

# OCREC2019 - SHORT COURSE

B4SPORT

**Event:** OCR EUROPEAN CHAMPIONSHIPS  
**Organiser:** Stowarzyszenie Biegów Przeszkodowych OCR  
 Polska  
**Date:** 2019-06-27  
**Place:** Gdynia  
**Distance:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>DINKELMAN Ruben</b>	<b>206</b>		M 25-29	1	00:40:25	<b>00:40:29.35</b>	<b>00:40:30.85</b>		8:05	7.4 (100%)
2	<b>KASPRZYK Sebastian</b>	<b>125</b>		M 18-24	1	00:40:50	<b>00:40:53.65</b>	<b>00:40:53.65</b>	+00:00:22 (0.9%)	8:10	7.3 (98.6%)
3	<b>KOFOED Leon</b>	<b>1</b>	TEAM REBORN OCR	M Elite	1	00:41:23	<b>00:41:25.55</b>	<b>00:41:27.00</b>	+00:00:56 (2.3%)	8:17	7.2 (97.3%)
4	<b>SILIN Sergey</b>	<b>8</b>	RUSSIA FOSR	M Elite	2	00:41:36	<b>00:41:39.80</b>	<b>00:41:41.00</b>	+00:01:10 (2.8%)	8:20	7.2 (97.3%)
5	<b>MORI Riccardo</b>	<b>144</b>		M 18-24	2	00:42:50	<b>00:42:54.60</b>	<b>00:42:54.65</b>	+00:02:23 (5.6%)	8:34	7 (94.6%)
6	<b>PRUSAK Piotr</b>	<b>312</b>		M 30-34	1	00:43:20	<b>00:43:24.55</b>	<b>00:43:27.45</b>	+00:02:56 (6.8%)	8:41	6.9 (93.2%)
7	<b>VANDEWALLE Billy</b>	<b>198</b>		M 25-29	2	00:43:29	<b>00:43:32.50</b>	<b>00:43:33.95</b>	+00:03:03 (7.0%)	8:42	6.9 (93.2%)
8	<b>WILK Sylwester</b>	<b>120</b>		M 18-24	3	00:43:34	<b>00:43:39.60</b>	<b>00:43:39.60</b>	+00:03:08 (7.2%)	8:43	6.9 (93.2%)
9	<b>STENBECK Fredrik</b>	<b>142</b>		M 18-24	4	00:44:39	<b>00:44:42.80</b>	<b>00:44:43.15</b>	+00:04:12 (9.4%)	8:56	6.7 (90.5%)
10	<b>HAJNOS Dawid</b>	<b>9</b>	GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI	M Elite	3	00:45:02	<b>00:45:05.35</b>	<b>00:45:07.00</b>	+00:04:36 (10.2%)	9:01	6.7 (90.5%)
11	<b>JANUSZEWSKI Bartosz</b>	<b>193</b>		M 25-29	3	00:45:57	<b>00:46:00.85</b>	<b>00:46:02.60</b>	+00:05:31 (12.0%)	9:12	6.5 (87.8%)
12	<b>SELIANIN Dmytro</b>	<b>309</b>		M 30-34	2	00:46:08	<b>00:46:12.50</b>	<b>00:46:15.70</b>	+00:05:44 (12.4%)	9:14	6.5 (87.8%)
13	<b>HANYK Lukáš</b>	<b>204</b>		M 25-29	4	00:46:18	<b>00:46:22.25</b>	<b>00:46:23.80</b>	+00:05:52 (12.7%)	9:16	6.5 (87.8%)
14	<b>SHERETOV Eugene</b>	<b>11</b>		M Elite	4	00:46:47	<b>00:46:50.70</b>	<b>00:46:52.00</b>	+00:06:21 (13.6%)	9:22	6.4 (86.5%)
15	<b>ALVES Duarte</b>	<b>147</b>	OCR PORTUGAL LAB	M 18-24	5	00:47:16	<b>00:47:21.10</b>	<b>00:47:21.35</b>	+00:06:50 (14.4%)	9:28	6.3 (85.1%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time	brutto			
							5km	5km			
16	<b>ŚWIĘTEK Bartosz</b>	<b>123</b>		M 18-24	6	00:47:33	<b>00:47:37.35</b>	<b>00:47:38.65</b>	+00:07:07 (15.0%)	9:31	6.3 (85.1%)
17	<b>RIJNEKER Jesper</b>	<b>129</b>	TEAM 4SPORT	M 18-24	7	00:47:39	<b>00:47:44.80</b>	<b>00:47:44.85</b>	+00:07:14 (15.1%)	9:32	6.3 (85.1%)
18	<b>HEER Jesse De</b>	<b>13</b>	HANG ON THE NETHERLANDS	M Elite	5	00:47:40	<b>00:47:43.95</b>	<b>00:47:45.00</b>	+00:07:14 (15.2%)	9:32	6.3 (85.1%)
19	<b>NOVÁK Lukáš</b>	<b>33</b>		M Elite	6	00:47:42	<b>00:47:45.70</b>	<b>00:47:47.00</b>	+00:07:16 (15.2%)	9:33	6.3 (85.1%)
20	<b>SCHÄFER Martin</b>	<b>21</b>	OCR-PACEMAKERS GERMANY	M Elite	7	00:47:43	<b>00:47:45.70</b>	<b>00:47:47.20</b>	+00:07:16 (15.2%)	9:33	6.3 (85.1%)
21	<b>KREJCI Pavel</b>	<b>4</b>		M Elite	8	00:47:42	<b>00:47:46.35</b>	<b>00:47:47.35</b>	+00:07:16 (15.2%)	9:33	6.3 (85.1%)
22	<b>MENDES Axel</b>	<b>36</b>	ASTAXIN	M Elite	9	00:47:44	<b>00:47:47.45</b>	<b>00:47:50.00</b>	+00:07:19 (15.3%)	9:33	6.3 (85.1%)
23	<b>NORDVANG Tommy Kvakkestad</b>	<b>64</b>	TEAM OCR NORWAY	M Elite	10	00:47:45	<b>00:47:52.45</b>	<b>00:47:54.85</b>	+00:07:24 (15.4%)	9:34	6.3 (85.1%)
24	<b>DECIUK Teofil</b>	<b>122</b>		M 18-24	8	00:48:23	<b>00:48:28.30</b>	<b>00:48:28.95</b>	+00:07:58 (16.4%)	9:41	6.2 (83.8%)
25	<b>TOMASIK Alan</b>	<b>231</b>	NEXTREME	M 25-29	5	00:48:33	<b>00:48:42.35</b>	<b>00:48:43.85</b>	+00:08:13 (16.9%)	9:44	6.2 (83.8%)
26	<b>ZAKOŁODKIN Roman</b>	<b>223</b>	HERO RACE TEAM	M 25-29	6	00:48:43	<b>00:48:48.45</b>	<b>00:48:50.45</b>	+00:08:19 (17.0%)	9:45	6.1 (82.4%)
27	<b>DIECKMANN Jan-Philip</b>	<b>207</b>		M 25-29	7	00:49:04	<b>00:49:07.65</b>	<b>00:49:09.10</b>	+00:08:38 (17.6%)	9:49	6.1 (82.4%)
28	<b>BLANKENBURGH David</b>	<b>228</b>		M 25-29	8	00:49:02	<b>00:49:07.40</b>	<b>00:49:09.50</b>	+00:08:38 (17.6%)	9:49	6.1 (82.4%)
29	<b>SERAFIŃSKI Maciej</b>	<b>126</b>	NEXTREME	M 18-24	9	00:49:11	<b>00:49:17.35</b>	<b>00:49:17.60</b>	+00:08:46 (17.8%)	9:51	6.1 (82.4%)
30	<b>TARKA Andrzej</b>	<b>45</b>		M Elite	11	00:49:12	<b>00:49:17.55</b>	<b>00:49:19.70</b>	+00:08:48 (17.9%)	9:51	6.1 (82.4%)
31	<b>MOSE Kristian</b>	<b>311</b>	TEAM REBORN OCR	M 30-34	3	00:49:14	<b>00:49:18.40</b>	<b>00:49:21.55</b>	+00:08:50 (17.9%)	9:51	6.1 (82.4%)
32	<b>CAPARROS Nathan</b>	<b>14</b>		M Elite	12	00:49:25	<b>00:49:30.45</b>	<b>00:49:32.15</b>	+00:09:01 (18.2%)	9:54	6.1 (82.4%)
33	<b>TITCOMB Daniel</b>	<b>134</b>		M 18-24	10	00:49:28	<b>00:49:34.00</b>	<b>00:49:34.50</b>	+00:09:03 (18.3%)	9:54	6.1 (82.4%)
34	<b>CEJKO Dawid</b>	<b>128</b>		M 18-24	11	00:49:51	<b>00:49:55.85</b>	<b>00:49:56.20</b>	+00:09:25 (18.9%)	9:59	6 (81.1%)
35	<b>GRAVERS Mads</b>	<b>322</b>		M 30-34	4	00:50:07	<b>00:50:11.45</b>	<b>00:50:14.60</b>	+00:09:43 (19.4%)	10:02	6 (81.1%)
36	<b>URBAŃSKI Kamil</b>	<b>307</b>	NEXTREME / 17 BRYGADA ZMECHANIZOWANA	M 30-34	5	00:50:18	<b>00:50:22.40</b>	<b>00:50:25.75</b>	+00:09:54 (19.7%)	10:04	6 (81.1%)
37	<b>KADRMAS Marek</b>	<b>132</b>	OCRA CZ	M 18-24	12	00:50:27	<b>00:50:31.50</b>	<b>00:50:31.85</b>	+00:10:01 (19.8%)	10:06	5.9 (79.7%)
38	<b>MUSSCHE Frans</b>	<b>264</b>		M 25-29	9	00:50:26	<b>00:50:31.60</b>	<b>00:50:33.65</b>	+00:10:02 (19.9%)	10:06	5.9 (79.7%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
39	KOWALCZYK Dawid	44		M Elite	13	00:50:27	00:50:32.95	00:50:34.85	+00:10:04 (19.9%)	10:06	5.9 (79.7%)
40	PANIN Egor	133		M 18-24	13	00:50:41	00:50:46.20	00:50:46.75	+00:10:15 (20.2%)	10:09	5.9 (79.7%)
41	KRZYSTYNIAK Robert	843		M 45-49	1	00:50:50	00:50:54.65	00:50:57.30	+00:10:26 (20.5%)	10:11	5.9 (79.7%)
42	BANDOSZ Robert	18	ADRENALINE RUSH OCR	M Elite	14	00:51:01	00:51:06.85	00:51:07.45	+00:10:36 (20.8%)	10:13	5.9 (79.7%)
43	ZAWISTOWSKI Jakub	197		M 25-29	10	00:51:02	00:51:07.15	00:51:09.15	+00:10:38 (20.8%)	10:13	5.9 (79.7%)
44	MIKRUT Jakub	127		M 18-24	14	00:51:08	00:51:13.00	00:51:14.00	+00:10:43 (20.9%)	10:14	5.9 (79.7%)
45	JANSSON Thomas	47	TEAM FIT	M Elite	15	00:51:14	00:51:19.90	00:51:22.40	+00:10:51 (21.1%)	10:16	5.8 (78.4%)
46	KARLSSON Karin	115		W Elite	1	00:51:20	00:51:24.85	00:51:26.35	+00:10:55 (21.2%)	10:17	5.8 (78.4%)
47	ПЕРМЯКОВ Игорьь	34	OCR RUSSIA 2	M Elite	16	00:51:24	00:51:29.00	00:51:30.25	+00:10:59 (21.3%)	10:17	5.8 (78.4%)
48	KUIK Thomas	148	TEAM HANG-ON THE NETHERLANDS	M 18-24	15	00:51:29	00:51:36.10	00:51:36.25	+00:11:05 (21.5%)	10:19	5.8 (78.4%)
49	CHRISTENSEN Katja	80		W Elite	2	00:51:35	00:51:40.05	00:51:41.55	+00:11:10 (21.6%)	10:20	5.8 (78.4%)
50	PRYKOWSKI Tomasz	200	XRUNNERS	M 25-29	11	00:51:44	00:51:47.65	00:51:49.20	+00:11:18 (21.8%)	10:21	5.8 (78.4%)
51	JAROSZ Dawid	308	XRUNNERS	M 30-34	6	00:51:54	00:51:59.05	00:52:02.05	+00:11:31 (22.1%)	10:23	5.8 (78.4%)
52	VLAM Thijs	263		M 25-29	12	00:52:04	00:52:11.85	00:52:14.35	+00:11:43 (22.4%)	10:26	5.7 (77.0%)
53	KONEWKA Jacek	196	HUSARIA RACE TEAM	M 25-29	13	00:52:13	00:52:17.45	00:52:18.85	+00:11:48 (22.6%)	10:27	5.7 (77.0%)
54	MAZUR Damian	310	SOCIOS SILESIA	M 30-34	7	00:52:13	00:52:17.45	00:52:20.75	+00:11:49 (22.6%)	10:27	5.7 (77.0%)
55	GUIBERT Romain	219	TEAM FRANCE	M 25-29	14	00:52:25	00:52:30.05	00:52:32.05	+00:12:01 (22.9%)	10:30	5.7 (77.0%)
56	ДЕГТЯРЕВ Иван	22		M Elite	17	00:52:28	00:52:34.05	00:52:34.75	+00:12:03 (22.9%)	10:30	5.7 (77.0%)
57	REN Emil Friis	50	EVOLUTIONRACE	M Elite	18	00:52:43	00:52:46.50	00:52:49.10	+00:12:18 (23.3%)	10:33	5.7 (77.0%)
58	EVENSEN Ulrikke	104		W Elite	3	00:52:42	00:52:48.10	00:52:49.70	+00:12:18 (23.3%)	10:33	5.7 (77.0%)
59	CLAESSON Albin	141		M 18-24	16	00:52:50	00:52:54.50	00:52:55.15	+00:12:24 (23.4%)	10:35	5.7 (77.0%)
60	BARBE Lluis	2	OLLLU WOLF	M Elite	19	00:52:55	00:53:00.75	00:53:01.75	+00:12:30 (23.6%)	10:36	5.7 (77.0%)
61	CZERWIŃSKI Maciej	237	BALTIC SEALS	M 25-29	15	00:53:04	00:53:07.00	00:53:08.95	+00:12:38 (23.8%)	10:37	5.6 (75.7%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time		Czas brutto 5km	Gap	Pace min/km	Pace km/h
							5km					
62	<b>STROMMER László</b>	<b>875</b>		M 50-54	1	00:53:04	<b>00:53:09.75</b>	<b>00:53:11.55</b>	+00:12:40 (23.8%)	10:38	5.6 (75.7%)	
63	<b>WAŃCZYK Łukasz</b>	<b>17</b>		M Elite	20	00:53:05	<b>00:53:10.35</b>	<b>00:53:11.85</b>	+00:12:41 (23.8%)	10:38	5.6 (75.7%)	
64	<b>BELOV Artur</b>	<b>70</b>		M Elite	21	00:53:13	<b>00:53:19.25</b>	<b>00:53:21.40</b>	+00:12:50 (24.1%)	10:39	5.6 (75.7%)	
65	<b>JOLES Roël</b>	<b>393</b>	TEAM HANG-ON THE NETHERLANDS	M 30-34	8	00:53:24	<b>00:53:28.55</b>	<b>00:53:30.75</b>	+00:12:59 (24.3%)	10:41	5.6 (75.7%)	
66	<b>WOJTYSZYN Wojciech</b>	<b>24</b>	XRUNNERS	M Elite	22	00:53:26	<b>00:53:33.70</b>	<b>00:53:33.70</b>	+00:13:02 (24.4%)	10:42	5.6 (75.7%)	
67	<b>GRZONDKO Mateusz</b>	<b>42</b>		M Elite	23	00:53:56	<b>00:54:00.25</b>	<b>00:54:03.35</b>	+00:13:32 (25.1%)	10:48	5.6 (75.7%)	
68	<b>VOROBOK Tomáš</b>	<b>52</b>		M Elite	24	00:53:57	<b>00:54:01.00</b>	<b>00:54:03.50</b>	+00:13:32 (25.1%)	10:48	5.6 (75.7%)	
69	<b>OOSTEROM Frank</b>	<b>12</b>		M Elite	25	00:54:02	<b>00:54:07.00</b>	<b>00:54:07.90</b>	+00:13:37 (25.2%)	10:49	5.5 (74.3%)	
70	<b>PELISSIER Benoit</b>	<b>377</b>		M 30-34	9	00:54:03	<b>00:54:07.25</b>	<b>00:54:10.15</b>	+00:13:39 (25.2%)	10:49	5.5 (74.3%)	
71	<b>CHRISTENSEN Brian Viborg</b>	<b>826</b>		M 45-49	2	00:54:10	<b>00:54:14.25</b>	<b>00:54:16.75</b>	+00:13:45 (25.4%)	10:50	5.5 (74.3%)	
72	<b>VILA Jose</b>	<b>152</b>	OCRAMICX	M 18-24	17	00:54:27	<b>00:54:31.65</b>	<b>00:54:31.80</b>	+00:14:00 (25.7%)	10:54	5.5 (74.3%)	
73	<b>KALININ Jarosław</b>	<b>43</b>	XRUNNERS	M Elite	26	00:54:32	<b>00:54:35.85</b>	<b>00:54:38.25</b>	+00:14:07 (25.8%)	10:55	5.5 (74.3%)	
74	<b>VOLÁK Adam</b>	<b>177</b>		M 18-24	18	00:54:36	<b>00:54:41.20</b>	<b>00:54:43.25</b>	+00:14:12 (26.0%)	10:56	5.5 (74.3%)	
75	<b>RUMMEL Alexander</b>	<b>67</b>		M Elite	27	00:54:58	<b>00:55:04.05</b>	<b>00:55:06.20</b>	+00:14:35 (26.5%)	11:00	5.4 (73.0%)	
76	<b>GAZUREK Kacper</b>	<b>40</b>		M Elite	28	00:55:00	<b>00:55:03.90</b>	<b>00:55:06.60</b>	+00:14:35 (26.5%)	11:00	5.4 (73.0%)	
77	<b>KARCZMARSKI Mateusz</b>	<b>305</b>		M 30-34	10	00:55:09	<b>00:55:14.25</b>	<b>00:55:16.75</b>	+00:14:45 (26.7%)	11:02	5.4 (73.0%)	
78	<b>STIIG Jonathan</b>	<b>289</b>		M 25-29	16	00:55:13	<b>00:55:18.75</b>	<b>00:55:23.45</b>	+00:14:52 (26.9%)	11:03	5.4 (73.0%)	
79	<b>PRUDÊNCIO Gonçalo</b>	<b>27</b>	TEAM URBAN OBSTACLES	M Elite	29	00:55:20	<b>00:55:25.15</b>	<b>00:55:26.05</b>	+00:14:55 (26.9%)	11:05	5.4 (73.0%)	
80	<b>GYÖMREI Máté</b>	<b>397</b>	TEST TEAM	M 30-34	11	00:55:20	<b>00:55:24.75</b>	<b>00:55:26.10</b>	+00:14:55 (26.9%)	11:05	5.4 (73.0%)	
81	<b>VADZIM Shalkouski</b>	<b>209</b>	OCR BELARUS	M 25-29	17	00:55:24	<b>00:55:27.30</b>	<b>00:55:31.00</b>	+00:15:00 (27.0%)	11:05	5.4 (73.0%)	
82	<b>LAGRAND Stijn</b>	<b>649</b>	TEAM HANG-ON THE NETHERLANDS	M 13-17	1	00:55:30	<b>00:55:33.80</b>	<b>00:55:35.40</b>	+00:15:04 (27.1%)	11:06	5.4 (73.0%)	
83	<b>BRZOSKWINIA Wojciech</b>	<b>201</b>		M 25-29	18	00:55:30	<b>00:55:35.75</b>	<b>00:55:35.75</b>	+00:15:04 (27.1%)	11:07	5.4 (73.0%)	
84	<b>VIKTOROVICH Gruzdev Vladimir</b>	<b>221</b>		M 25-29	19	00:55:43	<b>00:55:47.65</b>	<b>00:55:49.65</b>	+00:15:18 (27.4%)	11:09	5.4 (73.0%)	

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
85	<b>SOBIERAJSKI Bolesław</b>	<b>658</b>		M 13-17	2	00:55:53	<b>00:55:58.35</b>	<b>00:56:00.35</b>	+00:15:29 (27.7%)	11:11	5.4 (73.0%)
86	<b>WITEK Piotr</b>	<b>274</b>		M 25-29	20	00:55:54	<b>00:55:58.35</b>	<b>00:56:01.55</b>	+00:15:30 (27.7%)	11:11	5.4 (73.0%)
87	<b>BRZOZOWSKI Filip</b>	<b>202</b>	HUSARIA RACE TEAM	M 25-29	21	00:55:58	<b>00:56:01.60</b>	<b>00:56:03.40</b>	+00:15:32 (27.7%)	11:12	5.4 (73.0%)
88	<b>SALOMÄKI Ville</b>	<b>934</b>		M Journeyman	1	00:55:57	<b>00:56:02.85</b>	<b>00:56:05.05</b>	+00:15:34 (27.8%)	11:12	5.4 (73.0%)
88	<b>OLKHOVSKII Dmitri</b>	<b>35</b>	RUSSIA	M Elite	30	00:55:58	<b>00:56:03.35</b>	<b>00:56:05.05</b>	+00:15:34 (27.8%)	11:12	5.4 (73.0%)
90	<b>ЕРМАКОВ Антон</b>	<b>71</b>	39RUS	M Elite	31	00:56:09	<b>00:56:13.85</b>	<b>00:56:15.85</b>	+00:15:45 (28.0%)	11:14	5.3 (71.6%)
91	<b>SCHUH Martin</b>	<b>61</b>	UNION DIRTRUN.COMPANY	M Elite	32	00:56:12	<b>00:56:15.80</b>	<b>00:56:18.75</b>	+00:15:47 (28.1%)	11:15	5.3 (71.6%)
92	<b>PAVEL Kocherygin</b>	<b>29</b>		M Elite	33	00:56:17	<b>00:56:21.25</b>	<b>00:56:22.75</b>	+00:15:51 (28.1%)	11:16	5.3 (71.6%)
93	<b>MÓRAWSKI Mieszko</b>	<b>41</b>		M Elite	34	00:56:17	<b>00:56:22.20</b>	<b>00:56:24.50</b>	+00:15:53 (28.2%)	11:16	5.3 (71.6%)
94	<b>BETTS Jesse</b>	<b>25</b>		M Elite	35	00:56:32	<b>00:56:40.00</b>	<b>00:56:41.15</b>	+00:16:10 (28.5%)	11:20	5.3 (71.6%)
95	<b>VERHEUL Paul Pieter Cornelis</b>	<b>297</b>	ATLAS OUTDOOR TRAINING	M 25-29	22	00:56:36	<b>00:56:42.15</b>	<b>00:56:45.50</b>	+00:16:14 (28.6%)	11:20	5.3 (71.6%)
96	<b>GONZÁLEZ Miguel Pinto</b>	<b>20</b>	OCR COMANDO DEL NORTE OSCAR FERNANDEZ	M Elite	36	00:56:44	<b>00:56:49.60</b>	<b>00:56:51.00</b>	+00:16:20 (28.7%)	11:22	5.3 (71.6%)
97	<b>MILLAN Daniel Osma</b>	<b>69</b>	BRAVE BULLS	M Elite	37	00:56:55	<b>00:56:58.40</b>	<b>00:57:00.20</b>	+00:16:29 (28.9%)	11:23	5.3 (71.6%)
98	<b>JUSTESEN Simon</b>	<b>246</b>	TEAM SOLID	M 25-29	23	00:56:20	<b>00:57:00.95</b>	<b>00:57:02.80</b>	+00:16:31 (29.0%)	11:24	5.3 (71.6%)
99	<b>GREGERSEN Mads-Christian Agerskov</b>	<b>653</b>		M 13-17	3	00:56:57	<b>00:57:01.20</b>	<b>00:57:03.85</b>	+00:16:33 (29.0%)	11:24	5.3 (71.6%)
100	<b>KRUCZKOWSKI Michał</b>	<b>194</b>	XRUNNERS	M 25-29	24	00:57:03	<b>00:57:06.55</b>	<b>00:57:08.10</b>	+00:16:37 (29.1%)	11:25	5.3 (71.6%)
101	<b>SOBIERAJSKI Krzysztof</b>	<b>656</b>		M 13-17	4	00:57:09	<b>00:57:15.10</b>	<b>00:57:17.25</b>	+00:16:46 (29.3%)	11:27	5.2 (70.3%)
102	<b>ANTCZAK Marcin</b>	<b>199</b>	NEXTREME / 17 BRYGADA ZMECHANIZOWANA	M 25-29	25	00:57:14	<b>00:57:19.80</b>	<b>00:57:21.20</b>	+00:16:50 (29.4%)	11:28	5.2 (70.3%)
103	<b>DICKSON Mark</b>	<b>573</b>		M 40-44	1	00:57:16	<b>00:57:20.95</b>	<b>00:57:22.60</b>	+00:16:51 (29.4%)	11:28	5.2 (70.3%)
104	<b>MENSINK Nick</b>	<b>361</b>	OCR SKILLZ	M 30-34	12	00:57:18	<b>00:57:22.50</b>	<b>00:57:25.35</b>	+00:16:54 (29.4%)	11:28	5.2 (70.3%)
105	<b>DAVID Sebastien</b>	<b>53</b>	ELANCIA	M Elite	38	00:57:21	<b>00:57:25.10</b>	<b>00:57:27.25</b>	+00:16:56 (29.5%)	11:29	5.2 (70.3%)
106	<b>PROKUDIN Yury</b>	<b>647</b>	RUSSIA-MOSCOW REGION	M 13-17	5	00:57:36	<b>00:57:40.30</b>	<b>00:57:43.25</b>	+00:17:12 (29.8%)	11:32	5.2 (70.3%)
107	<b>JANSEN Corien</b>	<b>82</b>	FAMILY FIT INDOOR SURVIVAL	W Elite	4	00:57:53	<b>00:57:57.70</b>	<b>00:58:00.00</b>	+00:17:29 (30.1%)	11:35	5.2 (70.3%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
108	<b>OLEXANDR Tarsukov</b>	<b>56</b>		M Elite	39	00:57:26	<b>00:57:59.05</b>	<b>00:58:00.50</b>	+00:17:29 (30.2%)	11:35	5.2 (70.3%)
109	<b>MĘDYGRAŁ Krystian</b>	<b>235</b>		M 25-29	26	00:58:05	<b>00:58:10.55</b>	<b>00:58:12.00</b>	+00:17:41 (30.4%)	11:38	5.2 (70.3%)
110	<b>POLYAKOV Oleg</b>	<b>220</b>		M 25-29	27	00:58:07	<b>00:58:13.50</b>	<b>00:58:15.45</b>	+00:17:44 (30.5%)	11:38	5.2 (70.3%)
111	<b>SZYSZKA Kacper</b>	<b>163</b>	KONIUCHY OCR	M 18-24	19	00:58:37	<b>00:58:41.90</b>	<b>00:58:44.05</b>	+00:18:13 (31.0%)	11:44	5.1 (68.9%)
112	<b>HANSEN Mads Voss</b>	<b>137</b>		M 18-24	20	00:58:53	<b>00:58:57.70</b>	<b>00:58:58.55</b>	+00:18:27 (31.3%)	11:47	5.1 (68.9%)
113	<b>ALMERSKÅR Viktor</b>	<b>131</b>		M 18-24	21	00:58:56	<b>00:59:02.15</b>	<b>00:59:02.95</b>	+00:18:32 (31.4%)	11:48	5.1 (68.9%)
114	<b>HORVÁTH Zsolt</b>	<b>650</b>	OCR GABORTEAM	M 13-17	6	00:59:03	<b>00:59:06.45</b>	<b>00:59:08.30</b>	+00:18:37 (31.5%)	11:49	5.1 (68.9%)
115	<b>BABUŠKOVÁ Stanislava</b>	<b>806</b>		W 40-44	1	00:59:08	<b>00:59:12.80</b>	<b>00:59:15.75</b>	+00:18:44 (31.6%)	11:50	5.1 (68.9%)
116	<b>ORICHOWSKI Witalij</b>	<b>156</b>		M 18-24	22	00:59:15	<b>00:59:21.60</b>	<b>00:59:24.10</b>	+00:18:53 (31.8%)	11:52	5.1 (68.9%)
117	<b>WISPELWEIJ Sem</b>	<b>150</b>	HANG ON THE NETHERLANDS	M 18-24	23	00:59:19	<b>00:59:24.85</b>	<b>00:59:25.00</b>	+00:18:54 (31.8%)	11:53	5 (67.6%)
118	<b>SETTELE Stefan</b>	<b>368</b>	MIT OCR GERMANY	M 30-34	13	00:59:20	<b>00:59:23.40</b>	<b>00:59:26.10</b>	+00:18:55 (31.8%)	11:52	5.1 (68.9%)
119	<b>ASMUSSEN Andreas Munk</b>	<b>335</b>		M 30-34	14	00:59:19	<b>00:59:22.65</b>	<b>00:59:26.60</b>	+00:18:55 (31.8%)	11:52	5.1 (68.9%)
120	<b>KRASOŃ Bartłomiej</b>	<b>272</b>		M 25-29	28	00:59:22	<b>00:59:26.00</b>	<b>00:59:30.25</b>	+00:18:59 (31.9%)	11:53	5 (67.6%)
121	<b>SLITS Peter</b>	<b>861</b>		M 50-54	2	00:59:23	<b>00:59:28.60</b>	<b>00:59:30.35</b>	+00:18:59 (31.9%)	11:53	5 (67.6%)
122	<b>DOMÍNGUEZ Eduardo Díaz</b>	<b>66</b>	LEYENDAS OCR BY XFORCE	M Elite	40	00:59:33	<b>00:59:36.20</b>	<b>00:59:38.00</b>	+00:19:07 (32.1%)	11:55	5 (67.6%)
123	<b>TOMAKA Tomasz</b>	<b>203</b>	HUSARIA RACE TEAM	M 25-29	29	00:59:38	<b>00:59:43.40</b>	<b>00:59:45.15</b>	+00:19:14 (32.2%)	11:56	5 (67.6%)
124	<b>KOŁOSZUK Marcin</b>	<b>343</b>	NEXTREME / 4 ZPLOT	M 30-34	15	00:59:52	<b>00:59:57.50</b>	<b>01:00:00.15</b>	+00:19:29 (32.5%)	11:59	5 (67.6%)
125	<b>ARZADUN Imanol Peso</b>	<b>72</b>	DENONTZAT	M Elite	41	00:59:54	<b>00:59:59.25</b>	<b>01:00:01.15</b>	+00:19:30 (32.5%)	12:00	5 (67.6%)
126	<b>DRAGSTED Andreas</b>	<b>19</b>	EVOLUTIONRACE	M Elite	42	01:00:02	<b>01:00:08.35</b>	<b>01:00:10.45</b>	+00:19:39 (32.7%)	12:01	5 (67.6%)
127	<b>PÉREZ Sergio Gómez</b>	<b>212</b>	EGYPTIAN RACERS	M 25-29	30	01:00:19	<b>01:00:23.60</b>	<b>01:00:25.10</b>	+00:19:54 (32.9%)	12:04	5 (67.6%)
128	<b>TROIAN Makar</b>	<b>23</b>		M Elite	43	01:00:24	<b>01:00:27.45</b>	<b>01:00:29.15</b>	+00:19:58 (33.0%)	12:05	5 (67.6%)
129	<b>HEŁMECKI Mateusz</b>	<b>270</b>	KONIUCHY OCR	M 25-29	31	01:00:38	<b>01:00:44.75</b>	<b>01:00:48.10</b>	+00:20:17 (33.4%)	12:09	4.9 (66.2%)
130	<b>CAMBRIDGE Luke</b>	<b>365</b>	TEAM NORTHMAN OCR	M 30-34	16	01:00:44	<b>01:00:49.80</b>	<b>01:00:53.05</b>	+00:20:22 (33.5%)	12:10	4.9 (66.2%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
131	HARBUNOU Ihar	6		M Elite	44	01:00:50	<b>01:00:55.80</b>	<b>01:00:56.65</b>	+00:20:25 (33.5%)	12:11	4.9 (66.2%)
132	YAROSLAV Slavushchev	261		M 25-29	32	01:00:56	<b>01:01:00.45</b>	<b>01:01:02.75</b>	+00:20:31 (33.6%)	12:12	4.9 (66.2%)
133	OSHKIN Egor	31		M Elite	45	01:01:02	<b>01:01:08.75</b>	<b>01:01:09.55</b>	+00:20:38 (33.8%)	12:13	4.9 (66.2%)
134	MEEL Jim Van Der	333	TEAM HANG-ON THE NETHERLANDS	M 30-34	17	01:01:06	<b>01:01:11.65</b>	<b>01:01:15.10</b>	+00:20:44 (33.9%)	12:14	4.9 (66.2%)
135	PAWŁOWSKI Kamil	162		M 18-24	24	01:01:24	<b>01:01:29.20</b>	<b>01:01:31.25</b>	+00:21:00 (34.1%)	12:17	4.9 (66.2%)
136	STAMATEL Sebastian	281	SOCIOS SILESIA	M 25-29	33	01:01:25	<b>01:01:30.20</b>	<b>01:01:33.80</b>	+00:21:02 (34.2%)	12:18	4.9 (66.2%)
137	SABIROV Zhanserik	76		M Elite	46	01:01:27	<b>01:01:32.85</b>	<b>01:01:34.45</b>	+00:21:03 (34.2%)	12:18	4.9 (66.2%)
138	HANDLER Christian	57		M Elite	47	01:01:30	<b>01:01:37.50</b>	<b>01:01:39.60</b>	+00:21:08 (34.3%)	12:19	4.9 (66.2%)
139	BLOEM Martijn	597	TEAM HANG-ON THE NETHERLANDS	M 40-44	2	01:01:42	<b>01:01:46.30</b>	<b>01:01:48.55</b>	+00:21:17 (34.5%)	12:21	4.9 (66.2%)
140	GROOT Bo De	100		W Elite	5	01:01:48	<b>01:01:53.85</b>	<b>01:01:55.90</b>	+00:21:25 (34.6%)	12:22	4.8 (64.9%)
141	MACHTYL Zygmunt	831	BEST BEASTS	M 45-49	3	01:01:58	<b>01:02:03.30</b>	<b>01:02:05.45</b>	+00:21:34 (34.8%)	12:24	4.8 (64.9%)
142	WALTILLA Marcus	325	OCR TEAM MAUS	M 30-34	18	01:02:43	<b>01:02:46.95</b>	<b>01:02:50.45</b>	+00:22:19 (35.5%)	12:33	4.8 (64.9%)
143	BUDZISZ Krzysztof	565		M 40-44	3	01:03:07	<b>01:03:11.60</b>	<b>01:03:13.25</b>	+00:22:42 (35.9%)	12:38	4.7 (63.5%)
144	KEANE Josh	222	TEAM MADNESS	M 25-29	34	01:03:14	<b>01:03:17.70</b>	<b>01:03:20.05</b>	+00:22:49 (36.0%)	12:39	4.7 (63.5%)
145	HÄRKÖNEN Elin	110		W Elite	6	01:03:33	<b>01:03:37.50</b>	<b>01:03:39.00</b>	+00:23:08 (36.3%)	12:43	4.7 (63.5%)
146	LEMA Damián Espasandín	410		M 30-34	19	01:03:38	<b>01:03:42.95</b>	<b>01:03:44.45</b>	+00:23:13 (36.4%)	12:44	4.7 (63.5%)
147	SAVANOVICH Vitali	574		M 40-44	4	01:03:40	<b>01:03:46.40</b>	<b>01:03:48.75</b>	+00:23:17 (36.5%)	12:45	4.7 (63.5%)
148	LEGANDER Simon	290		M 25-29	35	01:03:51	<b>01:03:56.35</b>	<b>01:04:00.05</b>	+00:23:29 (36.7%)	12:47	4.7 (63.5%)
149	RAMOS Sérgio	829	LYNX	M 45-49	4	01:03:55	<b>01:04:00.40</b>	<b>01:04:02.50</b>	+00:23:31 (36.7%)	12:48	4.7 (63.5%)
150	LLAPASSET Victor	298		M 25-29	36	01:03:56	<b>01:04:01.65</b>	<b>01:04:05.25</b>	+00:23:34 (36.8%)	12:48	4.7 (63.5%)
151	LEJK Benjamin	277	XRUNNERS	M 25-29	37	01:04:04	<b>01:04:07.70</b>	<b>01:04:11.15</b>	+00:23:40 (36.9%)	12:49	4.7 (63.5%)
152	HEER Erik De	869	HANG ON THE NETHERLANDS	M 50-54	3	01:04:05	<b>01:04:10.70</b>	<b>01:04:12.30</b>	+00:23:41 (36.9%)	12:50	4.7 (63.5%)
153	BIRKENFELD Thorben	279		M 25-29	38	01:04:05	<b>01:04:09.60</b>	<b>01:04:13.80</b>	+00:23:42 (36.9%)	12:49	4.7 (63.5%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace	Pace
							time	brutto		min/km	km/h
							5km	5km			
154	<b>PEDERSEN Christian</b>	<b>823</b>	EVOLUTIONRACE	M 45-49	5	01:04:37	<b>01:04:40.70</b>	<b>01:04:43.50</b>	+00:24:12 (37.4%)	12:56	4.6 (62.2%)
155	<b>SVOBODA Vítek</b>	<b>409</b>	CHALLENGER	M 30-34	20	01:04:40	<b>01:04:45.05</b>	<b>01:04:47.05</b>	+00:24:16 (37.5%)	12:57	4.6 (62.2%)
156	<b>VERLAAT Kees</b>	<b>286</b>		M 25-29	39	01:04:49	<b>01:04:54.60</b>	<b>01:04:58.55</b>	+00:24:27 (37.6%)	12:59	4.6 (62.2%)
157	<b>SEBASTIEN Fage</b>	<b>587</b>	TEAM KONG OCR FRANCE	M 40-44	5	01:05:14	<b>01:05:20.15</b>	<b>01:05:22.25</b>	+00:24:51 (38.0%)	13:04	4.6 (62.2%)
158	<b>VASYA Dudnikov</b>	<b>151</b>		M 18-24	25	01:05:21	<b>01:05:27.30</b>	<b>01:05:27.55</b>	+00:24:56 (38.1%)	13:05	4.6 (62.2%)
159	<b>LARSSON Madeleine</b>	<b>792</b>	TEAM SOLID SWEDEN	W 35-39	1	01:05:23	<b>01:05:29.15</b>	<b>01:05:30.95</b>	+00:25:00 (38.2%)	13:05	4.6 (62.2%)
160	<b>REZNIK Anton</b>	<b>54</b>	RUSSIA	M Elite	48	01:05:59	<b>01:06:04.10</b>	<b>01:06:06.20</b>	+00:25:35 (38.7%)	13:12	4.5 (60.8%)
161	<b>KERSTEN Max</b>	<b>190</b>	OUTDOOR VALLEY	M 18-24	26	01:06:02	<b>01:06:06.70</b>	<b>01:06:09.55</b>	+00:25:38 (38.8%)	13:13	4.5 (60.8%)
162	<b>BINDSLEV Thomas Gregers</b>	<b>950</b>		M Journeyman	2	01:06:17	<b>01:06:22.35</b>	<b>01:06:26.35</b>	+00:25:55 (39.0%)	13:16	4.5 (60.8%)
163	<b>MIRA Lorena González</b>	<b>101</b>		W Elite	7	01:06:40	<b>01:06:44.80</b>	<b>01:06:46.55</b>	+00:26:15 (39.3%)	13:21	4.5 (60.8%)
164	<b>CIEPIELA Jan</b>	<b>166</b>		M 18-24	27	01:06:45	<b>01:06:57.80</b>	<b>01:07:00.15</b>	+00:26:29 (39.5%)	13:23	4.5 (60.8%)
165	<b>BOARDER Robert</b>	<b>567</b>		M 40-44	6	01:07:11	<b>01:07:15.25</b>	<b>01:07:17.65</b>	+00:26:46 (39.8%)	13:27	4.5 (60.8%)
166	<b>KRAUCHANKA Aliaksandr</b>	<b>521</b>		M 35-39	1	01:07:13	<b>01:07:18.15</b>	<b>01:07:20.60</b>	+00:26:49 (39.8%)	13:27	4.5 (60.8%)
167	<b>PEHTSERAVA Tatsiana</b>	<b>762</b>		W 30-34	1	01:07:25	<b>01:07:31.95</b>	<b>01:07:34.70</b>	+00:27:03 (40.0%)	13:30	4.4 (59.5%)
168	<b>LENOIR Cyril</b>	<b>260</b>		M 25-29	40	01:07:26	<b>01:07:33.45</b>	<b>01:07:34.90</b>	+00:27:04 (40.1%)	13:30	4.4 (59.5%)
169	<b>ZDEB Maciek</b>	<b>160</b>		M 18-24	28	01:07:50	<b>01:07:54.70</b>	<b>01:07:57.45</b>	+00:27:26 (40.4%)	13:35	4.4 (59.5%)
170	<b>BUCCARELLA Luca</b>	<b>185</b>		M 18-24	29	01:07:54	<b>01:07:59.50</b>	<b>01:08:02.00</b>	+00:27:31 (40.4%)	13:36	4.4 (59.5%)
171	<b>ŁUKASZ Lorenc</b>	<b>568</b>		M 40-44	7	01:08:47	<b>01:08:53.65</b>	<b>01:08:53.65</b>	+00:28:22 (41.2%)	13:46	4.4 (59.5%)
172	<b>GERICH Jan Von</b>	<b>611</b>		M 40-44	8	01:09:04	<b>01:09:07.60</b>	<b>01:09:10.05</b>	+00:28:39 (41.4%)	13:49	4.3 (58.1%)
173	<b>MIKHINA Anastasia</b>	<b>85</b>		W Elite	8	01:09:20	<b>01:09:24.15</b>	<b>01:09:25.50</b>	+00:28:54 (41.6%)	13:52	4.3 (58.1%)
174	<b>ECHEVERRIA Asier Landart</b>	<b>30</b>	DENONTZAT	M Elite	49	01:09:20	<b>01:09:26.50</b>	<b>01:09:27.35</b>	+00:28:56 (41.7%)	13:53	4.3 (58.1%)
175	<b>KOSIŃSKI Jakub</b>	<b>167</b>		M 18-24	30	01:09:31	<b>01:09:37.05</b>	<b>01:09:39.40</b>	+00:29:08 (41.8%)	13:55	4.3 (58.1%)
176	<b>MARTIN Darren</b>	<b>300</b>		M 25-29	41	01:09:31	<b>01:09:36.45</b>	<b>01:09:39.50</b>	+00:29:08 (41.8%)	13:55	4.3 (58.1%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time		Czas brutto 5km	Gap	Pace min/km	Pace km/h
							5km					
177	<b>POWELL Aif</b>	<b>660</b>		M 13-17	7	01:09:40	<b>01:09:45.15</b>	<b>01:09:47.10</b>	+00:29:16 (41.9%)	13:57	4.3 (58.1%)	
178	<b>SZCZEPANIAK Marcin</b>	<b>454</b>	XRUNNERS	M 35-39	2	01:09:45	<b>01:09:50.15</b>	<b>01:09:51.90</b>	+00:29:21 (42.0%)	13:58	4.3 (58.1%)	
179	<b>SRNSKÝ Daniel</b>	<b>189</b>		M 18-24	31	01:09:54	<b>01:09:58.70</b>	<b>01:10:01.45</b>	+00:29:30 (42.1%)	13:59	4.3 (58.1%)	
180	<b>RAMOS Paula Esteiro</b>	<b>784</b>		W 35-39	2	01:10:09	<b>01:10:15.25</b>	<b>01:10:17.40</b>	+00:29:46 (42.4%)	14:03	4.3 (58.1%)	
181	<b>GARNIER Anouk</b>	<b>111</b>		W Elite	9	01:10:28	<b>01:10:32.65</b>	<b>01:10:34.15</b>	+00:30:03 (42.6%)	14:06	4.3 (58.1%)	
182	<b>VEPŘEK Martin</b>	<b>256</b>		M 25-29	42	01:10:31	<b>01:10:35.55</b>	<b>01:10:37.65</b>	+00:30:06 (42.6%)	14:07	4.3 (58.1%)	
183	<b>HANSEN Jonas</b>	<b>259</b>		M 25-29	43	01:10:33	<b>01:10:39.00</b>	<b>01:10:41.45</b>	+00:30:10 (42.7%)	14:07	4.2 (56.8%)	
184	<b>STEENSGAARD Ida Mathilde</b>	<b>92</b>		W Elite	10	01:10:37	<b>01:10:41.75</b>	<b>01:10:43.65</b>	+00:30:12 (42.7%)	14:08	4.2 (56.8%)	
185	<b>VRIES Lisan De</b>	<b>811</b>	FAMILYFIT OCR TEAM	W 40-44	2	01:10:38	<b>01:10:43.20</b>	<b>01:10:46.00</b>	+00:30:15 (42.7%)	14:08	4.2 (56.8%)	
186	<b>DAMKOT Tom</b>	<b>661</b>		M 13-17	8	01:10:37	<b>01:11:07.15</b>	<b>01:11:08.90</b>	+00:30:38 (43.1%)	14:13	4.2 (56.8%)	
187	<b>DIJKSTRA Dooitze</b>	<b>562</b>	TEAM HANG-ON THE NETHERLANDS	M 35-39	3	01:11:33	<b>01:11:38.65</b>	<b>01:11:41.55</b>	+00:31:10 (43.5%)	14:19	4.2 (56.8%)	
188	<b>RACZEK Radosław</b>	<b>233</b>	GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI	M 25-29	44	01:11:35	<b>01:11:40.00</b>	<b>01:11:41.75</b>	+00:31:10 (43.5%)	14:20	4.2 (56.8%)	
189	<b>LINDSGREN Christina</b>	<b>803</b>		W 40-44	3	01:11:40	<b>01:11:45.45</b>	<b>01:11:48.20</b>	+00:31:17 (43.6%)	14:21	4.2 (56.8%)	
190	<b>NILSSON Erik</b>	<b>136</b>		M 18-24	32	01:11:45	<b>01:11:52.55</b>	<b>01:11:52.70</b>	+00:31:21 (43.6%)	14:22	4.2 (56.8%)	
191	<b>ROBBEMOND Robin</b>	<b>842</b>	TEAM HANG-ON THE NETHERLANDS	M 45-49	6	01:11:48	<b>01:11:53.70</b>	<b>01:11:55.75</b>	+00:31:24 (43.7%)	14:22	4.2 (56.8%)	
192	<b>WOROBIEWA Jekatierina</b>	<b>773</b>		W 30-34	2	01:11:54	<b>01:11:58.50</b>	<b>01:12:01.90</b>	+00:31:31 (43.8%)	14:23	4.2 (56.8%)	
193	<b>BURÉN Johan</b>	<b>481</b>	KARLSHAMN OCR	M 35-39	4	01:12:00	<b>01:12:05.75</b>	<b>01:12:07.65</b>	+00:31:36 (43.8%)	14:25	4.2 (56.8%)	
194	<b>KURACH Stanislaw</b>	<b>871</b>	DZIADY OCR	M 50-54	4	01:12:31	<b>01:12:34.95</b>	<b>01:12:37.95</b>	+00:32:07 (44.2%)	14:30	4.1 (55.4%)	
195	<b>MARTIN Astrid</b>	<b>732</b>		W 25-29	1	01:12:31	<b>01:12:37.45</b>	<b>01:12:38.85</b>	+00:32:08 (44.2%)	14:31	4.1 (55.4%)	
196	<b>JOZEFIAK Lukasz</b>	<b>453</b>	XRUNNERS	M 35-39	5	01:12:33	<b>01:12:38.50</b>	<b>01:12:40.65</b>	+00:32:09 (44.3%)	14:31	4.1 (55.4%)	
197	<b>KAMIESHKOV Denys</b>	<b>602</b>		M 40-44	9	01:12:37	<b>01:12:42.25</b>	<b>01:12:45.05</b>	+00:32:14 (44.3%)	14:32	4.1 (55.4%)	
198	<b>SCHWEIGERT Matthias</b>	<b>288</b>		M 25-29	45	01:12:46	<b>01:12:51.70</b>	<b>01:12:54.90</b>	+00:32:24 (44.4%)	14:34	4.1 (55.4%)	
199	<b>HOWARD John</b>	<b>51</b>		M Elite	50	01:12:51	<b>01:12:56.95</b>	<b>01:13:00.25</b>	+00:32:29 (44.5%)	14:35	4.1 (55.4%)	

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
200	WAŁDOWSKI Dominik	459		M 35-39	6	01:13:19	<b>01:13:25.20</b>	<b>01:13:27.75</b>	+00:32:56 (44.9%)	14:41	4.1 (55.4%)
201	DORNYI Tamás	178		M 18-24	33	01:13:22	<b>01:13:27.05</b>	<b>01:13:29.00</b>	+00:32:58 (44.9%)	14:41	4.1 (55.4%)
202	MONZON Imre	49		M Elite	51	01:13:30	<b>01:13:35.85</b>	<b>01:13:35.85</b>	+00:33:05 (45.0%)	14:43	4.1 (55.4%)
203	BUENK Peter	595	TEAM OUTDOOR OCR	M 40-44	10	01:13:43	<b>01:13:48.50</b>	<b>01:13:50.65</b>	+00:33:19 (45.1%)	14:45	4.1 (55.4%)
204	RIECHERT Viola	81	MUD MONKEYS OCR TEAM	W Elite	11	01:13:47	<b>01:13:51.65</b>	<b>01:13:53.25</b>	+00:33:22 (45.2%)	14:46	4.1 (55.4%)
205	WISSING Arjan	470	VUDA OBSTACLE TEAM	M 35-39	7	01:14:27	<b>01:14:32.55</b>	<b>01:14:34.35</b>	+00:34:03 (45.7%)	14:54	4 (54.1%)
206	WIKTOROWICZ Mariusz	566	RMF4RT GLADIATORS	M 40-44	11	01:14:29	<b>01:14:37.70</b>	<b>01:14:39.85</b>	+00:34:09 (45.7%)	14:55	4 (54.1%)
207	MICHEL Jérémy	62		M Elite	52	01:14:47	<b>01:14:51.95</b>	<b>01:14:53.95</b>	+00:34:23 (45.9%)	14:58	4 (54.1%)
208	ГОВОРОВ Андрей	58		M Elite	53	01:14:50	<b>01:14:55.35</b>	<b>01:14:57.35</b>	+00:34:26 (45.9%)	14:59	4 (54.1%)
209	MADSEN Tommy	450	GRIPEN OCR	M 35-39	8	01:14:52	<b>01:14:57.60</b>	<b>01:14:59.45</b>	+00:34:28 (46.0%)	14:59	4 (54.1%)
210	WRIGHT Jason	836		M 45-49	7	01:15:27	<b>01:15:32.75</b>	<b>01:15:34.60</b>	+00:35:03 (46.4%)	15:06	4 (54.1%)
211	ŠULDA Jakub	188		M 18-24	34	01:15:31	<b>01:15:37.50</b>	<b>01:15:39.50</b>	+00:35:08 (46.5%)	15:07	4 (54.1%)
212	LEVERAAS Katrine Haaland	709	TOUGH RACE SWEDEN	W 25-29	2	01:15:37	<b>01:15:40.85</b>	<b>01:15:42.55</b>	+00:35:11 (46.5%)	15:08	4 (54.1%)
213	LISOWSKI Grzegorz	458	SOCIOS SILESIA	M 35-39	9	01:16:00	<b>01:16:05.15</b>	<b>01:16:07.10</b>	+00:35:36 (46.8%)	15:13	3.9 (52.7%)
214	SJÖLIN Johan	376		M 30-34	21	01:16:16	<b>01:16:21.75</b>	<b>01:16:24.80</b>	+00:35:53 (47.0%)	15:16	3.9 (52.7%)
215	ESPINOSA Joaquín Malo	581		M 40-44	12	01:16:29	<b>01:16:34.10</b>	<b>01:16:35.90</b>	+00:36:05 (47.1%)	15:18	3.9 (52.7%)
216	САПАТОВ Константин	553		M 35-39	10	01:17:12	<b>01:17:16.80</b>	<b>01:17:19.45</b>	+00:36:48 (47.6%)	15:27	3.9 (52.7%)
217	CRUZ Sebastien	486		M 35-39	11	01:17:16	<b>01:17:22.25</b>	<b>01:17:24.40</b>	+00:36:53 (47.7%)	15:28	3.9 (52.7%)
218	ALFREDSSON Tobias	620		M 40-44	13	01:17:26	<b>01:17:30.30</b>	<b>01:17:32.50</b>	+00:37:01 (47.8%)	15:30	3.9 (52.7%)
219	CANACCINI Denis	572		M 40-44	14	01:17:30	<b>01:17:34.10</b>	<b>01:17:35.95</b>	+00:37:05 (47.8%)	15:30	3.9 (52.7%)
220	MARUSZEWSKI Marcin	455	NEXTREME	M 35-39	12	01:17:38	<b>01:17:42.35</b>	<b>01:17:43.90</b>	+00:37:13 (47.9%)	15:32	3.9 (52.7%)
221	GIESBERTS Valérie	891	TEAM HANG-ON THE NETHERLANDS	W 13-17	1	01:17:41	<b>01:17:45.55</b>	<b>01:17:48.15</b>	+00:37:17 (47.9%)	15:33	3.9 (52.7%)
222	CAPPELEN Dan	549	#3KLØVERENOCR	M 35-39	13	01:17:34	<b>01:17:40.55</b>	<b>01:17:49.65</b>	+00:37:18 (47.9%)	15:32	3.9 (52.7%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
223	<b>MAROZ Artsiom</b>	<b>321</b>		M 30-34	22	01:17:41	<b>01:17:46.45</b>	<b>01:17:49.90</b>	+00:37:19 (47.9%)	15:33	3.9 (52.7%)
224	<b>KASZA Rafal</b>	<b>456</b>	HUSARIA RACE TEAM	M 35-39	14	01:17:48	<b>01:17:54.20</b>	<b>01:17:55.35</b>	+00:37:24 (48.0%)	15:34	3.9 (52.7%)
225	<b>FIGUEIREDO Rui Pedro Cruz</b>	<b>213</b>		M 25-29	46	01:17:50	<b>01:18:08.10</b>	<b>01:18:09.90</b>	+00:37:39 (48.2%)	15:37	3.8 (51.4%)
226	<b>ANDRESEN Petter</b>	<b>872</b>	TEAM OCR NORWAY	M 50-54	5	01:18:06	<b>01:18:11.90</b>	<b>01:18:14.05</b>	+00:37:43 (48.2%)	15:38	3.8 (51.4%)
227	<b>REGNELL Fredrick</b>	<b>326</b>		M 30-34	23	01:18:09	<b>01:18:14.10</b>	<b>01:18:17.45</b>	+00:37:46 (48.3%)	15:38	3.8 (51.4%)
228	<b>LOMNICKÁ Tereza</b>	<b>682</b>		W 18-24	1	01:18:19	<b>01:18:24.40</b>	<b>01:18:27.35</b>	+00:37:56 (48.4%)	15:41	3.8 (51.4%)
229	<b>BENTO Toni</b>	<b>600</b>		M 40-44	15	01:18:33	<b>01:18:39.55</b>	<b>01:18:42.75</b>	+00:38:11 (48.5%)	15:43	3.8 (51.4%)
230	<b>HANSSON Rickard</b>	<b>615</b>	GRIPEN OCR	M 40-44	16	01:18:35	<b>01:18:39.75</b>	<b>01:18:42.80</b>	+00:38:11 (48.5%)	15:43	3.8 (51.4%)
231	<b>TOMASZ Komarnicki</b>	<b>530</b>	GRUBIORZE LOTAJOM	M 35-39	15	01:18:51	<b>01:18:56.70</b>	<b>01:18:58.95</b>	+00:38:28 (48.7%)	15:47	3.8 (51.4%)
232	<b>CIMLER Jiří</b>	<b>55</b>	GLADIATORS CZECH	M Elite	54	01:19:12	<b>01:19:18.60</b>	<b>01:19:21.10</b>	+00:38:50 (48.9%)	15:51	3.8 (51.4%)
233	<b>GEVEN Twan</b>	<b>666</b>	TEAM BRUGGINK NL	M 13-17	9	01:19:16	<b>01:19:20.55</b>	<b>01:19:22.60</b>	+00:38:51 (49.0%)	15:52	3.8 (51.4%)
234	<b>SLUIS Richard</b>	<b>514</b>		M 35-39	16	01:19:16	<b>01:19:21.40</b>	<b>01:19:24.05</b>	+00:38:53 (49.0%)	15:52	3.8 (51.4%)
235	<b>YANN Chambert</b>	<b>328</b>	SPARTAN LIONS	M 30-34	24	01:19:15	<b>01:19:20.90</b>	<b>01:19:24.25</b>	+00:38:53 (49.0%)	15:52	3.8 (51.4%)
236	<b>BATES Daniel</b>	<b>853</b>	TEAM ULTIMATE OCR	M 45-49	8	01:19:40	<b>01:19:45.95</b>	<b>01:19:48.70</b>	+00:39:17 (49.2%)	15:57	3.8 (51.4%)
237	<b>RYDSTRÖM Johan</b>	<b>513</b>	KARLSHAMN OCR	M 35-39	17	01:20:08	<b>01:20:13.90</b>	<b>01:20:17.15</b>	+00:39:46 (49.5%)	16:02	3.7 (50.0%)
238	<b>DRUIJFF Meike</b>	<b>892</b>		W 13-17	2	01:20:19	<b>01:20:23.45</b>	<b>01:20:26.35</b>	+00:39:55 (49.6%)	16:04	3.7 (50.0%)
239	<b>LOZANO Miguel Ángel Charro</b>	<b>858</b>		M 45-49	9	01:20:19	<b>01:20:25.85</b>	<b>01:20:27.95</b>	+00:39:57 (49.7%)	16:05	3.7 (50.0%)
240	<b>PELLUZ Luis</b>	<b>599</b>		M 40-44	17	01:20:30	<b>01:20:35.55</b>	<b>01:20:37.85</b>	+00:40:07 (49.8%)	16:07	3.7 (50.0%)
241	<b>LEARY Tony</b>	<b>880</b>		M 50-54	6	01:20:37	<b>01:20:46.75</b>	<b>01:20:48.45</b>	+00:40:17 (49.9%)	16:09	3.7 (50.0%)
242	<b>LISOWSKI Adam</b>	<b>460</b>	SOCIOS SILESIA	M 35-39	18	01:20:45	<b>01:20:49.70</b>	<b>01:20:51.40</b>	+00:40:20 (49.9%)	16:10	3.7 (50.0%)
243	<b>PŁÓCIENNIK Piotr</b>	<b>348</b>		M 30-34	25	01:21:09	<b>01:21:13.65</b>	<b>01:21:16.25</b>	+00:40:45 (50.1%)	16:14	3.7 (50.0%)
244	<b>OVECHKIN Taras</b>	<b>474</b>		M 35-39	19	01:21:09	<b>01:21:15.05</b>	<b>01:21:17.35</b>	+00:40:46 (50.2%)	16:15	3.7 (50.0%)
245	<b>ALEKSEI Giatcintov</b>	<b>462</b>		M 35-39	20	01:21:39	<b>01:21:44.45</b>	<b>01:21:46.30</b>	+00:41:15 (50.5%)	16:21	3.7 (50.0%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
246	<b>CHRISTIAN Ramberger</b>	<b>940</b>	TEAM CELTIC WARRIOR	M Journeyman	3	01:21:57	<b>01:22:06.50</b>	<b>01:22:09.15</b>	+00:41:38 (50.7%)	16:25	3.7 (50.0%)
247	<b>SCHÜLER Constantin</b>	<b>936</b>		M Journeyman	4	01:21:57	<b>01:22:06.40</b>	<b>01:22:09.35</b>	+00:41:38 (50.7%)	16:25	3.7 (50.0%)
248	<b>NIELSEN Søren</b>	<b>432</b>		M 30-34	26	01:22:10	<b>01:22:14.45</b>	<b>01:22:17.50</b>	+00:41:46 (50.8%)	16:26	3.6 (48.6%)
249	<b>SAAL Patrick</b>	<b>920</b>	MUDDY UNICORNS	M Journeyman	5	01:22:12	<b>01:22:22.60</b>	<b>01:22:26.30</b>	+00:41:55 (50.9%)	16:28	3.6 (48.6%)
250	<b>FAGERSTRÖM Po</b>	<b>586</b>	TEAM SOLID	M 40-44	18	01:22:22	<b>01:22:26.85</b>	<b>01:22:29.55</b>	+00:41:58 (50.9%)	16:29	3.6 (48.6%)
251	<b>ONOFRIENKO Karina</b>	<b>678</b>		W 18-24	2	01:22:42	<b>01:22:49.25</b>	<b>01:22:51.45</b>	+00:42:20 (51.1%)	16:33	3.6 (48.6%)
252	<b>ŁUKASZEWSKI Jakub</b>	<b>158</b>	HUSARIA RACE TEAM	M 18-24	35	01:22:59	<b>01:23:03.65</b>	<b>01:23:05.95</b>	+00:42:35 (51.2%)	16:36	3.6 (48.6%)
253	<b>GAWRYLUK Marcin</b>	<b>415</b>		M 30-34	27	01:23:05	<b>01:23:11.60</b>	<b>01:23:13.45</b>	+00:42:42 (51.3%)	16:38	3.6 (48.6%)
254	<b>LUNDBERG Sara</b>	<b>764</b>		W 30-34	3	01:23:16	<b>01:23:21.45</b>	<b>01:23:25.35</b>	+00:42:54 (51.4%)	16:40	3.6 (48.6%)
255	<b>KONARSKI Łukasz</b>	<b>534</b>	KONTENER FORMY	M 35-39	21	01:23:25	<b>01:23:31.20</b>	<b>01:23:33.45</b>	+00:43:02 (51.5%)	16:42	3.6 (48.6%)
256	<b>TYL Lukáš</b>	<b>374</b>		M 30-34	28	01:23:32	<b>01:23:38.10</b>	<b>01:23:41.55</b>	+00:43:10 (51.6%)	16:43	3.6 (48.6%)
257	<b>OLEKSIUK Andrii</b>	<b>467</b>		M 35-39	22	01:23:51	<b>01:23:56.15</b>	<b>01:23:57.55</b>	+00:43:26 (51.7%)	16:47	3.6 (48.6%)
258	<b>MAŁEK Rafał</b>	<b>489</b>	WATAHA	M 35-39	23	01:23:57	<b>01:24:01.00</b>	<b>01:24:03.95</b>	+00:43:33 (51.8%)	16:48	3.6 (48.6%)
259	<b>JAKUBCZAK Marcin</b>	<b>452</b>		M 35-39	24	01:24:10	<b>01:24:15.70</b>	<b>01:24:18.25</b>	+00:43:47 (51.9%)	16:51	3.6 (48.6%)
260	<b>CHRISTIAN Ramberger</b>	<b>478</b>	TEAM CELTIC WARRIOR	M 35-39	25	01:24:17	<b>01:24:23.95</b>	<b>01:24:26.50</b>	+00:43:55 (52.0%)	16:52	3.6 (48.6%)
261	<b>PODGORSKI Marek</b>	<b>492</b>		M 35-39	26	01:24:51	<b>01:24:56.20</b>	<b>01:24:58.30</b>	+00:44:27 (52.3%)	16:59	3.5 (47.3%)
262	<b>KUZMENKO Irina</b>	<b>978</b>		W Journeyman	1	01:24:54	<b>01:25:00.90</b>	<b>01:25:03.45</b>	+00:44:32 (52.4%)	17:00	3.5 (47.3%)
263	<b>ENDERBY Rich</b>	<b>464</b>	TEAM OMRM	M 35-39	27	01:24:58	<b>01:25:04.95</b>	<b>01:25:07.00</b>	+00:44:36 (52.4%)	17:01	3.5 (47.3%)
264	<b>MÉDARD Olivier</b>	<b>411</b>	LES BISONS	M 30-34	29	01:25:04	<b>01:25:10.00</b>	<b>01:25:12.30</b>	+00:44:41 (52.5%)	17:02	3.5 (47.3%)
265	<b>SWACZYNSKI Krzysztof</b>	<b>497</b>	HUSARIA RACE TEAM	M 35-39	28	01:25:41	<b>01:25:46.60</b>	<b>01:25:49.85</b>	+00:45:19 (52.8%)	17:09	3.5 (47.3%)
266	<b>TAYLOR Adam</b>	<b>466</b>		M 35-39	29	01:25:45	<b>01:25:50.15</b>	<b>01:25:52.45</b>	+00:45:21 (52.8%)	17:10	3.5 (47.3%)
267	<b>SCHYBERG Oscar</b>	<b>556</b>	KARLSHAMN OCR	M 35-39	30	01:25:59	<b>01:26:03.80</b>	<b>01:26:07.15</b>	+00:45:36 (53.0%)	17:12	3.5 (47.3%)
268	<b>REKUTIN Ivan</b>	<b>422</b>		M 30-34	30	01:26:16	<b>01:26:19.60</b>	<b>01:26:22.45</b>	+00:45:51 (53.1%)	17:16	3.5 (47.3%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
269	HŮRKOVÁ Kristýna	114		W Elite	12	01:26:20	<b>01:26:25.90</b>	<b>01:26:27.70</b>	+00:45:56 (53.1%)	17:17	3.5 (47.3%)
270	KRÁSA David	596		M 40-44	19	01:26:26	<b>01:26:32.35</b>	<b>01:26:34.95</b>	+00:46:04 (53.2%)	17:18	3.5 (47.3%)
271	JASTRZĘBSKI Piotr	352		M 30-34	31	01:26:30	<b>01:26:35.90</b>	<b>01:26:38.50</b>	+00:46:07 (53.2%)	17:19	3.5 (47.3%)
272	NIELSEN Daniel Birk	413		M 30-34	32	01:26:34	<b>01:26:38.00</b>	<b>01:26:40.80</b>	+00:46:09 (53.3%)	17:19	3.5 (47.3%)
273	JULIEN Andrew	355	TEAMMADNESS	M 30-34	33	01:27:43	<b>01:27:50.60</b>	<b>01:27:53.65</b>	+00:47:22 (53.9%)	17:34	3.4 (45.9%)
274	YANIN Denis	472		M 35-39	31	01:28:17	<b>01:28:21.45</b>	<b>01:28:23.65</b>	+00:47:52 (54.2%)	17:40	3.4 (45.9%)
275	STANCLIK Krzysztof	975		M Journeyman	6	01:28:13	<b>01:28:21.75</b>	<b>01:28:25.20</b>	+00:47:54 (54.2%)	17:40	3.4 (45.9%)
276	PAPPERMANN Jens	483		M 35-39	32	01:28:20	<b>01:28:23.55</b>	<b>01:28:26.00</b>	+00:47:55 (54.2%)	17:40	3.4 (45.9%)
277	KÖNIGOVÁ Lucie	90		W Elite	13	01:28:19	<b>01:28:25.05</b>	<b>01:28:27.15</b>	+00:47:56 (54.2%)	17:41	3.4 (45.9%)
278	ÖBERG Robin	354	@HEJAPAPPA	M 30-34	34	01:28:33	<b>01:28:38.20</b>	<b>01:28:40.60</b>	+00:48:09 (54.3%)	17:43	3.4 (45.9%)
279	CAJDERT Johan	482		M 35-39	33	01:28:37	<b>01:28:49.05</b>	<b>01:28:51.70</b>	+00:48:20 (54.4%)	17:45	3.4 (45.9%)
280	JAKOBSSON Niklas	323		M 30-34	35	01:28:45	<b>01:28:50.75</b>	<b>01:28:54.40</b>	+00:48:23 (54.4%)	17:46	3.4 (45.9%)
281	GALLI Dario	641		M 40-44	20	01:29:01	<b>01:29:07.70</b>	<b>01:29:10.85</b>	+00:48:40 (54.6%)	17:49	3.4 (45.9%)
282	BÄR Marcel	404	MIT OCR GERMANY	M 30-34	36	01:29:11	<b>01:29:16.75</b>	<b>01:29:18.65</b>	+00:48:47 (54.6%)	17:51	3.4 (45.9%)
283	BRINKMANN Sabrina	733		W 25-29	3	01:29:15	<b>01:29:19.90</b>	<b>01:29:22.25</b>	+00:48:51 (54.7%)	17:52	3.4 (45.9%)
284	WIELECHOWSKA Natalia	112		W Elite	14	01:28:27	<b>01:29:28.30</b>	<b>01:29:30.20</b>	+00:48:59 (54.7%)	17:53	3.4 (45.9%)
285	HELGERS Mike	598		M 40-44	21	01:29:44	<b>01:29:48.50</b>	<b>01:29:51.20</b>	+00:49:20 (54.9%)	17:57	3.3 (44.6%)
286	WHETTON Eddie	473		M 35-39	34	01:30:31	<b>01:30:36.25</b>	<b>01:30:37.70</b>	+00:50:06 (55.3%)	18:07	3.3 (44.6%)
287	CSÁSZÁR Vilmos	392	OCR GABORTEAM	M 30-34	37	01:30:31	<b>01:30:36.25</b>	<b>01:30:39.20</b>	+00:50:08 (55.3%)	18:07	3.3 (44.6%)
288	HANSEN Stefan	471	#3KLØVERENOCR	M 35-39	35	01:31:02	<b>01:31:09.35</b>	<b>01:31:11.90</b>	+00:50:41 (55.6%)	18:13	3.3 (44.6%)
289	BYRCZEK Michał	349		M 30-34	38	01:31:38	<b>01:31:42.70</b>	<b>01:31:45.30</b>	+00:51:14 (55.8%)	18:20	3.3 (44.6%)
290	OLSEN Mads-Christian Brill	351		M 30-34	39	01:32:13	<b>01:32:18.15</b>	<b>01:32:21.05</b>	+00:51:50 (56.1%)	18:27	3.2 (43.2%)
291	WILSON Tom	371		M 30-34	40	01:32:15	<b>01:32:23.95</b>	<b>01:32:27.30</b>	+00:51:56 (56.2%)	18:28	3.2 (43.2%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
292	<b>GRABARCZYK Wojciech</b>	<b>645</b>	BEST BEASTS	M 40-44	22	01:32:27	<b>01:32:31.50</b>	<b>01:32:33.75</b>	+00:52:02 (56.2%)	18:30	3.2 (43.2%)
293	<b>VITALI Hrachov</b>	<b>439</b>		M 30-34	41	01:32:33	<b>01:32:38.55</b>	<b>01:32:42.00</b>	+00:52:11 (56.3%)	18:31	3.2 (43.2%)
294	<b>PISARCZYK Karolina</b>	<b>89</b>		W Elite	15	01:32:38	<b>01:32:42.35</b>	<b>01:32:44.95</b>	+00:52:14 (56.3%)	18:32	3.2 (43.2%)
295	<b>PETERSEN Thomas</b>	<b>360</b>		M 30-34	42	01:32:37	<b>01:32:42.70</b>	<b>01:32:46.75</b>	+00:52:15 (56.3%)	18:32	3.2 (43.2%)
296	<b>FABRÈGUE Rémi</b>	<b>339</b>		M 30-34	43	01:32:37	<b>01:32:43.70</b>	<b>01:32:47.35</b>	+00:52:16 (56.3%)	18:32	3.2 (43.2%)
297	<b>KÖNIG Alexander</b>	<b>967</b>		M Journeyman	7	01:32:52	<b>01:32:57.70</b>	<b>01:33:00.65</b>	+00:52:29 (56.4%)	18:35	3.2 (43.2%)
298	<b>MARIA Smyshlyaeva</b>	<b>84</b>		W Elite	16	01:33:07	<b>01:33:13.35</b>	<b>01:33:14.90</b>	+00:52:44 (56.6%)	18:38	3.2 (43.2%)
299	<b>GARCIA Adrián Ruiz</b>	<b>332</b>	THE LAST TRAINING	M 30-34	44	01:32:53	<b>01:33:16.15</b>	<b>01:33:19.40</b>	+00:52:48 (56.6%)	18:39	3.2 (43.2%)
300	<b>ANDERSEN Steen</b>	<b>925</b>		M Journeyman	8	01:33:39	<b>01:33:46.05</b>	<b>01:33:48.55</b>	+00:53:17 (56.8%)	18:45	3.2 (43.2%)
301	<b>URBANO David Quintana</b>	<b>324</b>	TFG/TONI MUSCLE	M 30-34	45	01:34:00	<b>01:34:09.15</b>	<b>01:34:13.25</b>	+00:53:42 (57.0%)	18:49	3.2 (43.2%)
302	<b>ZAPPA Stefano</b>	<b>428</b>	WHITE DONKEYS	M 30-34	46	01:34:08	<b>01:34:12.00</b>	<b>01:34:14.40</b>	+00:53:43 (57.0%)	18:50	3.2 (43.2%)
303	<b>MOROŃ Bartłomiej</b>	<b>381</b>		M 30-34	47	01:33:54	<b>01:34:32.40</b>	<b>01:34:34.40</b>	+00:54:03 (57.2%)	18:54	3.2 (43.2%)
304	<b>SKUPIEŃ Tomasz</b>	<b>663</b>		M 13-17	10	01:34:37	<b>01:34:40.30</b>	<b>01:34:43.00</b>	+00:54:12 (57.2%)	18:56	3.2 (43.2%)
305	<b>SAVIN Aleksei</b>	<b>331</b>		M 30-34	48	01:34:48	<b>01:34:51.20</b>	<b>01:34:55.00</b>	+00:54:24 (57.3%)	18:58	3.2 (43.2%)
306	<b>GOMEZ Manuel Valero</b>	<b>570</b>	LEYENDAS OCR BY XFORCE	M 40-44	23	01:34:50	<b>01:34:53.90</b>	<b>01:34:56.00</b>	+00:54:25 (57.3%)	18:58	3.2 (43.2%)
307	<b>BŁĘDZKI Adam</b>	<b>418</b>		M 30-34	49	01:35:03	<b>01:35:08.95</b>	<b>01:35:11.05</b>	+00:54:40 (57.4%)	19:01	3.2 (43.2%)
308	<b>CHOŁUJ Łukasz</b>	<b>419</b>		M 30-34	50	01:35:08	<b>01:35:11.85</b>	<b>01:35:13.70</b>	+00:54:42 (57.5%)	19:02	3.2 (43.2%)
309	<b>WYSOCKA Klaudia</b>	<b>997</b>	CARBON OCR RACING TEAM	W Journeyman	2	01:35:30	<b>01:35:37.80</b>	<b>01:35:40.35</b>	+00:55:09 (57.7%)	19:07	3.1 (41.9%)
310	<b>KĄKOL Kacper</b>	<b>998</b>		M Journeyman	9	01:35:32	<b>01:35:40.30</b>	<b>01:35:42.95</b>	+00:55:12 (57.7%)	19:08	3.1 (41.9%)
311	<b>ANANIN Artem</b>	<b>367</b>		M 30-34	51	01:35:47	<b>01:35:53.75</b>	<b>01:35:56.15</b>	+00:55:25 (57.8%)	19:10	3.1 (41.9%)
312	<b>TAKÁČ Vladimír</b>	<b>629</b>		M 40-44	24	01:35:57	<b>01:36:01.35</b>	<b>01:36:04.10</b>	+00:55:33 (57.8%)	19:12	3.1 (41.9%)
313	<b>KOХAHЧУК Анастасия</b>	<b>995</b>		W Journeyman	3	01:35:55	<b>01:36:03.25</b>	<b>01:36:05.60</b>	+00:55:34 (57.8%)	19:12	3.1 (41.9%)
314	<b>PEDERSEN Brian</b>	<b>616</b>		M 40-44	25	01:36:15	<b>01:36:23.20</b>	<b>01:36:28.80</b>	+00:55:57 (58.0%)	19:16	3.1 (41.9%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
315	<b>NIELSEN Dennis</b>	<b>391</b>		M 30-34	52	01:36:39	<b>01:36:43.50</b>	<b>01:36:46.45</b>	+00:56:15 (58.1%)	19:20	3.1 (41.9%)
316	<b>CHMIELEWSKI Mariusz</b>	<b>610</b>	GRUPA BIEGOWA CZARNA BIAŁOSTOCKA	M 40-44	26	01:36:56	<b>01:37:01.90</b>	<b>01:37:04.55</b>	+00:56:33 (58.3%)	19:24	3.1 (41.9%)
317	<b>RAMPÍR Jiří</b>	<b>942</b>		M Journeyman	10	01:37:04	<b>01:37:11.10</b>	<b>01:37:13.95</b>	+00:56:43 (58.3%)	19:26	3.1 (41.9%)
318	<b>ZIMMER Markus</b>	<b>429</b>		M 30-34	53	01:37:10	<b>01:37:17.85</b>	<b>01:37:20.45</b>	+00:56:49 (58.4%)	19:27	3.1 (41.9%)
319	<b>BERTA Paolo</b>	<b>592</b>		M 40-44	27	01:37:37	<b>01:37:47.05</b>	<b>01:37:49.75</b>	+00:57:18 (58.6%)	19:33	3.1 (41.9%)
320	<b>PIELATOWSKI Adam</b>	<b>420</b>		M 30-34	54	01:37:56	<b>01:38:03.05</b>	<b>01:38:06.30</b>	+00:57:35 (58.7%)	19:36	3.1 (41.9%)
321	<b>BAPTISTE David</b>	<b>356</b>	TEAMMADNESS	M 30-34	55	01:38:10	<b>01:38:14.85</b>	<b>01:38:17.60</b>	+00:57:46 (58.8%)	19:39	3.1 (41.9%)
322	<b>GANE Mr Jamie</b>	<b>922</b>		M Journeyman	11	01:38:10	<b>01:38:16.95</b>	<b>01:38:20.10</b>	+00:57:49 (58.8%)	19:39	3.1 (41.9%)
323	<b>LYNG Rasmus</b>	<b>916</b>	OCR FIGHTERS	M Journeyman	12	01:38:32	<b>01:38:39.30</b>	<b>01:38:41.70</b>	+00:58:10 (59.0%)	19:43	3 (40.5%)
324	<b>DUPUIS Jean-Charles</b>	<b>357</b>	SWAT NORD	M 30-34	56	01:38:50	<b>01:38:57.85</b>	<b>01:39:00.60</b>	+00:58:29 (59.1%)	19:47	3 (40.5%)
325	<b>KALISZYK Grzegorz</b>	<b>607</b>		M 40-44	28	01:38:53	<b>01:39:00.80</b>	<b>01:39:02.95</b>	+00:58:32 (59.1%)	19:48	3 (40.5%)
326	<b>JENSEN Mikkel</b>	<b>946</b>		M Journeyman	13	01:38:58	<b>01:39:06.30</b>	<b>01:39:08.30</b>	+00:58:37 (59.1%)	19:49	3 (40.5%)
327	<b>JULIKOWSKI Karol</b>	<b>943</b>		M Journeyman	14	01:38:58	<b>01:39:09.05</b>	<b>01:39:12.10</b>	+00:58:41 (59.2%)	19:49	3 (40.5%)
328	<b>WAGNER Pia</b>	<b>724</b>		W 25-29	4	01:39:05	<b>01:39:11.20</b>	<b>01:39:12.70</b>	+00:58:41 (59.2%)	19:50	3 (40.5%)
329	<b>KAUFMANN Nikolaj</b>	<b>639</b>		M 40-44	29	01:39:13	<b>01:39:16.45</b>	<b>01:39:20.00</b>	+00:58:49 (59.2%)	19:51	3 (40.5%)
330	<b>BASIAK Michał</b>	<b>273</b>	HARDCOROWE WYCHYLYLYBYMY	M 25-29	47	01:39:29	<b>01:39:34.80</b>	<b>01:39:38.55</b>	+00:59:07 (59.3%)	19:55	3 (40.5%)
331	<b>SAŁATA Marcin</b>	<b>306</b>		M 30-34	57	01:39:37	<b>01:39:44.40</b>	<b>01:39:47.50</b>	+00:59:16 (59.4%)	19:56	3 (40.5%)
332	<b>VOIGT Stephan</b>	<b>603</b>	OCR BIERATHLETICS	M 40-44	30	01:39:51	<b>01:39:58.20</b>	<b>01:40:01.45</b>	+00:59:30 (59.5%)	19:59	3 (40.5%)
333	<b>LARSSON Toni</b>	<b>282</b>	SOCRA	M 25-29	48	01:40:31	<b>01:40:35.25</b>	<b>01:40:39.05</b>	+01:00:08 (59.7%)	20:07	3 (40.5%)
334	<b>HÅKONSEN Cato</b>	<b>479</b>	THE BEAST OCR TEAM MEN	M 35-39	36	01:40:32	<b>01:40:37.85</b>	<b>01:40:40.55</b>	+01:00:09 (59.8%)	20:07	3 (40.5%)
335	<b>PACIOREK Piotr</b>	<b>269</b>	HUSARIA RACE TEAM	M 25-29	49	01:41:30	<b>01:41:34.90</b>	<b>01:41:38.25</b>	+01:01:07 (60.1%)	20:19	3 (40.5%)
336	<b>SULTANOV Shamil</b>	<b>74</b>		M Elite	55	01:42:15	<b>01:42:20.45</b>	<b>01:42:22.75</b>	+01:01:51 (60.4%)	20:28	2.9 (39.2%)
337	<b>KMIECIAK Jakub</b>	<b>165</b>	DIRTY SPARROWS	M 18-24	36	01:42:17	<b>01:42:22.80</b>	<b>01:42:25.45</b>	+01:01:54 (60.4%)	20:28	2.9 (39.2%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
338	ALEX Fastres	412		M 30-34	58	01:42:18	01:42:27.00	01:42:29.15	+01:01:58 (60.5%)	20:29	2.9 (39.2%)
339	SHPYLCHYN Vitalii	958		M Journeyman	15	01:43:16	01:43:26.50	01:43:30.75	+01:02:59 (60.9%)	20:41	2.9 (39.2%)
340	NIELSEN Linda	986		W Journeyman	4	01:43:43	01:43:50.10	01:43:53.05	+01:03:22 (61.0%)	20:46	2.9 (39.2%)
341	GESSLER Sergej	317	TEAM OUTDOOR OCR	M 30-34	59	01:44:21	01:44:28.15	01:44:31.20	+01:04:00 (61.2%)	20:53	2.9 (39.2%)
342	ALISA Imamova	985		W Journeyman	5	01:44:36	01:44:44.35	01:44:46.95	+01:04:16 (61.3%)	20:56	2.9 (39.2%)
343	STANGEL Piotr	957	KONTENER FORMY	M Journeyman	16	01:46:01	01:46:08.40	01:46:12.10	+01:05:41 (61.9%)	21:13	2.8 (37.8%)
344	BORUC Tomasz	538		M 35-39	37	01:46:15	01:46:22.65	01:46:25.75	+01:05:54 (61.9%)	21:16	2.8 (37.8%)
345	VINCK Mark	621		M 40-44	31	01:47:07	01:47:13.65	01:47:16.90	+01:06:46 (62.2%)	21:26	2.8 (37.8%)
346	KRAWIEC Robert	624	CROSSTEAM SZCZECINEK POLSKA	M 40-44	32	01:47:11	01:47:16.90	01:47:19.40	+01:06:48 (62.3%)	21:27	2.8 (37.8%)
347	SCHUTTRUPS Margreet	772		W 30-34	4	01:47:50	01:47:55.20	01:47:58.05	+01:07:27 (62.5%)	21:35	2.8 (37.8%)
348	ABRAM Eugeniusz	879		M 50-54	7	01:48:38	01:48:46.75	01:48:48.90	+01:08:18 (62.8%)	21:45	2.8 (37.8%)
349	WERYK Mateusz	949	GRIMPADO/CF3M	M Journeyman	17	01:49:17	01:49:28.00	01:49:31.25	+01:09:00 (63.0%)	21:53	2.7 (36.5%)
350	OLSEN Andreas Stahl	951		M Journeyman	18	01:49:54	01:50:14.75	01:50:19.25	+01:09:48 (63.3%)	22:03	2.7 (36.5%)
351	BAGER Lars	968		M Journeyman	19	01:50:07	01:50:16.45	01:50:21.10	+01:09:50 (63.3%)	22:03	2.7 (36.5%)
352	GERTSEN Carsten	637		M 40-44	33	01:50:46	01:50:52.75	01:50:56.40	+01:10:25 (63.5%)	22:10	2.7 (36.5%)
353	LIUTKUS Dainius	337	OCR BALTIC WARRIORS	M 30-34	60	01:50:57	01:51:03.45	01:51:06.45	+01:10:35 (63.5%)	22:12	2.7 (36.5%)
354	GÖSTA Christian	512	EVOLUTIONRACE	M 35-39	38	01:50:57	01:51:07.50	01:51:12.05	+01:10:41 (63.6%)	22:13	2.7 (36.5%)
355	WASILEWSKI Artemiusz	931		M Journeyman	20	01:52:01	01:52:22.05	01:52:25.25	+01:11:54 (64.0%)	22:28	2.7 (36.5%)
356	MALUENDA Juan	868	TEAM OCR ELITE APPAREL	M 50-54	8	01:52:18	01:52:24.55	01:52:26.35	+01:11:55 (64.0%)	22:29	2.7 (36.5%)
357	KUCIEWICZ Jarosław	926		M Journeyman	21	01:52:17	01:52:22.90	01:52:26.60	+01:11:55 (64.0%)	22:28	2.7 (36.5%)
358	CASADO Nieves	996		W Journeyman	6	01:52:25	01:52:32.55	01:52:35.55	+01:12:04 (64.0%)	22:30	2.7 (36.5%)
359	JESSING Iben	710		W 25-29	5	01:52:51	01:52:55.10	01:52:56.05	+01:12:25 (64.1%)	22:35	2.7 (36.5%)
360	POLUJANSKIS Ramūnas	964	OCR BALTIC WARRIORS	M Journeyman	22	01:53:34	01:53:40.80	01:53:43.65	+01:13:12 (64.4%)	22:44	2.6 (35.1%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
361	PEÑA Miguel	252		M 25-29	50	01:54:05	<b>01:54:10.95</b>	<b>01:54:13.35</b>	+01:13:42 (64.5%)	22:50	2.6 (35.1%)
362	SRNSKÁ Petra	994		W Journeyman	7	01:54:55	<b>01:55:04.30</b>	<b>01:55:08.35</b>	+01:14:37 (64.8%)	23:00	2.6 (35.1%)
363	DAM Nikolaj M	929		M Journeyman	23	01:50:07	<b>01:50:16.55</b>	<b>01:55:20.00</b>	+01:14:49 (64.9%)	22:03	2.7 (36.5%)
364	BARANAUSKAS Darius	372	OCR BALTIC WARRIORS	M 30-34	61	01:55:23	<b>01:55:27.45</b>	<b>01:55:30.50</b>	+01:14:59 (64.9%)	23:05	2.6 (35.1%)
365	CHRISTOPHER Bailly	218		M 25-29	51	01:56:10	<b>01:56:24.20</b>	<b>01:56:25.75</b>	+01:15:54 (65.2%)	23:16	2.6 (35.1%)
366	NILSSON Oscar	919	SPORTS CLUB OCR SWEDEN	M Journeyman	24	01:56:17	<b>01:56:23.25</b>	<b>01:56:27.50</b>	+01:15:56 (65.2%)	23:16	2.6 (35.1%)
367	THONON Simon	390	OCR BELGIUM WALLONIA MEN	M 30-34	62	01:57:03	<b>01:57:10.65</b>	<b>01:57:12.15</b>	+01:16:41 (65.4%)	23:26	2.6 (35.1%)
368	MILEHAM Nicky	501	TEAM OMRM	M 35-39	39	01:57:50	<b>01:57:57.00</b>	<b>01:57:59.30</b>	+01:17:28 (65.7%)	23:35	2.5 (33.8%)
369	JACIÓW Paweł	275	WATAHA	M 25-29	52	01:58:38	<b>01:58:58.80</b>	<b>01:59:02.85</b>	+01:18:32 (66.0%)	23:47	2.5 (33.8%)
370	VALERII Kaldin	370		M 30-34	63	01:59:39	<b>01:59:42.95</b>	<b>01:59:45.55</b>	+01:19:14 (66.2%)	23:56	2.5 (33.8%)
371	CHRISTENSEN Unni Marie	980	ACHIEVERS MST	W Journeyman	8	02:01:11	<b>02:01:17.95</b>	<b>02:01:21.70</b>	+01:20:50 (66.6%)	24:15	2.5 (33.8%)
372	JØRGENSEN Michael	932		M Journeyman	25	02:01:19	<b>02:01:27.00</b>	<b>02:01:31.05</b>	+01:21:00 (66.7%)	24:17	2.5 (33.8%)
373	BELLINI Giulio	544	ANIS MUDDERS	M 35-39	40	02:01:47	<b>02:01:55.20</b>	<b>02:01:58.45</b>	+01:21:27 (66.8%)	24:23	2.5 (33.8%)
374	POLETTI Angela	989		W Journeyman	9	02:01:51	<b>02:02:00.20</b>	<b>02:02:02.80</b>	+01:21:31 (66.8%)	24:24	2.5 (33.8%)
375	JANOUŠEK Petr	183	GLADIATORS CZECH	M 18-24	37	02:01:59	<b>02:02:05.15</b>	<b>02:02:08.10</b>	+01:21:37 (66.8%)	24:25	2.5 (33.8%)
376	MARTINAITIS Juozas	965	OCR BALTIC WARRIORS	M Journeyman	26	02:01:58	<b>02:02:04.80</b>	<b>02:02:08.25</b>	+01:21:37 (66.8%)	24:25	2.5 (33.8%)
377	SPÅNG Malin	815		W 40-44	4	02:01:59	<b>02:02:07.50</b>	<b>02:02:10.65</b>	+01:21:39 (66.8%)	24:25	2.5 (33.8%)
378	HÖGSTRÖM Andreas	545	FIGEHOLMS BRYGGERI	M 35-39	41	02:02:34	<b>02:02:41.40</b>	<b>02:02:45.10</b>	+01:22:14 (67.0%)	24:32	2.4 (32.4%)
379	KARLSSON Line	976		W Journeyman	10	02:03:31	<b>02:03:39.85</b>	<b>02:03:43.15</b>	+01:23:12 (67.3%)	24:44	2.4 (32.4%)
380	DITLEV Ditte B.	981		W Journeyman	11	02:03:31	<b>02:03:39.95</b>	<b>02:03:43.55</b>	+01:23:12 (67.3%)	24:44	2.4 (32.4%)
381	KWIATKOWSKI Hubert	937	GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI	M Journeyman	27	02:03:35	<b>02:03:42.35</b>	<b>02:03:44.45</b>	+01:23:13 (67.3%)	24:44	2.4 (32.4%)
382	NOVIN Thomas	503	GRIPEN OCR	M 35-39	42	02:05:01	<b>02:05:04.10</b>	<b>02:05:06.85</b>	+01:24:36 (67.6%)	25:00	2.4 (32.4%)
383	ROMANOWSKI Łukasz	494	HUSARIA RACE TEAM	M 35-39	43	02:04:57	<b>02:05:04.30</b>	<b>02:05:07.90</b>	+01:24:37 (67.6%)	25:00	2.4 (32.4%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 5km	brutto 5km			
384	AARHUS Mark Kofoed	930		M Journeyman	28	02:05:47	<b>02:05:58.25</b>	<b>02:05:58.25</b>	+01:25:27 (67.8%)	25:11	2.4 (32.4%)
385	PRZĄDKA Marcin	927	WATAHA	M Journeyman	29	02:08:03	<b>02:08:10.70</b>	<b>02:08:12.35</b>	+01:27:41 (68.4%)	25:38	2.3 (31.1%)
386	JÓZWIK Adrian	121	NEXTREME	M 18-24	38	02:08:12	<b>02:08:18.95</b>	<b>02:08:19.60</b>	+01:27:48 (68.4%)	25:39	2.3 (31.1%)
387	PODBIELSKA Gosia	987	EXTREME WARRIOR PARK	W Journeyman	12	02:08:12	<b>02:08:20.15</b>	<b>02:08:24.55</b>	+01:27:53 (68.4%)	25:40	2.3 (31.1%)
388	ANTONINA	984		W Journeyman	13	02:08:36	<b>02:08:44.80</b>	<b>02:08:47.95</b>	+01:28:17 (68.5%)	25:44	2.3 (31.1%)
389	BRØDLØS Kristian	542		M 35-39	44	02:09:04	<b>02:09:08.75</b>	<b>02:09:17.90</b>	+01:28:47 (68.7%)	25:49	2.3 (31.1%)
390	POLAŃSKI Paweł	928	WATAHA	M Journeyman	30	02:09:21	<b>02:09:27.75</b>	<b>02:09:27.75</b>	+01:28:56 (68.7%)	25:53	2.3 (31.1%)
391	GÓRSKI Emil	947	HUSARIA RACE TEAM	M Journeyman	31	02:10:17	<b>02:10:33.85</b>	<b>02:10:36.90</b>	+01:30:06 (69.0%)	26:06	2.3 (31.1%)
392	PEDERSEN Peder Ejsing	294	OCRHOLSTEBRO	M 25-29	53	02:10:28	<b>02:10:33.00</b>	<b>02:10:36.95</b>	+01:30:06 (69.0%)	26:06	2.3 (31.1%)
393	LAENEN René	614		M 40-44	34	02:10:32	<b>02:10:36.95</b>	<b>02:10:39.60</b>	+01:30:08 (69.0%)	26:07	2.3 (31.1%)
394	MISSALA Michał	948	POWER TRAINING	M Journeyman	32	02:10:46	<b>02:10:52.30</b>	<b>02:10:55.20</b>	+01:30:24 (69.1%)	26:10	2.3 (31.1%)
395	PETERSEN Uif	508	TEAM SOLID	M 35-39	45	02:11:04	<b>02:11:13.70</b>	<b>02:11:16.00</b>	+01:30:45 (69.1%)	26:14	2.3 (31.1%)
396	MILHANO Carlos	873		M 50-54	9	02:11:12	<b>02:11:20.40</b>	<b>02:11:22.25</b>	+01:30:51 (69.2%)	26:16	2.3 (31.1%)
397	RIBOUD Camille	106	TR1BE OCR TEAM	W Elite	17	02:12:26	<b>02:12:32.90</b>	<b>02:12:34.55</b>	+01:32:03 (69.4%)	26:30	2.3 (31.1%)
398	PYSZNIAK Paweł	493		M 35-39	46	02:12:34	<b>02:12:38.70</b>	<b>02:12:41.20</b>	+01:32:10 (69.5%)	26:31	2.3 (31.1%)
399	DEDIEU Semi	403		M 30-34	64	02:13:13	<b>02:13:25.55</b>	<b>02:13:27.35</b>	+01:32:56 (69.6%)	26:41	2.2 (29.7%)
400	BERGSTRÖM Robert	630	SPORTS CLUB OCR	M 40-44	35	02:14:07	<b>02:14:13.25</b>	<b>02:14:16.85</b>	+01:33:46 (69.8%)	26:50	2.2 (29.7%)
401	MILBRANT Michał	935	RMF4RT GLADIATORS	M Journeyman	33	02:14:34	<b>02:14:40.40</b>	<b>02:14:42.25</b>	+01:34:11 (69.9%)	26:56	2.2 (29.7%)
402	FIAŁKOWSKI Łukasz	962		M Journeyman	34	02:15:14	<b>02:15:23.10</b>	<b>02:15:26.25</b>	+01:34:55 (70.1%)	27:04	2.2 (29.7%)
403	LIBERADZKI Marcin	961		M Journeyman	35	02:15:14	<b>02:15:27.85</b>	<b>02:15:32.10</b>	+01:35:01 (70.1%)	27:05	2.2 (29.7%)
404	DRZEWOWSKA Marlena	993	TREE CREW	W Journeyman	14	02:15:10	<b>02:15:40.95</b>	<b>02:15:43.50</b>	+01:35:12 (70.1%)	27:08	2.2 (29.7%)
405	RYBAK Paulina	988		W Journeyman	15	02:15:27	<b>02:15:41.40</b>	<b>02:15:43.70</b>	+01:35:12 (70.2%)	27:08	2.2 (29.7%)
406	RAYNAUD Jimmy	240	TR1BU OCR	M 25-29	54	02:15:40	<b>02:15:44.95</b>	<b>02:15:46.55</b>	+01:35:15 (70.2%)	27:09	2.2 (29.7%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net	Czas	Gap	Pace min/km	Pace km/h
							time	brutto			
							5km	5km			
407	REMMER Thomas	434		M 30-34	65	02:10:04	02:10:09.45	02:16:12.40	+01:35:41 (70.3%)	26:02	2.3 (31.1%)
408	SØRENSEN Sara	991		W Journeyman	16	02:16:40	02:16:47.45	02:16:51.15	+01:36:20 (70.4%)	27:21	2.2 (29.7%)
409	NIELSEN Heidi Højgaard	992		W Journeyman	17	02:16:40	02:16:47.60	02:16:51.30	+01:36:20 (70.4%)	27:21	2.2 (29.7%)
410	GULLAUD Audric	921		M Journeyman	36	02:16:59	02:17:07.50	02:17:11.05	+01:36:40 (70.5%)	27:25	2.2 (29.7%)
411	SOLVANG Solveig	990		W Journeyman	18	02:17:01	02:17:09.40	02:17:13.40	+01:36:42 (70.5%)	27:25	2.2 (29.7%)
412	SZKLARSKI Przemysław	974		M Journeyman	37	02:17:15	02:17:38.30	02:17:42.00	+01:37:11 (70.6%)	27:31	2.2 (29.7%)
413	WOJEWÓDKA Krystian	417	ETRANS TEAM	M 30-34	66	02:17:43	02:17:50.30	02:17:52.35	+01:37:21 (70.6%)	27:34	2.2 (29.7%)
414	MUL Elisa	896		W 13-17	3	02:18:20	02:18:23.95	02:18:26.80	+01:37:55 (70.7%)	27:40	2.2 (29.7%)
415	CRESPO Antonio Rubio	254		M 25-29	55	02:18:27	02:18:31.35	02:18:33.85	+01:38:03 (70.8%)	27:42	2.2 (29.7%)
416	ROETS Elio	518	OCR BELGIUM	M 35-39	47	02:19:01	02:19:11.40	02:19:14.50	+01:38:43 (70.9%)	27:50	2.2 (29.7%)
417	TRUSZCZYŃSKI Robert	970		M Journeyman	38	02:19:07	02:19:17.05	02:19:20.25	+01:38:49 (70.9%)	27:51	2.2 (29.7%)
418	RONDE Naomi De	983		W Journeyman	19	02:19:16	02:19:20.65	02:19:22.95	+01:38:52 (70.9%)	27:52	2.2 (29.7%)
419	NIELSEN Cecilie Julius	979	OCRHOLSTEBRO	W Journeyman	20	02:19:34	02:19:41.75	02:19:44.30	+01:39:13 (71.0%)	27:56	2.1 (28.4%)
420	ZIOBRO Chris	944	MEMORIES NOT DREAMS OCR TEAM	M Journeyman	39	02:19:08	02:20:09.10	02:20:12.60	+01:39:41 (71.1%)	28:01	2.1 (28.4%)
421	ROGÓŻ Adrian	938		M Journeyman	40	02:21:22	02:21:28.50	02:21:31.15	+01:41:00 (71.4%)	28:17	2.1 (28.4%)
422	TRUJILLO Fernando Pajuelo	242		M 25-29	56	02:22:00	02:22:05.35	02:22:07.60	+01:41:36 (71.5%)	28:25	2.1 (28.4%)
423	FISCHER Oliver	293		M 25-29	57	02:23:13	02:23:18.30	02:23:21.95	+01:42:51 (71.7%)	28:39	2.1 (28.4%)
424	BJERRE Secilie Vicktoria	814		W 40-44	5	02:25:07	02:25:13.00	02:25:15.85	+01:44:45 (72.1%)	29:02	2.1 (28.4%)
425	WAWRZYNIAK Slawo	939		M Journeyman	41	02:25:08	02:25:16.00	02:25:18.40	+01:44:47 (72.1%)	29:03	2.1 (28.4%)
426	KOKOWSKI Mariusz	955	TREE CREW	M Journeyman	42	02:25:06	02:25:17.05	02:25:20.75	+01:44:49 (72.1%)	29:03	2.1 (28.4%)
427	MIKOŚ Adam	954	HUSARIA RACE TEAM	M Journeyman	43	02:25:29	02:25:44.45	02:25:47.60	+01:45:16 (72.2%)	29:08	2.1 (28.4%)
428	BOŚ Tomasz	941		M Journeyman	44	02:25:36	02:26:10.45	02:26:13.15	+01:45:42 (72.3%)	29:14	2.1 (28.4%)
429	BERGLING Daniel	963		M Journeyman	45	02:26:07	02:26:21.15	02:26:24.65	+01:45:53 (72.3%)	29:16	2 (27.0%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	5km			
430	JOULIN Stefan	952	SPORTS CLUB OCR	M Journeyman	46	02:26:06	<b>02:26:22.25</b>	<b>02:26:26.30</b>	+01:45:55 (72.3%)	29:16	2 (27.0%)
431	PIERZGALSKI Piotr	956		M Journeyman	47	02:26:26	<b>02:26:34.50</b>	<b>02:26:39.35</b>	+01:46:08 (72.4%)	29:19	2 (27.0%)
432	SARLEJ Robert	933		M Journeyman	48	02:26:34	<b>02:26:40.00</b>	<b>02:26:42.10</b>	+01:46:11 (72.4%)	29:20	2 (27.0%)
433	DĄBROWSKI Adam	953		M Journeyman	49	02:26:31	<b>02:26:39.25</b>	<b>02:26:42.70</b>	+01:46:11 (72.4%)	29:19	2 (27.0%)
434	LIPIECKI Jacek	969		M Journeyman	50	02:26:52	<b>02:26:58.45</b>	<b>02:27:02.45</b>	+01:46:31 (72.4%)	29:23	2 (27.0%)
435	IDCZAK Piotr	345		M 30-34	67	02:26:58	<b>02:27:04.90</b>	<b>02:27:07.85</b>	+01:46:37 (72.5%)	29:25	2 (27.0%)
436	HEYWOOD Laura	810	TEAM OMRM	W 40-44	6	02:27:13	<b>02:27:17.50</b>	<b>02:27:20.30</b>	+01:46:49 (72.5%)	29:27	2 (27.0%)
437	KHALEF Dali	195	TEAM MADNESS	M 25-29	58	02:28:33	<b>02:28:38.75</b>	<b>02:28:41.35</b>	+01:48:10 (72.8%)	29:43	2 (27.0%)
438	NIKIEL Dariusz	972		M Journeyman	51	02:29:11	<b>02:29:27.55</b>	<b>02:29:31.85</b>	+01:49:01 (72.9%)	29:53	2 (27.0%)
<b>Przekroczony limit czasu: 02:30:00</b>											
439	TOPA Radosław	924		M Journeyman	52	02:31:24	<b>02:31:32.55</b>	<b>02:31:34.85</b>	+01:51:04 (73.3%)	30:18	2 (27.0%)
440	LÓPEZ Julio	959		M Journeyman	53		<b>02:33:24.95</b>	<b>02:33:27.75</b>	+01:52:56 (73.6%)	30:41	2 (27.0%)
441	ZIMÓN Norbert	385	WATAHA GRUPA TRENINGOWA	M 30-34	68	02:33:38	<b>02:33:43.25</b>	<b>02:33:45.55</b>	+01:53:14 (73.7%)	30:44	2 (27.0%)
442	KOLEGOWICZ Damian	276		M 25-29	59	02:34:09	<b>02:34:13.80</b>	<b>02:34:17.45</b>	+01:53:46 (73.7%)	30:50	1.9 (25.7%)
443	WROBBEL Michael	835		M 45-49	10	02:43:54	<b>02:44:05.30</b>	<b>02:44:07.80</b>	+02:03:36 (75.3%)	32:49	1.8 (24.3%)
444	GAWIN Krzysztof	495	BEFIT24TEAM	M 35-39	48	02:49:22	<b>02:49:28.75</b>	<b>02:49:31.50</b>	+02:09:00 (76.1%)	33:53	1.8 (24.3%)
445	KUBIESA Jakub	491	HUSARIA RACE TEAM	M 35-39	49	02:49:54	<b>02:49:59.90</b>	<b>02:50:03.60</b>	+02:09:32 (76.2%)	34:00	1.8 (24.3%)
446	SZEPANSKI Michael	187		M 18-24	39	02:50:59	<b>02:51:04.05</b>	<b>02:51:06.65</b>	+02:10:35 (76.3%)	34:12	1.8 (24.3%)
447	KALINOWSKA Wioletta	817	BEST BEASTS	W 40-44	7	02:51:26	<b>02:51:33.85</b>	<b>02:51:37.15</b>	+02:11:06 (76.4%)	34:18	1.7 (23.0%)
448	KULIK Sergey	552		M 35-39	50	02:54:50	<b>02:54:55.05</b>	<b>02:54:57.20</b>	+02:14:26 (76.8%)	34:59	1.7 (23.0%)
449	YVES Pugliari	832	OCR BELGIUM	M 45-49	11	02:55:44	<b>02:55:58.85</b>	<b>02:56:01.05</b>	+02:15:30 (77.0%)	35:11	1.7 (23.0%)
450	PALMA Pedro	358		M 30-34	69	03:06:13	<b>03:06:24.30</b>	<b>03:06:28.05</b>	+02:25:57 (78.3%)	37:17	1.6 (21.6%)
451	DIJK Sandra Van	808	HANG ON THE NETHERLANDS	W 40-44	8	03:25:01	<b>03:25:06.80</b>	<b>03:25:09.70</b>	+02:44:38 (80.3%)	41:01	1.5 (20.3%)
452	OLIN Kenneth	589		M 40-44	36		<b>03:28:02.00</b>	<b>03:28:02.00</b>	+02:47:31 (80.5%)	41:36	1.4 (18.9%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
453	<b>RODRIGUES Alexandre</b>	<b>238</b>		M 25-29	60	03:29:41	<b>03:29:50.55</b>	<b>03:29:53.30</b>	+02:49:22 (80.7%)	41:58	1.4 (18.9%)
454	<b>BAGROWSKA Agata</b>	<b>727</b>		W 25-29	6	03:35:53	<b>03:36:10.40</b>	<b>03:36:10.80</b>	+02:55:39 (81.3%)	43:14	1.4 (18.9%)
455		<b>909</b>				01:37:00	<b>01:37:06.90</b>	<b>05:52:06.90</b>	+05:11:36 (88.5%)	19:25	3.1 (41.9%)
456		<b>908</b>				01:39:16	<b>01:39:27.05</b>	<b>05:54:28.50</b>	+05:13:57 (88.6%)	19:53	3 (40.5%)
DNC	<b>KĄKOL Kacper</b>	<b>16</b>	BIEGOWY ŚWIR	M Elite		00:53:31	<b>00:53:37.70</b>	<b>00:53:38.25</b>		0:00	5.6 (75.7%)
DNC	<b>TOCHKA Artsiom</b>	<b>7</b>		M Elite		00:54:25	<b>00:54:32.45</b>	<b>00:54:33.85</b>		0:00	5.5 (74.3%)
DNC	<b>СУЗДАЛЕВ Антон</b>	<b>15</b>	OCR ACADEMY	M Elite		01:01:43	<b>01:01:55.05</b>	<b>01:01:56.10</b>		0:00	4.8 (64.9%)
DNC	<b>FIŠER Rostislav</b>	<b>841</b>		M 45-49		01:06:56	<b>01:07:04.00</b>	<b>01:07:05.90</b>		0:00	4.5 (60.8%)
DNC	<b>RÖNNBERG Mikael</b>	<b>579</b>	TEAM PROWORK	M 40-44		01:10:12	<b>01:10:17.70</b>	<b>01:10:20.30</b>		0:00	4.3 (58.1%)
DNC	<b>BUGYS Renaldas</b>	<b>336</b>		M 30-34		01:12:33	<b>01:12:40.35</b>	<b>01:12:43.35</b>		0:00	4.1 (55.4%)
DNC	<b>ARVIDSSON Sara</b>	<b>722</b>	GRIPEN OCR	W 25-29		01:15:51	<b>01:16:05.40</b>	<b>01:16:07.25</b>		0:00	3.9 (52.7%)
DNC	<b>OCHERETIUK Andrii</b>	<b>225</b>		M 25-29		01:16:23	<b>01:16:29.55</b>	<b>01:16:31.35</b>		0:00	3.9 (52.7%)
DNC	<b>BRÄHMIG Mattes</b>	<b>363</b>		M 30-34		01:16:42	<b>01:16:49.15</b>	<b>01:16:52.15</b>		0:00	3.9 (52.7%)
DNC	<b>T. Martin</b>	<b>446</b>		M 30-34		01:19:24	<b>01:19:34.25</b>	<b>01:19:37.50</b>		0:00	3.8 (51.4%)
DNC	<b>HERK Erik Van</b>	<b>484</b>		M 35-39		01:21:02	<b>01:21:09.20</b>	<b>01:21:10.95</b>		0:00	3.7 (50.0%)
DNC	<b>WEETS Marc</b>	<b>884</b>	OCR BELGIUM	M 55+		01:22:57	<b>01:23:20.00</b>	<b>01:23:22.20</b>		0:00	3.6 (48.6%)
DNC	<b>LEVY Philippe</b>	<b>883</b>	OCR FLANDERS	M 55+		01:22:56	<b>01:23:19.90</b>	<b>01:23:22.60</b>		0:00	3.6 (48.6%)
DNC	<b>ARZADUN Jose Maria Peso</b>	<b>28</b>	DENONTZAT	M Elite		01:23:17	<b>01:23:27.00</b>	<b>01:23:28.20</b>		0:00	3.6 (48.6%)
DNC	<b>HEIBØ Gunn Elin</b>	<b>905</b>		W 45-49		01:23:43	<b>01:23:50.40</b>	<b>01:23:54.45</b>		0:00	3.6 (48.6%)
DNC	<b>BELT Rico Van Den</b>	<b>511</b>		M 35-39		01:26:03	<b>01:26:18.60</b>	<b>01:26:20.55</b>		0:00	3.5 (47.3%)
DNC	<b>OPOLONY Ireneusz</b>	<b>499</b>	SOCIOS SILESIA	M 35-39		01:26:08	<b>01:26:24.65</b>	<b>01:26:26.75</b>		0:00	3.5 (47.3%)
DNC	<b>BENICEWICZ Kacper</b>	<b>257</b>		M 25-29		01:26:56	<b>01:27:02.75</b>	<b>01:27:04.60</b>		0:00	3.4 (45.9%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>QVIST Tobias</b>	<b>590</b>		M 40-44		01:27:24	<b>01:27:32.05</b>	<b>01:27:34.85</b>	0:00		3.4 (45.9%)
DNC	<b>PAL Mario</b>	<b>834</b>	RUNTERRA	M 45-49		01:27:47	<b>01:27:57.70</b>	<b>01:28:00.90</b>	0:00		3.4 (45.9%)
DNC	<b>ЗАХАРКИН Сергей</b>	<b>593</b>		M 40-44		01:27:59	<b>01:28:02.85</b>	<b>01:28:05.00</b>	0:00		3.4 (45.9%)
DNC	<b>BÜHRING Sven</b>	<b>638</b>	OCR BIERATHLETICS	M 40-44		01:27:55	<b>01:28:02.55</b>	<b>01:28:06.10</b>	0:00		3.4 (45.9%)
DNC	<b>SHIROKOV Igor</b>	<b>504</b>	GAZPROMBANK OCR TEAM	M 35-39		01:28:12	<b>01:28:20.95</b>	<b>01:28:23.85</b>	0:00		3.4 (45.9%)
DNC	<b>BAKER Stephen</b>	<b>485</b>		M 35-39		01:28:28	<b>01:28:36.65</b>	<b>01:28:38.50</b>	0:00		3.4 (45.9%)
DNC	<b>ADAMEC Jakub</b>	<b>130</b>		M 18-24		01:28:31	<b>01:28:39.45</b>	<b>01:28:39.80</b>	0:00		3.4 (45.9%)
DNC	<b>DOUBEK Milan</b>	<b>366</b>		M 30-34		01:28:46	<b>01:28:58.60</b>	<b>01:29:02.20</b>	0:00		3.4 (45.9%)
DNC	<b>KVIKSTAD Rune</b>	<b>825</b>		M 45-49		01:28:46	<b>01:29:05.10</b>	<b>01:29:07.65</b>	0:00		3.4 (45.9%)
DNC	<b>SCHÜLER Constantin</b>	<b>509</b>		M 35-39		01:29:16	<b>01:29:24.10</b>	<b>01:29:26.75</b>	0:00		3.4 (45.9%)
DNC	<b>GREIBIG Michaela</b>	<b>753</b>	OPFERCREW	W 30-34		01:29:18	<b>01:29:28.50</b>	<b>01:29:31.80</b>	0:00		3.4 (45.9%)
DNC	<b>KOWALSKI Tomasz</b>	<b>839</b>	HUSARIA RACE TEAM	M 45-49		01:29:40	<b>01:29:49.35</b>	<b>01:29:52.40</b>	0:00		3.3 (44.6%)
DNC	<b>HAAN John De</b>	<b>396</b>		M 30-34		01:30:01	<b>01:30:08.70</b>	<b>01:30:11.15</b>	0:00		3.3 (44.6%)
DNC	<b>ADOLFSEN Kristoffer</b>	<b>48</b>		M Elite		01:31:33	<b>01:31:42.25</b>	<b>01:31:44.65</b>	0:00		3.3 (44.6%)
DNC	<b>GRITSYNA Oleg</b>	<b>862</b>		M 50-54		01:31:51	<b>01:31:59.45</b>	<b>01:32:01.90</b>	0:00		3.3 (44.6%)
DNC	<b>YUCEL Jeffrey</b>	<b>174</b>	OCR BELGIUM	M 18-24		01:32:18	<b>01:32:36.70</b>	<b>01:32:36.70</b>	0:00		3.2 (43.2%)
DNC	<b>SARABUN Nazar</b>	<b>265</b>		M 25-29		01:32:59	<b>01:33:05.55</b>	<b>01:33:07.45</b>	0:00		3.2 (43.2%)
DNC	<b>TOMCZYK Andrzej</b>	<b>886</b>		M 55+		01:33:04	<b>01:33:19.45</b>	<b>01:33:23.40</b>	0:00		3.2 (43.2%)
DNC	<b>ŠEDA Radek</b>	<b>591</b>	OCRA CZ	M 40-44		01:33:35	<b>01:33:44.25</b>	<b>01:33:47.20</b>	0:00		3.2 (43.2%)
DNC	<b>ČERNÝ Vaclav</b>	<b>330</b>		M 30-34		01:33:44	<b>01:33:49.55</b>	<b>01:33:52.50</b>	0:00		3.2 (43.2%)
DNC	<b>KRAUS Tomáš</b>	<b>546</b>	SUNNY GANG PLZEŇ	M 35-39		01:33:40	<b>01:34:00.45</b>	<b>01:34:02.65</b>	0:00		3.2 (43.2%)
DNC	<b>CHILDS Jake</b>	<b>227</b>		M 25-29		01:33:59	<b>01:34:07.65</b>	<b>01:34:10.40</b>	0:00		3.2 (43.2%)
DNC	<b>JONSSON Nils</b>	<b>320</b>		M 30-34		01:35:06	<b>01:35:14.65</b>	<b>01:35:17.45</b>	0:00		3.1 (41.9%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>JENSEN Michael Degn</b>	<b>543</b>		M 35-39		01:35:24	<b>01:35:34.60</b>	<b>01:35:43.70</b>	0:00		3.1 (41.9%)
DNC	<b>SPIEKER Alfred</b>	<b>877</b>		M 50-54		01:35:38	<b>01:35:46.35</b>	<b>01:35:49.05</b>	0:00		3.1 (41.9%)
DNC	<b>GATZ Detlef</b>	<b>874</b>	OCR BIERATHLETICS	M 50-54		01:36:06	<b>01:36:14.75</b>	<b>01:36:17.30</b>	0:00		3.1 (41.9%)
DNC	<b>SCHLAEPFER Tamara</b>	<b>743</b>	THOR	W 30-34		01:36:08	<b>01:36:17.95</b>	<b>01:36:21.95</b>	0:00		3.1 (41.9%)
DNC	<b>SOLAKIEWICZ Anna</b>	<b>91</b>	BEFIT24TEAM-SPIDERWOMENTEAM	W Elite		01:36:26	<b>01:36:34.30</b>	<b>01:36:36.20</b>	0:00		3.1 (41.9%)
DNC	<b>GĘBSKI Mariusz</b>	<b>644</b>	R.AMBO	M 40-44		01:37:51	<b>01:37:54.25</b>	<b>01:37:56.80</b>	0:00		3.1 (41.9%)
DNC	<b>BAIA Rafael</b>	<b>468</b>		M 35-39		01:38:03	<b>01:38:11.00</b>	<b>01:38:14.55</b>	0:00		3.1 (41.9%)
DNC	<b>SYWANYCZ Ireneusz</b>	<b>612</b>	PODTRZEPAKIEM	M 40-44		01:38:42	<b>01:38:50.05</b>	<b>01:38:53.40</b>	0:00		3 (40.5%)
DNC	<b>WILLIS Richard</b>	<b>838</b>		M 45-49		01:39:10	<b>01:39:18.30</b>	<b>01:39:20.35</b>	0:00		3 (40.5%)
DNC	<b>GUNN Paul</b>	<b>626</b>	TEAM BRIGHTHAMMER	M 40-44		01:39:25	<b>01:39:30.55</b>	<b>01:39:33.20</b>	0:00		3 (40.5%)
DNC	<b>SOUSA Bruno</b>	<b>577</b>	OCR PORTUGAL LAB	M 40-44		01:40:03	<b>01:40:13.00</b>	<b>01:40:16.40</b>	0:00		3 (40.5%)
DNC	<b>ROLIN Erika</b>	<b>728</b>	TEAM VALKYRIA	W 25-29		01:40:14	<b>01:40:20.95</b>	<b>01:40:22.90</b>	0:00		3 (40.5%)
DNC	<b>MANTYCKI Rafał</b>	<b>234</b>		M 25-29		01:40:16	<b>01:40:23.45</b>	<b>01:40:25.35</b>	0:00		3 (40.5%)
DNC	<b>LARNEMARK David</b>	<b>406</b>		M 30-34		01:40:34	<b>01:40:43.55</b>	<b>01:40:45.70</b>	0:00		3 (40.5%)
DNC	<b>MOBERG Linus</b>	<b>443</b>	AB KARL HEDIN IF	M 30-34		01:40:44	<b>01:40:49.50</b>	<b>01:40:52.35</b>	0:00		3 (40.5%)
DNC	<b>GRANT Jane</b>	<b>904</b>		W 45-49		01:41:14	<b>01:41:21.10</b>	<b>01:41:24.30</b>	0:00		3 (40.5%)
DNC	<b>WONNEBERGER Lars</b>	<b>465</b>	MUDBUSTERS	M 35-39		01:42:03	<b>01:42:18.05</b>	<b>01:42:20.30</b>	0:00		2.9 (39.2%)
DNC	<b>BURDZY Daniel</b>	<b>169</b>	BESTIE OCR LEGIONOWO	M 18-24		01:42:16	<b>01:42:23.75</b>	<b>01:42:25.55</b>	0:00		2.9 (39.2%)
DNC	<b>MISKA Daniel</b>	<b>168</b>	ENJOY BY SPORT	M 18-24		01:42:38	<b>01:42:47.65</b>	<b>01:42:49.50</b>	0:00		2.9 (39.2%)
DNC	<b>BŘÍZOVÁ Jana</b>	<b>725</b>		W 25-29		01:42:45	<b>01:42:59.10</b>	<b>01:42:59.85</b>	0:00		2.9 (39.2%)
DNC	<b>DAHLBÄCK Malin</b>	<b>674</b>	EFI OCR TEAM	W 18-24		01:43:19	<b>01:43:26.40</b>	<b>01:43:28.40</b>	0:00		2.9 (39.2%)
DNC	<b>KOZA Robert</b>	<b>855</b>	CARBON OCR RACING TEAM	M 45-49		01:43:11	<b>01:43:28.60</b>	<b>01:43:31.65</b>	0:00		2.9 (39.2%)
DNC	<b>KASCHE Denny</b>	<b>329</b>		M 30-34		01:43:14	<b>01:43:31.00</b>	<b>01:43:34.85</b>	0:00		2.9 (39.2%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>BALASHOV Roman</b>	<b>314</b>	GAZPROMBANK OCR TEAM	M 30-34		01:43:32	<b>01:43:36.70</b>	<b>01:43:39.25</b>	0:00		2.9 (39.2%)
DNC	<b>SIMMONS John</b>	<b>186</b>	RENEGADE RUNNERS	M 18-24		01:44:09	<b>01:44:14.95</b>	<b>01:44:17.85</b>	0:00		2.9 (39.2%)
DNC	<b>GERGELY Szabó Bálint</b>	<b>416</b>	OCR GABORTEAM	M 30-34		01:44:07	<b>01:44:16.20</b>	<b>01:44:18.70</b>	0:00		2.9 (39.2%)
DNC	<b>RICHTER Lukáš</b>	<b>558</b>		M 35-39		01:44:11	<b>01:44:18.45</b>	<b>01:44:20.70</b>	0:00		2.9 (39.2%)
DNC	<b>RAVENZWAAIJ Jeroen Van</b>	<b>436</b>		M 30-34		01:44:12	<b>01:44:21.15</b>	<b>01:44:23.90</b>	0:00		2.9 (39.2%)
DNC	<b>BRONS Sonny</b>	<b>302</b>	FAMILY FIT INDOOR SURVIVAL	M 25-29		01:44:26	<b>01:44:35.15</b>	<b>01:44:38.35</b>	0:00		2.9 (39.2%)
DNC	<b>SPRUTTA Mateusz</b>	<b>303</b>	CARBON OCR RACING TEAM	M 25-29		01:44:15	<b>01:44:35.25</b>	<b>01:44:38.45</b>	0:00		2.9 (39.2%)
DNC	<b>SAMTLEBEN Thomas Hebbe</b>	<b>643</b>	TEAM CELTIC WARRIOR	M 40-44		01:44:57	<b>01:45:17.80</b>	<b>01:45:20.45</b>	0:00		2.8 (37.8%)
DNC	<b>LUNDIN Alexandra</b>	<b>761</b>		W 30-34		01:46:22	<b>01:46:31.35</b>	<b>01:46:35.05</b>	0:00		2.8 (37.8%)
DNC	<b>CAFÉ Nuno</b>	<b>625</b>	LYNXTEAM	M 40-44		01:46:25	<b>01:46:38.90</b>	<b>01:46:40.75</b>	0:00		2.8 (37.8%)
DNC	<b>KORTHOUT Bruce</b>	<b>296</b>	ATLAS OUTDOOR TRAINING	M 25-29		01:47:36	<b>01:47:42.65</b>	<b>01:47:45.85</b>	0:00		2.8 (37.8%)
DNC	<b>ARTZ Claus</b>	<b>387</b>		M 30-34		01:47:47	<b>01:47:57.25</b>	<b>01:47:59.25</b>	0:00		2.8 (37.8%)
DNC	<b>SCHMIDT Holger</b>	<b>848</b>	HERAKLIDEN-TEAM DEUTSCHLAND	M 45-49		01:47:51	<b>01:47:58.80</b>	<b>01:48:01.55</b>	0:00		2.8 (37.8%)
DNC	<b>HORSCH Stefan</b>	<b>435</b>	OCRCREWDUISBURG	M 30-34		01:48:02	<b>01:48:15.85</b>	<b>01:48:18.65</b>	0:00		2.8 (37.8%)
DNC	<b>FELLDIN Jenny</b>	<b>723</b>		W 25-29		01:48:28	<b>01:48:33.55</b>	<b>01:48:35.50</b>	0:00		2.8 (37.8%)
DNC	<b>KASULIS Gerald</b>	<b>250</b>	TEAM MADNESS	M 25-29		01:48:48	<b>01:48:54.50</b>	<b>01:48:55.70</b>	0:00		2.8 (37.8%)
DNC	<b>ROTH Zdeněk</b>	<b>350</b>		M 30-34		01:48:47	<b>01:48:55.80</b>	<b>01:48:58.65</b>	0:00		2.8 (37.8%)
DNC	<b>BRUECKER Christoph</b>	<b>555</b>	OCR CREW DUISBURG	M 35-39		01:49:55	<b>01:50:04.20</b>	<b>01:50:06.95</b>	0:00		2.7 (36.5%)
DNC	<b>HORBACH Lars</b>	<b>431</b>		M 30-34		01:50:42	<b>01:50:49.10</b>	<b>01:50:51.80</b>	0:00		2.7 (36.5%)
DNC	<b>KOLB Lars</b>	<b>362</b>	FIT FOR ME	M 30-34		01:50:46	<b>01:50:55.00</b>	<b>01:50:58.75</b>	0:00		2.7 (36.5%)
DNC	<b>BENTLEY Andy</b>	<b>617</b>		M 40-44		01:51:11	<b>01:51:19.25</b>	<b>01:51:22.50</b>	0:00		2.7 (36.5%)
DNC	<b>GRIFFITHS James</b>	<b>440</b>	CLIFF LAKES OCR	M 30-34		01:51:14	<b>01:51:20.70</b>	<b>01:51:23.15</b>	0:00		2.7 (36.5%)
DNC	<b>BATE Charlotte</b>	<b>747</b>		W 30-34		01:51:22	<b>01:51:28.95</b>	<b>01:51:32.55</b>	0:00		2.7 (36.5%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>HENNEKEN Claudia Maria</b>	<b>88</b>		W Elite		01:51:34	<b>01:51:41.00</b>	<b>01:51:42.65</b>	0:00		2.7 (36.5%)
DNC	<b>KHOSCHNUD Ramin</b>	<b>463</b>	DAS GRIMSGRAMS	M 35-39		01:51:32	<b>01:51:43.60</b>	<b>01:51:46.35</b>	0:00		2.7 (36.5%)
DNC	<b>RYLKOVA Katerina</b>	<b>757</b>	OCRA CZ	W 30-34		01:51:44	<b>01:51:51.65</b>	<b>01:51:51.65</b>	0:00		2.7 (36.5%)
DNC	<b>VERDIESEN Marloes</b>	<b>684</b>		W 18-24		01:51:58	<b>01:52:07.60</b>	<b>01:52:09.95</b>	0:00		2.7 (36.5%)
DNC	<b>JANSEN Roel</b>	<b>849</b>		M 45-49		01:52:14	<b>01:52:20.75</b>	<b>01:52:23.10</b>	0:00		2.7 (36.5%)
DNC	<b>ALEXANDRE Renato</b>	<b>251</b>		M 25-29		01:52:14	<b>01:52:22.70</b>	<b>01:52:25.40</b>	0:00		2.7 (36.5%)
DNC	<b>CASTRO Christian Danis</b>	<b>138</b>		M 18-24		01:52:17	<b>01:52:36.50</b>	<b>01:52:37.05</b>	0:00		2.7 (36.5%)
DNC	<b>KUDYMETS Maksym</b>	<b>68</b>		M Elite		01:52:37	<b>01:52:44.50</b>	<b>01:52:46.50</b>	0:00		2.7 (36.5%)
DNC	<b>SZTAJER Bartek</b>	<b>537</b>	LUBIĘ BURPEES'Y	M 35-39		01:52:42	<b>01:52:46.70</b>	<b>01:52:49.35</b>	0:00		2.7 (36.5%)
DNC	<b>SERNBO Jens</b>	<b>876</b>		M 50-54		01:52:49	<b>01:52:59.45</b>	<b>01:53:01.80</b>	0:00		2.7 (36.5%)
DNC	<b>DOMORÁD Vojtěch</b>	<b>408</b>		M 30-34		01:52:53	<b>01:53:01.25</b>	<b>01:53:03.85</b>	0:00		2.7 (36.5%)
DNC	<b>PRYZSTAW Maxim</b>	<b>425</b>	OPFERCREW	M 30-34		01:53:00	<b>01:53:09.45</b>	<b>01:53:13.75</b>	0:00		2.7 (36.5%)
DNC	<b>PUTMAN David</b>	<b>844</b>	VUDA OBSTACLE TEAM	M 45-49		01:53:19	<b>01:53:28.05</b>	<b>01:53:29.90</b>	0:00		2.6 (35.1%)
DNC	<b>RANGNAU Olga</b>	<b>714</b>		W 25-29		01:53:23	<b>01:53:28.95</b>	<b>01:53:31.10</b>	0:00		2.6 (35.1%)
DNC	<b>DUURSMA Paul</b>	<b>837</b>		M 45-49		01:53:23	<b>01:53:30.05</b>	<b>01:53:32.95</b>	0:00		2.6 (35.1%)
DNC	<b>ROEFAERS Sander</b>	<b>241</b>		M 25-29		01:53:39	<b>01:53:50.00</b>	<b>01:53:51.45</b>	0:00		2.6 (35.1%)
DNC	<b>BEELEN Timothy Van</b>	<b>318</b>		M 30-34		01:54:05	<b>01:54:10.90</b>	<b>01:54:14.40</b>	0:00		2.6 (35.1%)
DNC	<b>HOCHSTEIN Dirk</b>	<b>623</b>	OCR-PACEMAKERS	M 40-44		01:54:26	<b>01:54:37.60</b>	<b>01:54:40.95</b>	0:00		2.6 (35.1%)
DNC	<b>MARTÍNEZ Rafael</b>	<b>217</b>		M 25-29		01:54:34	<b>01:54:40.75</b>	<b>01:54:42.15</b>	0:00		2.6 (35.1%)
DNC	<b>TAHIROVIC Adna</b>	<b>676</b>		W 18-24		01:54:33	<b>01:54:41.10</b>	<b>01:54:43.05</b>	0:00		2.6 (35.1%)
DNC	<b>ALEXANDER Alexander</b>	<b>828</b>		M 45-49		01:54:59	<b>01:55:06.40</b>	<b>01:55:08.60</b>	0:00		2.6 (35.1%)
DNC	<b>JÜRGENS Friedrich</b>	<b>830</b>		M 45-49		01:55:18	<b>01:55:36.25</b>	<b>01:55:38.45</b>	0:00		2.6 (35.1%)
DNC	<b>MITCHELL Alexander</b>	<b>571</b>		M 40-44		01:50:27	<b>01:50:36.00</b>	<b>01:55:38.80</b>	0:00		2.7 (36.5%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>PELLA Kristina</b>	<b>737</b>		W 25-29		01:55:30	<b>01:55:45.30</b>	<b>01:55:46.35</b>	0:00		2.6 (35.1%)
DNC	<b>FELLDIN Markus</b>	<b>247</b>		M 25-29		01:55:57	<b>01:56:03.70</b>	<b>01:56:06.45</b>	0:00		2.6 (35.1%)
DNC	<b>JONES Holly</b>	<b>768</b>		W 30-34		01:56:06	<b>01:56:27.65</b>	<b>01:56:31.55</b>	0:00		2.6 (35.1%)
DNC	<b>HEIMBURG Stefan Von</b>	<b>609</b>	URBANRUNNING	M 40-44		01:56:24	<b>01:56:34.70</b>	<b>01:56:38.85</b>	0:00		2.6 (35.1%)
DNC	<b>COHEN Rebecca</b>	<b>910</b>		W 50-54		01:56:31	<b>01:56:39.20</b>	<b>01:56:43.50</b>	0:00		2.6 (35.1%)
DNC	<b>SAMOW Corinna</b>	<b>907</b>	URBANRUNNING	W 45-49		01:56:36	<b>01:56:42.75</b>	<b>01:56:46.25</b>	0:00		2.6 (35.1%)
DNC	<b>RAMPÍROVÁ Petra</b>	<b>789</b>		W 35-39		01:56:38	<b>01:56:46.20</b>	<b>01:56:48.55</b>	0:00		2.6 (35.1%)
DNC	<b>SCHREUDER Myrte</b>	<b>766</b>		W 30-34		01:56:59	<b>01:57:05.20</b>	<b>01:57:08.95</b>	0:00		2.6 (35.1%)
DNC	<b>STØLEN Gunhild</b>	<b>696</b>		W 18-24		01:57:00	<b>01:57:10.40</b>	<b>01:57:12.45</b>	0:00		2.6 (35.1%)
DNC	<b>RIHA Zdenek</b>	<b>444</b>	TEAM CZECH REPUBLIC	M 30-34		01:57:14	<b>01:57:20.85</b>	<b>01:57:23.55</b>	0:00		2.6 (35.1%)
DNC	<b>MÜLLERS Kai</b>	<b>634</b>	OCR MUNICH	M 40-44		01:57:28	<b>01:57:36.20</b>	<b>01:57:39.15</b>	0:00		2.6 (35.1%)
DNC	<b>KINDBOM Aron</b>	<b>145</b>		M 18-24		01:57:55	<b>01:58:00.40</b>	<b>01:58:01.45</b>	0:00		2.5 (33.8%)
DNC	<b>WALTHER Oliver</b>	<b>636</b>	OCR MUNICH	M 40-44		01:57:57	<b>01:58:05.00</b>	<b>01:58:08.00</b>	0:00		2.5 (33.8%)
DNC	<b>PCHELIAKOV Aleksandr</b>	<b>205</b>	GAZPROMBANK OCR TEAM	M 25-29		01:58:01	<b>01:58:06.55</b>	<b>01:58:09.15</b>	0:00		2.5 (33.8%)
DNC	<b>ENTICKNAP Colin</b>	<b>578</b>	TEAM X	M 40-44		01:58:03	<b>01:58:13.15</b>	<b>01:58:16.60</b>	0:00		2.5 (33.8%)
DNC	<b>KUŽELÍKOVÁ Zuzana</b>	<b>715</b>		W 25-29		01:58:11	<b>01:58:17.40</b>	<b>01:58:18.95</b>	0:00		2.5 (33.8%)
DNC	<b>KUNZMANNOVÁ Eva</b>	<b>688</b>		W 18-24		01:58:14	<b>01:58:20.75</b>	<b>01:58:23.55</b>	0:00		2.5 (33.8%)
DNC	<b>BUKSZYŃSKI Jano</b>	<b>451</b>		M 35-39		01:58:16	<b>01:58:22.45</b>	<b>01:58:24.15</b>	0:00		2.5 (33.8%)
DNC	<b>ESTIVAL Julien</b>	<b>515</b>		M 35-39		01:58:15	<b>01:58:23.35</b>	<b>01:58:26.80</b>	0:00		2.5 (33.8%)
DNC	<b>NIELSEN Rene`</b>	<b>627</b>	OCRHOLSTEBRO	M 40-44		01:58:23	<b>01:58:30.70</b>	<b>01:58:34.95</b>	0:00		2.5 (33.8%)
DNC	<b>LEONI Mauro</b>	<b>856</b>		M 45-49		01:59:04	<b>01:59:12.45</b>	<b>01:59:14.70</b>	0:00		2.5 (33.8%)
DNC	<b>CECCOTTI Daniele</b>	<b>846</b>		M 45-49		01:59:05	<b>01:59:12.75</b>	<b>01:59:14.70</b>	0:00		2.5 (33.8%)
DNC	<b>PENNISI Dario</b>	<b>847</b>		M 45-49		01:59:05	<b>01:59:12.15</b>	<b>01:59:14.70</b>	0:00		2.5 (33.8%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>GRZEGORZYCA Damian</b>	<b>608</b>	SOCIOS SILESIA	M 40-44		01:59:06	<b>01:59:16.65</b>	<b>01:59:18.80</b>	0:00		2.5 (33.8%)
DNC	<b>KASTSIUCHENKA Volha</b>	<b>752</b>		W 30-34		02:00:02	<b>02:00:09.40</b>	<b>02:00:13.05</b>	0:00		2.5 (33.8%)
DNC	<b>TORRES Oscar Barranquero</b>	<b>588</b>	THE LAST TRAINING	M 40-44		02:00:15	<b>02:00:23.40</b>	<b>02:00:25.75</b>	0:00		2.5 (33.8%)
DNC	<b>DION Stéphane</b>	<b>519</b>		M 35-39		02:00:11	<b>02:00:25.20</b>	<b>02:00:30.35</b>	0:00		2.5 (33.8%)
DNC	<b>JUSZCZYK Jaroslaw</b>	<b>527</b>	DZIKI Z GOSŁAWA	M 35-39		02:00:50	<b>02:00:57.60</b>	<b>02:01:01.35</b>	0:00		2.5 (33.8%)
DNC	<b>ROMANOV Semen</b>	<b>65</b>	RUSSIA	M Elite		02:01:02	<b>02:01:11.90</b>	<b>02:01:13.40</b>	0:00		2.5 (33.8%)
DNC	<b>ZELENKOVÁ Simona</b>	<b>692</b>	#GLADIATORRACETEAM	W 18-24		02:01:15	<b>02:01:19.45</b>	<b>02:01:22.20</b>	0:00		2.5 (33.8%)
DNC	<b>OHLSSON Jesper</b>	<b>245</b>	KARLSHAMN OCR	M 25-29		02:01:31	<b>02:01:40.80</b>	<b>02:01:42.90</b>	0:00		2.5 (33.8%)
DNC	<b>MADSEN Ditlev</b>	<b>181</b>		M 18-24		02:01:55	<b>02:02:03.80</b>	<b>02:02:06.25</b>	0:00		2.5 (33.8%)
DNC	<b>NATALIA Bondarenko</b>	<b>913</b>		W 55+		02:01:54	<b>02:02:03.25</b>	<b>02:02:07.45</b>	0:00		2.5 (33.8%)
DNC	<b>RANNIKKO Emmy</b>	<b>781</b>	KFUM UPPSALA SURVIVAL	W 35-39		02:02:26	<b>02:02:36.85</b>	<b>02:02:39.90</b>	0:00		2.4 (32.4%)
DNC	<b>MONTAN Johan</b>	<b>548</b>		M 35-39		02:02:35	<b>02:02:41.45</b>	<b>02:02:45.15</b>	0:00		2.4 (32.4%)
DNC	<b>LOUCA Sebastian</b>	<b>516</b>		M 35-39		02:02:57	<b>02:03:14.05</b>	<b>02:03:17.40</b>	0:00		2.4 (32.4%)
DNC	<b>FROLOVA Polina</b>	<b>756</b>		W 30-34		02:03:35	<b>02:03:41.40</b>	<b>02:03:43.95</b>	0:00		2.4 (32.4%)
DNC	<b>JURNÍK Lukáš</b>	<b>176</b>		M 18-24		02:03:26	<b>02:03:41.90</b>	<b>02:03:44.55</b>	0:00		2.4 (32.4%)
DNC	<b>GROOTERS Leo</b>	<b>594</b>	TEAM OUTDOOR OCR	M 40-44		02:03:34	<b>02:03:43.10</b>	<b>02:03:46.00</b>	0:00		2.4 (32.4%)
DNC	<b>OLDHAM Justin</b>	<b>857</b>		M 45-49		02:03:44	<b>02:03:51.30</b>	<b>02:03:53.95</b>	0:00		2.4 (32.4%)
DNC	<b>CHATFIELD Connor</b>	<b>149</b>		M 18-24		02:04:08	<b>02:04:14.50</b>	<b>02:04:15.15</b>	0:00		2.4 (32.4%)
DNC	<b>BERGE Kjetil</b>	<b>475</b>		M 35-39		02:04:06	<b>02:04:15.90</b>	<b>02:04:19.05</b>	0:00		2.4 (32.4%)
DNC	<b>LANTZ Anders</b>	<b>580</b>		M 40-44		02:04:41	<b>02:04:49.45</b>	<b>02:04:52.40</b>	0:00		2.4 (32.4%)
DNC	<b>CURDY Maxence</b>	<b>299</b>	INVICTA	M 25-29		02:04:46	<b>02:04:55.40</b>	<b>02:04:59.45</b>	0:00		2.4 (32.4%)
DNC	<b>KOVALEFF Lena</b>	<b>906</b>		W 45-49		02:04:55	<b>02:05:03.40</b>	<b>02:05:07.10</b>	0:00		2.4 (32.4%)
DNC	<b>SERGEY Rudometov</b>	<b>477</b>		M 35-39		02:05:05	<b>02:05:23.15</b>	<b>02:05:26.15</b>	0:00		2.4 (32.4%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>ÖLUND Emma</b>	<b>749</b>		W 30-34		02:05:17	<b>02:05:24.25</b>	<b>02:05:27.55</b>	0:00		2.4 (32.4%)
DNC	<b>LAGREZE Sven</b>	<b>461</b>	OCR MUNICH	M 35-39		02:05:19	<b>02:05:28.05</b>	<b>02:05:30.30</b>	0:00		2.4 (32.4%)
DNC	<b>SUBBOTINAS Vitalijus</b>	<b>449</b>	OCR BALTIC WARRIORS	M 35-39		02:05:38	<b>02:05:48.40</b>	<b>02:05:50.70</b>	0:00		2.4 (32.4%)
DNC	<b>CONVERS Jean-Luc</b>	<b>887</b>		M 55+		02:06:07	<b>02:06:15.90</b>	<b>02:06:18.85</b>	0:00		2.4 (32.4%)
DNC	<b>STEVENSON Alan</b>	<b>532</b>		M 35-39		02:06:27	<b>02:06:34.55</b>	<b>02:06:37.00</b>	0:00		2.4 (32.4%)
DNC	<b>JACKIEWICZ Lukasz</b>	<b>438</b>		M 30-34		02:06:43	<b>02:06:50.85</b>	<b>02:06:54.15</b>	0:00		2.4 (32.4%)
DNC	<b>KRYVKO Margaryta</b>	<b>736</b>		W 25-29		02:06:54	<b>02:07:00.85</b>	<b>02:07:02.00</b>	0:00		2.4 (32.4%)
DNC	<b>RECIO Diego Serrano</b>	<b>291</b>		M 25-29		02:07:40	<b>02:07:46.85</b>	<b>02:07:50.10</b>	0:00		2.3 (31.1%)
DNC	<b>TIMUR</b>	<b>75</b>		M Elite		02:07:49	<b>02:07:56.75</b>	<b>02:07:58.30</b>	0:00		2.3 (31.1%)
DNC	<b>SVENSSON Engla</b>	<b>895</b>		W 13-17		02:08:02	<b>02:08:08.15</b>	<b>02:08:11.30</b>	0:00		2.3 (31.1%)
DNC	<b>KOLEGOWICZ Klaudia</b>	<b>759</b>		W 30-34		02:08:07	<b>02:08:23.65</b>	<b>02:08:26.75</b>	0:00		2.3 (31.1%)
DNC	<b>OSTERMEIER Gabriel</b>	<b>266</b>		M 25-29		02:08:32	<b>02:08:45.35</b>	<b>02:08:47.40</b>	0:00		2.3 (31.1%)
DNC	<b>MAZUEL Alexandre</b>	<b>244</b>	TEAM SENZU	M 25-29		02:08:48	<b>02:08:55.65</b>	<b>02:08:57.60</b>	0:00		2.3 (31.1%)
DNC	<b>VIAGA Raul Fidel Duharte</b>	<b>505</b>		M 35-39		02:08:57	<b>02:09:05.20</b>	<b>02:09:08.65</b>	0:00		2.3 (31.1%)
DNC	<b>BIGLANDS Steve</b>	<b>864</b>		M 50-54		02:09:02	<b>02:09:08.90</b>	<b>02:09:10.80</b>	0:00		2.3 (31.1%)
DNC	<b>MACH Martin</b>	<b>845</b>		M 45-49		02:08:56	<b>02:09:14.80</b>	<b>02:09:17.45</b>	0:00		2.3 (31.1%)
DNC	<b>DUBROVINA Natalia</b>	<b>744</b>		W 30-34		02:09:14	<b>02:09:24.75</b>	<b>02:09:27.20</b>	0:00		2.3 (31.1%)
DNC	<b>LÜPKE Sebastian</b>	<b>214</b>	HERAKLIDEN-TEAM DEUTSCHLAND	M 25-29		02:09:17	<b>02:09:25.30</b>	<b>02:09:27.45</b>	0:00		2.3 (31.1%)
DNC	<b>ALGERSTEDT Jimmy</b>	<b>575</b>		M 40-44		02:09:39	<b>02:09:47.65</b>	<b>02:09:50.65</b>	0:00		2.3 (31.1%)
DNC	<b>POULTER Mark</b>	<b>386</b>	TEAM BRIGHTHAMMER	M 30-34		02:09:43	<b>02:09:52.00</b>	<b>02:09:54.65</b>	0:00		2.3 (31.1%)
DNC	<b>DOUHAN Dylan</b>	<b>173</b>	KARLSHAMN OCR	M 18-24		02:09:45	<b>02:09:51.75</b>	<b>02:09:54.65</b>	0:00		2.3 (31.1%)
DNC	<b>GOLISCH Nina</b>	<b>791</b>	HERAKLIDEN-TEAM DEUTSCHLAND	W 35-39		02:09:47	<b>02:09:58.45</b>	<b>02:10:00.85</b>	0:00		2.3 (31.1%)
DNC	<b>KILIMNIK Tomasz</b>	<b>347</b>		M 30-34		02:09:52	<b>02:10:00.75</b>	<b>02:10:03.75</b>	0:00		2.3 (31.1%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>LEERBAEK Mads</b>	<b>655</b>		M 13-17		02:10:22	<b>02:10:28.80</b>	<b>02:10:31.00</b>	0:00		2.3 (31.1%)
DNC	<b>BOCCON Alexandre</b>	<b>60</b>	OCR FRANCE	M Elite		02:10:15	<b>02:10:34.30</b>	<b>02:10:36.15</b>	0:00		2.3 (31.1%)
DNC	<b>FAVA Alan</b>	<b>520</b>		M 35-39		02:10:27	<b>02:10:34.25</b>	<b>02:10:37.10</b>	0:00		2.3 (31.1%)
DNC	<b>BRUUN Emil Hvidenlund</b>	<b>172</b>		M 18-24		02:10:33	<b>02:10:40.05</b>	<b>02:10:42.30</b>	0:00		2.3 (31.1%)
DNC	<b>JANISZEWSKI Grzegorz</b>	<b>878</b>	DZIADY OCR	M 50-54		02:10:31	<b>02:10:42.00</b>	<b>02:10:45.15</b>	0:00		2.3 (31.1%)
DNC	<b>BAK Łukasz</b>	<b>161</b>		M 18-24		02:10:39	<b>02:10:46.30</b>	<b>02:10:48.90</b>	0:00		2.3 (31.1%)
DNC	<b>MAWLAM Jason</b>	<b>394</b>		M 30-34		02:10:43	<b>02:10:53.15</b>	<b>02:10:54.85</b>	0:00		2.3 (31.1%)
DNC	<b>THOMAYER Jan</b>	<b>182</b>		M 18-24		02:10:59	<b>02:11:06.55</b>	<b>02:11:09.50</b>	0:00		2.3 (31.1%)
DNC	<b>CHŁAD Aleksander</b>	<b>535</b>		M 35-39		02:11:24	<b>02:11:32.10</b>	<b>02:11:34.35</b>	0:00		2.3 (31.1%)
DNC	<b>KAMIŃSKI Zbigniew</b>	<b>496</b>		M 35-39		02:11:43	<b>02:11:51.15</b>	<b>02:11:53.80</b>	0:00		2.3 (31.1%)
DNC	<b>VIRTANEN Maggie</b>	<b>912</b>		W 50-54		02:11:49	<b>02:11:59.30</b>	<b>02:12:03.30</b>	0:00		2.3 (31.1%)
DNC	<b>VOSSLER Martin</b>	<b>557</b>		M 35-39		02:12:08	<b>02:12:16.35</b>	<b>02:12:16.35</b>	0:00		2.3 (31.1%)
DNC	<b>GILARSKA Marta</b>	<b>739</b>		W 25-29		02:12:12	<b>02:12:19.15</b>	<b>02:12:20.85</b>	0:00		2.3 (31.1%)
DNC	<b>BARKSKOG Caritha</b>	<b>793</b>	TEAMTOUGHHRACESWEDEN	W 35-39		02:12:12	<b>02:12:19.45</b>	<b>02:12:22.60</b>	0:00		2.3 (31.1%)
DNC	<b>BLEYS Pascal</b>	<b>863</b>		M 50-54		02:12:26	<b>02:12:36.70</b>	<b>02:12:38.75</b>	0:00		2.3 (31.1%)
DNC	<b>BERLIN Nanna</b>	<b>711</b>		W 25-29		02:12:54	<b>02:13:02.30</b>	<b>02:13:03.85</b>	0:00		2.3 (31.1%)
DNC	<b>DAY Nick</b>	<b>551</b>		M 35-39		02:12:53	<b>02:13:01.55</b>	<b>02:13:04.10</b>	0:00		2.3 (31.1%)
DNC	<b>JOHANSSON Tom</b>	<b>216</b>		M 25-29		02:13:00	<b>02:13:16.50</b>	<b>02:13:18.85</b>	0:00		2.3 (31.1%)
DNC	<b>POUROVA Katerina</b>	<b>699</b>		W 18-24		02:13:10	<b>02:13:16.60</b>	<b>02:13:19.95</b>	0:00		2.3 (31.1%)
DNC	<b>SÉBASTIEN Galdeano</b>	<b>430</b>		M 30-34		02:13:23	<b>02:13:31.20</b>	<b>02:13:33.10</b>	0:00		2.2 (29.7%)
DNC	<b>JAGER Robin De</b>	<b>283</b>		M 25-29		02:13:35	<b>02:13:43.55</b>	<b>02:13:47.15</b>	0:00		2.2 (29.7%)
DNC	<b>BOZIC Sarah</b>	<b>782</b>	OCR-PACEMAKERS	W 35-39		02:13:54	<b>02:14:02.05</b>	<b>02:14:05.00</b>	0:00		2.2 (29.7%)
DNC	<b>MATYASI Gábor</b>	<b>865</b>		M 50-54		02:14:26	<b>02:14:31.55</b>	<b>02:14:33.15</b>	0:00		2.2 (29.7%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>TORESÄTER Ludvig "Luddet"</b>	<b>249</b>	OCR ELITE APPAREL	M 25-29		02:14:27	<b>02:14:33.85</b>	<b>02:14:36.00</b>	0:00		2.2 (29.7%)
DNC	<b>LEE Mikaela</b>	<b>902</b>	SPORTS CLUB OCR SWEDEN	W 45-49		02:14:24	<b>02:14:32.85</b>	<b>02:14:37.15</b>	0:00		2.2 (29.7%)
DNC	<b>JOHANSEN Philip Hust</b>	<b>224</b>		M 25-29		02:14:40	<b>02:14:49.55</b>	<b>02:14:51.55</b>	0:00		2.2 (29.7%)
DNC	<b>KEREK Bernhard</b>	<b>502</b>	BÄHRINGER WILDSAUE	M 35-39		02:14:50	<b>02:14:59.90</b>	<b>02:15:03.35</b>	0:00		2.2 (29.7%)
DNC	<b>GRESZTA Waldemar</b>	<b>850</b>		M 45-49		02:15:23	<b>02:15:32.80</b>	<b>02:15:35.55</b>	0:00		2.2 (29.7%)
DNC	<b>SZUMLAŃSKI Marcin</b>	<b>383</b>		M 30-34		02:15:30	<b>02:15:35.50</b>	<b>02:15:37.85</b>	0:00		2.2 (29.7%)
DNC	<b>SJÖGREN Niklas</b>	<b>469</b>	TEAM FRIGOVÄST	M 35-39		02:15:30	<b>02:15:36.80</b>	<b>02:15:39.60</b>	0:00		2.2 (29.7%)
DNC	<b>STILLWELL Kate</b>	<b>86</b>		W Elite		02:15:32	<b>02:15:38.90</b>	<b>02:15:41.05</b>	0:00		2.2 (29.7%)
DNC	<b>ZEBERG Alicia</b>	<b>890</b>	KARLSHAMN OCR	W 13-17		02:15:37	<b>02:15:45.05</b>	<b>02:15:47.45</b>	0:00		2.2 (29.7%)
DNC	<b>RĘBACZ Krzysztof</b>	<b>854</b>		M 45-49		02:15:37	<b>02:15:47.80</b>	<b>02:15:51.15</b>	0:00		2.2 (29.7%)
DNC	<b>WAHLUND Jesper</b>	<b>635</b>	TEAM BAREKOHUDDINGE.SE	M 40-44		02:15:40	<b>02:15:58.15</b>	<b>02:16:00.70</b>	0:00		2.2 (29.7%)
DNC	<b>BROKEŠ Ondřej</b>	<b>139</b>		M 18-24		02:15:57	<b>02:16:05.50</b>	<b>02:16:06.50</b>	0:00		2.2 (29.7%)
DNC	<b>MORAWSKI Grzegorz</b>	<b>490</b>		M 35-39		02:16:20	<b>02:16:28.50</b>	<b>02:16:30.80</b>	0:00		2.2 (29.7%)
DNC	<b>SUŠÁNKOVÁ Klára</b>	<b>690</b>		W 18-24		02:16:17	<b>02:16:34.50</b>	<b>02:16:37.45</b>	0:00		2.2 (29.7%)
DNC	<b>MACANOVÁ Zuzana</b>	<b>689</b>		W 18-24		02:12:04	<b>02:16:34.70</b>	<b>02:16:37.75</b>	0:00		2.2 (29.7%)
DNC	<b>KANSTRUP Nicolai</b>	<b>226</b>		M 25-29		02:16:26	<b>02:16:36.15</b>	<b>02:16:38.30</b>	0:00		2.2 (29.7%)
DNC	<b>ZALEJASZ Sylwester</b>	<b>536</b>	HELL SQUAD	M 35-39		02:17:26	<b>02:17:37.45</b>	<b>02:17:39.90</b>	0:00		2.2 (29.7%)
DNC	<b>CHRISTENSEN Michael</b>	<b>338</b>	OCR FIGHTERS	M 30-34		02:17:33	<b>02:17:39.70</b>	<b>02:17:43.20</b>	0:00		2.2 (29.7%)
DNC	<b>DITTMANN Kerstin</b>	<b>790</b>	URBANRUNNING	W 35-39		02:17:52	<b>02:17:58.80</b>	<b>02:18:01.25</b>	0:00		2.2 (29.7%)
DNC	<b>MARUSZAK Anna</b>	<b>738</b>		W 25-29		02:18:15	<b>02:18:18.45</b>	<b>02:18:20.00</b>	0:00		2.2 (29.7%)
DNC	<b>WRIGHT Sally</b>	<b>901</b>		W 45-49		02:18:56	<b>02:19:03.15</b>	<b>02:19:07.05</b>	0:00		2.2 (29.7%)
DNC	<b>SVENSSON Nicklas</b>	<b>243</b>		M 25-29		02:18:59	<b>02:19:06.65</b>	<b>02:19:09.20</b>	0:00		2.2 (29.7%)
DNC	<b>MESZAROS Csaba</b>	<b>870</b>		M 50-54		02:19:09	<b>02:19:17.00</b>	<b>02:19:19.10</b>	0:00		2.2 (29.7%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>KRZYŻOWSKI Grzegorz</b>	<b>563</b>		M 35-39		02:19:04	<b>02:19:20.50</b>	<b>02:19:22.95</b>	0:00		2.2 (29.7%)
DNC	<b>SEGARRA Jossuan</b>	<b>170</b>		M 18-24		02:19:14	<b>02:19:26.15</b>	<b>02:19:26.15</b>	0:00		2.2 (29.7%)
DNC	<b>VEDERSØ Mik</b>	<b>619</b>		M 40-44		02:19:46	<b>02:19:54.60</b>	<b>02:19:58.20</b>	0:00		2.1 (28.4%)
DNC	<b>DIDIER Ludovic</b>	<b>175</b>		M 18-24		02:19:54	<b>02:20:03.05</b>	<b>02:20:06.20</b>	0:00		2.1 (28.4%)
DNC	<b>ŻUKOWSKA Aniela</b>	<b>113</b>		W Elite		02:19:57	<b>02:20:05.90</b>	<b>02:20:08.75</b>	0:00		2.1 (28.4%)
DNC	<b>KOMOSIŃSKI Łukasz</b>	<b>313</b>		M 30-34		02:20:18	<b>02:20:27.85</b>	<b>02:20:31.40</b>	0:00		2.1 (28.4%)
DNC	<b>DOODY Kelvin</b>	<b>442</b>		M 30-34		02:20:28	<b>02:20:35.30</b>	<b>02:20:37.25</b>	0:00		2.1 (28.4%)
DNC	<b>CHRISTOPHER Michel</b>	<b>369</b>		M 30-34		02:20:44	<b>02:21:01.05</b>	<b>02:21:04.05</b>	0:00		2.1 (28.4%)
DNC	<b>KOŁODZIEJCZYK Dariusz</b>	<b>576</b>	SOCIOS SILESIA	M 40-44		02:21:04	<b>02:21:12.00</b>	<b>02:21:14.25</b>	0:00		2.1 (28.4%)
DNC	<b>WILKINSON Becca</b>	<b>745</b>	TEAM MACTUFF	W 30-34		02:21:07	<b>02:21:15.55</b>	<b>02:21:19.15</b>	0:00		2.1 (28.4%)
DNC	<b>BENGTSSON Per</b>	<b>885</b>		M 55+		02:21:11	<b>02:21:19.40</b>	<b>02:21:22.10</b>	0:00		2.1 (28.4%)
DNC	<b>MORAN Fred</b>	<b>569</b>		M 40-44		02:21:10	<b>02:21:20.45</b>	<b>02:21:23.00</b>	0:00		2.1 (28.4%)
DNC	<b>PETROW Janeck</b>	<b>506</b>		M 35-39		02:20:52	<b>02:21:32.95</b>	<b>02:21:35.35</b>	0:00		2.1 (28.4%)
DNC	<b>MIODEK Adrian</b>	<b>533</b>	DIRTY SPARROWS	M 35-39		02:21:29	<b>02:21:35.55</b>	<b>02:21:38.00</b>	0:00		2.1 (28.4%)
DNC	<b>DRÁBKOVÁ Veronika</b>	<b>681</b>		W 18-24		02:21:40	<b>02:21:47.90</b>	<b>02:21:50.95</b>	0:00		2.1 (28.4%)
DNC	<b>BERQUEZ Andrea</b>	<b>116</b>	TEAM OMRM	W Elite		02:21:51	<b>02:21:59.85</b>	<b>02:22:00.95</b>	0:00		2.1 (28.4%)
DNC	<b>JASIŃSKA Alicja</b>	<b>893</b>	GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI	W 13-17		02:22:45	<b>02:22:58.80</b>	<b>02:23:01.85</b>	0:00		2.1 (28.4%)
DNC	<b>WYSŁUCH Iza</b>	<b>95</b>		W Elite		02:23:17	<b>02:23:25.20</b>	<b>02:23:27.25</b>	0:00		2.1 (28.4%)
DNC	<b>POLSTRA Berry</b>	<b>427</b>		M 30-34		02:23:17	<b>02:23:25.90</b>	<b>02:23:29.20</b>	0:00		2.1 (28.4%)
DNC	<b>ŁASKOWSKI Piotr</b>	<b>382</b>	BEFIT24TEAM	M 30-34		02:23:17	<b>02:23:45.35</b>	<b>02:23:48.60</b>	0:00		2.1 (28.4%)
DNC	<b>GABELGAARD Tanja</b>	<b>102</b>		W Elite		02:23:45	<b>02:23:55.40</b>	<b>02:23:57.80</b>	0:00		2.1 (28.4%)
DNC	<b>KOŁCZYN Magdalena</b>	<b>93</b>		W Elite		02:23:49	<b>02:23:57.95</b>	<b>02:24:00.65</b>	0:00		2.1 (28.4%)
DNC	<b>CASTILLO Aythami Castilla Del</b>	<b>400</b>		M 30-34		02:23:50	<b>02:23:58.40</b>	<b>02:24:00.95</b>	0:00		2.1 (28.4%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>SPIJKER Dayen</b>	<b>903</b>		W 45-49		02:24:39	<b>02:24:46.65</b>	<b>02:24:49.55</b>	0:00		2.1 (28.4%)
DNC	<b>WARING Evie</b>	<b>898</b>		W 13-17		02:25:05	<b>02:25:09.35</b>	<b>02:25:13.05</b>	0:00		2.1 (28.4%)
DNC	<b>MISSALA Magda</b>	<b>897</b>	POWER TRAINING	W 13-17		02:25:06	<b>02:25:10.60</b>	<b>02:25:13.20</b>	0:00		2.1 (28.4%)
DNC	<b>ČÍŽEK Jan</b>	<b>268</b>		M 25-29		02:25:04	<b>02:25:14.40</b>	<b>02:25:18.70</b>	0:00		2.1 (28.4%)
DNC	<b>OLEKSIUK Liudmyla</b>	<b>780</b>		W 35-39		02:25:25	<b>02:25:38.40</b>	<b>02:25:40.50</b>	0:00		2.1 (28.4%)
DNC	<b>PHILLIPS Alastair</b>	<b>248</b>		M 25-29		02:25:59	<b>02:26:07.25</b>	<b>02:26:09.95</b>	0:00		2.1 (28.4%)
DNC	<b>JOHANSSON Malin</b>	<b>805</b>	OCR ELITE APPAREL	W 40-44		02:26:18	<b>02:26:26.40</b>	<b>02:26:29.05</b>	0:00		2 (27.0%)
DNC	<b>SWART Maarten</b>	<b>517</b>		M 35-39		02:26:32	<b>02:26:37.15</b>	<b>02:26:39.65</b>	0:00		2 (27.0%)
DNC	<b>RAKHIMBAYEV Almas</b>	<b>32</b>		M Elite		02:27:03	<b>02:27:14.10</b>	<b>02:27:15.10</b>	0:00		2 (27.0%)
DNC	<b>TOJAR Luis Martin</b>	<b>63</b>	LEYENDAS OCR BY XFORCE	M Elite		02:27:02	<b>02:27:21.25</b>	<b>02:27:23.15</b>	0:00		2 (27.0%)
DNC	<b>JOBANPUTRA Mayoor</b>	<b>278</b>		M 25-29		02:27:32	<b>02:27:41.50</b>	<b>02:27:44.35</b>	0:00		2 (27.0%)
DNC	<b>ROBBRECHT Chris</b>	<b>143</b>		M 18-24		02:27:33	<b>02:27:44.75</b>	<b>02:27:45.55</b>	0:00		2 (27.0%)
DNC	<b>STRÖM Tomas</b>	<b>554</b>		M 35-39		02:27:49	<b>02:28:10.35</b>	<b>02:28:14.55</b>	0:00		2 (27.0%)
DNC	<b>ROSSER Claire</b>	<b>783</b>	THE ELEMENTS ELITE	W 35-39		02:28:18	<b>02:28:24.15</b>	<b>02:28:26.70</b>	0:00		2 (27.0%)
DNC	<b>JOYCE Katie</b>	<b>796</b>		W 35-39		02:28:18	<b>02:28:24.80</b>	<b>02:28:27.05</b>	0:00		2 (27.0%)
DNC	<b>JOHANSSON Caroline</b>	<b>708</b>	KFUM UPPSALA SURVIVAL	W 25-29		02:28:32	<b>02:28:39.25</b>	<b>02:28:41.20</b>	0:00		2 (27.0%)
DNC	<b>NOWAK Lukasz</b>	<b>262</b>	OCR FIGHTERS	M 25-29		02:28:33	<b>02:28:40.00</b>	<b>02:28:42.25</b>	0:00		2 (27.0%)
DNC	<b>KOLLBERG Louise</b>	<b>685</b>		W 18-24		02:29:03	<b>02:29:11.30</b>	<b>02:29:13.65</b>	0:00		2 (27.0%)
DNC	<b>NOWICKA Justyna</b>	<b>775</b>		W 30-34		02:29:17	<b>02:29:24.30</b>	<b>02:29:27.10</b>	0:00		2 (27.0%)
DNC	<b>JOHANSSON Ellen</b>	<b>767</b>	TEAM KROPPSLABBET	W 30-34		02:29:56	<b>02:30:01.35</b>	<b>02:30:04.65</b>	0:00		2 (27.0%)
DNC	<b>HALLGREN Matilda</b>	<b>769</b>	TEAM KROPPSLABBET	W 30-34		02:29:56	<b>02:30:01.15</b>	<b>02:30:04.75</b>	0:00		2 (27.0%)
DNC	<b>LEŚNIAK Grzegorz</b>	<b>613</b>	DIRTY SPARROWS	M 40-44		02:29:55	<b>02:30:02.40</b>	<b>02:30:04.85</b>	0:00		2 (27.0%)
DNC	<b>DONALD Lee</b>	<b>779</b>	TEAM LDPT	W 35-39		02:29:58	<b>02:30:07.00</b>	<b>02:30:08.85</b>	0:00		2 (27.0%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>WÓJCIK Michał</b>	<b>164</b>	HUSARIA RACE TEAM KATOWICE	M 18-24		02:30:22	<b>02:30:26.50</b>	<b>02:30:29.15</b>	0:00		2 (27.0%)
DNC	<b>OLSSON Anders E</b>	<b>824</b>	KARLSHAMN OCR	M 45-49		02:30:41	<b>02:30:46.95</b>	<b>02:30:51.20</b>	0:00		2 (27.0%)
DNC	<b>GAWRYLUK Michał</b>	<b>539</b>		M 35-39		02:30:40	<b>02:30:48.55</b>	<b>02:30:51.40</b>	0:00		2 (27.0%)
DNC	<b>HERNANDEZ Arnedo</b>	<b>480</b>		M 35-39		02:30:35	<b>02:30:53.85</b>	<b>02:30:56.15</b>	0:00		2 (27.0%)
DNC	<b>LIMANOWSKA Olga</b>	<b>719</b>		W 25-29		02:31:19	<b>02:31:26.30</b>	<b>02:31:27.40</b>	0:00		2 (27.0%)
DNC	<b>KLONOWSKI Kamil</b>	<b>346</b>	HUSARIA RACE TEAM KATOWICE	M 30-34		02:31:15	<b>02:31:25.75</b>	<b>02:31:28.35</b>	0:00		2 (27.0%)
DNC	<b>SCHEJBALOVÁ Tereza</b>	<b>118</b>		W Elite		02:31:24	<b>02:31:32.95</b>	<b>02:31:34.00</b>	0:00		2 (27.0%)
DNC	<b>BOANDER Camilla</b>	<b>713</b>		W 25-29		02:31:36	<b>02:31:42.15</b>	<b>02:31:44.20</b>	0:00		2 (27.0%)
DNC	<b>HOLUBAR Martin</b>	<b>476</b>		M 35-39		02:31:51	<b>02:31:58.25</b>	<b>02:32:00.25</b>	0:00		2 (27.0%)
DNC	<b>SZUBA-ŁATA Klaudia</b>	<b>679</b>	ENJOY BY SPORT	W 18-24		02:31:58	<b>02:32:06.70</b>	<b>02:32:08.95</b>	0:00		2 (27.0%)
DNC	<b>JOHANNESSEN Anne Marie</b>	<b>87</b>		W Elite		02:32:06	<b>02:32:11.00</b>	<b>02:32:12.90</b>	0:00		2 (27.0%)
DNC	<b>GRIGALIONYTĖ Donata</b>	<b>107</b>		W Elite		02:32:05	<b>02:32:10.95</b>	<b>02:32:12.95</b>	0:00		2 (27.0%)
DNC	<b>THORKILDSEN Evy Marie</b>	<b>94</b>		W Elite		02:32:06	<b>02:32:11.15</b>	<b>02:32:12.95</b>	0:00		2 (27.0%)
DNC	<b>SEREDA Evgeniy</b>	<b>208</b>		M 25-29		02:32:11	<b>02:32:18.15</b>	<b>02:32:20.15</b>	0:00		2 (27.0%)
DNC	<b>CHMIELORZ Donata</b>	<b>103</b>		W Elite		02:32:26	<b>02:32:34.50</b>	<b>02:32:37.40</b>	0:00		2 (27.0%)
DNC	<b>MEIER Rolf</b>	<b>541</b>		M 35-39		02:32:20	<b>02:32:28.95</b>	<b>02:32:38.20</b>	0:00		2 (27.0%)
DNC	<b>HAGLUND Cecilia</b>	<b>774</b>		W 30-34		02:32:47	<b>02:33:02.90</b>	<b>02:33:06.85</b>	0:00		2 (27.0%)
DNC	<b>GALTIER Muriel</b>	<b>99</b>		W Elite		02:32:59	<b>02:33:08.80</b>	<b>02:33:10.70</b>	0:00		2 (27.0%)
DNC	<b>OLESEN Christina</b>	<b>914</b>		W 55+		02:34:21	<b>02:34:28.50</b>	<b>02:34:33.10</b>	0:00		1.9 (25.7%)
DNC	<b>GARDEBRAND Lucas Kjellin</b>	<b>146</b>	GRIPEN OCR	M 18-24		02:34:51	<b>02:35:00.15</b>	<b>02:35:01.60</b>	0:00		1.9 (25.7%)
DNC	<b>ARONSSON Alexander</b>	<b>215</b>		M 25-29		02:35:09	<b>02:35:28.20</b>	<b>02:35:30.80</b>	0:00		1.9 (25.7%)
DNC	<b>GUILLAUMIN Thomas</b>	<b>433</b>	TR1BE OCR TEAM	M 30-34		02:35:10	<b>02:35:29.60</b>	<b>02:35:32.30</b>	0:00		1.9 (25.7%)
DNC	<b>MARTIN Flore</b>	<b>750</b>	OCR BELGIUM WALLONIA MEN	W 30-34		02:35:12	<b>02:35:29.40</b>	<b>02:35:32.55</b>	0:00		1.9 (25.7%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>MARTIN Lucie</b>	<b>751</b>	OCR BELGIUM WALLONIA MEN	W 30-34		02:35:12	<b>02:35:29.75</b>	<b>02:35:32.85</b>	0:00		1.9 (25.7%)
DNC	<b>FRICK Emma</b>	<b>721</b>		W 25-29		02:35:56	<b>02:36:01.15</b>	<b>02:36:02.80</b>	0:00		1.9 (25.7%)
DNC	<b>HARVEY-VALLENDER Oliver</b>	<b>421</b>	CLIFF LAKES OCR	M 30-34		02:36:25	<b>02:36:33.00</b>	<b>02:36:35.40</b>	0:00		1.9 (25.7%)
DNC	<b>ALEKSANDR Anokhin</b>	<b>327</b>	STAGE TEAM RUSSIA	M 30-34		02:36:26	<b>02:36:39.50</b>	<b>02:36:42.30</b>	0:00		1.9 (25.7%)
DNC	<b>PORTON David</b>	<b>560</b>		M 35-39		02:37:29	<b>02:37:36.45</b>	<b>02:37:39.70</b>	0:00		1.9 (25.7%)
DNC	<b>SANNA Luca</b>	<b>582</b>	ANIS MUDDERS	M 40-44		02:38:08	<b>02:38:29.40</b>	<b>02:38:37.65</b>	0:00		1.9 (25.7%)
DNC	<b>FRAMVIG Mica</b>	<b>726</b>		W 25-29		02:38:53	<b>02:39:01.45</b>	<b>02:39:03.45</b>	0:00		1.9 (25.7%)
DNC	<b>SZYDŁOWSKI Łukasz</b>	<b>498</b>		M 35-39		02:39:09	<b>02:39:19.10</b>	<b>02:39:22.25</b>	0:00		1.9 (25.7%)
DNC	<b>CERBA Jaroslaw</b>	<b>851</b>		M 45-49		02:40:34	<b>02:40:41.15</b>	<b>02:40:43.80</b>	0:00		1.9 (25.7%)
DNC	<b>JAGODZIŃSKI Damian</b>	<b>157</b>	XRUNNERS	M 18-24		02:40:55	<b>02:41:06.65</b>	<b>02:41:06.65</b>	0:00		1.9 (25.7%)
DNC	<b>LEŚNIAK Dorota</b>	<b>809</b>	DIRTY SPARROWS	W 40-44		02:40:57	<b>02:41:04.90</b>	<b>02:41:08.20</b>	0:00		1.9 (25.7%)
DNC	<b>SALUSTE Carry</b>	<b>46</b>		M Elite		02:41:12	<b>02:41:21.35</b>	<b>02:41:24.05</b>	0:00		1.9 (25.7%)
DNC	<b>FRONTCZAK Izabela</b>	<b>758</b>		W 30-34		02:41:22	<b>02:41:30.40</b>	<b>02:41:33.70</b>	0:00		1.9 (25.7%)
DNC	<b>HINTON Mike</b>	<b>523</b>		M 35-39		02:41:33	<b>02:41:40.00</b>	<b>02:41:40.00</b>	0:00		1.9 (25.7%)
DNC	<b>DAVIDSSON Richard</b>	<b>284</b>	MIT TOUGH TEAM	M 25-29		02:41:41	<b>02:41:50.25</b>	<b>02:41:54.30</b>	0:00		1.9 (25.7%)
DNC	<b>KOLOTII Mykola</b>	<b>364</b>		M 30-34		02:41:45	<b>02:41:54.70</b>	<b>02:41:57.30</b>	0:00		1.9 (25.7%)
DNC	<b>KUZMYAK Vasylyna</b>	<b>754</b>		W 30-34		02:41:49	<b>02:41:59.50</b>	<b>02:42:01.95</b>	0:00		1.9 (25.7%)
DNC	<b>EGNER Toril</b>	<b>786</b>		W 35-39		02:42:02	<b>02:42:10.40</b>	<b>02:42:12.55</b>	0:00		1.8 (24.3%)
DNC	<b>BRORSSON Sebastian</b>	<b>287</b>		M 25-29		02:42:25	<b>02:42:32.25</b>	<b>02:42:36.15</b>	0:00		1.8 (24.3%)
DNC	<b>VIDAL Rubén Pérez</b>	<b>584</b>		M 40-44		02:42:23	<b>02:42:36.00</b>	<b>02:42:38.05</b>	0:00		1.8 (24.3%)
DNC	<b>GOODWIN Ruth</b>	<b>812</b>		W 40-44		02:42:33	<b>02:42:40.85</b>	<b>02:42:43.65</b>	0:00		1.8 (24.3%)
DNC	<b>TCHIKNAVORIAN Carla</b>	<b>894</b>		W 13-17		02:42:27	<b>02:42:42.00</b>	<b>02:42:45.25</b>	0:00		1.8 (24.3%)
DNC	<b>PLATA Arkadiusz</b>	<b>342</b>		M 30-34		02:42:28	<b>02:42:45.50</b>	<b>02:42:48.70</b>	0:00		1.8 (24.3%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>KIRKWOOD Emma</b>	<b>760</b>		W 30-34		02:43:18	<b>02:43:24.40</b>	<b>02:43:27.85</b>	0:00	1.8	(24.3%)
DNC	<b>RAWSON Jack</b>	<b>652</b>		M 13-17		02:43:23	<b>02:43:28.05</b>	<b>02:43:30.10</b>	0:00	1.8	(24.3%)
DNC	<b>ROSE-HORNE Maximus</b>	<b>648</b>		M 13-17		02:43:24	<b>02:43:28.45</b>	<b>02:43:30.40</b>	0:00	1.8	(24.3%)
DNC	<b>GRANT Frank</b>	<b>654</b>		M 13-17		02:43:23	<b>02:43:28.45</b>	<b>02:43:30.95</b>	0:00	1.8	(24.3%)
DNC	<b>LASKOWSKI Tomasz</b>	<b>344</b>		M 30-34		02:43:27	<b>02:43:43.65</b>	<b>02:43:47.15</b>	0:00	1.8	(24.3%)
DNC	<b>CREVEAU Anthony</b>	<b>631</b>	TEAMPRIDEORDIE	M 40-44		02:43:40	<b>02:43:49.50</b>	<b>02:43:53.05</b>	0:00	1.8	(24.3%)
DNC	<b>SØRENSEN Mette</b>	<b>672</b>	ASICSFRONTRUNNER	W 18-24		02:44:19	<b>02:44:26.65</b>	<b>02:44:29.30</b>	0:00	1.8	(24.3%)
DNC	<b>ELENA Galushkina</b>	<b>788</b>		W 35-39		02:44:34	<b>02:44:48.15</b>	<b>02:44:50.50</b>	0:00	1.8	(24.3%)
DNC	<b>YAKUSHEV Anton</b>	<b>179</b>	OCR RUSSIA	M 18-24		02:45:07	<b>02:45:24.20</b>	<b>02:45:26.85</b>	0:00	1.8	(24.3%)
DNC	<b>POZO Juan Carlos Contador</b>	<b>405</b>	SONS OF WORKOUT OCR	M 30-34		02:45:37	<b>02:45:45.15</b>	<b>02:45:45.15</b>	0:00	1.8	(24.3%)
DNC	<b>GONZALEZ-DIAZ Andres Ramiro</b>	<b>184</b>	TEAMMADNESS	M 18-24		02:46:17	<b>02:46:25.00</b>	<b>02:46:27.80</b>	0:00	1.8	(24.3%)
DNC	<b>GŁOWACZ Grzegorz</b>	<b>852</b>	HUSARIA RACE TEAM	M 45-49		02:47:51	<b>02:47:56.70</b>	<b>02:47:59.75</b>	0:00	1.8	(24.3%)
DNC	<b>SOBRINO David Ruedas</b>	<b>510</b>		M 35-39		02:48:52	<b>02:48:59.05</b>	<b>02:49:01.45</b>	0:00	1.8	(24.3%)
DNC	<b>SZOSTEK Patrycja</b>	<b>702</b>		W 18-24		02:50:00	<b>02:50:05.80</b>	<b>02:50:08.30</b>	0:00	1.8	(24.3%)
DNC	<b>KARPOVICH Alena</b>	<b>748</b>	VOLAT	W 30-34		02:51:18	<b>02:51:26.75</b>	<b>02:51:30.45</b>	0:00	1.7	(23.0%)
DNC	<b>DAVIS Helen</b>	<b>802</b>		W 40-44		02:51:24	<b>02:51:31.15</b>	<b>02:51:34.70</b>	0:00	1.7	(23.0%)
DNC	<b>MONTRON Adrien</b>	<b>441</b>		M 30-34		02:51:35	<b>02:51:42.75</b>	<b>02:51:44.85</b>	0:00	1.7	(23.0%)
DNC	<b>ŻAK Elżbieta</b>	<b>785</b>	BEFIT24TEAM	W 35-39		02:51:38	<b>02:51:45.35</b>	<b>02:51:48.55</b>	0:00	1.7	(23.0%)
DNC	<b>WOŹNIAK Joanna</b>	<b>731</b>	HUSARIA RACE TEAM	W 25-29		02:51:50	<b>02:51:58.55</b>	<b>02:51:59.45</b>	0:00	1.7	(23.0%)
DNC	<b>MARKSTEDT Anna-Lee</b>	<b>819</b>		W 40-44		02:51:54	<b>02:52:00.55</b>	<b>02:52:03.10</b>	0:00	1.7	(23.0%)
DNC	<b>SADOWSKI Michał</b>	<b>384</b>		M 30-34		02:52:14	<b>02:52:22.10</b>	<b>02:52:23.55</b>	0:00	1.7	(23.0%)
DNC	<b>MARIYA Novoselskaya</b>	<b>797</b>	GAZPROMBANK OCR TEAM	W 35-39		02:53:08	<b>02:53:15.20</b>	<b>02:53:17.65</b>	0:00	1.7	(23.0%)
DNC	<b>RACZYŃSKA Anka</b>	<b>795</b>	BALTIC SEALS	W 35-39		02:53:24	<b>02:53:42.90</b>	<b>02:53:45.60</b>	0:00	1.7	(23.0%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>RUDY Rychlinski</b>	<b>426</b>		M 30-34		02:53:32	<b>02:53:43.95</b>	<b>02:53:46.35</b>	0:00		1.7 (23.0%)
DNC	<b>KALMAR Sara</b>	<b>671</b>		W 18-24		02:53:40	<b>02:53:47.90</b>	<b>02:53:50.10</b>	0:00		1.7 (23.0%)
DNC	<b>HAMMARBÄCK Moa</b>	<b>686</b>	TEAM VALKYRIA	W 18-24		02:54:26	<b>02:54:31.90</b>	<b>02:54:34.55</b>	0:00		1.7 (23.0%)
DNC	<b>MAJSZCZYK Paulina</b>	<b>740</b>	HARDCOROWE WYCHYLYLYBYMY	W 25-29		02:54:39	<b>02:54:47.25</b>	<b>02:54:48.80</b>	0:00		1.7 (23.0%)
DNC	<b>KIND Pia</b>	<b>807</b>		W 40-44		02:55:34	<b>02:55:47.00</b>	<b>02:55:50.05</b>	0:00		1.7 (23.0%)
DNC	<b>CZAJA Piotr</b>	<b>833</b>	CROSSTEAM SZCZECINEK POLSKA	M 45-49		02:56:26	<b>02:56:34.25</b>	<b>02:56:35.95</b>	0:00		1.7 (23.0%)
DNC	<b>ZIÓŁKOWSKA Aleksandra</b>	<b>735</b>	HARDCOROWE WYCHYLYLYBYMY	W 25-29		02:57:19	<b>02:57:22.95</b>	<b>02:57:24.00</b>	0:00		1.7 (23.0%)
DNC	<b>HAWKINS Nathan</b>	<b>353</b>		M 30-34		02:57:28	<b>02:57:35.35</b>	<b>02:57:39.50</b>	0:00		1.7 (23.0%)
DNC	<b>SHEPPARD Alison</b>	<b>801</b>		W 35-39		02:57:33	<b>02:57:41.65</b>	<b>02:57:43.75</b>	0:00		1.7 (23.0%)
DNC	<b>KARLSSON Gunilla</b>	<b>813</b>		W 40-44		02:57:53	<b>02:58:01.05</b>	<b>02:58:04.35</b>	0:00		1.7 (23.0%)
DNC	<b>OLENINA Elena</b>	<b>798</b>		W 35-39		02:58:51	<b>02:58:57.35</b>	<b>02:58:59.45</b>	0:00		1.7 (23.0%)
DNC	<b>CICHA Natalia</b>	<b>694</b>		W 18-24		02:59:16	<b>02:59:25.15</b>	<b>02:59:26.85</b>	0:00		1.7 (23.0%)
DNC	<b>VALERIA Shcherbinina</b>	<b>755</b>		W 30-34		02:59:36	<b>02:59:47.30</b>	<b>02:59:51.50</b>	0:00		1.7 (23.0%)
DNC	<b>BREDIN Anna Olsson</b>	<b>730</b>		W 25-29		03:00:01	<b>03:00:08.45</b>	<b>03:00:10.10</b>	0:00		1.7 (23.0%)
DNC	<b>RATCLIFFE Heather</b>	<b>794</b>		W 35-39		03:00:12	<b>03:00:19.90</b>	<b>03:00:22.15</b>	0:00		1.7 (23.0%)
DNC	<b>KURAS Beata</b>	<b>98</b>	XRUNNERS	W Elite		03:00:27	<b>03:00:35.45</b>	<b>03:00:37.80</b>	0:00		1.7 (23.0%)
DNC	<b>STENBÄCK Amanda</b>	<b>687</b>		W 18-24		03:00:42	<b>03:00:51.45</b>	<b>03:00:53.90</b>	0:00		1.7 (23.0%)
DNC	<b>SZWARC Jagoda</b>	<b>787</b>		W 35-39		03:00:46	<b>03:01:03.20</b>	<b>03:01:05.65</b>	0:00		1.7 (23.0%)
DNC	<b>TOCHKA Dzianis</b>	<b>319</b>		M 30-34		03:01:55	<b>03:02:01.90</b>	<b>03:02:05.00</b>	0:00		1.6 (21.6%)
DNC	<b>GHAFRY Touria Zahra</b>	<b>669</b>	TEAMMADNESS	W 18-24		03:02:50	<b>03:02:54.45</b>	<b>03:02:57.40</b>	0:00		1.6 (21.6%)
DNC	<b>FARINA Sumaty Priscila Hernandez</b>	<b>670</b>	TEAMMADNESS	W 18-24		03:02:50	<b>03:02:54.95</b>	<b>03:02:57.65</b>	0:00		1.6 (21.6%)
DNC	<b>JIRKU Milan</b>	<b>399</b>		M 30-34		03:03:10	<b>03:03:14.00</b>	<b>03:03:16.75</b>	0:00		1.6 (21.6%)
DNC	<b>MARTOS Eduardo</b>	<b>255</b>	RACERS LEGION ANDALUCÍA	M 25-29		03:03:21	<b>03:03:32.95</b>	<b>03:03:34.80</b>	0:00		1.6 (21.6%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>JAKOUBEK Jakub</b>	<b>37</b>	REHASPORT TEAM	M Elite		03:04:34	<b>03:04:45.75</b>	<b>03:04:47.20</b>	0:00		1.6 (21.6%)
DNC	<b>COULY Christophe - Akira</b>	<b>640</b>	OCR BELGIUM WALLONIA MEN	M 40-44		03:04:47	<b>03:04:54.05</b>	<b>03:04:56.60</b>	0:00		1.6 (21.6%)
DNC	<b>GRAY Scott</b>	<b>375</b>		M 30-34		03:05:33	<b>03:05:43.90</b>	<b>03:05:47.55</b>	0:00		1.6 (21.6%)
DNC	<b>MYALSKA Katarzyna</b>	<b>79</b>	DO PORZYGU OCR TEAM	W Elite		03:05:35	<b>03:05:45.50</b>	<b>03:05:47.85</b>	0:00		1.6 (21.6%)
DNC	<b>NATALIIA Mikhailova</b>	<b>771</b>	GAZPROMBANK OCR TEAM	W 30-34		03:08:09	<b>03:08:15.75</b>	<b>03:08:18.65</b>	0:00		1.6 (21.6%)
DNC	<b>SIŃCZUK Patrycja</b>	<b>800</b>		W 35-39		03:08:09	<b>03:08:17.45</b>	<b>03:08:20.40</b>	37:39		1.6 (21.6%)
DNC	<b>MIRASLAU Charapok</b>	<b>657</b>	VOLAT	M 13-17		03:08:18	<b>03:08:27.25</b>	<b>03:08:29.90</b>	0:00		1.6 (21.6%)
DNC	<b>STEJSKALOVÁ Barbora</b>	<b>96</b>		W Elite		03:08:46	<b>03:09:04.10</b>	<b>03:09:05.60</b>	0:00		1.6 (21.6%)
DNC	<b>GREC Klaudia</b>	<b>117</b>	HUSARIA RACE TEAM	W Elite		03:10:28	<b>03:10:34.30</b>	<b>03:10:37.25</b>	0:00		1.6 (21.6%)
DNC	<b>TITOV Denis</b>	<b>651</b>		M 13-17		03:10:43	<b>03:10:53.30</b>	<b>03:10:55.95</b>	0:00		1.6 (21.6%)
DNC	<b>GARLACZ Justyna</b>	<b>770</b>		W 30-34		03:11:53	<b>03:12:00.70</b>	<b>03:12:04.30</b>	0:00		1.6 (21.6%)
DNC	<b>GINON Loïc</b>	<b>239</b>	INVICTA	M 25-29		03:14:23	<b>03:14:28.45</b>	<b>03:14:31.20</b>	0:00		1.5 (20.3%)
DNC	<b>AUBRIOT Pierre Charles</b>	<b>424</b>		M 30-34		03:15:02	<b>03:15:21.25</b>	<b>03:15:24.50</b>	0:00		1.5 (20.3%)
DNC	<b>KULAK Rafał</b>	<b>585</b>	BALTIC SEALS	M 40-44		03:16:40	<b>03:16:47.65</b>	<b>03:16:50.45</b>	0:00		1.5 (20.3%)
DNC	<b>THAYSEN Susanne</b>	<b>818</b>		W 40-44		03:17:40	<b>03:17:47.40</b>	<b>03:17:50.75</b>	0:00		1.5 (20.3%)
DNC	<b>SZADYKO Monika</b>	<b>703</b>		W 18-24		03:17:44	<b>03:17:57.00</b>	<b>03:17:58.85</b>	0:00		1.5 (20.3%)
DNC	<b>CHMIELORZ Józef</b>	<b>380</b>	CARBON OCR RACING TEAM	M 30-34		03:17:49	<b>03:17:59.10</b>	<b>03:18:00.55</b>	0:00		1.5 (20.3%)
DNC	<b>KRÓLAK Margarita</b>	<b>701</b>		W 18-24		03:18:41	<b>03:18:47.20</b>	<b>03:18:48.75</b>	0:00		1.5 (20.3%)
DNC	<b>GONZÁLEZ Ana De Miguel</b>	<b>765</b>		W 30-34		03:19:16	<b>03:19:23.25</b>	<b>03:19:26.30</b>	0:00		1.5 (20.3%)
DNC	<b>CUERVO Alex Felipe</b>	<b>315</b>	TRI OLENYA	M 30-34		03:19:39	<b>03:19:48.05</b>	<b>03:19:51.00</b>	0:00		1.5 (20.3%)
DNC	<b>BEORLEGI Irati</b>	<b>109</b>	DENONTZAT	W Elite		03:20:43	<b>03:20:51.55</b>	<b>03:20:53.90</b>	0:00		1.5 (20.3%)
DNC	<b>МАКОРИНА Полина</b>	<b>734</b>		W 25-29		03:23:08	<b>03:23:15.00</b>	<b>03:23:16.55</b>	0:00		1.5 (20.3%)
DNC	<b>KLONOWICZ Patrycja</b>	<b>697</b>		W 18-24		03:23:20	<b>03:23:26.70</b>	<b>03:23:28.65</b>	0:00		1.5 (20.3%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>SŁONIEWSKI Rafał</b>	<b>500</b>		M 35-39		03:25:33	<b>03:25:42.10</b>	<b>03:25:45.55</b>	0:00		1.5 (20.3%)
DNC	<b>DADELEWSKA Joanna</b>	<b>799</b>	PIĘKNI I BESTIE	W 35-39		03:25:36	<b>03:26:14.20</b>	<b>03:26:17.65</b>	0:00		1.5 (20.3%)
DNC	<b>VERSEPUECH Adélie</b>	<b>746</b>		W 30-34		03:25:58	<b>03:26:15.45</b>	<b>03:26:19.05</b>	0:00		1.5 (20.3%)
DNC	<b>GARNUSZEK Anita</b>	<b>729</b>		W 25-29		03:26:53	<b>03:27:00.95</b>	<b>03:27:02.45</b>	0:00		1.4 (18.9%)
DNC	<b>BURS Klaudia</b>	<b>695</b>		W 18-24		03:28:09	<b>03:28:26.45</b>	<b>03:28:28.70</b>	0:00		1.4 (18.9%)
DNC	<b>FRANICA Mateusz</b>	<b>159</b>	CARBON OCR RACING TEAM	M 18-24		03:28:25	<b>03:28:37.70</b>	<b>03:28:40.45</b>	0:00		1.4 (18.9%)
DNC	<b>HOZ Isabel De La</b>	<b>97</b>	BRAVE BULLS	W Elite		03:29:07	<b>03:29:14.85</b>	<b>03:29:17.25</b>	0:00		1.4 (18.9%)
DNC	<b>ZYWER Urszula</b>	<b>717</b>		W 25-29		03:30:03	<b>03:30:10.45</b>	<b>03:30:11.90</b>	0:00		1.4 (18.9%)
DNC	<b>KOZIOŁ Kamil</b>	<b>232</b>		M 25-29		03:31:19	<b>03:31:38.15</b>	<b>03:31:40.75</b>	0:00		1.4 (18.9%)
DNC	<b>BARALDI Davide</b>	<b>395</b>	WHITE DONKEYS	M 30-34		03:31:54	<b>03:32:08.65</b>	<b>03:32:10.70</b>	0:00		1.4 (18.9%)
DNC	<b>GÓRZYŃSKI Konrad</b>	<b>662</b>		M 13-17		03:32:42	<b>03:32:58.45</b>	<b>03:33:00.45</b>	0:00		1.4 (18.9%)
DNC	<b>KUCZKOWSKA Marta</b>	<b>718</b>	WATAHA GRUPA TRENINGOWA	W 25-29		03:33:15	<b>03:33:21.75</b>	<b>03:33:22.75</b>	0:00		1.4 (18.9%)
DNC	<b>RIPOLLÉS Lluna Sanz</b>	<b>716</b>		W 25-29		03:33:41	<b>03:33:47.20</b>	<b>03:33:48.05</b>	0:00		1.4 (18.9%)
DNC	<b>NAVARRO Cristian Manuel Madrid</b>	<b>211</b>		M 25-29		03:35:25	<b>03:35:50.75</b>	<b>03:35:52.55</b>	0:00		1.4 (18.9%)
DNC	<b>BELLIDO David Fernández</b>	<b>210</b>		M 25-29		03:35:36	<b>03:35:50.60</b>	<b>03:35:52.60</b>	0:00		1.4 (18.9%)
DNC	<b>GOFFIN Anneleen</b>	<b>776</b>	OCR WAASLAND BELGIUM	W 30-34		03:36:39	<b>03:36:57.35</b>	<b>03:37:00.65</b>	0:00		1.4 (18.9%)
DNC	<b>HEIJKENSKJÖLD Fenja</b>	<b>763</b>		W 30-34		03:38:14	<b>03:38:18.35</b>	<b>03:38:22.05</b>	0:00		1.4 (18.9%)
DNC	<b>GARDABOU Ibtisam</b>	<b>680</b>		W 18-24		03:39:55	<b>03:40:21.20</b>	<b>03:40:23.40</b>	0:00		1.4 (18.9%)
DNC	<b>JANSEN Theo</b>	<b>561</b>		M 35-39		03:40:45	<b>03:40:51.55</b>	<b>03:40:54.15</b>	0:00		1.4 (18.9%)
DNC	<b>HAHN Henrik</b>	<b>389</b>		M 30-34		03:41:54	<b>03:42:03.30</b>	<b>03:42:05.65</b>	0:00		1.4 (18.9%)
DNC	<b>GROBELNA Aleksandra</b>	<b>693</b>		W 18-24		03:42:56	<b>03:43:05.00</b>	<b>03:43:06.30</b>	0:00		1.3 (17.6%)
DNC	<b>BALUTA-MAŁECKA Edyta</b>	<b>700</b>		W 18-24		03:42:56	<b>03:43:05.25</b>	<b>03:43:06.65</b>	0:00		1.3 (17.6%)
DNC	<b>PAPIÓR Jolanta</b>	<b>704</b>		W 18-24		03:48:15	<b>03:48:21.75</b>	<b>03:48:23.75</b>	0:00		1.3 (17.6%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
DNC	<b>KAŁUŻNY Michał</b>	<b>280</b>	DIRTY SPARROWS	M 25-29		04:00:41	<b>04:00:47.20</b>	<b>04:00:51.05</b>	0:00		1.2 (16.2%)
DNC	<b>RITZLER Anna</b>	<b>712</b>	UNTERFRANKEN VIKINGS	W 25-29		04:02:43	<b>04:02:51.50</b>	<b>04:02:53.65</b>	0:00		1.2 (16.2%)
DNC	<b>MACIUSZEK Julia</b>	<b>698</b>		W 18-24		04:03:58	<b>04:04:08.30</b>	<b>04:04:09.75</b>	0:00		1.2 (16.2%)
DNC	<b>TULLOCH Jon 'Abs'</b>	<b>642</b>		M 40-44		04:08:02	<b>04:08:11.85</b>	<b>04:08:14.80</b>	0:00		1.2 (16.2%)
DNC	<b>MISSALA Andrzej</b>	<b>659</b>	POWER TRAINING	M 13-17		04:10:20	<b>04:10:27.60</b>	<b>04:10:29.35</b>	0:00		1.2 (16.2%)
DNC	<b>DELOGE Alexandre</b>	<b>622</b>		M 40-44		04:14:30	<b>04:14:46.70</b>	<b>04:14:50.05</b>	0:00		1.2 (16.2%)
DNC	<b>CASTELEIJN Selma</b>	<b>691</b>	OUTDOOR VALLEY	W 18-24		04:19:01	<b>04:19:10.20</b>	<b>04:19:12.85</b>	0:00		1.2 (16.2%)
DNC	<b>WUNDERLICH Tobias</b>	<b>292</b>	UNTERFRANKEN VIKINGS	M 25-29		04:31:54	<b>04:32:04.05</b>	<b>04:32:06.95</b>	0:00		1.1 (14.9%)
DNC	<b>STRNAD Sebastian</b>	<b>398</b>	UNTERFRANKEN VIKINGS	M 30-34		04:37:52	<b>04:38:01.25</b>	<b>04:38:03.40</b>	0:00		1.1 (14.9%)
	<b>LINDBERG Mads</b>	<b>923</b>		M Journeyman		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>WITT André</b>	<b>73</b>		M Elite		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>ŠNOPL Víta</b>	<b>140</b>	#GLADIATORRACETEAM	M 18-24		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>ILNICKI Darek</b>	<b>340</b>		M 30-34		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>LUND Maria</b>	<b>683</b>		W 18-24		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>HAAVISTO Ellen</b>	<b>675</b>	EFI OCR TEAM	W 18-24		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>LILJESTAM Richard</b>	<b>180</b>		M 18-24		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>NUTIL Michal</b>	<b>253</b>		M 25-29		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>KOZLOWSKI Artur</b>	<b>124</b>		M 18-24		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>HERNANDEZ Ayoze Herrera</b>	<b>316</b>	TFG/TONI MUSCLE	M 30-34		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>CURTIS Carl</b>	<b>359</b>		M 30-34		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>BAKKER Pim</b>	<b>667</b>		M 13-17		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>BEURER Stephan</b>	<b>258</b>		M 25-29		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)
	<b>ÁLVAREZ Rafita Fernández</b>	<b>583</b>		M 40-44		DNF	<b>DNF</b>	<b>DNF</b>	-		- (0.0%)

Place	Participant	Number	Club	Category	MCat	Spiker_OCR 4.9km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
	<b>HAJEWSKI Michał</b>	<b>618</b>		M 40-44		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>COMMANDEUR Tjeerd</b>	<b>437</b>		M 30-34		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>OŚLIZŁO Tomasz</b>	<b>3</b>	HUSARIA RACE TEAM	M Elite		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>HAAVISTO Emmy</b>	<b>673</b>	EFI OCR TEAM	W 18-24		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BARANOWSKA Katarzyna</b>	<b>105</b>	GORĄCY POTOK TEAM- PODHALAŃSKIE DZIKI	W Elite		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POZNYAK Tatiana</b>	<b>816</b>	GAZPROMBANK OCR TEAM	W 40-44		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GRAUTE Matthias</b>	<b>10</b>		M Elite		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ULRICH Susanne</b>	<b>720</b>		W 25-29		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SANDBERG Amanda</b>	<b>677</b>	TEAM MERRELL	W 18-24		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZECHLICKI Dawid</b>	<b>664</b>		M 13-17		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BAŁDYGA Miłosz</b>	<b>665</b>		M 13-17		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 899 results.