

ROLL & RUN :: BIEG GŁÓWNY

Organizator: Stowarzyszenie Life Balance Place

Data: 2023-05-13

Miejsce: Stolno

Dystans: 5 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 3 miejsca wg czasu brutto



ROLL & RUN :: BIEG GŁÓWNY, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|--------------------------------|---------------------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | PARASZKA ŁUKASZ | 52 | MINIONSSPEEDTEAM | WARSZAWA | POL | M30 | 1 | M 1 | | 00:20:17.55 | 00:20:18.45 | 4:03 | 14.8 |
| 2 | DĄBROWSKI PAWEŁ | 219 | ATLASBIEGOW.PL | TORUŃ | POL | M20 | 1 | M 2 | | 00:20:38.10 | 00:20:39.25 | 4:07 | 14.5 |
| 3 | LEWANDOWSKI PAWEŁ | 218 | | RUMIA | POL | M30 | 2 | M 3 | | 00:20:38.95 | 00:20:40.80 | 4:07 | 14.5 |
| 4 | HOŁDA PAWEŁ | 215 | WINDSURFING TEAM | STOLNO | POL | M40 | 1 | M 4 | | 00:21:50.25 | 00:21:52.10 | 4:22 | 13.7 |
| 5 | WERNIK ROMAN | 214 | | ŚWIECIE | POL | M40 | 2 | M 5 | | 00:22:02.65 | 00:22:03.90 | 4:24 | 13.6 |
| 6 | KSENIAK TOMASZ | 68 | ROLL4ALL | GDAŃSK | POL | M40 | 3 | M 6 | | 00:22:07.40 | 00:22:10.00 | 4:25 | 13.6 |
| 7 | ZIMLIŃSKI DAWID | 210 | PARKUN GRUDZIĄDZ | ŚWIECIE | POL | M30 | 3 | M 7 | | 00:22:16.40 | 00:22:17.15 | 4:27 | 13.5 |
| 8 | MUSZCZYŃSKI CEZARY | 220 | BHP COMPLEX | ŚWIECIE | POL | M30 | 4 | M 8 | | 00:22:19.25 | 00:22:21.25 | 4:27 | 13.4 |
| 9 | CIBOROWSKI SEBASTIAN | 69 | KS SEBA-SPORT PISZ | PISZ | POL | M50 | 1 | M 9 | | 00:22:31.50 | 00:22:33.90 | 4:30 | 13.3 |
| 10 | PRAJSNAR PAWEŁ | 63 | SPEEDING TURTLES | WARSZAWA | POL | M30 | 5 | M 10 | | 00:22:34.95 | 00:22:37.05 | 4:30 | 13.3 |
| 11 | ENGELBERG ŁUKASZ | 60 | INVICTA POWER TEAM | GDAŃSK | POL | M30 | 6 | M 11 | | 00:23:53.00 | 00:23:53.00 | 4:46 | 12.6 |
| 12 | CIBOROWSKI ITAN | 70 | KS SEBA-SPORT PISZ | PISZ | POL | M19- | 1 | M 12 | | 00:24:14.90 | 00:24:17.20 | 4:50 | 12.4 |
| 13 | WALCZAK ANNA | 212 | WTORKOWY TRENING | GRUDZIĄDZ | POL | K40 | 1 | K 1 | | 00:24:44.35 | 00:24:46.00 | 4:56 | 12.1 |
| 14 | PIETRZAK ADRIAN | 168 | UKS SPARTA GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | M30 | 7 | M 13 | | 00:25:06.00 | 00:25:06.00 | 5:01 | 12 |
| 15 | MAZUREK WIESŁAW | 71 | | GDYNIA | | M50 | 2 | M 14 | | 00:25:16.95 | 00:25:19.00 | 5:03 | 11.9 |
| 16 | CHOJNACKI MATEUSZ | 179 | UKS ZWOLEŃ TEAM | | | M20 | 2 | M 15 | | 00:25:32.30 | 00:25:34.75 | 5:06 | 11.7 |
| 17 | WOŹNICKI PAWEŁ | 50 | SPEEDSKATING ŁÓDŹ- GATTA | LUCIEŃ | POL | M50 | 3 | M 16 | | 00:25:37.75 | 00:25:39.30 | 5:07 | 11.7 |
| 18 | ZIÓŁKOWSKI JULIAN | 51 | | GDAŃSK | POL | M50 | 4 | M 17 | | 00:25:40.00 | 00:25:40.00 | 5:08 | 11.7 |
| 19 | BORAWSKA ANIA | 226 | MAŁA LADY PANK | PŁOCK | POL | K40 | 2 | K 2 | | 00:25:41.60 | 00:25:45.60 | 5:08 | 11.7 |
| 20 | LEŚNIEWICZ-PARASZKA DANUTA | 53 | MINIONSSPEEDTEAM | WARSZAWA | POL | K30 | 1 | K 3 | | 00:25:41.65 | 00:25:43.70 | 5:08 | 11.7 |
| 21 | SZABLEWSKA MONIKA | 62 | | LESZNO | POL | K20 | 1 | K 4 | | 00:25:46.65 | 00:25:50.30 | 5:09 | 11.6 |
| 22 | WRÓBLEWSKI JĘDRZEJ | 64 | | OSIECZNA | POL | M20 | 3 | M 18 | | 00:25:47.35 | 00:25:50.90 | 5:09 | 11.6 |
| 23 | GURZYŃSKI JAKUB | 227 | | BYDGOSZCZ | POL | M19- | 2 | M 19 | | 00:26:02.30 | 00:26:05.40 | 5:12 | 11.5 |
| 24 | WALCZAK JACEK | 217 | WTORKOWY TRENING | GRUDZIĄDZ | POL | M40 | 4 | M 20 | | 00:26:04.95 | 00:26:07.20 | 5:12 | 11.5 |
| 25 | MITKOWSKA NATALIA | 54 | | KORONOWO | POL | K30 | 2 | K 5 | | 00:27:47.85 | 00:27:50.15 | 5:33 | 10.8 |
| 26 | KLAMBOROWSKI ARTUR | 221 | | WARSZAWA | POL | M30 | 8 | M 21 | | 00:28:09.20 | 00:28:13.85 | 5:37 | 10.7 |
| 27 | CHOJECKI DARIUSZ | 58 | ROLLTEAM | BYDGOSZCZ | POL | M50 | 5 | M 22 | | 00:28:10.00 | 00:28:12.55 | 5:38 | 10.7 |
| 28 | SURMA BALBINA | 66 | NIESTOWARZYSZONY | GDAŃSK | POL | K30 | 3 | K 6 | | 00:29:26.15 | 00:29:28.40 | 5:53 | 10.2 |
| 29 | ANDRZEJCZAK DAMIAN | 67 | | LESZNO | POL | M20 | 4 | M 23 | | 00:29:41.85 | 00:29:45.80 | 5:56 | 10.1 |
| 30 | KLAMBOROWSKA MAGDALENA | 55 | | WARSZAWA | POL | K30 | 4 | K 7 | | 00:30:51.60 | 00:30:56.05 | 6:10 | 9.7 |
| 31 | DOBEK RAFAŁ | 224 | | GRUBNO | POL | M30 | 9 | M 24 | | 00:31:05.50 | 00:31:09.95 | 6:13 | 9.7 |
| 32 | JUSKOWIAK DOROTA | 61 | ROZBIEGANA KRUSZWICA | KRUSZWICA | POL | K60+ | 1 | K 8 | | 00:32:52.50 | 00:32:55.25 | 6:34 | 9.1 |
| 33 | MILARSKA PATRYCJA | 225 | | BYDGOSZCZ | POL | K30 | 5 | K 9 | | 00:33:07.50 | 00:33:11.15 | 6:37 | 9.1 |
| 34 | RICHERT TERESA | 222 | | CHELMNO | POL | K40 | 3 | K 10 | | 00:33:35.05 | 00:33:39.30 | 6:43 | 8.9 |
| 35 | GOLOMBEK PIOTR | 223 | | GRUDZIĄDZ | POL | M50 | 6 | M 25 | | 00:36:11.15 | 00:36:15.45 | 7:14 | 8.3 |
| 36 | PIETRUSZEWSKI BOGDAN | 213 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | M60+ | 1 | M 26 | | 00:37:04.70 | 00:37:07.55 | 7:24 | 8.1 |
| | MYDLARSKI JAREK | 170 | ROLL4ALL | GDYNIA | POL | M40 | | | | DNF | DNF | - | - |

ROLL & RUN :: BIEG GŁÓWNY, Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|------------------|-----------|------|------|--------|-----|--------|-------------|-------------|--------|------|
| 1 | WALCZAK ANNA | 212 | WTORKOWY TRENING | GRUDZIĄDZ | POL | K40 | 1 | K 1 | | 00:24:44.35 | 00:24:46.00 | 4:56 | 12.1 |
| 2 | BORAWSKA ANIA | 226 | MAŁA LADY PANK | PŁOCK | POL | K40 | 2 | K 2 | | 00:25:41.60 | 00:25:45.60 | 5:08 | 11.7 |
| 3 | LEŚNIEWICZ-PARASZKA DANUTA | 53 | MINIONSSPEEDTEAM | WARSZAWA | POL | K30 | 1 | K 3 | | 00:25:41.65 | 00:25:43.70 | 5:08 | 11.7 |
| 4 | SZABLEWSKA MONIKA | 62 | | LESZNO | POL | K20 | 1 | K 4 | | 00:25:46.65 | 00:25:50.30 | 5:09 | 11.6 |

ROLL & RUN :: BIEG GŁÓWNY, Kobiety c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|----------------------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 5 | MITKOWSKA NATALIA | 54 | | KORONOWO | POL | K30 | 2 | K 5 | | 00:27:47.85 | 00:27:50.15 | 5:33 | 10.8 |
| 6 | SURMA BALBINA | 66 | NIESTOWARZYSZONY | GDAŃSK | POL | K30 | 3 | K 6 | | 00:29:26.15 | 00:29:28.40 | 5:53 | 10.2 |
| 7 | KLAMBOROWSKA MAGDALENA | 55 | | WARSZAWA | POL | K30 | 4 | K 7 | | 00:30:51.60 | 00:30:56.05 | 6:10 | 9.7 |
| 8 | JUSKOWIAK DOROTA | 61 | ROZBIEGANA KRUSZWICA | KRUSZWICA | POL | K60+ | 1 | K 8 | | 00:32:52.50 | 00:32:55.25 | 6:34 | 9.1 |
| 9 | MILARSKA PATRYCJA | 225 | | BYDGOSZCZ | POL | K30 | 5 | K 9 | | 00:33:07.50 | 00:33:11.15 | 6:37 | 9.1 |
| 10 | RICHERT TERESA | 222 | | CHELMNO | POL | K40 | 3 | K 10 | | 00:33:35.05 | 00:33:39.30 | 6:43 | 8.9 |

ROLL & RUN :: BIEG GŁÓWNY, Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|--------------------------------|---------------------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | PARASZKA ŁUKASZ | 52 | MINIONSPEEDTEAM | WARSZAWA | POL | M30 | 1 | M 1 | | 00:20:17.55 | 00:20:18.45 | 4:03 | 14.8 |
| 2 | DĄBROWSKI PAWEŁ | 219 | ATLASBIEGOW.PL | TORUŃ | POL | M20 | 1 | M 2 | | 00:20:38.10 | 00:20:39.25 | 4:07 | 14.5 |
| 3 | LEWANDOWSKI PAWEŁ | 218 | | RUMIA | POL | M30 | 2 | M 3 | | 00:20:38.95 | 00:20:40.80 | 4:07 | 14.5 |
| 4 | HOŁDA PAWEŁ | 215 | WINDSURFING TEAM | STOLNO | POL | M40 | 1 | M 4 | | 00:21:50.25 | 00:21:52.10 | 4:22 | 13.7 |
| 5 | WERNIK ROMAN | 214 | | ŚWIECIE | POL | M40 | 2 | M 5 | | 00:22:02.65 | 00:22:03.90 | 4:24 | 13.6 |
| 6 | KSENIAK TOMASZ | 68 | ROLL4ALL | GDAŃSK | POL | M40 | 3 | M 6 | | 00:22:07.40 | 00:22:10.00 | 4:25 | 13.6 |
| 7 | ZIMLIŃSKI DAWID | 210 | PARKUN GRUDZIĄDZ | ŚWIECIE | POL | M30 | 3 | M 7 | | 00:22:16.40 | 00:22:17.15 | 4:27 | 13.5 |
| 8 | MUSZCZYŃSKI CEZARY | 220 | BHP COMPLEX | ŚWIECIE | POL | M30 | 4 | M 8 | | 00:22:19.25 | 00:22:21.25 | 4:27 | 13.4 |
| 9 | CIBOROWSKI SEBASTIAN | 69 | KS SEBA-SPORT PISZ | PISZ | POL | M50 | 1 | M 9 | | 00:22:31.50 | 00:22:33.90 | 4:30 | 13.3 |
| 10 | PRAJSNAR PAWEŁ | 63 | SPEEDING TURTLES | WARSZAWA | POL | M30 | 5 | M 10 | | 00:22:34.95 | 00:22:37.05 | 4:30 | 13.3 |
| 11 | ENGELBERG ŁUKASZ | 60 | INVICTA POWER TEAM | GDAŃSK | POL | M30 | 6 | M 11 | | 00:23:53.00 | 00:23:53.00 | 4:46 | 12.6 |
| 12 | CIBOROWSKI ITAN | 70 | KS SEBA-SPORT PISZ | PISZ | POL | M19- | 1 | M 12 | | 00:24:14.90 | 00:24:17.20 | 4:50 | 12.4 |
| 13 | PIETRZAK ADRIAN | 168 | UKS SPARTA GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | M30 | 7 | M 13 | | 00:25:06.00 | 00:25:06.00 | 5:01 | 12 |
| 14 | MAZUREK WIESŁAW | 71 | | GDYNIA | | M50 | 2 | M 14 | | 00:25:16.95 | 00:25:19.00 | 5:03 | 11.9 |
| 15 | CHOJNACKI MATEUSZ | 179 | UKS ZWOLEŃ TEAM | | | M20 | 2 | M 15 | | 00:25:32.30 | 00:25:34.75 | 5:06 | 11.7 |
| 16 | WOŹNICKI PAWEŁ | 50 | SPEEDSKATING ŁÓDŹ- GATTA | LUCIEŃ | POL | M50 | 3 | M 16 | | 00:25:37.75 | 00:25:39.30 | 5:07 | 11.7 |
| 17 | ZIÓŁKOWSKI JULIAN | 51 | | GDAŃSK | POL | M50 | 4 | M 17 | | 00:25:40.00 | 00:25:40.00 | 5:08 | 11.7 |
| 18 | WRÓBLEWSKI JĘDRZEJ | 64 | | OSIECZNA | POL | M20 | 3 | M 18 | | 00:25:47.35 | 00:25:50.90 | 5:09 | 11.6 |
| 19 | GURZYŃSKI JAKUB | 227 | | BYDGOSZCZ | POL | M19- | 2 | M 19 | | 00:26:02.30 | 00:26:05.40 | 5:12 | 11.5 |
| 20 | WALCZAK JACEK | 217 | WTORKOWY TRENING | GRUDZIĄDZ | POL | M40 | 4 | M 20 | | 00:26:04.95 | 00:26:07.20 | 5:12 | 11.5 |
| 21 | KLAMBOROWSKI ARTUR | 221 | | WARSZAWA | POL | M30 | 8 | M 21 | | 00:28:09.20 | 00:28:13.85 | 5:37 | 10.7 |
| 22 | CHOJECKI DARIUSZ | 58 | ROLLTEAM | BYDGOSZCZ | POL | M50 | 5 | M 22 | | 00:28:10.00 | 00:28:12.55 | 5:38 | 10.7 |
| 23 | ANDRZEJCZAK DAMIAN | 67 | | LESZNO | POL | M20 | 4 | M 23 | | 00:29:41.85 | 00:29:45.80 | 5:56 | 10.1 |
| 24 | DOBEK RAFAŁ | 224 | | GRUBNO | POL | M30 | 9 | M 24 | | 00:31:05.50 | 00:31:09.95 | 6:13 | 9.7 |
| 25 | GOLOMBEK PIOTR | 223 | | GRUDZIĄDZ | POL | M50 | 6 | M 25 | | 00:36:11.15 | 00:36:15.45 | 7:14 | 8.3 |
| 26 | PIETRUSZEWSKI BOGDAN` | 213 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | M60+ | 1 | M 26 | | 00:37:04.70 | 00:37:07.55 | 7:24 | 8.1 |
| | MYDLARSKI JAREK | 170 | ROLL4ALL | GDYNIA | POL | M40 | | | | DNF | DNF | - | - |

ROLL & RUN :: BIEG GŁÓWNY, M19-

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|--------------------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | CIBOROWSKI ITAN | 70 | KS SEBA-SPORT PISZ | PISZ | POL | M19- | 1 | M 12 | | 00:24:14.90 | 00:24:17.20 | 4:50 | 12.4 |
| 2 | GURZYŃSKI JAKUB | 227 | | BYDGOSZCZ | POL | M19- | 2 | M 19 | | 00:26:02.30 | 00:26:05.40 | 5:12 | 11.5 |

ROLL & RUN :: BIEG GŁÓWNY, K20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|-------------------|----|------|-----------|------|------|--------|-----|--------|-------------|-------------|--------|------|
| 1 | SZABLEWSKA MONIKA | 62 | | LESZNO | POL | K20 | 1 | K 4 | | 00:25:46.65 | 00:25:50.30 | 5:09 | 11.6 |

ROLL & RUN :: BIEG GŁÓWNY, M20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|-----------------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | DĄBROWSKI PAWEŁ | 219 | ATLASBIEGOW.PL | TORUŃ | POL | M20 | 1 | M 2 | | 00:20:38.10 | 00:20:39.25 | 4:07 | 14.5 |
| 2 | CHOJNACKI MATEUSZ | 179 | UKS ZWOLEŃ TEAM | | | M20 | 2 | M 15 | | 00:25:32.30 | 00:25:34.75 | 5:06 | 11.7 |
| 3 | WRÓBLEWSKI JĘDRZEJ | 64 | | OSIECZNA | POL | M20 | 3 | M 18 | | 00:25:47.35 | 00:25:50.90 | 5:09 | 11.6 |
| 4 | ANDRZEJCZAK DAMIAN | 67 | | LESZNO | POL | M20 | 4 | M 23 | | 00:29:41.85 | 00:29:45.80 | 5:56 | 10.1 |

ROLL & RUN :: BIEG GŁÓWNY, K30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|------------------|-----------|------|------|--------|-----|--------|-------------|-------------|--------|------|
| 1 | LEŚNIEWICZ-PARASZKA DANUTA | 53 | MINIONSSPEEDTEAM | WARSZAWA | POL | K30 | 1 | K 3 | | 00:25:41.65 | 00:25:43.70 | 5:08 | 11.7 |
| 2 | MITKOWSKA NATALIA | 54 | | KORONOWO | POL | K30 | 2 | K 5 | | 00:27:47.85 | 00:27:50.15 | 5:33 | 10.8 |
| 3 | SURMA BALBINA | 66 | NIESTOWARZYSZONY | GDAŃSK | POL | K30 | 3 | K 6 | | 00:29:26.15 | 00:29:28.40 | 5:53 | 10.2 |
| 4 | KLAMBOROWSKA MAGDALENA | 55 | | WARSZAWA | POL | K30 | 4 | K 7 | | 00:30:51.60 | 00:30:56.05 | 6:10 | 9.7 |
| 5 | MILARSKA PATRYCJA | 225 | | BYDGOSZCZ | POL | K30 | 5 | K 9 | | 00:33:07.50 | 00:33:11.15 | 6:37 | 9.1 |

ROLL & RUN :: BIEG GŁÓWNY, M30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|--------------------------------|---------------------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | PARASZKA ŁUKASZ | 52 | MINIONSSPEEDTEAM | WARSZAWA | POL | M30 | 1 | M 1 | | 00:20:17.55 | 00:20:18.45 | 4:03 | 14.8 |
| 2 | LEWANDOWSKI PAWEŁ | 218 | | RUMIA | POL | M30 | 2 | M 3 | | 00:20:38.95 | 00:20:40.80 | 4:07 | 14.5 |
| 3 | ZIMLIŃSKI DAWID | 210 | PARKUN GRUDZIĄDZ | ŚWIECIE | POL | M30 | 3 | M 7 | | 00:22:16.40 | 00:22:17.15 | 4:27 | 13.5 |
| 4 | MUSZCZYŃSKI CEZARY | 220 | BHP COMPLEX | ŚWIECIE | POL | M30 | 4 | M 8 | | 00:22:19.25 | 00:22:21.25 | 4:27 | 13.4 |
| 5 | PRAJSNAR PAWEŁ | 63 | SPEEDING TURTLES | WARSZAWA | POL | M30 | 5 | M 10 | | 00:22:34.95 | 00:22:37.05 | 4:30 | 13.3 |
| 6 | ENGELBERG ŁUKASZ | 60 | INVICTA POWER TEAM | GDAŃSK | POL | M30 | 6 | M 11 | | 00:23:53.00 | 00:23:53.00 | 4:46 | 12.6 |
| 7 | PIETRZAK ADRIAN | 168 | UKS SPARTA GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | M30 | 7 | M 13 | | 00:25:06.00 | 00:25:06.00 | 5:01 | 12 |
| 8 | KLAMBOROWSKI ARTUR | 221 | | WARSZAWA | POL | M30 | 8 | M 21 | | 00:28:09.20 | 00:28:13.85 | 5:37 | 10.7 |
| 9 | DOBEK RAFAŁ | 224 | | GRUBNO | POL | M30 | 9 | M 24 | | 00:31:05.50 | 00:31:09.95 | 6:13 | 9.7 |

ROLL & RUN :: BIEG GŁÓWNY, K40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|------------------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | WALCZAK ANNA | 212 | WTORKOWY TRENING | GRUDZIĄDZ | POL | K40 | 1 | K 1 | | 00:24:44.35 | 00:24:46.00 | 4:56 | 12.1 |
| 2 | BORAWSKA ANIA | 226 | MAŁA LADY PANK | PŁOCK | POL | K40 | 2 | K 2 | | 00:25:41.60 | 00:25:45.60 | 5:08 | 11.7 |
| 3 | RICHERT TERESA | 222 | | CHEŁMNO | POL | K40 | 3 | K 10 | | 00:33:35.05 | 00:33:39.30 | 6:43 | 8.9 |

ROLL & RUN :: BIEG GŁÓWNY, M40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|------------------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | HOŁDA PAWEŁ | 215 | WINDSURFING TEAM | STOLNO | POL | M40 | 1 | M 4 | | 00:21:50.25 | 00:21:52.10 | 4:22 | 13.7 |
| 2 | WERNIK ROMAN | 214 | | ŚWIECIE | POL | M40 | 2 | M 5 | | 00:22:02.65 | 00:22:03.90 | 4:24 | 13.6 |
| 3 | KSENIAK TOMASZ | 68 | ROLL4ALL | GDAŃSK | POL | M40 | 3 | M 6 | | 00:22:07.40 | 00:22:10.00 | 4:25 | 13.6 |
| 4 | WALCZAK JACEK | 217 | WTORKOWY TRENING | GRUDZIĄDZ | POL | M40 | 4 | M 20 | | 00:26:04.95 | 00:26:07.20 | 5:12 | 11.5 |
| | MYDLARSKI JAREK | 170 | ROLL4ALL | GDYNIA | POL | M40 | | | | DNF | DNF | - | - |

ROLL & RUN :: BIEG GŁÓWNY, M50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|----------------------|----|--------------------------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | CIBOROWSKI SEBASTIAN | 69 | KS SEBA-SPORT PISZ | PISZ | POL | M50 | 1 | M 9 | | 00:22:31.50 | 00:22:33.90 | 4:30 | 13.3 |
| 2 | MAZUREK WIESŁAW | 71 | | GDYNIA | | M50 | 2 | M 14 | | 00:25:16.95 | 00:25:19.00 | 5:03 | 11.9 |
| 3 | WOŹNICKI PAWEŁ | 50 | SPEEDSKATING ŁÓDŹ- GATTA | LUCIEŃ | POL | M50 | 3 | M 16 | | 00:25:37.75 | 00:25:39.30 | 5:07 | 11.7 |

ROLL & RUN :: BIEG GŁÓWNY, M50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|----------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 4 | ZIÓLKOWSKI JULIAN | 51 | | GDAŃSK | POL | M50 | 4 | M 17 | | 00:25:40.00 | 00:25:40.00 | 5:08 | 11.7 |
| 5 | CHOJECKI DARIUSZ | 58 | ROLLTEAM | BYDGOSZCZ | POL | M50 | 5 | M 22 | | 00:28:10.00 | 00:28:12.55 | 5:38 | 10.7 |
| 6 | GOLOMBEK PIOTR | 223 | | GRUDZIĄDZ | POL | M50 | 6 | M 25 | | 00:36:11.15 | 00:36:15.45 | 7:14 | 8.3 |

ROLL & RUN :: BIEG GŁÓWNY, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|------------------|----|----------------------|-----------|------|------|--------|-----|--------|-------------|-------------|--------|------|
| 1 | JUSKOWIAK DOROTA | 61 | ROZBIEGANA KRUSZWICA | KRUSZWICA | POL | K60+ | 1 | K 8 | | 00:32:52.50 | 00:32:55.25 | 6:34 | 9.1 |

ROLL & RUN :: BIEG GŁÓWNY, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Dwubój | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|-------------------|-----------|------|------|--------|------|--------|-------------|-------------|--------|------|
| 1 | PIETRUSZEWSKI BOGDAN` | 213 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | M60+ | 1 | M 26 | | 00:37:04.70 | 00:37:07.55 | 7:24 | 8.1 |