

FORMOZA LONG

Organizator: APS AGENCY Sp. z o.o. Sp. K
Data: 2024-06-02
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 | ŻUKOWSKI KAROL | 253 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 11:00 | 00:24:01 | 01:28:10.95 | 8:49 | 6.8 |
| 2 | FALEJCZYK MARCIN | 320 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 09:10 | 00:29:16 | 01:33:36.95 | 9:21 | 6.4 |
| 3 | KLUCZYŃSKI KAMIL | 141 | | NIEGOLEWO | POL | OPEN MĘŻCZYŹNI | 3 | M 3 | 09:00 | 00:28:41 | 01:34:11.15 | 9:25 | 6.4 |
| 4 | DARMETKO RAFAŁ | 398 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 4 | M 4 | | 00:32:14 | 01:36:18.35 | 9:37 | 6.2 |
| 5 | HASIŃSKI BARTOSZ | 243 | | SZAMO | POL | OPEN MĘŻCZYŹNI | 5 | M 5 | 09:05 | 00:31:46 | 01:40:04.30 | 10:00 | 6 |
| 6 | WOTA CEZARY | 1 | | OBJEZIERZE | POL | OPEN MĘŻCZYŹNI | 6 | M 6 | 09:00 | 00:30:44 | 01:44:26.00 | 10:26 | 5.7 |
| 7 | DWORZYŃSKI RAFAŁ | 248 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 7 | M 7 | 09:30 | 00:36:20 | 01:44:37.05 | 10:27 | 5.7 |
| 8 | ZALIŃSKI LESZEK | 313 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 8 | M 8 | 09:00 | 00:32:01 | 01:47:58.70 | 10:47 | 5.6 |
| 9 | OTTO JAKUB | 227 | | LASKOWICE POMORSKIE | POL | OPEN MĘŻCZYŹNI | 9 | M 9 | 09:15 | 00:35:29 | 01:48:03.10 | 10:48 | 5.6 |
| 10 | NOWACKI KRZYSZTOF | 340 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 10 | M 10 | 09:10 | 00:40:41 | 01:48:07.85 | 10:48 | 5.5 |
| 11 | DULSKI PRZEMYSŁAW | 228 | | LASKOWICE POMORSKIE | POL | OPEN MĘŻCZYŹNI | 11 | M 11 | 09:15 | 00:35:32 | 01:48:18.45 | 10:49 | 5.5 |
| 12 | STAWINOĞA MICHAŁ | 306 | | ŁASK | POL | OPEN MĘŻCZYŹNI | 12 | M 12 | 09:10 | 00:38:16 | 01:48:45.85 | 10:52 | 5.5 |
| 13 | POLASZEK PAWEŁ | 4 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 13 | M 13 | 09:00 | 00:32:00 | 01:49:10.15 | 10:55 | 5.5 |
| 14 | MERENA DAWID | 260 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 14 | M 14 | 09:05 | 00:39:16 | 01:49:12.30 | 10:55 | 5.5 |
| 15 | WOJCIECHOWSKI KAMIL | 360 | | GÓRA | POL | OPEN MĘŻCZYŹNI | 15 | M 15 | 09:10 | 00:33:44 | 01:49:49.75 | 10:58 | 5.5 |
| 16 | BRILLOWSKI KAROL | 275 | | SOMONINO | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 09:05 | 00:30:38 | 01:51:08.45 | 11:06 | 5.4 |
| 17 | MŁÓTKIEWICZ WIKTOR | 343 | | WARTA | POL | OPEN MĘŻCZYŹNI | 17 | M 17 | 10:25 | 00:41:59 | 01:52:27.65 | 11:14 | 5.3 |
| 18 | WIŚNIEWSKI DANIEL | 223 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 18 | M 18 | 09:05 | 00:37:10 | 01:52:53.55 | 11:17 | 5.3 |
| 19 | GRZYB PATRYK | 62 | | KOSTRZYN NAD ODRA | POL | OPEN MĘŻCZYŹNI | 19 | M 19 | 09:00 | 00:36:17 | 01:54:31.35 | 11:27 | 5.2 |
| 20 | NOWICKI PIOTER | 162 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 20 | M 20 | 09:55 | 00:37:37 | 01:55:00.55 | 11:30 | 5.2 |
| 21 | MATUSIAK MARIUSZ | 189 | | SZCZECIN | POL | OPEN MĘŻCZYŹNI | 21 | M 21 | 10:05 | 00:39:02 | 01:55:35.65 | 11:33 | 5.2 |
| 22 | MIKOŁAJCZAK CEZARY | 111 | | WIELEŃ | POL | OPEN MĘŻCZYŹNI | 22 | M 22 | 09:05 | 00:36:53 | 01:56:42.70 | 11:40 | 5.1 |
| 23 | SUŁKOWSKI MARCIN | 110 | | SWARZĘDZ | POL | OPEN MĘŻCZYŹNI | 23 | M 23 | 09:05 | 00:36:50 | 01:56:43.05 | 11:40 | 5.1 |
| 24 | KOWNACKI KRZYSZTOF | 252 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 24 | M 24 | 09:05 | 00:37:40 | 01:57:04.80 | 11:42 | 5.1 |
| 25 | POJAWIS MATEUSZ | 194 | | GOŁDAP | POL | OPEN MĘŻCZYŹNI | 25 | M 25 | 09:05 | 00:37:21 | 01:57:28.85 | 11:44 | 5.1 |
| 26 | KOKOTEK ALICJA | 297 | | POZNAŃ | POL | OPEN KOBIETY | 1 | K 1 | 09:40 | 00:38:55 | 01:57:33.70 | 11:45 | 5.1 |
| 27 | RATAJEWSKI DANIEL | 2 | | BOGDANOWO | POL | OPEN MĘŻCZYŹNI | 26 | M 26 | 09:00 | 00:32:58 | 01:58:36.35 | 11:51 | 5.1 |
| 28 | KUBIAK KATARZYNA | 298 | | POZNAŃ | POL | OPEN KOBIETY | 2 | K 2 | 09:40 | 00:38:59 | 01:58:58.05 | 11:53 | 5 |
| 29 | MENDYKA ARTUR | 284 | | PIŁA | POL | OPEN MĘŻCZYŹNI | 27 | M 27 | 09:10 | 00:40:28 | 01:59:48.75 | 11:58 | 5 |
| 30 | SZYSZKOWSKI PIOTR | 237 | | SIEDLCE | POL | OPEN MĘŻCZYŹNI | 28 | M 28 | 09:30 | 00:39:41 | 01:59:55.70 | 11:59 | 5 |
| 31 | ORSZULAK MARCIN | 123 | | OSTROWITE | POL | OPEN MĘŻCZYŹNI | 29 | M 29 | 09:00 | 00:42:11 | 02:00:51.50 | 12:05 | 5 |
| 32 | MICHALIK GRZEGORZ | 10 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 30 | M 30 | 09:15 | 00:47:19 | 02:01:19.90 | 12:07 | 4.9 |
| 33 | ZABOROWSKI TOMASZ | 207 | | SOCHACZEW | POL | OPEN MĘŻCZYŹNI | 31 | M 31 | 10:05 | 00:37:16 | 02:01:38.90 | 12:09 | 4.9 |
| 34 | ZAKRZEWSKI MAREK | 45 | | LUBOŃ | POL | OPEN MĘŻCZYŹNI | 32 | M 32 | 10:00 | 00:37:17 | 02:01:43.85 | 12:10 | 4.9 |
| 35 | KLIMCZYK ROMAN | 118 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 33 | M 33 | 09:05 | 00:39:53 | 02:02:33.35 | 12:15 | 4.9 |
| 36 | MUSIAŁEK MATEUSZ | 394 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 34 | M 34 | | 00:41:46 | 02:02:49.15 | 12:16 | 4.9 |
| 37 | SZCZERKOWSKI CEZARY | 46 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 35 | M 35 | 09:00 | 00:39:16 | 02:02:56.55 | 12:17 | 4.9 |
| 38 | OLESKIEWICZ KAMIL | 277 | | HONORATKA | POL | OPEN MĘŻCZYŹNI | 36 | M 36 | 10:05 | 00:40:04 | 02:03:24.65 | 12:20 | 4.9 |
| 39 | BADURA EWELINA | 166 | | MARKI | POL | OPEN KOBIETY | 3 | K 3 | 09:05 | 00:43:46 | 02:05:25.35 | 12:32 | 4.8 |
| 40 | KUKIEŁKA MARCIN | 167 | | MARKI | POL | OPEN MĘŻCZYŹNI | 37 | M 37 | 09:05 | 00:43:45 | 02:05:31.35 | 12:33 | 4.8 |
| 41 | ĆWIK KATARZYNA | 182 | | BUKOWNO | POL | OPEN KOBIETY | 4 | K 4 | 10:00 | 00:45:42 | 02:06:41.60 | 12:40 | 4.7 |
| 42 | JAGODZKI PAWEŁ | 226 | | BORNE SULINOWO | POL | OPEN MĘŻCZYŹNI | 38 | M 38 | 09:05 | 00:39:28 | 02:06:55.30 | 12:41 | 4.7 |
| 43 | CHODÓR MATEUSZ | 143 | | GŁOGÓW MAŁOPOLSKI | POL | OPEN MĘŻCZYŹNI | 39 | M 39 | 09:35 | 00:56:05 | 02:09:05.10 | 12:54 | 4.6 |
| 44 | WIELEBA MICHAŁ | 281 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 40 | M 40 | 10:25 | 00:40:17 | 02:09:38.40 | 12:57 | 4.6 |
| 45 | ANDRZEJEWSKI BARTŁOMIEJ | 327 | | LUGI | POL | OPEN MĘŻCZYŹNI | 41 | M 41 | 09:10 | 00:39:27 | 02:10:18.20 | 13:01 | 4.6 |
| 46 | WOŹNY TOMASZ | 179 | | LUBIĘCIN | POL | OPEN MĘŻCZYŹNI | 42 | M 42 | 10:25 | 00:52:51 | 02:11:00.15 | 13:06 | 4.6 |

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 | SIĘBOR ANDRZEJ | 67 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 43 | M 43 | 09:00 | 00:37:53 | 02:12:50.05 | 13:17 | 4.5 |
| 48 | JANISZEWSKI MARCIN | 293 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 44 | M 44 | 09:35 | 00:58:33 | 02:13:25.80 | 13:20 | 4.5 |
| 49 | PAŚKA MARCIN | 6 | | LUBOSZ | POL | OPEN MĘŻCZYŹNI | 45 | M 45 | 09:00 | 00:40:12 | 02:14:38.20 | 13:27 | 4.5 |
| 50 | MONKA ŁUKASZ | 322 | | WIERUSZÓW | POL | OPEN MĘŻCZYŹNI | 46 | M 46 | 09:25 | 00:46:42 | 02:14:49.80 | 13:28 | 4.5 |
| 51 | PLUCIENNIK TOMASZ | 254 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 47 | M 47 | 11:00 | 00:53:56 | 02:19:39.75 | 13:57 | 4.3 |
| 52 | KNOZOWSKA BOŻENA | 180 | | PIŁA | POL | OPEN KOBIETY | 5 | K 5 | 09:05 | 00:44:50 | 02:20:23.75 | 14:02 | 4.3 |
| 53 | WIELEBA MACIEJ | 273 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 48 | M 48 | 10:25 | 00:46:21 | 02:22:16.05 | 14:13 | 4.2 |
| 54 | CZERWIŃSKI KRZYSZTOF | 336 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 49 | M 49 | 09:10 | 00:44:04 | 02:22:35.55 | 14:15 | 4.2 |
| 55 | NOWICKI BARTOSZ | 23 | | WAGROWIEC | POL | OPEN MĘŻCZYŹNI | 50 | M 50 | 09:00 | 00:46:03 | 02:23:25.40 | 14:20 | 4.2 |
| 56 | MUSIELAK MIROSŁAW | 24 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 51 | M 51 | 09:00 | 00:46:07 | 02:23:26.10 | 14:20 | 4.2 |
| 57 | KĄŻMIERCZAK MARCIN | 22 | | DAMAŚLAWEK | POL | OPEN MĘŻCZYŹNI | 52 | M 52 | 09:00 | 00:46:10 | 02:23:26.35 | 14:20 | 4.2 |
| 58 | NOWAK MACIEJ | 27 | | KOŚCIAN | POL | OPEN MĘŻCZYŹNI | 53 | M 53 | 09:00 | 00:44:55 | 02:23:38.25 | 14:21 | 4.2 |
| 59 | ŁUCZAK KAROL | 272 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 54 | M 54 | 10:15 | 01:04:02 | 02:24:41.45 | 14:28 | 4.1 |
| 60 | ZWOLIŃSKI KRZYSZTOF | 7 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 55 | M 55 | 09:30 | 00:53:41 | 02:25:26.90 | 14:32 | 4.1 |
| 61 | NAWROCKI KRZYSZTOF | 202 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 56 | M 56 | 09:10 | 00:44:03 | 02:25:34.70 | 14:33 | 4.1 |
| 62 | MAZUR DARIUSZ | 304 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 57 | M 57 | 10:10 | 00:47:02 | 02:26:19.30 | 14:37 | 4.1 |
| 63 | KOZŁOWSKI MICHAŁ | 357 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 58 | M 58 | 09:10 | 00:42:03 | 02:26:21.05 | 14:38 | 4.1 |
| 64 | BIAŁOBRZEWSKI MIROSŁAW | 311 | | ZIELONKA | POL | OPEN MĘŻCZYŹNI | 59 | M 59 | 09:30 | 00:50:15 | 02:26:55.10 | 14:41 | 4.1 |
| 65 | JĘDRZEJEWSKA JADWIGA | 114 | | NOWY FOLWARK | POL | OPEN KOBIETY | 6 | K 6 | 09:55 | 00:48:18 | 02:27:14.10 | 14:43 | 4.1 |
| 66 | PACHELA MARCIN | 107 | | BIERZGLINEK | POL | OPEN MĘŻCZYŹNI | 60 | M 60 | 09:55 | 00:48:22 | 02:27:22.80 | 14:44 | 4.1 |
| 67 | BANASIEWICZ ZBIGNIEW | 106 | | BIERZGLINEK | POL | OPEN MĘŻCZYŹNI | 61 | M 61 | 09:55 | 00:48:25 | 02:27:29.95 | 14:44 | 4.1 |
| 68 | TARNAWSKI BARTOSZ | 73 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 62 | M 62 | 09:00 | 00:45:41 | 02:27:30.60 | 14:45 | 4.1 |
| 69 | TARNAWSKI MACIEJ | 36 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 63 | M 63 | 09:00 | 00:45:18 | 02:27:30.85 | 14:45 | 4.1 |
| 70 | ĆWIKLIŃSKI PIOTR | 212 | | OSIELSKO | POL | OPEN MĘŻCZYŹNI | 64 | M 64 | 09:20 | 00:57:38 | 02:28:15.75 | 14:49 | 4 |
| 71 | CZERNAK MARCIN | 214 | | BIAŁE BLOTA | POL | OPEN MĘŻCZYŹNI | 65 | M 65 | 09:20 | 00:57:37 | 02:28:15.85 | 14:49 | 4 |
| 72 | BUDYNEK MATEUSZ | 265 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 66 | M 66 | 11:00 | 00:53:54 | 02:28:32.35 | 14:51 | 4 |
| 73 | ZARZYCKI JAKUB | 246 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 67 | M 67 | 10:25 | 01:00:12 | 02:28:47.75 | 14:52 | 4 |
| 74 | MACIEJEWSKI MACIEJ | 244 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 68 | M 68 | 10:25 | 01:00:07 | 02:29:05.40 | 14:54 | 4 |
| 75 | JANOWICZ PRZEMYSŁAW | 245 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 69 | M 69 | 10:25 | 01:00:12 | 02:29:09.75 | 14:54 | 4 |
| 76 | METLER DAWID | 124 | | OSTROWITE | POL | OPEN MĘŻCZYŹNI | 70 | M 70 | 09:00 | 00:50:47 | 02:29:22.60 | 14:56 | 4 |
| 77 | PANIENKOWSKI JAKUB | 120 | | SŁUPCA | POL | OPEN MĘŻCZYŹNI | 71 | M 71 | 09:00 | 00:50:39 | 02:29:48.85 | 14:58 | 4 |
| 78 | ANTONOWICZ ADAM | 296 | | ZWIERZYN | POL | OPEN MĘŻCZYŹNI | 72 | M 72 | 10:00 | 00:48:29 | 02:31:08.70 | 15:06 | 4 |
| 79 | GRABARCYK PAWEŁ | 292 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 73 | M 73 | 09:50 | 00:56:18 | 02:31:20.75 | 15:08 | 4 |
| 80 | MORKA MIKOŁAJ | 291 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 74 | M 74 | 09:50 | 00:56:22 | 02:31:26.90 | 15:08 | 4 |
| 81 | KUCZYŃSKI MATEUSZ | 326 | | PÓLKOWICE | POL | OPEN MĘŻCZYŹNI | 75 | M 75 | 09:50 | 01:10:12 | 02:34:06.30 | 15:24 | 3.9 |
| 82 | ZALEWSKA URSZULA | 94 | | GDAŃSK | POL | OPEN KOBIETY | 7 | K 7 | 10:20 | 00:55:31 | 02:34:18.70 | 15:25 | 3.9 |
| 83 | KALISZEWSKI ADAM | 95 | | GDAŃSK | POL | OPEN MĘŻCZYŹNI | 76 | M 76 | 10:20 | 00:55:38 | 02:34:22.45 | 15:26 | 3.9 |
| 84 | MAZUR DOMINIKA | 310 | | OSTRÓW WIELKOPOLSKI | POL | OPEN KOBIETY | 8 | K 8 | 09:30 | 01:01:29 | 02:34:35.00 | 15:27 | 3.9 |
| 85 | SITEK PRZEMYSŁAW | 309 | | OSTRÓW WIELKOPOLSKI | POL | OPEN MĘŻCZYŹNI | 77 | M 77 | 09:30 | 01:01:28 | 02:34:35.40 | 15:27 | 3.9 |
| 86 | SERWANSKA KATARZYNA | 233 | | POZNAŃ | POL | OPEN KOBIETY | 9 | K 9 | 10:15 | 01:04:00 | 02:36:18.90 | 15:37 | 3.8 |
| 87 | WOJCIESZAK STEFAN | 390 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 78 | M 78 | | 01:04:04 | 02:36:32.10 | 15:39 | 3.8 |
| 88 | SZYMAŚ DANIEL | 108 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 79 | M 79 | 09:50 | 00:56:22 | 02:37:16.40 | 15:43 | 3.8 |
| 89 | POMIANOWSKA ANNA | 129 | | WRONKO | POL | OPEN KOBIETY | 10 | K 10 | 09:10 | 00:53:40 | 02:38:22.90 | 15:50 | 3.8 |
| 90 | DŁUTKOWSKI MICHAŁ | 58 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 80 | M 80 | 09:30 | 00:54:38 | 02:39:21.05 | 15:56 | 3.8 |
| 91 | GRELEWICZ JACEK | 181 | | TORUŃ | POL | OPEN MĘŻCZYŹNI | 81 | M 81 | 09:30 | 00:58:34 | 02:39:21.45 | 15:56 | 3.8 |
| 92 | GALUBA ALEKSANDER | 198 | | WIELICZKA | POL | OPEN MĘŻCZYŹNI | 82 | M 82 | 09:30 | 00:58:30 | 02:39:21.65 | 15:56 | 3.8 |
| 93 | WILK TOMASZ | 200 | | CEREKIEW | POL | OPEN MĘŻCZYŹNI | 83 | M 83 | 09:30 | 00:58:28 | 02:39:22.25 | 15:56 | 3.8 |
| 94 | SOLARSKI ZBIGNIEW | 199 | | KRAKÓW | POL | OPEN MĘŻCZYŹNI | 84 | M 84 | 09:30 | 00:58:28 | 02:39:22.40 | 15:56 | 3.8 |
| 95 | RYBARCZYK DARIUSZ | 54 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 85 | M 85 | 09:30 | 01:03:24 | 02:39:25.60 | 15:56 | 3.8 |
| 96 | DOLATA KRZYSZTOF | 399 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 86 | M 86 | | 00:54:35 | 02:39:47.75 | 15:58 | 3.8 |
| 97 | PIETER PAWEŁ | 263 | | RUDA ŚLĄSKA | POL | OPEN MĘŻCZYŹNI | 87 | M 87 | 09:05 | 00:53:17 | 02:40:16.00 | 16:01 | 3.7 |
| 98 | GIERCZAK PATRYK | 239 | | TRZEBOWNISKO | POL | OPEN MĘŻCZYŹNI | 88 | M 88 | 09:30 | 01:01:47 | 02:40:20.10 | 16:02 | 3.7 |
| 99 | PRZYBYLSKI KAROL | 230 | | MUROWANA GOŚLINA | POL | OPEN MĘŻCZYŹNI | 89 | M 89 | 09:05 | 00:49:30 | 02:40:26.50 | 16:02 | 3.7 |
| 100 | WOJTYSIAK MATEUSZ | 345 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 90 | M 90 | 10:05 | 01:04:38 | 02:40:38.10 | 16:03 | 3.7 |
| 101 | ROCHOWIAK ŁUCJAN | 346 | | SZYMANOWO | POL | OPEN MĘŻCZYŹNI | 91 | M 91 | 10:05 | 01:04:38 | 02:40:38.20 | 16:03 | 3.7 |
| 102 | KOWALSKA JULIA | 9 | | ZIELONA GÓRA | POL | OPEN KOBIETY | 11 | K 11 | 09:05 | 00:55:45 | 02:41:03.00 | 16:06 | 3.7 |
| 103 | ROGIŃSKA LETYCJA | 247 | | ROGOŹNO | POL | OPEN KOBIETY | 12 | K 12 | 10:05 | 00:51:44 | 02:41:22.20 | 16:08 | 3.7 |

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 |
|------|--------------------------|-----|------|---------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 104 | KOWALSKI BARTŁOMIEJ | 8 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 92 | M 92 | 09:05 | 00:55:47 | 02:41:28.35 | 16:08 | 3.7 |
| 105 | RATAJCZAK MARCIN | 219 | | BISKUPICE | POL | OPEN MĘŻCZYŹNI | 93 | M 93 | 10:25 | 01:00:13 | 02:41:40.85 | 16:10 | 3.7 |
| 106 | NOWAK MARCIN | 218 | | KRZYSZKOWO | POL | OPEN MĘŻCZYŹNI | 94 | M 94 | 10:25 | 01:00:18 | 02:41:42.85 | 16:10 | 3.7 |
| 107 | MARCINKOWSKA BEATA | 11 | | OBORNIKI | POL | OPEN KOBIETY | 13 | K 13 | 09:00 | 00:54:30 | 02:41:54.10 | 16:11 | 3.7 |
| 108 | BROMBER ADRIANA | 150 | | OBORNIKI | POL | OPEN KOBIETY | 14 | K 14 | 09:00 | 00:54:24 | 02:41:54.50 | 16:11 | 3.7 |
| 109 | WYDRA EDYTA | 149 | | OBORNIKI | POL | OPEN KOBIETY | 15 | K 15 | 09:00 | 00:54:34 | 02:41:55.85 | 16:11 | 3.7 |
| 110 | WOJCIECHOWSKI MATEUSZ | 397 | | MODLISZEWO | | OPEN MĘŻCZYŹNI | 95 | M 95 | | 01:06:51 | 02:42:09.85 | 16:12 | 3.7 |
| 111 | NAWROCKI KAROL | 396 | | SNIEZNO | | OPEN MĘŻCZYŹNI | 96 | M 96 | | 01:06:58 | 02:42:09.95 | 16:12 | 3.7 |
| 112 | WALCZAK TOMASZ | 395 | | MODLISZEWO | | OPEN MĘŻCZYŹNI | 97 | M 97 | | 01:06:54 | 02:42:10.20 | 16:13 | 3.7 |
| 113 | SOBIERAJ OLAF | 41 | | KROTOSZYN | POL | OPEN MĘŻCZYŹNI | 98 | M 98 | 10:00 | 01:04:31 | 02:42:28.20 | 16:14 | 3.7 |
| 114 | BOROŃ DAMIAN | 88 | | SKÓRZEWO | POL | OPEN MĘŻCZYŹNI | 99 | M 99 | 09:30 | 01:05:52 | 02:42:38.80 | 16:15 | 3.7 |
| 115 | GEMBARZEWSKA-ADACH ZOFIA | 270 | | GRÓJEC | POL | OPEN KOBIETY | 16 | K 16 | 09:55 | 00:52:56 | 02:42:43.60 | 16:16 | 3.7 |
| 116 | STEFANIAK ADAM | 72 | | PUSZCZYKOWO | POL | OPEN MĘŻCZYŹNI | 100 | M 100 | 10:00 | 00:54:26 | 02:42:44.00 | 16:16 | 3.7 |
| 117 | ANUSZCZYK MARIUSZ | 316 | | PABIANICE | POL | OPEN MĘŻCZYŹNI | 101 | M 101 | 09:10 | 00:57:06 | 02:44:06.35 | 16:24 | 3.7 |
| 118 | HOFMAN FILIP | 288 | | MIEDZYRZECZ | POL | OPEN MĘŻCZYŹNI | 102 | M 102 | 09:35 | 00:59:34 | 02:45:09.50 | 16:30 | 3.6 |
| 119 | RAICH WIKTOR | 286 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 103 | M 103 | 09:20 | 00:58:17 | 02:45:47.50 | 16:34 | 3.6 |
| 120 | FORNALIK DAMIAN | 105 | | LUSOWO | POL | OPEN MĘŻCZYŹNI | 104 | M 104 | 09:15 | 00:53:27 | 02:45:51.40 | 16:35 | 3.6 |
| 121 | KARCZYŃSKI TOMASZ | 28 | | SMARDZÓW | POL | OPEN MĘŻCZYŹNI | 105 | M 105 | 10:00 | 01:05:57 | 02:45:57.35 | 16:35 | 3.6 |
| 122 | JAKUBOWSKA AGATA | 276 | | POZNAŃ | POL | OPEN KOBIETY | 17 | K 17 | 09:20 | 00:58:12 | 02:46:13.00 | 16:37 | 3.6 |
| 123 | KACZMAREK ŁUKASZ | 184 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 106 | M 106 | 10:05 | 01:05:54 | 02:46:21.05 | 16:38 | 3.6 |
| 124 | OWCZARZAK ADRIAN | 185 | | MÓRKA | POL | OPEN MĘŻCZYŹNI | 107 | M 107 | 10:05 | 01:05:59 | 02:46:31.65 | 16:39 | 3.6 |
| 125 | JAKUBOWSKI MICHAŁ | 137 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 108 | M 108 | 09:05 | 00:49:33 | 02:47:12.50 | 16:43 | 3.6 |
| 126 | SZCZYGIEŁ SYLWIA | 315 | | POZNAŃ | POL | OPEN KOBIETY | 18 | K 18 | 09:05 | 00:53:50 | 02:47:45.65 | 16:46 | 3.6 |
| 127 | KACZOREK PAWEŁ | 347 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 109 | M 109 | 10:00 | 01:07:57 | 02:48:08.10 | 16:48 | 3.6 |
| 128 | ZYCH MONIKA | 109 | | PIŁA | POL | OPEN KOBIETY | 19 | K 19 | 09:00 | 00:53:46 | 02:48:08.35 | 16:48 | 3.6 |
| 129 | STELMASZYK PRZEMYSŁAW | 77 | | PIŁA | POL | OPEN MĘŻCZYŹNI | 110 | M 110 | 09:00 | 00:53:52 | 02:48:09.75 | 16:48 | 3.6 |
| 130 | SPRINGER HUBERT | 342 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 111 | M 111 | 09:10 | 01:00:43 | 02:49:30.20 | 16:57 | 3.5 |
| 131 | ROSZCZYK WOJCIECH | 341 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 112 | M 112 | 09:10 | 01:00:47 | 02:49:31.00 | 16:57 | 3.5 |
| 132 | SAKOWSKI MARCIN | 33 | | TRZCIANKA | POL | OPEN MĘŻCZYŹNI | 113 | M 113 | 09:00 | 00:50:51 | 02:49:57.30 | 16:59 | 3.5 |
| 133 | WALKOWIAK RADOŚLAW | 104 | | GRANOWO | POL | OPEN MĘŻCZYŹNI | 114 | M 114 | 09:15 | 00:53:32 | 02:50:20.30 | 17:02 | 3.5 |
| 134 | MADAJ KRZYSZTOF | 63 | | SALAMONOWO | POL | OPEN MĘŻCZYŹNI | 115 | M 115 | 10:05 | 00:51:36 | 02:50:52.90 | 17:05 | 3.5 |
| 135 | MADAJ MICHAŁ | 78 | | RÓŻA | POL | OPEN MĘŻCZYŹNI | 116 | M 116 | 10:05 | 00:51:41 | 02:50:54.85 | 17:05 | 3.5 |
| 136 | SKARBA GRZEGORZ | 204 | | SULECHÓW | POL | OPEN MĘŻCZYŹNI | 117 | M 117 | 10:25 | 01:09:22 | 02:51:15.70 | 17:07 | 3.5 |
| 137 | SMOŁOŃSKA MAŁGORZATA | 328 | | WAŁCZ | POL | OPEN KOBIETY | 20 | K 20 | 09:15 | 01:03:08 | 02:51:27.35 | 17:08 | 3.5 |
| 138 | KIJANKA KAROLINA | 329 | | CZARNKÓW | POL | OPEN KOBIETY | 21 | K 21 | 09:15 | 01:03:17 | 02:51:27.75 | 17:08 | 3.5 |
| 139 | SZCZYGIEŁ DANIEL | 152 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 118 | M 118 | 09:10 | 00:54:17 | 02:51:28.95 | 17:08 | 3.5 |
| 140 | MALCZEWSKI PIOTR | 153 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 119 | M 119 | 09:10 | 00:54:22 | 02:51:29.25 | 17:08 | 3.5 |
| 141 | GAPSKI WALDEMAR | 168 | | KRZYŻ WIELKOPOLSKIE | POL | OPEN MĘŻCZYŹNI | 120 | M 120 | 09:15 | 01:03:06 | 02:51:58.55 | 17:11 | 3.5 |
| 142 | MICHAŁSKA WIOLETA | 5 | | POZNAŃ | POL | OPEN KOBIETY | 22 | K 22 | 09:15 | 01:02:59 | 02:51:58.95 | 17:11 | 3.5 |
| 143 | KOZA EUGENIUSZ | 169 | | DRAWSKI MŁYN | POL | OPEN MĘŻCZYŹNI | 121 | M 121 | 09:15 | 01:03:11 | 02:51:59.70 | 17:11 | 3.5 |
| 144 | SZEPELAWY ADRIAN | 205 | | KIJE | POL | OPEN MĘŻCZYŹNI | 122 | M 122 | 10:25 | 01:09:19 | 02:52:08.70 | 17:12 | 3.5 |
| 145 | MŚCISZ TOMASZ | 331 | | BUDZYŃ | POL | OPEN MĘŻCZYŹNI | 123 | M 123 | 09:20 | 00:56:59 | 02:52:16.80 | 17:13 | 3.5 |
| 146 | GREWLING JONASZ | 264 | | BUDZYŃ | POL | OPEN MĘŻCZYŹNI | 124 | M 124 | 09:20 | 00:56:53 | 02:52:16.95 | 17:13 | 3.5 |
| 147 | GRUSZECKI TYMON | 249 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 125 | M 125 | 09:05 | 00:54:18 | 02:52:18.30 | 17:13 | 3.5 |
| 148 | ŚLĘZAK MARCIN | 240 | | SIEKIERKI MAŁE | POL | OPEN MĘŻCZYŹNI | 126 | M 126 | 09:05 | 00:54:11 | 02:52:45.75 | 17:16 | 3.5 |
| 149 | DROŹDZIK MATEUSZ | 354 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 127 | M 127 | 10:25 | 00:56:05 | 02:54:22.85 | 17:26 | 3.4 |
| 150 | NAPIERAŁA DAWID | 224 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 128 | M 128 | 09:50 | 01:10:07 | 02:54:35.55 | 17:27 | 3.4 |
| 151 | MŁODZIKOWSKI MARIUSZ | 220 | | LUBOŃ | POL | OPEN MĘŻCZYŹNI | 129 | M 129 | 09:50 | 01:10:08 | 02:54:46.50 | 17:28 | 3.4 |
| 152 | SPYCHAŁA JAKUB | 221 | | WIRY | POL | OPEN MĘŻCZYŹNI | 130 | M 130 | 09:50 | 01:10:12 | 02:54:52.50 | 17:29 | 3.4 |
| 153 | GUGNACKI JULIUSZ | 355 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 131 | M 131 | 10:10 | 01:03:10 | 02:55:01.75 | 17:30 | 3.4 |
| 154 | CHWALISZ PAWEŁ | 314 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 132 | M 132 | 09:05 | 00:55:57 | 02:55:04.25 | 17:30 | 3.4 |
| 155 | NAWROT MARCIN | 350 | | POBIEDZISKA | POL | OPEN MĘŻCZYŹNI | 133 | M 133 | 10:10 | 01:03:14 | 02:55:09.45 | 17:30 | 3.4 |
| 156 | WIECZOREK KUBA | 280 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 134 | M 134 | 10:10 | 01:03:15 | 02:55:22.60 | 17:32 | 3.4 |
| 157 | WYSOCKA MAGDALENA | 262 | | PACÓLTOWO | POL | OPEN KOBIETY | 23 | K 23 | 09:10 | 01:00:20 | 02:55:33.10 | 17:33 | 3.4 |
| 158 | JASIŃSKI KAMIL | 261 | | OLSZTYN | POL | OPEN MĘŻCZYŹNI | 135 | M 135 | 09:10 | 01:00:25 | 02:55:56.75 | 17:35 | 3.4 |
| 159 | ZAWIŚLAK MIKOŁAJ | 213 | | JAWORKI | POL | OPEN MĘŻCZYŹNI | 136 | M 136 | 09:30 | 01:20:59 | 02:56:54.25 | 17:41 | 3.4 |
| 160 | SZYMCAK LIDIA | 256 | | POZNAŃ | POL | OPEN KOBIETY | 24 | K 24 | 09:10 | 00:58:25 | 02:56:55.25 | 17:41 | 3.4 |

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 | KOWALSKA DARIA | 257 | | PLEWISKA | POL | OPEN KOBIETY | 25 | K 25 | 09:10 | 00:58:24 | 02:56:55.70 | 17:41 | 3.4 |
| 162 | JAZIC KAROLINA | 255 | | POZNAŃ | POL | OPEN KOBIETY | 26 | K 26 | 09:10 | 00:58:25 | 02:56:56.05 | 17:41 | 3.4 |
| 163 | MNICH BARTŁOMIEJ | 258 | | JASTRZĘBSKO STARE | POL | OPEN MĘŻCZYŹNI | 137 | M 137 | 09:10 | 00:58:30 | 02:56:56.80 | 17:41 | 3.4 |
| 164 | ŚWITAŁOWSKI KAROL | 274 | | NOWE SKALMIERZYCE | POL | OPEN MĘŻCZYŹNI | 138 | M 138 | 09:10 | 00:58:32 | 02:56:57.25 | 17:41 | 3.4 |
| 165 | SZYMAŃSKI RADOSŁAW | 339 | | WOLIN | POL | OPEN MĘŻCZYŹNI | 139 | M 139 | 09:55 | 01:10:55 | 02:57:09.40 | 17:42 | 3.4 |
| 166 | SZYMAŃSKI MARIUSZ | 338 | | WOLIN | POL | OPEN MĘŻCZYŹNI | 140 | M 140 | 09:55 | 01:10:57 | 02:57:09.50 | 17:42 | 3.4 |
| 167 | BRYGIER MICHAŁ | 236 | | LUSÓWKO | POL | OPEN MĘŻCZYŹNI | 141 | M 141 | 09:15 | 01:00:47 | 02:57:59.80 | 17:47 | 3.4 |
| 168 | FRĄCZKOWIAK KRZYSZTOF | 269 | | ZŁOTNIKI | POL | OPEN MĘŻCZYŹNI | 142 | M 142 | 09:15 | 01:00:58 | 02:58:00.75 | 17:48 | 3.4 |
| 169 | NOWAK GRZEGORZ | 267 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 143 | M 143 | 09:15 | 01:00:57 | 02:58:01.60 | 17:48 | 3.4 |
| 170 | CHRZANOWSKI KAMIL | 100 | | POZNAN | POL | OPEN MĘŻCZYŹNI | 144 | M 144 | 09:00 | 01:04:23 | 02:58:02.35 | 17:48 | 3.4 |
| 171 | NAPIERAŁA MARCIN | 266 | | ZALASEWO | POL | OPEN MĘŻCZYŹNI | 145 | M 145 | 09:15 | 01:00:54 | 02:58:02.85 | 17:48 | 3.4 |
| 172 | DĄBROWSKI MACIEJ | 333 | | WASILKÓW | POL | OPEN MĘŻCZYŹNI | 146 | M 146 | 10:00 | 01:05:00 | 02:58:04.95 | 17:48 | 3.4 |
| 173 | ZAJĄCZKOWSKA JUSTYNA | 147 | | RASZYN | POL | OPEN KOBIETY | 27 | K 27 | 09:30 | 01:09:16 | 02:59:26.65 | 17:56 | 3.3 |
| 174 | ZAJĄCZKOWSKI CEZARY | 148 | | RASZYN | POL | OPEN MĘŻCZYŹNI | 147 | M 147 | 09:30 | 01:09:14 | 02:59:26.75 | 17:56 | 3.3 |
| 175 | STANISŁAWSKI MACIEJ | 98 | | POZNAN | POL | OPEN MĘŻCZYŹNI | 148 | M 148 | 09:00 | 01:04:25 | 02:59:33.70 | 17:57 | 3.3 |
| 176 | ŚCIBISZ MARCIN | 102 | | POZNAN | POL | OPEN MĘŻCZYŹNI | 149 | M 149 | 09:00 | 01:04:54 | 02:59:37.45 | 17:57 | 3.3 |
| 177 | STASIELUK MAGDALENA | 32 | | BIAŁYSTOK | POL | OPEN KOBIETY | 28 | K 28 | 10:00 | 01:05:31 | 02:59:37.50 | 17:57 | 3.3 |
| 178 | HAMROL PAWEŁ | 99 | | ZAKRZEWO | POL | OPEN MĘŻCZYŹNI | 150 | M 150 | 09:00 | 01:04:24 | 02:59:37.55 | 17:57 | 3.3 |
| 179 | NOWAK PRZEMEK | 356 | | OŻARÓW | POL | OPEN MĘŻCZYŹNI | 151 | M 151 | 09:10 | 01:06:33 | 02:59:54.35 | 17:59 | 3.3 |
| 180 | CIEŚLA AGNIESZKA | 278 | | SZCZECIN | POL | OPEN KOBIETY | 29 | K 29 | 09:15 | 01:04:35 | 03:00:26.95 | 18:02 | 3.3 |
| 181 | CIEŚLA PAWEŁ | 279 | | SZCZECIN | POL | OPEN MĘŻCZYŹNI | 152 | M 152 | 09:15 | 01:04:42 | 03:00:28.05 | 18:02 | 3.3 |
| 182 | KARWACKI RAFAŁ | 235 | | WARZYMICE | POL | OPEN MĘŻCZYŹNI | 153 | M 153 | 09:15 | 01:04:39 | 03:00:28.50 | 18:02 | 3.3 |
| 183 | DĄBROWSKA MAŁGORZATA | 60 | | WASILKÓW | POL | OPEN KOBIETY | 30 | K 30 | 10:00 | 01:05:28 | 03:00:53.40 | 18:05 | 3.3 |
| 184 | AUGUSTYNOWICZ MARIUSZ | 61 | | STOCKHOLM | SWE | OPEN MĘŻCZYŹNI | 154 | M 154 | 10:00 | 01:05:31 | 03:00:54.40 | 18:05 | 3.3 |
| 185 | ZAPOLSKA AGNIESZKA | 30 | | BIAŁYSTOK | POL | OPEN KOBIETY | 31 | K 31 | 10:00 | 01:05:36 | 03:00:54.45 | 18:05 | 3.3 |
| 186 | ZAPOLSKI TOMASZ | 29 | | BIAŁYSTOK | POL | OPEN MĘŻCZYŹNI | 155 | M 155 | 10:00 | 01:05:39 | 03:00:55.90 | 18:05 | 3.3 |
| 187 | WRONKA MATEUSZ | 305 | | ŁASK | POL | OPEN MĘŻCZYŹNI | 156 | M 156 | 09:05 | 01:00:30 | 03:00:58.30 | 18:05 | 3.3 |
| 188 | NAWROT HUBERT | 91 | | KAŻMIERZ | POL | OPEN MĘŻCZYŹNI | 157 | M 157 | 09:50 | 00:54:39 | 03:01:28.00 | 18:08 | 3.3 |
| 189 | WOZNIAK WOJCIECH | 48 | | SKÓRZEWO | POL | OPEN MĘŻCZYŹNI | 158 | M 158 | 09:50 | 00:54:43 | 03:01:32.75 | 18:09 | 3.3 |
| 190 | WOŚ ŁUKASZ | 324 | | RAKONIEWICE | POL | OPEN MĘŻCZYŹNI | 159 | M 159 | 09:20 | 00:58:26 | 03:02:02.05 | 18:12 | 3.3 |
| 191 | KMIECIK MIROŚLAW | 312 | | RAKONIEWICE | POL | OPEN MĘŻCZYŹNI | 160 | M 160 | 09:20 | 00:58:28 | 03:02:25.70 | 18:14 | 3.3 |
| 192 | KOCIEMBA ADRIANNA | 173 | | JELEŃ GÓRA | POL | OPEN KOBIETY | 32 | K 32 | 09:05 | 00:59:53 | 03:02:50.15 | 18:17 | 3.3 |
| 193 | PRZYBYŁ NATALIA | 337 | | POZNAŃ | POL | OPEN KOBIETY | 33 | K 33 | 09:30 | 01:08:31 | 03:03:16.00 | 18:19 | 3.3 |
| 194 | ZIEMNIEWICZ ADAM | 56 | | CZAPURY | POL | OPEN MĘŻCZYŹNI | 161 | M 161 | 09:30 | 01:08:37 | 03:03:17.45 | 18:19 | 3.3 |
| 195 | JUSZCZAK PATRYK | 79 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 162 | M 162 | 09:30 | 01:06:01 | 03:04:06.50 | 18:24 | 3.3 |
| 196 | SROKA JANEK | 81 | | ŚMIESZKOWO | POL | OPEN MĘŻCZYŹNI | 163 | M 163 | 09:30 | 01:06:02 | 03:04:09.15 | 18:24 | 3.3 |
| 197 | BAKIERA MIKOŁAJ | 64 | | LUBASZ | POL | OPEN MĘŻCZYŹNI | 164 | M 164 | 09:30 | 01:05:50 | 03:04:12.00 | 18:25 | 3.3 |
| 198 | SZCZYGIEŁ MARTYNA | 146 | | WARSZAWA | POL | OPEN KOBIETY | 34 | K 34 | 09:40 | 01:16:52 | 03:04:46.75 | 18:28 | 3.2 |
| 199 | JANKOWIAK TOMASZ | 75 | | GRUSZCZYN | POL | OPEN MĘŻCZYŹNI | 165 | M 165 | 09:10 | 00:59:34 | 03:05:08.05 | 18:30 | 3.2 |
| 200 | ŚLĘCZEK MATEUSZ | 47 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 166 | M 166 | 09:10 | 01:02:23 | 03:05:23.25 | 18:32 | 3.2 |
| 201 | JANOWIECKA ANGELIKA | 140 | | POZNAŃ | POL | OPEN KOBIETY | 35 | K 35 | 09:10 | 01:02:21 | 03:05:23.70 | 18:32 | 3.2 |
| 202 | OLEJNICZAK MONIKA | 39 | | POZNAŃ | POL | OPEN KOBIETY | 36 | K 36 | 10:00 | 01:14:33 | 03:07:33.75 | 18:45 | 3.2 |
| 203 | RZEPSKA ANIA | 37 | | POZNAŃ | POL | OPEN KOBIETY | 37 | K 37 | 10:00 | 01:14:33 | 03:07:42.50 | 18:46 | 3.2 |
| 204 | JOSZCZ JAROSŁAW | 66 | | ZIELĄTKOWO | POL | OPEN MĘŻCZYŹNI | 167 | M 167 | 11:05 | 01:15:41 | 03:08:27.15 | 18:50 | 3.2 |
| 205 | RZEPSKI GRZEGORZ | 40 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 168 | M 168 | 10:00 | 01:14:42 | 03:08:51.20 | 18:53 | 3.2 |
| 206 | PAWLISZYN MATEUSZ | 38 | | OSTRÓDA | POL | OPEN MĘŻCZYŹNI | 169 | M 169 | 10:00 | 01:14:43 | 03:09:19.10 | 18:55 | 3.2 |
| 207 | SMOLIŃSKA MARIA | 43 | | OSTRÓW WIELKOPOLSKI | POL | OPEN KOBIETY | 38 | K 38 | 10:00 | 01:03:47 | 03:09:52.65 | 18:59 | 3.2 |
| 208 | SMOLIŃSKI MIŁOSZ | 44 | | OSTRÓW WIELKOPOLSKI | POL | OPEN MĘŻCZYŹNI | 170 | M 170 | 10:00 | 01:03:51 | 03:09:53.10 | 18:59 | 3.2 |
| 209 | KLIMOWSKI KAMIL | 145 | | SOSNOWIEC | POL | OPEN MĘŻCZYŹNI | 171 | M 171 | 09:20 | 01:04:02 | 03:10:16.70 | 19:01 | 3.2 |
| 210 | SKOTNICKA KINGA | 144 | | SOSNOWIEC | POL | OPEN KOBIETY | 39 | K 39 | 09:20 | 01:04:09 | 03:10:17.40 | 19:01 | 3.2 |
| 211 | FEDEROWICZ GRZEGORZ | 122 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 172 | M 172 | 10:00 | 01:10:28 | 03:10:39.65 | 19:03 | 3.1 |
| 212 | POPIELA-KUKUŚ KATARZYNA | 121 | | OLEŚNICA | POL | OPEN KOBIETY | 40 | K 40 | 10:00 | 01:10:31 | 03:10:53.30 | 19:05 | 3.1 |
| 213 | SIEDLECKI GRZEGORZ | 434 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 173 | M 173 | 10:40 | 01:14:36 | 03:11:31.95 | 19:09 | 3.1 |
| 214 | KOPERCZAK GRZEGORZ | 435 | | PIETRZYKOWICE | POL | OPEN MĘŻCZYŹNI | 174 | M 174 | 10:40 | 01:14:40 | 03:11:44.75 | 19:10 | 3.1 |
| 215 | BIEŁKO IGOR | 323 | | JARACZ | POL | OPEN MĘŻCZYŹNI | 175 | M 175 | 09:15 | 01:05:45 | 03:12:07.75 | 19:12 | 3.1 |
| 216 | NOGALSKI WIKTOR | 319 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 176 | M 176 | 09:15 | 01:05:49 | 03:12:11.45 | 19:13 | 3.1 |
| 217 | WOŹNIAK BARTOSZ | 210 | | DĄBROWA | POL | OPEN MĘŻCZYŹNI | 177 | M 177 | 09:05 | 01:03:48 | 03:12:25.90 | 19:14 | 3.1 |

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 |
|------|----------------------|-----|------|------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 218 | MARKOWSKI GRZEGORZ | 300 | | ŚLIWNIKI | POL | OPEN MĘŻCZYŹNI | 178 | M 178 | 09:35 | 01:18:02 | 03:12:32.30 | 19:15 | 3.1 |
| 219 | ROMANIUK MACIEJ | 299 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 179 | M 179 | 09:35 | 01:17:51 | 03:12:33.00 | 19:15 | 3.1 |
| 220 | WYPYCH MATEUSZ | 301 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 180 | M 180 | 09:35 | 01:18:03 | 03:12:33.50 | 19:15 | 3.1 |
| 221 | MAZUREK KLAUDIUSZ | 318 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 181 | M 181 | 09:10 | 01:05:51 | 03:12:50.35 | 19:17 | 3.1 |
| 222 | DWORNICZAK MICHAŁ | 211 | | DĄBROWA | POL | OPEN MĘŻCZYŹNI | 182 | M 182 | 09:05 | 01:03:38 | 03:12:51.80 | 19:17 | 3.1 |
| 223 | LENARD MAGDALENA | 259 | | POZNAŃ | POL | OPEN KOBIETY | 41 | K 41 | 09:15 | 01:11:07 | 03:13:15.60 | 19:19 | 3.1 |
| 224 | ŚCIBISZ ADRIANNA | 130 | | WROCŁAW | POL | OPEN KOBIETY | 42 | K 42 | 09:00 | 01:04:47 | 03:13:25.40 | 19:20 | 3.1 |
| 225 | WILUSZ DOMINIK | 188 | | KONARZEWO | POL | OPEN MĘŻCZYŹNI | 183 | M 183 | 09:50 | 01:19:53 | 03:13:32.40 | 19:21 | 3.1 |
| 226 | GRZONKA PRZEMYSŁAW | 268 | | WODZISŁAW ŚLĄSKI | POL | OPEN MĘŻCZYŹNI | 184 | M 184 | 09:15 | 01:11:11 | 03:13:58.40 | 19:23 | 3.1 |
| 227 | RYBARCZYK GRZEGORZ | 55 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 185 | M 185 | 09:30 | 01:08:45 | 03:14:02.10 | 19:24 | 3.1 |
| 228 | HOFFMANN DITTA | 165 | | KĘPA | POL | OPEN KOBIETY | 43 | K 43 | 09:20 | 01:10:00 | 03:14:15.80 | 19:25 | 3.1 |
| 229 | JEDYNAK KATARZYNA | 332 | | BATOROWO | POL | OPEN KOBIETY | 44 | K 44 | 09:10 | 01:10:04 | 03:14:16.15 | 19:25 | 3.1 |
| 230 | JARNOT MAŁGORZATA | 178 | | LWÓWEK | POL | OPEN KOBIETY | 45 | K 45 | 09:20 | 01:10:05 | 03:14:16.30 | 19:25 | 3.1 |
| 231 | KACZMAREK MIRONA | 170 | | BOLEWICE | POL | OPEN KOBIETY | 46 | K 46 | 09:20 | 01:10:08 | 03:14:17.65 | 19:25 | 3.1 |
| 232 | ŚWIĄTEK BRONISŁAW | 31 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 186 | M 186 | 10:00 | 01:14:03 | 03:15:02.30 | 19:30 | 3.1 |
| 233 | ZIÓŁKOWSKI RAFAŁ | 142 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 187 | M 187 | 10:10 | 01:17:28 | 03:15:05.40 | 19:30 | 3.1 |
| 234 | STANISŁAWSKA DARIA | 101 | | POZNAŃ | POL | OPEN KOBIETY | 47 | K 47 | 09:00 | 01:04:38 | 03:15:37.80 | 19:33 | 3.1 |
| 235 | CHRZANOWSKA MARTA | 103 | | POZNAŃ | POL | OPEN KOBIETY | 48 | K 48 | 09:00 | 01:04:29 | 03:15:39.05 | 19:33 | 3.1 |
| 236 | | 391 | | | | | | 1 | | 01:03:20 | 03:17:02.85 | 19:42 | 3 |
| 237 | NOWAK WIKTOR | 251 | | SŁUPCA | POL | OPEN MĘŻCZYŹNI | 188 | M 188 | 09:50 | 01:11:15 | 03:17:29.95 | 19:44 | 3 |
| 238 | WASZAK KRZYSZTOF | 225 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 189 | M 189 | 09:50 | 01:11:07 | 03:17:31.00 | 19:45 | 3 |
| 239 | IGNATOWSKA JUSTYNA | 172 | | WROCŁAW | POL | OPEN KOBIETY | 49 | K 49 | 09:35 | 01:15:50 | 03:18:16.20 | 19:49 | 3 |
| 240 | NOWACKI ADAM | 171 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 190 | M 190 | 09:35 | 01:15:52 | 03:18:23.95 | 19:50 | 3 |
| 241 | WOŹNIAK ADAM | 282 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 191 | M 191 | 09:05 | 01:04:42 | 03:18:32.20 | 19:51 | 3 |
| 242 | MALESZA JAKUB | 283 | | GNIEZNO | POL | OPEN MĘŻCZYŹNI | 192 | M 192 | 09:00 | 01:04:41 | 03:19:27.00 | 19:56 | 3 |
| 243 | MOŻDŻEN MARCEL | 76 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 193 | M 193 | 09:10 | 01:14:33 | 03:20:05.30 | 20:00 | 3 |
| 244 | GMIĄT CYPRIAN | 15 | | MIEDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 194 | M 194 | 09:40 | 01:25:35 | 03:22:11.55 | 20:13 | 3 |
| 245 | GRUBA ŁUKASZ | 133 | | SUCHA GÓRNA | POL | OPEN MĘŻCZYŹNI | 195 | M 195 | 09:40 | 01:19:24 | 03:22:16.10 | 20:13 | 3 |
| 246 | KACZMAREK PAWEŁ | 302 | | KŁODA GÓROWSKA | POL | OPEN MĘŻCZYŹNI | 196 | M 196 | 09:50 | 01:19:19 | 03:22:17.00 | 20:13 | 3 |
| 247 | ZIEMIANSKI ADRIAN | 128 | | GŁOGÓW | POL | OPEN MĘŻCZYŹNI | 197 | M 197 | 09:40 | 01:19:24 | 03:22:17.60 | 20:13 | 3 |
| 248 | SZUM ADRIAN | 127 | | RUDNA | POL | OPEN MĘŻCZYŹNI | 198 | M 198 | 09:40 | 01:19:26 | 03:22:17.75 | 20:13 | 3 |
| 249 | MIELCZAREK NATALIA | 134 | | RADWANICE | POL | OPEN KOBIETY | 50 | K 50 | 09:40 | 01:19:21 | 03:22:17.75 | 20:13 | 3 |
| 250 | MISIUR NATALIA | 126 | | PRZEMKOW | POL | OPEN KOBIETY | 51 | K 51 | 09:40 | 01:19:21 | 03:22:18.25 | 20:13 | 3 |
| 251 | REMBACZ ALAN | 25 | | MIEDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 199 | M 199 | 09:40 | 01:25:40 | 03:22:19.90 | 20:13 | 3 |
| 252 | KLAREK REMIGIUSZ | 307 | | PAKOŚLAW | POL | OPEN MĘŻCZYŹNI | 200 | M 200 | 09:30 | 01:20:57 | 03:22:21.55 | 20:14 | 3 |
| 253 | KLAREK KACPER | 308 | | PAKOŚLAW | POL | OPEN MĘŻCZYŹNI | 201 | M 201 | 09:30 | 01:21:02 | 03:22:22.50 | 20:14 | 3 |
| 254 | GORGON EMILIA | 82 | | POZNAŃ | POL | OPEN KOBIETY | 52 | K 52 | 10:00 | 01:18:28 | 03:22:56.50 | 20:17 | 3 |
| 255 | RYBACKA SYLWIA | 83 | | ŁOWĘCIN | POL | OPEN KOBIETY | 53 | K 53 | 10:00 | 01:18:21 | 03:22:57.20 | 20:17 | 3 |
| 256 | FACER JONATHAN | 349 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 202 | M 202 | 10:05 | 01:12:45 | 03:24:59.10 | 20:29 | 2.9 |
| 257 | SZUMIŃSKA EWA | 348 | | POZNAŃ | POL | OPEN KOBIETY | 54 | K 54 | 10:05 | 01:12:45 | 03:24:59.35 | 20:29 | 2.9 |
| 258 | DOMAŃSKI MACIEJ | 334 | | WRZEŚNIA | POL | OPEN MĘŻCZYŹNI | 203 | M 203 | 10:00 | 01:05:38 | 03:25:12.60 | 20:31 | 2.9 |
| 259 | HOLUBTSOV VIACHESLAV | 238 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 204 | M 204 | 09:15 | 01:12:37 | 03:28:29.05 | 20:50 | 2.9 |
| 260 | WOJCIECHOWSKI MARCIN | 290 | | KIEKRZ | POL | OPEN MĘŻCZYŹNI | 205 | M 205 | 09:15 | 01:12:52 | 03:28:29.10 | 20:50 | 2.9 |
| 261 | MELNYK IRYNA | 242 | | CEREKWICA | POL | OPEN KOBIETY | 55 | K 55 | 09:15 | 01:12:36 | 03:28:29.35 | 20:50 | 2.9 |
| 262 | - - | 232 | | | | OPEN MĘŻCZYŹNI | 206 | M 206 | 10:15 | 01:12:41 | 03:28:30.60 | 20:51 | 2.9 |
| 263 | KAPTUR IZABELA | 241 | | POZNAŃ | POL | OPEN KOBIETY | 56 | K 56 | 09:15 | 01:12:52 | 03:28:30.95 | 20:51 | 2.9 |
| 264 | TOMYS WIESŁAW | 231 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 207 | M 207 | 09:15 | 01:12:56 | 03:28:31.80 | 20:51 | 2.9 |
| 265 | POPIELSKI DANIEL | 325 | | POLKOWICE | POL | OPEN MĘŻCZYŹNI | 208 | M 208 | 09:50 | 01:19:47 | 03:31:46.60 | 21:10 | 2.8 |
| 266 | SEŃ AGATA | 190 | | SZCZECIN | POL | OPEN KOBIETY | 57 | K 57 | 09:05 | 01:16:41 | 03:32:27.25 | 21:14 | 2.8 |
| 267 | ANIELSKA ANNA | 191 | | KARLINO | POL | OPEN KOBIETY | 58 | K 58 | 09:05 | 01:16:44 | 03:32:28.45 | 21:14 | 2.8 |
| 268 | NACZK WIKTORIA | 359 | | LĘBORK | POL | OPEN KOBIETY | 59 | K 59 | 09:10 | 01:11:26 | 03:33:38.05 | 21:21 | 2.8 |
| 269 | BAŁUT NIKODEM | 317 | | CEWICE | POL | OPEN MĘŻCZYŹNI | 209 | M 209 | 09:10 | 01:11:28 | 03:33:38.20 | 21:21 | 2.8 |
| 270 | KĘDZIERSKI KRZYSZTOF | 113 | | RYBNIK | POL | OPEN MĘŻCZYŹNI | 210 | M 210 | 09:15 | 01:16:05 | 03:33:42.00 | 21:22 | 2.8 |
| 271 | KĘDZIERSKA IZABELA | 112 | | RYBNIK | POL | OPEN KOBIETY | 60 | K 60 | 09:15 | 01:16:04 | 03:33:42.50 | 21:22 | 2.8 |
| 272 | BRUCH DAWID | 197 | | POWIDZ | POL | OPEN MĘŻCZYŹNI | 211 | M 211 | 09:05 | 01:05:09 | 03:34:17.60 | 21:25 | 2.8 |
| 273 | ANDRZEJEWSKI MAKS | 392 | | STĘSZEW | | OPEN MĘŻCZYŹNI | 212 | M 212 | | 01:06:17 | 03:34:42.40 | 21:28 | 2.8 |
| 274 | LEWANDOWSKI DOMINIK | 196 | | NIECHANOWO | POL | OPEN MĘŻCZYŹNI | 213 | M 213 | 09:05 | 01:05:16 | 03:34:43.50 | 21:28 | 2.8 |

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 |
|------|-----------------------|-----|------|------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 275 | SKORUPIŃSKA ANNA | 321 | | TOMICE | POL | OPEN KOBIETY | 61 | K 61 | 09:10 | 01:06:40 | 03:34:43.60 | 21:28 | 2.8 |
| 276 | ANDRZEJEWSKI MIŁOSZ | 393 | | STĘSZEW | | OPEN MĘŻCZYŹNI | 214 | M 214 | | 01:05:56 | 03:34:43.75 | 21:28 | 2.8 |
| 277 | KORDEK PIOTR | 195 | | GNIEZNO | POL | OPEN MĘŻCZYŹNI | 215 | M 215 | 09:05 | 01:05:23 | 03:34:54.50 | 21:29 | 2.8 |
| 278 | ROZNIĘCKI JACEK | 42 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 216 | M 216 | 09:00 | 01:06:31 | 03:35:15.95 | 21:31 | 2.8 |
| 279 | PAWELEC LIDIA | 209 | | BIELSKO - BIAŁA | POL | OPEN KOBIETY | 62 | K 62 | 09:10 | 01:15:05 | 03:35:26.15 | 21:32 | 2.8 |
| 280 | KRUCZYŃSKI ALEKSANDER | 208 | | ŻYWIĘC | POL | OPEN MĘŻCZYŹNI | 217 | M 217 | 09:10 | 01:15:02 | 03:35:27.65 | 21:32 | 2.8 |
| 281 | MANYŚ-KLUSKA ZUZANNA | 330 | | BYDGOSZCZ | POL | OPEN KOBIETY | 63 | K 63 | 09:10 | 01:15:33 | 03:37:22.20 | 21:44 | 2.8 |
| 282 | DUDEK KAROLINA | 289 | | BYDGOSZCZ | POL | OPEN KOBIETY | 64 | K 64 | 10:25 | 01:15:37 | 03:37:40.75 | 21:46 | 2.8 |
| 283 | PIOTROWSKA MARITA | 12 | | OZORKÓW | POL | OPEN KOBIETY | 65 | K 65 | 10:00 | 01:19:04 | 03:39:54.50 | 21:59 | 2.7 |
| 284 | TORCHALSKI DAMIAN | 13 | | BEŁCHATÓW | POL | OPEN MĘŻCZYŹNI | 218 | M 218 | 10:00 | 01:12:27 | 03:39:54.55 | 21:59 | 2.7 |
| 285 | WALKOWIAK SŁAWOMIR | 71 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 219 | M 219 | 09:30 | 01:32:34 | 03:40:57.60 | 22:05 | 2.7 |
| 286 | WALKOWIAK SANDRA | 70 | | WĄGROWIEC | POL | OPEN KOBIETY | 66 | K 66 | 09:30 | 01:32:31 | 03:41:14.50 | 22:07 | 2.7 |
| 287 | NOWAK DARIUSZ | 139 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 220 | M 220 | 09:30 | 01:32:32 | 03:41:32.15 | 22:09 | 2.7 |
| 288 | DYDYCZ TOMASZ | 303 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 221 | M 221 | 09:55 | 01:32:13 | 03:44:37.25 | 22:27 | 2.7 |
| 289 | MADZIARA SEBASTIAN | 294 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 222 | M 222 | 09:55 | 01:32:10 | 03:44:38.45 | 22:27 | 2.7 |
| 290 | LACH TOMASZ | 344 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 223 | M 223 | 09:55 | 01:32:19 | 03:44:39.65 | 22:27 | 2.7 |
| 291 | MADZIARA ANNA | 295 | | ŚWIDNICA | POL | OPEN KOBIETY | 67 | K 67 | 09:55 | 01:32:12 | 03:44:40.00 | 22:28 | 2.7 |
| 292 | OLSZANOWSKI KAMIL | 155 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 224 | M 224 | 09:25 | 01:25:01 | 03:48:35.40 | 22:51 | 2.6 |
| 293 | ZAJĄC MAGDALENA | 158 | | SAMOTUŁY | POL | OPEN KOBIETY | 68 | K 68 | 09:25 | 01:24:55 | 03:48:36.45 | 22:51 | 2.6 |
| 294 | OLSZAK ŁUKASZ | 164 | | PAMIĄTKOWO | POL | OPEN MĘŻCZYŹNI | 225 | M 225 | 09:25 | 01:25:06 | 03:48:37.20 | 22:51 | 2.6 |
| 295 | KLOREK PATRYK | 215 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 226 | M 226 | 09:25 | 01:24:33 | 03:48:37.70 | 22:51 | 2.6 |
| 296 | BARAŃSKI DOMINIK | 160 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 227 | M 227 | 09:25 | 01:25:08 | 03:48:40.25 | 22:52 | 2.6 |
| 297 | JAGODZIŃSKI SŁAWOMIR | 159 | | PRZECLAW | POL | OPEN MĘŻCZYŹNI | 228 | M 228 | 09:25 | 01:24:53 | 03:48:42.50 | 22:52 | 2.6 |
| 298 | SZWAJ JAROSŁAW | 157 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 229 | M 229 | 09:25 | 01:25:05 | 03:48:42.60 | 22:52 | 2.6 |
| 299 | TOMASZEWSKA ANITA | 154 | | SZAMOTUŁY | POL | OPEN KOBIETY | 69 | K 69 | 09:25 | 01:25:00 | 03:48:43.70 | 22:52 | 2.6 |
| 300 | OLSZAK AGNIESZKA | 163 | | PAMIĄTKOWO | POL | OPEN KOBIETY | 70 | K 70 | 09:25 | 01:24:52 | 03:48:45.25 | 22:52 | 2.6 |
| 301 | WASZCZUK MATEUSZ | 287 | | ZALASEWO | POL | OPEN MĘŻCZYŹNI | 230 | M 230 | 10:10 | 01:24:48 | 03:51:22.30 | 23:08 | 2.6 |
| 302 | RADKE JAKUB | 285 | | LUBOŃ | POL | OPEN MĘŻCZYŹNI | 231 | M 231 | 10:10 | 01:24:49 | 03:52:18.75 | 23:13 | 2.6 |
| 303 | GRABOWSKI RADOSŁAW | 176 | | RATAJE | POL | OPEN MĘŻCZYŹNI | 232 | M 232 | 10:10 | 01:24:36 | 03:54:08.50 | 23:24 | 2.6 |
| 304 | WIELADEK LENA | 183 | | PODANIN | POL | OPEN KOBIETY | 71 | K 71 | 10:10 | 01:24:30 | 03:54:56.00 | 23:29 | 2.6 |
| 305 | ROLKA PATRYK | 175 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 233 | M 233 | 10:10 | 01:24:34 | 03:54:56.35 | 23:29 | 2.6 |
| 306 | GŁUSZKIEWICZ WERONIKA | 174 | | CHODZIEŻ | POL | OPEN KOBIETY | 72 | K 72 | 10:10 | 01:24:41 | 03:54:56.60 | 23:29 | 2.6 |
| 307 | EICHSTAEDT MARCIN | 177 | | SZAMOCIN | POL | OPEN MĘŻCZYŹNI | 234 | M 234 | 10:10 | 01:24:27 | 03:54:56.90 | 23:29 | 2.6 |
| 308 | BADZIAĞ KATARZYNA | 21 | | KAŻMIERZ | POL | OPEN KOBIETY | 73 | K 73 | 10:05 | 01:21:24 | 03:55:43.20 | 23:34 | 2.5 |
| 309 | FOGIEL RAFAŁ | 115 | | PRZYBRODA | POL | OPEN MĘŻCZYŹNI | 235 | M 235 | 10:05 | 01:21:11 | 03:55:43.25 | 23:34 | 2.5 |
| 310 | BADZIAĞ PRZEMYSŁAW | 19 | | KAŻMIERZ | POL | OPEN MĘŻCZYŹNI | 236 | M 236 | 10:05 | 01:21:31 | 03:55:46.55 | 23:34 | 2.5 |
| 311 | LITWIEJKO JUSTYNA | 20 | | KAŻMIERZ | POL | OPEN KOBIETY | 74 | K 74 | 10:05 | 01:21:28 | 03:55:48.15 | 23:34 | 2.5 |
| 312 | BAKOWSKI KRZYSZTOF | 125 | | TARNOWO PODGÓRNE | POL | OPEN MĘŻCZYŹNI | 237 | M 237 | 10:05 | 01:21:35 | 03:55:52.35 | 23:35 | 2.5 |
| 313 | STYPEREK MARTA | 59 | | KOMORNIKI | POL | OPEN KOBIETY | 75 | K 75 | 10:00 | 01:39:17 | 03:59:35.40 | 23:57 | 2.5 |
| 314 | ADAMCZAK MARTA | 93 | | POZNAŃ | POL | OPEN KOBIETY | 76 | K 76 | 10:00 | 01:38:58 | 04:00:23.70 | 24:02 | 2.5 |
| 315 | LICZBIŃSKA PAULINA | 53 | | POZNAŃ | POL | OPEN KOBIETY | 77 | K 77 | 10:00 | 01:39:00 | 04:00:46.30 | 24:04 | 2.5 |
| 316 | ŻULIŃSKA PAULINA | 89 | | POZNAŃ | POL | OPEN KOBIETY | 78 | K 78 | 10:00 | 01:39:02 | 04:00:54.75 | 24:05 | 2.5 |
| 317 | SPALONY WERONIKA | 49 | | MIKSTAT | POL | OPEN KOBIETY | 79 | K 79 | 10:00 | 01:38:50 | 04:01:34.50 | 24:09 | 2.5 |
| 318 | CICHORADZKA ALICJA | 50 | | LUBOŃ | POL | OPEN KOBIETY | 80 | K 80 | 10:00 | 01:39:18 | 04:02:17.90 | 24:13 | 2.5 |
| 319 | ZARYCHTA KAROLINA | 51 | | LUBOŃ | POL | OPEN KOBIETY | 81 | K 81 | 10:00 | 01:39:15 | 04:02:18.80 | 24:13 | 2.5 |
| 320 | WALKOWIAK MONIKA | 52 | | POZNAŃ | POL | OPEN KOBIETY | 82 | K 82 | 10:00 | 01:39:17 | 04:02:21.70 | 24:14 | 2.5 |
| 321 | DROŹDZIK ANITA | 353 | | WROCLAW | POL | OPEN KOBIETY | 83 | K 83 | 10:25 | 02:07:05 | 04:05:13.85 | 24:31 | 2.4 |
| 322 | STELMACH MARZENA | 650 | | SIEKIERCZYN | POL | OPEN KOBIETY | 84 | K 84 | 11:15 | 01:26:19 | 04:05:56.15 | 24:35 | 2.4 |
| 323 | KOSZTYŁA DAMIAN | 187 | | SKÓRZEWO | POL | OPEN MĘŻCZYŹNI | 238 | M 238 | 09:05 | 01:21:29 | 04:09:33.00 | 24:57 | 2.4 |
| 324 | BĘBAS PRZEMYSŁAW | 186 | | MOKRONOS GÓRNY | POL | OPEN MĘŻCZYŹNI | 239 | M 239 | 09:05 | 01:21:43 | 04:09:52.75 | 24:59 | 2.4 |
| 325 | BEBAS ZBIGNIEW | 201 | | NYSA | POL | OPEN MĘŻCZYŹNI | 240 | M 240 | 09:05 | 01:21:40 | 04:11:12.70 | 25:07 | 2.4 |
| 326 | KWIECIŃSKI EMIL | 222 | | DĘBNO POLSKIE | POL | OPEN MĘŻCZYŹNI | 241 | M 241 | 10:00 | 02:09:09 | 04:15:01.00 | 25:30 | 2.4 |
| 327 | BIEDNA ANNA | 229 | | KISZEWO | POL | OPEN KOBIETY | 85 | K 85 | 09:05 | 01:25:16 | 04:15:15.80 | 25:31 | 2.4 |
| 328 | FERTYK PAULINA | 271 | | STOBNICA | POL | OPEN KOBIETY | 86 | K 86 | 09:30 | 01:25:13 | 04:15:15.85 | 25:31 | 2.4 |
| 329 | ZASTRÓŻNY ALEKS | 87 | | KISZEWO | POL | OPEN MĘŻCZYŹNI | 242 | M 242 | 09:30 | 01:25:20 | 04:15:16.30 | 25:31 | 2.4 |
| 330 | SKOWRON ANDRZEJ | 86 | | KISZEWO | POL | OPEN MĘŻCZYŹNI | 243 | M 243 | 09:30 | 01:25:18 | 04:15:16.55 | 25:31 | 2.4 |
| 331 | NASTAGA MARIA | 85 | | OBORNIKI | POL | OPEN KOBIETY | 87 | K 87 | 09:30 | 01:25:09 | 04:15:16.75 | 25:31 | 2.4 |

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 | KMIECIK KORNELIA | 161 | | POZNAŃ | POL | OPEN KOBIETY | 88 | K 88 | 09:30 | 01:25:23 | | 28:27 | 2.1 |
| | KOWAL ŁUKASZ | 65 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | | | 09:30 | DNF | DNF | - | - |
| | SZELIGA DAWID | 119 | | GORZEWO | POL | OPEN MĘŻCZYŹNI | | | 09:00 | 00:14:45 | DNF | - | - |
| | REMBACZ JAKUB | 16 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | | | 09:40 | 01:14:53 | DNF | - | - |
| | ALBAKRYNAU SIARHEI | 217 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | | | 10:10 | DNF | DNF | - | - |

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 | ĆWIK KATARZYNA | 182 | | BUKOWNO | POL | OPEN KOBIETY | 4 | K 4 | 10:00 | 00:45:42 | 02:06:41.60 | 12:40 | 4.7 |
| 2 | SMOŁOŃSKA MAŁGORZATA | 328 | | WAŁCZ | POL | OPEN KOBIETY | 20 | K 20 | 09:15 | 01:03:08 | 02:51:27.35 | 17:08 | 3.5 |
| 3 | KIJANKA KAROLINA | 329 | | CZARNKÓW | POL | OPEN KOBIETY | 21 | K 21 | 09:15 | 01:03:17 | 02:51:27.75 | 17:08 | 3.5 |
| 4 | WYSOCKA MAGDALENA | 262 | | PACÓŁTOWO | POL | OPEN KOBIETY | 23 | K 23 | 09:10 | 01:00:20 | 02:55:33.10 | 17:33 | 3.4 |
| 5 | JAZIC KAROLINA | 255 | | POZNAŃ | POL | OPEN KOBIETY | 26 | K 26 | 09:10 | 00:58:25 | 02:56:56.05 | 17:41 | 3.4 |
| 6 | SKOTNICKA KINGA | 144 | | SOSNOWIEC | POL | OPEN KOBIETY | 39 | K 39 | 09:20 | 01:04:09 | 03:10:17.40 | 19:01 | 3.2 |
| 7 | MIELCZAREK NATALIA | 134 | | RADWANICE | POL | OPEN KOBIETY | 50 | K 50 | 09:40 | 01:19:21 | 03:22:17.75 | 20:13 | 3 |
| 8 | MISIUR NATALIA | 126 | | PRZEMKOW | POL | OPEN KOBIETY | 51 | K 51 | 09:40 | 01:19:21 | 03:22:18.25 | 20:13 | 3 |
| 9 | SEŃ AGATA | 190 | | SZCZECIN | POL | OPEN KOBIETY | 57 | K 57 | 09:05 | 01:16:41 | 03:32:27.25 | 21:14 | 2.8 |
| 10 | MANYS-KLUSKA ZUZANNA | 330 | | BYDGOSZCZ | POL | OPEN KOBIETY | 63 | K 63 | 09:10 | 01:15:33 | 03:37:22.20 | 21:44 | 2.8 |
| 11 | DUDEK KAROLINA | 289 | | BYDGOSZCZ | POL | OPEN KOBIETY | 64 | K 64 | 10:25 | 01:15:37 | 03:37:40.75 | 21:46 | 2.8 |
| 12 | PIOTROWSKA MARITA | 12 | | OZORKÓW | POL | OPEN KOBIETY | 65 | K 65 | 10:00 | 01:19:04 | 03:39:54.50 | 21:59 | 2.7 |
| 13 | LICZBIŃSKA PAULINA | 53 | | POZNAŃ | POL | OPEN KOBIETY | 77 | K 77 | 10:00 | 01:39:00 | 04:00:46.30 | 24:04 | 2.5 |
| 14 | SPALONY WERONIKA | 49 | | MIKSTAT | POL | OPEN KOBIETY | 79 | K 79 | 10:00 | 01:38:50 | 04:01:34.50 | 24:09 | 2.5 |
| 15 | CICHORADZKA ALICJA | 50 | | LUBOŃ | POL | OPEN KOBIETY | 80 | K 80 | 10:00 | 01:39:18 | 04:02:17.90 | 24:13 | 2.5 |
| 16 | WALKOWIAK MONIKA | 52 | | POZNAŃ | POL | OPEN KOBIETY | 82 | K 82 | 10:00 | 01:39:17 | 04:02:21.70 | 24:14 | 2.5 |
| 17 | NASTAGA MARIA | 85 | | OBORNIKI | POL | OPEN KOBIETY | 87 | K 87 | 09:30 | 01:25:09 | 04:15:16.75 | 25:31 | 2.4 |

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 | KOKOTEK ALICJA | 297 | | POZNAŃ | POL | OPEN KOBIETY | 1 | K 1 | 09:40 | 00:38:55 | 01:57:33.70 | 11:45 | 5.1 |
| 2 | KUBIAK KATARZYNA | 298 | | POZNAŃ | POL | OPEN KOBIETY | 2 | K 2 | 09:40 | 00:38:59 | 01:58:58.05 | 11:53 | 5 |
| 3 | BADURA EWELINA | 166 | | MARKI | POL | OPEN KOBIETY | 3 | K 3 | 09:05 | 00:43:46 | 02:05:25.35 | 12:32 | 4.8 |
| 4 | ĆWIK KATARZYNA | 182 | | BUKOWNO | POL | OPEN KOBIETY | 4 | K 4 | 10:00 | 00:45:42 | 02:06:41.60 | 12:40 | 4.7 |
| 5 | KNOZOWSKA BOŻENA | 180 | | PIŁA | POL | OPEN KOBIETY | 5 | K 5 | 09:05 | 00:44:50 | 02:20:23.75 | 14:02 | 4.3 |
| 6 | JĘDRZEJEWSKA JADWIGA | 114 | | NOWY FOLWARK | POL | OPEN KOBIETY | 6 | K 6 | 09:55 | 00:48:18 | 02:27:14.10 | 14:43 | 4.1 |
| 7 | ZALEWSKA URSZULA | 94 | | GDAŃSK | POL | OPEN KOBIETY | 7 | K 7 | 10:20 | 00:55:31 | 02:34:18.70 | 15:25 | 3.9 |
| 8 | MAZUR DOMINIKA | 310 | | OSTRÓW WIELKOPOLSKI | POL | OPEN KOBIETY | 8 | K 8 | 09:30 | 01:01:29 | 02:34:35.00 | 15:27 | 3.9 |
| 9 | SERWANSKA KATARZYNA | 233 | | POZNAŃ | POL | OPEN KOBIETY | 9 | K 9 | 10:15 | 01:04:00 | 02:36:18.90 | 15:37 | 3.8 |
| 10 | POMIANOWSKA ANNA | 129 | | WRONKO | POL | OPEN KOBIETY | 10 | K 10 | 09:10 | 00:53:40 | 02:38:22.90 | 15:50 | 3.8 |
| 11 | KOWALSKA JULIA | 9 | | ZIELONA GÓRA | POL | OPEN KOBIETY | 11 | K 11 | 09:05 | 00:55:45 | 02:41:03.00 | 16:06 | 3.7 |
| 12 | ROGIŃSKA LETYCJA | 247 | | ROGOŻNO | POL | OPEN KOBIETY | 12 | K 12 | 10:05 | 00:51:44 | 02:41:22.20 | 16:08 | 3.7 |
| 13 | MARCINKOWSKA BEATA | 11 | | OBORNIKI | POL | OPEN KOBIETY | 13 | K 13 | 09:00 | 00:54:30 | 02:41:54.10 | 16:11 | 3.7 |
| 14 | BROMBER ADRIANA | 150 | | OBORNIKI | POL | OPEN KOBIETY | 14 | K 14 | 09:00 | 00:54:24 | 02:41:54.50 | 16:11 | 3.7 |
| 15 | WYDRA EDYTA | 149 | | OBORNIKI | POL | OPEN KOBIETY | 15 | K 15 | 09:00 | 00:54:34 | 02:41:55.85 | 16:11 | 3.7 |
| 16 | GEMBARZEWSKA-ADACH ZOFIA | 270 | | GRÓJEC | POL | OPEN KOBIETY | 16 | K 16 | 09:55 | 00:52:56 | 02:42:43.60 | 16:16 | 3.7 |
| 17 | JAKUBOWSKA AGATA | 276 | | POZNAŃ | POL | OPEN KOBIETY | 17 | K 17 | 09:20 | 00:58:12 | 02:46:13.00 | 16:37 | 3.6 |
| 18 | SZCZYGIEŁ SYLWIA | 315 | | POZNAŃ | POL | OPEN KOBIETY | 18 | K 18 | 09:05 | 00:53:50 | 02:47:45.65 | 16:46 | 3.6 |
| 19 | ZYCH MONIKA | 109 | | PIŁA | POL | OPEN KOBIETY | 19 | K 19 | 09:00 | 00:53:46 | 02:48:08.35 | 16:48 | 3.6 |
| 20 | SMOŁOŃSKA MAŁGORZATA | 328 | | WAŁCZ | POL | OPEN KOBIETY | 20 | K 20 | 09:15 | 01:03:08 | 02:51:27.35 | 17:08 | 3.5 |
| 21 | KIJANKA KAROLINA | 329 | | CZARNKÓW | POL | OPEN KOBIETY | 21 | K 21 | 09:15 | 01:03:17 | 02:51:27.75 | 17:08 | 3.5 |
| 22 | MICHALSKA WIOLETA | 5 | | POZNAŃ | POL | OPEN KOBIETY | 22 | K 22 | 09:15 | 01:02:59 | 02:51:58.95 | 17:11 | 3.5 |

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 |
|------|-------------------------|-----|------|---------------------|------|--------------|--------|------|----------------|----------|-------------|--------|------|
| 23 | WYSOCKA MAGDALENA | 262 | | PACÓŁTOWO | POL | OPEN KOBIETY | 23 | K 23 | 09:10 | 01:00:20 | 02:55:33.10 | 17:33 | 3.4 |
| 24 | SZYMCZAK LIDIA | 256 | | POZNAŃ | POL | OPEN KOBIETY | 24 | K 24 | 09:10 | 00:58:25 | 02:56:55.25 | 17:41 | 3.4 |
| 25 | KOWALSKA DARIA | 257 | | PLEWISKA | POL | OPEN KOBIETY | 25 | K 25 | 09:10 | 00:58:24 | 02:56:55.70 | 17:41 | 3.4 |
| 26 | JAZIC KAROLINA | 255 | | POZNAŃ | POL | OPEN KOBIETY | 26 | K 26 | 09:10 | 00:58:25 | 02:56:56.05 | 17:41 | 3.4 |
| 27 | ZAJACZKOWSKA JUSTYNA | 147 | | RASZYN | POL | OPEN KOBIETY | 27 | K 27 | 09:30 | 01:09:16 | 02:59:26.65 | 17:56 | 3.3 |
| 28 | STASIELUK MAGDALENA | 32 | | BIĄŁYSTOK | POL | OPEN KOBIETY | 28 | K 28 | 10:00 | 01:05:31 | 02:59:37.50 | 17:57 | 3.3 |
| 29 | CIEŚLA AGNIESZKA | 278 | | SZCZECIN | POL | OPEN KOBIETY | 29 | K 29 | 09:15 | 01:04:35 | 03:00:26.95 | 18:02 | 3.3 |
| 30 | DĄBROWSKA MAŁGORZATA | 60 | | WASILKÓW | POL | OPEN KOBIETY | 30 | K 30 | 10:00 | 01:05:28 | 03:00:53.40 | 18:05 | 3.3 |
| 31 | ZAPOLSKA AGNIESZKA | 30 | | BIĄŁYSTOK | POL | OPEN KOBIETY | 31 | K 31 | 10:00 | 01:05:36 | 03:00:54.45 | 18:05 | 3.3 |
| 32 | KOCIEMBA ADRIANNA | 173 | | JELEŃ GÓRA | POL | OPEN KOBIETY | 32 | K 32 | 09:05 | 00:59:53 | 03:02:50.15 | 18:17 | 3.3 |
| 33 | PRZYBYŁ NATALIA | 337 | | POZNAŃ | POL | OPEN KOBIETY | 33 | K 33 | 09:30 | 01:08:31 | 03:03:16.00 | 18:19 | 3.3 |
| 34 | SZCZYGIEL MARTYNA | 146 | | WARSZAWA | POL | OPEN KOBIETY | 34 | K 34 | 09:40 | 01:16:52 | 03:04:46.75 | 18:28 | 3.2 |
| 35 | JANOWIECKA ANGELIKA | 140 | | POZNAŃ | POL | OPEN KOBIETY | 35 | K 35 | 09:10 | 01:02:21 | 03:05:23.70 | 18:32 | 3.2 |
| 36 | OLEJNICZAK MONIKA | 39 | | POZNAŃ | POL | OPEN KOBIETY | 36 | K 36 | 10:00 | 01:14:33 | 03:07:33.75 | 18:45 | 3.2 |
| 37 | RZEPSKA ANIA | 37 | | POZNAŃ | POL | OPEN KOBIETY | 37 | K 37 | 10:00 | 01:14:33 | 03:07:42.50 | 18:46 | 3.2 |
| 38 | SMOLIŃSKA MARIA | 43 | | OSTRÓW WIELKOPOLSKI | POL | OPEN KOBIETY | 38 | K 38 | 10:00 | 01:03:47 | 03:09:52.65 | 18:59 | 3.2 |
| 39 | SKOTNICKA KINGA | 144 | | SOSNOWIEC | POL | OPEN KOBIETY | 39 | K 39 | 09:20 | 01:04:09 | 03:10:17.40 | 19:01 | 3.2 |
| 40 | POPIELA-KUKUŚ KATARZYNA | 121 | | OLEŚNICA | POL | OPEN KOBIETY | 40 | K 40 | 10:00 | 01:10:31 | 03:10:53.30 | 19:05 | 3.1 |
| 41 | LENARD MAGDALENA | 259 | | POZNAŃ | POL | OPEN KOBIETY | 41 | K 41 | 09:15 | 01:11:07 | 03:13:15.60 | 19:19 | 3.1 |
| 42 | ŚCIBISZ ADRIANNA | 130 | | WROCŁAW | POL | OPEN KOBIETY | 42 | K 42 | 09:00 | 01:04:47 | 03:13:25.40 | 19:20 | 3.1 |
| 43 | HOFFMANN DITTA | 165 | | KĘPA | POL | OPEN KOBIETY | 43 | K 43 | 09:20 | 01:10:00 | 03:14:15.80 | 19:25 | 3.1 |
| 44 | JEDYNAK KATARZYNA | 332 | | BATOROWO | POL | OPEN KOBIETY | 44 | K 44 | 09:10 | 01:10:04 | 03:14:16.15 | 19:25 | 3.1 |
| 45 | JARNOT MAŁGORZATA | 178 | | LWÓWEK | POL | OPEN KOBIETY | 45 | K 45 | 09:20 | 01:10:05 | 03:14:16.30 | 19:25 | 3.1 |
| 46 | KACZMAREK MIRONA | 170 | | BOLEWICE | POL | OPEN KOBIETY | 46 | K 46 | 09:20 | 01:10:08 | 03:14:17.65 | 19:25 | 3.1 |
| 47 | STANISŁAWSKA DARIA | 101 | | POZNAŃ | POL | OPEN KOBIETY | 47 | K 47 | 09:00 | 01:04:38 | 03:15:37.80 | 19:33 | 3.1 |
| 48 | CHRZANOWSKA MARTA | 103 | | POZNAŃ | POL | OPEN KOBIETY | 48 | K 48 | 09:00 | 01:04:29 | 03:15:39.05 | 19:33 | 3.1 |
| 49 | IGNATOWSKA JUSTYNA | 172 | | WROCŁAW | POL | OPEN KOBIETY | 49 | K 49 | 09:35 | 01:15:50 | 03:18:16.20 | 19:49 | 3 |
| 50 | MIELCZAREK NATALIA | 134 | | RADWANICE | POL | OPEN KOBIETY | 50 | K 50 | 09:40 | 01:19:21 | 03:22:17.75 | 20:13 | 3 |
| 51 | MISIUR NATALIA | 126 | | PRZEMKÓW | POL | OPEN KOBIETY | 51 | K 51 | 09:40 | 01:19:21 | 03:22:18.25 | 20:13 | 3 |
| 52 | GORGON EMILIA | 82 | | POZNAŃ | POL | OPEN KOBIETY | 52 | K 52 | 10:00 | 01:18:28 | 03:22:56.50 | 20:17 | 3 |
| 53 | RYBACKA SYLWIA | 83 | | ŁOWĘCIN | POL | OPEN KOBIETY | 53 | K 53 | 10:00 | 01:18:21 | 03:22:57.20 | 20:17 | 3 |
| 54 | SZUMIŃSKA EWA | 348 | | POZNAŃ | POL | OPEN KOBIETY | 54 | K 54 | 10:05 | 01:12:45 | 03:24:59.35 | 20:29 | 2.9 |
| 55 | MELNYK IRYNA | 242 | | CEREKWICA | POL | OPEN KOBIETY | 55 | K 55 | 09:15 | 01:12:36 | 03:28:29.35 | 20:50 | 2.9 |
| 56 | KAPTUR IZABELA | 241 | | POZNAŃ | POL | OPEN KOBIETY | 56 | K 56 | 09:15 | 01:12:52 | 03:28:30.95 | 20:51 | 2.9 |
| 57 | SEŃ AGATA | 190 | | SZCZECIN | POL | OPEN KOBIETY | 57 | K 57 | 09:05 | 01:16:41 | 03:32:27.25 | 21:14 | 2.8 |
| 58 | ANIELSKA ANNA | 191 | | KARLINO | POL | OPEN KOBIETY | 58 | K 58 | 09:05 | 01:16:44 | 03:32:28.45 | 21:14 | 2.8 |
| 59 | NACZK WIKTORIA | 359 | | LĘBORK | POL | OPEN KOBIETY | 59 | K 59 | 09:10 | 01:11:26 | 03:33:38.05 | 21:21 | 2.8 |
| 60 | KĘDZIERSKA IZABELA | 112 | | RYBNIK | POL | OPEN KOBIETY | 60 | K 60 | 09:15 | 01:16:04 | 03:33:42.50 | 21:22 | 2.8 |
| 61 | SKORUPIŃSKA ANNA | 321 | | TOMICE | POL | OPEN KOBIETY | 61 | K 61 | 09:10 | 01:06:40 | 03:34:43.60 | 21:28 | 2.8 |
| 62 | PAWELEC LIDIA | 209 | | BIELSKO - BIAŁA | POL | OPEN KOBIETY | 62 | K 62 | 09:10 | 01:15:05 | 03:35:26.15 | 21:32 | 2.8 |
| 63 | MANYŚ-KLUSKA ZUZANNA | 330 | | BYDGOSZCZ | POL | OPEN KOBIETY | 63 | K 63 | 09:10 | 01:15:33 | 03:37:22.20 | 21:44 | 2.8 |
| 64 | DUDEK KAROLINA | 289 | | BYDGOSZCZ | POL | OPEN KOBIETY | 64 | K 64 | 10:25 | 01:15:37 | 03:37:40.75 | 21:46 | 2.8 |
| 65 | PIOTROWSKA MARITA | 12 | | OZORKÓW | POL | OPEN KOBIETY | 65 | K 65 | 10:00 | 01:19:04 | 03:39:54.50 | 21:59 | 2.7 |
| 66 | WALKOWIAK SANDRA | 70 | | WĄGROWIEC | POL | OPEN KOBIETY | 66 | K 66 | 09:30 | 01:32:31 | 03:41:14.50 | 22:07 | 2.7 |
| 67 | MADZIARA ANNA | 295 | | ŚWIDNICA | POL | OPEN KOBIETY | 67 | K 67 | 09:55 | 01:32:12 | 03:44:40.00 | 22:28 | 2.7 |
| 68 | ZAJĄC MAGDALENA | 158 | | SAMOTUŁY | POL | OPEN KOBIETY | 68 | K 68 | 09:25 | 01:24:55 | 03:48:36.45 | 22:51 | 2.6 |
| 69 | TOMASZEWSKA ANITA | 154 | | SZAMOTUŁY | POL | OPEN KOBIETY | 69 | K 69 | 09:25 | 01:25:00 | 03:48:43.70 | 22:52 | 2.6 |
| 70 | OLSZAK AGNIESZKA | 163 | | PAMIĄTKOWO | POL | OPEN KOBIETY | 70 | K 70 | 09:25 | 01:24:52 | 03:48:45.25 | 22:52 | 2.6 |
| 71 | WIELADEK LENA | 183 | | PODANIN | POL | OPEN KOBIETY | 71 | K 71 | 10:10 | 01:24:30 | 03:54:56.00 | 23:29 | 2.6 |
| 72 | GLUSZKIEWICZ WERONIKA | 174 | | CHODZIEŻ | POL | OPEN KOBIETY | 72 | K 72 | 10:10 | 01:24:41 | 03:54:56.60 | 23:29 | 2.6 |
| 73 | BADZIĄG KATARZYNA | 21 | | KAŻMIERZ | POL | OPEN KOBIETY | 73 | K 73 | 10:05 | 01:21:24 | 03:55:43.20 | 23:34 | 2.5 |
| 74 | LITWIEJKO JUSTYNA | 20 | | KAŻMIERZ | POL | OPEN KOBIETY | 74 | K 74 | 10:05 | 01:21:28 | 03:55:48.15 | 23:34 | 2.5 |
| 75 | STYPEREK MARTA | 59 | | KOMORNIKI | POL | OPEN KOBIETY | 75 | K 75 | 10:00 | 01:39:17 | 03:59:35.40 | 23:57 | 2.5 |
| 76 | ADAMCZAK MARTA | 93 | | POZNAŃ | POL | OPEN KOBIETY | 76 | K 76 | 10:00 | 01:38:58 | 04:00:23.70 | 24:02 | 2.5 |
| 77 | LICZBIŃSKA PAULINA | 53 | | POZNAŃ | POL | OPEN KOBIETY | 77 | K 77 | 10:00 | 01:39:00 | 04:00:46.30 | 24:04 | 2.5 |
| 78 | ŻULIŃSKA PAULINA | 89 | | POZNAŃ | POL | OPEN KOBIETY | 78 | K 78 | 10:00 | 01:39:02 | 04:00:54.75 | 24:05 | 2.5 |
| 79 | SPALONY WERONIKA | 49 | | MIKSTAT | POL | OPEN KOBIETY | 79 | K 79 | 10:00 | 01:38:50 | 04:01:34.50 | 24:09 | 2.5 |

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 |
|------|--------------------|-----|------|------------|------|--------------|--------|------|----------------|----------|-------------|--------|------|
| 80 | CICHORADZKA ALICJA | 50 | | LUBOŃ | POL | OPEN KOBIETY | 80 | K 80 | 10:00 | 01:39:18 | 04:02:17.90 | 24:13 | 2.5 |
| 81 | ZARYCHTA KAROLINA | 51 | | LUBOŃ | POL | OPEN KOBIETY | 81 | K 81 | 10:00 | 01:39:15 | 04:02:18.80 | 24:13 | 2.5 |
| 82 | WALKOWIAK MONIKA | 52 | | POZNAŃ | POL | OPEN KOBIETY | 82 | K 82 | 10:00 | 01:39:17 | 04:02:21.70 | 24:14 | 2.5 |
| 83 | DROŹDZIK ANITA | 353 | | WROCŁAW | POL | OPEN KOBIETY | 83 | K 83 | 10:25 | 02:07:05 | 04:05:13.85 | 24:31 | 2.4 |
| 84 | STELMACH MARZENA | 650 | | SEKIERCZYN | POL | OPEN KOBIETY | 84 | K 84 | 11:15 | 01:26:19 | 04:05:56.15 | 24:35 | 2.4 |
| 85 | BIEDNA ANNA | 229 | | KISZEWO | POL | OPEN KOBIETY | 85 | K 85 | 09:05 | 01:25:16 | 04:15:15.80 | 25:31 | 2.4 |
| 86 | FERTYK PAULINA | 271 | | STOBNICA | POL | OPEN KOBIETY | 86 | K 86 | 09:30 | 01:25:13 | 04:15:15.85 | 25:31 | 2.4 |
| 87 | NASTAGA MARIA | 85 | | OBORNIKI | POL | OPEN KOBIETY | 87 | K 87 | 09:30 | 01:25:09 | 04:15:16.75 | 25:31 | 2.4 |
| 88 | KMIECIK KORNELIA | 161 | | POZNAŃ | POL | OPEN KOBIETY | 88 | K 88 | 09:30 | 01:25:23 | | 28:27 | 2.1 |

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 | ŻUKOWSKI KAROL | 253 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 11:00 | 00:24:01 | 01:28:10.95 | 8:49 | 6.8 |
| 2 | FALEJCZYK MARCIN | 320 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 09:10 | 00:29:16 | 01:33:36.95 | 9:21 | 6.4 |
| 3 | OTTO JAKUB | 227 | | LASKOWICE POMORSKIE | POL | OPEN MĘŻCZYŹNI | 9 | M 9 | 09:15 | 00:35:29 | 01:48:03.10 | 10:48 | 5.6 |
| 4 | STAWINOGA MICHAŁ | 306 | | ŁASK | POL | OPEN MĘŻCZYŹNI | 12 | M 12 | 09:10 | 00:38:16 | 01:48:45.85 | 10:52 | 5.5 |
| 5 | POJAWIS MATEUSZ | 194 | | GOŁDAP | POL | OPEN MĘŻCZYŹNI | 25 | M 25 | 09:05 | 00:37:21 | 01:57:28.85 | 11:44 | 5.1 |
| 6 | ZABOROWSKI TOMASZ | 207 | | SOCHACZEW | POL | OPEN MĘŻCZYŹNI | 31 | M 31 | 10:05 | 00:37:16 | 02:01:38.90 | 12:09 | 4.9 |
| 7 | WOŹNY TOMASZ | 179 | | LUBIECIN | POL | OPEN MĘŻCZYŹNI | 42 | M 42 | 10:25 | 00:52:51 | 02:11:00.15 | 13:06 | 4.6 |
| 8 | SIĘBOR ANDRZEJ | 67 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 43 | M 43 | 09:00 | 00:37:53 | 02:12:50.05 | 13:17 | 4.5 |
| 9 | JANISZEWSKI MARCIN | 293 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 44 | M 44 | 09:35 | 00:58:33 | 02:13:25.80 | 13:20 | 4.5 |
| 10 | CZERWIŃSKI KRZYSZTOF | 336 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 49 | M 49 | 09:10 | 00:44:04 | 02:22:35.55 | 14:15 | 4.2 |
| 11 | ZWOLIŃSKI KRZYSZTOF | 7 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 55 | M 55 | 09:30 | 00:53:41 | 02:25:26.90 | 14:32 | 4.1 |
| 12 | NAWROCKI KRZYSZTOF | 202 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 56 | M 56 | 09:10 | 00:44:03 | 02:25:34.70 | 14:33 | 4.1 |
| 13 | MAZUR DARIUSZ | 304 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 57 | M 57 | 10:10 | 00:47:02 | 02:26:19.30 | 14:37 | 4.1 |
| 14 | BUDYNEK MATEUSZ | 265 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 66 | M 66 | 11:00 | 00:53:54 | 02:28:32.35 | 14:51 | 4 |
| 15 | GALUBA ALEKSANDER | 198 | | WIELICZKA | POL | OPEN MĘŻCZYŹNI | 82 | M 82 | 09:30 | 00:58:30 | 02:39:21.65 | 15:56 | 3.8 |
| 16 | WILK TOMASZ | 200 | | CEREKIEW | POL | OPEN MĘŻCZYŹNI | 83 | M 83 | 09:30 | 00:58:28 | 02:39:22.25 | 15:56 | 3.8 |
| 17 | SOLARSKI ZBIGNIEW | 199 | | KRAKÓW | POL | OPEN MĘŻCZYŹNI | 84 | M 84 | 09:30 | 00:58:28 | 02:39:22.40 | 15:56 | 3.8 |
| 18 | GIERCZAK PATRYK | 239 | | TRZEBOWNISKO | POL | OPEN MĘŻCZYŹNI | 88 | M 88 | 09:30 | 01:01:47 | 02:40:20.10 | 16:02 | 3.7 |
| 19 | PRZYBYLSKI KAROL | 230 | | MUROWANA GOŚLINA | POL | OPEN MĘŻCZYŹNI | 89 | M 89 | 09:05 | 00:49:30 | 02:40:26.50 | 16:02 | 3.7 |
| 20 | HOFMAN FILIP | 288 | | MIĘDZYRZECZ | POL | OPEN MĘŻCZYŹNI | 102 | M 102 | 09:35 | 00:59:34 | 02:45:09.50 | 16:30 | 3.6 |
| 21 | SZCZYGIEL DANIEL | 152 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 118 | M 118 | 09:10 | 00:54:17 | 02:51:28.95 | 17:08 | 3.5 |
| 22 | MALCZEWSKI PIOTR | 153 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 119 | M 119 | 09:10 | 00:54:22 | 02:51:29.25 | 17:08 | 3.5 |
| 23 | GUGNACKI JULIUSZ | 355 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 131 | M 131 | 10:10 | 01:03:10 | 02:55:01.75 | 17:30 | 3.4 |
| 24 | WIECZOREK KUBA | 280 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 134 | M 134 | 10:10 | 01:03:15 | 02:55:22.60 | 17:32 | 3.4 |
| 25 | JASIŃSKI KAMIL | 261 | | OLSZTYN | POL | OPEN MĘŻCZYŹNI | 135 | M 135 | 09:10 | 01:00:25 | 02:55:56.75 | 17:35 | 3.4 |
| 26 | MNICH BARTŁOMIEJ | 258 | | JASTRZĘBSKO STARE | POL | OPEN MĘŻCZYŹNI | 137 | M 137 | 09:10 | 00:58:30 | 02:56:56.80 | 17:41 | 3.4 |
| 27 | ŚWITAŁOWSKI KAROL | 274 | | NOWE SKALMIERZYCE | POL | OPEN MĘŻCZYŹNI | 138 | M 138 | 09:10 | 00:58:32 | 02:56:57.25 | 17:41 | 3.4 |
| 28 | NOWAK PRZEMEK | 356 | | OŻARÓW | POL | OPEN MĘŻCZYŹNI | 151 | M 151 | 09:10 | 01:06:33 | 02:59:54.35 | 17:59 | 3.3 |
| 29 | ZAPOLSKI TOMASZ | 29 | | BIAŁYSTOK | POL | OPEN MĘŻCZYŹNI | 155 | M 155 | 10:00 | 01:05:39 | 03:00:55.90 | 18:05 | 3.3 |
| 30 | KLIMOWSKI KAMIL | 145 | | SOSNOWIEC | POL | OPEN MĘŻCZYŹNI | 171 | M 171 | 09:20 | 01:04:02 | 03:10:16.70 | 19:01 | 3.2 |
| 31 | WASZAK KRZYSZTOF | 225 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 189 | M 189 | 09:50 | 01:11:07 | 03:17:31.00 | 19:45 | 3 |
| 32 | WOŹNIAK ADAM | 282 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 191 | M 191 | 09:05 | 01:04:42 | 03:18:32.20 | 19:51 | 3 |
| 33 | KACZMAREK PAWEŁ | 302 | | KŁODA GÓROWSKA | POL | OPEN MĘŻCZYŹNI | 196 | M 196 | 09:50 | 01:19:19 | 03:22:17.00 | 20:13 | 3 |
| 34 | ZIEMIAŃSKI ADRIAN | 128 | | GŁOGÓW | POL | OPEN MĘŻCZYŹNI | 197 | M 197 | 09:40 | 01:19:24 | 03:22:17.60 | 20:13 | 3 |
| 35 | BAŁUT NIKODEM | 317 | | CEWICE | POL | OPEN MĘŻCZYŹNI | 209 | M 209 | 09:10 | 01:11:28 | 03:33:38.20 | 21:21 | 2.8 |
| 36 | BRUCH DAWID | 197 | | POWIDZ | POL | OPEN MĘŻCZYŹNI | 211 | M 211 | 09:05 | 01:05:09 | 03:34:17.60 | 21:25 | 2.8 |
| 37 | LEWANDOWSKI DOMINIK | 196 | | NIECHANOWO | POL | OPEN MĘŻCZYŹNI | 213 | M 213 | 09:05 | 01:05:16 | 03:34:43.50 | 21:28 | 2.8 |
| 38 | KRUCZYŃSKI ALEKSANDER | 208 | | ŻYWIAC | POL | OPEN MĘŻCZYŹNI | 217 | M 217 | 09:10 | 01:15:02 | 03:35:27.65 | 21:32 | 2.8 |
| 39 | TORCHALSKI DAMIAN | 13 | | BEŁCHATÓW | POL | OPEN MĘŻCZYŹNI | 218 | M 218 | 10:00 | 01:12:27 | 03:39:54.55 | 21:59 | 2.7 |
| 40 | KOSZTYŁA DAMIAN | 187 | | SKÓRZEWO | POL | OPEN MĘŻCZYŹNI | 238 | M 238 | 09:05 | 01:21:29 | 04:09:33.00 | 24:57 | 2.4 |
| 41 | KWIECIŃSKI EMIL | 222 | | DĘBNO POLSKIE | POL | OPEN MĘŻCZYŹNI | 241 | M 241 | 10:00 | 02:09:09 | 04:15:01.00 | 25:30 | 2.4 |
| 42 | ZASTRÓŻNY ALEKS | 87 | | KISZEWO | POL | OPEN MĘŻCZYŹNI | 242 | M 242 | 09:30 | 01:25:20 | 04:15:16.30 | 25:31 | 2.4 |
| 43 | SKOWRON ANDRZEJ | 86 | | KISZEWO | POL | OPEN MĘŻCZYŹNI | 243 | M 243 | 09:30 | 01:25:18 | 04:15:16.55 | 25:31 | 2.4 |

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 |
|------|-----------------|-----|------|-----------|------|----------------|--------|-----|----------------|-----------------|-------|--------|------|
| | SZELIGA DAWID | 119 | | GORZEWO | POL | OPEN MĘŻCZYŹNI | | | 09:00 | 00:14:45 DNF | DNF | - | - |

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 | ŻUKOWSKI KAROL | 253 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 11:00 | 00:24:01 | 01:28:10.95 | 8:49 | 6.8 |
| 2 | FALEJCZYK MARCIN | 320 | | GLIWICE | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 09:10 | 00:29:16 | 01:33:36.95 | 9:21 | 6.4 |
| 3 | KLUCZYŃSKI KAMIL | 141 | | NIEGOLEWO | POL | OPEN MĘŻCZYŹNI | 3 | M 3 | 09:00 | 00:28:41 | 01:34:11.15 | 9:25 | 6.4 |
| 4 | DARMETKO RAFAŁ | 398 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 4 | M 4 | | 00:32:14 | 01:36:18.35 | 9:37 | 6.2 |
| 5 | HASIŃSKI BARTOSZ | 243 | | SZAMO | POL | OPEN MĘŻCZYŹNI | 5 | M 5 | 09:05 | 00:31:46 | 01:40:04.30 | 10:00 | 6 |
| 6 | WOTA CEZARY | 1 | | OBJEZIERZE | POL | OPEN MĘŻCZYŹNI | 6 | M 6 | 09:00 | 00:30:44 | 01:44:26.00 | 10:26 | 5.7 |
| 7 | DWORZYŃSKI RAFAŁ | 248 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 7 | M 7 | 09:30 | 00:36:20 | 01:44:37.05 | 10:27 | 5.7 |
| 8 | ZALIŃSKI LESZEK | 313 | | WROCŁAW | POL | OPEN MĘŻCZYŹNI | 8 | M 8 | 09:00 | 00:32:01 | 01:47:58.70 | 10:47 | 5.6 |
| 9 | OTTO JAKUB | 227 | | LASKOWICE POMORSKIE | POL | OPEN MĘŻCZYŹNI | 9 | M 9 | 09:15 | 00:35:29 | 01:48:03.10 | 10:48 | 5.6 |
| 10 | NOWACKI KRZYSZTOF | 340 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 10 | M 10 | 09:10 | 00:40:41 | 01:48:07.85 | 10:48 | 5.5 |
| 11 | DULSKI PRZEMYSŁAW | 228 | | LASKOWICE POMORSKIE | POL | OPEN MĘŻCZYŹNI | 11 | M 11 | 09:15 | 00:35:32 | 01:48:18.45 | 10:49 | 5.5 |
| 12 | STAWINOĞA MICHAŁ | 306 | | ŁASK | POL | OPEN MĘŻCZYŹNI | 12 | M 12 | 09:10 | 00:38:16 | 01:48:45.85 | 10:52 | 5.5 |
| 13 | POLASZEK PAWEŁ | 4 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 13 | M 13 | 09:00 | 00:32:00 | 01:49:10.15 | 10:55 | 5.5 |
| 14 | MERENA DAWID | 260 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 14 | M 14 | 09:05 | 00:39:16 | 01:49:12.30 | 10:55 | 5.5 |
| 15 | WOJCIECHOWSKI KAMIL | 360 | | GÓRA | POL | OPEN MĘŻCZYŹNI | 15 | M 15 | 09:10 | 00:33:44 | 01:49:49.75 | 10:58 | 5.5 |
| 16 | BRILLOWSKI KAROL | 275 | | SOMONINO | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 09:05 | 00:30:38 | 01:51:08.45 | 11:06 | 5.4 |
| 17 | MŁOTKIEWICZ WIKTOR | 343 | | WARTA | POL | OPEN MĘŻCZYŹNI | 17 | M 17 | 10:25 | 00:41:59 | 01:52:27.65 | 11:14 | 5.3 |
| 18 | WIŚNIEWSKI DANIEL | 223 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 18 | M 18 | 09:05 | 00:37:10 | 01:52:53.55 | 11:17 | 5.3 |
| 19 | GRZYB PATRYK | 62 | | KOSTRZYN NAD ODRA | POL | OPEN MĘŻCZYŹNI | 19 | M 19 | 09:00 | 00:36:17 | 01:54:31.35 | 11:27 | 5.2 |
| 20 | NOWICKI PIOTER | 162 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 20 | M 20 | 09:55 | 00:37:32 | 01:55:00.55 | 11:30 | 5.2 |
| 21 | MATUSIAK MARIUSZ | 189 | | SZCZECIN | POL | OPEN MĘŻCZYŹNI | 21 | M 21 | 10:05 | 00:39:02 | 01:55:35.65 | 11:33 | 5.2 |
| 22 | MIKOŁAJCZAK CEZARY | 111 | | WIELEŃ | POL | OPEN MĘŻCZYŹNI | 22 | M 22 | 09:05 | 00:36:53 | 01:56:42.70 | 11:40 | 5.1 |
| 23 | SUŁKOWSKI MARCIN | 110 | | SWARZĘDZ | POL | OPEN MĘŻCZYŹNI | 23 | M 23 | 09:05 | 00:36:50 | 01:56:43.05 | 11:40 | 5.1 |
| 24 | KOWNACKI KRZYSZTOF | 252 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 24 | M 24 | 09:05 | 00:37:40 | 01:57:04.80 | 11:42 | 5.1 |
| 25 | POJAWIS MATEUSZ | 194 | | GOŁDAP | POL | OPEN MĘŻCZYŹNI | 25 | M 25 | 09:05 | 00:37:21 | 01:57:28.85 | 11:44 | 5.1 |
| 26 | RATAJEWSKI DANIEL | 2 | | BOGDANOWO | POL | OPEN MĘŻCZYŹNI | 26 | M 26 | 09:00 | 00:32:58 | 01:58:36.35 | 11:51 | 5.1 |
| 27 | MENDYKA ARTUR | 284 | | PIŁA | POL | OPEN MĘŻCZYŹNI | 27 | M 27 | 09:10 | 00:40:28 | 01:59:48.75 | 11:58 | 5 |
| 28 | SZYSZKOWSKI PIOTR | 237 | | SIEDLCE | POL | OPEN MĘŻCZYŹNI | 28 | M 28 | 09:30 | 00:39:41 | 01:59:55.70 | 11:59 | 5 |
| 29 | ORSZULAK MARCIN | 123 | | OSTROWITE | POL | OPEN MĘŻCZYŹNI | 29 | M 29 | 09:00 | 00:42:11 | 02:00:51.50 | 12:05 | 5 |
| 30 | MICHALIK GRZEGORZ | 10 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 30 | M 30 | 09:15 | 00:47:19 | 02:01:19.90 | 12:07 | 4.9 |
| 31 | ZABOROWSKI TOMASZ | 207 | | SOCHACZEW | POL | OPEN MĘŻCZYŹNI | 31 | M 31 | 10:05 | 00:37:16 | 02:01:38.90 | 12:09 | 4.9 |
| 32 | ZAKRZEWSKI MAREK | 45 | | LUBOŃ | POL | OPEN MĘŻCZYŹNI | 32 | M 32 | 10:00 | 00:37:17 | 02:01:43.85 | 12:10 | 4.9 |
| 33 | KLIMCZYK ROMAN | 118 | | OPALENICA | POL | OPEN MĘŻCZYŹNI | 33 | M 33 | 09:05 | 00:39:53 | 02:02:33.35 | 12:15 | 4.9 |
| 34 | MUSIAŁEK MATEUSZ | 394 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 34 | M 34 | | 00:41:46 | 02:02:49.15 | 12:16 | 4.9 |
| 35 | SZCZERKOWSKI CEZARY | 46 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 35 | M 35 | 09:00 | 00:39:16 | 02:02:56.55 | 12:17 | 4.9 |
| 36 | OLESKIEWICZ KAMIL | 277 | | HONORATKA | POL | OPEN MĘŻCZYŹNI | 36 | M 36 | 10:05 | 00:40:04 | 02:03:24.65 | 12:20 | 4.9 |
| 37 | KUKIEŁKA MARCIN | 167 | | MARKI | POL | OPEN MĘŻCZYŹNI | 37 | M 37 | 09:05 | 00:43:45 | 02:05:31.35 | 12:33 | 4.8 |
| 38 | JAGODZKI PAWEŁ | 226 | | BORNE SULINOWO | POL | OPEN MĘŻCZYŹNI | 38 | M 38 | 09:05 | 00:39:28 | 02:06:55.30 | 12:41 | 4.7 |
| 39 | CHODÓR MATEUSZ | 143 | | GŁOGÓW MAŁOPOLSKI | POL | OPEN MĘŻCZYŹNI | 39 | M 39 | 09:35 | 00:56:05 | 02:09:05.10 | 12:54 | 4.6 |
| 40 | WIELEBA MICHAŁ | 281 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 40 | M 40 | 10:25 | 00:40:17 | 02:09:38.40 | 12:57 | 4.6 |
| 41 | ANDRZEJSKI BARTŁOMIEJ | 327 | | LUGI | POL | OPEN MĘŻCZYŹNI | 41 | M 41 | 09:10 | 00:39:27 | 02:10:18.20 | 13:01 | 4.6 |
| 42 | WOŹNY TOMASZ | 179 | | LUBIĘCIN | POL | OPEN MĘŻCZYŹNI | 42 | M 42 | 10:25 | 00:52:51 | 02:11:00.15 | 13:06 | 4.6 |
| 43 | SIĘBOR ANDRZEJ | 67 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 43 | M 43 | 09:00 | 00:37:53 | 02:12:50.05 | 13:17 | 4.5 |
| 44 | JANISZEWSKI MARCIN | 293 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 44 | M 44 | 09:35 | 00:58:33 | 02:13:25.80 | 13:20 | 4.5 |
| 45 | PAŚKA MARCIN | 6 | | LUBOSZ | POL | OPEN MĘŻCZYŹNI | 45 | M 45 | 09:00 | 00:40:12 | 02:14:38.20 | 13:27 | 4.5 |
| 46 | MONKA ŁUKASZ | 322 | | WIERUSZÓW | POL | OPEN MĘŻCZYŹNI | 46 | M 46 | 09:25 | 00:46:42 | 02:14:49.80 | 13:28 | 4.5 |
| 47 | PLUCIENNIK TOMASZ | 254 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 47 | M 47 | 11:00 | 00:53:56 | 02:19:39.75 | 13:57 | 4.3 |
| 48 | WIELEBA MACIEJ | 273 | | WARSZAWA | POL | OPEN MĘŻCZYŹNI | 48 | M 48 | 10:25 | 00:46:21 | 02:22:16.05 | 14:13 | 4.2 |
| 49 | CZERWIŃSKI KRZYSZTOF | 336 | | WAŁCZ | POL | OPEN MĘŻCZYŹNI | 49 | M 49 | 09:10 | 00:44:04 | 02:22:35.55 | 14:15 | 4.2 |
| 50 | NOWICKI BARTOSZ | 23 | | WAGROWIEC | POL | OPEN MĘŻCZYŹNI | 50 | M 50 | 09:00 | 00:46:03 | 02:23:25.40 | 14:20 | 4.2 |

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 |
|------|------------------------|-----|------|---------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 51 | MUSIELAK MIROSŁAW | 24 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 51 | M 51 | 09:00 | 00:46:07 | 02:23:26.10 | 14:20 | 4.2 |
| 52 | KĄŻMIERCZAK MARCIN | 22 | | DAMAŚLAWEK | POL | OPEN MĘŻCZYŹNI | 52 | M 52 | 09:00 | 00:46:10 | 02:23:26.35 | 14:20 | 4.2 |
| 53 | NOWAK MACIEJ | 27 | | KOŚCIAN | POL | OPEN MĘŻCZYŹNI | 53 | M 53 | 09:00 | 00:44:55 | 02:23:38.25 | 14:21 | 4.2 |
| 54 | ŁUCZAK KAROL | 272 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 54 | M 54 | 10:15 | 01:04:02 | 02:24:41.45 | 14:28 | 4.1 |
| 55 | ZWOLIŃSKI KRZYSZTOF | 7 | | CZĘSTOCHOWA | POL | OPEN MĘŻCZYŹNI | 55 | M 55 | 09:30 | 00:53:41 | 02:25:26.90 | 14:32 | 4.1 |
| 56 | NAWROCKI KRZYSZTOF | 202 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 56 | M 56 | 09:10 | 00:44:03 | 02:25:34.70 | 14:33 | 4.1 |
| 57 | MAZUR DARIUSZ | 304 | | BYDGOSZCZ | POL | OPEN MĘŻCZYŹNI | 57 | M 57 | 10:10 | 00:47:02 | 02:26:19.30 | 14:37 | 4.1 |
| 58 | KOZŁOWSKI MICHAŁ | 357 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 58 | M 58 | 09:10 | 00:42:03 | 02:26:21.05 | 14:38 | 4.1 |
| 59 | BIAŁOBRZEWSKI MIROSŁAW | 311 | | ZIELONKA | POL | OPEN MĘŻCZYŹNI | 59 | M 59 | 09:30 | 00:50:15 | 02:26:55.10 | 14:41 | 4.1 |
| 60 | PACHELA MARCIN | 107 | | BIERZGLINEK | POL | OPEN MĘŻCZYŹNI | 60 | M 60 | 09:55 | 00:48:22 | 02:27:22.80 | 14:44 | 4.1 |
| 61 | BANASIEWICZ ZBIGNIEW | 106 | | BIERZGLINEK | POL | OPEN MĘŻCZYŹNI | 61 | M 61 | 09:55 | 00:48:25 | 02:27:29.95 | 14:44 | 4.1 |
| 62 | TARNAWSKI BARTOSZ | 73 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 62 | M 62 | 09:00 | 00:45:41 | 02:27:30.60 | 14:45 | 4.1 |
| 63 | TARNAWSKI MACIEJ | 36 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 63 | M 63 | 09:00 | 00:45:18 | 02:27:30.85 | 14:45 | 4.1 |
| 64 | ĆWIKLIŃSKI PIOTR | 212 | | OSIELSKO | POL | OPEN MĘŻCZYŹNI | 64 | M 64 | 09:20 | 00:57:38 | 02:28:15.75 | 14:49 | 4 |
| 65 | CZERNAK MARCIN | 214 | | BIAŁE BLOTA | POL | OPEN MĘŻCZYŹNI | 65 | M 65 | 09:20 | 00:57:37 | 02:28:15.85 | 14:49 | 4 |
| 66 | BUDYNEK MATEUSZ | 265 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 66 | M 66 | 11:00 | 00:53:54 | 02:28:32.35 | 14:51 | 4 |
| 67 | ZARZYCKI JAKUB | 246 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 67 | M 67 | 10:25 | 01:00:12 | 02:28:47.75 | 14:52 | 4 |
| 68 | MACIEJEWSKI MACIEJ | 244 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 68 | M 68 | 10:25 | 01:00:07 | 02:29:05.40 | 14:54 | 4 |
| 69 | JANOWICZ PRZEMYSŁAW | 245 | | KOSZALIN | POL | OPEN MĘŻCZYŹNI | 69 | M 69 | 10:25 | 01:00:12 | 02:29:09.75 | 14:54 | 4 |
| 70 | METLER DAWID | 124 | | OSTROWITE | POL | OPEN MĘŻCZYŹNI | 70 | M 70 | 09:00 | 00:50:47 | 02:29:22.60 | 14:56 | 4 |
| 71 | PANIENKOWSKI JAKUB | 120 | | SŁUPCA | POL | OPEN MĘŻCZYŹNI | 71 | M 71 | 09:00 | 00:50:39 | 02:29:48.85 | 14:58 | 4 |
| 72 | ANTONOWICZ ADAM | 296 | | ZWIERZYŃ | POL | OPEN MĘŻCZYŹNI | 72 | M 72 | 10:00 | 00:48:29 | 02:31:08.70 | 15:06 | 4 |
| 73 | GRABARCZYK PAWEŁ | 292 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 73 | M 73 | 09:50 | 00:56:18 | 02:31:20.75 | 15:08 | 4 |
| 74 | MORKA MIKOŁAJ | 291 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 74 | M 74 | 09:50 | 00:56:22 | 02:31:26.90 | 15:08 | 4 |
| 75 | KUCZYŃSKI MATEUSZ | 326 | | POLKOWICE | POL | OPEN MĘŻCZYŹNI | 75 | M 75 | 09:50 | 01:10:12 | 02:34:06.30 | 15:24 | 3.9 |
| 76 | KALISZEWSKI ADAM | 95 | | GDAŃSK | POL | OPEN MĘŻCZYŹNI | 76 | M 76 | 10:20 | 00:55:38 | 02:34:22.45 | 15:26 | 3.9 |
| 77 | SITEK PRZEMYSŁAW | 309 | | OSTRÓW WIELKOPOLSKI | POL | OPEN MĘŻCZYŹNI | 77 | M 77 | 09:30 | 01:01:28 | 02:34:35.40 | 15:27 | 3.9 |
| 78 | WOJCIESZAK STEFAN | 390 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 78 | M 78 | | 01:04:04 | 02:36:32.10 | 15:39 | 3.8 |
| 79 | SZYMAŚ DANIEL | 108 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 79 | M 79 | 09:50 | 00:56:22 | 02:37:16.40 | 15:43 | 3.8 |
| 80 | DŁUTKOWSKI MICHAŁ | 58 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 80 | M 80 | 09:30 | 00:54:38 | 02:39:21.05 | 15:56 | 3.8 |
| 81 | GRELEWICZ JACEK | 181 | | TORUŃ | POL | OPEN MĘŻCZYŹNI | 81 | M 81 | 09:30 | 00:58:34 | 02:39:21.45 | 15:56 | 3.8 |
| 82 | GALUBA ALEKSANDER | 198 | | WIELICZKA | POL | OPEN MĘŻCZYŹNI | 82 | M 82 | 09:30 | 00:58:30 | 02:39:21.65 | 15:56 | 3.8 |
| 83 | WILK TOMASZ | 200 | | CEREKIEW | POL | OPEN MĘŻCZYŹNI | 83 | M 83 | 09:30 | 00:58:28 | 02:39:22.25 | 15:56 | 3.8 |
| 84 | SOLARSKI ZBIGNIEW | 199 | | KRAKÓW | POL | OPEN MĘŻCZYŹNI | 84 | M 84 | 09:30 | 00:58:28 | 02:39:22.40 | 15:56 | 3.8 |
| 85 | RYBARCZYK DARIUSZ | 54 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 85 | M 85 | 09:30 | 01:03:24 | 02:39:25.60 | 15:56 | 3.8 |
| 86 | DOLATA KRZYSZTOF | 399 | | POZNAŃ | | OPEN MĘŻCZYŹNI | 86 | M 86 | | 00:54:35 | 02:39:47.75 | 15:58 | 3.8 |
| 87 | PIETER PAWEŁ | 263 | | RUDA ŚLĄSKA | POL | OPEN MĘŻCZYŹNI | 87 | M 87 | 09:05 | 00:53:17 | 02:40:16.00 | 16:01 | 3.7 |
| 88 | GIERCZAK PATRYK | 239 | | TRZEBOWNISKO | POL | OPEN MĘŻCZYŹNI | 88 | M 88 | 09:30 | 01:01:47 | 02:40:20.10 | 16:02 | 3.7 |
| 89 | PRZYBYLSKI KAROL | 230 | | MUROWANA GOŚLINA | POL | OPEN MĘŻCZYŹNI | 89 | M 89 | 09:05 | 00:49:30 | 02:40:26.50 | 16:02 | 3.7 |
| 90 | WOJTYSIAK MATEUSZ | 345 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 90 | M 90 | 10:05 | 01:04:38 | 02:40:38.10 | 16:03 | 3.7 |
| 91 | ROCHOWIAK LUCJAN | 346 | | SZYMANOWO | POL | OPEN MĘŻCZYŹNI | 91 | M 91 | 10:05 | 01:04:38 | 02:40:38.20 | 16:03 | 3.7 |
| 92 | KOWALSKI BARTŁOMIEJ | 8 | | ZIELONA GÓRA | POL | OPEN MĘŻCZYŹNI | 92 | M 92 | 09:05 | 00:55:47 | 02:41:28.35 | 16:08 | 3.7 |
| 93 | RATAJCZAK MARCIN | 219 | | BISKUPICE | POL | OPEN MĘŻCZYŹNI | 93 | M 93 | 10:25 | 01:00:13 | 02:41:40.85 | 16:10 | 3.7 |
| 94 | NOWAK MARCIN | 218 | | KRZYSZKOWO | POL | OPEN MĘŻCZYŹNI | 94 | M 94 | 10:25 | 01:00:18 | 02:41:42.85 | 16:10 | 3.7 |
| 95 | WOJCIECHOWSKI MATEUSZ | 397 | | MODLISZEWO | | OPEN MĘŻCZYŹNI | 95 | M 95 | | 01:06:51 | 02:42:09.85 | 16:12 | 3.7 |
| 96 | NAWROCKI KAROL | 396 | | SNIEZNO | | OPEN MĘŻCZYŹNI | 96 | M 96 | | 01:06:58 | 02:42:09.95 | 16:12 | 3.7 |
| 97 | WALCZAK TOMASZ | 395 | | MODLISZEWO | | OPEN MĘŻCZYŹNI | 97 | M 97 | | 01:06:54 | 02:42:10.20 | 16:13 | 3.7 |
| 98 | SOBIERAJ OLAF | 41 | | KROTOSZYN | POL | OPEN MĘŻCZYŹNI | 98 | M 98 | 10:00 | 01:04:31 | 02:42:28.20 | 16:14 | 3.7 |
| 99 | BOROŃ DAMIAN | 88 | | SKÓRZEWO | POL | OPEN MĘŻCZYŹNI | 99 | M 99 | 09:30 | 01:05:52 | 02:42:38.80 | 16:15 | 3.7 |
| 100 | STEFANIAK ADAM | 72 | | PUSZCZYKOWO | POL | OPEN MĘŻCZYŹNI | 100 | M 100 | 10:00 | 00:54:26 | 02:42:44.00 | 16:16 | 3.7 |
| 101 | ANUSZCZYK MARIUSZ | 316 | | PABIANICE | POL | OPEN MĘŻCZYŹNI | 101 | M 101 | 09:10 | 00:57:06 | 02:44:06.35 | 16:24 | 3.7 |
| 102 | HOFMAN FILIP | 288 | | MIĘDZYRZECZ | POL | OPEN MĘŻCZYŹNI | 102 | M 102 | 09:35 | 00:59:34 | 02:45:09.50 | 16:30 | 3.6 |
| 103 | RAICH WIKTOR | 286 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 103 | M 103 | 09:20 | 00:58:17 | 02:45:47.50 | 16:34 | 3.6 |
| 104 | FORNALIK DAMIAN | 105 | | LUSOWO | POL | OPEN MĘŻCZYŹNI | 104 | M 104 | 09:15 | 00:53:27 | 02:45:51.40 | 16:35 | 3.6 |
| 105 | KARCZYŃSKI TOMASZ | 28 | | SMARDZÓW | POL | OPEN MĘŻCZYŹNI | 105 | M 105 | 10:00 | 01:05:57 | 02:45:57.35 | 16:35 | 3.6 |
| 106 | KACZMAREK ŁUKASZ | 184 | | ŚREM | POL | OPEN MĘŻCZYŹNI | 106 | M 106 | 10:05 | 01:05:54 | 02:46:21.05 | 16:38 | 3.6 |
| 107 | OWCZARCZAK ADRIAN | 185 | | MÓRKA | POL | OPEN MĘŻCZYŹNI | 107 | M 107 | 10:05 | 01:05:59 | 02:46:31.65 | 16:39 | 3.6 |

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 |
|------|-----------------------|-----|------|---------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 108 | JAKUBOWSKI MICHAŁ | 137 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 108 | M 108 | 09:05 | 00:49:33 | 02:47:12.50 | 16:43 | 3.6 |
| 109 | KACZOREK PAWEŁ | 347 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 109 | M 109 | 10:00 | 01:07:57 | 02:48:08.10 | 16:48 | 3.6 |
| 110 | STELMASZYK PRZEMYSŁAW | 77 | | PIŁA | POL | OPEN MĘŻCZYŹNI | 110 | M 110 | 09:00 | 00:53:52 | 02:48:09.75 | 16:48 | 3.6 |
| 111 | SPRINGER HUBERT | 342 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 111 | M 111 | 09:10 | 01:00:43 | 02:49:30.20 | 16:57 | 3.5 |
| 112 | ROSZCZYK WOJCIECH | 341 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 112 | M 112 | 09:10 | 01:00:47 | 02:49:31.00 | 16:57 | 3.5 |
| 113 | SAKOWSKI MARCIN | 33 | | TRZCIANKA | POL | OPEN MĘŻCZYŹNI | 113 | M 113 | 09:00 | 00:50:51 | 02:49:57.30 | 16:59 | 3.5 |
| 114 | WALKOWIAK RADOŚLAW | 104 | | GRANOWO | POL | OPEN MĘŻCZYŹNI | 114 | M 114 | 09:15 | 00:53:32 | 02:50:20.30 | 17:02 | 3.5 |
| 115 | MADAJ KRZYSZTOF | 63 | | SALAMONOWO | POL | OPEN MĘŻCZYŹNI | 115 | M 115 | 10:05 | 00:51:36 | 02:50:52.90 | 17:05 | 3.5 |
| 116 | MADAJ MICHAŁ | 78 | | RÓŻA | POL | OPEN MĘŻCZYŹNI | 116 | M 116 | 10:05 | 00:51:41 | 02:50:54.85 | 17:05 | 3.5 |
| 117 | SKARBA GRZEGORZ | 204 | | SULECHÓW | POL | OPEN MĘŻCZYŹNI | 117 | M 117 | 10:25 | 01:09:22 | 02:51:15.70 | 17:07 | 3.5 |
| 118 | SZCZYGIEL DANIEL | 152 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 118 | M 118 | 09:10 | 00:54:17 | 02:51:28.95 | 17:08 | 3.5 |
| 119 | MALCZEWSKI PIOTR | 153 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 119 | M 119 | 09:10 | 00:54:22 | 02:51:29.25 | 17:08 | 3.5 |
| 120 | GAPSKI WALDEMAR | 168 | | KRZYŻ WIELKOPOLSKIE | POL | OPEN MĘŻCZYŹNI | 120 | M 120 | 09:15 | 01:03:06 | 02:51:58.55 | 17:11 | 3.5 |
| 121 | KOZA EUGENIUSZ | 169 | | DRAWSKI MŁYN | POL | OPEN MĘŻCZYŹNI | 121 | M 121 | 09:15 | 01:03:11 | 02:51:59.70 | 17:11 | 3.5 |
| 122 | SZEPELAWY ADRIAN | 205 | | KIJE | POL | OPEN MĘŻCZYŹNI | 122 | M 122 | 10:25 | 01:09:19 | 02:52:08.70 | 17:12 | 3.5 |
| 123 | MŚCISZ TOMASZ | 331 | | BUDZYŃ | POL | OPEN MĘŻCZYŹNI | 123 | M 123 | 09:20 | 00:56:59 | 02:52:16.80 | 17:13 | 3.5 |
| 124 | GREWLING JONASZ | 264 | | BUDZYŃ | POL | OPEN MĘŻCZYŹNI | 124 | M 124 | 09:20 | 00:56:53 | 02:52:16.95 | 17:13 | 3.5 |
| 125 | GRUSZECKI TYMON | 249 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 125 | M 125 | 09:05 | 00:54:18 | 02:52:18.30 | 17:13 | 3.5 |
| 126 | ŚLĘZAK MARCIN | 240 | | SEKIERKI MAŁE | POL | OPEN MĘŻCZYŹNI | 126 | M 126 | 09:05 | 00:54:11 | 02:52:45.75 | 17:16 | 3.5 |
| 127 | DROŹDZIK MATEUSZ | 354 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 127 | M 127 | 10:25 | 00:56:05 | 02:54:22.85 | 17:26 | 3.4 |
| 128 | NAPIERAŁA DAWID | 224 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 128 | M 128 | 09:50 | 01:10:07 | 02:54:35.55 | 17:27 | 3.4 |
| 129 | MŁODZIKOWSKI MARIUSZ | 220 | | LUBOŃ | POL | OPEN MĘŻCZYŹNI | 129 | M 129 | 09:50 | 01:10:08 | 02:54:46.50 | 17:28 | 3.4 |
| 130 | SPYCHAŁA JAKUB | 221 | | WIRY | POL | OPEN MĘŻCZYŹNI | 130 | M 130 | 09:50 | 01:10:12 | 02:54:52.50 | 17:29 | 3.4 |
| 131 | GUGNACKI JULIUSZ | 355 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 131 | M 131 | 10:10 | 01:03:10 | 02:55:01.75 | 17:30 | 3.4 |
| 132 | CHWALISZ PAWEŁ | 314 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 132 | M 132 | 09:05 | 00:55:57 | 02:55:04.25 | 17:30 | 3.4 |
| 133 | NAWROT MARCIN | 350 | | POBIEDZISKA | POL | OPEN MĘŻCZYŹNI | 133 | M 133 | 10:10 | 01:03:14 | 02:55:09.45 | 17:30 | 3.4 |
| 134 | WIECZOREK KUBA | 280 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 134 | M 134 | 10:10 | 01:03:15 | 02:55:22.60 | 17:32 | 3.4 |
| 135 | JASIŃSKI KAMIL | 261 | | OLSZTYN | POL | OPEN MĘŻCZYŹNI | 135 | M 135 | 09:10 | 01:00:25 | 02:55:56.75 | 17:35 | 3.4 |
| 136 | ZAWIŚLAK MIKOŁAJ | 213 | | JAWORKI | POL | OPEN MĘŻCZYŹNI | 136 | M 136 | 09:30 | 01:20:59 | 02:56:54.25 | 17:41 | 3.4 |
| 137 | MNICH BARTŁOMIEJ | 258 | | JASTRZĘBSKO STARE | POL | OPEN MĘŻCZYŹNI | 137 | M 137 | 09:10 | 00:58:30 | 02:56:56.80 | 17:41 | 3.4 |
| 138 | ŚWITAŁOWSKI KAROL | 274 | | NOWE SKALMIERZYCE | POL | OPEN MĘŻCZYŹNI | 138 | M 138 | 09:10 | 00:58:32 | 02:56:57.25 | 17:41 | 3.4 |
| 139 | SZYMAŃSKI RADOŚLAW | 339 | | WOLIN | POL | OPEN MĘŻCZYŹNI | 139 | M 139 | 09:55 | 01:10:55 | 02:57:09.40 | 17:42 | 3.4 |
| 140 | SZYMAŃSKI MARIUSZ | 338 | | WOLIN | POL | OPEN MĘŻCZYŹNI | 140 | M 140 | 09:55 | 01:10:57 | 02:57:09.50 | 17:42 | 3.4 |
| 141 | BRYGIER MICHAŁ | 236 | | LUSÓWKO | POL | OPEN MĘŻCZYŹNI | 141 | M 141 | 09:15 | 01:00:47 | 02:57:59.80 | 17:47 | 3.4 |
| 142 | FRĄCKOWIAK KRZYSZTOF | 269 | | ŻŁOTNIKI | POL | OPEN MĘŻCZYŹNI | 142 | M 142 | 09:15 | 01:00:58 | 02:58:00.75 | 17:48 | 3.4 |
| 143 | NOWAK GRZEGORZ | 267 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 143 | M 143 | 09:15 | 01:00:57 | 02:58:01.60 | 17:48 | 3.4 |
| 144 | CHRZANOWSKI KAMIL | 100 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 144 | M 144 | 09:00 | 01:04:23 | 02:58:02.35 | 17:48 | 3.4 |
| 145 | NAPIERAŁA MARCIN | 266 | | ZALASEWO | POL | OPEN MĘŻCZYŹNI | 145 | M 145 | 09:15 | 01:00:54 | 02:58:02.85 | 17:48 | 3.4 |
| 146 | DĄBROWSKI MACIEJ | 333 | | WASILKÓW | POL | OPEN MĘŻCZYŹNI | 146 | M 146 | 10:00 | 01:05:00 | 02:58:04.95 | 17:48 | 3.4 |
| 147 | ZAJĄCZKOWSKI CEZARY | 148 | | RASZYN | POL | OPEN MĘŻCZYŹNI | 147 | M 147 | 09:30 | 01:09:14 | 02:59:26.75 | 17:56 | 3.3 |
| 148 | STANISŁAWSKI MACIEJ | 98 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 148 | M 148 | 09:00 | 01:04:25 | 02:59:33.70 | 17:57 | 3.3 |
| 149 | ŚCIBISZ MARCIN | 102 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 149 | M 149 | 09:00 | 01:04:54 | 02:59:37.45 | 17:57 | 3.3 |
| 150 | HAMROL PAWEŁ | 99 | | ZAKRZEWO | POL | OPEN MĘŻCZYŹNI | 150 | M 150 | 09:00 | 01:04:24 | 02:59:37.55 | 17:57 | 3.3 |
| 151 | NOWAK PRZEMEK | 356 | | OŻARÓW | POL | OPEN MĘŻCZYŹNI | 151 | M 151 | 09:10 | 01:06:33 | 02:59:54.35 | 17:59 | 3.3 |
| 152 | CIEŚLA PAWEŁ | 279 | | SZCZECIN | POL | OPEN MĘŻCZYŹNI | 152 | M 152 | 09:15 | 01:04:42 | 03:00:28.05 | 18:02 | 3.3 |
| 153 | KARWACKI RAFAŁ | 235 | | WARZYMICE | POL | OPEN MĘŻCZYŹNI | 153 | M 153 | 09:15 | 01:04:39 | 03:00:28.50 | 18:02 | 3.3 |
| 154 | AUGUSTYNOWICZ MARIUSZ | 61 | | STOCKHOLM | SWE | OPEN MĘŻCZYŹNI | 154 | M 154 | 10:00 | 01:05:31 | 03:00:54.40 | 18:05 | 3.3 |
| 155 | ZAPOLSKI TOMASZ | 29 | | BIAŁYSTOK | POL | OPEN MĘŻCZYŹNI | 155 | M 155 | 10:00 | 01:05:39 | 03:00:55.90 | 18:05 | 3.3 |
| 156 | WRONKA MATEUSZ | 305 | | ŁASK | POL | OPEN MĘŻCZYŹNI | 156 | M 156 | 09:05 | 01:00:30 | 03:00:58.30 | 18:05 | 3.3 |
| 157 | NAWROT HUBERT | 91 | | KAŹMIERZ | POL | OPEN MĘŻCZYŹNI | 157 | M 157 | 09:50 | 00:54:39 | 03:01:28.00 | 18:08 | 3.3 |
| 158 | WOZNIAK WOJCIECH | 48 | | SKÓRZEWO | POL | OPEN MĘŻCZYŹNI | 158 | M 158 | 09:50 | 00:54:43 | 03:01:32.75 | 18:09 | 3.3 |
| 159 | WOŚ ŁUKASZ | 324 | | RAKONIEWICE | POL | OPEN MĘŻCZYŹNI | 159 | M 159 | 09:20 | 00:58:26 | 03:02:02.05 | 18:12 | 3.3 |
| 160 | KMIECIK MIROŚLAW | 312 | | RAKONIEWICE | POL | OPEN MĘŻCZYŹNI | 160 | M 160 | 09:20 | 00:58:28 | 03:02:25.70 | 18:14 | 3.3 |
| 161 | ZIEMNIEWICZ ADAM | 56 | | CZAPURY | POL | OPEN MĘŻCZYŹNI | 161 | M 161 | 09:30 | 01:08:37 | 03:03:17.45 | 18:19 | 3.3 |
| 162 | JUSZCZAK PATRYK | 79 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | 162 | M 162 | 09:30 | 01:06:01 | 03:04:06.50 | 18:24 | 3.3 |
| 163 | SROKA JANEK | 81 | | ŚMIESZKOWO | POL | OPEN MĘŻCZYŹNI | 163 | M 163 | 09:30 | 01:06:02 | 03:04:09.15 | 18:24 | 3.3 |
| 164 | BAKIERA MIKOŁAJ | 64 | | LUBASZ | POL | OPEN MĘŻCZYŹNI | 164 | M 164 | 09:30 | 01:05:50 | 03:04:12.00 | 18:25 | 3.3 |

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 |
|------|-----------------------|-----|------|---------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 165 | JANKOWIAK TOMASZ | 75 | | GRUSZCZYN | POL | OPEN MĘŻCZYŹNI | 165 | M 165 | 09:10 | 00:59:34 | 03:05:08.05 | 18:30 | 3.2 |
| 166 | ŚLĘCZEK MATEUSZ | 47 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 166 | M 166 | 09:10 | 01:02:23 | 03:05:23.25 | 18:32 | 3.2 |
| 167 | JOSZCZ JAROSŁAW | 66 | | ZIELĄTKOWO | POL | OPEN MĘŻCZYŹNI | 167 | M 167 | 11:05 | 01:15:41 | 03:08:27.15 | 18:50 | 3.2 |
| 168 | RZEPSKI GRZEGORZ | 40 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 168 | M 168 | 10:00 | 01:14:42 | 03:08:51.20 | 18:53 | 3.2 |
| 169 | PAWLISZYN MATEUSZ | 38 | | OSTRÓDA | POL | OPEN MĘŻCZYŹNI | 169 | M 169 | 10:00 | 01:14:43 | 03:09:19.10 | 18:55 | 3.2 |
| 170 | SMOLIŃSKI MIŁOSZ | 44 | | OSTRÓW WIELKOPOLSKI | POL | OPEN MĘŻCZYŹNI | 170 | M 170 | 10:00 | 01:03:51 | 03:09:53.10 | 18:59 | 3.2 |
| 171 | KLIMOWSKI KAMIL | 145 | | SOSNOWIEC | POL | OPEN MĘŻCZYŹNI | 171 | M 171 | 09:20 | 01:04:02 | 03:10:16.70 | 19:01 | 3.2 |
| 172 | FEDEROWICZ GRZEGORZ | 122 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 172 | M 172 | 10:00 | 01:10:28 | 03:10:39.65 | 19:03 | 3.1 |
| 173 | SIEDLECKI GRZEGORZ | 434 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 173 | M 173 | 10:40 | 01:14:36 | 03:11:31.95 | 19:09 | 3.1 |
| 174 | KOPERCZAK GRZEGORZ | 435 | | PIETRZYKOWICE | POL | OPEN MĘŻCZYŹNI | 174 | M 174 | 10:40 | 01:14:40 | 03:11:44.75 | 19:10 | 3.1 |
| 175 | BIEŁKO IGOR | 323 | | JARACZ | POL | OPEN MĘŻCZYŹNI | 175 | M 175 | 09:15 | 01:05:45 | 03:12:07.75 | 19:12 | 3.1 |
| 176 | NOGALSKI WIKTOR | 319 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 176 | M 176 | 09:15 | 01:05:49 | 03:12:11.45 | 19:13 | 3.1 |
| 177 | WOŹNIAK BARTOSZ | 210 | | DĄBROWA | POL | OPEN MĘŻCZYŹNI | 177 | M 177 | 09:05 | 01:03:48 | 03:12:25.90 | 19:14 | 3.1 |
| 178 | MARKOWSKI GRZEGORZ | 300 | | ŚLIWNIKI | POL | OPEN MĘŻCZYŹNI | 178 | M 178 | 09:35 | 01:18:02 | 03:12:32.30 | 19:15 | 3.1 |
| 179 | ROMANIUK MACIEJ | 299 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 179 | M 179 | 09:35 | 01:17:51 | 03:12:33.00 | 19:15 | 3.1 |
| 180 | WYPYCH MATEUSZ | 301 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 180 | M 180 | 09:35 | 01:18:03 | 03:12:33.50 | 19:15 | 3.1 |
| 181 | MAZUREK KLAUDIUSZ | 318 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 181 | M 181 | 09:10 | 01:05:51 | 03:12:50.35 | 19:17 | 3.1 |
| 182 | DWORNICZAK MICHAŁ | 211 | | DĄBROWA | POL | OPEN MĘŻCZYŹNI | 182 | M 182 | 09:05 | 01:03:38 | 03:12:51.80 | 19:17 | 3.1 |
| 183 | WILUSZ DOMINIK | 188 | | KONARZEWO | POL | OPEN MĘŻCZYŹNI | 183 | M 183 | 09:50 | 01:19:53 | 03:13:32.40 | 19:21 | 3.1 |
| 184 | GRZONKA PRZEMYSŁAW | 268 | | WODZISŁAW ŚLĄSKI | POL | OPEN MĘŻCZYŹNI | 184 | M 184 | 09:15 | 01:11:11 | 03:13:58.40 | 19:23 | 3.1 |
| 185 | RYBARCZYK GRZEGORZ | 55 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 185 | M 185 | 09:30 | 01:08:45 | 03:14:02.10 | 19:24 | 3.1 |
| 186 | ŚWIAŃEK BRONISŁAW | 31 | | KALISZ | POL | OPEN MĘŻCZYŹNI | 186 | M 186 | 10:00 | 01:14:03 | 03:15:02.30 | 19:30 | 3.1 |
| 187 | ZIÓLKOWSKI RAFAŁ | 142 | | OBORNIKI | POL | OPEN MĘŻCZYŹNI | 187 | M 187 | 10:10 | 01:17:28 | 03:15:05.40 | 19:30 | 3.1 |
| 188 | NOWAK WIKTOR | 251 | | SŁUPCA | POL | OPEN MĘŻCZYŹNI | 188 | M 188 | 09:50 | 01:11:15 | 03:17:29.95 | 19:44 | 3 |
| 189 | WASZAK KRZYSZTOF | 225 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 189 | M 189 | 09:50 | 01:11:07 | 03:17:31.00 | 19:45 | 3 |
| 190 | NOWACKI ADAM | 171 | | WROCLAW | POL | OPEN MĘŻCZYŹNI | 190 | M 190 | 09:35 | 01:15:52 | 03:18:23.95 | 19:50 | 3 |
| 191 | WOŹNIAK ADAM | 282 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 191 | M 191 | 09:05 | 01:04:42 | 03:18:32.20 | 19:51 | 3 |
| 192 | MALESZA JAKUB | 283 | | GNIEZNO | POL | OPEN MĘŻCZYŹNI | 192 | M 192 | 09:00 | 01:04:41 | 03:19:27.00 | 19:56 | 3 |
| 193 | MOŹDŻEŃ MARCEL | 76 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 193 | M 193 | 09:10 | 01:14:33 | 03:20:05.30 | 20:00 | 3 |
| 194 | GMIĄT CYPRIAN | 15 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 194 | M 194 | 09:40 | 01:25:35 | 03:22:11.55 | 20:13 | 3 |
| 195 | GRUBA ŁUKASZ | 133 | | SUCHA GÓRNA | POL | OPEN MĘŻCZYŹNI | 195 | M 195 | 09:40 | 01:19:24 | 03:22:16.10 | 20:13 | 3 |
| 196 | KACZMAREK PAWEŁ | 302 | | KŁODA GÓROWSKA | POL | OPEN MĘŻCZYŹNI | 196 | M 196 | 09:50 | 01:19:19 | 03:22:17.00 | 20:13 | 3 |
| 197 | ZIEMIAŃSKI ADRIAN | 128 | | GŁOGÓW | POL | OPEN MĘŻCZYŹNI | 197 | M 197 | 09:40 | 01:19:24 | 03:22:17.60 | 20:13 | 3 |
| 198 | SZUM ADRIAN | 127 | | RUDNA | POL | OPEN MĘŻCZYŹNI | 198 | M 198 | 09:40 | 01:19:26 | 03:22:17.75 | 20:13 | 3 |
| 199 | REMBACZ ALAN | 25 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | 199 | M 199 | 09:40 | 01:25:40 | 03:22:19.90 | 20:13 | 3 |
| 200 | KLAREK REMIGIUSZ | 307 | | PAKOŚLAW | POL | OPEN MĘŻCZYŹNI | 200 | M 200 | 09:30 | 01:20:57 | 03:22:21.55 | 20:14 | 3 |
| 201 | KLAREK KACPER | 308 | | PAKOŚLAW | POL | OPEN MĘŻCZYŹNI | 201 | M 201 | 09:30 | 01:21:02 | 03:22:22.50 | 20:14 | 3 |
| 202 | FACER JONATHAN | 349 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 202 | M 202 | 10:05 | 01:12:45 | 03:24:59.10 | 20:29 | 2.9 |
| 203 | DOMAŃSKI MACIEJ | 334 | | WRZEŚNIA | POL | OPEN MĘŻCZYŹNI | 203 | M 203 | 10:00 | 01:05:38 | 03:25:12.60 | 20:31 | 2.9 |
| 204 | HOLUBTSOV VIACHESLAV | 238 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 204 | M 204 | 09:15 | 01:12:37 | 03:28:29.05 | 20:50 | 2.9 |
| 205 | WOJCIECHOWSKI MARCIN | 290 | | KIEKRZ | POL | OPEN MĘŻCZYŹNI | 205 | M 205 | 09:15 | 01:12:52 | 03:28:29.10 | 20:50 | 2.9 |
| 206 | -- | 232 | | | | OPEN MĘŻCZYŹNI | 206 | M 206 | 10:15 | 01:12:41 | 03:28:30.60 | 20:51 | 2.9 |
| 207 | TOMYS WIESLAW | 231 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | 207 | M 207 | 09:15 | 01:12:56 | 03:28:31.80 | 20:51 | 2.9 |
| 208 | POPIELSKI DANIEL | 325 | | POLKOWICE | POL | OPEN MĘŻCZYŹNI | 208 | M 208 | 09:50 | 01:19:47 | 03:31:46.60 | 21:10 | 2.8 |
| 209 | BAŁUT NIKODEM | 317 | | CEWICE | POL | OPEN MĘŻCZYŹNI | 209 | M 209 | 09:10 | 01:11:28 | 03:33:38.20 | 21:21 | 2.8 |
| 210 | KĘDZIERSKI KRZYSZTOF | 113 | | RYBNIK | POL | OPEN MĘŻCZYŹNI | 210 | M 210 | 09:15 | 01:16:05 | 03:33:42.00 | 21:22 | 2.8 |
| 211 | BRUCH DAWID | 197 | | POWIDZ | POL | OPEN MĘŻCZYŹNI | 211 | M 211 | 09:05 | 01:05:09 | 03:34:17.60 | 21:25 | 2.8 |
| 212 | ANDRZEJEWSKI MAKS | 392 | | STĘSZEW | | OPEN MĘŻCZYŹNI | 212 | M 212 | | 01:06:17 | 03:34:42.40 | 21:28 | 2.8 |
| 213 | LEWANDOWSKI DOMINIK | 196 | | NIECHANOWO | POL | OPEN MĘŻCZYŹNI | 213 | M 213 | 09:05 | 01:05:16 | 03:34:43.50 | 21:28 | 2.8 |
| 214 | ANDRZEJEWSKI MIŁOSZ | 393 | | STĘSZEW | | OPEN MĘŻCZYŹNI | 214 | M 214 | | 01:05:56 | 03:34:43.75 | 21:28 | 2.8 |
| 215 | KORDEK PIOTR | 195 | | GNIEZNO | POL | OPEN MĘŻCZYŹNI | 215 | M 215 | 09:05 | 01:05:23 | 03:34:54.50 | 21:29 | 2.8 |
| 216 | ROZNIECKI JACEK | 42 | | ŁÓDŹ | POL | OPEN MĘŻCZYŹNI | 216 | M 216 | 09:00 | 01:06:31 | 03:35:15.95 | 21:31 | 2.8 |
| 217 | KRUCZYŃSKI ALEKSANDER | 208 | | ŻYWIEC | POL | OPEN MĘŻCZYŹNI | 217 | M 217 | 09:10 | 01:15:02 | 03:35:27.65 | 21:32 | 2.8 |
| 218 | TORCHALSKI DAMIAN | 13 | | BEŁCHATÓW | POL | OPEN MĘŻCZYŹNI | 218 | M 218 | 10:00 | 01:12:27 | 03:39:54.55 | 21:59 | 2.7 |
| 219 | WALKOWIAK SŁAWOMIR | 71 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 219 | M 219 | 09:30 | 01:32:34 | 03:40:57.60 | 22:05 | 2.7 |
| 220 | NOWAK DARIUSZ | 139 | | WĄGROWIEC | POL | OPEN MĘŻCZYŹNI | 220 | M 220 | 09:30 | 01:32:32 | 03:41:32.15 | 22:09 | 2.7 |
| 221 | DYDYCZ TOMASZ | 303 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 221 | M 221 | 09:55 | 01:32:13 | 03:44:37.25 | 22:27 | 2.7 |

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 |
|------|----------------------|-----|------|------------------|------|----------------|--------|-------|----------------|----------|-------------|--------|------|
| 222 | MADZIARA SEBASTIAN | 294 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 222 | M 222 | 09:55 | 01:32:10 | 03:44:38.45 | 22:27 | 2.7 |
| 223 | LACH TOMASZ | 344 | | ŚWIDNICA | POL | OPEN MĘŻCZYŹNI | 223 | M 223 | 09:55 | 01:32:19 | 03:44:39.65 | 22:27 | 2.7 |
| 224 | OLSZANOWSKI KAMIL | 155 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 224 | M 224 | 09:25 | 01:25:01 | 03:48:35.40 | 22:51 | 2.6 |
| 225 | OLSZAK ŁUKASZ | 164 | | PAMIĄTKOWO | POL | OPEN MĘŻCZYŹNI | 225 | M 225 | 09:25 | 01:25:06 | 03:48:37.20 | 22:51 | 2.6 |
| 226 | KLOREK PATRYK | 215 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 226 | M 226 | 09:25 | 01:24:33 | 03:48:37.70 | 22:51 | 2.6 |
| 227 | BARAŃSKI DOMINIK | 160 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 227 | M 227 | 09:25 | 01:25:08 | 03:48:40.25 | 22:52 | 2.6 |
| 228 | JĄGODZIŃSKI SŁAWOMIR | 159 | | PRZECLAW | POL | OPEN MĘŻCZYŹNI | 228 | M 228 | 09:25 | 01:24:53 | 03:48:42.50 | 22:52 | 2.6 |
| 229 | SZWAK JAROSŁAW | 157 | | SZAMOTUŁY | POL | OPEN MĘŻCZYŹNI | 229 | M 229 | 09:25 | 01:25:05 | 03:48:42.60 | 22:52 | 2.6 |
| 230 | WASZCZUK MATEUSZ | 287 | | ZALASEWO | POL | OPEN MĘŻCZYŹNI | 230 | M 230 | 10:10 | 01:24:48 | 03:51:22.30 | 23:08 | 2.6 |
| 231 | RADKE JAKUB | 285 | | LUBOŃ | POL | OPEN MĘŻCZYŹNI | 231 | M 231 | 10:10 | 01:24:49 | 03:52:18.75 | 23:13 | 2.6 |
| 232 | GRABOWSKI RADOSŁAW | 176 | | RATAJE | POL | OPEN MĘŻCZYŹNI | 232 | M 232 | 10:10 | 01:24:36 | 03:54:08.50 | 23:24 | 2.6 |
| 233 | ROLKA PATRYK | 175 | | CHODZIEŻ | POL | OPEN MĘŻCZYŹNI | 233 | M 233 | 10:10 | 01:24:34 | 03:54:56.35 | 23:29 | 2.6 |
| 234 | EICHSTAEDT MARCIN | 177 | | SZAMOCIN | POL | OPEN MĘŻCZYŹNI | 234 | M 234 | 10:10 | 01:24:27 | 03:54:56.90 | 23:29 | 2.6 |
| 235 | FOGIEL RAFAŁ | 115 | | PRZYBRÓDA | POL | OPEN MĘŻCZYŹNI | 235 | M 235 | 10:05 | 01:21:11 | 03:55:43.25 | 23:34 | 2.5 |
| 236 | BADZIAĞ PRZEMYSŁAW | 19 | | KAŻMIERZ | POL | OPEN MĘŻCZYŹNI | 236 | M 236 | 10:05 | 01:21:31 | 03:55:46.55 | 23:34 | 2.5 |
| 237 | BAKOWSKI KRZYSZTOF | 125 | | TARNOWO PODGÓRNE | POL | OPEN MĘŻCZYŹNI | 237 | M 237 | 10:05 | 01:21:35 | 03:55:52.35 | 23:35 | 2.5 |
| 238 | KOSZYŁA DAMIAN | 187 | | SKÓRZEWO | POL | OPEN MĘŻCZYŹNI | 238 | M 238 | 09:05 | 01:21:29 | 04:09:33.00 | 24:57 | 2.4 |
| 239 | BĘBAS PRZEMYSŁAW | 186 | | MOKRONOS GÓRNY | POL | OPEN MĘŻCZYŹNI | 239 | M 239 | 09:05 | 01:21:43 | 04:09:52.75 | 24:59 | 2.4 |
| 240 | BĘBAS ZBIGNIEW | 201 | | NYSA | POL | OPEN MĘŻCZYŹNI | 240 | M 240 | 09:05 | 01:21:40 | 04:11:12.70 | 25:07 | 2.4 |
| 241 | KWIECIŃSKI EMIL | 222 | | DĘBNO POLSKIE | POL | OPEN MĘŻCZYŹNI | 241 | M 241 | 10:00 | 02:09:09 | 04:15:01.00 | 25:30 | 2.4 |
| 242 | ZASTRÓŻNY ALEKS | 87 | | KISZEWO | POL | OPEN MĘŻCZYŹNI | 242 | M 242 | 09:30 | 01:25:20 | 04:15:16.30 | 25:31 | 2.4 |
| 243 | SKOWRON ANDRZEJ | 86 | | KISZEWO | POL | OPEN MĘŻCZYŹNI | 243 | M 243 | 09:30 | 01:25:18 | 04:15:16.55 | 25:31 | 2.4 |
| | KOWAL ŁUKASZ | 65 | | CZARNKÓW | POL | OPEN MĘŻCZYŹNI | | | 09:30 | DNF | DNF | - | - |
| | SZELIGA DAWID | 119 | | GORZEWO | POL | OPEN MĘŻCZYŹNI | | | 09:00 | 00:14:45 | DNF | - | - |
| | REMBACZ JAKUB | 16 | | MIĘDZYCHÓD | POL | OPEN MĘŻCZYŹNI | | | 09:40 | 01:14:53 | DNF | - | - |
| | ALBAKRYNAU SIARHEI | 217 | | POZNAŃ | POL | OPEN MĘŻCZYŹNI | | | 10:10 | DNF | DNF | - | - |

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 | | 391 | | | | | 1 | | | 01:03:20 | 03:17:02.85 | 19:42 | 3 |