

MPOCR 2020 - 3 KM

B4SPORT

Event: Mistrzostwa Polski OCR 2020
Organiser: OCR Polska
Date: 2020-09-05
Place: Rybnik
Distance: 3 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M 40-44

Place	Participant	Number	Club	Category	MCat	Start time	Penalty/ bonus	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
1	BUDZISZ Krzysztof	96	SOCIOS SILESIA	M 40-44	1	01:35:09		00:29:04.80	02:04:13.95		9:41	6.2 (100%)
2	CHOMICZ Krzysztof	130		M 40-44	2	01:35:09		00:29:25.95	02:04:35.10	+00:00:21 (1.2%)	9:48	6.1 (98.4%)
3	WAŁDOWSKI Dominik	217	XRUNNERS	M 40-44	3	01:35:09		00:29:49.00	02:04:58.45	+00:00:44 (2.5%)	9:56	6 (96.8%)
4	WIERZBICKI Daniel	254	BEFIT24TEAM	M 40-44	4	01:42:48		00:32:28.80	02:15:17.45	+00:03:24 (10.5%)	10:49	5.5 (88.7%)
5	LORYCH Krystian	252	BIEGUN OCR TEAM	M 40-44	5	01:42:48		00:33:33.25	02:16:21.60	+00:04:28 (13.3%)	11:11	5.4 (87.1%)
6	FRYDRYCH Maciek	224	WATAHA	M 40-44	6	01:44:41		00:34:59.75	02:19:41.05	+00:05:54 (16.9%)	11:40	5.1 (82.3%)
7	JAKUBCZAK Marcin	173	BEST BEASTS	M 40-44	7	01:35:09		00:35:13.55	02:10:23.00	+00:06:08 (17.4%)	11:44	5.1 (82.3%)
8	CHMIELEWSKI Mariusz	66	OUTDOOR TRAINING	M 40-44	8	01:38:47		00:36:40.05	02:15:27.75	+00:07:35 (20.7%)	12:13	4.9 (79.0%)
9	GRZEGORZYCA Damian	31	SOCIOS SILESIA	M 40-44	9	01:37:18		00:38:01.50	02:15:19.95	+00:08:56 (23.5%)	12:40	4.7 (75.8%)
10	SKRZECZYŃSKI Sławomir	243	HEJ, JAK TA SARNA!	M 40-44	10	01:42:48		00:39:05.70	02:21:54.35	+00:10:00 (25.6%)	13:02	4.6 (74.2%)
11	KULON Grzegorz	125	BEFIT24TEAM	M 40-44	11	01:38:47		00:40:34.40	02:19:21.80	+00:11:29 (28.3%)	13:31	4.4 (71.0%)
12	MISSALA Michał	18	POWER TRAINING	M 40-44	12	01:37:18		00:41:08.15	02:18:26.30	+00:12:03 (29.3%)	13:42	4.4 (71.0%)
13	WIŚNIEWSKI Norbert	278		M 40-44	13	01:42:48		00:42:07.35	02:24:56.30	+00:13:02 (31.0%)	14:02	4.3 (69.4%)
14	NIKIEL Dariusz	62	DIRTY SPARROWS	M 40-44	14	01:35:09		00:43:15.20	02:18:24.45	+00:14:10 (32.8%)	14:25	4.2 (67.7%)
15	DUDA Grzegorz	167	BEST BEASTS	M 40-44	15	01:41:25		00:43:30.15	02:24:55.20	+00:14:25 (33.2%)	14:30	4.1 (66.1%)
16	ŚWIĄDER Andrzej	134	BEFIT24 TEAM	M 40-44	16	01:40:13		00:44:16.15	02:24:29.35	+00:15:11 (34.3%)	14:45	4.1 (66.1%)
17	WĘGLARZ Waldemar	236	EXTREME CLUB	M 40-44	17	01:44:41		00:44:23.65	02:29:05.25	+00:15:18 (34.5%)	14:48	4.1 (66.1%)
18	WERYK Mateusz	144	BIEGUN OCR TEAM	M 40-44	18	01:40:12		00:44:37.90	02:24:50.65	+00:15:33 (34.8%)	14:52	4 (64.5%)
19	ZIARKOWSKI Mirosław	188	FIT&MORE RYBNIK	Rybniczanie	6	01:41:25		00:44:51.45	02:26:16.45	+00:15:46 (35.2%)	14:57	4 (64.5%)
20	MISSALA Mateusz	119	POWER TRAINING	M 40-44	19	01:38:47		00:45:11.80	02:23:59.30	+00:16:07 (35.7%)	15:04	4 (64.5%)
21	MAKUSZEWSKI Marcin	143	BEFIT24TEAM	M 40-44	20	01:40:12		00:46:30.00	02:26:42.70	+00:17:25 (37.5%)	15:30	3.9 (62.9%)
22	PŁAŻAŁSKI Przemysław	127	LIFE4FIT	M 40-44	21	01:40:13		00:49:46.50	02:29:59.90	+00:20:41 (41.6%)	16:35	3.6 (58.1%)
23	JESKA Tomasz	50	DIRTY SPARROWS	M 40-44	22	01:37:17		00:50:45.30	02:28:02.30	+00:21:40 (42.7%)	16:55	3.5 (56.5%)
24	MIKOŁAJEK Robert	67		M 40-44	23	01:38:48		00:50:52.15	02:29:40.20	+00:21:47 (42.8%)	16:57	3.5 (56.5%)
25	HAJEWSKI Michał	12		M 40-44	24	01:37:18		00:51:21.25	02:28:39.70	+00:22:16 (43.4%)	17:07	3.5 (56.5%)
26	SZLAGA Rafał	257		M 40-44	25	01:44:41		00:52:26.00	02:37:07.40	+00:23:21 (44.5%)	17:28	3.4 (54.8%)
27	MACIOŁEK Arkadiusz	2	CROSSFIT TEAM SUSZ	M 40-44	26	01:33:16		00:52:34.60	02:25:50.80	+00:23:29 (44.7%)	17:31	3.4 (54.8%)
28	STĘPIEŃ Łukasz	191	TOTAL FREAK	M 40-44	27	01:41:25		00:53:42.65	02:35:08.20	+00:24:37 (45.9%)	17:54	3.4 (54.8%)
29	KACPERSKI Radosław	160		M 40-44	28	01:40:13		01:02:46.05	02:42:59.65	+00:33:41 (53.7%)	20:55	2.9 (46.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Penalty/ bonus	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
DNC	OPOLONY Ireneusz	185	SOCIOS SILESIA	M 40-44		01:41:25		00:32:42.65	02:14:07.85		0:00	5.5 (88.7%)
DNC	ZASADOWSKI Bartek	219	BIEGOWE NYGUSY	M 40-44		01:41:25		00:41:26.20	02:22:51.55		0:00	4.3 (69.4%)
DNC	MALEŃCZYK Sylwester	275		M 40-44		01:42:48		00:44:38.90	02:27:27.70		0:00	4 (64.5%)
DNC	WEJKNIS Krzysztof	71		M 40-44		01:38:47		00:49:24.55	02:28:12.25		0:00	3.6 (58.1%)
DNC	WOŁCZYK Mariusz	1	RMF4RT GLADIATORS	M 40-44		01:37:18	00:10:00	00:56:02.00	02:33:20.00		0:00	3.9 (62.9%)

Total 34 results.