



## VI BIEG RYBAKA - 5 KM

B4SPORT

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

VI Bieg Rybaka  
Stowarzyszenie Sportowe Grupa Biegowa  
Rundorfina, Gmina Czaplinek

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

2023-09-23  
Czaplinek  
5 km



Klasyfikacja: K-Czaplinek

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WIŚNIEWSKA Magdalena	177		K40-49	1	00:21:10.63		4:14	14.2 (100%)
2	NOWAK Iwona	344		K30-39	1	00:23:57.79	+00:02:47 (11.6%)	4:47	12.5 (88.0%)
3	BOREK Alicja	21		K15-17	1	00:24:04.85	+00:02:54 (12.1%)	4:48	12.5 (88.0%)
4	SYDONOWICZ Kinga	157		K18-29	1	00:24:42.43	+00:03:31 (14.3%)	4:56	12.1 (85.2%)
5	GRABCZEWSKA Ewa	47		K30-39	2	00:24:45.75	+00:03:35 (14.5%)	4:57	12.1 (85.2%)
6	SIEK Milena	146		K18-29	2	00:24:48.90	+00:03:38 (14.7%)	4:57	12.1 (85.2%)
7	OGONOWSKA Renata	125	TEAM TERMINATORUN	K15-17	2	00:26:27.39	+00:05:16 (20.0%)	5:17	11.3 (79.6%)
8	ZALESKA Elżbieta	188		K40-49	2	00:26:36.43	+00:05:25 (20.4%)	5:19	11.3 (79.6%)
9	ZAKIELARZ Anna	186	TEAMTERMINATORUN	K40-49	3	00:27:03.03	+00:05:52 (21.7%)	5:24	11.1 (78.2%)
10	BIERNAT Marcelina	12	EL TORO DE ORO	K30-39	3	00:27:20.15	+00:06:09 (22.5%)	5:28	11 (77.5%)
11	ANTONIAK Justyna	2	EL TORO DE ORO	K40-49	4	00:27:42.56	+00:06:31 (23.6%)	5:32	10.8 (76.1%)
12	WALCZAK Magdalena	172		K50-59	1	00:27:49.16	+00:06:38 (23.9%)	5:33	10.8 (76.1%)
13	MACIEJEWSKA Lucyna	101		K50-59	2	00:28:00.12	+00:06:49 (24.4%)	5:36	10.7 (75.4%)
14	KSIAZEK Teresa	90		K60-69	1	00:28:04.25	+00:06:53 (24.6%)	5:36	10.7 (75.4%)
15	NIEMIENIONEK Małgorzata	124		K40-49	5	00:28:13.14	+00:07:02 (25.0%)	5:38	10.6 (74.6%)
16	WACHOWICZ Wioleta	171		K40-49	6	00:29:02.10	+00:07:51 (27.1%)	5:48	10.3 (72.5%)
17	MADZIŃSKA Agnieszka	104		K40-49	7	00:29:09.44	+00:07:58 (27.4%)	5:49	10.3 (72.5%)
18	BRZEZIŃSKA Beata	22	BIAŁOGARD BIEGA	K50-59	3	00:29:18.59	+00:08:07 (27.7%)	5:51	10.2 (71.8%)
19	SUCHANOWSKA Anna	154	RESPECT LOTYŃ	K50-59	4	00:29:18.96	+00:08:08 (27.8%)	5:51	10.2 (71.8%)
20	CZECH Agnieszka	196		K40-49	8	00:30:28.42	+00:09:17 (30.5%)	6:05	9.8 (69.0%)
21	BOŃKOWSKA Karolina	16	RUNDORFINA	K40-49	9	00:30:47.00	+00:09:36 (31.2%)	6:09	9.7 (68.3%)
22	CZEREŚNIAK Iwona	33		K50-59	5	00:30:47.55	+00:09:36 (31.2%)	6:09	9.7 (68.3%)
23	KUŚMIDER Katarzyna	91		K30-39	4	00:31:16.88	+00:10:06 (32.3%)	6:15	9.6 (67.6%)
24	NOWACKA Ewa	324		K-Czaplinek	1	00:31:22.42	+00:10:11 (32.5%)	6:16	9.6 (67.6%)
25	JARCZEWSKA Renata	62		K50-59	6	00:32:43.01	+00:11:32 (35.3%)	6:32	9.2 (64.8%)
26	MALEC Carla	107		K40-49	10	00:32:52.19	+00:11:41 (35.6%)	6:34	9.1 (64.1%)
27	OGONOWSKA Anna	126	TEAM TERMINATORUN	K15-17	3	00:32:57.83	+00:11:47 (35.8%)	6:35	9.1 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>SZYMCZAK Magdalena</b>	<b>166</b>		K18-29	3	<b>00:33:39.68</b>	+00:12:29 (37.1%)	6:43	8.9 (62.7%)
29	<b>ŚWIGOŃ Izabela</b>	<b>168</b>	SKL STARGARD	K50-59	7	<b>00:35:57.03</b>	+00:14:46 (41.1%)	7:11	8.3 (58.5%)
30	<b>KUŚMIEREK Wiktoria</b>	<b>92</b>	TEAMTERMINATORUN	K18-29	4	<b>00:36:16.26</b>	+00:15:05 (41.6%)	7:15	8.3 (58.5%)
31	<b>JANUSZANIEC Kinga</b>	<b>400</b>		K15-17	4	<b>00:37:27.65</b>	+00:16:17 (43.5%)	7:29	8 (56.3%)
32	<b>WIATR Anna</b>	<b>176</b>	TERMINATORUN	K50-59	8	<b>00:37:55.03</b>	+00:16:44 (44.1%)	7:35	7.9 (55.6%)
33	<b>BIELEWICZ Joanna</b>	<b>10</b>		K30-39	5	<b>00:37:55.81</b>	+00:16:45 (44.2%)	7:35	7.9 (55.6%)

Znaleziono 33 wynik(ów)