

8. Bieg Wielkich Serc

WYNIKI ZAWODÓW

Organizator: Sztab Wielkiej Orkiestry Świątecznej Pomocy przy Hufcu Kraków Podgórze

Termin: 12.01.2020

Miejsce: Kraków

Dystans: 5 km




KOBIEТЫ (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] | |
|------------------------------|--------|----------------------------|------------------|----------|-------------------------------------|---------|--------------------|--------|-----------|-----|----------|----|
| Bieg 5 km - K70 [1] | | | | | | | | | | | | |
| 1 | 49 | CYANKIEWICZ Anna | KRAKÓW | | POL KIJANKI | 50 | K70/1 | (K)414 | 00:52:01 | 1 | 10.24 | OK |
| Bieg 5 km - K60 [7] | | | | | | | | | | | | |
| 1 | 493 | FUDALA Małgorzata | BRZESKO | | POL | 59 | K60/1 | (K)266 | 00:31:26 | 1 | 06.17 | OK |
| 2 | 51 | JAKUBEK Hanna | SKAWINA | | POL SKAWINA BIEGA | 60 | K60/2 | (K)292 | 00:32:06 | 1 | 06.25 | OK |
| 3 | 191 | PRACZYŃSKA Iwona | KRAKOW | | POL | 59 | K60/3 | (K)375 | 00:35:49 | 1 | 07.09 | OK |
| 4 | 3624 | WOŹNIAK Barbara | ZAGÓRZE | | POL | 55 | K60/4 | (K)386 | 00:37:07 | 1 | 07.25 | OK |
| 5 | 379 | RÓŻAK Józefa | WOŁOWICE | | POL | 59 | K60/5 | (K)395 | 00:38:30 | 1 | 07.42 | OK |
| 6 | 27 | HALOTA Izabella | KRAKÓW | | POL | 59 | K60/6 | (K)407 | 00:40:18 | 1 | 08.03 | OK |
| 7 | 860 | SZOSTAK Jolanta | KRAKÓW | | POL LEMON FITENSS | 58 | K60/7 | (K)410 | 00:41:19 | 1 | 08.15 | OK |
| Bieg 5 km - K50 [30] | | | | | | | | | | | | |
| 1 | 370 | CYGANIK Joanna | KRAKÓW | | POL | 66 | K50/1 | (K)65 | 00:25:56 | 1 | 05.11 | OK |
| 2 | 240 | RUSEK Joanna | KRAKÓW | | POL ESKADRA KRAKÓW | 69 | K50/2 | (K)73 | 00:26:10 | 1 | 05.14 | OK |
| 3 | 725 | PIEKARSKA-NAJBART Alicja | KRAKOW | | POL NAUKA BIEGA | 69 | K50/3 | (K)78 | 00:26:14 | 1 | 05.14 | OK |
| 4 | 350 | NYCZ Małgorzata | KRAKOW | | POL NOWA HUTA TEAM | 67 | K50/4 | (K)112 | 00:27:19 | 1 | 05.27 | OK |
| 5 | 974 | KROMKA Anna | KRAKÓW | | POL | 65 | K50/5 | (K)142 | 00:27:57 | 1 | 05.35 | OK |
| 6 | 146 | KĘDER Urszula | NIEPOLOMICE | | POL ITMBW KRAKÓW | 68 | K50/6 | (K)153 | 00:28:15 | 1 | 05.39 | OK |
| 7 | 371 | KRZYWOŃ Agata | KRZCZONÓW | | POL | 70 | K50/7 | (K)158 | 00:28:20 | 1 | 05.40 | OK |
| 8 | 396 | KOZIEN Ewa | MASŁOMIĄCA | | POL PYSIEK | 61 | K50/8 | (K)167 | 00:28:37 | 1 | 05.43 | OK |
| 9 | 24 | SADOWIŃSKA Adriana | KRAKÓW | | POL NOWA HUTA TEAM | 70 | K50/9 | (K)171 | 00:28:42 | 1 | 05.44 | OK |
| Bieg 5 km - K40 [110] | | | | | | | | | | | | |
| 1 | 57 | GARSTECKA Joanna | SKAWINA | | POL SKAWINA BIEGA | 77 | K40/1 | (K)21 | 00:22:57 | 1 | 04.35 | OK |
| 2 | 269 | BISZTYGA Sabina | KRAKÓW | | POL BIEGAMY Z KRANOWIANKĄ | 79 | K40/2 | (K)33 | 00:24:08 | 1 | 04.49 | OK |
| 3 | 362 | KRYNICKA-PALKA Monika | KRZESZOWICE | | POL DOGOŃ KRZESZOWICE | 79 | K40/3 | (K)37 | 00:24:22 | 1 | 04.52 | OK |
| 4 | 279 | JOB Cecylia | LUSINA | | POL ITMBW KRAKÓW | 72 | K40/4 | (K)38 | 00:24:22 | 1 | 04.52 | OK |
| 5 | 300 | PRZEBINDA Renata | CZERNICHÓW | | POL #ADAMCZERWIŃSKITEAM | 71 | K40/5 | (K)39 | 00:24:33 | 1 | 04.54 | OK |
| 6 | 304 | WYPYCH Agnieszka | KRAKÓW | | POL | 76 | K40/6 | (K)41 | 00:24:41 | 1 | 04.56 | OK |
| 7 | 592 | GÓRALCZYK Katarzyna | OŚWIĘCIM | | POL SYNTHOS RUN TEAM | 74 | K40/7 | (K)47 | 00:25:11 | 1 | 05.02 | OK |
| 8 | 999 | KNAPCZYK-KANIA Gabriela | BIENKÓWKA | | POL BIENKÓWKA | 74 | K40/8 | (K)51 | 00:25:24 | 1 | 05.04 | OK |
| 9 | 182 | DOLAŚ Danuta | KRAKÓW | | POL REBELLION OF FREE RUNNERS | 73 | K40/9 | (K)54 | 00:25:26 | 1 | 05.05 | OK |
| Bieg 5 km - K30 [145] | | | | | | | | | | | | |
| 1 | 642 | KMIEĆ Katarzyna | PERLA | | POL KLUB BIEGOWY PERLA | 88 | K30/1 | (K)2 | 00:19:52 | 1 | 03.57 | OK |
| 2 | 841 | JABŁOŃSKA Sylwia | KRAKÓW | | POL SBG PODBIEG | 82 | K30/2 | (K)4 | 00:20:13 | 1 | 04.02 | OK |
| 3 | 103 | LASOTA-KOWALSKA Katarzyna | KRAKÓW | | POL FIZJO-BALANCE KRAKÓW | 82 | K30/3 | (K)5 | 00:20:30 | 1 | 04.06 | OK |
| 4 | 157 | NABIELEC Joanna | KRAKÓW | | POL ITMBW KRAKÓW | 88 | K30/4 | (K)6 | 00:20:45 | 1 | 04.09 | OK |
| 5 | 137 | PLAZIAK-KOWALSKA Magdalena | LIBERTÓW | | POL 2K | 83 | K30/5 | (K)8 | 00:21:05 | 1 | 04.13 | OK |
| 6 | 444 | STANEK Angelika | KRAKÓW | | POL CENTRUM ZDROWIA BIEGACZA KRAKÓW | 85 | K30/6 | (K)9 | 00:21:13 | 1 | 04.14 | OK |
| 7 | 394 | KAWALEC Anna | KRAKÓW | | POL ESKADRA KRAKÓW | 86 | K30/7 | (K)10 | 00:21:25 | 1 | 04.17 | OK |
| 8 | 773 | MAĆZKA Martyna | KRAKÓW | | POL | 84 | K30/8 | (K)11 | 00:21:32 | 1 | 04.18 | OK |
| 9 | 2463 | JEDLIŃSKA Małgorzata | KRAKÓW | | POL | 85 | K30/9 | (K)17 | 00:22:45 | 1 | 04.33 | OK |
| Bieg 5 km - K20 [113] | | | | | | | | | | | | |
| 1 | 283 | NABIELEC Magdalena | KRAKÓW | | POL ITMBW KRAKÓW | 91 | K20/1 | (K)1 | 00:18:39 | 1 | 03.43 | OK |
| 2 | 889 | BAHARNOWSKA-KILIAN Maria | KRAKÓW | | POL AZS AWF KRAKÓW MASTERS | 93 | K20/2 | (K)3 | 00:20:04 | 1 | 03.59 | OK |
| 3 | 912 | SZCZĘCH Patrycja | BUDZÓW | | POL | 93 | K20/3 | (K)7 | 00:20:55 | 1 | 04.11 | OK |
| 4 | 562 | AFANASYEVA Yana | KRAKOW | | POL | 94 | K20/4 | (K)12 | 00:21:33 | 1 | 04.18 | OK |
| 5 | 141 | GLUSZEK Marzena | KRAKÓW | | POL | 92 | K20/5 | (K)13 | 00:21:43 | 1 | 04.20 | OK |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] | |
|------------------------------|--------|----------------------|------------------|----------|--|---------|--------------------|--------|-----------|-----|----------|----|
| 6 | 37 | WOŹNICKA Ewa | WĘGRÓW | | POL AKTYWNI WĘGRÓW | 92 | K20/6 | (K)14 | 00:22:00 | 1 | 04.24 | OK |
| 7 | 619 | OŚWIĘCIMKA Magdalena | KRAKÓW | | POL ITMBW KRAKÓW | 94 | K20/7 | (K)15 | 00:22:09 | 1 | 04.25 | OK |
| 8 | 874 | DYRCZ Joanna | RADOCZA | | POL LEMON FITENSS | 95 | K20/8 | (K)16 | 00:22:13 | 1 | 04.26 | OK |
| 9 | 695 | WOJNAROWICZ Izabela | KRAKÓW | | POL | 94 | K20/9 | (K)19 | 00:22:52 | 1 | 04.34 | OK |
| Bieg 5 km - M70 [4] | | | | | | | | | | | | |
| 1 | 111 | KOPTA Jerzy | KRAKÓW | | POL CWAŁUJĄCE DZIADKI | 45 | M70/1 | (M)262 | 00:24:59 | 1 | 04.59 | OK |
| 2 | 667 | NOWOTNY Marian | BOCHNIA | | POL NIEPOŁOMICIE BIEGAJĄ | 50 | M70/2 | (M)282 | 00:25:23 | 1 | 05.04 | OK |
| 3 | 970 | MYŚLIWIEC Andrzej | KRAKÓW | | POL | 49 | M70/3 | (M)515 | 00:33:43 | 1 | 06.44 | OK |
| 4 | 355 | ZOBEK Edward | SOSNOWIEC | | POL OSOBA NIEPEŁNOSPRAWNA | 47 | M70/4 | (M)559 | 00:51:43 | 1 | 10.20 | OK |
| Bieg 5 km - M60 [17] | | | | | | | | | | | | |
| 1 | 802 | UPUOŁ Andrzej | KRAKÓW | | POL | 54 | M60/1 | (M)51 | 00:20:14 | 1 | 04.02 | OK |
| 2 | 641 | BARAN Lucjan | WOLA DĘBIŃSKA | | POL KLUB BIEGOWY PERLA | 60 | M60/2 | (M)163 | 00:22:59 | 1 | 04.35 | OK |
| 3 | 354 | SMOTER Tadeusz | KRAKOW | | POL ESKADRA KRAKÓW | 56 | M60/3 | (M)193 | 00:23:20 | 1 | 04.40 | OK |
| 4 | 88 | DUDZIK Krzysztof | KRAKOW | | POL ESKADRA KRAKÓW | 58 | M60/4 | (M)194 | 00:23:22 | 1 | 04.40 | OK |
| 5 | 378 | RÓŻAK Stanisław | WOŁOWICE | | POL | 60 | M60/5 | (M)208 | 00:23:51 | 1 | 04.46 | OK |
| 6 | 3058 | DYLAĞ Zbigniew | KRAKÓW | | POL AZS AWF KRAKÓW MASTERS | 58 | M60/6 | (M)221 | 00:24:02 | 1 | 04.48 | OK |
| 7 | 897 | MAJARSKI Wiesław | OLKUSZ | | POL | 56 | M60/7 | (M)225 | 00:24:13 | 1 | 04.50 | OK |
| 8 | 280 | PRZYBYŁO Mieczysław | ŻORY | | POL | 52 | M60/8 | (M)285 | 00:25:24 | 1 | 05.04 | OK |
| 9 | 961 | CHRZAŚCZ Paweł | KRAKÓW | | POL | 60 | M60/9 | (M)330 | 00:26:13 | 1 | 05.14 | OK |
| Bieg 5 km - M50 [56] | | | | | | | | | | | | |
| 1 | 199 | OPRYSZEK Bogusław | KRAKÓW | | POL ITMBW KRAKÓW | 68 | M50/1 | (M)29 | 00:19:25 | 1 | 03.52 | OK |
| 2 | 101 | KOSTRZEWA Paweł | KRAKÓW | | POL ITMBW KRAKÓW | 70 | M50/2 | (M)37 | 00:19:44 | 1 | 03.55 | OK |
| 3 | 307 | SOSNOWSKI Roman | KRAKÓW | | POL LACHO TEAM | 70 | M50/3 | (M)39 | 00:19:47 | 1 | 03.56 | OK |
| 4 | 932 | STANISZEWSKI Artur | KRAKÓW | | POL KRAKÓW AIRPORT RUNNING TEAM | 70 | M50/4 | (M)47 | 00:20:05 | 1 | 04.01 | OK |
| 5 | 731 | KALETA Jan | KRAKÓW | | POL | 70 | M50/5 | (M)55 | 00:20:19 | 1 | 04.03 | OK |
| 6 | 200 | KUĆ Jarosław | KRAKÓW | | POL LACHO TEAM | 66 | M50/6 | (M)99 | 00:21:31 | 1 | 04.18 | OK |
| 7 | 668 | OLIWA Edward | KRAKÓW | | POL ITMBW KRAKÓW | 61 | M50/7 | (M)115 | 00:21:55 | 1 | 04.23 | OK |
| 8 | 82 | SZUMIEC Andrzej | KRAKÓW | | POL LACHO TEAM | 61 | M50/8 | (M)122 | 00:22:08 | 1 | 04.25 | OK |
| 9 | 524 | KUFLIK Mirosław | NAWOJOWA GÓRA | | POL ZABIERZÓW BIEGA | 67 | M50/9 | (M)126 | 00:22:16 | 1 | 04.27 | OK |
| Bieg 5 km - M40 [137] | | | | | | | | | | | | |
| 1 | 2683 | LUBIENIECKI Maciej | KRAKÓW | | POL LACHO TEAM | 79 | M40/1 | (M)8 | 00:17:49 | 1 | 03.33 | OK |
| 2 | 676 | KURKIEWICZ Krzysztof | KOŃCZYCE | | POL QLYNYCZ TEAM | 78 | M40/2 | (M)13 | 00:18:18 | 1 | 03.38 | OK |
| 3 | 46 | TARGOSZ Michał | KRAKÓW/ROMA | | POL GUARDIANS OF ASGAARD | 80 | M40/3 | (M)19 | 00:18:42 | 1 | 03.43 | OK |
| 4 | 35 | SZKODZIŃSKI Tomasz | KRAKÓW | | POL SD TEAM | 79 | M40/4 | (M)22 | 00:18:50 | 1 | 03.46 | OK |
| 5 | 164 | KAMIONKA Jacek | KOLBARK | | POL PASKAMBIEGA | 75 | M40/5 | (M)24 | 00:18:59 | 1 | 03.47 | OK |
| 6 | 3847 | SZYMULA Norbert | SKAWINA | | POL SKAWINA BIEGA | 77 | M40/6 | (M)33 | 00:19:36 | 1 | 03.54 | OK |
| 7 | 799 | SIWAK Ryszard | KRAKÓW | | POL MOWBIEGA KRAKÓW | 75 | M40/7 | (M)36 | 00:19:42 | 1 | 03.54 | OK |
| 8 | 107 | ADAMEK Dariusz | KRAKÓW | | POL #ADAMCZERWIŃSKITEAM | 72 | M40/8 | (M)41 | 00:19:51 | 1 | 03.57 | OK |
| 9 | 116 | KUBAT Michał | GDÓW | | POL GDÓW PROUD RUNNERS | 79 | M40/9 | (M)48 | 00:20:07 | 1 | 04.01 | OK |
| Bieg 5 km - M30 [232] | | | | | | | | | | | | |
| 1 | 443 | KACZMAREK Michał | KRAKÓW | | POL CENTRUM ZDROWIA BIEGACZA KRAKÓW | 86 | M30/1 | (M)2 | 00:16:42 | 1 | 03.19 | OK |
| 2 | 593 | WÓJCIK Tomasz | RUDZE | | POL SYNTHOS RUN TEAM | 84 | M30/2 | (M)3 | 00:16:47 | 1 | 03.21 | OK |
| 3 | 639 | BRONIATOWSKI Maciej | KRAKÓW | | POL S-TEAM | 87 | M30/3 | (M)4 | 00:16:51 | 1 | 03.21 | OK |
| 4 | 893 | RUDZIŃSKI Jacek | KOCMYRZÓW | | POL | 84 | M30/4 | (M)5 | 00:16:56 | 1 | 03.23 | OK |
| 5 | 579 | PIECH Jakub | KRAKÓW | | POL KUBA PIECH - RUNNING COACH | 86 | M30/5 | (M)6 | 00:17:25 | 1 | 03.28 | OK |
| 6 | 911 | BAL Jakub | KRAKÓW | | POL | 88 | M30/6 | (M)7 | 00:17:42 | 1 | 03.31 | OK |
| 7 | 97 | GAWLIK Sławek | KRAKÓW | | POL | 84 | M30/7 | (M)9 | 00:18:00 | 1 | 03.35 | OK |
| 8 | 624 | SZTANDUR Mateusz | RZESZÓW | | POL ITMBW KRAKÓW | 90 | M30/8 | (M)10 | 00:18:02 | 1 | 03.34 | OK |
| 9 | 2014 | CHYLEK Wojciech | KRAKÓW | | POL ŁUCZANOWICE KRAKÓW | 82 | M30/9 | (M)11 | 00:18:09 | 1 | 03.37 | OK |
| Bieg 5 km - M20 [101] | | | | | | | | | | | | |
| 1 | 986 | KAWIK Tomasz | BRENNA | | POL KAWIK RUNNING TEAM/ TRENER BIEGOWY | 91 | M20/1 | (M)1 | 00:16:35 | 1 | 02.48 | OK |
| 2 | 631 | BARWA Wojciech | SPYTKOWICE | | POL #ADAMCZERWIŃSKITEAM | 98 | M20/2 | (M)18 | 00:18:36 | 1 | 03.42 | OK |
| 3 | 646 | CHOJECKI Radosław | TYMOWA | | POL KLUB BIEGOWY PERLA | 00 | M20/3 | (M)21 | 00:18:43 | 1 | 03.43 | OK |
| 4 | 198 | ŁABĘDŹ Artur | KRAKÓW | | POL ITMBW KRAKÓW | 98 | M20/4 | (M)23 | 00:18:51 | 1 | 03.45 | OK |
| 5 | 623 | GAJDA Kamil | KRAKÓW | | POL #ADAMCZERWIŃSKITEAM | 91 | M20/5 | (M)27 | 00:19:20 | 1 | 03.51 | OK |
| 6 | 590 | FLAK Krystian | DOBCZYCE | | POL | 03 | M20/6 | (M)28 | 00:19:20 | 1 | 03.51 | OK |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] | |
|-------------------------|-------------------|---------------------------------|-----------------------------|---|-------------------------|--------------------|-------------------------------|------------|----------------------|------------|-----------------|----|
| 7 | 925 | SAWUŁA Marcin | KRAKÓW |  POL | | 91 | M20/7 | (M)30 | 00:19:30 | 1 | 03.53 | OK |
| 8 | 771 | HUSEYNOV Bayrampasha | KRAKÓW |  POL | | 91 | M20/8 | (M)32 | 00:19:35 | 1 | 03.54 | OK |
| 9 | 628 | JARZĄBEK Robert | SPYTKOWICE |  POL | | 92 | M20/9 | (M)38 | 00:19:45 | 1 | 03.56 | OK |