

1km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M /1	Chłopcy/1	 [151] CUDEK, Iwo		Wieliczka	0:02:53.07 (02:53min/km)	0:02:53.07	+0:00:00.00
2 - M /2	Chłopcy/2	 [128] STASZEK, Igor	Wks wawel	Zielonki	0:03:02.36 (03:02min/km)	0:03:02.36	+0:00:09.29
3 - M /3	Chłopcy/3	 [107] DYKSZAK, Tymon	TS Wieliczanka Wieliczka	Wieliczka	0:03:03.77 (03:03min/km)	0:03:03.77	+0:00:10.70
4 - K /1	Dziewczynki/1	 [158] DUTKA-WOŁOCH, Nicola	UKS Lider	Rzozów	0:03:18.46 (03:18min/km)	0:03:18.46	+0:00:25.39
5 - M /4	Chłopcy/4	 [136] CZAPCZYŃSKI, Wojciech	Niepołomice Biegają	Niepołomice	0:03:23.17 (03:23min/km)	0:03:23.17	+0:00:30.10
6 - K /2	Dziewczynki/2	 [159] PESZT, Martna			0:03:24.96 (03:24min/km)	0:03:24.96	+0:00:31.89
7 - M /5	Chłopcy/5	 [106] DOBROWOLSKI, Mikołaj	KUKUCZSPORT.PL	Kraków	0:03:25.39 (03:25min/km)	0:03:25.39	+0:00:32.32
8 - M /6	Chłopcy/6	 [2092] MAKUCH, Igor		Skawina	0:03:26.81 (03:26min/km)	0:03:26.81	+0:00:33.74
9 - M /7	Chłopcy/7	 [2091] LISIEWICZ, Natan		Skawina	0:03:35.24 (03:35min/km)	0:03:35.24	+0:00:42.17
10 - K /3	Dziewczynki/3	 [2087] PESZT, Mira			0:03:36.62 (03:36min/km)	0:03:36.62	+0:00:43.55
11 - M /8	Chłopcy/8	 [111] JAWORSKI, Marek	Trenuj w Krakowie	Kraków	0:03:36.78 (03:36min/km)	0:03:36.78	+0:00:43.71
12 - K /4	Dziewczynki/4	 [112] KACZMAREK, Julia	UKS Lider	Wieliczka	0:03:40.51 (03:40min/km)	0:03:40.51	+0:00:47.44
13 - K /5	Dziewczynki/5	 [140] KWASKOWSKA, Joanna	Trenuj w Krakowie	Kraków	0:03:41.98 (03:41min/km)	0:03:41.98	+0:00:48.91
14 - M /9	Chłopcy/9	 [152] CUDEK, Leon		Wieliczka	0:03:45.46 (03:45min/km)	0:03:45.46	+0:00:52.39
15 - M /10	Chłopcy/10	 [116] KOWALSKI, Adam	2K	LIBERTOW	0:03:46.16 (03:46min/km)	0:03:46.16	+0:00:53.09
16 - K /6	Dziewczynki/6	 [130] TYLIBA, Izabela	Jura TEAM	Przegonia	0:03:51.57 (03:51min/km)	0:03:51.57	+0:00:58.50
17 - K /7	Dziewczynki/7	 [109] GARUS, Gabriela		Kraków	0:03:53.01 (03:53min/km)	0:03:53.01	+0:00:59.94
18 - K /8	Dziewczynki/8	 [117] KUKUCZ-LEGIEN, Magdalena	KUKUCZSPORT.PL	Kraków	0:04:05.28 (04:05min/km)	0:04:05.28	+0:01:12.21
19 - M /11	Chłopcy/11	 [157] WOŹNIAK, Olivier	Trenuj w Krakowie	kraków	0:04:07.83 (04:07min/km)	0:04:07.83	+0:01:14.76
20 - K /9	Dziewczynki/9	 [2088] BISKUPSKA, Małgorzata	WKS WAWEL BnO	Krakow	0:04:09.26 (04:09min/km)	0:04:09.26	+0:01:16.19
21 - K /10	Dziewczynki/10	 [114] KOSECKA, Karolina	Trenuj w Krakowie	Kraków	0:04:13.69 (04:13min/km)	0:04:13.69	+0:01:20.62
22 - K /11	Dziewczynki/11	 [160] PAJĄK, Martyna			0:04:14.35 (04:14min/km)	0:04:14.35	+0:01:21.28
23 - K /12	Dziewczynki/12	 [119] LEŚNIAK, Basia	Trenuj w Krakowie	Kraków	0:04:17.85 (04:17min/km)	0:04:17.85	+0:01:24.78
24 - K /13	Dziewczynki/13	 [133] WALAŚ, Emilka	WKS WAWEL BnO	Kraków	0:04:26.20 (04:26min/km)	0:04:26.20	+0:01:33.13
25 - M /12	Chłopcy/12	 [2093] URYGA, Adam	WKS WAWEL BnO	Kraków	0:04:28.36 (04:28min/km)	0:04:28.36	+0:01:35.29
26 - K /14	Dziewczynki/14	 [147] SERATOWICZ, Klaudia	MJMETAL OŚWIĘCIM	OŚWIĘCIM	0:04:29.28 (04:29min/km)	0:04:29.28	+0:01:36.21

27 - K /15	Dziewczynki/15		[134]	WALAŚ, Olga	WKS WAWEL BnO	Kraków	0:04:33.71 (04:33min/km)	0:04:33.71	+0:01:40.64
28 - M /13	Chłopcy/13		[2094]	URYGA, Artur	WKS WAWEL BnO	Kraków	0:04:36.67 (04:36min/km)	0:04:36.67	+0:01:43.60
29 - M /14	Chłopcy/14		[126]	PIASECKI, Mieszko	CAFFETTIERA	Kraków	0:04:36.83 (04:36min/km)	0:04:36.83	+0:01:43.76
30 - M /15	Chłopcy/15		[135]	NOWAK, Patrick		Kraków	0:04:43.81 (04:43min/km)	0:04:43.81	+0:01:50.74
31 - M /16	Chłopcy/16		[2089]	MROCZEK, Mikołaj			0:04:47.71 (04:47min/km)	0:04:47.71	+0:01:54.64
32 - M /17	Chłopcy/17		[108]	FILICIAK, Stanisław	CAFFETTIERA	Kraków	0:04:48.15 (04:48min/km)	0:04:48.15	+0:01:55.08
33 - K /16	Dziewczynki/16		[122]	NOWAK, Victoria		Kraków	0:05:06.01 (05:06min/km)	0:05:06.01	+0:02:12.94
34 - K /17	Dziewczynki/17		[125]	OSIADACZ, Julia	NOVOMATIC Technologies Poland	Kraków	0:05:19.85 (05:19min/km)	0:05:19.85	+0:02:26.78
35 - M /18	Chłopcy/18		[129]	TARNAWSKI, Tadeusz	WKS WAWEL BnO	Krakow	0:05:24.84 (05:24min/km)	0:05:24.84	+0:02:31.77
36 - M /19	Chłopcy/19		[2090]	MROCZEK, Mieszko			0:05:34.03 (05:34min/km)	0:05:34.03	+0:02:40.96

3,7km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M /1	M30/1	 [370] PIWOWARCZYK, Dominik	#AdamCzerwińskiTeam	Kraków	0:12:52.08 (03:28min/km)	0:12:53.06	+0:00:00.00
2 - M /2	M20/1	 [375] WÓJCIK, Adam	Ex Team	Chocznia	0:13:15.59 (03:35min/km)	0:13:15.59	+0:00:22.53
3 - M /3	M30/2	 [2070] WOŹNIAK, Radosław	Skawina Biega	Skawina	0:13:55.62 (03:45min/km)	0:13:55.71	+0:01:02.65
4 - M /4	M16/1	 [3246] MUCHA, Michał		Kraków	0:14:12.47 (03:50min/km)	0:14:12.47	+0:01:19.41
5 - M /5	M16/2	 [2126] KOŁODZIEJCZYK, Łukasz			0:14:27.33 (03:54min/km)	0:14:31.19	+0:01:38.13
6 - M /6	M30/3	 [365] CYRKLER, Łukasz	Night Runners	Kraków	0:14:35.73 (03:56min/km)	0:14:36.24	+0:01:43.18
7 - M /7	M16/3	 [323] WOJDYŁA, Dawid		Kraków	0:14:49.05 (04:00min/km)	0:14:51.41	+0:01:58.35
8 - M /8	M30/4	 [311] TARGOSZ, Michał Mateusz		Kraków wRoma	0:15:01.36 (04:03min/km)	0:15:01.36	+0:02:08.30
9 - M /9	M16/4	 [313] TARNAWSKI, Jan	WKS WAWEL BnO	Kraków	0:15:10.89 (04:06min/km)	0:15:10.89	+0:02:17.83
10 - M /10	M20/2	 [238] GAJDA, Kamil	#AdamCzerwińskiTeam	Mysłowice	0:15:13.03 (04:06min/km)	0:15:15.03	+0:02:21.97
11 - M /11	M16/5	 [372] SERATOWICZ, Krzysztof	MJMETAL OŚWIĘCIM	CZĘSTOCHOWA	0:15:15.13 (04:07min/km)	0:15:15.13	+0:02:22.07
12 - M /12	M40/1	 [2107] BANIAK, Marcin	G.O.A.T. Team Michałowice	Zerwana	0:15:38.87 (04:13min/km)	0:15:42.36	+0:02:49.30
13 - M /13	M30/5	 [2103] MACHLOWSKI, Łukasz	KKB Dystans Krakow	Kraków	0:15:43.54 (04:15min/km)	0:15:44.05	+0:02:50.99
14 - M /14	M30/6	 [2108] CZARNECKI, Grzegorz	G.O.A.T. Team Michałowice	Masłomiąca	0:15:49.09 (04:16min/km)	0:15:49.09	+0:02:56.03
15 - K /1	K11/1	 [7] WĄSIK, Maja	SportWise	Kraków	0:15:47.94 (04:16min/km)	0:15:49.68	+0:02:56.62
16 - M /15	M11/1	 [301] RYCHLIK, Patryk		Klucze	0:16:01.46 (04:19min/km)	0:16:01.99	+0:03:08.93
17 - M /16	M40/2	 [279] MIGACZ, Jacek	Trailrun	ZIELONKI K. KRAKOWA	0:16:03.91 (04:20min/km)	0:16:03.91	+0:03:10.85
18 - M /17	M11/2	 [327] WÓJCIK, Paweł	WKS WAWEL BnO	Kraków	0:16:12.22 (04:22min/km)	0:16:12.43	+0:03:19.37
19 - M /18	M11/3	 [347] PAWŁOWSKI, Jakub		Dominikowice	0:16:16.33 (04:23min/km)	0:16:16.33	+0:03:23.27
20 - M /19	M11/4	 [227] BUBLIK, Piotr	WKS WAWEL BnO	Kraków	0:16:26.31 (04:26min/km)	0:16:26.31	+0:03:33.25
21 - M /20	M30/7	 [307] STASZEK, Łukasz		zielonki	0:16:30.03 (04:27min/km)	0:16:31.21	+0:03:38.15
22 - M /21	M20/3	 [241] GÓRNISIEWICZ, Roland	JJfit Running Team	Kraków	0:16:32.86 (04:28min/km)	0:16:33.46	+0:03:40.40
23 - M /22	M16/6	 [2125] BUŁAWA, Filip			0:16:35.18 (04:28min/km)	0:16:36.66	+0:03:43.60
24 - K /2	K20/1	 [382] JANISZEWSKA, Olga	Go Aktiv!	Nowy Sącz	0:16:38.04 (04:29min/km)	0:16:39.13	+0:03:46.07
25 - M /23	M11/5	[2069] VOINALOVYCH, Yurii	SportWise	Kraków	0:17:12.40 (04:39min/km)	0:17:12.40	+0:04:19.34
26 - M /24	M11/6	[2117] WOJDYŁA, Sebastian			0:17:09.65 (04:38min/km)	0:17:12.44	+0:04:19.38

27 - M /25	M40/3		[315]	TICHORUK, Rafał	Poranny Patrol	Kraków	0:17:16.30 (04:40min/km)	0:17:17.60	+0:04:24.54
28 - M /26	M30/8		[3250]	SIERKA, Maciej	Poranny Patrol	Krakow	0:17:21.31 (04:41min/km)	0:17:24.23	+0:04:31.17
29 - K /3	K11/2		[303]	SŁOŃSKA , Antonina	WKS WAWEL BnO	Kraków	0:17:25.90 (04:42min/km)	0:17:27.64	+0:04:34.58
30 - M /27	M20/4		[374]	SOWA, Wojciech		Kraków	0:17:35.85 (04:45min/km)	0:17:37.97	+0:04:44.91
31 - M /28	M11/7		[329]	WYPYCH, Hubert	3TRITEAM	Kraków	0:17:49.94 (04:49min/km)	0:17:49.94	+0:04:56.88
32 - K /4	K11/3		[283]	NIESSNER , Pola	WKS WAWEL BnO	Kraków	0:17:52.31 (04:49min/km)	0:17:52.72	+0:04:59.66
33 - K /5	K11/4		[243]	GRUSZKA, Dominika	Niepołomice Biegają	Niepołomice	0:17:55.37 (04:50min/km)	0:17:57.02	+0:05:03.96
34 - M /29	M50/1		[383]	MACHLOWSKI, Ryszard	KKB Dystans Krakow	KRAKÓW	0:17:56.60 (04:50min/km)	0:17:58.24	+0:05:05.18
35 - M /30	M40/4		[2118]	SUŁKOWSKI, Wojciech			0:18:10.81 (04:54min/km)	0:18:10.81	+0:05:17.75
36 - K /6	K40/1		[333]	ZAJĄCZKOWSKA-ORŁOWSKA, Katarzyna	JJfit Running Team	Kraków	0:18:10.43 (04:54min/km)	0:18:12.73	+0:05:19.67
37 - K /7	K11/5		[3225]	LAMPARSKA, Maja	WKS WAWEL BnO	Kraków	0:18:11.81 (04:55min/km)	0:18:13.05	+0:05:19.99
38 - K /8	K20/2		[324]	WOLSZA, Magdalena	Creative Bochnia Biega Team	Bochnia	0:18:16.00 (04:56min/km)	0:18:16.88	+0:05:23.82
39 - M /31	M11/8		[332]	ZADARNOWSKI, Marek		Kraków	0:18:35.21 (05:01min/km)	0:18:35.88	+0:05:42.82
40 - M /32	M40/5		[224]	BŁASZCZAK, Jarosław	Go Aktiv!	Kraków	0:18:45.59 (05:04min/km)	0:18:45.59	+0:05:52.53
41 - M /33	M11/9		[340]	KĘDZIOR, Kacper	WKS Wawel Kraków	Kraków	0:18:50.30 (05:05min/km)	0:18:51.30	+0:05:58.24
42 - M /34	M11/10		[299]	RYBIŃSKI, Bartłomiej	RYBKA Runners Team Proszowice	Proszowice	0:18:50.50 (05:05min/km)	0:18:52.01	+0:05:58.95
43 - M /35	M50/2		[304]	SŁOŃSKI , Marek	WKS WAWEL BnO	Kraków	0:18:48.18 (05:04min/km)	0:18:53.83	+0:06:00.77
44 - M /36	M40/6		[300]	RYBIŃSKI, Grzegorz	RYBKA Runners Team Proszowice	Proszowice	0:18:53.35 (05:06min/km)	0:18:54.70	+0:06:01.64
45 - M /37	M20/5		[2065]	SOKOŁOWSKI, Marek		Wrocław	0:18:53.34 (05:06min/km)	0:18:56.91	+0:06:03.85
46 - M /38	M40/7		[234]	DUROŃ, Marcin	BeFit24Team	Kraków	0:18:52.96 (05:06min/km)	0:18:58.99	+0:06:05.93
47 - M /39	K16/1		[2106]	GARBACIK, Maja			0:19:00.74 (05:08min/km)	0:19:00.95	+0:06:07.89
48 - M /40	M30/9		[298]	ROMANOWSKI, Łukasz	Husaria Race Team	Kraków	0:18:55.67 (05:06min/km)	0:19:01.83	+0:06:08.77
49 - K /9	K40/2		[245]	HERDA, Ewelina	G.O.A.T. Team Michałowice	Małomiąca	0:19:06.23 (05:09min/km)	0:19:09.67	+0:06:16.61
50 - M /41	M50/3		[242]	GRABOWSKI , Jan	Skawina Biega	Gołuchowice	0:19:11.79 (05:11min/km)	0:19:14.58	+0:06:21.52
51 - M /42	M11/11		[288]	PIÓRKOWSKI, Kuba	UKS Lider Siercza	Wieliczka	0:19:20.76 (05:13min/km)	0:19:23.29	+0:06:30.23
52 - K /10	K30/1		[260]	KŁAPUT, Dorota		Wadowice	0:19:29.53 (05:16min/km)	0:19:32.91	+0:06:39.85
53 - M /43	M40/8		[342]	DZIK , Władysław	Biegamy z kranowianką	Kraków	0:19:32.96 (05:17min/km)	0:19:37.23	+0:06:44.17
54 - M /44	M30/10		[294]	PRZEWOŹNIK, Adam		Łuczyce	0:19:44.95 (05:20min/km)	0:19:44.95	+0:06:51.89
55 - M /45	M20/6		[391]	SUDER, Kamil			0:19:44.00 (05:20min/km)	0:19:51.41	+0:06:58.35
56 - M /46	M11/12		[369]	PESZT, Michał	SportWise	Kraków	0:19:54.46 (05:22min/km)	0:19:56.26	+0:07:03.20
57 - K /11	K11/6		[231]	DANIELAK, Hanna		Zielonki	0:20:00.05 (05:24min/km)	0:20:01.68	+0:07:08.62
58 - K /12	K40/3		[3248]	PRZĄDO-KUDAS, Małgorzata	JJfit Running Team	Kraków	0:20:03.90 (05:25min/km)	0:20:04.39	+0:07:11.33
59 - K /13	K30/2		[366]	GALUBA, Monika	UKS Lider	Wieliczka	0:20:04.64 (05:25min/km)	0:20:05.83	+0:07:12.77

60 - K /14	K11/7		[401]	OLEJNIK, Jaśmina	WKS WAWEL BnO	Kraków	0:20:14.53 (05:28min/km)	0:20:16.15	+0:07:23.09
61 - M /47	M11/13		[3240]	GZYL, Tomasz	brak	Kraków	0:20:11.34 (05:27min/km)	0:20:18.32	+0:07:25.26
62 - M /48	M11/14		[2114]	PATER, Szymon	MJMETAL	OŚWIĘCIM	0:20:21.31 (05:30min/km)	0:20:21.82	+0:07:28.76
63 - M /49	M11/15		[237]	FIREK, Grzegorz	2xWK	Kraków	0:20:16.99 (05:28min/km)	0:20:23.65	+0:07:30.59
64 - M /50	M40/9		[316]	TYLIBA, Ireneusz	Jura TEAM	Przegonia	0:20:28.01 (05:31min/km)	0:20:32.06	+0:07:39.00
65 - K /15	K30/3		[410]	BARTUŚ, Joanna	G.O.A.T. Team Michałowice	Michałowice	0:20:28.80 (05:32min/km)	0:20:32.51	+0:07:39.45
66 - M /51	M40/10		[330]	WYPYCH, Marek	3TRITEAM	Kraków	0:20:29.20 (05:32min/km)	0:20:33.86	+0:07:40.80
67 - K /16	K40/4		[352]	KOZUB, Dorota	BeFit24Team	Kraków	0:20:31.73 (05:32min/km)	0:20:35.34	+0:07:42.28
68 - M /52	M11/16		[317]	TYLIBA, Karol	Jura TEAM	Przegonia	0:20:43.93 (05:36min/km)	0:20:46.19	+0:07:53.13
69 - M /53	M11/17		[388]	SPOREK, Patryk	SKS KUSY KRAKÓW	Kraków	0:20:43.95 (05:36min/km)	0:20:50.89	+0:07:57.83
70 - K /17	K30/4		[277]	MEŻYK, Aleksandra	#AdamCzerwińskiTeam	Kraków	0:20:47.55 (05:37min/km)	0:20:53.19	+0:08:00.13
71 - K /18	K11/8		[3241]	KASPRZYK, Alicja	" U JĘDRUSIA SP. Z O.O. "	NAWOJOWA GÓRA	0:20:58.48 (05:40min/km)	0:21:01.13	+0:08:08.07
72 - M /54	M50/4		[262]	KOSOWSKI, Adam	ADAMEX Podolsze	Zator	0:20:59.14 (05:40min/km)	0:21:10.41	+0:08:17.35
73 - K /19	K40/5		[328]	WRÓBLEWSKA, Paulina	BeFit24Team	Kraków	0:21:08.39 (05:42min/km)	0:21:13.63	+0:08:20.57
74 - M /55	M11/18		[244]	GRZEGORCZYK, Borys	WKS WAWEL BnO	Kraków	0:21:34.63 (05:49min/km)	0:21:34.63	+0:08:41.57
75 - M /56	M60/1		[264]	KRAWCZYK, Mirosław	MJMETAL OŚWIĘCIM	Oświęcim	0:21:34.58 (05:49min/km)	0:21:37.53	+0:08:44.47
76 - K /20	K11/9		[331]	WYPYCH, Milena	3TRITEAM	Kraków	0:21:45.51 (05:52min/km)	0:21:46.49	+0:08:53.43
77 - K /21	K30/5		[2127]	WIECH, Anna	#AdamCzerwińskiTeam	Wieliczka	0:21:42.36 (05:51min/km)	0:21:49.15	+0:08:56.09
78 - M /57	M30/11		[320]	WAŃCZYK, Łukasz	BeFit24Team	Nowy Sącz	0:21:48.34 (05:53min/km)	0:21:51.02	+0:08:57.96
79 - M /58	M40/11		[373]	SERATOWICZ, Rafał	MJMETAL OŚWIĘCIM	CZĘSTOCHOWA	0:21:57.00 (05:55min/km)	0:21:57.00	+0:09:03.94
80 - M /59	M11/19		[338]	KLIMEK, Mateusz	Trenuj w Krakowie	Kraków	0:21:54.95 (05:55min/km)	0:21:59.96	+0:09:06.90
81 - K /22	K11/10		[2112]	MICHNO, Marta	WKS WAWEL BnO	Kraków	0:22:02.60 (05:57min/km)	0:22:03.84	+0:09:10.78
82 - K /23	K11/11		[2116]	KBINKIEWICZ, Agnieszka			0:22:03.06 (05:57min/km)	0:22:05.25	+0:09:12.19
83 - M /60	M11/20		[2066]	STASZEK , Igor	WKS WAWEL	Zielonki	0:22:04.99 (05:58min/km)	0:22:06.00	+0:09:12.94
84 - M /61	M40/12		[3234]	DYMEK, Mirosław	UKS Lider Siercza	Niżowa	0:22:04.85 (05:58min/km)	0:22:07.53	+0:09:14.47
85 - M /62	M11/21		[280]	MIZERA, Radosław		Kraków	0:22:09.33 (05:59min/km)	0:22:10.96	+0:09:17.90
86 - K /24	K16/2		[309]	KRYDA, Alicja	Skawina Biega	Skawina	0:22:10.19 (05:59min/km)	0:22:13.24	+0:09:20.18
87 - K /25	K11/12		[2109]	BIERNAT, Adela	Wisetka	Kraków	0:22:10.68 (05:59min/km)	0:22:16.17	+0:09:23.11
88 - K /26	K40/6		[3239]	GROCHOT, Edyta	#AdamCzerwińskiTeam	Wieliczka	0:22:14.12 (06:00min/km)	0:22:16.93	+0:09:23.87
89 - K /27	K30/6		[354]	GAWIN, Agnieszka	BeFit24Team	Więckowice	0:22:12.55 (06:00min/km)	0:22:20.71	+0:09:27.65
90 - M /63	M40/13		[2110]	BIERNAT, Jakub	Wisetka	Kraków	0:22:15.97 (06:01min/km)	0:22:21.03	+0:09:27.97
91 - K /28	K30/7		[308]	STASZEK , Anna		Zielonki	0:22:21.69 (06:02min/km)	0:22:24.97	+0:09:31.91
92 - M /64	M70/1		[282]	NAZIM, Tadeusz	Skawina Biega	Skawina	0:22:20.31 (06:02min/km)	0:22:29.30	+0:09:36.24

93 - K /29	K11/13		[273]	KURTYCZ, Natalia	WKS WAWEL BnO	Kraków	0:22:43.11 (06:08min/km)	0:22:43.42	+0:09:50.36
94 - K /30	K16/3		[233]	DURAS, Magdalena		Olszowice	0:22:46.07 (06:09min/km)	0:22:48.10	+0:09:55.04
95 - K /31	K16/4		[248]	JANAS, Amelia		Kraków	0:22:53.22 (06:11min/km)	0:22:55.23	+0:10:02.17
96 - M /65	M11/22		[3174]	KAWALA, Patryk			0:19:16.91 (05:12min/km)	0:22:59.09	+0:10:06.03
97 - M /66	M60/2		[398]	NOWOTNY, Marian	Niepołomice Biegają	Damienice	0:23:11.23 (06:16min/km)	0:23:16.82	+0:10:23.76
98 - M /67	M11/23		[259]	KLAKLA, Kacper	KS Kościelec Chrzanów	Chrzanów	0:22:56.40 (06:12min/km)	0:23:22.35	+0:10:29.29
99 - K /32	K50/1		[402]	LIKUS, Izabela			0:23:23.12 (06:19min/km)	0:23:23.36	+0:10:30.30
100 - K /33	K40/7		[396]	SERATOWICZ, Ula	MJMETAL OŚWIĘCIM	CZĘSTOCHOWA	0:23:29.84 (06:21min/km)	0:23:33.46	+0:10:40.40
101 - K /34	K40/8		[341]	MAŁEK, Anna		Kraków	0:23:30.77 (06:21min/km)	0:23:35.67	+0:10:42.61
102 - K /35	K20/3		[2123]	SZOSTAK, Magdalena			0:23:36.80 (06:22min/km)	0:23:39.52	+0:10:46.46
103 - K /36	K20/4		[250]	JAROSZ, Katarzyna	Vege Runners	Rudnik Nad Sanem	0:23:35.61 (06:22min/km)	0:23:40.10	+0:10:47.04
104 - M /68	M11/24		[266]	KRZYŻAN, Stanisław		Jerzmanowice	0:23:42.53 (06:24min/km)	0:23:46.55	+0:10:53.49
105 - K /37	K40/9		[292]	POLEWKA, Beata	UKS Kometa Gliwice	Gliwice	0:23:49.97 (06:26min/km)	0:23:52.63	+0:10:59.57
106 - M /69	M11/25		[235]	FILICIAK, Antoni	CAFFETTIERA	Kraków	0:23:48.26 (06:26min/km)	0:23:54.83	+0:11:01.77
107 - M /70	M50/5		[2067]	SZCZĘŚNIAK, Janusz	BeFit24Team	Kraków	0:23:49.22 (06:26min/km)	0:23:55.07	+0:11:02.01
108 - K /38	K11/14		[286]	ORŁOWSKA, Nina	JJfit Running Team	Kraków	0:23:52.85 (06:27min/km)	0:23:56.42	+0:11:03.36
109 - K /39	K11/15		[3242]	KASPRZYK, Natalia	" U JĘDRUSIA SP. Z O.O. "	NAWOJOWA GÓRA	0:23:59.35 (06:29min/km)	0:24:03.55	+0:11:10.49
110 - M /71	M40/14		[232]	DUBIEL, Piotr	2xWK	Kraków	0:23:59.64 (06:29min/km)	0:24:07.23	+0:11:14.17
111 - K /40	K40/10		[3247]	PALIŚ, Kinga	BeFit24Team	Kraków	0:24:16.39 (06:33min/km)	0:24:22.14	+0:11:29.08
112 - M /72	M11/26		[2105]	CZAPCZYŃSKI, Wojciech	Niepołomice Biegają	Niepołomice	0:24:19.53 (06:34min/km)	0:24:23.83	+0:11:30.77
113 - M /73	M11/27		[3245]	MIGACZ, Jan	Trailrun	ZIELONKI K. KRAKOWA	0:24:28.65 (06:36min/km)	0:24:31.20	+0:11:38.14
114 - K /41	K11/16		[1978]	PUŁCZYŃSKA, Hanna	WKS WAWEL BnO	Kraków	0:24:31.01 (06:37min/km)	0:24:31.76	+0:11:38.70
115 - K /42	K11/17		[302]	RYCHŁOWSKA, Julia	KS Kościelec Chrzanów	Chrzanów	0:24:40.31 (06:40min/km)	0:24:45.32	+0:11:52.26
116 - K /43	K40/11		[236]	FILICIAK, Justyna	CAFFETTIERA	Kraków	0:24:45.15 (06:41min/km)	0:24:51.38	+0:11:58.32
117 - M /74	M50/6		[247]	JAMKA, Wiesław	Skawina Biega	Skawina	0:25:11.77 (06:48min/km)	0:25:11.77	+0:12:18.71
118 - K /44	K40/12		[296]	PUDEŁEK, Małgorzata	LKS Górzanka Nawojowa Góra	Bolechowice	0:25:07.93 (06:47min/km)	0:25:12.60	+0:12:19.54
119 - K /45	K16/5		[361]	DANIELAK, Alicja		Zielonki	0:25:12.85 (06:48min/km)	0:25:15.13	+0:12:22.07
120 - M /75	K11/18		[337]	CZAPCZYŃSKA, Zofia	Niepołomice Biegają	Niepołomice	0:25:17.48 (06:50min/km)	0:25:22.53	+0:12:29.47
121 - K /46	K11/19		[228]	BUDZIŃSKA, Julia		Kraków	0:25:19.26 (06:50min/km)	0:25:26.12	+0:12:33.06
122 - M /76	M11/28		[295]	PRZEWOŹNIK, Tymoteusz		Łuczycze	0:25:19.33 (06:50min/km)	0:25:26.34	+0:12:33.28
123 - K /47	K40/13		[318]	TYLIBA, Magdalena	Jura TEAM	Przeginia	0:25:22.21 (06:51min/km)	0:25:26.84	+0:12:33.78
124 - M /77	M11/29		[358]	KOPERNIAK, Franciszek		Rudawa	0:25:24.15 (06:51min/km)	0:25:28.68	+0:12:35.62
125 - M /78	M30/12		[355]	KOPERNIAK, Łukasz		Rudawa	0:25:29.62 (06:53min/km)	0:25:29.62	+0:12:36.56

126 - M /79	M40/15		[3244] MAKUSZEWSKI, Marcin	BeFit24Team	Olszowice	0:25:32.00 (06:54min/km)	0:25:37.12	+0:12:44.06
127 - M /80	M11/30		[257] KĘSEK, Bartek	CSK Brzezcie	Brzezcie	0:25:36.50 (06:55min/km)	0:25:44.37	+0:12:51.31
128 - K /48	K40/14		[256] KĘSEK, Anna	CSK Brzezcie	Brzezcie	0:25:53.96 (06:59min/km)	0:26:04.13	+0:13:11.07
129 - M /81	M60/3		[3231] BOBA, Ryszard	Team Tata & Córka	Kraków	0:26:12.92 (07:05min/km)	0:26:20.85	+0:13:27.79
130 - M /82	M11/31		[393] LIGĘZA, Jan			0:26:17.11 (07:06min/km)	0:26:23.83	+0:13:30.77
131 - M /83	M60/4		[270] KULA, Tadeusz	KKB Dystans Krakow	Kraków	0:26:19.20 (07:06min/km)	0:26:28.12	+0:13:35.06
132 - K /49	K11/20		[252] KASZOWSKA, Zofia	UKS Kometa Gliwice	Gliwice	0:26:37.22 (07:11min/km)	0:26:41.51	+0:13:48.45
133 - K /50	K30/8		[251] KASZOWSKA, Marta	UKS Kometa Gliwice	Gliwice	0:26:48.73 (07:14min/km)	0:26:53.11	+0:14:00.05
134 - M /84	M11/32		[321] WARNECKI, Filip	Trenuj w Krakowie	Kraków	0:26:52.99 (07:15min/km)	0:26:56.29	+0:14:03.23
135 - K /51	K40/15		[2111] BADURA, Magdalena	Biegam Gdzie Popadnie	Kraków	0:26:52.07 (07:15min/km)	0:26:58.44	+0:14:05.38
136 - K /52	K50/2		[246] JAKUBEK, Hanna	Skawina Biega	Skawina	0:27:02.55 (07:18min/km)	0:27:07.29	+0:14:14.23
137 - K /53	K40/16		[305] SOŁTYS, Alicja		Kraków	0:27:07.12 (07:19min/km)	0:27:13.31	+0:14:20.25
138 - K /54	K30/9		[319] URBAŃSKA KULON, Katarzyna	BeFit24Team	Kraków	0:27:08.63 (07:20min/km)	0:27:14.57	+0:14:21.51
139 - K /55	K11/21		[392] LIGĘZA, Hanna			0:27:14.22 (07:21min/km)	0:27:19.71	+0:14:26.65
140 - K /56	K11/22		[265] KRZYŻAN, Alina		Jerzmanowice	0:27:45.95 (07:30min/km)	0:27:49.88	+0:14:56.82
141 - M /85	M50/7		[345] MISINIEC , Bogdan	Pszczółka Team	Żubrzyca Górna	0:27:49.46 (07:31min/km)	0:27:52.48	+0:14:59.42
142 - K /57	K60/1		[2101] ZABRZAŃSKA, Barbara		Chrzanów	0:27:58.21 (07:33min/km)	0:27:58.21	+0:15:05.15
143 - K /58	K11/23		[346] PAWŁOWSKA, Anna		Dominikowice	0:27:59.47 (07:33min/km)	0:28:03.69	+0:15:10.63
144 - K /59	K11/24		[249] JANAS, Natalia		Kraków	0:28:19.64 (07:39min/km)	0:28:19.64	+0:15:26.58
145 - M /86	M60/5		[371] SERATOWICZ, Adam	MJMETAL OŚWIĘCIM	OŚWIĘCIM	0:28:19.36 (07:39min/km)	0:28:22.61	+0:15:29.55
146 - M /87	M60/6		[276] MASŁYK, Jan		Kraków	0:28:39.14 (07:44min/km)	0:28:43.02	+0:15:49.96
147 - K /60	K11/25		[3232] BOJARSKA, Zuzanna	Eskadra Kraków	Kraków	0:29:32.13 (07:58min/km)	0:29:38.49	+0:16:45.43
148 - K /61	K16/6		[281] MORAWIEC, Weronika		Kraków	0:30:38.25 (08:16min/km)	0:30:38.25	+0:17:45.19
149 - K /62	K60/2		[2102] WOŹNIAK, Barbara			0:35:18.99 (09:32min/km)	0:35:22.50	+0:22:29.44

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#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M /1	M/1	 [405] GRATKA, Mirosław	Lux Torpeda Małopolska	Kojszówka	0:23:59.95 (06:29min/km)	0:23:59.95	+0:00:00.00
2 - M /2	M/2	 [202] ELŻBIECIAK, Łukasz	Lux Torpeda Malopolska	Lachowice	0:25:20.54 (06:50min/km)	0:25:22.22	+0:01:22.27
3 - M /3	M/3	 [359] TYCZEWSKI, Jacek	LuxTorpeda Malopolska	Gliwice	0:25:40.76 (06:56min/km)	0:25:43.35	+0:01:43.40
4 - M /4	M/4	 [2104] GRABOWSKI, Mariusz	#AdamCzerwińskiTeam	Kraków	0:26:42.87 (07:13min/km)	0:26:43.54	+0:02:43.59
5 - K /1	K/1	 [217] PASIŃSKA - SKOWRON, Sylwia		Szczodrkowice	0:27:06.51 (07:19min/km)	0:27:06.51	+0:03:06.56
6 - K /2	K/2	 [2128] PIECHOWSKA , Anna		Kraków	0:27:50.97 (07:31min/km)	0:27:50.97	+0:03:51.02
7 - K /3	K/3	 [406] KORDOWSKA, Bogusława	LUX TORPEDA MAŁOPOLSKA	Kraków	0:28:08.51 (07:36min/km)	0:28:08.51	+0:04:08.56
8 - M /5	M/5	 [211] MARCHEWKA, Krzysztof		Czernichów	0:28:35.94 (07:43min/km)	0:28:37.57	+0:04:37.62
9 - M /6	M/6	 [2124] MARZEC, Artur	#AdamCzerwińskiTeam	Wieliczka	0:28:39.43 (07:44min/km)	0:28:40.66	+0:04:40.71
10 - K /4	K/4	 [3202] BIELEC, Kinga	BeFit24Team	Kraków	0:28:57.69 (07:49min/km)	0:28:57.69	+0:04:57.74
11 - K /5	K/5	 [208] KUKUCZ-LEGIEŃ, Małgorzata	KUKUCZSPORT.PL	Kraków	0:29:23.25 (07:56min/km)	0:29:23.32	+0:05:23.37
12 - M /7	M/7	 [213] MAZUR, Maciej	Woodward Runners	Kraków	0:30:18.17 (08:11min/km)	0:30:18.18	+0:06:18.23
13 - K /6	K/6	 [362] DURAS , Izabela		Olszowice	0:30:21.10 (08:12min/km)	0:30:21.72	+0:06:21.77
14 - K /7	K/7	 [404] GRATKA, Beata	LUX TORPEDA Małopolska	Kojszówka	0:30:23.63 (08:12min/km)	0:30:23.69	+0:06:23.74
15 - K /8	K/8	 [363] WALCZYK, Iwona		Kraków	0:30:47.68 (08:19min/km)	0:30:50.57	+0:06:50.62
16 - K /9	K/9	 [409] ZNAMIROWSKA, Magdalena	brak	Gruszów	0:30:58.90 (08:22min/km)	0:31:00.85	+0:07:00.90
17 - K /10	K/10	 [212] MARCHEWKA, Maria		Czernichów	0:31:03.48 (08:23min/km)	0:31:03.48	+0:07:03.53
18 - M /8	M/8	 [204] JANICKI, Ryszard	Poranny Patrol	Kraków	0:31:50.97 (08:36min/km)	0:31:52.00	+0:07:52.05
19 - M /9	M/9	 [206] KRAWCZYK, Jacek		Krakow	0:31:57.11 (08:38min/km)	0:31:57.56	+0:07:57.61
20 - K /11	K/11	 [207] KUCHARSKA, Katarzyna		Krzyszkwice	0:32:09.96 (08:41min/km)	0:32:15.90	+0:08:15.95
21 - K /12	K/12	 [209] LIMANOWSKA-PIASECKA, Justyna	CAFFETTIERA	Kraków	0:32:21.21 (08:44min/km)	0:32:21.21	+0:08:21.26
22 - M /10	M/10	 [218] PIĄTY, Józef	Skalskie Asy	Skała	0:32:28.34 (08:46min/km)	0:32:30.42	+0:08:30.47
23 - K /13	K/13	 [2115] KWIECIEŃ, Justyna	#AdamCzerwińskiTeam	Wieliczka	0:32:29.59 (08:46min/km)	0:32:30.93	+0:08:30.98
24 - K /14	K/14	 [203] JANICKA, Barbara	Poranny Patrol	Kraków	0:32:54.01 (08:53min/km)	0:32:55.26	+0:08:55.31
25 - K /15	K/15	 [214] NATORSKA, Beata		Kraków	0:33:06.23 (08:56min/km)	0:33:18.05	+0:09:18.10
26 - K /16	K/16	 [215] OLESIAK, Katarzyna		Kraków	0:33:46.76 (09:07min/km)	0:33:46.76	+0:09:46.81

27 - M /11	M/11		[219] POZNAŃSKI, Jakub		Kraków	0:34:29.11 (09:19min/km)	0:34:30.45	+0:10:30.50
28 - K /17	K/17		[2113] GRYCZ, Agnieszka			0:34:57.97 (09:27min/km)	0:34:57.97	+0:10:58.02
29 - K /18	K/18		[408] PANOCHA, Joanna	#AdamCzerwińskiTeam	Kokotów	0:36:27.75 (09:51min/km)	0:36:27.75	+0:12:27.80
30 - M /12	K/19		[386] PIOTRAK , Beata			0:36:58.01 (09:59min/km)	0:37:08.94	+0:13:08.99

5,7km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M /1	M20/1	 [4233] BOROŃ, Dariusz	ASICS FRONTRUNNER POLAND	Kraków	0:23:05.15 (04:03min/km)	0:23:05.15	+0:00:00.00
2 - M /2	M20/2	 [781] PRADZIAD, Andrzej	KS Murzasichle	Murzasichle	0:23:09.93 (04:03min/km)	0:23:09.93	+0:00:04.78
3 - M /3	M30/1	 [573] KACZMAREK, Michał	Centrum Zdrowia Biegacza Kraków	kraków	0:23:14.02 (04:04min/km)	0:23:14.02	+0:00:08.87
4 - M /4	M20/3	 [4249] BIEDERMAN, Marcin	WKS WAWEL BnO	Maszków	0:23:25.74 (04:06min/km)	0:23:25.74	+0:00:20.59
5 - M /5	M20/4	 [727] ZIĘBA, Kuba	Klub Biegacza AZS UEK	Kraków	0:23:30.83 (04:07min/km)	0:23:30.83	+0:00:25.68
6 - M /6	M20/5	 [792] BEDNARZ, Adam			0:23:38.17 (04:08min/km)	0:23:38.17	+0:00:33.02
7 - M /7	M30/2	 [4230] JANIK, Krzysztof	runinnperformance.pl	Kraków	0:24:40.30 (04:19min/km)	0:24:40.30	+0:01:35.15
8 - M /8	M16/1	 [747] KLIMECKI , Krystian	KS Murzasichle	Kościelisko	0:24:51.70 (04:21min/km)	0:24:51.70	+0:01:46.55
9 - M /9	M16/2	 [4239] KOŁODZIEJCZYK, Łukasz	UKS Kometa Gliwice	Gliwice	0:25:14.49 (04:25min/km)	0:25:14.49	+0:02:09.34
10 - M /10	M30/3	 [686] SZYDŁOWSKI, Bartek	Skawina Biega	Skawina	0:25:32.99 (04:28min/km)	0:25:34.91	+0:02:29.76
11 - M /11	M30/4	 [692] ŚWIERAD, Dariusz	ASICS FRONTRUNNER POLAND	Kraków	0:25:37.72 (04:29min/km)	0:25:37.72	+0:02:32.57
12 - M /12	M30/5	 [4153] JESIOŁOWSKI, Michał	CAFFETTIERA	Zielonki	0:25:49.19 (04:31min/km)	0:25:49.19	+0:02:44.04
13 - M /13	M30/6	 [548] FILICIAK, Michał	CAFFETTIERA	Kraków	0:25:52.44 (04:32min/km)	0:25:52.44	+0:02:47.29
14 - M /14	M40/1	 [682] SZKODZIŃSKI, Tomasz	NOVOMATIC Technologies Poland	Kraków	0:26:03.90 (04:34min/km)	0:26:03.90	+0:02:58.75
15 - M /15	M40/2	 [4231] SZYMULA, Norbert			0:26:19.65 (04:37min/km)	0:26:20.32	+0:03:15.17
16 - K /1	K20/1	 [770] NABIELEC, Magdalena	ITMBW KRAKÓW	Kraków	0:26:20.49 (04:37min/km)	0:26:20.49	+0:03:15.34
17 - M /16	M30/7	 [585] KLUSEK, Mateusz	Skep Biegacza Kraków	Kraków	0:26:23.90 (04:37min/km)	0:26:23.90	+0:03:18.75
18 - M /17	M30/8	 [732] CZARNECKI, Grzegorz	G.O.A.T. Team Michałowice	Masłomiaça	0:26:37.04 (04:40min/km)	0:26:38.79	+0:03:33.64
19 - M /18	M40/3	 [784] BANIAK, Marcin	G.O.A.T. Team Michałowice		0:26:38.13 (04:40min/km)	0:26:38.94	+0:03:33.79
20 - M /19	M30/9	 [4224] ŻUCHOWICZ, Wojciech		Kraków	0:26:40.60 (04:40min/km)	0:26:40.60	+0:03:35.45
21 - M /20	M16/3	 [583] KIJAK, Jakub	WKS WAWEL BnO	Kraków	0:26:44.82 (04:41min/km)	0:26:44.82	+0:03:39.67
22 - M /21	M30/10	 [4226] MACHŁOWSKI, Łukasz	KKB Dystans Krakow	Kraków	0:26:57.68 (04:43min/km)	0:26:57.68	+0:03:52.53
23 - M /22	M20/6	 [724] ZAWARTKA, Konrad		Kraków	0:27:12.54 (04:46min/km)	0:27:15.49	+0:04:10.34
24 - M /23	M40/4	 [627] MIGACZ, Jacek	Trailrun	ZIELONKI K. KRAKOWA	0:27:16.45 (04:47min/km)	0:27:16.45	+0:04:11.30
25 - M /24	M16/4	 [525] BUŁAWA, Filip	UKS Kometa Gliwice	Gliwice	0:27:18.70 (04:47min/km)	0:27:19.11	+0:04:13.96
26 - M /25	M40/5	 [560] GRYGIEL, Marek	Trailrun	Kraków	0:27:29.06 (04:49min/km)	0:27:31.14	+0:04:25.99

27 - M /26	M50/1		[4218] OPRYSZEK, Bogusław	ITMBW Kraków	Kraków	0:27:44.93 (04:52min/km)	0:27:44.93	+0:04:39.78
28 - M /27	M50/2		[592] KOWALCZYK, Kazimierz	KS Murzasichle	Murzasichle	0:27:49.12 (04:52min/km)	0:27:49.13	+0:04:43.98
29 - M /28	M30/11		[537] CZARNECKI, Piotr	ZAJEDZ RAKA	KRAKOW	0:27:54.21 (04:53min/km)	0:27:59.82	+0:04:54.67
30 - K /2	K30/1		[20] PIĄTEK, Karolina	JJfit Running Team	Kraków	0:28:08.98 (04:56min/km)	0:28:11.21	+0:05:06.06
31 - M /29	M16/5		[730] ŻESŁAWSKI , Mateusz	WKS WAWEL BnO	Kraków	0:28:27.02 (04:59min/km)	0:28:27.02	+0:05:21.87
32 - M /30	M20/7		[517] BODURKA, Tomasz	Decathlon Zakopianka	Nielepice	0:28:35.34 (05:00min/km)	0:28:36.68	+0:05:31.53
33 - M /31	M30/12		[657] REJDYCH, Tomasz	Husaria Race Team	Kraków	0:28:45.15 (05:02min/km)	0:28:47.39	+0:05:42.24
34 - M /32	M30/13		[785] SZAREK, Miłosz	KW Kraków	Kraków	0:28:53.15 (05:04min/km)	0:28:54.58	+0:05:49.43
35 - M /33	M16/6		[648] PUDEŁEK, Błażej	Górzanka Nawojowa Góra	Bolechowice	0:29:22.25 (05:09min/km)	0:29:22.52	+0:06:17.37
36 - M /34	M40/6		[699] TICHORUK, Rafał	Poranny Patrol	Kraków	0:29:31.35 (05:10min/km)	0:29:31.35	+0:06:26.20
37 - K /3	K20/2		[564] HRUBY, Anna	KS AZS AWF Kraków	Rozkochów	0:29:34.21 (05:11min/km)	0:29:34.21	+0:06:29.06
38 - M /35	M30/14		[534] CIERLAK, Mikołaj	Brzyski Tri Team	Rzeszów	0:28:55.08 (05:04min/km)	0:29:49.50	+0:06:44.35
39 - M /36	M16/7		[4264] ŻESŁAWSKI , Jakub	WKS WAWEL BnO	Kraków	0:29:57.54 (05:15min/km)	0:29:57.54	+0:06:52.39
40 - M /37	M40/7		[739] MAŁEK, Leszek		Kraków	0:30:06.44 (05:16min/km)	0:30:09.32	+0:07:04.17
41 - M /38	M30/15		[734] ŚWIDNIEWICZ, Paweł	AKB CRACOVIA	Kraków	0:30:10.17 (05:17min/km)	0:30:12.48	+0:07:07.33
42 - K /4	K16/1		[650] PUDEŁEK, Michalina	Górzanka Nawojowa Góra	Bolechowice	0:30:15.75 (05:18min/km)	0:30:16.57	+0:07:11.42
43 - M /39	M30/16		[646] POTASIEWICZ, Paweł		Kraków	0:30:15.65 (05:18min/km)	0:30:18.52	+0:07:13.37
44 - M /40	M30/17		[637] OSIADACZ, Jakub	NOVOMATIC Technologies Poland	Kraków	0:30:33.61 (05:21min/km)	0:30:35.97	+0:07:30.82
45 - M /41	M20/8		[663] SIKORA, Paweł		Kraków	0:30:34.35 (05:21min/km)	0:30:36.76	+0:07:31.61
46 - M /42	M20/9		[758] BOROWSKI, Krzysztof		Rudzica	0:30:34.78 (05:21min/km)	0:30:38.10	+0:07:32.95
47 - M /43	M30/18		[4247] ZIMOŃ, Michał		Wieliczka	0:30:35.56 (05:22min/km)	0:30:40.87	+0:07:35.72
48 - M /44	M40/8		[4148] HOPEK, Tomasz	ULTRAMARYNA	Kraków	0:30:25.19 (05:20min/km)	0:30:42.31	+0:07:37.16
49 - M /45	M30/19		[506] BARGIEŁ, Marcin	Go Aktiv!	Kraków	0:30:49.54 (05:24min/km)	0:30:50.07	+0:07:44.92
50 - K /5	K16/2		[4234] BIEDERMAN, Adrianna			0:31:01.94 (05:26min/km)	0:31:02.44	+0:07:57.29
51 - M /46	M40/9		[601] KUKLA, Grzegorz	1.RODN KoliBER TEAM	Kraków	0:31:01.52 (05:26min/km)	0:31:03.19	+0:07:58.04
52 - M /47	M50/3		[554] GEDL, Przemysław		Kraków	0:31:02.58 (05:26min/km)	0:31:03.76	+0:07:58.61
53 - M /48	M50/4		[620] MACHLOWSKI, Ryszard	KKB Dystans Krakow	KRAKÓW	0:30:59.21 (05:26min/km)	0:31:04.03	+0:07:58.88
54 - K /6	K40/1		[793] BYDOŃ, Agnieszka	#AdamCzerwińskiTeam	Kokotów	0:31:09.19 (05:27min/km)	0:31:14.46	+0:08:09.31
55 - M /49	M30/20		[577] KAPUTA, Piotr		Kraków	0:31:21.36 (05:30min/km)	0:31:30.13	+0:08:24.98
56 - M /50	M40/10		[778] BISKUPSKI, Michał	WKS WAWEL BnO	Krakow	0:31:31.33 (05:31min/km)	0:31:31.33	+0:08:26.18
57 - M /51	M30/21		[4213] KICA, Daniel	#AdamCzerwińskiTeam	Wieliczka	0:31:36.05 (05:32min/km)	0:31:36.05	+0:08:30.90
58 - M /52	M30/22		[505] BARAŃSKI, Jakub	Tapczan	Kraków	0:31:31.24 (05:31min/km)	0:31:37.75	+0:08:32.60
59 - M /53	M20/10		[535] CIERLAK, Przemysław	Brzyski Tri Team	Kraków	0:30:50.84 (05:24min/km)	0:31:46.14	+0:08:40.99

60 - M /54	M30/23		[757]	BICZEWSKI, Arkadiusz	KSPO Dentinea 1A	Kraków	0:31:45.20 (05:34min/km)	0:31:51.18	+0:08:46.03
61 - M /55	M16/8		[736]	LACHOWICZ, Kuba		Libertów	0:31:51.34 (05:35min/km)	0:31:55.03	+0:08:49.88
62 - M /56	M40/11		[563]	HERDA, Grzegorz	G.O.A.T. Team Michałowice	Masłomiaça	0:31:55.88 (05:36min/km)	0:31:56.14	+0:08:50.99
63 - M /57	M40/12		[544]	DYNGOSZ, Krzysztof	FedEx	Krakow	0:31:55.98 (05:36min/km)	0:32:00.80	+0:08:55.65
64 - K /7	K30/2		[540]	DUDZIAK, Dorota	#AdamCzerwińskiTeam	Kraków	0:32:04.21 (05:37min/km)	0:32:08.60	+0:09:03.45
65 - M /58	M40/13		[794]	BZOWSKI, Michał	Trailrun	Kraków	0:32:23.65 (05:41min/km)	0:32:24.85	+0:09:19.70
66 - K /8	K20/3		[768]	KUKUŁA, Karolina		Kraków	0:32:31.31 (05:42min/km)	0:32:36.82	+0:09:31.67
67 - M /59	M16/9		[783]	DYNGOSZ, Szymon			0:32:29.12 (05:41min/km)	0:32:37.88	+0:09:32.73
68 - M /60	M40/14		[684]	SZNAJDER, Rafal	G.O.A.T. Team Michałowice	Michałowice	0:32:30.30 (05:42min/km)	0:32:38.84	+0:09:33.69
69 - M /61	M30/24		[788]	STYRNA, Janusz	MOVIGO Akademia Ruchu	Kraków	0:32:28.39 (05:41min/km)	0:32:44.12	+0:09:38.97
70 - K /9	K40/2		[797]	GARSTECKA, Joanna	Skawina Biega	Skawina	0:32:43.96 (05:44min/km)	0:32:47.16	+0:09:42.01
71 - M /62	M40/15		[514]	BŁASZCZAK, Jarosław	Go Aktiv!	Kraków	0:32:48.38 (05:45min/km)	0:32:49.32	+0:09:44.17
72 - K /10	K20/4		[619]	ŁUKASIK, Sylwia	BeFit24Team	Kraków	0:32:45.67 (05:44min/km)	0:32:50.75	+0:09:45.60
73 - K /11	K20/5		[764]	KORNOBIS, Monika	Go Aktiv!	Kraków	0:32:48.83 (05:45min/km)	0:32:50.95	+0:09:45.80
74 - M /63	M40/16		[1096]	MATUSIK, Wojciech	Brzezinka Runner	Kraków	0:32:55.21 (05:46min/km)	0:32:55.21	+0:09:50.06
75 - M /64	M50/5		[610]	LIS, Jacek	G.O.A.T. Team Michałowice	Kończyce	0:32:49.61 (05:45min/km)	0:32:58.78	+0:09:53.63
76 - M /65	M20/11		[4049]	,			0:33:00.42 (05:47min/km)	0:33:06.94	+0:10:01.79
77 - M /66	M30/25		[578]	KASPERCZYK, Maciej		Kraków	0:32:48.47 (05:45min/km)	0:33:10.17	+0:10:05.02
78 - M /67	M30/26		[559]	GRABOWSKI, Mariusz	#AdamCzerwińskiTeam	Kraków	0:33:05.22 (05:48min/km)	0:33:11.34	+0:10:06.19
79 - K /12	K30/3		[594]	KOZIOŁ, Agnieszka		Nielepice	0:33:10.51 (05:49min/km)	0:33:12.05	+0:10:06.90
80 - M /68	M40/17		[589]	KOŚCIELNY, Artur	Skawina Biega	Radziszów	0:33:09.26 (05:49min/km)	0:33:16.30	+0:10:11.15
81 - K /13	K16/3		[666]	SŁOŃSKA, Zofia	WKS WAWEL BnO	Kraków	0:33:24.13 (05:51min/km)	0:33:24.90	+0:10:19.75
82 - K /14	K40/3		[762]	GAŚIENICA-ROJ, Anna	KS Murzasichle	Zakopane	0:33:34.01 (05:53min/km)	0:33:37.43	+0:10:32.28
83 - M /69	M40/18		[643]	PIENIAŻEK, Mariusz	PRC	Kraków	0:33:29.37 (05:52min/km)	0:33:39.03	+0:10:33.88
84 - M /70	M50/6		[515]	BOBAK, Bogdan	Skawina Biega	Skawina	0:33:31.24 (05:52min/km)	0:33:46.81	+0:10:41.66
85 - K /15	K40/4		[782]	BOROWIEC, Joanna	Night Runner Kraków	Kraków	0:33:44.39 (05:55min/km)	0:33:55.38	+0:10:50.23
86 - M /71	M30/27		[716]	WÓJCIK, Mateusz	Skawina Biega	Skawina	0:33:58.55 (05:57min/km)	0:33:58.55	+0:10:53.40
87 - M /72	M40/19		[542]	DUROŃ, Marcin	BeFit24Team	Kraków	0:33:56.03 (05:57min/km)	0:34:00.77	+0:10:55.62
88 - M /73	M30/28		[654]	RAKOWSKI, Paweł		Kraków	0:33:54.18 (05:56min/km)	0:34:10.15	+0:11:05.00
89 - K /16	K30/4		[683]	SZNAJDER, Joanna	G.O.A.T. Team Michałowice	Michałowice	0:34:06.58 (05:59min/km)	0:34:10.79	+0:11:05.64
90 - M /74	M30/29		[737]	KUFEL, Paweł		Kraków	0:34:00.61 (05:58min/km)	0:34:14.64	+0:11:09.49
91 - M /75	M30/30		[641]	PIASECKI, Paweł	CAFFETTIERA	Kraków	0:34:05.62 (05:58min/km)	0:34:15.15	+0:11:10.00
92 - K /17	K20/6		[17]	PRZYSTASZ, Magda	Niepołomice Biegają	Niepołomice	0:34:09.61 (05:59min/km)	0:34:20.10	+0:11:14.95

93 - K /18	K16/4		[752]	KŁAPUT, Natalia		Wadowice	0:34:19.42 (06:01min/km)	0:34:23.94	+0:11:18.79
94 - K /19	K20/7		[4246]	GRABSKA, Ewa	Sekcja Biegowa Grupy Pivnej	Kraków	0:34:18.93 (06:01min/km)	0:34:26.14	+0:11:20.99
95 - K /20	K40/5		[546]	ETTERLE-BIEDERMAN, Lilianna	WKS WAWEL BnO	Kraków	0:34:27.63 (06:02min/km)	0:34:27.63	+0:11:22.48
96 - M /76	M40/20		[4248]	BIERNAT, Jakub	Wisetka	Kraków	0:34:23.11 (06:01min/km)	0:34:30.73	+0:11:25.58
97 - M /77	M30/31		[552]	GARUS, Konrad		Kraków	0:34:29.55 (06:03min/km)	0:34:32.00	+0:11:26.85
98 - K /21	K30/5		[561]	GRYMEK, Dagmara	BeFit24Team	krakow	0:34:32.64 (06:03min/km)	0:34:37.29	+0:11:32.14
99 - M /78	M50/7		[607]	LATAŁA, Jarosław	BBL Kraków	Kraków	0:34:38.33 (06:04min/km)	0:34:39.79	+0:11:34.64
100 - M /79	M40/21		[738]	ZĄBCZYK, Jakub		Kraków	0:34:21.09 (06:01min/km)	0:34:40.54	+0:11:35.39
101 - M /80	M30/32		[4228]	SURMA, Piotr	G.O.A.T. Team Michałowice	Widoma	0:34:41.34 (06:05min/km)	0:34:47.21	+0:11:42.06
102 - K /22	K30/6		[661]	SIEMIŃSKA, Natalia	Biegająca Mama	Kraków	0:34:42.04 (06:05min/km)	0:34:47.72	+0:11:42.57
103 - K /23	K16/5		[4235]	POGODA, Kinga	UKS Kometa Gliwice	Gliwice	0:34:39.82 (06:04min/km)	0:34:52.64	+0:11:47.49
104 - M /81	M50/8		[729]	ŻESŁAWSKI, Wojciech	WKS WAWEL BnO	Kraków	0:34:54.36 (06:07min/km)	0:34:54.36	+0:11:49.21
105 - M /82	M30/33		[635]	OLESIAK, Tomasz		Kraków	0:35:14.10 (06:10min/km)	0:35:17.23	+0:12:12.08
106 - M /83	M30/34		[596]	KRÓL, Michał		ŚWIŃCZÓW	0:35:11.66 (06:10min/km)	0:35:19.26	+0:12:14.11
107 - K /24	K40/6		[662]	SIKORA, Ewa		Kraków	0:35:12.45 (06:10min/km)	0:35:19.37	+0:12:14.22
108 - M /84	M30/35		[569]	INDYKA, Michał	11MBOT	Kraków	0:35:42.40 (06:15min/km)	0:35:43.73	+0:12:38.58
109 - M /85	M40/22		[582]	KIEŁB, Piotr	G.O.A.T. Team Michałowice	Kraków	0:35:35.44 (06:14min/km)	0:35:45.39	+0:12:40.24
110 - M /86	M30/36		[774]	WIATRAK, Lukasz	Medius	Kraków	0:35:44.54 (06:16min/km)	0:36:00.46	+0:12:55.31
111 - K /25	K40/7		[550]	GAPYS, Jolanta	#AdamCzerwińskiTeam	Kraków	0:35:53.61 (06:17min/km)	0:36:05.03	+0:12:59.88
112 - M /87	M40/23		[791]	BALAWENDER, Bartosz		Kraków	0:36:01.30 (06:19min/km)	0:36:05.10	+0:12:59.95
113 - M /88	M40/24		[704]	TYLIBA, Ireneusz	Jura TEAM	Przeginia	0:36:01.19 (06:19min/km)	0:36:11.66	+0:13:06.51
114 - M /89	M40/25		[4254]	BADURA, Sławomir	Biegam Gdzie Popadnie	Kraków	0:35:57.02 (06:18min/km)	0:36:14.12	+0:13:08.97
115 - M /90	M30/37		[600]	KUKLA, Daniel		Bochnia	0:35:57.80 (06:18min/km)	0:36:14.81	+0:13:09.66
116 - K /26	K30/7		[712]	WOJTOWICZ, Magda	Trailrun	Giebułtów	0:36:05.86 (06:19min/km)	0:36:15.32	+0:13:10.17
117 - M /91	M30/38		[4216]	LUDOWSKI, Paweł		Kraków	0:35:58.78 (06:18min/km)	0:36:15.39	+0:13:10.24
118 - M /92	M20/12		[524]	BUJAS, Dominik		Kraków	0:35:53.20 (06:17min/km)	0:36:17.55	+0:13:12.40
119 - M /93	M40/26		[651]	PUDEŁEK, Paweł	Górzanka Nawojowa Góra	Bolechowice	0:36:21.91 (06:22min/km)	0:36:32.95	+0:13:27.80
120 - M /94	M30/39		[658]	ROCZNIAK, Grzegorz	Centrum Zdrowia Biegacza Kraków	Kraków	0:36:23.67 (06:23min/km)	0:36:44.63	+0:13:39.48
121 - M /95	M30/40		[667]	SMEREKA, Krzysztof	Vaillant	Kraków	0:36:39.47 (06:25min/km)	0:36:54.00	+0:13:48.85
122 - K /27	K16/6		[633]	NYGA, Julia	UKS Kometa Gliwice	Gliwice	0:36:46.08 (06:27min/km)	0:36:59.39	+0:13:54.24
123 - K /28	K40/8		[4227]	KACZMAREK, Katarzyna		Wieliczka	0:36:51.49 (06:27min/km)	0:36:59.93	+0:13:54.78
124 - M /96	M20/13		[579]	KASPERCZYK, Michał	Brzyski Tri Team	Proszowice	0:36:32.64 (06:24min/km)	0:37:03.30	+0:13:58.15
125 - M /97	M30/41		[642]	PIEKARNIAK, Łukasz	#AdamCzerwińskiTeam	Kraków	0:37:14.12 (06:31min/km)	0:37:14.12	+0:14:08.97

126 - K /29	K30/8		[763]	JASNOWSKA-MUSIAŁ, Katarzyna		Kraków	0:37:16.50 (06:32min/km)	0:37:22.14	+0:14:16.99
127 - K /30	K20/8		[543]	DYLAĞ, Marlena	G.O.A.T. Team Michałowice	Kraków	0:37:18.86 (06:32min/km)	0:37:24.84	+0:14:19.69
128 - M /98	M30/42		[4232]	SOCHA, Michał			0:37:03.87 (06:30min/km)	0:37:25.90	+0:14:20.75
129 - M /99	M40/27		[551]	GAPYS, Robert	#AdamCzerwińskiTeam	Kraków	0:37:16.21 (06:32min/km)	0:37:27.97	+0:14:22.82
130 - M /100	M40/28		[681]	SZAJEWSKI, Arkadiusz		Kraków	0:37:05.03 (06:30min/km)	0:37:28.38	+0:14:23.23
131 - M /101	M20/14		[605]	KUTYBA, Marek		Kraków	0:37:08.16 (06:30min/km)	0:37:29.81	+0:14:24.66
132 - K /31	K30/9		[576]	KAPOŁKA, Agata	Skawina Biega	Skawina	0:37:23.30 (06:33min/km)	0:37:30.17	+0:14:25.02
133 - M /102	M40/29		[623]	MALARCZYK, Jerzy	#AdamCzerwińskiTeam	Wieliczka	0:37:25.97 (06:34min/km)	0:37:38.21	+0:14:33.06
134 - K /32	K40/9		[4241]	LIGĘZA, Joasia			0:37:30.81 (06:34min/km)	0:37:41.54	+0:14:36.39
135 - K /33	K40/10		[779]	BISZTYGA, Sabina	Biegamy z kranowianką	Krakow	0:37:19.74 (06:32min/km)	0:37:42.38	+0:14:37.23
136 - M /103	M60/1		[632]	NOWOTNY, Marian		Damienice	0:37:31.45 (06:35min/km)	0:37:50.77	+0:14:45.62
137 - K /34	K40/11		[786]	ZAWODNY, Monika	BeFit24Team	krakow	0:37:43.71 (06:37min/km)	0:37:54.28	+0:14:49.13
138 - K /35	K40/12		[718]	WYPYCH, Agnieszka		Kraków	0:37:46.08 (06:37min/km)	0:37:56.30	+0:14:51.15
139 - M /104	M40/30		[581]	KIEŁB, Grzegorz	G.O.A.T. Team Michałowice	Zagórzycze Stare	0:37:48.01 (06:37min/km)	0:37:58.12	+0:14:52.97
140 - M /105	M50/9		[672]	STANEK, Rafał	Zabierzów biega	Karniowice	0:37:51.87 (06:38min/km)	0:37:58.75	+0:14:53.60
141 - K /36	K20/9		[755]	MARCHEWKA, Klaudia	zaMARCHWIłście	Kraków	0:37:55.53 (06:39min/km)	0:38:11.20	+0:15:06.05
142 - K /37	K30/10		[723]	ZAJĄC , Ilona	Skawina Biega	Rzozów	0:38:06.69 (06:41min/km)	0:38:14.17	+0:15:09.02
143 - M /106	M60/2		[749]	FAJTO, Maciej	KS Murzasichle	Murzasichle	0:38:05.17 (06:40min/km)	0:38:15.84	+0:15:10.69
144 - K /38	K40/13		[799]	GROCHOT, Edyta	#AdamCzerwińskiTeam	Wieliczka	0:38:28.07 (06:44min/km)	0:38:28.07	+0:15:22.92
145 - K /39	K16/7		[649]	PUDEŁEK, Jowita	LKS Górzanka Nawojowa Góra	32-082 Bolechowice	0:38:16.53 (06:42min/km)	0:38:28.12	+0:15:22.97
146 - M /107	M60/3		[740]	PIĄTEK, Stanisław	ITMBW Kraków	Kraków	0:38:18.78 (06:43min/km)	0:38:31.57	+0:15:26.42
147 - K /40	K40/14		[689]	ŚLIWA, Anna	Skawina Biega	Jurczyce	0:38:25.74 (06:44min/km)	0:38:33.81	+0:15:28.66
148 - K /41	K40/15		[745]	KARCZEWSKA , Renata	Skawina Biega	Krakow	0:38:30.68 (06:45min/km)	0:38:38.89	+0:15:33.74
149 - K /42	K40/16		[602]	KUKLA, Katarzyna		Kraków	0:38:33.14 (06:45min/km)	0:38:46.61	+0:15:41.46
150 - M /108	M50/10		[2121]	LASKOWSKI, Dariusz	Niepołomice Biegają	Kraków	0:38:48.64 (06:48min/km)	0:39:07.39	+0:16:02.24

151 - M /109	M60/4		[4251] BODURKA, Zbigniew		Zakopane	0:38:55.14 (06:49min/km)	0:39:16.78	+0:16:11.63
152 - M /110	M40/31		[777] LISOWSKI, Paweł			0:39:02.02 (06:50min/km)	0:39:21.93	+0:16:16.78
153 - M /111	M40/32		[621] MACINA, Dariusz		Podtężę	0:38:52.50 (06:49min/km)	0:39:22.19	+0:16:17.04
154 - M /112	M50/11		[571] JAMROZIK, Krzysiek	WKS WAWEL BnO	Kraków	0:39:05.04 (06:51min/km)	0:39:28.03	+0:16:22.88
155 - M /113	M40/33		[4253] GACEK, Tadeusz	Pszczółka Team	Jordanów	0:39:10.49 (06:52min/km)	0:39:28.83	+0:16:23.68
156 - K /43	K30/11		[2119] BOCHENEK, Gabriela		Kraków	0:39:11.64 (06:52min/km)	0:39:30.50	+0:16:25.35
157 - K /44	K20/10		[659] ROGOWSKA, Aleksandra	Siostry Olsen	Kraków	0:39:25.77 (06:55min/km)	0:39:33.81	+0:16:28.66
158 - M /114	M70/1		[587] KORDOS, Jan	KKB Dystans Krakow	Kraków	0:39:26.79 (06:55min/km)	0:39:41.34	+0:16:36.19
159 - M /115	M50/12		[697] FORYSTEK, Józef	WKS WAWEL BnO	Kraków	0:39:44.35 (06:58min/km)	0:39:48.58	+0:16:43.43
160 - M /116	M30/43		[790] KACZMAREK, Mariusz	Sieprawska Piątka	Kraków	0:39:40.47 (06:57min/km)	0:40:07.94	+0:17:02.79
161 - K /45	K30/12		[4215] LUDOWSKA, Dorota		Kraków	0:39:54.26 (07:00min/km)	0:40:10.68	+0:17:05.53
162 - K /46	K20/11		[703] TWARDOWSKA, Kornelia		Kraków	0:40:00.10 (07:01min/km)	0:40:14.17	+0:17:09.02
163 - M /117	M40/34		[598] KUCHARSKI, Maciej		Krzyszkwice	0:39:49.72 (06:59min/km)	0:40:17.01	+0:17:11.86
164 - M /118	M30/44		[679] SURMACZ, Tomasz		Dobczyce	0:39:47.97 (06:58min/km)	0:40:19.73	+0:17:14.58
165 - K /47	K16/8		[719] WYPYCH, Urszula		Kraków	0:40:12.86 (07:03min/km)	0:40:22.17	+0:17:17.02
166 - M /119	M40/35		[741] OLEJNIK, Maciej	wkurw_team	Węgrzce	0:39:59.68 (07:01min/km)	0:40:25.05	+0:17:19.90
167 - M /120	M40/36		[691] ŚWIĄTKIEWICZ , Łukasz	BIEGAM GDZIE POPADNIE	Kraków	0:40:12.99 (07:03min/km)	0:40:30.53	+0:17:25.38
168 - K /48	K30/13		[4252] MOLA, Agnieszka	ITMBW	Kraków	0:40:23.64 (07:05min/km)	0:40:33.68	+0:17:28.53
169 - M /121	M30/45		[606] KWIATKOWSKI, Jakub	ITMBW KRAKÓW	Kraków	0:40:03.83 (07:01min/km)	0:40:34.14	+0:17:28.99
170 - K /49	K30/14		[2120] WILK, Wioleta	Active Jura	Zagaje Smrokowskie	0:40:14.44 (07:03min/km)	0:40:35.05	+0:17:29.90
171 - K /50	K30/15		[528] BYTOMSKA, Kamila		Kraków	0:40:28.81 (07:06min/km)	0:40:41.58	+0:17:36.43

172 - M /122	M30/46		[728] ZUBALSKI, Artur	Ring Kraków	Kraków (Kraków-Śródmieście)	0:40:28.24 (07:06min/km)	0:40:42.40	+0:17:37.25
173 - K /51	K40/17		[795] CIĘCIWA-GIRGUŚ, Agata	#AdamCzerwińskiTeam	Kraków	0:40:18.33 (07:04min/km)	0:40:46.70	+0:17:41.55
174 - M /123	M40/37		[798] GIRGUŚ, Michał	#AdamCzerwińskiTeam	Kraków	0:40:16.77 (07:04min/km)	0:40:46.82	+0:17:41.67
175 - M /124	M50/13		[4245] MARCINEK, Wojciech	Trailrun	Kraków	0:40:12.60 (07:03min/km)	0:40:48.10	+0:17:42.95
176 - K /52	K50/1		[751] TROJAN, Anna	Husaria Race Team	Krakow	0:40:51.63 (07:10min/km)	0:40:58.20	+0:17:53.05
177 - K /53	K30/16		[725] ZDEB, Agnieszka	Active Jura	Kraków	0:40:59.53 (07:11min/km)	0:41:21.22	+0:18:16.07
178 - K /54	K30/17		[688] ŚWIREK, Dominika	Skawina Biega	Skawina	0:41:06.85 (07:12min/km)	0:41:23.76	+0:18:18.61
179 - K /55	K30/18		[611] LISIK, Justyna		Kraków	0:41:18.72 (07:14min/km)	0:41:31.91	+0:18:26.76
180 - M /125	M40/38		[713] WOSZCZYŃSKI, Paweł	remusbiega	Kraków	0:41:16.87 (07:14min/km)	0:41:39.76	+0:18:34.61
181 - K /56	K50/2		[521] BUGAJ, Teresa	WKS WAWEL BnO	Kraków	0:41:20.27 (07:15min/km)	0:41:42.83	+0:18:37.68
182 - K /57	K20/12		[511] BIERA, Agnieszka	Skawina Biega	Skawina	0:41:41.17 (07:18min/km)	0:41:48.00	+0:18:42.85
183 - K /58	K30/19		[503] BABIUCH, Magda	Skawina Biega	Skawina	0:41:50.19 (07:20min/km)	0:41:50.19	+0:18:45.04
184 - K /59	K40/18		[735] CZAPCZYŃSKA , Małgorzata	Niepołomice Biegają	Niepołomice	0:41:40.78 (07:18min/km)	0:42:01.92	+0:18:56.77
185 - K /60	K30/20		[639] PAJOR-LESZCZYŃSKA, Aleksandra		Kraków	0:42:04.14 (07:22min/km)	0:42:19.17	+0:19:14.02
186 - K /61	K20/13		[4240] ZEVALLOS, Kollita			0:42:21.17 (07:25min/km)	0:42:21.17	+0:19:16.02
187 - M /126	M50/14		[4223] ZWONEK, Piotr	eXrowerowanie.pl Kraków	Kraków	0:42:24.78 (07:26min/km)	0:42:39.19	+0:19:34.04
188 - M /127	M50/15		[771] NAPRUSZEWSKI, Jacek	NO CLUB team	Kraków	0:42:27.08 (07:26min/km)	0:42:41.95	+0:19:36.80
189 - K /62	K30/21		[754] MICHALEWSKA-DUDA, Daria	BeFit24Team	Kraków	0:42:45.12 (07:30min/km)	0:42:56.05	+0:19:50.90
190 - M /128	M70/2		[4229] KOPTA, Jerzy			0:42:47.97 (07:30min/km)	0:42:59.58	+0:19:54.43
191 - K /63	K30/22		[750] BUJOCZEK, Małgorzata		Kraków	0:42:47.28 (07:30min/km)	0:43:00.96	+0:19:55.81
192 - M /129	M16/10		[647] PÓŁTORAK, Aleksander		Kraków	0:42:43.33 (07:29min/km)	0:43:11.94	+0:20:06.79
193 - K /64	K30/23		[696] TARNAWSKA, Anna	WKS WAWEL BnO	Wieliczka	0:43:04.05 (07:33min/km)	0:43:19.78	+0:20:14.63
194 - K /65	K20/14		[595] KOŹBIAŁ, Zuzanna	M-TEAM	Dulowa	0:43:04.48 (07:33min/km)	0:43:19.96	+0:20:14.81
195 - K /66	K30/24		[796] CZĄSTKIEWICZ, Alicja	Team Tata & Córka	Gliwice	0:42:59.36 (07:32min/km)	0:43:21.06	+0:20:15.91
196 - K /67	K30/25		[523] BUGAJSKA , Katarzyna		Kraków	0:42:57.53 (07:32min/km)	0:43:21.28	+0:20:16.13
197 - K /68	K40/19		[575] KAJNIAK, Beata	Skawina Biega	Radziszów	0:43:45.77 (07:40min/km)	0:43:52.59	+0:20:47.44

198 - K /69	K30/26		[4222] WOŹNICZKA, Kamila	Skawina Biega	Skawina	0:43:50.01 (07:41min/km)	0:44:10.51	+0:21:05.36
199 - K /70	K40/20		[570] JAGIEŁA-KURTYKA, Renata		radwanowice	0:43:50.09 (07:41min/km)	0:44:16.88	+0:21:11.73
200 - M /130	M30/47		[4250] SZYMAŃSKI, Krzysztof	BeFit24Team	Kraków	0:44:07.36 (07:44min/km)	0:44:23.19	+0:21:18.04
201 - K /71	K20/15		[580] KHVAINITSKAYA-KURUS, Katsiaryna		Krakow	0:44:08.53 (07:44min/km)	0:44:25.42	+0:21:20.27
202 - M /131	M30/48		[604] KURUS, Tomasz	KA_TO	Kraków	0:44:06.25 (07:44min/km)	0:44:25.88	+0:21:20.73
203 - K /72	K40/21		[676] SUCHAŃSKA-DRECHNY, Marta	Skawina Biega	Rzozów	0:44:15.62 (07:45min/km)	0:44:30.84	+0:21:25.69
204 - M /132	M30/49		[4219] SIESTRUNCK, Gaspard		Bielsko-Biala	0:44:15.12 (07:45min/km)	0:44:42.42	+0:21:37.27
205 - K /73	K20/16		[4217] MARTIN, Aurelie		Bielsko Biala	0:44:16.45 (07:46min/km)	0:44:43.52	+0:21:38.37
206 - K /74	K40/22		[536] CIEŚLAK-SAWICKA, Katarzyna	BIEGAM GDZIE POPADNIE	Kraków	0:44:32.28 (07:48min/km)	0:44:50.05	+0:21:44.90
207 - M /133	M40/39		[714] WOŹNIAK, Sławomir		Kraków	0:44:30.22 (07:48min/km)	0:44:53.22	+0:21:48.07
208 - K /75	K40/23		[673] STEINKE, Dominika		Krzeszowice	0:44:26.85 (07:47min/km)	0:44:57.95	+0:21:52.80
209 - K /76	K40/24		[775] ZAWADA, Magdalena	JJft Running Team	Kraków	0:44:41.97 (07:50min/km)	0:45:08.61	+0:22:03.46
210 - M /134	M40/40		[670] SOWA, Grzegorz	ITMBW Kraków	Kraków	0:44:57.43 (07:53min/km)	0:45:26.07	+0:22:20.92
211 - K /77	K40/25		[545] DZIURZYŃSKA, Ulka	Vege Runners	Kraków	0:45:38.36 (08:00min/km)	0:46:04.74	+0:22:59.59
212 - K /78	K40/26		[526] BURDA, Monika	#AdamCzerwińskiTeam	Kraków	0:46:07.13 (08:05min/km)	0:46:07.13	+0:23:01.98
213 - K /79	K30/27		[566] HRYNCZYSZYN-WITEK, Olga		Burów	0:46:14.82 (08:06min/km)	0:46:46.25	+0:23:41.10
214 - M /135	M30/50		[631] NOWORYTA, Bartłomiej	TechnipFMC	Kraków	0:46:26.46 (08:08min/km)	0:46:54.58	+0:23:49.43
215 - K /80	K30/28		[769] MAGOCSY, Helena		Kraków	0:46:26.67 (08:08min/km)	0:46:56.00	+0:23:50.85
216 - K /81	K40/27		[584] KINDLER, Agata		Wieliczka	0:46:38.47 (08:10min/km)	0:47:00.06	+0:23:54.91
217 - K /82	K40/28		[591] KOWALCZYK, Joanna		Kraków	0:47:14.21 (08:17min/km)	0:47:33.02	+0:24:27.87
218 - M /136	M60/5		[593] KOWALCZYK, Tadeusz		Kraków	0:47:16.03 (08:17min/km)	0:47:33.11	+0:24:27.96
219 - K /83	K40/29		[516] BOBROWSKA, Maria		Kraków	0:47:11.15 (08:16min/km)	0:47:43.80	+0:24:38.65
220 - M /137	M40/41		[4244] KUZA, Łukasz		Giebułtów	0:47:21.37 (08:18min/km)	0:47:52.97	+0:24:47.82
221 - M /138	M50/16		[653] RACHWAŁ , Jacek		Trzyciąż	0:47:53.68 (08:24min/km)	0:48:05.22	+0:25:00.07
222 - K /84	K16/9		[603] KURTYKA, Joanna		RADWANOWICE	0:47:58.03 (08:24min/km)	0:48:25.99	+0:25:20.84

223 - K /85	K60/1		[753]	STOCHEL, Teresa		Krakow	0:47:57.08 (08:24min/km)	0:48:31.16	+0:25:26.01
224 - K /86	K30/29		[656]	REJDYCH, Daria	Husaria Race Team	Kraków	0:48:16.20 (08:28min/km)	0:48:36.28	+0:25:31.13
225 - K /87	K30/30		[538]	DOBISZEWSKA, Ilona	BIEGAM GDZIE POPADNIE	kraków	0:48:19.21 (08:28min/km)	0:48:37.51	+0:25:32.36
226 - M /139	M30/51		[787]	SZPOTON , Artur			0:48:23.36 (08:29min/km)	0:48:52.77	+0:25:47.62
227 - K /88	K40/30		[706]	WAXMANN-LEWANDOWSKA, Judyta	Happy TRI Friends	Kraków	0:48:36.63 (08:31min/km)	0:49:06.56	+0:26:01.41
228 - M /140	M16/11		[4242]	GAWOR, Olaf	Anywhere Bike Team	Kraków	0:48:59.52 (08:35min/km)	0:49:20.46	+0:26:15.31
229 - M /141	M30/52		[613]	LISTOPAD, Marcin	WKURW_TEAM	Kraków	0:48:56.09 (08:35min/km)	0:49:27.55	+0:26:22.40
230 - M /142	M40/42		[608]	LEWANDOWSKI, Marcin	Happy TRI Friends	Kraków	0:49:07.04 (08:37min/km)	0:49:36.13	+0:26:30.98
231 - M /143	M40/43		[531]	CHAMCZYK, Maciej	A mogłem spać	Kraków	0:49:15.69 (08:38min/km)	0:49:48.45	+0:26:43.30
232 - K /89	K40/31		[4243]	SKRZYPEK-GAWOR, Patrycja	Anywhere Bike Team	Kraków	0:50:07.98 (08:47min/km)	0:50:29.04	+0:27:23.89
233 - K /90	K30/31		[614]	ŁABNO, Magdalena		Kraków	0:52:27.20 (09:12min/km)	0:52:59.70	+0:29:54.55
234 - K /91	K40/32		[522]	BUGAJSKA, Monika		Kraków	0:52:52.77 (09:16min/km)	0:53:21.17	+0:30:16.02
235 - M /144	M30/53		[4236]	LEJA, Robert			0:53:14.05 (09:20min/km)	0:53:44.10	+0:30:38.95
236 - K /92	K40/33		[502]	ATROSZCZYK, Aleksandra		Krzeszowice	0:54:13.94 (09:30min/km)	0:54:46.39	+0:31:41.24
237 - M /145	M40/44		[617]	ŁĘŻNIAK, Arkadiusz		Kraków	0:54:53.51 (09:37min/km)	0:55:21.46	+0:32:16.31
238 - K /93	K16/10		[4238]	DZIUBA, Justyna			0:56:38.15 (09:56min/km)	0:57:02.71	+0:33:57.56
239 - K /94	K40/34		[4179]	JANOWSKA, Katarzyna		Kraków	1:05:58.84 (11:34min/km)	1:06:31.58	+0:43:26.43
240 - M /146	M70/3		[4225]	STACHOW, Jan			1:18:22.74 (13:45min/km)	1:18:45.87	+0:55:40.72

11,6km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M /1	M18/1	 [5395] KŘIVDA, Tomáš	K.O.B. Choceň (CZE) Biederman Sport	Nové Město nad Metují	0:43:18.84 (03:44min/km)	0:43:18.84	+0:00:00.00
1 - M /2	M18/2	 [5395] KRIVDA, Tomas			0:43:18.84 (03:44min/km)	0:43:18.84	+0:00:00.00
3 - M /3	M18/3	 [1232] TABOR, Dominik	Centrum Zdrowia Biegacza Kraków	Kraków	0:45:26.19 (03:55min/km)	0:45:26.19	+0:02:07.35
4 - M /4	M40/1	 [1321] GRZYWA, Grzegorz			0:47:57.44 (04:08min/km)	0:47:57.44	+0:04:38.60
5 - M /5	M30/1	 [919] BRZYSKI, Maciej	Brzyski Tri Team	Kraków	0:49:35.78 (04:16min/km)	0:49:35.78	+0:06:16.94
6 - M /6	M30/2	 [5350] LATAŁA, Janusz	Poranny Patrol	Krajków	0:49:44.75 (04:17min/km)	0:49:44.75	+0:06:25.91
7 - M /7	M18/4	 [986] GURDAK, Mateusz	Trailrun	Kraków	0:49:45.44 (04:17min/km)	0:49:45.62	+0:06:26.78
8 - M /8	M30/3	 [5367] SKOWRON, Michał	doćciuPozytywnie Zakręcen	Kraków	0:50:01.63 (04:18min/km)	0:50:01.63	+0:06:42.79
9 - M /9	M40/2	 [1153] PIETRZYK, Mariusz		Kraków	0:50:09.23 (04:19min/km)	0:50:09.23	+0:06:50.39
10 - M /10	M30/4	 [1340] MORAWSKI, Przemysław	Zaczerpnąć nogą	Kraków	0:50:35.02 (04:21min/km)	0:50:35.02	+0:07:16.18
11 - M /11	M40/3	 [5304] DARIUSZ, Kułynycz		Niepołomice	0:50:40.88 (04:22min/km)	0:50:41.00	+0:07:22.16
12 - M /12	M18/5	 [1339] MICHALAK, Maciej	Koło Przewodników Tatrzańskich im. Macieja Sieczki w Krakowie	Kraków	0:50:40.18 (04:22min/km)	0:50:41.08	+0:07:22.24
13 - M /13	M30/5	 [1107] MIKA, Artur		Kraków	0:51:10.96 (04:24min/km)	0:51:11.46	+0:07:52.62
14 - M /14	M40/4	 [1362] WÓJCIK, Paweł	Klub Biegacza AZS UEK	Kraków	0:51:33.73 (04:26min/km)	0:51:34.35	+0:08:15.51
15 - M /15	M40/5	 [1077] LESZCZYŃSKI, Juliusz	Wake Up Covan!	Kraków	0:51:44.39 (04:27min/km)	0:51:45.80	+0:08:26.96
16 - M /16	M30/6	 [1116] MORMUL, Przemek	Kropki	Krakow	0:51:51.70 (04:28min/km)	0:51:52.25	+0:08:33.41
17 - M /17	M30/7	 [5393] KOWALCZYK, Tomasz	16bpd	Kraków	0:52:01.48 (04:29min/km)	0:52:03.66	+0:08:44.82
18 - M /18	M50/1	 [5303] CZUBA, Adam	Happy Tri Friends	Kraków	0:52:14.80 (04:30min/km)	0:52:14.80	+0:08:55.96
19 - M /19	M30/8	 [1041] KOWALSKI, Kamil	FIZJO-BALANCE Kraków	Kraków	0:52:16.27 (04:30min/km)	0:52:16.69	+0:08:57.85
20 - M /20	M40/6	 [5356] PIETRZYK, Wojciech	Poranny Patrol	Kraków	0:52:18.08 (04:30min/km)	0:52:18.51	+0:08:59.67
21 - M /21	M30/9	 [1101] MIAGKYJ, Artem		Jaworze	0:52:18.53 (04:30min/km)	0:52:21.04	+0:09:02.20
22 - M /22	M18/6	 [5408] KOWALSKI, Aleksander			0:52:21.42 (04:30min/km)	0:52:21.42	+0:09:02.58
23 - M /23	M30/10	 [1312] LATAŁA, Krzysztof	Go Aktiv!	Krajków	0:52:20.53 (04:30min/km)	0:52:21.48	+0:09:02.64
24 - M /24	M30/11	 [1051] KRUSZEC, Andrzej	Augusta Restauracja Kraków	Kraków	0:52:21.52 (04:30min/km)	0:52:22.34	+0:09:03.50
25 - M /25	M30/12	[1073] KWIATKOWSKI, Michael		Kraków	0:53:09.11 (04:34min/km)	0:53:09.11	+0:09:50.27

26 - M /26	M30/13	 [5409]	MAS, Kamil		Katowice	0:53:50.30 (04:38min/km)	0:53:50.30	+0:10:31.46
27 - M /27	M30/14	 [923]	BUL, Dominik	zabieganidobrowolscy	Kraków	0:54:05.62 (04:39min/km)	0:54:06.95	+0:10:48.11
28 - M /28	M40/7	 [5383]	TARGOSZ, Michał		Kraków	0:54:30.80 (04:41min/km)	0:54:30.80	+0:11:11.96
29 - M /29	M30/15	 [1019]	KIEŁT, Andrzej	#AdamCzerwińskiTeam	Kraków	0:54:25.80 (04:41min/km)	0:54:30.97	+0:11:12.13
30 - M /30	M30/16	 [5306]	DREWNIAK, Łukasz	JJfit Running Team	Kraków	0:54:53.37 (04:43min/km)	0:54:56.28	+0:11:37.44
31 - M /31	M40/8	 [5358]	POLAK, Stanisław	SBG Podbieg	Kraków	0:55:04.69 (04:44min/km)	0:55:08.04	+0:11:49.20
32 - M /32	M30/17	 [1295]	MUCHA, Janusz	Biegamy z kranowianką	Kraków	0:55:12.11 (04:45min/km)	0:55:13.87	+0:11:55.03
33 - M /33	M30/18	 [5378]	WOŹNIAK, Radosław	Skawina Biega	Skawina	0:55:05.47 (04:44min/km)	0:55:14.34	+0:11:55.50
34 - M /34	M18/7	 [1226]	ŚLIZ, Wojciech		Kraków	0:55:30.57 (04:47min/km)	0:55:34.76	+0:12:15.92
35 - M /35	M30/19	 [5343]	JASIŃSKI, Jakub	WM Triself GORIDE	Kraków	0:55:40.70 (04:48min/km)	0:55:41.40	+0:12:22.56
36 - M /36	M40/9	 [901]	ADAMEK, Dariusz	#AdamCzerwińskiTeam	Kraków	0:55:41.28 (04:48min/km)	0:55:45.30	+0:12:26.46
37 - M /37	M40/10	 [1018]	KĄCIK, Mariusz	OSP Morawica		0:55:44.07 (04:48min/km)	0:55:46.92	+0:12:28.08
38 - M /38	M50/2	 [5385]	OPRYSZEK, Bogusław		Kraków	0:55:47.25 (04:48min/km)	0:55:47.33	+0:12:28.49
39 - M /39	M40/11	 [1200]	SŁOWIKOWSKI, Paweł	KOSOVO	Kraków	0:55:48.99 (04:48min/km)	0:55:51.39	+0:12:32.55
40 - M /40	M18/8	 [5341]	HEBDA, Adrian		Kraków	0:55:59.87 (04:49min/km)	0:56:01.32	+0:12:42.48
41 - M /41	M50/3	 [1262]	ZADARNOWSKI, Dariusz		Kraków	0:56:04.00 (04:50min/km)	0:56:04.00	+0:12:45.16
42 - K /1	K30/1	 [994]	JABŁOŃSKA, Sylwia	SBG Podbieg	Kraków	0:56:17.93 (04:51min/km)	0:56:18.82	+0:12:59.98
43 - K /2	K30/2	 [18]	SOLAKIEWICZ, Anna	BeFit24Team	Kraków	0:56:26.14 (04:51min/km)	0:56:26.14	+0:13:07.30
44 - M /42	M30/20	 [1259]	WSZOŁEK, Paweł		Kraków	0:56:34.80 (04:52min/km)	0:56:36.09	+0:13:17.25
45 - M /43	M50/4	 [1124]	NOWAK, Robert	Poranny Patrol	Kraków	0:56:40.63 (04:53min/km)	0:56:41.19	+0:13:22.35
46 - M /44	M30/21	 [948]	DYKSZAK, Filip	WM Triself	Kraków	0:56:51.91 (04:54min/km)	0:56:51.91	+0:13:33.07
47 - M /45	M30/22	 [1043]	KOWALSKI, Michał	POLKAS	Kraków	0:56:47.08 (04:53min/km)	0:56:59.72	+0:13:40.88
48 - M /46	M40/12	 [1330]	DARCHUK, Oleksandr	DRPT		0:57:03.33 (04:55min/km)	0:57:03.33	+0:13:44.49
49 - M /47	M18/9	 [1188]	SENKOWSKI, Jakub	KBTR STRUKT	Kraków	0:57:10.80 (04:55min/km)	0:57:18.63	+0:13:59.79
50 - M /48	M30/23	 [1133]	ORAMUS , Paweł	Skawina Biega	Gołuchowice	0:57:31.21 (04:57min/km)	0:57:41.94	+0:14:23.10
51 - M /49	M40/13	 [5369]	STEFANOWICZ, Adam	WM Triself	Kraków	0:57:39.51 (04:58min/km)	0:57:41.98	+0:14:23.14
52 - M /50	M18/10	 [942]	DROZDZOWSKI, Konrad		Skała	0:57:30.44 (04:57min/km)	0:57:42.66	+0:14:23.82
53 - M /51	M40/14	 [952]	DYRGA, Sebastian	JJfit Running Team	Kraków	0:57:50.57 (04:59min/km)	0:57:52.66	+0:14:33.82
54 - M /52	M30/24	 [944]	DRYZYGIEWICZ, Przemysław		Kraków	0:57:50.73 (04:59min/km)	0:57:53.59	+0:14:34.75
55 - K /3	K18/1	 [5195]	AFANASYEVA, Yana	Poranny Patrol	Krakow	0:58:19.81 (05:01min/km)	0:58:19.81	+0:15:00.97
56 - M /53	M30/25	 [5389]	CZARNECKI, Grzegorz	G.O.A.T. Team Michałowice	Masłomiąca	0:58:38.52 (05:03min/km)	0:58:38.84	+0:15:20.00
57 - M /54	M40/15	 [5063]	MULDNER, Rafał		Kraków	0:58:55.08 (05:04min/km)	0:59:04.23	+0:15:45.39
58 - M /55	M30/26	 [1000]	JASIŃSKI, Jakub	GE HealthAhead	Kraków	0:58:59.84 (05:05min/km)	0:59:09.79	+0:15:50.95

59 - K /4	K30/3		[5348] KROWICKA, Agnieszka		Kraków	0:58:54.17 (05:04min/km)	0:59:09.88	+0:15:51.04
60 - M /56	M30/27		[5402] HALAGARDA, Krzysztof			0:59:16.04 (05:06min/km)	0:59:16.04	+0:15:57.20
61 - M /57	M40/16		[5344] JENERALSKI, Miłosz		Tuchola	0:59:18.67 (05:06min/km)	0:59:22.08	+0:16:03.24
62 - M /58	M18/11		[902] AMIAUD, Romain	WM Triself	Krakow	0:59:22.09 (05:07min/km)	0:59:22.84	+0:16:04.00
63 - M /59	M40/17		[1356] TRACZ, Sławomir		Myślenice	0:59:25.96 (05:07min/km)	0:59:28.97	+0:16:10.13
64 - K /5	K40/1		[1302] FRĄCZEK-BOGACKA, Justyna		Kraków	0:59:30.24 (05:07min/km)	0:59:30.60	+0:16:11.76
65 - M /60	M40/18		[960] FIREK, Rafał	Lacho Team	Kraków	0:59:30.56 (05:07min/km)	0:59:36.67	+0:16:17.83
66 - M /61	M30/28		[1143] PAPKA, Michał	Stowarzyszenie Rusz się	Kocmyrzów	0:59:37.65 (05:08min/km)	0:59:43.68	+0:16:24.84
67 - M /62	M50/5		[1134] ORŁOWSKI, Paweł	JJfit Running Team	Kraków	0:59:40.78 (05:08min/km)	0:59:44.66	+0:16:25.82
68 - M /63	M50/6		[1067] KUNZ, Tomasz		Kraków	0:59:43.05 (05:08min/km)	0:59:45.11	+0:16:26.27
69 - M /64	M30/29		[920] BUDERAWSKI , Andrzej	Gwiazdy Północy	Kraków	0:59:45.55 (05:09min/km)	0:59:50.13	+0:16:31.29
70 - M /65	M40/19		[1327] ORYSZCZAK, Grzegorz	ASL	Kraków	0:59:51.73 (05:09min/km)	0:59:53.31	+0:16:34.47
71 - M /66	M18/12		[5406] GIERZ, Bartłomiej			0:59:51.22 (05:09min/km)	0:59:54.23	+0:16:35.39
72 - M /67	M30/30		[1160] POPIEL, Andrzej	popsmart.pl	Kraków	0:59:55.20 (05:09min/km)	0:59:57.51	+0:16:38.67
73 - K /6	K30/4		[1081] LIPSKA, Anna	BeFit24Team	Kraków	0:59:55.08 (05:09min/km)	1:00:00.58	+0:16:41.74
74 - K /7	K30/5		[1313] LASOTA-KOWALSKA , Katarzyna	FIZJO-BALANCE Kraków	Kraków	1:00:08.41 (05:11min/km)	1:00:09.76	+0:16:50.92
75 - M /68	M18/13		[964] FRACH, Dominik	SIGMA Pizza & Bar	Kraków	1:00:13.84 (05:11min/km)	1:00:13.84	+0:16:55.00
76 - M /69	M30/31		[5397] WESOŁOWSKI, Krzysztof	Poranny Patrol	Kraków	1:00:06.28 (05:10min/km)	1:00:15.27	+0:16:56.43
77 - M /70	M30/32		[5380] MACHLOWSKI, Łukasz	KKB Dystans Krakow	Kraków	1:00:17.51 (05:11min/km)	1:00:18.05	+0:16:59.21
78 - K /8	K30/6		[1158] PŁAZIAK-KOWALSKA, Magdalena	2K	Libertow	1:00:16.42 (05:11min/km)	1:00:23.82	+0:17:04.98
79 - M /71	M30/33		[1252] WŁOSTOWSKI, Marek	Vege Runners	Kraków	1:00:18.26 (05:11min/km)	1:00:25.41	+0:17:06.57
80 - M /72	M30/34		[5265] BARABASZ, Radek	Sekcja Biegowa Grupy Piwnej	Kraków	1:00:21.95 (05:12min/km)	1:00:31.21	+0:17:12.37
81 - M /73	M30/35		[1349] RUSEK, Łukasz		Kraków	1:00:33.84 (05:13min/km)	1:00:36.11	+0:17:17.27
82 - M /74	M40/20		[5392] FIDELUS, Jacek	WCHSZT	BRZESKO	1:00:35.98 (05:13min/km)	1:00:40.60	+0:17:21.76
83 - K /9	K30/7		[1167] PUDEŁEK, Agnieszka		Brzesko	1:00:37.54 (05:13min/km)	1:00:42.65	+0:17:23.81
84 - M /75	M30/36		[1115] MORDARSKI, Michał		Krakow	1:00:38.01 (05:13min/km)	1:00:43.46	+0:17:24.62
85 - M /76	M30/37		[932] CYGAN, Krzysztof	#AdamCzerwińskiTeam	Kraków	1:00:49.38 (05:14min/km)	1:00:53.94	+0:17:35.10
86 - M /77	M40/21		[1224] ŚLIWA, Henryk	Skawina Biega	Jurczyce	1:00:50.88 (05:14min/km)	1:01:01.63	+0:17:42.79
87 - M /78	M30/38		[970] GAWIN, Krzysztof	BeFit24Team	Kraków	1:01:01.82 (05:15min/km)	1:01:01.82	+0:17:42.98
88 - M /79	M18/14		[1212] STRASZAK, Mateusz		Kraków	1:00:56.65 (05:15min/km)	1:01:03.13	+0:17:44.29
89 - M /80	M40/22		[971] GAŚIOR, Krzysztof	Klub Biegacza AZS UEK	Psary	1:01:01.74 (05:15min/km)	1:01:07.01	+0:17:48.17
90 - M /81	M40/23		[5310] HAJDUK, Bartłomiej	SBG Podbieg	Kraków	1:01:08.00 (05:16min/km)	1:01:14.43	+0:17:55.59
91 - M /82	M30/39		[5278] BROŻEK, Łukasz		Gorenice	1:01:10.77 (05:16min/km)	1:01:16.37	+0:17:57.53

92 - M /83	M40/24		[940] DOMIN, Tomasz	JJfit Running Team	Krakow	1:01:14.73 (05:16min/km)	1:01:16.70	+0:17:57.86
93 - M /84	M30/40		[5365] SIKORA, Sebastian		Kraków	1:01:00.24 (05:15min/km)	1:01:17.26	+0:17:58.42
94 - M /85	M40/25		[1211] STEC, Paweł		Kraków	1:01:20.19 (05:17min/km)	1:01:21.55	+0:18:02.71
95 - M /86	M40/26		[1008] KACZOR, Paweł		Liszki	1:01:21.20 (05:17min/km)	1:01:24.15	+0:18:05.31
96 - M /87	M40/27		[5366] SIWIECKI, Tomasz	Muay Running Team	Tomaszowice	1:01:17.47 (05:17min/km)	1:01:26.66	+0:18:07.82
97 - M /88	M40/28		[1148] PAWLIK, Krzysztof		Kraków	1:01:20.44 (05:17min/km)	1:01:26.82	+0:18:07.98
98 - M /89	M30/41		[929] CHOLEWCZUK, Piotr	WILD DOGS TEAM	Kraków	1:01:40.47 (05:19min/km)	1:01:40.78	+0:18:21.94
99 - M /90	M30/42		[5368] STANKIEWICZ, Tomasz		Kraków	1:01:19.77 (05:17min/km)	1:01:41.40	+0:18:22.56
100 - M /91	M40/29		[5409] PIASECKI, Rafał			1:01:44.95 (05:19min/km)	1:01:49.84	+0:18:31.00
101 - M /92	M40/30		[1016] KASZOWSKI, Marcin	UKS Kometa Gliwice	Gliwice	1:01:54.53 (05:20min/km)	1:02:02.12	+0:18:43.28
102 - M /93	M40/31		[5376] TYLEK, Krzysztof	Skawina Biega	Mogilany	1:02:04.01 (05:21min/km)	1:02:13.85	+0:18:55.01
103 - M /94	M30/43		[1221] SZKLARCZYK, Dariusz	JJfit Running Team	Kraków	1:02:11.70 (05:21min/km)	1:02:14.92	+0:18:56.08
104 - M /95	M40/32		[908] BARTOSZ, Marek	JCI Running Team	Kraków	1:02:37.08 (05:23min/km)	1:02:43.61	+0:19:24.77
105 - K /10	K40/2		[961] FLAGA, Iwona	Los Pantalones Rojos	Kraków	1:02:38.25 (05:23min/km)	1:02:59.20	+0:19:40.36
106 - M /96	M40/33		[985] GRZYB , Kazimierz	Los Pantalones Rojos	Kraków	1:02:39.58 (05:24min/km)	1:03:00.83	+0:19:41.99
107 - M /97	M40/34		[1345] PEC, Waldemar		Krakow	1:03:01.21 (05:25min/km)	1:03:04.90	+0:19:46.06
108 - M /98	M30/44		[1268] ZAWACKI, Marcin		Kraków	1:02:53.01 (05:25min/km)	1:03:07.05	+0:19:48.21
109 - K /11	K30/8		[5342] JACHYM-DREWNIAK, Joanna	JJfit Running Team	Kraków	1:03:07.87 (05:26min/km)	1:03:11.53	+0:19:52.69
110 - M /99	M30/45		[5381] PESZT, Marek			1:02:50.97 (05:25min/km)	1:03:12.65	+0:19:53.81
111 - M /100	M18/15		[1294] GŁÓD, Łukasz	Klub Biegacza AZS UEK	Kraków	1:03:05.63 (05:26min/km)	1:03:13.37	+0:19:54.53
112 - M /101	M40/35		[1110] MISIUK, Marek	Trailrun	Kraków	1:03:08.47 (05:26min/km)	1:03:17.01	+0:19:58.17
113 - M /102	M30/46		[1348] PRZYBYŁOWSKI, Piotr		Kraków	1:03:23.79 (05:27min/km)	1:03:26.22	+0:20:07.38
114 - M /103	M30/47		[1161] POPIELARCZYK, Łukasz	Vege Runners	Kraków	1:03:36.65 (05:29min/km)	1:03:38.91	+0:20:20.07
115 - M /104	M40/36		[1098] MAZUR, Grzegorz	Grupa Skromnych Biegaczy	Tarnów	1:03:29.52 (05:28min/km)	1:03:50.75	+0:20:31.91
116 - M /105	M30/48		[1245] WĘGRZYŃSKI, Paweł		Kraków	1:03:37.61 (05:29min/km)	1:03:55.03	+0:20:36.19
117 - M /106	M30/49		[1024] KLĘSK, Krzysztof		Kraków	1:03:49.31 (05:30min/km)	1:03:55.38	+0:20:36.54
118 - K /12	K30/9		[1002] JEDLIŃSKA, Małgorzata	Zupa Pomidorowa	Kraków	1:03:54.16 (05:30min/km)	1:04:04.42	+0:20:45.58

119 - M /107	M40/37	 [1307]	DUDA, Paweł	BeFit24Team	Kraków	1:04:09.90 (05:31min/km)	1:04:16.62	+0:20:57.78
120 - M /108	M40/38	 [1207]	SROKA, Wojciech	WiB	Kraków	1:04:18.32 (05:32min/km)	1:04:18.32	+0:20:59.48
121 - M /109	M30/50	 [5359]	POLAKIEWICZ, Dariusz	Sagittarius	Trzyciąż	1:04:19.57 (05:32min/km)	1:04:26.15	+0:21:07.31
122 - M /110	M30/51	 [1206]	SROKA, Sylwester		Wieliczka	1:04:25.13 (05:33min/km)	1:04:31.89	+0:21:13.05
123 - M /111	M40/39	 [5386]	DRECHNY, Bartosz	Skawina Biega	Rzozów	1:04:23.99 (05:33min/km)	1:04:35.84	+0:21:17.00
124 - M /112	M30/52	 [1178]	RYCHŁOWSKI, Tomasz		Chrzanów	1:04:27.85 (05:33min/km)	1:04:42.36	+0:21:23.52
125 - M /113	M40/40	 [5403]	KOZA, Robert	Carbon Silesia Sport	Świętochłowice	1:04:43.80 (05:34min/km)	1:04:48.81	+0:21:29.97
126 - M /114	M30/53	 [1209]	STAŃDA, Tomasz	Zupa Pomidorowa	Kraków	1:04:56.14 (05:35min/km)	1:04:56.14	+0:21:37.30
127 - M /115	M40/41	 [1242]	WĄTRÓBSKI, Mirosław		Kraków	1:04:40.49 (05:34min/km)	1:04:56.73	+0:21:37.89
128 - M /116	M18/16	 [1366]	KALICKI, Daniel		Brzezie	1:04:57.74 (05:36min/km)	1:04:57.74	+0:21:38.90
129 - M /117	M40/42	 [935]	CZAPLA, Przemysław	WKS WAWEL BnO	Kraków	1:05:02.20 (05:36min/km)	1:05:02.95	+0:21:44.11
130 - M /118	M18/17	 [1093]	MAŁECKI, Mateusz		Kraków	1:05:03.25 (05:36min/km)	1:05:03.25	+0:21:44.41
131 - M /119	M50/7	 [1239]	WALCZYK, Roman	Water Knights	Kraków	1:05:07.03 (05:36min/km)	1:05:08.05	+0:21:49.21
132 - M /120	M40/43	 [1231]	ŚWIĘTOCHOWSKI, Arkadiusz	Grupa Skromnych Biegaczy	Tarnów	1:04:45.91 (05:35min/km)	1:05:08.55	+0:21:49.71
133 - K /13	K18/2	 [5351]	MATUŁA, Natalia	Training by PP	Oświęcim	1:05:14.23 (05:37min/km)	1:05:14.23	+0:21:55.39
134 - M /121	M18/18	 [967]	GACEK, Dawid	A mogłem spać	Kraków	1:05:17.32 (05:37min/km)	1:05:17.32	+0:21:58.48
135 - M /122	M40/44	 [946]	DURAS, Andrzej		Olszowice	1:05:09.55 (05:37min/km)	1:05:23.30	+0:22:04.46
136 - M /123	M40/45	 [977]	GORSZKO, Adam	Trailrun	Kraków	1:05:06.09 (05:36min/km)	1:05:23.70	+0:22:04.86

137 - M /124	M30/54	 [1247]	WIERZBA, Michał		Kraków	1:05:14.53 (05:37min/km)	1:05:26.49	+0:22:07.65
138 - M /125	M50/8	 [1174]	ROGASCH, Stanisław	BBL Kraków	Kraków	1:05:06.82 (05:36min/km)	1:05:34.54	+0:22:15.70
139 - M /126	M40/46	 [1146]	PASELA, Jerzy		Kraków	1:05:08.76 (05:36min/km)	1:05:35.72	+0:22:16.88
140 - M /127	M30/55	 [1237]	URIBE ABARCA, Juan Manuel	Trailrun	Krakow	1:05:34.78 (05:39min/km)	1:05:51.14	+0:22:32.30
141 - K /14	K30/10	 [1179]	RYŁKO, Agnieszka	ITMBW KRAKÓW	Kraków	1:05:48.04 (05:40min/km)	1:05:55.09	+0:22:36.25
142 - M /128	M40/47	 [978]	GÓRKA, Konrad	Night Runners	Kraków	1:05:56.34 (05:41min/km)	1:06:05.21	+0:22:46.37
143 - K /15	K40/3	 [1141]	PACHURA, Kinga		Mszana Dolna	1:06:35.30 (05:44min/km)	1:06:36.32	+0:23:17.48
144 - M /129	M30/56	 [998]	JAREMA, Maciej	Lokomotiv Majdan	Cisna	1:06:24.59 (05:43min/km)	1:06:38.44	+0:23:19.60
145 - M /130	M40/48	 [1198]	SŁONINA, Artur	Brodate Słonie	Kraków	1:06:25.78 (05:43min/km)	1:06:39.38	+0:23:20.54
146 - M /131	M30/57	 [1145]	PASEK, Tomasz	Kamaz Team	Wieliczka	1:06:39.82 (05:44min/km)	1:06:42.26	+0:23:23.42
147 - K /16	K40/4	 [1031]	KONSTANTY, Katarzyna	Poranny Patrol	Kraków	1:06:33.47 (05:44min/km)	1:06:44.05	+0:23:25.21
148 - M /132	M40/49	 [1208]	STACH, Paweł	Siwejka	Ropki	1:06:52.01 (05:45min/km)	1:06:58.20	+0:23:39.36
149 - M /133	M60/1	 [1254]	WOŹNIAK, Andrzej		Kraków	1:07:00.54 (05:46min/km)	1:07:04.87	+0:23:46.03
150 - M /134	M30/58	 [1006]	KACZMARCZYK, Tomasz	Husaria Race Team	Giebułtów	1:07:07.48 (05:47min/km)	1:07:07.48	+0:23:48.64
151 - M /135	M30/59	 [987]	GUZIK, Łukasz	Go Aktiv!	Łysokanie	1:07:09.45 (05:47min/km)	1:07:18.01	+0:23:59.17
152 - M /136	M30/60	 [1094]	MARZEC, Łukasz		Ptaszkowa	1:07:24.08 (05:48min/km)	1:07:27.82	+0:24:08.98
153 - M /137	M40/50	 [1241]	WĄSIK, Marcin	SportWise	Kraków	1:07:07.10 (05:47min/km)	1:07:28.54	+0:24:09.70
154 - M /138	M30/61	 [5355]	OCIEPKA, Sebastian Ociepka	Latający Cyrk	Kraków	1:07:28.51 (05:49min/km)	1:07:34.48	+0:24:15.64
155 - M /139	M18/19	 [1297]	DZIEDZIC, Piotr	Monar Kraków	Kraków	1:07:21.49 (05:48min/km)	1:07:36.04	+0:24:17.20

156 - M /140	M40/51	 [1280]	GOLIŃSKI, Mieczysław	Nauka Biega	Trzebinia	1:07:24.93 (05:48min/km)	1:07:36.30	+0:24:17.46
157 - M /141	M30/62	 [5354]	NOWIŃSKI, Andrzej	WM Triself	Kraków	1:07:12.17 (05:47min/km)	1:07:39.03	+0:24:20.19
158 - K /17	K30/11	 [1219]	SZCZERBA, Karolina	Night Runners	Kraków	1:07:28.63 (05:49min/km)	1:07:39.62	+0:24:20.78
159 - M /142	M30/63	 [1238]	WALCZAK, Waldemar		Zielonki	1:07:35.71 (05:49min/km)	1:07:44.37	+0:24:25.53
160 - M /143	M40/52	 [1054]	KRZYŻAN, Jakub	KW Kraków	Jerzmanowice	1:07:37.09 (05:49min/km)	1:07:46.08	+0:24:27.24
161 - K /18	K40/5	 [1260]	ZABOROWSKA, Małgorzata	JJfit Running Team	Liszki	1:07:44.91 (05:50min/km)	1:07:48.75	+0:24:29.91
162 - M /144	M40/53	 [5401]	PYRĆ, Krzysztof	JJ Team	Kraków	1:07:50.91 (05:50min/km)	1:07:55.41	+0:24:36.57
163 - M /145	M40/54	 [1190]	SĘK, Marek	WM Triself	Kraków	1:07:50.72 (05:50min/km)	1:07:55.90	+0:24:37.06
164 - M /146	M40/55	 [1343]	NOWAKOWSKI, Izidor		Wieliczka	1:07:52.60 (05:51min/km)	1:08:02.71	+0:24:43.87
165 - M /147	M18/20	 [1270]	ZAWROTNIAK, Paweł		Kraków	1:07:50.63 (05:50min/km)	1:08:06.79	+0:24:47.95
166 - M /148	M40/56	 [1013]	KAMISIŃSKI, Marek	BeFit24Team	Chrzastowice	1:08:06.16 (05:52min/km)	1:08:14.56	+0:24:55.72
167 - K /19	K30/12	 [938]	DOBRZAŃSKA, Marta	GE HealthAhead	Kraków	1:08:07.55 (05:52min/km)	1:08:17.02	+0:24:58.18
168 - M /149	M30/64	 [997]	JANICKI, Patryk	Poranny Patrol	Kraków	1:07:48.24 (05:50min/km)	1:08:39.15	+0:25:20.31
169 - M /150	M18/21	 [1175]	ROKITA, Adam	WKURW_TEAM	Proszowice	1:08:16.97 (05:53min/km)	1:08:41.38	+0:25:22.54
170 - M /151	M40/57	 [975]	GŁOWACKI, Mariusz	Active Jura	Kraków	1:08:40.58 (05:55min/km)	1:08:46.62	+0:25:27.78
171 - M /152	M50/9	 [913]	BLADY, Bogdan		Kraków	1:08:37.31 (05:54min/km)	1:08:52.12	+0:25:33.28
172 - M /153	M40/58	 [1236]	TWORZYDŁO, Paweł		Kraków	1:08:48.87 (05:55min/km)	1:09:06.31	+0:25:47.47
173 - M /154	M30/65	 [904]	BAJDAK, Łukasz		Kraków	1:08:43.12 (05:55min/km)	1:09:08.87	+0:25:50.03
174 - M /155	M30/66	 [1119]	MROWIEC, Paweł	Heineken Kraków Running Club	Bibice	1:09:05.49 (05:57min/km)	1:09:09.40	+0:25:50.56

175 - M /156	M30/67	 [1199]	SŁOŃSKI, Sławomir	Dziki Dzik	Kraków	1:08:58.20 (05:56min/km)	1:09:10.74	+0:25:51.90
176 - M /157	M30/68	 [1135]	ORTMAN, Marcin		Kraków	1:08:59.07 (05:56min/km)	1:09:13.43	+0:25:54.59
177 - M /158	M50/10	 [5347]	KOWALIK, Jan		Kraków	1:09:12.04 (05:57min/km)	1:09:20.54	+0:26:01.70
178 - M /159	M40/59	 [1202]	SOBCZAK, Bogusław		Kraków	1:08:57.10 (05:56min/km)	1:09:25.50	+0:26:06.66
179 - M /160	M18/22	 [1379]	MACHALICA, Jan	Poranny Patrol	Krakow	1:09:20.35 (05:58min/km)	1:09:32.66	+0:26:13.82
180 - M /161	M30/69	 [1139]	OŻÓG, Robert	Skawina Biega	Skawina	1:09:22.39 (05:58min/km)	1:09:33.72	+0:26:14.88
181 - M /162	M30/70	 [1329]	CIUPIŃSKI, Jakub		Myszków	1:09:32.17 (05:59min/km)	1:09:44.00	+0:26:25.16
182 - M /163	M40/60	 [966]	FRANKIEWICZ, Jakub	Aniołki Charliego	Kraków	1:09:37.67 (06:00min/km)	1:09:48.66	+0:26:29.82
183 - M /164	M18/23	 [1176]	ROSÓŁ, Mateusz	IGNATIANUM	KRAKÓW	1:09:55.12 (06:01min/km)	1:09:55.12	+0:26:36.28
184 - M /165	M30/71	 [5299]	COSTANZO, Gianmarco	G.S. Cinzano	Kraków	1:09:39.36 (06:00min/km)	1:09:59.01	+0:26:40.17
185 - K /20	K30/13	 [979]	GÓRNA, Anita	LPP Team	Kraków	1:09:52.16 (06:01min/km)	1:10:00.21	+0:26:41.37
186 - M /166	M18/24	 [1363]	SZEWCZYK, Marcin		Wieliczka	1:10:00.28 (06:02min/km)	1:10:00.28	+0:26:41.44
187 - K /21	K18/3	 [1039]	KOWALSKA, Paulina	POLKAS	Kraków	1:09:48.33 (06:01min/km)	1:10:00.89	+0:26:42.05
188 - M /167	M30/72	 [906]	BAŃKOWSKI, Bartłomiej	Vege Runners	Kraków	1:09:49.42 (06:01min/km)	1:10:00.92	+0:26:42.08
189 - K /22	K18/4	 [1171]	RECZYŃSKA RODRIGUES, Adriana	Eskadra Kraków	Kraków	1:09:58.64 (06:01min/km)	1:10:14.63	+0:26:55.79
190 - M /168	M30/73	 [1318]	MALINOWSKI, Tomasz	UKS Lider	Kraków	1:10:18.50 (06:03min/km)	1:10:24.50	+0:27:05.66
191 - M /169	M30/74	 [5394]	OBNISKI, Marek			1:10:27.52 (06:04min/km)	1:10:47.02	+0:27:28.18
192 - M /170	M60/2	 [1052]	KRYJOMSKI, Jerzy	KS Kościelec Chrzanów	Chrzanów	1:08:33.48 (05:54min/km)	1:10:50.19	+0:27:31.35
193 - M /171	M40/61	 [5377]	WIETRZNY, Kacper	Trailrun	Kraków	1:10:32.34 (06:04min/km)	1:10:50.57	+0:27:31.73

194 - M /172	M40/62	 [5352]	MIGACZ, Jacek	Trailrun	ZIELONKI K. KRAKOWA	1:10:50.57 (06:06min/km)	1:10:50.57	+0:27:31.73
195 - M /173	M40/63	 [968]	GARBACIK, Wojciech	WKS WAWEL BnO	Kraków	1:10:48.61 (06:06min/km)	1:10:52.23	+0:27:33.39
196 - M /174	M30/75	 [991]	HORODECKI, Łukasz		Kraków	1:10:36.60 (06:05min/km)	1:10:55.73	+0:27:36.89
197 - M /175	M30/76	 [933]	CYGAN, Tomasz	A mogłem spać	Kraków	1:10:44.35 (06:05min/km)	1:10:59.18	+0:27:40.34
198 - M /176	M40/64	 [1257]	WRÓBEL, Piotr		Kraków	1:10:39.20 (06:05min/km)	1:11:03.70	+0:27:44.86
199 - M /177	M40/65	 [1359]	WIŚNIEWSKI, Michał		Kraków	1:10:40.68 (06:05min/km)	1:11:11.95	+0:27:53.11
200 - M /178	M18/25	 [1137]	OSKWAREK, Michał	LGBS Running Team	Kraków	1:11:03.21 (06:07min/km)	1:11:14.81	+0:27:55.97
201 - M /179	M40/66	 [5400]	WÓJCIO, Hubert	runonline.pl team	Szczawnica	1:11:11.05 (06:08min/km)	1:11:26.09	+0:28:07.25
202 - M /180	M30/77	 [1376]	TRZOP, Łukasz			1:11:15.27 (06:08min/km)	1:11:27.92	+0:28:09.08
203 - M /181	M40/67	 [1216]	SYRYŃSKI-GIRO, Sebastian	MJMETAL OŚWIĘCIM	OŚWIĘCIM	1:11:28.24 (06:09min/km)	1:11:43.37	+0:28:24.53
204 - K /23	K30/14	 [1059]	KUEHN, Agnieszka	JJfit Running Team	Kraków	1:11:33.32 (06:10min/km)	1:11:45.95	+0:28:27.11
205 - M /182	M40/68	 [1177]	RYCHLIK, Sebastian		Klucze	1:11:50.66 (06:11min/km)	1:11:53.40	+0:28:34.56
206 - K /24	K30/15	 [1195]	SLIWA, Agnieszka		Libertów	1:11:52.28 (06:11min/km)	1:11:59.44	+0:28:40.60
207 - M /183	M30/78	 [1274]	ZEGARMISTRZ, Grzegorz		Kraków	1:11:33.00 (06:10min/km)	1:12:00.37	+0:28:41.53
208 - M /184	M40/69	 [1063]	KULON, Grzegorz	BeFit24Team	Kraków	1:11:54.50 (06:11min/km)	1:12:08.09	+0:28:49.25
209 - M /185	M30/79	 [5407]	KINDLER, Bartłomiej			1:11:51.42 (06:11min/km)	1:12:10.06	+0:28:51.22
210 - K /25	K18/5	 [1182]	SAMITOWSKA, Paulina	Go Aptiv!	Kraków	1:12:06.70 (06:13min/km)	1:12:10.13	+0:28:51.29
211 - M /186	M30/80	 [1090]	MADETKO, Arkadiusz		Kraków	1:11:55.33 (06:12min/km)	1:12:15.04	+0:28:56.20
212 - K /26	K30/16	 [1336]	LEISZNER , Izabela		Bytom	1:12:19.00 (06:14min/km)	1:12:23.16	+0:29:04.32
213 - K /27	K30/17	 [1082]	LORENZ, Anna	#AdamCzerwińskiTeam	Wieliczka	1:12:23.54 (06:14min/km)	1:12:23.54	+0:29:04.70

214 - M /187	M50/11		[1046] KOZIOŁ, Przemysław		Kraków	1:12:14.52 (06:13min/km)	1:12:28.05	+0:29:09.21
215 - M /188	M30/81		[1235] TOROŃ, Maciej		Kraków	1:12:28.94 (06:14min/km)	1:12:28.94	+0:29:10.10
216 - K /28	K18/6		[915] BLICHARZ, Ewelina	GE HealthAhead	Kraków	1:12:31.12 (06:15min/km)	1:12:40.63	+0:29:21.79
217 - K /29	K40/6		[1015] KAROLAK , Magdalena		Kraków	1:12:38.01 (06:15min/km)	1:12:43.91	+0:29:25.07
218 - K /30	K40/7		[5357] PIOTROWSKA, Grażyna	Poranny Patrol	Liszki	1:12:35.69 (06:15min/km)	1:12:46.35	+0:29:27.51
219 - M /189	M30/82		[1127] NYCZ, Sławomir	FC Kalembina	Kraków	1:12:49.32 (06:16min/km)	1:12:49.32	+0:29:30.48
220 - M /190	M18/26		[984] GRUSZKA, Karol		Kraków	1:12:39.89 (06:15min/km)	1:12:51.29	+0:29:32.45
221 - M /191	M50/12		[1086] MACHLOWSKI, Ryszard	KKB Dystans Krakow	KRAKÓW	1:12:45.10 (06:16min/km)	1:12:51.91	+0:29:33.07
222 - M /192	M30/83		[1227] ŚLIZIENIŃ, Olgierd	brak	Kraków	1:12:43.64 (06:16min/km)	1:12:52.57	+0:29:33.73
223 - M /193	M40/70		[1228] ŚMIGACZ, Andrzej		Wieliczka	1:12:52.66 (06:16min/km)	1:12:52.66	+0:29:33.82
224 - M /194	M40/71		[5309] GAJEK, Paweł		Tomaszowice	1:12:50.26 (06:16min/km)	1:12:59.68	+0:29:40.84
225 - M /195	M40/72		[1338] MARZEC, Artur	#AdamCzerwińskiTeam	Wieliczka	1:12:47.97 (06:16min/km)	1:13:03.32	+0:29:44.48
226 - M /196	M30/84		[1036] KOSMAŁA, Przemek		Kraków	1:12:42.84 (06:16min/km)	1:13:03.79	+0:29:44.95
227 - M /197	M30/85		[947] DURLAK, Błażej		Bobowa	1:12:51.92 (06:16min/km)	1:13:05.36	+0:29:46.52
228 - M /198	M30/86		[5363] RUSIN, Grzegorz		Mielec	1:12:48.14 (06:16min/km)	1:13:11.19	+0:29:52.35
229 - M /199	M40/73		[1220] SZEWCZYK, Mariusz		Kraków	1:12:52.20 (06:16min/km)	1:13:15.28	+0:29:56.44
230 - K /31	K18/7		[1225] ŚLIWIŃSKA , Angelika		Kraków	1:13:27.44 (06:19min/km)	1:13:34.92	+0:30:16.08
231 - M /200	M18/27		[1375] BIENIEK, Dominik	Monar Kraków	Kraków	1:13:28.14 (06:20min/km)	1:13:43.45	+0:30:24.61
232 - M /201	M30/87		[1097] MAZIARKA, Krzysztof	Huaraches	Czernichów	1:13:21.08 (06:19min/km)	1:13:46.60	+0:30:27.76

233 - M /202	M40/74		[5388] BUŁAWA, Grzegorz			1:13:51.65 (06:22min/km)	1:14:01.04	+0:30:42.20
234 - K /32	K30/18		[1230] ŚWIERCZYŃSKA, Gabriela		Kraków	1:13:45.68 (06:21min/km)	1:14:04.20	+0:30:45.36
235 - K /33	K18/8		[1244] WĘGRZYN, Katarzyna	Creative Bochnia Biega Team	Bochnia	1:13:57.22 (06:22min/km)	1:14:10.02	+0:30:51.18
236 - K /34	K30/19		[5307] DUBOVSKA, Olena	BeFit24Team	Krakow	1:14:00.55 (06:22min/km)	1:14:10.52	+0:30:51.68
237 - M /203	M40/75		[1191] SIEKLUCKI, Michał	#AdamCzerwińskiTeam	Wieliczka	1:14:17.65 (06:24min/km)	1:14:17.65	+0:30:58.81
238 - M /204	M30/88		[1126] NOWOTARSKI, Kamil		Zator	1:14:17.98 (06:24min/km)	1:14:17.98	+0:30:59.14
239 - M /205	M40/76		[1377] LIGĘZA, Witek			1:14:15.67 (06:24min/km)	1:14:25.65	+0:31:06.81
240 - K /35	K18/9		[1334] KARPIEL, Magdalena	Trailrun	Kraków	1:14:12.78 (06:23min/km)	1:14:31.42	+0:31:12.58
241 - M /206	M30/89		[1083] ŁASKOWSKI, Piotr	BeFit24Team	Kraków	1:14:16.47 (06:24min/km)	1:14:33.69	+0:31:14.85
242 - M /207	M30/90		[1078] LEŚNIAK, Jacek	Akademia Sportu Future 4	Kraków	1:14:21.03 (06:24min/km)	1:14:34.38	+0:31:15.54
243 - M /208	M30/91		[1159] PODCZASZY, Tomasz	Night Runners	Kraków	1:14:44.51 (06:26min/km)	1:14:56.41	+0:31:37.57
244 - M /209	M30/92		[936] CZYŻOWICZ, Michał		Kraków	1:14:45.62 (06:26min/km)	1:14:57.57	+0:31:38.73
245 - M /210	M30/93		[1144] PASEK, Rafał		Kraków	1:14:54.14 (06:27min/km)	1:15:07.37	+0:31:48.53
246 - M /211	M18/28		[1021] KISIELEWSKI, Michał	Compass bikeBoard	Kraków	1:15:12.90 (06:29min/km)	1:15:12.90	+0:31:54.06
247 - K /36	K30/20		[1152] PIEKARNIAK, Agnieszka	#AdamCzerwińskiTeam	Kraków	1:15:08.39 (06:28min/km)	1:15:13.83	+0:31:54.99
248 - M /212	M30/94		[1072] KUZICKI, Artur		Kraków	1:14:58.36 (06:27min/km)	1:15:15.81	+0:31:56.97
249 - K /37	K30/21		[1091] MAGRYAN, Jadwiga	IP GBSC Active Crew	Krakow	1:14:59.08 (06:27min/km)	1:15:16.00	+0:31:57.16
250 - K /38	K30/22		[1005] KACZMARCZYK, Marta		Kraków	1:15:04.36 (06:28min/km)	1:15:17.43	+0:31:58.59
251 - K /39	K18/10		[1352] STACHERA, Aleksandra		Krynki	1:14:59.20 (06:27min/km)	1:15:19.49	+0:32:00.65
252 - M /213	M30/95		[943] DRZYZGIEWICZ, Michal	www.kwitnaca.com	Krakow	1:15:19.19 (06:29min/km)	1:15:24.21	+0:32:05.37
253 - M /214	M30/96		[5387] KUDŁAK, Paweł			1:15:22.02 (06:29min/km)	1:15:26.04	+0:32:07.20

254 - K /40	K30/23		[5370] STRĘK, Joanna	Natalia Tomasiak Górski Styl Team	Kraków	1:15:12.65 (06:29min/km)	1:15:27.25	+0:32:08.41
255 - M /215	M30/97		[2129] PAWLIK, Jakub	Active Jura	Kraków	1:15:08.63 (06:28min/km)	1:15:30.74	+0:32:11.90
256 - M /216	M40/77		[1240] WALNIK, Rafał		Kraków	1:15:16.35 (06:29min/km)	1:15:32.14	+0:32:13.30
257 - M /217	M40/78		[5390] POLEWKA, Tomasz			1:15:32.41 (06:30min/km)	1:15:33.25	+0:32:14.41
258 - K /41	K18/11		[969] GAWENDA, Katarzyna			1:15:18.89 (06:29min/km)	1:15:35.26	+0:32:16.42
259 - K /42	K40/8		[1253] WOJTOŃ, Małgorzata	Poranny Patrol	Kraków	1:15:19.08 (06:29min/km)	1:15:35.94	+0:32:17.10
260 - K /43	K40/9		[1118] MOSZUMAŃSKA-KOLEGOWICZ , Katarzyna	SZUMKA team	Kraków	1:15:18.65 (06:29min/km)	1:15:39.87	+0:32:21.03
261 - K /44	K40/10		[1103] MICHALIK, Magdalena	IP GBSC Active Crew	Kraków	1:15:40.48 (06:31min/km)	1:15:57.26	+0:32:38.42
262 - M /218	M50/13		[1310] CHLUPKA, Ireneusz		Płoki	1:15:56.49 (06:32min/km)	1:16:04.10	+0:32:45.26
263 - K /45	K30/24		[1084] SZKOŁA-ŚNIEŻEK, Agnieszka		Kraków	1:15:50.83 (06:32min/km)	1:16:08.87	+0:32:50.03
264 - K /46	K30/25		[2130] STĘPNIEWSKA, Anna		Kraków	1:10:34.58 (06:05min/km)	1:16:12.63	+0:32:53.79
265 - M /219	M30/98		[1142] PAMUŁA, Łukasz		Kraków	1:15:54.53 (06:32min/km)	1:16:12.66	+0:32:53.82
266 - M /220	M30/99		[5275] BLACHE, Cyrille		Aspremont	1:15:59.24 (06:33min/km)	1:16:19.09	+0:33:00.25
267 - M /221	M30/100		[1204] SOLARZ, Szymon		Kraków	1:16:29.99 (06:35min/km)	1:16:40.38	+0:33:21.54
268 - M /222	M18/29		[5225] WĄTOR, Andrzej	Monar Kraków	Kraków	1:16:28.18 (06:35min/km)	1:16:44.20	+0:33:25.36
269 - K /47	K18/12		[1215] SYROWIECKA, Joanna	GE HealthAhead	Kraków	1:16:42.75 (06:36min/km)	1:16:45.01	+0:33:26.17
270 - K /48	K50/1		[1347] PLATA, Agnieszka		Kraków	1:16:29.43 (06:35min/km)	1:16:46.27	+0:33:27.43
271 - M /223	M18/30		[909] BARTYZEL, Grzegorz	Poranny Patrol	Kraków	1:16:23.61 (06:35min/km)	1:16:47.17	+0:33:28.33
272 - M /224	M40/79		[1092] MAŁACHOWSKI, Sebastian		Kraków	1:16:42.94 (06:36min/km)	1:16:47.91	+0:33:29.07
273 - M /225	M40/80		[950] DYREK, Marcin		Wieliczka	1:16:33.08 (06:35min/km)	1:16:48.07	+0:33:29.23
274 - K /49	K30/26		[1248] WILK, Katarzyna	BeFit24Team	kraków	1:16:31.91 (06:35min/km)	1:16:49.20	+0:33:30.36
275 - K /50	K40/11		[957] ETTERLE-GARBACIK, Katarzyna	WKS WAWEL BnO	Kraków	1:16:38.55 (06:36min/km)	1:16:58.34	+0:33:39.50

299 - M /237	M30/107		[992]	IGNATOWICZ, Dawid		Wolbrom	1:19:29.99 (06:51min/km)	1:19:52.62	+0:36:33.78
300 - M /238	M40/84		[945]	DUDA, Wojciech	Skawina Biega	Mogilany	1:19:47.26 (06:52min/km)	1:20:03.40	+0:36:44.56
301 - K /63	K30/33		[1004]	JURAS, Ewa		Kraków	1:19:59.06 (06:53min/km)	1:20:13.53	+0:36:54.69
302 - K /64	K18/16		[1354]	ŚLĘCZKOWSKA, Krystyna		Kraków	1:20:01.23 (06:53min/km)	1:20:15.59	+0:36:56.75
303 - K /65	K18/17		[1337]	MARECIK, Agata	#JAKdoTEGOdoszłoNIewiem	Kraków	1:20:00.70 (06:53min/km)	1:20:15.63	+0:36:56.79
304 - M /239	M40/85		[1256]	WRONA, Sylwester		Kraków	1:20:11.62 (06:54min/km)	1:20:22.68	+0:37:03.84
305 - K /66	K30/34		[5375]	TYLEK, Agata	Skawina Biega	Brzyczyna	1:20:13.83 (06:54min/km)	1:20:24.10	+0:37:05.26
306 - M /240	M30/108		[953]	DZIAŁO, Tomasz		Kraków	1:20:16.34 (06:55min/km)	1:20:36.66	+0:37:17.82
307 - M /241	M40/86		[921]	BUDZIŃSKI, Maciej		Kraków	1:20:15.84 (06:55min/km)	1:20:42.03	+0:37:23.19
308 - M /242	K30/35		[5396]	ŚWIERC, Barbara	Trailrun		1:20:25.56 (06:56min/km)	1:20:42.62	+0:37:23.78
309 - K /67	K40/15		[939]	DOLAŚ, Danuta	Rebellion od Free Runners	Kraków	1:20:20.93 (06:55min/km)	1:20:43.63	+0:37:24.79
310 - K /68	K30/36		[1155]	PISARCZYK, Karolina	BeFit24Team	Olszowice	1:20:36.72 (06:56min/km)	1:20:44.49	+0:37:25.65
311 - K /69	K18/18		[1357]	TWARDOWSKA, Monika	Iron Runers Niepołomice	Stanisławice	1:20:41.87 (06:57min/km)	1:21:00.86	+0:37:42.02
312 - K /70	K30/37		[1283]	CZAPIEWSKA , Eliza	#crazyteam	Kraków	1:20:43.18 (06:57min/km)	1:21:01.61	+0:37:42.77
313 - M /243	M40/87		[1154]	PIĘTA, Łukasz		Proszowice	1:20:49.75 (06:58min/km)	1:21:02.96	+0:37:44.12
314 - M /244	M30/109		[5391]	KAMIŃSKI, Janusz		Kraków	1:20:46.59 (06:57min/km)	1:21:07.76	+0:37:48.92
315 - M /245	M30/110		[995]	JAMROZIK, Adrian	Husaria Race Team	Kraków	1:20:58.95 (06:58min/km)	1:21:08.34	+0:37:49.50
316 - M /246	M30/111		[1373]	KOSOŃ, Krzysztof		Zielonki	1:21:02.91 (06:59min/km)	1:21:22.14	+0:38:03.30
317 - M /247	M40/88		[1040]	KOWALSKI, Hubert	WM Triself	Koźmice Małe	1:21:01.69 (06:59min/km)	1:21:22.14	+0:38:03.30
318 - K /71	K18/19		[1027]	KOCON, Katarzyna	BeFit24Team	Kraków	1:21:08.90 (06:59min/km)	1:21:28.37	+0:38:09.53
319 - M /248	M40/89		[1250]	WISZNIEWSKI, Maciej	Grupa Skromnych Biegaczy	Tarnów	1:21:06.02 (06:59min/km)	1:21:28.63	+0:38:09.79
320 - M	M40/90		[1293]	TRZOS, Robert	KTPU Kraków	Kraków	1:21:27.36 (07:01min/km)	1:21:42.78	+0:38:23.94

343 - M /261	M30/115	 [1105]	MICHAŁKÓW, Michał		KRAKÓW	1:26:03.26 (07:25min/km)	1:26:24.58	+0:43:05.74
344 - K /83	K30/42	 [937]	DIKOLENKO, Agnieszka		Kraków	1:26:03.86 (07:25min/km)	1:26:25.93	+0:43:07.09
345 - K /84	K40/19	 [5372]	SYPOSZ-ŁUCZAK, Barbara		Wieliczka	1:26:19.85 (07:26min/km)	1:26:45.61	+0:43:26.77
346 - K /85	K18/23	 [1062]	KULCZYCKA-WÓJCIK, Dominika	KS Kościelec Chrzanów	Alwernia	1:26:38.14 (07:28min/km)	1:27:13.04	+0:43:54.20
347 - M /262	M18/32	 [1186]	SCĄBER, Dawid	Poka&Herki Team	Kraków	1:27:03.50 (07:30min/km)	1:27:26.76	+0:44:07.92
348 - M /263	M18/33	 [5398]	TOMCZYK, Kinga		Kraków	1:27:20.29 (07:31min/km)	1:27:31.60	+0:44:12.76
349 - M /264	M50/15	 [1009]	KAIM, Antoni		Myślenice	1:27:11.46 (07:30min/km)	1:27:37.57	+0:44:18.73
350 - K /86	K40/20	 [1114]	MORAWIEC, Agnieszka		Kraków	1:27:24.28 (07:32min/km)	1:27:46.42	+0:44:27.58
351 - K /87	K40/21	 [5404]	SPISS, Maria			1:28:09.55 (07:36min/km)	1:28:09.55	+0:44:50.71
352 - M /265	M40/98	 [1266]	ZAMORSKI, Witold	ŻYCIE I ŚMIERĆ DLA NARODU	KRAKÓW	1:28:29.90 (07:37min/km)	1:28:34.88	+0:45:16.04
353 - M /266	M50/16	 [1173]	RICOUR, Patrice		Kraków	1:28:15.41 (07:36min/km)	1:28:40.92	+0:45:22.08
354 - M /267	M50/17	 [1201]	SŁOWIŃSKI, Paweł		Michałowice	1:28:38.32 (07:38min/km)	1:28:50.54	+0:45:31.70
355 - K /88	K40/22	 [1187]	SCHNEIDER, Krystyna	wkurw_team	Kraków	1:28:33.58 (07:38min/km)	1:29:01.36	+0:45:42.52
356 - M /268	M50/18	 [1278]	STEFAN, Aleksander	NAUKA BIEGA	Rudawa	1:29:33.54 (07:43min/km)	1:29:45.66	+0:46:26.82
357 - K /89	K30/43	 [956]	DZIEDZIC, Joanna		Kraków	1:29:27.77 (07:42min/km)	1:29:53.68	+0:46:34.84
358 - M /269	M50/19	 [1129]	OLCZAK, Janusz	Bieganie 50+	Warszawa	1:29:33.73 (07:43min/km)	1:29:57.02	+0:46:38.18
359 - K /90	K40/23	 [1014]	KARBOWSKA, Beata		Kraków	1:29:33.41 (07:43min/km)	1:29:57.14	+0:46:38.30
360 - K /91	K18/24	 [1055]	KRZYŻAŃSKA, Magda		Kraków	1:29:40.44 (07:43min/km)	1:30:07.63	+0:46:48.79
361 - M /270	M30/116	 [5382]	DANESH AKRAMI AHMAD FARID,		Kraków	1:29:59.21 (07:45min/km)	1:30:07.91	+0:46:49.07
362 - K /92	K18/25	 [1353]	SURZYN, Aleksandra	Mocni Pomocni	Stryszawa	1:30:39.38 (07:48min/km)	1:31:08.97	+0:47:50.13
363 - K /93	K30/44	 [1222]	SZOSTAK, Agnieszka		Kraków, MAŁOPOLSKIE	1:31:39.24 (07:54min/km)	1:32:05.90	+0:48:47.06
364 - K /94	K40/24	 [1273]	ZDERSKA, Aneta		Skawina	1:32:59.32 (08:00min/km)	1:33:21.39	+0:50:02.55
365 - K /95	K30/45	 [1332]	HEBDA, Michalina		Kraków	1:33:57.68 (08:06min/km)	1:34:10.50	+0:50:51.66
366 - K /96	K40/25	 [1010]	KALETA, Magdalena		KOZIERÓW	1:34:14.69 (08:07min/km)	1:34:14.69	+0:50:55.85

367 - K /97	K40/26	 [1045]	KOZIOŁ, Ewa	Poranny Patrol	Kraków	1:35:07.08 (08:11min/km)	1:35:26.36	+0:52:07.52
368 - K /98	K30/46	 [1210]	STAWSKA-KISIAŁA, Natalia	Lacho Team	Kraków	1:36:48.01 (08:20min/km)	1:36:48.01	+0:53:29.17
369 - K /99	K18/26	 [1196]	SLOWINSKA, Monika	Anywhere Bike Team	Krakow	1:37:06.04 (08:22min/km)	1:37:33.45	+0:54:14.61
370 - K /100	K60/1	 [1012]	KAMIŃSKA, Halina		Kraków	1:38:41.05 (08:30min/km)	1:38:48.59	+0:55:29.75
371 - K /101	K18/27	 [1108]	MIKULKA-MOŚ, Katarzyna		Kraków	1:38:41.81 (08:30min/km)	1:39:02.93	+0:55:44.09
372 - M /271	M30/117	 [5276]	BOSAK, Hubert	Latający Cyrk	Kraków	1:39:48.31 (08:36min/km)	1:40:12.38	+0:56:53.54
373 - K /102	K18/28	 [999]	JAROSINSKA, Justyna	Rebellion od Free Runners	Raławice	1:40:39.13 (08:40min/km)	1:41:02.90	+0:57:44.06
374 - K /103	K30/47	 [1028]	KOŁODZIEJ, Ewelina		Kraków	1:42:43.02 (08:51min/km)	1:43:03.77	+0:59:44.93
375 - K /104	K18/29	 [1049]	KRUK, Paulina	Night Runners	Kraków	1:43:19.47 (08:54min/km)	1:43:39.56	+1:00:20.72
376 - K /105	K30/48	 [1123]	NOWAK, Lilianna		Kraków	1:43:22.81 (08:54min/km)	1:43:42.88	+1:00:24.04
377 - M /272	M70/1	 [1034]	KOPTA, Jerzy		Kraków	1:45:29.17 (09:05min/km)	1:45:43.34	+1:02:24.50
378 - K /106	K50/3	 [1317]	SZEWCZYK, Katarzyna	IRON Dragon	Kraków	1:57:07.02 (10:05min/km)	1:59:13.38	+1:15:54.54

23km

23km - K20		23km - K30		isko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M /1	M20/1		[1]	BODURKA, Krzysztof	KS AZS AWF Kraków	Nielepice	1:30:12.05 (03:55min/km)	1:30:12.05	+0:00:00.00
2 - M /2	M20/2		[6192]	KOŚCIELNIAK, Kacper	Salco Garmin Team	Raba Niżna	1:36:58.80 (04:13min/km)	1:36:58.80	+0:06:46.75
3 - M /3	M40/1		[4]	KOCZWARA, Tomasz		Radomyśl Wielki	1:39:58.37 (04:20min/km)	1:39:59.31	+0:09:47.26
4 - M /4	M30/1		[6173]	ŻUCHOWSKI, Daniel	Muay Running Team	Kraków	1:41:05.83 (04:23min/km)	1:41:05.83	+0:10:53.78
5 - M /5	M20/3		[1634]	PARIS, Nicola	La Recastello Radici Group	Krakow	1:41:43.61 (04:25min/km)	1:41:43.61	+0:11:31.56
6 - M /6	M30/2		[1546]	GIŻA, Grzegorz		Radomyśl Wielki	1:42:23.68 (04:27min/km)	1:42:23.68	+0:12:11.63
7 - M /7	M40/2		[1519]	BORYCKI, Mirosław		Libertów	1:45:35.71 (04:35min/km)	1:45:37.52	+0:15:25.47
8 - M /8	M20/4		[6177]	GUTT, Piotr	KS Murzasichle	Poronin	1:46:16.90 (04:37min/km)	1:46:16.90	+0:16:04.85
9 - M /9	M30/3		[1781]	SZAPORÓW, Łukasz	Infinity-Gym	Proszowice	1:46:42.89 (04:38min/km)	1:46:43.33	+0:16:31.28
10 - M /10	M20/5		[1516]	BODURKA, Adam	Go Aktiv!	Kraków	1:47:40.98 (04:40min/km)	1:47:40.98	+0:17:28.93
11 - M /11	M30/4		[1623]	NAGLIK, Marcin	Eskadra Kraków	Kraków	1:47:53.21 (04:41min/km)	1:47:53.21	+0:17:41.16
12 - M /12	M30/5		[1724]	KUDŁAK, Paweł	Poranny Patrol	Krakow	1:48:47.12 (04:43min/km)	1:48:48.09	+0:18:36.04
13 - M /13	M20/6		[1590]	LACHOR, Krzysztof	ARMIA LACHORÓW	KŁODNE	1:49:12.02 (04:44min/km)	1:49:16.99	+0:19:04.94
14 - M /14	M40/3		[6175]	DZIECIUCH, Michał			1:49:45.37 (04:46min/km)	1:49:47.97	+0:19:35.92
15 - M /15	M30/6		[1554]	GURGUL, Sebastian	Aromat Nóg	Kraków	1:49:55.67 (04:46min/km)	1:49:56.75	+0:19:44.70
16 - M /16	M40/4		[1604]	MAJCHER, Piotr	Eskadra Kraków	Kraków	1:51:13.27 (04:50min/km)	1:51:13.33	+0:21:01.28
17 - M /17	M20/7		[1677]	SZOSTEK, Michał	BeFit24Team	Kraków	1:51:36.41 (04:51min/km)	1:51:38.43	+0:21:26.38
18 - M /18	M40/5		[1671]	SWAŁDEK, Konrad	Trailrun	Kraków	1:51:55.08 (04:51min/km)	1:51:56.98	+0:21:44.93
19 - M /19	M40/6		[1747]	GIL, Jacek		Kraków	1:51:54.84 (04:51min/km)	1:51:59.83	+0:21:47.78
20 - M /20	M40/7		[6188]	MICHALIK, Adam	Trailrun	Kraków	1:52:16.56 (04:52min/km)	1:52:17.58	+0:22:05.53
21 - M /21	M40/8		[6179]	SROKA, Mirosław			1:52:22.03 (04:53min/km)	1:52:22.03	+0:22:09.98
22 - M /22	M30/7		[1518]	BORSZOWSKI, Zbigniew	Zabierzów Biega	Łazy	1:52:17.62 (04:52min/km)	1:52:22.66	+0:22:10.61
23 - M /23	M20/8		[1511]	BEŁZ, Tomasz		Kraków	1:52:32.88 (04:53min/km)	1:52:35.43	+0:22:23.38
24 - M /24	M30/8		[1665]	STARZAK, Paweł		Skawina	1:52:53.86 (04:54min/km)	1:52:55.58	+0:22:43.53
25 - M /25	M30/9		[1542]	GAWIN, Marek		Krakow	1:55:12.50 (05:00min/km)	1:55:13.41	+0:25:01.36
26 - M /26	M40/9		[1660]	SOLECKI, Krzysztof		Kocmyrzów	1:55:09.56 (05:00min/km)	1:55:13.86	+0:25:01.81

27 - M /27	M30/10		[1601] MACIĄG, Grzegorz		Krakow	1:56:21.05 (05:03min/km)	1:56:26.64	+0:26:14.59
28 - M /28	M30/11		[1751] MAJNUSZ, Tomasz			1:57:15.58 (05:05min/km)	1:57:15.58	+0:27:03.53
29 - M /29	M40/10		[1746] GÓRKA, Dariusz	BIKEBOARD	Kraków	1:57:03.17 (05:05min/km)	1:57:16.26	+0:27:04.21
30 - M /30	M40/11		[1687] TYLEK, Rafał		Kraków	1:57:07.45 (05:05min/km)	1:57:47.06	+0:27:35.01
31 - M /31	M40/12		[6194] GAJOS, Daniel	Grupa LUKTRANS	Kraków	1:58:07.38 (05:08min/km)	1:58:18.71	+0:28:06.66
32 - M /32	M40/13		[6180] CEBULA, Leszek		Kraków	1:58:17.60 (05:08min/km)	1:58:28.61	+0:28:16.56
33 - M /33	M40/14		[1626] NIEDŹWIADEK, Piotr	#AdamCzerwińskiTeam	Kraków	1:58:34.86 (05:09min/km)	1:58:42.18	+0:28:30.13
34 - M /34	M50/1		[1568] KIJANKA, Artur		Zielonki	1:59:04.05 (05:10min/km)	1:59:08.13	+0:28:56.08
35 - M /35	M40/15		[1558] JAKUBIEC, Radosław	GoLenie	Dąbrowa Górnicza	1:59:13.01 (05:11min/km)	1:59:18.35	+0:29:06.30
36 - M /36	M40/16		[1713] ZIĘBA, Marcin	Poranny Patrol	Kraków	2:00:17.80 (05:13min/km)	2:00:27.45	+0:30:15.40
37 - M /37	M40/17		[1517] BORCZYŃSKI, Michał		Kraków	2:00:30.16 (05:14min/km)	2:00:31.33	+0:30:19.28
38 - M /38	M30/12		[1771] MUCHA, Piotr		Kraków	2:00:40.10 (05:14min/km)	2:00:48.06	+0:30:36.01
39 - M /39	M20/9		[1581] KRAWCZYK, Jakub		Kraków	2:01:13.27 (05:16min/km)	2:01:17.59	+0:31:05.54
40 - K /1	K30/1		[1778] SENDEK, Sylwia	Infinity-Gym	Koszyce	2:01:15.60 (05:16min/km)	2:01:19.18	+0:31:07.13
41 - M /40	M30/13		[1596] LESZCZYŃSKI, Michał	Zakrzowiec Team Challenge	Kraków	2:01:51.73 (05:17min/km)	2:02:02.70	+0:31:50.65
42 - M /41	M40/18		[1762] CUDEK, Jacek	#AdamCzerwińskiTeam	Wieliczka	2:03:17.81 (05:21min/km)	2:03:23.88	+0:33:11.83
43 - M /42	M40/19		[1574] KOPACZ, Piotr		Radomyśl Wielki	2:03:37.30 (05:22min/km)	2:03:38.46	+0:33:26.41
44 - M /43	M30/14		[1515] BIES, Grzegorz		Kraków	2:03:51.95 (05:23min/km)	2:04:00.98	+0:33:48.93
45 - M /44	M30/15		[1553] GURGUL, Mateusz	Aromat Nóg	Kraków	2:04:30.27 (05:24min/km)	2:04:32.27	+0:34:20.22
46 - M /45	M30/16		[1779] SERZYSKO, Bartosz	Go Aptiv!	Cieszyn	2:04:36.81 (05:25min/km)	2:04:47.72	+0:34:3