



Organizator:
Data:
Miejsce:
Dystans:

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

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M20-29

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	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		3:32	16.9 (100%)
2	WOJCIK Paweł	28	ZADYSZKA OŚWIĘCIM	M20-29	2	Zadyszka Oświęcim	00:00:01	00:10:10	00:17:48	00:25:40	00:33:18	00:35:25.30	00:35:26.70	+00:00:01 (0.1%)	3:32	16.9 (100%)
3	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	+00:00:01 (0.1%)	3:32	16.9 (100%)
4	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	+00:01:26 (3.9%)	3:41	16.3 (96.4%)
5	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	+00:02:18 (6.1%)	3:46	15.9 (94.1%)
6	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	+00:04:32 (11.4%)	3:59	15 (88.8%)
7	BEZUCH Paweł	64		M20-29	7		00:00:15	00:12:14	00:21:14	00:30:35	00:39:49	00:42:12.00	00:42:27.70	+00:06:47 (16.1%)	4:13	14.2 (84.0%)
8	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	+00:07:07 (16.7%)	4:15	14.1 (83.4%)
9	WIELOPOLSKI Michał	67		M20-29	9		00:00:07	00:12:15	00:21:24	00:30:53	00:40:12	00:42:43.25	00:42:50.30	+00:07:19 (17.1%)	4:16	14 (82.8%)
10	BOCHENEK Adam	335	BRAK	M20-29	10		00:00:15	00:12:07	00:21:36	00:31:38	00:41:08	00:43:46.00	00:44:01.00	+00:08:21 (19.1%)	4:22	13.7 (81.1%)
11	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	+00:08:39 (19.6%)	4:24	13.6 (80.5%)
12	WRANA Radosław	220		M20-29	12		00:00:16	00:13:23	00:22:54	00:32:40	00:42:09	00:44:42.25	00:44:58.55	+00:09:18 (20.8%)	4:28	13.4 (79.3%)
13	GROBORZ Mateusz	222	KLUB BIEGACZA FARTLEK	M20-29	13	Klub Biegacza Fartlek	00:00:10	00:13:06	00:22:47	00:32:47	00:42:26	00:44:46.35	00:44:56.90	+00:09:22 (20.9%)	4:28	13.4 (79.3%)
14	JANECKI Mateusz	52	BZIEGACZE	M20-29	14	Bziegacze	00:00:04	00:12:39	00:22:21	00:32:29	00:42:32	00:45:17.50	00:45:21.95	+00:09:53 (21.8%)	4:31	13.2 (78.1%)
15	MIROSŁAW Piotr	199		M20-29	15		00:00:07	00:12:28	00:22:09	00:32:40	00:42:58	00:45:27.85	00:45:34.90	+00:10:03 (22.1%)	4:32	13.2 (78.1%)
16	TESSMER Tomasz	333		M20-29	16		00:00:19	00:14:33	00:25:01	00:35:45	00:46:01	00:48:39.35	00:48:58.80	+00:13:15 (27.2%)	4:51	12.3 (72.8%)
17	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	+00:14:07 (28.5%)	4:57	12.1 (71.6%)
18	BERNAT Tomasz	414	OPEL FIJAŁKOWSKI TEAM	M20-29	18		00:00:17	00:14:01	00:24:50	00:36:17		00:49:54.05	00:50:11.05	+00:14:29 (29.1%)	4:59	12 (71.0%)

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19	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	+00:14:47 (29.5%)	5:01	12 (71.0%)
20	MALICH Dominik	501		M20-29	20		00:00:06	00:14:29	00:25:29	00:36:49	00:48:02	00:50:58.20	00:51:04.35	+00:15:34 (30.5%)	5:05	11.8 (69.8%)
21	DOMASZK Paweł	250		M20-29	21	Street Spirit-Team Nowak	00:00:15	00:14:34	00:25:56	00:37:41	00:49:14	00:52:07.30	00:52:22.95	+00:16:43 (32.1%)	5:12	11.5 (68.0%)
22	OGIERMAN Mariusz	245	SOCIOS SILESIA	M20-29	22		00:00:09	00:14:16	00:25:41	00:38:09	00:50:21	00:53:35.15	00:53:44.85	+00:18:10 (33.9%)	5:21	11.2 (66.3%)
23	STEKLA Bartłomiej	378		M20-29	23		00:00:16	00:15:01	00:27:05	00:40:20	00:53:35	00:57:11.15	00:57:27.65	+00:21:46 (38.1%)	5:43	10.5 (62.1%)
24	STOCHLIŃSKI Szymon	440		M20-29	24		00:00:09	00:16:03	00:28:29	00:41:18	00:54:00	00:57:33.35	00:57:42.95	+00:22:09 (38.5%)	5:45	10.4 (61.5%)
25	JASTRZĘBSKI Igor	314		M20-29	25		00:00:12	00:15:14	00:28:03	00:41:25	00:54:51	00:58:30.45	00:58:42.95	+00:23:06 (39.5%)	5:51	10.3 (60.9%)
26	WILDNER Kamil	313		M20-29	26		00:00:19	00:17:49	00:31:24	00:45:41	00:59:13	01:02:27.05	01:02:46.10	+00:27:02 (43.3%)	6:14	9.6 (56.8%)

Znaleziono 26 wynik(ów)