

3,7km

| # | Kat./Cat. | Nazwisko, imię | Klub | Miasto | Netto | Czas | Strata |
|-----------|-----------|-----------------------------------|--------------------------|-------------|--------------------------|------------|-------------|
| 1 - M/1 | M20/1 | [72] DARIUSZ, Boroń | ASICS FrontRunner Poland | Kraków | 0:13:00.86 (03:31min/km) | 0:13:02.29 | +0:00:00.00 |
| 2 - M/2 | M16/1 | [153] MATEUSZ, Szwaja | UKS Kometa Gliwice | Gliwice | 0:13:35.60 (03:40min/km) | 0:13:35.60 | +0:00:33.31 |
| 3 - M/3 | M20/2 | [2208] MARTIN, Pijanovsky | Chochla Racing Bronowice | Wien | 0:13:42.13 (03:42min/km) | 0:13:44.44 | +0:00:42.15 |
| 4 - M/4 | M30/1 | [73] MACIEJ, Brzyski | BrzyskiTriTeam | Kraków | 0:14:16.03 (03:51min/km) | 0:14:18.12 | +0:01:15.83 |
| 5 - M/5 | M20/3 | [66] WOJCIECH, Barwa | | Spytkowice | 0:14:50.10 (04:00min/km) | 0:14:52.12 | +0:01:49.83 |
| 6 - M/6 | M30/2 | [157] MICHAŁ, Targosz | ITMBW Kraków | Krakow Roma | 0:15:00.29 (04:03min/km) | 0:15:01.04 | +0:01:58.75 |
| 7 - M/7 | M30/3 | [120] ROBERT, Miodoński | | Kraków | 0:15:16.33 (04:07min/km) | 0:15:18.24 | +0:02:15.95 |
| 8 - M/8 | M16/2 | [104] JAKUB, Kucharczyk | UKS Kometa Gliwice | Gliwice | 0:15:57.42 (04:18min/km) | 0:15:57.42 | +0:02:55.13 |
| 9 - M/9 | M40/1 | [70] JAROSŁAW, Błaszczak | Go Aktiv! | Kraków | 0:16:13.88 (04:23min/km) | 0:16:15.63 | +0:03:13.34 |
| 10 - M/10 | M40/2 | [130] TOMEK, Piórkowski | #AdamCzerwińskiTeam | Wieliczka | 0:16:29.81 (04:27min/km) | 0:16:33.85 | +0:03:31.56 |
| 11 - M/11 | M20/4 | [2203] MATEUSZ ŁASKI, Łaski | | Lanckorona | 0:16:36.28 (04:29min/km) | 0:16:41.52 | +0:03:39.23 |
| 12 - M/12 | M13/1 | [145] JAN, Sienczyło | Niepołomice Biegają | Niepołomice | 0:16:48.91 (04:32min/km) | 0:16:50.96 | +0:03:48.67 |
| 13 - M/13 | M30/4 | [114] MARCIN, Markowski | UKS Kometa Gliwice | Gliwice | 0:16:48.00 (04:32min/km) | 0:16:52.45 | +0:03:50.16 |
| 14 - M/14 | M13/2 | [158] JAN, Tarnawski | WKS Wawel BnO | Kraków | 0:16:58.89 (04:35min/km) | 0:17:02.89 | +0:04:00.60 |
| 15 - M/15 | M40/3 | [152] PIOTR, Szawul | ITMBW Kraków | KRAKÓW | 0:17:00.69 (04:35min/km) | 0:17:03.04 | +0:04:00.75 |
| 16 - M/16 | M30/5 | [2228] FIREK, Piotr | | | 0:17:07.95 (04:37min/km) | 0:17:11.28 | +0:04:08.99 |
| 17 - K/1 | K13/1 | [124] POLA, Niessner | WKS Wawel BnO | Kraków | 0:17:20.21 (04:41min/km) | 0:17:22.31 | +0:04:20.02 |
| 18 - K/2 | K13/2 | [12] MAJA, Wąsik | SportWise | Kraków | 0:17:19.75 (04:41min/km) | 0:17:22.71 | +0:04:20.42 |
| 19 - M/17 | M16/3 | [2229] POLONIAK, Adam | | | 0:17:28.62 (04:43min/km) | 0:17:31.54 | +0:04:29.25 |
| 20 - M/18 | M13/3 | [100] BARTŁOMIEJ, Kołodziejczyk | UKS Kometa Gliwice | Gliwice | 0:17:24.78 (04:42min/km) | 0:17:31.72 | +0:04:29.43 |
| 21 - M/19 | M13/4 | [142] PATRYK, Rychlik | Lisy Pustyni | Klucze | 0:17:47.76 (04:48min/km) | 0:17:50.33 | +0:04:48.04 |
| 22 - M/20 | M30/6 | [2207] MIROŚŁAW, Oźóg | Skawina Biega | Skawina | 0:17:53.35 (04:50min/km) | 0:17:56.43 | +0:04:54.14 |
| 23 - K/3 | K13/3 | [108] MATYLDA, Leśniak | UKS Kometa Gliwice | Gliwice | 0:17:58.11 (04:51min/km) | 0:18:02.01 | +0:04:59.72 |
| 24 - M/21 | M40/4 | [2214] SIWAK, Ryszard | | | 0:18:03.27 (04:52min/km) | 0:18:06.59 | +0:05:04.30 |
| 25 - M/22 | M20/5 | [2205] PAWEŁ, Motak | | Kraków | 0:18:16.34 (04:56min/km) | 0:18:20.68 | +0:05:18.39 |
| 26 - M/23 | M13/5 | [2220] CZERNIKIEWICZ, Maksymilian | | | 0:18:20.57 (04:57min/km) | 0:18:25.26 | +0:05:22.97 |
| 27 - M/24 | M16/4 | [2215] STAŃCZAK, Emmanuel | | | 0:18:21.10 (04:57min/km) | 0:18:25.72 | +0:05:23.43 |
| 28 - M/25 | M13/6 | [85] GRZEGORZ, Firek | 2xWK | Kraków | 0:18:28.09 (04:59min/km) | 0:18:33.61 | +0:05:31.32 |
| 29 - K/4 | K13/4 | [89] DOMINIKA, Gruszka | Niepołomice Biegają | Niepołomice | 0:18:28.61 (04:59min/km) | 0:18:34.04 | +0:05:31.75 |
| 30 - M/26 | M20/6 | [151] KRZYSZTOF, Stuglik | | Targanice | 0:18:30.67 (05:00min/km) | 0:18:36.39 | +0:05:34.10 |

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|------------|--------|--------|--|---------------------------|--------------|--------------------------|------------|-------------|
| 31 - M /27 | M13/7 | [170] | HUBERT, Wypych | 3TRITEAM | Krakow | 0:18:43.39 (05:03min/km) | 0:18:47.58 | +0:05:45.29 |
| 32 - M /28 | M13/8 | [2223] | PIOTR, Bublik | WKS Wawel BnO | Kraków | 0:19:01.05 (05:08min/km) | 0:19:04.26 | +0:06:01.97 |
| 33 - M /29 | M13/9 | [146] | WOJCIECH, Skowron | UKS Kometa Gliwice | Gliwice | 0:19:02.18 (05:08min/km) | 0:19:06.38 | +0:06:04.09 |
| 34 - K /5 | K16/1 | [133] | ALEKSANDRA, Polewka | UKS Kometa Gliwice | Gliwice | 0:19:05.61 (05:09min/km) | 0:19:09.03 | +0:06:06.74 |
| 35 - M /30 | M13/10 | [161] | KAROL, Tyliba | MIKI | Przegonia | 0:18:54.91 (05:06min/km) | 0:19:14.11 | +0:06:11.82 |
| 36 - M /31 | M40/5 | [148] | MAREK, Słoiński | WKS Wawel BnO | Kraków | 0:19:11.80 (05:11min/km) | 0:19:16.69 | +0:06:14.40 |
| 37 - M /32 | M13/11 | [328] | PIOTR, Stasikowski | TriWise | Kraków | 0:19:28.95 (05:15min/km) | 0:19:34.65 | +0:06:32.36 |
| 38 - M /33 | M13/12 | [167] | PAWEŁ, Wójcik | WKS Wawel BnO | Kraków | 0:19:32.18 (05:16min/km) | 0:19:34.92 | +0:06:32.63 |
| 39 - K /6 | K30/1 | [2222] | RYŁKO , Agnieszka | I Ty Możesz Być Wielki | Kraków | 0:19:32.89 (05:17min/km) | 0:19:36.69 | +0:06:34.40 |
| 40 - K /7 | K30/2 | [1022] | AGNIESZKA, Nazim | Skawina Biega | Skawina | 0:19:36.28 (05:17min/km) | 0:19:41.86 | +0:06:39.57 |
| 41 - K /8 | K16/2 | [2230] | BIAŁOŃSKA, Kinga | | | 0:19:44.22 (05:20min/km) | 0:19:47.04 | +0:06:44.75 |
| 42 - M /34 | M20/7 | [80] | ŁUKASZ, Ćwięczek | AZS CMUJ KRAKÓW | Kraków | 0:19:39.78 (05:18min/km) | 0:19:48.82 | +0:06:46.53 |
| 43 - M /35 | M40/6 | [169] | TYMOTEUSZ, Wrona | #AdamCzerwińskiTeam | Kraków | 0:19:45.92 (05:20min/km) | 0:19:53.88 | +0:06:51.59 |
| 44 - K /9 | K13/5 | [107] | MAJA, Lamparska | WKS Wawel BnO | Kraków | 0:19:53.91 (05:22min/km) | 0:19:56.33 | +0:06:54.04 |
| 45 - M /36 | M40/7 | [155] | MARCIN, Tarasiewicz | Forex Bad Boys | Kraków | 0:19:52.72 (05:22min/km) | 0:19:57.97 | +0:06:55.68 |
| 46 - K /10 | K20/1 | [2212] | ADRIANNA, Glegoła | AZS UJ | Kraków | 0:19:55.45 (05:23min/km) | 0:20:01.84 | +0:06:59.55 |
| 47 - M /37 | M16/5 | [2231] | LENART, Robert | | | 0:20:04.49 (05:25min/km) | 0:20:04.49 | +0:07:02.20 |
| 48 - M /38 | M40/8 | [1026] | PAWEŁ, Woszczyński | remus biega | Kraków | 0:20:17.37 (05:29min/km) | 0:20:25.43 | +0:07:23.14 |
| 49 - K /11 | K30/3 | [2198] | EWELINA, Herda | G.O.A.T Team Michałowice | Masłomiąca | 0:20:16.97 (05:28min/km) | 0:20:26.99 | +0:07:24.70 |
| 50 - K /12 | K16/3 | [132] | KINGA, Pogoda | UKS Kometa Gliwice | Gliwice | 0:20:39.79 (05:35min/km) | 0:20:43.11 | +0:07:40.82 |
| 51 - M /39 | M13/13 | [103] | STANISŁAW, Krzyżan | | Jerzmanowice | 0:20:51.85 (05:38min/km) | 0:20:54.09 | +0:07:51.80 |
| 52 - M /40 | M16/6 | [105] | BARTOSZ, Kukła | UKS Kometa Gliwice | Gliwice | 0:20:50.71 (05:38min/km) | 0:20:57.38 | +0:07:55.09 |
| 53 - M /41 | M16/7 | [2219] | WARŻEL, Kamil | | | 0:20:55.90 (05:39min/km) | 0:20:59.67 | +0:07:57.38 |
| 54 - M /42 | M13/14 | [68] | SZYMON, Bąk | | Kraków | 0:21:05.55 (05:42min/km) | 0:21:10.34 | +0:08:08.05 |
| 55 - M /43 | M40/9 | [67] | ARTUR, Bąk | FC po 40tce | Kraków | 0:21:05.22 (05:41min/km) | 0:21:10.49 | +0:08:08.20 |
| 56 - M /44 | M40/10 | [83] | PIOTR, Dubiel | 2xWK | Kraków | 0:21:39.37 (05:51min/km) | 0:21:50.12 | +0:08:47.83 |
| 57 - M /45 | M40/11 | [77] | GRZEGORZ, Buława | UKS Kometa Gliwice | Gliwice | 0:21:48.04 (05:53min/km) | 0:21:52.75 | +0:08:50.46 |
| 58 - M /46 | M13/15 | [173] | MAREK, Zadarnowski | | Kraków | 0:21:52.02 (05:54min/km) | 0:21:54.32 | +0:08:52.03 |
| 59 - M /47 | M13/16 | [2202] | MATEUSZ, Król | ap proszowianka | Proszowice | 0:21:50.44 (05:54min/km) | 0:21:55.40 | +0:08:53.11 |
| 60 - K /13 | K13/6 | [126] | JAŚMINA, Olejnik | WKS Wawel BnO | Kraków | 0:21:54.70 (05:55min/km) | 0:21:58.81 | +0:08:56.52 |
| 61 - K /14 | K13/7 | [2225] | SŁOŃSKA, Antonina | | | 0:21:55.90 (05:55min/km) | 0:21:59.58 | +0:08:57.29 |
| 62 - M /48 | M13/17 | [2200] | WIKTOR, Jaraczewski | | PROSZOWICE | 0:22:19.09 (06:01min/km) | 0:22:24.15 | +0:09:21.86 |
| 63 - M /49 | M40/12 | [171] | MAREK, Wypych | 3TRITEAM | Kraków | 0:22:20.40 (06:02min/km) | 0:22:28.02 | +0:09:25.73 |
| 64 - K /15 | K30/4 | [2199] | KATARZYNA JAMRUSZKIEWICZ, Jamruszkiewicz | G.O.A.T. Team Michałowice | Zdzięstawice | 0:22:18.92 (06:01min/km) | 0:22:29.21 | +0:09:26.92 |
| 65 - M /50 | M13/18 | [150] | JAN, Stachura | WKS Wawel BnO | Burów | 0:22:34.46 (06:06min/km) | 0:22:45.46 | +0:09:43.17 |
| 66 - K /16 | K40/1 | [1018] | MAŁGORZATA, Czapczyńska | Niepołomice Biegają | Niepołomice | 0:22:47.31 (06:09min/km) | 0:22:52.17 | +0:09:49.88 |
| 67 - M /51 | M13/19 | [2217] | REMISZ, Jakub | | | 0:22:52.70 (06:11min/km) | 0:22:57.94 | +0:09:55.65 |
| 68 - M /52 | M40/13 | [2183] | WOJCIECH, Duda | Skawina Biega | Kraków | 0:22:54.92 (06:11min/km) | 0:23:01.69 | +0:09:59.40 |

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|-------------|--------|--------|---|------------------------------|----------------|--------------------------|------------|-------------|
| 69 - K /17 | K40/2 | [134] | BEATA, Polewka | UKS Kometa Gliwice | Gliwice | 0:23:07.42 (06:14min/km) | 0:23:10.90 | +0:10:08.61 |
| 70 - K /18 | K13/8 | [92] | AMELIA, Janas | | Kraków | 0:23:08.47 (06:15min/km) | 0:23:11.79 | +0:10:09.50 |
| 71 - M /53 | M20/8 | [2204] | MATEUSZ, Łata | Altkom Software & Consulting | Kraków | 0:23:00.96 (06:13min/km) | 0:23:12.93 | +0:10:10.64 |
| 72 - K /19 | K13/9 | [71] | MAGDA, Błyszosz | WKS Wawel BnO | Kraków | 0:23:14.14 (06:16min/km) | 0:23:17.35 | +0:10:15.06 |
| 73 - K /20 | K13/10 | [69] | JULIA, Biskupska | WKS Wawel BnO | KRAKÓW | 0:23:21.12 (06:18min/km) | 0:23:21.12 | +0:10:18.83 |
| 74 - K /21 | K13/11 | [137] | JOWITA, Pudetek | LKS Górzanka Nawojowa Góra | | 0:23:30.42 (06:21min/km) | 0:23:33.34 | +0:10:31.05 |
| 75 - M /54 | M70/1 | [123] | TADEUSZ, Nazim | Skawina Biega | Skawina | 0:23:32.18 (06:21min/km) | 0:23:44.75 | +0:10:42.46 |
| 76 - M /55 | M20/9 | [2209] | RAFAŁ, Poręba | Altkom Software & Consulting | Kraków | 0:23:34.76 (06:22min/km) | 0:23:47.15 | +0:10:44.86 |
| 77 - M /56 | M13/20 | [1028] | PIÓRKOWSKI, Jakub | | | 0:23:44.35 (06:24min/km) | 0:23:48.05 | +0:10:45.76 |
| 78 - K /22 | K13/12 | [106] | NATALKA, Kurtycz | WKS Wawel BnO | kraków | 0:23:45.65 (06:25min/km) | 0:23:48.64 | +0:10:46.35 |
| 79 - M /57 | M13/21 | [95] | BARTEK, Kęsek | CSK Brzezcie | Brzezcie | 0:23:41.96 (06:24min/km) | 0:23:50.03 | +0:10:47.74 |
| 80 - K /23 | K13/13 | [141] | LUIZA, Rajca | KS Kościelec Chrzanów | Trzebinia | 0:23:47.01 (06:25min/km) | 0:23:57.23 | +0:10:54.94 |
| 81 - K /24 | K20/2 | [2213] | JARGIEŁO, Urszula | | | 0:23:56.74 (06:28min/km) | 0:24:02.53 | +0:11:00.24 |
| 82 - K /25 | K40/3 | [94] | ANNA, Kęsek | CSK Brzezcie | Brzezcie | 0:24:09.98 (06:31min/km) | 0:24:18.50 | +0:11:16.21 |
| 83 - K /26 | K40/4 | [79] | MONIKA, Czepiel | CSK Brzezcie | Kraków | 0:24:19.97 (06:34min/km) | 0:24:27.98 | +0:11:25.69 |
| 84 - K /27 | K40/5 | [162] | MAGDALENA, Tyliba | MIKI | Przegonia | 0:24:18.29 (06:34min/km) | 0:24:37.38 | +0:11:35.09 |
| 85 - M /58 | M13/22 | [90] | BORYS, Grzegorzcyk | WKS Wawel BnO | Kraków | 0:24:33.07 (06:38min/km) | 0:24:41.91 | +0:11:39.62 |
| 86 - K /28 | K40/6 | [1020] | ANNA MAZUR - OTRĘBSKA, Mazur - Otrębska | MIGA PIGA ŚMIGA | Kraków | 0:24:55.03 (06:44min/km) | 0:25:00.57 | +0:11:58.28 |
| 87 - M /59 | M60/1 | [117] | JAN, Masłyk | TIMmasłyk | Kraków | 0:25:33.63 (06:54min/km) | 0:25:40.50 | +0:12:38.21 |
| 88 - K /29 | K40/7 | [138] | MAŁGORZATA, Pudetek | LKS Górzanka Nawojowa Góra | | 0:25:38.37 (06:55min/km) | 0:25:43.43 | +0:12:41.14 |
| 89 - K /30 | K13/14 | [102] | ALINA, Krzyżan | | Jerzmanowice | 0:26:13.84 (07:05min/km) | 0:26:16.63 | +0:13:14.34 |
| 90 - M /60 | M13/23 | [140] | JEREMI, Pułczyński | WKS Wawel BnO | Kraków | 0:26:24.05 (07:08min/km) | 0:26:25.53 | +0:13:23.24 |
| 91 - K /31 | K30/5 | [88] | MONIKA, Gawlas | | Wadowice | 0:26:48.58 (07:14min/km) | 0:26:54.55 | +0:13:52.26 |
| 92 - K /32 | K13/15 | [75] | JULIA, Budzińska | | Kraków | 0:26:53.56 (07:16min/km) | 0:26:56.26 | +0:13:53.97 |
| 93 - M /61 | M50/1 | [2224] | JAMKA, Wiesław | | | 0:26:49.41 (07:14min/km) | 0:26:57.23 | +0:13:54.94 |
| 94 - M /62 | M50/2 | [1021] | BOGDAN, Misiniec | Pszczółka Team | Zubrzyca Górna | 0:27:05.06 (07:19min/km) | 0:27:09.08 | +0:14:06.79 |
| 95 - K /33 | K16/4 | [81] | ALICJA, Danielak | | Zielonki | 0:27:05.20 (07:19min/km) | 0:27:12.20 | +0:14:09.91 |
| 96 - M /63 | M16/8 | [2216] | GODULA, Sebastian | | | 0:27:08.10 (07:20min/km) | 0:27:14.43 | +0:14:12.14 |
| 97 - M /64 | M40/14 | [82] | JACEK DEC, Dec | | Kraków | 0:27:12.41 (07:21min/km) | 0:27:19.05 | +0:14:16.76 |
| 98 - K /34 | K40/8 | [2226] | MIĘTUS, Katarzyna | | | 0:27:18.18 (07:22min/km) | 0:27:23.62 | +0:14:21.33 |
| 99 - M /65 | M13/24 | [2218] | ZASADZKI, Krzysztof | | | 0:27:15.04 (07:21min/km) | 0:27:24.85 | +0:14:22.56 |
| 100 - K /35 | K40/9 | [2173] | MONIKA, Bugajska | | Kraków | 0:27:24.70 (07:24min/km) | 0:27:31.18 | +0:14:28.89 |
| 101 - K /36 | K13/16 | [139] | HANNA, Pułczyńska | WKS Wawel BnO | Kraków | 0:27:35.50 (07:27min/km) | 0:27:37.73 | +0:14:35.44 |
| 102 - K /37 | K13/17 | [1029] | RYCHŁOWSKA, Julia | | | 0:28:00.06 (07:34min/km) | 0:28:10.25 | +0:15:07.96 |
| 103 - K /38 | K20/3 | [164] | ANITA, Wąclawska | | Trzyciąż | 0:28:02.45 (07:34min/km) | 0:28:17.34 | +0:15:15.05 |
| 104 - M /66 | M13/25 | [86] | JAKUB, Firek | 2xWK | Kraków | 0:28:25.34 (07:40min/km) | 0:28:34.99 | +0:15:32.70 |
| 105 - K /39 | K13/18 | [109] | HANNA, Ligęza | Smashing PAPkins | Kraków | 0:29:23.86 (07:56min/km) | 0:29:33.33 | +0:16:31.04 |
| 106 - M /67 | M13/26 | [110] | JAN, Ligęza | Smashing PAPkins | Kraków | 0:29:24.01 (07:56min/km) | 0:29:33.49 | +0:16:31.20 |

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|-------------|--------|--------|--------------------|------------------------------|----------|--------------------------|------------|-------------|
| 107 - K /40 | K16/5 | [2232] | LENART, Paulina | | | 0:29:58.70 (08:06min/km) | 0:30:01.39 | +0:16:59.10 |
| 108 - K /41 | K40/10 | [163] | EWA, Urbańska | Suchary z Sahary | Bukowno | 0:29:58.12 (08:05min/km) | 0:30:04.00 | +0:17:01.71 |
| 109 - K /42 | K40/11 | [136] | ELŻBIETA, Pomierna | Suchary z Sachary | Olkusz | 0:29:58.35 (08:06min/km) | 0:30:04.67 | +0:17:02.38 |
| 110 - K /43 | K13/19 | [1014] | ANNA, Pawłowska | | | 0:30:14.14 (08:10min/km) | 0:30:21.87 | +0:17:19.58 |
| 111 - K /44 | K40/12 | [1027] | WOŹNIAK , Barbara | Ambasador Grand Prix Krakowa | Limanowa | 0:32:37.98 (08:49min/km) | 0:32:37.98 | +0:19:35.69 |
| 112 - K /45 | K40/13 | [98] | EWA, Kłeczek-Wrona | #AdamCzerwińskiTeam | Kraków | 0:33:01.90 (08:55min/km) | 0:33:11.87 | +0:20:09.58 |
| 113 - K /46 | K13/20 | [168] | OLIWIA, Wrona | #AdamCzerwińskiTeam | Kraków | 0:33:03.02 (08:55min/km) | 0:33:12.17 | +0:20:09.88 |
| 114 - K /47 | K40/14 | [1032] | RZĘDKOWSKA, Aneta | | | 0:55:42.19 (15:03min/km) | 0:58:04.58 | +0:45:02.29 |