



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator:
Data:
Miejsce:
Dystans:

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

Klasyfikacja: M40-49

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
1	ELASRI Abderrahim	27		M40-49		00:00:00	00:09:14	00:16:07	00:23:24	00:30:28
2	ANTCZAK Robert	39		M40-49		00:00:00	00:09:39	00:17:04	00:24:58	00:32:41
3	GAJEWSKI Wojciech	15	UKS „OLIMPIA” ZABRZE	M40-49		00:00:00	00:09:45	00:17:21	00:25:23	00:33:11
4	LIZAK Wojciech	10	TL ATHLETICS JASTRZĘBIE	M40-49	TL Athletics Jastrzębie	00:00:01	00:10:03	00:17:43	00:25:41	00:33:24
5	TOKAREWICZ Damian	13	ZEBRY	M40-49		00:00:03	00:10:17	00:18:11	00:26:27	00:34:26
6	PALT Tomasz	62		M40-49		00:00:01	00:10:23	00:18:15	00:26:29	00:34:33
7	PRZYBYLSKI Tomasz	14	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:01	00:10:44	00:18:45	00:26:54	00:34:45
8	SZULIK Grzegorz	40	ZSRG SP Z O.O.	M40-49		00:00:01	00:10:08	00:18:05	00:26:31	00:34:45
9	BARTNIK Sebastian	2	STREET SPIRIT-TEAM NOWAK	M40-49	Street Spirit-Team Nowak	00:00:02	00:10:31	00:18:29	00:26:47	00:34:47
10	JAROSZ Marek	32		M40-49		00:00:01	00:10:40	00:18:36	00:26:52	00:34:48
11	WOWRY Grzegorz	44	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:02	00:10:24	00:18:29	00:26:56	00:35:07
12	EISLER Tomasz	102	BIEGAM, BO MNIE ŻONA ZAPISUJE	M40-49		00:00:02	00:10:36	00:18:40	00:27:07	00:35:26
13	URBANIAK Witek	11	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49		00:00:03	00:10:43	00:18:59	00:27:25	00:35:46
14	ALBRECHT Arkadiusz	37	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:02	00:10:42	00:18:55	00:27:29	00:35:47
15	JĘDRUSIAK Przemysław	122		M40-49		00:00:03	00:10:46	00:18:53	00:27:41	00:36:09
16	KYRCZ Mirosław	88		M40-49		00:00:03	00:11:27	00:20:05	00:28:56	00:37:21
17	ŁATKA Łukasz	114		M40-49		00:00:03	00:11:20	00:19:57	00:28:51	00:37:30
18	WRÓBLEWSKI Janmarian	31	JUST TEAM BIELSKO-BIAŁA	M40-49	HRmax Żory	00:00:00	00:10:54	00:19:29	00:28:43	00:37:42
19	KOWALSKI Grzegorz	77	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:04	00:11:28	00:20:12	00:29:20	00:37:58
20	MAZUR Marek	68		M40-49		00:00:04	00:11:30	00:20:11	00:29:15	00:38:04
21	WOŹNIAK Paweł	82	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:07	00:11:27	00:20:04	00:29:13	00:38:09
22	WOLNY Ariel	94		M40-49		00:00:02	00:11:33	00:20:07	00:29:15	00:38:10
23	PASTERNOK Marian	134	ZABRZAŃSKIE PARKOWE BIEGANIE	M40-49		00:00:05	00:11:34	00:20:23	00:29:37	00:38:36
24	KRAJEWSKI Tomasz	98		M40-49		00:00:10	00:12:23	00:21:25	00:30:44	00:39:33
25	BRAŃSKI Tomasz	132		M40-49		00:00:04	00:11:50	00:20:58	00:30:25	00:39:35
26	MOŃKA Marcin	212		M40-49		00:00:11	00:12:04	00:21:13	00:30:35	00:39:41
27	CHRUSZCZ Wojciech	80	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:06	00:11:51	00:20:57	00:30:27	00:39:46
28	BUĆKO Marcin	54	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:03	00:11:54	00:21:00	00:30:36	00:39:51
29	HERBA Grzegorz	99	KS GRYF KIETRZ	M40-49		00:00:04	00:12:02	00:21:10	00:30:42	00:39:51
30	POŁOMSKI Grzegorz	51	POLOMSCY TEAM	M40-49	POLOMSCY TEAM	00:00:05	00:11:44	00:20:50	00:30:31	00:39:55
31	RUP Dariusz	131	BLUES BROTHERS OPOLE	M40-49		00:00:07	00:12:11	00:21:21	00:31:08	00:40:35
32	WILDNER Witold	184	MINOVA EKOCHEM	M40-49		00:00:07	00:12:23	00:21:37	00:31:18	00:40:46

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
33	MECHTA Sebastian	124	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:03	00:12:09	00:21:33	00:31:20	00:40:51
34	BIELA Rafał	78		M40-49		00:00:06	00:12:29	00:22:04	00:31:53	00:41:27
35	PIECHACZEK Jacek	175		M40-49		00:00:10	00:12:33	00:22:12	00:32:11	00:41:44
36	ŁYSEK Paweł	66	BZIEGACZE	M40-49	Bziegacze	00:00:04	00:12:38	00:22:18	00:32:15	00:41:49
37	ZĘBIK Tomasz	216		M40-49		00:00:04	00:12:22	00:22:03	00:32:01	00:41:51
38	OWCZAREK Paweł	258		M40-49		00:00:08	00:12:31	00:22:06	00:32:12	00:41:56
39	ZELEK Adam	89	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:23	00:12:37	00:22:10	00:32:16	00:42:12
40	KOŹLIK Tomek	211	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:08	00:12:58	00:22:47	00:32:44	00:42:39
41	MACH Sebastian	304	PORANNY BESKID RUN	M40-49		00:00:12	00:12:59	00:22:47	00:32:55	00:42:42
42	SWISTEK Marcin	71		M40-49		00:00:07	00:12:35	00:22:19	00:32:42	00:42:49
43	BRYŁA Rafał	81		M40-49	Klub Biegacza Fartlek	00:00:06	00:13:09	00:22:55	00:33:05	00:42:58
44	PAWŁOWSKI Tomasz	224	NIEZRZESZONY	M40-49		00:00:10	00:12:51	00:22:45	00:33:02	00:43:01
45	JĘDRZEJAK Piotr	485		M40-49		00:00:16	00:13:07	00:22:47	00:32:58	00:43:01
46	DUROK Wojciech	202		M40-49		00:00:09	00:12:57	00:22:51	00:33:10	00:43:14
47	FLISZTA Marcin	161	HARPAGAN SOSNOWIEC	M40-49		00:00:07	00:12:39	00:22:45	00:33:11	00:43:18
48	ADAMCZYK Andrzej	226	RUN RYDUŁTOWY	M40-49		00:00:12	00:12:43	00:22:44	00:33:24	00:43:23
49	PRÓSZYŃSKI Sławomir	160		M40-49		00:00:17	00:12:46	00:22:08	00:32:58	00:43:26
50	ORŁOWSKI Grzegorz	209		M40-49		00:00:07	00:13:17	00:23:12	00:33:26	00:43:29
51	KIEPIELA Dawid	139	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:23	00:12:34	00:22:38	00:33:20	00:43:39
52	GRZONKA Andrzej	180		M40-49		00:00:03	00:13:02	00:23:03	00:33:34	00:43:45
53	NIZIOŁEK Marcin	249		M40-49		00:00:07	00:13:24	00:23:28	00:33:43	00:43:47
54	KUBIŚ Krzysztof	217		M40-49		00:00:07	00:13:07	00:23:17	00:33:54	00:44:07
55	URGACZ Mirosław	291		M40-49		00:00:07	00:13:16	00:23:25	00:34:10	00:44:33
56	BEZWIŃSKI Piotr	156		M40-49		00:00:08	00:12:56	00:23:04	00:34:00	00:44:35
57	GAŁKIEWICZ Michał	172	KOKO DŻAMBO I DO PRZODU	M40-49		00:00:02	00:13:00	00:23:13	00:34:03	00:44:36
58	PETRYNA Bartosz	248	OCHAJO RUN AND FRIENDS	M40-49		00:00:04	00:12:41	00:22:49	00:33:55	00:44:53
59	ŚMIETANA Grzegorz	169	EASYRUN RACIBÓRZ	M40-49		00:00:11	00:13:35	00:23:58	00:34:40	00:45:01
60	MOTOWIDŁO Tomasz	337		M40-49		00:00:12	00:13:25	00:23:48	00:34:37	00:45:02
61	MAREK Robert	158		M40-49		00:00:10	00:13:46	00:24:26	00:35:09	00:45:35
62	LELENIEWSKI Jacek	140		M40-49		00:00:06	00:13:34	00:24:01	00:34:58	00:45:40
63	STREIT Mariusz	293		M40-49		00:00:09	00:13:18	00:23:53	00:34:57	00:45:41
64	KORBUS Piotr	339		M40-49		00:00:12	00:13:50	00:24:22	00:35:19	00:45:42
65	FILIKS Leszek	533	PORANNY BESKID RUN	M40-49		00:00:13	00:13:41	00:24:17	00:35:22	00:45:48
66	MAGA Przemysław	205		M40-49		00:00:13	00:13:56	00:24:25	00:35:28	00:46:06
67	CZAPOROWSKI Tomasz	142		M40-49		00:00:12	00:14:16	00:24:53	00:35:50	00:46:09
68	REK Krzysztof	345	RADLINIOKI W BIEGU	M40-49	Radlinioki w biegu	00:00:11	00:13:32	00:24:25	00:35:31	00:46:14
69	DOBRENIUK Krzysztof	196		M40-49		00:00:05	00:13:44	00:24:32	00:35:39	00:46:17
70	PODKOWIK Marcin	267		M40-49		00:00:13	00:13:49	00:24:29	00:35:36	00:46:18
71	NIEŚLAŃCZYK Jan	310	ŻORY	M40-49		00:00:15	00:13:37	00:24:20	00:35:32	00:46:26
72	MACHARZYŃSKI Piotr	242	NESSI TEAM ŻORY	M40-49	Nessi Time Żory	00:00:13	00:14:20	00:25:02	00:36:19	00:46:29
73	FRITZ Tomasz	403		M40-49		00:00:16	00:14:08	00:24:50	00:35:59	00:46:32
74	KARWOT Maciej	148		M40-49	Radlinioki w biegu	00:00:13	00:13:51	00:24:22	00:35:31	00:46:34
75	CZYRNEK Dariusz	289	SMAKI BIEGANIA	M40-49	Smaki biegania	00:00:10	00:13:54	00:24:32	00:35:53	00:46:42
76	PASZKOWSKI Cezary	233		M40-49	MDM NT TEAM	00:00:15	00:14:13	00:24:54	00:36:01	00:46:49
77	OGRODNIK Damian	152		M40-49		00:00:14	00:14:08	00:24:50	00:36:07	00:46:50
78	RYSZKA Eugeniusz	319		M40-49		00:00:07	00:13:35	00:24:30	00:36:04	00:46:56

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
79	KUŁACZ Wiesław	311		M40-49		00:00:11	00:13:46	00:24:30	00:35:53	00:46:58
80	SKRABEL Artur	431	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:10	00:14:02	00:24:53	00:36:18	00:47:20
81	BUCHTA Michał	493		M40-49		00:00:11	00:14:31	00:25:39	00:37:00	00:47:21
82	MROCZKOWSKI Tomasz	309		M40-49		00:00:14	00:14:16	00:25:06	00:36:22	00:47:22
83	WOJNAR Janusz	331		M40-49		00:00:15	00:14:00	00:25:02	00:36:25	00:47:34
84	RASZCZYK Szymon	296	AKTYWNI LYSKI	M40-49		00:00:14	00:14:36	00:25:20	00:36:44	00:47:39
85	NIEWRZOŁ Łukasz	343		M40-49		00:00:10	00:14:18	00:25:15	00:36:50	00:47:42
86	BORYCZKA Szymon	292		M40-49		00:00:11	00:14:05	00:24:47	00:36:30	00:47:45
87	WILK Grzegorz	323		M40-49		00:00:09	00:14:23	00:25:15	00:36:37	00:47:46
88	KROCHMAL Artur	274	MDM NT TEAM	M40-49	MDM NT TEAM	00:00:12	00:14:32	00:25:54	00:37:40	00:48:56
89	KUBULUS Tomasz	366	DO PORZYGU OCR TEAM	M40-49		00:00:17	00:14:55	00:25:53	00:37:56	00:49:14
90	GORZELAK Zbigniew	454		M40-49		00:00:18	00:15:23	00:26:42	00:38:18	00:49:19
91	WEYGAND Patryk	478	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:18	00:15:27	00:26:42	00:38:17	00:49:19
92	JĘDRYKA Sebastian	320	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:05	00:13:21	00:24:12	00:37:15	00:49:47
93	JAWOREK Rafał	374	WSPÓLNA TEAM	M40-49		00:00:14	00:15:06	00:26:39	00:38:29	00:49:56
94	MISZ Hubert	445	WSPÓLNA TEAM	M40-49		00:00:14	00:15:07	00:26:38	00:38:30	00:49:56
95	BAJOR Paweł	480		M40-49		00:00:07	00:13:33	00:25:04	00:37:41	00:50:05
96	JAGIEŁA Marcin	354	KRS TKKF MORSY.PL	M40-49		00:00:20	00:15:30	00:27:05	00:38:54	00:50:12
97	SOJ Przemysław	238		M40-49		00:00:18	00:15:06	00:26:21	00:38:25	00:50:13
98	ZIMNY Ireneusz	260	EKO-OKNA RUNNERS	M40-49		00:00:10	00:14:52	00:26:34	00:38:51	00:50:42
99	MAKOŚ Tomek	428		M40-49		00:00:18	00:16:02	00:27:54	00:39:34	00:51:00
100	ŚMIETANA Mariusz	471	TUPOT MAŁYCH STÓPEK	M40-49		00:00:11	00:15:00	00:26:30	00:38:46	00:51:02
101	MAZURKIEWICZ Rafał	424		M40-49		00:00:06	00:15:13	00:26:55	00:39:13	00:51:09
102	TARGOSZ Piotr	270	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:10	00:15:06	00:26:48	00:39:03	00:51:15
103	BADURA Artur	521	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:21	00:15:20	00:27:05	00:39:21	00:51:19
104	CIEŚLA Adam	350	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:15:42	00:27:30	00:39:38	00:51:22
105	SŁOWIŃSKI Kamil	449		M40-49		00:00:16	00:15:44	00:27:32	00:39:39	00:51:23
106	POŁOMSKI Jerzy	407	WISAGER ACTIVE	M40-49		00:00:18	00:14:49	00:26:36	00:39:18	00:51:57
107	ZMORZYŃSKI Marcin	408		M40-49		00:00:14	00:15:25	00:27:15	00:39:58	00:52:09
108	MROZEK Maciej	365		M40-49		00:00:15	00:15:55	00:27:38	00:40:16	00:52:15
109	BORUCKI Dariusz	419		M40-49		00:00:17	00:16:05	00:27:56	00:40:20	00:52:19
110	ŻYŁA Wojciech	582		M40-49		00:00:14	00:14:58	00:27:08	00:40:06	00:52:26
111	GMYREK Michał	437	RODZIC SPORTOWCA	M40-49		00:00:09	00:15:38	00:27:54	00:40:48	00:52:41
112	DUDZIAK Grzegorz	321		M40-49		00:00:12	00:15:22	00:27:29	00:40:19	00:53:06
113	MARKOWSKI Jacek	441		M40-49		00:00:15	00:16:46	00:29:11	00:41:35	00:53:15
114	BYSTRYKOWSKI Marcin	141	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:08	00:15:14	00:27:22	00:40:24	00:53:24
115	RUŻAŃSKI Tomasz	517		M40-49		00:00:19	00:16:26	00:28:41	00:41:40	00:53:35
116	PISAREK Witold	244	TOTUTANIEJ.PL	M40-49		00:00:14	00:15:14	00:27:15	00:40:52	00:53:56
117	NAWROCKI Zbigniew	170		M40-49		00:00:13	00:15:43	00:28:10	00:41:37	00:54:16
118	SOBIERAJ Paweł	412	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:13	00:15:27	00:27:55	00:41:32	00:54:25
119	MARMURA Marek	568	SILESIA MARATON CLUB	M40-49		00:00:08	00:15:43	00:28:20	00:41:41	00:54:29
120	KOŁODZIEJ Artur	488		M40-49		00:00:03	00:16:06	00:28:43	00:42:08	00:54:47
121	KUBIK Dariusz	544	SAINT GOBAIN SQUAD	M40-49		00:00:06	00:15:08	00:27:48	00:41:52	00:55:47
122	UKLEJA Sebastian	570		M40-49		00:00:02	00:16:13	00:29:25	00:43:22	00:56:57
123	KRAMER Piotr	541		M40-49		00:00:22	00:16:02	00:29:12	00:43:32	00:57:43
124	TOMALA Dariusz	530	OPEL FIJAŁKOWSKI	M40-49	OPEL FIJAŁKOWSKI	00:00:16	00:16:28	00:29:46	00:44:07	00:57:54

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
125	SOBCZAK Sławek	487	MEGA MOC RACIBÓRZ	M40-49		00:00:08	00:17:16	00:30:25	00:44:29	00:57:55
126	PYZIK Marcin	406	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:14	00:17:00	00:30:01	00:44:06	00:58:22
127	MOCHNACZ Patryk	479	ILO - JASTRZĘBIE-ZDRÓJ	M40-49		00:00:18	00:16:57	00:30:01	00:44:14	00:58:39
128	WALA Andrzej	285		M40-49		00:00:17	00:17:03	00:30:35	00:46:07	01:00:58
129	BĘBENEK Marcin	363	GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:19	00:17:16	00:30:46	00:45:52	01:01:06
130	PACUT Szymon	452		M40-49		00:00:17	00:17:16	00:32:11	00:47:56	01:03:13
131	KUBAS Mariusz	461	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:22	00:18:58	00:34:43	00:53:41	01:11:22
132	DĄBROWSKI Sebastian	287	BYLE DOBIEC	M40-49		00:00:00				
133	KOŹMIŃSKI Józef	7	SKL SUCHA BESKIDZKA	M40-49		00:00:00				
134	WALCZYŃSKI Mariusz	91	NIEWYBIEGANI	M40-49	Niewybiegani	00:00:00		00:36:54		
135	WOLIŃSKI Dariusz	376	HRMAX	M40-49		00:00:11				

Znaleziono 135 wynik(ów)