



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: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	TYNUS Grzegorz	667	NKK	M40-49	1	00:29:24	01:01:15.20	01:01:17.15		5:34	10.8 (100%)
2	SZELAĞ Dariusz	360	LISY PUSTYNI	M40-49	2	00:32:02	01:06:37.90	01:06:51.25	+00:05:34 (8.3%)	6:03	9.9 (91.7%)
3	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	3	00:33:29	01:07:30.10	01:07:37.90	+00:06:20 (9.4%)	6:08	9.8 (90.7%)
4	FEICHTINGER Marek	236		M40-49	4	00:32:15	01:07:38.90	01:07:42.15	+00:06:25 (9.5%)	6:09	9.8 (90.7%)
5	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	5	00:33:18	01:07:50.00	01:07:53.95	+00:06:36 (9.7%)	6:10	9.7 (89.8%)
6	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	6	00:32:14	01:09:59.05	01:10:01.45	+00:08:44 (12.5%)	6:21	9.4 (87.0%)
7	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	7	00:33:41	01:10:27.30	01:10:53.75	+00:09:36 (13.6%)	6:24	9.4 (87.0%)
8	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	8	00:37:05	01:13:06.05	01:13:24.55	+00:12:07 (16.5%)	6:38	9 (83.3%)
9	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	9	00:35:28	01:13:40.95	01:13:45.25	+00:12:28 (16.9%)	6:41	9 (83.3%)
10	LUTEREK Michał	298		M40-49	10	00:36:34	01:14:58.90	01:15:10.65	+00:13:53 (18.5%)	6:49	8.8 (81.5%)
11	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	11	00:38:08	01:16:08.30	01:17:02.85	+00:15:45 (20.5%)	6:55	8.7 (80.6%)
12	SOBCZYK Piotr	349		M40-49	12	00:37:46	01:17:49.50	01:18:04.00	+00:16:46 (21.5%)	7:04	8.5 (78.7%)
13	WOJTASIK Grzegorz	386	STALOWOWOLSKI KLUB BIEGACZA	M40-49	13	00:39:44	01:19:33.35	01:19:42.40	+00:18:25 (23.1%)	7:13	8.3 (76.9%)
14	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	14	00:39:08	01:20:10.60	01:20:38.55	+00:19:21 (24.0%)	7:17	8.2 (75.9%)
15	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	15	00:39:53	01:21:03.25	01:21:09.00	+00:19:51 (24.5%)	7:22	8.1 (75.0%)
16	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	16	00:40:55	01:21:05.20	01:21:27.15	+00:20:10 (24.8%)	7:22	8.1 (75.0%)
17	FRĄCKIEWICZ Karol	240	SCV	M40-49	17	00:41:03	01:22:53.40	01:23:03.35	+00:21:46 (26.2%)	7:32	8 (74.1%)
18	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	18	00:40:34	01:23:48.50	01:24:06.85	+00:22:49 (27.1%)	7:37	7.9 (73.1%)
19	JEŹDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	19	00:38:44	01:24:23.50	01:24:52.40	+00:23:35 (27.8%)	7:40	7.8 (72.2%)
20	GOCŁOWSKI Cezary	245		M40-49	20	00:39:11	01:24:25.60	01:24:57.90	+00:23:40 (27.9%)	7:40	7.8 (72.2%)
21	KOBIAŁKA Irek	273		M40-49	21	00:42:50	01:24:28.05	01:25:08.10	+00:23:50 (28.0%)	7:40	7.8 (72.2%)
22	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	22	00:43:09	01:24:42.35	01:25:22.05	+00:24:04 (28.2%)	7:42	7.8 (72.2%)
23	GROCHAL Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49	23	00:41:54	01:25:09.40	01:25:36.45	+00:24:19 (28.4%)	7:44	7.8 (72.2%)
24	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	24	00:43:02	01:27:34.85	01:28:02.80	+00:26:45 (30.4%)	7:57	7.5 (69.4%)
25	CYWIŃSKI Paweł	226	AKG	M40-49	25	00:43:35	01:29:59.95	01:30:23.35	+00:29:06 (32.2%)	8:10	7.3 (67.6%)
26	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	26	00:41:23	01:31:19.65	01:31:24.40	+00:30:07 (33.0%)	8:18	7.2 (66.7%)
27	PAPROCKI Bartłomiej	330		M40-49	27	00:43:56	01:32:20.50	01:33:03.45	+00:31:46 (34.1%)	8:23	7.1 (65.7%)
28	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	28	00:44:51	01:34:46.70	01:35:24.95	+00:34:07 (35.8%)	8:36	7 (64.8%)
29	WIECHA Marcin	375		M40-49	29	00:47:25	01:37:28.55	01:38:01.40	+00:36:44 (37.5%)	8:51	6.8 (63.0%)

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30	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	30	00:49:29	01:37:53.85	01:38:16.70	+00:36:59 (37.6%)	8:54	6.7 (62.0%)
31	LUC Adam	296	BIEGUSIEM.PL	M40-49	31	00:48:59	01:39:23.10	01:39:35.85	+00:38:18 (38.5%)	9:02	6.6 (61.1%)
32	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49	32	00:51:56	01:51:41.35	01:52:14.90	+00:50:57 (45.4%)	10:09	5.9 (54.6%)
33	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	33	00:51:00	01:51:38.60	01:52:20.00	+00:51:02 (45.4%)	10:09	5.9 (54.6%)
34	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	34	00:51:40	01:52:14.70	01:52:40.90	+00:51:23 (45.6%)	10:12	5.9 (54.6%)
35	MALEWSKI Tomasz	306		M40-49	35	00:57:11	01:55:20.15	01:55:54.55	+00:54:37 (47.1%)	10:29	5.7 (52.8%)
36	BUTRYN Wojciech	215	BBKTS	M40-49	36	00:59:37	02:08:01.80	02:08:57.00	+01:07:39 (52.5%)	11:38	5.2 (48.1%)

Znaleziono 36 wynik(ów)