



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2023-09-09
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Górnik

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MRÓWKA Mateusz	1	AKTYWNA PSZCZYNA RUNNERS TEAM	M20-29	1	Aktywna Pszczyna Runners Team	00:00:01	00:32:38.20	00:32:39.95		3:15	18.4 (100%)
2	KOZIARZ Przemysław	27		M30-39	5		00:00:01	00:35:51.75	00:35:53.65	+00:03:13 (9.0%)	3:35	16.7 (90.8%)
3	KUNINA Paweł	53	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	M50-59	1	TL Athletics Jastrzębie	00:00:02	00:36:24.70	00:36:27.65	+00:03:46 (10.4%)	3:38	16.5 (89.7%)
4	OSETEK Paweł	23	PWR TEAM	M30-39	12	PWR TEAM	00:00:03	00:38:50.65	00:38:53.85	+00:06:12 (16.0%)	3:53	15.5 (84.2%)
5	KIEŁBASIŃSKI Arkadiusz	122	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	15	Aktywna Pszczyna Runners Team	00:00:04	00:40:03.15	00:40:07.20	+00:07:24 (18.5%)	4:00	15 (81.5%)
6	MENCEWICZ Paweł	67	UKS 5 PLUS RYDUŁTOWY / SILESIA TRIATHLON TEAM	M50-59	3		00:00:00	00:40:26.80	00:40:26.80	+00:07:48 (19.3%)	4:02	14.8 (80.4%)
7	ROMAŃSKI Bartłomiej	85		M30-39	16		00:00:04	00:40:45.10	00:40:49.50	+00:08:06 (19.9%)	4:04	14.7 (79.9%)
8	STUCHLIK Marek	43	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	19	Aktywna Pszczyna Runners Team	00:00:03	00:41:18.65	00:41:22.25	+00:08:40 (21.0%)	4:07	14.5 (78.8%)
9	KUŚ Tomasz	50	RADLINIOKI W BIEGU	M40-49	19		00:00:07	00:41:18.80	00:41:26.55	+00:08:40 (21.0%)	4:07	14.5 (78.8%)
10	KUŚ Dawid	47	POLSKA GRUPA GÓRNICZA	M30-39	22		00:00:03	00:42:12.40	00:42:15.45	+00:09:34 (22.7%)	4:13	14.2 (77.2%)
11	SOBOL Adam	197	DYSTANS LUBOMIA	M40-49	25		00:00:10	00:42:23.00	00:42:33.35	+00:09:44 (23.0%)	4:14	14.2 (77.2%)
12	WIŚNIEWSKI Jarosław	91	ŻORY TEAM	M40-49	26		00:00:06	00:42:39.15	00:42:45.60	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
13	GADAJ Grzegorz	96	RADLINIOKI W BIEGU	M30-39	30		00:00:04	00:44:14.15	00:44:18.35	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
14	SIEGMUND Tadeusz	134	TL ATHLETICS JASTRZĘBIE	M50-59	8	TL Athletics Jastrzębie	00:00:10	00:44:17.65	00:44:27.85	+00:11:39 (26.3%)	4:25	13.5 (73.4%)

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15	SPYRKA Piotr	119	KLUB BIEGACZA FARTLEK	M30-39	37	Klub Biegacza Fartlek	00:00:09	00:45:33.85	00:45:42.95	+00:12:55 (28.4%)	4:33	13.2 (71.7%)
16	MARCZYNSKI Sebastian	184	RODZINKA.PL	M30-39	39		00:00:17	00:45:44.65	00:46:02.10	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
17	BURAS Roman	145		M50-59	10		00:00:03	00:45:53.10	00:45:56.10	+00:13:14 (28.9%)	4:35	13.1 (71.2%)
18	ADAMCZYK Sławomir	199		M30-39	42		00:00:05	00:46:03.80	00:46:09.50	+00:13:25 (29.1%)	4:36	13 (70.7%)
19	RUCIŃSKI Krzysztof	176		M50-59	11		00:00:10	00:46:04.40	00:46:14.65	+00:13:26 (29.2%)	4:36	13 (70.7%)
20	CHROBOK Michał	200		M30-39	46		00:00:11	00:46:24.85	00:46:36.70	+00:13:46 (29.7%)	4:38	12.9 (70.1%)
21	TUPAJ Jarosław	342	BIEGACZ AMATOR	M30-39	49		00:00:14	00:46:40.25	00:46:54.50	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
22	KULAWIAK Bogdan	274		M50-59	16		00:00:18	00:46:54.60	00:47:12.70	+00:14:16 (30.4%)	4:41	12.8 (69.6%)
23	MALIK Rafał	61		M30-39	53		00:00:07	00:47:08.70	00:47:15.70	+00:14:30 (30.8%)	4:42	12.7 (69.0%)
24	RADWAŃSKI Łukasz	382		M30-39	55		00:00:16	00:47:18.35	00:47:35.10	+00:14:40 (31.0%)	4:43	12.7 (69.0%)
25	ŚMIGIEL Hubert	330	CZORNE MORSY	M40-49	43		00:00:12	00:47:24.00	00:47:36.65	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
26	BURNAGIEL Tomasz	51	HRMAX ŻORY	M50-59	18		00:00:09	00:47:34.60	00:47:43.85	+00:14:56 (31.4%)	4:45	12.6 (68.5%)
27	ANTOŃCZYK Adam	219		M50-59	19		00:00:09	00:47:35.65	00:47:45.25	+00:14:57 (31.4%)	4:45	12.6 (68.5%)
28	GRALAK Wojtek	163		M30-39	58		00:00:11	00:47:41.65	00:47:52.75	+00:15:03 (31.6%)	4:46	12.6 (68.5%)
29	BASTA Grzegorz	331	ZADYSZKA OŚWIĘCIM	M50-59	20	Zadyszka Oświęcim	00:00:00	00:47:55.90	00:47:55.90	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
30	PURCZYŃSKI Jan	323		M50-59	21		00:00:24	00:48:04.05	00:48:28.55	+00:15:25 (32.1%)	4:48	12.5 (67.9%)
31	GŁUSZYK Lesław	166	HRMAX ŻORY	M60-69	3		00:00:08	00:48:17.75	00:48:26.55	+00:15:39 (32.4%)	4:49	12.4 (67.4%)
32	CZAPOROWSKI Tomasz	127		M40-49	46		00:00:19	00:48:23.70	00:48:43.05	+00:15:45 (32.6%)	4:50	12.4 (67.4%)
33	BUCHTA Michał	333		M40-49	47		00:00:12	00:48:24.50	00:48:37.30	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
34	ADAMCZEWSKI Waldemar	159	KLUB BIEGACZA FARTLEK	M50-59	23	Klub Biegacza Fartlek	00:00:09	00:48:30.30	00:48:39.50	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
35	MOTOWIDŁO Tomasz	194		M40-49	49		00:00:15	00:48:49.85	00:49:05.20	+00:16:11 (33.2%)	4:52	12.3 (66.8%)
36	GAŁKIEWICZ Michał	175		M50-59	27		00:00:09	00:48:55.75	00:49:05.40	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
37	GRZONKA Andrzej	183	KLUB BIEGACZA FARTLEK	M40-49	50	Klub Biegacza Fartlek	00:00:10	00:48:58.55	00:49:09.00	+00:16:20 (33.4%)	4:53	12.3 (66.8%)

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38	GATNER Sebastian	288		M30-39	70		00:00:16	00:49:33.50	00:49:50.30	+00:16:55 (34.1%)	4:57	12.1 (65.8%)
39	WALA Marek	443		M40-49	65		00:00:30	00:50:44.65	00:51:15.10	+00:18:06 (35.7%)	5:04	11.8 (64.1%)
40	JASIŃSKI Maksymilian	282		M60-69	6	MARO Team Jastrzębie -Żory	00:00:15	00:50:49.55	00:51:05.15	+00:18:11 (35.8%)	5:04	11.8 (64.1%)
41	BIELICH Adrian	237	ALKOTEAM	M30-39	76		00:00:21	00:51:06.25	00:51:28.05	+00:18:28 (36.1%)	5:06	11.7 (63.6%)
42	MAJCHRZAK Dawid	416		M20-29	15		00:00:23	00:51:15.30	00:51:38.35	+00:18:37 (36.3%)	5:07	11.7 (63.6%)
43	FORNAL Paweł	379		M40-49	68		00:00:14	00:51:24.50	00:51:38.60	+00:18:46 (36.5%)	5:08	11.7 (63.6%)
44	HAJSKI Kamil	181	HASKIENDURONRUN	M30-39	79		00:00:12	00:51:28.20	00:51:40.65	+00:18:50 (36.6%)	5:08	11.7 (63.6%)
45	PIŁATOWSKI Mirosław	230		M50-59	34	TL Athletics Jastrzębie	00:00:17	00:52:09.40	00:52:27.30	+00:19:31 (37.4%)	5:12	11.5 (62.5%)
46	OLMA Władysław	137	FORMA BIEGANIA - JASTRZĘBIE	M50-59	35		00:00:06	00:52:25.05	00:52:31.40	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
47	KEMPNY Mariusz	271		M30-39	85		00:00:17	00:52:28.55	00:52:45.55	+00:19:50 (37.8%)	5:14	11.4 (62.0%)
48	LACHOWICZ Marcin	397		M40-49	76		00:00:30	00:52:33.40	00:53:03.85	+00:19:55 (37.9%)	5:15	11.4 (62.0%)
49	MACIONCZYK Szymon	572		M30-39	91		00:00:30	00:53:36.20	00:54:06.95	+00:20:58 (39.1%)	5:21	11.2 (60.9%)
50	GORZAWSKI Marcin	399		M30-39	95		00:00:27	00:55:01.60	00:55:29.40	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
51	ZIĘTARA Paweł	462		M50-59	38		00:00:28	00:55:26.80	00:55:54.85	+00:22:48 (41.1%)	5:32	10.8 (58.7%)
52	STALMACH Damian	549		M20-29	18		00:00:39	00:57:59.60	00:58:39.15	+00:25:21 (43.7%)	5:47	10.3 (56.0%)
53	CZARNOTA Leszek	372		M50-59	41		00:00:23	00:58:16.90	00:58:40.50	+00:25:38 (44.0%)	5:49	10.3 (56.0%)
54	MARKOWSKI Jacek	592		M40-49	98		00:00:29	00:58:54.95	00:59:24.35	+00:26:16 (44.6%)	5:53	10.2 (55.4%)
55	NOJEK Wiesław	424	NOJEK TEAM	M50-59	44		00:00:36	00:59:40.25	01:00:16.30	+00:27:02 (45.3%)	5:58	10.1 (54.9%)
56	KĘDZIERSKI Krzysztof	565	FOCZKI I MORSY RYBNIK	M50-59	47		00:00:13	01:00:41.35	01:00:54.75	+00:28:03 (46.2%)	6:04	9.9 (53.8%)
57	MARCZYŃSKA Izabela	418	RODZINKA.PL	K30-39	32		00:00:31	01:02:19.10	01:02:50.55	+00:29:40 (47.6%)	6:13	9.6 (52.2%)
58	KAMIŃSKI Marcin	478	GRUBIORZE LOTAJOM	M40-49	107		00:00:35	01:04:27.10	01:05:02.65	+00:31:48 (49.4%)	6:26	9.3 (50.5%)
59	MICZEK Marcin	384		M30-39	112		00:00:00	01:04:52.00	01:04:52.00	+00:32:13 (49.7%)	6:29	9.2 (50.0%)
60	OSOWSKA Katarzyna	486		K50-59	14		00:00:31	01:05:10.90	01:05:42.00	+00:32:32 (49.9%)	6:31	9.2 (50.0%)

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61	MARON Tomasz	356	TL ATHLETICS JASTRZĘBIE	M30-39	113	TL Athletics Jastrzębie	00:00:25	01:06:29.75	01:06:54.75	+00:33:51 (50.9%)	6:38	9 (48.9%)
62	HETMANIOK Agnieszka	560		K30-39	45		00:00:29	01:11:22.55	01:11:52.15	+00:38:44 (54.3%)	7:08	8.4 (45.7%)
63	BYSTRYKOWSKI Marcin	135	KLUB BIEGACZA FARTLEK	M40-49	110	Klub Biegacza Fartlek	00:00:36	01:13:26.90	01:14:03.45	+00:40:48 (55.6%)	7:20	8.2 (44.6%)
64	TRAWNICKI Jan	530		M70+	4		00:00:23	01:16:16.15	01:16:39.85	+00:43:37 (57.2%)	7:37	7.9 (42.9%)

Znaleziono 64 wynik(ów)