:53 | 24 | 00:03:58 |
| 15 | GNIOT Jacek | 53 | WOJSKOWE ZAKŁADY UZBROJENIA S.A. | M45-49 | | 00:18:53 | 00:57:43 | 01:18:20 | 81 | 00:02:27 | 00:17:00 | 01:11:58 | 01:45:57 | 02:27:50 | 03:23:37 | 03:57:16 | 04:40:13 | 05:05:34 | 10 | 00:02:50 |
| 16 | ROSIŃSKI Jarosław | 177 | | M40-44 | | 00:16:58 | 00:53:25 | 01:12:16 | 44 | 00:04:27 | 00:16:42 | 01:11:42 | 01:45:46 | 02:28:14 | 03:25:29 | 04:01:19 | 04:44:52 | 05:11:03 | 14 | 00:01:51 |
| 17 | SZYMKOWIAK Norbert | 204 | R-TEAM RYDZYNA | M25-29 | | 00:17:25 | 00:54:33 | 01:13:55 | 55 | 00:04:30 | 00:16:27 | 01:11:22 | 01:45:27 | 02:27:33 | 03:23:49 | 04:00:08 | 04:43:34 | 05:09:24 | 13 | 00:02:34 |
| 18 | PLUCINSKI Michał | 163 | TMT | M35-39 | | 00:15:04 | 00:47:01 | 01:03:16 | 9 | 00:04:10 | 00:17:49 | 01:17:11 | 01:54:25 | 02:38:44 | 03:39:13 | 04:17:19 | 05:01:05 | 05:28:33 | 33 | 00:02:45 |
| 19 | SERGEJEVS Jevgenijs | 186 | IRONMAN.LV | M40-44 | | 00:17:12 | 00:53:31 | 01:12:11 | 43 | 00:05:16 | 00:17:56 | 01:14:55 | 01:49:54 | 02:32:01 | 03:30:30 | 04:07:03 | 04:50:45 | 05:18:09 | 18 | 00:02:55 |
| 20 | JASKIEWICZ Marcin | 64 | MOGILNO TEAM | M30-34 | | 00:15:47 | 00:49:51 | 01:07:30 | 29 | 00:03:46 | 00:17:57 | 01:16:29 | 01:51:50 | 02:34:24 | 03:31:59 | 04:08:43 | 04:53:13 | 05:21:36 | 22 | 00:01:58 |
| 21 | MICHALSKI Andrzej | 135 | BIKE BROTHERS TARNÓW | M30-34 | | 00:16:34 | 00:49:23 | 01:06:38 | 25 | 00:03:34 | 00:18:06 | 01:17:29 | 01:53:27 | 02:38:53 | 03:37:47 | 04:15:11 | 04:59:37 | 05:27:23 | 32 | 00:03:12 |
| 22 | KRZEMIŃSKI Marcin | 101 | SPRINT GORZYCE | M40-44 | | 00:16:21 | 00:49:30 | 01:07:10 | 28 | 00:06:02 | 00:17:38 | 01:15:22 | 01:49:21 | 02:32:20 | 03:31:17 | 04:07:26 | 04:55:56 | 05:23:35 | 27 | 00:03:43 |
| 23 | SOSNOWSKI Jarosław | 190 | PTT DELTA | M35-39 | | 00:14:02 | 00:44:03 | 00:59:28 | 2 | 00:02:36 | 00:16:27 | 01:12:10 | 01:47:57 | 02:33:01 | 03:36:31 | 04:15:44 | 05:03:26 | 05:32:39 | 40 | 00:02:32 |
| 24 | SMANTSEROV Mykola | 188 | DELIVERO.UA | M40-44 | | 00:16:57 | 00:52:04 | 01:10:17 | 39 | 00:05:11 | 00:19:08 | 01:22:14 | 02:01:20 | 02:47:51 | 03:53:27 | 04:35:00 | 05:25:15 | 05:53:27 | 94 | 00:04:19 |
| 25 | CIBOROWSKI Damian | 28 | SPEED JASŁO | M45-49 | CIBOR IRON TEAM | 00:15:57 | 00:49:00 | 01:06:14 | 24 | 00:03:16 | 00:17:18 | 01:14:17 | 01:49:37 | 02:32:37 | 03:31:28 | 04:09:44 | 04:54:47 | 05:21:52 | 23 | 00:03:03 |
| 26 | SZTENDEREWICZ Rafał | 202 | SPORTEVO | M40-44 | | 00:18:22 | 00:57:08 | 01:16:19 | 66 | 00:03:09 | 00:17:21 | 01:13:24 | 01:47:43 | 02:30:05 | 03:31:34 | 04:09:59 | 04:56:17 | 05:23:18 | 26 | 00:03:25 |
| 27 | MICHALAK Michał | 134 | DZIKI KOSZALIN | M35-39 | | 00:16:47 | 00:52:06 | 01:09:58 | 37 | 00:04:56 | 00:17:08 | 01:13:27 | 01:47:42 | 02:29:59 | 03:29:14 | 04:06:53 | 04:52:11 | 05:19:48 | 20 | 00:04:42 |
| 28 | KUŻMA Adam | 107 | FAR KUBA TEAM | M30-34 | | 00:18:26 | 00:59:01 | 01:20:43 | 99 | 00:05:08 | 00:18:16 | 01:16:25 | 01:51:50 | 02:34:39 | 03:31:41 | 04:07:57 | 04:51:42 | 05:19:21 | 19 | 00:03:42 |
| | OIKONOMOU Alexandros | 150 | TRIAS | M45-49 | | 00:17:04 | 00:53:51 | 01:13:01 | 51 | 00:06:02 | 00:20:58 | 01:27:42 | 02:11:20 | 03:06:39 | 04:29:03 | | | | | |
| 30 | GÓRECKI Tomasz | 57 | PTT DELTA | M30-34 | | 00:15:08 | 00:47:10 | 01:03:38 | 13 | 00:04:12 | 00:17:02 | 01:15:45 | 01:51:57 | 02:36:15 | 03:36:42 | 04:14:33 | 05:03:22 | 05:32:54 | 41 | 00:02:10 |
| 31 | CHMEL Sergiy | 22 | BORYS RUNNING CLUB | M35-39 | | 00:20:14 | 01:02:15 | 01:24:16 | 126 | 00:05:51 | 00:17:06 | 01:12:50 | 01:48:07 | 02:30:18 | 03:29:02 | 04:07:22 | 04:52:44 | 05:20:04 | 21 | 00:03:43 |
| 32 | KUNECKI Marcin | 104 | HILLINGDON TRIATHLETES | M35-39 | | 00:18:08 | 00:58:05 | 01:19:31 | 90 | 00:02:51 | 00:16:45 | 01:13:33 | 01:50:28 | 02:34:21 | 03:35:07 | 04:12:37 | 04:57:00 | 05:24:21 | 28 | 00:02:38 |
| 33 | SZCZYRBOWSKI Michał | 199 | YOOBEE. PL | M35-39 | | 00:16:58 | 00:52:46 | 01:11:20 | 42 | 00:03:46 | 00:18:30 | 01:18:47 | 01:56:38 | 02:42:48 | 03:44:19 | 04:23:06 | 05:08:52 | 05:36:19 | 46 | 00:02:03 |

| | | | | Pływanie | | | | Rower | | | | | | | | Bieg | | | | |
|----|----------------------------------|-----|------------------------------|----------|----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 34 | BIELIŃSKI Piotr | 16 | KUŹNIA TRIATHLONU | M25-29 | 00:16:08 | 00:50:36 | 01:09:18 | 35 | 00:04:49 | 00:18:06 | 01:18:02 | 01:54:38 | 02:40:51 | 03:42:15 | 04:21:58 | 05:09:24 | 05:39:22 | 53 | 00:02:11 | |
| 35 | KITA Tomek | 167 | SPECSHOP TEAM | M40-44 | 00:15:49 | 00:48:07 | 01:04:58 | 16 | 00:02:21 | 00:19:03 | 01:20:00 | 01:55:11 | 02:39:15 | 03:43:55 | 04:22:48 | 05:09:26 | 05:38:34 | 50 | 00:02:29 | |
| 36 | NOSOWSKI Jacek | 148 | | M45-49 | 00:16:00 | 00:49:47 | 01:07:07 | 27 | 00:06:03 | 00:18:23 | 01:19:37 | 01:57:44 | 02:43:19 | 03:44:03 | 04:22:43 | 05:08:34 | 05:37:21 | 47 | 00:04:59 | |
| 37 | LIPUTA Grzegorz | 117 | #DASHRADE TEAM | M30-34 | #DASHRADE Team | 00:18:35 | 00:57:46 | 01:17:44 | 77 | 00:05:08 | 00:18:04 | 01:16:45 | 01:52:56 | 02:37:21 | 03:37:31 | 04:16:26 | 05:03:46 | 05:31:44 | 36 | 00:03:00 |
| 38 | JARON Tomasz | 62 | AKADEMIA TRIATHLONU JAROSLAW | M45-49 | 00:14:45 | 00:45:32 | 01:01:20 | 8 | 00:04:31 | 00:17:54 | 01:17:32 | 01:53:19 | 02:37:50 | 03:39:27 | 04:20:14 | 05:10:35 | 05:41:19 | 63 | 00:04:49 | |
| 39 | SUPERSON Wojtek | 197 | | M45-49 | 00:16:12 | 00:50:00 | 01:07:44 | 32 | 00:03:29 | 00:19:10 | 01:17:28 | 01:54:45 | 02:40:47 | 03:45:15 | 04:24:55 | 05:11:49 | 05:40:21 | 58 | 00:02:39 | |
| 40 | KOCENDA Wojciech | 85 | PRO-TRI.PL | M30-34 | 00:18:20 | 00:57:36 | 01:18:11 | 80 | 00:05:05 | 00:18:01 | 01:18:15 | 01:57:24 | 02:40:36 | 03:41:05 | 04:19:44 | 05:05:04 | 05:33:11 | 42 | 00:03:56 | |
| 41 | BANACH Jan | 7 | KLINIKA TRIATHLONU BYDGOSZCZ | M25-29 | 00:14:38 | 00:44:28 | 00:59:32 | 3 | 00:04:30 | 00:18:31 | 01:17:42 | 01:53:41 | 02:37:51 | 03:39:53 | 04:18:01 | 05:05:37 | 05:33:38 | 45 | 00:02:04 | |
| 42 | POCENTEK Krzysztof Robert | 166 | POCENTTEAM | M45-49 | 00:17:20 | 00:54:24 | 01:13:30 | 52 | 00:04:31 | 00:18:45 | 01:17:34 | 01:54:38 | 02:39:25 | 03:42:20 | 04:22:31 | 05:09:26 | 05:38:32 | 49 | 00:02:25 | |
| 43 | KLUŻNIAK Wojciech | 83 | | M35-39 | 00:15:46 | 00:48:54 | 01:06:05 | 21 | 00:04:22 | 00:18:51 | 01:22:13 | 01:59:57 | 02:46:31 | 03:48:38 | 04:28:07 | 05:15:28 | 05:44:21 | 70 | 00:02:08 | |
| 44 | RYBAK Remigiusz | 181 | | M40-44 | 00:19:24 | 00:59:26 | 01:20:11 | 93 | 00:05:31 | 00:18:03 | 01:17:19 | 01:52:50 | 02:36:53 | 03:35:07 | 04:13:24 | 04:58:02 | 05:25:48 | 30 | 00:02:52 | |
| 45 | LASSOTA Artur | 112 | 1969 | M50-54 | 00:19:04 | 00:59:52 | 01:20:36 | 97 | 00:04:22 | 00:17:45 | 01:14:15 | 01:49:54 | 02:34:28 | 03:35:09 | 04:14:33 | 05:01:23 | 05:30:12 | 35 | 00:03:34 | |
| 46 | LEPCZYŃSKI Lesław | 113 | | M40-44 | 00:19:14 | 00:59:24 | 01:20:03 | 92 | 00:06:57 | 00:18:33 | 01:17:36 | 01:54:08 | 02:38:50 | 03:40:55 | 04:19:46 | 05:04:55 | 05:33:24 | 44 | 00:03:33 | |
| 47 | KAMIŃSKI Tomasz | 74 | AMS TRIATHLON | M35-39 | AMS | 00:20:18 | 01:06:10 | 01:32:39 | 177 | 00:07:08 | 00:17:16 | 01:13:26 | 01:48:29 | 02:29:57 | 03:27:18 | 04:03:24 | 04:46:06 | 05:13:05 | 16 | 00:05:53 |
| 48 | WALUKIEWICZ Dariusz | 213 | | M40-44 | 00:19:53 | 01:01:33 | 01:23:09 | 117 | 00:04:15 | 00:18:02 | 01:16:00 | 01:52:51 | 02:37:35 | 03:39:06 | 04:17:48 | 05:04:39 | 05:33:18 | 43 | 00:02:45 | |
| 49 | PRZYBYLSKI Maciej | 172 | | M40-44 | 00:22:26 | 01:07:56 | 01:30:48 | 164 | 00:05:46 | 00:17:07 | 01:13:40 | 01:49:24 | 02:32:53 | 03:32:10 | 04:10:21 | 04:55:45 | 05:23:11 | 25 | 00:05:12 | |
| 50 | EDWARD Kalicki | 43 | | M50-54 | 00:18:40 | 00:57:17 | 01:17:35 | 75 | 00:09:08 | 00:18:59 | 01:17:11 | 01:53:06 | 02:39:02 | 03:39:30 | 04:16:46 | 05:01:59 | 05:29:11 | 34 | 00:06:13 | |
| 51 | CZARNECKI Paweł | 33 | WARSAW MASTERS TEAM | M30-34 | 00:14:07 | 00:44:33 | 00:59:58 | 6 | 00:04:03 | 00:19:58 | 01:22:36 | 02:01:02 | 02:49:04 | 03:54:06 | 04:36:19 | 05:26:21 | 05:56:16 | 101 | 00:04:49 | |
| 52 | JANKOWSKI Tomasz | 60 | TRISPACE | M45-49 | TriSpace | 00:17:32 | 00:55:53 | 01:16:13 | 65 | 00:06:04 | 00:18:46 | 01:21:45 | 02:01:40 | 02:47:34 | 03:49:37 | 04:28:26 | 05:13:28 | 05:41:10 | 60 | 00:04:08 |
| 53 | KALIN Władysław | 72 | TAEKWON-DO GROMOWSKI | M35-39 | 00:16:50 | 00:55:11 | 01:15:10 | 59 | 00:06:47 | 00:18:52 | 01:18:18 | 01:56:01 | 02:41:41 | 03:45:03 | 04:25:48 | 05:12:55 | 05:41:41 | 64 | 00:04:46 | |
| 54 | MAZANKA Jakub | 129 | | M40-44 | 00:18:16 | 00:56:40 | 01:16:04 | 64 | 00:04:56 | 00:20:00 | 01:19:11 | 01:56:32 | 02:40:43 | 03:43:41 | 04:22:38 | 05:11:11 | 05:42:50 | 66 | 00:04:55 | |
| 55 | BARTECKA Sabina | 9 | RÓŻOWETRI/HRMAX ŻORY | K40-44 | 00:19:31 | 00:59:00 | 01:18:55 | 84 | 00:05:17 | 00:19:27 | 01:20:13 | 01:58:22 | 02:43:09 | 03:45:04 | 04:24:45 | 05:10:56 | 05:38:13 | 48 | 00:03:18 | |
| 56 | JABŁOŃSKI Marcin | 227 | KRYSPORT TEAM | M45-49 | 00:20:26 | 01:03:40 | 01:24:43 | 131 | 00:07:30 | 00:18:13 | 01:18:14 | 01:55:58 | 02:41:00 | 03:41:29 | 04:19:37 | 05:04:10 | 05:31:46 | 37 | 00:04:37 | |
| 57 | KAMIŃSKI Marek | 75 | | M30-34 | 00:19:18 | 01:00:51 | 01:23:57 | 122 | 00:04:28 | 00:18:16 | 01:16:30 | 01:52:40 | 02:38:22 | 03:40:33 | 04:21:08 | 05:09:46 | 05:39:19 | 52 | 00:02:31 | |
| 58 | MÖLLER Gert | 141 | | M55-59 | 00:16:18 | 00:49:41 | 01:07:02 | 26 | 00:03:58 | 00:18:26 | 01:19:52 | 01:58:27 | 02:45:52 | 03:50:57 | 04:31:45 | 05:20:30 | 05:50:33 | 82 | 00:04:01 | |
| 59 | STUDNIAK Mateusz | 195 | GDYŃSKI TRIATHLON | M30-34 | 00:15:35 | 00:48:55 | 01:06:04 | 20 | 00:03:42 | 00:17:34 | 01:15:26 | 01:52:55 | 02:41:48 | 03:50:59 | 04:33:01 | 05:22:59 | 05:53:47 | 97 | 00:03:09 | |
| 60 | KOWALSKI Krzysztof | 95 | TRENUJ Z NAJLEPSZYMI | M40-44 | 00:15:45 | 00:48:40 | 01:06:05 | 22 | 00:04:20 | 00:18:30 | 01:17:35 | 01:53:50 | 02:39:36 | 03:43:14 | 04:24:05 | 05:11:43 | 05:40:10 | 57 | 00:02:47 | |
| 61 | MONAGHAN Grażyna | 142 | ABCPURE | K35-39 | 00:17:34 | 00:54:24 | 01:12:53 | 50 | 00:04:31 | 00:18:58 | 01:21:06 | 01:59:19 | 02:45:53 | 03:50:42 | 04:30:26 | 05:17:26 | 05:45:51 | 75 | 00:02:31 | |
| 62 | FARAN Grzegorz | 46 | GTSULMIN | M45-49 | 00:16:39 | 00:52:03 | 01:10:19 | 40 | 00:04:15 | 00:20:06 | 01:23:23 | 02:03:03 | 02:50:48 | 03:54:59 | 04:36:03 | 05:23:24 | 05:52:23 | 91 | 00:02:51 | |
| 63 | ŁUCYSZYN Robert | 124 | | M40-44 | 00:16:46 | 00:53:06 | 01:12:38 | 48 | 00:08:49 | 00:19:35 | 01:20:46 | 01:58:24 | 02:45:26 | 03:47:55 | 04:27:27 | 05:14:43 | 05:43:13 | 68 | 00:03:19 | |
| 64 | MARTYNOWSKI Łukasz | 127 | | M35-39 | 00:17:06 | 00:56:07 | 01:16:31 | 68 | 00:03:59 | 00:17:15 | 01:15:12 | 01:53:45 | 02:44:37 | 03:54:52 | 04:35:54 | 05:23:33 | 05:52:21 | 90 | 00:02:50 | |
| 65 | DASZEWSKI Filip | 36 | | M18-24 | 00:17:02 | 00:53:45 | 01:12:27 | 47 | 00:04:06 | 00:17:29 | 01:15:08 | 01:51:36 | 02:38:32 | 03:43:01 | 04:24:40 | 05:14:54 | 05:45:18 | 72 | 00:04:18 | |
| 66 | CHYLARECKI Robert | 25 | GVT | M50-54 | 00:18:12 | 00:57:00 | 01:17:13 | 71 | 00:06:23 | 00:18:36 | 01:18:07 | 01:54:51 | 02:40:14 | 03:42:45 | 04:22:15 | 05:09:31 | 05:38:48 | 51 | 00:07:52 | |
| 67 | WILICKI Tomasz | 208 | DELL RUNNING TEAM | M40-44 | 00:18:44 | 00:59:21 | 01:20:34 | 95 | 00:07:14 | 00:18:38 | 01:17:33 | 01:55:48 | 02:41:30 | 03:43:28 | 04:21:43 | 05:09:19 | 05:39:28 | 54 | 00:05:27 | |
| 68 | MIŚ Waldemar | 138 | ALIOR RUNNING TEAM | M40-44 | 00:20:01 | 01:03:27 | 01:26:47 | 144 | 00:04:04 | 00:18:47 | 01:20:06 | 01:58:34 | 02:44:46 | 03:47:55 | 04:27:42 | 05:14:11 | 05:42:31 | 65 | 00:02:55 | |
| 69 | LUBOWICKI Łukasz | 120 | 40-LATEK TYCHY | M40-44 | 00:18:27 | 00:57:04 | 01:16:41 | 69 | 00:07:23 | 00:19:01 | 01:21:46 | 02:00:32 | 02:47:06 | 03:50:17 | 04:30:47 | 05:18:05 | 05:47:13 | 77 | 00:05:39 | |
| 70 | KARALIUK Andrei | 77 | | M35-39 | 00:18:05 | 00:57:19 | 01:17:29 | 73 | 00:04:29 | 00:19:22 | 01:22:46 | 02:02:08 | 02:49:20 | 03:53:18 | 04:35:03 | 05:22:44 | 05:52:27 | 92 | 00:02:09 | |
| 71 | CUBER Piotr | 32 | CTS | M40-44 | 00:20:06 | 01:02:38 | 01:23:56 | 121 | 00:05:23 | 00:18:58 | 01:22:08 | 02:01:30 | 02:48:31 | 03:51:28 | 04:30:56 | 05:17:22 | 05:45:46 | 74 | 00:03:47 | |
| 72 | KALISZEWSKI Daniel | 73 | | M40-44 | 00:20:24 | 01:02:31 | 01:24:40 | 130 | 00:04:24 | 00:18:15 | 01:19:20 | 01:58:50 | 02:44:28 | 03:48:24 | 04:28:02 | 05:14:48 | 05:42:54 | 67 | 00:05:22 | |
| 73 | ŁĄCZKA Tomasz | 123 | | M40-44 | 00:20:36 | 01:06:19 | 01:32:11 | 173 | 00:11:54 | 00:18:07 | 01:16:00 | 01:52:02 | 02:36:15 | 03:36:22 | 04:15:25 | 05:00:08 | 05:26:30 | 31 | 00:04:57 | |
| 74 | ĆWIK Dariusz | 35 | HUSSE TEAM | M45-49 | 00:18:44 | 00:57:27 | 01:17:33 | 74 | 00:05:17 | 00:19:37 | 01:22:46 | 02:02:26 | 02:49:54 | 03:53:55 | 04:34:36 | 05:23:02 | 05:52:13 | 88 | 00:03:27 | |
| 75 | OMELIANENKO Yaroslav Omelianenko | 154 | | M25-29 | 00:18:33 | 01:00:44 | 01:23:09 | 116 | 00:05:39 | 00:17:55 | 01:16:19 | 01:53:10 | 02:38:25 | 03:41:24 | 04:21:57 | 05:12:13 | 05:40:49 | 59 | 00:02:20 | |
| 76 | LETKOWSKI Dariusz | 114 | GAPMONT RUNNING TEAM | M40-44 | 00:17:39 | 00:54:50 | 01:12:47 | 49 | 00:05:46 | 00:19:38 | 01:22:39 | 02:03:04 | 02:51:25 | 03:55:32 | 04:36:36 | 05:26:13 | 05:55:26 | 100 | 00:03:40 | |
| 77 | SZPITER Tomasz | 201 | OLAWS ZŁOTORYJA | M50-54 | 00:19:21 | 00:59:35 | 01:20:47 | 101 | 00:05:14 | 00:18:16 | 01:18:49 | 01:57:01 | 02:43:13 | 03:46:38 | 04:27:24 | 05:17:09 | 05:46:34 | 76 | 00:04:12 | |
| 78 | AUGUSTYŃIAK Artur | 6 | FUJITSU RUNNING TEAM ŁÓDŹ | M35-39 | 00:19:32 | 00:59:51 | 01:19:40 | 91 | 00:04:28 | 00:19:32 | 01:21:24 | 02:00:35 | 02:48:25 | 03:54:01 | 04:35:37 | 05:23:14 | 05:52:03 | 87 | 00:03:49 | |
| 79 | KOSMACZEWSKI Ireneusz | 91 | KODRUK.NET | M40-44 | 00:18:34 | 00:55:42 | 01:15:12 | 60 | 00:06:37 | 00:19:03 | 01:20:38 | 01:58:08 | 02:44:54 | 03:48:27 | 04:28:58 | 05:19:39 | 05:49:12 | 79 | 00:04:35 | |

| | | | | Pływanie | | | | Rower | | | | | | | | Bieg | | | |
|-----|----------------------------|-----|-----------------------|----------|----------|----------|-----------------|-------|----------|----------|----------|----------|----------|----------|----------|----------|-----------------|------------|----------|
| 80 | MOZLER Jerzy | 143 | | M45-49 | 00:16:01 | 00:50:34 | 01:08:11 | 33 | 00:10:50 | 00:19:49 | 01:20:50 | 01:59:38 | 02:47:58 | 03:54:38 | 04:36:57 | 05:26:51 | 05:57:30 | 110 | 00:06:06 |
| 81 | SEVASTSYANAU Sjarhei | 187 | SEVASTSYANAU TEAM | M40-44 | 00:24:11 | 01:14:59 | 01:43:18 | 205 | 00:04:26 | 00:18:37 | 01:17:22 | 01:53:09 | 02:36:47 | 03:38:01 | 04:17:38 | 05:04:51 | 05:32:04 | 38 | 00:04:17 |
| 82 | RUSIN Jakub | 180 | | M30-34 | 00:18:07 | 00:56:36 | 01:15:46 | 63 | 00:04:21 | 00:19:40 | 01:23:16 | 02:01:58 | 02:51:10 | 03:57:26 | 04:37:49 | 05:27:48 | 05:57:22 | 108 | 00:03:13 |
| 83 | MACIULEVICIUS Arunas | 200 | TRITONAS | M45-49 | 00:18:44 | 00:57:45 | 01:18:21 | 82 | 00:04:53 | 00:19:10 | 01:22:54 | 02:02:48 | 02:50:34 | 03:54:11 | 04:36:47 | 05:26:13 | 05:55:25 | 99 | 00:02:58 |
| 84 | NIEMCZYK Kazimierz | 147 | | M55-59 | 00:20:51 | 01:05:11 | 01:28:45 | 156 | 00:09:18 | 00:19:14 | 01:20:26 | 01:58:12 | 02:43:45 | 03:46:21 | 04:25:44 | 05:12:57 | 05:41:17 | 62 | 00:04:28 |
| 85 | PRYK Rafał | 171 | ROZBIEGANY GOLENIÓW | M40-44 | 00:20:06 | 01:02:22 | 01:24:31 | 129 | 00:05:32 | 00:19:33 | 01:23:31 | 02:01:59 | 02:47:44 | 03:51:32 | 04:32:10 | 05:20:48 | 05:49:15 | 80 | 00:03:13 |
| 86 | LIZIK Radosław | 119 | TRISPACE | M40-44 | 00:20:05 | 01:02:23 | 01:23:43 | 120 | 00:08:03 | 00:19:21 | 01:21:44 | 02:00:22 | 02:47:12 | 03:50:45 | 04:30:37 | 05:17:11 | 05:45:31 | 73 | 00:05:26 |
| 87 | SZCZEPAŃSKI Adam | 198 | KB PIONIER SZCZECIN | M30-34 | 00:18:37 | 00:57:03 | 01:17:25 | 72 | 00:11:50 | 00:18:54 | 01:21:56 | 02:03:01 | 02:49:21 | 03:52:57 | 04:33:44 | 05:21:34 | 05:51:00 | 84 | 00:09:02 |
| 88 | CIBOROWSKI Sebastian | 29 | SEBA SPORT PISZ | M45-49 | 00:16:57 | 00:53:57 | 01:12:23 | 46 | 00:07:59 | 00:17:31 | 01:18:20 | 01:55:48 | 02:42:40 | 03:49:45 | 04:32:12 | 05:23:38 | 05:52:37 | 93 | 00:06:24 |
| 89 | PRUSIK Bartosz | 170 | COZMOBIKE | M25-29 | 00:20:02 | 01:02:59 | 01:25:29 | 136 | 00:05:49 | 00:17:54 | 01:15:28 | 01:52:08 | 02:38:06 | 03:44:02 | 04:25:10 | 05:12:35 | 05:41:13 | 61 | 00:06:59 |
| 90 | SZWEDA Tomasz | 203 | MEBLOBYŚK CZERNICE | M35-39 | 00:22:38 | 01:10:37 | 01:35:41 | 183 | 00:05:13 | 00:18:06 | 01:17:54 | 01:55:14 | 02:40:12 | 03:42:37 | 04:23:23 | 05:11:13 | 05:39:30 | 55 | 00:03:12 |
| 91 | MAKOWSKI Sławomir | 126 | RUN BYDGOSZCZ | M50-54 | 00:22:34 | 01:11:03 | 01:35:56 | 186 | 00:04:59 | 00:19:23 | 01:20:37 | 01:59:21 | 03:59:42 | 05:01:50 | 05:42:48 | | | | |
| 92 | GOSTOMSKI Mariusz | 55 | TRI STAROGARD GDAŃSKI | M50-54 | 00:18:50 | 00:59:12 | 01:20:14 | 94 | 00:05:06 | 00:19:05 | 01:21:53 | 02:01:32 | 02:48:31 | 03:53:47 | 04:35:52 | 05:23:45 | 05:52:19 | 89 | 00:06:22 |
| 93 | KRÓLCZYŃSKI Maciej | 98 | | M35-39 | 00:18:47 | 00:58:02 | 01:18:24 | 83 | 00:03:51 | 00:19:26 | 01:21:28 | 02:00:31 | 02:48:30 | 03:54:29 | 04:36:41 | 05:27:30 | 05:57:07 | 105 | 00:02:56 |
| 94 | MATERNA Roman | 128 | SPAR POLSKA | M50-54 | 00:17:54 | 00:55:01 | 01:14:17 | 56 | 00:04:59 | 00:19:32 | 01:23:06 | 02:02:55 | 02:50:22 | 03:55:19 | 04:38:55 | 05:31:06 | 06:01:11 | 122 | 00:03:01 |
| 95 | PIASEK Piotr | 159 | TRIUNLIMITED | M50-54 | 00:20:24 | 01:03:21 | 01:26:41 | 143 | 00:06:40 | 00:19:09 | 01:21:33 | 02:00:15 | 02:47:02 | 03:51:00 | 04:32:11 | 05:21:08 | 05:50:34 | 83 | 00:05:11 |
| 96 | JĘDRZEJCZYK Piotr | 68 | | M45-49 | 00:19:28 | 00:59:46 | 01:21:18 | 107 | 00:05:41 | 00:18:10 | 01:17:15 | 01:54:11 | 02:38:54 | 03:59:27 | 04:40:15 | 05:28:47 | 05:58:20 | 116 | 00:03:21 |
| 97 | FEDYNA Igor | 48 | SHYPHYNA RUN CLUB | M40-44 | 00:20:10 | 01:02:17 | 01:23:39 | 119 | 00:06:29 | 00:21:21 | 01:25:18 | 02:04:26 | 02:50:32 | 03:54:08 | 04:34:28 | 05:22:32 | 05:51:35 | 86 | 00:03:06 |
| 98 | BARANOWSKI Roman | 8 | FOREVER TEAM | M45-49 | 00:15:06 | 00:47:35 | 01:05:06 | 17 | 00:09:44 | 00:19:02 | 01:21:27 | 02:01:00 | 02:49:18 | 03:56:16 | 04:38:54 | 05:30:17 | 06:01:51 | 125 | 00:08:42 |
| 99 | AUGUSTYNIAK Grzegorz | 5 | PTDELTA | M45-49 | 00:18:02 | 00:55:02 | 01:13:50 | 54 | 00:05:47 | 00:19:28 | 01:23:28 | 02:03:04 | 02:51:21 | 03:58:05 | 04:41:19 | 05:33:20 | 06:02:36 | 126 | 00:05:34 |
| 100 | LISIECKI Jacek | 118 | | M45-49 | 00:23:15 | 01:13:38 | 01:39:42 | 201 | 00:08:51 | 00:17:51 | 01:16:23 | 01:53:31 | 02:37:59 | 03:40:19 | 04:19:07 | 05:03:58 | 05:32:11 | 39 | 00:04:24 |
| 101 | PIECHACZYK Sławomir | 160 | | M35-39 | 00:18:49 | 00:59:31 | 01:20:51 | 102 | 00:06:53 | 00:19:50 | 01:23:59 | 02:02:47 | 02:49:31 | 03:54:41 | 04:36:27 | 05:25:04 | 05:53:46 | 96 | 00:03:31 |
| 102 | PORĘBSKI Paweł | 168 | SPRINT GORZYCE | M40-44 | 00:20:15 | 01:02:58 | 01:24:46 | 132 | 00:06:09 | 00:19:08 | 01:20:44 | 01:59:16 | 02:46:17 | 03:55:14 | 04:36:25 | 05:25:36 | 05:53:33 | 95 | 00:03:48 |
| 103 | OLSZEWSKI Łukasz | 153 | ROZBEGANE DZIAŁDOWO | M40-44 | 00:19:26 | 01:01:30 | 01:23:24 | 118 | 00:04:44 | 00:18:50 | 01:23:02 | 02:02:26 | 02:49:40 | 03:57:12 | 04:38:50 | 05:27:57 | 05:55:19 | 98 | 00:02:04 |
| 104 | BARTECKI Aleksander | 10 | HRMAX ŻORY | M45-49 | 00:22:25 | 01:11:00 | 01:36:20 | 189 | 00:03:02 | 00:19:22 | 01:21:25 | 02:01:09 | 02:45:06 | 03:49:11 | 04:30:38 | 05:16:36 | 05:43:51 | 69 | 00:02:36 |
| 105 | CICHOSZ Arkadiusz | 30 | | M45-49 | 00:18:25 | 00:57:54 | 01:18:05 | 79 | 00:04:24 | 00:18:59 | 01:22:04 | 02:01:34 | 02:48:56 | 03:56:44 | 04:39:31 | 05:29:32 | 05:59:41 | 119 | 00:03:41 |
| 106 | KUCIŃSKI Artur | 102 | | M40-44 | 00:16:52 | 00:53:19 | 01:12:16 | 45 | 00:08:11 | 00:19:18 | 01:22:08 | 02:02:47 | 02:52:26 | 03:59:27 | 04:39:28 | 05:28:34 | 05:58:16 | 114 | 00:07:50 |
| 107 | RZEPKA Tomasz | 185 | HTF LUDWIK SIKORSKI | M40-44 | 00:20:01 | 01:02:21 | 01:24:17 | 127 | 00:09:17 | 00:20:14 | 01:24:54 | 02:03:49 | 02:50:30 | 03:55:22 | 04:36:59 | 05:26:54 | 05:56:32 | 102 | 00:03:09 |
| 108 | SOKOŁOWSKI Tomasz | 189 | KLINIKA TRIATHLONU | M30-34 | 00:18:25 | 00:59:07 | 01:20:41 | 98 | 00:03:49 | 00:19:52 | 01:25:36 | 02:06:14 | 02:55:01 | 04:00:50 | 04:42:20 | 05:31:53 | 06:03:03 | 128 | 00:02:09 |
| 109 | BETLEJ Hubert | 14 | ESKADRA KRAKÓW | M35-39 | 00:23:07 | 01:11:06 | 01:36:38 | 190 | 00:04:10 | 00:25:12 | 01:23:30 | 02:00:44 | 02:45:36 | 03:47:47 | 04:28:41 | 05:16:08 | 05:44:46 | 71 | 00:03:04 |
| 110 | KOZAKOVSKY Dmitry | 96 | TRI.BY | M45-49 | 00:20:37 | 01:04:46 | 01:27:30 | 148 | 00:04:44 | 00:19:23 | 01:22:22 | 02:02:33 | 02:50:03 | 03:57:53 | 04:40:17 | 05:29:11 | 05:57:31 | 111 | 00:04:10 |
| 111 | MOJSIEWICZ Sławomir | 139 | | M40-44 | 00:19:16 | 01:01:11 | 01:23:05 | 115 | 00:04:31 | 00:18:46 | 01:18:01 | 01:56:34 | 02:43:24 | 03:49:06 | 04:31:02 | 05:19:22 | 05:49:31 | 81 | 00:05:57 |
| 112 | MELLER Michał | 133 | TRI STAROGARD GDAŃSKI | M45-49 | 00:17:03 | 00:52:00 | 01:10:01 | 38 | 00:04:22 | 00:19:09 | 01:24:30 | 02:05:43 | 02:55:30 | 04:03:33 | 04:47:46 | 05:41:05 | 06:12:09 | 142 | 00:05:47 |
| 113 | NAROJCZYK Krzysztof | 146 | TRI MASTERS PIASECZNO | M45-49 | 00:18:48 | 00:58:35 | 01:19:08 | 86 | 00:05:01 | 00:21:04 | 01:21:09 | 01:59:23 | 02:47:20 | 03:55:27 | 04:38:53 | 05:32:18 | 06:02:54 | 127 | 00:04:55 |
| 114 | OLENDER Paweł | 151 | CAR4PARTS MRAĞOWO | M40-44 | 00:19:28 | 01:00:06 | 01:20:44 | 100 | 00:03:39 | 00:20:44 | 01:26:59 | 02:08:12 | 02:57:56 | 04:04:08 | 04:44:44 | 05:34:08 | 06:04:10 | 131 | 00:03:51 |
| 115 | PELANT Ryszard | 158 | WICHER ROSŃOWKO | M40-44 | 00:19:29 | 00:58:50 | 01:19:14 | 87 | 00:06:49 | 00:19:45 | 01:24:05 | 02:05:13 | 02:52:12 | 03:58:03 | 04:39:24 | 05:28:31 | 05:57:57 | 113 | 00:06:17 |
| 116 | CIMACHOWSKI Jakub | 31 | CIMATECH | M35-39 | 00:16:53 | 00:51:45 | 01:09:45 | 36 | 00:08:33 | 00:20:35 | 01:25:37 | 02:07:07 | 02:58:55 | 04:08:31 | 04:53:01 | 05:44:03 | 06:14:27 | 146 | 00:04:24 |
| 117 | ŚLIWIŃSKI Jakub | 207 | JOLKA JOLKA TEAM | M25-29 | 00:19:05 | 01:00:35 | 01:21:34 | 109 | 00:04:07 | 00:19:15 | 01:22:37 | 02:03:09 | 02:52:39 | 04:00:57 | 04:43:58 | 05:35:09 | 06:06:22 | 134 | 00:03:45 |
| 118 | CZECHOWSKA-MADEJ Katarzyna | 34 | | K35-39 | 00:19:39 | 01:00:09 | 01:20:35 | 96 | 00:04:08 | 00:19:21 | 01:21:52 | 02:03:36 | 02:53:30 | 04:02:02 | 04:46:06 | 05:37:29 | 06:09:01 | 139 | 00:03:08 |
| | DOODY Patrick | 40 | | M50-54 | 00:18:34 | 00:59:38 | 01:22:19 | 112 | 00:05:48 | 00:20:50 | 01:21:52 | 02:01:46 | 02:50:13 | 03:56:08 | 04:37:43 | 05:27:54 | 05:57:26 | 109 | 00:04:00 |
| 120 | WOJCIECHOWSKI Adam | 220 | | M50-54 | 00:20:01 | 01:03:35 | 01:26:40 | 142 | 00:04:58 | 00:19:33 | 01:22:32 | 02:02:11 | 02:49:41 | 03:57:40 | 04:38:26 | 05:28:12 | 05:57:12 | 107 | 00:07:13 |
| 121 | MIKOŁAJCZYK Rafał | 136 | THC PROMIL | M40-44 | 00:18:41 | 01:00:58 | 01:22:59 | 114 | 00:08:30 | 00:19:59 | 01:24:42 | 02:04:28 | 02:53:04 | 04:00:09 | 04:42:41 | 05:31:58 | 06:01:11 | 121 | 00:04:30 |
| 122 | KITKOWSKI Piotr | 81 | | M40-44 | 00:20:04 | 01:00:51 | 01:21:16 | 106 | 00:03:43 | 00:20:05 | 01:23:09 | 02:02:24 | 02:51:23 | 03:58:48 | 04:40:46 | 05:31:49 | 06:01:46 | 124 | 00:03:47 |
| 123 | KALICH Tomasz | 71 | CYKLIŚCI RYPIN | M30-34 | 00:20:46 | 01:05:22 | 01:30:15 | 160 | 00:08:57 | 00:19:27 | 01:21:30 | 01:59:34 | 02:45:59 | 03:50:42 | 04:32:11 | 05:22:04 | 05:51:01 | 85 | 00:05:15 |

| Nr | Imię i nazwisko | Klub | Kategoria | Wiek | Pływanie | | | | Rower | | | | | | | | Bieg | | |
|-----|-----------------------|------|-----------|---------------------------------|----------|----------|----------|-----|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | | | | | 00:19:19 | 01:04:23 | 01:28:03 | 150 | 00:05:21 | 00:19:29 | 01:25:07 | 02:05:21 | 02:52:47 | 03:57:53 | 04:39:13 | 05:28:03 | | 05:57:08 | 106 |
| 124 | JAGIEŁO Albert | 59 | M25-29 | | 00:19:19 | 01:04:23 | 01:28:03 | 150 | 00:05:21 | 00:19:29 | 01:25:07 | 02:05:21 | 02:52:47 | 03:57:53 | 04:39:13 | 05:28:03 | 05:57:08 | 106 | 00:04:22 |
| 125 | CHOJNOWSKI Andrzej | 24 | M50-54 | | 00:21:04 | 01:06:39 | 01:30:41 | 163 | 00:04:45 | 00:18:50 | 01:21:18 | 02:00:51 | 02:48:35 | 03:54:49 | 04:37:25 | 05:27:09 | 05:58:17 | 115 | 00:03:02 |
| 126 | RYGIEL Robert | 182 | M55-59 | | 00:20:22 | 01:02:30 | 01:24:11 | 125 | 00:07:16 | 00:19:49 | 01:24:06 | 02:04:45 | 02:53:26 | 04:02:31 | 04:45:24 | 05:35:33 | 06:06:27 | 135 | 00:05:01 |
| 127 | WŁODARCZAK Witold | 218 | M55-59 | TriSpace | 00:21:15 | 01:05:37 | 01:28:33 | 153 | 00:03:42 | 00:19:44 | 01:24:56 | 02:04:36 | 02:53:07 | 04:02:13 | 04:45:37 | 05:36:54 | 06:08:29 | 138 | 00:03:05 |
| 128 | LASSAK Bartosz | 111 | M40-44 | CHŁOPAKI TO MY | 00:19:12 | 01:00:43 | 01:21:52 | 111 | 00:05:23 | 00:20:28 | 01:25:44 | 02:08:08 | 02:57:58 | 04:06:54 | 04:50:32 | 05:42:47 | 06:13:57 | 145 | 00:03:31 |
| 129 | VASILI Anton | 212 | M30-34 | | 00:19:57 | 01:03:52 | 01:27:32 | 149 | 00:07:08 | 00:19:39 | 01:22:07 | 02:01:53 | 02:51:06 | 03:57:09 | 04:39:43 | 05:36:14 | 06:06:22 | 133 | 00:03:29 |
| 130 | KRYSIAK Robert | 100 | M50-54 | | 00:20:11 | 01:02:27 | 01:23:58 | 123 | 00:06:36 | 00:20:03 | 01:26:44 | 02:06:15 | 02:55:19 | 04:03:10 | 04:46:30 | 05:38:27 | 06:09:32 | 140 | 00:03:37 |
| 131 | ŚCIGAŁA Waldemar | 206 | M45-49 | JELENIA PLAST SPORT TEAM | 00:15:47 | 00:49:53 | 01:07:39 | 31 | 00:05:49 | 00:19:55 | 01:23:34 | 02:03:18 | 02:53:38 | 04:04:26 | 04:51:29 | 05:49:40 | 06:25:48 | 160 | 00:04:55 |
| 132 | RICKENBACHER Nicole | 176 | M50-54 | WILDCATS | 00:21:41 | 01:03:17 | 01:25:11 | 133 | 00:07:18 | 00:21:31 | 01:28:48 | 02:08:49 | 02:57:54 | 04:02:58 | 04:44:02 | 05:34:13 | 06:03:26 | 130 | 00:06:39 |
| 133 | KACZOR Piotr | 70 | M40-44 | TRIMANITA RATUSZ MASZEWO | 00:17:28 | 00:55:01 | 01:14:56 | 58 | 00:06:16 | 00:22:00 | 01:28:24 | 02:09:51 | 03:00:22 | 04:09:52 | 04:52:49 | 05:44:52 | 06:15:14 | 147 | 00:03:27 |
| 134 | TYMIŃSKI Dariusz | 210 | M50-54 | PTT DELTA | 00:19:51 | 01:03:43 | 01:26:50 | 145 | 00:05:33 | 00:20:04 | 01:25:53 | 02:06:16 | 02:55:25 | 04:04:41 | 04:49:12 | 05:41:23 | 06:12:23 | 143 | 00:03:31 |
| 135 | BEDYK Ireneusz | 13 | M60-64 | PTT DELTA | 00:23:13 | 01:09:13 | 01:34:16 | 181 | 00:05:45 | 00:18:30 | 01:20:55 | 02:01:34 | 02:50:16 | 04:01:01 | 04:43:32 | 05:32:19 | 06:03:06 | 129 | 00:03:16 |
| 136 | KEMNITZ Marcin | 78 | M35-39 | 3GRAVITY | 00:24:58 | 01:17:50 | 01:44:49 | 209 | 00:03:37 | 00:18:07 | 01:18:30 | 01:56:24 | 02:42:03 | 03:45:45 | 04:26:54 | 05:16:47 | 05:47:48 | 78 | 00:06:16 |
| 137 | KOZŁOWSKI Tomasz | 97 | M35-39 | MII | 00:20:57 | 01:02:47 | 01:24:09 | 124 | 00:07:31 | 00:20:29 | 01:25:28 | 02:04:54 | 02:53:24 | 04:02:16 | 04:45:16 | 05:36:41 | 06:08:11 | 137 | 00:05:46 |
| 138 | ADAMOWICZ Andrzej | 1 | M50-54 | | 00:21:05 | 01:07:42 | 01:33:43 | 180 | 00:07:04 | 00:18:28 | 01:19:13 | 01:58:04 | 02:45:50 | 03:54:03 | 04:36:56 | 05:28:20 | 06:00:34 | 120 | 00:07:11 |
| 139 | KOLMAJER Rafał | 86 | M35-39 | ROWERTOUR | 00:22:36 | 01:11:02 | 01:35:51 | 185 | 00:07:23 | 00:19:51 | 01:22:57 | 02:03:10 | 02:50:53 | 03:59:43 | 04:41:39 | 05:32:48 | | | |
| 140 | LEWARDOWSKI Konrad | 116 | M45-49 | KTB KUNY STRZESZYŃ | 00:22:06 | 01:07:41 | 01:32:09 | 172 | 00:15:48 | 00:16:14 | 01:22:22 | 02:05:07 | 04:14:43 | | 05:55:42 | | | | |
| 141 | WOLUSZEWSKI Remigiusz | 221 | M30-34 | ALIOR RUNNING TEAM | 00:22:45 | 01:13:11 | 01:39:32 | 199 | 00:05:20 | 00:18:30 | 01:21:03 | 02:04:13 | 02:54:01 | 04:03:07 | 04:45:44 | 05:36:33 | 06:07:19 | 136 | 00:04:39 |
| 142 | DĘBICKI Artur | 38 | M50-54 | | 00:15:44 | 00:50:02 | 01:07:37 | 30 | 00:06:59 | 00:22:05 | 01:33:25 | 02:17:49 | 03:09:53 | 04:20:17 | 05:07:39 | 06:00:02 | 06:30:11 | 168 | 00:04:55 |
| 143 | MRÓZ Michał | 145 | M35-39 | DAREDEVILS TRIATHLON TEAM | 00:17:41 | 00:56:41 | 01:17:11 | 70 | 00:07:02 | 00:21:18 | 01:30:39 | 02:12:48 | 03:04:06 | 04:14:48 | 04:58:11 | 05:49:19 | 06:20:28 | 154 | 00:05:32 |
| 144 | ŻYCHLIŃSKI Miłosz | 226 | M45-49 | KS CELIRONMAN | 00:24:12 | 01:14:28 | 01:38:03 | 194 | 00:09:50 | 00:19:28 | 01:22:00 | 02:01:30 | 02:49:24 | 03:56:16 | 04:37:16 | 05:27:34 | 05:57:04 | 104 | 00:04:41 |
| 145 | REPKA Marek | 174 | M45-49 | LUPUS TEAM | 00:23:04 | 01:12:43 | 01:38:12 | 196 | 00:04:35 | 00:19:38 | 01:25:07 | 02:05:27 | 02:53:02 | 03:59:24 | 04:40:30 | 05:31:01 | 06:01:43 | 123 | 00:03:24 |
| 146 | NOWARA Andrzej | 149 | M50-54 | | 00:21:25 | 01:07:28 | 01:32:20 | 175 | 00:10:36 | 00:20:13 | 01:26:51 | 02:08:28 | 02:57:35 | 04:04:34 | 04:46:21 | 05:35:11 | 06:05:33 | 132 | 00:04:02 |
| 147 | GOŁDYN Marek | 54 | M35-39 | TKKF KOSZALIN | 00:18:21 | 00:56:45 | 01:16:29 | 67 | 00:09:01 | 00:19:52 | 01:27:24 | 02:08:29 | 03:01:51 | 04:16:30 | 04:59:37 | 05:54:45 | 06:26:24 | 162 | 00:06:32 |
| 148 | KONIECZNY Karol | 89 | M35-39 | | 00:21:45 | 01:11:22 | 01:37:12 | 192 | 00:07:27 | 00:18:49 | 01:20:00 | 01:58:49 | 02:46:59 | 03:56:01 | 04:38:43 | 05:29:14 | 05:59:33 | 118 | 00:07:03 |
| 149 | KLOCKIEWICZ Zbyszko | 82 | M25-29 | PŁONĄCE RACICE | 00:18:19 | 00:55:56 | 01:15:28 | 62 | 00:04:47 | 00:20:53 | 01:26:37 | 02:09:50 | 03:01:34 | 04:14:22 | 05:00:25 | 05:55:08 | 06:27:22 | 164 | 00:06:35 |
| 150 | BIAŁOBLOCKI Tomasz | 15 | M50-54 | | 00:21:03 | 01:06:04 | 01:30:38 | 162 | 00:07:39 | 00:20:06 | 01:26:45 | 02:09:43 | 03:00:23 | 04:09:56 | 04:55:49 | 05:47:56 | 06:18:49 | 151 | 00:04:09 |
| 151 | KUPISZ Dominik | 105 | M40-44 | HERNIK TEAM | 00:18:55 | 00:57:25 | 01:17:53 | 78 | 00:04:37 | 00:20:20 | 01:26:00 | 02:08:36 | 03:01:56 | 04:14:16 | 05:00:37 | 05:55:54 | 06:29:31 | 167 | 00:05:11 |
| 152 | KORSAKOV Kostiantyn | 90 | M45-49 | - | 00:19:00 | 00:59:20 | 01:21:38 | 110 | 00:09:12 | 00:19:53 | 01:23:52 | 02:04:39 | 02:56:29 | 04:08:57 | 04:54:54 | 05:50:33 | 06:23:10 | 156 | 00:05:31 |
| 153 | KUĆ Jarosław | 103 | M35-39 | TRI TEAM LUBAŃ | 00:21:24 | 01:09:22 | 01:34:39 | 182 | 00:05:47 | 00:19:23 | 01:24:38 | 02:05:52 | 02:55:59 | 04:06:30 | 04:51:09 | 05:44:27 | 06:16:12 | 149 | 00:05:36 |
| 154 | KOŁODZIEJSKI Tomasz | 87 | M50-54 | GINASO | 00:24:49 | 01:17:58 | 01:44:39 | 207 | 00:07:56 | 00:21:21 | 01:25:09 | 02:04:39 | 02:52:50 | 03:57:55 | 04:40:03 | 05:28:21 | 05:56:53 | 103 | 00:09:53 |
| 155 | GACKOWSKI Krzysztof | 50 | M45-49 | IRON & ONE TEAM | 00:19:48 | 01:00:12 | 01:20:54 | 103 | 00:05:52 | 00:19:43 | 01:26:10 | 02:08:31 | 03:00:26 | 04:11:09 | 04:56:58 | 05:52:31 | 06:23:58 | 157 | 00:05:23 |
| 156 | WÓJCİK Łukasz | 223 | M30-34 | CELIRONMAN/OLEJNIK RUNNING TEAM | 00:19:17 | 00:59:49 | 01:19:30 | 89 | 00:05:42 | 00:20:03 | 01:25:17 | 02:05:56 | 02:57:37 | 04:11:13 | 04:57:13 | 05:51:20 | 06:24:03 | 158 | 00:05:05 |
| 157 | WOBY Amanda | 219 | M30-34 | GREENWICH TRITONS | 00:17:08 | 00:52:07 | 01:10:41 | 41 | 00:05:55 | 00:22:16 | 01:35:34 | 02:20:31 | 03:14:33 | 04:30:47 | 05:18:59 | 06:13:55 | 06:47:30 | 185 | 00:02:50 |
| 158 | KOWALCZYK Wojciech | 93 | M25-29 | ARNIE TEAM | 00:19:26 | 01:02:57 | 01:25:47 | 138 | 00:10:54 | 00:20:29 | 01:25:32 | 02:07:31 | 02:57:58 | 04:09:43 | 04:55:53 | 05:49:08 | 06:21:29 | 155 | 00:09:40 |
| 159 | TRYT Maciej | 209 | M35-39 | RUN BYDGOSZCZ | 00:19:30 | 01:00:10 | 01:21:15 | 105 | 00:07:05 | 00:19:13 | 01:23:49 | 02:05:35 | 02:57:19 | 04:13:22 | 05:01:57 | 05:57:45 | 06:28:52 | 166 | 00:08:05 |
| 160 | GŁADYSZ Grzegorz | 52 | M30-34 | | 00:21:19 | 01:06:32 | 01:32:23 | 176 | 00:05:18 | 00:20:41 | 01:26:51 | 02:06:32 | 02:57:26 | 04:05:58 | 04:49:32 | 05:43:25 | 06:15:47 | 148 | 00:04:22 |
| 161 | REZA Marek | 175 | M50-54 | | 00:23:16 | 01:12:13 | 01:38:13 | 197 | 00:07:58 | 00:20:05 | 01:25:12 | 02:05:46 | 02:55:25 | 04:06:03 | 04:50:27 | 05:43:32 | 06:16:24 | 150 | 00:05:00 |
| 162 | MAJEWSKA Kinga | 125 | M40-44 | | 00:20:49 | 01:05:32 | 01:29:01 | 157 | 00:05:34 | 00:20:22 | 01:26:08 | 02:09:30 | 03:01:59 | 04:14:55 | 05:00:04 | 05:56:49 | 06:27:40 | 165 | 00:04:40 |
| 163 | PRUSACZYK Marcin | 169 | M45-49 | | 00:19:32 | 01:00:08 | 01:20:57 | 104 | 00:07:29 | 00:19:59 | 01:29:04 | 02:13:57 | 03:06:52 | 04:20:50 | 05:09:37 | 06:03:39 | 06:38:09 | 179 | 00:05:00 |
| 164 | WOŁOWSKI Lech | 222 | M40-44 | | 00:21:44 | 01:08:04 | 01:32:17 | 174 | 00:07:56 | 00:22:07 | 01:28:02 | 02:08:38 | 02:57:10 | 04:07:12 | 04:54:49 | 05:48:05 | 06:19:53 | 152 | 00:06:53 |
| 165 | OLEDZKI Janusz | 152 | M60-64 | WUM | 00:21:42 | 01:05:56 | 01:28:13 | 151 | 00:06:06 | 00:20:32 | 01:28:24 | 02:10:57 | 03:02:42 | 04:13:38 | 04:58:11 | 05:53:11 | 06:26:09 | 161 | 00:06:00 |
| 166 | WILK Łukasz | 217 | M40-44 | | 00:18:53 | 00:58:42 | 01:19:22 | 88 | 00:09:49 | 00:21:35 | 01:29:32 | 02:13:20 | 03:05:09 | 04:19:08 | 05:05:36 | 06:05:16 | 06:37:51 | 178 | 00:04:38 |
| 167 | SZYNDLARIEWICZ Paweł | 205 | M35-39 | | 00:22:15 | 01:07:53 | 01:31:38 | 169 | 00:05:52 | 00:20:57 | 01:26:06 | 02:07:31 | 02:57:39 | 04:06:05 | 04:56:32 | 05:53:06 | 06:25:00 | 159 | 00:05:36 |
| 168 | KĘPIŃSKI Henryk | 79 | M65-69 | KB SPARTAKUS BĘLCHATÓW | 00:22:52 | 01:14:19 | 01:43:01 | 204 | 00:06:49 | 00:21:06 | 01:29:11 | 02:10:34 | 02:59:04 | 04:08:47 | 04:53:19 | 05:43:23 | 06:13:47 | 144 | 00:04:58 |
| 169 | DOMAGAŁA Dariusz | 39 | M30-34 | WWW.GYMLAB.PL | 00:19:55 | 01:02:08 | 01:22:51 | 113 | 00:06:26 | 00:21:48 | 01:32:54 | 02:17:51 | 03:09:49 | 04:22:50 | 05:11:14 | 06:06:33 | 06:37:11 | 176 | 00:03:08 |
| 170 | STASIEWSKI Mariusz | 194 | M40-44 | TRISPACE | 00:21:22 | 01:03:29 | 01:25:12 | 134 | 00:04:30 | 00:20:24 | 01:27:17 | 02:07:00 | 02:58:39 | 04:10:37 | 05:06:23 | 06:01:30 | 06:34:05 | 172 | 00:03:57 |

| | | Pływanie | | | | Rower | | | | | | | | | | Bieg | | | | |
|---|----------------------------|----------|--------------------------------|--------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 171 | JARECKI Paweł | 61 | M40-44 | | 00:18:48 | 00:57:22 | 01:17:38 | 76 | 00:09:20 | 00:19:32 | 01:23:22 | 02:06:36 | 02:57:00 | 04:10:55 | 05:01:14 | 05:57:25 | 06:35:43 | 175 | 00:07:13 | |
| 172 | CIBOROWSKA Aneta | 27 | SEBA SPORT PISZ | K40-44 | | 00:22:26 | 01:08:19 | 01:32:07 | 170 | 00:04:56 | 00:21:14 | 01:29:47 | 02:15:31 | 03:07:11 | 04:18:44 | 05:03:25 | 05:55:56 | 06:27:09 | 163 | 00:09:42 |
| 173 | BUTRYM Piotr | 21 | FORREST | M35-39 | | 00:21:55 | 01:06:22 | 01:29:23 | 158 | 00:06:34 | 00:19:59 | 01:37:10 | 02:19:25 | 03:09:33 | 04:19:52 | 05:07:03 | 06:01:12 | 06:34:30 | 173 | 00:05:20 |
| 174 | ANDRUSZKIEWICZ Arkadiusz | 3 | | M40-44 | | 00:25:23 | 01:17:44 | 01:44:41 | 208 | 00:11:43 | 00:18:57 | 01:21:25 | 02:01:56 | 02:50:43 | 04:01:24 | 04:46:08 | 05:37:59 | 06:10:28 | 141 | 00:08:24 |
| 175 | SROKA Jerzy | 192 | TRI STAROGARD GDAŃSKI | M50-54 | | 00:21:21 | 01:07:15 | 01:33:39 | 179 | 00:04:31 | 00:20:15 | 01:27:59 | 02:10:36 | 03:03:05 | 04:18:38 | 05:06:40 | 06:01:51 | 06:35:18 | 174 | 00:03:12 |
| 176 | LUCHOWSKI Rafał | 121 | 12TRI.PL / SPARTANIE DZIECIOM | M50-54 | | 00:20:38 | 01:03:32 | 01:26:53 | 146 | 00:10:36 | 00:20:37 | 01:27:23 | 02:09:45 | 03:02:58 | 04:16:21 | 05:03:07 | 05:59:54 | 06:33:07 | 171 | 00:07:16 |
| 177 | WRZOSEK Dominik | 224 | ZPIT PW | M25-29 | | 00:23:21 | 01:13:54 | 01:41:03 | 202 | 00:08:48 | 00:20:01 | 01:25:26 | 02:05:54 | 02:55:04 | 04:05:11 | 04:50:22 | 05:47:09 | 06:20:09 | 153 | 00:06:17 |
| 178 | PANASIUK Maciej | 155 | LEASEPLAN TRIATHLON TEAM | M25-29 | | 00:19:47 | 01:03:19 | 01:26:33 | 141 | 00:09:52 | 00:21:38 | 01:30:39 | 02:15:03 | 03:06:38 | 04:20:27 | 05:04:07 | 06:00:35 | 06:32:31 | 170 | 00:07:19 |
| 179 | JENDERNALIK Łukasz | 67 | | M35-39 | | 00:21:20 | 01:07:04 | 01:31:18 | 168 | 00:08:56 | 00:21:03 | 01:36:41 | 02:19:12 | 03:10:20 | 04:20:51 | 05:05:46 | 05:58:38 | 06:31:50 | 169 | 00:06:18 |
| 180 | BECLA Leszek | 12 | HETEROMASTERS | M25-29 | | 00:22:18 | 01:13:41 | 01:39:33 | 200 | 00:06:59 | 00:21:03 | 01:32:13 | 02:17:46 | 03:08:15 | 04:20:41 | 05:07:05 | 06:03:25 | 06:37:37 | 177 | 00:05:12 |
| 181 | LUTOWSKI Wojciech | 122 | TKKF KOLEJARZ BYDGOSZCZ | M30-34 | | 00:23:15 | 01:10:48 | 01:36:15 | 187 | 00:05:21 | 00:21:28 | 01:32:09 | 02:14:39 | 03:07:37 | 04:22:13 | 05:14:06 | 06:12:04 | 06:48:13 | 186 | 00:09:22 |
| 182 | PAWLAK Piotr | 156 | PKO BANK POLSKI | M40-44 | | 00:21:43 | 01:09:54 | 01:36:55 | 191 | 00:08:26 | 00:21:09 | 01:29:53 | 02:12:36 | 03:05:43 | 04:18:55 | 05:06:57 | 06:05:21 | 06:38:43 | 181 | 00:03:54 |
| 183 | LARSEN-KONIECZNY Charlotte | 110 | | K30-34 | | 00:20:37 | 01:06:49 | 01:30:02 | 159 | 00:07:32 | 00:21:43 | 01:32:41 | 02:16:21 | 03:10:35 | 04:25:07 | 05:14:01 | 06:13:34 | 06:45:30 | 183 | 00:04:14 |
| 184 | DUDEK Adam | 42 | | M18-24 | | 00:14:57 | 00:46:51 | 01:03:19 | 11 | 00:15:10 | 00:21:49 | 01:32:49 | 02:20:53 | 03:20:14 | 04:41:19 | 05:30:29 | 06:33:30 | 07:12:14 | 197 | 00:07:59 |
| 185 | CHMIEL Dariusz | 23 | PTT DELTA | M55-59 | | 00:22:37 | 01:12:29 | 01:38:03 | 193 | 00:08:21 | 00:22:27 | 01:35:45 | 02:20:42 | 03:14:45 | 04:28:51 | 05:16:37 | 06:12:32 | 06:46:18 | 184 | 00:05:34 |
| 186 | KUZIEMSKI Tomasz | 106 | KS MARATON OSTRÓW WLKP | M30-34 | | 00:20:42 | 01:05:28 | 01:28:37 | 154 | 00:07:59 | 00:21:10 | 01:29:48 | 02:13:39 | 03:09:12 | 04:31:31 | 05:19:12 | 06:17:37 | 06:51:29 | 187 | 00:05:18 |
| | BŁASZCZYK Borys | 17 | AZS PP | M25-29 | | 00:25:14 | 01:18:53 | 01:43:19 | 206 | 00:08:11 | 00:20:24 | 01:27:56 | 02:11:54 | 03:04:07 | 04:16:05 | 05:02:14 | 06:03:28 | 06:38:35 | 180 | 00:09:26 |
| | FAJOK Szymon | 45 | | M18-24 | | 00:21:40 | 01:10:57 | 01:36:18 | 188 | 00:07:12 | 00:21:19 | 01:28:08 | 02:10:26 | 03:02:10 | 04:15:05 | 05:05:40 | 06:07:16 | 06:41:00 | 182 | 00:09:01 |
| 189 | MOLENDĄ Patrycja | 140 | KLINIK TRIATHLONU | K25-29 | | 00:20:23 | 01:03:28 | 01:26:00 | 139 | 00:11:20 | 00:22:06 | 01:33:39 | 02:17:48 | 03:11:47 | 04:27:29 | 05:18:50 | 06:18:11 | 06:54:23 | 188 | 00:08:42 |
| 190 | MACHAJ Tomasz | 228 | | M45-49 | | 00:21:38 | 01:06:15 | 01:28:40 | 155 | 00:14:26 | 00:23:23 | 01:37:06 | 02:21:34 | 03:20:05 | 04:39:22 | 05:26:50 | 06:23:50 | 06:56:38 | 189 | 00:10:01 |
| 191 | JASIŃSKI Bogusław | 63 | | M65-69 | | 00:20:35 | 01:04:38 | 01:28:33 | 152 | 00:10:04 | 00:20:22 | 01:31:53 | 02:17:08 | 03:12:54 | 04:33:18 | 05:26:44 | 06:27:27 | 07:03:37 | 193 | 00:07:01 |
| 192 | WSZEBOROWSKI Dariusz | 225 | SBR EŁK | M50-54 | | 00:21:44 | 01:07:43 | 01:31:03 | 167 | 00:11:17 | 00:22:36 | 01:34:14 | 02:19:05 | 03:13:47 | 04:32:25 | 05:24:31 | 06:24:41 | 07:00:30 | 190 | 00:11:41 |
| 193 | RYKOWSKI Andrzej | 183 | | M25-29 | | 00:23:10 | 01:10:32 | 01:35:49 | 184 | 00:06:03 | 00:22:12 | 01:34:35 | 02:19:17 | 03:19:45 | 04:44:41 | 05:34:15 | 06:37:14 | 07:09:18 | 195 | 00:09:37 |
| 194 | WŁODARCZYK Mariusz | 229 | | M35-39 | | 00:18:59 | 00:58:35 | 01:19:07 | 85 | 00:08:33 | 00:20:16 | 01:28:30 | 02:11:39 | 03:10:18 | 04:46:01 | 05:37:58 | 06:42:03 | 07:17:27 | 200 | 00:12:19 |
| 195 | RAK Agata | 173 | | K30-34 | | 00:21:31 | 01:07:08 | 01:30:57 | 166 | 00:06:07 | 00:22:30 | 01:38:58 | 02:27:20 | 03:24:56 | 04:46:10 | 05:37:03 | 06:39:01 | 07:15:27 | 199 | 00:03:47 |
| 196 | CIBOROWSKA Katarzyna | 26 | SPEED JASŁO | K40-44 | | 00:23:22 | 01:13:22 | 01:38:08 | 195 | 00:09:22 | 00:22:32 | 01:37:04 | 02:22:19 | 03:20:19 | 04:41:15 | 05:29:52 | 06:28:29 | 07:02:02 | 192 | 00:05:49 |
| 197 | BUCZKOWSKI Jarosław | 19 | PRO EVO TRI CLUB | M45-49 | | 00:21:53 | 01:07:53 | 01:32:41 | 178 | 00:21:58 | 00:22:09 | 01:39:10 | 02:26:59 | 03:25:20 | 04:44:20 | 05:33:43 | 06:36:52 | 07:12:15 | 198 | 00:05:23 |
| 198 | TACZAREK Marlena | 230 | | K40-44 | | 00:20:17 | 01:02:55 | 01:25:24 | 135 | 00:12:04 | 00:22:38 | 01:36:33 | 02:23:51 | 03:21:24 | 04:40:12 | 05:31:35 | 06:33:51 | 07:11:54 | 196 | 00:06:54 |
| 199 | DĄBROWSKI Jarek | 37 | ŁOMIANKOWSKA GRUPA BIEGOWA TRI | M45-49 | | 00:22:00 | 01:07:36 | 01:30:31 | 161 | 00:10:26 | 00:21:06 | 01:33:34 | 02:18:46 | 03:14:20 | 04:34:32 | 05:23:35 | 06:28:16 | 07:04:53 | 194 | 00:10:34 |
| 200 | STANKOWSKI Dawid | 193 | PŁONAŃCE RACICE | M25-29 | | 00:20:02 | 01:03:30 | 01:25:44 | 137 | 00:07:23 | 00:23:07 | 01:36:59 | 02:24:14 | 03:20:10 | 05:01:37 | 05:51:52 | 06:55:48 | 07:29:46 | 202 | 00:06:57 |
| 201 | KRÓLIK Zenon | 99 | SAM SOBIE STEREM | M70-74 | | 00:26:09 | 01:21:22 | 01:50:29 | 210 | 00:12:25 | 00:24:54 | 01:37:08 | 02:23:04 | 03:18:24 | 04:39:27 | 05:27:37 | 06:25:58 | 07:01:16 | 191 | 00:11:10 |
| Przekroczony limit czasu: 15:00:00 | | | | | | | | | | | | | | | | | | | | |
| 202 | KIRKLAND Jim | 80 | GREENWICH TRITONS | M60-64 | | 00:25:18 | 01:12:14 | 01:39:32 | 198 | 00:11:46 | 00:21:36 | 01:35:10 | 02:21:54 | 03:22:20 | 04:47:36 | 05:38:42 | 06:46:44 | 07:22:31 | 201 | 00:07:31 |
| 203 | ANDRZEJEWSKI Adrian | 4 | TEAMKARAŚ | M25-29 | | 00:20:35 | 01:03:39 | 01:27:05 | 147 | 00:08:28 | 00:24:53 | 01:47:04 | 02:37:07 | 03:38:36 | 05:03:42 | 06:00:18 | 07:07:19 | 07:48:01 | 203 | 00:03:42 |
| | LODEWIJKS Mark | 232 | | M50-54 | | 00:15:40 | 00:47:56 | 01:04:09 | 14 | 00:05:40 | 00:19:13 | 01:19:52 | 01:56:50 | 02:39:40 | 03:38:09 | 04:14:42 | 04:57:57 | 05:25:36 | 29 | |
| | KAMIŃSKI Michał | 76 | DELL RUNNING TEAM | M25-29 | | 00:20:41 | 01:07:01 | 01:32:07 | 171 | 00:05:11 | 00:22:21 | 01:38:51 | 02:28:56 | 03:42:06 | 04:45:04 | | | | | |
| | SUDAKOWSKI Tomasz | 196 | KS TRIATHLON RAWA | M45-49 | | 00:23:29 | 01:15:06 | 01:42:46 | 203 | 00:03:32 | 00:19:22 | 01:24:57 | 02:06:59 | 02:57:31 | 04:12:28 | 05:09:31 | | | | |
| | PŁÓCIENNIK Dominik | 165 | | M25-29 | | 00:17:21 | 00:54:58 | 01:15:19 | 61 | 00:04:04 | 00:19:44 | 01:23:01 | 02:00:37 | 02:45:38 | 03:47:09 | 04:25:45 | 05:11:47 | 05:39:51 | 56 | 00:03:20 |
| | DROHOJOWSKI Rafał | 41 | | M45-49 | | 00:19:36 | 01:02:48 | 01:26:22 | 140 | 00:07:06 | 00:19:54 | 01:23:39 | 02:03:25 | 02:51:38 | 03:57:25 | 04:39:06 | 05:27:29 | 05:57:37 | 112 | 00:03:17 |
| | WIECHNA Krzysztof | 215 | | M40-44 | | | | | | | | | | | | | | | | |
| | MAZUR Mariusz | 130 | TRI TEAM LUBAŃ | M35-39 | | 00:21:16 | 01:07:16 | 01:30:50 | 165 | 00:05:03 | 00:19:12 | 01:20:35 | 01:59:54 | 02:47:40 | 03:53:30 | 04:36:02 | 05:27:53 | 05:58:53 | 117 | |
| | JAWORSKI Artur | 65 | | M30-34 | | 00:20:18 | 01:02:28 | 01:24:26 | 128 | 00:10:08 | 00:19:32 | | | | | | | | | |