

# VI BIEG RYBAKA - 5 KM

B4SPORT

**Wydarzenie:** VI Bieg Rybaka  
**Organizator:** Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplinek  
**Data:** 2023-09-23  
**Miejsce:** Czaplinek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                    | Numer      | Klub                            | Kategoria | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|---------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1   | <b>WOJTONISZAK Łukasz</b>   | <b>183</b> |                                 | M30-39    | 1    | <b>00:18:12.28</b> |                   | 3:38         | 16.5 (100%)  |
| 2   | <b>WARDOCH Rafał</b>        | <b>361</b> | TEAM TERMINATOR                 | M18-29    | 1    | <b>00:18:14.03</b> | +00:00:01 (0.2%)  | 3:38         | 16.5 (100%)  |
| 3   | <b>CHMIELEWSKI Tomasz</b>   | <b>29</b>  | VO2MAX RACING TEAM              | M40-49    | 1    | <b>00:18:20.00</b> | +00:00:07 (0.7%)  | 3:40         | 16.4 (99.4%) |
| 4   | <b>KASIELSKI Rafał</b>      | <b>363</b> | TEAM TERMINATOR                 | M18-29    | 2    | <b>00:18:40.00</b> | +00:00:27 (2.5%)  | 3:44         | 16.1 (97.6%) |
| 5   | <b>TOMKOWSKI Przemysław</b> | <b>169</b> | CHRYSTUS KRÓLEM                 | M30-39    | 2    | <b>00:18:47.96</b> | +00:00:35 (3.2%)  | 3:45         | 16 (97.0%)   |
| 6   | <b>ORGANKA Marcin</b>       | <b>129</b> | TRUCHT ŁOBEZ                    | M40-49    | 2    | <b>00:18:53.81</b> | +00:00:41 (3.7%)  | 3:46         | 15.9 (96.4%) |
| 7   | <b>BŁASZCZYK Piotr</b>      | <b>13</b>  |                                 | M40-49    | 3    | <b>00:19:28.97</b> | +00:01:16 (6.6%)  | 3:53         | 15.4 (93.3%) |
| 8   | <b>SZLAPAK Krzysztof</b>    | <b>163</b> | GRUPA BIEGOWA MAŻ I ŻONA        | M50-59    | 1    | <b>00:20:14.75</b> | +00:02:02 (10.1%) | 4:02         | 14.8 (89.7%) |
| 9   | <b>MINCEWICZ Piotr</b>      | <b>119</b> | TEAMTERMINATORUN                | M40-49    | 4    | <b>00:20:21.28</b> | +00:02:08 (10.6%) | 4:04         | 14.7 (89.1%) |
| 10  | <b>ZIELIŃSKI Piotr</b>      | <b>366</b> | TERMINATOR                      | M40-49    | 5    | <b>00:20:22.56</b> | +00:02:10 (10.7%) | 4:04         | 14.7 (89.1%) |
| 11  | <b>LIPIŃSKI Sebastian</b>   | <b>98</b>  |                                 | M30-39    | 3    | <b>00:20:32.81</b> | +00:02:20 (11.4%) | 4:06         | 14.6 (88.5%) |
| 12  | <b>RYNDAK Mariusz</b>       | <b>143</b> |                                 | M60-69    | 1    | <b>00:20:35.34</b> | +00:02:23 (11.6%) | 4:07         | 14.6 (88.5%) |
| 13  | <b>CIASTOŃ Tomasz</b>       | <b>200</b> |                                 | M40-49    | 6    | <b>00:21:00.28</b> | +00:02:47 (13.3%) | 4:12         | 14.3 (86.7%) |
| 14  | <b>WIŚNIEWSKA Magdalena</b> | <b>177</b> |                                 | K40-49    | 1    | <b>00:21:10.63</b> | +00:02:58 (14.0%) | 4:14         | 14.2 (86.1%) |
| 15  | <b>OLKOWSKI Tomasz</b>      | <b>128</b> |                                 | M30-39    | 4    | <b>00:21:18.65</b> | +00:03:06 (14.6%) | 4:15         | 14.1 (85.5%) |
| 16  | <b>DEMSKI Tomasz</b>        | <b>35</b>  | TEAM TERMINATORUN               | M30-39    | 5    | <b>00:21:33.57</b> | +00:03:21 (15.6%) | 4:18         | 13.9 (84.2%) |
| 17  | <b>KATRYCZ Zbigniew</b>     | <b>71</b>  | STOWARZYSZENIE NASZA ŚWIERCZYNA | M60-69    | 2    | <b>00:21:41.53</b> | +00:03:29 (16.1%) | 4:20         | 13.8 (83.6%) |
| 18  | <b>GRACZYK Albert</b>       | <b>48</b>  |                                 | M18-29    | 3    | <b>00:21:42.00</b> | +00:03:29 (16.1%) | 4:20         | 13.8 (83.6%) |
| 19  | <b>OGONOWSKI Marek</b>      | <b>127</b> | BOJOWI AMATORZY                 | M50-59    | 2    | <b>00:21:50.75</b> | +00:03:38 (16.7%) | 4:22         | 13.7 (83.0%) |
| 20  | <b>BENECKI Krzysztof</b>    | <b>7</b>   |                                 | M40-49    | 7    | <b>00:21:52.94</b> | +00:03:40 (16.8%) | 4:22         | 13.7 (83.0%) |
| 21  | <b>ZAWORA Wiesław</b>       | <b>189</b> | TEAM TERMINATORUN               | M50-59    | 3    | <b>00:22:29.60</b> | +00:04:17 (19.1%) | 4:29         | 13.3 (80.6%) |
| 22  | <b>BARANOWSKI Łukasz</b>    | <b>4</b>   | EL TORO DE ORO                  | M30-39    | 6    | <b>00:22:45.69</b> | +00:04:33 (20.0%) | 4:33         | 13.2 (80.0%) |
| 23  | <b>SZCZUKOCKI Marcin</b>    | <b>364</b> |                                 | M18-29    | 4    | <b>00:22:48.03</b> | +00:04:35 (20.2%) | 4:33         | 13.2 (80.0%) |
| 24  | <b>OSTROWSKI Marian</b>     | <b>337</b> |                                 | M60-69    | 3    | <b>00:22:52.09</b> | +00:04:39 (20.4%) | 4:34         | 13.1 (79.4%) |
| 25  | <b>KOZIARZ Mirosław</b>     | <b>86</b>  |                                 | M50-59    | 4    | <b>00:22:54.17</b> | +00:04:41 (20.5%) | 4:34         | 13.1 (79.4%) |
| 26  | <b>ANTONIAK Krzysztof</b>   | <b>1</b>   | BOJOWI AMATORZY                 | M40-49    | 8    | <b>00:23:11.94</b> | +00:04:59 (21.5%) | 4:38         | 12.9 (78.2%) |
| 27  | <b>SZCZEPANIK Wojciech</b>  | <b>161</b> | TEAM TERMINATORUN               | M40-49    | 9    | <b>00:23:31.34</b> | +00:05:19 (22.6%) | 4:42         | 12.8 (77.6%) |

| Msc | Zawodnik                       | Numer      | Klub                                   | Kategoria | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|--------------------------------|------------|--|-----------|------|--------------------|-------------------|--------------|--------------|
| 28  | <b>RUDZIŃSKI Józef</b>         | <b>141</b> |  | M60-69    | 4    | <b>00:23:42.11</b> | +00:05:29 (23.2%) | 4:44         | 12.7 (77.0%) |
| 29  | <b>SYDONOWICZ Łukasz</b>       | <b>158</b> |  | M18-29    | 5    | <b>00:23:52.34</b> | +00:05:40 (23.7%) | 4:46         | 12.6 (76.4%) |
| 30  | <b>KILIJĄSKI Andrzej</b>       | <b>75</b>  | BOJOWI AMATORZY                        | M40-49    | 10   | <b>00:23:56.16</b> | +00:05:43 (23.9%) | 4:47         | 12.5 (75.8%) |
| 31  | <b>NOWAK Iwona</b>             | <b>344</b> |  | K30-39    | 1    | <b>00:23:57.79</b> | +00:05:45 (24.0%) | 4:47         | 12.5 (75.8%) |
| 32  | <b>GRZYB Stanisław</b>         | <b>52</b>  |  | M50-59    | 5    | <b>00:23:59.12</b> | +00:05:46 (24.1%) | 4:47         | 12.5 (75.8%) |
| 33  | <b>GEMBIAK Tomasz</b>          | <b>355</b> |  | M30-39    | 7    | <b>00:24:04.79</b> | +00:05:52 (24.4%) | 4:48         | 12.5 (75.8%) |
| 34  | <b>BOREK Alicja</b>            | <b>21</b>  |  | K15-17    | 1    | <b>00:24:04.85</b> | +00:05:52 (24.4%) | 4:48         | 12.5 (75.8%) |
| 35  | <b>POLACZEK Jakub</b>          | <b>136</b> | TEAMTERMINATORUN                       | M15-17    | 1    | <b>00:24:40.25</b> | +00:06:27 (26.2%) | 4:56         | 12.2 (73.9%) |
| 36  | <b>SYDONOWICZ Kinga</b>        | <b>157</b> |  | K18-29    | 1    | <b>00:24:42.43</b> | +00:06:30 (26.3%) | 4:56         | 12.1 (73.3%) |
| 37  | <b>GRABCZEWSKA Ewa</b>         | <b>47</b>  |  | K30-39    | 2    | <b>00:24:45.75</b> | +00:06:33 (26.5%) | 4:57         | 12.1 (73.3%) |
| 38  | <b>SIEK Milena</b>             | <b>146</b> |  | K18-29    | 2    | <b>00:24:48.90</b> | +00:06:36 (26.6%) | 4:57         | 12.1 (73.3%) |
| 39  | <b>ZIMNICKI Tomasz</b>         | <b>191</b> |  | M30-39    | 8    | <b>00:24:58.71</b> | +00:06:46 (27.1%) | 4:59         | 12 (72.7%)   |
| 40  | <b>BIERNAT Tomek</b>           | <b>11</b>  | EL TORO DE ORO                         | M40-49    | 11   | <b>00:24:59.52</b> | +00:06:47 (27.2%) | 4:59         | 12 (72.7%)   |
| 41  | <b>HAMULAK Dariusz</b>         | <b>55</b>  | BIAŁOGARD BIEGA                        | M50-59    | 6    | <b>00:25:01.96</b> | +00:06:49 (27.3%) | 5:00         | 12 (72.7%)   |
| 42  | <b>JASIK Andrzej</b>           | <b>317</b> |  | M30-39    | 9    | <b>00:25:12.38</b> | +00:07:00 (27.8%) | 5:02         | 11.9 (72.1%) |
| 43  | <b>GZUBICKI Piotr</b>          | <b>54</b>  | EL TORO DE ORO                         | M40-49    | 12   | <b>00:25:56.40</b> | +00:07:44 (29.8%) | 5:11         | 11.6 (70.3%) |
| 44  | <b>ŁUCZEJKO Sławomir</b>       | <b>100</b> |  | M50-59    | 7    | <b>00:26:11.51</b> | +00:07:59 (30.5%) | 5:14         | 11.5 (69.7%) |
| 45  | <b>KALINA Karol</b>            | <b>68</b>  |  | M30-39    | 10   | <b>00:26:18.30</b> | +00:08:06 (30.8%) | 5:15         | 11.4 (69.1%) |
| 46  | <b>OGONOWSKA Renata</b>        | <b>125</b> | TEAM TERMINATORUN                      | K15-17    | 2    | <b>00:26:27.39</b> | +00:08:15 (31.2%) | 5:17         | 11.3 (68.5%) |
| 47  | <b>KACZOR Sławomir</b>         | <b>67</b>  |  | M40-49    | 13   | <b>00:26:31.40</b> | +00:08:19 (31.4%) | 5:18         | 11.3 (68.5%) |
| 48  | <b>ZALESKA Elżbieta</b>        | <b>188</b> |  | K40-49    | 2    | <b>00:26:36.43</b> | +00:08:24 (31.6%) | 5:19         | 11.3 (68.5%) |
| 49  | <b>BUTOWICZ Adam</b>           | <b>26</b>  |  | M60-69    | 5    | <b>00:26:46.51</b> | +00:08:34 (32.0%) | 5:21         | 11.2 (67.9%) |
| 50  | <b>HAKKA Arkadiusz</b>         | <b>342</b> |  | M40-49    | 14   | <b>00:26:59.44</b> | +00:08:47 (32.6%) | 5:23         | 11.1 (67.3%) |
| 51  | <b>ZAKIELARZ Anna</b>          | <b>186</b> | TEAMTERMINATORUN                       | K40-49    | 3    | <b>00:27:03.03</b> | +00:08:50 (32.7%) | 5:24         | 11.1 (67.3%) |
| 52  | <b>BIERNAT Marcelina</b>       | <b>12</b>  | EL TORO DE ORO                         | K30-39    | 3    | <b>00:27:20.15</b> | +00:09:07 (33.4%) | 5:28         | 11 (66.7%)   |
| 53  | <b>BUZAŁA Walenty</b>          | <b>27</b>  | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | M60-69    | 6    | <b>00:27:31.34</b> | +00:09:19 (33.9%) | 5:30         | 10.9 (66.1%) |
| 54  | <b>SZCZECHOWSKI Sebastian</b>  | <b>160</b> | TERMINATORUN                           | M40-49    | 15   | <b>00:27:37.34</b> | +00:09:25 (34.1%) | 5:31         | 10.9 (66.1%) |
| 55  | <b>ANTONIAK Justyna</b>        | <b>2</b>   | EL TORO DE ORO                         | K40-49    | 4    | <b>00:27:42.56</b> | +00:09:30 (34.3%) | 5:32         | 10.8 (65.5%) |
| 56  | <b>WALCZAK Magdalena</b>       | <b>172</b> |  | K50-59    | 1    | <b>00:27:49.16</b> | +00:09:36 (34.6%) | 5:33         | 10.8 (65.5%) |
| 57  | <b>MACIEJEWSKA Lucyna</b>      | <b>101</b> |  | K50-59    | 2    | <b>00:28:00.12</b> | +00:09:47 (35.0%) | 5:36         | 10.7 (64.8%) |
| 58  | <b>MACIEJEWSKI Andrzej</b>     | <b>102</b> |  | M50-59    | 8    | <b>00:28:00.52</b> | +00:09:48 (35.0%) | 5:36         | 10.7 (64.8%) |
| 59  | <b>KSIAZEK Teresa</b>          | <b>90</b>  |  | K60-69    | 1    | <b>00:28:04.25</b> | +00:09:51 (35.1%) | 5:36         | 10.7 (64.8%) |
| 60  | <b>NIEMIENIONEK Małgorzata</b> | <b>124</b> |  | K40-49    | 5    | <b>00:28:13.14</b> | +00:10:00 (35.5%) | 5:38         | 10.6 (64.2%) |
| 61  | <b>SŁOMKA Maciej</b>           | <b>149</b> | STOWARZYSZENIE NASZA ŚWIERCZYNA        | M50-59    | 9    | <b>00:28:17.38</b> | +00:10:05 (35.6%) | 5:39         | 10.6 (64.2%) |
| 62  | <b>WITEK Staszek</b>           | <b>179</b> |  | M60-69    | 7    | <b>00:28:17.46</b> | +00:10:05 (35.7%) | 5:39         | 10.6 (64.2%) |
| 63  | <b>KRUŻYŃSKI Mariusz</b>       | <b>89</b>  | MARIO                                  | M30-39    | 11   | <b>00:28:29.12</b> | +00:10:16 (36.1%) | 5:41         | 10.5 (63.6%) |
| 64  | <b>WAŚNIEWSKI Arek</b>         | <b>174</b> | RUNDORFINA                             | M50-59    | 10   | <b>00:28:51.91</b> | +00:10:39 (36.9%) | 5:46         | 10.4 (63.0%) |
| 65  | <b>WACHOWICZ Wioleta</b>       | <b>171</b> |  | K40-49    | 6    | <b>00:29:02.10</b> | +00:10:49 (37.3%) | 5:48         | 10.3 (62.4%) |
| 66  | <b>MADZIŃSKA Agnieszka</b>     | <b>104</b> |  | K40-49    | 7    | <b>00:29:09.44</b> | +00:10:57 (37.6%) | 5:49         | 10.3 (62.4%) |
| 67  | <b>BRZEZIŃSKA Beata</b>        | <b>22</b>  | BIAŁOGARD BIEGA                        | K50-59    | 3    | <b>00:29:18.59</b> | +00:11:06 (37.9%) | 5:51         | 10.2 (61.8%) |
| 68  | <b>SUCHANOWSKA Anna</b>        | <b>154</b> | RESPECT LOTYŃ                          | K50-59    | 4    | <b>00:29:18.96</b> | +00:11:06 (37.9%) | 5:51         | 10.2 (61.8%) |
| 69  | <b>CHOJNACKI Krzysztof</b>     | <b>330</b> |  | M40-49    | 16   | <b>00:29:57.78</b> | +00:11:45 (39.2%) | 5:59         | 10 (60.6%)   |
| 70  | <b>CZECH Agnieszka</b>         | <b>196</b> |  | K40-49    | 8    | <b>00:30:28.42</b> | +00:12:16 (40.3%) | 6:05         | 9.8 (59.4%)  |
| 71  | <b>BOŃKOWSKA Karolina</b>      | <b>16</b>  | RUNDORFINA                             | K40-49    | 9    | <b>00:30:47.00</b> | +00:12:34 (40.9%) | 6:09         | 9.7 (58.8%)  |

| Msc | Zawodnik                  | Numer      | Klub              | Kategoria   | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|------------|-------------------|-------------|------|--------------------|-------------------|--------------|-------------|
| 72  | <b>CZEREŚNIAK Iwona</b>   | <b>33</b>  |                   | K50-59      | 5    | <b>00:30:47.55</b> | +00:12:35 (40.9%) | 6:09         | 9.7 (58.8%) |
| 73  | <b>KUŚMIDER Katarzyna</b> | <b>91</b>  |                   | K30-39      | 4    | <b>00:31:16.88</b> | +00:13:04 (41.8%) | 6:15         | 9.6 (58.2%) |
| 74  | <b>NOWACKA Ewa</b>        | <b>324</b> |                   | K-Czaplinek | 1    | <b>00:31:22.42</b> | +00:13:10 (42.0%) | 6:16         | 9.6 (58.2%) |
| 75  | <b>JARCZEWSKA Renata</b>  | <b>62</b>  |                   | K50-59      | 6    | <b>00:32:43.01</b> | +00:14:30 (44.4%) | 6:32         | 9.2 (55.8%) |
| 76  | <b>MALEC Carla</b>        | <b>107</b> |                   | K40-49      | 10   | <b>00:32:52.19</b> | +00:14:39 (44.6%) | 6:34         | 9.1 (55.2%) |
| 77  | <b>OGONOWSKA Anna</b>     | <b>126</b> | TEAM TERMINATORUN | K15-17      | 3    | <b>00:32:57.83</b> | +00:14:45 (44.8%) | 6:35         | 9.1 (55.2%) |
| 78  | <b>GRAJEK Grzegorz</b>    | <b>49</b>  | WOLF TEAM         | M30-39      | 12   | <b>00:33:01.59</b> | +00:14:49 (44.9%) | 6:36         | 9.1 (55.2%) |
| 79  | <b>SZYMCZAK Magdalena</b> | <b>166</b> |                   | K18-29      | 3    | <b>00:33:39.68</b> | +00:15:27 (45.9%) | 6:43         | 8.9 (53.9%) |
| 80  | <b>WROBLEWSKI Jerzy</b>   | <b>185</b> | PARKRUN           | M60-69      | 8    | <b>00:35:05.06</b> | +00:16:52 (48.1%) | 7:01         | 8.6 (52.1%) |
| 81  | <b>HRYNIEWICZ Rafał</b>   | <b>325</b> |                   | M40-49      | 17   | <b>00:35:17.98</b> | +00:17:05 (48.4%) | 7:03         | 8.5 (51.5%) |
| 82  | <b>ŚWIGOŃ Izabela</b>     | <b>168</b> | SKL STARGARD      | K50-59      | 7    | <b>00:35:57.03</b> | +00:17:44 (49.4%) | 7:11         | 8.3 (50.3%) |
| 83  | <b>KUŚMIEREK Wiktoria</b> | <b>92</b>  | TEAMTERMINATORUN  | K18-29      | 4    | <b>00:36:16.26</b> | +00:18:03 (49.8%) | 7:15         | 8.3 (50.3%) |
| 84  | <b>JANUSZANIEC Kinga</b>  | <b>400</b> |                   | K15-17      | 4    | <b>00:37:27.65</b> | +00:19:15 (51.4%) | 7:29         | 8 (48.5%)   |
| 85  | <b>WIATR Anna</b>         | <b>176</b> | TERMINATORUN      | K50-59      | 8    | <b>00:37:55.03</b> | +00:19:42 (52.0%) | 7:35         | 7.9 (47.9%) |
| 86  | <b>BIELEWICZ Joanna</b>   | <b>10</b>  |                   | K30-39      | 5    | <b>00:37:55.81</b> | +00:19:43 (52.0%) | 7:35         | 7.9 (47.9%) |

Znaleziono 86 wynik(ów)