

Wyniki zawodów z międzyczasami: DB		4.0km	0m 12k										
		1-33	2-31	3-48	4-45	5-49	6-35	7-53	8-55	9-46	10-38	11-37	12-100
1 Gołąb Jakub	39.46	5.41/1*	6.53/1*	14.21/1*	18.18/1*	22.14/1*	24.03/1*	28.45/1*	30.50/1*	32.45/1*	36.35/1*	38.34/1*	39.37/1*
39.46/1*													
Indywidualnie		5.41/1*	1.12/1*	7.28/1*	3.57/1*	3.56/1*	1.49/1*	4.42/1*	2.05/1*	1.55/1*	3.50/1*	1.59/1*	1.03/1*
0.09/1*													
2 Rychter Krzysztof	58.34	6.38/2	7.58/2	17.50/2	23.26/2	29.52/2	32.31/2	39.25/2	44.11/2	47.48/2	53.02/2	56.26/2	58.19/2
58.34/2													
Indywidualnie		6.38/2	1.20/2	9.52/2	5.36/2	6.26/3	2.39/2	6.54/2	4.46/4	3.37/4	5.14/2	3.24/2	1.53/4
0.15/3													
3 Filipiak Agnieszka	76.57	10.05/4	12.03/4	24.20/3	30.50/3	36.59/3	39.55/3	53.10/3	57.28/3	60.27/3	70.31/3	74.50/3	76.42/3
76.57/3													
KS Hades Poznań		10.05/4	1.58/4	12.17/3	6.30/4	6.09/2	2.56/3	13.15/4	4.18/3	2.59/2	10.04/4	4.19/3	1.52/3
0.15/3													
4 Banach Janina	79.54	8.57/3	10.53/3	27.12/4	33.24/4	44.22/4	48.58/4	57.01/4	60.23/4	63.25/4	73.16/4	77.54/4	79.42/4
79.54/4													
UMKS Orkan Ostróda		8.57/3	1.56/3	16.19/4	6.12/3	10.58/4	4.36/4	8.03/3	3.22/2	3.02/3	9.51/3	4.38/4	1.48/2
0.12/2													

Wyniki zawodów z międzyczasami: K14		2.3km	0m 8k										
		1-53	2-41	3-43	4-44	5-55	6-38	7-37	8-100				
1 Mikuła Iga	30.28	3.57/1*	8.07/1*	13.02/1*	18.08/1*	21.31/1*	27.43/3	29.05/1*	30.20/1*	30.28/1*			
KOS BnO Szczecin		3.57/1*	4.10/1*	4.55/1*	5.06/2	3.23/2	6.12/3	1.22/3	1.15/3	0.08/1*			
2 Stefaniak Izabela	30.36	4.27/3	9.23/2	15.08/2	20.36/2	23.34/2	28.04/2	29.25/2	30.27/2	30.36/2			
KOS BnO Szczecin		4.27/3	4.56/2	5.45/2	5.28/3	2.58/1*	4.30/1*	1.21/2	1.02/1*	0.09/3			
3 Mikuła Daria	36.13	4.21/2	11.03/3	19.06/3	24.10/3	27.43/3	33.44/3	35.00/3	36.05/3	36.13/3			
KOS BnO Szczecin		4.21/2	6.42/3	8.03/3	5.04/1*	3.33/3	6.01/2	1.16/1*	1.05/2	0.08/1*			

Wyniki zawodów z międzyczasami: K16		2.9km	0m 10k										
		1-44	2-53	3-32	4-36	5-41	6-40	7-31	8-33	9-55	10-100		
1 Cepurdej Katarzyna	34.09	2.45/2	6.24/2	9.59/2	15.41/1*	18.10/1*	20.14/1*	26.22/1*	27.06/1*	32.13/1*	34.00/1*	34.09/1*	
UMKS Kwidzyn		2.45/2	3.39/1*	3.35/3	5.42/1*	2.29/1*	2.04/3	6.08/3	0.44/1*	5.07/1*	1.47/1*	0.09/3	
2 Filipiak Adrianna	37.31	2.35/1*	6.20/1*	9.29/1*	18.23/2	21.18/2	23.07/2	28.55/2	29.47/2	35.26/2	37.23/2	37.31/2	
KS Hades Poznań		2.35/1*	3.45/3	3.09/1*	8.54/3	2.55/3	1.49/1*	5.48/1*	0.52/2	5.39/3	1.57/2	0.08/2	
3 Cepurdej Nina	40.30	5.33/3	9.17/3	12.46/3	21.29/3	24.15/3	26.05/3	31.59/3	32.56/3	38.24/3	40.23/3	40.30/3	
UMKS Kwidzyn		5.33/3	3.44/2	3.29/2	8.43/2	2.46/2	1.50/2	5.54/2	0.57/3	5.28/2	1.59/3	0.07/1*	

Wyniki zawodów z międzyczasami: K20		4.6km	0m 13k										
		1-44	2-40	3-42	4-32	5-49	6-47	7-48	8-35	9-36	10-31	11-33	12-39
1 Kreft Oliwia	68.27	2.34/1*	9.13/1*	15.17/1*	21.20/1*	25.22/1*	30.20/1*	32.36/1*	42.26/1*	48.00/1*	54.53/1*	56.08/1*	67.01/1*
68.16/1* 68.27/1*													
UKS Siódemka Rumia		2.34/1*	6.39/1*	6.04/1*	6.03/1*	4.02/1*	4.58/1*	2.16/1*	9.50/1*	5.34/1*	6.53/1*	1.15/1*	10.53/1*
1.15/1* 0.11/1*													

Wyniki zawodów z międzyczasami: K21		6.4km	0m 16k										
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	13-41	14-40	15-44	16-100	1-52	2-34	3-49	4-32	5-43	6-33	7-34	8-42	9-45	10-47	11-48	12-35
1 Borychowska Marlena				65.22	2.58/1*	8.13/1*	13.44/1*	20.23/1*	28.09/1*	29.48/1*	32.09/1*	36.40/1*	43.42/1*	45.46/1*	47.58/1*	51.44/1*
55.40/1* 57.50/1* 63.17/1* 65.13/1*																
MKS Paulinum/7BOW					2.58/1*	5.15/1*	5.31/1*	6.39/3	7.46/1*	1.39/1*	2.21/1*	4.31/1*	7.02/1*	2.04/1*	2.12/1*	3.46/1*
3.56/1* 2.10/2 5.27/1* 1.56/1*																
				65.22/1*												
				0.09/2												
2 Deptulska Maria				81.40	3.04/2	11.47/2	21.06/2	25.41/2	34.17/2	36.07/2	40.04/2	45.24/2	56.33/2	58.59/2	61.17/2	66.30/2
71.42/2 73.26/2 79.11/2 81.32/2																
UNTS Warszawa					3.04/2	8.43/3	9.19/3	4.35/1*	8.36/3	1.50/2	3.57/3	5.20/2	11.09/4	2.26/2	2.18/2	5.13/3
5.12/2 1.44/1* 5.45/2 2.21/2																
				81.40/2												
				0.08/1*												
3 Pacek Karolina				98.13	7.19/4	15.00/3	21.53/3	27.19/3	35.18/3	37.48/3	41.35/3	50.00/3	60.49/3	63.51/3	66.14/3	78.00/3
83.21/3 86.44/3 92.54/3 98.02/3																
Indywidualnie					7.19/4	7.41/2	6.53/2	5.26/2	7.59/2	2.30/3	3.47/2	8.25/3	10.49/2	3.02/3	2.23/3	11.46/4
5.21/3 3.23/3 6.10/4 5.08/4																
				98.13/3												
				0.11/3												
4 Staniszevska Aneta				114.14	7.03/3	17.31/4	29.05/4	36.31/4	50.06/4	52.53/4	56.56/4	70.00/4	80.58/4	84.09/4	89.49/4	94.48/4
101.49/4 105.34/4 111.24/4 114.01/4																
Indywidualnie					7.03/3	10.28/4	11.34/4	7.26/4	13.35/4	2.47/4	4.03/4	13.04/4	10.58/3	3.11/4	5.40/4	4.59/2
7.01/4 3.45/4 5.50/3 2.37/3																
				114.14/4												
				0.13/4												
Dawidowska Natalia				NKL-bPK	4.06/	11.17/	28.37/	33.49/	41.33/	43.55/	47.56/	51.51/	/	/	/	/
53.57/ 55.57/ 61.45/ 63.46/																
UKS Siódemka Rumia					4.06/	7.11/	17.20/	5.12/	7.44/	2.22/	4.01/	3.55/	/	/	/	/
/ 2.00/ 5.48/ 2.01/																
				63.57/												
				0.11/												

Wyniki zawodów z międzyczasami: K35/40

4.7km 0m 12k

		1-52	2-40	3-50	4-35	5-48	6-47	7-49	8-32	9-31	10-33	11-46	12-100
1 Biolik Agnieszka	51.19	5.31/3	10.27/2	16.58/1*	18.52/1*	22.40/1*	24.23/1*	29.00/1*	33.14/1*	41.19/1*	42.19/1*	49.32/1*	51.11/1*
51.19/1*													
UNTS Warszawa		5.31/3	4.56/2	6.31/1*	1.54/2	3.48/1*	1.43/1*	4.37/1*	4.14/1*	8.05/1*	1.00/2	7.13/2	1.39/2
0.08/1*													
2 Górnicka-Antonowicz Anna	61.52	3.37/1*	8.03/1*	19.31/3	21.09/2	25.25/2	28.00/2	32.41/2	43.41/2	52.24/2	53.20/2	60.20/2	61.43/2
61.52/2													
Indywidualnie		3.37/1*	4.26/1*	11.28/4	1.38/1*	4.16/2	2.35/2	4.41/2	11.00/4	8.43/2	0.56/1*	7.00/1*	1.23/1*
0.09/2													
3 Gniadek Monika	80.00	3.58/2	11.00/3	19.08/2	30.02/3	37.26/3	40.24/3	48.53/3	55.10/3	67.41/3	69.04/3	77.19/3	79.47/3
80.00/3													
Indywidualnie		3.58/2	7.02/3	8.08/3	10.54/4	7.24/4	2.58/4	8.29/4	6.17/2	12.31/3	1.23/3	8.15/4	2.28/3
0.13/4													
4 Zbroja-Nowak Justyna	82.59	6.01/4	23.25/4	31.26/4	35.49/4	41.37/4	44.33/4	51.44/4	58.03/4	70.46/4	72.09/4	80.16/4	82.48/4
82.59/4													
KS Hades Poznań		6.01/4	17.24/4	8.01/2	4.23/3	5.48/3	2.56/3	7.11/3	6.19/3	12.43/4	1.23/3	8.07/3	2.32/4
0.11/3													

Wyniki zawodów z międzyczasami: K45/50

3.2km 0m 8k

		1-43	2-40	3-34	4-49	5-32	6-41	7-44	8-100		
1 Nowak Beata	51.05	5.33/1*	11.21/1*	19.17/1*	27.05/1*	33.53/1*	37.39/1*	47.47/1*	50.54/1*	51.05/1*	
UKS Azymut 45 Gdynia		5.33/1*	5.48/3	7.56/2	7.48/1*	6.48/1*	3.46/1*	10.08/3	3.07/2	0.11/2	
2 Nowicka-Bielecka Kornelia	54.11	11.41/2	14.24/2	22.22/2	30.14/2	37.02/2	40.48/2	50.52/2	53.58/2	54.11/2	
UKS Siódemka Rumia		11.41/2	2.43/1*	7.58/3	7.52/2	6.48/1*	3.46/1*	10.04/2	3.06/1*	0.13/3	
3 Trykozko Urszula	67.02	18.04/3	22.51/3	30.28/3	41.01/3	48.09/3	54.12/3	63.00/3	66.53/3	67.02/3	
Team 360 Warszawa		18.04/3	4.47/2	7.37/1*	10.33/3	7.08/3	6.03/3	8.48/1*	3.53/3	0.09/1*	
Wyniki zawodów z międzyczasami: M12		1.3km	0m 7k								

		1-39	2-53	3-55	4-46	5-38	6-37	7-100		
1 Młynarczyk Maksymilian	46.36	19.48/1*	23.16/1*	26.48/1*	30.00/1*	44.04/1*	45.11/1*	46.23/1*	46.36/1*	
UKS Orientuś Łódź		19.48/1*	3.28/1*	3.32/1*	3.12/1*	14.04/1*	1.07/1*	1.12/1*	0.13/1*	
Wyniki zawodów z międzyczasami: M14		2.4km	0m 6k							

		1-32	2-36	3-40	4-38	5-37	6-100		
1 Antonowicz Jan	27.01	11.41/3	14.01/2	17.08/2	24.51/1*	25.52/1*	26.52/1*	27.01/1*	
UNTS Warszawa		11.41/3	2.20/1*	3.07/1*	7.43/1*	1.01/1*	1.00/2	0.09/3	
2 Kotkowiak Bartosz	31.17	7.37/1*	11.12/1*	15.54/1*	28.42/2	29.58/2	31.09/2	31.17/2	
KOS BnO Szczecin		7.37/1*	3.35/2	4.42/2	12.48/3	1.16/2	1.11/3	0.08/2	
3 Cepurdej Władysław	38.28	15.30/5	20.13/3	27.11/3	35.49/3	37.24/3	38.21/3	38.28/3	
UMKS Kwidzyn		15.30/5	4.43/3	6.58/3	8.38/2	1.35/3	0.57/1*	0.07/1*	
4 Kwiatkowski Olaf	55.35	12.35/4	29.12/4	37.12/4	52.04/4	54.06/4	55.26/4	55.35/4	
KOS BnO Szczecin		12.35/4	16.37/4	8.00/5	14.52/4	2.02/5	1.20/4	0.09/3	
5 Kujda Tymoteusz	61.38	10.52/2	35.17/5	43.06/5	58.10/5	60.02/5	61.29/5	61.38/5	
Osielsko		10.52/2	24.25/5	7.49/4	15.04/5	1.52/4	1.27/5	0.09/3	
Wyniki zawodów z międzyczasami: M16		4.0km	0m 11k						

		1-39	2-32	3-36	4-35	5-48	6-47	7-45	8-34	9-41	10-44	11-100
1 Czyński Miłosz	47.20	5.04/2	9.42/1*	13.11/1*	15.28/1*	19.30/1*	24.13/1*	25.59/1*	33.57/1*	39.45/1*	45.11/1*	47.10/1*
KOS BnO Szczecin		5.04/2	4.38/1*	3.29/1*	2.17/1*	4.02/1*	4.43/1*	1.46/1*	7.58/1*	5.48/2	5.26/1*	1.59/1*
2 Kotkowiak Piotr	59.50	3.46/1*	11.38/2	16.32/2	18.49/2	23.38/2	30.19/2	32.07/2	42.53/2	47.58/2	56.37/2	59.41/2
KOS BnO Szczecin		3.46/1*	7.52/2	4.54/2	2.17/1*	4.49/2	6.41/2	1.48/2	10.46/2	5.05/1*	8.39/2	3.04/2
Wyniki zawodów z międzyczasami: M18		4.7km	0m 11k									

		1-34	2-49	3-47	4-48	5-35	6-36	7-31	8-33	9-41	10-39	11-100
1 Michalak Kacper	46.02	8.09/1*	13.20/1*	17.02/1*	18.35/1*	22.07/1*	28.11/1*	33.41/1*	34.45/1*	39.13/1*	44.59/1*	45.53/1*
UNTS Warszawa		8.09/1*	5.11/1*	3.42/1*	1.33/1*	3.32/1*	6.04/2	5.30/1*	1.04/1*	4.28/1*	5.46/1*	0.54/1*
2 Borowiec Paweł	73.03	12.36/2	20.40/2	26.57/2	29.40/2	37.01/2	41.00/2	52.19/2	54.09/2	65.11/2	71.35/2	72.52/2
PKO Harpagan Gdańsk		12.36/2	8.04/2	6.17/2	2.43/2	7.21/2	3.59/1*	11.19/2	1.50/2	11.02/2	6.24/2	1.17/2
Wyniki zawodów z międzyczasami: M20		4.7km	0m 11k									

		1-34	2-49	3-47	4-48	5-35	6-36	7-31	8-33	9-41	10-39	11-100
1 Ogdowski Bartłomiej	47.55	8.57/1*	13.42/1*	18.46/1*	20.36/1*	25.10/1*	26.49/1*	36.28/1*	37.07/1*	42.38/1*	46.50/1*	47.45/1*
UKS Siódemka Rumia		8.57/1*	4.45/1*	5.04/1*	1.50/1*	4.34/1*	1.39/1*	9.39/1*	0.39/1*	5.31/1*	4.12/1*	0.55/1*
Kuźba Jakub	NKL-bPK	63.41/	24.47/	16.58/	19.16/	68.59/	/	54.13/	55.18/	74.44/	88.14/	89.23/
											89.31/	

UKS Siódemka Rumia 63.41/ / / 2.18/ 49.43/ / / 1.05/ 19.26/ 13.30/ 1.09/ 0.08/

Wyniki zawodów z międzyczasami: M21 7.6km 0m 23k

				1-46	2-40	3-45	4-47	5-48	6-49	7-50	8-32	9-51	10-54	11-31	12-33	
13-43	14-40	15-34	16-35	17-50	18-41	19-44	20-37	21-38	22-39	23-100						
1 Niewiedziała Robert				68.32	2.46/3	6.45/1*	15.21/3	16.52/3	18.20/1*	22.50/1*	25.11/1*	27.49/1*	31.13/1*	34.10/1*	42.01/1*	42.45/1*
44.08/1*	45.41/1*	48.10/1*	52.59/1*													
UKS Siódemka Rumia				2.46/3	3.59/1*	8.36/3	1.31/1*	1.28/1*	4.30/1*	2.21/1*	2.38/1*	3.24/1*	2.57/1*	7.51/1*	0.44/1*	
1.23/1*	1.33/1*	2.29/1*	4.49/2													
2 Mazan Bartłomiej				82.41	2.34/1*	7.01/2	14.29/2	16.21/1*	18.33/2	24.05/2	31.09/3	35.36/3	39.33/2	43.25/2	53.14/2	54.05/2
56.07/2	58.01/2	61.07/2	65.52/2													
WKS Śląsk Wrocław				2.34/1*	4.27/2	7.28/2	1.52/2	2.12/4	5.32/3	7.04/3	4.27/2	3.57/2	3.52/3	9.49/2	0.51/2	
2.02/2	1.54/2	3.06/2	4.45/1*													
3 Filipiak Mateusz				90.32	2.50/4	7.37/3	14.24/1*	16.24/2	20.19/3	25.50/3	30.01/2	35.32/2	42.03/3	45.11/3	55.17/3	56.21/3
59.16/3	61.36/3	64.43/3	70.05/3													
KS Hades Poznań				2.50/4	4.47/3	6.47/1*	2.00/3	3.55/5	5.31/2	4.11/2	5.31/3	6.31/5	3.08/2	10.06/3	1.04/4	
2.55/3	2.20/3	3.07/3	5.22/3													
4 Czernow Sergej				116.06	2.44/2	8.30/4	22.35/5	24.42/5	26.41/5	32.15/4	40.19/4	47.37/4	52.27/4	59.21/4	69.50/4	70.46/4
76.24/4	78.59/4	85.52/4	92.41/4													
Kaliningrad				2.44/2	5.46/4	14.05/5	2.07/4	1.59/2	5.34/4	8.04/4	7.18/4	4.50/3	6.54/4	10.29/4	0.56/3	
5.38/5	2.35/4	6.53/5	6.49/4													
5 Iefymenko Oleksandr				142.24	4.17/5	10.20/5	21.40/4	24.17/4	26.27/4	36.41/5	51.23/5	61.43/5	67.52/5	75.29/5	89.16/5	90.49/5
93.57/5	99.57/5	106.20/5	113.21/5													
Indywidualnie				4.17/5	6.03/5	11.20/4	2.37/5	2.10/3	10.14/5	14.42/5	10.20/5	6.09/4	7.37/5	13.47/5	1.33/5	
3.08/4	6.00/5	6.23/4	7.01/5													
Zalega Mateusz				119.13/5	123.42/5	130.24/5	135.11/5	136.52/5	140.26/5	142.13/5	142.24/5					
111.43/	/	/	/	5.52/5	4.29/4	6.42/4	4.47/5	1.41/5	3.34/5	1.47/5	0.11/5					
NKL-bPK				6.26/	12.41/	23.26/	26.07/	33.55/	43.55/	/	66.27/	82.04/	90.47/	105.21/	106.47/	
KS Metalowiec Łódź				6.26/	6.15/	10.45/	2.41/	7.48/	10.00/	/	/	15.37/	8.43/	14.34/	1.26/	
4.56/	/	/	/	/	/	/	/	/	/	/	119.07/					
				/	/	/	/	/	/	/	/					

Wyniki zawodów z międzyczasami: M35/40 5.0km 0m 16k

13-39	14-38	15-37	16-100	1-52	2-41	3-34	4-31	5-33	6-40	7-45	8-47	9-48	10-35	11-36	12-32	
1 Nowak Jacek				50.16	2.37/1*	6.00/1*	8.45/1*	11.40/1*	12.23/1*	17.52/1*	23.32/1*	25.16/1*	26.45/1*	31.32/1*	35.26/1*	40.54/1*
46.47/1*	48.11/1*	49.04/1*	50.07/1*													
UKS Azymut 45 Gdynia				2.37/1*	3.23/1*	2.45/1*	2.55/1*	0.43/1*	5.29/4	5.40/1*	1.44/1*	1.29/1*	4.47/5	3.54/9	5.28/7	
5.53/4	1.24/2	0.53/1*	1.03/4													
50.16/1*																
0.09/2																

PKO Harpagan Gdańsk	5.17/9	9.27/11	4.54/9	7.42/11	0.45/2	6.39/6	8.48/5	5.13/12	2.02/5	4.54/6	12.05/12	6.08/9	
5.32/2 2.29/7 1.18/7 1.03/4													
	84.23/11												
	0.07/1*												
12 Rybczyński Tomasz	95.30	4.12/7	10.48/8	14.57/8	20.37/7	21.37/7	32.38/8	40.33/8	44.03/8	46.42/8	51.49/8	54.09/8	77.57/12
86.39/12 91.18/12 94.02/12 95.19/12													
Indywidualnie		4.12/7	6.36/9	4.09/6	5.40/8	1.00/9	11.01/12	7.55/3	3.30/9	2.39/9	5.07/8	2.20/5	23.48/12
8.42/9 4.39/10 2.44/11 1.17/10													
	95.30/12												
	0.11/11												

Wyniki zawodów z międzyczasami: M45/50 4.1km Om 10k

		1-44	2-41	3-32	4-49	5-48	6-47	7-45	8-43	9-46	10-100	
1 Krasuski Marcin	44.42	2.27/2	6.23/1*	9.13/1*	12.07/1*	23.16/2	24.29/2	26.19/2	38.23/2	43.01/1*	44.34/1*	44.42/1*
OK!Sport Warszawa		2.27/2	3.56/1*	2.50/1*	2.54/1*	11.09/8	1.13/1*	1.50/1*	12.04/3	4.38/1*	1.33/7	0.08/1*
2 Banach Krzysztof	44.48	2.48/4	6.53/2	11.30/2	15.48/2	22.27/1*	24.09/1*	26.02/1*	37.29/1*	43.22/2	44.40/2	44.48/2
UMKS Orkan Ostróda		2.48/4	4.05/2	4.37/2	4.18/6	6.39/5	1.42/2	1.53/2	11.27/2	5.53/7	1.18/1*	0.08/1*
3 Urbaniak Krzysztof	48.19	3.30/6	8.28/3	13.34/3	17.35/3	23.19/3	26.08/3	28.09/3	41.11/3	46.46/3	48.10/3	48.19/3
PZOS		3.30/6	4.58/3	5.06/3	4.01/4	5.44/3	2.49/6	2.01/3	13.02/5	5.35/4	1.24/3	0.09/4
4 Pesta Adam	49.54	2.27/2	14.18/7	19.29/7	22.51/6	28.23/5	30.12/5	32.26/5	43.30/4	48.17/4	49.45/4	49.54/4
UKS Azymut 45 Gdynia		2.27/2	11.51/7	5.11/4	3.22/2	5.32/1*	1.49/3	2.14/5	11.04/1*	4.47/2	1.28/5	0.09/4
5 Michalak Tomasz	54.00	2.20/1*	12.23/6	19.26/6	23.04/7	28.47/6	31.06/6	33.08/6	46.51/6	52.26/5	53.50/5	54.00/5
UNTS Warszawa		2.20/1*	10.03/6	7.03/7	3.38/3	5.43/2	2.19/5	2.02/4	13.43/8	5.35/4	1.24/3	0.10/9
6 Forystek Józef	54.52	3.42/7	8.45/4	16.30/5	20.43/5	26.31/4	29.52/4	32.13/4	45.38/5	53.11/6	54.43/6	54.52/6
WKS Wawel Kraków		3.42/7	5.03/4	7.45/9	4.13/5	5.48/4	3.21/8	2.21/6	13.25/7	7.33/8	1.32/6	0.09/4
7 Filipiak Marek	61.16	4.18/8	9.57/5	15.35/4	20.14/4	30.50/7	32.55/7	35.52/7	54.12/7	59.28/7	61.07/7	61.16/7
Poznań		4.18/8	5.39/5	5.38/6	4.39/7	10.36/7	2.05/4	2.57/9	18.20/9	5.16/3	1.39/8	0.09/4
8 Borowiec Krzysztof	68.21	4.26/9	24.00/9	29.18/9	35.11/9	42.51/8	45.44/8	48.25/8	61.03/8	66.50/8	68.12/8	68.21/8
Borówki		4.26/9	19.34/9	5.18/5	5.53/9	7.40/6	2.53/7	2.41/7	12.38/4	5.47/6	1.22/2	0.09/4
9 Krasuski Bartłomiej	73.51	3.16/5	18.37/8	25.45/8	31.03/8	43.14/9	48.03/9	50.50/9	64.12/9	71.54/9	73.43/9	73.51/9
Team 360 Warszawa		3.16/5	15.21/8	7.08/8	5.18/8	12.11/9	4.49/9	2.47/8	13.22/6	7.42/9	1.49/9	0.08/1*

Wyniki zawodów z międzyczasami: M55/60 3.3km Om 10k

		1-52	2-34	3-35	4-50	5-36	6-43	7-44	8-46	9-39	10-100	
1 Młynarczyk Piotr	41.08	5.05/3	16.20/4	21.32/2	23.24/2	25.14/2	30.32/1*	34.58/1*	37.21/1*	39.19/1*	41.00/1*	41.08/1*
UKS Orientus Łódź		5.05/3	11.15/4	5.12/1*	1.52/1*	1.50/1*	5.18/1*	4.26/2	2.23/1*	1.58/1*	1.41/1*	0.08/1*
2 Krochmal Andrzej	47.34	3.28/1*	11.29/1*	18.04/1*	21.31/1*	23.49/1*	32.39/2	36.59/2	40.30/2	45.38/2	47.25/2	47.34/2
KS Spójnia Warszawa		3.28/1*	8.01/2	6.35/3	3.27/2	2.18/2	8.50/2	4.20/1*	3.31/2	5.08/4	1.47/2	0.09/2
3 Kraśniewski Krzysztof	67.17	4.39/2	18.57/5	25.10/4	36.22/4	41.22/4	51.01/3	55.41/3	60.59/3	64.27/3	67.07/3	67.17/3
UMKS Orkan Ostróda		4.39/2	14.18/5	6.13/2	11.12/4	5.00/3	9.39/4	4.40/3	5.18/5	3.28/2	2.40/5	0.10/3
4 Mądrzyński Zbigniew	70.15	7.51/5	15.35/3	27.28/5	39.09/5	44.21/5	53.56/4	58.43/4	63.54/4	67.32/4	70.05/4	70.15/4
UMKS Kwidzyn		7.51/5	7.44/1*	11.53/5	11.41/5	5.12/4	9.35/3	4.47/4	5.11/4	3.38/3	2.33/3	0.10/3
5 Cepurdej Oleksandr	84.04	5.39/4	14.25/2	21.35/3	30.29/3	40.27/3	54.48/5	68.54/5	73.15/5	81.14/5	83.49/5	84.04/5
UMKS Kwidzyn		5.39/4	8.46/3	7.10/4	8.54/3	9.58/5	14.21/5	14.06/5	4.21/3	7.59/5	2.35/4	0.15/5

Wyniki zawodów z międzyczasami: M75+ 1.3km Om 7k

		1-44	2-55	3-53	4-39	5-38	6-37	7-100	
1 Czabański Edward	77.20	10.01/1*	27.38/1*	34.28/1*	45.17/1*	52.35/1*	71.45/1*	76.56/1*	77.20/1*
UKS Azymut 45 Gdynia		10.01/1*	17.37/1*	6.50/1*	10.49/1*	7.18/1*	19.10/1*	5.11/1*	0.24/1*