

MPOCR 2021 - 3 KM

B4SPORT

Wydarzenie: Mistrzostwa Polski OCR 2021
Organizator: OCR Polska
Data: 2021-09-11
Miejsce: Kutno
Dystans: 3 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	SZCZECZLA Grzegorz	160	CARBON SILESIA SPORT	M Elite	1	Carbon Silesia Sport	00:15:30.45		5:08	11.7 (100%)
2	OŚLIZŁO Tomasz	131	SOCIOS SILESIA	M Elite	2	SOCIOS SILESIA	00:15:30.50	+00:00:00 (0.0%)	5:08	11.7 (100%)
3	WOJTYSZYN Wojciech	189	EX TEAM	M Elite	3	Ex Team	00:16:04.75	+00:00:34 (3.6%)	5:20	11.2 (95.7%)
4	KRÓL Piotr	84	SOCIOS SILESIA	M Elite	4	SOCIOS SILESIA	00:16:35.75	+00:01:05 (6.6%)	5:30	10.9 (93.2%)
5	JACIÓW Paweł	53	WATAHA	M Elite	5	WATAHA	00:16:50.70	+00:01:20 (7.9%)	5:35	10.7 (91.5%)
6	SERAFIŃSKI Maciej	150	RAJSPOORT ACTIVE	M Elite	6	RAJSPOORT ACTIVE	00:16:52.80	+00:01:22 (8.1%)	5:36	10.7 (91.5%)
7	RYNKIEWICZ Mateusz	144	RUNMAGEDDON	M Elite	7	RUNMAGEDDON	00:16:58.95	+00:01:28 (8.7%)	5:38	10.6 (90.6%)
8	BUDZISZ Krzysztof	13	SOCIOS SILESIA	M 40-44	1	SOCIOS SILESIA	00:17:20.90	+00:01:50 (10.6%)	5:45	10.4 (88.9%)
9	TRAPKOWSKI Przemysław	177	XRUNNERS	M 35-39	1	xRunners	00:17:22.65	+00:01:52 (10.8%)	5:46	10.4 (88.9%)
10	SZYMAŃSKI Paweł	168	SOCIOS SILESIA	M 25-29	1	SOCIOS SILESIA	00:17:32.80	+00:02:02 (11.6%)	5:49	10.3 (88.0%)
11	KALWAS Mateusz	72	RAJSPOORT ACTIVE	M 13-17	1	RAJSPOORT ACTIVE	00:17:40.15	+00:02:09 (12.2%)	5:52	10.2 (87.2%)
12	STAMATEL Sebastian	156		M 25-29	2		00:17:46.05	+00:02:15 (12.7%)	5:54	10.2 (87.2%)
13	KĄKOL Kacper	75	BIEGUN OCR TEAM	M Elite	8	Biegun OCR Team	00:17:46.55	+00:02:16 (12.8%)	5:54	10.2 (87.2%)
14	WÓJCIK Adam	193	EX TEAM	M 18-24	1	Ex Team	00:17:50.30	+00:02:19 (13.1%)	5:55	10.1 (86.3%)
15	LISOWSKI Grzegorz	94	SOCIOS SILESIA	M 35-39	2	SOCIOS SILESIA	00:17:54.10	+00:02:23 (13.4%)	5:56	10.1 (86.3%)
16	MARKOWSKI Fabian	105	RAJSPOORT ACTIVE	M Elite	9	RAJSPOORT ACTIVE	00:17:54.75	+00:02:24 (13.4%)	5:56	10.1 (86.3%)
17	KALININ Jarosław	68	RAJSPOORT ACTIVE	M Elite	10	RAJSPOORT ACTIVE	00:17:59.50	+00:02:29 (13.8%)	5:58	10 (85.5%)
18	SAŁATA Marcin	147	RUNMAGEDDON	M Elite	11	RUNAMGEDDON	00:18:00.35	+00:02:29 (13.9%)	5:58	10 (85.5%)
19	SZULWACH Cezary	167	BIEGUN OCR TEAM	M Elite	12	Biegun OCR Team	00:18:00.45	+00:02:30 (13.9%)	5:58	10 (85.5%)
20	LORYCH Krystian	96	BIEGUN OCR TEAM	M 40-44	2	Biegun OCR Team	00:18:02.35	+00:02:31 (14.0%)	5:59	10 (85.5%)
21	WŁODARCZYK Dawid	187		M 30-34	1		00:18:03.55	+00:02:33 (14.1%)	5:59	10 (85.5%)
22	SIKORA Adam	301	MAD RUNNERS	M Elite	13		00:18:20.35	+00:02:49 (15.4%)	6:05	9.9 (84.6%)
23	DĄBROWSKI Radosław	22	OCR TEAM DĘBICA	M 18-24	2		00:18:24.05	+00:02:53 (15.7%)	6:06	9.8 (83.8%)
24	BARANAUSKAS Darius	5	OCR BALTIC WARRIORS	M International	1	OCR Baltic warriors	00:18:27.15	+00:02:56 (16.0%)	6:07	9.8 (83.8%)
25	KIĘPISTY Patryk	76	RAJSPOORT ACTIVE	M 30-34	2	RAJSPOORT ACTIVE	00:18:37.75	+00:03:07 (16.8%)	6:11	9.7 (82.9%)
26	PODGORSKI Marek	138	RUNMAGEDDON	M 40-44	3	RUNAMGEDDON	00:18:38.50	+00:03:08 (16.8%)	6:11	9.7 (82.9%)
27	KMIEĆ Adam	78	CARBON SILESIA SPORT	M 35-39	3	Carbon Silesia Sport	00:18:42.35	+00:03:11 (17.1%)	6:12	9.7 (82.9%)
28	WIERZBICKI Daniel	184		M 40-44	4	BeFit24Team	00:18:45.40	+00:03:14 (17.3%)	6:13	9.6 (82.1%)
29	MIKULEWICZ Przemysław	109	MOVE. TEAM	M 30-34	3		00:18:46.85	+00:03:16 (17.4%)	6:14	9.6 (82.1%)

							Czas			
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	netto 3km	Różn	Tempo min/km	Tempo km/h
30	OLICHOWSKI Mateusz	129	WOLFTEAM	M Elite	14		00:18:48.60	+00:03:18 (17.6%)	6:14	9.6 (82.1%)
31	KOZUBEK Sebastian	82	RAJSPOORT ACTIVE	M 30-34	4	RAJSPOORT ACTIVE	00:18:49.45	+00:03:19 (17.6%)	6:15	9.6 (82.1%)
32	SIKORA Adam	152	MAD RUNNERS	M 25-29	3	Mad Runners	00:18:51.40	+00:03:20 (17.8%)	6:15	9.6 (82.1%)
33	DASZKIEWICZ Małgorzata	21	POWER TRAINING	K Elite	1	Power Training	00:18:53.80	+00:03:23 (17.9%)	6:16	9.6 (82.1%)
34	PISKAŁA Daniel	135	POWER TRAINING	M 40-44	5	Power Training	00:18:54.15	+00:03:23 (18.0%)	6:16	9.6 (82.1%)
35	MĘDYGRAŁ Krystian	107	WATAHA	M 25-29	4	WATAHA	00:19:09.00	+00:03:38 (19.0%)	6:21	9.4 (80.3%)
36	ŁOSIN Marta	97	BIEGUN OCR TEAM	K Elite	2	Biegun OCR Team	00:19:09.75	+00:03:39 (19.1%)	6:21	9.4 (80.3%)
37	JAGODZIŃSKI Karol	54	POWER TRAINING	M Elite	15	Power Training	00:19:11.60	+00:03:41 (19.2%)	6:22	9.4 (80.3%)
38	GŁYK Łukasz	42	CARBON SILESIA SPORT	M 25-29	5	Carbon Silesia Sport	00:19:13.00	+00:03:42 (19.3%)	6:23	9.4 (80.3%)
39	FORMELA Piotr	31	BIEGUN OCR TEAM	M 35-39	4	Biegun OCR Team	00:19:14.90	+00:03:44 (19.4%)	6:23	9.4 (80.3%)
40	ORANKIEWICZ Krzysztof	130	JUNGLE NEXTREME	M 25-29	6		00:19:21.75	+00:03:51 (19.9%)	6:25	9.3 (79.5%)
41	SITKO Marcin	154	CARBON SILESIA SPORT	M 25-29	7	Carbon Silesia Sport	00:19:22.55	+00:03:52 (20.0%)	6:26	9.3 (79.5%)
42	GAWLAK Damian	39	OBSTACLE CENTER TEAM	M 25-29	8	Obstacle Center Team	00:19:23.10	+00:03:52 (20.0%)	6:26	9.3 (79.5%)
43	MIŁOŚ Tomasz	111	BIEGUN OCR TEAM	M 35-39	5		00:19:30.00	+00:03:59 (20.5%)	6:28	9.3 (79.5%)
44	PUSTOŁA Maksymilian	141	OBSTACLE CENTER TEAM	M 13-17	2	Obstacle Center Team	00:19:31.75	+00:04:01 (20.6%)	6:29	9.3 (79.5%)
45	KOŁAKOWSKI Krzysztof	80	RUNMAGEDDON	M 30-34	5	RUNAMGEDDON	00:19:42.65	+00:04:12 (21.3%)	6:32	9.2 (78.6%)
46	SZKURŁAT Tomasz	162		M 35-39	6	Power Training	00:19:42.95	+00:04:12 (21.3%)	6:32	9.2 (78.6%)
47	ZAŁEJASZ Sylwester	198	XRUNNERS	M 35-39	7	xRunners	00:19:44.00	+00:04:13 (21.4%)	6:33	9.2 (78.6%)
48	SZULWACH Maciek	165	BIEGUN OCR TEAM	M 45-49	1	Biegun OCR Team	00:19:44.10	+00:04:13 (21.4%)	6:33	9.2 (78.6%)
49	PASOŃ Tomasz	132	EX TEAM	M 35-39	8	Ex Team	00:19:49.35	+00:04:18 (21.8%)	6:35	9.1 (77.8%)
50	GOLEC Rafał	44	IWONEX DRUKARNIA	M 30-34	6		00:19:54.20	+00:04:23 (22.1%)	6:36	9.1 (77.8%)
51	CHŁAD Aleksander	15	EX TEAM	M 35-39	9	Ex Team	00:20:05.25	+00:04:34 (22.8%)	6:40	9 (76.9%)
52	BRZEZIŃSKI Bartosz	12	RUNMAGEDDON	M International	2		00:20:09.05	+00:04:38 (23.0%)	6:41	9 (76.9%)
53	MÓRAWSKI Mieszko	122	POWER TRAINING	M Elite	16	Power Training	00:20:11.25	+00:04:40 (23.2%)	6:42	8.9 (76.1%)
54	MAŁYSIAK Jarosław	103	DRAGON RUNNERS	M 35-39	10	Dragon Runners	00:20:18.35	+00:04:47 (23.6%)	6:44	8.9 (76.1%)
55	STOKOWSKI Dariusz	158	RUNMAGEDDON	M 30-34	7	RUNMAGEDDON	00:20:23.30	+00:04:52 (23.9%)	6:46	8.9 (76.1%)
56	WIENDŁOCHA Paweł	183	SOCIOS SILESIA	M 40-44	6	SOCIOS SILESIA	00:20:23.60	+00:04:53 (24.0%)	6:46	8.9 (76.1%)
57	JÓZEFIAK Łukasz	64	BIEGUNOCR TEAM	M 40-44	7	Biegun OCR Team	00:20:24.90	+00:04:54 (24.0%)	6:46	8.9 (76.1%)
58	WYSŁUCH Iza	194		K Elite	3		00:20:25.85	+00:04:55 (24.1%)	6:46	8.8 (75.2%)
59	MILCZAREK Dawid	238	POZYTYWNIIE ZABIEGANI KLESZCZÓW	M Open	1		00:20:28.75	+00:04:58 (24.3%)	6:49	8.8 (75.2%)
60	MALCZEWSKI Daniel	100	RAJSPOORT ACTIVE	M 13-17	3		00:20:31.15	+00:05:00 (24.4%)	6:48	8.8 (75.2%)
61	KOLCZYN Magdalena	303	BEFIT24TEAM	K Elite	4		00:20:34.00	+00:05:03 (24.6%)	6:49	8.8 (75.2%)
62	WAŁDOWSKI Dominik	180	XRUNNERS	M 40-44	8	xRunners	00:20:37.05	+00:05:06 (24.8%)	6:50	8.8 (75.2%)
63	WOŁCZEK Paulina	190	EX TEAM	K Elite	5	Ex Team	00:20:37.45	+00:05:07 (24.8%)	6:50	8.8 (75.2%)
64	KALINOWSKI Krystian	70		M Elite	17		00:20:37.85	+00:05:07 (24.8%)	6:50	8.8 (75.2%)
65	BAŁDYGA Miłosz	298		M Open	2		00:20:38.50	+00:05:08 (24.9%)	6:51	8.8 (75.2%)
66	CHMIELORZ Józef	16	CARBON SILESIA SPORT	M 35-39	11	Carbon Silesia Sport	00:20:38.90	+00:05:08 (24.9%)	6:51	8.8 (75.2%)
67	KURTA Rafał	90	XRUNNERS	M 18-24	3	xRunners	00:20:57.70	+00:05:27 (26.0%)	6:57	8.6 (73.5%)
68	HANYK Łukáš	50	CHALLENGER	M International	3		00:21:02.00	+00:05:31 (26.3%)	6:59	8.6 (73.5%)
69	JASTRZĘBSKI Sławomir	61	BESTIE OCR LEGIONOWO	M 40-44	9	Bestie OCR Legionowo	00:21:07.85	+00:05:37 (26.6%)	7:00	8.6 (73.5%)
70	ŚWIERSZCZ Paweł	172		M 30-34	8		00:21:12.60	+00:05:42 (26.9%)	7:02	8.5 (72.6%)
71	CZACHURSKI Mateusz	19	EX TEAM	M 30-34	9	Ex Team	00:21:12.80	+00:05:42 (26.9%)	7:02	8.5 (72.6%)
72	JUSZKIEWICZ Dominik	65	RAJSPOORT ACTIVE	M 35-39	12	RAJSPOORT ACTIVE	00:21:13.25	+00:05:42 (26.9%)	7:02	8.5 (72.6%)
72	MULCZYŃSKI Piotr	240		M Open	3		00:21:13.25	+00:05:42 (26.9%)	7:02	8.5 (72.6%)

							Czas			
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	netto 3km	Różn	Tempo min/km	Tempo km/h
74	WIECZOREK Mateusz	182	XRUNNERS	M 25-29	9	xRunners	00:21:20.70	+00:05:50 (27.3%)	7:05	8.5 (72.6%)
75	KURACH Stanisław	89	DZIADY OCR	M 50+	1	Dziady OCR	00:21:21.25	+00:05:50 (27.4%)	7:05	8.5 (72.6%)
76	STUDNIARZ Michał	159		M 30-34	10	SOCIOS SILESIA	00:21:25.20	+00:05:54 (27.6%)	7:06	8.4 (71.8%)
77	SZCZEPANIK Michał	161	OBSTACLE CENTER TEAM	M 25-29	10	Obstacle Center Team	00:21:27.85	+00:05:57 (27.8%)	7:07	8.4 (71.8%)
78	POVOLNÝ Lukáš	140	GLADIATOR RACE TEAM	M International	4		00:21:27.95	+00:05:57 (27.8%)	7:07	8.4 (71.8%)
79	PERKOWSKI Paweł	133	POWER TRAINING	M 35-39	13	Power Training	00:21:30.85	+00:06:00 (27.9%)	7:08	8.4 (71.8%)
80	MIZGALSKI Jacek	116	DZIADY OCR	M 45-49	2	Dziady OCR	00:21:32.65	+00:06:02 (28.0%)	7:09	8.4 (71.8%)
81	GABRYŚ Piotr	33	SPARTAN TEAM	M 13-17	4		00:21:34.25	+00:06:03 (28.1%)	7:09	8.4 (71.8%)
82	KRYSZTOFIAK Damian	86	UNITED RUNNERS	M Elite	18	United Runners	00:21:38.90	+00:06:08 (28.4%)	7:11	8.3 (70.9%)
83	KOZUBEK Seweryn	83	RAJSPOORT ACTIVE	M 25-29	11	RAJSPOORT ACTIVE	00:21:45.10	+00:06:14 (28.7%)	7:13	8.3 (70.9%)
84	GAWIN Krzysiek	38		M 35-39	14	BeFit24Team	00:21:46.50	+00:06:16 (28.8%)	7:13	8.3 (70.9%)
85	TOMAKA Tomasz	175	RAJSPOORT ACTIVE	M 25-29	12	RAJSPOORT ACTIVE	00:21:51.25	+00:06:20 (29.0%)	7:15	8.3 (70.9%)
86	MISSALA Mateusz	112	POWER TRAINING	M 40-44	10	Power Training	00:21:51.45	+00:06:21 (29.1%)	7:15	8.3 (70.9%)
87	CZACH Tobiasz	18	CARPATHIAN RUNNERS	M 30-34	11		00:21:53.10	+00:06:22 (29.1%)	7:16	8.3 (70.9%)
88	FARKOWSKI Konrad	30	EX TEAM	M 35-39	15	Ex Team	00:21:54.30	+00:06:23 (29.2%)	7:16	8.2 (70.1%)
89	DOBRZYŃSKI Tomasz	25	XRUNNERS	M 40-44	11	xRunners	00:22:03.80	+00:06:33 (29.7%)	7:19	8.2 (70.1%)
90	SZTYLKA Karol	164	BEST BEASTS	M 18-24	4	Best Beasts	00:22:08.70	+00:06:38 (30.0%)	7:21	8.2 (70.1%)
91	GAWRYLUK Marcin	40	BIFROST OCR	M 35-39	16		00:22:11.25	+00:06:40 (30.1%)	7:22	8.1 (69.2%)
92	ZABOROWSKI Łukasz	196	RAJSPOORT ACTIVE	M 35-39	17	RAJSPOORT ACTIVE	00:22:12.05	+00:06:41 (30.1%)	7:22	8.1 (69.2%)
93	KMIECIAK Jakub	77	DIRTY SPARROWS	M 18-24	5	Dirty Sparrows	00:22:19.00	+00:06:48 (30.5%)	7:24	8.1 (69.2%)
94	JUSZKIRWICZ Oliwka	66	RAJSPOORTACTIVE	K 13-17	1	RAJSPOORT ACTIVE	00:22:29.20	+00:06:58 (31.0%)	7:28	8 (68.4%)
95	WITKA Patryk	186	MAD RUNNERS	M Elite	19		00:22:31.80	+00:07:01 (31.2%)	7:28	8 (68.4%)
96	DŁUGOSZ Łukasz	213	OSPRO OCR	M Open	4	OSPRO OCR	00:22:32.30	+00:07:01 (31.2%)	7:30	8 (68.4%)
97	MISSALA Magdalena	113	POWER TRAINING	K Elite	6	Power Training	00:22:42.65	+00:07:12 (31.7%)	7:32	8 (68.4%)
98	CZAPRAN Marek	20	XRUNNERS	M 35-39	18	xRunners	00:22:45.80	+00:07:15 (31.9%)	7:33	7.9 (67.5%)
99	SERAFIŃSKI Robert	151	RAJSPOORT ACTIVE	M 50+	2	RAJSPOORT ACTIVE	00:22:49.35	+00:07:18 (32.1%)	7:34	7.9 (67.5%)
99	TESKA Patrycja	173	BIEGUN OCR TEAM	K 13-17	2	Biegun OCR Team	00:22:49.35	+00:07:18 (32.1%)	7:34	7.9 (67.5%)
101	GOLDA Michał	43	MAD RUNNERS	M 35-39	19	Mad Runners	00:22:50.80	+00:07:20 (32.1%)	7:35	7.9 (67.5%)
102	ILNICKI Darek	52	DRAGON RUNNERS	M 35-39	20	Dragon Runners	00:22:52.20	+00:07:21 (32.2%)	7:35	7.9 (67.5%)
103	GAWORSKI Bartłomiej	219	ALBO_GRUBO_ALBO_WCAKE	M Open	5		00:22:56.65	+00:07:26 (32.4%)	7:37	7.9 (67.5%)
104	KALINOWSKI Szymon	225	VIKINGS RUN TEAM	M Open	6	Vikings Run Team	00:22:59.85	+00:07:29 (32.6%)	7:38	7.9 (67.5%)
105	WITKA Patryk	315		M Open	7		00:23:01.35	+00:07:30 (32.6%)	7:38	7.8 (66.7%)
106	SADOWSKI Michał	146	POWER TRAINING	M 35-39	21	Power Training	00:23:10.55	+00:07:40 (33.1%)	7:41	7.8 (66.7%)
107	KULAGA Peter	87	DRAGON RUNNERS	M 35-39	22	Dragon Runners	00:23:10.65	+00:07:40 (33.1%)	7:41	7.8 (66.7%)
108	MORAWSKI Grzegorz	121		M 35-39	23		00:23:13.00	+00:07:42 (33.2%)	7:42	7.8 (66.7%)
109	ZAŁEJASZ Paulina	199	XRUNNERS	K Elite	7	xRunners	00:23:17.10	+00:07:46 (33.4%)	7:44	7.8 (66.7%)
110	WOŁOSZYN Tomek	258	SOCIOS SILESIA	M Open	8	SOCIOS SILESIA	00:23:18.00	+00:07:47 (33.4%)	7:44	7.8 (66.7%)
111	KULON Grzegorz	88	BEFIT24TEAM	M 40-44	12	BeFit24Team	00:23:21.45	+00:07:51 (33.6%)	7:45	7.7 (65.8%)
112	ZIEMNICKI Tomasz	202	FIT & MORE RYBNIK	M 40-44	13	Fit & More Rybnik	00:23:22.80	+00:07:52 (33.7%)	7:45	7.7 (65.8%)
113	KALISZYK Grzegorz	71	MAD RUNNERS	M 45-49	3		00:23:23.00	+00:07:52 (33.7%)	7:46	7.7 (65.8%)
114	BŁĘDZKI Adam	10	DIRTY SPARROWS	M 30-34	12	Dirty Sparrows	00:23:32.30	+00:08:01 (34.1%)	7:49	7.7 (65.8%)
115	CZARNECKI Piotr	211	TARCHOŚFIRY	M Open	9		00:23:39.80	+00:08:09 (34.5%)	7:51	7.6 (65.0%)
116	TOMAN Karolina	176		K 25-29	1		00:23:41.60	+00:08:11 (34.5%)	7:52	7.6 (65.0%)
117	MISSALA Michał	114	POWER TRAINING	M 45-49	4	Power Training	00:23:43.95	+00:08:13 (34.7%)	7:52	7.6 (65.0%)

							Czas netto 3km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1				
118	PUZDROWSKI Jarek	142	BIEGUN_OCR_TEAM	M 30-34	13	Biegun OCR Team	00:23:48.00	+00:08:17 (34.8%)	7:54	7.6 (65.0%)
119	SIROCKI Dawid	153	BIEGUN OCR TEAM	M 30-34	14		00:23:54.05	+00:08:23 (35.1%)	7:56	7.6 (65.0%)
120	SZTAJER Bartek	163	SOCIOS SILESIA	M 35-39	24	SOCIOS SILESIA	00:23:57.15	+00:08:26 (35.3%)	7:57	7.5 (64.1%)
121	DUDA Grzegorz	27	BEST BEASTS	M 40-44	14	Best Beasts	00:23:59.50	+00:08:29 (35.4%)	7:58	7.5 (64.1%)
122	FARKOWSKI Konrad	268	EX TEAM	M Open	10		00:24:04.35	+00:08:33 (35.6%)	7:59	7.5 (64.1%)
123	DUKIEWICZ Dariusz	28		M Elite	20	WOLF TEAM	00:24:06.10	+00:08:35 (35.7%)	8:00	7.5 (64.1%)
124	PLUCIŃSKI Jakub	136	DRAGON RUNNERS	M 30-34	15	Dragon Runners	00:24:18.00	+00:08:47 (36.2%)	8:04	7.4 (63.2%)
125	KUCZ Wojciech	230	UNITED RUNNERS	M Open	11	United Runners	00:24:18.75	+00:08:48 (36.2%)	8:04	7.4 (63.2%)
126	GAŁUSZYŃSKI Paweł	35	ACTIVE FLOW	M 30-34	16		00:24:25.95	+00:08:55 (36.5%)	8:06	7.4 (63.2%)
127	MOCZKO Sebastian	117		M 40-44	15		00:24:26.50	+00:08:56 (36.6%)	8:07	7.4 (63.2%)
128	CHARUSTA Martyna	14	BEFIT24TEAM	K 25-29	2	BeFit24Team	00:24:28.15	+00:08:57 (36.6%)	8:07	7.4 (63.2%)
129	JASIŃSKA Alicja	59	GORĄCY POTOK TEAM	K 18-24	1		00:24:28.55	+00:08:58 (36.6%)	8:07	7.4 (63.2%)
130	GRZEGORZYCA Damian	48	OCR BANINO	M 45-49	5	OCR BANINO	00:24:30.30	+00:08:59 (36.7%)	8:08	7.4 (63.2%)
131	MOKSIK Jan	119	FIT & MORE RYBNIK	M 45-49	6	Fit & More Rybnik	00:24:34.75	+00:09:04 (36.9%)	8:09	7.4 (63.2%)
132	ZIARKOWSKI Mirosław	201	FIT & MORE RYBNIK	M 45-49	7	Fit & More Rybnik	00:24:50.55	+00:09:20 (37.6%)	8:15	7.3 (62.4%)
133	SOBAŃSKI Maciej	308		M 25-29	13		00:24:51.55	+00:09:21 (37.6%)	8:15	7.3 (62.4%)
134	ŚWIĄDER Andrzej	170		M 40-44	16	BeFit24Team	00:25:02.95	+00:09:32 (38.1%)	8:19	7.2 (61.5%)
135	HAJEWSKI Michał	49	DZIADY OCR	M 40-44	17		00:25:06.65	+00:09:36 (38.2%)	8:20	7.2 (61.5%)
136	KALINOWSKI Arkadiusz	69		M 50+	3		00:25:12.25	+00:09:41 (38.5%)	8:22	7.2 (61.5%)
137	SZYMAŃSKI Artur	250	CALISTHENICS PŁOCK	M Open	12	Calisthenics Płock	00:25:16.75	+00:09:46 (38.7%)	8:23	7.1 (60.7%)
138	KWIATKOWSKI Michał	91	BIFROST	M 35-39	25		00:25:22.25	+00:09:51 (38.9%)	8:25	7.1 (60.7%)
139	DRZEWIECKI Marcin	26	MAD RUNNERS	M 35-39	26	Mad Runners	00:25:25.45	+00:09:55 (39.0%)	8:26	7.1 (60.7%)
140	DĄBROWSKI Tomasz	23	MOVEMENT ARENA	M 30-34	17	Movement Arena	00:25:26.90	+00:09:56 (39.1%)	8:26	7.1 (60.7%)
141	BIGOS Daniel	9		M 18-24	6		00:25:28.85	+00:09:58 (39.1%)	8:27	7.1 (60.7%)
142	BOGOBOWICZ Dominik	207		M Open	13		00:25:29.90	+00:09:59 (39.2%)	8:27	7.1 (60.7%)
143	BEDNARZ Paweł	205		M Open	14		00:25:46.95	+00:10:16 (39.9%)	8:33	7 (59.8%)
144	MALCZEWSKI Tomasz	101	RAJSPOORT ACTIVE	M 35-39	27	RAJSPOORT ACTIVE	00:25:53.45	+00:10:23 (40.1%)	8:35	7 (59.8%)
145	MACHTYL Zygmunt	98	BEST BEASTS	M 45-49	8		00:25:55.90	+00:10:25 (40.2%)	8:36	7 (59.8%)
146	PIOTROWSKI Kamil	134	DIRTY SPARROWS	M 25-29	14		00:25:57.20	+00:10:26 (40.2%)	8:37	7 (59.8%)
147	JESKA Tomasz	62	DIRTY SPARROWS	M 40-44	18		00:26:00.75	+00:10:30 (40.4%)	8:38	6.9 (59.0%)
148	TUWALSKI Bernard	178	OSPRO OCR	M 50+	4	OSPRO OCR	00:26:09.55	+00:10:39 (40.7%)	8:41	6.9 (59.0%)
149	JARZYNA Bartłomiej	58	OSPRO OCR	M 45-49	9	OSPRO OCR	00:26:24.20	+00:10:53 (41.3%)	8:46	6.8 (58.1%)
150	RYKOWSKI Arkadiusz	286	KUTNO BIEGA	M Open	15		00:26:31.15	+00:11:00 (41.5%)	8:48	6.8 (58.1%)
151	RYNKIEWICZ Agnieszka	145	GORĄCY POTOK TEAM	K Elite	8	Gorący Potok Team	00:26:32.35	+00:11:01 (41.6%)	8:48	6.8 (58.1%)
152	MEŃKO Michał	304	BIEGUN OCR TEAM	M 18-24	7	Biegun OCR Team	00:26:37.80	+00:11:07 (41.8%)	8:50	6.8 (58.1%)
153	OLAS Piotr	128	HUSARIA RACE TEAM	M 25-29	15		00:26:38.70	+00:11:08 (41.8%)	8:50	6.8 (58.1%)
154	GAŃKO Karolina	36	OBSTACLE CENTER TEAM	K 25-29	3	Obstacle Center Team	00:26:41.35	+00:11:10 (41.9%)	8:51	6.8 (58.1%)
155	TKACZYK Michał	174	OBSTACLE CENTER TEAM	M 25-29	16	Obstacle Center Team	00:26:42.70	+00:11:12 (41.9%)	8:52	6.8 (58.1%)
156	NIKIEL Dariusz	125	DIRTY SPARROWS	M 40-44	19	Dirty Sparrows	00:26:43.60	+00:11:13 (42.0%)	8:52	6.8 (58.1%)
157	BARANOWSKA Katarzyna	6	GORĄCY POTOK TEAM	K Elite	9	Gorący Potok Team	00:26:56.10	+00:11:25 (42.4%)	8:56	6.7 (57.3%)
158	KOZŁOWSKI Jakub	81		M 25-29	17		00:27:00.85	+00:11:30 (42.6%)	8:58	6.7 (57.3%)
159	MATYSIAK Przemysław	106		M 13-17	5		00:27:10.55	+00:11:40 (42.9%)	9:01	6.6 (56.4%)
160	HEŁMECKI Mateusz	51	DRAGON RUNNERS	M 30-34	18		00:27:12.00	+00:11:41 (43.0%)	9:02	6.6 (56.4%)
161	WIŚNIEWSKI Norbert	185		M 40-44	20		00:27:13.95	+00:11:43 (43.1%)	9:02	6.6 (56.4%)

							Czas			
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	netto 3km	Różn	Tempo min/km	Tempo km/h
162	LELAS Ewa	92	OSPRO NINJA ACADEMY	K 13-17	3		00:27:19.10	+00:11:48 (43.2%)	9:04	6.6 (56.4%)
163	BADALÍKOVÁ Lucie	3	CZECHNINJACOMMUNITY	K Elite	10		00:27:19.55	+00:11:49 (43.2%)	9:04	6.6 (56.4%)
164	ZYGMUNCIAK Jakub	203		M 13-17	6		00:27:28.35	+00:11:57 (43.6%)	9:07	6.6 (56.4%)
165	JANISZEWSKI Grzegorz	56	DZIADY OCR	M 50+	5		00:27:50.30	+00:12:19 (44.3%)	9:14	6.5 (55.6%)
166	WIŚNIEWSKI Michał	255	BEST BEAST	M Open	16	Best Beasts	00:28:14.80	+00:12:44 (45.1%)	9:22	6.4 (54.7%)
167	PORCZYK Zbigniew	139	POWER TRAINING	M 35-39	28	Power Training	00:28:53.60	+00:13:23 (46.3%)	9:35	6.3 (53.8%)
168	DURKA Michał	215	CALISTHENICS PŁOCK	M Open	17	Calisthenics Płock	00:28:55.25	+00:13:24 (46.4%)	9:36	6.2 (53.0%)
169	GÓRZYŃSKI Konrad	46	BESTIE OCR LEGIONOWO	M 13-17	7		00:28:59.10	+00:13:28 (46.5%)	9:37	6.2 (53.0%)
170	LOMNICKÁ Tereza	95	CHALLENGER	K Elite	11		00:29:01.90	+00:13:31 (46.6%)	9:38	6.2 (53.0%)
171	PIĘTA Łukasz	247	UNITED RUNNERS	M Open	18	United Runners	00:29:11.20	+00:13:40 (46.9%)	9:41	6.2 (53.0%)
172	SCHMIDT Paweł	149	BEFIT24TEAM	M 45-49	10	BeFit24Team	00:29:12.25	+00:13:41 (46.9%)	9:42	6.2 (53.0%)
173	JABŁONKA Bartosz	223		M Open	19		00:29:26.25	+00:13:55 (47.3%)	9:46	6.1 (52.1%)
174	KOWALSKI Mateusz	229	DIRTY SPARROWS	M Open	20		00:29:36.00	+00:14:05 (47.6%)	9:50	6.1 (52.1%)
175	KRYSTA Sylwia	85	SOCIOS SILESIA	K 30-34	1	SOCIOS SILESIA	00:29:41.45	+00:14:11 (47.8%)	9:51	6.1 (52.1%)
176	GAŁUSZYŃSKA Katarzyna	34	ACTIVE FLOW	K 35-39	1		00:29:44.75	+00:14:14 (47.9%)	9:52	6.1 (52.1%)
177	OŚCIK Krzysztof	243	VIKINGS RUN TEAM	M Open	21	Vikings Run Team	00:29:59.90	+00:14:29 (48.3%)	9:57	6 (51.3%)
178	CIMBUREK Ludvik	17	CZEXXX	M International	5		00:30:16.05	+00:14:45 (48.8%)	10:03	6 (51.3%)
179	BRACHACZEK Bartosz	11	POWER TRAINING	M 30-34	19	Power Training	00:30:30.85	+00:15:00 (49.2%)	10:07	5.9 (50.4%)
180	GARNUSZEK Anita	37	POWER TRAINING	K 30-34	2	Power Training	00:30:40.65	+00:15:10 (49.4%)	10:11	5.9 (50.4%)
181	KOLEGOWICZ Klaudia	79	BEFIT24TEAM	K 30-34	3		00:30:47.55	+00:15:17 (49.6%)	10:13	5.9 (50.4%)
182	BORYCZKA Roman	208		M Open	22		00:30:56.00	+00:15:25 (49.9%)	10:16	5.8 (49.6%)
183	CZERWIŃSKI Grzegorz	316		M Open	23		00:31:01.50	+00:15:31 (50.0%)	10:18	5.8 (49.6%)
184		320					00:31:06.20	+00:15:35 (50.1%)	10:19	5.8 (49.6%)
185	ZIEMBA Krzysztof	262		M Open	24		00:31:08.75	+00:15:38 (50.2%)	10:20	5.8 (49.6%)
186	JERMAKOWICZ Bartłomiej	224	POWER TRAINING	M Open	25	Power Training	00:31:24.25	+00:15:53 (50.6%)	10:25	5.8 (49.6%)
187	WEJKNIS Krzysztof	181		M 40-44	21		00:31:27.95	+00:15:57 (50.7%)	10:26	5.7 (48.7%)
188	DAMPS Katarzyna	313		K 45-49	1		00:31:40.30	+00:16:09 (51.0%)	10:31	5.7 (48.7%)
189	ŚWIĄDER Julia	171		K 13-17	4	BeFit24Team	00:31:57.25	+00:16:26 (51.5%)	10:36	5.7 (48.7%)
190	MIKOŁAJEK Robert	108		M 40-44	22		00:31:59.70	+00:16:29 (51.5%)	10:37	5.6 (47.9%)
191	MIROWSKI Jacek	239	FABRYKA DZIKA	M Open	26		00:32:01.55	+00:16:31 (51.6%)	10:38	5.6 (47.9%)
192	MILBRANT Michał	110	CS BŁONIE	M 35-39	29		00:32:11.95	+00:16:41 (51.8%)	10:41	5.6 (47.9%)
193	LISIECKI Rajmund	93	BIEGOWE NYGUSY	M 40-44	23		00:32:24.85	+00:16:54 (52.2%)	10:45	5.6 (47.9%)
194	ZASADOWSKI Bartek	200	BIEGOWE NYGUSY	M 45-49	11	biegowe nygusy	00:32:50.35	+00:17:19 (52.8%)	10:54	5.5 (47.0%)
195	KOWALCZYK Gosia	228	RAJSPOORT ACTIVE	K Open	1		00:32:54.05	+00:17:23 (52.9%)	10:55	5.5 (47.0%)
196	KRĘGIELSKI Bartosz	302		M Open	27		00:32:55.70	+00:17:25 (52.9%)	10:56	5.5 (47.0%)
197	CHROBOK Michał	210		M Open	28		00:33:11.90	+00:17:41 (53.3%)	11:01	5.4 (46.2%)
198	GÓRECKI Piotr	221	ACTIVE FLOW	M Open	29		00:33:44.60	+00:18:14 (54.0%)	11:12	5.4 (46.2%)
199	ZAWADKA Sebastian	261		M Open	30		00:33:45.00	+00:18:14 (54.1%)	11:12	5.4 (46.2%)
200	PIERZGALSKI Piotr	246	CASTORAMA TEAM	M Open	31		00:33:49.65	+00:18:19 (54.2%)	11:14	5.3 (45.3%)
201	MARKOWSKA Nikola	104		K 13-17	5		00:34:48.00	+00:19:17 (55.4%)	11:33	5.2 (44.4%)
202	WOŁCZYK Mariusz	257		M Open	32		00:34:49.35	+00:19:18 (55.5%)	11:34	5.2 (44.4%)
203	ALAMENCIAK Angelika	1	DYNAMIC STRONG GNIEZNO	K 25-29	4		00:34:55.00	+00:19:24 (55.6%)	11:36	5.2 (44.4%)
204	KACZMAREK Monika	67	WF TEAM	K Elite	12	WF TEAM	00:35:04.85	+00:19:34 (55.8%)	11:39	5.2 (44.4%)
205	BUDNY Maksymilian	209	SPARTAN TEAM KALETY	M Open	33		00:35:23.05	+00:19:52 (56.2%)	11:47	5.1 (43.6%)

							Czas netto 3km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1				
206	MARZEC Martyna	237	SPARTAN TEAM	K Open	2		00:35:27.35	+00:19:56 (56.3%)	11:49	5.1 (43.6%)
207	SZCZEPAŃSKA Anna	289	KUTNO BIEGA	K Open	3	Debiutanci Kutno	00:35:31.25	+00:20:00 (56.3%)	11:47	5.1 (43.6%)
208	PIELESZ Izabela	245		K Open	4		00:35:32.60	+00:20:02 (56.4%)	11:48	5.1 (43.6%)
209	NIZIOŁ Patryk	126	BEST BEASTS	M 18-24	8	Best Beasts	00:35:42.40	+00:20:11 (56.6%)	11:51	5.1 (43.6%)
210	ŚWIĄTEK Aleksandra	251	SPARTAN TEAM KALETY	K Open	5		00:35:52.40	+00:20:21 (56.8%)	11:57	5 (42.7%)
211	LEŚNICZAK Barbara	233		K Open	6		00:36:06.70	+00:20:36 (57.1%)	11:59	5 (42.7%)
212	GŁOWACKI Franek	41		M 13-17	8		00:36:24.25	+00:20:53 (57.4%)	12:05	5 (42.7%)
213	LASKOWSKI Przemysław	232	CALISTHENICS PŁOCK	M Open	34		00:36:49.75	+00:21:19 (57.9%)	12:13	4.9 (41.9%)
214	NOWAKOWSKI Dominik	242	STOWARZYSZENIE EXTREMALNI	M Open	35		00:36:55.65	+00:21:25 (58.0%)	12:15	4.9 (41.9%)
215	KAMIŃSKA Justyna	73	DYNAMIC STRONG GNIEZNO	K 30-34	4		00:37:06.95	+00:21:36 (58.2%)	12:19	4.9 (41.9%)
216	DYSZKIEWICZ Grzegorz	267	DRAPICHRUSTY	M Open	36		00:37:07.05	+00:21:36 (58.2%)	12:19	4.9 (41.9%)
217	ŁUKOWCZYK Tymoteusz	278		M Open	37		00:37:08.75	+00:21:38 (58.3%)	12:20	4.9 (41.9%)
218	RAJNICH Tomasz	143	SPARTAN TEAM	M 13-17	9	Spartan Team Kalety	00:37:13.30	+00:21:42 (58.3%)	12:21	4.9 (41.9%)
219	WYSOCKA Klaudia	195	CARBON SILESIA SPORT	K 30-34	5	Carbon Silesia Sport	00:37:18.15	+00:21:47 (58.4%)	12:23	4.8 (41.0%)
220	SMORAWSKI Łukasz	319		M Open	38		00:37:27.25	+00:21:56 (58.6%)	12:26	4.8 (41.0%)
221	PODOLSKI Bartłomiej	317		M Open	39		00:37:29.55	+00:21:59 (58.6%)	12:27	4.8 (41.0%)
222	WINKLER Mateusz	253	VIKINGS RUN TEAM	M Open	40	Vikings Run Team	00:37:41.05	+00:22:10 (58.8%)	12:31	4.8 (41.0%)
223	URBAŃSKA-KULON Katarzyna	179	BEFIT24TEAM	K 40-44	1	BeFit24Team	00:37:48.45	+00:22:18 (59.0%)	12:33	4.8 (41.0%)
224	KŁOS Cezary	227		M Open	41		00:38:12.20	+00:22:41 (59.4%)	12:41	4.7 (40.2%)
225	MOJAK Joanna	118	EX TEAM	K 30-34	6	Ex Team	00:38:14.35	+00:22:43 (59.4%)	12:42	4.7 (40.2%)
226	OGIŃSKI Szymon	127		M 35-39	30		00:38:30.50	+00:23:00 (59.7%)	12:47	4.7 (40.2%)
227	SKOCZYŁAS Łukasz	249		M Open	42		00:38:34.15	+00:23:03 (59.8%)	12:48	4.7 (40.2%)
228	WIŚNIEWSKI Szymon	307		M Open	43		00:39:33.50	+00:24:03 (60.8%)	13:08	4.6 (39.3%)
229	MUSIK Patrycja	241	SPARTAN TEAM	K Open	7		00:39:36.25	+00:24:05 (60.8%)	13:09	4.6 (39.3%)
230	BIELAK Adrianna	206		K Open	8	Vikings Run Team	00:39:38.00	+00:24:07 (60.9%)	13:10	4.6 (39.3%)
231	ŚWIERC Damian	252	SPARTAN TEAM	M Open	44		00:39:55.65	+00:24:25 (61.2%)	13:15	4.5 (38.5%)
232	GRUSZFELD Przemek	222		M Open	45		00:40:35.90	+00:25:05 (61.8%)	13:28	4.5 (38.5%)
233	FRANCZYSZYN-PORTKA Magdalena	32		K 40-44	2	Dirty Sparrows	00:40:37.50	+00:25:07 (61.8%)	13:29	4.4 (37.6%)
234	BARTOSIEWICZ Przemysław	204		M Open	46		00:41:13.15	+00:25:42 (62.4%)	13:41	4.4 (37.6%)
235	MAJEWSKI Jakub	235	BODY ARMOR SKILLS	M Open	47		00:41:23.35	+00:25:52 (62.5%)	13:44	4.4 (37.6%)
236	MAĆKOWSKA Edyta	314		K Open	9		00:41:37.85	+00:26:07 (62.7%)	13:49	4.3 (36.8%)
237	KŁAWCZYŃSKI Karol	226		M Open	48		00:41:53.45	+00:26:23 (63.0%)	13:54	4.3 (36.8%)
238	MARCIŃCZAK Amelia	236		K Open	10	Vikings Run Team	00:43:34.00	+00:28:03 (64.4%)	14:28	4.1 (35.0%)
239	GRABOWSKA Izabela	47	BEST BEASTS	K 35-39	2	Best Beasts	00:43:42.30	+00:28:11 (64.5%)	14:31	4.1 (35.0%)
240	CZERWONIEC Andrzej	212		M Open	49		00:43:46.20	+00:28:15 (64.6%)	14:32	4.1 (35.0%)
241	ROJEK Mateusz	248		M Open	50		00:44:03.15	+00:28:32 (64.8%)	14:38	4.1 (35.0%)
242	AMBROZIAK Erwin	264		M Open	51		00:44:10.80	+00:28:40 (64.9%)	14:40	4.1 (35.0%)
243	GAWLIŃSKI Mateusz	218	CALISTHENICS PŁOCK	M Open	52	Calisthenics Plock	00:44:33.20	+00:29:02 (65.2%)	14:48	4.1 (35.0%)
244	DOBROWOLSKA Dorota	214	ACTIVE FLOW	K Open	11		00:45:01.00	+00:29:30 (65.6%)	14:57	4 (34.2%)
245	KACPRZAK Beata	274	KUTNO BIEGA	K Open	12		00:47:45.40	+00:32:14 (67.5%)	15:51	3.8 (32.5%)
246	ZAMBRZYCKA Karolina	297		K Open	13		00:47:51.75	+00:32:21 (67.6%)	15:53	3.8 (32.5%)
247	SZYMAŃSKA Agnieszka	291	KUTNO BIEGA	K Open	14		00:48:11.70	+00:32:41 (67.8%)	16:00	3.7 (31.6%)
248	OLCZAK Jarek	282		M Open	53		00:48:14.45	+00:32:44 (67.9%)	16:01	3.7 (31.6%)
249	WNOROWSKA Magdalena	256	OBSTACLE CENTER TEAM	K Open	15		00:48:45.60	+00:33:15 (68.2%)	16:11	3.7 (31.6%)

							Czas netto 3km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1				
250	DYLUS Artur	216		M Open	54		00:48:47.70	+00:33:17 (68.2%)	16:12	3.7 (31.6%)
251	KURLAPSKA Anna	231	BEST BEASTS	K Open	16	Best Beasts	00:49:05.40	+00:33:34 (68.4%)	16:18	3.7 (31.6%)
252	ZAKRZEWSKA Elżbieta	296		K Open	17		00:49:48.70	+00:34:18 (68.9%)	16:32	3.6 (30.8%)
253	GAWROŃSKA Renata	271		K Open	18		00:49:49.75	+00:34:19 (68.9%)	16:33	3.6 (30.8%)
254	CZARNECKA Agnieszka	266		K Open	19		00:49:50.00	+00:34:19 (68.9%)	16:36	3.6 (30.8%)
255	ZAJĄC Paweł	259		M Open	55		00:49:59.40	+00:34:28 (69.0%)	16:36	3.6 (30.8%)
256	ZASADOWSKA Justyna	260	BIEGOWE NYGUSY	K Open	20	biegowe nygusy	00:50:03.10	+00:34:32 (69.0%)	16:37	3.6 (30.8%)
257	GILARSKA Marta	220	BIEGOWE NYGUSY	K Open	21		00:50:03.60	+00:34:33 (69.0%)	16:37	3.6 (30.8%)
258	SZYMAŃSKI Arkadiusz	292	KUTNO BIEGA	M Open	56		00:50:23.70	+00:34:53 (69.2%)	16:44	3.6 (30.8%)
259	PARADOWSKI Łukasz	244		M Open	57		00:51:06.65	+00:35:36 (69.7%)	16:58	3.5 (29.9%)
260	MACHTYL Marta	234	BEST BEASTS	K Open	22		00:51:19.10	+00:35:48 (69.8%)	17:02	3.5 (29.9%)
261	WIŚNIEWSKI Kacper	254		M Open	58		00:51:49.75	+00:36:19 (70.1%)	17:12	3.5 (29.9%)
262	SKONIECZNY Dawid	287	KUTNO BIEGA	M Open	59		00:52:00.25	+00:36:29 (70.2%)	17:16	3.5 (29.9%)
263	GAŁAN Tomasz	217		M Open	60		00:54:31.25	+00:39:00 (71.6%)	18:06	3.3 (28.2%)
264	WOŹNIAK-KARCZEWSKA Patrycja	192	BEST BEASTS	K 35-39	3	Best Beasts	00:58:06.25	+00:42:35 (73.3%)	19:18	3.1 (26.5%)
265	SWORAWSKA Weronika	318		K Open	23		00:58:35.40	+00:43:04 (73.5%)	19:27	3.1 (26.5%)
266	FRĄC Kinga	270		K Open	24		00:59:19.80	+00:43:49 (73.9%)	19:46	3 (25.6%)
267	PODDĘBNIAK Małgorzata	137		K 25-29	5		01:00:57.00	+00:45:26 (74.6%)	20:14	3 (25.6%)
268	TRĄC Natalia	299		K Open	25		01:02:19.85	+00:46:49 (75.1%)	20:46	2.9 (24.8%)
269	FRĄC Bartłomiej	269		M Open	61		01:02:20.30	+00:46:49 (75.1%)	20:46	2.9 (24.8%)
270	MIZIOŁEK Michał	281		M Open	62		01:03:05.05	+00:47:34 (75.4%)	20:57	2.9 (24.8%)
271	MIZIOŁEK Anna	280		K Open	26		01:08:36.10	+00:53:05 (77.4%)	22:47	2.6 (22.2%)
	BAŃBOR Aleksandra	4	EX TEAM	K 18-24		Ex Team	DNF		-	- (0.0%)
	DYKO Bartosz	29	MAD RUNNERS	M 35-39		Mad Runners	DNF		-	- (0.0%)
	WOŹNIAK Michał	191		M 40-44			DNF		-	- (0.0%)
	JEZIORSKI Paweł	63		M 18-24			DNF		-	- (0.0%)
	MACIUSZEK Julia	99		K Elite			DNF		-	- (0.0%)
	SŁADEK Patryk	155	EX TEAM	M 25-29		Ex Team	DNF		-	- (0.0%)
	MALEŃCZYK Sylwester	102		M 40-44			DNF		-	- (0.0%)
	BIELAK Tomasz	8		M 35-39			DNF		-	- (0.0%)
	STANISZEWSKI Marcin	157	MOVE FACTORY	M 45-49			DNF		-	- (0.0%)
	NIESŁONY Dominika	124	EX TEAM	K 18-24		Ex Team	DNF		-	- (0.0%)
	ZAJKO Rafał	197	STG LUBLIN	M 35-39			DNF		-	- (0.0%)
	JARLACZYK Justyna	57	STOWARZYSZENIE EXTREMALNI	K 40-44			DNF		-	- (0.0%)
	SARLEJ Robert	148	EX TEAM	M 30-34		Ex Team	DNF		-	- (0.0%)
	SZULWACH Weronika	166	BIEGUN OCR TEAM	K 18-24		Biegun OCR Team	DNF		-	- (0.0%)
	WOJTASIK Marta	188		K International			DNF		-	- (0.0%)
	JANAS Daniel	55	ŻAGAŃSKIE DZIKI	M 50+			DNF		-	- (0.0%)
	GOMOŁA-PARADOWSKA Anna	45	POWER TRAINING	K 35-39		Power Training	DNF		-	- (0.0%)
	ANTOLIK Aneta	2	POWER TRAINING	K 25-29		Power Training	DNF		-	- (0.0%)
	ŚLEBOCKA Karolina	169	JUNIOR NEXTREME	K 13-17			DNF		-	- (0.0%)
	BARTŁOMIEJCZYK Sylwia	7	SOCIOS SILESIA	K 40-44		SOCIOS SILESIA	DNF		-	- (0.0%)
	MISZEWSKI Grzegorz	115	XRUNNERS	M 30-34		xRunners	DNF		-	- (0.0%)
	MOKSIK Agnieszka	120	FIT & MORE RYBNIK	K 40-44			DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
	KARCZMAR Kornelia	74	WF TEAM	K Elite		WF TEAM	DNF		-	- (0.0%)

Znaleziono 294 wynik(ów)