

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: 7,3 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
1	BULIK Witold	647	PKS OLIMPIJCZYK GILOWICE	M40-49	00:00:01	00:09:52	00:16:49	00:25:08
2	MAJER Damian	408	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34	00:28:56
3	WITALA Tomasz	381		M40-49	00:00:08	00:11:42	00:19:51	00:29:08
4	BARTNIK Sebastian	181	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08
5	BANASIAK Tomasz	507		M40-49	00:00:04	00:11:35	00:19:40	00:29:10
6	BOBEREK Grzegorz	706	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52	00:29:10
7	KUNINA Paweł	130	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12
8	DUDEK Bartłomiej	722		M40-49	00:00:08	00:11:45	00:19:53	00:29:28
9	OLSZOWSKI Dariusz	889	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59	00:29:34
10	MAZUR Marek	78		M40-49	00:00:08	00:11:44	00:19:55	00:29:44
11	WASZTYL Grzegorz	771		M40-49	00:00:08	00:11:49	00:20:06	00:29:46
12	URBAŚ Roman	491	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17	00:29:59
13	ZIELIŃSKI Ireneusz	170		M40-49	00:00:07	00:11:45	00:20:13	00:30:13
14	MALINOWSKI Krzysztof	110	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18	00:30:23
15	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25
16	JARGOŃ Jacek	458		M40-49	00:00:09	00:12:03	00:20:45	00:30:58
17	GRZONKA Andrzej	128	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00
18	GŁUSZYK Andrzej	316		M40-49	00:00:10	00:12:33	00:21:08	00:31:01
19	BIAŁECKI Tomasz	492		M40-49	00:00:13	00:12:29	00:21:03	00:31:01
20	OGIERMAN Grzegorz	229	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59	00:31:04
21	LEŚNIAK Krzysztof	296	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07	00:31:08
22	GLAJCAR Tomasz	134		M40-49	00:00:14	00:12:26	00:21:12	00:31:08
23	MYNARSKI Sylwester	897		M40-49	00:00:12	00:12:32	00:21:15	00:31:10
24	OLSZOWSKI Marcin	523	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51	00:31:11
25	JEREMICZ Krzysztof	57	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14	00:31:28
26	KRAUSE Dariusz	290	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10	00:31:30
27	PUDA Krzysztof	790		M40-49	00:00:06	00:12:10	00:20:53	00:31:31
28	SUCHANEK Robert	808	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07	00:31:31
29	BYRSKI Henryk	827	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24	00:31:32
30	KAWECKI Stanisław	305	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19	00:31:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
31	SITKO Adam	328	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58	00:31:40
32	ŻUR Marek	449	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26	00:31:43
33	ROGAŁA Maciej	396	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29	00:31:45
34	KUDER Marek	265	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56	00:32:08
35	JĘDRZEJAK Piotr	146		M40-49	00:00:26	00:13:06	00:22:05	00:32:08
36	KWAŚNY Marcin	665	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55	00:32:19
37	SUCHY Zbigniew	691		M40-49	00:00:26	00:12:45	00:21:46	00:32:20
38	PASTWA Grzegorz	247	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51	00:32:21
39	TOCHOWICZ Bartosz	268	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46	00:32:22
40	DUROK Wojciech	534	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52	00:32:22
41	KITA Sebastian	877		M40-49	00:00:16	00:12:41	00:21:49	00:32:25
42	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26
43	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27
44	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55	00:32:27
45	POŁĘDNIK Tomasz	903	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08	00:32:30
46	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36
47	MAREK Rafał	564	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53	00:32:39
48	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	00:00:12	00:12:48	00:21:54	00:32:43
49	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50	00:32:43
50	KAJDANA Mariusz	211		M40-49	00:00:08	00:12:17	00:21:46	00:32:53
51	SZYMCZYCHA Darek	772		M40-49	00:00:17	00:12:45	00:21:52	00:32:54
52	MACH Łukasz	369	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53	00:33:04
53	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08	00:33:10
54	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27	00:33:13
54	BULANDA Andrzej	560		M40-49	00:00:16	00:12:48	00:22:02	00:33:14
56	LIS Grzegorz	299		M40-49	00:00:14	00:12:59	00:22:29	00:33:25
57	LIZAK Krzysztof	756		M40-49	00:00:06	00:13:00	00:22:30	00:33:26
58	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46	00:33:43
59	PETER Marcin	510		M40-49	00:00:12	00:12:58	00:22:29	00:33:48
60	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57	00:33:48
61	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47	00:33:50
62	MAGOŃ Marcin	175	AMATOR	M40-49	00:00:12	00:13:17	00:22:51	00:33:52
63	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12	00:33:53
64	KOBIĄŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11
65	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11	00:34:11
66	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11	00:34:16
67	KOZŁOWSKI Zbigniew	747	OFIARY KAMIEŃCA	M40-49	00:00:19	00:13:36	00:23:12	00:34:25
68	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29
69	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35	00:34:43
70	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47	00:34:44
71	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26	00:34:54
72	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41	00:34:57
73	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35	00:34:57
74	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27	00:35:07
75	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53	00:35:07

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
76	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59	00:35:18
77	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09	00:35:20
78	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37	00:35:21
79	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06	00:35:24
80	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04	00:35:24
81	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08	00:35:26
82	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55	00:35:32
83	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19	00:35:32
84	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23	00:35:42
85	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04	00:35:45
86	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17	00:35:46
87	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58	00:35:48
88	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33	00:35:49
89	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27	00:36:02
90	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22	00:36:07
91	HERZYK Adam	656		M40-49	00:00:28	00:14:12	00:24:24	00:36:14
92	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15
93	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48	00:36:18
94	DĘBSKI Mariusz	608		M40-49	00:00:13	00:13:37	00:24:01	00:36:20
95	ŻBEL Michał	354	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52	00:36:24
96	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39	00:36:24
97	TURNIAK Dariusz	260		M40-49	00:00:33	00:14:15	00:24:23	00:36:25
98	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41	00:36:27
99	WILSZ Adam	482	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08	00:36:36
100	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52	00:36:49
101	SOJ Przemysław	230		M40-49	00:00:28	00:14:45	00:25:05	00:36:49
102	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51	00:36:55
103	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20	00:37:00
104	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42	00:37:02
105	ĆWIOK Marek	530	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07	00:37:20
106	SOBIERAJSKI Przemek	573		M40-49	00:00:24	00:14:39	00:24:50	00:37:21
107	OLSZYNA Mirosław	156		M40-49	00:00:30	00:15:15	00:25:42	00:37:32
108	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30	00:37:34
109	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40	00:37:37
110	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59	00:37:38
111	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54
112	WIERBICKI Krystian	333		M40-49	00:00:39	00:15:30	00:25:54	00:38:08
113	JANIEC Witold	902	UNATCO	M40-49	00:00:12	00:14:50	00:25:35	00:38:16
114	PALUCHIEWICZ Szymon	243		M40-49	00:00:23	00:14:49	00:25:44	00:38:24
115	ŁATKA Marek	387		M40-49	00:00:25	00:15:10	00:26:04	00:38:41
116	BARANKIEWICZ Irek	513	XT 500	M40-49	00:00:30	00:15:37	00:26:17	00:38:45
117	BYWALEC Stanisław	704	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59	00:38:48
118	CZYŻ Wojciech	624		M40-49	00:00:30	00:15:13	00:26:03	00:38:51
119	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27	00:39:00
120	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21	00:39:08

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						2.9km	5km	7.3km
121	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24	00:39:10
122	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45	00:39:13
123	KONOPKA Jaroslaw	707		M40-49	00:00:41	00:16:03	00:27:01	00:39:23
124	PAJESTKA Marek	148	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30	00:39:25
125	PŁASKA Grzegorz	208	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29	00:39:26
126	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31	00:39:28
127	JAKUBIEC Jacek	339	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05	00:39:29
128	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59	00:39:46
129	WITOSZA Adam	695		M40-49	00:00:38	00:16:05	00:26:50	00:40:06
130	RECLIK Jacek	728	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36	00:40:11
131	CZARNOTA Leszek	113		M40-49	00:00:35	00:16:11	00:27:22	00:40:15
132	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50	00:40:16
133	POPCZYK Piotr	732		M40-49	00:00:26	00:16:00	00:27:17	00:40:20
134	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32	00:40:48
135	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27	00:40:52
136	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48	00:41:03
137	BANDER Jerzy	498		M40-49	00:00:25	00:16:24	00:27:52	00:41:18
138	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25	00:41:18
139	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16	00:41:20
140	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04	00:42:05
141	SZCZERBA Michał	855		M40-49	00:00:32	00:15:39	00:27:09	00:42:25
142	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30
143	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34	00:42:34
144	WILCZEK Marek	815		M40-49	00:00:41	00:16:51	00:28:45	00:42:37
145	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56	00:43:26
146	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18	00:44:21
147	MAREK Jarosław	409		M40-49	00:00:39	00:17:55	00:30:25	00:44:35
148	SOBIERAJ Paweł	914		M40-49	00:00:36	00:16:41	00:29:29	00:44:44
149	LURANC Paweł	774	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17
150	ŚMIETANA Mariusz	474	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05	00:45:48
151	WÓJCIK Dariusz	670	ŻORY	M40-49	00:00:46	00:18:24	00:31:10	00:46:18
152	KUCZERA Marek	413	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57	00:46:28
153	HEFTOWICZ Dominik	861	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21	00:46:42
154	ZIMNY Ireneusz	36		M40-49	00:00:26	00:18:13	00:31:26	00:47:13
155	ZAWADA Jakub	786	NAJMNIJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15	00:49:01
156	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10
157	DZIERZENGA Artur	633		M40-49	00:00:00	00:12:14		
158	ZIELONKA Robert	758	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30	
159	SEWERYN Jacek	814		M40-49	00:00:02	00:10:15	00:17:41	
160	GRZYWACZ Marcin	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28	
161	KOKOT Krzysztof	748	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35	
162	RĘBISZ Mariusz	795		M40-49	00:00:03	00:10:41	00:18:16	
163	KUREK Jacek	425	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06	
164	PIECHACZEK Jacek	586	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21	
165	ALBRECHT Arkadiusz	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53	

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
166	SYPNIEWSKI Grzegorz	818	WRM MC POLAND	M40-49	00:00:48	00:17:34		

Znaleziono 166 wynik(ów)