



# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
2023-09-09  
Jastrzębie-Zdrój  
10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M60-69

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>UCIEKLAK Waldemar</b>	<b>52</b>	PSZCZÓŁKOWSKI TEAM	M60-69	1		00:00:07	<b>00:44:31.90</b>	<b>00:44:39.85</b>		4:27	13.5 (100%)
2	<b>TOMCZYK Lesław</b>	<b>173</b>	OLZA CIESZYN	M60-69	2		00:00:08	<b>00:47:07.45</b>	<b>00:47:15.70</b>	+00:02:35 (5.5%)	4:42	12.7 (94.1%)
3	<b>GŁUSZYK Lesław</b>	<b>166</b>	HRMAX ŻORY	M60-69	3		00:00:08	<b>00:48:17.75</b>	<b>00:48:26.55</b>	+00:03:45 (7.8%)	4:49	12.4 (91.9%)
4	<b>WARZOCHA Mirosław</b>	<b>287</b>		M60-69	4		00:00:22	<b>00:48:49.20</b>	<b>00:49:11.25</b>	+00:04:17 (8.8%)	4:52	12.3 (91.1%)
5	<b>HETMAN Maryjusz</b>	<b>224</b>	DZIADEK Z WEHRMACHTU	M60-69	5		00:00:13	<b>00:48:55.80</b>	<b>00:49:09.45</b>	+00:04:23 (9.0%)	4:53	12.3 (91.1%)
6	<b>JASIŃSKI Maksymilian</b>	<b>282</b>		M60-69	6	MARO Team Jastrzębie - Żory	00:00:15	<b>00:50:49.55</b>	<b>00:51:05.15</b>	+00:06:17 (12.4%)	5:04	11.8 (87.4%)
7	<b>SZCZYRBOWSKI Jan</b>	<b>327</b>		M60-69	7		00:00:22	<b>00:52:36.00</b>	<b>00:52:58.25</b>	+00:08:04 (15.3%)	5:15	11.4 (84.4%)
8	<b>ORAWSKI Robert</b>	<b>395</b>	MIKI	M60-69	8		00:00:26	<b>00:53:39.40</b>	<b>00:54:05.80</b>	+00:09:07 (17.0%)	5:21	11.2 (83.0%)
9	<b>ŻYWICA Tadeusz</b>	<b>266</b>		M60-69	9		00:00:20	<b>00:55:37.80</b>	<b>00:55:58.55</b>	+00:11:05 (20.0%)	5:33	10.8 (80.0%)
10	<b>KĄKOL Ryszard</b>	<b>101</b>		M60-69	10		00:00:07	<b>00:55:49.05</b>	<b>00:55:56.30</b>	+00:11:17 (20.2%)	5:34	10.7 (79.3%)
11	<b>ZAUSCIŃSKI Tomasz</b>	<b>501</b>	GMINA STRZELCE OPOLSKIE	M60-69	11		00:00:27	<b>01:02:53.90</b>	<b>01:03:21.10</b>	+00:18:22 (29.2%)	6:17	9.5 (70.4%)
12	<b>SKRZYPIEC Andrzej</b>	<b>518</b>		M60-69	12		00:00:27	<b>01:03:42.35</b>	<b>01:04:09.55</b>	+00:19:10 (30.1%)	6:22	9.4 (69.6%)
13	<b>PIETRZYK Marek</b>	<b>431</b>		M60-69	13		00:00:28	<b>01:05:16.30</b>	<b>01:05:45.25</b>	+00:20:44 (31.8%)	6:31	9.2 (68.1%)
14	<b>MŁYNARCZYK Jerzy</b>	<b>362</b>	PKM ŚNIEŻNE KOTŁY	M60-69	14		00:00:30	<b>01:06:54.65</b>	<b>01:07:24.95</b>	+00:22:22 (33.4%)	6:41	9 (66.7%)

Znaleziono 14 wynik(ów)