

# OCREC2019 - BIEG OPEN

B4SPORT

**Event:** OCR EUROPEAN CHAMPIONSHIPS  
**Organiser:** Stowarzyszenie Biegów Przeszkodowych OCR  
 Polska  
**Date:** 2019-06-30  
**Place:** Gdynia  
**Distance:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN M

| Place | Participant              | Number | Club | Category    | MCat | Spiker_OCR<br>4.9km | Net<br>time<br>5km | Czas<br>brutto<br>5km | Gap               | Pace<br>min/km | Pace<br>km/h |
|-------|--------------------------|--------|------|-------------|------|---------------------|--------------------|-----------------------|-------------------|----------------|--------------|
| 1     | HORVATH Robert           | 4101   |      | OPEN M      | 1    | 00:51:51            | 00:51:57.15        | 00:51:58.60           |                   | 10:23          | 5.8 (100%)   |
| 2     | PAPP Adam                | 4165   |      | OPEN M      | 2    | 00:54:20            | 00:54:25.75        | 00:54:27.10           | +00:02:28 (4.5%)  | 10:53          | 5.5 (94.8%)  |
| 3     | CZAJKOWSKI Arkadiusz     | 4543   |      | OPEN M      | 3    | 00:58:21            | 00:58:27.70        | 00:58:29.10           | +00:06:30 (11.1%) | 11:41          | 5.1 (87.9%)  |
| 4     | ROSOCHACKI Marcin        | 4516   |      | OPEN M      | 4    | 01:00:14            | 01:00:19.45        | 01:00:21.85           | +00:08:23 (13.9%) | 12:03          | 5 (86.2%)    |
| 5     | DOBOSI Gergely           | 4081   |      | OPEN M      | 5    |                     | 01:01:34.20        | 01:01:34.20           | +00:09:35 (15.6%) | 12:18          | 4.9 (84.5%)  |
| 6     | GOLEC Rafał              | 4004   |      | OPEN M      | 6    | 01:05:41            | 01:05:46.75        | 01:05:48.40           | +00:13:49 (21.0%) | 13:09          | 4.6 (79.3%)  |
| 7     | SZYSZKA Kacper           | 4674   |      | OPEN M      | 7    | 01:07:53            | 01:07:59.40        | 01:08:00.95           | +00:16:02 (23.6%) | 13:35          | 4.4 (75.9%)  |
| 8     | HOŁDA Dominik            | 4688   |      | OPEN M      | 8    | 01:08:27            | 01:08:33.35        | 01:08:35.45           | +00:16:36 (24.2%) | 13:42          | 4.4 (75.9%)  |
| 9     | MOLÁR Gergely            | 4082   |      | OPEN M      | 9    | 01:08:30            | 01:08:37.00        | 01:08:38.05           | +00:16:39 (24.3%) | 13:43          | 4.4 (75.9%)  |
| 10    | DOŁĘGOWSKI Krzysztof     | 4188   |      | OPEN M      | 10   | 01:08:51            | 01:09:01.05        | 01:09:03.80           | +00:17:05 (24.7%) | 13:48          | 4.3 (74.1%)  |
| 11    | SIROCKI Dawid            | 10172  |      | OPEN M      | 11   | 01:09:53            | 01:10:01.25        | 01:10:03.95           | +00:18:05 (25.8%) | 14:00          | 4.3 (74.1%)  |
| 12    | SARZYŃSKI Arkadiusz      | 4175   |      | OPEN M      | 12   | 01:11:54            | 01:12:01.70        | 01:12:03.15           | +00:20:04 (27.9%) | 14:24          | 4.2 (72.4%)  |
| 13    | JAMIE GANE Mr            | 4123   |      | OPEN M      | 13   | 01:12:16            | 01:12:22.00        | 01:12:26.65           | +00:20:28 (28.3%) | 14:28          | 4.1 (70.7%)  |
| 14    | TJARNBERG Andreas        | 10174  |      | OPEN M      | 14   | 01:12:22            | 01:12:32.10        | 01:12:35.70           | +00:20:37 (28.4%) | 14:30          | 4.1 (70.7%)  |
| 15    | ANDREAS TRØSTHEIM Mikkel | 4134   |      | OPEN M      | 15   | 01:14:06            | 01:14:16.35        | 01:14:18.65           | +00:22:20 (30.1%) | 14:51          | 4 (69.0%)    |
| 16    | KANAEV Alexander         | 4068   |      | OPEN M      | 16   | 01:16:24            | 01:16:31.35        | 01:16:36.00           | +00:24:37 (32.1%) | 15:18          | 3.9 (67.2%)  |
| 17    | SZYMEL Jacek             | 4075   |      | OPEN M      | 17   | 01:16:46            | 01:16:54.45        | 01:16:57.00           | +00:24:58 (32.5%) | 15:23          | 3.9 (67.2%)  |
| 18    | STACHOWIAK Marcin        | 4511   |      | OPEN M      | 18   | 01:17:37            | 01:17:48.30        | 01:17:49.95           | +00:25:51 (33.2%) | 15:33          | 3.9 (67.2%)  |
| 19    | DWORCZYK Maciej          | 4182   |      | OPEN M      | 19   | 01:17:55            | 01:18:04.00        | 01:18:05.70           | +00:26:07 (33.4%) | 15:36          | 3.8 (65.5%)  |
| 20    | HAWEL Rafał              | 4526   |      | OPEN M      | 20   | 01:18:20            | 01:18:29.25        | 01:18:31.45           | +00:26:32 (33.8%) | 15:41          | 3.8 (65.5%)  |
| 21    | KĘDZIOREK Eryk           | 4172   |      | OPEN M      | 21   | 01:18:28            | 01:18:35.50        | 01:18:37.20           | +00:26:38 (33.9%) | 15:43          | 3.8 (65.5%)  |
| 22    | SERGEI Arlimov           | 4232   |      | OPEN M      | 22   | 01:18:48            | 01:18:55.35        | 01:18:57.30           | +00:26:58 (34.2%) | 15:47          | 3.8 (65.5%)  |
| 23    | GRAUEN Oliver            | 4135   |      | OPEN M      | 23   |                     | 01:19:01.00        | 01:19:01.00           | +00:27:02 (34.2%) | 15:48          | 3.8 (65.5%)  |
| 24    | ÁKOS Abonyi              | 4131   |      | OPEN M      | 24   | 01:18:52            | 01:19:00.35        | 01:19:03.25           | +00:27:04 (34.3%) | 15:48          | 3.8 (65.5%)  |
| 25    | DĄBROWSKI Tomasz         | 10145  |      | Superhero M | 1    | 01:19:29            | 01:19:36.60        | 01:19:38.75           | +00:27:40 (34.7%) | 15:55          | 3.8 (65.5%)  |
| 26    | KRAJNIAK Jarosław        | 4505   |      | OPEN M      | 25   | 01:21:12            | 01:21:19.05        | 01:21:20.85           | +00:29:22 (36.1%) | 16:15          | 3.7 (63.8%)  |
| 27    | KOŁACZEK Hubert          | 4694   |      | OPEN M      | 26   | 01:21:07            | 01:21:21.75        | 01:21:24.00           | +00:29:25 (36.1%) | 16:16          | 3.7 (63.8%)  |
| 28    | CHYCZEWSKI Michał        | 4606   |      | Wojskowa M  | 1    | 01:22:00            | 01:22:06.95        | 01:22:08.40           | +00:30:09 (36.7%) | 16:25          | 3.7 (63.8%)  |
| 29    | SZABÓ József             | 4050   |      | OPEN M      | 27   | 01:21:53            | 01:22:09.40        | 01:22:12.35           | +00:30:13 (36.8%) | 16:26          | 3.7 (63.8%)  |

| Place | Participant                | Number       | Club       | Category | MCat | Spiker_OCR<br>4.9km | Net<br>time<br>5km | Czas<br>brutto<br>5km | Gap               | Pace<br>min/km | Pace<br>km/h |
|-------|----------------------------|--------------|------------|----------|------|---------------------|--------------------|-----------------------|-------------------|----------------|--------------|
| 30    | <b>Tomek</b>               | <b>4160</b>  |            | OPEN M   | 28   | 01:22:11            | <b>01:22:17.50</b> | <b>01:22:19.20</b>    | +00:30:20 (36.9%) | 16:27          | 3.6 (62.1%)  |
| 31    | <b>NORDH Stefan</b>        | <b>4217</b>  |            | OPEN M   | 29   | 01:22:50            | <b>01:22:58.80</b> | <b>01:23:03.15</b>    | +00:31:04 (37.4%) | 16:35          | 3.6 (62.1%)  |
| 32    | <b>LUDVIGSSON Antonio</b>  | <b>4202</b>  |            | OPEN M   | 30   | 01:22:50            | <b>01:22:59.90</b> | <b>01:23:04.25</b>    | +00:31:05 (37.4%) | 16:36          | 3.6 (62.1%)  |
| 33    | <b>LINDSTRÖM Algot</b>     | <b>4206</b>  |            | OPEN M   | 31   | 01:22:50            | <b>01:22:59.80</b> | <b>01:23:04.35</b>    | +00:31:05 (37.4%) | 16:36          | 3.6 (62.1%)  |
| 34    | <b>ÁKOS Abonyi</b>         | <b>10150</b> |            | OPEN M   | 32   | 01:22:57            | <b>01:23:05.05</b> | <b>01:23:11.30</b>    | +00:31:12 (37.5%) | 16:37          | 3.6 (62.1%)  |
| 35    | <b>GEORGE Ardamis</b>      | <b>4005</b>  | Wojskowa M |          | 2    | 01:23:39            | <b>01:23:46.65</b> | <b>01:23:48.50</b>    | +00:31:49 (38.0%) | 16:45          | 3.6 (62.1%)  |
| 36    | <b>KASCHEL Patryk</b>      | <b>4678</b>  |            | OPEN M   | 33   | 01:23:57            | <b>01:24:03.25</b> | <b>01:24:05.65</b>    | +00:32:07 (38.2%) | 16:48          | 3.6 (62.1%)  |
| 37    | <b>GLONEK Sebastian</b>    | <b>4235</b>  |            | OPEN M   | 34   | 01:24:28            | <b>01:25:00.75</b> | <b>01:25:02.35</b>    | +00:33:03 (38.9%) | 17:00          | 3.5 (60.3%)  |
| 38    | <b>SKWAREK Tomasz</b>      | <b>4234</b>  |            | OPEN M   | 35   | 01:24:47            | <b>01:25:01.10</b> | <b>01:25:02.45</b>    | +00:33:03 (38.9%) | 17:00          | 3.5 (60.3%)  |
| 39    | <b>FUNQUIST Jonas</b>      | <b>4042</b>  |            | OPEN M   | 36   | 01:25:29            | <b>01:25:37.05</b> | <b>01:25:39.75</b>    | +00:33:41 (39.3%) | 17:07          | 3.5 (60.3%)  |
| 40    | <b>SZULCEK Patryk</b>      | <b>4684</b>  |            | OPEN M   | 37   | 01:25:32            | <b>01:25:43.15</b> | <b>01:25:44.65</b>    | +00:33:46 (39.4%) | 17:08          | 3.5 (60.3%)  |
| 41    | <b>ZELL Jacek</b>          | <b>4519</b>  |            | OPEN M   | 38   | 01:26:07            | <b>01:26:16.85</b> | <b>01:26:19.25</b>    | +00:34:20 (39.8%) | 17:15          | 3.5 (60.3%)  |
| 42    | <b>ZAJĄC Cezary</b>        | <b>4528</b>  |            | OPEN M   | 39   | 01:26:26            | <b>01:26:34.15</b> | <b>01:26:36.30</b>    | +00:34:37 (40.0%) | 17:18          | 3.5 (60.3%)  |
| 43    | <b>SIKORA Adam</b>         | <b>10148</b> |            | OPEN M   | 40   | 01:26:45            | <b>01:26:59.20</b> | <b>01:27:03.35</b>    | +00:35:04 (40.3%) | 17:23          | 3.4 (58.6%)  |
| 44    | <b>ŁAPACZ Tomasz</b>       | <b>4668</b>  |            | OPEN M   | 41   | 01:27:49            | <b>01:27:55.30</b> | <b>01:27:58.75</b>    | +00:36:00 (40.9%) | 17:35          | 3.4 (58.6%)  |
| 45    | <b>GÁBOR Horváth</b>       | <b>4048</b>  |            | OPEN M   | 42   | 01:27:55            | <b>01:28:01.70</b> | <b>01:28:03.60</b>    | +00:36:05 (41.0%) | 17:36          | 3.4 (58.6%)  |
| 46    | <b>JASIŃSKI Kacper</b>     | <b>4624</b>  | Wojskowa M |          | 3    | 01:28:08            | <b>01:28:20.55</b> | <b>01:28:21.95</b>    | +00:36:23 (41.2%) | 17:40          | 3.4 (58.6%)  |
| 47    | <b>PRZEWŁOKA Damian</b>    | <b>4347</b>  |            | OPEN M   | 43   | 01:28:56            | <b>01:29:05.00</b> | <b>01:29:06.10</b>    | +00:37:07 (41.7%) | 17:49          | 3.4 (58.6%)  |
| 47    | <b>BAKAŁA Mateusz</b>      | <b>4346</b>  |            | OPEN M   | 44   | 01:28:56            | <b>01:29:04.15</b> | <b>01:29:06.10</b>    | +00:37:07 (41.7%) | 17:49          | 3.4 (58.6%)  |
| 49    | <b>DZIUBIŃSKI Bartosz</b>  | <b>4628</b>  | Wojskowa M |          | 4    | 01:29:50            | <b>01:29:57.50</b> | <b>01:29:59.85</b>    | +00:38:01 (42.2%) | 17:59          | 3.3 (56.9%)  |
| 50    | <b>LEWANDOWSKI Łukasz</b>  | <b>4608</b>  | Wojskowa M |          | 5    | 01:29:53            | <b>01:29:59.05</b> | <b>01:30:01.25</b>    | +00:38:02 (42.3%) | 17:59          | 3.3 (56.9%)  |
| 51    | <b>JAKUB Sztura</b>        | <b>4627</b>  | Wojskowa M |          | 6    | 01:30:12            | <b>01:30:20.75</b> | <b>01:30:22.15</b>    | +00:38:23 (42.5%) | 18:04          | 3.3 (56.9%)  |
| 51    | <b>SZULC Tomasz</b>        | <b>4617</b>  | Wojskowa M |          | 7    | 01:30:12            | <b>01:30:19.90</b> | <b>01:30:22.15</b>    | +00:38:23 (42.5%) | 18:04          | 3.3 (56.9%)  |
| 53    | <b>MIKOŁAJEK Robert</b>    | <b>4302</b>  |            | OPEN M   | 45   | 01:30:32            | <b>01:30:40.15</b> | <b>01:30:43.15</b>    | +00:38:44 (42.7%) | 18:08          | 3.3 (56.9%)  |
| 54    | <b>WIECZOREK Mateusz</b>   | <b>4525</b>  |            | OPEN M   | 46   | 01:30:31            | <b>01:30:43.55</b> | <b>01:30:46.00</b>    | +00:38:47 (42.7%) | 18:08          | 3.3 (56.9%)  |
| 55    | <b>HANBY Tobias</b>        | <b>4230</b>  |            | OPEN M   | 47   | 01:30:50            | <b>01:30:56.65</b> | <b>01:31:02.45</b>    | +00:39:03 (42.9%) | 18:11          | 3.3 (56.9%)  |
| 56    | <b>WYSOCKI Michał</b>      | <b>4327</b>  |            | OPEN M   | 48   | 01:31:15            | <b>01:31:35.65</b> | <b>01:31:39.10</b>    | +00:39:40 (43.3%) | 18:19          | 3.3 (56.9%)  |
| 57    | <b>FYODOR Antonov</b>      | <b>4064</b>  |            | OPEN M   | 49   | 01:32:29            | <b>01:32:38.50</b> | <b>01:32:40.05</b>    | +00:40:41 (43.9%) | 18:31          | 3.2 (55.2%)  |
| 58    | <b>STRADZA Bartłomiej</b>  | <b>4236</b>  |            | OPEN M   | 50   | 01:32:47            | <b>01:32:56.10</b> | <b>01:32:57.90</b>    | +00:40:59 (44.1%) | 18:35          | 3.2 (55.2%)  |
| 59    | <b>HOŁOWACZ Kamil</b>      | <b>4129</b>  |            | OPEN M   | 51   | 01:32:57            | <b>01:33:04.65</b> | <b>01:33:06.80</b>    | +00:41:08 (44.2%) | 18:36          | 3.2 (55.2%)  |
| 60    | <b>SŁADEK Patryk</b>       | <b>10176</b> |            | OPEN M   | 52   | 01:33:37            | <b>01:33:44.50</b> | <b>01:33:45.95</b>    | +00:41:47 (44.6%) | 18:44          | 3.2 (55.2%)  |
| 61    | <b>KARBOWSKI Sławomir</b>  | <b>4243</b>  |            | OPEN M   | 53   | 01:33:38            | <b>01:33:47.95</b> | <b>01:33:49.50</b>    | +00:41:50 (44.6%) | 18:45          | 3.2 (55.2%)  |
| 62    | <b>HABER Patryk</b>        | <b>4163</b>  |            | OPEN M   | 54   | 01:34:39            | <b>01:34:48.25</b> | <b>01:34:50.85</b>    | +00:42:52 (45.2%) | 18:57          | 3.2 (55.2%)  |
| 63    | <b>FALARSKI Lucjan</b>     | <b>4501</b>  |            | OPEN M   | 55   | 01:34:50            | <b>01:34:59.60</b> | <b>01:35:02.10</b>    | +00:43:03 (45.3%) | 19:00          | 3.2 (55.2%)  |
| 64    | <b>SYLDATK Patryk</b>      | <b>4512</b>  |            | OPEN M   | 56   | 01:35:10            | <b>01:35:17.05</b> | <b>01:35:18.85</b>    | +00:43:20 (45.5%) | 19:03          | 3.1 (53.4%)  |
| 65    | <b>PRZYSTAW Maxim</b>      | <b>4060</b>  |            | OPEN M   | 57   | 01:33:41            | <b>01:33:48.60</b> | <b>01:35:50.20</b>    | +00:43:51 (45.8%) | 18:45          | 3.2 (55.2%)  |
| 66    | <b>KALNIUK Tomasz</b>      | <b>4500</b>  |            | OPEN M   | 58   | 01:36:06            | <b>01:36:14.95</b> | <b>01:36:18.90</b>    | +00:44:20 (46.0%) | 19:15          | 3.1 (53.4%)  |
| 67    | <b>NOWACZYK Tomasz</b>     | <b>4041</b>  |            | OPEN M   | 59   | 01:37:29            | <b>01:37:42.35</b> | <b>01:37:46.15</b>    | +00:45:47 (46.8%) | 19:32          | 3.1 (53.4%)  |
| 68    | <b>PRUCHNIAK Wojciech</b>  | <b>4677</b>  |            | OPEN M   | 60   | 01:37:53            | <b>01:38:04.15</b> | <b>01:38:08.50</b>    | +00:46:09 (47.0%) | 19:36          | 3.1 (53.4%)  |
| 68    | <b>WARZYŃSKI Adrian</b>    | <b>4697</b>  |            | OPEN M   | 61   | 01:37:56            | <b>01:38:06.90</b> | <b>01:38:08.50</b>    | +00:46:09 (47.0%) | 19:37          | 3.1 (53.4%)  |
| 70    | <b>PORTON David</b>        | <b>4056</b>  |            | OPEN M   | 62   | 01:39:21            | <b>01:39:30.95</b> | <b>01:39:36.35</b>    | +00:47:37 (47.8%) | 19:54          | 3 (51.7%)    |
| 71    | <b>KOCHAŃSKI Arkadiusz</b> | <b>4616</b>  | Wojskowa M |          | 8    | 01:39:29            | <b>01:39:35.30</b> | <b>01:39:36.75</b>    | +00:47:38 (47.8%) | 19:55          | 3 (51.7%)    |
| 72    | <b>JAKSZEWICZ Sławomir</b> | <b>4002</b>  | Wojskowa M |          | 9    | 01:39:36            | <b>01:39:42.00</b> | <b>01:39:43.75</b>    | +00:47:45 (47.9%) | 19:56          | 3 (51.7%)    |

| Place | Participant            | Number | Club | Category    | MCat | Spiker_OCR | Net         | Czas        | Gap               | Pace   | Pace        |
|-------|------------------------|--------|------|-------------|------|------------|-------------|-------------|-------------------|--------|-------------|
|       |                        |        |      |             |      | 4.9km      | time        | brutto      |                   | min/km | km/h        |
|       |                        |        |      |             |      | 5km        | 5km         |             |                   |        |             |
| 73    | SAAL Patrick           | 4006   |      | Wojskowa M  | 10   | 01:39:25   | 01:39:43.25 | 01:39:45.95 | +00:47:47 (47.9%) | 19:56  | 3 (51.7%)   |
| 74    | OLAS Piotr             | 4069   |      | OPEN M      | 63   | 01:39:43   | 01:39:48.90 | 01:39:51.45 | +00:47:52 (47.9%) | 19:57  | 3 (51.7%)   |
| 75    | TOMCZAK Artur          | 4003   |      | Wojskowa M  | 11   | 01:39:42   | 01:39:51.60 | 01:39:53.80 | +00:47:55 (48.0%) | 19:58  | 3 (51.7%)   |
| 76    | TOŚKO Tadeusz          | 4065   |      | OPEN M      | 64   | 01:40:13   | 01:40:23.65 | 01:40:26.10 | +00:48:27 (48.2%) | 20:04  | 3 (51.7%)   |
| 77    | GENDERA Mateusz        | 4181   |      | OPEN M      | 65   | 01:40:14   | 01:40:25.55 | 01:40:28.25 | +00:48:29 (48.3%) | 20:05  | 3 (51.7%)   |
| 78    | ABRAMOWICZ Michał      | 4180   |      | OPEN M      | 66   | 01:40:26   | 01:40:35.55 | 01:40:39.45 | +00:48:40 (48.4%) | 20:07  | 3 (51.7%)   |
| 79    | GORNOWICZ Marcin       | 4323   |      | OPEN M      | 67   | 01:41:53   | 01:42:02.70 | 01:42:05.20 | +00:50:06 (49.1%) | 20:24  | 2.9 (50.0%) |
| 80    | BOHMAN Patrik          | 4177   |      | OPEN M      | 68   | 01:41:55   | 01:42:08.75 | 01:42:11.50 | +00:50:12 (49.1%) | 20:25  | 2.9 (50.0%) |
| 81    | BRZEZIŃSKI Bartosz     | 4654   |      | OPEN M      | 69   | 01:42:19   | 01:42:26.40 | 01:42:28.75 | +00:50:30 (49.3%) | 20:29  | 2.9 (50.0%) |
| 82    | ZBROSZCZYK Damian      | 4089   |      | OPEN M      | 70   | 01:41:54   | 01:42:25.00 | 01:42:29.15 | +00:50:30 (49.3%) | 20:29  | 2.9 (50.0%) |
| 83    | JABŁOŃSKI Robert       | 4673   |      | OPEN M      | 71   | 01:42:56   | 01:43:04.25 | 01:43:05.80 | +00:51:07 (49.6%) | 20:36  | 2.9 (50.0%) |
| 84    | OWCZAREK Adam          | 4509   |      | OPEN M      | 72   | 01:43:33   | 01:43:41.60 | 01:43:43.30 | +00:51:44 (49.9%) | 20:44  | 2.9 (50.0%) |
| 85    | RYBAK Piotr            | 4522   |      | OPEN M      | 73   | 01:43:33   | 01:43:42.30 | 01:43:43.60 | +00:51:45 (49.9%) | 20:44  | 2.9 (50.0%) |
| 86    | NADOLSKI Krzysztof     | 10197  |      | OPEN M      | 74   | 01:43:39   | 01:43:50.45 | 01:43:52.10 | +00:51:53 (50.0%) | 20:46  | 2.9 (50.0%) |
| 87    | POWAŻNY Marek          | 4538   |      | OPEN M      | 75   | 01:43:44   | 01:43:50.75 | 01:44:21.45 | +00:52:22 (50.2%) | 20:46  | 2.9 (50.0%) |
| 88    | BIEGAŃSKI Bogumił      | 4531   |      | OPEN M      | 76   | 01:44:16   | 01:44:24.45 | 01:44:27.50 | +00:52:28 (50.2%) | 20:52  | 2.9 (50.0%) |
| 89    | PÓŁGĘSEK Bartosz       | 4126   |      | OPEN M      | 77   | 01:44:55   | 01:45:02.60 | 01:45:04.65 | +00:53:06 (50.5%) | 21:00  | 2.9 (50.0%) |
| 90    | ZIÓŁKOWSKI Szymon      | 4629   |      | Wojskowa M  | 12   | 01:45:17   | 01:45:26.20 | 01:45:28.30 | +00:53:29 (50.7%) | 21:05  | 2.8 (48.3%) |
| 91    | GALINDO PEREZ Ruben    | 4147   |      | OPEN M      | 78   | 01:45:16   | 01:45:27.60 | 01:45:31.30 | +00:53:32 (50.7%) | 21:05  | 2.8 (48.3%) |
| 92    | ZYCH Zbigniew          | 4237   |      | OPEN M      | 79   | 01:45:24   | 01:45:31.10 | 01:45:33.00 | +00:53:34 (50.8%) | 21:06  | 2.8 (48.3%) |
| 93    | SPRAWKA Bolesław       | 4424   |      | Superhero M | 2    | 01:46:31   | 01:46:40.80 | 01:46:43.10 | +00:54:44 (51.3%) | 21:20  | 2.8 (48.3%) |
| 94    | WITKOWSKI Jakub        | 4622   |      | Wojskowa M  | 13   | 01:46:35   | 01:46:41.50 | 01:46:43.55 | +00:54:44 (51.3%) | 21:20  | 2.8 (48.3%) |
| 95    | INDYK Kamil            | 4090   |      | OPEN M      | 80   | 01:46:41   | 01:46:51.75 | 01:46:54.15 | +00:54:55 (51.4%) | 21:22  | 2.8 (48.3%) |
| 96    | PAWLAK Sebastian       | 4679   |      | OPEN M      | 81   | 01:47:39   | 01:47:46.85 | 01:47:52.25 | +00:55:53 (51.8%) | 21:33  | 2.8 (48.3%) |
| 97    | WIETESKA Grzegorz      | 4547   |      | OPEN M      | 82   | 01:48:02   | 01:48:13.80 | 01:48:16.80 | +00:56:18 (52.0%) | 21:38  | 2.8 (48.3%) |
| 98    | ŁUCZAK Marcin          | 4167   |      | OPEN M      | 83   | 01:49:00   | 01:49:09.10 | 01:49:10.80 | +00:57:12 (52.4%) | 21:49  | 2.7 (46.6%) |
| 99    | JARZYNA Bartłomiej     | 4539   |      | OPEN M      | 84   | 01:49:02   | 01:49:14.00 | 01:49:17.75 | +00:57:19 (52.4%) | 21:50  | 2.7 (46.6%) |
| 99    | KOZŁOWSKI Andrzej      | 10171  |      | OPEN M      | 85   | 01:49:02   | 01:49:14.00 | 01:49:17.75 | +00:57:19 (52.4%) | 21:50  | 2.7 (46.6%) |
| 101   | PRZERADZKI Franek      | 4246   |      | OPEN M      | 86   | 01:49:20   | 01:49:29.05 | 01:49:30.60 | +00:57:32 (52.5%) | 21:53  | 2.7 (46.6%) |
| 102   | PIOTROWSKI Andrzej     | 10149  |      | OPEN M      | 87   | 01:49:28   | 01:49:36.10 | 01:49:41.45 | +00:57:42 (52.6%) | 21:55  | 2.7 (46.6%) |
| 103   | MICHAŁOWSKI Tomasz     | 4189   |      | OPEN M      | 88   | 01:49:40   | 01:49:54.60 | 01:49:57.65 | +00:57:59 (52.7%) | 21:58  | 2.7 (46.6%) |
| 104   | JERMAKOWICZ Bartłomiej | 4507   |      | OPEN M      | 89   | 01:50:32   | 01:50:40.50 | 01:50:42.40 | +00:58:43 (53.1%) | 22:08  | 2.7 (46.6%) |
| 105   | TADZIK Tomasz          | 4657   |      | OPEN M      | 90   | 01:51:10   | 01:51:20.15 | 01:51:22.60 | +00:59:24 (53.3%) | 22:16  | 2.7 (46.6%) |
| 106   | GAŚSIOROWSKI Rafał     | 4045   |      | OPEN M      | 91   | 01:53:00   | 01:53:08.35 | 01:53:12.45 | +01:01:13 (54.1%) | 22:37  | 2.7 (46.6%) |
| 107   | MARTUL Mateusz         | 4609   |      | Wojskowa M  | 14   | 01:53:27   | 01:53:34.55 | 01:53:36.75 | +01:01:38 (54.3%) | 22:42  | 2.6 (44.8%) |
| 108   | SIDORCZUK Bartek       | 4170   |      | OPEN M      | 92   | 01:53:33   | 01:53:42.80 | 01:53:47.10 | +01:01:48 (54.3%) | 22:44  | 2.6 (44.8%) |
| 109   | MALINOWSKI Krzysztof   | 10179  |      | OPEN M      | 93   | 01:53:42   | 01:53:53.20 | 01:53:56.80 | +01:01:58 (54.4%) | 22:46  | 2.6 (44.8%) |
| 110   | GRABOWSKI Marek        | 4611   |      | Wojskowa M  | 15   | 01:53:50   | 01:53:55.50 | 01:53:57.75 | +01:01:59 (54.4%) | 22:47  | 2.6 (44.8%) |
| 111   | SKRUSZEWICZ Patryk     | 4607   |      | Wojskowa M  | 16   | 01:53:50   | 01:53:56.50 | 01:53:58.70 | +01:02:00 (54.4%) | 22:47  | 2.6 (44.8%) |
| 112   | SZEWCZYK Paweł         | 4523   |      | OPEN M      | 94   | 01:52:32   | 01:54:14.05 | 01:54:15.95 | +01:02:17 (54.5%) | 22:50  | 2.6 (44.8%) |
| 113   | KUBIESA Jakub          | 10177  |      | OPEN M      | 95   | 01:54:53   | 01:55:06.70 | 01:55:09.70 | +01:03:11 (54.9%) | 23:01  | 2.6 (44.8%) |
| 114   | SZCZĘCH Damian         | 10175  |      | OPEN M      | 96   | 01:54:54   | 01:55:08.80 | 01:55:11.50 | +01:03:12 (54.9%) | 23:01  | 2.6 (44.8%) |
| 115   | PELEWSKI Mariusz       | 4541   |      | OPEN M      | 97   | 01:55:05   | 01:55:25.75 | 01:55:27.70 | +01:03:29 (55.0%) | 23:05  | 2.6 (44.8%) |
| 116   | GRAUEN Kaspar          | 4136   |      | OPEN M      | 98   | 01:55:51   | 01:56:00.35 | 01:56:00.35 | +01:04:01 (55.2%) | 23:12  | 2.6 (44.8%) |

| Place | Participant                   | Number       | Club | Category    | MCat | Spiker_OCR | Net                | Czas               | Gap               | Pace   | Pace        |
|-------|-------------------------------|--------------|------|-------------|------|------------|--------------------|--------------------|-------------------|--------|-------------|
|       |                               |              |      |             |      | 4.9km      | time               | brutto             |                   | min/km | km/h        |
|       |                               |              |      |             |      | 5km        | 5km                |                    |                   |        |             |
| 117   | <b>DRESZLER Jakub</b>         | <b>4623</b>  |      | Wojskowa M  | 17   | 01:56:02   | <b>01:56:10.05</b> | <b>01:56:11.35</b> | +01:04:12 (55.3%) | 23:14  | 2.6 (44.8%) |
| 118   | <b>GŁAZ Jacek</b>             | <b>4176</b>  |      | OPEN M      | 99   | 01:56:49   | <b>01:57:01.10</b> | <b>01:57:02.80</b> | +01:05:04 (55.6%) | 23:24  | 2.6 (44.8%) |
| 119   | <b>MIZON Ruby</b>             | <b>4683</b>  |      | OPEN M      | 100  | 01:57:06   | <b>01:57:15.25</b> | <b>01:57:17.65</b> | +01:05:19 (55.7%) | 23:27  | 2.6 (44.8%) |
| 120   | <b>SCHMIDT Waldek</b>         | <b>4412</b>  |      | Superhero M | 3    | 01:57:33   | <b>01:57:41.90</b> | <b>01:57:46.65</b> | +01:05:48 (55.9%) | 23:32  | 2.5 (43.1%) |
| 121   | <b>DVORCHUK Vitalii</b>       | <b>4169</b>  |      | OPEN M      | 101  | 01:57:34   | <b>01:57:45.65</b> | <b>01:57:48.70</b> | +01:05:50 (55.9%) | 23:33  | 2.5 (43.1%) |
| 122   | <b>JAROCKI Jonatan</b>        | <b>4540</b>  |      | OPEN M      | 102  | 01:57:42   | <b>01:58:01.00</b> | <b>01:58:02.45</b> | +01:06:03 (56.0%) | 23:36  | 2.5 (43.1%) |
| 123   | <b>TOBIS Marcin</b>           | <b>4698</b>  |      | OPEN M      | 103  | 01:58:16   | <b>01:58:23.55</b> | <b>01:58:25.35</b> | +01:06:26 (56.1%) | 23:40  | 2.5 (43.1%) |
| 124   | <b>KOZŁOWSKI Radosław</b>     | <b>4682</b>  |      | OPEN M      | 104  | 01:58:15   | <b>01:58:22.90</b> | <b>01:58:25.55</b> | +01:06:26 (56.1%) | 23:40  | 2.5 (43.1%) |
| 125   | <b>KLIN Jakub</b>             | <b>4536</b>  |      | OPEN M      | 105  | 01:58:28   | <b>01:58:37.15</b> | <b>01:58:40.70</b> | +01:06:42 (56.2%) | 23:43  | 2.5 (43.1%) |
| 126   | <b>ZIMANYI Gabor</b>          | <b>4031</b>  |      | OPEN M      | 106  | 01:58:26   | <b>01:58:39.35</b> | <b>01:58:41.60</b> | +01:06:43 (56.2%) | 23:43  | 2.5 (43.1%) |
| 127   | <b>SZYMAŃSKI Bartłomiej</b>   | <b>4306</b>  |      | OPEN M      | 107  | 01:58:34   | <b>01:58:40.05</b> | <b>01:58:42.25</b> | +01:06:43 (56.2%) | 23:44  | 2.5 (43.1%) |
| 128   | <b>JEZIORSKI Paweł</b>        | <b>4653</b>  |      | OPEN M      | 108  | 01:58:40   | <b>01:58:46.80</b> | <b>01:58:49.35</b> | +01:06:50 (56.3%) | 23:45  | 2.5 (43.1%) |
| 129   | <b>MISZEWSKI Grzegorz</b>     | <b>4676</b>  |      | OPEN M      | 109  | 01:59:19   | <b>01:59:27.30</b> | <b>01:59:31.90</b> | +01:07:33 (56.5%) | 23:53  | 2.5 (43.1%) |
| 130   | <b>GITNER Marcin</b>          | <b>4664</b>  |      | OPEN M      | 110  | 01:59:21   | <b>01:59:29.10</b> | <b>01:59:33.00</b> | +01:07:34 (56.5%) | 23:54  | 2.5 (43.1%) |
| 131   | <b>TOMCZAK Dariusz</b>        | <b>4529</b>  |      | OPEN M      | 111  | 02:01:17   | <b>02:01:29.00</b> | <b>02:01:31.45</b> | +01:09:32 (57.2%) | 24:17  | 2.5 (43.1%) |
| 132   | <b>SMORAWSKI Łukasz</b>       | <b>10167</b> |      | OPEN M      | 112  | 02:01:56   | <b>02:02:09.20</b> | <b>02:02:25.45</b> | +01:10:26 (57.5%) | 24:25  | 2.5 (43.1%) |
| 133   | <b>BARAN Bernard</b>          | <b>4665</b>  |      | OPEN M      | 113  | 02:02:23   | <b>02:02:33.55</b> | <b>02:02:37.50</b> | +01:10:38 (57.6%) | 24:30  | 2.4 (41.4%) |
| 134   | <b>LEGO SILFVERBERG Jozef</b> | <b>4054</b>  |      | OPEN M      | 114  | 02:02:37   | <b>02:02:43.95</b> | <b>02:02:46.60</b> | +01:10:48 (57.7%) | 24:32  | 2.4 (41.4%) |
| 135   | <b>SJOLIN Johan</b>           | <b>4187</b>  |      | OPEN M      | 115  | 02:04:23   | <b>02:04:27.90</b> | <b>02:04:32.00</b> | +01:12:33 (58.3%) | 24:53  | 2.4 (41.4%) |
| 136   | <b>FELLDIN Markus</b>         | <b>4130</b>  |      | OPEN M      | 116  | 02:04:24   | <b>02:04:28.80</b> | <b>02:04:32.15</b> | +01:12:33 (58.3%) | 24:53  | 2.4 (41.4%) |
| 137   | <b>DAVISSON Richard</b>       | <b>4216</b>  |      | OPEN M      | 117  | 02:04:24   | <b>02:04:28.75</b> | <b>02:04:32.35</b> | +01:12:33 (58.3%) | 24:53  | 2.4 (41.4%) |
| 138   | <b>KOWALSKI Piotr</b>         | <b>4408</b>  |      | Superhero M | 4    | 02:04:24   | <b>02:04:46.05</b> | <b>02:04:49.70</b> | +01:12:51 (58.4%) | 24:57  | 2.4 (41.4%) |
| 139   | <b>LINDBERG Mads</b>          | <b>4201</b>  |      | OPEN M      | 118  | 02:04:59   | <b>02:05:07.00</b> | <b>02:05:12.70</b> | +01:13:14 (58.5%) | 25:01  | 2.4 (41.4%) |
| 140   | <b>KOFOED AARHUS Mark</b>     | <b>4133</b>  |      | OPEN M      | 119  | 02:04:59   | <b>02:05:07.70</b> | <b>02:05:12.85</b> | +01:13:14 (58.5%) | 25:01  | 2.4 (41.4%) |
| 141   | <b>ADÁMEK Danie</b>           | <b>4124</b>  |      | OPEN M      | 120  | 02:06:02   | <b>02:06:09.20</b> | <b>02:06:11.40</b> | +01:14:12 (58.8%) | 25:13  | 2.4 (41.4%) |
| 142   | <b>STANKOWSKI Jakub</b>       | <b>4238</b>  |      | OPEN M      | 121  | 02:06:03   | <b>02:06:22.35</b> | <b>02:06:24.80</b> | +01:14:26 (58.9%) | 25:16  | 2.4 (41.4%) |
| 142   | <b>KIERZYK Krzysztof</b>      | <b>4239</b>  |      | OPEN M      | 122  | 02:06:03   | <b>02:06:22.70</b> | <b>02:06:24.80</b> | +01:14:26 (58.9%) | 25:16  | 2.4 (41.4%) |
| 144   | <b>PER OSCAR Nilsson</b>      | <b>10180</b> |      | OPEN M      | 123  | 02:06:08   | <b>02:06:18.90</b> | <b>02:06:24.95</b> | +01:14:26 (58.9%) | 25:15  | 2.4 (41.4%) |
| 145   | <b>BERGLING Daniel</b>        | <b>10147</b> |      | OPEN M      | 124  | 02:06:09   | <b>02:06:19.25</b> | <b>02:06:25.35</b> | +01:14:26 (58.9%) | 25:15  | 2.4 (41.4%) |
| 146   | <b>STEFAN Joulin</b>          | <b>10192</b> |      | OPEN M      | 125  | 02:06:08   | <b>02:06:19.15</b> | <b>02:06:25.40</b> | +01:14:26 (58.9%) | 25:15  | 2.4 (41.4%) |
| 147   | <b>CHOROMAŃSKI Paweł</b>      | <b>4334</b>  |      | OPEN M      | 126  | 02:06:56   | <b>02:07:07.55</b> | <b>02:07:09.95</b> | +01:15:11 (59.1%) | 25:25  | 2.4 (41.4%) |
| 148   | <b>CHMIELEWSKI Józef</b>      | <b>4521</b>  |      | OPEN M      | 127  | 02:06:57   | <b>02:07:19.70</b> | <b>02:07:22.45</b> | +01:15:23 (59.2%) | 25:28  | 2.4 (41.4%) |
| 149   | <b>FILOCHOWSKI Krystian</b>   | <b>4000</b>  |      | Wojskowa M  | 18   | 02:07:53   | <b>02:08:04.20</b> | <b>02:08:06.40</b> | +01:16:07 (59.4%) | 25:36  | 2.3 (39.7%) |
| 150   | <b>CZUBASZEWSKI Kamil</b>     | <b>4001</b>  |      | Wojskowa M  | 19   | 02:08:26   | <b>02:08:33.60</b> | <b>02:08:37.70</b> | +01:16:39 (59.6%) | 25:42  | 2.3 (39.7%) |
| 151   | <b>PACEK Marcin</b>           | <b>4425</b>  |      | OPEN M      | 128  | 02:08:28   | <b>02:08:53.35</b> | <b>02:08:58.30</b> | +01:16:59 (59.7%) | 25:46  | 2.3 (39.7%) |
| 152   | <b>DADEJ Mateusz</b>          | <b>4426</b>  |      | OPEN M      | 129  | 02:08:28   | <b>02:08:55.10</b> | <b>02:08:59.85</b> | +01:17:01 (59.7%) | 25:47  | 2.3 (39.7%) |
| 153   | <b>SOBIECKI Piotr</b>         | <b>4415</b>  |      | Superhero M | 5    | 02:08:55   | <b>02:09:04.25</b> | <b>02:09:08.75</b> | +01:17:10 (59.8%) | 25:48  | 2.3 (39.7%) |
| 154   | <b>SOBIECKI Bartłomiej</b>    | <b>4416</b>  |      | Superhero M | 6    | 02:08:57   | <b>02:09:07.85</b> | <b>02:09:11.85</b> | +01:17:13 (59.8%) | 25:49  | 2.3 (39.7%) |
| 155   | <b>SOBIECKI Sebastian</b>     | <b>4414</b>  |      | Superhero M | 7    | 02:08:59   | <b>02:09:08.55</b> | <b>02:09:12.25</b> | +01:17:13 (59.8%) | 25:49  | 2.3 (39.7%) |
| 156   | <b>GABIGA Kuba</b>            | <b>4423</b>  |      | Superhero M | 8    | 02:08:57   | <b>02:09:07.50</b> | <b>02:09:12.60</b> | +01:17:14 (59.8%) | 25:49  | 2.3 (39.7%) |
| 157   | <b>KUPTZ Adam</b>             | <b>4411</b>  |      | Superhero M | 9    | 02:08:03   | <b>02:09:08.90</b> | <b>02:09:13.20</b> | +01:17:14 (59.8%) | 25:49  | 2.3 (39.7%) |
| 158   | <b>KOVÁCS Dániel</b>          | <b>4049</b>  |      | OPEN M      | 130  | 02:09:30   | <b>02:09:39.15</b> | <b>02:09:41.05</b> | +01:17:42 (59.9%) | 25:56  | 2.3 (39.7%) |
| 159   | <b>ALLMAN Matthew</b>         | <b>4067</b>  |      | OPEN M      | 131  | 02:09:38   | <b>02:09:48.15</b> | <b>02:09:53.40</b> | +01:17:54 (60.0%) | 25:57  | 2.3 (39.7%) |
| 160   | <b>HAWKINS Nathan</b>         | <b>4066</b>  |      | OPEN M      | 132  | 02:09:39   | <b>02:09:48.40</b> | <b>02:09:53.60</b> | +01:17:55 (60.0%) | 25:57  | 2.3 (39.7%) |

| Place | Participant                       | Number       | Club | Category    | MCat | Spiker_OCR | Net                | Czas               | Gap               | Pace  | Pace        |
|-------|-----------------------------------|--------------|------|-------------|------|------------|--------------------|--------------------|-------------------|-------|-------------|
|       |                                   |              |      |             |      | 4.9km      | time               | brutto             |                   |       |             |
|       |                                   |              |      |             |      | 5km        | 5km                |                    |                   |       |             |
| 161   | <b>MIŁOŚ Tomasz</b>               | <b>4166</b>  |      | OPEN M      | 133  | 02:09:53   | <b>02:10:14.80</b> | <b>02:10:18.15</b> | +01:18:19 (60.1%) | 26:03 | 2.3 (39.7%) |
| 162   | <b>KUCZYK Jacek</b>               | <b>4159</b>  |      | OPEN M      | 134  | 02:10:35   | <b>02:10:48.70</b> | <b>02:10:54.05</b> | +01:18:55 (60.3%) | 26:09 | 2.3 (39.7%) |
| 163   | <b>SAWICKI Michał</b>             | <b>4154</b>  |      | OPEN M      | 135  | 02:10:35   | <b>02:10:49.30</b> | <b>02:10:54.35</b> | +01:18:55 (60.3%) | 26:09 | 2.3 (39.7%) |
| 164   | <b>BRZOSTOWSKI Grzegorz</b>       | <b>4150</b>  |      | OPEN M      | 136  | 02:10:35   | <b>02:10:49.40</b> | <b>02:10:55.20</b> | +01:18:56 (60.3%) | 26:10 | 2.3 (39.7%) |
| 165   | <b>GAZUREK Kacper</b>             | <b>4686</b>  |      | OPEN M      | 137  | 02:10:39   | <b>02:10:49.05</b> | <b>02:10:59.15</b> | +01:19:00 (60.3%) | 26:09 | 2.3 (39.7%) |
| 166   | <b>CECCONI Gianluca</b>           | <b>4127</b>  |      | OPEN M      | 138  | 02:11:05   | <b>02:11:15.55</b> | <b>02:11:17.15</b> | +01:19:18 (60.4%) | 26:15 | 2.3 (39.7%) |
| 167   | <b>LUCIANO Cecconi</b>            | <b>4128</b>  |      | OPEN M      | 139  | 02:11:05   | <b>02:11:15.65</b> | <b>02:11:17.35</b> | +01:19:18 (60.4%) | 26:15 | 2.3 (39.7%) |
| 168   | <b>JEDYNAK Jacek</b>              | <b>4331</b>  |      | OPEN M      | 140  | 02:11:54   | <b>02:12:04.85</b> | <b>02:12:10.00</b> | +01:20:11 (60.7%) | 26:25 | 2.3 (39.7%) |
| 169   | <b>JACIÓW Paweł</b>               | <b>4336</b>  |      | OPEN M      | 141  | 02:12:40   | <b>02:12:43.80</b> | <b>02:12:48.75</b> | +01:20:50 (60.9%) | 26:32 | 2.3 (39.7%) |
| 170   | <b>JACIÓW Piotr</b>               | <b>4333</b>  |      | OPEN M      | 142  | 02:12:40   | <b>02:12:45.10</b> | <b>02:12:49.85</b> | +01:20:51 (60.9%) | 26:33 | 2.3 (39.7%) |
| 171   | <b>CARMIGNANI Alessio</b>         | <b>4095</b>  |      | OPEN M      | 143  | 02:13:33   | <b>02:13:41.20</b> | <b>02:13:42.70</b> | +01:21:44 (61.1%) | 26:44 | 2.2 (37.9%) |
| 172   | <b>ZDYB Artur</b>                 | <b>4051</b>  |      | OPEN M      | 144  | 02:13:35   | <b>02:13:43.05</b> | <b>02:13:45.95</b> | +01:21:47 (61.1%) | 26:44 | 2.2 (37.9%) |
| 173   | <b>WIŚNIEWSKI Arkadiusz</b>       | <b>4300</b>  |      | OPEN M      | 145  | 02:13:59   | <b>02:14:17.40</b> | <b>02:14:19.60</b> | +01:22:21 (61.3%) | 26:51 | 2.2 (37.9%) |
| 174   | <b>NOWAKOWSKI Jakub</b>           | <b>4518</b>  |      | OPEN M      | 146  | 02:14:50   | <b>02:14:59.55</b> | <b>02:15:03.05</b> | +01:23:04 (61.5%) | 27:00 | 2.2 (37.9%) |
| 175   | <b>SZUBA Adam</b>                 | <b>4615</b>  |      | Wojskowa M  | 20   | 02:14:59   | <b>02:15:06.40</b> | <b>02:15:07.85</b> | +01:23:09 (61.5%) | 27:01 | 2.2 (37.9%) |
| 176   | <b>ROLKOWSKI Zachariasz</b>       | <b>4625</b>  |      | Wojskowa M  | 21   | 02:14:58   | <b>02:15:05.55</b> | <b>02:15:07.90</b> | +01:23:09 (61.5%) | 27:01 | 2.2 (37.9%) |
| 177   | <b>KITA Grzegorz</b>              | <b>4432</b>  |      | Superhero M | 10   | 02:15:31   | <b>02:15:51.95</b> | <b>02:15:55.40</b> | +01:23:56 (61.8%) | 27:10 | 2.2 (37.9%) |
| 178   | <b>PYLAK Krzysztof</b>            | <b>4655</b>  |      | OPEN M      | 147  | 02:16:04   | <b>02:16:12.95</b> | <b>02:16:16.95</b> | +01:24:18 (61.9%) | 27:14 | 2.2 (37.9%) |
| 179   | <b>WOJNOWSKI Marcin</b>           | <b>4660</b>  |      | OPEN M      | 148  | 02:16:04   | <b>02:16:12.40</b> | <b>02:16:17.00</b> | +01:24:18 (61.9%) | 27:14 | 2.2 (37.9%) |
| 180   | <b>LIPIECKI Jacek</b>             | <b>4316</b>  |      | OPEN M      | 149  | 02:16:04   | <b>02:16:12.95</b> | <b>02:16:17.15</b> | +01:24:18 (61.9%) | 27:14 | 2.2 (37.9%) |
| 181   | <b>WRÓBEL Filip</b>               | <b>4675</b>  |      | OPEN M      | 150  | 02:16:05   | <b>02:16:14.30</b> | <b>02:16:17.40</b> | +01:24:18 (61.9%) | 27:14 | 2.2 (37.9%) |
| 182   | <b>WILTOS Mateusz</b>             | <b>4545</b>  |      | OPEN M      | 151  | 02:16:46   | <b>02:16:55.30</b> | <b>02:16:58.85</b> | +01:25:00 (62.1%) | 27:23 | 2.2 (37.9%) |
| 183   | <b>GRAY Scott</b>                 | <b>10138</b> |      | OPEN M      | 152  | 02:17:41   | <b>02:17:51.15</b> | <b>02:17:54.50</b> | +01:25:55 (62.3%) | 27:34 | 2.2 (37.9%) |
| 184   | <b>LAZZAROTTI Joah</b>            | <b>4208</b>  |      | OPEN M      | 153  | 02:18:24   | <b>02:18:35.40</b> | <b>02:18:38.10</b> | +01:26:39 (62.5%) | 27:43 | 2.2 (37.9%) |
| 185   | <b>LAZZAROTTI Hugues</b>          | <b>4209</b>  |      | OPEN M      | 154  | 02:18:24   | <b>02:18:36.35</b> | <b>02:18:39.35</b> | +01:26:40 (62.5%) | 27:43 | 2.2 (37.9%) |
| 186   | <b>ERIKSSON Anton</b>             | <b>4074</b>  |      | OPEN M      | 155  | 02:19:23   | <b>02:19:27.35</b> | <b>02:19:35.25</b> | +01:27:36 (62.8%) | 27:53 | 2.2 (37.9%) |
| 187   | <b>DRASZAWKA Łukasz</b>           | <b>4097</b>  |      | OPEN M      | 156  | 02:19:37   | <b>02:19:49.30</b> | <b>02:19:52.60</b> | +01:27:54 (62.8%) | 27:57 | 2.1 (36.2%) |
| 188   | <b>GRIFFITHS James</b>            | <b>4340</b>  |      | OPEN M      | 157  | 02:20:48   | <b>02:20:55.05</b> | <b>02:20:56.80</b> | +01:28:58 (63.1%) | 28:11 | 2.1 (36.2%) |
| 189   | <b>RAWSON Tony</b>                | <b>4146</b>  |      | OPEN M      | 158  | 02:20:48   | <b>02:20:54.60</b> | <b>02:20:56.85</b> | +01:28:58 (63.1%) | 28:10 | 2.1 (36.2%) |
| 190   | <b>BAKER Stephen</b>              | <b>4153</b>  |      | OPEN M      | 159  | 02:20:48   | <b>02:20:55.90</b> | <b>02:20:57.15</b> | +01:28:58 (63.1%) | 28:11 | 2.1 (36.2%) |
| 190   | <b>CHILDS Jake</b>                | <b>4122</b>  |      | OPEN M      | 160  | 02:20:49   | <b>02:20:55.50</b> | <b>02:20:57.15</b> | +01:28:58 (63.1%) | 28:11 | 2.1 (36.2%) |
| 190   | <b>TITCOMB Daniel</b>             | <b>4142</b>  |      | OPEN M      | 161  | 02:20:49   | <b>02:20:55.80</b> | <b>02:20:57.15</b> | +01:28:58 (63.1%) | 28:11 | 2.1 (36.2%) |
| 193   | <b>PIDGION Kieran</b>             | <b>4242</b>  |      | OPEN M      | 162  | 02:20:49   | <b>02:20:56.15</b> | <b>02:20:57.60</b> | +01:28:59 (63.1%) | 28:11 | 2.1 (36.2%) |
| 194   | <b>HARVEY - VALLENDER Olivier</b> | <b>4342</b>  |      | OPEN M      | 163  | 02:20:49   | <b>02:20:55.75</b> | <b>02:20:57.65</b> | +01:28:59 (63.1%) | 28:11 | 2.1 (36.2%) |
| 195   | <b>RAWSON Jack</b>                | <b>4145</b>  |      | OPEN M      | 164  | 02:20:49   | <b>02:20:55.50</b> | <b>02:20:57.70</b> | +01:28:59 (63.1%) | 28:11 | 2.1 (36.2%) |
| 196   | <b>GRANT Frank</b>                | <b>4344</b>  |      | OPEN M      | 165  | 02:20:48   | <b>02:20:56.00</b> | <b>02:20:58.20</b> | +01:28:59 (63.1%) | 28:11 | 2.1 (36.2%) |
| 196   | <b>HOWARD John</b>                | <b>4040</b>  |      | OPEN M      | 166  | 02:20:51   | <b>02:20:57.25</b> | <b>02:20:58.20</b> | +01:28:59 (63.1%) | 28:11 | 2.1 (36.2%) |
| 198   | <b>TOŁWIŃSKI Bogusław</b>         | <b>4402</b>  |      | Superhero M | 11   | 02:21:53   | <b>02:22:07.95</b> | <b>02:22:12.05</b> | +01:30:13 (63.4%) | 28:25 | 2.1 (36.2%) |
| 199   | <b>SZNAZA Kacper</b>              | <b>4514</b>  |      | OPEN M      | 167  | 02:21:53   | <b>02:22:08.05</b> | <b>02:22:12.35</b> | +01:30:13 (63.4%) | 28:25 | 2.1 (36.2%) |
| 200   | <b>FREDERIK HOEKSTRA Antonio</b>  | <b>4214</b>  |      | OPEN M      | 168  | 02:23:04   | <b>02:23:13.65</b> | <b>02:23:16.65</b> | +01:31:18 (63.7%) | 28:38 | 2.1 (36.2%) |
| 201   | <b>GIBBS Jamie</b>                | <b>4086</b>  |      | OPEN M      | 169  | 02:23:39   | <b>02:23:50.25</b> | <b>02:23:51.85</b> | +01:31:53 (63.9%) | 28:46 | 2.1 (36.2%) |
| 202   | <b>IRVING Chris</b>               | <b>4087</b>  |      | OPEN M      | 170  | 02:23:39   | <b>02:23:51.25</b> | <b>02:23:52.50</b> | +01:31:53 (63.9%) | 28:46 | 2.1 (36.2%) |
| 203   | <b>RADOWSKI Roman</b>             | <b>4240</b>  |      | OPEN M      | 171  | 02:23:47   | <b>02:23:56.90</b> | <b>02:23:57.95</b> | +01:31:59 (63.9%) | 28:47 | 2.1 (36.2%) |
| 204   | <b>SZYMKOWIAK Michał</b>          | <b>4241</b>  |      | OPEN M      | 172  | 02:23:47   | <b>02:23:56.15</b> | <b>02:23:58.00</b> | +01:31:59 (63.9%) | 28:47 | 2.1 (36.2%) |

| Place | Participant                 | Number       | Club       | Category | MCat | Spiker_OCR | Net                | Czas               | Gap               | Pace   | Pace        |
|-------|-----------------------------|--------------|------------|----------|------|------------|--------------------|--------------------|-------------------|--------|-------------|
|       |                             |              |            |          |      | 4.9km      | time               | brutto             |                   | min/km | km/h        |
|       |                             |              |            |          |      | 5km        | 5km                |                    |                   |        |             |
| 205   | <b>MADZIAŁA Adrian</b>      | <b>4244</b>  |            | OPEN M   | 173  | 02:23:46   | <b>02:23:57.30</b> | <b>02:24:00.25</b> | +01:32:01 (63.9%) | 28:47  | 2.1 (36.2%) |
| 206   | <b>WOCHNIAK Michal</b>      | <b>4301</b>  |            | OPEN M   | 174  | 02:23:52   | <b>02:24:06.20</b> | <b>02:24:09.80</b> | +01:32:11 (63.9%) | 28:49  | 2.1 (36.2%) |
| 207   | <b>PRANDZIOCH Dennis</b>    | <b>4228</b>  |            | OPEN M   | 175  | 02:24:06   | <b>02:24:17.30</b> | <b>02:24:22.65</b> | +01:32:24 (64.0%) | 28:51  | 2.1 (36.2%) |
| 208   | <b>SNOCH Paweł</b>          | <b>4226</b>  |            | OPEN M   | 176  | 02:24:06   | <b>02:24:18.55</b> | <b>02:24:23.90</b> | +01:32:25 (64.0%) | 28:51  | 2.1 (36.2%) |
| 209   | <b>GAŁUSZYŃSKI Łukasz</b>   | <b>4247</b>  |            | OPEN M   | 177  | 02:25:39   | <b>02:25:49.70</b> | <b>02:25:53.20</b> | +01:33:54 (64.4%) | 29:10  | 2.1 (36.2%) |
| 210   | <b>GÓRECKI Piotr</b>        | <b>4249</b>  |            | OPEN M   | 178  | 02:25:39   | <b>02:25:49.60</b> | <b>02:25:53.25</b> | +01:33:54 (64.4%) | 29:10  | 2.1 (36.2%) |
| 211   | <b>MODELSKI Piotr</b>       | <b>4248</b>  |            | OPEN M   | 179  | 02:25:38   | <b>02:25:49.70</b> | <b>02:25:53.75</b> | +01:33:55 (64.4%) | 29:09  | 2.1 (36.2%) |
| 212   | <b>BRZEZIŃSKI Mateusz</b>   | <b>4612</b>  | Wojskowa M |          | 22   | 02:26:51   | <b>02:26:58.60</b> | <b>02:27:00.55</b> | +01:35:01 (64.6%) | 29:23  | 2 (34.5%)   |
| 213   | <b>WASTLUND Per</b>         | <b>10169</b> |            | OPEN M   | 180  | 02:25:09   | <b>02:25:16.70</b> | <b>02:27:12.25</b> | +01:35:13 (64.7%) | 29:03  | 2.1 (36.2%) |
| 214   | <b>BRORSSON Sebastian</b>   | <b>4220</b>  |            | OPEN M   | 181  | 02:26:57   | <b>02:27:07.20</b> | <b>02:27:13.25</b> | +01:35:14 (64.7%) | 29:25  | 2 (34.5%)   |
| 215   | <b>JOHANSSON Tom</b>        | <b>4218</b>  |            | OPEN M   | 182  | 02:26:58   | <b>02:27:19.20</b> | <b>02:27:25.35</b> | +01:35:26 (64.7%) | 29:27  | 2 (34.5%)   |
| 216   | <b>STEPHAN Zimoch</b>       | <b>4141</b>  |            | OPEN M   | 183  | 02:32:29   | <b>02:32:36.05</b> | <b>02:32:40.75</b> | +01:40:42 (66.0%) | 30:31  | 2 (34.5%)   |
| 217   | <b>KUŹNICKI Jakub</b>       | <b>4149</b>  |            | OPEN M   | 184  | 02:34:35   | <b>02:34:51.90</b> | <b>02:34:55.10</b> | +01:42:56 (66.4%) | 30:58  | 1.9 (32.8%) |
| 218   | <b>KOMOSIŃSKI Łukasz</b>    | <b>4213</b>  |            | OPEN M   | 185  | 02:34:55   | <b>02:35:02.95</b> | <b>02:35:06.50</b> | +01:43:07 (66.5%) | 31:00  | 1.9 (32.8%) |
| 219   | <b>MAKSIM Shcherbinin</b>   | <b>4211</b>  |            | OPEN M   | 186  | 02:35:50   | <b>02:36:02.40</b> | <b>02:36:06.75</b> | +01:44:08 (66.7%) | 31:12  | 1.9 (32.8%) |
| 220   | <b>ANDERSEN Steen</b>       | <b>4099</b>  |            | OPEN M   | 187  | 02:38:12   | <b>02:38:22.35</b> | <b>02:38:25.30</b> | +01:46:26 (67.2%) | 31:40  | 1.9 (32.8%) |
| 221   | <b>PEDERSEN Brian</b>       | <b>4077</b>  |            | OPEN M   | 188  | 02:38:07   | <b>02:38:18.40</b> | <b>02:38:25.40</b> | +01:46:26 (67.2%) | 31:39  | 1.9 (32.8%) |
| 222   | <b>SAWKA Maksym</b>         | <b>4632</b>  | Wojskowa M |          | 23   | 02:38:33   | <b>02:38:39.35</b> | <b>02:38:41.45</b> | +01:46:42 (67.2%) | 31:43  | 1.9 (32.8%) |
| 223   | <b>WALKOWICZ Hubert</b>     | <b>4318</b>  |            | OPEN M   | 189  | 02:39:12   | <b>02:39:19.80</b> | <b>02:39:23.40</b> | +01:47:24 (67.4%) | 31:52  | 1.9 (32.8%) |
| 224   | <b>ŚLĘCZKOWSKI Błażej</b>   | <b>4303</b>  |            | OPEN M   | 190  | 02:39:13   | <b>02:39:20.70</b> | <b>02:39:23.45</b> | +01:47:24 (67.4%) | 31:52  | 1.9 (32.8%) |
| 225   | <b>ŚLEMP Jakub</b>          | <b>4335</b>  |            | OPEN M   | 191  | 02:39:34   | <b>02:39:39.85</b> | <b>02:39:41.30</b> | +01:47:42 (67.5%) | 31:56  | 1.9 (32.8%) |
| 226   | <b>HAHN Henrik</b>          | <b>4034</b>  |            | OPEN M   | 192  | 02:39:50   | <b>02:40:00.30</b> | <b>02:40:03.65</b> | +01:48:05 (67.5%) | 32:00  | 1.9 (32.8%) |
| 227   | <b>GEREIN Benjamin</b>      | <b>4070</b>  |            | OPEN M   | 193  | 02:39:55   | <b>02:40:02.50</b> | <b>02:40:08.85</b> | +01:48:10 (67.5%) | 32:00  | 1.9 (32.8%) |
| 228   | <b>WŁODARCZYK Jan</b>       | <b>4062</b>  |            | OPEN M   | 194  | 02:42:51   | <b>02:42:58.45</b> | <b>02:43:02.05</b> | +01:51:03 (68.1%) | 32:35  | 1.8 (31.0%) |
| 229   | <b>KOBYŁECKI Tomasz</b>     | <b>4508</b>  |            | OPEN M   | 195  | 02:42:51   | <b>02:42:57.45</b> | <b>02:43:02.15</b> | +01:51:03 (68.1%) | 32:35  | 1.8 (31.0%) |
| 230   | <b>PIETRZAK Michał</b>      | <b>4325</b>  |            | OPEN M   | 196  | 02:45:17   | <b>02:45:29.35</b> | <b>02:45:31.35</b> | +01:53:32 (68.6%) | 33:05  | 1.8 (31.0%) |
| 231   | <b>KEANE Josh</b>           | <b>4043</b>  |            | OPEN M   | 197  | 02:46:14   | <b>02:46:20.60</b> | <b>02:46:23.80</b> | +01:54:25 (68.8%) | 33:16  | 1.8 (31.0%) |
| 232   | <b>KERSTEN Max</b>          | <b>4151</b>  |            | OPEN M   | 198  | 02:47:32   | <b>02:47:43.75</b> | <b>02:47:55.05</b> | +01:55:56 (69.0%) | 33:32  | 1.8 (31.0%) |
| 233   | <b>TARRAS MADSEN Ditlev</b> | <b>4139</b>  |            | OPEN M   | 199  | 02:49:02   | <b>02:49:11.70</b> | <b>02:49:15.85</b> | +01:57:17 (69.3%) | 33:50  | 1.8 (31.0%) |
| 234   | <b>GUZEK Kamil</b>          | <b>4308</b>  |            | OPEN M   | 200  | 02:49:34   | <b>02:49:41.75</b> | <b>02:49:45.45</b> | +01:57:46 (69.4%) | 33:56  | 1.8 (31.0%) |
| 235   | <b>BYRA Michał</b>          | <b>4510</b>  |            | OPEN M   | 201  | 02:50:52   | <b>02:50:57.95</b> | <b>02:51:01.10</b> | +01:59:02 (69.6%) | 34:11  | 1.8 (31.0%) |
| 236   | <b>DROZDOWSKI Piotr</b>     | <b>4661</b>  |            | OPEN M   | 202  | 02:50:53   | <b>02:50:59.75</b> | <b>02:51:01.55</b> | +01:59:02 (69.6%) | 34:12  | 1.8 (31.0%) |
| 237   | <b>ELLMANN Leszek</b>       | <b>4524</b>  |            | OPEN M   | 203  | 02:50:52   | <b>02:50:57.90</b> | <b>02:51:02.25</b> | +01:59:03 (69.6%) | 34:11  | 1.8 (31.0%) |
| 238   | <b>PYŁAK Krzysztof</b>      | <b>4651</b>  |            | OPEN M   | 204  | 02:50:53   | <b>02:50:59.40</b> | <b>02:51:02.35</b> | +01:59:03 (69.6%) | 34:12  | 1.8 (31.0%) |
| 239   | <b>KOLASIŃSKI Jakub</b>     | <b>4532</b>  |            | OPEN M   | 205  |            | <b>02:50:58.65</b> | <b>02:51:02.40</b> | +01:59:03 (69.6%) | 34:11  | 1.8 (31.0%) |
| 240   | <b>GRZEŚKOWIAK Adam</b>     | <b>4515</b>  |            | OPEN M   | 206  | 02:46:35   | <b>02:50:58.70</b> | <b>02:51:03.20</b> | +01:59:04 (69.6%) | 34:11  | 1.8 (31.0%) |
| 241   | <b>WOJCIECHOWSKI Maciej</b> | <b>4659</b>  |            | OPEN M   | 207  | 02:50:54   | <b>02:51:01.65</b> | <b>02:51:05.40</b> | +01:59:06 (69.6%) | 34:12  | 1.8 (31.0%) |
| 242   | <b>TOMCZYK Andrzej</b>      | <b>4502</b>  |            | OPEN M   | 208  | 02:49:08   | <b>02:51:07.80</b> | <b>02:51:12.65</b> | +01:59:14 (69.6%) | 34:13  | 1.8 (31.0%) |
| 243   | <b>SŁONIEWSKI Rafał</b>     | <b>4689</b>  |            | OPEN M   | 209  | 02:51:54   | <b>02:52:02.05</b> | <b>02:52:06.30</b> | +02:00:07 (69.8%) | 34:24  | 1.7 (29.3%) |
| 243   | <b>TWORUS Robert</b>        | <b>4604</b>  |            | OPEN M   | 210  | 02:51:56   | <b>02:52:03.90</b> | <b>02:52:06.30</b> | +02:00:07 (69.8%) | 34:24  | 1.7 (29.3%) |
| 245   | <b>MATUSZCZAK Jakub</b>     | <b>4672</b>  |            | OPEN M   | 211  | 02:52:23   | <b>02:52:34.10</b> | <b>02:52:38.40</b> | +02:00:39 (69.9%) | 34:30  | 1.7 (29.3%) |
| 246   | <b>FIRST Tomasz</b>         | <b>4533</b>  |            | OPEN M   | 212  | 02:53:30   | <b>02:53:39.35</b> | <b>02:53:41.70</b> | +02:01:43 (70.1%) | 34:43  | 1.7 (29.3%) |
| 247   | <b>MENDOZA RAMOS Victor</b> | <b>4125</b>  |            | OPEN M   | 213  | 02:54:49   | <b>02:54:57.70</b> | <b>02:55:00.95</b> | +02:03:02 (70.3%) | 34:59  | 1.7 (29.3%) |
| 248   | <b>ROJKOWSKI Jerzy</b>      | <b>4052</b>  |            | OPEN M   | 214  | 02:54:59   | <b>02:55:11.80</b> | <b>02:55:15.00</b> | +02:03:16 (70.3%) | 35:02  | 1.7 (29.3%) |

| Place | Participant                       | Number       | Club | Category   | MCat | Spiker_OCR<br>4.9km | Net<br>time<br>5km | Czas<br>brutto<br>5km | Gap               | Pace<br>min/km | Pace<br>km/h |
|-------|-----------------------------------|--------------|------|------------|------|---------------------|--------------------|-----------------------|-------------------|----------------|--------------|
| 249   | <b>WEYER Janusz</b>               | <b>4311</b>  |      | OPEN M     | 215  | 02:59:15            | <b>02:59:40.40</b> | <b>02:59:46.00</b>    | +02:07:47 (71.1%) | 35:56          | 1.7 (29.3%)  |
| 249   | <b>BIN JOSMAN Kamarudin</b>       | <b>4314</b>  |      | OPEN M     | 216  | 02:59:16            | <b>02:59:40.05</b> | <b>02:59:46.00</b>    | +02:07:47 (71.1%) | 35:56          | 1.7 (29.3%)  |
| 251   | <b>WOJCIECH ALICKI Przemysław</b> | <b>4315</b>  |      | OPEN M     | 217  | 02:59:15            | <b>02:59:40.30</b> | <b>02:59:46.25</b>    | +02:07:47 (71.1%) | 35:56          | 1.7 (29.3%)  |
| 252   | <b>PETERSEN Ulf</b>               | <b>10168</b> |      | OPEN M     | 218  | 03:08:31            | <b>03:08:41.40</b> | <b>03:08:41.40</b>    | +02:16:42 (72.5%) | 37:44          | 1.6 (27.6%)  |
| 253   | <b>PIERRE Tourneux</b>            | <b>4212</b>  |      | OPEN M     | 219  | 03:10:27            | <b>03:10:45.30</b> | <b>03:10:59.65</b>    | +02:19:01 (72.8%) | 38:09          | 1.6 (27.6%)  |
| 254   | <b>CARSTAIAS John</b>             | <b>4338</b>  |      | OPEN M     | 220  | 03:23:22            | <b>03:23:29.65</b> | <b>03:23:33.00</b>    | +02:31:34 (74.5%) | 40:42          | 1.5 (25.9%)  |
| 255   | <b>WALTHER Oliver</b>             | <b>4120</b>  |      | OPEN M     | 221  | 03:23:21            | <b>03:23:28.75</b> | <b>03:23:33.10</b>    | +02:31:34 (74.5%) | 40:41          | 1.5 (25.9%)  |
| 256   | <b>SZCZEPANSKI Michael</b>        | <b>4195</b>  |      | OPEN M     | 222  | 03:23:22            | <b>03:23:28.80</b> | <b>03:23:33.20</b>    | +02:31:34 (74.5%) | 40:41          | 1.5 (25.9%)  |
|       | <b>KOSIŃSKI Jakub</b>             | <b>4696</b>  |      | OPEN M     |      | 01:54:36 DNF        | <b>DNF</b>         | <b>DNF</b>            | -                 | -              | - (0.0%)     |
|       | <b>LIBERADZKI Marcin</b>          | <b>4319</b>  |      | OPEN M     |      | 02:11:51 DNF        | <b>DNF</b>         | <b>DNF</b>            | -                 | -              | - (0.0%)     |
|       | <b>KASCHE Denny</b>               | <b>4059</b>  |      | OPEN M     |      | DNF                 | <b>DNF</b>         | <b>DNF</b>            | -                 | -              | - (0.0%)     |
|       | <b>BENICEWICZ Kacper</b>          | <b>10170</b> |      | OPEN M     |      | DNF                 | <b>DNF</b>         | <b>DNF</b>            | -                 | -              | - (0.0%)     |
|       | <b>KALWARA Tomasz</b>             | <b>4620</b>  |      | Wojskowa M |      | DNF                 | <b>DNF</b>         | <b>DNF</b>            | -                 | -              | - (0.0%)     |

Total 261 results.