MPOCR 2019 - 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**CHYLIŃSKI Radosław**	**1406**	ANWILTEAM	M Open	1	**01:22:19.35**	**01:22:19.35**		16:27	3.6 (100%)
2	**GAPIŃSKI Rafał**	**1408**		M Open	2	**01:22:20.05**	**01:22:20.05**	+00:00:00 (0.0%)	16:28	3.6 (100%)
3	**STEFAŃSKI Arkadiusz**	**1411**	ANWILTEAM	M Open	3	**01:22:20.95**	**01:22:20.95**	+00:00:01 (0.0%)	16:28	3.6 (100%)
4	**STOKFISZ Michał**	**1414**	ANWILTEAM	M Open	4	**01:22:42.50**	**01:22:42.50**	+00:00:23 (0.5%)	16:32	3.6 (100%)
5	**KOWALKOWSKI Paweł**	**1403**	ANWILTEAM	M Open	5	**01:22:58.30**	**01:22:58.30**	+00:00:38 (0.8%)	16:35	3.6 (100%)
6	**LINIEWSKI Łukasz**	**1409**	ANWILTEAM	M Open	6	**01:24:03.50**	**01:24:03.50**	+00:01:44 (2.1%)	16:48	3.6 (100%)
7	**MARCINIAK Przemysław**	**1412**	ANWILTEAM	M Open	7	**01:27:51.35**	**01:27:51.35**	+00:05:32 (6.3%)	17:34	3.4 (94.4%)
8	**MALINOWSKI Rafał**	**1315**		M Open	8	**01:28:43.50**	**01:28:43.50**	+00:06:24 (7.2%)	17:44	3.4 (94.4%)
9	**MACIOŁEK Arkadiusz**	**1217**	CROSSFIT TEAM SUSZ	M Open	9	**01:33:44.45**	**01:33:44.45**	+00:11:25 (12.2%)	18:44	3.2 (88.9%)
10	**LEWANDOWSKI Bartosz**	**1410**	ANWILTEAM	M Open	10	**01:34:09.05**	**01:34:09.05**	+00:11:49 (12.6%)	18:49	3.2 (88.9%)
11	**SPYCHALSKI Tomasz**	**1407**	ANWILTEAM	M Open	11	**01:35:46.65**	**01:35:46.65**	+00:13:27 (14.0%)	19:09	3.1 (86.1%)
12	**BŁASZCZYK Brunon**	**4018**	KONIUCHY OCR	M Open	12	**01:37:43.75**	**01:37:43.75**	+00:15:24 (15.8%)	19:32	3.1 (86.1%)
13	**PRZEDPEŁSKI Jarosław**	**1255**		M Open	13	**01:41:46.25**	**01:41:46.25**	+00:19:26 (19.1%)	20:21	2.9 (80.6%)
14	**CHOLEWINSKI Paweł**	**1249**		M Open	14	**01:41:52.00**	**01:41:52.00**	+00:19:32 (19.2%)	20:22	2.9 (80.6%)
15	**LEWANDOWSKI Tomasz**	**1248**		M Open	15	**01:41:52.90**	**01:41:52.90**	+00:19:33 (19.2%)	20:22	2.9 (80.6%)
15	**JÓZWIAK Lukasz**	**1250**		M Open	16	**01:41:52.90**	**01:41:52.90**	+00:19:33 (19.2%)	20:22	2.9 (80.6%)
17	**JUZAK Dawid**	**1259**		M Open	17	**01:41:54.00**	**01:41:54.00**	+00:19:34 (19.2%)	20:22	2.9 (80.6%)
18	**SĘKOWSKI Piotr**	**1205**		M Open	18	**01:46:45.25**	**01:46:45.25**	+00:24:25 (22.9%)	21:21	2.8 (77.8%)
19	**WILGOCKI Radosław**	**1221**		M Open	19	**01:47:18.65**	**01:47:18.65**	+00:24:59 (23.3%)	21:27	2.8 (77.8%)
20	**RULEWSKI Michał**	**4002**	XRUNNERS	M Open	20	**01:51:29.65**	**01:51:29.65**	+00:29:10 (26.2%)	22:17	2.7 (75.0%)
21	**JĘDRZEJEWSKI Jacek**	**1306**	SWAP RUUNING TEAM	M Open	21	**01:52:26.15**	**01:52:26.15**	+00:30:06 (26.8%)	22:29	2.7 (75.0%)
22	**PIASECKI Dawid**	**1229**	-	M Open	22	**01:54:02.65**	**01:54:02.65**	+00:31:43 (27.8%)	22:48	2.6 (72.2%)
23	**JARZYNKA Bartosz**	**1270**	MKS 'ZA WODĄ PONIATOWO'	M Open	23	**01:54:15.45**	**01:54:15.45**	+00:31:56 (28.0%)	22:51	2.6 (72.2%)
24	**LEWANDOWSKI Przemysław**	**1267**	NIE W SZCZEPIONKĘ TEAM	M Open	24	**01:55:30.00**	**01:55:30.00**	+00:33:10 (28.7%)	23:06	2.6 (72.2%)
25	**WŁODARCZYK Dawid**	**1232**	KUTNO BIEGA	M Open	25	**01:56:08.70**	**01:56:08.70**	+00:33:49 (29.1%)	23:13	2.6 (72.2%)
26	**MALINOWSKI Jacek**	**1226**		M Open	26	**01:56:30.10**	**01:56:30.10**	+00:34:10 (29.3%)	23:18	2.6 (72.2%)
26	**MACIKOWSKI Marcin**	**1227**		M Open	27	**01:56:30.10**	**01:56:30.10**	+00:34:10 (29.3%)	23:18	2.6 (72.2%)
28	**FIGURSKI Łukasz**	**1305**	SWAP RUNNING TEAM	M Open	28	**01:56:31.90**	**01:56:31.90**	+00:34:12 (29.4%)	23:18	2.6 (72.2%)
29	**STRZYŻEWSKI Tomek**	**1204**		M Open	29	**01:56:51.70**	**01:56:51.70**	+00:34:32 (29.6%)	23:22	2.6 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	**MISSALA Mateusz**	**1274**	POWER TRAINING	M Open	30	**01:57:57.30**	**01:57:57.30**	+00:35:37 (30.2%)	23:35	2.5 (69.4%)
31	**IWANOWSKI Kamil**	**1303**		M Open	31	**01:58:06.25**	**01:58:06.25**	+00:35:46 (30.3%)	23:37	2.5 (69.4%)
32	**PUZON Tomasz**	**1309**		M Open	32	**01:58:07.00**	**01:58:07.00**	+00:35:47 (30.3%)	23:37	2.5 (69.4%)
33	**ROMIK Jakub**	**1251**		M Open	33	**01:58:45.15**	**01:58:45.15**	+00:36:25 (30.7%)	23:45	2.5 (69.4%)
34	**KIESZKOWSKI Michał**	**1310**		M Open	34	**01:59:29.55**	**01:59:29.55**	+00:37:10 (31.1%)	23:53	2.5 (69.4%)
35	**KOSIŃSKI Michael**	**1245**	HARPAGAN TEAM BYDGOSZCZ	M Open	35	**01:59:41.95**	**01:59:41.95**	+00:37:22 (31.2%)	23:56	2.5 (69.4%)
36	**KARCZEWSKI Adam**	**1320**	SRK	M Open	36	**01:59:49.90**	**01:59:49.90**	+00:37:30 (31.3%)	23:57	2.5 (69.4%)
37	**PÓŁGĘSEK Bartosz**	**1201**	HARPAGAN RUNNERS	M Open	37	**02:03:59.20**	**02:03:59.20**	+00:41:39 (33.6%)	24:47	2.4 (66.7%)
38	**ŁAPACZ Tomasz**	**1423**	POWER TRAINING	M Open	38	**02:04:30.50**	**02:04:30.50**	+00:42:11 (33.9%)	24:54	2.4 (66.7%)
39	**JULIKOWSKI Karol**	**1304**	OFF-ROAD RUNNERS BENEFIT SYSTEMS	M Open	39	**02:05:09.95**	**02:05:09.95**	+00:42:50 (34.2%)	25:01	2.4 (66.7%)
40	**REDA Wiesław**	**1263**		M Open	40	**02:05:30.95**	**02:05:30.95**	+00:43:11 (34.4%)	25:06	2.4 (66.7%)
41	**JARZYNA Bartłomiej**	**1319**		M Open	41	**02:07:49.65**	**02:07:49.65**	+00:45:30 (35.6%)	25:33	2.3 (63.9%)
42	**GILARSKI Paweł**	**1318**		M Open	42	**02:07:49.70**	**02:07:49.70**	+00:45:30 (35.6%)	25:33	2.3 (63.9%)
43	**KOZŁOWSKI Andrzej**	**1321**		M Open	43	**02:07:49.95**	**02:07:49.95**	+00:45:30 (35.6%)	25:33	2.3 (63.9%)
44	**BANACZKOWSKI Tomasz**	**1301**	RMG4RT GLADIATORS	M Open	44	**02:08:01.65**	**02:08:01.65**	+00:45:42 (35.7%)	25:36	2.3 (63.9%)
45	**NAGLAK Hubert**	**4019**		M Open	45	**01:31:54.75**	**02:08:07.10**	+00:45:47 (35.7%)	18:23	3.3 (91.7%)
46	**FIRST Tomasz**	**1266**	POWER TRAINING	M Open	46	**02:08:55.80**	**02:08:55.80**	+00:46:36 (36.1%)	25:47	2.3 (63.9%)
47	**TALAGA Paweł**	**1211**	KONIUCHY OCR	M Open	47	**02:09:03.45**	**02:09:03.45**	+00:46:44 (36.2%)	25:48	2.3 (63.9%)
48	**LIBERADZKI Marcin**	**1272**	ATHLETIC APOLLO	M Open	48	**02:09:07.35**	**02:09:07.35**	+00:46:48 (36.2%)	25:49	2.3 (63.9%)
49	**ZABOROWSKI Łukasz**	**1228**	ACTIVE RUNNERS PŁOCK	M Open	49	**02:09:11.30**	**02:09:11.30**	+00:46:51 (36.3%)	25:50	2.3 (63.9%)
50	**JÓŹWIAK Jarosław**	**1247**		M Open	50	**02:10:08.90**	**02:10:08.90**	+00:47:49 (36.7%)	26:01	2.3 (63.9%)
51	**SZYPERSKI Maciej**	**1260**		M Open	51	**02:10:09.15**	**02:10:09.15**	+00:47:49 (36.7%)	26:01	2.3 (63.9%)
52	**BLOCH Jacek**	**1258**		M Open	52	**02:10:09.45**	**02:10:09.45**	+00:47:50 (36.8%)	26:01	2.3 (63.9%)
53	**WOJCIECHOWSKI Ziemowit**	**1256**		M Open	53	**02:10:09.75**	**02:10:09.75**	+00:47:50 (36.8%)	26:01	2.3 (63.9%)
54	**TURLEJ Paweł**	**1276**		M Open	54	**02:10:11.25**	**02:10:11.25**	+00:47:51 (36.8%)	26:02	2.3 (63.9%)
55	**ZBROSZCZYK Damian**	**1308**	CARBON OCR RACING TEAM	M Open	55	**02:13:29.75**	**02:13:29.75**	+00:51:10 (38.3%)	26:41	2.2 (61.1%)
56	**SZYPSZAK Konrad**	**1219**	CALISTHENICS PŁOCK	M Open	56	**02:13:46.85**	**02:13:46.85**	+00:51:27 (38.5%)	26:45	2.2 (61.1%)
57	**GŁADYSZ Marcin**	**1302**	WILK TRENUJE	M Open	57	**02:14:26.75**	**02:14:26.75**	+00:52:07 (38.8%)	26:53	2.2 (61.1%)
58	**KIERZYK Krzysztof**	**1271**		M Open	58	**02:15:33.05**	**02:15:33.05**	+00:53:13 (39.3%)	27:06	2.2 (61.1%)
59	**DASZCZYK Dawid**	**1203**	AKTYWNY OSTRZESZÓW	M Open	59	**02:17:55.15**	**02:17:55.15**	+00:55:35 (40.3%)	27:35	2.2 (61.1%)
60	**RYBAK Piotr**	**1415**		M Open	60	**02:18:25.00**	**02:18:25.00**	+00:56:05 (40.5%)	27:41	2.2 (61.1%)
61	**OWCZAREK Adam**	**1316**		M Open	61	**02:18:26.20**	**02:18:26.20**	+00:56:06 (40.5%)	27:41	2.2 (61.1%)
62	**KITA Grzegorz**	**4015**	PKSN	M Open	62	**02:18:52.90**	**02:18:52.90**	+00:56:33 (40.7%)	27:46	2.2 (61.1%)
63	**CZERWONIEC Andrzej**	**1238**		M Open	63	**02:20:08.00**	**02:20:08.00**	+00:57:48 (41.3%)	28:01	2.1 (58.3%)
64	**KACZMARKIEWICZ Kamil**	**1212**	HARDCOROWE WYCHYLYLYBYMY	M Open	64	**02:20:34.90**	**02:20:34.90**	+00:58:15 (41.4%)	28:06	2.1 (58.3%)
65	**MAŁKIEWICZ Zbyszek**	**1215**	HARDCOROWE WYCHYLYLYBYMY	M Open	65	**02:20:36.30**	**02:20:36.30**	+00:58:16 (41.5%)	28:07	2.1 (58.3%)
66	**KARASZEWSKI Rafał**	**4008**				**02:23:17.75**	**02:23:17.75**	+01:00:58 (42.6%)	28:39	2.1 (58.3%)
67	**MAJOWSKI Michał**	**1239**	CARBON OCR RCING TEAM	M Open	66	**02:23:33.90**	**02:23:33.90**	+01:01:14 (42.7%)	28:42	2.1 (58.3%)
68	**SHIMKO Evgen**	**1216**	HARPAGA RUNNERS	M Open	67	**02:24:08.55**	**02:24:08.55**	+01:01:49 (42.9%)	28:49	2.1 (58.3%)
69	**WIŚNIEWSKI Norbert**	**1417**	HUSARIA RACE TEAM	M Open	68	**02:24:26.50**	**02:24:26.50**	+01:02:07 (43.0%)	28:53	2.1 (58.3%)
70	**SZYMAŃSKI Artur**	**1209**	CALISTHENICS PŁOCK	M Open	69	**02:24:59.40**	**02:24:59.40**	+01:02:40 (43.2%)	28:59	2.1 (58.3%)
71	**LASKOWSKI Przemysław**	**1244**	CALISTHENICS PŁOCK	M Open	70	**02:25:40.10**	**02:25:40.10**	+01:03:20 (43.5%)	29:08	2.1 (58.3%)
72	**FURA Piotr**	**1312**	HUSARIA RACE TEAM	M Open	71	**02:25:58.05**	**02:25:58.05**	+01:03:38 (43.6%)	29:11	2.1 (58.3%)
73	**DURKA Michał**	**1208**	CALISTHENICS PŁOCK	M Open	72	**02:26:36.55**	**02:26:36.55**	+01:04:17 (43.8%)	29:19	2 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
74	**KRZESZEWSKI Marcin**	**1214**	CALISTHENICS PŁOCK	M Open	73	**02:26:51.15**	**02:26:51.15**	+01:04:31 (43.9%)	29:22	2 (55.6%)
75	**ZAJĄC Paweł**	**1220**		M Open	74	**02:27:43.30**	**02:27:43.30**	+01:05:23 (44.3%)	29:32	2 (55.6%)
76	**GAŁAN Tomasz**	**1237**	KOJOTY	M Open	75	**02:27:43.75**	**02:27:43.75**	+01:05:24 (44.3%)	29:32	2 (55.6%)
77	**MATEJA Grzesiek**	**1236**	KOJOTY	M Open	76	**02:27:44.20**	**02:27:44.20**	+01:05:24 (44.3%)	29:32	2 (55.6%)
78	**IRZYK Piotr**	**1268**	ZS WYSZOGRÓD	M Open	77	**02:28:26.90**	**02:28:26.90**	+01:06:07 (44.5%)	29:41	2 (55.6%)
79	**ROGOZIŃSKI Tomasz**	**1269**		M Open	78	**02:28:27.20**	**02:28:27.20**	+01:06:07 (44.5%)	29:41	2 (55.6%)
80	**BRZECZKOWSKI Paweł**	**1223**	POWER TRAINING	M Open	79	**02:32:02.30**	**02:32:02.30**	+01:09:42 (45.9%)	30:24	2 (55.6%)
81	**NAGÓRKA Mateusz**	**1243**	DECATHLON PŁOCK	M Open	80	**02:32:14.55**	**02:32:14.55**	+01:09:55 (45.9%)	30:26	2 (55.6%)
82	**PIERZGALSKI Piotr**	**1230**	DECATHLON PŁOCK	M Open	81	**02:32:15.05**	**02:32:15.05**	+01:09:55 (45.9%)	30:27	2 (55.6%)
83	**CISEŁ Kamil**	**1242**	DECATHLON PŁOCK	M Open	82	**02:32:16.25**	**02:32:16.25**	+01:09:56 (45.9%)	30:27	2 (55.6%)
84	**PIĄTEK Marek**	**1313**		M Open	83	**02:32:19.55**	**02:32:19.55**	+01:10:00 (46.0%)	30:27	2 (55.6%)
85	**SKON Dawid**	**1235**	KUTNO BIEGA	M Open	84	**02:32:27.80**	**02:32:27.80**	+01:10:08 (46.0%)	30:29	2 (55.6%)
86	**NADOLNY Kamil**	**1253**		M Open	85	**02:42:48.95**	**02:42:48.95**	+01:20:29 (49.4%)	32:33	1.8 (50.0%)
87	**GÓRSKI Emil**	**1252**	HUSARIA RACE TEAM	M Open	86	**02:44:40.95**	**02:44:40.95**	+01:22:21 (50.0%)	32:56	1.8 (50.0%)
88	**CHODOWSKI Łukasz**	**1254**	HUSARIA RACE TEAM	M Open	87	**02:45:45.60**	**02:45:45.60**	+01:23:26 (50.3%)	33:09	1.8 (50.0%)
89	**BERK Artur**	**1501**	R.AMBO RACE	M Open	88	**02:47:04.75**	**02:47:04.75**	+01:24:45 (50.7%)	33:24	1.8 (50.0%)
90	**LASOTA Jakub**	**1262**		M Open	89	**02:51:37.65**	**02:51:37.65**	+01:29:18 (52.0%)	34:19	1.7 (47.2%)
91	**JABŁONKA Bartosz**	**1261**		M Open	90	**02:51:38.35**	**02:51:38.35**	+01:29:19 (52.0%)	34:19	1.7 (47.2%)
92	**FIJAK Remigiusz**	**1233**	DIRTY SPARROWS	M Open	91	**02:54:48.65**	**02:54:48.65**	+01:32:29 (52.9%)	34:57	1.7 (47.2%)
93	**GÓRECKI Piotr**	**1413**	ACTIVE FLOW TEAM	M Open	92	**02:58:44.70**	**02:58:44.70**	+01:36:25 (53.9%)	35:44	1.7 (47.2%)
94	**GAŁUSZYŃSKI Łukasz**	**1401**	ACTIVE FLOW TEAM	M Open	93	**02:58:45.10**	**02:58:45.10**	+01:36:25 (53.9%)	35:45	1.7 (47.2%)
95	**KOŃCZAK Łukasz**	**1422**		M Open	94	**02:58:45.45**	**02:58:45.45**	+01:36:26 (53.9%)	35:45	1.7 (47.2%)
96	**GAŁUSZYŃSKI Paweł**	**1402**	ACTIVE FLOW TEAM	M Open	95	**02:58:54.05**	**02:58:54.05**	+01:36:34 (54.0%)	35:46	1.7 (47.2%)
97	**ŠTRAUB David**	**1264**	FÉNIX PLZEŇ	M Open	96	**03:05:38.35**	**03:05:38.35**	+01:43:19 (55.7%)	37:07	1.6 (44.4%)
98	**KOZUBEK Seweryn**	**4011**		M Open	97	**03:14:57.85**	**03:14:57.85**	+01:52:38 (57.8%)	38:59	1.5 (41.7%)
99	**PŁUSKA Michał**	**1240**	HUSARIA RACE TEAM	M Open	98	**03:20:59.55**	**03:20:59.55**	+01:58:40 (59.0%)	40:11	1.5 (41.7%)

Znaleziono 99 wynik(ów)