



# ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

**Event:** Roll & Run Bydgoszcz 2017  
**Organiser:** Stowarzyszenie Podejmij Wyzwanie  
**Date:** 2017-09-02  
**Place:** Bydgoszcz  
**Distance:** 8 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	Finish_All 3.4km	Finish_All 3.6km	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
1	<b>SZENK Marta</b>	<b>432</b>		K30	1	00:11:38	00:12:30	<b>00:24:17.35</b>	<b>00:24:19.60</b>		3:28	17.3 (100%)
2	<b>WOŹNIAKOWSKA Agata</b>	<b>298</b>	RUN BYDGOSZCZ	K30	2	00:12:49	00:13:44	<b>00:26:39.00</b>	<b>00:26:42.35</b>	+00:02:22 (8.9%)	3:48	15.8 (91.3%)
3	<b>JAROCKA Beata</b>	<b>377</b>		K40	1	00:13:49	00:14:51	<b>00:28:54.55</b>	<b>00:28:56.95</b>	+00:04:37 (16.0%)	4:07	14.5 (83.8%)
4	<b>MITKOWSKA Natalia</b>	<b>218</b>		K30	3	00:14:12	00:15:17	<b>00:29:58.15</b>	<b>00:30:01.95</b>	+00:05:42 (19.0%)	4:16	14 (80.9%)
5	<b>TATULIŃSKA Aleksandra</b>	<b>431</b>	RUN BYDGOSZCZ 2	K30	4	00:14:25	00:15:30	<b>00:30:01.85</b>	<b>00:30:05.05</b>	+00:05:45 (19.1%)	4:17	14 (80.9%)
6	<b>STYKAŁA Magdalena</b>	<b>276</b>		K40	2	00:14:27	00:15:32	<b>00:30:19.60</b>	<b>00:30:25.95</b>	+00:06:06 (20.1%)	4:19	13.9 (80.3%)
7	<b>CIBOROWSKA Aneta</b>	<b>222</b>	SEBA-SPORT PISZ	K40	3	00:14:33	00:15:37	<b>00:30:28.05</b>	<b>00:30:29.85</b>	+00:06:10 (20.2%)	4:21	13.8 (79.8%)
8	<b>LEŚNIEWICZ Danuta</b>	<b>211</b>	MINIONSSPEEDTEAM	K30	5	00:15:09	00:16:17	<b>00:31:43.80</b>	<b>00:31:48.35</b>	+00:07:28 (23.5%)	4:32	13.2 (76.3%)
9	<b>PASTWA Donata</b>	<b>364</b>	TRISPACE	K40	4	00:15:34	00:16:41	<b>00:32:16.75</b>	<b>00:32:21.75</b>	+00:08:02 (24.8%)	4:36	13 (75.1%)
10	<b>GIERSZEWSKA Grażyna</b>	<b>313</b>		K40	5	00:15:39	00:16:48	<b>00:32:18.95</b>	<b>00:32:25.90</b>	+00:08:06 (25.0%)	4:37	13 (75.1%)
11	<b>KOWALSKA Małgorzata</b>	<b>219</b>		K40	6	00:15:36	00:16:42	<b>00:32:16.70</b>	<b>00:32:26.40</b>	+00:08:06 (25.0%)	4:36	13 (75.1%)
12	<b>ETTINGER Justyna</b>	<b>260</b>	RUN BYDGOSZCZ 2	K30	6	00:15:37	00:16:45	<b>00:32:32.40</b>	<b>00:32:37.85</b>	+00:08:18 (25.4%)	4:38	12.9 (74.6%)
13	<b>BEDNAREK Marta</b>	<b>397</b>	CZARNE STOPY.SM	K30	7	00:15:41	00:16:51	<b>00:32:56.80</b>	<b>00:33:02.75</b>	+00:08:43 (26.4%)	4:42	12.7 (73.4%)
14	<b>BŁAŻEJAK Krzysztofa`</b>	<b>430</b>	RUN BYDGOSZCZ 3	K30	8	00:15:49	00:16:55	<b>00:32:48.55</b>	<b>00:33:03.05</b>	+00:08:43 (26.4%)	4:41	12.8 (74.0%)
15	<b>GROBELNA Angelika</b>	<b>328</b>		K40	7	00:15:33	00:16:44	<b>00:32:57.45</b>	<b>00:33:07.80</b>	+00:08:48 (26.6%)	4:42	12.7 (73.4%)
16	<b>KRUBER Karolina</b>	<b>319</b>		K20	1	00:16:18	00:17:26	<b>00:33:18.75</b>	<b>00:33:30.25</b>	+00:09:10 (27.4%)	4:45	12.6 (72.8%)

Place	Participant	Number	Club	Category	MCat	Finish_All 3.4km	Finish_All 3.6km	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
17	<b>KOPACZEWSKA Agata</b>	<b>353</b>		K20	2	00:16:41	00:17:55	<b>00:33:22.05</b>	<b>00:33:30.90</b>	+00:09:11 (27.4%)	4:46	12.6 (72.8%)
18	<b>KOSCIOWSKA Agnieszka</b>	<b>202</b>	ZICO RACING SPEED TEAM	K30	9	00:15:45	00:16:59	<b>00:33:28.20</b>	<b>00:33:31.55</b>	+00:09:11 (27.4%)	4:46	12.5 (72.3%)
19	<b>DZIEŻA Roma</b>	<b>283</b>	ITAX	K40	8	00:17:01	00:18:08	<b>00:33:54.60</b>	<b>00:34:06.65</b>	+00:09:47 (28.7%)	4:50	12.4 (71.7%)
20	<b>BARANOWSKA Julia</b>	<b>388</b>		K20	3	00:15:36	00:16:50	<b>00:34:01.30</b>	<b>00:34:07.25</b>	+00:09:47 (28.7%)	4:51	12.3 (71.1%)
21	<b>STYKAŁA Adrianna</b>	<b>277</b>		K20	4	00:16:34	00:17:46	<b>00:34:05.85</b>	<b>00:34:14.55</b>	+00:09:54 (29.0%)	4:52	12.3 (71.1%)
22	<b>CZYŻEWSKA Anna</b>	<b>272</b>		K30	10	00:16:14	00:17:26	<b>00:34:11.40</b>	<b>00:34:15.05</b>	+00:09:55 (29.0%)	4:53	12.3 (71.1%)
23	<b>POTRZEBOWSKA Agata</b>	<b>255</b>	DEAF	K30	11	00:17:04	00:18:17	<b>00:34:42.05</b>	<b>00:34:51.50</b>	+00:10:31 (30.2%)	4:57	12.1 (69.9%)
24	<b>SZULC Małgorzata</b>	<b>428</b>		K40	9	00:16:25	00:17:35	<b>00:35:08.90</b>	<b>00:35:15.05</b>	+00:10:55 (31.0%)	5:01	11.9 (68.8%)
25	<b>TUCHOLSKA Helena</b>	<b>414</b>		K20	5	00:16:40	00:17:55	<b>00:35:11.80</b>	<b>00:35:19.10</b>	+00:10:59 (31.1%)	5:01	11.9 (68.8%)
26	<b>NIEDBALSKA Anna</b>	<b>338</b>		K40	10	00:16:39	00:17:55	<b>00:35:12.25</b>	<b>00:35:19.25</b>	+00:10:59 (31.1%)	5:01	11.9 (68.8%)
27	<b>BOROWIAK Dominika</b>	<b>434</b>		K30	12	00:17:21	00:18:27	<b>00:35:14.80</b>	<b>00:35:25.05</b>	+00:11:05 (31.3%)	5:02	11.9 (68.8%)
28	<b>GADOMSKA Maria</b>	<b>409</b>	RUN BYDGOSZCZ 3	K60+	1	00:16:59	00:18:13	<b>00:35:27.15</b>	<b>00:35:31.90</b>	+00:11:12 (31.5%)	5:03	11.8 (68.2%)
29	<b>SIEWERT Hanna</b>	<b>380</b>		K30	13	00:16:53	00:18:07	<b>00:35:19.90</b>	<b>00:35:35.10</b>	+00:11:15 (31.6%)	5:02	11.9 (68.8%)
30	<b>ZAMIATOWSKA Kinga</b>	<b>267</b>	ROLL&RUN TEAM	K40	11	00:17:12	00:18:26	<b>00:35:40.20</b>	<b>00:35:45.90</b>	+00:11:26 (32.0%)	5:05	11.8 (68.2%)
31	<b>NUNZEK Agnieszka</b>	<b>417</b>		K40	12	00:17:26	00:18:43	<b>00:35:40.65</b>	<b>00:35:53.45</b>	+00:11:33 (32.2%)	5:05	11.8 (68.2%)
32	<b>PIŃSKA Sylwia</b>	<b>274</b>	INOWROCŁAW BIEGA	K30	14	00:17:21	00:18:36	<b>00:35:44.45</b>	<b>00:35:57.80</b>	+00:11:38 (32.4%)	5:06	11.8 (68.2%)
33	<b>ZDROJKOWSKA Joanna</b>	<b>231</b>	ROLL&RUN TEAM	K50	1	00:17:33	00:18:49	<b>00:35:52.85</b>	<b>00:36:00.20</b>	+00:11:40 (32.4%)	5:07	11.7 (67.6%)
34	<b>MALATYŃSKA Barbara</b>	<b>278</b>		K40	13	00:17:33	00:18:51	<b>00:35:54.25</b>	<b>00:36:01.70</b>	+00:11:42 (32.5%)	5:07	11.7 (67.6%)
35	<b>JELEŃ Agnieszka</b>	<b>292</b>	VEGE RUNNERS	K30	15	00:16:50	00:18:06	<b>00:35:55.85</b>	<b>00:36:07.20</b>	+00:11:47 (32.7%)	5:08	11.7 (67.6%)
36	<b>SURMA Balbina</b>	<b>217</b>		K20	6	00:17:01	00:18:20	<b>00:36:22.90</b>	<b>00:36:26.15</b>	+00:12:06 (33.2%)	5:11	11.5 (66.5%)
37	<b>BIERNACKA Anna</b>	<b>265</b>		K30	16	00:16:49	00:18:06	<b>00:36:26.60</b>	<b>00:36:30.15</b>	+00:12:10 (33.4%)	5:12	11.5 (66.5%)
38	<b>PACZKOWSKA Joanna</b>	<b>386</b>	AKADEMIA SPORT FACTORY	K20	7	00:17:21	00:18:40	<b>00:36:33.00</b>	<b>00:36:38.15</b>	+00:12:18 (33.6%)	5:13	11.5 (66.5%)
39	<b>KOZŁOWSKA Dominika</b>	<b>375</b>		K20	8	00:17:18	00:18:39	<b>00:36:35.40</b>	<b>00:36:45.00</b>	+00:12:25 (33.8%)	5:13	11.5 (66.5%)

Place	Participant	Number	Club	Category	MCat	Finish_All 3.4km	Finish_All 3.6km	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
40	<b>POPOWSKA Barbara</b>	<b>288</b>	RUN BYDGOSZCZ 3	K60+	2	00:17:22	00:18:41	<b>00:36:39.30</b>	<b>00:36:51.55</b>	+00:12:31 (34.0%)	5:14	11.5 (66.5%)
41	<b>GIŻA Wioletta</b>	<b>361</b>	POLONIA BYDGOSZCZ SLA	K30	17	00:17:34	00:18:52	<b>00:36:45.70</b>	<b>00:36:55.95</b>	+00:12:36 (34.1%)	5:15	11.4 (65.9%)
42	<b>LUDZKOWSKA Edyta</b>	<b>349</b>	KB KATORŻNIK MUROWANA GOŚLINA	K40	14	00:17:36	00:18:51	<b>00:36:44.95</b>	<b>00:36:57.70</b>	+00:12:38 (34.2%)	5:15	11.4 (65.9%)
43	<b>RICHERT Teresa</b>	<b>245</b>	STOLNO TEAM	K30	18	00:17:57	00:19:13	<b>00:36:48.05</b>	<b>00:37:00.10</b>	+00:12:40 (34.3%)	5:15	11.4 (65.9%)
44	<b>MATUSZEWSKA Monika</b>	<b>251</b>		K30	19	00:17:22	00:18:40	<b>00:36:49.00</b>	<b>00:37:01.70</b>	+00:12:42 (34.3%)	5:15	11.4 (65.9%)
45	<b>BIERNAT Magdalena</b>	<b>295</b>	SPORT4LIFE	K30	20	00:18:08	00:19:24	<b>00:36:55.50</b>	<b>00:37:03.95</b>	+00:12:44 (34.4%)	5:16	11.4 (65.9%)
46	<b>KNIOŁA Lucyna</b>	<b>320</b>		K40	15	00:17:29	00:18:55	<b>00:37:07.10</b>	<b>00:37:10.80</b>	+00:12:51 (34.6%)	5:18	11.3 (65.3%)
47	<b>ZAORSKA Marta</b>	<b>402</b>		K30	21	00:18:04	00:19:38	<b>00:37:03.35</b>	<b>00:37:13.55</b>	+00:12:53 (34.7%)	5:17	11.3 (65.3%)
48	<b>OŻGA Agnieszka</b>	<b>334</b>		K20	9	00:17:56	00:19:13	<b>00:37:18.00</b>	<b>00:37:31.75</b>	+00:13:12 (35.2%)	5:19	11.3 (65.3%)
49	<b>OWCZARZAK Daria</b>	<b>381</b>		K20	10	00:17:46	00:19:06	<b>00:37:20.70</b>	<b>00:37:33.75</b>	+00:13:14 (35.2%)	5:20	11.3 (65.3%)
50	<b>ARNISTA Julia</b>	<b>433</b>		K30	22	00:17:05	00:18:26	<b>00:37:34.70</b>	<b>00:37:41.05</b>	+00:13:21 (35.4%)	5:22	11.2 (64.7%)
51	<b>CEMKE Magdalena</b>	<b>337</b>		K20	11	00:18:40	00:19:57	<b>00:37:58.65</b>	<b>00:38:10.90</b>	+00:13:51 (36.3%)	5:25	11.1 (64.2%)
52	<b>DURDA Dominika</b>	<b>307</b>		K20	12	00:18:32	00:19:55	<b>00:38:02.15</b>	<b>00:38:11.90</b>	+00:13:52 (36.3%)	5:26	11 (63.6%)
53	<b>ZALECH Barbara</b>	<b>273</b>		K30	23	00:17:52	00:19:13	<b>00:38:04.20</b>	<b>00:38:15.35</b>	+00:13:55 (36.4%)	5:26	11 (63.6%)
54	<b>KISIELEWSKA Aleksandra</b>	<b>405</b>		K30	24	00:18:04	00:19:38	<b>00:38:30.55</b>	<b>00:38:41.15</b>	+00:14:21 (37.1%)	5:30	10.9 (63.0%)
55	<b>MARIANSKA Emilia</b>	<b>404</b>		K40	16	00:18:25	00:19:51	<b>00:38:39.90</b>	<b>00:38:54.30</b>	+00:14:34 (37.5%)	5:31	10.9 (63.0%)
56	<b>KOCHANSKA Wioletta</b>	<b>379</b>		K40	17	00:18:23	00:19:46	<b>00:38:48.55</b>	<b>00:38:57.90</b>	+00:14:38 (37.6%)	5:32	10.8 (62.4%)
57	<b>JAWORSKA Monika</b>	<b>303</b>	BIEGAJĄCE CIACHA	K30	25	00:18:24	00:19:48	<b>00:39:00.90</b>	<b>00:39:08.55</b>	+00:14:48 (37.9%)	5:34	10.8 (62.4%)
58	<b>MIŁKOWSKA Monika</b>	<b>264</b>	MONIA BAND	K30	26	00:19:02	00:20:22	<b>00:39:00.10</b>	<b>00:39:12.45</b>	+00:14:52 (38.0%)	5:34	10.8 (62.4%)
59	<b>TOKARSKA Alicja</b>	<b>336</b>	VEGE RUNNERS	K30	27	00:18:55	00:20:15	<b>00:39:05.25</b>	<b>00:39:15.85</b>	+00:14:56 (38.0%)	5:35	10.7 (61.8%)
60	<b>CIESIELSKA Oktawia</b>	<b>242</b>		K20	13	00:19:05	00:20:26	<b>00:39:11.60</b>	<b>00:39:20.90</b>	+00:15:01 (38.2%)	5:35	10.7 (61.8%)
61	<b>SOBOWIEC Mirka</b>	<b>418</b>	SOBOWIEC TEAM	K40	18	00:18:57	00:20:21	<b>00:39:18.85</b>	<b>00:39:26.65</b>	+00:15:07 (38.3%)	5:37	10.7 (61.8%)
62	<b>SOBCZAK Anna</b>	<b>399</b>	CZARNE STOPY.SM	K30	28	00:19:19	00:20:42	<b>00:39:31.20</b>	<b>00:39:43.45</b>	+00:15:23 (38.8%)	5:38	10.6 (61.3%)

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63	<b>PIÓRKOWSKA Aga</b>	<b>356</b>		K30	29	00:18:05	00:19:23	<b>00:39:34.95</b>	<b>00:39:45.90</b>	+00:15:26 (38.8%)	5:39	10.6 (61.3%)
64	<b>CHOŚCIŃSKA Agnieszka</b>	<b>437</b>	RUN FOR FUN	K40	19	00:18:28	00:19:52	<b>00:39:59.20</b>	<b>00:40:05.20</b>	+00:15:45 (39.3%)	5:42	10.5 (60.7%)
65	<b>STACHOWIAK Kamila</b>	<b>294</b>		K20	14	00:19:15	00:20:38	<b>00:40:02.65</b>	<b>00:40:11.40</b>	+00:15:51 (39.5%)	5:43	10.5 (60.7%)
66	<b>WESOŁOWSKA Aleksandra</b>	<b>237</b>		K30	30	00:19:15	00:20:40	<b>00:40:04.55</b>	<b>00:40:19.40</b>	+00:15:59 (39.7%)	5:43	10.5 (60.7%)
67	<b>LUDZKOWSKA Klaudia</b>	<b>351</b>	KB KATORŻNIK MUROWANA GOŚLINA	K20	15	00:19:49	00:21:17	<b>00:40:39.90</b>	<b>00:40:53.00</b>	+00:16:33 (40.5%)	5:48	10.3 (59.5%)
68	<b>MIKOŁAJCZAK Aleksandra</b>	<b>331</b>	SOLECCY BIEGACZE	K30	31	00:19:11	00:20:44	<b>00:41:42.75</b>	<b>00:41:51.75</b>	+00:17:32 (41.9%)	5:57	10.1 (58.4%)
69	<b>ROSOŁOWICZ Kamila</b>	<b>238</b>		K30	32	00:19:42	00:21:13	<b>00:42:56.30</b>	<b>00:43:11.60</b>	+00:18:52 (43.7%)	6:08	9.8 (56.6%)
70	<b>MARIAŃSKA Magdalena</b>	<b>403</b>		K20	16	00:19:47	00:21:16	<b>00:43:41.80</b>	<b>00:43:55.90</b>	+00:19:36 (44.6%)	6:14	9.6 (55.5%)
71	<b>BŁASZKIEWICZ Marzena</b>	<b>323</b>		K30	33	00:19:53	00:21:33	<b>00:43:57.30</b>	<b>00:44:05.45</b>	+00:19:45 (44.8%)	6:16	9.6 (55.5%)
72	<b>PETELCZYC Olga</b>	<b>372</b>		K20	17	00:21:53	00:23:27	<b>00:44:04.25</b>	<b>00:44:14.50</b>	+00:19:54 (45.0%)	6:17	9.5 (54.9%)
73	<b>MALCZEWSKA Mirula</b>	<b>426</b>	SPORT FAKTORY	K60+	3	00:21:04	00:22:32	<b>00:44:14.75</b>	<b>00:44:23.75</b>	+00:20:04 (45.2%)	6:19	9.5 (54.9%)
74	<b>NALEWALSKA Justyna</b>	<b>290</b>	SERCE TYBETU	K20	18	00:21:53	00:23:28	<b>00:46:51.20</b>	<b>00:47:06.50</b>	+00:22:46 (48.4%)	6:41	9 (52.0%)
75	<b>ZIELIŃSKA Justyna</b>	<b>329</b>	SOLECCY BIEGACZE	K30	34	00:20:16	00:22:00	<b>00:48:46.75</b>	<b>00:48:46.75</b>	+00:24:27 (50.1%)	6:58	8.6 (49.7%)
	<b>STANISZEWSKA Kasia</b>	<b>220</b>		K40		00:18:28 DNF	00:19:53 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ROMMEL Małgorzata</b>	<b>413</b>	OBI TEAM	K30		00:22:07 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 77 results.