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| K10 (6) | | | | | | | |
| | | | | | | | 1.1 km 5 PK |
| 1 | 4 | Mianowska | Tosia | 07 | 3554 | UNTS | 6:50 |
| 2 | 5 | Sobiepanek | Barbara | 06 | 3365 | UKS OSiR | 7:58 |
| 3 | 2 | Chabiera | Filomena | 07 | | UNTS | 8:44 |
| 4 | 1 | Borkowska | Lena | 06 | | UKS OSiR | 9:13 |
| 5 | 3 | Dzwonkowska | Paulina | 06 | 3366 | UKS OSiR | 11:09 |
| | 6 | Wiącek | Natalia | 06 | | UKS Saper | nkl |
| K12 (15) | | | | | | | |
| | | | | | | | 1.5 km 10 PK |
| 1 | 18 | Majewska | Maja | 04 | 3218 | PUKS Młode Orły | 9:13 |
| 2 | 20 | Powichrowska | Ilona | 04 | 2781 | UKS OSiR | 9:57 |
| 3 | 14 | Fiałkowska | Klaudia | 04 | 3397 | UKS OSiR | 12:08 |
| 4 | 11 | Sobiepanek | Zuzanna | 04 | 3076 | UKS OSiR | 12:37 |
| 5 | | Dolińska | Julia | 04 | | BKS Wataha | 13:16 |
| 6 | 10 | Malak | Maria | 04 | 3223 | UNTS | 13:40 |
| 7 | 8 | Ojrzyńska | Zuzanna | 04 | 3728 | UKS OSiR | 15:47 |
| | 13 | Swobodzińska | Aniela | 05 | 3170 | UNTS | nkl |
| | 16 | Lipka | Maria | 05 | 3166 | UNTS | abs |
| | 19 | Rogala | Nina | 05 | 3311 | UNTS | abs |
| | 7 | Kropacz | Daria | 05 | 3222 | UNTS | abs |
| | 17 | Bąk | Barbara | 04 | | UKS OSiR | abs |
| | 15 | Radomska | Julia | 05 | | KS Spójnia | abs |
| | 12 | Wiącek | Natalia | 04 | | UKS Saper | abs |
| | 9 | Dobrowolska | Alicja | 04 | | UKS Saper | abs |
| K14 (7) | | | | | | | |
| | | | | | | | 2.2 km 14 PK |
| 1 | 22 | Chabiera | Lena | 03 | 2391 | UNTS | 10:53 |
| 2 | 27 | Nitsch | Aleksandra | 03 | 2409 | UNTS | 12:55 |
| 3 | 23 | Borkowska | Monika | 03 | 3505 | KS Spójnia | 13:14 |
| 4 | 21 | Dolińska | Zuzanna | 03 | | BKS Wataha | 14:17 |
| 5 | 25 | Gąsienica-Same | Anna | 03 | 2395 | UNTS | 14:51 |
| 6 | 24 | Zielińska | Oliwia | 03 | 3217 | PUKS Młode Orły | 15:00 |
| 7 | 26 | Borzym | Izabela | 02 | | BKS Wataha | 21:29 |
| K16 (9) | | | | | | | |
| | | | | | | | 2.4 km 16 PK |
| 1 | 32 | Głowacz | Julia | 00 | 2754 | BKS Wataha | 12:34 |
| 2 | 36 | Mianowska | Julia | 01 | 2096 | UNTS | 14:10 |
| 3 | 33 | Staszak | Alicja | 01 | 2136 | UNTS | 15:03 |
| 4 | 35 | Proga | Agnieszka | 00 | 2759 | UKS Orientuś | 15:09 |
| 5 | 29 | Gąsienica Same | Zofia | 01 | 2397 | UNTS | 15:35 |
| 6 | 28 | Filipczak | Natalia | 00 | 1927 | PUKS Młode Orły | 16:14 |
| 7 | 30 | Olszanka | Gabrysia | 01 | 2427 | OK!Sport | 17:11 |
| 8 | 31 | Urbaniak | Alicja | 00 | 2673 | KS Spójnia | 20:31 |
| 9 | 34 | Kubicka | Sonia | 01 | 1928 | PUKS Młode Orły | 21:22 |
| K18 (4) | | | | | | | |
| | | | | | | | 3.0 km 18 PK |
| 1 | 38 | Marek | Wiktoria | 99 | 2248 | UNTS | 17:53 |
| 2 | 39 | Swęda | Natalia | 99 | 2842 | UKS Saper | 18:27 |
| 3 | 40 | Antonowicz | Anna-Maria | 98 | 1803 | UNTS | 21:07 |
| | 37 | Bonat | Julia | 98 | 1737 | KS Spójnia | abs |

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| K20/21 (13) | | | | | 3.2 km | 20 PK |
| 1 | 45 | Ślusarczyk | Katarzyna | 89 3480 | OK!Sport | 15:25 |
| 2 | 46 | Górnicka-Anton | Anna | 68 91 | UNTS | 16:19 |
| 3 | 49 | Kaźmierczak | Aneta | 95 413 | UKS Orientuś | 16:25 |
| 4 | 50 | Górska | Kinga | 89 747 | UMKS Orkan | 16:52 |
| 5 | 42 | Najman | Natalia | 88 2851 | OK!Sport | 17:19 |
| 6 | 47 | Kocińska | Agnieszka | 87 508 | UMKS Orkan | 18:12 |
| 7 | 48 | Gordon | Diana | 90 2348 | KU AZS WAT | 20:29 |
| 8 | 43 | Urbanowicz | Kinga | 97 1311 | UKS OSiR | 20:42 |
| 9 | 41 | Borczyk | Iwona | 90 | Indywidualnie | 25:32 |
| 10 | 51 | Parfianowicz | Katarzyna | 92 | P Indywidualnie | 32:55 |
| | 52 | Skomarowska | Barbara | | Indywidualnie | abs |
| | 53 | Kubicka | Zuzanna | 93 37 | UNTS | abs |
| | 44 | Trojecka | Marta | 83 1610 | KU AZS WAT | abs |
| K35/40 (5) | | | | | 2.8 km | 15 PK |
| 1 | 57 | Mianowska | Dorota | 74 2405 | UNTS | 19:20 |
| 2 | 59 | Nitsch | Joanna | 73 2407 | UNTS | 24:10 |
| 3 | 60 | Borzym | Anna | 72 | BKS Wataha | 31:30 |
| | 56 | Śliwczyńska | Iwona | | Indywidualnie | abs |
| | 58 | Sędlak | Ewa | 74 2425 | OK!Sport | abs |
| K45/50 (7) | | | | | 2.5 km | 15 PK |
| 1 | 66 | Wołek | Ewa | 68 1208 | UNTS | 14:56 |
| 2 | 63 | Bargiel | Beata | 65 864 | OK!Sport | 19:10 |
| 3 | 64 | Parfianowicz | Joanna | 64 100 | UNTS | 19:11 |
| 4 | 65 | Olszanka | Wiola | 70 2015 | OK!Sport | 20:01 |
| 5 | 67 | Wójcik | Beata | 66 518 | KS Spójnia | 21:58 |
| 6 | 62 | Wołek | Małgorzata | 66 3556 | UNTS | 22:58 |
| | 61 | Czernicka | Bożena | 67 | BKS Wataha | abs |
| K55/60/65 (4) | | | | | 2.2 km | 13 PK |
| 1 | 194 | Olbrycht | Anna | 56 229 | Indywidualnie | 20:37 |
| 2 | 69 | Wróblewska | Bogna | 58 225 | OK!Sport | 21:06 |
| 3 | 70 | Galicz | Krystyna | 51 3142 | BKS Wataha | 25:46 |
| 4 | 71 | Trzpił | Danuta | 51 962 | OK!Sport | 38:44 |
| K85 (1) | | | | | 1.8 km | 12 PK |
| 1 | 75 | Zielczyńska | Helena | 27 751 | A-TO-MY | 58:23 |
| M10 (2) | | | | | 1.1 km | 5 PK |
| 1 | 76 | Gąsienica-Same | Adam | 06 2573 | UNTS | 6:16 |
| 2 | 77 | Sanecki | Oskar | | UKS Saper | 19:10 |
| M12 (30) | | | | | 1.8 km | 11 PK |
| 1 | 85 | Lisiak | Adam | 05 3049 | UKS Orientuś | 9:20 |
| 2 | 102 | Antonowicz | Jan | 05 2385 | UNTS | 9:52 |
| 3 | 91 | Janowski | Filip | 05 3506 | KS Spójnia | 10:23 |
| 4 | 81 | Podworski | Kacper | 05 2780 | UKS OSiR | 11:19 |
| 5 | 90 | Mrugacz | Szymon | 05 3224 | UNTS | 11:24 |

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| M12 (30) | | | | | | 1.8 km 11 PK | (c.d.) |
| 6 | 98 | Drosik | Kacper | 04 | 3427 | UNTS | 11:30 |
| 7 | 87 | Choroś | Jan | 05 | 3119 | PUKS Młode Orły | 12:14 |
| 8 | 97 | Zaborski | Maciej | 04 | 3507 | KS Spójnia | 12:28 |
| 9 | 109 | Zych | Wiktor | 04 | 3429 | UNTS | 12:56 |
| 10 | 104 | Lubczyński | Maciej | 05 | 3167 | UNTS | 13:05 |
| 11 | 86 | Gajda | Tymon | 05 | 3163 | UNTS | 13:15 |
| 12 | 106 | Wołek | Stanisław | 04 | 3557 | UNTS | 13:17 |
| 13 | 89 | Wasilewski | Mikołaj | 05 | 2779 | UKS OSiR | 13:41 |
| 14 | 92 | Serafin | Kacper | 04 | 3428 | UNTS | 14:11 |
| 15 | 99 | Majowsk | Jan | 05 | 3502 | UKS OSiR | 14:18 |
| 16 | 88 | Rutka | Antoni | 05 | | UNTS | 14:45 |
| 17 | 107 | Lewandowski | Jakub | 05 | 3165 | UNTS | 14:54 |
| 17 | 110 | Wietrzyński | Jakub | 04 | 3173 | UNTS | 14:54 |
| 19 | 82 | Hajkowicz | Filip | 05 | 3164 | UNTS | 15:00 |
| 20 | 84 | Urbankiewicz | Kacper | 04 | 3171 | UNTS | 15:32 |
| 21 | 111 | Wieczorek | Hubert | 05 | 3172 | UNTS | 15:48 |
| 21 | 96 | Chojka | Krzysztof | 04 | 3162 | UNTS | 15:48 |
| 23 | 108 | Malinowski | Michał | 04 | 3168 | UNTS | 18:43 |
| 24 | 93 | Gorzkiwicz | Gabriel | 05 | 3508 | KS Spójnia | 20:23 |
| 25 | 83 | Malinowski | Jerzy | 04 | 3357 | KS Spójnia | 24:51 |
| 26 | 95 | Sobiepanek | Maksymilian | 05 | | UKS OSiR | 38:23 |
| | 100 | Wójtowicz | Krzysztof | 04 | 3174 | UNTS | abs |
| | 80 | Wierzbicki | Witold | 04 | 2677 | UNTS | abs |
| | 105 | Jach Bartha | Jan | 04 | 3221 | UNTS | abs |
| | 94 | Prusiński | Kacper | 04 | 3169 | UNTS | abs |
| M14 (10) | | | | | | 2.4 km 16 PK | |
| 1 | 116 | Olszewski | Bartłomiej | 02 | 2572 | UNTS | 13:44 |
| 2 | 113 | Sędlak | Michał | 03 | 2426 | OKISport | 14:45 |
| 3 | 114 | Nowakowski | Maciej | 02 | 3150 | BKS Wataha | 15:07 |
| 4 | 112 | Czernicki | Michał | 03 | | BKS Wataha | 15:51 |
| 5 | 119 | Kanarek | Kacper | 03 | | BKS Wataha | 21:09 |
| 6 | 120 | Onik | Adam | 03 | 3245 | UKS Saper | 25:26 |
| | 121 | Marte | Igor | 03 | 2956 | UNTS | abs |
| | 118 | Stranek | Jan | 03 | 2653 | UKS Azymut Pab | abs |
| | 115 | Kubiak | Dawid | 03 | 3246 | UKS Saper | abs |
| | 117 | Pańko | Kornel | 03 | | UKS Saper | abs |
| M16 (11) | | | | | | 3.0 km 18 PK | |
| 1 | 127 | Plóciennik | Konrad | 00 | 1785 | UKS Azymut Pab | 13:53 |
| 2 | 133 | Choroś | Tomasz | 00 | 2365 | PUKS Młode Orły | 14:59 |
| 3 | 128 | Pierzchała | Michał | 01 | 2411 | UNTS | 15:31 |
| 4 | 132 | Gumowski | Szymon | 01 | 2756 | BKS Wataha | 16:11 |
| 5 | 129 | Kajzer | Marcel | 01 | 1935 | PUKS Młode Orły | 16:36 |
| 6 | 126 | Michalak | Kacper | 01 | 2980 | KS Spójnia | 17:09 |
| 7 | 123 | Gładecki | Dawid | 00 | 3729 | UKS OSiR | 19:34 |
| 8 | 125 | Stasiak | Kacper | 01 | 3244 | UKS Saper | 19:35 |
| 9 | 131 | Drągowski | Paweł | 01 | 2429 | OKISport | 22:48 |
| | 124 | Nitsch | Tomasz (jr.) | 00 | 2408 | UNTS | abs |
| | 130 | Niebielski | Bartosz | 01 | 2947 | UKS Falenica | abs |

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| M18 (5) | | | | | | 3.2 km | 20 PK |
| 1 | 138 | Mossakowski | Wojciech | 98 | 1115 | UNTS | 13:58 |
| 2 | 137 | Urbaniak | Jerzy | 98 | 1515 | KS Spójnia | 15:38 |
| 3 | 135 | Borkowski | Maciej | 98 | 1582 | KS Spójnia | 15:59 |
| 4 | 139 | Janowski | Bartłomiej | 99 | 1517 | KS Spójnia | 16:09 |
| 5 | 136 | Myszkowski | Maciej | 98 | 1672 | UKS OSiR | 20:04 |
| M20/21 (17) | | | | | | 3.7 km | 22 PK |
| 1 | 142 | Galicz | Karol | 86 | 1853 | BKS Wataha | 15:06 |
| 2 | 143 | Gryzio | Łukasz | 88 | 336 | UKS Azymut Pab | 15:48 |
| 3 | 145 | Szczepaniak | Kamil | 97 | | KU AZS WAT | 18:01 |
| 4 | 152 | Marciniak | Patryk | 95 | 354 | UKS Azymut Pab | 18:46 |
| 5 | 141 | Rydliński | Bartosz | 85 | 16 | PUKS Młode Orły | 19:38 |
| 6 | 146 | Sadownik | Micjhał | 85 | 3641 | Indywidualnie | 20:18 |
| 7 | | Piosik | Marcin | 97 | 2412 | UNTS | 20:22 |
| 8 | 147 | Witkowski | Rafał | 95 | | KU AZS WAT | 20:25 |
| 9 | 154 | Piekarski | Ryszard | 91 | 693 | UKS OSiR | 20:41 |
| 10 | 151 | Borczyk | Łukasz | 90 | | Indywidualnie | 22:23 |
| 11 | 144 | Parfianowicz | Adam | 94 | | P Indywidualnie | 22:33 |
| 12 | 156 | Kamiński | Sebastian | 97 | 3645 | UKS Saper | 30:27 |
| | 149 | Gędziorowski | Maciej | 90 | 1939 | KU AZS WAT | nkl |
| | 148 | Weber | Michał | 85 | 2850 | OK!Sport | abs |
| | 155 | Patejko | Przemysław | 82 | 530 | KS Spójnia | abs |
| | 150 | Piłkowski | Tadeusz | 90 | 689 | OK!Sport | abs |
| | 153 | Wójcik | Darek | 67 | 2454 | OK!Sport | abs |
| M35/40 (6) | | | | | | 3.2 km | 20 PK |
| 1 | 158 | Wrzosek | Zbigniew | 70 | 569 | Indywidualnie | 16:52 |
| 2 | 162 | Mianowski | Rafał | 73 | 2068 | UNTS | 17:19 |
| 3 | 159 | Doliński | Grzegorz | 86 | 3143 | BKS Wataha | 17:29 |
| 4 | 161 | Lisiak | Paweł | 74 | 3251 | UKS Orientuś | 19:26 |
| | 157 | Sędlak | Krystian | 73 | 1130 | OK!Sport | nkl |
| | 160 | Wieczorek | Piotr | 73 | 3016 | Indywidualnie | abs |
| M45 (10) | | | | | | 2.8 km | 15 PK |
| 1 | 166 | Michalak | Tomasz | 69 | 2981 | KS Spójnia | 14:23 |
| 2 | 168 | Urbaniak | Krzysztof | 67 | 522 | KS Spójnia | 14:30 |
| 3 | 169 | Lipiński | Artur | 69 | 2024 | OK!Sport | 14:55 |
| 4 | 167 | Antonowicz | Jerzy | 68 | 90 | UNTS | 14:58 |
| 5 | 171 | Staszak | Artur | 70 | 2013 | UNTS | 15:07 |
| 6 | 164 | Olas | Jacek | 69 | 422 | UKS Orientuś | 15:51 |
| 7 | 165 | Krupiński | Andrzej | 69 | 1175 | UKS Saper | 17:36 |
| 8 | 172 | Popowski | Jarosław | 69 | 103 | UNTS | 19:25 |
| 9 | 163 | Malinowski | Zbigniew | 68 | 3356 | KS Spójnia | 23:20 |
| | 170 | Niebielski | Bartosz | 71 | 2945 | UKS Falenica | abs |
| M50 (10) | | | | | | 2.8 km | 15 PK |
| 1 | 174 | Pryjma | Tomasz | 64 | 1756 | UNTS | 13:32 |
| 2 | 179 | Chachurski | Ryszard | 63 | 65 | KU AZS WAT | 15:14 |
| 3 | 177 | Drągowski | Marek | 65 | 860 | OK!Sport | 16:13 |
| 4 | 181 | Parfianowicz | Marcin | 63 | 2288 | P Indywidualnie | 17:07 |
| 5 | 182 | Wiejacki | Janusz | 66 | 2422 | PUKS Młode Orły | 18:36 |

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| M50 (10) | | | | | | | | |
| | | | | | | 2.8 km | 15 PK | (c.d.) |
| 6 | 176 | Wołek | Andrzej | 64 | 3555 | UNTS | 18:41 | |
| 7 | 178 | Janowski | Piotr | 65 | 1527 | KS Spójnia | 19:44 | |
| 8 | 183 | Bargiel | Włodzimierz | 64 | | OK!Sport | 19:51 | |
| 9 | 175 | Żebrowski | Dariusz | 63 | 1532 | OK!Sport | 25:26 | |
| | 180 | Olszanka | Artur | 66 | 2021 | OK!Sport | abs | |
| M55 (5) | | | | | | | | |
| | | | | | | 2.5 km | 15 PK | |
| 1 | 188 | Konstanciak | Andrzej | 59 | 865 | OK!Sport | 14:34 | |
| 2 | 185 | Machowski | Władysław | 59 | 482 | UKS OSiR | 16:21 | |
| 3 | 186 | Wróblewski | Tadeusz | 58 | 226 | OK!Sport | 16:42 | |
| pk | 184 | Olszanka | Ola | 04 | 2428 | OK!Sport | 28:08 | |
| | 187 | Wałachowski | Janusz | 59 | 1171 | UKS Saper | abs | |
| M60/65/70 (6) | | | | | | | | |
| | | | | | | 2.4 km | 14 PK | |
| 1 | 193 | Krochmal | Andrzej | 56 | 528 | KS Spójnia | 12:43 | |
| 2 | 192 | Wasilewski | Stanisław | 46 | 1168 | UKS Saper | 13:23 | |
| 3 | 191 | Olbrycht | Janusz | 55 | 228 | Indywidualnie | 14:53 | |
| 4 | 189 | Trzpił | Lech | 49 | 691 | OK!Sport | 15:50 | |
| | 190 | Kania | Feliks | 51 | 1174 | UKS Saper | abs | |
| | 195 | Patejko | Tadeusz | 48 | 521 | KS Spójnia | abs | |
| M85 (2) | | | | | | | | |
| | | | | | | 1.8 km | 12 PK | |
| 1 | 196 | Wysocki | Stanisław | 29 | 523 | KS Spójnia | 22:44 | |
| 2 | 197 | Zielczyński | Mieczysław | 30 | 750 | A-TO-MY | 34:21 | |
| 10R (5) | | | | | | | | |
| 1 | 78 | Kazimierczak | Feliks | 09 | | UNTS | 7:48 | |
| 2 | | Gajda | Ignacy | | | UNTS | 7:53 | |
| 3 | | Kmiecińska | Maria | 09 | | PUKS Młode Orły | 10:54 | |
| 4 | | Kwieciński | | 07 | | PUKS Młode Orły | 11:03 | |
| 5 | | Bogdanowicz | Dominik | 09 | | UKS Orientuś | 16:15 | |