



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA MARATON ŁĄCZNIE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	01:19:45.00	00:48:45.00	01:50:22.00	03:58:48.00	03:58:52.00		5:18	11.3 (100%)
2	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	01:27:25.00	00:52:18.00	01:55:02.00	04:14:41.00	04:14:45.00	+00:15:53 (6.2%)	5:39	10.6 (93.8%)
3	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	01:27:12.00	00:53:49.00	01:56:15.00	04:17:13.00	04:17:16.00	+00:18:24 (7.2%)	5:42	10.5 (92.9%)
4	BEREŚ Arkadiusz	203		M30-39	2	01:27:14.00	00:55:33.00	01:55:19.00	04:18:03.00	04:18:06.00	+00:19:14 (7.5%)	5:44	10.5 (92.9%)
5	GAWLIK Sławek	242		M30-39	3	01:29:15.00	00:53:19.00	01:58:21.00	04:20:51.00	04:20:55.00	+00:22:03 (8.5%)	5:47	10.4 (92.0%)
6	STROINSKI Daniel	241		M30-39	4	01:32:25.00	00:54:56.00	02:01:35.00	04:28:51.00	04:28:56.00	+00:30:04 (11.2%)	5:58	10 (88.5%)
7	CYRAN Piotr	225	NOA	M30-39	5	01:35:53.00	00:55:52.00	02:04:00.00	04:35:39.00	04:35:45.00	+00:36:53 (13.4%)	6:07	9.8 (86.7%)
8	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	01:35:38.00	00:57:07.00	02:06:29.00	04:39:11.00	04:39:14.00	+00:40:22 (14.5%)	6:12	9.7 (85.8%)
9	TYNUS Grzegorz	667	NKK	M40-49	1	01:36:52.00	01:01:17.00	02:15:53.00	04:53:50.00	04:54:02.00	+00:55:10 (18.8%)	6:31	9.2 (81.4%)
10	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	01:43:21.00	01:03:18.00	02:14:15.00	05:00:46.00	05:00:54.00	+01:02:02 (20.6%)	6:41	9 (79.6%)
11	SAWA Piotr	617		M16-29	3	01:50:28.00	00:59:49.00	02:19:59.00	05:09:35.00	05:10:16.00	+01:11:24 (23.0%)	6:52	8.7 (77.0%)
12	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	01:45:46.00	01:04:22.00	02:24:48.00	05:14:28.00	05:14:56.00	+01:16:04 (24.2%)	6:59	8.6 (76.1%)
13	CICHOCKI Tomasz	223	PELETON	M30-39	8	01:51:51.00	01:07:03.00	02:18:17.00	05:17:07.00	05:17:11.00	+01:18:19 (24.7%)	7:02	8.5 (75.2%)
14	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	2	01:48:26.00	01:07:53.00	02:22:06.00	05:18:06.00	05:18:25.00	+01:19:33 (25.0%)	7:04	8.5 (75.2%)
15	FEICHTINGER Marek	236		M40-49	3	01:47:30.00	01:07:42.00	02:24:09.00	05:19:15.00	05:19:21.00	+01:20:29 (25.2%)	7:05	8.5 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	9	01:49:17.00	01:04:06.00	02:26:18.00	05:18:57.00	05:19:41.00	+01:20:49 (25.3%)	7:05	8.5 (75.2%)
17	SZELAĞ Dariusz	360	LISY PUSTYNI	M40-49	4	01:49:36.00	01:06:51.00	02:23:51.00	05:19:53.00	05:20:18.00	+01:21:26 (25.4%)	7:06	8.4 (74.3%)
18	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	10	01:50:15.00	01:06:40.00	02:26:50.00	05:23:28.00	05:23:45.00	+01:24:53 (26.2%)	7:11	8.3 (73.5%)
19	MACIEJEWSKI Daniel	336		M30-39	11	01:51:59.00	01:11:31.00	02:22:37.00	05:25:20.00	05:26:07.00	+01:27:15 (26.8%)	7:13	8.3 (73.5%)
20	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	5	01:44:03.00	01:09:46.00	02:33:40.00	05:27:05.00	05:27:29.00	+01:28:37 (27.1%)	7:16	8.3 (73.5%)
21	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	5	01:48:05.00	01:10:01.00	02:30:35.00	05:28:34.00	05:28:41.00	+01:29:49 (27.3%)	7:18	8.2 (72.6%)
22	KOLACHA Patryk	275	STUDIO GTS	M16-29	6	01:52:40.00	01:10:09.00	02:26:15.00	05:28:51.00	05:29:04.00	+01:30:12 (27.4%)	7:18	8.2 (72.6%)
23	MAŁEK Daren	307		M30-39	12	01:46:42.00	01:04:18.00	02:38:05.00	05:29:01.00	05:29:05.00	+01:30:13 (27.4%)	7:18	8.2 (72.6%)
24	KOZIEŁ Krzysztof	282		M30-39	13	01:53:32.00	01:11:46.00	02:24:27.00	05:29:14.00	05:29:45.00	+01:30:53 (27.6%)	7:18	8.2 (72.6%)
25	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	6	01:53:23.00	01:17:02.00	02:23:01.00	05:31:57.00	05:33:26.00	+01:34:34 (28.4%)	7:22	8.1 (71.7%)
26	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	7	01:57:00.00	01:07:37.00	02:29:04.00	05:33:14.00	05:33:41.00	+01:34:49 (28.4%)	7:24	8.1 (71.7%)
27	MĘDRYKOWSKI Damian	311		M30-39	14	01:52:44.00	01:09:34.00	02:32:09.00	05:33:47.00	05:34:27.00	+01:35:35 (28.6%)	7:25	8.1 (71.7%)
28	WŁOCH Sławomir	380		M50-59	1	01:54:25.00	01:11:24.00	02:29:19.00	05:34:51.00	05:35:08.00	+01:36:16 (28.7%)	7:26	8.1 (71.7%)
29	BYRCZEK Michał	216	WATAHA	M30-39	15	01:54:13.00	01:09:05.00	02:33:17.00	05:35:24.00	05:36:35.00	+01:37:43 (29.0%)	7:27	8.1 (71.7%)
30	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	8	01:58:16.00	01:10:53.00	02:31:15.00	05:39:54.00	05:40:24.00	+01:41:32 (29.8%)	7:33	7.9 (69.9%)
31	STEFANIUK Roman	357		M50-59	2	01:57:46.00	01:14:11.00	02:31:05.00	05:42:39.00	05:43:02.00	+01:44:10 (30.4%)	7:36	7.9 (69.9%)
32	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	01:56:41.00	01:10:45.00	02:35:40.00	05:42:25.00	05:43:06.00	+01:44:14 (30.4%)	7:36	7.9 (69.9%)
33	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	17	01:57:27.00	01:06:30.00	02:39:40.00	05:42:20.00	05:43:37.00	+01:44:45 (30.5%)	7:36	7.9 (69.9%)
34	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	01:55:30.00	01:13:00.00	02:37:09.00	05:45:14.00	05:45:39.00	+01:46:47 (30.9%)	7:40	7.8 (69.0%)
35	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	9	01:50:52.00	01:13:45.00	02:42:54.00	05:47:20.00	05:47:31.00	+01:48:39 (31.3%)	7:43	7.8 (69.0%)
36	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	02:02:31.00	01:14:11.00	02:31:12.00	05:47:41.00	05:47:54.00	+01:49:02 (31.3%)	7:43	7.8 (69.0%)
37	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	18	01:57:36.00	01:15:30.00	02:37:45.00	05:49:04.00	05:50:51.00	+01:51:59 (31.9%)	7:45	7.7 (68.1%)
38	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	19	01:53:20.00	01:12:32.00	02:45:28.00	05:51:04.00	05:51:20.00	+01:52:28 (32.0%)	7:48	7.7 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	20	02:04:34.00	01:10:45.00	02:37:24.00	05:52:27.00	05:52:43.00	+01:53:51 (32.3%)	7:49	7.7 (68.1%)
40	DROŚ Aleksander	228	POWER TRAINING	M30-39	21	02:04:18.00	01:10:45.00	02:39:54.00	05:54:42.00	05:54:57.00	+01:56:05 (32.7%)	7:52	7.6 (67.3%)
41	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	10	02:02:20.00	01:13:24.00	02:41:22.00	05:56:14.00	05:57:06.00	+01:58:14 (33.1%)	7:54	7.6 (67.3%)
42	SOBCZYK Piotr	349		M40-49	11	01:54:46.00	01:18:04.00	02:49:00.00	06:00:59.00	06:01:50.00	+02:02:58 (34.0%)	8:01	7.5 (66.4%)
43	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	22	02:04:34.00	01:19:19.00	02:39:02.00	06:01:13.00	06:02:55.00	+02:04:03 (34.2%)	8:01	7.5 (66.4%)
44	SAWCZUK Robert	343	PADRE TEAM	M30-39	23	02:00:23.00	01:13:52.00	02:49:09.00	06:02:08.00	06:03:24.00	+02:04:32 (34.3%)	8:02	7.5 (66.4%)
45	WOLAŃCZUK Marcin	387		M30-39	24	02:04:25.00	01:15:54.00	02:44:51.00	06:04:53.00	06:05:10.00	+02:06:18 (34.6%)	8:06	7.4 (65.5%)
46	KALISZAN Krzysztof	263	12 WBOT	M16-29	8	02:04:55.00	01:14:49.00	02:49:39.00	06:08:12.00	06:09:23.00	+02:10:31 (35.3%)	8:10	7.3 (64.6%)
47	GRABOWSKI Damian	248	-	M30-39	25	02:07:41.00	01:16:44.00	02:45:15.00	06:08:53.00	06:09:40.00	+02:10:48 (35.4%)	8:11	7.3 (64.6%)
48	BAĆMAGA Tomasz	202		M30-39	26	02:07:42.00	01:23:14.00	02:38:57.00	06:09:35.00	06:09:53.00	+02:11:01 (35.4%)	8:12	7.3 (64.6%)
49	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	4	02:09:33.00	01:17:28.00	02:42:58.00	06:09:35.00	06:09:59.00	+02:11:07 (35.4%)	8:12	7.3 (64.6%)
50	NOWICKI Artur	323		M30-39	27	02:03:48.00	01:18:43.00	02:49:22.00	06:10:30.00	06:11:53.00	+02:13:01 (35.8%)	8:14	7.3 (64.6%)
51	LUTEREK Michał	298		M40-49	12	02:09:49.00	01:15:10.00	02:48:03.00	06:11:40.00	06:13:02.00	+02:14:10 (36.0%)	8:15	7.3 (64.6%)
52	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	13	02:02:23.00	01:21:09.00	02:49:35.00	06:12:52.00	06:13:07.00	+02:14:15 (36.0%)	8:17	7.2 (63.7%)
53	GOŹDZIK Tomek	244		M16-29	9	02:07:31.00	01:20:37.00	02:45:05.00	06:11:53.00	06:13:13.00	+02:14:21 (36.0%)	8:15	7.3 (64.6%)
54	KUDZIOR Piotr	289	PRO366	M16-29	10	02:09:55.00	01:22:06.00	02:42:34.00	06:13:54.00	06:14:35.00	+02:15:43 (36.2%)	8:18	7.2 (63.7%)
55	CZAPSKI Piotr	227		M50-59	5	02:11:04.00	01:19:20.00	02:44:57.00	06:13:54.00	06:15:21.00	+02:16:29 (36.4%)	8:18	7.2 (63.7%)
56	WOLAŃCZUK Piotr	388		M16-29	11	02:04:34.00	01:15:54.00	02:55:33.00	06:15:45.00	06:16:01.00	+02:17:09 (36.5%)	8:21	7.2 (63.7%)
57	POŁOM Rafał	335	NOA	M30-39	28	02:06:54.00	01:15:33.00	02:54:20.00	06:16:20.00	06:16:47.00	+02:17:55 (36.6%)	8:21	7.2 (63.7%)
58	WOJTASIK Grzegorz	386	STALOWOWOLSKI KLUB BIEGACZA	M40-49	14	02:05:06.00	01:19:42.00	02:52:12.00	06:16:28.00	06:17:00.00	+02:18:08 (36.6%)	8:21	7.2 (63.7%)
59	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	29	02:05:02.00	01:20:40.00	02:51:36.00	06:16:33.00	06:17:18.00	+02:18:26 (36.7%)	8:22	7.2 (63.7%)
60	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	30	02:05:31.00	01:17:58.00	02:54:11.00	06:16:24.00	06:17:40.00	+02:18:48 (36.8%)	8:21	7.2 (63.7%)
61	OŹGA Sebastian	329		M30-39	31	02:09:49.00	01:14:11.00	02:54:59.00	06:17:36.00	06:18:59.00	+02:20:07 (37.0%)	8:23	7.2 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
62	GODLEWSKI Cezary	246		M30-39	32	02:08:44.00	01:29:54.00	02:40:45.00	06:18:11.00	06:19:23.00	+02:20:31 (37.0%)	8:24	7.1 (62.8%)
63	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	15	02:11:29.00	01:21:27.00	02:47:04.00	06:19:21.00	06:20:00.00	+02:21:08 (37.1%)	8:25	7.1 (62.8%)
64	GOCŁOWSKI Cezary	245		M40-49	16	02:07:05.00	01:24:57.00	02:50:02.00	06:20:21.00	06:22:04.00	+02:23:12 (37.5%)	8:27	7.1 (62.8%)
65	WENARSKI Grzegorz	626		M30-39	33	02:15:45.00	01:17:44.00	02:51:02.00	06:23:42.00	06:24:31.00	+02:25:39 (37.9%)	8:31	7 (61.9%)
66	JEŹDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	17	02:07:51.00	01:24:52.00	02:52:12.00	06:23:46.00	06:24:55.00	+02:26:03 (37.9%)	8:31	7 (61.9%)
67	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	6	02:09:32.00	01:20:45.00	02:54:39.00	06:23:49.00	06:24:56.00	+02:26:04 (37.9%)	8:31	7 (61.9%)
68	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	12	02:06:23.00	01:15:30.00	03:03:29.00	06:24:42.00	06:25:22.00	+02:26:30 (38.0%)	8:32	7 (61.9%)
69	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	7	02:12:08.00	01:17:14.00	02:58:16.00	06:26:07.00	06:27:38.00	+02:28:46 (38.4%)	8:34	7 (61.9%)
70	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	34	02:21:05.00	01:21:16.00	02:48:20.00	06:29:52.00	06:30:41.00	+02:31:49 (38.9%)	8:39	6.9 (61.1%)
71	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	35	02:09:07.00	01:25:58.00	02:57:14.00	06:31:44.00	06:32:19.00	+02:33:27 (39.1%)	8:42	6.9 (61.1%)
72	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	18	02:14:34.00	01:20:38.00	02:57:41.00	06:31:29.00	06:32:53.00	+02:34:01 (39.2%)	8:41	6.9 (61.1%)
73	KOBIAŁKA Irek	273		M40-49	19	02:13:14.00	01:25:08.00	02:57:24.00	06:34:14.00	06:35:46.00	+02:36:54 (39.6%)	8:45	6.8 (60.2%)
74	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	36	02:19:46.00	01:24:02.00	02:52:22.00	06:35:02.00	06:36:10.00	+02:37:18 (39.7%)	8:46	6.8 (60.2%)
75	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	20	02:13:00.00	01:24:06.00	02:59:49.00	06:35:42.00	06:36:55.00	+02:38:03 (39.8%)	8:47	6.8 (60.2%)
76	NIMSZ Bartosz	320		M30-39	37	02:11:09.00	01:26:16.00	03:00:08.00	06:36:10.00	06:37:33.00	+02:38:41 (39.9%)	8:48	6.8 (60.2%)
77	FRĄCKIEWICZ Karol	240	SCV	M40-49	21	02:08:12.00	01:23:03.00	03:08:19.00	06:38:40.00	06:39:34.00	+02:40:42 (40.2%)	8:51	6.8 (60.2%)
78	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	22	02:09:52.00	01:31:24.00	03:00:39.00	06:41:42.00	06:41:55.00	+02:43:03 (40.6%)	8:55	6.7 (59.3%)
79	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	38	02:25:51.00	01:23:46.00	02:55:32.00	06:44:47.00	06:45:09.00	+02:46:17 (41.0%)	8:59	6.7 (59.3%)
80	NOWOTARSKI Wojtek	325		M30-39	39	02:06:42.00	01:27:41.00	03:11:04.00	06:44:26.00	06:45:27.00	+02:46:35 (41.1%)	8:59	6.7 (59.3%)
81	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	40	02:16:09.00	01:24:51.00	03:08:01.00	06:47:52.00	06:49:01.00	+02:50:09 (41.6%)	9:03	6.6 (58.4%)
82	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	8	02:18:03.00	01:30:05.00	03:05:38.00	06:52:07.00	06:53:46.00	+02:54:54 (42.3%)	9:09	6.6 (58.4%)
83	KURPANIK Karol	292		M30-39	41	02:11:53.00	01:22:22.00	03:22:47.00	06:56:20.00	06:57:02.00	+02:58:10 (42.7%)	9:15	6.5 (57.5%)
84	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	42	02:29:19.00	01:30:56.00	02:57:08.00	06:55:37.00	06:57:23.00	+02:58:31 (42.8%)	9:14	6.5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
85	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	23	02:21:21.00	01:35:24.00	03:01:29.00	06:56:41.00	06:58:14.00	+02:59:22 (42.9%)	9:15	6.5 (57.5%)
86	MASTALERZ Marcin	597		M50-59	9	02:20:42.00	01:25:14.00	03:13:52.00	06:58:36.00	06:59:48.00	+03:00:56 (43.1%)	9:18	6.5 (57.5%)
87	SITKOWSKI Kamil	346		M30-39	43	02:31:34.00	01:26:37.00	03:02:31.00	06:59:43.00	07:00:42.00	+03:01:50 (43.2%)	9:19	6.4 (56.6%)
88	CYWIŃSKI Paweł	226	AKG	M40-49	24	02:19:58.00	01:30:23.00	03:12:04.00	07:01:04.00	07:02:25.00	+03:03:33 (43.5%)	9:21	6.4 (56.6%)
89	MUCHA Marek	318	APOSTLES OF STARS	M30-39	44	02:23:02.00	01:28:19.00	03:16:50.00	07:06:52.00	07:08:11.00	+03:09:19 (44.2%)	9:29	6.3 (55.8%)
90	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	25	02:31:29.00	01:25:22.00	03:12:21.00	07:07:30.00	07:09:12.00	+03:10:20 (44.3%)	9:30	6.3 (55.8%)
91	NOWACZYK Robert	455		M30-39	45	02:28:12.00	01:28:30.00	03:16:12.00	07:10:20.00	07:12:54.00	+03:14:02 (44.8%)	9:33	6.3 (55.8%)
92	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	46	02:13:10.00	01:36:13.00	03:27:53.00	07:15:43.00	07:17:16.00	+03:18:24 (45.4%)	9:40	6.2 (54.9%)
93	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	26	02:30:49.00	01:28:02.00	03:24:09.00	07:21:15.00	07:23:00.00	+03:24:08 (46.1%)	9:48	6.1 (54.0%)
94	WINIARCZYK Adrian	379	WIOLAADI	M30-39	47	02:35:00.00	01:35:40.00	03:13:39.00	07:23:21.00	07:24:19.00	+03:25:27 (46.2%)	9:51	6.1 (54.0%)
95	SZYSZKA Maciej	366	KETO KOTY	M30-39	48	02:28:50.00	01:38:30.00	03:17:55.00	07:22:44.00	07:25:15.00	+03:26:23 (46.4%)	9:50	6.1 (54.0%)
96	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	10	02:23:20.00	01:41:21.00	03:21:17.00	07:25:08.00	07:25:58.00	+03:27:06 (46.4%)	9:53	6.1 (54.0%)
97	KĄDZIOŁKA Łukasz	285	K2	M30-39	49	02:30:59.00	01:35:11.00	03:20:56.00	07:24:52.00	07:27:06.00	+03:28:14 (46.6%)	9:53	6.1 (54.0%)
98	KĄDZIOŁKA Jan	284	K2	M50-59	11	02:31:41.00	01:35:11.00	03:25:46.00	07:30:23.00	07:32:38.00	+03:33:46 (47.2%)	10:00	6 (53.1%)
99	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	12	02:37:58.00	01:28:33.00	03:27:05.00	07:32:22.00	07:33:36.00	+03:34:44 (47.3%)	10:03	6 (53.1%)
100	WIECHA Marcin	375		M40-49	27	02:36:55.00	01:38:01.00	03:23:00.00	07:36:45.00	07:37:56.00	+03:39:04 (47.8%)	10:09	5.9 (52.2%)
101	PAPROCKI Bartłomiej	330		M40-49	28	02:25:49.00	01:33:03.00	03:43:59.00	07:41:39.00	07:42:51.00	+03:43:59 (48.4%)	10:15	5.8 (51.3%)
102	LUC Adam	296	BIEGUSIEM.PL	M40-49	29	02:38:26.00	01:39:35.00	03:25:38.00	07:42:43.00	07:43:39.00	+03:44:47 (48.5%)	10:16	5.8 (51.3%)
103	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	50	02:37:08.00	01:39:03.00	03:51:39.00	08:05:41.00	08:07:50.00	+04:08:58 (51.0%)	10:47	5.6 (49.6%)
104	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	30	02:49:55.00	01:38:16.00	03:43:17.00	08:09:58.00	08:11:28.00	+04:12:36 (51.4%)	10:53	5.5 (48.7%)
105	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	31	02:56:51.00	01:52:20.00	03:51:42.00	08:38:54.00	08:40:53.00	+04:42:01 (54.1%)	11:31	5.2 (46.0%)
106	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	32	02:58:34.00	01:52:40.00	04:06:46.00	08:56:23.00	08:58:00.00	+04:59:08 (55.6%)	11:55	5 (44.2%)
107	MALEWSKI Tomasz	306		M40-49	33	03:09:38.00	01:55:54.00	04:01:09.00	09:04:46.00	09:06:41.00	+05:07:49 (56.3%)	12:06	5 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
108	BUTRYN Wojciech	215	BBKTS	M40-49	34	03:39:19.00	02:08:57.00	05:39:26.00	09:50:34.00	11:27:42.00	+07:28:50 (65.3%)	13:07	4.6 (40.7%)
	OTOCKI Wojciech	328	NOWAK RUN	M40-49		02:13:16.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	MICHOŃ Krystian	314		M30-39		02:15:28.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	SIMANKOWICZ Sebastian	345		M40-49		02:41:10.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	DUBIŃSKI Przemysław	229	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49		02:50:46.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39		01:44:11.00 DNF	01:08:45.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	GROCHAL Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49		02:14:57.00 DNF	01:25:36.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49		02:36:00.00 DNF	01:52:14.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	CHODOWIEC Przemysław	220	ADIDAS RUNNERS WARSAW	M30-39		01:58:29.00 DNF	00:00:00.00 DNF	02:32:39.00 DNF	DNF	DNF		-	- (0.0%)
	PRZEBINDA Bogdan	337	#ADAMCZERWIŃSKI TEAM	M50-59		02:31:20.00 DNF	00:00:00.00 DNF	03:31:35.00 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 117 wynik(ów)