



## 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: M-Czaplinek

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	LESYK Rafal	96	7PROSIÓDMIAKTEAM	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	GĄGALSKI 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	SAWOŚCIANIK Jakub	144	UKS TRAPER ZŁOCIENIEC	M18-29	2	00:21:47	00:44:27.06	+00:07:52 (17.7%)	4:26	13.5 (82.3%)
18	SZAFRANEK Krzysztof	159		M30-39	4	00:21:50	00:44:30.63	+00:07:56 (17.8%)	4:27	13.5 (82.3%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	KWIETNIEWSKI Daniel	93		M40-49	12	00:23:11	00:45:55.50	+00:09:20 (20.4%)	4:35	13.1 (79.9%)
25	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%)
26	SZKOPEK Krzysztof	162		M50-59	6	00:22:46	00:46:01.06	+00:09:26 (20.5%)	4:36	13 (79.3%)
27	GIŻYCKI Łukasz	46		M18-29	3	00:22:46	00:46:20.88	+00:09:46 (21.1%)	4:38	12.9 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>GAŁAN Leszek</b>	<b>43</b>		M60-69	2	00:23:02	<b>00:46:30.96</b>	+00:09:56 (21.4%)	4:39	12.9 (78.7%)
29	<b>FIAŁKOWSKI Krzysztof</b>	<b>39</b>	TERMINATORUN	M40-49	13	00:22:56	<b>00:47:03.70</b>	+00:10:29 (22.3%)	4:42	12.8 (78.0%)
30	<b>CHAROWSKI Marcin</b>	<b>28</b>		M40-49	14	00:23:24	<b>00:47:22.75</b>	+00:10:48 (22.8%)	4:44	12.7 (77.4%)
31	<b>KLEJDA Patryk</b>	<b>76</b>	BIEGACZE JÓZEFA NOJI	M40-49	15	00:23:15	<b>00:47:51.07</b>	+00:11:16 (23.6%)	4:47	12.5 (76.2%)
32	<b>BOŃKOWSKI Jakub</b>	<b>18</b>		M30-39	6	00:23:34	<b>00:47:59.12</b>	+00:11:24 (23.8%)	4:47	12.5 (76.2%)
33	<b>SIKORA Rafał</b>	<b>336</b>	BIEGACZE JÓZEFA NOJI	M18-29	4	00:23:50	<b>00:48:00.37</b>	+00:11:25 (23.8%)	4:48	12.5 (76.2%)
34	<b>RAK Krzysztof</b>	<b>139</b>		M40-49	16	00:23:35	<b>00:48:06.46</b>	+00:11:31 (24.0%)	4:48	12.5 (76.2%)
35	<b>OWCZAREK Mateusz</b>	<b>322</b>		M18-29	5	00:23:58	<b>00:48:08.17</b>	+00:11:33 (24.0%)	4:48	12.5 (76.2%)
36	<b>TYLMAN Piotr</b>	<b>170</b>	RUNDORFINA	M40-49	17	00:23:28	<b>00:48:09.28</b>	+00:11:34 (24.0%)	4:48	12.5 (76.2%)
37	<b>DMOCHOWSKI Radosław</b>	<b>192</b>		M30-39	7	00:23:56	<b>00:48:29.03</b>	+00:11:54 (24.6%)	4:50	12.4 (75.6%)
38	<b>KOCLEJDA Stanisław</b>	<b>79</b>		M18-29	6	00:24:31	<b>00:48:32.38</b>	+00:11:57 (24.6%)	4:51	12.4 (75.6%)
39	<b>SUBERLAK Damian</b>	<b>153</b>	RUNDORFINA	M30-39	8	00:24:57	<b>00:49:07.42</b>	+00:12:32 (25.5%)	4:54	12.2 (74.4%)
40	<b>KUROWSKI Marcin</b>	<b>195</b>	SHELTIES RACE	M50-59	7	00:25:25	<b>00:50:36.49</b>	+00:14:01 (27.7%)	5:03	11.9 (72.6%)
41	<b>JANUSZANIEC Przemek</b>	<b>61</b>		M50-59	8	00:25:46	<b>00:51:44.45</b>	+00:15:09 (29.3%)	5:10	11.6 (70.7%)
42	<b>SUSKA Tomasz</b>	<b>156</b>	SWOJSKIE KULINARIA	M30-39	9	00:25:39	<b>00:52:16.98</b>	+00:15:42 (30.0%)	5:13	11.5 (70.1%)
43	<b>LASOTA Mirosław</b>	<b>197</b>		M70+	1	00:26:39	<b>00:52:55.28</b>	+00:16:20 (30.9%)	5:17	11.3 (68.9%)
44	<b>SZYMAŃSKI Aleksander</b>	<b>345</b>		M50-59	9	00:26:29	<b>00:52:55.65</b>	+00:16:21 (30.9%)	5:17	11.3 (68.9%)
45	<b>KOWALEWICZ Bartłomiej</b>	<b>84</b>		M30-39	10	00:26:35	<b>00:54:05.06</b>	+00:17:30 (32.4%)	5:24	11.1 (67.7%)
46	<b>KONOPACKI Kamil</b>	<b>81</b>		M30-39	11	00:26:40	<b>00:54:31.69</b>	+00:17:57 (32.9%)	5:27	11 (67.1%)
47	<b>MALICKI Grzegorz</b>	<b>108</b>	SCYZORYK	M50-59	10	00:27:05	<b>00:54:58.09</b>	+00:18:23 (33.5%)	5:29	10.9 (66.5%)
48	<b>PILARCZYK Mirosław</b>	<b>133</b>	NOREW KOWALKI	M18-29	7	00:26:54	<b>00:55:51.76</b>	+00:19:17 (34.5%)	5:35	10.7 (65.2%)
49	<b>KOŁAKOWSKI Dariusz</b>	<b>80</b>		M50-59	11	00:28:13	<b>00:56:26.68</b>	+00:19:52 (35.2%)	5:38	10.6 (64.6%)
50	<b>BAK Tomasz</b>	<b>6</b>	NA PRZYPALE ALBO WCALE!!!	M30-39	12	00:26:56	<b>00:59:13.77</b>	+00:22:39 (38.2%)	5:55	10.1 (61.6%)
51	<b>JUSZCZAK Krzysztof</b>	<b>66</b>		M60-69	3	00:28:39	<b>00:59:18.87</b>	+00:22:44 (38.3%)	5:55	10.1 (61.6%)
52	<b>HELLER Zdzisław</b>	<b>58</b>		M60-69	4	00:29:51	<b>01:00:55.16</b>	+00:24:20 (40.0%)	6:05	9.8 (59.8%)
53	<b>POCZĄTEK Michał</b>	<b>134</b>		M60-69	5	00:30:30	<b>01:01:41.04</b>	+00:25:06 (40.7%)	6:10	9.7 (59.1%)
54	<b>BRZOSTKO Przemysław</b>	<b>24</b>		M30-39	13	00:31:22	<b>01:03:51.46</b>	+00:27:16 (42.7%)	6:23	9.4 (57.3%)
55	<b>STRUMIŃSKI Waldemar</b>	<b>199</b>		M70+	2	00:31:32	<b>01:04:11.36</b>	+00:27:36 (43.0%)	6:25	9.3 (56.7%)

Znaleziono 55 wynik(ów)