



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

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

V Bieg Rybaka  
Stowarzyszenie Sportowe Grupa Biegowa  
Rundorfina, Gmina Czaplinek  
2022-09-24  
Czaplinek  
10 km

## V BIEG RYBAKA - 10 KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>POLAK Szymon</b>	<b>44</b>	BORSUKI	M40-49	1	00:19:21	<b>00:38:49.60</b>		3:52	15.5 (100%)
2	<b>GAŁAŁSKI Piotr</b>	<b>14</b>		M40-49	2	00:19:18	<b>00:39:12.80</b>	+00:00:23 (1.0%)	3:55	15.3 (98.7%)
3	<b>PIŃKOWSKI Jarosław</b>	<b>42</b>	SZKOLA POLUCJI W PILE	M40-49	3	00:19:42	<b>00:40:04.35</b>	+00:01:15 (3.1%)	4:00	15 (96.8%)
4	<b>BŁASZCZYK Piotr</b>	<b>8</b>		M40-49	4	00:20:11	<b>00:41:10.40</b>	+00:02:21 (5.7%)	4:07	14.6 (94.2%)
5	<b>MAKUCH Krzysztof</b>	<b>36</b>	EL TORO DE ORO	M40-49	5	00:21:00	<b>00:42:25.10</b>	+00:03:35 (8.5%)	4:14	14.1 (91.0%)
6	<b>SAWOŚCIANIK Jakub</b>	<b>47</b>	UKS TRAPER ZŁOCINIENIEC	M18-29	1	00:21:00	<b>00:42:34.30</b>	+00:03:46 (8.8%)	4:15	14.1 (91.0%)
7	<b>MAZUR Tomasz</b>	<b>38</b>	I LO SZCZECINEK	M40-49	6	00:21:50	<b>00:43:29.25</b>	+00:04:42 (10.8%)	4:20	13.8 (89.0%)
8	<b>CHUPTYŚ Adrian</b>	<b>93</b>	RUNDORFINA	M40-49	7	00:21:13	<b>00:44:01.95</b>	+00:05:12 (11.8%)	4:24	13.6 (87.7%)
9	<b>MAŁEK Piotr</b>	<b>37</b>	IRON TEAM BARWICE	M40-49	8	00:21:23	<b>00:44:03.50</b>	+00:05:14 (11.9%)	4:24	13.6 (87.7%)
10	<b>SZYPOSZYŃSKI Kamil</b>	<b>54</b>	UKL FENIKS ŚWIDWIN	M40-49	9	00:21:53	<b>00:44:52.05</b>	+00:06:03 (13.5%)	4:29	13.4 (86.5%)
11	<b>GROCH Piotr</b>	<b>16</b>		M30-39	1	00:22:10	<b>00:45:01.00</b>	+00:06:14 (13.8%)	4:30	13.3 (85.8%)
12	<b>SPRINGER Marcin</b>	<b>140</b>	TEAMDRESS	M40-49	10	00:22:08	<b>00:45:03.20</b>	+00:06:17 (13.9%)	4:30	13.3 (85.8%)
13	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>25</b>		M40-49	11	00:22:22	<b>00:45:20.75</b>	+00:06:36 (14.5%)	4:32	13.2 (85.2%)
14	<b>SUCHANOWSKI Zygmunt</b>	<b>50</b>	RESPECT LOTYŃ	M50-59	1	00:22:03	<b>00:45:38.55</b>	+00:06:50 (15.0%)	4:33	13.1 (84.5%)
15	<b>ZWEJDA Patryk</b>	<b>144</b>	BIEGANIEJUZEFAŃAJ	M40-49	12	00:22:36	<b>00:46:06.05</b>	+00:07:20 (15.9%)	4:36	13 (83.9%)
16	<b>DIBELKA Kamil</b>	<b>11</b>	MIĘCZAKI WOLA CZTEROPAKI	M18-29	2	00:23:36	<b>00:46:16.05</b>	+00:07:28 (16.1%)	4:37	13 (83.9%)
17	<b>SZYMAŃSKI Adam</b>	<b>53</b>	KRÓLICZKI W PLECAKU.	M30-39	2	00:23:02	<b>00:46:35.40</b>	+00:07:46 (16.7%)	4:39	12.9 (83.2%)
18	<b>LEŚNIEWSKI-PARFIANOWICZ Grzegorz</b>	<b>30</b>	SALVAGENTE LEŚNE WILCZE JEDNOROŻCE	M30-39	3	00:22:41	<b>00:46:42.25</b>	+00:07:57 (17.0%)	4:40	12.8 (82.6%)
19	<b>SEROWSKI Łukasz</b>	<b>48</b>	BIEGOLAS KOSZALIN	M30-39	4	00:23:04	<b>00:46:58.55</b>	+00:08:09 (17.4%)	4:41	12.8 (82.6%)
20	<b>GAŁAN Leszek</b>	<b>13</b>		M50-59	2	00:23:28	<b>00:47:16.00</b>	+00:08:28 (17.9%)	4:43	12.7 (81.9%)
21	<b>ARENDARSKI Dariusz</b>	<b>2</b>		M40-49	13	00:22:40	<b>00:47:38.35</b>	+00:08:49 (18.5%)	4:45	12.6 (81.3%)
22	<b>BEDNARSKI Paweł</b>	<b>7</b>	NA PRZYPALE ALBO WCALE!!!	M30-39	5	00:23:43	<b>00:47:41.80</b>	+00:08:54 (18.7%)	4:46	12.6 (81.3%)
23	<b>ADASZYŃSKI Wiesław</b>	<b>1</b>	BIEGOLAS KOSZALIN	M50-59	3	00:23:18	<b>00:48:13.45</b>	+00:09:25 (19.5%)	4:49	12.4 (80.0%)
24	<b>MACIEJEWSKA Katarzyna</b>	<b>31</b>		K18-29	1	00:24:15	<b>00:48:26.50</b>	+00:09:38 (19.9%)	4:50	12.4 (80.0%)
25	<b>LESZCZEŁOWSKI Piotr</b>	<b>29</b>		M40-49	14	00:24:21	<b>00:48:47.30</b>	+00:10:03 (20.6%)	4:52	12.3 (79.4%)
26	<b>BALCEROWICZ Jarek</b>	<b>4</b>		M50-59	4	00:23:59	<b>00:48:54.95</b>	+00:10:09 (20.7%)	4:53	12.3 (79.4%)
27	<b>SUBERLAK Damian</b>	<b>137</b>	RUNDORFINA	M30-39	6	00:24:16	<b>00:48:50.50</b>	+00:10:09 (20.7%)	4:53	12.3 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>CHAROWSKI Marcin</b>	<b>40</b>		M40-49	15	00:24:22	<b>00:48:59.25</b>	+00:10:11 (20.8%)	4:53	12.2 (78.7%)
29	<b>WILIŃSKI Marek</b>	<b>59</b>		M60-69	1	00:25:01	<b>00:50:28.70</b>	+00:11:41 (23.1%)	5:02	11.9 (76.8%)
30	<b>PIETRZAK Marek</b>	<b>41</b>		M40-49	16	00:25:33	<b>00:50:30.70</b>	+00:11:44 (23.2%)	5:03	11.9 (76.8%)
31	<b>JASTROWICZ Maciek</b>	<b>21</b>		M40-49	17	00:24:47	<b>00:50:47.70</b>	+00:12:00 (23.6%)	5:04	11.8 (76.1%)
32	<b>SZCZUKOCKI Marcin</b>	<b>51</b>	TEAM TERMINATORUN	M18-29	3	00:23:49	<b>00:51:24.50</b>	+00:12:37 (24.5%)	5:08	11.7 (75.5%)
33	<b>WOJCIECHOWSKA Wanda</b>	<b>60</b>		K50-59	1	00:25:16	<b>00:51:57.35</b>	+00:13:10 (25.3%)	5:11	11.5 (74.2%)
34	<b>PONICKI Tomasz</b>	<b>45</b>	TEAM UJŚCIE	M50-59	5	00:25:51	<b>00:52:08.00</b>	+00:13:28 (25.7%)	5:12	11.5 (74.2%)
35	<b>MAJŁOWSKA Irena</b>	<b>34</b>	TEAM MAJŁOWSCY	K60-69	1	00:25:49	<b>00:52:18.40</b>	+00:13:34 (25.9%)	5:13	11.5 (74.2%)
36	<b>WITOLH Grażyna</b>	<b>148</b>	TEAM UJŚCIE	K50-59	2	00:26:06	<b>00:52:33.30</b>	+00:13:53 (26.3%)	5:15	11.4 (73.5%)
37	<b>MAJŁOWSKI Aleksander</b>	<b>35</b>	TEAM MAJŁOWSCY	K70+	1	00:26:02	<b>00:53:00.50</b>	+00:14:16 (26.9%)	5:18	11.3 (72.9%)
38	<b>USTJANOWSKA Katarzyna</b>	<b>56</b>		K30-39	1	00:26:02	<b>00:53:07.25</b>	+00:14:19 (26.9%)	5:18	11.3 (72.9%)
39	<b>KUROWSKI Marcin</b>	<b>27</b>	SHELTIES RACE	M40-49	18	00:27:22	<b>00:53:52.85</b>	+00:15:09 (28.1%)	5:23	11.1 (71.6%)
40	<b>KUROWSKA Olga</b>	<b>26</b>	SHELTIES RACE	K40-49	1	00:27:23	<b>00:54:12.35</b>	+00:15:28 (28.5%)	5:25	11.1 (71.6%)
41	<b>KOŁAKOWSKI Dariusz</b>	<b>24</b>		M50-59	6	00:27:23	<b>00:55:55.80</b>	+00:17:10 (30.6%)	5:35	10.7 (69.0%)
42	<b>TOSIK Marek</b>	<b>55</b>		M50-59	7	00:28:45	<b>00:56:23.50</b>	+00:17:33 (31.1%)	5:38	10.6 (68.4%)
43	<b>BĄK Tomasz</b>	<b>6</b>		M30-39	7	00:26:03	<b>00:56:41.30</b>	+00:17:53 (31.5%)	5:40	10.6 (68.4%)
44	<b>GRZYSTEK Marcin</b>	<b>17</b>		M40-49	19	00:29:27	<b>00:56:48.45</b>	+00:18:06 (31.8%)	5:40	10.6 (68.4%)
45	<b>RUŻANOWSKI Wiesław</b>	<b>46</b>		M60-69	2	00:27:14	<b>00:56:56.50</b>	+00:18:08 (31.8%)	5:41	10.5 (67.7%)
46	<b>ARKUSZYŃSKI Dariusz</b>	<b>3</b>		M50-59	8	00:27:15	<b>00:56:56.95</b>	+00:18:08 (31.8%)	5:41	10.5 (67.7%)
47	<b>KLEJDA Agnieszka</b>	<b>145</b>	BIEGACZE JÓZEFA NOJI	K30-39	2	00:28:01	<b>00:57:16.70</b>	+00:18:30 (32.3%)	5:43	10.5 (67.7%)
48	<b>MACIEJEWSKA Lucyna</b>	<b>32</b>		K50-59	3	00:27:45	<b>00:58:02.35</b>	+00:19:17 (33.2%)	5:48	10.3 (66.5%)
49	<b>MACIEJEWSKI Andrzej</b>	<b>33</b>		M50-59	9	00:27:45	<b>00:58:02.60</b>	+00:19:17 (33.2%)	5:48	10.3 (66.5%)
50	<b>NATKANIEC Wiesława</b>	<b>39</b>		K50-59	4	00:29:09	<b>00:59:33.70</b>	+00:20:48 (34.9%)	5:57	10.1 (65.2%)
51	<b>POCZĄTEK Michał</b>	<b>43</b>	NIEZRZESZONY	M60-69	3	00:29:41	<b>00:59:24.60</b>	+00:21:05 (35.2%)	5:56	10.1 (65.2%)
52	<b>HEJŁASZ Katarzyna</b>	<b>18</b>		K40-49	2	00:29:02	<b>01:01:09.00</b>	+00:22:22 (36.5%)	6:06	9.8 (63.2%)
53	<b>BŁAŻEJCZYK Justyna</b>	<b>9</b>		K40-49	3	00:30:30	<b>01:03:55.05</b>	+00:25:10 (39.3%)	6:23	9.4 (60.6%)
54	<b>JARCZEWSKA Renata</b>	<b>20</b>		K50-59	5	00:31:37	<b>01:05:38.40</b>	+00:26:54 (40.9%)	6:33	9.1 (58.7%)
55	<b>HELLER Zdzisław</b>	<b>19</b>	HERBMARATONOW.PL	M60-69	4	00:31:35	<b>01:05:53.80</b>	+00:27:11 (41.2%)	6:35	9.1 (58.7%)
56	<b>FRYDRYCHOWICZ Lilianna</b>	<b>12</b>	BIEGAJĄCA SENIORKA	K60-69	2	00:32:27	<b>01:07:24.30</b>	+00:28:39 (42.4%)	6:44	8.9 (57.4%)
57	<b>SZUTRA Agnieszka</b>	<b>52</b>		K40-49	4	00:32:27	<b>01:07:50.50</b>	+00:29:06 (42.8%)	6:47	8.8 (56.8%)
58	<b>WIATR Marcin</b>	<b>57</b>	KORONA	M30-39	8	00:33:17	<b>01:09:48.55</b>	+00:31:05 (44.4%)	6:58	8.6 (55.5%)
59	<b>WIATR Tomasz</b>	<b>58</b>		M50-59	10	00:33:17	<b>01:09:49.85</b>	+00:31:06 (44.5%)	6:58	8.6 (55.5%)
	<b>KOCLEJDA Grzegorz</b>	<b>23</b>	RUNDORFINA	M40-49		00:23:04 DNF	<b>DNF</b>		-	-(0.0%)

Znaleziono 60 wynik(ów)