



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	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		3:38	16.5 (100%)
2	ZIELONKA Robert	33		M50-59	2		00:00:01	00:37:26.10	00:37:27.85	+00:01:01 (2.7%)	3:44	16 (97.0%)
3	MENCEWICZ Paweł	67	UKS 5 PLUS RYDUŁTOWY / SILESIA TRIATHLON TEAM	M50-59	3		00:00:00	00:40:26.80	00:40:26.80	+00:04:02 (10.0%)	4:02	14.8 (89.7%)
4	LORENZ Marcin	114	GB GALOPUJĄCE ŚLIMAKI	M50-59	4	GB Galopujące Ślimaki	00:00:05	00:41:34.95	00:41:40.45	+00:05:10 (12.4%)	4:09	14.4 (87.3%)
5	ZELEK Adam	146	OLZA CIESZYN	M50-59	5	Olza Cieszyn	00:00:05	00:42:57.45	00:43:03.20	+00:06:32 (15.2%)	4:17	14 (84.8%)
6	GIERUSZKA Dariusz	68	AKTYWNA PSZCZYNA RUNNERS TEAM	M50-59	6	Aktywna Pszczyna Runners Team	00:00:04	00:43:00.90	00:43:05.35	+00:06:36 (15.4%)	4:18	14 (84.8%)
7	RATAJCZAK Aleksander	94		M50-59	7		00:00:11	00:43:55.20	00:44:06.65	+00:07:30 (17.1%)	4:23	13.7 (83.0%)
8	SIEGMUND Tadeusz	134	TL ATHLETICS JASTRZĘBIE	M50-59	8	TL Athletics Jastrzębie	00:00:10	00:44:17.65	00:44:27.85	+00:07:52 (17.8%)	4:25	13.5 (81.8%)
9	BRANNY Jacek	98	THE BRANŻY TEAM	M50-59	9		00:00:05	00:44:27.35	00:44:32.90	+00:08:02 (18.1%)	4:26	13.5 (81.8%)
10	BURAS Roman	145		M50-59	10		00:00:03	00:45:53.10	00:45:56.10	+00:09:28 (20.6%)	4:35	13.1 (79.4%)
11	RUCIŃSKI Krzysztof	176		M50-59	11		00:00:10	00:46:04.40	00:46:14.65	+00:09:39 (21.0%)	4:36	13 (78.8%)
12	PIECHACZEK Jacek	209		M50-59	12		00:00:13	00:46:06.90	00:46:20.15	+00:09:42 (21.0%)	4:36	13 (78.8%)
13	CAPAŁA Marcin	187	BIEGAM BO LUBIĘ	M50-59	13		00:00:00	00:46:10.65	00:46:10.65	+00:09:45 (21.1%)	4:37	13 (78.8%)
14	SIKORA Piotr	250	WOLNY STRZELEC	M50-59	14	Team szalenie szybkich biegaczy	00:00:23	00:46:42.85	00:47:06.55	+00:10:18 (22.1%)	4:40	12.8 (77.6%)
15	KULISZ Grzegorz	171	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M50-59	15		00:00:14	00:46:47.00	00:47:01.05	+00:10:22 (22.2%)	4:40	12.8 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	KULAWIAK Bogdan	274		M50-59	16		00:00:18	00:46:54.60	00:47:12.70	+00:10:29 (22.4%)	4:41	12.8 (77.6%)
17	JĘDRZEJAK Piotr	281		M50-59	17		00:00:15	00:47:03.60	00:47:19.55	+00:10:38 (22.6%)	4:42	12.8 (77.6%)
18	BURNAGIEL Tomasz	51	HRMAX ŻORY	M50-59	18		00:00:09	00:47:34.60	00:47:43.85	+00:11:09 (23.5%)	4:45	12.6 (76.4%)
19	ANTOŃCZYK Adam	219		M50-59	19		00:00:09	00:47:35.65	00:47:45.25	+00:11:10 (23.5%)	4:45	12.6 (76.4%)
20	BASTA Grzegorz	331	ZADYSZKA OŚWIĘCIM	M50-59	20	Zadyszka Oświęcim	00:00:00	00:47:55.90	00:47:55.90	+00:11:31 (24.0%)	4:47	12.5 (75.8%)
21	PURCZYŃSKI Jan	323		M50-59	21		00:00:24	00:48:04.05	00:48:28.55	+00:11:39 (24.2%)	4:48	12.5 (75.8%)
22	PRZYBYSZ Ryszard	239		M50-59	22		00:00:20	00:48:20.80	00:48:40.85	+00:11:56 (24.7%)	4:50	12.4 (75.2%)
23	ADAMCZEWSKI Waldemar	159	KLUB BIEGACZA FARTLEK	M50-59	23	Klub Biegacza Fartlek	00:00:09	00:48:30.30	00:48:39.50	+00:12:05 (24.9%)	4:51	12.4 (75.2%)
24	WÓJCIK Jerzy	111		M50-59	24		00:00:07	00:48:30.65	00:48:38.45	+00:12:05 (24.9%)	4:51	12.4 (75.2%)
25	TOCHOWICZ Bartosz	192		M50-59	25	Olza Cieszyn	00:00:14	00:48:45.55	00:49:00.20	+00:12:20 (25.3%)	4:52	12.3 (74.5%)
26	Kawecki Stanisław	140	OLZA CIESZYN	M50-59	26	Olza Cieszyn	00:00:14	00:48:48.80	00:49:03.45	+00:12:24 (25.4%)	4:52	12.3 (74.5%)
27	GĄLKIEWICZ Michał	175		M50-59	27		00:00:09	00:48:55.75	00:49:05.40	+00:12:31 (25.6%)	4:53	12.3 (74.5%)
28	GŁĘBOCKI Grzegorz	294	BIEGAM SOBIE	M50-59	28		00:00:21	00:49:46.35	00:50:07.45	+00:13:21 (26.8%)	4:58	12.1 (73.3%)
29	JACKIEWICZ Mirosław	141	133 BLP CIESZYN	M50-59	29		00:00:19	00:50:59.30	00:51:18.65	+00:14:34 (28.6%)	5:05	11.8 (71.5%)
30	RASZKA Janusz	320	DARK ONE	M50-59	30		00:00:20	00:51:03.65	00:51:23.65	+00:14:38 (28.7%)	5:06	11.8 (71.5%)
31	JACH Marek	139		M50-59	31		00:00:15	00:51:15.60	00:51:31.35	+00:14:50 (29.0%)	5:07	11.7 (70.9%)
32	MIĄSIK Dariusz	553		M50-59	32		00:00:37	00:51:40.60	00:52:17.60	+00:15:15 (29.5%)	5:10	11.6 (70.3%)
33	CZYŻ Jacek	301	OLZA CIESZYN	M50-59	33	Olza Cieszyn	00:00:10	00:51:49.85	00:52:00.10	+00:15:25 (29.7%)	5:10	11.6 (70.3%)
34	PIŁATOWSKI Mirosław	230		M50-59	34	TL Athletics Jastrzębie	00:00:17	00:52:09.40	00:52:27.30	+00:15:44 (30.2%)	5:12	11.5 (69.7%)
35	OLMA Władysław	137	FORMA BIEGANIA - JASTRZĘBIE	M50-59	35		00:00:06	00:52:25.05	00:52:31.40	+00:16:00 (30.5%)	5:14	11.4 (69.1%)
36	SZCZOTKA Arkadiusz	267		M50-59	36		00:00:21	00:53:31.40	00:53:52.85	+00:17:06 (32.0%)	5:21	11.2 (67.9%)
37	PŁASKA Grzegorz	451	WRM	M50-59	37		00:00:17	00:53:51.10	00:54:08.10	+00:17:26 (32.4%)	5:23	11.1 (67.3%)
38	ZIĘTARA Paweł	462		M50-59	38		00:00:28	00:55:26.80	00:55:54.85	+00:19:02 (34.3%)	5:32	10.8 (65.5%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	GÓRALSKI Jarosław	310			M50-59	39		00:00:11	00:56:52.40	00:57:04.05	+00:20:27 (36.0%)	5:41	10.6 (64.2%)
40	RUDNICKI Maciej	369	BĄBELKI		M50-59	40		00:00:38	00:57:25.65	00:58:04.35	+00:21:00 (36.6%)	5:44	10.4 (63.0%)
41	CZARNOTA Leszek	372			M50-59	41		00:00:23	00:58:16.90	00:58:40.50	+00:21:52 (37.5%)	5:49	10.3 (62.4%)
42	TYRYTKO Jarosław	546	WATAHA		M50-59	42	WATAHA	00:00:30	00:58:45.75	00:59:16.65	+00:22:21 (38.0%)	5:52	10.2 (61.8%)
43	ZASIEK Marek	569			M50-59	43		00:00:35	00:59:00.40	00:59:35.80	+00:22:35 (38.3%)	5:54	10.2 (61.8%)
44	NOJEK Wiesław	424	NOJEK TEAM		M50-59	44		00:00:36	00:59:40.25	01:00:16.30	+00:23:15 (39.0%)	5:58	10.1 (61.2%)
45	LISZKA Mirosław	441			M50-59	45		00:00:31	00:59:44.95	01:00:16.40	+00:23:20 (39.1%)	5:58	10 (60.6%)
46	BUJNA Tomasz	236			M50-59	46		00:00:32	00:59:58.70	01:00:30.80	+00:23:34 (39.3%)	5:59	10 (60.6%)
47	KĘDZIERSKI Krzysztof	565	FOCZKI I MORSY RYBNIK		M50-59	47		00:00:13	01:00:41.35	01:00:54.75	+00:24:16 (40.0%)	6:04	9.9 (60.0%)
48	KRYSHMARU Viktor	439			M50-59	48		00:00:30	01:03:32.35	01:04:02.60	+00:27:07 (42.7%)	6:21	9.4 (57.0%)
49	FILIP Andrzej	548	BIEGAM SOBIE		M50-59	49		00:00:36	01:04:45.30	01:05:22.10	+00:28:20 (43.8%)	6:28	9.3 (56.4%)

Znaleziono 49 wynik(ów)