

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: M All

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	SZCZECZLA Grzegorz	160	CARBON SILESIA SPORT	M Elite	1	Carbon Silesia Sport	00:15:30.45		5:08	11.7 (100%)
2	OŚLIZŁO Tomasz	131	SOCIOS SILESIA	M Elite	2	SOCIOS SILESIA	00:15:30.50	+00:00:00 (0.0%)	5:08	11.7 (100%)
3	WOJTYSZYN Wojciech	189	EX TEAM	M Elite	3	Ex Team	00:16:04.75	+00:00:34 (3.6%)	5:20	11.2 (95.7%)
4	KRÓL Piotr	84	SOCIOS SILESIA	M Elite	4	SOCIOS SILESIA	00:16:35.75	+00:01:05 (6.6%)	5:30	10.9 (93.2%)
5	JACIÓW Paweł	53	WATAHA	M Elite	5	WATAHA	00:16:50.70	+00:01:20 (7.9%)	5:35	10.7 (91.5%)
6	SERAFIŃSKI Maciej	150	RAJSPOK ACTIVE	M Elite	6	RAJSPOK ACTIVE	00:16:52.80	+00:01:22 (8.1%)	5:36	10.7 (91.5%)
7	RYNKIEWICZ Mateusz	144	RUNMAGEDDON	M Elite	7	RUNMAGEDDON	00:16:58.95	+00:01:28 (8.7%)	5:38	10.6 (90.6%)
8	BUDZISZ Krzysztof	13	SOCIOS SILESIA	M 40-44	1	SOCIOS SILESIA	00:17:20.90	+00:01:50 (10.6%)	5:45	10.4 (88.9%)
9	TRAPKOWSKI Przemysław	177	XRUNNERS	M 35-39	1	xRunners	00:17:22.65	+00:01:52 (10.8%)	5:46	10.4 (88.9%)
10	SZYMAŃSKI Paweł	168	SOCIOS SILESIA	M 25-29	1	SOCIOS SILESIA	00:17:32.80	+00:02:02 (11.6%)	5:49	10.3 (88.0%)
11	KALWAS Mateusz	72	RAJSPOK ACTIVE	M 13-17	1	RAJSPOK ACTIVE	00:17:40.15	+00:02:09 (12.2%)	5:52	10.2 (87.2%)
12	STAMATEL Sebastian	156		M 25-29	2		00:17:46.05	+00:02:15 (12.7%)	5:54	10.2 (87.2%)
13	KĄKOL Kacper	75	BIEGUN OCR TEAM	M Elite	8	Biegun OCR Team	00:17:46.55	+00:02:16 (12.8%)	5:54	10.2 (87.2%)
14	WÓJCIK Adam	193	EX TEAM	M 18-24	1	Ex Team	00:17:50.30	+00:02:19 (13.1%)	5:55	10.1 (86.3%)
15	LISOWSKI Grzegorz	94	SOCIOS SILESIA	M 35-39	2	SOCIOS SILESIA	00:17:54.10	+00:02:23 (13.4%)	5:56	10.1 (86.3%)
16	MARKOWSKI Fabian	105	RAJSPOK ACTIVE	M Elite	9	RAJSPOK ACTIVE	00:17:54.75	+00:02:24 (13.4%)	5:56	10.1 (86.3%)
17	KALININ Jarosław	68	RAJSPOK ACTIVE	M Elite	10	RAJSPOK ACTIVE	00:17:59.50	+00:02:29 (13.8%)	5:58	10 (85.5%)
18	SŁATA Marcin	147	RUNMAGEDDON	M Elite	11	RUNAMGEDDON	00:18:00.35	+00:02:29 (13.9%)	5:58	10 (85.5%)
19	SZULWACH Cezary	167	BIEGUN OCR TEAM	M Elite	12	Biegun OCR Team	00:18:00.45	+00:02:30 (13.9%)	5:58	10 (85.5%)
20	LORYCH Krystian	96	BIEGUN OCR TEAM	M 40-44	2	Biegun OCR Team	00:18:02.35	+00:02:31 (14.0%)	5:59	10 (85.5%)
21	WŁODARCZYK Dawid	187		M 30-34	1		00:18:03.55	+00:02:33 (14.1%)	5:59	10 (85.5%)
22	SIKORA Adam	301	MAD RUNNERS	M Elite	13		00:18:20.35	+00:02:49 (15.4%)	6:05	9.9 (84.6%)
23	DĄBROWSKI Radosław	22	OCR TEAM DĘBICA	M 18-24	2		00:18:24.05	+00:02:53 (15.7%)	6:06	9.8 (83.8%)
24	BARANAUSKAS Darius	5	OCR BALTIC WARRIORS	M International	1	OCR Baltic warriors	00:18:27.15	+00:02:56 (16.0%)	6:07	9.8 (83.8%)
25	KIĘPISTY Patryk	76	RAJSPOK ACTIVE	M 30-34	2	RAJSPOK ACTIVE	00:18:37.75	+00:03:07 (16.8%)	6:11	9.7 (82.9%)
26	PODGORSKI Marek	138	RUNMAGEDDON	M 40-44	3	RUNAMGEDDON	00:18:38.50	+00:03:08 (16.8%)	6:11	9.7 (82.9%)
27	KMIEĆ Adam	78	CARBON SILESIA SPORT	M 35-39	3	Carbon Silesia Sport	00:18:42.35	+00:03:11 (17.1%)	6:12	9.7 (82.9%)
28	WIERZBICKI Daniel	184		M 40-44	4	BeFit24Team	00:18:45.40	+00:03:14 (17.3%)	6:13	9.6 (82.1%)
29	MIKULEWICZ Przemysław	109	MOVE. TEAM	M 30-34	3		00:18:46.85	+00:03:16 (17.4%)	6:14	9.6 (82.1%)

							Czas netto 3km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1				
30	OLICHOWSKI Mateusz	129	WOLFTEAM	M Elite	14		00:18:48.60	+00:03:18 (17.6%)	6:14	9.6 (82.1%)
31	KOZUBEK Sebastian	82	RAJSPOORT ACTIVE	M 30-34	4	RAJSPOORT ACTIVE	00:18:49.45	+00:03:19 (17.6%)	6:15	9.6 (82.1%)
32	SIKORA Adam	152	MAD RUNNERS	M 25-29	3	Mad Runners	00:18:51.40	+00:03:20 (17.8%)	6:15	9.6 (82.1%)
33	PISKAŁA Daniel	135	POWER TRAINING	M 40-44	5	Power Training	00:18:54.15	+00:03:23 (18.0%)	6:16	9.6 (82.1%)
34	MĘDYGRAŁ Krystian	107	WATAHA	M 25-29	4	WATAHA	00:19:09.00	+00:03:38 (19.0%)	6:21	9.4 (80.3%)
35	JAGODZIŃSKI Karol	54	POWER TRAINING	M Elite	15	Power Training	00:19:11.60	+00:03:41 (19.2%)	6:22	9.4 (80.3%)
36	GŁYK Łukasz	42	CARBON SILESIA SPORT	M 25-29	5	Carbon Silesia Sport	00:19:13.00	+00:03:42 (19.3%)	6:23	9.4 (80.3%)
37	FORMELA Piotr	31	BIEGUN OCR TEAM	M 35-39	4	Biegun OCR Team	00:19:14.90	+00:03:44 (19.4%)	6:23	9.4 (80.3%)
38	ORANKIEWICZ Krzysztof	130	JUNGLE NEXTREME	M 25-29	6		00:19:21.75	+00:03:51 (19.9%)	6:25	9.3 (79.5%)
39	SITKO Marcin	154	CARBON SILESIA SPORT	M 25-29	7	Carbon Silesia Sport	00:19:22.55	+00:03:52 (20.0%)	6:26	9.3 (79.5%)
40	GAWLAK Damian	39	OBSTACLE CENTER TEAM	M 25-29	8	Obstacle Center Team	00:19:23.10	+00:03:52 (20.0%)	6:26	9.3 (79.5%)
41	MIŁOŚ Tomasz	111	BIEGUN OCR TEAM	M 35-39	5		00:19:30.00	+00:03:59 (20.5%)	6:28	9.3 (79.5%)
42	PUSTOŁA Maksymilian	141	OBSTACLE CENTER TEAM	M 13-17	2	Obstacle Center Team	00:19:31.75	+00:04:01 (20.6%)	6:29	9.3 (79.5%)
43	KOŁAKOWSKI Krzysztof	80	RUNMAGEDDON	M 30-34	5	RUNAMGEDDON	00:19:42.65	+00:04:12 (21.3%)	6:32	9.2 (78.6%)
44	SZKURŁAT Tomasz	162		M 35-39	6	Power Training	00:19:42.95	+00:04:12 (21.3%)	6:32	9.2 (78.6%)
45	ZAŁEJASZ Sylwester	198	XRUNNERS	M 35-39	7	xRunners	00:19:44.00	+00:04:13 (21.4%)	6:33	9.2 (78.6%)
46	SZULWACH Maciek	165	BIEGUN OCR TEAM	M 45-49	1	Biegun OCR Team	00:19:44.10	+00:04:13 (21.4%)	6:33	9.2 (78.6%)
47	PASOŃ Tomasz	132	EX TEAM	M 35-39	8	Ex Team	00:19:49.35	+00:04:18 (21.8%)	6:35	9.1 (77.8%)
48	GOLEC Rafał	44	IWONEX DRUKARNIA	M 30-34	6		00:19:54.20	+00:04:23 (22.1%)	6:36	9.1 (77.8%)
49	CHŁAD Aleksander	15	EX TEAM	M 35-39	9	Ex Team	00:20:05.25	+00:04:34 (22.8%)	6:40	9 (76.9%)
50	BRZEZIŃSKI Bartosz	12	RUNMAGEDDON	M International	2		00:20:09.05	+00:04:38 (23.0%)	6:41	9 (76.9%)
51	MÓRAWSKI Mieszko	122	POWER TRAINING	M Elite	16	Power Training	00:20:11.25	+00:04:40 (23.2%)	6:42	8.9 (76.1%)
52	MAŁYSIAK Jarosław	103	DRAGON RUNNERS	M 35-39	10	Dragon Runners	00:20:18.35	+00:04:47 (23.6%)	6:44	8.9 (76.1%)
53	STOKOWSKI Dariusz	158	RUNMAGEDDON	M 30-34	7	RUNMAGEDDON	00:20:23.30	+00:04:52 (23.9%)	6:46	8.9 (76.1%)
54	WIENDŁOCHA Paweł	183	SOCIOS SILESIA	M 40-44	6	SOCIOS SILESIA	00:20:23.60	+00:04:53 (24.0%)	6:46	8.9 (76.1%)
55	JÓZEFIAK Łukasz	64	BIEGUNOCR TEAM	M 40-44	7	Biegun OCR Team	00:20:24.90	+00:04:54 (24.0%)	6:46	8.9 (76.1%)
56	MILCZAREK Dawid	238	POZYTYWNE ZABIEGANI KLESZCZÓW	M Open	1		00:20:28.75	+00:04:58 (24.3%)	6:49	8.8 (75.2%)
57	MALCZEWSKI Daniel	100	RAJSPOORT ACTIVE	M 13-17	3		00:20:31.15	+00:05:00 (24.4%)	6:48	8.8 (75.2%)
58	WAŁDOWSKI Dominik	180	XRUNNERS	M 40-44	8	xRunners	00:20:37.05	+00:05:06 (24.8%)	6:50	8.8 (75.2%)
59	KALINOWSKI Krystian	70		M Elite	17		00:20:37.85	+00:05:07 (24.8%)	6:50	8.8 (75.2%)
60	BAŁDYGA Miłosz	298		M Open	2		00:20:38.50	+00:05:08 (24.9%)	6:51	8.8 (75.2%)
61	CHMIELORZ Józef	16	CARBON SILESIA SPORT	M 35-39	11	Carbon Silesia Sport	00:20:38.90	+00:05:08 (24.9%)	6:51	8.8 (75.2%)
62	KURTA Rafał	90	XRUNNERS	M 18-24	3	xRunners	00:20:57.70	+00:05:27 (26.0%)	6:57	8.6 (73.5%)
63	HANYK Łukáš	50	CHALLENGER	M International	3		00:21:02.00	+00:05:31 (26.3%)	6:59	8.6 (73.5%)
64	JASTRZĘBSKI Sławomir	61	BESTIE OCR LEGIONOWO	M 40-44	9	Bestie OCR Legionowo	00:21:07.85	+00:05:37 (26.6%)	7:00	8.6 (73.5%)
65	ŚWIERSZCZ Paweł	172		M 30-34	8		00:21:12.60	+00:05:42 (26.9%)	7:02	8.5 (72.6%)
66	CZACHURSKI Mateusz	19	EX TEAM	M 30-34	9	Ex Team	00:21:12.80	+00:05:42 (26.9%)	7:02	8.5 (72.6%)
67	JUSZKIEWICZ Dominik	65	RAJSPOORT ACTIVE	M 35-39	12	RAJSPOORT ACTIVE	00:21:13.25	+00:05:42 (26.9%)	7:02	8.5 (72.6%)
67	MULCZYŃSKI Piotr	240		M Open	3		00:21:13.25	+00:05:42 (26.9%)	7:02	8.5 (72.6%)
69	WIECZOREK Mateusz	182	XRUNNERS	M 25-29	9	xRunners	00:21:20.70	+00:05:50 (27.3%)	7:05	8.5 (72.6%)
70	KURACH Stanisław	89	DZIADY OCR	M 50+	1	Dziady OCR	00:21:21.25	+00:05:50 (27.4%)	7:05	8.5 (72.6%)
71	STUDNIARZ Michał	159		M 30-34	10	SOCIOS SILESIA	00:21:25.20	+00:05:54 (27.6%)	7:06	8.4 (71.8%)
72	SZCZEPANIK Michał	161	OBSTACLE CENTER TEAM	M 25-29	10	Obstacle Center Team	00:21:27.85	+00:05:57 (27.8%)	7:07	8.4 (71.8%)
73	POVOLNÝ Lukáš	140	GLADIATOR RACE TEAM	M International	4		00:21:27.95	+00:05:57 (27.8%)	7:07	8.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
74	PERKOWSKI Paweł	133	POWER TRAINING	M 35-39	13	Power Training	00:21:30.85	+00:06:00 (27.9%)	7:08	8.4 (71.8%)
75	MIZGALSKI Jacek	116	DZIADY OCR	M 45-49	2	Dziady OCR	00:21:32.65	+00:06:02 (28.0%)	7:09	8.4 (71.8%)
76	GABRYŚ Piotr	33	SPARTAN TEAM	M 13-17	4		00:21:34.25	+00:06:03 (28.1%)	7:09	8.4 (71.8%)
77	KRYSTOFIAK Damian	86	UNITED RUNNERS	M Elite	18	United Runners	00:21:38.90	+00:06:08 (28.4%)	7:11	8.3 (70.9%)
78	KOZUBEK Seweryn	83	RAJSPOORT ACTIVE	M 25-29	11	RAJSPOORT ACTIVE	00:21:45.10	+00:06:14 (28.7%)	7:13	8.3 (70.9%)
79	GAWIN Krzysiek	38		M 35-39	14	BeFit24Team	00:21:46.50	+00:06:16 (28.8%)	7:13	8.3 (70.9%)
80	TOMAKA Tomasz	175	RAJSPOORT ACTIVE	M 25-29	12	RAJSPOORT ACTIVE	00:21:51.25	+00:06:20 (29.0%)	7:15	8.3 (70.9%)
81	MISSALA Mateusz	112	POWER TRAINING	M 40-44	10	Power Training	00:21:51.45	+00:06:21 (29.1%)	7:15	8.3 (70.9%)
82	CZACH Tobiasz	18	CARPATHIAN RUNNERS	M 30-34	11		00:21:53.10	+00:06:22 (29.1%)	7:16	8.3 (70.9%)
83	FARKOWSKI Konrad	30	EX TEAM	M 35-39	15	Ex Team	00:21:54.30	+00:06:23 (29.2%)	7:16	8.2 (70.1%)
84	DOBRZYŃSKI Tomasz	25	XRUNNERS	M 40-44	11	xRunners	00:22:03.80	+00:06:33 (29.7%)	7:19	8.2 (70.1%)
85	SZTYLKA Karol	164	BEST BEASTS	M 18-24	4	Best Beasts	00:22:08.70	+00:06:38 (30.0%)	7:21	8.2 (70.1%)
86	GAWRYLUK Marcin	40	BIFROST OCR	M 35-39	16		00:22:11.25	+00:06:40 (30.1%)	7:22	8.1 (69.2%)
87	ZABOROWSKI Łukasz	196	RAJSPOORT ACTIVE	M 35-39	17	RAJSPOORT ACTIVE	00:22:12.05	+00:06:41 (30.1%)	7:22	8.1 (69.2%)
88	KMIECIAK Jakub	77	DIRTY SPARROWS	M 18-24	5	Dirty Sparrows	00:22:19.00	+00:06:48 (30.5%)	7:24	8.1 (69.2%)
89	WITKA Patryk	186	MAD RUNNERS	M Elite	19		00:22:31.80	+00:07:01 (31.2%)	7:28	8 (68.4%)
90	DŁUGOSZ Łukasz	213	OSPRO OCR	M Open	4	OSPRO OCR	00:22:32.30	+00:07:01 (31.2%)	7:30	8 (68.4%)
91	CZAPRAN Marek	20	XRUNNERS	M 35-39	18	xRunners	00:22:45.80	+00:07:15 (31.9%)	7:33	7.9 (67.5%)
92	SERAFIŃSKI Robert	151	RAJSPOORT ACTIVE	M 50+	2	RAJSPOORT ACTIVE	00:22:49.35	+00:07:18 (32.1%)	7:34	7.9 (67.5%)
93	GOLDA Michał	43	MAD RUNNERS	M 35-39	19	Mad Runners	00:22:50.80	+00:07:20 (32.1%)	7:35	7.9 (67.5%)
94	ILNICKI Darek	52	DRAGON RUNNERS	M 35-39	20	Dragon Runners	00:22:52.20	+00:07:21 (32.2%)	7:35	7.9 (67.5%)
95	GAWORSKI Bartłomiej	219	ALBO_GRUBO_ALBO_WCAKE	M Open	5		00:22:56.65	+00:07:26 (32.4%)	7:37	7.9 (67.5%)
96	KALINOWSKI Szymon	225	VIKINGS RUN TEAM	M Open	6	Vikings Run Team	00:22:59.85	+00:07:29 (32.6%)	7:38	7.9 (67.5%)
97	WITKA Patryk	315		M Open	7		00:23:01.35	+00:07:30 (32.6%)	7:38	7.8 (66.7%)
98	SADOWSKI Michał	146	POWER TRAINING	M 35-39	21	Power Training	00:23:10.55	+00:07:40 (33.1%)	7:41	7.8 (66.7%)
99	KULAGA Peter	87	DRAGON RUNNERS	M 35-39	22	Dragon Runners	00:23:10.65	+00:07:40 (33.1%)	7:41	7.8 (66.7%)
100	MORAWSKI Grzegorz	121		M 35-39	23		00:23:13.00	+00:07:42 (33.2%)	7:42	7.8 (66.7%)
101	WOŁOSZYN Tomek	258	SOCIOS SILESIA	M Open	8	SOCIOS SILESIA	00:23:18.00	+00:07:47 (33.4%)	7:44	7.8 (66.7%)
102	KULON Grzegorz	88	BEFIT24TEAM	M 40-44	12	BeFit24Team	00:23:21.45	+00:07:51 (33.6%)	7:45	7.7 (65.8%)
103	ZIEMNICKI Tomasz	202	FIT & MORE RYBNIK	M 40-44	13	Fit & More Rybnik	00:23:22.80	+00:07:52 (33.7%)	7:45	7.7 (65.8%)
104	KALISZYK Grzegorz	71	MAD RUNNERS	M 45-49	3		00:23:23.00	+00:07:52 (33.7%)	7:46	7.7 (65.8%)
105	BŁĘDZKI Adam	10	DIRTY SPARROWS	M 30-34	12	Dirty Sparrows	00:23:32.30	+00:08:01 (34.1%)	7:49	7.7 (65.8%)
106	CZARNECKI Piotr	211	TARCHOŚFIRY	M Open	9		00:23:39.80	+00:08:09 (34.5%)	7:51	7.6 (65.0%)
107	MISSALA Michał	114	POWER TRAINING	M 45-49	4	Power Training	00:23:43.95	+00:08:13 (34.7%)	7:52	7.6 (65.0%)
108	PUZDROWSKI Jarek	142	BIEGUN_OCR_TEAM	M 30-34	13	Biegun OCR Team	00:23:48.00	+00:08:17 (34.8%)	7:54	7.6 (65.0%)
109	SIROCKI Dawid	153	BIEGUN OCR TEAM	M 30-34	14		00:23:54.05	+00:08:23 (35.1%)	7:56	7.6 (65.0%)
110	SZTAJER Bartek	163	SOCIOS SILESIA	M 35-39	24	SOCIOS SILESIA	00:23:57.15	+00:08:26 (35.3%)	7:57	7.5 (64.1%)
111	DUDA Grzegorz	27	BEST BEASTS	M 40-44	14	Best Beasts	00:23:59.50	+00:08:29 (35.4%)	7:58	7.5 (64.1%)
112	FARKOWSKI Konrad	268	EX TEAM	M Open	10		00:24:04.35	+00:08:33 (35.6%)	7:59	7.5 (64.1%)
113	DUKIEWICZ Dariusz	28		M Elite	20	WOLF TEAM	00:24:06.10	+00:08:35 (35.7%)	8:00	7.5 (64.1%)
114	PLUCIŃSKI Jakub	136	DRAGON RUNNERS	M 30-34	15	Dragon Runners	00:24:18.00	+00:08:47 (36.2%)	8:04	7.4 (63.2%)
115	KUCZ Wojciech	230	UNITED RUNNERS	M Open	11	United Runners	00:24:18.75	+00:08:48 (36.2%)	8:04	7.4 (63.2%)
116	GAŁUSZYŃSKI Paweł	35	ACTIVE FLOW	M 30-34	16		00:24:25.95	+00:08:55 (36.5%)	8:06	7.4 (63.2%)
117	MOCZKO Sebastian	117		M 40-44	15		00:24:26.50	+00:08:56 (36.6%)	8:07	7.4 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto	Różn	Tempo min/km	Tempo km/h
							3km			
118	GRZEGORZYCA Damian	48	OCR BANINO	M 45-49	5	OCR BANINO	00:24:30.30	+00:08:59 (36.7%)	8:08	7.4 (63.2%)
119	MOKSIK Jan	119	FIT & MORE RYBNIK	M 45-49	6	Fit & More Rybnik	00:24:34.75	+00:09:04 (36.9%)	8:09	7.4 (63.2%)
120	ZIARKOWSKI Mirosław	201	FIT & MORE RYBNIK	M 45-49	7	Fit & More Rybnik	00:24:50.55	+00:09:20 (37.6%)	8:15	7.3 (62.4%)
121	SOBAŃSKI Maciej	308		M 25-29	13		00:24:51.55	+00:09:21 (37.6%)	8:15	7.3 (62.4%)
122	ŚWIĄDER Andrzej	170		M 40-44	16	BeFit24Team	00:25:02.95	+00:09:32 (38.1%)	8:19	7.2 (61.5%)
123	HAJEWSKI Michał	49	DZIADY OCR	M 40-44	17		00:25:06.65	+00:09:36 (38.2%)	8:20	7.2 (61.5%)
124	KALINOWSKI Arkadiusz	69		M 50+	3		00:25:12.25	+00:09:41 (38.5%)	8:22	7.2 (61.5%)
125	SZYMAŃSKI Artur	250	CALISTHENICS PŁOCK	M Open	12	Calisthenics Płock	00:25:16.75	+00:09:46 (38.7%)	8:23	7.1 (60.7%)
126	KWIATKOWSKI Michał	91	BIFROST	M 35-39	25		00:25:22.25	+00:09:51 (38.9%)	8:25	7.1 (60.7%)
127	DRZEWIECKI Marcin	26	MAD RUNNERS	M 35-39	26	Mad Runners	00:25:25.45	+00:09:55 (39.0%)	8:26	7.1 (60.7%)
128	DĄBROWSKI Tomasz	23	MOVEMENT ARENA	M 30-34	17	Movement Arena	00:25:26.90	+00:09:56 (39.1%)	8:26	7.1 (60.7%)
129	BIGOS Daniel	9		M 18-24	6		00:25:28.85	+00:09:58 (39.1%)	8:27	7.1 (60.7%)
130	BOGOBOWICZ Dominik	207		M Open	13		00:25:29.90	+00:09:59 (39.2%)	8:27	7.1 (60.7%)
131	BEDNARZ Paweł	205		M Open	14		00:25:46.95	+00:10:16 (39.9%)	8:33	7 (59.8%)
132	MALCZEWSKI Tomasz	101	RAJSPOORT ACTIVE	M 35-39	27	RAJSPOORT ACTIVE	00:25:53.45	+00:10:23 (40.1%)	8:35	7 (59.8%)
133	MACHTYL Zygmunt	98	BEST BEASTS	M 45-49	8		00:25:55.90	+00:10:25 (40.2%)	8:36	7 (59.8%)
134	PIOTROWSKI Kamil	134	DIRTY SPARROWS	M 25-29	14		00:25:57.20	+00:10:26 (40.2%)	8:37	7 (59.8%)
135	JESKA Tomasz	62	DIRTY SPARROWS	M 40-44	18		00:26:00.75	+00:10:30 (40.4%)	8:38	6.9 (59.0%)
136	TUWALSKI Bernard	178	OSPRO OCR	M 50+	4	OSPRO OCR	00:26:09.55	+00:10:39 (40.7%)	8:41	6.9 (59.0%)
137	JARZYNA Bartłomiej	58	OSPRO OCR	M 45-49	9	OSPRO OCR	00:26:24.20	+00:10:53 (41.3%)	8:46	6.8 (58.1%)
138	RYKOWSKI Arkadiusz	286	KUTNO BIEGA	M Open	15		00:26:31.15	+00:11:00 (41.5%)	8:48	6.8 (58.1%)
139	MEŃKO Michał	304	BIEGUN OCR TEAM	M 18-24	7	Biegun OCR Team	00:26:37.80	+00:11:07 (41.8%)	8:50	6.8 (58.1%)
140	OLAS Piotr	128	HUSARIA RACE TEAM	M 25-29	15		00:26:38.70	+00:11:08 (41.8%)	8:50	6.8 (58.1%)
141	TKACZYK Michał	174	OBSTACLE CENTER TEAM	M 25-29	16	Obstacle Center Team	00:26:42.70	+00:11:12 (41.9%)	8:52	6.8 (58.1%)
142	NIKIEL Dariusz	125	DIRTY SPARROWS	M 40-44	19	Dirty Sparrows	00:26:43.60	+00:11:13 (42.0%)	8:52	6.8 (58.1%)
143	KOZŁOWSKI Jakub	81		M 25-29	17		00:27:00.85	+00:11:30 (42.6%)	8:58	6.7 (57.3%)
144	MATYSIAK Przemysław	106		M 13-17	5		00:27:10.55	+00:11:40 (42.9%)	9:01	6.6 (56.4%)
145	HEŁMECKI Mateusz	51	DRAGON RUNNERS	M 30-34	18		00:27:12.00	+00:11:41 (43.0%)	9:02	6.6 (56.4%)
146	WIŚNIEWSKI Norbert	185		M 40-44	20		00:27:13.95	+00:11:43 (43.1%)	9:02	6.6 (56.4%)
147	ZYGMUNCIAK Jakub	203		M 13-17	6		00:27:28.35	+00:11:57 (43.6%)	9:07	6.6 (56.4%)
148	JANISZEWSKI Grzegorz	56	DZIADY OCR	M 50+	5		00:27:50.30	+00:12:19 (44.3%)	9:14	6.5 (55.6%)
149	WIŚNIEWSKI Michał	255	BEST BEAST	M Open	16	Best Beasts	00:28:14.80	+00:12:44 (45.1%)	9:22	6.4 (54.7%)
150	PORCZYK Zbigniew	139	POWER TRAINING	M 35-39	28	Power Training	00:28:53.60	+00:13:23 (46.3%)	9:35	6.3 (53.8%)
151	DURKA Michał	215	CALISTHENICS PŁOCK	M Open	17	Calisthenics Płock	00:28:55.25	+00:13:24 (46.4%)	9:36	6.2 (53.0%)
152	GÓRZYŃSKI Konrad	46	BESTIE OCR LEGIONOWO	M 13-17	7		00:28:59.10	+00:13:28 (46.5%)	9:37	6.2 (53.0%)
153	PIĘTA Łukasz	247	UNITED RUNNERS	M Open	18	United Runners	00:29:11.20	+00:13:40 (46.9%)	9:41	6.2 (53.0%)
154	SCHMIDT Paweł	149	BEFIT24TEAM	M 45-49	10	BeFit24Team	00:29:12.25	+00:13:41 (46.9%)	9:42	6.2 (53.0%)
155	JABŁONKA Bartosz	223		M Open	19		00:29:26.25	+00:13:55 (47.3%)	9:46	6.1 (52.1%)
156	KOWALSKI Mateusz	229	DIRTY SPARROWS	M Open	20		00:29:36.00	+00:14:05 (47.6%)	9:50	6.1 (52.1%)
157	OŚCIK Krzysztof	243	VIKINGS RUN TEAM	M Open	21	Vikings Run Team	00:29:59.90	+00:14:29 (48.3%)	9:57	6 (51.3%)
158	CIMBUREK Ludvik	17	CZEXXX	M International	5		00:30:16.05	+00:14:45 (48.8%)	10:03	6 (51.3%)
159	BRACHACZEK Bartosz	11	POWER TRAINING	M 30-34	19	Power Training	00:30:30.85	+00:15:00 (49.2%)	10:07	5.9 (50.4%)
160	BORYCZKA Roman	208		M Open	22		00:30:56.00	+00:15:25 (49.9%)	10:16	5.8 (49.6%)
161	CZERWIŃSKI Grzegorz	316		M Open	23		00:31:01.50	+00:15:31 (50.0%)	10:18	5.8 (49.6%)

							Czas netto 3km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1				
162	ZIEMBA Krzysztof	262		M Open	24		00:31:08.75	+00:15:38 (50.2%)	10:20	5.8 (49.6%)
163	JERMAKOWICZ Bartłomiej	224	POWER TRAINING	M Open	25	Power Training	00:31:24.25	+00:15:53 (50.6%)	10:25	5.8 (49.6%)
164	WEJKNIS Krzysztof	181		M 40-44	21		00:31:27.95	+00:15:57 (50.7%)	10:26	5.7 (48.7%)
165	MIKOŁAJEK Robert	108		M 40-44	22		00:31:59.70	+00:16:29 (51.5%)	10:37	5.6 (47.9%)
166	MIROWSKI Jacek	239	FABRYKA DZIKA	M Open	26		00:32:01.55	+00:16:31 (51.6%)	10:38	5.6 (47.9%)
167	MILBRANT Michał	110	CS BŁONIE	M 35-39	29		00:32:11.95	+00:16:41 (51.8%)	10:41	5.6 (47.9%)
168	LISIECKI Rajmund	93	BIEGOWE NYGUSY	M 40-44	23		00:32:24.85	+00:16:54 (52.2%)	10:45	5.6 (47.9%)
169	ZASADOWSKI Bartek	200	BIEGOWE NYGUSY	M 45-49	11	biegowe nygusy	00:32:50.35	+00:17:19 (52.8%)	10:54	5.5 (47.0%)
170	KRĘGIELSKI Bartosz	302		M Open	27		00:32:55.70	+00:17:25 (52.9%)	10:56	5.5 (47.0%)
171	CHROBOK Michał	210		M Open	28		00:33:11.90	+00:17:41 (53.3%)	11:01	5.4 (46.2%)
172	GÓRECKI Piotr	221	ACTIVE FLOW	M Open	29		00:33:44.60	+00:18:14 (54.0%)	11:12	5.4 (46.2%)
173	ZAWADKA Sebastian	261		M Open	30		00:33:45.00	+00:18:14 (54.1%)	11:12	5.4 (46.2%)
174	PIERZGALSKI Piotr	246	CASTORAMA TEAM	M Open	31		00:33:49.65	+00:18:19 (54.2%)	11:14	5.3 (45.3%)
175	WOŁCZYK Mariusz	257		M Open	32		00:34:49.35	+00:19:18 (55.5%)	11:34	5.2 (44.4%)
176	BUDNY Maksymilian	209	SPARTAN TEAM KALETY	M Open	33		00:35:23.05	+00:19:52 (56.2%)	11:47	5.1 (43.6%)
177	NIZIOŁ Patryk	126	BEST BEASTS	M 18-24	8	Best Beasts	00:35:42.40	+00:20:11 (56.6%)	11:51	5.1 (43.6%)
178	GŁOWACKI Franek	41		M 13-17	8		00:36:24.25	+00:20:53 (57.4%)	12:05	5 (42.7%)
179	LASKOWSKI Przemysław	232	CALISTHENICS PŁOCK	M Open	34		00:36:49.75	+00:21:19 (57.9%)	12:13	4.9 (41.9%)
180	NOWAKOWSKI Dominik	242	STOWARZYSZENIE EXSTREMALNI	M Open	35		00:36:55.65	+00:21:25 (58.0%)	12:15	4.9 (41.9%)
181	DYSZKIEWICZ Grzegorz	267	DRAPICHRUSTY	M Open	36		00:37:07.05	+00:21:36 (58.2%)	12:19	4.9 (41.9%)
182	ŁUKOWCZYK Tymoteusz	278		M Open	37		00:37:08.75	+00:21:38 (58.3%)	12:20	4.9 (41.9%)
183	RAJNICH Tomasz	143	SPARTAN TEAM	M 13-17	9	Spartan Team Kalety	00:37:13.30	+00:21:42 (58.3%)	12:21	4.9 (41.9%)
184	SMORAWSKI Łukasz	319		M Open	38		00:37:27.25	+00:21:56 (58.6%)	12:26	4.8 (41.0%)
185	PODOLSKI Bartłomiej	317		M Open	39		00:37:29.55	+00:21:59 (58.6%)	12:27	4.8 (41.0%)
186	WINKLER Mateusz	253	VIKINGS RUN TEAM	M Open	40	Vikings Run Team	00:37:41.05	+00:22:10 (58.8%)	12:31	4.8 (41.0%)
187	KŁOS Cezary	227		M Open	41		00:38:12.20	+00:22:41 (59.4%)	12:41	4.7 (40.2%)
188	OGIŃSKI Szymon	127		M 35-39	30		00:38:30.50	+00:23:00 (59.7%)	12:47	4.7 (40.2%)
189	SKOCZYLAS Łukasz	249		M Open	42		00:38:34.15	+00:23:03 (59.8%)	12:48	4.7 (40.2%)
190	WIŚNIEWSKI Szymon	307		M Open	43		00:39:33.50	+00:24:03 (60.8%)	13:08	4.6 (39.3%)
191	ŚWIERC Damian	252	SPARTAN TEAM	M Open	44		00:39:55.65	+00:24:25 (61.2%)	13:15	4.5 (38.5%)
192	GRUSZFELD Przemek	222		M Open	45		00:40:35.90	+00:25:05 (61.8%)	13:28	4.5 (38.5%)
193	BARTOSIEWICZ Przemysław	204		M Open	46		00:41:13.15	+00:25:42 (62.4%)	13:41	4.4 (37.6%)
194	MAJEWSKI Jakub	235	BODY ARMOR SKILLS	M Open	47		00:41:23.35	+00:25:52 (62.5%)	13:44	4.4 (37.6%)
195	KLAWCZYŃSKI Karol	226		M Open	48		00:41:53.45	+00:26:23 (63.0%)	13:54	4.3 (36.8%)
196	CZERWONIEC Andrzej	212		M Open	49		00:43:46.20	+00:28:15 (64.6%)	14:32	4.1 (35.0%)
197	ROJEK Mateusz	248		M Open	50		00:44:03.15	+00:28:32 (64.8%)	14:38	4.1 (35.0%)
198	AMBROZIAK Erwin	264		M Open	51		00:44:10.80	+00:28:40 (64.9%)	14:40	4.1 (35.0%)
199	GAWLIŃSKI Mateusz	218	CALISTHENICS PŁOCK	M Open	52	Calisthenics Płock	00:44:33.20	+00:29:02 (65.2%)	14:48	4.1 (35.0%)
200	OLCZAK Jarek	282		M Open	53		00:48:14.45	+00:32:44 (67.9%)	16:01	3.7 (31.6%)
201	DYLUS Artur	216		M Open	54		00:48:47.70	+00:33:17 (68.2%)	16:12	3.7 (31.6%)
202	ZAJĄC Paweł	259		M Open	55		00:49:59.40	+00:34:28 (69.0%)	16:36	3.6 (30.8%)
203	SZYMAŃSKI Arkadiusz	292	KUTNO BIEGA	M Open	56		00:50:23.70	+00:34:53 (69.2%)	16:44	3.6 (30.8%)
204	PARADOWSKI Łukasz	244		M Open	57		00:51:06.65	+00:35:36 (69.7%)	16:58	3.5 (29.9%)
205	WIŚNIEWSKI Kacper	254		M Open	58		00:51:49.75	+00:36:19 (70.1%)	17:12	3.5 (29.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
206	SKONIECZNY Dawid	287	KUTNO BIEGA	M Open	59		00:52:00.25	+00:36:29 (70.2%)	17:16	3.5 (29.9%)
207	GAŁAN Tomasz	217		M Open	60		00:54:31.25	+00:39:00 (71.6%)	18:06	3.3 (28.2%)
208	FRAĆ Bartłomiej	269		M Open	61		01:02:20.30	+00:46:49 (75.1%)	20:46	2.9 (24.8%)
209	MIZIOŁEK Michał	281		M Open	62		01:03:05.05	+00:47:34 (75.4%)	20:57	2.9 (24.8%)
	DYKO Bartosz	29	MAD RUNNERS	M 35-39		Mad Runners	DNF		-	- (0.0%)
	WOŹNIAK Michał	191		M 40-44			DNF		-	- (0.0%)
	JEZIORSKI Paweł	63		M 18-24			DNF		-	- (0.0%)
	SŁADEK Patryk	155	EX TEAM	M 25-29		Ex Team	DNF		-	- (0.0%)
	MALEŃCZYK Sylwester	102		M 40-44			DNF		-	- (0.0%)
	BIELAK Tomasz	8		M 35-39			DNF		-	- (0.0%)
	STANISZEWSKI Marcin	157	MOVE FACTORY	M 45-49			DNF		-	- (0.0%)
	ZAJKO Rafał	197	STG LUBLIN	M 35-39			DNF		-	- (0.0%)
	SARLEJ Robert	148	EX TEAM	M 30-34		Ex Team	DNF		-	- (0.0%)
	JANAS Daniel	55	ŻAGAŃSKIE DZIKI	M 50+			DNF		-	- (0.0%)
	MISZEWSKI Grzegorz	115	XRUNNERS	M 30-34		xRunners	DNF		-	- (0.0%)

Znaleziono 220 wynik(ów)