

# MPOCR 2020 - 3 KM

B4SPORT

**Wydarzenie:** Mistrzostwa Polski OCR 2020  
**Organizator:** OCR Polska  
**Data:** 2020-09-05  
**Miejsce:** Rybnik  
**Dystans:** 3 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 35-39

| Msc | Zawodnik           | Numer | Klub                | Kategoria   | Mkat | Czas startu | Kara/<br>bonifikata | Czas<br>netto<br>3km | Czas<br>brutto<br>3km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------|-------|---------------------|-------------|------|-------------|---------------------|----------------------|-----------------------|-------------------|-----------------|---------------|
| 1   | LISOWSKI Grzegorz  | 83    | SOCIOS SILESIA      | M 35-39     | 1    | 01:22:02    |                     | 00:28:16.20          | 01:50:18.20           |                   | 9:25            | 6.4 (100%)    |
| 2   | MARUSZEWSKI Marcin | 76    | ENAX NEXTREME       | M 35-39     | 2    | 01:22:02    |                     | 00:29:09.10          | 01:51:11.30           | +00:00:52 (3.0%)  | 9:43            | 6.2 (96.9%)   |
| 3   | BYRCZEK Michał     | 122   |                     | M 35-39     | 3    | 01:29:02    |                     | 00:31:10.55          | 02:00:12.90           | +00:02:54 (9.3%)  | 10:23           | 5.8 (90.6%)   |
| 4   | DOLATA Krzysztof   | 35    | SOCIOS SILESIA      | M 35-39     | 4    | 01:24:59    |                     | 00:31:15.45          | 01:56:15.00           | +00:02:59 (9.6%)  | 10:25           | 5.8 (90.6%)   |
| 5   | PASOŃ Tomasz       | 116   | EX TEAM             | M 35-39     | 5    | 01:29:02    |                     | 00:31:22.20          | 02:00:24.85           | +00:03:06 (9.9%)  | 10:27           | 5.7 (89.1%)   |
| 6   | LISOWSKI Adam      | 294   | SOCIOS SILESIA      | M 35-39     | 6    | 01:31:54    |                     | 00:32:07.40          | 02:04:02.15           | +00:03:51 (12.0%) | 10:42           | 5.6 (87.5%)   |
| 7   | ZAŁEJASZ Sylwester | 186   | XRUNNERS            | M 35-39     | 7    | 01:22:01    |                     | 00:33:00.50          | 01:55:02.40           | +00:04:44 (14.4%) | 11:00           | 5.5 (85.9%)   |
| 8   | CHŁAD Aleksander   | 196   | EX TEAM             | M 35-39     | 8    | 01:31:55    |                     | 00:33:02.00          | 02:04:57.10           | +00:04:45 (14.4%) | 11:00           | 5.4 (84.4%)   |
| 9   | LEPIARZ Michał     | 5     |                     | M 35-39     | 9    | 01:23:24    |                     | 00:33:08.45          | 01:56:33.25           | +00:04:52 (14.7%) | 11:03           | 5.4 (84.4%)   |
| 10  | CHAIĘB Sebastian   | 89    | LEMON TEAM          | M 35-39     | 10   | 01:27:38    |                     | 00:33:12.65          | 02:00:51.50           | +00:04:56 (14.9%) | 11:04           | 5.4 (84.4%)   |
| 11  | JÓZEFIAK Łukasz    | 169   | OCR BIEGUN TEAM     | M 35-39     | 11   | 01:22:01    |                     | 00:33:50.85          | 01:55:52.60           | +00:05:34 (16.5%) | 11:17           | 5.3 (82.8%)   |
| 12  | ILNICKI Darek      | 272   | DRAGON RUNNERS      | M 35-39     | 12   | 01:27:38    |                     | 00:34:09.90          | 02:01:48.70           | +00:05:53 (17.3%) | 11:23           | 5.3 (82.8%)   |
| 13  | WÓJCIK Grzegorz    | 8     |                     | M 35-39     | 13   | 01:23:24    |                     | 00:35:01.25          | 01:58:26.10           | +00:06:45 (19.3%) | 11:40           | 5.1 (79.7%)   |
| 14  | KACPERSKI Jacek    | 218   |                     | M 35-39     | 14   | 01:31:54    |                     | 00:35:05.35          | 02:07:00.15           | +00:06:49 (19.4%) | 11:42           | 5.1 (79.7%)   |
| 15  | PODGORSKI Marek    | 27    | RUNMAGEDDON         | M 35-39     | 15   | 01:22:02    |                     | 00:35:37.00          | 01:57:39.10           | +00:07:20 (20.6%) | 11:52           | 5.1 (79.7%)   |
| 16  | KUDRELEK Karol     | 38    |                     | M 35-39     | 16   | 01:24:59    |                     | 00:36:06.30          | 02:01:05.85           | +00:07:50 (21.7%) | 12:02           | 5 (78.1%)     |
| 17  | GOLDA Michał       | 69    | ASSASSIN'S TEAM OCR | M 35-39     | 17   | 01:26:22    |                     | 00:37:16.30          | 02:03:38.45           | +00:09:00 (24.2%) | 12:25           | 4.8 (75.0%)   |
| 18  | SZTAJER Bartek     | 46    | SOCIOS SILESIA      | M 35-39     | 18   | 01:26:22    |                     | 00:38:13.25          | 02:04:35.25           | +00:09:57 (26.0%) | 12:44           | 4.7 (73.4%)   |
| 19  | KUBIESA Jakub      | 301   | -                   | M 35-39     | 19   | 01:33:16    |                     | 00:38:25.90          | 02:11:41.90           | +00:10:09 (26.4%) | 12:48           | 4.7 (73.4%)   |
| 20  | WITKA Patryk       | 171   | MAD RUNNERS         | M 35-39     | 20   | 01:30:25    |                     | 00:38:34.00          | 02:08:59.90           | +00:10:17 (26.7%) | 12:51           | 4.7 (73.4%)   |
| 21  | ZAJĄC Artur        | 157   | WARTKIE ZBÓJE       | M 35-39     | 21   | 01:30:26    |                     | 00:39:43.05          | 02:10:09.05           | +00:11:26 (28.8%) | 13:14           | 4.5 (70.3%)   |
| 22  | BLUSZCZ Dawid      | 54    | SOCIOS SILESIA      | Rybniczanie | 4    | 01:26:22    |                     | 00:40:07.60          | 02:06:30.05           | +00:11:51 (29.5%) | 13:22           | 4.5 (70.3%)   |
| 23  | MIODEK Adrian      | 282   | DIRTY SPARROWS      | M 35-39     | 22   | 01:33:16    |                     | 00:40:08.15          | 02:13:24.25           | +00:11:51 (29.6%) | 13:22           | 4.5 (70.3%)   |
| 24  | GIZAK Michał       | 291   | SOCIOS SILESIA      | M 35-39     | 23   | 01:33:16    |                     | 00:41:03.70          | 02:14:20.00           | +00:12:47 (31.2%) | 13:41           | 4.4 (68.8%)   |
| 25  | STEC Jakub         | 168   | BEST BEASTS         | M 35-39     | 24   | 01:30:26    |                     | 00:42:19.75          | 02:12:45.75           | +00:14:03 (33.2%) | 14:06           | 4.3 (67.2%)   |
| 26  | GÓRNIĄK Robert     | 114   | EX_TEAM             | M 35-39     | 25   | 01:29:02    |                     | 00:44:54.30          | 02:13:57.10           | +00:16:38 (37.0%) | 14:58           | 4 (62.5%)     |
| 27  | FRANCZYK Artur     | 75    | DRAGON RUNNERS      | M 35-39     | 26   | 01:26:22    |                     | 00:44:57.75          | 02:11:20.10           | +00:16:41 (37.1%) | 14:59           | 4 (62.5%)     |
| 28  | GLUSZEK Piotr      | 193   |                     | M 35-39     | 27   | 01:30:26    |                     | 00:45:24.70          | 02:15:51.20           | +00:17:08 (37.7%) | 15:08           | 4 (62.5%)     |
| 29  | MORAWSKI Grzegorz  | 226   |                     | M 35-39     | 28   | 01:24:59    |                     | 00:47:08.70          | 02:12:08.30           | +00:18:52 (40.0%) | 15:43           | 3.8 (59.4%)   |

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|-----|-----------------------|-------|----------------------|-------------|------|-------------|---------------------|----------------------|-----------------------|-------------------|-----------------|---------------|
| 30  | JUSZKIEWICZ Dominik   | 287   | MS-FIT               | M 35-39     | 29   | 01:33:16    |                     | 00:48:47.05          | 02:22:03.35           | +00:20:30 (42.1%) | 16:15           | 3.7 (57.8%)   |
| 31  | MIKRUT Mateusz        | 201   | TOTAL FREAK          | M 35-39     | 30   | 01:31:55    |                     | 00:56:06.10          | 02:28:01.10           | +00:27:49 (49.6%) | 18:42           | 3.2 (50.0%)   |
| 32  | KONIEC Mariusz        | 107   | CARBON SILESIA SPORT | M 35-39     | 31   | 01:27:39    |                     | 00:56:07.00          | 02:23:46.15           | +00:27:50 (49.6%) | 18:42           | 3.2 (50.0%)   |
| 33  | MIERZICKI Marcel      | 16    | POWER TRAINING       | M 35-39     | 32   | 01:24:59    |                     | 00:56:43.30          | 02:21:42.70           | +00:28:27 (50.2%) | 18:54           | 3.2 (50.0%)   |
| 34  | MACIEJEWSKI Łukasz    | 91    | SOCIOS SILESIA       | M 35-39     | 33   | 01:27:39    |                     | 01:02:11.45          | 02:29:50.45           | +00:33:55 (54.5%) | 20:43           | 2.9 (45.3%)   |
| DNC | KRZYŻOWSKI Grzegorz   | 228   | RMF4RT GLADIATORS    | M 35-39     |      | 01:23:24    |                     | 00:36:18.25          | 01:59:42.90           |                   | 0:00            | 5 (78.1%)     |
| DNC | KROPIDŁOWSKI Grzegorz | 214   | BEST BEASTS          | M 35-39     |      | 01:31:55    |                     | 00:38:34.20          | 02:10:29.30           |                   | 0:00            | 4.7 (73.4%)   |
| DNC | JUSZCZYK Jarosław     | 14    | GOSŁAW SPORT CENTER  | M 35-39     |      | 01:23:25    |                     | 00:41:18.40          | 02:04:44.30           |                   | 0:00            | 4.4 (68.8%)   |
| DNC | MICZEK Michał         | 110   | EKO-OKNA RUNNERS     | M 35-39     |      | 01:29:02    |                     | 00:45:09.95          | 02:14:12.70           |                   | 0:00            | 4 (62.5%)     |
| DNC | BIELAK Tomasz         | 44    |                      | M 35-39     |      | 01:26:21    |                     | 00:45:46.55          | 02:12:08.40           |                   | 0:00            | 3.9 (60.9%)   |
| DNC | DROZD Dariusz         | 24    | EICHHÖRNCHEN         | M 35-39     |      | 01:24:59    |                     | 00:47:30.00          | 02:12:29.10           |                   | 0:00            | 3.8 (59.4%)   |
| DNC | OLECH Grzegorz        | 126   | LEMON TEAM           | M 35-39     |      | 01:29:02    |                     | 00:48:25.65          | 02:17:28.15           |                   | 0:00            | 3.7 (57.8%)   |
| DNC | CHUDEUSZ Łukasz       | 104   |                      | M 35-39     |      | 01:27:38    |                     | 00:51:17.15          | 02:18:56.00           |                   | 0:00            | 3.5 (54.7%)   |
| DNC | KAMIŃSKI Zbigniew     | 207   | GRUBIORZE LOTAJOM    | M 35-39     |      | 01:31:55    |                     | 00:51:57.40          | 02:23:52.60           |                   | 0:00            | 3.5 (54.7%)   |
| DNC | KUCIEWICZ Jarosław    | 146   |                      | M 35-39     |      | 01:30:26    |                     | 00:56:14.35          | 02:26:40.75           |                   | 0:00            | 3.2 (50.0%)   |
| DNC | ZBROSZCZYK Damian     | 4     | CARBON SILESIA SPORT | Rybniczanie |      | 01:23:25    | 00:10:00            | 01:07:42.00          | 02:31:07.00           |                   | 0:00            | 3.1 (48.4%)   |

Znaleziono 45 wynik(ów)