

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	tempo min/km	tempo km/h	1,5km	3,5km	Czas netto	Wynik	M	K
1	294	KAWIK TOMASZ	KRAKÓW		POL	1991	3:20	18,0	00:04:34	00:12:14	00:16:39	00:16:39	1	
2	165	NOVOSAD OLEKSANDR	KRAKÓW		POL	1998	3:20	18,0	00:04:35	00:12:13	00:16:42	00:16:42	2	
3	143	LUBIENIECKI MACIEJ	KRAKÓW	LACHO TEAM	POL	1979	3:21	17,9	00:04:35	00:12:14	00:16:44	00:16:44	3	
4	17	BRYSZ MICHAŁ	KRAKÓW	STOWARZYSZENIE BIEGACZY GÓRSK	POL	1986	3:23	17,7	00:04:48	00:12:16	00:16:55	00:16:56	4	
5	160	NABIELEC MAGDALENA	KRAKÓW	ITMBW KRAKÓW	POL	1991	3:25	17,6	00:04:35	00:12:14	00:17:04	00:17:04		1
6	237	SZUMLIŃSKI PIOTR	KRAKÓW	ATTIQ TEAM	POL	1984	3:25	17,5	00:04:45	00:12:19	00:17:06	00:17:06	5	
7	189	PLESNAR JACEK	KRAKÓW		POL	1984	3:28	17,3	00:04:46	00:12:24	00:17:19	00:17:19	6	
8	183	PICUR KAMIL	KRAKÓW	AKS AUGUSTA RUNNING TEAM	POL	1991	3:29	17,2	00:04:51	00:12:29	00:17:23	00:17:25	7	
9	7	BARWA WOJCIECH	SPYTKOWICE	ADAMCZERWIŃSKITEAM	POL	1998	3:35	16,8	00:05:03	00:13:04	00:17:54	00:17:54	8	
10	193	POPIEL JAKUB	KRAKÓW	AZS COLLEGIUM MEDICUM UJ	POL	2019	3:35	16,7	00:04:48	00:12:51	00:17:56	00:17:56	9	
11	275	WRONA DANIEL	KRAKÓW	#ADAMCZERWIŃSKITEAM	POL	1992	3:36	16,7	00:05:03	00:13:04	00:17:58	00:17:58	10	
12	42	FIJAŁKOWSKI FILIP	KRAKÓW	ENDUHUB.COM	POL	1987	3:42	16,2	00:05:08	00:13:17	00:18:28	00:18:28	11	
13	5	BANACZYK ARKADIUSZ	STAŁOWA WOLA		POL	1999	3:42	16,2	00:05:33	00:13:33	00:18:12	00:18:31	12	
14	217	SOSNOWSKI ROMAN	KRAKÓW	LACHO TEAM	POL	1970	3:42	16,2	00:05:14	00:13:24	00:18:30	00:18:32	13	
15	173	OPRYSZEK BOGUSŁAW	KRAKÓW	ITMBW KRAKÓW	POL	1968	3:43	16,1	00:05:14	00:13:23	00:18:34	00:18:36	14	
16	174	OPYRCHAŁ TOMASZ	KRAKÓW	ITMBW KRAKÓW	POL	1975	3:46	16,0	00:05:16	00:13:31	00:18:47	00:18:48	15	
17	161	NABYWANIEC MATEUSZ	TARNAWA DOLNA		POL	1998	3:48	15,8	00:05:26	00:13:46	00:18:59	00:19:01	16	
18	184	PIETRAS SŁAWOMIR	KRAKÓW	SZARŻA KREWETEK	POL	1995	3:51	15,6	00:05:04	00:13:41	00:19:11	00:19:14	17	
19	202	ROJEK MACIEJ	KRAKÓW	AT	POL	1988	3:51	15,6	00:05:19	00:13:48	00:19:14	00:19:14	18	
20	64	GOSTYŃSKI KRZYSZTOF	KRAKÓW		POL	1974	3:51	15,6	00:05:32	00:13:52	00:19:11	00:19:15	19	
21	270	WILLIAMS THOMAS	KRAKÓW	WFAIS UJ	POL	1982	3:52	15,5	00:05:29	00:13:55	00:19:19	00:19:20	20	
22	77	IWANICKI KRZYSZTOF	KRAKÓW	TEVA OPERATIONS POLAND	POL	1982	3:54	15,4	00:05:22	00:13:57	00:19:27	00:19:29	21	
23	111	KONIECZYŃSKI JAKUB	KRAKÓW		POL	1992	3:54	15,4	00:05:21	00:13:49	00:19:27	00:19:32	22	
24	113	KOSCHALKA BEN	KRAKÓW		POL	1977	3:55	15,3	00:05:32	00:14:12	00:19:34	00:19:37	23	
25	210	SKOTNICZNY MICHAŁ	KRAKÓW	EUROCLEAR RUNNING TEAM	POL	1990	3:56	15,3	00:05:33	00:14:06	00:19:31	00:19:38	24	
26	18	BRZESKA ELŻBIETA	KRAKÓW	LACHO TEAM	POL	1986	3:59	15,1	00:05:25	00:14:10	00:19:53	00:19:53	2	
27	159	NABIELEC JOANNA	KRAKÓW	ITMBW KRAKÓW	POL	1988	4:00	15,0	00:05:29	00:14:19	00:19:59	00:20:00	3	
28	250	TICHORUK RAFAŁ	KRAKÓW	PORANNY PATROL	POL	1978	4:04	14,8	00:05:41	00:14:28	00:20:13	00:20:18	25	
29	66	GÓRNISIEWICZ ROLAND	KRAKÓW	EQUESTRIA	POL	1995	4:04	14,8	00:05:32	00:14:24	00:20:17	00:20:19	26	
30	155	MICHAŁOWSKI MACIEK	KRAKÓW	ITMBW KRAKÓW	POL	1984	4:04	14,8	00:05:37	00:14:42	00:20:18	00:20:20	27	
31	27	CZECHOWICZ MARCIN	KRAKÓW		POL	2000	4:04	14,7	00:05:37	00:14:29	00:20:18	00:20:21	28	
32	59	GŁADYŚ PAWEŁ WOJCIECH	KRAKÓW		POL	2000	4:10	14,4	00:05:57	00:15:00	00:20:41	00:20:50	29	
33	181	PAWLIK ANNA	KRAKÓW	LACHO TEAM	POL	1990	4:11	14,4	00:05:44	00:15:04	00:20:52	00:20:54	4	
34	38	DUTKA MONIKA	KRAKÓW		POL	1994	4:11	14,3	00:06:04	00:15:12	00:20:45	00:20:55	5	
35	85	JANOWICZ AGATA	KRAKÓW		POL	1992	4:11	14,3	00:06:05	00:15:18	00:20:50	00:20:56	6	
36	154	MIADZIELEC ARTUR	KRAKÓW		POL	1989	4:13	14,2	00:06:20	00:15:43	00:20:58	00:21:05	30	
37	135	LECH EWA	KRAKÓW	ESKADRA KRAKÓW	POL	1990	4:16	14,1	00:06:05	00:15:28	00:21:12	00:21:18	7	
38	20	BUGNO MARCELINA	SKAWINA		POL	1990	4:16	14,0	00:06:05	00:15:28	00:21:15	00:21:22	8	
39	112	KOS LUCJAN	NOWY SĄCZ		POL	1986	4:17	14,0	00:05:52	00:15:20	00:21:22	00:21:26	31	
40	219	STANISŁAWSKI IGOR	KRAKÓW	LACHOTEAM	POL	1972	4:18	14,0	00:06:00	00:15:25	00:21:22	00:21:29	32	
41	133	KWIATKOWSKI JAKUB	KRAKÓW	ITMBW KRAKÓW	POL	1983	4:20	13,9	00:06:13	00:15:44	00:21:33	00:21:39	33	
42	74	HABRYKA MICHAŁ	KRAKÓW		POL	1994	4:20	13,8	00:05:58	00:15:22	00:21:28	00:21:40	34	
43	178	PAJAŁK ANDRZEJ	KRAKÓW	SAMOTNY WILK	POL	1979	4:21	13,8	00:05:28	00:15:12	00:21:42	00:21:43	35	
44	233	SZOPA MARCIN	KRAKÓW	SURA TEAM	POL	1982	4:22	13,8	00:05:46	00:15:34	00:21:42	00:21:49	36	
45	273	WOJNAROWICZ IZABELA	KRAKÓW	ITMBW KRAKÓW	POL	1994	4:22	13,8	00:06:13	00:15:43	00:21:45	00:21:49		9
46	225	STRĘKOWSKI PAWEŁ	KRAKÓW	ITMBW KRAKÓW	POL	1986	4:22	13,7	00:06:12	00:15:43	00:21:47	00:21:50	37	
47	158	MROWIEC PAWEŁ	BIBICE		POL	1981	4:23	13,7	00:06:03	00:15:41	00:21:51	00:21:56	38	
48	268	WIECKOWSKI KRZYSZTOF	LIBERTÓW		POL	1979	4:25	13,6	00:06:41	00:16:19	00:21:41	00:22:03	39	

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	tempo min/km	tempo km/h	1,5km	3,5km	Czas netto	Wynik	M	K
49	238	SZWAGIERCZAK BARTOSZ	KRAKÓW	SZARŻA KREWETEK	POL	1995	4:25	13,6	00:06:03	00:15:43	00:22:02	00:22:05	40	
50	26	CZAPLA SZYMON	BYDGOSZCZ	SZARŻA KREWETEK	POL	1995	4:26	13,5	00:06:09	00:15:58	00:22:05	00:22:11	41	
51	125	KUBIAK PAWEŁ	KATOWICE		POL	1992	4:26	13,5	00:06:30	00:16:00	00:21:51	00:22:11	42	
52	232	SZMIGIELSKI SZYMON	BIBICE	BOBBONY	POL	1972	4:27	13,5	00:06:14	00:15:54	00:22:07	00:22:13	43	
53	163	NIEDZIELSKA ZOFIA	KRAKÓW (KRAKÓWPODGÓR)		POL	1992	4:28	13,4	00:06:15	00:16:01	00:22:13	00:22:19		10
54	39	DZIAŁEK JAROSŁAW	KRAKÓW		POL	1981	4:28	13,4	00:06:28	00:16:12	00:22:14	00:22:22	44	
55	180	PAWELEC ANDRZEJ	KRAKÓW		POL	1964	4:29	13,4	00:06:08	00:16:09	00:22:20	00:22:25	45	
56	114	KOSIERADZKI ŁUKASZ	KRAKÓW		POL	1991	4:29	13,4	00:06:47	00:16:25	00:22:12	00:22:27	46	
57	185	PIETRASZEK ANETA	KRAKÓW		POL	1991	4:30	13,4	00:06:19	00:16:06	00:22:23	00:22:28		11
58	150	MALINA TOMASZ	KRAKÓW	PARKRUN KRAKÓW	POL	1975	4:31	13,3	00:06:12	00:16:13	00:22:32	00:22:34	47	
59	119	KRAWCZYK KATARZYNA	KRAKÓW		POL	1992	4:31	13,3	00:06:15	00:16:08	00:22:29	00:22:35		12
60	218	SREBRZYŃSKA KATARZYNA	KRAKÓW		POL	1986	4:31	13,3	00:06:17	00:16:14	00:22:32	00:22:36		13
61	213	SMEREKA KRZYSZTOF	KRAKÓW	VAILLANT	POL	1980	4:33	13,2	00:06:24	00:16:18	00:22:40	00:22:44	48	
62	280	WYPYCH URSZULA	KRAKÓW	PARKRUN KRAKÓW	POL	2003	4:33	13,2	00:06:15	00:16:20	00:22:41	00:22:45		14
63	215	SOBCZYK KACPER	POŚWIĘTNE		POL	2000	4:34	13,1	00:06:35	00:16:33	00:22:41	00:22:50	49	
64	252	TŁUCZEK NATALIA	RZESZÓW		POL	1998	4:35	13,1	00:06:02	00:16:17	00:22:52	00:22:53		15
65	162	NAWROCKI ŁUKASZ	KRAKÓW		POL	1983	4:35	13,1	00:06:31	00:16:34	00:22:47	00:22:53	50	
66	105	KŁEMBUKOWSKI PIOTR	KRAKÓW	KOLIBER TEAM	POL	1963	4:36	13,0	00:06:41	00:16:34	00:22:52	00:23:01	51	
67	245	TABOR MICHAŁ	KRAKÓW		POL	1998	4:37	13,0	00:06:45	00:17:10	00:22:52	00:23:04	52	
68	157	MOLA AGNIESZKA	KRAKÓW		POL	1983	4:37	13,0	00:06:31	00:16:34	00:23:03	00:23:07		16
69	279	WYPYCH AGNIESZKA	KRAKÓW		POL	1976	4:38	13,0	00:06:15	00:16:30	00:23:05	00:23:09		17
70	93	KALAUŠ MARCIN	DĄBROWA GÓRNICZA	CHILLWAGON	POL	1994	4:39	12,9	00:06:07	00:16:37	00:23:07	00:23:13	53	
71	227	SUMIEC KATARZYNA	MIELEC	ZABIEGANI MIELEC	POL	1994	4:39	12,9	00:06:18	00:16:33	00:23:10	00:23:13		18
72	4	BALCERZAK ŁUKASZ	KRAKÓW		POL	1993	4:39	12,9	00:06:30	00:16:42	00:23:01	00:23:15	54	
73	198	RAJTAR KATARZYNA	KRAKÓW		POL	1989	4:39	12,9	00:06:07	00:16:35	00:23:14	00:23:16		19
74	30	CZESAK MARCIN	KRAKÓW	RWM TEAM	POL	1982	4:39	12,9	00:06:19	00:16:39	00:23:13	00:23:17	55	
75	140	LIPOWSKI PAWEŁ	KRAKÓW		POL	1977	4:41	12,8	00:06:18	00:16:46	00:23:18	00:23:24	56	
76	203	ROZPŁOCH MARIA	KRAKÓW		POL	1998	4:41	12,8	00:06:36	00:16:57	00:23:17	00:23:27		20
77	153	MAČZYŃSKA NATALIA	BUSKO-ZDRÓJ	AZS CMUJ	POL	1996	4:42	12,8	00:06:22	00:16:50	00:23:22	00:23:28		21
78	88	JEZUSEK MICHAŁ	MNICH	GAŠKI TEAM	POL	1992	4:42	12,8	00:06:40	00:17:05	00:23:21	00:23:30	57	
79	130	KURLETO KAMIL	KRAKÓW		POL	1987	4:43	12,7	00:06:43	00:17:07	00:23:26	00:23:34	58	
80	205	SAPA MICHAŁ	KRAKÓW		POL	1998	4:43	12,7	00:06:54	00:17:06	00:23:27	00:23:37	59	
81	201	ROCZNIK JAN	KRAKÓW		POL	1998	4:44	12,7	00:06:45	00:17:11	00:23:28	00:23:41	60	
82	24	CIEPAŁ MARCIN	KRAKÓW		POL	1998	4:44	12,7	00:06:46	00:17:10	00:23:28	00:23:41	61	
83	276	WRÓBEL SZYMON	MIKOŁÓW		POL	1999	4:45	12,6	00:06:27	00:16:44	00:23:43	00:23:47	62	
84	269	WILLIAMS ALICJA	KRAKÓW		POL	1991	4:46	12,6	00:07:00	00:17:14	00:23:43	00:23:49		22
85	240	SZYMONIAK MATEUSZ	KRAKÓW		POL	1995	4:46	12,6	00:06:44	00:17:11	00:23:40	00:23:50	63	
86	169	NOWAK ROMAN	KRAKÓW		POL	1999	4:46	12,6	00:07:14	00:17:44	00:23:41	00:23:51	64	
87	168	NOWAK KAROL	CRACOW		POL	1996	4:48	12,5	00:06:40	00:17:09	00:23:54	00:24:01	65	
88	3	AUGUSTYN BEATA	KRAKÓW		POL	1991	4:49	12,5	00:06:42	00:17:14	00:23:55	00:24:03		23
89	82	JAŁOCHA BARTŁOMIEJ	KRAKÓW		POL	1985	4:49	12,5	00:07:04	00:17:26	00:23:47	00:24:03	66	
90	96	KANIA MICHAŁ	BIEŃKÓWKA		POL	1996	4:49	12,4	00:06:38	00:17:17	00:24:00	00:24:06	67	
91	132	KWIATKOWSKI JACEK	KRAKÓW	CM UJ MASTERS	POL	1957	4:50	12,4	00:06:30	00:17:05	00:24:05	00:24:08	68	
92	47	GACEK ŁUKASZ	KRAKÓW		POL	1981	4:50	12,4	00:06:35	00:17:15	00:23:58	00:24:09	69	
93	54	GARBACZ DAMIAN	KRAKÓW		POL	1989	4:50	12,4	00:07:03	00:17:34	00:24:00	00:24:10	70	
94	141	LOREK MICHAŁ	MŁOSZOWA		POL	1989	4:50	12,4	00:07:04	00:17:34	00:24:00	00:24:10	71	
95	91	JURCZAK WERONIKA	KRAKÓW	TEVA OPERATIONS POLAND	POL	1991	4:51	12,4	00:06:52	00:17:28	00:23:58	00:24:14		24
96	101	KIELAR JEREMI	KRAKÓW		POL	2000	4:51	12,4	00:06:56	00:17:24	00:23:53	00:24:14	72	

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	tempo min/km	tempo km/h	1,5km	3,5km	Czas netto	Wynik	M	K
97	285	ZALESKI PAWEŁ	KRAKÓW	ZALESKY TEAM	POL	1979	4:51	12,4	00:07:15	00:17:43	00:23:58	00:24:15	73	
98	56	GAŚKA MAGDALENA	BIELSKO-BIAŁA	GAŚKI TEAM	POL	1998	4:51	12,4	00:06:42	00:17:13	00:24:08	00:24:16		25
99	40	DZIEGCIARZ HENRYK	KRAKÓW		POL	1970	4:52	12,3	00:06:51	00:17:26	00:24:10	00:24:18	74	
100	241	ŚLEDZIOWSKI ANDRZEJ	KRAKÓW	LACHO TEAM	POL	1969	4:52	12,3	00:07:12	00:17:48	00:24:13	00:24:20	75	
101	1	SAPA JACEK	KRAKÓW	UJ CM	POL	1968	4:53	12,3	00:06:39	00:17:25	00:24:26	00:24:26	76	
102	2	ALSEDRAH ALI	KRAKOW		POL	1992	4:54	12,3	00:06:42	00:17:33	00:24:19	00:24:29	77	
103	253	TOBIASZ JAROSŁAW	KRAKÓW		POL	1981	4:54	12,2	00:07:06	00:17:51	00:24:16	00:24:30	78	
104	103	KLIMZA KRZYSZTOF	IWANOWICE DUŻE		POL	1999	4:55	12,2	00:07:02	00:17:51	00:24:31	00:24:34	79	
105	206	SIERŻĘGA AGNIESZKA	KRAKÓW		POL	1998	4:55	12,2	00:06:55	00:17:50	00:24:26	00:24:36		26
106	138	LESKO PRZEMYSŁAW	KRAKÓW	NH TEAM	POL	1975	4:56	12,2	00:06:58	00:17:44	00:24:36	00:24:39	80	
107	23	CICHOWSKA ANNA	PILZNO	IGNATIANUM	POL	1997	4:56	12,2	00:06:48	00:17:42	00:24:32	00:24:40		27
108	288	ZWONEK WŁODZIMIERZ	KRAKOW		POL	1965	4:57	12,1	00:07:00	00:17:50	00:24:39	00:24:46	81	
109	25	CIUŁA TOMASZ	KRAKÓW	REBELLION OF FREE RUNNERS	POL	1981	4:58	12,1	00:07:00	00:18:02	00:24:45	00:24:50	82	
110	263	WALCZAK MARIA	BRZEŚĆ KUJAWSKI	SZARŻA KREWETEK	POL	1995	4:59	12,0	00:07:04	00:17:53	00:24:46	00:24:55		28
111	151	MATACZ ANDRZEJ	MORAWICA		POL	1992	4:59	12,0	00:07:32	00:18:25	00:24:47	00:24:57	83	
112	147	ŁOBODA AGNIESZKA	KRAKÓW	LEMON TEAM	POL	1977	5:00	12,0	00:06:52	00:17:48	00:24:56	00:24:58		29
113	277	WRÓBLEWSKA KSENIA	KRAKÓW		POL	1999	5:00	12,0	00:06:45	00:17:43	00:24:53	00:24:59		30
114	152	MATEJKO BARTŁOMIEJ	KRAKÓW	UJ CM	POL	1985	5:01	12,0	00:06:24	00:17:55	00:25:05	00:25:06	84	
115	212	SŁOWIK JACEK	KRAKÓW	SŁOWIK	POL	1981	5:01	12,0	00:07:07	00:18:17	00:24:59	00:25:06	85	
116	286	ZAWADA ANDRZEJ	KRAKÓW	ITMBW KRAKÓW	POL	1977	5:02	11,9	00:07:14	00:18:14	00:25:02	00:25:09	86	
117	291	BUCKLEY CONOR	SWORDS	FORGET THE GYM	IRL	1969	5:03	11,9	00:07:34	00:18:45	00:25:06	00:25:17	87	
118	229	SZEWCZYK ALEKSANDRA	NYSA		POL	1998	5:04	11,8	00:07:11	00:18:05	00:25:09	00:25:19		31
119	60	GŁODO PAULINA	KRAKÓW		POL	1994	5:04	11,8	00:07:03	00:18:04	00:25:08	00:25:22		32
120	257	TOMASZEWSKI PIOTR	KRAKÓW		POL	1990	5:05	11,8	00:07:03	00:18:04	00:25:09	00:25:23	88	
121	19	BRZYSKA MONIKA	KRAKÓW		POL	1972	5:05	11,8	00:06:23	00:17:24	00:25:23	00:25:26		33
122	164	NIZIURSKA MARZANNA	KRAKÓW	HUSARIA RACE TEAM	POL	1971	5:06	11,8	00:06:56	00:18:16	00:25:25	00:25:30		34
123	244	TABOR MICHAŁ	WĘGRZCE WIELKIE		POL	1977	5:07	11,7	00:07:24	00:18:25	00:25:14	00:25:34	89	
124	292	SZPAK KASIA	SWORDS	FORGET THE GYM	IRL	1982	5:09	11,7	00:07:34	00:18:45	00:25:33	00:25:44		35
125	76	IDEC ANETA	KRAKÓW		POL	1988	5:11	11,6	00:07:10	00:18:41	00:25:39	00:25:53		36
126	48	GACH-MICHALSKA JUSTYNA	RZEZAWA		POL	1982	5:13	11,5	00:07:17	00:18:51	00:26:05	00:26:06		37
127	123	KRZYSZTOFORSKI PIOTR	ALWERNIA	IGNATIANUM	POL	1962	5:14	11,5	00:07:15	00:18:47	00:26:01	00:26:09	90	
128	278	WUCIŃSKI JAREK	KRAKÓW	BAGRY	POL	1989	5:15	11,4	00:07:44	00:19:09	00:25:58	00:26:13	91	
129	120	KREMPASKA JULIA	MANIOWY		POL	1998	5:15	11,4	00:07:01	00:18:41	00:26:14	00:26:15		38
130	90	JUNGIEWICZ ALICJA	SANOK		POL	1998	5:18	11,3	00:07:13	00:18:52	00:26:18	00:26:29		39
131	79	JACEK SANDRA	KRAKÓW		POL	1999	5:19	11,3	00:06:55	00:18:30	00:26:31	00:26:34		40
132	34	DROHOMIRECKI DARIUSZ	KRAKÓW		POL	1972	5:20	11,2	00:07:03	00:18:44	00:26:33	00:26:41	92	
133	295	MATUKIN-SZUMLIŃSKA ALEKSANDRA	KRAKÓW		POL	1982	5:22	11,2	00:07:28	00:19:27	00:26:46	00:26:49		41
134	289	ZYWERT KACPER	OSTROWITE		POL	1999	5:22	11,2	00:06:42	00:18:16	00:26:47	00:26:51	93	
135	148	MACIEJKO MAGDALENA	TARNOBRZEG		POL	1989	5:22	11,2	00:06:53	00:19:04	00:26:46	00:26:51		42
136	136	LENART PRZEMYSŁAW	KROSNO		POL	1997	5:23	11,2	00:07:48	00:19:51	00:26:41	00:26:54		94
137	128	KUCWAJ-BRYSZ KATARZYNA	KRAKÓW		POL	1986	5:23	11,1	00:07:21	00:19:23	00:26:48	00:26:57		43
138	287	ZUCHMAŃSKA DARIA	KRAKÓW		POL	1998	5:24	11,1	00:08:01	00:19:35	00:26:39	00:26:58		44
139	51	GALANTY ALEKSANDRA	PRZEMYŚL		POL	1999	5:25	11,1	00:07:48	00:19:39	00:26:49	00:27:03		45
140	139	LICKIEWICZ JAKUB	KRAKÓW		POL	1979	5:25	11,1	00:08:18	00:20:03	00:26:46	00:27:03	95	
141	72	GUTT AGNIESZKA	KRAKÓW		POL	1980	5:26	11,0	00:07:19	00:19:30	00:27:08	00:27:10		46
142	223	STEFAŃSKA MARTA	KRAKÓW	BEZWODNIK KWASU 2,3:5,6-DIBENZ	POL	1998	5:28	11,0	00:07:46	00:19:41	00:27:02	00:27:20		47
143	264	WAWRZUSIAK ALICJA	POLSKA		POL	1973	5:29	10,9	00:08:00	00:20:04	00:27:19	00:27:27		48
144	231	SZMIGIELSKA-DUDA MONIKA	BIBICE	BOBBONY	POL	1974	5:30	10,9	00:07:50	00:19:48	00:27:19	00:27:30		49

5 NA DOBRY POCZĄTEK 05.10.2019

Dystans: 5km

UNIwersytet Jagielloński
COLLEGIUM MEDICUM

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	tempo min/km	tempo km/h	1,5km	3,5km	Czas netto	Wynik	M	K
145	71	GRZYB ALEKSANDRA	TARNÓW		POL	1998	5:30	10,9	00:07:48	00:19:52	00:27:19	00:27:32		50
146	187	PISKORZ ANNA	KRAKÓW		POL	1973	5:31	10,9	00:08:17	00:20:03	00:27:16	00:27:33		51
147	62	GOLONKA BARTOSZ	NOWY SĄCZ		POL	1998	5:34	10,8	00:08:18	00:20:40	00:27:32	00:27:51	96	
148	49	GAJDA ADRIAN	KRAKÓW	GAJDA TEAM	POL	2005	5:35	10,7	00:08:12	00:20:16	00:27:52	00:27:56	97	
149	97	KARCZ FILIP	LISZKI		POL	1998	5:39	10,6	00:08:23	00:20:35	00:27:55	00:28:13	98	
150	134	LATA CZ GNIEWOMIR	KRAKÓW		POL	1978	5:40	10,6	00:07:47	00:20:08	00:28:09	00:28:22	99	
151	63	GOSTYŃSKA WERONIKA	KRAKÓW		POL	1979	5:41	10,6	00:07:52	00:20:28	00:28:20	00:28:25		52
152	216	SOLTYSIK IWONA	KRAKÓW		POL	1990	5:42	10,5	00:07:12	00:20:01	00:28:22	00:28:29		53
153	236	DOROSHENKO TETIANA	KRAKÓW		POL	1994	5:43	10,5	00:07:52	00:20:26	00:28:22	00:28:33		54
154	121	KRUK PAULINA	KRAKÓW	NIGHT RUNNERS	POL	1994	5:43	10,5	00:08:41	00:20:43	00:28:19	00:28:34		55
155	110	KOŁCZ ŁUKASZ	KRAKÓW	TEVA OPERATIONS POLAND	POL	1990	5:44	10,5	00:07:47	00:20:28	00:28:22	00:28:38	100	
156	222	STEC MARTA	KRAKÓW	TEVA OPERATIONS POLAND	POL	1993	5:44	10,5	00:07:47	00:20:27	00:28:23	00:28:38		56
157	44	FIRST-SZOPA SYLWIA	KRAKÓW	SURA TEAM	POL	1980	5:45	10,4	00:07:54	00:20:38	00:28:32	00:28:46		57
158	73	GWIAZDA AGNIESZKA	KRAKÓW		POL	1996	5:47	10,4	00:07:13	00:20:21	00:28:49	00:28:54		58
159	182	PIĄTEK ELŻBIETA	KRAKÓW		POL	1981	5:48	10,3	00:07:54	00:20:34	00:29:00	00:29:01		59
160	175	ORLEAŃSKA JAGODA	MIELEC	SZARŻA KREWETEK	POL	1995	5:49	10,3	00:07:59	00:20:54	00:28:56	00:29:05		60
161	188	PLEBANEK AGNIESZKA	KRAKÓW		POL	1992	5:50	10,3	00:07:56	00:20:49	00:28:59	00:29:11		61
162	137	LEPUCKA ALEXANDRA	KRAKÓW		POL	1968	5:50	10,3	00:08:27	00:21:22	00:29:06	00:29:12		62
163	10	BIERNAT MAGDALENA	ŻYWIEC		POL	1996	5:51	10,3	00:08:29	00:21:09	00:29:04	00:29:16		63
164	94	KALINOWSKI ŁUKASZ	OLSZTYN		POL	1990	5:51	10,3	00:08:29	00:21:09	00:29:04	00:29:16	101	
165	11	BLOCH ALEKSANDRA	KRAKÓW		POL	1996	5:51	10,2	00:07:17	00:20:44	00:29:11	00:29:17		64
166	104	KLINOWSKA-GAŚKA MONIKA	BIELSKO-BIAŁA	GĄSKI TEAM	POL	1968	5:52	10,2	00:07:49	00:20:57	00:29:11	00:29:20		65
167	86	JASIŃSKI JAKUB	IWONICZ ZDRÓJ	POTOKOWA RUNNERS CLUB	POL	2000	5:53	10,2	00:08:51	00:21:14	00:29:05	00:29:24	102	
168	282	YUAN WEIJIAN	KRAKÓW		POL	1999	5:54	10,2	00:07:56	00:21:49	00:29:19	00:29:29	103	
169	191	PŁAWIAK NATALIA	KRAKÓW		POL	1995	5:54	10,2	00:08:17	00:21:06	00:29:21	00:29:30		66
170	109	KOLECKI RADEK	KRAKÓW		POL	1987	5:54	10,2	00:08:18	00:21:06	00:29:22	00:29:31	104	
171	228	SZALACHA KATARZYNA	KRAKÓW		POL	2000	5:55	10,1	00:08:21	00:21:09	00:29:20	00:29:36		67
172	61	GŁOWACKA-ZALESKA MAGDALENA	KRAKÓW	ZALESZY TEAM	POL	1977	5:56	10,1	00:08:16	00:21:11	00:29:21	00:29:38		68
173	196	PRUSAK ALEKSANDRA	KRAKÓW	MYSZKI RUNNERS	POL	2000	6:01	10,0	00:09:01	00:21:49	00:29:06	00:30:04		69
174	293	ŻMUDZKA ELŻBIETA	BOCHNIA		POL	1989	6:02	10,0	00:07:55	00:21:06	00:30:07	00:30:08		70
175	239	SZWAJA IWONA	KRAKÓW		POL	1976	6:02	9,9	00:07:31	00:21:22	00:30:06	00:30:10		71
176	87	JAWORSKA AGNIESZKA	KRAKÓW	TEVA OPERATIONS POLAND	POL	1991	6:03	9,9	00:08:13	00:21:29	00:29:58	00:30:13		72
177	211	SKRZYPA ALEKSANDRA	RZESZÓW		POL	1999	6:06	9,8	00:08:11	00:21:54	00:30:23	00:30:32		73
178	214	SOBCZYK ALEKSANDRA	POŚWIĘTNE		POL	1999	6:06	9,8	00:08:11	00:21:34	00:30:23	00:30:32		74
179	45	FLOREK MARZENA	KRAKÓW		POL	1974	6:08	9,8	00:08:48	00:22:12	00:30:27	00:30:40		75
180	50	GAJDA KINGA	KRAKÓW	GAJDA TEAM	POL	2019	6:09	9,8	00:08:29	00:21:54	00:30:42	00:30:45		76
181	199	REK ADRIAN	WARSZAWA OCHOTA		POL	1994	6:10	9,7	00:08:24	00:22:15	00:30:39	00:30:51	105	
182	195	PRUCHNICKA KLAUDIA	JODŁOWA		POL	1995	6:11	9,7	00:08:33	00:22:04	00:30:52	00:30:54		77
183	55	GARBACZ KAROLINA	KRAKÓW		POL	1993	6:13	9,7	00:08:14	00:22:31	00:30:50	00:31:03		78
184	81	JAKUBAS ARKADIUSZ	KRAKÓW		POL	1993	6:13	9,7	00:08:14	00:22:31	00:30:49	00:31:03	106	
185	208	SITARZ MAGDALENA	KRAKÓW		POL	1964	6:13	9,7	00:08:19	00:22:05	00:31:02	00:31:05		79
186	43	FIJAŁKOWSKI ŁUKASZ	BIBICE	TEAM 9	POL	1999	6:14	9,6	00:08:17	00:21:51	00:30:53	00:31:12	107	
187	179	PAJOR DAWID	BUSKO ZDRÓJ	TEAM 9	POL	1999	6:14	9,6	00:08:17	00:21:51	00:30:54	00:31:12	108	
188	12	BOBOWSKA EMILIA	BIAŁASZEWO		POL	2000	6:15	9,6	00:08:37	00:22:53	00:31:11	00:31:13		80
189	258	TORRES BARRON LOLI	CRAKOW	ABB	POL	1971	6:17	9,5	00:08:28	00:22:53	00:31:24	00:31:25		81
190	84	JANKOWSKA KATARZYNA	WROCŁAW		POL	1999	6:20	9,5	00:08:41	00:22:37	00:31:32	00:31:40		82
191	256	TOMALA JOANNA	DULCZA MAŁA	BEZWODNIK KWASU 2,3:5,6-DIBENZI	POL	1998	6:20	9,5	00:08:17	00:22:49	00:31:22	00:31:41		83
192	290	NIEMIEC AGATA	KRAKÓW	POROZMAMWIAJMY O ZDROWIU	POL	1975	6:23	9,4	00:08:32	00:22:44	00:31:48	00:31:53		84



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	tempo min/km	tempo km/h	1,5km	3,5km	Czas netto	Wynik	M	K
193	21	CHMYLAK MICHAŁ	KRAKÓW		POL	1983	6:23	9,4	00:08:46	00:22:46	00:31:38	00:31:55	109	
194	177	OSZAJCA MARCIN	KRAKÓW		POL	1984	6:23	9,4	00:08:46	00:22:46	00:31:38	00:31:55	110	
195	200	REK-LATACZ KLAUDIA	WARSZAWA		POL	1988	6:24	9,4	00:08:26	00:22:57	00:31:49	00:32:01		85
196	146	ŁAŻEWSKA DOROTA	KRAKÓW		POL	1970	6:26	9,3	00:08:48	00:23:07	00:31:52	00:32:08		86
197	243	TABOR AGNIESZKA	WĘGRZCE WIELKIE		POL	1976	6:34	9,1	00:09:15	00:23:48	00:32:34	00:32:48		87
198	262	WAJDA ANETA	KRAKÓW		POL	1978	6:34	9,1	00:09:15	00:23:48	00:32:34	00:32:48		88
199	260	TRZYSZCZYK JULIA	WIELKIE DROGI		POL	2019	6:39	9,0	00:10:10	00:24:32	00:32:17	00:33:16		89
200	242	ŚLIWA EWELINA	KRAKÓW		POL	1993	6:47	8,9	00:09:13	00:24:22	00:33:38	00:33:53		90
201	117	KOŻLAK-STRUTYŃSKA MAGDALENA	KRAKÓW	PONCKI	POL	1994	6:58	8,6	00:09:04	00:24:42	00:34:48	00:34:49		91
202	167	NOWACZEWSKA PAULINA	RYBNIK		POL	1997	7:04	8,5	00:09:20	00:25:10	00:35:10	00:35:22		92
203	194	PORCZ MARTA	KRAKÓW		POL	1989	7:05	8,5	00:09:23	00:25:07	00:35:14	00:35:25		93
204	95	KAMIŃSKA JOANNA	KRAKÓW	NIGHT RUNNERS	POL	1954	7:08	8,4	00:09:27	00:25:21	00:35:42	00:35:42		94
205	226	SUŁKOWSKA JOANNA	KRAKÓW	HUSARIA RACE TEAM	POL	1988	7:14	8,3	00:10:12	00:25:56	00:35:55	00:36:12		95
206	166	NOWACKA ANNA	KRAKÓW		POL	1965	7:14	8,3	00:10:13	00:25:56	00:35:55	00:36:12		96
207	251	TKACZ ANNA	SIEMIANOWICE ŚLĄSKIE		POL	2000	7:18	8,2	00:10:27	00:26:20	00:36:13	00:36:31		97
208	67	GRAD KAROLINA	KRAKÓW	BAGRY	POL	1986	7:26	8,1	00:09:56	00:26:08	00:36:57	00:37:09		98
209	300	PUTAJ RAFAŁ	KRAKÓW		POL	2018	7:26	8,1	00:10:28	00:26:21	00:36:46	00:37:10	111	