



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: M40-49

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	TOKAREWICZ Damian	35	SCI GÓRSCY ENTUZJAŚCI	M40-49	1			00:00:02	00:09:46	00:24:53	00:34:22.79	00:34:25.34		3:26	17.5 (100%)
2	LIZAK Wojciech	23	TL ATHLETICS JASTRZĘBIE	M40-49	2	Tak	TL Athletics Jastrzębie	00:00:01	00:09:46	00:25:08	00:34:45.73	00:34:47.16	+00:00:22 (1.1%)	3:28	17.3 (98.9%)
3	NOWAK Andrzej	29	NOWAK-TEAM	M40-49	3			00:00:00	00:09:48	00:25:01	00:34:51.06	00:34:51.06	+00:00:28 (1.4%)	3:29	17.2 (98.3%)
4	TYNIEC Łukasz	37	TL ATHLETICS JASTRZĘBIE-ZDRÓJ	M40-49	4		TL Athletics Jastrzębie	00:00:00	00:09:46	00:25:07	00:34:51.47	00:34:51.47	+00:00:28 (1.4%)	3:29	17.2 (98.3%)
5	DYRLAGA Marcin	11	MOBILITY TEAM	M40-49	5			00:00:00	00:10:02	00:25:30	00:35:11.62	00:35:11.86	+00:00:48 (2.3%)	3:31	17.1 (97.7%)
6	KOŹMIŃSKI Józef	20	SKL SUCHA BESKIDZKA	M40-49	6	Nie		00:00:00	00:09:54	00:25:31	00:35:27.38	00:35:27.44	+00:01:04 (3.0%)	3:32	16.9 (96.6%)
7	JAROSZ Marek	67		M40-49	7		HRmax Żory	00:00:02	00:10:12	00:25:55	00:35:43.17	00:35:45.22	+00:01:20 (3.8%)	3:34	16.8 (96.0%)
8	KUŹNIK Bartłomiej	22		M40-49	8			00:00:00	00:10:07	00:25:58	00:36:04.88	00:36:04.88	+00:01:42 (4.7%)	3:36	16.6 (94.9%)
9	PALT Tomasz	30		M40-49	9			00:00:01	00:10:37	00:26:49	00:37:04.13	00:37:05.51	+00:02:41 (7.3%)	3:42	16.2 (92.6%)
10	ALBRECHT Arkadiusz	48	GB GALOPUJĄCE ŚLIMAKI	M40-49	10		GB Galopujące Ślimaki	00:00:03	00:10:45	00:27:21	00:37:45.39	00:37:48.58	+00:03:22 (8.9%)	3:46	15.9 (90.9%)
11	WOWRY Grzegorz	117	WIK	M40-49	11		Ekipa SCI	00:00:02	00:10:38	00:27:42	00:38:23.18	00:38:25.52	+00:04:00 (10.4%)	3:50	15.6 (89.1%)
12	EISLER Tomasz	12		M40-49	12			00:00:02	00:10:59	00:28:01	00:38:45.23	00:38:47.74	+00:04:22 (11.3%)	3:52	15.5 (88.6%)
13	WIECZOREK Maciej	39	ZADYSZKA OŚWIĘCIM	M40-49	13		Zadyszka Oświęcim	00:00:00	00:10:54	00:28:06	00:38:49.80	00:38:49.80	+00:04:27 (11.5%)	3:52	15.5 (88.6%)
14	POŁOMSKI Grzegorz	94		M40-49	14		Połomscy Team	00:00:02	00:11:09	00:28:21	00:39:08.00	00:39:10.93	+00:04:45 (12.1%)	3:54	15.3 (87.4%)
15	SZTUKA Łukasz	608		M40-49	15			00:00:00	00:11:22	00:28:38	00:39:28.43	00:39:28.43	+00:05:05 (12.9%)	3:56	15.2 (86.9%)

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
16	STUCHLIK Marek	33		M40-49	16		Aktywna Pszczyna Runners Team	00:00:00	00:11:20	00:28:50	00:39:52.44	00:39:52.71	+00:05:29 (13.8%)	3:59	15.1 (86.3%)
17	PATER Wojciech	93		M40-49	17			00:00:00	00:11:16	00:29:05	00:39:53.05	00:39:53.50	+00:05:30 (13.8%)	3:59	15 (85.7%)
18	PAŁUBSKI Janusz	92	KLUB BIEGACZA GOGOLIN	M40-49	18			00:00:03	00:11:34	00:29:22	00:40:16.70	00:40:19.97	+00:05:53 (14.6%)	4:01	14.9 (85.1%)
19	PAGIEŁA Łukasz	64		M40-49	19			00:00:00	00:11:43	00:29:50	00:40:55.49	00:40:55.49	+00:06:32 (16.0%)	4:05	14.7 (84.0%)
20	BARTNIK Sebastian	5	STREET SPIRIT	M40-49	20			00:00:00	00:11:52	00:29:51	00:40:59.73	00:40:59.73	+00:06:36 (16.1%)	4:05	14.6 (83.4%)
21	JĘDRUSIAK Przemysław	68	AKTYWNAPSZCZYNA	M40-49	21			00:00:06	00:11:17	00:29:36	00:40:59.78	00:41:06.10	+00:06:36 (16.1%)	4:05	14.6 (83.4%)
22	MUSIK Łukasz	88		M40-49	22			00:00:04	00:11:33	00:29:58	00:41:30.62	00:41:35.46	+00:07:07 (17.2%)	4:09	14.5 (82.9%)
23	WOJTANOWICZ Bartosz	116		M40-49	23			00:00:08	00:12:00	00:30:14	00:41:43.52	00:41:51.66	+00:07:20 (17.6%)	4:10	14.4 (82.3%)
24	KUŚ Tomasz	74		M40-49	24			00:00:04	00:11:49	00:30:08	00:41:44.17	00:41:48.30	+00:07:21 (17.6%)	4:10	14.4 (82.3%)
25	WIĘCŁAW Artur	115	4MUSZKIETER.PL	M40-49	25		Ekipa SCI	00:00:10	00:11:59	00:30:42	00:42:22.76	00:42:33.00	+00:07:59 (18.9%)	4:14	14.2 (81.1%)
26	ŁYSEK Paweł	79	BZIEGACZE	M40-49	26		Bziegacze	00:00:00	00:11:59	00:30:50	00:42:33.68	00:42:34.58	+00:08:10 (19.2%)	4:15	14.1 (80.6%)
27	WYPIÓR Sebastian	228		M40-49	27			00:00:10	00:12:20	00:31:22	00:42:57.58	00:43:07.83	+00:08:34 (20.0%)	4:17	14 (80.0%)
28	MARCZYNSKI Sebastian	172		M40-49	28			00:00:09	00:12:39	00:31:49	00:43:53.06	00:44:02.78	+00:09:30 (21.7%)	4:23	13.7 (78.3%)
29	MOŃKA Marcin	179		M40-49	29			00:00:11	00:12:16	00:31:31	00:43:53.68	00:44:05.35	+00:09:30 (21.7%)	4:23	13.7 (78.3%)
30	WIERCIOCH Tomasz	222	PARKRUN KĘDZIERZYN-KOŻŁE	M40-49	30		Parkrun Kędzierzyn-Koźle	00:00:08	00:12:39	00:32:09	00:44:18.66	00:44:26.98	+00:09:55 (22.4%)	4:25	13.5 (77.1%)
31	WRÓBEL Ryszard	120		M40-49	31			00:00:04	00:12:22	00:31:59	00:44:24.86	00:44:29.30	+00:10:02 (22.6%)	4:26	13.5 (77.1%)
32	PATAS Tomasz	188	GYM-FIT PATAS	M40-49	32			00:00:12	00:12:39	00:32:31	00:44:51.05	00:45:03.65	+00:10:28 (23.3%)	4:29	13.4 (76.6%)
33	BIAŁECKI Tomasz	128	BZIEGACZE	M40-49	33		Bziegacze	00:00:02	00:12:51	00:32:37	00:45:03.69	00:45:06.24	+00:10:40 (23.7%)	4:30	13.3 (76.0%)
34	DOSTOŁ Dominik	137	KS M. E. T. A.	M40-49	34			00:00:13	00:32:43		00:45:33.61	00:45:47.46	+00:11:10 (24.5%)	4:33	13.2 (75.4%)
35	BOŁOTIUCH Sebastian	129	POWOLI DO CELU	M40-49	35			00:00:15	00:13:35	00:33:41	00:45:56.44	00:46:11.74	+00:11:33 (25.2%)	4:35	13.1 (74.9%)
36	MERES Jarosław	176		M40-49	36			00:00:07	00:12:48	00:33:28	00:46:25.46	00:46:32.80	+00:12:02 (25.9%)	4:38	12.9 (73.7%)
37	LIS Grzegorz	77	EKO-OKNA RUNNERS	M40-49	37			00:00:05	00:13:12	00:33:51	00:46:42.90	00:46:48.34	+00:12:20 (26.4%)	4:40	12.8 (73.1%)
38	HANAK Aleksander	148		M40-49	38			00:00:04	00:12:39	00:33:40	00:46:44.47	00:46:48.66	+00:12:21 (26.4%)	4:40	12.8 (73.1%)

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
39	MASARCZYK Grzegorz	294		M40-49	39			00:00:00	00:13:25	00:34:11	00:47:02.42	00:47:02.42	+00:12:39 (26.9%)	4:42	12.8 (73.1%)
40	ROJ Janusz	200	SILESIA SKATING TEAM	M40-49	40			00:00:11	00:13:04	00:33:55	00:47:07.44	00:47:19.26	+00:12:44 (27.0%)	4:42	12.7 (72.6%)
41	PRÓSZYŃSKI Sławomir	98		M40-49	41			00:00:19	00:13:53	00:34:55	00:47:35.07	00:47:54.81	+00:13:12 (27.7%)	4:45	12.6 (72.0%)
42	MALIK Rafał	82		M40-49	42			00:00:05	00:13:14	00:34:05	00:47:35.36	00:47:41.19	+00:13:12 (27.8%)	4:45	12.6 (72.0%)
43	OGRODNIK Damian	182		M40-49	43			00:00:07	00:13:14	00:34:21	00:47:53.77	00:48:00.87	+00:13:30 (28.2%)	4:47	12.5 (71.4%)
44	SZCZEPKOWSKI Paweł	211	:)	M40-49	44			00:00:01	00:13:14	00:34:41	00:48:00.47	00:48:01.97	+00:13:37 (28.4%)	4:48	12.5 (71.4%)
45	TARGOSZ Piotr	217	OLZA CIESZYN	M40-49	45		Ekipa SCI	00:00:06	00:13:24	00:34:43	00:48:07.31	00:48:13.31	+00:13:44 (28.6%)	4:48	12.5 (71.4%)
46	BEDNARZ Marcin	235		M40-49	46			00:00:00	00:13:11	00:34:46	00:48:11.36	00:48:11.36	+00:13:48 (28.7%)	4:49	12.5 (71.4%)
47	DEJEWSKI Jakub	388	GB GALOPUJĄCE ŚLIMAKI	M40-49	47		GB Galopujące Ślimaki	00:00:15	00:14:01	00:35:15	00:48:15.55	00:48:31.13	+00:13:52 (28.8%)	4:49	12.4 (70.9%)
48	SZEREDA Robert	213		M40-49	48			00:00:01	00:13:12	00:35:05	00:48:48.88	00:48:50.35	+00:14:26 (29.6%)	4:52	12.3 (70.3%)
49	PUSTELNIK Michał	443		M40-49	49			00:00:13	00:14:01		00:49:20.80	00:49:34.05	+00:14:58 (30.3%)	4:56	12.2 (69.7%)
50	WISŁA Grzegorz	366	TIFS	M40-49	50			00:00:18	00:14:45	00:36:34	00:49:45.24	00:50:03.88	+00:15:22 (30.9%)	4:58	12.1 (69.1%)
51	PILICH Marcin	321	LEŚNA TEAM	M40-49	51			00:00:09	00:14:05	00:36:20	00:49:47.95	00:49:57.85	+00:15:25 (31.0%)	4:58	12.1 (69.1%)
52	SZWEDA Krzysztof	349		M40-49	52			00:00:14	00:13:57	00:36:15	00:49:59.97	00:50:14.02	+00:15:37 (31.2%)	4:59	12 (68.6%)
53	PODŻORSKI Rafał	442		M40-49	53			00:00:13	00:14:10	00:36:16	00:50:02.51	00:50:15.76	+00:15:39 (31.3%)	5:00	12 (68.6%)
54	STREIT Mariusz	344		M40-49	54			00:00:10	00:14:03	00:36:20	00:50:10.11	00:50:20.65	+00:15:47 (31.5%)	5:01	12 (68.6%)
55	URGACZ Mirosław	361	EKIPA SCI	M40-49	55		Ekipa SCI	00:00:09	00:14:16	00:36:26	00:50:14.73	00:50:24.06	+00:15:51 (31.6%)	5:01	11.9 (68.0%)
56	ZIĘBA Michał	371		M40-49	56			00:00:21	00:14:20	00:36:52	00:50:52.75	00:51:14.08	+00:16:29 (32.4%)	5:05	11.8 (67.4%)
57	PETRYNA Bartosz	317		M40-49	57			00:00:13	00:14:01	00:36:24	00:50:57.82	00:51:11.19	+00:16:35 (32.5%)	5:05	11.8 (67.4%)
58	ŚMIETANA Grzegorz	352	EASYRUN RACIBÓRZ	M40-49	58			00:00:20	00:14:55	00:37:15	00:50:58.38	00:51:18.74	+00:16:35 (32.6%)	5:05	11.8 (67.4%)
59	BAC Michał	232		M40-49	59			00:00:11	00:14:47	00:37:17	00:51:07.17	00:51:18.92	+00:16:44 (32.7%)	5:06	11.7 (66.9%)
60	KSIĘŻYK Mirosław	281	KREJZOLE	M40-49	60		Krejzole	00:00:14	00:14:32	00:36:51	00:51:42.43	00:51:56.89	+00:17:19 (33.5%)	5:10	11.6 (66.3%)
61	PIDANTY Łukasz	319		M40-49	61			00:00:19	00:15:08	00:38:28	00:52:15.32	00:52:35.02	+00:17:52 (34.2%)	5:13	11.5 (65.7%)

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62	BOJARSKI Krzysztof	238		M40-49	62			00:00:07	00:14:47	00:38:07	00:52:27.62	00:52:35.51	+00:18:04 (34.5%)	5:14	11.4 (65.1%)
63	CZAUDERNA Marcin	386		M40-49	63			00:00:09	00:15:06	00:38:24	00:52:49.13	00:52:58.62	+00:18:26 (34.9%)	5:16	11.4 (65.1%)
64	BUDNIK Piotr	482	OPTIMISTICEDUCATION.PL	M40-49	64			00:00:20	00:15:22	00:38:38	00:53:10.68	00:53:30.86	+00:18:47 (35.3%)	5:19	11.3 (64.6%)
65	BOGACKI Tomasz	380	LECZYMY DURŚ	M40-49	65			00:00:07	00:15:04	00:38:47	00:53:11.41	00:53:19.41	+00:18:48 (35.4%)	5:19	11.3 (64.6%)
66	KURASZ Tomasz	416		M40-49	66			00:00:20	00:15:36	00:39:32	00:54:14.99	00:54:35.36	+00:19:52 (36.6%)	5:25	11.1 (63.4%)
67	MUSIAŁ Łukasz	306	GB GALOPUJĄCE ŚLIMAKI	M40-49	67		GB Galopujące Ślimaki	00:00:13	00:15:27	00:39:09	00:54:20.79	00:54:34.20	+00:19:57 (36.7%)	5:26	11 (62.9%)
68	TOMALA Dariusz	460	OPEL FIJAŁKOWSKI	M40-49	68			00:00:13	00:15:30	00:39:44	00:54:48.62	00:55:02.13	+00:20:25 (37.3%)	5:28	10.9 (62.3%)
69	FORNAL Paweł	250	ZABIEGANY TEAM	M40-49	69			00:00:11	00:16:04	00:40:31	00:55:16.45	00:55:28.12	+00:20:53 (37.8%)	5:31	10.9 (62.3%)
70	BARAN Dawid	376		M40-49	70			00:00:24	00:16:05	00:40:50	00:55:34.26	00:55:58.42	+00:21:11 (38.1%)	5:33	10.8 (61.7%)
71	ŚMIETANA Mariusz	459	EASYRUN RACIBÓRZ	M40-49	71			00:00:17	00:16:06	00:40:30	00:55:38.38	00:55:55.79	+00:21:15 (38.2%)	5:33	10.8 (61.7%)
72	MAKOŚ Tomek	290		M40-49	72			00:00:23	00:16:02	00:40:43	00:55:54.60	00:56:18.35	+00:21:31 (38.5%)	5:35	10.7 (61.1%)
73	JAWOREK Rafał	268		M40-49	73			00:00:13	00:16:13	00:40:45	00:56:02.66	00:56:15.83	+00:21:39 (38.7%)	5:36	10.7 (61.1%)
74	MISZ Hubert	300	WSPÓLNA TEAM	M40-49	74			00:00:13	00:16:13	00:40:45	00:56:02.81	00:56:15.89	+00:21:40 (38.7%)	5:36	10.7 (61.1%)
75	DURAJ Dariusz	392	ULTRA BESKID SPORT	M40-49	75			00:00:20	00:16:02	00:40:45	00:56:06.80	00:56:26.83	+00:21:44 (38.7%)	5:36	10.7 (61.1%)
76	DUDZIAK Grzegorz	391		M40-49	76			00:00:13	00:15:29	00:40:12	00:56:39.63	00:56:53.18	+00:22:16 (39.3%)	5:39	10.6 (60.6%)
77	KUFKA Paweł	414		M40-49	77			00:00:12	00:16:06	00:41:36	00:57:28.76	00:57:41.03	+00:23:05 (40.2%)	5:44	10.4 (59.4%)
78	ŻYŁA Wojciech	605		M40-49	78			00:00:21	00:16:10	00:41:07	00:57:31.21	00:57:52.41	+00:23:08 (40.2%)	5:45	10.4 (59.4%)
79	GORZELAK Zbyszek	506		M40-49	79			00:00:07	00:16:05	00:41:22	00:57:41.51	00:57:49.33	+00:23:18 (40.4%)	5:46	10.4 (59.4%)
80	JARZĄBEK Robert	403		M40-49	80			00:00:21	00:16:45	00:42:12	00:58:05.21	00:58:26.30	+00:23:42 (40.8%)	5:48	10.3 (58.9%)
81	LELENIEWSKI Jacek	285	RYBNIK	M40-49	81			00:00:13	00:16:50	00:42:35	00:58:11.45	00:58:24.90	+00:23:48 (40.9%)	5:49	10.3 (58.9%)
82	GMYREK Michał	606	RODZIC SPORTOWCA	M40-49	82			00:00:27	00:16:15	00:42:43	00:59:02.68	00:59:30.14	+00:24:39 (41.8%)	5:54	10.2 (58.3%)
83	BORUCKI Dariusz	381		M40-49	83			00:00:23	00:17:16	00:43:30	00:59:31.92	00:59:55.81	+00:25:09 (42.2%)	5:57	10.1 (57.7%)
84	TYKIERKA Tomasz	461	TOXPRESS	M40-49	84		Toxpress	00:00:19	00:17:21	00:42:57	00:59:37.31	00:59:57.30	+00:25:14 (42.3%)	5:57	10.1 (57.7%)

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85	KOBIELA Marcin	273	KREJZOLE	M40-49	85		Krejzole	00:00:14	00:17:01	00:43:34	00:59:48.42	01:00:03.00	+00:25:25 (42.5%)	5:58	10 (57.1%)
86	SKIBA Maciej	452		M40-49	86			00:00:22	00:16:55	00:44:36	01:01:22.88	01:01:45.55	+00:27:00 (44.0%)	6:08	9.8 (56.0%)
87	KRÓLIK Arkadiusz	280	MARO TEAM JASTRZĘBIE-ŻORY	M40-49	87		MARO Team Jastrzębie-Żory	00:00:08	00:17:25	00:44:41	01:01:29.19	01:01:37.88	+00:27:06 (44.1%)	6:08	9.8 (56.0%)
88	MARKOWSKI Jacek	423		M40-49	88			00:00:28	00:18:19	00:45:29	01:01:58.59	01:02:27.01	+00:27:35 (44.5%)	6:11	9.7 (55.4%)
89	MOCHNACZ Patryk	550	I LO	M40-49	89			00:00:19	00:16:42	00:44:02	01:02:23.80	01:02:43.51	+00:28:01 (44.9%)	6:14	9.6 (54.9%)
90	PYCH Krzysztof	563	OSK KAMELEON TEAM	M40-49	90		OSK Kameleon Team	00:00:26	00:17:28	00:45:53	01:03:09.06	01:03:35.40	+00:28:46 (45.6%)	6:18	9.5 (54.3%)
91	CHWAST Adam	486	OSK KAMELEON	M40-49	91		OSK Kameleon Team	00:00:25	00:17:30	00:45:56	01:03:09.37	01:03:35.00	+00:28:46 (45.6%)	6:18	9.5 (54.3%)
92	BYSTRYKOWSKI Marcin	241	KLUB BIEGACZA FARTLEK	M40-49	92		Klub Biegacza Fartlek	00:00:24	00:17:22	00:45:50	01:06:11.99	01:06:36.08	+00:31:49 (48.1%)	6:37	9.1 (52.0%)
93	KATRYNIOK Adam	523		M40-49	93			00:00:22	00:19:35	00:51:32	01:12:13.91	01:12:36.25	+00:37:51 (52.4%)	7:13	8.3 (47.4%)

Znaleziono 93 wynik(ów)