



Organizator:
Data:
Miejsce:
Dystans:

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

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Jastrzębianin

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	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	+00:00:10 (0.5%)	3:29	17.2 (99.4%)
3	KUŹNIK Bartłomiej	22		M40-49	8			00:00:00	00:10:07	00:25:58	00:36:04.88	00:36:04.88	+00:01:23 (3.9%)	3:36	16.6 (96.0%)
4	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	+00:03:04 (8.1%)	3:46	15.9 (91.9%)
5	ŁYSEK Konrad	24	TL ATHLETICS JASTRZĘBIE	M16-19	4	Tak	TL Athletics Jastrzębie	00:00:01	00:11:05	00:28:23	00:38:47.63	00:38:49.21	+00:04:06 (10.6%)	3:52	15.5 (89.6%)
6	JASZCZYK Adam	16	TL ATHLETICS JASTRZĘBIE	M16-19	5	Tak	TL Athletics Jastrzębie	00:00:01	00:11:05	00:28:52	00:40:11.22	00:40:12.96	+00:05:30 (13.7%)	4:01	14.9 (86.1%)
7	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	+00:06:18 (15.4%)	4:05	14.6 (84.4%)
8	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	+00:06:57 (16.7%)	4:09	14.4 (83.2%)
9	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	+00:07:52 (18.5%)	4:15	14.1 (81.5%)
10	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	+00:08:25 (19.5%)	4:18	13.9 (80.3%)
11	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%)
12	BOŹKO 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%)
13	MARCZYNSKI Sebastian	172		M40-49	28			00:00:09	00:12:39	00:31:49	00:43:53.06	00:44:02.78	+00:09:12 (21.0%)	4:23	13.7 (79.2%)
14	URBAN Patryk	112		M30-39	33			00:00:05	00:12:43	00:32:18	00:44:24.99	00:44:30.95	+00:09:43 (21.9%)	4:26	13.5 (78.0%)

Woj. śląskie														
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	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	+00:10:22 (23.0%)	4:30	13.3 (76.9%)
16	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	+00:10:27 (23.2%)	4:30	13.3 (76.9%)
17	ADAMCZYK Sławomir	1		M30-39	38		00:00:00	00:12:29	00:32:53	00:45:33.90	00:45:33.96	+00:10:52 (23.9%)	4:33	13.2 (76.3%)
18	SIKORSKI Sebastian	338		M30-39	40		00:00:18	00:13:27	00:33:30	00:45:44.24	00:46:03.16	+00:11:03 (24.2%)	4:34	13.1 (75.7%)
19	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%)
20	GURNICZ Paweł	261		M30-39	48		00:00:16	00:13:44	00:34:22	00:47:06.34	00:47:22.64	+00:12:25 (26.4%)	4:42	12.7 (73.4%)
21	JĘDRZEJAK Piotr	269		M50-59	11		00:00:18	00:13:15	00:33:56	00:47:06.42	00:47:24.42	+00:12:25 (26.4%)	4:42	12.7 (73.4%)
22	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	+00:12:26 (26.4%)	4:42	12.7 (73.4%)
23	SŁYSZ Dawid	570		M30-39	49		00:00:11	00:13:43	00:34:23	00:47:19.02	00:47:30.12	+00:12:37 (26.7%)	4:43	12.7 (73.4%)
24	PRÓSZYŃSKI Sławomir	98		M40-49	41		00:00:19	00:13:53	00:34:55	00:47:35.07	00:47:54.81	+00:12:54 (27.1%)	4:45	12.6 (72.8%)
25	MALIK Rafał	82		M40-49	42		00:00:05	00:13:14	00:34:05	00:47:35.36	00:47:41.19	+00:12:54 (27.1%)	4:45	12.6 (72.8%)
26	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%)
27	KULAWIAK Bogdan	283		M50-59	13		00:00:29	00:13:35	00:34:28	00:47:41.16	00:48:10.20	+00:13:00 (27.3%)	4:46	12.6 (72.8%)
28	BIAŁECKI Zbigniew	236		M16-19	9		00:00:13	00:13:24	00:35:29	00:47:48.43	00:48:02.17	+00:13:07 (27.5%)	4:46	12.6 (72.8%)
29	OGRODNIK Damian	182		M40-49	43		00:00:07	00:13:14	00:34:21	00:47:53.77	00:48:00.87	+00:13:12 (27.6%)	4:47	12.5 (72.3%)
30	SIEKIERKA Piotr	205		M30-39	54		00:00:02	00:13:17	00:34:39	00:48:11.05	00:48:13.65	+00:13:30 (28.0%)	4:49	12.5 (72.3%)
31	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	+00:13:33 (28.1%)	4:49	12.4 (71.7%)
32	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	+00:13:34 (28.1%)	4:49	12.4 (71.7%)
33	MODLIŃSKI Arkadiusz	429		M30-39	57		00:00:13	00:13:38	00:35:11	00:48:16.60	00:48:30.31	+00:13:35 (28.2%)	4:49	12.4 (71.7%)
34	SZEREDA Robert	213		M40-49	48		00:00:01	00:13:12	00:35:05	00:48:48.88	00:48:50.35	+00:14:07 (28.9%)	4:52	12.3 (71.1%)
35	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%)
36	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%)
37	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%)

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
38	JOPEK Damian	158	PIERUNNING	M30-39	63			00:00:09			00:49:58.53	00:50:08.12	+00:15:17 (30.6%)	4:59	12 (69.4%)
39	PŁASKA Grzegorz	441	WRM	M50-59	17			00:00:09	00:13:51	00:36:06	00:50:08.09	00:50:17.44	+00:15:27 (30.8%)	5:00	12 (69.4%)
40	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	+00:16:02 (31.6%)	5:04	11.8 (68.2%)
41	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%)
42	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%)
43	PIDANTY Łukasz	319		M40-49	61			00:00:19	00:15:08	00:38:28	00:52:15.32	00:52:35.02	+00:17:34 (33.6%)	5:13	11.5 (66.5%)
44	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%)
45	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	+00:18:30 (34.8%)	5:19	11.3 (65.3%)
46	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%)
47	JANECKI Piotr	515		M50-59	24			00:00:18	00:15:31	00:38:51	00:53:31.60	00:53:50.59	+00:18:50 (35.2%)	5:21	11.2 (64.7%)
48	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	+00:19:28 (36.0%)	5:24	11.1 (64.2%)
49	PAKUŁA Paweł	315		M30-39	66			00:00:13	00:14:39	00:38:51	00:54:11.73	00:54:24.94	+00:19:30 (36.0%)	5:25	11.1 (64.2%)
50	KURASZ Tomasz	416		M40-49	66			00:00:20	00:15:36	00:39:32	00:54:14.99	00:54:35.36	+00:19:33 (36.1%)	5:25	11.1 (64.2%)
51	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	+00:19:39 (36.2%)	5:26	11 (63.6%)
52	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	+00:20:07 (36.7%)	5:28	10.9 (63.0%)
53	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%)
54	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	+00:20:20 (37.0%)	5:30	10.9 (63.0%)
55	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%)
56	JOCHLIK Szymon	157		M30-39	69			00:00:17	00:15:55	00:40:39	00:55:48.64	00:56:06.59	+00:21:07 (37.9%)	5:34	10.8 (62.4%)
57	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	+00:21:17 (38.0%)	5:35	10.7 (61.8%)
58	MIĄSIK Dariusz	297		M50-59	27			00:00:21	00:16:01	00:40:44	00:56:05.80	00:56:27.61	+00:21:24 (38.2%)	5:36	10.7 (61.8%)
59	DUDZIAK Grzegorz	391		M40-49	76			00:00:13	00:15:29	00:40:12	00:56:39.63	00:56:53.18	+00:21:58 (38.8%)	5:39	10.6 (61.3%)
60	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%)

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61	SZULIŃSKI Paweł	574		M50-59	28			00:00:22	00:16:29	00:41:30	00:57:12.85	00:57:35.82	+00:22:31 (39.4%)	5:43	10.5 (60.7%)
62	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	+00:22:43 (39.6%)	5:44	10.5 (60.7%)
63	ORZECZOWSKI 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%)
64	GORZELAK Zbyszek	506		M40-49	79			00:00:07	00:16:05	00:41:22	00:57:41.51	00:57:49.33	+00:23:00 (39.9%)	5:46	10.4 (60.1%)
65	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	+00:23:18 (40.2%)	5:47	10.3 (59.5%)
66	JARZĄBEK Robert	403		M40-49	80			00:00:21	00:16:45	00:42:12	00:58:05.21	00:58:26.30	+00:23:24 (40.3%)	5:48	10.3 (59.5%)
67	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%)
68	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	+00:24:21 (41.3%)	5:54	10.2 (59.0%)
69	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	+00:25:26 (42.3%)	6:00	10 (57.8%)
70	CHMIEL Jacek	383		M60-69	10			00:00:22	00:17:12	00:43:40	01:00:08.23	01:00:31.10	+00:25:27 (42.3%)	6:00	10 (57.8%)
71	KLAPCZYŃSKI Dorian	406		M30-39	73			00:00:17	00:17:05	00:44:07	01:01:12.64	01:01:29.91	+00:26:31 (43.3%)	6:07	9.8 (56.6%)
72	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	+00:26:48 (43.6%)	6:08	9.8 (56.6%)
73	MARKOWSKI Cyryl	424		M16-19	12			00:00:28	00:18:21	00:45:29	01:01:51.40	01:02:19.54	+00:27:10 (43.9%)	6:11	9.7 (56.1%)
74	MARKOWSKI Jacek	423		M40-49	88			00:00:28	00:18:19	00:45:29	01:01:58.59	01:02:27.01	+00:27:17 (44.0%)	6:11	9.7 (56.1%)
75	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	+00:27:29 (44.2%)	6:13	9.7 (56.1%)
76	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	+00:27:42 (44.4%)	6:14	9.6 (55.5%)
77	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	+00:28:28 (45.1%)	6:18	9.5 (54.9%)
78	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	+00:28:28 (45.1%)	6:18	9.5 (54.9%)
79	ZALEWSKI Maciej	599		M50-59	34			00:00:17	00:18:04	00:45:47	01:03:30.39	01:03:47.54	+00:28:49 (45.4%)	6:21	9.4 (54.3%)
80	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	+00:29:03 (45.6%)	6:22	9.4 (54.3%)
81	GRUSZKA Aleksander	259		M16-19	13			00:00:19	00:18:14	00:46:24	01:05:12.98	01:05:32.50	+00:30:31 (46.8%)	6:31	9.2 (53.2%)
82	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%)
83	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	+00:31:30 (47.6%)	6:37	9.1 (52.6%)

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84	MŁYNARCZYK Jerzy	427	PKM ŚNIEŻNE KOTŁY	M60-69	12			00:00:24	00:19:09	00:50:25	01:11:12.00	01:11:36.50	+00:36:30 (51.3%)	7:07	8.4 (48.6%)
85	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	+00:37:44 (52.1%)	7:14	8.3 (48.0%)
Przekroczony limit czasu: 01:30:00															
86	TRAWNICKI Jan	582		M70+	4			00:00:22	00:22:43	01:12:41	01:37:27.75	01:37:49.77	+01:02:46 (64.4%)	9:44	6.2 (35.8%)

Znaleziono 86 wynik(ów)