

# 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**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

Punkt pomiarowy: 5,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km
1	<b>BULIK Witold</b>	<b>647</b>	PKS OLIMPIJCZYK GILOWICE	M40-49	00:00:01	00:09:52	00:16:49
2	<b>ZIELONKA Robert</b>	<b>758</b>	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30
3	<b>SEWERYN Jacek</b>	<b>814</b>		M40-49	00:00:02	00:10:15	00:17:41
4	<b>RĘBISZ Mariusz</b>	<b>795</b>		M40-49	00:00:03	00:10:41	00:18:16
5	<b>GRZYWACZ Marcin</b>	<b>173</b>	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28
6	<b>KOKOT Krzysztof</b>	<b>748</b>	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35
7	<b>ALBRECHT Arkadiusz</b>	<b>197</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53
8	<b>KUREK Jacek</b>	<b>425</b>	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06
9	<b>PIECHACZEK Jacek</b>	<b>586</b>	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21
10	<b>MAJER Damian</b>	<b>408</b>	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34
11	<b>BANASIAK Tomasz</b>	<b>507</b>		M40-49	00:00:04	00:11:35	00:19:40
12	<b>WITALA Tomasz</b>	<b>381</b>		M40-49	00:00:08	00:11:42	00:19:51
13	<b>BARTNIK Sebastian</b>	<b>181</b>	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51
14	<b>KUNINA Paweł</b>	<b>130</b>	AMATOR	M40-49	00:00:06	00:11:34	00:19:52
15	<b>BOBEREK Grzegorz</b>	<b>706</b>	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52
16	<b>DUDEK Bartłomiej</b>	<b>722</b>		M40-49	00:00:08	00:11:45	00:19:53
17	<b>MAZUR Marek</b>	<b>78</b>		M40-49	00:00:08	00:11:44	00:19:55
18	<b>OLSZOWSKI Dariusz</b>	<b>889</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59
19	<b>WASZTYL Grzegorz</b>	<b>771</b>		M40-49	00:00:08	00:11:49	00:20:06
20	<b>ZIELIŃSKI Ireneusz</b>	<b>170</b>		M40-49	00:00:07	00:11:45	00:20:13
21	<b>URBAŚ Roman</b>	<b>491</b>	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17
22	<b>MALINOWSKI Krzysztof</b>	<b>110</b>	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18
23	<b>SIEGMUND Tadeusz</b>	<b>187</b>	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31
24	<b>GRZONKA Andrzej</b>	<b>128</b>	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43
25	<b>JARGOŃ Jacek</b>	<b>458</b>		M40-49	00:00:09	00:12:03	00:20:45
26	<b>OLSZOWSKI Marcin</b>	<b>523</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51
27	<b>PUDA Krzysztof</b>	<b>790</b>		M40-49	00:00:06	00:12:10	00:20:53
28	<b>KUDER Marek</b>	<b>265</b>	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56
29	<b>SITKO Adam</b>	<b>328</b>	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58
30	<b>OGIERMAN Grzegorz</b>	<b>229</b>	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
31	<b>BIAŁECKI Tomasz</b>	<b>492</b>		M40-49	00:00:13	00:12:29	00:21:03
32	<b>SUCHANEK Robert</b>	<b>808</b>	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07
33	<b>LEŚNIAK Krzysztof</b>	<b>296</b>	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07
34	<b>GŁUSZYK Andrzej</b>	<b>316</b>		M40-49	00:00:10	00:12:33	00:21:08
35	<b>KRAUSE Dariusz</b>	<b>290</b>	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10
36	<b>GLAJCAR Tomasz</b>	<b>134</b>		M40-49	00:00:14	00:12:26	00:21:12
37	<b>JEREMICZ Krzysztof</b>	<b>57</b>	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14
38	<b>MYNARSKI Sylwester</b>	<b>897</b>		M40-49	00:00:12	00:12:32	00:21:15
39	<b>KAWECKI Stanisław</b>	<b>305</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19
40	<b>BYRSKI Henryk</b>	<b>827</b>	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24
41	<b>ŻUR Marek</b>	<b>449</b>	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26
42	<b>ROGAŁA Maciej</b>	<b>396</b>	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29
43	<b>KAJDANA Mariusz</b>	<b>211</b>		M40-49	00:00:08	00:12:17	00:21:46
44	<b>TOCHOWICZ Bartosz</b>	<b>268</b>	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46
45	<b>SUCHY Zbigniew</b>	<b>691</b>		M40-49	00:00:26	00:12:45	00:21:46
46	<b>KITA Sebastian</b>	<b>877</b>		M40-49	00:00:16	00:12:41	00:21:49
47	<b>JACH Marek</b>	<b>94</b>		M40-49	00:00:17	00:12:41	00:21:50
48	<b>OBROŚLAK Jacek</b>	<b>587</b>	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51
49	<b>PASTWA Grzegorz</b>	<b>247</b>	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51
50	<b>ŁYSEK Paweł</b>	<b>392</b>	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51
51	<b>DUROK Wojciech</b>	<b>534</b>	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52
52	<b>SZYMCZYCHA Darek</b>	<b>772</b>		M40-49	00:00:17	00:12:45	00:21:52
53	<b>MAREK Rafał</b>	<b>564</b>	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53
54	<b>MACH Łukasz</b>	<b>369</b>	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53
55	<b>ZWIERZYŃSKI Piotr</b>	<b>849</b>	UNATCO	M40-49	00:00:12	00:12:48	00:21:54
56	<b>OSZCZĘDA Krzysztof</b>	<b>225</b>	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55
57	<b>KWAŚNY Marcin</b>	<b>665</b>	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55
58	<b>BULANDA Andrzej</b>	<b>560</b>		M40-49	00:00:16	00:12:48	00:22:02
59	<b>RADOMSKI Mariusz</b>	<b>870</b>	BZIOK	M40-49	00:00:23	00:13:04	00:22:04
60	<b>JĘDRZEJAK Piotr</b>	<b>146</b>		M40-49	00:00:26	00:13:06	00:22:05
61	<b>MUSZEWSKI Bartłomiej</b>	<b>490</b>	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08
62	<b>POŁEDNIK Tomasz</b>	<b>903</b>	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08
63	<b>DUDEK Danial</b>	<b>541</b>		M40-49	00:00:20	00:13:13	00:22:27
64	<b>PETER Marcin</b>	<b>510</b>		M40-49	00:00:12	00:12:58	00:22:29
65	<b>LIS Grzegorz</b>	<b>299</b>		M40-49	00:00:14	00:12:59	00:22:29
66	<b>LIZAK Krzysztof</b>	<b>756</b>		M40-49	00:00:06	00:13:00	00:22:30
67	<b>KOBIAŁKA Robert</b>	<b>125</b>	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32
68	<b>KOWALSKI Janusz</b>	<b>22</b>	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46
69	<b>DOBRENIUK Krzysztof</b>	<b>590</b>	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47
70	<b>MAGOŃ Marcin</b>	<b>175</b>	AMATOR	M40-49	00:00:12	00:13:17	00:22:51
71	<b>POJDA Grzegorz</b>	<b>233</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57
72	<b>STĘPIEŃ Grzegorz</b>	<b>317</b>		M40-49	00:00:19	00:13:39	00:23:11
73	<b>OWCZAREK Paweł</b>	<b>332</b>		M40-49	00:00:21	00:13:45	00:23:11
74	<b>KOZŁOWSKI Zbigniew</b>	<b>747</b>	OFIARY KAMIENCA	M40-49	00:00:19	00:13:36	00:23:12
75	<b>GANCARZ Mariusz</b>	<b>613</b>		M40-49	00:00:24	00:13:47	00:23:12

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
76	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26
77	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27
78	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35
79	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35
80	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37
81	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38
82	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41
83	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47
84	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53
85	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55
86	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58
87	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59
88	DĘBSKI Mariusz	608		M40-49	00:00:13	00:13:37	00:24:01
89	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04
90	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04
91	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06
92	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08
93	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09
94	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17
95	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19
96	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22
97	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23
98	TURNIAK Dariusz	260		M40-49	00:00:33	00:14:15	00:24:23
99	HERZYK Adam	656		M40-49	00:00:28	00:14:12	00:24:24
100	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27
101	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33
102	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39
103	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40
104	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41
105	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42
106	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48
107	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48
108	SOBIERAJSKI Przemek	573		M40-49	00:00:24	00:14:39	00:24:50
109	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51
110	ŻBEL Michał	354	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52
111	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52
112	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59
113	SOJ Przemysław	230		M40-49	00:00:28	00:14:45	00:25:05
114	ĆWIOK Marek	530	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07
115	WILSZ Adam	482	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08
116	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20
117	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27
118	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30
119	JANIEC Witold	902	UNATCO	M40-49	00:00:12	00:14:50	00:25:35
120	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
121	<b>OLSZYNA</b> Mirosław	<b>156</b>		M40-49	00:00:30	00:15:15	00:25:42
122	<b>PALUCHIEWICZ</b> Szymon	<b>243</b>		M40-49	00:00:23	00:14:49	00:25:44
123	<b>WIERBICKI</b> Krystian	<b>333</b>		M40-49	00:00:39	00:15:30	00:25:54
124	<b>BYWALEC</b> Stanisław	<b>704</b>	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59
125	<b>CZYŻ</b> Wojciech	<b>624</b>		M40-49	00:00:30	00:15:13	00:26:03
126	<b>ŁATKA</b> Marek	<b>387</b>		M40-49	00:00:25	00:15:10	00:26:04
127	<b>BARANKIEWICZ</b> Irek	<b>513</b>	XT 500	M40-49	00:00:30	00:15:37	00:26:17
128	<b>ŚWIECA</b> Marcin	<b>402</b>	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21
129	<b>KUBIENIEC</b> Grzegorz	<b>618</b>		M40-49	00:00:31	00:15:25	00:26:24
130	<b>PŁASKA</b> Grzegorz	<b>208</b>	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29
131	<b>PAJESTKA</b> Marek	<b>148</b>	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30
132	<b>FLASZ</b> Dawid	<b>191</b>		M40-49	00:00:26	00:15:09	00:26:31
133	<b>WACNIK</b> Dariusz	<b>67</b>		M40-49	00:00:32	00:16:03	00:26:45
134	<b>BAJOR</b> Rafał	<b>872</b>	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50
135	<b>WITOSZA</b> Adam	<b>695</b>		M40-49	00:00:38	00:16:05	00:26:50
136	<b>JANCZYK</b> Grzegorz	<b>420</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59
137	<b>KONOPKA</b> Jarosław	<b>707</b>		M40-49	00:00:41	00:16:03	00:27:01
138	<b>JAKUBIEC</b> Jacek	<b>339</b>	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05
139	<b>SZCZERBA</b> Michał	<b>855</b>		M40-49	00:00:32	00:15:39	00:27:09
140	<b>PYZIK</b> Marcin	<b>506</b>		M40-49	00:00:35	00:15:56	00:27:16
141	<b>POPCZYK</b> Piotr	<b>732</b>		M40-49	00:00:26	00:16:00	00:27:17
142	<b>CZARNOTA</b> Leszek	<b>113</b>		M40-49	00:00:35	00:16:11	00:27:22
143	<b>UKLEJA</b> Sebastian	<b>258</b>		M40-49	00:00:28	00:15:46	00:27:25
144	<b>MORAWSKI</b> Janusz	<b>873</b>	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27
145	<b>WOLIŃSKI</b> Dariusz	<b>898</b>	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32
146	<b>RECLIK</b> Jacek	<b>728</b>	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36
147	<b>KRAMER</b> Piotr	<b>539</b>		M40-49	00:00:41	00:16:33	00:27:48
148	<b>BANDER</b> Jerzy	<b>498</b>		M40-49	00:00:25	00:16:24	00:27:52
149	<b>PIĄTEK</b> Tomasz	<b>880</b>	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04
150	<b>SZYMANIEC</b> Marcin	<b>155</b>	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08
151	<b>MENCEWICZ</b> Paweł	<b>430</b>	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34
152	<b>WILCZEK</b> Marek	<b>815</b>		M40-49	00:00:41	00:16:51	00:28:45
153	<b>SOBIERAJ</b> Paweł	<b>914</b>		M40-49	00:00:36	00:16:41	00:29:29
154	<b>ŚWIERCZ</b> Janusz	<b>479</b>	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56
155	<b>ŚMIETANA</b> Mariusz	<b>474</b>	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05
156	<b>KOWALSKI</b> Piotr	<b>543</b>		M40-49	00:00:48	00:17:50	00:30:18
157	<b>MAREK</b> Jarosław	<b>409</b>		M40-49	00:00:39	00:17:55	00:30:25
158	<b>KUCZERA</b> Marek	<b>413</b>	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57
159	<b>WÓJCIK</b> Dariusz	<b>670</b>	ŻORY	M40-49	00:00:46	00:18:24	00:31:10
160	<b>LURANC</b> Paweł	<b>774</b>	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12
161	<b>HEFTOWICZ</b> Dominik	<b>861</b>	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21
162	<b>ZIMNY</b> Ireneusz	<b>36</b>		M40-49	00:00:26	00:18:13	00:31:26
163	<b>ZAWADA</b> Jakub	<b>786</b>	NAJMNIEJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15
164	<b>KUBAS</b> Mariusz	<b>322</b>	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52
165	<b>DZIERZENGA</b> Artur	<b>633</b>		M40-49	00:00:00	00:12:14	

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km
166	<b>SYPNIEWSKI Grzegorz</b>	<b>818</b>	WRM MC POLAND	M40-49	00:00:48	00:17:34	

Znaleziono 166 wynik(ów)