



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: M30-39

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	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		5:39	10.6 (100%)
2	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	+00:03:21 (1.3%)	5:44	10.5 (99.1%)
3	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	+00:06:10 (2.4%)	5:47	10.4 (98.1%)
4	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	+00:14:11 (5.3%)	5:58	10 (94.3%)
5	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	+00:21:00 (7.6%)	6:07	9.8 (92.5%)
6	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	+00:24:29 (8.8%)	6:12	9.7 (91.5%)
7	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	+00:46:09 (15.3%)	6:41	9 (84.9%)
8	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	+01:02:26 (19.7%)	7:02	8.5 (80.2%)
9	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	+01:04:56 (20.3%)	7:05	8.5 (80.2%)
10	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	+01:09:00 (21.3%)	7:11	8.3 (78.3%)
11	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	+01:11:22 (21.9%)	7:13	8.3 (78.3%)
12	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	+01:14:20 (22.6%)	7:18	8.2 (77.4%)
13	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	+01:15:00 (22.7%)	7:18	8.2 (77.4%)
14	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	+01:19:42 (23.8%)	7:25	8.1 (76.4%)
15	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	+01:21:50 (24.3%)	7:27	8.1 (76.4%)

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	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	+01:28:21 (25.8%)	7:36	7.9 (74.5%)
17	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	+01:28:52 (25.9%)	7:36	7.9 (74.5%)
18	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	+01:36:06 (27.4%)	7:45	7.7 (72.6%)
19	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	+01:36:35 (27.5%)	7:48	7.7 (72.6%)
20	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	+01:37:58 (27.8%)	7:49	7.7 (72.6%)
21	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	+01:40:12 (28.2%)	7:52	7.6 (71.7%)
22	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	+01:48:10 (29.8%)	8:01	7.5 (70.8%)
23	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	+01:48:39 (29.9%)	8:02	7.5 (70.8%)
24	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	+01:50:25 (30.2%)	8:06	7.4 (69.8%)
25	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	+01:54:55 (31.1%)	8:11	7.3 (68.9%)
26	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	+01:55:08 (31.1%)	8:12	7.3 (68.9%)
27	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	+01:57:08 (31.5%)	8:14	7.3 (68.9%)
28	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	+02:02:02 (32.4%)	8:21	7.2 (67.9%)
29	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	+02:02:33 (32.5%)	8:22	7.2 (67.9%)
30	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	+02:02:55 (32.5%)	8:21	7.2 (67.9%)
31	OŻGA 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	+02:04:14 (32.8%)	8:23	7.2 (67.9%)
32	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	+02:04:38 (32.9%)	8:24	7.1 (67.0%)
33	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	+02:09:46 (33.7%)	8:31	7 (66.0%)
34	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	+02:15:56 (34.8%)	8:39	6.9 (65.1%)
35	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	+02:17:34 (35.1%)	8:42	6.9 (65.1%)
36	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	+02:21:25 (35.7%)	8:46	6.8 (64.2%)
37	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	+02:22:48 (35.9%)	8:48	6.8 (64.2%)
38	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	+02:30:24 (37.1%)	8:59	6.7 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	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	+02:30:42 (37.2%)	8:59	6.7 (63.2%)
40	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	+02:34:16 (37.7%)	9:03	6.6 (62.3%)
41	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	+02:42:17 (38.9%)	9:15	6.5 (61.3%)
42	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	+02:42:38 (39.0%)	9:14	6.5 (61.3%)
43	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	+02:45:57 (39.4%)	9:19	6.4 (60.4%)
44	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	+02:53:26 (40.5%)	9:29	6.3 (59.4%)
45	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	+02:58:09 (41.2%)	9:33	6.3 (59.4%)
46	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	+03:02:31 (41.7%)	9:40	6.2 (58.5%)
47	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	+03:09:34 (42.7%)	9:51	6.1 (57.5%)
48	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	+03:10:30 (42.8%)	9:50	6.1 (57.5%)
49	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	+03:12:21 (43.0%)	9:53	6.1 (57.5%)
50	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	+03:53:05 (47.8%)	10:47	5.6 (52.8%)
	MICHOŃ Krystian	314		M30-39		02:15:28.00 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%)
	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%)

Znaleziono 53 wynik(ów)