



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: M50-59

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	ZIELONKA Robert	44		M50-59	1			00:00:00	00:10:17	00:26:30	00:36:47.53	00:36:47.59		3:40	16.3 (100%)
2	ZIELIŃSKI Ireneusz	123	DKMS ŻORY	M50-59	2			00:00:04	00:11:54	00:30:30	00:42:13.14	00:42:17.70	+00:05:25 (12.9%)	4:13	14.2 (87.1%)
3	SAMBAK Tadeusz	100		M50-59	3		Zadyszka Oświęcim	00:00:05	00:11:59	00:30:30	00:42:25.17	00:42:30.35	+00:05:37 (13.3%)	4:14	14.1 (86.5%)
4	WASZTYL Grzegorz	113	NOWAK-TEAM	M50-59	4			00:00:04	00:11:56	00:30:50	00:42:48.63	00:42:53.34	+00:06:01 (14.1%)	4:16	14 (85.9%)
5	RUCIŃSKI Krzysztof	202		M50-59	5			00:00:07	00:12:22	00:32:23	00:44:59.02	00:45:06.72	+00:08:11 (18.2%)	4:29	13.3 (81.6%)
6	DOBRENIUK Krzysztof	134		M50-59	6			00:00:00	00:12:31	00:32:41	00:44:59.05	00:45:00.00	+00:08:11 (18.2%)	4:29	13.3 (81.6%)
7	ANTOŃCZYK Adam	126	DKMS JASTRZĘBIE	M50-59	7			00:00:07	00:12:36	00:32:32	00:45:08.03	00:45:15.20	+00:08:20 (18.5%)	4:30	13.3 (81.6%)
8	Kawecki Stanisław	162	OLZA CIESZYN	M50-59	8		Ekipa SCI	00:00:09	00:12:57	00:32:55	00:45:25.14	00:45:34.48	+00:08:37 (19.0%)	4:32	13.2 (81.0%)
9	MAREK Robert	174	TM IRONTEAM	M50-59	9			00:00:14	00:13:14	00:33:34	00:46:16.27	00:46:30.59	+00:09:28 (20.5%)	4:37	13 (79.8%)
10	POJDA Grzegorz	195		M50-59	10			00:00:10	00:13:20	00:33:51	00:46:41.49	00:46:52.23	+00:09:53 (21.2%)	4:40	12.9 (79.1%)
11	JĘDRZEJAK Piotr	269		M50-59	11			00:00:18	00:13:15	00:33:56	00:47:06.42	00:47:24.42	+00:10:18 (21.9%)	4:42	12.7 (77.9%)
12	TOCHOWICZ Bartosz	218	OOLZA CIESZYN	M50-59	12		Ekipa SCI	00:00:15	00:13:12	00:33:53	00:47:10.66	00:47:26.36	+00:10:23 (22.0%)	4:43	12.7 (77.9%)
13	KULAWIAK Bogdan	283		M50-59	13			00:00:29	00:13:35	00:34:28	00:47:41.16	00:48:10.20	+00:10:53 (22.8%)	4:46	12.6 (77.3%)
14	LORENZ Marcin	170		M50-59	14		GB Galopujące Ślimaki	00:00:15	00:14:01	00:35:16	00:48:14.76	00:48:30.28	+00:11:27 (23.7%)	4:49	12.4 (76.1%)
15	FAJFEREK Dariusz	247	SPPP BB	M50-59	15		SPPP BB	00:00:08	00:13:59	00:35:23	00:48:29.81	00:48:38.71	+00:11:42 (24.1%)	4:50	12.4 (76.1%)

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
16	GŁĘBOCKI Grzegorz	252	BIEGAM SOBIE	M50-59	16			00:00:13	00:14:01	00:35:08	00:48:32.17	00:48:45.23	+00:11:44 (24.2%)	4:51	12.4 (76.1%)
17	PŁASKA Grzegorz	441	WRM	M50-59	17			00:00:09	00:13:51	00:36:06	00:50:08.09	00:50:17.44	+00:13:20 (26.6%)	5:00	12 (73.6%)
18	PFEIFER Dariusz	318	SBD ENERGETYK RYBNIK / SZYBKI KRECIK	M50-59	18			00:00:12	00:14:35	00:36:56	00:50:32.99	00:50:45.35	+00:13:45 (27.2%)	5:03	11.9 (73.0%)
19	SZUBARSKI Krzysztof	348	4MUSZKIETER	M50-59	19		parkrun Cieszyn	00:00:17	00:14:48	00:37:10	00:51:13.29	00:51:30.96	+00:14:25 (28.2%)	5:07	11.7 (71.8%)
20	HERBAN Jacek	262	SZYBKI KRECIK	M50-59	20			00:00:10	00:14:37	00:36:59	00:51:18.48	00:51:28.68	+00:14:30 (28.3%)	5:07	11.7 (71.8%)
21	KLUCZNIK Andrzej	407		M50-59	21			00:00:24	00:15:04	00:37:38	00:51:22.99	00:51:47.27	+00:14:35 (28.4%)	5:08	11.7 (71.8%)
22	CZYŻ Jacek	387	OLZA CIESZYN	M50-59	22		Ekipa SCI	00:00:09	00:15:07	00:38:07	00:52:37.88	00:52:47.53	+00:15:50 (30.1%)	5:15	11.4 (69.9%)
23	RASZKA Janusz	333	DARK ONE	M50-59	23		Ekipa SCI	00:00:17	00:14:54	00:38:02	00:52:56.30	00:53:13.46	+00:16:08 (30.5%)	5:17	11.3 (69.3%)
24	JANECKI Piotr	515		M50-59	24			00:00:18	00:15:31	00:38:51	00:53:31.60	00:53:50.59	+00:16:44 (31.3%)	5:21	11.2 (68.7%)
25	ZASIEK Marek	467		M50-59	25			00:00:23	00:15:26	00:39:03	00:54:03.10	00:54:26.33	+00:17:15 (31.9%)	5:24	11.1 (68.1%)
26	PIŁATOWSKI Mirosław	323		M50-59	26		TL Athletics Jastrzębie	00:00:10	00:15:11	00:39:05	00:54:09.62	00:54:19.91	+00:17:22 (32.1%)	5:24	11.1 (68.1%)
27	MIĄSIK Dariusz	297		M50-59	27			00:00:21	00:16:01	00:40:44	00:56:05.80	00:56:27.61	+00:19:18 (34.4%)	5:36	10.7 (65.6%)
28	SZULIŃSKI Paweł	574		M50-59	28			00:00:22	00:16:29	00:41:30	00:57:12.85	00:57:35.82	+00:20:25 (35.7%)	5:43	10.5 (64.4%)
29	CZARNOTA Leszek	488		M50-59	29			00:00:18	00:16:34	00:41:39	00:57:19.90	00:57:37.99	+00:20:32 (35.8%)	5:43	10.5 (64.4%)
30	SĘK Henryk	449		M50-59	30		Suszeckie Iten	00:00:18	00:17:40	00:44:04	01:00:07.42	01:00:26.09	+00:23:19 (38.8%)	6:00	10 (61.3%)
31	MORAWSKI Janusz	430		M50-59	31			00:00:23	00:16:38	00:43:22	01:00:27.28	01:00:50.77	+00:23:39 (39.1%)	6:02	9.9 (60.7%)
32	TYRYTKO Jarosław	588	WATAHA	M50-59	32		WATAHA	00:00:15	00:17:04	00:43:41	01:00:32.11	01:00:47.19	+00:23:44 (39.2%)	6:03	9.9 (60.7%)
33	KOŁODZIEJ Artur	526	BRYGADA RR	M50-59	33		Brygada RR	00:00:23	00:17:21	00:44:47	01:02:10.67	01:02:33.90	+00:25:23 (40.8%)	6:13	9.7 (59.5%)
34	ZALEWSKI Maciej	599		M50-59	34			00:00:17	00:18:04	00:45:47	01:03:30.39	01:03:47.54	+00:26:42 (42.1%)	6:21	9.4 (57.7%)
35	FLORKIEWICZ Sławomir	140		M50-59	35			00:00:16	00:17:47	00:45:18	01:04:02.62	01:04:19.25	+00:27:15 (42.6%)	6:24	9.4 (57.7%)
36	KUBAS Mariusz	532	KLUB BIEGACZA FARTLEK	M50-59	36		Klub Biegacza Fartlek	00:00:28	00:20:05	00:52:09	01:12:25.66	01:12:54.46	+00:35:38 (49.2%)	7:14	8.3 (50.9%)