

# OCR POLISH CHAMPIONSHIPS - RUN4FREE

B4SPORT

**Wydarzenie:** OCR Polish Championships  
**Organizator:** OCRA POLAND  
**Data:** 2018-08-26  
**Miejsce:** Ząbki  
**Dystans:** 7 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEWULSKI Sebastian</b>	<b>172</b>		OPEN	1	00:24:11	<b>00:40:34.30</b>	<b>00:40:40.45</b>		5:47	10.4 (100%)
2	<b>WINIARSKI Wojciech</b>	<b>168</b>		OPEN	2	00:24:55	<b>00:46:14.65</b>	<b>00:46:18.50</b>	+00:05:38 (12.2%)	6:36	9.1 (87.5%)
3	<b>SKROBIK Tomasz</b>	<b>166</b>		OPEN	3	00:24:39	<b>00:46:36.25</b>	<b>00:46:40.80</b>	+00:06:00 (12.9%)	6:39	9 (86.5%)
4	<b>OSIK Sebastian</b>	<b>163</b>		OPEN	4	00:24:52	<b>00:46:37.20</b>	<b>00:46:40.95</b>	+00:06:00 (12.9%)	6:39	9 (86.5%)
5	<b>FORKASIEWICZ Marcin</b>	<b>164</b>		OPEN	5	00:25:01	<b>00:46:44.05</b>	<b>00:46:47.75</b>	+00:06:07 (13.1%)	6:40	9 (86.5%)
6	<b>MURAWSKI Paweł</b>	<b>151</b>	UM ZĄBKI	OPEN	6	00:21:34	<b>00:46:42.00</b>	<b>00:46:49.35</b>	+00:06:08 (13.1%)	6:40	9 (86.5%)
7	<b>BALCEROWSKI Rafał</b>	<b>153</b>	UM ZĄBKI	OPEN	7	00:21:30	<b>00:46:42.60</b>	<b>00:46:49.55</b>	+00:06:09 (13.1%)	6:40	9 (86.5%)
8	<b>BALCERZAK-JAŁTUSZEWSKA Katarzyna</b>	<b>152</b>	UM ZĄBKI	OPEN	8	00:21:27	<b>00:46:44.00</b>	<b>00:46:50.30</b>	+00:06:09 (13.2%)	6:40	9 (86.5%)
9	<b>ZALEWSKA Małgorzata</b>	<b>155</b>	UM ZĄBKI	OPEN	9	00:21:32	<b>00:46:44.75</b>	<b>00:46:50.80</b>	+00:06:10 (13.2%)	6:40	9 (86.5%)
10	<b>SZPAKOWSKI Konrad</b>	<b>150</b>	UM ZĄBKI	OPEN	10	00:21:36	<b>00:46:49.25</b>	<b>00:46:57.10</b>	+00:06:16 (13.4%)	6:41	9 (86.5%)
11	<b>PIEKUTOWSKI Irek</b>	<b>178</b>		OPEN	11	00:26:46	<b>00:49:26.00</b>	<b>00:49:28.75</b>	+00:08:48 (17.8%)	7:03	8.5 (81.7%)
12	<b>STASIŃSKI Hubert</b>	<b>165</b>		OPEN	12	00:24:50	<b>00:49:25.65</b>	<b>00:49:28.95</b>	+00:08:48 (17.8%)	7:03	8.5 (81.7%)
13	<b>BARACZ Sylwia</b>	<b>162</b>		OPEN	13	00:24:06	<b>00:49:25.60</b>	<b>00:49:29.60</b>	+00:08:49 (17.8%)	7:03	8.5 (81.7%)
14	<b>BAZYDŁO Łukasz</b>	<b>169</b>		OPEN	14	00:32:28	<b>00:54:35.60</b>	<b>00:54:39.30</b>	+00:13:58 (25.6%)	7:48	7.7 (74.0%)
15	<b>DĄBROWSKA Malwina</b>	<b>207</b>		OPEN	15	00:35:45	<b>00:54:38.10</b>	<b>00:54:43.25</b>	+00:14:02 (25.7%)	7:48	7.7 (74.0%)
16	<b>BARAN Grzegorz</b>	<b>179</b>		OPEN	16	00:32:48	<b>01:01:06.60</b>	<b>01:01:12.10</b>	+00:20:31 (33.5%)	8:43	6.9 (66.3%)
17	<b>JACHYMEK Karina</b>	<b>154</b>	UM ZĄBKI	OPEN	17	00:32:33	<b>01:01:57.55</b>	<b>01:02:04.15</b>	+00:21:23 (34.5%)	8:51	6.8 (65.4%)
18	<b>ROSŁOŃSKA Iwona</b>	<b>173</b>		OPEN	18	00:32:02	<b>01:02:23.05</b>	<b>01:02:29.40</b>	+00:21:48 (34.9%)	8:54	6.7 (64.4%)
19	<b>GOŹDZIK Edward</b>	<b>199</b>		OPEN	19	00:32:01	<b>01:02:22.95</b>	<b>01:02:29.45</b>	+00:21:49 (34.9%)	8:54	6.7 (64.4%)
20	<b>KOCZYK Artur</b>	<b>195</b>		OPEN	20	00:34:53	<b>01:03:28.55</b>	<b>01:03:33.95</b>	+00:22:53 (36.0%)	9:04	6.6 (63.5%)
21	<b>TRUCHEL Andrzej</b>	<b>167</b>		OPEN	21	00:34:52	<b>01:03:35.90</b>	<b>01:03:40.75</b>	+00:23:00 (36.1%)	9:05	6.6 (63.5%)
22	<b>RUKUSZEWICZ Piotr</b>	<b>159</b>	GRAFOTRONIC TEAM	OPEN	22	00:34:59	<b>01:03:37.25</b>	<b>01:03:41.55</b>	+00:23:01 (36.1%)	9:05	6.6 (63.5%)
23	<b>WOŹNIAK Marcin</b>	<b>160</b>		OPEN	23	00:34:54	<b>01:03:39.10</b>	<b>01:03:42.35</b>	+00:23:01 (36.2%)	9:05	6.6 (63.5%)
	<b>CUDNIK Paweł</b>	<b>161</b>		OPEN		DNF	<b>DNF</b>	<b>DNF</b>		-	-(0.0%)

Znaleziono 24 wynik(ów)