

MPOCR 2019 - 5 KM

B4SPORT

Wydarzenie: Mistrzostwa Polski OCR 2019
Organizator: OCR Polska
Data: 2019-09-07
Miejsce: Radotki
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRAWCZYK Tomasz	15	HUSARIA RACE TEAM	M Elite	1		00:48:09.25	00:48:09.25		9:37	6.2 (100%)
2	HAJNOS Dawid	11	GORĄCY POTOK	M Elite	2		00:49:23.60	00:49:23.60	+00:01:14 (2.5%)	9:52	6.1 (98.4%)
3	KASPRZYK Sebastian	1	#KASPRZYKTEAM	M Elite	3		00:51:45.15	00:51:45.15	+00:03:35 (7.0%)	10:21	5.8 (93.5%)
4	SOBIERAJSKI Bolek	4013	OCR POLAND	M 18-24	1		00:57:29.25	00:57:29.25	+00:09:20 (16.2%)	11:29	5.2 (83.9%)
5	JÓZEFIAK Łukasz	509	XRUNNERS	M 35-39	1		01:03:42.40	01:03:42.40	+00:15:33 (24.4%)	12:44	4.7 (75.8%)
6	KOZŁOWSKI Artur	211	HUSARIA RACE TEAM	M 18-24	2		01:03:52.25	01:03:52.25	+00:15:43 (24.6%)	12:46	4.7 (75.8%)
7	BANDOSZ Robert	18	KONIUCHY OCR	M Elite	4		01:04:53.85	01:04:53.85	+00:16:44 (25.8%)	12:58	4.6 (74.2%)
8	LYKHITSKYI Volodymyr	411	WATAHA	M 30-34	1		01:06:41.95	01:06:41.95	+00:18:32 (27.8%)	13:20	4.5 (72.6%)
9	TOMASIK Alan	307	NEXTREME	M 25-29	1		01:10:36.85	01:10:36.85	+00:22:27 (31.8%)	14:07	4.2 (67.7%)
10	KRAUCHANKA Aliaksandr	9	???????	M Elite	5		01:11:31.95	01:11:31.95	+00:23:22 (32.7%)	14:18	4.2 (67.7%)
11	DECIUK Teofil	16		M Elite	6		01:12:44.70	01:12:44.70	+00:24:35 (33.8%)	14:32	4.1 (66.1%)
12	JACIÓW Paweł	309	WATAHA	M 25-29	2		01:13:06.45	01:13:06.45	+00:24:57 (34.1%)	14:37	4.1 (66.1%)
13	CHYLIŃSKI Radosław	1406	ANWILTEAM	M Open	1		01:22:19.35	01:22:19.35	+00:34:10 (41.5%)	16:27	3.6 (58.1%)
14	GAPIŃSKI Rafał	1408		M Open	2		01:22:20.05	01:22:20.05	+00:34:10 (41.5%)	16:28	3.6 (58.1%)
15	STEFAŃSKI Arkadiusz	1411	ANWILTEAM	M Open	3		01:22:20.95	01:22:20.95	+00:34:11 (41.5%)	16:28	3.6 (58.1%)
16	STOKFISZ Michał	1414	ANWILTEAM	M Open	4		01:22:42.50	01:22:42.50	+00:34:33 (41.8%)	16:32	3.6 (58.1%)
17	KOWALKOWSKI Paweł	1403	ANWILTEAM	M Open	5		01:22:58.30	01:22:58.30	+00:34:49 (42.0%)	16:35	3.6 (58.1%)
18	LINIEWSKI Łukasz	1409	ANWILTEAM	M Open	6		01:24:03.50	01:24:03.50	+00:35:54 (42.7%)	16:48	3.6 (58.1%)
19	KALININ Jarosław	6	XRUNNERS	M Elite	7		01:24:13.05	01:24:13.05	+00:36:03 (42.8%)	16:50	3.6 (58.1%)
20	GROBELNA Aleksandra	105	XRUNNERS	K Elite	1		01:25:07.05	01:25:07.05	+00:36:57 (43.4%)	17:01	3.5 (56.5%)
21	STELNIKOVICH Sergey	7		M Elite	8		01:26:53.60	01:26:53.60	+00:38:44 (44.6%)	17:22	3.5 (56.5%)
22	MARCINIAK Przemysław	1412	ANWILTEAM	M Open	7		01:27:51.35	01:27:51.35	+00:39:42 (45.2%)	17:34	3.4 (54.8%)
23	MALINOWSKI Rafał	1315		M Open	8		01:28:43.50	01:28:43.50	+00:40:34 (45.7%)	17:44	3.4 (54.8%)
24	PRUSAK Piotr	10	GORĄCY POTOK TEAM	M Elite	9		01:32:30.05	01:32:30.05	+00:44:20 (47.9%)	18:30	3.2 (51.6%)
25	MACIOŁEK Arkadiusz	1217	CROSSFIT TEAM SUSZ	M Open	9		01:33:44.45	01:33:44.45	+00:45:35 (48.6%)	18:44	3.2 (51.6%)
26	LEWANDOWSKI Bartosz	1410	ANWILTEAM	M Open	10		01:34:09.05	01:34:09.05	+00:45:59 (48.9%)	18:49	3.2 (51.6%)
27	SPYCHALSKI Tomasz	1407	ANWILTEAM	M Open	11		01:35:46.65	01:35:46.65	+00:47:37 (49.7%)	19:09	3.1 (50.0%)
28	ZUBEK Marta	1404	ANWILTEAM	K Open	1		01:35:59.95	01:35:59.95	+00:47:50 (49.8%)	19:11	3.1 (50.0%)
29	BŁASZCZYK Brunon	4018	KONIUCHY OCR	M Open	12		01:37:43.75	01:37:43.75	+00:49:34 (50.7%)	19:32	3.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	OZIMKOWSKA Beata	1206		K Open	2		01:37:55.15	01:37:55.15	+00:49:45 (50.8%)	19:35	3.1 (50.0%)
31	WIKTOROWICZ Mariusz	612	RMF4RT GLADIATORS	M 40-44	1		01:39:31.85	01:39:31.85	+00:51:22 (51.6%)	19:54	3 (48.4%)
32	JANUSZEWSKI Bartosz	21	KONIUCHY OCR	M Elite	10		01:40:11.25	01:40:11.25	+00:52:02 (51.9%)	20:02	3 (48.4%)
33	PRZEDPEŁSKI Jarosław	1255		M Open	13		01:41:46.25	01:41:46.25	+00:53:37 (52.7%)	20:21	2.9 (46.8%)
34	CHOLEWINSKI Paweł	1249		M Open	14		01:41:52.00	01:41:52.00	+00:53:42 (52.7%)	20:22	2.9 (46.8%)
35	LEWANDOWSKI Tomasz	1248		M Open	15		01:41:52.90	01:41:52.90	+00:53:43 (52.7%)	20:22	2.9 (46.8%)
35	JÓZWIAK Lukasz	1250		M Open	16		01:41:52.90	01:41:52.90	+00:53:43 (52.7%)	20:22	2.9 (46.8%)
37	JUZAK Dawid	1259		M Open	17		01:41:54.00	01:41:54.00	+00:53:44 (52.7%)	20:22	2.9 (46.8%)
38	PISARCZYK Karolina	107	BEFIT24TEAM	K Elite	2		01:42:34.50	01:42:34.50	+00:54:25 (53.1%)	20:30	2.9 (46.8%)
39	JAROSZ David	20	XRUNNERS	M Elite	11		01:44:17.90	01:44:17.90	+00:56:08 (53.8%)	20:51	2.9 (46.8%)
40	SĘKOWSKI Piotr	1205		M Open	18		01:46:45.25	01:46:45.25	+00:58:36 (54.9%)	21:21	2.8 (45.2%)
41	WILGOCKI Radosław	1221		M Open	19		01:47:18.65	01:47:18.65	+00:59:09 (55.1%)	21:27	2.8 (45.2%)
42	SKRZYSZOWSKI Janusz	17		M Elite	12		01:49:36.35	01:49:36.35	+01:01:27 (56.1%)	21:55	2.7 (43.5%)
43	RULEWSKI Michał	4002	XRUNNERS	M Open	20		01:51:29.65	01:51:29.65	+01:03:20 (56.8%)	22:17	2.7 (43.5%)
44	JĘDRZEJEWSKI Jacek	1306	SWAP RUUNING TEAM	M Open	21		01:52:26.15	01:52:26.15	+01:04:16 (57.2%)	22:29	2.7 (43.5%)
45	PIASECKI Dawid	1229	-	M Open	22		01:54:02.65	01:54:02.65	+01:05:53 (57.8%)	22:48	2.6 (41.9%)
46	JARZYNKĄ Bartosz	1270	MKS 'ZA WODĄ PONIATOWO'	M Open	23		01:54:15.45	01:54:15.45	+01:06:06 (57.9%)	22:51	2.6 (41.9%)
47	PŁACZEK Anna	1421	CARBON OCR RACING TEAM	K Open	3		01:54:33.30	01:54:33.30	+01:06:24 (58.0%)	22:54	2.6 (41.9%)
48	MĘDYGRAŁ Krystian	311	WATAHA	M 25-29	3		01:55:12.45	01:55:12.45	+01:07:03 (58.2%)	23:02	2.6 (41.9%)
49	LEWANDOWSKI Przemysław	1267	NIE W SZCZEPIONKĘ TEAM	M Open	24		01:55:30.00	01:55:30.00	+01:07:20 (58.3%)	23:06	2.6 (41.9%)
50	KURACH Stanisław	804	DZIADY OCR	M 50+	1		01:55:51.45	01:55:51.45	+01:07:42 (58.4%)	23:10	2.6 (41.9%)
51	WŁODARCZYK Dawid	1232	KUTNO BIEGA	M Open	25		01:56:08.70	01:56:08.70	+01:07:59 (58.5%)	23:13	2.6 (41.9%)
52	SKUPIEŃ Tomasz	802		M 13-17	1		01:56:19.00	01:56:19.00	+01:08:09 (58.6%)	23:15	2.6 (41.9%)
53	MALINOWSKI Jacek	1226		M Open	26		01:56:30.10	01:56:30.10	+01:08:20 (58.7%)	23:18	2.6 (41.9%)
53	MACIKOWSKI Marcin	1227		M Open	27		01:56:30.10	01:56:30.10	+01:08:20 (58.7%)	23:18	2.6 (41.9%)
55	FIGURSKI Łukasz	1305	SWAP RUNNING TEAM	M Open	28		01:56:31.90	01:56:31.90	+01:08:22 (58.7%)	23:18	2.6 (41.9%)
56	STRZYŻEWSKI Tomek	1204		M Open	29		01:56:51.70	01:56:51.70	+01:08:42 (58.8%)	23:22	2.6 (41.9%)
57	TOMAKA Tomasz	19	HUSARIA RACE TEAM	M Elite	13		01:56:52.60	01:56:52.60	+01:08:43 (58.8%)	23:22	2.6 (41.9%)
58	MISSALA Mateusz	1274	POWER TRAINING	M Open	30		01:57:57.30	01:57:57.30	+01:09:48 (59.2%)	23:35	2.5 (40.3%)
59	MARUSZEWSKI Marcin	507	NEXTREME	M 35-39	2		01:58:05.65	01:58:05.65	+01:09:56 (59.2%)	23:37	2.5 (40.3%)
60	IWANOWSKI Kamil	1303		M Open	31		01:58:06.25	01:58:06.25	+01:09:57 (59.2%)	23:37	2.5 (40.3%)
61	PUZON Tomasz	1309		M Open	32		01:58:07.00	01:58:07.00	+01:09:57 (59.2%)	23:37	2.5 (40.3%)
62	ROMIK Jakub	1251		M Open	33		01:58:45.15	01:58:45.15	+01:10:35 (59.4%)	23:45	2.5 (40.3%)
63	KIESZKOWSKI Michał	1310		M Open	34		01:59:29.55	01:59:29.55	+01:11:20 (59.7%)	23:53	2.5 (40.3%)
64	KOSIŃSKI Michael	1245	HARPAGAN TEAM BYDGOSZCZ	M Open	35		01:59:41.95	01:59:41.95	+01:11:32 (59.8%)	23:56	2.5 (40.3%)
65	KARCZEWSKI Adam	1320	SRK	M Open	36		01:59:49.90	01:59:49.90	+01:11:40 (59.8%)	23:57	2.5 (40.3%)
66	PÓŁGĘSEK Bartosz	1201	HARPAGAN RUNNERS	M Open	37		02:03:59.20	02:03:59.20	+01:15:49 (61.2%)	24:47	2.4 (38.7%)
67	ŁAPACZ Tomasz	1423	POWER TRAINING	M Open	38		02:04:30.50	02:04:30.50	+01:16:21 (61.3%)	24:54	2.4 (38.7%)
68	RYBAK Paulina	1314	POWER TRAINING	K Open	4		02:05:09.90	02:05:09.90	+01:17:00 (61.5%)	25:01	2.4 (38.7%)
69	JULIKOWSKI Karol	1304	OFF-ROAD RUNNERS BENEFIT SYSTEMS	M Open	39		02:05:09.95	02:05:09.95	+01:17:00 (61.5%)	25:01	2.4 (38.7%)
70	REDA Wiesław	1263		M Open	40		02:05:30.95	02:05:30.95	+01:17:21 (61.6%)	25:06	2.4 (38.7%)
71	JARZYNA Bartłomiej	1319		M Open	41		02:07:49.65	02:07:49.65	+01:19:40 (62.3%)	25:33	2.3 (37.1%)
72	GILARSKI Paweł	1318		M Open	42		02:07:49.70	02:07:49.70	+01:19:40 (62.3%)	25:33	2.3 (37.1%)
73	KOZŁOWSKI Andrzej	1321		M Open	43		02:07:49.95	02:07:49.95	+01:19:40 (62.3%)	25:33	2.3 (37.1%)

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74	BANACZKOWSKI Tomasz	1301	RMG4RT GLADIATORS	M Open	44		02:08:01.65	02:08:01.65	+01:19:52 (62.4%)	25:36	2.3 (37.1%)
75	NAGLAK Hubert	4019		M Open	45		01:31:54.75	02:08:07.10	+01:19:57 (62.4%)	18:23	3.3 (53.2%)
76	FIRST Tomasz	1266	POWER TRAINING	M Open	46		02:08:55.80	02:08:55.80	+01:20:46 (62.7%)	25:47	2.3 (37.1%)
77	TALAGA Paweł	1211	KONIUCHY OCR	M Open	47		02:09:03.45	02:09:03.45	+01:20:54 (62.7%)	25:48	2.3 (37.1%)
78	LIBERADZKI Marcin	1272	ATHLETIC APOLLO	M Open	48		02:09:07.35	02:09:07.35	+01:20:58 (62.7%)	25:49	2.3 (37.1%)
79	ZABOROWSKI Łukasz	1228	ACTIVE RUNNERS PŁOCK	M Open	49		02:09:11.30	02:09:11.30	+01:21:02 (62.7%)	25:50	2.3 (37.1%)
80	JÓŹWIAK Jarosław	1247		M Open	50		02:10:08.90	02:10:08.90	+01:21:59 (63.0%)	26:01	2.3 (37.1%)
81	SZYPERSKI Maciej	1260		M Open	51		02:10:09.15	02:10:09.15	+01:21:59 (63.0%)	26:01	2.3 (37.1%)
81	WOJCIECHOWSKA Magdalena	1257		K Open	5		02:10:09.15	02:10:09.15	+01:21:59 (63.0%)	26:01	2.3 (37.1%)
83	BLOCH Jacek	1258		M Open	52		02:10:09.45	02:10:09.45	+01:22:00 (63.0%)	26:01	2.3 (37.1%)
84	WOJCIECHOWSKI Ziemowit	1256		M Open	53		02:10:09.75	02:10:09.75	+01:22:00 (63.0%)	26:01	2.3 (37.1%)
85	TURLEJ Paweł	1276		M Open	54		02:10:11.25	02:10:11.25	+01:22:02 (63.0%)	26:02	2.3 (37.1%)
86	BYCZEK Izabela	1307	CARBON OCR RACING TEAM	K Open	6		02:11:03.20	02:11:03.20	+01:22:53 (63.3%)	26:12	2.3 (37.1%)
87	SKWAREK Magdalena	1311	CARBON OCR RACING TEAM	K Open	7		02:11:03.65	02:11:03.65	+01:22:54 (63.3%)	26:12	2.3 (37.1%)
88	ZBROSZCZYK Damian	1308	CARBON OCR RACING TEAM	M Open	55		02:13:29.75	02:13:29.75	+01:25:20 (63.9%)	26:41	2.2 (35.5%)
89	SZYP SZAK Konrad	1219	CALISTHENICS PŁOCK	M Open	56		02:13:46.85	02:13:46.85	+01:25:37 (64.0%)	26:45	2.2 (35.5%)
90	GŁADYSZ Marcin	1302	WILK TRENUJE	M Open	57		02:14:26.75	02:14:26.75	+01:26:17 (64.2%)	26:53	2.2 (35.5%)
91	KIERZYK Krzysztof	1271		M Open	58		02:15:33.05	02:15:33.05	+01:27:23 (64.5%)	27:06	2.2 (35.5%)
92	DASZCZYK Dawid	1203	AKTYWNY OSTRZESZÓW	M Open	59		02:17:55.15	02:17:55.15	+01:29:45 (65.1%)	27:35	2.2 (35.5%)
93	RYBAK Piotr	1415		M Open	60		02:18:25.00	02:18:25.00	+01:30:15 (65.2%)	27:41	2.2 (35.5%)
94	KOWALCZYK Marlena	1416		K Open	8		02:18:25.30	02:18:25.30	+01:30:16 (65.2%)	27:41	2.2 (35.5%)
95	OWCZAREK Adam	1316		M Open	61		02:18:26.20	02:18:26.20	+01:30:16 (65.2%)	27:41	2.2 (35.5%)
96	KITA Grzegorz	4015	PKSN	M Open	62		02:18:52.90	02:18:52.90	+01:30:43 (65.3%)	27:46	2.2 (35.5%)
97	CZERWONIEC Andrzej	1238		M Open	63		02:20:08.00	02:20:08.00	+01:31:58 (65.6%)	28:01	2.1 (33.9%)
98	WIELECHOWSKA Natalia	108	HUSARIA RACE TEAM	K Elite	3	00:10:00	02:20:30.00	02:20:30.00	+01:32:20 (65.7%)	26:06	2.3 (37.1%)
99	KACZMARKIEWICZ Kamil	1212	HARDCOROWE WYCHYLILYBYMY	M Open	64		02:20:34.90	02:20:34.90	+01:32:25 (65.7%)	28:06	2.1 (33.9%)
100	SZAŁKOWSKA Agnieszka	1210	HARDCOROWE WYCHYLILYBYMY	K Open	9		02:20:35.40	02:20:35.40	+01:32:26 (65.7%)	28:07	2.1 (33.9%)
101	MAŁKIEWICZ Zbyszek	1215	HARDCOROWE WYCHYLILYBYMY	M Open	65		02:20:36.30	02:20:36.30	+01:32:27 (65.8%)	28:07	2.1 (33.9%)
102	KARASZEWSKI Rafał	4008					02:23:17.75	02:23:17.75	+01:35:08 (66.4%)	28:39	2.1 (33.9%)
103	MAJOWSKI Michał	1239	CARBON OCR RCING TEAM	M Open	66		02:23:33.90	02:23:33.90	+01:35:24 (66.5%)	28:42	2.1 (33.9%)
104	SHIMKO Evgen	1216	HARPAGA RUNNERS	M Open	67		02:24:08.55	02:24:08.55	+01:35:59 (66.6%)	28:49	2.1 (33.9%)
105	WIŚNIEWSKA Monika	1418		K Open	10		02:24:25.85	02:24:25.85	+01:36:16 (66.7%)	28:53	2.1 (33.9%)
106	WIŚNIEWSKI Norbert	1417	HUSARIA RACE TEAM	M Open	68		02:24:26.50	02:24:26.50	+01:36:17 (66.7%)	28:53	2.1 (33.9%)
107	KRAUSE Magdalena	1419	HUSARIA RACE TEAM	K Open	11		02:24:26.55	02:24:26.55	+01:36:17 (66.7%)	28:53	2.1 (33.9%)
108	SZYMAŃSKI Artur	1209	CALISTHENICS PŁOCK	M Open	69		02:24:59.40	02:24:59.40	+01:36:50 (66.8%)	28:59	2.1 (33.9%)
109	LASKOWSKI Przemysław	1244	CALISTHENICS PŁOCK	M Open	70		02:25:40.10	02:25:40.10	+01:37:30 (66.9%)	29:08	2.1 (33.9%)
110	FURA Piotr	1312	HUSARIA RACE TEAM	M Open	71		02:25:58.05	02:25:58.05	+01:37:48 (67.0%)	29:11	2.1 (33.9%)
111	DURKA Michał	1208	CALISTHENICS PŁOCK	M Open	72		02:26:36.55	02:26:36.55	+01:38:27 (67.2%)	29:19	2 (32.3%)
112	KRZESZEWSKI Marcin	1214	CALISTHENICS PŁOCK	M Open	73		02:26:51.15	02:26:51.15	+01:38:41 (67.2%)	29:22	2 (32.3%)
113	ZAJĄC Paweł	1220		M Open	74		02:27:43.30	02:27:43.30	+01:39:34 (67.4%)	29:32	2 (32.3%)
114	GAŁAN Tomasz	1237	KOJOTY	M Open	75		02:27:43.75	02:27:43.75	+01:39:34 (67.4%)	29:32	2 (32.3%)
115	MATEJA Grzesiek	1236	KOJOTY	M Open	76		02:27:44.20	02:27:44.20	+01:39:34 (67.4%)	29:32	2 (32.3%)
116	BURS Klaudia	905		K 18-24	1	00:10:00	02:27:52.00	02:27:52.00	+01:39:42 (67.4%)	27:34	2.2 (35.5%)
117	IRZYK Piotr	1268	ZS WYSZOGRÓD	M Open	77		02:28:26.90	02:28:26.90	+01:40:17 (67.6%)	29:41	2 (32.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
118	ROGOZIŃSKI Tomasz	1269		M Open	78		02:28:27.20	02:28:27.20	+01:40:17 (67.6%)	29:41	2 (32.3%)
119	PIOTROWSKI Grzegorz	210	SOCIOS SILESIA	M 18-24	3		02:29:01.10	02:29:01.10	+01:40:51 (67.7%)	29:48	2 (32.3%)
120	BRZECZKOWSKI Paweł	1223	POWER TRAINING	M Open	79		02:32:02.30	02:32:02.30	+01:43:53 (68.3%)	30:24	2 (32.3%)
121	NAGÓRKA Mateusz	1243	DECATHLON PŁOCK	M Open	80		02:32:14.55	02:32:14.55	+01:44:05 (68.4%)	30:26	2 (32.3%)
122	PIERZGALSKI Piotr	1230	DECATHLON PŁOCK	M Open	81		02:32:15.05	02:32:15.05	+01:44:05 (68.4%)	30:27	2 (32.3%)
123	CISEŁ Kamil	1242	DECATHLON PŁOCK	M Open	82		02:32:16.25	02:32:16.25	+01:44:07 (68.4%)	30:27	2 (32.3%)
124	AJRYSZ Justyna	1241	DECATHLON PŁOCK	K Open	12		02:32:16.45	02:32:16.45	+01:44:07 (68.4%)	30:27	2 (32.3%)
125	PIĄTEK Marek	1313		M Open	83		02:32:19.55	02:32:19.55	+01:44:10 (68.4%)	30:27	2 (32.3%)
126	SKON Dawid	1235	KUTNO BIEGA	M Open	84		02:32:27.80	02:32:27.80	+01:44:18 (68.4%)	30:29	2 (32.3%)
127	ZIMOŃ Norbert	410	WATAHA	M 30-34	2		02:33:14.85	02:33:14.85	+01:45:05 (68.6%)	30:38	2 (32.3%)
128	SAWICKA Katarzyna	4003		K Open	13		02:34:09.40	02:34:09.40	+01:46:00 (68.8%)	30:49	1.9 (30.6%)
129	GAWROŃSKA Renata	1424		K Open	14		02:34:12.05	02:34:12.05	+01:46:02 (68.8%)	30:50	1.9 (30.6%)
130	KUJAWA Małgorzata	1317		K Open	15		02:34:32.50	02:34:32.50	+01:46:23 (68.8%)	30:54	1.9 (30.6%)
131	SAŁATA Marcin	4012	KONIUCHY OCR	M 30-34	3		02:42:06.70	02:42:06.70	+01:53:57 (70.3%)	0:00	1.9 (30.6%)
132	NADOLNY Kamil	1253		M Open	85		02:42:48.95	02:42:48.95	+01:54:39 (70.4%)	32:33	1.8 (29.0%)
133	URBAŃSKI Kamil	404	NEXTREME	M 30-34	4		02:42:52.95	02:42:52.95	+01:54:43 (70.4%)	0:00	1.8 (29.0%)
134	GÓRSKI Emil	1252	HUSARIA RACE TEAM	M Open	86		02:44:40.95	02:44:40.95	+01:56:31 (70.8%)	32:56	1.8 (29.0%)
135	CHODOWSKI Łukasz	1254	HUSARIA RACE TEAM	M Open	87		02:45:45.60	02:45:45.60	+01:57:36 (70.9%)	33:09	1.8 (29.0%)
136	PODBIELSKA Gosia	1601		K Open	16		02:46:11.65	02:46:11.65	+01:58:02 (71.0%)	33:14	1.8 (29.0%)
137	BERK Artur	1501	R.AMBO RACE	M Open	88		02:47:04.75	02:47:04.75	+01:58:55 (71.2%)	33:24	1.8 (29.0%)
138	SOSNOWSKA Agata	1213		K Open	17		02:48:26.95	02:48:26.95	+02:00:17 (71.4%)	33:41	1.8 (29.0%)
139	GREC Klaudia	4014					02:48:27.15	02:48:27.15	+02:00:17 (71.4%)	33:41	1.8 (29.0%)
140	LACHOWSKA Agata	4001		K Open	18		02:48:27.80	02:48:27.80	+02:00:18 (71.4%)	33:41	1.8 (29.0%)
141	GŁOWACKA Daria	4017		K Open	19		02:48:28.40	02:48:28.40	+02:00:19 (71.4%)	33:41	1.8 (29.0%)
142	WĄSOWSKA Sandra	4016		K Open	20		02:48:29.10	02:48:29.10	+02:00:19 (71.4%)	33:41	1.8 (29.0%)
143	KIĘPISTY Patryk	301	MOVE FACTORY	M 25-29	4		02:49:09.75	02:49:09.75	+02:01:00 (71.5%)	0:00	1.8 (29.0%)
144	LASOTA Jakub	1262		M Open	89		02:51:37.65	02:51:37.65	+02:03:28 (71.9%)	34:19	1.7 (27.4%)
145	JABŁONKA Bartosz	1261		M Open	90		02:51:38.35	02:51:38.35	+02:03:29 (71.9%)	34:19	1.7 (27.4%)
146	FJAK Karolina	1234	GRAŻYŃKI OCR	K Open	21		02:54:25.80	02:54:25.80	+02:06:16 (72.4%)	34:53	1.7 (27.4%)
147	FJAK Remigiusz	1233	DIRTY SPARROWS	M Open	91		02:54:48.65	02:54:48.65	+02:06:39 (72.5%)	34:57	1.7 (27.4%)
148	STRUSZKIEWICZ Aleksandra	1273	POWER TRAINING	K Open	22		02:55:07.00	02:55:07.00	+02:06:57 (72.5%)	35:01	1.7 (27.4%)
149	PIELATOWSKA Jadwiga	1275	DIRTY SPARROWS	K Open	23		02:55:22.55	02:55:22.55	+02:07:13 (72.5%)	35:04	1.7 (27.4%)
150	GILARSKA Marta	1322	BIEGOWE NYGUSY	K Open	24		02:55:44.40	02:55:44.40	+02:07:35 (72.6%)	35:08	1.7 (27.4%)
151	WOŹNIAK-KARCZEWSKA Patrycja	4005	BEAT BEASTS	K Open	25		02:56:18.40	02:56:18.40	+02:08:09 (72.7%)	35:15	1.7 (27.4%)
152	GRABOWSKA Izabela	4000	BEST BEASTS	K Open	26		02:56:18.45	02:56:18.45	+02:08:09 (72.7%)	35:15	1.7 (27.4%)
153	FILIPEK Carolina	1323	UNITED RUNERS	K Open	27		02:56:35.15	02:56:35.15	+02:08:25 (72.7%)	35:19	1.7 (27.4%)
154	GÓRECKI Piotr	1413	ACTIVE FLOW TEAM	M Open	92		02:58:44.70	02:58:44.70	+02:10:35 (73.1%)	35:44	1.7 (27.4%)
155	GAŁUSZYŃSKI Łukasz	1401	ACTIVE FLOW TEAM	M Open	93		02:58:45.10	02:58:45.10	+02:10:35 (73.1%)	35:45	1.7 (27.4%)
156	KOŃCZAK Łukasz	1422		M Open	94		02:58:45.45	02:58:45.45	+02:10:36 (73.1%)	35:45	1.7 (27.4%)
157	GAŁUSZYŃSKI Paweł	1402	ACTIVE FLOW TEAM	M Open	95		02:58:54.05	02:58:54.05	+02:10:44 (73.1%)	35:46	1.7 (27.4%)
158	KOSIŃSKI Jakub	313	UNITED RUNNERS	M 25-29	5		03:04:30.10	03:04:30.10	+02:16:20 (73.9%)	0:00	1.6 (25.8%)
159	JEŘÁBKOVÁ Petra	1265	FÉNIX PLZEŇ	K Open	28		03:05:38.25	03:05:38.25	+02:17:29 (74.1%)	37:07	1.6 (25.8%)
160	ŠTRAUB David	1264	FÉNIX PLZEŇ	M Open	96		03:05:38.35	03:05:38.35	+02:17:29 (74.1%)	37:07	1.6 (25.8%)
161	KOZUBEK Seweryn	4011		M Open	97		03:14:57.85	03:14:57.85	+02:26:48 (75.3%)	38:59	1.5 (24.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
162	PŁUSKA Michał	1240	HUSARIA RACE TEAM	M Open	98		03:20:59.55	03:20:59.55	+02:32:50 (76.0%)	40:11	1.5 (24.2%)
DNC	DEM CZYSZAK Mateusz	2004		M 30-34			01:05:56.15	01:05:56.15		0:00	4.6 (74.2%)
DNC	WÓJCIK Wiktor	4007	VIKINGSRUN	M Elite			01:38:24.50	01:38:24.50		0:00	3 (48.4%)
DNC	LEWICKI Marcin	3	NEXTREME	M Elite			01:50:33.70	01:50:33.70		0:00	2.7 (43.5%)
DNC	ANDRUSHENKA Andrei	516	REDHOTCHILIPEPPA	M 35-39			01:54:34.85	01:54:34.85		0:00	2.6 (41.9%)
DNC	MIKOŁAJEK Robert	601	TOYOTA RUNMATOR	M 40-44			01:55:11.95	01:55:11.95		0:00	2.6 (41.9%)
DNC	RYNKIEWICZ Mateusz	5	NEXTREME	M Elite			01:56:14.85	01:56:14.85		0:00	2.6 (41.9%)
DNC	WEJKNIS Krzysztof	520	RMF4TGLADIATORS	M 35-39			01:58:59.15	01:58:59.15		0:00	2.5 (40.3%)
DNC	PODGÓRSKI Marek	511	RUNMAGEDDON	M 35-39			01:59:54.30	01:59:54.30		0:00	2.5 (40.3%)
DNC	BARANOWSKA Katarzyna	106	GORĄCY POTOK TEAM	K Elite			02:04:22.75	02:04:22.75		0:00	2.4 (38.7%)
DNC	SERAFIŃSKI Maciej	203	NEXTREME	M 18-24			02:06:32.85	02:06:32.85		0:00	2.4 (38.7%)
DNC	PNIEWSKA Karolina	904		K 25-29			02:06:46.35	02:06:46.35		25:21	2.4 (38.7%)
DNC	WERYK Mateusz	521	GRIMPADO / CF3M	M 40-44			02:09:05.05	02:09:05.05		0:00	2.3 (37.1%)
DNC	MIODEK Adrian	504	DIRTY SPARROWS	M 35-39			02:10:52.80	02:10:52.80		0:00	2.3 (37.1%)
DNC	MIERZYCKI Marcel	803	POWER TRAINING	M 35-39			02:11:26.25	02:11:26.25		0:00	2.3 (37.1%)
DNC	WYSŁUCH Iza	102	XRUNNERS	K Elite			02:13:58.90	02:13:58.90		0:00	2.2 (35.5%)
DNC	SZYPOWSKI Jakub	304	RMF4RT GLADIATORS	M 25-29			02:17:03.05	02:17:03.05		0:00	2.2 (35.5%)
DNC	KRASOŃ Bartłomiej	2	EX TEAM	M Elite			02:17:14.70	02:17:14.70		0:00	2.2 (35.5%)
DNC	MARKIEWICZ Maksymilian	202	HUSARIA RACE TEAM	M 18-24			02:19:13.45	02:19:13.45		0:00	2.2 (35.5%)
DNC	KOLEGOWICZ Klaudia	1004	BEFIT24TEAM	K 30-34			02:19:43.55	02:19:43.55		27:56	2.1 (33.9%)
DNC	SKRĘTY Patryk	212	EDEN RUNNERS	M 18-24			02:21:23.40	02:21:23.40		0:00	2.1 (33.9%)
DNC	TOŚKO Tadeusz	604	HUSARIA RACE TEAM	M 40-44			02:23:23.95	02:23:23.95		28:40	2.1 (33.9%)
DNC	LAMENTA Andrzej	605	TRENER24H.COM.PL	M 40-44			02:24:20.50	02:24:20.50		28:52	2.1 (33.9%)
DNC	HLEBKO Albin	807	WATAHA	M 13-17			02:25:20.10	02:25:20.10		29:04	2.1 (33.9%)
DNC	GRZEGORZYCA Szymon	209	CARBON OCR RACING TEAM	M 18-24			02:25:39.85	02:25:39.85		0:00	2.1 (33.9%)
DNC	MIŁOŚ Tomasz	524		M 35-39			02:29:17.55	02:29:17.55		29:51	2 (32.3%)
DNC	KOTŁOWSKI Marcin	512	BIGYELLOWFOOT ADVENTURE TEAM	M 35-39			02:29:18.90	02:29:18.90		29:51	2 (32.3%)
DNC	GAWIN Krzysiek	506	BEFIT 24 TEAM	M 35-39			02:29:25.95	02:29:25.95		29:53	2 (32.3%)
DNC	ZIELIŃSKI Michał	401		M 30-34			02:29:28.35	02:29:28.35		0:00	2 (32.3%)
DNC	MILEWICZ Dariusz	402	BOHAR PALETY RUNNERS	M 30-34			02:29:48.55	02:29:48.55		0:00	2 (32.3%)
DNC	KOWALCZYK Dawid	8		M Elite			02:29:55.70	02:29:55.70		0:00	2 (32.3%)
DNC	MAJEWSKI Witold	702	BESTIE OCR LEGIONOWO	M 50+			02:29:58.35	02:29:58.35		29:59	2 (32.3%)
DNC	BENTKOWSKA Magdalena	1001	DIRTY SPARROWS	K 30-34			02:30:23.15	02:30:23.15		30:04	2 (32.3%)
DNC	MISSALA Magdalena	1104	POWER TRAINING	K 13-17			02:31:23.35	02:31:23.35		30:16	2 (32.3%)
DNC	MUCHA Mateusz	302	DIRTY SPARROWS	M 25-29			02:31:56.65	02:31:56.65		0:00	2 (32.3%)
DNC	ZYWER Urszula	901	WATAHA	K 25-29			02:32:11.35	02:32:11.35		30:26	2 (32.3%)
DNC	DĄBROWSKI Radek	518		M 35-39			02:32:18.70	02:32:18.70		30:27	2 (32.3%)
DNC	KOLASIŃSKI Jakub	412	DIRTY SPARROWS	M 30-34			02:32:40.45	02:32:40.45		0:00	2 (32.3%)
DNC	KRAJNIAK Jarosław	306	HARPAGA RUNNERS	M 25-29			02:32:49.35	02:32:49.35		0:00	2 (32.3%)
DNC	JANISZEWSKI Grzegorz	801	DZIADY OCR	M 50+			02:33:09.00	02:33:09.00		30:37	2 (32.3%)
DNC	RADOWSKI Roman	522	BIEG SPARTAKUSA	M 35-39			02:33:23.95	02:33:23.95		30:40	2 (32.3%)
DNC	ZABIEGŁO Patryk	527	BIEG SPARTAKUSA	M 18-24			02:33:24.10	02:33:24.10		30:40	2 (32.3%)
DNC	WASILEWSKI Grzegorz	523	BIEG SPARTAKUSA	M 35-39			02:33:24.40	02:33:24.40		30:40	2 (32.3%)
DNC	GRAJKOWSKI Wojciech	519		M 35-39			02:34:19.25	02:34:19.25		30:51	1.9 (30.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
DNC	KUMOROWSKI Rafał	4		M Elite			02:34:41.55	02:34:41.55		0:00	1.9 (30.6%)
DNC	KRZYSTYNIAK Robert	13	GORĄCY POTOK TEAM	M Elite			02:35:43.95	02:35:43.95		0:00	1.9 (30.6%)
DNC	RACZEK Radosław	12	GORĄCY POTOK TEAM	M Elite			02:35:43.95	02:35:43.95		0:00	1.9 (30.6%)
DNC	KOKOWSKI Mariusz	405	TREE CREW	M 30-34			02:36:03.65	02:36:03.65		0:00	1.9 (30.6%)
DNC	PUZDROWSKI Jarek	406	TREE CREW	M 30-34			02:36:05.95	02:36:05.95		0:00	1.9 (30.6%)
DNC	JANUSZEWSKI Andrzej	501		M 35-39			02:36:12.20	02:36:12.20		31:14	1.9 (30.6%)
DNC	KĘSIK Michał	305		M 25-29			02:36:56.65	02:36:56.65		0:00	1.9 (30.6%)
DNC	MORAWSKI Grzegorz	525	KONIUCHY OCR	M 35-39			02:37:11.20	02:37:11.20		31:26	1.9 (30.6%)
DNC	JARZĄBEK Victoria	903	CARBON OCR RACING TEAM	K 18-24			02:37:16.25	02:37:16.25		31:27	1.9 (30.6%)
DNC	GARNUSZEK Anita	110	POWER TRAINING	K Elite			02:40:03.35	02:40:03.35		0:00	1.9 (30.6%)
DNC	KARBOWSKI Sławomir	510	NEXTREME	M 35-39			02:40:26.35	02:40:26.35		32:05	1.9 (30.6%)
DNC	SERAFIŃSKI Robert	805	DZIADY OCR	M 50+			02:41:15.50	02:41:15.50		32:15	1.9 (30.6%)
DNC	JAHNS Adam	206		M 18-24			02:41:25.45	02:41:25.45		0:00	1.9 (30.6%)
DNC	FABRYKIEWICZ Adrian	312		M 25-29			02:43:57.90	02:43:57.90		0:00	1.8 (29.0%)
DNC	KRAUZY Tomasz	213	NASC TEAM	M 18-24			02:44:06.95	02:44:06.95		0:00	1.8 (29.0%)
DNC	DRZEWOWSKA Marlena	1003	TREE CREW	K 35-39			02:44:39.95	02:44:42.55		32:56	1.8 (29.0%)
DNC	MYALSKA Katarzyna	109	DO PORZYGU OCR TEAM	K Elite			02:45:08.40	02:45:08.40		0:00	1.8 (29.0%)
DNC	WYSOCKI Aleksander	502	WATAHA	M 35-39			02:45:20.05	02:45:20.05		33:04	1.8 (29.0%)
DNC	SZYSZKA Kacper	205	KONIUCHY OCR	M 18-24			02:46:48.50	02:46:48.50		0:00	1.8 (29.0%)
DNC	TOLAK Tomasz	517		M 35-39			02:47:25.65	02:47:25.65		33:29	1.8 (29.0%)
DNC	MACHTYL Zygmunt	1102	BEST BEASTS	M 45-49			02:49:26.40	02:49:26.40		0:00	1.8 (29.0%)
DNC	JANKOWSKA Zuzanna	101	HARDCOROWE WYCHYLYLYBYMY	K Elite			02:51:53.75	02:51:53.75		0:00	1.7 (27.4%)
DNC	BUDZISZ Krzysztof	22	SOCIOS SILESIA	M Elite			02:53:18.75	02:53:18.75		0:00	1.7 (27.4%)
DNC	EBERT Damian	201	BESTIE OCR LEGIONOWO	M 18-24			02:55:30.20	02:55:30.20		0:00	1.7 (27.4%)
DNC	CERBA Jarosław	703	HELL SQUAD	M 45-49			02:56:16.70	02:56:16.70		35:15	1.7 (27.4%)
DNC	PRZĄDKA Marcin	310	WATAHA	M 25-29			02:56:55.05	02:56:55.05		35:23	1.7 (27.4%)
DNC	MILBRANT Michał	409	RMF4RTG	M 30-34			02:59:33.95	02:59:33.95		35:54	1.7 (27.4%)
DNC	ŁOSIN Marta	1002	BIEGUN	K 30-34			02:59:35.35	02:59:35.35		35:55	1.7 (27.4%)
DNC	SADKOWSKI Damian	214		M 18-24			03:00:12.95	03:00:12.95		36:02	1.7 (27.4%)
DNC	ŚWIĄDER Andrzej	603	BEFIT24TEAM	M 40-44			03:00:32.90	03:00:32.90		36:06	1.7 (27.4%)
DNC	PŁAŻALSKI Przemysław	508	HUSTARIA RACE TEAM	M 35-39			03:01:01.25	03:01:01.25		36:12	1.7 (27.4%)
DNC	KOZUBEK Sebastian	4010		M 30-34			03:03:03.20	03:03:03.20		36:36	1.6 (25.8%)
DNC	KUCZYŃSKI Paweł	23	BIGYELLOWFOOT ADVENTURE TEAM	M Elite			03:03:11.80	03:03:11.80		0:00	1.6 (25.8%)
DNC	KALISZYK Grzegorz	606	MAD RUNNERS WAŁBRZYCH	M 40-44			03:05:04.10	03:05:04.10		37:00	1.6 (25.8%)
DNC	BAYGER Krystian	308	WATAHA	M 25-29			03:05:31.35	03:05:31.35		37:06	1.6 (25.8%)
DNC	ŁAWRENCZUK Paweł	514	RMF4RT GLADIATORS	M 35-39			03:06:00.80	03:06:00.80		37:12	1.6 (25.8%)
DNC	WIERZBICKI Daniel	602	BEFIT24TEAM	M 40-44			03:08:44.00	03:08:44.00		37:44	1.6 (25.8%)
DNC	ILNICKI Darek	526	OCR TRAINING	M 35-39			03:09:26.35	03:09:26.35		0:00	1.6 (25.8%)
DNC	GLADCHENKO Yuliya	1005	WATAHA	K 30-34			03:11:00.40	03:11:00.40		38:12	1.6 (25.8%)
DNC	GÓRZYŃSKI Konrad	808	BESTIE OCR LEGIONOWO	M 13-17			03:11:43.10	03:11:43.10		38:20	1.6 (25.8%)
DNC	ŚWIĄDER Julia	1101	BEFIT24TEAM	K 13-17			03:11:48.10	03:11:48.10		38:21	1.6 (25.8%)
DNC	KAPICA Wojciech	408	POWER TRAINING	M 30-34			03:15:01.30	03:15:01.30		39:00	1.5 (24.2%)
DNC	KOŁCZYN Magdalena	104	BEFIT24TEAM	K Elite			03:15:38.10	03:15:38.10		39:07	1.5 (24.2%)
DNC	GAŚSIOROWSKI Dariusz	4009	RAJSPOORT ACTIVE	M 30-34			03:15:52.75	03:15:52.75		39:10	1.5 (24.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
DNC	KACPERSKI Jacek	503	PARK OCR	M	35-39		03:18:06.55	03:18:06.55		39:37	1.5 (24.2%)
DNC	GÓRZYŃSKI Janusz	608	BESTIE OCR LEGIONOWO	M	40-44		03:21:43.40	03:21:43.40		40:20	1.5 (24.2%)
DNC	MURAWSKI Paweł	403	KONIUCHY OCR	M	30-34		03:23:01.25	03:23:01.25		40:36	1.5 (24.2%)
DNC	KURTA Rafał	207	KONIUCHY OCR	M	18-24		03:26:27.60	03:26:27.60		41:17	1.5 (24.2%)
DNC	KOMOROWSKA Aleksandra	906	NASC TEAM	K	25-29		03:31:34.15	03:31:34.15		42:18	1.4 (22.6%)
DNC	JASTRZĘBSKI Sławomir	609	BESTIE OCR LEGIONOWO	M	40-44		03:31:59.25	03:31:59.25		42:23	1.4 (22.6%)
DNC	BIELEC Kinga	1007	BEFIT24TEAM	K	35-39		03:33:15.75	03:33:15.75		42:39	1.4 (22.6%)
DNC	LORYCH Krystian	611		M	40-44		03:36:23.05	03:36:23.05		43:16	1.4 (22.6%)
DNC	WESELAK Lucjan	4004	OCR TEAM DĘBICA	M	50+		03:40:25.00	03:40:25.00		44:05	1.4 (22.6%)
DNC	JASIŃSKA Alicja	1103	GORĄCY POTOK TEAM	K	13-17		03:46:12.30	03:46:12.30		0:00	1.3 (21.0%)
DNC	ABRAMOWICZ Michał	407	BIEGUN OCR	M	30-34		03:56:17.70	03:56:17.70		47:15	1.3 (21.0%)
DNC	MISSALA Michał	607	POWER TRAINING	M	40-44		03:57:55.35	03:57:55.35		0:00	1.3 (21.0%)
DNC	BONISŁAWSKI Tomasz	208	BESTIE OCR LEGIONOWO	M	18-24		04:11:57.45	04:11:57.45		50:23	1.2 (19.4%)
DNC	FRYDRYCH Maciek	610		M	40-44		04:20:50.35	04:20:50.35		0:00	1.2 (19.4%)
DNC	ZALEJASZ Sylwester	513	HELL SQUAD	M	35-39		04:27:29.20	04:27:29.20		0:00	1.1 (17.7%)
	KRASOŃ Jakub	204	EX TEAM	M	18-24		DNF	DNF		-	- (0.0%)
	TARKA Andrzej	14		M	Elite		DNF	DNF		-	- (0.0%)
	SOLAKIEWICZ Anna	103	BEFIT24TEAM	K	Elite		DNF	DNF		-	- (0.0%)
	WINKLER Mateusz	4006	VIKINGSRUN	M	25-29		DNF	DNF		-	- (0.0%)
	KALWAS Mateusz	809	NEXTREME	M	13-17		DNF	DNF		-	- (0.0%)
	MISSALA Andrzej	806	POWER TRAINING	M	13-17		DNF	DNF		-	- (0.0%)
	GRESZTA Waldemar	701	DZIADY OCR	M	45-49		DNF	DNF		-	- (0.0%)

Znaleziono 271 wynik(ów)