



# ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

**Wydarzenie:** Roll&Run Stolno  
**Organizator:** Stowarzyszenie Life Balance Place  
**Data:** 2022-05-28  
**Miejsce:** Stolno  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dwubój	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZPARŁO Łukasz</b>	<b>220</b>	KENPACHI	M40	1		<b>00:18:47.25</b>	<b>00:18:47.65</b>		3:45	16 (100%)
2	<b>WADELSKI Maciej</b>	<b>223</b>	1 BRYGADA LOGISTYCZNA	M30	1		<b>00:19:39.10</b>	<b>00:19:40.60</b>	+00:00:52 (4.5%)	3:55	15.3 (95.6%)
3	<b>PARASZKA Łukasz</b>	<b>54</b>	MINIONSSPEEDTEAM	M30	2	Tak	<b>00:20:07.80</b>	<b>00:20:09.95</b>	+00:01:22 (6.8%)	4:01	14.9 (93.1%)
4	<b>WERNIK Roman</b>	<b>214</b>		M40	2		<b>00:20:34.70</b>	<b>00:20:36.40</b>	+00:01:48 (8.8%)	4:06	14.6 (91.3%)
5	<b>BISTUŁA Artur</b>	<b>227</b>	O CO BIEGA PABIANICE	M20	1		<b>00:21:08.95</b>	<b>00:21:10.05</b>	+00:02:22 (11.2%)	4:13	14.2 (88.8%)
6	<b>HOROSIEWICZ Bartosz</b>	<b>211</b>	KS GEPRAD KĘPNO	M30	3		<b>00:21:19.95</b>	<b>00:21:21.60</b>	+00:02:33 (12.0%)	4:15	14.1 (88.1%)
7	<b>ZIMLIŃSKI Dawid</b>	<b>218</b>		M30	4		<b>00:21:54.60</b>	<b>00:21:55.95</b>	+00:03:08 (14.3%)	4:22	13.7 (85.6%)
8	<b>CIBOROWSKI Itan</b>	<b>61</b>	SEBA-SPORT PISZ	M20	2	Tak	<b>00:22:14.10</b>	<b>00:22:15.75</b>	+00:03:28 (15.6%)	4:26	13.5 (84.4%)
9	<b>CIBOROWSKI Sebastian</b>	<b>60</b>	SEBA-SPORT PISZ	M50	1	Tak	<b>00:22:18.20</b>	<b>00:22:20.15</b>	+00:03:32 (15.9%)	4:27	13.5 (84.4%)
10	<b>BONAS Maciej</b>	<b>221</b>	OSP RYBIENIEC	M20	3		<b>00:22:45.30</b>	<b>00:22:47.10</b>	+00:03:59 (17.5%)	4:33	13.2 (82.5%)
11	<b>WADELSKA Joanna</b>	<b>224</b>	PSY GOŃCZE JANKI-EGO	K30	1		<b>00:24:06.85</b>	<b>00:24:08.80</b>	+00:05:21 (22.2%)	4:49	12.4 (77.5%)
12	<b>ZIÓŁKOWSKI Julian</b>	<b>50</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M50	2	Tak	<b>00:24:16.10</b>	<b>00:24:19.05</b>	+00:05:31 (22.7%)	4:51	12.4 (77.5%)
13	<b>WOŹNICKI Paweł</b>	<b>51</b>	SPEEDSKATING ŁÓDŹ	M50	3	Tak	<b>00:24:22.60</b>	<b>00:24:25.50</b>	+00:05:37 (23.1%)	4:52	12.3 (76.9%)
14	<b>LEŚNIEWICZ-PARASZKA Danuta</b>	<b>55</b>	MINIONSSPEEDTEAM	K30	2	Tak	<b>00:24:31.40</b>	<b>00:24:33.70</b>	+00:05:46 (23.5%)	4:54	12.2 (76.3%)
15	<b>ĆWIKLIŃSKA Anna</b>	<b>215</b>	AKADEMIA MISTRZÓW SPORTU	K40	1		<b>00:24:37.30</b>	<b>00:24:40.75</b>	+00:05:53 (23.8%)	4:55	12.2 (76.3%)
16	<b>MITKOWSKA Natalia</b>	<b>56</b>		K30	3	Tak	<b>00:24:45.75</b>	<b>00:24:48.15</b>	+00:06:00 (24.2%)	4:57	12.1 (75.6%)
17	<b>MICHALSKI Mariusz</b>	<b>70</b>	UKS ZWOLEŃ-TEAM	M30	5		<b>00:25:06.00</b>	<b>00:25:06.00</b>	+00:06:18 (25.1%)	5:01	12 (75.0%)
18	<b>BORAWSKA Anna</b>	<b>210</b>	MAŁA LADY PANK	K40	2		<b>00:26:02.15</b>	<b>00:26:04.50</b>	+00:07:16 (27.9%)	5:12	11.5 (71.9%)
19	<b>WYLEGA Adrian</b>	<b>225</b>		M30	6		<b>00:27:00.45</b>	<b>00:27:01.55</b>	+00:08:13 (30.5%)	5:24	11.1 (69.4%)
20	<b>CHOJECKI Dariusz</b>	<b>57</b>		M50	4	Tak	<b>00:28:15.40</b>	<b>00:28:18.65</b>	+00:09:31 (33.6%)	5:39	10.6 (66.3%)
21	<b>PIONTEK Elżbieta</b>	<b>219</b>		K60+	1		<b>00:28:32.60</b>	<b>00:28:35.70</b>	+00:09:48 (34.3%)	5:42	10.5 (65.6%)
22	<b>KĘDZIORSKA Beata</b>	<b>217</b>		K50	1		<b>00:29:26.35</b>	<b>00:29:30.10</b>	+00:10:42 (36.3%)	5:53	10.2 (63.8%)
23	<b>RICHERT Teresa</b>	<b>222</b>	LIFE BALANCE PLACE	K40	3		<b>00:30:17.20</b>	<b>00:30:21.10</b>	+00:11:33 (38.1%)	6:03	9.9 (61.9%)
24	<b>KĘDZIORSKI Marek</b>	<b>216</b>		M50	5		<b>00:35:03.20</b>	<b>00:35:06.30</b>	+00:16:18 (46.5%)	7:00	8.6 (53.8%)
25	<b>BANIA Zygmunt</b>	<b>59</b>		M60+	1	Tak	<b>00:40:57.50</b>	<b>00:41:01.10</b>	+00:22:13 (54.2%)	8:11	7.3 (45.6%)

Znaleziono 25 wynik(ów)