

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Jastrzębianin

Punkt pomiarowy: 7,3 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
1	<b>SZULIK Grzegorz</b>	<b>5</b>	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48	00:25:00
2	<b>BARTNIK Sebastian</b>	<b>181</b>	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08
3	<b>KUNINA Paweł</b>	<b>130</b>	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12
4	<b>MAZUR Marek</b>	<b>78</b>		M40-49	00:00:08	00:11:44	00:19:55	00:29:44
5	<b>URBAŃCZYK Marcin</b>	<b>51</b>		M20-29	00:00:11	00:11:58	00:20:21	00:29:59
6	<b>RAJWA Jan</b>	<b>309</b>	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06
7	<b>ZIELIŃSKI Ireneusz</b>	<b>170</b>		M40-49	00:00:07	00:11:45	00:20:13	00:30:13
8	<b>SPYRKA Piotr</b>	<b>97</b>		M30-39	00:00:05	00:11:50	00:20:16	00:30:15
9	<b>SIEGMUND Tadeusz</b>	<b>187</b>	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25
10	<b>ADAMCZEWSKI Waldemar</b>	<b>37</b>		M50-59	00:00:11	00:12:13	00:20:55	00:30:55
11	<b>GRZONKA Andrzej</b>	<b>128</b>	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00
12	<b>BIAŁECKI Tomasz</b>	<b>492</b>		M40-49	00:00:13	00:12:29	00:21:03	00:31:01
13	<b>PRÓSZYŃSKI Sławomir</b>	<b>298</b>		M30-39	00:00:13	00:12:29	00:21:18	00:31:07
14	<b>PIŁATOWSKI Mirosław</b>	<b>85</b>	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07	00:31:24
15	<b>LILLA Piotr</b>	<b>580</b>	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28
16	<b>CZAPOROWSKI Tomasz</b>	<b>222</b>		M30-39	00:00:10	00:12:24	00:21:21	00:32:02
17	<b>BAC Michał</b>	<b>555</b>		M30-39	00:00:15	00:12:55	00:21:51	00:32:06
18	<b>JĘDRZEJAK Piotr</b>	<b>146</b>		M40-49	00:00:26	00:13:06	00:22:05	00:32:08
19	<b>WYREMBELSKI Adam</b>	<b>169</b>		M20-29	00:00:15	00:12:48	00:21:53	00:32:18
20	<b>NIEDZIELKO Grzegorz</b>	<b>495</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20
21	<b>JANECKI Mateusz</b>	<b>216</b>	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26
22	<b>ŁYSEK Paweł</b>	<b>392</b>	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26
23	<b>OBROŚLAK Jacek</b>	<b>587</b>	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27
24	<b>KIEPIELA Dawid</b>	<b>119</b>	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28
25	<b>OGRODNIK Damian</b>	<b>280</b>		M30-39	00:00:12	00:12:48	00:21:54	00:32:36
26	<b>RADOMSKI Mariusz</b>	<b>870</b>	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36
27	<b>JACH Marek</b>	<b>94</b>		M40-49	00:00:17	00:12:41	00:21:50	00:32:43
28	<b>JANISZEWSKI Dominik</b>	<b>282</b>		M30-39	00:00:20	00:13:01	00:22:15	00:32:54
29	<b>JOCHLIK Szymon</b>	<b>391</b>		M30-39	00:00:16	00:12:46	00:21:56	00:32:57
30	<b>TYLEC Michał</b>	<b>92</b>		M30-39	00:00:17	00:12:52	00:22:11	00:32:57

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
31	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04
32	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27	00:33:13
33	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15	00:33:21
34	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12	00:33:53
35	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42	00:33:55
36	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03
37	KOBIALKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11
38	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29
39	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17	00:34:37
40	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38
41	BAKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36	00:34:47
42	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48
43	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41	00:34:57
44	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15	00:35:06
45	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48	00:35:12
46	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13
47	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59	00:35:18
48	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37	00:35:21
49	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02	00:35:23
50	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18	00:35:48
51	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49
52	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23	00:35:52
53	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40	00:35:56
54	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30	00:35:59
55	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32	00:36:02
56	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31	00:36:09
57	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47	00:36:13
58	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14
59	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15
60	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19
61	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24	00:36:24
62	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41	00:36:27
63	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49	00:36:27
64	JASIŃSKI Maksymilian	82		M50-59	00:00:27	00:14:38	00:24:53	00:36:35
65	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59	00:37:00
66	DOMAGALIK Robert	254		M50-59	00:00:31	00:15:04	00:25:17	00:37:02
67	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56	00:37:03
68	SKRZYPCZAK Krystian	382		M16-19	00:00:06	00:14:03	00:24:10	00:37:06
69	PARTYKA Karol	101		M30-39	00:00:35	00:15:14	00:25:17	00:37:11
70	MAJCHRZAK Dawid	745		M20-29	00:00:18	00:13:38	00:24:08	00:37:24
71	NOWAK Patryk	162	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32
72	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30	00:37:34
73	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53
74	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54
75	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25	00:38:14

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
76	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57	00:38:26
77	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10	00:38:29
78	PAJĄK Marcin	431		M20-29	00:00:30	00:14:57	00:25:24	00:38:35
79	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59	00:38:40
80	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00	00:38:55
81	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01	00:38:56
82	DOMASZK Paweł	702		M20-29	00:00:34	00:15:53	00:26:42	00:38:58
83	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27	00:39:00
84	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24	00:39:10
85	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45	00:39:13
86	KONOPKA Jaroslaw	707		M40-49	00:00:41	00:16:03	00:27:01	00:39:23
87	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31	00:39:28
88	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20	00:40:07
89	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09	00:40:09
90	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10
91	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13
92	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03	00:40:26
93	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07	00:40:34
94	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32	00:40:37
95	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29	00:40:37
96	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46
97	PŁONKA Krzysztof	740		M50-59	00:00:25	00:15:48	00:27:19	00:41:02
98	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48	00:41:03
99	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25	00:41:18
100	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16	00:41:20
101	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33
102	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46	00:41:46
103	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01	00:41:51
104	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22	00:42:21
105	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30
106	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50	00:42:35
107	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05	00:42:45
108	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05	00:42:51
109	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02	00:42:58
110	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57	00:43:22
111	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04	00:43:40
112	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54
113	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55
114	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18	00:44:21
115	SOBIERAJ Paweł	914		M40-49	00:00:36	00:16:41	00:29:29	00:44:44
116	LURANC Paweł	774	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17
117	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48	00:45:32
118	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58	00:45:36
119	GIŻYŃSKI Krystian	274		M20-29	00:00:46	00:16:52	00:29:52	00:45:39
120	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05	00:46:26

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
121	<b>OSTROWSKI Sławomir</b>	<b>315</b>		M50-59	00:00:42	00:18:27	00:31:33	00:47:01
122	<b>JANISZEWSKI Bartosz</b>	<b>554</b>		M30-39	00:00:42	00:19:17	00:33:05	00:47:18
123	<b>ZBYL Jacek</b>	<b>172</b>		M50-59	00:00:37	00:18:32	00:32:33	00:48:09
124	<b>KUBAS Mariusz</b>	<b>322</b>	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10
125	<b>MIERZYŃSKI Kamil</b>	<b>658</b>		M20-29	00:00:04	00:24:11	00:42:32	01:03:28
126	<b>DZIERZENGA Artur</b>	<b>633</b>		M40-49	00:00:00	00:12:14		
127	<b>ZADROGA Karol</b>	<b>721</b>		M20-29	00:00:00			
128	<b>LIZAK Wojciech</b>	<b>164</b>		M30-39	00:00:02	00:10:10	00:17:21	
129	<b>ZIELIŃSKI Rafał</b>	<b>433</b>	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11	
130	<b>GIŻYŃSKI Damian</b>	<b>252</b>		M30-39	00:00:03	00:10:38	00:18:11	
131	<b>KMITA Tomasz</b>	<b>851</b>		M20-29	00:00:03	00:10:56	00:18:39	
132	<b>PIECHACZEK Jacek</b>	<b>586</b>	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21	
133	<b>ALBRECHT Arkadiusz</b>	<b>197</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53	
134	<b>ALBRECHT Krystian</b>	<b>198</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52	
135	<b>KOGUCIUK Karol</b>	<b>157</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56	
136	<b>SYPNIEWSKI Grzegorz</b>	<b>818</b>	WRM MC POLAND	M40-49	00:00:48	00:17:34		

Znaleziono 136 wynik(ów)