

MPOCR 2019 - 12 KM

B4SPORT

Event: Mistrzostwa Polski OCR 2019
Organiser: OCR Polska
Date: 2019-09-08
Place: Radotki
Distance: 12 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: 13:00

Place	Participant	Number	Club	Category	MCat	Net time 12km	Czas brutto 12km	Gap	Pace min/km	Pace km/h
1	KARCZEWSKI Piotr	4062	BEST BEASTS	M Open	1	01:45:11.65	01:45:11.65		8:45	6.8 (100%)
2	MACIOŁEK Arkadiusz	3213	CROSSFIT TEAM SUSZ	M Open	3	01:57:15.85	01:57:15.85	+00:12:04 (10.3%)	9:46	6.1 (89.7%)
3	MARUSZAK Anna	3252	BEST BEASTS	K Open	1	01:59:44.75	01:59:44.75	+00:14:33 (12.2%)	9:58	6 (88.2%)
4	FURMAGA Przemysław	3237	POWER TRAINING	M Open	5	02:19:20.95	02:19:20.95	+00:34:09 (24.5%)	11:36	5.2 (76.5%)
5	ONUFREJUK Marcin	3214	BEST BEASTS	M Open	6	02:20:22.70	02:20:22.70	+00:35:11 (25.1%)	11:41	5.1 (75.0%)
6	GAŁUCHA Adrian	4073		M Open	8	02:24:30.10	02:24:30.10	+00:39:18 (27.2%)	12:02	5 (73.5%)
7	JASKÓLSKI Szymon	3201	CARBON OCR RACING TEAM	M Open	9	02:24:38.45	02:24:38.45	+00:39:26 (27.3%)	12:03	5 (73.5%)
8	WIŚNIEWSKI Michał		BEST BEASTS			02:30:54.95	02:30:54.95	+00:45:43 (30.3%)	12:34	4.8 (70.6%)
9	ISKRA Artur	3204		M Open	10	02:31:43.70	02:31:43.70	+00:46:32 (30.7%)	12:38	4.7 (69.1%)
10	STOLARSKI Kamil	3202	HUSARIA RACE TEAM	M Open	11	02:34:35.75	02:34:35.75	+00:49:24 (32.0%)	12:52	4.7 (69.1%)
11	MOLTZAN Łukasz	3203		M Open	12	02:34:54.15	02:34:54.15	+00:49:42 (32.1%)	12:54	4.6 (67.6%)
12	CHMIELEWSKI Józef	3253	CIECHANOWIEC TEAM	M Open	13	02:35:31.00	02:35:31.00	+00:50:19 (32.4%)	12:57	4.6 (67.6%)
13	LIBERADZKI Marcin	3254	ATHLETIC APOLLO	M Open	14	02:36:31.20	02:36:31.20	+00:51:19 (32.8%)	13:02	4.6 (67.6%)
14	BUDZYŃSKI Paweł	3206	TEAM OCR BUDZYŃIAKI	M Open	15	02:37:17.80	02:37:17.80	+00:52:06 (33.1%)	13:06	4.6 (67.6%)
15	KARLIK Paweł	3207	CARBON OCR RACING TEAM	M Open	16	02:40:14.90	02:40:14.90	+00:55:03 (34.4%)	13:21	4.5 (66.2%)
16	WALCZAK Danuta	3239	DIRTY SPARROW	K Open	6	03:01:09.55	03:01:09.55	+01:15:57 (41.9%)	15:05	4 (58.8%)
17	BINKOWSKA Nadia	3243	DIRTY SPARROWS	K Open	7	03:01:11.65	03:01:11.65	+01:16:00 (41.9%)	15:05	4 (58.8%)
18	GRAJEK Ivo	3238	DIRTY SPARROWS	M Open	20	03:01:14.50	03:01:14.50	+01:16:02 (42.0%)	15:06	4 (58.8%)
19	NOWACZYK Tomasz	3221		M Open	23	03:09:54.25	03:09:54.25	+01:24:42 (44.6%)	15:49	3.8 (55.9%)
20	SZUMIELEWICZ Kinga	3218	BIGYELLOWFOOT ADVENTURE TEAM	K Open	8	03:10:12.45	03:10:12.45	+01:25:00 (44.7%)	15:51	3.8 (55.9%)
21	MIKUCKI Krystian	3227	PUL WOŁOMIN	M Open	24	03:11:46.85	03:11:46.85	+01:26:35 (45.1%)	15:58	3.8 (55.9%)
22	WASIŃSKA Kasia	3248		K Open	9	03:11:50.30	03:11:50.30	+01:26:38 (45.2%)	15:59	3.8 (55.9%)
23	WÓJCIK Mikołaj	3223		M Open	25	03:11:51.10	03:11:51.10	+01:26:39 (45.2%)	15:59	3.8 (55.9%)
24	KĄDZIELA Sylwia	3230	PUL WOŁOMIN	K Open	10	03:11:51.50	03:11:51.50	+01:26:39 (45.2%)	15:59	3.8 (55.9%)
25	PAWLAK Kamil	3247		M Open	26	03:11:53.25	03:11:53.25	+01:26:41 (45.2%)	15:59	3.8 (55.9%)
26	DZIĘCIOŁ Łukasz	4074		M Open	27	03:11:53.60	03:11:53.60	+01:26:41 (45.2%)	15:59	3.8 (55.9%)
27	ROŚŁON Michał	3244	PUL WOŁOMIN	M Open	28	03:11:54.50	03:11:54.50	+01:26:42 (45.2%)	15:59	3.8 (55.9%)
28	LUBELSKA Aleksandra	3240		K Open	11	03:11:54.55	03:11:54.55	+01:26:42 (45.2%)	15:59	3.8 (55.9%)
29	CZAJKA Konrad	3236	PUL WOŁOMIN	M Open	29	03:11:56.75	03:11:56.75	+01:26:45 (45.2%)	15:59	3.8 (55.9%)

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30	NOWAKOWSKI Jakub	3205	CALISTHENICS PŁOCK	M Open	30	03:12:15.15	03:12:15.15	+01:27:03 (45.3%)	16:01	3.7 (54.4%)
31	ŻOŁNIEREK Wojciech	3251	DIRTY SPARROWS	M Open	31	03:12:32.55	03:12:32.55	+01:27:20 (45.4%)	16:02	3.7 (54.4%)
32	SZCZERBAL Joanna	3249	DIRTY SPARROWS	K Open	12	03:12:33.80	03:12:33.80	+01:27:22 (45.4%)	16:02	3.7 (54.4%)
33	GAŚIOROWSKI Rafał	3217	BIGYELLOWFOOT ADVENTURE TEAM	M Open	32	03:13:12.65	03:13:12.65	+01:28:01 (45.6%)	16:06	3.7 (54.4%)
34	DUNAJ Kamil	3219		M Open	33	03:13:13.05	03:13:13.05	+01:28:01 (45.6%)	16:06	3.7 (54.4%)
35	STASEVICH Alina	3216		K Open	13	03:25:31.75	03:25:31.75	+01:40:20 (48.8%)	17:07	3.5 (51.5%)
36	WINNICA Nikola	3234	PUL CIECHANÓW	K Open	14	03:26:45.00	03:26:45.00	+01:41:33 (49.1%)	17:13	3.5 (51.5%)
37	ROMAN Wioleta	3245	PUL CIECHANÓW	K Open	15	03:26:45.85	03:26:45.85	+01:41:34 (49.1%)	17:13	3.5 (51.5%)
38	KOWALEWSKI Dawid	3235	PUL CIECHANÓW	M Open	34	03:27:05.15	03:27:05.15	+01:41:53 (49.2%)	17:15	3.5 (51.5%)
39	BONISŁAWSKI Kacper	3233	PUL CIECHANÓW	M Open	35	03:27:09.15	03:27:09.15	+01:41:57 (49.2%)	17:15	3.5 (51.5%)
40	WOJTYSKA Natalia	3228	PUL CIECHANÓW	K Open	16	03:27:09.75	03:27:09.75	+01:41:58 (49.2%)	17:15	3.5 (51.5%)
41	KOWALSKI Kamil	3226	PUL CIECHANÓW	M Open	36	03:27:11.50	03:27:11.50	+01:41:59 (49.2%)	17:15	3.5 (51.5%)
42	PTASIŃSKA Kinga	3212	RMF4RT GLADIATORS	K Open	17	03:35:34.50	03:35:34.50	+01:50:22 (51.2%)	17:57	3.3 (48.5%)
43	WIŚNIEWSKI Arkadiusz	3210	RMF4RT GLADIATORS	M Open	38	03:35:34.60	03:35:34.60	+01:50:22 (51.2%)	17:57	3.3 (48.5%)
43	WOCHNIAK Michał	3211	RMF4RT GLADIATORS	M Open	39	03:35:34.60	03:35:34.60	+01:50:22 (51.2%)	17:57	3.3 (48.5%)
45	WÓJCIAK Ewelina	3222		K Open	18	03:35:35.10	03:35:35.10	+01:50:23 (51.2%)	17:57	3.3 (48.5%)
46	SZUKALSKI Maciej	3305		M Open	40	03:35:42.60	03:35:42.60	+01:50:30 (51.2%)	17:58	3.3 (48.5%)
47	ZAJĄC Julia	3255		K Open	19	03:37:46.20	03:37:46.20	+01:52:34 (51.7%)	18:08	3.3 (48.5%)
48	KURCZYŃSKI Grzegorz	3220	RMF4RT GLADIATORS	M Open	41	03:37:48.95	03:37:48.95	+01:52:37 (51.7%)	18:09	3.3 (48.5%)
49	ROSŁON Natalia	3241	PUL WOŁOMIN	K Open	20	03:38:31.20	03:38:31.20	+01:53:19 (51.9%)	18:12	3.3 (48.5%)
50	DRAJKOWSKI Konstanty	3242	PUL WOŁOMIN	M Open	42	03:38:31.50	03:38:31.50	+01:53:19 (51.9%)	18:12	3.3 (48.5%)
51	SZCZOTKA Mateusz	3229	PUL WOŁOMIN	M Open	43	03:46:15.75	03:46:15.75	+02:01:04 (53.5%)	18:51	3.2 (47.1%)
52	OLEĐZKA Natalia	3231	PUL WOŁOMIN	K Open	21	03:46:16.15	03:46:16.15	+02:01:04 (53.5%)	18:51	3.2 (47.1%)
53	KONICKI Szymon	3224		M Open	44	03:46:25.00	03:46:25.00	+02:01:13 (53.5%)	18:52	3.2 (47.1%)
54	BEDNARCZYK Zuzanna	3225	PUL WOŁOMIN	K Open	22	03:46:25.30	03:46:25.30	+02:01:13 (53.5%)	18:52	3.2 (47.1%)
55	SĘKOWSKI Michał	3232	PUL WOŁOMIN	M Open	45	03:46:27.00	03:46:27.00	+02:01:15 (53.5%)	18:52	3.2 (47.1%)
56	SZCZEPAŃSKA Aleksandra	3250	PUL WOŁOMIN	K Open	23	03:46:27.45	03:46:27.45	+02:01:15 (53.5%)	18:52	3.2 (47.1%)
	CZERWIŃSKA Anna	3209	BEST BEASTS	K Open		DNF	DNF	-	-	-(0.0%)

Total 57 results.