

FORMOZA LONG

Organizator: APS AGENCY Sp. z o.o. Sp. K
Data: 2023-06-04
Miejsce: Oborniki
Dystans: 10 L km
Klasyfikacja wg czasów netto.

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE



B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

FORMOZA LONG, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|---------------------|------|------|---------------------|------|----------------|--------|------|----------------|----------|-------------|--------|------|
| 1 | FALEJCZYK MARCIN | 55 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 09:00 | 00:14:41 | 01:25:36.90 | 8:33 | 7 |
| 2 | SZELIGA DAWID | 4 | | GORZEWO | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 09:00 | 00:14:11 | 01:26:04.30 | 8:36 | 7 |
| 3 | GOLEC RAFAŁ | 344 | | KRZESK KRÓLOWA NIWA | POL | OPEN MĘŻCZYŹNI | 3 | M 3 | 09:15 | 00:19:53 | 01:34:11.00 | 9:25 | 6.4 |
| 4 | ŻUKOWSKI KAROL | 211 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 4 | M 4 | 09:05 | 00:28:45 | 01:35:08.45 | 9:30 | 6.3 |
| 5 | WACHOWSKI ŁUKASZ | 274 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 5 | M 5 | 09:10 | 00:25:06 | 01:35:23.15 | 9:32 | 6.3 |
| 6 | DWORZYŃSKI RAFAŁ | 275 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 6 | M 6 | 09:10 | 00:25:13 | 01:35:25.60 | 9:32 | 6.3 |
| 7 | KOSTROWSKI ŁUKASZ | 227 | | SZEPietowo | POL | OPEN MĘŻCZYŹNI | 7 | M 7 | 09:05 | 00:29:12 | 01:39:06.95 | 9:54 | 6.1 |
| 8 | KOŻBIAŁ RAFAŁ | 262 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 8 | M 8 | 09:05 | 00:25:45 | 01:39:28.25 | 9:56 | 6 |
| 9 | MARZEC KAROLINA | 184 | | DESZCZNO | POL | OPEN KOBIETY | 1 | K 1 | 09:05 | 00:27:22 | 01:39:31.50 | 9:57 | 6 |
| 10 | GOLKA BŁAŻEJ | 186 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 9 | M 9 | 09:05 | 00:29:53 | 01:40:30.95 | 10:03 | 6 |
| 11 | WILK TOMASZ | 244 | | CEREKIEW | POL | OPEN MĘŻCZYŹNI | 10 | M 10 | 09:15 | 00:30:01 | 01:41:04.75 | 10:06 | 5.9 |
| 12 | MACKOWIAK PIOTR | 320 | | LIPNICA | POL | OPEN MĘŻCZYŹNI | 11 | M 11 | 09:00 | 00:30:16 | 01:43:02.50 | 10:18 | 5.8 |
| 13 | CIERPICKI MARCIN | 89 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 12 | M 12 | 09:05 | 00:34:09 | 01:43:58.40 | 10:23 | 5.8 |
| 14 | WOTA CEZARY | 33 | | OBJEZIERZE | POL | OPEN MĘŻCZYŹNI | 13 | M 13 | 09:00 | 00:29:24 | 01:45:57.20 | 10:35 | 5.7 |
| 15 | WOJCIECHOWSKI KAMIL | 332 | | GÓRA | POL | OPEN MĘŻCZYŹNI | 14 | M 14 | 09:10 | 00:30:00 | 01:47:36.55 | 10:45 | 5.6 |
| 16 | HAC ŁUKASZ | 248 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 15 | M 15 | 09:00 | 00:32:17 | 01:48:09.70 | 10:48 | 5.5 |
| 17 | KOCEJKO TOMASZ | 203 | | GDAŃSK | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 09:15 | 00:32:30 | 01:48:51.15 | 10:53 | 5.5 |
| 18 | GUDANIEC KATARZYNA | 143 | | KOSZALIN | POL | OPEN KOBIETY | 2 | K 2 | 10:00 | 00:32:15 | 01:49:01.05 | 10:54 | 5.5 |
| 19 | POLASZEK PAWEŁ | 116 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 17 | M 17 | 09:05 | 00:33:49 | 01:49:56.05 | 10:59 | 5.5 |
| 20 | SŁAWOMIR BRÓZEK | 1094 | | | | OPEN MĘŻCZYŹNI | 18 | M 18 | | 00:34:10 | 01:50:15.75 | 11:01 | 5.4 |
| 21 | DOLIWIKA KAMIL | 90 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 19 | M 19 | 09:05 | 00:29:55 | 01:50:16.10 | 11:01 | 5.4 |
| 22 | PTASZNIK MICHAŁ | 221 | | GRUDZIĄDZ | POL | OPEN MĘŻCZYŹNI | 20 | M 20 | 09:05 | 00:33:53 | 01:50:37.00 | 11:03 | 5.4 |
| 23 | MACKÓW DAWID | 284 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 21 | M 21 | 09:10 | 00:35:48 | 01:50:40.15 | 11:04 | 5.4 |
| 24 | RUEFFRECK ADAM | 8 | | PILA | AFG | OPEN MĘŻCZYŹNI | 22 | M 22 | 09:40 | 00:31:29 | 01:51:31.10 | 11:09 | 5.4 |
| 25 | MANIKOWSKI DANIEL | 142 | | TORUŃ | POL | OPEN MĘŻCZYŹNI | 23 | M 23 | 09:05 | 00:30:34 | 01:51:35.95 | 11:09 | 5.4 |
| 26 | GRZYB JACEK | 103 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 24 | M 24 | 09:05 | 00:33:22 | 01:54:06.35 | 11:24 | 5.3 |
| 27 | KUCHARSKI JACEK | 156 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 25 | M 25 | 09:05 | 00:32:34 | 01:55:58.95 | 11:35 | 5.2 |
| 28 | HORNIATKO ŁUKASZ | 42 | | KARLINO | POL | OPEN MĘŻCZYŹNI | 26 | M 26 | 09:00 | 00:29:41 | 01:56:10.15 | 11:37 | 5.2 |
| 29 | WOJTANEK KRZYSZTOF | 1087 | | | | OPEN MĘŻCZYŹNI | 27 | M 27 | | 00:35:42 | 01:56:22.60 | 11:38 | 5.2 |
| 30 | NOWICKI PITER | 111 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 28 | M 28 | 09:30 | 00:36:08 | 01:57:45.40 | 11:46 | 5.1 |
| 31 | KOZIKOWSKI ŁUKASZ | 325 | | MROWINO | POL | OPEN MĘŻCZYŹNI | 29 | M 29 | 09:10 | 00:34:07 | 01:57:58.95 | 11:47 | 5.1 |
| 32 | CHWALISZEWSKI EMIL | 113 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 30 | M 30 | 09:05 | 00:38:17 | 01:58:09.85 | 11:48 | 5.1 |
| 33 | OKOLITA MATEUSZ | 185 | | GLINIK | POL | OPEN MĘŻCZYŹNI | 31 | M 31 | 09:05 | 00:32:51 | 01:59:00.80 | 11:54 | 5 |
| 34 | MACKIEWICZ MICHAŁ | 291 | | CIECHANÓW | POL | OPEN MĘŻCZYŹNI | 32 | M 32 | 09:10 | 00:32:58 | 01:59:02.10 | 11:54 | 5 |
| 35 | KOKOTEK ALICJA | 296 | | POZNAŃ | POL | OPEN KOBIETY | 3 | K 3 | 09:50 | 00:35:57 | 02:01:45.95 | 12:10 | 4.9 |
| 36 | KOWALCZYK DANIEL | 80 | | POWIERCIE | POL | OPEN MĘŻCZYŹNI | 33 | M 33 | 10:00 | 00:42:39 | 02:01:53.30 | 12:11 | 4.9 |
| 37 | WANKOWICZ ADRIAN | 157 | | BRZEG DOLNY | POL | OPEN MĘŻCZYŹNI | 34 | M 34 | 09:05 | 00:38:37 | 02:02:22.85 | 12:14 | 4.9 |
| 38 | DAŃSKI DAMIAN | 324 | | MIEDZYRZECZ | POL | OPEN MĘŻCZYŹNI | 35 | M 35 | 10:25 | 00:35:58 | 02:02:42.50 | 12:16 | 4.9 |
| 39 | KUBIAK KATARZYNA | 290 | | POZNAN | POL | OPEN KOBIETY | 4 | K 4 | 09:50 | 00:35:55 | 02:02:46.25 | 12:16 | 4.9 |
| 40 | PAŚKA MARCIN | 34 | | LUBOSZ | POL | OPEN MĘŻCZYŹNI | 36 | M 36 | 09:00 | 00:36:10 | 02:03:09.90 | 12:18 | 4.9 |
| 41 | PLUCIŃSKI SYLWESTER | 272 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 37 | M 37 | 09:00 | 00:33:45 | 02:03:11.10 | 12:19 | 4.9 |
| 42 | WILCZEK ANNA | 10 | | LUBLINIEC | POL | OPEN KOBIETY | 5 | K 5 | 09:00 | 00:32:49 | 02:03:44.60 | 12:22 | 4.8 |
| 43 | NAWROCKI KRZYSZTOF | 213 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 38 | M 38 | 09:05 | 00:28:45 | 02:04:19.35 | 12:25 | 4.8 |
| 44 | DOLATA KRZYSZTOF | 279 | | DĄBRÓWKA LEŚNA | POL | OPEN MĘŻCZYŹNI | 39 | M 39 | 10:05 | 00:37:15 | 02:04:22.25 | 12:26 | 4.8 |
| 45 | BASZAK PAWEŁ | 41 | | SOSNOWIEC | POL | OPEN MĘŻCZYŹNI | 40 | M 40 | 10:00 | 00:39:52 | 02:04:22.75 | 12:26 | 4.8 |
| 46 | SZYSZKOWSKI PIOTR | 214 | | SIEDLCE | POL | OPEN MĘŻCZYŹNI | 41 | M 41 | 09:10 | 00:37:20 | 02:05:35.95 | 12:33 | 4.8 |

FORMOZA LONG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|--------------------------|------|------|---------------------|------|----------------|--------|------|----------------|----------|-------------|--------|------|
| 47 | WIĘSEK ARTUR | 329 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 42 | M 42 | 10:25 | 00:35:54 | 02:05:37.15 | 12:33 | 4.8 |
| 48 | CZERWIŃSKI KRZYSZTOF | 112 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 43 | M 43 | 09:05 | 00:34:29 | 02:06:27.90 | 12:38 | 4.7 |
| 49 | FINSTER ŁUKASZ | 98 | | RYCHTAL | POL | OPEN MĘŻCZYŹNI | 44 | M 44 | 09:10 | 00:38:48 | 02:07:54.55 | 12:47 | 4.7 |
| 50 | GAŁĘSKI HUBERT | 347 | | MIEDZYCHOD | POL | OPEN MĘŻCZYŹNI | 45 | M 45 | 10:05 | 00:38:37 | 02:08:36.20 | 12:51 | 4.7 |
| 51 | MAJCHRZAK PATRYK | 339 | | MIEDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 46 | M 46 | 10:05 | 00:38:44 | 02:08:41.00 | 12:52 | 4.7 |
| 52 | SULEJEWSKI KAMIL | 126 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 47 | M 47 | 09:35 | 00:39:41 | 02:09:25.15 | 12:56 | 4.6 |
| 53 | BOROWIAK WOJCIECH | 59 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 48 | M 48 | 10:00 | 00:38:27 | 02:09:34.20 | 12:57 | 4.6 |
| 54 | CIESIELSKA AGNIESZKA | 280 | | LUDOMY | POL | OPEN KOBIETY | 6 | K 6 | 10:05 | 00:37:21 | 02:11:37.15 | 13:09 | 4.6 |
| 55 | DOPIERAŁSKI DARIUSZ | 335 | | BOJANOWO | POL | OPEN MĘŻCZYŹNI | 49 | M 49 | 10:05 | 00:43:35 | 02:11:41.35 | 13:10 | 4.6 |
| 56 | LEPPAK MAŁGORZATA | 23 | | ZŁOCENIEC | POL | OPEN KOBIETY | 7 | K 7 | 09:00 | 00:38:35 | 02:12:19.85 | 13:13 | 4.5 |
| 57 | CESAK GRZEGORZ | 24 | | ZŁOCENIEC | POL | OPEN MĘŻCZYŹNI | 50 | M 50 | 09:00 | 00:38:29 | 02:12:22.05 | 13:14 | 4.5 |
| 58 | MERGALSKI PATRYK | 303 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 51 | M 51 | 09:10 | 00:36:14 | 02:12:43.00 | 13:16 | 4.5 |
| 59 | PIERSIAK DANIEL | 285 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 52 | M 52 | 09:10 | 00:36:03 | 02:12:43.20 | 13:16 | 4.5 |
| 60 | JAWORSKI DAMIAN | 38 | | KWILCZ | POL | OPEN MĘŻCZYŹNI | 53 | M 53 | 10:00 | 00:41:32 | 02:12:47.15 | 13:16 | 4.5 |
| 61 | STRUGAREK DAMIAN | 19 | | POBIEDZISKA | POL | OPEN MĘŻCZYŹNI | 54 | M 54 | 09:30 | 00:32:21 | 02:12:49.70 | 13:16 | 4.5 |
| 62 | WOLNIEWICZ RYSZARD | 72 | | PNIEWY | POL | OPEN MĘŻCZYŹNI | 55 | M 55 | 09:00 | 00:32:24 | 02:13:39.35 | 13:21 | 4.5 |
| 63 | KLIMCZYK ROMAN | 117 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 56 | M 56 | 09:05 | 00:44:38 | 02:13:39.75 | 13:21 | 4.5 |
| 64 | GEMBARZEWSKA-ADACH ZOFIA | 83 | | GRÓJEC | POL | OPEN KOBIETY | 8 | K 8 | 09:15 | 00:35:28 | 02:13:43.00 | 13:22 | 4.5 |
| 65 | DANILCZUK PIOTR | 1030 | | | | OPEN MĘŻCZYŹNI | 57 | M 57 | | 00:38:57 | 02:14:17.60 | 13:25 | 4.5 |
| 66 | KOCIUBA ADRIAN | 1031 | | | | OPEN MĘŻCZYŹNI | 58 | M 58 | | 00:38:57 | 02:14:30.30 | 13:27 | 4.5 |
| 67 | KAMZOL BOGNA | 104 | | OSTRÓW WIELKOPOLSKI | POL | OPEN KOBIETY | 9 | K 9 | 09:30 | 00:40:58 | 02:16:05.80 | 13:36 | 4.4 |
| 68 | ZDAŃSKI DARIUSZ | 264 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 59 | M 59 | 09:10 | 00:40:35 | 02:17:04.30 | 13:42 | 4.4 |
| 69 | SZELEWSKI PATRYK | 108 | | CIAŻEN | POL | OPEN MĘŻCZYŹNI | 60 | M 60 | 09:10 | 00:37:45 | 02:17:08.65 | 13:42 | 4.4 |
| 70 | PAŁYS MAŁGORZATA | 263 | | MYSZKÓW | POL | OPEN KOBIETY | 10 | K 10 | 09:10 | 00:40:30 | 02:17:15.10 | 13:43 | 4.4 |
| 71 | KOMINEK SEBASTIAN | 328 | | RABOWICE | POL | OPEN MĘŻCZYŹNI | 61 | M 61 | 09:15 | 00:42:40 | 02:17:48.25 | 13:46 | 4.4 |
| 72 | FÓRMAN DANIEL | 288 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 62 | M 62 | 09:20 | 00:42:37 | 02:19:02.50 | 13:54 | 4.3 |
| 73 | PRYADKO PETRO | 217 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 63 | M 63 | 10:25 | 00:38:56 | 02:19:13.35 | 13:55 | 4.3 |
| 74 | TUSIŃSKI PATRYK | 216 | | NIEWIERZ | POL | OPEN MĘŻCZYŹNI | 64 | M 64 | 10:25 | 00:39:02 | 02:19:14.00 | 13:55 | 4.3 |
| 75 | KUCHARSKI MARCIN | 71 | | KWILCZ | POL | OPEN MĘŻCZYŹNI | 65 | M 65 | 09:00 | 00:36:29 | 02:19:47.55 | 13:58 | 4.3 |
| 76 | KNASIECKI PIOTR | 97 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 66 | M 66 | 09:55 | 00:42:35 | 02:20:04.70 | 14:00 | 4.3 |
| 77 | WALCZAK TOMASZ | 319 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 67 | M 67 | 09:20 | 00:43:03 | 02:20:06.20 | 14:00 | 4.3 |
| 78 | BOROWSKI MACIEJ | 64 | | TRABCZYŃ | POL | OPEN MĘŻCZYŹNI | 68 | M 68 | 09:30 | 00:47:56 | 02:21:58.95 | 14:11 | 4.2 |
| 79 | FILIPIAK KRZYSZTOF | 326 | | PLEWISKA | POL | OPEN MĘŻCZYŹNI | 69 | M 69 | 09:35 | 00:45:33 | 02:22:24.30 | 14:14 | 4.2 |
| 80 | PEŁAZA ARTUR | 57 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 70 | M 70 | 09:15 | 00:51:36 | 02:22:51.20 | 14:17 | 4.2 |
| 81 | JUTKOWIAK DAWID | 131 | | TARNOWO PODGÓRNE | POL | OPEN MĘŻCZYŹNI | 71 | M 71 | 09:15 | 00:46:34 | 02:23:11.65 | 14:19 | 4.2 |
| 82 | TOMYS WIESŁAW | 56 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 72 | M 72 | 09:15 | 00:51:48 | 02:23:14.20 | 14:19 | 4.2 |
| 83 | AMBROSZKIEWICZ RAFAŁ | 231 | | TRZEBICZ | POL | OPEN MĘŻCZYŹNI | 73 | M 73 | 10:20 | 00:43:44 | 02:25:27.25 | 14:32 | 4.1 |
| 84 | SOBOŃ MATEUSZ | 230 | | TRZEBICZ | POL | OPEN MĘŻCZYŹNI | 74 | M 74 | 10:20 | 00:43:01 | 02:25:27.50 | 14:32 | 4.1 |
| 85 | AUGUSTYN ŁUKASZ | 226 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 75 | M 75 | 09:05 | 00:48:15 | 02:27:35.45 | 14:45 | 4.1 |
| 86 | RAFAŁ SOBCZAN | 1050 | | KALISZ | | OPEN MĘŻCZYŹNI | 76 | M 76 | | 00:41:37 | 02:28:01.65 | 14:48 | 4.1 |
| 87 | GROSICKI JAKUB | 233 | | SUCHA GÓRNA | POL | OPEN MĘŻCZYŹNI | 77 | M 77 | 09:30 | 00:45:51 | 02:28:19.70 | 14:49 | 4 |
| 88 | POLKOWSKI FABIAN | 43 | | ROGOŹNO | POL | OPEN MĘŻCZYŹNI | 78 | M 78 | 10:00 | 00:48:30 | 02:28:34.05 | 14:51 | 4 |
| 89 | RYBARCZYK DARIUSZ | 76 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 79 | M 79 | 09:00 | 00:46:06 | 02:28:41.65 | 14:52 | 4 |
| 90 | STRUZIK TOMEK | 220 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 80 | M 80 | 09:05 | 00:50:46 | 02:28:44.95 | 14:52 | 4 |
| 91 | KULAWIEC MARCIN | 219 | | CZERWIEŃSK | POL | OPEN MĘŻCZYŹNI | 81 | M 81 | 09:05 | 00:50:50 | 02:28:45.75 | 14:52 | 4 |
| 92 | CELARY GRZEGORZ | 1085 | | | | OPEN MĘŻCZYŹNI | 82 | M 82 | | 00:42:58 | 02:29:05.95 | 14:54 | 4 |
| 93 | KASPROWIAK PAWEŁ | 1086 | | | | OPEN MĘŻCZYŹNI | 83 | M 83 | | 00:43:11 | 02:29:06.05 | 29:49 | 2 |
| 94 | SOBAŃSKI PAWEŁ | 119 | | PASIERBY | POL | OPEN MĘŻCZYŹNI | 84 | M 84 | 09:10 | 00:42:48 | 02:29:06.10 | 14:54 | 4 |
| 95 | NOWACKI KRZYSZTOF | 317 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 85 | M 85 | 09:25 | 01:09:07 | 02:29:22.15 | 14:56 | 4 |
| 96 | MAZUR DARIUSZ | 269 | | SEROCK | POL | OPEN MĘŻCZYŹNI | 86 | M 86 | 10:05 | 00:52:01 | 02:29:35.20 | 14:57 | 4 |
| 97 | WYSMOLIŃSKI KONRAD | 26 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 87 | M 87 | 09:20 | 00:46:00 | 02:31:17.65 | 15:07 | 4 |
| 98 | MATUSZEWSKI KRZYSZTOF | 224 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 88 | M 88 | 09:50 | 00:49:12 | 02:31:38.80 | 15:09 | 4 |
| 99 | CZUPA AREK | 25 | | GDYNIA | POL | OPEN MĘŻCZYŹNI | 89 | M 89 | 09:20 | 00:45:50 | 02:31:42.55 | 15:10 | 4 |
| 100 | POPIELA-KUKUŚ KATARZYNA | 122 | | OLEŚNICA | POL | OPEN KOBIETY | 11 | K 11 | 10:05 | 00:40:33 | 02:31:46.75 | 15:10 | 4 |
| 101 | FEDEROWICZ GRZEGORZ | 121 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 90 | M 90 | 10:05 | 00:40:36 | 02:31:47.55 | 15:10 | 4 |
| 102 | KOBUS PIOTR | 268 | | NOWE BIELICE | POL | OPEN MĘŻCZYŹNI | 91 | M 91 | 09:15 | 00:43:00 | 02:32:02.50 | 15:12 | 3.9 |
| 103 | ANUSZCZYK MARIUSZ | 265 | | PABIANICE | POL | OPEN MĘŻCZYŹNI | 92 | M 92 | 09:05 | 00:46:28 | 02:32:14.80 | 15:13 | 3.9 |

FORMOZA LONG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|----------------------|------|------|---------------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 161 | DOLEWSKI KONRAD | 78 | | GDAŃSK | POL | OPEN MĘŻCZYŹNI | 140 | M 140 | 09:10 | 00:56:40 | 02:47:19.35 | 16:43 | 3.6 |
| 162 | LISZKOWSKI MACIEJ | 1104 | | | | OPEN MĘŻCZYŹNI | 141 | M 141 | | 00:53:18 | 02:47:30.35 | 16:45 | 3.6 |
| 163 | MORUSIEWICZ WERONIKA | 1103 | | | | OPEN KOBIETY | 22 | K 22 | | 00:52:55 | 02:47:30.85 | 16:45 | 3.6 |
| 164 | NOWAK SANDRA | 54 | | LESZNO | POL | OPEN KOBIETY | 23 | K 23 | 10:00 | 00:49:18 | 02:47:44.00 | 16:46 | 3.6 |
| 165 | UOLEA MIKOŁAJ | 1038 | | | | OPEN MĘŻCZYŹNI | 142 | M 142 | | 00:53:32 | 02:48:41.90 | 16:52 | 3.6 |
| 166 | BATURA ADRIAN | 327 | | LUSÓWKO | POL | OPEN MĘŻCZYŹNI | 143 | M 143 | 09:35 | 01:11:41 | 02:48:55.40 | 16:53 | 3.6 |
| 167 | TKACZ RAFAŁ | 232 | | GŁOGÓW | POL | OPEN MĘŻCZYŹNI | 144 | M 144 | 10:00 | 00:52:35 | 02:49:55.05 | 16:59 | 3.5 |
| 168 | CIERNIAK AGATA | 234 | | KOTLA | POL | OPEN KOBIETY | 24 | K 24 | 10:00 | 00:52:30 | 02:49:55.55 | 16:59 | 3.5 |
| 169 | PIETER PAWEŁ | 204 | | RUDA ŚLĄSKA | POL | OPEN MĘŻCZYŹNI | 145 | M 145 | 09:05 | 00:51:46 | 02:50:05.00 | 17:00 | 3.5 |
| 170 | GRAWENEK JONASZ | 1079 | | | | OPEN MĘŻCZYŹNI | 146 | M 146 | | 01:01:06 | 02:50:06.10 | 34:01 | 1.8 |
| 171 | KOBIELSKI MATEUSZ | 18 | | WŁOCŁAWEK | AFG | OPEN MĘŻCZYŹNI | 147 | M 147 | 10:25 | 00:55:59 | 02:50:10.95 | 17:01 | 3.5 |
| 172 | KASPRZYK MAREK | 96 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 148 | M 148 | 09:50 | 00:56:24 | 02:50:16.75 | 17:01 | 3.5 |
| 173 | DYBA PRZEMYSŁAW | 215 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 149 | M 149 | 09:25 | 00:53:25 | 02:50:25.90 | 17:02 | 3.5 |
| 174 | WIŚNIEWSKA JUSTYNA | 134 | | BOBROWNIKI | POL | OPEN KOBIETY | 25 | K 25 | 10:25 | 00:54:11 | 02:50:29.80 | 17:02 | 3.5 |
| 175 | -- | 1106 | | | | | | 1 | | 00:53:26 | 02:50:47.30 | 34:09 | 1.8 |
| 176 | BERNACKI PATRYK | 673 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 150 | M 150 | 11:15 | 00:56:30 | 02:50:47.50 | 17:04 | 3.5 |
| 177 | SIDYK DANIEL | 130 | | CZAPURY | POL | OPEN MĘŻCZYŹNI | 151 | M 151 | 09:05 | 00:51:29 | 02:50:51.15 | 17:05 | 3.5 |
| 178 | OLEJNICZAK MONIKA | 333 | | POZNAŃ | POL | OPEN KOBIETY | 26 | K 26 | 10:05 | 00:53:56 | 02:51:13.45 | 17:07 | 3.5 |
| 179 | KOBIELSKI DAWID | 135 | | WŁOCŁAWEK | POL | OPEN MĘŻCZYŹNI | 152 | M 152 | 10:25 | 00:55:47 | 02:52:11.85 | 17:13 | 3.5 |
| 180 | RZEPSKA ANIA | 5 | | POZNAŃ | POL | OPEN KOBIETY | 27 | K 27 | 10:00 | 00:53:48 | 02:52:35.40 | 17:15 | 3.5 |
| 181 | KASPRZAK MIŁOSZ | 136 | | KOTLIN | POL | OPEN MĘŻCZYŹNI | 153 | M 153 | 09:30 | 00:49:22 | 02:52:51.05 | 17:17 | 3.5 |
| 182 | RZEPSKI GRZEGORZ | 6 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 154 | M 154 | 10:00 | 00:53:42 | 02:52:51.95 | 17:17 | 3.5 |
| 183 | KUPCZYŃSKI JAKUB | 256 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 155 | M 155 | 09:05 | 00:56:43 | 02:55:22.85 | 17:32 | 3.4 |
| 184 | JAGODZIŃSKI RADOSŁAW | 82 | | MOSINA | POL | OPEN MĘŻCZYŹNI | 156 | M 156 | 10:00 | 00:52:43 | 02:55:45.25 | 17:34 | 3.4 |
| 185 | KUROWSKI DAWID | 340 | | PAKOŚĆ | POL | OPEN MĘŻCZYŹNI | 157 | M 157 | 10:10 | 00:56:35 | 02:56:00.10 | 17:36 | 3.4 |
| 186 | KOZŁOWSKI MIKOŁAJ | 338 | | INOWROCŁAW | POL | OPEN MĘŻCZYŹNI | 158 | M 158 | 10:10 | 00:55:33 | 02:56:00.45 | 17:36 | 3.4 |
| 187 | SOSNOWSKI MATEUSZ | 210 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 159 | M 159 | 09:05 | 01:04:45 | 02:56:02.00 | 17:36 | 3.4 |
| 188 | MALCZEWSKI PIOTR | 247 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 160 | M 160 | 09:20 | 01:02:59 | 02:56:24.75 | 17:38 | 3.4 |
| 189 | MATYSEK IRENEUSZ | 343 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 161 | M 161 | 09:10 | 00:58:27 | 02:56:28.00 | 17:38 | 3.4 |
| 190 | MICHLER SANDRA | 1336 | | WIELKA NIESZAWKA | POL | OPEN KOBIETY | 28 | K 28 | 10:35 | 00:59:57 | 02:56:28.75 | 17:38 | 3.4 |
| 191 | KOWALSKI BARTŁOMIEJ | 60 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 162 | M 162 | 09:30 | 00:53:56 | 02:56:29.60 | 17:38 | 3.4 |
| 192 | KOWALSKI ALEKSANDER | 61 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 163 | M 163 | 09:30 | 00:54:10 | 02:56:49.80 | 17:40 | 3.4 |
| 193 | MATYSZKA DAWID | 713 | | | | OPEN MĘŻCZYŹNI | 164 | M 164 | | 00:54:29 | 02:57:14.00 | 17:43 | 3.4 |
| 194 | KOWALSKI ROBERT | 177 | | BUDZISZEWO | POL | OPEN MĘŻCZYŹNI | 165 | M 165 | 10:10 | 00:54:32 | 02:57:21.30 | 17:44 | 3.4 |
| 195 | ŁATKA TOMASZ | 176 | | ROKIETNICA | POL | OPEN MĘŻCZYŹNI | 166 | M 166 | 10:10 | 00:54:15 | 02:57:36.30 | 17:45 | 3.4 |
| 196 | SZCZEPANIAK PIOTR | 152 | | TRZCIANKA | POL | OPEN MĘŻCZYŹNI | 167 | M 167 | 10:20 | 00:57:54 | 02:57:43.00 | 17:46 | 3.4 |
| 197 | STEFANOWICZ MACIEJ | 120 | | TARNOWO PODGÓRNE | POL | OPEN MĘŻCZYŹNI | 168 | M 168 | 10:20 | 00:57:24 | 02:57:51.10 | 17:47 | 3.4 |
| 198 | STANIECKI KRZYSZTOF | 7 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 169 | M 169 | 09:30 | 00:51:42 | 02:58:05.95 | 17:48 | 3.4 |
| 199 | JĘDRZEJEWSKI DARIUSZ | 309 | | OSTRÓW WIELKOPOLSKI | POL | OPEN MĘŻCZYŹNI | 170 | M 170 | 09:10 | 00:54:55 | 02:58:28.55 | 17:50 | 3.4 |
| 200 | JANICKI MATEUSZ | 208 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 171 | M 171 | 10:05 | 00:58:53 | 02:58:33.20 | 17:51 | 3.4 |
| 201 | JANICKI KAJETAN | 207 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 172 | M 172 | 10:05 | 00:59:01 | 02:58:34.55 | 17:51 | 3.4 |
| 202 | SIUDZIŃSKI JONATAN | 209 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 173 | M 173 | 10:05 | 00:59:19 | 02:58:36.90 | 17:51 | 3.4 |
| 203 | BROMBER ADRIANA | 195 | | OBORNIKI | POL | OPEN KOBIETY | 29 | K 29 | 09:30 | 00:52:33 | 02:58:42.15 | 17:52 | 3.4 |
| 204 | DUSIŃSKI TOBIASZ | 206 | | NIZINY, WOJ. DOLNOŚLĄSKIE | POL | OPEN MĘŻCZYŹNI | 174 | M 174 | 10:05 | 00:58:41 | 02:58:43.10 | 17:52 | 3.4 |
| 205 | DUSIŃSKI MICHAŁ | 205 | | NIZINY, WOJ. DOLNOŚLĄSKIE | POL | OPEN MĘŻCZYŹNI | 175 | M 175 | 10:05 | 00:58:49 | 02:58:45.45 | 17:52 | 3.4 |
| 206 | WYDRA EDYTA | 192 | | OBORNIKI | POL | OPEN KOBIETY | 30 | K 30 | 09:30 | 00:52:17 | 02:58:47.20 | 17:52 | 3.4 |
| 207 | LUTY MARIUSZ | 266 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 176 | M 176 | 09:30 | 00:55:56 | 02:58:57.30 | 17:53 | 3.4 |
| 208 | PIASKOWSKI SZYMON | 178 | | WRZEŚNIA | POL | OPEN MĘŻCZYŹNI | 177 | M 177 | 10:20 | 00:48:42 | 03:00:11.25 | 18:01 | 3.3 |
| 209 | WASZAK KRZYSZTOF | 191 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 178 | M 178 | 10:20 | 00:48:47 | 03:00:28.70 | 18:02 | 3.3 |
| 210 | JANKOWIAK MARIKA | 315 | | SWARZĘDZ | POL | OPEN KOBIETY | 31 | K 31 | 09:35 | 00:58:33 | 03:00:55.55 | 18:05 | 3.3 |
| 211 | JANKOWIAK TOMASZ | 312 | | SWARZĘDZ | POL | OPEN MĘŻCZYŹNI | 179 | M 179 | 09:35 | 00:58:15 | 03:00:55.85 | 18:05 | 3.3 |
| 212 | JANKOWIAK JAKUB | 313 | | SWARZĘDZ | POL | OPEN MĘŻCZYŹNI | 180 | M 180 | 09:35 | 00:58:29 | 03:00:57.35 | 18:05 | 3.3 |
| 213 | ROSALSKI PAWEŁ | 271 | | WRZEŚNIA | POL | OPEN MĘŻCZYŹNI | 181 | M 181 | 10:10 | 00:56:52 | 03:02:26.35 | 18:14 | 3.3 |
| 214 | SZYMKOWIAK PATRYCJA | 138 | | JAROCIN | POL | OPEN KOBIETY | 32 | K 32 | 09:30 | 00:50:23 | 03:02:30.30 | 18:15 | 3.3 |
| 215 | POGŁODZIŃSKA ANNA | 273 | | WRZEŚNIA | POL | OPEN KOBIETY | 33 | K 33 | 10:10 | 00:56:15 | 03:02:35.50 | 18:15 | 3.3 |
| 216 | JANC WIKTOR | 123 | | KRZYŻ | POL | OPEN MĘŻCZYŹNI | 182 | M 182 | 10:10 | 00:54:26 | 03:03:07.45 | 18:18 | 3.3 |
| 217 | KUNYSZ DAWID | 295 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 183 | M 183 | 09:10 | 00:55:17 | 03:04:16.45 | 18:25 | 3.3 |

FORMOZA LONG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|---------------------------|------|------|---------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 275 | ZAJĄC MAGDALENA | 35 | | SZAMOTUŁY | POL | OPEN KOBIETY | 50 | K 50 | 09:30 | 01:00:06 | 03:23:35.30 | 20:21 | 2.9 |
| 276 | WACHOWIAK SŁAWOMIR | 37 | | OBRZYCKO | POL | OPEN MĘŻCZYŹNI | 225 | M 225 | 09:30 | 01:00:36 | 03:23:35.75 | 20:21 | 2.9 |
| 277 | TOMASZEWSKA ANITA | 36 | | SZAMOTUŁY | POL | OPEN KOBIETY | 51 | K 51 | 09:30 | 01:00:40 | 03:23:36.30 | 20:21 | 2.9 |
| 278 | NOWACKA ZUZANNA | 341 | | POZNAŃ | POL | OPEN KOBIETY | 52 | K 52 | 09:50 | 01:04:02 | 03:24:26.25 | 20:26 | 2.9 |
| 279 | ROSZCZYK WOJCIECH | 342 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 226 | M 226 | 09:50 | 01:04:27 | 03:24:47.60 | 20:28 | 2.9 |
| 280 | WOJCIESZAK SZCZEPAN | 235 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 227 | M 227 | 09:55 | 01:04:01 | 03:25:08.45 | 20:30 | 2.9 |
| 281 | SERWAŃSKA KATARZYNA | 237 | | KIEKRZ | POL | OPEN KOBIETY | 53 | K 53 | 09:55 | 01:05:09 | 03:25:11.30 | 20:31 | 2.9 |
| 282 | SKRZYNIARZ KAROLINA | 236 | | KIELCE | POL | OPEN KOBIETY | 54 | K 54 | 09:55 | 01:05:19 | 03:25:13.10 | 20:31 | 2.9 |
| 283 | SZUMIŃSKA EWA | 29 | | POZNAŃ | POL | OPEN KOBIETY | 55 | K 55 | 10:00 | 01:01:38 | 03:26:04.00 | 20:36 | 2.9 |
| 284 | FACER JON | 30 | | POZNAŃ | GBR | OPEN MĘŻCZYŹNI | 228 | M 228 | 09:00 | 01:01:31 | 03:26:04.15 | 20:36 | 2.9 |
| 285 | GRELEWICZ JACEK | 243 | | TORUŃ | POL | OPEN MĘŻCZYŹNI | 229 | M 229 | 09:15 | 01:17:41 | 03:26:26.90 | 20:38 | 2.9 |
| 286 | HADYNA NURWADI | 1 | | ŁÓDŹ | AFG | OPEN KOBIETY | 56 | K 56 | 09:00 | 00:56:56 | 03:27:16.20 | 20:43 | 2.9 |
| 287 | JANOWIECKA KATARZYNA | 161 | | POZNAN | POL | OPEN KOBIETY | 57 | K 57 | 09:30 | 01:03:48 | 03:28:22.85 | 20:50 | 2.9 |
| 288 | JANOWIECKA ANGELIKA | 160 | | POZNAŃ | POL | OPEN KOBIETY | 57 | K 57 | 09:30 | 01:03:58 | 03:28:22.85 | 20:50 | 2.9 |
| 289 | ŚLĘCZEK MATEUSZ | 159 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 230 | M 230 | 09:30 | 01:03:48 | 03:28:23.00 | 20:50 | 2.9 |
| 290 | ZIÓŁKOWSKA ALEKSANDRA | 115 | | ROKIETNICA | POL | OPEN KOBIETY | 59 | K 59 | 09:10 | 01:03:15 | 03:28:30.55 | 20:51 | 2.9 |
| 291 | DŁUTKOWSKI MICHAŁ | 114 | | ROKIETNICA | POL | OPEN MĘŻCZYŹNI | 231 | M 231 | 09:10 | 01:03:19 | 03:29:15.30 | 20:55 | 2.9 |
| 292 | MADZIARA SEBASTIAN | 298 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 232 | M 232 | 09:40 | 00:59:11 | 03:30:47.90 | 21:04 | 2.8 |
| 293 | RODZEŃ ŁUKASZ | 710 | | | | OPEN MĘŻCZYŹNI | 233 | M 233 | | 00:58:41 | 03:30:54.90 | 21:05 | 2.8 |
| 294 | ZIELIŃSKI ANDRZEJ | 314 | | MARCINOWICE | POL | OPEN MĘŻCZYŹNI | 234 | M 234 | 09:40 | 00:59:41 | 03:30:55.65 | 21:05 | 2.8 |
| 295 | BŁASZCZYK SYLWIA | 316 | | MARCINOWICE | POL | OPEN KOBIETY | 60 | K 60 | 09:40 | 00:59:44 | 03:30:56.25 | 21:05 | 2.8 |
| 296 | SKOTNICKI MARCIN | 301 | | MIETKÓW | POL | OPEN MĘŻCZYŹNI | 235 | M 235 | 09:40 | 00:59:24 | 03:30:56.85 | 21:05 | 2.8 |
| 297 | REMBACZ JAKUB | 306 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 236 | M 236 | 09:25 | 01:02:27 | 03:32:03.90 | 21:12 | 2.8 |
| 298 | REMBACZ ALAN | 310 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 237 | M 237 | 09:25 | 01:02:40 | 03:32:26.55 | 21:14 | 2.8 |
| 299 | NEJC DAREK | 14 | | BUKOWIEC | POL | OPEN MĘŻCZYŹNI | 238 | M 238 | 09:00 | 00:59:16 | 03:32:57.50 | 21:17 | 2.8 |
| 300 | NEJC WOJTEK | 13 | | BUKOWIEC | POL | OPEN MĘŻCZYŹNI | 239 | M 239 | 09:00 | 00:58:55 | 03:33:13.05 | 21:19 | 2.8 |
| 301 | ROŹNIECKI JACEK | 105 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 240 | M 240 | 09:00 | 00:59:29 | 03:33:13.20 | 21:19 | 2.8 |
| 302 | PIEKARSKI JANUSZ | 2 | | ŁÓDŹ | AFG | OPEN MĘŻCZYŹNI | 241 | M 241 | 09:10 | 00:58:46 | 03:33:18.30 | 21:19 | 2.8 |
| 303 | SZYMAŚ DANIEL | 92 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 242 | M 242 | 09:50 | 01:35:39 | 03:33:40.05 | 21:22 | 2.8 |
| 304 | BAŁA RAFAŁ | 200 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 243 | M 243 | 09:55 | 01:23:16 | 03:34:31.70 | 21:27 | 2.8 |
| 305 | HERBIK MARCIN | 240 | | SKALMIERZYCE | POL | OPEN MĘŻCZYŹNI | 244 | M 244 | 09:50 | 01:08:28 | 03:36:31.60 | 21:39 | 2.8 |
| 306 | SMOLIŃSKI MIŁOSZ | 49 | | OSTRÓW WLKP. | POL | OPEN MĘŻCZYŹNI | 245 | M 245 | 09:50 | 01:11:58 | 03:36:32.00 | 21:39 | 2.8 |
| 307 | SMOLIŃSKA MARIA | 48 | | OSTRÓW WLKP. | POL | OPEN KOBIETY | 61 | K 61 | 09:50 | 01:09:11 | 03:36:32.35 | 21:39 | 2.8 |
| 308 | LECZYKIEWICZ MIKOŁAJ | 189 | | OSTRÓW WIELKOPOLSKI | POL | OPEN MĘŻCZYŹNI | 246 | M 246 | 09:50 | 01:08:10 | 03:36:32.50 | 21:39 | 2.8 |
| 309 | SZTANDERA KATARZYNA | 188 | | OSTROW WIELKOPOLSKI | POL | OPEN KOBIETY | 62 | K 62 | 09:50 | 01:08:22 | 03:36:32.60 | 21:39 | 2.8 |
| 310 | HOFFMANN DITTA | 39 | | KĘPA | POL | OPEN KOBIETY | 63 | K 63 | 09:30 | 01:14:08 | 03:37:22.25 | 21:44 | 2.8 |
| 311 | JAGODZIŃSKI SŁAWOMIR | 162 | | PRZECLAW | POL | OPEN MĘŻCZYŹNI | 247 | M 247 | 09:30 | 01:13:59 | 03:37:23.55 | 21:44 | 2.8 |
| 312 | TARNAWSKI MACIEJ | 70 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 248 | M 248 | 09:30 | 01:25:11 | 03:37:27.80 | 21:44 | 2.8 |
| 313 | TARNAWSKI BARTOSZ | 81 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 249 | M 249 | 09:30 | 01:25:17 | 03:37:28.10 | 21:44 | 2.8 |
| 314 | STASIŃSKI JAKUB | 1102 | | | | OPEN MĘŻCZYŹNI | 250 | M 250 | | 01:42:29 | 03:43:06.05 | 22:18 | 2.7 |
| 315 | HOLAK HUBERT | 252 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 251 | M 251 | 10:15 | 01:49:14 | 03:43:09.80 | 22:18 | 2.7 |
| 316 | ŚWIĄTEK BRONISŁAW | 67 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 252 | M 252 | 10:10 | 01:42:46 | 03:43:25.10 | 22:20 | 2.7 |
| 317 | ZAGAWA HUBERT | 1105 | | | | OPEN MĘŻCZYŹNI | 253 | M 253 | | 01:53:00 | 03:47:06.15 | 22:42 | 2.6 |
| 318 | WĘGLARCZYK ŁUKASZ | 212 | | TRZCIANKA | AFG | OPEN MĘŻCZYŹNI | 254 | M 254 | 10:15 | 01:45:31 | 03:50:59.65 | 23:05 | 2.6 |
| 319 | MADAJ MICHAŁ | 15 | | SŁUPCA | POL | OPEN MĘŻCZYŹNI | 255 | M 255 | 10:05 | 01:40:30 | 03:52:02.65 | 23:12 | 2.6 |
| 320 | GMIĄT CYPRIAN | 305 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 256 | M 256 | 09:25 | 01:23:42 | 03:52:52.45 | 23:17 | 2.6 |
| 321 | BLADOWSKI WOJCIECH | 281 | | BUK | POL | OPEN MĘŻCZYŹNI | 257 | M 257 | 09:10 | 01:07:46 | 03:58:49.90 | 23:52 | 2.5 |
| 322 | RYMER BLADOWSKA KATARZYNA | 282 | | DOBIEŻYN | POL | OPEN KOBIETY | 64 | K 64 | 09:10 | 01:08:08 | 03:58:55.55 | 23:53 | 2.5 |
| 323 | ANDRZEJEWSKI MAKSYMILIAN | 322 | | STĘSZEW | POL | OPEN MĘŻCZYŹNI | 258 | M 258 | 09:10 | 01:07:25 | 03:59:12.00 | 23:55 | 2.5 |
| 324 | ANDRZEJEWSKI MIŁOSZ | 321 | | STĘSZEW | POL | OPEN MĘŻCZYŹNI | 259 | M 259 | 09:10 | 01:07:07 | 03:59:12.30 | 23:55 | 2.5 |
| 325 | SELIGA ANIA | 323 | | STĘSZEW | POL | OPEN KOBIETY | 65 | K 65 | 09:10 | 01:08:17 | 03:59:16.45 | 23:55 | 2.5 |
| 326 | RODZEŃ MAŁGORZATA | 711 | | | | OPEN KOBIETY | 66 | K 66 | | 01:28:20 | 03:59:20.30 | 23:56 | 2.5 |
| 327 | MADZIARA ANNA | 299 | | ŚWIDNICA | POL | OPEN KOBIETY | 67 | K 67 | 09:40 | 01:28:21 | 04:00:03.40 | 24:00 | 2.5 |
| 328 | GRZEŚKOWIAK ADAM | 348 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 260 | M 260 | 10:05 | 01:43:32 | 04:01:15.10 | 24:07 | 2.5 |
| 329 | MAJEWSKA NICOLA | 190 | | POZNAŃ | POL | OPEN KOBIETY | 68 | K 68 | 10:00 | 01:47:44 | 04:02:42.65 | 24:16 | 2.5 |
| 330 | OLEJNICZAK PAULINA | 172 | | WARSZAWA | POL | OPEN KOBIETY | 69 | K 69 | 10:20 | 01:51:56 | 04:03:49.05 | 24:22 | 2.5 |
| 331 | KOZIEL RAFAŁ | 179 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 261 | M 261 | 10:20 | 01:52:00 | 04:03:50.35 | 24:23 | 2.5 |

FORMOZA LONG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|----------------------|------|------|-----------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 332 | MAŁACHOWSKA SANDRA | 712 | | | | OPEN KOBIETY | 70 | K 70 | | 02:02:07 | 04:04:43.00 | 24:28 | 2.5 |
| 333 | KARKOWSKI KRZYSZTOF | 132 | | POPÓWKO | POL | OPEN MĘŻCZYŹNI | 262 | M 262 | 10:10 | 01:57:54 | 04:06:06.60 | 24:36 | 2.4 |
| 334 | GINTER SEBASTIAN | 124 | | DRAWSKO | POL | OPEN MĘŻCZYŹNI | 263 | M 263 | 10:10 | 01:57:56 | 04:06:23.15 | 24:38 | 2.4 |
| 335 | CIELEWICZ PIOTR | 154 | | KOMORNIKI | POL | OPEN MĘŻCZYŹNI | 264 | M 264 | 10:10 | 01:55:14 | 04:07:28.95 | 24:44 | 2.4 |
| 336 | SUŁKOWSKI MARCIN | 228 | | SWARZĘDZ | POL | OPEN MĘŻCZYŹNI | 265 | M 265 | 09:40 | 00:46:20 | | 15:26 | 3.9 |
| 337 | SKRZYPEK DAMIAN | 1097 | | OBORNIKI | | OPEN MĘŻCZYŹNI | 266 | M 266 | | 00:46:51 | | 15:37 | 3.8 |
| 338 | BALCEROWIAK RADOSŁAW | 173 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 267 | M 267 | 09:40 | 00:47:28 | | 15:49 | 3.8 |
| 339 | KUBAT ALEKSANDER | 174 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 268 | M 268 | 09:40 | 00:47:41 | | 15:53 | 3.8 |
| 340 | MIKOŁAJCZAK CEZARY | 229 | | WIELEŃ | POL | OPEN MĘŻCZYŹNI | 269 | M 269 | 09:40 | 01:15:34 | | 25:11 | 2.4 |
| 341 | PERZYNA KRZYSZTOF | 251 | | PIŁA | POL | OPEN MĘŻCZYŹNI | 270 | M 270 | 10:10 | | | | |

FORMOZA LONG, Mundurowi - K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|-----------------------|-----|------|------------|------|--------------|--------|------|----------------|----------|-------------|--------|------|
| 1 | WILCZEK ANNA | 10 | | LUBLINIEC | POL | OPEN KOBIETY | 5 | K 5 | 09:00 | 00:32:49 | 02:03:44.60 | 12:22 | 4.8 |
| 2 | PAŁYS MAŁGORZATA | 263 | | MYSZKÓW | POL | OPEN KOBIETY | 10 | K 10 | 09:10 | 00:40:30 | 02:17:15.10 | 13:43 | 4.4 |
| 3 | JENEK AGNIESZKA | 258 | | CHŁUDOWO | POL | OPEN KOBIETY | 19 | K 19 | 09:30 | 00:51:25 | 02:42:57.15 | 16:17 | 3.7 |
| 4 | CIERNIAK AGATA | 234 | | KOTLA | POL | OPEN KOBIETY | 24 | K 24 | 10:00 | 00:52:30 | 02:49:55.55 | 16:59 | 3.5 |
| 5 | PASTUSZAK KINGA | 254 | | WARSZAWA | POL | OPEN KOBIETY | 37 | K 37 | 09:15 | 00:59:51 | 03:08:24.35 | 18:50 | 3.2 |
| 6 | PIDEK-SZCZECZ JOLA | 261 | | OBORNIKI | POL | OPEN KOBIETY | 49 | K 49 | 09:05 | 01:19:14 | 03:22:18.65 | 20:13 | 3 |
| 7 | ZIÓŁKOWSKA ALEKSANDRA | 115 | | ROKIETNICA | POL | OPEN KOBIETY | 59 | K 59 | 09:10 | 01:03:15 | 03:28:30.55 | 20:51 | 2.9 |
| 8 | OLEJNICZAK PAULINA | 172 | | WARSZAWA | POL | OPEN KOBIETY | 69 | K 69 | 10:20 | 01:51:56 | 04:03:49.05 | 24:22 | 2.5 |

FORMOZA LONG, OPEN Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|--------------------------|------|------|---------------------|------|--------------|--------|------|----------------|----------|-------------|--------|------|
| 1 | MARZEC KAROLINA | 184 | | DESZCZNO | POL | OPEN KOBIETY | 1 | K 1 | 09:05 | 00:27:22 | 01:39:31.50 | 9:57 | 6 |
| 2 | GDANIEC KATARZYNA | 143 | | KOSZALIN | POL | OPEN KOBIETY | 2 | K 2 | 10:00 | 00:32:15 | 01:49:01.05 | 10:54 | 5.5 |
| 3 | KOKOTEK ALICJA | 296 | | POZNAŃ | POL | OPEN KOBIETY | 3 | K 3 | 09:50 | 00:35:57 | 02:01:45.95 | 12:10 | 4.9 |
| 4 | KUBIAK KATARZYNA | 290 | | POZNAŃ | POL | OPEN KOBIETY | 4 | K 4 | 09:50 | 00:35:55 | 02:02:46.25 | 12:16 | 4.9 |
| 5 | WILCZEK ANNA | 10 | | LUBLINIEC | POL | OPEN KOBIETY | 5 | K 5 | 09:00 | 00:32:49 | 02:03:44.60 | 12:22 | 4.8 |
| 6 | CIESIELSKA AGNIESZKA | 280 | | LUDOMY | POL | OPEN KOBIETY | 6 | K 6 | 10:05 | 00:37:21 | 02:11:37.15 | 13:09 | 4.6 |
| 7 | LEPPAK MAŁGORZATA | 23 | | ZŁOCENIEC | POL | OPEN KOBIETY | 7 | K 7 | 09:00 | 00:38:35 | 02:12:19.85 | 13:13 | 4.5 |
| 8 | GEMBARZEWSKA-ADACH ZOFIA | 83 | | GRÓJEC | POL | OPEN KOBIETY | 8 | K 8 | 09:15 | 00:35:28 | 02:13:43.00 | 13:22 | 4.5 |
| 9 | KAMZOL BOGNA | 104 | | OSTRÓW WIELKOPOLSKI | POL | OPEN KOBIETY | 9 | K 9 | 09:30 | 00:40:58 | 02:16:05.80 | 13:36 | 4.4 |
| 10 | PAŁYS MAŁGORZATA | 263 | | MYSZKÓW | POL | OPEN KOBIETY | 10 | K 10 | 09:10 | 00:40:30 | 02:17:15.10 | 13:43 | 4.4 |
| 11 | POPIELA-KUKUŚ KATARZYNA | 122 | | OLEŚNICA | POL | OPEN KOBIETY | 11 | K 11 | 10:05 | 00:40:33 | 02:31:46.75 | 15:10 | 4 |
| 12 | KOWALSKA JULIA | 63 | | ZIELONA GÓRA | POL | OPEN KOBIETY | 12 | K 12 | 09:30 | 00:46:31 | 02:33:30.15 | 15:21 | 3.9 |
| 13 | IŁOWSKA-RENBARZ KAROLINA | 1110 | | | | OPEN KOBIETY | 13 | K 13 | | 00:37:54 | 02:37:08.00 | 15:42 | 3.8 |
| 14 | DOMINIKA KULIK | 1109 | | | | OPEN KOBIETY | 14 | K 14 | | 00:37:54 | 02:37:08.05 | 15:42 | 3.8 |
| 15 | ZYCH MONIKA | 164 | | PIŁA | POL | OPEN KOBIETY | 15 | K 15 | 09:15 | 00:48:50 | 02:38:40.95 | 15:52 | 3.8 |
| 16 | WESOŁOWSKA ANETA | 165 | | PIŁA | POL | OPEN KOBIETY | 16 | K 16 | 09:15 | 00:48:54 | 02:38:41.55 | 15:52 | 3.8 |
| 17 | POMIANOWSKA ANNA | 52 | | WRONKI | POL | OPEN KOBIETY | 17 | K 17 | 09:30 | 01:04:14 | 02:38:43.20 | 15:52 | 3.8 |
| 18 | HAŃCZYK JULIA | 127 | | PYSZĄCA | POL | OPEN KOBIETY | 18 | K 18 | 09:35 | 00:40:12 | 02:40:10.10 | 16:01 | 3.7 |
| 19 | JENEK AGNIESZKA | 258 | | CHŁUDOWO | POL | OPEN KOBIETY | 19 | K 19 | 09:30 | 00:51:25 | 02:42:57.15 | 16:17 | 3.7 |
| 20 | OKRÓJ MARTYNA | 260 | | STOBNO | POL | OPEN KOBIETY | 19 | K 19 | 10:15 | 00:46:58 | 02:42:57.15 | 16:17 | 3.7 |
| 21 | PASEK MARTA | 336 | | CZĘSTOCHOWA | POL | OPEN KOBIETY | 21 | K 21 | 09:10 | 00:57:50 | 02:43:38.75 | 16:21 | 3.7 |
| 22 | MORUSIEWICZ WERONIKA | 1103 | | | | OPEN KOBIETY | 22 | K 22 | | 00:52:55 | 02:47:30.85 | 16:45 | 3.6 |
| 23 | NOWAK SANDRA | 54 | | LESZNO | POL | OPEN KOBIETY | 23 | K 23 | 10:00 | 00:49:18 | 02:47:44.00 | 16:46 | 3.6 |
| 24 | CIERNIAK AGATA | 234 | | KOTLA | POL | OPEN KOBIETY | 24 | K 24 | 10:00 | 00:52:30 | 02:49:55.55 | 16:59 | 3.5 |
| 25 | WIŚNIEWSKA JUSTYNA | 134 | | BOBROWNIKI | POL | OPEN KOBIETY | 25 | K 25 | 10:25 | 00:54:11 | 02:50:29.80 | 17:02 | 3.5 |
| 26 | OLEJNICZAK MONIKA | 333 | | POZNAŃ | POL | OPEN KOBIETY | 26 | K 26 | 10:05 | 00:53:56 | 02:51:13.45 | 17:07 | 3.5 |
| 27 | RZEPSKA ANIA | 5 | | POZNAŃ | POL | OPEN KOBIETY | 27 | K 27 | 10:00 | 00:53:48 | 02:52:35.40 | 17:15 | 3.5 |
| 28 | MICHLER SANDRA | 1336 | | WIELKA NIESZAWKA | POL | OPEN KOBIETY | 28 | K 28 | 10:35 | 00:59:57 | 02:56:28.75 | 17:38 | 3.4 |

FORMOZA LONG, OPEN Kobiety c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|---------------------------|-----|------|---------------------|------|--------------|--------|------|----------------|----------|-------------|--------|------|
| 29 | BROMBER ADRIANA | 195 | | OBORNIKI | POL | OPEN KOBIETY | 29 | K 29 | 09:30 | 00:52:33 | 02:58:42.15 | 17:52 | 3.4 |
| 30 | WYDRA EDYTA | 192 | | OBORNIKI | POL | OPEN KOBIETY | 30 | K 30 | 09:30 | 00:52:17 | 02:58:47.20 | 17:52 | 3.4 |
| 31 | JANKOWIAK MARIKA | 315 | | SWARZĘDZ | POL | OPEN KOBIETY | 31 | K 31 | 09:35 | 00:58:33 | 03:00:55.55 | 18:05 | 3.3 |
| 32 | SZYMKOWIAK PATRYCJA | 138 | | JAROCIN | POL | OPEN KOBIETY | 32 | K 32 | 09:30 | 00:50:23 | 03:02:30.30 | 18:15 | 3.3 |
| 33 | POGŁODZIŃSKA ANNA | 273 | | WRZEŚNIA | POL | OPEN KOBIETY | 33 | K 33 | 10:10 | 00:56:15 | 03:02:35.50 | 18:15 | 3.3 |
| 34 | SEK KASIA | 331 | | POZNAŃ | POL | OPEN KOBIETY | 34 | K 34 | 10:05 | 00:51:12 | 03:04:46.00 | 18:28 | 3.2 |
| 35 | HAMROL IRMINA | 87 | | ZAKRZEWO | POL | OPEN KOBIETY | 35 | K 35 | 09:00 | 00:55:56 | 03:07:42.10 | 18:46 | 3.2 |
| 36 | BAŁA MAŁGORZATA | 202 | | POZNAŃ | POL | OPEN KOBIETY | 36 | K 36 | 09:55 | 00:56:41 | 03:08:06.75 | 18:48 | 3.2 |
| 37 | PASTUSZAK KINGA | 254 | | WARSZAWA | POL | OPEN KOBIETY | 37 | K 37 | 09:15 | 00:59:51 | 03:08:24.35 | 18:50 | 3.2 |
| 38 | MICHALSKA NATALIA | 255 | | POZNAN | POL | OPEN KOBIETY | 38 | K 38 | 10:00 | 00:53:57 | 03:08:34.25 | 18:51 | 3.2 |
| 39 | LENART EWA | 99 | | ZABRZE | POL | OPEN KOBIETY | 39 | K 39 | 09:40 | 00:55:30 | 03:16:57.90 | 19:41 | 3 |
| 40 | JAKUBOWSKA AGATA | 294 | | POZNAŃ | POL | OPEN KOBIETY | 40 | K 40 | 09:10 | 01:09:14 | 03:17:55.20 | 19:47 | 3 |
| 41 | ROGIŃSKA LETYCJA | 181 | | ROGOŹNO | POL | OPEN KOBIETY | 41 | K 41 | 10:00 | 01:37:46 | 03:19:08.30 | 19:54 | 3 |
| 42 | KRUSZEWSKA ALICJA | 307 | | GORZÓW WIELKOPOLSKI | POL | OPEN KOBIETY | 42 | K 42 | 09:55 | 00:58:05 | 03:19:20.45 | 19:56 | 3 |
| 43 | KRUSZEWSKA GRAŻYNA | 147 | | GORZÓW WLKP. | POL | OPEN KOBIETY | 43 | K 43 | 09:55 | 00:58:14 | 03:19:26.75 | 19:56 | 3 |
| 44 | ŻELICHOWSKA KAROLINA | 223 | | TORUN | POL | OPEN KOBIETY | 44 | K 44 | 10:05 | 01:03:07 | 03:19:44.20 | 19:58 | 3 |
| 45 | GUZIK ALEKSANDRA | 346 | | OPALENICA | POL | OPEN KOBIETY | 45 | K 45 | 10:05 | 01:02:15 | 03:19:51.30 | 19:59 | 3 |
| 46 | PUCIŃSKA AGNIESZKA | 93 | | LUBICZ GÓRNY | POL | OPEN KOBIETY | 46 | K 46 | 10:00 | 01:03:16 | 03:21:11.95 | 20:07 | 3 |
| 47 | RYBACKA SYLWIA | 91 | | ŁOWĘCIN | POL | OPEN KOBIETY | 47 | K 47 | 10:00 | 01:00:32 | 03:21:12.15 | 20:07 | 3 |
| 48 | SURMA ANNA | 169 | | POZNAŃ | POL | OPEN KOBIETY | 48 | K 48 | 10:25 | 00:56:20 | 03:21:34.00 | 20:09 | 3 |
| 49 | PIDEK-SZCZECZ JOLA | 261 | | OBORNIKI | POL | OPEN KOBIETY | 49 | K 49 | 09:05 | 01:19:14 | 03:22:18.65 | 20:13 | 3 |
| 50 | ZAJĄC MAGDALENA | 35 | | SZAMOTUŁY | POL | OPEN KOBIETY | 50 | K 50 | 09:30 | 01:00:06 | 03:23:35.30 | 20:21 | 2.9 |
| 51 | TOMASZEWSKA ANITA | 36 | | SZAMOTUŁY | POL | OPEN KOBIETY | 51 | K 51 | 09:30 | 01:00:40 | 03:23:36.30 | 20:21 | 2.9 |
| 52 | NOWACKA ZUZANNA | 341 | | POZNAŃ | POL | OPEN KOBIETY | 52 | K 52 | 09:50 | 01:04:02 | 03:24:26.25 | 20:26 | 2.9 |
| 53 | SERWAŃSKA KATARZYNA | 237 | | KIEKRZ | POL | OPEN KOBIETY | 53 | K 53 | 09:55 | 01:05:09 | 03:25:11.30 | 20:31 | 2.9 |
| 54 | SKRZYNIARZ KAROLINA | 236 | | KIELCE | POL | OPEN KOBIETY | 54 | K 54 | 09:55 | 01:05:19 | 03:25:13.10 | 20:31 | 2.9 |
| 55 | SZUMIŃSKA EWA | 29 | | POZNAŃ | POL | OPEN KOBIETY | 55 | K 55 | 10:00 | 01:01:38 | 03:26:04.00 | 20:36 | 2.9 |
| 56 | HADYNA NURWADI | 1 | | ŁÓDŹ | AFG | OPEN KOBIETY | 56 | K 56 | 09:00 | 00:56:56 | 03:27:16.20 | 20:43 | 2.9 |
| 57 | JANOWIECKA KATARZYNA | 161 | | POZNAN | POL | OPEN KOBIETY | 57 | K 57 | 09:30 | 01:03:48 | 03:28:22.85 | 20:50 | 2.9 |
| 58 | JANOWIECKA ANGELIKA | 160 | | POZNAŃ | POL | OPEN KOBIETY | 57 | K 57 | 09:30 | 01:03:58 | 03:28:22.85 | 20:50 | 2.9 |
| 59 | ZIÓŁKOWSKA ALEKSANDRA | 115 | | ROKIETNICA | POL | OPEN KOBIETY | 59 | K 59 | 09:10 | 01:03:15 | 03:28:30.55 | 20:51 | 2.9 |
| 60 | BŁASZCZYK SYLWIA | 316 | | MARCINOWICE | POL | OPEN KOBIETY | 60 | K 60 | 09:40 | 00:59:44 | 03:30:56.25 | 21:05 | 2.8 |
| 61 | SMOLIŃSKA MARIA | 48 | | OSTRÓW WLKP. | POL | OPEN KOBIETY | 61 | K 61 | 09:50 | 01:09:11 | 03:36:32.35 | 21:39 | 2.8 |
| 62 | SZTANDERA KATARZYNA | 188 | | OSTROW WIELKOPOLSKI | POL | OPEN KOBIETY | 62 | K 62 | 09:50 | 01:08:22 | 03:36:32.60 | 21:39 | 2.8 |
| 63 | HOFFMANN DITTA | 39 | | KĘPA | POL | OPEN KOBIETY | 63 | K 63 | 09:30 | 01:14:08 | 03:37:22.25 | 21:44 | 2.8 |
| 64 | RYMER BŁADOWSKA KATARZYNA | 282 | | DOBIEŻYN | POL | OPEN KOBIETY | 64 | K 64 | 09:10 | 01:08:08 | 03:58:55.55 | 23:53 | 2.5 |
| 65 | SELIGA ANIA | 323 | | STĘSZEW | POL | OPEN KOBIETY | 65 | K 65 | 09:10 | 01:08:17 | 03:59:16.45 | 23:55 | 2.5 |
| 66 | RODZEŃ MAŁGORZATA | 711 | | | | OPEN KOBIETY | 66 | K 66 | | 01:28:20 | 03:59:20.30 | 23:56 | 2.5 |
| 67 | MADZIARA ANNA | 299 | | ŚWIDNICA | POL | OPEN KOBIETY | 67 | K 67 | 09:40 | 01:28:21 | 04:00:03.40 | 24:00 | 2.5 |
| 68 | MAJEWSKA NICOLA | 190 | | POZNAŃ | POL | OPEN KOBIETY | 68 | K 68 | 10:00 | 01:47:44 | 04:02:42.65 | 24:16 | 2.5 |
| 69 | OLEJNICZAK PAULINA | 172 | | WARSZAWA | POL | OPEN KOBIETY | 69 | K 69 | 10:20 | 01:51:56 | 04:03:49.05 | 24:22 | 2.5 |
| 70 | MAŁACHOWSKA SANDRA | 712 | | | | OPEN KOBIETY | 70 | K 70 | | 02:02:07 | 04:04:43.00 | 24:28 | 2.5 |

FORMOZA LONG, Mundurowi - M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|-------------------|------|------|---------------------|------|----------------|--------|------|----------------|----------|-------------|--------|------|
| 1 | FALEJCZYK MARCIN | 55 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 09:00 | 00:14:41 | 01:25:36.90 | 8:33 | 7 |
| 2 | SZELIGA DAWID | 4 | | GORZEWO | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 09:00 | 00:14:11 | 01:26:04.30 | 8:36 | 7 |
| 3 | GOLEC RAFAŁ | 344 | | KRZESK KRÓLOWA NIWA | POL | OPEN MĘŻCZYŹNI | 3 | M 3 | 09:15 | 00:19:53 | 01:34:11.00 | 9:25 | 6.4 |
| 4 | ŻUKOWSKI KAROL | 211 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 4 | M 4 | 09:05 | 00:28:45 | 01:35:08.45 | 9:30 | 6.3 |
| 5 | KOSTROWSKI ŁUKASZ | 227 | | SZEPIETOWO | POL | OPEN MĘŻCZYŹNI | 7 | M 7 | 09:05 | 00:29:12 | 01:39:06.95 | 9:54 | 6.1 |
| 6 | WILK TOMASZ | 244 | | CEREKIEW | POL | OPEN MĘŻCZYŹNI | 10 | M 10 | 09:15 | 00:30:01 | 01:41:04.75 | 10:06 | 5.9 |
| 7 | SŁAWOMIR BRÓZEK | 1094 | | | | OPEN MĘŻCZYŹNI | 18 | M 18 | | 00:34:10 | 01:50:15.75 | 11:01 | 5.4 |
| 8 | DOLIWKA KAMIL | 90 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 19 | M 19 | 09:05 | 00:29:55 | 01:50:16.10 | 11:01 | 5.4 |
| 9 | MAĆKÓW DAWID | 284 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 21 | M 21 | 09:10 | 00:35:48 | 01:50:40.15 | 11:04 | 5.4 |
| 10 | RUEFFRECK ADAM | 8 | | PILA | AFG | OPEN MĘŻCZYŹNI | 22 | M 22 | 09:40 | 00:31:29 | 01:51:31.10 | 11:09 | 5.4 |

FORMOZA LONG, Mundurowi - M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|----------------------|------|------|--------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 11 | GRZYB JACEK | 103 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 24 | M 24 | 09:05 | 00:33:22 | 01:54:06.35 | 11:24 | 5.3 |
| 12 | MACKIEWICZ MICHAŁ | 291 | | CIECHANÓW | POL | OPEN MĘŻCZYŹNI | 32 | M 32 | 09:10 | 00:32:58 | 01:59:02.10 | 11:54 | 5 |
| 13 | DAŃSKI DAMIAN | 324 | | MIĘDZYRZECZ | POL | OPEN MĘŻCZYŹNI | 35 | M 35 | 10:25 | 00:35:58 | 02:02:42.50 | 12:16 | 4.9 |
| 14 | NAWROCKI KRZYSZTOF | 213 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 38 | M 38 | 09:05 | 00:28:45 | 02:04:19.35 | 12:25 | 4.8 |
| 15 | BASZAK PAWEŁ | 41 | | SOSNOWIEC | POL | OPEN MĘŻCZYŹNI | 40 | M 40 | 10:00 | 00:39:52 | 02:04:22.75 | 12:26 | 4.8 |
| 16 | WIĘSEK ARTUR | 329 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 42 | M 42 | 10:25 | 00:35:54 | 02:05:37.15 | 12:33 | 4.8 |
| 17 | SULEJEWSKI KAMIL | 126 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 47 | M 47 | 09:35 | 00:39:41 | 02:09:25.15 | 12:56 | 4.6 |
| 18 | MERGALSKI PATRYK | 303 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 51 | M 51 | 09:10 | 00:36:14 | 02:12:43.00 | 13:16 | 4.5 |
| 19 | PIERSIAK DANIEL | 285 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 52 | M 52 | 09:10 | 00:36:03 | 02:12:43.20 | 13:16 | 4.5 |
| 20 | JAWORSKI DAMIAN | 38 | | KWILCZ | POL | OPEN MĘŻCZYŹNI | 53 | M 53 | 10:00 | 00:41:32 | 02:12:47.15 | 13:16 | 4.5 |
| 21 | DANILCZUK PIOTR | 1030 | | | | OPEN MĘŻCZYŹNI | 57 | M 57 | | 00:38:57 | 02:14:17.60 | 13:25 | 4.5 |
| 22 | KOCIUBA ADRIAN | 1031 | | | | OPEN MĘŻCZYŹNI | 58 | M 58 | | 00:38:57 | 02:14:30.30 | 13:27 | 4.5 |
| 23 | ZDAŃSKI DARIUSZ | 264 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 59 | M 59 | 09:10 | 00:40:35 | 02:17:04.30 | 13:42 | 4.4 |
| 24 | AUGUSTYN ŁUKASZ | 226 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 75 | M 75 | 09:05 | 00:48:15 | 02:27:35.45 | 14:45 | 4.1 |
| 25 | STRUZIK TOMEK | 220 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 80 | M 80 | 09:05 | 00:50:46 | 02:28:44.95 | 14:52 | 4 |
| 26 | KULAWIEC MARCIN | 219 | | CZERWIŃSK | POL | OPEN MĘŻCZYŹNI | 81 | M 81 | 09:05 | 00:50:50 | 02:28:45.75 | 14:52 | 4 |
| 27 | MAZUR DARIUSZ | 269 | | SEROCK | POL | OPEN MĘŻCZYŹNI | 86 | M 86 | 10:05 | 00:52:01 | 02:29:35.20 | 14:57 | 4 |
| 28 | KOBUS PIOTR | 268 | | NOWE BIELICE | POL | OPEN MĘŻCZYŹNI | 91 | M 91 | 09:15 | 00:43:00 | 02:32:02.50 | 15:12 | 3.9 |
| 29 | PRZYBYSZ PRZEMEK | 218 | | JEDLICHE | POL | OPEN MĘŻCZYŹNI | 94 | M 94 | 10:20 | 00:49:27 | 02:34:56.40 | 15:29 | 3.9 |
| 30 | REMPLEWICZ ARTUR | 199 | | CIELCZA | POL | OPEN MĘŻCZYŹNI | 106 | M 106 | 10:00 | 00:54:28 | 02:40:02.85 | 16:00 | 3.7 |
| 31 | PODGÓRSKI PRZEMYSŁAW | 187 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 107 | M 107 | 10:00 | 00:54:20 | 02:40:03.50 | 16:00 | 3.7 |
| 32 | MENDEL KAMIL | 16 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 116 | M 116 | 09:00 | 00:41:51 | 02:42:12.40 | 16:13 | 3.7 |
| 33 | WŁOCHAL KACPER | 349 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 122 | M 122 | 09:55 | 00:54:32 | 02:42:28.40 | 16:14 | 3.7 |
| 34 | SZCZYGIEŁ DANIEL | 246 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 123 | M 123 | 09:20 | 00:48:53 | 02:42:37.85 | 16:15 | 3.7 |
| 35 | SAR JAN | 259 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 124 | M 124 | 09:35 | 00:51:02 | 02:42:54.00 | 16:17 | 3.7 |
| 36 | DYMEK GNIEWOMIR | 304 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 127 | M 127 | 09:25 | 00:51:14 | 02:42:55.15 | 16:17 | 3.7 |
| 37 | GROMADZIŃSKI MATEUSZ | 278 | | OBRYZCKO | POL | OPEN MĘŻCZYŹNI | 128 | M 128 | 09:30 | 00:51:38 | 02:43:00.25 | 16:18 | 3.7 |
| 38 | PASEK ADRIAN | 337 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 131 | M 131 | 09:10 | 00:57:40 | 02:43:38.30 | 16:21 | 3.7 |
| 39 | ROGOWSKI WOJCIECH | 175 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 136 | M 136 | 09:30 | 00:52:40 | 02:46:54.05 | 16:41 | 3.6 |
| 40 | MAZUREK KLAUDIUSZ | 276 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 137 | M 137 | 09:10 | 00:52:06 | 02:46:58.90 | 16:41 | 3.6 |
| 41 | KOBIELSKI MATEUSZ | 18 | | WŁOCLAWEK | AFG | OPEN MĘŻCZYŹNI | 147 | M 147 | 10:25 | 00:55:59 | 02:50:10.95 | 17:01 | 3.5 |
| 42 | KUROWSKI DAWID | 340 | | PAKOŚĆ | POL | OPEN MĘŻCZYŹNI | 157 | M 157 | 10:10 | 00:56:35 | 02:56:00.10 | 17:36 | 3.4 |
| 43 | KOZŁOWSKI MIKOŁAJ | 338 | | INOWROCLAW | POL | OPEN MĘŻCZYŹNI | 158 | M 158 | 10:10 | 00:55:33 | 02:56:00.45 | 17:36 | 3.4 |
| 44 | SOSNOWSKI MATEUSZ | 210 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 159 | M 159 | 09:05 | 01:04:45 | 02:56:02.00 | 17:36 | 3.4 |
| 45 | MALCZEWSKI PIOTR | 247 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 160 | M 160 | 09:20 | 01:02:59 | 02:56:24.75 | 17:38 | 3.4 |
| 46 | STANIECKI KRZYSZTOF | 7 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 169 | M 169 | 09:30 | 00:51:42 | 02:58:05.95 | 17:48 | 3.4 |
| 47 | LUTY MARIUSZ | 266 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 176 | M 176 | 09:30 | 00:55:56 | 02:58:57.30 | 17:53 | 3.4 |
| 48 | PIASKOWSKI SZYMON | 178 | | WRZEŚNIA | POL | OPEN MĘŻCZYŹNI | 177 | M 177 | 10:20 | 00:48:42 | 03:00:11.25 | 18:01 | 3.3 |
| 49 | WASZAK KRZYSZTOF | 191 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 178 | M 178 | 10:20 | 00:48:47 | 03:00:28.70 | 18:02 | 3.3 |
| 50 | SAR SEBASTIAN | 257 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 186 | M 186 | 09:35 | 01:14:31 | 03:06:01.35 | 18:36 | 3.2 |
| 51 | GALUBA ALEKSANDER | 241 | | WIELICZKA | POL | OPEN MĘŻCZYŹNI | 193 | M 193 | 09:15 | 00:59:34 | 03:08:22.50 | 18:50 | 3.2 |
| 52 | SOLARSKI ZBIGNIEW | 242 | | KRAKÓW | POL | OPEN MĘŻCZYŹNI | 194 | M 194 | 09:15 | 00:59:28 | 03:08:22.85 | 18:50 | 3.2 |
| 53 | PRZYBYLAK ANTONI | 345 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 200 | M 200 | 10:25 | 01:02:43 | 03:11:11.75 | 19:07 | 3.1 |
| 54 | PRZYBYCINSKI DAWID | 300 | | POŁANIEC | POL | OPEN MĘŻCZYŹNI | 208 | M 208 | 10:25 | 00:56:14 | 03:16:35.05 | 19:39 | 3.1 |
| 55 | JÓZEFAŃSKI WIESŁAW | 1375 | | | | OPEN MĘŻCZYŹNI | 222 | M 222 | | 00:53:45 | 03:21:57.15 | 20:11 | 3 |
| 56 | KOZIEL RAFAL | 179 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 261 | M 261 | 10:20 | 01:52:00 | 04:03:50.35 | 24:23 | 2.5 |

FORMOZA LONG, OPEN Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|------------------|-----|------|---------------------|------|----------------|--------|-----|----------------|----------|-------------|--------|------|
| 1 | FALEJCZYK MARCIN | 55 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 09:00 | 00:14:41 | 01:25:36.90 | 8:33 | 7 |
| 2 | SZELIGA DAWID | 4 | | GORZEWO | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 09:00 | 00:14:11 | 01:26:04.30 | 8:36 | 7 |
| 3 | GOLEC RAFAŁ | 344 | | KRZESK KRÓLOWA NIWA | POL | OPEN MĘŻCZYŹNI | 3 | M 3 | 09:15 | 00:19:53 | 01:34:11.00 | 9:25 | 6.4 |
| 4 | ŻUKOWSKI KAROL | 211 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 4 | M 4 | 09:05 | 00:28:45 | 01:35:08.45 | 9:30 | 6.3 |
| 5 | WACHOWSKI ŁUKASZ | 274 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 5 | M 5 | 09:10 | 00:25:06 | 01:35:23.15 | 9:32 | 6.3 |
| 6 | DWORZYŃSKI RAFAŁ | 275 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 6 | M 6 | 09:10 | 00:25:13 | 01:35:25.60 | 9:32 | 6.3 |

FORMOZA LONG, OPEN Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|----------------------|------|------|----------------|------|----------------|--------|------|----------------|----------|-------------|--------|------|
| 7 | KOSTROWSKI ŁUKASZ | 227 | | SZEPIETOWO | POL | OPEN MĘŻCZYŹNI | 7 | M 7 | 09:05 | 00:29:12 | 01:39:06.95 | 9:54 | 6.1 |
| 8 | KOŹBIAŁ RAFAŁ | 262 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 8 | M 8 | 09:05 | 00:25:45 | 01:39:28.25 | 9:56 | 6 |
| 9 | GOLKA BŁAŻEJ | 186 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 9 | M 9 | 09:05 | 00:29:53 | 01:40:30.95 | 10:03 | 6 |
| 10 | WILK TOMASZ | 244 | | CEREKIEW | POL | OPEN MĘŻCZYŹNI | 10 | M 10 | 09:15 | 00:30:01 | 01:41:04.75 | 10:06 | 5.9 |
| 11 | MAĆKOWIAK PIOTR | 320 | | LIPNICA | POL | OPEN MĘŻCZYŹNI | 11 | M 11 | 09:00 | 00:30:16 | 01:43:02.50 | 10:18 | 5.8 |
| 12 | CIERPICKI MARCIN | 89 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 12 | M 12 | 09:05 | 00:34:09 | 01:43:58.40 | 10:23 | 5.8 |
| 13 | WOTA CEZARY | 33 | | OBJEZIERZE | POL | OPEN MĘŻCZYŹNI | 13 | M 13 | 09:00 | 00:29:24 | 01:45:57.20 | 10:35 | 5.7 |
| 14 | WOJCIECHOWSKI KAMIL | 332 | | GÓRA | POL | OPEN MĘŻCZYŹNI | 14 | M 14 | 09:10 | 00:30:00 | 01:47:36.55 | 10:45 | 5.6 |
| 15 | HAĆ ŁUKASZ | 248 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 15 | M 15 | 09:00 | 00:32:17 | 01:48:09.70 | 10:48 | 5.5 |
| 16 | KOCEJKO TOMASZ | 203 | | GDAŃSK | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 09:15 | 00:32:30 | 01:48:51.15 | 10:53 | 5.5 |
| 17 | POLASZEK PAWEŁ | 116 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 17 | M 17 | 09:05 | 00:33:49 | 01:49:56.05 | 10:59 | 5.5 |
| 18 | SŁAWOMIR BRÓZEK | 1094 | | | | OPEN MĘŻCZYŹNI | 18 | M 18 | | 00:34:10 | 01:50:15.75 | 11:01 | 5.4 |
| 19 | DOLIWKA KAMIL | 90 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 19 | M 19 | 09:05 | 00:29:55 | 01:50:16.10 | 11:01 | 5.4 |
| 20 | PTASZNIK MICHAŁ | 221 | | GRUDZIĄDZ | POL | OPEN MĘŻCZYŹNI | 20 | M 20 | 09:05 | 00:33:53 | 01:50:37.00 | 11:03 | 5.4 |
| 21 | MAĆKÓW DAWID | 284 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 21 | M 21 | 09:10 | 00:35:48 | 01:50:40.15 | 11:04 | 5.4 |
| 22 | RUEFFRECK ADAM | 8 | | PILA | AFG | OPEN MĘŻCZYŹNI | 22 | M 22 | 09:40 | 00:31:29 | 01:51:31.10 | 11:09 | 5.4 |
| 23 | MANIKOWSKI DANIEL | 142 | | TORUŃ | POL | OPEN MĘŻCZYŹNI | 23 | M 23 | 09:05 | 00:30:34 | 01:51:35.95 | 11:09 | 5.4 |
| 24 | GRZYB JACEK | 103 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 24 | M 24 | 09:05 | 00:33:22 | 01:54:06.35 | 11:24 | 5.3 |
| 25 | KUCHARSKI JACEK | 156 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 25 | M 25 | 09:05 | 00:32:34 | 01:55:58.95 | 11:35 | 5.2 |
| 26 | HORNIATKO ŁUKASZ | 42 | | KARLINO | POL | OPEN MĘŻCZYŹNI | 26 | M 26 | 09:00 | 00:29:41 | 01:56:10.15 | 11:37 | 5.2 |
| 27 | WOJTANEK KRZYSZTOF | 1087 | | | | OPEN MĘŻCZYŹNI | 27 | M 27 | | 00:35:42 | 01:56:22.60 | 11:38 | 5.2 |
| 28 | NOWICKI PITER | 111 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 28 | M 28 | 09:30 | 00:36:08 | 01:57:45.40 | 11:46 | 5.1 |
| 29 | KOZIKOWSKI ŁUKASZ | 325 | | MROWINO | POL | OPEN MĘŻCZYŹNI | 29 | M 29 | 09:10 | 00:34:07 | 01:57:58.95 | 11:47 | 5.1 |
| 30 | CHWALISZEWSKI EMIL | 113 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 30 | M 30 | 09:05 | 00:38:17 | 01:58:09.85 | 11:48 | 5.1 |
| 31 | OKOLITA MATEUSZ | 185 | | GLINIK | POL | OPEN MĘŻCZYŹNI | 31 | M 31 | 09:05 | 00:32:51 | 01:59:00.80 | 11:54 | 5 |
| 32 | MACKIEWICZ MICHAŁ | 291 | | CIECHANÓW | POL | OPEN MĘŻCZYŹNI | 32 | M 32 | 09:10 | 00:32:58 | 01:59:02.10 | 11:54 | 5 |
| 33 | KOWALCZYK DANIEL | 80 | | POWIERCIE | POL | OPEN MĘŻCZYŹNI | 33 | M 33 | 10:00 | 00:42:39 | 02:01:53.30 | 12:11 | 4.9 |
| 34 | WAŃKOWICZ ADRIAN | 157 | | BRZEG DOLNY | POL | OPEN MĘŻCZYŹNI | 34 | M 34 | 09:05 | 00:38:37 | 02:02:22.85 | 12:14 | 4.9 |
| 35 | DAŃSKI DAMIAN | 324 | | MIEDZYRZECZ | POL | OPEN MĘŻCZYŹNI | 35 | M 35 | 10:25 | 00:35:58 | 02:02:42.50 | 12:16 | 4.9 |
| 36 | PAŚKA MARCIN | 34 | | LUBOSZ | POL | OPEN MĘŻCZYŹNI | 36 | M 36 | 09:00 | 00:36:10 | 02:03:09.90 | 12:18 | 4.9 |
| 37 | PLUCIŃSKI SYLWESTER | 272 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 37 | M 37 | 09:00 | 00:33:45 | 02:03:11.10 | 12:19 | 4.9 |
| 38 | NAWROCKI KRZYSZTOF | 213 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 38 | M 38 | 09:05 | 00:28:45 | 02:04:19.35 | 12:25 | 4.8 |
| 39 | DOLATA KRZYSZTOF | 279 | | DĄBRÓWKA LEŚNA | POL | OPEN MĘŻCZYŹNI | 39 | M 39 | 10:05 | 00:37:15 | 02:04:22.25 | 12:26 | 4.8 |
| 40 | BASZAK PAWEŁ | 41 | | SOSNOWIEC | POL | OPEN MĘŻCZYŹNI | 40 | M 40 | 10:00 | 00:39:52 | 02:04:22.75 | 12:26 | 4.8 |
| 41 | SZYSZKOWSKI PIOTR | 214 | | SIEDLCE | POL | OPEN MĘŻCZYŹNI | 41 | M 41 | 09:10 | 00:37:20 | 02:05:35.95 | 12:33 | 4.8 |
| 42 | WIĘSEK ARTUR | 329 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 42 | M 42 | 10:25 | 00:35:54 | 02:05:37.15 | 12:33 | 4.8 |
| 43 | CZERWIŃSKI KRZYSZTOF | 112 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 43 | M 43 | 09:05 | 00:34:29 | 02:06:27.90 | 12:38 | 4.7 |
| 44 | FINSTER ŁUKASZ | 98 | | RYCHTAL | POL | OPEN MĘŻCZYŹNI | 44 | M 44 | 09:10 | 00:38:48 | 02:07:54.55 | 12:47 | 4.7 |
| 45 | GAŁĘSKI HUBERT | 347 | | MIEDZYCHOD | POL | OPEN MĘŻCZYŹNI | 45 | M 45 | 10:05 | 00:38:37 | 02:08:36.20 | 12:51 | 4.7 |
| 46 | MAJCHRAK PATRYK | 339 | | MIEDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 46 | M 46 | 10:05 | 00:38:44 | 02:08:41.00 | 12:52 | 4.7 |
| 47 | SULEJEWSKI KAMIL | 126 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 47 | M 47 | 09:35 | 00:39:41 | 02:09:25.15 | 12:56 | 4.6 |
| 48 | BOROWIAK WOJCIECH | 59 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 48 | M 48 | 10:00 | 00:38:27 | 02:09:34.20 | 12:57 | 4.6 |
| 49 | DOPIERSKI DARIUSZ | 335 | | BOJANOWO | POL | OPEN MĘŻCZYŹNI | 49 | M 49 | 10:05 | 00:43:35 | 02:11:41.35 | 13:10 | 4.6 |
| 50 | CESAK GRZEGORZ | 24 | | ZŁOCIEŃC | POL | OPEN MĘŻCZYŹNI | 50 | M 50 | 09:00 | 00:38:29 | 02:12:22.05 | 13:14 | 4.5 |
| 51 | MERGALSKI PATRYK | 303 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 51 | M 51 | 09:10 | 00:36:14 | 02:12:43.00 | 13:16 | 4.5 |
| 52 | PIERSIAK DANIEL | 285 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 52 | M 52 | 09:10 | 00:36:03 | 02:12:43.20 | 13:16 | 4.5 |
| 53 | JAWORSKI DAMIAN | 38 | | KWILCZ | POL | OPEN MĘŻCZYŹNI | 53 | M 53 | 10:00 | 00:41:32 | 02:12:47.15 | 13:16 | 4.5 |
| 54 | STRUGAREK DAMIAN | 19 | | POBIEDZISKA | POL | OPEN MĘŻCZYŹNI | 54 | M 54 | 09:30 | 00:32:21 | 02:12:49.70 | 13:16 | 4.5 |
| 55 | WOLNIEWICZ RYSZARD | 72 | | PNIEWY | POL | OPEN MĘŻCZYŹNI | 55 | M 55 | 09:00 | 00:32:24 | 02:13:39.35 | 13:21 | 4.5 |
| 56 | KLIMCZYK ROMAN | 117 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 56 | M 56 | 09:05 | 00:44:38 | 02:13:39.75 | 13:21 | 4.5 |
| 57 | DANILCZUK PIOTR | 1030 | | | | OPEN MĘŻCZYŹNI | 57 | M 57 | | 00:38:57 | 02:14:17.60 | 13:25 | 4.5 |
| 58 | KOCIUBA ADRIAN | 1031 | | | | OPEN MĘŻCZYŹNI | 58 | M 58 | | 00:38:57 | 02:14:30.30 | 13:27 | 4.5 |
| 59 | ZDAŃSKI DARIUSZ | 264 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 59 | M 59 | 09:10 | 00:40:35 | 02:17:04.30 | 13:42 | 4.4 |
| 60 | SZELEWSKI PATRYK | 108 | | CIAŻEŃ | POL | OPEN MĘŻCZYŹNI | 60 | M 60 | 09:10 | 00:37:45 | 02:17:08.65 | 13:42 | 4.4 |
| 61 | KOMINEK SEBASTIAN | 328 | | RABOWICE | POL | OPEN MĘŻCZYŹNI | 61 | M 61 | 09:15 | 00:42:40 | 02:17:48.25 | 13:46 | 4.4 |
| 62 | FÓRMAN DANIEL | 288 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 62 | M 62 | 09:20 | 00:42:37 | 02:19:02.50 | 13:54 | 4.3 |
| 63 | PRYADKO PETRO | 217 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 63 | M 63 | 10:25 | 00:38:56 | 02:19:13.35 | 13:55 | 4.3 |

FORMOZA LONG, OPEN Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|-----------------------|------|------|------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 64 | TUSIŃSKI PATRYK | 216 | | NIEWIERZ | POL | OPEN MĘŻCZYŹNI | 64 | M 64 | 10:25 | 00:39:02 | 02:19:14.00 | 13:55 | 4.3 |
| 65 | KUCHARSKI MARCIN | 71 | | KWILCZ | POL | OPEN MĘŻCZYŹNI | 65 | M 65 | 09:00 | 00:36:29 | 02:19:47.55 | 13:58 | 4.3 |
| 66 | KNASIECKI PIOTR | 97 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 66 | M 66 | 09:55 | 00:42:35 | 02:20:04.70 | 14:00 | 4.3 |
| 67 | WALCZAK TOMASZ | 319 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 67 | M 67 | 09:20 | 00:43:03 | 02:20:06.20 | 14:00 | 4.3 |
| 68 | BOROWSKI MACIEJ | 64 | | TRABCZYN | POL | OPEN MĘŻCZYŹNI | 68 | M 68 | 09:30 | 00:47:56 | 02:21:58.95 | 14:11 | 4.2 |
| 69 | FILIPIAK KRZYSZTOF | 326 | | PLEWISKA | POL | OPEN MĘŻCZYŹNI | 69 | M 69 | 09:35 | 00:45:33 | 02:22:24.30 | 14:14 | 4.2 |
| 70 | PLAZA ARTUR | 57 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 70 | M 70 | 09:15 | 00:51:36 | 02:22:51.20 | 14:17 | 4.2 |
| 71 | JUTKOWIAK DAWID | 131 | | TARNOWO PODGÓRNE | POL | OPEN MĘŻCZYŹNI | 71 | M 71 | 09:15 | 00:46:34 | 02:23:11.65 | 14:19 | 4.2 |
| 72 | TOMYS WIESŁAW | 56 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 72 | M 72 | 09:15 | 00:51:48 | 02:23:14.20 | 14:19 | 4.2 |
| 73 | AMBROSZKIEWICZ RAFAŁ | 231 | | TRZEBICZ | POL | OPEN MĘŻCZYŹNI | 73 | M 73 | 10:20 | 00:43:44 | 02:25:27.25 | 14:32 | 4.1 |
| 74 | SOBOŃ MATEUSZ | 230 | | TRZEBICZ | POL | OPEN MĘŻCZYŹNI | 74 | M 74 | 10:20 | 00:43:01 | 02:25:27.50 | 14:32 | 4.1 |
| 75 | AUGUSTYN ŁUKASZ | 226 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 75 | M 75 | 09:05 | 00:48:15 | 02:27:35.45 | 14:45 | 4.1 |
| 76 | RAFAŁ SOBCZAN | 1050 | | KALISZ | | OPEN MĘŻCZYŹNI | 76 | M 76 | | 00:41:37 | 02:28:01.65 | 14:48 | 4.1 |
| 77 | GROSICKI JAKUB | 233 | | SUCHA GÓRNA | POL | OPEN MĘŻCZYŹNI | 77 | M 77 | 09:30 | 00:45:51 | 02:28:19.70 | 14:49 | 4 |
| 78 | POLKOWSKI FABIAN | 43 | | ROGOŹNO | POL | OPEN MĘŻCZYŹNI | 78 | M 78 | 10:00 | 00:48:30 | 02:28:34.05 | 14:51 | 4 |
| 79 | RYBARCZYK DARIUSZ | 76 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 79 | M 79 | 09:00 | 00:46:06 | 02:28:41.65 | 14:52 | 4 |
| 80 | STRUZIK TOMEK | 220 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 80 | M 80 | 09:05 | 00:50:46 | 02:28:44.95 | 14:52 | 4 |
| 81 | KULAWIEC MARCIN | 219 | | CZERWIŃSK | POL | OPEN MĘŻCZYŹNI | 81 | M 81 | 09:05 | 00:50:50 | 02:28:45.75 | 14:52 | 4 |
| 82 | CELARY GRZEGORZ | 1085 | | | | OPEN MĘŻCZYŹNI | 82 | M 82 | | 00:42:58 | 02:29:05.95 | 14:54 | 4 |
| 83 | KASPROWIAK PAWEŁ | 1086 | | | | OPEN MĘŻCZYŹNI | 83 | M 83 | | 00:43:11 | 02:29:06.05 | 29:49 | 2 |
| 84 | SOBAŃSKI PAWEŁ | 119 | | PASIERBY | POL | OPEN MĘŻCZYŹNI | 84 | M 84 | 09:10 | 00:42:48 | 02:29:06.10 | 14:54 | 4 |
| 85 | NOWACKI KRZYSZTOF | 317 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 85 | M 85 | 09:25 | 01:09:07 | 02:29:22.15 | 14:56 | 4 |
| 86 | MAZUR DARIUSZ | 269 | | SEROCK | POL | OPEN MĘŻCZYŹNI | 86 | M 86 | 10:05 | 00:52:01 | 02:29:35.20 | 14:57 | 4 |
| 87 | WYSOLIŃSKI KONRAD | 26 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 87 | M 87 | 09:20 | 00:46:00 | 02:31:17.65 | 15:07 | 4 |
| 88 | MATUSZEWSKI KRZYSZTOF | 224 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 88 | M 88 | 09:50 | 00:49:12 | 02:31:38.80 | 15:09 | 4 |
| 89 | CZUPA AREK | 25 | | GDYNIA | POL | OPEN MĘŻCZYŹNI | 89 | M 89 | 09:20 | 00:45:50 | 02:31:42.55 | 15:10 | 4 |
| 90 | FEDEROWICZ GRZEGORZ | 121 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 90 | M 90 | 10:05 | 00:40:36 | 02:31:47.55 | 15:10 | 4 |
| 91 | KOBUS PIOTR | 268 | | NOWE BIELICE | POL | OPEN MĘŻCZYŹNI | 91 | M 91 | 09:15 | 00:43:00 | 02:32:02.50 | 15:12 | 3.9 |
| 92 | ANUSZCZYK MARIUSZ | 265 | | PABIANICE | POL | OPEN MĘŻCZYŹNI | 92 | M 92 | 09:05 | 00:46:28 | 02:32:14.80 | 15:13 | 3.9 |
| 93 | KUCZEK GRZEGORZ | 1052 | | | | OPEN MĘŻCZYŹNI | 93 | M 93 | | 00:49:01 | 02:34:13.15 | 30:50 | 1.9 |
| 94 | PRZYBYSZ PRZEMEK | 218 | | JEDLICZE | POL | OPEN MĘŻCZYŹNI | 94 | M 94 | 10:20 | 00:49:27 | 02:34:56.40 | 15:29 | 3.9 |
| 95 | HAIN PRZEMYSŁAW | 250 | | LUBASZ | POL | OPEN MĘŻCZYŹNI | 95 | M 95 | 10:15 | 00:42:40 | 02:35:38.70 | 15:33 | 3.9 |
| 96 | BEDNARSKI PAWEŁ | 730 | | | | OPEN MĘŻCZYŹNI | 96 | M 96 | | 00:52:39 | 02:35:56.70 | 15:35 | 3.8 |
| 97 | DOLEWSKI KAROL | 77 | | WIŚLINKA | POL | OPEN MĘŻCZYŹNI | 97 | M 97 | 09:10 | 00:45:16 | 02:36:30.30 | 15:39 | 3.8 |
| 98 | SOBIERAJ OLAF | 107 | | KROTOSZYN | POL | OPEN MĘŻCZYŹNI | 98 | M 98 | 10:15 | 00:49:35 | 02:36:56.60 | 15:41 | 3.8 |
| 99 | OSETEK SEBASTIAN | 158 | | GRYFINO | POL | OPEN MĘŻCZYŹNI | 99 | M 99 | 09:05 | 00:58:16 | 02:37:12.30 | 15:43 | 3.8 |
| 100 | ZIEMNIEWICZ ADAM | 75 | | CZAPURY | POL | OPEN MĘŻCZYŹNI | 100 | M 100 | 09:00 | 00:43:51 | 02:37:21.10 | 15:44 | 3.8 |
| 101 | KONOPA RAFAŁ | 51 | | CZARNOWO | POL | OPEN MĘŻCZYŹNI | 101 | M 101 | 10:00 | 00:51:32 | 02:37:30.45 | 15:45 | 3.8 |
| 102 | STELMASZYK PRZEMYSŁAW | 149 | | PIŁA | AFG | OPEN MĘŻCZYŹNI | 102 | M 102 | 09:35 | 00:48:58 | 02:38:40.80 | 15:52 | 3.8 |
| 103 | BĄCZKOWSKI JAN | 163 | | GOŁAŃCZ | POL | OPEN MĘŻCZYŹNI | 103 | M 103 | 09:15 | 00:48:32 | 02:38:42.45 | 15:52 | 3.8 |
| 104 | TYRAŃSKI NORBERT | 125 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 104 | M 104 | 09:35 | 00:39:31 | 02:39:04.45 | 15:54 | 3.8 |
| 105 | CIEPLIŃSKI SZYMON | 145 | | KARNIN | POL | OPEN MĘŻCZYŹNI | 105 | M 105 | 09:55 | 00:49:52 | 02:39:45.95 | 15:58 | 3.8 |
| 106 | REMPLEWICZ ARTUR | 199 | | CIELCZA | POL | OPEN MĘŻCZYŹNI | 106 | M 106 | 10:00 | 00:54:28 | 02:40:02.85 | 16:00 | 3.7 |
| 107 | PODGÓRSKI PRZEMYSŁAW | 187 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 107 | M 107 | 10:00 | 00:54:20 | 02:40:03.50 | 16:00 | 3.7 |
| 108 | NAJDEREK MICHAŁ | 289 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 108 | M 108 | 09:20 | 01:03:23 | 02:40:55.00 | 16:05 | 3.7 |
| 109 | WALCZAK KACPER | 318 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 109 | M 109 | 09:20 | 01:03:52 | 02:41:08.85 | 16:06 | 3.7 |
| 110 | OWCZARZAK ADRIAN | 20 | | MÓRKA | POL | OPEN MĘŻCZYŹNI | 110 | M 110 | 10:00 | 00:50:30 | 02:41:51.05 | 16:11 | 3.7 |
| 111 | OWCZARZAK KRYSZTOF | 50 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 111 | M 111 | 10:00 | 00:50:50 | 02:41:51.80 | 16:11 | 3.7 |
| 112 | KARCZYŃSKI TOMASZ | 46 | | SMARDZÓW | POL | OPEN MĘŻCZYŹNI | 112 | M 112 | 10:00 | 00:50:25 | 02:41:52.40 | 16:11 | 3.7 |
| 113 | KACZMAREK ŁUKASZ | 21 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 113 | M 113 | 10:00 | 00:50:52 | 02:41:53.00 | 16:11 | 3.7 |
| 114 | PIASTA BARTOSZ | 94 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 114 | M 114 | 10:00 | 00:50:39 | 02:41:54.80 | 16:11 | 3.7 |
| 115 | MAJEWSKI TOMASZ | 74 | | PORĘBA | POL | OPEN MĘŻCZYŹNI | 115 | M 115 | 09:00 | 00:59:44 | 02:42:06.55 | 16:12 | 3.7 |
| 116 | MENDEL KAMIL | 16 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 116 | M 116 | 09:00 | 00:41:51 | 02:42:12.40 | 16:13 | 3.7 |
| 117 | BRONIARCZYK ŁUKASZ | 277 | | BLIZANÓW | POL | OPEN MĘŻCZYŹNI | 117 | M 117 | 09:10 | 00:42:04 | 02:42:13.05 | 16:13 | 3.7 |
| 118 | NOWICKI BARTOSZ | 12 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 118 | M 118 | 09:00 | 00:42:06 | 02:42:13.15 | 16:13 | 3.7 |
| 119 | LUHM DANIEL | 17 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 118 | M 118 | 09:00 | 00:42:00 | 02:42:13.15 | 16:13 | 3.7 |
| 120 | KĄZMIERCZAK MARCIN | 73 | | DAMASŁAWEK | POL | OPEN MĘŻCZYŹNI | 120 | M 120 | 09:00 | 00:41:53 | 02:42:15.40 | 16:13 | 3.7 |

FORMOZA LONG, OPEN Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|--------------------------|------|------|---------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 235 | SKOTNICKI MARCIN | 301 | | MIETKÓW | POL | OPEN MĘŻCZYŹNI | 235 | M 235 | 09:40 | 00:59:24 | 03:30:56.85 | 21:05 | 2.8 |
| 236 | REMBACZ JAKUB | 306 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 236 | M 236 | 09:25 | 01:02:27 | 03:32:03.90 | 21:12 | 2.8 |
| 237 | REMBACZ ALAN | 310 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 237 | M 237 | 09:25 | 01:02:40 | 03:32:26.55 | 21:14 | 2.8 |
| 238 | NEJC DAREK | 14 | | BUKOWIEC | POL | OPEN MĘŻCZYŹNI | 238 | M 238 | 09:00 | 00:59:16 | 03:32:57.50 | 21:17 | 2.8 |
| 239 | NEJC WOJTEK | 13 | | BUKOWIEC | POL | OPEN MĘŻCZYŹNI | 239 | M 239 | 09:00 | 00:58:55 | 03:33:13.05 | 21:19 | 2.8 |
| 240 | ROŻNIECKI JACEK | 105 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 240 | M 240 | 09:00 | 00:59:29 | 03:33:13.20 | 21:19 | 2.8 |
| 241 | PIEKARSKI JANUSZ | 2 | | ŁÓDŹ | AFG | OPEN MĘŻCZYŹNI | 241 | M 241 | 09:10 | 00:58:46 | 03:33:18.30 | 21:19 | 2.8 |
| 242 | SZYMAŚ DANIEL | 92 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 242 | M 242 | 09:50 | 01:35:39 | 03:33:40.05 | 21:22 | 2.8 |
| 243 | BAŁA RAFAŁ | 200 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 243 | M 243 | 09:55 | 01:23:16 | 03:34:31.70 | 21:27 | 2.8 |
| 244 | HERBIK MARCIN | 240 | | SKALMIERZYCE | POL | OPEN MĘŻCZYŹNI | 244 | M 244 | 09:50 | 01:08:28 | 03:36:31.60 | 21:39 | 2.8 |
| 245 | SMOLIŃSKI MIŁOSZ | 49 | | OSTRÓW WLKP. | POL | OPEN MĘŻCZYŹNI | 245 | M 245 | 09:50 | 01:11:58 | 03:36:32.00 | 21:39 | 2.8 |
| 246 | LECZYKIEWICZ MIKOŁAJ | 189 | | OSTRÓW WIELKOPOLSKI | POL | OPEN MĘŻCZYŹNI | 246 | M 246 | 09:50 | 01:08:10 | 03:36:32.50 | 21:39 | 2.8 |
| 247 | JAGODZIŃSKI SŁAWOMIR | 162 | | PRZEĆŁAW | POL | OPEN MĘŻCZYŹNI | 247 | M 247 | 09:30 | 01:13:59 | 03:37:23.55 | 21:44 | 2.8 |
| 248 | TARNAWSKI MACIEJ | 70 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 248 | M 248 | 09:30 | 01:25:11 | 03:37:27.80 | 21:44 | 2.8 |
| 249 | TARNAWSKI BARTOSZ | 81 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 249 | M 249 | 09:30 | 01:25:17 | 03:37:28.10 | 21:44 | 2.8 |
| 250 | STASIŃSKI JAKUB | 1102 | | | | OPEN MĘŻCZYŹNI | 250 | M 250 | | 01:42:29 | 03:43:06.05 | 22:18 | 2.7 |
| 251 | HOLAK HUBERT | 252 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 251 | M 251 | 10:15 | 01:49:14 | 03:43:09.80 | 22:18 | 2.7 |
| 252 | ŚWIĄTEK BRONISŁAW | 67 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 252 | M 252 | 10:10 | 01:42:46 | 03:43:25.10 | 22:20 | 2.7 |
| 253 | ZAGAWA HUBERT | 1105 | | | | OPEN MĘŻCZYŹNI | 253 | M 253 | | 01:53:00 | 03:47:06.15 | 22:42 | 2.6 |
| 254 | WĘGLARCZYK ŁUKASZ | 212 | | TRZCIANKA | AFG | OPEN MĘŻCZYŹNI | 254 | M 254 | 10:15 | 01:45:31 | 03:50:59.65 | 23:05 | 2.6 |
| 255 | MADAJ MICHAŁ | 15 | | SŁUPCA | POL | OPEN MĘŻCZYŹNI | 255 | M 255 | 10:05 | 01:40:30 | 03:52:02.65 | 23:12 | 2.6 |
| 256 | GMIĄT CYPRIAN | 305 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 256 | M 256 | 09:25 | 01:23:42 | 03:52:52.45 | 23:17 | 2.6 |
| 257 | BLADOWSKI WOJCIECH | 281 | | BUK | POL | OPEN MĘŻCZYŹNI | 257 | M 257 | 09:10 | 01:07:46 | 03:58:49.90 | 23:52 | 2.5 |
| 258 | ANDRZEJEWSKI MAKSYMILIAN | 322 | | STĘSZEW | POL | OPEN MĘŻCZYŹNI | 258 | M 258 | 09:10 | 01:07:25 | 03:59:12.00 | 23:55 | 2.5 |
| 259 | ANDRZEJEWSKI MIŁOSZ | 321 | | STĘSZEW | POL | OPEN MĘŻCZYŹNI | 259 | M 259 | 09:10 | 01:07:07 | 03:59:12.30 | 23:55 | 2.5 |
| 260 | GRZEŚKOWIAK ADAM | 348 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 260 | M 260 | 10:05 | 01:43:32 | 04:01:15.10 | 24:07 | 2.5 |
| 261 | KOZIEL RAFAL | 179 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 261 | M 261 | 10:20 | 01:52:00 | 04:03:50.35 | 24:23 | 2.5 |
| 262 | KARKOWSKI KRZYSZTOF | 132 | | POPÓWKO | POL | OPEN MĘŻCZYŹNI | 262 | M 262 | 10:10 | 01:57:54 | 04:06:06.60 | 24:36 | 2.4 |
| 263 | GINTER SEBASTIAN | 124 | | DRAWSKO | POL | OPEN MĘŻCZYŹNI | 263 | M 263 | 10:10 | 01:57:56 | 04:06:23.15 | 24:38 | 2.4 |
| 264 | CIELEWICZ PIOTR | 154 | | KOMORNIKI | POL | OPEN MĘŻCZYŹNI | 264 | M 264 | 10:10 | 01:55:14 | 04:07:28.95 | 24:44 | 2.4 |
| 265 | SUŁKOWSKI MARCIN | 228 | | SWARZĘDZ | POL | OPEN MĘŻCZYŹNI | 265 | M 265 | 09:40 | 00:46:20 | | 15:26 | 3.9 |
| 266 | SKRZYPEK DAMIAN | 1097 | | OBORNIKI | | OPEN MĘŻCZYŹNI | 266 | M 266 | | 00:46:51 | | 15:37 | 3.8 |
| 267 | BALCEROWIAK RADOSŁAW | 173 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 267 | M 267 | 09:40 | 00:47:28 | | 15:49 | 3.8 |
| 268 | KUBAT ALEKSANDER | 174 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 268 | M 268 | 09:40 | 00:47:41 | | 15:53 | 3.8 |
| 269 | MIKOŁAJCZAK CEZARY | 229 | | WIELEŃ | POL | OPEN MĘŻCZYŹNI | 269 | M 269 | 09:40 | 01:15:34 | | 25:11 | 2.4 |
| 270 | PERZYNA KRZYSZTOF | 251 | | PIŁA | POL | OPEN MĘŻCZYŹNI | 270 | M 270 | 10:10 | | | | |

FORMOZA LONG,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria startowa | 3km | Netto | min/km | km/h |
|------|-----------------|------|------|-----------|------|------|--------|-----|----------------|----------|-------------|--------|------|
| 1 | -- | 1106 | | | | | | 1 | | 00:53:26 | 02:50:47.30 | 34:09 | 1.8 |