

# ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

**Wydarzenie:** Roll & Run Bydgoszcz 2018  
**Organizator:** KrisMedia Krzysztof Skiera  
**Data:** 2018-09-08  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_Rol 4.8km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	LUTOWSKI Wojciech	318	TKKF KOLEJARZ BYDGOSZCZ	M30	1	00:12:55	00:16:16.45	00:16:17.20		3:15	18.4 (100%)
2	MIKA Oskar	333		M30	2	00:13:03	00:16:20.05	00:16:20.95	+00:00:03 (0.4%)	3:16	18.4 (100%)
3	SKIBA Łukasz	339	1 BLOG	M30	3	00:12:57	00:16:24.70	00:16:26.30	+00:00:09 (0.9%)	3:17	18.3 (99.5%)
4	TUCZYŃSKI Sylwester Leon	250	BYDGOSKIE OKONIE	M20	1	00:13:04	00:16:33.80	00:16:35.30	+00:00:18 (1.8%)	3:18	18.1 (98.4%)
5	MAŁECKI Jakub	297	1 POMORSKA BRYGADA LOGISTYCZNA	M30	4	00:13:23	00:16:47.60	00:16:49.75	+00:00:32 (3.2%)	3:21	17.9 (97.3%)
6	JAGODZIŃSKI Mateusz	249	BYDGOSKIE OKONIE	M20	2	00:13:24	00:16:49.30	00:16:50.95	+00:00:33 (3.3%)	3:21	17.8 (96.7%)
7	KOŁAKOWSKI Tomasz	349	DECATHLON FORDON TEAM	M30	5	00:13:24	00:17:01.10	00:17:02.70	+00:00:45 (4.4%)	3:24	17.6 (95.7%)
8	WIŚNIEWSKI Dawid	328		M30	6	00:13:36	00:17:17.10	00:17:19.35	+00:01:02 (6.0%)	3:27	17.4 (94.6%)
9	MAĆKOWSKI Maciej	287	UPS BYDGOSZCZ	M30	7	00:13:50	00:17:29.05	00:17:30.45	+00:01:13 (7.0%)	3:29	17.2 (93.5%)
10	SZENK Marta	260		K30	1	00:14:02	00:17:35.55	00:17:36.65	+00:01:19 (7.5%)	3:31	17.1 (92.9%)
11	KOLMAJER Rafał	239		M30	8	00:14:01	00:17:35.40	00:17:37.40	+00:01:20 (7.6%)	3:31	17.1 (92.9%)
12	WARCZAK Piotr	346		M40	1	00:14:06	00:17:46.60	00:17:47.50	+00:01:30 (8.5%)	3:33	16.9 (91.8%)
13	TUCHOLSKI Bartłomiej	265	BYDGOSKIE OKONIE	M20	3	00:14:08	00:17:56.95	00:17:58.65	+00:01:41 (9.4%)	3:35	16.7 (90.8%)
14	RETECKI Krzysztof	245	BOGMAR/PRESTO	M40	2	00:14:11	00:17:58.95	00:18:01.25	+00:01:44 (9.6%)	3:35	16.7 (90.8%)
15	ROMANOWSKI Michał	234		M30	9	00:14:52	00:18:30.75	00:18:33.20	+00:02:16 (12.2%)	3:42	16.2 (88.0%)
16	STANKIEWICZ Jacek	301		M20	4	00:14:52	00:18:37.70	00:18:40.15	+00:02:22 (12.8%)	3:43	16.1 (87.5%)
17	DURCZAK Jerzy	252	BYDGOSKIE OKONIE	M30	10	00:14:51	00:18:40.75	00:18:43.60	+00:02:26 (13.0%)	3:44	16.1 (87.5%)
18	ŁASIŃSKI Sebastian	315	GOALZEROHERO	M40	3	00:15:00	00:18:54.15	00:18:56.70	+00:02:39 (14.0%)	3:46	15.9 (86.4%)
19	CIBOROWSKI Sebastian	216		M40	4	00:15:15	00:19:06.35	00:19:07.80	+00:02:50 (14.9%)	3:49	15.7 (85.3%)
20	KACZMAREK Sebastian	248	TEAM KUCYKI	M30	11	00:15:22	00:19:05.75	00:19:09.90	+00:02:52 (15.0%)	3:49	15.7 (85.3%)
21	BUKOWSKI Maciej	203	ROLLA SPEED TEAM	M30	12	00:15:17	00:19:08.65	00:19:10.65	+00:02:53 (15.1%)	3:49	15.7 (85.3%)
22	KADOW Ryszard	325	TRISPACE	M40	5	00:15:56	00:20:05.15	00:20:08.75	+00:03:51 (19.2%)	4:01	14.9 (81.0%)
23	BONAS Maciej	263	KRISMEDIA	M20	5	00:16:00	00:20:10.80	00:20:12.00	+00:03:54 (19.4%)	4:02	14.9 (81.0%)
24	KSENIAK Tomasz	218	TWISTER TRÓJMIASTO	M40	6	00:16:11	00:20:19.35	00:20:20.55	+00:04:03 (19.9%)	4:03	14.8 (80.4%)
25	FIREK Wiesław	201	NOWOTARSKI KLUB KOLARSKI	M30	13	00:16:29	00:20:29.10	00:20:31.85	+00:04:14 (20.7%)	4:05	14.6 (79.3%)
26	PRZEWŁOCKI Jakub	293	KLINIKA TRIATHLONU BYDGOSZCZ	M30	14	00:16:14	00:20:29.65	00:20:32.35	+00:04:15 (20.7%)	4:06	14.6 (79.3%)
27	JAGIEŁA Bartosz	327		M30	15	00:16:14	00:20:30.35	00:20:34.80	+00:04:17 (20.9%)	4:06	14.6 (79.3%)
28	GALIŃSKI Bartosz	338	1 BLOG	M20	6	00:16:29	00:20:37.00	00:20:39.55	+00:04:22 (21.2%)	4:07	14.6 (79.3%)
29	PARASZKA Łukasz	209	MINIONS SPEED TEAM	M30	16	00:16:28	00:20:41.15	00:20:44.55	+00:04:27 (21.5%)	4:08	14.5 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish Rol 4.8km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
30	<b>NALEŻYTY Piotr</b>	<b>266</b>	KLINIKA TRIATHLONU	M30	17	00:16:29	<b>00:20:45.60</b>	<b>00:20:48.35</b>	+00:04:31 (21.7%)	4:09	14.4 (78.3%)
31	<b>PALACZ Wioletta</b>	<b>308</b>		K40	1	00:16:31	<b>00:20:47.70</b>	<b>00:20:49.10</b>	+00:04:31 (21.8%)	4:09	14.4 (78.3%)
32	<b>NIEDBALSKI Grzegorz</b>	<b>283</b>	RUN BYDGOSZCZ	M60+	1	00:16:37	<b>00:20:49.25</b>	<b>00:20:53.25</b>	+00:04:36 (22.0%)	4:09	14.4 (78.3%)
33	<b>SZULC Andrzej</b>	<b>244</b>		M40	7	00:16:37	<b>00:20:50.00</b>	<b>00:20:54.50</b>	+00:04:37 (22.1%)	4:10	14.4 (78.3%)
34	<b>FELD Maciej</b>	<b>303</b>	BZ WBK RUNNERS TEAM	M60+	2	00:16:41	<b>00:21:10.20</b>	<b>00:21:13.90</b>	+00:04:56 (23.3%)	4:14	14.2 (77.2%)
35	<b>PAULUS Szymon</b>	<b>313</b>	BLACK GYM	M20	7	00:17:00	<b>00:21:24.30</b>	<b>00:21:28.30</b>	+00:05:11 (24.1%)	4:16	14 (76.1%)
36	<b>KRAJNIAK Jarosław</b>	<b>334</b>	HARPAGAN TEAM BYDGOSZCZ	M20	8	00:17:21	<b>00:21:28.90</b>	<b>00:21:32.20</b>	+00:05:15 (24.4%)	4:17	14 (76.1%)
37	<b>NIEDOJADŁO Adam</b>	<b>319</b>	DECATHLON FORDON TEAM	M20	9	00:17:14	<b>00:21:29.35</b>	<b>00:21:34.75</b>	+00:05:17 (24.5%)	4:17	14 (76.1%)
38	<b>ZIÓLKOWSKI Julian</b>	<b>214</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M50	1	00:17:06	<b>00:21:33.00</b>	<b>00:21:35.40</b>	+00:05:18 (24.6%)	4:18	13.9 (75.5%)
39	<b>BURDAJEWICZ Katarzyna</b>	<b>299</b>		K40	2	00:17:12	<b>00:21:33.75</b>	<b>00:21:36.35</b>	+00:05:19 (24.6%)	4:18	13.9 (75.5%)
40	<b>KLEMENSOWICZ Gracjan</b>	<b>281</b>		M30	18	00:17:00	<b>00:21:31.60</b>	<b>00:21:37.20</b>	+00:05:20 (24.7%)	4:18	13.9 (75.5%)
41	<b>ZDANCEWICZ Paweł</b>	<b>222</b>	LEGIA WARSZAWA MASTERS	M40	8	00:17:07	<b>00:21:34.10</b>	<b>00:21:38.55</b>	+00:05:21 (24.7%)	4:18	13.9 (75.5%)
42	<b>PASTWA Donata</b>	<b>321</b>		K40	3	00:17:16	<b>00:21:37.15</b>	<b>00:21:41.60</b>	+00:05:24 (24.9%)	4:19	13.9 (75.5%)
43	<b>KURDELSKI Michał</b>	<b>292</b>	JUST 5	M20	10	00:17:24	<b>00:21:43.55</b>	<b>00:21:46.60</b>	+00:05:29 (25.2%)	4:20	13.8 (75.0%)
44	<b>REPCZYŃSKI Tomek</b>	<b>231</b>		M20	11	00:17:22	<b>00:21:42.30</b>	<b>00:21:48.25</b>	+00:05:31 (25.3%)	4:20	13.8 (75.0%)
45	<b>SOBCZAK Krzysztof</b>	<b>335</b>	KRIS SKIERA TEAM	M30	19	00:17:34	<b>00:22:04.35</b>	<b>00:22:09.75</b>	+00:05:52 (26.5%)	4:24	13.6 (73.9%)
46	<b>KOWALSKA Małgorzata</b>	<b>305</b>		K40	4	00:17:36	<b>00:22:05.25</b>	<b>00:22:10.05</b>	+00:05:52 (26.5%)	4:25	13.6 (73.9%)
47	<b>RADZIEJEWSKI Tomasz</b>	<b>312</b>		M30	20	00:18:00	<b>00:22:08.65</b>	<b>00:22:15.50</b>	+00:05:58 (26.8%)	4:25	13.5 (73.4%)
48	<b>KRUBER Karolina</b>	<b>320</b>		K20	1	00:17:47	<b>00:22:13.35</b>	<b>00:22:18.10</b>	+00:06:00 (27.0%)	4:26	13.5 (73.4%)
49	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>314</b>		M20	12	00:17:59	<b>00:22:32.05</b>	<b>00:22:36.10</b>	+00:06:18 (27.9%)	4:30	13.3 (72.3%)
50	<b>PILAKOWSKA Angelika</b>	<b>243</b>		K30	2	00:17:58	<b>00:22:35.45</b>	<b>00:22:39.60</b>	+00:06:22 (28.1%)	4:31	13.3 (72.3%)
51	<b>BRAŹKIEWICZ Rafał</b>	<b>294</b>		M40	9	00:18:12	<b>00:22:44.55</b>	<b>00:22:47.45</b>	+00:06:30 (28.5%)	4:33	13.2 (71.7%)
52	<b>KARÓLEWSKI Marek</b>	<b>286</b>	DECATHLON TEAM INOWROCŁAW	M60+	3	00:18:10	<b>00:22:44.00</b>	<b>00:22:48.30</b>	+00:06:31 (28.6%)	4:32	13.2 (71.7%)
53	<b>POLIWODZIŃSKI Michał</b>	<b>285</b>	KS WISŁKA BYDGOSZCZ-FORDON	M30	21	00:18:09	<b>00:22:46.65</b>	<b>00:22:50.50</b>	+00:06:33 (28.7%)	4:33	13.2 (71.7%)
54	<b>BRZOZOWSKA Iwona</b>	<b>291</b>		K40	5	00:18:11	<b>00:22:54.60</b>	<b>00:22:57.50</b>	+00:06:40 (29.1%)	4:35	13.1 (71.2%)
55	<b>MICHALSKA Daria</b>	<b>342</b>	JUBILER SZAFIR BYDGOSZCZ	K20	2	00:18:17	<b>00:22:55.35</b>	<b>00:22:59.00</b>	+00:06:41 (29.1%)	4:35	13.1 (71.2%)
56	<b>BATAROWICZ Patryk</b>	<b>324</b>	OSP NAKŁO	M20	13	00:18:30	<b>00:23:09.10</b>	<b>00:23:12.75</b>	+00:06:55 (29.8%)	4:37	13 (70.7%)
57	<b>STANISZEWSKI Jarosław</b>	<b>219</b>	TS STARBLADE	M40	10	00:18:23	<b>00:23:11.70</b>	<b>00:23:14.90</b>	+00:06:57 (29.9%)	4:38	12.9 (70.1%)
58	<b>RENC Patryk</b>	<b>332</b>	SERCE TYBETU	M20	14	00:18:45	<b>00:23:20.90</b>	<b>00:23:25.35</b>	+00:07:08 (30.5%)	4:40	12.8 (69.6%)
59	<b>SADOWSKI Wojciech</b>	<b>211</b>		M50	2	00:18:33	<b>00:23:25.10</b>	<b>00:23:29.60</b>	+00:07:12 (30.7%)	4:41	12.8 (69.6%)
60	<b>STAWCZYK Dariusz</b>	<b>235</b>		M40	11	00:18:48	<b>00:23:28.30</b>	<b>00:23:36.30</b>	+00:07:19 (31.0%)	4:41	12.8 (69.6%)
61	<b>CIBOROWSKA Aneta</b>	<b>215</b>		K40	6	00:18:47	<b>00:23:38.40</b>	<b>00:23:40.40</b>	+00:07:23 (31.2%)	4:43	12.7 (69.0%)
62	<b>ZGLIŃSKA Anna</b>	<b>309</b>		K30	3	00:18:52	<b>00:23:38.35</b>	<b>00:23:43.10</b>	+00:07:25 (31.3%)	4:43	12.7 (69.0%)
63	<b>MUCHA Michał</b>	<b>221</b>	WIECZORNE BIEGANIE W SZCZECINIE	M30	22	00:18:16	<b>00:23:42.05</b>	<b>00:23:45.55</b>	+00:07:28 (31.5%)	4:44	12.7 (69.0%)
64	<b>PIOTROWSKA Katarzyna</b>	<b>296</b>		K20	3	00:18:40	<b>00:23:36.70</b>	<b>00:23:46.75</b>	+00:07:29 (31.5%)	4:43	12.7 (69.0%)
65	<b>POPOWSKI Zbigniew</b>	<b>322</b>	RUN BYDGOSZCZ	M60+	4	00:18:59	<b>00:23:56.05</b>	<b>00:24:02.15</b>	+00:07:44 (32.2%)	4:47	12.5 (67.9%)
66	<b>LEŚNIEWICZ Danuta</b>	<b>210</b>		K30	4	00:19:12	<b>00:24:06.30</b>	<b>00:24:11.10</b>	+00:07:53 (32.7%)	4:49	12.4 (67.4%)
67	<b>ZIELIŃSKI Radosław</b>	<b>236</b>		M30	23	00:19:10	<b>00:24:14.50</b>	<b>00:24:21.00</b>	+00:08:03 (33.1%)	4:51	12.4 (67.4%)
68	<b>CHOJECKI Dariusz</b>	<b>206</b>	ROLL4FUN	M50	3	00:19:10	<b>00:24:21.70</b>	<b>00:24:23.45</b>	+00:08:06 (33.2%)	4:52	12.3 (66.8%)
69	<b>ŁABENDA Piotr</b>	<b>300</b>	TERENOWA MASAKRA TEAM	M40	12	00:19:20	<b>00:24:21.10</b>	<b>00:24:27.60</b>	+00:08:10 (33.4%)	4:52	12.3 (66.8%)
70	<b>WOJCIECHOWSKI Grzegorz</b>	<b>242</b>	ATOS BYDGOSZCZ	M20	15	00:19:26	<b>00:24:32.75</b>	<b>00:24:39.25</b>	+00:08:22 (33.9%)	4:54	12.2 (66.3%)
71	<b>POTKA Tomasz</b>	<b>331</b>	JUBILER SZAFIR BYDGOSZCZ	M30	24	00:19:46	<b>00:24:45.95</b>	<b>00:24:54.85</b>	+00:08:37 (34.6%)	4:57	12.1 (65.8%)
72	<b>ŻEBRACKI Artur</b>	<b>304</b>		M30	25	00:19:45	<b>00:24:48.50</b>	<b>00:24:56.40</b>	+00:08:39 (34.7%)	4:57	12.1 (65.8%)
73	<b>KOŚCIEWSKA Agnieszka</b>	<b>212</b>		K30	5	00:19:50	<b>00:24:54.25</b>	<b>00:24:57.85</b>	+00:08:40 (34.8%)	4:58	12 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish Rol 4.8km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
74	<b>SZAFKOWSKI Arkadiusz</b>	<b>307</b>	SOLECCY BIEGACZE	M40	13	00:19:59	<b>00:24:51.25</b>	<b>00:24:58.70</b>	+00:08:41 (34.8%)	4:58	12.1 (65.8%)
75	<b>POTRZEBOWSKA Agata</b>	<b>270</b>	DEAF	K30	6	00:19:48	<b>00:24:58.75</b>	<b>00:25:05.85</b>	+00:08:48 (35.1%)	4:59	12 (65.2%)
76	<b>PIECZYŃSKA Joanna</b>	<b>267</b>	KRISMEDIA TEAM	K30	7	00:19:45	<b>00:25:11.20</b>	<b>00:25:16.65</b>	+00:08:59 (35.6%)	5:02	11.9 (64.7%)
77	<b>GOŁATA Ewa</b>	<b>237</b>	BBL INOWROCŁAW	K50	1	00:20:14	<b>00:25:28.10</b>	<b>00:25:33.25</b>	+00:09:16 (36.3%)	5:05	11.8 (64.1%)
78	<b>USS Aleksander</b>	<b>348</b>		M40	14	00:20:00	<b>00:25:39.35</b>	<b>00:25:48.70</b>	+00:09:31 (36.9%)	5:07	11.7 (63.6%)
79	<b>SZABLEWSKI Michał</b>	<b>284</b>		M30	26	00:20:33	<b>00:25:45.15</b>	<b>00:25:51.65</b>	+00:09:34 (37.0%)	5:09	11.7 (63.6%)
80	<b>ETTINGER Justyna</b>	<b>240</b>	RUN BYDGOSZCZ	K30	8	00:20:11	<b>00:25:50.50</b>	<b>00:25:52.10</b>	+00:09:34 (37.0%)	5:10	11.6 (63.0%)
81	<b>CHRUPAŁA Rafał</b>	<b>233</b>		M30	27	00:20:32	<b>00:25:45.45</b>	<b>00:25:55.90</b>	+00:09:38 (37.2%)	5:09	11.7 (63.6%)
82	<b>ŁUKASIEWICZ Krzysztof</b>	<b>271</b>		M40	15	00:20:32	<b>00:26:02.25</b>	<b>00:26:05.40</b>	+00:09:48 (37.6%)	5:12	11.5 (62.5%)
83	<b>TUCHOLSKA Helena</b>	<b>255</b>	PAŁUKI RUNNING TEAM	K20	4	00:20:24	<b>00:25:58.80</b>	<b>00:26:06.70</b>	+00:09:49 (37.6%)	5:11	11.5 (62.5%)
83	<b>GOTOWICZ Mariusz</b>	<b>247</b>	KDP GOTOWICZ	M50	4	00:20:38	<b>00:25:59.75</b>	<b>00:26:06.70</b>	+00:09:49 (37.6%)	5:12	11.5 (62.5%)
85	<b>TUCHOLSKI Mikołaj</b>	<b>254</b>	PAŁUKI RUNNING TEAM	M20	16	00:20:23	<b>00:25:58.70</b>	<b>00:26:07.00</b>	+00:09:49 (37.6%)	5:11	11.5 (62.5%)
86	<b>ZAPAŁA Ewelina</b>	<b>280</b>	BLACK GYM	K20	5	00:20:31	<b>00:26:06.30</b>	<b>00:26:10.00</b>	+00:09:52 (37.8%)	5:13	11.5 (62.5%)
87	<b>KOZAKIEWICZ Marcin</b>	<b>241</b>		M40	16	00:20:50	<b>00:26:31.65</b>	<b>00:26:39.95</b>	+00:10:22 (38.9%)	5:18	11.3 (61.4%)
88	<b>RICHERT Teresa</b>	<b>262</b>		K30	9	00:20:50	<b>00:26:40.85</b>	<b>00:26:46.90</b>	+00:10:29 (39.2%)	5:20	11.3 (61.4%)
89	<b>SAPALSKA Michalina</b>	<b>316</b>	BIEGAJĄCE ŚLIWICE	K20	6	00:21:12	<b>00:26:41.95</b>	<b>00:26:49.45</b>	+00:10:32 (39.3%)	5:20	11.2 (60.9%)
90	<b>PACZKOWSKA Joanna</b>	<b>258</b>		K30	10	00:21:21	<b>00:26:45.65</b>	<b>00:26:50.70</b>	+00:10:33 (39.3%)	5:21	11.2 (60.9%)
91	<b>STASIŁOWICZ Jacek</b>	<b>329</b>	JUBILER SZAFIR BYDGOSZCZ	M20	17	00:21:06	<b>00:26:48.70</b>	<b>00:26:57.95</b>	+00:10:40 (39.6%)	5:21	11.2 (60.9%)
92	<b>PAWSKI Przemysław</b>	<b>341</b>	JUBILER SZAFIR BYDGOSZCZ	M20	18	00:21:07	<b>00:26:48.70</b>	<b>00:26:58.05</b>	+00:10:40 (39.6%)	5:21	11.2 (60.9%)
93	<b>SAJUR Sylwia</b>	<b>337</b>		K20	7	00:21:23	<b>00:26:55.55</b>	<b>00:27:01.30</b>	+00:10:44 (39.7%)	5:23	11.1 (60.3%)
94	<b>WÓJCIK Marika</b>	<b>268</b>	DECATHLON TEAM INOWROCŁAW	K20	8	00:21:21	<b>00:26:58.25</b>	<b>00:27:03.40</b>	+00:10:46 (39.8%)	5:23	11.1 (60.3%)
95	<b>RYDELSKA Kinga</b>	<b>273</b>		K40	7	00:21:45	<b>00:27:39.95</b>	<b>00:27:45.30</b>	+00:11:28 (41.3%)	5:32	10.8 (58.7%)
96	<b>JELEŃ Agnieszka</b>	<b>289</b>		K30	11	00:21:54	<b>00:27:50.45</b>	<b>00:27:59.45</b>	+00:11:42 (41.8%)	5:34	10.8 (58.7%)
97	<b>GOŁĘBIEWSKI Hubert</b>	<b>202</b>	JASTRZĘBIE BYDGOSZCZ	M30	28	00:21:51	<b>00:28:02.05</b>	<b>00:28:13.25</b>	+00:11:56 (42.3%)	5:36	10.7 (58.2%)
98	<b>NITKA Dominika</b>	<b>340</b>	DECATHLON FORDON TEAM	K20	9	00:22:30	<b>00:28:24.45</b>	<b>00:28:33.85</b>	+00:12:16 (43.0%)	5:40	10.6 (57.6%)
99	<b>MAJORKOWSKA Anna</b>	<b>272</b>		K40	8	00:22:30	<b>00:28:24.50</b>	<b>00:28:33.90</b>	+00:12:16 (43.0%)	5:40	10.6 (57.6%)
100	<b>NALEWALSKA Justyna</b>	<b>277</b>	SERCE TYBETU	K20	10	00:22:48	<b>00:29:00.25</b>	<b>00:29:09.90</b>	+00:12:52 (44.2%)	5:48	10.3 (56.0%)
101	<b>ARNISTA Julia</b>	<b>259</b>		K40	9	00:22:58	<b>00:29:07.05</b>	<b>00:29:13.90</b>	+00:12:56 (44.3%)	5:49	10.3 (56.0%)
102	<b>CIEŚLICKI Krzysztof</b>	<b>295</b>	SISU TEAM	M30	29	00:23:07	<b>00:29:10.10</b>	<b>00:29:23.60</b>	+00:13:06 (44.6%)	5:50	10.3 (56.0%)
103	<b>NOWAK Mariola</b>	<b>282</b>		K40	10	00:23:36	<b>00:29:30.85</b>	<b>00:29:40.50</b>	+00:13:23 (45.1%)	5:54	10.2 (55.4%)
104	<b>KLAFczykńska Iwona</b>	<b>264</b>		K40	11	00:23:09	<b>00:29:46.50</b>	<b>00:29:52.85</b>	+00:13:35 (45.5%)	5:57	10.1 (54.9%)
105	<b>POTRZEBOWSKI Marek</b>	<b>269</b>	DEAF	M30	30	00:23:38	<b>00:29:57.45</b>	<b>00:30:05.20</b>	+00:13:48 (45.9%)	5:59	10 (54.3%)
106	<b>ŻURAWSKA Marta</b>	<b>326</b>		K30	12	00:23:44	<b>00:30:06.65</b>	<b>00:30:14.85</b>	+00:13:57 (46.2%)	6:01	10 (54.3%)
107	<b>BISKUPSKA Maja</b>	<b>310</b>		K20	11	00:23:49	<b>00:30:09.85</b>	<b>00:30:17.20</b>	+00:14:00 (46.2%)	6:02	9.9 (53.8%)
108	<b>DANIELEK Adam</b>	<b>290</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40	17	00:25:00	<b>00:30:28.40</b>	<b>00:30:36.90</b>	+00:14:19 (46.8%)	6:05	9.8 (53.3%)
109	<b>SURMA Balbina</b>	<b>205</b>		K20	12	00:24:08	<b>00:30:53.05</b>	<b>00:30:55.20</b>	+00:14:38 (47.3%)	6:10	9.7 (52.7%)
110	<b>THIEDE Ola</b>	<b>278</b>		K20	13	00:23:20	<b>00:30:56.50</b>	<b>00:31:03.30</b>	+00:14:46 (47.6%)	6:11	9.7 (52.7%)
111	<b>WÓJCIK Anna</b>	<b>251</b>		K30	13	00:24:33	<b>00:30:59.45</b>	<b>00:31:05.65</b>	+00:14:48 (47.6%)	6:11	9.7 (52.7%)
112	<b>BĄK Bogdan</b>	<b>306</b>		M60+	5	00:24:52	<b>00:31:34.10</b>	<b>00:31:41.55</b>	+00:15:24 (48.6%)	6:18	9.5 (51.6%)
113	<b>RASSALSKA Roma</b>	<b>276</b>		K40	12	00:24:46	<b>00:31:36.25</b>	<b>00:31:42.10</b>	+00:15:24 (48.6%)	6:19	9.5 (51.6%)
114	<b>KISIELEWSKA Monika</b>	<b>261</b>		K20	14	00:25:02	<b>00:31:41.00</b>	<b>00:31:47.50</b>	+00:15:30 (48.8%)	6:20	9.5 (51.6%)
115	<b>MALCZEWSKA Mirka</b>	<b>288</b>		K60+	1	00:25:26	<b>00:32:13.20</b>	<b>00:32:21.40</b>	+00:16:04 (49.7%)	6:26	9.3 (50.5%)
116	<b>MICHALSKI Piotr</b>	<b>330</b>	JUBILER SZAFIR BYDGOSZCZ	M20	19	00:25:17	<b>00:32:34.25</b>	<b>00:32:43.30</b>	+00:16:26 (50.2%)	6:30	9.2 (50.0%)
117		<b>347</b>				00:26:37	<b>00:33:38.85</b>	<b>00:33:47.35</b>	+00:17:30 (51.8%)	6:43	8.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_Rol 4.8km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
118	<b>PIECHOTA Beata</b>	<b>350</b>		K30	14	00:26:37	<b>00:34:00.00</b>	<b>00:34:06.40</b>	+00:17:49 (52.2%)	6:48	8.8 (47.8%)
119	<b>KOWALSKA Beata</b>	<b>311</b>		K40	13	00:34:01	<b>00:45:28.00</b>	<b>00:45:37.80</b>	+00:29:20 (64.3%)	9:05	6.6 (35.9%)

Znaleziono 119 wynik(ów)