



## I BIEG RYBAKA - 10.6 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

I BIEG RYBAKA W CZAPLINKU  
Stowarzyszenie Sportowe Grupa Biegowa  
Rundorfina; Gmina Czaplinek

**Data:**  
**Miejsce:**  
**Dystans:**

2018-09-29  
Czaplinek  
10.6 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czap_All 2.8km	Herk_All 5.3km	Czap_All 8.1km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	DAWID Garski	281		M18-29	1	00:09:44	00:18:10	00:27:37	<b>00:36:00.52</b>		3:23	17.7 (100%)
2	MYDŁO Radosław	221		M40-49	1	00:09:57	00:19:10	00:29:46	<b>00:38:51.13</b>	+00:02:50 (7.3%)	3:39	16.4 (92.7%)
3	WRÓBLEWSKI Krzysztof	272		M18-29	2	00:09:56	00:19:09	00:29:44	<b>00:39:03.73</b>	+00:03:03 (7.8%)	3:41	16.3 (92.1%)
4	FOLTYNIEWICZ Maciej	273		M40-49	2	00:10:07	00:19:27	00:29:58	<b>00:39:18.81</b>	+00:03:18 (8.4%)	3:42	16.2 (91.5%)
5	BAZIMIEROWSKI Sylwester	277	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40-49	3	00:10:23	00:19:51	00:30:38	<b>00:40:01.84</b>	+00:04:01 (10.0%)	3:46	15.9 (89.8%)
6	KĘDZIERSKI Andrzej	189		M30-39	1	00:09:54	00:19:28	00:30:16	<b>00:40:02.13</b>	+00:04:01 (10.1%)	3:46	15.9 (89.8%)
7	ŚWIERAD Przemysław	255	100 BATALION ŁĄCZNOŚĆ	M30-39	2	00:10:59	00:20:47	00:31:54	<b>00:41:15.28</b>	+00:05:14 (12.7%)	3:53	15.4 (87.0%)
8	MALISZEWSKI Piotr	214	RAZ SZCZECIN	M30-39	3	00:10:43	00:20:27	00:31:35	<b>00:41:17.88</b>	+00:05:17 (12.8%)	3:53	15.4 (87.0%)
9	KRUKOWSKI Adam	198	BIEGAM DLA SIEBIE.....)	M30-39	4	00:11:11	00:21:24	00:32:54	<b>00:42:59.43</b>	+00:06:58 (16.2%)	4:03	14.8 (83.6%)
10	LESZCZYSZYN Paweł	203		M30-39	5	00:11:03	00:21:16	00:32:52	<b>00:43:11.41</b>	+00:07:10 (16.6%)	4:04	14.7 (83.1%)
11	RAK Adam	229		M40-49	4	00:10:53	00:21:18	00:33:01	<b>00:43:15.01</b>	+00:07:14 (16.7%)	4:04	14.7 (83.1%)
12	PIECHOTA Mariusz	226	WATAHA WAŁCZ	M50+	1	00:10:57	00:21:18	00:33:02	<b>00:43:21.93</b>	+00:07:21 (17.0%)	4:05	14.7 (83.1%)
13	GORSZKA Damian	173	WIECZORNE BIEGANIE W SZCZECINIE	M18-29	3	00:10:54	00:21:15	00:32:58	<b>00:43:31.11</b>	+00:07:30 (17.3%)	4:06	14.6 (82.5%)
14	GAŁAN Leszek	171		M50+	2	00:11:34	00:21:57	00:33:44	<b>00:43:38.98</b>	+00:07:38 (17.5%)	4:07	14.6 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
						Czap_All 2.8km	Herk_All 5.3km	Czap_All 8.1km				
15	<b>MACIEJKO Witold</b>	<b>213</b>		M50+	3	00:11:34	00:21:57	00:33:43	<b>00:44:03.54</b>	+00:08:03 (18.3%)	4:09	14.4 (81.4%)
16	<b>SERWATKA Krzysztof</b>	<b>236</b>	BORNE BIEGA	M40-49	5	00:11:54	00:22:35	00:34:29	<b>00:44:50.91</b>	+00:08:50 (19.7%)	4:13	14.2 (80.2%)
17	<b>OSTROWSKI Marian</b>	<b>280</b>	SENIOR 54	M50+	4	00:11:30	00:22:05	00:34:02	<b>00:44:51.35</b>	+00:08:50 (19.7%)	4:13	14.2 (80.2%)
18	<b>SOBCZAK Adrian</b>	<b>243</b>	ORSKOV FOODS TEAM	M18-29	4	00:11:36	00:22:20	00:34:22	<b>00:44:51.93</b>	+00:08:51 (19.7%)	4:13	14.2 (80.2%)
19	<b>DRAPCZYŃSKI Mateusz</b>	<b>165</b>		M18-29	5	00:11:34	00:22:16	00:34:19	<b>00:44:52.57</b>	+00:08:52 (19.8%)	4:14	14.2 (80.2%)
20	<b>ŁUKASIEWICZ Michał</b>	<b>209</b>		M30-39	6	00:11:51	00:22:24	00:34:30	<b>00:45:02.90</b>	+00:09:02 (20.1%)	4:15	14.1 (79.7%)
21	<b>SUBERLAK Damian</b>	<b>245</b>	RUNDORFINA	M18-29	6	00:11:34	00:22:18	00:34:27	<b>00:45:31.87</b>	+00:09:31 (20.9%)	4:17	14 (79.1%)
22	<b>CIASTOŃ Tomasz</b>	<b>161</b>	ORSKOV FOODS TEAM	M30-39	7	00:11:49	00:22:43	00:35:13	<b>00:46:15.14</b>	+00:10:14 (22.1%)	4:21	13.8 (78.0%)
23	<b>KATRYCZ Zbigniew</b>	<b>188</b>		M50+	5	00:11:37	00:22:33	00:35:15	<b>00:46:34.43</b>	+00:10:33 (22.7%)	4:23	13.7 (77.4%)
24	<b>KWIETNIEWSKI Daniel</b>	<b>202</b>		M30-39	8	00:11:51	00:23:02	00:36:11	<b>00:47:20.04</b>	+00:11:19 (23.9%)	4:27	13.4 (75.7%)
25	<b>SZUĆKO Andrzej</b>	<b>249</b>	5 PINŻ	M30-39	9	00:12:02	00:23:12	00:36:16	<b>00:47:40.18</b>	+00:11:39 (24.5%)	4:29	13.3 (75.1%)
26	<b>SPRINGER Marcin</b>	<b>271</b>		M40-49	6	00:12:03	00:23:19	00:36:28	<b>00:47:44.34</b>	+00:11:43 (24.6%)	4:30	13.3 (75.1%)
27	<b>CHUPTYŚ Adrian</b>	<b>160</b>	RUNDORFINA	M30-39	10	00:11:32	00:23:03	00:36:21	<b>00:47:55.58</b>	+00:11:55 (24.9%)	4:31	13.3 (75.1%)
28	<b>KAPKOWSKI Paweł</b>	<b>186</b>		M30-39	11	00:11:44	00:23:19	00:36:32	<b>00:48:06.63</b>	+00:12:06 (25.2%)	4:32	13.2 (74.6%)
29	<b>HNATEJKO Wiesław</b>	<b>279</b>	KS ZMARTWYCHSTANIEC	M40-49	7	00:12:31	00:24:00	00:37:02	<b>00:48:23.38</b>	+00:12:22 (25.6%)	4:33	13.1 (74.0%)
30	<b>KOCLEJDA Grzegorz</b>	<b>191</b>	RUNDORFINA	M40-49	8	00:12:27	00:23:55	00:36:54	<b>00:48:24.39</b>	+00:12:23 (25.6%)	4:33	13.1 (74.0%)
31	<b>MIKOŁAJCZYK Robert</b>	<b>219</b>		M40-49	9	00:12:29	00:23:59	00:36:58	<b>00:48:25.98</b>	+00:12:25 (25.7%)	4:34	13.1 (74.0%)
32	<b>FILOWIAT Grzegorz</b>	<b>168</b>	ULKST	M40-49	10	00:12:17	00:23:47	00:36:56	<b>00:48:32.28</b>	+00:12:31 (25.8%)	4:34	13.1 (74.0%)
33	<b>JABŁOŃSKI Andrzej</b>	<b>181</b>		M40-49	11	00:12:07	00:23:38	00:36:49	<b>00:48:36.97</b>	+00:12:36 (25.9%)	4:35	13.1 (74.0%)
34	<b>PROTASIEWICZ Robert</b>	<b>284</b>		M40-49	12	00:13:04	00:24:25	00:37:32	<b>00:48:37.88</b>	+00:12:37 (26.0%)	4:35	13.1 (74.0%)
35	<b>BARANOWSKI Kamil</b>	<b>153</b>	RUNDORFINA	M30-39	12	00:13:04	00:24:30	00:37:36	<b>00:48:43.83</b>	+00:12:43 (26.1%)	4:35	13.1 (74.0%)
36	<b>JAROSZ Roman</b>	<b>182</b>		M50+	6	00:12:19	00:23:56	00:37:06	<b>00:48:52.62</b>	+00:12:52 (26.3%)	4:36	13 (73.4%)
37	<b>STUSIO Zenon</b>	<b>244</b>		M50+	7	00:12:44	00:24:19	00:37:26	<b>00:48:57.19</b>	+00:12:56 (26.4%)	4:37	13 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
						Czap_All 2.8km	Herk_All 5.3km	Czap_All 8.1km				
38	<b>GUTOWSKI Sebastian</b>	<b>178</b>	K.B. SPRINT ŚWIDWIN	M40-49	13	00:12:49	00:24:22	00:37:34	<b>00:49:15.10</b>	+00:13:14 (26.9%)	4:38	12.9 (72.9%)
39	<b>WILINSKI Marek</b>	<b>265</b>	K.B SPRINT ŚWIDWIN	M50+	8	00:12:48	00:24:22	00:37:34	<b>00:49:15.19</b>	+00:13:14 (26.9%)	4:38	12.9 (72.9%)
40	<b>ZADROŻNY Szymon</b>	<b>267</b>	WATAHA WAŁCZ	M40-49	14	00:13:03	00:24:46	00:38:02	<b>00:49:25.64</b>	+00:13:25 (27.1%)	4:39	12.9 (72.9%)
41	<b>TOWSTOKORY Marek</b>	<b>258</b>	ZŁOTOW	M40-49	15	00:12:55	00:24:39	00:37:43	<b>00:49:44.53</b>	+00:13:44 (27.6%)	4:41	12.8 (72.3%)
42	<b>GRACZKOWSKI Damian</b>	<b>174</b>		M18-29	7	00:12:48	00:24:17	00:37:42	<b>00:49:56.79</b>	+00:13:56 (27.9%)	4:42	12.7 (71.8%)
43	<b>JARKOWSKI Łukasz</b>	<b>276</b>		M30-39	13	00:12:37	00:24:30	00:38:27	<b>00:50:16.86</b>	+00:14:16 (28.4%)	4:44	12.6 (71.2%)
44	<b>ŁADWIKOWSKI Bartosz</b>	<b>207</b>		M30-39	14	00:12:11	00:24:23	00:38:05	<b>00:50:27.24</b>	+00:14:26 (28.6%)	4:45	12.6 (71.2%)
45	<b>KUJAWSKI Michał</b>	<b>199</b>		M18-29	8	00:12:52	00:25:04	00:38:40	<b>00:50:32.15</b>	+00:14:31 (28.7%)	4:46	12.6 (71.2%)
46	<b>KUŹMIŃSKI Mateusz</b>	<b>201</b>		M18-29	9	00:13:18	00:25:23	00:38:52	<b>00:50:37.22</b>	+00:14:36 (28.9%)	4:46	12.6 (71.2%)
47	<b>ANTONIAK Krzysztof</b>	<b>151</b>		M30-39	15	00:13:13	00:25:22	00:38:57	<b>00:50:42.81</b>	+00:14:42 (29.0%)	4:47	12.5 (70.6%)
48	<b>KACZOR Sławomir</b>	<b>185</b>		M40-49	16	00:13:03	00:25:10	00:38:53	<b>00:50:58.61</b>	+00:14:58 (29.4%)	4:48	12.5 (70.6%)
49	<b>KRASOŃ Zbigniew</b>	<b>282</b>		M50+	9	00:13:00	00:25:09	00:38:50	<b>00:51:00.12</b>	+00:14:59 (29.4%)	4:48	12.5 (70.6%)
50	<b>SAPIŃSKI Robert</b>	<b>235</b>		M30-39	16	00:13:03	00:25:17	00:39:21	<b>00:51:42.34</b>	+00:15:41 (30.4%)	4:52	12.3 (69.5%)
51	<b>OPIEŁKA Kamil</b>	<b>222</b>	O CO BIEGA W KALETACH	M18-29	10	00:12:50	00:25:13	00:39:36	<b>00:52:25.90</b>	+00:16:25 (31.3%)	4:56	12.1 (68.4%)
52	<b>TWARDOWSKI Jacek</b>	<b>278</b>		M50+	10	00:13:46	00:26:10	00:40:12	<b>00:52:32.58</b>	+00:16:32 (31.5%)	4:57	12.1 (68.4%)
53	<b>ŁUCZEJKO Sławomir</b>	<b>208</b>		M50+	11	00:13:29	00:26:09	00:40:22	<b>00:52:46.20</b>	+00:16:45 (31.8%)	4:58	12 (67.8%)
54	<b>TYLMAN Piotr</b>	<b>260</b>	RUNDORFINA	M30-39	17	00:12:32	00:24:41	00:39:18	<b>00:52:50.23</b>	+00:16:49 (31.8%)	4:59	12 (67.8%)
55	<b>SZWAJA Maciej</b>	<b>250</b>	PAULINA SZWAJA	M30-39	18	00:14:06	00:26:47	00:40:58	<b>00:52:55.78</b>	+00:16:55 (32.0%)	4:59	12 (67.8%)
56	<b>BARDOŃSKI Karol</b>	<b>154</b>	JW1696	M18-29	11	00:13:29	00:25:59	00:40:31	<b>00:53:26.72</b>	+00:17:26 (32.6%)	5:02	11.9 (67.2%)
57	<b>KOPERSKI Grzegorz</b>	<b>194</b>		M30-39	19	00:13:38	00:26:27	00:41:00	<b>00:53:31.91</b>	+00:17:31 (32.7%)	5:03	11.9 (67.2%)
58	<b>SZYMAŃSKI Adam</b>	<b>252</b>	KRÓLICZKI W PLECAKU	M30-39	20	00:14:23	00:27:04	00:41:20	<b>00:53:39.16</b>	+00:17:38 (32.9%)	5:03	11.9 (67.2%)
59	<b>SIWCZYŃSKI Filip</b>	<b>238</b>	KRÓLICZKI W PLECAKU	M30-39	21	00:14:23	00:27:04	00:41:22	<b>00:53:42.35</b>	+00:17:41 (33.0%)	5:03	11.8 (66.7%)
60	<b>WOJTANOWSKI Michał</b>	<b>283</b>		M30-39	22	00:15:25	00:28:11	00:41:47	<b>00:53:43.19</b>	+00:17:42 (33.0%)	5:04	11.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
						Czap_All 2.8km	Herk_All 5.3km	Czap_All 8.1km				
61	<b>PASOŃ Krzysztof</b>	<b>223</b>		M40-49	17	00:13:42	00:26:13	00:40:37	<b>00:53:47.15</b>	+00:17:46 (33.1%)	5:04	11.8 (66.7%)
62	<b>KOŁATKA Mariusz</b>	<b>193</b>		M40-49	18	00:13:19	00:26:19	00:41:04	<b>00:53:57.52</b>	+00:17:56 (33.3%)	5:05	11.8 (66.7%)
63	<b>SŁOMKA Maciej</b>	<b>240</b>	PAN	M40-49	19	00:13:07	00:25:29	00:40:24	<b>00:54:00.22</b>	+00:17:59 (33.3%)	5:05	11.8 (66.7%)
64	<b>HAŁKA Arkadiusz</b>	<b>179</b>	TRUCHT ŁOBEZ	M40-49	20	00:14:06	00:27:06	00:41:48	<b>00:54:45.02</b>	+00:18:44 (34.2%)	5:09	11.6 (65.5%)
65	<b>DRACZYŃSKI Zygmunt</b>	<b>164</b>	TRUCHT ŁOBEZ	M50+	12	00:14:05	00:27:08	00:41:50	<b>00:54:58.48</b>	+00:18:57 (34.5%)	5:11	11.6 (65.5%)
66	<b>ZIMNICKI Tomasz</b>	<b>269</b>		M30-39	23	00:14:14	00:27:24	00:42:28	<b>00:55:18.31</b>	+00:19:17 (34.9%)	5:13	11.5 (65.0%)
67	<b>GRACZYKOWSKI Tomasz</b>	<b>274</b>		M30-39	24	00:13:59	00:27:16	00:42:27	<b>00:55:28.10</b>	+00:19:27 (35.1%)	5:14	11.5 (65.0%)
68	<b>BILL Łukasz</b>	<b>155</b>		M30-39	25	00:13:50	00:26:59	00:42:15	<b>00:56:02.02</b>	+00:20:01 (35.7%)	5:17	11.4 (64.4%)
69	<b>GOŁUCH Łukasz</b>	<b>172</b>		M30-39	26	00:14:59	00:27:57	00:42:51	<b>00:56:06.48</b>	+00:20:05 (35.8%)	5:17	11.3 (63.8%)
70	<b>LOREK Marek</b>	<b>206</b>		M40-49	21	00:13:53	00:27:28	00:43:29	<b>00:57:50.78</b>	+00:21:50 (37.8%)	5:27	11 (62.1%)
71	<b>KOZŁOWSKI Piotr</b>	<b>195</b>	HUSARIA RACE TEAM	M30-39	27	00:14:13	00:28:02	00:43:55	<b>00:57:51.15</b>	+00:21:50 (37.8%)	5:27	11 (62.1%)
72	<b>LISICKI Jan</b>	<b>205</b>	FUNDACJA DZIKA OSTOJA	M50+	13	00:15:37	00:29:29	00:45:17	<b>00:58:33.06</b>	+00:22:32 (38.5%)	5:31	10.9 (61.6%)
73	<b>KOŁAKOWSKI Dariusz</b>	<b>192</b>	K.B.SPRINT ŚWIDWIN	M40-49	22	00:15:35	00:29:28	00:45:13	<b>00:58:55.16</b>	+00:22:54 (38.9%)	5:33	10.8 (61.0%)
74	<b>KĘPKA Mirosław</b>	<b>190</b>	K.B.SPRINT ŚWIDWIN	M40-49	23	00:15:35	00:29:27	00:45:13	<b>00:58:55.35</b>	+00:22:54 (38.9%)	5:33	10.8 (61.0%)
75	<b>CHOMICZ Dawid</b>	<b>158</b>		M30-39	28	00:14:48	00:29:00	00:44:37	<b>00:59:08.47</b>	+00:23:07 (39.1%)	5:34	10.8 (61.0%)
76	<b>ŻYGOWSKI Marcin</b>	<b>270</b>		M30-39	29	00:15:32	00:29:22	00:45:15	<b>00:59:16.61</b>	+00:23:16 (39.3%)	5:35	10.7 (60.5%)
77	<b>WOJTANOWSKI Tomasz</b>	<b>266</b>	KB. SPRINT ŚWIDWIN	M30-39	30	00:15:02	00:28:53	00:45:38	<b>01:00:08.83</b>	+00:24:08 (40.1%)	5:40	10.6 (59.9%)
78	<b>MACIEJEWSKI Andrzej</b>	<b>212</b>		M50+	14	00:15:44	00:30:11	00:47:41	<b>01:02:38.80</b>	+00:26:38 (42.5%)	5:54	10.2 (57.6%)
79	<b>JURCZYSZYN Adrian</b>	<b>183</b>		M18-29	12	00:15:51	00:30:03	00:47:31	<b>01:02:54.00</b>	+00:26:53 (42.8%)	5:56	10.1 (57.1%)
80	<b>PAWŁOWICZ Dariusz</b>	<b>225</b>	HUSARIA RACE TEAM	M40-49	24	00:16:35	00:32:11	00:49:45	<b>01:04:54.89</b>	+00:28:54 (44.5%)	6:07	9.8 (55.4%)
81	<b>SKRZYPIEC Paweł</b>	<b>239</b>		M40-49	25	00:15:20	00:30:22	00:48:54	<b>01:05:26.98</b>	+00:29:26 (45.0%)	6:10	9.7 (54.8%)
82	<b>WALCZAK Adam</b>	<b>262</b>		M50+	15	00:16:28	00:32:17	00:50:36	<b>01:06:28.53</b>	+00:30:28 (45.8%)	6:16	9.6 (54.2%)
83	<b>RONIN-WALKNOWSKI Przemysław</b>	<b>231</b>		M40-49	26	00:15:16	00:31:43	00:50:26	<b>01:06:43.76</b>	+00:30:43 (46.0%)	6:17	9.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Różn	Tempo min/km	Tempo km/h
						Czap_All 2.8km	Herk_All 5.3km	Czap_All 8.1km	netto 10.6km			
84	<b>GRZYSTEK Marcin</b>	<b>177</b>		M30-39	31	00:17:24	00:33:20	00:51:55	<b>01:09:00.62</b>	+00:33:00 (47.8%)	6:30	9.2 (52.0%)
85	<b>SZCZEBLEWSKI Józef</b>	<b>248</b>	RUNDORFINA	M50+	16	00:21:39	00:41:35	01:04:09	<b>01:25:34.01</b>	+00:49:33 (57.9%)	8:04	7.4 (41.8%)

Znaleziono 85 wynik(ów)