

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Jastrzębska Dziesiątka
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-09-15
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KNESZ Marek	464		M50-59	1	00:00:02	00:10:35	00:18:13		00:34:44	00:37:01.20	00:37:04.10		3:42	16.2 (100%)
2	NIEDZIELA Stefan	599	WIECZNOŚĆ	M50-59	2	00:00:04	00:11:25	00:19:45	00:29:47	00:38:16	00:40:37.40	00:40:41.40	+00:03:36 (8.9%)	4:03	14.8 (91.4%)
3	GÓRNY Mirek	461	NUTREND TEAM	M50-59	3	00:00:04	00:11:33	00:19:55	00:29:52	00:38:18	00:40:42.10	00:40:46.10	+00:03:40 (9.0%)	4:04	14.7 (90.7%)
4	BULENDA Grzegorz	65	RAFAKO RUN TEAM	M50-59	4	00:00:10	00:11:40	00:19:57	00:29:44	00:38:14	00:40:46.85	00:40:56.90	+00:03:45 (9.2%)	4:04	14.7 (90.7%)
5	KUTIAN Adam	813		M50-59	5	00:00:08	00:12:00	00:20:36	00:30:23	00:38:52	00:41:19.80	00:41:28.70	+00:04:18 (10.4%)	4:08	14.5 (89.5%)
6	ADAMCZEWSKI Waldemar	37		M50-59	6	00:00:11	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	+00:04:55 (11.7%)	4:11	14.3 (88.3%)
7	LORANC Maciej	357	NUTREND BIEGA	M50-59	7	00:00:13	00:12:42	00:21:28	00:31:22	00:39:50	00:42:09.65	00:42:23.00	+00:05:08 (12.2%)	4:13	14.2 (87.7%)
8	PRZYBYSZ Ryszard	206		M50-59	8	00:00:14	00:12:25	00:21:08	00:31:11	00:40:01	00:42:30.10	00:42:44.20	+00:05:28 (12.9%)	4:15	14.1 (87.0%)
9	GLAJC Andrzej	561	WYPAS RUN	M50-59	9	00:00:09	00:11:42	00:20:25	00:30:48	00:40:13	00:42:43.60	00:42:52.75	+00:05:42 (13.4%)	4:16	14 (86.4%)
10	PIŁATOWSKI Mirosław	85	KB MOSIR JASTRZĘBIE	M50-59	10	00:00:09	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	+00:05:47 (13.5%)	4:16	14 (86.4%)
11	TOMCZYK Lesław	854	OLZA CIESZYN	M50-59	11	00:00:11	00:12:36	00:21:22	00:31:22	00:40:16	00:42:53.40	00:43:05.05	+00:05:52 (13.7%)	4:17	14 (86.4%)
12	MROWIEC Bernard	393	TEMPO TWORKÓW	M50-59	12	00:00:13	00:12:40	00:21:37	00:31:59	00:40:47	00:43:11.80	00:43:24.95	+00:06:10 (14.3%)	4:19	13.9 (85.8%)
13	UCIEKŁAK Waldemar	221	PSZCZÓŁKOWSKI TEAM	M50-59	13	00:00:13	00:12:46	00:21:35	00:31:52	00:40:49	00:43:22.80	00:43:35.85	+00:06:21 (14.7%)	4:20	13.8 (85.2%)
14	DOBROWOLSKI Sławek	219	NAPRZÓD MŁOCINY	M50-59	14	00:00:15	00:12:47	00:21:44	00:32:10	00:41:05	00:43:32.65	00:43:48.30	+00:06:31 (15.0%)	4:21	13.8 (85.2%)
15	SKWARLIŃSKI Mirosław	874		M50-59	15	00:00:10	00:12:43	00:21:49	00:32:23	00:41:37	00:44:21.35	00:44:31.50	+00:07:20 (16.5%)	4:26	13.5 (83.3%)
16	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	16	00:00:13	00:13:03	00:22:27	00:33:14	00:42:22	00:44:51.40	00:45:05.05	+00:07:50 (17.5%)	4:29	13.4 (82.7%)
17	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	17	00:00:18	00:13:22	00:22:45	00:33:30	00:42:55	00:45:34.15	00:45:52.80	+00:08:32 (18.8%)	4:33	13.2 (81.5%)
18	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	18	00:00:19	00:13:32	00:23:00	00:33:50	00:43:03	00:45:38.15	00:45:57.65	+00:08:36 (18.9%)	4:33	13.1 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.9km	5km	7.3km	9.4km	10km	10km				
19	MAZURKIEWICZ Jarosław	687		M50-59	19	00:00:14	00:13:08	00:22:41	00:33:56	00:43:25	00:46:12.05	00:46:27.00	+00:09:10 (19.9%)	4:37	13 (80.2%)	
20	GWÓZDŹ Andrzej	882	POWOLI DO CELU	M50-59	20	00:00:13	00:13:19	00:22:45	00:33:50	00:43:29	00:46:15.65	00:46:29.55	+00:09:14 (20.0%)	4:37	13 (80.2%)	
21	KULAWIAK Bogdan	480		M50-59	21	00:00:23	00:13:50	00:23:17	00:34:37	00:44:35	00:47:11.95	00:47:35.30	+00:10:10 (21.6%)	4:43	12.7 (78.4%)	
22	ODROZEK Alfred	626		M50-59	22	00:00:16	00:13:56	00:23:48	00:35:12	00:45:06	00:47:50.50	00:48:07.35	+00:10:49 (22.6%)	4:47	12.5 (77.2%)	
23	BARAN Ryszard	767	RAFAKO S.A.	M50-59	23	00:00:14	00:13:41	00:23:37	00:35:08	00:45:12	00:48:04.40	00:48:19.35	+00:11:03 (23.0%)	4:48	12.5 (77.2%)	
24	GAWLAS Jan	725		M50-59	24	00:00:26	00:14:15	00:24:02	00:35:23	00:45:11	00:48:05.10	00:48:31.70	+00:11:03 (23.0%)	4:48	12.5 (77.2%)	
25	SZEWCZUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	25	00:00:12	00:13:53	00:24:03	00:35:43	00:45:48	00:48:51.80	00:49:04.35	+00:11:50 (24.2%)	4:53	12.3 (75.9%)	
26	KOTARSKI Marek	450	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	26	00:00:30	00:14:37	00:24:43	00:36:12	00:46:09	00:49:08.95	00:49:39.80	+00:12:07 (24.7%)	4:54	12.2 (75.3%)	
27	JASIŃSKI Maksymilian	82		M50-59	27	00:00:27	00:14:38	00:24:53	00:36:35	00:46:46	00:49:31.45	00:49:58.80	+00:12:30 (25.2%)	4:57	12.1 (74.7%)	
28	DOMAGALIK Robert	254		M50-59	28	00:00:31	00:15:04	00:25:17	00:37:02	00:47:05	00:50:02.95	00:50:34.50	+00:13:01 (26.0%)	5:00	12 (74.1%)	
29	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	29	00:00:24	00:14:41	00:24:59	00:37:00	00:47:19	00:50:17.45	00:50:42.30	+00:13:16 (26.4%)	5:01	11.9 (73.5%)	
30	RASZKA Janusz	419	OLZA CIESZYN	M50-59	30	00:00:21	00:14:37	00:24:50	00:37:11	00:48:05	00:51:00.70	00:51:22.45	+00:13:59 (27.4%)	5:06	11.8 (72.8%)	
31	SOKOŁOWSKI Piotr	395	BRAK	M50-59	31	00:00:33	00:15:10	00:25:32	00:37:55	00:48:20	00:51:22.90	00:51:56.15	+00:14:21 (28.0%)	5:08	11.7 (72.2%)	
32	BURNAGIEL Tomasz	27		M50-59	32	00:00:25	00:15:16	00:25:59	00:38:11	00:48:36	00:51:34.10	00:51:59.90	+00:14:32 (28.2%)	5:09	11.6 (71.6%)	
33	MARCINIAK Artur	710		M50-59	33	00:00:27	00:15:29	00:26:25	00:38:55	00:49:43	00:52:45.35	00:53:12.50	+00:15:44 (29.8%)	5:16	11.4 (70.4%)	
34	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	34	00:00:40	00:16:06	00:27:14	00:40:01	00:51:00	00:53:57.10	00:54:37.30	+00:16:55 (31.4%)	5:23	11.1 (68.5%)	
35	CHROBOK Gerard	535		M50-59	35	00:00:30	00:15:22	00:26:24	00:39:26	00:50:41	00:53:58.10	00:54:28.55	+00:16:56 (31.4%)	5:23	11.1 (68.5%)	
36	BANDÍK Pavel	350	SK ČERNÉ PLÍCE	M50-59	36	00:00:34	00:16:09	00:27:23	00:40:11	00:51:04	00:54:09.35	00:54:43.45	+00:17:08 (31.6%)	5:24	11.1 (68.5%)	
37	WOLIŃSKI Józef	114		M50-59	37	00:00:37	00:15:57	00:26:55	00:39:50	00:51:05	00:54:15.70	00:54:53.30	+00:17:14 (31.8%)	5:25	11.1 (68.5%)	
38	WĘGLEWSKI Zbigniew	672		M50-59	38	00:00:31	00:15:55	00:27:09	00:40:09	00:51:39	00:54:53.95	00:55:25.30	+00:17:52 (32.6%)	5:29	10.9 (67.3%)	
39	SOBCZYK Sławomir	627	PASJONAT	M50-59	39	00:00:41	00:17:00	00:28:30	00:41:27	00:52:28	00:55:28.75	00:56:10.35	+00:18:27 (33.3%)	5:32	10.8 (66.7%)	
40	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	40	00:00:22	00:15:53	00:27:07	00:40:34	00:52:31	00:56:04.75	00:56:27.40	+00:19:03 (34.0%)	5:36	10.7 (66.0%)	
41	PŁONKA Krzysztof	740		M50-59	41	00:00:25	00:15:48	00:27:19	00:41:02	00:53:10	00:56:35.15	00:57:00.35	+00:19:33 (34.6%)	5:39	10.6 (65.4%)	
42	KUBICA Tadeusz	353	BWM	M50-59	42	00:00:35	00:16:30	00:28:01	00:41:43	00:53:28	00:56:50.85	00:57:26.05	+00:19:49 (34.9%)	5:41	10.6 (65.4%)	
43	BUJNA Tomasz	23		M50-59	43	00:00:32	00:16:23	00:28:22	00:42:21	00:54:10	00:57:38.55	00:58:10.85	+00:20:37 (35.8%)	5:45	10.4 (64.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
44	GIL Krzysztof	799		M50-59	44	00:00:23	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	+00:22:26 (37.7%)	5:56	10.1 (62.3%)
45	OSTROWSKI Sławomir	315		M50-59	45	00:00:42	00:18:27	00:31:33	00:47:01	01:00:25	01:04:20.85	01:05:03.05	+00:27:19 (42.5%)	6:26	9.3 (57.4%)
46	KAWULAK Kazimierz	494	KB MCKIS JAWORZNO	M50-59	46	00:00:40	00:18:36	00:32:16	00:48:21	01:02:01	01:05:54.30	01:06:34.90	+00:28:53 (43.8%)	6:35	9.1 (56.2%)
47	PRZYŁUCKI Grzegorz	611		M50-59	47	00:00:45	00:18:43	00:32:00	00:48:26	01:02:11	01:05:57.90	01:06:43.00	+00:28:56 (43.9%)	6:35	9.1 (56.2%)
48	ZBYL Jacek	172		M50-59	48	00:00:37	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	+00:29:10 (44.1%)	6:37	9.1 (56.2%)
49	PROĆ Andrzej	61	REBELLION OF FREE RUNNERS	M50-59	49	00:00:29	00:18:28	00:32:59	00:49:49	01:04:28	01:08:24.15	01:08:53.90	+00:31:22 (45.9%)	6:50	8.8 (54.3%)

Znaleziono 49 wynik(ów)