



# ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

**Wydarzenie:** Roll&Run Stołno  
**Organizator:** Stowarzyszenie Life Balance Place  
**Data:** 2023-05-13  
**Miejsce:** Stołno  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dwubój	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PARASZKA Łukasz	52	MINIONSSPEEDTEAM	M30	1		00:00:00	00:20:17.55	00:20:18.45		4:03	14.8 (100%)
2	DĄBROWSKI Paweł	219	ATLASBIEGOW.PL	M20	1		00:00:01	00:20:38.10	00:20:39.25	+00:00:20 (1.7%)	4:07	14.5 (98.0%)
3	LEWANDOWSKI Paweł	218		M30	2		00:00:01	00:20:38.95	00:20:40.80	+00:00:21 (1.7%)	4:07	14.5 (98.0%)
4	HOŁDA Paweł	215	WINDSURFING TEAM	M40	1		00:00:01	00:21:50.25	00:21:52.10	+00:01:32 (7.1%)	4:22	13.7 (92.6%)
5	WERNIK Roman	214		M40	2		00:00:01	00:22:02.65	00:22:03.90	+00:01:45 (7.9%)	4:24	13.6 (91.9%)
6	KSENIAK Tomasz	68	ROLL4ALL	M40	3		00:00:02	00:22:07.40	00:22:10.00	+00:01:49 (8.3%)	4:25	13.6 (91.9%)
7	ZIMLIŃSKI Dawid	210	PARKUN GRUDZIĄDZ	M30	3		00:00:00	00:22:16.40	00:22:17.15	+00:01:58 (8.9%)	4:27	13.5 (91.2%)
8	MUSZCZYŃSKI Cezary	220	BHP COMPLEX	M30	4		00:00:02	00:22:19.25	00:22:21.25	+00:02:01 (9.1%)	4:27	13.4 (90.5%)
9	CIBOROWSKI Sebastian	69	KS SEBA-SPORT PISZ	M50	1		00:00:02	00:22:31.50	00:22:33.90	+00:02:13 (9.9%)	4:30	13.3 (89.9%)
10	PRAJSNAR Paweł	63	SPEEDING TURTLES	M30	5		00:00:02	00:22:34.95	00:22:37.05	+00:02:17 (10.1%)	4:30	13.3 (89.9%)
11	ENGELBERG Łukasz	60	INVICTA POWER TEAM	M30	6		00:00:00	00:23:53.00	00:23:53.00	+00:03:35 (15.0%)	4:46	12.6 (85.1%)
12	CIBOROWSKI Itan	70	KS SEBA-SPORT PISZ	M19-	1		00:00:02	00:24:14.90	00:24:17.20	+00:03:57 (16.3%)	4:50	12.4 (83.8%)
13	WALCZAK Anna	212	WTORKOWY TRENING	K40	1		00:00:01	00:24:44.35	00:24:46.00	+00:04:26 (18.0%)	4:56	12.1 (81.8%)
14	PIETRZAK Adrian	168	UKS SPARTA GRODZISK MAZOWIECKI	M30	7		00:00:00	00:25:06.00	00:25:06.00	+00:04:48 (19.2%)	5:01	12 (81.1%)
15	MAZUREK Wiesław	71		M50	2		00:00:02	00:25:16.95	00:25:19.00	+00:04:59 (19.7%)	5:03	11.9 (80.4%)
16	CHOJNACKI Mateusz	179	UKS ZWOLEŃ TEAM	M20	2		00:00:02	00:25:32.30	00:25:34.75	+00:05:14 (20.5%)	5:06	11.7 (79.1%)
17	WOŹNICKI Paweł	50	SPEEDSKATING ŁÓDŹ- GATTA	M50	3		00:00:01	00:25:37.75	00:25:39.30	+00:05:20 (20.8%)	5:07	11.7 (79.1%)
18	ZIÓŁKOWSKI Julian	51		M50	4		00:00:00	00:25:40.00	00:25:40.00	+00:05:22 (20.9%)	5:08	11.7 (79.1%)
19	BORAWSKA Ania	226	MAŁA LADY PANK	K40	2		00:00:04	00:25:41.60	00:25:45.60	+00:05:24 (21.0%)	5:08	11.7 (79.1%)
20	LEŚNIEWICZ-PARASZKA Danuta	53	MINIONSSPEEDTEAM	K30	1		00:00:02	00:25:41.65	00:25:43.70	+00:05:24 (21.0%)	5:08	11.7 (79.1%)
21	SZABLEWSKA Monika	62		K20	1		00:00:03	00:25:46.65	00:25:50.30	+00:05:29 (21.3%)	5:09	11.6 (78.4%)
22	WRÓBLEWSKI Jędrzej	64		M20	3		00:00:03	00:25:47.35	00:25:50.90	+00:05:29 (21.3%)	5:09	11.6 (78.4%)
23	GURZYŃSKI Jakub	227		M19-	2		00:00:03	00:26:02.30	00:26:05.40	+00:05:44 (22.1%)	5:12	11.5 (77.7%)
24	WALCZAK Jacek	217	WTORKOWY TRENING	M40	4		00:00:02	00:26:04.95	00:26:07.20	+00:05:47 (22.2%)	5:12	11.5 (77.7%)
25	MITKOWSKA Natalia	54		K30	2		00:00:02	00:27:47.85	00:27:50.15	+00:07:30 (27.0%)	5:33	10.8 (73.0%)
26	KLAMBOROWSKI Artur	221		M30	8		00:00:04	00:28:09.20	00:28:13.85	+00:07:51 (27.9%)	5:37	10.7 (72.3%)
27	CHOJECKI Dariusz	58	ROLLTEAM	M50	5		00:00:02	00:28:10.00	00:28:12.55	+00:07:52 (28.0%)	5:38	10.7 (72.3%)
28	SURMA Balbina	66	NIESTOWARZYSZONY	K30	3		00:00:02	00:29:26.15	00:29:28.40	+00:09:08 (31.1%)	5:53	10.2 (68.9%)
29	ANDRZEJCZAK Damian	67		M20	4		00:00:03	00:29:41.85	00:29:45.80	+00:09:24 (31.7%)	5:56	10.1 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dwubój	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	<b>KLAMBOROWSKA Magdalena</b>	<b>55</b>		K30	4		00:00:04	<b>00:30:51.60</b>	<b>00:30:56.05</b>	+00:10:34 (34.2%)	6:10	9.7 (65.5%)
31	<b>DOBEK Rafał</b>	<b>224</b>		M30	9		00:00:04	<b>00:31:05.50</b>	<b>00:31:09.95</b>	+00:10:47 (34.7%)	6:13	9.7 (65.5%)
32	<b>JUSKOWIAK Dorota</b>	<b>61</b>	ROZBIEGANA KRUSZWICA	K60+	1		00:00:02	<b>00:32:52.50</b>	<b>00:32:55.25</b>	+00:12:34 (38.3%)	6:34	9.1 (61.5%)
33	<b>MILARSKA Patrycja</b>	<b>225</b>		K30	5		00:00:03	<b>00:33:07.50</b>	<b>00:33:11.15</b>	+00:12:49 (38.7%)	6:37	9.1 (61.5%)
34	<b>RICHERT Teresa</b>	<b>222</b>		K40	3		00:00:04	<b>00:33:35.05</b>	<b>00:33:39.30</b>	+00:13:17 (39.6%)	6:43	8.9 (60.1%)
35	<b>GOLOMBEK Piotr</b>	<b>223</b>		M50	6		00:00:04	<b>00:36:11.15</b>	<b>00:36:15.45</b>	+00:15:53 (43.9%)	7:14	8.3 (56.1%)
36	<b>PIETRUSZEWSKI Bogdan`</b>	<b>213</b>	PARKRUN GRUDZIĄDZ	M60+	1		00:00:02	<b>00:37:04.70</b>	<b>00:37:07.55</b>	+00:16:47 (45.3%)	7:24	8.1 (54.7%)
	<b>MYDLARSKI Jarek</b>	<b>170</b>	ROLL4ALL	M40			DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 37 wynik(ów)