



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: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
1	TYNUS Grzegorz	667	NKK	M40-49	1	01:00:44	02:15:48.65	02:15:53.05		7:32	8 (100%)
2	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	2	01:01:03	02:22:03.85	02:22:06.70	+00:06:13 (4.4%)	7:53	7.6 (95.0%)
3	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	3	01:01:05	02:22:50.25	02:23:01.25	+00:07:08 (5.0%)	7:56	7.6 (95.0%)
4	SZELĄG Dariusz	360	LISY PUSTYNI	M40-49	4	01:02:13	02:23:47.35	02:23:51.45	+00:07:58 (5.5%)	7:59	7.5 (93.8%)
5	FEICHTINGER Marek	236		M40-49	5	01:01:39	02:24:07.10	02:24:09.45	+00:08:16 (5.7%)	8:00	7.5 (93.8%)
6	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	6		02:28:58.70	02:29:04.00	+00:13:10 (8.8%)	8:16	7.2 (90.0%)
7	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	7	01:01:11	02:30:33.80	02:30:35.45	+00:14:42 (9.8%)	8:21	7.2 (90.0%)
8	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	8		02:31:12.60	02:31:15.25	+00:15:22 (10.2%)	8:24	7.1 (88.8%)
9	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	9	01:06:20	02:41:15.80	02:41:22.35	+00:25:29 (15.8%)	8:57	6.7 (83.8%)
10	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	10	01:04:06	02:42:51.25	02:42:54.45	+00:27:01 (16.6%)	9:02	6.6 (82.5%)
11	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	11	01:10:22	02:47:00.85	02:47:04.20	+00:31:11 (18.7%)	9:16	6.5 (81.3%)
12	LUTEREK Michał	298		M40-49	12	01:11:13	02:47:49.30	02:48:03.60	+00:32:10 (19.1%)	9:19	6.4 (80.0%)
13	SOBCZYK Piotr	349		M40-49	13	01:15:29	02:48:38.45	02:49:00.15	+00:33:07 (19.6%)	9:22	6.4 (80.0%)
14	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	14	01:10:24	02:49:30.60	02:49:35.05	+00:33:42 (19.9%)	9:25	6.4 (80.0%)
15	GOCŁOWSKI Cezary	245		M40-49	15	01:09:48	02:49:51.95	02:50:02.90	+00:34:09 (20.1%)	9:26	6.4 (80.0%)
16	JEŹDZIKOWSKI Marcin	260	RUN TEAM GĄSAWA	M40-49	16	01:13:14	02:51:54.60	02:52:12.15	+00:36:19 (21.1%)	9:33	6.3 (78.8%)
17	WOJTASIK Grzegorz	386	STAŁOWOWOLSKI KLUB BIEGACZA	M40-49	17	01:13:15	02:52:05.65	02:52:12.30	+00:36:19 (21.1%)	9:33	6.3 (78.8%)
18	KOBIĄŁKA Irek	273		M40-49	18	01:14:49	02:57:14.10	02:57:24.20	+00:41:31 (23.4%)	9:50	6.1 (76.3%)
19	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	19	01:09:35	02:57:34.80	02:57:41.75	+00:41:48 (23.5%)	9:51	6.1 (76.3%)
20	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	20	01:13:46	02:59:33.10	02:59:49.10	+00:43:56 (24.4%)	9:58	6 (75.0%)
21	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	21	01:11:19	03:00:34.90	03:00:39.65	+00:44:46 (24.8%)	10:01	6 (75.0%)
22	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	22	01:12:45	03:01:06.60	03:01:29.25	+00:45:36 (25.1%)	10:03	6 (75.0%)
23	FRĄCKIEWICZ Karol	240	SCV	M40-49	23	01:16:19	03:07:54.50	03:08:19.25	+00:52:26 (27.8%)	10:26	5.7 (71.3%)
24	CYWIŃSKI Paweł	226	AKG	M40-49	24	01:15:33	03:11:59.00	03:12:04.80	+00:56:11 (29.3%)	10:39	5.6 (70.0%)
25	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	25	01:21:27	03:11:54.50	03:12:21.30	+00:56:28 (29.4%)	10:39	5.6 (70.0%)
26	WIECHA Marcin	375		M40-49	26	01:22:47	03:22:50.35	03:23:00.65	+01:07:07 (33.1%)	11:16	5.3 (66.3%)
27	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	27	01:23:07	03:23:53.50	03:24:09.70	+01:08:16 (33.4%)	11:19	5.3 (66.3%)
28	LUC Adam	296	BIEGUSIEM.PL	M40-49	28	01:22:24	03:25:18.75	03:25:38.90	+01:09:45 (33.9%)	11:24	5.3 (66.3%)
29	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	29	01:30:17	03:42:53.00	03:43:17.90	+01:27:24 (39.1%)	12:22	4.8 (60.0%)

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30	PAPROCKI Bartłomiej	330		M40-49	30	01:16:22	03:43:52.45	03:43:59.05	+01:28:06 (39.3%)	12:26	4.8 (60.0%)
31	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	31	01:29:45	03:51:29.30	03:51:42.70	+01:35:49 (41.4%)	12:51	4.7 (58.8%)
32	MALEWSKI Tomasz	306		M40-49	32	01:33:45	04:00:51.65	04:01:09.65	+01:45:16 (43.7%)	13:22	4.5 (56.3%)
33	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	33	01:31:18	04:06:32.25	04:06:46.95	+01:50:53 (44.9%)	13:41	4.4 (55.0%)
34	BUTRYN Wojciech	215	BBKTS	M40-49	34	01:33:54	04:04:23.25	05:39:26.00	+03:23:32 (60.0%)	13:34	4.4 (55.0%)

Znaleziono 34 wynik(ów)