

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: M40-49

Split point: 5,0 km

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km
1	LUBIENIECKI Maciej	382		M40-49		00:00:01	00:09:50	00:16:42
2	CICHOŃ Roman	361		M40-49		00:00:02	00:10:38	00:18:06
3	FIRLA Arkadiusz	365		M40-49		00:00:02	00:10:42	00:18:17
4	KUBIK Arkadiusz	464		M40-49	Dystans Lubomia	00:00:02	00:10:46	00:18:23
5	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49		00:00:02	00:10:53	00:18:25
6	SOBOL Tomasz	401		M40-49		00:00:01	00:10:54	00:18:27
7	RĘBISZ Mariusz	398		M40-49		00:00:01	00:11:09	00:18:49
8	PRZYBYŁA Przemek	507		M40-49		00:00:01	00:11:08	00:18:52
9	GRUDZIEN Krzysztof	368		M40-49		00:00:03	00:11:07	00:19:04
10	MALINA Adam	477		M40-49		00:00:02	00:11:15	00:19:10
11	MENCEWICZ Paweł	484		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:17	00:19:12
12	KILJAN Mariusz	375		M40-49	KB MCKIS Jaworzno	00:00:02	00:11:19	00:19:26
13	ALBRECHT Arkadiusz	354		M40-49	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30
14	PALT Tomasz	499		M40-49		00:00:04	00:11:39	00:19:39
15	SKIBA Ryszard	517		M40-49		00:00:05	00:11:36	00:19:42
16	PALKA Dawid	650		M40-49	40-latek Tychy	00:00:05	00:11:47	00:20:08
17	CIECIAK Grzegorz	430		M40-49		00:00:09	00:11:55	00:20:08
18	SIEGMUND Tadeusz	679		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21
19	STACHOWSKI Ireneusz	519		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22
20	ROMIK Krzysztof	510		M40-49		00:00:07	00:12:06	00:20:26
21	PALIGA Rafał	498		M40-49		00:00:05	00:11:58	00:20:28
22	BRZÓSKA Rafał	428		M40-49		00:00:05	00:12:10	00:20:42
23	BIAŁECKI Tomasz	548		M40-49	Bziegacze	00:00:05	00:12:21	00:20:44
24	KAWECKI Stanisław	601		M40-49	Olza Cieszyn	00:00:10	00:12:06	00:20:47
25	MAZUR Marek	482		M40-49		00:00:04	00:12:12	00:20:48
26	LORENZ Marcin	474		M40-49	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49
27	RUCIŃSKI Krzysztof	676		M40-49		00:00:07	00:12:00	00:20:50
28	KUSY Rafał	622		M40-49	Olza Cieszyn	00:00:08	00:12:16	00:20:54
29	GRZONKA Andrzej	446		M40-49	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57
30	MICHALSKI Rafał	636		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03
31	GLAJCAR Tomasz	582		M40-49		00:00:12	00:12:29	00:21:05

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km
32	MUSZEWSKI Bartłomiej	642		M40-49	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09
33	GLINIECKI Bartłomiej	443		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12
34	OGIERMAN Grzegorz	494		M40-49	Olza Cieszyn	00:00:06	00:12:27	00:21:14
35	KANCLERZ Tomasz	455		M40-49		00:00:06	00:12:31	00:21:15
36	BULANDA Andrzej	554		M40-49		00:00:05	00:12:31	00:21:20
37	KORCZ Daniel	461		M40-49	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24
38	WOJAKOWSKI Krzysztof	533		M40-49		00:00:06	00:12:35	00:21:26
39	BUĆKO Marcin	553		M40-49	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28
40	ŁYSEK Paweł	628		M40-49	Bziegacze	00:00:06	00:12:29	00:21:30
41	LEŚNIAK Krzysztof	469		M40-49	Radlinioki w biegu	00:00:15	00:12:45	00:21:31
42	JĘDRZEJAK Piotr	596		M40-49		00:00:12	00:12:40	00:21:36
43	KAMYCZEK Grzegorz	600		M40-49		00:00:20	00:12:53	00:21:37
44	KNYPS Adam	761		M40-49		00:00:18	00:12:55	00:21:39
45	KUNINA Paweł	465		M40-49		00:00:03	00:12:40	00:21:43
46	POŁEDNIK Tomasz	502		M40-49		00:00:09	00:12:36	00:21:44
47	BIELA Rafał	423		M40-49		00:00:09	00:12:47	00:21:46
48	SZAREK Rafał	685		M40-49	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53
49	IZYDORCZYK Robert	588		M40-49		00:00:09	00:12:50	00:21:56
50	TRAWNICKI Maciej	695		M40-49		00:00:11	00:12:52	00:21:56
51	BAC Michał	545		M40-49		00:00:14	00:13:03	00:21:57
52	TYTKO Bartłomiej	698		M40-49		00:00:04	00:12:44	00:22:04
53	RADOMSKI Mariusz	670		M40-49		00:00:37	00:13:09	00:22:09
54	DOBRENIUK Krzysztof	434		M40-49		00:00:03	00:13:03	00:22:16
55	WIERCIOCH Tomasz	706		M40-49		00:00:18	00:13:19	00:22:19
56	MAGOŃ Marcin	630		M40-49		00:00:23	00:13:12	00:22:29
57	PASTWA Grzegorz	653		M40-49		00:00:00	00:13:12	00:22:30
58	LIZAK Krzysztof	472		M40-49	Niesłony Lizak	00:00:07	00:13:13	00:22:36
59	WIŚNIEWSKI Szymon	709		M40-49		00:00:11	00:13:18	00:22:38
60	DOCZEKALSKI Jarek	565		M40-49	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44
61	JAKUBCZYK Jacek	449		M40-49		00:00:10	00:13:24	00:22:48
62	OWCZAREK Paweł	648		M40-49		00:00:17	00:13:28	00:22:50
63	PIECHOCKI Piotr	656		M40-49		00:00:10	00:13:35	00:22:51
64	RĘBISZ Paweł	674		M40-49		00:00:19	00:13:40	00:22:56
65	MOTOWIDŁO Tomasz	638		M40-49		00:00:10	00:13:25	00:23:02
66	POJDA Grzegorz	664		M40-49		00:00:15	00:13:28	00:23:03
67	PIECZARA Błażej	657		M40-49	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05
68	APOSTOLSKI Wojciech	416		M40-49		00:00:09	00:13:29	00:23:06
69	ZELEK Adam	979		M40-49		00:00:34	00:13:32	00:23:06
70	RUBIN Andrzej	511		M40-49	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13
71	NANTKA Witek	785		M40-49	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14
72	JACH Marek	589		M40-49		00:00:08	00:13:21	00:23:16
73	JEZIERSKI Krzysztof	594		M40-49		00:00:19	00:13:51	00:23:16
74	BYSTRYKOWSKI Marcin	558		M40-49	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18
75	ZAWADA Sebastian	715		M40-49		00:00:21	00:13:59	00:23:18
76	JÓZEPIAK Rafał	597		M40-49	Eko-Okna Runners	00:00:11	00:13:50	00:23:21
77	WALA Marek	823		M40-49		00:00:20	00:14:01	00:23:21

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km
78	SZYMAŃSKI Piotr	690		M40-49		00:00:11	00:13:41	00:23:23
79	CEMPA Jacek	559		M40-49		00:00:20	00:13:55	00:23:35
80	MROCZKOWSKI Tomasz	639		M40-49		00:00:18	00:13:55	00:23:39
81	SKĘCZEK Arkadiusz	680		M40-49		00:00:10	00:13:51	00:23:44
82	URGACZ Mirosław	822		M40-49		00:00:11	00:13:56	00:23:47
83	BURDA Marcin	731		M40-49		00:00:10	00:13:53	00:23:48
84	JĘDRYKA Sebastian	595		M40-49		00:00:16	00:13:30	00:23:49
85	FURMANIUK Artur	576		M40-49		00:00:09	00:13:42	00:23:51
86	PAŁKA Krzysztof	651		M40-49		00:00:09	00:14:00	00:23:56
87	BIŁKO Sławek	730		M40-49		00:00:15	00:14:03	00:23:56
88	ADAMCZYK Andrzej	719		M40-49		00:00:27	00:14:10	00:23:57
89	KUCZERA Marek	617		M40-49	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00
90	OLSZYNA Mirosław	788		M40-49		00:00:16	00:14:18	00:24:04
91	SZEREDA Robert	687		M40-49		00:00:02	00:13:50	00:24:06
92	PRZYBYŁA Tomasz	806		M40-49		00:00:07	00:14:03	00:24:10
93	GAŁKIEWICZ Michał	577		M40-49		00:00:09	00:14:22	00:24:10
94	GORZELAK Zbigniew	515		M40-49		00:00:12	00:14:28	00:24:13
95	SZCZOTKA Arkadiusz	818		M40-49		00:00:23	00:14:21	00:24:21
96	STREIT Mariusz	682		M40-49		00:00:24	00:14:11	00:24:22
97	HEJNA Artur	856		M40-49	Radlinioki w biegu	00:00:17	00:14:20	00:24:24
98	PACH Janusz	496		M40-49		00:00:22	00:14:32	00:24:29
99	FILIKS Leszek	931		M40-49		00:00:28	00:14:35	00:24:30
100	NOWAK Krzysztof	490		M40-49		00:00:06	00:14:34	00:24:36
101	PALUCHIEWICZ Szymon	882		M40-49		00:00:11	00:14:30	00:24:39
102	ZAWADZKI Tyberiusz	834		M40-49		00:00:13	00:14:21	00:24:40
103	ROZMUS Wojciech	890		M40-49	PoWoli do Celu	00:00:11	00:14:23	00:24:45
104	WISEŁKA Andrzej	707		M40-49	Radlinioki w biegu	00:00:15	00:14:42	00:24:45
105	SZCZECH Krzysztof	816		M40-49		00:00:02	00:14:02	00:24:46
106	MISIAK Piotr	783		M40-49		00:00:13	00:14:30	00:24:49
107	POŁOMSKI Jerzy	887		M40-49		00:00:23	00:14:37	00:24:58
108	PASZKOWSKI Cezary	883		M40-49	MDM NT TEAM	00:00:24	00:14:56	00:25:15
109	CHOLAJDA Roman	733		M40-49		00:00:22	00:15:11	00:25:29
110	ŚMIETANA Grzegorz	819		M40-49		00:00:14	00:14:56	00:25:34
111	SOJ Przemysław	813		M40-49		00:00:28	00:15:06	00:25:36
112	KONCKI Andrzej	605		M40-49		00:00:31	00:15:07	00:25:36
113	KRÓLIK Arkadiusz	768		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49
114	CZARNOTA Leszek	845		M40-49		00:00:23	00:15:16	00:25:51
115	KUBULUS Tomasz	863		M40-49		00:00:25	00:15:10	00:25:57
116	ŚWIERKOT Przemek	143		M40-49		00:00:14	00:15:30	00:26:09
117	SLADECZEK Jarek	896		M40-49		00:00:27	00:15:10	00:26:09
118	ZAWADA Jakub	915		M40-49		00:00:19	00:14:56	00:26:13
119	ĆMIL Marek	928		M40-49		00:00:16	00:15:02	00:26:15
120	METLAK Piotr	980		M40-49		00:00:00	00:14:55	00:26:18
121	SOSNA Mariusz	903		M40-49		00:00:14	00:15:34	00:26:18
122	SKĘCZEK Marcin	811		M40-49		00:00:18	00:15:25	00:26:19
123	MATUSZEK Tomasz	781		M40-49	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km
124	SZCZUCHNIAK Grzegorz	969		M40-49		00:00:18	00:15:30	00:26:33
125	JAGIEŁA Marcin	857		M40-49		00:00:21	00:15:40	00:26:33
126	PIÓR Krzysztof	798		M40-49		00:00:16	00:15:28	00:26:35
127	KAWIK Janusz	759		M40-49		00:00:06	00:15:49	00:26:39
128	GMYREK Michał	853		M40-49		00:00:12	00:15:18	00:26:42
129	PAJĄK Paweł	880		M40-49		00:00:16	00:15:25	00:26:46
130	CIEŚLA Adam	564		M40-49	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48
131	BORUCKI Darek	840		M40-49		00:00:24	00:15:46	00:26:51
132	BARANKIEWICZ Irek	724		M40-49		00:00:24	00:15:50	00:26:59
133	KUBIENIEC Grzegorz	769		M40-49		00:00:20	00:15:50	00:27:05
134	BRYŚ Sebastian	842		M40-49		00:00:21	00:15:58	00:27:10
135	SOBIERAJSKI Przemek	812		M40-49		00:00:24	00:16:05	00:27:11
136	WILCZEK Marek	830		M40-49		00:00:22	00:15:56	00:27:12
137	KRÓL Michał	767		M40-49		00:00:05	00:15:28	00:27:13
138	KOZACZKA Włodzimierz	611		M40-49		00:00:29	00:16:06	00:27:13
139	KMIECIAK Bogdan	942		M40-49		00:00:28	00:16:21	00:27:14
140	KRAMER Piotr	860		M40-49		00:00:30	00:16:08	00:27:15
141	WILSZ Adam	911		M40-49		00:00:16	00:16:22	00:27:22
142	ĆWIOK Marek	929		M40-49		00:00:16	00:16:22	00:27:22
143	GŁADYSZ Leszek	741		M40-49		00:00:15	00:16:23	00:27:23
144	PYZIK Marcin	888		M40-49	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23
145	ZMUDA Dariusz	918		M40-49		00:00:25	00:16:14	00:27:25
146	MROZEK Maciej	784		M40-49		00:00:24	00:16:16	00:27:30
147	STEFAŃSKI Piotr	967		M40-49		00:00:30	00:16:12	00:27:48
148	MIKODA Stanisław	871		M40-49	Athletics Nysa	00:00:21	00:15:30	00:28:15
149	MORAWSKI Janusz	873		M40-49		00:00:25	00:16:35	00:28:17
150	CZAPSKI Janusz	927		M40-49		00:00:29	00:16:29	00:28:23
151	PAJESTKA Marek	881		M40-49	WRM MC POLAND	00:00:23	00:16:34	00:28:37
152	WOLIŃSKI Dariusz	912		M40-49		00:00:28	00:16:40	00:28:48
153	UKLEJA Sebastian	821		M40-49		00:00:09	00:16:42	00:28:56
154	MOCHNACZ Patryk	956		M40-49		00:00:23	00:16:55	00:28:58
155	ZIMNY Ireneusz	917		M40-49		00:00:20	00:16:52	00:28:59
156	KRETEK Krzysztof	336	CE PROGRESS	M40-49		00:00:28	00:16:54	00:29:04
157	SOBIERAJ Paweł	902		M40-49		00:00:27	00:16:41	00:29:05
158	FLASZ Dawid	738		M40-49		00:00:25	00:17:19	00:29:16
159	DYL Ireneusz	736		M40-49		00:00:21	00:17:24	00:29:31
160	POSTUPALSKI Marcin	962		M40-49		00:00:27	00:17:30	00:29:41
161	SZEFER Bartłomiej	970		M40-49		00:00:27	00:17:31	00:29:41
162	WÓJCIK Dariusz	977		M40-49		00:00:29	00:18:24	00:31:48
163	LIZAK Adam	773		M40-49	Nieślony Lizak	00:00:28	00:18:39	00:32:24
164	KUBAS Mariusz	949		M40-49	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50
165	KOŁODZIEJCZAK Damian	943		M40-49		00:00:14	00:19:15	00:33:02
166	ORŁOWSKI Grzegorz	646		M40-49		00:00:06	00:31:14	00:40:06
167	KURTO Grzegorz	621		M40-49		00:00:08	00:34:45	00:44:13
168	TRZECIAK Krzysztof	696		M40-49		00:00:23	00:35:59	00:46:00
169	URBAŚ Roman	530		M40-49		00:00:00	00:13:37	

Total 169 results.