

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie:

Jastrzębska Dziesiątka 2019

Organizator:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

Data:

2019-09-21

Miejsce:

Jastrzębie-Zdrój

Dystans:

10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LUBIENIECKI Maciej	382		M40-49	1		00:00:01	00:09:50	00:16:42	00:24:53	00:32:01	00:34:07.20	00:34:08.45		3:24	17.6 (100%)
2	SOBOL Tomasz	401		M40-49	2		00:00:01	00:10:54	00:18:27	00:27:05	00:34:24	00:36:31.15	00:36:32.95	+00:02:23 (6.6%)	3:39	16.4 (93.2%)
3	CICHOŃ Roman	361		M40-49	3		00:00:02	00:10:38	00:18:06	00:26:49	00:34:26	00:36:36.50	00:36:39.20	+00:02:29 (6.8%)	3:39	16.4 (93.2%)
4	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49	4		00:00:02	00:10:53	00:18:25	00:27:07	00:34:35	00:36:44.30	00:36:46.50	+00:02:37 (7.1%)	3:40	16.3 (92.6%)
5	KUBIK Arkadiusz	464		M40-49	5	Dystans Lubomia	00:00:02	00:10:46	00:18:23	00:27:17	00:34:58	00:37:10.45	00:37:13.10	+00:03:03 (8.2%)	3:43	16.1 (91.5%)
6	FIRLA Arkadiusz	365		M40-49	6		00:00:02	00:10:42	00:18:17	00:27:13	00:34:58	00:37:14.90	00:37:17.05	+00:03:07 (8.4%)	3:43	16.1 (91.5%)
7	RĘBISZ Mariusz	398		M40-49	7		00:00:01	00:11:09	00:18:49	00:27:49	00:35:31	00:37:46.55	00:37:48.15	+00:03:39 (9.7%)	3:46	15.9 (90.3%)
8	PRZYBYŁA Przemek	507		M40-49	8		00:00:01	00:11:08	00:18:52	00:27:51	00:35:41	00:37:56.00	00:37:57.85	+00:03:48 (10.1%)	3:47	15.8 (89.8%)
9	MALINA Adam	477		M40-49	9		00:00:02	00:11:15	00:19:10	00:28:17	00:36:04	00:38:20.80	00:38:23.65	+00:04:13 (11.0%)	3:50	15.6 (88.6%)
10	MENCEWICZ Paweł	484		M40-49	10	FORMA Wodzisław Śląski	00:00:02	00:11:17	00:19:12	00:28:22	00:36:20	00:38:49.25	00:38:51.95	+00:04:42 (12.1%)	3:52	15.5 (88.1%)
11	GRUDZIŃ Krzysztof	368		M40-49	11		00:00:03	00:11:07	00:19:04	00:28:32	00:36:35	00:38:55.50	00:38:58.70	+00:04:48 (12.3%)	3:53	15.4 (87.5%)
12	ALBRECHT Arkadiusz	354		M40-49	12	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43	00:36:42	00:38:57.65	00:39:03.30	+00:04:50 (12.4%)	3:53	15.4 (87.5%)
13	PALT Tomasz	499		M40-49	13		00:00:04	00:11:39	00:19:39	00:29:00	00:37:00	00:39:20.10	00:39:24.45	+00:05:12 (13.3%)	3:56	15.3 (86.9%)
14	KILJAN Mariusz	375		M40-49	14	KB MCKIS Jaworzno	00:00:02	00:11:19	00:19:26	00:28:52	00:37:01	00:39:20.55	00:39:23.45	+00:05:13 (13.3%)	3:56	15.2 (86.4%)
15	SKIBA Ryszard	517		M40-49	15		00:00:05	00:11:36	00:19:42	00:29:20	00:37:27	00:39:45.75	00:39:51.10	+00:05:38 (14.2%)	3:58	15.1 (85.8%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
16	CIECIAK Grzegorz	430		M40-49	16		00:00:09	00:11:55	00:20:08	00:29:40	00:37:54	00:40:19.25	00:40:28.40	+00:06:12 (15.4%)	4:01	14.9 (84.7%)
17	SIEGMUND Tadeusz	679		M40-49	17	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09	00:38:31	00:40:56.55	00:40:59.15	+00:06:49 (16.7%)	4:05	14.7 (83.5%)
18	STACHOWSKI Ireneusz	519		M40-49	18	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22	00:30:13	00:38:41	00:41:07.45	00:41:09.90	+00:07:00 (17.0%)	4:06	14.6 (83.0%)
19	BRZÓSKA Rafał	428		M40-49	19		00:00:05	00:12:10	00:20:42	00:30:33	00:38:51	00:41:08.50	00:41:14.40	+00:07:01 (17.1%)	4:06	14.6 (83.0%)
20	BIAŁECKI Tomasz	548		M40-49	20	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25	00:38:47	00:41:16.80	00:41:22.50	+00:07:09 (17.3%)	4:07	14.5 (82.4%)
21	PALKA Dawid	650		M40-49	21	40-latek Tychy	00:00:05	00:11:47	00:20:08	00:30:03	00:38:33	00:41:17.40	00:41:23.00	+00:07:10 (17.4%)	4:07	14.5 (82.4%)
22	ROMIK Krzysztof	510		M40-49	22		00:00:07	00:12:06	00:20:26	00:30:13	00:38:48	00:41:19.50	00:41:26.50	+00:07:12 (17.4%)	4:07	14.5 (82.4%)
23	GLAJCAR Tomasz	582		M40-49	23		00:00:12	00:12:29	00:21:05	00:30:56	00:39:24	00:41:33.00	00:41:45.45	+00:07:25 (17.9%)	4:09	14.4 (81.8%)
24	PALIGA Rafał	498		M40-49	24		00:00:05	00:11:58	00:20:28	00:30:33	00:39:13	00:41:39.50	00:41:45.15	+00:07:32 (18.1%)	4:10	14.4 (81.8%)
25	KUNINA Paweł	465		M40-49	25		00:00:03	00:12:40	00:21:43	00:31:27	00:39:44	00:41:56.15	00:41:59.50	+00:07:48 (18.6%)	4:11	14.3 (81.3%)
26	MAZUR Marek	482		M40-49	26		00:00:04	00:12:12	00:20:48	00:31:09	00:39:37	00:42:05.50	00:42:09.75	+00:07:58 (18.9%)	4:12	14.3 (81.3%)
27	KAWECKI Stanisław	601		M40-49	27	Olza Cieszyn	00:00:10	00:12:06	00:20:47	00:31:00	00:39:46	00:42:14.50	00:42:24.50	+00:08:07 (19.2%)	4:13	14.2 (80.7%)
28	KUSY Rafał	622		M40-49	28	Olza Cieszyn	00:00:08	00:12:16	00:20:54	00:31:04	00:40:00	00:42:34.65	00:42:42.75	+00:08:27 (19.9%)	4:15	14.1 (80.1%)
29	RUCIŃSKI Krzysztof	676		M40-49	29		00:00:07	00:12:00	00:20:50	00:31:09	00:39:49	00:42:37.65	00:42:45.10	+00:08:30 (20.0%)	4:15	14.1 (80.1%)
29	ORŁOWSKI Grzegorz	646		M40-49	30		00:00:06	00:31:14	00:40:06			00:42:37.65	00:42:44.55	+00:08:30 (20.0%)	4:15	14.1 (80.1%)
31	KANCLERZ Tomasz	455		M40-49	31		00:00:06	00:12:31	00:21:15	00:31:26	00:40:09	00:42:38.65	00:42:45.35	+00:08:31 (20.0%)	4:15	14.1 (80.1%)
32	KAMYCZEK Grzegorz	600		M40-49	32		00:00:20	00:12:53	00:21:37	00:31:44	00:40:27	00:42:45.90	00:43:06.05	+00:08:38 (20.2%)	4:16	14 (79.5%)
33	LEŚNIAK Krzysztof	469		M40-49	33	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45	00:40:18	00:42:47.95	00:43:03.10	+00:08:40 (20.3%)	4:16	14 (79.5%)
34	OGIERMAN Grzegorz	494		M40-49	34	Olza Cieszyn	00:00:06	00:12:27	00:21:14	00:31:39	00:40:27	00:42:49.35	00:42:56.00	+00:08:42 (20.3%)	4:17	14 (79.5%)
35	MICHAŁSKI Rafał	636		M40-49	35	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03	00:31:22	00:40:14	00:42:50.60	00:42:56.50	+00:08:43 (20.4%)	4:17	14 (79.5%)
36	BUĆKO Marcin	553		M40-49	36	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28	00:31:48	00:40:27	00:42:54.75	00:42:59.00	+00:08:47 (20.5%)	4:17	14 (79.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
37	GRZONKA Andrzej	446		M40-49	37	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31	00:40:28	00:42:56.65	00:42:59.30	+00:08:49 (20.5%)	4:17	14 (79.5%)
38	KNYPS Adam	761		M40-49	38		00:00:18	00:12:55	00:21:39	00:31:46	00:40:29	00:42:56.95	00:43:15.60	+00:08:49 (20.6%)	4:17	14 (79.5%)
39	KORCZ Daniel	461		M40-49	39	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24	00:31:52	00:40:49	00:43:07.80	00:43:15.40	+00:09:00 (20.9%)	4:18	13.9 (79.0%)
40	WOJAKOWSKI Krzysztof	533		M40-49	40		00:00:06	00:12:35	00:21:26	00:31:52	00:40:42	00:43:08.80	00:43:15.05	+00:09:01 (20.9%)	4:18	13.9 (79.0%)
41	ŁYSEK Paweł	628		M40-49	41	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47	00:43:12.25	00:43:18.25	+00:09:05 (21.0%)	4:19	13.9 (79.0%)
42	MUSZEWSKI Bartłomiej	642		M40-49	42	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09	00:31:37	00:40:38	00:43:17.60	00:43:28.95	+00:09:10 (21.2%)	4:19	13.9 (79.0%)
43	GLINIECKI Bartłomiej	443		M40-49	43	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12	00:31:54	00:40:51	00:43:18.40	00:43:23.80	+00:09:11 (21.2%)	4:19	13.9 (79.0%)
44	BIELA Rafał	423		M40-49	44		00:00:09	00:12:47	00:21:46	00:32:01	00:40:54	00:43:27.00	00:43:36.55	+00:09:19 (21.5%)	4:20	13.8 (78.4%)
45	BULANDA Andrzej	554		M40-49	45		00:00:05	00:12:31	00:21:20	00:32:06	00:40:58	00:43:30.20	00:43:36.10	+00:09:23 (21.6%)	4:21	13.8 (78.4%)
46	JĘDRZEJAK Piotr	596		M40-49	46		00:00:12	00:12:40	00:21:36	00:32:04	00:41:07	00:43:33.60	00:43:46.35	+00:09:26 (21.7%)	4:21	13.8 (78.4%)
47	SZAREK Rafał	685		M40-49	47	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53	00:32:21	00:41:17	00:43:44.55	00:44:02.70	+00:09:37 (22.0%)	4:22	13.7 (77.8%)
48	BAC Michał	545		M40-49	48		00:00:14	00:13:03	00:21:57	00:32:24	00:41:17	00:43:49.90	00:44:04.80	+00:09:42 (22.2%)	4:23	13.7 (77.8%)
49	TRAWNICKI Maciej	695		M40-49	49		00:00:11	00:12:52	00:21:56	00:32:45	00:42:01	00:44:30.90	00:44:42.15	+00:10:23 (23.4%)	4:27	13.5 (76.7%)
50	RADOMSKI Mariusz	670		M40-49	50		00:00:37	00:13:09	00:22:09	00:32:51	00:41:53	00:44:33.60	00:45:10.85	+00:10:26 (23.4%)	4:27	13.5 (76.7%)
51	POŁEDNIK Tomasz	502		M40-49	51		00:00:09	00:12:36	00:21:44	00:32:36	00:41:49	00:44:36.20	00:44:45.85	+00:10:29 (23.5%)	4:27	13.5 (76.7%)
52	WIERCIOCH Tomasz	706		M40-49	52		00:00:18	00:13:19	00:22:19	00:32:57	00:41:59	00:44:37.20	00:44:55.20	+00:10:30 (23.5%)	4:27	13.4 (76.1%)
53	IZYDORCZYK Robert	588		M40-49	53		00:00:09	00:12:50	00:21:56	00:32:42	00:41:58	00:44:37.60	00:44:47.35	+00:10:30 (23.5%)	4:27	13.4 (76.1%)
54	DOBRENIUK Krzysztof	434		M40-49	54		00:00:03	00:13:03	00:22:16	00:33:07	00:42:13	00:44:40.40	00:44:43.60	+00:10:33 (23.6%)	4:28	13.4 (76.1%)
55	RĘBISZ Paweł	674		M40-49	55		00:00:19	00:13:40	00:22:56	00:33:26	00:42:13	00:44:42.50	00:45:01.50	+00:10:35 (23.7%)	4:28	13.4 (76.1%)
56	LORENZ Marcin	474		M40-49	56	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49		00:41:55	00:44:49.35	00:45:05.35	+00:10:42 (23.9%)	4:28	13.4 (76.1%)
57	MAGOŃ Marcin	630		M40-49	57		00:00:23	00:13:12	00:22:29	00:33:26	00:42:42	00:45:22.35	00:45:46.15	+00:11:15 (24.8%)	4:32	13.2 (75.0%)
58	DOCZEKALSKI Jarek	565		M40-49	58	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43	00:43:02	00:45:30.85	00:45:47.05	+00:11:23 (25.0%)	4:33	13.2 (75.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
59	LIZAK Krzysztof	472		M40-49	59	Niesłony Lizak	00:00:07	00:13:13	00:22:36	00:33:34	00:43:01	00:45:31.25	00:45:38.85	+00:11:24 (25.0%)	4:33	13.2 (75.0%)
60	JÓZEFIAK Rafał	597		M40-49	60	Eko-Okna Runners	00:00:11	00:13:50	00:23:21	00:34:14	00:43:17	00:45:40.30	00:45:51.35	+00:11:33 (25.3%)	4:34	13.1 (74.4%)
61	TYTKO Bartłomiej	698		M40-49	61		00:00:04	00:12:44	00:22:04	00:33:23	00:42:59	00:45:41.35	00:45:45.45	+00:11:34 (25.3%)	4:34	13.1 (74.4%)
62	OWCZAREK Paweł	648		M40-49	62		00:00:17	00:13:28	00:22:50	00:33:50	00:43:09	00:45:41.60	00:45:58.85	+00:11:34 (25.3%)	4:34	13.1 (74.4%)
63	WIŚNIEWSKI Szymon	709		M40-49	63		00:00:11	00:13:18	00:22:38	00:34:00	00:43:10	00:45:42.15	00:45:54.10	+00:11:34 (25.3%)	4:34	13.1 (74.4%)
64	PIECHOCKI Piotr	656		M40-49	64		00:00:10	00:13:35	00:22:51	00:33:50	00:43:11	00:45:42.45	00:45:52.70	+00:11:35 (25.4%)	4:34	13.1 (74.4%)
65	NANTKA Witek	785		M40-49	65	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14	00:34:01	00:43:11	00:45:44.40	00:46:04.15	+00:11:37 (25.4%)	4:34	13.1 (74.4%)
66	PIECZARA Błażej	657		M40-49	66	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05	00:34:08	00:43:19	00:45:47.90	00:45:54.45	+00:11:40 (25.5%)	4:34	13.1 (74.4%)
67	ZELEK Adam	979		M40-49	67		00:00:34	00:13:32	00:23:06	00:34:03	00:43:31	00:46:00.35	00:46:34.85	+00:11:53 (25.8%)	4:36	13 (73.9%)
68	WALA Marek	823		M40-49	68		00:00:20	00:14:01	00:23:21	00:34:15	00:43:30	00:46:02.85	00:46:22.95	+00:11:55 (25.9%)	4:36	13 (73.9%)
69	JEZIERSKI Krzysztof	594		M40-49	69		00:00:19	00:13:51	00:23:16	00:34:21	00:43:43	00:46:26.15	00:46:45.15	+00:12:18 (26.5%)	4:38	12.9 (73.3%)
70	RUBIN Andrzej	511		M40-49	70	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13	00:34:11	00:43:50	00:46:31.70	00:46:51.10	+00:12:24 (26.7%)	4:39	12.9 (73.3%)
71	JAKUBCZYK Jacek	449		M40-49	71		00:00:10	00:13:24	00:22:48	00:34:08	00:43:49	00:46:36.60	00:46:47.35	+00:12:29 (26.8%)	4:39	12.9 (73.3%)
72	KURTO Grzegorz	621		M40-49	72		00:00:08	00:34:45	00:44:13			00:46:39.70	00:46:48.35	+00:12:32 (26.9%)	4:40	12.9 (73.3%)
73	MOTOWIDŁO Tomasz	638		M40-49	73		00:00:10	00:13:25	00:23:02	00:34:36	00:44:07	00:46:55.05	00:47:05.80	+00:12:47 (27.3%)	4:41	12.8 (72.7%)
74	POJDA Grzegorz	664		M40-49	74		00:00:15	00:13:28	00:23:03	00:34:35	00:44:23	00:46:55.55	00:47:10.95	+00:12:48 (27.3%)	4:41	12.8 (72.7%)
75	CEMPA Jacek	559		M40-49	75		00:00:20	00:13:55	00:23:35	00:34:56	00:44:18	00:46:59.75	00:47:20.35	+00:12:52 (27.4%)	4:42	12.8 (72.7%)
76	APOSTOLSKI Wojciech	416		M40-49	76		00:00:09	00:13:29	00:23:06	00:34:28	00:44:22	00:47:06.10	00:47:15.65	+00:12:58 (27.6%)	4:42	12.7 (72.2%)
77	ZAWADA Sebastian	715		M40-49	77		00:00:21	00:13:59	00:23:18	00:34:47	00:44:28	00:47:09.90	00:47:30.95	+00:13:02 (27.7%)	4:42	12.7 (72.2%)
78	KUCZERA Marek	617		M40-49	78	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00	00:35:09	00:44:39	00:47:18.05	00:47:36.70	+00:13:10 (27.9%)	4:43	12.7 (72.2%)
79	BYSTRYKOWSKI Marcin	558		M40-49	79	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40	00:44:35	00:47:20.55	00:47:34.25	+00:13:13 (27.9%)	4:44	12.7 (72.2%)
80	GORZELAK Zbigniew	515		M40-49	80		00:00:12	00:14:28	00:24:13	00:35:43	00:44:52	00:47:27.65	00:47:40.55	+00:13:20 (28.1%)	4:44	12.6 (71.6%)

																Czas netto	Czas brutto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	10km	10km	Różn	min/km	km/h				
81	SZYMAŃSKI Piotr	690		M40-49	81		00:00:11	00:13:41	00:23:23	00:35:01	00:44:55	00:47:45.20	00:47:56.65	+00:13:38 (28.5%)	4:46	12.6 (71.6%)				
82	JACH Marek	589		M40-49	82		00:00:08	00:13:21	00:23:16	00:35:03	00:45:09	00:47:53.50	00:48:02.35	+00:13:46 (28.8%)	4:47	12.5 (71.0%)				
83	OLSZYNA Mirosław	788		M40-49	83		00:00:16	00:14:18	00:24:04	00:35:27	00:45:13	00:47:54.60	00:48:10.75	+00:13:47 (28.8%)	4:47	12.5 (71.0%)				
84	MROCZKOWSKI Tomasz	639		M40-49	84		00:00:18	00:13:55	00:23:39	00:35:09	00:45:07	00:47:56.85	00:48:15.60	+00:13:49 (28.8%)	4:47	12.5 (71.0%)				
85	BURDA Marcin	731		M40-49	85		00:00:10	00:13:53	00:23:48	00:35:25	00:45:15	00:47:59.60	00:48:10.25	+00:13:52 (28.9%)	4:48	12.5 (71.0%)				
86	PRZYBYŁA Tomasz	806		M40-49	86		00:00:07	00:14:03	00:24:10	00:35:52	00:45:34	00:48:06.05	00:48:13.80	+00:13:58 (29.1%)	4:48	12.5 (71.0%)				
87	GAŁKIEWICZ Michał	577		M40-49	87		00:00:09	00:14:22	00:24:10	00:35:38	00:45:21	00:48:06.65	00:48:15.85	+00:13:59 (29.1%)	4:48	12.5 (71.0%)				
88	FILIKS Leszek	931		M40-49	88		00:00:28	00:14:35	00:24:30	00:35:57	00:45:29	00:48:09.30	00:48:38.05	+00:14:02 (29.1%)	4:49	12.5 (71.0%)				
89	URGACZ Mirosław	822		M40-49	89		00:00:11	00:13:56	00:23:47	00:35:35	00:45:29	00:48:11.25	00:48:22.65	+00:14:04 (29.2%)	4:49	12.5 (71.0%)				
90	PAŁKA Krzysztof	651		M40-49	90		00:00:09	00:14:00	00:23:56	00:35:33	00:45:29	00:48:17.05	00:48:26.95	+00:14:09 (29.3%)	4:49	12.4 (70.5%)				
91	ADAMCZYK Andrzej	719		M40-49	91		00:00:27	00:14:10	00:23:57	00:35:45	00:45:37	00:48:18.15	00:48:45.55	+00:14:10 (29.4%)	4:49	12.4 (70.5%)				
92	PASTWA Grzegorz	653		M40-49	92		00:00:00	00:13:12	00:22:30	00:34:46	00:45:20	00:48:25.30	00:48:25.30	+00:14:18 (29.5%)	4:50	12.4 (70.5%)				
93	SKĘCZEK Arkadiusz	680		M40-49	93		00:00:10	00:13:51	00:23:44	00:35:22	00:45:29	00:48:29.25	00:48:39.90	+00:14:22 (29.6%)	4:50	12.4 (70.5%)				
94	BIŁKO Sławek	730		M40-49	94		00:00:15	00:14:03	00:23:56	00:35:45	00:45:46	00:48:40.15	00:48:55.85	+00:14:32 (29.9%)	4:52	12.3 (69.9%)				
95	WISEŁKA Andrzej	707		M40-49	95	Radlinioki w biegu	00:00:15	00:14:42	00:24:45	00:36:37	00:46:08	00:48:43.55	00:48:59.00	+00:14:36 (30.0%)	4:52	12.3 (69.9%)				
96	TRZECIAK Krzysztof	696		M40-49	96		00:00:23	00:35:59	00:46:00			00:48:49.65	00:49:13.60	+00:14:42 (30.1%)	4:53	12.3 (69.9%)				
97	HEJNA Artur	856		M40-49	97	Radlinioki w biegu	00:00:17	00:14:20	00:24:24	00:36:15	00:46:10	00:48:59.10	00:49:16.10	+00:14:51 (30.3%)	4:53	12.2 (69.3%)				
98	SZCZOTKA Arkadiusz	818		M40-49	98		00:00:23	00:14:21	00:24:21	00:36:06	00:46:09	00:48:59.15	00:49:22.25	+00:14:51 (30.3%)	4:53	12.2 (69.3%)				
99	FURMANIUK Artur	576		M40-49	99		00:00:09	00:13:42	00:23:51	00:35:51	00:46:27	00:49:15.60	00:49:24.95	+00:15:08 (30.7%)	4:55	12.2 (69.3%)				
100	PACH Janusz	496		M40-49	100		00:00:22	00:14:32	00:24:29	00:36:35	00:46:26	00:49:23.25	00:49:45.55	+00:15:16 (30.9%)	4:56	12.1 (68.8%)				
101	SZEREDA Robert	687		M40-49	101		00:00:02	00:13:50	00:24:06	00:36:16	00:46:32	00:49:24.30	00:49:27.20	+00:15:17 (30.9%)	4:56	12.1 (68.8%)				
102	STREIT Mariusz	682		M40-49	102		00:00:24	00:14:11	00:24:22	00:36:24	00:46:38	00:49:32.65	00:49:57.55	+00:15:25 (31.1%)	4:57	12.1 (68.8%)				
103	PALUCHIEWICZ Szymon	882		M40-49	103		00:00:11	00:14:30	00:24:39	00:36:27	00:46:41	00:49:41.85	00:49:53.15	+00:15:34 (31.3%)	4:58	12.1 (68.8%)				

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
104	MISIAK Piotr	783		M40-49	104		00:00:13	00:14:30	00:24:49	00:36:49	00:46:48	00:49:44.20	00:49:58.00	+00:15:37 (31.4%)	4:58	12.1 (68.8%)
105	SZCZECH Krzysztof	816		M40-49	105		00:00:02	00:14:02	00:24:46	00:37:18	00:47:16	00:50:06.80	00:50:09.05	+00:15:59 (31.9%)	5:00	12 (68.2%)
106	NOWAK Krzysztof	490		M40-49	106		00:00:06	00:14:34	00:24:36	00:36:50	00:47:15	00:50:10.45	00:50:16.85	+00:16:03 (32.0%)	5:01	12 (68.2%)
107	CHOLAJDA Roman	733		M40-49	107		00:00:22	00:15:11	00:25:29	00:37:34	00:47:42	00:50:27.60	00:50:50.35	+00:16:20 (32.4%)	5:02	11.9 (67.6%)
108	ZAWADZKI Tyberiusz	834		M40-49	108		00:00:13	00:14:21	00:24:40	00:36:57	00:47:41	00:50:34.35	00:50:47.85	+00:16:27 (32.5%)	5:03	11.9 (67.6%)
109	PASZKOWSKI Cezary	883		M40-49	109	MDM NT TEAM	00:00:24	00:14:56	00:25:15	00:37:25	00:47:42	00:50:42.40	00:51:07.00	+00:16:35 (32.7%)	5:04	11.8 (67.0%)
109	ZAWADA Jakub	915		M40-49	110		00:00:19	00:14:56	00:26:13	00:37:52	00:47:50	00:50:42.40	00:51:02.05	+00:16:35 (32.7%)	5:04	11.8 (67.0%)
111	KONCKI Andrzej	605		M40-49	111		00:00:31	00:15:07	00:25:36	00:37:39	00:47:47	00:50:44.50	00:51:16.35	+00:16:37 (32.8%)	5:04	11.8 (67.0%)
112	JĘDRYKA Sebastian	595		M40-49	112		00:00:16	00:13:30	00:23:49	00:36:37	00:47:45	00:50:45.80	00:51:02.15	+00:16:38 (32.8%)	5:04	11.8 (67.0%)
113	SOSNA Mariusz	903		M40-49	113		00:00:14	00:15:34	00:26:18	00:38:33	00:48:10	00:50:59.35	00:51:14.15	+00:16:52 (33.1%)	5:06	11.8 (67.0%)
114	ROZMUS Wojciech	890		M40-49	114	PoWoli do Celu	00:00:11	00:14:23	00:24:45	00:37:22	00:48:00	00:51:04.60	00:51:16.25	+00:16:57 (33.2%)	5:06	11.7 (66.5%)
115	POŁOMSKI Jerzy	887		M40-49	115		00:00:23	00:14:37	00:24:58	00:37:27	00:48:00	00:51:09.95	00:51:33.55	+00:17:02 (33.3%)	5:07	11.7 (66.5%)
116	ŚWIERKOT Przemek	143		M40-49	116		00:00:14	00:15:30	00:26:09	00:38:14	00:48:30	00:51:10.85	00:51:25.35	+00:17:03 (33.3%)	5:07	11.7 (66.5%)
117	CZARNOTA Leszek	845		M40-49	117		00:00:23	00:15:16	00:25:51	00:38:07	00:48:36	00:51:29.35	00:51:52.75	+00:17:22 (33.7%)	5:08	11.7 (66.5%)
118	KRÓLIK Arkadiusz	768		M40-49	118	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09	00:48:42	00:51:36.85	00:51:59.55	+00:17:29 (33.9%)	5:09	11.6 (65.9%)
119	SOJ Przemysław	813		M40-49	119		00:00:28	00:15:06	00:25:36	00:38:12	00:49:07	00:52:10.65	00:52:38.85	+00:18:03 (34.6%)	5:13	11.5 (65.3%)
120	ĆMIL Marek	928		M40-49	120		00:00:16	00:15:02	00:26:15	00:39:03	00:49:22	00:52:21.90	00:52:38.05	+00:18:14 (34.8%)	5:14	11.5 (65.3%)
121	KAWIK Janusz	759		M40-49	121		00:00:06	00:15:49	00:26:39	00:39:25	00:49:31	00:52:29.35	00:52:36.00	+00:18:22 (35.0%)	5:15	11.4 (64.8%)
122	MATUSZEK Tomasz	781		M40-49	122	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22	00:39:14	00:49:35	00:52:40.95	00:52:59.05	+00:18:33 (35.2%)	5:16	11.4 (64.8%)
123	WILSZ Adam	911		M40-49	123		00:00:16	00:16:22	00:27:22	00:40:16	00:50:08	00:52:50.60	00:53:07.10	+00:18:43 (35.4%)	5:17	11.4 (64.8%)
124	ŚMIETANA Grzegorz	819		M40-49	124		00:00:14	00:14:56	00:25:34	00:38:59	00:50:21	00:53:00.60	00:53:14.60	+00:18:53 (35.6%)	5:18	11.3 (64.2%)
125	SLADECZEK Jarek	896		M40-49	125		00:00:27	00:15:10	00:26:09	00:39:29	00:50:18	00:53:13.60	00:53:41.00	+00:19:06 (35.9%)	5:19	11.3 (64.2%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
126	JAGIEŁA Marcin	857		M40-49	126		00:00:21	00:15:40	00:26:33	00:39:23	00:50:06	00:53:14.55	00:53:36.10	+00:19:07 (35.9%)	5:19	11.3 (64.2%)
127	KUBULUS Tomasz	863		M40-49	127		00:00:25	00:15:10	00:25:57	00:39:05	00:50:08	00:53:18.00	00:53:43.85	+00:19:10 (36.0%)	5:19	11.3 (64.2%)
128	GŁADYSZ Leszek	741		M40-49	128		00:00:15	00:16:23	00:27:23	00:40:17	00:50:16	00:53:20.30	00:53:36.05	+00:19:13 (36.0%)	5:20	11.2 (63.6%)
129	SZCZUCHNIAK Grzegorz	969		M40-49	129		00:00:18	00:15:30	00:26:33	00:39:33	00:50:21	00:53:20.85	00:53:39.25	+00:19:13 (36.0%)	5:20	11.2 (63.6%)
130	SKĘCZEK Marcin	811		M40-49	130		00:00:18	00:15:25	00:26:19	00:39:15	00:50:22	00:53:28.65	00:53:46.65	+00:19:21 (36.2%)	5:20	11.2 (63.6%)
131	KOZACZKA Włodzimierz	611		M40-49	131		00:00:29	00:16:06	00:27:13	00:40:05	00:50:57	00:53:54.15	00:54:23.15	+00:19:46 (36.7%)	5:23	11.1 (63.1%)
132	BORUCKI Darek	840		M40-49	132		00:00:24	00:15:46	00:26:51	00:39:47	00:50:49	00:53:56.35	00:54:21.10	+00:19:49 (36.7%)	5:23	11.1 (63.1%)
133	PIÓR Krzysztof	798		M40-49	133		00:00:16	00:15:28	00:26:35	00:39:52	00:50:55	00:53:59.90	00:54:16.20	+00:19:52 (36.8%)	5:24	11.1 (63.1%)
134	METLAK Piotr	980		M40-49	134		00:00:00	00:14:55	00:26:18	00:39:43	00:50:58	00:54:09.60	00:54:10.40	+00:20:02 (37.0%)	5:25	11.1 (63.1%)
135	ZMUDA Dariusz	918		M40-49	135		00:00:25	00:16:14	00:27:25	00:40:10	00:51:10	00:54:22.95	00:54:48.65	+00:20:15 (37.3%)	5:26	11 (62.5%)
136	GYREK Michał	853		M40-49	136		00:00:12	00:15:18	00:26:42	00:40:17	00:51:17	00:54:23.15	00:54:35.60	+00:20:15 (37.3%)	5:26	11 (62.5%)
137	ĆWIOK Marek	929		M40-49	137		00:00:16	00:16:22	00:27:22	00:40:18	00:51:19	00:54:29.25	00:54:45.55	+00:20:22 (37.4%)	5:26	11 (62.5%)
138	SOBIERAJSKI Przemek	812		M40-49	138		00:00:24	00:16:05	00:27:11	00:40:22	00:51:43	00:54:40.40	00:55:04.50	+00:20:33 (37.6%)	5:28	11 (62.5%)
139	KUBIENIEC Grzegorz	769		M40-49	139		00:00:20	00:15:50	00:27:05	00:40:27	00:51:45	00:54:56.65	00:55:17.30	+00:20:49 (37.9%)	5:29	10.9 (61.9%)
140	PAJĄK Paweł	880		M40-49	140		00:00:16	00:15:25	00:26:46	00:40:16	00:51:48	00:55:07.05	00:55:23.85	+00:20:59 (38.1%)	5:30	10.9 (61.9%)
141	BRYŚ Sebastian	842		M40-49	141		00:00:21	00:15:58	00:27:10	00:40:23	00:51:46	00:55:08.75	00:55:29.80	+00:21:01 (38.1%)	5:30	10.9 (61.9%)
142	KMIECIAK Bogdan	942		M40-49	142		00:00:28	00:16:21	00:27:14	00:40:33	00:51:54	00:55:20.35	00:55:48.50	+00:21:13 (38.3%)	5:32	10.8 (61.4%)
143	BARANKIEWICZ Irek	724		M40-49	143		00:00:24	00:15:50	00:26:59	00:40:42	00:52:15	00:55:29.55	00:55:53.75	+00:21:22 (38.5%)	5:32	10.8 (61.4%)
144	WILCZEK Marek	830		M40-49	144		00:00:22	00:15:56	00:27:12	00:40:47	00:52:21	00:55:39.70	00:56:01.90	+00:21:32 (38.7%)	5:33	10.8 (61.4%)
145	KRAMER Piotr	860		M40-49	145		00:00:30	00:16:08	00:27:15	00:40:57	00:52:44	00:56:06.80	00:56:37.30	+00:21:59 (39.2%)	5:36	10.7 (60.8%)
146	PYZIK Marcin	888		M40-49	146	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22	00:53:06	00:56:20.75	00:56:37.90	+00:22:13 (39.4%)	5:38	10.7 (60.8%)
147	KRÓL Michał	767		M40-49	147		00:00:05	00:15:28	00:27:13	00:41:43	00:53:52	00:57:29.00	00:57:34.70	+00:23:21 (40.6%)	5:44	10.4 (59.1%)
148	FLASZ Dawid	738		M40-49	148		00:00:25	00:17:19	00:29:16	00:43:02	00:54:27	00:57:32.55	00:57:57.80	+00:23:25 (40.7%)	5:45	10.4 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
149	MROZEK Maciej	784		M40-49	149		00:00:24	00:16:16	00:27:30	00:41:52	00:54:07	00:57:39.50	00:58:03.65	+00:23:32 (40.8%)	5:45	10.4 (59.1%)
150	CIEŚLA Adam	564		M40-49	150	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48	00:41:29	00:54:05	00:57:43.40	00:58:15.00	+00:23:36 (40.9%)	5:46	10.4 (59.1%)
151	MORAWSKI Janusz	873		M40-49	151		00:00:25	00:16:35	00:28:17	00:42:24	00:54:23	00:57:45.80	00:58:11.00	+00:23:38 (40.9%)	5:46	10.4 (59.1%)
152	STEFAŃSKI Piotr	967		M40-49	152		00:00:30	00:16:12	00:27:48	00:42:12	00:54:40	00:57:57.55	00:58:28.25	+00:23:50 (41.1%)	5:47	10.4 (59.1%)
153	ZIMNY Ireneusz	917		M40-49	153		00:00:20	00:16:52	00:28:59	00:43:05	00:54:44	00:58:00.30	00:58:20.30	+00:23:53 (41.2%)	5:48	10.3 (58.5%)
154	WOLIŃSKI Dariusz	912		M40-49	154		00:00:28	00:16:40	00:28:48	00:43:06	00:55:06	00:58:19.80	00:58:48.30	+00:24:12 (41.5%)	5:50	10.3 (58.5%)
155	PAJESTKA Marek	881		M40-49	155	WRM MC POLAND	00:00:23	00:16:34	00:28:37	00:43:14	00:55:11	00:58:25.10	00:58:48.90	+00:24:17 (41.6%)	5:50	10.3 (58.5%)
156	CZAPSKI Janusz	927		M40-49	156		00:00:29	00:16:29	00:28:23	00:42:51	00:55:20	00:58:56.15	00:59:26.00	+00:24:48 (42.1%)	5:53	10.2 (58.0%)
157	DYL Ireneusz	736		M40-49	157		00:00:21	00:17:24	00:29:31	00:44:10	00:55:46	00:59:01.25	00:59:22.70	+00:24:54 (42.2%)	5:54	10.2 (58.0%)
158	POSTUPALSKI Marcin	962		M40-49	158		00:00:27	00:17:30	00:29:41	00:44:03	00:55:59	00:59:06.10	00:59:33.95	+00:24:58 (42.3%)	5:54	10.2 (58.0%)
159	SZEFER Bartłomiej	970		M40-49	159		00:00:27	00:17:31	00:29:41	00:44:03	00:56:09	00:59:27.30	00:59:54.55	+00:25:20 (42.6%)	5:56	10.1 (57.4%)
160	KRETEK Krzysztof	336	CE PROGRESS	M40-49	160		00:00:28	00:16:54	00:29:04	00:43:58	00:56:34	00:59:55.65	01:00:23.95	+00:25:48 (43.1%)	5:59	10 (56.8%)
161	UKLEJA Sebastian	821		M40-49	161		00:00:09	00:16:42	00:28:56	00:43:37	00:56:16	01:00:05.00	01:00:14.15	+00:25:57 (43.2%)	6:00	10 (56.8%)
162	MOCHNACZ Patryk	956		M40-49	162		00:00:23	00:16:55	00:28:58	00:43:52	00:56:55	01:00:31.35	01:00:55.15	+00:26:24 (43.6%)	6:03	9.9 (56.3%)
163	SOBIERAJ Paweł	902		M40-49	163		00:00:27	00:16:41	00:29:05	00:44:19	00:57:15	01:00:49.70	01:01:17.35	+00:26:42 (43.9%)	6:05	9.9 (56.3%)
164	MIKODA Stanisław	871		M40-49	164	Athletics Nysa	00:00:21	00:15:30	00:28:15	00:44:24	00:58:25	01:02:24.25	01:02:45.50	+00:28:17 (45.3%)	6:14	9.6 (54.5%)
165	WÓJCIK Dariusz	977		M40-49	165		00:00:29	00:18:24	00:31:48	00:47:45	01:00:53	01:04:30.65	01:04:59.95	+00:30:23 (47.1%)	6:27	9.3 (52.8%)
166	LIZAK Adam	773		M40-49	166	Niesłony Lizak	00:00:28	00:18:39	00:32:24	00:50:28	01:03:59	01:07:17.75	01:07:46.05	+00:33:10 (49.3%)	6:43	8.9 (50.6%)
167	KOŁODZIEJCZAK Damian	943		M40-49	167		00:00:14	00:19:15	00:33:02	00:50:14	01:04:19	01:07:32.55	01:07:46.70	+00:33:25 (49.5%)	6:45	8.9 (50.6%)
168	KUBAS Mariusz	949		M40-49	168	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03	01:04:28	01:08:35.15	01:09:05.35	+00:34:27 (50.3%)	6:51	8.7 (49.4%)
169	URBAŚ Roman	530		M40-49	169		00:00:00	00:13:37						+	4:41	12.8 (72.7%)