



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

Znaleziono 13 wynik(ów)