



ROLL & RUN :: ROLKI PÓŁMARATON

B4SPORT

Wydarzenie: Roll&Run Stolno
Organizator: Stowarzyszenie Life Balance Place
Data: 2023-05-13
Miejsce: Stolno
Dystans: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5.25km | 10.5km | 15.75km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------------|-----------|------|-------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | CIBOROWSKI Sebastian | 69 | KS SEBA-SPORT PISZ | M50 | 1 | 00:00:00 | 00:09:44 | 00:19:36 | 00:29:51 | 00:39:45.10 | 00:39:45.75 | | 1:53 | 31.7 (100%) |
| 2 | WARCHOŁ Łukasz | 171 | LEGIA WARSZAWA | M40 | 2 | 00:00:01 | 00:09:43 | 00:19:54 | 00:29:51 | 00:39:44.40 | 00:39:45.90 | + (0.0%) | 1:53 | 31.7 (100%) |
| 3 | KSENIAK Tomasz | 68 | ROLL4ALL | M40 | 1 | 00:00:02 | 00:09:42 | 00:19:53 | 00:29:50 | 00:39:43.70 | 00:39:46.00 | + (-0.1%) | 1:53 | 31.7 (100%) |
| 4 | CHOJNACKI Mateusz | 179 | UKS ZWOLEŃ TEAM | M20 | 1 | 00:00:02 | 00:09:43 | 00:19:54 | 00:30:47 | 00:41:24.70 | 00:41:26.70 | +00:01:39 (4.0%) | 1:58 | 30.4 (95.9%) |
| 5 | MITKOWSKA Natalia | 54 | | K30 | 1 | 00:00:03 | 00:09:48 | 00:19:53 | 00:30:59 | 00:41:45.45 | 00:41:48.75 | +00:02:00 (4.8%) | 1:59 | 30.2 (95.3%) |
| 6 | PARASZKA Łukasz | 52 | MINIONSSPEEDTEAM | M30 | 1 | 00:00:03 | 00:09:42 | 00:20:01 | 00:31:13 | 00:41:45.65 | 00:41:48.70 | +00:02:00 (4.8%) | 1:59 | 30.2 (95.3%) |
| 7 | WOŹNICKI Paweł | 50 | SPEEDSKATING ŁÓDŹ- GATTA | M50 | 2 | 00:00:01 | 00:09:50 | 00:20:18 | 00:31:15 | 00:41:49.45 | 00:41:50.95 | +00:02:04 (5.0%) | 1:59 | 30.1 (95.0%) |
| 8 | MYDLARSKI Jarek | 170 | ROLL4ALL | M40 | 3 | 00:00:02 | 00:09:43 | 00:20:02 | 00:32:10 | 00:43:21.40 | 00:43:23.65 | +00:03:36 (8.3%) | 2:03 | 29.1 (91.8%) |
| 9 | CHOJECKI Dariusz | 58 | ROLLTEAM | M50 | 3 | 00:00:02 | 00:09:48 | 00:20:36 | 00:32:09 | 00:43:22.80 | 00:43:25.75 | +00:03:37 (8.4%) | 2:03 | 29.1 (91.8%) |
| 10 | ZDANCEWICZ Paweł | 160 | LEGIA WARSZAWA MASTERS | M40 | 4 | 00:00:02 | 00:10:08 | 00:21:17 | 00:32:33 | 00:43:40.75 | 00:43:42.85 | +00:03:55 (9.0%) | 2:04 | 28.9 (91.2%) |
| 11 | PIETRZAK Adrian | 168 | UKS SPARTA GRODZISK MAZOWIECKI | M30 | 2 | 00:00:02 | 00:09:59 | 00:21:16 | 00:32:34 | 00:43:54.85 | 00:43:57.40 | +00:04:09 (9.5%) | 2:05 | 28.7 (90.5%) |
| 12 | CIBOROWSKI Itan | 70 | KS SEBA-SPORT PISZ | M20 | 2 | 00:00:02 | 00:10:08 | 00:21:47 | 00:33:50 | 00:44:51.35 | 00:44:53.65 | +00:05:06 (11.4%) | 2:08 | 28.1 (88.6%) |
| 13 | ZIÓLKOWSKI Julian | 51 | | M50 | 4 | 00:00:05 | 00:10:10 | 00:21:43 | 00:33:29 | 00:44:56.60 | 00:45:02.20 | +00:05:11 (11.6%) | 2:08 | 28 (88.3%) |
| 14 | KASPROWICZ Daniel | 151 | PLICHWYSCIG.PL | M40 | 5 | 00:00:01 | 00:10:29 | 00:22:07 | 00:33:51 | 00:45:11.95 | 00:45:13.65 | +00:05:26 (12.1%) | 2:09 | 27.9 (88.0%) |
| 15 | SOBCZYŃSKI Bartosz | 183 | | M40 | 6 | 00:00:05 | 00:11:02 | 00:22:40 | 00:34:18 | 00:45:37.00 | 00:45:42.20 | +00:05:51 (12.9%) | 2:10 | 27.6 (87.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|---|-----------|------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | startu | 5.25km | 10.5km | 15.75km | | | | | |
| 16 | PRAJSNAR Paweł | 63 | SPEEDING TURTLES | M30 | 3 | 00:00:03 | 00:11:05 | 00:22:35 | 00:34:19 | 00:45:38.00 | 00:45:41.45 | +00:05:52 (12.9%) | 2:10 | 27.6 (87.1%) |
| 17 | MAZUREK Wiesław | 71 | | M50 | 5 | 00:00:03 | 00:10:27 | 00:22:32 | 00:34:19 | 00:45:43.50 | 00:45:47.20 | +00:05:58 (13.1%) | 2:10 | 27.6 (87.1%) |
| 18 | STANKIEWICZ Jerzy | 177 | LEGIA WARSZAWA | M50 | 6 | 00:00:02 | 00:10:36 | 00:22:15 | 00:33:58 | 00:45:44.20 | 00:45:46.95 | +00:05:59 (13.1%) | 2:10 | 27.6 (87.1%) |
| 19 | GOSZCZYŃSKI Wojciech | 166 | ROLLA SPEED TEAM | M40 | 7 | 00:00:03 | 00:10:52 | 00:22:36 | 00:34:19 | 00:45:46.10 | 00:45:49.10 | +00:06:01 (13.1%) | 2:10 | 27.5 (86.8%) |
| 20 | GRASZKA Bartosz | 169 | ROLL4ALL | M40 | 8 | 00:00:03 | 00:11:04 | 00:23:44 | 00:35:54 | 00:48:04.95 | 00:48:08.85 | +00:08:19 (17.3%) | 2:17 | 26.2 (82.6%) |
| 21 | TURSA Tomasz | 173 | | M30 | 4 | 00:00:01 | 00:10:29 | 00:22:35 | 00:34:54 | 00:48:06.05 | 00:48:07.55 | +00:08:20 (17.4%) | 2:17 | 26.2 (82.6%) |
| 22 | KRAJNIK Jacek | 155 | SZYBKA ROLKA TEAM | M50 | 7 | 00:00:04 | 00:11:03 | 00:22:43 | 00:35:25 | 00:48:11.95 | 00:48:16.35 | +00:08:26 (17.5%) | 2:17 | 26.2 (82.6%) |
| 23 | SZUMLAS Dorota | 118 | | K40 | 1 | 00:00:03 | 00:11:26 | 00:24:16 | 00:36:46 | 00:48:54.70 | 00:48:57.85 | +00:09:09 (18.7%) | 2:19 | 25.8 (81.4%) |
| 24 | SURMA Balbina | 66 | NIESTOWARZYSZONY | K30 | 2 | 00:00:03 | 00:11:44 | 00:24:16 | 00:36:46 | 00:48:56.65 | 00:49:00.25 | +00:09:11 (18.8%) | 2:19 | 25.7 (81.1%) |
| 25 | KRETKIEWICZ Magdalena | 161 | STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY | K20 | 1 | 00:00:03 | 00:11:43 | 00:24:14 | 00:36:45 | 00:49:04.90 | 00:49:08.85 | +00:09:19 (19.0%) | 2:20 | 25.7 (81.1%) |
| 26 | ZALEWSKI Lesław | 181 | | M30 | 5 | 00:00:04 | 00:11:42 | 00:24:22 | 00:37:22 | 00:49:52.05 | 00:49:56.55 | +00:10:06 (20.3%) | 2:22 | 25.3 (79.8%) |
| 27 | MAREK Sławomir | 152 | | M30 | 6 | 00:00:05 | 00:12:09 | 00:24:40 | 00:37:28 | 00:50:14.40 | 00:50:19.90 | +00:10:29 (20.9%) | 2:23 | 25.1 (79.2%) |
| 28 | PRAJSNAR Robert | 175 | SPEEDING TURTLES | M50 | 8 | 00:00:04 | 00:12:13 | 00:24:41 | 00:37:30 | 00:50:21.30 | 00:50:25.40 | +00:10:36 (21.1%) | 2:23 | 25 (78.9%) |
| 29 | BINDEK Weronika | 159 | ROLLTEAM BYDGOSZCZ | K20 | 2 | 00:00:05 | 00:11:41 | 00:25:30 | 00:39:13 | 00:52:05.30 | 00:52:10.50 | +00:12:20 (23.7%) | 2:28 | 24.2 (76.3%) |
| 30 | LEŚNIEWICZ-PARASZKA Danuta | 53 | MINIONSSPEEDTEAM | K30 | 3 | 00:00:03 | 00:12:16 | 00:25:16 | 00:38:48 | 00:52:20.90 | 00:52:24.80 | +00:12:35 (24.1%) | 2:29 | 24.1 (76.0%) |
| 31 | ITALIANO Romano | 167 | REAL MADRYT | M50 | 9 | 00:00:03 | 00:12:13 | 00:25:24 | 00:39:15 | 00:52:31.10 | 00:52:34.25 | +00:12:46 (24.3%) | 2:30 | 24 (75.7%) |
| 32 | ENGELBERG Łukasz | 60 | INVICTA POWER TEAM | M30 | 7 | 00:00:04 | 00:12:14 | 00:25:39 | 00:39:41 | 00:53:00.25 | 00:53:05.05 | +00:13:15 (25.0%) | 2:31 | 23.8 (75.1%) |
| 33 | SZABLEWSKA Monika | 62 | | K20 | 3 | 00:00:08 | 00:13:15 | 00:26:41 | 00:40:32 | 00:53:58.40 | 00:54:06.65 | +00:14:13 (26.3%) | 2:34 | 23.3 (73.5%) |
| 34 | WRÓBLEWSKI Jędrzej | 64 | | M20 | 3 | 00:00:07 | 00:13:16 | 00:26:42 | 00:40:33 | 00:53:59.00 | 00:54:06.70 | +00:14:13 (26.4%) | 2:34 | 23.3 (73.5%) |
| 35 | MATUSZEWSKI Krzysztof | 162 | | M60+ | 1 | 00:00:00 | 00:13:59 | 00:27:21 | 00:42:51 | 00:54:14.00 | 00:54:14.00 | +00:14:28 (26.7%) | 2:34 | 23.2 (73.2%) |
| 36 | SZUMLAS Arkadiusz | 164 | ZOLLER TECH/PROLUBE | M20 | 4 | 00:00:02 | 00:09:44 | 00:30:07 | 00:42:08 | 00:55:28.20 | 00:55:30.50 | +00:15:43 (28.3%) | 2:38 | 22.7 (71.6%) |
| 37 | DŹWIGAŁA Mirosław | 163 | BRAK | M60+ | 2 | 00:00:06 | 00:13:28 | 00:27:06 | 00:41:34 | 00:55:42.00 | 00:55:48.35 | +00:15:56 (28.6%) | 2:39 | 22.6 (71.3%) |
| 38 | ANDRZEJCZAK Damian | 67 | | M20 | 5 | 00:00:08 | 00:13:14 | 00:26:46 | 00:41:47 | 00:56:17.70 | 00:56:26.20 | +00:16:32 (29.4%) | 2:40 | 22.4 (70.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5.25km | 10.5km | 15.75km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------------------|-----------|------|-------------|-----------------|-----------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 39 | FILIPOWICZ Kamil | 165 | ZAJĄCE | M30 | 8 | 00:00:08 | 00:14:17 | 00:28:40 | 00:42:49 | 00:56:29.00 | 00:56:37.40 | +00:16:43 (29.6%) | 2:41 | 22.3 (70.3%) |
| 40 | MACIEJEWSKI Marian | 150 | | M60+ | 3 | 00:00:07 | 00:13:54 | 00:28:14 | 00:42:49 | 00:57:41.90 | 00:57:49.05 | +00:17:56 (31.1%) | 2:44 | 21.8 (68.8%) |
| 41 | ŚPICA Dariusz | 154 | JASTRZĘBIE BYDGOSZCZ | M50 | 10 | 00:00:08 | 00:14:40 | 00:29:44 | 00:44:50 | 00:58:52.35 | 00:59:00.65 | +00:19:07 (32.5%) | 2:48 | 21.4 (67.5%) |
| 42 | SPYCHALSKA Anna | 172 | KLUB SPORTOWY JASTRZĘBIE KORONOWO | K40 | 2 | 00:00:07 | 00:14:57 | 00:30:40 | 00:45:16 | 00:58:54.55 | 00:59:02.20 | +00:19:09 (32.5%) | 2:48 | 21.4 (67.5%) |
| 43 | BANIA Zygmunt | 174 | AMATOR | M60+ | 4 | 00:00:05 | 00:14:43 | 00:29:44 | 00:44:54 | 00:59:09.65 | 00:59:15.25 | +00:19:24 (32.8%) | 2:49 | 21.3 (67.2%) |
| 44 | KRASUSKA Anna | 180 | KS ORZEŁ ELBLĄG | K60+ | 1 | 00:00:03 | 00:14:18 | 00:29:02 | 00:44:17 | 01:00:20.30 | 01:00:24.00 | +00:20:35 (34.1%) | 2:52 | 20.9 (65.9%) |
| 45 | OBREŃBSKI Patryk | 59 | | M30 | 9 | 00:00:09 | 00:15:07 | 00:30:50 | 00:46:07 | 01:01:30.85 | 01:01:40.50 | +00:21:45 (35.4%) | 2:55 | 20.5 (64.7%) |
| 46 | DWORAK Julita | 57 | | K20 | 4 | 00:00:09 | 00:15:07 | 00:30:50 | 00:46:05 | 01:01:44.95 | 01:01:54.70 | +00:21:59 (35.6%) | 2:56 | 20.4 (64.4%) |
| 47 | KLAMBOROWSKA Magdalena | 55 | | K30 | 4 | 00:00:12 | 00:15:33 | 00:31:24 | 00:47:16 | 01:03:14.20 | 01:03:26.25 | +00:23:29 (37.1%) | 3:00 | 19.9 (62.8%) |
| 48 | PRAJSNAR Agnieszka | 176 | SPEEDING TURTLES | K50 | 1 | 00:00:06 | 00:14:47 | 00:31:11 | 00:47:43 | 01:04:47.15 | 01:04:53.75 | +00:25:02 (38.6%) | 3:05 | 19.4 (61.2%) |
| 49 | PROCH Dorota | 200 | | K40 | 3 | 00:00:06 | 00:15:59 | 00:32:30 | 00:49:24 | 01:06:15.90 | 01:06:21.95 | +00:26:30 (40.0%) | 3:09 | 19 (59.9%) |
| 50 | KOSKO Cezary | 182 | | M60+ | 5 | 00:00:05 | 00:15:47 | 00:33:41 | 00:50:39 | 01:10:24.10 | 01:10:29.10 | +00:30:39 (43.5%) | 3:21 | 17.9 (56.5%) |
| 51 | JUSKOWIAK Dorota | 61 | ROZBIEGANA KRUSZWICA | K60+ | 2 | 00:00:11 | 00:17:44 | 00:34:52 | 00:52:24 | 01:11:32.85 | 01:11:43.90 | +00:31:47 (44.4%) | 3:24 | 17.6 (55.5%) |
| | SPYCHALSKA Zuzanna | 158 | KLUB SPORTOWY JASTRZĘBIE KORONOWO | K20 | | DNF | 00:12:17 DNF | 00:27:43 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | ROGALSKI Sławomir | 156 | AMATOR | M50 | | DNF | DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |

Znaleziono 53 wynik(ów)