



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: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	PLACKO Martin	1	SLOVAK ULTRA TRAIL TEAM	M40-49	1	01:24:54	02:19:25	03:31:10.30	03:31:12.90		6:23	9.4 (100%)
2	SZELAĞ Sławomir	151	LISY PUSTYNI	M40-49	2	01:25:28	02:21:31	03:35:18.65	03:35:22.05	+00:04:09 (1.9%)	6:31	9.2 (97.9%)
3	WOJNAROWSKI Piotr	170		M40-49	3	01:20:24	02:17:39	03:38:27.75	03:38:28.90	+00:07:16 (3.3%)	6:37	9.1 (96.8%)
4	SZCZEPANIAK Witold	166		M40-49	4	01:34:38	02:34:05	03:51:09.60	03:51:13.75	+00:20:00 (8.7%)	7:00	8.6 (91.5%)
5	WARWAS Radosław	163		M40-49	5	01:30:01	02:30:35	03:53:04.60	03:53:09.90	+00:21:57 (9.4%)	7:03	8.5 (90.4%)
6	LATAK Michał	90	JACEKBIEGA RUNNING TEAM	M40-49	6	01:32:43	02:36:47	04:00:35.90	04:00:41.75	+00:29:28 (12.2%)	7:17	8.2 (87.2%)
7	BORÓWKA Ryszard	11		M40-49	7	01:32:47	02:36:51	04:02:02.35	04:02:04.60	+00:30:51 (12.7%)	7:20	8.2 (87.2%)
8	WÓJCICKI Darek	173	CSC ADVENTURE ACADEMY	M40-49	8	01:34:28	02:38:13	04:04:17.70	04:04:23.25	+00:33:10 (13.6%)	7:24	8.1 (86.2%)
9	BONIKOWSKI Tomasz	9		M40-49	9	01:35:54	02:41:04	04:05:33.40	04:05:40.75	+00:34:27 (14.0%)	7:26	8.1 (86.2%)
10	BUCHLA Marcin	13		M40-49	10	01:37:09	02:43:27	04:09:13.80	04:09:15.75	+00:38:02 (15.3%)	7:33	7.9 (84.0%)
11	JACHYMIAK Robert	50	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40-49	11	01:34:05	02:38:15	04:12:55.35	04:12:55.75	+00:41:42 (16.5%)	7:39	7.8 (83.0%)
12	NIEDŹWIADEK Piotr	108	#ADAMCZERWIŃSKITEAM	M40-49	12	01:31:39	02:35:01	04:18:45.30	04:18:47.60	+00:47:34 (18.4%)	7:50	7.7 (81.9%)
13	PIKUL Piotr	121		M40-49	13	01:47:08	02:55:51	04:19:42.60	04:19:49.75	+00:48:36 (18.7%)	7:52	7.6 (80.9%)
14	GLEISNER Tomasz	34	EKIPA Z TARNOWA	M40-49	14	01:39:23	02:48:42	04:20:32.75	04:20:35.85	+00:49:22 (18.9%)	7:53	7.6 (80.9%)
15	CZUWAJ Andrzej	22		M40-49	15	01:35:32	02:44:44	04:20:34.65	04:20:38.65	+00:49:25 (19.0%)	7:53	7.6 (80.9%)
16	ŁUKOMSKI Maciej	93	SZAKALE BAŁUT	M40-49	16	01:35:47	02:48:14	04:22:18.40	04:22:20.25	+00:51:07 (19.5%)	7:56	7.5 (79.8%)
17	ZDUNEK Michał	176	EUROSOFT TEAM / WKURW_TEAM	M40-49	17	01:41:18	02:51:00	04:22:07.05	04:22:25.15	+00:51:12 (19.5%)	7:56	7.6 (80.9%)
18	CHOLEWA Zbigniew	18	LISY PUSTYNI	M40-49	18	01:40:46	02:48:28	04:22:28.80	04:22:39.85	+00:51:26 (19.6%)	7:57	7.5 (79.8%)
19	CZAJKOWSKI Wojtek	20	ADIDAS RUNNERS WARSAW	M40-49	19	01:41:05	02:53:15	04:23:40.55	04:23:47.20	+00:52:34 (19.9%)	7:59	7.5 (79.8%)
20	ROGÓŻ Radosław	130	#ULTRATRACK	M40-49	20	01:46:16	02:53:36	04:24:51.85	04:25:05.65	+00:53:52 (20.3%)	8:01	7.5 (79.8%)
21	BURMAN Michał	14	KB GEPARD	M40-49	21	01:40:54	02:50:22	04:25:02.35	04:25:08.60	+00:53:55 (20.3%)	8:01	7.5 (79.8%)
22	OKOŃ Łukasz	112		M40-49	22	01:42:54	02:53:40	04:32:13.55	04:32:18.25	+01:01:05 (22.4%)	8:14	7.3 (77.7%)
23	JACHYMEK Bartłomiej	49	JACEKBIEGA RUNNING TEAM	M40-49	23	01:45:12	02:58:57	04:34:53.95	04:34:59.00	+01:03:46 (23.2%)	8:19	7.2 (76.6%)
24	KOWALCZYK Paweł	71	KĘCKIE HARPAGANY	M40-49	24	01:45:58	02:55:10	04:38:20.05	04:38:20.45	+01:07:07 (24.1%)	8:26	7.1 (75.5%)
25	KUBAT Daniel	82	BMS	M40-49	25	01:46:37	03:01:45	04:38:45.75	04:38:57.70	+01:07:44 (24.3%)	8:26	7.1 (75.5%)
26	ZUB Arkadiusz	181	GRUPA BIEGOWA BEZ GRANIC	M40-49	26	01:52:52	03:05:25	04:40:27.85	04:40:29.70	+01:09:16 (24.7%)	8:29	7.1 (75.5%)
27	BŁĘDOWSKI Mariusz	8	AAC FORD AUTO STYL WŁOCLĄWEK TEAM	M40-49	27	01:48:00	03:01:58	04:40:55.15	04:41:06.50	+01:09:53 (24.9%)	8:30	7 (74.5%)
28	GRZYWINSKI Bartosz	42		M40-49	28	01:53:50	03:06:29	04:43:55.80	04:44:12.55	+01:12:59 (25.7%)	8:36	7 (74.5%)
29	WAROWNY Piotr	162	BIEGUSIEM.PL	M40-49	29	01:51:40	03:06:59	04:44:53.00	04:46:34.55	+01:15:21 (26.3%)	8:37	7 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
30	SKRZYPCZAK Hubert	140	RUNNINGPOWERPLAY	M40-49	30	01:54:07	03:09:38	04:48:21.60	04:48:34.15	+01:17:21 (26.8%)	8:44	6.9 (73.4%)
31	BIEL Tomasz	7		M40-49	31	01:51:43	03:08:47	04:49:38.90	04:49:52.55	+01:18:39 (27.1%)	8:46	6.8 (72.3%)
32	DŁUŻNIEWSKI Jacek	25	SBRT BIELSKO-BIAŁA	M40-49	32	01:19:08	02:26:59	03:57:43.50	04:58:36.50	+01:27:23 (29.3%)	7:12	8.3 (88.3%)
33	GRUBICH Damian	41	PARKRUN GRUDZIĄDZ	M40-49	33	01:47:02	03:08:47	04:59:56.05	05:00:13.35	+01:29:00 (29.6%)	9:05	6.6 (70.2%)
34	SAMBORSKI Bartosz	137	WKURW_TEAM	M40-49	34	01:58:21	03:15:20	05:00:20.90	05:00:40.95	+01:29:28 (29.8%)	9:06	6.6 (70.2%)
35	NOWAK Krzysztof	110		M40-49	35	01:54:51	03:15:26	05:03:59.30	05:04:11.35	+01:32:58 (30.6%)	9:12	6.5 (69.1%)
36	ZYGMUNT Paweł	183		M40-49	36	02:00:42	03:22:33	05:04:49.90	05:04:57.35	+01:33:44 (30.7%)	9:14	6.5 (69.1%)
37	MACH Olek	94	ATLANTIC	M40-49	37	01:54:55	03:04:47	05:07:01.55	05:07:20.85	+01:36:07 (31.3%)	9:18	6.4 (68.1%)
38	KOZA Robert	72	CARBON RACING TEAM	M40-49	38	01:54:22	03:13:45	05:12:50.40	05:12:57.15	+01:41:44 (32.5%)	9:28	6.3 (67.0%)
39	BALCERZAK Mariusz	3		M40-49	39	01:56:53	03:18:19	05:14:18.10	05:14:29.65	+01:43:16 (32.8%)	9:31	6.3 (67.0%)
40	OSTAPIŃSKI Wojtek	115	OSTRESROKI	M40-49	40	02:01:43	03:25:14	05:17:13.80	05:17:28.65	+01:46:15 (33.5%)	9:36	6.2 (66.0%)
41	WOŹNICA Rafał	168		M40-49	41	02:02:47	03:27:08	05:21:47.85	05:21:58.15	+01:50:45 (34.4%)	9:45	6.2 (66.0%)
42	WALCZAK Dariusz	161	OLKUSZBIEGA.PL	M40-49	42	02:04:50	03:30:05	05:24:57.15	05:25:06.35	+01:53:53 (35.0%)	9:50	6.1 (64.9%)
43	SZCZYGIELSKI Tomek	150	BIEGUSIEM.PL	M40-49	43	02:00:46	03:26:37	05:31:01.00	05:31:04.45	+01:59:51 (36.2%)	10:01	6 (63.8%)
44	PODGÓRSKI Dominik	124	PRORUNNING PROMOTION	M40-49	44	02:05:02	03:36:11	05:33:11.35	05:33:24.35	+02:02:11 (36.6%)	10:05	5.9 (62.8%)
45	MICHALSKI Ryszard	102	WWW.SENSORYBEAUTY.PL	M40-49	45	02:09:17	03:38:59	05:36:39.80	05:36:50.90	+02:05:38 (37.3%)	10:12	5.9 (62.8%)
46	GUŹDZIOŁ Jarek	44	TBKM WILK SOLEC KUJAWSKI	M40-49	46	02:08:44	03:37:21	05:39:37.20	05:39:53.25	+02:08:40 (37.9%)	10:17	5.8 (61.7%)
47	GOMOLIŃSKI Sławomir	38		M40-49	47	02:08:52	03:33:00	05:47:41.75	05:47:46.40	+02:16:33 (39.3%)	10:32	5.7 (60.6%)
48	KOBYLIŃSKI Piotr	188	WKURW_TEAM	M40-49	48	02:34:06				+01:09:23	11:51	5.1 (54.3%)

Znaleziono 48 wynik(ów)