



TRIADA MARATON NOCNE PIENINY

B4SPORT

Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-04
Miejsce: Krościenko nad Dunajcem
Dystans: 11 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	00:24:31	00:48:44.40	00:48:45.35		4:25	13.5 (100%)
2	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	00:25:28	00:52:17.30	00:52:18.65	+00:03:33 (6.8%)	4:45	12.6 (93.3%)
3	GAWLIK Sławek	242		M30-39	2	00:26:08	00:53:17.80	00:53:19.35	+00:04:34 (8.6%)	4:50	12.4 (91.9%)
4	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	00:25:43	00:53:48.20	00:53:49.95	+00:05:04 (9.4%)	4:53	12.3 (91.1%)
5	STROINSKI Daniel	241		M30-39	3	00:26:41	00:54:54.80	00:54:56.75	+00:06:11 (11.3%)	4:59	12 (88.9%)
6	BEREŚ Arkadiusz	203		M30-39	4	00:27:18	00:55:32.30	00:55:33.35	+00:06:48 (12.2%)	5:02	11.9 (88.1%)
7	CYRAN Piotr	225	NOA	M30-39	5	00:27:27	00:55:50.45	00:55:52.90	+00:07:07 (12.8%)	5:04	11.8 (87.4%)
8	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	00:27:52	00:57:06.20	00:57:07.25	+00:08:21 (14.6%)	5:11	11.6 (85.9%)
9	SAWA Piotr	617		M16-29	3	00:28:51	00:59:29.10	00:59:49.85	+00:11:04 (18.5%)	5:24	11.1 (82.2%)
10	TYNUS Grzegorz	667	NKK	M40-49	1	00:29:24	01:01:15.20	01:01:17.15	+00:12:31 (20.4%)	5:34	10.8 (80.0%)
11	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	00:30:25	01:03:16.70	01:03:18.95	+00:14:33 (23.0%)	5:45	10.4 (77.0%)
12	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	8	00:30:51	01:03:35.45	01:04:06.25	+00:15:20 (23.9%)	5:46	10.4 (77.0%)
13	MAŁEK Daren	307		M30-39	9	00:30:21	01:04:17.10	01:04:18.45	+00:15:33 (24.2%)	5:50	10.3 (76.3%)
14	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	00:30:25	01:04:05.60	01:04:22.65	+00:15:37 (24.3%)	5:49	10.3 (76.3%)
15	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	10	00:32:36	01:06:09.85	01:06:30.00	+00:17:44 (26.7%)	6:00	10 (74.1%)
16	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	00:32:19	01:06:34.45	01:06:40.45	+00:17:55 (26.9%)	6:03	9.9 (73.3%)
17	SZELAĞ Dariusz	360	LISY PUSTYNI	M40-49	2	00:32:02	01:06:37.90	01:06:51.25	+00:18:05 (27.1%)	6:03	9.9 (73.3%)
18	CICHOCKI Tomasz	223	PELETON	M30-39	12	00:32:42	01:07:01.60	01:07:03.65	+00:18:18 (27.3%)	6:05	9.8 (72.6%)
19	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	3	00:33:29	01:07:30.10	01:07:37.90	+00:18:52 (27.9%)	6:08	9.8 (72.6%)
20	FEICHTINGER Marek	236		M40-49	4	00:32:15	01:07:38.90	01:07:42.15	+00:18:56 (28.0%)	6:09	9.8 (72.6%)
21	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	5	00:33:18	01:07:50.00	01:07:53.95	+00:19:08 (28.2%)	6:10	9.7 (71.9%)
22	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	13	00:31:11	01:08:45.35	01:08:45.35	+00:20:00 (29.1%)	6:15	9.6 (71.1%)
23	BYRCZEK Michał	216	WATAHA	M30-39	14	00:34:36	01:08:48.25	01:09:05.50	+00:20:20 (29.4%)	6:15	9.6 (71.1%)
24	MĘDRYKOWSKI Damian	311		M30-39	15	00:33:56	01:09:27.95	01:09:34.70	+00:20:49 (29.9%)	6:18	9.5 (70.4%)
25	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	5	00:32:57	01:09:36.50	01:09:46.45	+00:21:01 (30.1%)	6:19	9.5 (70.4%)
26	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	6	00:32:14	01:09:59.05	01:10:01.45	+00:21:16 (30.4%)	6:21	9.4 (69.6%)
27	KOLACHA Patryk	275	STUDIO GTS	M16-29	6	00:33:29	01:10:05.25	01:10:09.25	+00:21:23 (30.5%)	6:22	9.4 (69.6%)
28	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	00:34:37	01:10:40.75	01:10:45.00	+00:21:59 (31.1%)	6:25	9.3 (68.9%)
29	DROŚ Aleksander	228	POWER TRAINING	M30-39	17	00:33:58	01:10:37.75	01:10:45.30	+00:21:59 (31.1%)	6:25	9.3 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 11km	brutto 11km			
30	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	18	00:33:58	01:10:37.30	01:10:45.40	+00:22:00 (31.1%)	6:25	9.3 (68.9%)
31	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	7	00:33:41	01:10:27.30	01:10:53.75	+00:22:08 (31.2%)	6:24	9.4 (69.6%)
32	WŁOCH Sławomir	380		M50-59	1	00:34:25	01:11:16.00	01:11:24.75	+00:22:39 (31.7%)	6:28	9.3 (68.9%)
33	MACIEJEWSKI Daniel	336		M30-39	19	00:33:20	01:11:10.95	01:11:31.75	+00:22:46 (31.8%)	6:28	9.3 (68.9%)
34	KOZIEŁ Krzysztof	282		M30-39	20	00:33:37	01:11:31.60	01:11:46.10	+00:23:00 (32.1%)	6:30	9.2 (68.1%)
35	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	21	00:34:12	01:12:27.95	01:12:32.95	+00:23:47 (32.8%)	6:35	9.1 (67.4%)
36	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	00:36:45	01:12:50.65	01:13:00.45	+00:24:15 (33.2%)	6:37	9.1 (67.4%)
37	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	8	00:37:05	01:13:06.05	01:13:24.55	+00:24:39 (33.6%)	6:38	9 (66.7%)
38	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	9	00:35:28	01:13:40.95	01:13:45.25	+00:24:59 (33.9%)	6:41	9 (66.7%)
39	SAWCZUK Robert	343	PADRE TEAM	M30-39	22	00:37:47	01:13:24.45	01:13:52.10	+00:25:06 (34.0%)	6:40	9 (66.7%)
40	OŻGA Sebastian	329		M30-39	23	00:36:45	01:13:57.70	01:14:11.05	+00:25:25 (34.3%)	6:43	8.9 (65.9%)
41	STEFANIUK Roman	357		M50-59	2	00:35:44	01:14:03.75	01:14:11.70	+00:25:26 (34.3%)	6:44	8.9 (65.9%)
42	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	00:36:56	01:14:02.30	01:14:11.75	+00:25:26 (34.3%)	6:43	8.9 (65.9%)
43	KALISZAN Krzysztof	263	12 WBOT	M16-29	8	00:36:15	01:14:35.55	01:14:49.75	+00:26:04 (34.8%)	6:46	8.8 (65.2%)
44	LUTEREK Michał	298		M40-49	10	00:36:34	01:14:58.90	01:15:10.65	+00:26:25 (35.1%)	6:49	8.8 (65.2%)
45	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	9	00:36:34	01:15:12.80	01:15:30.20	+00:26:44 (35.4%)	6:50	8.8 (65.2%)
46	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	24	00:37:29	01:15:07.10	01:15:30.85	+00:26:45 (35.4%)	6:49	8.8 (65.2%)
47	POŁOM Rafał	335	NOA	M30-39	25	00:37:19	01:15:21.10	01:15:33.65	+00:26:48 (35.5%)	6:51	8.8 (65.2%)
48	WOLAŃCZUK Piotr	388		M16-29	10	00:36:04	01:15:48.95	01:15:54.65	+00:27:09 (35.8%)	6:53	8.7 (64.4%)
49	WOLAŃCZUK Marcin	387		M30-39	26	00:36:02	01:15:48.40	01:15:54.95	+00:27:09 (35.8%)	6:53	8.7 (64.4%)
50	GRABOWSKI Damian	248	-	M30-39	27	00:37:14	01:16:30.70	01:16:44.30	+00:27:58 (36.5%)	6:57	8.6 (63.7%)
51	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	11	00:38:08	01:16:08.30	01:17:02.85	+00:28:17 (36.7%)	6:55	8.7 (64.4%)
52	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	4	00:38:16	01:16:59.70	01:17:14.05	+00:28:28 (36.9%)	7:00	8.6 (63.7%)
53	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	5	00:37:50	01:17:18.20	01:17:28.30	+00:28:42 (37.1%)	7:01	8.5 (63.0%)
54	WENARSKI Grzegorz	626		M30-39	28	00:38:20	01:17:23.50	01:17:44.30	+00:28:58 (37.3%)	7:02	8.5 (63.0%)
55	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	29	00:37:10	01:17:34.30	01:17:58.80	+00:29:13 (37.5%)	7:03	8.5 (63.0%)
56	SOBCZYK Piotr	349		M40-49	12	00:37:46	01:17:49.50	01:18:04.00	+00:29:18 (37.5%)	7:04	8.5 (63.0%)
57	NOWICKI Artur	323		M30-39	30	00:38:59	01:18:14.95	01:18:43.30	+00:29:57 (38.1%)	7:06	8.4 (62.2%)
58	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	31	00:40:01	01:18:46.35	01:19:19.20	+00:30:33 (38.5%)	7:09	8.4 (62.2%)
59	CZAPSKI Piotr	227		M50-59	6	00:39:41	01:19:03.45	01:19:20.70	+00:30:35 (38.6%)	7:11	8.3 (61.5%)
60	WOJTASIK Grzegorz	386	STALOWOWOLSKI KLUB BIEGACZA	M40-49	13	00:39:44	01:19:33.35	01:19:42.40	+00:30:57 (38.8%)	7:13	8.3 (61.5%)
61	GOŹDZIK Tomek	244		M16-29	11	00:37:14	01:20:19.25	01:20:37.45	+00:31:52 (39.5%)	7:18	8.2 (60.7%)
62	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	14	00:39:08	01:20:10.60	01:20:38.55	+00:31:53 (39.5%)	7:17	8.2 (60.7%)
63	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	32	00:37:54	01:20:19.65	01:20:40.65	+00:31:55 (39.6%)	7:18	8.2 (60.7%)
64	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	7	00:39:36	01:20:45.20	01:20:45.20	+00:31:59 (39.6%)	7:20	8.2 (60.7%)
65	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	15	00:39:53	01:21:03.25	01:21:09.00	+00:32:23 (39.9%)	7:22	8.1 (60.0%)
66	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	33	00:39:52	01:21:05.85	01:21:16.40	+00:32:31 (40.0%)	7:22	8.1 (60.0%)
67	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	16	00:40:55	01:21:05.20	01:21:27.15	+00:32:41 (40.1%)	7:22	8.1 (60.0%)
68	KUDZIOR Piotr	289	PRO366	M16-29	12	00:40:22	01:21:58.60	01:22:06.85	+00:33:21 (40.6%)	7:27	8.1 (60.0%)
69	KURPANIK Karol	292		M30-39	34	00:39:12	01:22:03.45	01:22:22.35	+00:33:37 (40.8%)	7:27	8 (59.3%)
70	FRĄCKIEWICZ Karol	240	SCV	M40-49	17	00:41:03	01:22:53.40	01:23:03.35	+00:34:18 (41.3%)	7:32	8 (59.3%)
71	BAĆMAGA Tomasz	202		M30-39	35	00:41:19	01:23:09.20	01:23:14.70	+00:34:29 (41.4%)	7:33	7.9 (58.5%)
72	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	36	00:40:41	01:23:39.20	01:23:46.65	+00:35:01 (41.8%)	7:36	7.9 (58.5%)
73	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	37	00:42:00	01:23:28.00	01:24:02.85	+00:35:17 (42.0%)	7:35	7.9 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
74	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	18	00:40:34	01:23:48.50	01:24:06.85	+00:35:21 (42.0%)	7:37	7.9 (58.5%)
75	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	38	00:38:44	01:24:22.65	01:24:51.30	+00:36:05 (42.5%)	7:40	7.8 (57.8%)
76	JEŹDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	19	00:38:44	01:24:23.50	01:24:52.40	+00:36:07 (42.6%)	7:40	7.8 (57.8%)
77	GOCŁOWSKI Cezary	245		M40-49	20	00:39:11	01:24:25.60	01:24:57.90	+00:36:12 (42.6%)	7:40	7.8 (57.8%)
78	KOBIAŁKA Irek	273		M40-49	21	00:42:50	01:24:28.05	01:25:08.10	+00:36:22 (42.7%)	7:40	7.8 (57.8%)
79	MASTALERZ Marcin	597		M50-59	8	00:41:20	01:25:09.30	01:25:14.40	+00:36:29 (42.8%)	7:44	7.8 (57.8%)
80	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	22	00:43:09	01:24:42.35	01:25:22.05	+00:36:36 (42.9%)	7:42	7.8 (57.8%)
81	GROCHAŁ Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49	23	00:41:54	01:25:09.40	01:25:36.45	+00:36:51 (43.0%)	7:44	7.8 (57.8%)
82	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	39	00:41:51	01:25:35.70	01:25:58.55	+00:37:13 (43.3%)	7:46	7.7 (57.0%)
83	NIMSZ Bartosz	320		M30-39	40	00:43:47	01:25:56.25	01:26:16.75	+00:37:31 (43.5%)	7:48	7.7 (57.0%)
84	SITKOWSKI Kamil	346		M30-39	41	00:44:00	01:26:16.10	01:26:37.95	+00:37:52 (43.7%)	7:50	7.7 (57.0%)
85	NOWOTARSKI Wojtek	325		M30-39	42	00:39:32	01:27:32.75	01:27:41.00	+00:38:55 (44.4%)	7:57	7.5 (55.6%)
86	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	24	00:43:02	01:27:34.85	01:28:02.80	+00:39:17 (44.6%)	7:57	7.5 (55.6%)
87	MUCHA Marek	318	APOSTLES OF STARS	M30-39	43	00:42:51	01:27:37.00	01:28:19.35	+00:39:34 (44.8%)	7:57	7.5 (55.6%)
88	NOWACZYK Robert	455		M30-39	44	00:44:22	01:27:47.90	01:28:30.75	+00:39:45 (44.9%)	7:58	7.5 (55.6%)
89	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	9	00:42:00	01:28:22.30	01:28:33.55	+00:39:48 (44.9%)	8:02	7.5 (55.6%)
90	GODLEWSKI Cezary	246		M30-39	45	00:43:33	01:29:30.90	01:29:54.75	+00:41:09 (45.8%)	8:08	7.4 (54.8%)
91	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	10	00:44:19	01:29:30.85	01:30:05.90	+00:41:20 (45.9%)	8:08	7.4 (54.8%)
92	CYWIŃSKI Paweł	226	AKG	M40-49	25	00:43:35	01:29:59.95	01:30:23.35	+00:41:38 (46.1%)	8:10	7.3 (54.1%)
93	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	46	00:44:44	01:30:17.50	01:30:56.95	+00:42:11 (46.4%)	8:12	7.3 (54.1%)
94	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	26	00:41:23	01:31:19.65	01:31:24.40	+00:42:39 (46.7%)	8:18	7.2 (53.3%)
95	PAPROCKI Bartłomiej	330		M40-49	27	00:43:56	01:32:20.50	01:33:03.45	+00:44:18 (47.6%)	8:23	7.1 (52.6%)
96	KĄDZIOŁKA Jan	284	K2	M50-59	11	00:44:14	01:34:27.35	01:35:11.40	+00:46:26 (48.8%)	8:35	7 (51.9%)
97	KĄDZIOŁKA Łukasz	285	K2	M30-39	47	00:44:12	01:34:28.05	01:35:11.70	+00:46:26 (48.8%)	8:35	7 (51.9%)
98	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	28	00:44:51	01:34:46.70	01:35:24.95	+00:46:39 (48.9%)	8:36	7 (51.9%)
99	WINIARCZYK Adrian	379	WIOLAADI	M30-39	48	00:47:50	01:35:20.10	01:35:40.75	+00:46:55 (49.0%)	8:40	6.9 (51.1%)
100	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	49	00:42:12	01:35:56.40	01:36:13.50	+00:47:28 (49.3%)	8:43	6.9 (51.1%)
101	WIECHA Marcin	375		M40-49	29	00:47:25	01:37:28.55	01:38:01.40	+00:49:16 (50.3%)	8:51	6.8 (50.4%)
102	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	30	00:49:29	01:37:53.85	01:38:16.70	+00:49:31 (50.4%)	8:54	6.7 (49.6%)
103	SZYSZKA Maciej	366	KETO KOTY	M30-39	50	00:49:02	01:37:48.35	01:38:30.40	+00:49:45 (50.5%)	8:53	6.7 (49.6%)
104	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	51	00:45:17	01:38:29.30	01:39:03.45	+00:50:18 (50.8%)	8:57	6.7 (49.6%)
105	LUC Adam	296	BIEGUSIEM.PL	M40-49	31	00:48:59	01:39:23.10	01:39:35.85	+00:50:50 (51.0%)	9:02	6.6 (48.9%)
106	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	12	00:50:00	01:40:56.45	01:41:21.35	+00:52:36 (51.9%)	9:10	6.5 (48.1%)
107	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49	32	00:51:56	01:51:41.35	01:52:14.90	+01:03:29 (56.6%)	10:09	5.9 (43.7%)
108	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	33	00:51:00	01:51:38.60	01:52:20.00	+01:03:34 (56.6%)	10:09	5.9 (43.7%)
109	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	34	00:51:40	01:52:14.70	01:52:40.90	+01:03:55 (56.7%)	10:12	5.9 (43.7%)
110	MALEWSKI Tomasz	306		M40-49	35	00:57:11	01:55:20.15	01:55:54.55	+01:07:09 (57.9%)	10:29	5.7 (42.2%)
111	BUTRYN Wojciech	215	BBKTS	M40-49	36	00:59:37	02:08:01.80	02:08:57.00	+01:20:11 (62.2%)	11:38	5.2 (38.5%)
112	MICHOŃ Krystian	314		M30-39	52	00:43:55			+00:19:42	8:47	6.8 (50.4%)

Znaleziono 112 wynik(ów)