



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA ULTRA 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	MARCINIAK Przemysław	95	NOA	M30-39	1	00:25:14	00:51:30.90	00:51:31.55		4:41	12.8 (100%)
2	KICZIŃSKI Bartosz	64	DRUŻYNA SZPIKU	M30-39	2	00:25:44	00:52:54.45	00:52:54.90	+00:01:23 (2.6%)	4:48	12.5 (97.7%)
3	WICENBACH Arkadiusz	164	STRASZYN ULTRA TEAM	M30-39	3	00:26:07	00:55:17.20	00:55:20.70	+00:03:49 (6.9%)	5:01	11.9 (93.0%)
4	WOJNO Arkadiusz	171	DROGA DO ULTRA	M30-39	4	00:27:11	00:55:58.60	00:55:59.00	+00:04:27 (8.0%)	5:05	11.8 (92.2%)
5	JARCZOK Zdzichu	51	FESTIWAL BIEGOWY W KRYNICY	M30-39	5	00:27:20	00:56:45.25	00:56:55.30	+00:05:23 (9.5%)	5:09	11.6 (90.6%)
6	STAŃCZAK Piotr	146	CZERWONAK BIEGA	M30-39	6	00:28:10	00:57:04.65	00:57:11.35	+00:05:39 (9.9%)	5:11	11.6 (90.6%)
7	GURGUL Sebastian	45	AROMAT NÓG	M30-39	7	00:28:19	00:57:48.15	00:57:50.20	+00:06:18 (10.9%)	5:15	11.4 (89.1%)
8	KOZŁOWSKI Grzegorz	76	ASICS FRONTRUNNER	M30-39	8	00:28:11	00:58:47.00	00:58:47.45	+00:07:15 (12.4%)	5:20	11.2 (87.5%)
9	ZBOZIĘŃ Jarosław	175		M30-39	9	00:28:59	01:00:18.30	01:00:23.15	+00:08:51 (14.7%)	5:29	10.9 (85.2%)
10	ROWIŃSKI Michał	131		M30-39	10	00:29:20	01:00:28.70	01:00:31.40	+00:08:59 (14.9%)	5:29	10.9 (85.2%)
11	PIWOWARCZYK Paweł	123	ROZBIEGANE DOBCZYCE	M30-39	11	00:30:00	01:00:57.20	01:01:00.45	+00:09:28 (15.5%)	5:32	10.8 (84.4%)
12	GEPPERT Jakub	33	ADRUNALINE RUNNING TEAM	M30-39	12	00:29:35	01:01:18.50	01:01:18.50	+00:09:46 (16.0%)	5:34	10.8 (84.4%)
13	TELEPSKI Michał	157	NULL	M30-39	13	00:30:53	01:02:09.25	01:02:18.30	+00:10:46 (17.3%)	5:39	10.6 (82.8%)
14	SWORSKI Roman	148	VEGAN / VEGE RUNNERS / KASTYO / DROGA DO ULTRA	M30-39	14	00:29:29	01:02:32.40	01:02:35.90	+00:11:04 (17.7%)	5:41	10.6 (82.8%)
15	MIELCZARSKI Bartosz	103		M30-39	15	00:31:15	01:02:30.85	01:02:37.70	+00:11:06 (17.7%)	5:41	10.6 (82.8%)
16	JESIOŁOWSKI Michał	52		M30-39	16	00:29:46	01:03:14.45	01:03:15.40	+00:11:43 (18.5%)	5:45	10.4 (81.3%)
17	JĘCEK Maciej	53		M30-39	17	00:31:44	01:03:36.45	01:03:42.50	+00:12:10 (19.1%)	5:46	10.4 (81.3%)
18	SOBCZAK Robert	142	ŁÓDZKI KLUB BIEGOWY	M30-39	18	00:30:38	01:03:48.65	01:03:55.20	+00:12:23 (19.4%)	5:48	10.3 (80.5%)
19	PĘDZISZEWSKI Piotr	120	VAI ALTO	M30-39	19	00:31:58	01:05:40.40	01:05:55.30	+00:14:23 (21.8%)	5:58	10 (78.1%)
20	PATELKA Przemysław	119	KW KRAKÓW	M30-39	20	00:33:00	01:07:27.20	01:07:35.75	+00:16:04 (23.8%)	6:07	9.8 (76.6%)
21	BALON Piotr	4	BAKOMAT TEAM	M30-39	21	00:33:18	01:07:39.45	01:07:48.90	+00:16:17 (24.0%)	6:09	9.8 (76.6%)
22	GURGUL Mateusz	46	AROMAT NÓG	M30-39	22	00:33:40	01:09:32.70	01:09:35.10	+00:18:03 (26.0%)	6:19	9.5 (74.2%)
23	WÓJCICKI Bohdan	167		M30-39	23	00:33:55	01:11:39.65	01:11:43.50	+00:20:11 (28.2%)	6:30	9.2 (71.9%)
24	RACZYŁŁO Krzysztof	126		M30-39	24	00:37:38	01:14:19.25	01:14:35.50	+00:23:03 (30.9%)	6:45	8.9 (69.5%)
25	CHLIPAŁA Marcin	16		M30-39	25	00:37:09	01:16:27.25	01:16:36.55	+00:25:05 (32.7%)	6:57	8.6 (67.2%)
26	WOJSA Marcin	172		M30-39	26	00:37:45	01:16:57.35	01:17:33.60	+00:26:02 (33.6%)	6:59	8.6 (67.2%)
27	KWIATKOWSKI Jakub	88	ITMBW KRAKÓW	M30-39	27	00:36:08	01:17:39.10	01:18:05.25	+00:26:33 (34.0%)	7:03	8.5 (66.4%)
28	BIEL Łukasz	6	VEGE RUNNERS	M30-39	28	00:40:07	01:19:02.65	01:19:15.65	+00:27:44 (35.0%)	7:11	8.4 (65.6%)
29	CYGANIK Kajetan	19	JUVERUN	M30-39	29	00:37:20	01:18:51.45	01:19:24.40	+00:27:52 (35.1%)	7:10	8.4 (65.6%)

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30	SZMAJDA Dominik	152	NIE MAM POMYSŁU	M30-39	30	00:39:15	01:20:37.35	01:20:44.30	+00:29:12 (36.2%)	7:19	8.2 (64.1%)
31	PIĄTEK Rafał	122	BEFIT24TEAM	M30-39	31	00:40:07	01:20:13.30	01:20:57.15	+00:29:25 (36.4%)	7:17	8.2 (64.1%)
32	MICHALSKI Michał	101	FRAMESFACTORY RACINGTEAM	M30-39	32	00:40:08	01:22:40.05	01:22:49.35	+00:31:17 (37.8%)	7:30	8 (62.5%)
33	MICHALEC Marcin	100	KKB MOSIR KROSNO	M30-39	33	00:40:10	01:24:13.40	01:24:19.45	+00:32:47 (38.9%)	7:39	7.8 (60.9%)
34	ZGLIŃSKI Bartłomiej	177	WKURW_TEAM TORUŃ	M30-39	34	00:42:12	01:24:13.75	01:24:58.85	+00:33:27 (39.4%)	7:39	7.8 (60.9%)
35	KARAWACKI Grzegorz	60	KĘCKIE HARPAGANY	M30-39	35	00:41:28	01:24:31.00	01:25:13.25	+00:33:41 (39.5%)	7:41	7.8 (60.9%)
36	KOPANIA Kamil	69	K.S TĘCZA	M30-39	36	00:44:07	01:30:00.75	01:30:23.05	+00:38:51 (43.0%)	8:11	7.3 (57.0%)
37	SMOGORZEWSKI Michał	141	WKURW_TEAM WARSZAWA	M30-39	37	00:43:08	01:29:53.00	01:30:38.75	+00:39:07 (43.2%)	8:10	7.3 (57.0%)
38	WOJNAROWICZ Tomasz	169	SPARTANIEDZIECIA	M30-39	38	00:43:06	01:30:38.25	01:30:54.50	+00:39:22 (43.3%)	8:14	7.3 (57.0%)
39	GRZYWIŃSKI Wojtek	43		M30-39	39	00:44:44	01:30:18.40	01:30:58.00	+00:39:26 (43.4%)	8:12	7.3 (57.0%)
40	KLUBA Łukasz	67	NGB KŁOBUCK	M30-39	40	00:44:30	01:30:26.75	01:31:07.60	+00:39:36 (43.5%)	8:13	7.3 (57.0%)
41	KOŁCIUK Wojciech	68	WKURW_TEAM WARSZAWA	M30-39	41	00:44:18	01:31:00.95	01:31:45.80	+00:40:14 (43.8%)	8:16	7.3 (57.0%)
42	KRZYŻANOWSKI Przemysław	80	HARPAGAN BEAST	M30-39	42	00:45:58	01:33:06.85	01:33:48.65	+00:42:17 (45.1%)	8:27	7.1 (55.5%)
43	BORKOWSKI Bartłomiej	10	RMF4RT GLADIATORS	M30-39	43	00:50:07	01:40:27.55	01:40:40.40	+00:49:08 (48.8%)	9:08	6.6 (51.6%)
44	ZWAAN Johan	182		M30-39	44	00:51:31	01:44:54.80	01:45:32.00	+00:54:00 (51.2%)	9:32	6.3 (49.2%)
45	CZARNY Łukasz	21	WKURW_TEAM	M30-39	45	00:52:51	01:51:06.10	01:51:50.95	+01:00:19 (53.9%)	10:06	5.9 (46.1%)
46	ŁUKASIAK Adam	92	WARSAW RUN CLUB	M30-39	46	00:55:58	01:53:19.55	01:54:03.55	+01:02:32 (54.8%)	10:18	5.8 (45.3%)
47	NAWROT Dawid	106	SRTG NIEPOLOMICE	M30-39	47	00:58:01	02:01:28.65	02:02:00.25	+01:10:28 (57.8%)	11:02	5.4 (42.2%)
48	LEWANDOWSKI Igor	456	CTS / IGISPORT	M30-39	48	00:51:51			+00:26:36	10:22	5.8 (45.3%)

Znaleziono 48 wynik(ów)