



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: M40-49

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	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		6:31	9.2 (100%)
2	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	+00:24:23 (7.7%)	7:04	8.5 (92.4%)
3	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	+00:25:19 (7.9%)	7:05	8.5 (92.4%)
4	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	+00:26:16 (8.2%)	7:06	8.4 (91.3%)
5	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	+00:34:39 (10.5%)	7:18	8.2 (89.1%)
6	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	+00:39:24 (11.8%)	7:22	8.1 (88.0%)
7	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	+00:39:39 (11.9%)	7:24	8.1 (88.0%)
8	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	+00:46:22 (13.6%)	7:33	7.9 (85.9%)
9	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	+00:53:29 (15.4%)	7:43	7.8 (84.8%)
10	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	+01:03:04 (17.7%)	7:54	7.6 (82.6%)
11	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	+01:07:48 (18.7%)	8:01	7.5 (81.5%)
12	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	+01:19:00 (21.2%)	8:15	7.3 (79.3%)
13	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	+01:19:05 (21.2%)	8:17	7.2 (78.3%)
14	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	+01:22:58 (22.0%)	8:21	7.2 (78.3%)
15	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	+01:25:58 (22.6%)	8:25	7.1 (77.2%)

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16	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	+01:28:02 (23.0%)	8:27	7.1 (77.2%)
17	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	+01:30:53 (23.6%)	8:31	7 (76.1%)
18	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	+01:38:51 (25.2%)	8:41	6.9 (75.0%)
19	KOBIĄŁKA 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	+01:41:44 (25.7%)	8:45	6.8 (73.9%)
20	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	+01:42:53 (25.9%)	8:47	6.8 (73.9%)
21	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	+01:45:32 (26.4%)	8:51	6.8 (73.9%)
22	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	+01:47:53 (26.8%)	8:55	6.7 (72.8%)
23	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	+02:04:12 (29.7%)	9:15	6.5 (70.7%)
24	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	+02:08:23 (30.4%)	9:21	6.4 (69.6%)
25	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	+02:15:10 (31.5%)	9:30	6.3 (68.5%)
26	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	+02:28:58 (33.6%)	9:48	6.1 (66.3%)
27	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	+02:43:54 (35.8%)	10:09	5.9 (64.1%)
28	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	+02:48:49 (36.5%)	10:15	5.8 (63.0%)
29	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	+02:49:37 (36.6%)	10:16	5.8 (63.0%)
30	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	+03:17:26 (40.2%)	10:53	5.5 (59.8%)
31	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	+03:46:51 (43.6%)	11:31	5.2 (56.5%)
32	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	+04:03:58 (45.3%)	11:55	5 (54.3%)
33	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	+04:12:39 (46.2%)	12:06	5 (54.3%)
34	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	+06:33:40 (57.2%)	13:07	4.6 (50.0%)
	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%)
	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 - BIEGIEMPRZEŻŚWIAT	M40-49		02:50:46.00 DNF	00:00:00.00 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%)

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	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%)

Znaleziono 39 wynik(ów)