



**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 Jastrzębianin

| Msc | Zawodnik             | Numer | Klub                                                | Kategoria | Mkat | Drużyna 1               | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|-----------------------------------------------------|-----------|------|-------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 1   | ALBRECHT Krystian    | 39    | GB GALOPUJĄCE ŚLIMAKI                               | M20-29    | 2    | Galopujące Ślimaki      | 00:00:02    | 00:35:43.75     | 00:35:46.25      |                   | 3:34         | 16.8 (100%)  |
| 2   | 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      | +00:00:40 (1.9%)  | 3:38         | 16.5 (98.2%) |
| 3   | ALBRECHT Arkadiusz   | 113   | GB GALOPUJĄCE ŚLIMAKU                               | M40-49    | 8    | Galopujące Ślimaki      | 00:00:03    | 00:37:31.45     | 00:37:34.60      | +00:01:47 (4.8%)  | 3:45         | 16 (95.2%)   |
| 4   | GÓRSKI Paweł         | 75    | TKKF PIONIER                                        | M30-39    | 13   |                         | 00:00:05    | 00:39:34.35     | 00:39:39.65      | +00:03:50 (9.7%)  | 3:57         | 15.2 (90.5%) |
| 5   | CHRUSZCZ Wojciech    | 102   | KLUB BIEGACZA FARTLEK                               | M40-49    | 14   | Klub Biegacza Fartlek   | 00:00:04    | 00:39:57.45     | 00:40:02.05      | +00:04:13 (10.6%) | 3:59         | 15 (89.3%)   |
| 6   | BARTNIK Sebastian    | 7     | STREET SPIRIT                                       | M40-49    | 16   |                         | 00:00:10    | 00:40:44.70     | 00:40:54.95      | +00:05:00 (12.3%) | 4:04         | 14.7 (87.5%) |
| 7   | LORENZ Marcin        | 114   | GB GALOPUJĄCE ŚLIMAKI                               | M50-59    | 4    | GB Galopujące Ślimaki   | 00:00:05    | 00:41:34.95     | 00:41:40.45      | +00:05:51 (14.1%) | 4:09         | 14.4 (85.7%) |
| 8   | KMITA Tomasz         | 80    |                                                     | M30-39    | 28   |                         | 00:00:05    | 00:43:19.75     | 00:43:24.90      | +00:07:36 (17.5%) | 4:19         | 13.9 (82.7%) |
| 9   | ŁYSEK Paweł          | 99    | WATAHA                                              | M40-49    | 27   |                         | 00:00:06    | 00:43:29.60     | 00:43:35.85      | +00:07:45 (17.9%) | 4:20         | 13.8 (82.1%) |
| 10  | URBAN Patryk         | 186   |                                                     | M30-39    | 29   |                         | 00:00:11    | 00:43:54.75     | 00:44:05.95      | +00:08:11 (18.6%) | 4:23         | 13.7 (81.5%) |
| 11  | MIROŚŁAW Piotr       | 208   |                                                     | M20-29    | 7    |                         | 00:00:11    | 00:43:56.50     | 00:44:08.10      | +00:08:12 (18.7%) | 4:23         | 13.7 (81.5%) |
| 12  | SIEGMUND Tadeusz     | 134   | TL ATHLETICS JASTRZĘBIE                             | M50-59    | 8    | TL Athletics Jastrzębie | 00:00:10    | 00:44:17.65     | 00:44:27.85      | +00:08:33 (19.3%) | 4:25         | 13.5 (80.4%) |
| 13  | WILCZYŃSKI Łukasz    | 404   |                                                     | M30-39    | 36   |                         | 00:00:24    | 00:45:16.35     | 00:45:40.70      | +00:09:32 (21.1%) | 4:31         | 13.3 (79.2%) |
| 14  | SPYRKA Piotr         | 119   | KLUB BIEGACZA FARTLEK                               | M30-39    | 37   | Klub Biegacza Fartlek   | 00:00:09    | 00:45:33.85     | 00:45:42.95      | +00:09:50 (21.6%) | 4:33         | 13.2 (78.6%) |
| 15  | MARCZYŃSKI Sebastian | 184   | RODZINKA.PL                                         | M30-39    | 39   |                         | 00:00:17    | 00:45:44.65     | 00:46:02.10      | +00:10:00 (21.9%) | 4:34         | 13.1 (78.0%) |
| 16  | ADAMCZYK Sławomir    | 199   |                                                     | M30-39    | 42   |                         | 00:00:05    | 00:46:03.80     | 00:46:09.50      | +00:10:20 (22.4%) | 4:36         | 13 (77.4%)   |

| Msc | Zawodnik             | Numer | Klub                  | Kategoria | Mkat | Drużyna 1                   | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|-----------------------|-----------|------|-----------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 17  | PIECHACZEK Jacek     | 209   |                       | M50-59    | 12   |                             | 00:00:13    | 00:46:06.90     | 00:46:20.15      | +00:10:23 (22.5%) | 4:36         | 13 (77.4%)   |
| 18  | RATKA-MATEJKO Marcin | 151   |                       | M30-39    | 44   |                             | 00:00:10    | 00:46:09.75     | 00:46:19.95      | +00:10:26 (22.6%) | 4:36         | 13 (77.4%)   |
| 19  | BIELECKI Dawid       | 279   |                       | M30-39    | 50   |                             | 00:00:16    | 00:46:40.60     | 00:46:56.90      | +00:10:56 (23.5%) | 4:40         | 12.9 (76.8%) |
| 20  | OGRODNIK Damian      | 147   |                       | M40-49    | 39   |                             | 00:00:07    | 00:46:41.15     | 00:46:49.00      | +00:10:57 (23.5%) | 4:40         | 12.9 (76.8%) |
| 21  | KULAWIAK Bogdan      | 274   |                       | M50-59    | 16   |                             | 00:00:18    | 00:46:54.60     | 00:47:12.70      | +00:11:10 (23.8%) | 4:41         | 12.8 (76.2%) |
| 22  | JĘDRZEJAK Piotr      | 281   |                       | M50-59    | 17   |                             | 00:00:15    | 00:47:03.60     | 00:47:19.55      | +00:11:19 (24.1%) | 4:42         | 12.8 (76.2%) |
| 23  | HENCZKO Karol        | 138   | AKTYWNIENAKRĘCENI     | M30-39    | 52   |                             | 00:00:14    | 00:47:07.55     | 00:47:22.30      | +00:11:23 (24.2%) | 4:42         | 12.7 (75.6%) |
| 24  | MALIK Rafał          | 61    |                       | M30-39    | 53   |                             | 00:00:07    | 00:47:08.70     | 00:47:15.70      | +00:11:24 (24.2%) | 4:42         | 12.7 (75.6%) |
| 25  | RADWAŃSKI Łukasz     | 382   |                       | M30-39    | 55   |                             | 00:00:16    | 00:47:18.35     | 00:47:35.10      | +00:11:34 (24.5%) | 4:43         | 12.7 (75.6%) |
| 26  | ANTOŃCZYK Adam       | 219   |                       | M50-59    | 19   |                             | 00:00:09    | 00:47:35.65     | 00:47:45.25      | +00:11:51 (24.9%) | 4:45         | 12.6 (75.0%) |
| 27  | ROSIŃSKI Maciej      | 207   |                       | M20-29    | 12   |                             | 00:00:12    | 00:47:47.05     | 00:47:59.25      | +00:12:03 (25.2%) | 4:46         | 12.6 (75.0%) |
| 28  | MACHEJ Tymoteusz     | 221   | MAROTEAM              | M16-19    | 9    | MARO Team Jastrzębie - Żory | 00:00:13    | 00:48:11.60     | 00:48:25.15      | +00:12:27 (25.9%) | 4:49         | 12.5 (74.4%) |
| 29  | CZAPOROWSKI Tomasz   | 127   |                       | M40-49    | 46   |                             | 00:00:19    | 00:48:23.70     | 00:48:43.05      | +00:12:39 (26.2%) | 4:50         | 12.4 (73.8%) |
| 30  | BUCHTA Michał        | 333   |                       | M40-49    | 47   |                             | 00:00:12    | 00:48:24.50     | 00:48:37.30      | +00:12:40 (26.2%) | 4:50         | 12.4 (73.8%) |
| 31  | ADAMCZEWSKI Waldemar | 159   | KLUB BIEGACZA FARTLEK | M50-59    | 23   | Klub Biegacza Fartlek       | 00:00:09    | 00:48:30.30     | 00:48:39.50      | +00:12:46 (26.3%) | 4:51         | 12.4 (73.8%) |
| 32  | MOTOWIDŁO Tomasz     | 194   |                       | M40-49    | 49   |                             | 00:00:15    | 00:48:49.85     | 00:49:05.20      | +00:13:06 (26.8%) | 4:52         | 12.3 (73.2%) |
| 33  | MARZAŁKOWSKI Marcin  | 243   |                       | M30-39    | 65   |                             | 00:00:00    | 00:48:51.65     | 00:48:51.65      | +00:13:07 (26.9%) | 4:53         | 12.3 (73.2%) |
| 34  | HETMAN Maryjusz      | 224   | DZIADEK Z WEHRMACHTU  | M60-69    | 5    |                             | 00:00:13    | 00:48:55.80     | 00:49:09.45      | +00:13:12 (27.0%) | 4:53         | 12.3 (73.2%) |
| 35  | GRZONKA Andrzej      | 183   | KLUB BIEGACZA FARTLEK | M40-49    | 50   | Klub Biegacza Fartlek       | 00:00:10    | 00:48:58.55     | 00:49:09.00      | +00:13:14 (27.0%) | 4:53         | 12.3 (73.2%) |
| 36  | MODLIŃSKI Arkadiusz  | 434   |                       | M30-39    | 68   |                             | 00:00:27    | 00:49:09.05     | 00:49:36.55      | +00:13:25 (27.3%) | 4:54         | 12.2 (72.6%) |
| 37  | PAWŁOWSKI Marcin     | 402   |                       | M20-29    | 13   |                             | 00:00:18    | 00:50:21.65     | 00:50:40.60      | +00:14:37 (29.1%) | 5:02         | 11.9 (70.8%) |
| 38  | MUSIAŁ Łukasz        | 240   | GALOPUJĄCE ŚLIMAKI    | M40-49    | 62   | Galopujące Ślimaki          | 00:00:21    | 00:50:27.25     | 00:50:49.15      | +00:14:43 (29.2%) | 5:02         | 11.9 (70.8%) |
| 39  | WALA Marek           | 443   |                       | M40-49    | 65   |                             | 00:00:30    | 00:50:44.65     | 00:51:15.10      | +00:15:00 (29.6%) | 5:04         | 11.8 (70.2%) |

| Msc | Zawodnik             | Numer | Klub                               | Kategoria | Mkat | Drużyna 1                   | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|------------------------------------|-----------|------|-----------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 40  | JASIŃSKI Maksymilian | 282   |                                    | M60-69    | 6    | MARO Team Jastrzębie - Żory | 00:00:15    | 00:50:49.55     | 00:51:05.15      | +00:15:05 (29.7%) | 5:04         | 11.8 (70.2%) |
| 41  | WISKULSKI Mateusz    | 280   |                                    | M30-39    | 75   |                             | 00:00:16    | 00:50:57.70     | 00:51:13.95      | +00:15:13 (29.9%) | 5:05         | 11.8 (70.2%) |
| 42  | JACKIEWICZ Mirosław  | 141   | 133 BLP CIESZYN                    | M50-59    | 29   |                             | 00:00:19    | 00:50:59.30     | 00:51:18.65      | +00:15:15 (29.9%) | 5:05         | 11.8 (70.2%) |
| 43  | BOŻKO Jakub          | 507   |                                    | M20-29    | 14   |                             | 00:00:35    | 00:51:09.10     | 00:51:44.20      | +00:15:25 (30.2%) | 5:06         | 11.7 (69.6%) |
| 44  | MAJCHRZAK Dawid      | 416   |                                    | M20-29    | 15   |                             | 00:00:23    | 00:51:15.30     | 00:51:38.35      | +00:15:31 (30.3%) | 5:07         | 11.7 (69.6%) |
| 45  | JACH Marek           | 139   |                                    | M50-59    | 31   |                             | 00:00:15    | 00:51:15.60     | 00:51:31.35      | +00:15:31 (30.3%) | 5:07         | 11.7 (69.6%) |
| 46  | SZEREDA Robert       | 59    |                                    | M40-49    | 67   |                             | 00:00:03    | 00:51:21.65     | 00:51:25.05      | +00:15:37 (30.4%) | 5:08         | 11.7 (69.6%) |
| 47  | MIĄSIK Dariusz       | 553   |                                    | M50-59    | 32   |                             | 00:00:37    | 00:51:40.60     | 00:52:17.60      | +00:15:56 (30.9%) | 5:10         | 11.6 (69.0%) |
| 48  | BAC Michał           | 164   |                                    | M40-49    | 70   |                             | 00:00:11    | 00:51:45.30     | 00:51:56.95      | +00:16:01 (31.0%) | 5:10         | 11.6 (69.0%) |
| 49  | GURNICZ Paweł        | 338   |                                    | M30-39    | 82   |                             | 00:00:21    | 00:51:56.00     | 00:52:17.45      | +00:16:12 (31.2%) | 5:11         | 11.6 (69.0%) |
| 50  | GARAJ Mariusz        | 497   |                                    | M40-49    | 71   |                             | 00:00:27    | 00:52:01.55     | 00:52:28.75      | +00:16:17 (31.3%) | 5:12         | 11.5 (68.5%) |
| 51  | WIEJACZ Rafał        | 438   |                                    | M30-39    | 83   |                             | 00:00:26    | 00:52:08.85     | 00:52:35.70      | +00:16:25 (31.5%) | 5:12         | 11.5 (68.5%) |
| 52  | PIŁATOWSKI Mirosław  | 230   |                                    | M50-59    | 34   | TL Athletics Jastrzębie     | 00:00:17    | 00:52:09.40     | 00:52:27.30      | +00:16:25 (31.5%) | 5:12         | 11.5 (68.5%) |
| 53  | OLMA Władysław       | 137   | FORMA BIEGANIA - JASTRZĘBIE        | M50-59    | 35   |                             | 00:00:06    | 00:52:25.05     | 00:52:31.40      | +00:16:41 (31.8%) | 5:14         | 11.4 (67.9%) |
| 54  | KEMPNY Mariusz       | 271   |                                    | M30-39    | 85   |                             | 00:00:17    | 00:52:28.55     | 00:52:45.55      | +00:16:44 (31.9%) | 5:14         | 11.4 (67.9%) |
| 55  | MROCZKOWSKI Tomasz   | 321   |                                    | M40-49    | 77   |                             | 00:00:19    | 00:53:16.95     | 00:53:36.65      | +00:17:33 (32.9%) | 5:19         | 11.3 (67.3%) |
| 56  | DOMASZK Paweł        | 371   |                                    | M20-29    | 16   |                             | 00:00:26    | 00:53:20.05     | 00:53:46.15      | +00:17:36 (33.0%) | 5:20         | 11.3 (67.3%) |
| 57  | KIEPIELA Dawid       | 132   | KLUB BIEGACZA FARTLEK              | M40-49    | 79   | Klub Biegacza Fartlek       | 00:00:36    | 00:53:30.60     | 00:54:07.25      | +00:17:46 (33.2%) | 5:21         | 11.2 (66.7%) |
| 58  | DEJEWSKI Jakub       | 414   | GB GALOPUJĄCE ŚLIMAKI              | M30-39    | 90   | Galopujące Ślimaki          | 00:00:26    | 00:53:35.75     | 00:54:02.45      | +00:17:52 (33.3%) | 5:21         | 11.2 (66.7%) |
| 59  | PŁASKA Grzegorz      | 451   | WRM                                | M50-59    | 37   |                             | 00:00:17    | 00:53:51.10     | 00:54:08.10      | +00:18:07 (33.7%) | 5:23         | 11.1 (66.1%) |
| 60  | CIEŚLAK Adam         | 420   | STOWARZYSZENIE "JASTRZĘBSKI SPORT" | M30-39    | 93   |                             | 00:00:27    | 00:54:22.95     | 00:54:50.15      | +00:18:39 (34.3%) | 5:26         | 11 (65.5%)   |
| 61  | TORBIŃSKI Wiesław    | 361   | SZARE MORSY                        | M70+      | 3    | Szare Morsy                 | 00:00:20    | 00:54:25.75     | 00:54:45.90      | +00:18:42 (34.4%) | 5:26         | 11 (65.5%)   |
| 62  | PIDANTY Łukasz       | 351   | MADYRUN                            | M30-39    | 94   |                             | 00:00:29    | 00:54:32.35     | 00:55:02.00      | +00:18:48 (34.5%) | 5:27         | 11 (65.5%)   |

| Msc | Zawodnik               | Numer | Klub                    | Kategoria | Mkat | Drużyna                    | 1 | Czas<br>startu | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------|-------|-------------------------|-----------|------|----------------------------|---|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 63  | ZIĘTARA Paweł          | 462   |                         | M50-59    | 38   |                            |   | 00:00:28       | 00:55:26.80           | 00:55:54.85            | +00:19:43<br>(35.6%) | 5:32            | 10.8<br>(64.3%) |
| 64  | ŻYWICA Tadeusz         | 266   |                         | M60-69    | 9    |                            |   | 00:00:20       | 00:55:37.80           | 00:55:58.55            | +00:19:54<br>(35.8%) | 5:33            | 10.8<br>(64.3%) |
| 65  | PAKUŁA Paweł           | 571   |                         | M30-39    | 100  |                            |   | 00:00:34       | 00:56:20.90           | 00:56:55.15            | +00:20:37<br>(36.6%) | 5:38            | 10.7<br>(63.7%) |
| 66  | GORZELAK<br>Zbigniew   | 581   |                         | M40-49    | 92   |                            |   | 00:00:17       | 00:57:35.50           | 00:57:52.80            | +00:21:51<br>(38.0%) | 5:45            | 10.4<br>(61.9%) |
| 67  | STALMACH Damian        | 549   |                         | M20-29    | 18   |                            |   | 00:00:39       | 00:57:59.60           | 00:58:39.15            | +00:22:15<br>(38.4%) | 5:47            | 10.3<br>(61.3%) |
| 68  | POŁOMSKI Jerzy         | 283   | WISAGER ACTIVE          | M40-49    | 93   |                            |   | 00:00:12       | 00:58:06.05           | 00:58:18.40            | +00:22:22<br>(38.5%) | 5:48            | 10.3<br>(61.3%) |
| 69  | TOMALA Dariusz         | 357   | OPEL FIJAŁKOWSKI        | M40-49    | 94   |                            |   | 00:00:30       | 00:58:28.75           | 00:58:59.35            | +00:22:45<br>(38.9%) | 5:50            | 10.3<br>(61.3%) |
| 70  | KOTENKO Serhii         | 376   |                         | M30-39    | 105  |                            |   | 00:00:32       | 00:58:42.25           | 00:59:14.35            | +00:22:58<br>(39.1%) | 5:52            | 10.2<br>(60.7%) |
| 71  | CIEŚLA Artur           | 517   |                         | M40-49    | 97   |                            |   | 00:00:38       | 00:58:50.50           | 00:59:28.60            | +00:23:06<br>(39.3%) | 5:53            | 10.2<br>(60.7%) |
| 72  | MARKOWSKI Jacek        | 592   |                         | M40-49    | 98   |                            |   | 00:00:29       | 00:58:54.95           | 00:59:24.35            | +00:23:11<br>(39.4%) | 5:53            | 10.2<br>(60.7%) |
| 73  | MALISZEWSKI<br>Dariusz | 349   |                         | M30-39    | 107  |                            |   | 00:00:27       | 00:58:56.65           | 00:59:23.90            | +00:23:12<br>(39.4%) | 5:53            | 10.2<br>(60.7%) |
| 74  | JAGIEŁA Marcin         | 355   | KRS TKKF MORSY.PL       | M40-49    | 99   |                            |   | 00:00:21       | 00:59:09.00           | 00:59:30.00            | +00:23:25<br>(39.6%) | 5:54            | 10.1<br>(60.1%) |
| 75  | NOWAK Patryk           | 446   | KLUB BIEGACZA FARTLEK   | M30-39    | 108  | Klub Biegacza<br>Fartlek   |   | 00:00:37       | 00:59:16.25           | 00:59:53.60            | +00:23:32<br>(39.7%) | 5:55            | 10.1<br>(60.1%) |
| 76  | DUDZIAK Grzegorz       | 358   |                         | M40-49    | 100  |                            |   | 00:00:22       | 00:59:24.95           | 00:59:47.60            | +00:23:41<br>(39.9%) | 5:56            | 10.1<br>(60.1%) |
| 77  | PAWŁOWSKI<br>Dariusz   | 403   |                         | M20-29    | 19   |                            |   | 00:00:18       | 00:59:26.00           | 00:59:44.65            | +00:23:42<br>(39.9%) | 5:56            | 10.1<br>(60.1%) |
| 78  | HERMAN Błażej          | 255   |                         | M16-19    | 11   |                            |   | 00:00:22       | 00:59:49.85           | 01:00:12.75            | +00:24:06<br>(40.3%) | 5:58            | 10<br>(59.5%)   |
| 79  | WEYGAND Patryk         | 594   | GB GALOPUJĄCE ŚLIMAKI   | M40-49    | 101  | GB Galopujące<br>Ślimaki   |   | 00:00:35       | 01:00:31.70           | 01:01:07.45            | +00:24:47<br>(41.0%) | 6:03            | 9.9<br>(58.9%)  |
| 80  | BODZEK Piotr           | 245   |                         | M20-29    | 20   |                            |   | 00:00:32       | 01:01:22.70           | 01:01:55.00            | +00:25:38<br>(41.8%) | 6:08            | 9.8<br>(58.3%)  |
| 81  | MOCHNACZ Patryk        | 537   |                         | M40-49    | 105  |                            |   | 00:00:34       | 01:01:35.80           | 01:02:10.35            | +00:25:52<br>(42.0%) | 6:09            | 9.7<br>(57.7%)  |
| 82  | KAMIŃSKI Marcin        | 478   | GRUBIORZE LOTAJOM       | M40-49    | 107  |                            |   | 00:00:35       | 01:04:27.10           | 01:05:02.65            | +00:28:43<br>(44.6%) | 6:26            | 9.3<br>(55.4%)  |
| 83  | MARON Tomasz           | 356   | TL ATHLETICS JASTRZĘBIE | M30-39    | 113  | TL Athletics<br>Jastrzębie |   | 00:00:25       | 01:06:29.75           | 01:06:54.75            | +00:30:46<br>(46.3%) | 6:38            | 9<br>(53.6%)    |
| 84  | MŁYNARCZYK Jerzy       | 362   | PKM ŚNIEŻNE KOTŁY       | M60-69    | 14   |                            |   | 00:00:30       | 01:06:54.65           | 01:07:24.95            | +00:31:10<br>(46.6%) | 6:41            | 9<br>(53.6%)    |
| 85  | KRAMER Piotr           | 470   |                         | M40-49    | 108  |                            |   | 00:00:36       | 01:07:58.95           | 01:08:35.75            | +00:32:15<br>(47.4%) | 6:47            | 8.8<br>(52.4%)  |

| Msc | Zawodnik            | Numer | Klub                  | Kategoria | Mkat | Drużyna 1             | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|-----------------------|-----------|------|-----------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 86  | KOWALCZYK Wojciech  | 488   |                       | M20-29    | 22   |                       | 00:00:38    | 01:09:58.95     | 01:10:37.65      | +00:34:15 (48.9%) | 6:59         | 8.6 (51.2%)  |
| 87  | BYSTRYKOWSKI Marcin | 135   | KLUB BIEGACZA FARTLEK | M40-49    | 110  | Klub Biegacza Fartlek | 00:00:36    | 01:13:26.90     | 01:14:03.45      | +00:37:43 (51.4%) | 7:20         | 8.2 (48.8%)  |
| 88  | KUBAS Mariusz       | 519   | KLUB BIEGACZA FARTLEK | M40-49    | 111  | Klub Biegacza Fartlek | 00:00:37    | 01:14:45.40     | 01:15:23.25      | +00:39:01 (52.2%) | 7:28         | 8 (47.6%)    |
| 89  | TRAWNICKI Jan       | 530   |                       | M70+      | 4    |                       | 00:00:23    | 01:16:16.15     | 01:16:39.85      | +00:40:32 (53.2%) | 7:37         | 7.9 (47.0%)  |
| 90  | TIDE Krzysztof      | 54    | 7PRO TEAM             | M20-29    | 23   |                       | 00:00:07    |                 |                  | +00:01:24         | 4:01         | 14.9 (88.7%) |

Znaleziono 90 wynik(ów)