



VII BIEG RYBAKA - 5 KM

B4SPORT

Event: VII Bieg Rybaka
Organiser: Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplinek
Date: 2024-09-21
Place: Czaplinek
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	FILIPOWSKI Dariusz	44		M50-59	1	00:17:34.95		3:30	17.1 (100%)
2	KUCNER Krystian	96		M30-39	1	00:18:19.75	+00:00:44 (4.1%)	3:39	16.4 (95.9%)
3	BIENKOWSKI Mateusz	17	OSC DAMME	M30-39	2	00:18:28.65	+00:00:53 (4.8%)	3:41	16.2 (94.7%)
4	SUPROŃ Piotr	167		M40-49	1	00:18:29.20	+00:00:54 (4.9%)	3:41	16.2 (94.7%)
5	BŁASZCZYK Piotr	19		M40-49	2	00:19:05.00	+00:01:30 (7.9%)	3:49	15.7 (91.8%)
6	ZIELIŃSKI Grzegorz	194	LUDWIG CZEKOLADA TUCZNO TEAM	M40-49	3	00:19:17.75	+00:01:42 (8.9%)	3:51	15.6 (91.2%)
7	KOPCZAK Paweł	90	FAJNAFABRYKA.PL	M30-39	3	00:19:20.55	+00:01:45 (9.1%)	3:52	15.5 (90.6%)
8	NOWAK Iwona	127		K30-39	1	00:19:54.05	+00:02:19 (11.6%)	3:58	15.1 (88.3%)
9	HYBNER Marcin	64		M30-39	4	00:20:22.40	+00:02:47 (13.7%)	4:04	14.7 (86.0%)
10	CHUPTYŚ Adrian	31	RUNDORFINA CZAPLINEK	M40-49	4	00:20:33.15	+00:02:58 (14.5%)	4:06	14.6 (85.4%)
11	GARBACKI Łukasz	49		M18-29	1	00:20:33.75	+00:02:58 (14.5%)	4:06	14.6 (85.4%)
12	BOREK Alicja	23	MKS JUNIOR ZŁOCIENIEC	K15-17	1	00:20:52.55	+00:03:17 (15.8%)	4:10	14.4 (84.2%)
13	OGONOWSKI Marek	128	BOJOWI AMATORZY	M50-59	2	00:20:56.45	+00:03:21 (16.0%)	4:11	14.3 (83.6%)
14	LEŚNIAK Małgorzata	101	TEAM TERMINATORUN	K30-39	2	00:21:06.30	+00:03:31 (16.7%)	4:13	14.2 (83.0%)
15	SYDONOWICZ Kinga	168	TEAM TERMINATORUN	K18-29	1	00:21:11.65	+00:03:36 (17.0%)	4:14	14.2 (83.0%)
16	BANIA Edward	9		M50-59	3	00:21:32.10	+00:03:57 (18.4%)	4:18	13.9 (81.3%)
17	MACIEJEWSKA Katarzyna	107		K18-29	2	00:21:42.25	+00:04:07 (19.0%)	4:20	13.8 (80.7%)
18	SUCHANOWSKI Zygmunt	166	RESPECT LOTYŃ	M50-59	4	00:22:01.30	+00:04:26 (20.2%)	4:24	13.6 (79.5%)
19	ZAWORA Wiesław	192	TEAM TERMINATORUN	M50-59	5	00:22:13.15	+00:04:38 (20.9%)	4:26	13.5 (78.9%)
20	KATRYCZ Zbigniew	78	STOWARZYSZENIE NASZA ŚWIERCZYNA	M60-69	1	00:22:22.75	+00:04:47 (21.4%)	4:28	13.4 (78.4%)
21	KLEJDA Patryk	82	BIEGACZE JÓZEFA NOJI	M40-49	5	00:23:30.05	+00:05:55 (25.2%)	4:42	12.8 (74.9%)
22	TYLMAN Piotr	177	RUNDORFINA	M40-49	6	00:23:43.05	+00:06:08 (25.9%)	4:44	12.6 (73.7%)
23	NOSAL Mariusz	125		M40-49	7	00:23:43.30	+00:06:08 (25.9%)	4:44	12.6 (73.7%)
24	GZUBICKI Piotr	59	EL TORO DE ORO	M40-49	8	00:23:45.30	+00:06:10 (26.0%)	4:45	12.6 (73.7%)
25	MAKUCH Katarzyna	110	EL TORO DE ORO	K40-49	1	00:23:59.95	+00:06:25 (26.7%)	4:47	12.5 (73.1%)
26	OSTROWSKI Marian	8		M70+	1	00:24:16.80	+00:06:41 (27.6%)	4:51	12.4 (72.5%)
27	GRABCZEWSKA Ewa	56	BOJOWI AMATORZY	K30-39	3	00:24:20.70	+00:06:45 (27.8%)	4:52	12.3 (71.9%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
28	KOCLEJDA Grzegorz	85	RUNDORFINA	M40-49	9	00:24:36.25	+00:07:01 (28.5%)	4:55	12.2 (71.3%)
29	ANTONIAK Krzysztof	3	BOJOWI AMATORZY	M40-49	10	00:24:42.40	+00:07:07 (28.8%)	4:56	12.1 (70.8%)
30	BIERNAT Tomasz	18	EL TORO DE ORO	M40-49	11	00:25:00.90	+00:07:25 (29.7%)	5:00	12 (70.2%)
31	KALINA Karol	76		M30-39	5	00:25:03.30	+00:07:28 (29.8%)	5:00	12 (70.2%)
32	LUTYŃSKA Ewa	104	EL TORO DE ORO	K40-49	2	00:25:12.20	+00:07:37 (30.2%)	5:02	11.9 (69.6%)
33	ZIOJŁA Violetta	195	BIEGAM BO LUBIĘ	K50-59	1	00:25:16.10	+00:07:41 (30.4%)	5:03	11.9 (69.6%)
34	ŁUCZEJKO Sławomir	105		M50-59	6	00:25:24.05	+00:07:49 (30.8%)	5:04	11.8 (69.0%)
35	KOPCZAK Dawid	89	FAJNAFABRYKA.PL	M30-39	6	00:25:24.40	+00:07:49 (30.8%)	5:04	11.8 (69.0%)
36	KACZOR Sławomir	75		M50-59	7	00:25:25.35	+00:07:50 (30.8%)	5:05	11.8 (69.0%)
37	PONICHTERA Anna	143		K40-49	3	00:25:35.05	+00:08:00 (31.3%)	5:07	11.7 (68.4%)
38	JĘDRZEJCZYK Łukasz	72		M30-39	7	00:26:10.00	+00:08:35 (32.8%)	5:14	11.5 (67.3%)
39	NOSAL Anna	126		K30-39	4	00:26:23.15	+00:08:48 (33.4%)	5:16	11.4 (66.7%)
40	URBANIAK Julia	36	RUNDORFINA	K-Open	1	00:26:30.00	+00:08:55 (33.7%)	5:18	11.3 (66.1%)
41	GRZYSTEK Marcin	58		M40-49	12	00:26:37.35	+00:09:02 (34.0%)	5:19	11.3 (66.1%)
42	GÓRSKA Joanna	55		K40-49	4	00:26:44.50	+00:09:09 (34.3%)	5:20	11.2 (65.5%)
43	LEŚNIAK Roman	100	-	M50-59	8	00:26:45.45	+00:09:10 (34.3%)	5:21	11.2 (65.5%)
44	RUDZIŃSKI Józef	151		M60-69	2	00:26:57.05	+00:09:22 (34.8%)	5:23	11.1 (64.9%)
45	RYNKIEWICZ Piotr	153	TB WALDEK	M40-49	13	00:27:03.40	+00:09:28 (35.0%)	5:24	11.1 (64.9%)
46	GAŁAN Joanna	48		K50-59	2	00:27:14.80	+00:09:39 (35.5%)	5:26	11 (64.3%)
47	WITEK Stanisław	185		M60-69	3	00:27:34.50	+00:09:59 (36.2%)	5:30	10.9 (63.7%)
48	MAJORKOWSKA Anna	109		K50-59	3	00:27:38.30	+00:10:03 (36.4%)	5:31	10.9 (63.7%)
49	NIEMIENIONEK Małgorzata	124		K40-49	5	00:27:38.75	+00:10:03 (36.4%)	5:31	10.9 (63.7%)
50	MAKULSKI Makulak	112		M40-49	14	00:27:54.30	+00:10:19 (37.0%)	5:34	10.8 (63.2%)
51	GRZYBOWSKI Piotr	57	-	M40-49	15	00:27:57.95	+00:10:23 (37.1%)	5:35	10.7 (62.6%)
52	MACIEJEWSKI Andrzej	108		M50-59	9	00:28:09.05	+00:10:34 (37.5%)	5:37	10.7 (62.6%)
53	ANTONIAK Justyna	2	EL TORO DE ORO	K40-49	6	00:28:13.20	+00:10:38 (37.7%)	5:38	10.6 (62.0%)
54	BUTOWICZ Adam	28		M60-69	4	00:28:14.70	+00:10:39 (37.8%)	5:38	10.6 (62.0%)
55	SZCZECHOWSKI Sebastian	170	TERMINATORUN	M40-49	16	00:28:21.70	+00:10:46 (38.0%)	5:40	10.6 (62.0%)
56	MACIEJEWSKA Lucyna	106		K50-59	4	00:28:31.95	+00:10:57 (38.4%)	5:42	10.5 (61.4%)
57	CZECH Agnieszka	34		K40-49	7	00:29:04.85	+00:11:29 (39.5%)	5:48	10.3 (60.2%)
58	SUCHANOWSKA Anna	165	RESPECT LOTYŃ	K50-59	5	00:29:19.75	+00:11:44 (40.1%)	5:51	10.2 (59.6%)
59	WAŚNIEWSKI Arek	180	RUNDORFINA CZAPLINEK	M50-59	10	00:29:29.25	+00:11:54 (40.4%)	5:53	10.2 (59.6%)
60	RYBICKA Eliza	152		K18-29	3	00:29:30.40	+00:11:55 (40.4%)	5:54	10.2 (59.6%)
61	PODSTAWSKA Dorota	139		K40-49	8	00:30:08.95	+00:12:34 (41.7%)	6:01	10 (58.5%)
62	CZEREŚNIAK Iwona	37	RUNDORFINA	K50-59	6	00:30:17.15	+00:12:42 (41.9%)	6:03	9.9 (57.9%)
63	WOJTECZKO Magdalena	189		K40-49	9	00:30:25.10	+00:12:50 (42.2%)	6:05	9.9 (57.9%)
64	BARANOWSKI Krzysztof	12		M18-29	2	00:30:45.10	+00:13:10 (42.8%)	6:09	9.8 (57.3%)
65	PODSTAWSKI Jakub	140		M18-29	3	00:30:45.30	+00:13:10 (42.8%)	6:09	9.8 (57.3%)
66	KIRYSZEWSKA Małgorzata	79		K18-29	4	00:30:53.20	+00:13:18 (43.1%)	6:10	9.7 (56.7%)
67	BANIA Ewa	10		K18-29	5	00:31:06.25	+00:13:31 (43.5%)	6:13	9.6 (56.1%)
68	KUŚMIDER Katarzyna	97		K30-39	5	00:31:10.05	+00:13:35 (43.6%)	6:14	9.6 (56.1%)
69	WALO Zbigniew	178	X	M60-69	5	00:31:23.80	+00:13:48 (44.0%)	6:16	9.6 (56.1%)
70	SŁOMKA Maciej	219		M50-59	11	00:31:51.45	+00:14:16 (44.8%)	6:22	9.4 (55.0%)
71	JÓZEPCZUK Jakub	74		M18-29	4	00:32:47.00	+00:15:12 (46.4%)	6:33	9.2 (53.8%)

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72	WIATR Anna	182	TERMINATORUN	K50-59	7	00:36:19.05	+00:18:44 (51.6%)	7:15	8.3 (48.5%)
73	RZEPKA Aleksandra	155		K18-29	6	00:38:44.50	+00:21:09 (54.6%)	7:44	7.7 (45.0%)
74		205							(0.0%)

Total 74 results.