

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: Najlepszy Jastrzębianin

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	ALBRECHT Krystian	355		M16-19	2	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55	00:34:27	00:36:31.50	00:36:33.90		3:39	16.4 (100%)
2	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	+00:00:12 (0.6%)	3:40	16.3 (99.4%)
3	GIŻYŃSKI Damian	366		M30-39	17	GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44	00:35:11	00:37:18.40	00:37:20.65	+00:00:46 (2.1%)	3:43	16.1 (98.2%)
4	KOGUCIUK Karol	377		M20-29	14	TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51	00:35:50	00:37:55.45	00:37:57.60	+00:01:23 (3.7%)	3:47	15.8 (96.3%)
5	ZIELIŃSKI Rafał	413		M30-39	24	Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03	00:35:52	00:38:05.90	00:38:07.50	+00:01:34 (4.1%)	3:48	15.7 (95.7%)
6	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	+00:02:26 (6.3%)	3:53	15.4 (93.9%)
7	MEREDYK Adrian	387		M30-39	34		00:00:02	00:11:17	00:19:26	00:29:05	00:37:30	00:39:41.50	00:39:43.95	+00:03:10 (8.0%)	3:58	15.1 (92.1%)
8	BRYŁA Rafał	427		M30-39	35	Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27	00:37:29	00:39:46.15	00:39:51.85	+00:03:14 (8.2%)	3:58	15.1 (92.1%)
9	NOWICKI Tomasz	491		M30-39	40	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40	00:38:08	00:40:30.65	00:40:36.75	+00:03:59 (9.8%)	4:03	14.8 (90.2%)
10	SPYRKA Piotr	518		M30-39	41	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50	00:38:11	00:40:38.50	00:40:44.15	+00:04:07 (10.1%)	4:03	14.8 (90.2%)
11	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	+00:04:22 (10.7%)	4:05	14.7 (89.6%)

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
12	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	+00:04:25 (10.8%)	4:05	14.7 (89.6%)
13	RAJWA Jan	508		M30-39	44	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10	00:38:40	00:41:02.65	00:41:07.95	+00:04:31 (11.0%)	4:06	14.6 (89.0%)
14	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	+00:04:45 (11.5%)	4:07	14.5 (88.4%)
15	MAJ Przemysław	476		M30-39	49	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24	00:38:48	00:41:17.35	00:41:25.15	+00:04:45 (11.5%)	4:07	14.5 (88.4%)
16	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	+00:05:02 (12.1%)	4:09	14.4 (87.8%)
17	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	+00:05:24 (12.9%)	4:11	14.3 (87.2%)
18	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	+00:05:34 (13.2%)	4:12	14.3 (87.2%)
19	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	+00:05:35 (13.3%)	4:12	14.2 (86.6%)
20	DEJEWSKI Jakub	433		M30-39	59	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01	00:39:48	00:42:18.00	00:42:33.60	+00:05:46 (13.7%)	4:13	14.2 (86.6%)
21	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	+00:06:08 (14.4%)	4:15	14.1 (86.0%)
22	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	+00:06:16 (14.7%)	4:16	14 (85.4%)
23	LILLA Piotr	470		M30-39	64		00:00:04	00:11:52	00:20:50	00:31:19	00:40:07	00:42:48.05	00:42:52.85	+00:06:16 (14.7%)	4:16	14 (85.4%)
24	GRUCEL Damian	445		M30-39	67	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28	00:40:19	00:42:53.10	00:43:01.20	+00:06:21 (14.8%)	4:17	14 (85.4%)
25	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	+00:06:25 (14.9%)	4:17	14 (85.4%)
26	CHRUSZCZ Wojciech	429		M30-39	69	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38	00:40:39	00:43:08.50	00:43:16.60	+00:06:37 (15.3%)	4:18	13.9 (84.8%)
27	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	+00:06:37 (15.3%)	4:18	13.9 (84.8%)
28	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	+00:06:40 (15.5%)	4:19	13.9 (84.8%)
29	MACHEJ Remigiusz	629		M30-39	70	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55	00:40:55	00:43:24.70	00:43:33.90	+00:06:53 (15.9%)	4:20	13.8 (84.1%)
30	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	+00:07:02 (16.2%)	4:21	13.8 (84.1%)

												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					
31	JOCHLIK Szymon	452		M30-39	75		00:00:07	00:12:15	00:21:13	00:32:03	00:41:24	00:43:49.00	00:43:56.85	+00:07:17 (16.6%)	4:22	13.7 (83.5%)
32	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	+00:07:18 (16.7%)	4:23	13.7 (83.5%)
33	WYREMBELSKI Adam	713		M20-29	30		00:00:07	00:13:06	00:21:54	00:32:18	00:41:14	00:43:51.00	00:43:58.10	+00:07:19 (16.7%)	4:23	13.7 (83.5%)
34	BURYBA Jacek	557		M30-39	76	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32	00:41:34	00:43:59.45	00:44:07.50	+00:07:27 (17.0%)	4:23	13.6 (82.9%)
35	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	+00:07:45 (17.5%)	4:25	13.6 (82.9%)
36	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	+00:07:59 (17.9%)	4:27	13.5 (82.3%)
37	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	+00:08:02 (18.0%)	4:27	13.5 (82.3%)
38	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	+00:08:08 (18.2%)	4:27	13.4 (81.7%)
39	WOŹNIAK Przemysław	712		M30-39	86		00:00:15	00:13:56	00:23:09	00:33:38	00:42:28	00:44:43.95	00:44:59.70	+00:08:12 (18.3%)	4:28	13.4 (81.7%)
40	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	+00:08:17 (18.5%)	4:28	13.4 (81.7%)
41	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	+00:08:44 (19.3%)	4:31	13.3 (81.1%)
42	FROSZTĘGA Daniel	574		M30-39	94		00:00:19	00:13:24	00:22:32	00:33:26	00:42:47	00:45:25.25	00:45:44.50	+00:08:53 (19.6%)	4:32	13.2 (80.5%)
43	ONAK Paweł	645		M30-39	97		00:00:20	00:13:13	00:22:38	00:33:42	00:43:05	00:45:26.75	00:45:47.65	+00:08:55 (19.6%)	4:32	13.2 (80.5%)
44	JANECKI Mateusz	591		M20-29	35	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48	00:45:27.15	00:45:32.40	+00:08:55 (19.6%)	4:32	13.2 (80.5%)
45	MIKA Łukasz	637		M30-39	98		00:00:12	00:13:21	00:22:41	00:33:37	00:42:56	00:45:28.50	00:45:41.45	+00:08:57 (19.7%)	4:32	13.2 (80.5%)
46	KIEPIELA Dawid	941		M30-39	99	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48	00:42:58	00:45:30.75	00:46:01.20	+00:08:59 (19.7%)	4:33	13.2 (80.5%)
47	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	+00:08:59 (19.8%)	4:33	13.2 (80.5%)
48	BAKOWSKI Michał	547		M30-39	103		00:00:17	00:13:34	00:22:55	00:33:42	00:42:59	00:45:37.85	00:45:54.95	+00:09:06 (20.0%)	4:33	13.2 (80.5%)
49	MALIK Rafał	385		M30-39	104		00:00:04	00:13:03	00:22:14	00:33:34	00:43:10	00:45:38.55	00:45:43.05	+00:09:07 (20.0%)	4:33	13.1 (79.9%)
50	OGRODNIK Damian	644		M30-39	105		00:00:14	00:13:19	00:22:30	00:33:33	00:43:05	00:45:40.75	00:45:55.40	+00:09:09 (20.0%)	4:34	13.1 (79.9%)

												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					
51	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	+00:09:10 (20.1%)	4:34	13.1 (79.9%)
52	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	+00:09:31 (20.7%)	4:36	13 (79.3%)
53	CZAPOROWSKI Tomasz	431		M30-39	109		00:00:25	00:14:11	00:23:44	00:34:39	00:43:44	00:46:03.00	00:46:28.25	+00:09:31 (20.7%)	4:36	13 (79.3%)
54	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	+00:10:23 (22.2%)	4:41	12.8 (78.0%)
55	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	+00:10:28 (22.3%)	4:42	12.8 (78.0%)
56	URBAN Patryk	699		M20-29	43		00:00:21	00:12:33	00:21:53	00:33:31	00:44:10	00:47:08.00	00:47:29.55	+00:10:36 (22.5%)	4:42	12.7 (77.4%)
57	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	+00:10:49 (22.8%)	4:44	12.7 (77.4%)
58	MARON Tomasz	479		M30-39	122	Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55	00:44:43	00:47:27.50	00:47:51.30	+00:10:56 (23.0%)	4:44	12.6 (76.8%)
59	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	+00:10:56 (23.0%)	4:44	12.6 (76.8%)
60	PIDANTY Łukasz	797		M30-39	125		00:00:23	00:14:11	00:24:20	00:35:56	00:45:18	00:47:45.95	00:48:09.50	+00:11:14 (23.5%)	4:46	12.6 (76.8%)
61	MARCHEWKA Bartosz	632		M30-39	126		00:00:11	00:13:58	00:23:45	00:35:19	00:45:06	00:47:47.25	00:47:59.00	+00:11:15 (23.6%)	4:46	12.6 (76.8%)
62	WOJNAR Janusz	711		M30-39	127		00:00:22	00:14:02	00:23:50	00:35:19	00:45:10	00:47:52.70	00:48:15.50	+00:11:21 (23.7%)	4:47	12.5 (76.2%)
63	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	+00:11:22 (23.7%)	4:47	12.5 (76.2%)
64	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	+00:11:25 (23.8%)	4:47	12.5 (76.2%)
65	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	+00:11:31 (24.0%)	4:48	12.5 (76.2%)
66	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	+00:11:31 (24.0%)	4:48	12.5 (76.2%)
67	RAJWA Stanisław	807		M20-29	47	Bziegacze	00:00:19	00:14:04	00:23:41	00:35:36	00:45:32	00:48:10.35	00:48:29.85	+00:11:38 (24.2%)	4:49	12.5 (76.2%)
68	WASILEWSKI Mateusz	702		M20-29	48		00:00:05	00:13:20	00:23:25	00:35:36	00:45:27	00:48:16.40	00:48:21.55	+00:11:44 (24.3%)	4:49	12.4 (75.6%)
69	PARTYKA Karol	794		M30-39	135		00:00:13	00:13:59	00:23:48	00:35:43	00:45:48	00:48:41.90	00:48:55.25	+00:12:10 (25.0%)	4:52	12.3 (75.0%)
70	TRZECIAK Krzysztof	696		M40-49	96		00:00:23	00:35:59	00:46:00			00:48:49.65	00:49:13.60	+00:12:18 (25.2%)	4:53	12.3 (75.0%)
71	GAWLAS Jan	739		M50-59	40		00:00:18	00:36:02	00:45:58			00:48:57.25	00:49:15.40	+00:12:25 (25.4%)	4:53	12.3 (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					
72	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	+00:12:48 (26.0%)	4:56	12.2 (74.4%)
73	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	+00:12:52 (26.1%)	4:56	12.1 (73.8%)
74	LIZAK Grzegorz	471		M30-39	140	Niesłony Lizak	00:00:04	00:14:09	00:24:05	00:36:01	00:46:33	00:49:39.05	00:49:43.85	+00:13:07 (26.4%)	4:57	12.1 (73.8%)
75	TORBIŃSKI Wiesław	820		M60-69	5		00:00:16	00:14:24	00:24:31	00:36:30	00:46:43	00:49:39.75	00:49:56.70	+00:13:08 (26.5%)	4:58	12.1 (73.8%)
76	POŁEĆ Krzysztof	802		M30-39	146	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56	00:47:18	00:50:03.05	00:50:20.65	+00:13:31 (27.0%)	5:00	12 (73.2%)
77	JANCZUKOWICZ Łukasz	750		M30-39	151		00:00:27	00:15:58	00:26:18	00:38:18	00:48:04	00:50:39.25	00:51:06.45	+00:14:07 (27.9%)	5:03	11.8 (72.0%)
78	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	+00:14:14 (28.0%)	5:04	11.8 (72.0%)
79	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	+00:14:38 (28.6%)	5:07	11.7 (71.3%)
80	POŁOMSKI Dawid	803		M30-39	157		00:00:35	00:14:40	00:25:14	00:37:47	00:48:10	00:51:20.90	00:51:56.35	+00:14:49 (28.9%)	5:08	11.7 (71.3%)
81	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	+00:15:02 (29.2%)	5:09	11.6 (70.7%)
82	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	+00:15:05 (29.2%)	5:09	11.6 (70.7%)
83	PIŻGAŁA Kordian	799		M20-29	53		00:00:17	00:14:23	00:24:53	00:37:46	00:49:00	00:52:02.15	00:52:19.45	+00:15:30 (29.8%)	5:12	11.5 (70.1%)
84	WIEJACZ Wiejacz	828		M30-39	160		00:00:25	00:15:11	00:25:52	00:38:48	00:49:19	00:52:07.75	00:52:33.55	+00:15:36 (29.9%)	5:12	11.5 (70.1%)
85	WEYGAND Patryk	703		M30-39	162	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:14	00:52:11.35	00:52:32.95	+00:15:39 (30.0%)	5:13	11.5 (70.1%)
86	MUSIAŁ Łukasz	874		M30-39	164	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:18	00:52:14.95	00:52:36.70	+00:15:43 (30.1%)	5:13	11.5 (70.1%)
87	DOMASZK Paweł	566		M20-29	54		00:00:14	00:14:39	00:25:30	00:38:17	00:49:13	00:52:18.95	00:52:33.25	+00:15:47 (30.2%)	5:13	11.5 (70.1%)
88	ZABIEGLIŃSKI Andrzej	714		M30-39	167	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57	00:49:56	00:52:49.80	00:53:03.30	+00:16:18 (30.9%)	5:17	11.4 (69.5%)
89	NOWAK Patryk	786		M20-29	56	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11	00:49:54	00:52:59.80	00:53:25.95	+00:16:28 (31.1%)	5:17	11.3 (68.9%)
90	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	+00:16:43 (31.4%)	5:19	11.3 (68.9%)

												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					
91	FRĄTCZAK Bartosz	850		M30-39	170	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39	00:49:55	00:53:16.60	00:53:37.20	+00:16:45 (31.4%)	5:19	11.3 (68.9%)
92	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	+00:16:49 (31.5%)	5:20	11.2 (68.3%)
93	JASZCZYK Łukasz	937		M30-39	173		00:00:18	00:15:14	00:26:02	00:38:59	00:50:32	00:53:42.45	00:54:01.35	+00:17:10 (32.0%)	5:22	11.2 (68.3%)
94	MALISZEWSKI Marcin	779		M30-39	175		00:00:22	00:14:59	00:25:35	00:38:58	00:50:44	00:53:51.10	00:54:13.15	+00:17:19 (32.2%)	5:23	11.1 (67.7%)
95	MALISZEWSKI Dariusz	778		M30-39	176		00:00:22	00:15:00	00:25:35	00:38:58	00:50:44	00:53:52.50	00:54:14.50	+00:17:21 (32.2%)	5:23	11.1 (67.7%)
96	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	+00:17:38 (32.6%)	5:25	11.1 (67.7%)
97	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	+00:17:51 (32.8%)	5:26	11 (67.1%)
98	GMYREK 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	+00:17:51 (32.8%)	5:26	11 (67.1%)
99	MAKOWSKI Grzegorz	867		M20-29	60		00:00:24	00:16:05	00:27:11	00:40:21	00:51:43	00:54:28.50	00:54:53.25	+00:17:57 (33.0%)	5:26	11 (67.1%)
100	OGIERMAN Mariusz	876		M20-29	61		00:00:20	00:15:12	00:26:10	00:39:24	00:51:13	00:54:35.55	00:54:56.40	+00:18:04 (33.1%)	5:27	11 (67.1%)
101	GOIK Damian	742		M20-29	62	Bziegacze	00:00:20	00:14:30	00:25:45	00:39:53	00:51:32	00:54:53.40	00:55:13.45	+00:18:21 (33.5%)	5:29	10.9 (66.5%)
102	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	+00:18:25 (33.5%)	5:29	10.9 (66.5%)
103	GIBAS Damian	852		M20-29	64		00:00:14	00:39:46	00:51:42			00:55:09.75	00:55:24.35	+00:18:38 (33.8%)	5:31	10.9 (66.5%)
104	FELSKI Krzysztof	849		M30-39	181		00:00:25	00:15:37	00:26:58	00:40:35	00:52:00	00:55:16.95	00:55:42.75	+00:18:45 (33.9%)	5:31	10.9 (66.5%)
105	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	+00:18:56 (34.1%)	5:32	10.8 (65.9%)
106	KONOPKA Jarosław	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	+00:19:02 (34.3%)	5:33	10.8 (65.9%)
107	PAJĄK Marcin	791		M20-29	66		00:00:17	00:15:35	00:26:59	00:40:54	00:52:36	00:55:34.65	00:55:52.05	+00:19:03 (34.3%)	5:33	10.8 (65.9%)
108	WOWRA Robert	914		M30-39	184		00:00:32	00:16:22	00:27:52	00:41:24	00:52:47	00:55:53.75	00:56:26.60	+00:19:22 (34.7%)	5:35	10.7 (65.2%)
109	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	+00:19:35 (34.9%)	5:36	10.7 (65.2%)
110	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	+00:19:49 (35.2%)	5:38	10.7 (65.2%)
111	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	+00:21:01 (36.5%)	5:45	10.4 (63.4%)
112	CIEŚLA Artur	734		M30-39	189		00:00:26	00:15:57	00:27:58	00:42:31	00:54:50	00:57:46.35	00:58:12.95	+00:21:14 (36.8%)	5:46	10.4 (63.4%)

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
113	LEJKOWSKI Sebastian	953		M30-39	191		00:00:30	00:17:21	00:29:08	00:42:55	00:54:37	00:57:56.50	00:58:26.75	+00:21:25 (37.0%)	5:47	10.4 (63.4%)
114	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	+00:21:26 (37.0%)	5:47	10.4 (63.4%)
115	MARON Tadeusz	633		M30-39	193		00:00:23	00:16:14	00:28:03	00:41:47	00:54:35	00:58:48.85	00:59:12.65	+00:22:17 (37.9%)	5:52	10.2 (62.2%)
116	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	+00:22:34 (38.2%)	5:54	10.2 (62.2%)
117	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	+00:22:55 (38.6%)	5:56	10.1 (61.6%)
118	KRZYSTOLIK Damian	948		M30-39	195		00:00:26	00:17:10	00:29:15	00:43:46	00:56:06	00:59:27.95	00:59:54.05	+00:22:56 (38.6%)	5:56	10.1 (61.6%)
119	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	+00:22:58 (38.6%)	5:57	10.1 (61.6%)
120	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	+00:23:33 (39.2%)	6:00	10 (61.0%)
121	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	+00:23:59 (39.7%)	6:03	9.9 (60.4%)
122	CHMIEL Jacek	732		M60-69	11		00:00:28	00:17:45	00:30:17	00:44:41	00:57:13	01:00:41.35	01:01:09.85	+00:24:09 (39.8%)	6:04	9.9 (60.4%)
123	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	+00:24:18 (40.0%)	6:05	9.9 (60.4%)
124	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	+00:24:41 (40.3%)	6:07	9.8 (59.8%)
125	OGRODNIK Sebastian	957		M30-39	196		00:00:14	00:17:26	00:30:13	00:45:06	00:57:58	01:01:40.30	01:01:55.05	+00:25:08 (40.8%)	6:10	9.7 (59.1%)
126	TRAWNICKI Jan	908		M60-69	12		00:00:25	00:17:39	00:30:40	00:46:31	00:59:43	01:03:55.80	01:04:21.05	+00:27:24 (42.9%)	6:23	9.4 (57.3%)
127	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	+00:32:03 (46.7%)	6:51	8.7 (53.0%)
128	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	+00:35:54 (49.6%)	7:14	8.3 (50.6%)

Znaleziono 128 wynik(ów)