

TRIADA INTRO ŁĄCZNIE

B4SPORT



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	473	---	M40-49	1	01:22:49.00	00:25:42.00	00:52:29.00	02:40:57.00	02:41:00.00		5:11	11.6 (100%)
2	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	01:30:21.00	00:26:46.00	00:55:48.00	02:52:48.00	02:52:55.00	+00:11:55 (6.9%)	5:34	10.8 (93.1%)
3	REJMAN Marek	581		M40-49	3	01:55:59.00	00:33:27.00	01:03:38.00	03:32:31.00	03:33:04.00	+00:52:04 (24.4%)	6:51	8.8 (75.9%)
4	DOBOSZ Daniel	436		M40-49	4	01:56:08.00	00:32:13.00	01:05:19.00	03:32:51.00	03:33:40.00	+00:52:40 (24.6%)	6:51	8.7 (75.0%)
5	GULBA Krzysztof	459	PENTEL	M40-49	5	01:54:14.00	00:33:49.00	01:10:05.00	03:37:56.00	03:38:08.00	+00:57:08 (26.2%)	7:01	8.5 (73.3%)
6	KARDASZ Marek	265	SOLINA TEAM	M40-49	6	02:02:15.00	00:33:41.00	01:06:31.00	03:41:59.00	03:42:27.00	+01:01:27 (27.6%)	7:09	8.4 (72.4%)
7	BORYCKI Artur	419	TGR	M40-49	7	01:57:21.00	00:34:46.00	01:10:46.00	03:42:37.00	03:42:53.00	+01:01:53 (27.8%)	7:10	8.4 (72.4%)
8	KOCUR Grzegorz	483		M40-49	8	01:58:26.00	00:35:50.00	01:13:45.00	03:47:03.00	03:48:01.00	+01:07:01 (29.4%)	7:19	8.2 (70.7%)
9	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	9	02:02:21.00	00:35:46.00	01:10:52.00	03:48:00.00	03:48:59.00	+01:07:59 (29.7%)	7:21	8.2 (70.7%)
10	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	10	02:08:54.00	00:34:09.00	01:07:50.00	03:50:07.00	03:50:53.00	+01:09:53 (30.3%)	7:25	8.1 (69.8%)
11	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	11	02:03:47.00	00:34:32.00	01:13:24.00	03:51:04.00	03:51:43.00	+01:10:43 (30.5%)	7:27	8 (69.0%)
12	HERLICZKA Tomasz	466	AML-FLY TEAM	M40-49	12	02:04:56.00	00:36:29.00	01:13:43.00	03:53:33.00	03:55:08.00	+01:14:08 (31.5%)	7:32	8 (69.0%)
13	NIŻNIK Borys	537	HUSARIA RACE TEAM	M40-49	13	02:07:33.00	00:34:59.00	01:13:47.00	03:55:34.00	03:56:19.00	+01:15:19 (31.9%)	7:35	7.9 (68.1%)
14	SKIERSKI Adam	600	ENDURANCE TEAM	M40-49	14	02:07:42.00	00:36:44.00	01:12:36.00	03:56:39.00	03:57:02.00	+01:16:02 (32.1%)	7:38	7.9 (68.1%)
15	PIASECKI Mariusz	556	MNK	M40-49	15	02:11:10.00	00:35:24.00	01:16:59.00	04:01:57.00	04:03:33.00	+01:22:33 (33.9%)	7:48	7.7 (66.4%)

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16	KOMAR Bartosz	485		M40-49	16	02:11:34.00	00:36:57.00	01:17:21.00	04:04:57.00	04:05:52.00	+01:24:52 (34.5%)	7:54	7.6 (65.5%)
17	GNIADY Jarosław	454		M40-49	17	02:11:02.00	00:35:56.00	01:20:22.00	04:05:54.00	04:07:20.00	+01:26:20 (34.9%)	7:55	7.6 (65.5%)
18	TYKSINSKI Rafal	629	EXPRESSMAP	M40-49	18	02:16:32.00	00:39:20.00	01:19:29.00	04:14:40.00	04:15:21.00	+01:34:21 (36.9%)	8:12	7.3 (62.9%)
19	UNIEJEWSKI Tomasz	630		M40-49	19	02:17:05.00	00:42:15.00	01:25:22.00	04:23:18.00	04:24:42.00	+01:43:42 (39.2%)	8:29	7.1 (61.2%)
20	BIELECKI Adam	416		M40-49	20	02:20:15.00	00:41:27.00	01:24:06.00	04:24:53.00	04:25:48.00	+01:44:48 (39.4%)	8:32	7 (60.3%)
21	KRYGER Jacek	504	OTE TEAM	M40-49	21	02:23:53.00	00:39:14.00	01:23:29.00	04:25:37.00	04:26:36.00	+01:45:36 (39.6%)	8:34	7 (60.3%)
22	DUDA Waldemar	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	22	02:25:54.00	00:39:37.00	01:23:24.00	04:28:33.00	04:28:55.00	+01:47:55 (40.1%)	8:39	6.9 (59.5%)
23	FRANKOWSKI Piotr	446		M40-49	23	02:20:57.00	00:43:53.00	01:26:24.00	04:30:01.00	04:31:14.00	+01:50:14 (40.6%)	8:42	6.9 (59.5%)
24	GAWLIKOWSKI Robert	544		M40-49	24	02:22:46.00	00:41:17.00	01:27:19.00	04:30:14.00	04:31:22.00	+01:50:22 (40.7%)	8:43	6.9 (59.5%)
25	KOBIĄŁKA Paweł	482	ROZBIEGANE DOBCZYCE	M40-49	25	02:22:33.00	00:43:35.00	01:28:09.00	04:33:15.00	04:34:17.00	+01:53:17 (41.3%)	8:48	6.8 (58.6%)
26	RAKOWSKI Krzysztof	577	RUCHLIWI ŚWIŃSKA NOGA	M40-49	26	02:23:35.00	00:44:04.00	01:30:11.00	04:36:18.00	04:37:50.00	+01:56:50 (42.1%)	8:54	6.7 (57.8%)
27	JURCZENKO Marcin	474	ITMBW KRAKÓW	M40-49	27	02:31:55.00	00:43:33.00	01:26:24.00	04:40:39.00	04:41:52.00	+02:00:52 (42.9%)	9:03	6.6 (56.9%)
28	TOKARSKI Rafał	625		M40-49	28	02:32:03.00	00:46:12.00	01:31:49.00	04:49:02.00	04:50:04.00	+02:09:04 (44.5%)	9:19	6.4 (55.2%)
29	WIŚNIEWSKI Tomasz	635		M40-49	29	02:33:24.00	00:42:17.00	01:35:54.00	04:50:14.00	04:51:35.00	+02:10:35 (44.8%)	9:21	6.4 (55.2%)
30	NOWAK Krzysztof	542	STG TARNÓW	M40-49	30	02:31:55.00	00:46:05.00	01:35:28.00	04:52:41.00	04:53:28.00	+02:12:28 (45.1%)	9:26	6.4 (55.2%)
31	SOBULSKI Karol	606	SB SOBOLE	M40-49	31	02:39:13.00	00:46:07.00	01:34:04.00	04:58:33.00	04:59:24.00	+02:18:24 (46.2%)	9:37	6.2 (53.4%)
32	SŁOWIŃSKI Karol	604		M40-49	32	02:40:06.00	00:41:53.00	01:39:27.00	04:59:42.00	05:01:26.00	+02:20:26 (46.6%)	9:40	6.2 (53.4%)
33	STYŁA Sebastian	612		M40-49	33	03:10:05.00	00:39:28.00	01:21:42.00	05:10:16.00	05:11:15.00	+02:30:15 (48.3%)	10:00	6 (51.7%)
34	POSS Marcin	568		M40-49	34	02:41:05.00	00:56:14.00	01:39:03.00	05:14:58.00	05:16:22.00	+02:35:22 (49.1%)	10:09	5.9 (50.9%)
35	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	35	02:45:03.00	00:49:22.00	01:43:22.00	05:16:35.00	05:17:47.00	+02:36:47 (49.3%)	10:12	5.9 (50.9%)
36	ZAKRZEWSKI Jarosław	651		M40-49	36	02:46:53.00	00:50:02.00	01:42:17.00	05:18:09.00	05:19:12.00	+02:38:12 (49.6%)	10:15	5.8 (50.0%)
37	SKOCZYŁAS Piotr	601	ENDURANCE TEAM	M40-49	37	02:46:20.00	00:46:16.00	01:46:58.00	05:18:37.00	05:19:34.00	+02:38:34 (49.6%)	10:16	5.8 (50.0%)
38	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	38	02:56:03.00	00:49:18.00	01:45:08.00	05:29:46.00	05:30:29.00	+02:49:29 (51.3%)	10:38	5.6 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
39	LULA Radek	517		M40-49	39	03:01:30.00	00:45:37.00	01:48:53.00	05:34:49.00	05:36:00.00	+02:55:00 (52.1%)	10:48	5.6 (48.3%)
40	BALON Marcin	403	BB RUNNERS	M40-49	40	02:52:20.00	00:51:51.00	01:53:48.00	05:37:09.00	05:37:59.00	+02:56:59 (52.4%)	10:52	5.5 (47.4%)
41	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	41	03:30:00.00	01:00:00.00	01:35:38.00	06:05:06.00	06:05:38.00	+03:24:38 (56.0%)	11:46	5.1 (44.0%)
42	LESZCZYNSKI Aleksander	514		M40-49	42	03:10:19.00	00:55:43.00	02:06:36.00	06:11:00.00	06:12:38.00	+03:31:38 (56.8%)	11:58	5 (43.1%)
43	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	43	03:30:00.00	00:53:02.00	02:02:11.00	06:24:34.00	06:25:13.00	+03:44:13 (58.2%)	12:24	4.8 (41.4%)
	KWASEK Kazek	293	MUAY RUNNING TEAM	M40-49		02:15:46.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	JACKOWSKI Jacek	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49		03:01:33.00 DNF	00:00:00.00 DNF	01:48:50.00 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 45 wynik(ów)