



# ROLL & RUN :: ROLKI FITNESS

B4SPORT

**Wydarzenie:** Roll & Run Bydgoszcz 2017  
**Organizator:** Stowarzyszenie Podejmij Wyzwanie  
**Data:** 2017-09-02  
**Miejsce:** Bydgoszcz  
**Dystans:** 8 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	<b>FLEJSZER Łukasz</b>	<b>43</b>	U.K.S. ZWOLEŃ-TEAM	Mężczyźni	1	00:06:01	00:06:31	<b>00:12:58.25</b>	<b>00:12:59.55</b>		1:37	37 (100%)
2	<b>KWIATKOWSKI Łukasz</b>	<b>74</b>	K.S. JASTRZĘBIE BYDGOSZCZ	Mężczyźni	2	00:07:26	00:08:04	<b>00:15:38.00</b>	<b>00:15:38.80</b>	+00:02:39 (17.0%)	1:57	30.7 (83.0%)
3	<b>GRUBCZYNSKI Dariusz</b>	<b>7</b>		Mężczyźni	3	00:07:33	00:08:12	<b>00:15:39.15</b>	<b>00:15:41.30</b>	+00:02:41 (17.2%)	1:57	30.7 (83.0%)
4	<b>JUNKA Karolina</b>	<b>22</b>	K.S. JASTRZĘBIE BYDGOSZCZ	Kobiety	1	00:07:25	00:08:04	<b>00:15:39.75</b>	<b>00:15:42.45</b>	+00:02:42 (17.3%)	1:57	30.6 (82.7%)
5	<b>MAREK Sławomir</b>	<b>42</b>	SOLECCY BIEGACZE	Mężczyźni	4	00:07:29	00:08:10	<b>00:16:01.35</b>	<b>00:16:02.65</b>	+00:03:03 (19.0%)	2:00	30 (81.1%)
6	<b>HEINRICH Marcin</b>	<b>29</b>	K.S. JASTRZĘBIE BYDGOSZCZ	Mężczyźni	5	00:07:24	00:08:04	<b>00:16:15.10</b>	<b>00:16:16.25</b>	+00:03:16 (20.1%)	2:01	29.5 (79.7%)
7	<b>GRZECHULSKI Wojciech</b>	<b>69</b>	WOLNY ELEKTRON	Mężczyźni	6	00:07:47	00:08:26	<b>00:16:31.10</b>	<b>00:16:33.55</b>	+00:03:34 (21.5%)	2:03	29.1 (78.6%)
8	<b>KRAJNIK Jacek</b>	<b>18</b>		Mężczyźni	7	00:07:49	00:08:31	<b>00:16:35.00</b>	<b>00:16:36.85</b>	+00:03:37 (21.8%)	2:04	28.9 (78.1%)
9	<b>FELD Maciej</b>	<b>67</b>	BZ WBK RUNNERS TEAM	Mężczyźni	8	00:08:24	00:09:11	<b>00:17:33.65</b>	<b>00:17:38.80</b>	+00:04:39 (26.4%)	2:11	27.4 (74.1%)
10	<b>ZAMIATOWSKA Kinga</b>	<b>31</b>	ROLL&RUN KRISMEDIATEAM	Kobiety	2	00:08:27	00:09:14	<b>00:17:49.00</b>	<b>00:17:51.75</b>	+00:04:52 (27.3%)	2:13	26.9 (72.7%)
11	<b>KULCZYŃSKA Joanna</b>	<b>2</b>		Kobiety	3	00:08:30	00:09:13	<b>00:17:58.55</b>	<b>00:18:00.50</b>	+00:05:00 (27.9%)	2:14	26.7 (72.2%)
12	<b>PANEK-FRYC Karolina</b>	<b>14</b>		Kobiety	4	00:08:28	00:09:10	<b>00:18:13.20</b>	<b>00:18:14.25</b>	+00:05:14 (28.8%)	2:16	26.3 (71.1%)
13	<b>GWIZDAŁA Paweł</b>	<b>58</b>	AMATOR	Mężczyźni	9	00:08:24	00:09:12	<b>00:18:23.50</b>	<b>00:18:27.75</b>	+00:05:28 (29.6%)	2:17	26.1 (70.5%)
14	<b>CHABERSKI Michał</b>	<b>61</b>		Mężczyźni	10	00:08:45	00:09:28	<b>00:19:08.90</b>	<b>00:19:14.55</b>	+00:06:15 (32.5%)	2:23	25.1 (67.8%)
15	<b>LEWANDOWSKI Bogusław</b>	<b>78</b>		Mężczyźni	11	00:09:01	00:09:49	<b>00:19:17.95</b>	<b>00:19:20.00</b>	+00:06:20 (32.8%)	2:24	24.9 (67.3%)
16	<b>GOLIK Tomasz</b>	<b>13</b>		Mężczyźni	12	00:09:03	00:09:48	<b>00:19:21.65</b>	<b>00:19:26.75</b>	+00:06:27 (33.2%)	2:25	24.8 (67.0%)
17	<b>GRUDZIŃSKA Joanna</b>	<b>57</b>		Kobiety	5	00:09:33	00:10:19	<b>00:19:38.40</b>	<b>00:19:42.50</b>	+00:06:42 (34.1%)	2:27	24.4 (65.9%)
18	<b>CABANSKA Katarzyna</b>	<b>5</b>	VITAPOL	Kobiety	6	00:09:47	00:10:38	<b>00:20:19.90</b>	<b>00:20:22.25</b>	+00:07:22 (36.2%)	2:32	23.6 (63.8%)
19	<b>GRUDZIŃSKI Przemysław</b>	<b>55</b>		Mężczyźni	13	00:09:07	00:09:52	<b>00:20:21.70</b>	<b>00:20:26.40</b>	+00:07:26 (36.4%)	2:32	23.6 (63.8%)
20	<b>PILARCZYK Radosław</b>	<b>60</b>	POBIEDZISKA	Mężczyźni	14	00:09:47	00:10:37	<b>00:20:30.05</b>	<b>00:20:34.40</b>	+00:07:34 (36.8%)	2:33	23.4 (63.2%)
21	<b>MAĆKO Krzysztof</b>	<b>1</b>	MAĆKI TEAM	Mężczyźni	15	00:09:40	00:10:37	<b>00:20:31.80</b>	<b>00:20:36.95</b>	+00:07:37 (37.0%)	2:33	23.4 (63.2%)
22	<b>ADAM Daria</b>	<b>59</b>	POBIEDZISKA	Kobiety	7	00:10:03	00:11:01	<b>00:20:57.15</b>	<b>00:21:00.80</b>	+00:08:01 (38.2%)	2:37	22.9 (61.9%)
23	<b>OLEŚ Ewa</b>	<b>77</b>		Kobiety	8	00:10:07	00:11:03	<b>00:21:28.55</b>	<b>00:21:32.05</b>	+00:08:32 (39.7%)	2:41	22.3 (60.3%)
24	<b>SAWICKA Małgorzata</b>	<b>28</b>		Kobiety	9	00:10:29	00:11:15	<b>00:21:39.35</b>	<b>00:21:45.00</b>	+00:08:45 (40.3%)	2:42	22.2 (60.0%)
25	<b>ZIELIŃSKA Elżbieta</b>	<b>66</b>	BYDGOSKI KLUB MORSÓW	Kobiety	10	00:10:38	00:11:32	<b>00:21:53.85</b>	<b>00:21:56.70</b>	+00:08:57 (40.8%)	2:44	21.9 (59.2%)
26	<b>KASPROWICZ Małgorzata</b>	<b>12</b>		Kobiety	11	00:11:13	00:12:11	<b>00:21:51.90</b>	<b>00:22:02.30</b>	+00:09:02 (41.0%)	2:44	22 (59.5%)
27	<b>WIŚNIEWSKI Piotr</b>	<b>53</b>		Mężczyźni	16	00:10:33	00:11:24	<b>00:21:53.65</b>	<b>00:22:03.25</b>	+00:09:03 (41.1%)	2:44	21.9 (59.2%)
28	<b>BOGDANÓW Karolina</b>	<b>45</b>		Kobiety	12	00:10:50	00:11:46	<b>00:22:03.00</b>	<b>00:22:12.05</b>	+00:09:12 (41.5%)	2:45	21.8 (58.9%)
29	<b>NAREWSKA Alicja</b>	<b>72</b>	WILCZKI GDAŃSKIE	Kobiety	13	00:10:37	00:11:29	<b>00:22:14.10</b>	<b>00:22:18.80</b>	+00:09:19 (41.8%)	2:46	21.6 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 8km	brutto 8km			
30	<b>HODYL Joanna</b>	<b>56</b>		Kobiety	14	00:10:59	00:11:46	<b>00:22:11.50</b>	<b>00:22:18.95</b>	+00:09:19 (41.8%)	2:46	21.6 (58.4%)
31	<b>JASIENIECKI Piotr</b>	<b>76</b>		Mężczyźni	17	00:11:14	00:12:12	<b>00:22:33.55</b>	<b>00:22:42.25</b>	+00:09:42 (42.8%)	2:49	21.3 (57.6%)
32	<b>KWIATKOWSKA Natalia</b>	<b>51</b>		Kobiety	15	00:10:22	00:11:13	<b>00:22:41.50</b>	<b>00:22:45.90</b>	+00:09:46 (42.9%)	2:50	21.2 (57.3%)
33	<b>SZPRĘGLEWSKA Natalia</b>	<b>48</b>		Kobiety	16	00:10:51	00:11:37	<b>00:22:57.20</b>	<b>00:23:03.35</b>	+00:10:03 (43.6%)	2:52	20.9 (56.5%)
34	<b>WŁODARA Robert</b>	<b>75</b>		Mężczyźni	18	00:10:48	00:11:38	<b>00:23:16.20</b>	<b>00:23:20.65</b>	+00:10:21 (44.3%)	2:54	20.6 (55.7%)
35	<b>BIAŁY Barbara</b>	<b>50</b>		Kobiety	17	00:11:04	00:11:52	<b>00:23:28.35</b>	<b>00:23:35.40</b>	+00:10:35 (44.9%)	2:56	20.5 (55.4%)
36	<b>GRAŻKA Ewa</b>	<b>47</b>		Kobiety	18	00:10:52	00:11:50	<b>00:23:32.40</b>	<b>00:23:40.90</b>	+00:10:41 (45.1%)	2:56	20.4 (55.1%)
37	<b>MELLEEM Anna</b>	<b>3</b>		Kobiety	19	00:11:09	00:12:06	<b>00:23:35.45</b>	<b>00:23:43.85</b>	+00:10:44 (45.3%)	2:56	20.4 (55.1%)
38	<b>CZACZYK Joanna</b>	<b>9</b>	KOLEZENSKI	Kobiety	20	00:11:34	00:12:35	<b>00:23:48.40</b>	<b>00:23:55.65</b>	+00:10:56 (45.7%)	2:58	20.2 (54.6%)
38	<b>SZYMCZYK Angelika</b>	<b>10</b>	KOLEZENSKI	Kobiety	21	00:11:37	00:12:36	<b>00:23:47.80</b>	<b>00:23:55.65</b>	+00:10:56 (45.7%)	2:58	20.2 (54.6%)
40	<b>SŁOMSKA Ilona</b>	<b>52</b>		Kobiety	22	00:11:11	00:12:04	<b>00:24:03.65</b>	<b>00:24:06.30</b>	+00:11:06 (46.1%)	3:00	19.9 (53.8%)
41	<b>WIATROWSKA Katarzyna</b>	<b>33</b>		Kobiety	23	00:12:23	00:13:30	<b>00:25:04.90</b>	<b>00:25:08.30</b>	+00:12:08 (48.3%)	3:08	19.1 (51.6%)
42	<b>RYBKA Magdalena</b>	<b>86</b>		Kobiety	24	00:11:59	00:12:57	<b>00:25:11.50</b>	<b>00:25:15.10</b>	+00:12:15 (48.5%)	3:09	19 (51.4%)
43	<b>KACZMAREK Anna</b>	<b>84</b>	DECATHLON FORDON TEAM	Kobiety	25	00:11:29	00:12:25	<b>00:25:14.90</b>	<b>00:25:21.75</b>	+00:12:22 (48.8%)	3:09	19 (51.4%)
44	<b>BĘŁWON Marta</b>	<b>49</b>	ZOSIA TEAM	Kobiety	26	00:11:40	00:12:45	<b>00:25:37.90</b>	<b>00:25:46.90</b>	+00:12:47 (49.6%)	3:12	18.7 (50.5%)
45	<b>SZYMCZYK Jarosław</b>	<b>11</b>	KOLEŻEŃSKI	Mężczyźni	19	00:11:55	00:12:53	<b>00:25:45.60</b>	<b>00:25:53.15</b>	+00:12:53 (49.8%)	3:13	18.6 (50.3%)
46	<b>RYCHTER-PODBORNA Sylwia</b>	<b>62</b>		Kobiety	27	00:13:28	00:14:34	<b>00:26:18.05</b>	<b>00:26:29.70</b>	+00:13:30 (51.0%)	3:17	18.3 (49.5%)
47	<b>NIEMCZYK Ula</b>	<b>4</b>		Kobiety	28	00:12:34	00:14:11	<b>00:26:46.05</b>	<b>00:26:58.55</b>	+00:13:59 (51.8%)	3:20	17.9 (48.4%)
48	<b>MAĆKO Angelika</b>	<b>8</b>	MAĆKI TEAM	Kobiety	29	00:12:38	00:13:37	<b>00:27:41.55</b>	<b>00:27:46.35</b>	+00:14:46 (53.2%)	3:27	17.3 (46.8%)
49	<b>SIEDLECKA Daria</b>	<b>85</b>	DECATHLON FORDON TEAM	Kobiety	30	00:13:10	00:14:24	<b>00:28:21.65</b>	<b>00:28:28.45</b>	+00:15:28 (54.4%)	3:32	16.9 (45.7%)
50	<b>WINIARSKA Paulina</b>	<b>39</b>		Kobiety	31	00:12:53	00:14:02	<b>00:28:58.55</b>	<b>00:29:03.40</b>	+00:16:03 (55.3%)	3:37	16.6 (44.9%)
51	<b>SYLWESTRZAK Marcin</b>	<b>79</b>		Mężczyźni	20	00:13:36	00:14:51	<b>00:29:23.45</b>	<b>00:29:33.55</b>	+00:16:34 (56.0%)	3:40	16.3 (44.1%)
52	<b>GACKOWSKI Artur</b>	<b>64</b>		Mężczyźni	21	00:15:31	00:17:20	<b>00:33:32.80</b>	<b>00:33:43.85</b>	+00:20:44 (61.5%)	4:11	14.3 (38.6%)
52	<b>STEINMETZ GACKOWSKA Małgorzata</b>	<b>63</b>		Kobiety	32	00:15:35	00:17:21	<b>00:33:32.05</b>	<b>00:33:43.85</b>	+00:20:44 (61.5%)	4:11	14.3 (38.6%)
54	<b>JANIAK Barbara</b>	<b>68</b>		Kobiety	33	00:13:03	00:26:09	<b>00:39:30.25</b>	<b>00:39:34.25</b>	+00:26:34 (67.2%)	4:56	12.2 (33.0%)
55	<b>LORKOWSKA Beata</b>	<b>87</b>		Kobiety	34	00:16:46	00:18:20	<b>00:41:24.60</b>	<b>00:41:28.85</b>	+00:28:29 (68.7%)	5:10	11.6 (31.4%)
56	<b>WOJTYSIAK Szymon</b>	<b>203</b>	BYDGOSKIE OKONIE	Mężczyźni	22	00:43:23	00:45:58			+00:39:25	12:46	4.7 (12.7%)
57	<b>SOCZOMSKI Mirosław</b>	<b>201</b>	EDI TEAM ZGORZELEC	Mężczyźni	23	00:46:55				+00:40:52	13:47	4.3 (11.6%)
58	<b>SADOWSKI Wojciech</b>	<b>212</b>	AMATOR	Mężczyźni	24	00:48:17				+00:42:15	14:12	4.2 (11.4%)

Znaleziono 58 wynik(ów)