



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

BIEG HERKULESA 12 KM

B4SPORT



Klasyfikacja: M40-49

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	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%)
3	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)

Znaleziono 9 wynik(ów)