

TRIADA INTRO GORCE

Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-04
Miejsce: Krościenko nad Dunajcem
Dystans: 16 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	**JAWORSKI Zbigniew**	**473**	---	M40-49	1	**01:22:49.60**	**01:22:49.85**		5:10	11.6 (100%)
2	**FABIAN Bogusław**	**445**	EVANLITE.COM	M40-49	2	**01:30:20.05**	**01:30:21.80**	+00:07:31 (8.3%)	5:38	10.6 (91.4%)
3	**GULBA Krzysztof**	**459**	PENTEL	M40-49	3	**01:54:09.40**	**01:54:14.95**	+00:31:25 (27.5%)	7:08	8.4 (72.4%)
4	**REJMAN Marek**	**581**		M40-49	4	**01:55:51.35**	**01:55:59.65**	+00:33:09 (28.6%)	7:14	8.3 (71.6%)
5	**DOBOSZ Daniel**	**436**		M40-49	5	**01:55:38.70**	**01:56:08.80**	+00:33:18 (28.7%)	7:13	8.3 (71.6%)
6	**BORYCKI Artur**	**419**	TGR	M40-49	6	**01:57:15.15**	**01:57:21.60**	+00:34:31 (29.4%)	7:19	8.2 (70.7%)
7	**KOCUR Grzegorz**	**483**		M40-49	7	**01:57:53.40**	**01:58:26.20**	+00:35:36 (30.1%)	7:22	8.1 (69.8%)
8	**KARDASZ Marek**	**265**	SOLINA TEAM	M40-49	8	**02:01:59.75**	**02:02:15.40**	+00:39:25 (32.2%)	7:37	7.9 (68.1%)
9	**CHOJNACKI Mikołaj**	**431**	WARSAW RUN CLUB	M40-49	9	**02:01:48.80**	**02:02:21.90**	+00:39:32 (32.3%)	7:36	7.9 (68.1%)
10	**GRZEGORZAK Wojciech**	**458**	#ADAMCZERWIŃSKITEAM	M40-49	10	**02:03:31.15**	**02:03:47.40**	+00:40:57 (33.1%)	7:43	7.8 (67.2%)
11	**HERLICZKA Tomasz**	**466**	AML-FLY TEAM	M40-49	11	**02:03:54.30**	**02:04:56.55**	+00:42:06 (33.7%)	7:44	7.7 (66.4%)
12	**NIŹNIK Borys**	**537**	HUSARIA RACE TEAM	M40-49	12	**02:06:54.70**	**02:07:33.20**	+00:44:43 (35.1%)	7:55	7.6 (65.5%)
13	**SKIERSKI Adam**	**600**	ENDURANCE TEAM	M40-49	13	**02:07:31.55**	**02:07:42.90**	+00:44:53 (35.1%)	7:58	7.5 (64.7%)
14	**RZEPKA Tomasz**	**589**	HTF-LUDWIK SIKORSKI	M40-49	14	**02:08:17.15**	**02:08:54.65**	+00:46:04 (35.7%)	8:01	7.5 (64.7%)
15	**GNIADY Jarosław**	**454**		M40-49	15	**02:10:12.00**	**02:11:02.95**	+00:48:13 (36.8%)	8:08	7.4 (63.8%)
16	**PIASECKI Mariusz**	**556**	MNK	M40-49	16	**02:10:09.05**	**02:11:10.30**	+00:48:20 (36.9%)	8:08	7.4 (63.8%)
17	**KOMAR Bartosz**	**485**		M40-49	17	**02:11:04.00**	**02:11:34.55**	+00:48:44 (37.0%)	8:11	7.3 (62.9%)
18	**KWASEK Kazek**	**293**	MUAY RUNNING TEAM	M40-49	18	**02:15:30.40**	**02:15:46.95**	+00:52:57 (39.0%)	8:28	7.1 (61.2%)
19	**TYKSINSKI Rafal**	**629**	EXPRESSMAP	M40-49	19	**02:16:09.40**	**02:16:32.40**	+00:53:42 (39.3%)	8:30	7.1 (61.2%)
20	**UNIEJEWSKI Tomasz**	**630**		M40-49	20	**02:16:19.85**	**02:17:05.80**	+00:54:15 (39.6%)	8:31	7 (60.3%)
21	**BIELECKI Adam**	**416**		M40-49	21	**02:19:45.75**	**02:20:15.85**	+00:57:26 (40.9%)	8:44	6.9 (59.5%)
22	**FRANKOWSKI Piotr**	**446**		M40-49	22	**02:20:22.35**	**02:20:57.90**	+00:58:08 (41.2%)	8:46	6.8 (58.6%)
23	**KOBIAŁKA Paweł**	**482**	ROZBIEGANE DOBCZYCE	M40-49	23	**02:22:12.60**	**02:22:33.75**	+00:59:43 (41.9%)	8:53	6.8 (58.6%)
24	**GAWLIKOWSKI Robert**	**544**		M40-49	24	**02:22:01.05**	**02:22:46.40**	+00:59:56 (42.0%)	8:52	6.8 (58.6%)
25	**RAKOWSKI Krzysztof**	**577**	RUCHLIWI ŚWIŃSKA NOGA	M40-49	25	**02:22:45.25**	**02:23:35.55**	+01:00:45 (42.3%)	8:55	6.7 (57.8%)
26	**KRYGER Jacek**	**504**	OTE TEAM	M40-49	26	**02:23:10.50**	**02:23:53.85**	+01:01:04 (42.4%)	8:56	6.7 (57.8%)
27	**DUDA Waldemar**	**438**	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	27	**02:25:46.85**	**02:25:54.60**	+01:03:04 (43.2%)	9:06	6.6 (56.9%)
28	**JURCZENKO Marcin**	**474**	ITMBW KRAKÓW	M40-49	28	**02:31:18.05**	**02:31:55.20**	+01:09:05 (45.5%)	9:27	6.3 (54.3%)
29	**NOWAK Krzysztof**	**542**	STG TARNÓW	M40-49	29	**02:31:42.75**	**02:31:55.50**	+01:09:05 (45.5%)	9:28	6.3 (54.3%)

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30	**TOKARSKI Rafał**	**625**		M40-49	30	**02:31:23.50**	**02:32:03.70**	+01:09:13 (45.5%)	9:27	6.3 (54.3%)
31	**WIŚNIEWSKI Tomasz**	**635**		M40-49	31	**02:32:31.05**	**02:33:24.50**	+01:10:34 (46.0%)	9:31	6.3 (54.3%)
32	**SOBULSKI Karol**	**606**	SB SOBOLE	M40-49	32	**02:38:53.60**	**02:39:13.75**	+01:16:23 (48.0%)	9:55	6 (51.7%)
33	**SŁOWIŃSKI Karol**	**604**		M40-49	33	**02:39:24.75**	**02:40:06.20**	+01:17:16 (48.3%)	9:57	6 (51.7%)
34	**POSS Marcin**	**568**		M40-49	34	**02:40:30.25**	**02:41:05.85**	+01:18:16 (48.6%)	10:01	6 (51.7%)
35	**SIKORSKI Ludwik**	**598**	HTF LUDWIK SIKORSKI	M40-49	35	**02:44:12.85**	**02:45:03.90**	+01:22:14 (49.8%)	10:15	5.8 (50.0%)
36	**SKOCZYLAS Piotr**	**601**	ENDURANCE TEAM	M40-49	36	**02:46:04.75**	**02:46:20.10**	+01:23:30 (50.2%)	10:22	5.8 (50.0%)
37	**ZAKRZEWSKI Jaroslaw**	**651**		M40-49	37	**02:46:13.10**	**02:46:53.30**	+01:24:03 (50.4%)	10:23	5.8 (50.0%)
38	**BALON Marcin**	**403**	BB RUNNERS	M40-49	38	**02:52:08.00**	**02:52:20.90**	+01:29:31 (51.9%)	10:45	5.6 (48.3%)
39	**GŁUCHOWSKI Jacek**	**453**	BB RUNERS	M40-49	39	**02:55:43.45**	**02:56:03.35**	+01:33:13 (53.0%)	10:59	5.5 (47.4%)
40	**LULA Radek**	**517**		M40-49	40	**03:00:54.05**	**03:01:30.40**	+01:38:40 (54.4%)	11:18	5.3 (45.7%)
41	**JACKOWSKI Jacek**	**661**	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	41	**03:00:29.60**	**03:01:33.45**	+01:38:43 (54.4%)	11:16	5.3 (45.7%)
42	**STYŁA Sebastian**	**612**		M40-49	42	**03:09:32.35**	**03:10:05.15**	+01:47:15 (56.4%)	11:50	5.1 (44.0%)
43	**LESZCZYNSKI Aleksander**	**514**		M40-49	43	**03:09:25.05**	**03:10:19.95**	+01:47:30 (56.5%)	11:50	5.1 (44.0%)
44	**DUBIŃSKI Przemysław**	**415**	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	44	**03:30:00.00**	**03:30:00.00**	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
44	**GROCHAL Marcin**	**557**	PSEUDOMOUNTAINRUNNER	M40-49	44	**03:30:00.00**	**03:30:00.00**	+02:07:10 (60.6%)	13:07	4.6 (39.7%)

Znaleziono 45 wynik(ów)