



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: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	BEREŚ Arkadiusz	203		M30-39	1	01:27:13.20	01:27:14.20		5:27	11 (100%)
2	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	2	01:27:24.95	01:27:25.95	+00:00:11 (0.2%)	5:27	11 (100%)
3	GAWLIK Sławek	242		M30-39	3	01:29:14.45	01:29:15.15	+00:02:00 (2.3%)	5:34	10.8 (98.2%)
4	STROINSKI Daniel	241		M30-39	4	01:32:23.55	01:32:25.50	+00:05:11 (5.6%)	5:46	10.4 (94.5%)
5	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	5	01:35:37.90	01:35:38.30	+00:08:24 (8.8%)	5:58	10 (90.9%)
6	CYRAN Piotr	225	NOA	M30-39	6	01:35:50.70	01:35:53.25	+00:08:39 (9.0%)	5:59	10 (90.9%)
7	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	01:43:18.25	01:43:21.85	+00:16:07 (15.6%)	6:27	9.3 (84.5%)
8	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	8	01:43:59.10	01:44:11.15	+00:16:56 (16.3%)	6:29	9.2 (83.6%)
9	MAŁEK Daren	307		M30-39	9	01:46:41.35	01:46:42.80	+00:19:28 (18.3%)	6:40	9 (81.8%)
10	NOWAK Łukasz	322	NOA / CS RUNNING TEAM	M30-39	10	01:49:12.85	01:49:17.75	+00:22:03 (20.2%)	6:49	8.8 (80.0%)
11	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	01:50:08.65	01:50:15.60	+00:23:01 (20.9%)	6:53	8.7 (79.1%)
12	CICHOCKI Tomasz	223	PELETON	M30-39	12	01:51:50.25	01:51:51.65	+00:24:37 (22.0%)	6:59	8.6 (78.2%)
13	MACIEJEWSKI Daniel	336		M30-39	13	01:51:41.90	01:51:59.40	+00:24:45 (22.1%)	6:58	8.6 (78.2%)
14	MĘDRYKOWSKI Damian	311		M30-39	14	01:52:16.25	01:52:44.35	+00:25:30 (22.6%)	7:01	8.6 (78.2%)
15	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	15	01:53:14.70	01:53:20.65	+00:26:06 (23.0%)	7:04	8.5 (77.3%)
16	KOZIEŁ Krzysztof	282		M30-39	16	01:53:22.20	01:53:32.00	+00:26:17 (23.2%)	7:05	8.5 (77.3%)
17	BYRCZEK Michał	216	WATAHA	M30-39	17	01:53:40.65	01:54:13.90	+00:26:59 (23.6%)	7:06	8.4 (76.4%)
18	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	18	01:56:29.55	01:56:41.60	+00:29:27 (25.2%)	7:16	8.2 (74.5%)
19	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	19	01:57:03.95	01:57:27.25	+00:30:13 (25.7%)	7:19	8.2 (74.5%)
20	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	20	01:56:37.15	01:57:36.25	+00:30:22 (25.8%)	7:17	8.2 (74.5%)
21	CHODOWIEC Przemysław	220	ADIDAS RUNNERS WARSAW	M30-39	21	01:58:20.10	01:58:29.20	+00:31:15 (26.4%)	7:23	8.1 (73.6%)
22	SAWCZUK Robert	343	PADRE TEAM	M30-39	22	01:59:59.60	02:00:23.20	+00:33:09 (27.5%)	7:30	8 (72.7%)
23	NOWICKI Artur	323		M30-39	23	02:03:16.20	02:03:48.70	+00:36:34 (29.5%)	7:42	7.8 (70.9%)
24	DROŚ Aleksander	228	POWER TRAINING	M30-39	24	02:04:15.20	02:04:18.35	+00:37:04 (29.8%)	7:45	7.7 (70.0%)
25	WOLAŃCZUK Marcin	387		M30-39	25	02:04:17.50	02:04:25.70	+00:37:11 (29.9%)	7:46	7.7 (70.0%)
26	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	26	02:03:34.05	02:04:34.50	+00:37:20 (30.0%)	7:43	7.8 (70.9%)
27	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	27	02:04:31.45	02:04:34.60	+00:37:20 (30.0%)	7:46	7.7 (70.0%)
28	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	28	02:04:47.25	02:05:02.60	+00:37:48 (30.2%)	7:47	7.7 (70.0%)
29	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	29	02:05:04.10	02:05:31.05	+00:38:16 (30.5%)	7:49	7.7 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
30	NOWOTARSKI Wojtek	325		M30-39	30	02:06:16.25	02:06:42.60	+00:39:28 (31.2%)	7:53	7.6 (69.1%)
31	POŁOM Rafał	335	NOA	M30-39	31	02:06:47.65	02:06:54.60	+00:39:40 (31.3%)	7:55	7.6 (69.1%)
32	GRABOWSKI Damian	248	-	M30-39	32	02:07:19.65	02:07:41.30	+00:40:27 (31.7%)	7:57	7.5 (68.2%)
33	BAĆMAGA Tomasz	202		M30-39	33	02:07:42.55	02:07:42.55	+00:40:28 (31.7%)	7:58	7.5 (68.2%)
34	GODLEWSKI Cezary	246		M30-39	34	02:08:25.70	02:08:44.60	+00:41:30 (32.2%)	8:01	7.5 (68.2%)
35	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	35	02:08:56.55	02:09:07.50	+00:41:53 (32.4%)	8:03	7.4 (67.3%)
36	OŻGA Sebastian	329		M30-39	36	02:09:02.85	02:09:49.20	+00:42:35 (32.8%)	8:03	7.4 (67.3%)
37	NIMSZ Bartosz	320		M30-39	37	02:10:22.15	02:11:09.00	+00:43:54 (33.5%)	8:08	7.4 (67.3%)
38	KURPANIK Karol	292		M30-39	38	02:11:42.15	02:11:53.95	+00:44:39 (33.9%)	8:13	7.3 (66.4%)
39	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	39	02:12:10.15	02:13:10.30	+00:45:56 (34.5%)	8:15	7.3 (66.4%)
40	MICHOŃ Krystian	314		M30-39	40	02:14:54.95	02:15:28.25	+00:48:14 (35.6%)	8:25	7.1 (64.5%)
41	WENARSKI Grzegorz	626		M30-39	41	02:15:24.85	02:15:45.75	+00:48:31 (35.7%)	8:27	7.1 (64.5%)
42	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	42	02:15:47.85	02:16:09.40	+00:48:55 (35.9%)	8:29	7.1 (64.5%)
43	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	43	02:19:22.80	02:19:46.10	+00:52:31 (37.6%)	8:42	6.9 (62.7%)
44	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	44	02:20:33.35	02:21:05.90	+00:53:51 (38.2%)	8:47	6.8 (61.8%)
45	MUCHA Marek	318	APOSTLES OF STARS	M30-39	45	02:22:42.30	02:23:02.75	+00:55:48 (39.0%)	8:55	6.7 (60.9%)
46	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	46	02:25:44.00	02:25:51.55	+00:58:37 (40.2%)	9:06	6.6 (60.0%)
47	NOWACZYK Robert	455		M30-39	47	02:27:52.55	02:28:12.05	+01:00:57 (41.1%)	9:14	6.5 (59.1%)
48	SZYSZKA Maciej	366	KETO KOTY	M30-39	48	02:28:32.05	02:28:50.20	+01:01:36 (41.4%)	9:17	6.5 (59.1%)
49	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	49	02:28:32.45	02:29:19.50	+01:02:05 (41.6%)	9:17	6.5 (59.1%)
50	KĄDZIOŁKA Łukasz	285	K2	M30-39	50	02:29:54.95	02:30:59.70	+01:03:45 (42.2%)	9:22	6.4 (58.2%)
51	SITKOWSKI Kamil	346		M30-39	51	02:31:09.80	02:31:34.45	+01:04:20 (42.4%)	9:26	6.4 (58.2%)
52	WINIARCZYK Adrian	379	WIOLAADI	M30-39	52	02:34:34.95	02:35:00.10	+01:07:45 (43.7%)	9:39	6.2 (56.4%)
53	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	53	02:36:02.90	02:37:08.30	+01:09:54 (44.5%)	9:45	6.2 (56.4%)

Znaleziono 53 wynik(ów)