



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

# TRIADA ULTRA GORCE

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

| Msc | Zawodnik             | Numer | Klub                                           | Kategoria | Mkat | Czas netto 16km | Czas brutto 16km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|------------------------------------------------|-----------|------|-----------------|------------------|-------------------|--------------|--------------|
| 1   | MARCINIAK Przemysław | 95    | NOA                                            | M30-39    | 1    | 01:25:55.40     | 01:25:56.10      |                   | 5:22         | 11.2 (100%)  |
| 2   | KICZIŃSKI Bartosz    | 64    | DRUŻYNA SZPIKU                                 | M30-39    | 2    | 01:27:07.75     | 01:27:08.50      | +00:01:12 (1.4%)  | 5:26         | 11 (98.2%)   |
| 3   | WICENBACH Arkadiusz  | 164   | STRASZYN ULTRA TEAM                            | M30-39    | 3    | 01:32:56.50     | 01:32:58.80      | +00:07:02 (7.6%)  | 5:48         | 10.3 (92.0%) |
| 4   | KOZŁOWSKI Grzegorz   | 76    | ASICS FRONTRUNNER                              | M30-39    | 4    | 01:34:08.45     | 01:34:08.80      | +00:08:12 (8.7%)  | 5:53         | 10.2 (91.1%) |
| 5   | ZBOZIEN Jarosław     | 175   |                                                | M30-39    | 5    | 01:34:35.35     | 01:34:37.85      | +00:08:41 (9.2%)  | 5:54         | 10.1 (90.2%) |
| 6   | WOJNO Arkadiusz      | 171   | DROGA DO ULTRA                                 | M30-39    | 6    | 01:34:39.20     | 01:34:40.15      | +00:08:44 (9.2%)  | 5:55         | 10.1 (90.2%) |
| 7   | GURGUL Sebastian     | 45    | AROMAT NÓG                                     | M30-39    | 7    | 01:37:27.15     | 01:37:33.90      | +00:11:37 (11.9%) | 6:05         | 9.9 (88.4%)  |
| 8   | GEPPERT Jakub        | 33    | ADRUNALINE RUNNING TEAM                        | M30-39    | 8    | 01:37:43.85     | 01:37:45.90      | +00:11:49 (12.1%) | 6:06         | 9.8 (87.5%)  |
| 9   | TELEPSKI Michał      | 157   | NULL                                           | M30-39    | 9    | 01:37:48.70     | 01:37:53.00      | +00:11:56 (12.2%) | 6:06         | 9.8 (87.5%)  |
| 10  | STAŃCZAK Piotr       | 146   | CZERWONAK BIEGA                                | M30-39    | 10   | 01:38:07.95     | 01:38:09.70      | +00:12:13 (12.5%) | 6:08         | 9.8 (87.5%)  |
| 11  | ROWIŃSKI Michał      | 131   |                                                | M30-39    | 11   | 01:38:38.20     | 01:38:42.50      | +00:12:46 (12.9%) | 6:09         | 9.7 (86.6%)  |
| 12  | JARCZOK Zdzichu      | 51    | FESTIWAL BIEGOWY W KRYNICY                     | M30-39    | 12   | 01:39:15.70     | 01:39:22.05      | +00:13:25 (13.5%) | 6:12         | 9.7 (86.6%)  |
| 13  | SWORSKI Roman        | 148   | VEGAN / VEGE RUNNERS / KASTYO / DROGA DO ULTRA | M30-39    | 13   | 01:39:24.55     | 01:39:26.50      | +00:13:30 (13.6%) | 6:12         | 9.7 (86.6%)  |
| 14  | JESIOŁOWSKI Michał   | 52    |                                                | M30-39    | 14   | 01:40:33.85     | 01:40:39.70      | +00:14:43 (14.6%) | 6:17         | 9.5 (84.8%)  |
| 15  | PIWOWARCZYK Paweł    | 123   | ROZBIEGANE DOBCZYCE                            | M30-39    | 15   | 01:41:58.10     | 01:42:06.40      | +00:16:10 (15.8%) | 6:22         | 9.4 (83.9%)  |
| 16  | MIELCZARSKI Bartosz  | 103   |                                                | M30-39    | 16   | 01:43:39.70     | 01:43:53.70      | +00:17:57 (17.3%) | 6:28         | 9.3 (83.0%)  |
| 17  | PATELKA Przemysław   | 119   | KW KRAKÓW                                      | M30-39    | 17   | 01:45:36.75     | 01:45:41.95      | +00:19:45 (18.7%) | 6:36         | 9.1 (81.3%)  |
| 18  | JĘCEK Maciej         | 53    |                                                | M30-39    | 18   | 01:48:39.55     | 01:48:46.15      | +00:22:50 (21.0%) | 6:47         | 8.8 (78.6%)  |
| 19  | PĘDZISZEWSKI Piotr   | 120   | VAI ALTO                                       | M30-39    | 19   | 01:48:44.90     | 01:48:54.70      | +00:22:58 (21.1%) | 6:47         | 8.8 (78.6%)  |
| 20  | SOBCZAK Robert       | 142   | ŁÓDZKI KLUB BIEGOWY                            | M30-39    | 20   | 01:49:21.00     | 01:49:40.90      | +00:23:44 (21.7%) | 6:50         | 8.8 (78.6%)  |
| 21  | GURGUL Mateusz       | 46    | AROMAT NÓG                                     | M30-39    | 21   | 01:54:02.35     | 01:54:09.60      | +00:28:13 (24.7%) | 7:07         | 8.4 (75.0%)  |
| 22  | BALON Piotr          | 4     | BAKOMAT TEAM                                   | M30-39    | 22   | 01:54:38.95     | 01:54:38.95      | +00:28:42 (25.0%) | 7:09         | 8.4 (75.0%)  |
| 23  | WÓJCICKI Bohdan      | 167   |                                                | M30-39    | 23   | 01:59:15.60     | 01:59:22.65      | +00:33:26 (28.0%) | 7:27         | 8.1 (72.3%)  |
| 24  | WOJSA Marcin         | 172   |                                                | M30-39    | 24   | 02:00:40.50     | 02:01:23.15      | +00:35:27 (29.2%) | 7:32         | 8 (71.4%)    |
| 25  | CYGANIK Kajetan      | 19    | JUVERUN                                        | M30-39    | 25   | 02:01:48.35     | 02:02:47.60      | +00:36:51 (30.0%) | 7:36         | 7.9 (70.5%)  |
| 26  | CHLIPAŁA Marcin      | 16    |                                                | M30-39    | 26   | 02:03:35.40     | 02:04:01.45      | +00:38:05 (30.7%) | 7:43         | 7.8 (69.6%)  |
| 27  | SZMAJDA Dominik      | 152   | NIE MAM POMYSŁU                                | M30-39    | 27   | 02:04:21.80     | 02:04:33.65      | +00:38:37 (31.0%) | 7:46         | 7.7 (68.8%)  |
| 28  | ŁUKASIAK Adam        | 92    | WARSAW RUN CLUB                                | M30-39    | 28   | 02:04:52.75     | 02:05:11.50      | +00:39:15 (31.4%) | 7:48         | 7.7 (68.8%)  |
| 29  | BIEL Łukasz          | 6     | VEGE RUNNERS                                   | M30-39    | 29   | 02:04:45.50     | 02:05:34.80      | +00:39:38 (31.6%) | 7:47         | 7.7 (68.8%)  |

| Msc | Zawodnik                | Numer | Klub                     | Kategoria | Mkat | Czas netto<br>16km | Czas brutto<br>16km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|--------------------------|-----------|------|--------------------|---------------------|-------------------|-----------------|---------------|
| 30  | KWIATKOWSKI Jakub       | 88    | ITMBW KRAKÓW             | M30-39    | 30   | 02:09:49.80        | 02:10:10.15         | +00:44:14 (34.0%) | 8:06            | 7.4 (66.1%)   |
| 31  | PIĄTEK Rafał            | 122   | BEFIT24TEAM              | M30-39    | 31   | 02:09:45.35        | 02:10:12.70         | +00:44:16 (34.0%) | 8:06            | 7.4 (66.1%)   |
| 32  | RACZYŁŁO Krzysztof      | 126   |                          | M30-39    | 32   | 02:09:38.30        | 02:10:31.90         | +00:44:35 (34.2%) | 8:06            | 7.4 (66.1%)   |
| 33  | KARAWACKI Grzegorz      | 60    | KĘCKIE HARPAGANY         | M30-39    | 33   | 02:11:35.90        | 02:12:04.85         | +00:46:08 (34.9%) | 8:13            | 7.3 (65.2%)   |
| 34  | MICHALSKI Michał        | 101   | FRAMESFACTORY RACINGTEAM | M30-39    | 34   | 02:12:24.60        | 02:12:50.35         | +00:46:54 (35.3%) | 8:16            | 7.2 (64.3%)   |
| 35  | WOJNAROWICZ Tomasz      | 169   | SPARTANIEDZIECIA         | M30-39    | 35   | 02:12:16.10        | 02:13:04.80         | +00:47:08 (35.4%) | 8:16            | 7.3 (65.2%)   |
| 36  | ZGLIŃSKI Bartłomiej     | 177   | WKURW_TEAM TORUŃ         | M30-39    | 36   | 02:13:28.50        | 02:14:30.95         | +00:48:34 (36.1%) | 8:20            | 7.2 (64.3%)   |
| 37  | RADYK Jakub             | 128   | PRZEMYSKI KLUB BIEGACZA  | M30-39    | 37   | 02:15:02.00        | 02:15:05.40         | +00:49:09 (36.4%) | 8:26            | 7.1 (63.4%)   |
| 38  | SMOGORZEWSKI Michał     | 141   | WKURW_TEAM WARSZAWA      | M30-39    | 38   | 02:14:39.25        | 02:15:44.65         | +00:49:48 (36.7%) | 8:24            | 7.1 (63.4%)   |
| 39  | SITEK Szymon            | 138   | ZABIEGANI CZĘSTOCHOWA    | M30-39    | 39   | 02:18:28.65        | 02:19:00.65         | +00:53:04 (38.2%) | 8:39            | 6.9 (61.6%)   |
| 40  | KOPANIA Kamil           | 69    | K.S TĘCZA                | M30-39    | 40   | 02:21:40.50        | 02:21:49.40         | +00:55:53 (39.4%) | 8:51            | 6.8 (60.7%)   |
| 41  | KRZYŻANOWSKI Przemysław | 80    | HARPAGAN BEAST           | M30-39    | 41   | 02:25:07.60        | 02:25:56.80         | +01:00:00 (41.1%) | 9:04            | 6.6 (58.9%)   |
| 42  | GRZYWIŃSKI Wojtek       | 43    |                          | M30-39    | 42   | 02:28:34.60        | 02:29:19.75         | +01:03:23 (42.5%) | 9:17            | 6.5 (58.0%)   |
| 43  | KLUBA Łukasz            | 67    | NGB KŁOBUCK              | M30-39    | 43   | 02:29:33.90        | 02:30:19.35         | +01:04:23 (42.8%) | 9:20            | 6.4 (57.1%)   |
| 44  | MICHALEC Marcin         | 100   | KKB MOSIR KROSNO         | M30-39    | 44   | 02:30:57.90        | 02:31:03.25         | +01:05:07 (43.1%) | 9:26            | 6.4 (57.1%)   |
| 45  | ZWAAN Johan             | 182   |                          | M30-39    | 45   | 02:31:21.25        | 02:32:13.50         | +01:06:17 (43.5%) | 9:27            | 6.3 (56.3%)   |
| 46  | KOŁCIUK Wojciech        | 68    | WKURW_TEAM WARSZAWA      | M30-39    | 46   | 02:34:23.65        | 02:35:27.05         | +01:09:30 (44.7%) | 9:39            | 6.2 (55.4%)   |
| 47  | BORKOWSKI Bartłomiej    | 10    | RMF4RT GLADIATORS        | M30-39    | 47   | 02:44:01.15        | 02:44:53.90         | +01:18:57 (47.9%) | 10:15           | 5.9 (52.7%)   |
| 48  | CZARNY Łukasz           | 21    | WKURW_TEAM               | M30-39    | 48   | 03:07:12.35        | 03:08:15.55         | +01:42:19 (54.4%) | 11:42           | 5.1 (45.5%)   |
| 49  | NAWROT Dawid            | 106   | SRTG NIEPOLOMICE         | M30-39    | 49   | 03:15:12.20        | 03:15:42.05         | +01:49:45 (56.1%) | 12:12           | 4.9 (43.8%)   |
| 50  | LEWANDOWSKI Igor        | 456   | CTS / IGISPORT           | M30-39    | 50   | 03:38:12.15        | 03:39:21.70         | +02:13:25 (60.8%) | 13:38           | 4.4 (39.3%)   |

Znaleziono 50 wynik(ów)