

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie: Jastrzębska Dziesiątka 2019
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-09-21
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOSGEI Mathew	981		M20-29	1		00:00:01	00:08:43	00:14:55	00:22:02	00:28:10	00:29:58.35	00:29:59.85		2:59	20 (100%)
2	CHERUTICH Nelson Kipkoei	982		M20-29	2		00:00:00	00:08:45	00:14:55	00:22:04	00:28:19	00:30:10.10	00:30:10.95	+00:00:11 (0.6%)	3:01	19.9 (99.5%)
3	MRÓWKA Mateusz	350		M20-29	3	Biegacze	00:00:00	00:08:45	00:14:56	00:22:11	00:28:38	00:30:29.35	00:30:29.80	+00:00:31 (1.7%)	3:02	19.7 (98.5%)
4	WAMBUA Elijah Mutuku	983		M20-29	4		00:00:00	00:08:44	00:14:56	00:22:36	00:29:24	00:31:23.40	00:31:24.35	+00:01:25 (4.5%)	3:08	19.1 (95.5%)
5	CIEPŁAK Marcin	352		M20-29	5	Inżynieria biegania Team	00:00:00	00:09:35	00:16:21	00:24:04	00:30:47	00:32:45.25	00:32:45.70	+00:02:46 (8.5%)	3:16	18.3 (91.5%)
6	ZAJĄC Bartosz	412		M20-29	6	KB MCKIS Jaworzno	00:00:00	00:09:38	00:16:24	00:24:11	00:30:59	00:32:51.30	00:32:51.80	+00:02:52 (8.8%)	3:17	18.3 (91.5%)
7	SZRENIAWA Paweł	406		M20-29	7		00:00:01	00:09:52	00:16:57	00:25:11	00:32:15	00:34:14.25	00:34:15.30	+00:04:15 (12.5%)	3:25	17.5 (87.5%)
8	PIEPZYCKI Robert	394		M20-29	8		00:00:01	00:10:05	00:17:03	00:25:12	00:32:21	00:34:25.85	00:34:27.35	+00:04:27 (12.9%)	3:26	17.4 (87.0%)
9	CZAPLA Piotr	362		M20-29	9		00:00:01	00:10:14	00:17:25	00:25:42	00:32:51	00:34:53.55	00:34:55.10	+00:04:55 (14.1%)	3:29	17.2 (86.0%)
10	RAJWA Roman	397		M20-29	10	Biegacze	00:00:01	00:10:31	00:18:06	00:27:03	00:34:33	00:36:34.05	00:36:35.30	+00:06:35 (18.0%)	3:39	16.4 (82.0%)
11	STARZYCKI Przemysław	402		M20-29	11	KB MCKIS Jaworzno	00:00:02	00:10:34	00:18:17	00:27:13	00:34:57	00:37:08.45	00:37:10.95	+00:07:10 (19.3%)	3:42	16.2 (81.0%)
12	JARCO Dominik	370		M20-29	12		00:00:01	00:10:28	00:18:16	00:27:32	00:35:08	00:37:18.25	00:37:20.05	+00:07:19 (19.7%)	3:43	16.1 (80.5%)
13	ZYGMA Kordian	414		M20-29	13		00:00:01	00:10:51	00:18:31	00:27:38	00:35:18	00:37:26.70	00:37:28.35	+00:07:28 (20.0%)	3:44	16 (80.0%)
14	KOGUCIUK Karol	377		M20-29	14	TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51	00:35:50	00:37:55.45	00:37:57.60	+00:07:57 (21.0%)	3:47	15.8 (79.0%)
15	FILIP Bartosz	437		M20-29	15	SOCIOS SILESIA	00:00:02	00:10:47	00:18:44	00:28:04	00:35:50	00:37:56.65	00:37:59.05	+00:07:58 (21.0%)	3:47	15.8 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	NIEŚŁONY Filip	390		M20-29	16	Nieślony Lizak	00:00:02	00:11:29	00:19:35	00:28:49	00:36:30	00:38:40.70	00:38:43.30	+00:08:42 (22.5%)	3:52	15.5 (77.5%)
17	WANTULOK Paweł	531		M20-29	17		00:00:05	00:11:37	00:19:35	00:29:00	00:37:03	00:39:18.90	00:39:24.20	+00:09:20 (23.8%)	3:55	15.3 (76.5%)
18	BEZUCH Paweł	421		M20-29	18		00:00:06	00:11:47	00:19:57	00:29:17	00:37:22	00:39:38.05	00:39:44.60	+00:09:39 (24.4%)	3:57	15.1 (75.5%)
19	SZPYRKA Sebastian	523		M20-29	19		00:00:02	00:11:45	00:19:51	00:29:15	00:37:27	00:39:38.45	00:39:41.35	+00:09:40 (24.4%)	3:57	15.1 (75.5%)
20	KNAPEK Łukasz	603		M20-29	20		00:00:11	00:11:58	00:20:07	00:29:35	00:37:44	00:40:07.50	00:40:19.25	+00:10:09 (25.3%)	4:00	15 (75.0%)
21	KLYSZCZ Paweł	459		M20-29	21		00:00:04	00:11:35	00:19:49	00:29:33	00:37:57	00:40:13.10	00:40:17.60	+00:10:14 (25.5%)	4:01	14.9 (74.5%)
22	RYCHCZYŃSKI Jonatan	512		M20-29	22		00:00:13	00:11:58	00:20:20	00:30:02	00:38:05	00:40:27.50	00:40:41.30	+00:10:29 (25.9%)	4:02	14.8 (74.0%)
23	KOWAL Łukasz	609		M20-29	23		00:00:06	00:12:22	00:20:40	00:30:16	00:38:27	00:40:45.00	00:40:51.95	+00:10:46 (26.4%)	4:04	14.7 (73.5%)
24	GÓRSKI Michał	583		M20-29	24		00:00:08	00:12:24	00:20:50	00:30:40	00:39:07	00:41:20.15	00:41:29.05	+00:11:21 (27.5%)	4:08	14.5 (72.5%)
25	NIEŚŁONY Dominik	389		M20-29	25	Nieślony Lizak	00:00:02	00:12:05	00:20:38	00:30:34	00:39:07	00:41:26.95	00:41:29.50	+00:11:28 (27.7%)	4:08	14.5 (72.5%)
26	PLEWNIA Dawid	661		M20-29	26		00:00:18	00:12:15	00:20:32	00:30:25	00:39:02	00:41:35.40	00:41:53.85	+00:11:37 (27.9%)	4:09	14.4 (72.0%)
27	SMOLIK Łukasz	897		M20-29	27	Olza Cieszyn	00:00:18	00:12:30	00:21:04	00:31:20	00:39:53	00:42:17.50	00:42:35.75	+00:12:19 (29.1%)	4:13	14.2 (71.0%)
28	BARAN Bartosz	417		M20-29	28		00:00:12	00:12:27	00:21:02	00:31:06	00:39:48	00:42:17.95	00:42:30.85	+00:12:19 (29.1%)	4:13	14.2 (71.0%)
29	HIMEL Adrian	448		M20-29	29		00:00:03	00:12:07	00:20:59	00:31:44	00:41:07	00:43:40.35	00:43:44.10	+00:13:42 (31.4%)	4:22	13.7 (68.5%)
30	WYREMBELSKI Adam	713		M20-29	30		00:00:07	00:13:06	00:21:54	00:32:18	00:41:14	00:43:51.00	00:43:58.10	+00:13:52 (31.6%)	4:23	13.7 (68.5%)
31	PAWLAS Damian	796		M20-29	31		00:00:12	00:13:27	00:22:34	00:33:06	00:41:50	00:44:15.15	00:44:28.10	+00:14:16 (32.3%)	4:25	13.6 (68.0%)
32	SPRATEK Bartosz	814		M20-29	32		00:00:23	00:13:28	00:22:36	00:33:11	00:42:09	00:44:33.20	00:44:57.15	+00:14:34 (32.7%)	4:27	13.5 (67.5%)
33	TIDE Krzysztof	693		M20-29	33		00:00:22	00:13:29	00:22:43	00:33:25	00:42:31	00:45:03.25	00:45:25.90	+00:15:04 (33.5%)	4:30	13.3 (66.5%)
34	KRZYSTAŁA Paweł	615		M20-29	34		00:00:11	00:13:46	00:23:09	00:33:51	00:42:52	00:45:16.65	00:45:28.30	+00:15:18 (33.8%)	4:31	13.2 (66.0%)
35	JANECKI Mateusz	591		M20-29	35	Biegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48	00:45:27.15	00:45:32.40	+00:15:28 (34.1%)	4:32	13.2 (66.0%)
36	TESSMER Tomasz	692		M20-29	36		00:00:18	00:13:46	00:22:58	00:33:49	00:43:04	00:45:31.05	00:45:49.70	+00:15:32 (34.2%)	4:33	13.2 (66.0%)
37	GROMEK Michał	444		M20-29	37		00:00:04	00:13:03	00:22:33	00:33:35	00:42:55	00:45:32.35	00:45:36.40	+00:15:34 (34.2%)	4:33	13.2 (66.0%)
38	POŁOWCZUK Krzysztof	665		M20-29	38		00:00:13	00:13:57	00:23:37	00:34:20	00:43:16	00:45:50.15	00:46:03.50	+00:15:51 (34.6%)	4:35	13.1 (65.5%)

Zawody w Biegu na 10 kilometrów dla mężczyzn (M20-29)															
Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	WOLLNY Kamil	534	M20-29	39	Eko-Okna Runners	00:00:10	00:13:51	00:23:21	00:34:15	00:43:31	00:46:02.20	00:46:12.50	+00:16:03 (34.9%)	4:36	13 (65.0%)
40	WIELOPOLSKI Łukasz	705	M20-29	40		00:00:18	00:14:15	00:23:51	00:34:45	00:43:51	00:46:09.05	00:46:27.95	+00:16:10 (35.1%)	4:36	13 (65.0%)
41	KORZENIOWSKI Mateusz	607	M20-29	41		00:00:13	00:13:56	00:23:40	00:34:47	00:44:24	00:47:03.80	00:47:17.30	+00:17:05 (36.3%)	4:42	12.7 (63.5%)
42	PERLIKOWSKI Kamil	885	M20-29	42		00:00:09	00:14:05	00:23:43	00:35:00	00:44:28	00:47:04.50	00:47:14.20	+00:17:06 (36.3%)	4:42	12.7 (63.5%)
43	URBAN Patryk	699	M20-29	43		00:00:21	00:12:33	00:21:53	00:33:31	00:44:10	00:47:08.00	00:47:29.55	+00:17:09 (36.4%)	4:42	12.7 (63.5%)
44	FILUSZ Dawid	737	M20-29	44	STUDIO ENERGIA TEAM RYBNIK	00:00:19	00:35:05	00:44:59			00:47:47.95	00:48:07.15	+00:17:49 (37.3%)	4:46	12.6 (63.0%)
45	OSZCZĘDA Bartosz	790	M20-29	45		00:00:19	00:14:32	00:24:22	00:35:53	00:45:24	00:47:57.35	00:48:16.65	+00:17:59 (37.5%)	4:47	12.5 (62.5%)
46	POCZĄTEK Damian	662	M20-29	46	Gwiedzna Flota	00:00:09	00:14:18	00:24:12	00:35:48	00:45:27	00:48:09.10	00:48:18.60	+00:18:10 (37.8%)	4:48	12.5 (62.5%)
47	RAJWA Stanisław	807	M20-29	47	Bziegacze	00:00:19	00:14:04	00:23:41	00:35:36	00:45:32	00:48:10.35	00:48:29.85	+00:18:12 (37.8%)	4:49	12.5 (62.5%)
48	WASILEWSKI Mateusz	702	M20-29	48		00:00:05	00:13:20	00:23:25	00:35:36	00:45:27	00:48:16.40	00:48:21.55	+00:18:18 (37.9%)	4:49	12.4 (62.0%)
49	SZCZEPANIAK Kamil	817	M20-29	49		00:00:22	00:14:24	00:24:32	00:36:19	00:46:05	00:48:58.55	00:49:20.75	+00:19:00 (38.8%)	4:53	12.3 (61.5%)
50	DROBINA Jakub	735	M20-29	50		00:00:22	00:14:14	00:24:10	00:36:07	00:46:22	00:49:04.15	00:49:26.60	+00:19:05 (38.9%)	4:54	12.2 (61.0%)
51	KROCZEK Przemysław	766	M20-29	51		00:00:17	00:14:31	00:24:37	00:36:22	00:46:29	00:49:29.05	00:49:46.95	+00:19:30 (39.4%)	4:56	12.1 (60.5%)
52	SOBAŃSKI Mateusz	899	M20-29	52		00:00:25	00:15:21	00:25:48	00:38:12	00:48:24	00:51:22.70	00:51:47.95	+00:21:24 (41.7%)	5:08	11.7 (58.5%)
53	PIŻGAŁA Kordian	799	M20-29	53		00:00:17	00:14:23	00:24:53	00:37:46	00:49:00	00:52:02.15	00:52:19.45	+00:22:03 (42.4%)	5:12	11.5 (57.5%)
54	DOMASZK Paweł	566	M20-29	54		00:00:14	00:14:39	00:25:30	00:38:17	00:49:13	00:52:18.95	00:52:33.25	+00:22:20 (42.7%)	5:13	11.5 (57.5%)
55	TOMASICZEK Dawid	972	M20-29	55		00:00:21	00:15:12	00:26:00	00:38:55	00:49:47	00:52:33.90	00:52:55.35	+00:22:35 (43.0%)	5:15	11.4 (57.0%)
56	NOWAK Patryk	786	M20-29	56	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11	00:49:54	00:52:59.80	00:53:25.95	+00:23:01 (43.4%)	5:17	11.3 (56.5%)
57	GÓRECKI Adam	743	M20-29	57		00:00:28	00:15:35	00:26:37	00:39:44	00:50:32	00:53:28.80	00:53:56.85	+00:23:30 (44.0%)	5:20	11.2 (56.0%)
58	HUCHRO Tomasz	749	M20-29	58		00:00:12	00:15:39	00:26:41	00:39:41	00:50:51	00:53:39.70	00:53:52.05	+00:23:41 (44.1%)	5:22	11.2 (56.0%)
59	PRZYBYŁA Krystian	804	M20-29	59		00:00:18	00:15:53	00:27:07	00:40:33	00:51:15	00:54:28.45	00:54:46.65	+00:24:30 (45.0%)	5:26	11 (55.0%)
60	MAKOWSKI Grzegorz	867	M20-29	60		00:00:24	00:16:05	00:27:11	00:40:21	00:51:43	00:54:28.50	00:54:53.25	+00:24:30 (45.0%)	5:26	11 (55.0%)
61	OGIERMAN Mariusz	876	M20-29	61		00:00:20	00:15:12	00:26:10	00:39:24	00:51:13	00:54:35.55	00:54:56.40	+00:24:37 (45.1%)	5:27	11 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	GOIK Damian	742		M20-29	62	Biegacze	00:00:20	00:14:30	00:25:45	00:39:53	00:51:32	00:54:53.40	00:55:13.45	+00:24:55 (45.4%)	5:29	10.9 (54.5%)
63	STEKLA Bartłomiej	904		M20-29	63		00:00:14	00:15:02	00:26:11	00:39:53	00:51:43	00:55:08.70	00:55:22.75	+00:25:10 (45.6%)	5:30	10.9 (54.5%)
64	GIBAS Damian	852		M20-29	64		00:00:14	00:39:46	00:51:42			00:55:09.75	00:55:24.35	+00:25:11 (45.7%)	5:31	10.9 (54.5%)
65	WICZKOWSKI Michał	827		M20-29	65		00:00:20	00:16:53	00:28:11	00:41:23	00:52:30	00:55:22.75	00:55:43.40	+00:25:24 (45.9%)	5:32	10.8 (54.0%)
66	PAJĄK Marcin	791		M20-29	66		00:00:17	00:15:35	00:26:59	00:40:54	00:52:36	00:55:34.65	00:55:52.05	+00:25:36 (46.1%)	5:33	10.8 (54.0%)
67	JELEŃ Michał	938		M20-29	67		00:00:14	00:14:57	00:26:22	00:40:28	00:53:05	00:56:16.35	00:56:30.50	+00:26:18 (46.7%)	5:37	10.7 (53.5%)
68	PAWŁOWSKI Rafał	958		M20-29	68		00:00:27	00:17:12	00:29:06	00:42:32	00:53:27	00:56:20.75	00:56:47.80	+00:26:22 (46.8%)	5:38	10.7 (53.5%)
69	BARTOS Grzegorz	725		M20-29	69		00:00:21	00:16:57	00:28:58	00:43:07	00:54:29	00:57:35.05	00:57:56.95	+00:27:36 (48.0%)	5:45	10.4 (52.0%)
70	SOSNA Daniel	966		M20-29	70		00:00:31	00:18:00	00:29:45	00:44:27	00:55:27	00:59:02.05	00:59:33.90	+00:29:03 (49.2%)	5:54	10.2 (51.0%)
71	MACHEJ Piotr	776		M20-29	71	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:16:53	00:29:41	00:44:38	00:58:04	01:01:19.45	01:01:28.50	+00:31:21 (51.1%)	6:07	9.8 (49.0%)
72	WILMANOWICZ Rafał	975		M20-29	72		00:00:19	00:17:36	00:30:13	00:45:20	00:58:26	01:01:59.40	01:02:19.15	+00:32:01 (51.6%)	6:12	9.7 (48.5%)
73	POŁOK Robert	801		M20-29	73		00:00:26	00:17:02	00:29:56	00:46:17	01:00:56	01:05:20.75	01:05:47.15	+00:35:22 (54.1%)	6:32	9.2 (46.0%)

Znaleziono 73 wynik(ów)