

MPOCR 2019 - 5 KM

 Organizator: OCR Polska
 Data: 2019-09-07
 Miejsce: Radotki
 Dystans: 5 km
 Klasyfikacja wg czasów brutto.

MPOCR 2019 - 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-------------------------|-------------------|------|---------|--------|------|-------------|-------------|--------|------|
| 1 | KRAWCZYK TOMASZ | 15 | HUSARIA RACE TEAM | DOBROŃ | POL | M ELITE | 1 | M 1 | 00:48:09.25 | 00:48:09.25 | 9:37 | 6.2 |
| 2 | HAJNOS DAWID | 11 | GORĄCY POTOK | SZAFLARY | POL | M ELITE | 2 | M 2 | 00:49:23.60 | 00:49:23.60 | 9:52 | 6.1 |
| 3 | KASPRZYK SEBASTIAN | 1 | #KASPRZYKTEAM | DOBZYCE | POL | M ELITE | 3 | M 3 | 00:51:45.15 | 00:51:45.15 | 10:21 | 5.8 |
| 4 | SOBIERAJSKI BOLEK | 4013 | OCR POLAND | ZĄBKI | | M 18-24 | 1 | M 4 | 00:57:29.25 | 00:57:29.25 | 11:29 | 5.2 |
| 5 | JÓZEFIAK ŁUKASZ | 509 | XRUNNERS | PSZCZÓŁKI | POL | M 35-39 | 1 | M 5 | 01:03:42.40 | 01:03:42.40 | 12:44 | 4.7 |
| 6 | KOZŁOWSKI ARTUR | 211 | HUSARIA RACE TEAM | ŁASK | POL | M 18-24 | 2 | M 6 | 01:03:52.25 | 01:03:52.25 | 12:46 | 4.7 |
| 7 | BANDOSZ ROBERT | 18 | KONIUCHY OCR | SIERPC | POL | M ELITE | 4 | M 7 | 01:04:53.85 | 01:04:53.85 | 12:58 | 4.6 |
| 8 | LYKHITSKYI VOLODYMYR | 411 | WATAHA | WROCŁAW | POL | M 30-34 | 1 | M 8 | 01:06:41.95 | 01:06:41.95 | 13:20 | 4.5 |
| 9 | TOMASIK ALAN | 307 | NEXTREME | WARSZAWA | POL | M 25-29 | 1 | M 9 | 01:10:36.85 | 01:10:36.85 | 14:07 | 4.2 |
| 10 | KRAUCHANKA ALIAKSANDR | 9 | ??????? | ?????????? | BLR | M ELITE | 5 | M 10 | 01:11:31.95 | 01:11:31.95 | 14:18 | 4.2 |
| 11 | DECIUK TEOFIL | 16 | | ZIELONA GORA | POL | M ELITE | 6 | M 11 | 01:12:44.70 | 01:12:44.70 | 14:32 | 4.1 |
| 12 | JACIÓW PAWEŁ | 309 | WATAHA | PRZEMYSŁ | POL | M 25-29 | 2 | M 12 | 01:13:06.45 | 01:13:06.45 | 14:37 | 4.1 |
| 13 | CHYLIŃSKI RADOSŁAW | 1406 | ANWILTEAM | WŁOCŁAWEK | POL | M OPEN | 1 | M 13 | 01:22:19.35 | 01:22:19.35 | 16:27 | 3.6 |
| 14 | GAPIŃSKI RAFAŁ | 1408 | | WŁOCŁAWEK | POL | M OPEN | 2 | M 14 | 01:22:20.05 | 01:22:20.05 | 16:28 | 3.6 |
| 15 | STEFAŃSKI ARKADIUSZ | 1411 | ANWILTEAM | CZERNIEWICE | POL | M OPEN | 3 | M 15 | 01:22:20.95 | 01:22:20.95 | 16:28 | 3.6 |
| 16 | STOKFISZ MICHAŁ | 1414 | ANWILTEAM | CHOCEN | POL | M OPEN | 4 | M 16 | 01:22:42.50 | 01:22:42.50 | 16:32 | 3.6 |
| 17 | KOWALKOWSKI PAWEŁ | 1403 | ANWILTEAM | GOSTYNIN | POL | M OPEN | 5 | M 17 | 01:22:58.30 | 01:22:58.30 | 16:35 | 3.6 |
| 18 | LINIEWSKI ŁUKASZ | 1409 | ANWILTEAM | WŁOCŁAWEK | POL | M OPEN | 6 | M 18 | 01:24:03.50 | 01:24:03.50 | 16:48 | 3.6 |
| 19 | KALININ JAROSŁAW | 6 | XRUNNERS | WROCŁAW | POL | M ELITE | 7 | M 19 | 01:24:13.05 | 01:24:13.05 | 16:50 | 3.6 |
| 20 | GROBELNA ALEKSANDRA | 105 | XRUNNERS | BRZEG DOLNY | POL | K ELITE | 1 | K 1 | 01:25:07.05 | 01:25:07.05 | 17:01 | 3.5 |
| 21 | STELNIKOVICH SERGEY | 7 | | ?????????? | BLR | M ELITE | 8 | M 20 | 01:26:53.60 | 01:26:53.60 | 17:22 | 3.5 |
| 22 | MARCINIAK PRZEMYSŁAW | 1412 | ANWILTEAM | WŁOCŁAWEK | POL | M OPEN | 7 | M 21 | 01:27:51.35 | 01:27:51.35 | 17:34 | 3.4 |
| 23 | MALINOWSKI RAFAŁ | 1315 | | PŁOCK | POL | M OPEN | 8 | M 22 | 01:28:43.50 | 01:28:43.50 | 17:44 | 3.4 |
| 24 | PRUSAK PIOTR | 10 | GORĄCY POTOK TEAM | NOWY SĄCZ | POL | M ELITE | 9 | M 23 | 01:32:30.05 | 01:32:30.05 | 18:30 | 3.2 |
| 25 | MACIOŁEK ARKADIUSZ | 1217 | CROSSFIT TEAM SUSZ | ILAWA | POL | M OPEN | 9 | M 24 | 01:33:44.45 | 01:33:44.45 | 18:44 | 3.2 |
| 26 | LEWANDOWSKI BARTOSZ | 1410 | ANWILTEAM | WŁOCŁAWEK | POL | M OPEN | 10 | M 25 | 01:34:09.05 | 01:34:09.05 | 18:49 | 3.2 |
| 27 | SPYCHALSKI TOMASZ | 1407 | ANWILTEAM | KONECK | POL | M OPEN | 11 | M 26 | 01:35:46.65 | 01:35:46.65 | 19:09 | 3.1 |
| 28 | ZUBEK MARTA | 1404 | ANWILTEAM | WŁOCŁAWEK | POL | K OPEN | 1 | K 2 | 01:35:59.95 | 01:35:59.95 | 19:11 | 3.1 |
| 29 | BŁASZCZYK BRUNON | 4018 | KONIUCHY OCR | WARSZAWA | POL | M OPEN | 12 | M 27 | 01:37:43.75 | 01:37:43.75 | 19:32 | 3.1 |
| 30 | OZIMKOWSKA BEATA | 1206 | | SKĘPE | POL | K OPEN | 2 | K 3 | 01:37:55.15 | 01:37:55.15 | 19:35 | 3.1 |
| 31 | WIKTOROWICZ MARIUSZ | 612 | RMF4RT GLADIATORS | ŁÓDŹ | POL | M 40-44 | 1 | M 28 | 01:39:31.85 | 01:39:31.85 | 19:54 | 3 |
| 32 | JANUSZEWSKI BARTOSZ | 21 | KONIUCHY OCR | ZIELONA GÓRA | POL | M ELITE | 10 | M 29 | 01:40:11.25 | 01:40:11.25 | 20:02 | 3 |
| 33 | PRZEDPEŁSKI JAROSŁAW | 1255 | | PŁOCK | POL | M OPEN | 13 | M 30 | 01:41:46.25 | 01:41:46.25 | 20:21 | 2.9 |
| 34 | CHOLEWINSKI PAWEŁ | 1249 | | KEDZIERZYN | POL | M OPEN | 14 | M 31 | 01:41:52.00 | 01:41:52.00 | 20:22 | 2.9 |
| 35 | LEWANDOWSKI TOMASZ | 1248 | | PŁOCK | POL | M OPEN | 15 | M 32 | 01:41:52.90 | 01:41:52.90 | 20:22 | 2.9 |
| 36 | JÓZWIAK ŁUKASZ | 1250 | | ARCHUTÓWKO | POL | M OPEN | 16 | M 33 | 01:41:52.90 | 01:41:52.90 | 20:22 | 2.9 |
| 37 | JUZAK DAWID | 1259 | | PŁOCK | POL | M OPEN | 17 | M 34 | 01:41:54.00 | 01:41:54.00 | 20:22 | 2.9 |
| 38 | PISARCZYK KAROLINA | 107 | BEFIT24TEAM | OLSZOWICE | POL | K ELITE | 2 | K 4 | 01:42:34.50 | 01:42:34.50 | 20:30 | 2.9 |
| 39 | JAROSZ DAVID | 20 | XRUNNERS | BYSTRZYCA KŁODZKA | POL | M ELITE | 11 | M 35 | 01:44:17.90 | 01:44:17.90 | 20:51 | 2.9 |
| 40 | SĘKOWSKI PIOTR | 1205 | | ŁĄSKI PIEC | POL | M OPEN | 18 | M 36 | 01:46:45.25 | 01:46:45.25 | 21:21 | 2.8 |
| 41 | WILGOCKI RADOSŁAW | 1221 | | GĄBIN | POL | M OPEN | 19 | M 37 | 01:47:18.65 | 01:47:18.65 | 21:27 | 2.8 |
| 42 | SKRZYŻOWSKI JANUSZ | 17 | | GORZYCZKI | POL | M ELITE | 12 | M 38 | 01:49:36.35 | 01:49:36.35 | 21:55 | 2.7 |
| 43 | RULEWSKI MICHAŁ | 4002 | XRUNNERS | BYDGOSZCZ | POL | M OPEN | 20 | M 39 | 01:51:29.65 | 01:51:29.65 | 22:17 | 2.7 |
| 44 | JĘDRZEJEWSKI JACEK | 1306 | SWAP RUUNING TEAM | PŁOCK | POL | M OPEN | 21 | M 40 | 01:52:26.15 | 01:52:26.15 | 22:29 | 2.7 |
| 45 | PIASECKI DAWID | 1229 | - | PŁOCK | POL | M OPEN | 22 | M 41 | 01:54:02.65 | 01:54:02.65 | 22:48 | 2.6 |
| 46 | JARZYŃKA BARTOSZ | 1270 | MKS 'ZA WODĄ PONIATOWO' | ŻUROMIN | POL | M OPEN | 23 | M 42 | 01:54:15.45 | 01:54:15.45 | 22:51 | 2.6 |

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|------|-------------------------|------|----------------------------------|----------------------|------|---------|--------|------|-------------|-------------|--------|------|
| 47 | PLACZEK ANNA | 1421 | CARBON OCR RACING TEAM | CZELADŹ | POL | K OPEN | 3 | K 5 | 01:54:33.30 | 01:54:33.30 | 22:54 | 2.6 |
| 48 | MĘDYGRAŁ KRYSZTIAN | 311 | WATAHA | WROCLAW | POL | M 25-29 | 3 | M 43 | 01:55:12.45 | 01:55:12.45 | 23:02 | 2.6 |
| 49 | LEWANDOWSKI PRZEMYSŁAW | 1267 | NIE W SZCZEPIONKĘ TEAM | WARSZAWA | POL | M OPEN | 24 | M 44 | 01:55:30.00 | 01:55:30.00 | 23:06 | 2.6 |
| 50 | KURACH STANISŁAW | 804 | DZIADY OCR | WARKA | POL | M 50+ | 1 | M 45 | 01:55:51.45 | 01:55:51.45 | 23:10 | 2.6 |
| 51 | WŁODARCZYK DAWID | 1232 | KUTNO BIEGA | STRZELCE | POL | M OPEN | 25 | M 46 | 01:56:08.70 | 01:56:08.70 | 23:13 | 2.6 |
| 52 | SKUPIEŃ TOMASZ | 802 | | SKOCZÓW | POL | M 13-17 | 1 | M 47 | 01:56:19.00 | 01:56:19.00 | 23:15 | 2.6 |
| 53 | MALINOWSKI JACEK | 1226 | | SIECIEŃ | POL | M OPEN | 26 | M 48 | 01:56:30.10 | 01:56:30.10 | 23:18 | 2.6 |
| 54 | MACIKOWSKI MARCIN | 1227 | | BRODNICA | POL | M OPEN | 27 | M 49 | 01:56:30.10 | 01:56:30.10 | 23:18 | 2.6 |
| 55 | FIGURSKI ŁUKASZ | 1305 | SWAP RUNNING TEAM | SOCHOCIN | POL | M OPEN | 28 | M 50 | 01:56:31.90 | 01:56:31.90 | 23:18 | 2.6 |
| 56 | STRZYŻEWSKI TOMEK | 1204 | | OSIE | POL | M OPEN | 29 | M 51 | 01:56:51.70 | 01:56:51.70 | 23:22 | 2.6 |
| 57 | TOMAKA TOMASZ | 19 | HUSARIA RACE TEAM | RZESZÓW | POL | M ELITE | 13 | M 52 | 01:56:52.60 | 01:56:52.60 | 23:22 | 2.6 |
| 58 | MISSALA MATEUSZ | 1274 | POWER TRAINING | STARE BABICE | POL | M OPEN | 30 | M 53 | 01:57:57.30 | 01:57:57.30 | 23:35 | 2.5 |
| 59 | MARUSZEWSKI MARCIN | 507 | NEXTREME | BRWILNO | POL | M 35-39 | 2 | M 54 | 01:58:05.65 | 01:58:05.65 | 23:37 | 2.5 |
| 60 | IWANOWSKI KAMIL | 1303 | | KIELCE | POL | M OPEN | 31 | M 55 | 01:58:06.25 | 01:58:06.25 | 23:37 | 2.5 |
| 61 | PUZON TOMASZ | 1309 | | KIELCE | POL | M OPEN | 32 | M 56 | 01:58:07.00 | 01:58:07.00 | 23:37 | 2.5 |
| 62 | ROMIK JAKUB | 1251 | | WITASZYCE | POL | M OPEN | 33 | M 57 | 01:58:45.15 | 01:58:45.15 | 23:45 | 2.5 |
| 63 | KIESZKOWSKI MICHAŁ | 1310 | | KUTNO | POL | M OPEN | 34 | M 58 | 01:59:29.55 | 01:59:29.55 | 23:53 | 2.5 |
| 64 | KOSIŃSKI MICHAEL | 1245 | HARPAGAN TEAM BYDGOSZCZ | BYDGOSZCZ | POL | M OPEN | 35 | M 59 | 01:59:41.95 | 01:59:41.95 | 23:56 | 2.5 |
| 65 | KARCZEWSKI ADAM | 1320 | SRK | CHMIELNO | POL | M OPEN | 36 | M 60 | 01:59:49.90 | 01:59:49.90 | 23:57 | 2.5 |
| 66 | PÓŁGĘSEK BARTOSZ | 1201 | HARPAGAN RUNNERS | SOLEC KUJAWSKI | POL | M OPEN | 37 | M 61 | 02:03:59.20 | 02:03:59.20 | 24:47 | 2.4 |
| 67 | ŁAPACZ TOMASZ | 1423 | POWER TRAINING | WARSZAWA | POL | M OPEN | 38 | M 62 | 02:04:30.50 | 02:04:30.50 | 24:54 | 2.4 |
| 68 | RYBAK PAULINA | 1314 | POWER TRAINING | WARSZAWA | POL | K OPEN | 4 | K 6 | 02:05:09.90 | 02:05:09.90 | 25:01 | 2.4 |
| 69 | JULIKOWSKI KAROL | 1304 | OFF-ROAD RUNNERS BENEFIT SYSTEMS | PIASECZNO | POL | M OPEN | 39 | M 63 | 02:05:09.95 | 02:05:09.95 | 25:01 | 2.4 |
| 70 | REDA WIESŁAW | 1263 | | PŁOCK | POL | M OPEN | 40 | M 64 | 02:05:30.95 | 02:05:30.95 | 25:06 | 2.4 |
| 71 | JARZYNA BARTŁOMIEJ | 1319 | | BRWINÓW | POL | M OPEN | 41 | M 65 | 02:07:49.65 | 02:07:49.65 | 25:33 | 2.3 |
| 72 | GILARSKI PAWEŁ | 1318 | | BRWINÓW | POL | M OPEN | 42 | M 66 | 02:07:49.70 | 02:07:49.70 | 25:33 | 2.3 |
| 73 | KOZŁOWSKI ANDRZEJ | 1321 | | GRODZISK | POL | M OPEN | 43 | M 67 | 02:07:49.95 | 02:07:49.95 | 25:33 | 2.3 |
| 74 | BANACZKOWSKI TOMASZ | 1301 | RMG4RT GLADIATORS | WARSZAWA | POL | M OPEN | 44 | M 68 | 02:08:01.65 | 02:08:01.65 | 25:36 | 2.3 |
| 75 | NAGLAK HUBERT | 4019 | | | | M OPEN | 45 | M 69 | 01:31:54.75 | 02:08:07.10 | 18:23 | 3.3 |
| 76 | FIRST TOMASZ | 1266 | POWER TRAINING | PŁOŃSK | POL | M OPEN | 46 | M 70 | 02:08:55.80 | 02:08:55.80 | 25:47 | 2.3 |
| 77 | TALAGA PAWEŁ | 1211 | KONIUCHY OCR | KUTNO | POL | M OPEN | 47 | M 71 | 02:09:03.45 | 02:09:03.45 | 25:48 | 2.3 |
| 78 | LIBERADZKI MARCIN | 1272 | ATHLETIC APOLLO | WEJHEROWO | POL | M OPEN | 48 | M 72 | 02:09:07.35 | 02:09:07.35 | 25:49 | 2.3 |
| 79 | ZABOROWSKI ŁUKASZ | 1228 | ACTIVE RUNNERS PŁOCK | PŁOCK | POL | M OPEN | 49 | M 73 | 02:09:11.30 | 02:09:11.30 | 25:50 | 2.3 |
| 80 | JÓZWIĄK JAROSŁAW | 1247 | | PŁOCK | POL | M OPEN | 50 | M 74 | 02:10:08.90 | 02:10:08.90 | 26:01 | 2.3 |
| 81 | SZYPERSKI MACIEJ | 1260 | | PŁOCK | POL | M OPEN | 51 | M 75 | 02:10:09.15 | 02:10:09.15 | 26:01 | 2.3 |
| 82 | WOJCIECHOWSKA MAGDALENA | 1257 | | PŁOCK | POL | K OPEN | 5 | K 7 | 02:10:09.15 | 02:10:09.15 | 26:01 | 2.3 |
| 83 | BLOCH JACEK | 1258 | | PŁOCK | POL | M OPEN | 52 | M 76 | 02:10:09.45 | 02:10:09.45 | 26:01 | 2.3 |
| 84 | WOJCIECHOWSKI ZIEMOWIT | 1256 | | PŁOCK | POL | M OPEN | 53 | M 77 | 02:10:09.75 | 02:10:09.75 | 26:01 | 2.3 |
| 85 | TURLEJ PAWEŁ | 1276 | | WARSZAWA | POL | M OPEN | 54 | M 78 | 02:10:11.25 | 02:10:11.25 | 26:02 | 2.3 |
| 86 | BYCZEK IZABELA | 1307 | CARBON OCR RACING TEAM | SIEMIANOWICE ŚLĄSKIE | POL | K OPEN | 6 | K 8 | 02:11:03.20 | 02:11:03.20 | 26:12 | 2.3 |
| 87 | SKWAREK MAGDALENA | 1311 | CARBON OCR RACING TEAM | KATOWICE | POL | K OPEN | 7 | K 9 | 02:11:03.65 | 02:11:03.65 | 26:12 | 2.3 |
| 88 | ZBROSZCZYK DAMIAN | 1308 | CARBON OCR RACING TEAM | RYBNIK | POL | M OPEN | 55 | M 79 | 02:13:29.75 | 02:13:29.75 | 26:41 | 2.2 |
| 89 | SZYPSZAK KONRAD | 1219 | CALISTHENICS PŁOCK | PŁOCK | POL | M OPEN | 56 | M 80 | 02:13:46.85 | 02:13:46.85 | 26:45 | 2.2 |
| 90 | GŁADYSZ MARCIN | 1302 | WILK TRENUJE | WARSZAWA | POL | M OPEN | 57 | M 81 | 02:14:26.75 | 02:14:26.75 | 26:53 | 2.2 |
| 91 | KIERZYK KRZYSZTOF | 1271 | | GLOGOW | POL | M OPEN | 58 | M 82 | 02:15:33.05 | 02:15:33.05 | 27:06 | 2.2 |
| 92 | DASZCZYK DAWID | 1203 | AKTYWNY OSTRZESZÓW | RZETNIA | POL | M OPEN | 59 | M 83 | 02:17:55.15 | 02:17:55.15 | 27:35 | 2.2 |
| 93 | RYBAK PIOTR | 1415 | | WARSZAWA | POL | M OPEN | 60 | M 84 | 02:18:25.00 | 02:18:25.00 | 27:41 | 2.2 |
| 94 | KOWALCZYK MARLENA | 1416 | | SULEJÓWEK | POL | K OPEN | 8 | K 10 | 02:18:25.30 | 02:18:25.30 | 27:41 | 2.2 |
| 95 | OWCZAREK ADAM | 1316 | | WARSZAWA | POL | M OPEN | 61 | M 85 | 02:18:26.20 | 02:18:26.20 | 27:41 | 2.2 |
| 96 | KITA GRZEGORZ | 4015 | PKSN | WARSZAWA | | M OPEN | 62 | M 86 | 02:18:52.90 | 02:18:52.90 | 27:46 | 2.2 |
| 97 | CZERWONIEC ANDRZEJ | 1238 | | ŁÓDŹ | POL | M OPEN | 63 | M 87 | 02:20:08.00 | 02:20:08.00 | 28:01 | 2.1 |
| 98 | WIELECHOWSKA NATALIA | 108 | HUSARIA RACE TEAM | WARSZAWA | POL | K ELITE | 3 | K 11 | 02:20:30.00 | 02:20:30.00 | 26:06 | 2.3 |
| 99 | KACZMARKIEWICZ KAMIL | 1212 | HARDCOROWE WYCHYLYBYMY | BYDGOSZCZ | POL | M OPEN | 64 | M 88 | 02:20:34.90 | 02:20:34.90 | 28:06 | 2.1 |
| 100 | SZAŁKOWSKA AGNIESZKA | 1210 | HARDCOROWE WYCHYLYBYMY | BYDGOSZCZ | POL | K OPEN | 9 | K 12 | 02:20:35.40 | 02:20:35.40 | 28:07 | 2.1 |
| 101 | MAŁKIEWICZ ZBYSZEK | 1215 | HARDCOROWE WYCHYLYBYMY | BYDGOSZCZ | POL | M OPEN | 65 | M 89 | 02:20:36.30 | 02:20:36.30 | 28:07 | 2.1 |
| 102 | KARASZEWSKI RAFAŁ | 4008 | | | | M OPEN | | M 90 | 02:23:17.75 | 02:23:17.75 | 28:39 | 2.1 |
| 103 | MAJOWSKI MICHAŁ | 1239 | CARBON OCR RACING TEAM | RUDA ŚLĄSKA | POL | M OPEN | 66 | M 91 | 02:23:33.90 | 02:23:33.90 | 28:42 | 2.1 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|--------------------|-----------------------|------|---------|--------|-------|-------------|-------------|--------|------|
| 104 | SHIMKO EVGEN | 1216 | HARPAGA RUNNERS | BYDGOSZCZ | POL | M OPEN | 67 | M 92 | 02:24:08.55 | 02:24:08.55 | 28:49 | 2.1 |
| 105 | WIŚNIEWSKA MONIKA | 1418 | | NOWE MIASTO LUBAWSKIE | POL | K OPEN | 10 | K 13 | 02:24:25.85 | 02:24:25.85 | 28:53 | 2.1 |
| 106 | WIŚNIEWSKI NORBERT | 1417 | HUSARIA RACE TEAM | NOWE MIASTO LUBAWSKIE | POL | M OPEN | 68 | M 93 | 02:24:26.50 | 02:24:26.50 | 28:53 | 2.1 |
| 107 | KRAUSE MAGDALENA | 1419 | HUSARIA RACE TEAM | TCZEW | POL | K OPEN | 11 | K 14 | 02:24:26.55 | 02:24:26.55 | 28:53 | 2.1 |
| 108 | SZYMAŃSKI ARTUR | 1209 | CALISTHENICS PŁOCK | PŁOCK | POL | M OPEN | 69 | M 94 | 02:24:59.40 | 02:24:59.40 | 28:59 | 2.1 |
| 109 | LASKOWSKI PRZEMYSŁAW | 1244 | CALISTHENICS PŁOCK | PŁOCK | POL | M OPEN | 70 | M 95 | 02:25:40.10 | 02:25:40.10 | 29:08 | 2.1 |
| 110 | FURA PIOTR | 1312 | HUSARIA RACE TEAM | GDAŃSK | POL | M OPEN | 71 | M 96 | 02:25:58.05 | 02:25:58.05 | 29:11 | 2.1 |
| 111 | DURKA MICHAŁ | 1208 | CALISTHENICS PŁOCK | PŁOCK | POL | M OPEN | 72 | M 97 | 02:26:36.55 | 02:26:36.55 | 29:19 | 2 |
| 112 | KRZESZEWSKI MARCIN | 1214 | CALISTHENICS PŁOCK | PŁOCK | POL | M OPEN | 73 | M 98 | 02:26:51.15 | 02:26:51.15 | 29:22 | 2 |
| 113 | ZAJĄC PAWEŁ | 1220 | | MIEROSZÓW | POL | M OPEN | 74 | M 99 | 02:27:43.30 | 02:27:43.30 | 29:32 | 2 |
| 114 | GAŁAN TOMASZ | 1237 | KOJOTY | MIEROSZÓW | POL | M OPEN | 75 | M 100 | 02:27:43.75 | 02:27:43.75 | 29:32 | 2 |
| 115 | MATEJA GRZESIEK | 1236 | KOJOTY | MIEROSZÓW | POL | M OPEN | 76 | M 101 | 02:27:44.20 | 02:27:44.20 | 29:32 | 2 |
| 116 | BURS KLAUDIA | 905 | | KOBYŁKA | POL | K 18-24 | 1 | K 15 | 02:27:52.00 | 02:27:52.00 | 27:34 | 2.2 |
| 117 | IRZYK PIOTR | 1268 | ZS WYSOGRÓD | PŁOCK | POL | M OPEN | 77 | M 102 | 02:28:26.90 | 02:28:26.90 | 29:41 | 2 |
| 118 | ROGOZIŃSKI TOMASZ | 1269 | | ŻUROMIN | POL | M OPEN | 78 | M 103 | 02:28:27.20 | 02:28:27.20 | 29:41 | 2 |
| 119 | PIOTROWSKI GRZEGORZ | 210 | SOCIOS SILESIA | SMOLNICA | POL | M 18-24 | 3 | M 104 | 02:29:01.10 | 02:29:01.10 | 29:48 | 2 |
| 120 | BRZECZKOWSKI PAWEŁ | 1223 | POWER TRAINING | WARSZAWA | POL | M OPEN | 79 | M 105 | 02:32:02.30 | 02:32:02.30 | 30:24 | 2 |
| 121 | NAGÓRKA MATEUSZ | 1243 | DECATHLON PŁOCK | PŁOCK | POL | M OPEN | 80 | M 106 | 02:32:14.55 | 02:32:14.55 | 30:26 | 2 |
| 122 | PIERZGALSKI PIOTR | 1230 | DECATHLON PŁOCK | BYDGOSZCZ | POL | M OPEN | 81 | M 107 | 02:32:15.05 | 02:32:15.05 | 30:27 | 2 |
| 123 | CISZEŁ KAMIL | 1242 | DECATHLON PŁOCK | PŁOCK | POL | M OPEN | 82 | M 108 | 02:32:16.25 | 02:32:16.25 | 30:27 | 2 |
| 124 | AJRYSZ JUSTYNA | 1241 | DECATHLON PŁOCK | PŁOCK | POL | K OPEN | 12 | K 16 | 02:32:16.45 | 02:32:16.45 | 30:27 | 2 |
| 125 | PIĄTEK MAREK | 1313 | | WOŁÓW | POL | M OPEN | 83 | M 109 | 02:32:19.55 | 02:32:19.55 | 30:27 | 2 |
| 126 | SKON DAWID | 1235 | KUTNO BIEGA | KUTNO | POL | M OPEN | 84 | M 110 | 02:32:27.80 | 02:32:27.80 | 30:29 | 2 |
| 127 | ZIMON NORBERT | 410 | WATAHA | WROCLAW | POL | M 30-34 | 2 | M 111 | 02:33:14.85 | 02:33:14.85 | 30:38 | 2 |
| 128 | SAWICKA KATARZYNA | 4003 | | KUTNO | POL | K OPEN | 13 | K 17 | 02:34:09.40 | 02:34:09.40 | 30:49 | 1.9 |
| 129 | GAWROŃSKA RENATA | 1424 | | KUTNO | POL | K OPEN | 14 | K 18 | 02:34:12.05 | 02:34:12.05 | 30:50 | 1.9 |
| 130 | KUJAWA MAŁGORZATA | 1317 | | OLSZTYN | POL | K OPEN | 15 | K 19 | 02:34:32.50 | 02:34:32.50 | 30:54 | 1.9 |
| 131 | SZAŁATA MARCIN | 4012 | KONIUCHY OCR | RADOM | | M 30-34 | 3 | M 112 | 02:42:06.70 | 02:42:06.70 | 0:00 | 1.9 |
| 132 | NADOLNY KAMIL | 1253 | | PRUSZKÓW | POL | M OPEN | 85 | M 113 | 02:42:48.95 | 02:42:48.95 | 32:33 | 1.8 |
| 133 | URBAŃSKI KAMIL | 404 | NEXTREME | SULĘCIN | POL | M 30-34 | 4 | M 114 | 02:42:52.95 | 02:42:52.95 | 0:00 | 1.8 |
| 134 | GÓRSKI EMIL | 1252 | HUSARIA RACE TEAM | WARSZAWA | POL | M OPEN | 86 | M 115 | 02:44:40.95 | 02:44:40.95 | 32:56 | 1.8 |
| 135 | CHODOWSKI ŁUKASZ | 1254 | HUSARIA RACE TEAM | PRUSZKÓW | POL | M OPEN | 87 | M 116 | 02:45:45.60 | 02:45:45.60 | 33:09 | 1.8 |
| 136 | PODBIELSKA GOSIA | 1601 | | WARSZAWA | POL | K OPEN | 16 | K 20 | 02:46:11.65 | 02:46:11.65 | 33:14 | 1.8 |
| 137 | BERK ARTUR | 1501 | R.AMBO RACE | ŁUKTA | POL | M OPEN | 88 | M 117 | 02:47:04.75 | 02:47:04.75 | 33:24 | 1.8 |
| 138 | SOSNOWSKA AGATA | 1213 | | PŁOCK | POL | K OPEN | 17 | K 21 | 02:48:26.95 | 02:48:26.95 | 33:41 | 1.8 |
| 139 | GREC KLAUDIA | 4014 | | WARSZAWA | | | | K 22 | 02:48:27.15 | 02:48:27.15 | 33:41 | 1.8 |
| 140 | LACHOWSKA AGATA | 4001 | | PŁOCK | POL | K OPEN | 18 | K 23 | 02:48:27.80 | 02:48:27.80 | 33:41 | 1.8 |
| 141 | GŁOWACKA DARIA | 4017 | | PŁOCK | | K OPEN | 19 | K 24 | 02:48:28.40 | 02:48:28.40 | 33:41 | 1.8 |
| 142 | WAŚOWSKA SANDRA | 4016 | | PŁOCK | | K OPEN | 20 | K 25 | 02:48:29.10 | 02:48:29.10 | 33:41 | 1.8 |
| 143 | KIĘPISTY PATRYK | 301 | MOVE FACTORY | ŁÓDŹ | POL | M 25-29 | 4 | M 118 | 02:49:09.75 | 02:49:09.75 | 0:00 | 1.8 |
| 144 | LASOTA JAKUB | 1262 | | ŁÓDŹ | POL | M OPEN | 89 | M 119 | 02:51:37.65 | 02:51:37.65 | 34:19 | 1.7 |
| 145 | JABŁONKA BARTOSZ | 1261 | | ŁÓDŹ | POL | M OPEN | 90 | M 120 | 02:51:38.35 | 02:51:38.35 | 34:19 | 1.7 |
| 146 | FIJAK KAROLINA | 1234 | GRAŻYŃKI OCR | MUROWANA GOŚLINA | POL | K OPEN | 21 | K 26 | 02:54:25.80 | 02:54:25.80 | 34:53 | 1.7 |
| 147 | FIJAK REMIGIUSZ | 1233 | DIRTY SPARROWS | MUROWANA GOŚLINA | POL | M OPEN | 91 | M 121 | 02:54:48.65 | 02:54:48.65 | 34:57 | 1.7 |
| 148 | STRUSZKIEWICZ ALEKSANDRA | 1273 | POWER TRAINING | WARSAW | POL | K OPEN | 22 | K 27 | 02:55:07.00 | 02:55:07.00 | 35:01 | 1.7 |
| 149 | PIELATOWSKA JADWIGA | 1275 | DIRTY SPARROWS | POZNAŃ | POL | K OPEN | 23 | K 28 | 02:55:22.55 | 02:55:22.55 | 35:04 | 1.7 |
| 150 | GILARSKA MARTA | 1322 | BIEGOWE NYGUSY | BRWINÓW | POL | K OPEN | 24 | K 29 | 02:55:44.40 | 02:55:44.40 | 35:08 | 1.7 |
| 151 | WOŹNIAK-KARCZEWSKA PATRYCJA | 4005 | BEAT BEASTS | KOBYLNICA | POL | K OPEN | 25 | K 30 | 02:56:18.40 | 02:56:18.40 | 35:15 | 1.7 |
| 152 | GRABOWSKA IZABELA | 4000 | BEST BEASTS | SŁUPSK | POL | K OPEN | 26 | K 31 | 02:56:18.45 | 02:56:18.45 | 35:15 | 1.7 |
| 153 | FILIPEK CAROLINA | 1323 | UNITED RUNERS | PIASECZNO | POL | K OPEN | 27 | K 32 | 02:56:35.15 | 02:56:35.15 | 35:19 | 1.7 |
| 154 | GÓRECKI PIOTR | 1413 | ACTIVE FLOW TEAM | GDYNIA | POL | M OPEN | 92 | M 122 | 02:58:44.70 | 02:58:44.70 | 35:44 | 1.7 |
| 155 | GAŁUSZYŃSKI ŁUKASZ | 1401 | ACTIVE FLOW TEAM | GDYNIA | POL | M OPEN | 93 | M 123 | 02:58:45.10 | 02:58:45.10 | 35:45 | 1.7 |
| 156 | KOŃCZAK ŁUKASZ | 1422 | | GDAŃSK | POL | M OPEN | 94 | M 124 | 02:58:45.45 | 02:58:45.45 | 35:45 | 1.7 |
| 157 | GAŁUSZYŃSKI PAWEŁ | 1402 | ACTIVE FLOW TEAM | GDYNIA | POL | M OPEN | 95 | M 125 | 02:58:54.05 | 02:58:54.05 | 35:46 | 1.7 |
| 158 | KOŚIŃSKI JAKUB | 313 | UNITED RUNNERS | NASIELSK | POL | M 25-29 | 5 | M 126 | 03:04:30.10 | 03:04:30.10 | 0:00 | 1.6 |
| 159 | JERÁBKOVÁ PETRA | 1265 | FÉNIX PLZEŇ | PLZEŇ | CZE | K OPEN | 28 | K 33 | 03:05:38.25 | 03:05:38.25 | 37:07 | 1.6 |
| 160 | ŠTRAUB DAVID | 1264 | FÉNIX PLZEŇ | PLANÁ | CZE | M OPEN | 96 | M 127 | 03:05:38.35 | 03:05:38.35 | 37:07 | 1.6 |

MPOCR 2019 - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|------|------------------------------|--------------|------|---------|--------|-------|-------------|-------------|--------|------|
| 161 | KOZUBEK SEWERYN | 4011 | | SIERADZ | | M OPEN | 97 | M 128 | 03:14:57.85 | 03:14:57.85 | 38:59 | 1.5 |
| 162 | PLUSKA MICHAŁ | 1240 | HUSARIA RACE TEAM | CZĘSTOCHOWA | POL | M OPEN | 98 | M 129 | 03:20:59.55 | 03:20:59.55 | 40:11 | 1.5 |
| DNC | DEMCZYŻAK MATEUSZ | 2004 | | | POL | M 30-34 | DNC | DNC | 01:05:56.15 | 01:05:56.15 | 0:00 | 4.6 |
| DNC | WÓJCIK WIKTOR | 4007 | VIKINGSRUN | SMARDZEWICE | | M ELITE | DNC | DNC | 01:38:24.50 | 01:38:24.50 | 0:00 | 3 |
| DNC | LEWICKI MARCIN | 3 | NEXTREME | BODZANÓW | POL | M ELITE | DNC | DNC | 01:50:33.70 | 01:50:33.70 | 0:00 | 2.7 |
| DNC | ANDRUSHENKA ANDREI | 516 | REDHOTCHILIPEPPA | MINSK | POL | M 35-39 | DNC | DNC | 01:54:34.85 | 01:54:34.85 | 0:00 | 2.6 |
| DNC | MIKOŁAJEK ROBERT | 601 | TOYOTA RUNMATOR | OLAWA | POL | M 40-44 | DNC | DNC | 01:55:11.95 | 01:55:11.95 | 0:00 | 2.6 |
| DNC | RYNKIEWICZ MATEUSZ | 5 | NEXTREME | BOGDANIEC | POL | M ELITE | DNC | DNC | 01:56:14.85 | 01:56:14.85 | 0:00 | 2.6 |
| DNC | WEJKNIS KRZYSZTOF | 520 | RMF4TGLADIATORS | ŁUKTA | POL | M 35-39 | DNC | DNC | 01:58:59.15 | 01:58:59.15 | 0:00 | 2.5 |
| DNC | PODGÓRSKI MAREK | 511 | RUNMAGEDDON | WARSZAWA | POL | M 35-39 | DNC | DNC | 01:59:54.30 | 01:59:54.30 | 0:00 | 2.5 |
| DNC | BARANOWSKA KATARZYNA | 106 | GORĄCY POTOK TEAM | WŁOCŁAWEK | POL | K ELITE | DNC | DNC | 02:04:22.75 | 02:04:22.75 | 0:00 | 2.4 |
| DNC | SERAFIŃSKI MACIEJ | 203 | NEXTREME | KONIN | POL | M 18-24 | DNC | DNC | 02:06:32.85 | 02:06:32.85 | 0:00 | 2.4 |
| DNC | PNIEWSKA KAROLINA | 904 | | PIASECZNO | POL | K 25-29 | DNC | DNC | 02:06:46.35 | 02:06:46.35 | 25:21 | 2.4 |
| DNC | WERYK MATEUSZ | 521 | GRIMPADO / CF3M | GDAŃSK | POL | M 40-44 | DNC | DNC | 02:09:05.05 | 02:09:05.05 | 0:00 | 2.3 |
| DNC | MIODEK ADRIAN | 504 | DIRTY SPARROWS | OPALENICA | POL | M 35-39 | DNC | DNC | 02:10:52.80 | 02:10:52.80 | 0:00 | 2.3 |
| DNC | MIERZYCKI MARCEL | 803 | POWER TRAINING | WARSZAWA | POL | M 35-39 | DNC | DNC | 02:11:26.25 | 02:11:26.25 | 0:00 | 2.3 |
| DNC | WYSŁUCH IZA | 102 | XRUNNERS | SKOCZÓW | POL | K ELITE | DNC | DNC | 02:13:58.90 | 02:13:58.90 | 0:00 | 2.2 |
| DNC | SZYPOWSKI JAKUB | 304 | RMF4RT GLADIATORS | ŁÓDŹ | POL | M 25-29 | DNC | DNC | 02:17:03.05 | 02:17:03.05 | 0:00 | 2.2 |
| DNC | KRASOŃ BARTŁOMIEJ | 2 | EX TEAM | PAKOŚLAWICE | POL | M ELITE | DNC | DNC | 02:17:14.70 | 02:17:14.70 | 0:00 | 2.2 |
| DNC | MARKIEWICZ MAKSYMILIAN | 202 | HUSARIA RACE TEAM | WARSZAWA | POL | M 18-24 | DNC | DNC | 02:19:13.45 | 02:19:13.45 | 0:00 | 2.2 |
| DNC | KOLEGOWICZ KLAUDIA | 1004 | BEFIT24TEAM | KRAKÓW | POL | K 30-34 | DNC | DNC | 02:19:43.55 | 02:19:43.55 | 27:56 | 2.1 |
| DNC | SKRĘTY PATRYK | 212 | EDEN RUNNERS | POZNAŃ | POL | M 18-24 | DNC | DNC | 02:21:23.40 | 02:21:23.40 | 0:00 | 2.1 |
| DNC | TOŚKO TADEUSZ | 604 | HUSARIA RACE TEAM | SZCZECINEK | POL | M 40-44 | DNC | DNC | 02:23:23.95 | 02:23:23.95 | 28:40 | 2.1 |
| DNC | LAMENTA ANDRZEJ | 605 | TRENER24H.COM.PL | WARSZAWA | POL | M 40-44 | DNC | DNC | 02:24:20.50 | 02:24:20.50 | 28:52 | 2.1 |
| DNC | HLEBKO ALBIN | 807 | WATAHA | LEGNICA | POL | M 13-17 | DNC | DNC | 02:25:20.10 | 02:25:20.10 | 29:04 | 2.1 |
| DNC | GRZEGORZYCA SZYMON | 209 | CARBON OCR RACING TEAM | BYTOM | POL | M 18-24 | DNC | DNC | 02:25:39.85 | 02:25:39.85 | 0:00 | 2.1 |
| DNC | MIŁOŚ TOMASZ | 524 | | GDYNIA | POL | M 35-39 | DNC | DNC | 02:29:17.55 | 02:29:17.55 | 29:51 | 2 |
| DNC | KOTŁOWSKI MARCIN | 512 | BIGYELLOWFOOT ADVENTURE TEAM | GDYNIA | POL | M 35-39 | DNC | DNC | 02:29:18.90 | 02:29:18.90 | 29:51 | 2 |
| DNC | GAWIN KRZYSIEK | 506 | BEFIT 24 TEAM | KRAKÓW | POL | M 35-39 | DNC | DNC | 02:29:25.95 | 02:29:25.95 | 29:53 | 2 |
| DNC | ZIELIŃSKI MICHAŁ | 401 | | WARSZAWA | POL | M 30-34 | DNC | DNC | 02:29:28.35 | 02:29:28.35 | 0:00 | 2 |
| DNC | MILEWICZ DARIUSZ | 402 | BOHAR PALETY RUNNERS | ŻUKOWICE | POL | M 30-34 | DNC | DNC | 02:29:48.55 | 02:29:48.55 | 0:00 | 2 |
| DNC | KOWALCZYK DAWID | 8 | | KRASOCIN | POL | M ELITE | DNC | DNC | 02:29:55.70 | 02:29:55.70 | 0:00 | 2 |
| DNC | MAJEWSKI WITOLD | 702 | BESTIE OCR LEGIONOWO | CHOTOMÓW | POL | M 50+ | DNC | DNC | 02:29:58.35 | 02:29:58.35 | 29:59 | 2 |
| DNC | BENTKOWSKA MAGDALENA | 1001 | DIRTY SPARROWS | POZNAŃ | POL | K 30-34 | DNC | DNC | 02:30:23.15 | 02:30:23.15 | 30:04 | 2 |
| DNC | MISSALA MAGDALENA | 1104 | POWER TRAINING | STARE BABICE | POL | K 13-17 | DNC | DNC | 02:31:23.35 | 02:31:23.35 | 30:16 | 2 |
| DNC | MUCHA MATEUSZ | 302 | DIRTY SPARROWS | POZNAŃ | POL | M 25-29 | DNC | DNC | 02:31:56.65 | 02:31:56.65 | 0:00 | 2 |
| DNC | ZYWER URSZULA | 901 | WATAHA | ŻARÓW | POL | K 25-29 | DNC | DNC | 02:32:11.35 | 02:32:11.35 | 30:26 | 2 |
| DNC | DĄBROWSKI RADEK | 518 | | PABIANICE | POL | M 35-39 | DNC | DNC | 02:32:18.70 | 02:32:18.70 | 30:27 | 2 |
| DNC | KOLAŚIŃSKI JAKUB | 412 | DIRTY SPARROWS | POZNAŃ | POL | M 30-34 | DNC | DNC | 02:32:40.45 | 02:32:40.45 | 0:00 | 2 |
| DNC | KRAJNIAK JAROSŁAW | 306 | HARPAGA RUNNERS | BYDGOSZCZ | POL | M 25-29 | DNC | DNC | 02:32:49.35 | 02:32:49.35 | 0:00 | 2 |
| DNC | JANISZEWSKI GRZEGORZ | 801 | DZIADY OCR | WARSZAWA | POL | M 50+ | DNC | DNC | 02:33:09.00 | 02:33:09.00 | 30:37 | 2 |
| DNC | RADOWSKI ROMAN | 522 | BIEG SPARTAKUSA | ŻŁOTÓW | POL | M 35-39 | DNC | DNC | 02:33:23.95 | 02:33:23.95 | 30:40 | 2 |
| DNC | ZABIEGŁO PATRYK | 527 | BIEG SPARTAKUSA | KRAJENKA | POL | M 18-24 | DNC | DNC | 02:33:24.10 | 02:33:24.10 | 30:40 | 2 |
| DNC | WASILEWSKI GRZEGORZ | 523 | BIEG SPARTAKUSA | ŻŁOTÓW | POL | M 35-39 | DNC | DNC | 02:33:24.40 | 02:33:24.40 | 30:40 | 2 |
| DNC | GRAJKOWSKI WOJCIECH | 519 | | WARSZAWA | POL | M 35-39 | DNC | DNC | 02:34:19.25 | 02:34:19.25 | 30:51 | 1.9 |
| DNC | KUMOROWSKI RAFAŁ | 4 | | GDYNIA | POL | M ELITE | DNC | DNC | 02:34:41.55 | 02:34:41.55 | 0:00 | 1.9 |
| DNC | KRZYSTYŃIAK ROBERT | 13 | GORĄCY POTOK TEAM | NOWY TARG | POL | M ELITE | DNC | DNC | 02:35:43.95 | 02:35:43.95 | 0:00 | 1.9 |
| DNC | RACZEK RADOŚLAW | 12 | GORĄCY POTOK TEAM | KRAKÓW | POL | M ELITE | DNC | DNC | 02:35:43.95 | 02:35:43.95 | 0:00 | 1.9 |
| DNC | KOKOWSKI MARIUSZ | 405 | TREE CREW | GDYNIA | POL | M 30-34 | DNC | DNC | 02:36:03.65 | 02:36:03.65 | 0:00 | 1.9 |
| DNC | PUZDROWSKI JAREK | 406 | TREE CREW | GDYNIA | POL | M 30-34 | DNC | DNC | 02:36:05.95 | 02:36:05.95 | 0:00 | 1.9 |
| DNC | JANUSZEWSKI ANDRZEJ | 501 | | WARSZAWA | POL | M 35-39 | DNC | DNC | 02:36:12.20 | 02:36:12.20 | 31:14 | 1.9 |
| DNC | KĘSIK MICHAŁ | 305 | | KARSIBÓR | POL | M 25-29 | DNC | DNC | 02:36:56.65 | 02:36:56.65 | 0:00 | 1.9 |
| DNC | MORAWSKI GRZEGORZ | 525 | KONIUCHY OCR | WARSZAWA | POL | M 35-39 | DNC | DNC | 02:37:11.20 | 02:37:11.20 | 31:26 | 1.9 |
| DNC | JARZĄBEK VICTORIA | 903 | CARBON OCR RACING TEAM | RADZIONKÓW | POL | K 18-24 | DNC | DNC | 02:37:16.25 | 02:37:16.25 | 31:27 | 1.9 |
| DNC | GARNUSZEK ANITA | 110 | POWER TRAINING | WARSZAWA | POL | K ELITE | DNC | DNC | 02:40:03.35 | 02:40:03.35 | 0:00 | 1.9 |
| DNC | KARBOWSKI SŁAWOMIR | 510 | NEXTREME | OBORY | POL | M 35-39 | DNC | DNC | 02:40:26.35 | 02:40:26.35 | 32:05 | 1.9 |
| DNC | SERAFIŃSKI ROBERT | 805 | DZIADY OCR | KONIN | POL | M 50+ | DNC | DNC | 02:41:15.50 | 02:41:15.50 | 32:15 | 1.9 |

MPOCR 2019 - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|------------------------------|---------------------|------|---------|--------|-----|-------------|-------------|--------|------|
| DNC | JAHNS ADAM | 206 | | POZNAŃ | POL | M 18-24 | DNC | DNC | 02:41:25.45 | 02:41:25.45 | 0:00 | 1.9 |
| DNC | FABRYKIEWICZ ADRIAN | 312 | | PŁOCK | POL | M 25-29 | DNC | DNC | 02:43:57.90 | 02:43:57.90 | 0:00 | 1.8 |
| DNC | KRAUZY TOMASZ | 213 | NASC TEAM | RYBNIK | POL | M 18-24 | DNC | DNC | 02:44:06.95 | 02:44:06.95 | 0:00 | 1.8 |
| DNC | DRZEWOWSKA MARLENA | 1003 | TREE CREW | GDYNIA | POL | K 35-39 | DNC | DNC | 02:44:39.95 | 02:44:42.55 | 32:56 | 1.8 |
| DNC | MYALSKA KATARZYNA | 109 | DO PORZYGU OCR TEAM | LEDZINY | POL | K ELITE | DNC | DNC | 02:45:08.40 | 02:45:08.40 | 0:00 | 1.8 |
| DNC | WYSOCKI ALEKSANDER | 502 | WATAHA | RADWANICE | POL | M 35-39 | DNC | DNC | 02:45:20.05 | 02:45:20.05 | 33:04 | 1.8 |
| DNC | SZYSZKA KACPER | 205 | KONIUCHY OCR | KUTNO | POL | M 18-24 | DNC | DNC | 02:46:48.50 | 02:46:48.50 | 0:00 | 1.8 |
| DNC | TOLAK TOMASZ | 517 | | WARSZAWA | POL | M 35-39 | DNC | DNC | 02:47:25.65 | 02:47:25.65 | 33:29 | 1.8 |
| DNC | MACHTYL ZYGMUNT | 1102 | BEST BEASTS | BIERKOWO | POL | M 45-49 | DNC | DNC | 02:49:26.40 | 02:49:26.40 | 0:00 | 1.8 |
| DNC | JANKOWSKA ZUZANNA | 101 | HARDCOROWE WYCHYLILYBYMY | WARSZAWA | POL | K ELITE | DNC | DNC | 02:51:53.75 | 02:51:53.75 | 0:00 | 1.7 |
| DNC | BUDZISZ KRZYSZTOF | 22 | SOCIOS SILESIA | BYTOM | POL | M ELITE | DNC | DNC | 02:53:18.75 | 02:53:18.75 | 0:00 | 1.7 |
| DNC | EBERT DAMIAN | 201 | BESTIE OCR LEGIONOWO | LEGIONOWO | POL | M 18-24 | DNC | DNC | 02:55:30.20 | 02:55:30.20 | 0:00 | 1.7 |
| DNC | CERBA JAROSŁAW | 703 | HELL SQUAD | GDAŃSK | POL | M 45-49 | DNC | DNC | 02:56:16.70 | 02:56:16.70 | 35:15 | 1.7 |
| DNC | PRZĄDKA MARCIN | 310 | WATAHA | WROCŁAW | POL | M 25-29 | DNC | DNC | 02:56:55.05 | 02:56:55.05 | 35:23 | 1.7 |
| DNC | MILBRANT MICHAŁ | 409 | RMF4RTG | JAKTORÓW | POL | M 30-34 | DNC | DNC | 02:59:33.95 | 02:59:33.95 | 35:54 | 1.7 |
| DNC | ŁOSIN MARTA | 1002 | BIEGUN | GDYNIA | POL | K 30-34 | DNC | DNC | 02:59:35.35 | 02:59:35.35 | 35:55 | 1.7 |
| DNC | SADKOWSKI DAMIAN | 214 | | PŁOCK | POL | M 18-24 | DNC | DNC | 03:00:12.95 | 03:00:12.95 | 36:02 | 1.7 |
| DNC | ŚWIĄDER ANDRZEJ | 603 | BEFIT24TEAM | WIELICZKA | POL | M 40-44 | DNC | DNC | 03:00:32.90 | 03:00:32.90 | 36:06 | 1.7 |
| DNC | PLAŻAŃSKI PRZEMYSŁAW | 508 | HUSTARIA RACE TEAM | BROJCE | POL | M 35-39 | DNC | DNC | 03:01:01.25 | 03:01:01.25 | 36:12 | 1.7 |
| DNC | KOZUBEK SEBASTIAN | 4010 | | SIERADZ | | M 30-34 | DNC | DNC | 03:03:03.20 | 03:03:03.20 | 36:36 | 1.6 |
| DNC | KUCZYŃSKI PAWEŁ | 23 | BIGYELLOWFOOT ADVENTURE TEAM | PIASECZNO | POL | M ELITE | DNC | DNC | 03:03:11.80 | 03:03:11.80 | 0:00 | 1.6 |
| DNC | KALISZYK GRZEGORZ | 606 | MAD RUNNERS WAŁBRZYCH | WAŁBRZYCH | POL | M 40-44 | DNC | DNC | 03:05:04.10 | 03:05:04.10 | 37:00 | 1.6 |
| DNC | BAYGER KRYSZTYAN | 308 | WATAHA | WROCŁAW | POL | M 25-29 | DNC | DNC | 03:05:31.35 | 03:05:31.35 | 37:06 | 1.6 |
| DNC | ŁAWRENCZUK PAWEŁ | 514 | RMF4RT GLADIATORS | ŁÓDŹ | POL | M 35-39 | DNC | DNC | 03:06:00.80 | 03:06:00.80 | 37:12 | 1.6 |
| DNC | WIERZBICKI DANIEL | 602 | BEFIT24TEAM | KRAKÓW | POL | M 40-44 | DNC | DNC | 03:08:44.00 | 03:08:44.00 | 37:44 | 1.6 |
| DNC | ILNICKI DAREK | 526 | OCR TRAINING | ŚWIĄTNIKI GÓRNE | POL | M 35-39 | DNC | DNC | 03:09:26.35 | 03:09:26.35 | 0:00 | 1.6 |
| DNC | GLADCHENKO YULIYA | 1005 | WATAHA | WROCŁAW | POL | K 30-34 | DNC | DNC | 03:11:00.40 | 03:11:00.40 | 38:12 | 1.6 |
| DNC | GÓRZYŃSKI KONRAD | 808 | BESTIE OCR LEGIONOWO | WARSZAWA | POL | M 13-17 | DNC | DNC | 03:11:43.10 | 03:11:43.10 | 38:20 | 1.6 |
| DNC | ŚWIĄDER JULIA | 1101 | BEFIT24TEAM | WIELICZKA | POL | K 13-17 | DNC | DNC | 03:11:48.10 | 03:11:48.10 | 38:21 | 1.6 |
| DNC | KAPICA WOJCIECH | 408 | POWER TRAINING | WARSZAWA | POL | M 30-34 | DNC | DNC | 03:15:01.30 | 03:15:01.30 | 39:00 | 1.5 |
| DNC | KOŁCZYŃ MAGDALENA | 104 | BEFIT24TEAM | KRAKÓW | POL | K ELITE | DNC | DNC | 03:15:38.10 | 03:15:38.10 | 39:07 | 1.5 |
| DNC | GAŚSIOROWSKI DARIUSZ | 4009 | RAJSPORT ACTIVE | BEŁCHATÓW | | M 30-34 | DNC | DNC | 03:15:52.75 | 03:15:52.75 | 39:10 | 1.5 |
| DNC | KACPERSKI JACEK | 503 | PARK OCR | BUCZEK | POL | M 35-39 | DNC | DNC | 03:18:06.55 | 03:18:06.55 | 39:37 | 1.5 |
| DNC | GÓRZYŃSKI JANUSZ | 608 | BESTIE OCR LEGIONOWO | WARSZAWA | POL | M 40-44 | DNC | DNC | 03:21:43.40 | 03:21:43.40 | 40:20 | 1.5 |
| DNC | MURAWSKI PAWEŁ | 403 | KONIUCHY OCR | WARSZAWA | POL | M 30-34 | DNC | DNC | 03:23:01.25 | 03:23:01.25 | 40:36 | 1.5 |
| DNC | KURTA RAFAŁ | 207 | KONIUCHY OCR | SIERPC | POL | M 18-24 | DNC | DNC | 03:26:27.60 | 03:26:27.60 | 41:17 | 1.5 |
| DNC | KOMOROWSKA ALEKSANDRA | 906 | NASC TEAM | RYBNIK | POL | K 25-29 | DNC | DNC | 03:31:34.15 | 03:31:34.15 | 42:18 | 1.4 |
| DNC | JASTRZĘBSKI SŁAWOMIR | 609 | BESTIE OCR LEGIONOWO | LEGIONOWO | POL | M 40-44 | DNC | DNC | 03:31:59.25 | 03:31:59.25 | 42:23 | 1.4 |
| DNC | BIELEC KINGA | 1007 | BEFIT24TEAM | KRAKÓW | POL | K 35-39 | DNC | DNC | 03:33:15.75 | 03:33:15.75 | 42:39 | 1.4 |
| DNC | LORYCH KRYSZTYAN | 611 | | BORKOWO | POL | M 40-44 | DNC | DNC | 03:36:23.05 | 03:36:23.05 | 43:16 | 1.4 |
| DNC | WESEŁAK LUCJAN | 4004 | OCR TEAM DĘBICA | DĘBICA | POL | M 50+ | DNC | DNC | 03:40:25.00 | 03:40:25.00 | 44:05 | 1.4 |
| DNC | JASIŃSKA ALICJA | 1103 | GORAŃCY POTOK TEAM | ŻYRAKOW | POL | K 13-17 | DNC | DNC | 03:46:12.30 | 03:46:12.30 | 0:00 | 1.3 |
| DNC | ABRAMOWICZ MICHAŁ | 407 | BIEGUN OCR | GDAŃSK | POL | M 30-34 | DNC | DNC | 03:56:17.70 | 03:56:17.70 | 47:15 | 1.3 |
| DNC | MISSALA MICHAŁ | 607 | POWER TRAINING | WARSZAWA | POL | M 40-44 | DNC | DNC | 03:57:55.35 | 03:57:55.35 | 0:00 | 1.3 |
| DNC | BONISŁAWSKI TOMASZ | 208 | BESTIE OCR LEGIONOWO | LEGIONOWO | POL | M 18-24 | DNC | DNC | 04:11:57.45 | 04:11:57.45 | 50:23 | 1.2 |
| DNC | FRYDRYCH MACIEK | 610 | | WROCŁAW | POL | M 40-44 | DNC | DNC | 04:20:50.35 | 04:20:50.35 | 0:00 | 1.2 |
| DNC | ZALEJASZ SYLWESTER | 513 | HELL SQUAD | GDAŃSK | POL | M 35-39 | DNC | DNC | 04:27:29.20 | 04:27:29.20 | 0:00 | 1.1 |
| | KRASOŃ JAKUB | 204 | EX TEAM | PAKOŚLAWICE | POL | M 18-24 | | | DNF | DNF | - | - |
| | TARKA ANDRZEJ | 14 | | ZELÓW | POL | M ELITE | | | DNF | DNF | - | - |
| | SOLAKIEWICZ ANNA | 103 | BEFIT24TEAM | KRAKÓW | POL | K ELITE | | | DNF | DNF | - | - |
| | WINKLER MATEUSZ | 4006 | VIKINGSRUN | TOMASZÓW MAZOWIECKI | | M 25-29 | | | DNF | DNF | - | - |
| | KALWAS MATEUSZ | 809 | NEXTREME | MAŃKOWO | POL | M 13-17 | | | DNF | DNF | - | - |
| | MISSALA ANDRZEJ | 806 | POWER TRAINING | WARSZAWA | POL | M 13-17 | | | DNF | DNF | - | - |
| | GRESZTA WALDEMAR | 701 | DZIADY OCR | PULTUSK | POL | M 45-49 | | | DNF | DNF | - | - |