

MPOCR 2019 - 5 KM

B4SPORT

Wydarzenie: Mistrzostwa Polski OCR 2019
Organizator: OCR Polska
Data: 2019-09-07
Miejsce: Radotki
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 12:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MACIOŁEK Arkadiusz	1217	CROSSFIT TEAM SUSZ	M Open	9	01:33:44.45	01:33:44.45		18:44	3.2 (100%)
2	OZIMKOWSKA Beata	1206		K Open	2	01:37:55.15	01:37:55.15	+00:04:10 (4.3%)	19:35	3.1 (96.9%)
3	PRZEDPEŁSKI Jarosław	1255		M Open	13	01:41:46.25	01:41:46.25	+00:08:01 (7.9%)	20:21	2.9 (90.6%)
4	CHOLEWINSKI Paweł	1249		M Open	14	01:41:52.00	01:41:52.00	+00:08:07 (8.0%)	20:22	2.9 (90.6%)
5	LEWANDOWSKI Tomasz	1248		M Open	15	01:41:52.90	01:41:52.90	+00:08:08 (8.0%)	20:22	2.9 (90.6%)
5	JÓZWIAK Łukasz	1250		M Open	16	01:41:52.90	01:41:52.90	+00:08:08 (8.0%)	20:22	2.9 (90.6%)
7	JUZAK Dawid	1259		M Open	17	01:41:54.00	01:41:54.00	+00:08:09 (8.0%)	20:22	2.9 (90.6%)
8	SĘKOWSKI Piotr	1205		M Open	18	01:46:45.25	01:46:45.25	+00:13:00 (12.2%)	21:21	2.8 (87.5%)
9	WILGOCKI Radosław	1221		M Open	19	01:47:18.65	01:47:18.65	+00:13:34 (12.6%)	21:27	2.8 (87.5%)
10	RULEWSKI Michał	4002	XRUNNERS	M Open	20	01:51:29.65	01:51:29.65	+00:17:45 (15.9%)	22:17	2.7 (84.4%)
11	PIASECKI Dawid	1229	-	M Open	22	01:54:02.65	01:54:02.65	+00:20:18 (17.8%)	22:48	2.6 (81.3%)
12	JARZYŃKA Bartosz	1270	MKS 'ZA WODĄ PONIATOWO'	M Open	23	01:54:15.45	01:54:15.45	+00:20:31 (18.0%)	22:51	2.6 (81.3%)
13	LEWANDOWSKI Przemysław	1267	NIE W SZCZEPIONKĘ TEAM	M Open	24	01:55:30.00	01:55:30.00	+00:21:45 (18.8%)	23:06	2.6 (81.3%)
14	WŁODARCZYK Dawid	1232	KUTNO BIEGA	M Open	25	01:56:08.70	01:56:08.70	+00:22:24 (19.3%)	23:13	2.6 (81.3%)
15	MALINOWSKI Jacek	1226		M Open	26	01:56:30.10	01:56:30.10	+00:22:45 (19.5%)	23:18	2.6 (81.3%)
15	MACIKOWSKI Marcin	1227		M Open	27	01:56:30.10	01:56:30.10	+00:22:45 (19.5%)	23:18	2.6 (81.3%)
17	STRZYŻEWSKI Tomek	1204		M Open	29	01:56:51.70	01:56:51.70	+00:23:07 (19.8%)	23:22	2.6 (81.3%)
18	MISSALA Mateusz	1274	POWER TRAINING	M Open	30	01:57:57.30	01:57:57.30	+00:24:12 (20.5%)	23:35	2.5 (78.1%)
19	ROMIK Jakub	1251		M Open	33	01:58:45.15	01:58:45.15	+00:25:00 (21.1%)	23:45	2.5 (78.1%)
20	KOSIŃSKI Michael	1245	HARPAGAN TEAM BYDGOSZCZ	M Open	35	01:59:41.95	01:59:41.95	+00:25:57 (21.7%)	23:56	2.5 (78.1%)
21	PÓŁGĘSEK Bartosz	1201	HARPAGAN RUNNERS	M Open	37	02:03:59.20	02:03:59.20	+00:30:14 (24.4%)	24:47	2.4 (75.0%)
22	REDA Wiesław	1263		M Open	40	02:05:30.95	02:05:30.95	+00:31:46 (25.3%)	25:06	2.4 (75.0%)
23	FIRST Tomasz	1266	POWER TRAINING	M Open	46	02:08:55.80	02:08:55.80	+00:35:11 (27.3%)	25:47	2.3 (71.9%)
24	TALAGA Paweł	1211	KONIUCHY OCR	M Open	47	02:09:03.45	02:09:03.45	+00:35:19 (27.4%)	25:48	2.3 (71.9%)
25	LIBERADZKI Marcin	1272	ATHLETIC APOLLO	M Open	48	02:09:07.35	02:09:07.35	+00:35:22 (27.4%)	25:49	2.3 (71.9%)
26	ZABOROWSKI Łukasz	1228	ACTIVE RUNNERS PŁOCK	M Open	49	02:09:11.30	02:09:11.30	+00:35:26 (27.4%)	25:50	2.3 (71.9%)
27	JÓZWIAK Jarosław	1247		M Open	50	02:10:08.90	02:10:08.90	+00:36:24 (28.0%)	26:01	2.3 (71.9%)
28	SZYPERSKI Maciej	1260		M Open	51	02:10:09.15	02:10:09.15	+00:36:24 (28.0%)	26:01	2.3 (71.9%)
28	WOJCIECHOWSKA Magdalena	1257		K Open	5	02:10:09.15	02:10:09.15	+00:36:24 (28.0%)	26:01	2.3 (71.9%)

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30	BLOCH Jacek	1258		M Open	52	02:10:09.45	02:10:09.45	+00:36:25 (28.0%)	26:01	2.3 (71.9%)
31	WOJCIECHOWSKI Ziemowit	1256		M Open	53	02:10:09.75	02:10:09.75	+00:36:25 (28.0%)	26:01	2.3 (71.9%)
32	TURLEJ Paweł	1276		M Open	54	02:10:11.25	02:10:11.25	+00:36:26 (28.0%)	26:02	2.3 (71.9%)
33	SZYPSZAK Konrad	1219	CALISTHENICS PŁOCK	M Open	56	02:13:46.85	02:13:46.85	+00:40:02 (29.9%)	26:45	2.2 (68.8%)
34	KIERZYK Krzysztof	1271		M Open	58	02:15:33.05	02:15:33.05	+00:41:48 (30.8%)	27:06	2.2 (68.8%)
35	DASZCZYK Dawid	1203	AKTYWNY OSTRZESZÓW	M Open	59	02:17:55.15	02:17:55.15	+00:44:10 (32.0%)	27:35	2.2 (68.8%)
36	CZERWONIEC Andrzej	1238		M Open	63	02:20:08.00	02:20:08.00	+00:46:23 (33.1%)	28:01	2.1 (65.6%)
37	KACZMARKIEWICZ Kamil	1212	HARDCOROWE WYCHYLYLYBYMY	M Open	64	02:20:34.90	02:20:34.90	+00:46:50 (33.3%)	28:06	2.1 (65.6%)
38	SZAŁKOWSKA Agnieszka	1210	HARDCOROWE WYCHYLYLYBYMY	K Open	9	02:20:35.40	02:20:35.40	+00:46:50 (33.3%)	28:07	2.1 (65.6%)
39	MAŁKIEWICZ Zbyszek	1215	HARDCOROWE WYCHYLYLYBYMY	M Open	65	02:20:36.30	02:20:36.30	+00:46:51 (33.3%)	28:07	2.1 (65.6%)
40	KARASZEWSKI Rafał	4008				02:23:17.75	02:23:17.75	+00:49:33 (34.6%)	28:39	2.1 (65.6%)
41	MAJOWSKI Michał	1239	CARBON OCR RCING TEAM	M Open	66	02:23:33.90	02:23:33.90	+00:49:49 (34.7%)	28:42	2.1 (65.6%)
42	SHIMKO Evgen	1216	HARPAGA RUNNERS	M Open	67	02:24:08.55	02:24:08.55	+00:50:24 (35.0%)	28:49	2.1 (65.6%)
43	SZYMAŃSKI Artur	1209	CALISTHENICS PŁOCK	M Open	69	02:24:59.40	02:24:59.40	+00:51:14 (35.3%)	28:59	2.1 (65.6%)
44	LASKOWSKI Przemysław	1244	CALISTHENICS PŁOCK	M Open	70	02:25:40.10	02:25:40.10	+00:51:55 (35.6%)	29:08	2.1 (65.6%)
45	DURKA Michał	1208	CALISTHENICS PŁOCK	M Open	72	02:26:36.55	02:26:36.55	+00:52:52 (36.1%)	29:19	2 (62.5%)
46	KRZESZEWSKI Marcin	1214	CALISTHENICS PŁOCK	M Open	73	02:26:51.15	02:26:51.15	+00:53:06 (36.2%)	29:22	2 (62.5%)
47	ZAJĄC Paweł	1220		M Open	74	02:27:43.30	02:27:43.30	+00:53:58 (36.5%)	29:32	2 (62.5%)
48	GAŁAN Tomasz	1237	KOJOTY	M Open	75	02:27:43.75	02:27:43.75	+00:53:59 (36.5%)	29:32	2 (62.5%)
49	MATEJA Grzesiek	1236	KOJOTY	M Open	76	02:27:44.20	02:27:44.20	+00:53:59 (36.5%)	29:32	2 (62.5%)
50	IRZYK Piotr	1268	ZS WYSZOGRÓD	M Open	77	02:28:26.90	02:28:26.90	+00:54:42 (36.9%)	29:41	2 (62.5%)
51	ROGOZIŃSKI Tomasz	1269		M Open	78	02:28:27.20	02:28:27.20	+00:54:42 (36.9%)	29:41	2 (62.5%)
52	BRZECZKOWSKI Paweł	1223	POWER TRAINING	M Open	79	02:32:02.30	02:32:02.30	+00:58:17 (38.3%)	30:24	2 (62.5%)
53	NAGÓRKA Mateusz	1243	DECATHLON PŁOCK	M Open	80	02:32:14.55	02:32:14.55	+00:58:30 (38.4%)	30:26	2 (62.5%)
54	PIERZGALSKI Piotr	1230	DECATHLON PŁOCK	M Open	81	02:32:15.05	02:32:15.05	+00:58:30 (38.4%)	30:27	2 (62.5%)
55	CISEŁ Kamil	1242	DECATHLON PŁOCK	M Open	82	02:32:16.25	02:32:16.25	+00:58:31 (38.4%)	30:27	2 (62.5%)
56	AJRYSZ Justyna	1241	DECATHLON PŁOCK	K Open	12	02:32:16.45	02:32:16.45	+00:58:32 (38.4%)	30:27	2 (62.5%)
57	SKON Dawid	1235	KUTNO BIEGA	M Open	84	02:32:27.80	02:32:27.80	+00:58:43 (38.5%)	30:29	2 (62.5%)
58	NADOLNY Kamil	1253		M Open	85	02:42:48.95	02:42:48.95	+01:09:04 (42.4%)	32:33	1.8 (56.3%)
59	GÓRSKI Emil	1252	HUSARIA RACE TEAM	M Open	86	02:44:40.95	02:44:40.95	+01:10:56 (43.1%)	32:56	1.8 (56.3%)
60	CHODOWSKI Łukasz	1254	HUSARIA RACE TEAM	M Open	87	02:45:45.60	02:45:45.60	+01:12:01 (43.4%)	33:09	1.8 (56.3%)
61	SOSNOWSKA Agata	1213		K Open	17	02:48:26.95	02:48:26.95	+01:14:42 (44.4%)	33:41	1.8 (56.3%)
62	GREC Klaudia	4014				02:48:27.15	02:48:27.15	+01:14:42 (44.4%)	33:41	1.8 (56.3%)
63	LACHOWSKA Agata	4001		K Open	18	02:48:27.80	02:48:27.80	+01:14:43 (44.4%)	33:41	1.8 (56.3%)
64	GŁOWACKA Daria	4017		K Open	19	02:48:28.40	02:48:28.40	+01:14:43 (44.4%)	33:41	1.8 (56.3%)
65	WĄSOWSKA Sandra	4016		K Open	20	02:48:29.10	02:48:29.10	+01:14:44 (44.4%)	33:41	1.8 (56.3%)
66	LASOTA Jakub	1262		M Open	89	02:51:37.65	02:51:37.65	+01:17:53 (45.4%)	34:19	1.7 (53.1%)
67	JABŁONKA Bartosz	1261		M Open	90	02:51:38.35	02:51:38.35	+01:17:53 (45.4%)	34:19	1.7 (53.1%)
68	STRUSZKIEWICZ Aleksandra	1273	POWER TRAINING	K Open	22	02:55:07.00	02:55:07.00	+01:21:22 (46.5%)	35:01	1.7 (53.1%)
69	PIELATOWSKA Jadwiga	1275	DIRTY SPARROWS	K Open	23	02:55:22.55	02:55:22.55	+01:21:38 (46.5%)	35:04	1.7 (53.1%)
70	JEŘÁBKOVÁ Petra	1265	FÉNIX PLZEŇ	K Open	28	03:05:38.25	03:05:38.25	+01:31:53 (49.5%)	37:07	1.6 (50.0%)
71	ŠTRAUB David	1264	FÉNIX PLZEŇ	M Open	96	03:05:38.35	03:05:38.35	+01:31:53 (49.5%)	37:07	1.6 (50.0%)
72	PŁUSKA Michał	1240	HUSARIA RACE TEAM	M Open	98	03:20:59.55	03:20:59.55	+01:47:15 (53.4%)	40:11	1.5 (46.9%)

