



Organizator:
Data:
Miejsce:
Dystans:

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

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Mistrz woj. śląskiego

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	WÓJCIK Tomasz	38	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1	Aktywna Pszczyzna Runners Team	00:00:00	00:09:14	00:16:02	00:23:23	00:30:27	00:32:24.30	00:32:25.10		3:14	18.5 (100%)
2	FIJAK Tomasz	33	MKS ŻYWIEC	M16-19	1		00:00:01	00:09:28	00:16:48	00:24:10	00:31:19	00:33:20.70	00:33:21.75	+00:00:56 (2.8%)	3:20	18 (97.3%)
3	HARATYK Błażej	43	MKS USTRÓŃ	M16-19	2		00:00:00	00:09:29	00:16:49	00:24:12	00:31:31	00:33:28.45	00:33:28.95	+00:01:04 (3.2%)	3:20	17.9 (96.8%)
4	LYSKO Jakub	24	WKB META LUBLINIEC	M30-39	2		00:00:01	00:09:38	00:16:54	00:24:13	00:31:31	00:33:29.15	00:33:30.20	+00:01:04 (3.2%)	3:20	17.9 (96.8%)
5	KOŹMIŃSKI Józef	7	SKL SUCHA BESKIDZKA	M40-49	2		00:00:00					00:33:50.00	00:33:50.00	+00:01:25 (4.2%)	3:23	17.7 (95.7%)
6	MARCOL Sebastian	9	INŻYNIERIA BIEGANIA	M30-39	4	Inżynieria biegania	00:00:00	00:09:48	00:17:15	00:24:55	00:32:21	00:34:22.75	00:34:23.70	+00:01:58 (5.7%)	3:26	17.5 (94.6%)
7	ANTCZAK Robert	39		M40-49	3		00:00:00	00:09:39	00:17:04	00:24:58	00:32:41	00:34:50.90	00:34:51.70	+00:02:26 (7.0%)	3:29	17.2 (93.0%)
8	GAJEWSKI Wojciech	15	UKS „OLIMPIA” ZABRZE	M40-49	4		00:00:00	00:09:45	00:17:21	00:25:23	00:33:11	00:35:18.05	00:35:18.45	+00:02:53 (8.2%)	3:31	17 (91.9%)
9	STRZODA Marcin	30	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M20-29	1		00:00:00	00:09:49	00:17:23	00:25:30	00:33:14	00:35:24.20	00:35:25.00	+00:02:59 (8.5%)	3:32	16.9 (91.4%)
10	ALBRECHT Krystian	36	GB GALOPUJĄCE ŚLIMAKI	M20-29	3	Galopujące ślimaki	00:00:01	00:09:52	00:17:35	00:25:32	00:33:20	00:35:25.75	00:35:27.55	+00:03:01 (8.5%)	3:32	16.9 (91.4%)
11	LIZAK Wojciech	10	TL ATHLETICS JASTRZĘBIE	M40-49	5	TL Athletics Jastrzębie	00:00:01	00:10:03	00:17:43	00:25:41	00:33:24	00:35:30.45	00:35:31.65	+00:03:06 (8.7%)	3:33	16.9 (91.4%)
12	SZYMULA Michał	23		M30-39	5		00:00:02	00:10:08	00:17:48	00:25:41	00:33:22	00:35:33.55	00:35:36.35	+00:03:09 (8.9%)	3:33	16.9 (91.4%)
13	PORĘBA Grzegorz	21	EVENTYR	M30-39	6		00:00:01	00:10:04	00:17:46	00:25:50	00:33:44	00:35:53.85	00:35:55.10	+00:03:29 (9.7%)	3:35	16.7 (90.3%)
14	SOCHA Tymon	104	TL POGOŃ RUDA ŚLĄSKA	M16-19	3	TL Pogoń Ruda Śląska	00:00:03	00:10:21	00:18:10	00:26:08	00:33:53	00:35:56.65	00:35:59.65	+00:03:32 (9.8%)	3:35	16.7 (90.3%)
15	STARZYCKI Przemysław	34	KB MCKIS JAWORZNO / NOWAK-TEAM	M30-39	7	Nowak-Team	00:00:02	00:10:13	00:17:56	00:26:04	00:33:58	00:36:08.05	00:36:10.05	+00:03:43 (10.3%)	3:36	16.6 (89.7%)
16	TOKAREWICZ Damian	13	ZEBRY	M40-49	6		00:00:03	00:10:17	00:18:11	00:26:27	00:34:26	00:36:34.15	00:36:37.50	+00:04:09 (11.4%)	3:39	16.4 (88.6%)
17	OSETEK Paweł	72	RADLINIOKI W BIEGU	M30-39	9	Radlinioki w biegu	00:00:01	00:10:16	00:18:08	00:26:26	00:34:31	00:36:43.50	00:36:45.05	+00:04:19 (11.8%)	3:40	16.3 (88.1%)
18	PALT Tomasz	62		M40-49	7		00:00:01	00:10:23	00:18:15	00:26:29	00:34:33	00:36:44.55	00:36:46.45	+00:04:20 (11.8%)	3:40	16.3 (88.1%)

													Czas netto	Czas brutto			
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	10km	10km	Różn	Tempo min/km	Tempo km/h	
19	PRZYBYLSKI Tomasz	14	W POGONI ZA DUCHEM	M40-49	8	W pogoni za duchem	00:00:01	00:10:44	00:18:45	00:26:54	00:34:45	00:36:48.10	00:36:49.70	+00:04:23 (11.9%)	3:40	16.3 (88.1%)	
20	OLEJNIK Franciszek	17	INŻYNIERIA BIEGANIA TEAM	M20-29	4	Inżynieria biegania	00:00:01	00:10:20	00:18:13	00:26:29	00:34:38	00:36:50.85	00:36:52.05	+00:04:26 (12.1%)	3:41	16.3 (88.1%)	
21	SZULIK Grzegorz	40	ZSRG SP Z O.O.	M40-49	9		00:00:01	00:10:08	00:18:05	00:26:31	00:34:45	00:36:56.65	00:36:57.95	+00:04:32 (12.3%)	3:41	16.2 (87.6%)	
22	JAROSZ Marek	32		M40-49	10		00:00:01	00:10:40	00:18:36	00:26:52	00:34:48	00:36:57.55	00:36:59.10	+00:04:33 (12.3%)	3:41	16.2 (87.6%)	
23	ZYGMA Kordian	1	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	11		00:00:01	00:10:05	00:17:58	00:26:24	00:34:43	00:36:58.50	00:37:00.40	+00:04:34 (12.4%)	3:41	16.2 (87.6%)	
24	BARTNIK Sebastian	2	STREET SPIRIT-TEAM NOWAK	M40-49	11	Street Spirit-Team Nowak	00:00:02	00:10:31	00:18:29	00:26:47	00:34:47	00:37:00.20	00:37:02.75	+00:04:35 (12.4%)	3:42	16.2 (87.6%)	
25	JARCZOK Miłosz	25	MKS CZECHOWICE DZIEDZICE	M30-39	12		00:00:02	00:10:44	00:18:52	00:27:19	00:35:18	00:37:28.60	00:37:31.40	+00:05:04 (13.5%)	3:44	16 (86.5%)	
26	EISLER Tomasz	102	BIEGAM, BO MNIE ŻONA ZAPISUJE	M40-49	13		00:00:02	00:10:36	00:18:40	00:27:07	00:35:26	00:37:39.15	00:37:41.35	+00:05:14 (13.9%)	3:45	15.9 (85.9%)	
27	STEC Łukasz	16	SKL SUCHA BESKIDZKA	M30-39	13		00:00:01	00:10:45	00:18:54	00:27:20	00:35:26	00:37:39.30	00:37:40.60	+00:05:15 (13.9%)	3:45	15.9 (85.9%)	
28	NOWAK Michał	26	RYTM CZECHOWICE-DZIEDZICE	M20-29	5		00:00:02	00:10:18	00:18:26	00:27:00	00:35:25	00:37:42.65	00:37:44.85	+00:05:18 (14.1%)	3:46	15.9 (85.9%)	
29	ALBRECHT Arkadiusz	37	GB GALOPUJĄCE ŚLIMAKI	M40-49	14	Galopujące Ślimaki	00:00:02	00:10:42	00:18:55	00:27:29	00:35:47	00:38:00.75	00:38:03.35	+00:05:36 (14.8%)	3:48	15.8 (85.4%)	
30	URBANIAK Witek	11	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49	15		00:00:03	00:10:43	00:18:59	00:27:25	00:35:46	00:38:05.90	00:38:09.05	+00:05:41 (14.9%)	3:48	15.8 (85.4%)	
31	JĘDRUSIAK Przemysław	122		M40-49	16		00:00:03	00:10:46	00:18:53	00:27:41	00:36:09	00:38:26.10	00:38:29.45	+00:06:01 (15.7%)	3:50	15.6 (84.3%)	
32	KRĘCICHWOST Kamil	121		M30-39	14		00:00:02	00:10:38	00:19:00	00:27:49	00:36:23	00:38:39.85	00:38:42.50	+00:06:15 (16.2%)	3:51	15.5 (83.8%)	
33	WALCZYŃSKI Mariusz	91	NIEWYBIEGANI	M40-49	17	Niewybiegani	00:00:00		00:36:54			00:38:55.00	00:38:55.00	+00:06:30 (16.7%)	3:53	15.4 (83.2%)	
34	DUŻNIAK Dominik	19	STEP-DANCE	M30-39	16		00:00:01	00:10:43	00:19:07	00:28:00	00:36:39	00:39:01.80	00:39:03.40	+00:06:37 (17.0%)	3:54	15.4 (83.2%)	
35	WRÓBEL Michał	133	FIT LAMKA TEAM	M30-39	19		00:00:02	00:11:16	00:19:49	00:28:38	00:37:06	00:39:21.75	00:39:23.95	+00:06:57 (17.7%)	3:56	15.2 (82.2%)	
36	KRETEK Łukasz	130		M30-39	20		00:00:01	00:11:10	00:19:35	00:28:26	00:37:04	00:39:25.90	00:39:27.20	+00:07:01 (17.8%)	3:56	15.2 (82.2%)	
37	SZAŁAŚNY Piotr	56	TESTYOUTDOOROWE.PL	M30-39	21		00:00:04	00:11:29	00:20:04	00:28:57	00:37:25	00:39:36.00	00:39:40.55	+00:07:11 (18.2%)	3:57	15.2 (82.2%)	
38	NIEBRZYDOWSKI Łukasz	50	NESSI TIME ŻORY	M30-39	24	Nessi Time Żory	00:00:01	00:11:07	00:19:42	00:28:45	00:37:28	00:39:48.50	00:39:50.30	+00:07:24 (18.6%)	3:58	15.1 (81.6%)	
39	BIAŁY Kamil	79	FAST FOOT TEAM SIEWIERZ	M30-39	25		00:00:04	00:11:19	00:19:54	00:28:50	00:37:30	00:39:52.65	00:39:56.65	+00:07:28 (18.7%)	3:59	15.1 (81.6%)	
40	KEMPA Piotr	76		M30-39	26		00:00:02	00:11:20	00:19:54	00:28:54	00:37:38	00:39:56.60	00:39:58.80	+00:07:32 (18.9%)	3:59	15 (81.1%)	
41	TIDE Krzysztof	96		M20-29	6		00:00:04	00:11:27	00:20:01	00:28:53	00:37:31	00:39:57.15	00:40:02.00	+00:07:32 (18.9%)	3:59	15 (81.1%)	
42	WRÓBLEWSKI Janmarian	31	JUST TEAM BIELSKO-BIAŁA	M40-49	20	HRmax Żory	00:00:00	00:10:54	00:19:29	00:28:43	00:37:42	00:40:10.65	00:40:11.10	+00:07:46 (19.3%)	4:01	14.9 (80.5%)	
43	WRZECIONKOWSKI Adrian	105	TYSKIE DELFINY	M30-39	27		00:00:04	00:11:23	00:20:03	00:29:02	00:37:46	00:40:11.60	00:40:15.85	+00:07:47 (19.4%)	4:01	14.9 (80.5%)	
44	KOWALSKI Grzegorz	77	W POGONI ZA DUCHEM	M40-49	21	W pogoni za duchem	00:00:04	00:11:28	00:20:12	00:29:20	00:37:58	00:40:25.10	00:40:29.95	+00:08:00 (19.8%)	4:02	14.8 (80.0%)	
45	WOŹNIAK Paweł	82	W POGONI ZA DUCHEM	M40-49	22	W pogoni za duchem	00:00:07	00:11:27	00:20:04	00:29:13	00:38:09	00:40:28.65	00:40:36.50	+00:08:04 (19.9%)	4:02	14.8 (80.0%)	

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
46	NOWICKI Tomasz	86	KLUB BIEGACZA FARTLEK	M30-39	28	Klub Biegacza Fartlek	00:00:06	00:11:34	00:20:19	00:29:23	00:38:10	00:40:29.35	00:40:36.30	+00:08:05 (20.0%)	4:02	14.8 (80.0%)
47	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	+00:08:11 (20.2%)	4:03	14.8 (80.0%)
48	WOLNY Ariel	94		M40-49	24		00:00:02	00:11:33	00:20:07	00:29:15	00:38:10	00:40:37.70	00:40:40.60	+00:08:13 (20.2%)	4:03	14.8 (80.0%)
49	MRÓZEK Rafał	83	TEAM KOPEĆ	M30-39	29		00:00:02	00:11:05	00:19:55	00:29:11	00:38:15	00:40:38.00	00:40:40.05	+00:08:13 (20.3%)	4:03	14.8 (80.0%)
50	KUŚ Dawid	49	POLSKA GRUPA GÓRNICZA	M30-39	31		00:00:00	00:11:11	00:19:56	00:29:09	00:38:18	00:40:49.10	00:40:49.90	+00:08:24 (20.6%)	4:04	14.7 (79.5%)
51	PASTERNOK Marian	134	ZABRZAŃSKIE PARKOWE BIEGANIE	M40-49	25		00:00:05	00:11:34	00:20:23	00:29:37	00:38:36	00:41:05.80	00:41:10.85	+00:08:41 (21.1%)	4:06	14.6 (78.9%)
52	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	+00:08:50 (21.4%)	4:07	14.6 (78.9%)
53	HORZELA Adam	93	HURAGAN LIGOTA	M30-39	33		00:00:06	00:11:52	00:20:50	00:30:01	00:39:07	00:41:36.60	00:41:42.85	+00:09:12 (22.1%)	4:09	14.4 (77.8%)
54	KRAJEWSKI Tomasz	98		M40-49	26		00:00:10	00:12:23	00:21:25	00:30:44	00:39:33	00:41:53.65	00:42:04.45	+00:09:29 (22.7%)	4:11	14.3 (77.3%)
55	URBANEK Łukasz	110		M16-19	4		00:00:06		00:20:49		00:39:24	00:42:05.00	00:42:11.00	+00:09:40 (23.0%)	4:12	14.3 (77.3%)
56	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	+00:09:47 (23.2%)	4:13	14.2 (76.8%)
57	CHRUSZCZ Wojciech	80	KLUB BIEGACZA FARTLEK	M40-49	29	Klub Biegacza Fartlek	00:00:06	00:11:51	00:20:57	00:30:27	00:39:46	00:42:12.85	00:42:19.50	+00:09:48 (23.2%)	4:13	14.2 (76.8%)
58	BUĆKO Marcin	54	KLUB BIEGACZA FARTLEK	M40-49	30	Klub Biegacza Fartlek	00:00:03	00:11:54	00:21:00	00:30:36	00:39:51	00:42:30.35	00:42:34.30	+00:10:06 (23.8%)	4:15	14.1 (76.2%)
59	POŁOMSKI Grzegorz	51	POŁOMSCY TEAM	M40-49	31	POŁOMSCY TEAM	00:00:05	00:11:44	00:20:50	00:30:31	00:39:55	00:42:30.60	00:42:35.65	+00:10:06 (23.8%)	4:15	14.1 (76.2%)
60	STAMATEL Sebastian	126		M20-29	8		00:00:09	00:12:00	00:21:14	00:30:55	00:40:12	00:42:31.30	00:42:40.80	+00:10:07 (23.8%)	4:15	14.1 (76.2%)
61	HEJNA Michał	188	KS M.E.T.A.	M30-39	34		00:00:07	00:12:27	00:21:45	00:31:14	00:40:19	00:42:45.70	00:42:52.75	+00:10:21 (24.2%)	4:16	14 (75.7%)
62	WILDNER Witold	184	MINOVA EKOCHEM	M40-49	33		00:00:07	00:12:23	00:21:37	00:31:18	00:40:46	00:43:09.25	00:43:17.10	+00:10:44 (24.9%)	4:18	13.9 (75.1%)
63	RAJWA Jan	143	BZIEGACZE	M30-39	35	Bziegacze	00:00:04	00:12:23	00:21:44	00:31:27	00:40:52	00:43:23.50	00:43:27.95	+00:10:59 (25.3%)	4:20	13.8 (74.6%)
64	MAŁECKI Jacek	214		M30-39	36		00:00:12	00:12:43	00:21:43	00:31:29	00:40:58	00:43:28.85	00:43:41.35	+00:11:04 (25.5%)	4:20	13.8 (74.6%)
65	URBAN Patryk	123		M30-39	37		00:00:03	00:11:51	00:21:23	00:31:23	00:41:11	00:43:44.50	00:43:47.95	+00:11:20 (25.9%)	4:22	13.7 (74.1%)
66	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	+00:11:29 (26.2%)	4:23	13.7 (74.1%)
67	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	+00:11:34 (26.3%)	4:23	13.6 (73.5%)
68	WRÓBEL Ryszard	185		M30-39	38		00:00:05	00:12:08	00:21:42	00:31:39	00:41:26	00:44:03.50	00:44:09.00	+00:11:39 (26.4%)	4:24	13.6 (73.5%)
68	STATECZNY Patryk	182		M20-29	11		00:00:05	00:12:20	00:22:00	00:31:53	00:41:33	00:44:03.50	00:44:09.15	+00:11:39 (26.4%)	4:24	13.6 (73.5%)
70	PIECHACZEK Jacek	175		M40-49	36		00:00:10	00:12:33	00:22:12	00:32:11	00:41:44	00:44:11.45	00:44:21.90	+00:11:47 (26.7%)	4:25	13.6 (73.5%)

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
71	ŁYSEK Paweł	66	BZIEGACZE	M40-49	37	Biegacze	00:00:04	00:12:38	00:22:18	00:32:15	00:41:49	00:44:17.75	00:44:22.45	+00:11:53 (26.8%)	4:25	13.5 (73.0%)
72	WALA Piotr	29		M16-19	5		00:00:04	00:11:40	00:21:07	00:31:28	00:41:37	00:44:22.85	00:44:27.80	+00:11:58 (27.0%)	4:26	13.5 (73.0%)
73	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	+00:12:03 (27.1%)	4:26	13.5 (73.0%)
74	ZĘBIK Tomasz	216		M40-49	38		00:00:04	00:12:22	00:22:03	00:32:01	00:41:51	00:44:29.30	00:44:33.85	+00:12:05 (27.2%)	4:26	13.5 (73.0%)
75	OWCZAREK Paweł	258		M40-49	39		00:00:08	00:12:31	00:22:06	00:32:12	00:41:56	00:44:33.95	00:44:42.20	+00:12:09 (27.3%)	4:27	13.5 (73.0%)
76	LOKAJCZYK Olivier	422		M16-19	6		00:00:12	00:13:02	00:22:43	00:32:39	00:42:29	00:44:57.95	00:45:10.75	+00:12:33 (27.9%)	4:29	13.3 (71.9%)
77	RAJWA Roman	57	TL ATHLETICS JASTRZĘBIE	M30-39	41	TL Athletics Jastrzębie	00:00:04	00:11:53	00:21:35	00:32:00	00:42:17	00:44:58.65	00:45:02.65	+00:12:34 (28.0%)	4:29	13.3 (71.9%)
78	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	+00:12:36 (28.0%)	4:30	13.3 (71.9%)
79	JĘDRZEJAK Piotr	485		M40-49	45		00:00:16	00:13:07	00:22:47	00:32:58	00:43:01	00:45:41.85	00:45:58.55	+00:13:17 (29.1%)	4:34	13.1 (70.8%)
80	HENCZKO Karol	369	AKTYWNIE NAKRĘCENI	M30-39	43		00:00:16	00:13:07	00:22:52	00:33:11	00:43:02	00:45:42.65	00:45:58.65	+00:13:18 (29.1%)	4:34	13.1 (70.8%)
81	DĄBROWSKI Marcin	420		M30-39	44		00:00:04	00:13:12	00:23:18	00:33:35	00:43:17	00:45:46.05	00:45:50.05	+00:13:21 (29.2%)	4:34	13.1 (70.8%)
82	DUROK Wojciech	202	KAC RUNNERS	M40-49	47		00:00:09	00:12:57	00:22:51	00:33:10	00:43:14	00:45:58.90	00:46:08.65	+00:13:34 (29.5%)	4:35	13.1 (70.8%)
83	FLISZTA Marcin	161	HARPAGAN SOSNOWIEC	M40-49	48		00:00:07	00:12:39	00:22:45	00:33:11	00:43:18	00:46:03.60	00:46:11.00	+00:13:39 (29.6%)	4:36	13 (70.3%)
84	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	+00:14:03 (30.3%)	4:38	12.9 (69.7%)
85	PIETRASZ Krzysztof	221		M30-39	50		00:00:10	00:13:20	00:23:40	00:34:14	00:43:58	00:46:31.15	00:46:41.85	+00:14:06 (30.3%)	4:39	12.9 (69.7%)
86	TUPAJ Jarosław	299	AKTYWNI RYDUŁTOWY	M30-39	52		00:00:11	00:13:14	00:23:06	00:33:58	00:44:11	00:47:00.40	00:47:12.20	+00:14:36 (31.1%)	4:42	12.8 (69.2%)
87	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	+00:14:49 (31.4%)	4:43	12.7 (68.6%)
88	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	+00:14:59 (31.6%)	4:44	12.7 (68.6%)
89	GAŁKIEWICZ Michał	172		M40-49	58		00:00:02	00:13:00	00:23:13	00:34:03	00:44:36	00:47:27.75	00:47:30.60	+00:15:03 (31.7%)	4:44	12.6 (68.1%)
90	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	+00:15:10 (31.9%)	4:45	12.6 (68.1%)
91	BIAŁECKI Zbigniew	439	WATAHA	M16-19	7	WATAHA	00:00:05	00:12:52	00:22:51	00:33:52	00:44:50	00:47:39.45	00:47:45.05	+00:15:15 (32.0%)	4:45	12.6 (68.1%)
92	CHROBOK Michał	325		M30-39	54		00:00:09	00:13:22	00:23:42	00:34:27	00:44:53	00:47:39.90	00:47:49.60	+00:15:15 (32.0%)	4:45	12.6 (68.1%)
93	CISOWSKI Kamil	288	PREZESA	M30-39	55		00:00:08	00:13:35	00:24:08	00:34:51	00:45:11	00:47:47.20	00:47:55.45	+00:15:22 (32.2%)	4:46	12.6 (68.1%)
94	PETRYNA Bartosz	248	OCHAJO RUN AND FRIENDS	M40-49	60		00:00:04	00:12:41	00:22:49	00:33:55	00:44:53	00:47:47.90	00:47:52.65	+00:15:23 (32.2%)	4:46	12.6 (68.1%)
95	MOTOWIDŁO Tomasz	337		M40-49	61		00:00:12	00:13:25	00:23:48	00:34:37	00:45:02	00:47:55.10	00:48:07.15	+00:15:30 (32.4%)	4:47	12.5 (67.6%)
96	HARAZIN Janusz	178	2 TM 4,7	M30-39	56		00:00:09	00:13:54	00:24:17	00:35:06	00:45:28	00:48:17.40	00:48:26.60	+00:15:53 (32.9%)	4:49	12.4 (67.0%)

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
97	FILIKS Leszek	533		M40-49	66		00:00:13	00:13:41	00:24:17	00:35:22	00:45:48	00:48:42.35	00:48:55.95	+00:16:18 (33.5%)	4:52	12.3 (66.5%)
98	MAGA Przemysław	205		M40-49	68		00:00:13	00:13:56	00:24:25	00:35:28	00:46:06	00:48:47.50	00:49:00.95	+00:16:23 (33.6%)	4:52	12.3 (66.5%)
99	CIEŚLA Jonasz	137	RYBNICKI KLUB JU JITSU SPORTOWEGO	M16-19	8	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:14:17	00:25:12	00:36:07	00:46:27	00:48:52.15	00:49:10.55	+00:16:27 (33.7%)	4:53	12.3 (66.5%)
100	MACHARZYŃSKI Piotr	242	NESSI TEAM ŻORY	M40-49	72	Nessi Time Żory	00:00:13	00:14:20	00:25:02	00:36:19	00:46:29	00:49:12.70	00:49:25.70	+00:16:48 (34.2%)	4:55	12.2 (65.9%)
101	DĄBROWSKI Sebastian	287	BYLE DOBIEC	M40-49	73		00:00:00					00:49:21.00	00:49:21.00	+00:16:56 (34.3%)	4:56	12.2 (65.9%)
102	FIEROCH Karol	367		M30-39	61		00:00:18	00:14:22	00:24:52	00:36:04	00:46:32	00:49:23.30	00:49:42.20	+00:16:59 (34.4%)	4:56	12.1 (65.4%)
103	NIESŁAŃCZYK Jan	310		M40-49	74		00:00:15	00:13:37	00:24:20	00:35:32	00:46:26	00:49:28.85	00:49:44.65	+00:17:04 (34.5%)	4:56	12.1 (65.4%)
104	COJG Mateusz	241		M20-29	17		00:00:14	00:14:25	00:25:16	00:36:13	00:46:40	00:49:31.70	00:49:46.55	+00:17:07 (34.6%)	4:57	12.1 (65.4%)
105	CZYRNEK Dariusz	289	SMAKI BIEGANIA	M40-49	76	Smaki biegania	00:00:10	00:13:54	00:24:32	00:35:53	00:46:42	00:49:32.20	00:49:42.20	+00:17:07 (34.6%)	4:57	12.1 (65.4%)
106	PRZYŁUDZKI Janusz	326	STS BIEGATON	M70+	1		00:00:11	00:14:09	00:24:51	00:35:56	00:46:42	00:49:40.55	00:49:52.20	+00:17:16 (34.8%)	4:58	12.1 (65.4%)
107	SOBEL Adrian	230		M30-39	63		00:00:17	00:14:09	00:24:37	00:36:03	00:46:54	00:49:40.75	00:49:58.10	+00:17:16 (34.8%)	4:58	12.1 (65.4%)
108	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	+00:17:23 (34.9%)	4:58	12.1 (65.4%)
109	GURGOŃ Marcin	415		M30-39	64		00:00:15	00:13:19	00:24:16	00:35:44	00:47:00	00:49:55.15	00:50:10.25	+00:17:30 (35.1%)	4:59	12 (64.9%)
110	PASZKOWSKI Cezary	233		M40-49	80	MDM NT TEAM	00:00:15	00:14:13	00:24:54	00:36:01	00:46:49	00:49:59.60	00:50:15.00	+00:17:35 (35.2%)	4:59	12 (64.9%)
111	SPYRKA Piotr	229	KLUB BIEGACZA FARTLEK	M30-39	66	Klub Biegacza Fartlek	00:00:23	00:14:40	00:25:51	00:36:49	00:47:18	00:50:04.35	00:50:27.70	+00:17:40 (35.3%)	5:00	12 (64.9%)
112	GRALAK Wojciech	347		M20-29	19		00:00:18	00:15:01	00:26:09	00:37:12	00:47:34	00:50:11.50	00:50:30.45	+00:17:47 (35.4%)	5:01	12 (64.9%)
113	BORYCZKA Szymon	292		M40-49	90		00:00:11	00:14:05	00:24:47	00:36:30	00:47:45	00:50:56.30	00:51:07.80	+00:18:32 (36.4%)	5:05	11.8 (63.8%)
114	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	+00:18:35 (36.5%)	5:05	11.8 (63.8%)
115	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	+00:18:42 (36.6%)	5:06	11.7 (63.2%)
116	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	+00:18:42 (36.6%)	5:06	11.7 (63.2%)
117	BRÓZDA Tomasz	307	MDM NT TEAM	M30-39	71	MDM NT TEAM	00:00:15	00:14:14	00:24:54	00:36:30	00:48:22	00:51:26.20	00:51:42.00	+00:19:01 (37.0%)	5:08	11.7 (63.2%)
118	MARCZYŃSKI Sebastian	213	BEACHVOLLEYBALL	M30-39	73		00:00:10	00:14:01	00:25:21	00:37:15	00:48:31	00:51:37.60	00:51:47.70	+00:19:13 (37.2%)	5:09	11.6 (62.7%)
119	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	+00:19:31 (37.6%)	5:11	11.6 (62.7%)
120	TORBIŃSKI Wiesław	237		M70+	4	Szare Morsy	00:00:07	00:14:27	00:25:43	00:37:42	00:49:17	00:52:25.80	00:52:33.35	+00:20:01 (38.2%)	5:14	11.4 (61.6%)
121	BAJOR Paweł	480		M40-49	95		00:00:07	00:13:33	00:25:04	00:37:41	00:50:05	00:53:08.20	00:53:15.45	+00:20:43 (39.0%)	5:18	11.3 (61.1%)

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
122	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	+00:20:57 (39.3%)	5:20	11.2 (60.5%)
123	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	+00:20:58 (39.3%)	5:20	11.2 (60.5%)
124	MAKOŚ Tomek	428		M40-49	102		00:00:18	00:16:02	00:27:54	00:39:34	00:51:00	00:54:01.50	00:54:19.50	+00:21:37 (40.0%)	5:24	11.1 (60.0%)
125	DEJEWSKI Jakub	402	GB GALOPUJĄCE ŚLIMAKI	M30-39	79	Galopujące Ślimaki	00:00:19	00:15:46	00:27:47	00:39:45	00:51:20	00:54:01.65	00:54:20.95	+00:21:37 (40.0%)	5:24	11.1 (60.0%)
126	MAZURKIEWICZ Rafał	424		M40-49	104		00:00:06	00:15:13	00:26:55	00:39:13	00:51:09	00:54:15.15	00:54:21.90	+00:21:50 (40.3%)	5:25	11.1 (60.0%)
127	TARGOSZ Piotr	270	OLZA CIESZYN	M40-49	105	Olza Cieszyn	00:00:10	00:15:06	00:26:48	00:39:03	00:51:15	00:54:21.45	00:54:32.05	+00:21:57 (40.4%)	5:26	11 (59.5%)
128	CIEŚŁA Adam	350	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	106	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:15:42	00:27:30	00:39:38	00:51:22	00:54:23.70	00:54:42.00	+00:21:59 (40.4%)	5:26	11 (59.5%)
129	MROZEK Maciej	365		M40-49	110		00:00:15	00:15:55	00:27:38	00:40:16	00:52:15	00:55:22.70	00:55:38.50	+00:22:58 (41.5%)	5:32	10.8 (58.4%)
130	JOCHLIK Szymon	191		M30-39	81		00:00:16	00:15:22	00:27:31	00:40:15	00:52:24	00:55:30.90	00:55:47.30	+00:23:06 (41.6%)	5:33	10.8 (58.4%)
131	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	+00:23:40 (42.2%)	5:36	10.7 (57.8%)
132	WISKULSKI Mateusz	483		M30-39	82		00:00:16	00:15:50	00:27:47	00:40:31	00:52:53	00:56:19.00	00:56:35.60	+00:23:54 (42.5%)	5:37	10.7 (57.8%)
133	SZCZEPANIK Piotr	353	KLUB BIEGACZA FARTLEK	M30-39	84	Klub Biegacza Fartlek	00:00:14	00:16:55	00:29:16	00:41:36	00:53:32	00:56:28.75	00:56:43.60	+00:24:04 (42.6%)	5:38	10.6 (57.3%)
134	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	+00:24:20 (42.9%)	5:40	10.6 (57.3%)
135	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	+00:24:39 (43.2%)	5:42	10.5 (56.8%)
136	MALISZEWSKI Dariusz	352		M30-39	85		00:00:07	00:15:25	00:28:02	00:41:23	00:53:54	00:57:09.25	00:57:16.85	+00:24:44 (43.3%)	5:42	10.5 (56.8%)
137	KOŁODZIEJ Artur	488		M40-49	123		00:00:03	00:16:06	00:28:43	00:42:08	00:54:47	00:58:06.45	00:58:10.10	+00:25:42 (44.2%)	5:48	10.3 (55.7%)
138	PALA Mariusz	301	KOKO DŻAMBO I DO PRZODU	M30-39	89		00:00:09	00:15:17	00:27:38	00:41:19	00:54:42	00:58:11.55	00:58:20.85	+00:25:47 (44.3%)	5:49	10.3 (55.7%)
139	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	+00:26:15 (44.8%)	5:52	10.2 (55.1%)
140	GRABALSKI Marcin	513		M30-39	90		00:00:13	00:15:51	00:28:21	00:42:03	00:55:15	00:58:43.30	00:58:56.75	+00:26:19 (44.8%)	5:52	10.2 (55.1%)
141	KUBIK Dariusz	544	SAINT GOBAIN SQUAD	M40-49	124		00:00:06	00:15:08	00:27:48	00:41:52	00:55:47	00:59:28.95	00:59:35.10	+00:27:04 (45.5%)	5:56	10.1 (54.6%)
142	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	+00:28:24 (46.7%)	6:04	9.9 (53.5%)
143	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	+00:30:12 (48.2%)	6:15	9.6 (51.9%)
144	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	+00:31:44 (49.5%)	6:24	9.4 (50.8%)
145	MARON Tomasz	231	TL ATHLETICS JASTRZĘBIE	M30-39	98	TL Athletics Jastrzębie	00:00:15	00:18:16	00:31:56	00:47:11	01:01:35	01:05:16.05	01:05:31.55	+00:32:51 (50.4%)	6:31	9.2 (49.7%)
146	BĘBENEK Marcin	363	GALOPUJĄCE ŚLIMAKI	M40-49	132	Galopujące Ślimaki	00:00:19	00:17:16	00:30:46	00:45:52	01:01:06	01:05:22.65	01:05:42.20	+00:32:58 (50.4%)	6:32	9.2 (49.7%)

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
147	KUBAS Mariusz	461	KLUB BIEGACZA FARTLEK	M40-49	134	Klub Biegacza Fartlek	00:00:22	00:18:58	00:34:43	00:53:41	01:11:22	01:16:23.45	01:16:46.05	+00:43:59 (57.6%)	7:38	7.9 (42.7%)
148	ZAWIERUCHA Aleksander	404	MARO TEAM JASTRZĘBIR-ŻORY	M50-59	49	MARO Team Jastrzębie-Żory	00:00:19									(0.0%)

Znaleziono 148 wynik(ów)