

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: OPEN

Place	Participant	Number	Club	Category	MCat	Start time	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
1	PAWELCZYK Józef	60	RYBNICKA GRUPA BIEGOWA-PĘDZIMY RAZEM/PWR-TEAM	Rybniczanie	5	02:03:45	00:41:55.80	02:45:40.90		13:58	4.3 (100%)
2	ZAJKO Rafał	99	STG LUBLIN	OPEN	1	02:03:44	00:44:17.40	02:48:02.05	+00:02:21 (5.3%)	14:46	4.1 (95.3%)
3	KIERZYK Krzysztof	269		OPEN	2	02:10:57	00:46:37.10	02:57:34.95	+00:04:41 (10.1%)	15:32	3.9 (90.7%)
4	WOJŚLAW Piotr	277		OPEN	3	02:10:58	00:46:37.80	02:57:35.95	+00:04:42 (10.1%)	15:32	3.9 (90.7%)
5	DĄBROWSKI Krzysztof	180	SOCIOS SILESIA	OPEN	4	02:10:58	00:48:13.40	02:59:11.40	+00:06:17 (13.1%)	16:04	3.7 (86.0%)
6	DOMAN Łukasz	56	SOCIOS SILESIA	OPEN	5	02:10:58	00:52:20.00	03:03:18.80	+00:10:24 (19.9%)	17:26	3.4 (79.1%)
7	STOLARSKI Kamil	9		Rybniczanie	7	02:03:46	00:52:33.25	02:56:19.25	+00:10:37 (20.2%)	17:31	3.4 (79.1%)
8	WÓJCIK Jarek	271		OPEN	6	02:10:58	00:54:10.00	03:05:08.90	+00:12:14 (22.6%)	18:03	3.3 (76.7%)
9	KĘDZIERSKI Krzysztof	182		Rybniczanie	8	02:10:58	01:05:42.80	03:16:41.75	+00:23:47 (36.2%)	21:54	2.7 (62.8%)
10	PIGUŁA Daria	33	CARBON SILESIA SPORT	OPEN	7	02:03:44	01:06:17.15	03:10:02.10	+00:24:21 (36.7%)	22:06	2.7 (62.8%)
11	LIPIECKI Jacek	145	PRZESZKODOWO.PL	OPEN	8	02:10:59	01:07:28.85	03:18:28.35	+00:25:33 (37.9%)	22:29	2.7 (62.8%)
12	PIGUŁA Rafał	118	CARBON SILESIA SPORT	OPEN	9	02:03:46	01:09:55.90	03:13:42.20	+00:28:00 (40.0%)	23:18	2.6 (60.5%)
13	BRZECZKOWSKI Paweł	28	POWER TRAINING	OPEN	10	02:03:45	01:09:58.80	03:13:44.10	+00:28:03 (40.1%)	23:19	2.6 (60.5%)
14	PODBIELSKA Gosia	34		OPEN	11	02:03:45	01:10:11.25	03:13:57.00	+00:28:15 (40.3%)	23:24	2.6 (60.5%)
15	DYLUS Artur	151	KUŹNIA DAMIANA	OPEN	12	02:11:00	01:12:12.90	03:23:13.20	+00:30:17 (41.9%)	24:04	2.5 (58.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
16	MAGNUSZEWSKA Izabela	165	CARBON SILESIA SPORT	OPEN	13	02:10:57	01:14:52.90	03:25:50.80	+00:32:57 (44.0%)	24:57	2.4 (55.8%)
17	KUJAWA Małgorzata	233		OPEN	14	02:10:58	01:19:50.95	03:30:49.70	+00:37:55 (47.5%)	26:37	2.3 (53.5%)
18	WIŚNIEWSKI Kacper	249		OPEN	15	02:10:57	01:20:03.00	03:31:00.85	+00:38:07 (47.6%)	26:41	2.2 (51.2%)
19	WIŚNIEWSKA Monika	250		OPEN	16	02:10:57	01:20:11.45	03:31:09.35	+00:38:15 (47.7%)	26:44	2.2 (51.2%)
20	JAŹDŻEWSKA Elżbieta	170	BEST BEASTS	OPEN	17	02:11:00	01:20:14.35	03:31:14.35	+00:38:18 (47.7%)	26:44	2.2 (51.2%)
21	MAJCHER Anna	179	KUŹNIA DAMIANA	OPEN	18	02:10:59	01:21:06.35	03:32:05.55	+00:39:10 (48.3%)	27:02	2.2 (51.2%)
22	SKWAREK Tomasz	245	CARBON SILESIA SPORT	OPEN	19	02:10:57	01:21:16.05	03:32:13.80	+00:39:20 (48.4%)	27:05	2.2 (51.2%)
23	KOZICKI Jacek	260		OPEN	20	02:10:59	01:22:04.25	03:33:03.70	+00:40:08 (48.9%)	27:21	2.2 (51.2%)
24	WRZOSEK Patryk	139	CARBON SILESIA SPORT	OPEN	21	02:03:46	01:28:28.05	03:32:14.05	+00:46:32 (52.6%)	29:29	2 (46.5%)
25	WRZOSEK Karolina	140	CARBON SILESIA SPORT	OPEN	22	02:03:45	01:28:28.30	03:32:13.90	+00:46:32 (52.6%)	29:29	2 (46.5%)
26	SKWAREK Magdalena	26	CARBON SILESIA SPORT	OPEN	23	02:03:45	01:28:28.85	03:32:13.95	+00:46:33 (52.6%)	29:29	2 (46.5%)
27	KUREK Gosia	45	CARBON SILESIA SPORT	OPEN	24	02:03:44	01:28:29.10	03:32:13.90	+00:46:33 (52.6%)	29:29	2 (46.5%)
28	BYCZEK Izabela	25	CARBON SILESIA SPORT	OPEN	25	02:03:45	01:28:29.20	03:32:14.25	+00:46:33 (52.6%)	29:29	2 (46.5%)
DNC	KUDIO Daria	302		Rybniczanka		02:10:58	00:55:49.10	03:06:47.75		0:00	3.2 (74.4%)
DNC	ZASADOWSKA Justyna	235	BIEGOWE NYGUSY	OPEN		02:10:58	01:00:00.35	03:10:58.90		0:00	3 (69.8%)

Total 30 results.