



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

VI Bieg Rybaka
Stowarzyszenie Sportowe Grupa Biegowa
Rundorfina, Gmina Czaplinek
2023-09-23
Czaplinek
10 km

VI 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	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	GAŁAJSKI 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
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)