



# ROLL & RUN :: ROLKI SZYBKIE

B4SPORT

**Wydarzenie:** Roll & Run Stalno 2019  
**Organizator:** KrisMedia Krzysztof Skiera  
**Data:** 2019-04-06  
**Miejsce:** Stalno  
**Dystans:** 21 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5.25km	Finish_All 10.5km	Finish_All 15.75km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>SOLGA Mateusz</b>	<b>267</b>	AZS AWF KATOWICE	M30	1	00:09:14	00:18:49	00:28:23	<b>00:38:05.20</b>	<b>00:38:05.20</b>		1:48	33.1 (100%)
2	<b>FLEJSZER Łukasz</b>	<b>6</b>	U.K.S. ZWOLEŃ-TEAM	M30	2	00:09:15	00:18:49	00:28:23	<b>00:38:06.60</b>	<b>00:38:06.60</b>	+00:00:01 (0.1%)	1:48	33.1 (100%)
3	<b>IGNASZAK Michał</b>	<b>33</b>	PLICHWYŚCIG.PL	M30	3	00:09:24	00:19:08	00:28:56	<b>00:38:43.10</b>	<b>00:38:43.10</b>	+00:00:37 (1.6%)	1:50	32.5 (98.2%)
4	<b>WALICH Maciej</b>	<b>280</b>		M30	4	00:09:24	00:19:08	00:28:56	<b>00:38:43.20</b>	<b>00:38:43.20</b>	+00:00:38 (1.6%)	1:50	32.5 (98.2%)
5	<b>KOC Marcin</b>	<b>34</b>	TOLLA SPEED TEAM TORUŃ	M40	1	00:09:23	00:19:08	00:28:56	<b>00:38:43.30</b>	<b>00:38:43.30</b>	+00:00:38 (1.6%)	1:50	32.5 (98.2%)
6	<b>BUKOWSKI Maciej</b>	<b>1</b>		M30	5	00:09:24	00:19:09	00:28:56	<b>00:38:44.45</b>	<b>00:38:44.45</b>	+00:00:39 (1.7%)	1:50	32.5 (98.2%)
7	<b>DUDA Marcin</b>	<b>31</b>	ROLLA SPEED TEAM	M30	6	00:09:14	00:19:09	00:28:55	<b>00:38:49.00</b>	<b>00:38:49.00</b>	+00:00:43 (1.9%)	1:50	32.5 (98.2%)
8	<b>CHOJNACKI Mateusz</b>	<b>25</b>	UKS ZWOLEŃ TEAM	M20	1	00:09:55	00:20:22	00:30:47	<b>00:40:49.80</b>	<b>00:40:49.80</b>	+00:02:44 (6.7%)	1:56	30.9 (93.4%)
9	<b>GAWĘŁ Rafał</b>	<b>219</b>	AZS AWF KATOWICE	M20	2	00:10:01	00:20:30	00:30:47	<b>00:41:00.60</b>	<b>00:41:00.60</b>	+00:02:55 (7.1%)	1:57	30.7 (92.7%)
10	<b>BOGUSŁAWSKI Karol</b>	<b>210</b>	PLICHWYSCIG.PL	M20	3	00:10:02	00:20:29	00:30:47	<b>00:41:06.00</b>	<b>00:41:06.00</b>	+00:03:00 (7.3%)	1:57	30.7 (92.7%)
11	<b>ANDRZEJEWSKI Piotr</b>	<b>26</b>	4SKATING	M40	2	00:10:03	00:20:29	00:30:48	<b>00:41:06.25</b>	<b>00:41:06.25</b>	+00:03:01 (7.3%)	1:57	30.7 (92.7%)
12	<b>ŁABINOWICZ Szymon</b>	<b>38</b>	TWISTER TRÓJMIASTO	M20	4	00:10:04	00:20:30	00:30:47	<b>00:41:16.80</b>	<b>00:41:16.80</b>	+00:03:11 (7.7%)	1:57	30.5 (92.1%)
13	<b>CHOJECKI Dariusz</b>	<b>2</b>		M50	1	00:10:04	00:20:30	00:30:47	<b>00:41:26.00</b>	<b>00:41:26.00</b>	+00:03:20 (8.1%)	1:58	30.4 (91.8%)
14	<b>KSENIAK Tomasz</b>	<b>243</b>	TWISTER TRÓJMIASTO	M40	3	00:10:26	00:20:48	00:31:50	<b>00:42:21.80</b>	<b>00:42:21.80</b>	+00:04:16 (10.1%)	2:01	29.8 (90.0%)
15	<b>PIELECH Piotr</b>	<b>257</b>	LEGIA WARSZAWA MASTERS	M40	4	00:10:03	00:20:32	00:31:35	<b>00:42:26.50</b>	<b>00:42:26.50</b>	+00:04:21 (10.3%)	2:01	29.7 (89.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5.25km	Finish_All 10.5km	Finish_All 15.75km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
16	<b>CIBOROWSKI Sebastian</b>	<b>4</b>	SENASPORT PISZ	M40	5	00:10:26	00:20:48	00:31:39	<b>00:42:29.95</b>	<b>00:42:29.95</b>	+00:04:24 (10.4%)	2:01	29.7 (89.7%)
17	<b>CHARUBIN Sławomir</b>	<b>213</b>	ZICO RACING SPEED TEAM	M50	2	00:10:03	00:20:32	00:31:33	<b>00:42:47.45</b>	<b>00:42:47.45</b>	+00:04:42 (11.0%)	2:02	29.5 (89.1%)
18	<b>ZIÓLKOWSKI Julian</b>	<b>20</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M50	3	00:10:25	00:20:59	00:32:18	<b>00:43:35.60</b>	<b>00:43:35.60</b>	+00:05:30 (12.6%)	2:04	28.9 (87.3%)
19	<b>JARKIEWICZ Marcin</b>	<b>227</b>	LEGIA WARSZAWA MASTERS	M50	4	00:10:03	00:20:54	00:32:18	<b>00:43:37.10</b>	<b>00:43:37.10</b>	+00:05:31 (12.7%)	2:04	28.9 (87.3%)
20	<b>SLIWINSKI Henryk</b>	<b>49</b>		M60+	1	00:10:45	00:21:32	00:32:43	<b>00:43:41.10</b>	<b>00:43:41.10</b>	+00:05:35 (12.8%)	2:04	28.8 (87.0%)
21	<b>KOSZAŁKA Andrzej</b>	<b>36</b>		M30	7	00:10:25	00:21:32	00:32:43	<b>00:43:41.20</b>	<b>00:43:41.20</b>	+00:05:36 (12.8%)	2:04	28.8 (87.0%)
22	<b>DEUS Grzegorz</b>	<b>30</b>		M40	6	00:10:45	00:21:33	00:32:45	<b>00:43:41.65</b>	<b>00:43:41.65</b>	+00:05:36 (12.8%)	2:04	28.8 (87.0%)
23	<b>KABZA Grzegorz</b>	<b>229</b>	SKATE2CITY	M50	5	00:10:47	00:21:33	00:32:45	<b>00:43:43.05</b>	<b>00:43:43.05</b>	+00:05:37 (12.9%)	2:04	28.8 (87.0%)
24	<b>KOSMALA Mateusz</b>	<b>234</b>	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	M20	5	00:10:01	00:20:49	00:32:45	<b>00:43:47.85</b>	<b>00:43:47.85</b>	+00:05:42 (13.0%)	2:05	28.8 (87.0%)
25	<b>WARCHOŁ Łukasz</b>	<b>281</b>	WSR POLSKATER	M30	8	00:10:26	00:21:32	00:32:44	<b>00:44:05.70</b>	<b>00:44:05.70</b>	+00:06:00 (13.6%)	2:05	28.6 (86.4%)
26	<b>ZDANCEWICZ Paweł</b>	<b>290</b>	LEGIA WARSZAWA MASTERS	M40	7	00:10:37	00:21:40	00:33:31	<b>00:44:40.45</b>	<b>00:44:40.45</b>	+00:06:35 (14.7%)	2:07	28.2 (85.2%)
27	<b>MĄDROSZYK Dawid</b>	<b>42</b>	SKATE2CITY	M30	9	00:10:47	00:21:47	00:33:30	<b>00:44:42.60</b>	<b>00:44:42.60</b>	+00:06:37 (14.8%)	2:07	28.2 (85.2%)
28	<b>WRÓBEL Antoni</b>	<b>51</b>		M60+	2	00:10:46	00:21:55	00:33:31	<b>00:44:43.30</b>	<b>00:44:43.30</b>	+00:06:38 (14.8%)	2:07	28.2 (85.2%)
29	<b>KOSCIOWSKA Agnieszka</b>	<b>9</b>		K30	1	00:10:47	00:21:56	00:33:31	<b>00:44:45.20</b>	<b>00:44:45.20</b>	+00:06:40 (14.9%)	2:07	28.2 (85.2%)
30	<b>STĘPIEŃ Magdalena</b>	<b>272</b>	SKATE2CITY	K30	2	00:10:48	00:21:56	00:33:52	<b>00:45:16.75</b>	<b>00:45:16.75</b>	+00:07:11 (15.9%)	2:09	27.8 (84.0%)
31	<b>SAPIJASZKO Łukasz</b>	<b>48</b>	LEGIA WARSZAWA MASTERS	M40	8	00:10:26	00:21:54	00:33:53	<b>00:45:21.70</b>	<b>00:45:21.70</b>	+00:07:16 (16.0%)	2:09	27.8 (84.0%)
32	<b>KARAŚ Dominika</b>	<b>8</b>	LEGIA WARSZAWA MASTERS	K30	3	00:10:53	00:22:19	00:33:56	<b>00:45:25.55</b>	<b>00:45:25.55</b>	+00:07:20 (16.2%)	2:09	27.7 (83.7%)
32	<b>HACKERT Marek</b>	<b>225</b>	ROLLER CHOJNICE	M50	6	00:11:00	00:22:20	00:33:56	<b>00:45:25.55</b>	<b>00:45:25.55</b>	+00:07:20 (16.2%)	2:09	27.7 (83.7%)
34	<b>MENET Krystian</b>	<b>251</b>	SKATE2CITY	M40	9	00:10:53	00:22:19	00:33:56	<b>00:45:27.00</b>	<b>00:45:27.00</b>	+00:07:21 (16.2%)	2:09	27.7 (83.7%)
35	<b>KWIATKOWSKI Łukasz</b>	<b>245</b>	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	M30	10	00:10:44	00:21:56	00:33:53	<b>00:45:42.65</b>	<b>00:45:42.65</b>	+00:07:37 (16.7%)	2:10	27.6 (83.4%)
36	<b>SOSNOWSKI Paweł</b>	<b>268</b>		M30	11	00:12:10	00:23:27	00:35:29	<b>00:46:39.70</b>	<b>00:46:39.70</b>	+00:08:34 (18.4%)	2:13	27 (81.6%)
37	<b>KASPROWICZ Daniel</b>	<b>230</b>	PLICHWYSCIG.PL	M40	10	00:11:09	00:22:41	00:34:59	<b>00:46:50.55</b>	<b>00:46:50.55</b>	+00:08:45 (18.7%)	2:13	26.9 (81.3%)
38	<b>SZYSZKA Hubert</b>	<b>277</b>	ZICO RACING SPEED TEAM/ SWW MALTA	M40	11	00:11:09	00:22:51	00:35:18	<b>00:47:05.00</b>	<b>00:47:05.00</b>	+00:08:59 (19.1%)	2:14	26.8 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5.25km	Finish_All 10.5km	Finish_All 15.75km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
38	<b>SIERPOWSKI Zbigniew</b>	<b>264</b>	PLICHWYSCIG.PL	M40	12	00:11:33	00:23:06	00:35:28	<b>00:47:05.00</b>	<b>00:47:05.00</b>	+00:08:59 (19.1%)	2:14	26.8 (81.0%)
40	<b>KARAŚ Tomasz</b>	<b>7</b>	LEGIA WARSZAWA MASTERS	M30	12	00:11:44	00:23:27	00:35:29	<b>00:47:08.90</b>	<b>00:47:08.90</b>	+00:09:03 (19.2%)	2:14	26.7 (80.7%)
41	<b>ZOREMBA Jan</b>	<b>52</b>	AZS AWF KATOWICERT	M60+	3	00:11:35	00:23:19	00:35:27	<b>00:47:17.65</b>	<b>00:47:17.65</b>	+00:09:12 (19.5%)	2:15	26.6 (80.4%)
42	<b>WÓJCIK Tomasz</b>	<b>50</b>	MAKALU TEAM	M40	13	00:11:10	00:23:19	00:35:27	<b>00:47:17.95</b>	<b>00:47:17.95</b>	+00:09:12 (19.5%)	2:15	26.6 (80.4%)
43	<b>WOŹNICKI Paweł</b>	<b>19</b>	SPEEDSKATINGLDZ	M50	7	00:11:34	00:23:20	00:35:28	<b>00:47:18.05</b>	<b>00:47:18.05</b>	+00:09:12 (19.5%)	2:15	26.6 (80.4%)
44	<b>ŁABINOWICZ Piotr</b>	<b>37</b>	TWISTER TRÓJMIASTO	M40	14	00:10:47	00:22:12	00:35:11	<b>00:47:58.00</b>	<b>00:47:58.00</b>	+00:09:52 (20.6%)	2:17	26.3 (79.5%)
45	<b>BĄCZYK Tadeusz</b>	<b>208</b>	ROSTARZEWO	M30	13	00:11:35	00:23:20	00:35:27	<b>00:48:13.35</b>	<b>00:48:13.35</b>	+00:10:08 (21.0%)	2:17	26.1 (78.9%)
46	<b>PARASZKA Łukasz</b>	<b>14</b>	MINIONS SPEED TEAM	M30	14	00:11:54	00:24:14	00:36:43	<b>00:48:24.85</b>	<b>00:48:24.85</b>	+00:10:19 (21.3%)	2:18	26 (78.5%)
47	<b>SAPIJASZKO Marta</b>	<b>47</b>	LEGIA WARSZAWA MASTERS	K30	4	00:11:36	00:23:52	00:36:33	<b>00:48:25.80</b>	<b>00:48:25.80</b>	+00:10:20 (21.4%)	2:18	26 (78.5%)
48	<b>PARTYKA Natalia</b>	<b>15</b>	ZICO RACING SPEED TEAM	K30	5	00:11:36	00:23:52	00:36:33	<b>00:48:29.00</b>	<b>00:48:29.00</b>	+00:10:23 (21.4%)	2:18	26 (78.5%)
49	<b>DUBIAŁ Rafał</b>	<b>215</b>	ZICO RACING SPEED TEAM	M40	15	00:11:35	00:24:24	00:37:07	<b>00:49:06.20</b>	<b>00:49:06.20</b>	+00:11:01 (22.4%)	2:20	25.7 (77.6%)
49	<b>WOJCIECHOWSKI Michał</b>	<b>287</b>		M40	16	00:12:26	00:24:41	00:37:07	<b>00:49:06.20</b>	<b>00:49:06.20</b>	+00:11:01 (22.4%)	2:20	25.7 (77.6%)
51	<b>MAJEWSKI Piotr</b>	<b>40</b>	SKATE2CITY	M60+	4	00:12:06	00:24:24	00:36:45	<b>00:49:12.05</b>	<b>00:49:12.05</b>	+00:11:06 (22.6%)	2:20	25.6 (77.3%)
52	<b>URYZAJ Karolina</b>	<b>279</b>	SKATE2CITY	K40	1	00:12:07	00:24:24	00:36:45	<b>00:49:12.55</b>	<b>00:49:12.55</b>	+00:11:07 (22.6%)	2:20	25.6 (77.3%)
53	<b>KRAJNIK Jacek</b>	<b>238</b>		M50	8	00:12:07	00:24:37	00:37:07	<b>00:49:32.80</b>	<b>00:49:32.80</b>	+00:11:27 (23.1%)	2:21	25.4 (76.7%)
54	<b>PRZYBYŚŁAWSKA Paulina</b>	<b>46</b>	UKS ZWOLEŃ TEAM	K20	1	00:11:35	00:23:55	00:36:43	<b>00:49:42.25</b>	<b>00:49:42.25</b>	+00:11:37 (23.4%)	2:22	25.4 (76.7%)
55	<b>KOZŁOWSKA Karolina</b>	<b>237</b>	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	K40	2	00:12:21	00:24:43	00:37:26	<b>00:50:07.40</b>	<b>00:50:07.40</b>	+00:12:02 (24.0%)	2:23	25.1 (75.8%)
56	<b>GOŁECKA Bożena</b>	<b>32</b>	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	K50	1	00:12:19	00:24:41	00:37:23	<b>00:50:07.90</b>	<b>00:50:07.90</b>	+00:12:02 (24.0%)	2:23	25.1 (75.8%)
57	<b>NOREK Miłosz</b>	<b>252</b>	SKATE2CITY	M50	9	00:12:19	00:24:42	00:37:23	<b>00:50:08.20</b>	<b>00:50:08.20</b>	+00:12:03 (24.0%)	2:23	25.1 (75.8%)
58	<b>FLIS Krzysztof</b>	<b>218</b>	AMATOR	M50	10	00:12:42	00:25:23	00:38:26	<b>00:51:02.05</b>	<b>00:51:02.05</b>	+00:12:56 (25.4%)	2:25	24.7 (74.6%)
59	<b>SURMA Balbina</b>	<b>18</b>		K20	2	00:12:29	00:25:19	00:38:27	<b>00:51:25.85</b>	<b>00:51:25.85</b>	+00:13:20 (25.9%)	2:26	24.5 (74.0%)
60	<b>KRZYŻANOWSKI Jarosław</b>	<b>241</b>		M50	11	00:12:10	00:24:38	00:38:04	<b>00:51:25.90</b>	<b>00:51:25.90</b>	+00:13:20 (25.9%)	2:26	24.5 (74.0%)
61	<b>EBERTOWSKI Michał</b>	<b>216</b>		M30	15	00:12:49	00:25:47	00:38:52	<b>00:51:45.25</b>	<b>00:51:45.25</b>	+00:13:40 (26.4%)	2:27	24.3 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						5.25km	10.5km	15.75km					
62	<b>KOSIEDOWSKI Patryk</b>	<b>233</b>	AKADEMIA SPORTOWEGO ROZWOJU NATALII CZERWONKI	M30	16	00:12:48	00:25:43	00:39:14	<b>00:52:35.60</b>	<b>00:52:35.60</b>	+00:14:30 (27.6%)	2:30	24 (72.5%)
63	<b>PRIEBE Jacek</b>	<b>45</b>	PLICHWYSCIG.PL	M50	12	00:12:26	00:25:19	00:39:04	<b>00:52:38.65</b>	<b>00:52:38.65</b>	+00:14:33 (27.7%)	2:30	23.9 (72.2%)
64	<b>LEŚNIEWICZ Danuta</b>	<b>11</b>	MINIONSSPEEDTEAM	K30	6	00:12:43	00:25:25	00:39:03	<b>00:52:41.80</b>	<b>00:52:41.80</b>	+00:14:36 (27.7%)	2:30	23.9 (72.2%)
65	<b>KONIC-KOSMALA Katarzyna</b>	<b>232</b>		K20	3	00:12:43	00:25:42	00:39:15	<b>00:52:59.75</b>	<b>00:52:59.75</b>	+00:14:54 (28.1%)	2:31	23.8 (71.9%)
66	<b>BRYCHCY Artur</b>	<b>211</b>	GRODZISK WIELKOPOLSKI	M40	17	00:12:42	00:25:58	00:39:27	<b>00:52:59.90</b>	<b>00:52:59.90</b>	+00:14:54 (28.1%)	2:31	23.8 (71.9%)
67	<b>CHMAL Damian</b>	<b>214</b>	AKADEMIA SPORTOWEGO ROZWOJU NATALII CZERWONKI	M40	18	00:12:49	00:26:04	00:39:42	<b>00:53:23.90</b>	<b>00:53:23.90</b>	+00:15:18 (28.7%)	2:32	23.6 (71.3%)
68	<b>HILLER Marta</b>	<b>226</b>		K20	4	00:13:03	00:26:30	00:40:36	<b>00:54:18.80</b>	<b>00:54:18.80</b>	+00:16:13 (29.9%)	2:35	23.2 (70.1%)
69	<b>KRYSTEK Dariusz</b>	<b>240</b>		M30	17	00:12:43	00:26:38	00:40:37	<b>00:54:19.10</b>	<b>00:54:19.10</b>	+00:16:13 (29.9%)	2:35	23.2 (70.1%)
70	<b>RADOMSKI Radosław</b>	<b>260</b>	PLICH WYŚCIG	M40	19	00:12:30	00:26:30	00:40:36	<b>00:54:19.20</b>	<b>00:54:19.20</b>	+00:16:14 (29.9%)	2:35	23.2 (70.1%)
71	<b>ABRAM Bogumił</b>	<b>206</b>	GSL CZARNE PANTERY	M60+	5	00:12:48	00:25:58	00:40:08	<b>00:54:36.95</b>	<b>00:54:36.95</b>	+00:16:31 (30.3%)	2:36	23.1 (69.8%)
72	<b>STEFANIAK Wojciech</b>	<b>271</b>	TWISTER TRÓJMIASTO	M60+	6	00:12:48	00:25:58	00:40:08	<b>00:54:38.05</b>	<b>00:54:38.05</b>	+00:16:32 (30.3%)	2:36	23.1 (69.8%)
73	<b>MACIEJEWSKI Marian</b>	<b>39</b>		M60+	7	00:13:29	00:27:11	00:41:09	<b>00:55:49.65</b>	<b>00:55:49.65</b>	+00:17:44 (31.8%)	2:39	22.6 (68.3%)
74	<b>NOWICKI Leszek</b>	<b>12</b>		M50	13	00:14:35	00:28:36	00:42:37	<b>00:56:54.70</b>	<b>00:56:54.70</b>	+00:18:49 (33.1%)	2:42	22.1 (66.8%)
75	<b>WIATROWSKI Roman Wiatrowski</b>	<b>283</b>		M40	20	00:13:54	00:27:46	00:42:33	<b>00:57:14.00</b>	<b>00:57:14.00</b>	+00:19:08 (33.5%)	2:43	22 (66.5%)
76	<b>BOGUCKA Barbara</b>	<b>209</b>	SKATE2CIYY	K40	3	00:13:54	00:28:13	00:42:54	<b>00:57:49.20</b>	<b>00:57:49.20</b>	+00:19:44 (34.1%)	2:45	21.8 (65.9%)
77	<b>CIBOROWSKA Aneta</b>	<b>3</b>		K40	4	00:15:14	00:29:53	00:44:16	<b>00:58:22.45</b>	<b>00:58:22.45</b>	+00:20:17 (34.8%)	2:46	21.6 (65.3%)
78	<b>ROGALSKI Jarosław</b>	<b>261</b>		M50	14	00:14:33	00:28:57	00:43:45	<b>00:58:26.60</b>	<b>00:58:26.60</b>	+00:20:21 (34.8%)	2:46	21.6 (65.3%)
79	<b>MASŁOWSKI Aleksander</b>	<b>41</b>	SOFTRONIC SKATE TEAM	M60+	8	00:13:42	00:28:08	00:43:29	<b>00:59:04.15</b>	<b>00:59:04.15</b>	+00:20:58 (35.5%)	2:48	21.3 (64.4%)
80	<b>CHABERSKI Michał</b>	<b>212</b>	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	M40	21	00:14:30	00:29:19	00:44:43	<b>00:59:29.60</b>	<b>00:59:29.60</b>	+00:21:24 (36.0%)	2:49	21.2 (64.0%)
81	<b>OSZCZYK Grzegorz</b>	<b>43</b>	AMATOR	M60+	9	00:13:55	00:29:04	00:44:31	<b>00:59:32.00</b>	<b>00:59:32.00</b>	+00:21:26 (36.0%)	2:50	21.2 (64.0%)
82	<b>JUNKA Małgorzata</b>	<b>228</b>	K.S.JASTRZĘBIE BYDGOSZCZ	K40	5	00:14:30	00:29:20	00:44:44	<b>00:59:56.50</b>	<b>00:59:56.50</b>	+00:21:51 (36.5%)	2:51	21 (63.4%)
83	<b>WŁODZIMIERZ Łubek</b>	<b>286</b>	AMATOR	M60+	10	00:14:28	00:29:20	00:44:45	<b>00:59:57.45</b>	<b>00:59:57.45</b>	+00:21:52 (36.5%)	2:51	21 (63.4%)
84	<b>KOSMALA Jan</b>	<b>235</b>		M30	18	00:14:28	00:29:47	00:45:23	<b>01:00:26.00</b>	<b>01:00:26.00</b>	+00:22:20 (37.0%)	2:52	20.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5.25km	Finish_All 10.5km	Finish_All 15.75km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
85	<b>PLOTKOWSKI Roman</b>	<b>258</b>		M40	22	00:14:58	00:30:36	00:46:40	<b>01:02:19.75</b>	<b>01:02:19.75</b>	+00:24:14 (38.9%)	2:58	20.2 (61.0%)
86	<b>POMORSKA Natalia</b>	<b>259</b>		K30	7	00:15:26	00:31:22	00:47:32	<b>01:03:10.60</b>	<b>01:03:10.60</b>	+00:25:05 (39.7%)	3:00	19.9 (60.1%)
87	<b>BANIA Zygmunt</b>	<b>27</b>	KURSANT	M60+	11	00:15:38	00:31:23	00:47:32	<b>01:03:35.60</b>	<b>01:03:35.60</b>	+00:25:30 (40.1%)	3:01	19.8 (59.8%)
88	<b>KOWALSKA Michalina</b>	<b>10</b>	SPORT ZDROWIE KONDYCJA	K20	5	00:16:03	00:31:46	00:47:52	<b>01:04:03.90</b>	<b>01:04:03.90</b>	+00:25:58 (40.5%)	3:03	19.7 (59.5%)
89	<b>RUSAK Bogdan</b>	<b>262</b>		M60+	12	00:15:13	00:31:30	00:48:00	<b>01:04:44.40</b>	<b>01:04:44.40</b>	+00:26:39 (41.2%)	3:04	19.5 (58.9%)
90	<b>PATORA Jerzy</b>	<b>255</b>	SKATE2CITY	M60+	13	00:15:02	00:31:46	00:48:19	<b>01:04:48.70</b>	<b>01:04:48.70</b>	+00:26:43 (41.2%)	3:05	19.4 (58.6%)
91	<b>KROKOSZYŃSKA-KAMOŃ Monika</b>	<b>239</b>	NIEZRZESZONA	K40	6	00:16:51	00:33:07	00:49:16	<b>01:06:00.50</b>	<b>01:06:00.50</b>	+00:27:55 (42.3%)	3:08	19.1 (57.7%)
92	<b>STANKIEWICZ Krzysztof</b>	<b>270</b>		M40	23	00:14:47	00:31:21	00:49:15	<b>01:07:20.00</b>	<b>01:07:20.00</b>	+00:29:14 (43.4%)	3:12	18.7 (56.5%)
93	<b>ŁUKAWSKI Damian</b>	<b>248</b>	TURBOGROSZKI.RUN	M20	6	00:16:18	00:33:36	00:50:54	<b>01:09:06.10</b>	<b>01:09:06.10</b>	+00:31:00 (44.9%)	3:17	18.2 (55.0%)
94	<b>SZREDER Mariola</b>	<b>276</b>		K40	7	00:17:05	00:34:11	00:51:34	<b>01:09:15.35</b>	<b>01:09:15.35</b>	+00:31:10 (45.0%)	3:17	18.2 (55.0%)
95	<b>OLEJNICZAK Alina</b>	<b>13</b>		K30	8	00:17:55	00:35:24	00:53:38	<b>01:10:55.85</b>	<b>01:10:55.85</b>	+00:32:50 (46.3%)	3:22	17.8 (53.8%)
96	<b>WOJTASZEK Roman</b>	<b>288</b>		M60+	14	00:16:11	00:33:46	00:52:38	<b>01:12:34.60</b>	<b>01:12:34.60</b>	+00:34:29 (47.5%)	3:27	17.4 (52.6%)
97	<b>NOWACKI Wojciech</b>	<b>253</b>		M50	15	00:17:56	00:35:11	00:53:20	<b>01:13:56.00</b>	<b>01:13:56.00</b>	+00:35:50 (48.5%)	3:31	17 (51.4%)
98	<b>SZOSTAKOWSKI Adam</b>	<b>275</b>		M50	16	00:17:37	00:35:57	00:56:34	<b>01:17:50.80</b>	<b>01:17:50.80</b>	+00:39:45 (51.1%)	3:42	16.2 (48.9%)
99	<b>NOWAKOWSKA Angelika</b>	<b>254</b>		K30	9	00:19:30	00:38:50	00:59:05	<b>01:19:11.70</b>	<b>01:19:11.70</b>	+00:41:06 (51.9%)	3:46	15.9 (48.0%)
100	<b>ŁOTOCKA Sylwia</b>	<b>247</b>		K40	8	00:19:31	00:38:55	00:59:10	<b>01:19:21.50</b>	<b>01:19:21.50</b>	+00:41:16 (52.0%)	3:46	15.9 (48.0%)
101	<b>MEIER Michelle</b>	<b>250</b>		K20	6	00:19:34	00:38:53	00:59:10	<b>01:19:21.85</b>	<b>01:19:21.85</b>	+00:41:16 (52.0%)	3:46	15.9 (48.0%)
102	<b>WILCZAK Teresa</b>	<b>285</b>	SKATE2CITY	K60+	1	00:20:11	00:40:03	01:00:04	<b>01:19:47.15</b>	<b>01:19:47.15</b>	+00:41:41 (52.3%)	3:47	15.8 (47.7%)
103	<b>SZOSTAKOWSKA Maria</b>	<b>274</b>		K20	7	00:19:14	00:38:42	01:00:28	<b>01:23:20.30</b>	<b>01:23:20.30</b>	+00:45:15 (54.3%)	3:58	15.1 (45.6%)
104	<b>BRZÓSKA Andrzej</b>	<b>29</b>		M60+	15	00:18:24	00:37:50	01:00:15	<b>01:30:17.80</b>	<b>01:30:17.80</b>	+00:52:12 (57.8%)	4:17	14 (42.3%)
105	<b>SOBCZYŃSKI Bartosz</b>	<b>266</b>		M30	19	00:14:29	00:28:38	00:43:08			+00:14:45	2:44	21.9 (66.2%)
106	<b>STRZAŁKOWSKI Andrzej</b>	<b>273</b>		M50	17	00:13:54	00:27:46	00:56:16			+00:27:53	3:34	16.8 (50.8%)
107	<b>WESOŁOWSKI Krzysztof</b>	<b>282</b>		M40	24	00:11:41	00:25:53				+00:07:04	2:27	24.3 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5.25km	Finish_All 10.5km	Finish_All 15.75km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>FILIPCZYK Joanna</b>	<b>5</b>	OSTRÓDA RUNNERS	K40	9	00:19:37					+00:10:22	3:44	16.1 (48.6%)
109	<b>KRZYŻANOWSKI Anna</b>	<b>242</b>		K50	2	00:24:22					+00:15:07	4:38	12.9 (39.0%)

Znaleziono 109 wynik(ów)