

# V BIEG RYBAKA - 10 KM

B4SPORT

**Wydarzenie:** V Bieg Rybaka  
**Organizator:** Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplinek  
**Data:** 2022-09-24  
**Miejsce:** Czaplinek  
**Dystans:** 10 km



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)