

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: M50-59

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	BULIK Witold	359		M50-59	1	PKS Olimpijczyk Gilowice	00:00:01	00:10:05	00:17:09	00:25:43	00:33:05	00:35:18.65	00:35:20.60		3:31	17 (100%)
2	KNESZ Marek	460		M50-59	2		00:00:01	00:10:39	00:18:09	00:27:02	00:34:36	00:36:51.70	00:36:53.25	+00:01:33 (4.2%)	3:41	16.3 (95.9%)
3	NIEMIEC Mirek	487		M50-59	3	Olza Cieszyn	00:00:01	00:10:41	00:18:29	00:27:31	00:35:18	00:37:37.90	00:37:39.20	+00:02:19 (6.2%)	3:45	15.9 (93.5%)
4	SAMBAK Tadeusz	399		M50-59	4	Zadyszka Oświęcim	00:00:03	00:11:27	00:19:15	00:28:21	00:36:23	00:38:43.60	00:38:47.15	+00:03:24 (8.8%)	3:52	15.5 (91.2%)
5	LORANC Maciej	473		M50-59	5	NUTREND BIEGA	00:00:04	00:12:11	00:20:24	00:29:56	00:37:43	00:39:53.95	00:39:58.60	+00:04:35 (11.5%)	3:59	15 (88.2%)
6	MALINOWSKI Krzysztof	386		M50-59	6		00:00:02	00:11:45	00:20:07	00:29:57	00:38:20	00:40:40.55	00:40:42.95	+00:05:21 (13.2%)	4:04	14.8 (87.1%)
7	ADAMCZEWSKI Waldemar	543		M50-59	7	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13	00:38:34	00:40:53.55	00:41:00.00	+00:05:34 (13.6%)	4:05	14.7 (86.5%)
8	MROWIEC Bernard	640		M50-59	8		00:00:07	00:12:26	00:20:49	00:30:39	00:39:04	00:41:21.45	00:41:29.40	+00:06:02 (14.6%)	4:08	14.5 (85.3%)
9	SERAFIN Dariusz Izabela	514		M50-59	9	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49	00:39:17	00:41:34.15	00:41:37.95	+00:06:15 (15.1%)	4:09	14.4 (84.7%)
10	PIŁATOWSKI Andrzej	501		M50-59	10		00:00:03	00:12:09	00:20:39	00:30:43	00:39:14	00:41:40.40	00:41:44.20	+00:06:21 (15.3%)	4:10	14.4 (84.7%)
11	ZIELIŃSKI Ireneusz	540		M50-59	11		00:00:04	00:12:11	00:20:50	00:30:55	00:39:38	00:42:07.20	00:42:11.85	+00:06:48 (16.2%)	4:12	14.2 (83.5%)
12	KARPLEWICZ Andrzej	456		M50-59	12	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20	00:40:11	00:42:39.65	00:42:48.70	+00:07:21 (17.2%)	4:15	14.1 (82.9%)
13	TOMCZYK Lesław	526		M50-59	13	Olza Cieszyn	00:00:08	00:12:29	00:21:08	00:31:23	00:40:06	00:42:40.25	00:42:48.30	+00:07:21 (17.2%)	4:16	14.1 (82.9%)
14	ANTONCZYK Adam	544		M50-59	14		00:00:04	00:12:14	00:20:59	00:31:25	00:40:32	00:43:08.55	00:43:13.40	+00:07:49 (18.2%)	4:18	13.9 (81.8%)
15	SZKATUŁA Henryk	688		M50-59	15	Koszulka Hynia	00:00:03	00:12:18	00:21:04	00:31:35	00:40:35	00:43:10.20	00:43:13.65	+00:07:51 (18.2%)	4:19	13.9 (81.8%)

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
16	PAPUGA Dariusz	652		M50-59	16	Zadyszka Oświęcim	00:00:03	00:12:06	00:21:06	00:31:32	00:40:35	00:43:20.50	00:43:23.70	+00:08:01 (18.5%)	4:20	13.8 (81.2%)
17	FLORKIEWICZ Sławomir	571		M50-59	17		00:00:08	00:12:24	00:21:13	00:31:50	00:40:48	00:43:22.95	00:43:31.00	+00:08:04 (18.6%)	4:20	13.8 (81.2%)
18	GIGOŃ Dariusz	442		M50-59	18	KB MCKIS Jaworzno	00:00:08	00:12:29	00:21:30	00:32:07	00:40:50	00:43:24.25	00:43:32.30	+00:08:05 (18.6%)	4:20	13.8 (81.2%)
19	DOBROWOLSKI Sławek	435		M50-59	19		00:00:11	00:13:02	00:21:50	00:32:14	00:41:01	00:43:27.10	00:43:38.35	+00:08:08 (18.7%)	4:20	13.8 (81.2%)
20	PRZYBYSZ Ryszard	667		M50-59	20		00:00:14	00:12:40	00:21:40	00:32:12	00:41:17	00:43:52.30	00:44:06.65	+00:08:33 (19.5%)	4:23	13.7 (80.6%)
21	UCIEKLAK Waldemar	529		M50-59	21		00:00:08	00:12:40	00:21:41	00:32:31	00:41:38	00:44:09.95	00:44:18.25	+00:08:51 (20.0%)	4:25	13.6 (80.0%)
22	KUSTRA Józef	771		M50-59	22		00:00:02	00:12:35	00:21:36	00:32:30	00:41:43	00:44:16.55	00:44:18.60	+00:08:57 (20.2%)	4:25	13.6 (80.0%)
23	KOWALSKI Robert	610		M50-59	23		00:00:09	00:12:46	00:21:51	00:32:33	00:41:41	00:44:19.95	00:44:29.85	+00:09:01 (20.4%)	4:26	13.5 (79.4%)
24	GÓRNY Mirek	367		M50-59	24		00:00:01	00:12:08	00:21:04	00:32:02	00:41:34	00:44:21.00	00:44:22.95	+00:09:02 (20.4%)	4:26	13.5 (79.4%)
25	MAZURKIEWICZ Jarosław	483		M50-59	25		00:00:16	00:12:53	00:22:05	00:32:47	00:41:52	00:44:32.50	00:44:49.10	+00:09:13 (20.7%)	4:27	13.5 (79.4%)
26	ZIĘTARA Paweł	717		M50-59	26		00:00:08	00:13:05	00:22:10	00:32:54	00:41:53	00:44:39.60	00:44:47.90	+00:09:20 (20.9%)	4:27	13.4 (78.8%)
27	PIŁATOWSKI Mirosław	660		M50-59	27	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17	00:42:41	00:45:16.00	00:45:19.65	+00:09:57 (22.0%)	4:31	13.3 (78.2%)
28	FOKS Damian	572		M50-59	28		00:00:12	00:13:43	00:23:07	00:34:05	00:43:18	00:45:54.10	00:46:06.25	+00:10:35 (23.1%)	4:35	13.1 (77.1%)
29	BURAS Roman	555		M50-59	29		00:00:25	00:14:58	00:24:32	00:35:24	00:44:06	00:46:25.00	00:46:50.05	+00:11:06 (23.9%)	4:38	12.9 (75.9%)
30	URBASIK Mariusz	700		M50-59	30		00:00:10	00:13:42	00:23:13	00:34:27	00:44:02	00:46:47.50	00:46:58.35	+00:11:28 (24.5%)	4:40	12.8 (75.3%)
31	CIESIELSKI Dariusz	563		M50-59	31		00:00:10	00:13:53	00:23:33	00:34:55	00:44:18	00:46:58.35	00:47:08.70	+00:11:39 (24.8%)	4:41	12.8 (75.3%)
32	BRACHMAŃSKI Dariusz	841		M50-59	32		00:00:14	00:14:23	00:24:07	00:35:43	00:45:12	00:47:56.55	00:48:11.45	+00:12:37 (26.3%)	4:47	12.5 (73.5%)
33	PŁONKA Krzysztof	886		M50-59	33		00:00:11	00:13:58	00:23:50	00:35:19	00:45:09	00:48:03.25	00:48:14.60	+00:12:44 (26.5%)	4:48	12.5 (73.5%)
34	JASIŃSKI Maksymilian	592		M50-59	34	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:14:07	00:23:57	00:35:35	00:45:18	00:48:03.45	00:48:26.10	+00:12:44 (26.5%)	4:48	12.5 (73.5%)
35	GOTTMAN Bogusław	854		M50-59	35		00:00:25	00:14:12	00:24:07	00:35:40	00:45:27	00:48:11.20	00:48:36.90	+00:12:52 (26.7%)	4:49	12.5 (73.5%)
36	PETRYKOWSKI Grzegorz	654		M50-59	36		00:00:09	00:14:10	00:24:00	00:35:43	00:45:31	00:48:22.75	00:48:32.50	+00:13:04 (27.0%)	4:50	12.4 (72.9%)
37	ŻALIŃSKI Zbigniew	835		M50-59	37		00:00:17	00:14:33	00:24:33	00:36:12	00:46:05	00:48:55.05	00:49:12.60	+00:13:36 (27.8%)	4:53	12.3 (72.4%)
38	BARAN Ryszard	722		M50-59	38		00:00:24	00:14:25	00:24:16	00:35:47	00:46:01	00:48:55.70	00:49:19.85	+00:13:37 (27.8%)	4:53	12.3 (72.4%)

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39	KUBICA Tadeusz	862		M50-59	39		00:00:24	00:14:33	00:24:27	00:36:07	00:46:03	00:48:56.55	00:49:21.15	+00:13:37 (27.9%)	4:53	12.3 (72.4%)
40	GAWLAS Jan	739		M50-59	40		00:00:18	00:36:02	00:45:58			00:48:57.25	00:49:15.40	+00:13:38 (27.9%)	4:53	12.3 (72.4%)
41	BURNAGIEL Tomasz	556		M50-59	41		00:00:14	00:14:57	00:25:11	00:36:56	00:46:21	00:49:02.30	00:49:16.90	+00:13:43 (28.0%)	4:54	12.2 (71.8%)
42	KULAWIAK Bogdan	620		M50-59	42		00:00:23	00:14:38	00:24:47	00:36:36	00:46:40	00:49:20.25	00:49:43.55	+00:14:01 (28.4%)	4:56	12.2 (71.8%)
43	SZCZEPANIAK Aleksander	686		M50-59	43		00:00:10	00:14:16	00:24:15	00:36:26	00:46:55	00:49:53.30	00:50:03.80	+00:14:34 (29.2%)	4:59	12 (70.6%)
44	TOCHOWICZ Bartosz	694		M50-59	44	Olza Cieszyn	00:00:20	00:14:46	00:25:18	00:37:29	00:47:57	00:50:46.10	00:51:06.15	+00:15:27 (30.4%)	5:04	11.8 (69.4%)
45	KOZIEŁ Dariusz	765		M50-59	45		00:00:29	00:14:57	00:25:20	00:37:39	00:48:05	00:51:18.25	00:51:47.35	+00:15:59 (31.2%)	5:07	11.7 (68.8%)
46	LECHOWICZ Tadeusz	772		M50-59	46		00:00:20	00:15:10	00:25:41	00:38:00	00:48:31	00:51:34.00	00:51:54.85	+00:16:15 (31.5%)	5:09	11.6 (68.2%)
47	RASZKA Janusz	808		M50-59	47	Olza Cieszyn	00:00:20	00:15:26	00:26:03	00:38:28	00:48:58	00:51:38.55	00:51:59.45	+00:16:19 (31.6%)	5:09	11.6 (68.2%)
48	GRZEŚ Krzysztof	746		M50-59	48		00:00:15	00:14:40	00:25:35	00:38:04	00:48:39	00:51:51.35	00:52:06.50	+00:16:32 (31.9%)	5:11	11.6 (68.2%)
49	PAWĘZOWSKI Jacek	884		M50-59	49		00:00:22	00:15:04	00:25:34	00:38:22	00:49:17	00:52:33.05	00:52:55.25	+00:17:14 (32.8%)	5:15	11.4 (67.1%)
50	GÓRALSKI Jarosław	855		M50-59	50		00:00:08	00:15:06	00:25:58	00:38:54	00:49:35	00:52:46.45	00:52:55.30	+00:17:27 (33.1%)	5:16	11.4 (67.1%)
51	ZAWIERUCHA Aleksander	916		M50-59	51	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:16:06	00:27:09	00:39:54	00:50:38	00:53:31.45	00:53:53.60	+00:18:12 (34.0%)	5:21	11.2 (65.9%)
52	CHROBOK Gerard	844		M50-59	52	Olza Cieszyn	00:00:12	00:15:44	00:26:58	00:40:00	00:50:57	00:54:09.35	00:54:21.60	+00:18:50 (34.8%)	5:24	11.1 (65.3%)
53	JESIONEK Bogusław	939		M50-59	53		00:00:27	00:16:22	00:27:47	00:41:08	00:52:08	00:55:27.75	00:55:55.15	+00:20:09 (36.3%)	5:32	10.8 (63.5%)
54	KONOPKA Jaroslaw	945		M50-59	54		00:00:26	00:16:40	00:28:19	00:41:24	00:52:23	00:55:33.90	00:56:00.85	+00:20:15 (36.5%)	5:33	10.8 (63.5%)
55	WOLIŃSKI Józef	913		M50-59	55		00:00:23	00:16:31	00:27:51	00:41:25	00:53:03	00:56:23.25	00:56:46.55	+00:21:04 (37.4%)	5:38	10.6 (62.4%)
56	MARCINIAK Artur	780		M50-59	56		00:00:29	00:16:27	00:28:27	00:41:53	00:53:30	00:56:47.45	00:57:16.75	+00:21:28 (37.8%)	5:40	10.6 (62.4%)
57	GIL Krzysztof	935		M50-59	57		00:00:25	00:17:34	00:29:44	00:44:05	00:56:13	00:59:30.00	00:59:55.65	+00:24:11 (40.7%)	5:57	10.1 (59.4%)
58	KRAJEWSKI Damian	946		M50-59	58	BIEG PO ZDRÓJ	00:00:29	00:17:42	00:30:10	00:45:08	00:57:41	01:01:13.20	01:01:42.65	+00:25:54 (42.3%)	6:07	9.8 (57.6%)
59	WIECZOREK Henryk	142		M50-59	59		00:00:15	00:18:32	00:31:20	00:46:44	00:59:35	01:03:24.75	01:03:40.70	+00:28:06 (44.3%)	6:20	9.5 (55.9%)
60	TRAFIAŁEK Mirosław	973		M50-59	60		00:00:24	00:18:21	00:31:41	00:48:11	01:02:19	01:06:19.50	01:06:43.85	+00:31:00 (46.8%)	6:37	9 (52.9%)
61	KUCHARCZYK Marek	950		M50-59	61		00:00:35	00:18:09	00:32:33	00:50:09	01:03:58	01:07:55.25	01:08:30.70	+00:32:36 (48.0%)	6:47	8.8 (51.8%)

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
62	PIOTROWICZ Rysiek	960		M50-59	62		00:00:08	00:17:41	00:30:54	00:54:08	01:08:13	01:12:26.05	01:12:34.55	+00:37:07 (51.3%)	7:14	8.3 (48.8%)
63	FOJCIK Piotr	932		M50-59	63		00:00:32	00:16:19	00:35:03					+00:17:54	7:00	8.6 (50.6%)

Znaleziono 63 wynik(ów)