



Bieg Nowohucki

Nowa Huta, 2018-09-16 - Wyniki

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1 - M/1	OPEN-M/1	[148] MARMOL, Łukasz	KS JEDNOŚĆ NOWY SĄCZ	Nowy Sącz	(1)0:05:54.56, (2)0:05:28.11,	0:16:24.37 (03:16min/km)	+0:00:00.00
2 - M/2	OPEN-M/2	[315] RĘBILAS, Adam		Nowy Wiśnicz	(1)0:06:01.78, (2)0:05:24.40,	0:16:40.13 (03:20min/km)	+0:00:15.76
3 - K/1	OPEN-K/1	[191] BRONIATOWSKA, Katarzyna		Zielonki	(1)0:05:54.08, (2)0:05:28.32,	0:16:40.61 (03:20min/km)	+0:00:16.24
4 - M/3	OPEN-M/3	[157] STRĘKOWSKI, Paweł	ITMBW Kraków	Kraków	(1)0:05:53.77, (2)0:05:28.98,	0:16:51.76 (03:22min/km)	+0:00:27.39
5 - M/4	M30/1	[278] BRZYSKI, Maciej	BrzyskiTriTeam	Kraków	(1)0:06:03.10, (2)0:05:35.49,	0:17:20.73 (03:28min/km)	+0:00:56.36
6 - M/5	M30/2	[279] CHYŁEK, Wojciech		Kraków	(1)0:05:58.06, (2)0:05:41.99,	0:17:29.78 (03:29min/km)	+0:01:05.41
7 - M/6	M30/3	[178] URBAN, Mirosław	ITMBW Kraków	Kraków	(1)0:06:10.94, (2)0:05:47.42,	0:17:46.74 (03:33min/km)	+0:01:22.37
8 - M/7	M30/4	[158] TOBERA, Łukasz		Sławkowice	(1)0:06:13.92, (2)0:05:41.70,	0:17:51.44 (03:34min/km)	+0:01:27.07
9 - M/8	M30/5	[308] TARGOSZ, Michał	ITMBW Kraków	Kraków	(1)0:06:10.59, (2)0:05:51.46,	0:17:56.44 (03:35min/km)	+0:01:32.07
10 - M/9	M40/1	[183] WIŚNIEWSKI, Tomasz	ITMBW Kraków	Kraków	(1)0:06:12.92, (2)0:05:57.37,	0:17:59.67 (03:35min/km)	+0:01:35.30
11 - M/10	M30/6	[321] MEUS, Marcin	AZSAWF Masters Kraków	KRAKÓW	(1)0:06:20.57, (2)0:05:49.14,	0:17:59.79 (03:35min/km)	+0:01:35.42
12 - M/11	M18/1	[309] MURAN, Adreii	ITMBW Kraków	Kraków	(1)0:06:09.31, (2)0:05:59.68,	0:18:07.53 (03:37min/km)	+0:01:43.16
13 - M/12	M50/1	[175] OPRYSZEK, Bogusław	ITMBW Kraków	Kraków	(1)0:06:33.20, (2)0:06:00.82,	0:18:31.55 (03:42min/km)	+0:02:07.18
14 - M/13	M30/7	[97] KLIMCZAK, Adam	Dzieło Pomocy św. Ojca Pio	Kraków	(1)0:06:33.24, (2)0:06:01.30,	0:18:31.91 (03:42min/km)	+0:02:07.54
15 - M/14	M40/2	[87] MIROŃCZUK, Roman	Drużyna Szpiku	Kraków	(1)0:06:29.08, (2)0:06:08.48,	0:18:39.36 (03:43min/km)	+0:02:14.99
16 - M/15	M18/2	[185] LIZAK, Grzegorz	ITMBW Kraków	Krasne-Lasocice	(1)0:06:42.04, (2)0:06:09.75,	0:18:45.50 (03:45min/km)	+0:02:21.13
17 - M/16	M18/3	[52] LUZAR, Rafał	#AdamCzerwińskiTeam	Małopolskie	(1)0:06:26.28, (2)0:06:11.08,	0:18:55.27 (03:47min/km)	+0:02:30.90

18 - M /17	M30/8	[69]	KANIA, Tomasz		Kraków	(1)0:06:53.57, (2)0:06:14.15,	0:19:02.74 (03:48min/km)	+0:02:38.37
19 - M /18	M40/3	[195]	KOSTRZEWA, Paweł	ITMBW Kraków	Kraków	(1)0:06:44.28, (2)0:06:15.95,	0:19:08.54 (03:49min/km)	+0:02:44.17
20 - M /19	M30/9	[78]	KLAJA, Michał		Kraków	(1)0:06:42.92, (2)0:06:16.86,	0:19:12.38 (03:50min/km)	+0:02:48.01
21 - M /20	M18/4	[64]	MICHALIK, Rafał	Lacho Team	Kraków	(1)0:06:54.20, (2)0:06:13.32,	0:19:12.51 (03:50min/km)	+0:02:48.14
22 - K /2	OPEN-K/2	[145]	NABIELEC, Magdalena	ITMBW Kraków	Kraków	(1)0:06:32.59, (2)0:06:19.17,	0:19:14.97 (03:51min/km)	+0:02:50.60
23 - M /21	M18/5	[132]	KAWA, Łukasz		Kraków	(1)0:06:49.66, (2)0:06:19.68,	0:19:19.07 (03:51min/km)	+0:02:54.70
24 - M /22	M18/6	[1]	ŁABĘDŹ, Artur	ITMBW Kraków	Kraków	(1)0:07:01.34, (2)0:06:08.13,	0:19:20.45 (03:52min/km)	+0:02:56.08
25 - M /23	M18/7	[182]	SUCHANEK, Dominik	ITMBW Kraków	Będzieszyna	(1)0:06:42.23, (2)0:06:25.26,	0:19:26.00 (03:53min/km)	+0:03:01.63
26 - M /24	M30/10	[317]	SAKHUOROST, Andrii	Run Base Kyiv	Kijów	(1)0:06:48.40, (2)0:06:20.03,	0:19:26.55 (03:53min/km)	+0:03:02.18
27 - M /25	M40/4	[289]	STACHURSKI, Michał		Kraków	(1)0:06:50.58, (2)0:06:16.66,	0:19:27.21 (03:53min/km)	+0:03:02.84
28 - M /26	M40/5	[108]	SIWAK, Ryszard		Dziekanowice	(1)0:06:55.85, (2)0:06:15.84,	0:19:35.27 (03:55min/km)	+0:03:10.90
29 - M /27	M30/11	[193]	GĄŁĄZKA, Paweł	ITMBW Kraków	Kraków	(1)0:06:53.91, (2)0:06:18.60,	0:19:36.20 (03:55min/km)	+0:03:11.83
30 - M /28	M18/8	[6]	FRACH, Dominik		Kraków	(1)0:06:41.80, (2)0:06:27.04,	0:19:52.85 (03:58min/km)	+0:03:28.48
31 - M /29	M40/6	[176]	OPYRCHAŁ, Tomasz	ITMBW Kraków	Kraków	(1)0:06:55.79, (2)0:06:34.69,	0:20:00.93 (04:00min/km)	+0:03:36.56
32 - M /30	M40/7	[245]	BŁASZCZAK, Jarosław	Go Aktiv!	Kraków	(1)0:07:01.72, (2)0:06:41.32,	0:20:09.77 (04:01min/km)	+0:03:45.40
33 - M /31	M50/2	[230]	GĄŁĄZKA, Mieczysław	ITMBW Kraków	Kraków	(1)0:06:57.74, (2)0:06:36.57,	0:20:12.31 (04:02min/km)	+0:03:47.94
34 - M /32	M18/9	[50]	BOROWSKI, Robert		Tomaszów Mazowiecki	(1)0:07:23.73, (2)0:06:38.08,	0:20:18.97 (04:03min/km)	+0:03:54.60
35 - M /33	M18/10	[49]	SITNIK, Krystian		Kraków	(1)0:07:09.09, (2)0:06:34.97,	0:20:23.38 (04:04min/km)	+0:03:59.01
36 - M /34	M18/11	[224]	WASSERMANN, Dawid		Kraków	(1)0:07:19.35, (2)0:06:34.62,	0:20:30.40 (04:06min/km)	+0:04:06.03
37 - M /35	M40/8	[319]	PODGÓRSKI, Jerzy	Lacho Team	Kraków	(1)0:07:31.44, (2)0:06:37.80,	0:20:33.81 (04:06min/km)	+0:04:09.44
38 - M /36	M30/12	[146]	BALTAZA, Piotr		Krakow	(1)0:06:45.68,	0:20:35.18 (04:07min/km)	+0:04:10.81

							(2)0:06:56.12,
39 - M /37	M18/12	[302]	TATAR, Bartłomiej	AZSAWF Kraków Masters	KRAKÓW	(1)0:07:03.54, (2)0:06:44.33,	0:20:39.37 (04:07min/km) +0:04:15.00
40 - M /38	M30/13	[67]	WDOWSKI, Łukasz	Alior Running Team	Kraków	(1)0:07:16.96, (2)0:06:39.05,	0:20:42.03 (04:08min/km) +0:04:17.66
41 - M /39	M30/14	[306]	CIAPA, Dariusz		Pozowice	(1)0:06:40.56, (2)0:07:00.27,	0:20:47.84 (04:09min/km) +0:04:23.47
42 - M /40	M40/9	[75]	BAŁUSZYŃSKI, Sławomir	Biegnij Tak Szybko Jakbyś Coś Ukradł :-)	Kraków	(1)0:07:54.32, (2)0:06:39.83,	0:20:57.98 (04:11min/km) +0:04:33.61
43 - M /41	M50/3	[57]	OLIWA, Edward	ITMBW Kraków	Kraków	(1)0:07:22.10, (2)0:06:55.42,	0:21:06.15 (04:13min/km) +0:04:41.78
44 - M /42	M18/13	[265]	ZIĘBA, Grzegorz	ITMBW Kraków	Kraków	(1)0:07:53.97, (2)0:06:49.47,	0:21:07.79 (04:13min/km) +0:04:43.42
45 - M /43	M30/15	[139]	KOZAK, Krzysztof	Nowa Huta Team	Kraków	(1)0:07:16.64, (2)0:07:00.13,	0:21:18.39 (04:15min/km) +0:04:54.02
46 - M /44	M18/14	[17]	GOLARA, Mariusz		Kraków	(1)0:07:17.88, (2)0:07:00.62,	0:21:19.36 (04:15min/km) +0:04:54.99
47 - M /45	M18/15	[147]	KOTWICA, Kacper		Kazimierza Wielka	(1)0:06:41.77, (2)0:07:10.86,	0:21:23.48 (04:16min/km) +0:04:59.11
48 - M /46	M30/16	[276]	SAWICKI, Michał		Łazy	(1)0:07:28.76, (2)0:06:56.80,	0:21:23.50 (04:16min/km) +0:04:59.13
49 - M /47	M18/16	[257]	STEC, Marek		Jabłonka	(1)0:06:38.47, (2)0:07:10.73,	0:21:23.80 (04:16min/km) +0:04:59.43
50 - M /48	M40/10	[23]	SZAWUL, Piotr	ITMBW Kraków	KRAKÓW	(1)0:07:40.22, (2)0:07:00.01,	0:21:24.76 (04:16min/km) +0:05:00.39
51 - M /49	M18/17	[208]	YEHOROW, Yurij	KLUB SPORTOWY LOTNIK OSTRÓW	Ostrów	(1)0:07:21.77, (2)0:07:06.71,	0:21:26.39 (04:17min/km) +0:05:02.02
52 - M /50	M18/18	[207]	GRABSKI, Jakub	KLUB SPORTOWY LOTNIK OSTRÓW	Ostrów	(1)0:07:21.73, (2)0:07:06.98,	0:21:27.78 (04:17min/km) +0:05:03.41
53 - M /51	M18/19	[85]	BOBER, Mateusz	Kompario Team	Skawina	(1)0:07:51.00, (2)0:06:54.52,	0:21:29.39 (04:17min/km) +0:05:05.02
54 - M /52	M40/11	[194]	DZIEDZINIEWICZ, Waldemar	ITMBW Kraków	KRAKÓW	(1)0:07:29.91, (2)0:07:02.46,	0:21:35.67 (04:19min/km) +0:05:11.30
55 - M /53	M18/20	[16]	PATURA, Kamil	JW4495	Kraków	(1)0:07:51.88, (2)0:06:50.41,	0:21:41.83 (04:20min/km) +0:05:17.46
56 - M /54	M30/17	[130]	JASKÓLSKI, Krzysztof		Kraków	(1)0:08:19.17, (2)0:06:50.76,	0:21:42.19 (04:20min/km) +0:05:17.82
57 - M /55	M30/18	[74]	ADAMUS, Patryk		Kraków	(1)0:07:15.73, (2)0:07:12.21,	0:21:42.46 (04:20min/km) +0:05:18.09
58 - M /56	M18/21	[320]	DWORAK, Wojciech	Husaria	Kraków	(1)0:07:25.23, (2)0:07:08.05,	0:21:43.72 (04:20min/km) +0:05:19.35

59 - K /3	OPEN-K/3	[264]	KLAJN, Marlena	ITMBW Kraków	Kraków	(1)0:07:39.34, (2)0:07:07.10,	0:21:44.43 (04:20min/km)	+0:05:20.06
60 - M /57	M30/19	[26]	GRUCA, Dariusz		Kraków	(1)0:07:53.81, (2)0:07:10.05,	0:21:48.59 (04:21min/km)	+0:05:24.22
61 - M /58	M18/22	[111]	MAJ, Samuel	MOW Kraków	Kraków	(1)0:07:14.63, (2)0:07:43.72,	0:21:53.84 (04:22min/km)	+0:05:29.47
62 - K /4	K18/1	[103]	BARTECKA, Weronika		Kraków	(1)0:07:30.40, (2)0:07:09.02,	0:21:57.79 (04:23min/km)	+0:05:33.42
63 - M /59	M40/12	[266]	WILKOSZ, Wojciech	skawina biega	Skawina	(1)0:07:29.36, (2)0:07:14.44,	0:22:01.17 (04:24min/km)	+0:05:36.80
64 - K /5	K18/2	[116]	POLAK, Katarzyna		Brzezie	(1)0:07:32.11, (2)0:07:14.36,	0:22:02.08 (04:24min/km)	+0:05:37.71
65 - M /60	M60/1	[314]	SMOTER, Tadeusz	Eskadra Kraków	Kraków	(1)0:08:02.46, (2)0:07:07.16,	0:22:03.24 (04:24min/km)	+0:05:38.87
66 - K /6	K18/3	[188]	WĘGRZYNOWICZ, Anna	ITMBW Kraków	Libertów	(1)0:07:38.95, (2)0:07:07.44,	0:22:04.54 (04:24min/km)	+0:05:40.17
67 - M /61	M18/23	[109]	GOŁĄBEK, Marcin		Kraków	(1)0:07:26.63, (2)0:07:22.21,	0:22:07.55 (04:25min/km)	+0:05:43.18
68 - M /62	M30/20	[211]	PALECZNY, Kuba	6BPD	Kraków	(1)0:08:16.82, (2)0:07:02.48,	0:22:08.17 (04:25min/km)	+0:05:43.80
69 - M /63	M30/21	[205]	GAWRON, Marek		Brzeszcze	(1)0:07:46.74, (2)0:07:11.07,	0:22:11.23 (04:26min/km)	+0:05:46.86
70 - M /64	M18/24	[216]	KOZIOŁ, Maciej	Koziołki	Kraków	(1)0:07:52.70, (2)0:07:08.38,	0:22:11.89 (04:26min/km)	+0:05:47.52
71 - M /65	M18/25	[56]	SABIK, Antek		Rzeplin	(1)0:07:54.21, (2)0:07:10.15,	0:22:11.93 (04:26min/km)	+0:05:47.56
72 - M /66	M40/13	[47]	KOMENZA, Marcin		Kraków	(1)0:07:28.60, (2)0:07:16.45,	0:22:12.41 (04:26min/km)	+0:05:48.04
73 - M /67	M18/26	[303]	MOGILSKI, Grzegorz		Kraków	(1)0:08:11.81, (2)0:07:15.34,	0:22:19.50 (04:27min/km)	+0:05:55.13
74 - M /68	M18/27	[102]	OBROCHTA, Michał		Kraków	(1)0:07:49.20, (2)0:07:22.91,	0:22:19.57 (04:27min/km)	+0:05:55.20
75 - M /69	M30/22	[301]	TATAR, Krzysztof	AZSAWF Kraków Masters	KRAKÓW	(1)0:20:27.46,	0:22:20.81 (04:28min/km)	+0:05:56.44
76 - M /70	M30/23	[277]	BUDEK, Grzegorz		Łazy	(1)0:07:54.70, (2)0:07:30.74,	0:22:21.94 (04:28min/km)	+0:05:57.57
77 - K /7	K18/4	[220]	ŚWIĘTEK, Dominika		Kraków	(1)0:07:58.22, (2)0:07:05.33,	0:22:30.77 (04:30min/km)	+0:06:06.40
78 - M /71	M50/4	[259]	BIRCZYŃSKI, Paweł		Kraków	(1)0:07:50.56, (2)0:07:13.28,	0:22:30.83 (04:30min/km)	+0:06:06.46
79 - M /72	M40/14	[219]	GROCHAL, Rafał		Kraków	(1)0:08:20.20,	0:22:34.28 (04:30min/km)	+0:06:09.91

						(2)0:07:09.60,
80 - M /73	M30/24	[323]	KUDELSKI, Sławomir	Źródętko	KRAKÓW	(1)0:07:47.93, (2)0:07:27.91, 0:22:36.66 (04:31min/km) +0:06:12.29
81 - M /74	M30/25	[248]	CICHEWICZ, Jakub		Wójcice	(1)0:07:41.63, (2)0:07:15.08, 0:22:39.87 (04:31min/km) +0:06:15.50
82 - K /8	K30/1	[81]	RYŁKO, Agnieszka		Kraków	(1)0:08:01.79, (2)0:07:16.65, 0:22:40.91 (04:32min/km) +0:06:16.54
83 - M /75	M40/15	[221]	BATKO, Grzegorz		Kraków	(1)0:07:59.51, (2)0:07:33.92, 0:22:47.47 (04:33min/km) +0:06:23.10
84 - M /76	M18/28	[126]	CZERNY, Arkadiusz	MOW Kraków	Kraków	(1)0:08:02.38, (2)0:07:24.27, 0:22:48.16 (04:33min/km) +0:06:23.79
85 - M /77	M18/29	[100]	ŻAK, Patryk		Kraków	(1)0:08:22.08, (2)0:07:24.65, 0:22:48.89 (04:33min/km) +0:06:24.52
86 - M /78	M40/16	[184]	MAJ, Mirosław		Dojazdów	(1)0:08:08.35, (2)0:07:21.28, 0:22:49.63 (04:33min/km) +0:06:25.26
87 - M /79	M30/26	[62]	CUDEK, Bartłomiej		Kraków	(1)0:07:50.92, (2)0:07:22.29, 0:22:50.79 (04:34min/km) +0:06:26.42
88 - M /80	M30/27	[268]	KOSTECKI, Bartłomiej		Kraków	(1)0:08:16.39, (2)0:07:09.87, 0:22:52.33 (04:34min/km) +0:06:27.96
89 - M /81	M30/28	[273]	BARAN, Arkadiusz	Husaria Race Team	Bobrowniki Wielkie	(1)0:08:07.43, (2)0:07:16.95, 0:22:53.99 (04:34min/km) +0:06:29.62
90 - M /82	M30/29	[3]	KUTYŁA, Marek		Kraków	(1)0:08:15.03, (2)0:07:19.20, 0:22:59.65 (04:35min/km) +0:06:35.28
91 - M /83	M40/17	[155]	SOWA, Tomasz		Kraków	(1)0:08:03.33, (2)0:07:25.10, 0:23:00.49 (04:36min/km) +0:06:36.12
92 - M /84	M18/30	[240]	ŁACH, Kamil		Czarnochowice	(1)0:07:47.48, (2)0:07:35.46, 0:23:01.08 (04:36min/km) +0:06:36.71
93 - K /9	K18/5	[105]	LUTY, Karolina		Kraków	(1)0:08:00.72, (2)0:07:25.12, 0:23:02.37 (04:36min/km) +0:06:38.00
94 - M /85	M40/18	[234]	JĘDRZEJCZYK, Tomasz	Chyba Nie Dam Rady	Kraków	(1)0:07:43.05, (2)0:07:37.48, 0:23:02.39 (04:36min/km) +0:06:38.02
95 - M /86	M30/30	[251]	HYRC, Rafał		Krakow	(1)0:08:23.84, (2)0:07:24.56, 0:23:05.89 (04:37min/km) +0:06:41.52
96 - M /87	M18/31	[296]	KWIECIEŃ, Mateusz		Katowice	0:23:06.27 (04:37min/km) +0:06:41.90
97 - M /88	M18/32	[37]	MALOVANYI, Viktor	AMM Partners	Kraków	(1)0:08:14.68, (2)0:07:25.16, 0:23:09.76 (04:37min/km) +0:06:45.39
98 - M /89	M30/31	[229]	CZYŻYK, Marcin	ITMBW Kraków	Kraków	(1)0:07:53.23, (2)0:07:38.60, 0:23:11.62 (04:38min/km) +0:06:47.25
99 - M /90	M30/32	[115]	STALMACH, Sławomir		Łąka	(1)0:08:18.11, (2)0:07:33.34, 0:23:14.91 (04:38min/km) +0:06:50.54

100 - M/91	M18/33	[142]	ŻAK, Krystian	Nowohucki Klub Bokserski	Kraków	(1)0:08:29.56, (2)0:07:31.09,	0:23:16.45 (04:39min/km)	+0:06:52.08
101 - K/10	K18/6	[141]	ŻAK, Beata	Nowohucki Klub Bokserski	Kraków	(1)0:08:29.43, (2)0:07:30.06,	0:23:18.53 (04:39min/km)	+0:06:54.16
102 - M/92	M60/2	[267]	RYŚ, Wacław	ZARABIE-biega	Myślenice	(1)0:08:17.96, (2)0:07:42.49,	0:23:19.26 (04:39min/km)	+0:06:54.89
103 - K/11	K18/7	[310]	PUDLYK, Liuba	ITMBW Kraków	Kraków	(1)0:08:03.34, (2)0:07:52.47,	0:23:20.70 (04:40min/km)	+0:06:56.33
104 - M/93	M60/3	[180]	PIĄTEK, Stanisław	ITMBW Kraków	Kraków	(1)0:08:19.43, (2)0:07:39.58,	0:23:21.31 (04:40min/km)	+0:06:56.94
105 - K/12	K40/1	[190]	DZIEDZINIEWICZ, Agnieszka	ITMBW Kraków	Kraków	(1)0:08:08.21, (2)0:07:42.24,	0:23:21.34 (04:40min/km)	+0:06:56.97
106 - M/94	M18/34	[143]	BOGUTA, Maciej		Kraków	(1)0:08:31.42, (2)0:07:40.01,	0:23:32.16 (04:42min/km)	+0:07:07.79
107 - K/13	K18/8	[223]	ZNAJDEK, Martyna		Krakow	(1)0:08:16.98, (2)0:07:35.18,	0:23:33.00 (04:42min/km)	+0:07:08.63
108 - M/95	M18/35	[68]	LEŚNIAK, Jacek		Kraków	(1)0:08:09.98, (2)0:07:45.09,	0:23:33.87 (04:42min/km)	+0:07:09.50
109 - K/14	K40/2	[174]	MIKA-HOFFMANN, Magdalena		Kraków	(1)0:08:10.31, (2)0:07:44.17,	0:23:37.66 (04:43min/km)	+0:07:13.29
110 - M/96	M30/33	[73]	MARZEC, Sebastian		Kraków	(1)0:07:44.04, (2)0:08:07.48,	0:23:42.58 (04:44min/km)	+0:07:18.21
111 - M/97	M30/34	[53]	STRYSZAWSKI, Tomasz		Świątniki Górne	(1)0:08:29.84, (2)0:07:44.82,	0:23:51.49 (04:46min/km)	+0:07:27.12
112 - M/98	M18/36	[242]	KEKLIK, Halil Yasin		Krakow		0:23:51.80 (04:46min/km)	+0:07:27.43
113 - M/99	M18/37	[202]	PORABIK, Patryk		Węgrzce Wielkie	(1)0:08:10.74, (2)0:07:47.32,	0:23:55.95 (04:47min/km)	+0:07:31.58
114 - M/100	M30/35	[138]	PAMUŁA, Krystian		Niepołomice	(1)0:08:34.04, (2)0:07:40.77,	0:24:04.09 (04:48min/km)	+0:07:39.72
115 - M/101	M40/19	[203]	BOGUSZ, Krzysztof		Kraków	(1)0:08:16.85, (2)0:07:48.34,	0:24:06.06 (04:49min/km)	+0:07:41.69
116 - M/102	M18/38	[189]	MELNYK, Oleksiy	MELMED	Kraków	(1)0:08:16.88, (2)0:07:52.75,	0:24:07.25 (04:49min/km)	+0:07:42.88
117 - M/103	M18/39	[177]	GAŁĄZKA, Mateusz	ITMBW Kraków	Kraków	(1)0:08:46.66, (2)0:07:46.82,	0:24:08.83 (04:49min/km)	+0:07:44.46
118 - K/15	K18/9	[198]	WOJTYCA, Kinga	ROZBIEGANE DOBCZYCE	POLANKA	(1)0:08:26.34, (2)0:07:57.11,	0:24:09.59 (04:49min/km)	+0:07:45.22
119 - K/16	K50/1	[93]	STOŚ, Dorota		Krakow	(1)0:08:32.84, (2)0:07:47.67,	0:24:11.57 (04:50min/km)	+0:07:47.20
120 - M/104	M18/40	[262]	DĄBROWSKI, Marcin		Kedzierzyn Kozle	(1)0:08:51.69, (2)0:07:45.69,	0:24:12.58 (04:50min/km)	+0:07:48.21

121 - M/105	M30/36	[71]	MOTŁOCH, Piotr		Kraków	(1)0:08:48.16, (2)0:07:45.25,	0:24:13.23 (04:50min/km)	+0:07:48.86
122 - M/106	M18/41	[260]	KALARUS, Rafał		Kraków	(1)0:08:59.82, (2)0:07:49.74,	0:24:14.95 (04:50min/km)	+0:07:50.58
123 - K/17	K40/3	[144]	BOGUTA, Beata	#AdamCzerwińskiTeam	Kraków	(1)0:08:44.02, (2)0:07:47.67,	0:24:15.02 (04:51min/km)	+0:07:50.65
124 - M/107	M40/20	[326]	PAMUŁA, Wojciech	DreamTeam	KRAKÓW	(1)0:08:44.78, (2)0:07:49.31,	0:24:15.14 (04:51min/km)	+0:07:50.77
125 - M/108	M18/42	[318]	KOKOSIŃSKI, Krzysztof			(1)0:08:20.21, (2)0:08:01.40,	0:24:18.50 (04:51min/km)	+0:07:54.13
126 - M/109	M30/37	[153]	FLOREK, Michał	Wojsko Polskie	Kraków	(1)0:09:31.52, (2)0:07:44.37,	0:24:19.28 (04:51min/km)	+0:07:54.91
127 - M/110	M30/38	[66]	CZARNY, Łukasz	Wkurw_team	Kraków	(1)0:08:00.43, (2)0:07:59.03,	0:24:20.74 (04:52min/km)	+0:07:56.37
128 - M/111	M40/21	[192]	ZAWADA, Andrzej	ITMBW Kraków	Kraków	(1)0:09:09.90, (2)0:07:49.89,	0:24:21.25 (04:52min/km)	+0:07:56.88
129 - M/112	M40/22	[163]	DZIWIREK, Adam	6BPD	Kraków	(1)0:08:47.59, (2)0:07:58.41,	0:24:31.32 (04:54min/km)	+0:08:06.95
130 - M/113	M30/39	[31]	ROMANOWSKI, Łukasz	Husaria Race Team	Kraków	(1)0:07:59.31, (2)0:08:08.38,	0:24:32.35 (04:54min/km)	+0:08:07.98
131 - K/18	K18/10	[166]	ZIÓŁKOWSKA, Paulina	ITMBW Kraków	Kraków	(1)0:08:51.02, (2)0:08:03.14,	0:24:34.43 (04:54min/km)	+0:08:10.06
132 - M/114	M18/43	[86]	ZAJĄC, Łukasz	Kompario Team	Kraków	(1)0:08:11.17, (2)0:08:12.28,	0:24:35.49 (04:55min/km)	+0:08:11.12
133 - M/115	M30/40	[121]	POCIASK, Grzegorz		Dębica	(1)0:08:20.51, (2)0:08:01.40,	0:24:42.78 (04:56min/km)	+0:08:18.41
134 - M/116	M18/44	[214]	ŁABNO, Sylwester		Kraków	(1)0:09:23.09, (2)0:07:56.82,	0:24:43.81 (04:56min/km)	+0:08:19.44
135 - M/117	M18/45	[24]	FILEK, Piotr	Music Runner	Świątniki Górne	(1)0:08:31.41, (2)0:08:41.31,	0:24:49.32 (04:57min/km)	+0:08:24.95
136 - M/118	M30/41	[270]	KASINA, Michał		Wieliczka	(1)0:09:00.25, (2)0:08:12.43,	0:24:55.12 (04:59min/km)	+0:08:30.75
137 - M/119	M40/23	[316]	MALARCZYK, Jerzy	#AdamCzerwińskiTeam	Wieliczka	(1)0:08:46.99, (2)0:07:49.20,	0:25:00.09 (05:00min/km)	+0:08:35.72
138 - M/120	M50/5	[84]	MLEKO, Roman	ITMBW Kraków	Kraków	(1)0:08:53.24, (2)0:08:04.78,	0:25:00.93 (05:00min/km)	+0:08:36.56
139 - M/121	M30/42	[9]	GAJOS, Maciej		Kraków	(1)0:09:04.46, (2)0:08:06.90,	0:25:05.54 (05:01min/km)	+0:08:41.17
140 - M/122	M40/24	[235]	SZCZEPAŃSKI, Marcin	#Zasada Team	Rybna	(1)0:09:21.08, (2)0:07:57.89,	0:25:07.25 (05:01min/km)	+0:08:42.88

141 - K /19	K18/11	[246]	KOKOSZKA, Natalia		Krakow	(1)0:09:26.39, (2)0:07:54.51,	0:25:07.78 (05:01min/km)	+0:08:43.41
142 - M /123	M40/25	[298]	STRZEBONSKI, Janusz		Glogoczow	(1)0:08:38.86, (2)0:08:18.31,	0:25:09.60 (05:01min/km)	+0:08:45.23
143 - K /20	K30/2	[77]	OKRASKA, Elżbieta		Kraków	(1)0:08:15.13, (2)0:08:25.07,	0:25:10.84 (05:02min/km)	+0:08:46.47
144 - M /124	M30/43	[7]	HOSAJA, Konrad		Kraków	(1)0:08:31.44, (2)0:08:12.54,	0:25:15.46 (05:03min/km)	+0:08:51.09
145 - M /125	M30/44	[42]	KACZMARSKI, Tomasz		Kraków	(1)0:08:37.29, (2)0:08:16.72,	0:25:18.29 (05:03min/km)	+0:08:53.92
146 - M /126	M18/46	[292]	BIELATOWICZ, Amadeusz		Dębica	(1)0:09:24.94, (2)0:08:08.99,	0:25:21.71 (05:04min/km)	+0:08:57.34
147 - M /127	M30/45	[25]	BROCZKOWSKI, Adam		Kraków	(1)0:08:07.32, (2)0:08:41.02,	0:25:24.11 (05:04min/km)	+0:08:59.74
148 - M /128	M40/26	[215]	KOZIOŁ, Artur	Koziołki	Kraków	(1)0:09:00.56, (2)0:08:11.04,	0:25:24.92 (05:04min/km)	+0:09:00.55
149 - M /129	M18/47	[140]	PIETRZAK, Jakub		Kraków	(1)0:08:41.60, (2)0:08:14.91,	0:25:31.82 (05:06min/km)	+0:09:07.45
150 - K /21	K18/12	[18]	DYDUCH, Dominika		Chocznia	(1)0:08:32.04, (2)0:08:36.05,	0:25:32.08 (05:06min/km)	+0:09:07.71
151 - M /130	M18/48	[38]	JAWORSKI, Bartosz		Złota	(1)0:08:16.42, (2)0:08:26.11,	0:25:34.93 (05:06min/km)	+0:09:10.56
152 - K /22	K18/13	[40]	KUROWSKA, Alicja		Rzeszotary	(1)0:08:57.07, (2)0:08:18.28,	0:25:35.33 (05:07min/km)	+0:09:10.96
153 - M /131	M30/46	[297]	ZALOTYŃSKI, Jakub		Krakow	(1)0:09:23.42, (2)0:08:03.19,	0:25:39.08 (05:07min/km)	+0:09:14.71
154 - K /23	K18/14	[118]	OLASIK, Monika		Grabica	(1)0:08:51.33, (2)0:08:43.33,	0:25:44.88 (05:08min/km)	+0:09:20.51
155 - M /132	M30/47	[154]	KUBALA, Mariusz		Kraków	(1)0:08:15.29, (2)0:08:51.08,	0:25:47.11 (05:09min/km)	+0:09:22.74
156 - K /24	K18/15	[241]	URBAN, Maria		Krakow	(1)0:08:45.84, (2)0:08:25.01,	0:25:48.79 (05:09min/km)	+0:09:24.42
157 - K /25	K40/4	[325]	GADEK, Agata		KRAKÓW	(1)0:08:34.53, (2)0:08:27.66,	0:25:51.45 (05:10min/km)	+0:09:27.08
158 - K /26	K30/3	[187]	SZARSOŃ, Elwira	ITMBW Kraków	Kraków	(1)0:08:40.57, (2)0:08:29.45,	0:25:55.38 (05:11min/km)	+0:09:31.01
159 - K /27	K30/4	[149]	ROMANEK, Joanna		Zamość	(1)0:09:18.79, (2)0:08:14.33,	0:25:57.83 (05:11min/km)	+0:09:33.46
160 - K /28	K18/16	[169]	KOCON, Katarzyna		Kraków	(1)0:09:19.48, (2)0:08:09.02,	0:25:59.08 (05:11min/km)	+0:09:34.71
161 - M /133	M30/48	[218]	KOSIBA, Tomasz		Kraków	(1)0:10:06.31,	0:25:59.58 (05:11min/km)	+0:09:35.21

						(2)0:08:02.78,		
162 - M/134	M18/49	[172]	PUTIL, Artem		Krakow	(1)0:08:24.94, (2)0:08:31.10,	0:26:02.31 (05:12min/km)	+0:09:37.94
163 - M/135	M30/49	[82]	SZCZYGIEŁ, Dominik		Kraków	(1)0:08:56.99, (2)0:08:43.45,	0:26:07.61 (05:13min/km)	+0:09:43.24
164 - K/29	K18/17	[282]	KALETA, Karolina	Team DORIS Kraków	Kraków	(1)0:09:21.87, (2)0:08:27.31,	0:26:09.37 (05:13min/km)	+0:09:45.00
165 - M/136	M30/50	[72]	MOŹDŹEŃ, Michał		Nowa Huta	(1)0:09:40.84, (2)0:08:12.13,	0:26:10.42 (05:14min/km)	+0:09:46.05
166 - K/30	K18/18	[98]	MORAĞ, Magdalena		Igołomia	(1)0:09:21.71, (2)0:08:28.61,	0:26:17.02 (05:15min/km)	+0:09:52.65
167 - K/31	K18/19	[222]	GAWLIK, Anita	Team DORIS Kraków	Kraków	(1)0:09:44.16, (2)0:08:31.92,	0:26:19.71 (05:15min/km)	+0:09:55.34
168 - M/137	M18/50	[122]	KOŁODZIEJCZYK, Łukasz		Kraków		0:26:20.68 (05:16min/km)	+0:09:56.31
169 - K/32	K18/20	[324]	MAZURKIEWICZ, Joanna	Źródleko	KRAKÓW	(1)0:09:21.63, (2)0:08:37.58,	0:26:25.58 (05:17min/km)	+0:10:01.21
170 - K/33	K30/5	[227]	SERAFIN, Dawid		Kraków	(1)0:09:20.18, (2)0:08:33.21,	0:26:31.08 (05:18min/km)	+0:10:06.71
171 - K/34	K30/6	[51]	BRZEZIŃSKA, Magdalena		Kraków	(1)0:09:11.37, (2)0:08:43.04,	0:26:31.79 (05:18min/km)	+0:10:07.42
172 - M/138	M18/51	[112]	PAWLIK, Adrian	MOW Kraków	Kraków	(1)0:09:26.82, (2)0:08:51.57,	0:26:33.08 (05:18min/km)	+0:10:08.71
173 - M/139	M30/51	[255]	BŁAKAŁA, Damian	Husaria Race Team	Kocmyrzów	(1)0:08:53.95, (2)0:08:55.27,	0:26:40.94 (05:20min/km)	+0:10:16.57
174 - K/35	K30/7	[269]	KISIELICA, Sylwia		Krakow	(1)0:09:27.25, (2)0:08:42.57,	0:26:44.42 (05:20min/km)	+0:10:20.05
175 - K/36	K18/21	[134]	BORODZIUK, Ewa		Kraków	(1)0:09:20.04, (2)0:08:42.56,	0:26:45.81 (05:21min/km)	+0:10:21.44
176 - M/140	M18/52	[133]	KOBYŁECKI, Mateusz		Skarżysko-Kamienna	(1)0:09:19.29, (2)0:08:42.87,	0:26:46.05 (05:21min/km)	+0:10:21.68
177 - M/141	M40/27	[70]	RAJTAR, Janusz		Kraków	(1)0:09:52.05, (2)0:08:31.45,	0:26:48.34 (05:21min/km)	+0:10:23.97
178 - M/142	M18/53	[196]	WALIGÓRA, Jakub		KRAKÓW	(1)0:10:01.83, (2)0:08:18.14,	0:26:49.12 (05:21min/km)	+0:10:24.75
179 - M/143	M30/52	[231]	BIELIK, Radosław	Wkurw_team	Kraków	(1)0:09:53.73, (2)0:08:35.36,	0:26:51.07 (05:22min/km)	+0:10:26.70
180 - M/144	M40/28	[152]	KRZANOWSKI, Maciej		Kraków	(1)0:09:35.57, (2)0:08:32.15,	0:26:52.00 (05:22min/km)	+0:10:27.63
181 - K/37	K50/2	[330]	JENDRYCHOVSKA, Danka	MarasTeam	Presov	(1)0:10:32.18, (2)0:08:29.94,	0:26:58.44 (05:23min/km)	+0:10:34.07

182 - K/38	K40/5	[275]	ŚWIĘTEK, Andrzej		Kraków	(1)0:09:31.97, (2)0:08:48.72,	0:27:01.09 (05:24min/km)	+0:10:36.72
183 - M/145	M30/53	[161]	MAREK, Michał		Krakow	(1)0:09:59.49, (2)0:08:32.37,	0:27:04.77 (05:24min/km)	+0:10:40.40
184 - K/39	K18/22	[322]	OSTAFIN, Paulina	Husaria Race Team	KRAKÓW	(1)0:08:36.96, (2)0:09:18.39,	0:27:04.82 (05:24min/km)	+0:10:40.45
185 - M/146	M30/54	[2]	FILIPEK, Paweł		Kraków	(1)0:09:55.86, (2)0:08:26.92,	0:27:07.08 (05:25min/km)	+0:10:42.71
186 - M/147	M30/55	[79]	WOŹNIAK, Robert		Kraków	(1)0:09:52.45, (2)0:08:44.90,	0:27:08.24 (05:25min/km)	+0:10:43.87
187 - K/40	K18/23	[94]	KAGANEK, Magdalena		Kraków	(1)0:10:01.08, (2)0:08:35.54,	0:27:12.84 (05:26min/km)	+0:10:48.47
188 - K/41	K40/6	[261]	IWAN, Dorota	Team DORIS Kraków	Kraków	(1)0:09:22.77, (2)0:08:56.44,	0:27:16.62 (05:27min/km)	+0:10:52.25
189 - M/148	M30/56	[151]	KUŚ, Robert		Kraków	(1)0:10:05.67, (2)0:08:48.13,	0:27:19.05 (05:27min/km)	+0:10:54.68
190 - M/149	M30/57	[63]	GUZDEK, Dariusz	La Bamba	Kraków	(1)0:09:54.07, (2)0:08:46.28,	0:27:19.74 (05:27min/km)	+0:10:55.37
191 - K/42	K40/7	[43]	TOMALIK, Anna		Oświęcim	(1)0:09:44.98, (2)0:08:42.39,	0:27:20.35 (05:28min/km)	+0:10:55.98
192 - M/150	M40/29	[159]	WOŹNICZKA, Radosław	Józefińska Team	Kraków	(1)0:09:44.32, (2)0:08:37.47,	0:27:21.14 (05:28min/km)	+0:10:56.77
193 - M/151	M40/30	[60]	KASPERCZYK, Tomasz		Kraków	(1)0:09:58.97, (2)0:08:47.25,	0:27:29.11 (05:29min/km)	+0:11:04.74
194 - M/152	M50/6	[274]	GADZIAŁA, Ryszard		Kraków	(1)0:10:50.47, (2)0:08:30.91,	0:27:32.04 (05:30min/km)	+0:11:07.67
195 - M/153	M18/54	[135]	DUDA, Tomasz		Kraków	(1)0:09:49.89, (2)0:08:58.09,	0:27:35.67 (05:31min/km)	+0:11:11.30
196 - K/43	K30/8	[232]	PSZCZOŁA, Joanna	Team DORIS Kraków	Kraków	(1)0:09:46.67, (2)0:09:10.34,	0:27:36.25 (05:31min/km)	+0:11:11.88
197 - K/44	K30/9	[83]	KLIMCZAK, Paulina		Wilczkowice	(1)0:09:49.08, (2)0:09:10.88,	0:27:38.66 (05:31min/km)	+0:11:14.29
198 - K/45	K40/8	[293]	RUDNIK-TULEJ, Beata	Skierunek	Kraków	(1)0:10:32.86, (2)0:08:40.67,	0:27:43.40 (05:32min/km)	+0:11:19.03
199 - K/46	K18/24	[170]	KRUK, Paulina	Night Runners	Kraków	(1)0:09:43.59, (2)0:08:44.90,	0:27:46.09 (05:33min/km)	+0:11:21.72
200 - K/47	K30/10	[117]	SURÓWKA, Katarzyna		Wilków	(1)0:10:22.98, (2)0:08:49.92,	0:27:49.61 (05:33min/km)	+0:11:25.24
201 - K/48	K18/25	[80]	DUŚ, Marta		Kraków	(1)0:09:50.85, (2)0:09:04.52,	0:27:52.49 (05:34min/km)	+0:11:28.12
202 - K/49	K30/11	[283]	DANEL, Magdalena	Need For Speed	Kraków	(1)0:10:22.05,	0:27:52.76 (05:34min/km)	+0:11:28.39

							(2)0:08:55.88,
203 - K /50	K18/26	[281]	MARCINIAK, Aleksandra			Krakow	(1)0:08:09.51, (2)0:10:07.85, 0:27:56.30 (05:35min/km) +0:11:31.93
204 - M /154	M18/55	[294]	TULEJ, Mikołaj	Skierunek		Kraków	(1)0:10:32.87, (2)0:08:43.63, 0:28:01.46 (05:36min/km) +0:11:37.09
205 - K /51	K40/9	[252]	KAPCIA, Dorota			Brzeźnica	(1)0:09:48.83, (2)0:08:53.43, 0:28:02.62 (05:36min/km) +0:11:38.25
206 - M /155	M40/31	[271]	BROŹEK, Dariusz	Husaria Race Team		Zabawa	(1)0:09:44.94, (2)0:09:12.15, 0:28:11.43 (05:38min/km) +0:11:47.06
207 - K /52	K18/27	[55]	SKIBA, Klaudia			Radomyśl Wielki	(1)0:10:23.37, (2)0:08:37.00, 0:28:15.17 (05:39min/km) +0:11:50.80
208 - M /156	M40/32	[249]	SALWACH, Artur			Kraków	(1)0:09:21.46, (2)0:09:43.77, 0:28:18.79 (05:39min/km) +0:11:54.42
209 - K /53	K18/28	[238]	PÓŁTORAK, Aleksandra			Kraków	(1)0:09:51.48, (2)0:09:10.20, 0:28:22.13 (05:40min/km) +0:11:57.76
210 - M /157	M50/7	[328]	MARAS, Ladislav	MarasTeam		Presov	(1)0:10:49.65, (2)0:09:12.68, 0:28:22.26 (05:40min/km) +0:11:57.89
211 - K /54	K30/12	[244]	DOMINIK, Katarzyna	Eskadra Kraków		Kraków	(1)0:10:14.03, (2)0:09:16.18, 0:28:25.79 (05:41min/km) +0:12:01.42
212 - K /55	K50/3	[329]	KRHJNAKOVA, Katarina	MarasTeam		Presov	(1)0:10:50.01, (2)0:09:12.39, 0:28:27.19 (05:41min/km) +0:12:02.82
213 - M /158	M30/58	[237]	KĄDZIELA, Filip			Kraków	(1)0:10:48.12, (2)0:09:21.33, 0:28:33.14 (05:42min/km) +0:12:08.77
214 - K /56	K18/29	[295]	KWIECIEŃ, Magdalena			Katowice	0:28:35.43 (05:43min/km) +0:12:11.06
215 - K /57	K40/10	[201]	KOZIOŁ, Ania	PORANNY PATROL		KRAKÓW	(1)0:10:28.53, (2)0:09:03.01, 0:28:38.49 (05:43min/km) +0:12:14.12
216 - K /58	K30/13	[206]	NOWAK, Lilianna			Kraków	(1)0:10:28.34, (2)0:09:02.90, 0:28:38.70 (05:43min/km) +0:12:14.33
217 - K /59	K40/11	[291]	KASPRZAK, Dominika			Kraków	(1)0:09:17.42, (2)0:09:48.25, 0:28:43.91 (05:44min/km) +0:12:19.54
218 - K /60	K30/14	[28]	JARZYNA, Magdalena			kraków	(1)0:10:20.07, (2)0:09:13.80, 0:28:44.32 (05:44min/km) +0:12:19.95
219 - K /61	K30/15	[27]	CZAPLA, Renata			Kraków	(1)0:10:21.72, (2)0:09:10.94, 0:28:45.87 (05:45min/km) +0:12:21.50
220 - K /62	K40/12	[217]	KOZIOŁ, Ewa	Koziołki		Kraków	(1)0:10:35.36, (2)0:09:18.15, 0:28:48.39 (05:45min/km) +0:12:24.02
221 - K /63	K50/4	[76]	NOWAK, Beata			Kraków	(1)0:10:16.59, (2)0:09:11.28, 0:28:48.62 (05:45min/km) +0:12:24.25
222 - K /64	K30/16	[228]	CIOCHOŃ, Bernadetta			Kraków	(1)0:09:56.95, (2)0:09:41.18, 0:28:49.92 (05:45min/km) +0:12:25.55

223 - K /65	K18/30	[181]	BIERNAT, Magdalena		Żywiec	(1)0:10:23.06, (2)0:09:09.11,	0:28:54.37 (05:46min/km)	+0:12:30.00
224 - M /159	M18/56	[59]	KALINOWSKI, Łukasz		Olsztyn	(1)0:10:23.07, (2)0:09:09.08,	0:28:54.55 (05:46min/km)	+0:12:30.18
225 - M /160	M18/57	[311]	GUŚPIEL, Radosław		Kraków	(1)0:10:44.27, (2)0:11:12.86,	0:28:54.62 (05:46min/km)	+0:12:30.25
226 - M /161	M18/58	[254]	SALA, Andrzej		Kraków	(1)0:10:53.89, (2)0:09:06.91,	0:28:55.28 (05:47min/km)	+0:12:30.91
227 - M /162	M18/59	[12]	WIELGOSZ, Maciej		Kraków	(1)0:09:58.99, (2)0:09:17.30,	0:28:57.37 (05:47min/km)	+0:12:33.00
228 - M /163	M30/59	[247]	KAPUTA, Piotr		Kielce	(1)0:10:38.62, (2)0:09:00.29,	0:28:59.52 (05:47min/km)	+0:12:35.15
229 - K /66	K30/17	[236]	KĄDZIELA, Paulina		Kraków	(1)0:10:49.75, (2)0:09:19.62,	0:29:02.33 (05:48min/km)	+0:12:37.96
230 - K /67	K18/31	[8]	ASSELMAN, Angela		Kraków	(1)0:10:26.83, (2)0:09:36.56,	0:29:03.17 (05:48min/km)	+0:12:38.80
231 - K /68	K40/13	[243]	SKOCZYLAŚ-LIGOCKA, Anna	ITMBW Kraków	OŚWIĘCIM	(1)0:09:31.11, (2)0:09:44.41,	0:29:06.29 (05:49min/km)	+0:12:41.92
232 - M /164	M18/60	[304]	KĘPISTY, Grzegorz	Runthega Untlet	Kraków	(1)0:10:57.09, (2)0:09:27.18,	0:29:09.34 (05:49min/km)	+0:12:44.97
233 - M /165	M18/61	[313]	SKRZYPCZAK, Michał		Kraków	(1)0:10:39.54, (2)0:09:24.88,	0:29:10.86 (05:50min/km)	+0:12:46.49
234 - M /166	M30/60	[305]	KOKOSIŃSKI, Mateusz		Kraków	(1)0:10:52.83, (2)0:09:41.38,	0:29:11.89 (05:50min/km)	+0:12:47.52
235 - K /69	K30/18	[285]	KORDYL, Anna		Kraków	(1)0:11:01.16, (2)0:09:07.02,	0:29:12.55 (05:50min/km)	+0:12:48.18
236 - M /167	M18/62	[113]	MASŁOWSKI, Jakub	MOW Kraków	Kraków	(1)0:09:25.32, (2)0:09:59.32,	0:29:14.77 (05:50min/km)	+0:12:50.40
237 - M /168	M18/63	[110]	GODULA, Sebastian	MOW Kraków	Kraków	(1)0:09:25.93, (2)0:09:58.85,	0:29:15.63 (05:51min/km)	+0:12:51.26
238 - M /169	M18/64	[10]	STUSZEK, Szymon		Kraków	(1)0:10:27.50, (2)0:09:40.33,	0:29:22.16 (05:52min/km)	+0:12:57.79
239 - K /70	K30/19	[156]	ZIÓŁKOWSKA, Magdalena		Kraków	(1)0:10:13.12, (2)0:09:28.66,	0:29:22.67 (05:52min/km)	+0:12:58.30
240 - M /170	M18/65	[19]	SZAFRAŃSKI, Tomasz		Florynka	(1)0:10:38.22, (2)0:09:35.09,	0:29:32.29 (05:54min/km)	+0:13:07.92
241 - K /71	K40/14	[209]	MIZIA, Marta		Kraków	(1)0:10:21.50, (2)0:09:28.65,	0:29:35.05 (05:55min/km)	+0:13:10.68
242 - M /171	M18/66	[263]	ZIELIŃSKI, Łukasz		Kraków	(1)0:09:32.30, (2)0:10:09.88,	0:29:36.16 (05:55min/km)	+0:13:11.79
243 - K /72	K40/15	[136]	DESPET, Lilianna		Kraków	(1)0:10:16.18,	0:29:36.22 (05:55min/km)	+0:13:11.85

						(2)0:09:44.13,
244 - K /73	K18/32	[92]	PEŁKA, Izabella		Kraków	(1)0:11:01.63, (2)0:09:27.42, 0:29:37.57 (05:55min/km) +0:13:13.20
245 - K /74	K18/33	[212]	SKOWRA, Alina		Kraków	(1)0:11:09.67, (2)0:09:25.30, 0:29:37.76 (05:55min/km) +0:13:13.39
246 - K /75	K18/34	[171]	JANIK, Katarzyna		Kraków	(1)0:09:57.93, (2)0:09:27.02, 0:29:42.60 (05:56min/km) +0:13:18.23
247 - M /172	M40/33	[168]	GŁODZIK, Wojciech		Kraków	(1)0:11:02.99, (2)0:10:09.71, 0:29:47.06 (05:57min/km) +0:13:22.69
248 - K /76	K18/35	[164]	SKUBEL, Emilia		Kraków	(1)0:10:31.19, (2)0:09:45.64, 0:29:49.32 (05:57min/km) +0:13:24.95
249 - M /173	M18/67	[95]	NIEDBACH, Marek		Nowe Rybie	(1)0:10:08.90, (2)0:10:02.54, 0:29:50.44 (05:58min/km) +0:13:26.07
250 - K /77	K50/5	[280]	MARCINIAK, Małgorzata	PGB pocztowa grupa biegowa	Kraków	(1)0:11:14.56, (2)0:09:25.81, 0:29:51.56 (05:58min/km) +0:13:27.19
251 - K /78	K30/20	[160]	MAREK, Małgorzata		Krakow	(1)0:11:14.83, (2)0:09:26.44, 0:29:53.24 (05:58min/km) +0:13:28.87
252 - M /174	M40/34	[226]	LEŚKO, Przemysław		Kraków	(1)0:11:12.85, (2)0:09:28.71, 0:29:53.85 (05:58min/km) +0:13:29.48
253 - K /79	K30/21	[65]	KUCAB, Anna		Kraków	(1)0:10:22.65, (2)0:09:34.69, 0:29:57.00 (05:59min/km) +0:13:32.63
254 - M /175	M40/35	[119]	RAMZA, Michał	MPEC S.A. w Krakowie	Kraków	(1)0:10:40.20, (2)0:09:38.53, 0:29:59.70 (05:59min/km) +0:13:35.33
255 - M /176	M18/68	[204]	SARKOWICZ, Wojciech		Zakopane	(1)0:09:52.03, (2)0:10:35.67, 0:30:09.13 (06:01min/km) +0:13:44.76
256 - K /80	K18/36	[4]	STANISŁAWSKA, Sandra		Kraków	(1)0:10:29.06, (2)0:09:59.73, 0:30:10.11 (06:02min/km) +0:13:45.74
257 - K /81	K18/37	[46]	MICHNO, Agata		Kraków	(1)0:10:53.60, (2)0:09:46.28, 0:30:17.00 (06:03min/km) +0:13:52.63
258 - K /82	K30/22	[5]	KACZMARCZYK, Marta		Kraków	(1)0:10:42.51, (2)0:09:47.31, 0:30:23.74 (06:04min/km) +0:13:59.37
259 - K /83	K30/23	[256]	PRZYGODZKA, Anna		Kraków	(1)0:10:19.87, (2)0:09:52.21, 0:30:32.92 (06:06min/km) +0:14:08.55
260 - M /177	M40/36	[327]	BUŚKO, Rafał		KRAKÓW	(1)0:11:06.36, (2)0:10:25.24, 0:30:38.37 (06:07min/km) +0:14:14.00
261 - K /84	K18/38	[167]	GŁODZIK, Justyna		Kraków	(1)0:11:03.05, (2)0:10:09.49, 0:30:39.59 (06:07min/km) +0:14:15.22
262 - M /178	M30/61	[173]	POCIĘGIEL, Grzegorz		Brzeź, gmina Wieliczka	(1)0:09:45.55, (2)0:09:55.76, 0:30:41.83 (06:08min/km) +0:14:17.46
263 - K /85	K30/24	[88]	NOWAK, Izabela		Krakow	(1)0:10:50.81, (2)0:09:42.22, 0:30:42.69 (06:08min/km) +0:14:18.32

264 - K /86	K40/16	[150]	RAŚ, Agnieszka	Husaria Race Team	Kraków	(1)0:10:39.19, (2)0:09:52.27,	0:30:54.69 (06:10min/km)	+0:14:30.32
265 - M /179	M40/37	[22]	MACIEJAS, Daniel	Husaria Race Team	Kraków	(1)0:10:39.28, (2)0:09:52.40,	0:30:54.76 (06:10min/km)	+0:14:30.39
266 - M /180	M18/69	[45]	JARACZ, Krystian	BWG Ekonomic Jasło	Siedliska Żmigrodzkie	(1)0:12:11.27, (2)0:09:16.02,	0:31:14.71 (06:14min/km)	+0:14:50.34
267 - K /87	K30/25	[127]	GAWRON, Beata		Kraków	(1)0:11:29.51, (2)0:09:46.80,	0:31:19.33 (06:15min/km)	+0:14:54.96
268 - K /88	K40/17	[120]	RAMZA, Agnieszka	Fischerpolska	Kraków	(1)0:10:49.65, (2)0:10:02.46,	0:31:24.41 (06:16min/km)	+0:15:00.04
269 - M /181	M30/62	[101]	PYREK, Marek		Laryszów	(1)0:11:33.86, (2)0:10:11.53,	0:31:34.25 (06:18min/km)	+0:15:09.88
270 - K /89	K30/26	[124]	DOMOWICZ, Anna		Jasło	(1)0:10:19.41, (2)0:10:29.96,	0:31:46.41 (06:21min/km)	+0:15:22.04
271 - K /90	K18/39	[200]	WITEK, Beata		Kraków	(1)0:11:19.46, (2)0:10:10.44,	0:31:54.90 (06:22min/km)	+0:15:30.53
272 - K /91	K30/27	[39]	NIEDŹWIEDZKA, Katarzyna		Kraków	(1)0:11:00.95, (2)0:10:23.73,	0:31:57.96 (06:23min/km)	+0:15:33.59
273 - M /182	M30/63	[44]	WASYL, Franciszek		Kroków	(1)0:11:26.28, (2)0:09:50.71,	0:31:58.03 (06:23min/km)	+0:15:33.66
274 - K /92	K40/18	[162]	DZIURZYŃSKA, Ulka	Cross Heroes Ogień!	Kraków	(1)0:10:41.65, (2)0:10:20.55,	0:32:05.84 (06:25min/km)	+0:15:41.47
275 - K /93	K18/40	[89]	WĘSIORA, Monika		Kraków	(1)0:10:58.38, (2)0:10:34.26,	0:32:21.06 (06:28min/km)	+0:15:56.69
276 - K /94	K30/28	[128]	RACHWALIK, Agnieszka		Kraków	(1)0:11:40.87, (2)0:10:26.48,	0:32:46.68 (06:33min/km)	+0:16:22.31
277 - K /95	K18/41	[312]	STRZĘPEK, Mariola		Kraków		0:32:47.40 (06:33min/km)	+0:16:23.03
278 - K /96	K30/29	[299]	PIETRZYK, Dominika		Kraków	(1)0:10:49.88, (2)0:10:26.72,	0:32:51.72 (06:34min/km)	+0:16:27.35
279 - M /183	M18/70	[13]	WIELGOSZ, Bogumił		Kraków	(1)0:10:48.19, (2)0:10:56.89,	0:33:10.34 (06:38min/km)	+0:16:45.97
280 - M /184	M30/64	[239]	GROCHOWINA, Grzegorz		Kraków	(1)0:11:21.70, (2)0:11:02.10,	0:33:12.06 (06:38min/km)	+0:16:47.69
281 - K /97	K40/19	[99]	ŻAK, Natasza		Kraków	(1)0:11:33.25, (2)0:10:51.39,	0:33:28.29 (06:41min/km)	+0:17:03.92
282 - K /98	K18/42	[29]	JANOSKA, Olga		Kraków	(1)0:11:09.54, (2)0:11:05.64,	0:33:28.80 (06:41min/km)	+0:17:04.43
283 - M /185	M30/65	[21]	PAPIERKOWSKI, Daniel		KOSZYCE	(1)0:11:15.87, (2)0:22:20.38,	0:33:36.25 (06:43min/km)	+0:17:11.88
284 - K /99	K30/30	[290]	LITEWKA-KOZAK, Dorota		Kraków	(1)0:11:11.57,	0:33:46.26 (06:45min/km)	+0:17:21.89

						(2)0:11:18.26,
285 - K /100	K40/20	[61]	MATYASIK, Agata		Kraków	(1)0:11:12.47, (2)0:10:50.68, 0:33:47.69 (06:45min/km) +0:17:23.32
286 - K /101	K30/31	[213]	DUDAIEVA, Ekaterina		Krakow	(1)0:11:02.46, (2)0:11:25.38, 0:33:47.91 (06:45min/km) +0:17:23.54
287 - K /102	K18/43	[210]	MOCHOCKA, Anna		Kraków	(1)0:11:20.52, (2)0:11:02.64, 0:33:48.84 (06:45min/km) +0:17:24.47
288 - K /103	K18/44	[33]	KOSTRZEWA, Barbara		Kraków	(1)0:11:20.99, (2)0:11:02.22, 0:33:52.95 (06:46min/km) +0:17:28.58
289 - M /186	M18/71	[286]	WOŹNIAK, Mateusz	PORANNY PATROL	kraków	(1)0:10:40.22, (2)0:11:30.85, 0:34:16.53 (06:51min/km) +0:17:52.16
290 - K /104	K30/32	[96]	PIĄTEK, Elżbieta		Kraków	(1)0:11:25.62, (2)0:10:14.60, 0:34:30.26 (06:54min/km) +0:18:05.89
291 - K /105	K40/21	[123]	JARZĄBEK-WASYL, Dorota		Kraków	(1)0:12:13.55, (2)0:10:47.75, 0:34:38.95 (06:55min/km) +0:18:14.58
292 - M /187	M40/38	[288]	SOLARSKI, Zbigniew		Kraków	(1)0:11:52.58, (2)0:11:08.29, 0:34:53.14 (06:58min/km) +0:18:28.77
293 - K /106	K40/22	[287]	SOLARSKA, Magdalena		Kraków	(1)0:11:52.91, (2)0:11:08.53, 0:34:54.10 (06:58min/km) +0:18:29.73
294 - K /107	K30/33	[20]	JASIELSKA- PAPIERKOWSKA, Anna		KOSZYCE	(1)0:11:36.08, (2)0:11:45.22, 0:35:14.11 (07:02min/km) +0:18:49.74
295 - K /108	K60/1	[131]	KAMIŃSKA, Joanna	Night Runners	Kraków	(1)0:12:15.78, (2)0:11:23.74, 0:35:22.88 (07:04min/km) +0:18:58.51
296 - K /109	K18/45	[35]	DYJAS, Elżbieta		Kraków	(1)0:12:28.29, (2)0:11:57.74, 0:35:28.36 (07:05min/km) +0:19:03.99
297 - M /188	M18/72	[36]	DYJAS, Robert		Kraków	(1)0:12:28.04, (2)0:11:58.39, 0:35:28.59 (07:05min/km) +0:19:04.22
298 - K /110	K40/23	[104]	CYANKIEWICZ, Agnieszka	Kijanki	Kraków	(1)0:12:30.84, (2)0:11:59.32, 0:35:29.08 (07:05min/km) +0:19:04.71
299 - K /111	K30/34	[284]	OSTROWSKA, Dominika		Kraków	(1)0:13:00.60, (2)0:11:40.42, 0:35:40.17 (07:08min/km) +0:19:15.80
300 - M /189	M30/66	[225]	MALCZYŃSKI, Michał		Kraków	(1)0:13:00.25, (2)0:11:40.69, 0:35:40.57 (07:08min/km) +0:19:16.20
301 - K /112	K18/46	[307]	PASIONEK, Magdalena		Kraków	(1)0:11:35.58, (2)0:11:51.15, 0:35:51.23 (07:10min/km) +0:19:26.86
302 - K /113	K40/24	[107]	JANIK, Anna	MK Active Sport	Kraków	(1)0:12:25.10, (2)0:11:53.64, 0:35:54.08 (07:10min/km) +0:19:29.71
303 - K /114	K60/2	[125]	WIERZBICKA-PIĄTEK, Elżbieta		Kraków	(1)0:12:40.99, (2)0:11:29.40, 0:36:00.91 (07:12min/km) +0:19:36.54
304 - K /115	K30/35	[272]	BROŹEK, Magdalena	Ocr Taem Mastergym	Zabawa	(1)0:12:35.22, (2)0:12:19.18, 0:37:13.34 (07:26min/km) +0:20:48.97

305 - M/190	M60/4	[253]	GROCHOWINA, Andrzej		Kraków	(1)0:13:30.61, (2)0:12:50.89,	0:38:51.92 (07:46min/km)	+0:22:27.55
306 - K/116	K50/6	[233]	TRYBUS, Anna		Kraków	(1)0:15:07.49, (2)0:13:43.68,	0:42:31.22 (08:30min/km)	+0:26:06.85
307 - M/191	M18/73	[179]	PARTYKA, Paweł	ITMBW Kraków	Kraków	(1)0:15:08.73, (2)0:13:43.16,	0:42:31.25 (08:30min/km)	+0:26:06.88
	K18	[11]	GŁUSZEK, Marzena		Kraków			
	K40	[14]	KOBRYN, Iwona		Krakow			
	M30	[15]	KĘPA, Marek		Kraków			
	K30	[30]	KOT, Agnieszka		Kraków			
	M18	[32]	WRÓBEL, Jakub		Śledziejowice			
	M18	[34]	MAGIERA, Michał		Nowy Sącz			
	K50	[41]	BUGNO, Ewa		Ropa			
	K60	[48]	MORAWSKA, Anna	Nowohucki Kombinat Sportowy	Kraków			
	M18	[54]	ZAPOROWSKI, Adrian	TriathlonNH	Kraków			
	M18	[58]	SADKOWSKI, Michał		Kraków	(1)0:13:12.40,		
	M18	[90]	MARECIK, Tomasz		Kraków			
	K18	[91]	SZKLANNY, Karolina		Kraków			
	K18	[106]	ŻUREK, Ewelina		Kraków			
	K30	[114]	TUSZYŃSKA, Justyna		Kraków (Kraków-Podgórze)			
	K30	[129]	ZAZIĄBŁ, Marzena		Kraków			
	M18	[137]	LASOTA, Jakub		Krakow			
	M30	[165]	FURMAŃSKI, Jakub		Kraków			
	M18	[186]	NYKLEWICZ, Maciej		Kraków			
	K18	[199]	BIZAŃSKA, Anna		KRAKÓW			
	K18	[258]	JANIK, Joanna		Kraków			
	M30	[300]	JARONIEWSKI, Paweł		Kraków			
	K18	[197]	ORACZEWSKA, Monika		Krakow			
	M18	[250]	MAJ, Maksymilian		Dojazdów			