

# VII BIEG RYBAKA - 5 KM

B4SPORT

**Wydarzenie:** VII Bieg Rybaka  
**Organizator:** Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplinek  
**Data:** 2024-09-21  
**Miejsce:** Czaplinek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo 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 ZŁOCENIEC	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%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>WIATR Anna</b>	<b>182</b>	TERMINATORUN	K50-59	7	<b>00:36:19.05</b>	+00:18:44 (51.6%)	7:15	8.3 (48.5%)
73	<b>RZEPKA Aleksandra</b>	<b>155</b>		K18-29	6	<b>00:38:44.50</b>	+00:21:09 (54.6%)	7:44	7.7 (45.0%)
74		<b>205</b>							(0.0%)

Znaleziono 74 wynik(ów)