



Organizator:
Data:
Miejsce:
Dystans:

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

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Górnik

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	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%)
3	SZTUKA Łukasz	608		M40-49	15			00:00:00	00:11:22	00:28:38	00:39:28.43	00:39:28.43	+00:08:04 (20.5%)	3:56	15.2 (79.6%)
4	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%)
5	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	+00:08:28 (21.3%)	3:59	15.1 (79.1%)
6	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%)
7	KUŚ Tomasz	74		M40-49	24			00:00:04	00:11:49	00:30:08	00:41:44.17	00:41:48.30	+00:10:20 (24.8%)	4:10	14.4 (75.4%)
8	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	+00:11:24 (26.7%)	4:16	14 (73.3%)
9	CIEPŁAK Maciej	59	TL ROW RYBNIK	M60-69	2			00:00:00	00:12:00	00:30:59	00:43:26.54	00:43:26.54	+00:12:02 (27.7%)	4:20	13.8 (72.3%)
10	MARCZYNSKI Sebastian	172		M40-49	28			00:00:09	00:12:39	00:31:49	00:43:53.06	00:44:02.78	+00:12:29 (28.5%)	4:23	13.7 (71.7%)
11	RUCIŃSKI Krzysztof	202		M50-59	5			00:00:07	00:12:22	00:32:23	00:44:59.02	00:45:06.72	+00:13:35 (30.2%)	4:29	13.3 (69.6%)
12	DOBRENIUK Krzysztof	134		M50-59	6			00:00:00	00:12:31	00:32:41	00:44:59.05	00:45:00.00	+00:13:35 (30.2%)	4:29	13.3 (69.6%)
13	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	+00:13:44 (30.4%)	4:30	13.3 (69.6%)
14	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	+00:14:09 (31.1%)	4:33	13.2 (69.1%)
15	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%)

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16	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%)
17	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%)
18	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%)
19	POJDA Grzegorz	195		M50-59	10			00:00:10	00:13:20	00:33:51	00:46:41.49	00:46:52.23	+00:15:17 (32.8%)	4:40	12.9 (67.5%)
20	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	+00:15:43 (33.4%)	4:42	12.7 (66.5%)
21	PRÓSZYŃSKI Sławomir	98		M40-49	41			00:00:19	00:13:53	00:34:55	00:47:35.07	00:47:54.81	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
22	MALIK Rafał	82		M40-49	42			00:00:05	00:13:14	00:34:05	00:47:35.36	00:47:41.19	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
23	KULAWIAK Bogdan	283		M50-59	13			00:00:29	00:13:35	00:34:28	00:47:41.16	00:48:10.20	+00:16:17 (34.2%)	4:46	12.6 (66.0%)
24	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%)
25	BEDNARZ Marcin	235		M40-49	46			00:00:00	00:13:11	00:34:46	00:48:11.36	00:48:11.36	+00:16:47 (34.8%)	4:49	12.5 (65.4%)
26	GŁUSZYK Lesław	145	HRMAX ŻORY	M60-69	4			00:00:04	00:13:49	00:35:17	00:48:46.12	00:48:50.27	+00:17:22 (35.6%)	4:52	12.3 (64.4%)
27	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%)
28	OLMA Władysław	183	JASTRZĘBIE - FORMA BIEGANIA	M60-69	7		Brygada RR	00:00:16	00:14:12	00:36:23	00:50:43.13	00:50:59.49	+00:19:19 (38.1%)	5:04	11.8 (61.8%)
29	KLUCZNIOK Andrzej	407		M50-59	21			00:00:24	00:15:04	00:37:38	00:51:22.99	00:51:47.27	+00:19:59 (38.9%)	5:08	11.7 (61.3%)
30	CHMIELEWSKI Jakub	485		M20-29	22			00:00:23	00:15:38	00:38:16	00:51:40.10	00:52:03.59	+00:20:16 (39.2%)	5:10	11.6 (60.7%)
31	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	+00:21:47 (41.0%)	5:19	11.3 (59.2%)
32	JANECKI Piotr	515		M50-59	24			00:00:18	00:15:31	00:38:51	00:53:31.60	00:53:50.59	+00:22:07 (41.3%)	5:21	11.2 (58.6%)
33	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	+00:22:45 (42.0%)	5:24	11.1 (58.1%)
34	TORBIŃSKI Wiesław	357	SZARE MORSY	M70+	2		Szare Morsy	00:00:16	00:15:20	00:39:45	00:55:01.04	00:55:17.51	+00:23:37 (42.9%)	5:30	10.9 (57.1%)
35	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	+00:23:52 (43.2%)	5:31	10.9 (57.1%)
36	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	+00:24:38 (44.0%)	5:36	10.7 (56.0%)
37	MALICH Dominik	419		M20-29	28			00:00:17	00:15:40	00:40:35	00:56:14.16	00:56:31.54	+00:24:50 (44.2%)	5:37	10.7 (56.0%)
38	CZARNOTA Leszek	488		M50-59	29			00:00:18	00:16:34	00:41:39	00:57:19.90	00:57:37.99	+00:25:55 (45.2%)	5:43	10.5 (55.0%)

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39	JASIŃSKI Maksymilian	156	MARO TEAM JASTRZĘBIE-ŻORY	M60-69	9		MARO Team Jastrzębie-Żory	00:00:06	00:17:09	00:42:29	00:57:24.48	00:57:31.38	+00:26:00 (45.3%)	5:44	10.5 (55.0%)
40	CHMIEL Jacek	383		M60-69	10			00:00:22	00:17:12	00:43:40	01:00:08.23	01:00:31.10	+00:28:44 (47.8%)	6:00	10 (52.4%)
41	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	+00:30:05 (48.9%)	6:08	9.8 (51.3%)
42	MARKOWSKI Jacek	423		M40-49	88			00:00:28	00:18:19	00:45:29	01:01:58.59	01:02:27.01	+00:30:34 (49.3%)	6:11	9.7 (50.8%)
43	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%)
44	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	+00:34:48 (52.6%)	6:37	9.1 (47.6%)
45	BIAŁECKI Jan	474	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M70+	3			00:00:22	00:18:40	00:48:05	01:06:49.82	01:07:12.23	+00:35:25 (53.0%)	6:40	9 (47.1%)

Znaleziono 45 wynik(ów)