



## Bieg Nowohucki

Nowa Huta, 2018-09-16 - Wyniki

### 5km - K18

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[103] BARTECKA, Weronika		Kraków	(1)0:07:30.40, (2)0:07:09.02,	0:21:57.79	+0:00:00.00
2	[116] POLAK, Katarzyna		Brzezcie	(1)0:07:32.11, (2)0:07:14.36,	0:22:02.08	+0:00:04.29
3	[188] WĘGRZYNOWICZ, Anna	ITMBW Kraków	Libertów	(1)0:07:38.95, (2)0:07:07.44,	0:22:04.54	+0:00:06.75
4	[220] ŚWIĘTEK, Dominika		Kraków	(1)0:07:58.22, (2)0:07:05.33,	0:22:30.77	+0:00:32.98
5	[105] LUTY, Karolina		Kraków	(1)0:08:00.72, (2)0:07:25.12,	0:23:02.37	+0:01:04.58
6	[141] ŻAK, Beata	Nowohucki Klub Bokserski	Kraków	(1)0:08:29.43, (2)0:07:30.06,	0:23:18.53	+0:01:20.74
7	[310] PUDLYK, Liuba	ITMBW Kraków	Kraków	(1)0:08:03.34, (2)0:07:52.47,	0:23:20.70	+0:01:22.91
8	[223] ZNAJDEK, Martyna		Krakow	(1)0:08:16.98, (2)0:07:35.18,	0:23:33.00	+0:01:35.21
9	[198] WOJTYCA, Kinga	ROZBIEGANE DOBCZYCE	POLANKA	(1)0:08:26.34, (2)0:07:57.11,	0:24:09.59	+0:02:11.80
10	[166] ZIÓŁKOWSKA, Paulina	ITMBW Kraków	Kraków	(1)0:08:51.02, (2)0:08:03.14,	0:24:34.43	+0:02:36.64
11	[246] KOKOSZKA, Natalia		Krakow	(1)0:09:26.39, (2)0:07:54.51,	0:25:07.78	+0:03:09.99
12	[18] DYDUCH, Dominika		Chocznia	(1)0:08:32.04, (2)0:08:36.05,	0:25:32.08	+0:03:34.29
13	[40] KUROWSKA, Alicja		Rzeszotary	(1)0:08:57.07, (2)0:08:18.28,	0:25:35.33	+0:03:37.54
14	[118] OLASIK, Monika		Grabica	(1)0:08:51.33, (2)0:08:43.33,	0:25:44.88	+0:03:47.09
15	[241] URBAN, Maria		Krakow	(1)0:08:45.84, (2)0:08:25.01,	0:25:48.79	+0:03:51.00
16	[169] KOCON, Katarzyna		Kraków	(1)0:09:19.48, (2)0:08:09.02,	0:25:59.08	+0:04:01.29

17	[282]	KALETA, Karolina	Team DORIS Kraków	Kraków	(1)0:09:21.87, (2)0:08:27.31,	0:26:09.37	+0:04:11.58
18	[98]	MORAĞ, Magdalena		Igołomia	(1)0:09:21.71, (2)0:08:28.61,	0:26:17.02	+0:04:19.23
19	[222]	GAWLIK, Anita	Team DORIS Kraków	Kraków	(1)0:09:44.16, (2)0:08:31.92,	0:26:19.71	+0:04:21.92
20	[324]	MAZURKIEWICZ, Joanna	Źródętko	KRAKÓW	(1)0:09:21.63, (2)0:08:37.58,	0:26:25.58	+0:04:27.79
21	[134]	BORODZIUK, Ewa		Kraków	(1)0:09:20.04, (2)0:08:42.56,	0:26:45.81	+0:04:48.02
22	[322]	OSTAFIN, Paulina	Husaria Race Team	KRAKÓW	(1)0:08:36.96, (2)0:09:18.39,	0:27:04.82	+0:05:07.03
23	[94]	KAGANEK, Magdalena		Kraków	(1)0:10:01.08, (2)0:08:35.54,	0:27:12.84	+0:05:15.05
24	[170]	KRUK, Paulina	Night Runners	Kraków	(1)0:09:43.59, (2)0:08:44.90,	0:27:46.09	+0:05:48.30
25	[80]	DUŚ, Marta		Kraków	(1)0:09:50.85, (2)0:09:04.52,	0:27:52.49	+0:05:54.70
26	[281]	MARCINIAK, Aleksandra		Krakow	(1)0:08:09.51, (2)0:10:07.85,	0:27:56.30	+0:05:58.51
27	[55]	SKIBA, Klaudia		Radomyśl Wielki	(1)0:10:23.37, (2)0:08:37.00,	0:28:15.17	+0:06:17.38
28	[238]	PÓŁTORAK, Aleksandra		Kraków	(1)0:09:51.48, (2)0:09:10.20,	0:28:22.13	+0:06:24.34
29	[295]	KWIECIEŃ, Magdalena		Katowice		0:28:35.43	+0:06:37.64
30	[181]	BIERNAT, Magdalena		Żywiec	(1)0:10:23.06, (2)0:09:09.11,	0:28:54.37	+0:06:56.58
31	[8]	ASSELMAN, Angela		Kraków	(1)0:10:26.83, (2)0:09:36.56,	0:29:03.17	+0:07:05.38
32	[92]	PEŁKA, Izabella		Kraków	(1)0:11:01.63, (2)0:09:27.42,	0:29:37.57	+0:07:39.78
33	[212]	SKOWRA, Alina		Kraków	(1)0:11:09.67, (2)0:09:25.30,	0:29:37.76	+0:07:39.97
34	[171]	JANIK, Katarzyna		Kraków	(1)0:09:57.93, (2)0:09:27.02,	0:29:42.60	+0:07:44.81
35	[164]	SKUBEL, Emilia		Kraków	(1)0:10:31.19, (2)0:09:45.64,	0:29:49.32	+0:07:51.53
36	[4]	STANISŁAWSKA, Sandra		Kraków	(1)0:10:29.06, (2)0:09:59.73,	0:30:10.11	+0:08:12.32
37	[46]	MICHNO, Agata		Kraków	(1)0:10:53.60, (2)0:09:46.28,	0:30:17.00	+0:08:19.21

38	[167]	GŁODZIK, Justyna	Kraków	(1)0:11:03.05, (2)0:10:09.49,	0:30:39.59	+0:08:41.80
39	[200]	WITEK, Beata	Kraków	(1)0:11:19.46, (2)0:10:10.44,	0:31:54.90	+0:09:57.11
40	[89]	WĘSIORA, Monika	Kraków	(1)0:10:58.38, (2)0:10:34.26,	0:32:21.06	+0:10:23.27
41	[312]	STRZEPEK, Mariola	Kraków		0:32:47.40	+0:10:49.61
42	[29]	JANOSKA, Olga	Kraków	(1)0:11:09.54, (2)0:11:05.64,	0:33:28.80	+0:11:31.01
43	[210]	MOCHOCKA, Anna	Kraków	(1)0:11:20.52, (2)0:11:02.64,	0:33:48.84	+0:11:51.05
44	[33]	KOSTRZEWA, Barbara	Kraków	(1)0:11:20.99, (2)0:11:02.22,	0:33:52.95	+0:11:55.16
45	[35]	DYJAS, Elżbieta	Kraków	(1)0:12:28.29, (2)0:11:57.74,	0:35:28.36	+0:13:30.57
46	[307]	PASIONEK, Magdalena	Kraków	(1)0:11:35.58, (2)0:11:51.15,	0:35:51.23	+0:13:53.44
	[11]	GŁUSZEK, Marzena	Kraków		DNS	
	[91]	SZKLANNY, Karolina	Kraków		DNS	
	[106]	ŻUREK, Ewelina	Kraków		DNS	
	[199]	BIZAŃSKA, Anna	KRAKÓW		DNS	
	[258]	JANIK, Joanna	Kraków		DNS	
	[197]	ORACZEWSKA, Monika	Krakow		DNS	

## 5km - K30

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[81] RYŁKO, Agnieszka		Kraków	(1)0:08:01.79, (2)0:07:16.65,	0:22:40.91	+0:00:00.00
2	[77] OKRASKA, Elżbieta		Kraków	(1)0:08:15.13, (2)0:08:25.07,	0:25:10.84	+0:02:29.93
3	[187] SZARSOŃ, Elwira	ITMBW Kraków	Kraków	(1)0:08:40.57, (2)0:08:29.45,	0:25:55.38	+0:03:14.47
4	[149] ROMANEK, Joanna		Zamość	(1)0:09:18.79, (2)0:08:14.33,	0:25:57.83	+0:03:16.92
5	[227] SERAFIN, Dawid		Kraków	(1)0:09:20.18, (2)0:08:33.21,	0:26:31.08	+0:03:50.17
6	[51] BRZEZIŃSKA, Magdalena		Kraków	(1)0:09:11.37, (2)0:08:43.04,	0:26:31.79	+0:03:50.88
7	[269] KISIELICA, Sylwia		Krakow	(1)0:09:27.25,	0:26:44.42	+0:04:03.51

					(2)0:08:42.57,		
8	[232]	PSZCZOŁA, Joanna	Team DORIS Kraków	Kraków	(1)0:09:46.67, (2)0:09:10.34,	0:27:36.25	+0:04:55.34
9	[83]	KLIMCZAK, Paulina		Wilczkowie	(1)0:09:49.08, (2)0:09:10.88,	0:27:38.66	+0:04:57.75
10	[117]	SURÓWKA, Katarzyna		Wilków	(1)0:10:22.98, (2)0:08:49.92,	0:27:49.61	+0:05:08.70
11	[283]	DANEL, Magdalena	Need For Speed	Kraków	(1)0:10:22.05, (2)0:08:55.88,	0:27:52.76	+0:05:11.85
12	[244]	DOMINIK, Katarzyna	Eskadra Kraków	Kraków	(1)0:10:14.03, (2)0:09:16.18,	0:28:25.79	+0:05:44.88
13	[206]	NOWAK, Lilianna		Kraków	(1)0:10:28.34, (2)0:09:02.90,	0:28:38.70	+0:05:57.79
14	[28]	JARZYNA, Magdalena		kraków	(1)0:10:20.07, (2)0:09:13.80,	0:28:44.32	+0:06:03.41
15	[27]	CZAPLA, Renata		Kraków	(1)0:10:21.72, (2)0:09:10.94,	0:28:45.87	+0:06:04.96
16	[228]	CIOCHOŃ, Bernadetta		Kraków	(1)0:09:56.95, (2)0:09:41.18,	0:28:49.92	+0:06:09.01
17	[236]	KĄDZIELA, Paulina		Kraków	(1)0:10:49.75, (2)0:09:19.62,	0:29:02.33	+0:06:21.42
18	[285]	KORDYL, Anna		Kraków	(1)0:11:01.16, (2)0:09:07.02,	0:29:12.55	+0:06:31.64
19	[156]	ZIÓŁKOWSKA, Magdalena		Kraków	(1)0:10:13.12, (2)0:09:28.66,	0:29:22.67	+0:06:41.76
20	[160]	MAREK, Malgorzata		Krakow	(1)0:11:14.83, (2)0:09:26.44,	0:29:53.24	+0:07:12.33
21	[65]	KUCAB, Anna		Kraków	(1)0:10:22.65, (2)0:09:34.69,	0:29:57.00	+0:07:16.09
22	[5]	KACZMARCZYK, Marta		Kraków	(1)0:10:42.51, (2)0:09:47.31,	0:30:23.74	+0:07:42.83
23	[256]	PRZYGODZKA, Anna		Kraków	(1)0:10:19.87, (2)0:09:52.21,	0:30:32.92	+0:07:52.01
24	[88]	NOWAK, Izabela		Krakow	(1)0:10:50.81, (2)0:09:42.22,	0:30:42.69	+0:08:01.78
25	[127]	GAWRON, Beata		Kraków	(1)0:11:29.51, (2)0:09:46.80,	0:31:19.33	+0:08:38.42
26	[124]	DOMOWICZ, Anna		Jasło	(1)0:10:19.41, (2)0:10:29.96,	0:31:46.41	+0:09:05.50
27	[39]	NIEDŹWIEDZKA, Katarzyna		Kraków	(1)0:11:00.95, (2)0:10:23.73,	0:31:57.96	+0:09:17.05

28	[128]	RACHWALIK, Agnieszka		Kraków	(1)0:11:40.87, (2)0:10:26.48,	0:32:46.68	+0:10:05.77
29	[299]	PIETRZYK, Dominika		Kraków	(1)0:10:49.88, (2)0:10:26.72,	0:32:51.72	+0:10:10.81
30	[290]	LITEWKA-KOZAK, Dorota		Kraków	(1)0:11:11.57, (2)0:11:18.26,	0:33:46.26	+0:11:05.35
31	[213]	DUDAEVA, Ekaterina		Krakow	(1)0:11:02.46, (2)0:11:25.38,	0:33:47.91	+0:11:07.00
32	[96]	PIĄTEK, Elżbieta		Kraków	(1)0:11:25.62, (2)0:10:14.60,	0:34:30.26	+0:11:49.35
33	[20]	JASIELSKA-PAPIERKOWSKA, Anna		KOSZYCE	(1)0:11:36.08, (2)0:11:45.22,	0:35:14.11	+0:12:33.20
34	[284]	OSTROWSKA, Dominika		Kraków	(1)0:13:00.60, (2)0:11:40.42,	0:35:40.17	+0:12:59.26
35	[272]	BROŻEK, Magdalena	Ocr Taem Mastergym	Zabawa	(1)0:12:35.22, (2)0:12:19.18,	0:37:13.34	+0:14:32.43
	[30]	KOT, Agnieszka		Kraków		DNS	
	[114]	TUSZYŃSKA, Justyna		Kraków (Kraków-Podgórze)		DNS	
	[129]	ZAZIĄBŁ, Marzena		Kraków		DNS	

## 5km - K40

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata	
1	[190]	DZIEDZINIEWICZ, Agnieszka	ITMBW Kraków	Kraków	(1)0:08:08.21, (2)0:07:42.24,	0:23:21.34	+0:00:00.00
2	[174]	MIKA-HOFFMANN, Magdalena		Kraków	(1)0:08:10.31, (2)0:07:44.17,	0:23:37.66	+0:00:16.32
3	[144]	BOGUTA, Beata	#AdamCzerwińskiTeam	Kraków	(1)0:08:44.02, (2)0:07:47.67,	0:24:15.02	+0:00:53.68
4	[325]	GADEK, Agata		KRAKÓW	(1)0:08:34.53, (2)0:08:27.66,	0:25:51.45	+0:02:30.11
5	[275]	ŚWIĘTEK, Andrzej		Kraków	(1)0:09:31.97, (2)0:08:48.72,	0:27:01.09	+0:03:39.75
6	[261]	IWAN, Dorota	Team DORIS Kraków	Kraków	(1)0:09:22.77, (2)0:08:56.44,	0:27:16.62	+0:03:55.28
7	[43]	TOMALIK, Anna		Oświęcim	(1)0:09:44.98, (2)0:08:42.39,	0:27:20.35	+0:03:59.01
8	[293]	RUDNIK-TULEJ, Beata	Skierunek	Kraków	(1)0:10:32.86, (2)0:08:40.67,	0:27:43.40	+0:04:22.06
9	[252]	KAPCIA, Dorota		Brzeźnica	(1)0:09:48.83,	0:28:02.62	+0:04:41.28

				(2)0:08:53.43,		
10	[201] KOZIOŁ, Ania	PORANNY PATROL	KRAKÓW	(1)0:10:28.53, (2)0:09:03.01,	0:28:38.49	+0:05:17.15
11	[291] KASPRZAK, Dominika		Kraków	(1)0:09:17.42, (2)0:09:48.25,	0:28:43.91	+0:05:22.57
12	[217] KOZIOŁ, Ewa	Koziołki	Kraków	(1)0:10:35.36, (2)0:09:18.15,	0:28:48.39	+0:05:27.05
13	[243] SKOCZYLAŚ-LIGOCKA, Anna	ITMBW Kraków	OŚWIĘCIM	(1)0:09:31.11, (2)0:09:44.41,	0:29:06.29	+0:05:44.95
14	[209] MIZIA, Marta		Kraków	(1)0:10:21.50, (2)0:09:28.65,	0:29:35.05	+0:06:13.71
15	[136] DESPET, Lilianna		Kraków	(1)0:10:16.18, (2)0:09:44.13,	0:29:36.22	+0:06:14.88
16	[150] RAŚ, Agnieszka	Husaria Race Team	Kraków	(1)0:10:39.19, (2)0:09:52.27,	0:30:54.69	+0:07:33.35
17	[120] RAMZA, Agnieszka	Fischerpolska	Kraków	(1)0:10:49.65, (2)0:10:02.46,	0:31:24.41	+0:08:03.07
18	[162] DZIURZYŃSKA, Ulka	Cross Heroes Ogień!	Kraków	(1)0:10:41.65, (2)0:10:20.55,	0:32:05.84	+0:08:44.50
19	[99] ŻAK, Natasza		Kraków	(1)0:11:33.25, (2)0:10:51.39,	0:33:28.29	+0:10:06.95
20	[61] MATYSIK, Agata		Kraków	(1)0:11:12.47, (2)0:10:50.68,	0:33:47.69	+0:10:26.35
21	[123] JARZĄBEK-WASYL, Dorota		Kraków	(1)0:12:13.55, (2)0:10:47.75,	0:34:38.95	+0:11:17.61
22	[287] SOLARSKA, Magdalena		Kraków	(1)0:11:52.91, (2)0:11:08.53,	0:34:54.10	+0:11:32.76
23	[104] CYANKIEWICZ, Agnieszka	Kijanki	Kraków	(1)0:12:30.84, (2)0:11:59.32,	0:35:29.08	+0:12:07.74
24	[107] JANIK, Anna	MK Active Sport	Kraków	(1)0:12:25.10, (2)0:11:53.64,	0:35:54.08	+0:12:32.74
	[14] KOBRYN, Iwona		Krakow		DNS	

## 5km - K50

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[93] STOŚ, Dorota		Krakow	(1)0:08:32.84, (2)0:07:47.67,	0:24:11.57	+0:00:00.00
2	[330] JENDRYCHOVSKA, Danka	MarasTeam	Presov	(1)0:10:32.18, (2)0:08:29.94,	0:26:58.44	+0:02:46.87

3	[329]	KRHJNAKOVA, Katarina	MarasTeam	Presov	(1)0:10:50.01, (2)0:09:12.39,	0:28:27.19	+0:04:15.62
4	[76]	NOWAK, Beata		Kraków	(1)0:10:16.59, (2)0:09:11.28,	0:28:48.62	+0:04:37.05
5	[280]	MARCINIAK, Małgorzata	PGB pocztowa grupa biegowa	Kraków	(1)0:11:14.56, (2)0:09:25.81,	0:29:51.56	+0:05:39.99
6	[233]	TRYBUS, Anna		Kraków	(1)0:15:07.49, (2)0:13:43.68,	0:42:31.22	+0:18:19.65
	[41]	BUGNO, Ewa		Ropa		DNS	

## 5km - K60

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata	
1	[131]	KAMIŃSKA, Joanna	Night Runners	Kraków	(1)0:12:15.78, (2)0:11:23.74,	0:35:22.88	+0:00:00.00
2	[125]	WIERZBICKA-PIĄTEK, Elżbieta		Kraków	(1)0:12:40.99, (2)0:11:29.40,	0:36:00.91	+0:00:38.03
	[48]	MORAWSKA, Anna	Nowohucki Kombinat Sportowy	Kraków		DNS	

## 5km - M18

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata	
1	[309]	MURAN, Adreii	ITMBW Kraków	Kraków	(1)0:06:09.31, (2)0:05:59.68,	0:18:07.53	+0:00:00.00
2	[185]	LIZAK, Grzegorz	ITMBW Kraków	Krasne-Lasocice	(1)0:06:42.04, (2)0:06:09.75,	0:18:45.50	+0:00:37.97
3	[52]	LUZAR, Rafał	#AdamCzerwińskiTeam	Małopolskie	(1)0:06:26.28, (2)0:06:11.08,	0:18:55.27	+0:00:47.74
4	[64]	MICHALIK, Rafał	Lacho Team	Kraków	(1)0:06:54.20, (2)0:06:13.32,	0:19:12.51	+0:01:04.98
5	[132]	KAWA, Łukasz		Kraków	(1)0:06:49.66, (2)0:06:19.68,	0:19:19.07	+0:01:11.54
6	[1]	ŁABĘDŹ, Artur	ITMBW Kraków	Kraków	(1)0:07:01.34, (2)0:06:08.13,	0:19:20.45	+0:01:12.92
7	[182]	SUCHANEK, Dominik	ITMBW Kraków	Będzieszyna	(1)0:06:42.23, (2)0:06:25.26,	0:19:26.00	+0:01:18.47
8	[6]	FRACH, Dominik		Kraków	(1)0:06:41.80, (2)0:06:27.04,	0:19:52.85	+0:01:45.32
9	[50]	BOROWSKI, Robert		Tomaszów Mazowiecki	(1)0:07:23.73, (2)0:06:38.08,	0:20:18.97	+0:02:11.44

10	[49]	SITNIK, Krystian		Kraków	(1)0:07:09.09, (2)0:06:34.97,	0:20:23.38	+0:02:15.85
11	[224]	WASSERMANN, Dawid		Kraków	(1)0:07:19.35, (2)0:06:34.62,	0:20:30.40	+0:02:22.87
12	[302]	TATAR, Bartłomiej	AZS AWF Kraków Masters	KRAKÓW	(1)0:07:03.54, (2)0:06:44.33,	0:20:39.37	+0:02:31.84
13	[265]	ZIĘBA, Grzegorz	ITMBW Kraków	Kraków	(1)0:07:53.97, (2)0:06:49.47,	0:21:07.79	+0:03:00.26
14	[17]	GOLARA, Mariusz		Kraków	(1)0:07:17.88, (2)0:07:00.62,	0:21:19.36	+0:03:11.83
15	[147]	KOTWICA, Kacper		Kazimierza Wielka	(1)0:06:41.77, (2)0:07:10.86,	0:21:23.48	+0:03:15.95
16	[257]	STEC, Marek		Jabłonka	(1)0:06:38.47, (2)0:07:10.73,	0:21:23.80	+0:03:16.27
17	[208]	YEHOROW, Yurij	KLUB SPORTOWY LOTNIK OSTRÓW	Ostrów	(1)0:07:21.77, (2)0:07:06.71,	0:21:26.39	+0:03:18.86
18	[207]	GRABSKI, Jakub	KLUB SPORTOWY LOTNIK OSTRÓW	Ostrów	(1)0:07:21.73, (2)0:07:06.98,	0:21:27.78	+0:03:20.25
19	[85]	BOBER, Mateusz	Kompario Team	Skawina	(1)0:07:51.00, (2)0:06:54.52,	0:21:29.39	+0:03:21.86
20	[16]	PATURA, Kamil	JW4495	Kraków	(1)0:07:51.88, (2)0:06:50.41,	0:21:41.83	+0:03:34.30
21	[320]	DWORAK, Wojciech	Husaria	Kraków	(1)0:07:25.23, (2)0:07:08.05,	0:21:43.72	+0:03:36.19
22	[111]	MAJ, Samuel	MOW Kraków	Kraków	(1)0:07:14.63, (2)0:07:43.72,	0:21:53.84	+0:03:46.31
23	[109]	GOŁĄBEK, Marcin		Kraków	(1)0:07:26.63, (2)0:07:22.21,	0:22:07.55	+0:04:00.02
24	[216]	KOZIOŁ, Maciej	Koziołki	Kraków	(1)0:07:52.70, (2)0:07:08.38,	0:22:11.89	+0:04:04.36
25	[56]	SABIK, Antek		Rzeplin	(1)0:07:54.21, (2)0:07:10.15,	0:22:11.93	+0:04:04.40
26	[303]	MOGILSKI, Grzegorz		Kraków	(1)0:08:11.81, (2)0:07:15.34,	0:22:19.50	+0:04:11.97
27	[102]	OBROCHTA, Michał		Kraków	(1)0:07:49.20, (2)0:07:22.91,	0:22:19.57	+0:04:12.04
28	[126]	CZERNY, Arkadiusz	MOW Kraków	Kraków	(1)0:08:02.38, (2)0:07:24.27,	0:22:48.16	+0:04:40.63
29	[100]	ŻAK, Patryk		Kraków	(1)0:08:22.08, (2)0:07:24.65,	0:22:48.89	+0:04:41.36
30	[240]	ŁACH, Kamil		Czarnochowice	(1)0:07:47.48,	0:23:01.08	+0:04:53.55



					(2)0:07:35.46,		
31	[296]	KWIECIEŃ, Mateusz		Katowice		0:23:06.27	+0:04:58.74
32	[37]	MALOVANYI, Viktor	AMM Partners	Kraków	(1)0:08:14.68, (2)0:07:25.16,	0:23:09.76	+0:05:02.23
33	[142]	ŻAK, Krystian	Nowohucki Klub Bokserski	Kraków	(1)0:08:29.56, (2)0:07:31.09,	0:23:16.45	+0:05:08.92
34	[143]	BOGUTA, Maciej		Kraków	(1)0:08:31.42, (2)0:07:40.01,	0:23:32.16	+0:05:24.63
35	[68]	LEŚNIAK, Jacek		Kraków	(1)0:08:09.98, (2)0:07:45.09,	0:23:33.87	+0:05:26.34
36	[242]	KEKLIK, Halil Yasin		Krakow		0:23:51.80	+0:05:44.27
37	[202]	PORABIK, Patryk		Węgrzce Wielkie	(1)0:08:10.74, (2)0:07:47.32,	0:23:55.95	+0:05:48.42
38	[189]	MELNYK, Oleksiy	MELMED	Kraków	(1)0:08:16.88, (2)0:07:52.75,	0:24:07.25	+0:05:59.72
39	[177]	GĄŁĄZKA, Mateusz	ITMBW Kraków	Kraków	(1)0:08:46.66, (2)0:07:46.82,	0:24:08.83	+0:06:01.30
40	[262]	DĄBROWSKI, Marcin		Kedzierzyn Kozle	(1)0:08:51.69, (2)0:07:45.69,	0:24:12.58	+0:06:05.05
41	[260]	KALARUS, Rafał		Kraków	(1)0:08:59.82, (2)0:07:49.74,	0:24:14.95	+0:06:07.42
42	[318]	KOKOSIŃSKI, Krzysztof			(1)0:08:20.21, (2)0:08:01.40,	0:24:18.50	+0:06:10.97
43	[86]	ZAJĄC, Łukasz	Kompario Team	Kraków	(1)0:08:11.17, (2)0:08:12.28,	0:24:35.49	+0:06:27.96
44	[214]	ŁABNO, Sylwester		Kraków	(1)0:09:23.09, (2)0:07:56.82,	0:24:43.81	+0:06:36.28
45	[24]	FILEK, Piotr	Music Runner	Świątniki Górne	(1)0:08:31.41, (2)0:08:41.31,	0:24:49.32	+0:06:41.79
46	[292]	BIELATOWICZ, Amadeusz		Dębica	(1)0:09:24.94, (2)0:08:08.99,	0:25:21.71	+0:07:14.18
47	[140]	PIETRZAK, Jakub		Kraków	(1)0:08:41.60, (2)0:08:14.91,	0:25:31.82	+0:07:24.29
48	[38]	JAWORSKI, Bartosz		Złota	(1)0:08:16.42, (2)0:08:26.11,	0:25:34.93	+0:07:27.40
49	[172]	PUTII, Artem		Krakow	(1)0:08:24.94, (2)0:08:31.10,	0:26:02.31	+0:07:54.78
50	[122]	KOŁODZIEJCZYK, Łukasz		Kraków		0:26:20.68	+0:08:13.15
51	[112]	PAWLIK, Adrian	MOW Kraków	Kraków	(1)0:09:26.82, (2)0:08:51.57,	0:26:33.08	+0:08:25.55

52	[133]	KOBYŁECKI, Mateusz		Skarżysko-Kamienna	(1)0:09:19.29, (2)0:08:42.87,	0:26:46.05	+0:08:38.52
53	[196]	WALIGÓRA, Jakub		KRAKÓW	(1)0:10:01.83, (2)0:08:18.14,	0:26:49.12	+0:08:41.59
54	[135]	DUDA, Tomasz		Kraków	(1)0:09:49.89, (2)0:08:58.09,	0:27:35.67	+0:09:28.14
55	[294]	TULEJ, Mikołaj	Skierunek	Kraków	(1)0:10:32.87, (2)0:08:43.63,	0:28:01.46	+0:09:53.93
56	[59]	KALINOWSKI, Łukasz		Olsztyn	(1)0:10:23.07, (2)0:09:09.08,	0:28:54.55	+0:10:47.02
57	[311]	GUŚPIEL, Radosław		Kraków	(1)0:10:44.27, (2)0:11:12.86,	0:28:54.62	+0:10:47.09
58	[254]	SALA, Andrzej		Kraków	(1)0:10:53.89, (2)0:09:06.91,	0:28:55.28	+0:10:47.75
59	[12]	WIELGOSZ, Maciej		Kraków	(1)0:09:58.99, (2)0:09:17.30,	0:28:57.37	+0:10:49.84
60	[304]	KĘPISTY, Grzegorz	Runthega Untlet	Kraków	(1)0:10:57.09, (2)0:09:27.18,	0:29:09.34	+0:11:01.81
61	[313]	SKRZYPCZAK, Michał		Kraków	(1)0:10:39.54, (2)0:09:24.88,	0:29:10.86	+0:11:03.33
62	[113]	MASŁOWSKI, Jakub	MOW Kraków	Kraków	(1)0:09:25.32, (2)0:09:59.32,	0:29:14.77	+0:11:07.24
63	[110]	GODULA, Sebastian	MOW Kraków	Kraków	(1)0:09:25.93, (2)0:09:58.85,	0:29:15.63	+0:11:08.10
64	[10]	STUSZEK, Szymon		Kraków	(1)0:10:27.50, (2)0:09:40.33,	0:29:22.16	+0:11:14.63
65	[19]	SZAFRAŃSKI, Tomasz		Florynka	(1)0:10:38.22, (2)0:09:35.09,	0:29:32.29	+0:11:24.76
66	[263]	ZIELIŃSKI, Łukasz		Kraków	(1)0:09:32.30, (2)0:10:09.88,	0:29:36.16	+0:11:28.63
67	[95]	NIEDBACH, Marek		Nowe Rybie	(1)0:10:08.90, (2)0:10:02.54,	0:29:50.44	+0:11:42.91
68	[204]	SARKOWICZ, Wojciech		Zakopane	(1)0:09:52.03, (2)0:10:35.67,	0:30:09.13	+0:12:01.60
69	[45]	JARACZ, Krystian	BWG Ekonomic Jasło	Siedliska Żmigrodzkie	(1)0:12:11.27, (2)0:09:16.02,	0:31:14.71	+0:13:07.18
70	[13]	WIELGOSZ, Bogumił		Kraków	(1)0:10:48.19, (2)0:10:56.89,	0:33:10.34	+0:15:02.81
71	[286]	WOŹNIAK, Mateusz	PORANNY PATROL	kraków	(1)0:10:40.22, (2)0:11:30.85,	0:34:16.53	+0:16:09.00
72	[36]	DYJAS, Robert		Kraków	(1)0:12:28.04,	0:35:28.59	+0:17:21.06

					(2)0:11:58.39,	
73	[179] PARTYKA, Paweł	ITMBW Kraków	Kraków	(1)0:15:08.73, (2)0:13:43.16,	0:42:31.25	+0:24:23.72
	[32] WRÓBEL, Jakub		Śledziejowice		DNS	
	[34] MAGIERA, Michał		Nowy Sącz		DNS	
	[54] ZAPOROWSKI, Adrian	TriathlonNH	Kraków		DNS	
	[58] SADKOWSKI, Michał		Kraków	(1)0:13:12.40,	DNS	
	[90] MARECIK, Tomasz		Kraków		DNS	
	[137] LASOTA, Jakub		Krakow		DNS	
	[186] NYKLEWICZ, Maciej		Kraków		DNS	
	[250] MAJ, Maksymilian		Dojazdów		DNS	

## 5km - M30

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[278] BRZYSKI, Maciej	BrzyskiTriTeam	Kraków	(1)0:06:03.10, (2)0:05:35.49,	0:17:20.73	+0:00:00.00
2	[279] CHYŁEK, Wojciech		Kraków	(1)0:05:58.06, (2)0:05:41.99,	0:17:29.78	+0:00:09.05
3	[178] URBAN, Mirosław	ITMBW Kraków	Kraków	(1)0:06:10.94, (2)0:05:47.42,	0:17:46.74	+0:00:26.01
4	[158] TOBERA, Łukasz		Ślawkowice	(1)0:06:13.92, (2)0:05:41.70,	0:17:51.44	+0:00:30.71
5	[308] TARGOSZ, Michał	ITMBW Kraków	Kraków	(1)0:06:10.59, (2)0:05:51.46,	0:17:56.44	+0:00:35.71
6	[321] MEUS, Marcin	AZSAWF Masters Kraków	KRAKÓW	(1)0:06:20.57, (2)0:05:49.14,	0:17:59.79	+0:00:39.06
7	[97] KLIMCZAK, Adam	Dzieło Pomocy św. Ojca Pio	Kraków	(1)0:06:33.24, (2)0:06:01.30,	0:18:31.91	+0:01:11.18
8	[69] KANIA, Tomasz		Kraków	(1)0:06:53.57, (2)0:06:14.15,	0:19:02.74	+0:01:42.01
9	[78] KLAJA, Michał		Kraków	(1)0:06:42.92, (2)0:06:16.86,	0:19:12.38	+0:01:51.65
10	[317] SAKHUOROST, Andrii	Run Base Kyiv	Kijów	(1)0:06:48.40, (2)0:06:20.03,	0:19:26.55	+0:02:05.82
11	[193] GAŁĄZKA, Paweł	ITMBW Kraków	Kraków	(1)0:06:53.91, (2)0:06:18.60,	0:19:36.20	+0:02:15.47
12	[146] BALTAZA, Piotr		Krakow	(1)0:06:45.68, (2)0:06:56.12,	0:20:35.18	+0:03:14.45
13	[67] WDOWSKI, Łukasz	Alior Running Team	Kraków	(1)0:07:16.96,	0:20:42.03	+0:03:21.30

					(2)0:06:39.05,		
14	[306]	CIAPA, Dariusz		Pozowice	(1)0:06:40.56, (2)0:07:00.27,	0:20:47.84	+0:03:27.11
15	[139]	KOZAK, Krzysztof	Nowa Huta Team	Kraków	(1)0:07:16.64, (2)0:07:00.13,	0:21:18.39	+0:03:57.66
16	[276]	SAWICKI, Michał		Łazy	(1)0:07:28.76, (2)0:06:56.80,	0:21:23.50	+0:04:02.77
17	[130]	JASKÓLSKI, Krzysztof		Kraków	(1)0:08:19.17, (2)0:06:50.76,	0:21:42.19	+0:04:21.46
18	[74]	ADAMUS, Patryk		Kraków	(1)0:07:15.73, (2)0:07:12.21,	0:21:42.46	+0:04:21.73
19	[26]	GRUCA, Dariusz		Kraków	(1)0:07:53.81, (2)0:07:10.05,	0:21:48.59	+0:04:27.86
20	[211]	PALECZNY, Kuba	óBPD	Kraków	(1)0:08:16.82, (2)0:07:02.48,	0:22:08.17	+0:04:47.44
21	[205]	GAWRON, Marek		Brzeszcze	(1)0:07:46.74, (2)0:07:11.07,	0:22:11.23	+0:04:50.50
22	[301]	TATAR, Krzysztof	AZS AWF Kraków Masters	KRAKÓW	(1)0:20:27.46,	0:22:20.81	+0:05:00.08
23	[277]	BUDEK, Grzegorz		Łazy	(1)0:07:54.70, (2)0:07:30.74,	0:22:21.94	+0:05:01.21
24	[323]	KUDELSKI, Sławomir	Źródółko	KRAKÓW	(1)0:07:47.93, (2)0:07:27.91,	0:22:36.66	+0:05:15.93
25	[248]	CICHEWICZ, Jakub		Wójcice	(1)0:07:41.63, (2)0:07:15.08,	0:22:39.87	+0:05:19.14
26	[62]	CUDEK, Bartłomiej		Kraków	(1)0:07:50.92, (2)0:07:22.29,	0:22:50.79	+0:05:30.06
27	[268]	KOSTECKI, Bartłomiej		Kraków	(1)0:08:16.39, (2)0:07:09.87,	0:22:52.33	+0:05:31.60
28	[273]	BARAN, Arkadiusz	Husaria Race Team	Bobrowniki Wielkie	(1)0:08:07.43, (2)0:07:16.95,	0:22:53.99	+0:05:33.26
29	[3]	KUTYŁA, Marek		Kraków	(1)0:08:15.03, (2)0:07:19.20,	0:22:59.65	+0:05:38.92
30	[251]	HYRC, Rafał		Krakow	(1)0:08:23.84, (2)0:07:24.56,	0:23:05.89	+0:05:45.16
31	[229]	CZYŻYK, Marcin	ITMBW Kraków	Kraków	(1)0:07:53.23, (2)0:07:38.60,	0:23:11.62	+0:05:50.89
32	[115]	STALMACH, Sławomir		Łąka	(1)0:08:18.11, (2)0:07:33.34,	0:23:14.91	+0:05:54.18
33	[73]	MARZEC, Sebastian		Kraków	(1)0:07:44.04, (2)0:08:07.48,	0:23:42.58	+0:06:21.85

34	[53]	STRYSZAWSKI, Tomasz		Świątyniki Górne	(1)0:08:29.84, (2)0:07:44.82,	0:23:51.49	+0:06:30.76
35	[138]	PAMUŁA, Krystian		Niepołomice	(1)0:08:34.04, (2)0:07:40.77,	0:24:04.09	+0:06:43.36
36	[71]	MOTŁOCH, Piotr		Kraków	(1)0:08:48.16, (2)0:07:45.25,	0:24:13.23	+0:06:52.50
37	[153]	FLOREK, Michał	Wojsko Polskie	Kraków	(1)0:09:31.52, (2)0:07:44.37,	0:24:19.28	+0:06:58.55
38	[66]	CZARNY, Łukasz	Wkurw_team	Kraków	(1)0:08:00.43, (2)0:07:59.03,	0:24:20.74	+0:07:00.01
39	[31]	ROMANOWSKI, Łukasz	Husaria Race Team	Kraków	(1)0:07:59.31, (2)0:08:08.38,	0:24:32.35	+0:07:11.62
40	[121]	POCIASK, Grzegorz		Dębica	(1)0:08:20.51, (2)0:08:01.40,	0:24:42.78	+0:07:22.05
41	[270]	KASINA, Michał		Wieliczka	(1)0:09:00.25, (2)0:08:12.43,	0:24:55.12	+0:07:34.39
42	[9]	GAJOS, Maciej		Kraków	(1)0:09:04.46, (2)0:08:06.90,	0:25:05.54	+0:07:44.81
43	[7]	HOSAJA, Konrad		Kraków	(1)0:08:31.44, (2)0:08:12.54,	0:25:15.46	+0:07:54.73
44	[42]	KACZMARSKI, Tomasz		Kraków	(1)0:08:37.29, (2)0:08:16.72,	0:25:18.29	+0:07:57.56
45	[25]	BROCZKOWSKI, Adam		Kraków	(1)0:08:07.32, (2)0:08:41.02,	0:25:24.11	+0:08:03.38
46	[297]	ZALOTYŃSKI, Jakub		Krakow	(1)0:09:23.42, (2)0:08:03.19,	0:25:39.08	+0:08:18.35
47	[154]	KUBALA, Mariusz		Kraków	(1)0:08:15.29, (2)0:08:51.08,	0:25:47.11	+0:08:26.38
48	[218]	KOSIBA, Tomasz		Kraków	(1)0:10:06.31, (2)0:08:02.78,	0:25:59.58	+0:08:38.85
49	[82]	SZCZYGIEŁ, Dominik		Kraków	(1)0:08:56.99, (2)0:08:43.45,	0:26:07.61	+0:08:46.88
50	[72]	MOŹDŻEŃ, Michał		Nowa Huta	(1)0:09:40.84, (2)0:08:12.13,	0:26:10.42	+0:08:49.69
51	[255]	BŁAKAŁA, Damian	Husaria Race Team	Kocmyrzów	(1)0:08:53.95, (2)0:08:55.27,	0:26:40.94	+0:09:20.21
52	[231]	BIELIK, Radosław	Wkurw_team	Kraków	(1)0:09:53.73, (2)0:08:35.36,	0:26:51.07	+0:09:30.34
53	[161]	MAREK, Michał		Krakow	(1)0:09:59.49, (2)0:08:32.37,	0:27:04.77	+0:09:44.04
54	[2]	FILIPEK, Paweł		Kraków	(1)0:09:55.86,	0:27:07.08	+0:09:46.35

					(2)0:08:26.92,	
55	[79]	WOŹNIAK, Robert		Kraków	(1)0:09:52.45, (2)0:08:44.90,	0:27:08.24 +0:09:47.51
56	[151]	KUŚ, Robert		Kraków	(1)0:10:05.67, (2)0:08:48.13,	0:27:19.05 +0:09:58.32
57	[63]	GUZDEK, Dariusz	La Bamba	Kraków	(1)0:09:54.07, (2)0:08:46.28,	0:27:19.74 +0:09:59.01
58	[237]	KĄDZIELA, Filip		Kraków	(1)0:10:48.12, (2)0:09:21.33,	0:28:33.14 +0:11:12.41
59	[247]	KAPUTA, Piotr		Kielce	(1)0:10:38.62, (2)0:09:00.29,	0:28:59.52 +0:11:38.79
60	[305]	KOKOSIŃSKI, Mateusz		Kraków	(1)0:10:52.83, (2)0:09:41.38,	0:29:11.89 +0:11:51.16
61	[173]	POCIĘGIEL, Grzegorz		Brzegi, gmina Wieliczka	(1)0:09:45.55, (2)0:09:55.76,	0:30:41.83 +0:13:21.10
62	[101]	PYREK, Marek		Laryszów	(1)0:11:33.86, (2)0:10:11.53,	0:31:34.25 +0:14:13.52
63	[44]	WASYL, Franciszek		Kroków	(1)0:11:26.28, (2)0:09:50.71,	0:31:58.03 +0:14:37.30
64	[239]	GROCHOWINA, Grzegorz		Kraków	(1)0:11:21.70, (2)0:11:02.10,	0:33:12.06 +0:15:51.33
65	[21]	PAPIERKOWSKI, Daniel		KOSZYCE	(1)0:11:15.87, (2)0:22:20.38,	0:33:36.25 +0:16:15.52
66	[225]	MALCZYŃSKI, Michał		Kraków	(1)0:13:00.25, (2)0:11:40.69,	0:35:40.57 +0:18:19.84
	[15]	KĘPA, Marek		Kraków		DNS
	[165]	FURMAŃSKI, Jakub		Kraków		DNS
	[300]	JARONIEWSKI, Paweł		Kraków		DNS

## 5km - M40

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[183]	WIŚNIEWSKI, Tomasz	ITMBW Kraków	Kraków	(1)0:06:12.92, (2)0:05:57.37,	0:17:59.67 +0:00:00.00
2	[87]	MIROŃCZUK, Roman	Drużyna Szpiku	Kraków	(1)0:06:29.08, (2)0:06:08.48,	0:18:39.36 +0:00:39.69
3	[195]	KOSTRZEWA, Paweł	ITMBW Kraków	Kraków	(1)0:06:44.28, (2)0:06:15.95,	0:19:08.54 +0:01:08.87
4	[289]	STACHURSKI, Michał		Kraków	(1)0:06:50.58, (2)0:06:16.66,	0:19:27.21 +0:01:27.54

5	[108]	SIWAK, Ryszard		Dzieskanowice	(1)0:06:55.85, (2)0:06:15.84,	0:19:35.27	+0:01:35.60
6	[176]	OPYRCHAŁ, Tomasz	ITMBW Kraków	Kraków	(1)0:06:55.79, (2)0:06:34.69,	0:20:00.93	+0:02:01.26
7	[245]	BŁASZCZAK, Jarosław	Go Aktiv!	Kraków	(1)0:07:01.72, (2)0:06:41.32,	0:20:09.77	+0:02:10.10
8	[319]	PODGÓRSKI, Jerzy	Lacho Team	Kraków	(1)0:07:31.44, (2)0:06:37.80,	0:20:33.81	+0:02:34.14
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	+0:02:58.31
10	[23]	SZAWUL, Piotr	ITMBW Kraków	KRAKÓW	(1)0:07:40.22, (2)0:07:00.01,	0:21:24.76	+0:03:25.09
11	[194]	DZIEDZINIEWICZ, Waldemar	ITMBW Kraków	KRAKÓW	(1)0:07:29.91, (2)0:07:02.46,	0:21:35.67	+0:03:36.00
12	[266]	WILKOSZ, Wojciech	skawina biega	Skawina	(1)0:07:29.36, (2)0:07:14.44,	0:22:01.17	+0:04:01.50
13	[47]	KOMENZA, Marcin		Kraków	(1)0:07:28.60, (2)0:07:16.45,	0:22:12.41	+0:04:12.74
14	[219]	GROCHAL, Rafał		Kraków	(1)0:08:20.20, (2)0:07:09.60,	0:22:34.28	+0:04:34.61
15	[221]	BATKO, Grzegorz		Kraków	(1)0:07:59.51, (2)0:07:33.92,	0:22:47.47	+0:04:47.80
16	[184]	MAJ, Mirosław		Dojazdów	(1)0:08:08.35, (2)0:07:21.28,	0:22:49.63	+0:04:49.96
17	[155]	SOWA, Tomasz		Kraków	(1)0:08:03.33, (2)0:07:25.10,	0:23:00.49	+0:05:00.82
18	[234]	JĘDRZEJCZYK, Tomasz	Chyba Nie Dam Rady	Kraków	(1)0:07:43.05, (2)0:07:37.48,	0:23:02.39	+0:05:02.72
19	[203]	BOGUSZ, Krzysztof		Kraków	(1)0:08:16.85, (2)0:07:48.34,	0:24:06.06	+0:06:06.39
20	[326]	PAMUŁA, Wojciech	DreamTeam	KRAKÓW	(1)0:08:44.78, (2)0:07:49.31,	0:24:15.14	+0:06:15.47
21	[192]	ZAWADA, Andrzej	ITMBW Kraków	Kraków	(1)0:09:09.90, (2)0:07:49.89,	0:24:21.25	+0:06:21.58
22	[163]	DZIWIREK, Adam	6BPD	Kraków	(1)0:08:47.59, (2)0:07:58.41,	0:24:31.32	+0:06:31.65
23	[316]	MALARCZYK, Jerzy	#AdamCzerwińskiTeam	Wieliczka	(1)0:08:46.99, (2)0:07:49.20,	0:25:00.09	+0:07:00.42
24	[235]	SZCZEPAŃSKI, Marcin	#Zasada Team	Rybna	(1)0:09:21.08, (2)0:07:57.89,	0:25:07.25	+0:07:07.58
25	[298]	STRZEBONSKI, Janusz		Glogoczow	(1)0:08:38.86,	0:25:09.60	+0:07:09.93

				(2)0:08:18.31,		
26	[215] KOZIOŁ, Artur	Koziołki	Kraków	(1)0:09:00.56, (2)0:08:11.04,	0:25:24.92	+0:07:25.25
27	[70] RAJTAR, Janusz		Kraków	(1)0:09:52.05, (2)0:08:31.45,	0:26:48.34	+0:08:48.67
28	[152] KRZANOWSKI, Maciej		Kraków	(1)0:09:35.57, (2)0:08:32.15,	0:26:52.00	+0:08:52.33
29	[159] WOŹNICZKA, Radosław	Józefińska Team	Kraków	(1)0:09:44.32, (2)0:08:37.47,	0:27:21.14	+0:09:21.47
30	[60] KASPERCZYK, Tomasz		Kraków	(1)0:09:58.97, (2)0:08:47.25,	0:27:29.11	+0:09:29.44
31	[271] BROŹEK, Dariusz	Husaria Race Team	Zabawa	(1)0:09:44.94, (2)0:09:12.15,	0:28:11.43	+0:10:11.76
32	[249] SALWACH, Artur		Kraków	(1)0:09:21.46, (2)0:09:43.77,	0:28:18.79	+0:10:19.12
33	[168] GŁODZIK, Wojciech		Kraków	(1)0:11:02.99, (2)0:10:09.71,	0:29:47.06	+0:11:47.39
34	[226] LEŚKO, Przemysław		Kraków	(1)0:11:12.85, (2)0:09:28.71,	0:29:53.85	+0:11:54.18
35	[119] RAMZA, Michał	MPEC S.A. w Krakowie	Kraków	(1)0:10:40.20, (2)0:09:38.53,	0:29:59.70	+0:12:00.03
36	[327] BUŚKO, Rafał		KRAKÓW	(1)0:11:06.36, (2)0:10:25.24,	0:30:38.37	+0:12:38.70
37	[22] MACIEJAS, Daniel	Husaria Race Team	Kraków	(1)0:10:39.28, (2)0:09:52.40,	0:30:54.76	+0:12:55.09
38	[288] SOLARSKI, Zbigniew		Kraków	(1)0:11:52.58, (2)0:11:08.29,	0:34:53.14	+0:16:53.47

## 5km - M50

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[175] OPRYSZEK, Bogusław	ITMBW Kraków	Kraków	(1)0:06:33.20, (2)0:06:00.82,	0:18:31.55	+0:00:00.00
2	[230] GAŁĄZKA, Mieczysław	ITMBW Kraków	Kraków	(1)0:06:57.74, (2)0:06:36.57,	0:20:12.31	+0:01:40.76
3	[57] OLIWA, Edward	ITMBW Kraków	Kraków	(1)0:07:22.10, (2)0:06:55.42,	0:21:06.15	+0:02:34.60
4	[259] BIRCZYŃSKI, Paweł		Kraków	(1)0:07:50.56, (2)0:07:13.28,	0:22:30.83	+0:03:59.28
5	[84] MLEKO, Roman	ITMBW Kraków	Kraków	(1)0:08:53.24,	0:25:00.93	+0:06:29.38



				(2)0:08:04.78,		
6	[274] GADZIAŁA, Ryszard		Kraków	(1)0:10:50.47, (2)0:08:30.91,	0:27:32.04	+0:09:00.49
7	[328] MARAS, Ladislav	MarasTeam	Presov	(1)0:10:49.65, (2)0:09:12.68,	0:28:22.26	+0:09:50.71

## 5km - M60

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[314] SMOTER, Tadeusz	Eskadra Kraków	Kraków	(1)0:08:02.46, (2)0:07:07.16,	0:22:03.24	+0:00:00.00
2	[267] RYŚ, Wacław	ZARABIE-biega	Myślenice	(1)0:08:17.96, (2)0:07:42.49,	0:23:19.26	+0:01:16.02
3	[180] PIĄTEK, Stanisław	ITMBW Kraków	Kraków	(1)0:08:19.43, (2)0:07:39.58,	0:23:21.31	+0:01:18.07
4	[253] GROCHOWINA, Andrzej		Kraków	(1)0:13:30.61, (2)0:12:50.89,	0:38:51.92	+0:16:48.68

## 5km - OPEN-K

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[191] BRONIATOWSKA, Katarzyna		Zielonki	(1)0:05:54.08, (2)0:05:28.32,	0:16:40.61	+0:00:00.00
2	[145] NABIELEC, Magdalena	ITMBW Kraków	Kraków	(1)0:06:32.59, (2)0:06:19.17,	0:19:14.97	+0:02:34.36
3	[264] KLAJN, Marlena	ITMBW Kraków	Kraków	(1)0:07:39.34, (2)0:07:07.10,	0:21:44.43	+0:05:03.82

## 5km - OPEN-M

#	Nazwisko, imię	Klub	Miasto	Laps	Czas	Strata
1	[148] MARMOL, Łukasz	KS JEDNOŚĆ NOWY SĄCZ	Nowy Sącz	(1)0:05:54.56, (2)0:05:28.11,	0:16:24.37	+0:00:00.00
2	[315] RĘBILAS, Adam		Nowy Wiśnicz	(1)0:06:01.78, (2)0:05:24.40,	0:16:40.13	+0:00:15.76
3	[157] STRĘKOWSKI, Paweł	ITMBW Kraków	Kraków	(1)0:05:53.77, (2)0:05:28.98,	0:16:51.76	+0:00:27.39

