

3,7km

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Netto	Czas	Strata
1 - M/1	M20/1	[72] BOROŃ, Dariusz	ASICS FrontRunner Poland	Kraków	0:14:26.80 (03:54min/km)	0:14:27.80	+0:00:00.00
2 - M/2	M30/1	[73] BRZYSKI, Maciej	BrzyskiTriTeam	Kraków	0:14:39.62 (03:57min/km)	0:14:39.89	+0:00:12.09
3 - M/3	M16/1	[153] SZWAJA, Mateusz	UKS Kometa Gliwice	Gliwice	0:14:47.45 (03:59min/km)	0:14:47.68	+0:00:19.88
4 - M/4	M20/2	[2186] PIJANOVSKY, Martin	Chochla Racing Bronowice	Wien	0:15:04.25 (04:04min/km)	0:15:04.47	+0:00:36.67
5 - M/5	M30/2	[120] MIODOŃSKI, Robert		Kraków	0:15:18.59 (04:08min/km)	0:15:18.59	+0:00:50.79
6 - M/6	M16/2	[104] KUCHARCZYK, Jakub	UKS Kometa Gliwice	Gliwice	0:15:21.59 (04:09min/km)	0:15:21.81	+0:00:54.01
7 - M/7	M20/3	[66] BARWA, Wojciech		Spytkowice	0:15:31.80 (04:11min/km)	0:15:32.44	+0:01:04.64
8 - M/8	M20/4	[87] GAJDA, Kamil		Kraków	0:15:33.08 (04:12min/km)	0:15:34.62	+0:01:06.82
9 - M/9	M30/3	[157] TARGOSZ, Michał	ITMBW Kraków	Krakow Roma	0:15:34.83 (04:12min/km)	0:15:34.83	+0:01:07.03
10 - M/10	M20/5	[2180] ŁASKI, Mateusz		Lanckorona	0:16:25.51 (04:26min/km)	0:16:27.17	+0:01:59.37
11 - M/11	M16/3	[2016] BARWA, Jakub		Spytkowice	0:16:28.27 (04:27min/km)	0:16:28.27	+0:02:00.47
12 - M/12	M40/1	[130] PIÓRKOWSKI, Tomek	#AdamCzerwińskiTeam	Wieliczka	0:16:46.08 (04:31min/km)	0:16:47.01	+0:02:19.21
13 - M/13	M30/4	[1013] MOŃ, Bartosz			0:16:47.04 (04:32min/km)	0:16:48.09	+0:02:20.29
14 - M/14	M30/5	[2184] OŹÓG, Mirosław	Skawina Biega	Skawina	0:16:53.75 (04:33min/km)	0:16:54.79	+0:02:26.99
15 - M/15	M16/4	[2189] WOJDYŁA, Dawid	Cracovia	Kraków	0:16:54.14 (04:34min/km)	0:16:56.24	+0:02:28.44
16 - M/16	M13/1	[145] SIENCZYŁO, Jan	Niepołomice Biegają	Niepołomice	0:16:58.95 (04:35min/km)	0:16:59.27	+0:02:31.47
17 - K/1	K13/1	[124] NIESSNER, Pola	WKS Wawel BnO	Kraków	0:17:07.81 (04:37min/km)	0:17:09.44	+0:02:41.64
18 - M/17	M40/2	[70] BŁASZCZAK, Jarosław	Go Aptiv!	Kraków	0:17:10.56 (04:38min/km)	0:17:11.22	+0:02:43.42
19 - K/2	K13/2	[12] WAŚIK, Maja	TriWise	Kraków	0:17:23.46 (04:42min/km)	0:17:24.91	+0:02:57.11
20 - M/18	M13/2	[160] TOWAREK, Michał	UKS Kometa Gliwice	Gliwice	0:17:37.44 (04:45min/km)	0:17:38.91	+0:03:11.11
21 - M/19	M13/3	[142] RYCHLIK, Patryk	Lisy Pustyni	Klucze	0:17:49.51 (04:49min/km)	0:17:50.73	+0:03:22.93
22 - M/20	M13/4	[2015] BARWA, Bartłomiej		Spytkowice	0:17:55.63 (04:50min/km)	0:17:56.13	+0:03:28.33
23 - M/21	M40/3	[152] SZAWUL, Piotr	ITMBW Kraków	KRAKÓW	0:17:56.43 (04:50min/km)	0:17:57.47	+0:03:29.67
24 - M/22	M13/5	[158] TARNAWSKI, Jan	WKS Wawel BnO	Kraków	0:18:07.31 (04:53min/km)	0:18:11.27	+0:03:43.47
25 - M/23	M13/6	[74] BUBLIK, Piotr	WKS Wawel BnO	Kraków	0:18:17.29 (04:56min/km)	0:18:19.93	+0:03:52.13
26 - M/24	M20/6	[151] STUGLIK, Krzysztof		Targanice	0:18:19.50 (04:57min/km)	0:18:22.96	+0:03:55.16
27 - M/25	M13/7	[170] WYPYCH, Hubert	3TRITEAM	Krakow	0:18:21.31 (04:57min/km)	0:18:23.31	+0:03:55.51
28 - M/26	M13/8	[167] WÓJCIK, Paweł	WKS Wawel BnO	Kraków	0:18:25.72 (04:58min/km)	0:18:29.12	+0:04:01.32
29 - M/27	M13/9	[85] FIREK, Grzegorz	2xWK	Kraków	0:18:39.80 (05:02min/km)	0:18:41.41	+0:04:13.61
30 - M/28	M13/10	[116] MARZEC, Maciej		Wieliczka	0:18:48.25 (05:04min/km)	0:18:55.51	+0:04:27.71

31 - K /3	K13/3	[2194]	LAMPARSKA, Maja			0:18:57.81 (05:07min/km)	0:18:59.23	+0:04:31.43
32 - K /4	K20/1	[2021]	GRZESIEK, Anna		Babica	0:19:16.08 (05:12min/km)	0:19:17.74	+0:04:49.94
33 - K /5	K13/4	[89]	GRUSZKA, Dominika	Niepołomice Biegają	Niepołomice	0:19:33.05 (05:17min/km)	0:19:33.36	+0:05:05.56
34 - M /29	M40/4	[148]	SŁOŃSKI , Marek	WKS Wawel BnO	Kraków	0:19:48.13 (05:21min/km)	0:19:50.72	+0:05:22.92
35 - K /6	K13/5	[147]	SŁOŃSKA , Antonina	WKS Wawel BnO	Kraków	0:19:49.69 (05:21min/km)	0:19:53.29	+0:05:25.49
36 - K /7	K13/6	[126]	OLEJNIK, Jaśmina	WKS Wawel BnO	Kraków	0:19:49.96 (05:21min/km)	0:19:53.39	+0:05:25.59
37 - M /30	M13/11	[2192]	PIÓRKOWSKI, Jakub			0:20:08.69 (05:26min/km)	0:20:10.80	+0:05:43.00
38 - M /31	M20/7	[80]	ĆWIECZEK, Łukasz	AZS CMUJ KRAKÓW	Kraków	0:20:17.88 (05:29min/km)	0:20:18.98	+0:05:51.18
39 - K /8	K16/1	[133]	POLEWKA, Aleksandra	UKS Kometa Gliwice	Gliwice	0:20:21.06 (05:30min/km)	0:20:21.06	+0:05:53.26
40 - K /9	K13/7	[69]	BISKUPSKA, Julia	WKS Wawel BnO	KRAKÓW	0:20:27.21 (05:31min/km)	0:20:28.38	+0:06:00.58
41 - K /10	K13/8	[1025]	DANIELAK, Hanna	WKS Wawel	Zielonki	0:20:33.57 (05:33min/km)	0:20:35.55	+0:06:07.75
42 - M /32	M13/12	[2188]	TOKARSKI, Tomasz		KRAKÓW	0:20:38.44 (05:34min/km)	0:20:41.82	+0:06:14.02
43 - K /11	K20/2	[118]	MEŻYK, Aleksandra	#AdamCzerwińskiTeam	Kraków	0:20:47.36 (05:37min/km)	0:20:50.60	+0:06:22.80
44 - M /33	M13/13	[159]	TARNOWSKI, Przemysław	WKS Wawel BnO	Zabierzów	0:20:50.35 (05:37min/km)	0:20:52.92	+0:06:25.12
45 - M /34	M13/14	[161]	TYLIBA, Karol	MIKI	Przegonia	0:20:57.86 (05:39min/km)	0:21:00.40	+0:06:32.60
46 - M /35	M13/15	[103]	KRZYŻAN, Stanisław		Jerzmanowice	0:21:07.65 (05:42min/km)	0:21:09.02	+0:06:41.22
47 - M /36	M13/16	[173]	ZADARNOWSKI, Marek		Kraków	0:21:10.09 (05:43min/km)	0:21:11.01	+0:06:43.21
48 - M /37	M40/5	[67]	BAK , Artur	FC po 40tce	Kraków	0:21:21.49 (05:46min/km)	0:21:26.22	+0:06:58.42
49 - M /38	M13/17	[68]	BAK , Szymon		Kraków	0:21:22.27 (05:46min/km)	0:21:26.65	+0:06:58.85
50 - M /39	M13/18	[150]	STACHURA, Jan	WKS Wawel BnO	Burów	0:22:23.88 (06:03min/km)	0:22:28.86	+0:08:01.06
51 - M /40	M40/6	[83]	DUBIEL, Piotr	2xWK	Kraków	0:22:39.18 (06:07min/km)	0:22:42.72	+0:08:14.92
52 - M /41	M13/19	[96]	KLAKLA, Kacper	KS Kościelec Chrzanów	Chrzanów	0:22:42.60 (06:08min/km)	0:22:48.27	+0:08:20.47
53 - M /42	M40/7	[2196]	WOSZCZYŃSKI, Paweł			0:22:45.08 (06:08min/km)	0:22:50.49	+0:08:22.69
54 - M /43	M13/20	[113]	LUDWIN, Jakub	KS Kościelec Chrzanów	Chrzanów	0:22:48.60 (06:09min/km)	0:22:53.48	+0:08:25.68
55 - K /12	K13/9	[92]	JANAS, Amelia		Kraków	0:23:00.39 (06:13min/km)	0:23:02.29	+0:08:34.49
56 - M /44	M13/21	[84]	FILICIAK, Antoni	CAFFETTIERA	Kraków	0:23:02.38 (06:13min/km)	0:23:08.40	+0:08:40.60
57 - K /13	K13/10	[144]	SIEK, Barbara	WKS Wawel BnO	Kraków	0:23:04.58 (06:14min/km)	0:23:09.62	+0:08:41.82
58 - K /14	K13/11	[71]	BŁYSKOSZ, Magda	WKS Wawel BnO	Kraków	0:23:20.09 (06:18min/km)	0:23:23.48	+0:08:55.68
59 - K /15	K13/12	[91]	HAŁUCHA, Martyna	WKS Wawel BnO	Kraków	0:23:22.18 (06:18min/km)	0:23:25.13	+0:08:57.33
60 - M /45	M16/5	[105]	KUKLA, Bartosz	UKS Kometa Gliwice	Gliwice	0:23:29.89 (06:21min/km)	0:23:31.81	+0:09:04.01
61 - K /16	K40/1	[134]	POLEWKA, Beata	UKS Kometa Gliwice	Gliwice	0:23:30.18 (06:21min/km)	0:23:32.52	+0:09:04.72
62 - M /46	M70/1	[123]	NAZIM, Tadeusz	Skawina Biega	Skawina	0:23:34.30 (06:22min/km)	0:23:40.90	+0:09:13.10
63 - M /47	M40/8	[2018]	DUDA, Wojciech		Kraków	0:23:42.08 (06:24min/km)	0:23:48.30	+0:09:20.50
64 - K /17	K13/13	[141]	RAJCA, Luiza	KS Kościelec Chrzanów	Trzebinia	0:23:41.72 (06:24min/km)	0:23:48.90	+0:09:21.10
65 - K /18	K13/14	[99]	KOCHONĀ, Julia	UKS Kometa Gliwice	Gliwice	0:23:51.11 (06:26min/km)	0:23:52.18	+0:09:24.38
66 - K /19	K40/2	[2193]	CZAPCZYŃSKA, Małgorzata			0:24:28.52 (06:36min/km)	0:24:32.43	+0:10:04.63
67 - K /20	K13/15	[102]	KRZYŻAN, Alina		Jerzmanowice	0:24:44.51 (06:41min/km)	0:24:45.79	+0:10:17.99
68 - M /48	M40/9	[77]	BUŁAWA, Grzegorz	UKS Kometa Gliwice	Gliwice	0:24:44.95 (06:41min/km)	0:24:49.26	+0:10:21.46

69 - K /21	K13/16	[106]	KURTYCZ, Natalka	WKS Wawel BnO	kraków	0:24:50.62 (06:42min/km)	0:24:54.75	+0:10:26.95
70 - M /49	M20/8	[2017]	DRAŻYK, Ryszard		Kraków	0:24:55.76 (06:44min/km)	0:25:02.92	+0:10:35.12
71 - K /22	K40/3	[162]	TYLIBA, Magdalena	MIKI	Przegonia	0:25:07.37 (06:47min/km)	0:25:10.39	+0:10:42.59
72 - M /50	M13/22	[95]	KĘSEK, Bartek	CSK Brzezcie	Brzezcie	0:25:18.72 (06:50min/km)	0:25:24.36	+0:10:56.56
73 - M /51	M20/9	[2182]	MILNER, Tomasz		Kraków	0:25:30.06 (06:53min/km)	0:25:32.12	+0:11:04.32
74 - K /23	K40/4	[138]	PUDEŁEK, Małgorzata	LKS Górzanka Nawojowa Góra		0:25:43.17 (06:57min/km)	0:25:45.21	+0:11:17.41
75 - K /24	K13/17	[137]	PUDEŁEK, Jowita	LKS Górzanka Nawojowa Góra		0:25:43.25 (06:57min/km)	0:25:45.28	+0:11:17.48
76 - M /52	M13/23	[90]	GRZEGORCZYK, Borys	WKS Wawel BnO	Kraków	0:25:44.63 (06:57min/km)	0:25:47.29	+0:11:19.49
77 - K /25	K13/18	[119]	MICHNO, Marta	WKS Wawel BnO	Kraków	0:25:51.30 (06:59min/km)	0:25:54.91	+0:11:27.11
78 - K /26	K13/19	[168]	WRONA, Oliwia	#AdamCzerwińskiTeam	Kraków	0:25:47.18 (06:58min/km)	0:25:59.54	+0:11:31.74
79 - K /27	K13/20	[121]	MOSZKOWICZ, Anna	WKS Wawel BnO	Kraków	0:26:13.41 (07:05min/km)	0:26:15.86	+0:11:48.06
80 - M /53	M40/10	[171]	WYPYCH, Marek	3TRITEAM	Kraków	0:26:18.18 (07:06min/km)	0:26:18.18	+0:11:50.38
81 - K /28	K40/5	[94]	KĘSEK, Anna	CSK Brzezcie	Brzezcie	0:26:21.35 (07:07min/km)	0:26:25.51	+0:11:57.71
82 - K /29	K40/6	[2181]	MAZUR OTRĘBSKA, Anna	MIGA PIGA ŚMIGA	Kraków	0:26:20.87 (07:07min/km)	0:26:26.28	+0:11:58.48
83 - K /30	K40/7	[2020]	FILICIAK, Justyna	CAFFETTIERA	Kraków	0:26:23.26 (07:07min/km)	0:26:29.36	+0:12:01.56
84 - K /31	K13/21	[1014]	PAWŁOWSKA, Anna			0:26:37.31 (07:11min/km)	0:26:39.95	+0:12:12.15
85 - K /32	K40/8	[79]	CZEPIEL, Monika	CSK Brzezcie	Kraków	0:26:39.73 (07:12min/km)	0:26:44.97	+0:12:17.17
86 - K /33	K40/9	[2175]	KRZYWDA, Monika		Kraków	0:26:49.06 (07:14min/km)	0:26:52.23	+0:12:24.43
87 - K /34	K13/22	[2178]	KSIĄŻEK, Janina		Kraków	0:27:26.48 (07:25min/km)	0:27:32.88	+0:13:05.08
88 - M /54	M40/11	[2179]	KSIĄŻEK, Maciej		Kraków	0:27:29.25 (07:25min/km)	0:27:34.11	+0:13:06.31
89 - K /35	K13/23	[2177]	KSIĄŻEK, Alina		Kraków	0:27:27.16 (07:25min/km)	0:27:34.17	+0:13:06.37
90 - M /55	M13/24	[110]	LIGĘZA, Jan	Smashing PApkins	Kraków	0:27:34.59 (07:27min/km)	0:27:36.41	+0:13:08.61
91 - M /56	M60/1	[117]	MASŁYK, Jan	TIMmaslyk	Kraków	0:27:30.24 (07:26min/km)	0:27:37.21	+0:13:09.41
92 - K /36	K13/24	[143]	RYCHŁOWSKA, Julia	KS Kościelec Chrzanów	Chrzanów	0:27:57.55 (07:33min/km)	0:28:03.91	+0:13:36.11
93 - M /57	M30/6	[2197]	RYCHŁOWSKI, Tomasz			0:27:58.03 (07:33min/km)	0:28:04.30	+0:13:36.50
94 - K /37	K13/25	[122]	MOSZKOWICZ, Julia	WKS Wawel BnO	Kraków	0:28:12.34 (07:37min/km)	0:28:15.32	+0:13:47.52
95 - M /58	M40/12	[82]	DEC, Jacek Dec		Kraków	0:28:38.62 (07:44min/km)	0:28:41.21	+0:14:13.41
96 - K /38	K13/26	[75]	BUDZIŃSKA, Julia		Kraków	0:29:11.93 (07:53min/km)	0:29:13.65	+0:14:45.85
97 - K /39	K13/27	[93]	JANAS, Natalia		Kraków	0:29:14.53 (07:54min/km)	0:29:19.37	+0:14:51.57
98 - K /40	K20/3	[2014]	BARWA, Barbara		Spytkowice	0:29:40.22 (08:01min/km)	0:29:44.44	+0:15:16.64
99 - K /41	K16/2	[2013]	BARWA, Anna		Spytkowice	0:29:42.00 (08:01min/km)	0:29:44.53	+0:15:16.73
100 - M /59	M13/25	[86]	FIREK, Jakub	2xWK	Kraków	0:30:12.56 (08:09min/km)	0:30:14.46	+0:15:46.66
101 - K /42	K20/4	[164]	WAĆŁAWSKA, Anita		Trzyciąż	0:31:14.94 (08:26min/km)	0:31:23.94	+0:16:56.14
102 - K /43	K40/10	[165]	WIERZBICKA, Dominika	Goń się!	Kraków	0:31:17.77 (08:27min/km)	0:31:24.33	+0:16:56.53
103 - K /44	K20/5	[2171]	KŁAPA, Patrycja	Decathlon	Kraków	0:31:57.44 (08:38min/km)	0:32:05.38	+0:17:37.58
104 - K /45	K40/11	[136]	POMIERNIA, Elżbieta	Suchary z Sachary	Olkusz	0:32:04.07 (08:40min/km)	0:32:11.67	+0:17:43.87
105 - K /46	K40/12	[163]	URBAŃSKA, Ewa	Suchary z Sahary	Bukowno	0:32:03.42 (08:39min/km)	0:32:11.77	+0:17:43.97
106 - K /47	K16/3	[81]	DANIELAK, Alicja		Zielonki	0:32:57.66 (08:54min/km)	0:33:00.90	+0:18:33.10

107 - K /48	K30/1	[111]	LIRO, Justyna	Liro	Kraków	0:35:26.16 (09:34min/km)	0:35:30.82	+0:21:03.02
108 - K /49	K40/13	[98]	KŁECZEK-WRONA, Ewa	#AdamCzerwińskiTeam	Kraków	0:35:31.20 (09:36min/km)	0:35:40.93	+0:21:13.13
109 - M /60	M40/13	[169]	WRONA, Tymoteusz	#AdamCzerwińskiTeam	Kraków	0:35:30.57 (09:35min/km)	0:35:42.97	+0:21:15.17