

Grand Prix Małopolski w Biegach Przełajowych - II etap Sucha

Beskidzka

Wyniki OPEN

20.04.2024, Sucha Beskidzka

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata | |
|---------------------------------|-----|----------------------------|--------|----------------------------------|-----------------------|----------|-------------------|-----------------|--------|
| K 2016 i młodsze - 300 m | | | | | | | | | |
| 1. | 139 | ZAJĄC Inga | POL | UKS LIDER SIERCZA | 2:54 | 00:52.32 | 00:52.32 | -- | |
| 2. | 274 | MATYSIAK Anna | POL | Rabka-Zdrój | UKS ROMER RABKA-ZDRÓJ | 2:56 | 00:53.04 | 00:53.04 | +0.72 |
| 3. | 94 | KLUKOWSKA Magdalena | POL | SKL SUCHA BESKIDZKA | 2:59 | 00:53.73 | 00:53.73 | +1.41 | |
| 4. | 252 | KRUK Julia | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:09 | 00:56.75 | 00:56.75 | +4.43 |
| 5. | 242 | CHOLEWKA Magdalena | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:13 | 00:57.92 | 00:57.92 | +5.60 |
| 6. | 263 | SEMIK Julia | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:13 | 00:57.92 | 00:57.92 | +5.60 |
| 7. | 80 | PŁONKA Florentyna | POL | MLUKS TARNÓW | 3:16 | 00:58.96 | 00:58.96 | +6.64 | |
| 8. | 224 | CZAJKOWSKA Zofia | POL | Rytro | KS VERTICAL RYTRO | 3:24 | 01:01.46 | 01:01.46 | +9.14 |
| 9. | 248 | KOŁODZIEJ Nina | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:27 | 01:02.38 | 01:02.38 | +10.06 |
| 10. | 39 | TROJANOWSKA Zuzanna | POL | KS LIMANOWA FORREST | 3:29 | 01:02.78 | 01:02.78 | +10.46 | |
| 11. | 300 | WIŚNIEWSKA Izabela | POL | Skawica | 3:30 | 01:03.16 | 01:03.16 | +10.84 | |
| 12. | 12 | KUSEK Łucja | POL | KRAKOWSKA AKADEMIA LEKKOATLETYKI | 3:31 | 01:03.60 | 01:03.60 | +11.28 | |
| 13. | 256 | MOSÓR Melania | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:33 | 01:03.92 | 01:03.92 | +11.60 |
| 14. | 284 | GORYL Emilia | POL | Stryszawa | 3:35 | 01:04.80 | 01:04.80 | +12.48 | |
| 15. | 264 | ŚCIESZKA Kamila | POL | SKL SUCHA BESKIDZKA | 3:40 | 01:06.21 | 01:06.21 | +13.89 | |
| 16. | 255 | MAŁYSZ Zuzanna | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:42 | 01:06.84 | 01:06.84 | +14.52 |
| 17. | 72 | LEŚNIAK Natalia | POL | KS VICTORIA TRZEBINIA | 3:44 | 01:07.44 | 01:07.44 | +15.12 | |
| 18. | 247 | KNAPCZYK Ewa | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:45 | 01:07.64 | 01:07.64 | +15.32 |
| 19. | 313 | LUNIEWSKA Łucja | POL | Maniony | 3:48 | 01:08.54 | 01:08.54 | +16.22 | |
| 20. | 225 | FARON Lena | POL | Rytro | KS VERTICAL RYTRO | 3:52 | 01:09.75 | 01:09.75 | +17.43 |
| 21. | 280 | PRZYBYŁO Justyna | POL | Kraków | WKS WAWEL KRAKÓW | 3:56 | 01:11.01 | 01:11.01 | +18.69 |
| 22. | 272 | MROZEK Bogna | POL | Kobylanka | UKS KOBYLANKA | 3:58 | 01:11.65 | 01:11.65 | +19.33 |
| 23. | 265 | UCZNIAK Emilia | POL | Maków Podhalański | SKL SUCHA BESKIDZKA | 4:08 | 01:14.70 | 01:14.70 | +22.38 |
| 24. | 291 | LEMPART Hanna | POL | Zachęlna | 4:15 | 01:16.54 | 01:16.54 | +24.22 | |
| 25. | 293 | LISZKA Wiktoria | POL | Budzów | 4:22 | 01:18.89 | 01:18.89 | +26.57 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata | |
|---------------------------------|-----|-----------------------|--------|-----------------|-----------------------|-------|-------------------|-----------------|--------|
| M 2016 i młodszy - 300 m | | | | | | | | | |
| 1. | 239 | JÓZEPIAK Karol | POL | Sucha Beskidzka | MKS BABIA GÓRA | 2:46 | 00:49.99 | 00:49.99 | -- |
| 2. | 66 | SIKORA Leonard | POL | | KS POINTER SIERCZA | 2:48 | 00:50.62 | 00:50.62 | +0.63 |
| 3. | 301 | CZARNECKI Kacper | POL | Sucha Beskidzka | | 2:55 | 00:52.71 | 00:52.71 | +2.72 |
| 4. | 152 | NOWACZYK Nikodem | POL | | UKS ROMER RABKA-ZDRÓJ | 2:56 | 00:52.91 | 00:52.91 | +2.92 |
| 5. | 220 | CIURASZKIEWICZ Filip | POL | Olkusz | KS OLKUSZ | 2:57 | 00:53.17 | 00:53.17 | +3.18 |
| 6. | 207 | ŻMIJA Radosław | POL | Śleszowice | | 3:00 | 00:54.27 | 00:54.27 | +4.28 |
| 7. | 163 | SŁOŃSKI Maksymilian | POL | | UKS ROMER RABKA-ZDRÓJ | 3:04 | 00:55.39 | 00:55.39 | +5.40 |
| 8. | 261 | RUSIN Wojciech | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:07 | 00:56.29 | 00:56.29 | +6.30 |
| 9. | 295 | SPYRKA Miłosz | POL | Stryżawa | | 3:09 | 00:56.71 | 00:56.71 | +6.72 |
| 10. | 304 | ZAJĄC Maksymilian | POL | Kraków | | 3:09 | 00:56.79 | 00:56.79 | +6.80 |
| 11. | 294 | MENTEL Piotr | POL | Stryżawa | | 3:12 | 00:57.83 | 00:57.83 | +7.84 |
| 12. | 238 | BUGAŃSKI Nikodem | POL | Limanowa | | 3:13 | 00:57.97 | 00:57.97 | +7.98 |
| 13. | 253 | KRUK Sławomir | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:14 | 00:58.23 | 00:58.23 | +8.24 |
| 14. | 281 | BABKOV Mark | POL | Stryżawa | | 3:16 | 00:58.87 | 00:58.87 | +8.88 |
| 15. | 240 | JÓZEPIAK Miłosz | POL | Sucha Beskidzka | MKS BABIA GÓRA | 3:28 | 01:02.53 | 01:02.53 | +12.54 |
| 16. | 267 | WITKOWSKI Antonii | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:39 | 01:05.72 | 01:05.72 | +15.73 |
| 17. | 260 | PRZERYWACZ Jeremi | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 4:10 | 01:15.15 | 01:15.15 | +25.16 |
| 18. | 292 | LEMPART Grzegorz | POL | Zachemna | | 4:16 | 01:16.99 | 01:16.99 | +27.00 |
| 19. | 258 | PROSZOWSKI Bartłomiej | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 4:17 | 01:17.23 | 01:17.23 | +27.24 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata | |
|-----------------------|-----|----------------------------|--------|-----------------------|---------------------|----------|-------------------|-----------------|-------|
| K 2015 - 300 m | | | | | | | | | |
| 1. | 138 | TOMERA Paulina | POL | UKS LIDER SIERCZA | 2:38 | 00:47.49 | 00:47.49 | -- | |
| 2. | 136 | STAŚKO Aleksandra | POL | UKS LIDER SIERCZA | 2:48 | 00:50.47 | 00:50.47 | +2.98 | |
| 3. | 113 | UCZNIAK Milena | POL | SKL SUCHA BESKIDZKA | 2:49 | 00:50.92 | 00:50.92 | +3.43 | |
| 4. | 162 | SŁOŃSKA Adela | POL | UKS ROMER RABKA-ZDRÓJ | 2:51 | 00:51.43 | 00:51.43 | +3.94 | |
| 5. | 52 | MAŁYSA Zuzanna | POL | KS OLKUSZ | 2:57 | 00:53.27 | 00:53.27 | +5.78 | |
| 6. | 266 | URBANIEC Aleksandra | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 2:59 | 00:53.89 | 00:53.89 | +6.40 |
| 7. | 198 | SIWIŃSKA Daria | POL | WKS WAWEL KRAKÓW | 3:00 | 00:54.03 | 00:54.03 | +6.54 | |
| 8. | 214 | BROWARNIK Amelia | POL | KRAKÓW ATHLETICS TEAM | 3:00 | 00:54.03 | 00:54.03 | +6.54 | |
| 9. | 236 | TOKARCZYK Hanna | POL | Przysietnica | KS VERTICAL RYTRO | 3:05 | 00:55.57 | 00:55.57 | +8.08 |
| 10. | 241 | CHMIELARSKA Hania | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:09 | 00:56.73 | 00:56.73 | +9.24 |
| 11. | 54 | RUDAWSKA Zofia | POL | KS OLKUSZ | 3:10 | 00:57.20 | 00:57.20 | +9.71 | |
| 12. | 282 | BYRSKA Natalia | POL | Wadowice | 3:11 | 00:57.32 | 00:57.32 | +9.83 | |
| 13. | 60 | TEODORCZUK Natalia | POL | KS OLKUSZ | 3:14 | 00:58.37 | 00:58.37 | +10.88 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|-----------------------|-----|-----------------------------|---------------------|-----------------------|------------|----------|-------------------|--------|
| M 2015 - 300 m | | | | | | | | |
| 1. | 307 | WIŚNIEWSKI Sebastian | POL Skawica | | 2:41 | 00:48.32 | 00:48.32 | -- |
| 2. | 81 | BALCER Adam | POL | SKL SUCHA BESKIDZKA | 2:42 | 00:48.78 | 00:48.78 | +0.46 |
| 3. | 216 | KOPERWAS Aleksander | POL Kraków | KRAKÓW ATHLETICS TEAM | 2:52 | 00:51.88 | 00:51.88 | +3.56 |
| 4. | 98 | KUĆ Grzegorz | POL | SKL SUCHA BESKIDZKA | 3:08 | 00:56.60 | 00:56.60 | +8.28 |
| 5. | 228 | MISIŃSKI Joachim | POL Rytro | KS VERTICAL RYTRO | 3:09 | 00:56.83 | 00:56.83 | +8.51 |
| 6. | 204 | KARPIŃSKI Hubert | POL Sucha Beskidzka | | 3:10 | 00:57.05 | 00:57.05 | +8.73 |
| 7. | 32 | NOWAK Konrad | POL | KS LIMANOWA FORREST | 3:11 | 00:57.30 | 00:57.30 | +8.98 |
| 8. | 97 | KRUK Mikołaj | POL | SKL SUCHA BESKIDZKA | 3:11 | 00:57.42 | 00:57.42 | +9.10 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata | |
|-----------------------|-----|--------------------------------|--------|-----------------|-----------------------|-------|-------------------|-----------------|--------|
| K 2014 - 600 m | | | | | | | | | |
| 1. | 5 | KORYTO Milena | POL | | KB KROŚCIENKO WYŻNE | 3:13 | 01:56.14 | 01:56.14 | -- |
| 2. | 31 | MATRAS Iga | POL | | KS LIMANOWA FORREST | 3:19 | 01:59.62 | 01:59.62 | +3.48 |
| 3. | 290 | KLESZCZ Nela | POL | Klecza Dolna | | 3:23 | 02:02.16 | 02:02.16 | +6.02 |
| 4. | 270 | LIGEZA Hanna | POL | Gorlice | UKS KOBYLANKA | 3:32 | 02:07.22 | 02:07.22 | +11.08 |
| 5. | 27 | BUKOWIEC Emilia | POL | | KS LIMANOWA FORREST | 3:32 | 02:07.28 | 02:07.28 | +11.14 |
| 6. | 133 | MARCINIK Karolina | POL | | UKS LIDER SIERCZA | 3:38 | 02:11.26 | 02:11.26 | +15.12 |
| 7. | 155 | PALARCZYK Roksana | POL | | UKS ROMER RABKA-ZDRÓJ | 3:39 | 02:11.54 | 02:11.54 | +15.40 |
| 8. | 82 | BIELARZ Lilianna Alicja | POL | | SKL SUCHA BESKIDZKA | 3:46 | 02:15.68 | 02:15.68 | +19.54 |
| 9. | 250 | KOŻUCH Gabriela | POL | Sucha Beskidzka | SKL SUCHA BESKIDZKA | 3:48 | 02:17.40 | 02:17.40 | +21.26 |
| 10. | 110 | ŚMIETANA Nadia | POL | | SKL SUCHA BESKIDZKA | 3:54 | 02:20.92 | 02:20.92 | +24.78 |
| 11. | 219 | BIENIECKA Zofia | POL | Olkusz | KS OLKUSZ | 3:55 | 02:21.58 | 02:21.58 | +25.44 |
| 12. | 68 | SIKORA Michalina | POL | | KS POINTER SIERCZA | 4:08 | 02:29.20 | 02:29.20 | +33.06 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata | |
|-----------------------|-----|--------------------------|--------|-----------------------|-----------------------|----------|-------------------|-----------------|--------|
| M 2014 - 600 m | | | | | | | | | |
| 1. | 95 | KOŁODZIEJ Nikodem | POL | SKL SUCHA BESKIDZKA | 3:02 | 01:49.77 | 01:49.77 | -- | |
| 2. | 99 | ŁYPIK Bartosz | POL | SKL SUCHA BESKIDZKA | 3:07 | 01:52.72 | 01:52.72 | +2.95 | |
| 3. | 73 | LEŚNIAK Daniel | POL | KS VICTORIA TRZEBINIA | 3:12 | 01:55.24 | 01:55.24 | +5.47 | |
| 4. | 309 | BIGAJ Jan | POL | Kraków | KRAKÓW ATHLETICS TEAM | 3:12 | 01:55.57 | 01:55.57 | +5.80 |
| 5. | 124 | ROJEK Mikołaj | POL | UKS KOBYLANKA | 3:14 | 01:56.83 | 01:56.83 | +7.06 | |
| 6. | 137 | TARNAWSKI Tadeusz | POL | UKS LIDER SIERCZA | 3:31 | 02:06.80 | 02:06.80 | +17.03 | |
| 7. | 65 | MATOGA Stanisław | POL | KS POINTER SIERCZA | 3:31 | 02:06.83 | 02:06.83 | +17.06 | |
| 8. | 103 | MROWIEC Filip | POL | SKL SUCHA BESKIDZKA | 3:38 | 02:11.31 | 02:11.31 | +21.54 | |
| 9. | 302 | CZARNECKI Marcel | POL | Sucha Beskidzka | 3:44 | 02:14.60 | 02:14.60 | +24.83 | |
| 10. | 206 | ŻMIJA Antoni | POL | Śleszowice | 4:07 | 02:28.75 | 02:28.75 | +38.98 | |
| 11. | 235 | TOKARCZYK Bartosz | POL | Rytko | KS VERTICAL RYTRO | 4:08 | 02:28.87 | 02:28.87 | +39.10 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|-----------------------|-----|--------------------|--------|----------------------------------|------------|----------|-------------------|--------|
| K 2013 - 600 m | | | | | | | | |
| 1. | 134 | ROJKOWSKA Milena | POL | UKS LIDER SIERCZA | 4:40 | 02:48.05 | 02:48.05 | -- |
| 2. | 4 | FARYJ Laura | POL | KB KROŚCIENKO WYŻNE | 4:40 | 02:48.41 | 02:48.41 | +0.36 |
| 3. | 221 | CZYŻ Blanka | POL | Krzeszowice KS OLKUSZ | 4:45 | 02:51.09 | 02:51.09 | +3.04 |
| 4. | 172 | TATOŃ Martyna | POL | UKS ROMER RABKA-ZDRÓJ | 4:48 | 02:53.03 | 02:53.03 | +4.98 |
| 5. | 55 | SEWERYN Agnieszka | POL | KS OLKUSZ | 4:49 | 02:53.99 | 02:53.99 | +5.94 |
| 6. | 6 | PELCZAR Amelia | POL | KB KROŚCIENKO WYŻNE | 4:56 | 02:57.83 | 02:57.83 | +9.78 |
| 7. | 181 | GÓRA Melania | POL | WKS SZRENIAWA NOWY WIŚNICZ | 4:59 | 02:59.43 | 02:59.43 | +11.38 |
| 8. | 10 | KUSEK Ida | POL | KRAKOWSKA AKADEMIA LEKKOATLETYKI | 5:00 | 03:00.53 | 03:00.53 | +12.48 |
| 9. | 296 | SZYMCZYK Adrianna | POL | Kraków | 5:02 | 03:01.31 | 03:01.31 | +13.26 |
| 10. | 157 | POLAK Hanna | POL | UKS ROMER RABKA-ZDRÓJ | 5:05 | 03:03.05 | 03:03.05 | +15.00 |
| 11. | 69 | BETKE Nadia | POL | KS VICTORIA TRZEBINIA | 5:10 | 03:06.53 | 03:06.53 | +18.48 |
| 12. | 168 | STANIK Amelia | POL | UKS ROMER RABKA-ZDRÓJ | 5:16 | 03:09.78 | 03:09.78 | +21.73 |
| 13. | 166 | SOSENKO Nadia | POL | UKS ROMER RABKA-ZDRÓJ | 5:16 | 03:10.02 | 03:10.02 | +21.97 |
| 14. | 146 | KOŚCIELNIAK Oliwia | POL | UKS ROMER RABKA-ZDRÓJ | 5:18 | 03:11.09 | 03:11.09 | +23.04 |
| 15. | 205 | NIECIAĞ Klaudia | POL | Juszczyn | 5:20 | 03:12.45 | 03:12.45 | +24.40 |
| 16. | 42 | BRÓG Antonina | POL | KS OLKUSZ | 5:24 | 03:14.91 | 03:14.91 | +26.86 |
| 17. | 161 | SKAWSKA Milena | POL | UKS ROMER RABKA-ZDRÓJ | 5:25 | 03:15.51 | 03:15.51 | +27.46 |
| 18. | 226 | FIEDOR Zuzanna | POL | Rytro KS VERTICAL RYTRO | 5:36 | 03:21.75 | 03:21.75 | +33.70 |
| 19. | 160 | SKAWSKA Julia | POL | UKS ROMER RABKA-ZDRÓJ | 5:36 | 03:21.94 | 03:21.94 | +33.89 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|-----------------------|-----|-----------------------------|--------|-------------------------------------|------------|----------|-------------------|--------|
| M 2013 - 600 m | | | | | | | | |
| 1. | 132 | MAJCHER Adam | POL | UKS LIDER SIERCZA | 2:56 | 01:46.12 | 01:46.12 | -- |
| 2. | 149 | MALEC Wojciech | POL | UKS ROMER RABKA-ZDRÓJ | 2:57 | 01:46.54 | 01:46.54 | +0.42 |
| 3. | 121 | GRODOWSKI Hubert | POL | TS WIELICZANKA WIELICZKA | 2:59 | 01:47.62 | 01:47.62 | +1.50 |
| 4. | 92 | KĄKOL Piotr | POL | SKL SUCHA BESKIDZKA | 2:59 | 01:47.90 | 01:47.90 | +1.78 |
| 5. | 174 | ZAJĄC Mieszko | POL | UKS ROMER RABKA-ZDRÓJ | 3:03 | 01:49.87 | 01:49.87 | +3.75 |
| 6. | 231 | OGORZAŁY Adam | POL | Przysietnica KS VERTICAL RYTRO | 3:09 | 01:53.86 | 01:53.86 | +7.74 |
| 7. | 268 | FICEK Tymon | POL | Stryszawa UKS BIEGANIE STRYSZAWA | 3:12 | 01:55.42 | 01:55.42 | +9.30 |
| 8. | 233 | ROMAŃSKI Jan | POL | Rytro KS VERTICAL RYTRO | 3:19 | 01:59.90 | 01:59.90 | +13.78 |
| 9. | 269 | GORYL Dawid | POL | Stryszawa UKS BIEGANIE STRYSZAWA | 3:21 | 02:00.61 | 02:00.61 | +14.49 |
| 10. | 88 | HYJEK Eryk | POL | SKL SUCHA BESKIDZKA | 3:21 | 02:00.75 | 02:00.75 | +14.63 |
| 11. | 130 | LURKA Jakub | POL | UKS LIDER SIERCZA | 3:21 | 02:01.05 | 02:01.05 | +14.93 |
| 12. | 276 | CADER Jakub | POL | Zabierzów WKS WAWEL KRAKÓW | 3:21 | 02:01.12 | 02:01.12 | +15.00 |
| 13. | 29 | JONIK Hubert | POL | KS LIMANOWA FORREST | 3:25 | 02:03.09 | 02:03.09 | +16.97 |
| 14. | 218 | STASZKIEWICZ Tymon | POL | KRAKÓW ATHLETICS TEAM | 3:25 | 02:03.53 | 02:03.53 | +17.41 |
| 15. | 164 | SŁOŃSKI Mateusz | POL | UKS ROMER RABKA-ZDRÓJ | 3:30 | 02:06.33 | 02:06.33 | +20.21 |
| 16. | 62 | TYLKOWSKI Franciszek | POL | KS OLKUSZ | 3:38 | 02:10.81 | 02:10.81 | +24.69 |
| 17. | 229 | MOS Mikołaj | POL | Rytro KS VERTICAL RYTRO | 3:48 | 02:17.01 | 02:17.01 | +30.89 |
| 18. | 131 | LURKA Jan | POL | UKS LIDER SIERCZA | 3:50 | 02:18.33 | 02:18.33 | +32.21 |
| 19. | 91 | JURCZAK Patryk | POL | SKL SUCHA BESKIDZKA | 3:53 | 02:20.24 | 02:20.24 | +34.12 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|------------------------|-----|-------------------|--------|----------------------------------|------------|----------|-------------------|----------|
| K 2012 - 1000 m | | | | | | | | |
| 1. | 9 | STASZEWSKA Emilia | POL | KB KROŚCIENKO WYŻNE | 3:02 | 03:02.25 | 03:02.25 | -- |
| 2. | 179 | FOLMER Lena | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:04 | 03:04.52 | 03:04.52 | +2.27 |
| 3. | 215 | CHODOROWSKA Maja | POL | KRAKÓW ATHLETICS TEAM | 3:08 | 03:08.08 | 03:08.08 | +5.83 |
| 4. | 8 | RAK Wiktoria | POL | KB KROŚCIENKO WYŻNE | 3:15 | 03:15.58 | 03:15.58 | +13.33 |
| 5. | 85 | FERDEK Julia | POL | SKL SUCHA BESKIDZKA | 3:20 | 03:20.02 | 03:20.02 | +17.77 |
| 6. | 71 | KACZARA Jagoda | POL | KS VICTORIA TRZEBINIA | 3:20 | 03:20.99 | 03:20.99 | +18.74 |
| 7. | 153 | NOWACZYK Martyna | POL | UKS ROMER RABKA-ZDRÓJ | 3:21 | 03:21.46 | 03:21.46 | +19.21 |
| 8. | 151 | MATYSIAK Abigail | POL | UKS ROMER RABKA-ZDRÓJ | 3:21 | 03:21.85 | 03:21.85 | +19.60 |
| 9. | 20 | STEFANOWICZ Gaja | POL | KRAKÓW ATHLETICS TEAM | 3:21 | 03:21.92 | 03:21.92 | +19.67 |
| 10. | 125 | ROJEK Julia | POL | UKS KOBYLANKA | 3:22 | 03:22.43 | 03:22.43 | +20.18 |
| 11. | 154 | NOWACZYK Natalia | POL | UKS ROMER RABKA-ZDRÓJ | 3:22 | 03:22.48 | 03:22.48 | +20.23 |
| 12. | 76 | WACHACKA Sonia | POL | KS VICTORIA TRZEBINIA | 3:29 | 03:29.87 | 03:29.87 | +27.62 |
| 13. | 189 | STACH Izabela | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:31 | 03:31.34 | 03:31.34 | +29.09 |
| 14. | 186 | PIOTROWSKA Kinga | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:31 | 03:31.41 | 03:31.41 | +29.16 |
| 15. | 11 | KWIATKOWSKA Laura | POL | KRAKOWSKA AKADEMIA LEKKOATLETYKI | 3:34 | 03:34.25 | 03:34.25 | +32.00 |
| 16. | 140 | ATEBA Lea | POL | UKS ROMER RABKA-ZDRÓJ | 3:34 | 03:34.56 | 03:34.56 | +32.31 |
| 17. | 51 | KUCA Natalia | POL | KS OLKUSZ | 3:35 | 03:35.77 | 03:35.77 | +33.52 |
| 18. | 56 | SEWERYN Natalia | POL | KS OLKUSZ | 3:37 | 03:37.46 | 03:37.46 | +35.21 |
| 19. | 74 | PIETRAS Carmen | POL | KS VICTORIA TRZEBINIA | 3:38 | 03:38.18 | 03:38.18 | +35.93 |
| 20. | 117 | ZAMULIŃSKA Estera | POL | SKL SUCHA BESKIDZKA | 4:01 | 04:01.38 | 04:01.38 | +59.13 |
| 21. | 17 | KALINKA Gabriela | POL | KRAKÓW ATHLETICS TEAM | 4:01 | 04:01.91 | 04:01.91 | +59.66 |
| 22. | 104 | MROWIEC Lena | POL | SKL SUCHA BESKIDZKA | 4:02 | 04:02.42 | 04:02.42 | +1:00.17 |
| 23. | 234 | ŚWIĄTEK Julia | POL | Rytro | 4:05 | 04:05.58 | 04:05.58 | +1:03.33 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|------------------------|-----|----------------------------|--------|--|------------|----------|-------------------|----------|
| M 2012 - 1000 m | | | | | | | | |
| 1. | 26 | BUGAŃSKI Jakub | POL | KS LIMANOWA FORREST | 2:51 | 02:51.94 | 02:51.94 | -- |
| 2. | 126 | WAL Mikołaj | POL | UKS KOBYLANKA | 2:54 | 02:54.22 | 02:54.22 | +2.28 |
| 3. | 84 | DYREK Kamil | POL | SKL SUCHA BESKIDZKA | 2:57 | 02:57.70 | 02:57.70 | +5.76 |
| 4. | 38 | STANISZ Tomasz | POL | KS LIMANOWA FORREST | 3:01 | 03:01.12 | 03:01.12 | +9.18 |
| 5. | 135 | SALAWA Kasjan | POL | UKS LIDER SIERCZA | 3:10 | 03:10.50 | 03:10.50 | +18.56 |
| 6. | 147 | KOŚCIELNIAK Mateusz | POL | UKS ROMER RABKA-ZDRÓJ | 3:15 | 03:15.12 | 03:15.12 | +23.18 |
| 7. | 15 | RAJCHEL Filip | POL | KRAKOWSKA AKADEMIA LEKKOATLETYKI | 3:16 | 03:16.70 | 03:16.70 | +24.76 |
| 8. | 195 | PRZYBYŁO Jakub | POL | WKS WAWEL KRAKÓW | 3:22 | 03:22.50 | 03:22.50 | +30.56 |
| 9. | 188 | SADOWSKI Leon | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:22 | 03:22.99 | 03:22.99 | +31.05 |
| 10. | 278 | JANCZEWSKI Filip | POL | Kraków WKS WAWEL KRAKÓW | 3:23 | 03:23.08 | 03:23.08 | +31.14 |
| 11. | 283 | BYRSKI Filip | POL | Wadowice | 3:31 | 03:31.12 | 03:31.12 | +39.18 |
| 12. | 232 | PLATA Michał | POL | Moszczenica Niżna KS VERTICAL RYTRO | 3:37 | 03:37.27 | 03:37.27 | +45.33 |
| 13. | 96 | KOVAL Vyacheslav | POL | SKL SUCHA BESKIDZKA | 4:47 | 04:47.34 | 04:47.34 | +1:55.40 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata | |
|------------------------|-----|--------------------|--------|----------------------------------|-----------------------|----------|-------------------|-----------------|--------|
| K 2011 - 1000 m | | | | | | | | | |
| 1. | 90 | JANECZEK Weronika | POL | SKL SUCHA BESKIDZKA | 3:06 | 03:06.49 | 03:06.49 | -- | |
| 2. | 101 | MATYASIK Marta | POL | SKL SUCHA BESKIDZKA | 3:06 | 03:06.69 | 03:06.69 | +0.20 | |
| 3. | 129 | KRÓWKA Julia | POL | UKS LIDER SIERCZA | 3:07 | 03:07.35 | 03:07.35 | +0.86 | |
| 4. | 44 | BRYZIK Maria | POL | KS OLKUSZ | 3:10 | 03:10.29 | 03:10.29 | +3.80 | |
| 5. | 175 | CHODUR Zuzanna | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:13 | 03:13.07 | 03:13.07 | +6.58 | |
| 6. | 143 | FILAR Lilianna | POL | UKS ROMER RABKA-ZDRÓJ | 3:14 | 03:14.83 | 03:14.83 | +8.34 | |
| 7. | 13 | POLEWKA Amanda | POL | KRAKOWSKA AKADEMIA LEKKOATLETYKI | 3:16 | 03:16.35 | 03:16.35 | +9.86 | |
| 8. | 30 | KUZAR Oliwia | POL | KS LIMANOWA FORREST | 3:17 | 03:17.06 | 03:17.06 | +10.57 | |
| 9. | 7 | PELCZAR Milena | POL | KB KROŚCIENKO WYŻNE | 3:20 | 03:20.02 | 03:20.02 | +13.53 | |
| 10. | 158 | SĘK Kamila | POL | UKS ROMER RABKA-ZDRÓJ | 3:22 | 03:22.73 | 03:22.73 | +16.24 | |
| 11. | 144 | GŁOWACZ Nikola | POL | UKS ROMER RABKA-ZDRÓJ | 3:23 | 03:23.55 | 03:23.55 | +17.06 | |
| 12. | 145 | HORNIK Milena | POL | UKS ROMER RABKA-ZDRÓJ | 3:23 | 03:23.71 | 03:23.71 | +17.22 | |
| 13. | 275 | STANISZ Laura | POL | Rabka-Zdrój | UKS ROMER RABKA-ZDRÓJ | 3:24 | 03:24.38 | 03:24.38 | +17.89 |
| 14. | 156 | PEPKOWSKA Karolina | POL | UKS ROMER RABKA-ZDRÓJ | 3:28 | 03:28.43 | 03:28.43 | +21.94 | |
| 15. | 178 | DRAGAN Emilia | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:28 | 03:28.93 | 03:28.93 | +22.44 | |
| 16. | 277 | GODZIK Julia | POL | Radziszów | WKS WAWEL KRAKÓW | 3:32 | 03:32.54 | 03:32.54 | +26.05 |
| 17. | 100 | ŁYPIK Magdalena | POL | SKL SUCHA BESKIDZKA | 3:33 | 03:33.83 | 03:33.83 | +27.34 | |
| 18. | 123 | MROZEK Mira | POL | UKS KOBYLANKA | 3:35 | 03:35.39 | 03:35.39 | +28.90 | |
| 19. | 170 | ŚWIDER Lena | POL | UKS ROMER RABKA-ZDRÓJ | 3:35 | 03:35.59 | 03:35.59 | +29.10 | |
| 20. | 36 | PIETRZAK Katarzyna | POL | KS LIMANOWA FORREST | 3:38 | 03:38.85 | 03:38.85 | +32.36 | |
| 21. | 273 | KLOCEK Maria | POL | Rabka-Zdrój | UKS ROMER RABKA-ZDRÓJ | 3:41 | 03:41.13 | 03:41.13 | +34.64 |
| 22. | 167 | SOSENKO Oliwia | POL | UKS ROMER RABKA-ZDRÓJ | 3:41 | 03:41.13 | 03:41.13 | +34.64 | |
| 23. | 142 | AUGUSTYN Karina | POL | UKS ROMER RABKA-ZDRÓJ | 3:50 | 03:50.17 | 03:50.17 | +43.68 | |
| 24. | 159 | SKAŁKA Anna | POL | UKS ROMER RABKA-ZDRÓJ | 3:57 | 03:57.98 | 03:57.98 | +51.49 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|------------------------|-----|----------------------------|--------|-----------------------------------|------------|----------|-------------------|--------|
| M 2011 - 1000 m | | | | | | | | |
| 1. | 148 | ŁUNIEWSKI Piotr | POL | UKS ROMER RABKA-ZDRÓJ | 2:49 | 02:49.35 | 02:49.35 | -- |
| 2. | 21 | ZĘBALA Beniamin | POL | KRAKÓW ATHLETICS TEAM | 2:50 | 02:50.69 | 02:50.69 | +1.34 |
| 3. | 122 | MAUREK Jan | POL | UKS KOBYLANKA | 2:57 | 02:57.26 | 02:57.26 | +7.91 |
| 4. | 185 | MACHAŁ Maksymilian | POL | WKS SZRENIAWA NOWY WIŚNICZ | 2:58 | 02:58.97 | 02:58.97 | +9.62 |
| 5. | 230 | OGORZAŁY Wojciech | POL | Przysietnica KS VERTICAL RYTRO | 3:00 | 03:00.56 | 03:00.56 | +11.21 |
| 6. | 150 | MALEC Maciej | POL | UKS ROMER RABKA-ZDRÓJ | 3:02 | 03:03.00 | 03:03.00 | +13.65 |
| 7. | 217 | RADWAŃSKI Tymoteusz | POL | KRAKÓW ATHLETICS TEAM | 3:06 | 03:06.38 | 03:06.38 | +17.03 |
| 8. | 16 | HOLDA Antoni | POL | KRAKÓW ATHLETICS TEAM | 3:07 | 03:07.53 | 03:07.53 | +18.18 |
| 9. | 223 | CIĘCIWA Patryk | POL | Rytro KS VERTICAL RYTRO | 3:09 | 03:09.11 | 03:09.11 | +19.76 |
| 10. | 213 | BEHLERT Olaf | POL | KRAKÓW ATHLETICS TEAM | 3:17 | 03:17.78 | 03:17.78 | +28.43 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|------------------------|-----|---------------------------|--------|----------------------------|------------|----------|-------------------|----------|
| K 2010 - 1000 m | | | | | | | | |
| 1. | 199 | SULIŃSKA Maria | POL | WKS WAWEL KRAKÓW | 3:00 | 03:00.84 | 03:00.84 | -- |
| 2. | 34 | OPIELA Zofia | POL | KS LIMANOWA FORREST | 3:02 | 03:02.47 | 03:02.47 | +1.63 |
| 3. | 112 | ŚPIEWLA Emilia | POL | SKL SUCHA BESKIDZKA | 3:04 | 03:04.37 | 03:04.37 | +3.53 |
| 4. | 59 | TALAGA Julia | POL | KS OLKUSZ | 3:05 | 03:05.92 | 03:05.92 | +5.08 |
| 5. | 182 | GRANIEWSKA Aleksandra | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:07 | 03:07.68 | 03:07.68 | +6.84 |
| 6. | 1 | CHUDZIK Aleksandra | POL | KB KROŚCIENKO WYŻNE | 3:09 | 03:09.14 | 03:09.14 | +8.30 |
| 7. | 3 | DŁUGOSZ Dominika | POL | KB KROŚCIENKO WYŻNE | 3:09 | 03:09.89 | 03:09.89 | +9.05 |
| 8. | 33 | NOWAK Zuzanna | POL | KS LIMANOWA FORREST | 3:17 | 03:17.18 | 03:17.18 | +16.34 |
| 9. | 177 | CYZ Zuzanna | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:20 | 03:20.04 | 03:20.04 | +19.20 |
| 10. | 70 | DURLAK Anika | POL | KS VICTORIA TRZEBINIA | 3:20 | 03:20.16 | 03:20.16 | +19.32 |
| 11. | 109 | RUSIN Natalia | POL | SKL SUCHA BESKIDZKA | 3:21 | 03:21.07 | 03:21.07 | +20.23 |
| 12. | 47 | FILICHA Ada | POL | KS OLKUSZ | 3:21 | 03:21.78 | 03:21.78 | +20.94 |
| 13. | 115 | ZABAWA Eliza | POL | SKL SUCHA BESKIDZKA | 3:28 | 03:28.75 | 03:28.75 | +27.91 |
| 14. | 111 | ŚMIETANA Lena | POL | SKL SUCHA BESKIDZKA | 3:30 | 03:30.23 | 03:30.23 | +29.39 |
| 15. | 48 | KOCJAN Izabela | POL | KS OLKUSZ | 3:30 | 03:30.44 | 03:30.44 | +29.60 |
| 16. | 183 | KŁOSOWSKA-STOCHEL Natalia | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:37 | 03:37.52 | 03:37.52 | +36.68 |
| 17. | 83 | CHWAŁA Emilia | POL | SKL SUCHA BESKIDZKA | 3:42 | 03:42.97 | 03:42.97 | +42.13 |
| 18. | 45 | CHWASTEK Milena | POL | KS OLKUSZ | 3:43 | 03:43.38 | 03:43.38 | +42.54 |
| 19. | 37 | PIETRZAK Agata | POL | KS LIMANOWA FORREST | 3:59 | 03:59.87 | 03:59.87 | +59.03 |
| 20. | 227 | LEMBAS Magdalena | POL | Rytró | 4:42 | 04:42.89 | 04:42.89 | +1:42.05 |

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|------------------------|-----|--------------------|-----|-------------|--------------------------|------------|----------|-------------------|--------|
| M 2010 - 1000 m | | | | | | | | | |
| 1. | 237 | WALUŚ Rafał | POL | Murzasichle | KS VERTICAL RYTRO | 2:43 | 02:43.67 | 02:43.67 | -- |
| 2. | 43 | BRÓG Michał | POL | | KS OLKUSZ | 2:45 | 02:45.11 | 02:45.11 | +1.44 |
| 3. | 93 | KĄKOL Paweł | POL | | SKL SUCHA BESKIDZKA | 2:45 | 02:45.57 | 02:45.57 | +1.90 |
| 4. | 116 | ZACHURA Paweł | POL | | SKL SUCHA BESKIDZKA | 2:46 | 02:46.01 | 02:46.01 | +2.34 |
| 5. | 40 | TROJANOWSKI Maciej | POL | | KS LIMANOWA FORREST | 2:53 | 02:53.48 | 02:53.48 | +9.81 |
| 6. | 200 | SZYMCZYK Michał | POL | | WKS WAWEL KRAKÓW | 2:54 | 02:54.62 | 02:54.62 | +10.95 |
| 7. | 118 | CEBULA Szymon | POL | | TS WIELICZANKA WIELICZKA | 2:54 | 02:54.96 | 02:54.96 | +11.29 |
| 8. | 86 | FERDEK Mateusz | POL | | SKL SUCHA BESKIDZKA | 2:55 | 02:55.81 | 02:55.81 | +12.14 |
| 9. | 57 | SIEJKA Bartłomiej | POL | | KS OLKUSZ | 2:56 | 02:56.75 | 02:56.75 | +13.08 |
| 10. | 41 | BARCZYK Krzysztof | POL | | KS OLKUSZ | 3:06 | 03:06.48 | 03:06.48 | +22.81 |
| 11. | 114 | WOLCZKO Adam | POL | | SKL SUCHA BESKIDZKA | 3:09 | 03:09.90 | 03:09.90 | +26.23 |
| 12. | 18 | SIWIEC Sebastian | POL | | KRAKÓW ATHLETICS TEAM | 3:15 | 03:15.87 | 03:15.87 | +32.20 |
| 13. | 102 | MIKOŁAJEK Paweł | POL | | SKL SUCHA BESKIDZKA | 3:17 | 03:17.94 | 03:17.94 | +34.27 |
| 14. | 165 | SŁOŃSKI Mikołaj | POL | | UKS ROMER RABKA-ZDRÓJ | 3:27 | 03:27.40 | 03:27.40 | +43.73 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|------------------------|-----|-------------------|--------|----------------------------|------------|----------|-------------------|--------|
| K 2009 - 1000 m | | | | | | | | |
| 1. | 194 | MUSIAŁ Maria | POL | WKS WAWEL KRAKÓW | 2:58 | 02:58.80 | 02:58.80 | -- |
| 2. | 187 | PIOTROWSKA Alicja | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:05 | 03:05.64 | 03:05.64 | +6.84 |
| 3. | 197 | ROŻEK Maria | POL | WKS WAWEL KRAKÓW | 3:14 | 03:14.67 | 03:14.67 | +15.87 |
| 4. | 58 | SMOŁUCH Inez | POL | KS OLKUSZ | 3:24 | 03:24.43 | 03:24.43 | +25.63 |
| DNS | 128 | KACZMAREK Julia | POL | UKS LIDER SIERCZA | | | | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|------------------------|-----|--------------------------|--------|--------------------------------|------------|----------|-------------------|--------|
| M 2009 - 1000 m | | | | | | | | |
| 1. | 79 | JĘDRZEJEK Paweł | POL | MKL BRYGADA BESKIDÓW NOWY SĄCZ | 2:36 | 02:36.28 | 02:36.28 | -- |
| 2. | 193 | KORZENIOWSKI Maksymilian | POL | WKS WAWEL KRAKÓW | 2:36 | 02:36.91 | 02:36.91 | +0.63 |
| 3. | 127 | CEBULA Franciszek | POL | UKS LIDER SIERCZA | 2:37 | 02:37.25 | 02:37.25 | +0.97 |
| 4. | 25 | ZĄBKIEWICZ Mikołaj | POL | KS AZS AWF KRAKÓW | 2:45 | 02:45.03 | 02:45.03 | +8.75 |
| 5. | 210 | MŁOTKIEWICZ Hubert | POL | AZS PWSZ TARNÓW | 2:50 | 02:50.05 | 02:50.05 | +13.77 |
| 6. | 77 | ZĄBCZYŃSKI Karol | POL | KS VICTORIA TRZEBINIA | 3:10 | 03:10.39 | 03:10.39 | +34.11 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|-----------------------------------|-----|--------------------------|--------|----------------------------|------------|----------|-------------------|----------|
| K 2007-2008 (U18) - 2000 m | | | | | | | | |
| 1. | 190 | ZAJĄC Kamila | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:00 | 06:00.88 | 06:00.88 | -- |
| 2. | 50 | KRAWCZYK Maria | POL | KS OLKUSZ | 3:18 | 06:37.16 | 06:37.16 | +36.28 |
| 3. | 192 | FILIPEK Maria | POL | WKS WAWEL KRAKÓW | 3:23 | 06:46.54 | 06:46.54 | +45.66 |
| 4. | 119 | DUDZIAK Maja | POL | TS WIELICZANKA WIELICZKA | 3:25 | 06:50.87 | 06:50.87 | +49.99 |
| 5. | 46 | CZERWIEC Karolina | POL | KS OLKUSZ | 3:27 | 06:55.94 | 06:55.94 | +55.06 |
| 6. | 35 | OPIELA Katarzyna | POL | KS LIMANOWA FORREST | 3:38 | 07:17.07 | 07:17.07 | +1:16.19 |
| 7. | 108 | POCHŁOPIEŃ Julia | POL | SKL SUCHA BESKIDZKA | 3:55 | 07:51.03 | 07:51.03 | +1:50.15 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|-----------------------------------|-----|--------------------------|--------|----------------------------|------------|----------|-------------------|--------|
| M 2007-2008 (U18) - 2000 m | | | | | | | | |
| 1. | 191 | ZELEK Hubert | POL | WKS SZRENIAWA NOWY WIŚNICZ | 2:39 | 05:18.29 | 05:18.29 | -- |
| 2. | 209 | KRAIEVSKYI Andrii | POL | AZS PWSZ TARNÓW | 2:45 | 05:30.83 | 05:30.83 | +12.54 |
| 3. | 169 | SZELIGA Szymon | POL | UKS ROMER RABKA-ZDRÓJ | 2:48 | 05:38.00 | 05:38.00 | +19.71 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|-----------------------------------|-----|-----------------------|--------|----------------------------|------------|----------|-------------------|--------|
| K 2005-2006 (U20) - 2000 m | | | | | | | | |
| 1. | 184 | KOWALIŃSKA Aleksandra | POL | WKS SZRENIAWA NOWY WIŚNICZ | 3:07 | 06:14.21 | 06:14.21 | -- |
| 2. | 24 | ZAJĄC Barbara | POL | KS AZS AWF KRAKÓW | 3:08 | 06:17.74 | 06:17.74 | +3.53 |
| 3. | 23 | ROZKRUT Łucja | POL | KS AZS AWF KRAKÓW | 3:19 | 06:38.47 | 06:38.47 | +24.26 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|-----------------------------------|-----|-------------------------|--------|--------------------------------|------------|----------|-------------------|--------|
| M 2005-2006 (U20) - 2000 m | | | | | | | | |
| 1. | 78 | BOGDAŃSKI Kacper | POL | MKL BRYGADA BESKIDÓW NOWY SĄCZ | 2:36 | 05:12.78 | 05:12.78 | -- |
| 2. | 105 | NOSAL Karol | POL | SKL SUCHA BESKIDZKA | 2:46 | 05:33.82 | 05:33.82 | +21.04 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|----------------------------------|-----|------------------|--------|-----------------------|------------|----------|-------------------|----------|
| K 2004 i starsze - 3000 m | | | | | | | | |
| 1. | 22 | JAWORSKA Oliwia | POL | KS AZS AWF KRAKÓW | 3:27 | 10:23.59 | 10:23.59 | -- |
| 2. | 254 | ŁYPIK Joanna | POL | Lanckorona | 3:45 | 11:18.00 | 11:18.00 | +54.41 |
| 3. | 243 | CHRZANOWSKA Anna | POL | Kalwaria Zebrzydowska | 3:48 | 11:26.86 | 11:26.86 | +1:03.27 |
| 4. | 212 | LEŚNIAK Kasia | POL | Filipowice | 3:59 | 11:58.72 | 11:58.72 | +1:35.13 |
| 5. | 249 | KOSMAN Magdalena | POL | Sucha Beskidzka | 4:13 | 12:40.04 | 12:40.04 | +2:16.45 |
| 6. | 285 | HUDASZEK Magda | POL | Stryżawa | 4:29 | 13:27.26 | 13:27.26 | +3:03.67 |
| 7. | 271 | MROZEK Karolina | POL | Kobylanka | 5:39 | 16:57.63 | 16:57.63 | +6:34.04 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik (Brutto) | Strata |
|---------------------------------|-----|--------------------|---------------------------|------------------------|------------|----------|-------------------|----------|
| M 2004 i starsi - 3000 m | | | | | | | | |
| 1. | 287 | KAWALERSKI Kamil | POL Kraków | | 2:47 | 08:22.67 | 08:22.67 | -- |
| 2. | 299 | WDOWIK Błażej | POL Łękawica | | 2:47 | 08:23.91 | 08:23.91 | +1.24 |
| 3. | 87 | GUZIŁ Mateusz | POL | SKL SUCHA BESKIDZKA | 2:56 | 08:49.62 | 08:49.62 | +26.95 |
| 4. | 64 | KUTERBA Piotr | POL | KS POINTER SIERCZA | 2:57 | 08:53.54 | 08:53.54 | +30.87 |
| 5. | 211 | LEŚNIAK Damian | POL Filipowice | CRACOVIA | 3:07 | 09:23.39 | 09:23.39 | +1:00.72 |
| 6. | 308 | WOLCZKO Grzegorz | POL Maków Podhalański | | 3:12 | 09:38.30 | 09:38.30 | +1:15.63 |
| 7. | 244 | CHRZANOWSKI Maciej | POL Kalwaria Zebrzydowska | SKL SUCHA BESKIDZKA | 3:15 | 09:47.76 | 09:47.76 | +1:25.09 |
| 8. | 222 | MAŁYSA Adam | POL Olkusz | KS OLKUSZ | 3:16 | 09:49.13 | 09:49.13 | +1:26.46 |
| 9. | 297 | TOMERA Michał | POL Niepołomice | | 3:16 | 09:49.83 | 09:49.83 | +1:27.16 |
| 10. | 196 | PRZYBYŁO Tomasz | POL | WKS WAWEL KRAKÓW | 3:19 | 09:58.23 | 09:58.23 | +1:35.56 |
| 11. | 208 | ROZKRUT Bartosz | POL Książniczki | AZS AWF KRAKÓW MASTERS | 3:20 | 10:02.67 | 10:02.67 | +1:40.00 |
| 12. | 257 | ORDZOWIAŁY Piotr | POL Osielec | SKL SUCHA BESKIDZKA | 3:29 | 10:28.95 | 10:28.95 | +2:06.28 |
| 13. | 259 | PRZERYWACZ Jakub | POL Lanckorona | SKL SUCHA BESKIDZKA | 3:45 | 11:16.98 | 11:16.98 | +2:54.31 |
| 14. | 245 | GACEK Tadeusz | POL Jordanów | SKL SUCHA BESKIDZKA | 3:45 | 11:17.79 | 11:17.79 | +2:55.12 |
| 15. | 289 | KLESZCZ Mateusz | POL Klecza Dolna | | 3:51 | 11:35.93 | 11:35.93 | +3:13.26 |

Liczba uczestników: 278