

V Bieg na Zaporę Świnna Poręba

Wyniki OPEN K/M

08.09.2024, Świnna Poręba

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | 5 km | Netto | Wynik (Brutto) | Strata |
|------|----|-----------------|--------|------|---------------|------------|------|-------|-------------------|--------|
|------|----|-----------------|--------|------|---------------|------------|------|-------|-------------------|--------|

Bieg towarzyszący 5 km

Kobiety

| | | | | | | | | | | |
|-----|-----|-------------------------|-----|-------------------|------------------|--|------|-------|--------------|--------|
| 1. | 63 | Natonik Joanna | POL | Katowice | Easyrun | | 4:50 | 24:12 | 24:14 | -- |
| 2. | 33 | Knapczyk-Kania Gabriela | POL | Bieńkówka | | | 5:24 | 27:02 | 27:04 | +2:50 |
| 3. | 5 | Bednarczyk Karolina | POL | Jaszczurowa | | | 5:28 | 27:22 | 27:23 | +3:09 |
| 4. | 7 | Bogunia Alicja | POL | Kęty | | | 5:36 | 27:57 | 28:02 | +3:48 |
| 5. | 283 | Skóra Małgorzata | POL | Chmielów | | | 5:41 | 28:26 | 28:29 | +4:15 |
| 6. | 58 | Migała Monika | POL | Kraków | | | 5:41 | 28:30 | 28:30 | +4:16 |
| 7. | 25 | Kanik Klaudia | POL | Heczmarowice | | | 5:47 | 28:52 | 28:56 | +4:42 |
| 8. | 34 | Kolek Renata | POL | Wadowice | Stokrotka | | 5:50 | 29:13 | 29:13 | +4:59 |
| 9. | 12 | Fajczyk Dominika | POL | Polanka Wielka | iFitt Wadowice | | 5:53 | 29:22 | 29:26 | +5:12 |
| 10. | 46 | Kutyła Justyna | POL | Klecza Dolna | Kutyła Team | | 6:01 | 30:05 | 30:09 | +5:55 |
| 11. | 97 | Stuglik Sabina | POL | Inwałd | iFitt Wadowice | | 6:07 | 30:33 | 30:36 | +6:22 |
| 12. | 84 | Siemek Agata | POL | Libiąż | | | 6:18 | 31:26 | 31:34 | +7:20 |
| 13. | 106 | Wala Weronika | POL | Stryszawa | Runball Akademia | | 6:27 | 32:13 | 32:18 | +8:04 |
| 14. | 96 | Strzałka-Wilk Beata | POL | Wieprz | | | 6:30 | 32:34 | 32:35 | +8:21 |
| 15. | 108 | Wojdyło Marta | POL | Wadowice | | | 6:31 | 32:35 | 32:36 | +8:22 |
| 16. | 109 | Zajac Aleksandra | POL | Wadowice | | | 6:39 | 33:13 | 33:16 | +9:02 |
| 17. | 288 | Cieciak Aleksandra | POL | Zawadka | | | 6:45 | 33:43 | 33:46 | +9:32 |
| 18. | 9 | Ceremuga Gabriela | POL | Skawica | | | 6:51 | 34:13 | 34:19 | +10:05 |
| 19. | 39 | Kozak Kinga | POL | Lubień | | | 7:04 | 35:18 | 35:25 | +11:11 |
| 20. | 15 | Gajda Alicja | POL | Sosnowiec | | | 7:05 | 35:18 | 35:26 | +11:12 |
| 21. | 50 | Łabudzka Patrycja | POL | Zielonki | | | 7:13 | 36:06 | 36:09 | +11:55 |
| 22. | 104 | Wala Teresa | POL | Stryszawa | Runball Akademia | | 7:17 | 36:22 | 36:27 | +12:13 |
| 23. | 285 | Zajac Katarzyna | POL | Wadowice | | | 7:18 | 36:32 | 36:34 | +12:20 |
| 24. | 10 | Dobija-Paw Anna | POL | Zasole Bielańskie | | | 7:22 | 36:47 | 36:54 | +12:40 |



| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | 5 km | Netto | Wynik (Brutto) | Strata |
|------|-----|---------------------|---------------------------|------------|---------------|------------|------|-------|-------------------|--------|
| 25. | 82 | Rusinek Anna | POL Kęty | | | 7:22 | | 36:48 | 36:54 | +12:40 |
| 26. | 284 | Skóra Ilona | POL Chmielów | | | 7:29 | | 37:26 | 37:29 | +13:15 |
| 27. | 77 | Przybyło Marta | POL Kraków | | | 7:37 | | 38:03 | 38:10 | +13:56 |
| 28. | 65 | Ojrzyńska Ewelina | POL Warszawa | | | 7:38 | | 38:05 | 38:14 | +14:00 |
| 29. | 48 | Leśniak Emilia | POL Kalwaria Zebrzydowska | | | 8:36 | | 42:52 | 43:02 | +18:48 |
| 30. | 86 | Skawińska Barbara | POL Chrzanów | Sierszanie | | 8:41 | | 43:22 | 43:29 | +19:15 |
| 31. | 87 | Skawińska Magdalena | POL Trzebinia | Sierszanie | | 8:41 | | 43:23 | 43:29 | +19:15 |
| 32. | 76 | Przybyło Małgorzata | POL Kraków | | | 10:44 | | 53:34 | 53:42 | +29:28 |

Mężczyźni

| | | | | | | | | | | |
|-----|-----|----------------------|-----------------------|-------------------------|--|------|--|-------|--------------|-------|
| 1. | 350 | Olszewski Jarosław | POL Kozy | | | 3:37 | | 18:06 | 18:06 | -- |
| 2. | 36 | Kowala Michał | POL Świętoszówka | Fundacja Łączą nas Góry | | 3:52 | | 19:24 | 19:25 | +1:19 |
| 3. | 64 | Nosal Karol | POL Tarnawa Dolna | SKL Sucha Beskidzka | | 3:57 | | 19:50 | 19:50 | +1:44 |
| 4. | 79 | Radoń Andrzej | POL Barwałd Dolny | | | 4:10 | | 20:51 | 20:52 | +2:46 |
| 5. | 99 | Szczygieł Mateusz | POL Skawce | | | 4:21 | | 21:48 | 21:48 | +3:42 |
| 6. | 202 | Lubaś Michał | POL Zembrzyce | | | 4:21 | | 21:46 | 21:50 | +3:44 |
| 7. | 29 | Kastelik Szymon | POL Gilowice | Team Kopeć | | 4:24 | | 22:02 | 22:03 | +3:57 |
| 8. | 13 | Fudala Mateusz | POL Kęty | | | 4:27 | | 22:19 | 22:20 | +4:14 |
| 9. | 6 | Bielak Daniel | POL Głogoczów | | | 4:31 | | 22:35 | 22:36 | +4:30 |
| 10. | 95 | Steczek Bartłomiej | POL Maków Podhalański | SKL Sucha Beskidzka | | 4:31 | | 22:38 | 22:40 | +4:34 |
| 11. | 45 | Kuśaj Kamil | POL Kraków | Kraków | | 4:39 | | 23:16 | 23:16 | +5:10 |
| 12. | 93 | Smaza Adam | POL Klecza Dolna | | | 4:40 | | 23:21 | 23:22 | +5:16 |
| 13. | 60 | Moniak Andrzej | POL Tarnawa Górna | | | 4:40 | | 23:24 | 23:24 | +5:18 |
| 14. | 98 | Stybak Wacław | POL Rudze | Aktywna Dolina Karpia | | 4:41 | | 23:28 | 23:30 | +5:24 |
| 15. | 74 | Pochwat Błażej | POL Kraków | Blakeman | | 4:46 | | 23:47 | 23:54 | +5:48 |
| 16. | 75 | Porębski Marek | POL Oświęcim | Zadyszka Oświęcim | | 4:47 | | 23:53 | 23:56 | +5:50 |
| 17. | 16 | Galek Kamil | POL Katowice | Easyrun | | 4:50 | | 24:12 | 24:14 | +6:08 |
| 18. | 31 | Kleszcz Mateusz | POL Klecza Dolna | | | 4:50 | | 24:14 | 24:15 | +6:09 |
| 19. | 52 | Madej Marek | POL Hecznarowice | Kęckie Harpagany | | 4:54 | | 24:34 | 24:35 | +6:29 |
| 20. | 103 | Tarnowski Przemysław | POL Zabierzów | Górzanka Nawojowa Góra | | 4:55 | | 24:31 | 24:36 | +6:30 |
| 21. | 2 | Baran Jacek | POL Świnna Poręba | | | 4:56 | | 24:41 | 24:42 | +6:36 |
| 22. | 11 | Ekiert Krzysztof | POL Andrychów | Andrychów Running | | 5:01 | | 25:10 | 25:10 | +7:04 |
| 23. | 42 | Książek Przemysław | POL Wadowice | | | 5:02 | | 25:06 | 25:15 | +7:09 |
| 24. | 83 | Rusinek Mirosław | POL Kęty | | | 5:10 | | 25:48 | 25:55 | +7:49 |
| 25. | 111 | Zakharov Artem | POL Kraków | Górzanka Nawojowa Góra | | 5:12 | | 25:59 | 26:05 | +7:59 |
| 26. | 17 | Grygiel Wojciech | POL Jaroszewice | | | 5:16 | | 26:23 | 26:24 | +8:18 |
| 27. | 21 | Jurka Tomasz | POL Łękawica | | | 5:17 | | 26:24 | 26:29 | +8:23 |
| 28. | 71 | Pióro Grzegorz | POL Oświęcim | Zadyszka Oświęcim | | 5:23 | | 26:57 | 26:59 | +8:53 |
| 29. | 89 | Skorupa Mariusz | POL Kraków | | | 5:24 | | 26:56 | 27:02 | +8:56 |
| 30. | 282 | Graca Mirosław | POL Barwałd Średni | | | 5:28 | | 27:21 | 27:24 | +9:18 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | 5 km | Netto | Wynik (Brutto) | Strata |
|------|-----|-----------------------------|---------------------------|------------------------------------|---------------|------------|------|-------|-------------------|--------|
| 31. | 68 | Pamuła Jakub | POL Wadowice | | | 5:30 | | 27:32 | 27:35 | +9:29 |
| 32. | 44 | Kukuła Tadeusz | POL Przytkowice | Firma BTK Kukuła Tadeusz | | 5:31 | | 27:37 | 27:39 | +9:33 |
| 33. | 4 | Bednarczyk Krzysztof | POL Kraków | ITMBW Kraków | | 5:32 | | 27:39 | 27:45 | +9:39 |
| 34. | 289 | Bogunia Arkadiusz | POL Kęty | | | 5:36 | | 27:57 | 28:02 | +9:56 |
| 35. | 287 | Skawiński Paweł | POL Trzebinia | | | 5:42 | | 28:27 | 28:32 | +10:26 |
| 36. | 41 | Kret Jacek | POL Krzeszowice | LKS Górzanka Nawojowa Góra | | 5:53 | | 29:27 | 29:29 | +11:23 |
| 37. | 54 | Majkrzak Mariusz | POL Sucha Beskidzka | Mocni Pomocni | | 5:55 | | 29:34 | 29:39 | +11:33 |
| 38. | 20 | Judym Tomasz | POL Lanckorona | SKL Sucha Beskidzka | | 5:59 | | 29:54 | 30:00 | +11:54 |
| 39. | 47 | Kutyła Adam | POL Wadowice | Kutyła Team | | 6:01 | | 30:06 | 30:10 | +12:04 |
| 40. | 100 | Szeląg Maciej | POL Mucharz | | | 6:06 | | 30:30 | 30:33 | +12:27 |
| 41. | 24 | Kanik Adrian | POL Heczmarowice | | | 6:10 | | 30:50 | 30:54 | +12:48 |
| 42. | 94 | Steczek Jerzy | POL Maków Podhalański | | | 6:14 | | 31:09 | 31:11 | +13:05 |
| 43. | 85 | Siwek Grzegorz | POL Lanckorona | | | 6:15 | | 31:12 | 31:17 | +13:11 |
| 44. | 73 | Płoskonka Jarosław | POL Ponikiew | | | 6:31 | | 32:35 | 32:36 | +14:30 |
| 45. | 23 | Kania Adam | POL Bieńkówka | | | 6:38 | | 33:10 | 33:13 | +15:07 |
| 46. | 72 | Pławny Michał | POL Wadowice | | | 6:53 | | 34:25 | 34:30 | +16:24 |
| 47. | 286 | Kłaput Grzegorz | POL Wadowice | | | 7:06 | | 35:27 | 35:32 | +17:26 |
| 48. | 110 | Zajac Jerzy | POL Wadowice | | | 7:08 | | 35:38 | 35:41 | +17:35 |
| 49. | 19 | Janik Robert | POL Wadowice | PGW Wody Polskie | | 7:11 | | 35:54 | 35:58 | +17:52 |
| 50. | 80 | Radzicki Krzysztof | POL Kraków | | | 7:13 | | 36:07 | 36:10 | +18:04 |
| 51. | 28 | Karkoszka Michał | POL Kalwaria Zebrzydowska | | | 7:20 | | 36:35 | 36:45 | +18:39 |
| 52. | 37 | Kowalczyk Władysław | POL Skawce | | | 7:21 | | 36:43 | 36:46 | +18:40 |
| 53. | 88 | Skawiński Krzysztof | POL Trzebinia | Sierszanie | | 7:26 | | 37:06 | 37:13 | +19:07 |
| 54. | 105 | Wala Krzysztof | POL Stryszawa | Runball Akademia | | 7:28 | | 37:19 | 37:24 | +19:18 |
| 55. | 81 | Rogalewski Łukasz | POL Wadowice | iFitt Wadowice | | 7:31 | | 37:28 | 37:36 | +19:30 |
| 56. | 107 | Waszkiewicz Piotr | POL Kraków | Vashko Solutions Piotr Waszkiewicz | | 7:40 | | 38:20 | 38:24 | +20:18 |
| 57. | 3 | Bazylewicz Paweł | POL Oświęcim | Trochę się Biega | | 9:49 | | 48:58 | 49:06 | +31:00 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | 5 km | Netto | Wynik (Brutto) | Strata |
|------|----|-----------------|--------|------|---------------|------------|------|-------|-------------------|--------|
|------|----|-----------------|--------|------|---------------|------------|------|-------|-------------------|--------|

Bieg główny 10 km

Kobiety

| | | | | | | | | | | |
|-----|-----|--------------------------|---------------------------|---------------------|----------|------|-------|---------|----------------|--------|
| 1. | 266 | Uchyla Alicja | POL Pogórze | | K20 / 1 | 4:56 | 26:07 | 49:22 | 49:23 | -- |
| 2. | 294 | Pieczarka Barbara | POL Wieprz | | K20 / 2 | 5:37 | 29:32 | 56:11 | 56:14 | +6:51 |
| 3. | 144 | Gadomska Nicola | POL Ruda Śląska | Huragan Ligota | K20 / 3 | 5:38 | 29:35 | 56:17 | 56:24 | +7:01 |
| 4. | 200 | Lach Justyna | POL Kraków | | K30 / 1 | 5:39 | 29:44 | 56:33 | 56:35 | +7:12 |
| 5. | 204 | Łypik Joanna | POL Lanckorona | SKL Sucha Beskidzka | K40 / 1 | 5:44 | 30:11 | 57:22 | 57:25 | +8:02 |
| 6. | 133 | Chrzanowska Anna | POL Kalwaria Zebrzydowska | SKL Sucha Beskidzka | K40 / 2 | 5:45 | 30:09 | 57:28 | 57:31 | +8:08 |
| 7. | 192 | Kowalewska Dagmara | POL Żywiec | | K30 / 2 | 5:46 | 29:33 | 57:36 | 57:42 | +8:19 |
| 8. | 210 | Mentelska Wioleta | POL Harmeze | Powoli do Celu | K30 / 3 | 5:50 | 30:07 | 58:18 | 58:22 | +8:59 |
| 9. | 181 | Kidoń Beata | POL Chybie | Pro300 | K40 / 3 | 5:55 | 31:30 | 59:08 | 59:16 | +9:53 |
| 10. | 176 | Kapuśnik Maria | POL Tarnawa Dolna | Bociek Wadowice | K30 / 4 | 5:59 | 31:16 | 59:47 | 59:53 | +10:30 |
| 11. | 140 | Ficek Joanna | POL Białka | | K40 / 4 | 6:05 | 31:50 | 1:00:50 | 1:00:53 | +11:30 |
| 12. | 218 | Mrzyglód Ewa | POL Oświęcim | Zadyszka Oświęcim | K40 / 5 | 6:05 | 31:22 | 1:00:56 | 1:00:59 | +11:36 |
| 13. | 262 | Ścieszka Katarzyna | POL Sucha Beskidzka | SKL Sucha Beskidzka | K40 / 6 | 6:07 | 32:31 | 1:01:07 | 1:01:11 | +11:48 |
| 14. | 239 | Piontek Małgorzata | POL Budzów | | K40 / 7 | 6:17 | 32:23 | 1:02:50 | 1:02:55 | +13:32 |
| 15. | 184 | Kłaput-Glanowska Klaudia | POL Łękawica | Bociek Wadowice | K20 / 4 | 6:32 | 33:01 | 1:05:17 | 1:05:24 | +16:01 |
| 16. | 113 | Adamek Anna | POL Kraków | #Adamczerwińskiteam | K50 / 1 | 6:32 | 34:01 | 1:05:22 | 1:05:30 | +16:07 |
| 17. | 211 | Michalek Krystyna | POL Przeciszów | Trochę się Biega | K50 / 2 | 6:33 | 33:44 | 1:05:31 | 1:05:39 | +16:16 |
| 18. | 187 | Kołodziejczyk Katarzyna | POL Płaza | | K30 / 5 | 7:01 | 35:47 | 1:10:11 | 1:10:11 | +20:48 |
| 19. | 126 | Bołotiuch Katarzyna | POL Wola/Pszczyna | Powoli do Celu | K40 / 8 | 7:12 | 37:42 | 1:11:58 | 1:12:05 | +22:42 |
| 20. | 234 | Pancerz Joanna | POL Bielsko-Biała | Pancerzyki | K40 / 9 | 7:37 | 38:27 | 1:16:08 | 1:16:16 | +26:53 |
| 21. | 189 | Kosowska Joanna | POL Las | Trochę się Biega | K40 / 10 | 7:38 | 37:01 | 1:16:17 | 1:16:24 | +27:01 |
| 22. | 222 | Nieciąg Sabina | POL Śleszowice | SKL Sucha Beskidzka | K40 / 11 | 7:45 | 39:21 | 1:17:31 | 1:17:38 | +28:15 |
| 23. | 171 | Kaczor Asia | POL Tychy | Runhogs Tychy | K50 / 3 | 7:47 | 39:37 | 1:17:43 | 1:17:52 | +28:29 |
| 24. | 153 | Gratka Beata | POL Kojszówka | Gratka | K50 / 4 | 7:51 | 39:27 | 1:18:23 | 1:18:31 | +29:08 |
| 25. | 221 | Napierała Małgorzata | POL Katowice | | K40 / 12 | 8:00 | 40:48 | 1:20:06 | 1:20:08 | +30:45 |
| 26. | 183 | Klamerus Izabela | POL Zakopane | | K50 / 5 | 8:35 | 43:40 | 1:25:44 | 1:25:51 | +36:28 |

Mężczyźni

| | | | | | | | | | | |
|----|-----|--------------------|---------------------|---------------------|---------|------|-------|-------|--------------|-------|
| 1. | 226 | Olszewski Jarosław | POL Kozy | Bimber Squad | M40 / 1 | 3:53 | 20:29 | 38:54 | 38:54 | -- |
| 2. | 193 | Koźmiński Józef | POL Sucha Beskidzka | SKL Sucha Beskidzka | M40 / 2 | 3:59 | 20:45 | 39:59 | 39:59 | +1:05 |
| 3. | 269 | Wdowik Błażej | POL Łękawica | | M20 / 1 | 4:01 | 21:16 | 40:12 | 40:13 | +1:19 |
| 4. | 293 | Gibiec Przemysław | POL Rybarzowice | | M30 / 1 | 4:14 | 22:24 | 42:20 | 42:21 | +3:27 |
| 5. | 272 | Wójcik Adam | POL Chocznia | Ex Team | M20 / 2 | 4:16 | 22:58 | 42:45 | 42:46 | +3:52 |
| 6. | 117 | Banaś Michał | POL Sucha Beskidzka | JW 2771 Rząska | M30 / 2 | 4:17 | 23:18 | 42:55 | 42:56 | +4:02 |
| 7. | 146 | Gilarski Rafał | POL Kęty | Pro300 | M40 / 3 | 4:20 | 22:47 | 43:21 | 43:21 | +4:27 |
| 8. | 175 | Kamiński Sławomir | POL Wadowice | | M30 / 3 | 4:23 | 22:45 | 43:56 | 43:56 | +5:02 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | 5 km | Netto | Wynik (Brutto) | Strata |
|------|-----|--------------------|---------------------------|-----------------------------|---------------|------------|-------|-------|-------------------|--------|
| 9. | 122 | Biegun Dariusz | POL Sułkowice | Andrychów Running i Fiit | M50 / 1 | 4:25 | 23:26 | 44:15 | 44:16 | +5:22 |
| 10. | 292 | Noworyta Grzegorz | POL Rudze | Aktywna Dolina Karpia | M30 / 4 | 4:26 | 23:25 | 44:27 | 44:30 | +5:36 |
| 11. | 135 | Cierpielek Jakub | POL Wadowice | #Adamczerwińskiteam | M30 / 5 | 4:28 | 23:18 | 44:46 | 44:47 | +5:53 |
| 12. | 158 | Hałas Marcin | POL Czechowice-Dziedzice | Free and Wild | M40 / 4 | 4:34 | 24:29 | 45:40 | 45:45 | +6:51 |
| 13. | 134 | Ciapa Mariusz | POL Wadowice | Wichry Beskidu T.R. | M30 / 6 | 4:42 | 24:23 | 47:00 | 47:01 | +8:07 |
| 14. | 112 | Adamek Dariusz | POL Kraków | #Adamczerwińskiteam | M50 / 2 | 4:43 | 25:03 | 47:09 | 47:13 | +8:19 |
| 15. | 243 | Proksa Robert | POL Mysłowice | | M60+ / 1 | 4:47 | 25:20 | 47:57 | 47:59 | +9:05 |
| 16. | 227 | Orkisz Ireneusz | POL Radocza | Wichry Beskidu T.R. | M50 / 3 | 4:48 | 24:57 | 48:05 | 48:07 | +9:13 |
| 17. | 132 | Chrzanowska Maciej | POL Kalwaria Zebrzydowska | SKL Sucha Beskidzka | M30 / 7 | 4:50 | 24:50 | 48:25 | 48:27 | +9:33 |
| 18. | 142 | Gabryś Janusz | POL Podolsze | Bestia | M40 / 5 | 4:52 | 25:31 | 48:44 | 48:47 | +9:53 |
| 19. | 233 | Pancerz Mariusz | POL Bielsko-Biała | Pancerzyki | M40 / 6 | 4:54 | 25:57 | 49:02 | 49:05 | +10:11 |
| 20. | 196 | Krzoska Adam | POL Katowice | Augusteam | M40 / 7 | 4:55 | 25:14 | 49:09 | 49:11 | +10:17 |
| 21. | 207 | Majdak Andrzej | POL Żywiec | Klub Przyjaciół Myszki Miki | M20 / 3 | 4:55 | 26:17 | 49:16 | 49:17 | +10:23 |
| 22. | 141 | Franczak Paweł | POL Skawica | PGW Wody Polskie | M30 / 8 | 4:55 | 25:19 | 49:16 | 49:19 | +10:25 |
| 23. | 172 | Kaczor Bastek | POL Tychy | Runhogs Tychy | M50 / 4 | 4:57 | 26:13 | 49:30 | 49:36 | +10:42 |
| 24. | 143 | Gacek Mariusz | POL Pszczyna | | M30 / 9 | 4:58 | 26:43 | 49:39 | 49:46 | +10:52 |
| 25. | 174 | Kaleta Jan | POL Kraków | JW 2771 Rząska | M50 / 5 | 4:58 | 26:12 | 49:44 | 49:48 | +10:54 |
| 26. | 244 | Radoń Robert | POL Barwałd Dolny | Barwałd Dolny Team | M50 / 6 | 4:58 | 25:46 | 49:49 | 49:49 | +10:55 |
| 27. | 290 | Sowa Krzysztof | POL Wadowice | | M40 / 8 | 4:59 | 26:44 | 49:47 | 49:55 | +11:01 |
| 28. | 186 | Kołodziej Tomasz | POL Maków Podhalański | | M30 / 10 | 5:02 | 26:03 | 50:19 | 50:22 | +11:28 |
| 29. | 178 | Kawaler Krzysztof | POL Przytkowice | | M40 / 9 | 5:04 | 25:10 | 50:46 | 50:48 | +11:54 |
| 30. | 128 | Buczowski Kamil | POL Kraków | | M30 / 11 | 5:05 | 26:05 | 50:55 | 50:57 | +12:03 |
| 31. | 291 | Kajdas Mateusz | POL Zygodowice | | M30 / 12 | 5:06 | 26:32 | 51:03 | 51:07 | +12:13 |
| 32. | 203 | Łypik Paweł | POL Kalwaria Zebrzydowska | SKL Sucha Beskidzka | M40 / 10 | 5:07 | 26:55 | 51:17 | 51:20 | +12:26 |
| 33. | 160 | Herma Piotr | POL Wieprz | iFitt Wadowice | M40 / 11 | 5:09 | 27:25 | 51:34 | 51:36 | +12:42 |
| 34. | 295 | Pieczarka Szymon | POL Wieprz | | M20 / 4 | 5:11 | 27:25 | 51:49 | 51:52 | +12:58 |
| 35. | 246 | Rybski Bartłomiej | POL Wadowice | | M20 / 5 | 5:11 | 26:40 | 51:55 | 51:59 | +13:05 |
| 36. | 161 | Honkisz Ryszard | POL Kozy | Pro300 | M50 / 7 | 5:12 | 27:23 | 52:03 | 52:10 | +13:16 |
| 37. | 194 | Kręcioch Paweł | POL Lgota | Lgota | M40 / 12 | 5:13 | 27:13 | 52:11 | 52:16 | +13:22 |
| 38. | 118 | Barbasz Jakub | POL Kraków | B Team | M40 / 13 | 5:13 | 26:37 | 52:19 | 52:20 | +13:26 |
| 39. | 228 | Orlicki Stanisław | POL Rudze | Orzeł Rudze | M60+ / 2 | 5:14 | 27:45 | 52:22 | 52:25 | +13:31 |
| 40. | 268 | Wasilewski Piotr | POL Andrychów | | M40 / 14 | 5:14 | 26:58 | 52:26 | 52:27 | +13:33 |
| 41. | 164 | Jamróż Mariusz | POL Wadowice | | M40 / 15 | 5:16 | 27:22 | 52:45 | 52:47 | +13:53 |
| 42. | 205 | Madej Maciej | POL Kęty | Kozice Górskie | M20 / 6 | 5:18 | 26:02 | 53:02 | 53:04 | +14:10 |
| 43. | 195 | Kruk Piotr | POL Lanckorona | | M40 / 16 | 5:18 | 27:46 | 52:59 | 53:05 | +14:11 |
| 44. | 199 | Lach Kamil | POL Kraków | | M30 / 13 | 5:18 | 28:09 | 53:03 | 53:05 | +14:11 |
| 45. | 270 | Wicherek Maciej | POL Kraków | | M50 / 8 | 5:20 | 28:00 | 53:15 | 53:23 | +14:29 |
| 46. | 251 | Smolec Wojciech | POL Andrychów | | M30 / 14 | 5:20 | 28:07 | 53:26 | 53:30 | +14:36 |
| 47. | 139 | Dziubiński Leszek | POL Libiąż | | M50 / 9 | 5:21 | 28:08 | 53:30 | 53:35 | +14:41 |
| 48. | 114 | Adamek Jerzy | POL Pietrzykowice | | M50 / 10 | 5:22 | 28:38 | 53:38 | 53:49 | +14:55 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | 5 km | Netto | Wynik (Brutto) | Strata |
|------|-----|----------------------|-------------------|-----------------------|---------------|------------|-------|---------|-------------------|--------|
| 49. | 255 | Stefański Zbigniew | POL Libiąż | | M50 / 11 | 5:26 | 27:50 | 54:14 | 54:22 | +15:28 |
| 50. | 253 | Stachowski Łukasz | POL Stryszawa | Czwartunio Team | M30 / 15 | 5:28 | 28:36 | 54:47 | 54:47 | +15:53 |
| 51. | 179 | Kawończyk Mateusz | POL Kuków | WP | M30 / 16 | 5:31 | 27:57 | 55:09 | 55:11 | +16:17 |
| 52. | 209 | Mazgaj Seweryn | POL Wieprz | Wieprz | M40 / 17 | 5:31 | 27:52 | 55:15 | 55:19 | +16:25 |
| 53. | 238 | Piontek Piotr | POL Budzów | | M40 / 18 | 5:33 | 29:09 | 55:27 | 55:33 | +16:39 |
| 54. | 237 | Piegza Tomasz | POL Podolsze | | M40 / 19 | 5:33 | 28:38 | 55:30 | 55:36 | +16:42 |
| 55. | 125 | Bołotiuch Sebastian | POL Wola/Pszczyna | Powoli do Celu | M40 / 20 | 5:34 | 29:06 | 55:41 | 55:46 | +16:52 |
| 56. | 182 | Kidoń Radosław | POL Chybie | Pro300 | M40 / 21 | 5:35 | 28:45 | 55:47 | 55:55 | +17:01 |
| 57. | 261 | Szuta Marek | POL Sarbka | Kama Run Czarnków | M50 / 12 | 5:35 | 28:09 | 55:53 | 55:57 | +17:03 |
| 58. | 167 | Jurecki Ryszard | POL Wieliczka | #Adamczerwińskiteam | M40 / 22 | 5:36 | 29:30 | 55:58 | 56:02 | +17:08 |
| 59. | 212 | Mielczarski Bartosz | POL Warszawa | | M40 / 23 | 5:36 | 28:55 | 55:56 | 56:03 | +17:09 |
| 60. | 208 | Martini Mateusz | POL Bielsko-Biała | Rachowskie Rozjebundy | M30 / 17 | 5:36 | 28:46 | 56:03 | 56:08 | +17:14 |
| 61. | 257 | Strumiński Adam | POL Pogorzycy | AS | M30 / 18 | 5:38 | 29:36 | 56:17 | 56:20 | +17:26 |
| 62. | 206 | Madaj Zdzisław | POL Kęty | Pro300 | M50 / 13 | 5:38 | 29:18 | 56:22 | 56:29 | +17:35 |
| 63. | 242 | Porębski Mateusz | POL Marcówka | | M20 / 7 | 5:41 | 29:45 | 56:54 | 57:00 | +18:06 |
| 64. | 173 | Kadela Jarosław | POL Kuków | | M30 / 19 | 5:43 | 29:28 | 57:18 | 57:19 | +18:25 |
| 65. | 213 | Mirocha Wiesław | POL Krzeszów | | M40 / 24 | 5:45 | 30:42 | 57:34 | 57:35 | +18:41 |
| 66. | 145 | Gadomski Mateusz | POL Ruda Śląska | Huragan Ligota | M30 / 20 | 5:47 | 29:31 | 57:45 | 57:53 | +18:59 |
| 67. | 154 | Gurgoń Marcin | POL Chorzów | Augusteam | M30 / 21 | 5:53 | 30:09 | 58:50 | 58:59 | +20:05 |
| 68. | 168 | Jurecki Jarosław | POL Wieliczka | #Adamczerwińskiteam | M40 / 25 | 5:55 | 31:27 | 59:05 | 59:12 | +20:18 |
| 69. | 152 | Gratka Mirosław | POL Kojszówka | Gratka | M50 / 14 | 5:56 | 30:35 | 59:25 | 59:29 | +20:35 |
| 70. | 137 | Drobny Rafał | POL Brzeszcze | | M20 / 8 | 5:58 | 31:30 | 59:44 | 59:47 | +20:53 |
| 71. | 216 | Mruczek Kamil | POL Mucharz | | M30 / 22 | 6:00 | 30:49 | 59:56 | 1:00:02 | +21:08 |
| 72. | 150 | Grabowski Jan | POL Gołuchowice | Skawina Biega | M60+ / 3 | 6:01 | 31:19 | 1:00:09 | 1:00:15 | +21:21 |
| 73. | 191 | Kowalczyk Damian | POL Tychy | Octagon Runners Tychy | M50 / 15 | 6:02 | 31:49 | 1:00:22 | 1:00:26 | +21:32 |
| 74. | 281 | Żurek Jan | POL Stryszawa | Szachy-Żurek | M50 / 16 | 6:02 | 30:57 | 1:00:28 | 1:00:29 | +21:35 |
| 75. | 256 | Stopa Stanisław | POL Klecza Górna | | M30 / 23 | 6:04 | 31:52 | 1:00:36 | 1:00:41 | +21:47 |
| 76. | 162 | Ira Robert | POL Kraków | Wawel-Dom | M40 / 26 | 6:06 | 30:36 | 1:01:00 | 1:01:07 | +22:13 |
| 77. | 276 | Wyrobek Marcin | POL Witkowice | | M40 / 27 | 6:07 | 32:43 | 1:01:09 | 1:01:15 | +22:21 |
| 78. | 225 | Olbryś Stanisławadam | POL Nasielsk | KB Legionowo | M50 / 17 | 6:07 | 33:07 | 1:01:15 | 1:01:18 | +22:24 |
| 79. | 279 | Zawiła Dariusz | POL Andrychów | | M50 / 18 | 6:08 | 31:26 | 1:01:16 | 1:01:23 | +22:29 |
| 80. | 165 | Jargus Paweł | POL Podolsze | Aktywna Dolina Karpia | M40 / 28 | 6:09 | 31:13 | 1:01:29 | 1:01:36 | +22:42 |
| 81. | 151 | Gracjasz Marcin | POL Wadowice | | M40 / 29 | 6:11 | 31:07 | 1:01:50 | 1:01:54 | +23:00 |
| 82. | 249 | Skawiński Paweł | POL Trzebinia | Sierszanie | M50 / 19 | 6:12 | 33:11 | 1:01:58 | 1:02:08 | +23:14 |
| 83. | 148 | Górniak Adam | POL Sosnowiec | Harpagan Sosnowiec | M50 / 20 | 6:12 | 32:31 | 1:02:04 | 1:02:10 | +23:16 |
| 84. | 277 | Zadora Marcin | POL Jaroszowice | | M40 / 30 | 6:17 | 32:41 | 1:02:53 | 1:02:59 | +24:05 |
| 85. | 116 | Balys Paweł | POL Wadowice | | M40 / 31 | 6:23 | 33:48 | 1:03:53 | 1:03:59 | +25:05 |
| 86. | 240 | Piotrowski Janek | POL Kraków | | M60+ / 4 | 6:25 | 33:01 | 1:04:08 | 1:04:16 | +25:22 |
| 87. | 124 | Bogusławski Michał | POL Kraków | | M30 / 24 | 6:27 | 33:04 | 1:04:25 | 1:04:34 | +25:40 |
| 88. | 235 | Pasieka Tomasz | POL Zawadka | | M40 / 32 | 6:28 | 31:23 | 1:04:44 | 1:04:48 | +25:54 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | 5 km | Netto | Wynik (Brutto) | Strata |
|------|-----|----------------------------|-------------------|---------------------|---------------|------------|-------|---------|-------------------|--------|
| 89. | 231 | Palichleb Grzegorz | POL Krzeszów | SKL Sucha Beskidzka | M30 / 25 | 6:29 | 33:12 | 1:04:50 | 1:04:54 | +26:00 |
| 90. | 156 | Gwóźdź Marek | POL Zator | IPA Poland | M50 / 21 | 6:33 | 31:37 | 1:05:26 | 1:05:35 | +26:41 |
| 91. | 267 | Wanat Łukasz | POL Oświęcim | | M30 / 26 | 6:37 | 32:29 | 1:06:13 | 1:06:18 | +27:24 |
| 92. | 224 | Okruta Michał | POL Wieprz | | M40 / 33 | 6:45 | 34:38 | 1:07:28 | 1:07:35 | +28:41 |
| 93. | 115 | Adamski Damian | POL Kobiernice | | M30 / 27 | 6:46 | 34:22 | 1:07:40 | 1:07:45 | +28:51 |
| 94. | 170 | Kaczmarczyk Ryszard | POL Kobiernice | Kęckie Harpagany | M50 / 22 | 6:49 | 34:50 | 1:08:07 | 1:08:12 | +29:18 |
| 95. | 188 | Kordiasz Radosław | POL Kraków | Smok Wawelski | M40 / 34 | 6:50 | 29:57 | 1:08:18 | 1:08:26 | +29:32 |
| 96. | 157 | Hadka Jacek | POL Krzeszów | Zapchlony Miatczek | M30 / 28 | 6:52 | 34:10 | 1:08:37 | 1:08:44 | +29:50 |
| 97. | 217 | Mrzygłód Artur | POL Sułkowice | | M20 / 9 | 7:04 | 34:40 | 1:10:43 | 1:10:46 | +31:52 |
| 98. | 274 | Wróbel Bartosz | POL Świnna Poręba | | M20 / 10 | 7:15 | 37:19 | 1:12:31 | 1:12:35 | +33:41 |
| 99. | 247 | Ryłko Grzegorz | POL Kraków | | M50 / 23 | 7:19 | 36:26 | 1:13:08 | 1:13:13 | +34:19 |
| 100. | 121 | Bernas Andrzej | POL Wadowice | Zaskawie | M40 / 35 | 7:31 | 36:14 | 1:15:18 | 1:15:18 | +36:24 |

Liczba uczestników: 215