

**OCR POLISH CHAMPIONSHIPS - RUN4FREE**

Organizator: OCRA POLAND  
 Data: 2018-08-26  
 Miejsce: Ząbki  
 Dystans: 7 km  
 Klasyfikacja wg czasów brutto.


**OCR POLISH CHAMPIONSHIPS - RUN4FREE, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3km	Netto	Brutto	min/km	km/h
1	DZIEWULSKI SEBASTIAN	172				OPEN	1	M 1	00:24:11	00:40:34.30	00:40:40.45	5:47	10.4
2	WINIARSKI WOJCIECH	168				OPEN	2	M 2	00:24:55	00:46:14.65	00:46:18.50	6:36	9.1
3	SKROBIK TOMASZ	166				OPEN	3	M 3	00:24:39	00:46:36.25	00:46:40.80	6:39	9
4	OSIK SEBASTIAN	163				OPEN	4	M 4	00:24:52	00:46:37.20	00:46:40.95	6:39	9
5	FORKASIEWICZ MARCIN	164				OPEN	5	M 5	00:25:01	00:46:44.05	00:46:47.75	6:40	9
6	MURAWSKI PAWEŁ	151	UM ZĄBKI			OPEN	6	M 6	00:21:34	00:46:42.00	00:46:49.35	6:40	9
7	BALCEROWSKI RAFAŁ	153	UM ZĄBKI			OPEN	7	M 7	00:21:30	00:46:42.60	00:46:49.55	6:40	9
8	BALCERZAK-JAŁTUSZEWSKA KATARZYNA	152	UM ZĄBKI			OPEN	8	K 1	00:21:27	00:46:44.00	00:46:50.30	6:40	9
9	ZALEWSKA MAŁGORZATA	155	UM ZĄBKI			OPEN	9	K 2	00:21:32	00:46:44.75	00:46:50.80	6:40	9
10	SZPAKOWSKI KONRAD	150	UM ZĄBKI			OPEN	10	M 8	00:21:36	00:46:49.25	00:46:57.10	6:41	9
11	PIEKUTOWSKI IREK	178				OPEN	11	M 9	00:26:46	00:49:26.00	00:49:28.75	7:03	8.5
12	STASIŃSKI HUBERT	165				OPEN	12	M 10	00:24:50	00:49:25.65	00:49:28.95	7:03	8.5
13	BARACZ SYLWIA	162				OPEN	13	K 3	00:24:06	00:49:25.60	00:49:29.60	7:03	8.5
14	BAZYDŁO ŁUKASZ	169				OPEN	14	M 11	00:32:28	00:54:35.60	00:54:39.30	7:48	7.7
15	DĄBROWSKA MALWINA	207				OPEN	15	K 4	00:35:45	00:54:38.10	00:54:43.25	7:48	7.7
16	BARAN GRZEGORZ	179				OPEN	16	M 12	00:32:48	01:01:06.60	01:01:12.10	8:43	6.9
17	JACHYMEK KARINA	154	UM ZĄBKI			OPEN	17	K 5	00:32:33	01:01:57.55	01:02:04.15	8:51	6.8
18	ROSŁOŃSKA IWONA	173				OPEN	18	K 6	00:32:02	01:02:23.05	01:02:29.40	8:54	6.7
19	GOŹDZIK EDWARD	199				OPEN	19	M 13	00:32:01	01:02:22.95	01:02:29.45	8:54	6.7
20	KOCZYK ARTUR	195				OPEN	20	M 14	00:34:53	01:03:28.55	01:03:33.95	9:04	6.6
21	TRUCHEL ANDRZEJ	167				OPEN	21	M 15	00:34:52	01:03:35.90	01:03:40.75	9:05	6.6
22	RUKUSZEWICZ PIOTR	159	GRAFOTRONIC TEAM			OPEN	22	M 16	00:34:59	01:03:37.25	01:03:41.55	9:05	6.6
23	WOŹNIAK MARCIN	160				OPEN	23	M 17	00:34:54	01:03:39.10	01:03:42.35	9:05	6.6
	CUDNIK PAWEŁ	161				OPEN			DNF	DNF	DNF	-	-

**OCR POLISH CHAMPIONSHIPS - RUN4FREE, K-OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3km	Netto	Brutto	min/km	km/h
1	BALCERZAK-JAŁTUSZEWSKA KATARZYNA	152	UM ZĄBKI			OPEN	8	K 1	00:21:27	00:46:44.00	00:46:50.30	6:40	9
2	ZALEWSKA MAŁGORZATA	155	UM ZĄBKI			OPEN	9	K 2	00:21:32	00:46:44.75	00:46:50.80	6:40	9
3	BARACZ SYLWIA	162				OPEN	13	K 3	00:24:06	00:49:25.60	00:49:29.60	7:03	8.5
4	DĄBROWSKA MALWINA	207				OPEN	15	K 4	00:35:45	00:54:38.10	00:54:43.25	7:48	7.7
5	JACHYMEK KARINA	154	UM ZĄBKI			OPEN	17	K 5	00:32:33	01:01:57.55	01:02:04.15	8:51	6.8
6	ROSŁOŃSKA IWONA	173				OPEN	18	K 6	00:32:02	01:02:23.05	01:02:29.40	8:54	6.7

**OCR POLISH CHAMPIONSHIPS - RUN4FREE, M-OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3km	Netto	Brutto	min/km	km/h
1	DZIEWULSKI SEBASTIAN	172				OPEN	1	M 1	00:24:11	00:40:34.30	00:40:40.45	5:47	10.4
2	WINIARSKI WOJCIECH	168				OPEN	2	M 2	00:24:55	00:46:14.65	00:46:18.50	6:36	9.1
3	SKROBIK TOMASZ	166				OPEN	3	M 3	00:24:39	00:46:36.25	00:46:40.80	6:39	9
4	OSIK SEBASTIAN	163				OPEN	4	M 4	00:24:52	00:46:37.20	00:46:40.95	6:39	9
5	FORKASIEWICZ MARCIN	164				OPEN	5	M 5	00:25:01	00:46:44.05	00:46:47.75	6:40	9

**OCR POLISH CHAMPIONSHIPS - RUN4FREE, M-OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3km	Netto	Brutto	min/km	km/h
6	MURAWSKI PAWEŁ	151	UM ZĄBKI		OPEN		6	M 6	00:21:34	00:46:42.00	00:46:49.35	6:40	9
7	BALCEROWSKI RAFAŁ	153	UM ZĄBKI		OPEN		7	M 7	00:21:30	00:46:42.60	00:46:49.55	6:40	9
8	SZPAKOWSKI KONRAD	150	UM ZĄBKI		OPEN		10	M 8	00:21:36	00:46:49.25	00:46:57.10	6:41	9
9	PIEKUTOWSKI IREK	178			OPEN		11	M 9	00:26:46	00:49:26.00	00:49:28.75	7:03	8.5
10	STASIŃSKI HUBERT	165			OPEN		12	M 10	00:24:50	00:49:25.65	00:49:28.95	7:03	8.5
11	BAZYDŁO ŁUKASZ	169			OPEN		14	M 11	00:32:28	00:54:35.60	00:54:39.30	7:48	7.7
12	BARAN GRZEGORZ	179			OPEN		16	M 12	00:32:48	01:01:06.60	01:01:12.10	8:43	6.9
13	GOŹDZIK EDWARD	199			OPEN		19	M 13	00:32:01	01:02:22.95	01:02:29.45	8:54	6.7
14	KOCZYK ARTUR	195			OPEN		20	M 14	00:34:53	01:03:28.55	01:03:33.95	9:04	6.6
15	TRUCHEL ANDRZEJ	167			OPEN		21	M 15	00:34:52	01:03:35.90	01:03:40.75	9:05	6.6
16	RUKUSZEWICZ PIOTR	159	GRAFOTRONIC TEAM		OPEN		22	M 16	00:34:59	01:03:37.25	01:03:41.55	9:05	6.6
17	WOŹNIAK MARCIN	160			OPEN		23	M 17	00:34:54	01:03:39.10	01:03:42.35	9:05	6.6
	CUDNIK PAWEŁ	161			OPEN				DNF	DNF	DNF	-	-

**OCR POLISH CHAMPIONSHIPS - RUN4FREE, 13:00**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3km	Netto	Brutto	min/km	km/h
1	DZIEWULSKI SEBASTIAN	172			OPEN		1	M 1	00:24:11	00:40:34.30	00:40:40.45	5:47	10.4
2	WINIARSKI WOJCIECH	168			OPEN		2	M 2	00:24:55	00:46:14.65	00:46:18.50	6:36	9.1
3	SKROBIK TOMASZ	166			OPEN		3	M 3	00:24:39	00:46:36.25	00:46:40.80	6:39	9
4	OSIK SEBASTIAN	163			OPEN		4	M 4	00:24:52	00:46:37.20	00:46:40.95	6:39	9
5	FORKASIEWICZ MARCIN	164			OPEN		5	M 5	00:25:01	00:46:44.05	00:46:47.75	6:40	9
6	MURAWSKI PAWEŁ	151	UM ZĄBKI		OPEN		6	M 6	00:21:34	00:46:42.00	00:46:49.35	6:40	9
7	BALCEROWSKI RAFAŁ	153	UM ZĄBKI		OPEN		7	M 7	00:21:30	00:46:42.60	00:46:49.55	6:40	9
8	BALCERZAK-JAŁTUSZEWSKA KATARZYNA	152	UM ZĄBKI		OPEN		8	K 1	00:21:27	00:46:44.00	00:46:50.30	6:40	9
9	ZALEWSKA MAŁGORZATA	155	UM ZĄBKI		OPEN		9	K 2	00:21:32	00:46:44.75	00:46:50.80	6:40	9
10	SZPAKOWSKI KONRAD	150	UM ZĄBKI		OPEN		10	M 8	00:21:36	00:46:49.25	00:46:57.10	6:41	9
11	PIEKUTOWSKI IREK	178			OPEN		11	M 9	00:26:46	00:49:26.00	00:49:28.75	7:03	8.5
12	STASIŃSKI HUBERT	165			OPEN		12	M 10	00:24:50	00:49:25.65	00:49:28.95	7:03	8.5
13	BARACZ SYLWIA	162			OPEN		13	K 3	00:24:06	00:49:25.60	00:49:29.60	7:03	8.5
14	BAZYDŁO ŁUKASZ	169			OPEN		14	M 11	00:32:28	00:54:35.60	00:54:39.30	7:48	7.7
15	DĄBROWSKA MALWINA	207			OPEN		15	K 4	00:35:45	00:54:38.10	00:54:43.25	7:48	7.7
16	BARAN GRZEGORZ	179			OPEN		16	M 12	00:32:48	01:01:06.60	01:01:12.10	8:43	6.9
17	JACHYMEK KARINA	154	UM ZĄBKI		OPEN		17	K 5	00:32:33	01:01:57.55	01:02:04.15	8:51	6.8
18	ROŚŁOŃSKA IWONA	173			OPEN		18	K 6	00:32:02	01:02:23.05	01:02:29.40	8:54	6.7
19	GOŹDZIK EDWARD	199			OPEN		19	M 13	00:32:01	01:02:22.95	01:02:29.45	8:54	6.7
20	KOCZYK ARTUR	195			OPEN		20	M 14	00:34:53	01:03:28.55	01:03:33.95	9:04	6.6
21	TRUCHEL ANDRZEJ	167			OPEN		21	M 15	00:34:52	01:03:35.90	01:03:40.75	9:05	6.6
22	RUKUSZEWICZ PIOTR	159	GRAFOTRONIC TEAM		OPEN		22	M 16	00:34:59	01:03:37.25	01:03:41.55	9:05	6.6
23	WOŹNIAK MARCIN	160			OPEN		23	M 17	00:34:54	01:03:39.10	01:03:42.35	9:05	6.6
	CUDNIK PAWEŁ	161			OPEN				DNF	DNF	DNF	-	-

**OCR POLISH CHAMPIONSHIPS - RUN4FREE, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3km	Netto	Brutto	min/km	km/h
1	DZIEWULSKI SEBASTIAN	172			OPEN		1	M 1	00:24:11	00:40:34.30	00:40:40.45	5:47	10.4
2	WINIARSKI WOJCIECH	168			OPEN		2	M 2	00:24:55	00:46:14.65	00:46:18.50	6:36	9.1
3	SKROBIK TOMASZ	166			OPEN		3	M 3	00:24:39	00:46:36.25	00:46:40.80	6:39	9
4	OSIK SEBASTIAN	163			OPEN		4	M 4	00:24:52	00:46:37.20	00:46:40.95	6:39	9
5	FORKASIEWICZ MARCIN	164			OPEN		5	M 5	00:25:01	00:46:44.05	00:46:47.75	6:40	9
6	MURAWSKI PAWEŁ	151	UM ZĄBKI		OPEN		6	M 6	00:21:34	00:46:42.00	00:46:49.35	6:40	9
7	BALCEROWSKI RAFAŁ	153	UM ZĄBKI		OPEN		7	M 7	00:21:30	00:46:42.60	00:46:49.55	6:40	9
8	BALCERZAK-JAŁTUSZEWSKA KATARZYNA	152	UM ZĄBKI		OPEN		8	K 1	00:21:27	00:46:44.00	00:46:50.30	6:40	9
9	ZALEWSKA MAŁGORZATA	155	UM ZĄBKI		OPEN		9	K 2	00:21:32	00:46:44.75	00:46:50.80	6:40	9

**OCR POLISH CHAMPIONSHIPS - RUN4FREE, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3km	Netto	Brutto	min/km	km/h
10	SZPAKOWSKI KONRAD	150	UM ZĄBKI		OPEN		10	M 8	00:21:36	00:46:49.25	00:46:57.10	6:41	9
11	PIEKUTOWSKI IREK	178			OPEN		11	M 9	00:26:46	00:49:26.00	00:49:28.75	7:03	8.5
12	STASIŃSKI HUBERT	165			OPEN		12	M 10	00:24:50	00:49:25.65	00:49:28.95	7:03	8.5
13	BARACZ SYLWIA	162			OPEN		13	K 3	00:24:06	00:49:25.60	00:49:29.60	7:03	8.5
14	BAZYDŁO ŁUKASZ	169			OPEN		14	M 11	00:32:28	00:54:35.60	00:54:39.30	7:48	7.7
15	DĄBROWSKA MALWINA	207			OPEN		15	K 4	00:35:45	00:54:38.10	00:54:43.25	7:48	7.7
16	BARAN GRZEGORZ	179			OPEN		16	M 12	00:32:48	01:01:06.60	01:01:12.10	8:43	6.9
17	JACHYMEK KARINA	154	UM ZĄBKI		OPEN		17	K 5	00:32:33	01:01:57.55	01:02:04.15	8:51	6.8
18	ROŚLŃSKA IWONA	173			OPEN		18	K 6	00:32:02	01:02:23.05	01:02:29.40	8:54	6.7
19	GOŹDZIK EDWARD	199			OPEN		19	M 13	00:32:01	01:02:22.95	01:02:29.45	8:54	6.7
20	KOCZYK ARTUR	195			OPEN		20	M 14	00:34:53	01:03:28.55	01:03:33.95	9:04	6.6
21	TRUCHEL ANDRZEJ	167			OPEN		21	M 15	00:34:52	01:03:35.90	01:03:40.75	9:05	6.6
22	RUKUSZEWICZ PIOTR	159	GRAFOTRONIC TEAM		OPEN		22	M 16	00:34:59	01:03:37.25	01:03:41.55	9:05	6.6
23	WOŹNIAK MARCIN	160			OPEN		23	M 17	00:34:54	01:03:39.10	01:03:42.35	9:05	6.6
	CUDNIK PAWEŁ	161			OPEN				DNF	DNF	DNF	-	-