



# ROLL & RUN :: ROLKI PÓŁMARATON

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Event:** Roll&Run Stolno  
**Organiser:** Stowarzyszenie Life Balance Place  
**Date:** 2023-05-13  
**Place:** Stolno  
**Distance:** 21 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	Start time	5.25km	10.5km	15.75km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	<b>MITKOWSKA Natalia</b>	<b>54</b>		K30	1	00:00:03	00:09:48	00:19:53	00:30:59	<b>00:41:45.45</b>	<b>00:41:48.75</b>		1:59	30.2 (100%)
2	<b>SZUMLAS Dorota</b>	<b>118</b>		K40	1	00:00:03	00:11:26	00:24:16	00:36:46	<b>00:48:54.70</b>	<b>00:48:57.85</b>	+00:07:09 (14.6%)	2:19	25.8 (85.4%)
3	<b>SURMA Balbina</b>	<b>66</b>	NIESTOWARZYSZONY	K30	2	00:00:03	00:11:44	00:24:16	00:36:46	<b>00:48:56.65</b>	<b>00:49:00.25</b>	+00:07:11 (14.7%)	2:19	25.7 (85.1%)
4	<b>KRETKIEWICZ Magdalena</b>	<b>161</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	K20	1	00:00:03	00:11:43	00:24:14	00:36:45	<b>00:49:04.90</b>	<b>00:49:08.85</b>	+00:07:19 (14.9%)	2:20	25.7 (85.1%)
5	<b>BINDEK Weronika</b>	<b>159</b>	ROLLTEAM BYDGOSZCZ	K20	2	00:00:05	00:11:41	00:25:30	00:39:13	<b>00:52:05.30</b>	<b>00:52:10.50</b>	+00:10:19 (19.8%)	2:28	24.2 (80.1%)
6	<b>LEŚNIEWICZ-PARASZKA Danuta</b>	<b>53</b>	MINIONSSPEEDTEAM	K30	3	00:00:03	00:12:16	00:25:16	00:38:48	<b>00:52:20.90</b>	<b>00:52:24.80</b>	+00:10:35 (20.2%)	2:29	24.1 (79.8%)
7	<b>SZABLEWSKA Monika</b>	<b>62</b>		K20	3	00:00:08	00:13:15	00:26:41	00:40:32	<b>00:53:58.40</b>	<b>00:54:06.65</b>	+00:12:12 (22.6%)	2:34	23.3 (77.2%)
8	<b>SPYCHALSKA Anna</b>	<b>172</b>	KLUB SPORTOWY JASTRZĘBIE KORONOWO	K40	2	00:00:07	00:14:57	00:30:40	00:45:16	<b>00:58:54.55</b>	<b>00:59:02.20</b>	+00:17:09 (29.1%)	2:48	21.4 (70.9%)
9	<b>KRASUSKA Anna</b>	<b>180</b>	KS ORZEŁ ELBLĄG	K60+	1	00:00:03	00:14:18	00:29:02	00:44:17	<b>01:00:20.30</b>	<b>01:00:24.00</b>	+00:18:34 (30.8%)	2:52	20.9 (69.2%)
10	<b>DWORAK Julita</b>	<b>57</b>		K20	4	00:00:09	00:15:07	00:30:50	00:46:05	<b>01:01:44.95</b>	<b>01:01:54.70</b>	+00:19:59 (32.4%)	2:56	20.4 (67.5%)
11	<b>KLAMBOROWSKA Magdalena</b>	<b>55</b>		K30	4	00:00:12	00:15:33	00:31:24	00:47:16	<b>01:03:14.20</b>	<b>01:03:26.25</b>	+00:21:28 (34.0%)	3:00	19.9 (65.9%)
12	<b>PRAJSNAR Agnieszka</b>	<b>176</b>	SPEEDING TURTLES	K50	1	00:00:06	00:14:47	00:31:11	00:47:43	<b>01:04:47.15</b>	<b>01:04:53.75</b>	+00:23:01 (35.5%)	3:05	19.4 (64.2%)
13	<b>PROCH Dorota</b>	<b>200</b>		K40	3	00:00:06	00:15:59	00:32:30	00:49:24	<b>01:06:15.90</b>	<b>01:06:21.95</b>	+00:24:30 (37.0%)	3:09	19 (62.9%)
14	<b>JUSKOWIAK Dorota</b>	<b>61</b>	ROZBIEGANA KRUSZWICA	K60+	2	00:00:11	00:17:44	00:34:52	00:52:24	<b>01:11:32.85</b>	<b>01:11:43.90</b>	+00:29:47 (41.6%)	3:24	17.6 (58.3%)
	<b>SPYCHALSKA Zuzanna</b>	<b>158</b>	KLUB SPORTOWY JASTRZĘBIE KORONOWO	K20		DNF	00:12:17 DNF	00:27:43 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 15 results.