

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Event: Jastrzębska Dziesiątka 2019
Organiser: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Date: 2019-09-21
Place: Jastrzębie-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M30-39

Split point: 7,3 km

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
1	KIBIRE Moses Kipruto	335	BENEDEK-TEAM	M30-39		00:00:01	00:08:44	00:14:55	00:22:12
2	DROŹDŹ Damian	363		M30-39	Inżynieria biegania Team	00:00:01	00:09:50	00:16:32	00:24:20
3	LYSKO Jakub	383		M30-39		00:00:01	00:09:50	00:16:30	00:24:21
4	ŻURAWIK Daniel	415		M30-39		00:00:01	00:09:50	00:16:46	00:24:53
5	KWESTOROWSKI Bartosz	380		M30-39		00:00:01	00:09:50	00:16:44	00:24:59
6	MUSKIETORZ Piotr	388		M30-39	Inżynieria biegania Team	00:00:00	00:10:03	00:17:06	00:25:25
7	LIZAK Wociech	381		M30-39	Nieślony Lizak	00:00:00	00:10:15	00:17:26	00:25:44
8	KARDAS Arkadiusz	373		M30-39		00:00:01	00:10:23	00:17:37	00:25:59
9	PORĘBA Grzegorz	396		M30-39	Niewybiegani	00:00:00	00:10:24	00:17:44	00:26:39
10	HATAŁA Paweł	369		M30-39		00:00:02	00:10:38	00:18:06	00:26:42
11	URBANIAK Witek	407		M30-39		00:00:01	00:10:32	00:18:01	00:26:45
12	BŁASZCZYK Dominik	358		M30-39		00:00:01	00:10:32	00:17:51	00:26:49
13	BARTOSIK Sebastian	357		M30-39	FORMA Wodzisław Śląski	00:00:02	00:10:29	00:18:00	00:26:50
14	SEIFFERT Markus	400		M30-39	Koszulka Hynia	00:00:03	00:10:43	00:18:14	00:27:02
15	DUŻNIAK Dominik	364		M30-39		00:00:02	00:10:39	00:18:11	00:27:06
16	WALCZYŃSKI Mariusz	408		M30-39	Niewybiegani	00:00:02	00:10:53	00:18:25	00:27:15
17	OSETEK Paweł	392		M30-39	Radlinioki w biegu	00:00:01	00:10:45	00:18:36	00:27:26
18	KĄŁUŻNY Adam	372		M30-39	SOCIOS SILESIA	00:00:02	00:10:47	00:18:28	00:27:27
19	SZKODA Dariusz	405		M30-39	SOCIOS SILESIA	00:00:02	00:10:59	00:18:39	00:27:41
20	CHRAPKIEWICZ Michał	360		M30-39	Olza Cieszyn	00:00:02	00:10:56	00:18:39	00:27:44
21	GIŻYŃSKI Damian	366		M30-39	GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44
22	LEDWOŃ Paweł	468		M30-39		00:00:03	00:11:04	00:18:48	00:27:54
23	JASTRZĘBSKI Piotr	451		M30-39		00:00:02	00:11:03	00:18:50	00:27:57
24	ZIELIŃSKI Rafał	413		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03
25	NOGA Krystian	488		M30-39	FORMA Wodzisław Śląski	00:00:04	00:11:11	00:18:59	00:28:05
26	ŻERDKA Michał	542		M30-39		00:00:03	00:11:04	00:18:49	00:28:06
27	MAROSZEK Szymon	480		M30-39		00:00:04	00:11:22	00:19:13	00:28:28
28	ADAMSKI Robert	353		M30-39	Brykająca Grupa Biegowa	00:00:03	00:11:38	00:19:34	00:28:38
29	FURMAN Dawid	438		M30-39		00:00:04	00:11:31	00:19:26	00:28:38
30	OLBRICH Artur	391		M30-39		00:00:03	00:11:25	00:19:23	00:28:42
31	TRAFIAŁEK Miłosz	528		M30-39		00:00:04	00:11:16	00:19:16	00:28:46

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
32	STUCHLIK Marek	520		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:11:35	00:19:39	00:29:01
33	KAWCZYŃSKI Radosław	457		M30-39	Team URODZENI BIEGACZE	00:00:05	00:11:35	00:19:35	00:29:01
34	MEREDYK Adrian	387		M30-39		00:00:02	00:11:17	00:19:26	00:29:05
35	WOLNY Ariel	535		M30-39		00:00:06	00:11:47	00:19:46	00:29:19
36	BRYŁA Rafał	427		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27
37	MARCZAK Piotr	478		M30-39		00:00:05	00:11:30	00:19:47	00:29:39
38	NOWICKI Tomasz	491		M30-39	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40
39	HANKUS Łukasz	447		M30-39		00:00:07	00:11:49	00:19:52	00:29:43
40	HEJNA Michał	587		M30-39	Koszulka Hynia	00:00:07	00:11:57	00:20:10	00:29:44
41	SPYRKA Piotr	518		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50
42	TOKAREWICZ Damian	525		M30-39		00:00:09	00:11:55	00:20:08	00:29:54
43	SURWIŁO Sandro	521		M30-39		00:00:03	00:12:04	00:20:25	00:29:59
44	MARTOWSKI Przemysław	481		M30-39		00:00:04	00:11:52	00:20:12	00:29:59
45	BORCHERT Marcin	425		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:12:09	00:20:31	00:29:59
46	PAGIEŁA Łukasz	497		M30-39	Olza Cieszyn	00:00:01	00:12:04	00:20:30	00:30:06
47	RAJWA Jan	508		M30-39	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10
48	RESPONDEK Leszek	673		M30-39		00:00:08	00:12:09	00:20:30	00:30:13
49	BEREZOWSKI Tomasz	419		M30-39		00:00:10	00:12:04	00:20:21	00:30:14
50	WOWRY Grzegorz	409		M30-39	Olza Cieszyn	00:00:00	00:12:05	00:20:31	00:30:19
51	MAJ Przemysław	476		M30-39	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24
52	WRZECIONKOWSKI Adrian	536		M30-39		00:00:10	00:12:12	00:20:38	00:30:26
53	KRUK Tomasz	462		M30-39	Athletics Nysa	00:00:06	00:12:07	00:20:25	00:30:30
54	TŁOŁKA Michał	524		M30-39		00:00:07	00:12:02	00:20:28	00:30:37
55	KUŚ Tomasz	466		M30-39		00:00:12	00:12:20	00:20:48	00:30:39
56	PRZYBYŁA Tadeusz	805		M30-39		00:00:07	00:12:24	00:21:00	00:30:59
57	GADAJ Grzegorz	439		M30-39		00:00:04	00:12:00	00:20:39	00:31:00
58	TOMCZYK Maurycy	527		M30-39		00:00:04	00:12:33	00:21:07	00:31:01
59	DEJEWSKI Jakub	433		M30-39	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01
60	ŻUKROWSKI Krzysztof	718		M30-39		00:00:17	00:12:23	00:20:54	00:31:03
61	ROEHRICH Krzysztof	509		M30-39		00:00:04	00:12:15	00:21:01	00:31:11
62	MĘŻYK Matik	635		M30-39	Koszulka Hynia	00:00:06	00:12:04	00:20:45	00:31:11
63	LILLA Piotr	470		M30-39		00:00:04	00:11:52	00:20:50	00:31:19
64	ŁATKA Łukasz	626		M30-39		00:00:11	00:12:34	00:21:09	00:31:22
65	LAZAR Damian	624		M30-39		00:00:17	00:12:40	00:21:17	00:31:22
66	DUDZIK Sebastian	568		M30-39		00:00:15	00:12:33	00:21:17	00:31:27
67	GRUCEL Damian	445		M30-39	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28
68	SZAREK Krzysztof	522		M30-39	BIEG PO ZDRÓJ	00:00:08	00:12:26	00:21:13	00:31:36
69	CHRUSZCZ Wojciech	429		M30-39	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38
70	MACHEJ Remigiusz	629		M30-39	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55
71	JOCHLIK Szymon	452		M30-39		00:00:07	00:12:15	00:21:13	00:32:03
72	SMYCZEK Bartosz	898		M30-39		00:00:24	00:13:13	00:22:00	00:32:15
73	GRUDZIŃSKI Radosław	584		M30-39		00:00:06	00:12:54	00:21:54	00:32:20
74	BURYBA Jacek	557		M30-39	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32
75	NYKIEL Mariusz	492		M30-39	SOCIOS SILESIA	00:00:00	00:10:46	00:20:39	00:32:36
76	GAUDYN Andrzej	440		M30-39		00:00:11	00:13:23	00:22:23	00:32:38
77	MAŁECKI Jacek	631		M30-39		00:00:16	00:13:16	00:22:23	00:32:46

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
78	STROF Marcin	683		M30-39		00:00:10	00:13:11	00:22:14	00:32:49
79	ZIELIŃSKI Jacek	716		M30-39		00:00:14	00:13:08	00:22:20	00:32:50
80	BALICKI Piotr	546		M30-39		00:00:15	00:12:23	00:22:19	00:32:50
81	ŁUSZCZYK Sergiusz	627		M30-39		00:00:09	00:12:57	00:22:00	00:32:51
82	OGIEŁO Łukasz	493		M30-39		00:00:09	00:12:46	00:22:05	00:33:01
83	PRZELIORZ Oktawian	666		M30-39		00:00:14	00:13:20	00:22:27	00:33:04
84	PRZELIORZ Oktawian	506		M30-39		00:00:14	00:13:20	00:22:27	00:33:04
85	KOŁEK Michał	763		M30-39		00:00:10	00:13:20	00:22:28	00:33:12
86	BORYCZKA Szymon	426		M30-39		00:00:11	00:12:50	00:22:15	00:33:12
87	FLISZTA Marcin	570		M30-39		00:00:07	00:13:00	00:22:26	00:33:13
88	KUŚ Dawid	623		M30-39		00:00:05	00:13:20	00:22:29	00:33:20
89	GÓRECKI Wojciech	744		M30-39		00:00:13	00:12:53	00:22:04	00:33:20
90	FROSZTĘGA Daniel	574		M30-39		00:00:19	00:13:24	00:22:32	00:33:26
91	KACZMAREK Jacek	453		M30-39	GRUBIORZE LOTAJOM	00:00:12	00:13:27	00:22:38	00:33:28
92	OGRODNIK Damian	644		M30-39		00:00:14	00:13:19	00:22:30	00:33:33
93	MALIK Rafał	385		M30-39		00:00:04	00:13:03	00:22:14	00:33:34
94	ŻELECH Grzegorz	920		M30-39	PoWoli do Celu	00:00:11	00:12:50	00:22:19	00:33:34
95	MIKA Łukasz	637		M30-39		00:00:12	00:13:21	00:22:41	00:33:37
96	WOŹNIAK Przemysław	712		M30-39		00:00:15	00:13:56	00:23:09	00:33:38
97	OPUCHLIK Roman	495		M30-39		00:00:03	00:13:18	00:22:45	00:33:40
98	CHRAPKIEWICZ Marek	560		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:13:18	00:22:44	00:33:40
99	KUBERA Dawid	463		M30-39		00:00:10	00:13:18	00:22:34	00:33:41
100	BRANDYS Adam	551		M30-39		00:00:13	00:13:29	00:22:43	00:33:41
101	CHROBOK Michał	561		M30-39	RunPatola	00:00:16	00:13:31	00:22:50	00:33:42
102	BĄKOWSKI Michał	547		M30-39		00:00:17	00:13:34	00:22:55	00:33:42
103	ONAK Paweł	645		M30-39		00:00:20	00:13:13	00:22:38	00:33:42
104	KUBALA Jan	861		M30-39		00:00:14	00:13:28	00:22:45	00:33:43
105	KIEPIELA Dawid	941		M30-39	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48
106	MACH Sebastian	866		M30-39		00:00:26	00:13:47	00:23:07	00:34:01
107	PIETRASZ Krzysztof	658		M30-39		00:00:17	00:13:30	00:22:49	00:34:02
108	HARAZIN Janusz	586		M30-39		00:00:11	00:13:44	00:23:11	00:34:10
109	LELENIEWSKI Jacek	625		M30-39		00:00:15	00:13:42	00:23:11	00:34:19
110	PETRYNA Bartosz	655		M30-39		00:00:11	00:13:33	00:23:07	00:34:20
111	WIŚNIEWSKI Przemysław	708		M30-39		00:00:23	00:13:35	00:23:06	00:34:22
112	NIEMCZYK Rafał	643		M30-39	KB MCKIS Jaworzno	00:00:08	00:14:03	00:23:25	00:34:32
113	KLINGER Alan	602		M30-39		00:00:19	00:13:44	00:23:23	00:34:39
114	CZAPOROWSKI Tomasz	431		M30-39		00:00:25	00:14:11	00:23:44	00:34:39
115	WANDZEL Tomasz	824		M30-39		00:00:13	00:14:03	00:23:38	00:34:51
116	MARON Tomasz	479		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55
117	URBASIK Daniel	909		M30-39		00:00:27	00:14:21	00:24:08	00:34:57
118	WOJCIECH Jarosław	832		M30-39	PoWoli do Celu	00:00:11	00:14:02	00:23:44	00:35:02
119	RYBAK Tomasz	892		M30-39		00:00:12	00:13:44	00:23:29	00:35:07
120	JESIONEK Krzysztof	593		M30-39		00:00:13	00:14:16	00:23:57	00:35:07
121	KAMIŃSKI Zbigniew	599		M30-39		00:00:13	00:14:12	00:24:01	00:35:18
122	MARCHEWKA Bartosz	632		M30-39		00:00:11	00:13:58	00:23:45	00:35:19
123	WOJNAR Janusz	711		M30-39		00:00:22	00:14:02	00:23:50	00:35:19

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
124	PODKOWIK Marcin	663		M30-39		00:00:18	00:14:04	00:23:58	00:35:24
125	KUCHARCZYK Mateusz	770		M30-39		00:00:06	00:13:47	00:23:45	00:35:32
126	FOKS Marcin	573		M30-39		00:00:12	00:13:41	00:23:44	00:35:32
127	PARTYKA Karol	794		M30-39		00:00:13	00:13:59	00:23:48	00:35:43
128	WAWRÓW Mirosław	826		M30-39		00:00:22	00:14:19	00:24:10	00:35:44
129	GAWLAS Krzysztof	578		M30-39		00:00:17	00:13:43	00:23:46	00:35:53
130	PIDANTY Łukasz	797		M30-39		00:00:23	00:14:11	00:24:20	00:35:56
131	LIZAK Grzegorz	471		M30-39	Nieślony Lizak	00:00:04	00:14:09	00:24:05	00:36:01
132	BOTOREK Michał	550		M30-39		00:00:16	00:14:30	00:24:29	00:36:01
133	BRAUNER Wojciech	552		M30-39		00:00:21	00:14:34	00:24:33	00:36:09
134	MAZUR Dariusz	869		M30-39		00:00:19	00:14:20	00:24:29	00:36:11
135	WIDENKA Robert	704		M30-39		00:00:14	00:13:57	00:23:54	00:36:21
136	GIERULA Artur	740		M30-39		00:00:16	00:14:34	00:24:38	00:36:39
137	STARCZEWSKI Marcin	815		M30-39		00:00:17	00:14:36	00:24:48	00:36:39
138	KAMIŃSKI Radek	598		M30-39		00:00:24	00:14:53	00:25:00	00:36:40
139	JANKO Kamil	751		M30-39		00:00:16	00:14:35	00:24:43	00:36:45
140	RYBAK Remigiusz	891		M30-39		00:00:12	00:14:32	00:24:50	00:36:52
141	ŚPIEWAK Marek	691		M30-39		00:00:17	00:14:31	00:24:47	00:36:53
142	POŁĘĆ Krzysztof	802		M30-39	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56
143	KORBUS Piotr	764		M30-39		00:00:26	00:14:53	00:25:08	00:36:59
144	KARAWACKI Grzegorz	758		M30-39		00:00:22	00:14:59	00:25:18	00:37:05
145	GANDZEL Szymon	581		M30-39		00:00:23	00:14:55	00:25:14	00:37:16
146	MAZUR Mariusz	870		M30-39		00:00:20	00:14:21	00:24:42	00:37:18
147	GAŚOWSKI Szymon	851		M30-39		00:00:29	00:15:18	00:25:35	00:37:26
148	BILIŃSKI Marcin	729		M30-39		00:00:19	00:14:58	00:25:23	00:37:41
149	PANNEK Marcin	793		M30-39		00:00:16	00:15:13	00:25:39	00:37:42
150	LUBSZCZYK Adrian	774		M30-39	Decathlon & Przyjaciele	00:00:19	00:15:02	00:25:36	00:37:43
151	ZIELIŃSKI Andrzej	539		M30-39	Eko-Okna Runners	00:00:19	00:15:14	00:25:40	00:37:47
152	POŁOMSKI Dawid	803		M30-39		00:00:35	00:14:40	00:25:14	00:37:47
153	PAJĄCZKOWSKI Michał	879		M30-39		00:00:15	00:15:01	00:25:31	00:38:05
154	LANDZIŃSKI Jacek	865		M30-39		00:00:15	00:15:30	00:26:15	00:38:14
155	JANCZUKOWICZ Łukasz	750		M30-39		00:00:27	00:15:58	00:26:18	00:38:18
156	WILCZOK Daniel	831		M30-39		00:00:17	00:15:06	00:26:01	00:38:24
157	BOŚ Przemysław	549		M30-39	KB MCKIS Jaworzno	00:00:19	00:15:08	00:25:24	00:38:29
158	GUT Zbigniew	748		M30-39		00:00:22	00:15:19	00:25:52	00:38:37
159	FRĄTCZAK Bartosz	850		M30-39	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39
160	WEYGAND Patryk	703		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45
161	MUSIAŁ Łukasz	874		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45
162	SKIBA Maciej	894		M30-39		00:00:26	00:15:07	00:26:00	00:38:46
163	WIEJACZ Wiejacz	828		M30-39		00:00:25	00:15:11	00:25:52	00:38:48
164	ZABIEGLIŃSKI Andrzej	714		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57
165	ANTOŃCZYK Przemysław	720		M30-39		00:00:19	00:15:32	00:26:17	00:38:58
166	MALISZEWSKI Marcin	779		M30-39		00:00:22	00:14:59	00:25:35	00:38:58
167	MALISZEWSKI Dariusz	778		M30-39		00:00:22	00:15:00	00:25:35	00:38:58
168	JASZCZYK Łukasz	937		M30-39		00:00:18	00:15:14	00:26:02	00:38:59
169	BAJOR Paweł	837		M30-39		00:00:15	00:15:02	00:26:09	00:39:02

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
170	SUBIK Tomasz	684		M30-39		00:00:19	00:15:06	00:25:51	00:39:04
171	PALA Mariusz	792		M30-39		00:00:15	00:14:44	00:25:47	00:39:13
172	JASIŃSKI Krzysztof	858		M30-39		00:00:24	00:15:06	00:26:11	00:39:22
173	BIELICH Adrian	728		M30-39	Alkoteam Rybnik	00:00:07	00:14:57	00:26:02	00:39:28
174	SŁOWIŃSKI Jacek	963		M30-39		00:00:27	00:15:57	00:26:42	00:39:34
175	KULA Radosław	864		M30-39		00:00:08	00:15:02	00:26:07	00:39:39
176	KUŚKA Tadeusz	952		M30-39		00:00:29	00:15:45	00:26:57	00:40:12
177	DURAJ Dariusz	848		M30-39	WKURW_TEAM	00:00:16	00:15:53	00:26:53	00:40:15
178	FELSKI Krzysztof	849		M30-39		00:00:25	00:15:37	00:26:58	00:40:35
179	BARAN Dawid	838		M30-39		00:00:26	00:15:20	00:26:47	00:40:43
180	OSIEWACZ Zbigniew	877		M30-39		00:00:18	00:16:03	00:27:18	00:40:44
181	ŻYŁA Wojciech	921		M30-39		00:00:24	00:15:41	00:27:24	00:41:03
182	WOWRA Robert	914		M30-39		00:00:32	00:16:22	00:27:52	00:41:24
183	MARON Tadeusz	633		M30-39		00:00:23	00:16:14	00:28:03	00:41:47
184	DRĄG Rafał	847		M30-39		00:00:26	00:16:46	00:28:31	00:42:15
185	SOBEK Mariusz	901		M30-39		00:00:27	00:16:24	00:28:02	00:42:18
186	BUCZAK Łukasz	926		M30-39		00:00:07	00:14:45	00:27:26	00:42:23
187	CIEŚLA Artur	734		M30-39		00:00:26	00:15:57	00:27:58	00:42:31
188	LEJKOWSKI Sebastian	953		M30-39		00:00:30	00:17:21	00:29:08	00:42:55
189	SŁOWIŃSKI Kamil	964		M30-39		00:00:28	00:17:16	00:29:07	00:42:57
190	SCHAB Paweł	678		M30-39		00:00:00	00:20:58	00:30:53	00:43:07
191	STOCHNIJ Karol	905		M30-39		00:00:26	00:17:17	00:29:14	00:43:41
192	KRZYSTOLIK Damian	948		M30-39		00:00:26	00:17:10	00:29:15	00:43:46
193	OGRODNIK Sebastian	957		M30-39		00:00:14	00:17:26	00:30:13	00:45:06
194	BALICKI Paweł	923		M30-39		00:00:04	00:15:50	00:29:17	00:45:28
195	BURDA Andrzej	843		M30-39	Eko-Okna Runners	00:00:27	00:17:26	00:30:24	00:45:38
196	WARDACH Tomasz	825		M30-39		00:00:26	00:19:07	00:33:04	00:50:13
197	POŁOMSKI Grzegorz	503		M30-39		00:00:00			
198	KOŹMIŃSKI Józef	378		M30-39		00:00:01	00:09:55	00:17:07	
199	WOJCIECHOWSKI Marcin	833		M30-39	Radlinioki w biegu	00:00:01	00:31:22	00:40:11	
200	DANIKIEWICZ Michał	432		M30-39	Rozbiegamy To Miasto - Czechowice-Dziedzice	00:00:13	00:32:28	00:41:24	
201	MAJKA Tomasz	777		M30-39	KB MCKIS Jaworzno	00:00:20	00:34:53	00:44:07	

Total 201 results.