



**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: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>GARDENER Jacek</b>	<b>31</b>	JACEKBIEGA RUNNING TEAM	M50-59	1	00:30:21	<b>01:01:44.65</b>	<b>01:01:47.55</b>		5:36	10.7 (100%)
2	<b>DŁUGAJ Andrzej</b>	<b>24</b>		M50-59	2	00:32:44	<b>01:06:42.70</b>	<b>01:07:13.40</b>	+00:05:25 (8.1%)	6:03	9.9 (92.5%)
3	<b>SOWIK Marcin</b>	<b>144</b>	TIME4RUNNING	M50-59	3	00:33:16	<b>01:08:37.70</b>	<b>01:08:51.90</b>	+00:07:04 (10.3%)	6:14	9.6 (89.7%)
4	<b>ADAMCZYK Mirosław</b>	<b>2</b>	CSC ADVENTURE ACADEMY	M50-59	4	00:35:24	<b>01:11:59.95</b>	<b>01:12:07.40</b>	+00:10:19 (14.3%)	6:32	9.2 (86.0%)
5	<b>CHOJNOWSKI Andrzej</b>	<b>17</b>		M50-59	5	00:36:28	<b>01:13:43.05</b>	<b>01:13:58.20</b>	+00:12:10 (16.5%)	6:42	9 (84.1%)
6	<b>PASIERBIŃSKI Piotr</b>	<b>118</b>	WTP	M50-59	6	00:37:15	<b>01:15:38.85</b>	<b>01:15:43.45</b>	+00:13:55 (18.4%)	6:52	8.7 (81.3%)
7	<b>ZIÓŁEK Mirosław</b>	<b>180</b>	STAY INSANE	M50-59	7	00:38:20	<b>01:15:47.95</b>	<b>01:16:07.55</b>	+00:14:20 (18.8%)	6:53	8.7 (81.3%)
8	<b>GAWĘŁKO Janusz</b>	<b>32</b>		M50-59	8	00:37:42	<b>01:16:50.40</b>	<b>01:17:21.30</b>	+00:15:33 (20.1%)	6:59	8.6 (80.4%)
9	<b>NĘDZUSIAK Dariusz</b>	<b>107</b>	DBN SUKURS	M50-59	9	00:39:22	<b>01:19:44.10</b>	<b>01:20:14.20</b>	+00:18:26 (23.0%)	7:14	8.3 (77.6%)
10	<b>DOMAGAŁA Jerzy</b>	<b>26</b>		M50-59	10	00:43:21	<b>01:26:38.60</b>	<b>01:27:04.15</b>	+00:25:16 (29.0%)	7:52	7.6 (71.0%)
11	<b>RYBKOWSKI Grzegorz</b>	<b>135</b>	VELMAR	M50-59	11	00:42:35	<b>01:30:26.95</b>	<b>01:30:37.20</b>	+00:28:49 (31.8%)	8:13	7.3 (68.2%)
12	<b>JÓZEFIAK Jakub</b>	<b>57</b>	BOKONONI	M50-59	12	00:50:19	<b>01:41:37.00</b>	<b>01:42:13.30</b>	+00:40:25 (39.6%)	9:14	6.5 (60.7%)
13	<b>FRUCZ Jacek</b>	<b>28</b>		M50-59	13	00:51:39	<b>01:46:54.90</b>	<b>01:47:32.95</b>	+00:45:45 (42.5%)	9:43	6.2 (57.9%)

Znaleziono 13 wynik(ów)