



Event: ETAPOWA TRIADA ZIMOWA
Organiser: Fundacja Kocham Góry
Date: 2020-01-05
Place: Krościenko nad Dunajcem
Distance: 10 km

TRIADA INTRO BESKID SADECKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	JAWORSKI Zbigniew	473	---	M40-49	1	00:52:27.00	00:52:29.05		5:14	11.4 (100%)
2	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	00:55:44.95	00:55:48.25	+00:03:19 (5.9%)	5:34	10.8 (94.7%)
3	REJMAN Marek	581		M40-49	3	01:03:24.35	01:03:38.85	+00:11:09 (17.5%)	6:20	9.5 (83.3%)
4	DOBOSZ Daniel	436		M40-49	4	01:05:07.15	01:05:19.75	+00:12:50 (19.7%)	6:30	9.2 (80.7%)
5	KARDASZ Marek	265	SOLINA TEAM	M40-49	5	01:06:24.80	01:06:31.30	+00:14:02 (21.1%)	6:38	9 (78.9%)
6	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	6	01:07:45.40	01:07:50.65	+00:15:21 (22.6%)	6:46	8.9 (78.1%)
7	GULBA Krzysztof	459	PENTEL	M40-49	7	01:10:01.45	01:10:05.90	+00:17:36 (25.1%)	7:00	8.6 (75.4%)
8	BORYCKI Artur	419	TGR	M40-49	8	01:10:40.65	01:10:46.65	+00:18:17 (25.8%)	7:04	8.5 (74.6%)
9	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	9	01:10:35.20	01:10:52.85	+00:18:23 (26.0%)	7:03	8.5 (74.6%)
10	SKIERSKI Adam	600	ENDURANCE TEAM	M40-49	10	01:12:31.65	01:12:36.00	+00:20:06 (27.7%)	7:15	8.3 (72.8%)
11	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	11	01:13:07.55	01:13:24.30	+00:20:55 (28.5%)	7:18	8.2 (71.9%)
12	HERLICZKA Tomasz	466	AML-FLY TEAM	M40-49	12	01:13:23.75	01:13:43.45	+00:21:14 (28.8%)	7:20	8.2 (71.9%)
13	KOCUR Grzegorz	483		M40-49	13	01:13:31.20	01:13:45.40	+00:21:16 (28.8%)	7:21	8.2 (71.9%)
14	NIŻNIK Borys	537	HUSARIA RACE TEAM	M40-49	14	01:13:42.45	01:13:47.90	+00:21:18 (28.9%)	7:22	8.1 (71.1%)
15	PIASECKI Mariusz	556	MNK	M40-49	15	01:16:39.85	01:16:59.20	+00:24:30 (31.8%)	7:40	7.8 (68.4%)
16	KOMAR Bartosz	485		M40-49	16	01:17:06.55	01:17:21.05	+00:24:52 (32.1%)	7:42	7.8 (68.4%)
17	TYKSINSKI Rafal	629	EXPRESSMAP	M40-49	17	01:19:16.55	01:19:29.05	+00:27:00 (34.0%)	7:55	7.6 (66.7%)
18	GNIADY Jarosław	454		M40-49	18	01:19:59.15	01:20:22.35	+00:27:53 (34.7%)	7:59	7.5 (65.8%)
19	STYŁA Sebastian	612		M40-49	19	01:21:21.45	01:21:42.95	+00:29:13 (35.8%)	8:08	7.4 (64.9%)
20	DUDA Waldemar	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	20	01:23:13.25	01:23:24.10	+00:30:55 (37.1%)	8:19	7.2 (63.2%)
21	KRYGER Jacek	504	OTE TEAM	M40-49	21	01:23:16.15	01:23:29.50	+00:31:00 (37.1%)	8:19	7.2 (63.2%)
22	BIELECKI Adam	416		M40-49	22	01:23:53.40	01:24:06.45	+00:31:37 (37.6%)	8:23	7.2 (63.2%)
23	UNIEJEWSKI Tomasz	630		M40-49	23	01:25:00.90	01:25:22.20	+00:32:53 (38.5%)	8:30	7.1 (62.3%)
24	FRANKOWSKI Piotr	446		M40-49	24	01:26:02.55	01:26:24.50	+00:33:55 (39.3%)	8:36	7 (61.4%)
24	JURCZENKO Marcin	474	ITMBW KRAKÓW	M40-49	24	01:26:04.55	01:26:24.50	+00:33:55 (39.3%)	8:36	7 (61.4%)
26	GAWLIKOWSKI Robert	544		M40-49	26	01:27:03.35	01:27:19.70	+00:34:50 (39.9%)	8:42	6.9 (60.5%)
27	KOBIĄŁKA Paweł	482	ROZBIEGANE DOBCZYCE	M40-49	27	01:27:46.90	01:28:09.75	+00:35:40 (40.5%)	8:46	6.8 (59.6%)
28	RAKOWSKI Krzysztof	577	RUCHLIWI ŚWIŃSKA NOGA	M40-49	28	01:29:50.75	01:30:11.30	+00:37:42 (41.8%)	8:59	6.7 (58.8%)
29	TOKARSKI Rafał	625		M40-49	29	01:31:34.70	01:31:49.85	+00:39:20 (42.8%)	9:09	6.6 (57.9%)

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30	SOBULSKI Karol	606	SB SOBOLE	M40-49	30	01:33:48.00	01:34:04.45	+00:41:35 (44.2%)	9:22	6.4 (56.1%)
31	NOWAK Krzysztof	542	STG TARNÓW	M40-49	31	01:35:04.15	01:35:28.20	+00:42:59 (45.0%)	9:30	6.3 (55.3%)
32	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	32	01:35:06.60	01:35:38.50	+00:43:09 (45.1%)	9:30	6.3 (55.3%)
33	WIŚNIEWSKI Tomasz	635		M40-49	33	01:35:35.80	01:35:54.50	+00:43:25 (45.3%)	9:33	6.3 (55.3%)
34	POSS Marcin	568		M40-49	34	01:38:34.65	01:39:03.75	+00:46:34 (47.0%)	9:51	6.1 (53.5%)
35	SŁOWIŃSKI Karol	604		M40-49	35	01:38:54.95	01:39:27.90	+00:46:58 (47.2%)	9:53	6.1 (53.5%)
36	ZAKRZEWSKI Jaroslaw	651		M40-49	36	01:42:10.75	01:42:17.75	+00:49:48 (48.7%)	10:13	5.9 (51.8%)
37	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	37	01:43:05.75	01:43:22.35	+00:50:53 (49.2%)	10:18	5.8 (50.9%)
38	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	38	01:44:53.15	01:45:08.65	+00:52:39 (50.1%)	10:29	5.7 (50.0%)
39	SKOCZYLAS Piotr	601	ENDURANCE TEAM	M40-49	39	01:46:32.30	01:46:58.05	+00:54:29 (50.9%)	10:39	5.6 (49.1%)
40	JACKOWSKI Jacek	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	40	01:48:33.95	01:48:50.55	+00:56:21 (51.8%)	10:51	5.5 (48.2%)
41	LULA Radek	517		M40-49	41	01:48:32.75	01:48:53.45	+00:56:24 (51.8%)	10:51	5.5 (48.2%)
42	BALON Marcin	403	BB RUNNERS	M40-49	42	01:53:25.00	01:53:48.40	+01:01:19 (53.9%)	11:20	5.3 (46.5%)
43	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	43	02:01:40.50	02:02:11.15	+01:09:42 (57.0%)	12:10	4.9 (43.0%)
44	LESZCZYŃSKI Aleksander	514		M40-49	44	02:06:08.65	02:06:36.25	+01:14:07 (58.5%)	12:36	4.8 (42.1%)

Total 44 results.