



TRIADA INTRO BESKID SADECKI

B4SPORT

Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-05
Miejsce: Krościenko nad Dunajcem
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	1	00:55:30.05	00:55:33.80		5:33	10.8 (100%)
2	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	2	00:57:31.45	00:57:34.55	+00:02:00 (3.5%)	5:45	10.4 (96.3%)
3	BATORYNA Aleksander	406	UNIWERSYTET EKONOMICZNY W KATOWICACH	M30-39	3	01:00:18.25	01:00:20.65	+00:04:46 (7.9%)	6:01	10 (92.6%)
4	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	4	01:02:23.10	01:02:28.55	+00:06:54 (11.1%)	6:14	9.6 (88.9%)
5	OCHYRA Konrad	545	SOLINA TEAM	M30-39	5	01:03:31.90	01:03:44.50	+00:08:10 (12.8%)	6:21	9.4 (87.0%)
6	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	6	01:03:41.90	01:03:48.10	+00:08:14 (12.9%)	6:22	9.4 (87.0%)
7	REICHEL Marcin	579		M30-39	7	01:03:54.50	01:04:06.80	+00:08:33 (13.3%)	6:23	9.4 (87.0%)
8	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	8	01:03:54.75	01:04:07.10	+00:08:33 (13.3%)	6:23	9.4 (87.0%)
9	BROL Piotr	423	ENDURANCE TEAM	M30-39	9	01:04:24.20	01:04:26.85	+00:08:53 (13.8%)	6:26	9.3 (86.1%)
10	KUBIESA-CRO Jakub	506		M30-39	10	01:07:21.70	01:07:25.10	+00:11:51 (17.6%)	6:44	8.9 (82.4%)
11	KEMPKA Marcin	495	RAJSPOORT ACTIVE	M30-39	11	01:08:07.20	01:08:11.25	+00:12:37 (18.5%)	6:48	8.8 (81.5%)
12	KLOCEK Konrad	663		M30-39	12	01:09:14.80	01:09:25.45	+00:13:51 (20.0%)	6:55	8.7 (80.6%)
13	KOZŁOWSKI Bartosz	501	THE THRULERS	M30-39	13	01:11:20.35	01:11:34.15	+00:16:00 (22.4%)	7:08	8.4 (77.8%)
14	DEPTUŚ Bartłomiej	435		M30-39	14	01:11:49.90	01:12:11.85	+00:16:38 (23.0%)	7:11	8.4 (77.8%)
15	MŁYNARCZYK Krzysztof	536	ANDRYCHÓW RUNNING	M30-39	15	01:12:41.90	01:12:55.85	+00:17:22 (23.8%)	7:16	8.3 (76.9%)
16	BEDNARZ Franciszek	409		M30-39	16	01:16:26.80	01:16:43.55	+00:21:09 (27.6%)	7:38	7.8 (72.2%)
17	GAWRYS Bartek	451	ENDURANCE TEAM	M30-39	17	01:17:19.65	01:17:23.40	+00:21:49 (28.2%)	7:44	7.8 (72.2%)
18	OSTROWSKI Łukasz	549		M30-39	18	01:21:30.75	01:21:50.85	+00:26:17 (32.1%)	8:09	7.4 (68.5%)
19	LEWCZUK Norbert	515	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	19	01:21:49.90	01:22:16.60	+00:26:42 (32.5%)	8:11	7.3 (67.6%)
20	ADAMSKI Jakub	662	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	20	01:22:29.20	01:22:47.00	+00:27:13 (32.9%)	8:15	7.3 (67.6%)
21	SKRZYŃSKI Rafał	603	RUNONLINE.PL	M30-39	21	01:22:37.85	01:22:51.40	+00:27:17 (32.9%)	8:15	7.3 (67.6%)
22	HANUSIAK Leszek	461	HUSARIA RACE TEAM	M30-39	22	01:26:44.60	01:27:02.25	+00:31:28 (36.2%)	8:40	6.9 (63.9%)
23	SITEK Szymon	620	ZABIEGANI CZĘSTOCHOWA	M30-39	23	01:27:22.45	01:27:51.90	+00:32:18 (36.8%)	8:44	6.9 (63.9%)
24	PRZYBYLSKI Michał	570	TRANSPOREON	M30-39	24	01:27:39.10	01:28:04.95	+00:32:31 (36.9%)	8:45	6.8 (63.0%)
25	LUDWA Michał	516	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	25	01:27:52.80	01:28:18.85	+00:32:45 (37.1%)	8:47	6.8 (63.0%)
26	KOPEĆ Sebastian	490		M30-39	26	01:28:47.65	01:29:02.10	+00:33:28 (37.6%)	8:52	6.8 (63.0%)
27	WÓJCIK Łukasz	646	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	27	01:30:57.30	01:31:33.60	+00:35:59 (39.3%)	9:05	6.6 (61.1%)
28	BAR Przemek	405	ENDURANCE TEAM	M30-39	28	01:32:27.20	01:32:42.95	+00:37:09 (40.1%)	9:14	6.5 (60.2%)
29	KONIEC Mariusz	486	CARBON OCR RACING TEAM	M30-39	29	01:33:36.05	01:34:02.85	+00:38:29 (40.9%)	9:21	6.4 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	DĄBROWSKI Marek	437	TRANSPOREON	M30-39	30	01:33:43.95	01:34:09.90	+00:38:36 (41.0%)	9:22	6.4 (59.3%)
31	PIECZONKA Rafal	558	SPARTAN TREINING GROUP TARNÓW	M30-39	31	01:38:28.85	01:38:41.45	+00:43:07 (43.7%)	9:50	6.1 (56.5%)
32	RADYK Jakub	440	PRZEMYSKI KLUB BIEGACZA	M30-39	32	01:40:14.95	01:40:38.65	+00:45:04 (44.8%)	10:01	6 (55.6%)
33	BEZKOROWAJNY Mateusz	412	NOKIA	M30-39	33	01:42:34.15	01:42:58.10	+00:47:24 (46.0%)	10:15	5.8 (53.7%)
34	JAGIEŁA Tomasz	469	BAKOMAT TEAM	M30-39	34	01:44:58.40	01:45:15.45	+00:49:41 (47.2%)	10:29	5.7 (52.8%)
35	ZBROSZCZYK Damian	585	CARBON OCR RACING TEAM	M30-39	35	01:51:59.30	01:52:19.85	+00:56:46 (50.5%)	11:11	5.4 (50.0%)
36	ŁĘPICKI Mateusz	521	LEMON TEAM	M30-39	36	01:54:29.50	01:54:57.40	+00:59:23 (51.7%)	11:27	5.2 (48.1%)
37	STERNIK Daniel	611	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	37	01:59:40.55	02:00:11.10	+01:04:37 (53.8%)	11:58	5 (46.3%)
38	KOTULA Jakub	498		M30-39	38	02:12:25.60	02:12:53.50	+01:17:19 (58.2%)	13:14	4.5 (41.7%)

Znaleziono 38 wynik(ów)