



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-04
Krościenko nad Dunajcem
16 km

TRIADA INTRO GORCE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	473	---	M40-49	1	01:22:49.60	01:22:49.85		5:10	11.6 (100%)
2	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	01:30:20.05	01:30:21.80	+00:07:31 (8.3%)	5:38	10.6 (91.4%)
3	GULBA Krzysztof	459	PENTEL	M40-49	3	01:54:09.40	01:54:14.95	+00:31:25 (27.5%)	7:08	8.4 (72.4%)
4	REJMAN Marek	581		M40-49	4	01:55:51.35	01:55:59.65	+00:33:09 (28.6%)	7:14	8.3 (71.6%)
5	DOBOSZ Daniel	436		M40-49	5	01:55:38.70	01:56:08.80	+00:33:18 (28.7%)	7:13	8.3 (71.6%)
6	BORYCKI Artur	419	TGR	M40-49	6	01:57:15.15	01:57:21.60	+00:34:31 (29.4%)	7:19	8.2 (70.7%)
7	KOCUR Grzegorz	483		M40-49	7	01:57:53.40	01:58:26.20	+00:35:36 (30.1%)	7:22	8.1 (69.8%)
8	KARDASZ Marek	265	SOLINA TEAM	M40-49	8	02:01:59.75	02:02:15.40	+00:39:25 (32.2%)	7:37	7.9 (68.1%)
9	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	9	02:01:48.80	02:02:21.90	+00:39:32 (32.3%)	7:36	7.9 (68.1%)
10	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	10	02:03:31.15	02:03:47.40	+00:40:57 (33.1%)	7:43	7.8 (67.2%)
11	HERLICZKA Tomasz	466	AML-FLY TEAM	M40-49	11	02:03:54.30	02:04:56.55	+00:42:06 (33.7%)	7:44	7.7 (66.4%)
12	NIŻNIK Borys	537	HUSARIA RACE TEAM	M40-49	12	02:06:54.70	02:07:33.20	+00:44:43 (35.1%)	7:55	7.6 (65.5%)
13	SKIERSKI Adam	600	ENDURANCE TEAM	M40-49	13	02:07:31.55	02:07:42.90	+00:44:53 (35.1%)	7:58	7.5 (64.7%)
14	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	14	02:08:17.15	02:08:54.65	+00:46:04 (35.7%)	8:01	7.5 (64.7%)
15	GNIADY Jarosław	454		M40-49	15	02:10:12.00	02:11:02.95	+00:48:13 (36.8%)	8:08	7.4 (63.8%)
16	PIASECKI Mariusz	556	MNK	M40-49	16	02:10:09.05	02:11:10.30	+00:48:20 (36.9%)	8:08	7.4 (63.8%)
17	KOMAR Bartosz	485		M40-49	17	02:11:04.00	02:11:34.55	+00:48:44 (37.0%)	8:11	7.3 (62.9%)
18	KWASEK Kazek	293	MUAY RUNNING TEAM	M40-49	18	02:15:30.40	02:15:46.95	+00:52:57 (39.0%)	8:28	7.1 (61.2%)
19	TYKSINSKI Rafal	629	EXPRESSMAP	M40-49	19	02:16:09.40	02:16:32.40	+00:53:42 (39.3%)	8:30	7.1 (61.2%)
20	UNIEJEWSKI Tomasz	630		M40-49	20	02:16:19.85	02:17:05.80	+00:54:15 (39.6%)	8:31	7 (60.3%)
21	BIELECKI Adam	416		M40-49	21	02:19:45.75	02:20:15.85	+00:57:26 (40.9%)	8:44	6.9 (59.5%)
22	FRANKOWSKI Piotr	446		M40-49	22	02:20:22.35	02:20:57.90	+00:58:08 (41.2%)	8:46	6.8 (58.6%)
23	KOBIĄŁKA Paweł	482	ROZBIEGANE DOBCZYCE	M40-49	23	02:22:12.60	02:22:33.75	+00:59:43 (41.9%)	8:53	6.8 (58.6%)
24	GAWLIKOWSKI Robert	544		M40-49	24	02:22:01.05	02:22:46.40	+00:59:56 (42.0%)	8:52	6.8 (58.6%)
25	RAKOWSKI Krzysztof	577	RUCHLIWI ŚWIŃSKA NOGA	M40-49	25	02:22:45.25	02:23:35.55	+01:00:45 (42.3%)	8:55	6.7 (57.8%)
26	KRYGER Jacek	504	OTE TEAM	M40-49	26	02:23:10.50	02:23:53.85	+01:01:04 (42.4%)	8:56	6.7 (57.8%)
27	DUDA Waldemar	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	27	02:25:46.85	02:25:54.60	+01:03:04 (43.2%)	9:06	6.6 (56.9%)
28	JURCZENKO Marcin	474	ITMBW KRAKÓW	M40-49	28	02:31:18.05	02:31:55.20	+01:09:05 (45.5%)	9:27	6.3 (54.3%)
29	NOWAK Krzysztof	542	STG TARNÓW	M40-49	29	02:31:42.75	02:31:55.50	+01:09:05 (45.5%)	9:28	6.3 (54.3%)

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30	TOKARSKI Rafał	625		M40-49	30	02:31:23.50	02:32:03.70	+01:09:13 (45.5%)	9:27	6.3 (54.3%)
31	WIŚNIEWSKI Tomasz	635		M40-49	31	02:32:31.05	02:33:24.50	+01:10:34 (46.0%)	9:31	6.3 (54.3%)
32	SOBULSKI Karol	606	SB SOBOLE	M40-49	32	02:38:53.60	02:39:13.75	+01:16:23 (48.0%)	9:55	6 (51.7%)
33	SŁOWIŃSKI Karol	604		M40-49	33	02:39:24.75	02:40:06.20	+01:17:16 (48.3%)	9:57	6 (51.7%)
34	POSS Marcin	568		M40-49	34	02:40:30.25	02:41:05.85	+01:18:16 (48.6%)	10:01	6 (51.7%)
35	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	35	02:44:12.85	02:45:03.90	+01:22:14 (49.8%)	10:15	5.8 (50.0%)
36	SKOCZYLAS Piotr	601	ENDURANCE TEAM	M40-49	36	02:46:04.75	02:46:20.10	+01:23:30 (50.2%)	10:22	5.8 (50.0%)
37	ZAKRZEWSKI Jarosław	651		M40-49	37	02:46:13.10	02:46:53.30	+01:24:03 (50.4%)	10:23	5.8 (50.0%)
38	BALON Marcin	403	BB RUNNERS	M40-49	38	02:52:08.00	02:52:20.90	+01:29:31 (51.9%)	10:45	5.6 (48.3%)
39	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	39	02:55:43.45	02:56:03.35	+01:33:13 (53.0%)	10:59	5.5 (47.4%)
40	LULA Radek	517		M40-49	40	03:00:54.05	03:01:30.40	+01:38:40 (54.4%)	11:18	5.3 (45.7%)
41	JACKOWSKI Jacek	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	41	03:00:29.60	03:01:33.45	+01:38:43 (54.4%)	11:16	5.3 (45.7%)
42	STYŁA Sebastian	612		M40-49	42	03:09:32.35	03:10:05.15	+01:47:15 (56.4%)	11:50	5.1 (44.0%)
43	LESZCZYNSKI Aleksander	514		M40-49	43	03:09:25.05	03:10:19.95	+01:47:30 (56.5%)	11:50	5.1 (44.0%)
44	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	44	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
44	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	44	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)

Znaleziono 45 wynik(ów)