



**Wydarzenie:**  
**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

**VI Bieg Rybaka**  
Stowarzyszenie Sportowe Grupa Biegowa  
Runderfina, Gmina Czaplinek  
2023-09-23  
Czaplinek  
5 km

## VI BIEG RYBAKA - 5 KM

B4SPORT



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%)

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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)