

Bieg na 6000m - K19-30

#	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1	[20] BUGNO, Marcelina		Skawina	0:30:26.26 (05:04min/km)	0:30:33.12	+0:00:00.00
2	[35] CURYLLO, Paulina		Pietrzejowice	0:34:06.05 (05:41min/km)	0:34:06.61	+0:03:33.49
3	[195] SENDEK, Katarzyna Kinga	Husaria Race Team	Sieradzice	0:35:15.05 (05:52min/km)	0:35:15.05	+0:04:41.93
4	[203] BOJARSKA, Beata	Eskadra Kraków	Kraków	0:36:23.88 (06:03min/km)	0:36:29.45	+0:05:56.33
5	[231] TALOWSKA, Anna		Kraków	0:37:49.54 (06:18min/km)	0:37:51.72	+0:07:18.60
6	[167] PIEGZA, Angelika	SP. Goszcza	Goszcza	0:37:55.24 (06:19min/km)	0:38:04.58	+0:07:31.46
7	[177] PROCHOWNIK, Sylwia		Zdzięstawice	0:38:35.55 (06:25min/km)	0:38:38.63	+0:08:05.51
8	[88] KOIS, Karolina		Kraków	0:38:59.70 (06:29min/km)	0:39:04.37	+0:08:31.25
9	[189] ROŚKOWICZ, Paulina		Kraków	0:39:55.42 (06:39min/km)	0:40:03.82	+0:09:30.70
10	[251] ZASADA, Weronika		Marszowice	0:40:51.61 (06:48min/km)	0:41:01.38	+0:10:28.26
11	[237] WAWRO, Agnieszka	WawroFamily	WawroFamily	0:43:16.22 (07:12min/km)	0:43:32.74	+0:12:59.62
12	[242] WIECZOREK, Katarzyna		Dojazdów	0:45:28.72 (07:34min/km)	0:45:34.38	+0:15:01.26
13	[76] JUSZCZYK, Iwona		Żydów	0:45:46.67 (07:37min/km)	0:45:49.00	+0:15:15.88
14	[153] NOWAK, Joanna		Kocmyrzow	0:45:46.50 (07:37min/km)	0:45:49.00	+0:15:15.88
15	[108] KRZYWORZEKA, Klaudia		Kraków	0:46:37.23 (07:46min/km)	0:46:46.94	+0:16:13.82
16	[40] DRYGAJŁO, Izabela		Baranówka	0:46:44.62 (07:47min/km)	0:47:02.16	+0:16:29.04
17	[79] KAPUSTA, Anna	NIGHT RUNNERS	Kraków	0:47:15.86 (07:52min/km)	0:47:23.27	+0:16:50.15
18	[84] KAWALEC, Natalia		Goszyce	0:48:50.09 (08:08min/km)	0:48:58.76	+0:18:25.64
19	[69] JANUS, Katarzyna			0:48:49.88 (08:08min/km)	0:48:58.78	+0:18:25.66
20	[202] SOŁEK, Ilona			0:49:50.07 (08:18min/km)	0:49:50.07	+0:19:16.95
21	[216] SZARNICKA, Magdalena		Kraków	0:51:11.74 (08:31min/km)	0:51:23.93	+0:20:50.81

Bieg na 6000m - K31-50

#	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1	[104] KRYNICKA-PAŁKA, Monika		Krzyszowice	0:31:40.49 (05:16min/km)	0:31:43.81	+0:00:00.00
2	[62] GULBIŃSKA, Marta		Łuczyce	0:31:58.52 (05:19min/km)	0:32:04.88	+0:00:21.07
3	[249] ZASADA, Joanna		Pietrzejowice	0:33:51.78 (05:38min/km)	0:33:52.56	+0:02:08.75

4	[7]	BARTUŚ, Joanna	G.O.A.T. Team Michałowice	Michałowice	0:34:07.06 (05:41min/km)	0:34:12.45	+0:02:28.64
5	[31]	CHUDZIAK, Agnieszka		Kocmyrzów	0:34:20.12 (05:43min/km)	0:34:21.23	+0:02:37.42
6	[224]	SZNAJDER, Joanna	G.O.A.T. Team Michałowice	Michałowice	0:34:22.76 (05:43min/km)	0:34:28.41	+0:02:44.60
7	[90]	KONEWECKA- HOŁÓJ, Katarzyna	Luborzycza	Luborzycza	0:35:13.78 (05:52min/km)	0:35:13.78	+0:03:29.97
8	[129]	MAŁCZYK, Wioletta		Piętrzejowice	0:35:47.71 (05:57min/km)	0:35:49.16	+0:04:05.35
9	[223]	SZEWCZYK , Monika	BrzyskiTriTeam	Kraków	0:36:33.84 (06:05min/km)	0:36:46.17	+0:05:02.36
10	[68]	JAMRUSZKIEWICZ , Katarzyna	G.O.A.T Team Michałowice	Zdzięstawice	0:37:17.60 (06:12min/km)	0:37:17.60	+0:05:33.79
11	[232]	TOBIASZ, Edyta		Kraków	0:37:53.47 (06:18min/km)	0:37:53.47	+0:06:09.66
12	[215]	SYKAŁA, Teresa		Kocmyrzów	0:38:31.74 (06:25min/km)	0:38:34.99	+0:06:51.18
13	[1]	ANTKOWICZ, Barbara		Kraków	0:38:46.99 (06:27min/km)	0:38:51.11	+0:07:07.30
14	[192]	RUDOL, Renata		Kraków	0:38:56.84 (06:29min/km)	0:38:56.84	+0:07:13.03
15	[220]	SZCZAŁBA, Monika		Kocmyrzów	0:39:14.60 (06:32min/km)	0:39:16.46	+0:07:32.65
16	[45]	DZIUBAŃSKA, Izabela		Kraków	0:39:35.30 (06:35min/km)	0:39:36.49	+0:07:52.68
17	[205]	STASZEK , Anna		Zielonki	0:39:49.82 (06:38min/km)	0:39:55.11	+0:08:11.30
18	[115]	KUŹNIAR, Agnieszka		Pietrzejowice	0:40:02.63 (06:40min/km)	0:40:03.04	+0:08:19.23
19	[145]	MOCHEL, Kinga		Kraków	0:40:02.11 (06:40min/km)	0:40:14.71	+0:08:30.90
20	[218]	SZASTAK, Renata		Proszowice	0:40:24.66 (06:44min/km)	0:40:33.58	+0:08:49.77
21	[89]	KOJARA, Katarzyna		Wiktorowice	0:40:43.56 (06:47min/km)	0:40:57.00	+0:09:13.19
22	[97]	KRAWCZYK, Agnieszka		Kraków	0:41:31.83 (06:55min/km)	0:41:43.24	+0:09:59.43
23	[246]	WNĘTKOWSKA, Anna		Luborzycza	0:41:44.18 (06:57min/km)	0:42:00.82	+0:10:17.01
24	[110]	KUCHAREK, Iwona	Mieszkańcy Wilkowa	Wilków	0:42:09.81 (07:01min/km)	0:42:09.81	+0:10:26.00
25	[28]	CHOMNICKA, Beata		Kraków	0:42:21.35 (07:03min/km)	0:42:31.87	+0:10:48.06
26	[247]	WRÓBLEWSKA-GALARA, Lidia			0:43:41.63 (07:16min/km)	0:43:43.92	+0:12:00.11
27	[116]	KWATERA, Agnieszka		Kocmyrzów	0:44:10.08 (07:21min/km)	0:44:10.08	+0:12:26.27
28	[234]	TUREK, Magdalena		Kraków	0:44:10.14 (07:21min/km)	0:44:10.14	+0:12:26.33
29	[137]	MENTEL, Agnieszka	Mieszkańcy Wilkowa	Wilków biega	0:44:10.56 (07:21min/km)	0:44:10.56	+0:12:26.75
30	[178]	PRYK, Dorota		Czulice	0:44:04.95 (07:20min/km)	0:44:15.15	+0:12:31.34
31	[190]	JAŚLAN, Marta	Z bieganiem mi do twarzy	Baranówka	0:44:15.29 (07:22min/km)	0:44:15.29	+0:12:31.48
32	[254]	ZĄBEK, Marzena		Wysiołek Luborzycki	0:44:11.73 (07:21min/km)	0:44:19.93	+0:12:36.12
33	[96]	KORŻYŃSKA, Renata		Łuczycze	0:44:41.49 (07:26min/km)	0:44:49.50	+0:13:05.69
34	[85]	KĘDZIORA, Wioletta			0:44:59.96 (07:30min/km)	0:45:11.25	+0:13:27.44
35	[93]	KOPCZYŃSKA, Justyna		Luborzycza	0:45:02.15 (07:30min/km)	0:45:13.18	+0:13:29.37
36	[212]	SUDER, Monika	Wilków Biega	Wilków	0:45:22.45 (07:33min/km)	0:45:32.04	+0:13:48.23
37	[176]	POŚNIK, Karolina	Z bieganiem mi do twarzy	Baranówka	0:46:52.13 (07:48min/km)	0:46:54.32	+0:15:10.51

38	[55]	GALARA, Aneta	Mieszkańcy Wilkowa	Mieszkańcy Wilkowa	0:47:12.07 (07:52min/km)	0:47:14.18	+0:15:30.37
39	[160]	WOŹNIAK, Agnieszka		Kraków	0:47:50.67 (07:58min/km)	0:48:03.85	+0:16:20.04
40	[46]	FILAR- MIERZWA, Katarzyna		Kocmyrzów Luborzycza	0:47:55.93 (07:59min/km)	0:48:13.12	+0:16:29.31
41	[235]	UDAŁA, Maja		Kraków	0:48:26.42 (08:04min/km)	0:48:34.52	+0:16:50.71
42	[164]	PAWLAK, Marzena		Kraków	0:48:59.45 (08:09min/km)	0:48:59.45	+0:17:15.64
43	[214]	SUROWKA, Katarzyna	SuraTeam	Wilkow	0:49:17.18 (08:12min/km)	0:49:28.52	+0:17:44.71
44	[10]	BIELACH, Urszula		Kraków	0:49:13.07 (08:12min/km)	0:49:30.21	+0:17:46.40
45	[162]	PAPIER, Aleksandra		Kraków	0:50:17.52 (08:22min/km)	0:50:23.84	+0:18:40.03
46	[255]	ZBROJA, Izabela		Kraków	0:50:09.65 (08:21min/km)	0:50:26.33	+0:18:42.52
47	[101]	KRÓL, Anna		Luborzycza	0:51:58.15 (08:39min/km)	0:52:02.18	+0:20:18.37
48	[222]	SZCZYPKA, Agnieszka	Porozmawiajmy o Zdrowiu	Kraków	1:00:29.30 (10:04min/km)	1:00:43.20	+0:28:59.39
49	[98]	KREJCZA, Barbara		Goszcza	1:07:27.64 (11:14min/km)	1:07:54.12	+0:36:10.31
50	[168]	PIEGZA, Elżbieta	SP.Goszcza	Goszcza	1:08:21.02 (11:23min/km)	1:08:21.02	+0:36:37.21

Bieg na 6000m - K<18

#	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1	[36] CZERWIK, Julia	SKS Kusy Kraków	SKS Kusy Kraków	0:31:54.57 (05:19min/km)	0:31:54.89	+0:00:00.00
2	[73] JUNGIEWICZ, Hanna	SP.Goszcza	Goszcza	0:43:42.95 (07:17min/km)	0:44:06.96	+0:12:12.07
3	[29] CHORAĞWICKA, Aleksandra	SP.Goszcza	Sadowie	0:45:12.80 (07:32min/km)	0:45:32.72	+0:13:37.83
4	[67] HOŁÓJ, Emilia	Luborzycza	Luborzycza	0:47:07.70 (07:51min/km)	0:47:14.18	+0:15:19.29
5	[139] MENDEL, Julia	Mieszkańcy Wilkowa	Wilków	0:47:14.73 (07:52min/km)	0:47:14.73	+0:15:19.84
6	[128] MAŁCZYK, Karolina		Pietrzejowice	0:47:23.47 (07:53min/km)	0:47:24.41	+0:15:29.52
7	[228] ŚLIWA, Zuzanna		Goszcza	0:47:41.03 (07:56min/km)	0:47:41.03	+0:15:46.14
8	[74] JUNGIEWICZ, Justyna	SP.Goszcza	Goszcza	0:52:43.76 (08:47min/km)	0:53:07.69	+0:21:12.80
9	[142] MIKUŁA, Amelia	SP.Goszcza	Goszcza	0:55:13.45 (09:12min/km)	0:55:13.45	+0:23:18.56
10	[169] PIEGZA, Klaudia	SP. Goszcza	Goszcza	0:55:57.74 (09:19min/km)	0:56:19.99	+0:24:25.10
11	[171] PŁONKA, Maja	SP.Goszcza	Marszowice	0:55:58.78 (09:19min/km)	0:56:21.54	+0:24:26.65
12	[66] HOŁDA, Karolina	SP.Goszcza	Marszowice	0:56:44.26 (09:27min/km)	0:57:06.85	+0:25:11.96
13	[107] KRZYWORZEKA, Kinga	SP.Goszcza	Sadowie	0:58:35.25 (09:45min/km)	0:58:58.94	+0:27:04.05
14	[125] MAJ, Justyna		Pietrzejowice	1:00:14.68 (10:02min/km)	1:00:29.56	+0:28:34.67
15	[100] KREJCZA, Milena	SP.Goszcza	Goszcza	1:00:46.63 (10:07min/km)	1:00:46.63	+0:28:51.74
16	[65] HOŁDA, Aleksandra	SP.Goszcza	Marszowice	1:01:09.75 (10:11min/km)	1:01:32.87	+0:29:37.98
17	[131] MARTYNA, Strączek	SP.Goszcza	Goszcza	1:01:50.69 (10:18min/km)	1:02:15.37	+0:30:20.48

18	[166]	PAWLIK, Sandra	SPGoszcza	Goszcza	1:03:25.38 (10:34min/km)	1:03:46.70	+0:31:51.81
19	[27]	CHOMIK, Zuzanna	SPGoszcza	Goszcza	1:06:23.05 (11:03min/km)	1:06:46.89	+0:34:52.00

Bieg na 6000m - K>51

#	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1	[152]	NOWAK, Beata	Kraków	0:39:58.93 (06:39min/km)	0:39:58.93	+0:00:00.00
2	[204]	STANISZEWSKA, Ewa	Biegam Bo Lubię - Kraków	0:49:18.06 (08:13min/km)	0:49:32.49	+0:09:33.56
3	[64]	HALOTA, Izabella	Kraków	1:00:14.89 (10:02min/km)	1:00:30.02	+0:20:31.09
4	[78]	KAMIŃSKA, Joanna	Nicht Runners	1:00:28.74 (10:04min/km)	1:00:42.45	+0:20:43.52

Bieg na 6000m - M19-30

#	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata	
1	[150]	NATKANIEC, Daniel	Kraków	0:24:37.03 (04:06min/km)	0:24:37.03	+0:00:00.00	
2	[127]	MAJEWSKI, Grzegorz	Kraków	0:25:17.13 (04:12min/km)	0:25:17.13	+0:00:40.10	
3	[59]	GORCZYCA, Dariusz	Coding Runner	KRAKÓW	0:25:34.84 (04:15min/km)	0:25:35.30	+0:00:58.27
4	[109]	KRZYŻANOWSKI, Sebastian	Sulechów	0:27:26.72 (04:34min/km)	0:27:30.49	+0:02:53.46	
5	[210]	STRYSZAWSKI, Łukasz	Wysiółek Luborzycki	0:27:47.95 (04:38min/km)	0:27:49.54	+0:03:12.51	
6	[257]	ZIOMEK, Sebastian	HardReset.Info	Kraków	0:28:39.67 (04:46min/km)	0:28:41.80	+0:04:04.77
7	[179]	RADZISZEWSKI, Patryk	Kraków	0:31:46.58 (05:17min/km)	0:31:46.58	+0:07:09.55	
8	[6]	BARTOSZEK, Dawid	Barnówka	0:32:12.76 (05:22min/km)	0:32:15.78	+0:07:38.75	
9	[61]	GRZYWACZ, Piotr	Sprint Gorzyce	Maciejowice	0:33:21.88 (05:33min/km)	0:33:24.69	+0:08:47.66
10	[186]	ROKITA, Adam	Wkurw_team	Biórków Mały	0:34:29.18 (05:44min/km)	0:34:43.92	+0:10:06.89
11	[243]	WILKOSZ, Tomasz	TriTeamK	Kocmyrzów	0:34:42.60 (05:47min/km)	0:34:52.48	+0:10:15.45
12	[172]	PODEDWORSKI, Kamil	Zawsze Wierni Michałowianie	Maszków	0:34:53.55 (05:48min/km)	0:35:00.00	+0:10:22.97
13	[19]	BUGNO, Andrzej	Skawina	0:35:39.66 (05:56min/km)	0:35:50.40	+0:11:13.37	
14	[52]	FRANĀ, Jakub	Raróg Team	Wołowice	0:36:04.04 (06:00min/km)	0:36:08.24	+0:11:31.21
15	[92]	KOPACZ, Bartosz	RING KRAKÓW KICKBOXING	Łuczyce	0:36:42.39 (06:07min/km)	0:36:42.39	+0:12:05.36
16	[122]	ŁĄCZNY, Piotr	Prusy	0:37:49.12 (06:18min/km)	0:37:50.98	+0:13:13.95	
17	[30]	CHORAĞWICKI, Sebastian	SPGoszcza	Sadowie	0:41:32.59 (06:55min/km)	0:41:44.48	+0:17:07.45
18	[151]	NOSEK, Grzegorz	Konfederacja	Kraków	0:42:24.53 (07:04min/km)	0:42:35.31	+0:17:58.28
19	[41]	DRYGAJŁO, Tomasz	Baranówka	0:46:44.97 (07:47min/km)	0:47:02.74	+0:22:25.71	

Bieg na 6000m - M31-50

#	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1	[146] RUDZIŃSKI, Jacek		Kocmyrzów	0:24:21.90 (04:03min/km)	0:24:21.90	+0:00:00.00
2	[72] JESIOŁOWSKI, Michał	brak	Zielonki	0:24:30.17 (04:05min/km)	0:24:31.07	+0:00:09.17
3	[244] WINCENCIAK, Krzysztof	Eskadra Kraków	Dojazdów	0:25:28.82 (04:14min/km)	0:25:29.16	+0:01:07.26
4	[38] DOMAGAŁA, Tomasz		Krakow	0:25:48.82 (04:18min/km)	0:25:48.82	+0:01:26.92
5	[21] KOWALCZYK, Tomasz	16 BPD	Kraków	0:25:51.49 (04:18min/km)	0:25:54.14	+0:01:32.24
6	[230] ŚWIDZIŃSKI, Tomasz	Vege Runners Hajime Kraków	Kraków	0:26:04.66 (04:20min/km)	0:26:05.74	+0:01:43.84
7	[156] OKRAJEK, Zbigniew		Posądz	0:26:55.08 (04:29min/km)	0:26:56.15	+0:02:34.25
8	[199] SIWAK, Ryszard	MOW Krakow	Kraków	0:27:44.91 (04:37min/km)	0:27:47.01	+0:03:25.11
9	[206] STASZEK, Łukasz		Zielonki	0:28:21.37 (04:43min/km)	0:28:21.37	+0:03:59.47
10	[105] KRYNICKI, Maciej	Krynio Team	Kraków	0:28:40.03 (04:46min/km)	0:28:42.72	+0:04:20.82
11	[103] KRÓLIK, Wiesław	Krolik team	Goszcza	0:28:48.03 (04:48min/km)	0:28:54.72	+0:04:32.82
12	[95] KORDAS, Rafał		Kraków	0:29:12.68 (04:52min/km)	0:29:14.25	+0:04:52.35
13	[9] BICZ, Paweł		Kraków	0:29:29.49 (04:54min/km)	0:29:42.08	+0:05:20.18
14	[187] ROSIEK, Józef		Łuczycze	0:30:21.95 (05:03min/km)	0:30:23.47	+0:06:01.57
15	[225] SZNAJDER, Rafał	G.O.A.T. Team Michałowice	Michałowice	0:30:34.81 (05:05min/km)	0:30:38.54	+0:06:16.64
16	[250] ZASADA, Piotr		Pietrzejowice	0:30:42.52 (05:07min/km)	0:30:43.22	+0:06:21.32
17	[118] KWATERA, Przemysław	Daleko jeszcze?	Maciejowice	0:30:41.43 (05:06min/km)	0:30:46.04	+0:06:24.14
18	[111] FRANIEK, Łukasz	ROZBIEGANE DOBCZYCE	Skrzynka	0:30:44.65 (05:07min/km)	0:30:46.38	+0:06:24.48
19	[233] TOMASZ, Bielach		Kraków	0:31:09.60 (05:11min/km)	0:31:09.60	+0:06:47.70
20	[91] KONIK, Jarosław	BBL KRAKÓW	KRAKÓW	0:31:14.72 (05:12min/km)	0:31:29.72	+0:07:07.82
21	[217] SZASTAK, Dominik		Proszowice	0:31:24.93 (05:14min/km)	0:31:33.77	+0:07:11.87
22	[241] WIECZERZAK, Ernest		Głęboka	0:31:23.56 (05:13min/km)	0:31:33.82	+0:07:11.92
23	[114] KURLETO, Kamil	Młode Wilki	Kraków	0:31:35.72 (05:15min/km)	0:31:37.73	+0:07:15.83
24	[63] GULBIŃSKI, Michał		Łuczycze	0:31:42.92 (05:17min/km)	0:31:49.54	+0:07:27.64
25	[161] PAMUŁA, Krystian	SRTG Niepołomice	Niepołomice	0:31:54.84 (05:19min/km)	0:31:58.02	+0:07:36.12
26	[211] STYCZEŃ, Marcin		Wilków	0:32:01.23 (05:20min/km)	0:32:09.43	+0:07:47.53
27	[117] KWATERA, Michał		Kocmyrzów	0:32:25.54 (05:24min/km)	0:32:26.83	+0:08:04.93
28	[253] ZĄBEK, Grzegorz		Wysiołek Luborzycki	0:32:27.83 (05:24min/km)	0:32:35.66	+0:08:13.76
29	[200] SKOCZEŃ, Marcin		Dojazdów	0:32:58.09 (05:29min/km)	0:32:58.91	+0:08:37.01
30	[198] SIKORA, Gregor	80R	Kraków	0:33:05.82 (05:30min/km)	0:33:18.45	+0:08:56.55
31	[174] POPIOŁEK, Paweł			0:33:11.16 (05:31min/km)	0:33:26.32	+0:09:04.42

32	[183]	ROGOZIK, Bogusław		Krzysztoforzyce	0:33:37.18 (05:36min/km)	0:33:37.18	+0:09:15.28
33	[24]	CAGARA, Mariusz	BABB Team	Kraków	0:33:35.13 (05:35min/km)	0:33:42.57	+0:09:20.67
34	[5]	BARTKIEWICZ, Piotr	KOLIBER TEAM	Wilczkowice	0:33:54.89 (05:39min/km)	0:34:01.22	+0:09:39.32
35	[43]	DZIADKOWIEC , Marcin		Kraków	0:34:44.40 (05:47min/km)	0:34:44.40	+0:10:22.50
36	[239]	WCISŁO , Łukasz	Budrol Run	Budrol Run	0:34:43.53 (05:47min/km)	0:34:50.97	+0:10:29.07
37	[14]	BŁĄKAŁA , Damian		Krakow	0:35:00.04 (05:50min/km)	0:35:10.49	+0:10:48.59
38	[53]	FRANĀ, Jarosław	Raróg Team	Wołowice	0:35:09.13 (05:51min/km)	0:35:14.08	+0:10:52.18
39	[240]	WICHEREK, Maciej	ITMBW	ITMBW	0:35:09.20 (05:51min/km)	0:35:16.38	+0:10:54.48
40	[184]	ROGOZIK, Paweł		Kraków	0:35:17.52 (05:52min/km)	0:35:17.77	+0:10:55.87
41	[44]	DZIADOWICZ, Bartosz		Krzysztoforzyce	0:35:45.63 (05:57min/km)	0:35:47.03	+0:11:25.13
42	[47]	FILIPOWSKI, Rafał		Kraków	0:35:50.01 (05:58min/km)	0:35:54.37	+0:11:32.47
43	[113]	KULPIŃSKI, Marcin	Poranny Patrol	Kraków	0:35:57.54 (05:59min/km)	0:36:03.13	+0:11:41.23
44	[175]	POŚNIK, Jan		Kraków	0:36:06.10 (06:01min/km)	0:36:08.70	+0:11:46.80
45	[144]	MITKA, Grzegorz	BBL	Kraków	0:36:16.90 (06:02min/km)	0:36:16.90	+0:11:55.00
46	[71]	JAŚKIEWICZ, Jarosław	STG NIEPOLOMICE	Luborzycza	0:36:13.39 (06:02min/km)	0:36:23.56	+0:12:01.66
47	[133]	MATLUCH, Jacek		Kocmyrzów	0:36:23.07 (06:03min/km)	0:36:28.08	+0:12:06.18
48	[159]	ORDON, Paweł		Kraków	0:37:54.09 (06:19min/km)	0:37:54.09	+0:13:32.19
49	[2]	ANTKOWICZ, Tomasz		Kraków	0:38:00.32 (06:20min/km)	0:38:00.32	+0:13:38.42
50	[123]	MACIEJAS, Marcin		Krakow	0:38:18.54 (06:23min/km)	0:38:27.84	+0:14:05.94
51	[121]	LISTOPAD, Marcin	Lorenz	Kraków	0:38:54.62 (06:29min/km)	0:39:04.64	+0:14:42.74
52	[51]	FRAN, Maciej	Maciejas Franiejas Team	Krakow	0:39:28.98 (06:34min/km)	0:39:33.61	+0:15:11.71
53	[57]	GOLEŃ, Sebastian	ŻEL-BET SG	Baranówka	0:39:40.99 (06:36min/km)	0:39:47.38	+0:15:25.48
54	[16]	BRODOWSKI, Bartosz	BABB Team	Łuczyce	0:41:46.91 (06:57min/km)	0:41:46.91	+0:17:25.01
55	[49]	FILO, Robert		Kocmyrzów	0:42:51.53 (07:08min/km)	0:42:56.45	+0:18:34.55
56	[82]	KASPRZYK, Paweł	Łuczyce team :)	Łuczyce	0:43:26.51 (07:14min/km)	0:43:26.51	+0:19:04.61
57	[80]	KAPUTA, Piotr		Kraków	0:43:53.30 (07:18min/km)	0:44:05.96	+0:19:44.06
58	[138]	MENTEL, Sławomir	Mieszkańcy Wilkowa	Wilków	0:44:21.30 (07:23min/km)	0:44:23.82	+0:20:01.92
59	[188]	ROŚKOWICZ, Dawid	State Street	Kraków	0:45:58.22 (07:39min/km)	0:45:58.22	+0:21:36.32
60	[170]	PIRZAŃSKI, Tomasz		Warszawa	0:46:46.03 (07:47min/km)	0:46:49.92	+0:22:28.02
61	[227]	ŚLIWA, Łukasz		Goszcza	0:47:24.98 (07:54min/km)	0:47:41.30	+0:23:19.40
62	[141]	MIERZWA, Marcin		Kocmyrzów Luborzycza	0:47:50.98 (07:58min/km)	0:48:07.86	+0:23:45.96
63	[99]	KREJCZA, Marcin		Goszcza	0:49:21.56 (08:13min/km)	0:49:21.56	+0:24:59.66
64	[17]	BROWARSKI, Marcin	nowicjusze :)	Kraków	0:50:16.36 (08:22min/km)	0:50:23.67	+0:26:01.77
65	[50]	FIRYDUS, Tomasz		Kraków	0:51:24.51 (08:34min/km)	0:51:36.58	+0:27:14.68

66	[226]	SZWED, Łukasz		Baranówka	0:52:19.60 (08:43min/km)	0:52:32.87	+0:28:10.97
67	[143]	MISIASZEK, Maciej		Kraków	0:58:32.83 (09:45min/km)	0:58:43.59	+0:34:21.69
68	[13]	BILSKI, Robert	SP.Goszcza	Marszowice	1:06:06.86 (11:01min/km)	1:06:32.64	+0:42:10.74
69	[26]	CHOMIK, Jakub	SP.Goszcza	Goszcza	1:06:25.04 (11:04min/km)	1:06:49.18	+0:42:27.28

Bieg na 6000m - M<18

#		Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1	[22]	BURLYTA, Mikołaj	UKS Krakowiak	Kocmyrzów-Luborzycza	0:28:18.39 (04:43min/km)	0:28:18.39	+0:00:00.00
2	[126]	MAJ, Samuel	MOW Krakow	Kraków	0:29:11.82 (04:51min/km)	0:29:14.05	+0:00:55.66
3	[173]	PODEDWORSKI, Wojciech		Kraków	0:30:28.48 (05:04min/km)	0:30:33.01	+0:02:14.62
4	[185]	ROGOZIK, Piotr		Krzysztoforzyce	0:30:46.86 (05:07min/km)	0:30:46.86	+0:02:28.47
5	[8]	BEZAK, Kacper		Kraków	0:31:33.14 (05:15min/km)	0:31:33.14	+0:03:14.75
6	[130]	MAŁCZYK, Wojciech		Piętrzejowice	0:32:06.72 (05:21min/km)	0:32:06.97	+0:03:48.58
7	[163]	PAWLAK, Antoni		Kraków	0:35:33.73 (05:55min/km)	0:35:41.85	+0:07:23.46
8	[75]	JURKOWSKI, Konrad	MOW Krakow	Kraków	0:36:10.85 (06:01min/km)	0:36:13.24	+0:07:54.85
9	[56]	GODULA, Sebastian	MOW Krakow	Kraków	0:37:41.08 (06:16min/km)	0:37:53.21	+0:09:34.82
10	[256]	ZIELIŃSKI, Stanisław	SP.Goszcza	Goszcza	0:37:41.94 (06:16min/km)	0:38:06.81	+0:09:48.42
11	[77]	KACZOR, Kacper		Michałowice	0:38:20.52 (06:23min/km)	0:38:26.15	+0:10:07.76
12	[245]	WITAS, Kacper		Wiktorowice	0:41:38.01 (06:56min/km)	0:41:44.66	+0:13:26.27
13	[54]	GADZINOWSKI, Dawid	SP.Goszcza	Sadowie	0:41:31.69 (06:55min/km)	0:41:57.06	+0:13:38.67
14	[48]	FILO, Kacper		Kocmyrzów	0:42:51.20 (07:08min/km)	0:42:56.68	+0:14:38.29
15	[81]	KASPRZYK, Bartek		Kraków	0:43:12.32 (07:12min/km)	0:43:26.21	+0:15:07.82
16	[209]	STROJNY, Sebastian	MOW Krakow	Kraków	0:43:49.79 (07:18min/km)	0:43:52.38	+0:15:33.99
17	[252]	ZASADZKI, Krzysztof	MOW Krakow	Kraków	0:43:43.70 (07:17min/km)	0:43:55.82	+0:15:37.43
18	[34]	CIEŚLAK, Piotr	SP.Goszcza	Goszcza	0:43:44.94 (07:17min/km)	0:44:03.81	+0:15:45.42
19	[180]	REMISZ, Jakub	MOW Krakow	Kraków	0:46:29.05 (07:44min/km)	0:46:40.77	+0:18:22.38
20	[191]	ROŹKIEWICZ, Szymon	Z bieganiem mi do twarzy	Baranówka	0:46:46.32 (07:47min/km)	0:46:48.50	+0:18:30.11
21	[258]	WOŹNIAK, Mateusz		Kraków	0:47:54.56 (07:59min/km)	0:48:07.74	+0:19:49.35
22	[213]	SUROWKA, Filip	SuraTeam	Wilkow	0:55:47.03 (09:17min/km)	0:55:57.53	+0:27:39.14
23	[106]	KRYVOLANOV, Bogdan	SP.Goszcza	Wilków	0:55:55.48 (09:19min/km)	0:56:20.48	+0:28:02.09
24	[102]	KRÓLIK, Michał	Krolik Team	Goszcza	0:55:59.18 (09:19min/km)	0:56:21.49	+0:28:03.10
25	[136]	MAZUREK, Patryk	SP.Goszcza	Łuczyce	0:56:57.98 (09:29min/km)	0:56:57.98	+0:28:39.59
26	[4]	BANDURA, Krystian	SP.Goszcza	Sadowie	0:56:35.36 (09:25min/km)	0:56:58.24	+0:28:39.85

27	[12]	BILSKI, Mateusz	SP.Goszcza	Marszowice	0:58:21.63 (09:43min/km)	0:58:46.32	+0:30:27.93
28	[11]	BILSKI, Adam	SP.Goszcza	Marszowice	1:01:16.19 (10:12min/km)	1:01:40.25	+0:33:21.86
29	[208]	STRĄCZEK, Bartosz	SP.Goszcza	Goszcza	1:01:48.99 (10:18min/km)	1:02:07.41	+0:33:49.02
30	[83]	KAUFMANN, Bartosz	SP.Goszcza	Goszcza	1:01:53.68 (10:18min/km)	1:02:12.17	+0:33:53.78
31	[155]	OKARMUS, Kajetan	SP.Goszcza	Goszcza	1:02:15.81 (10:22min/km)	1:02:15.81	+0:33:57.42
32	[165]	PAWLIK, Patryk	SP.Goszcza	Goszcza	1:02:48.07 (10:28min/km)	1:03:06.16	+0:34:47.77

Bieg na 6000m - M>51

#	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1	[157] OPRYSZEK, Bogusław	ITMBW Kraków	Kraków	0:25:26.37 (04:14min/km)	0:25:26.86	+0:00:00.00
2	[182] ROGASCH, Stanisław		Kraków	0:29:59.18 (04:59min/km)	0:29:59.18	+0:04:32.32
3	[201] SMOTER, Tadeusz	Eskadra Kraków	Kraków-Nowa Huta	0:31:38.21 (05:16min/km)	0:31:44.63	+0:06:17.77
4	[120] LIS, Jacek	G.O.A.T. Team Michałowice	Kraków	0:33:11.90 (05:31min/km)	0:33:17.12	+0:07:50.26
5	[119] LATAŁA, Jarosław	BBL Kraków	Kraków	0:33:14.39 (05:32min/km)	0:33:18.10	+0:07:51.24
6	[132] MASTALSKI, Leszek	Parkrun Chrzanów	Chrzanów	0:38:24.90 (06:24min/km)	0:38:28.40	+0:13:01.54
7	[221] SZCZYGIEŁ, Marian		Kraków	0:40:13.42 (06:42min/km)	0:40:18.51	+0:14:51.65
8	[94] KORBA, Andrzej		Kraków	0:45:22.78 (07:33min/km)	0:45:32.00	+0:20:05.14
9	[181] REPLIŃSKI, Marek	Parkrun Chrzanów	Trzebinia	0:46:27.79 (07:44min/km)	0:46:27.79	+0:21:00.93
10	[23] BURZYŃSKI, Grzegorz	SP.Goszcza	Goszcza	1:03:22.40 (10:33min/km)	1:03:47.25	+0:38:20.39