



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Jastrzębianin

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|-------------------------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | ALBRECHT Krystian | 39 | GB GALOPUJĄCE ŚLIMAKI | M20-29 | 2 | Galopujące Ślimaki | 00:00:02 | 00:35:43.75 | 00:35:46.25 | | 3:34 | 16.8 (100%) |
| 2 | KUNINA Paweł | 53 | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | M50-59 | 1 | TL Athletics Jastrzębie | 00:00:02 | 00:36:24.70 | 00:36:27.65 | +00:00:40 (1.9%) | 3:38 | 16.5 (98.2%) |
| 3 | ALBRECHT Arkadiusz | 113 | GB GALOPUJĄCE ŚLIMAKU | M40-49 | 8 | Galopujące Ślimaki | 00:00:03 | 00:37:31.45 | 00:37:34.60 | +00:01:47 (4.8%) | 3:45 | 16 (95.2%) |
| 4 | GÓRSKI Paweł | 75 | TKKF PIONIER | M30-39 | 13 | | 00:00:05 | 00:39:34.35 | 00:39:39.65 | +00:03:50 (9.7%) | 3:57 | 15.2 (90.5%) |
| 5 | CHRUSZCZ Wojciech | 102 | KLUB BIEGACZA FARTLEK | M40-49 | 14 | Klub Biegacza Fartlek | 00:00:04 | 00:39:57.45 | 00:40:02.05 | +00:04:13 (10.6%) | 3:59 | 15 (89.3%) |
| 6 | BARTNIK Sebastian | 7 | STREET SPIRIT | M40-49 | 16 | | 00:00:10 | 00:40:44.70 | 00:40:54.95 | +00:05:00 (12.3%) | 4:04 | 14.7 (87.5%) |
| 7 | LORENZ Marcin | 114 | GB GALOPUJĄCE ŚLIMAKI | M50-59 | 4 | GB Galopujące Ślimaki | 00:00:05 | 00:41:34.95 | 00:41:40.45 | +00:05:51 (14.1%) | 4:09 | 14.4 (85.7%) |
| 8 | KMITA Tomasz | 80 | | M30-39 | 28 | | 00:00:05 | 00:43:19.75 | 00:43:24.90 | +00:07:36 (17.5%) | 4:19 | 13.9 (82.7%) |
| 9 | ŁYSEK Paweł | 99 | WATAHA | M40-49 | 27 | | 00:00:06 | 00:43:29.60 | 00:43:35.85 | +00:07:45 (17.9%) | 4:20 | 13.8 (82.1%) |
| 10 | URBAN Patryk | 186 | | M30-39 | 29 | | 00:00:11 | 00:43:54.75 | 00:44:05.95 | +00:08:11 (18.6%) | 4:23 | 13.7 (81.5%) |
| 11 | MIROŚLAW Piotr | 208 | | M20-29 | 7 | | 00:00:11 | 00:43:56.50 | 00:44:08.10 | +00:08:12 (18.7%) | 4:23 | 13.7 (81.5%) |
| 12 | SIEGMUND Tadeusz | 134 | TL ATHLETICS JASTRZĘBIE | M50-59 | 8 | TL Athletics Jastrzębie | 00:00:10 | 00:44:17.65 | 00:44:27.85 | +00:08:33 (19.3%) | 4:25 | 13.5 (80.4%) |
| 13 | WILCZYŃSKI Łukasz | 404 | | M30-39 | 36 | | 00:00:24 | 00:45:16.35 | 00:45:40.70 | +00:09:32 (21.1%) | 4:31 | 13.3 (79.2%) |
| 14 | SPYRKA Piotr | 119 | KLUB BIEGACZA FARTLEK | M30-39 | 37 | Klub Biegacza Fartlek | 00:00:09 | 00:45:33.85 | 00:45:42.95 | +00:09:50 (21.6%) | 4:33 | 13.2 (78.6%) |
| 15 | MARCZYŃSKI Sebastian | 184 | RODZINKA.PL | M30-39 | 39 | | 00:00:17 | 00:45:44.65 | 00:46:02.10 | +00:10:00 (21.9%) | 4:34 | 13.1 (78.0%) |
| 16 | ADAMCZYK Sławomir | 199 | | M30-39 | 42 | | 00:00:05 | 00:46:03.80 | 00:46:09.50 | +00:10:20 (22.4%) | 4:36 | 13 (77.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-----------------------|-----------|------|-----------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 17 | PIECHACZEK Jacek | 209 | | M50-59 | 12 | | 00:00:13 | 00:46:06.90 | 00:46:20.15 | +00:10:23 (22.5%) | 4:36 | 13 (77.4%) |
| 18 | RATKA-MATEJKO Marcin | 151 | | M30-39 | 44 | | 00:00:10 | 00:46:09.75 | 00:46:19.95 | +00:10:26 (22.6%) | 4:36 | 13 (77.4%) |
| 19 | BIELECKI Dawid | 279 | | M30-39 | 50 | | 00:00:16 | 00:46:40.60 | 00:46:56.90 | +00:10:56 (23.5%) | 4:40 | 12.9 (76.8%) |
| 20 | OGRODNIK Damian | 147 | | M40-49 | 39 | | 00:00:07 | 00:46:41.15 | 00:46:49.00 | +00:10:57 (23.5%) | 4:40 | 12.9 (76.8%) |
| 21 | KULAWIAK Bogdan | 274 | | M50-59 | 16 | | 00:00:18 | 00:46:54.60 | 00:47:12.70 | +00:11:10 (23.8%) | 4:41 | 12.8 (76.2%) |
| 22 | JĘDRZEJAK Piotr | 281 | | M50-59 | 17 | | 00:00:15 | 00:47:03.60 | 00:47:19.55 | +00:11:19 (24.1%) | 4:42 | 12.8 (76.2%) |
| 23 | HENCZKO Karol | 138 | AKTYWNIENAKRĘCENI | M30-39 | 52 | | 00:00:14 | 00:47:07.55 | 00:47:22.30 | +00:11:23 (24.2%) | 4:42 | 12.7 (75.6%) |
| 24 | MALIK Rafał | 61 | | M30-39 | 53 | | 00:00:07 | 00:47:08.70 | 00:47:15.70 | +00:11:24 (24.2%) | 4:42 | 12.7 (75.6%) |
| 25 | RADWAŃSKI Łukasz | 382 | | M30-39 | 55 | | 00:00:16 | 00:47:18.35 | 00:47:35.10 | +00:11:34 (24.5%) | 4:43 | 12.7 (75.6%) |
| 26 | ANTOŃCZYK Adam | 219 | | M50-59 | 19 | | 00:00:09 | 00:47:35.65 | 00:47:45.25 | +00:11:51 (24.9%) | 4:45 | 12.6 (75.0%) |
| 27 | ROSIŃSKI Maciej | 207 | | M20-29 | 12 | | 00:00:12 | 00:47:47.05 | 00:47:59.25 | +00:12:03 (25.2%) | 4:46 | 12.6 (75.0%) |
| 28 | MACHEJ Tymoteusz | 221 | MAROTEAM | M16-19 | 9 | MARO Team Jastrzębie - Żory | 00:00:13 | 00:48:11.60 | 00:48:25.15 | +00:12:27 (25.9%) | 4:49 | 12.5 (74.4%) |
| 29 | CZAPOROWSKI Tomasz | 127 | | M40-49 | 46 | | 00:00:19 | 00:48:23.70 | 00:48:43.05 | +00:12:39 (26.2%) | 4:50 | 12.4 (73.8%) |
| 30 | BUCHTA Michał | 333 | | M40-49 | 47 | | 00:00:12 | 00:48:24.50 | 00:48:37.30 | +00:12:40 (26.2%) | 4:50 | 12.4 (73.8%) |
| 31 | ADAMCZEWSKI Waldemar | 159 | KLUB BIEGACZA FARTLEK | M50-59 | 23 | Klub Biegacza Fartlek | 00:00:09 | 00:48:30.30 | 00:48:39.50 | +00:12:46 (26.3%) | 4:51 | 12.4 (73.8%) |
| 32 | MOTOWIDŁO Tomasz | 194 | | M40-49 | 49 | | 00:00:15 | 00:48:49.85 | 00:49:05.20 | +00:13:06 (26.8%) | 4:52 | 12.3 (73.2%) |
| 33 | MARZAŁKOWSKI Marcin | 243 | | M30-39 | 65 | | 00:00:00 | 00:48:51.65 | 00:48:51.65 | +00:13:07 (26.9%) | 4:53 | 12.3 (73.2%) |
| 34 | HETMAN Maryjusz | 224 | DZIADEK Z WEHRMACHTU | M60-69 | 5 | | 00:00:13 | 00:48:55.80 | 00:49:09.45 | +00:13:12 (27.0%) | 4:53 | 12.3 (73.2%) |
| 35 | GRZONKA Andrzej | 183 | KLUB BIEGACZA FARTLEK | M40-49 | 50 | Klub Biegacza Fartlek | 00:00:10 | 00:48:58.55 | 00:49:09.00 | +00:13:14 (27.0%) | 4:53 | 12.3 (73.2%) |
| 36 | MODLIŃSKI Arkadiusz | 434 | | M30-39 | 68 | | 00:00:27 | 00:49:09.05 | 00:49:36.55 | +00:13:25 (27.3%) | 4:54 | 12.2 (72.6%) |
| 37 | PAWŁOWSKI Marcin | 402 | | M20-29 | 13 | | 00:00:18 | 00:50:21.65 | 00:50:40.60 | +00:14:37 (29.1%) | 5:02 | 11.9 (70.8%) |
| 38 | MUSIAŁ Łukasz | 240 | GALOPUJĄCE ŚLIMAKI | M40-49 | 62 | Galopujące Ślimaki | 00:00:21 | 00:50:27.25 | 00:50:49.15 | +00:14:43 (29.2%) | 5:02 | 11.9 (70.8%) |
| 39 | WALA Marek | 443 | | M40-49 | 65 | | 00:00:30 | 00:50:44.65 | 00:51:15.10 | +00:15:00 (29.6%) | 5:04 | 11.8 (70.2%) |

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|-----|-----------------------------|------------|------------------------------------|-----------|------|-----------------------------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 40 | JASIŃSKI Maksymilian | 282 | | M60-69 | 6 | MARO Team Jastrzębie - Żory | 00:00:15 | 00:50:49.55 | 00:51:05.15 | +00:15:05 (29.7%) | 5:04 | 11.8 (70.2%) |
| 41 | WISKULSKI Mateusz | 280 | | M30-39 | 75 | | 00:00:16 | 00:50:57.70 | 00:51:13.95 | +00:15:13 (29.9%) | 5:05 | 11.8 (70.2%) |
| 42 | JACKIEWICZ Mirosław | 141 | 133 BLP CIESZYN | M50-59 | 29 | | 00:00:19 | 00:50:59.30 | 00:51:18.65 | +00:15:15 (29.9%) | 5:05 | 11.8 (70.2%) |
| 43 | BOŻKO Jakub | 507 | | M20-29 | 14 | | 00:00:35 | 00:51:09.10 | 00:51:44.20 | +00:15:25 (30.2%) | 5:06 | 11.7 (69.6%) |
| 44 | MAJCHRZAK Dawid | 416 | | M20-29 | 15 | | 00:00:23 | 00:51:15.30 | 00:51:38.35 | +00:15:31 (30.3%) | 5:07 | 11.7 (69.6%) |
| 45 | JACH Marek | 139 | | M50-59 | 31 | | 00:00:15 | 00:51:15.60 | 00:51:31.35 | +00:15:31 (30.3%) | 5:07 | 11.7 (69.6%) |
| 46 | SZEREDA Robert | 59 | | M40-49 | 67 | | 00:00:03 | 00:51:21.65 | 00:51:25.05 | +00:15:37 (30.4%) | 5:08 | 11.7 (69.6%) |
| 47 | MIĄSIK Dariusz | 553 | | M50-59 | 32 | | 00:00:37 | 00:51:40.60 | 00:52:17.60 | +00:15:56 (30.9%) | 5:10 | 11.6 (69.0%) |
| 48 | BAC Michał | 164 | | M40-49 | 70 | | 00:00:11 | 00:51:45.30 | 00:51:56.95 | +00:16:01 (31.0%) | 5:10 | 11.6 (69.0%) |
| 49 | GURNICZ Paweł | 338 | | M30-39 | 82 | | 00:00:21 | 00:51:56.00 | 00:52:17.45 | +00:16:12 (31.2%) | 5:11 | 11.6 (69.0%) |
| 50 | GARAJ Mariusz | 497 | | M40-49 | 71 | | 00:00:27 | 00:52:01.55 | 00:52:28.75 | +00:16:17 (31.3%) | 5:12 | 11.5 (68.5%) |
| 51 | WIEJACZ Rafał | 438 | | M30-39 | 83 | | 00:00:26 | 00:52:08.85 | 00:52:35.70 | +00:16:25 (31.5%) | 5:12 | 11.5 (68.5%) |
| 52 | PIŁATOWSKI Mirosław | 230 | | M50-59 | 34 | TL Athletics Jastrzębie | 00:00:17 | 00:52:09.40 | 00:52:27.30 | +00:16:25 (31.5%) | 5:12 | 11.5 (68.5%) |
| 53 | OLMA Władysław | 137 | FORMA BIEGANIA - JASTRZĘBIE | M50-59 | 35 | | 00:00:06 | 00:52:25.05 | 00:52:31.40 | +00:16:41 (31.8%) | 5:14 | 11.4 (67.9%) |
| 54 | KEMPNY Mariusz | 271 | | M30-39 | 85 | | 00:00:17 | 00:52:28.55 | 00:52:45.55 | +00:16:44 (31.9%) | 5:14 | 11.4 (67.9%) |
| 55 | MROCZKOWSKI Tomasz | 321 | | M40-49 | 77 | | 00:00:19 | 00:53:16.95 | 00:53:36.65 | +00:17:33 (32.9%) | 5:19 | 11.3 (67.3%) |
| 56 | DOMASZK Paweł | 371 | | M20-29 | 16 | | 00:00:26 | 00:53:20.05 | 00:53:46.15 | +00:17:36 (33.0%) | 5:20 | 11.3 (67.3%) |
| 57 | KIEPIELA Dawid | 132 | KLUB BIEGACZA FARTLEK | M40-49 | 79 | Klub Biegacza Fartlek | 00:00:36 | 00:53:30.60 | 00:54:07.25 | +00:17:46 (33.2%) | 5:21 | 11.2 (66.7%) |
| 58 | DEJEWSKI Jakub | 414 | GB GALOPUJĄCE ŚLIMAKI | M30-39 | 90 | Galopujące Ślimaki | 00:00:26 | 00:53:35.75 | 00:54:02.45 | +00:17:52 (33.3%) | 5:21 | 11.2 (66.7%) |
| 59 | PŁASKA Grzegorz | 451 | WRM | M50-59 | 37 | | 00:00:17 | 00:53:51.10 | 00:54:08.10 | +00:18:07 (33.7%) | 5:23 | 11.1 (66.1%) |
| 60 | CIEŚLAK Adam | 420 | STOWARZYSZENIE "JASTRZĘBSKI SPORT" | M30-39 | 93 | | 00:00:27 | 00:54:22.95 | 00:54:50.15 | +00:18:39 (34.3%) | 5:26 | 11 (65.5%) |
| 61 | TORBIŃSKI Wiesław | 361 | SZARE MORSY | M70+ | 3 | Szare Morsy | 00:00:20 | 00:54:25.75 | 00:54:45.90 | +00:18:42 (34.4%) | 5:26 | 11 (65.5%) |
| 62 | PIDANTY Łukasz | 351 | MADYRUN | M30-39 | 94 | | 00:00:29 | 00:54:32.35 | 00:55:02.00 | +00:18:48 (34.5%) | 5:27 | 11 (65.5%) |

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|-----|---------------------|-------|-------------------------|-----------|------|-------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 63 | ZIĘTARA Paweł | 462 | | M50-59 | 38 | | 00:00:28 | 00:55:26.80 | 00:55:54.85 | +00:19:43 (35.6%) | 5:32 | 10.8 (64.3%) |
| 64 | ŻYWICA Tadeusz | 266 | | M60-69 | 9 | | 00:00:20 | 00:55:37.80 | 00:55:58.55 | +00:19:54 (35.8%) | 5:33 | 10.8 (64.3%) |
| 65 | PAKUŁA Paweł | 571 | | M30-39 | 100 | | 00:00:34 | 00:56:20.90 | 00:56:55.15 | +00:20:37 (36.6%) | 5:38 | 10.7 (63.7%) |
| 66 | GORZELAK Zbigniew | 581 | | M40-49 | 92 | | 00:00:17 | 00:57:35.50 | 00:57:52.80 | +00:21:51 (38.0%) | 5:45 | 10.4 (61.9%) |
| 67 | STALMACH Damian | 549 | | M20-29 | 18 | | 00:00:39 | 00:57:59.60 | 00:58:39.15 | +00:22:15 (38.4%) | 5:47 | 10.3 (61.3%) |
| 68 | POŁOMSKI Jerzy | 283 | WISAGER ACTIVE | M40-49 | 93 | | 00:00:12 | 00:58:06.05 | 00:58:18.40 | +00:22:22 (38.5%) | 5:48 | 10.3 (61.3%) |
| 69 | TOMALA Dariusz | 357 | OPEL FIJAŁKOWSKI | M40-49 | 94 | | 00:00:30 | 00:58:28.75 | 00:58:59.35 | +00:22:45 (38.9%) | 5:50 | 10.3 (61.3%) |
| 70 | KOTENKO Serhii | 376 | | M30-39 | 105 | | 00:00:32 | 00:58:42.25 | 00:59:14.35 | +00:22:58 (39.1%) | 5:52 | 10.2 (60.7%) |
| 71 | CIEŚLA Artur | 517 | | M40-49 | 97 | | 00:00:38 | 00:58:50.50 | 00:59:28.60 | +00:23:06 (39.3%) | 5:53 | 10.2 (60.7%) |
| 72 | MARKOWSKI Jacek | 592 | | M40-49 | 98 | | 00:00:29 | 00:58:54.95 | 00:59:24.35 | +00:23:11 (39.4%) | 5:53 | 10.2 (60.7%) |
| 73 | MALISZEWSKI Dariusz | 349 | | M30-39 | 107 | | 00:00:27 | 00:58:56.65 | 00:59:23.90 | +00:23:12 (39.4%) | 5:53 | 10.2 (60.7%) |
| 74 | JAGIEŁA Marcin | 355 | KRS TKKF MORSY.PL | M40-49 | 99 | | 00:00:21 | 00:59:09.00 | 00:59:30.00 | +00:23:25 (39.6%) | 5:54 | 10.1 (60.1%) |
| 75 | NOWAK Patryk | 446 | KLUB BIEGACZA FARTLEK | M30-39 | 108 | Klub Biegacza Fartlek | 00:00:37 | 00:59:16.25 | 00:59:53.60 | +00:23:32 (39.7%) | 5:55 | 10.1 (60.1%) |
| 76 | DUDZIAK Grzegorz | 358 | | M40-49 | 100 | | 00:00:22 | 00:59:24.95 | 00:59:47.60 | +00:23:41 (39.9%) | 5:56 | 10.1 (60.1%) |
| 77 | PAWŁOWSKI Dariusz | 403 | | M20-29 | 19 | | 00:00:18 | 00:59:26.00 | 00:59:44.65 | +00:23:42 (39.9%) | 5:56 | 10.1 (60.1%) |
| 78 | HERMAN Błażej | 255 | | M16-19 | 11 | | 00:00:22 | 00:59:49.85 | 01:00:12.75 | +00:24:06 (40.3%) | 5:58 | 10 (59.5%) |
| 79 | WEYGAND Patryk | 594 | GB GALOPUJĄCE ŚLIMAKI | M40-49 | 101 | GB Galopujące Ślimaki | 00:00:35 | 01:00:31.70 | 01:01:07.45 | +00:24:47 (41.0%) | 6:03 | 9.9 (58.9%) |
| 80 | BODZEK Piotr | 245 | | M20-29 | 20 | | 00:00:32 | 01:01:22.70 | 01:01:55.00 | +00:25:38 (41.8%) | 6:08 | 9.8 (58.3%) |
| 81 | MOCHNACZ Patryk | 537 | | M40-49 | 105 | | 00:00:34 | 01:01:35.80 | 01:02:10.35 | +00:25:52 (42.0%) | 6:09 | 9.7 (57.7%) |
| 82 | KAMIŃSKI Marcin | 478 | GRUBIORZE LOTAJOM | M40-49 | 107 | | 00:00:35 | 01:04:27.10 | 01:05:02.65 | +00:28:43 (44.6%) | 6:26 | 9.3 (55.4%) |
| 83 | MARON Tomasz | 356 | TL ATHLETICS JASTRZĘBIE | M30-39 | 113 | TL Athletics Jastrzębie | 00:00:25 | 01:06:29.75 | 01:06:54.75 | +00:30:46 (46.3%) | 6:38 | 9 (53.6%) |
| 84 | MŁYNARCZYK Jerzy | 362 | PKM ŚNIEŻNE KOTŁY | M60-69 | 14 | | 00:00:30 | 01:06:54.65 | 01:07:24.95 | +00:31:10 (46.6%) | 6:41 | 9 (53.6%) |
| 85 | KRAMER Piotr | 470 | | M40-49 | 108 | | 00:00:36 | 01:07:58.95 | 01:08:35.75 | +00:32:15 (47.4%) | 6:47 | 8.8 (52.4%) |

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|-----|----------------------------|------------|-----------------------|-----------|------|-----------------------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 86 | KOWALCZYK Wojciech | 488 | | M20-29 | 22 | | 00:00:38 | 01:09:58.95 | 01:10:37.65 | +00:34:15 (48.9%) | 6:59 | 8.6 (51.2%) |
| 87 | BYSTRYKOWSKI Marcin | 135 | KLUB BIEGACZA FARTLEK | M40-49 | 110 | Klub Biegacza Fartlek | 00:00:36 | 01:13:26.90 | 01:14:03.45 | +00:37:43 (51.4%) | 7:20 | 8.2 (48.8%) |
| 88 | KUBAS Mariusz | 519 | KLUB BIEGACZA FARTLEK | M40-49 | 111 | Klub Biegacza Fartlek | 00:00:37 | 01:14:45.40 | 01:15:23.25 | +00:39:01 (52.2%) | 7:28 | 8 (47.6%) |
| 89 | TRAWNICKI Jan | 530 | | M70+ | 4 | | 00:00:23 | 01:16:16.15 | 01:16:39.85 | +00:40:32 (53.2%) | 7:37 | 7.9 (47.0%) |
| 90 | TIDE Krzysztof | 54 | 7PRO TEAM | M20-29 | 23 | | 00:00:07 | | | +00:01:24 | 4:01 | 14.9 (88.7%) |

Znaleziono 90 wynik(ów)