

MPOCR 2019 - 12 KM

B4SPORT

Wydarzenie: Mistrzostwa Polski OCR 2019
Organizator: OCR Polska
Data: 2019-09-08
Miejsce: Radotki
Dystans: 12 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	HAJNOS Dawid	2020	GORĄCY POTOK	M Elite	1	01:07:12.95	01:07:12.95		5:36	10.7 (100%)
2	KASPRZYK Sebastian	2001	#KASPRZYKTEAM	M Elite	2	01:10:22.10	01:10:22.10	+00:03:09 (4.5%)	5:51	10.2 (95.3%)
3	KRAWCZYK Tomasz	2032	HUSARIA RACE TEAM	M Elite	3	01:16:09.50	01:16:09.50	+00:08:56 (11.7%)	6:20	9.5 (88.8%)
4	WOJTYSZYN Wojciech	2037	XRUNNERS	M Elite	4	01:20:11.05	01:20:11.05	+00:12:58 (16.2%)	6:40	9 (84.1%)
5	KRAUCHANKA Aliaksandr	2011	ФОРСЖИМ	M Elite	5	01:20:13.15	01:20:13.15	+00:13:00 (16.2%)	6:41	9 (84.1%)
6	PRUSAK Piotr	2019	GORĄCY POTOK TEAM	M Elite	6	01:20:14.05	01:20:14.05	+00:13:01 (16.2%)	6:41	9 (84.1%)
7	BANDOSZ Robert	4067	KONIUCHY OCR	M Elite	7	01:21:16.85	01:21:16.85	+00:14:03 (17.3%)	6:46	8.9 (83.2%)
8	TOMASIK Alan	2318	NEXTREME	M 25-29	1	01:25:02.60	01:25:02.60	+00:17:49 (21.0%)	7:05	8.5 (79.4%)
9	KOZŁOWSKI Artur	2206	HUSARIA RACE TEAM	M 18-24	1	01:26:00.65	01:26:00.65	+00:18:47 (21.9%)	7:10	8.4 (78.5%)
10	BRZOZOWSKI Filip	2029	HUSARIA RACE TEAM	M Elite	8	01:30:13.15	01:30:13.15	+00:23:00 (25.5%)	7:31	8 (74.8%)
11	LISOWSKI Adam	2512	SOCIOS SILESIA	M 35-39	1	01:30:37.60	01:30:37.60	+00:23:24 (25.8%)	7:33	7.9 (73.8%)
12	KONEWKA Jacek	2031		M Elite	9	01:31:39.35	01:31:39.35	+00:24:26 (26.7%)	7:38	7.9 (73.8%)
13	BRZOSKWINIA Wojciech	2036	HUSARIA RACE TEAM	M Elite	10	01:33:50.70	01:33:50.70	+00:26:37 (28.4%)	7:49	7.7 (72.0%)
14	SELIANIN Dmytro	2012	SOCIOS SILESIA	M Elite	11	01:34:18.10	01:34:18.10	+00:27:05 (28.7%)	7:51	7.6 (71.0%)
15	KAŁUŻNY Adam	2008	SOCIOS SILESIA	M Elite	12	01:34:43.35	01:34:43.35	+00:27:30 (29.0%)	7:53	7.6 (71.0%)
16	GRZONDKO Mateusz	2316	WATAHA	M 25-29	2	01:35:46.90	01:35:46.90	+00:28:33 (29.8%)	7:58	7.5 (70.1%)
17	TARKA Andrzej	2604	HUSARIARACE TEAM	M Elite	13	01:35:54.25	01:35:54.25	+00:28:41 (29.9%)	7:59	7.5 (70.1%)
18	LISOWSKI Grzegorz	2507	SOCIOS SILESIA	M 35-39	2	01:37:31.50	01:37:31.50	+00:30:18 (31.1%)	8:07	7.4 (69.2%)
19	KALININ Jarosław	2026	XRUNNERS	M Elite	14	01:38:39.85	01:38:39.85	+00:31:26 (31.9%)	8:13	7.3 (68.2%)
20	JACIÓW Paweł	2314	WATAHA	M 25-29	3	01:38:49.40	01:38:49.40	+00:31:36 (32.0%)	8:14	7.3 (68.2%)
21	JÓZEFIAK Łukasz	2510	XRUNNERS	M 35-39	3	01:38:53.45	01:38:53.45	+00:31:40 (32.0%)	8:14	7.3 (68.2%)
22	BUDZISZ Krzysztof	2013	SOCIOS SILESIA	M Elite	15	01:39:53.20	01:39:53.20	+00:32:40 (32.7%)	8:19	7.2 (67.3%)
23	SERAFIŃSKI Maciej	2202	NEXTREME	M 18-24	2	01:41:15.35	01:41:15.35	+00:34:02 (33.6%)	8:26	7.1 (66.4%)
24	JAGODZIŃSKI Karol	2003	POWER TRAINING	M Elite	16	01:42:14.35	01:42:14.35	+00:35:01 (34.3%)	8:31	7 (65.4%)
25	SOBIERAJSKI Krzysztof	4070		M 13-17	1	01:44:50.00	01:44:50.00	+00:37:37 (35.9%)	8:44	6.9 (64.5%)
26	FILIP Bartosz	2028	SOCIOS SILESIA	M Elite	17	01:45:10.90	01:45:10.90	+00:37:57 (36.1%)	8:45	6.8 (63.6%)
27	KARCZEWSKI Piotr	4062	BEST BEASTS	M Open	1	01:45:11.65	01:45:11.65	+00:37:58 (36.1%)	8:45	6.8 (63.6%)
28	CEJKO Dawid	2201	BALTIC SELAS	M 18-24	3	01:45:45.50	01:45:45.50	+00:38:32 (36.4%)	8:48	6.8 (63.6%)
29	PRYKOWSKI Tomasz	2027	XRUNNERS	M Elite	18	01:46:08.05	01:46:08.05	+00:38:55 (36.7%)	8:50	6.8 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	MIKRUT Jakub	2018	GORĄCY POTOK TEAM PODHALAŃSKIE DZIKI	M Elite	19	01:48:41.55	01:48:41.55	+00:41:28 (38.2%)	9:03	6.6 (61.7%)
31	KAMISHKAILO Anatoly	2023	OCR BELARUS	M Elite	20	01:53:27.05	01:53:27.05	+00:46:14 (40.8%)	9:27	6.3 (58.9%)
32	JANKOWSKI Piotr	3302	REZERWOWE PSY	M Open	2	01:55:26.20	01:55:26.20	+00:48:13 (41.8%)	9:37	6.2 (57.9%)
33	MACIOŁEK Arkadiusz	3213	CROSSFIT TEAM SUSZ	M Open	3	01:57:15.85	01:57:15.85	+00:50:02 (42.7%)	9:46	6.1 (57.0%)
34	PIOTROWSKI Grzegorz	2207	SOCIOS SILESIA	M 18-24	4	01:57:31.55	01:57:31.55	+00:50:18 (42.8%)	9:47	6.1 (57.0%)
35	KOŁODZIEJ Krystian	2401	BESTIE OCR LEGIONOWO	M 30-34	1	01:57:45.60	01:57:45.60	+00:50:32 (42.9%)	9:48	6.1 (57.0%)
36	MARUSZAK Anna	3252	BEST BEASTS	K Open	1	01:59:44.75	01:59:44.75	+00:52:31 (43.9%)	9:58	6 (56.1%)
37	JAROSZ Dawid	4068	XRUNNERS	M 30-34	2	02:00:09.10	02:00:09.10	+00:52:56 (44.1%)	10:00	6 (56.1%)
38	OŚLIZŁO Marek	2006	SOCIOS SILESIA	M Elite	21	02:00:29.30	02:00:29.30	+00:53:16 (44.2%)	10:02	6 (56.1%)
39	OPIAŁ Grzegorz	2014	X-TEAMTARNÓW	M Elite	22	02:00:51.95	02:00:51.95	+00:53:39 (44.4%)	10:04	6 (56.1%)
40	TRĄBIŃSKI Grzegorz	2505	XRUNNERS	M 40-44	1	02:04:39.05	02:04:39.05	+00:57:26 (46.1%)	10:23	5.8 (54.2%)
41	TRAPKOWSKI Przemysław	4066	XRUNNERS	M 35-39	4	02:06:14.85	02:06:14.85	+00:59:01 (46.8%)	10:31	5.7 (53.3%)
42	BUGAJ Mariusz	2405	HARDCOROWE WYCHYLYLYBYMY	M 30-34	3	02:06:48.80	02:06:48.80	+00:59:35 (47.0%)	10:34	5.7 (53.3%)
43	KATOLIKAU Raman	2010	XRUNNERS	M Elite	23	02:06:52.00	02:06:52.00	+00:59:39 (47.0%)	10:34	5.7 (53.3%)
44	URBAŃSKI Kamil	2414	NEXTREME	M 30-34	4	02:07:48.95	02:07:48.95	+01:00:36 (47.4%)	10:39	5.6 (52.3%)
45	MIKOŁAJEK Robert	3301	TOYOTA RUNMATOR	M Open	4	02:16:56.35	02:16:56.35	+01:09:43 (50.9%)	11:24	5.3 (49.5%)
46	WAŁDOWSKI Dominik	2042	XRUNNERS	M 35-39	5	02:19:01.95	02:19:01.95	+01:11:49 (51.7%)	11:35	5.2 (48.6%)
47	FURMAGA Przemysław	3237	POWER TRAINING	M Open	5	02:19:20.95	02:19:20.95	+01:12:08 (51.8%)	11:36	5.2 (48.6%)
48	ONUFREJUK Marcin	3214	BEST BEASTS	M Open	6	02:20:22.70	02:20:22.70	+01:13:09 (52.1%)	11:41	5.1 (47.7%)
49	MARUSZEWSKI Marcin	2513	NEXTREME	M 35-39	6	02:20:25.65	02:20:25.65	+01:13:12 (52.1%)	11:42	5.1 (47.7%)
50	KOZŁOWSKI Radosław	4075		M Open	7	02:20:35.85	02:24:17.70	+01:17:04 (53.4%)	11:43	5.1 (47.7%)
51	GAŁUCHA Adrian	4073		M Open	8	02:24:30.10	02:24:30.10	+01:17:17 (53.5%)	12:02	5 (46.7%)
52	KNOP Marcin	2309	XRUNNERS	M 25-29	4	02:24:37.90	02:24:37.90	+01:17:24 (53.5%)	12:03	5 (46.7%)
53	JASKÓLSKI Szymon	3201	CARBON OCR RACING TEAM	M Open	9	02:24:38.45	02:24:38.45	+01:17:25 (53.5%)	12:03	5 (46.7%)
54	KUBER Andrzej	2406	XRUNNERS	M 30-34	5	02:25:53.55	02:25:53.55	+01:18:40 (53.9%)	12:09	4.9 (45.8%)
55	RACZEK Radosław	2021	GORĄCY POTOK TEAM	M Elite	24	02:27:42.10	02:27:42.10	+01:20:29 (54.5%)	12:18	4.9 (45.8%)
56	WIŚNIEWSKI Michał		BEST BEASTS			02:30:54.95	02:30:54.95	+01:23:42 (55.5%)	12:34	4.8 (44.9%)
57	ISKRA Artur	3204		M Open	10	02:31:43.70	02:31:43.70	+01:24:30 (55.7%)	12:38	4.7 (43.9%)
58	STOLARSKI Kamil	3202	HUSARIA RACE TEAM	M Open	11	02:34:35.75	02:34:35.75	+01:27:22 (56.5%)	12:52	4.7 (43.9%)
59	MOLTZAN Łukasz	3203		M Open	12	02:34:54.15	02:34:54.15	+01:27:41 (56.6%)	12:54	4.6 (43.0%)
60	CHMIELEWSKI Józef	3253	CIECHANOWIEC TEAM	M Open	13	02:35:31.00	02:35:31.00	+01:28:18 (56.8%)	12:57	4.6 (43.0%)
61	RYNKIEWICZ Agnieszka	2107	HUSARIA RACE TEAM	K Elite	1	02:35:47.10	02:35:47.10	+01:28:34 (56.9%)	12:58	4.6 (43.0%)
62	LIBERADZKI Marcin	3254	ATHLETIC APOLLO	M Open	14	02:36:31.20	02:36:31.20	+01:29:18 (57.1%)	13:02	4.6 (43.0%)
63	BUDZYŃSKI Paweł	3206	TEAM OCR BUDZYNIAKI	M Open	15	02:37:17.80	02:37:17.80	+01:30:04 (57.3%)	13:06	4.6 (43.0%)
64	FARKOWSKI Konrad	2039	KONIUCHY OCR	M Elite	25	02:37:46.80	02:37:46.80	+01:30:33 (57.4%)	13:08	4.6 (43.0%)
65	MANTYCKI Rafał	2307	BIURO OCHRONY BUSINESSU RAFAŁ JAKUBCZYK	M 25-29	5	02:38:46.10	02:38:46.10	+01:31:33 (57.7%)	13:13	4.5 (42.1%)
66	ANTCZAK Marcin	2317	NEXTREME	M 25-29	6	02:39:10.90	02:39:10.90	+01:31:57 (57.8%)	13:15	4.5 (42.1%)
67	KARLIK Paweł	3207	CARBON OCR RACING TEAM	M Open	16	02:40:14.90	02:40:14.90	+01:33:01 (58.1%)	13:21	4.5 (42.1%)
68	DANIELKIEWICZ Tomasz	2016	XRUNNERS	M Elite	26	02:41:27.65	02:41:27.65	+01:34:14 (58.4%)	13:27	4.5 (42.1%)
69	BYRCZEK Michał	2035	WATAHA	M Elite	27	02:47:21.70	02:47:21.70	+01:40:08 (59.8%)	13:56	4.3 (40.2%)
70	CHAIEB Sebastian	2504	LEMON TEAM	M 35-39	7	02:48:22.40	02:48:22.40	+01:41:09 (60.1%)	14:01	4.3 (40.2%)
71	RODASZYŃSKI Paweł	3601		M Open	17	02:48:45.65	02:48:45.65	+01:41:32 (60.2%)	14:03	4.3 (40.2%)
72	DOLATA Krzysztof	2524	SOCIOS SILESIA	M 35-39	8	02:49:15.70	02:49:15.70	+01:42:02 (60.3%)	14:06	4.3 (40.2%)
73	GROBELNA Aleksandra	2103	XRUNNERS	K Elite	2	02:50:12.95	02:50:12.95	+01:43:00 (60.5%)	14:11	4.2 (39.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
74	KOWALCZYK Marlena	3311		K Open	2	02:51:13.90	02:51:13.90	+01:44:00 (60.7%)	14:16	4.2 (39.3%)
75	RYBAK Piotr	3310		M Open	18	02:51:13.95	02:51:13.95	+01:44:01 (60.7%)	14:16	4.2 (39.3%)
76	OWCZAREK Adam	3307		M Open	19	02:51:17.85	02:51:17.85	+01:44:04 (60.8%)	14:16	4.2 (39.3%)
77	SYSKA Izabela	3313		K Open	3	02:52:33.90	02:52:33.90	+01:45:20 (61.0%)	14:22	4.2 (39.3%)
78	TOPÓLNIAK Natalia	3309	KUTNO BIEGA	K Open	4	02:52:34.25	02:52:34.25	+01:45:21 (61.1%)	14:22	4.2 (39.3%)
79	JASTRZĘBSKI Piotr	2025	SOCIOS SILESIA	M Elite	28	02:54:21.40	02:54:21.40	+01:47:08 (61.4%)	14:31	4.1 (38.3%)
80	KURACH Stanisław	2802	DZIADY OCR	M 50+	1	02:55:51.60	02:55:51.60	+01:48:38 (61.8%)	14:39	4.1 (38.3%)
81	KIĘPISTY Patryk	2301	MOVE FACTORY	M 25-29	7	02:59:12.05	02:59:12.05	+01:51:59 (62.5%)	14:56	4 (37.4%)
82	CHAIEB Natalia	3306	LEMON TEAM	K Open	5	03:00:25.05	03:00:25.05	+01:53:12 (62.7%)	15:02	4 (37.4%)
83	WALCZAK Danuta	3239	DIRTY SPARROW	K Open	6	03:01:09.55	03:01:09.55	+01:53:56 (62.9%)	15:05	4 (37.4%)
84	BINKOWSKA Nadia	3243	DIRTY SPARROWS	K Open	7	03:01:11.65	03:01:11.65	+01:53:58 (62.9%)	15:05	4 (37.4%)
85	GRAJEK Ivo	3238	DIRTY SPARROWS	M Open	20	03:01:14.50	03:01:14.50	+01:54:01 (62.9%)	15:06	4 (37.4%)
86	BARANOWSKA Katarzyna	2104	GORĄCY POTOK TEAM	K Elite	3	03:02:21.60	03:02:21.60	+01:55:08 (63.1%)	15:11	3.9 (36.4%)
87	KALNIUK Tomasz	3303	RMF 4RT GLADIATORS	M Open	21	03:03:06.60	03:03:06.60	+01:55:53 (63.3%)	15:15	3.9 (36.4%)
88	GRYŻEWSKI Karol	3308	RMF4RT GLADIATORS	M Open	22	03:03:07.95	03:03:07.95	+01:55:55 (63.3%)	15:15	3.9 (36.4%)
89	KAŁUŻNY Michał	2303	DIRTY SPARROWS	M 25-29	8	03:07:24.90	03:07:24.90	+02:00:11 (64.1%)	15:37	3.8 (35.5%)
90	WASIELEWSKI Michał	2034	KONIUCHY OCR	M Elite	29	03:07:42.80	03:07:42.80	+02:00:29 (64.2%)	15:38	3.8 (35.5%)
91	NOWACZYK Tomasz	3221		M Open	23	03:09:54.25	03:09:54.25	+02:02:41 (64.6%)	15:49	3.8 (35.5%)
92	SZUMIELEWICZ Kinga	3218	BIGYELLOWFOOT ADVENTURE TEAM	K Open	8	03:10:12.45	03:10:12.45	+02:02:59 (64.7%)	15:51	3.8 (35.5%)
93	MIKUCKI Krystian	3227	PUL WOŁOMIN	M Open	24	03:11:46.85	03:11:46.85	+02:04:33 (65.0%)	15:58	3.8 (35.5%)
94	WASIŃSKA Kasia	3248		K Open	9	03:11:50.30	03:11:50.30	+02:04:37 (65.0%)	15:59	3.8 (35.5%)
95	WÓJCIK Mikołaj	3223		M Open	25	03:11:51.10	03:11:51.10	+02:04:38 (65.0%)	15:59	3.8 (35.5%)
96	KĄDZIELA Sylwia	3230	PUL WOŁOMIN	K Open	10	03:11:51.50	03:11:51.50	+02:04:38 (65.0%)	15:59	3.8 (35.5%)
97	PAWLAK Kamil	3247		M Open	26	03:11:53.25	03:11:53.25	+02:04:40 (65.0%)	15:59	3.8 (35.5%)
98	DZIĘCIOŁ Łukasz	4074		M Open	27	03:11:53.60	03:11:53.60	+02:04:40 (65.0%)	15:59	3.8 (35.5%)
99	ROŚŁON Michał	3244	PUL WOŁOMIN	M Open	28	03:11:54.50	03:11:54.50	+02:04:41 (65.0%)	15:59	3.8 (35.5%)
100	LUBELSKA Aleksandra	3240		K Open	11	03:11:54.55	03:11:54.55	+02:04:41 (65.0%)	15:59	3.8 (35.5%)
101	CZAJKA Konrad	3236	PUL WOŁOMIN	M Open	29	03:11:56.75	03:11:56.75	+02:04:43 (65.0%)	15:59	3.8 (35.5%)
102	NOWAKOWSKI Jakub	3205	CALISTHENICS PŁOCK	M Open	30	03:12:15.15	03:12:15.15	+02:05:02 (65.0%)	16:01	3.7 (34.6%)
103	ŻOŁNIEREK Wojciech	3251	DIRTY SPARROWS	M Open	31	03:12:32.55	03:12:32.55	+02:05:19 (65.1%)	16:02	3.7 (34.6%)
104	SZCZERBAL Joanna	3249	DIRTY SPARROWS	K Open	12	03:12:33.80	03:12:33.80	+02:05:20 (65.1%)	16:02	3.7 (34.6%)
105	GAŚSIOROWSKI Rafał	3217	BIGYELLOWFOOT ADVENTURE TEAM	M Open	32	03:13:12.65	03:13:12.65	+02:05:59 (65.2%)	16:06	3.7 (34.6%)
106	DUNAJ Kamil	3219		M Open	33	03:13:13.05	03:13:13.05	+02:06:00 (65.2%)	16:06	3.7 (34.6%)
107	GAŁDYN Kamil	2041	GORĄCY POTOK	M Elite	30	03:13:55.60	03:13:55.60	+02:06:42 (65.3%)	16:09	3.7 (34.6%)
108	MORAWSKI Grzegorz	2508	KONIUCHY OCR	M 35-39	9	03:20:24.25	03:20:24.25	+02:13:11 (66.5%)	0:00	3.6 (33.6%)
109	LASKOWSKI Grzegorz	2002	RUNTEAM PIĄTNICA	M Elite	31	03:20:35.20	03:20:35.20	+02:13:22 (66.5%)	16:42	3.6 (33.6%)
110	PIELATOWSKI Adam	2403	DIRTY SPARROWS	M 30-34	6	03:23:13.65	03:23:13.65	+02:16:00 (66.9%)	0:00	3.5 (32.7%)
111	KRÓL Piotr	2007	SOCIOS SILESIA	M Elite	32	03:24:54.50	03:24:54.50	+02:17:41 (67.2%)	17:04	3.5 (32.7%)
112	STASEVICH Alina	3216		K Open	13	03:25:31.75	03:25:31.75	+02:18:18 (67.3%)	17:07	3.5 (32.7%)
113	WIELECHOWSKA Natalia	2106	HUSARIA RACE TEAM	K Elite	4	03:25:57.20	03:25:57.20	+02:18:44 (67.4%)	17:09	3.5 (32.7%)
114	WINNICA Nikola	3234	PUL CIECHANÓW	K Open	14	03:26:45.00	03:26:45.00	+02:19:32 (67.5%)	17:13	3.5 (32.7%)
115	ROMAN Wioleta	3245	PUL CIECHANÓW	K Open	15	03:26:45.85	03:26:45.85	+02:19:32 (67.5%)	17:13	3.5 (32.7%)
116	KOWALEWSKI Dawid	3235	PUL CIECHANÓW	M Open	34	03:27:05.15	03:27:05.15	+02:19:52 (67.5%)	17:15	3.5 (32.7%)
117	BONISŁAWSKI Kacper	3233	PUL CIECHANÓW	M Open	35	03:27:09.15	03:27:09.15	+02:19:56 (67.6%)	17:15	3.5 (32.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
118	WOJTYSKA Natalia	3228	PUL CIECHANÓW	K Open	16	03:27:09.75	03:27:09.75	+02:19:56 (67.6%)	17:15	3.5 (32.7%)
119	KOWALSKI Kamil	3226	PUL CIECHANÓW	M Open	36	03:27:11.50	03:27:11.50	+02:19:58 (67.6%)	17:15	3.5 (32.7%)
120	ŁĄCKI Łukasz	3304	HARDCOROWE WYCHYLYBYMY	M Open	37	03:30:39.75	03:30:39.75	+02:23:26 (68.1%)	17:33	3.4 (31.8%)
121	PŁÓCIENNIK Piotr	2030		M Elite	33	03:32:07.95	03:32:07.95	+02:24:55 (68.3%)	17:40	3.4 (31.8%)
122	PTASIŃSKA Kinga	3212	RMF4RT GLADIATORS	K Open	17	03:35:34.50	03:35:34.50	+02:28:21 (68.8%)	17:57	3.3 (30.8%)
123	WIŚNIEWSKI Arkadiusz	3210	RMF4RT GLADIATORS	M Open	38	03:35:34.60	03:35:34.60	+02:28:21 (68.8%)	17:57	3.3 (30.8%)
123	WOCHNIAK Michał	3211	RMF4RT GLADIATORS	M Open	39	03:35:34.60	03:35:34.60	+02:28:21 (68.8%)	17:57	3.3 (30.8%)
125	WÓJCIAK Ewelina	3222		K Open	18	03:35:35.10	03:35:35.10	+02:28:22 (68.8%)	17:57	3.3 (30.8%)
126	SZUKALSKI Maciej	3305		M Open	40	03:35:42.60	03:35:42.60	+02:28:29 (68.8%)	17:58	3.3 (30.8%)
127	ZAJĄC Julia	3255		K Open	19	03:37:46.20	03:37:46.20	+02:30:33 (69.1%)	18:08	3.3 (30.8%)
128	KURCZYŃSKI Grzegorz	3220	RMF4RT GLADIATORS	M Open	41	03:37:48.95	03:37:48.95	+02:30:36 (69.1%)	18:09	3.3 (30.8%)
129	ROŚŁON Natalia	3241	PUL WOŁOMIN	K Open	20	03:38:31.20	03:38:31.20	+02:31:18 (69.2%)	18:12	3.3 (30.8%)
130	DRAJKOWSKI Konstanty	3242	PUL WOŁOMIN	M Open	42	03:38:31.50	03:38:31.50	+02:31:18 (69.2%)	18:12	3.3 (30.8%)
131	MĘDYGRAŁ Krystian	2017	WATAHA	M Elite	34	03:44:24.05	03:44:24.05	+02:37:11 (70.0%)	18:42	3.2 (29.9%)
132	SZCZOTKA Mateusz	3229	PUL WOŁOMIN	M Open	43	03:46:15.75	03:46:15.75	+02:39:02 (70.3%)	18:51	3.2 (29.9%)
133	OLĘDZKA Natalia	3231	PUL WOŁOMIN	K Open	21	03:46:16.15	03:46:16.15	+02:39:03 (70.3%)	18:51	3.2 (29.9%)
134	KONICKI Szymon	3224		M Open	44	03:46:25.00	03:46:25.00	+02:39:12 (70.3%)	18:52	3.2 (29.9%)
135	BEDNARCZYK Zuzanna	3225	PUL WOŁOMIN	K Open	22	03:46:25.30	03:46:25.30	+02:39:12 (70.3%)	18:52	3.2 (29.9%)
136	SĘKOWSKI Michał	3232	PUL WOŁOMIN	M Open	45	03:46:27.00	03:46:27.00	+02:39:14 (70.3%)	18:52	3.2 (29.9%)
137	SZCZEPAŃSKA Aleksandra	3250	PUL WOŁOMIN	K Open	23	03:46:27.45	03:46:27.45	+02:39:14 (70.3%)	18:52	3.2 (29.9%)
138	STEC Jakub	4065	BEST BEASTS	M 35-39	10	03:55:31.70	03:55:31.70	+02:48:18 (71.5%)	19:37	3.1 (29.0%)
139	CICHA Natalia	2102	XRUNNERS	K Elite	5	04:05:06.75	04:05:06.75	+02:57:53 (72.6%)	0:00	2.9 (27.1%)
140	LECH Mateusz	2312	HARDCOROWE WYCHYLYBYMY	M 25-29	9	04:27:43.60	04:27:43.60	+03:20:30 (74.9%)	22:18	2.7 (25.2%)
DNC	SZYSZKA Kacper	2203	KONIUCHY OCR	M 18-24		01:06:59.40	01:06:59.40		0:00	10.7 (100%)
DNC	PACIOREK Piotr	2310	HUSARIA RACE TEAM	M 25-29		01:32:23.65	01:32:23.65		0:00	7.8 (72.9%)
DNC	SKWAREK Tomasz	2516	CARBON OCR RACING TEAM	M 35-39		01:57:52.20	01:57:52.20		0:00	6.1 (57.0%)
DNC	MIERZICKI Marcel	2519	POWER TRAINING	M 35-39		02:02:02.15	02:02:02.15		0:00	5.9 (55.1%)
DNC	ŻÓŁTAŃSKI Paweł	2404	EX TEAM	M 30-34		02:06:25.65	02:06:25.65		0:00	5.7 (53.3%)
DNC	RYBACKI Błażej	2523	RMF4RT GLADIATORS	M 35-39		02:18:12.35	02:18:12.35		0:00	5.2 (48.6%)
DNC	WEJKNIS Krzysztof	2518	RMF4TGLADIATORS	M 35-39		02:18:17.35	02:18:17.35		0:00	5.2 (48.6%)
DNC	GLONEK Sebastian	2522	CARBON OCR RACING TEAM	M 35-39		02:20:36.35	02:20:36.35		0:00	5.1 (47.7%)
DNC	CHŁAD Aleksander	2005	EX TEAM	M Elite		02:24:34.75	02:24:34.75		0:00	5 (46.7%)
DNC	KURAŚ Beata	2108	XRUNNERS	K Elite		02:25:34.95	02:25:34.95		0:00	4.9 (45.8%)
DNC	BRUSIŁO Bartosz	2506		M 35-39		02:29:51.75	02:29:51.75		0:00	4.8 (44.9%)
DNC	KRAWIECKI Mateusz	2038	HUSARIA RACE TEAM	M Elite		02:30:26.10	02:30:26.10		0:00	4.8 (44.9%)
DNC	MILEWICZ Dariusz	2402	BOHAR PALETY RUNNERS	M 30-34		02:37:16.75	02:37:16.75		0:00	4.6 (43.0%)
DNC	KARBOWSKI Sławomir	2515	NEXTREME	M 35-39		02:37:37.25	02:37:37.25		0:00	4.6 (43.0%)
DNC	STRADZA Bartłomiej	2306	CARBON OCR RACING TEAM	M 25-29		02:40:10.70	02:40:10.70		0:00	4.5 (42.1%)
DNC	SARLEJ Robert	2311	EX TEAM	M 25-29		02:46:22.65	02:46:22.65		0:00	4.3 (40.2%)
DNC	JAHNS Adam	2204		M 18-24		02:47:08.55	02:47:08.55		0:00	4.3 (40.2%)
DNC	TOMAKA Tomasz	2033	HUSARIA RACE TEAM	M Elite		02:50:38.35	02:50:38.35		0:00	4.2 (39.3%)
DNC	SERAFIN Mariusz	2410	DIRTYSPARROWS	M 30-34		02:53:24.30	02:53:24.30		0:00	4.2 (39.3%)
DNC	MALEŃCZYK Sylwester	2521		M 35-39		02:56:34.40	02:56:34.40		0:00	4.1 (38.3%)
DNC	IWANSKI Przemysław	2501	HUSARIA RACE TEAM	M 35-39		03:00:15.75	03:00:15.75		15:01	4 (37.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
DNC	RYNKIEWICZ Mateusz	2009	NEXTREME	M Elite		03:01:47.60	03:01:47.60		0:00	4 (37.4%)
DNC	RELIDZYŃSKI Michał	2509		M 35-39		03:02:27.00	03:02:27.00		15:12	3.9 (36.4%)
DNC	ZIMOŃ Norbert	2409	WATAHA	M 30-34		03:09:44.70	03:09:44.70		15:48	3.8 (35.5%)
DNC	GŁAZ Jacek	2703	HUSARIA RACE TEAM	M 45-49		03:10:39.25	03:10:39.25		15:53	3.8 (35.5%)
DNC	LEBIODA Marcin	2302	SOCIOS SILESIA	M 25-29		03:13:12.15	03:13:12.15		0:00	3.7 (34.6%)
DNC	RĘBACZ Krzysztof	2704	BALTIC SEALS	M 45-49		03:13:43.50	03:13:43.50		16:08	3.7 (34.6%)
DNC	ULDYNOWICZ Bartosz	2040	DIRTY SPARROWS	M 35-39		03:18:47.60	03:18:47.60		16:33	3.6 (33.6%)
DNC	KAMIONKA Mateusz	2315	HUSARIA RACE TEAM	M 25-29		03:21:39.15	03:21:39.15		16:48	3.6 (33.6%)
DNC	DALKIEWICZ Dariusz	2706	CROSSFIT SUSZ	M 45-49		03:37:07.05	03:37:07.05		18:05	3.3 (30.8%)
DNC	KOWALEWSKI Kasper	4069	DIRTY SPARROWS	M 25-29		03:38:20.95	03:38:20.95		18:11	3.3 (30.8%)
DNC	STASEVICH Aliaksandr	2024	OCR BELARUS	M Elite		03:39:51.90	03:39:51.90		0:00	3.3 (30.8%)
DNC	BURDZY Daniel	2205	BESTIE OCR LEGIONOWO	M 18-24		03:40:33.05	03:40:33.05		18:22	3.3 (30.8%)
DNC	SZCZOTOK Wiktor	3312		M 18-24		03:50:14.20	03:50:14.20		19:11	3.1 (29.0%)
DNC	OŻMINKOWSKA Aleksandra	2901	DIRTY SPARROWS	K 25-29		03:52:37.25	03:52:37.25		19:23	3.1 (29.0%)
DNC	PUCHACZ Michael	2407	GLADIATORS	M 30-34		03:54:25.95	03:54:25.95		19:32	3.1 (29.0%)
DNC	ZYCH Zbigniew	2801	CARBON OCR RACING TEAM	M 50+		03:55:47.70	03:55:47.70		19:38	3.1 (29.0%)
DNC	KACZOR Marcin	2705	CARBON OCR RACING TEAM	M 45-49		04:03:42.45	04:03:42.45		0:00	3 (28.0%)
DNC	MARKOWSKI Fabian	2412	MS FIT STUDIO GOSTYŃ	M 30-34		04:07:17.45	04:07:17.45		20:36	2.9 (27.1%)
DNC	SERAFIŃSKI Robert	2803	DZIADY OCR	M 50+		04:09:53.35	04:09:53.35		0:00	2.9 (27.1%)
DNC	JANISZEWSKI Grzegorz	2804	DZIADY OCR	M 50+		04:13:27.90	04:13:27.90		21:07	2.8 (26.2%)
DNC	JESKA Tomasz	2602	DIRTY SPARROWS	M 40-44		04:27:21.25	04:27:21.25		22:16	2.7 (25.2%)
DNC	BARCIKOWSKI Łukasz	2514	POWER TRAINING	M 35-39		04:27:56.75	04:27:56.75		22:19	2.7 (25.2%)
Przekroczony limit czasu: 04:30:00										
DNC	WIŚNIEWSKI Norbert	2603	HUSARIA RACE TEAM	M 40-44		04:31:24.05	04:31:24.05		22:37	2.7 (25.2%)
DNC	NIKIEL Dariusz	2517	DIRTY SPARROWS	M 35-39		04:33:25.15	04:33:25.15		22:47	2.6 (24.3%)
DNC	BIEDROWSKI Konrad	2043	KONIUCHY OCR	M Elite		04:35:40.50	04:35:40.50		22:58	2.6 (24.3%)
DNC	RZEPKA Rafał	2305	HUSARIA RACE TEAM	M 25-29		04:36:14.30	04:36:14.30		23:01	2.6 (24.3%)
DNC	MÓWIŃSKI Patryk	2308	R.AMBO DRUGA CREW	M 30-34		04:46:45.55	04:46:45.55		23:53	2.5 (23.4%)
DNC	STAMATEL Sebastian	2304	SOCIOS SILESIA	M 25-29		04:52:45.90	04:52:45.90		24:23	2.5 (23.4%)
DNC	DYSZKIEWICZ Grzegorz	2408	KONIUCHY OCR	M 30-34		04:56:14.10	04:56:14.10		24:41	2.4 (22.4%)
DNC	CHMIELORZ Józef	2413	CARBON OCR RACING TEAM	M 30-34		04:56:43.00	04:56:43.00		24:43	2.4 (22.4%)
DNC	PETELCZYC Piotr	2701	HUSARIA RACE TEAM	M 45-49		05:00:02.85	05:00:02.85		25:00	2.4 (22.4%)
DNC	DUDA Grzegorz	2601	BEST BEASTS	M 40-44		05:00:51.75	05:00:51.75		0:00	2.4 (22.4%)
DNC	SZYMAŃSKI Bartłomiej	2411		M 30-34		05:42:33.80	05:42:33.80		28:32	2.1 (19.6%)
LIM	PAPLICKA Katarzyna	2101	DZIKIE DZIKI GORZÓW	K Elite		04:45:14.00	04:45:14.00		0:00	2.5 (23.4%)
LIM	MACHTYL Zygmunt	2707	BEST BEASTS	M 45-49		04:52:51.75	04:52:51.75		0:00	2.5 (23.4%)
	MIODEK Adrian	2502	DIRTY SPARROWS	M 35-39		DNF	DNF		-	- (0.0%)
	CZERWINSKI Maciej	2313	BALTIC SEALS	M 25-29		DNF	DNF		-	- (0.0%)
	WOROBIEWA Jekatierina	2109	POWER TRAINING	K Elite		DNF	DNF		-	- (0.0%)
	PAPIÓR Jolanta	2105	WATAHA	K Elite		DNF	DNF		-	- (0.0%)
	ZIELIŃSKI Tomasz	2044	WARCHLAKI ADELAJDY	M Elite		DNF	DNF		-	- (0.0%)
	KRZYSTYŃIAK Robert	2022	GORACY POTOK TEAM	M Elite		DNF	DNF		-	- (0.0%)
	CZERWIŃSKA Anna	3209	BEST BEASTS	K Open		DNF	DNF		-	- (0.0%)
	ORANKIEWICZ Krzysztof	4071		M 25-29		DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
	GRESZTA Waldemar	2702	DZIADY OCR	M 45-49		DNF	DNF		-	- (0.0%)

Znaleziono 205 wynik(ów)