



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA MARATON GORCE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	01:19:44.95	01:19:45.70		4:59	12 (100%)
2	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	01:27:11.55	01:27:12.80	+00:07:27 (8.5%)	5:26	11 (91.7%)
3	BEREŚ Arkadiusz	203		M30-39	1	01:27:13.20	01:27:14.20	+00:07:28 (8.6%)	5:27	11 (91.7%)
4	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	2	01:27:24.95	01:27:25.95	+00:07:40 (8.8%)	5:27	11 (91.7%)
5	GAWLIK Sławek	242		M30-39	3	01:29:14.45	01:29:15.15	+00:09:29 (10.6%)	5:34	10.8 (90.0%)
6	STROINSKI Daniel	241		M30-39	4	01:32:23.55	01:32:25.50	+00:12:39 (13.7%)	5:46	10.4 (86.7%)
7	KŁONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	5	01:35:37.90	01:35:38.30	+00:15:52 (16.6%)	5:58	10 (83.3%)
8	CYRAN Piotr	225	NOA	M30-39	6	01:35:50.70	01:35:53.25	+00:16:07 (16.8%)	5:59	10 (83.3%)
9	TYNUS Grzegorz	667	NKK	M40-49	1	01:36:47.55	01:36:52.45	+00:17:06 (17.7%)	6:03	9.9 (82.5%)
10	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	01:43:18.25	01:43:21.85	+00:23:36 (22.8%)	6:27	9.3 (77.5%)
11	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	3	01:43:51.20	01:44:03.00	+00:24:17 (23.3%)	6:29	9.2 (76.7%)
12	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	8	01:43:59.10	01:44:11.15	+00:24:25 (23.4%)	6:29	9.2 (76.7%)
13	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	01:45:37.60	01:45:46.65	+00:26:00 (24.6%)	6:36	9.1 (75.8%)
14	MAŁEK Daren	307		M30-39	9	01:46:41.35	01:46:42.80	+00:26:57 (25.3%)	6:40	9 (75.0%)
15	FEICHTINGER Marek	236		M40-49	2	01:47:30.30	01:47:30.30	+00:27:44 (25.8%)	6:43	8.9 (74.2%)
16	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	3	01:48:02.15	01:48:05.30	+00:28:19 (26.2%)	6:45	8.9 (74.2%)
17	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	4	01:48:13.20	01:48:26.70	+00:28:41 (26.4%)	6:45	8.9 (74.2%)
18	NOWAK Łukasz	322	NOA / CS RUNNING TEAM	M30-39	10	01:49:12.85	01:49:17.75	+00:29:32 (27.0%)	6:49	8.8 (73.3%)
19	SZELĄG Dariusz	360	LISY PUSTYNI	M40-49	5	01:49:29.00	01:49:36.40	+00:29:50 (27.2%)	6:50	8.8 (73.3%)
20	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	01:50:08.65	01:50:15.60	+00:30:29 (27.7%)	6:53	8.7 (72.5%)
21	SAWA Piotr	617		M16-29	5	01:50:09.20	01:50:28.10	+00:30:42 (27.8%)	6:53	8.7 (72.5%)
22	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	6	01:50:49.55	01:50:52.45	+00:31:06 (28.1%)	6:55	8.7 (72.5%)
23	CICHOCKI Tomasz	223	PELETON	M30-39	12	01:51:50.25	01:51:51.65	+00:32:05 (28.7%)	6:59	8.6 (71.7%)
24	MACIEJEWSKI Daniel	336		M30-39	13	01:51:41.90	01:51:59.40	+00:32:13 (28.8%)	6:58	8.6 (71.7%)
25	KOLACHA Patryk	275	STUDIO GTS	M16-29	6	01:52:32.90	01:52:40.10	+00:32:54 (29.2%)	7:02	8.5 (70.8%)
26	MĘDRYKOWSKI Damian	311		M30-39	14	01:52:16.25	01:52:44.35	+00:32:58 (29.3%)	7:01	8.6 (71.7%)
27	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	15	01:53:14.70	01:53:20.65	+00:33:34 (29.6%)	7:04	8.5 (70.8%)
28	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	7	01:52:59.10	01:53:23.40	+00:33:37 (29.7%)	7:03	8.5 (70.8%)
29	KOZIEŁ Krzysztof	282		M30-39	16	01:53:22.20	01:53:32.00	+00:33:46 (29.7%)	7:05	8.5 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						16km	16km			
30	BYRCZEK Michał	216	WATAHA	M30-39	17	01:53:40.65	01:54:13.90	+00:34:28 (30.2%)	7:06	8.4 (70.0%)
31	WŁOCH Sławomir	380		M50-59	1	01:54:17.60	01:54:25.35	+00:34:39 (30.3%)	7:08	8.4 (70.0%)
32	SOBCZYK Piotr	349		M40-49	8	01:54:32.40	01:54:46.85	+00:35:01 (30.5%)	7:09	8.4 (70.0%)
33	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	01:55:18.60	01:55:30.70	+00:35:45 (30.9%)	7:12	8.3 (69.2%)
34	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	18	01:56:29.55	01:56:41.60	+00:36:55 (31.6%)	7:16	8.2 (68.3%)
35	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	9	01:56:46.90	01:57:00.55	+00:37:14 (31.8%)	7:17	8.2 (68.3%)
36	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	19	01:57:03.95	01:57:27.25	+00:37:41 (32.1%)	7:19	8.2 (68.3%)
37	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	20	01:56:37.15	01:57:36.25	+00:37:50 (32.2%)	7:17	8.2 (68.3%)
38	STEFANIUK Roman	357		M50-59	2	01:57:35.90	01:57:46.65	+00:38:00 (32.3%)	7:21	8.2 (68.3%)
39	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	10	01:58:15.55	01:58:16.70	+00:38:31 (32.6%)	7:23	8.1 (67.5%)
40	CHODOWIEC Przemysław	220	ADIDAS RUNNERS WARSAW	M30-39	21	01:58:20.10	01:58:29.20	+00:38:43 (32.7%)	7:23	8.1 (67.5%)
41	SAWCZUK Robert	343	PADRE TEAM	M30-39	22	01:59:59.60	02:00:23.20	+00:40:37 (33.7%)	7:30	8 (66.7%)
42	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	11	02:01:53.55	02:02:20.30	+00:42:34 (34.8%)	7:37	7.9 (65.8%)
43	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	12	02:02:19.10	02:02:23.60	+00:42:37 (34.8%)	7:38	7.8 (65.0%)
44	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	02:02:31.00	02:02:31.00	+00:42:45 (34.9%)	7:39	7.8 (65.0%)
45	NOWICKI Artur	323		M30-39	23	02:03:16.20	02:03:48.70	+00:44:03 (35.6%)	7:42	7.8 (65.0%)
46	DROŚ Aleksander	228	POWER TRAINING	M30-39	24	02:04:15.20	02:04:18.35	+00:44:32 (35.8%)	7:45	7.7 (64.2%)
47	WOLAŃCZUK Marcin	387		M30-39	25	02:04:17.50	02:04:25.70	+00:44:40 (35.9%)	7:46	7.7 (64.2%)
48	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	26	02:03:34.05	02:04:34.50	+00:44:48 (36.0%)	7:43	7.8 (65.0%)
49	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	27	02:04:31.45	02:04:34.60	+00:44:48 (36.0%)	7:46	7.7 (64.2%)
50	WOLAŃCZUK Piotr	388		M16-29	8	02:04:26.80	02:04:34.85	+00:44:49 (36.0%)	7:46	7.7 (64.2%)
51	KALISZAN Krzysztof	263	12 WBOT	M16-29	9	02:04:06.55	02:04:55.75	+00:45:10 (36.2%)	7:45	7.7 (64.2%)
52	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	28	02:04:47.25	02:05:02.60	+00:45:16 (36.2%)	7:47	7.7 (64.2%)
53	WOJTASIK Grzegorz	386	STAŁOWOWOLSKI KLUB BIEGACZA	M40-49	13	02:04:50.40	02:05:06.35	+00:45:20 (36.2%)	7:48	7.7 (64.2%)
54	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	29	02:05:04.10	02:05:31.05	+00:45:45 (36.5%)	7:49	7.7 (64.2%)
55	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	10	02:06:08.65	02:06:23.35	+00:46:37 (36.9%)	7:53	7.6 (63.3%)
56	NOWOTARSKI Wojtek	325		M30-39	30	02:06:16.25	02:06:42.60	+00:46:56 (37.1%)	7:53	7.6 (63.3%)
57	POŁOM Rafał	335	NOA	M30-39	31	02:06:47.65	02:06:54.60	+00:47:08 (37.2%)	7:55	7.6 (63.3%)
58	GOCŁOWSKI Cezary	245		M40-49	14	02:06:05.25	02:07:05.10	+00:47:19 (37.2%)	7:52	7.6 (63.3%)
59	GOŹDZIK Tomek	244		M16-29	11	02:06:48.30	02:07:31.85	+00:47:46 (37.5%)	7:55	7.6 (63.3%)
60	GRABOWSKI Damian	248	-	M30-39	32	02:07:19.65	02:07:41.30	+00:47:55 (37.5%)	7:57	7.5 (62.5%)
61	BAĆMAGA Tomasz	202		M30-39	33	02:07:42.55	02:07:42.55	+00:47:56 (37.5%)	7:58	7.5 (62.5%)
62	JEŹDZIKOWSKI Marcin	260	RUN TEAM GĄSAWA	M40-49	15	02:07:29.55	02:07:51.75	+00:48:06 (37.6%)	7:58	7.5 (62.5%)
63	FRĄCKIEWICZ Karol	240	SCV	M40-49	16	02:07:53.90	02:08:12.45	+00:48:26 (37.8%)	7:59	7.5 (62.5%)
64	GODLEWSKI Cezary	246		M30-39	34	02:08:25.70	02:08:44.60	+00:48:58 (38.0%)	8:01	7.5 (62.5%)
65	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	35	02:08:56.55	02:09:07.50	+00:49:21 (38.2%)	8:03	7.4 (61.7%)
66	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	4	02:08:46.00	02:09:32.85	+00:49:47 (38.4%)	8:02	7.5 (62.5%)
67	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	5	02:09:24.00	02:09:33.30	+00:49:47 (38.4%)	8:05	7.4 (61.7%)
68	OŹGA Sebastian	329		M30-39	36	02:09:02.85	02:09:49.20	+00:50:03 (38.6%)	8:03	7.4 (61.7%)
69	LUTEREK Michał	298		M40-49	17	02:08:53.85	02:09:49.35	+00:50:03 (38.6%)	8:03	7.4 (61.7%)
70	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	18	02:09:49.05	02:09:52.45	+00:50:06 (38.6%)	8:06	7.4 (61.7%)
71	KUDZIOR Piotr	289	PRO366	M16-29	12	02:09:29.05	02:09:55.55	+00:50:09 (38.6%)	8:05	7.4 (61.7%)
72	CZAPSKI Piotr	227		M50-59	6	02:10:15.85	02:11:04.40	+00:51:18 (39.1%)	8:08	7.4 (61.7%)
73	NIMSZ Bartosz	320		M30-39	37	02:10:22.15	02:11:09.00	+00:51:23 (39.2%)	8:08	7.4 (61.7%)

						Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					
74	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	19	02:11:16.10	02:11:29.95	+00:51:44 (39.3%)	8:12	7.3 (60.8%)
75	KURPANIK Karol	292		M30-39	38	02:11:42.15	02:11:53.95	+00:52:08 (39.5%)	8:13	7.3 (60.8%)
76	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	7	02:11:10.90	02:12:08.85	+00:52:23 (39.6%)	8:11	7.3 (60.8%)
77	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	20	02:12:21.70	02:13:00.65	+00:53:14 (40.0%)	8:16	7.3 (60.8%)
78	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	39	02:12:10.15	02:13:10.30	+00:53:24 (40.1%)	8:15	7.3 (60.8%)
79	KOBIĄŁKA Irek	273		M40-49	21	02:12:32.65	02:13:14.80	+00:53:29 (40.1%)	8:17	7.2 (60.0%)
80	OTOCKI Wojciech	328	NOWAK RUN	M40-49	22	02:12:35.50	02:13:16.05	+00:53:30 (40.1%)	8:17	7.2 (60.0%)
81	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	23	02:13:45.00	02:14:34.30	+00:54:48 (40.7%)	8:21	7.2 (60.0%)
82	GROCHAL Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49	24	02:13:56.65	02:14:57.55	+00:55:11 (40.9%)	8:22	7.2 (60.0%)
83	MICHOŃ Krystian	314		M30-39	40	02:14:54.95	02:15:28.25	+00:55:42 (41.1%)	8:25	7.1 (59.2%)
84	WENARSKI Grzegorz	626		M30-39	41	02:15:24.85	02:15:45.75	+00:56:00 (41.2%)	8:27	7.1 (59.2%)
85	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	42	02:15:47.85	02:16:09.40	+00:56:23 (41.4%)	8:29	7.1 (59.2%)
86	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	8	02:17:20.75	02:18:03.15	+00:58:17 (42.2%)	8:35	7 (58.3%)
87	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	43	02:19:22.80	02:19:46.10	+01:00:00 (42.9%)	8:42	6.9 (57.5%)
88	CYWIŃSKI Paweł	226	AKG	M40-49	25	02:19:06.90	02:19:58.40	+01:00:12 (43.0%)	8:41	6.9 (57.5%)
89	MASTALERZ Marcin	597		M50-59	9	02:19:40.20	02:20:42.35	+01:00:56 (43.3%)	8:43	6.9 (57.5%)
90	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	44	02:20:33.35	02:21:05.90	+01:01:20 (43.5%)	8:47	6.8 (56.7%)
91	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	26	02:20:49.55	02:21:21.60	+01:01:35 (43.6%)	8:48	6.8 (56.7%)
92	MUCHA Marek	318	APOSTLES OF STARS	M30-39	45	02:22:42.30	02:23:02.75	+01:03:17 (44.2%)	8:55	6.7 (55.8%)
93	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	10	02:23:10.05	02:23:20.60	+01:03:34 (44.4%)	8:56	6.7 (55.8%)
94	PAPROCKI Bartłomiej	330		M40-49	27	02:25:27.85	02:25:49.80	+01:06:04 (45.3%)	9:05	6.6 (55.0%)
95	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	46	02:25:44.00	02:25:51.55	+01:06:05 (45.3%)	9:06	6.6 (55.0%)
96	NOWACZYK Robert	455		M30-39	47	02:27:52.55	02:28:12.05	+01:08:26 (46.2%)	9:14	6.5 (54.2%)
97	SZYSZKA Maciej	366	KETO KOTY	M30-39	48	02:28:32.05	02:28:50.20	+01:09:04 (46.4%)	9:17	6.5 (54.2%)
98	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	49	02:28:32.45	02:29:19.50	+01:09:33 (46.6%)	9:17	6.5 (54.2%)
99	KINDRYK Tomasz	269	ZAGŁĘBIEWSKI KLUB OYAMA KARATE	M40-49	28	02:29:48.10	02:30:49.00	+01:11:03 (47.1%)	9:21	6.4 (53.3%)
100	KĄDZIOŁKA Łukasz	285	K2	M30-39	50	02:29:54.95	02:30:59.70	+01:11:14 (47.2%)	9:22	6.4 (53.3%)
101	PRZEBINDA Bogdan	337	#ADAMCZERWIŃSKI TEAM	M50-59	11	02:31:02.15	02:31:20.55	+01:11:34 (47.3%)	9:26	6.4 (53.3%)
102	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	29	02:30:54.90	02:31:29.05	+01:11:43 (47.3%)	9:25	6.4 (53.3%)
103	SITKOWSKI Kamil	346		M30-39	51	02:31:09.80	02:31:34.45	+01:11:48 (47.4%)	9:26	6.4 (53.3%)
104	KĄDZIOŁKA Jan	284	K2	M50-59	12	02:30:37.15	02:31:41.60	+01:11:55 (47.4%)	9:24	6.4 (53.3%)
105	WINIARCZYK Adrian	379	WIOŁAADI	M30-39	52	02:34:34.95	02:35:00.10	+01:15:14 (48.5%)	9:39	6.2 (51.7%)
106	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49	30	02:35:14.35	02:36:00.10	+01:16:14 (48.9%)	9:42	6.2 (51.7%)
107	WIECHA Marcin	375		M40-49	31	02:36:27.30	02:36:55.40	+01:17:09 (49.2%)	9:46	6.1 (50.8%)
108	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	53	02:36:02.90	02:37:08.30	+01:17:22 (49.2%)	9:45	6.2 (51.7%)
109	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	13	02:37:14.70	02:37:58.05	+01:18:12 (49.5%)	9:49	6.1 (50.8%)
110	LUC Adam	296	BIEGUSIEM.PL	M40-49	32	02:38:02.25	02:38:26.60	+01:18:40 (49.7%)	9:52	6.1 (50.8%)
111	SIMANKOWICZ Sebastian	345		M40-49	33	02:40:39.75	02:41:10.40	+01:21:24 (50.5%)	10:02	6 (50.0%)
112	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	34	02:49:12.20	02:49:55.75	+01:30:10 (53.1%)	10:34	5.7 (47.5%)
113	DUBIŃSKI Przemysław	229	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	35	02:50:13.55	02:50:46.65	+01:31:00 (53.3%)	10:38	5.6 (46.7%)
114	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	36	02:55:47.30	02:56:51.10	+01:37:05 (54.9%)	10:59	5.5 (45.8%)
115	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	37	02:57:37.80	02:58:34.15	+01:38:48 (55.3%)	11:06	5.4 (45.0%)
116	MALEWSKI Tomasz	306		M40-49	38	03:08:35.55	03:09:38.40	+01:49:52 (57.9%)	11:47	5.1 (42.5%)
117	BUTRYN Wojciech	215	BBKTS	M40-49	39	03:38:10.75	03:39:19.10	+02:19:33 (63.6%)	13:38	4.4 (36.7%)

Znaleziono 117 wynik(ów)