

JASTRZĘBSKA DZIESIĄTKA

Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2022-09-17
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**PYRA Wiesław**	**129**		M50-59	1		00:00:02	00:10:06	00:17:43	00:25:29	00:33:01	**00:35:10.95**	**00:35:13.05**		3:31	17.1 (100%)
2	**SAMBAK Tadeusz**	**90**	ZADYSZKA OŚWIĘCIM	M50-59	2	Zadyszka Oświęcim	00:00:03	00:11:32	00:20:13	00:29:20	00:38:09	**00:40:35.80**	**00:40:38.80**	+00:05:24 (13.3%)	4:03	14.8 (86.5%)
3	**WADELSKI Eugeniusz**	**103**		M50-59	3		00:00:06	00:11:44	00:20:43	00:30:03	00:39:22	**00:41:56.15**	**00:42:02.15**	+00:06:45 (16.1%)	4:11	14.3 (83.6%)
4	**GŁUSZYK Andrzej**	**218**		M50-59	4		00:00:04	00:12:14	00:21:20	00:30:40	00:39:39	**00:42:01.90**	**00:42:06.80**	+00:06:50 (16.3%)	4:12	14.3 (83.6%)
5	**MROWIEC Bernard**	**207**	MKS SMS VICTORIA RACIBÓRZ	M50-59	5		00:00:05	00:12:07	00:21:09	00:30:44	00:39:49	**00:42:11.90**	**00:42:17.85**	+00:07:00 (16.6%)	4:13	14.2 (83.0%)
6	**BURAS Roman**	**163**		M50-59	6		00:00:05	00:12:09	00:21:25	00:30:47	00:40:05	**00:42:41.85**	**00:42:47.50**	+00:07:30 (17.6%)	4:16	14.1 (82.5%)
7	**LORENZ Marcin**	**166**	GALOPUJĄCE ŚLIMAKI	M50-59	7	Galopujące Ślimaki	00:00:05	00:12:31	00:22:03	00:31:52	00:41:27	**00:43:53.55**	**00:43:58.90**	+00:08:42 (19.8%)	4:23	13.7 (80.1%)
8	**CIESIELSKI Dariusz**	**187**		M50-59	8		00:00:04	00:12:38	00:22:19	00:32:05	00:41:31	**00:44:01.75**	**00:44:05.75**	+00:08:50 (20.1%)	4:24	13.6 (79.5%)
9	**CZUWAJ Krzysztof**	**186**		M50-59	9		00:00:08	00:12:34	00:22:07	00:31:59	00:41:42	**00:44:19.25**	**00:44:27.30**	+00:09:08 (20.6%)	4:25	13.5 (78.9%)
10	**TOCHOWICZ Bartosz**	**228**		M50-59	10		00:00:05	00:12:37	00:22:19	00:32:14	00:41:51	**00:44:27.80**	**00:44:33.30**	+00:09:16 (20.9%)	4:26	13.5 (78.9%)
11	**MAREK Rafał**	**201**	KAC RUNNERS	M50-59	11		00:00:08	00:12:36	00:22:18	00:32:20	00:41:59	**00:44:41.25**	**00:44:50.15**	+00:09:30 (21.3%)	4:28	13.4 (78.4%)
12	**SOJKA Wojciech**	**204**	KAC RUNNERS	M50-59	12		00:00:09	00:12:43	00:22:25	00:32:33	00:42:24	**00:45:00.80**	**00:45:10.15**	+00:09:49 (21.8%)	4:30	13.3 (77.8%)
13	**PRZYBYSZ Ryszard**	**162**		M50-59	13		00:00:13	00:13:01	00:22:49	00:33:00	00:42:52	**00:45:24.20**	**00:45:37.90**	+00:10:13 (22.5%)	4:32	13.2 (77.2%)
14	**TURAK Rafał**	**164**		M50-59	14		00:00:04	00:12:39	00:22:46	00:33:20	00:43:44	**00:46:28.25**	**00:46:33.15**	+00:11:17 (24.3%)	4:38	12.9 (75.4%)
15	**BERKE Krzysztof**	**284**		M50-59	15		00:00:07	00:13:18	00:23:26	00:33:53	00:43:55	**00:46:38.40**	**00:46:46.10**	+00:11:27 (24.6%)	4:39	12.9 (75.4%)
16	**FOKS Damian**	**272**		M50-59	16		00:00:05	00:13:16	00:23:21	00:33:59	00:44:20	**00:47:12.55**	**00:47:18.25**	+00:12:01 (25.5%)	4:43	12.7 (74.3%)
17	**ADAMCZEWSKI Waldemar**	**150**	KLUB BIEGACZA FARTLEK	M50-59	17	Klub Biegacza Fartlek	00:00:08	00:13:04	00:23:22	00:34:11	00:44:33	**00:47:14.15**	**00:47:22.15**	+00:12:03 (25.5%)	4:43	12.7 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	**JACH Marek**	**147**		M50-59	18	Street Spirit-Team Nowak	00:00:13	00:12:47	00:22:53	00:33:50	00:44:19	**00:47:17.45**	**00:47:31.05**	+00:12:06 (25.6%)	4:43	12.7 (74.3%)
19	**PŁONKA Krzysztof**	**346**	DKMS	M50-59	19		00:00:16	00:13:30	00:23:44	00:34:22	00:44:34	**00:47:23.90**	**00:47:40.65**	+00:12:12 (25.8%)	4:44	12.7 (74.3%)
20	**URBASIK Mariusz**	**193**	RUN RYDUŁTOWY	M50-59	20		00:00:12	00:13:27	00:23:34	00:34:17	00:44:48	**00:47:34.65**	**00:47:47.15**	+00:12:23 (26.1%)	4:45	12.6 (73.7%)
21	**GŁĘBOCKI Grzegorz**	**324**	BIEGAM SOBIE	M50-59	21		00:00:14	00:13:53	00:24:30	00:35:23	00:45:46	**00:48:35.25**	**00:48:50.15**	+00:13:24 (27.6%)	4:51	12.3 (71.9%)
22	**ZIĘTARA Paweł**	**236**		M50-59	22		00:00:16	00:13:53	00:24:13	00:35:11	00:45:40	**00:48:37.15**	**00:48:53.70**	+00:13:26 (27.6%)	4:51	12.3 (71.9%)
23	**REMIORZ Piotr**	**128**	ABOVE2000	M50-59	23		00:00:08	00:13:37	00:23:57	00:35:57	00:47:32	**00:50:41.00**	**00:50:49.75**	+00:15:30 (30.6%)	5:04	11.8 (69.0%)
24	**OLMA Władysław**	**382**	JASTRZĘBIE - BIEGAM BO LUBIĘ	M50-59	24		00:00:10	00:14:02	00:24:57	00:36:24	00:47:48	**00:50:59.85**	**00:51:10.05**	+00:15:48 (31.0%)	5:05	11.8 (69.0%)
25	**KAWIK Janusz**	**255**		M50-59	25		00:00:03	00:14:23	00:25:27	00:37:00	00:48:03	**00:51:06.95**	**00:51:10.35**	+00:15:56 (31.2%)	5:06	11.7 (68.4%)
26	**KUBIK Arkadiusz**	**135**	DYSTANS LUBOMIA	M50-59	26		00:00:19	00:14:39	00:25:03	00:36:07	00:48:09	**00:51:32.70**	**00:51:51.90**	+00:16:21 (31.7%)	5:09	11.6 (67.8%)
27	**RUCIŃSKI Krzysztof**	**190**		M50-59	27		00:00:18	00:15:03	00:26:15	00:37:51	00:48:57	**00:52:02.20**	**00:52:21.10**	+00:16:51 (32.4%)	5:12	11.5 (67.3%)
28	**HEJNA Artur**	**585**	RADLINIOKI W BIEGU	M50-59	28	Radlinioki w biegu	00:00:11	00:14:24	00:25:28	00:37:29	00:49:04	**00:52:19.95**	**00:52:31.55**	+00:17:09 (32.8%)	5:13	11.5 (67.3%)
29	**PŁASKA Grzegorz**	**473**	WRM MC POLAND	M50-59	29		00:00:08	00:14:08	00:25:21	00:37:20	00:49:14	**00:52:20.75**	**00:52:29.40**	+00:17:09 (32.8%)	5:14	11.5 (67.3%)
30	**MARCINIAK Artur**	**341**		M50-59	30		00:00:21	00:15:13	00:26:39	00:38:18	00:49:41	**00:52:45.50**	**00:53:07.45**	+00:17:34 (33.3%)	5:16	11.4 (66.7%)
31	**BRACHMAŃSKI Dariusz**	**281**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50-59	31		00:00:11	00:15:10	00:26:42	00:38:33	00:49:59	**00:53:06.35**	**00:53:18.05**	+00:17:55 (33.8%)	5:18	11.3 (66.1%)
32	**RASZKA Janusz**	**336**	DARK ONE	M50-59	32		00:00:09	00:15:07	00:26:33	00:38:38	00:50:15	**00:53:22.05**	**00:53:31.05**	+00:18:11 (34.1%)	5:20	11.2 (65.5%)
33	**PIŁATOWSKI Mirosław**	**138**	TL ATHLETICS JASTRZĘBIE	M50-59	33	TL Athletics Jastrzębie	00:00:10	00:15:05	00:26:33	00:38:32	00:50:08	**00:53:22.60**	**00:53:33.40**	+00:18:11 (34.1%)	5:20	11.2 (65.5%)
34	**RUDNICKI Maciej**	**525**	BĄBELKI	M50-59	34		00:00:21	00:15:43	00:27:40	00:40:05	00:52:02	**00:55:10.25**	**00:55:31.75**	+00:19:59 (36.2%)	5:31	10.9 (63.7%)
35	**KĘDZIERSKI Krzysztof**	**486**		M50-59	35		00:00:08	00:15:16	00:27:05	00:39:44	00:51:55	**00:55:18.45**	**00:55:26.45**	+00:20:07 (36.4%)	5:31	10.8 (63.2%)
36	**CZARNOTA Leszek**	**465**		M50-59	36		00:00:14	00:15:31	00:27:28	00:40:11	00:52:37	**00:55:46.80**	**00:56:01.35**	+00:20:35 (36.9%)	5:34	10.8 (63.2%)
37	**KONOPKA Jarosław**	**232**		M50-59	37		00:00:18	00:15:35	00:27:32	00:40:17	00:52:23	**00:55:47.10**	**00:56:05.50**	+00:20:36 (36.9%)	5:34	10.8 (63.2%)
38	**NOWOMIEJSKI Sylwester**	**405**	AMATOR	M50-59	38		00:00:04	00:14:54	00:26:54	00:39:45	00:52:24	**00:55:50.85**	**00:55:55.60**	+00:20:39 (37.0%)	5:35	10.7 (62.6%)
39	**GÓRALSKI Jarosław**	**467**		M50-59	39		00:00:06	00:16:10	00:28:15	00:40:44	00:52:44	**00:56:04.30**	**00:56:10.55**	+00:20:53 (37.3%)	5:36	10.7 (62.6%)
40	**SZCZEPANIAK Aleksander**	**584**		M50-59	40		00:00:21	00:15:46	00:27:47	00:40:38	00:53:16	**00:56:44.40**	**00:57:05.55**	+00:21:33 (38.0%)	5:40	10.6 (62.0%)
41	**WALICA Jerzy**	**372**	BIEGAM BO LUBIĘ	M50-59	41		00:00:06	00:16:08	00:28:34	00:41:15	00:53:42	**00:57:04.10**	**00:57:10.85**	+00:21:53 (38.4%)	5:42	10.5 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
42	**ŁASIEWICKI Sławomir**	**474**		M50-59	42		00:00:10	00:16:22	00:29:00	00:42:16	00:55:02	**00:58:40.00**	**00:58:50.10**	+00:23:29 (40.0%)	5:52	10.2 (59.6%)
43	**WARDENGA Kazimierz**	**522**	JEJKOWICE BIEGAJĄ	M50-59	43	Jejkowice Biegają	00:00:21	00:16:39	00:29:25	00:43:04	00:56:02	**00:59:31.45**	**00:59:52.75**	+00:24:20 (40.9%)	5:57	10.1 (59.1%)
44	**TYRYTKO Jarosław**	**539**	WATAHA	M50-59	44	WATAHA	00:00:17	00:16:56	00:29:49	00:43:20	00:56:09	**00:59:32.25**	**00:59:49.75**	+00:24:21 (40.9%)	5:57	10.1 (59.1%)
45	**SOCHA Michał**	**529**	TL POGOŃ RUDA ŚLĄSKA	M50-59	45	TL Pogoń Ruda Śląska	00:00:13	00:16:19	00:31:47	00:44:25	00:57:39	**01:00:48.75**	**01:01:02.45**	+00:25:37 (42.1%)	6:04	9.9 (57.9%)
46	**LISZKA Mirosław**	**566**		M50-59	46	Radlinioki w biegu	00:00:00		00:57:16			**01:01:04.00**	**01:01:04.00**	+00:25:53 (42.4%)	6:06	9.8 (57.3%)
47	**SWIERCZ Janusz**	**381**	WRM MC POLAND	M50-59	47		00:00:11	00:16:23	00:30:22	00:45:16	01:00:12	**01:04:13.90**	**01:04:25.55**	+00:29:02 (45.2%)	6:25	9.3 (54.4%)
48	**BANDER Jerzy**	**577**		M50-59	48		00:00:15	00:18:56	00:33:55	00:50:18	01:05:54	**01:10:04.05**	**01:10:19.95**	+00:34:53 (49.8%)	7:00	8.6 (50.3%)
49	**ZAWIERUCHA Aleksander**	**404**	MARO TEAM JASTRZĘBIR-ŻORY	M50-59	49	MARO Team Jastrzębie-Żory	00:00:19									(0.0%)

Znaleziono 49 wynik(ów)