

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie: Jastrzębska Dziesiątka 2019
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-09-21
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Jastrzębianin

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
1	ALBRECHT Krystian	355		M16-19	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55	00:34:27
2	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49		00:00:02	00:10:53	00:18:25	00:27:07	00:34:35
3	GIŻYŃSKI Damian	366		M30-39	GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44	00:35:11
4	KOGUCIUK Karol	377		M20-29	TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51	00:35:50
5	ZIELIŃSKI Rafał	413		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03	00:35:52
6	ALBRECHT Arkadiusz	354		M40-49	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43	00:36:42
7	BRYŁA Rafał	427		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27	00:37:29
8	MEREDYK Adrian	387		M30-39		00:00:02	00:11:17	00:19:26	00:29:05	00:37:30
9	NOWICKI Tomasz	491		M30-39	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40	00:38:08
10	SPYRKA Piotr	518		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50	00:38:11
11	SIEGMUND Tadeusz	679		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09	00:38:31
12	ADAMCZEWSKI Waldemar	543		M50-59	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13	00:38:34
13	RAJWA Jan	508		M30-39	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10	00:38:40
14	BIAŁECKI Tomasz	548		M40-49	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25	00:38:47
15	MAJ Przemysław	476		M30-39	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24	00:38:48
16	SERAFIN Dariusz Izabela	514		M50-59	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49	00:39:17
17	MAZUR Marek	482		M40-49		00:00:04	00:12:12	00:20:48	00:31:09	00:39:37
18	ZIELIŃSKI Ireneusz	540		M50-59		00:00:04	00:12:11	00:20:50	00:30:55	00:39:38
19	KUNINA Paweł	465		M40-49		00:00:03	00:12:40	00:21:43	00:31:27	00:39:44
20	DEJEWSKI Jakub	433		M30-39	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01	00:39:48
21	LILLA Piotr	470		M30-39		00:00:04	00:11:52	00:20:50	00:31:19	00:40:07
22	KARPLEWICZ Andrzej	456		M50-59	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20	00:40:11
23	LEŚNIAK Krzysztof	469		M40-49	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45	00:40:18
24	GRUCEL Damian	445		M30-39	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28	00:40:19
25	GRZONKA Andrzej	446		M40-49	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31	00:40:28
26	ANTONCZYK Adam	544		M50-59		00:00:04	00:12:14	00:20:59	00:31:25	00:40:32
27	CHRUSZCZ Wojciech	429		M30-39	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38	00:40:39
28	ŁYSEK Paweł	628		M40-49	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47
29	MACHEJ Remigiusz	629		M30-39	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55	00:40:55
30	JĘDRZEJAK Piotr	596		M40-49		00:00:12	00:12:40	00:21:36	00:32:04	00:41:07
31	WYREMBELSKI Adam	713		M20-29		00:00:07	00:13:06	00:21:54	00:32:18	00:41:14

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
32	BAC Michał	545		M40-49		00:00:14	00:13:03	00:21:57	00:32:24	00:41:17
33	JOCHLIK Szymon	452		M30-39		00:00:07	00:12:15	00:21:13	00:32:03	00:41:24
34	BURYBA Jacek	557		M30-39	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32	00:41:34
35	KUSTRA Józef	771		M50-59		00:00:02	00:12:35	00:21:36	00:32:30	00:41:43
36	ZIĘTARA Paweł	717		M50-59		00:00:08	00:13:05	00:22:10	00:32:54	00:41:53
37	RADOMSKI Mariusz	670		M40-49		00:00:37	00:13:09	00:22:09	00:32:51	00:41:53
38	LORENZ Marcin	474		M40-49	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49		00:41:55
39	TRAWNICKI Maciej	695		M40-49		00:00:11	00:12:52	00:21:56	00:32:45	00:42:01
40	WOŹNIAK Przemysław	712		M30-39		00:00:15	00:13:56	00:23:09	00:33:38	00:42:28
41	PIŁATOWSKI Mirosław	660		M50-59	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17	00:42:41
42	FROSZTĘGA Daniel	574		M30-39		00:00:19	00:13:24	00:22:32	00:33:26	00:42:47
43	JANECKI Mateusz	591		M20-29	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48
44	MIKA Łukasz	637		M30-39		00:00:12	00:13:21	00:22:41	00:33:37	00:42:56
45	KIEPIELA Dawid	941		M30-39	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48	00:42:58
46	BAKOWSKI Michał	547		M30-39		00:00:17	00:13:34	00:22:55	00:33:42	00:42:59
47	DOCZEKALSKI Jarek	565		M40-49	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43	00:43:02
48	OGRODNIK Damian	644		M30-39		00:00:14	00:13:19	00:22:30	00:33:33	00:43:05
49	ONAK Paweł	645		M30-39		00:00:20	00:13:13	00:22:38	00:33:42	00:43:05
50	MALIK Rafał	385		M30-39		00:00:04	00:13:03	00:22:14	00:33:34	00:43:10
51	PIECHOCKI Piotr	656		M40-49		00:00:10	00:13:35	00:22:51	00:33:50	00:43:11
52	WALA Marek	823		M40-49		00:00:20	00:14:01	00:23:21	00:34:15	00:43:30
53	CZAPOROWSKI Tomasz	431		M30-39		00:00:25	00:14:11	00:23:44	00:34:39	00:43:44
54	MOTOWIDŁO Tomasz	638		M40-49		00:00:10	00:13:25	00:23:02	00:34:36	00:44:07
55	URBAN Patryk	699		M20-29		00:00:21	00:12:33	00:21:53	00:33:31	00:44:10
56	CEMPA Jacek	559		M40-49		00:00:20	00:13:55	00:23:35	00:34:56	00:44:18
57	BYSTRYKOWSKI Marcin	558		M40-49	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40	00:44:35
58	MARON Tomasz	479		M30-39		Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55
59	GORZELAK Zbigniew	515		M40-49		00:00:12	00:14:28	00:24:13	00:35:43	00:44:52
60	MARCHEWKA Bartosz	632		M30-39		00:00:11	00:13:58	00:23:45	00:35:19	00:45:06
61	MROCZKOWSKI Tomasz	639		M40-49		00:00:18	00:13:55	00:23:39	00:35:09	00:45:07
62	JACH Marek	589		M40-49		00:00:08	00:13:21	00:23:16	00:35:03	00:45:09
63	PŁONKA Krzysztof	886		M50-59		00:00:11	00:13:58	00:23:50	00:35:19	00:45:09
64	WOJNAR Janusz	711		M30-39		00:00:22	00:14:02	00:23:50	00:35:19	00:45:10
65	JASIŃSKI Maksymilian	592		M50-59	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:14:07	00:23:57	00:35:35	00:45:18
66	PIDANTY Łukasz	797		M30-39		00:00:23	00:14:11	00:24:20	00:35:56	00:45:18
67	WASILEWSKI Mateusz	702		M20-29		00:00:05	00:13:20	00:23:25	00:35:36	00:45:27
68	RAJWA Stanisław	807		M20-29	Bziegacze	00:00:19	00:14:04	00:23:41	00:35:36	00:45:32
69	PARTYKA Karol	794		M30-39		00:00:13	00:13:59	00:23:48	00:35:43	00:45:48
70	SZEREDA Robert	687		M40-49		00:00:02	00:13:50	00:24:06	00:36:16	00:46:32
71	LIZAK Grzegorz	471		M30-39	Niesłony Lizak	00:00:04	00:14:09	00:24:05	00:36:01	00:46:33
72	KULAWIAK Bogdan	620		M50-59		00:00:23	00:14:38	00:24:47	00:36:36	00:46:40
73	TORBIŃSKI Wiesław	820		M60-69		00:00:16	00:14:24	00:24:31	00:36:30	00:46:43
74	POŁEĆ Krzysztof	802		M30-39	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56	00:47:18
75	JĘDRYKA Sebastian	595		M40-49		00:00:16	00:13:30	00:23:49	00:36:37	00:47:45
76	POŁOMSKI Jerzy	887		M40-49		00:00:23	00:14:37	00:24:58	00:37:27	00:48:00
77	JANCZUKOWICZ Łukasz	750		M30-39		00:00:27	00:15:58	00:26:18	00:38:18	00:48:04

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
78	POŁOMSKI Dawid	803		M30-39		00:00:35	00:14:40	00:25:14	00:37:47	00:48:10
79	LECHOWICZ Tadeusz	772		M50-59		00:00:20	00:15:10	00:25:41	00:38:00	00:48:31
80	KRÓLIK Arkadiusz	768		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09	00:48:42
81	PIŻGAŁA Kordian	799		M20-29		00:00:17	00:14:23	00:24:53	00:37:46	00:49:00
82	DOMASZK Paweł	566		M20-29		00:00:14	00:14:39	00:25:30	00:38:17	00:49:13
83	WEYGAND Patryk	703		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:14
84	MUSIAŁ Łukasz	874		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:18
85	WIEJACZ Wiejacz	828		M30-39		00:00:25	00:15:11	00:25:52	00:38:48	00:49:19
86	NOWAK Patryk	786		M20-29	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11	00:49:54
87	FRĄTCZAK Bartosz	850		M30-39	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39	00:49:55
88	ZABIEGLIŃSKI Andrzej	714		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57	00:49:56
89	JAGIEŁA Marcin	857		M40-49		00:00:21	00:15:40	00:26:33	00:39:23	00:50:06
90	SZCZUCHNIAK Grzegorz	969		M40-49		00:00:18	00:15:30	00:26:33	00:39:33	00:50:21
91	JASZCZYK Łukasz	937		M30-39		00:00:18	00:15:14	00:26:02	00:38:59	00:50:32
92	MALISZEWSKI Marcin	779		M30-39		00:00:22	00:14:59	00:25:35	00:38:58	00:50:44
93	MALISZEWSKI Dariusz	778		M30-39		00:00:22	00:15:00	00:25:35	00:38:58	00:50:44
94	METLAK Piotr	980		M40-49		00:00:00	00:14:55	00:26:18	00:39:43	00:50:58
95	ZMUDA Dariusz	918		M40-49		00:00:25	00:16:14	00:27:25	00:40:10	00:51:10
96	OGIERMAN Mariusz	876		M20-29		00:00:20	00:15:12	00:26:10	00:39:24	00:51:13
97	GMYREK Michał	853		M40-49		00:00:12	00:15:18	00:26:42	00:40:17	00:51:17
98	GOIK Damian	742		M20-29	Bziegacze	00:00:20	00:14:30	00:25:45	00:39:53	00:51:32
99	MAKOWSKI Grzegorz	867		M20-29		00:00:24	00:16:05	00:27:11	00:40:21	00:51:43
100	KUBIENIEC Grzegorz	769		M40-49		00:00:20	00:15:50	00:27:05	00:40:27	00:51:45
101	FELSKI Krzysztof	849		M30-39		00:00:25	00:15:37	00:26:58	00:40:35	00:52:00
102	JESIONEK Bogusław	939		M50-59		00:00:27	00:16:22	00:27:47	00:41:08	00:52:08
103	KONOPKA Jarosław	945		M50-59		00:00:26	00:16:40	00:28:19	00:41:24	00:52:23
104	PAJĄK Marcin	791		M20-29		00:00:17	00:15:35	00:26:59	00:40:54	00:52:36
105	KRAMER Piotr	860		M40-49		00:00:30	00:16:08	00:27:15	00:40:57	00:52:44
106	WOWRA Robert	914		M30-39		00:00:32	00:16:22	00:27:52	00:41:24	00:52:47
107	PYZIK Marcin	888		M40-49	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22	00:53:06
108	FLASZ Dawid	738		M40-49		00:00:25	00:17:19	00:29:16	00:43:02	00:54:27
109	MARON Tadeusz	633		M30-39		00:00:23	00:16:14	00:28:03	00:41:47	00:54:35
110	LEJKOWSKI Sebastian	953		M30-39		00:00:30	00:17:21	00:29:08	00:42:55	00:54:37
111	STEFAŃSKI Piotr	967		M40-49		00:00:30	00:16:12	00:27:48	00:42:12	00:54:40
112	CIEŚLA Artur	734		M30-39		00:00:26	00:15:57	00:27:58	00:42:31	00:54:50
113	POSTUPALSKI Marcin	962		M40-49		00:00:27	00:17:30	00:29:41	00:44:03	00:55:59
114	KRZYSTOLIK Damian	948		M30-39		00:00:26	00:17:10	00:29:15	00:43:46	00:56:06
115	SZEFER Bartłomiej	970		M40-49		00:00:27	00:17:31	00:29:41	00:44:03	00:56:09
116	GIL Krzysztof	935		M50-59		00:00:25	00:17:34	00:29:44	00:44:05	00:56:13
117	UKLEJA Sebastian	821		M40-49		00:00:09	00:16:42	00:28:56	00:43:37	00:56:16
118	MOCHNACZ Patryk	956		M40-49		00:00:23	00:16:55	00:28:58	00:43:52	00:56:55
119	CHMIEL Jacek	732		M60-69		00:00:28	00:17:45	00:30:17	00:44:41	00:57:13
120	SOBIERAJ Paweł	902		M40-49		00:00:27	00:16:41	00:29:05	00:44:19	00:57:15
121	KRAJEWSKI Damian	946		M50-59	BIEG PO ZDRÓJ	00:00:29	00:17:42	00:30:10	00:45:08	00:57:41
122	OGRODNIK Sebastian	957		M30-39		00:00:14	00:17:26	00:30:13	00:45:06	00:57:58
123	TRAWNICKI Jan	908		M60-69		00:00:25	00:17:39	00:30:40	00:46:31	00:59:43

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
124	KUBAS Mariusz	949		M40-49	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03	01:04:28
125	PIOTROWICZ Rysiek	960		M50-59		00:00:08	00:17:41	00:30:54	00:54:08	01:08:13
126	GIBAS Damian	852		M20-29		00:00:14	00:39:46	00:51:42		
127	GAWLAS Jan	739		M50-59		00:00:18	00:36:02	00:45:58		
128	TRZECIAK Krzysztof	696		M40-49		00:00:23	00:35:59	00:46:00		

Znaleziono 128 wynik(ów)