



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

BIEG HERKULESA 12 KM

B4SPORT



Klasyfikacja: M-OPEN

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.6km	5.2km	7.8km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										10.4km	10.4km			
15	JANKIEWICZ Tomasz	17	MTS HAMER MIASTKO	M40-49	6	00:00:07	00:12:49	00:26:27	00:40:16	00:53:54.70	00:54:01.70	+00:11:54 (22.1%)	4:29	13.4 (78.4%)
16	SOMINKA Andrzej	49	SSB (SOBIESAMBIEGAM)	M40-49	7	00:00:08	00:13:16	00:27:03	00:40:45	00:54:10.45	00:54:19.20	+00:12:09 (22.5%)	4:30	13.3 (77.8%)
17	SOKOŁOWSKI Maciej	48		M18-39	10	00:00:06	00:12:30	00:26:13	00:40:20	00:54:19.85	00:54:26.65	+00:12:19 (22.7%)	4:31	13.3 (77.8%)
18	PUZYREWSKI Wojciech	42	FORREST GUMP	M18-39	11	00:00:06	00:12:31	00:26:12	00:40:21	00:54:27.40	00:54:34.20	+00:12:26 (22.9%)	4:32	13.2 (77.2%)
19	KUŻMA Jarosław	28		M18-39	12	00:00:11	00:13:16	00:27:10	00:41:00	00:54:41.30	00:54:52.50	+00:12:40 (23.2%)	4:33	13.2 (77.2%)
20	HAJDUK Jan	14	STRONG HOUSE CZELADŹ	M18-39	13	00:00:06	00:13:14	00:27:04	00:41:09	00:54:43.55	00:54:50.50	+00:12:42 (23.2%)	4:33	13.2 (77.2%)
21	BAŃKA Arkadiusz	2		M18-39	14	00:00:06	00:12:45	00:26:34	00:40:44	00:54:50.70	00:54:57.65	+00:12:50 (23.4%)	4:34	13.1 (76.6%)
22	JAKIMA Szymon	15		M18-39	15	00:00:07	00:12:57	00:26:57	00:41:07	00:55:11.60	00:55:19.35	+00:13:10 (23.9%)	4:36	13 (76.0%)
23	DROŹDŹ Mariusz	6	NIEZRZESZONY	M40-49	8	00:00:09	00:13:07	00:26:54	00:40:59	00:55:13.60	00:55:22.70	+00:13:12 (23.9%)	4:36	13 (76.0%)
24	NOGA Bartłomiej	34		M18-39	16	00:00:07	00:13:10	00:27:12	00:41:33	00:55:48.15	00:55:55.70	+00:13:47 (24.7%)	4:39	12.9 (75.4%)
25	KUŁAKOWSKI Dawid	62	TKKF KOSZALIN	M18-39	17	00:00:06	00:13:35	00:28:27	00:42:36	00:56:39.45	00:56:46.20	+00:14:38 (25.9%)	4:43	12.7 (74.3%)
26	WOJCIECHOWSKI Adrian	57		M18-39	18	00:00:06	00:12:48	00:26:58	00:41:56	00:56:51.10	00:56:57.45	+00:14:50 (26.1%)	4:44	12.7 (74.3%)
27	RATAJEWSKI Arkadiusz	43		M18-39	19	00:00:08	00:13:10	00:27:28	00:42:13	00:56:53.55	00:57:02.20	+00:14:52 (26.2%)	4:44	12.7 (74.3%)
28	CYBULSKI Robert	5	MTS HAMER MIASTKO	M40-49	9	00:00:07	00:13:10	00:27:25	00:42:17	00:57:31.30	00:57:38.55	+00:15:30 (27.0%)	4:47	12.5 (73.1%)
29	MISZCZYK Jan	33		M18-39	20	00:00:09	00:13:22	00:28:36	00:43:41	00:58:47.35	00:58:56.65	+00:16:46 (28.5%)	4:53	12.2 (71.3%)
30	BARAN Jacek	3	CROSSFIT GDYNIA	M18-39	21	00:00:05	00:13:11	00:29:21	00:44:44	00:59:14.05	00:59:19.60	+00:17:13 (29.1%)	4:56	12.2 (71.3%)
31	GAWROŃSKI Paweł	11	OGIEŃ W SZOPIE	M18-39	22	00:00:10	00:13:51	00:29:36	00:45:12	01:00:25.50	01:00:35.80	+00:18:24 (30.5%)	5:02	11.9 (69.6%)
32	KAMIŃSKI Kamil	22		M18-39	23	00:00:10	00:13:28	00:29:17	00:45:18	01:01:06.60	01:01:16.70	+00:19:05 (31.3%)	5:05	11.8 (69.0%)
33	HOLUBASZ Paweł	7		M18-39	24	00:00:09	00:13:56	00:29:39	00:45:26	01:01:07.10	01:01:16.70	+00:19:06 (31.3%)	5:05	11.8 (69.0%)
34	WOJANOWSKI Zbigniew	63		M50-59	1	00:00:08	00:14:59	00:30:53	00:46:57	01:02:55.10	01:03:03.70	+00:20:54 (33.2%)	5:14	11.4 (66.7%)
35	WIRKUS Piotr	56	BIGYELLOWFOOT ADVENTURE TEAM	M18-39	25	00:00:09	00:14:35	00:30:53	00:47:08	01:03:10.65	01:03:19.80	+00:21:10 (33.5%)	5:15	11.4 (66.7%)
36	OGRODOWICZ Jacek	35	ALE ... O CO BIEGA ?	M50-59	2	00:00:08	00:14:58	00:31:16	00:47:30	01:03:20.90	01:03:28.90	+00:21:20 (33.7%)	5:16	11.4 (66.7%)
37	KARNICKI Zygmunt	23	TKKF KOSZALIN	M60+	1	00:00:08	00:15:10	00:31:10	00:47:25	01:03:35.15	01:03:44.05	+00:21:34 (33.9%)	5:18	11.3 (66.1%)

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38	PIOR Tomasz	41		M18-39	26	00:00:08	00:15:10	00:32:15	00:49:57	01:07:32.10	01:07:40.35	+00:25:31 (37.8%)	5:37	10.7 (62.6%)
39	STYCZYŃSKI Rafał	50	POLSKA	M18-39	27	00:00:07	00:15:55	00:33:34	00:50:49	01:08:16.20	01:08:23.45	+00:26:15 (38.5%)	5:41	10.5 (61.4%)
40	JAWORSKI Szymon	20		M18-39	28	00:00:06	00:15:59	00:33:35	00:50:51	01:08:16.65	01:08:23.60	+00:26:16 (38.5%)	5:41	10.5 (61.4%)

Znaleziono 40 wynik(ów)