

| Pl | tno | Name | B | Club | Time |
|-----------------|-----|----------------------|---|--------------------------|---------|
| K21 (12) | | | | 4,2 km 160 m 16 C | |
| 1 | | Hanna Wisniewska | | WKS Grunwald Poznan | 46:13 |
| 2 | | Ewa Bernaciak | | UKS Orientus Lodz | 49:08 |
| 3 | | Agnieszka Mazurek | | WKS Slask Wroclaw | 54:20 |
| 4 | | Aleksandra Hornik | | WKS Grunwald Poznan | 55:10 |
| 5 | | Mariya Polishchuk | | UNTS Warszawa | 1:08:36 |
| 6 | 2 | Karol Gmur | | WKS Slask Wroclaw | 1:12:30 |
| 7 | | Dariusz Nadera | | UNTS Warszawa | 1:13:35 |
| 8 | 1 | Weronika Fortuniak | | UNTS Warszawa | 1:18:24 |
| 9 | | Katarzyna Durzynska | | HKS Azymut Mochy | 1:20:38 |
| | | Katarzyna Slusarczyk | | OK! Sport Warszawa | mp |
| | | Zuzanna Parfianowicz | | UNTS Warszawa | mp |
| | | Barbara Hoffmann | | KS Hades Poznan | dnf |
| M21 (11) | | | | 5,0 km 225 m 18 C | |
| 1 | | Wojciech Kowalski | | WKS Slask Wroclaw | 47:46 |
| 2 | | Aleksander Bernaciak | | WKS Slask Wroclaw | 50:46 |
| 3 | | Bartosz Pawlak | | WKS Grunwald Poznan | 51:44 |
| 4 | | Mikolaj Krawczynski | | WKS Slask Wroclaw | 51:55 |
| 5 | | Piotr Parfianowicz | | UNTS Warszawa | 52:29 |
| 6 | | Mikolaj Dutkowski | | WKS Slask Wroclaw | 53:41 |
| 7 | | Fryderyk Pryjma | | UNTS Warszawa | 57:06 |
| 8 | | Stanislaw Kurzyp | | WKS Slask Wroclaw | 1:07:42 |
| 9 | | Dawid Stefanski | | WKS Grunwald Poznan | 1:11:23 |
| 10 | | Tomasz Jurczyk | | WKS Slask Wroclaw | 1:33:39 |
| | | Kacper Kuca | | UNTS Warszawa | dnf |