



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-04
Krościenko nad Dunajcem
5 km

TRIADA INTRO NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MADZIAR Mateusz	525	AO MYKONÓY	M16-29	1	00:25:24.10	00:25:26.35		5:04	11.8 (100%)
2	JAWORSKI Zbigniew	473	---	M40-49	1	00:25:41.45	00:25:42.80	+00:00:16 (1.1%)	5:08	11.7 (99.2%)
3	CHLIPAŁA Paweł	429		M16-29	2	00:25:47.45	00:25:49.10	+00:00:22 (1.5%)	5:09	11.6 (98.3%)
4	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	1	00:26:27.25	00:26:29.90	+00:01:03 (4.0%)	5:17	11.3 (95.8%)
5	CELEJEWSKI Marcin	427	MYDŁOWSKA ATHLETIC TEAM	M16-29	3	00:26:30.40	00:26:32.65	+00:01:06 (4.2%)	5:18	11.3 (95.8%)
6	MADZIAR Wiktor	524		M16-29	4	00:26:33.60	00:26:35.55	+00:01:09 (4.3%)	5:18	11.3 (95.8%)
7	PACHUT Jerzy	551	COLWAY	M16-29	5	00:26:42.85	00:26:44.10	+00:01:17 (4.8%)	5:20	11.2 (94.9%)
8	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	00:26:44.65	00:26:46.30	+00:01:19 (5.0%)	5:21	11.2 (94.9%)
9	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	2	00:27:05.95	00:27:08.70	+00:01:42 (6.3%)	5:25	11.1 (94.1%)
10	KOZIK Adam	500		M16-29	6	00:27:14.25	00:27:17.25	+00:01:50 (6.8%)	5:26	11 (93.2%)
11	GABRYŚ Rafał	447	KAWIK RUNNING TEAM	M30-39	3	00:27:27.50	00:27:28.95	+00:02:02 (7.4%)	5:29	10.9 (92.4%)
12	SAROSI Kristof	670	GLOBO SPORT SE	M16-29	7	00:27:35.60	00:27:37.15	+00:02:10 (7.9%)	5:31	10.9 (92.4%)
13	ZYGMUNT Tomasz	656		M16-29	8	00:28:28.80	00:28:30.75	+00:03:04 (10.8%)	5:41	10.5 (89.0%)
14	OCHYRA Konrad	545	SOLINA TEAM	M30-39	4	00:29:03.05	00:29:07.75	+00:03:41 (12.7%)	5:48	10.3 (87.3%)
15	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	5	00:29:14.25	00:29:18.05	+00:03:51 (13.2%)	5:51	10.3 (87.3%)
16	BATORYNA Aleksander	406	UNIWERSYTET EKONOMICZNY W KATOWICACH	M30-39	6	00:29:15.85	00:29:18.25	+00:03:51 (13.2%)	5:51	10.3 (87.3%)
17	BROL Piotr	423	ENDURANCE TEAM	M30-39	7	00:30:51.10	00:30:53.45	+00:05:27 (17.6%)	6:10	9.7 (82.2%)
18	OLEŚ Rafał	548	HUSARIA RACE TEAM	M16-29	9	00:31:03.80	00:31:07.90	+00:05:41 (18.3%)	6:12	9.7 (82.2%)
19	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	8	00:31:35.15	00:31:38.70	+00:06:12 (19.6%)	6:19	9.5 (80.5%)
20	REICHEL Marcin	579		M30-39	9	00:31:35.60	00:31:38.80	+00:06:12 (19.6%)	6:19	9.5 (80.5%)
21	SKIBA Maciej	139	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	00:31:40.00	00:31:45.40	+00:06:19 (19.9%)	6:20	9.5 (80.5%)
22	KALCZYŃSKI Marcin	475		M16-29	11	00:31:55.70	00:31:57.95	+00:06:31 (20.4%)	6:23	9.4 (79.7%)
23	DOBOSZ Daniel	436		M40-49	3	00:32:06.35	00:32:13.65	+00:06:47 (21.1%)	6:25	9.3 (78.8%)
24	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	10	00:32:15.20	00:32:19.35	+00:06:53 (21.3%)	6:27	9.3 (78.8%)
25	REJMAN Marek	581		M40-49	4	00:33:16.90	00:33:27.25	+00:08:00 (24.0%)	6:39	9 (76.3%)
26	KARDASZ Marek	265	SOLINA TEAM	M40-49	5	00:33:36.60	00:33:41.00	+00:08:14 (24.5%)	6:43	8.9 (75.4%)
27	GULBA Krzysztof	459	PENTEL	M40-49	6	00:33:46.65	00:33:49.65	+00:08:23 (24.8%)	6:45	8.9 (75.4%)
28	MŁYNARCZYK Krzysztof	536	ANDRYCHÓW RUNNING	M30-39	11	00:33:50.00	00:33:55.80	+00:08:29 (25.0%)	6:46	8.9 (75.4%)
29	SOSNOWSKI Roman	609	LACHO TEAM	M50-59	1	00:33:57.45	00:34:01.25	+00:08:34 (25.2%)	6:47	8.8 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
30	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	7	00:34:05.65	00:34:09.80	+00:08:43 (25.5%)	6:49	8.8 (74.6%)
31	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	8	00:34:26.80	00:34:32.55	+00:09:06 (26.4%)	6:53	8.7 (73.7%)
32	KUBIESA-CRO Jakub	506		M30-39	12	00:34:17.20	00:34:37.05	+00:09:10 (26.5%)	6:51	8.7 (73.7%)
33	KEMPKA Marcin	495	RAJSPOORT ACTIVE	M30-39	13	00:34:19.05	00:34:37.30	+00:09:10 (26.5%)	6:51	8.7 (73.7%)
34	SAROSI Boldi	592		M16-29	12	00:34:36.95	00:34:42.35	+00:09:16 (26.7%)	6:55	8.7 (73.7%)
35	BORYCKI Artur	419	TGR	M40-49	9	00:34:42.80	00:34:46.80	+00:09:20 (26.9%)	6:56	8.6 (72.9%)
36	KOZŁOWSKI Bartosz	501	THE THRULERS	M30-39	14	00:34:43.50	00:34:49.15	+00:09:22 (26.9%)	6:56	8.6 (72.9%)
37	NIŻNIK Borys	537	HUSARIA RACE TEAM	M40-49	10	00:34:58.30	00:34:59.75	+00:09:33 (27.3%)	6:59	8.6 (72.9%)
38	KLOCEK Konrad	663		M30-39	15	00:34:58.05	00:35:06.15	+00:09:39 (27.5%)	6:59	8.6 (72.9%)
39	PIASECKI Mariusz	556	MNK	M40-49	11	00:35:09.30	00:35:24.10	+00:09:57 (28.1%)	7:02	8.5 (72.0%)
40	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	12	00:35:37.70	00:35:46.25	+00:10:19 (28.9%)	7:07	8.4 (71.2%)
41	KOCUR Grzegorz	483		M40-49	13	00:35:39.25	00:35:50.15	+00:10:23 (29.0%)	7:08	8.4 (71.2%)
42	GNIADY Jarosław	454		M40-49	14	00:35:43.65	00:35:56.20	+00:10:29 (29.2%)	7:08	8.4 (71.2%)
43	SITEK Szymon	620	ZABIEGANI CZĘSTOCHOWA	M30-39	16	00:35:51.70	00:36:00.75	+00:10:34 (29.4%)	7:10	8.4 (71.2%)
44	HANUSIAK Leszek	461	HUSARIA RACE TEAM	M30-39	17	00:35:44.70	00:36:01.85	+00:10:35 (29.4%)	7:08	8.4 (71.2%)
45	WOŹNIAK Janusz	643	PORMAT JEDLICZE BIEGA	M50-59	2	00:36:11.70	00:36:18.55	+00:10:52 (29.9%)	7:14	8.3 (70.3%)
46	GAWRYS Bartek	451	ENDURANCE TEAM	M30-39	18	00:36:13.50	00:36:20.65	+00:10:54 (30.0%)	7:14	8.3 (70.3%)
47	HERLICZKA Tomasz	466	AML-FLY TEAM	M40-49	15	00:36:16.40	00:36:29.65	+00:11:03 (30.3%)	7:15	8.3 (70.3%)
48	DEPTUŚ Bartłomiej	435		M30-39	19	00:36:22.40	00:36:35.05	+00:11:08 (30.5%)	7:16	8.2 (69.5%)
49	SKIERSKI Adam	600	ENDURANCE TEAM	M40-49	16	00:36:37.30	00:36:44.45	+00:11:18 (30.8%)	7:19	8.2 (69.5%)
50	KOMAR Bartosz	485		M40-49	17	00:36:47.05	00:36:57.45	+00:11:31 (31.2%)	7:21	8.2 (69.5%)
51	PODOLAK Zbigniew	567	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50-59	3	00:37:37.15	00:37:42.05	+00:12:15 (32.5%)	7:31	8 (67.8%)
52	LEWCZUK Norbert	515	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	20	00:37:29.60	00:37:45.30	+00:12:18 (32.6%)	7:30	8 (67.8%)
53	SKRZYŃSKI Rafał	603	RUNONLINE.PL	M30-39	21	00:37:43.00	00:38:03.45	+00:12:37 (33.2%)	7:32	8 (67.8%)
54	KOPEĆ Krystian	491		M16-29	13	00:37:58.75	00:38:07.60	+00:12:41 (33.3%)	7:35	7.9 (66.9%)
55	OSTROWSKI Łukasz	549		M30-39	22	00:38:37.50	00:38:49.60	+00:13:23 (34.5%)	7:43	7.8 (66.1%)
56	ADAMSKI Jakub	662	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	23	00:38:40.85	00:38:55.05	+00:13:28 (34.6%)	7:44	7.8 (66.1%)
57	SOKOŁOWSKI Władysław	607	HUSARIA RACE TEAM	M16-29	14	00:39:03.40	00:39:10.15	+00:13:43 (35.1%)	7:48	7.7 (65.3%)
58	KRYGER Jacek	504	OTE TEAM	M40-49	18	00:39:11.50	00:39:14.25	+00:13:47 (35.2%)	7:50	7.7 (65.3%)
59	TYKSINSKI Rafal	629	EXPRESSMAP	M40-49	19	00:39:15.80	00:39:20.85	+00:13:54 (35.3%)	7:51	7.6 (64.4%)
60	STYŁA Sebastian	612		M40-49	20	00:39:23.75	00:39:28.75	+00:14:02 (35.6%)	7:52	7.6 (64.4%)
61	BAR Przemek	405	ENDURANCE TEAM	M30-39	24	00:39:23.55	00:39:31.15	+00:14:04 (35.6%)	7:52	7.6 (64.4%)
62	DUDA Waldemar	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	21	00:39:34.15	00:39:37.65	+00:14:11 (35.8%)	7:54	7.6 (64.4%)
63	JACHIMOWICZ Jarosław	468	SPARTAN TRAINING GROUP TARNÓW	M16-29	15	00:40:05.20	00:40:08.70	+00:14:42 (36.6%)	8:01	7.5 (63.6%)
64	ŻUKOWSKI Grzegorz	657	ENDURANCE TEAM	M50-59	4	00:40:03.60	00:40:10.50	+00:14:44 (36.7%)	8:00	7.5 (63.6%)
65	BEDNARZ Franciszek	409		M30-39	25	00:40:14.85	00:40:38.65	+00:15:12 (37.4%)	8:03	7.5 (63.6%)
66	ŚLUSARSKI Włodek	518		M50-59	5	00:40:39.95	00:40:43.50	+00:15:17 (37.5%)	8:08	7.4 (62.7%)
67	GAWLIKOWSKI Robert	544		M40-49	22	00:41:10.60	00:41:17.65	+00:15:51 (38.4%)	8:14	7.3 (61.9%)
68	NOWAK Piotr	540		M16-29	16	00:41:15.80	00:41:23.55	+00:15:57 (38.5%)	8:15	7.3 (61.9%)
69	BIELECKI Adam	416		M40-49	23	00:41:15.15	00:41:27.20	+00:16:00 (38.6%)	8:15	7.3 (61.9%)
70	SŁOWIŃSKI Karol	604		M40-49	24	00:41:24.15	00:41:53.20	+00:16:26 (39.3%)	8:16	7.2 (61.0%)
71	UNIEJEWSKI Tomasz	630		M40-49	25	00:41:59.15	00:42:15.50	+00:16:49 (39.8%)	8:23	7.1 (60.2%)
72	WIŚNIEWSKI Tomasz	635		M40-49	26	00:42:08.40	00:42:17.15	+00:16:50 (39.8%)	8:25	7.1 (60.2%)
73	BEDNARZ Józef	410		M16-29	17	00:42:06.50	00:42:29.25	+00:17:02 (40.1%)	8:25	7.1 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
74	JURCZENKO Marcin	474	ITMBW KRAKÓW	M40-49	27	00:43:17.20	00:43:33.30	+00:18:06 (41.6%)	8:39	6.9 (58.5%)
75	MALOCHLEB Mateusz	659	ZAWISZA STARA KUŹNIA	M16-29	18	00:43:13.80	00:43:33.95	+00:18:07 (41.6%)	8:38	6.9 (58.5%)
76	KOBIĄŁKA Paweł	482	ROZBIEGANE DOBCZYCE	M40-49	28	00:43:17.30	00:43:35.15	+00:18:08 (41.6%)	8:39	6.9 (58.5%)
77	PRZYBYLSKI Michał	570	TRANSPOREON	M30-39	26	00:43:30.00	00:43:45.90	+00:18:19 (41.9%)	8:42	6.9 (58.5%)
78	KOPEĆ Sebastian	490		M30-39	27	00:43:37.55	00:43:46.60	+00:18:20 (41.9%)	8:43	6.9 (58.5%)
79	FRANKOWSKI Piotr	446		M40-49	29	00:43:37.95	00:43:53.35	+00:18:27 (42.0%)	8:43	6.9 (58.5%)
80	RAKOWSKI Krzysztof	577	RUCHLIWI ŚWIŃSKA NOGA	M40-49	30	00:43:43.60	00:44:04.35	+00:18:38 (42.3%)	8:44	6.9 (58.5%)
81	CIMASZEWSKI Michał	434		M16-29	19	00:44:02.20	00:44:08.35	+00:18:42 (42.4%)	8:48	6.8 (57.6%)
82	WÓJCIK Łukasz	646	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	28	00:43:47.75	00:44:13.25	+00:18:46 (42.5%)	8:45	6.8 (57.6%)
83	PAWEŁCZYK Kacper	554	K.S. CELIRONMAN S.A.	M30-39	29	00:44:33.55	00:44:59.35	+00:19:33 (43.5%)	8:54	6.7 (56.8%)
84	DŚBROWSKI Marek	437	TRANSPOREON	M30-39	30	00:45:15.55	00:45:31.75	+00:20:05 (44.1%)	9:03	6.6 (55.9%)
85	LULA Radek	517		M40-49	31	00:45:23.00	00:45:37.25	+00:20:10 (44.2%)	9:04	6.6 (55.9%)
86	KORNAGA Kamil	493	KS RUDNIANKA RUDNA WIELKA	M16-29	20	00:45:48.20	00:46:01.00	+00:20:34 (44.7%)	9:09	6.5 (55.1%)
87	NOWAK Krzysztof	542	STG TARNÓW	M40-49	32	00:45:55.50	00:46:05.15	+00:20:38 (44.8%)	9:11	6.5 (55.1%)
88	SOBULSKI Karol	606	SB SOBOLE	M40-49	33	00:45:52.35	00:46:07.30	+00:20:40 (44.8%)	9:10	6.5 (55.1%)
89	TOKARSKI Rafał	625		M40-49	34	00:46:05.55	00:46:12.10	+00:20:45 (44.9%)	9:13	6.5 (55.1%)
90	SKOCZYLAS Piotr	601	ENDURANCE TEAM	M40-49	35	00:46:01.05	00:46:16.45	+00:20:50 (45.0%)	9:12	6.5 (55.1%)
91	WÓŁKIEWICZ Paweł	648	OX5	M50-59	6	00:47:54.35	00:48:18.50	+00:22:52 (47.3%)	9:34	6.3 (53.4%)
92	BEZKOROWAJNY Mateusz	412	NOKIA	M30-39	31	00:47:59.30	00:48:22.10	+00:22:55 (47.4%)	9:36	6.3 (53.4%)
93	RACZEK Radosław	574	GORŚCY POTOK TEAM	M16-29	21	00:48:09.80	00:48:23.75	+00:22:57 (47.4%)	9:38	6.2 (52.5%)
94	KAPAŁKA Krzysztof	478	STG TARNÓW	M60+	1	00:48:41.20	00:48:44.20	+00:23:17 (47.8%)	9:44	6.2 (52.5%)
95	PIECZONKA Rafal	558	SPARTAN TREINING GROUP TARNÓW	M30-39	32	00:49:11.05	00:49:13.70	+00:23:47 (48.3%)	9:50	6.1 (51.7%)
96	BEŚCIAK Kamil	407	SPARTAN TRAINING GROUP TARNÓW	M16-29	22	00:49:09.80	00:49:13.90	+00:23:47 (48.3%)	9:49	6.1 (51.7%)
97	LUDWA Michał	516	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	33	00:49:11.35	00:49:14.40	+00:23:48 (48.3%)	9:50	6.1 (51.7%)
98	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	36	00:49:10.20	00:49:18.60	+00:23:52 (48.4%)	9:50	6.1 (51.7%)
99	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	37	00:49:18.05	00:49:22.90	+00:23:56 (48.5%)	9:51	6.1 (51.7%)
100	ZAKRZEWSKI Jaroslaw	651		M40-49	38	00:49:46.75	00:50:02.95	+00:24:36 (49.2%)	9:57	6 (50.8%)
101	JAGIEŁA Tomasz	469	BAKOMAT TEAM	M30-39	34	00:50:36.05	00:50:41.35	+00:25:15 (49.8%)	10:07	5.9 (50.0%)
102	KONIEC Mariusz	486	CARBON OCR RACING TEAM	M30-39	35	00:50:25.35	00:50:48.80	+00:25:22 (49.9%)	10:05	6 (50.8%)
103	MEINERT Jakub	532	CARBON OCR RACING TEAM	M16-29	23	00:51:05.30	00:51:15.70	+00:25:49 (50.4%)	10:13	5.9 (50.0%)
104	ZBROSZCZYK Damian	585	CARBON OCR RACING TEAM	M30-39	36	00:50:59.60	00:51:23.15	+00:25:56 (50.5%)	10:12	5.9 (50.0%)
105	BALON Marcin	403	BB RUNNERS	M40-49	39	00:51:36.35	00:51:51.85	+00:26:25 (51.0%)	10:19	5.8 (49.2%)
106	ŁUCZAK Paweł	522		M16-29	24	00:52:18.20	00:52:40.05	+00:27:13 (51.7%)	10:27	5.7 (48.3%)
107	STERNIK Daniel	611	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	37	00:52:27.15	00:52:45.60	+00:27:19 (51.8%)	10:29	5.7 (48.3%)
108	RADYK Jakub	440	PRZEMYSKI KLUB BIEGACZA	M30-39	38	00:52:50.10	00:52:54.55	+00:27:28 (51.9%)	10:34	5.7 (48.3%)
109	ŁĘPICKI Mateusz	521	LEMON TEAM	M30-39	39	00:52:41.25	00:52:59.40	+00:27:33 (52.0%)	10:32	5.7 (48.3%)
110	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	40	00:52:54.20	00:53:02.60	+00:27:36 (52.0%)	10:34	5.7 (48.3%)
111	KORPALSKI Jacek	494		M50-59	7	00:52:50.75	00:53:08.70	+00:27:42 (52.1%)	10:34	5.7 (48.3%)
112	BRODECKI Adam	422	WATAHA ŁŹCZY NAS BIEGANIE	M16-29	25	00:53:05.80	00:53:30.70	+00:28:04 (52.5%)	10:37	5.6 (47.5%)
113	KANDERSKI Sławek	476	WKB MARATOŃCZYK	M50-59	8	00:53:23.85	00:53:49.35	+00:28:23 (52.7%)	10:40	5.6 (47.5%)
114	LESZCZYNSKI Aleksander	514		M40-49	41	00:55:27.10	00:55:43.20	+00:30:16 (54.3%)	11:05	5.4 (45.8%)
115	POSS Marcin	568		M40-49	42	00:55:54.50	00:56:14.20	+00:30:47 (54.8%)	11:11	5.4 (45.8%)
116	KOTULA Jakub	498		M30-39	40	00:56:24.20	00:56:34.85	+00:31:08 (55.0%)	11:16	5.3 (44.9%)
117	WIECZOREK Andrzej	638		M50-59	9	00:56:50.45	00:57:01.95	+00:31:35 (55.4%)	11:22	5.3 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
118	PIĘKOWSKI Leszek	559	WM TRISELF	M50-59	10	00:58:33.40	00:58:53.15	+00:33:26 (56.8%)	11:42	5.1 (43.2%)
119	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	43	01:00:00.00	01:00:00.00	+00:34:33 (57.6%)	12:00	5 (42.4%)

Znaleziono 119 wynik(ów)