



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2022-09-17
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M60-69

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	KARPLEWICZ Andrzej	70	GALOPUJĄCE ŚLIMAKI	M60-69	1	Galopujące Ślimaki	00:00:01	00:11:24	00:20:14	00:29:40	00:38:49	00:41:14.75	00:41:15.85		4:07	14.6 (100%)
2	KĄKOL Ryszard	100	PĘDZIWIATRY NA ANIMUSZU	M60-69	2		00:00:03	00:12:29	00:22:05	00:31:51	00:41:22	00:43:58.85	00:44:01.85	+00:02:44 (6.2%)	4:23	13.6 (93.2%)
3	TOMCZYK Lesław	117		M60-69	3		00:00:11	00:12:48	00:22:16	00:32:06	00:41:45	00:44:34.20	00:44:45.50	+00:03:19 (7.5%)	4:27	13.5 (92.5%)
4	MARYNIOK Marian	265	SEGURIDAD	M60-69	4		00:00:07	00:13:25	00:23:56	00:34:42	00:45:18	00:48:20.50	00:48:28.30	+00:07:05 (14.7%)	4:50	12.4 (84.9%)
5	WARZOCZA Mirosław	308		M60-69	5		00:00:10	00:13:58	00:24:43	00:36:17	00:46:49	00:49:47.45	00:49:57.95	+00:08:32 (17.2%)	4:58	12.1 (82.9%)
6	ORAWSKI Robert	377	MIKI	M60-69	6		00:00:12	00:14:26	00:25:22	00:36:30	00:47:10	00:50:06.90	00:50:19.85	+00:08:52 (17.7%)	5:00	12 (82.2%)
7	JASIŃSKI Maksymilian	252	MARO TEAM JASTRZĘBIE-ŻORY	M60-69	7	MARO Team Jastrzębie- Żory	00:00:19	00:14:55	00:26:01	00:37:21	00:48:15	00:51:06.60	00:51:25.80	+00:09:51 (19.3%)	5:06	11.7 (80.1%)
8	KUBICA Tadeusz	425	NESSI TIME ŻORY	M60-69	8	Nessi Time Żory	00:00:08	00:14:25	00:25:24	00:36:44	00:48:36	00:51:50.30	00:51:58.85	+00:10:35 (20.4%)	5:11	11.6 (79.5%)
9	SZCZYRBOWSKI Jan	322		M60-69	9		00:00:12	00:15:05	00:26:27	00:37:57	00:48:58	00:51:55.90	00:52:07.95	+00:10:41 (20.6%)	5:11	11.6 (79.5%)
10	ŻYWICA Tadeusz	275		M60-69	10		00:00:15	00:15:20	00:26:46	00:38:37	00:50:21	00:53:30.60	00:53:46.05	+00:12:15 (22.9%)	5:21	11.2 (76.7%)
11	CHMIEL Jacek	240		M60-69	11		00:00:15	00:16:54	00:29:57	00:43:23	00:56:32	01:00:08.70	01:00:23.70	+00:18:53 (31.4%)	6:00	10 (68.5%)
12	MŁYNARCZYK Tomasz	383	PKM ŚNIEŻNE KOTŁY	M60-69	12		00:00:14	00:16:40	00:29:31	00:43:08	00:56:48	01:00:16.55	01:00:30.55	+00:19:01 (31.6%)	6:01	10 (68.5%)
13	PIETRZYK Marek	509		M60-69	13		00:00:17	00:17:08	00:30:27	00:44:48	00:58:55	01:02:36.85	01:02:54.65	+00:21:22 (34.1%)	6:15	9.6 (65.8%)
14	MŁYNARCZYK Jerzy	384	PKM ŚNIEŻNE KOTŁY	M60-69	14		00:00:14	00:17:43	00:31:26	00:46:01	01:00:08	01:04:04.25	01:04:18.30	+00:22:49 (35.6%)	6:24	9.4 (64.4%)
15	SIENKIEWICZ Piotr	418	BIEGAM BO LUBIĘ RACIBÓRZ	M60-69	15		00:00:12	00:17:55	00:31:31	00:45:58	01:00:14	01:04:08.85	01:04:21.55	+00:22:54 (35.7%)	6:24	9.4 (64.4%)

Znaleziono 15 wynik(ów)