



WYJĄTKOWY BIEG CYKL KATEGORIE WIEKOWE

20.06, 29.08, 25.09.2021 - 5km

| MIEJSCE | IMIĘ | NAZWISKO | Drużyna / Klub | ROK | KAT | KAT/ MIEJSCE | | | SUMA |
|---------|------------|-------------|-----------------|------|-----|--------------|--------|--------|------|
| | | | | | | BIEG 1 | BIEG 2 | BIEG 3 | |
| | Laura | Barańska | OLEJVITA | 2003 | K1 | | | 1 | |
| | Maja | Gajdzicka | | 2006 | K1 | | | 2 | |
| | Selma | Kamal | | 2010 | K1 | 2 | | | |
| | Klaudia | Klocek | | 2007 | K1 | | 2 | | |
| | Amelia | Legezińska | | 2007 | K1 | | 1 | | |
| | Jowita | Malewska | | 2004 | K1 | | 3 | | |
| | Małgorzata | Musielska | | 2005 | K1 | 1 | | | |
| | Natalia | Żurawska | | 2006 | K1 | | | 3 | |
| 1 | Zuzanna | Pawlikowska | Warriors Łódź | 1994 | K2 | | 1 | 2 | 3 |
| 2 | Ewelina | Kosielska | | 1996 | K2 | | 2 | 3 | 5 |
| | Rita | Andrzejczak | | 1995 | K2 | | 4 | | |
| | Paulina | Banaszek | | 1996 | K2 | | 6 | | |
| | Olga | Felczyńska | KAMIEN MILOWY | 1996 | K2 | 7 | | | |
| | Ewelina | Gaska | | 1993 | K2 | 3 | | | |
| | Marta | Gwardys | Takeda Team | 1992 | K2 | | | 4 | |
| | AGNIESZKA | Kaczała | KAMIEN MILOWY | 1997 | K2 | 4 | | | |
| | Urszula | Kulawczyk | | 2001 | K2 | 6 | | | |
| | Izabela | Marus | Takeda Team | 1999 | K2 | | | 6 | |
| | NATALIA | MROCZKOWSKA | | 1992 | K2 | | 5 | | |
| | Barbara | Nawrot | | 2000 | K2 | | 3 | | |
| | Paulina | Osiecka | ZAZ Dobry Start | 1993 | K2 | 5 | | | |
| | Kinga | Sękowska | EVErRUN | 1992 | K2 | | | 1 | |
| | Monika | Sochacka | KAMIEN MILOWY | 1994 | K2 | 1 | | | |
| | Monika | Zwolińska | | 1995 | K2 | 2 | | | |
| | Magdalena | Żdźalik | Takeda Team | 1994 | K2 | | | 5 | |
| | Sylwia | Błaszczak | Takeda Team | 1992 | K2 | | | 7 | |

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|----|------------|-------------------|-------------------------------------|------|----|----|----|----|----|
| 1 | Agata | Pskit | Olej Running Team | 1991 | K3 | 1 | 1 | | 2 |
| 2 | Aleksandra | Umińska | | 1988 | K3 | 2 | 2 | 1 | 3 |
| 3 | Marzena | Golędzinowska | PlanBieganie.pl/#TeamArturKozłowski | 1985 | K3 | 3 | 4 | 3 | 6 |
| 4 | Agata | Tomaszczyk | O co biega | 1984 | K3 | 4 | | 2 | 6 |
| 5 | Marta | Gunther | Razem Trenujemy Sport | 1984 | K3 | 5 | 5 | 4 | 9 |
| 6 | Gabriela | Sielecka | Fujitsu Running Team | 1982 | K3 | | 6 | 7 | 13 |
| 7 | Edyta | Miszczak | | 1987 | K3 | 11 | 8 | 6 | 14 |
| 8 | Aleksandra | Zakrzewska | | 1982 | K3 | | 9 | 9 | 18 |
| 9 | Magdalena | Tersa | 60 Minut | 1991 | K3 | 7 | 13 | | 20 |
| 10 | Sylwia | Skrzyńska | | 1983 | K3 | 12 | 15 | 10 | 22 |
| 11 | IZABELA | HERMANOWICZ | NIEDZIELNE BIEGACZKI | 1984 | K3 | 9 | 16 | 13 | 25 |
| 12 | Karolina | Urbaszek | | 1987 | K3 | 14 | 19 | 14 | 28 |
| 13 | Katarzyna | Węglarska-Chutnik | Slow Jogging | 1983 | K3 | 18 | 24 | 19 | 37 |
| 14 | Paulina | Małaczewska | | 1987 | K3 | | 27 | 21 | 48 |
| 15 | Marta | Pabiańska | | 1990 | K3 | | 28 | 22 | 50 |
| | Natalia | Adamkiewicz | | 1989 | K3 | | 3 | | |
| | Paulina | Bilczak | | 1987 | K3 | 13 | | | |
| | Anna | Borkowska | | 1985 | K3 | | 18 | | |
| | Paulina | Brzezińska | | 1991 | K3 | | | 8 | |
| | Emilia | Ciołek | | 1985 | K3 | | | 16 | |
| | Mariola | Ciura | | 1986 | K3 | 15 | | | |
| | Magdalena | Derlecka | | 1984 | K3 | | 21 | | |
| | Marta | Dębowska | | 1984 | K3 | 20 | | | |
| | Joanna | Dominiak | Aleksandrów Łódzki/Witonia | 1988 | K3 | 21 | | | |
| | Joanna | Garbacz | Takeda Team | 1987 | K3 | | | 18 | |
| | Victoria | Gessler | Takeda Team | 1991 | K3 | | | 17 | |
| | Monika | Gurbiel | POLSKA 2050 | 1982 | K3 | 24 | | | |
| | Paulina | Hanysz Worach | | 1986 | K3 | | 22 | | |
| | Anna | Jarzębowska | Aleksandrów Łódzki/Witonia | 1988 | K3 | 19 | | | |

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|----|------------|-------------------------|---|------|----|----|----|----|----|
| | Joanna | Jędrzejczak-Piera | | 1986 | K3 | | | 15 | |
| | Magdalena | Kalinowska | Zaz Dobry Start | 1984 | K3 | 8 | | | |
| | Paulina | Kolbuch | Takeda Team | 1990 | K3 | | | 11 | |
| | Daria | Konieczna | Systematyczność | 1984 | K3 | | 7 | | |
| | Magda | Kowalczyk | | 1985 | K3 | | | 5 | |
| | Katarzyna | Kozłowska | | 1989 | K3 | | 12 | | |
| | Kamila | Krauze-Pyrgiel | | 1984 | K3 | | 17 | | |
| | Monika | Kubiak | Wydawnictwo Literatura | 1990 | K3 | 10 | | | |
| | Beata | Kurgan | | 1983 | K3 | 17 | | | |
| | Izabela | Maciejewska | | 1983 | K3 | | 23 | | |
| | MAŁGORZATA | MARKOWICZ-RETKOWSKA | POLSKA 2050 | 1982 | K3 | 23 | | | |
| | Karolina | Mazerant | Razem Trenujemy Sport | 1989 | K3 | 6 | | | |
| | Anna | Naruszewicz-Kopertowska | | 1985 | K3 | | 26 | | |
| | Elwira | Olejniczak | OleOle :) | 1984 | K3 | | 10 | | |
| | Agata | Olszewska | | 1982 | K3 | | | 20 | |
| | Agata | Riemer | | 1987 | K3 | | 20 | | |
| | Aneta | Stańczyk | | 1982 | K3 | | 29 | | |
| | Kamila | Stasiowska | | 1985 | K3 | 16 | | | |
| | Edyta | Szkobel | | 1989 | K3 | | 25 | | |
| | Olena | Timofieieva | | 1985 | K3 | | 14 | | |
| | Paulina | Wiśniewska | SPS 105 | 1985 | K3 | | 11 | | |
| | Renata | Witczak | POLSKA 2050 | 1983 | K3 | 22 | | | |
| | Gabriela | Żurawska | | 1982 | K3 | | | 12 | |
| | | | | | | | | | |
| 1 | Oliwia | Gawlik-Kotelnicka | Centralny Szpital Kliniczny UM w Łodzi. | 1981 | K4 | 1 | 3 | | 4 |
| 2 | Blanka | Lutomirska | XXV LO RUNNERS | 1979 | K4 | 2 | 22 | 7 | 9 |
| 3 | Aleksandra | Michalak | Fujitsu Running Team | 1981 | K4 | | 6 | 4 | 10 |
| 4 | Joanna | Kostka | | 1972 | K4 | 4 | 7 | | 11 |
| 5 | Agnieszka | Leśniak-Gębura | NIEDZIELNE BIEGACZKI | 1974 | K4 | 7 | | 5 | 12 |
| 6 | Iza | Nowak | NIEDZIELNE BIEGACZKI | 1975 | K4 | 8 | | 6 | 14 |
| 7 | Anna | Pietrzak | | 1972 | K4 | | 9 | 10 | 19 |
| 8 | Agnieszka | Głowinkowska | | 1975 | K4 | | 12 | 12 | 24 |
| 9 | Agata | Błaszczak | | 1976 | K4 | | 11 | 19 | 30 |
| 10 | Agnieszka | Gortat | SDS Pabianicka | 1976 | K4 | 16 | 17 | 17 | 33 |

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|----|------------|----------------------|-------------------------------|------|----|----|----|----|----|
| 11 | Anna | Nowak | Bombowe Dziewuchy | 1976 | K4 | 18 | 18 | 20 | 36 |
| 12 | Anna | Michalak | | 1979 | K4 | 19 | 20 | 18 | 37 |
| 13 | Ewa | Targalska | slow jogging | 1979 | K4 | 24 | 13 | | 37 |
| 14 | AGNIESZKA | MATYSEK | KAMIEN MILOWY | 1976 | K4 | 27 | 21 | 22 | 43 |
| 15 | Anna | Palinno | ZAZ Dobry Start | 1976 | K4 | 30 | | 23 | 53 |
| | Jitka | Borkowska | Takeda Team | 1979 | K4 | | | 15 | |
| | Joanna | Brzozowska | Bombowe dziewczuchy | 1979 | K4 | 3 | | | |
| | Sylwia | Czajkowska | | 1976 | K4 | | 2 | | |
| | Marzena | Filip | PPN | 1977 | K4 | 15 | | | |
| | Malgorzata | Fratczak | | 1976 | K4 | | | 21 | |
| | Beata | Gajewska | | 1981 | K4 | | 19 | | |
| | Katarzyna | Gibalska | | 1975 | K4 | | | 9 | |
| | Ewa | Glińska | KAMIEN MILOWY | 1981 | K4 | 28 | | | |
| | ALEKSANDRA | JAMRÓZ | JZW | 1979 | K4 | | | 3 | |
| | EDYTA | JASTER | | 1975 | K4 | 26 | | | |
| | Agnieszka | Kacprzyk | Aleksandrów Łódzki/Witonia | 1979 | K4 | 20 | | | |
| | Aleksandra | Kaczmarek | POLSKA 2050 | 1980 | K4 | 22 | | | |
| | Agnieszka | Klecińska | | 1973 | K4 | 12 | | | |
| | Wioletta | Kowara | KAMIEN MILOWY | 1976 | K4 | 11 | | | |
| | Marzena | Krysiak | | 1972 | K4 | 9 | | | |
| | ANNA | LEDER | ŁÓDZKI ODDZIAŁ WOJEWÓDZKI NFZ | 1972 | K4 | | | 14 | |
| | Patrycja | Łachecka | | 1980 | K4 | 23 | | | |
| | Tatiana | Łaskowska-Płóciennik | KAMIEN MILOWY | 1979 | K4 | 29 | | | |
| | Magdalena | Łukaszewska | POLSKA 2050 | 1979 | K4 | 25 | | | |
| | Mariola | Matuszewska | | 1977 | K4 | | 23 | | |
| | Agnieszka | Mikulska | Razem Trenujemy Sport | 1975 | K4 | 6 | | | |
| | Aleksandra | Moszczyńska | mBank | 1976 | K4 | | 10 | | |
| | Anna | Niedźwiedź | | 1977 | K4 | 10 | | | |
| | Ewa | OCHOCKA | | 1978 | K4 | 5 | | | |
| | Maria | Olczyk | | 1980 | K4 | | | 13 | |
| | Dorota | Olejniczak | | 1972 | K4 | | | 11 | |
| | Iwona | Ostrowska-Lentas | | 1977 | K4 | | 16 | | |
| | Aleksandra | Pietraszewska | | 1975 | K4 | | | 8 | |
| | Milena | Piwocka | | 1981 | K4 | 14 | | | |

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|---|------------|-----------------|----------------------------|------|----|----|----|----|----|
| | Justyna | Poddębniak | | 1975 | K4 | | 5 | | |
| | Renata | Podolska | Takeda Team | 1981 | K4 | | | 16 | |
| | Joanna | Poszwińska | | 1981 | K4 | | 15 | | |
| | Agnieszka | Prawda | Aleksandrów Łódzki/Witonia | 1981 | K4 | 21 | | | |
| | Izabela | Różańska | Niedzielne Biegacze | 1977 | K4 | | | 2 | |
| | Dorota | Różańska | | 1975 | K4 | | | 1 | |
| | SYLWIA | SŁOWIŃSKA | RS Team | 1974 | K4 | | 14 | | |
| | Beata | Sobieraj | Slow Jogging | 1977 | K4 | 17 | | | |
| | Dorota | Szuft | Bombowe dziewczuchy | 1979 | K4 | 13 | | | |
| | Maria | Wisniewska | | 1980 | K4 | | 8 | | |
| | Agnieszka | Wysocka-Adamska | Łódź Kocha Sport | 1981 | K4 | | 1 | | |
| | Agnieszka | Zagórska | | 1975 | K4 | | 4 | | |
| | | | | | | | | | |
| 1 | Katarzyna | Gromek | | 1971 | K5 | 1 | 1 | 1 | 2 |
| 2 | Elżbieta | Madej | | 1960 | K5 | 3 | 2 | 4 | 5 |
| 3 | Małgorzata | Frankenberg | Biegacz Nowosolna | 1955 | K5 | 2 | 4 | 5 | 6 |
| 4 | Kamilla | Goss | | 1968 | K5 | 5 | 5 | | 10 |
| | Anna | Berner | | 1958 | K5 | | 10 | | |
| | Renata | Biniewicz | Boruta Team | 1971 | K5 | | 3 | | |
| | Agnieszka | Bogus | | 1969 | K5 | | | 3 | |
| | Małgorzata | Grudzińska | POLSKA 2050 | 1959 | K5 | 6 | | | |
| | Dorota | Jaruga | Systematyczność | 1966 | K5 | | 9 | | |
| | Dorota | Korona | | 1963 | K5 | | 11 | | |
| | Iwona | Krul | | 1954 | K5 | | 7 | | |
| | Agnieszka | Niedzwiedzka | | 1968 | K5 | | | 2 | |
| | Agnieszka | Rodak | | 1964 | K5 | | 6 | | |
| | Wiesława | Rosiak | | 1967 | K5 | 4 | | | |
| | Teresa | Woźniak | | 1969 | K5 | | 8 | | |
| | | | | | | | | | |
| | Wiktor | Biedrzykowski | | 2003 | M1 | | 2 | | |
| | Filip | Gąsowski | | 2005 | M1 | | 3 | | |
| | Krzysztof | Godzwon | | 2002 | M1 | | | 4 | |
| | Jakub | Jaciubek | | 2003 | M1 | 2 | | | |
| | Adam | Kostka | | 2002 | M1 | | | 1 | |

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|----|------------|---------------|-------------------------------|------|----|----|----|----|----|
| | Oliwier | Kubik | OLEJVITA | 2006 | M1 | | | 3 | |
| | Julian | Niedźwiedź | | 2009 | M1 | 4 | | | |
| | Wiktor | Ochocki | | 2007 | M1 | 3 | | | |
| | Wiktor | Piechol | | 2010 | M1 | | | 2 | |
| | Filip | Radzisz | | 2004 | M1 | 1 | | | |
| | Tymon | Tomaszewski | Przepotężny jednoosobowy team | 2003 | M1 | | 1 | | |
| | Ermu | Wieczorek | OLEJVITA | 2006 | M1 | | | 6 | |
| | Łukasz | Wojciechowski | | 2007 | M1 | 5 | | | |
| | | | | | | | | | |
| 1 | Sviatoslav | Melnyk | Fujitsu Running Team | 1993 | M2 | | 1 | 1 | 2 |
| 2 | Bartosz | Wiliński | | 1996 | M2 | 5 | | 4 | 9 |
| 3 | Dominik | Bluszek | ZAZ Dobry Start | 1992 | M2 | 6 | 5 | | 11 |
| | Mateusz | Kasprzak | | 1996 | M2 | 1 | | | |
| | Miłosz | Każula | | 1997 | M2 | 4 | | | |
| | Marek | Korbel | Anonimsi | 1992 | M2 | | 2 | | |
| | Leszek | Kulawczyk | | 1992 | M2 | | | 2 | |
| | Jakub | Liwocz | FUJITSU RUNNING TEAM | 1992 | M2 | | | 3 | |
| | Maciej | Majewski | | 2001 | M2 | 2 | | | |
| | Dominik | Malewski | | 2000 | M2 | | 6 | | |
| | Gabriel | Pietrasik | TPS SDS Pabianicka | 1995 | M2 | | 4 | | |
| | Jakub | Szymański | | 2000 | M2 | | 3 | | |
| | Marcin | Zajdel | | 1994 | M2 | 3 | | | |
| | | | | | | | | | |
| 1 | Paweł | Kopaczewski | Time4S | 1990 | M3 | | 1 | 1 | 2 |
| 2 | Michał | Szymański | Łódź Run Crew /Jako Team | 1985 | M3 | 2 | 2 | 2 | 4 |
| 3 | Viktor | Volkov | O co biega | 1989 | M3 | 3 | 3 | 5 | 6 |
| 4 | Adam | Stangreciak | Tigres Del Papa | 1989 | M3 | 4 | 4 | 4 | 8 |
| 5 | Aleksander | Lisowski | Razem Trenujemy Sport | 1986 | M3 | 5 | | 8 | 13 |
| 6 | Piotr | Dudziński | Razem Trenujemy Sport | 1987 | M3 | 7 | 8 | | 15 |
| 7 | Piotr | Lewicki | | 1989 | M3 | | 6 | 11 | 17 |
| 8 | Paweł | Bliźniuk | Kocham Łódź | 1986 | M3 | 11 | | 14 | 25 |
| 9 | Kazimierz | Cascarino | | 1985 | M3 | 20 | 6 | | 26 |
| 10 | Tomasz | Urbaszek | | 1986 | M3 | 22 | 21 | 5 | 26 |
| 11 | Igor | Kulawczyk | | 1990 | M3 | 18 | 15 | 18 | 33 |

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|----|------------|-------------|------------------------|------|----|----|----|----|----|
| 12 | Thomas | Scherbaum | Fujitsu Running Team | 1985 | M3 | | 16 | 17 | 33 |
| 13 | Błażej | Ślęczkowski | Fujitsu Running Team | 1985 | M3 | | 13 | 21 | 34 |
| 14 | Dariusz | Kubiak | Wydawnictwo Literatura | 1983 | M3 | 16 | 19 | | 35 |
| 15 | Szymon | Pilecki | ZAZ Dobry Start | 1983 | M3 | 24 | 26 | 26 | 49 |
| 16 | Grzegorz | Rygalik | | 1983 | M3 | 25 | 28 | | 53 |
| 17 | Mariusz | Leško | TPS SDS Pabianicka | 1986 | M3 | 26 | 29 | 29 | 55 |
| | Dariusz | Adamus | Takeda Team | 1982 | M3 | | | 22 | |
| | Paweł | Biesiada | | 1989 | M3 | | 18 | | |
| | Jakub | Borowski | ŁódźRunCrew/JAKOteam | 1983 | M3 | 10 | | | |
| | Mariusz | Brewka | TreningJestCelem | 1984 | M3 | | 20 | | |
| | Łukasz | Brzeziński | OLEJVITA | 1987 | M3 | | | 10 | |
| | Waldemar | Buda | | 1983 | M3 | | | 12 | |
| | Marcin | Bujanowski | Jagoda Team | 1982 | M3 | | 9 | | |
| | Wojciech | Cicharski | ZAZ Dobry Start | 1991 | M3 | 6 | | | |
| | Antoni | Feliniak | | 1989 | M3 | | 24 | | |
| | Marcin | Górski | | 1985 | M3 | 14 | | | |
| | Radosław | Grabowski | | 1984 | M3 | | | 28 | |
| | Mariusz | Janicki | | 1983 | M3 | | | 6 | |
| | Rafał | Jonko | OLEJVITA | 1987 | M3 | | | 19 | |
| | Piotr | Kaczmarek | Anonimsi | 1989 | M3 | | 27 | | |
| | Tomasz | Karda | | 1985 | M3 | | | 24 | |
| | Bartłomiej | Kowalski | | 1989 | M3 | | | 20 | |
| | Przemek | Kozłowski | | 1983 | M3 | | | 15 | |
| | Przemysław | Kucharski | | 1988 | M3 | | 12 | | |
| | Kamil | Kurczeski | | 1988 | M3 | | | 3 | |
| | Wojciech | Lewicki | | 1983 | M3 | | 5 | | |
| | Kamil | Ławski | Razem Trenujemy Sport | 1982 | M3 | 13 | | | |
| | Michał | Maciejewski | | 1983 | M3 | | 25 | | |
| | Michał | Malski | Takeda Team | 1985 | M3 | | | 16 | |
| | Jacek | Mejer MEZO | | 1982 | M3 | | | 9 | |
| | Marcin | Męcina | | 1990 | M3 | 19 | | | |
| | Emil | Mroczkowski | | 1988 | M3 | | 23 | | |
| | Damian | Osiecki | | 1990 | M3 | 21 | | | |
| | Tomasz | Osmulski | Trucht.com | 1982 | M3 | 1 | | | |

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|----|-----------|---------------|--|------|----|----|----|----|----|
| | Jan | Pawlak | | 1982 | M3 | | 22 | | |
| | Jarosław | Reszka | | 1983 | M3 | | | 13 | |
| | Maciej | Riemer | | 1990 | M3 | | 10 | | |
| | Marcin | Sikorski | Takeda Team | 1989 | M3 | | | 27 | |
| | Michał | Staniewski | | 1987 | M3 | 8 | | | |
| | Robert | Stefaniak | Razem Trenujemy Sport | 1988 | M3 | | 17 | | |
| | Sebastian | Strożek | Wydawnictwo Literatura | 1984 | M3 | 9 | | | |
| | Mateusz | Tersa | 60 Minut | 1987 | M3 | 23 | | | |
| | | Upshell | | 1988 | M3 | | | 26 | |
| | Artur | Wejner | | 1989 | M3 | 12 | | | |
| | Adrian | Wiszniowski | | 1988 | M3 | | | 23 | |
| | Tobiasz | Wojnarowski | | 1988 | M3 | 14 | | | |
| | Maciej | Wojnowski | | 1988 | M3 | 15 | | | |
| | Pawel | Wozniak | | 1988 | M3 | | 11 | | |
| | Krzysztof | Woźniakowski | | 1982 | M3 | | | 7 | |
| | Sebastian | Wujek | | 1984 | M3 | 17 | | | |
| | Maciej | Żywicki | | 1983 | M3 | | 7 | | |
| | | | | | | | | | |
| 1 | Maciej | Makowski | | 1981 | M4 | 1 | 1 | 1 | 2 |
| 2 | Mariusz | Kotelnicki | AkademiaBiegacza.pl | 1980 | M4 | 2 | 4 | | 6 |
| 3 | Robert | GALOCH | Sobotnia Grupa Biegowa | 1972 | M4 | 4 | 5 | 15 | 9 |
| 4 | Maciej | Niedźwiedź | | 1976 | M4 | 8 | | 7 | 15 |
| 5 | Sławek | Kacprzak | Razem Trenujemy Sport | 1975 | M4 | 7 | 10 | | 17 |
| 6 | Rafał | Szymański | Wataha-Łączy nas bieganie | 1979 | M4 | 12 | 12 | | 24 |
| 7 | Jakub | Kubiak | ZAZ Dobry Start | 1978 | M4 | 11 | | 14 | 25 |
| 8 | Damian | Paluszkiewicz | Fujitsu Running Team | 1979 | M4 | | 14 | 12 | 26 |
| 9 | Artur | Sierszeń | | 1976 | M4 | 13 | 13 | | 26 |
| 10 | Adam | Chutnik | Slow Jogging | 1979 | M4 | 16 | 16 | 18 | 32 |
| 11 | Mariusz | Maciaszczyk | | 1972 | M4 | 17 | 19 | | 36 |
| 12 | Adam | Olczak | ZAZ Dobry Start | 1975 | M4 | | 20 | 20 | 40 |
| 13 | Rafał | Świdniak | Towarzystwo Przyjaciół Niepełnosprawnych | 1972 | M4 | 19 | 21 | | 40 |
| | Marcin | Banasiak | Fujitsu Running Team | 1975 | M4 | | 3 | | |
| | Krzysztof | Bendinger | | 1978 | M4 | 9 | | | |
| | Jacek | Bernacik | | 1975 | M4 | | 17 | | |

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|---|------------|---------------|-----------------------|------|----|----|----|---|----|
| 1 | Wojciech | Zalasa | Łódź Kocha Sport | 1968 | M5 | 1 | 1 | | 2 |
| 2 | Krzysztof | Łaski | Biegacz Nowosolna | 1964 | M5 | 2 | 2 | 2 | 4 |
| 3 | Bogusław | Mila | | 1971 | M5 | 3 | 3 | | 6 |
| 4 | Piotr | Chuchler | RKB "Dla Rodziny" | 1971 | M5 | | 4 | 4 | 8 |
| 5 | Andrzej | Dzięgielewski | | 1967 | M5 | 4 | 8 | | 12 |
| 6 | Andrzej | Wibig | ZAZ Dobry Start | 1964 | M5 | 8 | 14 | 6 | 14 |
| 7 | Piotr | Komorowski | | 1968 | M5 | | 9 | 5 | 14 |
| 8 | Jacek | Balicki | Biegacz Nowosolna | 1963 | M5 | 7 | 13 | 8 | 15 |
| 9 | Wojciech | Wilinski | | 1965 | M5 | 10 | 15 | 9 | 25 |
| | Sławomir | Biniewicz | | 1971 | M5 | | 5 | | |
| | Tadeusz | Borowski | | 1968 | M5 | | 16 | | |
| | Fobester | Chadehumbe | Takeda Team | 1969 | M5 | | | 3 | |
| | Piotr | Czyżewski | Straż Miejska w Łodzi | 1965 | M5 | | | 1 | |
| | Tomasz | Falak | | 1964 | M5 | 5 | | | |
| | Jacek | Maruszyński | | 1964 | M5 | 9 | | | |
| | Robert | Mosiński | AŁT | 1970 | M5 | | 10 | | |
| | Grzegorz | Moszczyński | mBank | 1969 | M5 | | 11 | | |
| | Andrzej | Pawelec | | 1959 | M5 | 6 | | | |
| | Grzegorz | Rodak | | 1965 | M5 | | 12 | | |
| | Krzysztof | Wawrzyniak | | 1966 | M5 | | | 7 | |
| | Przemysław | Wnuk | | 1966 | M5 | | 7 | | |