

# BIEG HERKULESA 12 KM

B4SPORT

**Organizator:** ZOS Koszalin  
**Data:** 2016-07-23  
**Miejsce:** Koszalin  
**Dystans:** 12 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.6km	5.2km	7.8km	Czas netto 10.4km	Czas brutto 10.4km	Różn	Tempo min/km	Tempo km/h
1	<b>JAROSZ Wiesław</b>	<b>18</b>	JW. 1223	M40-49	1	00:00:06	00:10:02	00:20:27	00:31:13	<b>00:42:00.65</b>	<b>00:42:06.80</b>		3:30	17.1 (100%)
2	<b>BEDNARZ Paweł</b>	<b>4</b>	MODEST.MAN.KOSZALI(N)AŁAW	M18-39	1	00:00:06	00:09:57	00:20:43	00:31:39	<b>00:42:31.05</b>	<b>00:42:37.10</b>	+00:00:30 (1.2%)	3:32	16.9 (98.8%)
3	<b>TUTUS Michał</b>	<b>26</b>		M18-39	2	00:00:07	00:11:13	00:22:20	00:33:28	<b>00:44:34.95</b>	<b>00:44:42.65</b>	+00:02:34 (5.8%)	3:42	16.1 (94.2%)
4	<b>SYDORUK Mateusz</b>	<b>51</b>		M18-39	3	00:00:08	00:11:14	00:22:28	00:34:07	<b>00:45:44.25</b>	<b>00:45:52.40</b>	+00:03:43 (8.1%)	3:48	15.7 (91.8%)
5	<b>USTIANOWSKI Wojciech</b>	<b>54</b>	JW1223/ROZBIEGANY KOSZALIN	M18-39	4	00:00:06	00:11:19	00:23:25	00:35:42	<b>00:47:44.20</b>	<b>00:47:50.90</b>	+00:05:43 (12.0%)	3:58	15.1 (88.3%)
6	<b>PAKOS Piotr</b>	<b>39</b>		M18-39	5	00:00:07	00:11:38	00:24:04	00:36:32	<b>00:48:43.45</b>	<b>00:48:51.20</b>	+00:06:42 (13.8%)	4:03	14.8 (86.5%)
7	<b>MOKSA Dariusz</b>	<b>64</b>		M18-39	6	00:00:06	00:11:33	00:24:00	00:36:50	<b>00:49:38.35</b>	<b>00:49:44.70</b>	+00:07:37 (15.4%)	4:08	14.5 (84.8%)
8	<b>PAKULSKI Marcin</b>	<b>40</b>		M40-49	2	00:00:08	00:12:27	00:24:56	00:37:34	<b>00:49:48.90</b>	<b>00:49:57.80</b>	+00:07:48 (15.7%)	4:09	14.5 (84.8%)
9	<b>JAKUSZCZONEK Zbigniew</b>	<b>16</b>		M40-49	3	00:00:07	00:11:33	00:24:35	00:37:47	<b>00:50:33.00</b>	<b>00:50:40.60</b>	+00:08:32 (16.9%)	4:12	14.2 (83.0%)
10	<b>ZWOLIŃSKI Jan</b>	<b>61</b>	TKKF KOSZALIN	M40-49	4	00:00:08	00:12:24	00:25:10	00:38:01	<b>00:50:48.45</b>	<b>00:50:57.05</b>	+00:08:47 (17.3%)	4:14	14.2 (83.0%)
11	<b>SOBCZYK Damian</b>	<b>47</b>		M18-39	7	00:00:08	00:11:40	00:24:39	00:38:05	<b>00:51:20.50</b>	<b>00:51:28.75</b>	+00:09:19 (18.2%)	4:16	14 (81.9%)
12	<b>SINKIEWICZ Mirosław</b>	<b>45</b>	JW 1223	M18-39	8	00:00:06	00:12:21	00:25:36	00:39:13	<b>00:52:22.60</b>	<b>00:52:28.95</b>	+00:10:21 (19.8%)	4:21	13.7 (80.1%)
13	<b>THEODOSE Olivier</b>	<b>53</b>		M40-49	5	00:00:06	00:12:18	00:25:38	00:39:21	<b>00:53:17.20</b>	<b>00:53:23.35</b>	+00:11:16 (21.2%)	4:26	13.5 (78.9%)
14	<b>WALCZAK Marcin</b>	<b>55</b>		M18-39	9	00:00:05	00:12:39	00:26:15	00:39:50	<b>00:53:54.50</b>	<b>00:54:00.05</b>	+00:11:53 (22.1%)	4:29	13.4 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							2.6km	5.2km	7.8km	10.4km	10.4km			
15	<b>JANKIEWICZ Tomasz</b>	<b>17</b>	MTS HAMER MIASTKO	M40-49	6	00:00:07	00:12:49	00:26:27	00:40:16	<b>00:53:54.70</b>	<b>00:54:01.70</b>	+00:11:54 (22.1%)	4:29	13.4 (78.4%)
16	<b>SOMINKA Andrzej</b>	<b>49</b>	SSB (SOBIESAMBIEGAM)	M40-49	7	00:00:08	00:13:16	00:27:03	00:40:45	<b>00:54:10.45</b>	<b>00:54:19.20</b>	+00:12:09 (22.5%)	4:30	13.3 (77.8%)
17	<b>SOKOŁOWSKI Maciej</b>	<b>48</b>		M18-39	10	00:00:06	00:12:30	00:26:13	00:40:20	<b>00:54:19.85</b>	<b>00:54:26.65</b>	+00:12:19 (22.7%)	4:31	13.3 (77.8%)
18	<b>PUZYREWSKI Wojciech</b>	<b>42</b>	FORREST GUMP	M18-39	11	00:00:06	00:12:31	00:26:12	00:40:21	<b>00:54:27.40</b>	<b>00:54:34.20</b>	+00:12:26 (22.9%)	4:32	13.2 (77.2%)
19	<b>KUŻMA Jarosław</b>	<b>28</b>		M18-39	12	00:00:11	00:13:16	00:27:10	00:41:00	<b>00:54:41.30</b>	<b>00:54:52.50</b>	+00:12:40 (23.2%)	4:33	13.2 (77.2%)
20	<b>HAJDUK Jan</b>	<b>14</b>	STRONG HOUSE CZELADŹ	M18-39	13	00:00:06	00:13:14	00:27:04	00:41:09	<b>00:54:43.55</b>	<b>00:54:50.50</b>	+00:12:42 (23.2%)	4:33	13.2 (77.2%)
21	<b>BAŃKA Arkadiusz</b>	<b>2</b>		M18-39	14	00:00:06	00:12:45	00:26:34	00:40:44	<b>00:54:50.70</b>	<b>00:54:57.65</b>	+00:12:50 (23.4%)	4:34	13.1 (76.6%)
22	<b>JAKIMA Szymon</b>	<b>15</b>		M18-39	15	00:00:07	00:12:57	00:26:57	00:41:07	<b>00:55:11.60</b>	<b>00:55:19.35</b>	+00:13:10 (23.9%)	4:36	13 (76.0%)
23	<b>DROŹDŹ Mariusz</b>	<b>6</b>	NIEZRZESZONY	M40-49	8	00:00:09	00:13:07	00:26:54	00:40:59	<b>00:55:13.60</b>	<b>00:55:22.70</b>	+00:13:12 (23.9%)	4:36	13 (76.0%)
24	<b>NOGA Bartłomiej</b>	<b>34</b>		M18-39	16	00:00:07	00:13:10	00:27:12	00:41:33	<b>00:55:48.15</b>	<b>00:55:55.70</b>	+00:13:47 (24.7%)	4:39	12.9 (75.4%)
25	<b>KUŁAKOWSKI Dawid</b>	<b>62</b>	TKKF KOSZALIN	M18-39	17	00:00:06	00:13:35	00:28:27	00:42:36	<b>00:56:39.45</b>	<b>00:56:46.20</b>	+00:14:38 (25.9%)	4:43	12.7 (74.3%)
26	<b>WOJCIECHOWSKI Adrian</b>	<b>57</b>		M18-39	18	00:00:06	00:12:48	00:26:58	00:41:56	<b>00:56:51.10</b>	<b>00:56:57.45</b>	+00:14:50 (26.1%)	4:44	12.7 (74.3%)
27	<b>RATAJEWSKI Arkadiusz</b>	<b>43</b>		M18-39	19	00:00:08	00:13:10	00:27:28	00:42:13	<b>00:56:53.55</b>	<b>00:57:02.20</b>	+00:14:52 (26.2%)	4:44	12.7 (74.3%)
28	<b>CYBULSKI Robert</b>	<b>5</b>	MTS HAMER MIASTKO	M40-49	9	00:00:07	00:13:10	00:27:25	00:42:17	<b>00:57:31.30</b>	<b>00:57:38.55</b>	+00:15:30 (27.0%)	4:47	12.5 (73.1%)
29	<b>MISZCZYK Jan</b>	<b>33</b>		M18-39	20	00:00:09	00:13:22	00:28:36	00:43:41	<b>00:58:47.35</b>	<b>00:58:56.65</b>	+00:16:46 (28.5%)	4:53	12.2 (71.3%)
30	<b>BARAN Jacek</b>	<b>3</b>	CROSSFIT GDYNIA	M18-39	21	00:00:05	00:13:11	00:29:21	00:44:44	<b>00:59:14.05</b>	<b>00:59:19.60</b>	+00:17:13 (29.1%)	4:56	12.2 (71.3%)
31	<b>GAWROŃSKI Paweł</b>	<b>11</b>	OGIEŃ W SZOPIE	M18-39	22	00:00:10	00:13:51	00:29:36	00:45:12	<b>01:00:25.50</b>	<b>01:00:35.80</b>	+00:18:24 (30.5%)	5:02	11.9 (69.6%)
32	<b>KAMIŃSKI Kamil</b>	<b>22</b>		M18-39	23	00:00:10	00:13:28	00:29:17	00:45:18	<b>01:01:06.60</b>	<b>01:01:16.70</b>	+00:19:05 (31.3%)	5:05	11.8 (69.0%)
33	<b>HOLUBASZ Paweł</b>	<b>7</b>		M18-39	24	00:00:09	00:13:56	00:29:39	00:45:26	<b>01:01:07.10</b>	<b>01:01:16.70</b>	+00:19:06 (31.3%)	5:05	11.8 (69.0%)
34	<b>WOJANOWSKI Zbigniew</b>	<b>63</b>		M50-59	1	00:00:08	00:14:59	00:30:53	00:46:57	<b>01:02:55.10</b>	<b>01:03:03.70</b>	+00:20:54 (33.2%)	5:14	11.4 (66.7%)
35	<b>PACAN Mira</b>	<b>38</b>	ŚWIAT PŁYTEK U KRYSPIŃSKA	K18-34	1	00:00:10	00:15:34	00:31:36	00:47:30	<b>01:02:56.60</b>	<b>01:03:07.10</b>	+00:20:55 (33.3%)	5:14	11.4 (66.7%)
36	<b>WIRKUS Piotr</b>	<b>56</b>	BIGYELLOWFOOT ADVENTURE TEAM	M18-39	25	00:00:09	00:14:35	00:30:53	00:47:08	<b>01:03:10.65</b>	<b>01:03:19.80</b>	+00:21:10 (33.5%)	5:15	11.4 (66.7%)
37	<b>OGRODOWICZ Jacek</b>	<b>35</b>	ALE ... O CO BIEGA ?	M50-59	2	00:00:08	00:14:58	00:31:16	00:47:30	<b>01:03:20.90</b>	<b>01:03:28.90</b>	+00:21:20 (33.7%)	5:16	11.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.6km	5.2km	7.8km	Czas netto 10.4km	Czas brutto 10.4km	Różn	Tempo min/km	Tempo km/h
38	<b>WOLF Weronika</b>	<b>58</b>	TKKF KOSZALIN	K35-49	1	00:00:08	00:15:38	00:31:35	00:47:32	<b>01:03:21.25</b>	<b>01:03:30.05</b>	+00:21:20 (33.7%)	5:16	11.4 (66.7%)
39	<b>KARNICKI Zygmunt</b>	<b>23</b>	TKKF KOSZALIN	M60+	1	00:00:08	00:15:10	00:31:10	00:47:25	<b>01:03:35.15</b>	<b>01:03:44.05</b>	+00:21:34 (33.9%)	5:18	11.3 (66.1%)
40	<b>MAZUREK Barbara</b>	<b>32</b>	BABECZKI KOSZALIN	K35-49	2	00:00:09	00:15:14	00:31:18	00:47:29	<b>01:03:40.30</b>	<b>01:03:49.75</b>	+00:21:39 (34.0%)	5:18	11.3 (66.1%)
41	<b>KRZEWIŃSKA Monika</b>	<b>27</b>		K18-34	2	00:00:10	00:15:38	00:31:43	00:47:56	<b>01:04:21.00</b>	<b>01:04:31.60</b>	+00:22:20 (34.7%)	5:21	11.2 (65.5%)
42	<b>PIOR Tomasz</b>	<b>41</b>		M18-39	26	00:00:08	00:15:10	00:32:15	00:49:57	<b>01:07:32.10</b>	<b>01:07:40.35</b>	+00:25:31 (37.8%)	5:37	10.7 (62.6%)
43	<b>STYCZYŃSKI Rafał</b>	<b>50</b>	POLSKA	M18-39	27	00:00:07	00:15:55	00:33:34	00:50:49	<b>01:08:16.20</b>	<b>01:08:23.45</b>	+00:26:15 (38.5%)	5:41	10.5 (61.4%)
44	<b>JAWORSKI Szymon</b>	<b>20</b>		M18-39	28	00:00:06	00:15:59	00:33:35	00:50:51	<b>01:08:16.65</b>	<b>01:08:23.60</b>	+00:26:16 (38.5%)	5:41	10.5 (61.4%)
45	<b>VON BARDELEBEN Agnieszka</b>	<b>59</b>	BABECZKI KOSZALIN	K35-49	3	00:00:09	00:16:15	00:33:18	00:50:49	<b>01:08:20.85</b>	<b>01:08:30.55</b>	+00:26:20 (38.5%)	5:41	10.5 (61.4%)

Znaleziono 45 wynik(ów)