



Event: BIEG HERKULESA 2017
Organiser: ZOS Koszalin
Date: 2017-08-13
Place: Koszalin
Distance: 12 km

BIEG HERKULESA 12 KM

B4SPORT



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Start All 3km	Start All 6km	Start All 9km	Net time 12km	Gap	Pace min/km	Pace km/h
1	ROKOSZ Radosław	19	JW 1223	M18-39	1	00:12:02	00:24:15	00:36:42	00:49:38.95		4:46	12.6 (100%)
2	SZYMAŃSKI Piotr	21	SZYMKIRUN	M40-49	1	00:12:03	00:24:50	00:37:49	00:50:42.10	+00:01:03 (2.1%)	4:13	14.2 (112.7%)
3	MISZCZYK Jan	14	ROZBIEGANY KOSZALIN	M18-39	2	00:12:24	00:25:19	00:38:26	00:51:08.55	+00:01:29 (2.9%)	4:15	14.1 (111.9%)
4	PUSZ Jakub	18		M18-39	3	00:12:54	00:26:24	00:39:19	00:51:09.55	+00:01:30 (3.0%)	4:15	14.1 (111.9%)
5	KAJKOWSKI Rafał	9	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	2	00:12:14	00:25:18	00:38:41	00:51:46.50	+00:02:07 (4.1%)	4:18	13.9 (110.3%)
6	MAZUR Cezary	13		M18-39	4	00:12:21	00:25:18	00:38:26	00:51:51.95	+00:02:13 (4.3%)	4:19	13.9 (110.3%)
7	MAŃSKI Tomasz	12	AŚNAEBAEM	M18-39	5	00:12:29	00:26:17	00:40:05	00:53:21.20	+00:03:42 (6.9%)	4:26	13.5 (107.1%)
8	JAROSZEWSKI Daniel	7	ROZBIEGANY KOSZALIN	M18-39	6	00:12:45	00:26:36	00:40:26	00:53:40.50	+00:04:01 (7.5%)	4:28	13.4 (106.3%)
9	MORDACZ Tomasz	15	PORZECZE BIEGA	M18-39	7	00:13:01	00:26:51	00:40:48	00:54:15.85	+00:04:36 (8.5%)	4:31	13.3 (105.6%)
10	KRASIŃSKI Witold	11	JW 1223	M40-49	3	00:13:28	00:28:03	00:42:49	00:57:58.05	+00:08:19 (14.3%)	4:49	12.4 (98.4%)
11	ZAJKO Michał	22		M18-39	8	00:14:24	00:29:29	00:44:18	00:59:13.00	+00:09:34 (16.2%)	4:56	12.2 (96.8%)
12	CIUPA Marcin	5	H2-DES'TP	M40-49	4	00:14:42	00:29:43	00:45:26	01:01:02.15	+00:11:23 (18.7%)	5:05	11.8 (93.7%)
13	KAMIŃSKI Tomasz	10	TKKF KOSZALIN, JW1223	M18-39	9	00:14:24	00:30:42	00:46:20	01:02:06.20	+00:12:27 (20.1%)	5:10	11.6 (92.1%)
14	PTAK Daniel	23		M18-39	10	00:14:45	00:30:35	00:46:39	01:02:38.90	+00:12:59 (20.7%)	5:13	11.5 (91.3%)
15	JUSZCZAK Krzysztof	8		M60+	1	00:15:45	00:32:33	00:49:32	01:05:50.10	+00:16:11 (24.6%)	5:29	10.9 (86.5%)

Place	Participant	Number	Club	Category	MCat	Start_All 3km	Start_All 6km	Start_All 9km	Net time 12km	Gap	Pace min/km	Pace km/h
16	MURAWSKI Rafał	17	AŚNAEBAEM	M18-39	11	00:17:36	00:36:37	00:54:58	01:13:11.70	+00:23:32 (32.2%)	6:06	9.8 (77.8%)
17	JAGODZIŃSKI Damian	6		M18-39	12	00:17:29	00:38:55	01:00:18	01:21:22.35	+00:31:43 (39.0%)	6:46	8.8 (69.8%)

Total 17 results.