



# ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

**Wydarzenie:** Roll & Run Stolno 2018  
**Organizator:** Stowarzyszenie Podejmij Wyzwanie  
**Data:** 2018-04-14  
**Miejsce:** Stolno  
**Dystans:** 7,5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KOTŁOWSKI Bartosz</b>	<b>312</b>	KOTŁOWSKI RUN TEAM	M20	1	<b>00:25:39.80</b>	<b>00:25:42.55</b>		3:25	17.5 (100%)
2	<b>LUTOWSKI Wojciech</b>	<b>255</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	1	<b>00:28:15.25</b>	<b>00:28:17.85</b>	+00:02:35 (9.1%)	3:46	15.9 (90.9%)
3	<b>KANIEWSKI Błażej</b>	<b>295</b>	KB CZARNE WILKI	M30	2	<b>00:29:30.15</b>	<b>00:29:33.15</b>	+00:03:50 (13.0%)	3:56	15.3 (87.4%)
4	<b>KWIATKOWSKI Daniel</b>	<b>311</b>	KOTŁOWSKI RUN TEAM	M20	2	<b>00:30:33.95</b>	<b>00:30:37.65</b>	+00:04:55 (16.1%)	4:04	14.7 (84.0%)
5	<b>RYMER Jakub</b>	<b>310</b>	KOTŁOWSKI RUN TEAM	M30	3	<b>00:31:17.55</b>	<b>00:31:20.95</b>	+00:05:38 (18.0%)	4:10	14.4 (82.3%)
6	<b>MUSS Aleksander</b>	<b>323</b>	ACE OF SPADES	M40	1	<b>00:31:36.00</b>	<b>00:31:40.30</b>	+00:05:57 (18.8%)	4:12	14.2 (81.1%)
7	<b>JEŻEWSKI Łukasz</b>	<b>304</b>		M30	4	<b>00:32:01.25</b>	<b>00:32:04.60</b>	+00:06:22 (19.9%)	4:16	14.1 (80.6%)
8	<b>BUKOWSKI Maciej</b>	<b>214</b>	SPORT4LIFE INOWROCŁAW	M30	5	<b>00:32:49.10</b>	<b>00:32:53.55</b>	+00:07:11 (21.8%)	4:22	13.7 (78.3%)
9	<b>FLEJSZER Łukasz</b>	<b>221</b>	U.K.S. ZWOLEŃ-TEAM	M30	6	<b>00:32:52.00</b>	<b>00:32:55.00</b>	+00:07:12 (21.9%)	4:22	13.7 (78.3%)
10	<b>WINIARSKI Grzegorz</b>	<b>273</b>	THE RUNNERS ŚWIECIE	M30	7	<b>00:33:18.15</b>	<b>00:33:21.40</b>	+00:07:38 (22.9%)	4:26	13.5 (77.1%)
11	<b>IWICKI Paweł</b>	<b>328</b>	KLINIKA TRIATHLONU	M20	3	<b>00:33:23.20</b>	<b>00:33:26.45</b>	+00:07:43 (23.1%)	4:27	13.5 (77.1%)
12	<b>GRZENKOWITZ Dariusz</b>	<b>303</b>		M40	2	<b>00:33:25.45</b>	<b>00:33:31.00</b>	+00:07:48 (23.3%)	4:27	13.5 (77.1%)
13	<b>ŻAK Emil</b>	<b>238</b>	AMAZING LIFE SPORT AND TRAVEL	M20	4	<b>00:33:29.45</b>	<b>00:33:33.30</b>	+00:07:50 (23.4%)	4:28	13.4 (76.6%)
14	<b>KARAŚ Tomasz</b>	<b>215</b>	LEGIA WARSZAWA MASTERS	M30	8	<b>00:33:27.75</b>	<b>00:33:34.65</b>	+00:07:52 (23.4%)	4:27	13.4 (76.6%)
15	<b>STRĘCIWILK Tomasz</b>	<b>292</b>	BWM	M30	9	<b>00:33:43.20</b>	<b>00:33:47.65</b>	+00:08:05 (23.9%)	4:29	13.3 (76.0%)
16	<b>WILKIEWICZ Radek</b>	<b>269</b>	CITY PARKING GROUP	M40	3	<b>00:33:48.10</b>	<b>00:33:53.95</b>	+00:08:11 (24.2%)	4:30	13.3 (76.0%)
17	<b>GRZYWIŃSKI Grzegorz</b>	<b>298</b>	RUN BYDOSZCZ	M40	4	<b>00:33:54.45</b>	<b>00:34:03.50</b>	+00:08:20 (24.5%)	4:31	13.3 (76.0%)
18	<b>TALMA Łukasz</b>	<b>314</b>	DRUŻYNA SZPIKU	M20	5	<b>00:34:00.75</b>	<b>00:34:05.50</b>	+00:08:22 (24.6%)	4:32	13.2 (75.4%)
19	<b>HOŁDA Paweł</b>	<b>309</b>	VOLCANO	M30	10	<b>00:34:06.25</b>	<b>00:34:06.25</b>	+00:08:23 (24.6%)	4:32	13.2 (75.4%)
20	<b>KADOW Ryszard</b>	<b>324</b>	TRISPACE	M40	5	<b>00:34:05.30</b>	<b>00:34:10.40</b>	+00:08:27 (24.8%)	4:32	13.2 (75.4%)
21	<b>NAGOW Michał</b>	<b>256</b>	DRUŻYNA PIERŚCIENIA	M40	6	<b>00:34:12.60</b>	<b>00:34:17.85</b>	+00:08:35 (25.0%)	4:33	13.2 (75.4%)
22	<b>CIBOROWSKI Sebastian</b>	<b>229</b>	SEBA SPORT PISZ	M40	7	<b>00:34:17.50</b>	<b>00:34:21.15</b>	+00:08:38 (25.2%)	4:34	13.1 (74.9%)
23	<b>SZARMACH Stanisław</b>	<b>320</b>	THE RUNNERS ŚWIECIE	M60+	1	<b>00:35:05.15</b>	<b>00:35:09.45</b>	+00:09:26 (26.9%)	4:40	12.8 (73.1%)
24	<b>NIEDBALSKI Grzegorz</b>	<b>277</b>	RUN BYDGOSZCZ	M60+	2	<b>00:35:05.95</b>	<b>00:35:11.60</b>	+00:09:29 (26.9%)	4:40	12.8 (73.1%)
25	<b>ZIÓŁKOWSKI Julian</b>	<b>235</b>		M50	1	<b>00:35:12.55</b>	<b>00:35:16.10</b>	+00:09:33 (27.1%)	4:41	12.8 (73.1%)
26	<b>BONAS Maciej</b>	<b>289</b>	KRISMEDIA	M20	6	<b>00:35:18.55</b>	<b>00:35:21.45</b>	+00:09:38 (27.3%)	4:42	12.7 (72.6%)
27	<b>CZAJKOWSKA Sylwia</b>	<b>291</b>	FOTOJOKER	K40	1	<b>00:35:27.10</b>	<b>00:35:30.40</b>	+00:09:47 (27.6%)	4:43	12.7 (72.6%)
28	<b>DULSKI Tadeusz</b>	<b>257</b>	DULSKI TEAM	M40	8	<b>00:35:37.80</b>	<b>00:35:43.15</b>	+00:10:00 (28.0%)	4:45	12.6 (72.0%)
29	<b>SOCZOMSKI Mirosław</b>	<b>213</b>	EDI TEAM ZGORZELEC	M50	2	<b>00:35:54.90</b>	<b>00:36:00.15</b>	+00:10:17 (28.6%)	4:47	12.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7.5km	brutto 7.5km			
30	<b>RUDOL Sebastiana</b>	<b>326</b>		M40	9	<b>00:36:30.75</b>	<b>00:36:34.35</b>	+00:10:51 (29.7%)	4:52	12.3 (70.3%)
31	<b>BLACHOWSKI Waldemar</b>	<b>317</b>	BLASZKI TEAM	M30	11	<b>00:36:40.95</b>	<b>00:36:45.90</b>	+00:11:03 (30.1%)	4:53	12.3 (70.3%)
32	<b>CIBOROWSKA Aneta</b>	<b>228</b>	SEBA SPORT PISZ	K40	2	<b>00:36:43.90</b>	<b>00:36:46.80</b>	+00:11:04 (30.1%)	4:53	12.3 (70.3%)
33	<b>WAWRZYNIAK Michał</b>	<b>227</b>		M20	7	<b>00:36:44.00</b>	<b>00:36:48.45</b>	+00:11:05 (30.2%)	4:53	12.3 (70.3%)
34	<b>PARASZKA Łukasz</b>	<b>220</b>		M30	12	<b>00:36:43.25</b>	<b>00:36:49.85</b>	+00:11:07 (30.2%)	4:53	12.3 (70.3%)
35	<b>GORDON Roman</b>	<b>281</b>	RUN BYDGOSZCZ	M60+	3	<b>00:36:47.65</b>	<b>00:36:56.50</b>	+00:11:13 (30.4%)	4:54	12.2 (69.7%)
36	<b>LASKOWSKI Dariusz</b>	<b>254</b>	BRAK	M40	10	<b>00:37:04.30</b>	<b>00:37:11.95</b>	+00:11:29 (30.9%)	4:56	12.1 (69.1%)
37	<b>MITKOWSKA Natalia</b>	<b>231</b>		K30	1	<b>00:37:11.00</b>	<b>00:37:14.00</b>	+00:11:31 (31.0%)	4:57	12.1 (69.1%)
38	<b>WAWRZYNIAK Dawid</b>	<b>316</b>	DRUŻYNA PIERŚCIENIA	M30	13	<b>00:37:19.25</b>	<b>00:37:27.85</b>	+00:11:45 (31.4%)	4:58	12.1 (69.1%)
39	<b>ZIOBRO Marek</b>	<b>322</b>		M30	14	<b>00:37:24.15</b>	<b>00:37:30.75</b>	+00:11:48 (31.5%)	4:59	12 (68.6%)
40	<b>STYKAŁA Magdalena</b>	<b>294</b>		K40	3	<b>00:37:30.25</b>	<b>00:37:37.35</b>	+00:11:54 (31.7%)	5:00	12 (68.6%)
41	<b>SZARMACH Kacper</b>	<b>321</b>	THE RUNNERS ŚWIECIE	M20	8	<b>00:38:20.90</b>	<b>00:38:25.85</b>	+00:12:43 (33.1%)	5:06	11.7 (66.9%)
42	<b>SOBCZAK Krzysztof</b>	<b>260</b>	K SKIERA CLUB	M30	15	<b>00:38:23.85</b>	<b>00:38:33.00</b>	+00:12:50 (33.3%)	5:07	11.7 (66.9%)
43	<b>MACHOWSKI Michał</b>	<b>222</b>	ROLLSCHOOL WARSZAWA	M20	9	<b>00:38:37.40</b>	<b>00:38:42.95</b>	+00:13:00 (33.6%)	5:08	11.7 (66.9%)
44	<b>PYTYŃSKA Izabela</b>	<b>261</b>	GRUDZIĄDZKA FIT MAMA	K30	2	<b>00:38:42.60</b>	<b>00:38:47.05</b>	+00:13:04 (33.7%)	5:09	11.6 (66.3%)
45	<b>PYTYŃSKI Arkadiusz</b>	<b>262</b>	GRUDZIĄDZKA FIT MAMA	M30	16	<b>00:38:42.85</b>	<b>00:38:47.65</b>	+00:13:05 (33.7%)	5:09	11.6 (66.3%)
46	<b>CHILIŃSKA Agnieszka</b>	<b>293</b>	SEBA-SPORT PISZ	K40	4	<b>00:39:15.85</b>	<b>00:39:20.95</b>	+00:13:38 (34.7%)	5:14	11.5 (65.7%)
47	<b>CHILIŃSKI Eryk</b>	<b>230</b>	SEBA-SPORT PISZ	M20	10	<b>00:39:21.00</b>	<b>00:39:24.00</b>	+00:13:41 (34.7%)	5:14	11.4 (65.1%)
48	<b>KUŻMA Anna</b>	<b>253</b>	THE RUNNERS ŚWIECIE	K40	5	<b>00:39:28.80</b>	<b>00:39:32.70</b>	+00:13:50 (35.0%)	5:15	11.4 (65.1%)
49	<b>LEŚNIEWICZ Danuta</b>	<b>218</b>	MINIONSSPEEDTEAM	K30	3	<b>00:39:35.05</b>	<b>00:39:42.35</b>	+00:13:59 (35.3%)	5:16	11.4 (65.1%)
50	<b>DUBIAŁ Rafał</b>	<b>226</b>	ZICO RACING SPEED TEAM	M40	11	<b>00:40:00.20</b>	<b>00:40:05.35</b>	+00:14:22 (35.9%)	5:20	11.3 (64.6%)
51	<b>OKOŃSKI Piort</b>	<b>287</b>		M30	17	<b>00:40:10.80</b>	<b>00:40:10.80</b>	+00:14:28 (36.0%)	5:21	11.2 (64.0%)
52	<b>PACZUSKI Jarosław</b>	<b>223</b>	LEGIA WARSZAWA MASTERS	M50	3	<b>00:40:14.00</b>	<b>00:40:17.00</b>	+00:14:34 (36.2%)	5:21	11.2 (64.0%)
53	<b>NIEMIAROWSKI Jarosław</b>	<b>212</b>	BIEGIEM PO PIWO	M30	18	<b>00:40:17.05</b>	<b>00:40:23.05</b>	+00:14:40 (36.3%)	5:22	11.2 (64.0%)
54	<b>CHARUBIN Sławomir</b>	<b>234</b>	SEBASPORT PISZ	M50	4	<b>00:40:32.05</b>	<b>00:40:35.75</b>	+00:14:53 (36.7%)	5:24	11.1 (63.4%)
55	<b>RUDOL Magdalena</b>	<b>325</b>	RUN PASJA	K40	6	<b>00:40:32.30</b>	<b>00:40:36.50</b>	+00:14:53 (36.7%)	5:24	11.1 (63.4%)
56	<b>SZNAJDER Seweryn</b>	<b>315</b>	DRUŻYNA PIERŚCIENIA	M40	12	<b>00:40:33.35</b>	<b>00:40:42.50</b>	+00:14:59 (36.8%)	5:24	11.1 (63.4%)
57	<b>KRÓWKA Rafał</b>	<b>290</b>		M20	11	<b>00:40:40.15</b>	<b>00:40:44.30</b>	+00:15:01 (36.9%)	5:25	11.1 (63.4%)
58	<b>WITEK Grzegorz</b>	<b>225</b>		M50	5	<b>00:41:20.40</b>	<b>00:41:26.80</b>	+00:15:44 (38.0%)	5:30	10.9 (62.3%)
59	<b>JEŻEWSKA Edyta</b>	<b>305</b>		K20	1	<b>00:41:36.65</b>	<b>00:41:40.80</b>	+00:15:58 (38.3%)	5:32	10.8 (61.7%)
60	<b>DZIEŻA Roma</b>	<b>279</b>	RUN BYDGOSZCZ	K40	7	<b>00:41:47.70</b>	<b>00:41:55.95</b>	+00:16:13 (38.7%)	5:34	10.8 (61.7%)
61	<b>ZIÓŁKOWSKA Katarzyna</b>	<b>329</b>		K20	2	<b>00:41:58.40</b>	<b>00:41:58.40</b>	+00:16:15 (38.7%)	5:35	10.7 (61.1%)
62	<b>WOJCIECHOWSKI Grzegorz</b>	<b>263</b>	ATOS BYDGOSZCZ	M20	12	<b>00:41:54.50</b>	<b>00:42:02.10</b>	+00:16:19 (38.8%)	5:35	10.7 (61.1%)
63	<b>MARKOWSKA Anna</b>	<b>258</b>		K30	4	<b>00:42:03.15</b>	<b>00:42:09.20</b>	+00:16:26 (39.0%)	5:36	10.7 (61.1%)
64	<b>KOSCIOWSKA Agnieszka</b>	<b>237</b>		K30	5	<b>00:42:44.95</b>	<b>00:42:50.65</b>	+00:17:08 (40.0%)	5:42	10.5 (60.0%)
65	<b>GOŁATA Ewa</b>	<b>297</b>	BYŁ INOWROCŁAW	K50	1	<b>00:42:55.00</b>	<b>00:43:01.90</b>	+00:17:19 (40.3%)	5:43	10.5 (60.0%)
66	<b>DOBEK Rafal</b>	<b>275</b>		M30	19	<b>00:43:02.55</b>	<b>00:43:11.00</b>	+00:17:28 (40.5%)	5:44	10.5 (60.0%)
67	<b>ŁABINOWICZ Szymon</b>	<b>233</b>	TWISTER	M20	13	<b>00:43:19.00</b>	<b>00:43:22.00</b>	+00:17:39 (40.7%)	5:46	10.4 (59.4%)
68	<b>CHRZANOWSKA Cecylia</b>	<b>296</b>	AKTYWNE LISEWO	K50	2	<b>00:43:27.35</b>	<b>00:43:31.05</b>	+00:17:48 (40.9%)	5:47	10.4 (59.4%)
69	<b>RICHERT Teresa</b>	<b>288</b>		K30	6	<b>00:43:48.30</b>	<b>00:43:55.60</b>	+00:18:13 (41.5%)	5:50	10.3 (58.9%)
70	<b>STASZOK Katarzyna</b>	<b>217</b>	ROLL4LIFE	K30	7	<b>00:44:32.00</b>	<b>00:44:36.45</b>	+00:18:53 (42.4%)	5:56	10.1 (57.7%)
71	<b>MAGDOWSKA Agnieszka</b>	<b>265</b>		K30	8	<b>00:44:47.60</b>	<b>00:44:53.25</b>	+00:19:10 (42.7%)	5:58	10 (57.1%)
72	<b>BRĄGIEL Jakub</b>	<b>299</b>	VEGE RUNNERS	M30	20	<b>00:45:30.30</b>	<b>00:45:40.70</b>	+00:19:58 (43.7%)	6:04	9.9 (56.6%)
73	<b>MIŁKOWSKA Monika</b>	<b>278</b>	RUN BYDGOSZCZ	K40	8	<b>00:46:18.05</b>	<b>00:46:26.50</b>	+00:20:43 (44.6%)	6:10	9.7 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
74	<b>MORCZYŃSKA Katarzyna</b>	<b>251</b>	GRUDZIĄDZKA FIT MAMA	K20	3	<b>00:46:30.05</b>	<b>00:46:36.95</b>	+00:20:54 (44.8%)	6:12	9.7 (55.4%)
75	<b>BRĄGIEL Anna</b>	<b>300</b>	VEGE RUNNERS	K30	9	<b>00:46:29.10</b>	<b>00:46:39.65</b>	+00:20:57 (44.9%)	6:11	9.7 (55.4%)
76	<b>PARTYKA Natalia</b>	<b>232</b>	ZICO RACING SPEED TEAM	K30	10	<b>00:47:07.20</b>	<b>00:47:15.40</b>	+00:21:32 (45.6%)	6:16	9.6 (54.9%)
77	<b>PARTYKA Łukasz</b>	<b>330</b>		M30	21	<b>00:47:08.15</b>	<b>00:47:16.90</b>	+00:21:34 (45.6%)	6:17	9.5 (54.3%)
78	<b>ANZEL Dorota</b>	<b>270</b>	SP MOKRE	K40	9	<b>00:47:34.75</b>	<b>00:47:40.30</b>	+00:21:57 (46.1%)	6:20	9.5 (54.3%)
79	<b>ZDROJEWSKA (SAWICKA) Sylwia</b>	<b>308</b>		K30	11	<b>00:47:56.50</b>	<b>00:48:03.70</b>	+00:22:21 (46.5%)	6:23	9.4 (53.7%)
80	<b>MARKOWSKI Łukasz</b>	<b>259</b>	RUN 4 FUN	M30	22	<b>00:49:21.70</b>	<b>00:49:27.80</b>	+00:23:45 (48.0%)	6:34	9.1 (52.0%)
81	<b>LIZUT Krzysztof</b>	<b>211</b>	TR STARBLADE	M50	6	<b>00:51:27.70</b>	<b>00:51:33.70</b>	+00:25:51 (50.1%)	6:51	8.7 (49.7%)
82	<b>RODZIŃSKA Anita</b>	<b>266</b>		K50	3	<b>00:52:37.10</b>	<b>00:52:43.70</b>	+00:27:01 (51.2%)	7:00	8.6 (49.1%)
83	<b>LORKOWSKA Beata</b>	<b>313</b>	RUN BYDGOSZCZ	K40	10	<b>00:53:11.55</b>	<b>00:53:19.75</b>	+00:27:37 (51.8%)	7:05	8.5 (48.6%)
84	<b>MOSKAL Marta</b>	<b>283</b>		K20	4	<b>00:53:57.90</b>	<b>00:54:08.05</b>	+00:28:25 (52.5%)	7:11	8.3 (47.4%)
85	<b>NIEMCZYK Ula</b>	<b>252</b>	KRISMEDIA TEAM	K30	12	<b>00:54:00.75</b>	<b>00:54:08.55</b>	+00:28:26 (52.5%)	7:12	8.3 (47.4%)

Znaleziono 85 wynik(ów)