



## III BIEG RYBAKA - NORDIC WALKING - 5,5 KM

B4SPORT

**Wydarzenie:** III Bieg Rybaka  
**Organizator:** Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplinek  
**Data:** 2020-09-26  
**Miejsce:** Czaplinek  
**Dystans:** 5.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
1	ROMANOWICZ Piotr	305		M40-49	1	00:32:12.81		5:51	10.2 (100%)
2	PYREK Krzysztof	304	1 RBLOG	M40-49	2	00:35:56.86	+00:03:44 (10.4%)	6:32	9.2 (90.2%)
3	LENARTOWICZ Stanisław	293		M60-69	1	00:38:07.66	+00:05:54 (15.5%)	6:55	8.7 (85.3%)
4	KUKLINSKI Maciej	292	METROŻERCY	M40-49	3	00:38:17.99	+00:06:05 (15.9%)	6:57	8.6 (84.3%)
5	WOJTCZAK Urszula	313	CZAPELKI	K40-49	1	00:38:37.01	+00:06:24 (16.6%)	7:01	8.5 (83.3%)
6	KATRYCZ Zbigniew	285	STOWARZYSZENIE NASZA ŚWIERCZYNA	M50-59	1	00:38:46.23	+00:06:33 (16.9%)	7:02	8.5 (83.3%)
7	NIEZGODA Tomasz	300		M40-49	4	00:39:37.16	+00:07:24 (18.7%)	7:12	8.3 (81.4%)
8	GUTOWSKA Dorota	279		K30-39	1	00:39:38.09	+00:07:25 (18.7%)	7:12	8.3 (81.4%)
9	BALON Marek	262		M50-59	2	00:39:38.41	+00:07:25 (18.7%)	7:12	8.3 (81.4%)
10	KORYBSKA Aleksandra	287		K40-49	2	00:40:07.87	+00:07:55 (19.7%)	7:17	8.2 (80.4%)
11	BERCZYŃSKI Henryk	263	NADLEŚNICTWO OKONEK	M60-69	2	00:41:00.65	+00:08:47 (21.5%)	7:27	8 (78.4%)
12	DUSZA Anna	275	SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO	K50-59	1	00:41:39.81	+00:09:26 (22.7%)	7:34	7.9 (77.5%)
13	WOŹNIAK Iwona	314		K40-49	3	00:41:54.43	+00:09:41 (23.1%)	7:37	7.9 (77.5%)
14	BIADON Agnieszka	264	LILL SPORT	K30-39	2	00:42:08.96	+00:09:56 (23.6%)	7:39	7.8 (76.5%)
15	KANIA-JESIONKA Anna	284	STOWARZYSZENIE NASZA ŚWIERCZYNA	K40-49	4	00:42:10.00	+00:09:57 (23.6%)	7:40	7.8 (76.5%)
16	KNITTER Monika	286		K30-39	3	00:42:57.01	+00:10:44 (25.0%)	7:48	7.7 (75.5%)
17	JUSZCZAK Karolina	283	RUNDORFINA	K30-39	4	00:43:26.47	+00:11:13 (25.8%)	7:53	7.6 (74.5%)
18	DOMŻAŁ Anita	273		K30-39	5	00:43:36.79	+00:11:23 (26.1%)	7:55	7.6 (74.5%)
19	DZIĘCIOŁ Anna	277		K30-39	6	00:44:09.41	+00:11:56 (27.0%)	8:01	7.5 (73.5%)
20	PRENDECKI Kazimierz	303	PRENDKI TRI	M70+	1	00:44:37.50	+00:12:24 (27.8%)	8:06	7.4 (72.5%)
21	KUICH Anna	291	LILL-SPORT	K40-49	5	00:45:09.14	+00:12:56 (28.7%)	8:12	7.3 (71.6%)
22	PIETRZYK Anna	302		K50-59	2	00:45:23.03	+00:13:10 (29.0%)	8:15	7.3 (71.6%)
23	MICHALSKA Małgorzata	296		K50-59	3	00:45:46.22	+00:13:33 (29.6%)	8:19	7.2 (70.6%)
24	KOWALSKI Mirosław	288	GRYF NW SZCZECINEK	M60-69	3	00:46:23.87	+00:14:11 (30.6%)	8:26	7.1 (69.6%)
25	ŁABĘDŹ Katarzyna	294	LILL-SPORT	K50-59	4	00:46:27.42	+00:14:14 (30.7%)	8:26	7.1 (69.6%)
26	WYSOCKA Magdalena	316		K30-39	7	00:46:28.38	+00:14:15 (30.7%)	8:26	7.1 (69.6%)
27	MIŁOSZ Anna	298		K40-49	6	00:46:29.91	+00:14:17 (30.7%)	8:27	7.1 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
28	<b>BOŃKOWSKA Agata</b>	<b>266</b>		K18-29	1	<b>00:46:36.24</b>	+00:14:23 (30.9%)	8:28	7.1 (69.6%)
29	<b>NIEZGODA Małgorzata</b>	<b>301</b>		K40-49	7	<b>00:46:41.59</b>	+00:14:28 (31.0%)	8:29	7.1 (69.6%)
30	<b>KUC - BREJNA Anna</b>	<b>290</b>		K40-49	8	<b>00:46:55.32</b>	+00:14:42 (31.3%)	8:31	7 (68.6%)
31	<b>TORSKA-SZABAŁOWSKA Iwona</b>	<b>309</b>		K50-59	5	<b>00:46:55.90</b>	+00:14:43 (31.4%)	8:31	7 (68.6%)
32	<b>WRONA Ryszard</b>	<b>315</b>	LILL-SPORT	M50-59	3	<b>00:47:43.43</b>	+00:15:30 (32.5%)	8:40	6.9 (67.6%)
33	<b>STRZELEC Jan</b>	<b>306</b>		M60-69	4	<b>00:47:43.53</b>	+00:15:30 (32.5%)	8:40	6.9 (67.6%)
34	<b>DUBISZ Joanna</b>	<b>274</b>	LILL-SPORT	K40-49	9	<b>00:47:43.92</b>	+00:15:31 (32.5%)	8:40	6.9 (67.6%)
35	<b>JANOWICZ Alina</b>	<b>281</b>		K60-69	1	<b>00:48:25.31</b>	+00:16:12 (33.5%)	8:48	6.8 (66.7%)
36	<b>BOBOWSKA Paulina</b>	<b>265</b>		K30-39	8	<b>00:48:35.74</b>	+00:16:22 (33.7%)	8:50	6.8 (66.7%)
37	<b>CHOJNACKI Paweł</b>	<b>270</b>		M30-39	1	<b>00:48:50.49</b>	+00:16:37 (34.0%)	8:52	6.8 (66.7%)
38	<b>CHOJNACKA Katarzyna</b>	<b>269</b>		K30-39	9	<b>00:48:50.56</b>	+00:16:37 (34.0%)	8:52	6.8 (66.7%)
39	<b>DĄBROWSKA Katarzyna</b>	<b>272</b>	RUNDORFINA	K30-39	10	<b>00:49:36.52</b>	+00:17:23 (35.1%)	9:01	6.7 (65.7%)
40	<b>GAJEWSKA Krystyna</b>	<b>278</b>		K60-69	2	<b>00:50:10.83</b>	+00:17:58 (35.8%)	9:07	6.6 (64.7%)
41	<b>MIKUSZEWSKA Barbara</b>	<b>297</b>		K60-69	3	<b>00:50:38.41</b>	+00:18:25 (36.4%)	9:12	6.5 (63.7%)
42	<b>BUCZKOWSKA Irena</b>	<b>268</b>		K70+	1	<b>00:50:42.64</b>	+00:18:29 (36.5%)	9:13	6.5 (63.7%)
43	<b>SZAMOTUŁA - STRZELEC Maryla</b>	<b>307</b>		K60-69	4	<b>00:51:18.76</b>	+00:19:05 (37.2%)	9:19	6.4 (62.7%)
44	<b>TOSIK Urszula</b>	<b>310</b>		K30-39	11	<b>00:51:54.79</b>	+00:19:41 (37.9%)	9:26	6.4 (62.7%)
45	<b>KRUKOWSKA Anna</b>	<b>289</b>		K60-69	5	<b>00:53:09.19</b>	+00:20:56 (39.4%)	9:39	6.2 (60.8%)
46	<b>SZAMOTUŁA - STRZELEC Ewa</b>	<b>308</b>		K60-69	6	<b>00:55:47.53</b>	+00:23:34 (42.3%)	10:08	5.9 (57.8%)

Znaleziono 46 wynik(ów)