



Organizator:
Data:
Miejsce:
Dystans:

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

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEGENCNE ZAWODY SPORTOWE

B4SPORT
INTELEGENCNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

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	ELASRI Abderrahim	27		M40-49	1		00:00:00	00:09:14	00:16:07	00:23:24	00:30:28	00:32:18.50	00:32:18.95		3:13	18.6 (100%)
2	KOŹMIŃSKI Józef	7	SKL SUCHA BESKIDZKA	M40-49	2		00:00:00					00:33:50.00	00:33:50.00	+00:01:31 (4.5%)	3:23	17.7 (95.2%)
3	ANTCZAK Robert	39		M40-49	3		00:00:00	00:09:39	00:17:04	00:24:58	00:32:41	00:34:50.90	00:34:51.70	+00:02:32 (7.3%)	3:29	17.2 (92.5%)
4	GAJEWSKI Wojciech	15	UKS „OLIMPIA” ZABRZE	M40-49	4		00:00:00	00:09:45	00:17:21	00:25:23	00:33:11	00:35:18.05	00:35:18.45	+00:02:59 (8.5%)	3:31	17 (91.4%)
5	LIZAK Wojciech	10	TL ATHLETICS JASTRZĘBIE	M40-49	5	TL Athletics Jastrzębie	00:00:01	00:10:03	00:17:43	00:25:41	00:33:24	00:35:30.45	00:35:31.65	+00:03:11 (9.0%)	3:33	16.9 (90.9%)
6	TOKAREWICZ Damian	13	ZEBRY	M40-49	6		00:00:03	00:10:17	00:18:11	00:26:27	00:34:26	00:36:34.15	00:36:37.50	+00:04:15 (11.7%)	3:39	16.4 (88.2%)
7	PALT Tomasz	62		M40-49	7		00:00:01	00:10:23	00:18:15	00:26:29	00:34:33	00:36:44.55	00:36:46.45	+00:04:26 (12.1%)	3:40	16.3 (87.6%)
8	PRZYBYLSKI Tomasz	14	W POGONI ZA DUCHEM	M40-49	8	W pogoni za duchem	00:00:01	00:10:44	00:18:45	00:26:54	00:34:45	00:36:48.10	00:36:49.70	+00:04:29 (12.2%)	3:40	16.3 (87.6%)
9	SZULIK Grzegorz	40	ZSRG SP Z O.O.	M40-49	9		00:00:01	00:10:08	00:18:05	00:26:31	00:34:45	00:36:56.65	00:36:57.95	+00:04:38 (12.5%)	3:41	16.2 (87.1%)
10	JAROSZ Marek	32		M40-49	10		00:00:01	00:10:40	00:18:36	00:26:52	00:34:48	00:36:57.55	00:36:59.10	+00:04:39 (12.6%)	3:41	16.2 (87.1%)
11	BARTNIK Sebastian	2	STREET SPIRIT-TEAM NOWAK	M40-49	11	Street Spirit-Team Nowak	00:00:02	00:10:31	00:18:29	00:26:47	00:34:47	00:37:00.20	00:37:02.75	+00:04:41 (12.7%)	3:42	16.2 (87.1%)
12	WOWRY Grzegorz	44	OLZA CIESZYN	M40-49	12	Olza Cieszyn	00:00:02	00:10:24	00:18:29	00:26:56	00:35:07	00:37:18.05	00:37:20.70	+00:04:59 (13.4%)	3:43	16.1 (86.6%)
13	EISLER Tomasz	102	BIEGAM, BO MNIE ŻONA ZAPISUJE	M40-49	13		00:00:02	00:10:36	00:18:40	00:27:07	00:35:26	00:37:39.15	00:37:41.35	+00:05:20 (14.2%)	3:45	15.9 (85.5%)
14	ALBRECHT Arkadiusz	37	GB GALOPUJĄCE ŚLIMAKI	M40-49	14	Galopujące Ślimaki	00:00:02	00:10:42	00:18:55	00:27:29	00:35:47	00:38:00.75	00:38:03.35	+00:05:42 (15.0%)	3:48	15.8 (84.9%)
15	URBANIAK Witek	11	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49	15		00:00:03	00:10:43	00:18:59	00:27:25	00:35:46	00:38:05.90	00:38:09.05	+00:05:47 (15.2%)	3:48	15.8 (84.9%)
16	JĘDRUSIAK Przemysław	122		M40-49	16		00:00:03	00:10:46	00:18:53	00:27:41	00:36:09	00:38:26.10	00:38:29.45	+00:06:07 (15.9%)	3:50	15.6 (83.9%)
17	WALCZYŃSKI Mariusz	91	NIWYBIEGANI	M40-49	17	Niewybiegani	00:00:00		00:36:54			00:38:55.00	00:38:55.00	+00:06:36 (17.0%)	3:53	15.4 (82.8%)
18	KYRCZ Mirosław	88		M40-49	18		00:00:03	00:11:27	00:20:05	00:28:56	00:37:21	00:39:43.55	00:39:47.25	+00:07:25 (18.7%)	3:58	15.1 (81.2%)
19	ŁATKA Łukasz	114		M40-49	19		00:00:03	00:11:20	00:19:57	00:28:51	00:37:30	00:39:54.05	00:39:57.85	+00:07:35 (19.0%)	3:59	15 (80.6%)

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
20	WRÓBLEWSKI Janmarian	31	JUST TEAM BIELSKO-BIAŁA	M40-49	20	HRmax Żory	00:00:00	00:10:54	00:19:29	00:28:43	00:37:42	00:40:10.65	00:40:11.10	+00:07:52 (19.6%)	4:01	14.9 (80.1%)
21	KOWALSKI Grzegorz	77	W POGONI ZA DUCHEM	M40-49	21	W pogoni za duchem	00:00:04	00:11:28	00:20:12	00:29:20	00:37:58	00:40:25.10	00:40:29.95	+00:08:06 (20.1%)	4:02	14.8 (79.6%)
22	WOŹNIAK Paweł	82	W POGONI ZA DUCHEM	M40-49	22	W pogoni za duchem	00:00:07	00:11:27	00:20:04	00:29:13	00:38:09	00:40:28.65	00:40:36.50	+00:08:10 (20.2%)	4:02	14.8 (79.6%)
23	MAZUR Marek	68		M40-49	23		00:00:04	00:11:30	00:20:11	00:29:15	00:38:04	00:40:32.60	00:40:37.05	+00:08:14 (20.3%)	4:03	14.8 (79.6%)
24	WOLNY Ariel	94		M40-49	24		00:00:02	00:11:33	00:20:07	00:29:15	00:38:10	00:40:37.70	00:40:40.60	+00:08:19 (20.5%)	4:03	14.8 (79.6%)
25	PASTERNOK Marian	134	ZABRZAŃSKIE PARKOWE BIEGANIE	M40-49	25		00:00:05	00:11:34	00:20:23	00:29:37	00:38:36	00:41:05.80	00:41:10.85	+00:08:47 (21.4%)	4:06	14.6 (78.5%)
26	KRAJEWSKI Tomasz	98		M40-49	26		00:00:10	00:12:23	00:21:25	00:30:44	00:39:33	00:41:53.65	00:42:04.45	+00:09:35 (22.9%)	4:11	14.3 (76.9%)
27	BRĄSKI Tomasz	132		M40-49	27		00:00:04	00:11:50	00:20:58	00:30:25	00:39:35	00:41:58.25	00:42:03.05	+00:09:39 (23.0%)	4:11	14.3 (76.9%)
28	MOŃKA Marcin	212		M40-49	28		00:00:11	00:12:04	00:21:13	00:30:35	00:39:41	00:42:04.80	00:42:15.90	+00:09:46 (23.2%)	4:12	14.3 (76.9%)
29	CHRUSZCZ Wojciech	80	KLUB BIEGACZA FARTLEK	M40-49	29	Klub Biegacza Fartlek	00:00:06	00:11:51	00:20:57	00:30:27	00:39:46	00:42:12.85	00:42:19.50	+00:09:54 (23.5%)	4:13	14.2 (76.3%)
30	BUĆKO Marcin	54	KLUB BIEGACZA FARTLEK	M40-49	30	Klub Biegacza Fartlek	00:00:03	00:11:54	00:21:00	00:30:36	00:39:51	00:42:30.35	00:42:34.30	+00:10:11 (24.0%)	4:15	14.1 (75.8%)
31	POŁOMSKI Grzegorz	51	POLOMSCY TEAM	M40-49	31	POLOMSCY TEAM	00:00:05	00:11:44	00:20:50	00:30:31	00:39:55	00:42:30.60	00:42:35.65	+00:10:12 (24.0%)	4:15	14.1 (75.8%)
32	RUP Dariusz	131	BLUES BROTHERS OPOLE	M40-49	32		00:00:07	00:12:11	00:21:21	00:31:08	00:40:35	00:43:05.50	00:43:12.85	+00:10:47 (25.0%)	4:18	13.9 (74.7%)
33	WILDNER Witold	184	MINOVA EKOCHEM	M40-49	33		00:00:07	00:12:23	00:21:37	00:31:18	00:40:46	00:43:09.25	00:43:17.10	+00:10:50 (25.1%)	4:18	13.9 (74.7%)
34	MECHTA Sebastian	124	STUDIO ENERGIA TEAM RYBNIK	M40-49	34	Studio Energia Team Rybnik	00:00:03	00:12:09	00:21:33	00:31:20	00:40:51	00:43:32.65	00:43:36.30	+00:11:14 (25.8%)	4:21	13.8 (74.2%)
35	BIELA Rafał	78		M40-49	35		00:00:06	00:12:29	00:22:04	00:31:53	00:41:27	00:43:57.35	00:44:04.00	+00:11:38 (26.5%)	4:23	13.7 (73.7%)
36	PIECHACZEK Jacek	175		M40-49	36		00:00:10	00:12:33	00:22:12	00:32:11	00:41:44	00:44:11.45	00:44:21.90	+00:11:52 (26.9%)	4:25	13.6 (73.1%)
37	ŁYSEK Paweł	66	BZIEGACZE	M40-49	37	Bziegacze	00:00:04	00:12:38	00:22:18	00:32:15	00:41:49	00:44:17.75	00:44:22.45	+00:11:59 (27.1%)	4:25	13.5 (72.6%)
38	ZĘBIK Tomasz	216		M40-49	38		00:00:04	00:12:22	00:22:03	00:32:01	00:41:51	00:44:29.30	00:44:33.85	+00:12:10 (27.4%)	4:26	13.5 (72.6%)
39	OWCZAREK Paweł	258		M40-49	39		00:00:08	00:12:31	00:22:06	00:32:12	00:41:56	00:44:33.95	00:44:42.20	+00:12:15 (27.5%)	4:27	13.5 (72.6%)
40	ZELEK Adam	89	OLZA CIESZYN	M40-49	40	Olza Cieszyn	00:00:23	00:12:37	00:22:10	00:32:16	00:42:12	00:44:47.00	00:45:10.15	+00:12:28 (27.9%)	4:28	13.4 (72.0%)
41	MACH Sebastian	304	PORANNY BESKID RUN	M40-49	41		00:00:12	00:12:59	00:22:47	00:32:55	00:42:42	00:45:19.40	00:45:32.20	+00:13:00 (28.7%)	4:31	13.2 (71.0%)
42	KOŹLIK Tomek	211	JEJKOWICE BIEGAJĄ	M40-49	42	Jejkowice Biegają	00:00:08	00:12:58	00:22:47	00:32:44	00:42:39	00:45:20.45	00:45:28.55	+00:13:01 (28.7%)	4:32	13.2 (71.0%)
43	SWISTEK Marcin	71		M40-49	43		00:00:07	00:12:35	00:22:19	00:32:42	00:42:49	00:45:28.70	00:45:36.45	+00:13:10 (29.0%)	4:32	13.2 (71.0%)

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
44	BRYŁA Rafał	81	KLUB BIEGACZA FARTLEK	M40-49	44	Klub Biegacza Fartlek	00:00:06	00:13:09	00:22:55	00:33:05	00:42:58	00:45:38.00	00:45:44.95	+00:13:19 (29.2%)	4:33	13.1 (70.4%)
45	JĘDRZEJAK Piotr	485		M40-49	45		00:00:16	00:13:07	00:22:47	00:32:58	00:43:01	00:45:41.85	00:45:58.55	+00:13:23 (29.3%)	4:34	13.1 (70.4%)
46	PAWŁOWSKI Tomasz	224	NIEZRZESZONY	M40-49	46		00:00:10	00:12:51	00:22:45	00:33:02	00:43:01	00:45:48.80	00:45:59.05	+00:13:30 (29.5%)	4:34	13.1 (70.4%)
47	DUROK Wojciech	202	KAC RUNNERS	M40-49	47		00:00:09	00:12:57	00:22:51	00:33:10	00:43:14	00:45:58.90	00:46:08.65	+00:13:40 (29.7%)	4:35	13.1 (70.4%)
48	FLISZTA Marcin	161	HARPAGAN SOSNOWIEC	M40-49	48		00:00:07	00:12:39	00:22:45	00:33:11	00:43:18	00:46:03.60	00:46:11.00	+00:13:45 (29.9%)	4:36	13 (69.9%)
49	ADAMCZYK Andrzej	226	RUN RYDUŁTOWY	M40-49	49		00:00:12	00:12:43	00:22:44	00:33:24	00:43:23	00:46:04.85	00:46:16.95	+00:13:46 (29.9%)	4:36	13 (69.9%)
50	PRÓSZYŃSKI Sławomir	160		M40-49	50		00:00:17	00:12:46	00:22:08	00:32:58	00:43:26	00:46:09.85	00:46:27.00	+00:13:51 (30.0%)	4:36	13 (69.9%)
51	ORŁOWSKI Grzegorz	209		M40-49	51		00:00:07	00:13:17	00:23:12	00:33:26	00:43:29	00:46:14.35	00:46:21.80	+00:13:55 (30.1%)	4:37	13 (69.9%)
52	KIEPIELA Dawid	139	KLUB BIEGACZA FARTLEK	M40-49	52	Klub Biegacza Fartlek	00:00:23	00:12:34	00:22:38	00:33:20	00:43:39	00:46:24.45	00:46:47.90	+00:14:05 (30.4%)	4:38	12.9 (69.4%)
53	GRZONKA Andrzej	180		M40-49	53		00:00:03	00:13:02	00:23:03	00:33:34	00:43:45	00:46:30.50	00:46:33.50	+00:14:12 (30.5%)	4:39	12.9 (69.4%)
54	NIZIOŁEK Marcin	249		M40-49	54		00:00:07	00:13:24	00:23:28	00:33:43	00:43:47	00:46:34.80	00:46:42.05	+00:14:16 (30.6%)	4:39	12.9 (69.4%)
55	KUBIŚ Krzysztof	217		M40-49	55		00:00:07	00:13:07	00:23:17	00:33:54	00:44:07	00:46:45.60	00:46:53.05	+00:14:27 (30.9%)	4:40	12.8 (68.8%)
56	URGACZ Mirosław	291		M40-49	56		00:00:07	00:13:16	00:23:25	00:34:10	00:44:33	00:47:17.35	00:47:24.80	+00:14:58 (31.7%)	4:43	12.7 (68.3%)
57	BEZWIŃSKI Piotr	156	KOKO DŻAMBO I DO PRZODU	M40-49	57		00:00:08	00:12:56	00:23:04	00:34:00	00:44:35	00:47:18.80	00:47:27.65	+00:15:00 (31.7%)	4:43	12.7 (68.3%)
58	GAŁKIEWICZ Michał	172		M40-49	58		00:00:02	00:13:00	00:23:13	00:34:03	00:44:36	00:47:27.75	00:47:30.60	+00:15:09 (31.9%)	4:44	12.6 (67.7%)
59	ŚMIETANA Grzegorz	169	EASYRUN RACIBÓRZ	M40-49	59		00:00:11	00:13:35	00:23:58	00:34:40	00:45:01	00:47:43.95	00:47:55.05	+00:15:25 (32.3%)	4:46	12.6 (67.7%)
60	PETRYNA Bartosz	248	OCHAJO RUN AND FRIENDS	M40-49	60		00:00:04	00:12:41	00:22:49	00:33:55	00:44:53	00:47:47.90	00:47:52.65	+00:15:29 (32.4%)	4:46	12.6 (67.7%)
61	MOTOWIDŁO Tomasz	337		M40-49	61		00:00:12	00:13:25	00:23:48	00:34:37	00:45:02	00:47:55.10	00:48:07.15	+00:15:36 (32.6%)	4:47	12.5 (67.2%)
62	MAREK Robert	158		M40-49	62		00:00:10	00:13:46	00:24:26	00:35:09	00:45:35	00:48:19.65	00:48:30.15	+00:16:01 (33.1%)	4:49	12.4 (66.7%)
63	STREIT Mariusz	293		M40-49	63		00:00:09	00:13:18	00:23:53	00:34:57	00:45:41	00:48:28.95	00:48:38.15	+00:16:10 (33.4%)	4:50	12.4 (66.7%)
64	KORBUS Piotr	339	PORANNY BESKID RUN	M40-49	64		00:00:12	00:13:50	00:24:22	00:35:19	00:45:42	00:48:30.70	00:48:43.30	+00:16:12 (33.4%)	4:51	12.4 (66.7%)
65	LELENIEWSKI Jacek	140		M40-49	65		00:00:06	00:13:34	00:24:01	00:34:58	00:45:40	00:48:32.30	00:48:39.05	+00:16:13 (33.4%)	4:51	12.4 (66.7%)
66	FILIKS Leszek	533		M40-49	66		00:00:13	00:13:41	00:24:17	00:35:22	00:45:48	00:48:42.35	00:48:55.95	+00:16:23 (33.7%)	4:52	12.3 (66.1%)
67	CZAPOROWSKI Tomasz	142		M40-49	67		00:00:12	00:14:16	00:24:53	00:35:50	00:46:09	00:48:43.65	00:48:56.15	+00:16:25 (33.7%)	4:52	12.3 (66.1%)
68	MAGA Przemysław	205		M40-49	68		00:00:13	00:13:56	00:24:25	00:35:28	00:46:06	00:48:47.50	00:49:00.95	+00:16:29 (33.8%)	4:52	12.3 (66.1%)

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
69	DOBRENIUK Krzysztof	196		M40-49	69		00:00:05	00:13:44	00:24:32	00:35:39	00:46:17	00:48:50.45	00:48:55.80	+00:16:31 (33.8%)	4:53	12.3 (66.1%)
70	REK Krzysztof	345	RADLINIOKI W BIEGU	M40-49	70	Radlinioki w biegu	00:00:11	00:13:32	00:24:25	00:35:31	00:46:14	00:49:05.30	00:49:16.55	+00:16:46 (34.2%)	4:54	12.2 (65.6%)
71	PODKOWIK Marcin	267	ŻORY	M40-49	71		00:00:13	00:13:49	00:24:29	00:35:36	00:46:18	00:49:09.25	00:49:22.45	+00:16:50 (34.3%)	4:54	12.2 (65.6%)
72	MACHARZYŃSKI Piotr	242	NESSI TEAM ŻORY	M40-49	72	Nessi Time Żory	00:00:13	00:14:20	00:25:02	00:36:19	00:46:29	00:49:12.70	00:49:25.70	+00:16:54 (34.3%)	4:55	12.2 (65.6%)
73	DĄBROWSKI Sebastian	287	BYLE DOBIEC	M40-49	73		00:00:00					00:49:21.00	00:49:21.00	+00:17:02 (34.5%)	4:56	12.2 (65.6%)
74	NIEŚLAŃCZYK Jan	310		M40-49	74		00:00:15	00:13:37	00:24:20	00:35:32	00:46:26	00:49:28.85	00:49:44.65	+00:17:10 (34.7%)	4:56	12.1 (65.1%)
75	KARWOT Maciej	148	RADLINIOKI W BIEGU	M40-49	75	Radlinioki w biegu	00:00:13	00:13:51	00:24:22	00:35:31	00:46:34	00:49:30.20	00:49:43.20	+00:17:11 (34.7%)	4:57	12.1 (65.1%)
76	CZYRNEK Dariusz	289	SMAKI BIEGANIA	M40-49	76	Smaki biegania	00:00:10	00:13:54	00:24:32	00:35:53	00:46:42	00:49:32.20	00:49:42.20	+00:17:13 (34.8%)	4:57	12.1 (65.1%)
77	FRITZ Tomasz	403		M40-49	77		00:00:16	00:14:08	00:24:50	00:35:59	00:46:32	00:49:32.90	00:49:49.30	+00:17:14 (34.8%)	4:57	12.1 (65.1%)
78	OGRODNIK Damian	152		M40-49	78		00:00:14	00:14:08	00:24:50	00:36:07	00:46:50	00:49:34.95	00:49:49.65	+00:17:16 (34.8%)	4:57	12.1 (65.1%)
79	KUŁACZ Wiesław	311		M40-49	79		00:00:11	00:13:46	00:24:30	00:35:53	00:46:58	00:49:50.45	00:50:01.45	+00:17:31 (35.2%)	4:59	12 (64.5%)
80	PASZKOWSKI Cezary	233		M40-49	80	MDM NT TEAM	00:00:15	00:14:13	00:24:54	00:36:01	00:46:49	00:49:59.60	00:50:15.00	+00:17:41 (35.4%)	4:59	12 (64.5%)
81	RYSZKA Eugeniusz	319	KS FORMA WODZISŁAW ŚLĄSKI	M40-49	81		00:00:07	00:13:35	00:24:30	00:36:04	00:46:56	00:50:00.40	00:50:07.75	+00:17:41 (35.4%)	5:00	12 (64.5%)
82	BUCHTA Michał	493		M40-49	82		00:00:11	00:14:31	00:25:39	00:37:00	00:47:21	00:50:03.80	00:50:15.00	+00:17:45 (35.5%)	5:00	12 (64.5%)
83	WOLIŃSKI Dariusz	376	HRMAX	M40-49	83		00:00:11					00:50:17.20	00:50:29.00	+00:17:58 (35.8%)	5:01	11.9 (64.0%)
84	SKRABEL Artur	431	STUDIO ENERGIA TEAM RYBNIK	M40-49	84	Studio Energia Team Rybnik	00:00:10	00:14:02	00:24:53	00:36:18	00:47:20	00:50:19.25	00:50:29.35	+00:18:00 (35.8%)	5:01	11.9 (64.0%)
85	MROCZKOWSKI Tomasz	309		M40-49	85		00:00:14	00:14:16	00:25:06	00:36:22	00:47:22	00:50:24.75	00:50:39.00	+00:18:06 (35.9%)	5:02	11.9 (64.0%)
86	WOJNAR Janusz	331		M40-49	86		00:00:15	00:14:00	00:25:02	00:36:25	00:47:34	00:50:26.90	00:50:42.70	+00:18:08 (36.0%)	5:02	11.9 (64.0%)
87	RASZCZYK Szymon	296	AKTYWNI LYSKI	M40-49	87		00:00:14	00:14:36	00:25:20	00:36:44	00:47:39	00:50:33.75	00:50:48.70	+00:18:15 (36.1%)	5:03	11.9 (64.0%)
88	NIEWRZOŁ Łukasz	343		M40-49	88		00:00:10	00:14:18	00:25:15	00:36:50	00:47:42	00:50:36.20	00:50:47.05	+00:18:17 (36.2%)	5:03	11.9 (64.0%)
89	WILK Grzegorz	323		M40-49	89		00:00:09	00:14:23	00:25:15	00:36:37	00:47:46	00:50:52.75	00:51:02.35	+00:18:34 (36.5%)	5:05	11.8 (63.4%)
90	BORYCZKA Szymon	292		M40-49	90		00:00:11	00:14:05	00:24:47	00:36:30	00:47:45	00:50:56.30	00:51:07.80	+00:18:37 (36.6%)	5:05	11.8 (63.4%)
91	KROCHMAL Artur	274	MDM NT TEAM	M40-49	91	MDM NT TEAM	00:00:12	00:14:32	00:25:54	00:37:40	00:48:56	00:51:47.75	00:52:00.55	+00:19:29 (37.6%)	5:10	11.6 (62.4%)
92	KUBULUS Tomasz	366	DO PORZYGU OCR TEAM	M40-49	92		00:00:17	00:14:55	00:25:53	00:37:56	00:49:14	00:52:06.80	00:52:24.35	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
93	WEYGAND Patryk	478	GB GALOPUJĄCE ŚLIMAKI	M40-49	93	Galopujące Ślimaki	00:00:18	00:15:27	00:26:42	00:38:17	00:49:19	00:52:21.35	00:52:40.25	+00:20:02 (38.3%)	5:14	11.5 (61.8%)
94	GORZELAK Zbigniew	454		M40-49	94		00:00:18	00:15:23	00:26:42	00:38:18	00:49:19	00:52:21.40	00:52:40.10	+00:20:02 (38.3%)	5:14	11.5 (61.8%)

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
95	BAJOR Paweł	480		M40-49	95		00:00:07	00:13:33	00:25:04	00:37:41	00:50:05	00:53:08.20	00:53:15.45	+00:20:49 (39.2%)	5:18	11.3 (60.8%)
96	SOJ Przemysław	238		M40-49	96		00:00:18	00:15:06	00:26:21	00:38:25	00:50:13	00:53:09.80	00:53:27.80	+00:20:51 (39.2%)	5:18	11.3 (60.8%)
97	JĘDRYKA Sebastian	320	GB GALOPUJĄCE ŚLIMAKI	M40-49	97	Galopujące Ślimaki	00:00:05	00:13:21	00:24:12	00:37:15	00:49:47	00:53:10.20	00:53:15.75	+00:20:51 (39.2%)	5:19	11.3 (60.8%)
98	JAWOREK Rafał	374	WSPÓLNA TEAM	M40-49	98		00:00:14	00:15:06	00:26:39	00:38:29	00:49:56	00:53:10.60	00:53:25.05	+00:20:52 (39.2%)	5:19	11.3 (60.8%)
99	MISZ Hubert	445	WSPÓLNA TEAM	M40-49	99		00:00:14	00:15:07	00:26:38	00:38:30	00:49:56	00:53:10.70	00:53:25.00	+00:20:52 (39.2%)	5:19	11.3 (60.8%)
100	JAGIEŁA Marcin	354	KRS TKKF MORSY.PL	M40-49	100		00:00:20	00:15:30	00:27:05	00:38:54	00:50:12	00:53:20.70	00:53:40.80	+00:21:02 (39.4%)	5:20	11.3 (60.8%)
101	ZIMNY Ireneusz	260	EKO-OKNA RUNNERS	M40-49	101		00:00:10	00:14:52	00:26:34	00:38:51	00:50:42	00:53:59.30	00:54:09.45	+00:21:40 (40.2%)	5:23	11.1 (59.7%)
102	MAKOŚ Tomek	428		M40-49	102		00:00:18	00:16:02	00:27:54	00:39:34	00:51:00	00:54:01.50	00:54:19.50	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
103	BADURA Artur	521	JEJKOWICE BIEGAJĄ	M40-49	103	Jejkowice Biegają	00:00:21	00:15:20	00:27:05	00:39:21	00:51:19	00:54:10.70	00:54:32.00	+00:21:52 (40.4%)	5:25	11.1 (59.7%)
104	MAZURKIEWICZ Rafał	424		M40-49	104		00:00:06	00:15:13	00:26:55	00:39:13	00:51:09	00:54:15.15	00:54:21.90	+00:21:56 (40.4%)	5:25	11.1 (59.7%)
105	TARGOSZ Piotr	270	OLZA CIESZYN	M40-49	105	Olza Cieszyn	00:00:10	00:15:06	00:26:48	00:39:03	00:51:15	00:54:21.45	00:54:32.05	+00:22:02 (40.6%)	5:26	11 (59.1%)
106	CIEŚLA Adam	350	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	106	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:15:42	00:27:30	00:39:38	00:51:22	00:54:23.70	00:54:42.00	+00:22:05 (40.6%)	5:26	11 (59.1%)
107	ŚMIETANA Mariusz	471	TUPOT MAŁYCH STÓPEK	M40-49	107		00:00:11	00:15:00	00:26:30	00:38:46	00:51:02	00:54:30.95	00:54:42.55	+00:22:12 (40.7%)	5:27	11 (59.1%)
108	SŁOWIŃSKI Kamil	449		M40-49	108		00:00:16	00:15:44	00:27:32	00:39:39	00:51:23	00:54:31.80	00:54:48.55	+00:22:13 (40.8%)	5:27	11 (59.1%)
109	ZMORZYŃSKI Marcin	408		M40-49	109		00:00:14	00:15:25	00:27:15	00:39:58	00:52:09	00:55:17.60	00:55:31.65	+00:22:59 (41.6%)	5:31	10.9 (58.6%)
110	MROZEK Maciej	365		M40-49	110		00:00:15	00:15:55	00:27:38	00:40:16	00:52:15	00:55:22.70	00:55:38.50	+00:23:04 (41.7%)	5:32	10.8 (58.1%)
111	BORUCKI Dariusz	419		M40-49	111		00:00:17	00:16:05	00:27:56	00:40:20	00:52:19	00:55:27.25	00:55:44.55	+00:23:08 (41.7%)	5:32	10.8 (58.1%)
112	POŁOMSKI Jerzy	407	WISAGER ACTIVE	M40-49	112		00:00:18	00:14:49	00:26:36	00:39:18	00:51:57	00:55:30.35	00:55:48.55	+00:23:11 (41.8%)	5:33	10.8 (58.1%)
113	GMYREK Michał	437	RODZIC SPORTOWCA	M40-49	113		00:00:09	00:15:38	00:27:54	00:40:48	00:52:41	00:55:48.05	00:55:57.80	+00:23:29 (42.1%)	5:34	10.8 (58.1%)
114	ŻYŁA Wojciech	582		M40-49	114		00:00:14	00:14:58	00:27:08	00:40:06	00:52:26	00:55:51.90	00:56:06.60	+00:23:33 (42.2%)	5:35	10.7 (57.5%)
115	MARKOWSKI Jacek	441		M40-49	115		00:00:15	00:16:46	00:29:11	00:41:35	00:53:15	00:56:32.55	00:56:47.70	+00:24:14 (42.9%)	5:39	10.6 (57.0%)
116	DUDZIAK Grzegorz	321		M40-49	116		00:00:12	00:15:22	00:27:29	00:40:19	00:53:06	00:56:36.00	00:56:48.20	+00:24:17 (42.9%)	5:39	10.6 (57.0%)
117	RUŻAŃSKI Tomasz	517		M40-49	117		00:00:19	00:16:26	00:28:41	00:41:40	00:53:35	00:56:36.75	00:56:56.70	+00:24:18 (42.9%)	5:39	10.6 (57.0%)
118	PISAREK Witold	244	TOTUTANIEJ.PL	M40-49	118		00:00:14	00:15:14	00:27:15	00:40:52	00:53:56	00:56:52.75	00:57:07.00	+00:24:34 (43.2%)	5:41	10.6 (57.0%)
119	BYSTRYKOWSKI Marcin	141	KLUB BIEGACZA FARTLEK	M40-49	119	Klub Biegacza Fartlek	00:00:08	00:15:14	00:27:22	00:40:24	00:53:24	00:57:01.35	00:57:09.65	+00:24:42 (43.3%)	5:42	10.5 (56.5%)

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
120	NAWROCKI Zbigniew	170		M40-49	120		00:00:13	00:15:43	00:28:10	00:41:37	00:54:16	00:57:39.15	00:57:53.05	+00:25:20 (44.0%)	5:45	10.4 (55.9%)
121	SOBIERAJ Paweł	412	KLUB BIEGACZA FARTLEK	M40-49	121	Klub Biegacza Fartlek	00:00:13	00:15:27	00:27:55	00:41:32	00:54:25	00:57:55.10	00:58:08.70	+00:25:36 (44.2%)	5:47	10.4 (55.9%)
122	MARMURA Marek	568	SILESIA MARATON CLUB	M40-49	122		00:00:08	00:15:43	00:28:20	00:41:41	00:54:29	00:57:58.10	00:58:06.45	+00:25:39 (44.3%)	5:47	10.4 (55.9%)
123	KOŁODZIEJ Artur	488		M40-49	123		00:00:03	00:16:06	00:28:43	00:42:08	00:54:47	00:58:06.45	00:58:10.10	+00:25:47 (44.4%)	5:48	10.3 (55.4%)
124	KUBIK Dariusz	544	SAINT GOBAIN SQUAD	M40-49	124		00:00:06	00:15:08	00:27:48	00:41:52	00:55:47	00:59:28.95	00:59:35.10	+00:27:10 (45.7%)	5:56	10.1 (54.3%)
125	UKLEJA Sebastian	570		M40-49	125		00:00:02	00:16:13	00:29:25	00:43:22	00:56:57	01:00:58.85	01:01:01.35	+00:28:40 (47.0%)	6:05	9.8 (52.7%)
126	KRAMER Piotr	541		M40-49	126		00:00:22	00:16:02	00:29:12	00:43:32	00:57:43	01:01:21.35	01:01:43.65	+00:29:02 (47.3%)	6:08	9.8 (52.7%)
127	TOMALA Dariusz	530	OPEL FIJAŁKOWSKI	M40-49	127	OPEL FIJAŁKOWSKI	00:00:16	00:16:28	00:29:46	00:44:07	00:57:54	01:01:26.95	01:01:43.40	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
128	SOBCZAK Sławek	487	MEGA MOC RACIBÓRZ	M40-49	128		00:00:08	00:17:16	00:30:25	00:44:29	00:57:55	01:01:27.90	01:01:36.65	+00:29:09 (47.4%)	6:08	9.8 (52.7%)
129	PYZIK Marcin	406	KLUB BIEGACZA FARTLEK	M40-49	129	Klub Biegacza Fartlek	00:00:14	00:17:00	00:30:01	00:44:06	00:58:22	01:01:52.00	01:02:06.85	+00:29:33 (47.8%)	6:11	9.7 (52.2%)
130	MOCHNACZ Patryk	479	ILO - JASTRZĘBIE-ZDRÓJ	M40-49	130		00:00:18	00:16:57	00:30:01	00:44:14	00:58:39	01:02:23.45	01:02:41.70	+00:30:04 (48.2%)	6:14	9.6 (51.6%)
131	WALA Andrzej	285		M40-49	131		00:00:17	00:17:03	00:30:35	00:46:07	01:00:58	01:05:03.55	01:05:20.80	+00:32:45 (50.3%)	6:30	9.2 (49.5%)
132	BĘBENEK Marcin	363	GALOPUJĄCE ŚLIMAKI	M40-49	132	Galopujące Ślimaki	00:00:19	00:17:16	00:30:46	00:45:52	01:01:06	01:05:22.65	01:05:42.20	+00:33:04 (50.6%)	6:32	9.2 (49.5%)
133	PACUT Szymon	452		M40-49	133		00:00:17	00:17:16	00:32:11	00:47:56	01:03:13	01:07:09.35	01:07:27.30	+00:34:50 (51.9%)	6:42	8.9 (47.8%)
134	KUBAS Mariusz	461	KLUB BIEGACZA FARTLEK	M40-49	134	Klub Biegacza Fartlek	00:00:22	00:18:58	00:34:43	00:53:41	01:11:22	01:16:23.45	01:16:46.05	+00:44:04 (57.7%)	7:38	7.9 (42.5%)
135	HERBA Grzegorz	99	KS GRYF KIETRZ	M40-49	135		00:00:04	00:12:02	00:21:10	00:30:42	00:39:51			+00:09:23	4:14	14.2 (76.3%)

Znaleziono 135 wynik(ów)