

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** Jastrzębska Dziesiątka  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2018-09-15  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KOSGEI Mathew</b>	2	BENEDEK-TEAM	M20-29	1	00:00:02	00:09:18	00:15:30	00:22:55	00:29:14	<b>00:30:53.30</b>	<b>00:30:55.70</b>		3:05	19.4 (100%)
2	<b>MRÓWKA Mateusz</b>	4	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	2	00:00:01	00:09:19	00:15:41	00:23:16	00:29:56	<b>00:31:49.15</b>	<b>00:31:50.95</b>	+00:00:55 (2.9%)	3:10	18.9 (97.4%)
3	<b>CIEPLAK Marcin</b>	3	CHEMIKA RYBNIK	M20-29	3	00:00:01	00:09:20	00:16:01	00:24:01	00:31:08	<b>00:33:14.05</b>	<b>00:33:15.35</b>	+00:02:20 (7.1%)	3:19	18.1 (93.3%)
4	<b>KASPRZAK Radosław</b>	7	INŻYNIERIA BIEGANIA TEAM	M20-29	4	00:00:01	00:09:51	00:16:42	00:24:35	00:31:29	<b>00:33:21.50</b>	<b>00:33:23.05</b>	+00:02:28 (7.4%)	3:20	18 (92.8%)
5	<b>WŁOCH Andrzej</b>	6	KB MOSIR JASTRZĘBIE	M20-29	5	00:00:01	00:09:51	00:16:50	00:25:02	00:32:16	<b>00:34:14.25</b>	<b>00:34:15.40</b>	+00:03:20 (9.8%)	3:25	17.5 (90.2%)
6	<b>KARDAS Arkadiusz</b>	876	TS AKS CHORZÓW	M20-29	6	00:00:03	00:09:51	00:17:07		00:33:28	<b>00:35:37.90</b>	<b>00:35:41.10</b>	+00:04:44 (13.3%)	3:33	16.8 (86.6%)
7	<b>RAJWA Roman</b>	502	KB MOSIR JASTRZĘBIE	M20-29	7	00:00:02	00:10:17	00:17:44		00:33:55	<b>00:35:58.20</b>	<b>00:36:00.70</b>	+00:05:04 (14.1%)	3:35	16.7 (86.1%)
8	<b>KRZEMIEŃ Krzysztof</b>	697		M20-29	8	00:00:04	00:10:43	00:18:10		00:34:01	<b>00:36:03.45</b>	<b>00:36:07.55</b>	+00:05:10 (14.3%)	3:36	16.6 (85.6%)
9	<b>PŁOSKONKA Jan</b>	794	UKS BRENNA-GÓRKI	M20-29	9	00:00:03	00:11:09	00:18:58		00:35:28	<b>00:37:35.20</b>	<b>00:37:38.75</b>	+00:06:41 (17.8%)	3:45	16 (82.5%)
10	<b>MATUSZNY Marek</b>	209	OLZA CIESZYN	M20-29	10	00:00:04	00:10:37	00:18:10		00:35:24	<b>00:37:42.10</b>	<b>00:37:46.50</b>	+00:06:48 (18.1%)	3:46	15.9 (82.0%)
11	<b>MROWIEC Kacper</b>	822		M20-29	11	00:00:04	00:10:54	00:18:34		00:35:39	<b>00:37:56.55</b>	<b>00:38:00.95</b>	+00:07:03 (18.6%)	3:47	15.8 (81.4%)
12	<b>KMITA Tomasz</b>	851		M20-29	12	00:00:03	00:10:56	00:18:39		00:35:45	<b>00:37:59.10</b>	<b>00:38:02.90</b>	+00:07:05 (18.7%)	3:47	15.8 (81.4%)
13	<b>WANTULOK Paweł</b>	121		M20-29	13	00:00:07	00:11:33	00:19:38	00:28:57	00:36:54	<b>00:39:04.70</b>	<b>00:39:12.55</b>	+00:08:11 (21.0%)	3:54	15.4 (79.4%)
14	<b>ZYGMA Kordian</b>	151		M20-29	14	00:00:09	00:11:46	00:19:57	00:29:14	00:37:13	<b>00:39:30.65</b>	<b>00:39:40.35</b>	+00:08:37 (21.8%)	3:57	15.2 (78.4%)
14	<b>JANUSZ Tomasz</b>	604	SKAZANINASUKCES.PL	M20-29	15	00:00:09	00:11:45	00:19:57	00:29:12	00:37:13	<b>00:39:31.05</b>	<b>00:39:40.35</b>	+00:08:37 (21.8%)	3:57	15.2 (78.4%)
16	<b>KASTELIK Szymon</b>	422	OLIMPIJCZYK GILOWICE	M20-29	16	00:00:03	00:11:09	00:19:21	00:28:50	00:37:15	<b>00:39:34.75</b>	<b>00:39:38.60</b>	+00:08:41 (22.0%)	3:57	15.2 (78.4%)
17	<b>KRETEK Łukasz</b>	519	AKTYWNI LYSKI	M20-29	17	00:00:09	00:11:45	00:19:58	00:29:19	00:37:29	<b>00:39:47.10</b>	<b>00:39:56.60</b>	+00:08:53 (22.4%)	3:58	15.1 (77.8%)
18	<b>KLYSZCZ Paweł</b>	886	ZERO32 ARCHITEKCI	M20-29	18	00:00:05	00:11:36	00:19:49	00:29:17	00:37:32	<b>00:39:48.90</b>	<b>00:39:54.75</b>	+00:08:55 (22.4%)	3:58	15.1 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km					
19	<b>KOWAL Łukasz</b>	<b>770</b>	FITNESS EXPRESS RYBNIK	M20-29	19	00:00:13	00:12:01	00:20:15	00:29:36	00:37:50	<b>00:40:03.10</b>	<b>00:40:16.90</b>	+00:09:09 (22.9%)	4:00	15 (77.3%)
20	<b>MASNY Michał</b>	<b>442</b>		M20-29	20	00:00:12	00:11:47	00:20:11	00:29:58	00:38:18	<b>00:40:41.00</b>	<b>00:40:53.65</b>	+00:09:47 (24.1%)	4:04	14.7 (75.8%)
21	<b>URBAŃCZYK Marcin</b>	<b>51</b>		M20-29	21	00:00:11	00:11:58	00:20:21	00:29:59	00:38:21	<b>00:40:42.05</b>	<b>00:40:53.20</b>	+00:09:48 (24.1%)	4:04	14.7 (75.8%)
22	<b>MICHALIK Rafał</b>	<b>405</b>	LACHO TEAM	M20-29	22	00:00:05	00:12:01	00:20:26	00:30:25	00:38:43	<b>00:40:57.15</b>	<b>00:41:02.80</b>	+00:10:03 (24.6%)	4:05	14.7 (75.8%)
23	<b>RAJWA Jan</b>	<b>309</b>	BZIEGCZE	M20-29	23	00:00:06	00:11:41	00:20:08	00:30:06	00:38:53	<b>00:41:13.55</b>	<b>00:41:20.30</b>	+00:10:20 (25.1%)	4:07	14.6 (75.3%)
24	<b>BEZUCH Paweł</b>	<b>881</b>		M20-29	24	00:00:14	00:12:28	00:21:19	00:31:14	00:39:42	<b>00:41:59.75</b>	<b>00:42:14.00</b>	+00:11:06 (26.4%)	4:12	14.3 (73.7%)
25	<b>NIESŁONY Dominik</b>	<b>908</b>		M20-29	25	00:00:09	00:12:25	00:21:14	00:31:48	00:40:49	<b>00:43:12.60</b>	<b>00:43:21.90</b>	+00:12:19 (28.5%)	4:19	13.9 (71.6%)
26	<b>BUGDOL Zbigniew</b>	<b>459</b>		M20-29	26	00:00:23	00:12:42	00:21:45	00:31:58	00:40:50	<b>00:43:19.75</b>	<b>00:43:42.90</b>	+00:12:26 (28.7%)	4:19	13.9 (71.6%)
27	<b>TOMCZYK Maurycy</b>	<b>29</b>	ESKADRA KRAKÓW	M20-29	27	00:00:16	00:12:50	00:21:52	00:32:15	00:41:00	<b>00:43:27.75</b>	<b>00:43:43.95</b>	+00:12:34 (28.9%)	4:20	13.8 (71.1%)
28	<b>STEMPEL Grzegorz</b>	<b>667</b>	1989	M20-29	28	00:00:12	00:12:18	00:21:16	00:31:47	00:40:53	<b>00:43:36.05</b>	<b>00:43:48.20</b>	+00:12:42 (29.2%)	4:21	13.8 (71.1%)
29	<b>BARAN Bartosz</b>	<b>766</b>		M20-29	29	00:00:15	00:13:13	00:22:17	00:32:34	00:41:17	<b>00:43:39.10</b>	<b>00:43:54.70</b>	+00:12:45 (29.2%)	4:21	13.7 (70.6%)
30	<b>WYREMBELSKI Adam</b>	<b>169</b>		M20-29	30	00:00:15	00:12:48	00:21:53	00:32:18	00:41:17	<b>00:43:44.95</b>	<b>00:44:00.75</b>	+00:12:51 (29.4%)	4:22	13.7 (70.6%)
31	<b>NIEDZIELKO Grzegorz</b>	<b>495</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	31	00:00:09	00:12:24	00:21:28	00:32:20	00:41:31	<b>00:43:51.00</b>	<b>00:44:00.00</b>	+00:12:57 (29.6%)	4:23	13.7 (70.6%)
32	<b>POHL Armin</b>	<b>581</b>		M20-29	32	00:00:07	00:12:50	00:21:51	00:32:20	00:41:29	<b>00:43:58.30</b>	<b>00:44:05.95</b>	+00:13:05 (29.8%)	4:23	13.6 (70.1%)
33	<b>ZGRZENDEK Patryk</b>	<b>726</b>		M20-29	33	00:00:12	00:12:50	00:22:00	00:32:26	00:41:32	<b>00:44:05.10</b>	<b>00:44:17.90</b>	+00:13:11 (29.9%)	4:24	13.6 (70.1%)
34	<b>ZADROGA Karol</b>	<b>721</b>		M20-29	34	00:00:00					<b>00:44:19.00</b>	<b>00:44:19.00</b>	+00:13:25 (30.3%)	4:25	13.5 (69.6%)
35	<b>JANECKI Mateusz</b>	<b>216</b>	BZIEGACZE	M20-29	35	00:00:16	00:12:46	00:21:44	00:32:26	00:41:48	<b>00:44:30.65</b>	<b>00:44:46.90</b>	+00:13:37 (30.6%)	4:27	13.5 (69.6%)
36	<b>ŁUSZCZYK Sergiusz</b>	<b>700</b>		M20-29	36	00:00:21	00:13:25	00:22:32	00:33:04	00:42:12	<b>00:44:41.05</b>	<b>00:45:02.10</b>	+00:13:47 (30.9%)	4:28	13.4 (69.1%)
37	<b>PLEWNIA Dawid</b>	<b>776</b>		M20-29	37	00:00:18	00:12:58	00:22:05	00:32:50	00:42:13	<b>00:44:50.80</b>	<b>00:45:09.35</b>	+00:13:57 (31.1%)	4:29	13.4 (69.1%)
38	<b>TWARDZIK Kamil</b>	<b>238</b>	KS M.E.T.A	M20-29	38	00:00:18	00:13:12	00:22:23	00:33:14	00:42:26	<b>00:45:05.90</b>	<b>00:45:24.75</b>	+00:14:12 (31.5%)	4:30	13.3 (68.6%)
39	<b>WIELOPOLSKI Łukasz</b>	<b>123</b>		M20-29	39	00:00:16	00:13:25	00:22:51	00:33:47	00:43:20	<b>00:45:56.60</b>	<b>00:46:13.05</b>	+00:15:03 (32.8%)	4:35	13.1 (67.5%)
40	<b>POCZĄTEK Damian</b>	<b>132</b>		M20-29	40	00:00:18	00:13:14	00:22:51	00:34:09	00:44:00	<b>00:46:49.65</b>	<b>00:47:07.90</b>	+00:15:56 (34.0%)	4:40	12.8 (66.0%)
41	<b>KAŻMIERCZAK Szymon</b>	<b>834</b>		M20-29	41	00:00:21	00:13:51	00:23:42	00:34:45	00:44:27	<b>00:47:04.10</b>	<b>00:47:25.15</b>	+00:16:10 (34.4%)	4:42	12.7 (65.5%)
42	<b>GÓRECKI Adam</b>	<b>614</b>		M20-29	42	00:00:24	00:14:37	00:24:27	00:35:23	00:44:33	<b>00:47:05.55</b>	<b>00:47:30.00</b>	+00:16:12 (34.4%)	4:42	12.7 (65.5%)
43	<b>LUBSZCZYK Krystian</b>	<b>454</b>	YNO ULTRA	M20-29	43	00:00:31	00:13:13	00:22:50	00:34:16	00:44:22	<b>00:47:09.90</b>	<b>00:47:40.95</b>	+00:16:16 (34.5%)	4:42	12.7 (65.5%)
44	<b>RAJWA Stanisław</b>	<b>313</b>	BZIEGACZE	M20-29	44	00:00:18	00:14:06	00:24:01	00:35:13	00:44:54	<b>00:47:27.90</b>	<b>00:47:46.15</b>	+00:16:34 (34.9%)	4:44	12.6 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
45	<b>PISAREK Radek</b>	<b>234</b>	WKURW_TEAM	M20-29	45	00:00:17	00:13:16	00:23:01	00:34:45	00:44:57	<b>00:47:40.75</b>	<b>00:47:58.70</b>	+00:16:47 (35.2%)	4:46	12.6 (64.9%)
46	<b>LOT Michał</b>	<b>533</b>		M20-29	46	00:00:25	00:14:38	00:24:50	00:36:22	00:45:41	<b>00:48:08.40</b>	<b>00:48:33.80</b>	+00:17:15 (35.8%)	4:48	12.5 (64.4%)
47	<b>WASILEWSKI Mateusz</b>	<b>879</b>	ZOFIOWKA	M20-29	47	00:00:13	00:13:42	00:24:22	00:36:14	00:46:14	<b>00:48:58.65</b>	<b>00:49:12.30</b>	+00:18:05 (36.9%)	4:53	12.2 (62.9%)
48	<b>FILUSZ Dawid</b>	<b>548</b>		M20-29	48	00:00:26	00:14:35	00:24:39	00:36:14	00:46:12	<b>00:49:01.00</b>	<b>00:49:27.65</b>	+00:18:07 (37.0%)	4:54	12.2 (62.9%)
49	<b>JARZYNA Andrzej</b>	<b>477</b>		M20-29	49	00:00:33	00:14:27	00:24:31	00:36:09	00:46:20	<b>00:49:18.25</b>	<b>00:49:52.10</b>	+00:18:24 (37.4%)	4:55	12.2 (62.9%)
50	<b>WYREMBELSKI Amadeusz</b>	<b>168</b>		M20-29	50	00:00:16	00:13:23	00:23:40	00:35:56	00:46:18	<b>00:49:19.40</b>	<b>00:49:35.65</b>	+00:18:26 (37.4%)	4:55	12.2 (62.9%)
51	<b>PĘDZIK Błażej</b>	<b>143</b>		M20-29	51	00:00:46	00:15:34	00:25:46	00:37:33	00:47:57	<b>00:50:27.20</b>	<b>00:51:13.70</b>	+00:19:33 (38.8%)	5:02	11.9 (61.3%)
52	<b>DOMASZK Paweł</b>	<b>702</b>		M20-29	52	00:00:34	00:15:53	00:26:42	00:38:58	00:49:05	<b>00:51:35.80</b>	<b>00:52:10.30</b>	+00:20:42 (40.1%)	5:09	11.6 (59.8%)
53	<b>NOWAK Patryk</b>	<b>162</b>	KLUB BIEGACZA FARTLEK	M20-29	53	00:00:28	00:14:47	00:25:11	00:37:32	00:48:33	<b>00:51:39.15</b>	<b>00:52:07.80</b>	+00:20:45 (40.2%)	5:09	11.6 (59.8%)
54	<b>MAJCHRZAK Dawid</b>	<b>745</b>		M20-29	54	00:00:18	00:13:38	00:24:08	00:37:24	00:48:43	<b>00:51:50.60</b>	<b>00:52:09.55</b>	+00:20:57 (40.4%)	5:11	11.6 (59.8%)
55	<b>PAJĄK Marcin</b>	<b>431</b>		M20-29	55	00:00:30	00:14:57	00:25:24	00:38:35	00:49:11	<b>00:52:06.10</b>	<b>00:52:36.50</b>	+00:21:12 (40.7%)	5:12	11.5 (59.3%)
56	<b>JASIŃSKI Kristof</b>	<b>865</b>	WILD RUNERS	M20-29	56	00:00:28	00:15:23	00:26:08	00:38:22	00:49:14	<b>00:52:16.55</b>	<b>00:52:45.40</b>	+00:21:23 (40.9%)	5:13	11.5 (59.3%)
57	<b>MAKOWSKI Grzegorz</b>	<b>201</b>		M20-29	57	00:00:34	00:15:13	00:26:01	00:38:56	00:50:06	<b>00:52:41.20</b>	<b>00:53:16.10</b>	+00:21:47 (41.4%)	5:16	11.4 (58.8%)
58	<b>KROCZEK Przemysław</b>	<b>829</b>		M20-29	58	00:00:46	00:16:17	00:27:02	00:39:48	00:50:03	<b>00:53:04.10</b>	<b>00:53:50.85</b>	+00:22:10 (41.8%)	5:18	11.3 (58.2%)
59	<b>HUCHRO Tomasz</b>	<b>653</b>	SZYBCY I WŚCIEKLI	M20-29	59	00:00:27	00:16:08	00:27:22	00:40:09	00:51:05	<b>00:53:58.85</b>	<b>00:54:26.40</b>	+00:23:05 (42.8%)	5:23	11.1 (57.2%)
60	<b>STRZAŁAŁA Marek</b>	<b>551</b>		M20-29	60	00:00:25	00:15:02	00:26:18	00:39:55	00:51:24	<b>00:54:32.25</b>	<b>00:54:58.15</b>	+00:23:38 (43.4%)	5:27	11 (56.7%)
61	<b>RYZ Dawid</b>	<b>545</b>		M20-29	61	00:00:36	00:16:04	00:27:26	00:40:48	00:51:59	<b>00:54:58.10</b>	<b>00:55:34.30</b>	+00:24:04 (43.8%)	5:29	10.9 (56.2%)
62	<b>STEKLA Bartłomiej</b>	<b>610</b>		M20-29	62	00:00:36	00:16:10	00:27:23	00:40:24	00:51:53	<b>00:55:12.45</b>	<b>00:55:48.95</b>	+00:24:19 (44.1%)	5:31	10.9 (56.2%)
63	<b>GRZESZCZUK Tomasz</b>	<b>529</b>		M20-29	63	00:00:26	00:16:07	00:28:01	00:41:51	00:53:40	<b>00:56:44.10</b>	<b>00:57:10.75</b>	+00:25:50 (45.6%)	5:40	10.6 (54.6%)
64	<b>IZDEBSKI Konrad</b>	<b>696</b>		M20-29	64	00:00:51	00:17:11	00:29:05	00:42:51	00:54:30	<b>00:57:33.45</b>	<b>00:58:24.85</b>	+00:26:40 (46.3%)	5:45	10.4 (53.6%)
65	<b>ŻAGIEL Wiktor</b>	<b>457</b>		M20-29	65	00:00:33	00:16:12	00:27:29	00:42:00	00:55:21	<b>00:58:21.65</b>	<b>00:58:54.90</b>	+00:27:28 (47.1%)	5:50	10.3 (53.1%)
66	<b>ADAMIK Lukasz</b>	<b>825</b>	KUCE Z BRONKSU	M20-29	66	00:00:39	00:17:48	00:30:11	00:43:59	00:55:45	<b>00:58:52.95</b>	<b>00:59:32.50</b>	+00:27:59 (47.5%)	5:53	10.2 (52.6%)
67	<b>WIDENKA Krystian</b>	<b>152</b>	SYRYNIA	M20-29	67	00:00:43	00:16:26	00:28:22	00:42:39	00:55:35	<b>00:59:23.15</b>	<b>01:00:06.25</b>	+00:28:29 (48.0%)	5:56	10.1 (52.1%)
68	<b>HAJNSZ Robert</b>	<b>802</b>		M20-29	68	00:00:38	00:17:49	00:30:13	00:44:34	00:56:44	<b>01:00:10.95</b>	<b>01:00:49.90</b>	+00:29:17 (48.7%)	6:01	10 (51.5%)
69	<b>POLOK Robert</b>	<b>661</b>		M20-29	69	00:00:31	00:16:48	00:29:05	00:44:07	00:57:32	<b>01:01:26.80</b>	<b>01:01:58.00</b>	+00:30:33 (49.7%)	6:08	9.8 (50.5%)
70	<b>SZABLA Mateusz</b>	<b>750</b>		M20-29	70	00:00:42	00:17:06	00:29:05	00:44:37	00:58:03	<b>01:01:53.75</b>	<b>01:02:36.50</b>	+00:31:00 (50.1%)	6:11	9.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
71	<b>GIŻYŃSKI Krystian</b>	<b>274</b>		M20-29	71	00:00:46	00:16:52	00:29:52	00:45:39	00:59:20	<b>01:02:32.10</b>	<b>01:03:18.60</b>	+00:31:38 (50.6%)	6:15	9.6 (49.5%)
72	<b>SOBAŃSKI Mateusz</b>	<b>485</b>		M20-29	72	00:00:47	00:19:50	00:33:11	00:48:20	01:01:23	<b>01:04:53.80</b>	<b>01:05:41.05</b>	+00:34:00 (52.4%)	6:29	9.2 (47.4%)
73	<b>MIERZYŃSKI Kamil</b>	<b>658</b>		M20-29	73	00:00:04	00:24:11	00:42:32	01:03:28	01:22:13	<b>01:27:21.00</b>	<b>01:27:25.35</b>	+00:56:27 (64.6%)	8:44	6.9 (35.6%)

Znaleziono 73 wynik(ów)