

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Event: Jastrzębska Dziesiątka
Organiser: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Date: 2018-09-15
Place: Jastrzębie-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Najlepszy Jastrzębianin

Split point: 9,4 km

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
1	SZULIK Grzegorz	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48	00:25:00	00:32:08
2	LIZAK Wojciech	164		M30-39	00:00:02	00:10:10	00:17:21		00:32:58
3	ZIELIŃSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11		00:34:29
4	KMITA Tomasz	851		M20-29	00:00:03	00:10:56	00:18:39		00:35:45
5	GIŻYŃSKI Damian	252		M30-39	00:00:03	00:10:38	00:18:11		00:35:46
6	ALBRECHT Arkadiusz	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53		00:35:47
7	ALBRECHT Krystian	198	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52		00:35:47
8	KOGUCIUK Karol	157	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56		00:36:10
9	PIECHACZEK Jacek	586	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21		00:36:36
10	KUNINA Paweł	130	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12	00:37:08
11	BARTNIK Sebastian	181	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08	00:37:23
12	URBAŃCZYK Marcin	51		M20-29	00:00:11	00:11:58	00:20:21	00:29:59	00:38:21
13	MAZUR Marek	78		M40-49	00:00:08	00:11:44	00:19:55	00:29:44	00:38:26
14	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25	00:38:52
15	RAJWA Jan	309	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06	00:38:53
16	SPYRKA Piotr	97		M30-39	00:00:05	00:11:50	00:20:16	00:30:15	00:38:55
17	ZIELIŃSKI Ireneusz	170		M40-49	00:00:07	00:11:45	00:20:13	00:30:13	00:38:55
18	ADAMCZEWSKI Waldemar	37		M50-59	00:00:11	00:12:13	00:20:55	00:30:55	00:39:34
19	PRÓSZYŃSKI Sławomir	298		M30-39	00:00:13	00:12:29	00:21:18	00:31:07	00:39:43
20	GRZONKA Andrzej	128	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00	00:39:47
21	PIŁATOWSKI Mirosław	85	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07	00:31:24	00:40:18
22	LILLA Piotr	580	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28	00:40:38
23	BAC Michał	555		M30-39	00:00:15	00:12:55	00:21:51	00:32:06	00:40:51
24	JĘDRZEJAK Piotr	146		M40-49	00:00:26	00:13:06	00:22:05	00:32:08	00:40:54
25	CZAPOROWSKI Tomasz	222		M30-39	00:00:10	00:12:24	00:21:21	00:32:02	00:41:17
26	WYREMBELSKI Adam	169		M20-29	00:00:15	00:12:48	00:21:53	00:32:18	00:41:17
27	NIEDZIELKO Grzegorz	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20	00:41:31
28	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28	00:41:32
29	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36	00:41:35
30	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26	00:41:47

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
31	JANECKI Mateusz	216	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26	00:41:48
32	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54	00:32:36	00:41:50
33	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27	00:41:52
34	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15	00:32:54	00:41:55
35	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50	00:32:43	00:42:05
36	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04	00:42:17
37	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11	00:32:57	00:42:18
38	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56	00:32:57	00:42:31
39	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27	00:33:13	00:42:32
40	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12	00:33:53	00:42:32
41	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15	00:33:21	00:43:26
42	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03	00:43:34
43	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42	00:33:55	00:43:36
44	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38	00:43:52
45	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29	00:43:52
46	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48	00:44:26
47	KOBIAŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11	00:44:29
48	BĄKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36	00:34:47	00:44:29
49	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17	00:34:37	00:44:35
50	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41	00:34:57	00:44:40
51	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59	00:35:18	00:44:49
52	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13	00:44:54
53	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48	00:35:12	00:45:06
54	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02	00:35:23	00:45:11
55	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15	00:35:06	00:45:23
56	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37	00:35:21	00:45:34
57	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23	00:35:52	00:45:37
58	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18	00:35:48	00:45:39
59	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30	00:35:59	00:45:46
60	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32	00:36:02	00:45:46
61	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47	00:36:13	00:45:48
62	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15	00:46:03
63	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14	00:46:14
64	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49	00:46:16
65	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40	00:35:56	00:46:18
66	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31	00:36:09	00:46:20
67	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19	00:46:21
68	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49	00:36:27	00:46:44
69	JASIŃSKI Maksymilian	82		M50-59	00:00:27	00:14:38	00:24:53	00:36:35	00:46:46
70	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24	00:36:24	00:46:54
71	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41	00:36:27	00:46:54
72	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56	00:37:03	00:47:04
73	DOMAGALIK Robert	254		M50-59	00:00:31	00:15:04	00:25:17	00:37:02	00:47:05
74	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59	00:37:00	00:47:19
75	PARTYKA Karol	101		M30-39	00:00:35	00:15:14	00:25:17	00:37:11	00:47:38

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
76	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30	00:37:34	00:47:52
77	SKRZYPCZAK Krystian	382		M16-19	00:00:06	00:14:03	00:24:10	00:37:06	00:47:59
78	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54	00:48:20
79	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10	00:38:29	00:48:21
80	NOWAK Patryk	162	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32	00:48:33
81	MAJCHRZAK Dawid	745		M20-29	00:00:18	00:13:38	00:24:08	00:37:24	00:48:43
82	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53	00:48:56
83	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57	00:38:26	00:49:00
84	DOMASZK Paweł	702		M20-29	00:00:34	00:15:53	00:26:42	00:38:58	00:49:05
85	PAJĄK Marcin	431		M20-29	00:00:30	00:14:57	00:25:24	00:38:35	00:49:11
86	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25	00:38:14	00:49:23
87	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45	00:39:13	00:49:43
88	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59	00:38:40	00:49:49
89	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01	00:38:56	00:50:06
90	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31	00:39:28	00:50:10
91	KONOPKA Jarosław	707		M40-49	00:00:41	00:16:03	00:27:01	00:39:23	00:50:22
92	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24	00:39:10	00:50:23
93	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00	00:38:55	00:50:24
94	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20	00:40:07	00:50:43
95	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27	00:39:00	00:51:12
96	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46	00:51:12
97	POŁĘC Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10	00:51:22
98	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13	00:51:38
99	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09	00:40:09	00:51:39
100	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03	00:40:26	00:51:50
101	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32	00:40:37	00:52:05
102	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29	00:40:37	00:52:07
103	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07	00:40:34	00:52:31
104	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48	00:41:03	00:52:39
105	PŁONKA Krzysztof	740		M50-59	00:00:25	00:15:48	00:27:19	00:41:02	00:53:10
106	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25	00:41:18	00:53:10
107	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33	00:53:25
108	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01	00:41:51	00:53:40
109	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05	00:42:45	00:53:51
110	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16	00:41:20	00:54:02
111	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22	00:42:21	00:54:10
112	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46	00:41:46	00:54:19
113	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05	00:42:51	00:54:30
114	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04	00:43:40	00:54:52
115	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02	00:42:58	00:54:56
116	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57	00:43:22	00:55:09
117	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30	00:55:13
118	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18	00:44:21	00:55:44
119	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50	00:42:35	00:55:54
120	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54	00:55:56

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
121	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55	00:55:56
122	LURANC Paweł	774	MARCYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17	00:57:36
123	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48	00:45:32	00:57:58
124	SOBIERAJ Paweł	914		M40-49	00:00:36	00:16:41	00:29:29	00:44:44	00:58:13
125	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58	00:45:36	00:58:42
126	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05	00:46:26	00:59:16
127	GIŻYŃSKI Krystian	274		M20-29	00:00:46	00:16:52	00:29:52	00:45:39	00:59:20
128	JANISZEWSKI Bartosz	554		M30-39	00:00:42	00:19:17	00:33:05	00:47:18	00:59:34
129	OSTROWSKI Sławomir	315		M50-59	00:00:42	00:18:27	00:31:33	00:47:01	01:00:25
130	ZBYL Jacek	172		M50-59	00:00:37	00:18:32	00:32:33	00:48:09	01:02:05
131	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10	01:07:58
132	MIERZYŃSKI Kamil	658		M20-29	00:00:04	00:24:11	00:42:32	01:03:28	01:22:13
133	DZIERZENGA Artur	633		M40-49	00:00:00	00:12:14			
134	ZADROGA Karol	721		M20-29	00:00:00				
135	BIAŁECKI Tomasz	492		M40-49	00:00:13	00:12:29	00:21:03	00:31:01	
136	SYPNIEWSKI Grzegorz	818	WRM MC POLAND	M40-49	00:00:48	00:17:34			

Total 136 results.