



## VI BIEG RYBAKA - 10 KM

B4SPORT

**Event:** VI Bieg Rybaka  
**Organiser:** Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplinek  
**Date:** 2023-09-23  
**Place:** Czaplinek  
**Distance:** 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	<b>MIKODA Grzegorz</b>	<b>118</b>		M40-49	1	00:18:20	<b>00:37:22.81</b>		3:44	16.1 (100%)
2	<b>BOREK Krzysztof</b>	<b>19</b>		M40-49	2	00:19:36	<b>00:39:06.21</b>	+00:01:43 (4.4%)	3:54	15.3 (95.0%)
3	<b>GAŁAŁSKI Piotr</b>	<b>44</b>		M40-49	3	00:19:35	<b>00:39:15.00</b>	+00:01:52 (4.8%)	3:55	15.3 (95.0%)
4	<b>SMAGOWSKI Wojtek</b>	<b>150</b>	OSP RĄBINO	M40-49	4	00:19:44	<b>00:39:39.44</b>	+00:02:16 (5.7%)	3:57	15.1 (93.8%)
5	<b>WITKIEWICZ Eryk</b>	<b>180</b>		M40-49	5	00:20:07	<b>00:40:49.64</b>	+00:03:26 (8.4%)	4:04	14.7 (91.3%)
6	<b>MAKUCH Krzysztof</b>	<b>106</b>	EL TORO DE ORO	M40-49	6	00:20:22	<b>00:41:10.36</b>	+00:03:47 (9.2%)	4:07	14.6 (90.7%)
7	<b>WIŚNIEWSKI Piotr</b>	<b>373</b>		M40-49	7	00:20:42	<b>00:42:12.95</b>	+00:04:50 (11.5%)	4:13	14.2 (88.2%)
8	<b>MAZUR Tomasz</b>	<b>116</b>	I LO SZCZECINEK	M40-49	8	00:21:41	<b>00:43:26.32</b>	+00:06:03 (13.9%)	4:20	13.8 (85.7%)
9	<b>ARENDARSKI Dariusz</b>	<b>3</b>		M40-49	9	00:21:26	<b>00:43:53.41</b>	+00:06:30 (14.8%)	4:23	13.7 (85.1%)
10	<b>LESZCZEŁOWSKI Piotr</b>	<b>193</b>	SHELTIES RACE	M40-49	10	00:22:24	<b>00:44:58.91</b>	+00:07:36 (16.9%)	4:29	13.3 (82.6%)
11	<b>MAŁEK Piotr</b>	<b>109</b>	IRON TEAM BARWICE	M40-49	11	00:21:30	<b>00:45:47.11</b>	+00:08:24 (18.4%)	4:34	13.1 (81.4%)
12	<b>KWIETNIEWSKI Daniel</b>	<b>93</b>		M40-49	12	00:23:11	<b>00:45:55.50</b>	+00:08:32 (18.6%)	4:35	13.1 (81.4%)
13	<b>FIAŁKOWSKI Krzysztof</b>	<b>39</b>	TERMINATORUN	M40-49	13	00:22:56	<b>00:47:03.70</b>	+00:09:40 (20.6%)	4:42	12.8 (79.5%)
14	<b>CHAROWSKI Marcin</b>	<b>28</b>		M40-49	14	00:23:24	<b>00:47:22.75</b>	+00:09:59 (21.1%)	4:44	12.7 (78.9%)
15	<b>KLEJDA Patryk</b>	<b>76</b>	BIEGACZE JÓZEFA NOJI	M40-49	15	00:23:15	<b>00:47:51.07</b>	+00:10:28 (21.9%)	4:47	12.5 (77.6%)
16	<b>RAK Krzysztof</b>	<b>139</b>		M40-49	16	00:23:35	<b>00:48:06.46</b>	+00:10:43 (22.3%)	4:48	12.5 (77.6%)
17	<b>TYLMAN Piotr</b>	<b>170</b>	RUNDORFINA	M40-49	17	00:23:28	<b>00:48:09.28</b>	+00:10:46 (22.4%)	4:48	12.5 (77.6%)

Total 17 results.