

4. BIEG MARZANNY

WYNIKI ZAWODÓW

Organizator: DYSTANS Kraków

Termin: 25 marca 2007

Miejsce: Kraków

Dystans: 21,0975 km

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
1	250	PANFIL	Łukasz	POL	MARATON Turek	1980	M-20	1	01:11:08 (01:11:08)	00:12:10	00:23:56	00:35:47	00:47:49	00:59:58
2	259	CHAWAWKO	Tomasz	POL	Dębno	1974	M-30	1	01:11:28 (01:11:28)	00:12:11	00:23:56	00:35:47	00:47:49	00:59:57
3	263	WOSIK	Daniel	POL	UMKS Ostrowia	1980	M-20	2	01:12:42 (01:12:42)	00:12:10	00:23:56	00:36:00	00:48:17	01:00:46
4	264	STARZYŃSKI	Dariusz	POL	PKP ENERGETYKA Kato	1974	M-30	2	01:12:51 (01:12:51)	00:12:14	00:24:10	00:36:18	00:48:43	01:01:15
5	226	SZCZEPAŃSKI	Krzysztof	POL	MKS Radomsko	1971	M-30	3	01:12:53 (01:12:52)	00:12:28	00:24:36	00:36:54	00:49:12	01:01:27
6	11	ZAWILIŃSKI	Mikołaj	POL	Kielce	1980	M-20	3	01:13:26 (01:13:26)	00:12:36	00:25:05	00:37:29	00:49:49	01:01:55
7	534	GNUŁA	Rafał	POL	WKB META Lubliniec	1976	M-30	4	01:14:04 (01:14:04)	00:12:11	00:24:37	00:36:59	00:49:46	01:02:33
8	528	KOŃ	Piotr	POL	KKL FART Kielce	1978	M-20	4	01:14:06 (01:14:05)	00:12:36	00:25:05	00:37:30	00:49:54	01:02:32
9	519	GAJEWSKI	Wojciech	POL	Zabrze	1978	M-20	5	01:14:42 (01:14:42)	00:12:18	00:24:36	00:36:59	00:49:45	01:02:33
10	248	CYRAN	Maciej	POL	Szpital Jana Pawła	1975	M-30	5	01:16:13 (01:16:13)	00:12:22	00:24:58	00:37:48	00:50:41	01:03:53
11	44	STEFAŃSKI	Marian	POL	TKKF JASTRZĄB Ruda Śl	1965	M-40	1	01:17:05 (01:17:02)	00:12:59	00:25:50	00:38:49	00:51:49	01:05:01
12	518	BUDKA	Borys	POL	Zabrze	1978	M-20	6	01:17:45 (01:17:45)	00:12:57	00:25:52	00:38:49	00:51:50	01:05:17
13	308	RYŻAK	Marian	POL	NEWAG Nowy Sącz	1962	M-40	2	01:18:07 (01:18:07)	00:12:58	00:25:52	00:38:49	00:51:56	01:05:25
14	506	TEREBUN	Edward	POL	Bielsk Podlaski	1974	M-30	6	01:18:18 (01:18:18)	00:12:36	00:25:05	00:38:05	00:51:24	01:05:10
15	279	SMELKA	Sławomir	POL	Kraków	1970	M-30	7	01:18:54 (01:18:52)	00:12:51	00:25:50	00:38:52	00:52:12	01:05:52
16	181	STROŃSKI	Farnciszek	POL	DYSTANS Kraków	1961	M-40	3	01:19:51 (01:19:51)	00:13:05	00:26:37	00:40:03	00:53:32	01:07:02
17	136	ULFIK	Rafał	POL	Zabrze	1987	M-20	7	01:19:55 (01:19:55)	00:13:04	00:26:14	00:39:42	00:53:17	01:07:08
18	142	ZIĘBOWICZ	Miroslaw	POL	Kraków	1962	M-40	4	01:20:39 (01:20:39)	00:13:29	00:26:37	00:40:06	00:53:34	01:07:27
19	537	BIAŁY	Piotr	POL	SKB Kraśnik	1961	M-40	5	01:20:40 (01:20:39)	00:13:47	00:27:15	00:40:43	00:54:14	01:07:55
20	522	JĘDRZEJKO	Tomasz	POL	ASP RKS Łódź	1979	M-20	8	01:20:44 (01:20:44)	00:13:04		00:40:05	00:53:47	01:07:46
21	46	WĘGLER	Jarosław	POL	TKKF JASTRZĄB Ruda Śl	1970	M-30	8	01:20:57 (01:20:54)	00:13:29	00:26:47	00:40:20	00:54:01	01:07:58
22	195	JASEK	Tadeusz	POL	Radziechowy	1951	M-50	1	01:21:39 (01:21:35)	00:13:42	00:27:15	00:40:54	00:54:47	01:08:38

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
23	177	GRUCA	Zdzisław	POL	DYSTANS Kraków	1969	M-30	9	01:21:50 (01:21:49)	00:13:53	00:28:01	00:41:46	00:55:21	01:09:02
24	18	ĆWIERZ	Mateusz	POL	Myślenice	1981	M-20	9	01:21:51 (01:21:49)	00:13:28	00:26:59	00:40:41	00:54:43	01:08:37
25	504	PIPIEŃ	Mateusz	POL	Kraków	1973	M-30	10	01:22:00 (01:21:57)	00:13:53	00:27:35	00:41:24	00:55:11	01:09:01
26	538	MAJKUT	Andrzej	POL	ZNP Nowa Dęba	1975	M-30	11	01:22:20 (01:22:16)	00:13:59	00:27:36	00:41:24	00:55:09	01:09:07
27	233	FILUŚ	Stanisław	POL	biegajznami.pl	1965	M-40	6	01:23:12 (01:23:08)	00:14:00	00:28:01	00:41:46	00:55:34	01:09:43
28	143	KUSTRA	Piotr	POL	MOGILANY MARATON T	1971	M-30	12	01:23:47 (01:23:45)	00:13:28	00:26:59	00:40:51	00:55:09	01:09:42
29	24	PIĄTEK	Roman	POL	DYSTANS Kraków	1968	M-30	13	01:23:50 (01:23:48)	00:13:41	00:27:18	00:41:16	00:55:20	01:09:57
30	2	BĄBEL	Łukasz	POL	JARO-MAX Murów	1987	M-20	10	01:23:51 (01:23:50)	00:13:06	00:26:48	00:40:42	00:54:46	01:09:21
31	182	JASKURZYŃSKA	Agnieszka	POL	AZS Kraków	1980	K-20	1	01:23:58 (01:23:58)	00:13:04	00:26:37	00:40:32	00:55:07	01:10:00
32	246	KOŁOSKA	Adam	POL	FORMA Wodzisław Śl.	1967	M-40	7	01:24:17 (01:24:13)	00:14:02	00:28:18	00:42:29	00:56:35	01:10:53
33	48	FIJAŁKOWSKI	Zbigniew	POL	TKKF JASTRZĄB Ruda Śl	1962	M-40	8	01:24:40 (01:24:39)	00:13:18	00:26:59	00:41:00	00:55:35	01:10:25
34	266	SZCZYGIEL	Paweł	POL	Podegrodzie	1988	M-16	1	01:24:41 (01:24:41)	00:13:53	00:28:09	00:42:22	00:56:36	01:11:04
35	551	SMOGOROWSKI	Łukasz	POL	CM w Krakowie	1978	M-20	11	01:24:44 (01:24:43)	00:13:48	00:27:40	00:41:46	00:56:15	01:10:51
36	131	ŚMIECHOWSKI	Paweł	POL	Kraków	1972	M-30	14	01:24:44 (01:24:33)	00:14:31	00:28:32	00:42:29	00:56:35	01:11:04
37	229	ZAWALSKI	Maciej	POL	Zabierzów	1974	M-30	15	01:24:47 (01:24:46)	00:13:37	00:27:37	00:41:51	00:56:18	01:10:49
38	122	KLECZAJ	Piotr	POL	SA PSP Kraków	1985	M-20	12	01:24:47 (01:24:46)	00:14:27	00:28:58	00:43:23	00:57:49	01:11:57
39	77	LEONOWICZ	Andrzej	POL	Zabrze	1964	M-40	9	01:25:10 (01:25:10)	00:14:12	00:28:19	00:42:34	00:56:50	01:11:26
40	532	MUSIAŁ	Artur	POL	NKB ZRYW Namysłów	1976	M-30	16	01:25:14 (01:25:13)	00:14:18	00:28:20	00:42:22	00:56:29	01:11:03
41	171	ZIĘBOWICZ	Sławomir	POL	Kraków	1962	M-40	10	01:25:22 (01:25:20)	00:13:42	00:27:34	00:41:46	00:57:10	01:11:46
42	278	ŁANOSZKA	Adam	POL	KB TP S.A.	1973	M-30	17	01:25:31 (01:25:29)	00:14:19	00:28:31	00:42:48	00:57:23	01:11:54
43	289	PYRĆ	Szymon	POL	Kraków	1973	M-30	18	01:25:51 (01:25:49)	00:14:23	00:28:24	00:42:34	00:56:50	01:11:26
44	272	MACIOŁ	Andrzej	POL	DYSTANS Kraków	1954	M-50	2	01:25:57 (01:25:57)	00:14:38	00:29:10	00:43:23	00:57:53	01:12:22
45	220	SOSNA	Bartłomiej	POL	VEGE RUNNERS	1981	M-20	13	01:26:06 (01:26:04)	00:13:41	00:27:49	00:42:22	00:57:03	01:11:41
46	232	SZYMURA	Grzegorz	POL	Leszczyny	1971	M-30	19	01:26:15 (01:26:13)	00:14:27	00:28:58	00:43:22	00:57:52	01:12:23
47	120	SZCZEPANIUK	Marek	POL	Kraków	1970	M-30	20	01:26:27 (01:26:23)	00:14:45	00:29:09	00:43:24	00:57:55	01:12:35
48	527	GAŚSIOR	Paweł	POL	ZSE Nowy Targ	1973	M-30	21	01:26:28 (01:26:23)	00:14:09	00:28:19	00:42:34	00:57:13	01:12:12
49	530	LEŚNIEWSKI	Andrzej	POL	Zwoleń	1963	M-40	11	01:26:28 (01:26:26)	00:13:53	00:27:51	00:41:52	00:56:17	01:11:30
50	231	REMBIASZ	Marcin	POL	Nowy Sącz	1977	M-30	22	01:27:06 (01:27:04)	00:14:56	00:29:36	00:44:19	00:59:03	01:13:46
51	288	JACHYMCZYK	Norbert	POL	KB MCKiS Jaworzno	1978	M-20	14	01:27:13 (01:27:02)	00:15:36	00:30:00	00:44:19	00:58:43	01:13:24
52	562	ZGLICZYŃSKI	Piotr	POL	Kraków	1964	M-40	12	01:27:29 (01:27:23)	00:14:38	00:28:58	00:43:22	00:58:08	01:13:13
53	194	GOLONKA	Mateusz	POL	TECHNIK Trzcianica	1989	M-16	2	01:27:50 (01:27:45)	00:15:15	00:29:55	00:44:18	00:58:38	01:13:32
54	225	BRODACKI	Wiesław	POL	40-Latek Tychy	1961	M-40	13	01:28:04 (01:28:01)	00:14:44	00:29:22	00:44:14	00:59:16	01:14:21
55	240	SZYMAŃSKI	Grzegorz	POL	NKB ZRYW Namysłów	1976	M-30	23	01:28:11 (01:28:09)	00:14:50	00:29:33	00:44:17	00:59:16	01:14:21
56	83	MASŁANKA	Tomasz	POL	Bytom	1972	M-30	24	01:28:20 (01:28:18)	00:14:34	00:29:10	00:43:51	00:58:46	01:14:01
57	254	DUDEK	Sylwester	POL	LKB Rudnik	1963	M-40	14	01:28:27 (01:28:26)	00:14:02	00:28:19	00:42:33	00:57:56	01:13:59
58	294	SENTYSZ	Robert	POL	Myślenice	1978	M-20	15	01:28:29 (01:28:25)	00:13:29	00:27:37	00:42:23	00:57:26	01:13:13
59	52	SZESZKO	Marek	POL	TKKF JASTRZĄB Ruda Śl	1964	M-40	15	01:28:32 (01:28:26)	00:15:17	00:30:08	00:44:47	00:59:44	01:14:41

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
60	49	DOŁGOPOŁY	Eugeniusz	POL	TKKF JASTRZĄB Ruda Śl	1954	M-50	3	01:28:32 (01:28:32)	00:15:25	00:30:08	00:44:46	00:59:44	01:14:41
61	47	SZOR	Krzysztof	POL	TKKF JASTRZĄB Ruda Śl	1972	M-30	25	01:28:33 (01:28:27)	00:15:25	00:30:08	00:44:46	00:59:44	01:14:41
62	228	TOPOLSKI	Marcin	POL	biegajznami.pl	1976	M-30	26	01:28:33 (01:28:22)	00:15:15	00:29:54	00:44:28	00:59:35	01:14:42
63	5	BERGIER	Paweł	POL	Zawiercie	1982	M-20	16	01:28:35 (01:28:35)	00:15:08	00:29:55	00:44:47	00:59:44	01:14:42
64	88	MICHALSKI	Andrzej	POL	Sanok	1959	M-40	16	01:29:02 (01:29:02)	00:13:30	00:28:10	00:43:02	00:58:21	01:14:42
65	296	BURDA	Maciej	POL	Kraków	1975	M-30	27	01:29:22 (01:29:16)	00:14:41	00:29:26	00:44:20	00:59:16	01:14:25
66	515	KWIATKOWSKI	Dariusz	POL	TS Wijas	1974	M-30	28	01:29:24 (01:29:24)	00:14:40	00:29:59	00:45:08	01:00:13	01:15:38
67	237	MAGIERA	Janusz	POL	FORMA Wodzisław Śl.	1963	M-40	17	01:29:27 (01:29:22)	00:15:01	00:29:32	00:44:16	00:59:41	01:14:59
68	34	GERLICH	Miroslaw	POL	Pszów	1966	M-40	18	01:29:28 (01:29:24)	00:14:29	00:29:08	00:44:08	00:59:41	01:14:59
69	14	BUJAŁA	Michał	POL	Jawor	1987	M-20	17	01:29:31 (01:29:31)	00:14:28	00:28:59	00:43:23	00:58:23	01:15:03
70	517	PIECHA	Andrzej	POL	ENERGETYK Rybnik	1976	M-30	29	01:29:32 (01:29:25)	00:15:49	00:30:47	00:45:35	01:00:27	01:15:22
71	307	KIJANKA	Artur	POL	KKB DYSTANS Kraków	1968	M-30	30	01:29:59 (01:29:59)	00:13:42	00:28:27	00:44:01	00:59:31	01:14:57
72	230	BIGOSZEWSKI	Tomasz	POL	Nowy Targ	1973	M-30	31	01:30:01 (01:29:56)	00:14:44	00:29:36	00:44:45	00:59:59	01:15:25
73	303	JĘDRYKA	Aleksander	POL	Nowy Targ	1965	M-40	19	01:30:02 (01:29:58)	00:14:43	00:29:36	00:44:46	00:59:59	01:15:25
74	70	KUCHARCZYK	Adam	POL	Maków Podhalański	1970	M-30	32	01:30:14 (01:30:14)	00:14:52	00:29:43	00:44:41	00:59:45	01:15:03
75	159	BUŻNIAK	Arkadiusz	POL	BIEGAJ Z KERAŁ Nowy Sącz	1987	M-20	18	01:30:23 (01:30:22)	00:15:17	00:30:39	00:45:59	01:01:02	01:16:13
76	500	ZIÓŁKO	Jan	POL	DYSTANS Kraków	1952	M-50	4	01:30:31 (01:30:31)	00:14:48	00:29:32	00:44:16	00:59:39	01:15:26
77	101	POGORZELSKI	Michał	POL	Jaśło	1977	M-30	33	01:30:42 (01:30:37)	00:15:49	00:30:52	00:46:00	01:01:15	01:16:31
78	205	DAŃDA	Wojciech	POL	Kraków	1976	M-30	34	01:31:00 (01:31:00)	00:14:54	00:30:09	00:45:09	01:00:24	01:16:03
79	514	ŚLIWIŃSKI	Andrzej	POL	LO Miechów	1957	M-50	5	01:31:03 (01:30:59)	00:15:24	00:30:46	00:46:08	01:01:42	01:17:14
80	176	KALINOWSKI	Kazimierz	POL	KKB DYSTANS Kraków	1964	M-40	20	01:31:08 (01:31:06)	00:14:38	00:29:24	00:44:38	01:00:24	01:16:20
81	224	MARECKI	Sebastian	POL	Kraków	1983	M-20	19	01:31:10 (01:31:00)	00:15:49	00:30:24	00:45:17	01:00:31	01:16:21
82	550	ŻELICHOWSKI	Marek	POL	SP AS Sosnowiec	1958	M-40	21	01:31:14 (01:31:10)	00:15:49	00:30:47	00:45:36	01:01:20	01:16:53
83	6	BERGIER	Tomasz	POL	Kraków	1972	M-30	35	01:31:15 (01:31:14)	00:14:44	00:30:08	00:45:10	01:00:32	01:16:29
84	318	ZWONEK	Paweł	POL	Rowerowanie	1969	M-30	36	01:31:23 (01:31:16)	00:15:53	00:31:31	00:46:48	01:02:03	01:17:21
85	53	KĄDZIAŁKA	Sebastian	POL	TKKF JASTRZĄB Ruda Śl	1976	M-30	37	01:31:24 (01:31:18)	00:16:06	00:31:26	00:46:37	01:01:45	01:17:11
86	535	KEMMER	Krzysztof	POL	Zawiercie	1978	M-20	20	01:31:38 (01:31:38)	00:15:18	00:30:16	00:45:16	01:00:42	01:16:32
87	210	DROZD	Wiesław	POL	Klęczany	1956	M-50	6	01:31:39 (01:31:33)	00:16:18	00:31:50	00:46:56	01:02:08	01:17:28
88	213	SAMOLEWICZ	Janusz	POL	HANDLOPEX Rzeszów	1955	M-50	7	01:31:48 (01:31:46)	00:15:18	00:30:17	00:45:10	01:00:28	01:16:08
89	20	DĄBROWSKI	Łukasz	POL	Dobczyce	1986	M-20	21	01:31:50 (01:31:48)	00:14:45	00:29:29	00:44:45	01:00:24	01:16:33
90	306	DYRDA	Władysław	POL	Barka	1947	M-60	1	01:32:02 (01:31:59)	00:15:10	00:30:08	00:44:56	01:00:38	01:16:47
91	539	WIECZOREK	Jerzy	POL	Krzyszowice	1970	M-30	38	01:32:05 (01:31:54)	00:15:56	00:31:10	00:46:29	01:02:10	01:17:45
92	203	MARSZAŁKOWSKI	Zbigniew	POL	FORMA Wodzisław	1957	M-50	8	01:32:12 (01:32:08)	00:15:29	00:30:39	00:45:53	01:01:37	01:17:20
93	502	FRĄCZEK	Justyna	POL	Kraków	1978	K-20	2	01:32:14 (01:32:13)	00:14:45	00:29:41	00:45:05	01:00:31	01:16:45
94	188	PALICH	Tomasz	POL	YMCA Kraków	1967	M-40	22	01:32:16 (01:32:16)	00:16:05	00:31:31	00:46:47	01:02:03	01:17:54
95	301	KOPTA	Adam	POL	MOGILANY MARATON T	1971	M-30	39	01:32:19 (01:32:16)	00:15:21	00:30:40	00:46:06	01:01:44	01:17:40
96	271	ZYCH	Lesław	POL	WITAR Tarnobrzeg	1953	M-50	9	01:32:24 (01:32:22)	00:15:57	00:31:32	00:46:55	01:02:30	01:18:02

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
97	243	SŁABY	Mateusz	POL	Chelmiec	1988	M-16	3	01:32:24 (01:32:24)	00:14:58	00:30:58	00:47:25	01:02:27	01:18:02
98	15	CIELNIASZEK	Marek	POL	Będzin	1978	M-20	22	01:32:25 (01:32:18)	00:14:45	00:29:37	00:44:40	01:00:05	01:16:28
99	189	SZYPIÓR	Rafał	POL	POSRAŃCY Kraków	1970	M-30	40	01:32:57 (01:32:55)	00:14:42	00:29:37	00:44:51	01:00:45	01:17:09
100	85	MATYSIK	Rafał	POL	Kraków	1974	M-30	41	01:33:12 (01:33:08)	00:14:11	00:29:25	00:44:51	01:00:43	01:17:27
101	235	NOWAK	Piotr	POL	Mysłowice	1971	M-30	42	01:33:22 (01:33:17)	00:15:44	00:30:51	00:46:13	01:01:51	01:17:55
102	313	GRZECA	Grzegorz	POL	AZS AE Kraków	1985	M-20	23	01:33:29 (01:33:27)	00:15:20	00:31:02	00:46:55	01:02:44	01:19:00
103	564	PAJDA	Henryk	POL	Ośrodek Jogging	1955	M-50	10	01:33:36 (01:33:36)	00:14:53	00:29:57	00:45:16	01:01:22	01:17:54
104	227	JACHIMCZYK	Aleksandra	POL	AZS AWF Kraków	1983	K-20	3	01:33:37 (01:33:36)	00:14:58	00:30:28	00:46:25	01:02:26	01:18:28
105	316	FIEGA	Piotr	POL	MARATON Gorlice	1986	M-20	24	01:33:56 (01:33:56)	00:14:39	00:29:49	00:45:06	01:01:01	01:17:49
106	269	SPYRA	Piotr	POL	MOSiR Bukowno	1977	M-30	43	01:33:58 (01:33:58)	00:13:54	00:28:18	00:43:06	00:59:18	01:17:17
107	196	ORAMUS	Tomasz	POL	Nowy Sącz	1973	M-30	44	01:34:13 (01:34:02)	00:16:46	00:32:22	00:47:59	01:03:41	01:19:20
108	549	BARNAŚ	Dariusz	POL	Gmina Czarna	1977	M-30	45	01:34:15 (01:34:12)	00:14:45	00:29:58	00:45:15	01:01:14	01:18:02
109	173	MICHAŁOWSKI	Jan	POL	Kraków	1972	M-30	46	01:34:15 (01:34:14)	00:14:58	00:30:22	00:46:00	01:01:39	01:18:17
110	293	CZYSZCZOŃ	Jerzy	POL	Kraków	1951	M-50	11	01:34:18 (01:34:18)	00:15:57	00:31:16	00:46:46	01:02:37	01:18:59
111	66	KOTAS	Marcin	POL	Zakopane	1979	M-20	25	01:34:58 (01:34:56)	00:15:17	00:30:54	00:46:26	01:02:26	01:18:39
112	223	ŁUSZCZEK	Zbigniew	POL	Chrzanów	1964	M-40	23	01:35:04 (01:34:54)	00:15:48	00:31:11	00:46:55	01:02:51	01:19:27
113	531	BALBUS	Anna	POL	SP4 Bytom	1980	K-20	4	01:35:06 (01:35:06)	00:14:57	00:30:43	00:46:39	01:03:00	01:19:25
114	247	WIOREK	Edward	POL	Kraków	1962	M-40	24	01:35:11 (01:35:08)	00:16:06	00:31:52	00:47:56	01:03:59	01:20:07
115	211	KUBIK	Józef	POL	Ruch dla Zdrowia Rzeszów	1961	M-40	25	01:35:15 (01:35:09)	00:16:19	00:31:56	00:47:42	01:04:00	01:20:12
116	108	RUSZCZAK	Piotr	POL	Przemyśl	1988	M-16	4	01:35:25 (01:35:18)	00:15:19	00:31:01	00:47:26	01:04:01	01:21:01
117	193	KESSLER	Daniel	POL	Kraków	1973	M-30	47	01:35:29 (01:35:16)	00:17:27	00:33:14	00:48:31	01:03:51	01:19:47
118	19	DANIELAK	Roman	POL	Kraków	1967	M-40	26	01:35:33 (01:35:25)	00:16:38	00:32:59	00:48:57	01:04:51	01:20:39
119	563	MAGDA	Kazimierz	POL	KKB DYSTANS Kraków	1969	M-30	48	01:35:34 (01:35:27)	00:16:34	00:32:44	00:48:34	01:04:50	01:20:39
120	91	MÓDNER	Rafał	POL	Kraków	1974	M-30	49	01:35:36 (01:35:27)	00:16:43	00:32:47	00:48:54	01:04:49	01:20:36
121	285	SOSUŁ	Bogdan	POL	KKB DYSTANS Kraków	1974	M-30	50	01:35:44 (01:35:36)	00:16:43	00:32:47	00:48:54	01:04:50	01:20:36
122	221	JANIK	Jerzy	POL	OSiR Strzelce Opolskie	1954	M-50	12	01:35:55 (01:35:49)	00:15:38	00:31:11	00:46:54	01:03:05	01:19:53
123	556	KANTYKA	Beata	POL	Oświęcim	1981	K-20	5	01:36:00 (01:35:52)	00:16:39	00:32:46	00:48:54	01:04:50	01:20:39
124	275	CHLEBDA	Andrzej	POL	KB TP S.A.	1964	M-40	27	01:36:24 (01:36:20)	00:15:21	00:30:39	00:46:20	01:02:45	01:19:32
125	236	BALBUS	Michał	POL	biegajznami.pl	1952	M-50	13	01:36:40 (01:36:39)	00:15:17	00:31:01	00:47:00	01:03:34	01:20:39
126	523	GIEŁCZYŃSKI	Roman	POL	ZSZ Czarny Dunajec	1977	M-30	51	01:36:42 (01:36:32)	00:16:45	00:32:47	00:48:54	01:04:50	01:21:08
127	524	REMBIASZ	Leszek	POL	Nowy Sącz	1955	M-50	14	01:36:44 (01:36:42)	00:14:46	00:29:48	00:45:55	01:02:59	01:20:18
128	520	DREKSLER	Szymon	POL	Brzeg	1953	M-50	15	01:36:55 (01:36:55)	00:16:04	00:31:52	00:48:00	01:04:37	01:21:17
129	28	FRANCZAK	Paweł	POL	Skawica	1989	M-16	5	01:36:58 (01:36:58)	00:14:46	00:29:42	00:45:09	01:01:21	01:18:39
130	505	TEREBUN	Monika	POL	Biels Podlaski	1979	K-20	6	01:37:10 (01:37:10)	00:15:41	00:31:51	00:47:59	01:04:37	01:21:23
131	37	GOZDALSKI	Adam	POL	Radom	1985	M-20	26	01:37:14 (01:37:10)	00:15:57	00:31:51	00:48:16	01:04:54	01:22:01
132	276	BURZYŃSKI	Marek	POL	KB TP S.A.	1973	M-30	52	01:37:23 (01:37:16)	00:14:53	00:30:21	00:46:56	01:03:50	01:21:22
133	102	PORĘBA	Jacek	POL	Nowy Sącz	1971	M-30	53	01:37:25 (01:37:25)	00:14:58	00:30:58	00:47:25	01:04:27	01:21:58

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
134	67	KOWALEWSKI	Zbigniew	POL	Ruda Śląska	1954	M-50	16	01:37:43 (01:37:43)	00:15:38	00:31:43	00:48:19	01:05:05	01:21:44
135	215	GIEMLA	Stanisław	POL	LUKS GRONICZEK B-Biał	1951	M-50	17	01:38:16 (01:38:13)	00:16:45	00:33:21	00:50:12	01:06:57	01:23:15
136	103	PYKA	Piotr	POL	Dębica	1985	M-20	27	01:38:22 (01:38:21)	00:14:51	00:30:29	00:46:54	01:03:41	01:21:13
137	540	TYLLA	Marek	POL	ZO ZNP Katowice	1956	M-50	18	01:38:25 (01:38:20)	00:16:23	00:32:41	00:49:13	01:05:57	01:22:54
138	161	TOMASZEWSKI	Dariusz	POL	DYSTANS Kraków	1964	M-40	28	01:38:37 (01:38:34)	00:16:33	00:32:46	00:48:50	01:04:50	01:21:30
139	209	BAQUEIRO	Miguel	MEX	Kraków	1975	M-30	54	01:38:57 (01:38:41)	00:17:48	00:34:32	00:51:00	01:07:40	01:24:11
140	541	LEPA	Beata	POL	TKKF JASTRZĄB Ruda Śl	1976	K-30	1	01:39:04 (01:39:04)	00:15:41	00:31:50	00:48:16	01:05:10	01:22:31
141	183	GAJDZIK	Damian	POL	Katowice	1976	M-30	55	01:39:27 (01:39:23)	00:14:50	00:30:24	00:47:09	01:05:24	01:22:50
142	277	SKOWRONEK	Krzysztof	POL	KB TP S.A.	1963	M-40	29	01:39:32 (01:39:15)	00:15:19	00:30:17	00:46:03	01:02:51	01:21:14
143	165	STANISZEWSKI	Artur	POL	MPL Kraków	1970	M-30	56	01:39:37 (01:39:26)	00:16:55	00:33:26	00:50:27	01:07:17	01:24:10
144	297	PAJEWSKI	Jerzy	POL	AJ PLUS	1968	M-30	57	01:39:37 (01:39:27)	00:16:38	00:33:25	00:50:28	01:07:16	01:24:10
145	507	ZWONEK	Włodzimierz	POL	Kraków	1965	M-40	30	01:39:48 (01:39:34)	00:17:20	00:33:57	00:50:40	01:07:38	01:24:18
146	3	BALICKI	Marcin	POL	Kraków	1977	M-30	58	01:39:58 (01:39:48)	00:17:18	00:34:12	00:51:04	01:07:22	01:24:05
147	268	DZIEDZIC	Szczepan	POL	Żegocina	1987	M-20	28	01:40:07 (01:40:05)	00:15:27	00:30:40	00:45:54	01:01:54	01:20:35
148	548	WROŃSKA	Beata	POL	Jasło	1980	K-20	7	01:40:09 (01:40:05)	00:16:44	00:33:01	00:49:32	01:06:26	01:23:45
149	139	WILK	Robert	POL	Kraków	1971	M-30	59	01:40:11 (01:40:04)	00:16:35	00:33:00	00:49:43	01:06:49	01:24:27
150	508	DZIEDZIAK	Marek	POL	GIMNAZJUM Szymbark	1965	M-40	31	01:40:12 (01:40:12)	00:16:34	00:32:57	00:49:30	01:06:28	01:23:47
151	10	BRANDYS	Bogusław	POL	Oświęcim	1967	M-40	32	01:40:29 (01:40:18)	00:17:42	00:34:34	00:50:58	01:07:39	01:24:33
152	38	GÓRKA	Marcin	POL	Jodłownik	1983	M-20	29	01:40:44 (01:40:34)	00:17:33	00:34:33	00:51:08	01:07:59	01:25:01
153	200	MOJŻYSZEK	Maciej	POL	Nowy Targ	1946	M-60	2	01:40:59 (01:40:56)	00:17:06	00:33:58	00:50:46	01:07:50	01:25:04
154	208	MARAS	Ladislav	SVK	TS SIDL III Presov	1963	M-40	33	01:41:12 (01:41:00)	00:18:53	00:36:24	00:53:14	01:09:59	01:26:32
155	106	RÓŻAK	Stanisław	POL	Wołówce	1960	M-40	34	01:41:18 (01:41:04)	00:17:29	00:34:31	00:51:09	01:08:02	01:25:10
156	65	KOPREK	Edmund	POL	Dobrodzień	1960	M-40	35	01:41:20 (01:41:09)	00:17:28	00:34:12	00:51:04	01:08:08	01:25:22
157	135	UCHWAT	Mariusz	POL	Kraków	1965	M-40	36	01:41:26 (01:41:26)	00:17:47	00:35:08	00:52:13	01:09:18	01:26:21
158	242	MACHLOWSKI	Ryszard	POL	Kraków	1963	M-40	37	01:41:27 (01:41:26)	00:15:52	00:32:10	00:49:00	01:06:11	01:24:11
159	267	KRAUS	Maciej	POL	Myślenice	1983	M-20	30	01:41:32 (01:41:20)	00:17:44	00:34:34	00:51:57	01:09:13	01:26:12
160	255	SŁAWEK	Kazimierz	POL	WITAR Tarnobrzeg	1949	M-50	19	01:41:43 (01:41:35)	00:17:43	00:35:07	00:52:12	01:09:17	01:26:20
161	30	GACEK	Dawid	POL	Kraków	1983	M-20	31	01:41:48 (01:41:41)	00:16:49	00:33:43	00:50:57	01:08:21	01:25:40
162	512	SONDEJ	Wiesław	POL	SOKÓŁ	1962	M-40	38	01:41:53 (01:41:49)	00:17:41	00:35:07	00:52:12	01:09:17	01:26:20
163	251	WIŚNIEWSKI	Wojciech	POL	Żabno	1975	M-30	60	01:41:58 (01:41:54)	00:17:35	00:34:54	00:52:02	01:09:06	01:26:17
164	170	KOWALSKI	Bartłomiej	POL	Katowice	1978	M-20	32	01:41:59 (01:41:56)	00:15:53	00:32:22	00:49:17	01:06:39	01:24:33
165	555	BRANDYS	Jolanta	POL	Oświęcim	1967	K-40	1	01:41:59 (01:41:50)	00:17:41	00:34:34	00:51:19	01:08:37	01:26:04
166	172	NĘDZA	Marek	POL	Pradła	1963	M-40	39	01:42:06 (01:42:01)	00:16:59	00:34:10	00:51:24	01:08:54	01:26:12
167	157	MUCHA	Tomasz	POL	OPEL MUCHA Katowice	1972	M-30	61	01:42:07 (01:42:04)	00:17:40	00:34:54	00:52:02	01:09:06	01:26:17
168	112	SIEŃKO	Rafał	POL	Kraków	1979	M-20	33	01:42:08 (01:42:05)	00:16:49	00:33:38	00:50:24	01:07:29	01:24:59
169	554	ROSTWOROWSKI	Andrzej	POL	INST. FIZYKI UJ	1973	M-30	62	01:42:16 (01:42:03)	00:17:49	00:34:40	00:50:57	01:07:39	01:25:00
170	207	TOMECKO	Jozef	SVK	TS SIDL III Presov	1953	M-50	20	01:42:18 (01:42:05)	00:18:52	00:36:23	00:53:14	01:09:59	01:26:34

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
171	204	KOT	Adam	POL	FORMA Wodzisław	1964	M-40	40	01:42:20 (01:42:14)	00:17:09	00:34:39	00:51:01	01:08:02	01:25:58
172	309	WYSTĘPEK	Piotr	POL	Kraków	1970	M-30	63	01:42:51 (01:42:44)	00:16:39	00:33:17	00:50:31	01:08:06	01:26:03
173	62	KOŁPAK	Sławomir	POL	Nowy Sącz	1964	M-40	41	01:42:59 (01:42:47)	00:18:38	00:36:01	00:53:01	01:10:11	01:27:16
174	314	DOBRZAŃSKI	Tomasz	POL	Kraków	1983	M-20	34	01:43:04 (01:43:04)	00:17:50	00:35:30	00:53:06	01:10:23	01:27:34
175	565	MIŁO	Zbigniew	POL	Bytom	1974	M-30	64	01:43:12 (01:42:57)	00:18:02	00:35:27	00:53:06	01:10:30	01:27:35
176	96	OPIOŁA	Mariusz	POL	Brzesko	1982	M-20	35	01:43:21 (01:43:15)	00:16:42	00:33:05	00:50:29	01:08:27	01:26:39
177	553	DRAGON	Przemysław	POL	Rabka Zdrój	1980	M-20	36	01:43:33 (01:43:29)	00:16:43	00:33:24	00:49:53	01:06:45	01:24:46
178	557	BEAUMONT	Barbara	POL	Kraków	1971	K-30	2	01:43:37 (01:43:29)	00:17:43	00:34:47	00:51:58	01:09:19	01:26:56
179	287	GÓRECKI	Ryszard	POL	Gliwice	1965	M-40	42	01:43:38 (01:43:32)	00:16:45	00:33:44	00:50:56	01:08:38	01:26:36
180	552	NIEWIELSKI	Janusz	POL	Wieliczka	1965	M-40	43	01:43:43 (01:43:43)	00:17:46	00:34:47	00:51:58	01:09:19	01:26:57
181	89	MICHAŁOWSKI	Bolesław	POL	Kraków	1976	M-30	65	01:43:53 (01:43:48)	00:17:00	00:34:11	00:51:24	01:08:55	01:26:39
182	35	GONDOR	Jarosław	POL	Kraków	1976	M-30	66	01:44:03 (01:43:54)	00:16:41	00:33:08	00:50:03	01:08:14	01:27:10
183	118	STRAM	Tomasz	POL	Kraków	1977	M-30	67	01:44:08 (01:44:03)	00:18:02	00:36:13	00:54:25	01:11:47	01:29:31
184	533	KWIECIEŃ	Marcin	POL	Kraków	1968	M-30	68	01:44:12 (01:44:00)	00:17:38	00:34:26	00:51:03	01:08:05	01:25:49
185	69	KRUMIN	Dominik	POL	Piaseczno	1981	M-20	37	01:44:27 (01:44:15)	00:19:01	00:37:07	00:55:17	01:12:03	01:28:41
186	312	MŁODZIANOWSKI	Michał	POL	Warszawa Okęcie	1982	M-20	38	01:44:28 (01:44:16)	00:19:02	00:37:08	00:55:18	01:12:04	01:28:43
187	281	SŁOWIK	Paweł	POL	K.Cz.P. Gliwice	1965	M-40	44	01:44:32 (01:44:22)	00:18:15	00:35:35	00:53:10	01:10:35	01:28:09
188	521	DOSZYŃ	Mariusz	POL	Szczecin	1977	M-30	69	01:44:39 (01:44:28)	00:19:47	00:37:53	00:54:51	01:11:35	01:28:47
189	160	BULKA	Artur	POL	RUN BIKE Kraków	1952	M-50	21	01:44:40 (01:44:26)	00:17:29	00:34:25	00:51:25	01:09:26	01:27:36
190	501	CHMIELOW	Aleksander	POL	ZSS Nr 10 Kraków	1972	M-30	70	01:44:41 (01:44:41)	00:19:03	00:36:39	00:54:17	01:11:29	01:28:56
191	295	KŁĘCZAR	Mariusz	POL	Kraków	1974	M-30	71	01:44:46 (01:44:35)	00:18:33	00:36:11	00:53:42	01:11:14	01:28:23
192	186	PURCHLA	Jan	POL	BS Kraków	1960	M-40	45	01:44:48 (01:44:37)	00:18:14	00:35:32	00:52:55	01:10:25	01:27:51
193	283	WIŚNIEWSKI	Adam	POL	JW2771 Kraków	1971	M-30	72	01:44:53 (01:44:44)	00:16:19	00:33:04	00:50:13	01:08:03	01:26:24
194	29	FURMANIK	Jacek	POL	Gliwice	1965	M-40	46	01:45:00 (01:44:59)	00:18:27	00:36:49	00:54:50	01:11:52	01:29:16
195	510	TERLECKA	Zofia	POL	ZNP Krosno	1956	K-50	1	01:45:00 (01:44:45)	00:17:42	00:34:34	00:51:58	01:09:42	01:27:25
196	252	BRZYKCY	Barbara	POL	KKB DYSTANS Kraków	1963	K-40	2	01:45:09 (01:45:02)	00:18:17	00:35:50	00:53:24	01:11:33	01:29:17
197	199	WYRĘBEK	Maciej	POL	Kraków	1982	M-20	39	01:45:17 (01:45:01)	00:18:17	00:35:45	00:53:19	01:10:39	01:28:30
198	302	MAĆZKA	Jerzy	POL	Kraków	1950	M-50	22	01:45:34 (01:45:24)	00:18:55	00:36:39	00:54:15	01:11:34	01:29:02
199	298	PAŁOŻYŃSKI	Kamil	POL	Katowice	1987	M-20	40	01:45:37 (01:45:37)	00:15:54	00:33:14	00:50:49	01:09:14	01:28:04
200	86	MAĆZYŃKI	Patryk	POL	Kraków	1981	M-20	41	01:45:40 (01:45:35)	00:18:33	00:36:14	00:53:48	01:10:58	01:28:45
201	299	MAJEWSKA	Ewelina	POL	VEGA Runners	1981	K-20	8	01:45:42 (01:45:36)	00:17:47	00:35:28	00:53:24	01:11:33	01:29:24
202	300	MACHNO	Piotr	POL	DYSTANS Kraków	1969	M-30	73	01:45:53 (01:45:52)	00:18:07	00:35:48	00:53:15	01:11:14	01:29:15
203	42	HANDZEL	Wioletta	POL	Kraków	1984	K-20	9	01:45:56 (01:45:52)	00:16:42	00:33:25	00:50:58	01:09:28	01:28:25
204	253	KIEROŃSKI	Ryszard	POL	Katowice	1957	M-50	23	01:45:58 (01:45:58)	00:16:55	00:34:24	00:51:49	01:10:29	01:29:02
205	116	STĘPIEŃ	Marek	POL	Brzesko	1961	M-40	47	01:46:04 (01:45:53)	00:16:45	00:33:33	00:51:11	01:10:03	01:28:31
206	273	DYRCZ	Konrad	POL	Kraków	1984	M-20	42	01:46:10 (01:46:09)	00:16:46	00:33:51	00:50:46	01:07:50	01:25:36
207	7	BIENIEK	Mieczysław	POL	Kraków	1973	M-30	74	01:46:13 (01:46:09)	00:16:28	00:33:01	00:50:19	01:08:26	01:27:09

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
208	258	DRABIK	Grzegorz	POL	Krzeszowice	1966	M-40	48	01:46:20 (01:46:14)	00:17:11	00:34:38	00:52:07	01:10:16	01:28:48
209	95	OBSZYŃSKI	Tomasz	POL	Kraków	1962	M-40	49	01:46:45 (01:46:29)	00:18:30	00:36:35	00:53:48	01:11:01	01:29:01
210	509	WĘGLARZ	Ewa	POL	KKB DYSTANS Kraków	1960	K-40	3	01:47:05 (01:46:58)	00:18:17	00:35:50	00:53:24	01:11:34	01:29:34
211	153	GRUCA	Wiesław	POL	DYSTANS Kraków	1965	M-40	50	01:47:13 (01:46:58)	00:18:54	00:37:04	00:55:04	01:13:02	01:31:05
212	156	LIBERA	Stanisław	POL	DYSTANS Kraków	1963	M-40	51	01:47:20 (01:47:02)	00:19:02	00:37:04	00:55:06	01:12:54	01:31:07
213	214	ZBĘK	Paweł	POL	Stalowa Wola	1982	M-20	43	01:47:29 (01:47:20)	00:19:59	00:38:42	00:56:56	01:14:28	01:31:42
214	164	ŻYŁA	Paweł	POL	KKB DYSTANS Kraków	1963	M-40	52	01:47:33 (01:47:18)	00:18:53	00:37:04	00:55:04	01:13:02	01:31:05
215	130	ŚLUSARCZYK	Jerzy	POL	Kraków	1958	M-40	53	01:47:39 (01:47:30)	00:18:06	00:35:40	00:53:32	01:11:43	01:30:13
216	265	ZAWALSKI	Paweł	POL	Kraków	1976	M-30	75	01:47:56 (01:47:56)	00:18:44	00:36:02	00:53:31	01:11:01	01:29:01
217	311	KITLIŃSKI	Wojciech	POL	Kraków	1968	M-30	76	01:48:11 (01:48:07)	00:17:07	00:35:04	00:53:07	01:11:27	01:30:14
218	239	SZCZYPCZYK	Ewa	POL	KKB DYSTANS Kraków	1981	K-20	10	01:48:20 (01:48:16)	00:17:52	00:35:31	00:53:15	01:12:08	01:30:54
219	155	WOJCIECHOWSKI	Janusz	POL	KKB DYSTANS Kraków	1951	M-50	24	01:48:23 (01:48:17)	00:18:03	00:36:07	00:54:07	01:12:33	01:31:12
220	4	BARTULA	Tomasz	POL	Kraków	1978	M-20	44	01:48:31 (01:48:28)	00:16:50	00:34:12	00:52:02	01:10:44	01:29:49
221	100	PILCH	Krzysztof	POL	Kraków	1958	M-40	54	01:48:32 (01:48:20)	00:18:13	00:36:16	00:54:18	01:12:36	01:31:07
222	191	ZIELIŃSKI	Rafał	POL	Kraków	1966	M-40	55	01:48:42 (01:48:34)	00:18:12	00:36:06	00:54:14	01:12:29	01:31:18
223	190	STARZYŃSKI	Tomasz	POL	MPL Kraków	1968	M-30	77	01:48:54 (01:48:43)	00:17:52	00:35:16	00:53:09	01:11:34	01:30:32
224	128	SZYMCZYNA	Zdzisław	POL	Kraków	1958	M-40	56	01:49:07 (01:48:55)	00:18:14	00:35:34	00:53:30	01:11:55	01:31:00
225	1	ANTKIEWICZ	Janusz	POL	Kraków	1964	M-40	57	01:49:15 (01:49:06)	00:18:32	00:36:49	00:55:05	01:13:32	01:32:24
226	133	TOKARZ	Andrzej	POL	Kraków	1965	M-40	58	01:49:41 (01:49:31)	00:18:04	00:36:00	00:54:16	01:12:52	01:32:12
227	16	CIELUCH	Izabela	POL	Kraków	1980	K-20	11	01:49:45 (01:49:45)	00:18:06	00:36:06	00:54:15	01:12:52	01:32:16
228	25	DUDEK	Michał	POL	Trzebinia	1975	M-30	78	01:50:11 (01:49:58)	00:19:48	00:38:38	00:56:45	01:14:44	01:33:30
229	516	FICEK	Hanna	POL	Rybnik	1976	K-30	3	01:50:15 (01:50:08)	00:18:12	00:36:14	00:54:37	01:13:12	01:32:14
230	168	RENOWICZ	Maciej	POL	MOGILANY MARATON T	1982	M-20	45	01:50:32 (01:50:32)	00:16:45	00:34:54	00:53:32	01:13:10	01:32:12
231	71	KUŻMA	Przemysław	POL	Kraków	1960	M-40	59	01:50:40 (01:50:28)	00:19:50	00:38:43	00:56:58	01:14:58	01:33:25
232	27	DZIELIŃSKI	Stanisław	POL	Bytom	1954	M-50	25	01:50:50 (01:50:48)	00:16:45	00:34:24	00:53:03	01:12:02	01:32:22
233	93	NYTKO	Arkadiusz	POL	Kraków	1981	M-20	46	01:50:51 (01:50:33)	00:19:39	00:38:21	00:57:00	01:15:30	01:33:55
234	110	SAPA	Lucjan	POL	Kraków	1969	M-30	79	01:50:53 (01:50:51)	00:17:41	00:35:25	00:53:15	01:12:01	01:31:53
235	40	GRABSKA	Renata	POL	Rzeszów	1950	K-50	2	01:51:06 (01:50:58)	00:18:30	00:36:59	00:55:39	01:14:29	01:33:25
236	241	MACHLOWSKI	Łukasz	POL	KU AZS AR	1986	M-20	47	01:51:10 (01:51:09)	00:18:18	00:36:44	00:55:15	01:14:07	01:33:22
237	184	ZAPART	Grzegorz	POL	KKB DYSTANS Kraków	1972	M-30	80	01:51:19 (01:51:09)	00:17:35	00:34:44	00:52:11	01:10:50	01:30:40
238	12	BRONOWSKI	Janusz	POL	Wieliczka	1957	M-50	26	01:51:32 (01:51:32)	00:18:31	00:36:52	00:55:26	01:14:20	01:33:32
239	94	OBSTARCZYK	Andrzej	POL	Oświęcim	1957	M-50	27	01:51:38 (01:51:26)	00:18:53	00:36:28	00:54:52	01:13:32	01:32:59
240	87	MAŚSIOR	Jarosław	POL	Chrzanów	1983	M-20	48	01:51:41 (01:51:26)	00:18:48	00:36:40	00:54:53	01:13:37	01:33:20
241	151	TOMANEK	Marek	POL	Siemianowice	1974	M-30	81	01:51:50 (01:51:46)	00:17:16	00:35:24	00:54:01	01:13:02	01:32:25
242	244	SAMOLAK	Ireneusz	POL	FORMA Wodzisław Śl.	1976	M-30	82	01:51:55 (01:51:50)	00:17:09	00:34:39	00:52:41	01:12:13	01:32:03
243	545	SZABLICKI	Aleksy	POL	WKB META Lubliniec	1960	M-40	60	01:51:56 (01:51:42)	00:19:35	00:38:23	00:57:11	01:15:53	01:34:38
244	280	KUCZARA	Robert	POL	Krzeszowice	1979	M-20	49	01:51:57 (01:51:45)	00:18:19	00:36:25	00:54:51	01:13:25	01:32:59

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
245	154	PIATEK	Wojciech	POL	Sławina	1967	M-40	61	01:52:03 (01:52:00)	00:17:58	00:35:45	00:53:41	01:12:17	01:32:00
246	503	KOPKA	Wojciech	POL	Kraków	1951	M-50	28	01:52:07 (01:51:52)	00:19:07	00:37:39	00:56:25	01:15:15	01:34:25
247	526	KRAUZOWICZ	Jacek	POL	Gimnazjum Nr 1 Nowy Tar	1958	M-40	62	01:52:26 (01:52:17)	00:18:33	00:36:44	00:55:25	01:13:58	01:33:19
248	234	SOWIŻRAŁ	Zdzisław	POL	ENION Tarnów	1936	M-70	1	01:52:42 (01:52:29)	00:19:17	00:38:26	00:57:37	01:17:01	01:35:25
249	107	RUPACZ	Tomasz	POL	Żywiec	1982	M-20	50	01:52:47 (01:52:32)	00:21:25	00:41:14	01:00:00	01:18:14	01:36:04
250	149	MORAWIEC	Dawid	POL	Kraków	1977	M-30	83	01:52:49 (01:52:40)	00:19:09	00:37:54	00:57:15	01:16:23	01:35:41
251	78	LIPSKI	Zdzisław	POL	ZAPIEKŁAK Kraków	1960	M-40	63	01:52:56 (01:52:29)	00:17:50	00:36:11	00:54:59	01:14:28	01:33:24
252	144	ŻYCHOWSKA	Iwona	POL	MULTI FITNESS	1978	K-20	12	01:52:59 (01:52:48)	00:20:15	00:39:04	00:58:00	01:16:48	01:35:28
253	547	ORMIAŃSKI	Adam	POL	Kraków	1970	M-30	84	01:53:11 (01:53:02)	00:18:10	00:36:01	00:54:17	01:13:03	01:32:58
254	185	SALATERSKI	Adam	POL	JW2771	1962	M-40	64	01:53:18 (01:53:09)	00:18:18	00:36:34	00:55:32	01:14:51	01:34:41
255	129	SZYMSKI	Marian	POL	Imielin	1951	M-50	29	01:53:19 (01:53:12)	00:19:39	00:38:41	00:57:42	01:16:46	01:35:55
256	8	BOCZKOWSKA	Justyna	POL	Zakopane	1966	K-40	4	01:53:32 (01:53:25)	00:19:44	00:38:43	00:57:27	01:16:21	01:35:05
257	109	RUT	Stanisław	POL	Rzeszów	1955	M-50	30	01:53:44 (01:53:30)	00:19:02	00:38:15	00:57:20	01:16:51	01:36:15
258	68	KRAWCZYK	Marcin	POL	Kraków	1978	M-20	51	01:53:47 (01:53:38)	00:19:09	00:37:55	00:57:15	01:16:23	01:35:42
259	150	MASŁOCHA	Kazimiera	POL	KKB DYSTANS Kraków	1961	K-40	5	01:53:58 (01:53:49)	00:18:20	00:36:06	00:54:22	01:13:22	01:33:35
260	290	SZCZERBA	Andrzej	POL	Będzin	1963	M-40	65	01:54:14 (01:54:08)	00:17:51	00:36:12	00:55:04	01:14:26	01:35:01
261	64	GRODZICKI	Tomasz	POL	KKB DYSTANS Kraków	1977	M-30	85	01:54:21 (01:54:04)	00:20:54	00:40:35	00:59:56	01:19:00	01:37:38
262	310	BEAUMONT	Eric	POL	Kraków	1966	M-40	66	01:54:24 (01:54:24)	00:18:45	00:37:06	00:55:50	01:15:14	01:35:06
263	274	KRZEMPEK	Łukasz	POL	Kraków	1980	M-20	52	01:54:47 (01:54:43)	00:17:07	00:35:19	00:54:56	01:14:55	01:35:52
264	169	MAKUŁA	Maciej	POL	Kraków	1983	M-20	53	01:55:13 (01:55:04)	00:19:08	00:38:03	00:57:15	01:16:49	01:36:57
265	179	MADEJ	Andrzej	POL	DYSTANS Kraków	1955	M-50	31	01:55:19 (01:55:17)	00:18:15	00:37:18	00:56:59	01:16:50	01:37:09
266	525	STAROSTKA	Andrzej	POL	Kędzierzyn-Koźle	1948	M-50	32	01:55:21 (01:55:13)	00:19:46	00:39:19	00:58:45	01:18:12	01:37:33
267	543	WĘGLER	Kornelia	POL	TKKF JASTRZĄB Ruda Śl	1970	K-30	4	01:55:25 (01:55:20)	00:19:45	00:39:20	00:58:45	01:18:11	01:37:37
268	51	GROCHOWINA	Tomasz	POL	TKKF JASTRZĄB Ruda Śl	1981	M-20	54	01:55:25 (01:55:19)	00:19:46	00:39:20	00:58:45	01:18:12	01:37:38
269	111	SEDLAK	Kazimierz	POL	Kraków	1952	M-50	33	01:55:45 (01:55:31)	00:19:40	00:38:48	00:58:20	01:18:00	01:37:28
270	536	WRONICZ	Zygmunt	POL	Kraków	1944	M-60	3	01:55:56 (01:55:44)	00:18:39	00:37:20	00:56:24	01:15:46	01:35:50
271	192	SZWEDA	Jacek	POL	Kraków	1974	M-30	86	01:56:00 (01:55:53)	00:20:10	00:39:45	00:59:19	01:19:15	01:38:55
272	132	TOKARCZYK	Marek	POL	Nowy Sącz	1974	M-30	87	01:56:07 (01:55:55)	00:19:01	00:37:19	00:55:43	01:14:29	01:35:04
273	206	PAWELSKI	Andrzej	POL	Kraków	1964	M-40	67	01:56:17 (01:56:07)	00:18:07	00:36:00	00:54:16	01:13:16	01:33:56
274	125	CIEPIELA	Karol	POL	Kraków	1986	M-20	55	01:56:25 (01:56:24)	00:19:50	00:39:04	00:58:32	01:17:04	01:36:19
275	134	TWARÓG	Joanna	POL	Tychy	1975	K-30	5	01:56:42 (01:56:30)	00:19:46	00:39:29	00:59:09	01:17:58	01:37:59
276	270	SZAJDA	Adam	POL	WITAR Tarnobrzeg	1946	M-60	4	01:56:43 (01:56:30)	00:19:57	00:38:52	00:58:21	01:17:59	01:37:53
277	175	LUZARA	Edward	POL	Kraków	1958	M-40	68	01:56:49 (01:56:45)	00:17:40	00:35:50	00:55:08	01:14:42	01:35:39
278	32	GARA	Jacek	POL	Kraków	1964	M-40	69	01:56:54 (01:56:46)	00:19:43	00:38:54	00:58:44	01:18:34	01:38:17
279	50	SZYMCZYK	Barbara	POL	TKKF JASTRZĄB Ruda Śl	1970	K-30	6	01:56:57 (01:56:52)	00:19:11	00:38:48	00:58:19	01:17:39	01:37:28
280	45	GŁADCZAK	Jan	POL	TKKF JASTRZĄB Ruda Śl	1962	M-40	70	01:56:57 (01:56:51)	00:19:11	00:38:48	00:58:20	01:17:39	01:37:28
281	124	CZECHOWICZ	Krzysztof	POL	Kraków	1984	M-20	56	01:56:58 (01:56:56)	00:19:49	00:39:04	00:58:32	01:17:04	01:36:18

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
282	286	WYPIÓR	Aleksander	POL	Rybnik	1964	M-40	71	01:57:01 (01:57:01)	00:19:11	00:38:27	00:57:39	01:17:28	01:37:32
283	529	MROWIEC	Adam	POL	UKS JEDYNKA	1953	M-50	34	01:57:23 (01:57:12)	00:19:17	00:38:26	00:57:37	01:17:01	01:37:07
284	57	JOCHANIEWICZ	Krzysztof	POL	Czeladź	1973	M-30	88	01:57:31 (01:57:18)	00:19:28	00:38:11	00:57:13	01:17:07	01:37:58
285	238	ROZBICKI	Czesław	POL	ARTEMIS Wrocław	1946	M-60	5	01:58:24 (01:58:20)	00:19:38	00:39:31	00:59:45	01:20:01	01:40:24
286	561	PRYMAKOWSKA	Barbara	POL	SOKÓŁ Tarnów	1943	K-60	1	01:58:41 (01:58:28)	00:19:01	00:37:50	00:57:11	01:17:01	01:37:56
287	245	MIZERA	Agnieszka	POL	Wrocław	1969	K-30	7	01:58:47 (01:58:42)	00:18:40	00:37:25	00:57:19	01:18:16	01:39:28
288	17	CZECHURA	Bogusław	POL	Tarnobrzeg	1979	M-20	57	01:58:50 (01:58:33)	00:20:27	00:40:11	01:00:23	01:20:27	01:40:14
289	82	MARKOWSKI	Zbigniew	POL	Lubliniec	1970	M-30	89	01:59:06 (01:58:56)	00:18:40	00:37:36	00:57:10	01:17:46	01:39:04
290	217	DYLAĞ	Marek	POL	KB MCKiS Jaworzno	1961	M-40	72	01:59:18 (01:59:13)	00:16:47	00:34:57	00:54:33	01:15:54	01:38:29
291	97	OSTACHOWSKA	Beata	POL	Kraków	1978	K-20	13	01:59:50 (01:59:35)	00:21:47	00:42:16	01:02:11	01:22:27	01:42:38
292	81	MAŁUCHA	Tomasz	POL	Kraków	1976	M-30	90	01:59:51 (01:59:36)	00:21:47	00:42:15	01:02:11	01:22:27	01:42:38
293	76	LEJCZAK	Krzysztof	POL	Krapkowice	1963	M-40	73	01:59:53 (01:59:45)	00:17:49	00:35:55	00:54:28	01:14:13	01:37:18
294	291	JASIENKÓW	Paweł	POL	Kraków	1967	M-40	74	01:59:59 (01:59:52)	00:19:39	00:39:27	00:59:46	01:20:22	01:41:02
295	9	BOGUCKA	Agata	POL	Głogów	1985	K-20	14	02:00:10 (02:00:08)	00:17:59	00:37:20	00:57:10	01:18:03	01:40:00
296	201	PAPIEŻ	Mariusz	POL	Limanowa	1983	M-20	58	02:00:22 (02:00:14)	00:18:06	00:36:33	00:55:19	01:14:56	01:37:10
297	292	SOBCZAK	Barbara	POL	Katowice	1958	K-40	6	02:00:30 (02:00:16)	00:20:12	00:39:51	00:59:58	01:20:33	01:41:25
298	147	POPLAWSKI	Przemysław	POL	Kraków	1975	M-30	91	02:00:31 (02:00:15)	00:20:16	00:39:52	00:59:59	01:20:33	01:41:26
299	513	WALICKA	Elżbieta	POL	SP Wólka Sokołowska	1961	K-40	7	02:00:37 (02:00:33)	00:18:32	00:37:21	00:57:18	01:18:29	01:40:14
300	163	NOWAK	Marek	POL	KKB DYSTANS Kraków	1957	M-50	35	02:01:06 (02:01:00)	00:18:47	00:38:53	00:58:50	01:19:26	01:40:51
301	260	PAWLIK	Jerzy	POL	Katowice	1950	M-50	36	02:01:08 (02:01:00)	00:20:06	00:39:40	00:59:42	01:19:58	01:41:12
302	284	PETERA	Jarosław	POL	JW2771	1980	M-20	59	02:01:18 (02:01:09)	00:18:19	00:36:40	00:55:40	01:16:33	01:39:55
303	90	MILER	Radosław	POL	Tychy	1975	M-30	92	02:01:25 (02:01:13)	00:19:58	00:39:34	00:59:03	01:19:41	01:41:16
304	74	LARSSON	Anna	POL	Kraków	1976	K-30	8	02:01:29 (02:01:19)	00:20:01	00:39:38	00:59:07	01:19:45	01:41:18
305	256	KARPIŃSKI	Zdzisław	POL	WITAR Tarnobrzeg	1942	M-60	6	02:01:53 (02:01:41)	00:20:27	00:40:30	01:01:05	01:21:43	01:42:11
306	178	PRZYBYLSK	Jacek	POL	Wróblík Szlachecki	1968	M-30	93	02:02:19 (02:02:03)	00:20:06	00:39:25	01:00:05	01:21:52	01:43:11
307	137	WARZECHA	Jarosław	POL	Kraków	1983	M-20	60	02:02:55 (02:02:47)	00:18:24	00:36:50	00:56:17	01:17:47	01:39:29
308	282	PAWLIK	Marta	POL	Bełchatów	1985	K-20	15	02:03:03 (02:03:02)	00:17:46	00:37:13	00:57:36	01:19:30	01:41:58
309	99	PILCH	Agnieszka	POL	Kraków	1984	K-20	16	02:03:15 (02:03:02)	00:22:13	00:42:55	01:03:39	01:24:15	01:44:32
310	75	LECHOWICZ	Jerzy	POL	Krapkowice	1950	M-50	37	02:03:15 (02:03:08)	00:19:15	00:39:04	00:59:39	01:21:15	01:43:13
311	166	ISMAIL	Asan	BUL	Bułgaria	1983	M-20	61	02:03:46 (02:03:46)	00:15:45	00:32:39	00:50:46	01:11:32	01:37:36
312	148	TOKARSKI	Wojciech	POL	Kraków	1972	M-30	94	02:03:54 (02:03:43)	00:21:28	00:42:03	01:02:31	01:23:14	01:44:22
313	511	SKURATOWIK	Artur	POL	KKB DYSTANS Kraków	1975	M-30	95	02:04:08 (02:04:08)	00:19:40	00:38:42	00:57:42	01:17:00	01:38:51
314	23	DRAUS	Piotr	POL	Kraków	1974	M-30	96	02:04:22 (02:04:13)	00:19:30	00:39:33	01:00:11	01:21:13	01:43:38
315	79	ŁAPUSZEK	Marek	POL	Kraków	1957	M-50	38	02:04:22 (02:04:14)	00:18:57	00:38:18	00:58:39	01:20:04	01:42:52
316	212	MANOWSKI	Klaudiusz	POL	Piekary Śl.	1966	M-40	75	02:04:43 (02:04:36)	00:16:44	00:34:56	00:54:21	01:16:39	01:40:14
317	542	PROKOP	Iwona	POL	TKKF JASTRZĄB Ruda Śl	1974	K-30	9	02:04:50 (02:04:46)	00:19:46	00:39:27	01:00:12	01:21:42	01:43:53
318	162	BOCZKONSKA	Ewa	POL	DYSTANS Kraków	1958	K-40	8	02:05:04 (02:04:48)	00:20:11	00:40:19	01:01:09	01:23:03	01:44:59

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik</i>	<i>(netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
319	216	LIPIŃSKI	Krzysztof	POL	KKB DYSTANS Kraków	1959	M-40	76	02:05:05	(02:04:50)	00:20:11	00:40:20	01:01:09	01:23:03	01:44:59
320	84	MATUSZYK	Adam	POL	Wieliczka	1969	M-30	97	02:05:14	(02:05:14)	00:19:46	00:39:19	00:58:51	01:19:29	01:40:52
321	198	ZEMLA	Kornel	POL	Kraków	1982	M-20	62	02:06:01	(02:05:46)	00:20:09	00:39:43	01:00:03	01:21:50	01:44:18
322	218	TOBIASZ	Wiesław	POL	ELSTER	1955	M-50	39	02:06:54	(02:06:43)	00:20:22	00:40:21	01:00:44	01:22:20	01:44:44
323	261	ŁABUZ	Ewa	POL	Wrocław	1955	K-50	3	02:07:37	(02:07:28)	00:22:02	00:43:16	01:04:55	01:26:28	01:47:55
324	262	ŁABUZ	Marek	POL	Wrocław	1956	M-50	40	02:07:40	(02:07:32)	00:22:02	00:43:16	01:04:55	01:26:28	01:47:55
325	145	ŻERDZIŃSKI	Jerzy	POL	Będzin	1961	M-40	77	02:08:19	(02:08:16)	00:17:37	00:37:08	00:57:16	01:18:42	01:43:52
326	127	SZUMERA	Piotr	POL	Kraków	1957	M-50	41	02:08:51	(02:08:33)	00:21:02	00:40:57	01:01:08	01:21:49	01:43:55
327	558	RAŻNY	Irena	POL	Kraków	1965	K-40	9	02:09:25	(02:09:24)	00:20:42	00:42:02	01:04:07	01:26:32	01:49:15
328	559	RAŻNY	Krzysztof	POL	Kraków	1963	M-40	78	02:09:25	(02:09:24)	00:20:41	00:42:02	01:04:06	01:26:29	01:49:13
329	180	OLSZEWSKI	Marcin	POL	Paszowice	1987	M-20	63	02:09:34	(02:09:27)	00:19:15	00:38:51	01:00:01	01:23:26	01:47:52
330	158	WADOWSKI	Włodzimierz	POL	Kraków	1958	M-40	79	02:11:17	(02:11:00)	00:20:28	00:41:06	01:02:44	01:24:58	01:48:08
331	560	STOCHEL	Teresa	POL	Kraków	1953	K-50	4	02:11:36	(02:11:25)	00:20:39	00:41:38	01:04:14	01:26:55	01:50:04
332	249	PIENIAŻEK	Grzegorz	POL	Kraków	1974	M-30	98	02:11:45	(02:11:32)	00:20:09	00:39:29	01:00:26	01:23:13	01:47:14
333	305	DYRDA	Teresa	POL	Sosnowiec	1949	K-50	5	02:12:10	(02:11:57)	00:20:34	00:41:02	01:02:49	01:25:10	01:48:17
334	33	GAWĘŁ	Bartłomiej	POL	Kraków	1977	M-30	99	02:12:56	(02:12:47)	00:19:02	00:39:18	01:00:23	01:22:38	01:46:55
335	317	ROMANICA	Mateusz	POL	Kraków	1983	M-20	64	02:13:16	(02:13:12)	00:16:44	00:35:07	00:53:25	01:14:20	01:43:35
336	152	STACHÓW	Jan	POL	DYSTANS Kraków	1929	M-70	2	02:13:18	(02:13:18)	00:21:29	00:43:05	01:05:16	01:27:55	01:51:08
337	197	GAWĘDA	Barbara	POL	Kielce	1954	K-50	6	02:17:41	(02:17:28)	00:21:41	00:43:43	01:06:25	01:29:57	01:54:42
338	566	WOŹNIAK	Krzysztof	POL	Kraków	1959	M-40	80	02:18:58	(02:18:41)	00:21:31	00:43:23	01:06:17	01:29:59	01:54:46
339	167	STĘPIEŃ	Mikołaj	POL	Kraków	1977	M-30	100	02:20:43	(02:20:29)	00:21:47	00:43:44	01:06:26	01:29:57	01:54:52
340	219	GONDEK	Krzysztof	POL	Przeclaw	1978	M-20	65	02:21:44	(02:21:38)	00:18:18	00:37:57	01:00:29	01:26:41	01:55:50
341	21	DEC	Piotr	POL	Kraków	1975	M-30	101	02:22:07	(02:21:53)	00:20:15	00:41:25	01:04:16	01:30:30	01:58:04
342	43	JANAS	Paweł	POL	Kraków	1967	M-40	81	02:22:34	(02:22:25)	00:20:30	00:41:12	01:03:17	01:27:43	01:55:37
343	59	KABAT	Zofia	POL	Katowice	1955	K-50	7	02:32:18	(02:32:18)	00:23:33	00:48:00	01:14:33	01:44:19	
344	58	KABAT	Krzysztof	POL	Kraków	1947	M-60	7	02:32:18	(02:32:08)	00:23:32	00:47:58	01:14:32	01:44:16	