



ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

Wydarzenie: Roll & Run Stalno 2019
Organizator: KrisMedia Krzysztof Skiera
Data: 2019-04-06
Miejsce: Stalno
Dystans: 5 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	RONOWSKI Mateusz	353	MATKINRUN	M20	1	00:18:45.85	00:18:45.85		3:45	16 (100%)
2	TUCZYŃSKI Sylwester Leon	360	BYDGOSKIE OKONIE	M20	2	00:18:59.65	00:18:59.65	+00:00:13 (1.2%)	3:47	15.8 (98.8%)
3	ŁAZ Kamil	332	BYDGOSKIE OKONIE	M30	1	00:19:11.85	00:19:11.85	+00:00:26 (2.3%)	3:50	15.6 (97.5%)
4	KENSIK Rafał	84	RUN PASJA	M30	2	00:19:17.95	00:19:17.95	+00:00:32 (2.8%)	3:51	15.6 (97.5%)
5	DYJACH Robert	317	SCHUMACHER TEAM BYDGOSZCZ	M30	3	00:19:27.50	00:19:27.50	+00:00:41 (3.6%)	3:53	15.4 (96.3%)
6	RETECKI Krzysztof	350	BOGMAR / PRESTO	M40	1	00:19:47.85	00:19:47.85	+00:01:02 (5.2%)	3:57	15.2 (95.0%)
7	PRENDECKI Marcin	96	PRENDKI TRI	M40	2	00:19:56.20	00:19:56.20	+00:01:10 (5.9%)	3:59	15.1 (94.4%)
8	KARNECKI Rafał	323	THE RUNNERS ŚWIECIE	M30	4	00:20:05.70	00:20:05.70	+00:01:19 (6.6%)	4:01	14.9 (93.1%)
9	BĄCZKOWSKI Sławomir	301	V RUNNER	M30	5	00:20:20.10	00:20:20.10	+00:01:34 (7.7%)	4:04	14.8 (92.5%)
10	BUKOWSKI Maciej	1		M30	6	00:20:27.10	00:20:27.10	+00:01:41 (8.3%)	4:05	14.7 (91.9%)
11	DYJACH Piotr	316	SCHUMACHER TEAM BYDGOSZCZ	M20	3	00:20:30.35	00:20:30.35	+00:01:44 (8.5%)	4:06	14.6 (91.3%)
12	PRZYBYLSKI Bartek	99		M30	7	00:20:33.65	00:20:33.65	+00:01:47 (8.7%)	4:06	14.6 (91.3%)
13	HOŁDA Paweł	321		M30	8	00:20:55.00	00:20:55.00	+00:02:09 (10.3%)	4:11	14.3 (89.4%)
14	NĘDZA Łukasz	368		M20	4	00:21:02.00	00:21:02.00	+00:02:16 (10.8%)	4:12	14.3 (89.4%)
15	KĄŁEK Artur	82	KLINIKA TRIATHLONU BYDGOSZCZ	M40	3	00:21:03.60	00:21:03.60	+00:02:17 (10.9%)	4:12	14.3 (89.4%)
16	PRENDECKI Rafał	97	PRENDKI TRI	M30	9	00:21:05.40	00:21:05.40	+00:02:19 (11.0%)	4:13	14.2 (88.8%)
17	KUC Bartosz	329	SCHUMACHER TEAM BYDGOSZCZ	M30	10	00:21:15.75	00:21:15.75	+00:02:29 (11.7%)	4:15	14.1 (88.1%)
18	WOŹNIAKOWSKA Agata	364		K30	1	00:21:25.50	00:21:25.50	+00:02:39 (12.4%)	4:17	14 (87.5%)
19	CANO Luis	71	REFUGEE TEAM	M40	4	00:21:35.50	00:21:35.50	+00:02:49 (13.1%)	4:19	13.9 (86.9%)
20	PRZEWŁOCKI Jakub	98	KLINIKA TRIATHLONU BYDGOSZCZ	M30	11	00:21:37.90	00:21:37.90	+00:02:52 (13.3%)	4:19	13.9 (86.9%)
21	WADZIŃSKA Paulina	106	TRISPACE	K30	2	00:21:38.50	00:21:38.50	+00:02:52 (13.3%)	4:19	13.9 (86.9%)
22	MALICKI Łukasz	88	KLINIKA TRIATHLONU BYDGOSZCZ	M30	12	00:21:42.65	00:21:42.65	+00:02:56 (13.6%)	4:20	13.8 (86.3%)
23	KRZEŚNIAK Wojciech	328		M30	13	00:21:57.90	00:21:57.90	+00:03:12 (14.6%)	4:23	13.7 (85.6%)
24	CIBOROWSKI Sebastian	4	SENASPORT PISZ	M40	5	00:22:10.40	00:22:10.40	+00:03:24 (15.4%)	4:26	13.5 (84.4%)
25	DULSKI Tadeusz	315	SP 8 GRUDZIĄDZ	M50	1	00:22:20.30	00:22:20.30	+00:03:34 (16.0%)	4:28	13.4 (83.8%)
26	FLEJSZER Łukasz	6	U.K.S. ZWOLEŃ-TEAM	M30	14	00:22:23.25	00:22:23.25	+00:03:37 (16.2%)	4:28	13.4 (83.8%)
27	WERNER Michał	108	ŁABISZYN RUNNERS	M20	5	00:22:24.25	00:22:24.25	+00:03:38 (16.2%)	4:28	13.4 (83.8%)
28	KACZYŃSKI Rafał	110	CHOŁE KLÓLIKI	M30	15	00:22:27.30	00:22:27.30	+00:03:41 (16.4%)	4:29	13.4 (83.8%)
29	CZAJKOWSKA Sylwia	312	ŻÓŁTOKRÓLEWSCY	K40	1	00:22:28.30	00:22:28.30	+00:03:42 (16.5%)	4:29	13.4 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	NOWICKI Leszek	12		M50	2	00:22:30.50	00:22:30.50	+00:03:44 (16.6%)	4:30	13.3 (83.1%)
31	PIEKARSKI Paweł	94		M20	6	00:22:44.10	00:22:44.10	+00:03:58 (17.5%)	4:32	13.2 (82.5%)
32	BANACH Jan	64	KLINIKA TRIATHLONU	M20	7	00:22:49.40	00:22:49.40	+00:04:03 (17.8%)	4:33	13.1 (81.9%)
33	BĄKOWSKI Mikołaj	65		M40	6	00:22:53.10	00:22:53.10	+00:04:07 (18.0%)	4:34	13.1 (81.9%)
34	NIEDBALSKI Grzegorz	338	RUN BYDGOSZCZ	M60+	1	00:22:54.10	00:22:54.10	+00:04:08 (18.1%)	4:34	13.1 (81.9%)
35	KNEPKA Piotr	86	TRITEAM ŚWIECIE	M30	16	00:23:01.40	00:23:01.40	+00:04:15 (18.5%)	4:36	13 (81.3%)
36	PARASZKA Łukasz	14	MINIONS SPEED TEAM	M30	17	00:23:02.30	00:23:02.30	+00:04:16 (18.6%)	4:36	13 (81.3%)
37	BRAŹKIEWICZ Rafał	307	MTB FORDON	M40	7	00:23:13.35	00:23:13.35	+00:04:27 (19.2%)	4:38	12.9 (80.6%)
38	WASILEWSKA Martyna	107	AMS BYDGOSZCZ	K30	3	00:23:15.05	00:23:15.05	+00:04:29 (19.3%)	4:39	12.9 (80.6%)
39	BONAS Maciej	68	ROLL&RUN	M20	8	00:23:16.40	00:23:16.40	+00:04:30 (19.4%)	4:39	12.9 (80.6%)
40	REPCZYŃSKI Tomasz	349		M20	9	00:23:22.90	00:23:22.90	+00:04:37 (19.7%)	4:40	12.8 (80.0%)
41	JANOWICZ Honorata	322	OPALENICKI KLUB BIEGACZA	K20	1	00:23:29.60	00:23:29.60	+00:04:43 (20.1%)	4:41	12.8 (80.0%)
42	KARAŚ Tomasz	7	LEGIA WARSZAWA MASTERS	M30	18	00:23:41.60	00:23:41.60	+00:04:55 (20.8%)	4:44	12.7 (79.4%)
43	CZAJKA Mateusz	72	LUKS OLIMP	M30	19	00:23:43.55	00:23:43.55	+00:04:57 (20.9%)	4:44	12.6 (78.8%)
44	KOWALSKA Michalina	10	SPORT ZDROWIE KONDYCJA	K20	2	00:23:45.70	00:23:45.70	+00:04:59 (21.0%)	4:45	12.6 (78.8%)
45	ZIÓŁKOWSKI Julian	20	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M50	3	00:23:49.05	00:23:49.05	+00:05:03 (21.2%)	4:45	12.6 (78.8%)
46	PARTYKA Łukasz	93		M40	8	00:24:03.60	00:24:03.60	+00:05:17 (22.0%)	4:48	12.5 (78.1%)
47	CHOJNACKI Mateusz	25	UKS ZWOLEŃ TEAM	M20	10	00:24:07.00	00:24:07.00	+00:05:21 (22.2%)	4:49	12.4 (77.5%)
48	PYTYŃSKA Izabela	347		K30	4	00:24:13.25	00:24:13.25	+00:05:27 (22.5%)	4:50	12.4 (77.5%)
49	CZEPIEL Marcin	366		M20	11	00:24:47.15	00:24:47.15	+00:06:01 (24.3%)	4:57	12.1 (75.6%)
50	BŁAŻEJAK Krzysztofa`	302	RUN BYDGOSZCZ	K40	2	00:24:47.50	00:24:47.50	+00:06:01 (24.3%)	4:57	12.1 (75.6%)
51	LEŚNIEWICZ Danuta	11	MINIONSSPEEDTEAM	K30	5	00:24:49.15	00:24:49.15	+00:06:03 (24.4%)	4:57	12.1 (75.6%)
52	WOJCIECHOWSKI Grzegorz	362	ATOS BYDGOSZCZ	M20	12	00:24:53.30	00:24:53.30	+00:06:07 (24.6%)	4:58	12.1 (75.6%)
53	CHMURA Tomasz	308		M40	9	00:24:56.60	00:24:56.60	+00:06:10 (24.8%)	4:59	12 (75.0%)
54	MARKOWSKA Anna	335	SP 8 GRUDZIĄDZ	K30	6	00:25:00.40	00:25:00.40	+00:06:14 (25.0%)	5:00	12 (75.0%)
55	CIBOROWSKA Aneta	3		K40	3	00:25:14.85	00:25:14.85	+00:06:29 (25.7%)	5:02	11.9 (74.4%)
56	KARAŚ Dominika	8	LEGIA WARSZAWA MASTERS	K30	7	00:25:21.70	00:25:21.70	+00:06:35 (26.0%)	5:04	11.8 (73.8%)
57	POPOWSKI Zbigniew	345	RUN BYDGOSZCZ	M60+	2	00:25:22.85	00:25:22.85	+00:06:37 (26.1%)	5:04	11.8 (73.8%)
58	LONERT Marcin	331		M30	20	00:25:28.85	00:25:28.85	+00:06:43 (26.4%)	5:05	11.8 (73.8%)
59	WOŹNICKI Paweł	19	SPEEDSKATINGLDZ	M50	4	00:25:47.30	00:25:47.30	+00:07:01 (27.2%)	5:09	11.6 (72.5%)
60	GAŚIOROWSKI Robert	79	RUN BYDGOSZCZ	M40	10	00:25:50.50	00:25:50.50	+00:07:04 (27.4%)	5:10	11.6 (72.5%)
61	ZIÓŁKOWSKA Katarzyna	365		K20	3	00:26:00.05	00:26:00.05	+00:07:14 (27.8%)	5:12	11.5 (71.9%)
62	STYKAŁA Magdalena	357		K40	4	00:26:06.30	00:26:06.30	+00:07:20 (28.1%)	5:13	11.5 (71.9%)
63	BISKUPSKA Rita	66	KLINIKA TRIATHLONU BYDGOSZCZ	K20	4	00:26:12.30	00:26:12.30	+00:07:26 (28.4%)	5:14	11.5 (71.9%)
64	MOLENDĄ Patrycja	89	KLINIKA TRIATHLONU	K20	5	00:26:12.55	00:26:12.55	+00:07:26 (28.4%)	5:14	11.5 (71.9%)
65	DOBEC Rafał	314		M30	21	00:26:23.90	00:26:23.90	+00:07:38 (28.9%)	5:16	11.4 (71.3%)
66	AUTRIEB Maciej	62		M20	13	00:26:25.35	00:26:25.35	+00:07:39 (29.0%)	5:17	11.4 (71.3%)
67	SUBKOWSKA Klaudia	104		K30	8	00:26:32.30	00:26:32.30	+00:07:46 (29.3%)	5:18	11.3 (70.6%)
68	BŁAŻEJEWSKI Dariusz	303	KLUB HDK ŚWIECIE	M50	5	00:26:39.95	00:26:39.95	+00:07:54 (29.6%)	5:19	11.3 (70.6%)
69	CZYŻAK Joanna	73	AMS	K40	5	00:26:48.90	00:26:48.90	+00:08:03 (30.0%)	5:21	11.2 (70.0%)
70	DEMBIŃSKI Piotr	75		M20	14	00:26:53.95	00:26:53.95	+00:08:08 (30.2%)	5:22	11.2 (70.0%)
71	KLONOWSKA Agnieszka	85	PLATAN	K40	6	00:27:02.05	00:27:02.05	+00:08:16 (30.6%)	5:24	11.1 (69.4%)
72	FABISIAK Agnieszka	77		K30	9	00:27:09.00	00:27:09.00	+00:08:23 (30.9%)	5:25	11 (68.8%)
73	OLEJNICZAK Alina	13		K30	10	00:27:12.05	00:27:12.05	+00:08:26 (31.0%)	5:26	11 (68.8%)

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74	DAMSKI Tadeusz	74		M60+	3	00:27:13.80	00:27:13.80	+00:08:27 (31.1%)	5:26	11 (68.8%)
75	BOGUĆKA Barbara	304	SKATE2CITY	K40	7	00:27:15.40	00:27:15.40	+00:08:29 (31.2%)	5:27	11 (68.8%)
76	ETTINGER Justyna	318	RUN BYDGOSZCZ	K40	8	00:27:21.30	00:27:21.30	+00:08:35 (31.4%)	5:28	11 (68.8%)
77	CHOJECKI Dariusz	2		M50	6	00:27:29.95	00:27:29.95	+00:08:44 (31.8%)	5:29	10.9 (68.1%)
78	JEZIORSKA Monika	81		K30	11	00:27:43.40	00:27:43.40	+00:08:57 (32.3%)	5:32	10.8 (67.5%)
79	KOSCIOWSKA Agnieszka	9		K30	12	00:27:44.75	00:27:44.75	+00:08:58 (32.4%)	5:32	10.8 (67.5%)
80	STYKAŁA Adrianna	358		K20	6	00:27:45.20	00:27:45.20	+00:08:59 (32.4%)	5:33	10.8 (67.5%)
81	LIPCZEWSKA Justyna	330		K30	13	00:27:45.55	00:27:45.55	+00:08:59 (32.4%)	5:33	10.8 (67.5%)
82	OKOŃSKA Żaneta	339		K30	14	00:27:58.75	00:27:58.75	+00:09:12 (32.9%)	5:35	10.7 (66.9%)
83	OKOŃSKI Piort	340		M30	22	00:27:59.00	00:27:59.00	+00:09:13 (32.9%)	5:35	10.7 (66.9%)
84	CHMURA Ewa	309		K30	15	00:27:59.40	00:27:59.40	+00:09:13 (33.0%)	5:35	10.7 (66.9%)
85	WYPORKIEWICZ Jerzy	109	KLINIKA TRIATHLONU	M50	7	00:28:24.50	00:28:24.50	+00:09:38 (33.9%)	5:40	10.6 (66.3%)
86	MAGDOWSKA Agnieszka	333		K30	16	00:28:25.85	00:28:25.85	+00:09:40 (34.0%)	5:41	10.6 (66.3%)
87	SOSIŃSKA Izabela	102	BEZPIECZNY OPERATOR	K30	17	00:28:31.05	00:28:31.05	+00:09:45 (34.2%)	5:42	10.5 (65.6%)
88	KAMROWSKA Katarzyna	83		K40	9	00:28:38.40	00:28:38.40	+00:09:52 (34.5%)	5:43	10.5 (65.6%)
89	SOSIŃSKI Paweł	103	BEZPIECZNY OPERATOR	M30	23	00:28:42.65	00:28:42.65	+00:09:56 (34.6%)	5:44	10.5 (65.6%)
90	CHRZANOWSKA Cecylia	310	AKTYWNE LISEWO	K60+	1	00:28:46.65	00:28:46.65	+00:10:00 (34.8%)	5:45	10.4 (65.0%)
91	GAPINSKA Bogna	319		K30	18	00:28:50.10	00:28:50.10	+00:10:04 (34.9%)	5:46	10.4 (65.0%)
92	BAŁYS Łukasz	63	ŁABISZYN RUNNERS	M20	15	00:29:02.90	00:29:02.90	+00:10:17 (35.4%)	5:48	10.3 (64.4%)
93	WOJNOWSKA Natalia	363		K30	19	00:29:26.30	00:29:26.30	+00:10:40 (36.3%)	5:53	10.2 (63.8%)
94	RUTKOWSKA Virginia	100	ATOS/KLINIKA TRIATHLONU	K30	20	00:30:01.60	00:30:01.60	+00:11:15 (37.5%)	6:00	10 (62.5%)
95	KAWUCHA Ewa Jarek	324		K40	10	00:30:13.20	00:30:13.20	+00:11:27 (37.9%)	6:02	9.9 (61.9%)
96	POPOWSKA Barbara	344	RUN BYDGOSZCZ	K60+	2	00:30:50.60	00:30:50.60	+00:12:04 (39.2%)	6:10	9.7 (60.6%)
97	SURMA Balbina	18		K20	7	00:31:02.00	00:31:02.00	+00:12:16 (39.5%)	6:12	9.7 (60.6%)
98	PARTYKA Natalia	15	ZICO RACING SPEED TEAM	K30	21	00:31:10.80	00:31:10.80	+00:12:24 (39.8%)	6:14	9.6 (60.0%)
99	RICHERT Teresa	351		K40	11	00:31:45.40	00:31:45.40	+00:12:59 (40.9%)	6:21	9.4 (58.8%)
100	BRAŹKIEWICZ Izabela	306		K40	12	00:31:50.80	00:31:50.80	+00:13:04 (41.1%)	6:22	9.4 (58.8%)
101	MARKOWSKI Lukasz	336		M30	24	00:31:53.55	00:31:53.55	+00:13:07 (41.2%)	6:22	9.4 (58.8%)
102	KLAF CZYŃSKA Iwona	327		K40	13	00:32:25.10	00:32:25.10	+00:13:39 (42.1%)	6:29	9.3 (58.1%)
103	RODZIŃSKA Anita	352		K50	1	00:32:39.25	00:32:39.25	+00:13:53 (42.5%)	6:31	9.2 (57.5%)
104	NOSKOWIAK-BAJNO Alicja	91		K40	14	00:32:50.20	00:32:50.20	+00:14:04 (42.9%)	6:34	9.1 (56.9%)
105	PISZKALSKI Piotr	343	O.S.A. BUSHCRAFT GRUDZIĄDZ	M50	8	00:32:55.40	00:32:55.40	+00:14:09 (43.0%)	6:35	9.1 (56.9%)
106	HOŁDA Jerzy	80		M60+	4	00:32:56.50	00:32:56.50	+00:14:10 (43.0%)	6:35	9.1 (56.9%)
107	BŁASZKIEWICZ Marzena	67	CHOŁE KŁÓLIKI	K40	15	00:33:03.50	00:33:03.50	+00:14:17 (43.2%)	6:36	9.1 (56.9%)
108	PRENDECKA Sylwia	95	PRENDKI TRI	K30	22	00:34:22.00	00:34:22.00	+00:15:36 (45.4%)	6:52	8.7 (54.4%)
109	MALCZEWSKA Mirka	334		K60+	3	00:34:24.10	00:34:24.10	+00:15:38 (45.5%)	6:52	8.7 (54.4%)
110	NIEMCZYK Ula	367	TOTALNIE BIEGNIĘCI	K30	23	00:35:55.05	00:35:55.05	+00:17:09 (47.8%)	7:11	8.4 (52.5%)
111	SKIERA Magdalena	355	ROLL&RUN TEAM	K30	24	00:36:36.00	00:36:36.00	+00:17:50 (48.7%)	7:19	8.2 (51.3%)
112	SOBCZAK Krzysztof	356	FORSPOORT TEAM	M30	25	00:36:36.50	00:36:36.50	+00:17:50 (48.7%)	7:19	8.2 (51.3%)
113	ROZMARYNOWICZ Anna Maria	354	WOLNOŚĆ	K40	16	00:36:37.40	00:36:37.40	+00:17:51 (48.8%)	7:19	8.2 (51.3%)
114	PIONTEK Elżbieta	342		K60+	4	00:36:49.90	00:36:49.90	+00:18:04 (49.1%)	7:21	8.1 (50.6%)
115	CZAJKOWSKI Maciej	313		M20	16	00:37:24.80	00:37:24.80	+00:18:38 (49.8%)	7:28	8 (50.0%)
116	CZAJKOWSKA Patrycja	311		K30	25	00:37:25.15	00:37:25.15	+00:18:39 (49.9%)	7:29	8 (50.0%)

