

MPOCR 2019 - 12 KM

Organizator: OCR Polska
 Data: 2019-09-08
 Miejsce: Radotki
 Dystans: 12 km
 Klasyfikacja wg czasów brutto.


MPOCR 2019 - 12 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--------------------------------------|-------------------|------|---------|--------|------|-------------|-------------|--------|------|
| 1 | HAJNOS DAWID | 2020 | GORĄCY POTOK | SZAFLARY | POL | M ELITE | 1 | M 1 | 01:07:12.95 | 01:07:12.95 | 5:36 | 10.7 |
| 2 | KASPRZYK SEBASTIAN | 2001 | #KASPRZYKTEAM | DOBZYCE | POL | M ELITE | 2 | M 2 | 01:10:22.10 | 01:10:22.10 | 5:51 | 10.2 |
| 3 | KRAWCZYK TOMASZ | 2032 | HUSARIA RACE TEAM | DOBROŃ | POL | M ELITE | 3 | M 3 | 01:16:09.50 | 01:16:09.50 | 6:20 | 9.5 |
| 4 | WOJTYSZYN WOJCIECH | 2037 | XRUNNERS | NAMYSŁÓW | POL | M ELITE | 4 | M 4 | 01:20:11.05 | 01:20:11.05 | 6:40 | 9.9 |
| 5 | KRAUCHANKA ALIAKSANDR | 2011 | ФОРСЖИМ | МОГИЛЕВСКИЙ РАЙОН | BLR | M ELITE | 5 | M 5 | 01:20:13.15 | 01:20:13.15 | 6:41 | 9 |
| 6 | PRUSAK PIOTR | 2019 | GORĄCY POTOK TEAM | NOWY SĄCZ | POL | M ELITE | 6 | M 6 | 01:20:14.05 | 01:20:14.05 | 6:41 | 9 |
| 7 | BANDOSZ ROBERT | 4067 | KONIUCHY OCR | SIERPC | | M ELITE | 7 | M 7 | 01:21:16.85 | 01:21:16.85 | 6:46 | 8.9 |
| 8 | TOMASIK ALAN | 2318 | NEXTREME | WARSZAWA | POL | M 25-29 | 1 | M 8 | 01:25:02.60 | 01:25:02.60 | 7:05 | 8.5 |
| 9 | KOZŁOWSKI ARTUR | 2206 | HUSARIA RACE TEAM | ŁASK | POL | M 18-24 | 1 | M 9 | 01:26:00.65 | 01:26:00.65 | 7:10 | 8.4 |
| 10 | BRZozowski FILIP | 2029 | HUSARIA RACE TEAM | ZALASEWO | POL | M ELITE | 8 | M 10 | 01:30:13.15 | 01:30:13.15 | 7:31 | 8 |
| 11 | LISOWSKI ADAM | 2512 | SOCIOS SILESIA | MYSŁOWICE | POL | M 35-39 | 1 | M 11 | 01:30:37.60 | 01:30:37.60 | 7:33 | 7.9 |
| 12 | KONEWKA JACEK | 2031 | | DRZEWICA | POL | M ELITE | 9 | M 12 | 01:31:39.35 | 01:31:39.35 | 7:38 | 7.9 |
| 13 | BRZOSKWINIA WOJCIECH | 2036 | HUSARIA RACE TEAM | BOLECHOWICE | POL | M ELITE | 10 | M 13 | 01:33:50.70 | 01:33:50.70 | 7:49 | 7.7 |
| 14 | SELIANIN DMYTRO | 2012 | SOCIOS SILESIA | TARNOWSKIE GÓRY | POL | M ELITE | 11 | M 14 | 01:34:18.10 | 01:34:18.10 | 7:51 | 7.6 |
| 15 | KALUŻNY ADAM | 2008 | SOCIOS SILESIA | RUDA ŚLĄSKA | POL | M ELITE | 12 | M 15 | 01:34:43.35 | 01:34:43.35 | 7:53 | 7.6 |
| 16 | GRZONDKO MATEUSZ | 2316 | WATAHA | WROCLAW | POL | M 25-29 | 2 | M 16 | 01:35:46.90 | 01:35:46.90 | 7:58 | 7.5 |
| 17 | TARKA ANDRZEJ | 2604 | HUSARIARACE TEAM | ZELÓW | POL | M ELITE | 13 | M 17 | 01:35:54.25 | 01:35:54.25 | 7:59 | 7.5 |
| 18 | LISOWSKI GRZEGORZ | 2507 | SOCIOS SILESIA | ŚWIĘTOCHŁOWICE | POL | M 35-39 | 2 | M 18 | 01:37:31.50 | 01:37:31.50 | 8:07 | 7.4 |
| 19 | KALININ JAROSŁAW | 2026 | XRUNNERS | WROCLAW | POL | M ELITE | 14 | M 19 | 01:38:39.85 | 01:38:39.85 | 8:13 | 7.3 |
| 20 | JACIÓW PAWEŁ | 2314 | WATAHA | PRZEMYŚL | POL | M 25-29 | 3 | M 20 | 01:38:49.40 | 01:38:49.40 | 8:14 | 7.3 |
| 21 | JÓZEFIAK ŁUKASZ | 2510 | XRUNNERS | PSZCZÓŁKI | POL | M 35-39 | 3 | M 21 | 01:38:53.45 | 01:38:53.45 | 8:14 | 7.3 |
| 22 | BUDZISZ KRZYSZTOF | 2013 | SOCIOS SILESIA | BYTOM | POL | M ELITE | 15 | M 22 | 01:39:53.20 | 01:39:53.20 | 8:19 | 7.2 |
| 23 | SERAFIŃSKI MACIEJ | 2202 | NEXTREME | KONIN | POL | M 18-24 | 2 | M 23 | 01:41:15.35 | 01:41:15.35 | 8:26 | 7.1 |
| 24 | JĄGODZIŃSKI KAROL | 2003 | POWER TRAINING | WARSZAWA | POL | M ELITE | 16 | M 24 | 01:42:14.35 | 01:42:14.35 | 8:31 | 7 |
| 25 | SOBIERAJSKI KRYSZTOF | 4070 | | ZĄBKI | | M 13-17 | 1 | M 25 | 01:44:50.00 | 01:44:50.00 | 8:44 | 6.9 |
| 26 | FILIP BARTOSZ | 2028 | SOCIOS SILESIA | GLIWICE | POL | M ELITE | 17 | M 26 | 01:45:10.90 | 01:45:10.90 | 8:45 | 6.8 |
| 27 | KARCZEWSKI PIOTR | 4062 | BEST BEASTS | KOBYLNICIA | POL | M OPEN | 1 | M 27 | 01:45:11.65 | 01:45:11.65 | 8:45 | 6.8 |
| 28 | CEJKO DAWID | 2201 | BALTIC SELAS | SŁUPSK | POL | M 18-24 | 3 | M 28 | 01:45:45.50 | 01:45:45.50 | 8:48 | 6.8 |
| 29 | PRYKOWSKI TOMASZ | 2027 | XRUNNERS | ŁÓDŹ | POL | M ELITE | 18 | M 29 | 01:46:08.05 | 01:46:08.05 | 8:50 | 6.8 |
| 30 | MIKRUT JAKUB | 2018 | GORĄCY POTOK TEAM PODHALAŃSKIE DZIKI | CZARNY DUNAJEC | POL | M ELITE | 19 | M 30 | 01:48:41.55 | 01:48:41.55 | 9:03 | 6.6 |
| 31 | KAMISHKAILO ANATOLY | 2023 | OCR BELARUS | MINSK | BLR | M ELITE | 20 | M 31 | 01:53:27.05 | 01:53:27.05 | 9:27 | 6.3 |
| 32 | JANKOWSKI PIOTR | 3302 | REZERWOWE PSY | IŁAWA | POL | M OPEN | 2 | M 32 | 01:55:26.20 | 01:55:26.20 | 9:37 | 6.2 |
| 33 | MACIOŁEK ARKADIUSZ | 3213 | CROSSFIT TEAM SUSZ | IŁAWA | POL | M OPEN | 3 | M 33 | 01:57:15.85 | 01:57:15.85 | 9:46 | 6.1 |
| 34 | PIOTROWSKI GRZEGORZ | 2207 | SOCIOS SILESIA | SMOLNICA | POL | M 18-24 | 4 | M 34 | 01:57:31.55 | 01:57:31.55 | 9:47 | 6.1 |
| 35 | KOŁODZIEJ KRYSZTIAN | 2401 | BESTIE OCR LEGIONOWO | MARKI | POL | M 30-34 | 1 | M 35 | 01:57:45.60 | 01:57:45.60 | 9:48 | 6.1 |
| 36 | MARUSZAK ANNA | 3252 | BEST BEASTS | SŁUPSK | POL | K OPEN | 1 | K 1 | 01:59:44.75 | 01:59:44.75 | 9:58 | 6 |
| 37 | JAROSZ DAWID | 4068 | XRUNNERS | BYSTRZYCA KŁODZKA | | M 30-34 | 2 | M 36 | 02:00:09.10 | 02:00:09.10 | 10:00 | 6 |
| 38 | OŚLIZŁO MAREK | 2006 | SOCIOS SILESIA | SKRZYSZÓW | POL | M ELITE | 21 | M 37 | 02:00:29.30 | 02:00:29.30 | 10:02 | 6 |
| 39 | OPIAŁ GRZEGORZ | 2014 | X-TEAMTARNÓW | WIŚNIOWA | POL | M ELITE | 22 | M 38 | 02:00:51.95 | 02:00:51.95 | 10:04 | 6 |
| 40 | TRABIŃSKI GRZEGORZ | 2505 | XRUNNERS | GDAŃSK | POL | M 40-44 | 1 | M 39 | 02:04:39.05 | 02:04:39.05 | 10:23 | 5.8 |
| 41 | TRAPKOWSKI PRZEMYSŁAW | 4066 | XRUNNERS | GDAŃSK | | M 35-39 | 4 | M 40 | 02:06:14.85 | 02:06:14.85 | 10:31 | 5.7 |
| 42 | BUGAJ MARIUSZ | 2405 | HARDCOROWE WYCHYLYBYBYM | WARSZAWA | POL | M 30-34 | 3 | M 41 | 02:06:48.80 | 02:06:48.80 | 10:34 | 5.7 |
| 43 | KATOLIKAU RAMAN | 2010 | XRUNNERS | MINSK | BLR | M ELITE | 23 | M 42 | 02:06:52.00 | 02:06:52.00 | 10:34 | 5.7 |
| 44 | URBAŃSKI KAMIL | 2414 | NEXTREME | SULĘCIN | POL | M 30-34 | 4 | M 43 | 02:07:48.95 | 02:07:48.95 | 10:39 | 5.6 |
| 45 | MIKOŁAJEK ROBERT | 3301 | TOYOTA RUNMATOR | OLAWA | POL | M OPEN | 4 | M 44 | 02:16:56.35 | 02:16:56.35 | 11:24 | 5.3 |
| 46 | WAŁDOWSKI DOMINIK | 2042 | XRUNNERS | GDAŃSK | POL | M 35-39 | 5 | M 45 | 02:19:01.95 | 02:19:01.95 | 11:35 | 5.2 |

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|------|----------------------|------|---|--------------------|------|---------|--------|------|-------------|-------------|--------|------|
| 47 | FURMAGA PRZEMYSŁAW | 3237 | POWER TRAINING | WARSZAWA | POL | M OPEN | 5 | M 46 | 02:19:20.95 | 02:19:20.95 | 11:36 | 5.2 |
| 48 | ONUFREJUK MARCIN | 3214 | BEST BEASTS | GÓROWO IŁAWECKIE | POL | M OPEN | 6 | M 47 | 02:20:22.70 | 02:20:22.70 | 11:41 | 5.1 |
| 49 | MARUSZEWSKI MARCIN | 2513 | NEXTREME | BRWILNO | POL | M 35-39 | 6 | M 48 | 02:20:25.65 | 02:20:25.65 | 11:42 | 5.1 |
| 50 | KOZŁOWSKI RADOSŁAW | 4075 | | | | M OPEN | 7 | M 49 | 02:20:35.85 | 02:24:17.70 | 11:43 | 5.1 |
| 51 | GAŁUCHA ADRIAN | 4073 | | RADZYMIN | | M OPEN | 8 | M 50 | 02:24:30.10 | 02:24:30.10 | 12:02 | 5 |
| 52 | KNOP MARCIN | 2309 | XRUNNERS | KRAKÓW | POL | M 25-29 | 4 | M 51 | 02:24:37.90 | 02:24:37.90 | 12:03 | 5 |
| 53 | JASKÓLSKI SZYMON | 3201 | CARBON OCR RACING TEAM | KATOWICE | POL | M OPEN | 9 | M 52 | 02:24:38.45 | 02:24:38.45 | 12:03 | 5 |
| 54 | KUBER ANDRZEJ | 2406 | XRUNNERS | LIDZBARK WARMIŃSKI | POL | M 30-34 | 5 | M 53 | 02:25:53.55 | 02:25:53.55 | 12:09 | 4.9 |
| 55 | RACZEK RADOSŁAW | 2021 | GORAŃCY POTOK TEAM | KRAKÓW | POL | M ELITE | 24 | M 54 | 02:27:42.10 | 02:27:42.10 | 12:18 | 4.9 |
| 56 | WIŚNIEWSKI MICHAŁ | | BEST BEASTS | BIERKOWO | POL | | | M 55 | 02:30:54.95 | 02:30:54.95 | 12:34 | 4.8 |
| 57 | ISKRA ARTUR | 3204 | | ŁĄCK | POL | M OPEN | 10 | M 56 | 02:31:43.70 | 02:31:43.70 | 12:38 | 4.7 |
| 58 | STOLARSKI KAMIL | 3202 | HUSARIA RACE TEAM | RYBNIK | POL | M OPEN | 11 | M 57 | 02:34:35.75 | 02:34:35.75 | 12:52 | 4.7 |
| 59 | MOLTZAN ŁUKASZ | 3203 | | TORUŃ | POL | M OPEN | 12 | M 58 | 02:34:54.15 | 02:34:54.15 | 12:54 | 4.6 |
| 60 | CHMIELEWSKI JÓZEF | 3253 | CIECHANOWIEC TEAM | CIECHANOWIEC | POL | M OPEN | 13 | M 59 | 02:35:31.00 | 02:35:31.00 | 12:57 | 4.6 |
| 61 | RYNKIEWICZ AGNIESZKA | 2107 | HUSARIA RACE TEAM | BOGDANIEC | POL | K ELITE | 1 | K 2 | 02:35:47.10 | 02:35:47.10 | 12:58 | 4.6 |
| 62 | LIBERADZKI MARCIN | 3254 | ATHLETIC APOLLO | WEJHEROWO | POL | M OPEN | 14 | M 60 | 02:36:31.20 | 02:36:31.20 | 13:02 | 4.6 |
| 63 | BUDZYŃSKI PAWEŁ | 3206 | TEAM OCR BUDZYŃIAKI | CIECHANÓW | POL | M OPEN | 15 | M 61 | 02:37:17.80 | 02:37:17.80 | 13:06 | 4.6 |
| 64 | FARKOWSKI KONRAD | 2039 | KONIUCHY OCR | MYSIADŁO | POL | M ELITE | 25 | M 62 | 02:37:46.80 | 02:37:46.80 | 13:08 | 4.6 |
| 65 | MANTYCKI RAFAŁ | 2307 | BIURO OCHRONY BUSINESSU RAFAŁ JAKUBCZYK | LUBLIN | POL | M 25-29 | 5 | M 63 | 02:38:46.10 | 02:38:46.10 | 13:13 | 4.5 |
| 66 | ANTCZAK MARCIN | 2317 | NEXTREME | MIĘDZYRZECZ | POL | M 25-29 | 6 | M 64 | 02:39:10.90 | 02:39:10.90 | 13:15 | 4.5 |
| 67 | KARLIK PAWEŁ | 3207 | CARBON OCR RACING TEAM | KOBIÓR | POL | M OPEN | 16 | M 65 | 02:40:14.90 | 02:40:14.90 | 13:21 | 4.5 |
| 68 | DANIELKIEWICZ TOMASZ | 2016 | XRUNNERS | ŻUKOWICE | POL | M ELITE | 26 | M 66 | 02:41:27.65 | 02:41:27.65 | 13:27 | 4.5 |
| 69 | BYRCZEK MICHAŁ | 2035 | WATAHA | WROCŁAW | POL | M ELITE | 27 | M 67 | 02:47:21.70 | 02:47:21.70 | 13:56 | 4.3 |
| 70 | CHAIEB SEBASTIAN | 2504 | LEMON TEAM | CHOLERZYN | POL | M 35-39 | 7 | M 68 | 02:48:22.40 | 02:48:22.40 | 14:01 | 4.3 |
| 71 | RODASZYŃSKI PAWEŁ | 3601 | | WARSZAWA | POL | M OPEN | 17 | M 69 | 02:48:45.65 | 02:48:45.65 | 14:03 | 4.3 |
| 72 | DOLATA KRZYSZTOF | 2524 | SOCIOS SILESIA | GLIWICE | POL | M 35-39 | 8 | M 70 | 02:49:15.70 | 02:49:15.70 | 14:06 | 4.3 |
| 73 | GROBELNA ALEKSANDRA | 2103 | XRUNNERS | BRZEG DOLNY | POL | K ELITE | 2 | K 3 | 02:50:12.95 | 02:50:12.95 | 14:11 | 4.2 |
| 74 | KOWALCZYK MARLENA | 3311 | | SULEJÓWEK | POL | K OPEN | 2 | K 4 | 02:51:13.90 | 02:51:13.90 | 14:16 | 4.2 |
| 75 | RYBAK PIOTR | 3310 | | WARSZAWA | POL | M OPEN | 18 | M 71 | 02:51:13.95 | 02:51:13.95 | 14:16 | 4.2 |
| 76 | OWCZAREK ADAM | 3307 | | WARSZAWA | POL | M OPEN | 19 | M 72 | 02:51:17.85 | 02:51:17.85 | 14:16 | 4.2 |
| 77 | SYSKA IZABELA | 3313 | | ŁĘCZYCA | POL | K OPEN | 3 | K 5 | 02:52:33.90 | 02:52:33.90 | 14:22 | 4.2 |
| 78 | TOPÓLNIK NATALIA | 3309 | KUTNO BIEGA | KUTNO | POL | K OPEN | 4 | K 6 | 02:52:34.25 | 02:52:34.25 | 14:22 | 4.2 |
| 79 | JASTRZĘBSKI PIOTR | 2025 | SOCIOS SILESIA | ZABRZE | POL | M ELITE | 28 | M 73 | 02:54:21.40 | 02:54:21.40 | 14:31 | 4.1 |
| 80 | KURACH STANISŁAW | 2802 | DZIADY OCR | WARKA | POL | M 50+ | 1 | M 74 | 02:55:51.60 | 02:55:51.60 | 14:39 | 4.1 |
| 81 | KIĘPISTY PATRYK | 2301 | MOVE FACTORY | ŁÓDŹ | POL | M 25-29 | 7 | M 75 | 02:59:12.05 | 02:59:12.05 | 14:56 | 4 |
| 82 | CHAIEB NATALIA | 3306 | LEMON TEAM | CHOLERZYN | POL | K OPEN | 5 | K 7 | 03:00:25.05 | 03:00:25.05 | 15:02 | 4 |
| 83 | WALCZAK DANUTA | 3239 | DIRTY SPARROW | POZNAŃ | POL | K OPEN | 6 | K 8 | 03:01:09.55 | 03:01:09.55 | 15:05 | 4 |
| 84 | BINKOWSKA NADIA | 3243 | DIRTY SPARROWS | PAWŁOWICE | POL | K OPEN | 7 | K 9 | 03:01:11.65 | 03:01:11.65 | 15:05 | 4 |
| 85 | GRAJEK IVO | 3238 | DIRTY SPARROWS | PAWŁOWICE | POL | M OPEN | 20 | M 76 | 03:01:14.50 | 03:01:14.50 | 15:06 | 4 |
| 86 | BARANOWSKA KATARZYNA | 2104 | GORAŃCY POTOK TEAM | WŁOCLAWEK | POL | K ELITE | 3 | K 10 | 03:02:21.60 | 03:02:21.60 | 15:11 | 3.9 |
| 87 | KALNIUK TOMASZ | 3303 | RMF 4RT GLADIATORS | WARSZAWA | POL | M OPEN | 21 | M 77 | 03:03:06.60 | 03:03:06.60 | 15:15 | 3.9 |
| 88 | GRYŻEWSKI KAROL | 3308 | RMF4RT GLADIATORS | ŁOMIANKI | POL | M OPEN | 22 | M 78 | 03:03:07.95 | 03:03:07.95 | 15:15 | 3.9 |
| 89 | KAŁUŻNY MICHAŁ | 2303 | DIRTY SPARROWS | POZNAŃ | POL | M 25-29 | 8 | M 79 | 03:07:24.90 | 03:07:24.90 | 15:37 | 3.8 |
| 90 | WASIELEWSKI MICHAŁ | 2034 | KONIUCHY OCR | KUTNO | POL | M ELITE | 29 | M 80 | 03:07:42.80 | 03:07:42.80 | 15:38 | 3.8 |
| 91 | NOWACZYK TOMASZ | 3221 | | GDYNIA | POL | M OPEN | 23 | M 81 | 03:09:54.25 | 03:09:54.25 | 15:49 | 3.8 |
| 92 | SZUMIELEWICZ KINGA | 3218 | BIGYELLOWFOOT ADVENTURE TEAM | BANINO | POL | K OPEN | 8 | K 11 | 03:10:12.45 | 03:10:12.45 | 15:51 | 3.8 |
| 93 | MIKUCKI KRYSZTIAN | 3227 | PUL WOŁOMIN | KOBYŁKA | POL | M OPEN | 24 | M 82 | 03:11:46.85 | 03:11:46.85 | 15:58 | 3.8 |
| 94 | WASIŃSKA KASIA | 3248 | | KUTNO | POL | K OPEN | 9 | K 12 | 03:11:50.30 | 03:11:50.30 | 15:59 | 3.8 |
| 95 | WÓJCIK MIKOŁAJ | 3223 | | DOB CZYN | POL | M OPEN | 25 | M 83 | 03:11:51.10 | 03:11:51.10 | 15:59 | 3.8 |
| 96 | KĄDZIELA SYLWIA | 3230 | PUL WOŁOMIN | KLEMBÓW | POL | K OPEN | 10 | K 13 | 03:11:51.50 | 03:11:51.50 | 15:59 | 3.8 |
| 97 | PAWŁAK KAMIL | 3247 | | KUTNO | POL | M OPEN | 26 | M 84 | 03:11:53.25 | 03:11:53.25 | 15:59 | 3.8 |
| 98 | DZIĘCIOŁ ŁUKASZ | 4074 | | OSTRÓWEK | | M OPEN | 27 | M 85 | 03:11:53.60 | 03:11:53.60 | 15:59 | 3.8 |
| 99 | ROŚŁON MICHAŁ | 3244 | PUL WOŁOMIN | RADZYMIN | POL | M OPEN | 28 | M 86 | 03:11:54.50 | 03:11:54.50 | 15:59 | 3.8 |
| 100 | LUBELSKA ALEKSANDRA | 3240 | | JASZENICA | POL | K OPEN | 11 | K 14 | 03:11:54.55 | 03:11:54.55 | 15:59 | 3.8 |
| 101 | CZAJKA KONRAD | 3236 | PUL WOŁOMIN | WOŁOMIN | POL | M OPEN | 29 | M 87 | 03:11:56.75 | 03:11:56.75 | 15:59 | 3.8 |
| 102 | NOWAKOWSKI JAKUB | 3205 | CALISTHENICS PŁOCK | PŁOCK | POL | M OPEN | 30 | M 88 | 03:12:15.15 | 03:12:15.15 | 16:01 | 3.7 |
| 103 | ŻOŁNIEREK WOJCIECH | 3251 | DIRTY SPARROWS | POZNAŃ | POL | M OPEN | 31 | M 89 | 03:12:32.55 | 03:12:32.55 | 16:02 | 3.7 |

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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 | SZCZERBAL JOANNA | 3249 | DIRTY SPARROWS | POZNAŃ | POL | K OPEN | 12 | K 15 | 03:12:33.80 | 03:12:33.80 | 16:02 | 3.7 |
| 105 | GAŚIORSKI RAFAŁ | 3217 | BIGYELLOWFOOT ADVENTURE TEAM | BANINO | POL | M OPEN | 32 | M 90 | 03:13:12.65 | 03:13:12.65 | 16:06 | 3.7 |
| 106 | DUNAJ KAMIL | 3219 | | GDAŃSK | POL | M OPEN | 33 | M 91 | 03:13:13.05 | 03:13:13.05 | 16:06 | 3.7 |
| 107 | GAŁDYN KAMIL | 2041 | GORĄCY POTOK | SZAFLARY | POL | M ELITE | 30 | M 92 | 03:13:55.60 | 03:13:55.60 | 16:09 | 3.7 |
| 108 | MORAWSKI GRZEGORZ | 2508 | KONIUCHY OCR | WARSZAWA | POL | M 35-39 | 9 | M 93 | 03:20:24.25 | 03:20:24.25 | 0:00 | 3.6 |
| 109 | LASKOWSKI GRZEGORZ | 2002 | RUNTEAM PIATNICA | ŁOMŻA | POL | M ELITE | 31 | M 94 | 03:20:35.20 | 03:20:35.20 | 16:42 | 3.6 |
| 110 | PIELATOWSKI ADAM | 2403 | DIRTY SPARROWS | POZNAŃ | POL | M 30-34 | 6 | M 95 | 03:23:13.65 | 03:23:13.65 | 0:00 | 3.5 |
| 111 | KRÓL PIOTR | 2007 | SOCIOS SILESIA | RYBNIK | POL | M ELITE | 32 | M 96 | 03:24:54.50 | 03:24:54.50 | 17:04 | 3.5 |
| 112 | STASEVICH ALINA | 3216 | | MINSK | BLR | K OPEN | 13 | K 16 | 03:25:31.75 | 03:25:31.75 | 17:07 | 3.5 |
| 113 | WIELECHOWSKA NATALIA | 2106 | HUSARIA RACE TEAM | WARSZAWA | POL | K ELITE | 4 | K 17 | 03:25:57.20 | 03:25:57.20 | 17:09 | 3.5 |
| 114 | WINNICA NIKOLA | 3234 | PUL CIECHANÓW | REGIMIN | POL | K OPEN | 14 | K 18 | 03:26:45.00 | 03:26:45.00 | 17:13 | 3.5 |
| 115 | ROMAN WIOLETA | 3245 | PUL CIECHANÓW | CZERNICE BOROWE | POL | K OPEN | 15 | K 19 | 03:26:45.85 | 03:26:45.85 | 17:13 | 3.5 |
| 116 | KOWALEWSKI DAWID | 3235 | PUL CIECHANÓW | NASIEROWO DOLNE | POL | M OPEN | 34 | M 97 | 03:27:05.15 | 03:27:05.15 | 17:15 | 3.5 |
| 117 | BONISŁAWSKI KACPER | 3233 | PUL CIECHANÓW | KRASNE | POL | M OPEN | 35 | M 98 | 03:27:09.15 | 03:27:09.15 | 17:15 | 3.5 |
| 118 | WOJTYSKA NATALIA | 3228 | PUL CIECHANÓW | CIECHANÓW | POL | K OPEN | 16 | K 20 | 03:27:09.75 | 03:27:09.75 | 17:15 | 3.5 |
| 119 | KOWALSKI KAMIL | 3226 | PUL CIECHANÓW | CIECHANÓW | POL | M OPEN | 36 | M 99 | 03:27:11.50 | 03:27:11.50 | 17:15 | 3.5 |
| 120 | ŁĄCKI ŁUKASZ | 3304 | HARDCOROWE WYCHYLYBYMY | NOWY DWÓR MAZOWIECKI | POL | M OPEN | 37 | M 100 | 03:30:39.75 | 03:30:39.75 | 17:33 | 3.4 |
| 121 | PLÓCIENNIK PIOTR | 2030 | | ŁÓDŹ | POL | M ELITE | 33 | M 101 | 03:32:07.95 | 03:32:07.95 | 17:40 | 3.4 |
| 122 | PTASIŃSKA KINGA | 3212 | RMF4RT GLADIATORS | ŁÓDŹ | POL | K OPEN | 17 | K 21 | 03:35:34.50 | 03:35:34.50 | 17:57 | 3.3 |
| 123 | WIŚNIEWSKI ARKADIUSZ | 3210 | RMF4RT GLADIATORS | ŁÓDŹ | POL | M OPEN | 38 | M 102 | 03:35:34.60 | 03:35:34.60 | 17:57 | 3.3 |
| 124 | WOCHNIAK MICHAŁ | 3211 | RMF4RT GLADIATORS | ŁÓDŹ | POL | M OPEN | 39 | M 103 | 03:35:34.60 | 03:35:34.60 | 17:57 | 3.3 |
| 125 | WÓJCIAK EWELINA | 3222 | | RAWA MAZOWIECKA | POL | K OPEN | 18 | K 22 | 03:35:35.10 | 03:35:35.10 | 17:57 | 3.3 |
| 126 | SZUKALSKI MACIEJ | 3305 | | OZORKÓW | POL | M OPEN | 40 | M 104 | 03:35:42.60 | 03:35:42.60 | 17:58 | 3.3 |
| 127 | ZAJĄC JULIA | 3255 | | ŁÓDŹ | POL | K OPEN | 19 | K 23 | 03:37:46.20 | 03:37:46.20 | 18:08 | 3.3 |
| 128 | KURCZYŃSKI GRZEGORZ | 3220 | RMF4RT GLADIATORS | ŁÓDŹ | POL | M OPEN | 41 | M 105 | 03:37:48.95 | 03:37:48.95 | 18:09 | 3.3 |
| 129 | ROŚŁON NATALIA | 3241 | PUL WOŁOMIN | DYBÓW KOLONIA | POL | K OPEN | 20 | K 24 | 03:38:31.20 | 03:38:31.20 | 18:12 | 3.3 |
| 130 | DRAJKOWSKI KONSTANTY | 3242 | PUL WOŁOMIN | BULKOWO | POL | M OPEN | 42 | M 106 | 03:38:31.50 | 03:38:31.50 | 18:12 | 3.3 |
| 131 | MĘDYGRAŁ KRYSZTIAN | 2017 | WATAHA | WROCŁAW | POL | M ELITE | 34 | M 107 | 03:44:24.05 | 03:44:24.05 | 18:42 | 3.2 |
| 132 | SZCZOTKA MATEUSZ | 3229 | PUL WOŁOMIN | KLEMBÓW | POL | M OPEN | 43 | M 108 | 03:46:15.75 | 03:46:15.75 | 18:51 | 3.2 |
| 133 | OLĘDZKA NATALIA | 3231 | PUL WOŁOMIN | WOŁOMIN | POL | K OPEN | 21 | K 25 | 03:46:16.15 | 03:46:16.15 | 18:51 | 3.2 |
| 134 | KONICKI SZYMON | 3224 | | WOŁOMIN | POL | M OPEN | 44 | M 109 | 03:46:25.00 | 03:46:25.00 | 18:52 | 3.2 |
| 135 | BEDNARCZYK ZUZANNA | 3225 | PUL WOŁOMIN | KOBYŁKA | POL | K OPEN | 22 | K 26 | 03:46:25.30 | 03:46:25.30 | 18:52 | 3.2 |
| 136 | SĘKOWSKI MICHAŁ | 3232 | PUL WOŁOMIN | TELUSZCZ | POL | M OPEN | 45 | M 110 | 03:46:27.00 | 03:46:27.00 | 18:52 | 3.2 |
| 137 | SZCZEPAŃSKA ALEKSANDRA | 3250 | PUL WOŁOMIN | JASZENICA | POL | K OPEN | 23 | K 27 | 03:46:27.45 | 03:46:27.45 | 18:52 | 3.2 |
| 138 | STEC JAKUB | 4065 | BEST BEASTS | NIEWIEROWO | | M 35-39 | 10 | M 111 | 03:55:31.70 | 03:55:31.70 | 19:37 | 3.1 |
| 139 | CICHA NATALIA | 2102 | XRUNNERS | KOPANICA | POL | K ELITE | 5 | K 28 | 04:05:06.75 | 04:05:06.75 | 0:00 | 2.9 |
| 140 | LECH MATEUSZ | 2312 | HARDCOROWE WYCHYLYBYMY | OTWOCK | POL | M 25-29 | 9 | M 112 | 04:27:43.60 | 04:27:43.60 | 22:18 | 2.7 |
| DNC | SZYSZKA KACPER | 2203 | KONIUCHY OCR | KUTNO | POL | M 18-24 | DNC | DNC | 01:06:59.40 | 01:06:59.40 | 0:00 | 10.7 |
| DNC | PACIOREK PIOTR | 2310 | HUSARIA RACE TEAM | KRAKÓW | POL | M 25-29 | DNC | DNC | 01:32:23.65 | 01:32:23.65 | 0:00 | 7.8 |
| DNC | SKWAREK TOMASZ | 2516 | CARBON OCR RACING TEAM | KATOWICE | POL | M 35-39 | DNC | DNC | 01:57:52.20 | 01:57:52.20 | 0:00 | 6.1 |
| DNC | MIERZICKI MARCEL | 2519 | POWER TRAINING | WARSZAWA | POL | M 35-39 | DNC | DNC | 02:02:02.15 | 02:02:02.15 | 0:00 | 5.9 |
| DNC | ŻÓŁTAŃSKI PAWEŁ | 2404 | EX TEAM | KARŁOWICE | POL | M 30-34 | DNC | DNC | 02:06:25.65 | 02:06:25.65 | 0:00 | 5.7 |
| DNC | RYBACKI BŁAŻEJ | 2523 | RMF4RT GLADIATORS | NOWA WRONA | POL | M 35-39 | DNC | DNC | 02:18:12.35 | 02:18:12.35 | 0:00 | 5.2 |
| DNC | WEJKNIS KRZYSZTOF | 2518 | RMF4TGLADIATORS | ŁUKTA | POL | M 35-39 | DNC | DNC | 02:18:17.35 | 02:18:17.35 | 0:00 | 5.2 |
| DNC | GLONEK SEBASTIAN | 2522 | CARBON OCR RACING TEAM | DĄBROWA GÓRNICZA | POL | M 35-39 | DNC | DNC | 02:20:36.35 | 02:20:36.35 | 0:00 | 5.1 |
| DNC | CHŁAD ALEKSANDER | 2005 | EX TEAM | PRZYSIECZ | POL | M ELITE | DNC | DNC | 02:24:34.75 | 02:24:34.75 | 0:00 | 5 |
| DNC | KURAS BEATA | 2108 | XRUNNERS | GDAŃSK | POL | K ELITE | DNC | DNC | 02:25:34.95 | 02:25:34.95 | 0:00 | 4.9 |
| DNC | BRUŚIŁO BARTOSZ | 2506 | | WARSZAWA | POL | M 35-39 | DNC | DNC | 02:29:51.75 | 02:29:51.75 | 0:00 | 4.8 |
| DNC | KRAWIECKI MATEUSZ | 2038 | HUSARIA RACE TEAM | IŁAWA | POL | M ELITE | DNC | DNC | 02:30:26.10 | 02:30:26.10 | 0:00 | 4.8 |
| DNC | MILEWICZ DARIUSZ | 2402 | BOHAR PALETY RUNNERS | ŻUKOWICE | POL | M 30-34 | DNC | DNC | 02:37:16.75 | 02:37:16.75 | 0:00 | 4.6 |
| DNC | KARBOWSKI SŁAWOMIR | 2515 | NEXTREME | OBORY | POL | M 35-39 | DNC | DNC | 02:37:37.25 | 02:37:37.25 | 0:00 | 4.6 |
| DNC | STRADZA BARTŁOMIEJ | 2306 | CARBON OCR RACING TEAM | KATOWICE | POL | M 25-29 | DNC | DNC | 02:40:10.70 | 02:40:10.70 | 0:00 | 4.5 |
| DNC | SARLEJ ROBERT | 2311 | EX TEAM | PAKOSŁAWICE | POL | M 25-29 | DNC | DNC | 02:46:22.65 | 02:46:22.65 | 0:00 | 4.3 |
| DNC | JAHNS ADAM | 2204 | | POZNAŃ | POL | M 18-24 | DNC | DNC | 02:47:08.55 | 02:47:08.55 | 0:00 | 4.3 |
| DNC | TOMAKA TOMASZ | 2033 | HUSARIA RACE TEAM | RZESZÓW | POL | M ELITE | DNC | DNC | 02:50:38.35 | 02:50:38.35 | 0:00 | 4.2 |
| DNC | SERAFIN MARIUSZ | 2410 | DIRTYPARROWS | WITNICA | POL | M 30-34 | DNC | DNC | 02:53:24.30 | 02:53:24.30 | 0:00 | 4.2 |
| DNC | MALEŃCZYK SYLWESTER | 2521 | | PRUSZKOW | POL | M 35-39 | DNC | DNC | 02:56:34.40 | 02:56:34.40 | 0:00 | 4.1 |

MPOCR 2019 - 12 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 | IWANSKI PRZEMYSŁAW | 2501 | HUSARIA RACE TEAM | CHORZOW | POL | M 35-39 | DNC | DNC | 03:00:15.75 | 03:00:15.75 | 15:01 | 4 |
| DNC | RYNKIEWICZ MATEUSZ | 2009 | NEXTREME | BOGDANIEC | POL | M ELITE | DNC | DNC | 03:01:47.60 | 03:01:47.60 | 0:00 | 4 |
| DNC | RELIDZYŃSKI MICHAŁ | 2509 | | KIELCE | POL | M 35-39 | DNC | DNC | 03:02:27.00 | 03:02:27.00 | 15:12 | 3.9 |
| DNC | ZIMON NORBERT | 2409 | WATAHA | WROCLAW | POL | M 30-34 | DNC | DNC | 03:09:44.70 | 03:09:44.70 | 15:48 | 3.8 |
| DNC | GLAZ JACEK | 2703 | HUSARIA RACE TEAM | TUSZÓW NARODOWY | POL | M 45-49 | DNC | DNC | 03:10:39.25 | 03:10:39.25 | 15:53 | 3.8 |
| DNC | LEBIODA MARCIN | 2302 | SOCIOS SILESIA | RYBNIK | POL | M 25-29 | DNC | DNC | 03:13:12.15 | 03:13:12.15 | 0:00 | 3.7 |
| DNC | REBACZ KRZYSZTOF | 2704 | BALTIC SEALS | SŁUPSK | POL | M 45-49 | DNC | DNC | 03:13:43.50 | 03:13:43.50 | 16:08 | 3.7 |
| DNC | ULDYNOWICZ BARTOSZ | 2040 | DIRTY SPARROWS | GRYFICE | POL | M 35-39 | DNC | DNC | 03:18:47.60 | 03:18:47.60 | 16:33 | 3.6 |
| DNC | KAMIONKA MATEUSZ | 2315 | HUSARIA RACE TEAM | CHOJNICE | POL | M 25-29 | DNC | DNC | 03:21:39.15 | 03:21:39.15 | 16:48 | 3.6 |
| DNC | DALKIEWICZ DARIUSZ | 2706 | CROSSFIT SUSZ | SUSZ | POL | M 45-49 | DNC | DNC | 03:37:07.05 | 03:37:07.05 | 18:05 | 3.3 |
| DNC | KOWALEWSKI KASPER | 4069 | DIRTY SPARROWS | GRUSZCZYN | | M 25-29 | DNC | DNC | 03:38:20.95 | 03:38:20.95 | 18:11 | 3.3 |
| DNC | STASEVICH ALIAKSANDR | 2024 | OCR BELARUS | MINSK | BLR | M ELITE | DNC | DNC | 03:39:51.90 | 03:39:51.90 | 0:00 | 3.3 |
| DNC | BURDZY DANIEL | 2205 | BESTIE OCR LEGIONOWO | LEGIONOWO | POL | M 18-24 | DNC | DNC | 03:40:33.05 | 03:40:33.05 | 18:22 | 3.3 |
| DNC | SZCZOTOK WIKTOR | 3312 | | PSZCZYNA | POL | M 18-24 | DNC | DNC | 03:50:14.20 | 03:50:14.20 | 19:11 | 3.1 |
| DNC | OŻMINKOWSKA ALEKSANDRA | 2901 | DIRTY SPARROWS | POZNAŃ | POL | K 25-29 | DNC | DNC | 03:52:37.25 | 03:52:37.25 | 19:23 | 3.1 |
| DNC | PUCHACZ MICHAEL | 2407 | GLADIATORS | ŁUKTA | POL | M 30-34 | DNC | DNC | 03:54:25.95 | 03:54:25.95 | 19:32 | 3.1 |
| DNC | ZYCH ZBIGNIEW | 2801 | CARBON OCR RACING TEAM | IMIELIN | POL | M 50+ | DNC | DNC | 03:55:47.70 | 03:55:47.70 | 19:38 | 3.1 |
| DNC | KACZOR MARCIN | 2705 | CARBON OCR RACING TEAM | IMIELIN | POL | M 45-49 | DNC | DNC | 04:03:42.45 | 04:03:42.45 | 0:00 | 3 |
| DNC | MARKOWSKI FABIAN | 2412 | MS FIT STUDIO GOSTYŃ | GARZYN | POL | M 30-34 | DNC | DNC | 04:07:17.45 | 04:07:17.45 | 20:36 | 2.9 |
| DNC | SERAFIŃSKI ROBERT | 2803 | DZIADY OCR | KONIN | POL | M 50+ | DNC | DNC | 04:09:53.35 | 04:09:53.35 | 0:00 | 2.9 |
| DNC | JANISZEWSKI GRZEGORZ | 2804 | DZIADY OCR | WARSZAWA | POL | M 50+ | DNC | DNC | 04:13:27.90 | 04:13:27.90 | 21:07 | 2.8 |
| DNC | JESKA TOMASZ | 2602 | DIRTY SPARROWS | ŁUKOWO | POL | M 40-44 | DNC | DNC | 04:27:21.25 | 04:27:21.25 | 22:16 | 2.7 |
| DNC | BARCIKOWSKI ŁUKASZ | 2514 | POWER TRAINING | WARSZAWA | POL | M 35-39 | DNC | DNC | 04:27:56.75 | 04:27:56.75 | 22:19 | 2.7 |
| DNC | WIŚNIEWSKI NORBERT | 2603 | HUSARIA RACE TEAM | NOWE MIASTO LUBAWSKIE | POL | M 40-44 | DNC | DNC | 04:31:24.05 | 04:31:24.05 | 22:37 | 2.7 |
| DNC | NIKIEL DARIUSZ | 2517 | DIRTY SPARROWS | WĄGROWIEC | POL | M 35-39 | DNC | DNC | 04:33:25.15 | 04:33:25.15 | 22:47 | 2.6 |
| DNC | BIEDROWSKI KONRAD | 2043 | KONIUCHY OCR | OPOCZNO | POL | M ELITE | DNC | DNC | 04:35:40.50 | 04:35:40.50 | 22:58 | 2.6 |
| DNC | RZEPKA RAFAŁ | 2305 | HUSARIA RACE TEAM | POZNAŃ | POL | M 25-29 | DNC | DNC | 04:36:14.30 | 04:36:14.30 | 23:01 | 2.6 |
| DNC | MÓWIŃSKI PATRYK | 2308 | R.AMBO DRUGA CREW | OLSZTYN | POL | M 30-34 | DNC | DNC | 04:46:45.55 | 04:46:45.55 | 23:53 | 2.5 |
| DNC | STAMATEL SEBASTIAN | 2304 | SOCIOS SILESIA | RUDA ŚLĄSKA | POL | M 25-29 | DNC | DNC | 04:52:45.90 | 04:52:45.90 | 24:23 | 2.5 |
| DNC | DYSZKIEWICZ GRZEGORZ | 2408 | KONIUCHY OCR | KUTNO | POL | M 30-34 | DNC | DNC | 04:56:14.10 | 04:56:14.10 | 24:41 | 2.4 |
| DNC | CHMIELORZ JÓZEF | 2413 | CARBON OCR RACING TEAM | ŁĘDZINY | POL | M 30-34 | DNC | DNC | 04:56:43.00 | 04:56:43.00 | 24:43 | 2.4 |
| DNC | PETELCZYC PIOTR | 2701 | HUSARIA RACE TEAM | TYCHY | POL | M 45-49 | DNC | DNC | 05:00:02.85 | 05:00:02.85 | 25:00 | 2.4 |
| DNC | DUDA GRZEGORZ | 2601 | BEST BEASTS | BUKÓWKA | POL | M 40-44 | DNC | DNC | 05:00:51.75 | 05:00:51.75 | 0:00 | 2.4 |
| DNC | SZYMAŃSKI BARTŁOMIEJ | 2411 | | ŁÓDŹ | POL | M 30-34 | DNC | DNC | 05:42:33.80 | 05:42:33.80 | 28:32 | 2.1 |
| LIM | PAPLICKA KATARZYNA | 2101 | DZIKIE DZIKI GORZÓW | GORZÓW WIELKOPOLSKI | POL | K ELITE | LIM | LIM | 04:45:14.00 | 04:45:14.00 | 0:00 | 2.5 |
| LIM | MACHTYL ZYGMUNT | 2707 | BEST BEASTS | BIERKOWO | POL | M 45-49 | LIM | LIM | 04:52:51.75 | 04:52:51.75 | 0:00 | 2.5 |
| | MIODEK ADRIAN | 2502 | DIRTY SPARROWS | OPALENICA | POL | M 35-39 | | | DNF | DNF | - | - |
| | CZERWINSKI MACIEJ | 2313 | BALTIC SEALS | SŁUPSK | POL | M 25-29 | | | DNF | DNF | - | - |
| | WOROBIEWA JEKATIERINA | 2109 | POWER TRAINING | WARSZAWA | POL | K ELITE | | | DNF | DNF | - | - |
| | PAPIÓR JOLANTA | 2105 | WATAHA | WROCLAW | POL | K ELITE | | | DNF | DNF | - | - |
| | ZIELIŃSKI TOMASZ | 2044 | WARCHLAKI ADELAJDY | KRAKÓW | POL | M ELITE | | | DNF | DNF | - | - |
| | KRZYSZYŃSKI ROBERT | 2022 | GORACY POTOK TEAM | NOWY TARG | POL | M ELITE | | | DNF | DNF | - | - |
| | CZERWIŃSKA ANNA | 3209 | BEST BEASTS | SŁUPSK | POL | K OPEN | | | DNF | DNF | - | - |
| | ORANKIEWICZ KRZYSZTOF | 4071 | | LASOTKI | | M 25-29 | | | DNF | DNF | - | - |
| | GRESZTA WALDEMAR | 2702 | DZIADY OCR | PUŁTUSK | POL | M 45-49 | | | DNF | DNF | - | - |