

# OCR POLISH CHAMPIONSHIPS - 3 KM

B4SPORT

**Wydarzenie:** OCR Polish Championships  
**Organizator:** OCRA POLAND  
**Data:** 2018-08-24  
**Miejsce:** Ząbki  
**Dystans:** 3 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
1	<b>SOBIERAJSKI Wojciech</b>	<b>9</b>	OCRA POLAND	ELITE MEN	1	<b>00:20:17.20</b>	<b>00:20:19.65</b>		6:45	8.9 (100%)
2	<b>SELIANIN Dmytro</b>	<b>34</b>	OCRA POLAND	m25-29	1	<b>00:21:55.65</b>	<b>00:21:56.95</b>	+00:01:37 (7.4%)	7:18	8.2 (92.1%)
3	<b>SOBIERAJSKI Bolesław</b>	<b>17</b>	OCRA POLAND	m13-17	1	<b>00:21:55.70</b>	<b>00:21:59.10</b>	+00:01:39 (7.5%)	7:18	8.2 (92.1%)
4	<b>JÓZEFIAK Łukasz</b>	<b>64</b>		m35-39	1	<b>00:23:51.90</b>	<b>00:23:53.75</b>	+00:03:34 (14.9%)	7:57	7.5 (84.3%)
5	<b>ZAWISTOWSKI Jakub</b>	<b>6</b>	HUSARIA RACE TEAM	ELITE MEN	2	<b>00:24:19.45</b>	<b>00:24:22.40</b>	+00:04:02 (16.6%)	8:06	7.4 (83.1%)
6	<b>SOBIERAJSKI Krzysztof</b>	<b>18</b>	OCRA POLAND	m13-17	2	<b>00:24:27.20</b>	<b>00:24:31.10</b>	+00:04:11 (17.1%)	8:09	7.4 (83.1%)
7	<b>ALBON Jonathan</b>	<b>1</b>		ELITE MEN	3	<b>00:24:51.95</b>	<b>00:24:54.60</b>	+00:04:34 (18.4%)	8:17	7.2 (80.9%)
8	<b>NYKIEL Mariusz</b>	<b>31</b>	SOCIOS SILESIA	m25-29	2	<b>00:25:26.25</b>	<b>00:25:28.55</b>	+00:05:08 (20.2%)	8:28	7.1 (79.8%)
9	<b>KOWALCZYK Dawid</b>	<b>12</b>		ELITE MEN	4	<b>00:27:00.55</b>	<b>00:27:03.05</b>	+00:06:43 (24.9%)	9:00	6.7 (75.3%)
10	<b>HARBYNOU Ihar</b>	<b>10</b>		ELITE MEN	5	<b>00:27:12.45</b>	<b>00:27:14.50</b>	+00:06:54 (25.4%)	9:04	6.6 (74.2%)
11	<b>LISOWSKI Adam</b>	<b>68</b>	SOCIOS SILESIA	m35-39	2	<b>00:27:26.15</b>	<b>00:27:27.50</b>	+00:07:07 (26.0%)	9:08	6.6 (74.2%)
12	<b>MÓRAWSKI Mieszko</b>	<b>3</b>	HUSARIA RACE TEAM	ELITE MEN	6	<b>00:28:42.20</b>	<b>00:28:45.30</b>	+00:08:25 (29.3%)	9:34	6.3 (70.8%)
13	<b>WYPUKOŁ Jakub</b>	<b>30</b>	SOCIOS SILESIA	m25-29	3	<b>00:28:56.55</b>	<b>00:28:58.80</b>	+00:08:39 (29.9%)	9:38	6.2 (69.7%)
14	<b>SOBIERAJSKI Marian</b>	<b>24</b>	OCRA POLAND	m18-24	1	<b>00:34:50.15</b>	<b>00:34:53.40</b>	+00:14:33 (41.7%)	11:36	5.2 (58.4%)
15	<b>PODGÓRSKI Marek</b>	<b>11</b>		m35-39	3	<b>00:36:12.35</b>	<b>00:36:13.90</b>	+00:15:54 (43.9%)	12:04	5 (56.2%)
16	<b>SZARUGA Małgorzata</b>	<b>14</b>	OCRA POLAND	ELITE WOMEN	1	<b>00:37:46.25</b>	<b>00:37:50.10</b>	+00:17:30 (46.3%)	12:35	4.8 (53.9%)
17	<b>LISOWSKI Grzegorz</b>	<b>67</b>	SOCIOS SILESIA	m35-39	4	<b>00:41:33.80</b>	<b>00:41:35.55</b>	+00:21:15 (51.1%)	13:51	4.3 (48.3%)
18	<b>ALBON Henriette</b>	<b>15</b>		ELITE WOMEN	2	<b>00:41:41.15</b>	<b>00:41:44.40</b>	+00:21:24 (51.3%)	13:53	4.3 (48.3%)
19	<b>HANSLIK Aleksandra</b>	<b>16</b>	SOCIOS SILESIA	ELITE WOMEN	3	<b>00:43:49.95</b>	<b>00:43:53.70</b>	+00:23:34 (53.7%)	14:36	4.1 (46.1%)
20	<b>KWIATKOWSKI Michał</b>	<b>51</b>	HUSARIA RACE TEAM	m30-34	1	<b>00:49:50.90</b>	<b>00:49:53.20</b>	+00:29:33 (59.3%)	16:37	3.6 (40.4%)
21	<b>BORUC Tomasz</b>	<b>61</b>	SPEEDSTERS	m35-39	5	<b>00:50:26.65</b>	<b>00:50:29.10</b>	+00:30:09 (59.7%)	16:49	3.6 (40.4%)
22	<b>FRYDRYCH Maciek</b>	<b>184</b>		m40-44	1	<b>00:54:16.15</b>	<b>00:54:18.30</b>	+00:33:58 (62.6%)	18:05	3.3 (37.1%)
23	<b>GAWRYLUK Marcin</b>	<b>58</b>	OUTDOOR TRAINING	m30-34	2	<b>01:01:47.60</b>	<b>01:01:51.10</b>	+00:41:31 (67.1%)	20:36	2.9 (32.6%)
24	<b>KOŁODZIEJCZYK Kamil</b>	<b>59</b>	SOCIOS SILESIA	m30-34	3	<b>01:06:41.50</b>	<b>01:06:42.75</b>	+00:46:23 (69.5%)	22:13	2.7 (30.3%)
25	<b>JANISZEWSKI Grzegorz</b>	<b>78</b>		m50+	1	<b>01:07:48.95</b>	<b>01:07:51.30</b>	+00:47:31 (70.0%)	22:36	2.7 (30.3%)
26	<b>ORANKIEWICZ Krzysztof</b>	<b>4</b>		ELITE MEN	7	<b>01:40:49.55</b>	<b>01:40:52.95</b>	+01:20:33 (79.9%)	33:36	1.8 (20.2%)
27	<b>ROSSA Michał</b>	<b>43</b>	OCRA POLAND	m25-29	4	<b>02:02:55.40</b>	<b>02:02:58.95</b>	+01:42:39 (83.5%)	40:58	1.5 (16.9%)
DNC	<b>BEREZNOWSKA Patrycja</b>	<b>73</b>		k40-44		<b>00:16:16.25</b>	<b>00:16:19.35</b>		-	- (0.0%)
DNC	<b>MACH Szymon</b>	<b>63</b>	MMA DEVIL MI?DZYCHÓD	m35-39		<b>00:22:33.70</b>	<b>00:22:35.05</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
DNC	<b>RATAJSKA Iga</b>	<b>47</b>	MMA DEVIL MIĘDZYCHÓD	k25-29		<b>00:27:28.10</b>	<b>00:27:31.40</b>	-	-	(0.0%)
DNC	<b>PAWŁOWSKI Kamil</b>	<b>25</b>	OCR TEAM WŁOCŁAWEK	m18-24		<b>00:28:50.95</b>	<b>00:28:54.25</b>	-	-	(0.0%)
DNC	<b>WICHA Iwona</b>	<b>56</b>	OCRA POLAND	k30-34		<b>00:31:02.25</b>	<b>00:31:05.15</b>	-	-	(0.0%)
DNC	<b>KUBAŚ Arkadiusz</b>	<b>62</b>	KLUB AKTYWNYCH PARKRUN SKÓZEC	m35-39		<b>00:33:00.20</b>	<b>00:33:03.00</b>	-	-	(0.0%)
DNC	<b>PYZ Marek</b>	<b>7</b>	OFF- ROAD RUNNERS	ELITE MEN		<b>00:36:19.05</b>	<b>00:36:22.60</b>	-	-	(0.0%)
DNC	<b>KĘDZIOREK Eryk</b>	<b>57</b>	OCRA POLAND	m30-34		<b>00:38:14.60</b>	<b>00:38:16.15</b>	-	-	(0.0%)
DNC	<b>WNOROWSKA Magdalena</b>	<b>75</b>	DZIADY OCR	k40-44		<b>00:38:57.90</b>	<b>00:39:00.25</b>	-	-	(0.0%)
DNC	<b>TARGOŃSKI Grzegorz</b>	<b>77</b>		m40-44		<b>00:39:15.00</b>	<b>00:39:17.35</b>	-	-	(0.0%)
DNC	<b>HREBIACHUK Maksim</b>	<b>32</b>		m25-29		<b>00:39:39.40</b>	<b>00:39:40.70</b>	-	-	(0.0%)
DNC	<b>ROSSA Łukasz</b>	<b>42</b>	OCRA POLAND	m25-29		<b>00:39:55.00</b>	<b>00:39:58.20</b>	-	-	(0.0%)
DNC	<b>OKTABIŃSKI Karol</b>	<b>41</b>	OCRA POLAND	m25-29		<b>00:40:04.50</b>	<b>00:40:07.05</b>	-	-	(0.0%)
DNC	<b>MITRUSHKINA Olga</b>	<b>33</b>		k25-29		<b>00:40:26.80</b>	<b>00:40:29.50</b>	-	-	(0.0%)
DNC	<b>KALINOWSKA Wioletta</b>	<b>71</b>	OCRA POLAND	k40-44		<b>00:40:36.40</b>	<b>00:40:39.20</b>	-	-	(0.0%)
DNC	<b>KONDRACIUK Andrzej</b>	<b>20</b>		m13-17		<b>00:43:07.55</b>	<b>00:43:11.00</b>	-	-	(0.0%)
DNC	<b>MACHNIK Katarzyna</b>	<b>38</b>	OCRA POLAND	ELITE WOMEN		<b>00:44:13.45</b>	<b>00:44:17.00</b>	-	-	(0.0%)
DNC	<b>PAMUŁA Krystian</b>	<b>50</b>	SRTG NIEPOŁOMICE	m30-34		<b>00:47:09.40</b>	<b>00:47:11.85</b>	-	-	(0.0%)
DNC	<b>JAWOREK Rafał</b>	<b>37</b>	HUSARIA RACE TEAM	m25-29		<b>00:49:08.15</b>	<b>00:49:10.45</b>	-	-	(0.0%)
DNC	<b>DALNICENKO Uiri</b>	<b>54</b>		m30-34		<b>00:57:08.25</b>	<b>00:57:09.95</b>	-	-	(0.0%)
DNC	<b>KOWALCZYK Konrad</b>	<b>49</b>		m30-34		<b>00:58:38.70</b>	<b>00:58:40.65</b>	-	-	(0.0%)
DNC	<b>KUR Marcin</b>	<b>39</b>	HUSARIA RACE TEAM	m25-29		<b>00:59:02.05</b>	<b>00:59:03.80</b>	-	-	(0.0%)
DNC	<b>PAWŁOWICZ Aleksander</b>	<b>53</b>		m30-34		<b>00:59:05.10</b>	<b>00:59:07.35</b>	-	-	(0.0%)
DNC	<b>KRÓL Dariusz</b>	<b>80</b>	ZABIEGANY WOŁOMIN	m50+		<b>00:59:38.90</b>	<b>00:59:41.20</b>	-	-	(0.0%)
DNC	<b>BIENIECKI Jarosław</b>	<b>187</b>		m30-34		<b>01:00:28.80</b>	<b>01:00:30.35</b>	-	-	(0.0%)
DNC	<b>WIŚNIEWSKI Norbert</b>	<b>72</b>		m40-44		<b>01:02:25.55</b>	<b>01:02:28.40</b>	-	-	(0.0%)
DNC	<b>GAŁEK Rafał</b>	<b>186</b>		m13-17		<b>01:05:55.80</b>	<b>01:06:00.00</b>	-	-	(0.0%)
DNC	<b>GOŁOWCZYC Mateusz</b>	<b>52</b>	HUSARIA RACE TEAM	m30-34		<b>01:09:30.30</b>	<b>01:09:32.25</b>	-	-	(0.0%)
DNC	<b>JABŁOŃSKI Tomasz</b>	<b>188</b>		m35-39		<b>01:03:42.85</b>	<b>01:09:56.55</b>	-	-	(0.0%)
DNC	<b>HELLWICH Łukasz</b>	<b>45</b>	MMA DEVIL MIĘDZYCHÓD	m25-29		<b>01:12:08.30</b>	<b>01:12:09.65</b>	-	-	(0.0%)
DNC	<b>LEWANDOWSKI Michał</b>	<b>215</b>		m18-24		<b>01:12:13.00</b>	<b>01:12:17.55</b>	-	-	(0.0%)
DNC	<b>GOJTKA Mariusz</b>	<b>44</b>	MMA DEVIL MIĘDZYCHÓD	m25-29		<b>01:12:37.55</b>	<b>01:12:40.30</b>	-	-	(0.0%)
DNC	<b>FECHNER Bartosz</b>	<b>46</b>	MMA DEVIL MIĘDZYCHÓD	m25-29		<b>01:12:39.55</b>	<b>01:12:41.90</b>	-	-	(0.0%)
DNC	<b>WEBER Karol</b>	<b>48</b>	MMA DEVIL MIĘDZYCHÓD	m25-29		<b>01:12:41.35</b>	<b>01:12:43.05</b>	-	-	(0.0%)
DNC	<b>MISIAK Piotr</b>	<b>28</b>		m25-29		<b>01:12:45.10</b>	<b>01:12:47.05</b>	-	-	(0.0%)
DNC	<b>JASEK Łukasz</b>	<b>29</b>		m25-29		<b>01:19:26.80</b>	<b>01:19:29.05</b>	-	-	(0.0%)
DNC	<b>PIOTROWSKI Damian</b>	<b>76</b>		m40-44		<b>01:21:00.35</b>	<b>01:21:03.50</b>	-	-	(0.0%)
DNC	<b>CHOJNA Zygmunt</b>	<b>79</b>	SOCIOS SILESIA	m50+		<b>01:23:03.05</b>	<b>01:23:04.50</b>	-	-	(0.0%)
DNC	<b>GAJEK Anna</b>	<b>70</b>	SOCIOS SILESIA	k40-44		<b>01:23:01.95</b>	<b>01:23:04.50</b>	-	-	(0.0%)
DNC	<b>ZOŃ Arkadiusz</b>	<b>27</b>	HUSARIA RACE TEAM	m25-29		<b>01:30:20.40</b>	<b>01:30:20.40</b>	-	-	(0.0%)
DNC	<b>GOLEC Rafał</b>	<b>2</b>	CROSSFIT SIEDLCE &CROSSFIT ?UKÓW	ELITE MEN		<b>01:32:48.50</b>	<b>01:32:50.70</b>	-	-	(0.0%)
DNC	<b>KĘDZIOREK Paulina</b>	<b>36</b>	OCRA POLAND	k25-29		<b>01:33:11.60</b>	<b>01:33:14.35</b>	-	-	(0.0%)
DNC	<b>KONDRACIUK Piotr</b>	<b>74</b>		m40-44		<b>01:43:32.45</b>	<b>01:43:34.40</b>	-	-	(0.0%)
DNC	<b>GAWEŁ Mateusz</b>	<b>23</b>	HUSARIA RACE TEAM	m18-24		<b>01:51:41.20</b>	<b>01:51:46.35</b>	-	-	(0.0%)
DNC	<b>JÓZEFIAK Aleksandra</b>	<b>65</b>		k35-39		<b>02:03:54.95</b>	<b>02:03:56.90</b>	-	-	(0.0%)
DNC	<b>KARPOWICZ Jakub</b>	<b>21</b>	MAD RUNNERS WAŁBRZYCH	m18-24		<b>02:09:15.90</b>	<b>02:09:19.15</b>	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
DNC	<b>BURS Klaudia</b>	<b>19</b>		k13-17		<b>02:11:22.85</b>	<b>02:11:27.35</b>		-	- (0.0%)
	<b>ŁOBODZIŃSKI Piotr</b>	<b>8</b>	OCRA POLAND	ELITE MEN		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ROLA Rafał</b>	<b>5</b>	ZABIEGANY WOŁOMIN	ELITE MEN		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TOMASIK Alan</b>	<b>26</b>	OCRA POLAND	m25-29		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JASTRZĘBSKI Piotr</b>	<b>55</b>	SOCIOS SILESIA	m30-34		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 78 wynik(ów)