



Grand Prix Krakowa w Biegach Górskich 2023/2024 - R5

Kraków, 2024-03-03 - Wyniki

Dzieci - 450m

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	450m/1	BRZYSKI, Adam			0:01:33.94 (03:28min/km)	0:01:33.94	+0:00:00.00
2 - M/2	450m/2	BOROWIAK, Misiiek	FitPark Team	Kraków	0:01:37.37 (03:36min/km)	0:01:37.37	+0:00:03.43
3 - M/3	450m/3	ŚLIZOWSKI, Szymon	MŁODE SMOKI WKS WAWEL	Kraków	0:01:45.52 (03:54min/km)	0:01:45.52	+0:00:11.58
4 - M/4	450m/4	PASZEK, Mikołaj	#GortatTeam #Kraków	Kraków	0:01:48.93 (04:02min/km)	0:01:48.93	+0:00:14.99
5 - K/1	450m/5	DOBRZAŃSKA, Milena			0:01:50.98 (04:06min/km)	0:01:50.98	+0:00:17.04
6 - M/5	450m/6	MIKA, Samuel	Miki Team	Kraków	0:01:55.00 (04:15min/km)	0:01:55.00	+0:00:21.06
7 - M/6	450m/7	MIŚKIEWICZ, Adam	WKS Wawel BnO	Kraków	0:01:55.66 (04:17min/km)	0:01:55.66	+0:00:21.72
8 - K/2	450m/8	KACZMAREK, Róża	Centrum Zdrowia Biegacza Kraków	Kraków	0:01:59.36 (04:25min/km)	0:01:59.36	+0:00:25.42
9 - K/3	450m/9	PIWOWARSKA, Helena		Stomniki	0:02:01.85 (04:30min/km)	0:02:01.85	+0:00:27.91
10 - K/4	450m/10	PRZYBYŁO, Justyna	WKS Wawel BnO	Kraków	0:02:05.89 (04:39min/km)	0:02:05.89	+0:00:31.95
11 - M/7	450m/11	PRZEBIEGLEC, Franciszek		Kraków	0:02:06.52 (04:41min/km)	0:02:06.52	+0:00:32.58
12 - K/5	450m/12	HAJNOLD-MĄCZKA, Ela		Kraków	0:02:09.82 (04:48min/km)	0:02:09.82	+0:00:35.88
13 - M/8	450m/13	BEDNARCZYK, Hubert	WKS Wawel BnO	Kraków	0:02:10.69 (04:50min/km)	0:02:10.69	+0:00:36.75
14 - M/9	450m/14	ŁABOWSKI, Dominik			0:02:12.13 (04:53min/km)	0:02:12.13	+0:00:38.19
15 - K/6	450m/15	WITEK, Aurelia		Burów	0:02:16.31 (05:02min/km)	0:02:16.31	+0:00:42.37
16 - M/10	450m/16	ROGOWIEC, Leon		Kraków	0:02:16.87 (05:04min/km)	0:02:16.87	+0:00:42.93
17 - M/11	450m/17	WASILEWSKI, Franio	Aromat Nóg	Krakow	0:02:18.01 (05:06min/km)	0:02:18.01	+0:00:44.07
18 - K/7	450m/18	PRZEBIEGLEC, Maria		Kraków	0:02:19.02 (05:08min/km)	0:02:19.02	+0:00:45.08
19 - K/8	450m/19	GRACJASZ, Helena	Adam Sułowski Team		0:02:22.51 (05:16min/km)	0:02:22.51	+0:00:48.57
20 - K/9	450m/20	BRANDYS, Jagoda	Trenuj w Krakowie	Kraków	0:02:22.84 (05:17min/km)	0:02:22.84	+0:00:48.90
21 - K/10	450m/21	LEŚNIAK, Maja	Akademia Sportu i Rozrywki ASIR	Kraków	0:02:23.85 (05:19min/km)	0:02:23.85	+0:00:49.91
22 - K/11	450m/22	GURGUL, Zofia	Aromat Nóg	Kraków	0:02:24.24 (05:20min/km)	0:02:24.24	+0:00:50.30
23 - M/12	450m/23	PAWŁOWSKI, Łukasz			0:02:30.83 (05:35min/km)	0:02:30.83	+0:00:56.89
24 - K/12	450m/24	ŚLIZOWSKA, Ada		Kraków	0:02:33.86 (05:41min/km)	0:02:33.86	+0:00:59.92
25 - K/13	450m/25	WALAŚ, Helena			0:02:39.87 (05:55min/km)	0:02:39.87	+0:01:05.93

26 - M /13	450m/26	OSIADACZ, Filip	Trenuj w Krakowie	Kraków	0:02:44.30 (06:05min/km)	0:02:44.30	+0:01:10.36
27 - K /14	450m/27	STEFANIAK, Marianna		Mitocice	0:02:51.42 (06:20min/km)	0:02:51.42	+0:01:17.48
28 - K /15	450m/28	GURGUL, Lea	Aromat Nóg	Kraków	0:03:05.68 (06:52min/km)	0:03:05.68	+0:01:31.74
29 - K /16	450m/29	ZOŁA, Oskar	PioDzo Extreme	Kraków	0:03:10.87 (07:04min/km)	0:03:10.87	+0:01:36.93
30 - M /14	450m/30	MIASKOWSKA, Krzysztof		Kraków	0:03:40.15 (08:09min/km)	0:03:40.15	+0:02:06.21
	450m	KIJEK, Irenka	Loczki	Pogorzycze	0:03:42.00 [GPS]	0:03:42.00 [GPS]	

Dzieci - 900m

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	900m/1	ROSPOND, Leon			0:02:49.81 (03:08min/km)	0:02:49.81	+0:00:00.00
2 - M/2	900m/2	ŁĘCKI, Bartosz			0:02:54.17 (03:13min/km)	0:02:54.17	+0:00:04.36
3 - M/3	900m/3	PARZYCH, Jakub			0:02:55.93 (03:15min/km)	0:02:55.93	+0:00:06.12
4 - M/4	900m/4	MIODEK, Mateusz			0:02:57.89 (03:17min/km)	0:02:57.89	+0:00:08.08
5 - K/1	900m/5	LEGUTKO, Maja	WKS Wawel BnO	Krakow	0:03:03.26 (03:23min/km)	0:03:03.26	+0:00:13.45
6 - M/5	900m/6	MIKA, Benjamin	Miki Team	Kraków	0:03:16.98 (03:38min/km)	0:03:16.98	+0:00:27.17
7 - M/6	900m/7	CADER, Jakub	UKP Kmita Zabierzów	Zabierzów	0:03:18.60 (03:40min/km)	0:03:18.60	+0:00:28.79
8 - M/7	900m/8	KACZMAREK, Stanisław	Centrum Zdrowia Biegacza Kraków	Kraków	0:03:24.98 (03:47min/km)	0:03:24.98	+0:00:35.17
9 - K/2	900m/9	OSIADACZ, Julia	Trenuj w Krakowie	Kraków	0:03:25.90 (03:48min/km)	0:03:25.90	+0:00:36.09
10 - M/8	900m/10	JAGIEŁŁO, Jan		Kraków	0:03:32.15 (03:55min/km)	0:03:32.15	+0:00:42.34
11 - K/3	900m/11	SADOWSKA, Otylia	WKS Szreniawa Nowy Wiśnicz	Dąbrówka	0:03:34.13 (03:57min/km)	0:03:34.13	+0:00:44.32
12 - K/4	900m/12	BEDNARCZYK, Wiktoria	WKS Wawel BnO	Kraków	0:03:46.20 (04:11min/km)	0:03:46.20	+0:00:56.39
13 - M/9	900m/13	KRUPA, Wojciech		Kalwaria Zebrzydowska	0:03:46.55 (04:11min/km)	0:03:46.55	+0:00:56.74
14 - M/10	900m/14	KLEIN, Artur	MisiaqBiega	Kraków	0:03:47.34 (04:12min/km)	0:03:47.34	+0:00:57.53
15 - M/11	900m/15	GEDLICZKA, Tadeusz		Kraków	0:03:50.83 (04:16min/km)	0:03:50.83	+0:01:01.02
16 - K/5	900m/16	CHWASTEK, Oliwia	Samolotowy Team	Kraków	0:03:53.08 (04:18min/km)	0:03:53.08	+0:01:03.27
17 - K/6	900m/17	PRYTKOVA, Daria		Kraków	0:03:57.10 (04:23min/km)	0:03:57.10	+0:01:07.29
18 - K/7	900m/18	BOROWIAK, Fela	FitPark Team	Kraków	0:03:59.00 (04:25min/km)	0:03:59.00	+0:01:09.19
19 - M/12	900m/19	GURGUL, Jan	Aromat Nóg	Kraków	0:04:17.05 (04:45min/km)	0:04:17.05	+0:01:27.24
20 - M/13	900m/20	RYLL, Tomasz	BeFit24Team	Kraków	0:04:51.84 (05:24min/km)	0:04:51.84	+0:02:02.03
21 - M/14	900m/21	WITEK, Wiktor		Burów	0:06:35.29 (07:19min/km)	0:06:35.29	+0:03:45.48



Grand Prix Krakowa w Biegach Górskich 2023/2024 - R5

Kraków, 2024-03-03 - Wyniki

3,7km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	M30/1	CZERWIŃSKI, Adam	#AdamCzerwińskiTeam	Wieliczka	0:11:54.64 (03:13min/km)	0:11:54.64	+0:00:00.00
2 - M/2	M30/2	KACZMAREK, Michał	Centrum Zdrowia Biegacza Kraków	Kraków	0:12:43.92 (03:26min/km)	0:12:43.92	+0:00:49.28
3 - M/3	M30/3	GAŚIORSKI, Michał			0:12:51.52 (03:28min/km)	0:12:51.52	+0:00:56.88
4 - M/4	M30/4	FILICIAK, Michał	AZS AWF KRAKÓW MASTERS	Kraków	0:13:02.26 (03:31min/km)	0:13:02.93	+0:01:08.29
	M30	KŁECZEK, Radosław	Samolotowy Team		0:13:11.00 [GPS]	0:13:11.00 [GPS]	
6 - M/5	M13/1	PESZT, Michał	SportWise	Kraków	0:13:46.47 (03:43min/km)	0:13:46.73	+0:01:52.09
7 - M/6	M20/1	KRASZEWSKI, Przemysław	#AdamCzerwińskiTeam	Kamienna Góra	0:14:01.00 (03:47min/km)	0:14:01.00	+0:02:06.36
8 - M/7	M40/1	DRONSZCZYK, Piotr	#AdamCzerwińskiTeam	Wieliczka	0:14:07.94 (03:49min/km)	0:14:07.94	+0:02:13.30
9 - M/8	M30/5	WITEK, Przemysław	Zabierzów Biega	Burów	0:14:11.21 (03:50min/km)	0:14:12.19	+0:02:17.55
10 - M/9	M16/1	PIÓRKOWSKI, Kuba	UKS Lider Siercza	Wieliczka	0:14:34.75 (03:56min/km)	0:14:35.44	+0:02:40.80
11 - M/10	M40/2	DUDZIAK, Tomasz	POLAR TEAM	Kraków	0:14:36.15 (03:56min/km)	0:14:36.82	+0:02:42.18
12 - M/11	M16/2	JĘZYK, Marek	My Endurance Coaching Limanowa Forrest	Kraków	0:14:40.10 (03:57min/km)	0:14:40.70	+0:02:46.06
	M30	TKACZYK, Szymon	Samolotowy Team	Kraków	0:14:51.00 [GPS]	0:14:51.00 [GPS]	
14 - K/1	K30/1	PAPROCKA, Urszula	Nowa Huta Team	Kraków	0:15:13.70 (04:06min/km)	0:15:14.65	+0:03:20.01
15 - M/12	M30/6	WIERZBAN, Krzysztof	AZS AWF KRAKÓW MASTERS	Kraków	0:15:13.91 (04:07min/km)	0:15:15.24	+0:03:20.60
16 - M/13	M40/3	GAWIN, Krzysztof	BeFit24Team	Więckowice	0:15:18.45 (04:08min/km)	0:15:18.45	+0:03:23.81
17 - M/14	M16/3	JASICA, Paweł	AZS UEK Kraków	Kraków	0:15:22.25 (04:09min/km)	0:15:22.25	+0:03:27.61
	M30	CHWALIK, Adrian	Samolotowy Team	Kraków	0:15:30.00 [GPS]	0:15:30.00 [GPS]	
	M40	KIKLICA, Artur	Samolotowy Team	Kraków	0:15:33.00 [GPS]	0:15:33.00 [GPS]	
	M40	BANIAK, Marcin	G.O.A.T. Team Michałowice	Michałowice	0:15:38.00 [GPS]	0:15:38.00 [GPS]	

21 - M /15	M16/4	PAWŁOWSKI, Jakub				0:15:38.33 (04:13min/km)	0:15:39.32	+0:03:44.68
22 - M /16	M40/4	DYKSZAK, Filip	WM Triself	Kraków		0:15:43.91 (04:15min/km)	0:15:43.91	+0:03:49.27
	K20	TKACZYK , Aleksandra	Samolotowy Team	Kraków		0:15:44.00 [GPS]	0:15:44.00 [GPS]	
24 - M /17	M40/5	CZAPCZYŃSKI, Cezary	Niepołomice Biegają	Niepołomice		0:15:47.16 (04:15min/km)	0:15:49.81	+0:03:55.17
	M40	TARGOSZ, Michał	RUNPROGRESS Team			0:15:51.00 [GPS]	0:15:51.00 [GPS]	
26 - M /18	M13/2	BUC, Jakub				0:16:07.78 (04:21min/km)	0:16:08.04	+0:04:13.40
27 - K /2	K40/1	SOLAKIEWICZ , Anna	Befit24Team	Kraków		0:16:08.81 (04:21min/km)	0:16:09.47	+0:04:14.83
28 - M /19	M16/5	PLEBAŃSKI, Maciej	KS AZS AWF Kraków	Kraków		0:16:18.88 (04:24min/km)	0:16:18.88	+0:04:24.24
29 - M /20	M13/3	NARTYMAU, Mikhail		Kraków		0:16:23.84 (04:25min/km)	0:16:23.84	+0:04:29.20
30 - M /21	M40/6	TICHORUK, Rafał	#KubaPiechTeam	Kraków		0:16:22.07 (04:25min/km)	0:16:24.78	+0:04:30.14
31 - M /22	M13/4	WALUŚ, Rafał				0:16:25.85 (04:26min/km)	0:16:26.35	+0:04:31.71
32 - M /23	M13/5	FILICIAK, Antoni	AZS AWF KRAKÓW MASTERS	Kraków		0:16:25.71 (04:26min/km)	0:16:26.95	+0:04:32.31
33 - M /24	M40/7	MIGACZ, Jacek	G.O.A.T. Team Michałowice	Zielonki		0:16:27.01 (04:26min/km)	0:16:30.56	+0:04:35.92
34 - M /25	M50/1	GEDL, Przemysław		Kraków		0:16:34.38 (04:28min/km)	0:16:36.43	+0:04:41.79
35 - M /26	M20/2	STANEK, Jan	AZS UEK			0:16:38.87 (04:29min/km)	0:16:38.87	+0:04:44.23
36 - M /27	M13/6	WOJDOWSKI, Marek	TS Wieliczanka Wieliczka	Kraków		0:16:40.28 (04:30min/km)	0:16:40.28	+0:04:45.64
37 - M /28	M12/1	CZARNECKI, Jakub	G.O.A.T. Team Michałowice	Maslomiaca		0:16:43.06 (04:31min/km)	0:16:43.84	+0:04:49.20
	M40	DUROŃ, Marcin	Samolotowy Team	Kraków		0:16:44.00 [GPS]	0:16:44.00 [GPS]	
39 - M /29	M30/7	CZARNECKI, Grzegorz	G.O.A.T. Team Michałowice	Masłomiąca		0:16:52.79 (04:33min/km)	0:16:52.79	+0:04:58.15
40 - M /30	M30/8	GBUREK, Michał	ITMBW Kraków	Kraków		0:16:55.36 (04:34min/km)	0:16:58.35	+0:05:03.71
41 - M /31	M30/9	STASZCZYK, Michał		Brzesko		0:16:54.06 (04:34min/km)	0:16:58.45	+0:05:03.81
42 - M /32	M40/8	STASZEK, Łukasz	Samolotowy Team	Krakow		0:16:56.15 (04:34min/km)	0:17:00.07	+0:05:05.43
43 - M /33	M40/9	KOWALSKI, Krzysztof	2k	Libertów		0:16:59.35 (04:35min/km)	0:17:00.10	+0:05:05.46
	M40	KRZEŚNIAK, Karol	G.O.A.T. Team Michałowice	Zagórzycze Dworskie		0:17:02.00 [GPS]	0:17:02.00 [GPS]	
45 - K /3	K20/1	ŁODZIŃSKA , Dominika	AZS AWF KRAKÓW MASTERS	Kraków		0:17:03.34 (04:36min/km)	0:17:04.14	+0:05:09.50
46 - M /34	M40/10	BIAŁKA, Rafał	G.O.A.T. Team Michałowice	Masłomiąca		0:17:07.77 (04:37min/km)	0:17:11.32	+0:05:16.68
47 - M /35	M16/6	TYLEK, Michał		Kraków		0:17:12.30 (04:39min/km)	0:17:13.94	+0:05:19.30
48 - K /4	K12/1	KOWALICZEK, Alicja		Kraków		0:17:13.19 (04:39min/km)	0:17:14.99	+0:05:20.35
49 - M /36	M40/11	GRABOWSKI, Mariusz	#AdamCzerwińskiTeam	Kraków		0:17:18.07 (04:40min/km)	0:17:19.66	+0:05:25.02

50 - K /5	K40/2	CHYLEWSKA-OLECH, Dagmara	BeFit24Team	Kraków	0:17:19.23 (04:40min/km)	0:17:20.33	+0:05:25.69
51 - M /37	M40/12	DĄBROWSKI, Mariusz	G.O.A.T. Team Michałowice	Pielgrzymowice	0:17:18.18 (04:40min/km)	0:17:22.34	+0:05:27.70
52 - K /6	K30/2	DUDZIAK, Dorota	#AdamCzerwińskiTeam	Kraków	0:17:21.80 (04:41min/km)	0:17:23.29	+0:05:28.65
53 - M /38	M13/7	DRONSZCZYK, Stanisław	#AdamCzerwińskiTeam	Wieliczka	0:17:31.77 (04:44min/km)	0:17:33.64	+0:05:39.00
54 - M /39	M50/2	TOMCZYK, Marcin	AZS AWF KRAKÓW MASTERS	Kraków	0:17:35.83 (04:45min/km)	0:17:38.01	+0:05:43.37
55 - M /40	M40/13	ŚMIAŁEK, Łukasz	G.O.A.T. Team Michałowice	Michałowice	0:17:47.97 (04:48min/km)	0:17:50.93	+0:05:56.29
56 - K /7	K20/2	KASPRZAK, Maria			0:17:52.29 (04:49min/km)	0:17:53.53	+0:05:58.89
57 - M /41	M40/14	KRZYWORĄCZKA, Paweł	krzyworaczka.pl	Zielonki	0:17:56.69 (04:51min/km)	0:17:58.82	+0:06:04.18
58 - M /42	M13/8	DYKSZAK, Tymon	TS Wieliczanka Wieliczka	Wieliczka	0:17:59.09 (04:51min/km)	0:17:59.09	+0:06:04.45
59 - M /43	M40/15	PALMI, Piotr		Kraków	0:18:03.45 (04:52min/km)	0:18:03.45	+0:06:08.81
60 - K /8	K30/3	KACZMAREK, Angelika	Centrum Zdrowia Biegacza Kraków	Kraków	0:18:08.72 (04:54min/km)	0:18:09.24	+0:06:14.60
61 - M /44	M12/2	MOSZKOWICZ, Michał	WKS Wawel BnO	Kraków	0:18:09.94 (04:54min/km)	0:18:10.32	+0:06:15.68
62 - M /45	M40/16	MIŚKIEWICZ, Paweł	WKS Wawel BnO	Kraków	0:18:13.67 (04:55min/km)	0:18:15.72	+0:06:21.08
63 - M /46	M12/3	MAGOLAN, Jan		Kobylany	0:18:13.24 (04:55min/km)	0:18:16.46	+0:06:21.82
64 - M /47	M40/17	MAGOLAN, Sławomir		KOBYLANY	0:18:16.16 (04:56min/km)	0:18:19.23	+0:06:24.59
65 - M /48	M12/4	SADOWSKI, Leon	WKS Szreniawa Nowy Wiśnicz	Dąbrówka	0:18:22.27 (04:57min/km)	0:18:24.63	+0:06:29.99
66 - K /9	K16/1	MARCINIAK, Marta	UKS Lider Siercza	Wieliczka	0:18:27.11 (04:59min/km)	0:18:29.94	+0:06:35.30
67 - K /10	K13/1	DURLAK, Anika			0:18:32.15 (05:00min/km)	0:18:33.01	+0:06:38.37
68 - M /49	M16/7	DONIEC, Krzysztof	AZS UEK Kraków		0:18:35.76 (05:01min/km)	0:18:35.76	+0:06:41.12
69 - K /11	K40/3	PODGORSKA, Magdalena	AZS AWF KRAKÓW MASTERS	KRAKOW	0:18:32.97 (05:00min/km)	0:18:37.03	+0:06:42.39
70 - K /12	K40/4	GADEK, Agata	ITMBW Kraków	Kraków	0:18:32.65 (05:00min/km)	0:18:37.75	+0:06:43.11
71 - M /50	M40/18	CIEŚLA, Tomasz	Samolotowy Team	Raciborowice	0:18:34.46 (05:01min/km)	0:18:39.62	+0:06:44.98
72 - M /51	M40/19	KULON, Grzegorz	BeFit24Team	Kraków	0:18:39.86 (05:02min/km)	0:18:41.49	+0:06:46.85
73 - K /13	K40/5	HERDA, Ewelina	G.O.A.T. Team Michałowice		0:18:43.04 (05:03min/km)	0:18:43.04	+0:06:48.40
74 - K /14	K13/2	KASPRZYK, Natalia	U JĘDRUSIA SP. Z O.O. DOGOŃ NAWOJOWĄ GÓRĘ	NAWOJOWA GÓRA	0:18:43.51 (05:03min/km)	0:18:46.35	+0:06:51.71
75 - M /52	M13/9	STEFAŃCZYK, Bartosz	BeFit24Team	Kraków	0:18:44.26 (05:03min/km)	0:18:49.33	+0:06:54.69
76 - M /53	M40/20	MARCZEWSKI, Marcin	Bronowice też Biegają	Kraków	0:18:49.44 (05:05min/km)	0:18:49.44	+0:06:54.80
77 - M /54	M12/5	RAJCHEL, Filip	FM	Śledziejowice	0:18:45.42 (05:04min/km)	0:18:51.55	+0:06:56.91
78 - M /55	M20/3	ZIĘBA, Kuba	AZS UEK Kraków	Kraków	0:15:47.29 (04:16min/km)	0:18:52.41	+0:06:57.77
79 - M /56	M40/21	ROKITA, Dawid	Run 4 Fun	Proszowice	0:18:46.04 (05:04min/km)	0:18:56.77	+0:07:02.13
80 - M /57	M30/10	RAJCHEL, Marek			0:18:54.87 (05:06min/km)	0:19:01.07	+0:07:06.43
81 - K /15	K30/4	STASZEK, Anna	AZS AWF KRAKÓW MASTERS	Zielinki	0:18:59.26 (05:07min/km)	0:19:03.60	+0:07:08.96

82 - M /58	M30/11	WAŃCZYK, Łukasz	BeFit24Team	Kraków	0:19:08.48 (05:10min/km)	0:19:13.63	+0:07:18.99
83 - M /59	M12/6	LISIEWICZ, Natan		Skawina	0:19:18.16 (05:13min/km)	0:19:18.54	+0:07:23.90
84 - M /60	M12/7	STASZCZYK, Wojciech		Brzesko	0:19:16.74 (05:12min/km)	0:19:21.06	+0:07:26.42
85 - K /16	K40/6	WINCZURA - FEKETE, Ewa	ITMBW Kraków	Gaj	0:19:17.10 (05:12min/km)	0:19:21.30	+0:07:26.66
86 - M /61	M40/22	STEFAŃCZYK, Marek	BeFit24Team	Kraków	0:19:25.72 (05:15min/km)	0:19:31.45	+0:07:36.81
87 - M /62	M40/23	FRĄCZK, Jakub	ITMBW Kraków	Krakow	0:19:28.53 (05:15min/km)	0:19:32.85	+0:07:38.21
88 - M /63	M20/4	GAJDA, Mateusz			0:19:34.35 (05:17min/km)	0:19:34.35	+0:07:39.71
89 - M /64	M30/12	BOROWIAK, Piotr	Piotrunio Team	Kraków	0:19:36.57 (05:18min/km)	0:19:36.57	+0:07:41.93
90 - K /17	K40/7	GIERAŁT, Urszula	AZS AWF KRAKÓW MASTERS	Kraków	0:19:39.52 (05:18min/km)	0:19:44.14	+0:07:49.50
91 - M /65	M13/10	KRZYWORĄCZKA, Tomasz	krzyworaczka.pl	Zielonki	0:19:50.34 (05:21min/km)	0:19:51.38	+0:07:56.74
92 - M /66	M30/13	CIERLAK, Przemysław	Brzyski Tri Team	Kraków	0:19:56.14 (05:23min/km)	0:19:56.14	+0:08:01.50
	K30	KHALUKHAIEVA, Maryna	Samolotowy Team	Luborzycza	0:19:57.00 [GPS]	0:19:57.00 [GPS]	
94 - K /18	K12/2	OSIADACZ, Julia	Trenuj w Krakowie	Kraków	0:20:02.68 (05:25min/km)	0:20:04.14	+0:08:09.50
95 - M /67	M12/8	RYGIEL, Alek	WKS Wawel BnO	Kraków	0:20:01.80 (05:24min/km)	0:20:04.74	+0:08:10.10
	M40	ŻUROWSKI, Paweł	Samolotowy Team	Kraków	0:20:07.00 [GPS]	0:20:07.00 [GPS]	
97 - K /19	K40/8	F-K, Joanna	ITMBW Kraków	Kraków	0:20:02.88 (05:25min/km)	0:20:09.63	+0:08:14.99
98 - K /20	K20/3	MŁYNARSKA, Zofia	AZS UEK Kraków	Kraków	0:20:12.49 (05:27min/km)	0:20:14.78	+0:08:20.14
99 - M /68	M30/14	DĄBROWSKI, Marek	G.O.A.T. Team Michałowice		0:20:19.19 (05:29min/km)	0:20:19.19	+0:08:24.55
100 - M /69	M40/24	PRZYBYŁO, Tomasz	WKS Wawel BnO	Kraków	0:20:18.56 (05:29min/km)	0:20:22.33	+0:08:27.69
101 - M /70	M50/3	MARZEC, Artur	#AdamCzerwińskiTeam	Wieliczka	0:20:17.01 (05:28min/km)	0:20:25.23	+0:08:30.59
102 - M /71	M12/9	PRZYBYŁO, Jakub	WKS Wawel BnO	Kraków	0:20:26.47 (05:31min/km)	0:20:29.26	+0:08:34.62
	K40	BIELEC, Kinga	G.O.A.T. Team Michałowice	Kraków	0:20:30.00 [GPS]	0:20:30.00 [GPS]	
104 - M /72	M40/25	MAZUR, Michał	G.O.A.T. Team Michałowice	Więctawice Stare	0:20:23.50 (05:30min/km)	0:20:30.37	+0:08:35.73
105 - K /21	K30/5	SAMKOFF, Aneta	GGs TEAM		0:20:31.32 (05:32min/km)	0:20:33.43	+0:08:38.79
	M40	SZNAJDER, Rafał	G.O.A.T. Team Michałowice	Michałowice	0:20:35.00 [GPS]	0:20:35.00 [GPS]	
107 - M /73	M30/15	BACHNIAK, Daniel		Kraków	0:20:36.94 (05:34min/km)	0:20:42.74	+0:08:48.10
	M20	GARBACIK, Michał	WKS Wawel BnO	Kraków	0:20:43.00 [GPS]	0:20:43.00 [GPS]	

	M60	OLIWA, Edward	ITMBW Kraków	Kraków	0:20:44.00 [GPS]	0:20:44.00 [GPS]	
110 - K /22	K50/1	JANAS, Ewa	AZS AWF KRAKÓW MASTERS	Kraków	0:20:41.66 (05:35min/km)	0:20:45.74	+0:08:51.10
111 - K /23	K40/9	DRONSZCZYK, Agnieszka	#AdamCzerwińskiTeam	Wieliczka	0:20:50.36 (05:37min/km)	0:20:50.36	+0:08:55.72
112 - M /74	M13/11	ŁĘCKI, Bartosz	UKS Kometa Gliwice	Gliwice	0:20:58.05 (05:40min/km)	0:20:58.05	+0:09:03.41
113 - M /75	M60/1	MLEKO, Roman	ITMBW Kraków	Kraków	0:20:59.88 (05:40min/km)	0:21:02.93	+0:09:08.29
	K40	PANKIEWICZ, Aleksandra	Samolotowy Team	Kraków	0:21:03.00 [GPS]	0:21:03.00 [GPS]	
	M40	KWASNY, Andrzej	Samolotowy Team	Krakow	0:21:09.00 [GPS]	0:21:09.00 [GPS]	
116 - M /76	M12/10	MISKIEWICZ, Jacek	WKS Wawel BnO	Kraków	0:21:12.65 (05:43min/km)	0:21:12.65	+0:09:18.01
117 - M /77	M30/16	NARTYMAU, Sjarhei		Kraków	0:21:10.07 (05:43min/km)	0:21:15.86	+0:09:21.22
	M40	PANKIEWICZ, Leszek	Samolotowy Team	Kraków	0:21:16.00 [GPS]	0:21:16.00 [GPS]	
119 - M /78	M16/8	BOGUSZ, Marcin		Kraków	0:21:15.29 (05:44min/km)	0:21:23.05	+0:09:28.41
120 - M /79	M13/12	DEDA, Bartosz	KS Kościelec Chrzanów	hrzanów	0:21:12.57 (05:43min/km)	0:21:23.78	+0:09:29.14
121 - M /80	M60/2	DYŁĄG, Zbigniew	#AdamCzerwińskiTeam	Kraków	0:21:17.42 (05:45min/km)	0:21:24.35	+0:09:29.71
122 - M /81	M70/1	NOWOTNY, Marian	Niepołomice Biegają	Damienice	0:21:29.71 (05:48min/km)	0:21:32.47	+0:09:37.83
123 - K /24	K13/3	RYCHŁOWSKA, Julia	KS Kościelec Chrzanów	Chrzanów	0:21:35.06 (05:50min/km)	0:21:40.01	+0:09:45.37
124 - K /25	K16/2	SZYMACHA, Magdalena		Wieliczka	0:21:37.13 (05:50min/km)	0:21:42.92	+0:09:48.28
125 - M /82	M40/26	GEDLICZKA, Tymoteusz		Kraków	0:21:34.64 (05:49min/km)	0:21:44.12	+0:09:49.48
126 - K /26	K30/6	WALAŚ, Maria	WKS Wawel BnO	Kraków	0:21:44.91 (05:52min/km)	0:21:44.91	+0:09:50.27
127 - M /83	M40/27	BOGUSZ, Bartosz		Kraków	0:21:37.52 (05:50min/km)	0:21:45.88	+0:09:51.24
128 - M /84	M12/11	KĘSKA, Jan	Kęskusie	Kraków	0:21:45.16 (05:52min/km)	0:21:53.61	+0:09:58.97
129 - M /85	M40/28	WOJDOWSKI, Krzysztof		Kraków	0:21:47.43 (05:53min/km)	0:21:55.10	+0:10:00.46
130 - M /86	M13/13	URYGA, Artur	WKS Wawel BnO	Kraków	0:21:56.17 (05:55min/km)	0:21:56.17	+0:10:01.53
131 - K /27	K30/7	NOWAK, Paulina		Tenczynek	0:21:47.87 (05:53min/km)	0:21:56.89	+0:10:02.25
	M40	WALCZAK, Przemysław	Samolotowy Team	Kraków	0:21:57.00 [GPS]	0:21:57.00 [GPS]	
133 - M /87	M40/29	SMOROŃSKI, Artur	brak	Kraków	0:21:54.69 (05:55min/km)	0:21:58.44	+0:10:03.80
134 - M /88	M70/2	LEŚNIAK, Marian	AZS AWF KRAKÓW MASTERS	Kraków	0:21:55.87 (05:55min/km)	0:22:01.72	+0:10:07.08
135 - M /89	M70/3	KOPTA, Jerzy	BMW Biegamy Mimo Wszystko	Kraków	0:22:03.04 (05:57min/km)	0:22:04.75	+0:10:10.11
136 - K /28	K40/10	WIECHEĆ, Wioleta	G.O.A.T. Team Michałowice	Kraków	0:22:08.10 (05:58min/km)	0:22:08.10	+0:10:13.46

137 - K /29	K20/4	GAJDA, Anna	AZS UEK Kraków	Kraków	0:22:16.66 (06:01min/km)	0:22:16.66	+0:10:22.02
138 - M /90	M20/5	MIASTKOWSKI, Przemysław		Krakow	0:22:09.70 (05:59min/km)	0:22:19.02	+0:10:24.38
139 - M /91	M40/30	KĘSKA, Wojciech	Kęskusie	Kraków	0:22:13.05 (06:00min/km)	0:22:21.57	+0:10:26.93
	M40	NOSAL, Norbert	Samolotowy Team	Kokotów	0:22:25.00 [GPS]	0:22:25.00 [GPS]	
141 - K /30	K12/3	PRZYBYŁO, Julia	WKS Wawel BnO	Kraków	0:22:28.82 (06:04min/km)	0:22:29.72	+0:10:35.08
142 - K /31	K30/8	ZIÓŁKOWSKA, Monika		Kraków	0:22:30.10 (06:04min/km)	0:22:35.60	+0:10:40.96
143 - K /32	K13/4	PALMI, Julia		Kraków	0:22:41.55 (06:07min/km)	0:22:46.99	+0:10:52.35
144 - K /33	K50/2	GAWĘDA, Iwona	AZS AWF KRAKÓW MASTERS	Kraków	0:22:53.56 (06:11min/km)	0:22:53.56	+0:10:58.92
145 - K /34	K40/11	MACH, Wioleta	ZABIERZÓW BIEGA	Zabierzów	0:22:53.40 (06:11min/km)	0:22:58.28	+0:11:03.64
146 - K /35	K13/5	HEBDA, Julia	KS Kościelec Chrzanów	Chrzanów	0:22:56.25 (06:11min/km)	0:23:00.86	+0:11:06.22
147 - M /92	M13/14	BADAWIKA, Jakub	BeFit24Team	Kraków	0:23:08.54 (06:15min/km)	0:23:13.83	+0:11:19.19
148 - K /36	K12/4	WALAŚ, Emilia	WKS Wawel BnO	Kraków	0:23:16.23 (06:17min/km)	0:23:17.36	+0:11:22.72
149 - K /37	K12/5	WACHACKA, Sonia	Wachaccy Team	Kraków	0:23:25.82 (06:19min/km)	0:23:32.41	+0:11:37.77
150 - K /38	K12/6	TUSZYŃSKA, Hanna		Krakow	0:23:27.96 (06:20min/km)	0:23:34.83	+0:11:40.19
151 - K /39	K12/7	SZKLARCZYK, Anieli		Kraków	0:23:38.53 (06:23min/km)	0:23:38.53	+0:11:43.89
152 - K /40	K40/12	ZIELIŃSKA-KACZOR, Katarzyna		Cholerzyn	0:23:32.71 (06:21min/km)	0:23:41.65	+0:11:47.01
153 - M /93	M40/31	DEDA, Przemysław	KS Kościelec Chrzanów	Chrzanów	0:23:31.22 (06:21min/km)	0:23:42.00	+0:11:47.36
	K30	KWASNY, Monika	Samolotowy Team	Krakow	0:23:51.00 [GPS]	0:23:51.00 [GPS]	
	K13	PORĘBSKA, Anita	BeFit24Team		0:23:55.00 [GPS]	0:23:55.00 [GPS]	
156 - K /41	K40/13	ŚLIWA, Sylwia	WKS Wawel BnO	Kraków	0:23:53.18 (06:27min/km)	0:23:59.80	+0:12:05.16
157 - M /94	M12/12	DRONSZCZYK, Zbigniew	#AdamCzerwińskiTeam	Wieliczka	0:23:58.23 (06:28min/km)	0:24:00.53	+0:12:05.89
158 - K /42	K40/14	TRZYNA, Barbara	G.O.A.T. Team Michałowice	Kraków	0:23:53.49 (06:27min/km)	0:24:01.25	+0:12:06.61
159 - K /43	K30/9	KOTOWSKA , Magdalena	G.O.A.T. Team Michałowice	Kraków	0:23:54.01 (06:27min/km)	0:24:01.35	+0:12:06.71
160 - M /95	M12/13	MIŚKIEWICZ, Adam	WKS Wawel BnO	Kraków	0:24:03.36 (06:30min/km)	0:24:07.48	+0:12:12.84
161 - K /44	K12/8	SZKLARCZYK, Urszula		Kraków	0:24:10.27 (06:31min/km)	0:24:17.00	+0:12:22.36
162 - K /45	K12/9	WALAŚ, Olga	WKS Wawel BnO	Kraków	0:24:19.49 (06:34min/km)	0:24:21.70	+0:12:27.06
163 - K /46	K13/6	KUREK, Urszula			0:24:18.55 (06:34min/km)	0:24:21.81	+0:12:27.17
164 - K /47	K12/10	PRYTKOVA, Aleksandra		Kraków	0:24:22.36 (06:35min/km)	0:24:22.36	+0:12:27.72
165 - K /48	K12/11	MOSZKOWICZ, Aleksandra			0:24:25.15 (06:35min/km)	0:24:27.15	+0:12:32.51
166 - M /96	M30/17	PUSTUŁ , Dominik	BeFit24Team	Giebułtów	0:24:26.26 (06:36min/km)	0:24:32.84	+0:12:38.20

167 - M /97	M12/14	PIÓRKOWSKI, Michał	UKS Lider Siercza	Wieliczka	0:24:36.00 (06:38min/km)	0:24:36.00	+0:12:41.36
168 - M /98	M13/15	GAWIN, Jan	BeFit24Team	Więckowice	0:25:05.16 (06:46min/km)	0:25:06.40	+0:13:11.76
169 - K /49	K20/5	DURAS, Magdalena		Olszowice	0:25:31.96 (06:54min/km)	0:25:36.14	+0:13:41.50
170 - K /50	K30/10	GAJEWSKA, Aleksandra		Kraków	0:25:44.35 (06:57min/km)	0:25:54.28	+0:13:59.64
171 - K /51	K40/15	WOŹNIAK-DRABEK, Monika	BeFit24Team	Kraków	0:25:49.50 (06:58min/km)	0:25:57.03	+0:14:02.39
172 - K /52	K30/11	PUSTUŁ, Anna	BeFit24Team	Giebułtów	0:26:06.65 (07:03min/km)	0:26:13.45	+0:14:18.81
173 - M /99	M12/15	PARZYCH, Jakub	UKS Kometa Gliwice	Gliwice	0:26:35.95 (07:11min/km)	0:26:35.95	+0:14:41.31
174 - K /53	K13/7	BREKSA, Blanka	WKS Wawel BnO	Kraków	0:26:44.73 (07:13min/km)	0:26:47.30	+0:14:52.66
175 - M /100	M40/32	ŚLIWKA, Piotr	#Na_kole	Węgrzce	0:26:40.51 (07:12min/km)	0:26:49.03	+0:14:54.39
176 - M /101	M90/1	GRABKA, Stanisław		Kraków	0:26:45.79 (07:14min/km)	0:26:52.45	+0:14:57.81
177 - M /102	M60/3	MASŁYK, Jan	TIMjmaslyk	Kraków	0:26:53.05 (07:15min/km)	0:26:59.94	+0:15:05.30
178 - K /54	K60/1	MARCHEWKA, Maria		Czernichów	0:27:19.17 (07:23min/km)	0:27:25.65	+0:15:31.01
179 - M /103	M40/33	WORONKOWICZ, Tomasz	K&L	Poznań	0:27:59.70 (07:33min/km)	0:28:09.93	+0:16:15.29
180 - K /55	K50/3	POLEWKA, Beata	UKS Kometa Gliwice	Gliwice	0:28:10.76 (07:36min/km)	0:28:18.58	+0:16:23.94
181 - K /56	K40/16	JARMUŻEK, Ewa		Kraków	0:28:16.50 (07:38min/km)	0:28:26.31	+0:16:31.67
182 - K /57	K40/17	FILICIAK, Justyna	AZS AWF KRAKÓW MASTERS	Kraków	0:28:37.39 (07:44min/km)	0:28:44.86	+0:16:50.22
	K13	PIECHOTA, Hanna	BeFit24Team	Kraków	0:29:23.00 [GPS]	0:29:23.00 [GPS]	
	K13	RYLL, Zofia	BeFit24Team	Kraków	0:29:24.00 [GPS]	0:29:24.00 [GPS]	
185 - K /58	K60/2	ZIÓŁKO, Jadwiga			0:29:51.90 (08:04min/km)	0:29:57.59	+0:18:02.95
186 - M /104	M70/4	ZIÓŁKO, Jan			0:29:51.51 (08:04min/km)	0:29:58.47	+0:18:03.83
187 - K /59	K20/6	KOPEĆ, Magdalena		Kraków	0:30:13.94 (08:10min/km)	0:30:22.50	+0:18:27.86
188 - K /60	K12/12	OLIINYK, Hanna	WKS Wawel BnO	Kraków	0:31:08.73 (08:25min/km)	0:31:08.73	+0:19:14.09
189 - K /61	K12/13	OLIINYK, Arina	WKS Wawel BnO	Kraków	0:31:57.97 (08:38min/km)	0:31:59.45	+0:20:04.81
190 - M /105	M12/16	FILICIAK, Stanisław	AZS AWF KRAKÓW MASTERS	Kraków	0:33:25.33 (09:01min/km)	0:33:32.53	+0:21:37.89
191 - K /62	K12/14	KACZOR, Anna		Cholierzyn	0:33:47.14 (09:07min/km)	0:33:56.46	+0:22:01.82

192 - M /106	M12/17	URYGA, Adam	WKS Wawel BnO		0:33:55.36 (09:10min/km)	0:34:00.90	+0:22:06.26
193 - K /63	K16/3	PAWŁOWSKA, Anna			0:34:46.20 (09:23min/km)	0:34:47.91	+0:22:53.27
194 - K /64	K13/8	MARCZEWSKA, Agata	Bronowice też Biegają	Kraków	0:44:35.96 (12:03min/km)	0:44:45.85	+0:32:51.21
195 - K /65	K30/12	BODZIOCH-MARCZEWSKA, Katarzyna	Bronowice też Biegają	Kraków	0:44:39.30 (12:04min/km)	0:44:48.27	+0:32:53.63
196 - M /107	M90/2	STACHOW, Jan		Kraków	0:58:24.64 (15:47min/km)	0:58:31.89	+0:46:37.25



Grand Prix Krakowa w Biegach Górskich 2023/2024 - R5

Kraków, 2024-03-03 - Wyniki

NW

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	OPEN-M/1	ORDZOWIAŁY, Piotr	NIWA OSIELEC	OSIELEC	0:22:03.04 (05:57min/km)	0:22:03.04	+0:00:00.00
2 - M/2	OPEN-M/2	KABATA, Jarosław	NORDIC SPORT 2021	Tarnowskie Góry	0:22:56.26 (06:11min/km)	0:22:56.26	+0:00:53.22
3 - K/1	OPEN-K/1	MAŚLANKA, Iwona	NORDIC SPORT 2021	Śmigiel	0:24:10.58 (06:32min/km)	0:24:10.58	+0:02:07.54
4 - M/3	OPEN-M/3	PRADUŃ, Michał	Samolotowy Team		0:24:12.17 (06:32min/km)	0:24:12.65	+0:02:09.61
5 - K/2	OPEN-K/2	KNAPCZYK-KANIA, Gabriela	NORDIC SPORT 2021	Bieńkówka	0:24:55.19 (06:44min/km)	0:24:55.19	+0:02:52.15
6 - K/3	OPEN-K/3	ZIMNICKA, Lidia		Michałowice	0:25:12.95 (06:48min/km)	0:25:12.95	+0:03:09.91
7 - M/4	OPEN-M/4	HAMIK, Rafał	RUNAWAYS	Bieruń	0:25:43.83 (06:57min/km)	0:25:44.09	+0:03:41.05
8 - K/4	OPEN-K/4	CIURA, Anna	ITMBW Kraków	Kraków	0:26:46.34 (07:14min/km)	0:26:47.38	+0:04:44.34
9 - M/5	OPEN-M/5	BARTCZAK, Mirosław	Nordic Team Częstochowa	Częstochowa	0:27:00.33 (07:17min/km)	0:27:01.01	+0:04:57.97
10 - M/6	OPEN-M/6	KRZYWORĄCZKA, Piotr	BMW Biegamy Mimo Wszystko	Kraków	0:27:15.11 (07:21min/km)	0:27:15.86	+0:05:12.82
11 - M/7	OPEN-M/7	KANIA, Adam	NORDIC SPORT 2021	Bieńkówka	0:27:39.90 (07:28min/km)	0:27:41.03	+0:05:37.99
12 - K/5	OPEN-K/5	WERCHOWIECKA-PARDYGAŁ, Karolina		Kraków	0:27:41.65 (07:29min/km)	0:27:43.80	+0:05:40.76
13 - M/8	OPEN-M/8	MUSIAŁ, Witold	FitVit	Kraków	0:27:55.27 (07:32min/km)	0:27:58.47	+0:05:55.43
14 - M/9	OPEN-M/9	TYCZEWSKI, Jacek	Lux Torpeda Małopolska	Gliwice	0:28:08.58 (07:36min/km)	0:28:09.75	+0:06:06.71
15 - M/10	OPEN-M/10	PARDYGAŁ, Jan		Kraków	0:28:20.64 (07:39min/km)	0:28:21.90	+0:06:18.86
16 - K/6	OPEN-K/6	WOJDOWSKA, Małgorzata		Kraków	0:28:26.13 (07:41min/km)	0:28:28.05	+0:06:25.01
17 - M/11	OPEN-M/11	SUDER, Grzegorz		Kraków	0:28:25.58 (07:40min/km)	0:28:28.29	+0:06:25.25
18 - M/12	OPEN-M/12	MARCHEWKA, Krzysztof		Czernichów	0:28:35.33 (07:43min/km)	0:28:35.86	+0:06:32.82
19 - K/7	OPEN-K/7	TYCZEWSKA, Paulina	Lux Torpeda Małopolska	Kraków	0:29:42.09 (08:01min/km)	0:29:42.09	+0:07:39.05
20 - K/8	OPEN-K/8	WALCZYK, Iwona		Kraków	0:29:43.52 (08:02min/km)	0:29:49.11	+0:07:46.07
21 - K/9	OPEN-K/9	DURAS, Izabela		Świątyniki Górne	0:30:12.10 (08:09min/km)	0:30:18.23	+0:08:15.19
22 - K/10	OPEN-K/10	WILK, Iwona	NORDIC SPORT 2021	Katowice	0:30:18.91 (08:11min/km)	0:30:19.82	+0:08:16.78

23 - K /11	OPEN-K/11	WROTNY-KIKLICA, Magdalena	Samolotowy Team	Kraków	0:30:19.37 (08:11min/km)	0:30:20.00	+0:08:16.96
24 - K /12	OPEN-K/12	BROSZKIEWICZ, Barbara			0:31:46.87 (08:35min/km)	0:31:46.87	+0:09:43.83
25 - K /13	OPEN-K/13	DĄBROWSKA, Małgorzata	G.O.A.T. Team Michałowice		0:33:37.64 (09:05min/km)	0:33:39.26	+0:11:36.22
26 - K /14	OPEN-K/14	KACZOR, Sylwia	G.O.A.T. Team Michałowice	Wilczkowice	0:33:58.37 (09:10min/km)	0:34:00.32	+0:11:57.28
27 - K /15	OPEN-K/15	PIECZARKOWSKA, Roma		Kraków	0:35:43.08 (09:39min/km)	0:35:46.15	+0:13:43.11
28 - K /16	OPEN-K/16	BOGUSZ, Ewa		Kraków	0:39:41.57 (10:43min/km)	0:39:43.37	+0:17:40.33
29 - K /17	OPEN-K/17	NOWAK, Barbara			0:41:06.84 (11:06min/km)	0:41:10.04	+0:19:07.00
30 - K /18	OPEN-K/18	KLEIN, Justyna	MisiaqBiega	Kraków	0:43:14.01 (11:41min/km)	0:43:16.72	+0:21:13.68
	OPEN-M	GIERGUN, Władysław	DEAF RUNNING TEAM	Kraków	DNF	DNF	



Grand Prix Krakowa w Biegach Górskich 2023/2024 - R5

Kraków, 2024-03-03 - Wyniki

5,7km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	M30/1	KŁECZEK, Radosław	Samolotowy Team		0:23:03.20 (04:02min/km)	0:23:03.47	+0:00:00.00
2 - M/2	M30/2	KACZMAREK, Michał	Centrum Zdrowia Biegacza Kraków	Kraków	0:23:13.63 (04:04min/km)	0:23:14.29	+0:00:10.82
3 - M/3	M16/1	BUC, Szymon			0:24:05.14 (04:13min/km)	0:24:06.73	+0:01:03.26
4 - M/4	M30/3	FILICIAK, Michał	AZS AWF KRAKÓW MASTERS	Kraków	0:24:13.70 (04:15min/km)	0:24:13.70	+0:01:10.23
5 - M/5	M16/2	STANIAK, Paweł	Harpagan	Kraków	0:24:59.66 (04:23min/km)	0:25:01.52	+0:01:58.05
6 - M/6	M30/4	JESIOŁOWSKI, Michał	AZS AWF KRAKÓW MASTERS	Zielonki	0:25:16.96 (04:26min/km)	0:25:16.96	+0:02:13.49
7 - M/7	M20/1	SKORUPA, Marek			0:25:31.21 (04:28min/km)	0:25:31.33	+0:02:27.86
8 - M/8	M16/3	KOWALA, Michał	SMS Zawoja	Zawoja	0:26:20.85 (04:37min/km)	0:26:20.85	+0:03:17.38
	M40	TARGOSZ, Michał	RUNPROGRESS Team	kraków	0:26:39.00 [GPS]	0:26:39.00 [GPS]	
	M40	BANIAK, Marcin	G.O.A.T. Team Michałowice	Michałowice	0:26:44.00 [GPS]	0:26:44.00 [GPS]	
11 - M/9	M30/5	MARKOWICZ, Szymon		Krosno	0:26:54.31 (04:43min/km)	0:26:54.31	+0:03:50.84
12 - M/10	M30/6	PIOTROWSKI, Tomasz	#nastepnykrokteam	Krakow	0:26:59.61 (04:44min/km)	0:27:01.06	+0:03:57.59
13 - M/11	M30/7	RAFA, Dominik	Ania i Chtopaki	Kraków	0:27:16.03 (04:47min/km)	0:27:16.03	+0:04:12.56
14 - M/12	M40/1	KIEŁT, Andrzej	#AdamCzerwińskiTeam		0:27:17.35 (04:47min/km)	0:27:21.33	+0:04:17.86
15 - M/13	M40/2	KIKLICA, Artur	Samolotowy Team	Kraków	0:27:25.61 (04:48min/km)	0:27:27.83	+0:04:24.36
16 - M/14	M30/8	OSIADACZ, Jakub	Trenuj w Krakowie	Kraków	0:27:27.46 (04:49min/km)	0:27:30.60	+0:04:27.13
	M30	TKACZYK, Szymon	Samolotowy Team	Kraków	0:27:31.00 [GPS]	0:27:31.00 [GPS]	
18 - K/1	K40/1	CADER, Agnieszka	Zabierzów Biega	Zabierzów	0:27:30.92 (04:49min/km)	0:27:32.57	+0:04:29.10
19 - M/15	M50/1	OPRYSZEK, Bogusław	ITMBW Kraków	Kraków	0:28:06.17 (04:55min/km)	0:28:07.85	+0:05:04.38
20 - M/16	M16/4	BOLECHOWSKI, Paweł	WKS Wawel BnO	Rabka-Zdrój	0:28:09.76 (04:56min/km)	0:28:12.38	+0:05:08.91
21 - M/17	M30/9	SKRZYPEK, Krzysztof	Run 4 Fun	Krzeczów	0:28:15.78 (04:57min/km)	0:28:19.59	+0:05:16.12
22 - K/2	K16/1	TYMAN, Karolina	UKS Diament Godów		0:28:26.93 (04:59min/km)	0:28:28.89	+0:05:25.42
23 - M/18	M40/3	GLEISNER, Tomasz	WOT 113 BLP	Tarnów	0:28:57.02 (05:04min/km)	0:28:57.02	+0:05:53.55

24 - M /19	M16/5	LIPIEC, Michał		Kraków	0:28:59.08 (05:05min/km)	0:29:02.60	+0:05:59.13
25 - M /20	M40/4	PARDYGAŁ, Tomasz	Trifamily.pl	Kraków	0:29:01.35 (05:05min/km)	0:29:04.61	+0:06:01.14
26 - M /21	M50/2	WYSOCKI, Marcin	Polplast biega	Skrzynka	0:29:13.54 (05:07min/km)	0:29:16.46	+0:06:12.99
27 - M /22	M30/10	NYCZ, Marek	SBG Podbieg Nessi Team	Nowy Targ	0:29:31.58 (05:10min/km)	0:29:34.22	+0:06:30.75
28 - M /23	M40/5	KACZMAREK, Tomasz	Niepołomice Biegają	Wieliczka	0:29:30.01 (05:10min/km)	0:29:34.25	+0:06:30.78
29 - M /24	M40/6	MORDARSKI, Michał		Krakow	0:29:33.94 (05:11min/km)	0:29:39.70	+0:06:36.23
30 - M /25	M30/11	PROSSER, Chris		Krakow	0:29:46.60 (05:13min/km)	0:29:46.60	+0:06:43.13
31 - M /26	M40/7	GÓRAK, Grzegorz	Biegam bo lubię	Kraków	0:29:46.17 (05:13min/km)	0:29:49.20	+0:06:45.73
32 - M /27	M50/3	WAĆŁAWSKI, Leszek	AZS AWF KRAKÓW MASTERS	Zadroże	0:29:45.12 (05:13min/km)	0:29:50.65	+0:06:47.18
33 - M /28	M50/4	GEDL, Przemysław		Kraków	0:29:48.83 (05:13min/km)	0:29:54.10	+0:06:50.63
34 - M /29	M30/12	BIELAK, Daniel	Dalin Myślenice	Głogoczków	0:29:57.98 (05:15min/km)	0:30:04.81	+0:07:01.34
35 - M /30	M40/8	DUROŃ, Marcin	Samolotowy Team	Kraków	0:30:11.05 (05:17min/km)	0:30:11.05	+0:07:07.58
36 - M /31	M50/5	PUTO, Krzysztof		Glichów	0:30:13.77 (05:18min/km)	0:30:19.69	+0:07:16.22
37 - M /32	M30/13	MUSIAL, Jan		Kraków	0:30:23.34 (05:19min/km)	0:30:23.34	+0:07:19.87
38 - M /33	M30/14	MYTYCH, Sławomir	#AdamCzerwińskiTeam	Kraków	0:30:21.20 (05:19min/km)	0:30:25.39	+0:07:21.92
39 - M /34	M40/9	MIGACZ, Jacek	G.O.A.T. Team Michałowice	ZIELONKI	0:30:22.56 (05:19min/km)	0:30:30.73	+0:07:27.26
40 - M /35	M40/10	ZASTAWNY, Tomasz	AZS AWF KRAKÓW MASTERS	Kraków	0:30:30.52 (05:21min/km)	0:30:35.62	+0:07:32.15
41 - M /36	M30/15	SAŁDAN, Grzegorz	AZS AWF KRAKÓW MASTERS	Kraków	0:30:35.74 (05:22min/km)	0:30:41.06	+0:07:37.59
42 - M /37	M30/16	KOZŁOWSKI , Jakub	Samolotowy Team	Kraków	0:30:46.79 (05:24min/km)	0:30:48.89	+0:07:45.42
43 - M /38	M60/1	GAŁĄZKA, Mieczysław	ITMBW Kraków	Kraków	0:30:58.28 (05:26min/km)	0:30:58.28	+0:07:54.81
44 - M /39	M16/6	ZWONEK, Rafał		Kraków	0:31:02.98 (05:26min/km)	0:31:02.98	+0:07:59.51
45 - M /40	M30/17	GBUREK, Michał	ITMBW Kraków	Kraków	0:31:09.32 (05:27min/km)	0:31:16.74	+0:08:13.27
46 - M /41	M30/18	CZARNECKI, Grzegorz	G.O.A.T. Team Michałowice	Masłomiąca	0:31:22.51 (05:30min/km)	0:31:22.51	+0:08:19.04
47 - K /3	K20/1	KLONOWICZ, Patrycja	G.O.A.T. Team Michałowice	Kraków	0:31:18.32 (05:29min/km)	0:31:24.28	+0:08:20.81
48 - M /42	M50/6	CHROMNIAK, Marcin	Lusina Projekt	Lusina	0:31:18.50 (05:29min/km)	0:31:25.82	+0:08:22.35
49 - M /43	M30/19	GĄSKA , Rafał	Boks Zabierzów Centrum Boksu	Kraków	0:31:25.72 (05:30min/km)	0:31:29.53	+0:08:26.06
50 - K /4	K20/2	ŁODZIŃSKA , Dominika	AZS AWF KRAKÓW MASTERS	Kraków	0:31:35.20 (05:32min/km)	0:31:37.01	+0:08:33.54
	M30	KIJEK, Andrzej		Pogorzycze	0:31:39.00 [GPS]	0:31:39.00 [GPS]	
52 - M /44	M40/11	DĄBROWSKI, Mariusz	G.O.A.T. Team Michałowice	Kopanka	0:31:40.62 (05:33min/km)	0:31:53.28	+0:08:49.81
53 - K /5	K16/2	STANIAK, Joanna	Harpagan	Kraków	0:32:03.96 (05:37min/km)	0:32:03.96	+0:09:00.49
54 - M /45	M40/12	POTASIEWICZ, Paweł		Kraków	0:32:05.24 (05:37min/km)	0:32:10.19	+0:09:06.72
55 - M /46	M30/20	PALKA, Krzysztof	Run 4 Fun	Niepołomice	0:32:20.07 (05:40min/km)	0:32:20.07	+0:09:16.60

56 - M /47	M30/21	STĘPEK, Paweł	AZS AWF KRAKÓW MASTERS	Kraków	0:32:21.73 (05:40min/km)	0:32:21.73	+0:09:18.26
57 - K /6	K16/3	GARLACZ, Anna	BeFit24Team	Żarki	0:32:17.86 (05:39min/km)	0:32:23.66	+0:09:20.19
58 - M /48	M16/7	SZUFLICKI, Tymon		Nowa Wola	0:32:23.66 (05:41min/km)	0:32:23.66	+0:09:20.19
59 - M /49	M40/13	BIAŁKA, Rafał	G.O.A.T. Team Michałowice	Masłomiąca	0:32:30.00 (05:42min/km)	0:32:30.00	+0:09:26.53
60 - M /50	M40/14	BISKUPSKI, Michał			0:32:30.98 (05:42min/km)	0:32:30.98	+0:09:27.51
	M40	KRZEŚNIAK, Karol	G.O.A.T. Team Michałowice	Zagórzycze Dworskie	0:32:31.00 [GPS]	0:32:31.00 [GPS]	
62 - K /7	K30/1	SEWERYN, Kinga	Unlimited Sport 2.0	Kraków	0:32:29.55 (05:42min/km)	0:32:32.24	+0:09:28.77
63 - M /51	M40/15	MROWIEC, Paweł	Heineken Kraków Running Club	Bibice	0:32:29.29 (05:41min/km)	0:32:44.14	+0:09:40.67
64 - M /52	M40/16	DUDEK, Michał	AZS AWF KRAKÓW MASTERS	Kraków	0:32:38.58 (05:43min/km)	0:32:49.37	+0:09:45.90
65 - K /8	K40/2	PODGORSKA, Magdalena	AZS AWF KRAKÓW MASTERS	KRAKOW	0:32:52.08 (05:45min/km)	0:33:02.25	+0:09:58.78
66 - K /9	K30/2	KOLEGOWICZ, Klaudia	BeFit24Team	kraków	0:33:03.62 (05:48min/km)	0:33:07.11	+0:10:03.64
67 - M /53	M40/17	CIASTOŃ, Bartłomiej	Ola&Bartlo	Niepołomice	0:33:09.14 (05:48min/km)	0:33:09.14	+0:10:05.67
68 - M /54	M50/7	TOMCZYK, Marcin	AZS AWF KRAKÓW MASTERS	Kraków	0:33:17.35 (05:50min/km)	0:33:26.99	+0:10:23.52
69 - M /55	M40/18	SWIECH, Marcin	Elmodis	Krakow	0:33:35.55 (05:53min/km)	0:33:35.55	+0:10:32.08
70 - M /56	M40/19	DADAS, Krzysztof	Run 4 Fun	Zagórze	0:33:27.97 (05:52min/km)	0:33:42.03	+0:10:38.56
71 - M /57	M40/20	ŚMIAŁEK, Łukasz	G.O.A.T. Team Michałowice	Michałowice	0:33:58.52 (05:57min/km)	0:33:58.52	+0:10:55.05
72 - M /58	M20/2	WIELGAT, Mikołaj	WOT 113BLP	Tarnów	0:33:55.72 (05:57min/km)	0:34:04.47	+0:11:01.00
73 - K /10	K30/3	SADAJ, Anna	Ania i Chłopaki	Kraków	0:34:04.71 (05:58min/km)	0:34:04.71	+0:11:01.24
74 - M /59	M40/21	GIERASIŃSKI, Paweł		Kraków	0:34:09.43 (05:59min/km)	0:34:09.43	+0:11:05.96
75 - M /60	M40/22	NOWAKOWSKI, Adrian		Katowice	0:34:03.14 (05:58min/km)	0:34:12.02	+0:11:08.55
76 - K /11	K20/3	GÓRNY, Aleksandra		Kalwaria Zebrzydowska	0:33:55.44 (05:57min/km)	0:34:12.52	+0:11:09.05
77 - M /61	M40/23	CIEŚLA, Tomasz	Samolotowy Team	Raciborowice	0:34:06.21 (05:58min/km)	0:34:15.90	+0:11:12.43
	K40	BIELEC, Kinga	G.O.A.T. Team Michałowice	Kraków	0:34:18.00 [GPS]	0:34:18.00 [GPS]	
79 - K /12	K30/4	KLASA, Agnieszka	Samolotowy Team	Kraków	0:34:24.77 (06:02min/km)	0:34:24.77	+0:11:21.30
80 - M /62	M30/22	KALFAS, Tomasz		Kraków	0:34:15.75 (06:00min/km)	0:34:28.80	+0:11:25.33
81 - K /13	K40/3	GĄDEK, Agata	ITMBW Kraków	Kraków	0:34:24.13 (06:02min/km)	0:34:36.82	+0:11:33.35
82 - M /63	M30/23	GAŻA, Łukasz		Owczary	0:34:37.81 (06:04min/km)	0:34:50.68	+0:11:47.21
83 - M /64	M50/8	WYZNAKIEWICZ, Paweł	LKS Górzanka Nawojowa Góra	Kraków	0:34:53.16 (06:07min/km)	0:34:59.46	+0:11:55.99
84 - K /14	K30/5	GŁOGOWSKA, Sandra	BeFit24Team	Kraków	0:34:54.54 (06:07min/km)	0:35:03.89	+0:12:00.42
85 - K /15	K40/4	BARTUŚ, Joanna	G.O.A.T. Team Michałowice	Michałowice	0:35:07.10 (06:09min/km)	0:35:07.10	+0:12:03.63
86 - M /65	M50/9	PIASECKI, Leszek		Kraków	0:34:19.56 (06:01min/km)	0:35:12.25	+0:12:08.78

87 - M /66	M30/24	ZIĘBA, Grzegorz	Samolotowy Team	Kraków	0:35:10.73 (06:10min/km)	0:35:17.69	+0:12:14.22
	K30	STASZEK, Anna	AZS AWF KRAKÓW MASTERS	Zielinki	0:35:21.00 [GPS]	0:35:21.00 [GPS]	
89 - K /16	K40/5	ABRAGIMOVICH, Yulia	Abragimovichi	Krakow	0:35:29.18 (06:13min/km)	0:35:39.79	+0:12:36.32
90 - M /67	M20/3	KACZOR, Miłosz	AZS UEK Kraków	Kraków	0:35:46.14 (06:16min/km)	0:35:47.32	+0:12:43.85
91 - M /68	M50/10	PUDEŁEK, Paweł	LKS Górzanka Nawojowa Góra	Bolechowice	0:35:42.47 (06:15min/km)	0:35:47.41	+0:12:43.94
	M30	KAPUTA, Piotr		Kraków	0:35:49.00 [GPS]	0:35:49.00 [GPS]	
93 - M /69	M20/4	KORCZAK, Krzysztof	Kaseya Running	Kraków	0:36:06.69 (06:20min/km)	0:36:15.81	+0:13:12.34
94 - M /70	M40/24	KWASNY, Andrzej	Samolotowy Team	Krakow	0:36:08.78 (06:20min/km)	0:36:21.33	+0:13:17.86
95 - K /17	K16/4	SEREDA, Daria	WKS Wawel BnO	Kraków	0:36:05.88 (06:19min/km)	0:36:22.55	+0:13:19.08
96 - K /18	K40/6	GAWRON, Kasia	WKS Wawel BnO		0:36:04.44 (06:19min/km)	0:36:22.64	+0:13:19.17
97 - M /71	M40/25	KAMIŃSKI, Janusz	ITMBW Kraków	Kraków	0:36:34.32 (06:24min/km)	0:36:34.32	+0:13:30.85
98 - M /72	M40/26	WALAŚ, Waldemar	WKS Wawel BnO	Kraków	0:36:40.51 (06:26min/km)	0:36:40.51	+0:13:37.04
99 - K /19	K50/1	WARDAK, Anna		kraków	0:36:39.87 (06:25min/km)	0:36:49.56	+0:13:46.09
100 - K /20	K30/6	AUGUSTYN, Sara	Heineken Kraków Running Club	Kraków	0:36:36.49 (06:25min/km)	0:36:52.30	+0:13:48.83
101 - K /21	K40/7	PANKIEWICZ, Aleksandra	Samolotowy Team	Kraków	0:36:47.19 (06:27min/km)	0:36:57.47	+0:13:54.00
102 - M /73	M40/27	SEREDA, Oleksii	WKS Wawel BnO	Kraków	0:37:10.00 (06:31min/km)	0:37:10.00	+0:14:06.53
103 - M /74	M40/28	MAZUR, Michał	G.O.A.T. Team Michałowice	Więclawice Stare	0:37:12.78 (06:31min/km)	0:37:12.78	+0:14:09.31
104 - K /22	K20/4	DUDEK, Dąbrowka	WOT 113BLP	Kraków	0:37:10.56 (06:31min/km)	0:37:19.44	+0:14:15.97
105 - M /75	M30/25	TOPA, Michał		Kraków	0:37:11.40 (06:31min/km)	0:37:22.10	+0:14:18.63
106 - K /23	K30/7	DANEL, Magdalena	Nowa Huta Team	Kraków	0:37:09.09 (06:31min/km)	0:37:30.74	+0:14:27.27
107 - M /76	M30/26	SZTUKA, Łukasz	ITMBW Kraków	Kraków	0:37:20.22 (06:33min/km)	0:37:41.26	+0:14:37.79
108 - M /77	M40/29	WALCZAK, Przemysław	Samolotowy Team	Kraków	0:37:32.85 (06:35min/km)	0:37:44.01	+0:14:40.54
109 - M /78	M16/8	SŁOCIŃSKI, Krzysztof		Kraków	0:37:33.57 (06:35min/km)	0:37:44.95	+0:14:41.48
110 - M /79	M40/30	JAJECZNICA, Łukasz	podgórz	Rabka Zdrój	0:37:39.74 (06:36min/km)	0:37:52.86	+0:14:49.39
111 - M /80	M60/2	MLEKO, Roman	ITMBW Kraków	Kraków	0:37:54.57 (06:39min/km)	0:37:54.57	+0:14:51.10
112 - K /24	K16/5	KUBICA, Emilia		Bestwina	0:37:41.51 (06:36min/km)	0:37:56.36	+0:14:52.89
113 - K /25	K30/8	GRABARCZUK, Justyna	G.O.A.T. Team Michałowice	Wegrzce	0:37:43.93 (06:37min/km)	0:37:58.19	+0:14:54.72
114 - M /81	M40/31	WOJAS, Marcin	ITMBW Kraków	Kraków	0:38:07.83 (06:41min/km)	0:38:07.83	+0:15:04.36
115 - M /82	M30/27	KUTYBA, Marek	ITMBW Kraków	Kraków	0:37:50.41 (06:38min/km)	0:38:11.54	+0:15:08.07
116 - M /83	M40/32	BOROWY, Adam	Borówki Team	Kraków	0:38:13.07 (06:42min/km)	0:38:25.53	+0:15:22.06

	M60	PIĄTEK, Stanisław	ITMBW Kraków	Kraków	0:38:28.00 [GPS]	0:38:28.00 [GPS]	
118 - M /84	M60/3	SZCZĘŚNIAK, Janusz	BeFit24Team	Kraków	0:38:36.76 (06:46min/km)	0:38:44.82	+0:15:41.35
119 - K /26	K40/8	ŚWIERCZYŃSKA, Gabriela		Kraków	0:38:30.35 (06:45min/km)	0:38:52.53	+0:15:49.06
120 - K /27	K30/9	GZYL, Justyna	G.O.A.T. Team Michałowice	Michałowice	0:38:42.68 (06:47min/km)	0:38:55.06	+0:15:51.59
121 - M /85	M30/28	KOPEĆ, Mariusz		Kraków	0:38:53.43 (06:49min/km)	0:39:02.35	+0:15:58.88
122 - K /28	K50/2	DOLAŚ, Danuta	Rebellion of Free Runners	Kraków	0:38:49.89 (06:48min/km)	0:39:03.98	+0:16:00.51
123 - M /86	M40/33	URYGA, Sławek	WKS Wawel BnO		0:38:49.53 (06:48min/km)	0:39:15.27	+0:16:11.80
124 - M /87	M40/34	ROZMUS, Grzegorz	MSM	Krzyszowice	0:39:02.55 (06:50min/km)	0:39:19.74	+0:16:16.27
125 - K /29	K16/6	BOJARSKA, Zuzanna	BW Biegacze Wymiatacze	Kraków	0:39:22.19 (06:54min/km)	0:39:22.19	+0:16:18.72
126 - M /88	M30/29	PRZETOCKI, Bartłomiej	Kraków	Kraków	0:39:04.26 (06:51min/km)	0:39:28.48	+0:16:25.01
127 - M /89	M60/4	KRYJOMSKI, Jerzy	KS Kościelec Chrzanów	Chrzanów	0:38:11.18 (06:41min/km)	0:39:32.18	+0:16:28.71
128 - K /30	K40/9	SŁOCIŃSKA, Magdalena		Kraków	0:39:22.83 (06:54min/km)	0:39:34.32	+0:16:30.85
129 - K /31	K30/10	KUMOR, Anna		Kraków	0:39:24.26 (06:54min/km)	0:39:38.59	+0:16:35.12
130 - M /90	M40/35	SZAJEWSKI, Arkadiusz	o tak ło	Kraków	0:39:10.57 (06:52min/km)	0:39:39.57	+0:16:36.10
131 - M /91	M30/30	PADYKUŁA, Wojciech	GGG TEAM		0:39:27.95 (06:55min/km)	0:39:47.71	+0:16:44.24
132 - K /32	K40/10	ZAJĄC, Aneta	G.O.A.T. Team Michałowice		0:39:48.43 (06:59min/km)	0:40:01.55	+0:16:58.08
	M40	SZNAJDER, Rafał	G.O.A.T. Team Michałowice	Michałowice	0:40:14.00 [GPS]	0:40:14.00 [GPS]	
134 - M /92	M40/36	NOSAL, Norbert	Samolotowy Team	Kokotów	0:40:07.61 (07:02min/km)	0:40:19.87	+0:17:16.40
135 - M /93	M50/11	MACINA, Dariusz		Zakrzów	0:40:22.98 (07:05min/km)	0:40:22.98	+0:17:19.51
136 - M /94	M30/31	MOCNY, Michał	OPP Kraków	Kraków	0:40:15.05 (07:03min/km)	0:40:28.39	+0:17:24.92
137 - M /95	M60/5	PRZELASKOWSKI, Krzysztof		Krakow	0:40:22.36 (07:04min/km)	0:40:30.13	+0:17:26.66
138 - M /96	M16/9	WOLIŃSKI, Damian	Zespół Szkół im. JPii w Niepołomicach		0:40:13.69 (07:03min/km)	0:40:42.45	+0:17:38.98
139 - M /97	M40/37	GROMNY, Konrad		Krakow	0:40:44.40 (07:08min/km)	0:40:44.40	+0:17:40.93
140 - K /33	K40/11	GROMNA, Ola		Kraków	0:40:44.40 (07:08min/km)	0:40:44.40	+0:17:40.93
141 - K /34	K40/12	MICHALIK, Magdalena	IP GBSC Active Crew	Kraków	0:40:39.00 (07:07min/km)	0:40:55.94	+0:17:52.47
142 - K /35	K40/13	SEREDA, Ganna			0:40:45.82 (07:09min/km)	0:41:02.38	+0:17:58.91
143 - K /36	K40/14	DĄBROWSKA, Katarzyna	G.O.A.T. Team Michałowice	Pielgrzymowice	0:41:03.16 (07:12min/km)	0:41:15.54	+0:18:12.07
144 - M /98	M50/12	FORYTEK, Józef	WKS Wawel BnO	Kraków	0:41:35.34 (07:17min/km)	0:41:48.13	+0:18:44.66
145 - K /37	K40/15	MAREK-PUDEŁEK , Małgorzata	ŁKS Górzanka Nawojowa Góra	Bolechowice	0:41:52.62 (07:20min/km)	0:42:08.27	+0:19:04.80
146 - K /38	K16/7	DZIEDZIC, Aleksandra		Kraków	0:42:04.50 (07:22min/km)	0:42:19.35	+0:19:15.88
147 - M /99	M30/32	CIEŚLIK, Jakub		Kraków	0:42:30.86 (07:27min/km)	0:42:55.54	+0:19:52.07

148 - M /100	M70/1	CEKIERA, Antoni	combex	Kraków	0:43:07.44 (07:33min/km)	0:43:07.44	+0:20:03.97
149 - M /101	M50/13	STANEK, Rafał	Zabierzów Biega	Karniowice	0:43:01.28 (07:32min/km)	0:43:25.50	+0:20:22.03
150 - K /39	K30/11	KWASNY, Monika	Samolotowy Team	Krakow	0:43:29.33 (07:37min/km)	0:43:41.02	+0:20:37.55
151 - M /102	M70/2	NOWOTNY , Marian	Niepołomice Biegają	Damienice	0:43:31.73 (07:38min/km)	0:43:41.23	+0:20:37.76
	K50	OLEJNIK, Monika	Big5	Kraków	0:43:50.00 [GPS]	0:43:50.00 [GPS]	
153 - K /40	K20/5	SOBEL, Natalia			0:43:59.47 (07:43min/km)	0:43:59.47	+0:20:56.00
154 - K /41	K40/16	WASILEWSKA, Agnieszka	Aromat Nóg	Krakow	0:44:18.67 (07:46min/km)	0:44:39.61	+0:21:36.14
155 - K /42	K16/8	GROMNA, Hanna		Kraków	0:44:14.97 (07:45min/km)	0:44:46.61	+0:21:43.14
156 - M /103	M30/33	JANIK, Sławomir	AZS AWF KRAKÓW MASTERS	KRAKÓW	0:44:54.78 (07:52min/km)	0:44:54.78	+0:21:51.31
157 - M /104	M40/38	WOSZCZYŃSKI , Paweł	Remusbiega	Luborzycza	0:44:43.10 (07:50min/km)	0:45:10.13	+0:22:06.66
158 - K /43	K30/12	PRZEŹDZIECKA, Karolina	GGŚ TEAM		0:45:01.92 (07:54min/km)	0:45:29.05	+0:22:25.58
159 - M /105	M40/39	PAWŁOWICZ, Paweł		Wieliczka	0:46:12.15 (08:06min/km)	0:46:12.15	+0:23:08.68
	K40	GURGUL, Dorota	Aromat Nóg	Kraków	0:47:05.00 [GPS]	0:47:05.00 [GPS]	
161 - K /44	K50/3	KOWALCZYK, Joanna	Lux Torpeda Kraków	Kraków	0:47:07.96 (08:16min/km)	0:47:24.46	+0:24:20.99
162 - K /45	K40/17	ZAWALSKA , Ewa		Kraków	0:47:05.84 (08:15min/km)	0:47:38.81	+0:24:35.34
163 - M /106	M40/40	GRZYWNA, Piotr		Kraków	0:47:13.81 (08:17min/km)	0:47:53.14	+0:24:49.67
164 - K /46	K40/18	BUGAJSKA , Katarzyna		Kraków	0:47:57.64 (08:24min/km)	0:48:22.81	+0:25:19.34
165 - M /107	M40/41	LATOS, Paweł		Kraków	0:48:26.28 (08:29min/km)	0:48:26.28	+0:25:22.81
166 - K /47	K20/6	SZAREK, Kinga		Kraków	0:48:32.63 (08:30min/km)	0:48:32.63	+0:25:29.16
167 - K /48	K60/1	BALCER-DEJWOREK , Jadwiga		Miechów	0:48:41.92 (08:32min/km)	0:49:00.34	+0:25:56.87
168 - M /108	M30/34	BOICHENIUK, Andrii		Kraków	0:48:35.96 (08:31min/km)	0:49:08.32	+0:26:04.85
169 - K /49	K40/19	DOLIA, Svetiana			0:49:33.39 (08:41min/km)	0:49:33.39	+0:26:29.92
170 - K /50	K60/2	KŁOSIŃSKA , Katarzyna			0:52:37.09 (09:13min/km)	0:52:37.09	+0:29:33.62

171 - K /51	K30/13	MAGOCSY, Justyna	ASICS Frontrunner	Kraków	0:52:58.88 (09:17min/km)	0:53:24.85	+0:30:21.38
	K20	RYCZEK, Karolina		Rudawa	1:03:38.00 [GPS]	1:03:38.00 [GPS]	



Grand Prix Krakowa w Biegach Górskich 2023/2024 - R5

Kraków, 2024-03-03 - Wyniki

11,6km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	M20/1	GŁÓD, Aleksander	KS VERTICAL RYTRO	Bukowina Tatrzańska	0:47:02.25 (04:03min/km)	0:47:03.34	+0:00:00.00
2 - M/2	M30/1	ŻÓŁTEK, Grzegorz	Non Stop Trail	spytkowice	0:47:17.86 (04:04min/km)	0:47:18.88	+0:00:15.54
3 - M/3	M20/2	BALIGA, Cezary	Team Hoka Garmin	Olesno	0:48:29.42 (04:10min/km)	0:48:30.83	+0:01:27.49
4 - M/4	M40/1	KOCZWARA, Tomasz	Centrum Zdrowia Biegacza Kraków	Radomysl Wielki	0:48:52.59 (04:12min/km)	0:48:53.43	+0:01:50.09
5 - M/5	M30/2	SUŁEK, Adam		Bielsko-Biała	0:49:41.76 (04:17min/km)	0:49:41.76	+0:02:38.42
6 - M/6	M30/3	HALAGARDA, Krzysztof	IP GBSC Active Crew	Kraków	0:50:59.30 (04:23min/km)	0:51:02.87	+0:03:59.53
7 - M/7	M40/2	MORMUL, Przemek	Bronowice też Biegają	Krakow	0:51:44.68 (04:27min/km)	0:51:44.68	+0:04:41.34
8 - M/8	M50/1	TRENER, Dariusz		Kraków	0:51:44.39 (04:27min/km)	0:51:46.88	+0:04:43.54
9 - M/9	M30/4	OŚWIĘCIMKA, Rafał	ITMBW Kraków	Kraków	0:51:50.12 (04:28min/km)	0:51:50.12	+0:04:46.78
10 - M/10	M30/5	GALICZ, Karol			0:51:58.94 (04:28min/km)	0:52:00.12	+0:04:56.78
11 - M/11	M30/6	PIWOWARSKI, Sławomir	Samolotowy Team	Kraków	0:52:09.10 (04:29min/km)	0:52:09.10	+0:05:05.76
12 - M/12	M40/3	MIKA, Artur	Miki Team	Kraków	0:52:14.72 (04:30min/km)	0:52:16.96	+0:05:13.62
13 - K/1	K20/1	STANEK, Patrycja	Salomon	Czarny Dunajec	0:52:19.99 (04:30min/km)	0:52:19.99	+0:05:16.65
14 - M/13	M30/7	GONCZAR, Szymon		Rybnik	0:52:21.95 (04:30min/km)	0:52:27.53	+0:05:24.19
15 - M/14	M30/8	SOWA, Wojciech	Czarnecki Run Team		0:52:32.47 (04:31min/km)	0:52:32.47	+0:05:29.13
16 - K/2	K30/1	PAPROCKA, Urszula	Nowa Huta Team	Kraków	0:52:40.10 (04:32min/km)	0:52:42.38	+0:05:39.04
17 - M/15	M30/9	DZIERWA, Marcin	Nowa Huta Team	Kraków	0:52:48.19 (04:33min/km)	0:52:48.19	+0:05:44.85
18 - M/16	M40/4	TARGOSZ, Michał	RUNPROGRESS Team		0:52:53.31 (04:33min/km)	0:52:54.09	+0:05:50.75
19 - M/17	M20/3	TRYVASHKEVICH, Yauhen	BeFit24Team	Krakow	0:53:17.38 (04:35min/km)	0:53:20.90	+0:06:17.56
20 - M/18	M30/10	KRAJEWSKI, Marcin	WM Triself	Świniarsko	0:53:32.23 (04:36min/km)	0:53:35.99	+0:06:32.65
21 - M/19	M30/11	TKACZYK, Szymon	Samolotowy Team	Kraków	0:53:36.94 (04:37min/km)	0:53:38.99	+0:06:35.65
22 - M/20	M20/4	ŚCIESZKA, Piotr		Kraków	0:53:44.40 (04:37min/km)	0:53:44.40	+0:06:41.06
	M40	BORSZOWSKI, Zbigniew	Zabierzów Biega	Łazy	0:53:47.00 [GPS]	0:53:47.00 [GPS]	
24 - M/21	M30/12	ARISMENDI, Daniel		Kraków	0:53:50.65 (04:38min/km)	0:53:54.65	+0:06:51.31

25 - M /22	M30/13	NISZCZOT, Dariusz			0:54:03.74 (04:39min/km)	0:54:06.62	+0:07:03.28
26 - M /23	M30/14	SKIBA, Maciej	Kingrunner ULTRA	Krynica Zdrój	0:54:34.10 (04:42min/km)	0:54:38.27	+0:07:34.93
27 - M /24	M30/15	ŚLIWA, Grzegorz	AZS AWF KRAKÓW MASTERS	Kraków	0:54:35.38 (04:42min/km)	0:54:40.26	+0:07:36.92
28 - M /25	M20/5	LIŚKIEWICZ, Hubert	My Endurance Coaching	Michałów	0:55:10.29 (04:45min/km)	0:55:10.29	+0:08:06.95
29 - K /3	K20/2	BYRSKA, Sylwia	WM Triself	Frydrychowice	0:55:10.69 (04:45min/km)	0:55:13.30	+0:08:09.96
30 - M /26	M40/5	KRÓL, Maciej		Kraków	0:55:11.53 (04:45min/km)	0:55:15.38	+0:08:12.04
31 - M /27	M40/6	KRUSZEC, Andrzej	www.pizzanumerouno.pl	Kraków	0:55:51.23 (04:48min/km)	0:55:51.23	+0:08:47.89
32 - M /28	M30/16	SZYBILSKI, Daniel	DareDevils Triathlon Team	Michałowice	0:55:55.42 (04:49min/km)	0:55:57.74	+0:08:54.40
33 - M /29	M30/17	SWOBODA, Sebastian	Fizjospec.com	Kraków	0:56:07.66 (04:50min/km)	0:56:10.93	+0:09:07.59
34 - M /30	M40/7	DWORNIK, Maciek	Warczące Szprychy	Kraków	0:56:17.33 (04:51min/km)	0:56:20.70	+0:09:17.36
35 - M /31	M40/8	BUL, Dominik	PDK	Kraków	0:56:24.70 (04:51min/km)	0:56:29.42	+0:09:26.08
36 - M /32	M50/2	ZADARNOWSKI, Dariusz	ITMBW Kraków		0:56:33.80 (04:52min/km)	0:56:33.80	+0:09:30.46
37 - M /33	M20/6	SZYMACHA, Maciej		Wieliczka	0:56:27.70 (04:52min/km)	0:56:33.93	+0:09:30.59
38 - K /4	K20/3	SIERŻĘGA, Agnieszka		Kraków	0:56:30.01 (04:52min/km)	0:56:36.18	+0:09:32.84
	K40	SUDOŁ, Magdalena	AZS AWF KRAKÓW MASTERS	Kraków	0:56:51.00 [GPS]	0:56:51.00 [GPS]	
40 - M /34	M30/18	GUBAŁA, Wojciech		Gorlice	0:56:52.37 (04:54min/km)	0:56:52.37	+0:09:49.03
41 - M /35	M30/19	STYPKA, Amadeusz		Modlnica	0:57:01.73 (04:54min/km)	0:57:07.23	+0:10:03.89
42 - M /36	M40/9	ZABEL, Robert	WKS Wawel Kraków	Poznań	0:57:07.86 (04:55min/km)	0:57:07.86	+0:10:04.52
43 - M /37	M40/10	JANCZEWSKI, Marek		Wieliczka	0:57:08.37 (04:55min/km)	0:57:10.88	+0:10:07.54
44 - M /38	M40/11	STARZEC, Adam	Samolotowy Team	Kraków	0:57:10.08 (04:55min/km)	0:57:12.93	+0:10:09.59
45 - M /39	M40/12	TYNIEC, Marek		Kraków	0:57:11.49 (04:55min/km)	0:57:14.11	+0:10:10.77
46 - M /40	M50/3	ADAMEK, Dariusz	#AdamCzerwińskiTeam	Kraków	0:57:24.44 (04:56min/km)	0:57:28.75	+0:10:25.41
47 - M /41	M40/13	NIEDŹWIADEK, Piotr	#AdamCzerwińskiTeam	Kraków	0:57:29.59 (04:57min/km)	0:57:34.32	+0:10:30.98
48 - M /42	M40/14	FOGEL, Janusz		Tarnów	0:57:37.19 (04:58min/km)	0:57:41.67	+0:10:38.33
49 - M /43	M30/20	POPIEL, Andrzej	popsmart.pl	Kraków	0:57:43.40 (04:58min/km)	0:57:43.40	+0:10:40.06
50 - K /5	K30/2	PALYHA, Kateryna	AZS AWF KRAKÓW MASTERS	Buczna	0:57:52.01 (04:59min/km)	0:57:55.52	+0:10:52.18
51 - M /44	M40/15	IDZI, Piotr	Warczące Szprychy	Kraków	0:58:00.50 (05:00min/km)	0:58:03.79	+0:11:00.45
52 - M /45	M30/21	JOŃCZYK, Jakub		Kraków	0:58:06.48 (05:00min/km)	0:58:11.50	+0:11:08.16
53 - M /46	M30/22	SOSIŃSKI, Michał		Kraków	0:58:04.07 (05:00min/km)	0:58:18.47	+0:11:15.13
54 - M /47	M40/16	SŁOWIKOWSKI, Paweł	ITMBW Kraków	Kraków	0:58:15.33 (05:01min/km)	0:58:21.92	+0:11:18.58
55 - M /48	M40/17	BUJOCZEK, Leszek	AZS AWF KRAKÓW MASTERS	Kraków	0:58:18.53 (05:01min/km)	0:58:22.66	+0:11:19.32
56 - M /49	M20/7	POKRYWKA, Robert		Kraków	0:58:32.39 (05:02min/km)	0:58:37.01	+0:11:33.67

57 - M /50	M30/23	KULETA, Patryk		Kraków	0:58:39.96 (05:03min/km)	0:58:43.00	+0:11:39.66
58 - M /51	M20/8	KRZANOWSKI, Jan		Kraków	0:58:45.18 (05:03min/km)	0:58:51.21	+0:11:47.87
59 - M /52	M30/24	CHWALIK , Adrian	Samolotowy Team	Kraków	0:58:55.04 (05:04min/km)	0:58:55.04	+0:11:51.70
60 - M /53	M30/25	KMITA, Krzysztof		Kraków	0:59:05.40 (05:05min/km)	0:59:09.73	+0:12:06.39
61 - M /54	M30/26	NOCEK, Tomasz	ITMBW Kraków	Krakow	0:59:11.30 (05:06min/km)	0:59:11.30	+0:12:07.96
62 - M /55	M30/27	ŁYPIK, Jakub	ITMBW Kraków	Kraków	0:59:19.30 (05:06min/km)	0:59:25.96	+0:12:22.62
63 - M /56	M40/18	CZAPCZYŃSKI, Cezary	Niepołomice Biegają	Niepołomice	0:59:23.35 (05:07min/km)	0:59:34.20	+0:12:30.86
64 - M /57	M40/19	MOSTOVY, Volodymyr	WM Triself	Kraków	0:59:33.36 (05:08min/km)	0:59:41.94	+0:12:38.60
65 - M /58	M40/20	PIETRZYK, Mariusz		Kraków	0:59:35.52 (05:08min/km)	0:59:52.22	+0:12:48.88
66 - M /59	M40/21	FIDELUS, Jacek	WCHSZT	BRZESKO	0:59:56.05 (05:10min/km)	1:00:07.29	+0:13:03.95
67 - M /60	M20/9	OŻANA, Piotr	Skawina Biega	Mogilany	1:00:01.29 (05:10min/km)	1:00:10.66	+0:13:07.32
68 - M /61	M40/22	CZAPLAK, Tomasz		Łuczycze	1:00:07.81 (05:11min/km)	1:00:11.84	+0:13:08.50
69 - K /6	K40/1	LUTY-LEGUTKO, Anna	#AdamCzerwińskiTeam		1:00:16.65 (05:11min/km)	1:00:20.33	+0:13:16.99
70 - M /62	M40/23	BURDA, Sebastian		Wygieźzów	1:00:23.53 (05:12min/km)	1:00:23.53	+0:13:20.19
71 - M /63	M30/28	MICHALSKI, Szymon	Runonline.pl Team	Kraków	1:00:11.02 (05:11min/km)	1:00:25.71	+0:13:22.37
72 - M /64	M40/24	KAWALER, Krzysztof		Przytkowice	1:00:33.44 (05:13min/km)	1:00:33.44	+0:13:30.10
	M40	GRZEGORZ, Oryszczak	PsychoVelo	Kraków	1:00:34.00 [GPS]	1:00:34.00 [GPS]	
74 - M /65	M30/29	CIERPIAŁEK , Jakub	#AdamCzerwińskiTeam	Wadowice	1:00:40.48 (05:13min/km)	1:00:40.48	+0:13:37.14
75 - M /66	M40/25	SZLEMP, Paweł	Samolotowy Team	Krakow	1:00:38.30 (05:13min/km)	1:00:46.29	+0:13:42.95
76 - K /7	K30/3	SOBCZYK, Barbara		Kraków	1:01:03.71 (05:15min/km)	1:01:05.65	+0:14:02.31
77 - M /67	M40/26	POLAKIEWICZ, Dariusz			1:01:11.53 (05:16min/km)	1:01:14.15	+0:14:10.81
78 - K /8	K30/4	GLIŃSKA, Marta		Kraków	1:01:14.84 (05:16min/km)	1:01:14.84	+0:14:11.50
79 - M /68	M20/10	CHOJECKI, Radosław	BKB Czarna Perła	Kraków	1:01:31.10 (05:18min/km)	1:01:31.10	+0:14:27.76
80 - M /69	M40/27	KUPIEC, Marcin	Run 4 Fun	Kłaj	1:01:41.90 (05:19min/km)	1:01:46.32	+0:14:42.98
81 - K /9	K40/2	PŁAZIAK-KOWALSKA, Magdalena	2K	Libertów	1:01:51.17 (05:19min/km)	1:01:55.51	+0:14:52.17
82 - M /70	M40/28	TOPORKIEWICZ, Bartosz		Kraków	1:01:55.42 (05:20min/km)	1:01:58.26	+0:14:54.92
83 - M /71	M50/4	SIWIECKI, Tomasz		Tomaszowice	1:02:01.88 (05:20min/km)	1:02:01.88	+0:14:58.54
84 - M /72	M50/5	KUNZ, Tomasz		Kraków	1:02:12.52 (05:21min/km)	1:02:12.52	+0:15:09.18
85 - M /73	M40/29	WAWRO, Jakub		Kraków	1:02:21.08 (05:22min/km)	1:02:30.15	+0:15:26.81
86 - M /74	M20/11	BASZEŃ, Tomasz	Bronowice też Biegają	Kraków	1:02:23.04 (05:22min/km)	1:02:32.51	+0:15:29.17
87 - M /75	M40/30	KRZYSZKOWSKI, Dariusz		Wieliczka	1:02:37.39 (05:23min/km)	1:02:37.39	+0:15:34.05

	M40	DUROŃ, Marcin	Samolotowy Team	Kraków	1:03:06.00 [GPS]	1:03:06.00 [GPS]	
89 - M /76	M30/30	TABIŚ, Szymon		Kraków	1:03:00.60 (05:25min/km)	1:03:06.27	+0:16:02.93
90 - M /77	M50/6	FRANCUZ, Konrad	Vege Runners	MOGILANY	1:03:09.85 (05:26min/km)	1:03:09.85	+0:16:06.51
91 - M /78	M30/31	GUZIK, Łukasz	Go Aptiv!	Łysokanie	1:03:04.45 (05:26min/km)	1:03:11.69	+0:16:08.35
92 - M /79	M40/31	KASZOWSKI, Marcin	UKS Kometa Gliwice	Gliwice	1:03:09.41 (05:26min/km)	1:03:22.98	+0:16:19.64
93 - M /80	M50/7	BAK, Artur	Elitarny Klub Geriatryczny	Kraków	1:03:12.60 (05:26min/km)	1:03:23.84	+0:16:20.50
94 - M /81	M30/32	SOBULA, Karol	Z Gorki	Kraków	1:03:15.27 (05:27min/km)	1:03:24.39	+0:16:21.05
95 - K /10	K30/5	HODUN, Yevheniia	Samolotowy Team	Krakow	1:03:17.05 (05:27min/km)	1:03:25.85	+0:16:22.51
96 - K /11	K30/6	DOBRZAŃSKA, Marta	AZS AWF KRAKÓW MASTERS	Kraków	1:03:57.47 (05:30min/km)	1:03:57.47	+0:16:54.13
	M50	TOMCZYK, Marcin	AZS AWF KRAKÓW MASTERS	Kraków	1:03:58.00 [GPS]	1:03:58.00 [GPS]	
98 - M /82	M40/32	GRABSKI, Konrad	Niepołomice Biegają	Niepołomice	1:03:53.38 (05:30min/km)	1:04:00.06	+0:16:56.72
99 - M /83	M30/33	MIŚKOWIEC, Szymon		Spytkowice	1:04:00.57 (05:31min/km)	1:04:00.57	+0:16:57.23
100 - M /84	M40/33	PIETRZYK, Przemysław	Studio Grafrez	Skawina	1:04:11.59 (05:32min/km)	1:04:16.81	+0:17:13.47
101 - M /85	M40/34	BULKA, Tomek	G.O.A.T. Team Michałowice		1:04:06.20 (05:31min/km)	1:04:18.09	+0:17:14.75
102 - M /86	M40/35	STASZEK, Łukasz	Samolotowy Team	Krakow	1:04:12.88 (05:32min/km)	1:04:22.39	+0:17:19.05
103 - M /87	M40/36	GACEK, Michał	NajGac	CHOLERZYN	1:04:33.15 (05:33min/km)	1:04:39.48	+0:17:36.14
104 - M /88	M30/34	ZAWACKI, Marcin		Kraków	1:04:31.16 (05:33min/km)	1:04:41.51	+0:17:38.17
105 - K /12	K30/7	MORAWSKA, Klaudia		Gorzków	1:04:39.83 (05:34min/km)	1:04:51.45	+0:17:48.11
106 - M /89	M50/8	ROGOZIK , Bogusław	Samolotowy Team	Krzysztoforzyce	1:05:01.23 (05:36min/km)	1:05:01.23	+0:17:57.89
107 - M /90	M40/37	ZABOROWSKI , Ireneusz		Kaszów	1:05:02.67 (05:36min/km)	1:05:02.67	+0:17:59.33
108 - M /91	M40/38	WÓJCIK, Grzegorz	WKS Wawel BnO	Kraków	1:05:08.74 (05:36min/km)	1:05:12.59	+0:18:09.25
109 - M /92	M30/35	KNOT, Jędrzej		Kraków	1:05:13.64 (05:37min/km)	1:05:18.41	+0:18:15.07
110 - M /93	M40/39	PANCERZ, Mariusz		Bielsko-Biała	1:05:03.49 (05:36min/km)	1:05:19.37	+0:18:16.03
111 - M /94	M30/36	MAJ, Aleksander		Kraków	1:05:11.69 (05:37min/km)	1:05:23.34	+0:18:20.00
112 - M /95	M30/37	SZKLARCZYK, Dariusz	My Endurance Coaching	Kraków	1:05:19.15 (05:37min/km)	1:05:32.84	+0:18:29.50
113 - K /13	K30/8	JAŃCZYK , Ewa			1:05:55.72 (05:41min/km)	1:06:01.89	+0:18:58.55
114 - M /96	M20/12	WIĘCEK, Piotr		Stąpnice	1:06:07.84 (05:42min/km)	1:06:07.84	+0:19:04.50
115 - K /14	K40/3	FORNALIK, Barbara	Dalin Myślenice	Krzyszkwowice	1:06:01.10 (05:41min/km)	1:06:08.11	+0:19:04.77
116 - M /97	M30/38	DYRCZ, Dominik	Samolotowy Team	Kraków	1:06:05.62 (05:41min/km)	1:06:12.77	+0:19:09.43
117 - M /98	M30/39	ŻUREK , Michał	OCR TEAM BYDLAKI	Wieliczka	1:06:16.19 (05:42min/km)	1:06:16.19	+0:19:12.85
118 - M /99	M40/40	ŻUROWSKI, Paweł	Samolotowy Team	Kraków Małopolskie	1:06:14.10 (05:42min/km)	1:06:22.58	+0:19:19.24

119 - M /100	M30/40	FREJ, Bogumił	***** **	Kraków	1:06:27.10 (05:43min/km)	1:06:35.10	+0:19:31.76
120 - M /101	M20/13	JADCZAK, Tomasz	Nokia Kraków	Kraków	1:06:28.50 (05:43min/km)	1:06:37.53	+0:19:34.19
121 - K /15	K30/9	SZCZEPAŃSKA, Edyta	Barska 4	Kraków	1:06:37.05 (05:44min/km)	1:06:41.53	+0:19:38.19
122 - M /102	M30/41	MASZCZAK, Piotr		Kraków	1:06:48.94 (05:45min/km)	1:06:57.18	+0:19:53.84
123 - M /103	M40/41	BARAN, Szymon	Ericsson RunTime	Kraków	1:06:27.79 (05:43min/km)	1:06:58.58	+0:19:55.24
124 - M /104	M40/42	KULAWIK, Bartek		Kraków	1:06:57.15 (05:46min/km)	1:07:00.97	+0:19:57.63
	M60	OLIWA, Edward	ITMBW Kraków	Kraków	1:07:09.00 [GPS]	1:07:09.00 [GPS]	
126 - M /105	M30/42	PAŁKA, Piotr		Kraków	1:07:00.55 (05:46min/km)	1:07:09.40	+0:20:06.06
127 - M /106	M40/43	GOJNICZEK, Leszek	Biegiem przez Ustroń	Cisownica	1:07:01.47 (05:46min/km)	1:07:17.15	+0:20:13.81
128 - M /107	M40/44	KACZOR, Pawel	Cholerzyn RUN	Liszki	1:07:19.39 (05:48min/km)	1:07:19.39	+0:20:16.05
129 - K /16	K40/4	BUCENKO, Joanna		BOCHNIA	1:07:09.32 (05:47min/km)	1:07:20.03	+0:20:16.69
130 - M /108	M40/45	HATCHEN, Jens	WM Triself	Kraków	1:07:31.22 (05:49min/km)	1:07:31.22	+0:20:27.88
131 - M /109	M40/46	MORDAK, Artur	Medius Runners	Zelków	1:07:22.16 (05:48min/km)	1:07:35.07	+0:20:31.73
132 - K /17	K40/5	WYSZYŃSKA-TYNIEC, Marianna		Kraków	1:07:38.51 (05:49min/km)	1:07:41.16	+0:20:37.82
133 - K /18	K30/10	MARCINEK, Małgorzata	Trailrun	Kraków	1:07:47.81 (05:50min/km)	1:07:47.81	+0:20:44.47
134 - M /110	M40/47	FRAĆKOWIAK, Marek		Chorzów	1:07:45.42 (05:50min/km)	1:07:52.13	+0:20:48.79
135 - M /111	M40/48	PRZYBYŁOWSKI, Piotr		Kraków	1:07:54.48 (05:51min/km)	1:07:54.48	+0:20:51.14
136 - K /19	K30/11	PAZDYKA, Agata	Run 4 Fun	Kraków	1:08:01.91 (05:51min/km)	1:08:01.91	+0:20:58.57
137 - M /112	M40/49	BARZYK, Karol	Tri Whisky Barrels Club	Mogilany	1:08:04.61 (05:52min/km)	1:08:04.61	+0:21:01.27

138 - M /113	M30/43	PAWŁOWSKI, Paweł	UKS Lider Siercza	Kraków	1:07:55.71 (05:51min/km)	1:08:11.99	+0:21:08.65
139 - K /20	K30/12	MOSTOVA, Olga	WM Triself	Kraków	1:08:12.46 (05:52min/km)	1:08:12.46	+0:21:09.12
140 - M /114	M20/14	ZELEK, Bartłomiej		Laskowa	1:08:12.69 (05:52min/km)	1:08:12.69	+0:21:09.35
141 - K /21	K30/13	KUBACKA, Karolina	Niepołomice Biegają	Niepołomice	1:08:17.96 (05:53min/km)	1:08:23.38	+0:21:20.04
142 - K /22	K30/14	KAWIK BARTOSIK, Anna	Black Hat Ultra	Kraków	1:08:20.80 (05:53min/km)	1:08:30.19	+0:21:26.85
143 - M /115	M30/44	TATAREK, Piotr		Kraków	1:08:34.11 (05:54min/km)	1:08:34.11	+0:21:30.77
144 - M /116	M40/50	MAŚLANKA , Łukasz	Skawina Biega	Wielkie Drogi	1:08:31.52 (05:54min/km)	1:08:38.42	+0:21:35.08
145 - M /117	M50/9	KISIELEWSKI, Piotr	Compass bikeBoard	Kraków	1:08:39.33 (05:55min/km)	1:08:48.62	+0:21:45.28
146 - K /23	K30/15	KUKUŁA, Karolina		Kraków	1:08:47.43 (05:55min/km)	1:08:53.84	+0:21:50.50
147 - M /118	M40/51	PULSAKOWSKI, Rafał		Kraków	1:08:53.78 (05:56min/km)	1:09:02.12	+0:21:58.78
148 - M /119	M40/52	AUGUSTYN, Marcin		Kraków	1:08:54.55 (05:56min/km)	1:09:02.29	+0:21:58.95
149 - M /120	M30/45	BURCZYK, Kamil	Warczące Szprychy	Kraków	1:08:58.64 (05:56min/km)	1:09:14.55	+0:22:11.21
150 - M /121	M30/46	BURDZIK, Wojciech	ITMBW Kraków	Kraków	1:09:05.75 (05:57min/km)	1:09:15.26	+0:22:11.92
151 - M /122	M40/53	ZĄBCZYK , Jakub		Kraków	1:09:08.23 (05:57min/km)	1:09:19.95	+0:22:16.61
152 - K /24	K40/6	BIELEC, Kinga	G.O.A.T. Team Michałowice	Kraków	1:09:52.35 (06:01min/km)	1:10:02.32	+0:22:58.98
153 - K /25	K30/16	KHALUKHAEVA , Maryna	Samolotowy Team	Krakow	1:09:54.41 (06:01min/km)	1:10:03.52	+0:23:00.18
154 - M /123	M30/47	WÓJCIK , Dawid	SKL Sucha Beskidzka	Zabawa	1:09:59.86 (06:02min/km)	1:10:08.73	+0:23:05.39
155 - M /124	M40/54	KUCAŁA, Łukasz	AZS AWF KRAKÓW MASTERS	Węgrzce	1:10:01.36 (06:02min/km)	1:10:12.07	+0:23:08.73
156 - M /125	M50/10	ROGASCH, Stanisław	BBL KRAKÓW	Kraków	1:10:16.93 (06:03min/km)	1:10:16.93	+0:23:13.59
157 - M /126	M40/55	KULAWIK, Szymon			1:10:18.20 (06:03min/km)	1:10:18.20	+0:23:14.86

158 - M /127	M50/11	LISOWSKI, Paweł	Klub Biegacza RTV EURO AGD	Wieliczka	1:10:15.98 (06:03min/km)	1:10:23.11	+0:23:19.77
159 - M /128	M40/56	DOMIN, Tomasz	Bronowice też Biegają	Krakow	1:10:12.86 (06:03min/km)	1:10:25.65	+0:23:22.31
160 - M /129	M30/48	SCHABOWSKI, Tomasz		Kraków	1:10:27.52 (06:04min/km)	1:10:27.52	+0:23:24.18
161 - M /130	M60/1	KOWALIK, Jan	Centrum Zdrowia Biegacza Kraków	Kraków	1:10:36.06 (06:05min/km)	1:10:41.50	+0:23:38.16
162 - M /131	M30/49	RAJCHEL, Marek	FM	Śledziejowice	1:10:29.36 (06:04min/km)	1:10:42.82	+0:23:39.48
163 - K /26	K20/4	ANTOSIK, Natalia	G.O.A.T. Team Michałowice	Sułkowice	1:10:41.54 (06:05min/km)	1:10:54.60	+0:23:51.26
164 - M /132	M40/57	DYREK, Marcin		Kraków	1:10:56.93 (06:06min/km)	1:10:56.93	+0:23:53.59
165 - M /133	M30/50	KWINTA, Maciej		Kraków	1:10:50.41 (06:06min/km)	1:10:59.27	+0:23:55.93
166 - M /134	M40/58	KUC, Adam	THE OFFICE	Czernichów	1:11:02.37 (06:07min/km)	1:11:09.08	+0:24:05.74
167 - K /27	K40/7	TARADAJ, Paulina	Lacho Team	Kraków	1:11:05.52 (06:07min/km)	1:11:20.39	+0:24:17.05
168 - K /28	K40/8	RYBA, Maria			1:11:40.43 (06:10min/km)	1:11:40.43	+0:24:37.09
169 - M /135	M40/59	WŁODARCZYK, Piotr	Towarzystwo Turystyczne AKS Polonia Warszawa	Kraków	1:11:25.45 (06:09min/km)	1:11:47.29	+0:24:43.95
	K30	STASZEK, Anna	AZS AWF KRAKÓW MASTERS	Krakow	1:11:48.00 [GPS]	1:11:48.00 [GPS]	
171 - M /136	M50/12	SIWAK, Jerzy	Samolotowy Team	Kraków	1:11:37.40 (06:10min/km)	1:11:49.38	+0:24:46.04
172 - M /137	M30/51	JELTEMA, Bastin	Jeltema Sport WM Triself	Krakow	1:11:38.05 (06:10min/km)	1:11:49.98	+0:24:46.64
173 - M /138	M30/52	ŁASKOWSKI, Piotr	BeFit24Team	Kraków	1:11:50.55 (06:11min/km)	1:12:08.62	+0:25:05.28
174 - M /139	M40/60	GRACJASZ, Marcin	Sułowski Team	Wadowice	1:11:54.30 (06:11min/km)	1:12:09.09	+0:25:05.75
175 - M /140	M40/61	ZYCH, Andrzej	Go Aptiv!	Brzesko	1:12:15.69 (06:13min/km)	1:12:15.69	+0:25:12.35
176 - K /29	K20/5	SUMIEC-SZYFNER, Katarzyna	Zabiegani Mielec	Kraków	1:12:11.34 (06:13min/km)	1:12:21.58	+0:25:18.24

177 - K /30	K40/9	KOWALUNAS-BEM, Olga	LPP Team	Kraków	1:12:25.35 (06:14min/km)	1:12:25.35	+0:25:22.01
178 - K /31	K40/10	REJEWSKA, Eliza	WM Triself	Kraków	1:12:31.08 (06:15min/km)	1:12:31.08	+0:25:27.74
179 - M /141	M20/15	KLIMCZAK, Sebastian		Kraków	1:12:10.95 (06:13min/km)	1:12:36.26	+0:25:32.92
180 - M /142	M40/62	KSIĄŻEK, Grzegorz	ITMBW Kraków	Kraków	1:12:38.48 (06:15min/km)	1:12:38.48	+0:25:35.14
181 - M /143	M40/63	LIPIEŃ, Jakub	Irondragon Triathlon	Zielonki	1:12:28.82 (06:14min/km)	1:12:39.71	+0:25:36.37
182 - K /32	K40/11	NIEDUŻAK , Marta		Kraków	1:12:36.27 (06:15min/km)	1:12:42.73	+0:25:39.39
183 - M /144	M40/64	SWOLKIEŃ, Michał	WM Triself	Tomaszowice	1:11:38.43 (06:10min/km)	1:12:53.20	+0:25:49.86
184 - K /33	K20/6	POGODA, Kinga	UKS Kometa Gliwice	Gliwice	1:12:43.04 (06:16min/km)	1:12:57.32	+0:25:53.98
185 - M /145	M50/13	DANIELAK, Roman		Zielonki	1:12:41.42 (06:15min/km)	1:13:04.63	+0:26:01.29
186 - K /34	K20/7	KRÓLIKOWSKA, Agnieszka	GGs TEAM		1:12:45.96 (06:16min/km)	1:13:05.78	+0:26:02.44
187 - M /146	M20/16	PEREK, Mikołaj		Kraków	1:12:46.29 (06:16min/km)	1:13:10.35	+0:26:07.01
188 - M /147	M30/53	FALKIEWICZ, Arkadiusz	Night Runners	Kraków	1:13:20.46 (06:19min/km)	1:13:20.46	+0:26:17.12
189 - M /148	M50/14	KORDYL, Waldemar	AZS AWF KRAKÓW MASTERS	Kraków	1:13:11.25 (06:18min/km)	1:13:21.28	+0:26:17.94
190 - M /149	M20/17	KERGLONOU, Antoine		Nantes	1:13:14.03 (06:18min/km)	1:13:25.28	+0:26:21.94
191 - K /35	K20/8	BAUER, Lauren		Paris	1:13:16.52 (06:19min/km)	1:13:28.02	+0:26:24.68
192 - M /150	M20/18	ROBIN, Antoine		Krakow	1:13:30.76 (06:20min/km)	1:13:30.76	+0:26:27.42
193 - M /151	M40/65	PIŁAT , Piotr		Kraków	1:13:25.94 (06:19min/km)	1:13:31.75	+0:26:28.41
194 - K /36	K20/9	ORAWIEC, Ewelina	Mountain Running Guides	Zakopane	1:13:29.94 (06:20min/km)	1:13:36.86	+0:26:33.52
195 - M /152	M20/19	RĄPAŁA, Jakub		Kraków	1:13:48.04 (06:21min/km)	1:13:48.04	+0:26:44.70
196 - K /37	K50/1	BODŻĘTA, Dorota	Psychoterapia	Krzyszowice	1:13:47.10 (06:21min/km)	1:14:02.85	+0:26:59.51
197 - M /153	M40/66	KOWALSKI , Wojciech Endurance	POLKAS	Kraków	1:14:06.43 (06:23min/km)	1:14:06.43	+0:27:03.09

198 - M /154	M30/54	GAWIN, Przemysław	Samolotowy Team	Skąła	1:14:14.43 (06:24min/km)	1:14:14.43	+0:27:11.09
199 - K /38	K20/10	WATARZYSZYN, Marzena	ACCENTURE	Kraków	1:14:09.72 (06:23min/km)	1:14:16.17	+0:27:12.83
200 - M /155	M20/20	SOSIN, Dawid	ACCENTURE	Kraków	1:14:10.80 (06:23min/km)	1:14:18.02	+0:27:14.68
201 - K /39	K20/11	SEREDA, Olha	WKS Wawel BnO		1:14:23.67 (06:24min/km)	1:14:23.67	+0:27:20.33
202 - M /156	M40/67	WISNIOWSKI, Grzegorz	Mikrob Gallery Team	katowice	1:14:00.01 (06:22min/km)	1:14:27.17	+0:27:23.83
203 - M /157	M30/55	TOROŃ, Maciej		Kraków	1:14:13.93 (06:23min/km)	1:14:31.59	+0:27:28.25
204 - M /158	M40/68	SKRZYŃSKI, Jan	#AdamCzerwińskiTeam	Wieliczka	1:14:21.85 (06:24min/km)	1:14:36.11	+0:27:32.77
205 - K /40	K30/17	KULAK-OKÓLSKA, Nina	KAY-MAX	Kraków	1:14:38.22 (06:26min/km)	1:14:49.26	+0:27:45.92
206 - M /159	M40/69	MAJERSKI, Michał		Kraków	1:15:01.74 (06:28min/km)	1:15:01.74	+0:27:58.40
207 - M /160	M30/56	ŁACINA, Kamil	CHCIAŁEM SE POBIEGAĆ	Kraków	1:15:04.63 (06:28min/km)	1:15:29.33	+0:28:25.99
208 - M /161	M30/57	OLEJARNIK, Łukasz	ITMBW Kraków	Kraków	1:15:34.36 (06:30min/km)	1:15:34.36	+0:28:31.02
209 - M /162	M50/15	GARBACIK, Wojciech		Kraków	1:15:14.36 (06:29min/km)	1:15:38.76	+0:28:35.42
210 - M /163	M30/58	MARSZAŁEK, Jan	ITMBW Kraków	Krakow	1:15:23.45 (06:29min/km)	1:15:44.56	+0:28:41.22
211 - M /164	M40/70	WRÓBEL, Piotr	AŁADŹA	KRAKÓW	1:15:46.16 (06:31min/km)	1:15:46.16	+0:28:42.82
212 - K /41	K30/18	KUCHARSKA, Monika	TriJet Team	Kraków	1:15:42.16 (06:31min/km)	1:15:50.75	+0:28:47.41
213 - M /165	M40/71	PRYTKOV, Valery		Kraków	1:16:01.85 (06:33min/km)	1:16:01.85	+0:28:58.51
214 - K /42	M20/21	BAŃKOSZ , Kinga		Sromowce Wyżne	1:15:51.75 (06:32min/km)	1:16:01.91	+0:28:58.57
215 - K /43	K20/12	SKORUPA, Maja	LKS Górzanka Nawojowa Góra		1:15:43.83 (06:31min/km)	1:16:04.53	+0:29:01.19
216 - M /166	M40/72	SZCZEPAŃSKI, Sebastian	Kopytko	Kopytówka	1:15:37.28 (06:31min/km)	1:16:06.67	+0:29:03.33
217 - M /167	M30/59	KOWALCZYK, Damian	Socios Wiśła	Kraków	1:16:02.95 (06:33min/km)	1:16:15.46	+0:29:12.12

218 - M /168	M40/73	PAPROCKI, Marcin	AZS AWF KRAKÓW MASTERS	Kraków	1:16:10.39 (06:34min/km)	1:16:18.97	+0:29:15.63
219 - M /169	M50/16	WACHNICKI, Jan		Opole	1:16:22.14 (06:35min/km)	1:16:22.14	+0:29:18.80
220 - K /44	K50/2	LIGĘZA, Joanna			1:16:14.44 (06:34min/km)	1:16:24.78	+0:29:21.44
221 - M /170	M50/17	OKSIUTYCZ, Marek		Kraków	1:16:16.33 (06:34min/km)	1:16:31.71	+0:29:28.37
222 - K /45	K30/19	DWORNIK, Małgorzata	Warczące Szprychy	Kraków	1:16:28.95 (06:35min/km)	1:16:45.39	+0:29:42.05
223 - K /46	K40/12	TARNAWSKA, Anna	UKS Lider Siercza	Wieliczka	1:16:46.76 (06:37min/km)	1:16:46.76	+0:29:43.42
224 - K /47	K40/13	MACHEJ, Marzena		Kraków	1:16:26.60 (06:35min/km)	1:16:46.89	+0:29:43.55
225 - K /48	K40/14	KORZENIOWSKA, Korzeniowska	Niepołomice Biegają	KRAKÓW	1:16:54.62 (06:37min/km)	1:17:06.24	+0:30:02.90
226 - M /171	M30/60	PARTYKA, Gabriel		Kraków	1:16:56.00 (06:37min/km)	1:17:09.71	+0:30:06.37
227 - M /172	M40/74	POMYKALA, Michal	Doleć Radom	Krakow	1:16:54.73 (06:37min/km)	1:17:22.02	+0:30:18.68
228 - M /173	M40/75	POLISHCHUK, Vadym		Kraków	1:16:56.63 (06:37min/km)	1:17:25.23	+0:30:21.89
229 - K /49	K40/15	ZABOROWSKA, Małgorzata		Liszki	1:17:30.59 (06:40min/km)	1:17:44.72	+0:30:41.38
230 - M /174	M60/2	JANOWSKI, Dariusz		Krakow	1:17:54.37 (06:42min/km)	1:17:54.37	+0:30:51.03
231 - M /175	M50/18	ZADWORNY, Ireneusz		Kraków	1:17:48.96 (06:42min/km)	1:17:56.09	+0:30:52.75
232 - K /50	K40/16	POPEK, Dominika	WM Triself	Kraków	1:17:42.85 (06:41min/km)	1:18:00.39	+0:30:57.05
233 - K /51	K30/20	VOINALOVYCH , Yuliia	Bronowice też Biegają	Kraków	1:17:57.89 (06:43min/km)	1:18:05.56	+0:31:02.22
234 - M /176	M30/61	RĘKAS, Piotr	OFF-ROAD RUNNERS BENEFIT SYSTEMS	Wrocław	1:17:52.25 (06:42min/km)	1:18:08.79	+0:31:05.45
235 - K /52	K40/17	WILK-ZALEŚNA , Aneta		Chobot	1:18:29.72 (06:46min/km)	1:18:29.72	+0:31:26.38
236 - M /177	M40/76	KUMOREK, Zbyszek	Niepołomice Biegają	Kraków	1:18:09.21 (06:44min/km)	1:18:31.58	+0:31:28.24
237 - M /178	M40/77	CZYŻ, Piotr			1:18:15.17 (06:44min/km)	1:18:35.03	+0:31:31.69
238 - K /53	K30/21	KRAWCZYK KOSEK, Ania	Samolotowy Team	Kraków	1:18:19.01 (06:45min/km)	1:18:38.28	+0:31:34.94
239 - K /54	K30/22	MACIEJCZYK, Joanna	ITMBW Kraków	Kraków	1:19:11.56 (06:49min/km)	1:19:11.56	+0:32:08.22

240 - M /179	M30/62	AKYLZHANOV, Olzhas	Unlimited Sport 2.0	Krakow	1:18:51.73 (06:47min/km)	1:19:11.83	+0:32:08.49
241 - M /180	M30/63	BARSUKOV, Artem	Klym Team	Krakow	1:18:55.39 (06:48min/km)	1:19:14.56	+0:32:11.22
242 - M /181	M40/78	OBRAŁ, Łukasz	prawo-porady.pl	Kraków	1:19:02.55 (06:48min/km)	1:19:20.55	+0:32:17.21
243 - M /182	M40/79	LIGĘZA, Jarosław	Unlimited 2.0	Kraków	1:19:18.59 (06:50min/km)	1:19:29.62	+0:32:26.28
244 - M /183	M30/64	KOMISARCZUK, Arkadiusz		Kraków	1:19:12.87 (06:49min/km)	1:19:36.18	+0:32:32.84
245 - K /55	K30/23	BURCZYK, Agnieszka	Warczące Szprychy	Krakow	1:19:29.37 (06:51min/km)	1:19:44.75	+0:32:41.41
246 - M /184	M50/19	LIGĘZA, Witold			1:20:15.83 (06:55min/km)	1:20:27.60	+0:33:24.26
247 - M /185	M40/80	RYBA, Bartłomiej			1:20:46.25 (06:57min/km)	1:20:46.25	+0:33:42.91
248 - K /56	K50/3	JOB, Cecylia	ITMBW Kraków	Lusina	1:20:35.86 (06:56min/km)	1:20:48.86	+0:33:45.52
249 - K /57	K30/24	KUKLEWICZ, Barbara	WM Triself	Kraków	1:21:51.13 (07:03min/km)	1:22:09.88	+0:35:06.54
250 - M /186	M40/81	ZYCH, Jaromir			1:23:30.41 (07:11min/km)	1:23:30.41	+0:36:27.07
251 - K /58	K30/25	PROKOPIUK, Edyta	#zonabijealewolnobiega	Kraków	1:23:36.17 (07:12min/km)	1:23:54.64	+0:36:51.30
252 - M /187	M40/82	BACHOWSKI, Krzysztof	PoCoMiTo	Kwaczała	1:23:57.04 (07:14min/km)	1:24:23.43	+0:37:20.09
253 - M /188	M50/20	GRATKA, Mirosław	*****	Kojszówka	1:24:15.25 (07:15min/km)	1:24:30.30	+0:37:26.96
254 - K /59	K40/18	MÓL, Monika	Bronowice też Biegają	Kraków	1:24:34.90 (07:17min/km)	1:24:45.04	+0:37:41.70
255 - M /189	M70/1	NAZIM, Tadeusz	KKM Kaloryfer	Skawina	1:24:45.88 (07:18min/km)	1:24:45.88	+0:37:42.54
256 - M /190	M30/65	STUKAN, Szymon	UKS Kometa Gliwice	Gliwice	1:24:41.24 (07:18min/km)	1:24:59.49	+0:37:56.15
257 - M /191	M30/66	ZIEMBLA, Krzysztof	Go Aptiv!	Kraków	1:24:42.92 (07:18min/km)	1:25:05.80	+0:38:02.46
258 - M /192	M30/67	BUJAS, Dominik	Ericsson RunTime		1:25:36.21 (07:22min/km)	1:26:11.92	+0:39:08.58
259 - K /60	K30/26	BOROWIAK, Kasia	FitPark Team	Kraków	1:26:50.19 (07:29min/km)	1:27:03.33	+0:39:59.99

260 - M /193	M30/68	STAL, Mateusz	COMP TEAM Novitus	Nowy Sącz	1:27:03.42 (07:30min/km)	1:27:03.42	+0:40:00.08
261 - M /194	M60/3	GRACZYK, Roman	Krzysiek Pomaga Pomagać	Liszki	1:27:48.58 (07:34min/km)	1:28:12.17	+0:41:08.83
262 - K /61	K50/4	ETTERLE-GARBACIK, Katarzyna		Kraków	1:28:20.00 (07:36min/km)	1:28:44.48	+0:41:41.14
263 - M /195	M40/83	JANUSZ, Tomasz	Bronowice też Biegają	Kraków	1:28:27.27 (07:37min/km)	1:28:45.21	+0:41:41.87
264 - M /196	M40/84	MONIOWSKI, Mariusz	ITMBW Kraków	Rząska	1:28:35.88 (07:38min/km)	1:28:59.06	+0:41:55.72
265 - K /62	K20/13	RAPETSKAYA, Viktoriya		Kraków	1:29:01.92 (07:40min/km)	1:29:17.95	+0:42:14.61
266 - K /63	K40/19	MAGOCSY, Helena		Kraków	1:29:18.30 (07:41min/km)	1:29:40.84	+0:42:37.50
	K30	KUFEL, Natalia	ACCENTURE	Krakow	1:30:15.00 [GPS]	1:30:15.00 [GPS]	
268 - K /64	K30/27	MAĆKOWIAK, Maria		Kraków	1:30:42.04 (07:49min/km)	1:30:53.01	+0:43:49.67
269 - M /197	M60/4	TOKARZ, Jerzy	Centrum Zdrowia Biegacza Kraków	Kraków	1:31:26.67 (07:52min/km)	1:31:26.67	+0:44:23.33
270 - M /198	M40/85	ŁUDZIK, Wojciech		Kraków	1:31:32.20 (07:53min/km)	1:32:01.89	+0:44:58.55
271 - M /199	M30/69	DEPOWSKI, Patryk	A game	KRAKÓW	1:32:08.07 (07:56min/km)	1:32:30.87	+0:45:27.53
272 - M /200	M30/70	WOLIŃSKI, Marek	Poranny Patrol	Kraków	1:32:45.97 (07:59min/km)	1:33:15.50	+0:46:12.16
273 - K /65	K40/20	TRYJEFACZKA, Paulina	FitVit	Niepolomice	1:33:24.86 (08:03min/km)	1:33:24.86	+0:46:21.52
274 - M /201	M40/86	ROSKE, Fabian	Running4Smulltron	Berlin	1:34:04.66 (08:06min/km)	1:34:04.66	+0:47:01.32
275 - K /66	K70/1	PRYMAKOWSKA, Barbara	UKS Wrocław Żórawina	Tarnów	1:34:31.67 (08:08min/km)	1:34:49.44	+0:47:46.10
276 - M /202	M40/87	DEWERA, Łukasz		Karniowice	1:34:21.92 (08:08min/km)	1:34:53.50	+0:47:50.16
277 - K /67	K30/28	SZUMIEC, Joanna	ACCENTURE	Kraków	1:36:09.59 (08:17min/km)	1:36:29.38	+0:49:26.04
278 - K /68	K30/29	GOCKA, Marta	ACCENTURE	Kraków	1:36:09.84 (08:17min/km)	1:36:29.44	+0:49:26.10
279 - K /69	K30/30	CIEPAŁ, Wiola		Kraków	1:36:58.74 (08:21min/km)	1:37:25.87	+0:50:22.53
280 - K /70	K30/31	PELZ, Zuzanna	ITMBW Kraków	Kraków	1:37:25.66 (08:23min/km)	1:37:35.55	+0:50:32.21
281 - K /71	K40/21	JUSZCZYK, Małgorzata	Niepołomice Biegają	Niepołomice	1:37:35.42 (08:24min/km)	1:38:01.45	+0:50:58.11

282 - M /203	M50/21	RICOUR, Patrice	Les Coqs Runners	Kraków	1:38:14.68 (08:28min/km)	1:38:42.31	+0:51:38.97
283 - K /72	K40/22	GRATKA, Beata		Kojszówka	1:39:22.26 (08:33min/km)	1:39:44.31	+0:52:40.97
284 - K /73	K50/5	ATROSZCZYK, Aleksandra	Psychoterapia	Krzeszowice	1:39:24.36 (08:34min/km)	1:39:46.15	+0:52:42.81
285 - M /204	M50/22	LASKOWSKI, Dariusz	Niepołomice Biegają	Kraków	1:40:40.35 (08:40min/km)	1:41:08.96	+0:54:05.62
286 - M /205	M50/23	SOWA, Grzegorz	#KubaPiechTeam	Kraków	1:42:44.06 (08:51min/km)	1:42:44.06	+0:55:40.72
287 - K /74	K40/23	DZIURZYŃSKA, Ulka	Vege Runners	Kraków	1:45:22.94 (09:05min/km)	1:45:22.94	+0:58:19.60
288 - K /75	K30/32	PETRYSZAK, Agnieszka		Kraków	1:46:00.75 (09:08min/km)	1:46:26.81	+0:59:23.47
289 - K /76	K50/6	MOSSOCZY, Agnieszka		Zabierzów	1:51:24.74 (09:36min/km)	1:52:35.28	+1:05:31.94
	M30	LEŚNIAK, Jacek	Akademia Sportu i Rozrywki ASIR	Kraków	DNF	DNF	
	K40	JAROŃ, Magdalena		Kraków	PK 1:42:11.27	PK	1:42:11.27



Grand Prix Krakowa w Biegach Górskich 2023/2024 - R5

Kraków, 2024-03-03 - Wyniki

23km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	M30/1	SKUPIEŃ, Tomasz	WM Triself		1:37:05.29 (04:13min/km)	1:37:05.62	+0:00:00.00
2 - M/2	M30/2	CZARNOTA, Tomasz	#AdamCzerwińskiTeam	Kraków	1:38:01.42 (04:15min/km)	1:38:01.42	+0:00:55.80
3 - M/3	M30/3	PARIS, Nicola	Truda Boys 91	Krakow	1:38:31.20 (04:17min/km)	1:38:31.81	+0:01:26.19
4 - M/4	M30/4	HARRIS, Douglas	Truda Boys 91	Sidzina	1:39:30.32 (04:19min/km)	1:39:30.32	+0:02:24.70
5 - M/5	M20/1	KUNZ, Marcin	Centrum Zdrowia Biegacza Kraków	Kraków	1:39:49.09 (04:20min/km)	1:39:50.19	+0:02:44.57
6 - M/6	M30/5	ŁUŻNY, Bartłomiej	Truda Boys 91	Kraków	1:40:37.64 (04:22min/km)	1:40:37.96	+0:03:32.34
7 - M/7	M40/1	JACHYMIAK, Robert	Specjalistyczny Gabinet Rehabilitacji Dzieci	NOWY TARG	1:43:05.99 (04:28min/km)	1:43:06.67	+0:06:01.05
8 - M/8	M30/6	PIWOWARCZYK, Dominik	Ericsson RunTime	Kraków	1:45:16.75 (04:34min/km)	1:45:16.75	+0:08:11.13
9 - M/9	M40/2	GOC, Paweł	RMT	Bochnia	1:46:24.93 (04:37min/km)	1:46:27.32	+0:09:21.70
10 - M/10	M30/7	KLUSEK, Mateusz	Sklep Biegacza	Kraków	1:47:36.62 (04:40min/km)	1:47:36.62	+0:10:31.00
11 - M/11	M40/3	MICHNO, Tomasz	Lacho Team	Kraków	1:48:04.33 (04:41min/km)	1:48:04.99	+0:10:59.37
12 - M/12	M50/1	MAJCHER, Piotr	BW Biegacze Wymiatacze	Kraków	1:52:10.29 (04:52min/km)	1:52:10.29	+0:15:04.67
13 - M/13	M30/8	GŁĄBIŃSKI, Piotr	#AdamCzerwińskiTeam	Kraków	1:53:51.23 (04:57min/km)	1:53:54.05	+0:16:48.43
14 - M/14	M30/9	RZASA, Piotr	Go Aptiv!	Krakow	1:54:04.15 (04:57min/km)	1:54:13.64	+0:17:08.02
15 - M/15	M40/4	DARCHUK, Oleksandr	Trifamily.pl		1:54:18.07 (04:58min/km)	1:54:20.25	+0:17:14.63
16 - M/16	M30/10	SENKOWSKI, Jakub	Truda Boys 91	Kraków	1:54:22.05 (04:58min/km)	1:54:25.96	+0:17:20.34
17 - M/17	M30/11	ŚWIERAD, Dariusz	ASICS FRONTRUNNER	Modlniczka	1:54:50.21 (04:59min/km)	1:54:51.78	+0:17:46.16
18 - M/18	M30/12	KĘPIŃSKI, Maciej	Skawina Biega	Skawina	1:55:19.22 (05:00min/km)	1:55:20.99	+0:18:15.37
19 - M/19	M30/13	STACHOŃ, Radosław	Run 4 Fun	Bochnia	1:55:29.09 (05:01min/km)	1:55:32.35	+0:18:26.73
20 - M/20	M30/14	DUDA, Konrad		Kraków	1:55:58.55 (05:02min/km)	1:56:00.69	+0:18:55.07
21 - M/21	M40/5	MORAWA, Mateusz	Lacho Team	Kraków	1:56:25.14 (05:03min/km)	1:56:26.44	+0:19:20.82
22 - K/1	K20/1	TKACZYK, Aleksandra	Samolotowy Team	Kraków	1:56:35.83 (05:04min/km)	1:56:37.96	+0:19:32.34
23 - M/22	M30/15	ZOŁA, Piotr	PioDzo Extreme	Kraków	1:58:45.46 (05:09min/km)	1:58:47.71	+0:21:42.09
24 - M/23	M30/16	GUZIK, Łukasz	KCDO.pl	Kraków	1:59:13.16 (05:11min/km)	1:59:14.26	+0:22:08.64

25 - M /24	M50/2	BUŁKA, Łukasz	IMPRODEX Team	Kraków	1:59:45.68 (05:12min/km)	1:59:52.90	+0:22:47.28
26 - M /25	M30/17	KUCHARSKI, Kamil	TriJet Team	Kraków	2:00:51.40 (05:15min/km)	2:00:53.37	+0:23:47.75
27 - K /2	K40/1	GÓRALIK, Sylwia	AZS AWF KRAKÓW MASTERS	Myślenice	2:01:09.45 (05:16min/km)	2:01:10.89	+0:24:05.27
28 - M /26	M50/3	LENCZOWSKI, Jakub	PO-MOCNI	Kraków	2:01:46.79 (05:17min/km)	2:01:49.59	+0:24:43.97
29 - M /27	M30/18	ZĘBALA, Krzysztof	Samolotowy Team	Kraków	2:01:49.32 (05:17min/km)	2:01:55.15	+0:24:49.53
30 - M /28	M30/19	MICHALSKI, Michał Michalski	FramesFactory RacingTeam	Kraków	2:02:16.20 (05:18min/km)	2:02:16.20	+0:25:10.58
31 - M /29	M40/6	DZIEDZIC, Krzysztof	runningperformance.com.pl	Kraków	2:02:28.77 (05:19min/km)	2:02:32.95	+0:25:27.33
32 - M /30	M40/7	PÓŁCHŁOPEK, Przemysław		Kraków	2:03:05.49 (05:21min/km)	2:03:12.36	+0:26:06.74
33 - M /31	M40/8	GURGUL, Sebastian	Aromat Nóg	Krakow	2:03:30.30 (05:22min/km)	2:03:32.26	+0:26:26.64
34 - M /32	M40/9	DOBRZAŃSKI, Tomasz	ITMBW Kraków	Kraków	2:03:42.38 (05:22min/km)	2:03:45.36	+0:26:39.74
35 - M /33	M40/10	KOBIAŁKA, Łukasz	My Endurance Team	Strumiany	2:04:18.74 (05:24min/km)	2:04:21.96	+0:27:16.34
36 - K /3	K30/1	BOCHENEK, Magdalena	G.O.A.T. Team Michałowice	Michałowice	2:04:43.24 (05:25min/km)	2:04:45.15	+0:27:39.53
37 - M /34	M20/2	LASAK, Wojciech		Kościelisko	2:05:28.45 (05:27min/km)	2:05:30.21	+0:28:24.59
38 - M /35	M40/11	POLAK, Łukasz	Samolotowy Team	Kraków	2:05:48.20 (05:28min/km)	2:05:51.94	+0:28:46.32
39 - M /36	M40/12	NOWACKI, Paweł		Kraków	2:06:28.10 (05:29min/km)	2:06:31.58	+0:29:25.96
40 - M /37	M30/20	GRZĄBKA, Paweł	#AdamCzerwińskiTeam	Kraków	2:06:36.23 (05:30min/km)	2:06:38.27	+0:29:32.65
41 - M /38	M40/13	BIES, Grzegorz		Kraków	2:07:06.35 (05:31min/km)	2:07:10.06	+0:30:04.44
42 - M /39	M20/3	DRYJA, Kamil		Kraków	2:07:42.83 (05:33min/km)	2:07:47.32	+0:30:41.70
43 - M /40	M20/4	PACEK, Piotr	bujtasierataje	Starachowice	2:07:55.63 (05:33min/km)	2:08:02.44	+0:30:56.82
44 - M /41	M30/21	LELITO, Piotr		Modlniczka	2:08:13.80 (05:34min/km)	2:08:19.00	+0:31:13.38
45 - M /42	M40/14	CHMIEL, Przemysław	albatrosy	Warszawa	2:08:37.47 (05:35min/km)	2:08:40.85	+0:31:35.23
	M20	RYCZEK, Sebastian		Rudawa	2:09:00.00 [GPS]	2:09:00.00 [GPS]	
47 - M /43	M30/22	JASIŃSKI, Jakub	WM Triself	Kraków	2:09:06.18 (05:36min/km)	2:09:11.77	+0:32:06.15
48 - M /44	M30/23	MALISSARD, Jean		Krakow	2:09:37.20 (05:38min/km)	2:09:41.48	+0:32:35.86
49 - M /45	M40/15	WOŹNY, Paweł	Runprogress.pl Team	Niepołomice	2:09:44.23 (05:38min/km)	2:09:51.75	+0:32:46.13
50 - M /46	M40/16	MACH, Krzysztof	Zabierzów Biega	Zabierzów	2:10:05.04 (05:39min/km)	2:10:07.13	+0:33:01.51
51 - M /47	M40/17	DAVÌ, Paolo			2:10:30.63 (05:40min/km)	2:10:39.00	+0:33:33.38
52 - K /4	K40/2	WALERJAN-RUSEK, Agnieszka	AZS AWF KRAKÓW MASTERS	Kraków	2:10:38.97 (05:40min/km)	2:10:42.50	+0:33:36.88
53 - M /48	M40/18	ŁĘTEK, Tomasz	Biegającą Krowa	Kraków	2:10:43.80 (05:41min/km)	2:10:48.03	+0:33:42.41
54 - M /49	M40/19	BAR, Bartosz	#AdamCzerwińskiTeam	Chorągwica	2:11:00.33 (05:41min/km)	2:11:07.32	+0:34:01.70
55 - M /50	M50/4	KORAB, Robert	TuTiTuRumTu	Rzeszów	2:11:26.61 (05:42min/km)	2:11:29.71	+0:34:24.09
56 - M /51	M40/20	OBERWAN, Marek	panfotograf.eu	Kraków	2:11:45.81 (05:43min/km)	2:11:48.34	+0:34:42.72

57 - K /5	K40/3	MALECKA-LEŃ, Patrycja		Rzeszów	2:12:40.46 (05:46min/km)	2:12:43.73	+0:35:38.11
58 - M /52	M40/21	HILLER , Artur		Wieliczka	2:12:51.17 (05:46min/km)	2:12:51.17	+0:35:45.55
59 - M /53	M30/24	BORKOWSKI, Paweł		Wola Batorska	2:12:54.30 (05:46min/km)	2:13:04.82	+0:35:59.20
60 - M /54	M40/22	KLIMEK , Przemysław	Klub Biegacza AZS UEK	Kraków	2:13:02.38 (05:47min/km)	2:13:09.87	+0:36:04.25
61 - M /55	M30/25	ŁUCKA, Artur		Kraków	2:13:25.84 (05:48min/km)	2:13:25.84	+0:36:20.22
62 - M /56	M40/23	KOSMALA, Przemek	MarcinSwiercTeam	Krakow	2:13:18.32 (05:47min/km)	2:13:26.85	+0:36:21.23
63 - M /57	M40/24	BUNSCH, Adam		Kraków	2:13:39.15 (05:48min/km)	2:13:45.35	+0:36:39.73
64 - M /58	M40/25	LENARCZYK, Jakub			2:16:33.84 (05:56min/km)	2:16:39.08	+0:39:33.46
65 - M /59	M20/5	BŁACH, Bartosz	bujtasierataje	Mirzec	2:16:39.26 (05:56min/km)	2:16:46.07	+0:39:40.45
	K40	SZNAJDER, Joanna	G.O.A.T. Team Michałowice	Michałowice	2:18:15.00 [GPS]	2:18:15.00 [GPS]	
67 - M /60	M40/26	CIEŚLIK, Konrad		Kraków	2:18:20.53 (06:00min/km)	2:18:25.61	+0:41:19.99
68 - M /61	M40/27	KORCZ, Daniel	Tervel Biegacz Górski besttext.pl	Jaworzno	2:21:29.95 (06:09min/km)	2:21:29.95	+0:44:24.33
69 - M /62	M30/26	GURGUL, Mateusz	Aromat Nóg	Kraków	2:21:51.60 (06:10min/km)	2:21:54.32	+0:44:48.70
70 - M /63	M40/28	BORKOWSKI, Piotr	Borkomet	Chorzów	2:21:50.73 (06:10min/km)	2:21:59.48	+0:44:53.86
71 - M /64	M40/29	DĄBROWSKI, Mirosław	AZS AWF KRAKÓW MASTERS	Kraków	2:23:41.28 (06:14min/km)	2:23:45.32	+0:46:39.70
72 - K /6	K40/4	MUSIAŁ, Ewelina	#TeamR	Kraków	2:23:47.55 (06:15min/km)	2:23:48.91	+0:46:43.29
73 - M /65	M40/30	JARMUŻEK, Marcin		Kraków	2:23:51.18 (06:15min/km)	2:23:56.76	+0:46:51.14
74 - M /66	M40/31	SIWEK, Jacek	TriWise	Łuczyce	2:24:12.31 (06:16min/km)	2:24:12.31	+0:47:06.69
75 - M /67	M30/27	MLEKO, Michał	ITMBW Kraków	Kraków	2:24:16.70 (06:16min/km)	2:24:21.10	+0:47:15.48
76 - K /7	K40/5	MARECKA, Zofia	RUNPROGRESS Team	Kraków	2:24:26.94 (06:16min/km)	2:24:34.05	+0:47:28.43
77 - K /8	K40/6	MUSIAŁ, Anna	Niepołomice Biegają	Kraków	2:24:30.60 (06:16min/km)	2:24:36.66	+0:47:31.04
78 - M /68	M40/32	FILO, Michał		Kraków	2:24:39.25 (06:17min/km)	2:24:44.29	+0:47:38.67
79 - M /69	M40/33	PASELA, Jerzy		Kraków	2:25:06.28 (06:18min/km)	2:25:16.55	+0:48:10.93
80 - M /70	M50/5	GINALSKI, Paweł	Sidor Team	Dąbrowa Górnicza	2:25:10.57 (06:18min/km)	2:25:19.67	+0:48:14.05
81 - M /71	M50/6	WALCZYK, Roman	Water Knights	Kraków	2:25:22.10 (06:19min/km)	2:25:23.10	+0:48:17.48
82 - K /9	K40/7	KURANT, Elena	BW Biegacze Wymiatacze	Kraków	2:26:39.19 (06:22min/km)	2:26:41.37	+0:49:35.75
	M40	HOPEK, Tomasz	AZS AWF KRAKÓW MASTERS	Kraków	2:27:31.00 [GPS]	2:27:31.00 [GPS]	
84 - M /72	M40/34	TENCZYŃSKI, Andrzej		Kraków	2:27:34.02 (06:24min/km)	2:27:34.02	+0:50:28.40
85 - M /73	M30/28	BĘŁZAK, Filip	TriJet Team	Kraków	2:27:31.77 (06:24min/km)	2:27:35.15	+0:50:29.53
86 - M /74	M40/35	MAŚLIOR, Wojciech		Zawada	2:28:09.09 (06:26min/km)	2:28:20.57	+0:51:14.95

87 - M /75	M40/36	POPŁAWSKI, Przemek	Seboradin Team	Kraków	2:29:07.86 (06:29min/km)	2:29:18.24	+0:52:12.62
88 - M /76	M40/37	PILCH, Wojciech	#AdamCzerwińskiTeam	Kraków	2:29:17.78 (06:29min/km)	2:29:28.82	+0:52:23.20
89 - K /10	K30/2	JEDLIŃSKA, Małgorzata	Heineken Kraków Running Club	Kraków	2:29:23.47 (06:29min/km)	2:29:31.76	+0:52:26.14
90 - M /77	M40/38	SZNAJDER, Rafał	G.O.A.T. Team Michałowice	Michałowice	2:31:09.09 (06:34min/km)	2:31:16.63	+0:54:11.01
91 - M /78	M40/39	KLOCH, Dawid	Mediaflex	Węgrzce Wielkie	2:32:33.39 (06:37min/km)	2:32:39.30	+0:55:33.68
92 - M /79	M40/40	KLEIN, Michał	MisiaqBiega	Kraków	2:32:58.65 (06:39min/km)	2:33:07.95	+0:56:02.33
93 - M /80	M40/41	STOLARZ, Grzegorz	Niepołomice Biegają	Zabawa	2:33:19.04 (06:39min/km)	2:33:26.19	+0:56:20.57
94 - M /81	M40/42	WYSOCKI, Rafał	KKM Kaloryfer	Kraków	2:33:39.69 (06:40min/km)	2:33:45.80	+0:56:40.18
95 - M /82	M40/43	MADEJ, Grzegorz		Kraków	2:34:35.97 (06:43min/km)	2:34:41.65	+0:57:36.03
96 - M /83	M40/44	KUREK, Jan	JURA TEAM	Krzyszowice	2:34:50.48 (06:43min/km)	2:34:58.63	+0:57:53.01
97 - M /84	M30/29	ZIÓŁEK, Maciej			2:35:23.41 (06:45min/km)	2:35:33.38	+0:58:27.76
98 - K /11	K40/8	GOTKIEWICZ-CICHON, Edyta		Kraków	2:36:13.26 (06:47min/km)	2:36:19.70	+0:59:14.08
99 - M /85	M40/45	GOLL, Michał			2:37:04.07 (06:49min/km)	2:37:13.54	+1:00:07.92
100 - M /86	M40/46	CHOMENTOWSKI, Przemysław	Na Bombe	Kraków	2:39:25.15 (06:55min/km)	2:39:34.60	+1:02:28.98
101 - M /87	M50/7	DURAS, Andrzej		Świątniki Górne	2:40:04.10 (06:57min/km)	2:40:11.86	+1:03:06.24
102 - M /88	M40/47	PENA, Aleksander		Wrząsowice	2:40:31.94 (06:58min/km)	2:40:38.00	+1:03:32.38
103 - M /89	M30/30	WARSZAWIAK, Paweł		Wieliczka	2:41:46.21 (07:02min/km)	2:41:48.95	+1:04:43.33
104 - M /90	M40/48	TUREK, Maciej	#piwonamecie		2:41:49.60 (07:02min/km)	2:41:58.96	+1:04:53.34
105 - K /12	K30/3	ZBARASHCHUK, levgeniya	ACCENTURE		2:41:54.71 (07:02min/km)	2:42:02.81	+1:04:57.19
106 - K /13	K40/9	FRANCZAK, Katarzyna		Krakow	2:42:01.49 (07:02min/km)	2:42:06.11	+1:05:00.49
107 - K /14	K50/1	SZURA, Anetta		Rzeszów	2:42:07.49 (07:02min/km)	2:42:16.07	+1:05:10.45
108 - K /15	K40/10	ONYSHCHENKO , Olga		Będkowice	2:42:13.07 (07:03min/km)	2:42:21.30	+1:05:15.68
109 - K /16	K40/11	WÓJCIK, Monika	RUNPROGRESS Team	Kraków	2:42:30.12 (07:03min/km)	2:42:38.38	+1:05:32.76
110 - K /17	K30/4	SZOZDA , Katarzyna	Sprintex Team	Kraków	2:43:15.74 (07:05min/km)	2:43:24.24	+1:06:18.62
111 - M /91	M30/31	STARZYK, Tomasz	AKMB Pędziwiatr Gliwice	Gliwice	2:43:14.09 (07:05min/km)	2:43:29.52	+1:06:23.90
112 - M /92	M40/49	ROJKOWSKI, Jerzy	Be Fit 24 Team	Krakow	2:46:54.31 (07:15min/km)	2:47:05.37	+1:09:59.75
113 - M /93	M40/50	DZIUBA, Marcin		Kraków	2:48:04.40 (07:18min/km)	2:48:11.84	+1:11:06.22
114 - K /18	K30/5	WYRZYKOWSKA, Katarzyna	Skawina Biega	Skawina	2:48:59.20 (07:20min/km)	2:49:05.45	+1:11:59.83
115 - K /19	K40/12	PAGACZ, Joanna		Kraków	2:49:46.52 (07:22min/km)	2:49:55.48	+1:12:49.86
116 - K /20	K40/13	SZEWCZYK, Monika	KKM Kaloryfer	Kraków	2:50:48.82 (07:25min/km)	2:50:55.06	+1:13:49.44
117 - K /21	K30/6	PIECZARKOWSKA-MRÓZ, Zuzanna	KKM Kaloryfer	Kraków	2:52:04.46 (07:28min/km)	2:52:12.27	+1:15:06.65
118 - M /94	M50/8	TYLIBA, Ireneusz	Jura TEAM	Przeginia	2:52:07.75 (07:29min/km)	2:52:15.75	+1:15:10.13

119 - K /22	K50/2	KŁOPOTOWSKA SOSNA, Kaśka	Unlimited Sport 2.0	Kraków	3:04:02.39 (08:00min/km)	3:04:11.00	+1:27:05.38
120 - M /95	M40/51	GAWLIK, Andrzej		Kraków	3:06:14.13 (08:05min/km)	3:06:14.13	+1:29:08.51
121 - M /96	M50/9	SZCZEPOCKI, Andrzej	Niepołomice Biegają	Niepołomice	3:38:26.00 (09:29min/km)	3:38:26.00	+2:01:20.38
	K30	WILK, Katarzyna		PLeśna	PK 1:49:31.36	PK 1:49:32.07	



Grand Prix Krakowa w Biegach Górskich 2023/2024 - R5

Kraków, 2024-03-03 - Wyniki

Ultra

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	M40/1	GRZĄDZIEL, Dominik	ATTIQ TEAM	Dzianowice	2:30:57.86 (04:18min/km)	2:30:57.86	+0:00:00.00
2 - M/2	M20/1	DUDCZAK, Michał	KS Vertical Rytro	Rytro	2:39:29.75 (04:33min/km)	2:39:30.30	+0:08:32.44
3 - M/3	M30/1	BRYSZ, Michał	G.O.A.T. Team Michałowice	Radziszów	2:46:15.16 (04:45min/km)	2:46:17.15	+0:15:19.29
4 - M/4	M30/2	STUDENCKI, Dawid	4TriTeam	Kraków	2:55:07.88 (05:00min/km)	2:55:07.88	+0:24:10.02
5 - M/5	M40/2	BANIAK, Marcin	G.O.A.T. Team Michałowice	Zerwana	2:55:26.64 (05:00min/km)	2:55:28.84	+0:24:30.98
6 - M/6	M40/3	WÓJCIK, Paweł	Klub Biegacza AZS UEK	Krakow	2:57:07.15 (05:03min/km)	2:57:09.07	+0:26:11.21
7 - M/7	M40/4	SZCZUREK, Dominik	Samolotowy Team	Myślenice	2:58:49.76 (05:06min/km)	2:58:50.49	+0:27:52.63
8 - K/1	K30/1	TATAREK -KONIK, Agnieszka	AlpinSportTeam	Czeladź	3:00:48.95 (05:09min/km)	3:00:50.47	+0:29:52.61
9 - M/8	M40/5	RUSEK, Marcin	Limanowa Forrest	Bochnia	3:01:49.81 (05:11min/km)	3:01:56.48	+0:30:58.62
10 - M/9	M40/6	WADAS, Grzegorz	Centrum Zdrowia Biegacza Kraków	Kraków	3:08:57.23 (05:23min/km)	3:08:58.38	+0:38:00.52
11 - M/10	M50/1	ŚCIESZKA, Wojciech	13 elt Kraków-Balice	Kraków	3:09:37.08 (05:25min/km)	3:09:43.70	+0:38:45.84
12 - M/11	M20/2	PUCUŁA, Mateusz			3:12:11.66 (05:29min/km)	3:12:18.21	+0:41:20.35
13 - M/12	M20/3	SUCHORA, Kacper	ITMBW Kraków	Kraśnik	3:12:23.26 (05:29min/km)	3:12:27.09	+0:41:29.23
14 - M/13	M50/2	KIJANKA, Artur		Zielonki	3:21:15.41 (05:45min/km)	3:21:19.45	+0:50:21.59
15 - M/14	M40/7	ZDĄBŁARZ, Marcin		Pogorzycze	3:28:12.31 (05:56min/km)	3:28:17.09	+0:57:19.23
16 - M/15	M40/8	SWAŁDEK, Konrad	G.O.A.T. Team Michałowice	Kraków	3:34:18.58 (06:07min/km)	3:34:23.05	+1:03:25.19
17 - M/16	M30/3	WIERCINIŃSKI, Mateusz			3:38:32.91 (06:14min/km)	3:38:44.39	+1:07:46.53
18 - M/17	M50/3	NOWAK, Robert	Poranny Patrol	Rząska	3:40:53.76 (06:18min/km)	3:41:00.19	+1:10:02.33
19 - M/18	M60/1	BUCZEK, Jerzy	Unlimited Sport 2.0	Kraków	3:43:58.48 (06:23min/km)	3:43:58.48	+1:13:00.62
20 - M/19	M40/9	KOWALEWSKI, Bartosz	Alleluja i do przodu	Kraków	3:44:23.11 (06:24min/km)	3:44:29.11	+1:13:31.25
21 - K/2	K30/2	SIUDA, Magdalena		Libiąż	3:45:07.34 (06:25min/km)	3:45:09.08	+1:14:11.22
22 - M/20	M30/4	KĘDZIAK, Adrian	Rozbiegani	Dąbrowa Górnicza	3:45:16.78 (06:26min/km)	3:45:16.78	+1:14:18.92
23 - M/21	M50/4	MUSZYŃSKI, Maciej	MM Power Koliber Team	Kraków	3:46:43.61 (06:28min/km)	3:46:48.19	+1:15:50.33
24 - M/22	M40/10	HOŁDA, Jerzy	Holdasy	Kraków	3:46:58.30 (06:29min/km)	3:47:02.06	+1:16:04.20

25 - M /23	M20/4	SOWIAR, Maciej			3:52:08.96 (06:37min/km)	3:52:16.99	+1:21:19.13
26 - M /24	M30/5	ZIELIŃSKI, Paweł		Nowy Sącz	3:52:12.18 (06:38min/km)	3:52:34.73	+1:21:36.87
27 - K /3	K40/1	SOWA-LEWANDOWSKA, Katarzyna	UKS Lider Siercza Technikam	Wieliczka	3:56:15.84 (06:45min/km)	3:56:26.62	+1:25:28.76
28 - M /25	M40/11	ZĄBECKI, Przemysław		Tomaszów Mazowiecki	3:56:46.38 (06:45min/km)	3:56:46.38	+1:25:48.52
29 - M /26	M40/12	LISIK, Wojciech	KS WINO		3:56:41.61 (06:45min/km)	3:56:51.58	+1:25:53.72
30 - M /27	M40/13	DOMORADZKI, Łukasz		Krakow	3:57:18.60 (06:46min/km)	3:57:21.41	+1:26:23.55
31 - K /4	K30/3	KLAJA, Kasia			3:57:48.01 (06:47min/km)	3:57:55.31	+1:26:57.45
32 - M /28	M40/14	BUŁAWA, Grzegorz		Gliwice	3:58:03.06 (06:48min/km)	3:58:07.64	+1:27:09.78
33 - M /29	M40/15	KAMIŃSKI, Piotr		Malbork	4:08:55.30 (07:06min/km)	4:08:55.30	+1:37:57.44
34 - M /30	M50/5	ŚWIERCZYŃSKI, Tomasz		Kraków	4:08:57.93 (07:06min/km)	4:09:08.88	+1:38:11.02
35 - M /31	M40/16	SALIK, Stanisław		Wieliczka	4:09:47.88 (07:08min/km)	4:09:47.88	+1:38:50.02
36 - M /32	M40/17	LEWNIOWSKI, Błażej		Wieliczka	4:12:47.64 (07:13min/km)	4:12:56.86	+1:41:59.00
37 - M /33	M60/2	KŁEMBUKOWSKI, Piotr	MM Power Koliber Team	Kraków	4:12:57.18 (07:13min/km)	4:13:06.56	+1:42:08.70
38 - M /34	M60/3	KAMIŃSKI, Krzysztof			4:14:46.12 (07:16min/km)	4:14:58.14	+1:44:00.28
39 - K /5	K40/2	PRAGNAĆA, Milena	Poranny Patrol	Kraków	4:15:56.82 (07:18min/km)	4:16:03.88	+1:45:06.02
40 - M /35	M50/6	WIJAS, Mariusz			4:17:13.49 (07:20min/km)	4:17:22.89	+1:46:25.03
41 - M /36	M40/18	WÓJCIO, Hubert		Szczawnica	4:20:56.38 (07:27min/km)	4:21:08.48	+1:50:10.62
42 - M /37	M30/6	BELICA, Daniel	AŚ Tarnowskie Góry	Zabrze	4:28:48.69 (07:40min/km)	4:28:48.69	+1:57:50.83
43 - M /38	M20/5	DEPTA, Michał			4:50:48.32 (08:18min/km)	4:50:49.84	+2:19:51.98