



III BIEG RYBAKA - 11 KM

B4SPORT

Wydarzenie:
Organizator:

III Bieg Rybaka
Stowarzyszenie Sportowe Grupa Biegowa
Rundorfina, Gmina Czaplinek

Data:
Miejsce:
Dystans:

2020-09-26
Czaplinek
11 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.5km	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	PERLIK Tomasz	71		M30-39	1	00:19:27	00:38:53.88		3:32	17 (100%)
2	WOŹNIAK Grzegorz	110	AKTYWNA KRAJENKA	M30-39	2	00:20:01	00:40:53.45	+00:01:59 (4.9%)	3:43	16.1 (94.7%)
3	PRENDECKI Marcin	75	PRENDKI TRI	M40-49	1	00:20:21	00:41:10.09	+00:02:16 (5.5%)	3:44	16 (94.1%)
4	SZYMAŃSKI Łukasz	96	SKS POBIEROWO	M30-39	3	00:20:21	00:41:54.12	+00:03:00 (7.2%)	3:48	15.8 (92.9%)
5	WOJTALIK Łukasz	108	POŁCZYN BIEGA	M30-39	4	00:20:35	00:42:38.63	+00:03:44 (8.8%)	3:52	15.5 (91.2%)
6	KASZUBA Artur	40		M40-49	2	00:21:11	00:42:56.35	+00:04:02 (9.4%)	3:54	15.4 (90.6%)
7	PODGÓRSKI Bogusz	73		M30-39	5	00:21:03	00:43:23.47	+00:04:29 (10.4%)	3:56	15.2 (89.4%)
8	KRUKOWSKI Adam	168		M30-39	6	00:21:42	00:43:52.49	+00:04:58 (11.3%)	3:59	15 (88.2%)
9	PICK Tomek	72	KORONA SZCZECIN	M50-59	1	00:22:08	00:44:08.07	+00:05:14 (11.9%)	4:00	15 (88.2%)
10	WOJTAS Stefan	109	TRIPAKA PRZECHLEWO	M40-49	3	00:22:15	00:44:27.58	+00:05:33 (12.5%)	4:02	14.8 (87.1%)
11	GOLIŃSKI Łukasz	17	3:10 TEAM ŚWIDWIN	M40-49	4	00:22:16	00:44:37.54	+00:05:43 (12.8%)	4:03	14.8 (87.1%)
12	MALISZEWSKI Piotr	60	RAZ SZCZECIN	M30-39	7	00:22:07	00:44:50.64	+00:05:56 (13.3%)	4:04	14.7 (86.5%)
13	GRZESIK Eugeniusz	21	TKKF KOSZALIN	M50-59	2	00:22:13	00:45:12.93	+00:06:19 (14.0%)	4:06	14.6 (85.9%)
14	MYDŁO Radosław	65	DRAWSKA LIGA BIEGOWA	M40-49	5	00:22:24	00:46:32.98	+00:07:39 (16.4%)	4:13	14.2 (83.5%)
15	ZIELIŃSKI Emil	320		M18-29	1	00:22:56	00:46:42.24	+00:07:48 (16.7%)	4:14	14.1 (82.9%)
16	JANISZEWSKI Radek	31	POŁCZYN BIEGA ♥	M30-39	8	00:22:58	00:47:06.05	+00:08:12 (17.4%)	4:16	14 (82.4%)
17	ZATOŃ Olga	112		K30-39	1	00:22:59	00:47:18.51	+00:08:24 (17.8%)	4:18	14 (82.4%)
18	WICHER Sebastian	105		M40-49	6	00:23:45	00:47:55.31	+00:09:01 (18.8%)	4:21	13.8 (81.2%)
19	GOŁKA Piotr	18	ITMZM 2013	M40-49	7	00:24:14	00:48:10.57	+00:09:16 (19.3%)	4:22	13.7 (80.6%)
20	SMAGOWSKI Wojciech	87	PARKRUN ŚWIDWIN	M40-49	8	00:23:57	00:48:14.52	+00:09:20 (19.4%)	4:23	13.7 (80.6%)
21	IWANIEC Dariusz	28	TKKF KOSZALIN	M40-49	9	00:24:06	00:48:26.94	+00:09:33 (19.7%)	4:24	13.6 (80.0%)
22	MYSZKOWSKI Jan	66	1958	M60-69	1	00:24:01	00:48:37.68	+00:09:43 (20.0%)	4:25	13.6 (80.0%)
23	KOWALCZYK Seweryn	47	TEAM BIEGOWY SZCZECINEK	M18-29	2	00:24:00	00:48:59.52	+00:10:05 (20.6%)	4:27	13.5 (79.4%)
24	KUBIŚ Paweł	50	RUNDORFINA	M30-39	9	00:24:50	00:49:18.22	+00:10:24 (21.1%)	4:28	13.4 (78.8%)
25	BRZEZIŃSKI Jan	5	TEAM PIOTRUŚ	M50-59	3	00:24:15	00:49:24.14	+00:10:30 (21.3%)	4:29	13.4 (78.8%)
26	SZYPOSZYŃSKI Kamil	97	MECENAS I PRZYJACIELE	M40-49	10	00:24:10	00:49:36.96	+00:10:43 (21.6%)	4:30	13.3 (78.2%)
27	ROMANOWSKI Przemysław	78	TEAMBIEGOWYSZCZECINEK	M30-39	10	00:24:16	00:49:37.90	+00:10:44 (21.6%)	4:30	13.3 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.5km	Czas		Tempo min/km	Tempo km/h
							netto 11km	Różn		
28	ECKERT Zbigniew	14	TEAM BIEGOWY SZCZECINEK	M50-59	4	00:24:29	00:49:50.49	+00:10:56 (22.0%)	4:31	13.2 (77.6%)
29	URBAŃSKI Tomasz	101	KARLINOBIEGAJ	M40-49	11	00:25:07	00:49:59.65	+00:11:05 (22.2%)	4:32	13.2 (77.6%)
30	ŁUC Bożena	54	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	K30-39	2	00:24:20	00:50:00.55	+00:11:06 (22.2%)	4:32	13.2 (77.6%)
31	JANKOWSKI Mariusz	32	TEAM BIEGOWY SZCZECINEK/JW1223 KOSZALIN	M40-49	12	00:24:44	00:50:03.12	+00:11:09 (22.3%)	4:33	13.2 (77.6%)
32	SZYMAŃSKI Adam	95	KRÓLICZKI W PLECAKU	M30-39	11	00:24:55	00:50:04.51	+00:11:10 (22.3%)	4:33	13.2 (77.6%)
33	STRENK Przemek	89		M30-39	12	00:24:15	00:50:05.22	+00:11:11 (22.3%)	4:33	13.2 (77.6%)
34	MAZUR Tomasz	63	I LO SZCZECINEK	M40-49	13	00:24:18	00:50:06.51	+00:11:12 (22.4%)	4:33	13.2 (77.6%)
35	KOCLEJDA Grzegorz	43	RUNDORFINA	M40-49	14	00:24:43	00:50:29.01	+00:11:35 (22.9%)	4:35	13.1 (77.1%)
36	HAŁKA Justyna	25	TRUCHT ŁOBEZ	K40-49	1	00:25:11	00:50:37.88	+00:11:43 (23.2%)	4:36	13 (76.5%)
37	SZYMAŃSKI Aleksander	94	OLEKSY BIEGA	M40-49	15	00:25:16	00:50:43.62	+00:11:49 (23.3%)	4:36	13 (76.5%)
38	PERLIK Katarzyna	317		K30-39	3	00:25:27	00:50:58.94	+00:12:05 (23.7%)	4:38	12.9 (75.9%)
39	RYMDEJKO Agnieszka	81	KLUB WYSOKOGÓRSKI W POZNANIU	K18-29	1	00:25:05	00:51:04.61	+00:12:10 (23.8%)	4:38	12.9 (75.9%)
40	KUSIAK Bartłomiej	52		M30-39	13	00:25:32	00:51:12.41	+00:12:18 (24.0%)	4:39	12.9 (75.9%)
41	MICHALAK Boguś	64	SMT SZCZECIN	M40-49	16	00:24:53	00:51:14.99	+00:12:21 (24.1%)	4:39	12.9 (75.9%)
42	IDZIAK Paweł	27	RMF4RT GLADIATORS	M30-39	14	00:25:27	00:51:19.31	+00:12:25 (24.2%)	4:39	12.9 (75.9%)
43	NADOLNY Przemysław	67	HOŻA TEAM SZCZECIN	M40-49	17	00:25:08	00:51:20.75	+00:12:26 (24.2%)	4:40	12.9 (75.9%)
44	KORNIEWICZ Katarzyna	319		K40-49	2	00:25:24	00:51:21.49	+00:12:27 (24.3%)	4:40	12.9 (75.9%)
45	BORSUK Tomasz	318		M30-39	15	00:25:20	00:51:24.14	+00:12:30 (24.3%)	4:40	12.8 (75.3%)
46	KUJAWSKI Michał	51		M30-39	16	00:25:43	00:51:36.18	+00:12:42 (24.6%)	4:41	12.8 (75.3%)
47	WYRWA Przemysław	111	TEAM TERMINATORUN	M50-59	5	00:25:04	00:51:48.03	+00:12:54 (24.9%)	4:42	12.7 (74.7%)
48	MARZOL Marek	62		M30-39	17	00:26:46	00:51:59.37	+00:13:05 (25.2%)	4:43	12.7 (74.7%)
49	FIŁONOWICZ Monika	15	TEAM BIEGOWY SZCZECINEK	K40-49	3	00:25:05	00:52:00.61	+00:13:06 (25.2%)	4:43	12.7 (74.7%)
50	KOŁTUN Wojtek	46		M40-49	18	00:25:03	00:52:02.79	+00:13:08 (25.3%)	4:43	12.7 (74.7%)
51	RYCERSKI Rafał	80		M30-39	18	00:26:14	00:52:17.92	+00:13:24 (25.6%)	4:45	12.6 (74.1%)
52	KARCZEWSKI Andrzej	39		M30-39	19	00:26:19	00:52:26.75	+00:13:32 (25.8%)	4:46	12.6 (74.1%)
53	SAWICKI Eligiusz	82		M50-59	6	00:26:32	00:52:35.97	+00:13:42 (26.0%)	4:46	12.6 (74.1%)
54	TOWSTOKORY Marek	98	ZŁOTOW	M40-49	19	00:26:04	00:52:38.02	+00:13:44 (26.1%)	4:47	12.5 (73.5%)
55	JESIONKA Jarosław	35	STOWARZYSZENIE NASZA ŚWIERCZYNA	M40-49	20	00:26:39	00:52:57.92	+00:14:04 (26.6%)	4:48	12.5 (73.5%)
56	JAMROŻY Ryszard	29	TRUCHT ŁOBEZ	M50-59	7	00:26:13	00:53:13.25	+00:14:19 (26.9%)	4:50	12.4 (72.9%)
57	ROGOWSKI Emil	77		M40-49	21	00:26:00	00:53:25.95	+00:14:32 (27.2%)	4:51	12.4 (72.9%)
58	POLGUJ Piotr Roman	74	PARKRUN SZCZECINEK	M70+	1	00:26:18	00:53:52.80	+00:14:58 (27.8%)	4:53	12.3 (72.4%)
59	TYLMAN Piotr	99	RUNDORFINA	M30-39	20	00:26:27	00:54:21.14	+00:15:27 (28.4%)	4:56	12.1 (71.2%)
60	SUCHANOWSKI Zygmunt	90	RESPECT LOTYŃ	M50-59	8	00:26:09	00:54:21.58	+00:15:27 (28.4%)	4:56	12.1 (71.2%)
61	PAZIEWSKI Lech	70	DRAWSKA LIGA BIEGOWA	M60-69	2	00:26:14	00:54:59.04	+00:16:05 (29.3%)	4:59	12 (70.6%)
62	PANAS Norbert	204	TEAM SZYMPANS KALISZ POMORSKI	M18-29	3	00:27:05	00:55:10.37	+00:16:16 (29.5%)	5:00	12 (70.6%)
63	SEROWSKI Łukasz	83		M30-39	21	00:27:10	00:55:25.11	+00:16:31 (29.8%)	5:02	11.9 (70.0%)
64	SZKOPEK Krzysztof	93		M50-59	9	00:25:53	00:55:44.55	+00:16:50 (30.2%)	5:04	11.8 (69.4%)
65	RUSINEK Dawid	260		M18-29	4	00:28:04	00:56:08.21	+00:17:14 (30.7%)	5:06	11.8 (69.4%)
66	ADASZYŃSKI Wiesław	1	BOBOLICCY MORSJANIE	M50-59	10	00:27:36	00:56:19.67	+00:17:25 (30.9%)	5:07	11.7 (68.8%)
67	ŁUCZEJKO Sławomir	55	TEAM BIEGOWY SZCZECINEK	M50-59	11	00:27:53	00:56:45.15	+00:17:51 (31.5%)	5:09	11.6 (68.2%)
68	WILKLISZ Wojciech	107		M50-59	12	00:27:18	00:56:56.42	+00:18:02 (31.7%)	5:10	11.6 (68.2%)
69	CIECHAŃSKI Michał	9	ZDARTE PODESZWY	M40-49	22	00:28:13	00:57:07.71	+00:18:13 (31.9%)	5:11	11.6 (68.2%)
70	JANKOWSKI Paweł	33		M40-49	23	00:27:55	00:57:16.18	+00:18:22 (32.1%)	5:12	11.5 (67.6%)
71	TYLUŚ Sylwia	100	TEAM BIEGOWY SZCZECINEK	K40-49	4	00:28:49	00:57:20.54	+00:18:26 (32.2%)	5:12	11.5 (67.6%)

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72	ROME CZ-KAZIK Gabriela	79		K40-49	5	00:29:11	00:57:30.28	+00:18:36 (32.4%)	5:13	11.5 (67.6%)
73	KOZIBRODA Marcin	48	TEAM BIEGOWY SZCZECINEK	M40-49	24	00:28:49	00:57:31.89	+00:18:38 (32.4%)	5:13	11.5 (67.6%)
74	MACIEJEWSKA Katarzyna	57		K18-29	2	00:28:12	00:57:57.39	+00:19:03 (32.9%)	5:16	11.4 (67.1%)
75	MAJEWSKA Dorota	58		K50-59	1	00:28:44	00:58:19.75	+00:19:25 (33.3%)	5:18	11.3 (66.5%)
76	BUTOWICZ Adam	7		M50-59	13	00:29:11	00:58:29.87	+00:19:35 (33.5%)	5:19	11.3 (66.5%)
77	CHMARA Grzegorz	8	STM TEAM	M50-59	14	00:29:15	00:59:02.69	+00:20:08 (34.1%)	5:22	11.2 (65.9%)
78	SŁAPCZYŃSKA Marta	85		K18-29	3	00:29:16	00:59:05.34	+00:20:11 (34.2%)	5:22	11.2 (65.9%)
79	JURKOWSKI Łukasz	36		M30-39	22	00:29:01	00:59:14.19	+00:20:20 (34.3%)	5:23	11.1 (65.3%)
80	GRUNWALD Karolina	19		K30-39	4	00:28:39	00:59:26.41	+00:20:32 (34.6%)	5:24	11.1 (65.3%)
81	GALICKI Robert	16		M40-49	25	00:28:38	00:59:27.57	+00:20:33 (34.6%)	5:24	11.1 (65.3%)
82	HRYNIEWICZ Rafał	26		M40-49	26	00:29:30	00:59:34.49	+00:20:40 (34.7%)	5:24	11.1 (65.3%)
83	WESOŁOWSKI Mateusz	104		M30-39	23	00:29:18	00:59:45.04	+00:20:51 (34.9%)	5:25	11 (64.7%)
84	KUŚMIDER Andrzej	53	RUNDORFINA	M30-39	24	00:29:27	00:59:53.82	+00:20:59 (35.1%)	5:26	11 (64.7%)
85	CYBULSKI Arkadiusz	11		M30-39	25	00:29:16	01:00:10.46	+00:21:16 (35.4%)	5:28	11 (64.7%)
86	KOŁAKOWSKI Dariusz	44		M40-49	27	00:29:59	01:00:22.45	+00:21:28 (35.6%)	5:29	10.9 (64.1%)
87	RATKA Michał	76	E-FIZJO TEAM	M40-49	28	00:30:46	01:01:06.29	+00:22:12 (36.3%)	5:33	10.8 (63.5%)
88	BORUC Barbara	4	TEAM BIEGOWY SZCZECINEK	K50-59	2	00:29:49	01:01:16.08	+00:22:22 (36.5%)	5:34	10.8 (63.5%)
89	SŁOMKA Maciej	86	STOWARZYSZENIE NASZA ŚWIERCZYNA	M50-59	15	00:29:03	01:01:38.64	+00:22:44 (36.9%)	5:36	10.7 (62.9%)
90	WILIŃSKI Marek	106	K.B SPRINT ŚWIDWIN	M50-59	16	00:30:47	01:01:38.76	+00:22:44 (36.9%)	5:36	10.7 (62.9%)
91	ORLIKOWSKI Robert	68	POŁCZYN BIEGA ♥	M30-39	26	00:29:50	01:01:46.08	+00:22:52 (37.0%)	5:36	10.7 (62.9%)
92	DRABKOWSKA Agnieszka	12	CUDAK ♥	K40-49	6	00:29:51	01:01:46.12	+00:22:52 (37.0%)	5:36	10.7 (62.9%)
93	CUDEK Roman	10	KB SPRINT	M40-49	29	00:30:58	01:01:52.36	+00:22:58 (37.1%)	5:37	10.7 (62.9%)
94	DRACZYŃSKI Zygmunt	13	TRUCHT ŁOBEZ	M70+	2	00:30:35	01:02:01.26	+00:23:07 (37.3%)	5:38	10.6 (62.4%)
95	JUSZCZAK Krzysztof	37		M60-69	3	00:30:00	01:02:35.31	+00:23:41 (37.9%)	5:41	10.5 (61.8%)
96	MAŁECKI Artur	61		M40-49	30	00:31:56	01:02:59.19	+00:24:05 (38.2%)	5:43	10.5 (61.8%)
97	MALICZEWSKI Paweł	59		M30-39	27	00:30:35	01:04:54.39	+00:26:00 (40.1%)	5:54	10.2 (60.0%)
98	JANICKI Dominik	30		M40-49	31	00:30:35	01:04:54.87	+00:26:00 (40.1%)	5:54	10.2 (60.0%)
99	SIWCZYŃSKI Filip	84	KRÓLICZKI W PLECAKU	M30-39	28	00:31:49	01:05:27.38	+00:26:33 (40.6%)	5:57	10.1 (59.4%)
100	ZAWADZKI Rafał	114	VISUS CZŁUCHÓW	M50-59	17	00:32:38	01:05:59.20	+00:27:05 (41.1%)	5:59	10 (58.8%)
101	ŁUKASIK Ewa	56	TEAM BIEGOWY SZCZECINEK	K40-49	7	00:32:59	01:06:12.15	+00:27:18 (41.2%)	6:01	10 (58.8%)
102	WALCZAK Magdalena	102		K40-49	8	00:31:27	01:06:13.44	+00:27:19 (41.3%)	6:01	10 (58.8%)
103	ZAWADZKA Barbara	113	VISUS CZŁUCHÓW	K50-59	3	00:32:42	01:06:31.35	+00:27:37 (41.5%)	6:02	9.9 (58.2%)
104	KIJEWSKI Krzysztof	42	CUDACZKI BIAŁOGARD	M30-39	29	00:32:14	01:07:04.96	+00:28:11 (42.0%)	6:05	9.8 (57.6%)
105	BRZEZIŃSKI Łukasz	6		M30-39	30	00:32:14	01:07:22.72	+00:28:28 (42.3%)	6:07	9.8 (57.6%)
106	KSIĄŻEK Teresa	49		K60-69	1	00:33:48	01:09:04.50	+00:30:10 (43.7%)	6:16	9.6 (56.5%)
107	BŁAŻEJCZYK Justyna	2	UKL FENIKS ŚWIDWIN	K30-39	5	00:34:09	01:09:41.32	+00:30:47 (44.2%)	6:20	9.5 (55.9%)
108	WALCZAK Adam	103		M50-59	18	00:34:12	01:10:11.44	+00:31:17 (44.6%)	6:22	9.4 (55.3%)
109	HALAK Anna	24	UKL FENIKS	K40-49	9	00:34:15	01:12:30.05	+00:33:36 (46.3%)	6:35	9.1 (53.5%)
110	KOŁODZIEJCZAK Grzegorz	45		M40-49	32	00:36:00	01:12:45.30	+00:33:51 (46.5%)	6:36	9.1 (53.5%)
111	GRZYSTEK Marcin	23		M30-39	31	00:36:00	01:12:46.04	+00:33:52 (46.5%)	6:36	9.1 (53.5%)
112	GRZEGORZAK Monika	20		K40-49	10	00:37:49	01:17:28.93	+00:38:35 (49.8%)	7:02	8.5 (50.0%)