

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
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
1	LUBIENIECKI Maciej	382		M40-49		00:00:01	00:09:50	00:16:42	00:24:53	00:32:01
2	SOBOL Tomasz	401		M40-49		00:00:01	00:10:54	00:18:27	00:27:05	00:34:24
3	CICHON Roman	361		M40-49		00:00:02	00:10:38	00:18:06	00:26:49	00:34:26
4	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49		00:00:02	00:10:53	00:18:25	00:27:07	00:34:35
5	FIRLA Arkadiusz	365		M40-49		00:00:02	00:10:42	00:18:17	00:27:13	00:34:58
6	KUBIK Arkadiusz	464		M40-49	Dystans Lubomia	00:00:02	00:10:46	00:18:23	00:27:17	00:34:58
7	RĘBISZ Mariusz	398		M40-49		00:00:01	00:11:09	00:18:49	00:27:49	00:35:31
8	PRZYBYŁA Przemek	507		M40-49		00:00:01	00:11:08	00:18:52	00:27:51	00:35:41
9	MALINA Adam	477		M40-49		00:00:02	00:11:15	00:19:10	00:28:17	00:36:04
10	MENCEWICZ Paweł	484		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:17	00:19:12	00:28:22	00:36:20
11	GRUDZIEN Krzysztof	368		M40-49		00:00:03	00:11:07	00:19:04	00:28:32	00:36:35
12	ALBRECHT Arkadiusz	354		M40-49	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43	00:36:42
13	PALT Tomasz	499		M40-49		00:00:04	00:11:39	00:19:39	00:29:00	00:37:00
14	KILJAN Mariusz	375		M40-49	KB MCKIS Jaworzno	00:00:02	00:11:19	00:19:26	00:28:52	00:37:01
15	SKIBA Ryszard	517		M40-49		00:00:05	00:11:36	00:19:42	00:29:20	00:37:27
16	CIECIAK Grzegorz	430		M40-49		00:00:09	00:11:55	00:20:08	00:29:40	00:37:54
17	SIEGMUND Tadeusz	679		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09	00:38:31
18	PALKA Dawid	650		M40-49	40-latek Tychy	00:00:05	00:11:47	00:20:08	00:30:03	00:38:33
19	STACHOWSKI Ireneusz	519		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22	00:30:13	00:38:41
20	BIAŁECKI Tomasz	548		M40-49	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25	00:38:47
21	ROMIK Krzysztof	510		M40-49		00:00:07	00:12:06	00:20:26	00:30:13	00:38:48
22	BRZÓSKA Rafał	428		M40-49		00:00:05	00:12:10	00:20:42	00:30:33	00:38:51
23	PALIGA Rafał	498		M40-49		00:00:05	00:11:58	00:20:28	00:30:33	00:39:13
24	GLAJCAR Tomasz	582		M40-49		00:00:12	00:12:29	00:21:05	00:30:56	00:39:24
25	MAZUR Marek	482		M40-49		00:00:04	00:12:12	00:20:48	00:31:09	00:39:37
26	KUNINA Paweł	465		M40-49		00:00:03	00:12:40	00:21:43	00:31:27	00:39:44
27	KAWECKI Stanisław	601		M40-49	Olza Cieszyn	00:00:10	00:12:06	00:20:47	00:31:00	00:39:46
28	RUCIŃSKI Krzysztof	676		M40-49		00:00:07	00:12:00	00:20:50	00:31:09	00:39:49
29	KUSY Rafał	622		M40-49	Olza Cieszyn	00:00:08	00:12:16	00:20:54	00:31:04	00:40:00
30	KANCLERZ Tomasz	455		M40-49		00:00:06	00:12:31	00:21:15	00:31:26	00:40:09
31	MICHALSKI Rafał	636		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03	00:31:22	00:40:14

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
32	LEŚNIAK Krzysztof	469		M40-49	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45	00:40:18
33	BUĆKO Marcin	553		M40-49	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28	00:31:48	00:40:27
34	OGIERMAN Grzegorz	494		M40-49	Olza Cieszyn	00:00:06	00:12:27	00:21:14	00:31:39	00:40:27
35	KAMYCZEK Grzegorz	600		M40-49		00:00:20	00:12:53	00:21:37	00:31:44	00:40:27
36	GRZONKA Andrzej	446		M40-49	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31	00:40:28
37	KNYPS Adam	761		M40-49		00:00:18	00:12:55	00:21:39	00:31:46	00:40:29
38	MUSZEWSKI Bartłomiej	642		M40-49	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09	00:31:37	00:40:38
39	WOJAKOWSKI Krzysztof	533		M40-49		00:00:06	00:12:35	00:21:26	00:31:52	00:40:42
40	ŁYSEK Paweł	628		M40-49	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47
41	KORCZ Daniel	461		M40-49	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24	00:31:52	00:40:49
42	GLINIECKI Bartłomiej	443		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12	00:31:54	00:40:51
43	BIELA Rafał	423		M40-49		00:00:09	00:12:47	00:21:46	00:32:01	00:40:54
44	BULANDA Andrzej	554		M40-49		00:00:05	00:12:31	00:21:20	00:32:06	00:40:58
45	JĘDRZEJAK Piotr	596		M40-49		00:00:12	00:12:40	00:21:36	00:32:04	00:41:07
46	BAC Michał	545		M40-49		00:00:14	00:13:03	00:21:57	00:32:24	00:41:17
47	SZAREK Rafał	685		M40-49	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53	00:32:21	00:41:17
48	POŁEDNIK Tomasz	502		M40-49		00:00:09	00:12:36	00:21:44	00:32:36	00:41:49
49	RADOMSKI Mariusz	670		M40-49		00:00:37	00:13:09	00:22:09	00:32:51	00:41:53
50	LORENZ Marcin	474		M40-49	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49		00:41:55
51	IZYDORCZYK Robert	588		M40-49		00:00:09	00:12:50	00:21:56	00:32:42	00:41:58
52	WIERCIOCH Tomasz	706		M40-49		00:00:18	00:13:19	00:22:19	00:32:57	00:41:59
53	TRAWNICKI Maciej	695		M40-49		00:00:11	00:12:52	00:21:56	00:32:45	00:42:01
54	DOBRENIUK Krzysztof	434		M40-49		00:00:03	00:13:03	00:22:16	00:33:07	00:42:13
55	RĘBISZ Paweł	674		M40-49		00:00:19	00:13:40	00:22:56	00:33:26	00:42:13
56	MAGOŃ Marcin	630		M40-49		00:00:23	00:13:12	00:22:29	00:33:26	00:42:42
57	TYTKO Bartłomiej	698		M40-49		00:00:04	00:12:44	00:22:04	00:33:23	00:42:59
58	LIZAK Krzysztof	472		M40-49	Nieślony Lizak	00:00:07	00:13:13	00:22:36	00:33:34	00:43:01
59	DOCZEKALSKI Jarek	565		M40-49	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43	00:43:02
60	OWCZAREK Paweł	648		M40-49		00:00:17	00:13:28	00:22:50	00:33:50	00:43:09
61	WIŚNIEWSKI Szymon	709		M40-49		00:00:11	00:13:18	00:22:38	00:34:00	00:43:10
62	PIECHOCKI Piotr	656		M40-49		00:00:10	00:13:35	00:22:51	00:33:50	00:43:11
63	NANTKA Witek	785		M40-49	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14	00:34:01	00:43:11
64	JÓZEFIAK Rafał	597		M40-49	Eko-Okna Runners	00:00:11	00:13:50	00:23:21	00:34:14	00:43:17
65	PIECZARA Błażej	657		M40-49	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05	00:34:08	00:43:19
66	WALA Marek	823		M40-49		00:00:20	00:14:01	00:23:21	00:34:15	00:43:30
67	ZELEK Adam	979		M40-49		00:00:34	00:13:32	00:23:06	00:34:03	00:43:31
68	JEZIELSKI Krzysztof	594		M40-49		00:00:19	00:13:51	00:23:16	00:34:21	00:43:43
69	JAKUBCZYK Jacek	449		M40-49		00:00:10	00:13:24	00:22:48	00:34:08	00:43:49
70	RUBIN Andrzej	511		M40-49	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13	00:34:11	00:43:50
71	MOTOWIDŁO Tomasz	638		M40-49		00:00:10	00:13:25	00:23:02	00:34:36	00:44:07
72	CEMPA Jacek	559		M40-49		00:00:20	00:13:55	00:23:35	00:34:56	00:44:18
73	APOSTOLSKI Wojciech	416		M40-49		00:00:09	00:13:29	00:23:06	00:34:28	00:44:22
74	POJDA Grzegorz	664		M40-49		00:00:15	00:13:28	00:23:03	00:34:35	00:44:23
75	ZAWADA Sebastian	715		M40-49		00:00:21	00:13:59	00:23:18	00:34:47	00:44:28
76	BYSTRYKOWSKI Marcin	558		M40-49	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40	00:44:35
77	KUCZERA Marek	617		M40-49	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00	00:35:09	00:44:39

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
78	GORZELAK Zbigniew	515		M40-49		00:00:12	00:14:28	00:24:13	00:35:43	00:44:52
79	SZYMAŃSKI Piotr	690		M40-49		00:00:11	00:13:41	00:23:23	00:35:01	00:44:55
80	MROCKOWSKI Tomasz	639		M40-49		00:00:18	00:13:55	00:23:39	00:35:09	00:45:07
81	JACH Marek	589		M40-49		00:00:08	00:13:21	00:23:16	00:35:03	00:45:09
82	OLSZYNA Mirosław	788		M40-49		00:00:16	00:14:18	00:24:04	00:35:27	00:45:13
83	BURDA Marcin	731		M40-49		00:00:10	00:13:53	00:23:48	00:35:25	00:45:15
84	PASTWA Grzegorz	653		M40-49		00:00:00	00:13:12	00:22:30	00:34:46	00:45:20
85	GAŁKIEWICZ Michał	577		M40-49		00:00:09	00:14:22	00:24:10	00:35:38	00:45:21
86	PAŁKA Krzysztof	651		M40-49		00:00:09	00:14:00	00:23:56	00:35:33	00:45:29
87	SKĘCZEK Arkadiusz	680		M40-49		00:00:10	00:13:51	00:23:44	00:35:22	00:45:29
88	URGACZ Mirosław	822		M40-49		00:00:11	00:13:56	00:23:47	00:35:35	00:45:29
89	FILIKS Leszek	931		M40-49		00:00:28	00:14:35	00:24:30	00:35:57	00:45:29
90	PRZYBYŁA Tomasz	806		M40-49		00:00:07	00:14:03	00:24:10	00:35:52	00:45:34
91	ADAMCZYK Andrzej	719		M40-49		00:00:27	00:14:10	00:23:57	00:35:45	00:45:37
92	BIŁKO Sławek	730		M40-49		00:00:15	00:14:03	00:23:56	00:35:45	00:45:46
93	WISEŁKA Andrzej	707		M40-49	Radlinioki w biegu	00:00:15	00:14:42	00:24:45	00:36:37	00:46:08
94	SZCZOTKA Arkadiusz	818		M40-49		00:00:23	00:14:21	00:24:21	00:36:06	00:46:09
95	HEJNA Artur	856		M40-49	Radlinioki w biegu	00:00:17	00:14:20	00:24:24	00:36:15	00:46:10
96	PACH Janusz	496		M40-49		00:00:22	00:14:32	00:24:29	00:36:35	00:46:26
97	FURMANIUK Artur	576		M40-49		00:00:09	00:13:42	00:23:51	00:35:51	00:46:27
98	SZEREDA Robert	687		M40-49		00:00:02	00:13:50	00:24:06	00:36:16	00:46:32
99	STREIT Mariusz	682		M40-49		00:00:24	00:14:11	00:24:22	00:36:24	00:46:38
100	PALUCHIEWICZ Szymon	882		M40-49		00:00:11	00:14:30	00:24:39	00:36:27	00:46:41
101	MISIAK Piotr	783		M40-49		00:00:13	00:14:30	00:24:49	00:36:49	00:46:48
102	NOWAK Krzysztof	490		M40-49		00:00:06	00:14:34	00:24:36	00:36:50	00:47:15
103	SZCZECH Krzysztof	816		M40-49		00:00:02	00:14:02	00:24:46	00:37:18	00:47:16
104	ZAWADZKI Tyberiusz	834		M40-49		00:00:13	00:14:21	00:24:40	00:36:57	00:47:41
105	CHOLAJDA Roman	733		M40-49		00:00:22	00:15:11	00:25:29	00:37:34	00:47:42
106	PASZKOWSKI Cezary	883		M40-49	MDM NT TEAM	00:00:24	00:14:56	00:25:15	00:37:25	00:47:42
107	JĘDRYKA Sebastian	595		M40-49		00:00:16	00:13:30	00:23:49	00:36:37	00:47:45
108	KONCKI Andrzej	605		M40-49		00:00:31	00:15:07	00:25:36	00:37:39	00:47:47
109	ZAWADA Jakub	915		M40-49		00:00:19	00:14:56	00:26:13	00:37:52	00:47:50
110	ROZMUS Wojciech	890		M40-49	PoWoli do Celu	00:00:11	00:14:23	00:24:45	00:37:22	00:48:00
111	POŁOMSKI Jerzy	887		M40-49		00:00:23	00:14:37	00:24:58	00:37:27	00:48:00
112	SOSNA Mariusz	903		M40-49		00:00:14	00:15:34	00:26:18	00:38:33	00:48:10
113	ŚWIERKOT Przemek	143		M40-49		00:00:14	00:15:30	00:26:09	00:38:14	00:48:30
114	CZARNOTA Leszek	845		M40-49		00:00:23	00:15:16	00:25:51	00:38:07	00:48:36
115	KRÓLIK Arkadiusz	768		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09	00:48:42
116	SOJ Przemysław	813		M40-49		00:00:28	00:15:06	00:25:36	00:38:12	00:49:07
117	ĆMIL Marek	928		M40-49		00:00:16	00:15:02	00:26:15	00:39:03	00:49:22
118	KAWIK Janusz	759		M40-49		00:00:06	00:15:49	00:26:39	00:39:25	00:49:31
119	MATUSZEK Tomasz	781		M40-49	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22	00:39:14	00:49:35
120	JAGIEŁA Marcin	857		M40-49		00:00:21	00:15:40	00:26:33	00:39:23	00:50:06
121	WILSZ Adam	911		M40-49		00:00:16	00:16:22	00:27:22	00:40:16	00:50:08
122	KUBULUS Tomasz	863		M40-49		00:00:25	00:15:10	00:25:57	00:39:05	00:50:08
123	GŁADYSZ Leszek	741		M40-49		00:00:15	00:16:23	00:27:23	00:40:17	00:50:16

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
124	SLADECZEK Jarek	896		M40-49		00:00:27	00:15:10	00:26:09	00:39:29	00:50:18
125	ŚMIETANA Grzegorz	819		M40-49		00:00:14	00:14:56	00:25:34	00:38:59	00:50:21
126	SZCZUCHNIAK Grzegorz	969		M40-49		00:00:18	00:15:30	00:26:33	00:39:33	00:50:21
127	SKĘCZEK Marcin	811		M40-49		00:00:18	00:15:25	00:26:19	00:39:15	00:50:22
128	BORUCKI Darek	840		M40-49		00:00:24	00:15:46	00:26:51	00:39:47	00:50:49
129	PIÓR Krzysztof	798		M40-49		00:00:16	00:15:28	00:26:35	00:39:52	00:50:55
130	KOZACZKA Włodzimierz	611		M40-49		00:00:29	00:16:06	00:27:13	00:40:05	00:50:57
131	METLAK Piotr	980		M40-49		00:00:00	00:14:55	00:26:18	00:39:43	00:50:58
132	ZMUDA Dariusz	918		M40-49		00:00:25	00:16:14	00:27:25	00:40:10	00:51:10
133	GMYREK Michał	853		M40-49		00:00:12	00:15:18	00:26:42	00:40:17	00:51:17
134	ĆWIOK Marek	929		M40-49		00:00:16	00:16:22	00:27:22	00:40:18	00:51:19
135	SOBIERAJSKI Przemek	812		M40-49		00:00:24	00:16:05	00:27:11	00:40:22	00:51:43
136	KUBIENIEC Grzegorz	769		M40-49		00:00:20	00:15:50	00:27:05	00:40:27	00:51:45
137	BRYŚ Sebastian	842		M40-49		00:00:21	00:15:58	00:27:10	00:40:23	00:51:46
138	PAJĄK Paweł	880		M40-49		00:00:16	00:15:25	00:26:46	00:40:16	00:51:48
139	KMIECIAK Bogdan	942		M40-49		00:00:28	00:16:21	00:27:14	00:40:33	00:51:54
140	BARANKIEWICZ Irek	724		M40-49		00:00:24	00:15:50	00:26:59	00:40:42	00:52:15
141	WILCZEK Marek	830		M40-49		00:00:22	00:15:56	00:27:12	00:40:47	00:52:21
142	KRAMER Piotr	860		M40-49		00:00:30	00:16:08	00:27:15	00:40:57	00:52:44
143	PYZIK Marcin	888		M40-49	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22	00:53:06
144	KRÓL Michał	767		M40-49		00:00:05	00:15:28	00:27:13	00:41:43	00:53:52
145	CIEŚLA Adam	564		M40-49	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48	00:41:29	00:54:05
146	MROZEK Maciej	784		M40-49		00:00:24	00:16:16	00:27:30	00:41:52	00:54:07
147	MORAWSKI Janusz	873		M40-49		00:00:25	00:16:35	00:28:17	00:42:24	00:54:23
148	FLASZ Dawid	738		M40-49		00:00:25	00:17:19	00:29:16	00:43:02	00:54:27
149	STEFAŃSKI Piotr	967		M40-49		00:00:30	00:16:12	00:27:48	00:42:12	00:54:40
150	ZIMNY Ireneusz	917		M40-49		00:00:20	00:16:52	00:28:59	00:43:05	00:54:44
151	WOLIŃSKI Dariusz	912		M40-49		00:00:28	00:16:40	00:28:48	00:43:06	00:55:06
152	PAJESTKA Marek	881		M40-49	WRM MC POLAND	00:00:23	00:16:34	00:28:37	00:43:14	00:55:11
153	CZAPSKI Janusz	927		M40-49		00:00:29	00:16:29	00:28:23	00:42:51	00:55:20
154	DYL Ireneusz	736		M40-49		00:00:21	00:17:24	00:29:31	00:44:10	00:55:46
155	POSTUPALSKI Marcin	962		M40-49		00:00:27	00:17:30	00:29:41	00:44:03	00:55:59
156	SZEFER Bartłomiej	970		M40-49		00:00:27	00:17:31	00:29:41	00:44:03	00:56:09
157	UKLEJA Sebastian	821		M40-49		00:00:09	00:16:42	00:28:56	00:43:37	00:56:16
158	KRETEK Krzysztof	336	CE PROGRESS	M40-49		00:00:28	00:16:54	00:29:04	00:43:58	00:56:34
159	MOCHNACZ Patryk	956		M40-49		00:00:23	00:16:55	00:28:58	00:43:52	00:56:55
160	SOBIERAJ Paweł	902		M40-49		00:00:27	00:16:41	00:29:05	00:44:19	00:57:15
161	MIKODA Stanisław	871		M40-49	Athletics Nysa	00:00:21	00:15:30	00:28:15	00:44:24	00:58:25
162	WÓJCIK Dariusz	977		M40-49		00:00:29	00:18:24	00:31:48	00:47:45	01:00:53
163	LIZAK Adam	773		M40-49	Nieślony Lizak	00:00:28	00:18:39	00:32:24	00:50:28	01:03:59
164	KOŁODZIEJCZAK Damian	943		M40-49		00:00:14	00:19:15	00:33:02	00:50:14	01:04:19
165	KUBAS Mariusz	949		M40-49	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03	01:04:28
166	URBAŚ Roman	530		M40-49		00:00:00	00:13:37			
167	ORŁOWSKI Grzegorz	646		M40-49		00:00:06	00:31:14	00:40:06		
168	KURTO Grzegorz	621		M40-49		00:00:08	00:34:45	00:44:13		
169	TRZECIAK Krzysztof	696		M40-49		00:00:23	00:35:59	00:46:00		

Znaleziono 169 wynik(ów)