



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2024-09-14
Jastrzębie-Zdrój
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ALBRECHT Krystian	2	GB GALOPUJĄCE ŚLIMAKI	M20-29	1		GB Galopujące Ślimaki	00:00:02	00:09:52	00:25:14	00:34:41.02	00:34:43.78		3:28	17.3 (100%)
2	WOJCIK Paweł	41	ZADYSZKA OŚWIĘCIM	M20-29	2		Zadyszka Oświęcim	00:00:01	00:10:15	00:25:54	00:35:51.88	00:35:53.60	+00:01:10 (3.3%)	3:35	16.7 (96.5%)
3	BARCIK Dawid	4	TEAM KOPEĆ	M20-29	3			00:00:03	00:10:34	00:26:56	00:37:21.88	00:37:25.22	+00:02:40 (7.2%)	3:44	16.1 (93.1%)
4	BEZUCH Paweł	51		M20-29	4			00:00:06	00:11:14	00:28:58	00:40:08.52	00:40:15.10	+00:05:27 (13.6%)	4:00	15 (86.7%)
5	BAŃDO Jakub	50		M20-29	5			00:00:01	00:11:35	00:29:23	00:40:20.97	00:40:22.46	+00:05:39 (14.0%)	4:02	14.9 (86.1%)
6	WRANA Radosław	119		M20-29	6			00:00:03	00:11:25	00:30:15	00:41:45.66	00:41:49.46	+00:07:04 (16.9%)	4:10	14.4 (83.2%)
7	ZADWORNY Jan	121	TL ATHLETICS JASTRZĘBIE	M20-29	7		TL Athletics Jastrzębie	00:00:06	00:12:02	00:31:20	00:43:05.74	00:43:11.80	+00:08:24 (19.5%)	4:18	13.9 (80.3%)
8	MIROSŁAW Piotr	178		M20-29	8			00:00:08	00:11:32	00:30:31	00:43:06.80	00:43:14.85	+00:08:25 (19.6%)	4:18	13.9 (80.3%)
9	WIELOPOLSKI Michał	221		M20-29	9			00:00:08	00:12:25	00:31:21	00:43:11.96	00:43:20.68	+00:08:30 (19.7%)	4:19	13.9 (80.3%)
10	BOŻKO Jakub	240		M20-29	10			00:00:11	00:11:53	00:31:14	00:43:28.18	00:43:39.79	+00:08:47 (20.2%)	4:20	13.8 (79.8%)
11	DANDYK Raian	132		M20-29	11			00:00:08	00:12:51	00:32:10	00:43:58.36	00:44:06.98	+00:09:17 (21.1%)	4:23	13.6 (78.6%)
12	NOWAK Michał	28		M20-29	12			00:00:02	00:12:56	00:33:35	00:45:52.84	00:45:55.07	+00:11:11 (24.4%)	4:35	13.1 (75.7%)
13	ROSINSKI Maciek	201		M20-29	13			00:00:16	00:13:34	00:33:59	00:46:35.82	00:46:52.18	+00:11:54 (25.6%)	4:39	12.9 (74.6%)
14	ORLIK Paweł	186	SOBIESKI6	M20-29	14		Sobieski6	00:00:18	00:14:30	00:34:39	00:46:56.78	00:47:15.35	+00:12:15 (26.1%)	4:41	12.8 (74.0%)
15	KŁAK Antoni	272		M20-29	15			00:00:12	00:13:33	00:34:37	00:47:39.79	00:47:52.39	+00:12:58 (27.2%)	4:45	12.6 (72.8%)
16	TARAŁA Jakub	216		M20-29	16			00:00:09	00:14:11	00:36:06	00:48:50.80	00:48:59.85	+00:14:09 (29.0%)	4:53	12.3 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	DZIEDZICKI Jakub	496		M20-29	17			00:00:16	00:14:02	00:35:56	00:48:54.42	00:49:11.26	+00:14:13 (29.1%)	4:53	12.3 (71.1%)
18	PIŻGAŁA Kordian	326		M20-29	18			00:00:07	00:12:44	00:34:59	00:49:08.60	00:49:15.77	+00:14:27 (29.4%)	4:54	12.2 (70.5%)
19	RUSEK Kamil	335	2137	M20-29	19		2137	00:00:15	00:13:47	00:35:58	00:49:42.92	00:49:58.82	+00:15:01 (30.2%)	4:58	12.1 (69.9%)
20	PAWŁOWSKI Marcin	191		M20-29	20			00:00:17	00:14:51	00:37:41	00:51:03.96	00:51:21.17	+00:16:22 (32.1%)	5:06	11.8 (68.2%)
21	OGIERMAN Mariusz	311	SOCIOS SILESIA	M20-29	21			00:00:16	00:14:55	00:37:18	00:51:08.10	00:51:24.44	+00:16:27 (32.2%)	5:06	11.7 (67.6%)
22	CHMIELEWSKI Jakub	485		M20-29	22			00:00:23	00:15:38	00:38:16	00:51:40.10	00:52:03.59	+00:16:59 (32.9%)	5:10	11.6 (67.1%)
23	PASTUSZAK Przemysław	557		M20-29	23			00:00:16	00:14:02	00:36:48	00:52:15.80	00:52:32.75	+00:17:34 (33.6%)	5:13	11.5 (66.5%)
24	ŻURKOWSKI Kacper	229		M20-29	24			00:00:18	00:14:39	00:38:35	00:53:30.09	00:53:48.17	+00:18:49 (35.2%)	5:21	11.2 (64.7%)
25	NOWOTARSKI Jakub	433		M20-29	25			00:00:12	00:16:00		00:54:29.80	00:54:42.80	+00:19:48 (36.4%)	5:26	11 (63.6%)
26	GRONOWSKI Patryk	258		M20-29	26			00:00:11	00:15:01	00:40:05	00:54:49.25	00:55:00.70	+00:20:08 (36.7%)	5:28	10.9 (63.0%)
27	NOWAK Krzysztof	308	2137	M20-29	27		2137	00:00:16	00:15:32	00:40:14	00:55:40.06	00:55:56.29	+00:20:59 (37.7%)	5:34	10.8 (62.4%)
28	MALICH Dominik	419		M20-29	28			00:00:17	00:15:40	00:40:35	00:56:14.16	00:56:31.54	+00:21:33 (38.3%)	5:37	10.7 (61.8%)
29	LACH Denis	537		M20-29	29			00:00:14	00:15:53	00:41:25	00:57:09.16	00:57:23.20	+00:22:28 (39.3%)	5:42	10.5 (60.7%)
30	ORZECHOWSKI Michał	313		M20-29	30			00:00:12	00:15:29	00:41:23	00:57:30.13	00:57:42.17	+00:22:49 (39.7%)	5:45	10.4 (60.1%)
31	SCHNAIDER Paweł	568		M20-29	31			00:00:25	00:16:56	00:43:19	00:58:24.02	00:58:49.16	+00:23:43 (40.6%)	5:50	10.3 (59.5%)
32	PAWŁOWSKI Dariusz	439	BEBRUN	M20-29	32			00:00:21	00:16:38	00:42:28	00:58:57.51	00:59:18.88	+00:24:16 (41.2%)	5:53	10.2 (59.0%)
33	SZWEDA Sebastian	350		M20-29	33			00:00:13	00:13:15	00:39:05	01:00:17.48	01:00:31.29	+00:25:36 (42.5%)	6:01	10 (57.8%)
34	BODZEK Piotr	237		M20-29	34			00:00:13	00:17:09	00:46:32	01:05:42.13	01:05:55.31	+00:31:01 (47.2%)	6:34	9.1 (52.6%)

Znaleziono 34 wynik(ów)