



**Organiser:** ZOS Koszalin  
**Date:** 2016-07-23  
**Place:** Koszalin  
**Distance:** 12 km

## BIEG HERKULESA 12 KM

B4SPORT



Classification: M18-39

Place	Participant	Number	Club	Category	MCat	Start time	2.6km	5.2km	7.8km	Net time 10.4km	Czas brutto 10.4km	Gap	Pace min/km	Pace km/h
1	<b>BEDNARZ Paweł</b>	<b>4</b>	MODEST.MAN.KOSZALI(N)ACŁAW	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>		3:32	16.9 (100%)
2	<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>	+00:02:03 (4.6%)	3:42	16.1 (95.3%)
3	<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>	+00:03:13 (7.0%)	3:48	15.7 (92.9%)
4	<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>	+00:05:13 (10.9%)	3:58	15.1 (89.3%)
5	<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>	+00:06:12 (12.7%)	4:03	14.8 (87.6%)
6	<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>	+00:07:07 (14.3%)	4:08	14.5 (85.8%)
7	<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>	+00:08:49 (17.2%)	4:16	14 (82.8%)
8	<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>	+00:09:51 (18.8%)	4:21	13.7 (81.1%)
9	<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>	+00:11:23 (21.1%)	4:29	13.4 (79.3%)
10	<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>	+00:11:48 (21.7%)	4:31	13.3 (78.7%)
11	<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>	+00:11:56 (21.9%)	4:32	13.2 (78.1%)
12	<b>KUŹMA 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>	+00:12:10 (22.3%)	4:33	13.2 (78.1%)
13	<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>	+00:12:12 (22.3%)	4:33	13.2 (78.1%)
14	<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>	+00:12:19 (22.5%)	4:34	13.1 (77.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.6km	5.2km	7.8km	Net time 10.4km	Czas brutto 10.4km	Gap	Pace min/km	Pace km/h
15	<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>	+00:12:40 (23.0%)	4:36	13 (76.9%)
16	<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>	+00:13:17 (23.8%)	4:39	12.9 (76.3%)
17	<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>	+00:14:08 (25.0%)	4:43	12.7 (75.1%)
18	<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>	+00:14:20 (25.2%)	4:44	12.7 (75.1%)
19	<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>	+00:14:22 (25.3%)	4:44	12.7 (75.1%)
20	<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>	+00:16:16 (27.7%)	4:53	12.2 (72.2%)
21	<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>	+00:16:43 (28.2%)	4:56	12.2 (72.2%)
22	<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>	+00:17:54 (29.6%)	5:02	11.9 (70.4%)
23	<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>	+00:18:35 (30.4%)	5:05	11.8 (69.8%)
24	<b>HOŁUBASZ 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>	+00:18:36 (30.4%)	5:05	11.8 (69.8%)
25	<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>	+00:20:39 (32.7%)	5:15	11.4 (67.5%)
26	<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>	+00:25:01 (37.0%)	5:37	10.7 (63.3%)
27	<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>	+00:25:45 (37.7%)	5:41	10.5 (62.1%)
28	<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>	+00:25:45 (37.7%)	5:41	10.5 (62.1%)

Total 28 results.