



MPOCR 2020 - 12 KM

B4SPORT

Wydarzenie: Mistrzostwa Polski OCR 2020
Organizator: OCR Polska
Data: 2020-09-06
Miejsce: Rybnik
Dystans: 12 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
1	M. OLECH Izabela	606	LEMON TEAM	Open	1		00:42:29.15		3:32	16.9
2	SZCZECZLA Grzegorz	537	CARBON SILESIA SPORT	M Elite	1		01:02:00.50	+00:19:31	5:10	11.6
3	HAJNOS Dawid	753	GORĄCY POTOK TEAM	M Elite	2		01:02:24.55	+00:19:55	5:12	11.5
4	WOJTYSZYN Wojciech	764	XRUNNERS	M Elite	3		01:02:28.00	+00:19:58	5:12	11.5
5	SERAFIŃSKI Maciej	627	NEXTREME	M Elite	4		01:03:13.70	+00:20:44	5:16	11.4
6	KRAWIECKI Mateusz	799	RUNMAGEDDON	M Elite	5		01:03:36.45	+00:21:07	5:18	11.3
7	OPIAŁ Grzegorz	758	GORĄCY POTOK TEAM	M Elite	6		01:05:32.00	+00:23:02	5:27	11
8	KRÓL Piotr	550	SOCIOS SILESIA	M Elite	7		01:05:52.90	+00:23:23	5:29	10.9
9	FARKOWSKI Konrad	673	EX TEAM	M Elite	8		01:08:20.55	+00:25:51	5:41	10.5
10	CHMIELORZ Józef	589	CARBON SILESIA SPORT	M 35-39	1		01:08:24.65	+00:25:55	5:42	10.5
11	SELIANIN Dmytro	644		M Elite	9		01:08:29.00	+00:25:59	5:42	10.5
12	OŚLIZŁO Tomasz	620	SOCIOS SILESIA	M Elite	10		01:08:32.70	+00:26:03	5:42	10.5
13	KRZYSTYNIAK Robert	754	GORĄCY POTOK TEAM	M Elite	11		01:08:59.45	+00:26:30	5:44	10.4
14	ORAWCZAK Kamil	647	CARBON SILESIA SPORT	M Elite	12		01:09:02.85	+00:26:33	5:45	10.4
15	FABIAN Marcel	566	SOCIOS SILESIA	M Elite	13		01:09:07.25	+00:26:38	5:45	10.4
16	BRZOSKWINIA Wojciech	770	XRUNNERS	M Elite	14		01:09:14.75	+00:26:45	5:46	10.4
17	JACIÓW Paweł	543	WATAHA	M Elite	15		01:10:03.20	+00:27:34	5:50	10.3
18	BAK Daniel	710	BIEGUN OCR TEAM	M Elite	16		01:10:03.35	+00:27:34	5:50	10.3
19	BUDZISZ Krzysztof	643	SOCIOS SILESIA	M 40-44	1		01:10:13.30	+00:27:44	5:51	10.3
20	MARUSZEWSKI Marcin	621	ENAX NEXTREME	M 35-39	2		01:10:14.50	+00:27:45	5:51	10.2
21	PRUSAK Piotr	752	GORĄCY POTOK TEAM	M Elite	17		01:10:22.50	+00:27:53	5:51	10.2
22	BUGAJSKI Jakub	576	SCYZORY	M 25-29	1		01:10:23.90	+00:27:54	5:52	10.2
23	SZYMAŃSKI Paweł	733	SOCIOS SILESIA	M 25-29	2		01:10:48.30	+00:28:19	5:54	10.2
24	WÓJCIK Adam	672	EX TEAM	M Elite	18		01:10:57.25	+00:28:28	5:54	10.1
25	RYNKIEWICZ Mateusz	661	NEXTREME	M Elite	19		01:11:25.00	+00:28:55	5:57	10.1
26	KUPIS Łukasz	609	SCYZORY	M Elite	20		01:11:49.50	+00:29:20	5:59	10
27	JASTRZĘBSKI Piotr	731	SOCIOS SILESIA	M Elite	21		01:12:03.00	+00:29:33	6:00	10
28	CEJKO Dawid	628	NEXTREME	M Elite	22		01:12:21.55	+00:29:52	6:01	10
29	WASIELEWSKI Michał	729	OCRLAND	M 40-44	2		01:12:29.90	+00:30:00	6:02	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
30	CHOMICZ Krzysztof	683		M 40-44	3		01:12:55.75	+00:30:26	6:04	9.9
31	PASTUSZKA Pawel	527	WATAHA	M 30-34	1		01:13:20.10	+00:30:50	6:06	9.8
32	MARKOWSKI Fabian	687	MS-FIT STUDIO	M 30-34	2		01:13:35.30	+00:31:06	6:07	9.8
33	LISOWSKI Grzegorz	631	SOCIOS SILESIA	M 35-39	3		01:13:45.25	+00:31:16	6:08	9.8
34	LISOWSKI Adam	531	SOCIOS SILESIA	M 35-39	4		01:13:48.95	+00:31:19	6:09	9.8
35	WAŁDOWSKI Dominik	768	XRUNNERS	M 40-44	4		01:13:56.25	+00:31:27	6:09	9.7
36	OSETEK Paweł	509	PWR TEAM	M 30-34	3		01:14:11.45	+00:31:42	6:11	9.7
37	KALWAS Mateusz	732	ENAX NEXTREME	M 13-17	1		01:14:13.20	+00:31:44	6:11	9.7
38	KLONOWSKI Kamil	667	CARBON SILESIA SPORT	M Elite	23		01:14:47.05	+00:32:17	6:13	9.6
39	GAWRON Marcin	669		M 30-34	4		01:14:52.00	+00:32:22	6:14	9.6
40	STANCLIK Krzysztof	666	CARBON SILESIA SPORT	M 25-29	3		01:14:52.30	+00:32:23	6:14	9.6
41	SOBIERAJSKI Krzysztof	771	OCRA POLAND	M 13-17	2		01:15:09.45	+00:32:40	6:15	9.6
42	WITEK Piotr	702	HUNTERS OCR TEAM	M 30-34	5		01:15:14.85	+00:32:45	6:16	9.6
43	ILNICKI Dariusz	811	DRAGON RUNNERS	M 35-39	5		01:15:40.30	+00:33:11	6:18	9.5
44	CICHOCKI Filip	670	POWER TRAINING	M Elite	24		01:15:41.40	+00:33:12	6:18	9.5
45	JAGODZIŃSKI Karol	664	POWER TRAINING	M Elite	25		01:16:13.00	+00:33:43	6:21	9.4
46	JAKUBCZAK Marcin	728	BEST BEASTS	M 40-44	5		01:16:19.65	+00:33:50	6:21	9.4
47	ZIELIŃSKI Tomasz	804	WARCHLAKI ADELAJDY	M 25-29	4		01:16:20.25	+00:33:51	6:21	9.4
48	CHROBOT Kamil	693		M 35-39	6		01:16:25.85	+00:33:56	6:22	9.4
49	BRZEZIŃSKI Bartosz	638	GLADIATORS BY RMF4RT	M 18-24	1		01:16:27.45	+00:33:58	6:22	9.4
50	FILIP Bartosz	564	SOCIOS SILESIA	M Elite	26		01:16:33.20	+00:34:04	6:22	9.4
51	LORYCH Krystian	801	BIEGUN OCR TEAM	M 40-44	6		01:16:58.20	+00:34:29	6:24	9.4
52	FORMELA Piotr	789	BIEGUN OCR TEAM	M 30-34	6		01:17:17.25	+00:34:48	6:26	9.3
53	MOSTKOWSKI Lukasz	515	UNITED RUNNERS	M Elite	27		01:17:31.60	+00:35:02	6:27	9.3
54	SZULWACH Maciej	304		M 45-49	1		01:17:59.65	+00:35:30	6:30	9.2
55	CHAIEB Sebastian	820	LEMON TEAM	M 35-39	7		01:18:04.10	+00:35:34	6:30	9.2
56	BYRCZEK Michał	676	WATAHA	M Elite	28		01:18:15.85	+00:35:46	6:31	9.2
57	STEG Tomasz	822	NASC	M 30-34	7		01:18:17.60	+00:35:48	6:31	9.2
58	MALEC Bartołmiej	584	WARCHLAKI ADELAJDY	M 25-29	5		01:18:27.25	+00:35:58	6:32	9.2
59	PODGORSKI Marek	539	RUNMAGEDDON	M 35-39	8		01:18:31.65	+00:36:02	6:32	9.2
60	KEMPNY Paweł	625	SOCIOS SILESIA	M 25-29	6		01:18:44.80	+00:36:15	6:33	9.1
61	EISMANN Jorg	814		International Elite	1		01:18:46.25	+00:36:17	6:33	9.1
62	KOZUBEK Sebastian	593	RAJSPOORT ACTIVE	M 30-34	8		01:18:59.10	+00:36:29	6:34	9.1
63	CHOŁUJ Łukasz	544	PWPW S.A.	M 30-34	9		01:18:59.85	+00:36:30	6:35	9.1
64	ZIOBER Zbigniew	802	EX TEAM	M Elite	29		01:19:00.95	+00:36:31	6:35	9.1
65	STAMATEL Sebastian	766		M 25-29	7		01:19:11.90	+00:36:42	6:36	9.1
66	GĘBARA Łukasz	805	OCR TEAM DĘBICA	M 30-34	10		01:19:18.20	+00:36:49	6:36	9.1
67	KUBER Andrzej	791	XRUNNERS	M 30-34	11		01:19:43.65	+00:37:14	6:38	9
68	GRZONDKO Mateusz	557	WATAHA	M 30-34	12		01:19:47.95	+00:37:18	6:39	9
69	PASOŃ Tomasz	671	EX TEAM	M 35-39	9		01:19:50.35	+00:37:21	6:39	9
70	LEWICKI Marcin	662	ENAX NEXTREME	M 30-34	13		01:20:04.45	+00:37:35	6:40	9
71	KMIECIAK Jakub	594	DIRTY SPARROWS	M 18-24	2		01:20:13.60	+00:37:44	6:41	9
72	PETELCZYC Piotr	533	C ARBON SILESIA SPORT	M 45-49	2		01:20:13.90	+00:37:44	6:41	9
73	PISKAŁA Daniel	769	POWER TRAINING	M 40-44	7		01:20:25.55	+00:37:56	6:42	9

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74	MĘDYGRAŁ Krystian	626	WATAHA	M 25-29	8		01:20:32.85	+00:38:03	6:42	8.9
75	URBAŃSKI Kamil	745	ENAX NEXTREME	M 30-34	14		01:20:53.50	+00:38:24	6:44	8.9
76	WILK Tomasz	701	HUNTERS OCR TEAM	M 35-39	10		01:21:09.05	+00:38:39	6:45	8.9
77	BUGAJ Mariusz	583	HARDCOROWE WYCHYLYBYMY	M 30-34	15		01:21:41.25	+00:39:12	6:48	8.8
78	NOWAKOWSKI Karol	551	SPARTAN TEAM	M 30-34	16		01:21:44.65	+00:39:15	6:48	8.8
79	GAWLAK Damian	513	SPECTRUM TEAM	M 25-29	9		01:21:47.05	+00:39:17	6:48	8.8
80	KRAUZY Tomasz	821	NASC	M 18-24	3		01:21:52.30	+00:39:23	6:49	8.8
81	OPOLON Y Ireneusz	736		M 40-44	8		01:21:55.45	+00:39:26	6:49	8.8
82	GOŁĘBIEWSKI Konrad	651	CARBON SILESIA SPORT	M 30-34	17		01:22:04.55	+00:39:35	6:50	8.8
83	BIEDROWSKI Konrad	610		M 18-24	4		01:22:28.80	+00:39:59	6:52	8.7
84	KOŁODZIEJ Krystian	500	BESTIE OCR LEGIONOWO	M 35-39	11		01:22:39.45	+00:40:10	6:53	8.7
85	JÓZWIK Adrian	635	NEXTREME	M 25-29	10		01:22:51.15	+00:40:22	6:54	8.7
86	IDCZAK Piotr	595	DIRTY SPARROWS	M Elite	30		01:22:57.75	+00:40:28	6:54	8.7
87	JARZĄBEK Dawid	642	SOCIOS SILESIA	M 30-34	18		01:23:04.60	+00:40:35	6:55	8.7
88	JAŃCZUK Przemysław	660	WATAHA	M 25-29	11		01:23:07.55	+00:40:38	6:55	8.7
89	PRAŁAT Arkadiusz	622	#AREKPRALATTEAM	M 25-29	12		01:23:25.45	+00:40:56	6:57	8.6
90	KALININ Jarosław	715	XRUNNERS	M Elite	31		01:24:09.10	+00:41:39	7:00	8.6
91	HEJDUK Tomasz	684	CARBON OCR RACING TEAM	M 45-49	3		01:24:17.75	+00:41:48	7:01	8.5
92	JAŚKO Tomasz	779		Open	2		01:24:32.35	+00:42:03	7:02	8.5
93	GUCIK Piotr	505	EKO-OKNA RUNNERS	M 30-34	19		01:24:36.00	+00:42:06	7:03	8.5
94	SZULWACH Czarek	303		M 13-17	3		01:24:47.15	+00:42:18	7:03	8.5
95	CZACHURSKI Mateusz	790	XRUNNERS	M 30-34	20		01:24:57.45	+00:42:28	7:04	8.5
96	STEC Jakub	721	BESTBEASTS	M 35-39	12		01:25:07.15	+00:42:38	7:05	8.5
97	OBREŃBSKI Patryk	630		M 30-34	21		01:25:25.10	+00:42:55	7:07	8.4
98	KURASIŃSKI Konrad	659	SOCIOS SILESIA	M 30-34	22		01:25:48.25	+00:43:19	7:09	8.4
99	KOGUT Karol	740	FOREST WORKOUT	M 35-39	13		01:26:15.00	+00:43:45	7:11	8.3
100	GRZEGORZYCA Damian	580	SOCIOS SILESIA	M 40-44	9		01:26:32.80	+00:44:03	7:12	8.3
101	LASKOWSKI Marcin	567	MAD RUNNERS	M 30-34	23		01:26:36.40	+00:44:07	7:13	8.3
102	PAPIÓR Jolanta	634	WATAHA	K Elite	1		01:26:44.50	+00:44:15	7:13	8.3
103	BEDNARCZYK Mateusz	542		M 30-34	24		01:26:47.60	+00:44:18	7:13	8.3
104	GINALSKI Igor	648	CARBON SILESIA SPORT	M 25-29	13		01:26:52.85	+00:44:23	7:14	8.3
105	BARANOWSKA Katarzyna	813	GORĄCY POTOK TEAM	K Elite	2		01:27:13.10	+00:44:43	7:16	8.3
106	KOZUBEK Seweryn	596	RAJSPOORT ACTIVE	M 18-24	5		01:27:17.60	+00:44:48	7:16	8.2
107	MÓWIŃSKI Patryk	597		M 30-34	25		01:27:25.95	+00:44:56	7:17	8.2
108	MACHTYL Zygmunt	718	BEST BEASTS	M 45-49	4		01:27:27.20	+00:44:58	7:17	8.2
109	PACIOREK Piotr	717	XRUNNERS	M 25-29	14		01:27:38.25	+00:45:09	7:18	8.2
110	CIESLAK Ryszard	749	DENISTEAM	M Elite	32		01:27:52.10	+00:45:22	7:19	8.2
111	WĘGLARZ Waldemar	782	EXTREME CLUB	M 40-44	10		01:27:58.05	+00:45:28	7:19	8.2
112	SZUBA-ŁATA Klaudia	792	ENJOY BY SPORT	K Elite	3		01:28:02.00	+00:45:32	7:20	8.2
113	DROP Łukasz	506	WATAHA	M 40-44	11		01:28:20.70	+00:45:51	7:21	8.1
114	ORANKIEWICZ Krzysztof	633	ENAX NEXTREME	M 25-29	15		01:29:34.60	+00:47:05	7:27	8
115	SZKLARSKI Przemysław	708	CARBON SILESIA SPORT	M 35-39	14		01:29:38.50	+00:47:09	7:28	8
116	KURACH Stanisław	529	DZIADY OCR	M 50+	1		01:30:04.00	+00:47:34	7:30	8
117	WOŁCZEK Paulina	785		K Elite	4		01:30:09.65	+00:47:40	7:30	8

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118	RESPONDEK Leszek	577	KLONO TEAM	M 40-44	12		01:30:11.45	+00:47:42	7:31	8
119	KROPIDŁOWSKI Grzegorz	765	BEST BEASTS	M 35-39	15		01:30:21.30	+00:47:52	7:31	8
120	GIZAK Michał	812	SOCIOS SILESIA	M 35-39	16		01:30:32.20	+00:48:03	7:32	8
121	KNOP Marcin	600	LEMON TEAM	M 30-34	26		01:31:05.70	+00:48:36	7:35	7.9
122	KMIEĆ Adam	507	CARBON SILESIA SPORT	M 30-34	27		01:31:26.60	+00:48:57	7:37	7.9
123	NUTIL Michał	761	FUBO TEAM	International Elite	2		01:31:31.75	+00:49:02	7:37	7.9
124	HUDASZEK Zbigniew	714	DRAGON RUNNERS	M 25-29	16		01:31:39.40	+00:49:10	7:38	7.9
125	SERAFIŃSKI Robert	623	NEXTREME	M 50+	2		01:31:40.10	+00:49:10	7:38	7.9
126	ZIELIŃSKI Bartosz	742	DIRTY SPARROWS	M Elite	33		01:31:45.50	+00:49:16	7:38	7.8
127	KNAPIK Zbigniew	788	HARPAGAN BEAST	M 30-34	28		01:31:47.85	+00:49:18	7:39	7.8
128	DUDA Grzegorz	720	BEST BEASTS	M 40-44	13		01:31:51.20	+00:49:22	7:39	7.8
129	JAGODZKI Daniel	607	SCYZORY	M 35-39	17		01:32:06.80	+00:49:37	7:40	7.8
130	OTWINOWSKI Maciej	521		M 35-39	18		01:32:11.00	+00:49:41	7:40	7.8
131	CHMIELEWSKI Mariusz	598	OUTDOOR TRAINING	M 40-44	14		01:32:16.40	+00:49:47	7:41	7.8
132	BLUSZCZ Dawid	569	SOCIOS SILESIA	M 35-39	19		01:32:30.80	+00:50:01	7:42	7.8
133	KUJAWA Marcin	762	DIRTY SPARROWS	M 40-44	15		01:32:38.80	+00:50:09	7:43	7.8
134	DOMINEK Grzegorz	508	FIT&MORE RYBNIK	M 35-39	20		01:32:46.10	+00:50:16	7:43	7.8
135	GROBELNA Aleksandra	748	XRUNNERS	K Elite	5		01:32:52.00	+00:50:22	7:44	7.8
136	JASTRZĘBSKI Sławomir	547	BESTIE OCR LEGIONOWO	M 40-44	16		01:33:13.10	+00:50:43	7:46	7.7
137	ŚWIĄDER Andrzej	685	BEFIT24TEAM	M 40-44	17		01:33:13.95	+00:50:44	7:46	7.7
138	SZKURŁAT Tomasz	704	POWER TRAINING	M 30-34	29		01:33:14.10	+00:50:44	7:46	7.7
139	MIZGALSKI Jacek	712	DZIADY OCR	M 45-49	5		01:33:16.35	+00:50:47	7:46	7.7
140	GOLDA Michał	605	ASSASSIN'S TEAM OCR	M 35-39	21		01:34:15.95	+00:51:46	7:51	7.6
141	WYSŁUCH Iza	678		K 18-24	1		01:34:38.00	+00:52:08	7:53	7.6
142	MOCZKO Sebastian	611		M 40-44	18		01:34:41.55	+00:52:12	7:53	7.6
143	PIELATOWSKI Adam	579	DIRTY SPARROWS	M 30-34	30		01:35:20.75	+00:52:51	7:56	7.6
144	LEPIARZ Michał	517	KOCHAM SŁODKIE	M 35-39	22		01:35:23.40	+00:52:54	7:56	7.5
145	WITKA Patryk	724	MAD RUNNERS	M 35-39	23		01:35:40.25	+00:53:11	7:58	7.5
146	KOMOROWSKA Aleksandra	697	SOCIOS SILESIA	K Elite	6		01:35:42.85	+00:53:13	7:58	7.5
147	DEPTUŁA Mariusz	713		M 45-49	6		01:35:44.70	+00:53:15	7:58	7.5
148	JANISZEWSKI Grzegorz	512	DZIADY OCR	M 50+	3		01:36:05.90	+00:53:36	8:00	7.5
149	WIŚNIEWSKI Norbert	604	SCYZORY	M 40-44	19		01:36:15.90	+00:53:46	8:01	7.5
150	WYPUKOŁ Jakub	767	SOCIOS SILESIA	M 25-29	17		01:36:35.45	+00:54:06	8:03	7.5
151	GAGON Denis	581	DENISTEAM	M Elite	34		01:37:02.10	+00:54:32	8:05	7.4
152	SZTAJER Bartek	563	SOCIOS SILESIA	M 35-39	24		01:38:44.90	+00:56:15	8:13	7.3
153	POLAŃSKI Paweł	649	WATAHA	M 18-24	6		01:38:48.30	+00:56:19	8:14	7.3
154	KUŹMA Łukasz	553	HUSARIA RACE TEAM	M 30-34	31		01:38:50.40	+00:56:21	8:14	7.3
155	LATOPOLSKI Piotr	519	CROSSFIT SUSZ	M 40-44	20		01:39:07.80	+00:56:38	8:15	7.3
156	JESKA Tomasz	565	DIRTY SPARROWS	M 40-44	21		01:39:18.50	+00:56:49	8:16	7.3
157	ŚWIERSZCZ Paweł	694	GLADIATORS BY RMF4RT	M 30-34	32		01:39:42.10	+00:57:12	8:18	7.2
158	KRYSTOFIAK Damian	608	UNITED RUNNERS	M 35-39	25		01:40:07.70	+00:57:38	8:20	7.2
159	ZIEMNICKI Tomasz	599	FIT & MORE RYBNIK	M 40-44	22		01:40:24.95	+00:57:55	8:22	7.2
160	JÓŹWIAK Mateusz	800	SPARTA RUNNERS	M 13-17	4		01:40:27.70	+00:57:58	8:22	7.2
161	LEBIODA Marcin	558	SOCIOS SILESIA	M 25-29	18		01:41:11.30	+00:58:42	8:25	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
162	HABER Patryk	573	CARBON SILESIA SPORT	M 25-29	19		01:42:09.95	+00:59:40	8:30	7
163	MIŁOŚ Tomasz	763	BIGYELLOWFOOT ADVENTURE TEAM	Open	3		01:42:18.35	+00:59:49	8:31	7
164	DALKIEWICZ Dariusz	574	CROSSFIT SUSZ	M 45-49	7		01:42:21.60	+00:59:52	8:31	7
165	GROCHOWSKI Jakub	690		M 25-29	20		01:43:05.35	+01:00:36	8:35	7
166	FRANCZYK Artur	619	DRAGON RUNNERS	M 35-39	26		01:43:19.55	+01:00:50	8:36	7
167	PORCZYK Zbigniew	665	POWER TRAINING	M 30-34	33		01:43:28.60	+01:00:59	8:37	7
168	SKWAREK Tomasz	786	CARBON SILESIA SPORT	M 35-39	27		01:43:33.50	+01:01:04	8:37	7
169	KASPRZAK Sebastian	548	SPECTRUM TEAM	M 25-29	21		01:43:36.70	+01:01:07	8:38	6.9
170	PAWELCZYK Józef	587	RYBNICKA GRUPA BIEGOWA-PĘDZIMY RAZEM/PWR TEAM	Open	4		01:43:42.80	+01:01:13	8:38	6.9
171	KAŁUŻNY Michał	747	DIRTY SPARROWS	M 30-34	34		01:43:51.25	+01:01:22	8:39	6.9
172	LECH Mateusz	572	HARDCOROWE WYCHYLYBYMY	M Elite	35		01:43:57.60	+01:01:28	8:39	6.9
173	SZCZUKA Leszek	737	CROSSELITE	Open	5		01:44:40.00	+01:02:10	8:43	6.9
174	MACIEJEWSKI Łukasz	641	SOCIOS SILESIA	M 35-39	28		01:46:42.35	+01:04:13	8:53	6.7
175	PONTUS Piotr	535		M 35-39	29		01:46:44.40	+01:04:15	8:53	6.7
176	DROZD Dariusz	536	EICHHÖRNCHEN	M 35-39	30		01:46:56.95	+01:04:27	8:54	6.7
177	SABATOWSKI Krzysztof	727	CARBON SILESIA SPORT	M 35-39	31		01:47:44.60	+01:05:15	8:58	6.7
178	JASTRZĘBSKA Aleksandra	744	SOCIOS SILESIA	K 30-34	1		01:49:07.10	+01:06:37	9:05	6.6
179	KARLIK Paweł	751	CARBON SILESIA SPORT	M 35-39	32		01:49:27.05	+01:06:57	9:07	6.6
180	WIELEBA Adam	711	GLADIATOR BY RMF	M Elite	36		01:49:47.40	+01:07:18	9:08	6.6
181	HAJEWSKI Michał	526	DZIADY OCR	M 40-44	23		01:50:17.65	+01:07:48	9:11	6.5
182	GAŁUSZYŃSKA Katarzyna	585	ACTIVE FLOW	Open	6		01:50:48.75	+01:08:19	9:14	6.5
183	MIERZICKI Marcel	525	POWER TRAINING	M 35-39	33		01:50:54.70	+01:08:25	9:14	6.5
184	WERYK Mateusz	698	BIEGUN OCR TEAM	M 40-44	24		01:52:05.00	+01:09:35	9:20	6.4
185	ZYWER Urszula	774	WATAHA	K 25-29	1		01:52:46.85	+01:10:17	9:23	6.4
186	ULMAN Jakub	639	LEMON TEAM	M 30-34	35		01:54:00.60	+01:11:31	9:30	6.3
187	NIKIEL Dariusz	592	DIRTY SPARROWS	M 40-44	25		01:54:51.60	+01:12:22	9:34	6.3
188	STOLARSKI Kamil	518		Open	7		01:55:25.65	+01:12:56	9:37	6.2
189	SPRAWKA Marta	787	DZIKISQUAD	K 25-29	2		01:55:26.45	+01:12:57	9:37	6.2
190	HADRIAN Szymon	775	CARBON SILESIA SPORT	M 18-24	7		01:56:27.50	+01:13:58	9:42	6.2
191	ŁĄCKI Wojciech	532		M 30-34	36		01:56:29.25	+01:14:00	9:42	6.2
192	SAWICKI Kacper	803		Open	8		01:56:48.15	+01:14:19	9:44	6.2
193	WÓJCICKI Kamil	750	EX TEAM	Open	9		01:56:48.65	+01:14:19	9:44	6.2
194	BRZEZINKA Mariusz	650	SOCIOS SILESIA	M 30-34	37		01:57:38.15	+01:15:09	9:48	6.1
195	STRADZA Bartłomiej	652	CARBON SILESIA SPORT	M 25-29	22		01:58:18.45	+01:15:49	9:51	6.1
196	GACH Damian	575	KUŹNIA DAMIANA	M 25-29	23		01:58:34.55	+01:16:05	9:52	6.1
197	ZAJKO Rafał	645	STG LUBLIN	Open	10		01:59:41.15	+01:17:12	9:58	6
198	HANDZLIK Tomasz	743	DENISTEAM	M 45-49	8		02:00:43.00	+01:18:13	10:03	6
199	HLEBKO Albin	637	WATAHA	M 18-24	8		02:01:03.80	+01:18:34	10:05	5.9
200	CHRZĄSTEK Maciej	681	BEFIT24TEAM	M 35-39	34		02:01:58.00	+01:19:28	10:09	5.9
201	CHMIELEWSKI Józef	560	CIECHANOWEC BIEGA	Open	11		02:07:52.00	+01:25:22	10:39	5.6
202	KMIECIAK Krzysztof	668		M 35-39	35		02:08:39.85	+01:26:10	10:43	5.6
203	KURTYKA Przemysław	706	FIT MORE RYBNIK	Open	12		02:08:40.35	+01:26:11	10:43	5.6
204	CHMIELORZ Donata	726	CARBON SILESIA SPORT	K 30-34	2		02:12:42.70	+01:30:13	11:03	5.4
205	PODBIELSKI Krystian	549		Open	13		02:13:24.05	+01:30:54	11:07	5.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
206	HABER Monika	663	CARBON SILESIA SPORT	K 25-29	3		02:15:48.00	+01:33:18	11:19	5.3
207	MAGOŃ Łukasz	808		M 30-34	38		02:19:18.00	+01:36:48	11:36	5.2
208	ALEKSANDROWICZ Daniel	559		Open	14		02:23:08.10	+01:40:38	11:55	5
209	OLECH Grzegorz	590	LEMON TEAM	Open	15		02:25:09.10	+01:42:39	12:05	5
210	PIĄTEK Marek	738		Open	16		02:26:03.95	+01:43:34	12:10	4.9
211	SACZUK Magda	232		K 25-29	4		02:26:04.25	+01:43:35	12:10	4.9
212	JAŹDŻEWSKA Elżbieta	723	BEST BEASTS	Open	17		02:34:04.15	+01:51:35	12:50	4.7
213	KLIN Jakub	700		Open	18		02:36:51.70	+01:54:22	13:04	4.6
214	DACHOWSKI Paweł	571	CARBON SILESIA SPORT	Open	19		02:36:58.90	+01:54:29	13:04	4.6
215	KUREK Gosia	562	CARBON SILESIA SPORT	Open	20		02:37:00.05	+01:54:30	13:05	4.6
216	WALEWSKA Lutka	689		Open	21		02:37:01.55	+01:54:32	13:05	4.6
217	TIAHNYBOK Paweł	677	DECATHLON CAR GLIWCE	Open	22		02:37:01.75	+01:54:32	13:05	4.6
218	LEISZNER Izabela	780	CARBON SILESIA SPORT	K 35-39	1		02:40:57.15	+01:58:28	13:24	4.5
219	SITKO Krystyna	640	SOCIOS SILESIA	K 30-34	3		02:42:16.15	+01:59:47	13:31	4.4
220	BAJOREK Monika	656	FIT&MORE RYBNIK	Open	23		02:42:29.95	+02:00:00	13:32	4.4
221	MOKSIK Agnieszka	657	FIT&MORE RYBNIK	Open	24		02:42:30.05	+02:00:00	13:32	4.4
222	GĄŁAN Tomasz	534		Open	25		02:43:01.45	+02:00:32	13:35	4.4
223	MATEJA Grzegorz	756	KOJOTY	Open	26		02:43:01.85	+02:00:32	13:35	4.4
224	MICHALAK Daniel	524	KOJOTY	Open	27		02:43:02.40	+02:00:33	13:35	4.4
225	ZAJĄC Paweł	520		Open	28		02:43:02.85	+02:00:33	13:35	4.4
226	PŁUSKA Michał	612	HUSARIA RACE TEAM	Open	29		02:45:50.15	+02:03:21	13:49	4.3
227	WRZOSEK Karolina	692	CARBON SILESIA SPORT	Open	30		02:46:24.90	+02:03:55	13:52	4.3
227	STEFAN Grzegorz	722	CARBON SILESIA SPORT	Open	30		02:46:24.90	+02:03:55	13:52	4.3
229	BYCZEK Izabela	538	CARBON SILESIA SPORT	Open	32		02:46:25.40	+02:03:56	13:52	4.3
230	SKWAREK Magdalena	514	CARBON SILESIA SPORT	Open	33		02:46:25.50	+02:03:56	13:52	4.3
231	PSOTA Danuta	810		Open	34		02:47:29.75	+02:05:00	13:57	4.3
232	LATUSEK Wioletta	586	CARBON SILESIA SPORT	Open	35					
DNC	GOLEC Rafał	675		M 30-34			01:11:10.20		0:00	10.1
DNC	ŁOSIN Marta	686	BIEGUN OCR TEAM	K Elite			01:25:21.95		0:00	8.4
DNC	SŁADEK Patryk	760	EX TEAM	M 25-29			01:26:06.25		0:00	8.4
DNC	KOMARNICKI Tomasz	530		M 35-39			01:26:31.80		0:00	8.3
DNC	MATUSIK Adam	602		M 35-39			01:27:12.50		0:00	8.3
DNC	GAWOR Mateusz	632	LEMON TEAM	M 18-24			01:28:27.00		0:00	8.1
DNC	HAVLIČEK Jakub	757	FUBO TEAM	International Elite			01:31:31.50		0:00	7.9
DNC	KACPERSKI Jacek	528	RAJSPOKTY ACTIVE	M 35-39			01:31:33.10		0:00	7.9
DNC	JEZIORSKI Paweł	591		M 18-24			01:34:55.35		0:00	7.6
DNC	SOREK Wojciech	793	CARBON SILESIA SPORT	M 45-49			01:35:14.75		0:00	7.6
DNC	WOJTASZEWSKA Sabina	618	RACIBORKI OCR	K 35-39			01:35:38.95		0:00	7.5
DNC	MACIOŁEK Arkadiusz	503	CROSSFIT TEAM SUSZ	M 40-44			01:36:01.35		0:00	7.5
DNC	TRZEBIATOWSKA Sylwia	783	BIEGUNOCRTEAM	K Elite			01:37:24.40		0:00	7.4
DNC	ZAGRODZKA Magdalena	784	CARBON SILESIA SPORT	K Elite			01:38:14.45		0:00	7.3
DNC	GRZANECKI Marcin	699		M 40-44			01:38:17.40		0:00	7.3
DNC	BUCZAK Łukasz	545	FIT&MORE RYBNIK	M 30-34			01:38:19.65		0:00	7.3
DNC	KŁOSOK Adam	502					01:38:51.45		0:00	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
DNC	JOCHEMSKI Mikołaj	617		M 30-34			01:39:40.00		0:00	7.2
DNC	BRUSIŁO Bartosz	772	UNITED RUNNERS	M 35-39			01:40:15.30		0:00	7.2
DNC	PACHUCY Grzegorz	797	POWER TRAINING	M 30-34			01:40:45.90		0:00	7.1
DNC	DĄBROWSKI Krzysztof	568	SOCIOS SILESIA6	M 45-49			01:41:22.75		0:00	7.1
DNC	MORAWSKI Grzegorz	777		M 35-39			01:42:36.10		0:00	7
DNC	OLAS Piotr	614	HUSARIA RACE TEAM	M 25-29			01:43:27.45		0:00	7
DNC	ŁUSZCZ Konrad	540		M 25-29			01:44:00.55		0:00	6.9
DNC	KARCZEWSKI Grzegorz	516	UNITED RUNNERS	M 30-34			01:45:41.85		0:00	6.8
DNC	TROJAN Grzegorz	703		M 35-39			01:45:42.95		0:00	6.8
DNC	KUDLIŃSKI Leszek	776	CARBON SILESIA SPORT	M 30-34			01:45:46.50		0:00	6.8
DNC	JUSZCZYK Jarosław	523	GOSŁAW SPORT CENTER	M 35-39			01:46:13.90		0:00	6.8
DNC	SZWEDO Artur	616	HARPAGAN BEAST	M 25-29			01:46:20.90		0:00	6.8
DNC	KOZŁOWSKI Adam	719	CARBON SILESIA SPORT	M 30-34			01:46:25.85		0:00	6.8
DNC	KRZYŻOWSKI Grzegorz	778	RMF4RT GLADIATORS	M 35-39			01:46:31.75		0:00	6.8
DNC	CIEŚLA Krzysztof	707	WF OCR TEAM KOSTRZYŃ NAD ODRA	M 25-29			01:46:34.75		0:00	6.8
DNC	RYGOŁ Janusz	588	KUŻNIA DAMIANA	M 40-44			01:47:45.40		0:00	6.7
DNC	KLANOWSKI Marcin	646	CARBON SILESIA SPORT	M 30-34			01:48:21.00		0:00	6.6
DNC	JUSZKIEWICZ Dominik	741	MS-FIT	M 35-39			01:48:33.70		0:00	6.6
DNC	KAMIŃSKI Zbigniew	759		M 35-39			01:48:35.25		0:00	6.6
DNC	KONIEC Mariusz	655	CARBON SILESIA SPORT	M 35-39			01:48:50.30		0:00	6.6
DNC	CHRUŚCICKI Krzysztof	679		M 40-44			01:49:06.20		0:00	6.6
DNC	BIELAK Tomasz	561		M 35-39			01:49:36.10		0:00	6.6
DNC	BYKOWSKI Wojciech	582	KUŻNIA DAMIANA	M 25-29			01:50:08.20		0:00	6.5
DNC	JASKÓLSKI Piotr	578	CARBON SILESIA SPORT	M 40-44			01:50:14.50		0:00	6.5
DNC	PAWLUKIEWICZ Aleksander	705		M 50+			01:52:29.75		0:00	6.4
DNC	BRACISZEWICZ Anna	624	#AREKPRALATTEAM	K 25-29			01:52:55.75		0:00	6.4
DNC	CIESIELSKI Maciej	522		M 40-44			01:53:20.65		0:00	6.4
DNC	TOMAN Karolina	809		K 25-29			01:55:09.80		0:00	6.3
DNC	WEJKNIS Krzysztof	613		M 40-44			01:56:54.40		0:00	6.2
DNC	OŻMINKOWSKA Aleksandra	603	DIRTY SPARROWS	K 30-34			01:57:00.75		0:00	6.2
DNC	HURAS Michał	654	KUŻNIA DAMIANA	M 25-29			01:57:01.35		0:00	6.2
DNC	KEMPA Piotr	556		M 30-34		00:10:00	01:58:47.00		0:00	6.6
DNC	CIMIENGA Krzysiek	682		M 30-34		00:10:00	01:59:00.00		0:00	6.6
DNC	LORANC Paweł	695	DENISTEAM	M 45-49			02:00:49.95		0:00	6
DNC	CZERNECKI Jacek	653	CARBON SILESIA SPORT	M 25-29			02:01:12.90		0:00	5.9
DNC	PLUCIŃSKI Jakub	716	DRAGON RUNNERS	M 30-34			02:01:39.05		0:00	5.9
DNC	WRZOSEK Patryk	691	CARBON SILESIA SPORT	M 30-34		00:10:00	02:02:31.00		0:00	6.4
DNC	JARZĄBEK Victoria	781	CARBON SILESIA SPORT	K Elite			02:02:46.25		0:00	5.9
DNC	MAREK Anna	541		K 25-29			02:02:58.60		0:00	5.9
DNC	MACHTYL Marta	709	BEST BEASTS	K 18-24			02:03:03.05		0:00	5.9
DNC	CAREWICZ Marek	796	GLADIATORS BY RMF 4 MRT	M 40-44			02:03:12.20		0:00	5.8
DNC	MIKOŁAJEK Robert	601		M 40-44			02:03:13.30		0:00	5.8
DNC	GŁOWACZ Grzegorz	504	DZIADY OCR	M 45-49			02:09:00.70		0:00	5.6
DNC	WYSOCKA Klaudia	795	CARBON SILESIA SPORT	K 30-34		00:10:00	02:09:56.00		0:00	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
DNC	KULIGOWSKA Małgorzata	734	FIT & MORE RYBNIK	K 45-49			02:10:36.10		0:00	5.5
DNC	GLONEK Sebastian	794	CARBON SILESIA SPORT	M 35-39		00:20:00	02:10:47.00		0:00	6.5
DNC	NAPIERAJ Katarzyna	730	CARBON SILESIA SPORT	K 25-29			02:11:05.60		0:00	5.5
DNC	KALETA Anna	755	KONIU SQUAD	K 30-34			02:11:44.00		0:00	5.5
DNC	ROSIAK Sebastian	501	HARPAGAN BEAST	M 30-34			02:11:49.85		0:00	5.5
DNC	KAFLOWSKI Artur	636	SOCIOS SILESIA	M 25-29			02:12:38.65		0:00	5.4
DNC	DUKAT Sandra	725	LEMON TEAM	K 18-24			02:30:40.95		0:00	4.8
DNC	KALINOWSKA Małgorzata	688		Open			02:37:01.35		0:00	4.6
DNC	MARKOWICZ Ewelina	658	CARBON SILESIA SPORT	K 25-29		00:10:00	02:46:58.00		0:00	4.6
DNC	KURAN Halina	629	WATAHA	K 18-24			02:50:12.90		0:00	4.2

Znaleziono 303 wynik(ów)