

VI BIEG RYBAKA - 10 KM

B4SPORT

Wydarzenie:
Organizator:

VI Bieg Rybaka
Stowarzyszenie Sportowe Grupa Biegowa
Rundorfina, Gmina Czaplinek

Data:
Miejsce:
Dystans:

2023-09-23
Czaplinek
10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------|-----------|------|----------|--------------------|-------------------|--------------|--------------|
| 1 | LESYK Rafał | 96 | 7PROSIÓDMIKTEAM | M30-39 | 1 | 00:18:20 | 00:36:34.59 | | 3:39 | 16.4 (100%) |
| 2 | MIKODA Grzegorz | 118 | | M40-49 | 1 | 00:18:20 | 00:37:22.81 | +00:00:48 (2.2%) | 3:44 | 16.1 (98.2%) |
| 3 | LASAK Konrad | 95 | | M18-29 | 1 | 00:18:56 | 00:37:46.29 | +00:01:11 (3.2%) | 3:46 | 15.9 (97.0%) |
| 4 | MICHAŁOWSKI Piotr | 117 | BIEGAJĄCY DIETETYK TEAM | M30-39 | 2 | 00:19:01 | 00:38:48.44 | +00:02:13 (5.7%) | 3:52 | 15.5 (94.5%) |
| 5 | BOREK Krzysztof | 19 | | M40-49 | 2 | 00:19:36 | 00:39:06.21 | +00:02:31 (6.5%) | 3:54 | 15.3 (93.3%) |
| 6 | GAŁAŁSKI Piotr | 44 | | M40-49 | 3 | 00:19:35 | 00:39:15.00 | +00:02:40 (6.8%) | 3:55 | 15.3 (93.3%) |
| 7 | PIĄTEK Jarosław | 131 | BIEGACZE JÓZEFA NOJI | M50-59 | 1 | 00:19:52 | 00:39:31.97 | +00:02:57 (7.5%) | 3:57 | 15.2 (92.7%) |
| 8 | SMAGOWSKI Wojtek | 150 | OSP RĄBINO | M40-49 | 4 | 00:19:44 | 00:39:39.44 | +00:03:04 (7.8%) | 3:57 | 15.1 (92.1%) |
| 9 | SOBCZAK Adrian | 151 | | M30-39 | 3 | 00:20:25 | 00:40:38.20 | +00:04:03 (10.0%) | 4:03 | 14.8 (90.2%) |
| 10 | WITKIEWICZ Eryk | 180 | | M40-49 | 5 | 00:20:07 | 00:40:49.64 | +00:04:15 (10.4%) | 4:04 | 14.7 (89.6%) |
| 11 | MAKUCH Krzysztof | 106 | EL TORO DE ORO | M40-49 | 6 | 00:20:22 | 00:41:10.36 | +00:04:35 (11.2%) | 4:07 | 14.6 (89.0%) |
| 12 | GRZESIK Eugeniusz | 51 | | M50-59 | 2 | 00:20:39 | 00:42:08.11 | +00:05:33 (13.2%) | 4:12 | 14.2 (86.6%) |
| 13 | WIŚNIEWSKI Piotr | 373 | | M40-49 | 7 | 00:20:42 | 00:42:12.95 | +00:05:38 (13.4%) | 4:13 | 14.2 (86.6%) |
| 14 | KŁOSOWSKI Piotr | 78 | | M50-59 | 3 | 00:21:46 | 00:43:24.45 | +00:06:49 (15.7%) | 4:20 | 13.8 (84.1%) |
| 15 | MAZUR Tomasz | 116 | I LO SZCZECINEK | M40-49 | 8 | 00:21:41 | 00:43:26.32 | +00:06:51 (15.8%) | 4:20 | 13.8 (84.1%) |
| 16 | ARENDARSKI Dariusz | 3 | | M40-49 | 9 | 00:21:26 | 00:43:53.41 | +00:07:18 (16.7%) | 4:23 | 13.7 (83.5%) |
| 17 | BOREK Monika | 20 | | K40-49 | 1 | 00:21:46 | 00:44:13.40 | +00:07:38 (17.3%) | 4:25 | 13.6 (82.9%) |
| 18 | SAWOŚCIANIK Jakub | 144 | UKS TRAPER ZŁOCINIENEC | M18-29 | 2 | 00:21:47 | 00:44:27.06 | +00:07:52 (17.7%) | 4:26 | 13.5 (82.3%) |
| 19 | SZAFRANEK Krzysztof | 159 | | M30-39 | 4 | 00:21:50 | 00:44:30.63 | +00:07:56 (17.8%) | 4:27 | 13.5 (82.3%) |
| 20 | MYSZKOWSKI Jan | 121 | 1958 | M60-69 | 1 | 00:22:02 | 00:44:49.05 | +00:08:14 (18.4%) | 4:28 | 13.4 (81.7%) |
| 21 | CYGAN Małgorzata | 31 | | K30-39 | 1 | 00:22:03 | 00:44:50.70 | +00:08:16 (18.4%) | 4:29 | 13.4 (81.7%) |
| 22 | LESZCZEŁOWSKI Piotr | 193 | SHELTIES RACE | M40-49 | 10 | 00:22:24 | 00:44:58.91 | +00:08:24 (18.7%) | 4:29 | 13.3 (81.1%) |
| 23 | SUCHANOWSKI Zygmunt | 155 | RESPECT LOTYŃ | M50-59 | 4 | 00:21:59 | 00:45:36.66 | +00:09:02 (19.8%) | 4:33 | 13.2 (80.5%) |
| 24 | BRZEZIŃSKI Jan | 23 | BIAŁOGARD BIEGA | M50-59 | 5 | 00:23:11 | 00:45:44.24 | +00:09:09 (20.0%) | 4:34 | 13.1 (79.9%) |
| 25 | MAŁEK Piotr | 109 | IRON TEAM BARWICE | M40-49 | 11 | 00:21:30 | 00:45:47.11 | +00:09:12 (20.1%) | 4:34 | 13.1 (79.9%) |
| 26 | KWIETNIEWSKI Daniel | 93 | | M40-49 | 12 | 00:23:11 | 00:45:55.50 | +00:09:20 (20.4%) | 4:35 | 13.1 (79.9%) |
| 27 | SZYMAŃSKI Adam | 165 | KRÓLICZKI W PLECAKU | M30-39 | 5 | 00:22:48 | 00:45:59.96 | +00:09:25 (20.5%) | 4:35 | 13 (79.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 5km | Czas netto | | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|------------|---------------------------|-----------|------|----------|--------------------|-------------------|--------------|--------------|
| | | | | | | | 10km | Różn | | |
| 28 | SZKOPEK Krzysztof | 162 | | M50-59 | 6 | 00:22:46 | 00:46:01.06 | +00:09:26 (20.5%) | 4:36 | 13 (79.3%) |
| 29 | GIŻYCKI Łukasz | 46 | | M18-29 | 3 | 00:22:46 | 00:46:20.88 | +00:09:46 (21.1%) | 4:38 | 12.9 (78.7%) |
| 30 | GAŁAN Leszek | 43 | | M60-69 | 2 | 00:23:02 | 00:46:30.96 | +00:09:56 (21.4%) | 4:39 | 12.9 (78.7%) |
| 31 | FIAŁKOWSKI Krzysztof | 39 | TERMINATORUN | M40-49 | 13 | 00:22:56 | 00:47:03.70 | +00:10:29 (22.3%) | 4:42 | 12.8 (78.0%) |
| 32 | WASIŃSKA Weronika | 173 | | K18-29 | 1 | 00:22:57 | 00:47:03.99 | +00:10:29 (22.3%) | 4:42 | 12.8 (78.0%) |
| 33 | CHAROWSKI Marcin | 28 | | M40-49 | 14 | 00:23:24 | 00:47:22.75 | +00:10:48 (22.8%) | 4:44 | 12.7 (77.4%) |
| 34 | STORCZYK-RAK Agnieszka | 152 | | K30-39 | 2 | 00:23:33 | 00:47:32.64 | +00:10:58 (23.1%) | 4:45 | 12.6 (76.8%) |
| 35 | KLEJDA Patryk | 76 | BIEGACZE JÓZEFA NOJI | M40-49 | 15 | 00:23:15 | 00:47:51.07 | +00:11:16 (23.6%) | 4:47 | 12.5 (76.2%) |
| 36 | BOŃKOWSKI Jakub | 18 | | M30-39 | 6 | 00:23:34 | 00:47:59.12 | +00:11:24 (23.8%) | 4:47 | 12.5 (76.2%) |
| 37 | SIKORA Rafał | 336 | BIEGACZE JÓZEFA NOJI | M18-29 | 4 | 00:23:50 | 00:48:00.37 | +00:11:25 (23.8%) | 4:48 | 12.5 (76.2%) |
| 38 | RAK Krzysztof | 139 | | M40-49 | 16 | 00:23:35 | 00:48:06.46 | +00:11:31 (24.0%) | 4:48 | 12.5 (76.2%) |
| 39 | OWCZAREK Mateusz | 322 | | M18-29 | 5 | 00:23:58 | 00:48:08.17 | +00:11:33 (24.0%) | 4:48 | 12.5 (76.2%) |
| 40 | TYLMAN Piotr | 170 | RUNDORFINA | M40-49 | 17 | 00:23:28 | 00:48:09.28 | +00:11:34 (24.0%) | 4:48 | 12.5 (76.2%) |
| 41 | DMOCHOWSKI Radosław | 192 | | M30-39 | 7 | 00:23:56 | 00:48:29.03 | +00:11:54 (24.6%) | 4:50 | 12.4 (75.6%) |
| 42 | KOCLEJDA Stanisław | 79 | | M18-29 | 6 | 00:24:31 | 00:48:32.38 | +00:11:57 (24.6%) | 4:51 | 12.4 (75.6%) |
| 43 | SIELATYCKA Olga | 147 | EL TORO DE ORO | K40-49 | 2 | 00:23:57 | 00:48:41.67 | +00:12:07 (24.9%) | 4:52 | 12.3 (75.0%) |
| 44 | MASIALSKA Anna | 114 | | K40-49 | 3 | 00:24:03 | 00:49:05.89 | +00:12:31 (25.5%) | 4:54 | 12.2 (74.4%) |
| 45 | SUBERLAK Damian | 153 | RUNDORFINA | M30-39 | 8 | 00:24:57 | 00:49:07.42 | +00:12:32 (25.5%) | 4:54 | 12.2 (74.4%) |
| 46 | KUROWSKI Marcin | 195 | SHELTIES RACE | M50-59 | 7 | 00:25:25 | 00:50:36.49 | +00:14:01 (27.7%) | 5:03 | 11.9 (72.6%) |
| 47 | KUROWSKA Olga | 194 | SHELTIES RACE | K40-49 | 4 | 00:25:26 | 00:50:41.12 | +00:14:06 (27.8%) | 5:04 | 11.8 (72.0%) |
| 48 | JANUSZANIEC Przemek | 61 | | M50-59 | 8 | 00:25:46 | 00:51:44.45 | +00:15:09 (29.3%) | 5:10 | 11.6 (70.7%) |
| 49 | FEDOROWIAT-NOWACKA Małgorzata | 38 | EL TORO DE ORO | K50-59 | 1 | 00:25:34 | 00:52:11.75 | +00:15:37 (29.9%) | 5:13 | 11.5 (70.1%) |
| 50 | MAKUCH Katarzyna | 105 | EL TORO DE ORO | K40-49 | 5 | 00:25:34 | 00:52:12.46 | +00:15:37 (29.9%) | 5:13 | 11.5 (70.1%) |
| 51 | SUSKA Tomasz | 156 | SWOJSKIE KULINARIA | M30-39 | 9 | 00:25:39 | 00:52:16.98 | +00:15:42 (30.0%) | 5:13 | 11.5 (70.1%) |
| 52 | WOJCIECHOWSKA Wanda | 181 | | K50-59 | 2 | 00:25:40 | 00:52:17.73 | +00:15:43 (30.1%) | 5:13 | 11.5 (70.1%) |
| 53 | LASOTA Mirosław | 197 | | M70+ | 1 | 00:26:39 | 00:52:55.28 | +00:16:20 (30.9%) | 5:17 | 11.3 (68.9%) |
| 54 | SZYMAŃSKI Aleksander | 345 | | M50-59 | 9 | 00:26:29 | 00:52:55.65 | +00:16:21 (30.9%) | 5:17 | 11.3 (68.9%) |
| 55 | LEWANDOWSKA Julia | 323 | | K18-29 | 2 | 00:25:30 | 00:53:56.89 | +00:17:22 (32.2%) | 5:23 | 11.1 (67.7%) |
| 56 | KOWALEWICZ Bartłomiej | 84 | | M30-39 | 10 | 00:26:35 | 00:54:05.06 | +00:17:30 (32.4%) | 5:24 | 11.1 (67.7%) |
| 57 | KONOPACKI Kamil | 81 | | M30-39 | 11 | 00:26:40 | 00:54:31.69 | +00:17:57 (32.9%) | 5:27 | 11 (67.1%) |
| 58 | KOZAK Marta | 85 | | K40-49 | 6 | 00:27:03 | 00:54:55.35 | +00:18:20 (33.4%) | 5:29 | 10.9 (66.5%) |
| 59 | MALICKI Grzegorz | 108 | SCYZORYK | M50-59 | 10 | 00:27:05 | 00:54:58.09 | +00:18:23 (33.5%) | 5:29 | 10.9 (66.5%) |
| 60 | BARTON Krystyna | 5 | PRZECHLEWO | K60-69 | 1 | 00:27:00 | 00:55:14.28 | +00:18:39 (33.8%) | 5:31 | 10.9 (66.5%) |
| 61 | PILARCZYK Mirosław | 133 | NOREW KOWALKI | M18-29 | 7 | 00:26:54 | 00:55:51.76 | +00:19:17 (34.5%) | 5:35 | 10.7 (65.2%) |
| 62 | KOŁAKOWSKI Dariusz | 80 | | M50-59 | 11 | 00:28:13 | 00:56:26.68 | +00:19:52 (35.2%) | 5:38 | 10.6 (64.6%) |
| 63 | NATKANIEC Wiesława | 122 | | K50-59 | 3 | 00:27:53 | 00:57:24.07 | +00:20:49 (36.3%) | 5:44 | 10.5 (64.0%) |
| 64 | BUJNOWSKA Karolina | 25 | | K40-49 | 7 | 00:27:48 | 00:57:24.50 | +00:20:49 (36.3%) | 5:44 | 10.5 (64.0%) |
| 65 | HEJŁASZ Katarzyna | 57 | | K40-49 | 8 | 00:27:55 | 00:57:50.76 | +00:21:16 (36.8%) | 5:47 | 10.4 (63.4%) |
| 66 | BAK Tomasz | 6 | NA PRZYPALE ALBO WCALE!!! | M30-39 | 12 | 00:26:56 | 00:59:13.77 | +00:22:39 (38.2%) | 5:55 | 10.1 (61.6%) |
| 67 | JUSZCZAK Krzysztof | 66 | | M60-69 | 3 | 00:28:39 | 00:59:18.87 | +00:22:44 (38.3%) | 5:55 | 10.1 (61.6%) |
| 68 | KLEJDA Agnieszka | 77 | BIEGACZE JÓZEFA NOJI | K30-39 | 3 | 00:28:54 | 00:59:21.61 | +00:22:47 (38.4%) | 5:56 | 10.1 (61.6%) |
| 69 | LASOTA Irena | 198 | | K70+ | 1 | 00:29:47 | 00:59:35.81 | +00:23:01 (38.6%) | 5:57 | 10.1 (61.6%) |
| 70 | HELLER Zdzisław | 58 | | M60-69 | 4 | 00:29:51 | 01:00:55.16 | +00:24:20 (40.0%) | 6:05 | 9.8 (59.8%) |
| 71 | POCZĄTEK Michał | 134 | | M60-69 | 5 | 00:30:30 | 01:01:41.04 | +00:25:06 (40.7%) | 6:10 | 9.7 (59.1%) |

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|-----|-------------------------------|------------|----------|-----------|------|----------|--------------------|-------------------|--------------|-------------|
| 72 | FRYDRYCHOWICZ Lilianna | 40 | SENIORKA | K60-69 | 2 | 00:30:36 | 01:02:47.46 | +00:26:12 (41.7%) | 6:16 | 9.6 (58.5%) |
| 73 | WORONA Agnieszka | 184 | | K40-49 | 9 | 00:31:22 | 01:03:50.46 | +00:27:15 (42.7%) | 6:23 | 9.4 (57.3%) |
| 74 | BRZOSTKO Przemysław | 24 | | M30-39 | 13 | 00:31:22 | 01:03:51.46 | +00:27:16 (42.7%) | 6:23 | 9.4 (57.3%) |
| 75 | STRUMIŃSKI Waldemar | 199 | | M70+ | 2 | 00:31:32 | 01:04:11.36 | +00:27:36 (43.0%) | 6:25 | 9.3 (56.7%) |

Znaleziono 75 wynik(ów)