# COMMANDO RACE 3KM

Organizator: Fundacja Awizo Akademia Wspierania Inicjatyw Zaangażowania Obywatelskiego
Data: 2020-09-12
Miejsce: Kraków
Dystans: 3 km
Klasyfikacja wg czasów brutto.

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

## COMMANDO RACE 3KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | OLEŚ RAFAŁ | 3088 | | KRAKÓW | POL | M-OPEN | 1 | M 1 | 00:35:25.55 | 00:35:25.55 | 11:48 | 5.1 |
| 2 | BODZIOCH PIOTR | 3004 | | WIELICZKA | POL | M-OPEN | 2 | M 2 | 00:45:58.95 | 00:45:58.95 | 15:19 | 3.9 |
| 3 | ROGOZIŃSKI MICHAŁ | 3049 | | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 3 | M 3 | 00:46:17.50 | 00:46:17.50 | 15:25 | 3.9 |
| 4 | BATKO WOJCIECH | 3001 | KRWAWE SUTY | KRAKÓW | POL | M-OPEN | 4 | M 4 | 00:49:43.45 | 00:49:43.45 | 16:34 | 3.6 |
| 5 | KASZOWSKA JUSTYNA | 3086 | | - | POL | K-OPEN | 1 | K 1 | 00:51:45.10 | 00:51:45.10 | 17:15 | 3.5 |
| 6 | DZIADOSZ MICHAŁ | 3009 | OCR TEAM DĘBICA | KORZENIÓW | POL | M-OPEN | 5 | M 5 | 00:55:48.05 | 00:55:48.05 | 18:36 | 3.2 |
| 7 | FIDO AGNIESZKA | 3011 | | KRAKOW | POL | K-OPEN | 2 | K 2 | 00:58:03.00 | 00:58:03.00 | 19:21 | 3.1 |
| 8 | JĘDRYSZCZAK IWONA | 3021 | KLUB ZAWIERCIE | ZAWIERCIE | POL | K-OPEN | 3 | K 3 | 00:58:22.75 | 00:58:22.75 | 19:27 | 3.1 |
| 9 | GRABOWSKA MARLENA | 3014 | ZAWIERCIE | PORĘBA | POL | K-OPEN | 4 | K 4 | 00:58:23.15 | 00:58:23.15 | 19:27 | 3.1 |
| 10 | KNAPIK DOROTA | 3024 | ZAWIERCIE | ZAWIERCIE | POL | K-OPEN | 5 | K 5 | 00:58:24.55 | 00:58:24.55 | 19:28 | 3.1 |
| 11 | WYWIAŁ JUSTYNA | 3087 | | - | POL | K-OPEN | 6 | K 6 | 00:59:34.85 | 00:59:34.85 | 19:51 | 3 |
| 12 | KIERZKOWSKI JACEK | 3085 | | - | POL | M-OPEN | 6 | M 6 | 00:59:35.60 | 00:59:35.60 | 19:51 | 3 |
| 13 | GÓRZANOWSKA ANNA | 3012 | | KRAKÓW | POL | K-OPEN | 7 | K 7 | 00:59:59.85 | 00:59:59.85 | 19:59 | 3 |
| 14 | OZIMKIEWICZ EMIL | 3043 | | KRAKÓW | POL | M-OPEN | 7 | M 7 | 01:00:47.60 | 01:00:47.60 | 20:15 | 3 |
| 15 | GÓRZANOWSKI RAFAŁ | 3013 | | KRAKÓW | POL | M-OPEN | 8 | M 8 | 01:00:58.85 | 01:00:58.85 | 20:19 | 3 |
| 16 | WĄTOR MARCIN | 3060 | | KRAKÓW | POL | M-OPEN | 9 | M 9 | 01:02:48.20 | 01:02:48.20 | 20:56 | 2.9 |
| 17 | KOWALIK PATRYCJA | 3026 | | LISZKI | POL | K-OPEN | 8 | K 8 | 01:06:58.30 | 01:06:58.30 | 22:19 | 2.7 |
| 18 | SKÓRNICKA ANNA | 3054 | | WŁOSAŃ | POL | K-OPEN | 9 | K 9 | 01:07:14.40 | 01:07:14.40 | 22:24 | 2.7 |
| 19 | SULKA MAŁGORZATA | 3057 | | NOWY TARG | POL | K-OPEN | 10 | K 10 | 01:08:36.20 | 01:08:36.20 | 22:52 | 2.6 |
| 20 | MROWIEC JUDYTA | 3037 | | KRAKÓW | POL | K-OPEN | 11 | K 11 | 01:08:36.35 | 01:08:36.35 | 22:52 | 2.6 |
| 21 | KUBOŃ KLAUDIA | 3028 | | WOJNICZ | POL | K-OPEN | 12 | K 12 | 01:08:51.65 | 01:08:51.65 | 22:57 | 2.6 |
| 22 | PORADA PIOTR | 3047 | | KRAKÓW | POL | M-OPEN | 10 | M 10 | 01:09:05.60 | 01:09:05.60 | 23:01 | 2.6 |
| 23 | WNĘK MONIKA | 3061 | | KRAKÓW | POL | K-OPEN | 13 | K 13 | 01:10:14.80 | 01:10:14.80 | 23:24 | 2.6 |
| 24 | RADWAN KAMIL | 3048 | | KRAKÓW | POL | M-OPEN | 11 | M 11 | 01:10:14.85 | 01:10:14.85 | 23:24 | 2.6 |
| 25 | POPELA BLANKA | 3046 | | KRAKÓW | POL | K-OPEN | 14 | K 14 | 01:13:30.50 | 01:13:30.50 | 24:30 | 2.4 |
| 26 | CHROBAK JUSTYNA | 3006 | | JAWORZNO | POL | K-OPEN | 15 | K 15 | 01:14:21.50 | 01:14:21.50 | 24:47 | 2.4 |
| 27 | LEGIEĆ SZYMON | 3030 | | KRAKÓW | POL | M-OPEN | 12 | M 12 | 01:14:26.65 | 01:14:26.65 | 24:48 | 2.4 |
| 28 | SZYMKÓW ŻANETA | 3058 | | KRAKÓW | POL | K-OPEN | 16 | K 16 | 01:14:27.00 | 01:14:27.00 | 24:49 | 2.4 |
| 29 | BOLEK MONIKA | 3005 | | JAWORZNO | POL | K-OPEN | 17 | K 17 | 01:14:48.10 | 01:14:48.10 | 24:56 | 2.4 |
| 30 | OBIAŁA EWA | 3042 | | JAWORZNO | POL | K-OPEN | 18 | K 18 | 01:15:05.15 | 01:15:05.15 | 25:01 | 2.4 |
| 31 | IVANOVA YULIYA | 3020 | | KRAKOW | POL | K-OPEN | 19 | K 19 | 01:15:53.95 | 01:15:53.95 | 25:17 | 2.4 |
| 32 | GROCHOWIECKA MARTA | 3016 | | PCIM | POL | K-OPEN | 20 | K 20 | 01:16:25.20 | 01:16:25.20 | 25:28 | 2.4 |
| 33 | WÓJCIK DARIUSZ | 3063 | | BOCHNIA | POL | M-OPEN | 13 | M 13 | 01:16:59.95 | 01:16:59.95 | 25:39 | 2.3 |
| 34 | GRABOWSKI PATRICK | 3015 | | KRAKÓW | POL | M-OPEN | 14 | M 14 | 01:17:21.15 | 01:17:21.15 | 25:47 | 2.3 |
| 35 | SIECZKA ANNA | 3052 | | SOSNOWIEC | POL | K-OPEN | 21 | K 21 | 01:17:24.25 | 01:17:24.25 | 25:48 | 2.3 |
| 36 | SIECZKA ROBERT | 3053 | | SOSNOWIEC | POL | M-OPEN | 15 | M 15 | 01:17:34.95 | 01:17:34.95 | 25:51 | 2.3 |
| 37 | ZEMŁA KATARZYNA | 3064 | | OŚWIĘCIM | POL | K-OPEN | 22 | K 22 | 01:17:56.10 | 01:17:56.10 | 25:58 | 2.3 |
| 38 | SKRZYPEK MARTA | 3055 | | JAWORZNO | POL | K-OPEN | 23 | K 23 | 01:18:16.40 | 01:18:16.40 | 26:05 | 2.3 |
| 39 | SUBWIŃSKA ADRIANNA | 3070 | NOWA HUTA TEAM | KRAKÓW | POL | K-OPEN | 24 | K 24 | 01:20:01.80 | 01:20:01.80 | 26:40 | 2.2 |
| 40 | KAWIORSKA PAULINA | 3022 | | JĘDRZEJÓW | POL | K-OPEN | 25 | K 25 | 01:20:02.30 | 01:20:02.30 | 26:40 | 2.2 |
| 41 | KUCIEL KINGA | 3029 | | KRAKÓW | POL | K-OPEN | 26 | K 26 | 01:20:37.45 | 01:20:37.45 | 26:52 | 2.2 |
| 42 | DZIECIUCH PAULINA | 3071 | | KRAKÓW | POL | K-OPEN | 27 | K 27 | 01:21:09.60 | 01:21:09.60 | 27:03 | 2.2 |
| 43 | ŚWIAT AGA | 3059 | | KRAKÓW | POL | K-OPEN | 28 | K 28 | 01:21:14.25 | 01:21:14.25 | 27:04 | 2.2 |
| 44 | MISIAK MARTA | 3034 | | BYTOM | POL | K-OPEN | 29 | K 29 | 01:21:24.45 | 01:21:24.45 | 27:08 | 2.2 |
| 45 | ROLNIK BOŻENA | 3050 | PWC SDC RUNNERS TEAM | BYTOM | POL | K-OPEN | 30 | K 30 | 01:21:24.90 | 01:21:24.90 | 27:08 | 2.2 |
| 46 | HAŁAT WERONIKA | 3018 | | GŁĘBOKA | POL | K-OPEN | 31 | K 31 | 01:21:42.45 | 01:21:42.45 | 27:14 | 2.2 |

## COMMANDO RACE 3KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 47 | GWIZDAŁA MARCIN | 3017 | | KRAKÓW | POL | M-OPEN | 16 | M 16 | 01:21:55.25 | 01:21:55.25 | 27:18 | 2.2 |
| 48 | WIĘCEK SEBASTIAN | 3072 | SOCIOS SILESIA | KRAKÓW | POL | M-OPEN | 17 | M 17 | 01:22:04.95 | 01:22:04.95 | 27:21 | 2.2 |
| 49 | HUSZNO SYLWIA | 3019 | | KRAKÓW | POL | K-OPEN | 32 | K 32 | 01:22:26.15 | 01:22:26.15 | 27:28 | 2.2 |
| 50 | BIEL JOANNA | 3002 | | KRAKÓW | POL | K-OPEN | 33 | K 33 | 01:22:26.55 | 01:22:26.55 | 27:28 | 2.2 |
| 51 | DUDEK KATARZYNA | 3008 | | GOLENIOWY | POL | K-OPEN | 34 | K 34 | 01:22:27.60 | 01:22:27.60 | 27:29 | 2.2 |
| 52 | MORAWIEC WERONIKA | 3035 | | KRAKÓW | POL | K-OPEN | 35 | K 35 | 01:25:16.35 | 01:25:16.35 | 28:25 | 2.1 |
| 53 | MORAWIEC AGNIESZKA | 3036 | WATAHA | KRAKOW | POL | K-OPEN | 36 | K 36 | 01:25:16.90 | 01:25:16.90 | 28:25 | 2.1 |
| 54 | KOZŁOWSKA AGA | 3027 | KOZIOŁKI TEAM | KOZIEGŁOWY | POL | K-OPEN | 37 | K 37 | 01:28:49.05 | 01:28:49.05 | 29:36 | 2 |
| 55 | STASIAK IWONA | 3056 | | DĄBIE | POL | K-OPEN | 38 | K 38 | 01:33:46.65 | 01:33:46.65 | 31:15 | 1.9 |
| 56 | DZIĘGIEL AGA | 3010 | | KRAKÓW | POL | K-OPEN | 39 | K 39 | 01:33:46.80 | 01:33:46.80 | 31:15 | 1.9 |
| 57 | NGUYEN HONG ANGELIKA | 3040 | DOKĄD NOCĄ TUPTA JEZ | KRAKOW | POL | K-OPEN | 40 | K 40 | 01:36:25.45 | 01:36:25.45 | 32:08 | 1.9 |
| 58 | KOBYŁECKI MATEUSZ | 3025 | DOKĄD NOCĄ TUPTA JEŻ? | SKARŻYSKO-KAMIENNA | POL | M-OPEN | 18 | M 18 | 01:36:29.70 | 01:36:29.70 | 32:09 | 1.9 |
| 59 | CZOSNOWSKA MILENA | 3007 | DOKĄD NOCĄ TUPTA JEŻ? | WARSZAWA | POL | K-OPEN | 41 | K 41 | 01:36:31.95 | 01:36:31.95 | 32:10 | 1.9 |
| 60 | KIERZKOWSKI KACPER | 3089 | | - | POL | M-OPEN | 19 | M 19 | | | | |
| 61 | BIS LENA | 3003 | | KRAKOW | POL | K-OPEN | 42 | K 42 | | | | |

## COMMANDO RACE 3KM, K-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | KASZOWSKA JUSTYNA | 3086 | | - | POL | K-OPEN | 1 | K 1 | 00:51:45.10 | 00:51:45.10 | 17:15 | 3.5 |
| 2 | FIDO AGNIESZKA | 3011 | | KRAKOW | POL | K-OPEN | 2 | K 2 | 00:58:03.00 | 00:58:03.00 | 19:21 | 3.1 |
| 3 | JĘDRYSZCZAK IWONA | 3021 | KLUB ZAWIERCIE | ZAWIERCIE | POL | K-OPEN | 3 | K 3 | 00:58:22.75 | 00:58:22.75 | 19:27 | 3.1 |
| 4 | GRABOWSKA MARLENA | 3014 | ZAWIERCIE | PORĘBA | POL | K-OPEN | 4 | K 4 | 00:58:23.15 | 00:58:23.15 | 19:27 | 3.1 |
| 5 | KNAPIK DOROTA | 3024 | ZAWIERCIE | ZAWIERCIE | POL | K-OPEN | 5 | K 5 | 00:58:24.55 | 00:58:24.55 | 19:28 | 3.1 |
| 6 | WYWIAŁ JUSTYNA | 3087 | | - | POL | K-OPEN | 6 | K 6 | 00:59:34.85 | 00:59:34.85 | 19:51 | 3 |
| 7 | GÓRZANOWSKA ANNA | 3012 | | KRAKÓW | POL | K-OPEN | 7 | K 7 | 00:59:59.85 | 00:59:59.85 | 19:59 | 3 |
| 8 | KOWALIK PATRYCJA | 3026 | | LISZKI | POL | K-OPEN | 8 | K 8 | 01:06:58.30 | 01:06:58.30 | 22:19 | 2.7 |
| 9 | SKÓRNICKA ANNA | 3054 | | WŁOSAŃ | POL | K-OPEN | 9 | K 9 | 01:07:14.40 | 01:07:14.40 | 22:24 | 2.7 |
| 10 | SULKA MAŁGORZATA | 3057 | | NOWY TARG | POL | K-OPEN | 10 | K 10 | 01:08:36.20 | 01:08:36.20 | 22:52 | 2.6 |
| 11 | MROWIEC JUDYTA | 3037 | | KRAKÓW | POL | K-OPEN | 11 | K 11 | 01:08:36.35 | 01:08:36.35 | 22:52 | 2.6 |
| 12 | KUBOŃ KLAUDIA | 3028 | | WOJNICZ | POL | K-OPEN | 12 | K 12 | 01:08:51.65 | 01:08:51.65 | 22:57 | 2.6 |
| 13 | WNĘK MONIKA | 3061 | | KRAKÓW | POL | K-OPEN | 13 | K 13 | 01:10:14.80 | 01:10:14.80 | 23:24 | 2.6 |
| 14 | POPELA BLANKA | 3046 | | KRAKÓW | POL | K-OPEN | 14 | K 14 | 01:13:30.50 | 01:13:30.50 | 24:30 | 2.4 |
| 15 | CHROBAK JUSTYNA | 3006 | | JAWORZNO | POL | K-OPEN | 15 | K 15 | 01:14:21.50 | 01:14:21.50 | 24:47 | 2.4 |
| 16 | SZYMKÓW ŻANETA | 3058 | | KRAKÓW | POL | K-OPEN | 16 | K 16 | 01:14:27.00 | 01:14:27.00 | 24:49 | 2.4 |
| 17 | BOLEK MONIKA | 3005 | | JAWORZNO | POL | K-OPEN | 17 | K 17 | 01:14:48.10 | 01:14:48.10 | 24:56 | 2.4 |
| 18 | OBIAŁA EWA | 3042 | | JAWORZNO | POL | K-OPEN | 18 | K 18 | 01:15:05.15 | 01:15:05.15 | 25:01 | 2.4 |
| 19 | IVANOVA YULIYA | 3020 | | KRAKOW | POL | K-OPEN | 19 | K 19 | 01:15:53.95 | 01:15:53.95 | 25:17 | 2.4 |
| 20 | GROCHOWIECKA MARTA | 3016 | | PCIM | POL | K-OPEN | 20 | K 20 | 01:16:25.20 | 01:16:25.20 | 25:28 | 2.4 |
| 21 | SIECZKA ANNA | 3052 | | SOSNOWIEC | POL | K-OPEN | 21 | K 21 | 01:17:24.25 | 01:17:24.25 | 25:48 | 2.3 |
| 22 | ZEMŁA KATARZYNA | 3064 | | OŚWIĘCIM | POL | K-OPEN | 22 | K 22 | 01:17:56.10 | 01:17:56.10 | 25:58 | 2.3 |
| 23 | SKRZYPEK MARTA | 3055 | | JAWORZNO | POL | K-OPEN | 23 | K 23 | 01:18:16.40 | 01:18:16.40 | 26:05 | 2.3 |
| 24 | SUBWIŃSKA ADRIANNA | 3070 | NOWA HUTA TEAM | KRAKÓW | POL | K-OPEN | 24 | K 24 | 01:20:01.80 | 01:20:01.80 | 26:40 | 2.2 |
| 25 | KAWIORSKA PAULINA | 3022 | | JĘDRZEJÓW | POL | K-OPEN | 25 | K 25 | 01:20:02.30 | 01:20:02.30 | 26:40 | 2.2 |
| 26 | KUCIEL KINGA | 3029 | | KRAKÓW | POL | K-OPEN | 26 | K 26 | 01:20:37.45 | 01:20:37.45 | 26:52 | 2.2 |
| 27 | DZIECIUCH PAULINA | 3071 | | KRAKÓW | POL | K-OPEN | 27 | K 27 | 01:21:09.60 | 01:21:09.60 | 27:03 | 2.2 |
| 28 | ŚWIAT AGA | 3059 | | KRAKÓW | POL | K-OPEN | 28 | K 28 | 01:21:14.25 | 01:21:14.25 | 27:04 | 2.2 |
| 29 | MISIAK MARTA | 3034 | | BYTOM | POL | K-OPEN | 29 | K 29 | 01:21:24.45 | 01:21:24.45 | 27:08 | 2.2 |
| 30 | ROLNIK BOŻENA | 3050 | PWC SDC RUNNERS TEAM | BYTOM | POL | K-OPEN | 30 | K 30 | 01:21:24.90 | 01:21:24.90 | 27:08 | 2.2 |
| 31 | HAŁAT WERONIKA | 3018 | | GŁĘBOKA | POL | K-OPEN | 31 | K 31 | 01:21:42.45 | 01:21:42.45 | 27:14 | 2.2 |
| 32 | HUSZNO SYLWIA | 3019 | | KRAKÓW | POL | K-OPEN | 32 | K 32 | 01:22:26.15 | 01:22:26.15 | 27:28 | 2.2 |
| 33 | BIEL JOANNA | 3002 | | KRAKÓW | POL | K-OPEN | 33 | K 33 | 01:22:26.55 | 01:22:26.55 | 27:28 | 2.2 |
| 34 | DUDEK KATARZYNA | 3008 | | GOLENIOWY | POL | K-OPEN | 34 | K 34 | 01:22:27.60 | 01:22:27.60 | 27:29 | 2.2 |
| 35 | MORAWIEC WERONIKA | 3035 | | KRAKÓW | POL | K-OPEN | 35 | K 35 | 01:25:16.35 | 01:25:16.35 | 28:25 | 2.1 |
| 36 | MORAWIEC AGNIESZKA | 3036 | WATAHA | KRAKOW | POL | K-OPEN | 36 | K 36 | 01:25:16.90 | 01:25:16.90 | 28:25 | 2.1 |
| 37 | KOZŁOWSKA AGA | 3027 | KOZIOŁKI TEAM | KOZIEGŁOWY | POL | K-OPEN | 37 | K 37 | 01:28:49.05 | 01:28:49.05 | 29:36 | 2 |

## COMMANDO RACE 3KM, K-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 38 | STASIAK IWONA | 3056 | | DĄBIE | POL | K-OPEN | 38 | K 38 | 01:33:46.65 | 01:33:46.65 | 31:15 | 1.9 |
| 39 | DZIĘGIEL AGA | 3010 | | KRAKÓW | POL | K-OPEN | 39 | K 39 | 01:33:46.80 | 01:33:46.80 | 31:15 | 1.9 |
| 40 | NGUYEN HONG ANGELIKA | 3040 | DOKĄD NOCĄ TUPTA JEZ | KRAKOW | POL | K-OPEN | 40 | K 40 | 01:36:25.45 | 01:36:25.45 | 32:08 | 1.9 |
| 41 | CZOSNOWSKA MILENA | 3007 | DOKĄD NOCĄ TUPTA JEŻ? | WARSZAWA | POL | K-OPEN | 41 | K 41 | 01:36:31.95 | 01:36:31.95 | 32:10 | 1.9 |
| 42 | BIS LENA | 3003 | | KRAKOW | POL | K-OPEN | 42 | K 42 | | | | |

## COMMANDO RACE 3KM, M-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | OLEŚ RAFAŁ | 3088 | | KRAKÓW | POL | M-OPEN | 1 | M 1 | 00:35:25.55 | 00:35:25.55 | 11:48 | 5.1 |
| 2 | BODZIOCH PIOTR | 3004 | | WIELICZKA | POL | M-OPEN | 2 | M 2 | 00:45:58.95 | 00:45:58.95 | 15:19 | 3.9 |
| 3 | ROGOZIŃSKI MICHAŁ | 3049 | | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 3 | M 3 | 00:46:17.50 | 00:46:17.50 | 15:25 | 3.9 |
| 4 | BATKO WOJCIECH | 3001 | KRWAWE SUTY | KRAKÓW | POL | M-OPEN | 4 | M 4 | 00:49:43.45 | 00:49:43.45 | 16:34 | 3.6 |
| 5 | DZIADOSZ MICHAŁ | 3009 | OCR TEAM DĘBICA | KORZENIÓW | POL | M-OPEN | 5 | M 5 | 00:55:48.05 | 00:55:48.05 | 18:36 | 3.2 |
| 6 | KIERZKOWSKI JACEK | 3085 | | - | POL | M-OPEN | 6 | M 6 | 00:59:35.60 | 00:59:35.60 | 19:51 | 3 |
| 7 | OZIMKIEWICZ EMIL | 3043 | | KRAKÓW | POL | M-OPEN | 7 | M 7 | 01:00:47.60 | 01:00:47.60 | 20:15 | 3 |
| 8 | GÓRZANOWSKI RAFAŁ | 3013 | | KRAKÓW | POL | M-OPEN | 8 | M 8 | 01:00:58.85 | 01:00:58.85 | 20:19 | 3 |
| 9 | WĄTOR MARCIN | 3060 | | KRAKÓW | POL | M-OPEN | 9 | M 9 | 01:02:48.20 | 01:02:48.20 | 20:56 | 2.9 |
| 10 | PORADA PIOTR | 3047 | | KRAKÓW | POL | M-OPEN | 10 | M 10 | 01:09:05.60 | 01:09:05.60 | 23:01 | 2.6 |
| 11 | RADWAN KAMIL | 3048 | | KRAKÓW | POL | M-OPEN | 11 | M 11 | 01:10:14.85 | 01:10:14.85 | 23:24 | 2.6 |
| 12 | LEGIEĆ SZYMON | 3030 | | KRAKÓW | POL | M-OPEN | 12 | M 12 | 01:14:26.65 | 01:14:26.65 | 24:48 | 2.4 |
| 13 | WÓJCIK DARIUSZ | 3063 | | BOCHNIA | POL | M-OPEN | 13 | M 13 | 01:16:59.95 | 01:16:59.95 | 25:39 | 2.3 |
| 14 | GRABOWSKI PATRICK | 3015 | | KRAKÓW | POL | M-OPEN | 14 | M 14 | 01:17:21.15 | 01:17:21.15 | 25:47 | 2.3 |
| 15 | SIECZKA ROBERT | 3053 | | SOSNOWIEC | POL | M-OPEN | 15 | M 15 | 01:17:34.95 | 01:17:34.95 | 25:51 | 2.3 |
| 16 | GWIZDAŁA MARCIN | 3017 | | KRAKÓW | POL | M-OPEN | 16 | M 16 | 01:21:55.25 | 01:21:55.25 | 27:18 | 2.2 |
| 17 | WIĘCEK SEBASTIAN | 3072 | SOCIOS SILESIA | KRAKÓW | POL | M-OPEN | 17 | M 17 | 01:22:04.95 | 01:22:04.95 | 27:21 | 2.2 |
| 18 | KOBYŁECKI MATEUSZ | 3025 | DOKĄD NOCĄ TUPTA JEŻ? | SKARŻYSKO-KAMIENNA | POL | M-OPEN | 18 | M 18 | 01:36:29.70 | 01:36:29.70 | 32:09 | 1.9 |
| 19 | KIERZKOWSKI KACPER | 3089 | | - | POL | M-OPEN | 19 | M 19 | | | | |

## COMMANDO RACE 3KM, 12:30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | OLEŚ RAFAŁ | 3088 | | KRAKÓW | POL | M-OPEN | 1 | M 1 | 00:35:25.55 | 00:35:25.55 | 11:48 | 5.1 |
| 2 | BODZIOCH PIOTR | 3004 | | WIELICZKA | POL | M-OPEN | 2 | M 2 | 00:45:58.95 | 00:45:58.95 | 15:19 | 3.9 |
| 3 | ROGOZIŃSKI MICHAŁ | 3049 | | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 3 | M 3 | 00:46:17.50 | 00:46:17.50 | 15:25 | 3.9 |
| 4 | BATKO WOJCIECH | 3001 | KRWAWE SUTY | KRAKÓW | POL | M-OPEN | 4 | M 4 | 00:49:43.45 | 00:49:43.45 | 16:34 | 3.6 |
| 5 | FIDO AGNIESZKA | 3011 | | KRAKOW | POL | K-OPEN | 2 | K 2 | 00:58:03.00 | 00:58:03.00 | 19:21 | 3.1 |
| 6 | JĘDRYSZCZAK IWONA | 3021 | KLUB ZAWIERCIE | ZAWIERCIE | POL | K-OPEN | 3 | K 3 | 00:58:22.75 | 00:58:22.75 | 19:27 | 3.1 |
| 7 | GRABOWSKA MARLENA | 3014 | ZAWIERCIE | PORĘBA | POL | K-OPEN | 4 | K 4 | 00:58:23.15 | 00:58:23.15 | 19:27 | 3.1 |
| 8 | KNAPIK DOROTA | 3024 | ZAWIERCIE | ZAWIERCIE | POL | K-OPEN | 5 | K 5 | 00:58:24.55 | 00:58:24.55 | 19:28 | 3.1 |
| 9 | GÓRZANOWSKA ANNA | 3012 | | KRAKÓW | POL | K-OPEN | 7 | K 7 | 00:59:59.85 | 00:59:59.85 | 19:59 | 3 |
| 10 | OZIMKIEWICZ EMIL | 3043 | | KRAKÓW | POL | M-OPEN | 7 | M 7 | 01:00:47.60 | 01:00:47.60 | 20:15 | 3 |
| 11 | GÓRZANOWSKI RAFAŁ | 3013 | | KRAKÓW | POL | M-OPEN | 8 | M 8 | 01:00:58.85 | 01:00:58.85 | 20:19 | 3 |
| 12 | WĄTOR MARCIN | 3060 | | KRAKÓW | POL | M-OPEN | 9 | M 9 | 01:02:48.20 | 01:02:48.20 | 20:56 | 2.9 |
| 13 | KOWALIK PATRYCJA | 3026 | | LISZKI | POL | K-OPEN | 8 | K 8 | 01:06:58.30 | 01:06:58.30 | 22:19 | 2.7 |
| 14 | SKÓRNICKA ANNA | 3054 | | WŁOSAŃ | POL | K-OPEN | 9 | K 9 | 01:07:14.40 | 01:07:14.40 | 22:24 | 2.7 |
| 15 | SULKA MAŁGORZATA | 3057 | | NOWY TARG | POL | K-OPEN | 10 | K 10 | 01:08:36.20 | 01:08:36.20 | 22:52 | 2.6 |
| 16 | MROWIEC JUDYTA | 3037 | | KRAKÓW | POL | K-OPEN | 11 | K 11 | 01:08:36.35 | 01:08:36.35 | 22:52 | 2.6 |
| 17 | KUBOŃ KLAUDIA | 3028 | | WOJNICZ | POL | K-OPEN | 12 | K 12 | 01:08:51.65 | 01:08:51.65 | 22:57 | 2.6 |
| 18 | PORADA PIOTR | 3047 | | KRAKÓW | POL | M-OPEN | 10 | M 10 | 01:09:05.60 | 01:09:05.60 | 23:01 | 2.6 |
| 19 | POPELA BLANKA | 3046 | | KRAKÓW | POL | K-OPEN | 14 | K 14 | 01:13:30.50 | 01:13:30.50 | 24:30 | 2.4 |
| 20 | CHROBAK JUSTYNA | 3006 | | JAWORZNO | POL | K-OPEN | 15 | K 15 | 01:14:21.50 | 01:14:21.50 | 24:47 | 2.4 |
| 21 | LEGIEĆ SZYMON | 3030 | | KRAKÓW | POL | M-OPEN | 12 | M 12 | 01:14:26.65 | 01:14:26.65 | 24:48 | 2.4 |
| 22 | SZYMKÓW ŻANETA | 3058 | | KRAKÓW | POL | K-OPEN | 16 | K 16 | 01:14:27.00 | 01:14:27.00 | 24:49 | 2.4 |

## COMMANDO RACE 3KM, 12:30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 23 | BOLEK MONIKA | 3005 | | JAWORZNO | POL | K-OPEN | 17 | K 17 | 01:14:48.10 | 01:14:48.10 | 24:56 | 2.4 |
| 24 | OBIAŁA EWA | 3042 | | JAWORZNO | POL | K-OPEN | 18 | K 18 | 01:15:05.15 | 01:15:05.15 | 25:01 | 2.4 |
| 25 | IVANOVA YULIYA | 3020 | | KRAKOW | POL | K-OPEN | 19 | K 19 | 01:15:53.95 | 01:15:53.95 | 25:17 | 2.4 |
| 26 | GROCHOWIECKA MARTA | 3016 | | PCIM | POL | K-OPEN | 20 | K 20 | 01:16:25.20 | 01:16:25.20 | 25:28 | 2.4 |
| 27 | WÓJCIK DARIUSZ | 3063 | | BOCHNIA | POL | M-OPEN | 13 | M 13 | 01:16:59.95 | 01:16:59.95 | 25:39 | 2.3 |
| 28 | GRABOWSKI PATRICK | 3015 | | KRAKÓW | POL | M-OPEN | 14 | M 14 | 01:17:21.15 | 01:17:21.15 | 25:47 | 2.3 |
| 29 | SIECZKA ANNA | 3052 | | SOSNOWIEC | POL | K-OPEN | 21 | K 21 | 01:17:24.25 | 01:17:24.25 | 25:48 | 2.3 |
| 30 | SIECZKA ROBERT | 3053 | | SOSNOWIEC | POL | M-OPEN | 15 | M 15 | 01:17:34.95 | 01:17:34.95 | 25:51 | 2.3 |
| 31 | ZEMŁA KATARZYNA | 3064 | | OŚWIĘCIM | POL | K-OPEN | 22 | K 22 | 01:17:56.10 | 01:17:56.10 | 25:58 | 2.3 |
| 32 | SKRZYPEK MARTA | 3055 | | JAWORZNO | POL | K-OPEN | 23 | K 23 | 01:18:16.40 | 01:18:16.40 | 26:05 | 2.3 |
| 33 | SUBWIŃSKA ADRIANNA | 3070 | NOWA HUTA TEAM | KRAKÓW | POL | K-OPEN | 24 | K 24 | 01:20:01.80 | 01:20:01.80 | 26:40 | 2.2 |
| 34 | KAWIORSKA PAULINA | 3022 | | JĘDRZEJÓW | POL | K-OPEN | 25 | K 25 | 01:20:02.30 | 01:20:02.30 | 26:40 | 2.2 |
| 35 | KUCIEL KINGA | 3029 | | KRAKÓW | POL | K-OPEN | 26 | K 26 | 01:20:37.45 | 01:20:37.45 | 26:52 | 2.2 |
| 36 | DZIECIUCH PAULINA | 3071 | | KRAKÓW | POL | K-OPEN | 27 | K 27 | 01:21:09.60 | 01:21:09.60 | 27:03 | 2.2 |
| 37 | ŚWIAT AGA | 3059 | | KRAKÓW | POL | K-OPEN | 28 | K 28 | 01:21:14.25 | 01:21:14.25 | 27:04 | 2.2 |
| 38 | MISIAK MARTA | 3034 | | BYTOM | POL | K-OPEN | 29 | K 29 | 01:21:24.45 | 01:21:24.45 | 27:08 | 2.2 |
| 39 | ROLNIK BOŻENA | 3050 | PWC SDC RUNNERS TEAM | BYTOM | POL | K-OPEN | 30 | K 30 | 01:21:24.90 | 01:21:24.90 | 27:08 | 2.2 |
| 40 | HAŁAT WERONIKA | 3018 | | GŁĘBOKA | POL | K-OPEN | 31 | K 31 | 01:21:42.45 | 01:21:42.45 | 27:14 | 2.2 |
| 41 | GWIZDAŁA MARCIN | 3017 | | KRAKÓW | POL | M-OPEN | 16 | M 16 | 01:21:55.25 | 01:21:55.25 | 27:18 | 2.2 |
| 42 | WIĘCEK SEBASTIAN | 3072 | SOCIOS SILESIA | KRAKÓW | POL | M-OPEN | 17 | M 17 | 01:22:04.95 | 01:22:04.95 | 27:21 | 2.2 |
| 43 | HUSZNO SYLWIA | 3019 | | KRAKÓW | POL | K-OPEN | 32 | K 32 | 01:22:26.15 | 01:22:26.15 | 27:28 | 2.2 |
| 44 | BIEL JOANNA | 3002 | | KRAKÓW | POL | K-OPEN | 33 | K 33 | 01:22:26.55 | 01:22:26.55 | 27:28 | 2.2 |
| 45 | DUDEK KATARZYNA | 3008 | | GOLENIOWY | POL | K-OPEN | 34 | K 34 | 01:22:27.60 | 01:22:27.60 | 27:29 | 2.2 |
| 46 | MORAWIEC WERONIKA | 3035 | | KRAKÓW | POL | K-OPEN | 35 | K 35 | 01:25:16.35 | 01:25:16.35 | 28:25 | 2.1 |
| 47 | MORAWIEC AGNIESZKA | 3036 | WATAHA | KRAKOW | POL | K-OPEN | 36 | K 36 | 01:25:16.90 | 01:25:16.90 | 28:25 | 2.1 |
| 48 | KOZŁOWSKA AGA | 3027 | KOZIOŁKI TEAM | KOZIEGŁOWY | POL | K-OPEN | 37 | K 37 | 01:28:49.05 | 01:28:49.05 | 29:36 | 2 |
| 49 | STASIAK IWONA | 3056 | | DĄBIE | POL | K-OPEN | 38 | K 38 | 01:33:46.65 | 01:33:46.65 | 31:15 | 1.9 |
| 50 | DZIĘGIEL AGA | 3010 | | KRAKÓW | POL | K-OPEN | 39 | K 39 | 01:33:46.80 | 01:33:46.80 | 31:15 | 1.9 |
| 51 | NGUYEN HONG ANGELIKA | 3040 | DOKĄD NOCĄ TUPTA JEZ | KRAKOW | POL | K-OPEN | 40 | K 40 | 01:36:25.45 | 01:36:25.45 | 32:08 | 1.9 |
| 52 | KOBYŁECKI MATEUSZ | 3025 | DOKĄD NOCĄ TUPTA JEŻ? | SKARŻYSKO-KAMIENNA | POL | M-OPEN | 18 | M 18 | 01:36:29.70 | 01:36:29.70 | 32:09 | 1.9 |
| 53 | CZOSNOWSKA MILENA | 3007 | DOKĄD NOCĄ TUPTA JEŻ? | WARSZAWA | POL | K-OPEN | 41 | K 41 | 01:36:31.95 | 01:36:31.95 | 32:10 | 1.9 |
| 54 | BIS LENA | 3003 | | KRAKOW | POL | K-OPEN | 42 | K 42 | | | | |

## COMMANDO RACE 3KM, 13:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | KASZOWSKA JUSTYNA | 3086 | | - | POL | K-OPEN | 1 | K 1 | 00:51:45.10 | 00:51:45.10 | 17:15 | 3.5 |
| 2 | DZIADOSZ MICHAŁ | 3009 | OCR TEAM DĘBICA | KORZENIÓW | POL | M-OPEN | 5 | M 5 | 00:55:48.05 | 00:55:48.05 | 18:36 | 3.2 |
| 3 | WYWIAŁ JUSTYNA | 3087 | | - | POL | K-OPEN | 6 | K 6 | 00:59:34.85 | 00:59:34.85 | 19:51 | 3 |
| 4 | KIERZKOWSKI JACEK | 3085 | | - | POL | M-OPEN | 6 | M 6 | 00:59:35.60 | 00:59:35.60 | 19:51 | 3 |
| 5 | WNĘK MONIKA | 3061 | | KRAKÓW | POL | K-OPEN | 13 | K 13 | 01:10:14.80 | 01:10:14.80 | 23:24 | 2.6 |
| 6 | RADWAN KAMIL | 3048 | | KRAKÓW | POL | M-OPEN | 11 | M 11 | 01:10:14.85 | 01:10:14.85 | 23:24 | 2.6 |
| 7 | KIERZKOWSKI KACPER | 3089 | | - | POL | M-OPEN | 19 | M 19 | | | | |