

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Jastrzębianin

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	<b>SZULIK Grzegorz</b>	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	5	00:00:02	00:09:50	00:16:48	00:25:00	00:32:08	<b>00:34:10.75</b>	<b>00:34:13.05</b>		3:25	17.6 (100%)
2	<b>LIZAK Wojciech</b>	164		M30-39	7	00:00:02	00:10:10	00:17:21		00:32:58	<b>00:35:04.00</b>	<b>00:35:06.65</b>	+00:00:53 (2.5%)	3:30	17.1 (97.2%)
3	<b>ZIELIŃSKI Rafał</b>	433	KB MIOSIR JASTRZĘBIE	M30-39	15	00:00:02	00:10:31	00:18:11		00:34:29	<b>00:36:34.00</b>	<b>00:36:36.20</b>	+00:02:23 (6.5%)	3:39	16.4 (93.2%)
4	<b>GIŻYŃSKI Damian</b>	252		M30-39	28	00:00:03	00:10:38	00:18:11		00:35:46	<b>00:37:56.60</b>	<b>00:37:59.85</b>	+00:03:45 (9.9%)	3:47	15.8 (89.8%)
5	<b>KMITA Tomasz</b>	851		M20-29	12	00:00:03	00:10:56	00:18:39		00:35:45	<b>00:37:59.10</b>	<b>00:38:02.90</b>	+00:03:48 (10.0%)	3:47	15.8 (89.8%)
6	<b>ALBRECHT Arkadiusz</b>	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	7	00:00:06	00:11:00	00:18:53		00:35:47	<b>00:38:05.30</b>	<b>00:38:11.85</b>	+00:03:54 (10.3%)	3:48	15.8 (89.8%)
7	<b>ALBRECHT Krystian</b>	198	GB GALOPUJĄCE ŚLIMAKI	M16-19	5	00:00:06	00:11:00	00:18:52		00:35:47	<b>00:38:05.95</b>	<b>00:38:12.40</b>	+00:03:55 (10.3%)	3:48	15.7 (89.2%)
8	<b>KOGUCIUK Karol</b>	157	GB GALOPUJĄCE ŚLIMAKI	M16-19	6	00:00:14	00:11:02	00:18:56		00:36:10	<b>00:38:18.50</b>	<b>00:38:33.30</b>	+00:04:07 (10.8%)	3:49	15.7 (89.2%)
9	<b>PIECHACZEK Jacek</b>	586	INŻYNIERIA BIEGANIA TEAM	M40-49	8	00:00:05	00:11:25	00:19:21		00:36:36	<b>00:38:50.40</b>	<b>00:38:55.75</b>	+00:04:39 (12.0%)	3:53	15.5 (88.1%)
10	<b>KUNINA Paweł</b>	130	AMATOR	M40-49	13	00:00:06	00:11:34	00:19:52	00:29:12	00:37:08	<b>00:39:32.50</b>	<b>00:39:38.60</b>	+00:05:21 (13.6%)	3:57	15.2 (86.4%)
11	<b>BARTNIK Sebastian</b>	181	GALOPUJĄCE ŚLIMAKI	M40-49	14	00:00:08	00:11:41	00:19:51	00:29:08	00:37:23	<b>00:39:53.05</b>	<b>00:40:01.25</b>	+00:05:42 (14.3%)	3:59	15 (85.2%)
12	<b>URBAŃCZYK Marcin</b>	51		M20-29	21	00:00:11	00:11:58	00:20:21	00:29:59	00:38:21	<b>00:40:42.05</b>	<b>00:40:53.20</b>	+00:06:31 (16.0%)	4:04	14.7 (83.5%)
13	<b>MAZUR Marek</b>	78		M40-49	19	00:00:08	00:11:44	00:19:55	00:29:44	00:38:26	<b>00:40:58.85</b>	<b>00:41:07.75</b>	+00:06:48 (16.6%)	4:05	14.6 (83.0%)
14	<b>RAJWA Jan</b>	309	BZIEGCZE	M20-29	23	00:00:06	00:11:41	00:20:08	00:30:06	00:38:53	<b>00:41:13.55</b>	<b>00:41:20.30</b>	+00:07:02 (17.1%)	4:07	14.6 (83.0%)
15	<b>SIEGMUND Tadeusz</b>	187	KB MOSIR JASTRZĘBIE	M40-49	20	00:00:02	00:11:58	00:20:31	00:30:25	00:38:52	<b>00:41:18.75</b>	<b>00:41:21.60</b>	+00:07:08 (17.3%)	4:07	14.5 (82.4%)
16	<b>SPYRKA Piotr</b>	97		M30-39	50	00:00:05	00:11:50	00:20:16	00:30:15	00:38:55	<b>00:41:19.50</b>	<b>00:41:24.70</b>	+00:07:08 (17.3%)	4:07	14.5 (82.4%)
17	<b>ZIELIŃSKI Ireneusz</b>	170		M40-49	21	00:00:07	00:11:45	00:20:13	00:30:13	00:38:55	<b>00:41:23.35</b>	<b>00:41:31.30</b>	+00:07:12 (17.4%)	4:08	14.5 (82.4%)
18	<b>ADAMCZEWSKI Waldemar</b>	37		M50-59	6	00:00:11	00:12:13	00:20:55	00:30:55	00:39:34	<b>00:41:56.60</b>	<b>00:42:07.80</b>	+00:07:45 (18.5%)	4:11	14.3 (81.3%)
19	<b>PRÓSZYŃSKI Sławomir</b>	298		M30-39	57	00:00:13	00:12:29	00:21:18	00:31:07	00:39:43	<b>00:42:11.55</b>	<b>00:42:25.20</b>	+00:08:00 (19.0%)	4:13	14.2 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
20	<b>GRZONKA Andrzej</b>	<b>128</b>	GBGALOPUJACE SLIMAKI	M40-49	28	00:00:08	00:12:02	00:20:43	00:31:00	00:39:47	<b>00:42:17.35</b>	<b>00:42:26.10</b>	+00:08:06 (19.2%)	4:13	14.2 (80.7%)
21	<b>BIAŁECKI Tomasz</b>	<b>492</b>		M40-49	30	00:00:13	00:12:29	00:21:03	00:31:01		<b>00:42:21.30</b>	<b>00:42:34.40</b>	+00:08:10 (19.3%)	4:14	14.2 (80.7%)
22	<b>PIŁATOWSKI Mirosław</b>	<b>85</b>	KB MOSIR JASTRZĘBIE	M50-59	10	00:00:09	00:12:18	00:21:07	00:31:24	00:40:18	<b>00:42:48.55</b>	<b>00:42:57.90</b>	+00:08:37 (20.2%)	4:16	14 (79.5%)
23	<b>DZIERZENGA Artur</b>	<b>633</b>		M40-49	36	00:00:00	00:12:14				<b>00:42:54.00</b>	<b>00:42:54.00</b>	+00:08:43 (20.3%)	4:17	14 (79.5%)
24	<b>LILLA Piotr</b>	<b>580</b>	ML DESIGN	M30-39	62	00:00:14	00:12:20	00:21:08	00:31:28	00:40:38	<b>00:43:11.00</b>	<b>00:43:25.05</b>	+00:09:00 (20.9%)	4:19	13.9 (79.0%)
25	<b>JĘDRZEJAK Piotr</b>	<b>146</b>		M40-49	42	00:00:26	00:13:06	00:22:05	00:32:08	00:40:54	<b>00:43:21.35</b>	<b>00:43:48.20</b>	+00:09:10 (21.2%)	4:20	13.8 (78.4%)
26	<b>BAC Michał</b>	<b>555</b>		M30-39	63	00:00:15	00:12:55	00:21:51	00:32:06	00:40:51	<b>00:43:21.85</b>	<b>00:43:37.80</b>	+00:09:11 (21.2%)	4:20	13.8 (78.4%)
27	<b>WYREMBELSKI Adam</b>	<b>169</b>		M20-29	30	00:00:15	00:12:48	00:21:53	00:32:18	00:41:17	<b>00:43:44.95</b>	<b>00:44:00.75</b>	+00:09:34 (21.9%)	4:22	13.7 (77.8%)
28	<b>NIEDZIELKO Grzegorz</b>	<b>495</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	31	00:00:09	00:12:24	00:21:28	00:32:20	00:41:31	<b>00:43:51.00</b>	<b>00:44:00.00</b>	+00:09:40 (22.1%)	4:23	13.7 (77.8%)
29	<b>CZAPOROWSKI Tomasz</b>	<b>222</b>		M30-39	68	00:00:10	00:12:24	00:21:21	00:32:02	00:41:17	<b>00:43:53.45</b>	<b>00:44:04.30</b>	+00:09:42 (22.1%)	4:23	13.7 (77.8%)
30	<b>KIEPIELA Dawid</b>	<b>119</b>	KLUB BIEGACZA FARTLEK	M30-39	70	00:00:16	00:12:47	00:21:51	00:32:28	00:41:32	<b>00:44:07.45</b>	<b>00:44:23.70</b>	+00:09:56 (22.5%)	4:24	13.6 (77.3%)
31	<b>RADOMSKI Mariusz</b>	<b>870</b>	BZIOK	M40-49	51	00:00:23	00:13:04	00:22:04	00:32:36	00:41:35	<b>00:44:11.65</b>	<b>00:44:35.25</b>	+00:10:00 (22.7%)	4:25	13.6 (77.3%)
32	<b>ŁYSEK Paweł</b>	<b>392</b>	BZIEGACZE	M40-49	53	00:00:16	00:12:47	00:21:51	00:32:26	00:41:47	<b>00:44:16.60</b>	<b>00:44:32.95</b>	+00:10:05 (22.8%)	4:25	13.6 (77.3%)
33	<b>ZADROGA Karol</b>	<b>721</b>		M20-29	34	00:00:00					<b>00:44:19.00</b>	<b>00:44:19.00</b>	+00:10:08 (22.9%)	4:25	13.5 (76.7%)
34	<b>OGRODNIK Damian</b>	<b>280</b>		M30-39	76	00:00:12	00:12:48	00:21:54	00:32:36	00:41:50	<b>00:44:25.50</b>	<b>00:44:38.15</b>	+00:10:14 (23.1%)	4:26	13.5 (76.7%)
35	<b>JANISZEWSKI Dominik</b>	<b>282</b>		M30-39	77	00:00:20	00:13:01	00:22:15	00:32:54	00:41:55	<b>00:44:27.30</b>	<b>00:44:47.60</b>	+00:10:16 (23.1%)	4:26	13.5 (76.7%)
36	<b>JANECKI Mateusz</b>	<b>216</b>	BZIEGACZE	M20-29	35	00:00:16	00:12:46	00:21:44	00:32:26	00:41:48	<b>00:44:30.65</b>	<b>00:44:46.90</b>	+00:10:19 (23.2%)	4:27	13.5 (76.7%)
37	<b>OBROŚLAK Jacek</b>	<b>587</b>	BIEGIEM PRZEZ GÓRY	M40-49	56	00:00:15	00:12:47	00:21:51	00:32:27	00:41:52	<b>00:44:41.30</b>	<b>00:44:56.50</b>	+00:10:30 (23.5%)	4:28	13.4 (76.1%)
38	<b>MARON Tomasz</b>	<b>54</b>	KB MOSIR JASTRZĘBIE	M30-39	81	00:00:14	00:12:57	00:22:10	00:33:04	00:42:17	<b>00:44:48.60</b>	<b>00:45:03.25</b>	+00:10:37 (23.7%)	4:28	13.4 (76.1%)
39	<b>JACH Marek</b>	<b>94</b>		M40-49	57	00:00:17	00:12:41	00:21:50	00:32:43	00:42:05	<b>00:44:51.80</b>	<b>00:45:09.20</b>	+00:10:41 (23.8%)	4:29	13.4 (76.1%)
40	<b>GANCARZ Mariusz</b>	<b>613</b>		M40-49	58	00:00:24	00:13:47	00:23:12	00:33:53	00:42:32	<b>00:44:56.50</b>	<b>00:45:20.65</b>	+00:10:45 (23.9%)	4:29	13.4 (76.1%)
41	<b>TYLEC Michał</b>	<b>92</b>		M30-39	83	00:00:17	00:12:52	00:22:11	00:32:57	00:42:18	<b>00:44:57.85</b>	<b>00:45:15.40</b>	+00:10:47 (24.0%)	4:29	13.3 (75.6%)
42	<b>JOCHLIK Szymon</b>	<b>391</b>		M30-39	86	00:00:16	00:12:46	00:21:56	00:32:57	00:42:31	<b>00:45:03.30</b>	<b>00:45:19.85</b>	+00:10:52 (24.1%)	4:30	13.3 (75.6%)
43	<b>DUDEK Danial</b>	<b>541</b>		M40-49	60	00:00:20	00:13:13	00:22:27	00:33:13	00:42:32	<b>00:45:05.60</b>	<b>00:45:26.20</b>	+00:10:54 (24.2%)	4:30	13.3 (75.6%)
44	<b>SOBEL Adrian</b>	<b>809</b>	BIEGIEM PRZEZ GÓRY	M30-39	96	00:00:09	00:13:21	00:22:55	00:34:03	00:43:34	<b>00:46:04.90</b>	<b>00:46:14.20</b>	+00:11:54 (25.8%)	4:36	13 (73.9%)
45	<b>ONAK Paweł</b>	<b>93</b>		M30-39	100	00:00:18	00:12:52	00:22:15	00:33:21	00:43:26	<b>00:46:18.95</b>	<b>00:46:37.30</b>	+00:12:08 (26.2%)	4:37	13 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
46	<b>WOŹNIAK Przemysław</b>	<b>304</b>		M30-39	103	00:00:24	00:14:08	00:23:47	00:34:38	00:43:52	<b>00:46:20.25</b>	<b>00:46:45.20</b>	+00:12:09 (26.2%)	4:38	12.9 (73.3%)
47	<b>MOTOWIDŁO Tomasz</b>	<b>210</b>		M30-39	104	00:00:15	00:13:04	00:22:42	00:33:55	00:43:36	<b>00:46:22.55</b>	<b>00:46:38.35</b>	+00:12:11 (26.3%)	4:38	12.9 (73.3%)
48	<b>ZIĘTARA Paweł</b>	<b>203</b>		M40-49	75	00:00:33	00:14:06	00:23:38	00:34:29	00:43:52	<b>00:46:42.50</b>	<b>00:47:15.90</b>	+00:12:31 (26.8%)	4:40	12.8 (72.7%)
49	<b>MACHEJ Remigiusz</b>	<b>579</b>	ML DESIGN	M30-39	109	00:00:27	00:13:55	00:23:42	00:34:48	00:44:26	<b>00:47:02.40</b>	<b>00:47:29.75</b>	+00:12:51 (27.3%)	4:42	12.8 (72.7%)
50	<b>KULAWIAK Bogdan</b>	<b>480</b>		M50-59	21	00:00:23	00:13:50	00:23:17	00:34:37	00:44:35	<b>00:47:11.95</b>	<b>00:47:35.30</b>	+00:13:01 (27.6%)	4:43	12.7 (72.2%)
51	<b>BAKOWSKI Michał</b>	<b>345</b>		M30-39	114	00:00:37	00:14:00	00:23:36	00:34:47	00:44:29	<b>00:47:18.20</b>	<b>00:47:56.05</b>	+00:13:07 (27.7%)	4:43	12.7 (72.2%)
52	<b>MROCKOWSKI Tomasz</b>	<b>536</b>		M40-49	80	00:00:23	00:13:57	00:23:41	00:34:57	00:44:40	<b>00:47:23.70</b>	<b>00:47:47.45</b>	+00:13:12 (27.9%)	4:44	12.7 (72.2%)
53	<b>BUĆKO Marcin</b>	<b>275</b>		M40-49	81	00:00:21	00:14:12	00:23:59	00:35:18	00:44:49	<b>00:47:24.70</b>	<b>00:47:45.75</b>	+00:13:13 (27.9%)	4:44	12.7 (72.2%)
54	<b>RAJWA Stanisław</b>	<b>313</b>	BZIEGACZE	M20-29	44	00:00:18	00:14:06	00:24:01	00:35:13	00:44:54	<b>00:47:27.90</b>	<b>00:47:46.15</b>	+00:13:17 (28.0%)	4:44	12.6 (71.6%)
55	<b>KOBIĄŁKA Robert</b>	<b>125</b>	JASTRZĘBIE ZDRÓJ	M40-49	84	00:00:06	00:12:57	00:22:32	00:34:11	00:44:29	<b>00:47:32.10</b>	<b>00:47:39.00</b>	+00:13:21 (28.1%)	4:45	12.6 (71.6%)
56	<b>ODROZEK Alfred</b>	<b>626</b>		M50-59	22	00:00:16	00:13:56	00:23:48	00:35:12	00:45:06	<b>00:47:50.50</b>	<b>00:48:07.35</b>	+00:13:39 (28.6%)	4:47	12.5 (71.0%)
57	<b>GAWLAS Jan</b>	<b>725</b>		M50-59	24	00:00:26	00:14:15	00:24:02	00:35:23	00:45:11	<b>00:48:05.10</b>	<b>00:48:31.70</b>	+00:13:54 (28.9%)	4:48	12.5 (71.0%)
58	<b>KOWALSKI Artur</b>	<b>724</b>		M30-39	120	00:00:24	00:13:26	00:23:15	00:35:06	00:45:23	<b>00:48:08.05</b>	<b>00:48:32.60</b>	+00:13:57 (29.0%)	4:48	12.5 (71.0%)
59	<b>WALA Marek</b>	<b>188</b>		M30-39	121	00:00:22	00:14:31	00:24:23	00:35:52	00:45:37	<b>00:48:13.00</b>	<b>00:48:35.50</b>	+00:14:02 (29.1%)	4:49	12.4 (70.5%)
60	<b>BYSTRYKOWSKI Marcin</b>	<b>281</b>		M40-49	93	00:00:16	00:13:38	00:23:37	00:35:21	00:45:34	<b>00:48:14.55</b>	<b>00:48:31.50</b>	+00:14:03 (29.2%)	4:49	12.4 (70.5%)
61	<b>JUNKA Piotr</b>	<b>888</b>		M30-39	122	00:00:23	00:14:36	00:24:47	00:36:13	00:45:48	<b>00:48:20.55</b>	<b>00:48:43.80</b>	+00:14:09 (29.3%)	4:50	12.4 (70.5%)
62	<b>PIECHOCKI Piotr</b>	<b>74</b>		M30-39	123	00:00:23	00:14:39	00:24:32	00:36:02	00:45:46	<b>00:48:27.80</b>	<b>00:48:51.70</b>	+00:14:17 (29.5%)	4:50	12.4 (70.5%)
63	<b>MARCZYNSKI Sebastian</b>	<b>817</b>		M30-39	124	00:00:19	00:14:06	00:24:18	00:35:48	00:45:39	<b>00:48:33.80</b>	<b>00:48:53.15</b>	+00:14:23 (29.6%)	4:51	12.4 (70.5%)
64	<b>MARON Tadeusz</b>	<b>56</b>		M30-39	125	00:00:21	00:14:32	00:24:30	00:35:59	00:45:46	<b>00:48:42.40</b>	<b>00:49:03.90</b>	+00:14:31 (29.8%)	4:52	12.3 (69.9%)
65	<b>ŚLEDZIŃSKI Maciej</b>	<b>585</b>	ŚLEDZIE	M40-49	98	00:00:25	00:14:36	00:24:48	00:36:15	00:46:03	<b>00:48:52.50</b>	<b>00:49:18.05</b>	+00:14:41 (30.1%)	4:53	12.3 (69.9%)
66	<b>WASILEWSKI Mateusz</b>	<b>879</b>	ZOFIOWKA	M20-29	47	00:00:13	00:13:42	00:24:22	00:36:14	00:46:14	<b>00:48:58.65</b>	<b>00:49:12.30</b>	+00:14:47 (30.2%)	4:53	12.2 (69.3%)
67	<b>HARATYK Grzegorz</b>	<b>294</b>	KLUB BIEGACZA FARTLEK	M30-39	131	00:00:18	00:13:33	00:23:45	00:35:49	00:46:16	<b>00:49:10.10</b>	<b>00:49:28.80</b>	+00:14:59 (30.5%)	4:55	12.2 (69.3%)
68	<b>JARZYNA Andrzej</b>	<b>477</b>		M20-29	49	00:00:33	00:14:27	00:24:31	00:36:09	00:46:20	<b>00:49:18.25</b>	<b>00:49:52.10</b>	+00:15:07 (30.7%)	4:55	12.2 (69.3%)
69	<b>WYREMBELSKI Amadeusz</b>	<b>168</b>		M20-29	50	00:00:16	00:13:23	00:23:40	00:35:56	00:46:18	<b>00:49:19.40</b>	<b>00:49:35.65</b>	+00:15:08 (30.7%)	4:55	12.2 (69.3%)
70	<b>JASIŃSKI Maksymilian</b>	<b>82</b>		M50-59	27	00:00:27	00:14:38	00:24:53	00:36:35	00:46:46	<b>00:49:31.45</b>	<b>00:49:58.80</b>	+00:15:20 (31.0%)	4:57	12.1 (68.8%)
71	<b>TORBIŃSKI Wiesław</b>	<b>159</b>	SZARE MORSY	M60-69	5	00:00:24	00:14:38	00:24:49	00:36:27	00:46:44	<b>00:49:40.15</b>	<b>00:50:04.55</b>	+00:15:29 (31.2%)	4:58	12.1 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
72	<b>GANDZEL Szymon</b>	<b>905</b>		M30-39	135	00:00:18	00:14:27	00:24:56	00:37:03	00:47:04	<b>00:49:43.60</b>	<b>00:50:01.65</b>	+00:15:32 (31.3%)	4:58	12.1 (68.8%)
73	<b>DANIELUK Kazimierz</b>	<b>404</b>	PKM ŚNIEŻNE KOTŁY	M60-69	6	00:00:22	00:14:19	00:24:24	00:36:24	00:46:54	<b>00:49:45.65</b>	<b>00:50:08.60</b>	+00:15:34 (31.3%)	4:58	12.1 (68.8%)
74	<b>KACHEL Arek</b>	<b>751</b>		M40-49	108	00:00:22	00:14:40	00:24:41	00:36:27	00:46:54	<b>00:49:46.95</b>	<b>00:50:09.70</b>	+00:15:36 (31.3%)	4:58	12.1 (68.8%)
75	<b>GARUS Krzysiek</b>	<b>568</b>	KSRG ZOFIÓWKA	M30-39	136	00:00:21	00:14:40	00:24:52	00:36:19	00:46:21	<b>00:49:48.30</b>	<b>00:50:10.00</b>	+00:15:37 (31.4%)	4:58	12 (68.2%)
76	<b>DOMAGALIK Robert</b>	<b>254</b>		M50-59	28	00:00:31	00:15:04	00:25:17	00:37:02	00:47:05	<b>00:50:02.95</b>	<b>00:50:34.50</b>	+00:15:52 (31.7%)	5:00	12 (68.2%)
77	<b>LECHOWICZ Tadeusz</b>	<b>31</b>	SZARE MORSY	M50-59	29	00:00:24	00:14:41	00:24:59	00:37:00	00:47:19	<b>00:50:17.45</b>	<b>00:50:42.30</b>	+00:16:06 (32.0%)	5:01	11.9 (67.6%)
78	<b>PARTYKA Karol</b>	<b>101</b>		M30-39	139	00:00:35	00:15:14	00:25:17	00:37:11	00:47:38	<b>00:50:34.50</b>	<b>00:51:09.80</b>	+00:16:23 (32.4%)	5:03	11.9 (67.6%)
79	<b>SKRZYPCZAK Krystian</b>	<b>382</b>		M16-19	12	00:00:06	00:14:03	00:24:10	00:37:06	00:47:59	<b>00:50:45.90</b>	<b>00:50:52.35</b>	+00:16:35 (32.7%)	5:04	11.8 (67.0%)
80	<b>ZMUDA Dariusz</b>	<b>227</b>		M40-49	113	00:00:23	00:15:06	00:25:30	00:37:34	00:47:52	<b>00:50:53.25</b>	<b>00:51:17.00</b>	+00:16:42 (32.8%)	5:05	11.8 (67.0%)
81	<b>PIDANTY Łukasz</b>	<b>81</b>		M30-39	141	00:00:42	00:15:44	00:26:10	00:38:29	00:48:21	<b>00:51:02.35</b>	<b>00:51:45.15</b>	+00:16:51 (33.0%)	5:06	11.8 (67.0%)
82	<b>KRÓLIK Arkadiusz</b>	<b>489</b>	NIEZRZESZONY	M40-49	116	00:00:34	00:15:03	00:25:38	00:37:54	00:48:20	<b>00:51:24.80</b>	<b>00:51:58.80</b>	+00:17:14 (33.5%)	5:08	11.7 (66.5%)
83	<b>DOMASZK Paweł</b>	<b>702</b>		M20-29	52	00:00:34	00:15:53	00:26:42	00:38:58	00:49:05	<b>00:51:35.80</b>	<b>00:52:10.30</b>	+00:17:25 (33.8%)	5:09	11.6 (65.9%)
84	<b>NOWAK Patryk</b>	<b>162</b>	KLUB BIEGACZA FARTLEK	M20-29	53	00:00:28	00:14:47	00:25:11	00:37:32	00:48:33	<b>00:51:39.15</b>	<b>00:52:07.80</b>	+00:17:28 (33.8%)	5:09	11.6 (65.9%)
85	<b>MARCHEWKA Bartek</b>	<b>603</b>		M30-39	144	00:00:31	00:15:09	00:25:57	00:38:26	00:49:00	<b>00:51:45.10</b>	<b>00:52:17.00</b>	+00:17:34 (34.0%)	5:10	11.6 (65.9%)
86	<b>MAJCHRZAK Dawid</b>	<b>745</b>		M20-29	54	00:00:18	00:13:38	00:24:08	00:37:24	00:48:43	<b>00:51:50.60</b>	<b>00:52:09.55</b>	+00:17:39 (34.1%)	5:11	11.6 (65.9%)
87	<b>PAJĄK Kamil</b>	<b>312</b>	GALOPUJĄCE ŚLIMAKI	M30-39	146	00:00:08	00:14:43	00:25:35	00:37:53	00:48:56	<b>00:51:56.90</b>	<b>00:52:05.15</b>	+00:17:46 (34.2%)	5:11	11.5 (65.3%)
88	<b>PAJĄK Marcin</b>	<b>431</b>		M20-29	55	00:00:30	00:14:57	00:25:24	00:38:35	00:49:11	<b>00:52:06.10</b>	<b>00:52:36.50</b>	+00:17:55 (34.4%)	5:12	11.5 (65.3%)
89	<b>WACNIK Dariusz</b>	<b>67</b>		M40-49	126	00:00:32	00:16:03	00:26:45	00:39:13	00:49:43	<b>00:52:33.60</b>	<b>00:53:06.50</b>	+00:18:22 (35.0%)	5:15	11.4 (64.8%)
90	<b>ANUSZKIEWICZ Igor</b>	<b>53</b>		M30-39	152	00:00:25	00:14:47	00:25:25	00:38:14	00:49:23	<b>00:52:33.90</b>	<b>00:52:59.70</b>	+00:18:23 (35.0%)	5:15	11.4 (64.8%)
91	<b>MAKOWSKI Grzegorz</b>	<b>201</b>		M20-29	57	00:00:34	00:15:13	00:26:01	00:38:56	00:50:06	<b>00:52:41.20</b>	<b>00:53:16.10</b>	+00:18:30 (35.1%)	5:16	11.4 (64.8%)
92	<b>FLASZ Dawid</b>	<b>191</b>		M40-49	128	00:00:26	00:15:09	00:26:31	00:39:28	00:50:10	<b>00:52:59.30</b>	<b>00:53:25.65</b>	+00:18:48 (35.5%)	5:17	11.3 (64.2%)
93	<b>MALISZEWSKI Marcin</b>	<b>578</b>		M30-39	157	00:00:43	00:15:39	00:25:59	00:38:40	00:49:49	<b>00:53:12.55</b>	<b>00:53:56.35</b>	+00:19:01 (35.8%)	5:19	11.3 (64.2%)
94	<b>MAKOWSKI Dariusz</b>	<b>311</b>		M30-39	159	00:00:35	00:15:12	00:26:00	00:38:55	00:50:24	<b>00:53:27.05</b>	<b>00:54:02.45</b>	+00:19:16 (36.1%)	5:20	11.2 (63.6%)
95	<b>KONOPKA Jarosław</b>	<b>707</b>		M40-49	133	00:00:41	00:16:03	00:27:01	00:39:23	00:50:22	<b>00:53:33.60</b>	<b>00:54:15.05</b>	+00:19:22 (36.2%)	5:21	11.2 (63.6%)
96	<b>KAPUSTA Bartłomiej</b>	<b>178</b>		M30-39	161	00:00:41	00:16:07	00:27:20	00:40:07	00:50:43	<b>00:53:41.95</b>	<b>00:54:23.75</b>	+00:19:31 (36.4%)	5:22	11.2 (63.6%)
97	<b>KUBIENIEC Grzegorz</b>	<b>618</b>		M40-49	134	00:00:31	00:15:25	00:26:24	00:39:10	00:50:23	<b>00:53:43.35</b>	<b>00:54:14.60</b>	+00:19:32 (36.4%)	5:22	11.2 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
98	<b>WOJTAŚ Karol</b>	<b>788</b>	KOLKA TEAM	M30-39	163	00:00:35	00:17:15	00:28:14	00:40:46	00:51:12	<b>00:54:12.05</b>	<b>00:54:47.90</b>	+00:20:01 (36.9%)	5:25	11.1 (63.1%)
99	<b>POŁEĆ Krzysztof</b>	<b>140</b>	GALOPUJĄCE ŚLIMAKI	M30-39	165	00:00:34	00:16:01	00:27:22	00:40:10	00:51:22	<b>00:54:24.30</b>	<b>00:54:58.45</b>	+00:20:13 (37.2%)	5:26	11 (62.5%)
100	<b>SZEREDA Robert</b>	<b>340</b>		M40-49	140	00:00:04	00:14:24	00:25:27	00:39:00	00:51:12	<b>00:54:40.75</b>	<b>00:54:45.55</b>	+00:20:30 (37.5%)	5:28	11 (62.5%)
101	<b>WĘGLEWSKI Zbigniew</b>	<b>672</b>		M50-59	38	00:00:31	00:15:55	00:27:09	00:40:09	00:51:39	<b>00:54:53.95</b>	<b>00:55:25.30</b>	+00:20:43 (37.7%)	5:29	10.9 (61.9%)
102	<b>DEJEWSKI Jakub</b>	<b>303</b>	1984	M30-39	170	00:00:32	00:16:10	00:27:25	00:40:13	00:51:38	<b>00:55:01.15</b>	<b>00:55:33.80</b>	+00:20:50 (37.9%)	5:30	10.9 (61.9%)
103	<b>SKURSKI Jakub</b>	<b>840</b>		M30-39	171	00:00:28	00:15:55	00:27:03	00:40:26	00:51:50	<b>00:55:02.15</b>	<b>00:55:31.00</b>	+00:20:51 (37.9%)	5:30	10.9 (61.9%)
104	<b>CHMIEL Jacek</b>	<b>499</b>		M60-69	8	00:00:27	00:16:15	00:27:32	00:40:37	00:52:05	<b>00:55:14.40</b>	<b>00:55:42.35</b>	+00:21:03 (38.1%)	5:31	10.9 (61.9%)
105	<b>FROSZTĘGA Daniel</b>	<b>837</b>		M30-39	174	00:00:27	00:16:12	00:27:29	00:40:37	00:52:07	<b>00:55:32.15</b>	<b>00:55:59.15</b>	+00:21:21 (38.5%)	5:33	10.8 (61.4%)
106	<b>KRAMER Piotr</b>	<b>539</b>		M40-49	145	00:00:41	00:16:33	00:27:48	00:41:03	00:52:39	<b>00:55:51.25</b>	<b>00:56:33.10</b>	+00:21:40 (38.8%)	5:35	10.7 (60.8%)
107	<b>MŁYNARCZYK Jerzy</b>	<b>403</b>	PKM ŚNIEŻNE KOTŁY	M50-59	40	00:00:22	00:15:53	00:27:07	00:40:34	00:52:31	<b>00:56:04.75</b>	<b>00:56:27.40</b>	+00:21:54 (39.1%)	5:36	10.7 (60.8%)
108	<b>UKLEJA Sebastian</b>	<b>258</b>		M40-49	147	00:00:28	00:15:46	00:27:25	00:41:18	00:53:10	<b>00:56:25.30</b>	<b>00:56:53.60</b>	+00:22:14 (39.4%)	5:38	10.6 (60.2%)
109	<b>PŁONKA Krzysztof</b>	<b>740</b>		M50-59	41	00:00:25	00:15:48	00:27:19	00:41:02	00:53:10	<b>00:56:35.15</b>	<b>00:57:00.35</b>	+00:22:24 (39.6%)	5:39	10.6 (60.2%)
110	<b>GRZESZCZUK Tomasz</b>	<b>529</b>		M20-29	63	00:00:26	00:16:07	00:28:01	00:41:51	00:53:40	<b>00:56:44.10</b>	<b>00:57:10.75</b>	+00:22:33 (39.8%)	5:40	10.6 (60.2%)
111	<b>MALISZEWSKI Dariusz</b>	<b>214</b>		M30-39	175	00:00:44	00:17:09	00:29:05	00:42:45	00:53:51	<b>00:56:44.20</b>	<b>00:57:28.90</b>	+00:22:33 (39.8%)	5:40	10.6 (60.2%)
112	<b>MUSIAŁ Łukasz</b>	<b>270</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	176	00:00:29	00:16:23	00:27:31	00:41:33	00:53:25	<b>00:56:49.90</b>	<b>00:57:19.80</b>	+00:22:39 (39.9%)	5:41	10.6 (60.2%)
113	<b>PYZIK Marcin</b>	<b>506</b>		M40-49	149	00:00:35	00:15:56	00:27:16	00:41:20	00:54:02	<b>00:57:31.60</b>	<b>00:58:06.70</b>	+00:23:20 (40.6%)	5:45	10.4 (59.1%)
114	<b>IZDEBSKI Konrad</b>	<b>696</b>		M20-29	64	00:00:51	00:17:11	00:29:05	00:42:51	00:54:30	<b>00:57:33.45</b>	<b>00:58:24.85</b>	+00:23:22 (40.6%)	5:45	10.4 (59.1%)
115	<b>BUJNA Tomasz</b>	<b>23</b>		M50-59	43	00:00:32	00:16:23	00:28:22	00:42:21	00:54:10	<b>00:57:38.55</b>	<b>00:58:10.85</b>	+00:23:27 (40.7%)	5:45	10.4 (59.1%)
116	<b>WOWRA Robert</b>	<b>116</b>		M30-39	178	00:00:50	00:17:52	00:30:04	00:43:40	00:54:52	<b>00:57:49.00</b>	<b>00:58:39.10</b>	+00:23:38 (40.9%)	5:46	10.4 (59.1%)
117	<b>CIEŚLA Artur</b>	<b>769</b>		M30-39	179	00:00:37	00:16:04	00:27:46	00:41:46	00:54:19	<b>00:57:54.80</b>	<b>00:58:32.30</b>	+00:23:44 (41.0%)	5:47	10.4 (59.1%)
118	<b>LISZOK Przemysław</b>	<b>112</b>		M30-39	180	00:00:38	00:16:59	00:29:02	00:42:58	00:54:56	<b>00:58:19.90</b>	<b>00:58:58.55</b>	+00:24:09 (41.4%)	5:50	10.3 (58.5%)
119	<b>POSTUPALSKI Marcin</b>	<b>307</b>		M30-39	182	00:00:49	00:17:58	00:29:57	00:43:22	00:55:09	<b>00:58:23.50</b>	<b>00:59:12.85</b>	+00:24:12 (41.5%)	5:50	10.3 (58.5%)
120	<b>SZYMANIEC Marcin</b>	<b>155</b>	WRM MC POLAND	M40-49	153	00:00:46	00:16:15	00:28:08	00:42:30	00:55:13	<b>00:58:55.10</b>	<b>00:59:42.05</b>	+00:24:44 (42.0%)	5:53	10.2 (58.0%)
121	<b>KOWALSKI Piotr</b>	<b>543</b>		M40-49	155	00:00:48	00:17:50	00:30:18	00:44:21	00:55:44	<b>00:59:01.25</b>	<b>00:59:49.95</b>	+00:24:50 (42.1%)	5:54	10.2 (58.0%)
122	<b>BĘBENEK Marcin</b>	<b>107</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	186	00:00:43	00:17:47	00:30:09	00:43:54	00:55:56	<b>00:59:17.85</b>	<b>01:00:01.40</b>	+00:25:07 (42.4%)	5:55	10.1 (57.4%)
123	<b>LONDWIG Tomasz</b>	<b>245</b>	MTB KYNDRA KLUB	M30-39	187	00:00:43	00:17:47	00:30:10	00:43:55	00:55:56	<b>00:59:18.25</b>	<b>01:00:01.80</b>	+00:25:07 (42.4%)	5:55	10.1 (57.4%)

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
124	<b>GIL Krzysztof</b>	<b>799</b>		M50-59	44	00:00:23	00:16:00	00:27:50	00:42:35	00:55:54	<b>00:59:27.70</b>	<b>00:59:51.55</b>	+00:25:16 (42.5%)	5:56	10.1 (57.4%)
125	<b>LURANC Paweł</b>	<b>774</b>	MARCZYK-LURANC TEAM	M40-49	157	00:00:42	00:18:30	00:31:12	00:45:17	00:57:36	<b>01:01:03.20</b>	<b>01:01:45.75</b>	+00:26:52 (44.0%)	6:06	9.8 (55.7%)
126	<b>KRZYSTOLIK Damian</b>	<b>418</b>		M30-39	189	00:00:47	00:18:12	00:30:48	00:45:32	00:57:58	<b>01:01:19.05</b>	<b>01:02:06.45</b>	+00:27:08 (44.3%)	6:07	9.8 (55.7%)
127	<b>SOBIERAJ Paweł</b>	<b>914</b>		M40-49	158	00:00:36	00:16:41	00:29:29	00:44:44	00:58:13	<b>01:02:00.35</b>	<b>01:02:36.90</b>	+00:27:49 (44.9%)	6:12	9.7 (55.1%)
128	<b>GIŻYŃSKI Krystian</b>	<b>274</b>		M20-29	71	00:00:46	00:16:52	00:29:52	00:45:39	00:59:20	<b>01:02:32.10</b>	<b>01:03:18.60</b>	+00:28:21 (45.3%)	6:15	9.6 (54.5%)
129	<b>DANIŁOŚ Bartłomiej</b>	<b>501</b>		M30-39	190	00:00:46	00:18:06	00:30:58	00:45:36	00:58:42	<b>01:02:37.85</b>	<b>01:03:24.80</b>	+00:28:27 (45.4%)	6:15	9.6 (54.5%)
130	<b>JANISZEWSKI Bartosz</b>	<b>554</b>		M30-39	191	00:00:42	00:19:17	00:33:05	00:47:18	00:59:34	<b>01:03:14.15</b>	<b>01:03:56.25</b>	+00:29:03 (45.9%)	6:19	9.5 (54.0%)
131	<b>WOJTKOWIAK Robert</b>	<b>43</b>		M30-39	193	00:00:46	00:18:02	00:31:05	00:46:26	00:59:16	<b>01:03:22.15</b>	<b>01:04:08.70</b>	+00:29:11 (46.1%)	6:20	9.5 (54.0%)
132	<b>OSTROWSKI Sławomir</b>	<b>315</b>		M50-59	45	00:00:42	00:18:27	00:31:33	00:47:01	01:00:25	<b>01:04:20.85</b>	<b>01:05:03.05</b>	+00:30:10 (46.9%)	6:26	9.3 (52.8%)
133	<b>ZBYL Jacek</b>	<b>172</b>		M50-59	48	00:00:37	00:18:32	00:32:33	00:48:09	01:02:05	<b>01:06:11.95</b>	<b>01:06:49.15</b>	+00:32:01 (48.4%)	6:37	9.1 (51.7%)
134	<b>KUBAS Mariusz</b>	<b>322</b>	KLUB BIEGACZA FARTLEK	M40-49	165	00:00:44	00:19:57	00:34:52	00:53:10	01:07:58	<b>01:11:53.45</b>	<b>01:12:38.40</b>	+00:37:42 (52.5%)	7:11	8.3 (47.2%)
135	<b>MIERZYŃSKI Kamil</b>	<b>658</b>		M20-29	73	00:00:04	00:24:11	00:42:32	01:03:28	01:22:13	<b>01:27:21.00</b>	<b>01:27:25.35</b>	+00:53:10 (60.9%)	8:44	6.9 (39.2%)
136	<b>SYPNIEWSKI Grzegorz</b>	<b>818</b>	WRM MC POLAND	M40-49	166	00:00:48	00:17:34						+00:07:44	6:03	9.9 (56.3%)

Znaleziono 136 wynik(ów)