

| Msc. | Nr. | Imię i nazwisko | Klub | Płeć | M | K | Kat. wiek. | okr.1 | okr.2 | okr3 | Netto | Brutto | min/km |
|---------------|-----|-----------------------|---|------|---|-----|----------------|-------|-------|-------|---------|---------|-------------|
| 4,3 km | | | | | | | | | | | | | |
| 1 | 15 | Giżyński Przemysław | TKKF PŁOCK (Płock) | I | M | 1. | I M40+ () | 04:56 | 05:10 | 05:55 | 0:15:56 | 0:16:01 | 3:43 min/km |
| 2 | 74 | Kreft Piotr | PGSPORT.PL (Płock) | I | M | 2. | I M15-39 () | 05:08 | 05:18 | 05:56 | 0:16:18 | 0:16:23 | 3:48 min/km |
| 3 | 39 | Włodarczyk Dawid | Kutno Biega (Sójki) | I | M | 3. | I M15-39 () | 05:11 | 05:27 | 06:00 | 0:16:33 | 0:16:39 | 3:52 min/km |
| 4 | 67 | Kordulasiński Jarek | Biegaj z Dymkiem (Płock) | I | M | 4. | I M15-39 (1.) | 05:10 | 05:31 | 06:07 | 0:16:45 | 0:16:50 | 3:54 min/km |
| 5 | 71 | Karaszewski Marek | Aktywny Wasz Dach (Płock) | I | M | 5. | I M40+ (1.) | 05:16 | 05:30 | 06:17 | 0:16:59 | 0:17:04 | 3:58 min/km |
| 6 | 119 | Frydrysiak Igor | (Kutno) | I | M | 6. | I M15-39 (2.) | 05:26 | 05:52 | 06:10 | 0:17:22 | 0:17:29 | 4:04 min/km |
| 7 | 82 | Grabski Dariusz | BiegnęPodPrąd (Tłuchowo) | I | M | 7. | I M15-39 (3.) | 05:25 | 05:53 | 06:21 | 0:17:35 | 0:17:41 | 4:06 min/km |
| 8 | 45 | Przybylski Rafał | Przybyl-Kutno (Kutno) | I | M | 8. | I M40+ (2.) | 05:28 | 05:51 | 06:35 | 0:17:49 | 0:17:54 | 4:09 min/km |
| 9 | 73 | Durys Jarosław | ROZBIEGANI-ŻYCHLIN (Wola Popowa) | I | M | 9. | I M40+ (3.) | 05:39 | 05:57 | 06:32 | 0:18:03 | 0:18:09 | 4:13 min/km |
| 10 | 105 | Nowakowski Adam | (Płock) | I | M | 10. | I M15-39 (4.) | 05:38 | 06:04 | 06:51 | 0:18:28 | 0:18:34 | 4:19 min/km |
| 11 | 81 | Cyparski Marcin | (Płock) | I | M | 11. | I M40+ (4.) | 05:58 | 06:10 | 06:40 | 0:18:44 | 0:18:49 | 4:22 min/km |
| 12 | 61 | Malinowski Piotr | DELTA (Płock) | I | M | 12. | I M40+ (5.) | 05:57 | 06:01 | 06:51 | 0:18:45 | 0:18:50 | 4:22 min/km |
| 13 | 35 | Skibiński Adam | WKB Maratończyk Włocławek (Lubień Kujawski) | I | M | 13. | I M15-39 (5.) | 06:02 | 06:08 | 06:44 | 0:18:44 | 0:18:54 | 4:23 min/km |
| 14 | 9 | Kaczyńska Karolina | TKKF PŁOCK (Płock) | I | K | 1. | I K15-39 () | 06:05 | 06:07 | 06:51 | 0:18:58 | 0:19:04 | 4:26 min/km |
| 15 | 99 | Paczuski Mariusz | Wieckowski Team (Słupno) | I | M | 14. | I M40+ (6.) | 05:58 | 06:17 | 07:07 | 0:19:16 | 0:19:22 | 4:30 min/km |
| 16 | 57 | Augustyniak Marcin | BiegnęPodPrąd (Ligowo) | I | M | 15. | I M15-39 (6.) | 06:03 | 06:26 | 07:07 | 0:19:32 | 0:19:37 | 4:33 min/km |
| 17 | 75 | Szczygielski Mariusz | (Bodzanów) | I | M | 16. | I M15-39 (7.) | 06:14 | 06:33 | 07:05 | 0:19:46 | 0:19:53 | 4:37 min/km |
| 18 | 104 | Błaszczkowski Andrzej | (Gostynin) | I | M | 17. | I M15-39 (8.) | 06:04 | 06:29 | 07:22 | 0:19:49 | 0:19:56 | 4:38 min/km |
| 19 | 83 | Szmulewicz Michał | SOKÓŁ BODZANÓW (Bodzanów) | I | M | 18. | I M40+ (7.) | 06:11 | 06:34 | 07:13 | 0:19:53 | 0:19:59 | 4:38 min/km |
| 20 | 91 | Rybicki Robert | Sokół Bodzanów (Gąsewo) | I | M | 19. | I M40+ (8.) | 06:16 | 06:33 | 07:10 | 0:19:53 | 0:20:00 | 4:39 min/km |
| 21 | 53 | Wołos Igor | (Słupno) | I | M | 20. | I M15-39 (9.) | 06:13 | 06:32 | 07:18 | 0:19:57 | 0:20:04 | 4:40 min/km |
| 22 | 69 | Marcinkowski Michał | Orlen Running Team (Płock) | I | M | 21. | I M15-39 (10.) | 06:15 | 06:33 | 07:57 | 0:20:37 | 0:20:46 | 4:49 min/km |
| 23 | 88 | Górczyńska Anita | Więckowski Team (Płock) | I | K | 2. | I K15-39 () | 06:19 | 06:53 | 07:37 | 0:20:43 | 0:20:49 | 4:50 min/km |
| 24 | 25 | Tarka Piotr Paweł | WETERAN DPGP (Płock) | I | M | 22. | I M40+ (9.) | 06:56 | 06:43 | 07:21 | 0:20:50 | 0:21:00 | 4:53 min/km |
| 25 | 72 | Sulkowski Paweł | Banda Orła! (Płock) | I | M | 23. | I M40+ (10.) | 06:33 | 06:52 | 07:39 | 0:20:54 | 0:21:04 | 4:54 min/km |
| 26 | 106 | Nowakowska Klaudia | (Płock) | I | K | 3. | I K15-39 () | 06:53 | 06:52 | 07:29 | 0:21:06 | 0:21:16 | 4:56 min/km |
| 27 | 68 | Obrębski Marcin | Matner Runnig Team (Płock) | I | M | 24. | I M40+ (11.) | 06:45 | 06:55 | 07:45 | 0:21:15 | 0:21:25 | 4:59 min/km |
| 28 | 21 | Turek Mariusz | (Płock) | I | M | 25. | I M15-39 (11.) | 06:59 | 07:04 | 07:24 | 0:21:20 | 0:21:28 | 4:59 min/km |
| 29 | 138 | Brząkański Andrzej | (Murzynowo) | I | M | 26. | I M15-39 (12.) | 06:46 | 06:56 | 07:51 | 0:21:27 | 0:21:34 | 5:01 min/km |
| 30 | 47 | Ciosek Dariusz | Aktywnie Uzależniamy Płock (Mała Wieś) | I | M | 27. | I M15-39 (13.) | 06:52 | 07:09 | 07:49 | 0:21:43 | 0:21:51 | 5:05 min/km |
| 31 | 34 | Szczygielski Adam | Fundacja SWD (Płock) | I | M | 28. | I M40+ (12.) | 06:51 | 07:07 | 07:53 | 0:21:43 | 0:21:52 | 5:05 min/km |
| 32 | 42 | Kajak Agnieszka | ROZBIEGANI ŻYCHLIN (Żychlin) | I | K | 4. | I K40+ (1.) | 06:57 | 07:06 | 07:54 | 0:21:51 | 0:21:58 | 5:06 min/km |
| 33 | 96 | Rybicka Anna | Sokół Bodzanów (Garwacz) | I | K | 5. | I K15-39 (1.) | 06:58 | 07:07 | 08:09 | 0:22:04 | 0:22:15 | 5:10 min/km |
| 34 | 122 | Jakubiak Piotr | (Płońsk) | I | M | 29. | I M15-39 (14.) | 07:18 | 07:21 | 07:52 | 0:22:22 | 0:22:32 | 5:14 min/km |
| 35 | 93 | Gęsiarz Szymon | (Płock) | I | M | 30. | I M15-39 (15.) | 06:55 | 07:17 | 08:30 | 0:22:36 | 0:22:43 | 5:17 min/km |

| Msc. | Nr. | Imię i nazwisko | Klub | Płeć | M | K | Kat. wiek. | okr.1 | okr.2 | okr3 | Netto | Brutto | min/km |
|---------------|------------|----------------------|--|------|---|-----|----------------|-------|-------|-------|---------|----------------|-------------|
| 4,3 km | | | | | | | | | | | | | |
| 36 | 65 | Adamkowski Krzysztof | (Ciechanów) | I | M | 31. | I M40+ (13.) | 07:19 | 07:21 | 08:08 | 0:22:38 | 0:22:49 | 5:18 min/km |
| 37 | 97 | Lisowski Arkadiusz | (Nowe Proboszczewice) | I | M | 32. | I M40+ (14.) | 07:01 | 07:25 | 08:25 | 0:22:43 | 0:22:52 | 5:19 min/km |
| 38 | 24 | Rozzak Sylwester | Lubraniec (Brześć Kujawski) | I | M | 33. | I M15-39 (16.) | 07:16 | 07:06 | 08:33 | 0:22:40 | 0:22:56 | 5:20 min/km |
| 39 | 38 | Gach Michał | Strażak (Wyszyna) | I | M | 34. | I M15-39 (17.) | 06:38 | 07:42 | 08:37 | 0:22:50 | 0:22:58 | 5:20 min/km |
| 40 | 64 | Miaśkiewicz Marcin | Aktywnie Uzależniamy Płock (Płock) | I | M | 35. | I M15-39 (18.) | 06:57 | 07:35 | 08:31 | 0:22:56 | 0:23:03 | 5:21 min/km |
| 41 | 12 | Wolf Artur | (Płock) | I | M | 36. | I M40+ (15.) | 07:09 | 07:29 | 08:37 | 0:23:03 | 0:23:15 | 5:24 min/km |
| 42 | 120 | Staniszewska Joanna | (Płock) | I | K | 6. | I K40+ (2.) | 07:20 | 07:39 | 08:40 | 0:23:29 | 0:23:40 | 5:30 min/km |
| 43 | 103 | Witczak Piotr | (Warszawa) | I | M | 37. | I M40+ (16.) | 07:29 | 07:34 | 08:41 | 0:23:33 | 0:23:44 | 5:31 min/km |
| 44 | 117 | Wysocka Ilona | (Płock) | I | K | 7. | I K15-39 (2.) | 10:37 | 12:29 | 01:00 | 0:23:58 | 0:24:07 | 5:36 min/km |
| 45 | 36 | Nawrocki Paweł | TKKF Płock (Płock) | I | M | 38. | I M15-39 (19.) | 08:05 | 07:48 | 08:14 | 0:23:57 | 0:24:08 | 5:36 min/km |
| 46 | 43 | Grommunt Piotr | Tkkf Płock (Płock) | I | M | 39. | I M40+ (17.) | 07:41 | 07:51 | 08:45 | 0:24:05 | 0:24:18 | 5:39 min/km |
| 47 | 113 | Giżyńska Aleksandra | TKKF PŁOCK (Płock) | I | K | 8. | I K15-39 (3.) | 07:28 | 08:02 | 09:04 | 0:24:30 | 0:24:35 | 5:43 min/km |
| 48 | 32 | Zalewski Michał | (Płock) | I | M | 40. | I M15-39 (20.) | 07:40 | 07:57 | 09:00 | 0:24:29 | 0:24:38 | 5:43 min/km |
| 49 | 54 | Wołos Paweł | (Słupno) | I | M | 41. | I M40+ (18.) | 07:33 | 07:47 | 09:17 | 0:24:28 | 0:24:38 | 5:43 min/km |
| 50 | 78 | Domosławska Daria | TKKF PŁOCK (Płock) | I | K | 9. | I K40+ (3.) | 07:40 | 08:07 | 08:55 | 0:24:37 | 0:24:42 | 5:44 min/km |
| 51 | 10 | Szost Sandra | Płock Biega No Age Limit (Ciechanów) | I | K | 10. | I K15-39 (4.) | 07:43 | 08:08 | 08:57 | 0:24:39 | 0:24:48 | 5:46 min/km |
| 52 | 23 | Urbański Paweł | Sokół Bodzanów (Płock) | I | M | 42. | I M15-39 (21.) | 07:46 | 08:12 | 08:52 | 0:24:41 | 0:24:52 | 5:46 min/km |
| 53 | 114 | Postolski Jacek | (Płock) | I | M | 43. | I M40+ (19.) | 08:32 | 07:49 | 08:38 | 0:24:45 | 0:25:00 | 5:48 min/km |
| 54 | 94 | Krzyszewski Zbigniew | - (Stanowo) | I | M | 44. | I M40+ (20.) | 07:47 | 08:17 | 08:58 | 0:24:52 | 0:25:03 | 5:49 min/km |
| 55 | 17 | Dobrogoszcz Karolina | (Gąbin) | I | K | 11. | I K15-39 (5.) | 07:38 | 08:14 | 09:16 | 0:25:00 | 0:25:09 | 5:51 min/km |
| 56 | 92 | Gęsiarz Monika | (Płock) | I | K | 12. | I K15-39 (6.) | 07:49 | 08:20 | 09:18 | 0:25:19 | 0:25:28 | 5:55 min/km |
| 57 | 90 | Rybicka Agata | Sokół Bodzanów (Gąsewo) | I | K | 13. | I K40+ (4.) | 07:48 | 08:21 | 09:23 | 0:25:21 | 0:25:32 | 5:56 min/km |
| 58 | 18 | Ciężkowski Przemek | (Nowe Gulczewo) | I | M | 45. | I M15-39 (22.) | 07:32 | 08:28 | 09:32 | 0:25:24 | 0:25:33 | 5:56 min/km |
| 59 | 49 | Szymczak Karolina | Markowi Biegacze (Ząbki) | I | K | 14. | I K15-39 (7.) | 08:10 | 08:20 | 09:15 | 0:25:34 | 0:25:46 | 5:59 min/km |
| 60 | 98 | Stafirski Jarosław | (Cekanowo) | I | M | 46. | I M40+ (21.) | 07:24 | 08:42 | 09:41 | 0:25:42 | 0:25:48 | 6:00 min/km |
| 61 | 100 | Adamkiewicz Tomasz | L.L.T (Płock) | I | M | 47. | I M15-39 (23.) | 08:27 | 08:12 | 09:12 | 0:25:38 | 0:25:52 | 6:01 min/km |
| 62 | 16 | Jaworski Adam | (Płock) | I | M | 48. | I M15-39 (24.) | 08:11 | 08:22 | 09:47 | 0:26:10 | 0:26:21 | 6:07 min/km |
| 63 | 101 | Skowyrski Adam | (Płock) | I | M | 49. | I M15-39 (25.) | 07:50 | 08:21 | 10:10 | 0:26:07 | 0:26:21 | 6:07 min/km |
| 64 | 55 | Woroszyło Monika | RYKOWISKO (Płock) | I | K | 15. | I K40+ (5.) | 08:25 | 08:38 | 09:31 | 0:26:28 | 0:26:36 | 6:11 min/km |
| 65 | 29 | Szpernal Beata | (Płock) | I | K | 16. | I K40+ (6.) | 08:24 | 08:35 | 09:45 | 0:26:33 | 0:26:45 | 6:13 min/km |
| 66 | 58 | Winnicka Kamila | (Tłuchowo) | I | K | 17. | I K15-39 (8.) | 08:22 | 08:48 | 09:54 | 0:26:54 | 0:27:05 | 6:18 min/km |
| 67 | 46 | Garwacki Dawid | (Płock) | I | M | 50. | I M15-39 (26.) | 07:35 | 08:42 | 11:08 | 0:27:18 | 0:27:25 | 6:22 min/km |
| 68 | 80 | Butrym Adam | Towarzystwo Sportowe "Opatrunki" (Toruń) | I | M | 51. | I M15-39 (27.) | 08:36 | 08:46 | 10:04 | 0:27:11 | 0:27:27 | 6:23 min/km |
| 69 | 11 | Wiśniewski Remigiusz | (Kutno) | I | M | 52. | I M40+ (22.) | 08:18 | 08:55 | 10:19 | 0:27:23 | 0:27:33 | 6:24 min/km |
| 70 | 1 | Szymańska Marta | (Wielgie) | I | K | 18. | I K15-39 (9.) | 07:58 | 09:35 | 10:12 | 0:27:40 | 0:27:47 | 6:27 min/km |

| Msc. | Nr. | Imię i nazwisko | Klub | Płeć | M | K | Kat. wiek. | okr.1 | okr.2 | okr3 | Netto | Brutto | min/km |
|---------------|------------|-----------------------|----------------------------------|------|---|-----|----------------|-------|-------|-------|---------|----------------|--------------|
| 4,3 km | | | | | | | | | | | | | |
| 71 | 20 | Jot Artur | Harambe_RUN (Plock) | I | M | 53. | I M15-39 (28.) | 07:39 | 08:44 | 11:38 | 0:27:49 | 0:28:01 | 6:31 min/km |
| 72 | 95 | Nagórski Ryszard | (Ciechocinek) | I | M | 54. | I M40+ (23.) | 08:43 | 09:05 | 10:16 | 0:27:52 | 0:28:05 | 6:31 min/km |
| 73 | 51 | Milczarek Aneta | Kutno Biega (Kutno) | I | K | 19. | I K40+ (7.) | 09:35 | 08:55 | 09:50 | 0:28:12 | 0:28:21 | 6:35 min/km |
| 74 | 7 | Bernard Ewelina | (Plock) | I | K | 20. | I K15-39 (10.) | 08:24 | 09:35 | 10:40 | 0:28:33 | 0:28:40 | 6:40 min/km |
| 75 | 70 | Wadowska Iza | (Plock) | I | K | 21. | I K15-39 (11.) | 09:01 | 09:16 | 11:00 | 0:29:08 | 0:29:18 | 6:48 min/km |
| 76 | 8 | Rączkowski Daniel | Aktywnie Uzależniamy (Plock) | I | M | 55. | I M15-39 (29.) | 08:07 | 10:15 | 11:03 | 0:29:19 | 0:29:26 | 6:50 min/km |
| 77 | 40 | Skonieczny Dawid | Kutno Biega (Kutno) | I | M | 56. | I M15-39 (30.) | 08:50 | 10:03 | 10:56 | 0:29:42 | 0:29:50 | 6:56 min/km |
| 78 | 66 | Żuk Maciej | (Plock) | I | M | 57. | I M15-39 (31.) | 10:11 | 10:00 | 09:40 | 0:29:40 | 0:29:51 | 6:56 min/km |
| 79 | 28 | Osiecki Piotr | (Plock) | I | M | 58. | I M15-39 (32.) | 08:54 | 09:42 | 11:26 | 0:29:54 | 0:30:03 | 6:59 min/km |
| 80 | 37 | Gach Marcin | Strażak (Wyszyna) | I | M | 59. | I M40+ (24.) | 08:45 | 10:09 | 11:27 | 0:30:15 | 0:30:22 | 7:03 min/km |
| 81 | 139 | Postolska Izabela | ZOO PŁOCK (Plock) | I | K | 22. | I K40+ (8.) | 09:43 | 09:48 | 10:54 | 0:30:11 | 0:30:26 | 7:04 min/km |
| 82 | 102 | Kujawowicz Barbara | Orlen Running Team (Plock) | I | K | 23. | I K40+ (9.) | 09:27 | 09:56 | 11:10 | 0:30:19 | 0:30:34 | 7:06 min/km |
| 83 | 2 | Chrzanowska Katarzyna | (Wielgie) | I | K | 24. | I K40+ (10.) | 08:44 | 10:28 | 11:25 | 0:30:32 | 0:30:39 | 7:07 min/km |
| 84 | 26 | Wieluńska Jolanta | Plock Biega No Age Limit (Plock) | I | K | 25. | I K40+ (11.) | 09:33 | 09:35 | 11:32 | 0:30:28 | 0:30:40 | 7:08 min/km |
| 85 | 60 | Świątkowska Patrycja | (Stare Proboszczewice) | I | K | 26. | I K15-39 (12.) | 09:33 | 09:53 | 11:13 | 0:30:27 | 0:30:40 | 7:08 min/km |
| 86 | 62 | Świątkowska Paulina | (Nowe Proboszczewice) | I | K | 27. | I K15-39 (13.) | 09:33 | 09:52 | 11:14 | 0:30:27 | 0:30:41 | 7:08 min/km |
| 87 | 59 | Iwańska Arleta | Sokół Bodzanów (Plock) | I | K | 28. | I K40+ (12.) | 09:44 | 09:44 | 11:25 | 0:30:41 | 0:30:53 | 7:11 min/km |
| 88 | 30 | Jarczewska Renata | (Goleniów) | I | K | 29. | I K40+ (13.) | 09:27 | 10:20 | 11:21 | 0:30:57 | 0:31:08 | 7:14 min/km |
| 89 | 84 | Kamiński Wojciech | (Plock) | I | M | 60. | I M15-39 (33.) | 09:47 | 10:21 | 11:02 | 0:30:55 | 0:31:11 | 7:15 min/km |
| 90 | 89 | Bukowski Leszek | ZOO PŁOCK (Plock) | I | M | 61. | I M40+ (25.) | 09:42 | 10:17 | 11:34 | 0:31:18 | 0:31:34 | 7:20 min/km |
| 91 | 76 | Szwech Aneta | ZOO Plock (Wyszyna 14a) | I | K | 30. | I K40+ (14.) | 09:42 | 10:18 | 11:34 | 0:31:19 | 0:31:34 | 7:20 min/km |
| 92 | 115 | Rajewska Dorota | (Plock) | I | K | 31. | I K15-39 (14.) | 09:24 | 11:10 | 12:08 | 0:32:35 | 0:32:43 | 7:36 min/km |
| 93 | 33 | Snopkowska Emilia | (Grodztwo) | I | K | 32. | I K15-39 (15.) | 10:46 | 10:37 | 11:31 | 0:32:40 | 0:32:55 | 7:39 min/km |
| 94 | 86 | Krzyszewska Katarzyna | Sokół Bodzanów (Stanowo) | I | K | 33. | I K40+ (15.) | 10:09 | 10:46 | 12:06 | 0:32:50 | 0:33:03 | 7:41 min/km |
| 95 | 87 | Wadowski Grzegorz | (Plock) | I | M | 62. | I M40+ (26.) | 09:59 | 11:10 | 12:15 | 0:33:14 | 0:33:25 | 7:46 min/km |
| 96 | 19 | Kacprzak Beata | Sokół Bodzanów (Mała Wieś) | I | K | 34. | I K15-39 (16.) | 10:40 | 11:10 | 12:50 | 0:34:28 | 0:34:41 | 8:04 min/km |
| 97 | 63 | Januszewska Ewa | (Plock) | I | K | 35. | I K40+ (16.) | 10:41 | 11:12 | 12:48 | 0:34:28 | 0:34:41 | 8:04 min/km |
| 98 | 85 | Burna Iweta | (Plock) | I | K | 36. | I K40+ (17.) | 11:00 | 12:20 | 13:43 | 0:36:49 | 0:37:04 | 8:37 min/km |
| 99 | 56 | Gdańska Aneta | (Kowal) | I | K | 37. | I K40+ (18.) | 10:59 | 12:20 | 13:44 | 0:36:50 | 0:37:04 | 8:37 min/km |
| 100 | 121 | Florek Kacper | (Górki) | I | M | 63. | I M15-39 (34.) | 09:17 | 10:05 | 20:46 | 0:39:55 | 0:40:09 | 9:20 min/km |
| 101 | 5 | Wrześniak Barbara | Parakulos Kowal (Kowal) | I | K | 38. | I K40+ (19.) | 14:21 | 14:46 | 16:10 | 0:45:04 | 0:45:19 | 10:32 min/km |
| 102 | 118 | Jasińska Krystyna | Paradoks (Kowal) | I | K | 39. | I K40+ (20.) | 14:22 | 14:45 | 16:11 | 0:45:04 | 0:45:19 | 10:32 min/km |

Liczba zawodników: 102