

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: M 40-44

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
1	BUDZISZ Krzysztof	643	SOCIOS SILESIA	M 40-44	1	01:10:13.30		5:51	10.3 (100%)
2	WASIELEWSKI Michał	729	OCRLAND	M 40-44	2	01:12:29.90	+00:02:16 (3.1%)	6:02	9.9 (96.1%)
3	CHOMICZ Krzysztof	683		M 40-44	3	01:12:55.75	+00:02:42 (3.7%)	6:04	9.9 (96.1%)
4	WAŁDOWSKI Dominik	768	XRUNNERS	M 40-44	4	01:13:56.25	+00:03:42 (5.0%)	6:09	9.7 (94.2%)
5	JAKUBCZAK Marcin	728	BEST BEASTS	M 40-44	5	01:16:19.65	+00:06:06 (8.0%)	6:21	9.4 (91.3%)
6	LORYCH Krystian	801	BIEGUN OCR TEAM	M 40-44	6	01:16:58.20	+00:06:44 (8.8%)	6:24	9.4 (91.3%)
7	PISKAŁA Daniel	769	POWER TRAINING	M 40-44	7	01:20:25.55	+00:10:12 (12.7%)	6:42	9 (87.4%)
8	OPOLONY Ireneusz	736		M 40-44	8	01:21:55.45	+00:11:42 (14.3%)	6:49	8.8 (85.4%)
9	GRZEGORZYCA Damian	580	SOCIOS SILESIA	M 40-44	9	01:26:32.80	+00:16:19 (18.9%)	7:12	8.3 (80.6%)
10	WĘGLARZ Waldemar	782	EXTREME CLUB	M 40-44	10	01:27:58.05	+00:17:44 (20.2%)	7:19	8.2 (79.6%)
11	DROP Łukasz	506	WATAHA	M 40-44	11	01:28:20.70	+00:18:07 (20.5%)	7:21	8.1 (78.6%)
12	RESPONDEK Leszek	577	KLONO TEAM	M 40-44	12	01:30:11.45	+00:19:58 (22.1%)	7:31	8 (77.7%)
13	DUDA Grzegorz	720	BEST BEASTS	M 40-44	13	01:31:51.20	+00:21:37 (23.6%)	7:39	7.8 (75.7%)
14	CHMIELEWSKI Mariusz	598	OUTDOOR TRAINING	M 40-44	14	01:32:16.40	+00:22:03 (23.9%)	7:41	7.8 (75.7%)
15	KUJAWA Marcin	762	DIRTY SPARROWS	M 40-44	15	01:32:38.80	+00:22:25 (24.2%)	7:43	7.8 (75.7%)
16	JASTRZĘBSKI Sławomir	547	BESTIE OCR LEGIONOWO	M 40-44	16	01:33:13.10	+00:22:59 (24.7%)	7:46	7.7 (74.8%)
17	ŚWIĄDER Andrzej	685	BEFIT24TEAM	M 40-44	17	01:33:13.95	+00:23:00 (24.7%)	7:46	7.7 (74.8%)
18	MOCZKO Sebastian	611		M 40-44	18	01:34:41.55	+00:24:28 (25.8%)	7:53	7.6 (73.8%)
19	WIŚNIEWSKI Norbert	604	SCYZORY	M 40-44	19	01:36:15.90	+00:26:02 (27.1%)	8:01	7.5 (72.8%)
20	LATOPOLSKI Piotr	519	CROSSFIT SUSZ	M 40-44	20	01:39:07.80	+00:28:54 (29.2%)	8:15	7.3 (70.9%)
21	JESKA Tomasz	565	DIRTY SPARROWS	M 40-44	21	01:39:18.50	+00:29:05 (29.3%)	8:16	7.3 (70.9%)
22	ZIEMNICKI Tomasz	599	FIT & MORE RYBNIK	M 40-44	22	01:40:24.95	+00:30:11 (30.1%)	8:22	7.2 (69.9%)
23	HAJEWSKI Michał	526	DZIADY OCR	M 40-44	23	01:50:17.65	+00:40:04 (36.3%)	9:11	6.5 (63.1%)
24	WERYK Mateusz	698	BIEGUN OCR TEAM	M 40-44	24	01:52:05.00	+00:41:51 (37.3%)	9:20	6.4 (62.1%)
25	NIKIEL Dariusz	592	DIRTY SPARROWS	M 40-44	25	01:54:51.60	+00:44:38 (38.9%)	9:34	6.3 (61.2%)
DNC	MACIOŁEK Arkadiusz	503	CROSSFIT TEAM SUSZ	M 40-44		01:36:01.35		0:00	7.5 (72.8%)
DNC	GRZANECKI Marcin	699		M 40-44		01:38:17.40		0:00	7.3 (70.9%)
DNC	RYGOŁ Janusz	588	KUŹNIA DAMIANA	M 40-44		01:47:45.40		0:00	6.7 (65.0%)
DNC	CHRUŚCICKI Krzysztof	679		M 40-44		01:49:06.20		0:00	6.6 (64.1%)

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DNC	JASKÓLSKI Piotr	578	CARBON SILESIA SPORT	M 40-44		01:50:14.50		0:00	6.5 (63.1%)
DNC	CIESIELSKI Maciej	522		M 40-44		01:53:20.65		0:00	6.4 (62.1%)
DNC	WEJKNIS Krzysztof	613		M 40-44		01:56:54.40		0:00	6.2 (60.2%)
DNC	CAREWICZ Marek	796	GLADIATORS BY RMF 4 MRT	M 40-44		02:03:12.20		0:00	5.8 (56.3%)
DNC	MIKOŁAJEK Robert	601		M 40-44		02:03:13.30		0:00	5.8 (56.3%)

Znaleziono 34 wynik(ów)