



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: M30-39

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	MRÓWKA Mateusz	27	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1			00:00:00	00:08:44	00:22:38	00:31:23.94	00:31:24.00		3:08	19.1 (100%)
2	CIEPŁAK Marcin	10		M30-39	2	Tak	TL ROW Rybnik	00:00:00	00:09:44	00:24:51	00:33:54.45	00:33:54.51	+00:02:30 (7.4%)	3:23	17.7 (92.7%)
3	PIELA Stanisław	31	MKL CIĘCINA	M30-39	3			00:00:00	00:09:43	00:24:55	00:34:16.45	00:34:17.27	+00:02:52 (8.4%)	3:25	17.5 (91.6%)
4	WOLNIK Mateusz	42	-	M30-39	4			00:00:01	00:09:45	00:24:56	00:34:40.74	00:34:41.81	+00:03:16 (9.5%)	3:28	17.3 (90.6%)
5	ZYGMA Kordian	45	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	5	Tak	Aktywna Pszczyna Runners Team	00:00:00	00:09:47	00:25:11	00:34:56.86	00:34:56.92	+00:03:32 (10.2%)	3:29	17.2 (90.1%)
6	KOWOLIK Maciej	18		M30-39	6			00:00:01	00:10:01	00:25:45	00:35:37.26	00:35:39.10	+00:04:13 (11.9%)	3:33	16.8 (88.0%)
7	GOŚCINIEWICZ Paweł	14		M30-39	7			00:00:02	00:10:16	00:25:47	00:35:38.22	00:35:40.50	+00:04:14 (11.9%)	3:33	16.8 (88.0%)
8	WRÓBEL Michał	43		M30-39	8			00:00:00	00:10:17	00:26:11	00:36:16.30	00:36:16.36	+00:04:52 (13.4%)	3:37	16.5 (86.4%)
9	KOZIARZ Przemysław	19		M30-39	9			00:00:02	00:10:15	00:26:17	00:36:33.55	00:36:35.60	+00:05:09 (14.1%)	3:39	16.4 (85.9%)
10	NIKIEL Mateusz	89		M30-39	10			00:00:02	00:10:56	00:27:53	00:38:35.96	00:38:38.03	+00:07:12 (18.7%)	3:51	15.6 (81.7%)
11	MAJDZIŃSKI Adrian	81	HRMAX ŻORY	M30-39	11			00:00:02	00:11:02	00:28:28	00:39:34.53	00:39:37.24	+00:08:10 (20.7%)	3:57	15.2 (79.6%)
12	KRETEK Łukasz	21		M30-39	12			00:00:01	00:28:38		00:39:38.74	00:39:40.16	+00:08:14 (20.8%)	3:57	15.1 (79.1%)
13	DYBCZYŃSKI Paweł	63		M30-39	13			00:00:02	00:11:39	00:29:23	00:39:52.32	00:39:54.57	+00:08:28 (21.3%)	3:59	15.1 (79.1%)
14	BĄCZEK Dawid	127		M30-39	14			00:00:10	00:11:52	00:29:19	00:39:57.97	00:40:08.21	+00:08:34 (21.4%)	3:59	15 (78.5%)
15	MAŁECKI Jacek	171		M30-39	15			00:00:03	00:11:19	00:28:59	00:40:05.18	00:40:08.81	+00:08:41 (21.7%)	4:00	15 (78.5%)

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16	DUŻNIAK Dominik	61	STEP-DANCE	M30-39	16			00:00:02	00:11:13	00:29:05	00:40:18.87	00:40:21.69	+00:08:54 (22.1%)	4:01	14.9 (78.0%)
17	BARTOSIK Sebastian	6	SILESIAN TRIATHLON TEAM	M30-39	17		PWR TEAM	00:00:01	00:11:03	00:29:09	00:40:34.13	00:40:35.86	+00:09:10 (22.6%)	4:03	14.8 (77.5%)
18	GOGÓŁKA Szymon	65		M30-39	18		Ekipa SCI	00:00:01	00:11:31	00:29:27	00:40:35.50	00:40:36.61	+00:09:11 (22.6%)	4:03	14.8 (77.5%)
19	MRÓZEK Rafał	87	TEAM KOPEĆ	M30-39	19			00:00:01	00:11:35	00:29:39	00:40:55.13	00:40:56.24	+00:09:31 (23.3%)	4:05	14.7 (77.0%)
20	PALUCHIEWICZ Michał	91		M30-39	20			00:00:03	00:12:05	00:29:58	00:40:57.86	00:41:00.94	+00:09:33 (23.4%)	4:05	14.7 (77.0%)
21	CHRAPKIEWICZ Michał	56	SCI GÓRSCY ENTUZJAŚCI	M30-39	21		Ekipa SCI	00:00:02	00:11:32	00:29:29	00:41:01.97	00:41:04.85	+00:09:38 (23.5%)	4:06	14.6 (76.4%)
22	MORCINEK Patryk	86	ZŁOTE BĄCZKI KLIMAFACH	M30-39	22			00:00:00	00:11:43	00:30:03	00:41:17.56	00:41:18.19	+00:09:53 (24.0%)	4:07	14.5 (75.9%)
23	HENCZKO Karol	149	AKTYWNIE NAKRĘCENI	M30-39	23			00:00:03	00:11:11	00:29:51	00:41:38.51	00:41:41.81	+00:10:14 (24.6%)	4:09	14.4 (75.4%)
24	STOPYRA Jakub	102	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	24		Aktywna Pszczyna Runners Team	00:00:00	00:11:25	00:30:01	00:41:49.54	00:41:50.43	+00:10:25 (24.9%)	4:10	14.3 (74.9%)
25	ZIMNY Patryk	124	PIERUNY RUNNING TEAM	M30-39	25			00:00:03	00:30:35		00:42:05.54	00:42:08.56	+00:10:41 (25.4%)	4:12	14.3 (74.9%)
26	RAJWA Roman	199	TL ATHLETICS JASTRZĘBIE	M30-39	26		TL Athletics Jastrzębie	00:00:02	00:11:50	00:30:33	00:42:09.56	00:42:12.22	+00:10:45 (25.5%)	4:12	14.2 (74.3%)
27	RAJWA Jan	198	BZIEGACZE	M30-39	27		Biegacze	00:00:02	00:11:55	00:30:48	00:42:33.42	00:42:36.25	+00:11:09 (26.2%)	4:15	14.1 (73.8%)
28	POSTAWKA Kamil	96	AMATOR	M30-39	28			00:00:00	00:12:08	00:30:54	00:42:34.40	00:42:34.78	+00:11:10 (26.2%)	4:15	14.1 (73.8%)
29	KUSTRA Mateusz	169	NIEZRZESZONY	M30-39	29		Centrum Treningu Personalnego i Dietetyki Mateusz Kustra Paulina Grad	00:00:07	00:11:52	00:31:09	00:43:06.20	00:43:14.01	+00:11:42 (27.2%)	4:18	13.9 (72.8%)
30	ADAMSKI Robert	47		M30-39	30			00:00:05	00:12:22	00:31:37	00:43:27.50	00:43:32.51	+00:12:03 (27.7%)	4:20	13.8 (72.3%)
31	PAKOŃSKI Bartosz	90		M30-39	31			00:00:08	00:11:55	00:31:30	00:43:55.49	00:44:04.18	+00:12:31 (28.5%)	4:23	13.7 (71.7%)
32	BOCHENEK Adam	53		M30-39	32			00:00:17	00:12:17	00:31:40	00:43:57.16	00:44:14.60	+00:12:33 (28.6%)	4:23	13.7 (71.7%)
33	URBAN Patryk	112		M30-39	33			00:00:05	00:12:43	00:32:18	00:44:24.99	00:44:30.95	+00:13:01 (29.3%)	4:26	13.5 (70.7%)
34	WENGLORZ Marcin	220		M30-39	34			00:00:08	00:12:06	00:31:27	00:44:31.87	00:44:40.02	+00:13:07 (29.5%)	4:27	13.5 (70.7%)
35	SŁOWIŃSKI Dawid	209	RUNTEAM PAWŁOWICE	M30-39	35		Runteam Pawłowice	00:00:10	00:12:58	00:32:33	00:44:54.08	00:45:04.90	+00:13:30 (30.1%)	4:29	13.4 (70.2%)
36	MAREK Bartłomiej	84	SUSZECKIE ITEN	M30-39	36		Suszeckie Iten	00:00:05	00:13:37	00:33:15	00:44:54.89	00:45:00.40	+00:13:30 (30.1%)	4:29	13.4 (70.2%)

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37	MIELAŃCZYK Mateusz	177	PAT&MAT	M30-39	37			00:00:06	00:12:26	00:32:31	00:45:07.84	00:45:14.25	+00:13:43 (30.4%)	4:30	13.3 (69.6%)
38	ADAMCZYK Sławomir	1		M30-39	38			00:00:00	00:12:29	00:32:53	00:45:33.90	00:45:33.96	+00:14:09 (31.1%)	4:33	13.2 (69.1%)
39	KUBICA Marcin	282		M30-39	39			00:00:14	00:13:05	00:33:16	00:45:40.46	00:45:55.12	+00:14:16 (31.3%)	4:34	13.1 (68.6%)
40	SIKORSKI Sebastian	338		M30-39	40			00:00:18	00:13:27	00:33:30	00:45:44.24	00:46:03.16	+00:14:20 (31.3%)	4:34	13.1 (68.6%)
41	JARSZAK Mateusz	155		M30-39	41			00:00:11	00:12:55	00:32:49	00:45:50.84	00:46:02.83	+00:14:26 (31.5%)	4:35	13.1 (68.6%)
42	JUSKOWIAK Jakub	160		M30-39	42			00:00:09	00:13:01	00:33:13	00:46:07.86	00:46:17.72	+00:14:43 (31.9%)	4:36	13 (68.1%)
43	CHROBOK Michał	57	SHARK CREW RYBNIK	M30-39	43			00:00:10	00:33:31		00:46:08.42	00:46:19.18	+00:14:44 (31.9%)	4:36	13 (68.1%)
44	WOLNY Piotr	225		M30-39	44			00:00:13	00:12:38	00:33:05	00:46:29.90	00:46:43.75	+00:15:05 (32.5%)	4:38	12.9 (67.5%)
45	KOWALCZYK Michał	166	ŻWAWE MIŃKI	M30-39	45			00:00:14	00:13:34	00:34:13	00:46:32.91	00:46:47.52	+00:15:08 (32.5%)	4:39	12.9 (67.5%)
46	BURDZIK Wojciech	55	ITMBW KRAKÓW	M30-39	46			00:00:05	00:12:45	00:33:42	00:46:38.97	00:46:44.81	+00:15:15 (32.7%)	4:39	12.9 (67.5%)
47	HOMBEK Krzysztof	150		M30-39	47			00:00:15	00:14:05	00:34:13	00:46:39.22	00:46:55.13	+00:15:15 (32.7%)	4:39	12.9 (67.5%)
48	GURNICZ Paweł	261		M30-39	48			00:00:16	00:13:44	00:34:22	00:47:06.34	00:47:22.64	+00:15:42 (33.3%)	4:42	12.7 (66.5%)
49	SŁYSZ Dawid	570		M30-39	49			00:00:11	00:13:43	00:34:23	00:47:19.02	00:47:30.12	+00:15:55 (33.6%)	4:43	12.7 (66.5%)
50	KUNIEJ Piotr	415		M30-39	50			00:00:12	00:12:55	00:33:56	00:47:29.47	00:47:41.48	+00:16:05 (33.9%)	4:44	12.6 (66.0%)
51	TOMOSZ Radomir	356	EKIPA SCI	M30-39	51		Ekipa SCI	00:00:16	00:13:45	00:34:38	00:47:31.16	00:47:47.96	+00:16:07 (33.9%)	4:45	12.6 (66.0%)
52	NOWAK Robert	310		M30-39	52			00:00:13	00:13:31	00:34:38	00:47:32.40	00:47:46.27	+00:16:08 (34.0%)	4:45	12.6 (66.0%)
53	SUTKOWSKI Marcin	103	ZŁOTE BĄCZKI KLIMAFACH	M30-39	53			00:00:00	00:14:15		00:47:54.61	00:47:54.61	+00:16:30 (34.5%)	4:47	12.5 (65.4%)
54	SIEKIERKA Piotr	205		M30-39	54			00:00:02	00:13:17	00:34:39	00:48:11.05	00:48:13.65	+00:16:47 (34.8%)	4:49	12.5 (65.4%)
55	WISKULSKI Mateusz	224		M30-39	55			00:00:21	00:13:22	00:34:39	00:48:11.30	00:48:32.45	+00:16:47 (34.8%)	4:49	12.5 (65.4%)
56	WIELOPOLSKI Łukasz	364		M30-39	56			00:00:11	00:14:07	00:35:26	00:48:13.46	00:48:24.79	+00:16:49 (34.9%)	4:49	12.4 (64.9%)
57	MODLIŃSKI Arkadiusz	429		M30-39	57			00:00:13	00:13:38	00:35:11	00:48:16.60	00:48:30.31	+00:16:52 (35.0%)	4:49	12.4 (64.9%)
58	KUBICA Ariel	168	ZAWSZE WTOREK	M30-39	58			00:00:09	00:14:12	00:36:07	00:49:24.27	00:49:34.15	+00:18:00 (36.4%)	4:56	12.1 (63.4%)
59	MAZUR Krzysztof	175		M30-39	59			00:00:00	00:13:13	00:35:24	00:49:28.44	00:49:28.50	+00:18:04 (36.5%)	4:56	12.1 (63.4%)

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60	HAJSKI Kamil	147	#HASKIENDURONRUN	M30-39	60			00:00:10	00:14:38	00:36:07	00:49:34.70	00:49:45.19	+00:18:10 (36.7%)	4:57	12.1 (63.4%)
61	PAWŁOWSKI Rafał	190	PND RUNNING TEAM	M30-39	61		PND Running Team	00:00:09	00:13:23	00:35:37	00:49:39.61	00:49:48.85	+00:18:15 (36.8%)	4:57	12.1 (63.4%)
62	BACHUR Mateusz	471		M30-39	62			00:00:16	00:15:23	00:36:59	00:49:41.23	00:49:57.50	+00:18:17 (36.8%)	4:58	12.1 (63.4%)
63	JOPEK Damian	158	PIERUNNING	M30-39	63			00:00:09			00:49:58.53	00:50:08.12	+00:18:34 (37.2%)	4:59	12 (62.8%)
64	KUBALA Jan	167		M30-39	64			00:00:26	00:15:12	00:37:09	00:50:51.56	00:51:18.47	+00:19:27 (38.3%)	5:05	11.8 (61.8%)
65	KORUS Michał	277	C9	M30-39	65			00:00:10	00:14:47	00:37:44	00:51:53.03	00:52:03.47	+00:20:29 (39.5%)	5:11	11.6 (60.7%)
66	PAKUŁA Paweł	315		M30-39	66			00:00:13	00:14:39	00:38:51	00:54:11.73	00:54:24.94	+00:22:47 (42.1%)	5:25	11.1 (58.1%)
67	CICHOWLAS Mateusz	244	SELFMAKER	M30-39	67		Selfmaker	00:00:17	00:14:54	00:38:36	00:54:36.83	00:54:54.54	+00:23:12 (42.5%)	5:27	11 (57.6%)
68	RASZKA Bartłomiej	332	EKIPA SCI	M30-39	68		Ekipa SCI	00:00:12	00:16:08	00:40:31	00:55:11.66	00:55:23.73	+00:23:47 (43.1%)	5:31	10.9 (57.1%)
69	JOCHLIK Szymon	157		M30-39	69			00:00:17	00:15:55	00:40:39	00:55:48.64	00:56:06.59	+00:24:24 (43.7%)	5:34	10.8 (56.5%)
70	ZADOMSKI Jakub	609	GB GALOPUJĄCE ŚLIMAKI	M30-39	70		J.W.	00:00:15	00:15:31	00:40:14	00:55:58.90	00:56:14.73	+00:24:34 (43.9%)	5:35	10.7 (56.0%)
71	MALISZEWSKI Dariusz	420		M30-39	71		Brygada RR	00:00:23	00:16:07	00:42:07	00:57:59.44	00:58:23.26	+00:26:35 (45.9%)	5:47	10.3 (53.9%)
72	ONAK Paweł	553	TL ATHLETICS JASTRZĘBIE	M30-39	72			00:00:25	00:17:10	00:43:37	01:00:07.94	01:00:33.45	+00:28:44 (47.8%)	6:00	10 (52.4%)
73	KLAPCZYŃSKI Dorian	406		M30-39	73			00:00:17	00:17:05	00:44:07	01:01:12.64	01:01:29.91	+00:29:48 (48.7%)	6:07	9.8 (51.3%)
74	MŁYNARCZYK Tomasz	428		M30-39	74			00:00:25	00:17:43	00:45:09	01:02:43.04	01:03:08.14	+00:31:19 (49.9%)	6:16	9.6 (50.3%)
75	MALISZEWSKI Marcin	292		M30-39	75		Brygada RR	00:00:24	00:17:54	00:45:52	01:03:44.05	01:04:08.86	+00:32:20 (50.7%)	6:22	9.4 (49.2%)
76	RADWAŃSKI Łukasz	197		M30-39	76		Pieruny Running Team	00:00:10	00:17:04	00:47:20	01:05:44.16	01:05:54.69	+00:34:20 (52.2%)	6:34	9.1 (47.6%)
77	KOŁACZ Krzysztof	163	BO CZEMU NIE?	M30-39	77			00:00:05	00:12:29				+00:03:45	4:18	13.9 (72.8%)

Znaleziono 77 wynik(ów)