



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA INTRO ŁĄCZNIE

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sadecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	1	01:31:07.00	00:27:08.00	00:57:34.00	02:55:41.00	02:55:49.00		5:40	10.6 (100%)
2	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	2	01:36:58.00	00:26:29.00	00:55:33.00	02:58:53.00	02:59:00.00	+00:03:11 (1.8%)	5:46	10.4 (98.1%)
3	BATORYNA Aleksander	406	UNIWERSYTET EKONOMICZNY W KATOWICACH	M30-39	3	01:37:26.00	00:29:18.00	01:00:20.00	03:06:57.00	03:07:04.00	+00:11:15 (6.0%)	6:01	9.9 (93.4%)
4	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	4	01:41:12.00	00:29:18.00	01:02:28.00	03:12:30.00	03:12:58.00	+00:17:09 (8.9%)	6:12	9.7 (91.5%)
5	OCHYRA Konrad	545	SOLINA TEAM	M30-39	5	01:43:59.00	00:29:07.00	01:03:44.00	03:16:16.00	03:16:50.00	+00:21:01 (10.7%)	6:19	9.5 (89.6%)
6	BROL Piotr	423	ENDURANCE TEAM	M30-39	6	01:43:31.00	00:30:53.00	01:04:26.00	03:18:44.00	03:18:50.00	+00:23:01 (11.6%)	6:24	9.4 (88.7%)
7	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	7	01:47:50.00	00:32:19.00	01:03:48.00	03:23:42.00	03:23:57.00	+00:28:08 (13.8%)	6:34	9.1 (85.8%)
8	REICHEL Marcin	579		M30-39	8	01:52:42.00	00:31:38.00	01:04:06.00	03:28:05.00	03:28:26.00	+00:32:37 (15.6%)	6:42	8.9 (84.0%)
9	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	9	01:52:42.00	00:31:38.00	01:04:07.00	03:28:04.00	03:28:27.00	+00:32:38 (15.7%)	6:42	8.9 (84.0%)
10	KUBIESA-CRO Jakub	506		M30-39	10	01:54:23.00	00:34:37.00	01:07:25.00	03:35:47.00	03:36:25.00	+00:40:36 (18.8%)	6:57	8.6 (81.1%)
11	KEMPKA Marcin	495	RAJSPOORT ACTIVE	M30-39	11	01:56:30.00	00:34:37.00	01:08:11.00	03:38:46.00	03:39:18.00	+00:43:29 (19.8%)	7:03	8.5 (80.2%)
12	KLOCEK Konrad	663		M30-39	12	01:57:37.00	00:35:06.00	01:09:25.00	03:41:28.00	03:42:08.00	+00:46:19 (20.9%)	7:08	8.4 (79.2%)
13	KOZŁOWSKI Bartosz	501	THE THRULERS	M30-39	13	01:56:37.00	00:34:49.00	01:11:34.00	03:42:35.00	03:43:00.00	+00:47:11 (21.2%)	7:10	8.4 (79.2%)
14	MŁYNARCZYK Krzysztof	536	ANDRYCHÓW RUNNING	M30-39	14	01:57:11.00	00:33:55.00	01:12:55.00	03:43:14.00	03:44:01.00	+00:48:12 (21.5%)	7:12	8.3 (78.3%)
15	DEPTUŚ Bartłomiej	435		M30-39	15	02:06:19.00	00:36:35.00	01:12:11.00	03:54:02.00	03:55:05.00	+00:59:16 (25.2%)	7:32	7.9 (74.5%)
16	GAWRYS Bartek	451	ENDURANCE TEAM	M30-39	16	02:14:31.00	00:36:20.00	01:17:23.00	04:07:50.00	04:08:14.00	+01:12:25 (29.2%)	7:59	7.5 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
17	LEWCZUK Norbert	515	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	17	02:09:48.00	00:37:45.00	01:22:16.00	04:08:27.00	04:09:49.00	+01:14:00 (29.6%)	8:00	7.5 (70.8%)
18	SKRZYŃSKI Rafał	603	RUNONLINE.PL	M30-39	18	02:09:53.00	00:38:03.00	01:22:51.00	04:09:38.00	04:10:47.00	+01:14:58 (29.9%)	8:03	7.5 (70.8%)
19	PIECZONKA Rafał	558	SPARTAN TREINING GROUP TARNÓW	M30-39	19	01:48:45.00	00:49:13.00	01:38:41.00	04:16:13.00	04:16:39.00	+01:20:50 (31.5%)	8:15	7.3 (68.9%)
20	OSTROWSKI Łukasz	549		M30-39	20	02:16:35.00	00:38:49.00	01:21:50.00	04:16:15.00	04:17:14.00	+01:21:25 (31.7%)	8:15	7.3 (68.9%)
21	HANUSIAK Leszek	461	HUSARIA RACE TEAM	M30-39	21	02:20:30.00	00:36:01.00	01:27:02.00	04:22:12.00	04:23:33.00	+01:27:44 (33.3%)	8:27	7.1 (67.0%)
22	BEDNARZ Franciszek	409		M30-39	22	02:28:12.00	00:40:38.00	01:16:43.00	04:23:54.00	04:25:33.00	+01:29:44 (33.8%)	8:30	7 (66.0%)
23	KOPEĆ Sebastian	490		M30-39	23	02:16:07.00	00:43:46.00	01:29:02.00	04:28:18.00	04:28:55.00	+01:33:06 (34.6%)	8:39	6.9 (65.1%)
24	ADAMSKI Jakub	662	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	24	02:33:00.00	00:38:55.00	01:22:47.00	04:33:14.00	04:34:42.00	+01:38:53 (36.0%)	8:48	6.8 (64.2%)
25	WÓJCIK Łukasz	646	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	25	02:29:17.00	00:44:13.00	01:31:33.00	04:43:16.00	04:45:03.00	+01:49:14 (38.3%)	9:08	6.6 (62.3%)
26	LUDWA Michał	516	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	26	02:30:21.00	00:49:14.00	01:28:18.00	04:47:24.00	04:47:53.00	+01:52:04 (38.9%)	9:16	6.5 (61.3%)
27	BAR Przemek	405	ENDURANCE TEAM	M30-39	27	02:48:58.00	00:39:31.00	01:32:42.00	05:00:03.00	05:01:11.00	+02:05:22 (41.6%)	9:40	6.2 (58.5%)
28	DĄBROWSKI Marek	437	TRANSPOREON	M30-39	28	02:41:53.00	00:45:31.00	01:34:09.00	04:59:53.00	05:01:33.00	+02:05:44 (41.7%)	9:40	6.2 (58.5%)
29	PRZYBYLSKI Michał	570	TRANSPOREON	M30-39	29	02:55:04.00	00:43:45.00	01:28:04.00	05:05:19.00	05:06:53.00	+02:11:04 (42.7%)	9:50	6.1 (57.5%)
30	JAGIEŁA Tomasz	469	BAKOMAT TEAM	M30-39	30	02:31:24.00	00:50:41.00	01:45:15.00	05:06:44.00	05:07:20.00	+02:11:31 (42.8%)	9:53	6.1 (57.5%)
31	KONIEC Mariusz	486	CARBON OCR RACING TEAM	M30-39	31	02:45:09.00	00:50:48.00	01:34:02.00	05:08:45.00	05:09:59.00	+02:14:10 (43.3%)	9:57	6 (56.6%)
32	BEZKOROWAJNY Mateusz	412	NOKIA	M30-39	32	02:55:52.00	00:48:22.00	01:42:58.00	05:25:27.00	05:27:12.00	+02:31:23 (46.3%)	10:29	5.7 (53.8%)
33	SITEK Szymon	620	ZABIEGANI CZĘSTOCHOWA	M30-39	33	03:30:00.00	00:36:00.00	01:27:51.00	05:33:13.00	05:33:51.00	+02:38:02 (47.3%)	10:44	5.6 (52.8%)
34	STERNIK Daniel	611	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	34	02:44:44.00	00:52:45.00	02:00:11.00	05:36:34.00	05:37:40.00	+02:41:51 (47.9%)	10:51	5.5 (51.9%)
35	ZBROSZCZYK Damian	585	CARBON OCR RACING TEAM	M30-39	35	02:58:15.00	00:51:23.00	01:52:19.00	05:40:49.00	05:41:57.00	+02:46:08 (48.6%)	10:59	5.5 (51.9%)
36	ŁĘPICKI Mateusz	521	LEMON TEAM	M30-39	36	03:06:10.00	00:52:59.00	01:54:57.00	05:52:46.00	05:54:06.00	+02:58:17 (50.3%)	11:22	5.3 (50.0%)
37	RADYK Jakub	440	PRZEMYSKI KLUB BIEGACZA	M30-39	37	03:30:00.00	00:52:54.00	01:40:38.00	06:03:04.00	06:03:32.00	+03:07:43 (51.6%)	11:42	5.1 (48.1%)
38	KOTULA Jakub	498		M30-39	38	03:15:10.00	00:56:34.00	02:12:53.00	06:23:16.00	06:24:37.00	+03:28:48 (54.3%)	12:21	4.9 (46.2%)
	GABRYŚ Rafał	447	KAWIK RUNNING TEAM	M30-39		01:28:03.00 DNF	00:27:28.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)

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	SURUS Artur	614		M30-39		02:00:08.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	BIAŁEK Mariusz	413	ENDURANCE TEAM	M30-39		02:48:21.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	PAWEŁCZYK Kacper	554	K.S. CELIRONMAN S.A.	M30-39		02:14:54.00 DNF	00:44:59.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 42 wynik(ów)