



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator:
Data:
Miejsce:
Dystans:

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

Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOŹMIŃSKI Józef	10	SKL SUCHA BESKIDZKA	M40-49	1		00:00:02	00:34:57.75	00:34:59.90		3:29	17.2 (100%)
2	KOSCIELNIK Krzysztof	24	SPLA TYCHY, TEAM PAPRY	M40-49	2	Team Papry	00:00:03	00:35:44.30	00:35:47.30	+00:00:46 (2.2%)	3:34	16.8 (97.7%)
3	ANTCZAK Robert	28		M40-49	3		00:00:01	00:35:44.45	00:35:46.25	+00:00:46 (2.2%)	3:34	16.8 (97.7%)
4	TOKAREWICZ Damian	13	SCI GÓRSCY ENTUZJAŚCI	M40-49	4	Aktywna Pszczyna Runners Team	00:00:03	00:35:57.70	00:36:01.15	+00:00:59 (2.8%)	3:35	16.7 (97.1%)
5	PORĘBA Grzegorz	34		M40-49	5	Niewybiegani	00:00:00	00:36:19.85	00:36:19.85	+00:01:22 (3.8%)	3:37	16.5 (95.9%)
6	JAROSZ Marek	593		M40-49	6		00:00:03	00:36:41.65	00:36:45.20	+00:01:43 (4.7%)	3:40	16.4 (95.3%)
7	PALT Tomasz	9		M40-49	7		00:00:02	00:37:06.80	00:37:08.85	+00:02:09 (5.8%)	3:42	16.2 (94.2%)
8	ALBRECHT Arkadiusz	113	GB GALOPUJĄCE ŚLIMAKU	M40-49	8	Galopujące Ślimaki	00:00:03	00:37:31.45	00:37:34.60	+00:02:33 (6.8%)	3:45	16 (93.0%)
9	WIECZOREK Maciej	123	ZADYSZKA OŚWIĘCIM	M40-49	9	Zadyszka Oświęcim	00:00:05	00:38:12.80	00:38:18.05	+00:03:15 (8.5%)	3:49	15.7 (91.3%)
10	EISLER Tomasz	38	MOBILITY	M40-49	10		00:00:03	00:38:25.70	00:38:28.70	+00:03:27 (9.0%)	3:50	15.6 (90.7%)
11	POŁOMSKI Grzegorz	58		M40-49	11	Połomscy Team	00:00:03	00:39:03.80	00:39:07.70	+00:04:06 (10.5%)	3:54	15.4 (89.5%)
12	KUBIAK Rafał	106	W POGONI ZA DUCHEM	M40-49	12	W Pogoni za Duchem	00:00:04	00:39:35.00	00:39:39.35	+00:04:37 (11.7%)	3:57	15.2 (88.4%)
13	URBANIAK Witek	15	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49	13		00:00:03	00:39:41.95	00:39:45.50	+00:04:44 (11.9%)	3:58	15.1 (87.8%)
14	CHRUSZCZ Wojciech	102	KLUB BIEGACZA FARTLEK	M40-49	14	Klub Biegacza Fartlek	00:00:04	00:39:57.45	00:40:02.05	+00:04:59 (12.5%)	3:59	15 (87.2%)
15	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	+00:05:05 (12.7%)	4:00	15 (87.2%)
16	BARTNIK Sebastian	7	STREET SPIRIT	M40-49	16		00:00:10	00:40:44.70	00:40:54.95	+00:05:46 (14.2%)	4:04	14.7 (85.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	OPUCHLIK Tomasz	120	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	17	Aktywna Pszczyna Runners Team	00:00:03	00:40:57.75	00:41:01.00	+00:06:00 (14.6%)	4:05	14.7 (85.5%)
18	RAK Szymon	41	TELOS RUNNING	M40-49	18		00:00:05	00:41:17.55	00:41:22.85	+00:06:19 (15.3%)	4:07	14.5 (84.3%)
19	KUŚ Tomasz	50	RADLINIOKI W BIEGU	M40-49	19		00:00:07	00:41:18.80	00:41:26.55	+00:06:21 (15.4%)	4:07	14.5 (84.3%)
20	BRZÓSKA Rafał	112	BRZOZA TEAM	M40-49	20		00:00:07	00:41:27.35	00:41:35.00	+00:06:29 (15.7%)	4:08	14.5 (84.3%)
21	FIRLA Arkadiusz	22	MDM NT TEAM	M40-49	21	MDM NT Team	00:00:04	00:41:30.50	00:41:34.50	+00:06:32 (15.8%)	4:09	14.5 (84.3%)
22	GOŁEK Robert	90	13KA	M40-49	22		00:00:05	00:41:31.60	00:41:37.25	+00:06:33 (15.8%)	4:09	14.5 (84.3%)
23	SZEWCZYK Damian	92	JEJKOWICE BIEGAJĄ	M40-49	23		00:00:08	00:41:43.90	00:41:52.15	+00:06:46 (16.2%)	4:10	14.4 (83.7%)
24	SIKORA Marek	66	W POGONI ZA DUCHEM	M40-49	24	W Pogoni za Duchem	00:00:06	00:41:50.75	00:41:56.85	+00:06:53 (16.4%)	4:11	14.3 (83.1%)
25	SOBOL Adam	197	DYSTANS LUBOMIA	M40-49	25		00:00:10	00:42:23.00	00:42:33.35	+00:07:25 (17.5%)	4:14	14.2 (82.6%)
26	WIŚNIEWSKI Jarosław	91	ŻORY TEAM	M40-49	26		00:00:06	00:42:39.15	00:42:45.60	+00:07:41 (18.0%)	4:15	14.1 (82.0%)
27	ŁYSEK Paweł	99	WATAHA	M40-49	27		00:00:06	00:43:29.60	00:43:35.85	+00:08:31 (19.6%)	4:20	13.8 (80.2%)
28	STĘPIEŃ Grzegorz	86		M40-49	28		00:00:10	00:44:05.00	00:44:15.50	+00:09:07 (20.7%)	4:24	13.6 (79.1%)
29	GÓRAK Piotr	73	SANDRA MICHALAK TEAM	M40-49	29	Sandra Michalak Team	00:00:07	00:44:13.65	00:44:20.65	+00:09:15 (20.9%)	4:25	13.6 (79.1%)
30	SZEFER Wojciech	133	JEJKOWICE BIEGAJĄ	M40-49	30	Jejkowice Biegają	00:00:23	00:44:14.35	00:44:38.10	+00:09:16 (21.0%)	4:25	13.6 (79.1%)
31	KACPRZYK Sylwester	185		M40-49	31		00:00:10	00:44:45.40	00:44:56.15	+00:09:47 (21.9%)	4:28	13.4 (77.9%)
32	WIERCIOCH Tomasz	62	PARKRUN KĘDZIERZYN-KOŻŁE	M40-49	32		00:00:07	00:45:14.40	00:45:21.85	+00:10:16 (22.7%)	4:31	13.3 (77.3%)
33	MOŃKA Marcin	191		M40-49	33		00:00:13	00:45:16.80	00:45:29.85	+00:10:19 (22.8%)	4:31	13.3 (77.3%)
34	BALAWENDER Bartosz	121		M40-49	34		00:00:08	00:45:24.60	00:45:33.45	+00:10:26 (23.0%)	4:32	13.2 (76.7%)
35	MĘDRYGAŁ Andrzej	214	MAMUT TEAM	M40-49	35		00:00:13	00:45:45.60	00:45:59.45	+00:10:47 (23.6%)	4:34	13.1 (76.2%)
36	TOWŚCIK Mariusz	161		M40-49	36		00:00:13	00:45:48.95	00:46:02.20	+00:10:51 (23.7%)	4:34	13.1 (76.2%)
37	MACHNIK Andrzej	154		M40-49	37		00:00:11	00:46:28.00	00:46:39.65	+00:11:30 (24.8%)	4:38	12.9 (75.0%)
38	MROWIEC Tomasz	168	BDB TEAM	M40-49	38	BDB Team	00:00:13	00:46:35.30	00:46:48.75	+00:11:37 (25.0%)	4:39	12.9 (75.0%)
39	OGRODNIK Damian	147		M40-49	39		00:00:07	00:46:41.15	00:46:49.00	+00:11:43 (25.1%)	4:40	12.9 (75.0%)

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40	KNYPS Adam	324	ICEMAN SKOCZÓW	M40-49	40		00:00:04	00:46:48.45	00:46:53.35	+00:11:50 (25.3%)	4:40	12.8 (74.4%)
41	WALASZEK Paweł	316	W POGONI ZA DUCHEM	M40-49	41	W Pogoni za Duchem	00:00:19	00:47:14.30	00:47:33.65	+00:12:16 (26.0%)	4:43	12.7 (73.8%)
42	WEISS Dominik	313		M40-49	42		00:00:14	00:47:19.60	00:47:33.60	+00:12:21 (26.1%)	4:43	12.7 (73.8%)
43	ŚMIGIEL Hubert	330	CZORNE MORSY	M40-49	43		00:00:12	00:47:24.00	00:47:36.65	+00:12:26 (26.2%)	4:44	12.7 (73.8%)
44	TARGOSZ Piotr	589	OLZA CIESZYN	M40-49	44	Olza Cieszyn	00:00:10	00:47:51.80	00:48:01.80	+00:12:54 (27.0%)	4:47	12.5 (72.7%)
45	WYPIÓR Sebastian	286		M40-49	45		00:00:19	00:48:19.30	00:48:38.50	+00:13:21 (27.6%)	4:49	12.4 (72.1%)
46	CZAPOROWSKI Tomasz	127		M40-49	46		00:00:19	00:48:23.70	00:48:43.05	+00:13:25 (27.8%)	4:50	12.4 (72.1%)
47	BUCHTA Michał	333		M40-49	47		00:00:12	00:48:24.50	00:48:37.30	+00:13:26 (27.8%)	4:50	12.4 (72.1%)
48	BOŁOTIUCH Sebastian	367	POWOLI DO CELU	M40-49	48		00:00:24	00:48:39.40	00:49:04.30	+00:13:41 (28.1%)	4:51	12.3 (71.5%)
49	MOTOWIDŁO Tomasz	194		M40-49	49		00:00:15	00:48:49.85	00:49:05.20	+00:13:52 (28.4%)	4:52	12.3 (71.5%)
50	GRZONKA Andrzej	183	KLUB BIEGACZA FARTLEK	M40-49	50	Klub Biegacza Fartlek	00:00:10	00:48:58.55	00:49:09.00	+00:14:00 (28.6%)	4:53	12.3 (71.5%)
51	MACH Sebastian	275	PORANNY BESKID RUN	M40-49	51		00:00:20	00:49:12.05	00:49:32.65	+00:14:14 (28.9%)	4:55	12.2 (70.9%)
52	MAREK Robert	155	IRON TEAM	M40-49	52		00:00:19	00:49:18.75	00:49:37.95	+00:14:21 (29.1%)	4:55	12.2 (70.9%)
53	ATACHIM Łukasz	300	STUDIO ENERGIA TEAM RYBNIK	M40-49	53		00:00:24	00:49:24.35	00:49:48.75	+00:14:26 (29.2%)	4:56	12.1 (70.3%)
54	URGACZ Mirosław	244		M40-49	54		00:00:20	00:49:33.40	00:49:54.05	+00:14:35 (29.4%)	4:57	12.1 (70.3%)
55	MASARCZYK Grzegorz	195		M40-49	55		00:00:12	00:49:38.40	00:49:50.60	+00:14:40 (29.6%)	4:57	12.1 (70.3%)
56	MERES Jarosław	329		M40-49	56		00:00:16	00:49:50.20	00:50:06.40	+00:14:52 (29.8%)	4:59	12 (69.8%)
57	CZYRNEK Dariusz	251	SMAKI BIEGANIA	M40-49	57	Smaki biegania	00:00:13	00:50:04.45	00:50:18.00	+00:15:06 (30.2%)	5:00	12 (69.8%)
58	PASZKOWSKI Cezary	273	MDM NT TEAM	M40-49	58	MDM NT Team	00:00:20	00:50:12.60	00:50:33.20	+00:15:14 (30.4%)	5:01	12 (69.8%)
59	LELENIEWSKI Jacek	149		M40-49	59		00:00:14	00:50:13.55	00:50:28.35	+00:15:15 (30.4%)	5:01	11.9 (69.2%)
60	PRZYBYŁA Przemysław	216	MDM NT TEAM	M40-49	60	MDM NT Team	00:00:19	00:50:15.55	00:50:35.30	+00:15:17 (30.4%)	5:01	11.9 (69.2%)
61	BOJARSKI Krzysztof	233		M40-49	61		00:00:19	00:50:18.50	00:50:38.35	+00:15:20 (30.5%)	5:01	11.9 (69.2%)
62	MUSIAŁ Łukasz	240	GALOPUJĄCE ŚLIMAKI	M40-49	62	Galopujące Ślimaki	00:00:21	00:50:27.25	00:50:49.15	+00:15:29 (30.7%)	5:02	11.9 (69.2%)

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63	MAGUDA Marcin	308		M40-49	63		00:00:22	00:50:35.30	00:50:57.65	+00:15:37 (30.9%)	5:03	11.9 (69.2%)
64	ORŁOWSKI Grzegorz	312		M40-49	64		00:00:12	00:50:37.80	00:50:50.45	+00:15:40 (30.9%)	5:03	11.9 (69.2%)
65	WALA Marek	443		M40-49	65		00:00:30	00:50:44.65	00:51:15.10	+00:15:46 (31.1%)	5:04	11.8 (68.6%)
66	STREIT Mariusz	242		M40-49	66		00:00:20	00:51:14.65	00:51:35.20	+00:16:16 (31.8%)	5:07	11.7 (68.0%)
67	SZEREDA Robert	59		M40-49	67		00:00:03	00:51:21.65	00:51:25.05	+00:16:23 (31.9%)	5:08	11.7 (68.0%)
68	FORNAL Paweł	379		M40-49	68		00:00:14	00:51:24.50	00:51:38.60	+00:16:26 (32.0%)	5:08	11.7 (68.0%)
69	SYKUŁA Bartosz	344		M40-49	69		00:00:17	00:51:26.60	00:51:44.20	+00:16:28 (32.0%)	5:08	11.7 (68.0%)
70	BAC Michał	164		M40-49	70		00:00:11	00:51:45.30	00:51:56.95	+00:16:47 (32.4%)	5:10	11.6 (67.4%)
71	GARAJ Mariusz	497		M40-49	71		00:00:27	00:52:01.55	00:52:28.75	+00:17:03 (32.8%)	5:12	11.5 (66.9%)
72	SULICH Marcin	584	MDM NT TEAM	M40-49	72	MDM NT Team	00:00:31	00:52:05.70	00:52:37.45	+00:17:07 (32.9%)	5:12	11.5 (66.9%)
73	PILICH Marcin	444	LEŚNA TEAM	M40-49	73		00:00:30	00:52:08.30	00:52:38.50	+00:17:10 (32.9%)	5:12	11.5 (66.9%)
74	NIEWRZOŁ Łukasz	336		M40-49	74		00:00:15	00:52:18.10	00:52:33.55	+00:17:20 (33.2%)	5:13	11.5 (66.9%)
75	KROCHMAL Artur	447	MDM NT TEAM	M40-49	75	MDM NT Team	00:00:25	00:52:18.75	00:52:44.55	+00:17:21 (33.2%)	5:13	11.5 (66.9%)
76	LACHOWICZ Marcin	397		M40-49	76		00:00:30	00:52:33.40	00:53:03.85	+00:17:35 (33.5%)	5:15	11.4 (66.3%)
77	MROCZKOWSKI Tomasz	321		M40-49	77		00:00:19	00:53:16.95	00:53:36.65	+00:18:19 (34.4%)	5:19	11.3 (65.7%)
78	LURKA Tomasz	448	MDM NT TEAM	M40-49	78	MDM NT Team	00:00:32	00:53:22.15	00:53:54.35	+00:18:24 (34.5%)	5:20	11.2 (65.1%)
79	KIEPIELA Dawid	132	KLUB BIEGACZA FARTLEK	M40-49	79	Klub Biegacza Fartlek	00:00:36	00:53:30.60	00:54:07.25	+00:18:32 (34.7%)	5:21	11.2 (65.1%)
80	PODKOWIK Marcin	248		M40-49	80		00:00:25	00:53:30.85	00:53:56.65	+00:18:33 (34.7%)	5:21	11.2 (65.1%)
81	ZIĘBA Michał	505		M40-49	81		00:00:34	00:53:37.75	00:54:12.55	+00:18:40 (34.8%)	5:21	11.2 (65.1%)
82	BAJOR Paweł	373		M40-49	82		00:00:07	00:53:48.90	00:53:56.05	+00:18:51 (35.0%)	5:22	11.2 (65.1%)
83	ŚMIETANA Mariusz	368	EASYRUN RACIBÓRZ	M40-49	83		00:00:23	00:54:07.50	00:54:30.85	+00:19:09 (35.4%)	5:24	11.1 (64.5%)
84	MACHACZ Michał	551	OPEL FIJAŁKOWSKI	M40-49	84		00:00:30	00:54:19.65	00:54:50.25	+00:19:21 (35.6%)	5:25	11 (64.0%)
85	ZIMNY Ireneusz	380	EKO-OKNA RUNNERS	M40-49	85		00:00:13	00:56:00.65	00:56:14.45	+00:21:02 (37.6%)	5:36	10.7 (62.2%)

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86	KARWOT Leszek	378		M40-49	86		00:00:28	00:56:03.00	00:56:31.80	+00:21:05 (37.6%)	5:36	10.7 (62.2%)
87	KARWOT Maciej	304	RADLINIOKI W BIEGU	M40-49	87		00:00:19	00:56:09.35	00:56:28.90	+00:21:11 (37.7%)	5:36	10.7 (62.2%)
88	MASOŃ Grzegorz	415	MEJSONY Z KAMIENIA	M40-49	88		00:00:35	00:56:15.55	00:56:51.30	+00:21:17 (37.9%)	5:37	10.7 (62.2%)
89	BADURA Artur	529	JEJKOWICE BIEGAJĄ	M40-49	89	Jejkowice Biegają	00:00:34	00:56:45.70	00:57:20.05	+00:21:47 (38.4%)	5:40	10.6 (61.6%)
90	CZAUDERNA Marcin	547		M40-49	90		00:00:35	00:57:20.10	00:57:55.60	+00:22:22 (39.0%)	5:44	10.5 (61.0%)
91	MAKOŚ Tomek	423		M40-49	91		00:00:34	00:57:26.30	00:58:00.45	+00:22:28 (39.1%)	5:44	10.4 (60.5%)
92	GORZELAK Zbigniew	581		M40-49	92		00:00:17	00:57:35.50	00:57:52.80	+00:22:37 (39.3%)	5:45	10.4 (60.5%)
93	POŁOMSKI Jerzy	283	WISAGER ACTIVE	M40-49	93		00:00:12	00:58:06.05	00:58:18.40	+00:23:08 (39.8%)	5:48	10.3 (59.9%)
94	TOMALA Dariusz	357	OPEL FIJAŁKOWSKI	M40-49	94		00:00:30	00:58:28.75	00:58:59.35	+00:23:31 (40.2%)	5:50	10.3 (59.9%)
95	KUFKA Paweł	409		M40-49	95		00:00:29	00:58:29.65	00:58:59.05	+00:23:31 (40.2%)	5:50	10.3 (59.9%)
96	MROZEK Maciej	365		M40-49	96		00:00:28	00:58:50.05	00:59:18.95	+00:23:52 (40.6%)	5:53	10.2 (59.3%)
97	CIEŚLA Artur	517		M40-49	97		00:00:38	00:58:50.50	00:59:28.60	+00:23:52 (40.6%)	5:53	10.2 (59.3%)
98	MARKOWSKI Jacek	592		M40-49	98		00:00:29	00:58:54.95	00:59:24.35	+00:23:57 (40.7%)	5:53	10.2 (59.3%)
99	JAGIEŁA Marcin	355	KRS TKKF MORSY.PL	M40-49	99		00:00:21	00:59:09.00	00:59:30.00	+00:24:11 (40.9%)	5:54	10.1 (58.7%)
100	DUDZIAK Grzegorz	358		M40-49	100		00:00:22	00:59:24.95	00:59:47.60	+00:24:27 (41.2%)	5:56	10.1 (58.7%)
101	WEYGAND Patryk	594	GB GALOPUJĄCE ŚLIMAKI	M40-49	101	GB Galopujące Ślimaki	00:00:35	01:00:31.70	01:01:07.45	+00:25:33 (42.2%)	6:03	9.9 (57.6%)
102	SOJ Przemysław	374		M40-49	102		00:00:25	01:01:05.65	01:01:31.00	+00:26:07 (42.8%)	6:06	9.8 (57.0%)
103	BORUCKI Dariusz	430		M40-49	103		00:00:34	01:01:10.40	01:01:44.75	+00:26:12 (42.8%)	6:07	9.8 (57.0%)
104	PISNIAK Rafał	426		M40-49	104		00:00:38	01:01:30.45	01:02:08.65	+00:26:32 (43.2%)	6:09	9.8 (57.0%)
105	MOCHNACZ Patryk	537		M40-49	105		00:00:34	01:01:35.80	01:02:10.35	+00:26:38 (43.2%)	6:09	9.7 (56.4%)
106	KUBIK Dariusz	398	SAINT GOBAIN SQUAD	M40-49	106		00:00:27	01:01:55.85	01:02:23.35	+00:26:58 (43.5%)	6:11	9.7 (56.4%)
107	KAMIŃSKI Marcin	478	GRUBIORZE LOTAJOM	M40-49	107		00:00:35	01:04:27.10	01:05:02.65	+00:29:29 (45.8%)	6:26	9.3 (54.1%)
108	KRAMER Piotr	470		M40-49	108		00:00:36	01:07:58.95	01:08:35.75	+00:33:01 (48.6%)	6:47	8.8 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	HARATYK Przemysław	540		M40-49	109		00:00:38	01:11:40.25	01:12:18.80	+00:36:42 (51.2%)	7:10	8.4 (48.8%)
110	BYSTRYKOWSKI Marcin	135	KLUB BIEGACZA FARTLEK	M40-49	110	Klub Biegacza Fartlek	00:00:36	01:13:26.90	01:14:03.45	+00:38:29 (52.4%)	7:20	8.2 (47.7%)
111	KUBAS Mariusz	519	KLUB BIEGACZA FARTLEK	M40-49	111	Klub Biegacza Fartlek	00:00:37	01:14:45.40	01:15:23.25	+00:39:47 (53.2%)	7:28	8 (46.5%)

Znaleziono 111 wynik(ów)