



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-04
Krościenko nad Dunajcem
11 km

TRIADA MARATON NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	00:25:28	00:52:17.30	00:52:18.65		4:45	12.6 (100%)
2	GAWLIK Sławek	242		M30-39	2	00:26:08	00:53:17.80	00:53:19.35	+00:01:00 (1.9%)	4:50	12.4 (98.4%)
3	STROINSKI Daniel	241		M30-39	3	00:26:41	00:54:54.80	00:54:56.75	+00:02:38 (4.8%)	4:59	12 (95.2%)
4	BEREŚ Arkadiusz	203		M30-39	4	00:27:18	00:55:32.30	00:55:33.35	+00:03:14 (5.8%)	5:02	11.9 (94.4%)
5	CYRAN Piotr	225	NOA	M30-39	5	00:27:27	00:55:50.45	00:55:52.90	+00:03:34 (6.4%)	5:04	11.8 (93.7%)
6	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	00:27:52	00:57:06.20	00:57:07.25	+00:04:48 (8.4%)	5:11	11.6 (92.1%)
7	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	00:30:25	01:03:16.70	01:03:18.95	+00:11:00 (17.4%)	5:45	10.4 (82.5%)
8	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	8	00:30:51	01:03:35.45	01:04:06.25	+00:11:47 (18.4%)	5:46	10.4 (82.5%)
9	MAŁEK Daren	307		M30-39	9	00:30:21	01:04:17.10	01:04:18.45	+00:11:59 (18.7%)	5:50	10.3 (81.7%)
10	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	10	00:32:36	01:06:09.85	01:06:30.00	+00:14:11 (21.3%)	6:00	10 (79.4%)
11	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	00:32:19	01:06:34.45	01:06:40.45	+00:14:21 (21.5%)	6:03	9.9 (78.6%)
12	CICHOCKI Tomasz	223	PELETON	M30-39	12	00:32:42	01:07:01.60	01:07:03.65	+00:14:45 (22.0%)	6:05	9.8 (77.8%)
13	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	13	00:31:11	01:08:45.35	01:08:45.35	+00:16:26 (23.9%)	6:15	9.6 (76.2%)
14	BYRCZEK Michał	216	WATAHA	M30-39	14	00:34:36	01:08:48.25	01:09:05.50	+00:16:46 (24.3%)	6:15	9.6 (76.2%)
15	MĘDRYKOWSKI Damian	311		M30-39	15	00:33:56	01:09:27.95	01:09:34.70	+00:17:16 (24.8%)	6:18	9.5 (75.4%)
16	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	00:34:37	01:10:40.75	01:10:45.00	+00:18:26 (26.1%)	6:25	9.3 (73.8%)
17	DROŚ Aleksander	228	POWER TRAINING	M30-39	17	00:33:58	01:10:37.75	01:10:45.30	+00:18:26 (26.1%)	6:25	9.3 (73.8%)
18	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	18	00:33:58	01:10:37.30	01:10:45.40	+00:18:26 (26.1%)	6:25	9.3 (73.8%)
19	MACIEJEWSKI Daniel	336		M30-39	19	00:33:20	01:11:10.95	01:11:31.75	+00:19:13 (26.9%)	6:28	9.3 (73.8%)
20	KOZIEŁ Krzysztof	282		M30-39	20	00:33:37	01:11:31.60	01:11:46.10	+00:19:27 (27.1%)	6:30	9.2 (73.0%)
21	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	21	00:34:12	01:12:27.95	01:12:32.95	+00:20:14 (27.9%)	6:35	9.1 (72.2%)
22	SAWCZUK Robert	343	PADRE TEAM	M30-39	22	00:37:47	01:13:24.45	01:13:52.10	+00:21:33 (29.2%)	6:40	9 (71.4%)
23	OŻGA Sebastian	329		M30-39	23	00:36:45	01:13:57.70	01:14:11.05	+00:21:52 (29.5%)	6:43	8.9 (70.6%)
24	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	24	00:37:29	01:15:07.10	01:15:30.85	+00:23:12 (30.7%)	6:49	8.8 (69.8%)
25	POŁOM Rafał	335	NOA	M30-39	25	00:37:19	01:15:21.10	01:15:33.65	+00:23:15 (30.8%)	6:51	8.8 (69.8%)
26	WOLAŃCZUK Marcin	387		M30-39	26	00:36:02	01:15:48.40	01:15:54.95	+00:23:36 (31.1%)	6:53	8.7 (69.0%)
27	GRABOWSKI Damian	248	-	M30-39	27	00:37:14	01:16:30.70	01:16:44.30	+00:24:25 (31.8%)	6:57	8.6 (68.3%)
28	WENARSKI Grzegorz	626		M30-39	28	00:38:20	01:17:23.50	01:17:44.30	+00:25:25 (32.7%)	7:02	8.5 (67.5%)
29	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	29	00:37:10	01:17:34.30	01:17:58.80	+00:25:40 (32.9%)	7:03	8.5 (67.5%)

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30	NOWICKI Artur	323		M30-39	30	00:38:59	01:18:14.95	01:18:43.30	+00:26:24 (33.5%)	7:06	8.4 (66.7%)
31	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	31	00:40:01	01:18:46.35	01:19:19.20	+00:27:00 (34.1%)	7:09	8.4 (66.7%)
32	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	32	00:37:54	01:20:19.65	01:20:40.65	+00:28:22 (35.2%)	7:18	8.2 (65.1%)
33	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	33	00:39:52	01:21:05.85	01:21:16.40	+00:28:57 (35.6%)	7:22	8.1 (64.3%)
34	KURPANIK Karol	292		M30-39	34	00:39:12	01:22:03.45	01:22:22.35	+00:30:03 (36.5%)	7:27	8 (63.5%)
35	BAĆMAGA Tomasz	202		M30-39	35	00:41:19	01:23:09.20	01:23:14.70	+00:30:56 (37.2%)	7:33	7.9 (62.7%)
36	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	36	00:40:41	01:23:39.20	01:23:46.65	+00:31:28 (37.6%)	7:36	7.9 (62.7%)
37	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	37	00:42:00	01:23:28.00	01:24:02.85	+00:31:44 (37.8%)	7:35	7.9 (62.7%)
38	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	38	00:38:44	01:24:22.65	01:24:51.30	+00:32:32 (38.4%)	7:40	7.8 (61.9%)
39	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	39	00:41:51	01:25:35.70	01:25:58.55	+00:33:39 (39.2%)	7:46	7.7 (61.1%)
40	NIMSZ Bartosz	320		M30-39	40	00:43:47	01:25:56.25	01:26:16.75	+00:33:58 (39.4%)	7:48	7.7 (61.1%)
41	SITKOWSKI Kamil	346		M30-39	41	00:44:00	01:26:16.10	01:26:37.95	+00:34:19 (39.6%)	7:50	7.7 (61.1%)
42	NOWOTARSKI Wojtek	325		M30-39	42	00:39:32	01:27:32.75	01:27:41.00	+00:35:22 (40.3%)	7:57	7.5 (59.5%)
43	MUCHA Marek	318	APOSTLES OF STARS	M30-39	43	00:42:51	01:27:37.00	01:28:19.35	+00:36:00 (40.8%)	7:57	7.5 (59.5%)
44	NOWACZYK Robert	455		M30-39	44	00:44:22	01:27:47.90	01:28:30.75	+00:36:12 (40.9%)	7:58	7.5 (59.5%)
45	GODLEWSKI Cezary	246		M30-39	45	00:43:33	01:29:30.90	01:29:54.75	+00:37:36 (41.8%)	8:08	7.4 (58.7%)
46	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	46	00:44:44	01:30:17.50	01:30:56.95	+00:38:38 (42.5%)	8:12	7.3 (57.9%)
47	KĄDZIOŁKA Łukasz	285	K2	M30-39	47	00:44:12	01:34:28.05	01:35:11.70	+00:42:53 (45.0%)	8:35	7 (55.6%)
48	WINIARCZYK Adrian	379	WIOLAADI	M30-39	48	00:47:50	01:35:20.10	01:35:40.75	+00:43:22 (45.3%)	8:40	6.9 (54.8%)
49	KOSMAŁA Przemek	277	MARCINSWIERTTEAM	M30-39	49	00:42:12	01:35:56.40	01:36:13.50	+00:43:54 (45.6%)	8:43	6.9 (54.8%)
50	SZYSZKA Maciej	366	KETO KOTY	M30-39	50	00:49:02	01:37:48.35	01:38:30.40	+00:46:11 (46.9%)	8:53	6.7 (53.2%)
51	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	51	00:45:17	01:38:29.30	01:39:03.45	+00:46:44 (47.2%)	8:57	6.7 (53.2%)
52	MICHOŃ Krystian	314		M30-39	52	00:43:55			+00:18:44	8:47	6.8 (54.0%)

Znaleziono 52 wynik(ów)