

## II BIEG RYBAKA - 11 KM

B4SPORT

**Wydarzenie:** II Bieg Rybaka w Czaplinku  
**Organizator:** Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplinek  
**Data:** 2019-09-28  
**Miejsce:** Czaplinek  
**Dystans:** 11 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.5km	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>KUŚMIDER Andrzej</b>	<b>167</b>	RUNDORFINA	M40-49	1	00:18:43	<b>00:38:05.11</b>		3:27	17.3 (100%)
2	<b>MYDŁO Radosław</b>	<b>326</b>		M40-49	2	00:20:11	<b>00:40:12.33</b>	+00:02:07 (5.3%)	3:39	16.4 (94.8%)
3	<b>WRÓBLEWSKI Krzysztof</b>	<b>102</b>	ZIOMKI Z JEDNEJ ŁĄKI	M30-39	1	00:20:10	<b>00:40:45.67</b>	+00:02:40 (6.6%)	3:42	16.2 (93.6%)
4	<b>WOŹNIAK Grzegorz</b>	<b>101</b>	AKTYWNA KRAJENKA	M30-39	2	00:20:17	<b>00:41:52.05</b>	+00:03:46 (9.0%)	3:48	15.8 (91.3%)
5	<b>ŚWIERAD Przemysław</b>	<b>88</b>	100 BATALION ŁĄCZNOŚĆ	M30-39	3	00:20:54	<b>00:42:11.21</b>	+00:04:06 (9.7%)	3:50	15.6 (90.2%)
6	<b>PRENDECKI Marcin</b>	<b>73</b>	PRENDKI TRI	M40-49	3	00:20:54	<b>00:42:29.61</b>	+00:04:24 (10.4%)	3:51	15.5 (89.6%)
7	<b>GIELEZY Krystian</b>	<b>25</b>		M18-29	1	00:20:56	<b>00:42:55.28</b>	+00:04:50 (11.3%)	3:54	15.4 (89.0%)
8	<b>KĘDZIERSKI Andrzej</b>	<b>40</b>		M30-39	4	00:20:57	<b>00:43:11.62</b>	+00:05:06 (11.8%)	3:55	15.3 (88.4%)
9	<b>BARTOSIAK Tomasz</b>	<b>116</b>		M40-49	4	00:30:34	<b>00:43:26.64</b>	+00:05:21 (12.3%)	3:57	15.2 (87.9%)
10	<b>PRĘTKI Robert</b>	<b>198</b>		M40-49	5	00:29:32	<b>00:43:46.18</b>	+00:05:41 (13.0%)	3:58	15.1 (87.3%)
11	<b>RYNKIEWICZ Piotr</b>	<b>205</b>	TB WALDEK	M30-39	5	00:27:29	<b>00:44:13.11</b>	+00:06:07 (13.9%)	4:01	14.9 (86.1%)
12	<b>BIAŁEK Beata</b>	<b>3</b>	KB HERMES GRYFINO	K40-49	1	00:21:56	<b>00:44:30.81</b>	+00:06:25 (14.4%)	4:02	14.8 (85.5%)
13	<b>LECKI Mateusz</b>	<b>55</b>	TEAM BIEGOWY SZCZECINEK	M30-39	6	00:22:13	<b>00:45:18.37</b>	+00:07:13 (15.9%)	4:07	14.6 (84.4%)
14	<b>ŁASKAWIEC Paweł</b>	<b>59</b>	CZARNE BIEGA	M18-29	2	00:22:16	<b>00:45:22.81</b>	+00:07:17 (16.1%)	4:07	14.5 (83.8%)
15	<b>KUZAN Sławek</b>	<b>51</b>	CZARNE BIEGA	M30-39	7	00:18:00	<b>00:45:34.63</b>	+00:07:29 (16.4%)	4:08	14.5 (83.8%)
16	<b>SZYMAŃSKI Adam</b>	<b>105</b>		M30-39	8	00:22:39	<b>00:45:39.84</b>	+00:07:34 (16.6%)	4:09	14.5 (83.8%)
17	<b>LASAK Konrad</b>	<b>54</b>		M18-29	3	00:23:15	<b>00:45:48.69</b>	+00:07:43 (16.9%)	4:09	14.4 (83.2%)
18	<b>SARNOWSKI Janusz</b>	<b>76</b>	LILL-SPORT	M50-59	1	00:22:54	<b>00:46:17.04</b>	+00:08:11 (17.7%)	4:12	14.3 (82.7%)
19	<b>GAŁAN Leszek</b>	<b>21</b>		M50-59	2	00:23:18	<b>00:46:48.00</b>	+00:08:42 (18.6%)	4:15	14.1 (81.5%)
20	<b>SPRINGER Marcin</b>	<b>80</b>		M40-49	6	00:22:52	<b>00:46:57.78</b>	+00:08:52 (18.9%)	4:16	14.1 (81.5%)
21	<b>GRZYSTEK Sławomir</b>	<b>151</b>		M40-49	7	00:27:00	<b>00:47:01.87</b>	+00:08:56 (19.0%)	4:16	14 (80.9%)
22	<b>PIASKOWIAK Artur</b>	<b>72</b>	BORNE BIEGA	M30-39	9	00:23:34	<b>00:47:20.07</b>	+00:09:14 (19.5%)	4:18	13.9 (80.3%)
23	<b>KRÓL Zbigniew</b>	<b>109</b>		M40-49	8	00:23:21	<b>00:47:23.53</b>	+00:09:18 (19.6%)	4:18	13.9 (80.3%)
24	<b>OSTROWSKI Marian</b>	<b>388</b>		M60-69	1	00:23:22	<b>00:47:25.77</b>	+00:09:20 (19.7%)	4:18	13.9 (80.3%)
25	<b>BRZEZIŃSKI Jan</b>	<b>6</b>	TEAM PIOTRUŚ	M50-59	3	00:24:03	<b>00:48:18.95</b>	+00:10:13 (21.2%)	4:23	13.7 (79.2%)
26	<b>JANISZEWSKI Radosław</b>	<b>160</b>	OSP POŁCZYN-ZDRÓJ,POŁCZYN BIEGA	M30-39	10	00:25:04	<b>00:48:39.90</b>	+00:10:34 (21.7%)	4:25	13.6 (78.6%)
27	<b>GARBACKI Leszek</b>	<b>23</b>		M50-59	4	00:23:45	<b>00:48:54.30</b>	+00:10:49 (22.1%)	4:26	13.5 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.5km	Czas		Tempo min/km	Tempo km/h
							netto 11km	Różn		
28	<b>URBAŃSKI Tomasz</b>	<b>92</b>	KARLINO BIEGAJ	M40-49	9	00:24:19	<b>00:49:06.52</b>	+00:11:01 (22.4%)	4:27	13.4 (77.5%)
29	<b>SZKOPEK Krzysztof</b>	<b>86</b>		M50-59	5	00:24:27	<b>00:49:29.11</b>	+00:11:23 (23.0%)	4:29	13.3 (76.9%)
30	<b>CHOŁUJ Jarek</b>	<b>10</b>	ROZBIEGANY KOSZALIN	M40-49	10	00:25:27	<b>00:49:35.52</b>	+00:11:30 (23.2%)	4:30	13.3 (76.9%)
31	<b>KWIETNIEWSKI Daniel</b>	<b>53</b>		M40-49	11	00:24:16	<b>00:49:39.93</b>	+00:11:34 (23.3%)	4:30	13.3 (76.9%)
32	<b>GARBACKI Łukasz</b>	<b>24</b>		M18-29	4	00:24:01	<b>00:50:27.33</b>	+00:12:22 (24.5%)	4:35	13.1 (75.7%)
33	<b>MICERSKI Tomasz</b>	<b>66</b>	TKKF KOSZALIN	M40-49	12	00:24:44	<b>00:50:29.84</b>	+00:12:24 (24.6%)	4:35	13.1 (75.7%)
34	<b>WYRWA Przemysław</b>	<b>103</b>		M50-59	6	00:25:03	<b>00:50:31.28</b>	+00:12:26 (24.6%)	4:35	13.1 (75.7%)
35	<b>MICHAŁOWSKI Dariusz</b>	<b>67</b>	CZARNIE BIEGA	M40-49	13	00:25:08	<b>00:50:39.43</b>	+00:12:34 (24.8%)	4:36	13 (75.1%)
36	<b>TOWSTOKORY Marek</b>	<b>89</b>	1976	M40-49	14	00:25:20	<b>00:50:55.06</b>	+00:12:49 (25.2%)	4:37	13 (75.1%)
37	<b>SUBERLAK Damian</b>	<b>83</b>	RUNDORFINA	M18-29	5	00:25:12	<b>00:51:01.43</b>	+00:12:56 (25.4%)	4:38	12.9 (74.6%)
38	<b>BODNAR Radosław</b>	<b>4</b>	POŁCZYN BIEGA	M30-39	11	00:25:25	<b>00:51:15.73</b>	+00:13:10 (25.7%)	4:39	12.9 (74.6%)
39	<b>JESIONKA Jarosław</b>	<b>32</b>	STOWARZYSZENIE NASZA ŚWIERCZYNA	M40-49	15	00:24:46	<b>00:51:25.85</b>	+00:13:20 (25.9%)	4:40	12.8 (74.0%)
40	<b>KUBIŚ Paweł</b>	<b>49</b>	RUNDORFINA	M30-39	12	00:26:27	<b>00:51:51.99</b>	+00:13:46 (26.6%)	4:42	12.7 (73.4%)
41	<b>KOCLEJDA Grzegorz</b>	<b>43</b>	RUNDORFINA	M40-49	16	00:26:27	<b>00:51:52.52</b>	+00:13:47 (26.6%)	4:42	12.7 (73.4%)
42	<b>HUDASZEK Grzegorz</b>	<b>31</b>	PARKRUN ŚWIDWIN	M30-39	13	00:25:30	<b>00:51:58.37</b>	+00:13:53 (26.7%)	4:43	12.7 (73.4%)
43	<b>KUICH Piotr</b>	<b>50</b>	LILL-SPORT	M50-59	7	00:25:44	<b>00:52:15.51</b>	+00:14:10 (27.1%)	4:45	12.6 (72.8%)
44	<b>KARCZEWSKI Andrzej</b>	<b>38</b>		M30-39	14	00:25:59	<b>00:52:40.51</b>	+00:14:35 (27.7%)	4:47	12.5 (72.3%)
45	<b>KATRYCZ Zbigniew</b>	<b>39</b>	STWARZYSZENIE NASZA ŚWIERCZYNA	M50-59	8	00:23:25	<b>00:52:55.68</b>	+00:14:50 (28.0%)	4:48	12.5 (72.3%)
46	<b>SPYCHAŁA Anna</b>	<b>345</b>	OSP ŁUGI	K18-29	1	00:26:16	<b>00:52:56.88</b>	+00:14:51 (28.1%)	4:48	12.5 (72.3%)
47	<b>MAJŁOWSKI Aleksander</b>	<b>64</b>		M60-69	2	00:26:05	<b>00:53:08.29</b>	+00:15:03 (28.3%)	4:49	12.4 (71.7%)
48	<b>MACIEJEWSKA Katarzyna</b>	<b>61</b>		K18-29	2	00:25:36	<b>00:53:10.00</b>	+00:15:04 (28.4%)	4:50	12.4 (71.7%)
49	<b>OPIEŁKA Kamil</b>	<b>69</b>	O CO BIEGA W KALETACH	M30-39	15	00:25:27	<b>00:53:12.69</b>	+00:15:07 (28.4%)	4:50	12.4 (71.7%)
50	<b>SAPIŃSKI Robert</b>	<b>75</b>		M30-39	16	00:21:13	<b>00:53:17.40</b>	+00:15:12 (28.5%)	4:50	12.4 (71.7%)
51	<b>WILIŃSKI Marek</b>	<b>97</b>	K.B SPRINTŚWIDWIN	M50-59	9	00:27:05	<b>00:53:39.75</b>	+00:15:34 (29.0%)	4:52	12.3 (71.1%)
52	<b>ADASZYŃSKI Wiesław</b>	<b>378</b>		M50-59	10	00:26:00	<b>00:53:55.31</b>	+00:15:50 (29.4%)	4:54	12.2 (70.5%)
53	<b>ANDREJCZUK Karolina</b>	<b>111</b>	LOKATOR NIERUCHOMOŚCI PIŁA	K30-39	1	00:34:32	<b>00:54:23.54</b>	+00:16:18 (30.0%)	4:56	12.1 (69.9%)
54	<b>KOŁOTUSZA Andrzej</b>	<b>365</b>		M40-49	17	00:27:05	<b>00:54:30.00</b>	+00:16:24 (30.1%)	4:57	12.1 (69.9%)
55	<b>ADASZYŃSKI Wiesław</b>	<b>378</b>		M50-59	11	00:27:05	<b>00:54:32.75</b>	+00:16:27 (30.2%)	4:57	12.1 (69.9%)
56	<b>TYLMAN Piotr</b>	<b>91</b>	RUNDORFINA	M30-39	17	00:26:07	<b>00:54:35.65</b>	+00:16:30 (30.2%)	4:57	12.1 (69.9%)
57	<b>SEROWSKI Łukasz</b>	<b>379</b>		M30-39	18	00:26:42	<b>00:55:07.30</b>	+00:17:02 (30.9%)	5:00	12 (69.4%)
58	<b>GRZYB Jacek</b>	<b>26</b>		M30-39	19	00:27:32	<b>00:55:48.40</b>	+00:17:43 (31.8%)	5:04	11.8 (68.2%)
59	<b>STASIOŁEK Konrad</b>	<b>82</b>		M18-29	6	00:28:07	<b>00:56:03.92</b>	+00:17:58 (32.1%)	5:05	11.8 (68.2%)
60	<b>ADAMUS Piotr</b>	<b>1</b>	BOBOLICKIE BRACTWO BIEGOWE	M30-39	20	00:27:07	<b>00:56:28.43</b>	+00:18:23 (32.6%)	5:08	11.7 (67.6%)
61	<b>ORLIKOWSKI Robert</b>	<b>70</b>	POŁCZYN BIEGA	M30-39	21	00:27:39	<b>00:57:12.30</b>	+00:19:07 (33.4%)	5:12	11.5 (66.5%)
62	<b>DRABKOWSKA Agnieszka</b>	<b>16</b>		K40-49	2	00:27:40	<b>00:57:12.55</b>	+00:19:07 (33.4%)	5:12	11.5 (66.5%)
63	<b>STALUSZKA Dariusz</b>	<b>81</b>	21.BLT	M40-49	18	00:27:55	<b>00:57:19.73</b>	+00:19:14 (33.6%)	5:12	11.5 (66.5%)
64	<b>KACZOR Sławomir</b>	<b>35</b>		M40-49	19	00:27:32	<b>00:57:26.47</b>	+00:19:21 (33.7%)	5:13	11.5 (66.5%)
65	<b>SŁAPCZYŃSKA Marta</b>	<b>78</b>		K18-29	3	00:28:41	<b>00:57:30.24</b>	+00:19:25 (33.8%)	5:13	11.5 (66.5%)
66	<b>HARASIMOWICZ Michał</b>	<b>28</b>		M30-39	22	00:27:52	<b>00:57:35.67</b>	+00:19:30 (33.9%)	5:14	11.5 (66.5%)
67	<b>JUSZCZAK Krzysztof</b>	<b>34</b>		M60-69	3	00:28:32	<b>00:57:57.22</b>	+00:19:52 (34.3%)	5:16	11.4 (65.9%)
68	<b>ŁUCZEJKO Sławomir</b>	<b>60</b>	TEAM BIEGOWY SZCZECINEK	M50-59	12	00:28:20	<b>00:58:12.74</b>	+00:20:07 (34.6%)	5:17	11.3 (65.3%)
69	<b>SUCHANOWSKI Zygmunt</b>	<b>84</b>	RESPECT LOTYŃ	M50-59	13	00:28:07	<b>00:58:20.23</b>	+00:20:15 (34.7%)	5:18	11.3 (65.3%)
70	<b>GAŁECKI Jacek</b>	<b>22</b>	TEAM MATEUSZ POLSKI	M50-59	14	00:28:14	<b>00:58:30.05</b>	+00:20:24 (34.9%)	5:19	11.3 (65.3%)
71	<b>MACIEJEWSKI Andrzej</b>	<b>62</b>		M50-59	15	00:30:20	<b>00:58:30.55</b>	+00:20:25 (34.9%)	5:19	11.3 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.5km	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
72	<b>PACHUTA Roman</b>	<b>71</b>		M40-49	20	00:28:22	<b>00:58:35.34</b>	+00:20:30 (35.0%)	5:19	11.3 (65.3%)
73	<b>GALICKI Robert</b>	<b>19</b>		M40-49	21	00:29:41	<b>00:58:49.97</b>	+00:20:44 (35.3%)	5:20	11.2 (64.7%)
74	<b>PIEKARZEWICZ Tomasz</b>	<b>181</b>		M50-59	16	00:29:47	<b>00:58:54.34</b>	+00:20:49 (35.3%)	5:21	11.2 (64.7%)
75	<b>HOLC Dorota</b>	<b>30</b>	POŁCZYN BIEGA	K30-39	2	00:28:52	<b>00:58:56.57</b>	+00:20:51 (35.4%)	5:21	11.2 (64.7%)
76	<b>DRACZYŃSKI Zygmunt</b>	<b>17</b>	TRUCHT ŁOBEZ	M70+	1	00:28:58	<b>00:59:08.24</b>	+00:21:03 (35.6%)	5:22	11.2 (64.7%)
77	<b>BUTKIEWICZ Wojciech</b>	<b>7</b>		M50-59	17	00:29:09	<b>00:59:08.36</b>	+00:21:03 (35.6%)	5:22	11.2 (64.7%)
78	<b>KUZIO Justyna</b>	<b>52</b>	RUNDORFINA	K30-39	3	00:29:43	<b>00:59:09.11</b>	+00:21:04 (35.6%)	5:22	11.2 (64.7%)
79	<b>BORUC Barbara</b>	<b>5</b>	PARKRUN SZCZECINEK	K50-59	1	00:29:49	<b>00:59:50.58</b>	+00:21:45 (36.4%)	5:26	11 (63.6%)
80	<b>LEŚNIEWSKI Grzegorz</b>	<b>58</b>		M18-29	7	00:28:53	<b>00:59:54.94</b>	+00:21:49 (36.4%)	5:26	11 (63.6%)
81	<b>MAJŁOWSKA Irena</b>	<b>63</b>		K60-69	1	00:29:02	<b>00:59:57.50</b>	+00:21:52 (36.5%)	5:27	11 (63.6%)
82	<b>WALCZAK Magdalena</b>	<b>94</b>		K40-49	3	00:29:34	<b>01:00:00.19</b>	+00:21:55 (36.5%)	5:27	11 (63.6%)
83	<b>SPERA Katarzyna</b>	<b>79</b>		K18-29	4	00:30:06	<b>01:00:06.79</b>	+00:22:01 (36.6%)	5:27	11 (63.6%)
84	<b>USTJANOWSKA Katarzyna</b>	<b>93</b>		K30-39	4	00:29:39	<b>01:00:07.10</b>	+00:22:01 (36.6%)	5:27	11 (63.6%)
85	<b>DIDŁUCH Jacek</b>	<b>15</b>	KOŁOBRZEG BIEGA	M40-49	22	00:29:28	<b>01:00:19.37</b>	+00:22:14 (36.9%)	5:29	10.9 (63.0%)
86	<b>GAŁAN Joanna</b>	<b>20</b>		K50-59	2	00:29:58	<b>01:00:36.00</b>	+00:22:30 (37.2%)	5:30	10.9 (63.0%)
87	<b>KOŁAKOWSKI Dariusz</b>	<b>334</b>		M40-49	23	00:30:03	<b>01:02:20.71</b>	+00:24:15 (38.9%)	5:40	10.6 (61.3%)
88	<b>SIWCZYŃSKI Filip</b>	<b>77</b>	KRÓLICZKI W PLECAKU	M30-39	23	00:30:42	<b>01:02:34.47</b>	+00:24:29 (39.1%)	5:41	10.5 (60.7%)
89	<b>BANACZYK Wioletta</b>	<b>2</b>	LILL-SPORT	K50-59	3	00:31:19	<b>01:03:48.83</b>	+00:25:43 (40.3%)	5:48	10.3 (59.5%)
90	<b>MATYSEK Ireneusz</b>	<b>106</b>		M60-69	4	00:31:04	<b>01:04:24.38</b>	+00:26:19 (40.9%)	5:51	10.2 (59.0%)
91	<b>WALCZAK Adam</b>	<b>390</b>		M50-59	18	00:31:50	<b>01:04:52.59</b>	+00:26:47 (41.3%)	5:53	10.2 (59.0%)
92	<b>SUCHOŃSKA Joanna</b>	<b>221</b>		K40-49	4	00:31:35	<b>01:14:07.47</b>	+00:36:02 (48.6%)	6:44	8.9 (51.4%)
93	<b>WOJDAN Iwona</b>	<b>120</b>	RUNDORFINA	K30-39	5	00:33:15	<b>01:14:42.96</b>	+00:36:37 (49.0%)	6:47	8.8 (50.9%)
94	<b>WALCZAK Adam</b>	<b>95</b>		M50-59	19	00:43:52	<b>01:30:23.37</b>	+00:52:18 (57.9%)	8:13	7.3 (42.2%)
95	<b>LEŚNIEWSKI Krzysztof</b>	<b>57</b>	SM CZAPLINEK	M30-39	24	00:44:53	<b>01:32:50.60</b>	+00:54:45 (59.0%)	8:26	7.1 (41.0%)
DQ	<b>TTTT Rrrr</b>	<b>237</b>				00:18:38 DQ	<b>00:38:40.78 DQ</b>		0:00	17.1 (98.8%)
DNC	<b>YYY Xxx</b>	<b>377</b>		M30-39		00:25:06	<b>00:38:47.86</b>		0:00	17 (98.3%)

Znaleziono 97 wynik(ów)