



# ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

**Wydarzenie:** Roll & Run Stolno 2017  
**Organizator:** Stowarzyszenie Podejmij Wyzwanie  
**Data:** 2017-04-08  
**Miejsce:** Stolno  
**Dystans:** 7,5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>TUCZYŃSKI Sylwester Leon</b>	<b>258</b>	BYDGOSKIE OKONIE	M20	1	<b>00:28:06.95</b>	<b>00:28:08.25</b>		3:44	16 (100%)
2	<b>NIEDZIAŁKOWSKI Patryk</b>	<b>234</b>	BYDGOSKIE OKONIE	M20	2	<b>00:28:50.40</b>	<b>00:28:52.00</b>	+00:00:43 (2.5%)	3:50	15.6 (97.5%)
3	<b>KOLMAJER Rafał</b>	<b>206</b>	RUN BYDGOSZCZ	M30	1	<b>00:28:55.30</b>	<b>00:28:57.50</b>	+00:00:49 (2.8%)	3:51	15.6 (97.5%)
4	<b>ŁAZ Kamil</b>	<b>220</b>	RUN BYDGOSZCZ	M30	2	<b>00:29:15.35</b>	<b>00:29:16.95</b>	+00:01:08 (3.9%)	3:54	15.4 (96.3%)
5	<b>KWIATKOWSKI Robert</b>	<b>273</b>		M30	3	<b>00:29:20.35</b>	<b>00:29:21.70</b>	+00:01:13 (4.2%)	3:54	15.3 (95.6%)
6	<b>LIBERA Maksymilian</b>	<b>217</b>	BYDGOSKIE OKONIE	M20	3	<b>00:29:28.05</b>	<b>00:29:29.65</b>	+00:01:21 (4.6%)	3:55	15.3 (95.6%)
7	<b>KWIATKOWSKI Damian</b>	<b>215</b>	RUN BYDGOSZCZ	M20	4	<b>00:29:41.15</b>	<b>00:29:43.55</b>	+00:01:35 (5.3%)	3:57	15.2 (95.0%)
8	<b>RETECKI Krzysztof</b>	<b>243</b>	BOGMAR/PRESTO OSTROMECKO	M40	1	<b>00:30:03.05</b>	<b>00:30:05.15</b>	+00:01:56 (6.5%)	4:00	15 (93.8%)
9	<b>JAGODZIŃSKI Mateusz</b>	<b>194</b>	BYDGOSKIE OKONIE	M20	5	<b>00:30:14.00</b>	<b>00:30:16.05</b>	+00:02:07 (7.0%)	4:01	14.9 (93.1%)
10	<b>JANUS Dawid</b>	<b>272</b>	THE RUNNERS ŚWIECIE	M30	4	<b>00:30:24.10</b>	<b>00:30:27.35</b>	+00:02:19 (7.6%)	4:03	14.8 (92.5%)
11	<b>DYJACH Robert</b>	<b>183</b>		M20	6	<b>00:31:35.75</b>	<b>00:31:38.75</b>	+00:03:30 (11.1%)	4:12	14.2 (88.8%)
12	<b>BUKOWSKI Maciej</b>	<b>293</b>	SPORT4LIFE	M30	5	<b>00:31:35.40</b>	<b>00:31:39.65</b>	+00:03:31 (11.1%)	4:12	14.2 (88.8%)
13	<b>KRYNICKI Maciej</b>	<b>304</b>	PLICHWYŚCIG.PL / ROLL4LIFE	M20	7	<b>00:31:37.50</b>	<b>00:31:41.35</b>	+00:03:33 (11.2%)	4:13	14.2 (88.8%)
14	<b>GRALIK Jędrzej</b>	<b>191</b>	BYDGOSKIE OKONIE	M20	8	<b>00:32:08.90</b>	<b>00:32:14.55</b>	+00:04:06 (12.7%)	4:17	14 (87.5%)
15	<b>JEŻEWSKI Łukasz</b>	<b>200</b>		M30	6	<b>00:32:35.85</b>	<b>00:32:38.10</b>	+00:04:29 (13.8%)	4:20	13.8 (86.3%)
16	<b>OLKOWSKI Jurek</b>	<b>236</b>	THE RUNNERS ŚWIECIE	M60+	1	<b>00:33:06.65</b>	<b>00:33:08.30</b>	+00:05:00 (15.1%)	4:24	13.6 (85.0%)
17	<b>CIBOROWSKI Bastian</b>	<b>297</b>	KS SEBA-SPORT PISZ	M20	9	<b>00:33:09.85</b>	<b>00:33:13.40</b>	+00:05:05 (15.3%)	4:25	13.6 (85.0%)
18	<b>TACZKOWSKI Mateusz</b>	<b>255</b>	DECATHLON TEAM FORDON	M20	10	<b>00:33:32.15</b>	<b>00:33:37.85</b>	+00:05:29 (16.3%)	4:28	13.4 (83.8%)
19	<b>GRADOWSKI Piotrek</b>	<b>300</b>	LEGIA WARSZAWA MASTERS	M30	7	<b>00:33:37.15</b>	<b>00:33:40.90</b>	+00:05:32 (16.5%)	4:28	13.4 (83.8%)
20	<b>MARCHLEWSKI Kamil</b>	<b>229</b>		M30	8	<b>00:33:46.45</b>	<b>00:33:48.95</b>	+00:05:40 (16.8%)	4:30	13.3 (83.1%)
21	<b>KARAŚ Tomasz</b>	<b>301</b>	LEGIA WARSZAWA MASTERS	M30	9	<b>00:33:47.95</b>	<b>00:33:53.00</b>	+00:05:44 (17.0%)	4:30	13.3 (83.1%)
22	<b>SZARMACH Stanisław</b>	<b>249</b>		M60+	2	<b>00:34:12.20</b>	<b>00:34:14.10</b>	+00:06:05 (17.8%)	4:33	13.2 (82.5%)
23	<b>ZIÓŁKOWSKI Julian</b>	<b>318</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M50	1	<b>00:34:59.85</b>	<b>00:35:02.35</b>	+00:06:54 (19.7%)	4:40	12.9 (80.6%)
24	<b>CHOJECKI Dariusz</b>	<b>294</b>		M50	2	<b>00:35:05.65</b>	<b>00:35:08.35</b>	+00:07:00 (19.9%)	4:40	12.8 (80.0%)
25	<b>ZNAJDEK Piotr</b>	<b>319</b>	SPORT4LIFE BULLSHITTEAM	M30	10	<b>00:35:08.75</b>	<b>00:35:13.10</b>	+00:07:04 (20.1%)	4:41	12.8 (80.0%)
26	<b>BONAS Maciej</b>	<b>274</b>		M20	11	<b>00:35:11.80</b>	<b>00:35:14.50</b>	+00:07:06 (20.2%)	4:41	12.8 (80.0%)
27	<b>TELEJKO Łukasz</b>	<b>256</b>	ROLL&RUN TEAM	M20	12	<b>00:35:11.40</b>	<b>00:35:14.80</b>	+00:07:06 (20.2%)	4:41	12.8 (80.0%)
28	<b>CIBOROWSKI Sebastian</b>	<b>296</b>	KS SEBA-SPORT PISZ	M40	2	<b>00:35:14.70</b>	<b>00:35:18.15</b>	+00:07:09 (20.3%)	4:42	12.8 (80.0%)
29	<b>DULSKI Tadeusz</b>	<b>182</b>		M40	3	<b>00:35:25.80</b>	<b>00:35:28.70</b>	+00:07:20 (20.7%)	4:43	12.7 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
30	<b>MACIEJCZYK Łukasz</b>	<b>310</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M30	11	<b>00:35:29.45</b>	<b>00:35:37.45</b>	+00:07:29 (21.0%)	4:43	12.7 (79.4%)
31	<b>DRZYMALSKI Rafał</b>	<b>181</b>		M30	12	<b>00:35:37.10</b>	<b>00:35:39.50</b>	+00:07:31 (21.1%)	4:44	12.6 (78.8%)
32	<b>SOCZOMSKI Mirosław</b>	<b>314</b>	EDI TEAM ZGORZELEC	M50	3	<b>00:35:36.85</b>	<b>00:35:40.70</b>	+00:07:32 (21.1%)	4:44	12.6 (78.8%)
33	<b>NIEBALSKI Grzegorz</b>	<b>233</b>	RUN BYDGOSZCZ II	M50	4	<b>00:35:37.45</b>	<b>00:35:43.95</b>	+00:07:35 (21.3%)	4:44	12.6 (78.8%)
34	<b>GAŚSIOROWSKI Robert</b>	<b>188</b>	RUN BYDGOSZCZ II	M40	4	<b>00:35:36.70</b>	<b>00:35:44.85</b>	+00:07:36 (21.3%)	4:44	12.6 (78.8%)
35	<b>ZAGOŹDŻON Piotr</b>	<b>269</b>	RUN BYDGOSZCZ II	M40	5	<b>00:35:46.10</b>	<b>00:35:52.40</b>	+00:07:44 (21.6%)	4:46	12.6 (78.8%)
36	<b>KRZYŻANOWSKI Robert</b>	<b>213</b>	ANDRO	M40	6	<b>00:35:59.95</b>	<b>00:36:05.20</b>	+00:07:56 (22.0%)	4:48	12.5 (78.1%)
37	<b>CYL Dawid</b>	<b>179</b>	RUN BYDGOSZCZ II	M30	13	<b>00:36:43.85</b>	<b>00:36:48.65</b>	+00:08:40 (23.6%)	4:53	12.3 (76.9%)
38	<b>SZCZEPAŃSKI Adam</b>	<b>315</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M20	13	<b>00:36:43.45</b>	<b>00:36:51.80</b>	+00:08:43 (23.7%)	4:53	12.3 (76.9%)
39	<b>STĘPSKI Marek</b>	<b>246</b>		M40	7	<b>00:36:52.70</b>	<b>00:36:55.95</b>	+00:08:47 (23.8%)	4:54	12.2 (76.3%)
40	<b>WAWRZYŃIAK Michał</b>	<b>316</b>		M20	14	<b>00:36:51.85</b>	<b>00:36:58.85</b>	+00:08:50 (23.9%)	4:54	12.2 (76.3%)
41	<b>KAWALEC Sebastian</b>	<b>203</b>	KEBAB VS BURGER	M30	14	<b>00:36:57.65</b>	<b>00:37:00.50</b>	+00:08:52 (24.0%)	4:55	12.2 (76.3%)
42	<b>GORDON Roman</b>	<b>190</b>	RUN BYDGOSZCZ III	M60+	3	<b>00:37:15.90</b>	<b>00:37:22.75</b>	+00:09:14 (24.7%)	4:58	12.1 (75.6%)
43	<b>ZIOBRO Marek</b>	<b>271</b>		M30	15	<b>00:37:29.00</b>	<b>00:37:34.45</b>	+00:09:26 (25.1%)	4:59	12 (75.0%)
44	<b>PARASZKA Łukasz</b>	<b>313</b>		M30	16	<b>00:37:50.25</b>	<b>00:37:53.70</b>	+00:09:45 (25.7%)	5:02	11.9 (74.4%)
45	<b>SOBCZAK Krzysztof</b>	<b>245</b>	ROLL&RUN TEAM	M30	17	<b>00:37:54.90</b>	<b>00:38:02.60</b>	+00:09:54 (26.0%)	5:03	11.9 (74.4%)
46	<b>KIERZKOWSKI Patryk</b>	<b>204</b>		M20	15	<b>00:38:14.55</b>	<b>00:38:19.10</b>	+00:10:10 (26.6%)	5:06	11.8 (73.8%)
47	<b>SZNAJDER Seweryn</b>	<b>252</b>	RUN BYDGOSZCZ III	M30	18	<b>00:38:22.00</b>	<b>00:38:30.40</b>	+00:10:22 (26.9%)	5:06	11.7 (73.1%)
48	<b>FELD Maciej</b>	<b>299</b>		M60+	4	<b>00:38:31.60</b>	<b>00:38:35.00</b>	+00:10:26 (27.1%)	5:08	11.7 (73.1%)
49	<b>LAUDAŃSKI Paweł</b>	<b>216</b>		M40	8	<b>00:38:26.40</b>	<b>00:38:37.90</b>	+00:10:29 (27.2%)	5:07	11.7 (73.1%)
50	<b>WOJCIECHOWSKI Grzegorz</b>	<b>264</b>		M20	16	<b>00:38:31.50</b>	<b>00:38:40.00</b>	+00:10:31 (27.2%)	5:08	11.7 (73.1%)
51	<b>SLIWINSKI Henryk</b>		ROLLA SPEED TEAM	M60+	5	<b>00:39:09.15</b>	<b>00:39:13.80</b>	+00:11:05 (28.3%)	5:13	11.5 (71.9%)
52	<b>KWIATKOWSKI Łukasz</b>	<b>305</b>	GENERON MORIW GRUDZIĄDZ	M30	19	<b>00:39:14.45</b>	<b>00:39:20.40</b>	+00:11:12 (28.5%)	5:14	11.5 (71.9%)
53	<b>SZARMACH Kacper</b>	<b>250</b>	BIEGAJ Z WSL	M20	17	<b>00:39:41.55</b>	<b>00:39:50.60</b>	+00:11:42 (29.4%)	5:17	11.3 (70.6%)
54	<b>KWIATKOWSKI Radosław</b>	<b>306</b>	GENERON MORIW GRUDZIĄDZ	M30	20	<b>00:39:47.20</b>	<b>00:39:52.65</b>	+00:11:44 (29.4%)	5:18	11.3 (70.6%)
55	<b>NOWAK Adam</b>	<b>263</b>	RUN BYDGOSZCZ III	M40	9	<b>00:40:01.60</b>	<b>00:40:10.35</b>	+00:12:02 (30.0%)	5:20	11.2 (70.0%)
56	<b>SIUDA Rafał</b>	<b>186</b>	RUN BYDGOSZCZ IV	M40	10	<b>00:39:42.20</b>	<b>00:40:46.30</b>	+00:12:38 (31.0%)	5:17	11.3 (70.6%)
57	<b>CHILIŃSKA Eryk</b>	<b>309</b>	SEBA-SPORT PISZ	M20	18	<b>00:40:56.55</b>	<b>00:41:13.00</b>	+00:13:04 (31.7%)	5:27	11 (68.8%)
58	<b>WOJTYSICH Szymon</b>	<b>277</b>	BYDGOSKIE OKONIE	M20	19	<b>00:41:34.20</b>	<b>00:41:42.05</b>	+00:13:33 (32.5%)	5:32	10.8 (67.5%)
59	<b>SZUMLAS Marcin</b>	<b>254</b>	#SZUMITEAM	M30	21	<b>00:43:13.40</b>	<b>00:43:20.70</b>	+00:15:12 (35.1%)	5:45	10.4 (65.0%)
60	<b>DOBEK Rafał</b>	<b>180</b>		M30	22	<b>00:43:36.95</b>	<b>00:43:46.20</b>	+00:15:37 (35.7%)	5:48	10.3 (64.4%)
61	<b>TELEJKO Zbigniew</b>	<b>257</b>	ROLL&RUN TEAM	M40	11	<b>00:43:55.00</b>	<b>00:44:00.25</b>	+00:15:52 (36.1%)	5:51	10.2 (63.8%)
62	<b>LIZUT Krzysztof</b>	<b>308</b>	TR STARBLADE	M50	5	<b>00:44:12.10</b>	<b>00:44:14.30</b>	+00:16:06 (36.4%)	5:53	10.2 (63.8%)
63	<b>MATUSZEWSKI Tomasz</b>	<b>231</b>		M30	23	<b>00:44:16.75</b>	<b>00:44:26.20</b>	+00:16:17 (36.7%)	5:54	10.2 (63.8%)
64	<b>HOŁDA Jerzy</b>	<b>192</b>		M60+	6	<b>00:45:10.80</b>	<b>00:45:21.25</b>	+00:17:13 (38.0%)	6:01	10 (62.5%)
65	<b>PIETRASZAK Tomasz</b>	<b>239</b>	RUN BYDGOSZCZ V	M40	12	<b>00:45:24.80</b>	<b>00:45:33.65</b>	+00:17:25 (38.2%)	6:03	9.9 (61.9%)
66	<b>OCHMAŃSKI Radosław</b>	<b>235</b>		M40	13	<b>00:47:43.30</b>	<b>00:47:55.65</b>	+00:19:47 (41.3%)	6:21	9.4 (58.8%)
67	<b>RANISZEWSKI Mikołaj</b>	<b>276</b>		M20	20	<b>00:48:25.35</b>	<b>00:48:32.35</b>	+00:20:24 (42.0%)	6:27	9.3 (58.1%)
68	<b>WARACZEWSKI Paweł</b>	<b>260</b>		M30	24	<b>00:49:38.85</b>	<b>00:49:52.45</b>	+00:21:44 (43.6%)	6:37	9.1 (56.9%)
	<b>KONIAIEV Volodymyr</b>	<b>207</b>	RUN BYDGOSZCZ V	M30		<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)

Znaleziono 69 wynik(ów)