

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

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

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M20-29

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
1	<b>KOSGEI Mathew</b>	<b>2</b>	BENEDEK-TEAM	M20-29	00:00:02	00:09:18	00:15:30	00:22:55	00:29:14
2	<b>MRÓWKA Mateusz</b>	<b>4</b>	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	00:00:01	00:09:19	00:15:41	00:23:16	00:29:56
3	<b>CIEPŁAK Marcin</b>	<b>3</b>	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01	00:24:01	00:31:08
4	<b>KASPRZAK Radosław</b>	<b>7</b>	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42	00:24:35	00:31:29
5	<b>WŁOCH Andrzej</b>	<b>6</b>	KB MOSIR JASTRZĘBIE	M20-29	00:00:01	00:09:51	00:16:50	00:25:02	00:32:16
6	<b>KARDAS Arkadiusz</b>	<b>876</b>	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07		00:33:28
7	<b>RAJWA Roman</b>	<b>502</b>	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44		00:33:55
8	<b>KRZEMIEŃ Krzysztof</b>	<b>697</b>		M20-29	00:00:04	00:10:43	00:18:10		00:34:01
9	<b>MATUSZNY Marek</b>	<b>209</b>	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10		00:35:24
10	<b>PŁOSKONKA Jan</b>	<b>794</b>	UKS BRENNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58		00:35:28
11	<b>MROWIEC Kacper</b>	<b>822</b>		M20-29	00:00:04	00:10:54	00:18:34		00:35:39
12	<b>KMITA Tomasz</b>	<b>851</b>		M20-29	00:00:03	00:10:56	00:18:39		00:35:45
13	<b>WANTULOK Paweł</b>	<b>121</b>		M20-29	00:00:07	00:11:33	00:19:38	00:28:57	00:36:54
14	<b>ZYGMA Kordian</b>	<b>151</b>		M20-29	00:00:09	00:11:46	00:19:57	00:29:14	00:37:13
14	<b>JANUSZ Tomasz</b>	<b>604</b>	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57	00:29:12	00:37:13
16	<b>KASTELIK Szymon</b>	<b>422</b>	OLIMPIJCZYK GIŁOWICE	M20-29	00:00:03	00:11:09	00:19:21	00:28:50	00:37:15
17	<b>KRETEK Łukasz</b>	<b>519</b>	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58	00:29:19	00:37:29
18	<b>KLYSZCZ Paweł</b>	<b>886</b>	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49	00:29:17	00:37:32
19	<b>KOWAL Łukasz</b>	<b>770</b>	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15	00:29:36	00:37:50
20	<b>MASNY Michał</b>	<b>442</b>		M20-29	00:00:12	00:11:47	00:20:11	00:29:58	00:38:18
21	<b>URBAŃCZYK Marcin</b>	<b>51</b>		M20-29	00:00:11	00:11:58	00:20:21	00:29:59	00:38:21
22	<b>MICHALIK Rafał</b>	<b>405</b>	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26	00:30:25	00:38:43
23	<b>RAJWA Jan</b>	<b>309</b>	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06	00:38:53
24	<b>BEZUCH Paweł</b>	<b>881</b>		M20-29	00:00:14	00:12:28	00:21:19	00:31:14	00:39:42
25	<b>NIEŚŁONY Dominik</b>	<b>908</b>		M20-29	00:00:09	00:12:25	00:21:14	00:31:48	00:40:49
26	<b>BUGDOL Zbigniew</b>	<b>459</b>		M20-29	00:00:23	00:12:42	00:21:45	00:31:58	00:40:50
27	<b>STEMPEL Grzegorz</b>	<b>667</b>	1989	M20-29	00:00:12	00:12:18	00:21:16	00:31:47	00:40:53
28	<b>TOMCZYK Maurycy</b>	<b>29</b>	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52	00:32:15	00:41:00
29	<b>WYREMBELSKI Adam</b>	<b>169</b>		M20-29	00:00:15	00:12:48	00:21:53	00:32:18	00:41:17
30	<b>BARAN Bartosz</b>	<b>766</b>		M20-29	00:00:15	00:13:13	00:22:17	00:32:34	00:41:17

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
31	<b>POHL Armin</b>	<b>581</b>		M20-29	00:00:07	00:12:50	00:21:51	00:32:20	00:41:29
32	<b>NIEDZIELKO Grzegorz</b>	<b>495</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20	00:41:31
33	<b>ZGRZENDEK Patryk</b>	<b>726</b>		M20-29	00:00:12	00:12:50	00:22:00	00:32:26	00:41:32
34	<b>JANECKI Mateusz</b>	<b>216</b>	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26	00:41:48
35	<b>ŁUSZCZYK Sergiusz</b>	<b>700</b>		M20-29	00:00:21	00:13:25	00:22:32	00:33:04	00:42:12
36	<b>PLEWNIA Dawid</b>	<b>776</b>		M20-29	00:00:18	00:12:58	00:22:05	00:32:50	00:42:13
37	<b>TWARDZIK Kamil</b>	<b>238</b>	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23	00:33:14	00:42:26
38	<b>WIELOPOLSKI Łukasz</b>	<b>123</b>		M20-29	00:00:16	00:13:25	00:22:51	00:33:47	00:43:20
39	<b>POCZĄTEK Damian</b>	<b>132</b>		M20-29	00:00:18	00:13:14	00:22:51	00:34:09	00:44:00
40	<b>LUBSZCZYK Krystian</b>	<b>454</b>	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50	00:34:16	00:44:22
41	<b>KAŹMIERCZAK Szymon</b>	<b>834</b>		M20-29	00:00:21	00:13:51	00:23:42	00:34:45	00:44:27
42	<b>GÓRECKI Adam</b>	<b>614</b>		M20-29	00:00:24	00:14:37	00:24:27	00:35:23	00:44:33
43	<b>RAJWA Stanisław</b>	<b>313</b>	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13	00:44:54
44	<b>PISAREK Radek</b>	<b>234</b>	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01	00:34:45	00:44:57
45	<b>LOT Michał</b>	<b>533</b>		M20-29	00:00:25	00:14:38	00:24:50	00:36:22	00:45:41
46	<b>FILUSZ Dawid</b>	<b>548</b>		M20-29	00:00:26	00:14:35	00:24:39	00:36:14	00:46:12
47	<b>WASILEWSKI Mateusz</b>	<b>879</b>	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14	00:46:14
48	<b>WYREMBELSKI Amadeusz</b>	<b>168</b>		M20-29	00:00:16	00:13:23	00:23:40	00:35:56	00:46:18
49	<b>JARZYNA Andrzej</b>	<b>477</b>		M20-29	00:00:33	00:14:27	00:24:31	00:36:09	00:46:20
50	<b>PĘDZIK Błażej</b>	<b>143</b>		M20-29	00:00:46	00:15:34	00:25:46	00:37:33	00:47:57
51	<b>NOWAK Patryk</b>	<b>162</b>	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32	00:48:33
52	<b>MAJCHRZAK Dawid</b>	<b>745</b>		M20-29	00:00:18	00:13:38	00:24:08	00:37:24	00:48:43
53	<b>DOMASZK Paweł</b>	<b>702</b>		M20-29	00:00:34	00:15:53	00:26:42	00:38:58	00:49:05
54	<b>PAJĄK Marcin</b>	<b>431</b>		M20-29	00:00:30	00:14:57	00:25:24	00:38:35	00:49:11
55	<b>JASIŃSKI Kristof</b>	<b>865</b>	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08	00:38:22	00:49:14
56	<b>KROCZEK Przemysław</b>	<b>829</b>		M20-29	00:00:46	00:16:17	00:27:02	00:39:48	00:50:03
57	<b>MAKOWSKI Grzegorz</b>	<b>201</b>		M20-29	00:00:34	00:15:13	00:26:01	00:38:56	00:50:06
58	<b>HUCHRO Tomasz</b>	<b>653</b>	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22	00:40:09	00:51:05
59	<b>STRZAŁA Marek</b>	<b>551</b>		M20-29	00:00:25	00:15:02	00:26:18	00:39:55	00:51:24
60	<b>STEKLA Bartłomiej</b>	<b>610</b>		M20-29	00:00:36	00:16:10	00:27:23	00:40:24	00:51:53
61	<b>RYZ Dawid</b>	<b>545</b>		M20-29	00:00:36	00:16:04	00:27:26	00:40:48	00:51:59
62	<b>GRZESZCZUK Tomasz</b>	<b>529</b>		M20-29	00:00:26	00:16:07	00:28:01	00:41:51	00:53:40
63	<b>IZDEBSKI Konrad</b>	<b>696</b>		M20-29	00:00:51	00:17:11	00:29:05	00:42:51	00:54:30
64	<b>ŻAGIEL Wiktor</b>	<b>457</b>		M20-29	00:00:33	00:16:12	00:27:29	00:42:00	00:55:21
65	<b>WIDENKA Krystian</b>	<b>152</b>	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22	00:42:39	00:55:35
66	<b>ADAMIK Łukasz</b>	<b>825</b>	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11	00:43:59	00:55:45
67	<b>HAJNSZ Robert</b>	<b>802</b>		M20-29	00:00:38	00:17:49	00:30:13	00:44:34	00:56:44
68	<b>POŁOK Robert</b>	<b>661</b>		M20-29	00:00:31	00:16:48	00:29:05	00:44:07	00:57:32
69	<b>SZABLA Mateusz</b>	<b>750</b>		M20-29	00:00:42	00:17:06	00:29:05	00:44:37	00:58:03
70	<b>GIŻYŃSKI Krystian</b>	<b>274</b>		M20-29	00:00:46	00:16:52	00:29:52	00:45:39	00:59:20
71	<b>SOBAŃSKI Mateusz</b>	<b>485</b>		M20-29	00:00:47	00:19:50	00:33:11	00:48:20	01:01:23
72	<b>MIERZYŃSKI Kamil</b>	<b>658</b>		M20-29	00:00:04	00:24:11	00:42:32	01:03:28	01:22:13
73	<b>ZADROGA Karol</b>	<b>721</b>		M20-29	00:00:00				