



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA MARATON BESKID SĄDECKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
1	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	00:50:25	01:55:00.35	01:55:02.90		6:23	9.4 (100%)
2	BEREŚ Arkadiusz	203		M30-39	2		01:55:18.50	01:55:19.90	+00:00:17 (0.2%)	6:24	9.4 (100%)
3	GAWLIK Sławek	242		M30-39	3	00:50:48	01:58:20.20	01:58:21.45	+00:03:18 (2.8%)	6:34	9.1 (96.8%)
4	STROINSKI Daniel	241		M30-39	4	00:51:46	02:01:34.65	02:01:35.60	+00:06:32 (5.4%)	6:45	8.9 (94.7%)
5	CYRAN Piotr	225	NOA	M30-39	5	00:52:29	02:03:59.25	02:04:00.90	+00:08:58 (7.2%)	6:53	8.7 (92.6%)
6	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	00:54:46	02:06:28.70	02:06:29.75	+00:11:26 (9.0%)	7:01	8.5 (90.4%)
7	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	00:57:51	02:14:12.70	02:14:15.95	+00:19:13 (14.3%)	7:27	8 (85.1%)
8	CICHOCKI Tomasz	223	PELETON	M30-39	8	00:55:06	02:18:16.10	02:18:17.45	+00:23:14 (16.8%)	7:40	7.8 (83.0%)
9	MACIEJEWSKI Daniel	336		M30-39	9	01:01:53	02:22:29.25	02:22:37.40	+00:27:34 (19.3%)	7:54	7.6 (80.9%)
10	KOZIEŁ Krzysztof	282		M30-39	10	00:58:51	02:24:21.25	02:24:27.00	+00:29:24 (20.4%)	8:01	7.5 (79.8%)
11	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	11	01:03:37	02:26:10.25	02:26:18.00	+00:31:15 (21.4%)	8:07	7.4 (78.7%)
12	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	12	01:01:45	02:26:46.35	02:26:50.15	+00:31:47 (21.6%)	8:09	7.4 (78.7%)
13	MĘDRYKOWSKI Damian	311		M30-39	13	01:03:36	02:32:04.30	02:32:09.35	+00:37:06 (24.4%)	8:26	7.1 (75.5%)
14	CHODOWIEC Przemysław	220	ADIDAS RUNNERS WARSAW	M30-39	14	01:05:17	02:32:35.70	02:32:39.00	+00:37:36 (24.6%)	8:28	7.1 (75.5%)
15	BYRCZEK Michał	216	WATAHA	M30-39	15	01:09:03	02:32:56.10	02:33:17.70	+00:38:14 (24.9%)	8:29	7.1 (75.5%)
16	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	01:09:20	02:35:16.85	02:35:40.35	+00:40:37 (26.1%)	8:37	7 (74.5%)
17	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	17	01:06:19	02:37:19.40	02:37:24.10	+00:42:21 (26.9%)	8:44	6.9 (73.4%)
18	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	18	01:09:47	02:37:20.55	02:37:45.60	+00:42:42 (27.1%)	8:44	6.9 (73.4%)
19	MAŁEK Daren	307		M30-39	19	00:58:40	02:38:03.10	02:38:05.05	+00:43:02 (27.2%)	8:46	6.8 (72.3%)
20	BAĆMAGA Tomasz	202		M30-39	20	01:09:36	02:38:44.70	02:38:57.45	+00:43:54 (27.6%)	8:49	6.8 (72.3%)
21	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	21	01:08:35	02:38:53.35	02:39:02.65	+00:43:59 (27.7%)	8:49	6.8 (72.3%)
22	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	22	01:09:22	02:39:08.20	02:39:40.25	+00:44:37 (27.9%)	8:50	6.8 (72.3%)
23	DROŚ Aleksander	228	POWER TRAINING	M30-39	23	01:08:44	02:39:50.05	02:39:54.35	+00:44:51 (28.1%)	8:52	6.8 (72.3%)
24	GODLEWSKI Cezary	246		M30-39	24	01:10:11	02:40:16.80	02:40:45.85	+00:45:42 (28.4%)	8:54	6.7 (71.3%)
25	WOLAŃCZUK Marcin	387		M30-39	25	01:08:35	02:44:48.45	02:44:51.65	+00:49:48 (30.2%)	9:09	6.6 (70.2%)
26	GRABOWSKI Damian	248	-	M30-39	26	01:09:58	02:45:04.10	02:45:15.25	+00:50:12 (30.4%)	9:10	6.5 (69.1%)
27	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	27		02:45:23.05	02:45:28.45	+00:50:25 (30.5%)	9:11	6.5 (69.1%)
28	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	28	01:09:46	02:48:14.40	02:48:20.30	+00:53:17 (31.7%)	9:20	6.4 (68.1%)
29	SAWCZUK Robert	343	PADRE TEAM	M30-39	29	01:12:56	02:48:45.95	02:49:09.30	+00:54:06 (32.0%)	9:22	6.4 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
30	NOWICKI Artur	323		M30-39	30	01:13:08	02:49:00.25	02:49:22.15	+00:54:19 (32.1%)	9:23	6.4 (68.1%)
31	WENARSKI Grzegorz	626		M30-39	31	01:13:27	02:50:55.15	02:51:02.75	+00:55:59 (32.7%)	9:29	6.3 (67.0%)
32	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	32	01:10:15	02:51:27.65	02:51:36.50	+00:56:33 (33.0%)	9:31	6.3 (67.0%)
33	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	33	01:10:28	02:52:12.55	02:52:22.45	+00:57:19 (33.3%)	9:34	6.3 (67.0%)
34	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	34	01:15:10	02:53:46.35	02:54:11.85	+00:59:08 (34.0%)	9:39	6.2 (66.0%)
35	POŁOM Rafał	335	NOA	M30-39	35	01:09:25	02:54:12.25	02:54:20.40	+00:59:17 (34.0%)	9:40	6.2 (66.0%)
36	OŻGA Sebastian	329		M30-39	36	01:13:19	02:54:37.15	02:54:59.50	+00:59:56 (34.3%)	9:42	6.2 (66.0%)
37	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	37	01:13:51	02:55:24.35	02:55:32.10	+01:00:29 (34.5%)	9:44	6.2 (66.0%)
38	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	38	01:18:56	02:56:48.60	02:57:08.10	+01:02:05 (35.1%)	9:49	6.1 (64.9%)
39	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	39	01:13:16	02:57:13.25	02:57:14.95	+01:02:12 (35.1%)	9:50	6.1 (64.9%)
40	NIMSZ Bartosz	320		M30-39	40	01:13:40	02:59:52.85	03:00:08.90	+01:05:06 (36.1%)	9:59	6 (63.8%)
41	SITKOWSKI Kamil	346		M30-39	41	01:15:32	03:02:18.85	03:02:31.65	+01:07:28 (37.0%)	10:07	5.9 (62.8%)
42	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	42	01:13:19	03:07:43.55	03:08:01.70	+01:12:58 (38.8%)	10:25	5.8 (61.7%)
43	NOWOTARSKI Wojtek	325		M30-39	43	01:21:18	03:10:38.10	03:11:04.65	+01:16:01 (39.8%)	10:35	5.7 (60.6%)
44	WINIARCZYK Adrian	379	WIOLAADI	M30-39	44	01:20:42	03:13:27.50	03:13:39.55	+01:18:36 (40.6%)	10:44	5.6 (59.6%)
45	NOWACZYK Robert	455		M30-39	45	01:19:15	03:14:41.00	03:16:12.35	+01:21:09 (41.4%)	10:48	5.5 (58.5%)
46	MUCHA Marek	318	APOSTLES OF STARS	M30-39	46	01:18:10	03:16:33.15	03:16:50.10	+01:21:47 (41.6%)	10:55	5.5 (58.5%)
47	SZYSZKA Maciej	366	KETO KOTY	M30-39	47	01:20:07	03:16:24.10	03:17:55.70	+01:22:52 (41.9%)	10:54	5.5 (58.5%)
48	KĄDZIOŁKA Łukasz	285	K2	M30-39	48	01:23:26	03:20:30.55	03:20:56.35	+01:25:53 (42.7%)	11:08	5.4 (57.4%)
49	KURPANIK Karol	292		M30-39	49	01:21:34	03:22:35.05	03:22:47.10	+01:27:44 (43.3%)	11:15	5.3 (56.4%)
50	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	50	01:21:32	03:27:37.45	03:27:53.55	+01:32:50 (44.7%)	11:32	5.2 (55.3%)
51	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	51	01:27:51	03:51:10.85	03:51:39.40	+01:56:36 (50.3%)	12:50	4.7 (50.0%)

Znaleziono 51 wynik(ów)