

# OCREC2019 - SHORT COURSE

B4SPORT

**Wydarzenie:** OCR EUROPEAN CHAMPIONSHIPS  
**Organizator:** Stowarzyszenie Biegów Przeszkodowych OCR Polska  
**Data:** 2019-06-27  
**Miejsce:** Gdynia  
**Dystans:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                         | Numer      | Klub                                  | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------------|------------|---------------------------------------|-----------|------|---------------------|----------------------|-----------------------|-----------|-----------------|---------------|
| 1   | <b>DINKELMAN Ruben</b>           | <b>206</b> |                                       | M 25-29   | 1    | 00:40:25            | <b>00:40:29.35</b>   | <b>00:40:30.85</b>    |           | 8:05            | 7.4           |
| 2   | <b>KASPRZYK Sebastian</b>        | <b>125</b> |                                       | M 18-24   | 1    | 00:40:50            | <b>00:40:53.65</b>   | <b>00:40:53.65</b>    | +00:00:22 | 8:10            | 7.3           |
| 3   | <b>KOFOED Leon</b>               | <b>1</b>   | TEAM REBORN OCR                       | M Elite   | 1    | 00:41:23            | <b>00:41:25.55</b>   | <b>00:41:27.00</b>    | +00:00:56 | 8:17            | 7.2           |
| 4   | <b>SILIN Sergey</b>              | <b>8</b>   | RUSSIA FOSR                           | M Elite   | 2    | 00:41:36            | <b>00:41:39.80</b>   | <b>00:41:41.00</b>    | +00:01:10 | 8:20            | 7.2           |
| 5   | <b>MORI Riccardo</b>             | <b>144</b> |                                       | M 18-24   | 2    | 00:42:50            | <b>00:42:54.60</b>   | <b>00:42:54.65</b>    | +00:02:23 | 8:34            | 7             |
| 6   | <b>PRUSAK Piotr</b>              | <b>312</b> |                                       | M 30-34   | 1    | 00:43:20            | <b>00:43:24.55</b>   | <b>00:43:27.45</b>    | +00:02:56 | 8:41            | 6.9           |
| 7   | <b>VANDEWALLE Billy</b>          | <b>198</b> |                                       | M 25-29   | 2    | 00:43:29            | <b>00:43:32.50</b>   | <b>00:43:33.95</b>    | +00:03:03 | 8:42            | 6.9           |
| 8   | <b>WILK Sylwester</b>            | <b>120</b> |                                       | M 18-24   | 3    | 00:43:34            | <b>00:43:39.60</b>   | <b>00:43:39.60</b>    | +00:03:08 | 8:43            | 6.9           |
| 9   | <b>STENBECK Fredrik</b>          | <b>142</b> |                                       | M 18-24   | 4    | 00:44:39            | <b>00:44:42.80</b>   | <b>00:44:43.15</b>    | +00:04:12 | 8:56            | 6.7           |
| 10  | <b>HAJNOS Dawid</b>              | <b>9</b>   | GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI | M Elite   | 3    | 00:45:02            | <b>00:45:05.35</b>   | <b>00:45:07.00</b>    | +00:04:36 | 9:01            | 6.7           |
| 11  | <b>JANUSZEWSKI Bartosz</b>       | <b>193</b> |                                       | M 25-29   | 3    | 00:45:57            | <b>00:46:00.85</b>   | <b>00:46:02.60</b>    | +00:05:31 | 9:12            | 6.5           |
| 12  | <b>SELIANIN Dmytro</b>           | <b>309</b> |                                       | M 30-34   | 2    | 00:46:08            | <b>00:46:12.50</b>   | <b>00:46:15.70</b>    | +00:05:44 | 9:14            | 6.5           |
| 13  | <b>HANYK Lukáš</b>               | <b>204</b> |                                       | M 25-29   | 4    | 00:46:18            | <b>00:46:22.25</b>   | <b>00:46:23.80</b>    | +00:05:52 | 9:16            | 6.5           |
| 14  | <b>SHERETOV Eugene</b>           | <b>11</b>  |                                       | M Elite   | 4    | 00:46:47            | <b>00:46:50.70</b>   | <b>00:46:52.00</b>    | +00:06:21 | 9:22            | 6.4           |
| 15  | <b>ALVES Duarte</b>              | <b>147</b> | OCR PORTUGAL LAB                      | M 18-24   | 5    | 00:47:16            | <b>00:47:21.10</b>   | <b>00:47:21.35</b>    | +00:06:50 | 9:28            | 6.3           |
| 16  | <b>ŚWIĘTEK Bartosz</b>           | <b>123</b> |                                       | M 18-24   | 6    | 00:47:33            | <b>00:47:37.35</b>   | <b>00:47:38.65</b>    | +00:07:07 | 9:31            | 6.3           |
| 17  | <b>RIJNEKER Jesper</b>           | <b>129</b> | TEAM 4SPORT                           | M 18-24   | 7    | 00:47:39            | <b>00:47:44.80</b>   | <b>00:47:44.85</b>    | +00:07:14 | 9:32            | 6.3           |
| 18  | <b>HEER Jesse De</b>             | <b>13</b>  | HANG ON THE NETHERLANDS               | M Elite   | 5    | 00:47:40            | <b>00:47:43.95</b>   | <b>00:47:45.00</b>    | +00:07:14 | 9:32            | 6.3           |
| 19  | <b>NOVÁK Lukáš</b>               | <b>33</b>  |                                       | M Elite   | 6    | 00:47:42            | <b>00:47:45.70</b>   | <b>00:47:47.00</b>    | +00:07:16 | 9:33            | 6.3           |
| 20  | <b>SCHÄFER Martin</b>            | <b>21</b>  | OCR-PACEMAKERS GERMANY                | M Elite   | 7    | 00:47:43            | <b>00:47:45.70</b>   | <b>00:47:47.20</b>    | +00:07:16 | 9:33            | 6.3           |
| 21  | <b>KREJCI Pavel</b>              | <b>4</b>   |                                       | M Elite   | 8    | 00:47:42            | <b>00:47:46.35</b>   | <b>00:47:47.35</b>    | +00:07:16 | 9:33            | 6.3           |
| 22  | <b>MENDES Axel</b>               | <b>36</b>  | ASTAXIN                               | M Elite   | 9    | 00:47:44            | <b>00:47:47.45</b>   | <b>00:47:50.00</b>    | +00:07:19 | 9:33            | 6.3           |
| 23  | <b>NORDVANG Tommy Kvakkestad</b> | <b>64</b>  | TEAM OCR NORWAY                       | M Elite   | 10   | 00:47:45            | <b>00:47:52.45</b>   | <b>00:47:54.85</b>    | +00:07:24 | 9:34            | 6.3           |
| 24  | <b>DECIUK Teofil</b>             | <b>122</b> |                                       | M 18-24   | 8    | 00:48:23            | <b>00:48:28.30</b>   | <b>00:48:28.95</b>    | +00:07:58 | 9:41            | 6.2           |
| 25  | <b>TOMASIK Alan</b>              | <b>231</b> | NEXTREME                              | M 25-29   | 5    | 00:48:33            | <b>00:48:42.35</b>   | <b>00:48:43.85</b>    | +00:08:13 | 9:44            | 6.2           |
| 26  | <b>ZAKOLODKIN Roman</b>          | <b>223</b> | HERO RACE TEAM                        | M 25-29   | 6    | 00:48:43            | <b>00:48:48.45</b>   | <b>00:48:50.45</b>    | +00:08:19 | 9:45            | 6.1           |
| 27  | <b>DIECKMANN Jan-Philip</b>      | <b>207</b> |                                       | M 25-29   | 7    | 00:49:04            | <b>00:49:07.65</b>   | <b>00:49:09.10</b>    | +00:08:38 | 9:49            | 6.1           |
| 28  | <b>BLANKENBURGH David</b>        | <b>228</b> |                                       | M 25-29   | 8    | 00:49:02            | <b>00:49:07.40</b>   | <b>00:49:09.50</b>    | +00:08:38 | 9:49            | 6.1           |
| 29  | <b>SERAFIŃSKI Maciej</b>         | <b>126</b> | NEXTREME                              | M 18-24   | 9    | 00:49:11            | <b>00:49:17.35</b>   | <b>00:49:17.60</b>    | +00:08:46 | 9:51            | 6.1           |

| Msc | Zawodnik                 | Numer | Klub                                 | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------|--------------------------------------|-----------|------|---------------------|--------------|---------------|-----------|-----------------|---------------|
|     |                          |       |                                      |           |      |                     | netto<br>5km | brutto<br>5km |           |                 |               |
| 30  | TARKA Andrzej            | 45    |                                      | M Elite   | 11   | 00:49:12            | 00:49:17.55  | 00:49:19.70   | +00:08:48 | 9:51            | 6.1           |
| 31  | MOSE Kristian            | 311   | TEAM REBORN OCR                      | M 30-34   | 3    | 00:49:14            | 00:49:18.40  | 00:49:21.55   | +00:08:50 | 9:51            | 6.1           |
| 32  | CAPARROS Nathan          | 14    |                                      | M Elite   | 12   | 00:49:25            | 00:49:30.45  | 00:49:32.15   | +00:09:01 | 9:54            | 6.1           |
| 33  | TITCOMB Daniel           | 134   |                                      | M 18-24   | 10   | 00:49:28            | 00:49:34.00  | 00:49:34.50   | +00:09:03 | 9:54            | 6.1           |
| 34  | CEJKO Dawid              | 128   |                                      | M 18-24   | 11   | 00:49:51            | 00:49:55.85  | 00:49:56.20   | +00:09:25 | 9:59            | 6             |
| 35  | GRAVERS Mads             | 322   |                                      | M 30-34   | 4    | 00:50:07            | 00:50:11.45  | 00:50:14.60   | +00:09:43 | 10:02           | 6             |
| 36  | URBAŃSKI Kamil           | 307   | NEXTREME / 17 BRYGADA ZMECHANIZOWANA | M 30-34   | 5    | 00:50:18            | 00:50:22.40  | 00:50:25.75   | +00:09:54 | 10:04           | 6             |
| 37  | KADRMAS Marek            | 132   | OCRA CZ                              | M 18-24   | 12   | 00:50:27            | 00:50:31.50  | 00:50:31.85   | +00:10:01 | 10:06           | 5.9           |
| 38  | MUSSCHE Frans            | 264   |                                      | M 25-29   | 9    | 00:50:26            | 00:50:31.60  | 00:50:33.65   | +00:10:02 | 10:06           | 5.9           |
| 39  | KOWALCZYK Dawid          | 44    |                                      | M Elite   | 13   | 00:50:27            | 00:50:32.95  | 00:50:34.85   | +00:10:04 | 10:06           | 5.9           |
| 40  | PANIN Egor               | 133   |                                      | M 18-24   | 13   | 00:50:41            | 00:50:46.20  | 00:50:46.75   | +00:10:15 | 10:09           | 5.9           |
| 41  | KRZYSTYNIAK Robert       | 843   |                                      | M 45-49   | 1    | 00:50:50            | 00:50:54.65  | 00:50:57.30   | +00:10:26 | 10:11           | 5.9           |
| 42  | BANDOSZ Robert           | 18    | ADRENALINE RUSH OCR                  | M Elite   | 14   | 00:51:01            | 00:51:06.85  | 00:51:07.45   | +00:10:36 | 10:13           | 5.9           |
| 43  | ZAWISTOWSKI Jakub        | 197   |                                      | M 25-29   | 10   | 00:51:02            | 00:51:07.15  | 00:51:09.15   | +00:10:38 | 10:13           | 5.9           |
| 44  | MIKRUT Jakub             | 127   |                                      | M 18-24   | 14   | 00:51:08            | 00:51:13.00  | 00:51:14.00   | +00:10:43 | 10:14           | 5.9           |
| 45  | JANSSON Thomas           | 47    | TEAM FIT                             | M Elite   | 15   | 00:51:14            | 00:51:19.90  | 00:51:22.40   | +00:10:51 | 10:16           | 5.8           |
| 46  | KARLSSON Karin           | 115   |                                      | W Elite   | 1    | 00:51:20            | 00:51:24.85  | 00:51:26.35   | +00:10:55 | 10:17           | 5.8           |
| 47  | ПЕРМЯКОВ Игорь           | 34    | OCR RUSSIA 2                         | M Elite   | 16   | 00:51:24            | 00:51:29.00  | 00:51:30.25   | +00:10:59 | 10:17           | 5.8           |
| 48  | KUIK Thomas              | 148   | TEAM HANG-ON THE NETHERLANDS         | M 18-24   | 15   | 00:51:29            | 00:51:36.10  | 00:51:36.25   | +00:11:05 | 10:19           | 5.8           |
| 49  | CHRISTENSEN Katja        | 80    |                                      | W Elite   | 2    | 00:51:35            | 00:51:40.05  | 00:51:41.55   | +00:11:10 | 10:20           | 5.8           |
| 50  | PRYKOWSKI Tomasz         | 200   | XRUNNERS                             | M 25-29   | 11   | 00:51:44            | 00:51:47.65  | 00:51:49.20   | +00:11:18 | 10:21           | 5.8           |
| 51  | JAROSZ Dawid             | 308   | XRUNNERS                             | M 30-34   | 6    | 00:51:54            | 00:51:59.05  | 00:52:02.05   | +00:11:31 | 10:23           | 5.8           |
| 52  | VLAM Thijs               | 263   |                                      | M 25-29   | 12   | 00:52:04            | 00:52:11.85  | 00:52:14.35   | +00:11:43 | 10:26           | 5.7           |
| 53  | KONEWKA Jacek            | 196   | HUSARIA RACE TEAM                    | M 25-29   | 13   | 00:52:13            | 00:52:17.45  | 00:52:18.85   | +00:11:48 | 10:27           | 5.7           |
| 54  | MAZUR Damian             | 310   | SOCIOS SILESIA                       | M 30-34   | 7    | 00:52:13            | 00:52:17.45  | 00:52:20.75   | +00:11:49 | 10:27           | 5.7           |
| 55  | GUIBERT Romain           | 219   | TEAM FRANCE                          | M 25-29   | 14   | 00:52:25            | 00:52:30.05  | 00:52:32.05   | +00:12:01 | 10:30           | 5.7           |
| 56  | ДЕГТЯРЕВ Иван            | 22    |                                      | M Elite   | 17   | 00:52:28            | 00:52:34.05  | 00:52:34.75   | +00:12:03 | 10:30           | 5.7           |
| 57  | REN Emil Friis           | 50    | EVOLUTIONRACE                        | M Elite   | 18   | 00:52:43            | 00:52:46.50  | 00:52:49.10   | +00:12:18 | 10:33           | 5.7           |
| 58  | EVENSEN Ulrikke          | 104   |                                      | W Elite   | 3    | 00:52:42            | 00:52:48.10  | 00:52:49.70   | +00:12:18 | 10:33           | 5.7           |
| 59  | CLAESSON Albin           | 141   |                                      | M 18-24   | 16   | 00:52:50            | 00:52:54.50  | 00:52:55.15   | +00:12:24 | 10:35           | 5.7           |
| 60  | BARBE Lluis              | 2     | OLLLU WOLF                           | M Elite   | 19   | 00:52:55            | 00:53:00.75  | 00:53:01.75   | +00:12:30 | 10:36           | 5.7           |
| 61  | CZERWIŃSKI Maciej        | 237   | BALTIC SEALS                         | M 25-29   | 15   | 00:53:04            | 00:53:07.00  | 00:53:08.95   | +00:12:38 | 10:37           | 5.6           |
| 62  | STROMMER László          | 875   |                                      | M 50-54   | 1    | 00:53:04            | 00:53:09.75  | 00:53:11.55   | +00:12:40 | 10:38           | 5.6           |
| 63  | WAŃCZYK Łukasz           | 17    |                                      | M Elite   | 20   | 00:53:05            | 00:53:10.35  | 00:53:11.85   | +00:12:41 | 10:38           | 5.6           |
| 64  | BELOV Artur              | 70    |                                      | M Elite   | 21   | 00:53:13            | 00:53:19.25  | 00:53:21.40   | +00:12:50 | 10:39           | 5.6           |
| 65  | JOLES Roël               | 393   | TEAM HANG-ON THE NETHERLANDS         | M 30-34   | 8    | 00:53:24            | 00:53:28.55  | 00:53:30.75   | +00:12:59 | 10:41           | 5.6           |
| 66  | WOJTYSZYN Wojciech       | 24    | XRUNNERS                             | M Elite   | 22   | 00:53:26            | 00:53:33.70  | 00:53:33.70   | +00:13:02 | 10:42           | 5.6           |
| 67  | GRZONDKO Mateusz         | 42    |                                      | M Elite   | 23   | 00:53:56            | 00:54:00.25  | 00:54:03.35   | +00:13:32 | 10:48           | 5.6           |
| 68  | VOROBOK Tomáš            | 52    |                                      | M Elite   | 24   | 00:53:57            | 00:54:01.00  | 00:54:03.50   | +00:13:32 | 10:48           | 5.6           |
| 69  | OOSTEROM Frank           | 12    |                                      | M Elite   | 25   | 00:54:02            | 00:54:07.00  | 00:54:07.90   | +00:13:37 | 10:49           | 5.5           |
| 70  | PELISSIER Benoit         | 377   |                                      | M 30-34   | 9    | 00:54:03            | 00:54:07.25  | 00:54:10.15   | +00:13:39 | 10:49           | 5.5           |
| 71  | CHRISTENSEN Brian Viborg | 826   |                                      | M 45-49   | 2    | 00:54:10            | 00:54:14.25  | 00:54:16.75   | +00:13:45 | 10:50           | 5.5           |
| 72  | VILA Jose                | 152   | OCRAMICX                             | M 18-24   | 17   | 00:54:27            | 00:54:31.65  | 00:54:31.80   | +00:14:00 | 10:54           | 5.5           |
| 73  | KALININ Jarosław         | 43    | XRUNNERS                             | M Elite   | 26   | 00:54:32            | 00:54:35.85  | 00:54:38.25   | +00:14:07 | 10:55           | 5.5           |

| Msc | Zawodnik                                 | Numer      | Klub                                  | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--|------------|---------------------------------------|--------------|------|---------------------|--------------------|--------------------|-----------|-----------------|---------------|
|     |  |            |                                       |              |      |                     | netto<br>5km       | brutto<br>5km      |           |                 |               |
| 74  | <b>VOLÁK Adam</b>                        | <b>177</b> |                                       | M 18-24      | 18   | 00:54:36            | <b>00:54:41.20</b> | <b>00:54:43.25</b> | +00:14:12 | 10:56           | 5.5           |
| 75  | <b>RUMMEL Alexander</b>                  | <b>67</b>  |                                       | M Elite      | 27   | 00:54:58            | <b>00:55:04.05</b> | <b>00:55:06.20</b> | +00:14:35 | 11:00           | 5.4           |
| 76  | <b>GAZUREK Kacper</b>                    | <b>40</b>  |                                       | M Elite      | 28   | 00:55:00            | <b>00:55:03.90</b> | <b>00:55:06.60</b> | +00:14:35 | 11:00           | 5.4           |
| 77  | <b>KARCZMARSKI Mateusz</b>               | <b>305</b> |                                       | M 30-34      | 10   | 00:55:09            | <b>00:55:14.25</b> | <b>00:55:16.75</b> | +00:14:45 | 11:02           | 5.4           |
| 78  | <b>STIIG Jonathan</b>                    | <b>289</b> |                                       | M 25-29      | 16   | 00:55:13            | <b>00:55:18.75</b> | <b>00:55:23.45</b> | +00:14:52 | 11:03           | 5.4           |
| 79  | <b>PRUDÊNCIO Gonçalo</b>                 | <b>27</b>  | TEAM URBAN OBSTACLES                  | M Elite      | 29   | 00:55:20            | <b>00:55:25.15</b> | <b>00:55:26.05</b> | +00:14:55 | 11:05           | 5.4           |
| 80  | <b>GYÖMREI Máté</b>                      | <b>397</b> | TEST TEAM                             | M 30-34      | 11   | 00:55:20            | <b>00:55:24.75</b> | <b>00:55:26.10</b> | +00:14:55 | 11:05           | 5.4           |
| 81  | <b>VADZIM Shalkouski</b>                 | <b>209</b> | OCR BELARUS                           | M 25-29      | 17   | 00:55:24            | <b>00:55:27.30</b> | <b>00:55:31.00</b> | +00:15:00 | 11:05           | 5.4           |
| 82  | <b>LAGRAND Stijn</b>                     | <b>649</b> | TEAM HANG-ON THE NETHERLANDS          | M 13-17      | 1    | 00:55:30            | <b>00:55:33.80</b> | <b>00:55:35.40</b> | +00:15:04 | 11:06           | 5.4           |
| 83  | <b>BRZOSKWINIA Wojciech</b>              | <b>201</b> |                                       | M 25-29      | 18   | 00:55:30            | <b>00:55:35.75</b> | <b>00:55:35.75</b> | +00:15:04 | 11:07           | 5.4           |
| 84  | <b>VIKTOROVICH Gruzdev Vladimir</b>      | <b>221</b> |                                       | M 25-29      | 19   | 00:55:43            | <b>00:55:47.65</b> | <b>00:55:49.65</b> | +00:15:18 | 11:09           | 5.4           |
| 85  | <b>SOBIERAJSKI Bolesław</b>              | <b>658</b> |                                       | M 13-17      | 2    | 00:55:53            | <b>00:55:58.35</b> | <b>00:56:00.35</b> | +00:15:29 | 11:11           | 5.4           |
| 86  | <b>WITEK Piotr</b>                       | <b>274</b> |                                       | M 25-29      | 20   | 00:55:54            | <b>00:55:58.35</b> | <b>00:56:01.55</b> | +00:15:30 | 11:11           | 5.4           |
| 87  | <b>BRZOZOWSKI Filip</b>                  | <b>202</b> | HUSARIA RACE TEAM                     | M 25-29      | 21   | 00:55:58            | <b>00:56:01.60</b> | <b>00:56:03.40</b> | +00:15:32 | 11:12           | 5.4           |
| 88  | <b>SALOMÄKI Ville</b>                    | <b>934</b> |                                       | M Journeyman | 1    | 00:55:57            | <b>00:56:02.85</b> | <b>00:56:05.05</b> | +00:15:34 | 11:12           | 5.4           |
| 88  | <b>OLKHOVSKII Dmitri</b>                 | <b>35</b>  | RUSSIA                                | M Elite      | 30   | 00:55:58            | <b>00:56:03.35</b> | <b>00:56:05.05</b> | +00:15:34 | 11:12           | 5.4           |
| 90  | <b>EPMAKOB Антон</b>                     | <b>71</b>  | 39RUS                                 | M Elite      | 31   | 00:56:09            | <b>00:56:13.85</b> | <b>00:56:15.85</b> | +00:15:45 | 11:14           | 5.3           |
| 91  | <b>SCHUH Martin</b>                      | <b>61</b>  | UNION DIRTRUN.COMPANY                 | M Elite      | 32   | 00:56:12            | <b>00:56:15.80</b> | <b>00:56:18.75</b> | +00:15:47 | 11:15           | 5.3           |
| 92  | <b>PAVEL Kocherygin</b>                  | <b>29</b>  |                                       | M Elite      | 33   | 00:56:17            | <b>00:56:21.25</b> | <b>00:56:22.75</b> | +00:15:51 | 11:16           | 5.3           |
| 93  | <b>MÓRAWSKI Mieszko</b>                  | <b>41</b>  |                                       | M Elite      | 34   | 00:56:17            | <b>00:56:22.20</b> | <b>00:56:24.50</b> | +00:15:53 | 11:16           | 5.3           |
| 94  | <b>BETTS Jesse</b>                       | <b>25</b>  |                                       | M Elite      | 35   | 00:56:32            | <b>00:56:40.00</b> | <b>00:56:41.15</b> | +00:16:10 | 11:20           | 5.3           |
| 95  | <b>VERHEUL Paul Pieter Cornelis</b>      | <b>297</b> | ATLAS OUTDOOR TRAINING                | M 25-29      | 22   | 00:56:36            | <b>00:56:42.15</b> | <b>00:56:45.50</b> | +00:16:14 | 11:20           | 5.3           |
| 96  | <b>GONZÁLEZ Miguel Pinto</b>             | <b>20</b>  | OCR COMANDO DEL NORTE OSCAR FERNANDEZ | M Elite      | 36   | 00:56:44            | <b>00:56:49.60</b> | <b>00:56:51.00</b> | +00:16:20 | 11:22           | 5.3           |
| 97  | <b>MILLAN Daniel Osma</b>                | <b>69</b>  | BRAVE BULLS                           | M Elite      | 37   | 00:56:55            | <b>00:56:58.40</b> | <b>00:57:00.20</b> | +00:16:29 | 11:23           | 5.3           |
| 98  | <b>JUSTESEN Simon</b>                    | <b>246</b> | TEAM SOLID                            | M 25-29      | 23   | 00:56:20            | <b>00:57:00.95</b> | <b>00:57:02.80</b> | +00:16:31 | 11:24           | 5.3           |
| 99  | <b>GREGERSEN Mads-Christian Agerskov</b> | <b>653</b> |                                       | M 13-17      | 3    | 00:56:57            | <b>00:57:01.20</b> | <b>00:57:03.85</b> | +00:16:33 | 11:24           | 5.3           |
| 100 | <b>KRUCZKOWSKI Michał</b>                | <b>194</b> | XRUNNERS                              | M 25-29      | 24   | 00:57:03            | <b>00:57:06.55</b> | <b>00:57:08.10</b> | +00:16:37 | 11:25           | 5.3           |
| 101 | <b>SOBIERAJSKI Krzysztof</b>             | <b>656</b> |                                       | M 13-17      | 4    | 00:57:09            | <b>00:57:15.10</b> | <b>00:57:17.25</b> | +00:16:46 | 11:27           | 5.2           |
| 102 | <b>ANTCZAK Marcin</b>                    | <b>199</b> | NEXTREME / 17 BRYGADA ZMECHANIZOWANA  | M 25-29      | 25   | 00:57:14            | <b>00:57:19.80</b> | <b>00:57:21.20</b> | +00:16:50 | 11:28           | 5.2           |
| 103 | <b>DICKSON Mark</b>                      | <b>573</b> |                                       | M 40-44      | 1    | 00:57:16            | <b>00:57:20.95</b> | <b>00:57:22.60</b> | +00:16:51 | 11:28           | 5.2           |
| 104 | <b>MENSINK Nick</b>                      | <b>361</b> | OCR SKILLZ                            | M 30-34      | 12   | 00:57:18            | <b>00:57:22.50</b> | <b>00:57:25.35</b> | +00:16:54 | 11:28           | 5.2           |
| 105 | <b>DAVID Sebastien</b>                   | <b>53</b>  | ELANCIA                               | M Elite      | 38   | 00:57:21            | <b>00:57:25.10</b> | <b>00:57:27.25</b> | +00:16:56 | 11:29           | 5.2           |
| 106 | <b>PROKUDIN Yury</b>                     | <b>647</b> | RUSSIA-MOSCOW REGION                  | M 13-17      | 5    | 00:57:36            | <b>00:57:40.30</b> | <b>00:57:43.25</b> | +00:17:12 | 11:32           | 5.2           |
| 107 | <b>JANSEN Corien</b>                     | <b>82</b>  | FAMILY FIT INDOOR SURVIVAL            | W Elite      | 4    | 00:57:53            | <b>00:57:57.70</b> | <b>00:58:00.00</b> | +00:17:29 | 11:35           | 5.2           |
| 108 | <b>OLEXANDR Tarsukov</b>                 | <b>56</b>  |                                       | M Elite      | 39   | 00:57:26            | <b>00:57:59.05</b> | <b>00:58:00.50</b> | +00:17:29 | 11:35           | 5.2           |
| 109 | <b>MĘDYGRAŁ Krystian</b>                 | <b>235</b> |                                       | M 25-29      | 26   | 00:58:05            | <b>00:58:10.55</b> | <b>00:58:12.00</b> | +00:17:41 | 11:38           | 5.2           |
| 110 | <b>POLYAKOV Oleg</b>                     | <b>220</b> |                                       | M 25-29      | 27   | 00:58:07            | <b>00:58:13.50</b> | <b>00:58:15.45</b> | +00:17:44 | 11:38           | 5.2           |
| 111 | <b>SZYSZKA Kacper</b>                    | <b>163</b> | KONIUCHY OCR                          | M 18-24      | 19   | 00:58:37            | <b>00:58:41.90</b> | <b>00:58:44.05</b> | +00:18:13 | 11:44           | 5.1           |
| 112 | <b>HANSEN Mads Voss</b>                  | <b>137</b> |                                       | M 18-24      | 20   | 00:58:53            | <b>00:58:57.70</b> | <b>00:58:58.55</b> | +00:18:27 | 11:47           | 5.1           |
| 113 | <b>ALMERSKÅR Viktor</b>                  | <b>131</b> |                                       | M 18-24      | 21   | 00:58:56            | <b>00:59:02.15</b> | <b>00:59:02.95</b> | +00:18:32 | 11:48           | 5.1           |
| 114 | <b>HORVÁTH Zsolt</b>                     | <b>650</b> | OCR GABORTEAM                         | M 13-17      | 6    | 00:59:03            | <b>00:59:06.45</b> | <b>00:59:08.30</b> | +00:18:37 | 11:49           | 5.1           |
| 115 | <b>BABUŠKOVÁ Stanislava</b>              | <b>806</b> |                                       | W 40-44      | 1    | 00:59:08            | <b>00:59:12.80</b> | <b>00:59:15.75</b> | +00:18:44 | 11:50           | 5.1           |
| 116 | <b>ORICHOWSKI Witalij</b>                | <b>156</b> |                                       | M 18-24      | 22   | 00:59:15            | <b>00:59:21.60</b> | <b>00:59:24.10</b> | +00:18:53 | 11:52           | 5.1           |
| 117 | <b>WISPELWEIJ Sem</b>                    | <b>150</b> | HANG ON THE NETHERLANDS               | M 18-24      | 23   | 00:59:19            | <b>00:59:24.85</b> | <b>00:59:25.00</b> | +00:18:54 | 11:53           | 5             |

| Msc | Zawodnik               | Numer | Klub                         | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|------------------------------|-----------|------|---------------------|--------------|---------------|-----------|-----------------|---------------|
|     |                        |       |                              |           |      |                     | netto<br>5km | brutto<br>5km |           |                 |               |
| 118 | SETTELE Stefan         | 368   | MIT OCR GERMANY              | M 30-34   | 13   | 00:59:20            | 00:59:23.40  | 00:59:26.10   | +00:18:55 | 11:52           | 5.1           |
| 119 | ASMUSSEN Andreas Munk  | 335   |                              | M 30-34   | 14   | 00:59:19            | 00:59:22.65  | 00:59:26.60   | +00:18:55 | 11:52           | 5.1           |
| 120 | KRASOŃ Bartłomiej      | 272   |                              | M 25-29   | 28   | 00:59:22            | 00:59:26.00  | 00:59:30.25   | +00:18:59 | 11:53           | 5             |
| 121 | SLITS Peter            | 861   |                              | M 50-54   | 2    | 00:59:23            | 00:59:28.60  | 00:59:30.35   | +00:18:59 | 11:53           | 5             |
| 122 | DOMÍNGUEZ Eduardo Díaz | 66    | LEYENDAS OCR BY XFORCE       | M Elite   | 40   | 00:59:33            | 00:59:36.20  | 00:59:38.00   | +00:19:07 | 11:55           | 5             |
| 123 | TOMAKA Tomasz          | 203   | HUSARIA RACE TEAM            | M 25-29   | 29   | 00:59:38            | 00:59:43.40  | 00:59:45.15   | +00:19:14 | 11:56           | 5             |
| 124 | KOŁOSZUK Marcin        | 343   | NEXTREME / 4 ZPLOT           | M 30-34   | 15   | 00:59:52            | 00:59:57.50  | 01:00:00.15   | +00:19:29 | 11:59           | 5             |
| 125 | ARZADUN Imanol Peso    | 72    | DENONTZAT                    | M Elite   | 41   | 00:59:54            | 00:59:59.25  | 01:00:01.15   | +00:19:30 | 12:00           | 5             |
| 126 | DRAGSTED Andreas       | 19    | EVOLUTIONRACE                | M Elite   | 42   | 01:00:02            | 01:00:08.35  | 01:00:10.45   | +00:19:39 | 12:01           | 5             |
| 127 | PÉREZ Sergio Gómez     | 212   | EGYPTIAN RACERS              | M 25-29   | 30   | 01:00:19            | 01:00:23.60  | 01:00:25.10   | +00:19:54 | 12:04           | 5             |
| 128 | TROIAN Makar           | 23    |                              | M Elite   | 43   | 01:00:24            | 01:00:27.45  | 01:00:29.15   | +00:19:58 | 12:05           | 5             |
| 129 | HEŁMECKI Mateusz       | 270   | KONIUCHY OCR                 | M 25-29   | 31   | 01:00:38            | 01:00:44.75  | 01:00:48.10   | +00:20:17 | 12:09           | 4.9           |
| 130 | CAMBRIDGE Luke         | 365   | TEAM NORTHMAN OCR            | M 30-34   | 16   | 01:00:44            | 01:00:49.80  | 01:00:53.05   | +00:20:22 | 12:10           | 4.9           |
| 131 | HARBUNOU Ihar          | 6     |                              | M Elite   | 44   | 01:00:50            | 01:00:55.80  | 01:00:56.65   | +00:20:25 | 12:11           | 4.9           |
| 132 | YAROSLAV Slavushchev   | 261   |                              | M 25-29   | 32   | 01:00:56            | 01:01:00.45  | 01:01:02.75   | +00:20:31 | 12:12           | 4.9           |
| 133 | OSHKIN Egor            | 31    |                              | M Elite   | 45   | 01:01:02            | 01:01:08.75  | 01:01:09.55   | +00:20:38 | 12:13           | 4.9           |
| 134 | MEEL Jim Van Der       | 333   | TEAM HANG-ON THE NETHERLANDS | M 30-34   | 17   | 01:01:06            | 01:01:11.65  | 01:01:15.10   | +00:20:44 | 12:14           | 4.9           |
| 135 | PAWŁOWSKI Kamil        | 162   |                              | M 18-24   | 24   | 01:01:24            | 01:01:29.20  | 01:01:31.25   | +00:21:00 | 12:17           | 4.9           |
| 136 | STAMATEL Sebastian     | 281   | SOCIOS SILESIA               | M 25-29   | 33   | 01:01:25            | 01:01:30.20  | 01:01:33.80   | +00:21:02 | 12:18           | 4.9           |
| 137 | SABIROV Zhanserik      | 76    |                              | M Elite   | 46   | 01:01:27            | 01:01:32.85  | 01:01:34.45   | +00:21:03 | 12:18           | 4.9           |
| 138 | HANDLER Christian      | 57    |                              | M Elite   | 47   | 01:01:30            | 01:01:37.50  | 01:01:39.60   | +00:21:08 | 12:19           | 4.9           |
| 139 | BLOEM Martijn          | 597   | TEAM HANG-ON THE NETHERLANDS | M 40-44   | 2    | 01:01:42            | 01:01:46.30  | 01:01:48.55   | +00:21:17 | 12:21           | 4.9           |
| 140 | GROOT Bo De            | 100   |                              | W Elite   | 5    | 01:01:48            | 01:01:53.85  | 01:01:55.90   | +00:21:25 | 12:22           | 4.8           |
| 141 | MACHTYL Zygmunt        | 831   | BEST BEASTS                  | M 45-49   | 3    | 01:01:58            | 01:02:03.30  | 01:02:05.45   | +00:21:34 | 12:24           | 4.8           |
| 142 | WALTILLA Marcus        | 325   | OCR TEAM MAUS                | M 30-34   | 18   | 01:02:43            | 01:02:46.95  | 01:02:50.45   | +00:22:19 | 12:33           | 4.8           |
| 143 | BUDZISZ Krzysztof      | 565   |                              | M 40-44   | 3    | 01:03:07            | 01:03:11.60  | 01:03:13.25   | +00:22:42 | 12:38           | 4.7           |
| 144 | KEANE Josh             | 222   | TEAM MADNESS                 | M 25-29   | 34   | 01:03:14            | 01:03:17.70  | 01:03:20.05   | +00:22:49 | 12:39           | 4.7           |
| 145 | HÄRKÖNEN Elin          | 110   |                              | W Elite   | 6    | 01:03:33            | 01:03:37.50  | 01:03:39.00   | +00:23:08 | 12:43           | 4.7           |
| 146 | LEMA Damián Espasandín | 410   |                              | M 30-34   | 19   | 01:03:38            | 01:03:42.95  | 01:03:44.45   | +00:23:13 | 12:44           | 4.7           |
| 147 | SAVANOVICH Vitali      | 574   |                              | M 40-44   | 4    | 01:03:40            | 01:03:46.40  | 01:03:48.75   | +00:23:17 | 12:45           | 4.7           |
| 148 | LEGANDER Simon         | 290   |                              | M 25-29   | 35   | 01:03:51            | 01:03:56.35  | 01:04:00.05   | +00:23:29 | 12:47           | 4.7           |
| 149 | RAMOS Sérgio           | 829   | LYNX                         | M 45-49   | 4    | 01:03:55            | 01:04:00.40  | 01:04:02.50   | +00:23:31 | 12:48           | 4.7           |
| 150 | LLAPASSET Victor       | 298   |                              | M 25-29   | 36   | 01:03:56            | 01:04:01.65  | 01:04:05.25   | +00:23:34 | 12:48           | 4.7           |
| 151 | LEJK Beniamin          | 277   | XRUNNERS                     | M 25-29   | 37   | 01:04:04            | 01:04:07.70  | 01:04:11.15   | +00:23:40 | 12:49           | 4.7           |
| 152 | HEER Erik De           | 869   | HANG ON THE NETHERLANDS      | M 50-54   | 3    | 01:04:05            | 01:04:10.70  | 01:04:12.30   | +00:23:41 | 12:50           | 4.7           |
| 153 | BIRKENFELD Thorben     | 279   |                              | M 25-29   | 38   | 01:04:05            | 01:04:09.60  | 01:04:13.80   | +00:23:42 | 12:49           | 4.7           |
| 154 | PEDERSEN Christian     | 823   | EVOLUTIONRACE                | M 45-49   | 5    | 01:04:37            | 01:04:40.70  | 01:04:43.50   | +00:24:12 | 12:56           | 4.6           |
| 155 | SVOBODA Vítek          | 409   | CHALLENGER                   | M 30-34   | 20   | 01:04:40            | 01:04:45.05  | 01:04:47.05   | +00:24:16 | 12:57           | 4.6           |
| 156 | VERLAAT Kees           | 286   |                              | M 25-29   | 39   | 01:04:49            | 01:04:54.60  | 01:04:58.55   | +00:24:27 | 12:59           | 4.6           |
| 157 | SEBASTIEN Fage         | 587   | TEAM KONG OCR FRANCE         | M 40-44   | 5    | 01:05:14            | 01:05:20.15  | 01:05:22.25   | +00:24:51 | 13:04           | 4.6           |
| 158 | VASYA Dudnikov         | 151   |                              | M 18-24   | 25   | 01:05:21            | 01:05:27.30  | 01:05:27.55   | +00:24:56 | 13:05           | 4.6           |
| 159 | LARSSON Madeleine      | 792   | TEAM SOLID SWEDEN            | W 35-39   | 1    | 01:05:23            | 01:05:29.15  | 01:05:30.95   | +00:25:00 | 13:05           | 4.6           |
| 160 | REZNIK Anton           | 54    | RUSSIA                       | M Elite   | 48   | 01:05:59            | 01:06:04.10  | 01:06:06.20   | +00:25:35 | 13:12           | 4.5           |
| 161 | KERSTEN Max            | 190   | OUTDOOR VALLEY               | M 18-24   | 26   | 01:06:02            | 01:06:06.70  | 01:06:09.55   | +00:25:38 | 13:13           | 4.5           |

| Msc | Zawodnik                        | Numer      | Klub                                  | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------|------------|---------------------------------------|--------------|------|---------------------|--------------------|--------------------|-----------|-----------------|---------------|
|     |                                 |            |                                       |              |      |                     | netto<br>5km       | brutto<br>5km      |           |                 |               |
| 162 | <b>BINDSLEV Thomas Gregers</b>  | <b>950</b> |                                       | M Journeyman | 2    | 01:06:17            | <b>01:06:22.35</b> | <b>01:06:26.35</b> | +00:25:55 | 13:16           | 4.5           |
| 163 | <b>MIRA Lorena González</b>     | <b>101</b> |                                       | W Elite      | 7    | 01:06:40            | <b>01:06:44.80</b> | <b>01:06:46.55</b> | +00:26:15 | 13:21           | 4.5           |
| 164 | <b>CIEPIELA Jan</b>             | <b>166</b> |                                       | M 18-24      | 27   | 01:06:45            | <b>01:06:57.80</b> | <b>01:07:00.15</b> | +00:26:29 | 13:23           | 4.5           |
| 165 | <b>BOARDER Robert</b>           | <b>567</b> |                                       | M 40-44      | 6    | 01:07:11            | <b>01:07:15.25</b> | <b>01:07:17.65</b> | +00:26:46 | 13:27           | 4.5           |
| 166 | <b>KRAUCHANKA Aliaksandr</b>    | <b>521</b> |                                       | M 35-39      | 1    | 01:07:13            | <b>01:07:18.15</b> | <b>01:07:20.60</b> | +00:26:49 | 13:27           | 4.5           |
| 167 | <b>PEHTSERAVA Tatsiana</b>      | <b>762</b> |                                       | W 30-34      | 1    | 01:07:25            | <b>01:07:31.95</b> | <b>01:07:34.70</b> | +00:27:03 | 13:30           | 4.4           |
| 168 | <b>LENOIR Cyril</b>             | <b>260</b> |                                       | M 25-29      | 40   | 01:07:26            | <b>01:07:33.45</b> | <b>01:07:34.90</b> | +00:27:04 | 13:30           | 4.4           |
| 169 | <b>ZDEB Maciek</b>              | <b>160</b> |                                       | M 18-24      | 28   | 01:07:50            | <b>01:07:54.70</b> | <b>01:07:57.45</b> | +00:27:26 | 13:35           | 4.4           |
| 170 | <b>BUCCARELLA Luca</b>          | <b>185</b> |                                       | M 18-24      | 29   | 01:07:54            | <b>01:07:59.50</b> | <b>01:08:02.00</b> | +00:27:31 | 13:36           | 4.4           |
| 171 | <b>ŁUKASZ Lorenc</b>            | <b>568</b> |                                       | M 40-44      | 7    | 01:08:47            | <b>01:08:53.65</b> | <b>01:08:53.65</b> | +00:28:22 | 13:46           | 4.4           |
| 172 | <b>GERICH Jan Von</b>           | <b>611</b> |                                       | M 40-44      | 8    | 01:09:04            | <b>01:09:07.60</b> | <b>01:09:10.05</b> | +00:28:39 | 13:49           | 4.3           |
| 173 | <b>MIKHINA Anastasia</b>        | <b>85</b>  |                                       | W Elite      | 8    | 01:09:20            | <b>01:09:24.15</b> | <b>01:09:25.50</b> | +00:28:54 | 13:52           | 4.3           |
| 174 | <b>ECHEVERRIA Asier Landart</b> | <b>30</b>  | DENONTZAT                             | M Elite      | 49   | 01:09:20            | <b>01:09:26.50</b> | <b>01:09:27.35</b> | +00:28:56 | 13:53           | 4.3           |
| 175 | <b>KOSIŃSKI Jakub</b>           | <b>167</b> |                                       | M 18-24      | 30   | 01:09:31            | <b>01:09:37.05</b> | <b>01:09:39.40</b> | +00:29:08 | 13:55           | 4.3           |
| 176 | <b>MARTIN Darren</b>            | <b>300</b> |                                       | M 25-29      | 41   | 01:09:31            | <b>01:09:36.45</b> | <b>01:09:39.50</b> | +00:29:08 | 13:55           | 4.3           |
| 177 | <b>POWELL Alf</b>               | <b>660</b> |                                       | M 13-17      | 7    | 01:09:40            | <b>01:09:45.15</b> | <b>01:09:47.10</b> | +00:29:16 | 13:57           | 4.3           |
| 178 | <b>SZCZEPANIAK Marcin</b>       | <b>454</b> | XRUNNERS                              | M 35-39      | 2    | 01:09:45            | <b>01:09:50.15</b> | <b>01:09:51.90</b> | +00:29:21 | 13:58           | 4.3           |
| 179 | <b>SRNSKÝ Daniel</b>            | <b>189</b> |                                       | M 18-24      | 31   | 01:09:54            | <b>01:09:58.70</b> | <b>01:10:01.45</b> | +00:29:30 | 13:59           | 4.3           |
| 180 | <b>RAMOS Paula Esteiro</b>      | <b>784</b> |                                       | W 35-39      | 2    | 01:10:09            | <b>01:10:15.25</b> | <b>01:10:17.40</b> | +00:29:46 | 14:03           | 4.3           |
| 181 | <b>GARNIER Anouk</b>            | <b>111</b> |                                       | W Elite      | 9    | 01:10:28            | <b>01:10:32.65</b> | <b>01:10:34.15</b> | +00:30:03 | 14:06           | 4.3           |
| 182 | <b>VEPŘEK Martin</b>            | <b>256</b> |                                       | M 25-29      | 42   | 01:10:31            | <b>01:10:35.55</b> | <b>01:10:37.65</b> | +00:30:06 | 14:07           | 4.3           |
| 183 | <b>HANSEN Jonas</b>             | <b>259</b> |                                       | M 25-29      | 43   | 01:10:33            | <b>01:10:39.00</b> | <b>01:10:41.45</b> | +00:30:10 | 14:07           | 4.2           |
| 184 | <b>STEENSGAARD Ida Mathilde</b> | <b>92</b>  |                                       | W Elite      | 10   | 01:10:37            | <b>01:10:41.75</b> | <b>01:10:43.65</b> | +00:30:12 | 14:08           | 4.2           |
| 185 | <b>VRIES Lisan De</b>           | <b>811</b> | FAMILYFIT OCR TEAM                    | W 40-44      | 2    | 01:10:38            | <b>01:10:43.20</b> | <b>01:10:46.00</b> | +00:30:15 | 14:08           | 4.2           |
| 186 | <b>DAMKOT Tom</b>               | <b>661</b> |                                       | M 13-17      | 8    | 01:10:37            | <b>01:11:07.15</b> | <b>01:11:08.90</b> | +00:30:38 | 14:13           | 4.2           |
| 187 | <b>DIJKSTRA Dooitze</b>         | <b>562</b> | TEAM HANG-ON THE NETHERLANDS          | M 35-39      | 3    | 01:11:33            | <b>01:11:38.65</b> | <b>01:11:41.55</b> | +00:31:10 | 14:19           | 4.2           |
| 188 | <b>RACZEK Radosław</b>          | <b>233</b> | GORAŃY POTOK TEAM- PODHALAŃSKIE DZIKI | M 25-29      | 44   | 01:11:35            | <b>01:11:40.00</b> | <b>01:11:41.75</b> | +00:31:10 | 14:20           | 4.2           |
| 189 | <b>LINDSGREN Christina</b>      | <b>803</b> |                                       | W 40-44      | 3    | 01:11:40            | <b>01:11:45.45</b> | <b>01:11:48.20</b> | +00:31:17 | 14:21           | 4.2           |
| 190 | <b>NILSSON Erik</b>             | <b>136</b> |                                       | M 18-24      | 32   | 01:11:45            | <b>01:11:52.55</b> | <b>01:11:52.70</b> | +00:31:21 | 14:22           | 4.2           |
| 191 | <b>ROBBEMOND Robin</b>          | <b>842</b> | TEAM HANG-ON THE NETHERLANDS          | M 45-49      | 6    | 01:11:48            | <b>01:11:53.70</b> | <b>01:11:55.75</b> | +00:31:24 | 14:22           | 4.2           |
| 192 | <b>WOROBIEWA Jekatierina</b>    | <b>773</b> |                                       | W 30-34      | 2    | 01:11:54            | <b>01:11:58.50</b> | <b>01:12:01.90</b> | +00:31:31 | 14:23           | 4.2           |
| 193 | <b>BURÉN Johan</b>              | <b>481</b> | KARLSHAMN OCR                         | M 35-39      | 4    | 01:12:00            | <b>01:12:05.75</b> | <b>01:12:07.65</b> | +00:31:36 | 14:25           | 4.2           |
| 194 | <b>KURACH Stanislaw</b>         | <b>871</b> | DZIADY OCR                            | M 50-54      | 4    | 01:12:31            | <b>01:12:34.95</b> | <b>01:12:37.95</b> | +00:32:07 | 14:30           | 4.1           |
| 195 | <b>MARTIN Astrid</b>            | <b>732</b> |                                       | W 25-29      | 1    | 01:12:31            | <b>01:12:37.45</b> | <b>01:12:38.85</b> | +00:32:08 | 14:31           | 4.1           |
| 196 | <b>JOZEFIAK Lukasz</b>          | <b>453</b> | XRUNNERS                              | M 35-39      | 5    | 01:12:33            | <b>01:12:38.50</b> | <b>01:12:40.65</b> | +00:32:09 | 14:31           | 4.1           |
| 197 | <b>KAMIESHKOV Denys</b>         | <b>602</b> |                                       | M 40-44      | 9    | 01:12:37            | <b>01:12:42.25</b> | <b>01:12:45.05</b> | +00:32:14 | 14:32           | 4.1           |
| 198 | <b>SCHWEIGERT Matthias</b>      | <b>288</b> |                                       | M 25-29      | 45   | 01:12:46            | <b>01:12:51.70</b> | <b>01:12:54.90</b> | +00:32:24 | 14:34           | 4.1           |
| 199 | <b>HOWARD John</b>              | <b>51</b>  |                                       | M Elite      | 50   | 01:12:51            | <b>01:12:56.95</b> | <b>01:13:00.25</b> | +00:32:29 | 14:35           | 4.1           |
| 200 | <b>WAŁDOWSKI Dominik</b>        | <b>459</b> |                                       | M 35-39      | 6    | 01:13:19            | <b>01:13:25.20</b> | <b>01:13:27.75</b> | +00:32:56 | 14:41           | 4.1           |
| 201 | <b>DORNYI Tamás</b>             | <b>178</b> |                                       | M 18-24      | 33   | 01:13:22            | <b>01:13:27.05</b> | <b>01:13:29.00</b> | +00:32:58 | 14:41           | 4.1           |
| 202 | <b>MONZON Imre</b>              | <b>49</b>  |                                       | M Elite      | 51   | 01:13:30            | <b>01:13:35.85</b> | <b>01:13:35.85</b> | +00:33:05 | 14:43           | 4.1           |
| 203 | <b>BUENK Peter</b>              | <b>595</b> | TEAM OUTDOOR OCR                      | M 40-44      | 10   | 01:13:43            | <b>01:13:48.50</b> | <b>01:13:50.65</b> | +00:33:19 | 14:45           | 4.1           |
| 204 | <b>RIECHERT Viola</b>           | <b>81</b>  | MUD MONKEYS OCR TEAM                  | W Elite      | 11   | 01:13:47            | <b>01:13:51.65</b> | <b>01:13:53.25</b> | +00:33:22 | 14:46           | 4.1           |
| 205 | <b>WISSING Arjan</b>            | <b>470</b> | VUDA OBSTACLE TEAM                    | M 35-39      | 7    | 01:14:27            | <b>01:14:32.55</b> | <b>01:14:34.35</b> | +00:34:03 | 14:54           | 4             |

| Msc | Zawodnik                   | Numer | Klub                         | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|-------|------------------------------|--------------|------|---------------------|--------------|---------------|-----------|-----------------|---------------|
|     |                            |       |                              |              |      |                     | netto<br>5km | brutto<br>5km |           |                 |               |
| 206 | WIKTOROWICZ Mariusz        | 566   | RMF4RT GLADIATORS            | M 40-44      | 11   | 01:14:29            | 01:14:37.70  | 01:14:39.85   | +00:34:09 | 14:55           | 4             |
| 207 | MICHEL Jérémy              | 62    |                              | M Elite      | 52   | 01:14:47            | 01:14:51.95  | 01:14:53.95   | +00:34:23 | 14:58           | 4             |
| 208 | ГОВОРОВ Андрей             | 58    |                              | M Elite      | 53   | 01:14:50            | 01:14:55.35  | 01:14:57.35   | +00:34:26 | 14:59           | 4             |
| 209 | MADSEN Tommy               | 450   | GRIPEN OCR                   | M 35-39      | 8    | 01:14:52            | 01:14:57.60  | 01:14:59.45   | +00:34:28 | 14:59           | 4             |
| 210 | WRIGHT Jason               | 836   |                              | M 45-49      | 7    | 01:15:27            | 01:15:32.75  | 01:15:34.60   | +00:35:03 | 15:06           | 4             |
| 211 | ŠULDA Jakub                | 188   |                              | M 18-24      | 34   | 01:15:31            | 01:15:37.50  | 01:15:39.50   | +00:35:08 | 15:07           | 4             |
| 212 | LEVERAAS Katrine Haaland   | 709   | TOUGH RACE SWEDEN            | W 25-29      | 2    | 01:15:37            | 01:15:40.85  | 01:15:42.55   | +00:35:11 | 15:08           | 4             |
| 213 | LISOWSKI Grzegorz          | 458   | SOCIOS SILESIA               | M 35-39      | 9    | 01:16:00            | 01:16:05.15  | 01:16:07.10   | +00:35:36 | 15:13           | 3.9           |
| 214 | SJÖLIN Johan               | 376   |                              | M 30-34      | 21   | 01:16:16            | 01:16:21.75  | 01:16:24.80   | +00:35:53 | 15:16           | 3.9           |
| 215 | ESPINOSA Joaquín Malo      | 581   |                              | M 40-44      | 12   | 01:16:29            | 01:16:34.10  | 01:16:35.90   | +00:36:05 | 15:18           | 3.9           |
| 216 | САПАТОВ Константин         | 553   |                              | M 35-39      | 10   | 01:17:12            | 01:17:16.80  | 01:17:19.45   | +00:36:48 | 15:27           | 3.9           |
| 217 | CRUZ Sebastien             | 486   |                              | M 35-39      | 11   | 01:17:16            | 01:17:22.25  | 01:17:24.40   | +00:36:53 | 15:28           | 3.9           |
| 218 | ALFREDSSON Tobias          | 620   |                              | M 40-44      | 13   | 01:17:26            | 01:17:30.30  | 01:17:32.50   | +00:37:01 | 15:30           | 3.9           |
| 219 | CANACCINI Denis            | 572   |                              | M 40-44      | 14   | 01:17:30            | 01:17:34.10  | 01:17:35.95   | +00:37:05 | 15:30           | 3.9           |
| 220 | MARUSZEWSKI Marcin         | 455   | NEXTREME                     | M 35-39      | 12   | 01:17:38            | 01:17:42.35  | 01:17:43.90   | +00:37:13 | 15:32           | 3.9           |
| 221 | GIESBERTS Valérie          | 891   | TEAM HANG-ON THE NETHERLANDS | W 13-17      | 1    | 01:17:41            | 01:17:45.55  | 01:17:48.15   | +00:37:17 | 15:33           | 3.9           |
| 222 | CAPPELEN Dan               | 549   | #3KLØVERENOCR                | M 35-39      | 13   | 01:17:34            | 01:17:40.55  | 01:17:49.65   | +00:37:18 | 15:32           | 3.9           |
| 223 | MAROZ Artsiom              | 321   |                              | M 30-34      | 22   | 01:17:41            | 01:17:46.45  | 01:17:49.90   | +00:37:19 | 15:33           | 3.9           |
| 224 | KASZA Rafal                | 456   | HUSARIA RACE TEAM            | M 35-39      | 14   | 01:17:48            | 01:17:54.20  | 01:17:55.35   | +00:37:24 | 15:34           | 3.9           |
| 225 | FIGUEIREDO Rui Pedro Cruz  | 213   |                              | M 25-29      | 46   | 01:17:50            | 01:18:08.10  | 01:18:09.90   | +00:37:39 | 15:37           | 3.8           |
| 226 | ANDRESEN Petter            | 872   | TEAM OCR NORWAY              | M 50-54      | 5    | 01:18:06            | 01:18:11.90  | 01:18:14.05   | +00:37:43 | 15:38           | 3.8           |
| 227 | REGNELL Fredrick           | 326   |                              | M 30-34      | 23   | 01:18:09            | 01:18:14.10  | 01:18:17.45   | +00:37:46 | 15:38           | 3.8           |
| 228 | LOMNICKÁ Tereza            | 682   |                              | W 18-24      | 1    | 01:18:19            | 01:18:24.40  | 01:18:27.35   | +00:37:56 | 15:41           | 3.8           |
| 229 | BENTO Toni                 | 600   |                              | M 40-44      | 15   | 01:18:33            | 01:18:39.55  | 01:18:42.75   | +00:38:11 | 15:43           | 3.8           |
| 230 | HANSSON Rickard            | 615   | GRIPEN OCR                   | M 40-44      | 16   | 01:18:35            | 01:18:39.75  | 01:18:42.80   | +00:38:11 | 15:43           | 3.8           |
| 231 | TOMASZ Komarnicki          | 530   | GRUBIORZE LOTAJOM            | M 35-39      | 15   | 01:18:51            | 01:18:56.70  | 01:18:58.95   | +00:38:28 | 15:47           | 3.8           |
| 232 | CIMLER Jiří                | 55    | GLADIATORS CZECH             | M Elite      | 54   | 01:19:12            | 01:19:18.60  | 01:19:21.10   | +00:38:50 | 15:51           | 3.8           |
| 233 | GEVEN Twan                 | 666   | TEAM BRUGGINK NL             | M 13-17      | 9    | 01:19:16            | 01:19:20.55  | 01:19:22.60   | +00:38:51 | 15:52           | 3.8           |
| 234 | SLUIS Richard              | 514   |                              | M 35-39      | 16   | 01:19:16            | 01:19:21.40  | 01:19:24.05   | +00:38:53 | 15:52           | 3.8           |
| 235 | YANN Chambert              | 328   | SPARTAN LIONS                | M 30-34      | 24   | 01:19:15            | 01:19:20.90  | 01:19:24.25   | +00:38:53 | 15:52           | 3.8           |
| 236 | BATES Daniel               | 853   | TEAM ULTIMATE OCR            | M 45-49      | 8    | 01:19:40            | 01:19:45.95  | 01:19:48.70   | +00:39:17 | 15:57           | 3.8           |
| 237 | RYDSTRÖM Johan             | 513   | KARLSHAMN OCR                | M 35-39      | 17   | 01:20:08            | 01:20:13.90  | 01:20:17.15   | +00:39:46 | 16:02           | 3.7           |
| 238 | DRUIJFF Meike              | 892   |                              | W 13-17      | 2    | 01:20:19            | 01:20:23.45  | 01:20:26.35   | +00:39:55 | 16:04           | 3.7           |
| 239 | LOZANO Miguel Ángel Charro | 858   |                              | M 45-49      | 9    | 01:20:19            | 01:20:25.85  | 01:20:27.95   | +00:39:57 | 16:05           | 3.7           |
| 240 | PELLUZ Luis                | 599   |                              | M 40-44      | 17   | 01:20:30            | 01:20:35.55  | 01:20:37.85   | +00:40:07 | 16:07           | 3.7           |
| 241 | LEARY Tony                 | 880   |                              | M 50-54      | 6    | 01:20:37            | 01:20:46.75  | 01:20:48.45   | +00:40:17 | 16:09           | 3.7           |
| 242 | LISOWSKI Adam              | 460   | SOCIOS SILESIA               | M 35-39      | 18   | 01:20:45            | 01:20:49.70  | 01:20:51.40   | +00:40:20 | 16:10           | 3.7           |
| 243 | ПŁÓCIENNIK Piotr           | 348   |                              | M 30-34      | 25   | 01:21:09            | 01:21:13.65  | 01:21:16.25   | +00:40:45 | 16:14           | 3.7           |
| 244 | OVECHKIN Taras             | 474   |                              | M 35-39      | 19   | 01:21:09            | 01:21:15.05  | 01:21:17.35   | +00:40:46 | 16:15           | 3.7           |
| 245 | ALEKSEI Giatcintov         | 462   |                              | M 35-39      | 20   | 01:21:39            | 01:21:44.45  | 01:21:46.30   | +00:41:15 | 16:21           | 3.7           |
| 246 | CHRISTIAN Ramberger        | 940   | TEAM CELTIC WARRIOR          | M Journeyman | 3    | 01:21:57            | 01:22:06.50  | 01:22:09.15   | +00:41:38 | 16:25           | 3.7           |
| 247 | SCHÜLER Constantin         | 936   |                              | M Journeyman | 4    | 01:21:57            | 01:22:06.40  | 01:22:09.35   | +00:41:38 | 16:25           | 3.7           |
| 248 | NIELSEN Søren              | 432   |                              | M 30-34      | 26   | 01:22:10            | 01:22:14.45  | 01:22:17.50   | +00:41:46 | 16:26           | 3.6           |
| 249 | SAAL Patrick               | 920   | MUDDY UNICORNS               | M Journeyman | 5    | 01:22:12            | 01:22:22.60  | 01:22:26.30   | +00:41:55 | 16:28           | 3.6           |

| Msc | Zawodnik                   | Numer | Klub                | Kategoria   | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|-------|---------------------|-------------|------|---------------------|--------------|---------------|-----------|-----------------|---------------|
|     |                            |       |                     |             |      |                     | netto<br>5km | brutto<br>5km |           |                 |               |
| 250 | FAGERSTRÖM Po              | 586   | TEAM SOLID          | M 40-44     | 18   | 01:22:22            | 01:22:26.85  | 01:22:29.55   | +00:41:58 | 16:29           | 3.6           |
| 251 | ONOFRIENKO Karina          | 678   |                     | W 18-24     | 2    | 01:22:42            | 01:22:49.25  | 01:22:51.45   | +00:42:20 | 16:33           | 3.6           |
| 252 | ŁUKASZEWSKI Jakub          | 158   | HUSARIA RACE TEAM   | M 18-24     | 35   | 01:22:59            | 01:23:03.65  | 01:23:05.95   | +00:42:35 | 16:36           | 3.6           |
| 253 | GAWRYLUK Marcin            | 415   |                     | M 30-34     | 27   | 01:23:05            | 01:23:11.60  | 01:23:13.45   | +00:42:42 | 16:38           | 3.6           |
| 254 | LUNDBERG Sara              | 764   |                     | W 30-34     | 3    | 01:23:16            | 01:23:21.45  | 01:23:25.35   | +00:42:54 | 16:40           | 3.6           |
| 255 | KONARSKI Łukasz            | 534   | KONTENER FORMY      | M 35-39     | 21   | 01:23:25            | 01:23:31.20  | 01:23:33.45   | +00:43:02 | 16:42           | 3.6           |
| 256 | TYL Lukáš                  | 374   |                     | M 30-34     | 28   | 01:23:32            | 01:23:38.10  | 01:23:41.55   | +00:43:10 | 16:43           | 3.6           |
| 257 | OLEKSIUK Andrii            | 467   |                     | M 35-39     | 22   | 01:23:51            | 01:23:56.15  | 01:23:57.55   | +00:43:26 | 16:47           | 3.6           |
| 258 | MAŁEK Rafał                | 489   | WATAHA              | M 35-39     | 23   | 01:23:57            | 01:24:01.00  | 01:24:03.95   | +00:43:33 | 16:48           | 3.6           |
| 259 | JAKUBCZAK Marcin           | 452   |                     | M 35-39     | 24   | 01:24:10            | 01:24:15.70  | 01:24:18.25   | +00:43:47 | 16:51           | 3.6           |
| 260 | CHRISTIAN Ramberger        | 478   | TEAM CELTIC WARRIOR | M 35-39     | 25   | 01:24:17            | 01:24:23.95  | 01:24:26.50   | +00:43:55 | 16:52           | 3.6           |
| 261 | PODGORSKI Marek            | 492   |                     | M 35-39     | 26   | 01:24:51            | 01:24:56.20  | 01:24:58.30   | +00:44:27 | 16:59           | 3.5           |
| 262 | KUZMENKO Irina             | 978   |                     | WJourneyman | 1    | 01:24:54            | 01:25:00.90  | 01:25:03.45   | +00:44:32 | 17:00           | 3.5           |
| 263 | ENDERBY Rich               | 464   | TEAM OMRM           | M 35-39     | 27   | 01:24:58            | 01:25:04.95  | 01:25:07.00   | +00:44:36 | 17:01           | 3.5           |
| 264 | MÉDARD Olivier             | 411   | LES BISONS          | M 30-34     | 29   | 01:25:04            | 01:25:10.00  | 01:25:12.30   | +00:44:41 | 17:02           | 3.5           |
| 265 | SWACZYNSKI Krzysztof       | 497   | HUSARIA RACE TEAM   | M 35-39     | 28   | 01:25:41            | 01:25:46.60  | 01:25:49.85   | +00:45:19 | 17:09           | 3.5           |
| 266 | TAYLOR Adam                | 466   |                     | M 35-39     | 29   | 01:25:45            | 01:25:50.15  | 01:25:52.45   | +00:45:21 | 17:10           | 3.5           |
| 267 | SCHYBERG Oscar             | 556   | KARLSHAMN OCR       | M 35-39     | 30   | 01:25:59            | 01:26:03.80  | 01:26:07.15   | +00:45:36 | 17:12           | 3.5           |
| 268 | REKUTIN Ivan               | 422   |                     | M 30-34     | 30   | 01:26:16            | 01:26:19.60  | 01:26:22.45   | +00:45:51 | 17:16           | 3.5           |
| 269 | HŮRKOVÁ Kristýna           | 114   |                     | WElite      | 12   | 01:26:20            | 01:26:25.90  | 01:26:27.70   | +00:45:56 | 17:17           | 3.5           |
| 270 | KRÁSA David                | 596   |                     | M 40-44     | 19   | 01:26:26            | 01:26:32.35  | 01:26:34.95   | +00:46:04 | 17:18           | 3.5           |
| 271 | JASTRZĘBSKI Piotr          | 352   |                     | M 30-34     | 31   | 01:26:30            | 01:26:35.90  | 01:26:38.50   | +00:46:07 | 17:19           | 3.5           |
| 272 | NIELSEN Daniel Birk        | 413   |                     | M 30-34     | 32   | 01:26:34            | 01:26:38.00  | 01:26:40.80   | +00:46:09 | 17:19           | 3.5           |
| 273 | JULIEN Andrew              | 355   | TEAMMADNESS         | M 30-34     | 33   | 01:27:43            | 01:27:50.60  | 01:27:53.65   | +00:47:22 | 17:34           | 3.4           |
| 274 | YANIN Denis                | 472   |                     | M 35-39     | 31   | 01:28:17            | 01:28:21.45  | 01:28:23.65   | +00:47:52 | 17:40           | 3.4           |
| 275 | STANCLIK Krzysztof         | 975   |                     | MJourneyman | 6    | 01:28:13            | 01:28:21.75  | 01:28:25.20   | +00:47:54 | 17:40           | 3.4           |
| 276 | PAPPERMANN Jens            | 483   |                     | M 35-39     | 32   | 01:28:20            | 01:28:23.55  | 01:28:26.00   | +00:47:55 | 17:40           | 3.4           |
| 277 | KÖNIGOVÁ Lucie             | 90    |                     | WElite      | 13   | 01:28:19            | 01:28:25.05  | 01:28:27.15   | +00:47:56 | 17:41           | 3.4           |
| 278 | ÖBERG Robin                | 354   | @HEJAPAPPA          | M 30-34     | 34   | 01:28:33            | 01:28:38.20  | 01:28:40.60   | +00:48:09 | 17:43           | 3.4           |
| 279 | CAJDERT Johan              | 482   |                     | M 35-39     | 33   | 01:28:37            | 01:28:49.05  | 01:28:51.70   | +00:48:20 | 17:45           | 3.4           |
| 280 | JAKOBSSON Niklas           | 323   |                     | M 30-34     | 35   | 01:28:45            | 01:28:50.75  | 01:28:54.40   | +00:48:23 | 17:46           | 3.4           |
| 281 | GALLI Dario                | 641   |                     | M 40-44     | 20   | 01:29:01            | 01:29:07.70  | 01:29:10.85   | +00:48:40 | 17:49           | 3.4           |
| 282 | BÄR Marcel                 | 404   | MIT OCR GERMANY     | M 30-34     | 36   | 01:29:11            | 01:29:16.75  | 01:29:18.65   | +00:48:47 | 17:51           | 3.4           |
| 283 | BRINKMANN Sabrina          | 733   |                     | W25-29      | 3    | 01:29:15            | 01:29:19.90  | 01:29:22.25   | +00:48:51 | 17:52           | 3.4           |
| 284 | WIELECHOWSKA Natalia       | 112   |                     | WElite      | 14   | 01:28:27            | 01:29:28.30  | 01:29:30.20   | +00:48:59 | 17:53           | 3.4           |
| 285 | HELGERS Mike               | 598   |                     | M 40-44     | 21   | 01:29:44            | 01:29:48.50  | 01:29:51.20   | +00:49:20 | 17:57           | 3.3           |
| 286 | WHETTON Eddie              | 473   |                     | M 35-39     | 34   | 01:30:31            | 01:30:36.25  | 01:30:37.70   | +00:50:06 | 18:07           | 3.3           |
| 287 | CSÁSZÁR Vilmos             | 392   | OCR GABORTEAM       | M 30-34     | 37   | 01:30:31            | 01:30:36.25  | 01:30:39.20   | +00:50:08 | 18:07           | 3.3           |
| 288 | HANSEN Stefan              | 471   | #3KLØVERENOCR       | M 35-39     | 35   | 01:31:02            | 01:31:09.35  | 01:31:11.90   | +00:50:41 | 18:13           | 3.3           |
| 289 | BYRCZEK Michał             | 349   |                     | M 30-34     | 38   | 01:31:38            | 01:31:42.70  | 01:31:45.30   | +00:51:14 | 18:20           | 3.3           |
| 290 | OLSEN Mads-Christian Brill | 351   |                     | M 30-34     | 39   | 01:32:13            | 01:32:18.15  | 01:32:21.05   | +00:51:50 | 18:27           | 3.2           |
| 291 | WILSON Tom                 | 371   |                     | M 30-34     | 40   | 01:32:15            | 01:32:23.95  | 01:32:27.30   | +00:51:56 | 18:28           | 3.2           |
| 292 | GRABARCZYK Wojciech        | 645   | BEST BEASTS         | M 40-44     | 22   | 01:32:27            | 01:32:31.50  | 01:32:33.75   | +00:52:02 | 18:30           | 3.2           |
| 293 | VITALI Hrachov             | 439   |                     | M 30-34     | 41   | 01:32:33            | 01:32:38.55  | 01:32:42.00   | +00:52:11 | 18:31           | 3.2           |

| Msc | Zawodnik              | Numer | Klub                             | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|----------------------------------|--------------|------|---------------------|--------------|---------------|-----------|-----------------|---------------|
|     |                       |       |                                  |              |      |                     | netto<br>5km | brutto<br>5km |           |                 |               |
| 294 | PISARCZYK Karolina    | 89    |                                  | W Elite      | 15   | 01:32:38            | 01:32:42.35  | 01:32:44.95   | +00:52:14 | 18:32           | 3.2           |
| 295 | PETERSEN Thomas       | 360   |                                  | M 30-34      | 42   | 01:32:37            | 01:32:42.70  | 01:32:46.75   | +00:52:15 | 18:32           | 3.2           |
| 296 | FABRÈGUE Rémi         | 339   |                                  | M 30-34      | 43   | 01:32:37            | 01:32:43.70  | 01:32:47.35   | +00:52:16 | 18:32           | 3.2           |
| 297 | KÖNIG Alexander       | 967   |                                  | M Journeyman | 7    | 01:32:52            | 01:32:57.70  | 01:33:00.65   | +00:52:29 | 18:35           | 3.2           |
| 298 | MARIA Smyshlyaeva     | 84    |                                  | W Elite      | 16   | 01:33:07            | 01:33:13.35  | 01:33:14.90   | +00:52:44 | 18:38           | 3.2           |
| 299 | GARCIA Adrián Ruiz    | 332   | THE LAST TRAINING                | M 30-34      | 44   | 01:32:53            | 01:33:16.15  | 01:33:19.40   | +00:52:48 | 18:39           | 3.2           |
| 300 | ANDERSEN Steen        | 925   |                                  | M Journeyman | 8    | 01:33:39            | 01:33:46.05  | 01:33:48.55   | +00:53:17 | 18:45           | 3.2           |
| 301 | URBANO David Quintana | 324   | TFG/TONI MUSCLE                  | M 30-34      | 45   | 01:34:00            | 01:34:09.15  | 01:34:13.25   | +00:53:42 | 18:49           | 3.2           |
| 302 | ZAPPA Stefano         | 428   | WHITE DONKEYS                    | M 30-34      | 46   | 01:34:08            | 01:34:12.00  | 01:34:14.40   | +00:53:43 | 18:50           | 3.2           |
| 303 | MOROŃ Bartłomiej      | 381   |                                  | M 30-34      | 47   | 01:33:54            | 01:34:32.40  | 01:34:34.40   | +00:54:03 | 18:54           | 3.2           |
| 304 | SKUPIEŃ Tomasz        | 663   |                                  | M 13-17      | 10   | 01:34:37            | 01:34:40.30  | 01:34:43.00   | +00:54:12 | 18:56           | 3.2           |
| 305 | SAVIN Aleksei         | 331   |                                  | M 30-34      | 48   | 01:34:48            | 01:34:51.20  | 01:34:55.00   | +00:54:24 | 18:58           | 3.2           |
| 306 | GOMEZ Manuel Valero   | 570   | LEYENDAS OCR BY XFORCE           | M 40-44      | 23   | 01:34:50            | 01:34:53.90  | 01:34:56.00   | +00:54:25 | 18:58           | 3.2           |
| 307 | BŁĘDZKI Adam          | 418   |                                  | M 30-34      | 49   | 01:35:03            | 01:35:08.95  | 01:35:11.05   | +00:54:40 | 19:01           | 3.2           |
| 308 | CHOŁUJ Łukasz         | 419   |                                  | M 30-34      | 50   | 01:35:08            | 01:35:11.85  | 01:35:13.70   | +00:54:42 | 19:02           | 3.2           |
| 309 | WYSOCKA Klaudia       | 997   | CARBON OCR RACING TEAM           | W Journeyman | 2    | 01:35:30            | 01:35:37.80  | 01:35:40.35   | +00:55:09 | 19:07           | 3.1           |
| 310 | KĄKOL Kacper          | 998   |                                  | M Journeyman | 9    | 01:35:32            | 01:35:40.30  | 01:35:42.95   | +00:55:12 | 19:08           | 3.1           |
| 311 | ANANIN Artem          | 367   |                                  | M 30-34      | 51   | 01:35:47            | 01:35:53.75  | 01:35:56.15   | +00:55:25 | 19:10           | 3.1           |
| 312 | TAKÁČ Vladimír        | 629   |                                  | M 40-44      | 24   | 01:35:57            | 01:36:01.35  | 01:36:04.10   | +00:55:33 | 19:12           | 3.1           |
| 313 | КОХАНЧУК Анастасия    | 995   |                                  | W Journeyman | 3    | 01:35:55            | 01:36:03.25  | 01:36:05.60   | +00:55:34 | 19:12           | 3.1           |
| 314 | PEDERSEN Brian        | 616   |                                  | M 40-44      | 25   | 01:36:15            | 01:36:23.20  | 01:36:28.80   | +00:55:57 | 19:16           | 3.1           |
| 315 | NIELSEN Dennis        | 391   |                                  | M 30-34      | 52   | 01:36:39            | 01:36:43.50  | 01:36:46.45   | +00:56:15 | 19:20           | 3.1           |
| 316 | CHMIELEWSKI Mariusz   | 610   | GRUPA BIEGOWA CZARNA BIAŁOSTOCKA | M 40-44      | 26   | 01:36:56            | 01:37:01.90  | 01:37:04.55   | +00:56:33 | 19:24           | 3.1           |
| 317 | RAMPÍR Jiří           | 942   |                                  | M Journeyman | 10   | 01:37:04            | 01:37:11.10  | 01:37:13.95   | +00:56:43 | 19:26           | 3.1           |
| 318 | ZIMMER Markus         | 429   |                                  | M 30-34      | 53   | 01:37:10            | 01:37:17.85  | 01:37:20.45   | +00:56:49 | 19:27           | 3.1           |
| 319 | BERTA Paolo           | 592   |                                  | M 40-44      | 27   | 01:37:37            | 01:37:47.05  | 01:37:49.75   | +00:57:18 | 19:33           | 3.1           |
| 320 | PIELATOWSKI Adam      | 420   |                                  | M 30-34      | 54   | 01:37:56            | 01:38:03.05  | 01:38:06.30   | +00:57:35 | 19:36           | 3.1           |
| 321 | BAPTISTE David        | 356   | TEAMMADNESS                      | M 30-34      | 55   | 01:38:10            | 01:38:14.85  | 01:38:17.60   | +00:57:46 | 19:39           | 3.1           |
| 322 | GANE Mr Jamie         | 922   |                                  | M Journeyman | 11   | 01:38:10            | 01:38:16.95  | 01:38:20.10   | +00:57:49 | 19:39           | 3.1           |
| 323 | LYNG Rasmus           | 916   | OCR FIGHTERS                     | M Journeyman | 12   | 01:38:32            | 01:38:39.30  | 01:38:41.70   | +00:58:10 | 19:43           | 3             |
| 324 | DUPUIS Jean-Charles   | 357   | SWAT NORD                        | M 30-34      | 56   | 01:38:50            | 01:38:57.85  | 01:39:00.60   | +00:58:29 | 19:47           | 3             |
| 325 | KALISZYK Grzegorz     | 607   |                                  | M 40-44      | 28   | 01:38:53            | 01:39:00.80  | 01:39:02.95   | +00:58:32 | 19:48           | 3             |
| 326 | JENSEN Mikkel         | 946   |                                  | M Journeyman | 13   | 01:38:58            | 01:39:06.30  | 01:39:08.30   | +00:58:37 | 19:49           | 3             |
| 327 | JULIKOWSKI Karol      | 943   |                                  | M Journeyman | 14   | 01:38:58            | 01:39:09.05  | 01:39:12.10   | +00:58:41 | 19:49           | 3             |
| 328 | WAGNER Pia            | 724   |                                  | W 25-29      | 4    | 01:39:05            | 01:39:11.20  | 01:39:12.70   | +00:58:41 | 19:50           | 3             |
| 329 | KAUFMANN Nikolaj      | 639   |                                  | M 40-44      | 29   | 01:39:13            | 01:39:16.45  | 01:39:20.00   | +00:58:49 | 19:51           | 3             |
| 330 | BASIAK Michał         | 273   | HARDCOROWE WYCHYLILYBYMY         | M 25-29      | 47   | 01:39:29            | 01:39:34.80  | 01:39:38.55   | +00:59:07 | 19:55           | 3             |
| 331 | SĄŁATA Marcin         | 306   |                                  | M 30-34      | 57   | 01:39:37            | 01:39:44.40  | 01:39:47.50   | +00:59:16 | 19:56           | 3             |
| 332 | VOIGT Stephan         | 603   | OCR BIERATHLETICS                | M 40-44      | 30   | 01:39:51            | 01:39:58.20  | 01:40:01.45   | +00:59:30 | 19:59           | 3             |
| 333 | LARSSON Toni          | 282   | SOCRA                            | M 25-29      | 48   | 01:40:31            | 01:40:35.25  | 01:40:39.05   | +01:00:08 | 20:07           | 3             |
| 334 | HÅKONSEN Cato         | 479   | THE BEAST OCR TEAM MEN           | M 35-39      | 36   | 01:40:32            | 01:40:37.85  | 01:40:40.55   | +01:00:09 | 20:07           | 3             |
| 335 | PACIOREK Piotr        | 269   | HUSARIA RACE TEAM                | M 25-29      | 49   | 01:41:30            | 01:41:34.90  | 01:41:38.25   | +01:01:07 | 20:19           | 3             |
| 336 | SULTANOV Shamil       | 74    |                                  | M Elite      | 55   | 01:42:15            | 01:42:20.45  | 01:42:22.75   | +01:01:51 | 20:28           | 2.9           |
| 337 | KMIECIAK Jakub        | 165   | DIRTY SPARROWS                   | M 18-24      | 36   | 01:42:17            | 01:42:22.80  | 01:42:25.45   | +01:01:54 | 20:28           | 2.9           |



| Msc | Zawodnik               | Numer | Klub                                  | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|---------------------------------------|--------------|------|---------------------|--------------|---------------|-----------|-----------------|---------------|
|     |                        |       |                                       |              |      |                     | netto<br>5km | brutto<br>5km |           |                 |               |
| 338 | ALEX Fastres           | 412   |                                       | M 30-34      | 58   | 01:42:18            | 01:42:27.00  | 01:42:29.15   | +01:01:58 | 20:29           | 2.9           |
| 339 | SHPYLCHYN Vitalii      | 958   |                                       | M Journeyman | 15   | 01:43:16            | 01:43:26.50  | 01:43:30.75   | +01:02:59 | 20:41           | 2.9           |
| 340 | NIELSEN Linda          | 986   |                                       | W Journeyman | 4    | 01:43:43            | 01:43:50.10  | 01:43:53.05   | +01:03:22 | 20:46           | 2.9           |
| 341 | GESSLER Sergej         | 317   | TEAM OUTDOOR OCR                      | M 30-34      | 59   | 01:44:21            | 01:44:28.15  | 01:44:31.20   | +01:04:00 | 20:53           | 2.9           |
| 342 | ALISA Imamova          | 985   |                                       | W Journeyman | 5    | 01:44:36            | 01:44:44.35  | 01:44:46.95   | +01:04:16 | 20:56           | 2.9           |
| 343 | STANGEL Piotr          | 957   | KONTENER FORMY                        | M Journeyman | 16   | 01:46:01            | 01:46:08.40  | 01:46:12.10   | +01:05:41 | 21:13           | 2.8           |
| 344 | BORUC Tomasz           | 538   |                                       | M 35-39      | 37   | 01:46:15            | 01:46:22.65  | 01:46:25.75   | +01:05:54 | 21:16           | 2.8           |
| 345 | VINCK Mark             | 621   |                                       | M 40-44      | 31   | 01:47:07            | 01:47:13.65  | 01:47:16.90   | +01:06:46 | 21:26           | 2.8           |
| 346 | KRAWIEC Robert         | 624   | CROSSTEAM SZCZECINEK POLSKA           | M 40-44      | 32   | 01:47:11            | 01:47:16.90  | 01:47:19.40   | +01:06:48 | 21:27           | 2.8           |
| 347 | SCHUTTRUPS Margreet    | 772   |                                       | W 30-34      | 4    | 01:47:50            | 01:47:55.20  | 01:47:58.05   | +01:07:27 | 21:35           | 2.8           |
| 348 | ABRAM Eugeniusz        | 879   |                                       | M 50-54      | 7    | 01:48:38            | 01:48:46.75  | 01:48:48.90   | +01:08:18 | 21:45           | 2.8           |
| 349 | WERYK Mateusz          | 949   | GRIMPADO/CF3M                         | M Journeyman | 17   | 01:49:17            | 01:49:28.00  | 01:49:31.25   | +01:09:00 | 21:53           | 2.7           |
| 350 | OLSEN Andreas Stahl    | 951   |                                       | M Journeyman | 18   | 01:49:54            | 01:50:14.75  | 01:50:19.25   | +01:09:48 | 22:03           | 2.7           |
| 351 | BAGER Lars             | 968   |                                       | M Journeyman | 19   | 01:50:07            | 01:50:16.45  | 01:50:21.10   | +01:09:50 | 22:03           | 2.7           |
| 352 | GERTSEN Carsten        | 637   |                                       | M 40-44      | 33   | 01:50:46            | 01:50:52.75  | 01:50:56.40   | +01:10:25 | 22:10           | 2.7           |
| 353 | LIUTKUS Dainius        | 337   | OCR BALTIC WARRIORS                   | M 30-34      | 60   | 01:50:57            | 01:51:03.45  | 01:51:06.45   | +01:10:35 | 22:12           | 2.7           |
| 354 | GÖSTA Christian        | 512   | EVOLUTIONRACE                         | M 35-39      | 38   | 01:50:57            | 01:51:07.50  | 01:51:12.05   | +01:10:41 | 22:13           | 2.7           |
| 355 | WASILEWSKI Artemiusz   | 931   |                                       | M Journeyman | 20   | 01:52:01            | 01:52:22.05  | 01:52:25.25   | +01:11:54 | 22:28           | 2.7           |
| 356 | MALUENDA Juan          | 868   | TEAM OCR ELITE APPAREL                | M 50-54      | 8    | 01:52:18            | 01:52:24.55  | 01:52:26.35   | +01:11:55 | 22:29           | 2.7           |
| 357 | KUCIEWICZ Jarosław     | 926   |                                       | M Journeyman | 21   | 01:52:17            | 01:52:22.90  | 01:52:26.60   | +01:11:55 | 22:28           | 2.7           |
| 358 | CASADO Nieves          | 996   |                                       | W Journeyman | 6    | 01:52:25            | 01:52:32.55  | 01:52:35.55   | +01:12:04 | 22:30           | 2.7           |
| 359 | JESSING Iben           | 710   |                                       | W 25-29      | 5    | 01:52:51            | 01:52:55.10  | 01:52:56.05   | +01:12:25 | 22:35           | 2.7           |
| 360 | POLUJANSKIS Ramūnas    | 964   | OCR BALTIC WARRIORS                   | M Journeyman | 22   | 01:53:34            | 01:53:40.80  | 01:53:43.65   | +01:13:12 | 22:44           | 2.6           |
| 361 | PEÑA Miguel            | 252   |                                       | M 25-29      | 50   | 01:54:05            | 01:54:10.95  | 01:54:13.35   | +01:13:42 | 22:50           | 2.6           |
| 362 | SRNSKÁ Petra           | 994   |                                       | W Journeyman | 7    | 01:54:55            | 01:55:04.30  | 01:55:08.35   | +01:14:37 | 23:00           | 2.6           |
| 363 | DAM Nikolaj M          | 929   |                                       | M Journeyman | 23   | 01:50:07            | 01:50:16.55  | 01:55:20.00   | +01:14:49 | 22:03           | 2.7           |
| 364 | BARANAUSKAS Darius     | 372   | OCR BALTIC WARRIORS                   | M 30-34      | 61   | 01:55:23            | 01:55:27.45  | 01:55:30.50   | +01:14:59 | 23:05           | 2.6           |
| 365 | CHRISTOPHER Bailly     | 218   |                                       | M 25-29      | 51   | 01:56:10            | 01:56:24.20  | 01:56:25.75   | +01:15:54 | 23:16           | 2.6           |
| 366 | NILSSON Oscar          | 919   | SPORTS CLUB OCR SWEDEN                | M Journeyman | 24   | 01:56:17            | 01:56:23.25  | 01:56:27.50   | +01:15:56 | 23:16           | 2.6           |
| 367 | THONON Simon           | 390   | OCR BELGIUM WALLONIA MEN              | M 30-34      | 62   | 01:57:03            | 01:57:10.65  | 01:57:12.15   | +01:16:41 | 23:26           | 2.6           |
| 368 | MILEHAM Nicky          | 501   | TEAM OMRM                             | M 35-39      | 39   | 01:57:50            | 01:57:57.00  | 01:57:59.30   | +01:17:28 | 23:35           | 2.5           |
| 369 | JACIÓW Paweł           | 275   | WATAHA                                | M 25-29      | 52   | 01:58:38            | 01:58:58.80  | 01:59:02.85   | +01:18:32 | 23:47           | 2.5           |
| 370 | VALERII Kaldin         | 370   |                                       | M 30-34      | 63   | 01:59:39            | 01:59:42.95  | 01:59:45.55   | +01:19:14 | 23:56           | 2.5           |
| 371 | CHRISTENSEN Unni Marie | 980   | ACHIEVERS MST                         | W Journeyman | 8    | 02:01:11            | 02:01:17.95  | 02:01:21.70   | +01:20:50 | 24:15           | 2.5           |
| 372 | JØRGENSEN Michael      | 932   |                                       | M Journeyman | 25   | 02:01:19            | 02:01:27.00  | 02:01:31.05   | +01:21:00 | 24:17           | 2.5           |
| 373 | BELLINI Giulio         | 544   | ANIS MUDDERS                          | M 35-39      | 40   | 02:01:47            | 02:01:55.20  | 02:01:58.45   | +01:21:27 | 24:23           | 2.5           |
| 374 | POLETTI Angela         | 989   |                                       | W Journeyman | 9    | 02:01:51            | 02:02:00.20  | 02:02:02.80   | +01:21:31 | 24:24           | 2.5           |
| 375 | JANOŮSEK Petr          | 183   | GLADIATORS CZECH                      | M 18-24      | 37   | 02:01:59            | 02:02:05.15  | 02:02:08.10   | +01:21:37 | 24:25           | 2.5           |
| 376 | MARTINAITIS Juozas     | 965   | OCR BALTIC WARRIORS                   | M Journeyman | 26   | 02:01:58            | 02:02:04.80  | 02:02:08.25   | +01:21:37 | 24:25           | 2.5           |
| 377 | SPÅNG Malin            | 815   |                                       | W 40-44      | 4    | 02:01:59            | 02:02:07.50  | 02:02:10.65   | +01:21:39 | 24:25           | 2.5           |
| 378 | HÖGSTRÖM Andreas       | 545   | FIGEHOLMS BRYGGERI                    | M 35-39      | 41   | 02:02:34            | 02:02:41.40  | 02:02:45.10   | +01:22:14 | 24:32           | 2.4           |
| 379 | KARLSSON Line          | 976   |                                       | W Journeyman | 10   | 02:03:31            | 02:03:39.85  | 02:03:43.15   | +01:23:12 | 24:44           | 2.4           |
| 380 | DITLEV Ditte B.        | 981   |                                       | W Journeyman | 11   | 02:03:31            | 02:03:39.95  | 02:03:43.55   | +01:23:12 | 24:44           | 2.4           |
| 381 | KWIATKOWSKI Hubert     | 937   | GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI | M Journeyman | 27   | 02:03:35            | 02:03:42.35  | 02:03:44.45   | +01:23:13 | 24:44           | 2.4           |

| Msc | Zawodnik                         | Numer      | Klub                         | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------------|------------|------------------------------|--------------|------|---------------------|--------------------|--------------------|-----------|-----------------|---------------|
|     |                                  |            |                              |              |      |                     | netto<br>5km       | brutto<br>5km      |           |                 |               |
| 382 | <b>NOVIN Thomas</b>              | <b>503</b> | GRIPEN OCR                   | M 35-39      | 42   | 02:05:01            | <b>02:05:04.10</b> | <b>02:05:06.85</b> | +01:24:36 | 25:00           | 2.4           |
| 383 | <b>ROMANOWSKI Łukasz</b>         | <b>494</b> | HUSARIA RACE TEAM            | M 35-39      | 43   | 02:04:57            | <b>02:05:04.30</b> | <b>02:05:07.90</b> | +01:24:37 | 25:00           | 2.4           |
| 384 | <b>AARHUS Mark Kofoed</b>        | <b>930</b> |                              | M Journeyman | 28   | 02:05:47            | <b>02:05:58.25</b> | <b>02:05:58.25</b> | +01:25:27 | 25:11           | 2.4           |
| 385 | <b>PRZĄDKA Marcin</b>            | <b>927</b> | WATAHA                       | M Journeyman | 29   | 02:08:03            | <b>02:08:10.70</b> | <b>02:08:12.35</b> | +01:27:41 | 25:38           | 2.3           |
| 386 | <b>JÓZWIK Adrian</b>             | <b>121</b> | NEXTREME                     | M 18-24      | 38   | 02:08:12            | <b>02:08:18.95</b> | <b>02:08:19.60</b> | +01:27:48 | 25:39           | 2.3           |
| 387 | <b>PODBIELSKA Gosia</b>          | <b>987</b> | EXTREME WARRIOR PARK         | W Journeyman | 12   | 02:08:12            | <b>02:08:20.15</b> | <b>02:08:24.55</b> | +01:27:53 | 25:40           | 2.3           |
| 388 | <b>ANTONINA</b>                  | <b>984</b> |                              | W Journeyman | 13   | 02:08:36            | <b>02:08:44.80</b> | <b>02:08:47.95</b> | +01:28:17 | 25:44           | 2.3           |
| 389 | <b>BRØDLØS Kristian</b>          | <b>542</b> |                              | M 35-39      | 44   | 02:09:04            | <b>02:09:08.75</b> | <b>02:09:17.90</b> | +01:28:47 | 25:49           | 2.3           |
| 390 | <b>POLAŃSKI Paweł</b>            | <b>928</b> | WATAHA                       | M Journeyman | 30   | 02:09:21            | <b>02:09:27.75</b> | <b>02:09:27.75</b> | +01:28:56 | 25:53           | 2.3           |
| 391 | <b>GÓRSKI Emil</b>               | <b>947</b> | HUSARIA RACE TEAM            | M Journeyman | 31   | 02:10:17            | <b>02:10:33.85</b> | <b>02:10:36.90</b> | +01:30:06 | 26:06           | 2.3           |
| 392 | <b>PEDERSEN Peder Ejsing</b>     | <b>294</b> | OCRHOLSTEBRO                 | M 25-29      | 53   | 02:10:28            | <b>02:10:33.00</b> | <b>02:10:36.95</b> | +01:30:06 | 26:06           | 2.3           |
| 393 | <b>LAENEN René</b>               | <b>614</b> |                              | M 40-44      | 34   | 02:10:32            | <b>02:10:36.95</b> | <b>02:10:39.60</b> | +01:30:08 | 26:07           | 2.3           |
| 394 | <b>MISSALA Michał</b>            | <b>948</b> | POWER TRAINING               | M Journeyman | 32   | 02:10:46            | <b>02:10:52.30</b> | <b>02:10:55.20</b> | +01:30:24 | 26:10           | 2.3           |
| 395 | <b>PETERSEN Ulf</b>              | <b>508</b> | TEAM SOLID                   | M 35-39      | 45   | 02:11:04            | <b>02:11:13.70</b> | <b>02:11:16.00</b> | +01:30:45 | 26:14           | 2.3           |
| 396 | <b>MILHANO Carlos</b>            | <b>873</b> |                              | M 50-54      | 9    | 02:11:12            | <b>02:11:20.40</b> | <b>02:11:22.25</b> | +01:30:51 | 26:16           | 2.3           |
| 397 | <b>RIBOUD Camille</b>            | <b>106</b> | TR1BE OCR TEAM               | W Elite      | 17   | 02:12:26            | <b>02:12:32.90</b> | <b>02:12:34.55</b> | +01:32:03 | 26:30           | 2.3           |
| 398 | <b>PYSZNIAK Paweł</b>            | <b>493</b> |                              | M 35-39      | 46   | 02:12:34            | <b>02:12:38.70</b> | <b>02:12:41.20</b> | +01:32:10 | 26:31           | 2.3           |
| 399 | <b>DEDIEU Semi</b>               | <b>403</b> |                              | M 30-34      | 64   | 02:13:13            | <b>02:13:25.55</b> | <b>02:13:27.35</b> | +01:32:56 | 26:41           | 2.2           |
| 400 | <b>BERGSTRÖM Robert</b>          | <b>630</b> | SPORTS CLUB OCR              | M 40-44      | 35   | 02:14:07            | <b>02:14:13.25</b> | <b>02:14:16.85</b> | +01:33:46 | 26:50           | 2.2           |
| 401 | <b>MILBRANT Michał</b>           | <b>935</b> | RMF4RT GLADIATORS            | M Journeyman | 33   | 02:14:34            | <b>02:14:40.40</b> | <b>02:14:42.25</b> | +01:34:11 | 26:56           | 2.2           |
| 402 | <b>FIAŁKOWSKI Łukasz</b>         | <b>962</b> |                              | M Journeyman | 34   | 02:15:14            | <b>02:15:23.10</b> | <b>02:15:26.25</b> | +01:34:55 | 27:04           | 2.2           |
| 403 | <b>LIBERADZKI Marcin</b>         | <b>961</b> |                              | M Journeyman | 35   | 02:15:14            | <b>02:15:27.85</b> | <b>02:15:32.10</b> | +01:35:01 | 27:05           | 2.2           |
| 404 | <b>DRZEWOWSKA Marlena</b>        | <b>993</b> | TREE CREW                    | W Journeyman | 14   | 02:15:10            | <b>02:15:40.95</b> | <b>02:15:43.50</b> | +01:35:12 | 27:08           | 2.2           |
| 405 | <b>RYBAK Paulina</b>             | <b>988</b> |                              | W Journeyman | 15   | 02:15:27            | <b>02:15:41.40</b> | <b>02:15:43.70</b> | +01:35:12 | 27:08           | 2.2           |
| 406 | <b>RAYNAUD Jimmy</b>             | <b>240</b> | TR1BU OCR                    | M 25-29      | 54   | 02:15:40            | <b>02:15:44.95</b> | <b>02:15:46.55</b> | +01:35:15 | 27:09           | 2.2           |
| 407 | <b>REMMER Thomas</b>             | <b>434</b> |                              | M 30-34      | 65   | 02:10:04            | <b>02:10:09.45</b> | <b>02:16:12.40</b> | +01:35:41 | 26:02           | 2.3           |
| 408 | <b>SØRENSEN Sara</b>             | <b>991</b> |                              | W Journeyman | 16   | 02:16:40            | <b>02:16:47.45</b> | <b>02:16:51.15</b> | +01:36:20 | 27:21           | 2.2           |
| 409 | <b>NIELSEN Heidi Højgaard</b>    | <b>992</b> |                              | W Journeyman | 17   | 02:16:40            | <b>02:16:47.60</b> | <b>02:16:51.30</b> | +01:36:20 | 27:21           | 2.2           |
| 410 | <b>GULLAUD Audric</b>            | <b>921</b> |                              | M Journeyman | 36   | 02:16:59            | <b>02:17:07.50</b> | <b>02:17:11.05</b> | +01:36:40 | 27:25           | 2.2           |
| 411 | <b>SOLVANG Solveig</b>           | <b>990</b> |                              | W Journeyman | 18   | 02:17:01            | <b>02:17:09.40</b> | <b>02:17:13.40</b> | +01:36:42 | 27:25           | 2.2           |
| 412 | <b>SZKLARSKI Przemysław</b>      | <b>974</b> |                              | M Journeyman | 37   | 02:17:15            | <b>02:17:38.30</b> | <b>02:17:42.00</b> | +01:37:11 | 27:31           | 2.2           |
| 413 | <b>WOJEWÓDKA Krystian</b>        | <b>417</b> | ETRANS TEAM                  | M 30-34      | 66   | 02:17:43            | <b>02:17:50.30</b> | <b>02:17:52.35</b> | +01:37:21 | 27:34           | 2.2           |
| 414 | <b>MUL Elisa</b>                 | <b>896</b> |                              | W 13-17      | 3    | 02:18:20            | <b>02:18:23.95</b> | <b>02:18:26.80</b> | +01:37:55 | 27:40           | 2.2           |
| 415 | <b>CRESPO Antonio Rubio</b>      | <b>254</b> |                              | M 25-29      | 55   | 02:18:27            | <b>02:18:31.35</b> | <b>02:18:33.85</b> | +01:38:03 | 27:42           | 2.2           |
| 416 | <b>ROETS Elio</b>                | <b>518</b> | OCR BELGIUM                  | M 35-39      | 47   | 02:19:01            | <b>02:19:11.40</b> | <b>02:19:14.50</b> | +01:38:43 | 27:50           | 2.2           |
| 417 | <b>TRUSZCZYŃSKI Robert</b>       | <b>970</b> |                              | M Journeyman | 38   | 02:19:07            | <b>02:19:17.05</b> | <b>02:19:20.25</b> | +01:38:49 | 27:51           | 2.2           |
| 418 | <b>RONDE Naomi De</b>            | <b>983</b> |                              | W Journeyman | 19   | 02:19:16            | <b>02:19:20.65</b> | <b>02:19:22.95</b> | +01:38:52 | 27:52           | 2.2           |
| 419 | <b>NIELSEN Cecilie Julius</b>    | <b>979</b> | OCRHOLSTEBRO                 | W Journeyman | 20   | 02:19:34            | <b>02:19:41.75</b> | <b>02:19:44.30</b> | +01:39:13 | 27:56           | 2.1           |
| 420 | <b>ZIOBRO Chris</b>              | <b>944</b> | MEMORIES NOT DREAMS OCR TEAM | M Journeyman | 39   | 02:19:08            | <b>02:20:09.10</b> | <b>02:20:12.60</b> | +01:39:41 | 28:01           | 2.1           |
| 421 | <b>ROGÓŻ Adrian</b>              | <b>938</b> |                              | M Journeyman | 40   | 02:21:22            | <b>02:21:28.50</b> | <b>02:21:31.15</b> | +01:41:00 | 28:17           | 2.1           |
| 422 | <b>TRUJILLO Fernando Pajuelo</b> | <b>242</b> |                              | M 25-29      | 56   | 02:22:00            | <b>02:22:05.35</b> | <b>02:22:07.60</b> | +01:41:36 | 28:25           | 2.1           |
| 423 | <b>FISCHER Oliver</b>            | <b>293</b> |                              | M 25-29      | 57   | 02:23:13            | <b>02:23:18.30</b> | <b>02:23:21.95</b> | +01:42:51 | 28:39           | 2.1           |
| 424 | <b>BJERRE Secilie Vicktoria</b>  | <b>814</b> |                              | W 40-44      | 5    | 02:25:07            | <b>02:25:13.00</b> | <b>02:25:15.85</b> | +01:44:45 | 29:02           | 2.1           |
| 425 | <b>WAWRZY尼亚K Sławo</b>           | <b>939</b> |                              | M Journeyman | 41   | 02:25:08            | <b>02:25:16.00</b> | <b>02:25:18.40</b> | +01:44:47 | 29:03           | 2.1           |

| Msc                                       | Zawodnik                   | Numer      | Klub                    | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|---|----------------------------|------------|-------------------------|--------------|------|---------------------|--------------------|--------------------|-----------|-----------------|---------------|
|   |                            |            |                         |              |      |                     | netto<br>5km       | brutto<br>5km      |           |                 |               |
| 426                                       | <b>KOKOWSKI Mariusz</b>    | <b>955</b> | TREE CREW               | M Journeyman | 42   | 02:25:06            | <b>02:25:17.05</b> | <b>02:25:20.75</b> | +01:44:49 | 29:03           | 2.1           |
| 427                                       | <b>MIKOŚ Adam</b>          | <b>954</b> | HUSARIA RACE TEAM       | M Journeyman | 43   | 02:25:29            | <b>02:25:44.45</b> | <b>02:25:47.60</b> | +01:45:16 | 29:08           | 2.1           |
| 428                                       | <b>BOŚ Tomasz</b>          | <b>941</b> |                         | M Journeyman | 44   | 02:25:36            | <b>02:26:10.45</b> | <b>02:26:13.15</b> | +01:45:42 | 29:14           | 2.1           |
| 429                                       | <b>BERGLING Daniel</b>     | <b>963</b> |                         | M Journeyman | 45   | 02:26:07            | <b>02:26:21.15</b> | <b>02:26:24.65</b> | +01:45:53 | 29:16           | 2             |
| 430                                       | <b>JOULIN Stefan</b>       | <b>952</b> | SPORTS CLUB OCR         | M Journeyman | 46   | 02:26:06            | <b>02:26:22.25</b> | <b>02:26:26.30</b> | +01:45:55 | 29:16           | 2             |
| 431                                       | <b>PIERZGALSKI Piotr</b>   | <b>956</b> |                         | M Journeyman | 47   | 02:26:26            | <b>02:26:34.50</b> | <b>02:26:39.35</b> | +01:46:08 | 29:19           | 2             |
| 432                                       | <b>SARLEJ Robert</b>       | <b>933</b> |                         | M Journeyman | 48   | 02:26:34            | <b>02:26:40.00</b> | <b>02:26:42.10</b> | +01:46:11 | 29:20           | 2             |
| 433                                       | <b>DĄBROWSKI Adam</b>      | <b>953</b> |                         | M Journeyman | 49   | 02:26:31            | <b>02:26:39.25</b> | <b>02:26:42.70</b> | +01:46:11 | 29:19           | 2             |
| 434                                       | <b>LIPIECKI Jacek</b>      | <b>969</b> |                         | M Journeyman | 50   | 02:26:52            | <b>02:26:58.45</b> | <b>02:27:02.45</b> | +01:46:31 | 29:23           | 2             |
| 435                                       | <b>IDCZAK Piotr</b>        | <b>345</b> |                         | M 30-34      | 67   | 02:26:58            | <b>02:27:04.90</b> | <b>02:27:07.85</b> | +01:46:37 | 29:25           | 2             |
| 436                                       | <b>HEYWOOD Laura</b>       | <b>810</b> | TEAM OMRM               | W 40-44      | 6    | 02:27:13            | <b>02:27:17.50</b> | <b>02:27:20.30</b> | +01:46:49 | 29:27           | 2             |
| 437                                       | <b>KHALEF Dali</b>         | <b>195</b> | TEAM MADNESS            | M 25-29      | 58   | 02:28:33            | <b>02:28:38.75</b> | <b>02:28:41.35</b> | +01:48:10 | 29:43           | 2             |
| 438                                       | <b>NIKIEL Dariusz</b>      | <b>972</b> |                         | M Journeyman | 51   | 02:29:11            | <b>02:29:27.55</b> | <b>02:29:31.85</b> | +01:49:01 | 29:53           | 2             |
| <b>Przekroczony limit czasu: 02:30:00</b> |                            |            |                         |              |      |                     |                    |                    |           |                 |               |
| 439                                       | <b>TOPA Radosław</b>       | <b>924</b> |                         | M Journeyman | 52   | 02:31:24            | <b>02:31:32.55</b> | <b>02:31:34.85</b> | +01:51:04 | 30:18           | 2             |
| 440                                       | <b>LÓPEZ Julio</b>         | <b>959</b> |                         | M Journeyman | 53   |                     | <b>02:33:24.95</b> | <b>02:33:27.75</b> | +01:52:56 | 30:41           | 2             |
| 441                                       | <b>ZIMOŃ Norbert</b>       | <b>385</b> | WATAHA GRUPA TRENINGOWA | M 30-34      | 68   | 02:33:38            | <b>02:33:43.25</b> | <b>02:33:45.55</b> | +01:53:14 | 30:44           | 2             |
| 442                                       | <b>KOLEGOWICZ Damian</b>   | <b>276</b> |                         | M 25-29      | 59   | 02:34:09            | <b>02:34:13.80</b> | <b>02:34:17.45</b> | +01:53:46 | 30:50           | 1.9           |
| 443                                       | <b>WROBBEL Michael</b>     | <b>835</b> |                         | M 45-49      | 10   | 02:43:54            | <b>02:44:05.30</b> | <b>02:44:07.80</b> | +02:03:36 | 32:49           | 1.8           |
| 444                                       | <b>GAWIN Krzysztof</b>     | <b>495</b> | BEFIT24TEAM             | M 35-39      | 48   | 02:49:22            | <b>02:49:28.75</b> | <b>02:49:31.50</b> | +02:09:00 | 33:53           | 1.8           |
| 445                                       | <b>KUBIESA Jakub</b>       | <b>491</b> | HUSARIA RACE TEAM       | M 35-39      | 49   | 02:49:54            | <b>02:49:59.90</b> | <b>02:50:03.60</b> | +02:09:32 | 34:00           | 1.8           |
| 446                                       | <b>SZEPANSKI Michael</b>   | <b>187</b> |                         | M 18-24      | 39   | 02:50:59            | <b>02:51:04.05</b> | <b>02:51:06.65</b> | +02:10:35 | 34:12           | 1.8           |
| 447                                       | <b>KALINOWSKA Wioletta</b> | <b>817</b> | BEST BEASTS             | W 40-44      | 7    | 02:51:26            | <b>02:51:33.85</b> | <b>02:51:37.15</b> | +02:11:06 | 34:18           | 1.7           |
| 448                                       | <b>KULIK Sergey</b>        | <b>552</b> |                         | M 35-39      | 50   | 02:54:50            | <b>02:54:55.05</b> | <b>02:54:57.20</b> | +02:14:26 | 34:59           | 1.7           |
| 449                                       | <b>YVES Pugliari</b>       | <b>832</b> | OCR BELGIUM             | M 45-49      | 11   | 02:55:44            | <b>02:55:58.85</b> | <b>02:56:01.05</b> | +02:15:30 | 35:11           | 1.7           |
| 450                                       | <b>PALMA Pedro</b>         | <b>358</b> |                         | M 30-34      | 69   | 03:06:13            | <b>03:06:24.30</b> | <b>03:06:28.05</b> | +02:25:57 | 37:17           | 1.6           |
| 451                                       | <b>DIJK Sandra Van</b>     | <b>808</b> | HANG ON THE NETHERLANDS | W 40-44      | 8    | 03:25:01            | <b>03:25:06.80</b> | <b>03:25:09.70</b> | +02:44:38 | 41:01           | 1.5           |
| 452                                       | <b>OLIN Kenneth</b>        | <b>589</b> |                         | M 40-44      | 36   |                     | <b>03:28:02.00</b> | <b>03:28:02.00</b> | +02:47:31 | 41:36           | 1.4           |
| 453                                       | <b>RODRIGUES Alexandre</b> | <b>238</b> |                         | M 25-29      | 60   | 03:29:41            | <b>03:29:50.55</b> | <b>03:29:53.30</b> | +02:49:22 | 41:58           | 1.4           |
| 454                                       | <b>BAGROWSKA Agata</b>     | <b>727</b> |                         | W 25-29      | 6    | 03:35:53            | <b>03:36:10.40</b> | <b>03:36:10.80</b> | +02:55:39 | 43:14           | 1.4           |
| 455                                       |                            | <b>909</b> |                         |              |      | 01:37:00            | <b>01:37:06.90</b> | <b>05:52:06.90</b> | +05:11:36 | 19:25           | 3.1           |
| 456                                       |                            | <b>908</b> |                         |              |      | 01:39:16            | <b>01:39:27.05</b> | <b>05:54:28.50</b> | +05:13:57 | 19:53           | 3             |
| DNC                                       | <b>KAŁOL Kacper</b>        | <b>16</b>  | BIEGOWY_ŚWMR            | M Elite      |      | 00:53:31            | <b>00:53:37.70</b> | <b>00:53:38.25</b> |           | 0:00            | 5.6           |
| DNC                                       | <b>TOCHKA Artsiom</b>      | <b>7</b>   |                         | M Elite      |      | 00:54:25            | <b>00:54:32.45</b> | <b>00:54:33.85</b> |           | 0:00            | 5.5           |
| DNC                                       | <b>СУЗДАЛЕВ Антон</b>      | <b>15</b>  | OCR ACADEMY             | M Elite      |      | 01:01:43            | <b>01:01:55.05</b> | <b>01:01:56.10</b> |           | 0:00            | 4.8           |
| DNC                                       | <b>FIŠER Rostislav</b>     | <b>841</b> |                         | M 45-49      |      | 01:06:56            | <b>01:07:04.00</b> | <b>01:07:05.90</b> |           | 0:00            | 4.5           |
| DNC                                       | <b>RÖNNBERG Mikael</b>     | <b>579</b> | TEAM PROWORK            | M 40-44      |      | 01:10:12            | <b>01:10:17.70</b> | <b>01:10:20.30</b> |           | 0:00            | 4.3           |
| DNC                                       | <b>BUGYS Renaldas</b>      | <b>336</b> |                         | M 30-34      |      | 01:12:33            | <b>01:12:40.35</b> | <b>01:12:43.35</b> |           | 0:00            | 4.1           |
| DNC                                       | <b>ARVIDSSON Sara</b>      | <b>722</b> | GRIPEN OCR              | W 25-29      |      | 01:15:51            | <b>01:16:05.40</b> | <b>01:16:07.25</b> |           | 0:00            | 3.9           |
| DNC                                       | <b>OCHERETIUK Andrii</b>   | <b>225</b> |                         | M 25-29      |      | 01:16:23            | <b>01:16:29.55</b> | <b>01:16:31.35</b> |           | 0:00            | 3.9           |
| DNC                                       | <b>BRÄHMIG Mattes</b>      | <b>363</b> |                         | M 30-34      |      | 01:16:42            | <b>01:16:49.15</b> | <b>01:16:52.15</b> |           | 0:00            | 3.9           |
| DNC                                       | <b>T. Martin</b>           | <b>446</b> |                         | M 30-34      |      | 01:19:24            | <b>01:19:34.25</b> | <b>01:19:37.50</b> |           | 0:00            | 3.8           |
| DNC                                       | <b>HERK Erik Van</b>       | <b>484</b> |                         | M 35-39      |      | 01:21:02            | <b>01:21:09.20</b> | <b>01:21:10.95</b> |           | 0:00            | 3.7           |
| DNC                                       | <b>WEETS Marc</b>          | <b>884</b> | OCR BELGIUM             | M 55+        |      | 01:22:57            | <b>01:23:20.00</b> | <b>01:23:22.20</b> |           | 0:00            | 3.6           |

| Msc | Zawodnik                | Numer | Klub                        | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|-----------------------------|-----------|------|---------------------|--------------|---------------|------|-----------------|---------------|
|     |                         |       |                             |           |      |                     | netto<br>5km | brutto<br>5km |      |                 |               |
| DNC | LEVY Philippe           | 883   | OCR FLANDERS                | M 55+     |      | 01:22:56            | 01:23:19.90  | 01:23:22.60   | 0:00 | 3.6             |               |
| DNC | ARZADUN Jose Maria Peso | 28    | DENONTZAT                   | M Elite   |      | 01:23:17            | 01:23:27.00  | 01:23:28.20   | 0:00 | 3.6             |               |
| DNC | HEIBØ Gunn Elin         | 905   |                             | W 45-49   |      | 01:23:43            | 01:23:50.40  | 01:23:54.45   | 0:00 | 3.6             |               |
| DNC | BELT Rico Van Den       | 511   |                             | M 35-39   |      | 01:26:03            | 01:26:18.60  | 01:26:20.55   | 0:00 | 3.5             |               |
| DNC | OPOLONY Ireneusz        | 499   | SOCIOS SILESIA              | M 35-39   |      | 01:26:08            | 01:26:24.65  | 01:26:26.75   | 0:00 | 3.5             |               |
| DNC | BENICEWICZ Kacper       | 257   |                             | M 25-29   |      | 01:26:56            | 01:27:02.75  | 01:27:04.60   | 0:00 | 3.4             |               |
| DNC | QVIST Tobias            | 590   |                             | M 40-44   |      | 01:27:24            | 01:27:32.05  | 01:27:34.85   | 0:00 | 3.4             |               |
| DNC | PAL Mario               | 834   | RUNTERRA                    | M 45-49   |      | 01:27:47            | 01:27:57.70  | 01:28:00.90   | 0:00 | 3.4             |               |
| DNC | ЗАХАРКИН Сергей         | 593   |                             | M 40-44   |      | 01:27:59            | 01:28:02.85  | 01:28:05.00   | 0:00 | 3.4             |               |
| DNC | BÜHRING Sven            | 638   | OCR BIERATHLETICS           | M 40-44   |      | 01:27:55            | 01:28:02.55  | 01:28:06.10   | 0:00 | 3.4             |               |
| DNC | SHIROKOV Igor           | 504   | GAZ PROMBANK OCR TEAM       | M 35-39   |      | 01:28:12            | 01:28:20.95  | 01:28:23.85   | 0:00 | 3.4             |               |
| DNC | BAKER Stephen           | 485   |                             | M 35-39   |      | 01:28:28            | 01:28:36.65  | 01:28:38.50   | 0:00 | 3.4             |               |
| DNC | ADAMEC Jakub            | 130   |                             | M 18-24   |      | 01:28:31            | 01:28:39.45  | 01:28:39.80   | 0:00 | 3.4             |               |
| DNC | DOUBEK Milan            | 366   |                             | M 30-34   |      | 01:28:46            | 01:28:58.60  | 01:29:02.20   | 0:00 | 3.4             |               |
| DNC | KVIKSTAD Rune           | 825   |                             | M 45-49   |      | 01:28:46            | 01:29:05.10  | 01:29:07.65   | 0:00 | 3.4             |               |
| DNC | SCHÜLER Constantin      | 509   |                             | M 35-39   |      | 01:29:16            | 01:29:24.10  | 01:29:26.75   | 0:00 | 3.4             |               |
| DNC | GREIBIG Michaela        | 753   | OPFERCREW                   | W 30-34   |      | 01:29:18            | 01:29:28.50  | 01:29:31.80   | 0:00 | 3.4             |               |
| DNC | KOWALSKI Tomasz         | 839   | HUSARIA RACE TEAM           | M 45-49   |      | 01:29:40            | 01:29:49.35  | 01:29:52.40   | 0:00 | 3.3             |               |
| DNC | HAAN John De            | 396   |                             | M 30-34   |      | 01:30:01            | 01:30:08.70  | 01:30:11.15   | 0:00 | 3.3             |               |
| DNC | ADOLFSEN Kristoffer     | 48    |                             | M Elite   |      | 01:31:33            | 01:31:42.25  | 01:31:44.65   | 0:00 | 3.3             |               |
| DNC | GRITSYNA Oleg           | 862   |                             | M 50-54   |      | 01:31:51            | 01:31:59.45  | 01:32:01.90   | 0:00 | 3.3             |               |
| DNC | YUCEL Jeffrey           | 174   | OCR BELGIUM                 | M 18-24   |      | 01:32:18            | 01:32:36.70  | 01:32:36.70   | 0:00 | 3.2             |               |
| DNC | SARABUN Nazar           | 265   |                             | M 25-29   |      | 01:32:59            | 01:33:05.55  | 01:33:07.45   | 0:00 | 3.2             |               |
| DNC | TOMCZYK Andrzej         | 886   |                             | M 55+     |      | 01:33:04            | 01:33:19.45  | 01:33:23.40   | 0:00 | 3.2             |               |
| DNC | ŠEDA Radek              | 591   | OCRA CZ                     | M 40-44   |      | 01:33:35            | 01:33:44.25  | 01:33:47.20   | 0:00 | 3.2             |               |
| DNC | ČERNÝ Vaclav            | 330   |                             | M 30-34   |      | 01:33:44            | 01:33:49.55  | 01:33:52.50   | 0:00 | 3.2             |               |
| DNC | KRAUS Tomáš             | 546   | SUNNY GANG PLZEŇ            | M 35-39   |      | 01:33:40            | 01:34:00.45  | 01:34:02.65   | 0:00 | 3.2             |               |
| DNC | CHILDS Jake             | 227   |                             | M 25-29   |      | 01:33:59            | 01:34:07.65  | 01:34:10.40   | 0:00 | 3.2             |               |
| DNC | JONSSON Nils            | 320   |                             | M 30-34   |      | 01:35:06            | 01:35:14.65  | 01:35:17.45   | 0:00 | 3.1             |               |
| DNC | JENSEN Michael Degn     | 543   |                             | M 35-39   |      | 01:35:24            | 01:35:34.60  | 01:35:43.70   | 0:00 | 3.1             |               |
| DNC | SPIEKER Alfred          | 877   |                             | M 50-54   |      | 01:35:38            | 01:35:46.35  | 01:35:49.05   | 0:00 | 3.1             |               |
| DNC | GATZ Detlef             | 874   | OCR BIERATHLETICS           | M 50-54   |      | 01:36:06            | 01:36:14.75  | 01:36:17.30   | 0:00 | 3.1             |               |
| DNC | SCHLAEPFER Tamara       | 743   | THOR                        | W 30-34   |      | 01:36:08            | 01:36:17.95  | 01:36:21.95   | 0:00 | 3.1             |               |
| DNC | SOLAKIEWICZ Anna        | 91    | BEFIT24TEAM-SPIDERWOMENTEAM | W Elite   |      | 01:36:26            | 01:36:34.30  | 01:36:36.20   | 0:00 | 3.1             |               |
| DNC | GĘBSKI Mariusz          | 644   | R.AMBO                      | M 40-44   |      | 01:37:51            | 01:37:54.25  | 01:37:56.80   | 0:00 | 3.1             |               |
| DNC | BAIA Rafael             | 468   |                             | M 35-39   |      | 01:38:03            | 01:38:11.00  | 01:38:14.55   | 0:00 | 3.1             |               |
| DNC | SYWANYCZ Ireneusz       | 612   | PODTRZEPAKIEM               | M 40-44   |      | 01:38:42            | 01:38:50.05  | 01:38:53.40   | 0:00 | 3               |               |
| DNC | WILLIS Richard          | 838   |                             | M 45-49   |      | 01:39:10            | 01:39:18.30  | 01:39:20.35   | 0:00 | 3               |               |
| DNC | GUNN Paul               | 626   | TEAM BRIGHTHAMMER           | M 40-44   |      | 01:39:25            | 01:39:30.55  | 01:39:33.20   | 0:00 | 3               |               |
| DNC | SOUSA Bruno             | 577   | OCR PORTUGAL LAB            | M 40-44   |      | 01:40:03            | 01:40:13.00  | 01:40:16.40   | 0:00 | 3               |               |
| DNC | ROLIN Erika             | 728   | TEAM VALKYRIA               | W 25-29   |      | 01:40:14            | 01:40:20.95  | 01:40:22.90   | 0:00 | 3               |               |
| DNC | MANTYCKI Rafał          | 234   |                             | M 25-29   |      | 01:40:16            | 01:40:23.45  | 01:40:25.35   | 0:00 | 3               |               |
| DNC | LARNEMARK David         | 406   |                             | M 30-34   |      | 01:40:34            | 01:40:43.55  | 01:40:45.70   | 0:00 | 3               |               |
| DNC | MOBERG Linus            | 443   | AB KARL HEDIN IF            | M 30-34   |      | 01:40:44            | 01:40:49.50  | 01:40:52.35   | 0:00 | 3               |               |

| Msc | Zawodnik                      | Numer      | Klub                        | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------|------------|-----------------------------|-----------|------|---------------------|--------------------|--------------------|------|-----------------|---------------|
|     |                               |            |                             |           |      |                     | netto<br>5km       | brutto<br>5km      |      |                 |               |
| DNC | <b>GRANT Jane</b>             | <b>904</b> |                             | W 45-49   |      | 01:41:14            | <b>01:41:21.10</b> | <b>01:41:24.30</b> |      | 0:00            | 3             |
| DNC | <b>WONNEBERGER Lars</b>       | <b>465</b> | MUDBUSTERS                  | M 35-39   |      | 01:42:03            | <b>01:42:18.05</b> | <b>01:42:20.30</b> |      | 0:00            | 2.9           |
| DNC | <b>BURDZY Daniel</b>          | <b>169</b> | BESTIE OCR LEGIONOWO        | M 18-24   |      | 01:42:16            | <b>01:42:23.75</b> | <b>01:42:25.55</b> |      | 0:00            | 2.9           |
| DNC | <b>MISKA Daniel</b>           | <b>168</b> | ENJOY BY SPORT              | M 18-24   |      | 01:42:38            | <b>01:42:47.65</b> | <b>01:42:49.50</b> |      | 0:00            | 2.9           |
| DNC | <b>BŘÍZOVÁ Jana</b>           | <b>725</b> |                             | W 25-29   |      | 01:42:45            | <b>01:42:59.10</b> | <b>01:42:59.85</b> |      | 0:00            | 2.9           |
| DNC | <b>DAHLBÄCK Malin</b>         | <b>674</b> | EFI OCR TEAM                | W 18-24   |      | 01:43:19            | <b>01:43:26.40</b> | <b>01:43:28.40</b> |      | 0:00            | 2.9           |
| DNC | <b>KOZA Robert</b>            | <b>855</b> | CARBON OCR RACING TEAM      | M 45-49   |      | 01:43:11            | <b>01:43:28.60</b> | <b>01:43:31.65</b> |      | 0:00            | 2.9           |
| DNC | <b>KASCHE Denny</b>           | <b>329</b> |                             | M 30-34   |      | 01:43:14            | <b>01:43:31.00</b> | <b>01:43:34.85</b> |      | 0:00            | 2.9           |
| DNC | <b>BALASHOV Roman</b>         | <b>314</b> | GAZPROMBANK OCR TEAM        | M 30-34   |      | 01:43:32            | <b>01:43:36.70</b> | <b>01:43:39.25</b> |      | 0:00            | 2.9           |
| DNC | <b>SIMMONS John</b>           | <b>186</b> | RENEGADE RUNNERS            | M 18-24   |      | 01:44:09            | <b>01:44:14.95</b> | <b>01:44:17.85</b> |      | 0:00            | 2.9           |
| DNC | <b>GERGELY Szabó Bálint</b>   | <b>416</b> | OCR GABORTEAM               | M 30-34   |      | 01:44:07            | <b>01:44:16.20</b> | <b>01:44:18.70</b> |      | 0:00            | 2.9           |
| DNC | <b>RICHTER Lukáš</b>          | <b>558</b> |                             | M 35-39   |      | 01:44:11            | <b>01:44:18.45</b> | <b>01:44:20.70</b> |      | 0:00            | 2.9           |
| DNC | <b>RAVENZWAAIJ Jeroen Van</b> | <b>436</b> |                             | M 30-34   |      | 01:44:12            | <b>01:44:21.15</b> | <b>01:44:23.90</b> |      | 0:00            | 2.9           |
| DNC | <b>BRONS Sonny</b>            | <b>302</b> | FAMILY FIT INDOOR SURVIVAL  | M 25-29   |      | 01:44:26            | <b>01:44:35.15</b> | <b>01:44:38.35</b> |      | 0:00            | 2.9           |
| DNC | <b>SPRUTTA Mateusz</b>        | <b>303</b> | CARBON OCR RACING TEAM      | M 25-29   |      | 01:44:15            | <b>01:44:35.25</b> | <b>01:44:38.45</b> |      | 0:00            | 2.9           |
| DNC | <b>SAMTLEBEN Thomas Hebbe</b> | <b>643</b> | TEAM CELTIC WARRIOR         | M 40-44   |      | 01:44:57            | <b>01:45:17.80</b> | <b>01:45:20.45</b> |      | 0:00            | 2.8           |
| DNC | <b>LUNDIN Alexandra</b>       | <b>761</b> |                             | W 30-34   |      | 01:46:22            | <b>01:46:31.35</b> | <b>01:46:35.05</b> |      | 0:00            | 2.8           |
| DNC | <b>CAFÉ Nuno</b>              | <b>625</b> | LYNXTEAM                    | M 40-44   |      | 01:46:25            | <b>01:46:38.90</b> | <b>01:46:40.75</b> |      | 0:00            | 2.8           |
| DNC | <b>KORTHOUT Bruce</b>         | <b>296</b> | ATLAS OUTDOOR TRAINING      | M 25-29   |      | 01:47:36            | <b>01:47:42.65</b> | <b>01:47:45.85</b> |      | 0:00            | 2.8           |
| DNC | <b>ARTZ Claus</b>             | <b>387</b> |                             | M 30-34   |      | 01:47:47            | <b>01:47:57.25</b> | <b>01:47:59.25</b> |      | 0:00            | 2.8           |
| DNC | <b>SCHMIDT Holger</b>         | <b>848</b> | HERAKLIDEN-TEAM DEUTSCHLAND | M 45-49   |      | 01:47:51            | <b>01:47:58.80</b> | <b>01:48:01.55</b> |      | 0:00            | 2.8           |
| DNC | <b>HORSCH Stefan</b>          | <b>435</b> | OCRCREW DUISBURG            | M 30-34   |      | 01:48:02            | <b>01:48:15.85</b> | <b>01:48:18.65</b> |      | 0:00            | 2.8           |
| DNC | <b>FELLDIN Jenny</b>          | <b>723</b> |                             | W 25-29   |      | 01:48:28            | <b>01:48:33.55</b> | <b>01:48:35.50</b> |      | 0:00            | 2.8           |
| DNC | <b>KASULIS Gerald</b>         | <b>250</b> | TEAM MADNESS                | M 25-29   |      | 01:48:48            | <b>01:48:54.50</b> | <b>01:48:55.70</b> |      | 0:00            | 2.8           |
| DNC | <b>ROTH Zdeněk</b>            | <b>350</b> |                             | M 30-34   |      | 01:48:47            | <b>01:48:55.80</b> | <b>01:48:58.65</b> |      | 0:00            | 2.8           |
| DNC | <b>BRUECKER Christoph</b>     | <b>555</b> | OCR CREW DUISBURG           | M 35-39   |      | 01:49:55            | <b>01:50:04.20</b> | <b>01:50:06.95</b> |      | 0:00            | 2.7           |
| DNC | <b>HORBACH Lars</b>           | <b>431</b> |                             | M 30-34   |      | 01:50:42            | <b>01:50:49.10</b> | <b>01:50:51.80</b> |      | 0:00            | 2.7           |
| DNC | <b>KOLB Lars</b>              | <b>362</b> | FIT FOR ME                  | M 30-34   |      | 01:50:46            | <b>01:50:55.00</b> | <b>01:50:58.75</b> |      | 0:00            | 2.7           |
| DNC | <b>BENTLEY Andy</b>           | <b>617</b> |                             | M 40-44   |      | 01:51:11            | <b>01:51:19.25</b> | <b>01:51:22.50</b> |      | 0:00            | 2.7           |
| DNC | <b>GRIFFITHS James</b>        | <b>440</b> | CLIFF LAKES OCR             | M 30-34   |      | 01:51:14            | <b>01:51:20.70</b> | <b>01:51:23.15</b> |      | 0:00            | 2.7           |
| DNC | <b>BATE Charlotte</b>         | <b>747</b> |                             | W 30-34   |      | 01:51:22            | <b>01:51:28.95</b> | <b>01:51:32.55</b> |      | 0:00            | 2.7           |
| DNC | <b>HENNEKEN Claudia Maria</b> | <b>88</b>  |                             | W Elite   |      | 01:51:34            | <b>01:51:41.00</b> | <b>01:51:42.65</b> |      | 0:00            | 2.7           |
| DNC | <b>KHOSCHNUD Ramin</b>        | <b>463</b> | DAS GRIMSGRAMS              | M 35-39   |      | 01:51:32            | <b>01:51:43.60</b> | <b>01:51:46.35</b> |      | 0:00            | 2.7           |
| DNC | <b>RYLKOVA Katerina</b>       | <b>757</b> | OCRA CZ                     | W 30-34   |      | 01:51:44            | <b>01:51:51.65</b> | <b>01:51:51.65</b> |      | 0:00            | 2.7           |
| DNC | <b>VERDIESEN Marloes</b>      | <b>684</b> |                             | W 18-24   |      | 01:51:58            | <b>01:52:07.60</b> | <b>01:52:09.95</b> |      | 0:00            | 2.7           |
| DNC | <b>JANSEN Roel</b>            | <b>849</b> |                             | M 45-49   |      | 01:52:14            | <b>01:52:20.75</b> | <b>01:52:23.10</b> |      | 0:00            | 2.7           |
| DNC | <b>ALEXANDRE Renato</b>       | <b>251</b> |                             | M 25-29   |      | 01:52:14            | <b>01:52:22.70</b> | <b>01:52:25.40</b> |      | 0:00            | 2.7           |
| DNC | <b>CASTRO Christian Danis</b> | <b>138</b> |                             | M 18-24   |      | 01:52:17            | <b>01:52:36.50</b> | <b>01:52:37.05</b> |      | 0:00            | 2.7           |
| DNC | <b>KUDYMETS Maksym</b>        | <b>68</b>  |                             | M Elite   |      | 01:52:37            | <b>01:52:44.50</b> | <b>01:52:46.50</b> |      | 0:00            | 2.7           |
| DNC | <b>SZTAJER Bartek</b>         | <b>537</b> | LUBIĘ BURPEES'Y             | M 35-39   |      | 01:52:42            | <b>01:52:46.70</b> | <b>01:52:49.35</b> |      | 0:00            | 2.7           |
| DNC | <b>SERNBO Jens</b>            | <b>876</b> |                             | M 50-54   |      | 01:52:49            | <b>01:52:59.45</b> | <b>01:53:01.80</b> |      | 0:00            | 2.7           |
| DNC | <b>DOMORÁD Vojtěch</b>        | <b>408</b> |                             | M 30-34   |      | 01:52:53            | <b>01:53:01.25</b> | <b>01:53:03.85</b> |      | 0:00            | 2.7           |
| DNC | <b>PRZYSTAW Maxim</b>         | <b>425</b> | OPFERCREW                   | M 30-34   |      | 01:53:00            | <b>01:53:09.45</b> | <b>01:53:13.75</b> |      | 0:00            | 2.7           |
| DNC | <b>PUTMAN David</b>           | <b>844</b> | VUDA OBSTACLE TEAM          | M 45-49   |      | 01:53:19            | <b>01:53:28.05</b> | <b>01:53:29.90</b> |      | 0:00            | 2.6           |

| Msc | Zawodnik                        | Numer      | Klub                  | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------|------------|-----------------------|-----------|------|---------------------|--------------------|--------------------|------|-----------------|---------------|
|     |                                 |            |                       |           |      |                     | netto<br>5km       | brutto<br>5km      |      |                 |               |
| DNC | <b>RANGNAU Olga</b>             | <b>714</b> |                       | W 25-29   |      | 01:53:23            | <b>01:53:28.95</b> | <b>01:53:31.10</b> |      | 0:00            | 2.6           |
| DNC | <b>DUURSMA Paul</b>             | <b>837</b> |                       | M 45-49   |      | 01:53:23            | <b>01:53:30.05</b> | <b>01:53:32.95</b> |      | 0:00            | 2.6           |
| DNC | <b>ROEFFAERS Sander</b>         | <b>241</b> |                       | M 25-29   |      | 01:53:39            | <b>01:53:50.00</b> | <b>01:53:51.45</b> |      | 0:00            | 2.6           |
| DNC | <b>BEELLEN Timothy Van</b>      | <b>318</b> |                       | M 30-34   |      | 01:54:05            | <b>01:54:10.90</b> | <b>01:54:14.40</b> |      | 0:00            | 2.6           |
| DNC | <b>HOCHSTEIN Dirk</b>           | <b>623</b> | OCR-PACEMAKERS        | M 40-44   |      | 01:54:26            | <b>01:54:37.60</b> | <b>01:54:40.95</b> |      | 0:00            | 2.6           |
| DNC | <b>MARTÍNEZ Rafael</b>          | <b>217</b> |                       | M 25-29   |      | 01:54:34            | <b>01:54:40.75</b> | <b>01:54:42.15</b> |      | 0:00            | 2.6           |
| DNC | <b>TAHIROVIC Adna</b>           | <b>676</b> |                       | W 18-24   |      | 01:54:33            | <b>01:54:41.10</b> | <b>01:54:43.05</b> |      | 0:00            | 2.6           |
| DNC | <b>ALEXANDER Alexander</b>      | <b>828</b> |                       | M 45-49   |      | 01:54:59            | <b>01:55:06.40</b> | <b>01:55:08.60</b> |      | 0:00            | 2.6           |
| DNC | <b>JÜRGENS Friedrich</b>        | <b>830</b> |                       | M 45-49   |      | 01:55:18            | <b>01:55:36.25</b> | <b>01:55:38.45</b> |      | 0:00            | 2.6           |
| DNC | <b>MITCHELL Alexander</b>       | <b>571</b> |                       | M 40-44   |      | 01:50:27            | <b>01:50:36.00</b> | <b>01:55:38.80</b> |      | 0:00            | 2.7           |
| DNC | <b>PELLA Kristina</b>           | <b>737</b> |                       | W 25-29   |      | 01:55:30            | <b>01:55:45.30</b> | <b>01:55:46.35</b> |      | 0:00            | 2.6           |
| DNC | <b>FELLDIN Markus</b>           | <b>247</b> |                       | M 25-29   |      | 01:55:57            | <b>01:56:03.70</b> | <b>01:56:06.45</b> |      | 0:00            | 2.6           |
| DNC | <b>JONES Holly</b>              | <b>768</b> |                       | W 30-34   |      | 01:56:06            | <b>01:56:27.65</b> | <b>01:56:31.55</b> |      | 0:00            | 2.6           |
| DNC | <b>HEIMBURG Stefan Von</b>      | <b>609</b> | URBANRUNNING          | M 40-44   |      | 01:56:24            | <b>01:56:34.70</b> | <b>01:56:38.85</b> |      | 0:00            | 2.6           |
| DNC | <b>COHEN Rebecca</b>            | <b>910</b> |                       | W 50-54   |      | 01:56:31            | <b>01:56:39.20</b> | <b>01:56:43.50</b> |      | 0:00            | 2.6           |
| DNC | <b>SAMOW Corinna</b>            | <b>907</b> | URBANRUNNING          | W 45-49   |      | 01:56:36            | <b>01:56:42.75</b> | <b>01:56:46.25</b> |      | 0:00            | 2.6           |
| DNC | <b>RAMPÍROVÁ Petra</b>          | <b>789</b> |                       | W 35-39   |      | 01:56:38            | <b>01:56:46.20</b> | <b>01:56:48.55</b> |      | 0:00            | 2.6           |
| DNC | <b>SCHREUDER Myrte</b>          | <b>766</b> |                       | W 30-34   |      | 01:56:59            | <b>01:57:05.20</b> | <b>01:57:08.95</b> |      | 0:00            | 2.6           |
| DNC | <b>STØLEN Gunhild</b>           | <b>696</b> |                       | W 18-24   |      | 01:57:00            | <b>01:57:10.40</b> | <b>01:57:12.45</b> |      | 0:00            | 2.6           |
| DNC | <b>RIHA Zdenek</b>              | <b>444</b> | TEAM CZECH REPUBLIC   | M 30-34   |      | 01:57:14            | <b>01:57:20.85</b> | <b>01:57:23.55</b> |      | 0:00            | 2.6           |
| DNC | <b>MÜLLERS Kai</b>              | <b>634</b> | OCR MUNICH            | M 40-44   |      | 01:57:28            | <b>01:57:36.20</b> | <b>01:57:39.15</b> |      | 0:00            | 2.6           |
| DNC | <b>KINDBOM Aron</b>             | <b>145</b> |                       | M 18-24   |      | 01:57:55            | <b>01:58:00.40</b> | <b>01:58:01.45</b> |      | 0:00            | 2.5           |
| DNC | <b>WALTHER Oliver</b>           | <b>636</b> | OCR MUNICH            | M 40-44   |      | 01:57:57            | <b>01:58:05.00</b> | <b>01:58:08.00</b> |      | 0:00            | 2.5           |
| DNC | <b>PCHELIAKOV Aleksandr</b>     | <b>205</b> | GAZPROMBANK OCR TEAM  | M 25-29   |      | 01:58:01            | <b>01:58:06.55</b> | <b>01:58:09.15</b> |      | 0:00            | 2.5           |
| DNC | <b>ENTICKNAP Colin</b>          | <b>578</b> | TEAM X                | M 40-44   |      | 01:58:03            | <b>01:58:13.15</b> | <b>01:58:16.60</b> |      | 0:00            | 2.5           |
| DNC | <b>KUŽELÍKOVÁ Zuzana</b>        | <b>715</b> |                       | W 25-29   |      | 01:58:11            | <b>01:58:17.40</b> | <b>01:58:18.95</b> |      | 0:00            | 2.5           |
| DNC | <b>KUNZMANNOVÁ Eva</b>          | <b>688</b> |                       | W 18-24   |      | 01:58:14            | <b>01:58:20.75</b> | <b>01:58:23.55</b> |      | 0:00            | 2.5           |
| DNC | <b>BUKSZYŃSKI Jano</b>          | <b>451</b> |                       | M 35-39   |      | 01:58:16            | <b>01:58:22.45</b> | <b>01:58:24.15</b> |      | 0:00            | 2.5           |
| DNC | <b>ESTIVAL Julien</b>           | <b>515</b> |                       | M 35-39   |      | 01:58:15            | <b>01:58:23.35</b> | <b>01:58:26.80</b> |      | 0:00            | 2.5           |
| DNC | <b>NIELSEN Rene`</b>            | <b>627</b> | OCRHOLSTEBRO          | M 40-44   |      | 01:58:23            | <b>01:58:30.70</b> | <b>01:58:34.95</b> |      | 0:00            | 2.5           |
| DNC | <b>LEONI Mauro</b>              | <b>856</b> |                       | M 45-49   |      | 01:59:04            | <b>01:59:12.45</b> | <b>01:59:14.70</b> |      | 0:00            | 2.5           |
| DNC | <b>CECCOTTI Daniele</b>         | <b>846</b> |                       | M 45-49   |      | 01:59:05            | <b>01:59:12.75</b> | <b>01:59:14.70</b> |      | 0:00            | 2.5           |
| DNC | <b>PENNISI Dario</b>            | <b>847</b> |                       | M 45-49   |      | 01:59:05            | <b>01:59:12.15</b> | <b>01:59:14.70</b> |      | 0:00            | 2.5           |
| DNC | <b>GRZEGORZYCA Damian</b>       | <b>608</b> | SOCIOS SILESIA        | M 40-44   |      | 01:59:06            | <b>01:59:16.65</b> | <b>01:59:18.80</b> |      | 0:00            | 2.5           |
| DNC | <b>KASTSIUCHENKA Volha</b>      | <b>752</b> |                       | W 30-34   |      | 02:00:02            | <b>02:00:09.40</b> | <b>02:00:13.05</b> |      | 0:00            | 2.5           |
| DNC | <b>TORRES Oscar Barranquero</b> | <b>588</b> | THE LAST TRAINING     | M 40-44   |      | 02:00:15            | <b>02:00:23.40</b> | <b>02:00:25.75</b> |      | 0:00            | 2.5           |
| DNC | <b>DION Stéphane</b>            | <b>519</b> |                       | M 35-39   |      | 02:00:11            | <b>02:00:25.20</b> | <b>02:00:30.35</b> |      | 0:00            | 2.5           |
| DNC | <b>JUSZCZYK Jaroslaw</b>        | <b>527</b> | DZIKI Z GOSŁAWA       | M 35-39   |      | 02:00:50            | <b>02:00:57.60</b> | <b>02:01:01.35</b> |      | 0:00            | 2.5           |
| DNC | <b>ROMANOV Semen</b>            | <b>65</b>  | RUSSIA                | M Elite   |      | 02:01:02            | <b>02:01:11.90</b> | <b>02:01:13.40</b> |      | 0:00            | 2.5           |
| DNC | <b>ZELENKOVÁ Simona</b>         | <b>692</b> | #GLADIATORRACETEAM    | W 18-24   |      | 02:01:15            | <b>02:01:19.45</b> | <b>02:01:22.20</b> |      | 0:00            | 2.5           |
| DNC | <b>OHLSSON Jesper</b>           | <b>245</b> | KARLSHAMN OCR         | M 25-29   |      | 02:01:31            | <b>02:01:40.80</b> | <b>02:01:42.90</b> |      | 0:00            | 2.5           |
| DNC | <b>MADSEN Ditlev</b>            | <b>181</b> |                       | M 18-24   |      | 02:01:55            | <b>02:02:03.80</b> | <b>02:02:06.25</b> |      | 0:00            | 2.5           |
| DNC | <b>NATALIA Bondarenko</b>       | <b>913</b> |                       | W 55+     |      | 02:01:54            | <b>02:02:03.25</b> | <b>02:02:07.45</b> |      | 0:00            | 2.5           |
| DNC | <b>RANNIKKO Emmy</b>            | <b>781</b> | KFUM UPPSALA SURVIVAL | W 35-39   |      | 02:02:26            | <b>02:02:36.85</b> | <b>02:02:39.90</b> |      | 0:00            | 2.4           |

| Msc | Zawodnik                        | Numer      | Klub                        | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------|------------|-----------------------------|-----------|------|---------------------|--------------------|--------------------|------|-----------------|---------------|
|     |                                 |            |                             |           |      |                     | netto<br>5km       | brutto<br>5km      |      |                 |               |
| DNC | <b>MONTAN Johan</b>             | <b>548</b> |                             | M 35-39   |      | 02:02:35            | <b>02:02:41.45</b> | <b>02:02:45.15</b> |      | 0:00            | 2.4           |
| DNC | <b>LOUCA Sebastian</b>          | <b>516</b> |                             | M 35-39   |      | 02:02:57            | <b>02:03:14.05</b> | <b>02:03:17.40</b> |      | 0:00            | 2.4           |
| DNC | <b>FROLOVA Polina</b>           | <b>756</b> |                             | W 30-34   |      | 02:03:35            | <b>02:03:41.40</b> | <b>02:03:43.95</b> |      | 0:00            | 2.4           |
| DNC | <b>JURNÍK Lukáš</b>             | <b>176</b> |                             | M 18-24   |      | 02:03:26            | <b>02:03:41.90</b> | <b>02:03:44.55</b> |      | 0:00            | 2.4           |
| DNC | <b>GROOTERS Leo</b>             | <b>594</b> | TEAM OUTDOOR OCR            | M 40-44   |      | 02:03:34            | <b>02:03:43.10</b> | <b>02:03:46.00</b> |      | 0:00            | 2.4           |
| DNC | <b>OLDHAM Justin</b>            | <b>857</b> |                             | M 45-49   |      | 02:03:44            | <b>02:03:51.30</b> | <b>02:03:53.95</b> |      | 0:00            | 2.4           |
| DNC | <b>CHATFIELD Connor</b>         | <b>149</b> |                             | M 18-24   |      | 02:04:08            | <b>02:04:14.50</b> | <b>02:04:15.15</b> |      | 0:00            | 2.4           |
| DNC | <b>BERGE Kjetil</b>             | <b>475</b> |                             | M 35-39   |      | 02:04:06            | <b>02:04:15.90</b> | <b>02:04:19.05</b> |      | 0:00            | 2.4           |
| DNC | <b>LANTZ Anders</b>             | <b>580</b> |                             | M 40-44   |      | 02:04:41            | <b>02:04:49.45</b> | <b>02:04:52.40</b> |      | 0:00            | 2.4           |
| DNC | <b>CURDY Maxence</b>            | <b>299</b> | INVICTA                     | M 25-29   |      | 02:04:46            | <b>02:04:55.40</b> | <b>02:04:59.45</b> |      | 0:00            | 2.4           |
| DNC | <b>KOVALEFF Lena</b>            | <b>906</b> |                             | W 45-49   |      | 02:04:55            | <b>02:05:03.40</b> | <b>02:05:07.10</b> |      | 0:00            | 2.4           |
| DNC | <b>SERGEY Rudometov</b>         | <b>477</b> |                             | M 35-39   |      | 02:05:05            | <b>02:05:23.15</b> | <b>02:05:26.15</b> |      | 0:00            | 2.4           |
| DNC | <b>ÖLUND Emma</b>               | <b>749</b> |                             | W 30-34   |      | 02:05:17            | <b>02:05:24.25</b> | <b>02:05:27.55</b> |      | 0:00            | 2.4           |
| DNC | <b>LAGREZE Sven</b>             | <b>461</b> | OCR MUNICH                  | M 35-39   |      | 02:05:19            | <b>02:05:28.05</b> | <b>02:05:30.30</b> |      | 0:00            | 2.4           |
| DNC | <b>SUBBOTINAS Vitalijus</b>     | <b>449</b> | OCR BALTIC WARRIORS         | M 35-39   |      | 02:05:38            | <b>02:05:48.40</b> | <b>02:05:50.70</b> |      | 0:00            | 2.4           |
| DNC | <b>CONVERS Jean-Luc</b>         | <b>887</b> |                             | M 55+     |      | 02:06:07            | <b>02:06:15.90</b> | <b>02:06:18.85</b> |      | 0:00            | 2.4           |
| DNC | <b>STEVENSON Alan</b>           | <b>532</b> |                             | M 35-39   |      | 02:06:27            | <b>02:06:34.55</b> | <b>02:06:37.00</b> |      | 0:00            | 2.4           |
| DNC | <b>JACKIEWICZ Lukasz</b>        | <b>438</b> |                             | M 30-34   |      | 02:06:43            | <b>02:06:50.85</b> | <b>02:06:54.15</b> |      | 0:00            | 2.4           |
| DNC | <b>KRYVKO Margaryta</b>         | <b>736</b> |                             | W 25-29   |      | 02:06:54            | <b>02:07:00.85</b> | <b>02:07:02.00</b> |      | 0:00            | 2.4           |
| DNC | <b>RECIO Diego Serrano</b>      | <b>291</b> |                             | M 25-29   |      | 02:07:40            | <b>02:07:46.85</b> | <b>02:07:50.10</b> |      | 0:00            | 2.3           |
| DNC | <b>TIMUR</b>                    | <b>75</b>  |                             | M Elite   |      | 02:07:49            | <b>02:07:56.75</b> | <b>02:07:58.30</b> |      | 0:00            | 2.3           |
| DNC | <b>SVENSSON Engla</b>           | <b>895</b> |                             | W 13-17   |      | 02:08:02            | <b>02:08:08.15</b> | <b>02:08:11.30</b> |      | 0:00            | 2.3           |
| DNC | <b>KOLEGOWICZ Klaudia</b>       | <b>759</b> |                             | W 30-34   |      | 02:08:07            | <b>02:08:23.65</b> | <b>02:08:26.75</b> |      | 0:00            | 2.3           |
| DNC | <b>OSTERMEIER Gabriel</b>       | <b>266</b> |                             | M 25-29   |      | 02:08:32            | <b>02:08:45.35</b> | <b>02:08:47.40</b> |      | 0:00            | 2.3           |
| DNC | <b>MAZUEL Alexandre</b>         | <b>244</b> | TEAM SENZU                  | M 25-29   |      | 02:08:48            | <b>02:08:55.65</b> | <b>02:08:57.60</b> |      | 0:00            | 2.3           |
| DNC | <b>VIAGA Raul Fidel Duharte</b> | <b>505</b> |                             | M 35-39   |      | 02:08:57            | <b>02:09:05.20</b> | <b>02:09:08.65</b> |      | 0:00            | 2.3           |
| DNC | <b>BIGLANDS Steve</b>           | <b>864</b> |                             | M 50-54   |      | 02:09:02            | <b>02:09:08.90</b> | <b>02:09:10.80</b> |      | 0:00            | 2.3           |
| DNC | <b>MACH Martin</b>              | <b>845</b> |                             | M 45-49   |      | 02:08:56            | <b>02:09:14.80</b> | <b>02:09:17.45</b> |      | 0:00            | 2.3           |
| DNC | <b>DUBROVINA Natalia</b>        | <b>744</b> |                             | W 30-34   |      | 02:09:14            | <b>02:09:24.75</b> | <b>02:09:27.20</b> |      | 0:00            | 2.3           |
| DNC | <b>LÜPKE Sebastian</b>          | <b>214</b> | HERAKLIDEN-TEAM DEUTSCHLAND | M 25-29   |      | 02:09:17            | <b>02:09:25.30</b> | <b>02:09:27.45</b> |      | 0:00            | 2.3           |
| DNC | <b>ALGERSTEDT Jimmy</b>         | <b>575</b> |                             | M 40-44   |      | 02:09:39            | <b>02:09:47.65</b> | <b>02:09:50.65</b> |      | 0:00            | 2.3           |
| DNC | <b>POULTER Mark</b>             | <b>386</b> | TEAM BRIGHTHAMMER           | M 30-34   |      | 02:09:43            | <b>02:09:52.00</b> | <b>02:09:54.65</b> |      | 0:00            | 2.3           |
| DNC | <b>DOUHAN Dylan</b>             | <b>173</b> | KARLSHAMN OCR               | M 18-24   |      | 02:09:45            | <b>02:09:51.75</b> | <b>02:09:54.65</b> |      | 0:00            | 2.3           |
| DNC | <b>GOLISCH Nina</b>             | <b>791</b> | HERAKLIDEN-TEAM DEUTSCHLAND | W 35-39   |      | 02:09:47            | <b>02:09:58.45</b> | <b>02:10:00.85</b> |      | 0:00            | 2.3           |
| DNC | <b>KILIMNIK Tomasz</b>          | <b>347</b> |                             | M 30-34   |      | 02:09:52            | <b>02:10:00.75</b> | <b>02:10:03.75</b> |      | 0:00            | 2.3           |
| DNC | <b>LEERBAEK Mads</b>            | <b>655</b> |                             | M 13-17   |      | 02:10:22            | <b>02:10:28.80</b> | <b>02:10:31.00</b> |      | 0:00            | 2.3           |
| DNC | <b>BOCCON Alexandre</b>         | <b>60</b>  | OCR FRANCE                  | M Elite   |      | 02:10:15            | <b>02:10:34.30</b> | <b>02:10:36.15</b> |      | 0:00            | 2.3           |
| DNC | <b>FAVA Alan</b>                | <b>520</b> |                             | M 35-39   |      | 02:10:27            | <b>02:10:34.25</b> | <b>02:10:37.10</b> |      | 0:00            | 2.3           |
| DNC | <b>BRUUN Emil Hvidenlund</b>    | <b>172</b> |                             | M 18-24   |      | 02:10:33            | <b>02:10:40.05</b> | <b>02:10:42.30</b> |      | 0:00            | 2.3           |
| DNC | <b>JANISZEWSKI Grzegorz</b>     | <b>878</b> | DZIADY OCR                  | M 50-54   |      | 02:10:31            | <b>02:10:42.00</b> | <b>02:10:45.15</b> |      | 0:00            | 2.3           |
| DNC | <b>BAK Łukasz</b>               | <b>161</b> |                             | M 18-24   |      | 02:10:39            | <b>02:10:46.30</b> | <b>02:10:48.90</b> |      | 0:00            | 2.3           |
| DNC | <b>MAWLAM Jason</b>             | <b>394</b> |                             | M 30-34   |      | 02:10:43            | <b>02:10:53.15</b> | <b>02:10:54.85</b> |      | 0:00            | 2.3           |
| DNC | <b>THOMAYER Jan</b>             | <b>182</b> |                             | M 18-24   |      | 02:10:59            | <b>02:11:06.55</b> | <b>02:11:09.50</b> |      | 0:00            | 2.3           |
| DNC | <b>CHŁAD Aleksander</b>         | <b>535</b> |                             | M 35-39   |      | 02:11:24            | <b>02:11:32.10</b> | <b>02:11:34.35</b> |      | 0:00            | 2.3           |

| Msc | Zawodnik                  | Numer | Klub                   | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas         |               | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|-------|------------------------|-----------|------|---------------------|--------------|---------------|------|-----------------|---------------|
|     |                           |       |                        |           |      |                     | netto<br>5km | brutto<br>5km |      |                 |               |
| DNC | KAMIŃSKI Zbigniew         | 496   |                        | M 35-39   |      | 02:11:43            | 02:11:51.15  | 02:11:53.80   | 0:00 | 2.3             |               |
| DNC | VIRTANEN Maggie           | 912   |                        | W 50-54   |      | 02:11:49            | 02:11:59.30  | 02:12:03.30   | 0:00 | 2.3             |               |
| DNC | VOSSLER Martin            | 557   |                        | M 35-39   |      | 02:12:08            | 02:12:16.35  | 02:12:16.35   | 0:00 | 2.3             |               |
| DNC | GILARSKA Marta            | 739   |                        | W 25-29   |      | 02:12:12            | 02:12:19.15  | 02:12:20.85   | 0:00 | 2.3             |               |
| DNC | BARKSKOG Caritha          | 793   | TEAMTOUGHACESWEDEN     | W 35-39   |      | 02:12:12            | 02:12:19.45  | 02:12:22.60   | 0:00 | 2.3             |               |
| DNC | BLEYS Pascal              | 863   |                        | M 50-54   |      | 02:12:26            | 02:12:36.70  | 02:12:38.75   | 0:00 | 2.3             |               |
| DNC | BERLIN Nanna              | 711   |                        | W 25-29   |      | 02:12:54            | 02:13:02.30  | 02:13:03.85   | 0:00 | 2.3             |               |
| DNC | DAY Nick                  | 551   |                        | M 35-39   |      | 02:12:53            | 02:13:01.55  | 02:13:04.10   | 0:00 | 2.3             |               |
| DNC | JOHANSSON Tom             | 216   |                        | M 25-29   |      | 02:13:00            | 02:13:16.50  | 02:13:18.85   | 0:00 | 2.3             |               |
| DNC | POUROVA Katerina          | 699   |                        | W 18-24   |      | 02:13:10            | 02:13:16.60  | 02:13:19.95   | 0:00 | 2.3             |               |
| DNC | SÉBASTIEN Galdeano        | 430   |                        | M 30-34   |      | 02:13:23            | 02:13:31.20  | 02:13:33.10   | 0:00 | 2.2             |               |
| DNC | JAGER Robin De            | 283   |                        | M 25-29   |      | 02:13:35            | 02:13:43.55  | 02:13:47.15   | 0:00 | 2.2             |               |
| DNC | BOZIC Sarah               | 782   | OCR-PACEMAKERS         | W 35-39   |      | 02:13:54            | 02:14:02.05  | 02:14:05.00   | 0:00 | 2.2             |               |
| DNC | MATYASI Gábor             | 865   |                        | M 50-54   |      | 02:14:26            | 02:14:31.55  | 02:14:33.15   | 0:00 | 2.2             |               |
| DNC | TORESÄTER Ludvig "Luddet" | 249   | OCR ELITE APPAREL      | M 25-29   |      | 02:14:27            | 02:14:33.85  | 02:14:36.00   | 0:00 | 2.2             |               |
| DNC | LEE Mikaela               | 902   | SPORTS CLUB OCR SWEDEN | W 45-49   |      | 02:14:24            | 02:14:32.85  | 02:14:37.15   | 0:00 | 2.2             |               |
| DNC | JOHANSEN Philip Hust      | 224   |                        | M 25-29   |      | 02:14:40            | 02:14:49.55  | 02:14:51.55   | 0:00 | 2.2             |               |
| DNC | KEREK Bernhard            | 502   | BÄHRINGER WILDSAUE     | M 35-39   |      | 02:14:50            | 02:14:59.90  | 02:15:03.35   | 0:00 | 2.2             |               |
| DNC | GRESZTA Waldemar          | 850   |                        | M 45-49   |      | 02:15:23            | 02:15:32.80  | 02:15:35.55   | 0:00 | 2.2             |               |
| DNC | SZUMLAŃSKI Marcin         | 383   |                        | M 30-34   |      | 02:15:30            | 02:15:35.50  | 02:15:37.85   | 0:00 | 2.2             |               |
| DNC | SJÖGREN Niklas            | 469   | TEAM FRIGOVÄST         | M 35-39   |      | 02:15:30            | 02:15:36.80  | 02:15:39.60   | 0:00 | 2.2             |               |
| DNC | STILLWELL Kate            | 86    |                        | W Elite   |      | 02:15:32            | 02:15:38.90  | 02:15:41.05   | 0:00 | 2.2             |               |
| DNC | ZEBERG Alicia             | 890   | KARLSHAMN OCR          | W 13-17   |      | 02:15:37            | 02:15:45.05  | 02:15:47.45   | 0:00 | 2.2             |               |
| DNC | RĘBACZ Krzysztof          | 854   |                        | M 45-49   |      | 02:15:37            | 02:15:47.80  | 02:15:51.15   | 0:00 | 2.2             |               |
| DNC | WAHLUND Jesper            | 635   | TEAM BAREKOHUDDINGE.SE | M 40-44   |      | 02:15:40            | 02:15:58.15  | 02:16:00.70   | 0:00 | 2.2             |               |
| DNC | BROKEŠ Ondřej             | 139   |                        | M 18-24   |      | 02:15:57            | 02:16:05.50  | 02:16:06.50   | 0:00 | 2.2             |               |
| DNC | MORAWSKI Grzegorz         | 490   |                        | M 35-39   |      | 02:16:20            | 02:16:28.50  | 02:16:30.80   | 0:00 | 2.2             |               |
| DNC | SUŠANKOVÁ Klára           | 690   |                        | W 18-24   |      | 02:16:17            | 02:16:34.50  | 02:16:37.45   | 0:00 | 2.2             |               |
| DNC | MACANOVÁ Zuzana           | 689   |                        | W 18-24   |      | 02:12:04            | 02:16:34.70  | 02:16:37.75   | 0:00 | 2.2             |               |
| DNC | KANSTRUP Nicolai          | 226   |                        | M 25-29   |      | 02:16:26            | 02:16:36.15  | 02:16:38.30   | 0:00 | 2.2             |               |
| DNC | ZALEJASZ Sylwester        | 536   | HELL SQUAD             | M 35-39   |      | 02:17:26            | 02:17:37.45  | 02:17:39.90   | 0:00 | 2.2             |               |
| DNC | CHRISTENSEN Michael       | 338   | OCR FIGHTERS           | M 30-34   |      | 02:17:33            | 02:17:39.70  | 02:17:43.20   | 0:00 | 2.2             |               |
| DNC | DITTMANN Kerstin          | 790   | URBANRUNNING           | W 35-39   |      | 02:17:52            | 02:17:58.80  | 02:18:01.25   | 0:00 | 2.2             |               |
| DNC | MARUSZAK Anna             | 738   |                        | W 25-29   |      | 02:18:15            | 02:18:18.45  | 02:18:20.00   | 0:00 | 2.2             |               |
| DNC | WRIGHT Sally              | 901   |                        | W 45-49   |      | 02:18:56            | 02:19:03.15  | 02:19:07.05   | 0:00 | 2.2             |               |
| DNC | SVENSSON Nicklas          | 243   |                        | M 25-29   |      | 02:18:59            | 02:19:06.65  | 02:19:09.20   | 0:00 | 2.2             |               |
| DNC | MESZAROS Csaba            | 870   |                        | M 50-54   |      | 02:19:09            | 02:19:17.00  | 02:19:19.10   | 0:00 | 2.2             |               |
| DNC | KRZYŻOWSKI Grzegorz       | 563   |                        | M 35-39   |      | 02:19:04            | 02:19:20.50  | 02:19:22.95   | 0:00 | 2.2             |               |
| DNC | SEGARRA Jossuan           | 170   |                        | M 18-24   |      | 02:19:14            | 02:19:26.15  | 02:19:26.15   | 0:00 | 2.2             |               |
| DNC | VEDERSØ Mik               | 619   |                        | M 40-44   |      | 02:19:46            | 02:19:54.60  | 02:19:58.20   | 0:00 | 2.1             |               |
| DNC | DIDIER Ludovic            | 175   |                        | M 18-24   |      | 02:19:54            | 02:20:03.05  | 02:20:06.20   | 0:00 | 2.1             |               |
| DNC | ŽUKOWSKA Aniela           | 113   |                        | W Elite   |      | 02:19:57            | 02:20:05.90  | 02:20:08.75   | 0:00 | 2.1             |               |
| DNC | KOMOSIŃSKI Łukasz         | 313   |                        | M 30-34   |      | 02:20:18            | 02:20:27.85  | 02:20:31.40   | 0:00 | 2.1             |               |
| DNC | DOODY Kelvin              | 442   |                        | M 30-34   |      | 02:20:28            | 02:20:35.30  | 02:20:37.25   | 0:00 | 2.1             |               |



| Msc | Zawodnik                             | Numer      | Klub                                  | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------------|------------|---------------------------------------|-----------|------|---------------------|--------------------|--------------------|------|-----------------|---------------|
|     |                                      |            |                                       |           |      |                     | netto<br>5km       | brutto<br>5km      |      |                 |               |
| DNC | <b>CHRISTOPHER Michel</b>            | <b>369</b> |                                       | M 30-34   |      | 02:20:44            | <b>02:21:01.05</b> | <b>02:21:04.05</b> |      | 0:00            | 2.1           |
| DNC | <b>KOŁODZIEJCZYK Dariusz</b>         | <b>576</b> | SOCIOS SILESIA                        | M 40-44   |      | 02:21:04            | <b>02:21:12.00</b> | <b>02:21:14.25</b> |      | 0:00            | 2.1           |
| DNC | <b>WILKINSON Becca</b>               | <b>745</b> | TEAM MACTUFF                          | W 30-34   |      | 02:21:07            | <b>02:21:15.55</b> | <b>02:21:19.15</b> |      | 0:00            | 2.1           |
| DNC | <b>BENGTSSON Per</b>                 | <b>885</b> |                                       | M 55+     |      | 02:21:11            | <b>02:21:19.40</b> | <b>02:21:22.10</b> |      | 0:00            | 2.1           |
| DNC | <b>MORAN Fred</b>                    | <b>569</b> |                                       | M 40-44   |      | 02:21:10            | <b>02:21:20.45</b> | <b>02:21:23.00</b> |      | 0:00            | 2.1           |
| DNC | <b>PETROW Janeck</b>                 | <b>506</b> |                                       | M 35-39   |      | 02:20:52            | <b>02:21:32.95</b> | <b>02:21:35.35</b> |      | 0:00            | 2.1           |
| DNC | <b>MIODEK Adrian</b>                 | <b>533</b> | DIRTY SPARROWS                        | M 35-39   |      | 02:21:29            | <b>02:21:35.55</b> | <b>02:21:38.00</b> |      | 0:00            | 2.1           |
| DNC | <b>DRÁBKOVÁ Veronika</b>             | <b>681</b> |                                       | W 18-24   |      | 02:21:40            | <b>02:21:47.90</b> | <b>02:21:50.95</b> |      | 0:00            | 2.1           |
| DNC | <b>BERQUEZ Andrea</b>                | <b>116</b> | TEAM OMRM                             | W Elite   |      | 02:21:51            | <b>02:21:59.85</b> | <b>02:22:00.95</b> |      | 0:00            | 2.1           |
| DNC | <b>JASIŃSKA Alicja</b>               | <b>893</b> | GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI | W 13-17   |      | 02:22:45            | <b>02:22:58.80</b> | <b>02:23:01.85</b> |      | 0:00            | 2.1           |
| DNC | <b>WYSŁUCH Iza</b>                   | <b>95</b>  |                                       | W Elite   |      | 02:23:17            | <b>02:23:25.20</b> | <b>02:23:27.25</b> |      | 0:00            | 2.1           |
| DNC | <b>POLSTRA Berry</b>                 | <b>427</b> |                                       | M 30-34   |      | 02:23:17            | <b>02:23:25.90</b> | <b>02:23:29.20</b> |      | 0:00            | 2.1           |
| DNC | <b>ŁASKOWSKI Piotr</b>               | <b>382</b> | BEFIT24TEAM                           | M 30-34   |      | 02:23:17            | <b>02:23:45.35</b> | <b>02:23:48.60</b> |      | 0:00            | 2.1           |
| DNC | <b>GABELGAARD Tanja</b>              | <b>102</b> |                                       | W Elite   |      | 02:23:45            | <b>02:23:55.40</b> | <b>02:23:57.80</b> |      | 0:00            | 2.1           |
| DNC | <b>KOŁCZYN Magdalena</b>             | <b>93</b>  |                                       | W Elite   |      | 02:23:49            | <b>02:23:57.95</b> | <b>02:24:00.65</b> |      | 0:00            | 2.1           |
| DNC | <b>CASTILLO Aythami Castilla Del</b> | <b>400</b> |                                       | M 30-34   |      | 02:23:50            | <b>02:23:58.40</b> | <b>02:24:00.95</b> |      | 0:00            | 2.1           |
| DNC | <b>SPIJKER Dayen</b>                 | <b>903</b> |                                       | W 45-49   |      | 02:24:39            | <b>02:24:46.65</b> | <b>02:24:49.55</b> |      | 0:00            | 2.1           |
| DNC | <b>WARING Evie</b>                   | <b>898</b> |                                       | W 13-17   |      | 02:25:05            | <b>02:25:09.35</b> | <b>02:25:13.05</b> |      | 0:00            | 2.1           |
| DNC | <b>MISSALA Magda</b>                 | <b>897</b> | POWER TRAINING                        | W 13-17   |      | 02:25:06            | <b>02:25:10.60</b> | <b>02:25:13.20</b> |      | 0:00            | 2.1           |
| DNC | <b>ČÍŽEK Jan</b>                     | <b>268</b> |                                       | M 25-29   |      | 02:25:04            | <b>02:25:14.40</b> | <b>02:25:18.70</b> |      | 0:00            | 2.1           |
| DNC | <b>OLEKSIUK Liudmyla</b>             | <b>780</b> |                                       | W 35-39   |      | 02:25:25            | <b>02:25:38.40</b> | <b>02:25:40.50</b> |      | 0:00            | 2.1           |
| DNC | <b>PHILLIPS Alastair</b>             | <b>248</b> |                                       | M 25-29   |      | 02:25:59            | <b>02:26:07.25</b> | <b>02:26:09.95</b> |      | 0:00            | 2.1           |
| DNC | <b>JOHANSSON Malin</b>               | <b>805</b> | OCR ELITE APPAREL                     | W 40-44   |      | 02:26:18            | <b>02:26:26.40</b> | <b>02:26:29.05</b> |      | 0:00            | 2             |
| DNC | <b>SWART Maarten</b>                 | <b>517</b> |                                       | M 35-39   |      | 02:26:32            | <b>02:26:37.15</b> | <b>02:26:39.65</b> |      | 0:00            | 2             |
| DNC | <b>RAKHIMBAYEV Almas</b>             | <b>32</b>  |                                       | M Elite   |      | 02:27:03            | <b>02:27:14.10</b> | <b>02:27:15.10</b> |      | 0:00            | 2             |
| DNC | <b>TOJAR Luis Martin</b>             | <b>63</b>  | LEYENDAS OCR BY XFORCE                | M Elite   |      | 02:27:02            | <b>02:27:21.25</b> | <b>02:27:23.15</b> |      | 0:00            | 2             |
| DNC | <b>JOBANPUTRA Mayoora</b>            | <b>278</b> |                                       | M 25-29   |      | 02:27:32            | <b>02:27:41.50</b> | <b>02:27:44.35</b> |      | 0:00            | 2             |
| DNC | <b>ROBBRECHT Chris</b>               | <b>143</b> |                                       | M 18-24   |      | 02:27:33            | <b>02:27:44.75</b> | <b>02:27:45.55</b> |      | 0:00            | 2             |
| DNC | <b>STRÖM Tomas</b>                   | <b>554</b> |                                       | M 35-39   |      | 02:27:49            | <b>02:28:10.35</b> | <b>02:28:14.55</b> |      | 0:00            | 2             |
| DNC | <b>ROSSER Claire</b>                 | <b>783</b> | THE ELEMENTS ELITE                    | W 35-39   |      | 02:28:18            | <b>02:28:24.15</b> | <b>02:28:26.70</b> |      | 0:00            | 2             |
| DNC | <b>JOYCE Katie</b>                   | <b>796</b> |                                       | W 35-39   |      | 02:28:18            | <b>02:28:24.80</b> | <b>02:28:27.05</b> |      | 0:00            | 2             |
| DNC | <b>JOHANSSON Caroline</b>            | <b>708</b> | KFUM UPPSALA SURVIVAL                 | W 25-29   |      | 02:28:32            | <b>02:28:39.25</b> | <b>02:28:41.20</b> |      | 0:00            | 2             |
| DNC | <b>NOWAK Lukasz</b>                  | <b>262</b> | OCR FIGHTERS                          | M 25-29   |      | 02:28:33            | <b>02:28:40.00</b> | <b>02:28:42.25</b> |      | 0:00            | 2             |
| DNC | <b>KOLLBERG Louise</b>               | <b>685</b> |                                       | W 18-24   |      | 02:29:03            | <b>02:29:11.30</b> | <b>02:29:13.65</b> |      | 0:00            | 2             |
| DNC | <b>NOWICKA Justyna</b>               | <b>775</b> |                                       | W 30-34   |      | 02:29:17            | <b>02:29:24.30</b> | <b>02:29:27.10</b> |      | 0:00            | 2             |
| DNC | <b>JOHANSSON Ellen</b>               | <b>767</b> | TEAM KROPPSLABBET                     | W 30-34   |      | 02:29:56            | <b>02:30:01.35</b> | <b>02:30:04.65</b> |      | 0:00            | 2             |
| DNC | <b>HALLGREN Matilda</b>              | <b>769</b> | TEAM KROPPSLABBET                     | W 30-34   |      | 02:29:56            | <b>02:30:01.15</b> | <b>02:30:04.75</b> |      | 0:00            | 2             |
| DNC | <b>LEŚNIAK Grzegorz</b>              | <b>613</b> | DIRTY SPARROWS                        | M 40-44   |      | 02:29:55            | <b>02:30:02.40</b> | <b>02:30:04.85</b> |      | 0:00            | 2             |
| DNC | <b>DONALD Lee</b>                    | <b>779</b> | TEAM LDPT                             | W 35-39   |      | 02:29:58            | <b>02:30:07.00</b> | <b>02:30:08.85</b> |      | 0:00            | 2             |
| DNC | <b>WÓJCIK Michał</b>                 | <b>164</b> | HUSARIA RACE TEAM KATOWICE            | M 18-24   |      | 02:30:22            | <b>02:30:26.50</b> | <b>02:30:29.15</b> |      | 0:00            | 2             |
| DNC | <b>OLSSON Anders E</b>               | <b>824</b> | KARLSHAMN OCR                         | M 45-49   |      | 02:30:41            | <b>02:30:46.95</b> | <b>02:30:51.20</b> |      | 0:00            | 2             |
| DNC | <b>GAWRYLUK Michał</b>               | <b>539</b> |                                       | M 35-39   |      | 02:30:40            | <b>02:30:48.55</b> | <b>02:30:51.40</b> |      | 0:00            | 2             |
| DNC | <b>HERNANDEZ Arnedo</b>              | <b>480</b> |                                       | M 35-39   |      | 02:30:35            | <b>02:30:53.85</b> | <b>02:30:56.15</b> |      | 0:00            | 2             |
| DNC | <b>LIMANOWSKA Olga</b>               | <b>719</b> |                                       | W 25-29   |      | 02:31:19            | <b>02:31:26.30</b> | <b>02:31:27.40</b> |      | 0:00            | 2             |

| Msc | Zawodnik                        | Numer      | Klub                       | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------|------------|----------------------------|-----------|------|---------------------|--------------------|--------------------|------|-----------------|---------------|
|     |                                 |            |                            |           |      |                     | netto<br>5km       | brutto<br>5km      |      |                 |               |
| DNC | <b>KLONOWSKI Kamil</b>          | <b>346</b> | HUSARIA RACE TEAM KATOWICE | M 30-34   |      | 02:31:15            | <b>02:31:25.75</b> | <b>02:31:28.35</b> |      | 0:00            | 2             |
| DNC | <b>SCHEJBALOVÁ Tereza</b>       | <b>118</b> |                            | W Elite   |      | 02:31:24            | <b>02:31:32.95</b> | <b>02:31:34.00</b> |      | 0:00            | 2             |
| DNC | <b>BOANDER Camilla</b>          | <b>713</b> |                            | W 25-29   |      | 02:31:36            | <b>02:31:42.15</b> | <b>02:31:44.20</b> |      | 0:00            | 2             |
| DNC | <b>HOLUBAR Martin</b>           | <b>476</b> |                            | M 35-39   |      | 02:31:51            | <b>02:31:58.25</b> | <b>02:32:00.25</b> |      | 0:00            | 2             |
| DNC | <b>SZUBA-ŁATA Klaudia</b>       | <b>679</b> | ENJOY BY SPORT             | W 18-24   |      | 02:31:58            | <b>02:32:06.70</b> | <b>02:32:08.95</b> |      | 0:00            | 2             |
| DNC | <b>JOHANNESSEN Anne Marie</b>   | <b>87</b>  |                            | W Elite   |      | 02:32:06            | <b>02:32:11.00</b> | <b>02:32:12.90</b> |      | 0:00            | 2             |
| DNC | <b>GRIGALIONYTĖ Donata</b>      | <b>107</b> |                            | W Elite   |      | 02:32:05            | <b>02:32:10.95</b> | <b>02:32:12.95</b> |      | 0:00            | 2             |
| DNC | <b>THORKILDSEN Evy Marie</b>    | <b>94</b>  |                            | W Elite   |      | 02:32:06            | <b>02:32:11.15</b> | <b>02:32:12.95</b> |      | 0:00            | 2             |
| DNC | <b>SEREDA Evgeniy</b>           | <b>208</b> |                            | M 25-29   |      | 02:32:11            | <b>02:32:18.15</b> | <b>02:32:20.15</b> |      | 0:00            | 2             |
| DNC | <b>CHMIELORZ Donata</b>         | <b>103</b> |                            | W Elite   |      | 02:32:26            | <b>02:32:34.50</b> | <b>02:32:37.40</b> |      | 0:00            | 2             |
| DNC | <b>MEIER Rolf</b>               | <b>541</b> |                            | M 35-39   |      | 02:32:20            | <b>02:32:28.95</b> | <b>02:32:38.20</b> |      | 0:00            | 2             |
| DNC | <b>HAGLUND Cecilia</b>          | <b>774</b> |                            | W 30-34   |      | 02:32:47            | <b>02:33:02.90</b> | <b>02:33:06.85</b> |      | 0:00            | 2             |
| DNC | <b>GALTIER Muriel</b>           | <b>99</b>  |                            | W Elite   |      | 02:32:59            | <b>02:33:08.80</b> | <b>02:33:10.70</b> |      | 0:00            | 2             |
| DNC | <b>OLESEN Christina</b>         | <b>914</b> |                            | W 55+     |      | 02:34:21            | <b>02:34:28.50</b> | <b>02:34:33.10</b> |      | 0:00            | 1.9           |
| DNC | <b>GARDEBRAND Lucas Kjellin</b> | <b>146</b> | GRIPEN OCR                 | M 18-24   |      | 02:34:51            | <b>02:35:00.15</b> | <b>02:35:01.60</b> |      | 0:00            | 1.9           |
| DNC | <b>ARONSSON Alexander</b>       | <b>215</b> |                            | M 25-29   |      | 02:35:09            | <b>02:35:28.20</b> | <b>02:35:30.80</b> |      | 0:00            | 1.9           |
| DNC | <b>GUILLAUMIN Thomas</b>        | <b>433</b> | TR1BE OCR TEAM             | M 30-34   |      | 02:35:10            | <b>02:35:29.60</b> | <b>02:35:32.30</b> |      | 0:00            | 1.9           |
| DNC | <b>MARTIN Flore</b>             | <b>750</b> | OCR BELGIUM WALLONIA MEN   | W 30-34   |      | 02:35:12            | <b>02:35:29.40</b> | <b>02:35:32.55</b> |      | 0:00            | 1.9           |
| DNC | <b>MARTIN Lucie</b>             | <b>751</b> | OCR BELGIUM WALLONIA MEN   | W 30-34   |      | 02:35:12            | <b>02:35:29.75</b> | <b>02:35:32.85</b> |      | 0:00            | 1.9           |
| DNC | <b>FRICK Emma</b>               | <b>721</b> |                            | W 25-29   |      | 02:35:56            | <b>02:36:01.15</b> | <b>02:36:02.80</b> |      | 0:00            | 1.9           |
| DNC | <b>HARVEY-VALLENDER Oliver</b>  | <b>421</b> | CLIFF LAKES OCR            | M 30-34   |      | 02:36:25            | <b>02:36:33.00</b> | <b>02:36:35.40</b> |      | 0:00            | 1.9           |
| DNC | <b>ALEKSANDR Anokhin</b>        | <b>327</b> | STAGE TEAM RUSSIA          | M 30-34   |      | 02:36:26            | <b>02:36:39.50</b> | <b>02:36:42.30</b> |      | 0:00            | 1.9           |
| DNC | <b>PORTON David</b>             | <b>560</b> |                            | M 35-39   |      | 02:37:29            | <b>02:37:36.45</b> | <b>02:37:39.70</b> |      | 0:00            | 1.9           |
| DNC | <b>SANNA Luca</b>               | <b>582</b> | ANIS MUDDERS               | M 40-44   |      | 02:38:08            | <b>02:38:29.40</b> | <b>02:38:37.65</b> |      | 0:00            | 1.9           |
| DNC | <b>FRAMVIG Mica</b>             | <b>726</b> |                            | W 25-29   |      | 02:38:53            | <b>02:39:01.45</b> | <b>02:39:03.45</b> |      | 0:00            | 1.9           |
| DNC | <b>SZYDŁOWSKI Łukasz</b>        | <b>498</b> |                            | M 35-39   |      | 02:39:09            | <b>02:39:19.10</b> | <b>02:39:22.25</b> |      | 0:00            | 1.9           |
| DNC | <b>CERBA Jaroslaw</b>           | <b>851</b> |                            | M 45-49   |      | 02:40:34            | <b>02:40:41.15</b> | <b>02:40:43.80</b> |      | 0:00            | 1.9           |
| DNC | <b>JAGODZIŃSKI Damian</b>       | <b>157</b> | XRUNNERS                   | M 18-24   |      | 02:40:55            | <b>02:41:06.65</b> | <b>02:41:06.65</b> |      | 0:00            | 1.9           |
| DNC | <b>LEŚNIAK Dorota</b>           | <b>809</b> | DIRTY SPARROWS             | W 40-44   |      | 02:40:57            | <b>02:41:04.90</b> | <b>02:41:08.20</b> |      | 0:00            | 1.9           |
| DNC | <b>SALUSTE Carry</b>            | <b>46</b>  |                            | M Elite   |      | 02:41:12            | <b>02:41:21.35</b> | <b>02:41:24.05</b> |      | 0:00            | 1.9           |
| DNC | <b>FRONTCZAK Izabela</b>        | <b>758</b> |                            | W 30-34   |      | 02:41:22            | <b>02:41:30.40</b> | <b>02:41:33.70</b> |      | 0:00            | 1.9           |
| DNC | <b>HINTON Mike</b>              | <b>523</b> |                            | M 35-39   |      | 02:41:33            | <b>02:41:40.00</b> | <b>02:41:40.00</b> |      | 0:00            | 1.9           |
| DNC | <b>DAVIDSSON Richard</b>        | <b>284</b> | MIT TOUGH TEAM             | M 25-29   |      | 02:41:41            | <b>02:41:50.25</b> | <b>02:41:54.30</b> |      | 0:00            | 1.9           |
| DNC | <b>KOLOTII Mykola</b>           | <b>364</b> |                            | M 30-34   |      | 02:41:45            | <b>02:41:54.70</b> | <b>02:41:57.30</b> |      | 0:00            | 1.9           |
| DNC | <b>KUZMYAK Vasylyna</b>         | <b>754</b> |                            | W 30-34   |      | 02:41:49            | <b>02:41:59.50</b> | <b>02:42:01.95</b> |      | 0:00            | 1.9           |
| DNC | <b>EGNER Toril</b>              | <b>786</b> |                            | W 35-39   |      | 02:42:02            | <b>02:42:10.40</b> | <b>02:42:12.55</b> |      | 0:00            | 1.8           |
| DNC | <b>BROSSON Sebastian</b>        | <b>287</b> |                            | M 25-29   |      | 02:42:25            | <b>02:42:32.25</b> | <b>02:42:36.15</b> |      | 0:00            | 1.8           |
| DNC | <b>VIDAL Rubén Pérez</b>        | <b>584</b> |                            | M 40-44   |      | 02:42:23            | <b>02:42:36.00</b> | <b>02:42:38.05</b> |      | 0:00            | 1.8           |
| DNC | <b>GOODWIN Ruth</b>             | <b>812</b> |                            | W 40-44   |      | 02:42:33            | <b>02:42:40.85</b> | <b>02:42:43.65</b> |      | 0:00            | 1.8           |
| DNC | <b>TCHIKNAVORIAN Carla</b>      | <b>894</b> |                            | W 13-17   |      | 02:42:27            | <b>02:42:42.00</b> | <b>02:42:45.25</b> |      | 0:00            | 1.8           |
| DNC | <b>PLATA Arkadiusz</b>          | <b>342</b> |                            | M 30-34   |      | 02:42:28            | <b>02:42:45.50</b> | <b>02:42:48.70</b> |      | 0:00            | 1.8           |
| DNC | <b>KIRKWOOD Emma</b>            | <b>760</b> |                            | W 30-34   |      | 02:43:18            | <b>02:43:24.40</b> | <b>02:43:27.85</b> |      | 0:00            | 1.8           |
| DNC | <b>RAWSON Jack</b>              | <b>652</b> |                            | M 13-17   |      | 02:43:23            | <b>02:43:28.05</b> | <b>02:43:30.10</b> |      | 0:00            | 1.8           |
| DNC | <b>ROSE-HORNE Maximus</b>       | <b>648</b> |                            | M 13-17   |      | 02:43:24            | <b>02:43:28.45</b> | <b>02:43:30.40</b> |      | 0:00            | 1.8           |

| Msc | Zawodnik                                | Numer      | Klub                        | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|---|------------|-----------------------------|-----------|------|---------------------|--------------------|--------------------|------|-----------------|---------------|
|     |   |            |                             |           |      |                     | netto<br>5km       | brutto<br>5km      |      |                 |               |
| DNC | <b>GRANT Frank</b>                      | <b>654</b> |                             | M 13-17   |      | 02:43:23            | <b>02:43:28.45</b> | <b>02:43:30.95</b> |      | 0:00            | 1.8           |
| DNC | <b>LASKOWSKI Tomasz</b>                 | <b>344</b> |                             | M 30-34   |      | 02:43:27            | <b>02:43:43.65</b> | <b>02:43:47.15</b> |      | 0:00            | 1.8           |
| DNC | <b>CREVEAU Anthony</b>                  | <b>631</b> | TEAMPRIDEORDIE              | M 40-44   |      | 02:43:40            | <b>02:43:49.50</b> | <b>02:43:53.05</b> |      | 0:00            | 1.8           |
| DNC | <b>SØRENSEN Mette</b>                   | <b>672</b> | ASICSFRONTRUNNER            | W 18-24   |      | 02:44:19            | <b>02:44:26.65</b> | <b>02:44:29.30</b> |      | 0:00            | 1.8           |
| DNC | <b>ELENA Galushkina</b>                 | <b>788</b> |                             | W 35-39   |      | 02:44:34            | <b>02:44:48.15</b> | <b>02:44:50.50</b> |      | 0:00            | 1.8           |
| DNC | <b>YAKUSHEV Anton</b>                   | <b>179</b> | OCR RUSSIA                  | M 18-24   |      | 02:45:07            | <b>02:45:24.20</b> | <b>02:45:26.85</b> |      | 0:00            | 1.8           |
| DNC | <b>POZO Juan Carlos Contador</b>        | <b>405</b> | SONS OF WORKOUT OCR         | M 30-34   |      | 02:45:37            | <b>02:45:45.15</b> | <b>02:45:45.15</b> |      | 0:00            | 1.8           |
| DNC | <b>GONZALEZ-DIAZ Andres Ramiro</b>      | <b>184</b> | TEAMMADNESS                 | M 18-24   |      | 02:46:17            | <b>02:46:25.00</b> | <b>02:46:27.80</b> |      | 0:00            | 1.8           |
| DNC | <b>GŁOWACZ Grzegorz</b>                 | <b>852</b> | HUSARIA RACE TEAM           | M 45-49   |      | 02:47:51            | <b>02:47:56.70</b> | <b>02:47:59.75</b> |      | 0:00            | 1.8           |
| DNC | <b>SOBRINO David Ruedas</b>             | <b>510</b> |                             | M 35-39   |      | 02:48:52            | <b>02:48:59.05</b> | <b>02:49:01.45</b> |      | 0:00            | 1.8           |
| DNC | <b>SZOSTEK Patrycja</b>                 | <b>702</b> |                             | W 18-24   |      | 02:50:00            | <b>02:50:05.80</b> | <b>02:50:08.30</b> |      | 0:00            | 1.8           |
| DNC | <b>KARPOVICH Alena</b>                  | <b>748</b> | VOLAT                       | W 30-34   |      | 02:51:18            | <b>02:51:26.75</b> | <b>02:51:30.45</b> |      | 0:00            | 1.7           |
| DNC | <b>DAVIS Helen</b>                      | <b>802</b> |                             | W 40-44   |      | 02:51:24            | <b>02:51:31.15</b> | <b>02:51:34.70</b> |      | 0:00            | 1.7           |
| DNC | <b>MONTRON Adrien</b>                   | <b>441</b> |                             | M 30-34   |      | 02:51:35            | <b>02:51:42.75</b> | <b>02:51:44.85</b> |      | 0:00            | 1.7           |
| DNC | <b>ŻAK Elżbieta</b>                     | <b>785</b> | BEFIT24TEAM                 | W 35-39   |      | 02:51:38            | <b>02:51:45.35</b> | <b>02:51:48.55</b> |      | 0:00            | 1.7           |
| DNC | <b>WOŹNIAK Joanna</b>                   | <b>731</b> | HUSARIA RACE TEAM           | W 25-29   |      | 02:51:50            | <b>02:51:58.55</b> | <b>02:51:59.45</b> |      | 0:00            | 1.7           |
| DNC | <b>MARKSTEDT Anna-Lee</b>               | <b>819</b> |                             | W 40-44   |      | 02:51:54            | <b>02:52:00.55</b> | <b>02:52:03.10</b> |      | 0:00            | 1.7           |
| DNC | <b>SADOWSKI Michał</b>                  | <b>384</b> |                             | M 30-34   |      | 02:52:14            | <b>02:52:22.10</b> | <b>02:52:23.55</b> |      | 0:00            | 1.7           |
| DNC | <b>MARIYA Novoselskaya</b>              | <b>797</b> | GAZPROMBANK OCR TEAM        | W 35-39   |      | 02:53:08            | <b>02:53:15.20</b> | <b>02:53:17.65</b> |      | 0:00            | 1.7           |
| DNC | <b>RACZYŃSKA Anka</b>                   | <b>795</b> | BALTIC SEALS                | W 35-39   |      | 02:53:24            | <b>02:53:42.90</b> | <b>02:53:45.60</b> |      | 0:00            | 1.7           |
| DNC | <b>RUDY Rychlinski</b>                  | <b>426</b> |                             | M 30-34   |      | 02:53:32            | <b>02:53:43.95</b> | <b>02:53:46.35</b> |      | 0:00            | 1.7           |
| DNC | <b>KALMAR Sara</b>                      | <b>671</b> |                             | W 18-24   |      | 02:53:40            | <b>02:53:47.90</b> | <b>02:53:50.10</b> |      | 0:00            | 1.7           |
| DNC | <b>HAMMARBÄCK Moa</b>                   | <b>686</b> | TEAM VALKYRIA               | W 18-24   |      | 02:54:26            | <b>02:54:31.90</b> | <b>02:54:34.55</b> |      | 0:00            | 1.7           |
| DNC | <b>MAJSZCZYK Paulina</b>                | <b>740</b> | HARDCOROWE WYCHYLYLYBYMY    | W 25-29   |      | 02:54:39            | <b>02:54:47.25</b> | <b>02:54:48.80</b> |      | 0:00            | 1.7           |
| DNC | <b>KIND Pia</b>                         | <b>807</b> |                             | W 40-44   |      | 02:55:34            | <b>02:55:47.00</b> | <b>02:55:50.05</b> |      | 0:00            | 1.7           |
| DNC | <b>CZAJA Piotr</b>                      | <b>833</b> | CROSSTEAM SZCZECINEK POLSKA | M 45-49   |      | 02:56:26            | <b>02:56:34.25</b> | <b>02:56:35.95</b> |      | 0:00            | 1.7           |
| DNC | <b>ZIÓŁKOWSKA Aleksandra</b>            | <b>735</b> | HARDCOROWE WYCHYLYLYBYMY    | W 25-29   |      | 02:57:19            | <b>02:57:22.95</b> | <b>02:57:24.00</b> |      | 0:00            | 1.7           |
| DNC | <b>HAWKINS Nathan</b>                   | <b>353</b> |                             | M 30-34   |      | 02:57:28            | <b>02:57:35.35</b> | <b>02:57:39.50</b> |      | 0:00            | 1.7           |
| DNC | <b>SHEPPARD Alison</b>                  | <b>801</b> |                             | W 35-39   |      | 02:57:33            | <b>02:57:41.65</b> | <b>02:57:43.75</b> |      | 0:00            | 1.7           |
| DNC | <b>KARLSSON Gunilla</b>                 | <b>813</b> |                             | W 40-44   |      | 02:57:53            | <b>02:58:01.05</b> | <b>02:58:04.35</b> |      | 0:00            | 1.7           |
| DNC | <b>OLENINA Elena</b>                    | <b>798</b> |                             | W 35-39   |      | 02:58:51            | <b>02:58:57.35</b> | <b>02:58:59.45</b> |      | 0:00            | 1.7           |
| DNC | <b>CICHA Natalia</b>                    | <b>694</b> |                             | W 18-24   |      | 02:59:16            | <b>02:59:25.15</b> | <b>02:59:26.85</b> |      | 0:00            | 1.7           |
| DNC | <b>VALERIA Shcherbinina</b>             | <b>755</b> |                             | W 30-34   |      | 02:59:36            | <b>02:59:47.30</b> | <b>02:59:51.50</b> |      | 0:00            | 1.7           |
| DNC | <b>BREDIN Anna Olsson</b>               | <b>730</b> |                             | W 25-29   |      | 03:00:01            | <b>03:00:08.45</b> | <b>03:00:10.10</b> |      | 0:00            | 1.7           |
| DNC | <b>RATCLIFFE Heather</b>                | <b>794</b> |                             | W 35-39   |      | 03:00:12            | <b>03:00:19.90</b> | <b>03:00:22.15</b> |      | 0:00            | 1.7           |
| DNC | <b>KURAS Beata</b>                      | <b>98</b>  | XRUNNERS                    | W Elite   |      | 03:00:27            | <b>03:00:35.45</b> | <b>03:00:37.80</b> |      | 0:00            | 1.7           |
| DNC | <b>STENBÄCK Amanda</b>                  | <b>687</b> |                             | W 18-24   |      | 03:00:42            | <b>03:00:51.45</b> | <b>03:00:53.90</b> |      | 0:00            | 1.7           |
| DNC | <b>SZWARC Jagoda</b>                    | <b>787</b> |                             | W 35-39   |      | 03:00:46            | <b>03:01:03.20</b> | <b>03:01:05.65</b> |      | 0:00            | 1.7           |
| DNC | <b>TOCHKA Dzianis</b>                   | <b>319</b> |                             | M 30-34   |      | 03:01:55            | <b>03:02:01.90</b> | <b>03:02:05.00</b> |      | 0:00            | 1.6           |
| DNC | <b>GHAFRY Touria Zahra</b>              | <b>669</b> | TEAMMADNESS                 | W 18-24   |      | 03:02:50            | <b>03:02:54.45</b> | <b>03:02:57.40</b> |      | 0:00            | 1.6           |
| DNC | <b>FARINA Sumaty Priscila Hernandez</b> | <b>670</b> | TEAMMADNESS                 | W 18-24   |      | 03:02:50            | <b>03:02:54.95</b> | <b>03:02:57.65</b> |      | 0:00            | 1.6           |
| DNC | <b>JIRKU Milan</b>                      | <b>399</b> |                             | M 30-34   |      | 03:03:10            | <b>03:03:14.00</b> | <b>03:03:16.75</b> |      | 0:00            | 1.6           |
| DNC | <b>MARTOS Eduardo</b>                   | <b>255</b> | RACERS LEGION ANDALUCÍA     | M 25-29   |      | 03:03:21            | <b>03:03:32.95</b> | <b>03:03:34.80</b> |      | 0:00            | 1.6           |
| DNC | <b>JAKOUBEK Jakub</b>                   | <b>37</b>  | REHASPORT TEAM              | M Elite   |      | 03:04:34            | <b>03:04:45.75</b> | <b>03:04:47.20</b> |      | 0:00            | 1.6           |

| Msc | Zawodnik                              | Numer      | Klub                     | Kategoria | Mkat | Spiker_OCR<br>4.9km | Czas               |                    | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------------|------------|--------------------------|-----------|------|---------------------|--------------------|--------------------|------|-----------------|---------------|
|     |                                       |            |                          |           |      |                     | netto<br>5km       | brutto<br>5km      |      |                 |               |
| DNC | <b>COULY Christophe - Akira</b>       | <b>640</b> | OCR BELGIUM WALLONIA MEN | M 40-44   |      | 03:04:47            | <b>03:04:54.05</b> | <b>03:04:56.60</b> |      | 0:00            | 1.6           |
| DNC | <b>GRAY Scott</b>                     | <b>375</b> |                          | M 30-34   |      | 03:05:33            | <b>03:05:43.90</b> | <b>03:05:47.55</b> |      | 0:00            | 1.6           |
| DNC | <b>MYALSKA Katarzyna</b>              | <b>79</b>  | DO PORZYGU OCR TEAM      | W Elite   |      | 03:05:35            | <b>03:05:45.50</b> | <b>03:05:47.85</b> |      | 0:00            | 1.6           |
| DNC | <b>NATALIIA Mikhailova</b>            | <b>771</b> | GAZ PROMBANK OCR TEAM    | W 30-34   |      | 03:08:09            | <b>03:08:15.75</b> | <b>03:08:18.65</b> |      | 0:00            | 1.6           |
| DNC | <b>SIŃCZUK Patrycja</b>               | <b>800</b> |                          | W 35-39   |      | 03:08:09            | <b>03:08:17.45</b> | <b>03:08:20.40</b> |      | 37:39           | 1.6           |
| DNC | <b>MIRASLAU Charapok</b>              | <b>657</b> | VOLAT                    | M 13-17   |      | 03:08:18            | <b>03:08:27.25</b> | <b>03:08:29.90</b> |      | 0:00            | 1.6           |
| DNC | <b>STEJSKALOVÁ Barbora</b>            | <b>96</b>  |                          | W Elite   |      | 03:08:46            | <b>03:09:04.10</b> | <b>03:09:05.60</b> |      | 0:00            | 1.6           |
| DNC | <b>GREC Klaudia</b>                   | <b>117</b> | HUSARIA RACE TEAM        | W Elite   |      | 03:10:28            | <b>03:10:34.30</b> | <b>03:10:37.25</b> |      | 0:00            | 1.6           |
| DNC | <b>TITOV Denis</b>                    | <b>651</b> |                          | M 13-17   |      | 03:10:43            | <b>03:10:53.30</b> | <b>03:10:55.95</b> |      | 0:00            | 1.6           |
| DNC | <b>GARLACZ Justyna</b>                | <b>770</b> |                          | W 30-34   |      | 03:11:53            | <b>03:12:00.70</b> | <b>03:12:04.30</b> |      | 0:00            | 1.6           |
| DNC | <b>GINON Loïc</b>                     | <b>239</b> | INVICTA                  | M 25-29   |      | 03:14:23            | <b>03:14:28.45</b> | <b>03:14:31.20</b> |      | 0:00            | 1.5           |
| DNC | <b>AUBRIOT Pierre Charles</b>         | <b>424</b> |                          | M 30-34   |      | 03:15:02            | <b>03:15:21.25</b> | <b>03:15:24.50</b> |      | 0:00            | 1.5           |
| DNC | <b>KULAK Rafał</b>                    | <b>585</b> | BALTIC SEALS             | M 40-44   |      | 03:16:40            | <b>03:16:47.65</b> | <b>03:16:50.45</b> |      | 0:00            | 1.5           |
| DNC | <b>THAYSEN Susanne</b>                | <b>818</b> |                          | W 40-44   |      | 03:17:40            | <b>03:17:47.40</b> | <b>03:17:50.75</b> |      | 0:00            | 1.5           |
| DNC | <b>SZADYKO Monika</b>                 | <b>703</b> |                          | W 18-24   |      | 03:17:44            | <b>03:17:57.00</b> | <b>03:17:58.85</b> |      | 0:00            | 1.5           |
| DNC | <b>CHMIELORZ Józef</b>                | <b>380</b> | CARBON OCR RACING TEAM   | M 30-34   |      | 03:17:49            | <b>03:17:59.10</b> | <b>03:18:00.55</b> |      | 0:00            | 1.5           |
| DNC | <b>KRÓLAK Margarita</b>               | <b>701</b> |                          | W 18-24   |      | 03:18:41            | <b>03:18:47.20</b> | <b>03:18:48.75</b> |      | 0:00            | 1.5           |
| DNC | <b>GONZÁLEZ Ana De Miguel</b>         | <b>765</b> |                          | W 30-34   |      | 03:19:16            | <b>03:19:23.25</b> | <b>03:19:26.30</b> |      | 0:00            | 1.5           |
| DNC | <b>CUERVO Alex Felipe</b>             | <b>315</b> | TRI OLENYA               | M 30-34   |      | 03:19:39            | <b>03:19:48.05</b> | <b>03:19:51.00</b> |      | 0:00            | 1.5           |
| DNC | <b>BEORLEGI Irati</b>                 | <b>109</b> | DENONTZAT                | W Elite   |      | 03:20:43            | <b>03:20:51.55</b> | <b>03:20:53.90</b> |      | 0:00            | 1.5           |
| DNC | <b>МАКОРИНА Полина</b>                | <b>734</b> |                          | W 25-29   |      | 03:23:08            | <b>03:23:15.00</b> | <b>03:23:16.55</b> |      | 0:00            | 1.5           |
| DNC | <b>KLONOWICZ Patrycja</b>             | <b>697</b> |                          | W 18-24   |      | 03:23:20            | <b>03:23:26.70</b> | <b>03:23:28.65</b> |      | 0:00            | 1.5           |
| DNC | <b>SŁONIEWSKI Rafał</b>               | <b>500</b> |                          | M 35-39   |      | 03:25:33            | <b>03:25:42.10</b> | <b>03:25:45.55</b> |      | 0:00            | 1.5           |
| DNC | <b>DADELEWSKA Joanna</b>              | <b>799</b> | PIĘKNI I BESTIE          | W 35-39   |      | 03:25:36            | <b>03:26:14.20</b> | <b>03:26:17.65</b> |      | 0:00            | 1.5           |
| DNC | <b>VERSEPUECH Adélie</b>              | <b>746</b> |                          | W 30-34   |      | 03:25:58            | <b>03:26:15.45</b> | <b>03:26:19.05</b> |      | 0:00            | 1.5           |
| DNC | <b>GARNUSZEK Anita</b>                | <b>729</b> |                          | W 25-29   |      | 03:26:53            | <b>03:27:00.95</b> | <b>03:27:02.45</b> |      | 0:00            | 1.4           |
| DNC | <b>BURS Klaudia</b>                   | <b>695</b> |                          | W 18-24   |      | 03:28:09            | <b>03:28:26.45</b> | <b>03:28:28.70</b> |      | 0:00            | 1.4           |
| DNC | <b>FRANICA Mateusz</b>                | <b>159</b> | CARBON OCR RACING TEAM   | M 18-24   |      | 03:28:25            | <b>03:28:37.70</b> | <b>03:28:40.45</b> |      | 0:00            | 1.4           |
| DNC | <b>HOZ Isabel De La</b>               | <b>97</b>  | BRAVE BULLS              | W Elite   |      | 03:29:07            | <b>03:29:14.85</b> | <b>03:29:17.25</b> |      | 0:00            | 1.4           |
| DNC | <b>ZYWER Urszula</b>                  | <b>717</b> |                          | W 25-29   |      | 03:30:03            | <b>03:30:10.45</b> | <b>03:30:11.90</b> |      | 0:00            | 1.4           |
| DNC | <b>KOZIOŁ Kamil</b>                   | <b>232</b> |                          | M 25-29   |      | 03:31:19            | <b>03:31:38.15</b> | <b>03:31:40.75</b> |      | 0:00            | 1.4           |
| DNC | <b>BARALDI Davide</b>                 | <b>395</b> | WHITE DONKEYS            | M 30-34   |      | 03:31:54            | <b>03:32:08.65</b> | <b>03:32:10.70</b> |      | 0:00            | 1.4           |
| DNC | <b>GÓRZYŃSKI Konrad</b>               | <b>662</b> |                          | M 13-17   |      | 03:32:42            | <b>03:32:58.45</b> | <b>03:33:00.45</b> |      | 0:00            | 1.4           |
| DNC | <b>KUCZKOWSKA Marta</b>               | <b>718</b> | WATAHA GRUPA TRENINGOWA  | W 25-29   |      | 03:33:15            | <b>03:33:21.75</b> | <b>03:33:22.75</b> |      | 0:00            | 1.4           |
| DNC | <b>RIPOLLÉS Lluna Sanz</b>            | <b>716</b> |                          | W 25-29   |      | 03:33:41            | <b>03:33:47.20</b> | <b>03:33:48.05</b> |      | 0:00            | 1.4           |
| DNC | <b>NAVARRO Cristian Manuel Madrid</b> | <b>211</b> |                          | M 25-29   |      | 03:35:25            | <b>03:35:50.75</b> | <b>03:35:52.55</b> |      | 0:00            | 1.4           |
| DNC | <b>BELLIDO David Fernández</b>        | <b>210</b> |                          | M 25-29   |      | 03:35:36            | <b>03:35:50.60</b> | <b>03:35:52.60</b> |      | 0:00            | 1.4           |
| DNC | <b>GOFFIN Anneleen</b>                | <b>776</b> | OCR WAASLAND BELGIUM     | W 30-34   |      | 03:36:39            | <b>03:36:57.35</b> | <b>03:37:00.65</b> |      | 0:00            | 1.4           |
| DNC | <b>HEIJKENSJÖLD Fenja</b>             | <b>763</b> |                          | W 30-34   |      | 03:38:14            | <b>03:38:18.35</b> | <b>03:38:22.05</b> |      | 0:00            | 1.4           |
| DNC | <b>GARDABOU Ibtisam</b>               | <b>680</b> |                          | W 18-24   |      | 03:39:55            | <b>03:40:21.20</b> | <b>03:40:23.40</b> |      | 0:00            | 1.4           |
| DNC | <b>JANSEN Theo</b>                    | <b>561</b> |                          | M 35-39   |      | 03:40:45            | <b>03:40:51.55</b> | <b>03:40:54.15</b> |      | 0:00            | 1.4           |
| DNC | <b>HAHN Henrik</b>                    | <b>389</b> |                          | M 30-34   |      | 03:41:54            | <b>03:42:03.30</b> | <b>03:42:05.65</b> |      | 0:00            | 1.4           |
| DNC | <b>GROBELNA Aleksandra</b>            | <b>693</b> |                          | W 18-24   |      | 03:42:56            | <b>03:43:05.00</b> | <b>03:43:06.30</b> |      | 0:00            | 1.3           |
| DNC | <b>BALUTA-MAŁECKA Edyta</b>           | <b>700</b> |                          | W 18-24   |      | 03:42:56            | <b>03:43:05.25</b> | <b>03:43:06.65</b> |      | 0:00            | 1.3           |

| Msc | Zawodnik                        | Numer      | Klub                                  | Kategoria    | Mkat | Spiker_OCR<br>4.9km | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------|------------|---------------------------------------|--------------|------|---------------------|----------------------|-----------------------|------|-----------------|---------------|
| DNC | <b>PAPIÓR Jolanta</b>           | <b>704</b> |                                       | W 18-24      |      | 03:48:15            | <b>03:48:21.75</b>   | <b>03:48:23.75</b>    |      | 0:00            | 1.3           |
| DNC | <b>KAŁUŻNY Michał</b>           | <b>280</b> | DIRTY SPARROWS                        | M 25-29      |      | 04:00:41            | <b>04:00:47.20</b>   | <b>04:00:51.05</b>    |      | 0:00            | 1.2           |
| DNC | <b>RITZLER Anna</b>             | <b>712</b> | UNTERFRANKEN VIKINGS                  | W 25-29      |      | 04:02:43            | <b>04:02:51.50</b>   | <b>04:02:53.65</b>    |      | 0:00            | 1.2           |
| DNC | <b>MACIUSZEK Julia</b>          | <b>698</b> |                                       | W 18-24      |      | 04:03:58            | <b>04:04:08.30</b>   | <b>04:04:09.75</b>    |      | 0:00            | 1.2           |
| DNC | <b>TULLOCH Jon 'Abs'</b>        | <b>642</b> |                                       | M 40-44      |      | 04:08:02            | <b>04:08:11.85</b>   | <b>04:08:14.80</b>    |      | 0:00            | 1.2           |
| DNC | <b>MISSALA Andrzej</b>          | <b>659</b> | POWER TRAINING                        | M 13-17      |      | 04:10:20            | <b>04:10:27.60</b>   | <b>04:10:29.35</b>    |      | 0:00            | 1.2           |
| DNC | <b>DELOGE Alexandre</b>         | <b>622</b> |                                       | M 40-44      |      | 04:14:30            | <b>04:14:46.70</b>   | <b>04:14:50.05</b>    |      | 0:00            | 1.2           |
| DNC | <b>CASTELEIJN Selma</b>         | <b>691</b> | OUTDOOR VALLEY                        | W 18-24      |      | 04:19:01            | <b>04:19:10.20</b>   | <b>04:19:12.85</b>    |      | 0:00            | 1.2           |
| DNC | <b>WUNDERLICH Tobias</b>        | <b>292</b> | UNTERFRANKEN VIKINGS                  | M 25-29      |      | 04:31:54            | <b>04:32:04.05</b>   | <b>04:32:06.95</b>    |      | 0:00            | 1.1           |
| DNC | <b>STRNAD Sebastian</b>         | <b>398</b> | UNTERFRANKEN VIKINGS                  | M 30-34      |      | 04:37:52            | <b>04:38:01.25</b>   | <b>04:38:03.40</b>    |      | 0:00            | 1.1           |
|     | <b>LINDBERG Mads</b>            | <b>923</b> |                                       | M Journeyman |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>WITT André</b>               | <b>73</b>  |                                       | M Elite      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>ŠNOPL Víťa</b>               | <b>140</b> | #GLADIATORRACETEAM                    | M 18-24      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>ILNICKI Darek</b>            | <b>340</b> |                                       | M 30-34      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>LUND Maria</b>               | <b>683</b> |                                       | W 18-24      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>HAAVISTO Ellen</b>           | <b>675</b> | EFI OCR TEAM                          | W 18-24      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>LILJESTAM Richard</b>        | <b>180</b> |                                       | M 18-24      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>NUTIL Michał</b>             | <b>253</b> |                                       | M 25-29      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>KOZLOWSKI Artur</b>          | <b>124</b> |                                       | M 18-24      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>HERNANDEZ Ayoze Herrera</b>  | <b>316</b> | TFG/TONI MUSCLE                       | M 30-34      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>CURTIS Carl</b>              | <b>359</b> |                                       | M 30-34      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>BAKKER Pim</b>               | <b>667</b> |                                       | M 13-17      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>BEURER Stephan</b>           | <b>258</b> |                                       | M 25-29      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>ÁLVAREZ Rafita Fernández</b> | <b>583</b> |                                       | M 40-44      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>HAJEWSKI Michał</b>          | <b>618</b> |                                       | M 40-44      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>COMMANDEUR Tjeerd</b>        | <b>437</b> |                                       | M 30-34      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>OŚLIZŁO Tomasz</b>           | <b>3</b>   | HUSARIA RACE TEAM                     | M Elite      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>HAAVISTO Emmy</b>            | <b>673</b> | EFI OCR TEAM                          | W 18-24      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>BARANOWSKA Katarzyna</b>     | <b>105</b> | GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI | W Elite      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>POZNYAK Tatiana</b>          | <b>816</b> | GAZPROMBANK OCR TEAM                  | W 40-44      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>GRAUTE Matthias</b>          | <b>10</b>  |                                       | M Elite      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>ULRICH Susanne</b>           | <b>720</b> |                                       | W 25-29      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>SANDBERG Amanda</b>          | <b>677</b> | TEAM MERRELL                          | W 18-24      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>SZECHLICKI Dawid</b>         | <b>664</b> |                                       | M 13-17      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |
|     | <b>BAŁDYGA Miłosz</b>           | <b>665</b> |                                       | M 13-17      |      | DNF                 | <b>DNF</b>           | <b>DNF</b>            |      | -               | -             |

Znaleziono 899 wynik(ów)