

# MPOCR 2021 - 3 KM

B4SPORT

**Wydarzenie:** Mistrzostwa Polski OCR 2021  
**Organizator:** OCR Polska  
**Data:** 2021-09-11  
**Miejsce:** Kutno  
**Dystans:** 3 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	<b>SZCZECHLA Grzegorz</b>	<b>160</b>	CARBON SILESIA SPORT	M Elite	1	Carbon Silesia Sport	<b>00:15:30.45</b>		5:08	11.7
2	<b>OŚLIZŁO Tomasz</b>	<b>131</b>	SOCIOS SILESIA	M Elite	2	SOCIOS SILESIA	<b>00:15:30.50</b>	+00:00:00	5:08	11.7
3	<b>WOJTYSZYN Wojciech</b>	<b>189</b>	EX TEAM	M Elite	3	Ex Team	<b>00:16:04.75</b>	+00:00:34	5:20	11.2
4	<b>KRÓL Piotr</b>	<b>84</b>	SOCIOS SILESIA	M Elite	4	SOCIOS SILESIA	<b>00:16:35.75</b>	+00:01:05	5:30	10.9
5	<b>JACIÓW Paweł</b>	<b>53</b>	WATAHA	M Elite	5	WATAHA	<b>00:16:50.70</b>	+00:01:20	5:35	10.7
6	<b>SERAFIŃSKI Maciej</b>	<b>150</b>	RAJSPOK ACTIVE	M Elite	6	RAJSPOK ACTIVE	<b>00:16:52.80</b>	+00:01:22	5:36	10.7
7	<b>RYNKIEWICZ Mateusz</b>	<b>144</b>	RUNMAGEDDON	M Elite	7	RUNMAGEDDON	<b>00:16:58.95</b>	+00:01:28	5:38	10.6
8	<b>BUDZISZ Krzysztof</b>	<b>13</b>	SOCIOS SILESIA	M 40-44	1	SOCIOS SILESIA	<b>00:17:20.90</b>	+00:01:50	5:45	10.4
9	<b>TRAPKOWSKI Przemysław</b>	<b>177</b>	XRUNNERS	M 35-39	1	xRunners	<b>00:17:22.65</b>	+00:01:52	5:46	10.4
10	<b>SZYMAŃSKI Paweł</b>	<b>168</b>	SOCIOS SILESIA	M 25-29	1	SOCIOS SILESIA	<b>00:17:32.80</b>	+00:02:02	5:49	10.3
11	<b>KALWAS Mateusz</b>	<b>72</b>	RAJSPOK ACTIVE	M 13-17	1	RAJSPOK ACTIVE	<b>00:17:40.15</b>	+00:02:09	5:52	10.2
12	<b>STAMATEL Sebastian</b>	<b>156</b>		M 25-29	2		<b>00:17:46.05</b>	+00:02:15	5:54	10.2
13	<b>KĄKOL Kacper</b>	<b>75</b>	BIEGUN OCR TEAM	M Elite	8	Biegun OCR Team	<b>00:17:46.55</b>	+00:02:16	5:54	10.2
14	<b>WÓJCIK Adam</b>	<b>193</b>	EX TEAM	M 18-24	1	Ex Team	<b>00:17:50.30</b>	+00:02:19	5:55	10.1
15	<b>LISOWSKI Grzegorz</b>	<b>94</b>	SOCIOS SILESIA	M 35-39	2	SOCIOS SILESIA	<b>00:17:54.10</b>	+00:02:23	5:56	10.1
16	<b>MARKOWSKI Fabian</b>	<b>105</b>	RAJSPOK ACTIVE	M Elite	9	RAJSPOK ACTIVE	<b>00:17:54.75</b>	+00:02:24	5:56	10.1
17	<b>KALININ Jarosław</b>	<b>68</b>	RAJSPOK ACTIVE	M Elite	10	RAJSPOK ACTIVE	<b>00:17:59.50</b>	+00:02:29	5:58	10
18	<b>SAŁATA Marcin</b>	<b>147</b>	RUNMAGEDDON	M Elite	11	RUNMAGEDDON	<b>00:18:00.35</b>	+00:02:29	5:58	10
19	<b>SZULWACH Cezary</b>	<b>167</b>	BIEGUN OCR TEAM	M Elite	12	Biegun OCR Team	<b>00:18:00.45</b>	+00:02:30	5:58	10
20	<b>LORYCH Krystian</b>	<b>96</b>	BIEGUN OCR TEAM	M 40-44	2	Biegun OCR Team	<b>00:18:02.35</b>	+00:02:31	5:59	10
21	<b>WŁODARCZYK Dawid</b>	<b>187</b>		M 30-34	1		<b>00:18:03.55</b>	+00:02:33	5:59	10
22	<b>SIKORA Adam</b>	<b>301</b>	MAD RUNNERS	M Elite	13		<b>00:18:20.35</b>	+00:02:49	6:05	9.9
23	<b>DĄBROWSKI Radosław</b>	<b>22</b>	OCR TEAM DĘBICA	M 18-24	2		<b>00:18:24.05</b>	+00:02:53	6:06	9.8
24	<b>BARANAUSKAS Dariusz</b>	<b>5</b>	OCR BALTIC WARRIORS	M International	1	OCR Baltic warriors	<b>00:18:27.15</b>	+00:02:56	6:07	9.8
25	<b>KIĘPISTY Patryk</b>	<b>76</b>	RAJSPOK ACTIVE	M 30-34	2	RAJSPOK ACTIVE	<b>00:18:37.75</b>	+00:03:07	6:11	9.7
26	<b>PODGORSKI Marek</b>	<b>138</b>	RUNMAGEDDON	M 40-44	3	RUNMAGEDDON	<b>00:18:38.50</b>	+00:03:08	6:11	9.7
27	<b>KMIEĆ Adam</b>	<b>78</b>	CARBON SILESIA SPORT	M 35-39	3	Carbon Silesia Sport	<b>00:18:42.35</b>	+00:03:11	6:12	9.7
28	<b>WIERZBICKI Daniel</b>	<b>184</b>		M 40-44	4	BeFit24Team	<b>00:18:45.40</b>	+00:03:14	6:13	9.6
29	<b>MIKULEWICZ Przemysław</b>	<b>109</b>	MOVE. TEAM	M 30-34	3		<b>00:18:46.85</b>	+00:03:16	6:14	9.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
30	<b>OLICHOWSKI Mateusz</b>	<b>129</b>	WOLFTEAM	M Elite	14		<b>00:18:48.60</b>	+00:03:18	6:14	9.6
31	<b>KOZUBEK Sebastian</b>	<b>82</b>	RAJSPOORT ACTIVE	M 30-34	4	RAJSPOORT ACTIVE	<b>00:18:49.45</b>	+00:03:19	6:15	9.6
32	<b>SIKORA Adam</b>	<b>152</b>	MAD RUNNERS	M 25-29	3	Mad Runners	<b>00:18:51.40</b>	+00:03:20	6:15	9.6
33	<b>DASZKIEWICZ Małgorzata</b>	<b>21</b>	POWER TRAINING	K Elite	1	Power Training	<b>00:18:53.80</b>	+00:03:23	6:16	9.6
34	<b>PISKAŁA Daniel</b>	<b>135</b>	POWER TRAINING	M 40-44	5	Power Training	<b>00:18:54.15</b>	+00:03:23	6:16	9.6
35	<b>MĘDYGRAŁ Krystian</b>	<b>107</b>	WATAHA	M 25-29	4	WATAHA	<b>00:19:09.00</b>	+00:03:38	6:21	9.4
36	<b>ŁOSIN Marta</b>	<b>97</b>	BIEGUN OCR TEAM	K Elite	2	Biegun OCR Team	<b>00:19:09.75</b>	+00:03:39	6:21	9.4
37	<b>JAGODZIŃSKI Karol</b>	<b>54</b>	POWER TRAINING	M Elite	15	Power Training	<b>00:19:11.60</b>	+00:03:41	6:22	9.4
38	<b>GŁYK Łukasz</b>	<b>42</b>	CARBON SILESIA SPORT	M 25-29	5	Carbon Silesia Sport	<b>00:19:13.00</b>	+00:03:42	6:23	9.4
39	<b>FORMELA Piotr</b>	<b>31</b>	BIEGUN OCR TEAM	M 35-39	4	Biegun OCR Team	<b>00:19:14.90</b>	+00:03:44	6:23	9.4
40	<b>ORANKIEWICZ Krzysztof</b>	<b>130</b>	JUNGLE NEXTREME	M 25-29	6		<b>00:19:21.75</b>	+00:03:51	6:25	9.3
41	<b>SITKO Marcin</b>	<b>154</b>	CARBON SILESIA SPORT	M 25-29	7	Carbon Silesia Sport	<b>00:19:22.55</b>	+00:03:52	6:26	9.3
42	<b>GAWLAK Damian</b>	<b>39</b>	OBSTACLE CENTER TEAM	M 25-29	8	Obstacle Center Team	<b>00:19:23.10</b>	+00:03:52	6:26	9.3
43	<b>MŁOŚ Tomasz</b>	<b>111</b>	BIEGUN OCR TEAM	M 35-39	5		<b>00:19:30.00</b>	+00:03:59	6:28	9.3
44	<b>PUSTOŁA Maksymilian</b>	<b>141</b>	OBSTACLE CENTER TEAM	M 13-17	2	Obstacle Center Team	<b>00:19:31.75</b>	+00:04:01	6:29	9.3
45	<b>KOŁAKOWSKI Krzysztof</b>	<b>80</b>	RUNMAGEDDON	M 30-34	5	RUNAMGEDDON	<b>00:19:42.65</b>	+00:04:12	6:32	9.2
46	<b>SZKURŁAT Tomasz</b>	<b>162</b>		M 35-39	6	Power Training	<b>00:19:42.95</b>	+00:04:12	6:32	9.2
47	<b>ZALEJASZ Sylwester</b>	<b>198</b>	XRUNNERS	M 35-39	7	xRunners	<b>00:19:44.00</b>	+00:04:13	6:33	9.2
48	<b>SZULWACH Maciek</b>	<b>165</b>	BIEGUN OCR TEAM	M 45-49	1	Biegun OCR Team	<b>00:19:44.10</b>	+00:04:13	6:33	9.2
49	<b>PASOŃ Tomasz</b>	<b>132</b>	EX TEAM	M 35-39	8	Ex Team	<b>00:19:49.35</b>	+00:04:18	6:35	9.1
50	<b>GOLEC Rafał</b>	<b>44</b>	IWONEX DRUKARNIA	M 30-34	6		<b>00:19:54.20</b>	+00:04:23	6:36	9.1
51	<b>CHŁAD Aleksander</b>	<b>15</b>	EX TEAM	M 35-39	9	Ex Team	<b>00:20:05.25</b>	+00:04:34	6:40	9
52	<b>BRZEZIŃSKI Bartosz</b>	<b>12</b>	RUNMAGEDDON	M International	2		<b>00:20:09.05</b>	+00:04:38	6:41	9
53	<b>MÓRAWSKI Mieszko</b>	<b>122</b>	POWER TRAINING	M Elite	16	Power Training	<b>00:20:11.25</b>	+00:04:40	6:42	8.9
54	<b>MAŁYSIAK Jarosław</b>	<b>103</b>	DRAGON RUNNERS	M 35-39	10	Dragon Runners	<b>00:20:18.35</b>	+00:04:47	6:44	8.9
55	<b>STOKOWSKI Dariusz</b>	<b>158</b>	RUNMAGEDDON	M 30-34	7	RUNMAGEDDON	<b>00:20:23.30</b>	+00:04:52	6:46	8.9
56	<b>WIENDŁOCHA Paweł</b>	<b>183</b>	SOCIOS SILESIA	M 40-44	6	SOCIOS SILESIA	<b>00:20:23.60</b>	+00:04:53	6:46	8.9
57	<b>JÓZEFIAK Łukasz</b>	<b>64</b>	BIEGUNOCR TEAM	M 40-44	7	Biegun OCR Team	<b>00:20:24.90</b>	+00:04:54	6:46	8.9
58	<b>WYSŁUCH Iza</b>	<b>194</b>		K Elite	3		<b>00:20:25.85</b>	+00:04:55	6:46	8.8
59	<b>MILCZAREK Dawid</b>	<b>238</b>	POZYTYWNIIE ZABIEGANI KLESZCZÓW	M Open	1		<b>00:20:28.75</b>	+00:04:58	6:49	8.8
60	<b>MALCZEWSKI Daniel</b>	<b>100</b>	RAJSPOORT ACTIVE	M 13-17	3		<b>00:20:31.15</b>	+00:05:00	6:48	8.8
61	<b>KOLCZYN Magdalena</b>	<b>303</b>	BEFIT24TEAM	K Elite	4		<b>00:20:34.00</b>	+00:05:03	6:49	8.8
62	<b>WAŁDOWSKI Dominik</b>	<b>180</b>	XRUNNERS	M 40-44	8	xRunners	<b>00:20:37.05</b>	+00:05:06	6:50	8.8
63	<b>WOŁCZEK Paulina</b>	<b>190</b>	EX TEAM	K Elite	5	Ex Team	<b>00:20:37.45</b>	+00:05:07	6:50	8.8
64	<b>KALINOWSKI Krystian</b>	<b>70</b>		M Elite	17		<b>00:20:37.85</b>	+00:05:07	6:50	8.8
65	<b>BAŁDYGA Miłosz</b>	<b>298</b>		M Open	2		<b>00:20:38.50</b>	+00:05:08	6:51	8.8
66	<b>CHMIELORZ Józef</b>	<b>16</b>	CARBON SILESIA SPORT	M 35-39	11	Carbon Silesia Sport	<b>00:20:38.90</b>	+00:05:08	6:51	8.8
67	<b>KURTA Rafał</b>	<b>90</b>	XRUNNERS	M 18-24	3	xRunners	<b>00:20:57.70</b>	+00:05:27	6:57	8.6
68	<b>HANYK Lukáš</b>	<b>50</b>	CHALLENGER	M International	3		<b>00:21:02.00</b>	+00:05:31	6:59	8.6
69	<b>JASTRZĘBSKI Sławomir</b>	<b>61</b>	BESTIE OCR LEGIONOWO	M 40-44	9	Bestie OCR Legionowo	<b>00:21:07.85</b>	+00:05:37	7:00	8.6
70	<b>ŚWIERSZCZ Paweł</b>	<b>172</b>		M 30-34	8		<b>00:21:12.60</b>	+00:05:42	7:02	8.5
71	<b>CZACHURSKI Mateusz</b>	<b>19</b>	EX TEAM	M 30-34	9	Ex Team	<b>00:21:12.80</b>	+00:05:42	7:02	8.5
72	<b>JUSZKIEWICZ Dominik</b>	<b>65</b>	RAJSPOORT ACTIVE	M 35-39	12	RAJSPOORT ACTIVE	<b>00:21:13.25</b>	+00:05:42	7:02	8.5
72	<b>MULCZYŃSKI Piotr</b>	<b>240</b>		M Open	3		<b>00:21:13.25</b>	+00:05:42	7:02	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
74	WIECZOREK Mateusz	182	XRUNNERS	M 25-29	9	xRunners	00:21:20.70	+00:05:50	7:05	8.5
75	KURACH Stanisław	89	DZIADY OCR	M 50+	1	Dziady OCR	00:21:21.25	+00:05:50	7:05	8.5
76	STUDNIARZ Michał	159		M 30-34	10	SOCIOS SILESIA	00:21:25.20	+00:05:54	7:06	8.4
77	SZCZEPANIK Michał	161	OBSTACLE CENTER TEAM	M 25-29	10	Obstacle Center Team	00:21:27.85	+00:05:57	7:07	8.4
78	POVOLNÝ Lukáš	140	GLADIATOR RACE TEAM	M International	4		00:21:27.95	+00:05:57	7:07	8.4
79	PERKOWSKI Paweł	133	POWER TRAINING	M 35-39	13	Power Training	00:21:30.85	+00:06:00	7:08	8.4
80	MIZGALSKI Jacek	116	DZIADY OCR	M 45-49	2	Dziady OCR	00:21:32.65	+00:06:02	7:09	8.4
81	GABRYŚ Piotr	33	SPARTAN TEAM	M 13-17	4		00:21:34.25	+00:06:03	7:09	8.4
82	KRYSTOFIAK Damian	86	UNITED RUNNERS	M Elite	18	United Runners	00:21:38.90	+00:06:08	7:11	8.3
83	KOZUBEK Seweryn	83	RAJSPOORT ACTIVE	M 25-29	11	RAJSPOORT ACTIVE	00:21:45.10	+00:06:14	7:13	8.3
84	GAWIN Krzysiek	38		M 35-39	14	BeFit24Team	00:21:46.50	+00:06:16	7:13	8.3
85	TOMAKA Tomasz	175	RAJSPOORT ACTIVE	M 25-29	12	RAJSPOORT ACTIVE	00:21:51.25	+00:06:20	7:15	8.3
86	MISSALA Mateusz	112	POWER TRAINING	M 40-44	10	Power Training	00:21:51.45	+00:06:21	7:15	8.3
87	CZACH Tobiasz	18	CARPATHIAN RUNNERS	M 30-34	11		00:21:53.10	+00:06:22	7:16	8.3
88	FARKOWSKI Konrad	30	EX TEAM	M 35-39	15	Ex Team	00:21:54.30	+00:06:23	7:16	8.2
89	DOBZYŃSKI Tomasz	25	XRUNNERS	M 40-44	11	xRunners	00:22:03.80	+00:06:33	7:19	8.2
90	SZTYLKA Karol	164	BEST BEASTS	M 18-24	4	Best Beasts	00:22:08.70	+00:06:38	7:21	8.2
91	GAWRYLUK Marcin	40	BIFROST OCR	M 35-39	16		00:22:11.25	+00:06:40	7:22	8.1
92	ZABOROWSKI Łukasz	196	RAJSPOORT ACTIVE	M 35-39	17	RAJSPOORT ACTIVE	00:22:12.05	+00:06:41	7:22	8.1
93	KMIECIAK Jakub	77	DIRTY SPARROWS	M 18-24	5	Dirty Sparrows	00:22:19.00	+00:06:48	7:24	8.1
94	JUSZKIRWICZ Oliwka	66	RAJSPOORTACTIVE	K 13-17	1	RAJSPOORT ACTIVE	00:22:29.20	+00:06:58	7:28	8
95	WITKA Patryk	186	MAD RUNNERS	M Elite	19		00:22:31.80	+00:07:01	7:28	8
96	DŁUGOSZ Łukasz	213	OSPRO OCR	M Open	4	OSPRO OCR	00:22:32.30	+00:07:01	7:30	8
97	MISSALA Magdalena	113	POWER TRAINING	K Elite	6	Power Training	00:22:42.65	+00:07:12	7:32	8
98	CZAPRAN Marek	20	XRUNNERS	M 35-39	18	xRunners	00:22:45.80	+00:07:15	7:33	7.9
99	SERAFIŃSKI Robert	151	RAJSPOORT ACTIVE	M 50+	2	RAJSPOORT ACTIVE	00:22:49.35	+00:07:18	7:34	7.9
99	TESKA Patrycja	173	BIEGUN OCR TEAM	K 13-17	2	Biegun OCR Team	00:22:49.35	+00:07:18	7:34	7.9
101	GOLDA Michał	43	MAD RUNNERS	M 35-39	19	Mad Runners	00:22:50.80	+00:07:20	7:35	7.9
102	ILNICKI Darek	52	DRAGON RUNNERS	M 35-39	20	Dragon Runners	00:22:52.20	+00:07:21	7:35	7.9
103	GAWORSKI Bartłomiej	219	ALBO_GRUBO_ALBO_WCAKE	M Open	5		00:22:56.65	+00:07:26	7:37	7.9
104	KALINOWSKI Szymon	225	VIKINGS RUN TEAM	M Open	6	Vikings Run Team	00:22:59.85	+00:07:29	7:38	7.9
105	WITKA Patryk	315		M Open	7		00:23:01.35	+00:07:30	7:38	7.8
106	SADOWSKI Michał	146	POWER TRAINING	M 35-39	21	Power Training	00:23:10.55	+00:07:40	7:41	7.8
107	KULAGA Peter	87	DRAGON RUNNERS	M 35-39	22	Dragon Runners	00:23:10.65	+00:07:40	7:41	7.8
108	MORAWSKI Grzegorz	121		M 35-39	23		00:23:13.00	+00:07:42	7:42	7.8
109	ZALEJASZ Paulina	199	XRUNNERS	K Elite	7	xRunners	00:23:17.10	+00:07:46	7:44	7.8
110	WOŁOSZYN Tomek	258	SOCIOS SILESIA	M Open	8	SOCIOS SILESIA	00:23:18.00	+00:07:47	7:44	7.8
111	KULON Grzegorz	88	BEFIT24TEAM	M 40-44	12	BeFit24Team	00:23:21.45	+00:07:51	7:45	7.7
112	ZIEMNICKI Tomasz	202	FIT & MORE RYBNIK	M 40-44	13	Fit & More Rybnik	00:23:22.80	+00:07:52	7:45	7.7
113	KALISZYK Grzegorz	71	MAD RUNNERS	M 45-49	3		00:23:23.00	+00:07:52	7:46	7.7
114	BŁĘDZKI Adam	10	DIRTY SPARROWS	M 30-34	12	Dirty Sparrows	00:23:32.30	+00:08:01	7:49	7.7
115	CZARNECKI Piotr	211	TARCHOŚFIRY	M Open	9		00:23:39.80	+00:08:09	7:51	7.6
116	TOMAN Karolina	176		K 25-29	1		00:23:41.60	+00:08:11	7:52	7.6
117	MISSALA Michał	114	POWER TRAINING	M 45-49	4	Power Training	00:23:43.95	+00:08:13	7:52	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
118	<b>PUZDROWSKI Jarek</b>	<b>142</b>	BIEGUN_OCR_TEAM	M 30-34	13	Biegun OCR Team	<b>00:23:48.00</b>	+00:08:17	7:54	7.6
119	<b>SIROCKI Dawid</b>	<b>153</b>	BIEGUN OCR TEAM	M 30-34	14		<b>00:23:54.05</b>	+00:08:23	7:56	7.6
120	<b>SZTAJER Bartek</b>	<b>163</b>	SOCIOS SILESIA	M 35-39	24	SOCIOS SILESIA	<b>00:23:57.15</b>	+00:08:26	7:57	7.5
121	<b>DUDA Grzegorz</b>	<b>27</b>	BEST BEASTS	M 40-44	14	Best Beasts	<b>00:23:59.50</b>	+00:08:29	7:58	7.5
122	<b>FARKOWSKI Konrad</b>	<b>268</b>	EX TEAM	M Open	10		<b>00:24:04.35</b>	+00:08:33	7:59	7.5
123	<b>DUKIEWICZ Dariusz</b>	<b>28</b>		M Elite	20	WOLF TEAM	<b>00:24:06.10</b>	+00:08:35	8:00	7.5
124	<b>PLUCIŃSKI Jakub</b>	<b>136</b>	DRAGON RUNNERS	M 30-34	15	Dragon Runners	<b>00:24:18.00</b>	+00:08:47	8:04	7.4
125	<b>KUCZ Wojciech</b>	<b>230</b>	UNITED RUNNERS	M Open	11	United Runners	<b>00:24:18.75</b>	+00:08:48	8:04	7.4
126	<b>GAŁUSZYŃSKI Paweł</b>	<b>35</b>	ACTIVE FLOW	M 30-34	16		<b>00:24:25.95</b>	+00:08:55	8:06	7.4
127	<b>MOCZKO Sebastian</b>	<b>117</b>		M 40-44	15		<b>00:24:26.50</b>	+00:08:56	8:07	7.4
128	<b>CHARUSTA Martyna</b>	<b>14</b>	BEFIT24TEAM	K 25-29	2	BeFit24Team	<b>00:24:28.15</b>	+00:08:57	8:07	7.4
129	<b>JASIŃSKA Alicja</b>	<b>59</b>	GORĄCY POTOK TEAM	K 18-24	1		<b>00:24:28.55</b>	+00:08:58	8:07	7.4
130	<b>GRZEGORZYCA Damian</b>	<b>48</b>	OCR BANINO	M 45-49	5	OCR BANINO	<b>00:24:30.30</b>	+00:08:59	8:08	7.4
131	<b>MOKSIK Jan</b>	<b>119</b>	FIT & MORE RYBNIK	M 45-49	6	Fit & More Rybnik	<b>00:24:34.75</b>	+00:09:04	8:09	7.4
132	<b>ZIARKOWSKI Mirosław</b>	<b>201</b>	FIT & MORE RYBNIK	M 45-49	7	Fit & More Rybnik	<b>00:24:50.55</b>	+00:09:20	8:15	7.3
133	<b>SOBAŃSKI Maciej</b>	<b>308</b>		M 25-29	13		<b>00:24:51.55</b>	+00:09:21	8:15	7.3
134	<b>ŚWIĄDER Andrzej</b>	<b>170</b>		M 40-44	16	BeFit24Team	<b>00:25:02.95</b>	+00:09:32	8:19	7.2
135	<b>HAJEWSKI Michał</b>	<b>49</b>	DZIADY OCR	M 40-44	17		<b>00:25:06.65</b>	+00:09:36	8:20	7.2
136	<b>KALINOWSKI Arkadiusz</b>	<b>69</b>		M 50+	3		<b>00:25:12.25</b>	+00:09:41	8:22	7.2
137	<b>SZYMAŃSKI Artur</b>	<b>250</b>	CALISTHENICS PŁOCK	M Open	12	Calisthenics Płock	<b>00:25:16.75</b>	+00:09:46	8:23	7.1
138	<b>KWIATKOWSKI Michał</b>	<b>91</b>	BIFROST	M 35-39	25		<b>00:25:22.25</b>	+00:09:51	8:25	7.1
139	<b>DRZEWIECKI Marcin</b>	<b>26</b>	MAD RUNNERS	M 35-39	26	Mad Runners	<b>00:25:25.45</b>	+00:09:55	8:26	7.1
140	<b>DĄBROWSKI Tomasz</b>	<b>23</b>	MOVEMENT ARENA	M 30-34	17	Movement Arena	<b>00:25:26.90</b>	+00:09:56	8:26	7.1
141	<b>BIGOS Daniel</b>	<b>9</b>		M 18-24	6		<b>00:25:28.85</b>	+00:09:58	8:27	7.1
142	<b>BOGOBOWICZ Dominik</b>	<b>207</b>		M Open	13		<b>00:25:29.90</b>	+00:09:59	8:27	7.1
143	<b>BEDNARZ Paweł</b>	<b>205</b>		M Open	14		<b>00:25:46.95</b>	+00:10:16	8:33	7
144	<b>MALCZEWSKI Tomasz</b>	<b>101</b>	RAJSPOK ACTIVE	M 35-39	27	RAJSPOK ACTIVE	<b>00:25:53.45</b>	+00:10:23	8:35	7
145	<b>MACHTYL Zygmunt</b>	<b>98</b>	BEST BEASTS	M 45-49	8		<b>00:25:55.90</b>	+00:10:25	8:36	7
146	<b>PIOTROWSKI Kamil</b>	<b>134</b>	DIRTY SPARROWS	M 25-29	14		<b>00:25:57.20</b>	+00:10:26	8:37	7
147	<b>JESKA Tomasz</b>	<b>62</b>	DIRTY SPARROWS	M 40-44	18		<b>00:26:00.75</b>	+00:10:30	8:38	6.9
148	<b>TUWALSKI Bernard</b>	<b>178</b>	OSPRO OCR	M 50+	4	OSPRO OCR	<b>00:26:09.55</b>	+00:10:39	8:41	6.9
149	<b>JARZYNA Bartłomiej</b>	<b>58</b>	OSPRO OCR	M 45-49	9	OSPRO OCR	<b>00:26:24.20</b>	+00:10:53	8:46	6.8
150	<b>RYKOWSKI Arkadiusz</b>	<b>286</b>	KUTNO BIEGA	M Open	15		<b>00:26:31.15</b>	+00:11:00	8:48	6.8
151	<b>RYNKIEWICZ Agnieszka</b>	<b>145</b>	GORĄCY POTOK TEAM	K Elite	8	Gorący Potok Team	<b>00:26:32.35</b>	+00:11:01	8:48	6.8
152	<b>MEŃKO Michał</b>	<b>304</b>	BIEGUN OCR TEAM	M 18-24	7	Biegun OCR Team	<b>00:26:37.80</b>	+00:11:07	8:50	6.8
153	<b>OLAS Piotr</b>	<b>128</b>	HUSARIA RACE TEAM	M 25-29	15		<b>00:26:38.70</b>	+00:11:08	8:50	6.8
154	<b>GAŃKO Karolina</b>	<b>36</b>	OBSTACLE CENTER TEAM	K 25-29	3	Obstacle Center Team	<b>00:26:41.35</b>	+00:11:10	8:51	6.8
155	<b>TKACZYK Michał</b>	<b>174</b>	OBSTACLE CENTER TEAM	M 25-29	16	Obstacle Center Team	<b>00:26:42.70</b>	+00:11:12	8:52	6.8
156	<b>NIKIEL Dariusz</b>	<b>125</b>	DIRTY SPARROWS	M 40-44	19	Dirty Sparrows	<b>00:26:43.60</b>	+00:11:13	8:52	6.8
157	<b>BARANOWSKA Katarzyna</b>	<b>6</b>	GORĄCY POTOK TEAM	K Elite	9	Gorący Potok Team	<b>00:26:56.10</b>	+00:11:25	8:56	6.7
158	<b>KOZŁOWSKI Jakub</b>	<b>81</b>		M 25-29	17		<b>00:27:00.85</b>	+00:11:30	8:58	6.7
159	<b>MATYSIAK Przemysław</b>	<b>106</b>		M 13-17	5		<b>00:27:10.55</b>	+00:11:40	9:01	6.6
160	<b>HEŁMECKI Mateusz</b>	<b>51</b>	DRAGON RUNNERS	M 30-34	18		<b>00:27:12.00</b>	+00:11:41	9:02	6.6
161	<b>WIŚNIEWSKI Norbert</b>	<b>185</b>		M 40-44	20		<b>00:27:13.95</b>	+00:11:43	9:02	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto 3km	Różn		
162	<b>LELAS Ewa</b>	<b>92</b>	OSPRO NINJA ACADEMY	K 13-17	3		<b>00:27:19.10</b>	+00:11:48	9:04	6.6
163	<b>BADALÍKOVÁ Lucie</b>	<b>3</b>	CZECHNINJACOMMUNITY	K Elite	10		<b>00:27:19.55</b>	+00:11:49	9:04	6.6
164	<b>ZYGMUNCIAK Jakub</b>	<b>203</b>		M 13-17	6		<b>00:27:28.35</b>	+00:11:57	9:07	6.6
165	<b>JANISZEWSKI Grzegorz</b>	<b>56</b>	DZIADY OCR	M 50+	5		<b>00:27:50.30</b>	+00:12:19	9:14	6.5
166	<b>WIŚNIEWSKI Michał</b>	<b>255</b>	BEST BEAST	M Open	16	Best Beasts	<b>00:28:14.80</b>	+00:12:44	9:22	6.4
167	<b>PORCZYK Zbigniew</b>	<b>139</b>	POWER TRAINING	M 35-39	28	Power Training	<b>00:28:53.60</b>	+00:13:23	9:35	6.3
168	<b>DURKA Michał</b>	<b>215</b>	CALISTHENICS PŁOCK	M Open	17	Calisthenics Płock	<b>00:28:55.25</b>	+00:13:24	9:36	6.2
169	<b>GÓRZYŃSKI Konrad</b>	<b>46</b>	BESTIE OCR LEGIONOWO	M 13-17	7		<b>00:28:59.10</b>	+00:13:28	9:37	6.2
170	<b>LOMNICKÁ Tereza</b>	<b>95</b>	CHALLENGER	K Elite	11		<b>00:29:01.90</b>	+00:13:31	9:38	6.2
171	<b>PIĘTA Łukasz</b>	<b>247</b>	UNITED RUNNERS	M Open	18	United Runners	<b>00:29:11.20</b>	+00:13:40	9:41	6.2
172	<b>SCHMIDT Paweł</b>	<b>149</b>	BEFIT24TEAM	M 45-49	10	BeFit24Team	<b>00:29:12.25</b>	+00:13:41	9:42	6.2
173	<b>JABŁONKA Bartosz</b>	<b>223</b>		M Open	19		<b>00:29:26.25</b>	+00:13:55	9:46	6.1
174	<b>KOWALSKI Mateusz</b>	<b>229</b>	DIRTY SPARROWS	M Open	20		<b>00:29:36.00</b>	+00:14:05	9:50	6.1
175	<b>KRYSTA Sylwia</b>	<b>85</b>	SOCIOS SILESIA	K 30-34	1	SOCIOS SILESIA	<b>00:29:41.45</b>	+00:14:11	9:51	6.1
176	<b>GAŁUSZYŃSKA Katarzyna</b>	<b>34</b>	ACTIVE FLOW	K 35-39	1		<b>00:29:44.75</b>	+00:14:14	9:52	6.1
177	<b>OŚCIK Krzysztof</b>	<b>243</b>	VIKINGS RUN TEAM	M Open	21	Vikings Run Team	<b>00:29:59.90</b>	+00:14:29	9:57	6
178	<b>CIMBUREK Ludvik</b>	<b>17</b>	CZEXXX	M International	5		<b>00:30:16.05</b>	+00:14:45	10:03	6
179	<b>BRACHACZEK Bartosz</b>	<b>11</b>	POWER TRAINING	M 30-34	19	Power Training	<b>00:30:30.85</b>	+00:15:00	10:07	5.9
180	<b>GARNUSZEK Anita</b>	<b>37</b>	POWER TRAINING	K 30-34	2	Power Training	<b>00:30:40.65</b>	+00:15:10	10:11	5.9
181	<b>KOLEGOWICZ Klaudia</b>	<b>79</b>	BEFIT24TEAM	K 30-34	3		<b>00:30:47.55</b>	+00:15:17	10:13	5.9
182	<b>BORYCZKA Roman</b>	<b>208</b>		M Open	22		<b>00:30:56.00</b>	+00:15:25	10:16	5.8
183	<b>CZERWIŃSKI Grzegorz</b>	<b>316</b>		M Open	23		<b>00:31:01.50</b>	+00:15:31	10:18	5.8
184		<b>320</b>					<b>00:31:06.20</b>	+00:15:35	10:19	5.8
185	<b>ZIEMBA Krzysztof</b>	<b>262</b>		M Open	24		<b>00:31:08.75</b>	+00:15:38	10:20	5.8
186	<b>JERMAKOWICZ Bartłomiej</b>	<b>224</b>	POWER TRAINING	M Open	25	Power Training	<b>00:31:24.25</b>	+00:15:53	10:25	5.8
187	<b>WEJKNIS Krzysztof</b>	<b>181</b>		M 40-44	21		<b>00:31:27.95</b>	+00:15:57	10:26	5.7
188	<b>DAMPS Katarzyna</b>	<b>313</b>		K 45-49	1		<b>00:31:40.30</b>	+00:16:09	10:31	5.7
189	<b>ŚWIĄDER Julia</b>	<b>171</b>		K 13-17	4	BeFit24Team	<b>00:31:57.25</b>	+00:16:26	10:36	5.7
190	<b>MIKOŁAJEK Robert</b>	<b>108</b>		M 40-44	22		<b>00:31:59.70</b>	+00:16:29	10:37	5.6
191	<b>MIROWSKI Jacek</b>	<b>239</b>	FABRYKA DZIKA	M Open	26		<b>00:32:01.55</b>	+00:16:31	10:38	5.6
192	<b>MILBRANT Michał</b>	<b>110</b>	CS BŁONIE	M 35-39	29		<b>00:32:11.95</b>	+00:16:41	10:41	5.6
193	<b>LISIECKI Rajmund</b>	<b>93</b>	BIEGOWE NYGUSY	M 40-44	23		<b>00:32:24.85</b>	+00:16:54	10:45	5.6
194	<b>ZASADOWSKI Bartek</b>	<b>200</b>	BIEGOWE NYGUSY	M 45-49	11	biegowe nygusy	<b>00:32:50.35</b>	+00:17:19	10:54	5.5
195	<b>KOWALCZYK Gosia</b>	<b>228</b>	RAJSPORT ACTIVE	K Open	1		<b>00:32:54.05</b>	+00:17:23	10:55	5.5
196	<b>KRĘGIELSKI Bartosz</b>	<b>302</b>		M Open	27		<b>00:32:55.70</b>	+00:17:25	10:56	5.5
197	<b>CHROBOK Michał</b>	<b>210</b>		M Open	28		<b>00:33:11.90</b>	+00:17:41	11:01	5.4
198	<b>GÓRECKI Piotr</b>	<b>221</b>	ACTIVE FLOW	M Open	29		<b>00:33:44.60</b>	+00:18:14	11:12	5.4
199	<b>ZAWADKA Sebastian</b>	<b>261</b>		M Open	30		<b>00:33:45.00</b>	+00:18:14	11:12	5.4
200	<b>PIERZGALSKI Piotr</b>	<b>246</b>	CASTORAMA TEAM	M Open	31		<b>00:33:49.65</b>	+00:18:19	11:14	5.3
201	<b>MARKOWSKA Nikola</b>	<b>104</b>		K 13-17	5		<b>00:34:48.00</b>	+00:19:17	11:33	5.2
202	<b>WOŁCZYK Mariusz</b>	<b>257</b>		M Open	32		<b>00:34:49.35</b>	+00:19:18	11:34	5.2
203	<b>ALAMENCIAK Angelika</b>	<b>1</b>	DYNAMIC STRONG GNIEZNO	K 25-29	4		<b>00:34:55.00</b>	+00:19:24	11:36	5.2
204	<b>KACZMAREK Monika</b>	<b>67</b>	WF TEAM	K Elite	12	WF TEAM	<b>00:35:04.85</b>	+00:19:34	11:39	5.2
205	<b>BUDNY Maksymilian</b>	<b>209</b>	SPARTAN TEAM KALETY	M Open	33		<b>00:35:23.05</b>	+00:19:52	11:47	5.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
206	<b>MARZEC Martyna</b>	<b>237</b>	SPARTAN TEAM	K Open	2		<b>00:35:27.35</b>	+00:19:56	11:49	5.1
207	<b>SZCZEPAŃSKA Anna</b>	<b>289</b>	KUTNO BIEGA	K Open	3	Debiutanci Kutno	<b>00:35:31.25</b>	+00:20:00	11:47	5.1
208	<b>PIELESZ Izabela</b>	<b>245</b>		K Open	4		<b>00:35:32.60</b>	+00:20:02	11:48	5.1
209	<b>NIZIOŁ Patryk</b>	<b>126</b>	BEST BEASTS	M 18-24	8	Best Beasts	<b>00:35:42.40</b>	+00:20:11	11:51	5.1
210	<b>ŚWIĄTEK Aleksandra</b>	<b>251</b>	SPARTAN TEAM KALETY	K Open	5		<b>00:35:52.40</b>	+00:20:21	11:57	5
211	<b>LEŚNICZAK Barbara</b>	<b>233</b>		K Open	6		<b>00:36:06.70</b>	+00:20:36	11:59	5
212	<b>GŁOWACKI Franek</b>	<b>41</b>		M 13-17	8		<b>00:36:24.25</b>	+00:20:53	12:05	5
213	<b>LASKOWSKI Przemysław</b>	<b>232</b>	CALISTHENICS PŁOCK	M Open	34		<b>00:36:49.75</b>	+00:21:19	12:13	4.9
214	<b>NOWAKOWSKI Dominik</b>	<b>242</b>	STOWARZYSZENIE EXSTREMALNI	M Open	35		<b>00:36:55.65</b>	+00:21:25	12:15	4.9
215	<b>KAMIŃSKA Justyna</b>	<b>73</b>	DYNAMIC STRONG GNIEZNO	K 30-34	4		<b>00:37:06.95</b>	+00:21:36	12:19	4.9
216	<b>DYSZKIEWICZ Grzegorz</b>	<b>267</b>	DRAPICHRUSTY	M Open	36		<b>00:37:07.05</b>	+00:21:36	12:19	4.9
217	<b>ŁUKOWCZYK Tymoteusz</b>	<b>278</b>		M Open	37		<b>00:37:08.75</b>	+00:21:38	12:20	4.9
218	<b>RAJNICH Tomasz</b>	<b>143</b>	SPARTAN TEAM	M 13-17	9	Spartan Team Kalety	<b>00:37:13.30</b>	+00:21:42	12:21	4.9
219	<b>WYSOCKA Klaudia</b>	<b>195</b>	CARBON SILESIA SPORT	K 30-34	5	Carbon Silesia Sport	<b>00:37:18.15</b>	+00:21:47	12:23	4.8
220	<b>SMORAWSKI Łukasz</b>	<b>319</b>		M Open	38		<b>00:37:27.25</b>	+00:21:56	12:26	4.8
221	<b>PODOLSKI Bartłomiej</b>	<b>317</b>		M Open	39		<b>00:37:29.55</b>	+00:21:59	12:27	4.8
222	<b>WINKLER Mateusz</b>	<b>253</b>	VIKINGS RUN TEAM	M Open	40	Vikings Run Team	<b>00:37:41.05</b>	+00:22:10	12:31	4.8
223	<b>URBAŃSKA-KULON Katarzyna</b>	<b>179</b>	BEFIT24TEAM	K 40-44	1	BeFit24Team	<b>00:37:48.45</b>	+00:22:18	12:33	4.8
224	<b>KŁOS Cezary</b>	<b>227</b>		M Open	41		<b>00:38:12.20</b>	+00:22:41	12:41	4.7
225	<b>MOJAK Joanna</b>	<b>118</b>	EX TEAM	K 30-34	6	Ex Team	<b>00:38:14.35</b>	+00:22:43	12:42	4.7
226	<b>OGIŃSKI Szymon</b>	<b>127</b>		M 35-39	30		<b>00:38:30.50</b>	+00:23:00	12:47	4.7
227	<b>SKOCZYLAS Łukasz</b>	<b>249</b>		M Open	42		<b>00:38:34.15</b>	+00:23:03	12:48	4.7
228	<b>WIŚNIEWSKI Szymon</b>	<b>307</b>		M Open	43		<b>00:39:33.50</b>	+00:24:03	13:08	4.6
229	<b>MUSIK Patrycja</b>	<b>241</b>	SPARTAN TEAM	K Open	7		<b>00:39:36.25</b>	+00:24:05	13:09	4.6
230	<b>BIELAK Adrianna</b>	<b>206</b>		K Open	8	Vikings Run Team	<b>00:39:38.00</b>	+00:24:07	13:10	4.6
231	<b>ŚWIERC Damian</b>	<b>252</b>	SPARTAN TEAM	M Open	44		<b>00:39:55.65</b>	+00:24:25	13:15	4.5
232	<b>GRUSZFELD Przemek</b>	<b>222</b>		M Open	45		<b>00:40:35.90</b>	+00:25:05	13:28	4.5
233	<b>FRANCZYSZYN-PORTKA Magdalena</b>	<b>32</b>		K 40-44	2	Dirty Sparrows	<b>00:40:37.50</b>	+00:25:07	13:29	4.4
234	<b>BARTOSIEWICZ Przemysław</b>	<b>204</b>		M Open	46		<b>00:41:13.15</b>	+00:25:42	13:41	4.4
235	<b>MAJEWSKI Jakub</b>	<b>235</b>	BODY ARMOR SKILLS	M Open	47		<b>00:41:23.35</b>	+00:25:52	13:44	4.4
236	<b>MAĆKOWSKA Edyta</b>	<b>314</b>		K Open	9		<b>00:41:37.85</b>	+00:26:07	13:49	4.3
237	<b>KLAWCZYŃSKI Karol</b>	<b>226</b>		M Open	48		<b>00:41:53.45</b>	+00:26:23	13:54	4.3
238	<b>MARCIŃCZAK Amelia</b>	<b>236</b>		K Open	10	Vikings Run Team	<b>00:43:34.00</b>	+00:28:03	14:28	4.1
239	<b>GRABOWSKA Izabela</b>	<b>47</b>	BEST BEASTS	K 35-39	2	Best Beasts	<b>00:43:42.30</b>	+00:28:11	14:31	4.1
240	<b>CZERWONIEC Andrzej</b>	<b>212</b>		M Open	49		<b>00:43:46.20</b>	+00:28:15	14:32	4.1
241	<b>ROJEK Mateusz</b>	<b>248</b>		M Open	50		<b>00:44:03.15</b>	+00:28:32	14:38	4.1
242	<b>AMBROZIAK Erwin</b>	<b>264</b>		M Open	51		<b>00:44:10.80</b>	+00:28:40	14:40	4.1
243	<b>GAWLIŃSKI Mateusz</b>	<b>218</b>	CALISTHENICS PŁOCK	M Open	52	Calisthenics Plock	<b>00:44:33.20</b>	+00:29:02	14:48	4.1
244	<b>DOBROWOLSKA Dorota</b>	<b>214</b>	ACTIVE FLOW	K Open	11		<b>00:45:01.00</b>	+00:29:30	14:57	4
245	<b>KACPRZAK Beata</b>	<b>274</b>	KUTNO BIEGA	K Open	12		<b>00:47:45.40</b>	+00:32:14	15:51	3.8
246	<b>ZAMBRZYCKA Karolina</b>	<b>297</b>		K Open	13		<b>00:47:51.75</b>	+00:32:21	15:53	3.8
247	<b>SZYMAŃSKA Agnieszka</b>	<b>291</b>	KUTNO BIEGA	K Open	14		<b>00:48:11.70</b>	+00:32:41	16:00	3.7
248	<b>OLCZAK Jarek</b>	<b>282</b>		M Open	53		<b>00:48:14.45</b>	+00:32:44	16:01	3.7
249	<b>WNOROWSKA Magdalena</b>	<b>256</b>	OBSTACLE CENTER TEAM	K Open	15		<b>00:48:45.60</b>	+00:33:15	16:11	3.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto 3km	Różn		
250	<b>DYLUS Artur</b>	<b>216</b>		M Open	54		<b>00:48:47.70</b>	+00:33:17	16:12	3.7
251	<b>KURLAPSKA Anna</b>	<b>231</b>	BEST BEASTS	K Open	16	Best Beasts	<b>00:49:05.40</b>	+00:33:34	16:18	3.7
252	<b>ZAKRZEWSKA Elżbieta</b>	<b>296</b>		K Open	17		<b>00:49:48.70</b>	+00:34:18	16:32	3.6
253	<b>GAWROŃSKA Renata</b>	<b>271</b>		K Open	18		<b>00:49:49.75</b>	+00:34:19	16:33	3.6
254	<b>CZARNECKA Agnieszka</b>	<b>266</b>		K Open	19		<b>00:49:50.00</b>	+00:34:19	16:36	3.6
255	<b>ZAJĄC Paweł</b>	<b>259</b>		M Open	55		<b>00:49:59.40</b>	+00:34:28	16:36	3.6
256	<b>ZASADOWSKA Justyna</b>	<b>260</b>	BIEGOWE NYGUSY	K Open	20	biegowe nygusy	<b>00:50:03.10</b>	+00:34:32	16:37	3.6
257	<b>GILARSKA Marta</b>	<b>220</b>	BIEGOWE NYGUSY	K Open	21		<b>00:50:03.60</b>	+00:34:33	16:37	3.6
258	<b>SZYMAŃSKI Arkadiusz</b>	<b>292</b>	KUTNO BIEGA	M Open	56		<b>00:50:23.70</b>	+00:34:53	16:44	3.6
259	<b>PARADOWSKI Łukasz</b>	<b>244</b>		M Open	57		<b>00:51:06.65</b>	+00:35:36	16:58	3.5
260	<b>MACHTYL Marta</b>	<b>234</b>	BEST BEASTS	K Open	22		<b>00:51:19.10</b>	+00:35:48	17:02	3.5
261	<b>WIŚNIEWSKI Kacper</b>	<b>254</b>		M Open	58		<b>00:51:49.75</b>	+00:36:19	17:12	3.5
262	<b>SKONIECZNY Dawid</b>	<b>287</b>	KUTNO BIEGA	M Open	59		<b>00:52:00.25</b>	+00:36:29	17:16	3.5
263	<b>GAŁAN Tomasz</b>	<b>217</b>		M Open	60		<b>00:54:31.25</b>	+00:39:00	18:06	3.3
264	<b>WOŹNIAK-KARCZEWSKA Patrycja</b>	<b>192</b>	BEST BEASTS	K 35-39	3	Best Beasts	<b>00:58:06.25</b>	+00:42:35	19:18	3.1
265	<b>SWORAWSKA Weronika</b>	<b>318</b>		K Open	23		<b>00:58:35.40</b>	+00:43:04	19:27	3.1
266	<b>FRĄC Kinga</b>	<b>270</b>		K Open	24		<b>00:59:19.80</b>	+00:43:49	19:46	3
267	<b>PODDĘBNIAK Małgorzata</b>	<b>137</b>		K 25-29	5		<b>01:00:57.00</b>	+00:45:26	20:14	3
268	<b>TRĄC Natalia</b>	<b>299</b>		K Open	25		<b>01:02:19.85</b>	+00:46:49	20:46	2.9
269	<b>FRĄC Bartłomiej</b>	<b>269</b>		M Open	61		<b>01:02:20.30</b>	+00:46:49	20:46	2.9
270	<b>MIZIOŁEK Michał</b>	<b>281</b>		M Open	62		<b>01:03:05.05</b>	+00:47:34	20:57	2.9
271	<b>MIZIOŁEK Anna</b>	<b>280</b>		K Open	26		<b>01:08:36.10</b>	+00:53:05	22:47	2.6
	<b>BAŃBOR Aleksandra</b>	<b>4</b>	EX TEAM	K 18-24		Ex Team	<b>DNF</b>	-	-	-
	<b>DYKO Bartosz</b>	<b>29</b>	MAD RUNNERS	M 35-39		Mad Runners	<b>DNF</b>	-	-	-
	<b>WOŹNIAK Michał</b>	<b>191</b>		M 40-44			<b>DNF</b>	-	-	-
	<b>JEZIORSKI Paweł</b>	<b>63</b>		M 18-24			<b>DNF</b>	-	-	-
	<b>MACIUSZEK Julia</b>	<b>99</b>		K Elite			<b>DNF</b>	-	-	-
	<b>SŁADEK Patryk</b>	<b>155</b>	EX TEAM	M 25-29		Ex Team	<b>DNF</b>	-	-	-
	<b>MALEŃCZYK Sylwester</b>	<b>102</b>		M 40-44			<b>DNF</b>	-	-	-
	<b>BIELAK Tomasz</b>	<b>8</b>		M 35-39			<b>DNF</b>	-	-	-
	<b>STANISZEWSKI Marcin</b>	<b>157</b>	MOVE FACTORY	M 45-49			<b>DNF</b>	-	-	-
	<b>NIESŁONY Dominika</b>	<b>124</b>	EX TEAM	K 18-24		Ex Team	<b>DNF</b>	-	-	-
	<b>ZAJKO Rafał</b>	<b>197</b>	STG LUBLIN	M 35-39			<b>DNF</b>	-	-	-
	<b>JARLACZYK Justyna</b>	<b>57</b>	STOWARZYSZENIE EXTREMALNI	K 40-44			<b>DNF</b>	-	-	-
	<b>SARLEJ Robert</b>	<b>148</b>	EX TEAM	M 30-34		Ex Team	<b>DNF</b>	-	-	-
	<b>SZULWACH Weronika</b>	<b>166</b>	BIEGUN OCR TEAM	K 18-24		Biegun OCR Team	<b>DNF</b>	-	-	-
	<b>WOJTASIK Marta</b>	<b>188</b>		K International			<b>DNF</b>	-	-	-
	<b>JANAS Daniel</b>	<b>55</b>	ŻAGAŃSKIE DZIKI	M 50+			<b>DNF</b>	-	-	-
	<b>GOMOŁA-PARADOWSKA Anna</b>	<b>45</b>	POWER TRAINING	K 35-39		Power Training	<b>DNF</b>	-	-	-
	<b>ANTOLIK Aneta</b>	<b>2</b>	POWER TRAINING	K 25-29		Power Training	<b>DNF</b>	-	-	-
	<b>ŚLEBOCKA Karolina</b>	<b>169</b>	JUNIOR NEXTREME	K 13-17			<b>DNF</b>	-	-	-
	<b>BARTŁOMIEJCZYK Sylwia</b>	<b>7</b>	SOCIOS SILESIA	K 40-44		SOCIOS SILESIA	<b>DNF</b>	-	-	-
	<b>MISZEWSKI Grzegorz</b>	<b>115</b>	XRUNNERS	M 30-34		xRunners	<b>DNF</b>	-	-	-
	<b>MOKSIK Agnieszka</b>	<b>120</b>	FIT & MORE RYBNIK	K 40-44			<b>DNF</b>	-	-	-

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
	<b>KARCZMAR Kornelia</b>	<b>74</b>	WF TEAM	K Elite		WF TEAM	<b>DNF</b>		-	-

Znaleziono 294 wynik(ów)