



Event:
Organiser:
Date:
Place:
Distance:

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

TRIADA MARATON NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M50-59

Place	Participant	Number	Club	Category	MCat	5km	Net time 11km	Czas brutto 11km	Gap	Pace min/km	Pace km/h
1	WŁOCH Sławomir	380		M50-59	1	00:34:25	01:11:16.00	01:11:24.75		6:28	9.3 (100%)
2	STEFANIUK Roman	357		M50-59	2	00:35:44	01:14:03.75	01:14:11.70	+00:02:46 (3.8%)	6:44	8.9 (95.7%)
3	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	00:36:56	01:14:02.30	01:14:11.75	+00:02:47 (3.8%)	6:43	8.9 (95.7%)
4	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	4	00:38:16	01:16:59.70	01:17:14.05	+00:05:49 (7.5%)	7:00	8.6 (92.5%)
5	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	5	00:37:50	01:17:18.20	01:17:28.30	+00:06:03 (7.8%)	7:01	8.5 (91.4%)
6	CZAPSKI Piotr	227		M50-59	6	00:39:41	01:19:03.45	01:19:20.70	+00:07:55 (10.0%)	7:11	8.3 (89.2%)
7	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	7	00:39:36	01:20:45.20	01:20:45.20	+00:09:20 (11.6%)	7:20	8.2 (88.2%)
8	MASTALERZ Marcin	597		M50-59	8	00:41:20	01:25:09.30	01:25:14.40	+00:13:49 (16.2%)	7:44	7.8 (83.9%)
9	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	9	00:42:00	01:28:22.30	01:28:33.55	+00:17:08 (19.4%)	8:02	7.5 (80.6%)
10	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	10	00:44:19	01:29:30.85	01:30:05.90	+00:18:41 (20.7%)	8:08	7.4 (79.6%)
11	KĄDZIOŁKA Jan	284	K2	M50-59	11	00:44:14	01:34:27.35	01:35:11.40	+00:23:46 (25.0%)	8:35	7 (75.3%)
12	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	12	00:50:00	01:40:56.45	01:41:21.35	+00:29:56 (29.5%)	9:10	6.5 (69.9%)

Total 12 results.