| Organizator: | Koszalí́skie Towarzystwo Krzewienia Kultury <br>  <br> Fizycznej |
| :--- | :--- |
| Data: | $2018-06-20$ |
| Miejsce: | Koszalin |
| Dystans: | 4.827 km |

## HERKULES <br> www.herkules.org.pl

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | $\begin{aligned} & \text { Start_All } \\ & 0.027 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.427 \mathrm{~km} \end{aligned}$ | Start_All | $\begin{aligned} & \text { Start_All } \\ & 1.227 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 1.627 \mathrm{~km} \end{aligned}$ | Start_All 2.027 km | $\begin{aligned} & \text { Start_All } \\ & 2.427 \mathrm{~km} \end{aligned}$ | Start_All <br> 2.827 km | Start_All $3.227 \mathrm{~km}$ | $\begin{aligned} & \text { Start_All } \\ & 3.627 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 4.027 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & \mathbf{4 . 4 2 7 \mathrm { km }} \end{aligned}$ | $\begin{gathered} \text { Czas } \\ \text { netto } \\ 4.827 \mathrm{~km} \end{gathered}$ | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | ORZECHOWSKI Kamil | 560 | TKKF KOSZALIN | M-30 | 1 | 00:00:05 | 0:01:20 | 00:02:38 | 00:03:57 | 00:05:16 | 00:06:37 | 00:07:57 | 00:09:17 | 00:10:38 | 00:11:58 | 00:13:18 | 00:14:38 | 00:16:00.65 |  | 3:18 | $\begin{aligned} & 18.1 \\ & (100 \%) \end{aligned}$ |
| 2 | zWOLIŃSKI Jan | 597 | TKKF KOSZALIN | M-50 | 1 | 00:00:06 | 00:01:38 | 00:03:11 | 00:04:44 | 00:06:18 | 00:07:52 | 00:09:24 | 00:10:58 | 00:12:32 | 00:14:05 | 00:15:38 | 00:17:11 | 00:18:44.55 | $\begin{aligned} & +00: 02: 43 \\ & (14.6 \%) \end{aligned}$ | 3:52 | $\begin{aligned} & 15.5 \\ & (85.6 \%) \end{aligned}$ |
| 3 | GÓRA Sylwester | 604 | \#ZABIEGANINOCA | M-40 | 1 | 00:00:06 | 00:01:33 | 00:03:02 | 00:04:32 | 00:06:03 | 00:07:36 | 00:09:08 | 00:10:42 | 00:12:19 | 00:13:56 | 00:15:34 | 00:17:13 | 00:18:53.20 | $\begin{aligned} & +00: 02: 52 \\ & (15.2 \%) \end{aligned}$ | 54 | $\begin{aligned} & 15.3 \\ & \text { (84.5\%) } \end{aligned}$ |
| 4 | zUKAL Piotr | 600 |  | M-40 | 2 | 00:00:07 | 00:01:44 | 00:03:21 | 00:04:58 | 00:06:33 | 00:08:07 | 00:09:40 | 00:11:13 | 00:12:47 | 00:14:20 | 00:15:53 | 00:17:25 | 00:18:55.85 | $\begin{aligned} & +00: 02: 55 \\ & (15.4 \%) \end{aligned}$ | :54 | $\begin{aligned} & 15.3 \\ & (84.5 \%) \end{aligned}$ |
| 5 | SOSNOWSKI <br> Tomasz | 574 | MEDEN-INMED SPORTS TEAM | M-18 | 1 | 00:00:06 | 00:01:36 | 00:03:15 | 00:04:56 | 00:06:37 | 00:08:20 | 00:10:03 | 00:11:48 | 00:13:33 | 00:15:18 | 00:16:58 | 00:18:40 | 00:19:54.45 | $\begin{aligned} & +00: 03: 53 \\ & (19.6 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.6 \\ & (80.7 \%) \end{aligned}$ |
| 6 | MOSZYŃSKI Jacek | 554 | TKKF KOSZALIN | M-50 | 2 | 00:00:07 | 00:01:46 | 00:03:26 | 00:05:07 | 00:06:49 | 00:08:30 | 00:10:12 | 00:11:56 | 00:13:38 | 00:15:21 | 00:17:04 | 00:18:46 | 00:20:20.45 | $\begin{aligned} & +00: 04: 19 \\ & (21.3 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.3 \\ & (79.0 \%) \end{aligned}$ |
| 7 | JAMNIAK Bartosz | 521 | TKKF KOSZALIN | M-30 | 2 | 00:00:06 | 00:01:39 | 00:03:16 | 00:04:55 | 00:06:35 | 00:08:19 | 00:10:02 | 00:11:47 | 00:13:32 | 00:15:19 | 00:17:05 | 00:18:49 | 00:20:26.10 | $\begin{aligned} & +00: 04: 25 \\ & (21.6 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (78.5 \%) \end{aligned}$ |
| 8 | JAROSZ Dariusz | 522 | TKKF KOSZALIN | M-40 | 3 | 00:00:08 | 00:01:48 | 00:03:30 | 00:05:12 | 00:06:53 | 00:08:34 | 00:10:26 | 00:12:08 | 00:13:51 | 00:15:33 | 00:17:15 | 00:18:58 | 00:20:31.75 | $\begin{aligned} & +00: 04: 31 \\ & (22.0 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.1 \\ & (77.9 \%) \end{aligned}$ |
| 9 | BASSEL Marcin | 503 |  | M-30 | 3 | 00:00:07 | 00:01:51 | 00:03:33 | 00:05:17 | 00:07:02 | 00:08:46 | 00:10:27 | 00:12:10 | 00:13:55 | 00:15:40 | 00:17:25 | 00:19:10 | 00:20:41.95 | $\begin{aligned} & +00: 04: 41 \\ & (22.6 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14 \\ & (77.3 \%) \end{aligned}$ |
| 10 | ZIELASKIEWICZ <br> Piotr | 602 |  | M-18 | 2 | 00:00:06 | 00:01:39 | 00:03:16 | 00:04:55 | 00:06:36 | 00:08:20 | 00:10:04 | 00:11:50 | 00:13:35 | 00:15:21 | 00:17:10 | 00:18:58 | 00:20:42.35 | $\begin{aligned} & +00: 04: 41 \\ & (22.7 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (77.3 \%) \end{aligned}$ |
| 11 | IWANIEC Dariusz | 520 | TKKF KOSZALIN | M-40 | 4 | 00:00:08 | 00:01:50 | 00:03:34 | 00:05:20 | 00:07:03 | 00:08:47 | 00:10:30 | 00:12:16 | 00:13:59 | 00:15:44 | 00:17:29 | 00:19:12 | 00:20:42.95 | $\begin{aligned} & +00: 04: 42 \\ & (22.7 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (77.3 \%) \end{aligned}$ |
| 12 | KUŁAKOWSKI Dawid | 540 | TKKF KOSZALIN | M-40 | 5 | 00:00:08 | 00:01:49 | 00:03:35 | 00:05:19 | 00:07:03 | 00:08:47 | 00:10:30 | 00:12:15 | 00:13:59 | 00:15:43 | 00:17:29 | 00:19:12 | 00:20:43.05 | $\begin{aligned} & +00: 04: 42 \\ & (22.7 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (77.3 \%) \end{aligned}$ |
| 13 | MICERSKI <br> Tomasz | 548 | TKKF KOSZALIN | M-40 | 6 | 00:00:08 | 00:01:50 | 00:03:35 | 00:05:20 | 00:07:04 | 00:08:48 | 00:10:31 | 00:12:16 | 00:14:00 | 00:15:49 | 00:17:39 | 00:19:30 | 00:21:13.20 | $\begin{aligned} & +00: 05: 12 \\ & (24.5 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.7 \\ & (75.7 \%) \end{aligned}$ |
| 14 | KONKEL <br> Agnieszka | 530 |  | K-30 | 1 | 00:00:08 | 00:01:49 | 00:03:34 | 00:05:19 | 00:07:04 | 00:08:48 | 00:10:33 | 00:12:19 | 00:14:06 | 00:15:54 | 00:17:41 | 00:19:30 | 00:21:15.95 | $\begin{aligned} & +00: 05: 15 \\ & (24.7 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.6 \\ & (75.1 \%) \end{aligned}$ |
| 15 | ZACHOLSKI Wojciech | 589 |  | M-18 | 3 | 00:00:08 | 00:01:52 | 00:03:40 | 00:05:29 | 00:07:17 | 00:09:07 | 00:10:56 | 00:12:47 | 00:14:41 | 00:16:34 | 00:18:24 | 00:20:07 | 00:21:25.20 | $\begin{aligned} & +00: 05: 24 \\ & (25.3 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & (74.6 \%) \end{aligned}$ |
| 16 | MRÓz Dawid | 556 |  | M-18 | 4 | 00:00:09 | 00:01:53 | 00:03:40 | 00:05:26 | 00:07:10 | 00:08:57 | 00:10:45 | 00:12:36 | 00:14:26 | 00:16:13 | 00:18:05 | 00:19:53 | 00:21:25.45 | $\begin{aligned} & +00: 05: 24 \\ & (25.3 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & (74.6 \%) \end{aligned}$ |
| 17 | KRUPIŃSKI <br> Krzysztof | 536 | E-UROLOG GABINET SPECJALISTYCZNY KRZYSZTOF KRUPIŃSKI | M-50 | 3 | 00:00:08 | 00:01:52 | 00:03:37 | 00:05:23 | 00:07:09 | 00:08:56 | 00:10:42 | 00:12:31 | 00:14:19 | 00:16:09 | 00:17:58 | 00:19:48 | 00:21:36.20 | $\begin{aligned} & +00: 05: 35 \\ & (25.9 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (74.0 \%) \end{aligned}$ |
| 18 | MILEWSKI <br> Tomasz | 549 |  | M-30 | 4 | 00:00:08 | 00:01:51 | 00:03:35 | 00:05:19 | 00:07:05 | 00:08:52 | 00:10:38 | 00:12:27 | 00:14:18 | 00:16:10 | 00:18:01 | 00:19:54 | 00:21:42.70 | $\begin{aligned} & +00: 05: 42 \\ & (26.3 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.4 \\ & (74.0 \%) \end{aligned}$ |
| 19 | CHODOR Martyna | 605 | TKKF KOSZALIN | K-30 | 2 | 00:00:11 | 00:02:06 | 00:04:01 | 00:05:54 | 00:07:46 | 00:09:37 | 00:11:28 | 00:13:19 | 00:15:10 | 00:17:02 | 00:18:53 | 00:20:44 | 00:22:16.45 | $\begin{aligned} & +00: 06: 15 \\ & (28.1 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (71.8 \%) \end{aligned}$ |
| 20 | NOREK Tomek | 559 |  | M-50 | 4 | 00:00:09 | 00:01:54 | 00:03:41 | 00:05:27 | 00:07:14 | 00:09:04 | 00:10:56 | 00:12:49 | 00:14:43 | 00:16:35 | 00:18:29 | 00:20:25 | 00:22:16.75 | $\begin{aligned} & +00: 06: 16 \\ & (28.1 \%) \end{aligned}$ | :36 | $\begin{aligned} & 13 \\ & (71.8 \%) \end{aligned}$ |
| 21 | KAMYK Piotr | 523 | MH IT SERWIS KOSZALIN | M-30 | 5 | 00:00:09 | 00:01:52 | 00:03:39 | 00:05:29 | 00:07:20 | 00:09:13 | 00:11:07 | 00:13:02 | 00:14:59 | 00:16:56 | 00:18:54 | 00:20:45 | 00:22:25.05 | $\begin{aligned} & +00: 06: 24 \\ & (28.6 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (71.3 \%) \end{aligned}$ |
| 22 | sZABLA Ewelina | 578 | TKKF KOSZALIN | K-30 | 3 | 00:00:10 | 00:02:06 | 00:04:00 | 00:05:54 | 00:07:46 | 00:09:37 | 00:11:28 | 00:13:18 | 00:15:10 | 00:17:02 | 00:18:53 | 00:20:44 | 00:22:29.80 | $\begin{aligned} & +00: 06: 29 \\ & (28.8 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (71.3 \%) \end{aligned}$ |
| 23 | CHODOR Izabela | 529 | TKKF KOSZALIN | K-30 | 4 | 00:00:10 | 00:02:05 | 00:03:58 | 00:05:52 | 00:07:45 | 00:09:38 | 00:11:30 | 00:13:23 | 00:15:15 | 00:17:08 | 00:19:01 | 00:20:51 | 00:22:34.55 | $\begin{aligned} & +00: 06: 33 \\ & (29.1 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (70.7 \%) \end{aligned}$ |
| 24 | OSOBNIAK Ryszard | 561 |  | M-60 | 1 | 00:00:11 | 00:02:07 | 00:04:02 | 00:05:56 | 00:07:49 | 00:09:44 | 00:11:39 | 00:13:33 | 00:15:26 | 00:17:21 | 00:19:16 | 00:21:12 | 00:22:56.55 | $\begin{aligned} & +00: 06: 55 \\ & (30.2 \%) \end{aligned}$ | 4:44 | $\begin{aligned} & 12.6 \\ & (69.6 \% \end{aligned}$ |


| Msc | Zawoodnik | Numer |  | Klub | Kategoria | Mkat | $\begin{aligned} & \text { Start_All } \\ & 0.027 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.427 \mathrm{~km} \\ & \hline \end{aligned}$ | Start_All | $\begin{aligned} & \text { Start_All } \\ & 1.227 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 1.627 \mathrm{~km} \\ & \hline \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 2.027 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 2.427 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 2.827 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & \mathbf{3 . 2 2 7 \mathrm { km }} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 3.627 \mathrm{~km} \\ & \hline \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 4.027 \mathrm{~km} \\ & \hline \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 4.427 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Czas } \\ \text { netto } \\ 4.827 \mathrm{~km} \end{gathered}$ | Różn | Tempo min/km | $\begin{gathered} \text { Tempo } \\ \mathrm{km} / \mathrm{h} \\ \hline \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 25 | ZIELIŃSKI Grzegorz | 591 |  |  | M-60 | 2 | 00:00:08 | 00:01:52 | 00:03:40 | 00:05:31 | 00:07:24 | 00:09:20 | 00:11:18 | 00:13:16 | 00:15:13 | 00:17:10 | 00:19:07 | 00:21:08 | 00:23:08.70 | $\begin{aligned} & +00: 07: 08 \\ & (30.8 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { (69.1\%) } \end{aligned}$ |
| 26 | DABROWSKA Alicja | 510 | TKKF KOSZALIN |  | K-50+ | 1 | 00:00:10 | 00:02:10 | 00:04:14 | 00:06:14 | 00:08:13 | 00:10:15 | 00:12:17 | 00:14:16 | 00:16:15 | 00:18:12 | 00:20:08 | 00:21:59 | 00:23:42.95 | $\begin{aligned} & +00: 07: 42 \\ & (32.5 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (67.4 \%) \end{aligned}$ |
| 27 | WAWRZYN Grzegorz | 603 |  |  | M-40 | 7 | 00:00:11 | 00:02:05 | 00:04:05 | 00:06:09 | 00:08:14 | 00:10:16 | 00:12:18 | 00:14:17 | 00:16:16 | 00:18:13 | 00:20:11 | 00:22:09 | 00:23:56.55 | $\begin{aligned} & +00: 07: 55 \\ & (33.1 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & \text { (66.9\%) } \end{aligned}$ |
| 28 | PANCERZYŃSKI Łukasz | 562 |  |  | M-30 | 6 | 00:00:11 | 00:02:13 | 00:04:16 | 00:06:15 | 00:08:14 | 00:10:16 | 00:12:18 | 00:14:17 | 00:16:16 | 00:18:14 | 00:20:11 | 00:22:09 | 00:23:57.45 | $\begin{aligned} & +00: 07: 56 \\ & (33.2 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (66.9 \%) \end{aligned}$ |
| 29 | KOZŁOWIECKI Waldek | 535 | TKKF KOSZALIN |  | M-60 | 3 | 00:00:09 | 00:02:12 | 00:04:14 | 00:06:14 | 00:08:13 | 00:10:15 | 00:12:17 | 00:14:16 | 00:16:15 | 00:18:15 | 00:20:18 | 00:22:23 | 00:24:32.70 | $\begin{aligned} & +00: 08: 32 \\ & (34.8 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (65.2 \%) \end{aligned}$ |
| 30 | RADOSZ <br> Katarzyna | 599 |  |  | K-30 | 5 | 00:00:11 | 00:02:16 | 00:04:21 | 00:06:28 | 00:08:35 | 00:10:43 | 00:12:50 | 00:15:00 | 00:17:08 | 00:19:20 | 00:21:33 | 00:23:45 | 00:25:49.85 | $\begin{aligned} & +00: 09: 49 \\ & (38.0 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (61.9 \%) \end{aligned}$ |
| 31 | wolf Beata | 587 | TKKF KOSZALIN |  | K-40 | 1 | 00:00:10 | 00:02:16 | 00:04:31 | 00:06:48 | 00:09:05 | 00:11:25 | 00:13:43 | 00:15:57 | 00:18:12 | 00:20:29 | 00:22:44 | 00:24:58 | 00:26:56.50 | $\begin{aligned} & +00: 10: 55 \\ & (40.6 \%) \end{aligned}$ | 5:34 | $\begin{aligned} & 10.8 \\ & (59.7 \%) \end{aligned}$ |
| 32 | ZUKAL <br> Aleksandra | 601 |  |  | K-40 | 2 | 00:00:11 | 00:02:24 | 00:04:40 | 00:06:55 | 00:09:10 | 00:11:31 | 00:13:54 | 00:16:23 | 00:18:55 | 00:21:28 | 00:24:04 | 00:26:38 | 00:28:49.35 | $\begin{aligned} & +00: 12: 48 \\ & (44.5 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (55.8 \%) \end{aligned}$ |
| 33 | STAŃCZYK <br> Franciszek | 575 | NIEZRZESZONY |  | M-70+ | 1 | 00:00:10 | 00:02:24 | 00:04:41 | 00:06:56 | 00:09:10 | 00:11:20 | 00:13:32 | 00:16:06 | 00:18:18 | 00:21:04 | 00:23:55 | 00:26:46 | 00:28:55.85 | $\begin{aligned} & +00: 12: 55 \\ & (44.7 \%) \end{aligned}$ | 5:59 | $\begin{aligned} & 10 \\ & (55.2 \%) \end{aligned}$ |
| 34 | KOZŁOWIECKA <br> Małgorzata | 534 |  |  | K-50+ | 2 | 00:00:09 | 00:02:14 | 00:04:44 | 00:07:10 | 00:09:47 | 00:12:11 | 00:14:40 | 00:17:16 | 00:19:42 | 00:22:06 | 00:24:30 | 00:26:53 | 00:29:17.30 | $\begin{aligned} & +00: 13: 16 \\ & (45.3 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (54.7 \%) \end{aligned}$ |

