



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-05
Krościenko nad Dunajcem
33 km

TRIADA ULTRA BESKID SĄDECKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	MARCINIAK Przemysław	95	NOA	M30-39	1	01:21:14	02:17:46	03:32:08.60	03:32:08.85		6:25	9.3 (100%)
2	KICZIŃSKI Bartosz	64	DRUŻYNA SZPIKU	M30-39	2	01:22:38	02:20:22	03:36:40.10	03:36:40.45	+00:04:31 (2.1%)	6:33	9.1 (97.8%)
3	JARCZOK Zdzichu	51	FESTIWAL BIEGOWY W KRYNICY	M30-39	3	01:29:23	02:29:27	03:48:16.80	03:48:24.15	+00:16:15 (7.1%)	6:55	8.7 (93.5%)
4	GURGUL Sebastian	45	AROMAT NÓG	M30-39	4	01:31:19	02:30:55	03:51:38.60	03:51:40.05	+00:19:31 (8.4%)	7:01	8.5 (91.4%)
5	ZBOZIEN Jarosław	175		M30-39	5	01:30:08	02:30:42	03:53:04.65	03:53:10.50	+00:21:01 (9.0%)	7:03	8.5 (91.4%)
6	STAŃCZAK Piotr	146	CZERWONAK BIEGA	M30-39	6	01:31:31	02:33:32	03:57:59.55	03:58:02.65	+00:25:53 (10.9%)	7:12	8.3 (89.2%)
7	ROWIŃSKI Michał	131		M30-39	7	01:33:30	02:37:29	04:00:23.45	04:00:27.90	+00:28:19 (11.8%)	7:17	8.2 (88.2%)
8	PIWOWARCZYK Paweł	123	ROZBIEGANE DOBCZYCE	M30-39	8	01:31:20	02:34:57	04:01:24.50	04:01:27.00	+00:29:18 (12.1%)	7:18	8.2 (88.2%)
9	WOJNO Arkadiusz	171	DROGA DO ULTRA	M30-39	9	01:32:37	02:38:33	04:03:08.15	04:03:09.40	+00:31:00 (12.8%)	7:22	8.1 (87.1%)
10	GEPPERT Jakub	33	ADRUNALINE RUNNING TEAM	M30-39	10	01:34:11	02:39:04	04:04:57.30	04:05:01.75	+00:32:52 (13.4%)	7:25	8.1 (87.1%)
11	WICENBACH Arkadiusz	164	STRASZYN ULTRA TEAM	M30-39	11	01:32:02	02:35:52	04:06:09.85	04:06:12.50	+00:34:03 (13.8%)	7:27	8 (86.0%)
12	TELEPSKI Michał	157	NULL	M30-39	12	01:33:50	02:41:47	04:06:07.00	04:06:12.55	+00:34:03 (13.8%)	7:27	8 (86.0%)
13	PĘDZISZEWSKI Piotr	120	VAI ALTO	M30-39	13	01:35:24	02:41:05	04:09:37.70	04:09:42.50	+00:37:33 (15.0%)	7:33	7.9 (84.9%)
14	SWORSKI Roman	148	VEGAN / VEGE RUNNERS / KASTYO / DROGA DO ULTRA	M30-39	14	01:33:54	02:45:16	04:10:48.25	04:10:50.10	+00:38:41 (15.4%)	7:36	7.9 (84.9%)
15	JESIOŁOWSKI Michał	52		M30-39	15	01:36:05	02:45:46	04:12:08.75	04:12:29.25	+00:40:20 (16.0%)	7:38	7.9 (84.9%)

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16	MIELCZARSKI Bartosz	103		M30-39	16	01:42:34	02:52:02	04:20:24.00	04:20:34.80	+00:48:25 (18.6%)	7:53	7.6 (81.7%)
17	PATELKA Przemysław	119	KW KRAKÓW	M30-39	17	01:43:02	02:54:21	04:23:12.45	04:23:21.40	+00:51:12 (19.4%)	7:58	7.5 (80.6%)
18	SOBCZAK Robert	142	ŁÓDZKI KLUB BIEGOWY	M30-39	18	01:36:10	02:48:50	04:28:54.75	04:28:58.75	+00:56:49 (21.1%)	8:08	7.4 (79.6%)
19	BALON Piotr	4	BAKOMAT TEAM	M30-39	19	01:47:39	03:01:37	04:40:38.95	04:40:44.05	+01:08:35 (24.4%)	8:30	7.1 (76.3%)
20	MICHALSKI Michał	101	FRAMESFACTORY RACINGTEAM	M30-39	20	01:52:21	03:04:18	04:45:46.15	04:46:00.40	+01:13:51 (25.8%)	8:39	6.9 (74.2%)
21	WÓJCICKI Bohdan	167		M30-39	21	01:45:32	03:01:26	04:46:03.05	04:46:13.25	+01:14:04 (25.9%)	8:40	6.9 (74.2%)
22	RACZYŁŁO Krzysztof	126		M30-39	22	01:43:11	02:57:20	04:47:01.55	04:47:11.80	+01:15:02 (26.1%)	8:41	6.9 (74.2%)
23	GURGUL Mateusz	46	AROMAT NÓG	M30-39	23	01:48:41	03:05:34	04:48:49.60	04:48:51.15	+01:16:42 (26.6%)	8:45	6.9 (74.2%)
24	BIEL Łukasz	6	VEGE RUNNERS	M30-39	24		03:09:02	04:50:27.00	04:50:27.00	+01:18:18 (27.0%)	8:48	6.8 (73.1%)
25	BORKOWSKI Bartłomiej	10	RMF4RT GLADIATORS	M30-39	25	01:55:16	03:14:03	05:00:03.25	05:00:24.45	+01:28:15 (29.4%)	9:05	6.6 (71.0%)
26	KWIATKOWSKI Jakub	88	ITMBW KRAKÓW	M30-39	26	01:55:15	03:19:57	05:05:59.25	05:06:08.45	+01:33:59 (30.7%)	9:16	6.5 (69.9%)
27	CYGANIK Kajetan	19	JUVERUN	M30-39	27	02:00:57	03:21:10	05:06:02.00	05:06:19.95	+01:34:11 (30.7%)	9:16	6.5 (69.9%)
28	WOJSA Marcin	172		M30-39	28	01:49:05	03:08:01	05:06:33.60	05:06:52.60	+01:34:43 (30.9%)	9:17	6.5 (69.9%)
29	SZMAJDA Dominik	152	NIE MAM POMYSŁU	M30-39	29	01:57:30	03:20:25	05:13:26.00	05:13:44.25	+01:41:35 (32.4%)	9:29	6.3 (67.7%)
30	PIĄTEK Rafał	122	BEFIT24TEAM	M30-39	30	02:01:30	03:25:34	05:23:36.25	05:23:53.70	+01:51:44 (34.5%)	9:48	6.1 (65.6%)
31	MICHALEC Marcin	100	KKB MOSIR KROSNO	M30-39	31	02:03:05	03:29:52	05:25:37.45	05:25:41.30	+01:53:32 (34.9%)	9:52	6.1 (65.6%)
32	KARAWACKI Grzegorz	60	KĘCKIE HARPAGANY	M30-39	32	02:00:54	03:29:23	05:27:47.05	05:28:02.35	+01:55:53 (35.3%)	9:55	6 (64.5%)
33	ZGLIŃSKI Bartłomiej	177	WKURW_TEAM TORUŃ	M30-39	33	02:02:39	03:26:54	05:28:55.40	05:29:15.45	+01:57:06 (35.6%)	9:58	6 (64.5%)
34	GRZYWIŃSKI Wojtek	43		M30-39	34	02:07:23	03:30:16	05:33:21.00	05:33:37.30	+02:01:28 (36.4%)	10:06	5.9 (63.4%)
35	KOPANIA Kamil	69	K.S TĘCZA	M30-39	35	02:11:06	03:35:56	05:41:43.85	05:41:54.95	+02:09:46 (38.0%)	10:21	5.8 (62.4%)
36	KLUBA Łukasz	67	NGB KŁOBUCK	M30-39	36	02:06:05	03:35:56	05:48:53.65	05:49:06.85	+02:16:58 (39.2%)	10:34	5.7 (61.3%)
37	ZWAAN Johan	182		M30-39	37	02:13:02	03:42:54	05:56:13.85	05:56:30.10	+02:24:21 (40.5%)	10:47	5.6 (60.2%)
38	NAWROT Dawid	106	SRTG NIEPOLOMICE	M30-39	38	02:51:11	04:07:13	06:07:51.75	06:08:09.70	+02:36:00 (42.4%)	11:08	5.4 (58.1%)

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39	KOŁCIUK Wojciech	68	WKURW_TEAM WARSZAWA	M30-39	39	02:08:13	03:40:36	06:14:04.10	06:14:23.85	+02:42:15 (43.3%)	11:20	5.3 (57.0%)
40	SMOGORZEWSKI Michał	141	WKURW_TEAM WARSZAWA	M30-39	40	02:02:43	03:34:42	06:14:01.65	06:14:24.00	+02:42:15 (43.3%)	11:20	5.3 (57.0%)
41	CZARNY Łukasz	21	WKURW_TEAM	M30-39	41	02:36:05	04:10:38	06:41:14.80	06:41:35.00	+03:09:26 (47.2%)	12:09	4.9 (52.7%)
42	WOJNAROWICZ Tomasz	169	SPARTANIEDZIECIA	M30-39	42	02:06:03	03:31:58			+01:14:23	11:09	5.4 (58.1%)
43	ŁUKASIAK Adam	92	WARSAW RUN CLUB	M30-39	43	01:45:31				+00:24:29	8:07	7.4 (79.6%)
44	LEWANDOWSKI Igor	456	CTS / IGISPORT	M30-39	44	02:51:18				+01:30:26	13:10	4.6 (49.5%)
	KOZŁOWSKI Grzegorz	76	ASICS FRONTRUNNER	M30-39		01:30:22 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 45 wynik(ów)