



## BIEG HERKULESA 6 KM

B4SPORT

Wydarzenie: Bieg Herkulesa  
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
Data: 2019-08-11  
Miejsce: Koszalin  
Dystans: 6 km



Klasyfikacja: M18-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Kostiantyn	238	TKKF KOSZALIN	M18-39	1	00:09:32	00:20:04	00:30:17.06		5:02	11.9
2	ROKOSZ Radosław	39	JW 1223 KOSZALIN	M18-39	2	00:10:55	00:22:40	00:34:17.26	+00:04:00	5:42	10.5
3	ŁUKAWSKI Mariusz	107	JW 1223	M18-39	3	00:10:58	00:22:48	00:34:30.79	+00:04:13	5:45	10.4
4	MAJKOWICZ Rafał	240		M18-39	4	00:10:45	00:22:58	00:34:41.32	+00:04:24	5:46	10.4
5	POPŁAWSKI Daniel	96		M18-39	5	00:11:47	00:23:41	00:35:57.42	+00:05:40	5:59	10
6	KOŁODZIEJ Krystian	20	BESTIE OCR LEGIONOWO	M18-39	6	00:11:13	00:23:28	00:36:04.76	+00:05:47	6:00	10
7	CIUĆKA Mateusz	111	SZWĘDACZE KOSZALIN	M18-39	7	00:11:02	00:23:40	00:36:18.68	+00:06:01	6:03	9.9
8	SITOWSKI Marcin	44	FC RYSIEK	M18-39	8	00:11:39	00:23:56	00:36:21.50	+00:06:04	6:03	9.9
9	WIELGAT Łukasz	46	KB BRYZA POSTOMINO	M18-39	9	00:11:40	00:24:21	00:37:17.74	+00:07:00	6:13	9.7
10	RUSIN Tomek	37		M18-39	10	00:11:06	00:24:03	00:37:19.89	+00:07:02	6:13	9.6
11	SZYMAŃSKI Piotr	40		M18-39	11	00:12:00	00:24:46	00:37:22.54	+00:07:05	6:13	9.6
12	WOJTALIK Łukasz	50		M18-39	12	00:12:50	00:25:17	00:37:37.29	+00:07:20	6:16	9.6
13	SOSNOWSKI Tomasz	15	FPP FUNKCJONALNOŚĆ PONAD POMPE	M18-39	13	00:11:24	00:24:49	00:37:40.95	+00:07:23	6:16	9.6
14	WEBER Paweł	75	FPP	M18-39	14	00:12:46	00:26:23	00:39:33.28	+00:09:16	6:35	9.1
15	BIENKOWSKI Tomasz	207	IQ.COLSUNTING	M18-39	15	00:12:14	00:25:59	00:39:38.25	+00:09:21	6:36	9.1
16	GAWROŃSKI Marek	92	\$\$\$ NA PRE\$TIŻU	M18-39	16	00:12:58	00:27:02	00:40:29.81	+00:10:12	6:45	8.9
17	PILIŃSKI Łukasz	6		M18-39	17	00:12:36	00:26:57	00:40:56.70	+00:10:39	6:49	8.8
18	KRAWCZYK Tomasz	112		M18-39	18	00:12:40	00:26:39	00:41:12.79	+00:10:55	6:52	8.7
19	WEILAND Adrian	17	NIGHT WOLVES SŁUPSK	M18-39	19	00:13:02	00:26:53	00:41:35.24	+00:11:18	6:55	8.7
20	MISZCZYK Jan	70	ROZBIEGANY KOSZALIN	M18-39	20	00:14:02	00:28:08	00:42:38.51	+00:12:21	7:06	8.4
21	ZIELIŃSKI Maciej	65	KAMIEŃ RYMAŃSKI	M18-39	21	00:12:46	00:27:10	00:42:45.32	+00:12:28	7:07	8.4
22	ADAMCZYK Karol	69		M18-39	22	00:15:23	00:29:26	00:43:01.26	+00:12:44	7:10	8.4
23	GAWROŃSKI Bartosz	71		M18-39	23	00:13:09	00:27:58	00:43:22.04	+00:13:04	7:13	8.3
24	RUSINEK Dawid	130		M18-39	24	00:13:21	00:28:09	00:43:46.82	+00:13:29	7:17	8.2
25	STAŃCZYK Sławomir	104		M18-39	25	00:14:19	00:29:02	00:44:07.69	+00:13:50	7:21	8.2
26	CHENON Guillaume	119	WIECZORNE BIEGANIE W SZCZECINIE	M18-39	26	00:14:16	00:28:54	00:44:07.74	+00:13:50	7:21	8.2
27	OLCZAK Krzysztof	26		M18-39	27	00:16:22	00:30:26	00:44:25.20	+00:14:08	7:24	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
28	<b>CZAJKOWSKI Paweł</b>	<b>53</b>	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	28	00:15:34	00:29:58	<b>00:44:25.72</b>	+00:14:08	7:24	8.1
29	<b>HOREGLAD Paweł</b>	<b>49</b>	SPEEDY GONZALES	M18-39	29	00:14:46	00:29:36	<b>00:44:31.88</b>	+00:14:14	7:25	8.1
30	<b>SZYMEN Karol</b>	<b>99</b>		M18-39	30	00:13:56	00:29:25	<b>00:44:40.03</b>	+00:14:22	7:26	8.1
31	<b>WALCZAK Marcin</b>	<b>120</b>		M18-39	31	00:15:05	00:30:16	<b>00:44:54.91</b>	+00:14:37	7:29	8
32	<b>SEWERYN Tomasz</b>	<b>239</b>		M18-39	32	00:14:57	00:29:44	<b>00:44:58.70</b>	+00:14:41	7:29	8
33	<b>WILKOS Jakub</b>	<b>128</b>		M18-39	33	00:13:17	00:28:58	<b>00:45:01.73</b>	+00:14:44	7:30	8
34	<b>MACIEJEWSKI Piotr</b>	<b>67</b>		M18-39	34	00:15:25	00:30:25	<b>00:45:13.85</b>	+00:14:56	7:32	8
35	<b>GACIA Maciek</b>	<b>47</b>		M18-39	35	00:16:08	00:31:01	<b>00:45:18.86</b>	+00:15:01	7:33	7.9
36	<b>SIDOR Mariusz</b>	<b>103</b>	DECATHLON POWER SŁUPSK	M18-39	36	00:15:03	00:30:48	<b>00:45:45.32</b>	+00:15:28	7:37	7.9
37	<b>WNUK Przemek</b>	<b>105</b>		M18-39	37	00:14:43	00:31:22	<b>00:46:26.02</b>	+00:16:08	7:44	7.8
38	<b>ORYSZCZYN Arek</b>	<b>1</b>		M18-39	38	00:14:39	00:31:13	<b>00:47:02.05</b>	+00:16:44	7:50	7.7
39	<b>BRYŁOWSKI Dawid</b>	<b>101</b>		M18-39	39	00:15:16	00:31:10	<b>00:47:14.45</b>	+00:16:57	7:52	7.6
40	<b>PACAN Bartosz</b>	<b>33</b>	ŚWIAT PŁYTEK U KRYSPIŃA	M18-39	40	00:14:24	00:31:33	<b>00:47:43.52</b>	+00:17:26	7:57	7.5
41	<b>RUTKOWSKI Artur</b>	<b>36</b>	RUNKING	M18-39	41	00:15:29	00:32:12	<b>00:48:03.89</b>	+00:17:46	8:00	7.5
42	<b>JAROSZEWSKI Daniel</b>	<b>91</b>		M18-39	42	00:15:38	00:31:44	<b>00:48:10.20</b>	+00:17:53	8:01	7.5
43	<b>SZABŁOWIŃSKI Maciek</b>	<b>100</b>		M18-39	43	00:15:32	00:32:18	<b>00:48:31.15</b>	+00:18:14	8:05	7.4
44	<b>MICHALAK Michał</b>	<b>64</b>	KAMIEŃ RYMAŃSKI	M18-39	44	00:16:59	00:32:41	<b>00:48:50.63</b>	+00:18:33	8:08	7.4
45	<b>PŁOSZAJ Rafał</b>	<b>32</b>		M18-39	45	00:14:44	00:32:22	<b>00:48:57.50</b>	+00:18:40	8:09	7.4
46	<b>SZCZYPEK Arkadiusz</b>	<b>169</b>	ZASTOPIJ	M18-39	46	00:15:54	00:32:51	<b>00:49:23.57</b>	+00:19:06	8:14	7.3
47	<b>PIASECKI Mariusz</b>	<b>215</b>		M18-39	47	00:17:15	00:33:20	<b>00:49:56.32</b>	+00:19:39	8:19	7.2
48	<b>JANOWICZ Przemysław</b>	<b>21</b>	FPP	M18-39	48	00:15:53	00:33:01	<b>00:50:35.47</b>	+00:20:18	8:25	7.1
49	<b>KLESZCZYŃSKI Damian</b>	<b>76</b>		M18-39	49	00:17:58	00:34:42	<b>00:50:40.99</b>	+00:20:23	8:26	7.1
50	<b>MICHAŁÓW Leszek</b>	<b>45</b>	AJDŻO SQUAD	M18-39	50	00:16:58	00:33:49	<b>00:50:48.97</b>	+00:20:31	8:28	7.1
51	<b>KAZIMIROWICZ Radosław</b>	<b>95</b>	VTT	M18-39	51	00:17:39	00:33:59	<b>00:51:00.55</b>	+00:20:43	8:30	7.1
52	<b>LABUDA Hubert</b>	<b>122</b>		M18-39	52	00:18:01	00:34:32	<b>00:51:23.99</b>	+00:21:06	8:34	7
53	<b>NOWAK Paweł</b>	<b>127</b>		M18-39	53	00:16:23	00:33:48	<b>00:51:33.48</b>	+00:21:16	8:35	7
54	<b>ZANDER Jakub</b>	<b>63</b>	KAMIEŃ RYMAŃSKI	M18-39	54	00:17:18	00:34:07	<b>00:51:50.71</b>	+00:21:33	8:38	6.9
55	<b>MACIEJEWSKI Maciej</b>	<b>14</b>	FPP FUNKCJONALNOŚĆ PONAD POMPĘ	M18-39	55	00:17:28	00:35:21	<b>00:52:05.81</b>	+00:21:48	8:41	6.9
56	<b>STASZAK Wojciech</b>	<b>86</b>		M18-39	56	00:18:00	00:35:13	<b>00:52:46.28</b>	+00:22:29	8:47	6.8
57	<b>FRĄTCZAK Sylwester</b>	<b>74</b>	4FUN	M18-39	57	00:17:58	00:35:13	<b>00:52:46.42</b>	+00:22:29	8:47	6.8
58	<b>WESOŁEK Łukasz</b>	<b>68</b>		M18-39	58	00:17:08	00:35:10	<b>00:53:07.55</b>	+00:22:50	8:51	6.8
59	<b>NIEWIADOWSKI Robert</b>	<b>7</b>	WWW.ARTE-IT.PL	M18-39	59	00:18:52	00:36:10	<b>00:53:18.82</b>	+00:23:01	8:53	6.8
60	<b>KUKLIŃSKI Sebastian</b>	<b>51</b>	SEW	M18-39	60	00:17:28	00:36:21	<b>00:54:15.60</b>	+00:23:58	9:02	6.6
61	<b>ŁASTOWSKI Paweł</b>	<b>123</b>		M18-39	61	00:19:35	00:38:28	<b>00:56:33.69</b>	+00:26:16	9:25	6.4
62	<b>ARCHACKI Patryk</b>	<b>66</b>		M18-39	62	00:18:22	00:38:12	<b>00:56:50.17</b>	+00:26:33	9:28	6.3
63	<b>SPICA Łukasz</b>	<b>52</b>		M18-39	63	00:20:25	00:41:11	<b>01:02:36.16</b>	+00:32:19	10:26	5.8
64	<b>GAWROŃSKI Paweł</b>	<b>19</b>	OGIEŃ W SZOPIE	M18-39	64	00:20:24	00:41:34	<b>01:03:01.71</b>	+00:32:44	10:30	5.7
65	<b>WYKA Marcin</b>	<b>31</b>		M18-39	65	00:20:38	00:42:36	<b>01:03:48.66</b>	+00:33:31	10:38	5.6
66	<b>ODRZYWOŁEK Paweł</b>	<b>60</b>		M18-39	66	00:20:39	00:42:38	<b>01:03:49.66</b>	+00:33:32	10:38	5.6
67	<b>KUTKOWSKI Sławomir</b>	<b>90</b>		M18-39	67	00:20:47	00:42:51	<b>01:05:27.35</b>	+00:35:10	10:54	5.5
68	<b>SCHEFFLER Bryan</b>	<b>232</b>		M18-39	68	00:23:06	00:47:18	<b>01:11:34.74</b>	+00:41:17	11:55	5