

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: Najlepszy Jastrzębianin

Split point: 7,3 km

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
1	ALBRECHT Krystian	355		M16-19	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55
2	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49		00:00:02	00:10:53	00:18:25	00:27:07
3	GIŻYŃSKI Damian	366		M30-39	GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44
4	KOGUCIUK Karol	377		M20-29	TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51
5	ZIELIŃSKI Rafał	413		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03
6	ALBRECHT Arkadiusz	354		M40-49	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43
7	MEREDYK Adrian	387		M30-39		00:00:02	00:11:17	00:19:26	00:29:05
8	BRYŁA Rafał	427		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27
9	NOWICKI Tomasz	491		M30-39	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40
10	SPYRKA Piotr	518		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50
11	SIEGMUND Tadeusz	679		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09
12	RAJWA Jan	508		M30-39	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10
13	ADAMCZEWSKI Waldemar	543		M50-59	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13
14	MAJ Przemysław	476		M30-39	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24
15	BIAŁECKI Tomasz	548		M40-49	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25
16	SERAFIN Dariusz Izabela	514		M50-59	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49
17	ZIELIŃSKI Ireneusz	540		M50-59		00:00:04	00:12:11	00:20:50	00:30:55
18	DEJEWSKI Jakub	433		M30-39	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01
19	MAZUR Marek	482		M40-49		00:00:04	00:12:12	00:20:48	00:31:09
20	LILLA Piotr	470		M30-39		00:00:04	00:11:52	00:20:50	00:31:19
21	KARPLEWICZ Andrzej	456		M50-59	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20
22	ANTONCZYK Adam	544		M50-59		00:00:04	00:12:14	00:20:59	00:31:25
23	KUNINA Paweł	465		M40-49		00:00:03	00:12:40	00:21:43	00:31:27
24	GRUCEL Damian	445		M30-39	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28
25	GRZONKA Andrzej	446		M40-49	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31
26	CHRUSZCZ Wojciech	429		M30-39	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38
27	LEŚNIAK Krzysztof	469		M40-49	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45
28	MACHEJ Remigiusz	629		M30-39	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55
29	ŁYSEK Paweł	628		M40-49	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57
30	JOCHLIK Szymon	452		M30-39		00:00:07	00:12:15	00:21:13	00:32:03
31	JĘDRZEJAK Piotr	596		M40-49		00:00:12	00:12:40	00:21:36	00:32:04

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
32	WYREMBELSKI Adam	713		M20-29		00:00:07	00:13:06	00:21:54	00:32:18
33	BAC Michał	545		M40-49		00:00:14	00:13:03	00:21:57	00:32:24
34	KUSTRA Józef	771		M50-59		00:00:02	00:12:35	00:21:36	00:32:30
35	BURYBA Jacek	557		M30-39	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32
36	TRAWNICKI Maciej	695		M40-49		00:00:11	00:12:52	00:21:56	00:32:45
37	RADOMSKI Mariusz	670		M40-49		00:00:37	00:13:09	00:22:09	00:32:51
38	ZIĘTARA Paweł	717		M50-59		00:00:08	00:13:05	00:22:10	00:32:54
39	JANECKI Mateusz	591		M20-29	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15
40	PIŁATOWSKI Mirosław	660		M50-59	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17
41	FROSZTĘGA Daniel	574		M30-39		00:00:19	00:13:24	00:22:32	00:33:26
42	URBAN Patryk	699		M20-29		00:00:21	00:12:33	00:21:53	00:33:31
43	OGRODNIK Damian	644		M30-39		00:00:14	00:13:19	00:22:30	00:33:33
44	MALIK Rafał	385		M30-39		00:00:04	00:13:03	00:22:14	00:33:34
45	MIKA Łukasz	637		M30-39		00:00:12	00:13:21	00:22:41	00:33:37
46	WOŹNIAK Przemysław	712		M30-39		00:00:15	00:13:56	00:23:09	00:33:38
47	BAKOWSKI Michał	547		M30-39		00:00:17	00:13:34	00:22:55	00:33:42
48	ONAK Paweł	645		M30-39		00:00:20	00:13:13	00:22:38	00:33:42
49	DOCZEKALSKI Jarek	565		M40-49	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43
50	KIEPIELA Dawid	941		M30-39	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48
51	PIECHOCKI Piotr	656		M40-49		00:00:10	00:13:35	00:22:51	00:33:50
52	WALA Marek	823		M40-49		00:00:20	00:14:01	00:23:21	00:34:15
53	MOTOWIDŁO Tomasz	638		M40-49		00:00:10	00:13:25	00:23:02	00:34:36
54	CZAPOROWSKI Tomasz	431		M30-39		00:00:25	00:14:11	00:23:44	00:34:39
55	BYSTRYKOWSKI Marcin	558		M40-49	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40
56	MARON Tomasz	479		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55
57	CEMPA Jacek	559		M40-49		00:00:20	00:13:55	00:23:35	00:34:56
58	JACH Marek	589		M40-49		00:00:08	00:13:21	00:23:16	00:35:03
59	MROCZKOWSKI Tomasz	639		M40-49		00:00:18	00:13:55	00:23:39	00:35:09
60	MARCHEWKA Bartosz	632		M30-39		00:00:11	00:13:58	00:23:45	00:35:19
61	PŁONKA Krzysztof	886		M50-59		00:00:11	00:13:58	00:23:50	00:35:19
62	WOJNAR Janusz	711		M30-39		00:00:22	00:14:02	00:23:50	00:35:19
63	JASIŃSKI Maksymilian	592		M50-59	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:14:07	00:23:57	00:35:35
64	WASILEWSKI Mateusz	702		M20-29		00:00:05	00:13:20	00:23:25	00:35:36
65	RAJWA Stanisław	807		M20-29	Bziegacze	00:00:19	00:14:04	00:23:41	00:35:36
66	GORZELAK Zbigniew	515		M40-49		00:00:12	00:14:28	00:24:13	00:35:43
67	PARTYKA Karol	794		M30-39		00:00:13	00:13:59	00:23:48	00:35:43
68	PIDANTY Łukasz	797		M30-39		00:00:23	00:14:11	00:24:20	00:35:56
69	LIZAK Grzegorz	471		M30-39	Nieślony Lizak	00:00:04	00:14:09	00:24:05	00:36:01
70	SZEREDA Robert	687		M40-49		00:00:02	00:13:50	00:24:06	00:36:16
71	TORBIŃSKI Wiesław	820		M60-69		00:00:16	00:14:24	00:24:31	00:36:30
72	KULAWIAK Bogdan	620		M50-59		00:00:23	00:14:38	00:24:47	00:36:36
73	JĘDRYKA Sebastian	595		M40-49		00:00:16	00:13:30	00:23:49	00:36:37
74	POŁĘĆ Krzysztof	802		M30-39	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56
75	POŁOMSKI Jerzy	887		M40-49		00:00:23	00:14:37	00:24:58	00:37:27
76	PIŻGAŁA Kordian	799		M20-29		00:00:17	00:14:23	00:24:53	00:37:46
77	POŁOMSKI Dawid	803		M30-39		00:00:35	00:14:40	00:25:14	00:37:47

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
78	LECHOWICZ Tadeusz	772		M50-59		00:00:20	00:15:10	00:25:41	00:38:00
79	KRÓLIK Arkadiusz	768		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09
80	DOMASZK Paweł	566		M20-29		00:00:14	00:14:39	00:25:30	00:38:17
81	JANCZUKOWICZ Łukasz	750		M30-39		00:00:27	00:15:58	00:26:18	00:38:18
82	FRĄTCZAK Bartosz	850		M30-39	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39
83	WEYGAND Patryk	703		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45
84	MUSIAŁ Łukasz	874		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45
85	WIEJACZ Wiejacz	828		M30-39		00:00:25	00:15:11	00:25:52	00:38:48
86	ZABIEGLIŃSKI Andrzej	714		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57
87	MALISZEWSKI Marcin	779		M30-39		00:00:22	00:14:59	00:25:35	00:38:58
88	MALISZEWSKI Dariusz	778		M30-39		00:00:22	00:15:00	00:25:35	00:38:58
89	JASZCZYK Łukasz	937		M30-39		00:00:18	00:15:14	00:26:02	00:38:59
90	NOWAK Patryk	786		M20-29	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11
91	JAGIEŁA Marcin	857		M40-49		00:00:21	00:15:40	00:26:33	00:39:23
92	OGIERMAN Mariusz	876		M20-29		00:00:20	00:15:12	00:26:10	00:39:24
93	SZCZUCHNIAK Grzegorz	969		M40-49		00:00:18	00:15:30	00:26:33	00:39:33
94	METLAK Piotr	980		M40-49		00:00:00	00:14:55	00:26:18	00:39:43
95	GOIK Damian	742		M20-29	Bziegacze	00:00:20	00:14:30	00:25:45	00:39:53
96	ZMUDA Dariusz	918		M40-49		00:00:25	00:16:14	00:27:25	00:40:10
97	GMYREK Michał	853		M40-49		00:00:12	00:15:18	00:26:42	00:40:17
98	MAKOWSKI Grzegorz	867		M20-29		00:00:24	00:16:05	00:27:11	00:40:21
99	KUBIENIEC Grzegorz	769		M40-49		00:00:20	00:15:50	00:27:05	00:40:27
100	FELSKI Krzysztof	849		M30-39		00:00:25	00:15:37	00:26:58	00:40:35
101	PAJĄK Marcin	791		M20-29		00:00:17	00:15:35	00:26:59	00:40:54
102	KRAMER Piotr	860		M40-49		00:00:30	00:16:08	00:27:15	00:40:57
103	JESIONEK Bogusław	939		M50-59		00:00:27	00:16:22	00:27:47	00:41:08
104	PYZIK Marcin	888		M40-49	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22
105	KONOPKA Jarosław	945		M50-59		00:00:26	00:16:40	00:28:19	00:41:24
106	WOWRA Robert	914		M30-39		00:00:32	00:16:22	00:27:52	00:41:24
107	MARON Tadeusz	633		M30-39		00:00:23	00:16:14	00:28:03	00:41:47
108	STEFAŃSKI Piotr	967		M40-49		00:00:30	00:16:12	00:27:48	00:42:12
109	CIEŚLA Artur	734		M30-39		00:00:26	00:15:57	00:27:58	00:42:31
110	LEJKOWSKI Sebastian	953		M30-39		00:00:30	00:17:21	00:29:08	00:42:55
111	FLASZ Dawid	738		M40-49		00:00:25	00:17:19	00:29:16	00:43:02
112	UKLEJA Sebastian	821		M40-49		00:00:09	00:16:42	00:28:56	00:43:37
113	KRZYSTOLIK Damian	948		M30-39		00:00:26	00:17:10	00:29:15	00:43:46
114	MOCHNACZ Patryk	956		M40-49		00:00:23	00:16:55	00:28:58	00:43:52
115	POSTUPALSKI Marcin	962		M40-49		00:00:27	00:17:30	00:29:41	00:44:03
116	SZEFER Bartłomiej	970		M40-49		00:00:27	00:17:31	00:29:41	00:44:03
117	GIL Krzysztof	935		M50-59		00:00:25	00:17:34	00:29:44	00:44:05
118	SOBIERAJ Paweł	902		M40-49		00:00:27	00:16:41	00:29:05	00:44:19
119	CHMIEL Jacek	732		M60-69		00:00:28	00:17:45	00:30:17	00:44:41
120	OGRODNIK Sebastian	957		M30-39		00:00:14	00:17:26	00:30:13	00:45:06
121	KRAJEWSKI Damian	946		M50-59	BIEG PO ZDRÓJ	00:00:29	00:17:42	00:30:10	00:45:08
122	TRAWNICKI Jan	908		M60-69		00:00:25	00:17:39	00:30:40	00:46:31
123	KUBAS Mariusz	949		M40-49	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km
124	PIOTROWICZ Rysiek	960		M50-59		00:00:08	00:17:41	00:30:54	00:54:08
125	GIBAS Damian	852		M20-29		00:00:14	00:39:46	00:51:42	
126	LORENZ Marcin	474		M40-49	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49	
127	GAWLAS Jan	739		M50-59		00:00:18	00:36:02	00:45:58	
128	TRZECIAK Krzysztof	696		M40-49		00:00:23	00:35:59	00:46:00	

Total 128 results.