



Organizator: ZOS Koszalin
Data: 2016-07-23
Miejsce: Koszalin
Dystans: 3 km

BIEG HERKULESA 3 KM

B4SPORT



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 2.6km | Czas brutto 2.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------|-----------|------|-------------|---------------------|----------------------|-------------------|-----------------|---------------|
| 1 | KOZAK Paweł | 217 | KL BAŁTYK | M14-17 | 1 | 00:01:54 | 00:11:14.25 | 00:13:08.95 | | 4:19 | 13.9 (100%) |
| 2 | SOSNOWSKI Tomasz | 222 | | M18-39 | 1 | 00:01:55 | 00:11:29.80 | 00:13:25.20 | +00:00:15 (2.3%) | 4:25 | 13.6 (97.8%) |
| 3 | WEBER Paweł | 212 | CROSSFIT KOSZALIN | M18-39 | 2 | 00:01:55 | 00:11:30.20 | 00:13:25.20 | +00:00:15 (2.3%) | 4:25 | 13.6 (97.8%) |
| 4 | BUZKO Jean-Marc | 226 | | M40-49 | 1 | 00:12:01 | 00:11:30.95 | 00:23:32.85 | +00:00:16 (2.4%) | 4:25 | 13.5 (97.1%) |
| 5 | JOACHIM Laloc | 8 | | M14-17 | 2 | 00:12:01 | 00:11:38.85 | 00:23:40.20 | +00:00:24 (3.5%) | 4:28 | 13.4 (96.4%) |
| 6 | MEZYN Edward | 21 | | M14-17 | 3 | 00:12:01 | 00:11:40.90 | 00:23:42.50 | +00:00:26 (3.8%) | 4:29 | 13.4 (96.4%) |
| 7 | BALICKI Paweł | 218 | | M14-17 | 4 | 00:01:55 | 00:12:05.90 | 00:14:01.20 | +00:00:51 (7.1%) | 4:39 | 12.9 (92.8%) |
| 8 | GĘBURA Łukasz | 185 | | M14-17 | 5 | 00:01:55 | 00:12:18.20 | 00:14:13.80 | +00:01:03 (8.7%) | 4:43 | 12.7 (91.4%) |
| 9 | JAROSZ Konrad | 187 | GIMNAZJUM NR 9 | M14-17 | 6 | 00:01:56 | 00:12:19.90 | 00:14:16.50 | +00:01:05 (8.9%) | 4:44 | 12.6 (90.6%) |
| 10 | KNIEĆ Aleksander | 208 | 7 PDH HERKULES | M14-17 | 7 | 00:02:57 | 00:12:35.45 | 00:15:32.70 | +00:01:21 (10.7%) | 4:50 | 12.4 (89.2%) |
| 11 | WALERIAŃCZYK Patryk | 210 | 7 PDH HERKULES | M14-17 | 8 | 00:02:56 | 00:13:01.80 | 00:15:58.50 | +00:01:47 (13.8%) | 5:00 | 12 (86.3%) |
| 12 | SKUPIEN Maximilian | 44 | | M14-17 | 9 | 00:12:00 | 00:13:10.80 | 00:25:11.75 | +00:01:56 (14.7%) | 5:04 | 11.8 (84.9%) |
| 13 | PIECHOWIAK Kamil | 200 | 7 PDH HERKULES | M18-39 | 3 | 00:02:56 | 00:13:19.35 | 00:16:16.00 | +00:02:05 (15.7%) | 5:07 | 11.7 (84.2%) |
| 14 | PSZENNY Damian | 204 | | M18-39 | 4 | 00:01:56 | 00:13:43.30 | 00:15:39.75 | +00:02:29 (18.1%) | 5:16 | 11.4 (82.0%) |
| 15 | STASICA Mateusz | 209 | 7 PDH HERKULES | M14-17 | 10 | 00:02:55 | 00:13:47.55 | 00:16:43.00 | +00:02:33 (18.5%) | 5:18 | 11.3 (81.3%) |
| 16 | ZDROJEWSKA Dorota | 215 | | K18-34 | 1 | 00:01:55 | 00:13:50.00 | 00:15:45.80 | +00:02:35 (18.8%) | 5:19 | 11.3 (81.3%) |
| 17 | KILJAN Sylwia | 189 | | K18-34 | 2 | 00:01:56 | 00:13:57.15 | 00:15:53.30 | +00:02:42 (19.5%) | 5:21 | 11.2 (80.6%) |
| 18 | BŁASZCZYK Jakub | 182 | 7 PDH HERKULES | M14-17 | 11 | 00:02:57 | 00:14:00.05 | 00:16:57.10 | +00:02:45 (19.7%) | 5:23 | 11.1 (79.9%) |
| 19 | PIEPRZYK Dorota | 201 | 7 PDH HERKULES | K18-34 | 3 | 00:02:54 | 00:14:15.55 | 00:17:10.50 | +00:03:01 (21.2%) | 5:29 | 10.9 (78.4%) |
| 20 | SIEDLECKI Dawid | 36 | | M18-39 | 5 | 00:12:03 | 00:14:15.85 | 00:26:19.15 | +00:03:01 (21.2%) | 5:29 | 10.9 (78.4%) |
| 21 | BALICKI Michał | 219 | | M14-17 | 12 | 00:01:55 | 00:14:24.70 | 00:16:19.70 | +00:03:10 (22.0%) | 5:32 | 10.8 (77.7%) |
| 22 | SIEPRACKI Adam | 220 | | M18-39 | 6 | 00:02:57 | 00:14:40.05 | 00:17:37.30 | +00:03:25 (23.4%) | 5:38 | 10.6 (76.3%) |
| 23 | ALFREDO Tosi | 25 | | M18-39 | 7 | 00:12:01 | 00:14:41.55 | 00:26:43.25 | +00:03:27 (23.5%) | 5:39 | 10.6 (76.3%) |
| 24 | KOZŁOWIECKI Waldemar | 216 | TKKF KOSZALIN | M60+ | 1 | 00:01:57 | 00:14:50.95 | 00:16:48.00 | +00:03:36 (24.3%) | 5:42 | 10.5 (75.5%) |
| 25 | NOWAK Toni | 29 | | M18-39 | 8 | 00:12:01 | 00:14:56.35 | 00:26:58.25 | +00:03:42 (24.8%) | 5:45 | 10.4 (74.8%) |
| 26 | HAŁAJKO Tomasz | 224 | | M18-39 | 9 | 00:01:56 | 00:15:24.50 | 00:17:21.25 | +00:04:10 (27.1%) | 5:55 | 10.1 (72.7%) |
| 27 | NOWAKOWSKA Zuzanna | 197 | 7 PDH HERKULES | K14-17 | 1 | 00:02:55 | 00:15:27.50 | 00:18:22.95 | +00:04:13 (27.3%) | 5:56 | 10.1 (72.7%) |

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|-----|---------------------------------|------------|-------------------|-----------|------|-------------|---------------------|----------------------|-------------------|-----------------|---------------|
| 28 | SOHONNEY Louisa | 230 | | K14-17 | 2 | 00:12:01 | 00:15:28.55 | 00:27:29.75 | +00:04:14 (27.4%) | 5:56 | 10.1 (72.7%) |
| 29 | ORWAT Natalia | 198 | 7 PDH HERKULES | K14-17 | 3 | 00:02:55 | 00:15:29.20 | 00:18:24.40 | +00:04:14 (27.4%) | 5:57 | 10.1 (72.7%) |
| 30 | HAŁAJKO Magdalena | 223 | | K18-34 | 4 | 00:01:56 | 00:15:31.20 | 00:17:27.65 | +00:04:16 (27.6%) | 5:58 | 10.1 (72.7%) |
| 31 | DYCK David | 30 | | M18-39 | 10 | 00:12:00 | 00:15:37.65 | 00:27:38.50 | +00:04:23 (28.1%) | 6:00 | 10 (71.9%) |
| 32 | BEZZET Adrien | 225 | | M18-39 | 11 | 00:12:01 | 00:15:38.20 | 00:27:39.90 | +00:04:23 (28.1%) | 6:00 | 10 (71.9%) |
| 33 | JABŁOŃSKA-KOWALSKA Marta | 186 | STATYSTYCZNI | K35-49 | 1 | 00:01:55 | 00:15:41.35 | 00:17:37.30 | +00:04:27 (28.4%) | 6:02 | 9.9 (71.2%) |
| 34 | FILIPPOTO Oliwia | 184 | 7 PDH HERKULES | K14-17 | 4 | 00:02:56 | 00:15:54.15 | 00:18:50.70 | +00:04:39 (29.3%) | 6:06 | 9.8 (70.5%) |
| 35 | JASTRZĘBSKI Wojciech | 188 | 7 PDH HERKULES | M14-17 | 13 | 00:02:56 | 00:15:54.65 | 00:18:51.20 | +00:04:40 (29.4%) | 6:07 | 9.8 (70.5%) |
| 36 | ZAWAL Lidia | 214 | 7 PDH HERKULES | K14-17 | 5 | 00:02:56 | 00:16:06.75 | 00:19:03.60 | +00:04:52 (30.3%) | 6:11 | 9.7 (69.8%) |
| 37 | CICHY Julia | 199 | 7 PDH HERKULES | K14-17 | 6 | 00:02:55 | 00:16:06.80 | 00:19:02.00 | +00:04:52 (30.3%) | 6:11 | 9.7 (69.8%) |
| 38 | DAHLKE Weronika | 183 | 7 PDH HERKULES | K14-17 | 7 | 00:02:56 | 00:16:50.90 | 00:19:47.55 | +00:05:36 (33.3%) | 6:28 | 9.3 (66.9%) |
| 39 | PIETRZAK Barbara | 202 | 7 PDH HERKULES | K14-17 | 8 | 00:02:56 | 00:16:54.30 | 00:19:50.35 | +00:05:40 (33.5%) | 6:30 | 9.2 (66.2%) |
| 40 | SIERPOWSKA Anna | 207 | 7 PDH HERKULES | K14-17 | 9 | 00:02:56 | 00:17:02.85 | 00:19:59.55 | +00:05:48 (34.1%) | 6:33 | 9.1 (65.5%) |
| 41 | KOROL Dominika | 191 | BABECZKI KOSZALIN | K18-34 | 5 | 00:01:55 | 00:17:09.90 | 00:19:05.85 | +00:05:55 (34.5%) | 6:36 | 9.1 (65.5%) |
| 42 | ROSZCZAK Aleksandra | 211 | 7 PDH HERKULES | K14-17 | 10 | 00:02:56 | 00:17:14.20 | 00:20:10.25 | +00:05:59 (34.8%) | 6:37 | 9.1 (65.5%) |
| 43 | LEOPOLD Franziska | 9 | | K18-34 | 6 | 00:12:02 | 00:17:17.20 | 00:29:19.55 | +00:06:02 (35.0%) | 6:38 | 9 (64.7%) |
| 44 | KUBIAK Patrycja | 196 | 7 PDH HERKULES | K14-17 | 11 | 00:02:56 | 00:17:26.15 | 00:20:22.40 | +00:06:11 (35.5%) | 6:42 | 8.9 (64.0%) |
| 45 | BARGAŃSKI Sebastian | 181 | | M18-39 | 12 | 00:02:57 | 00:17:27.20 | 00:20:24.95 | +00:06:12 (35.6%) | 6:42 | 8.9 (64.0%) |
| 46 | KRÓL Julia | 193 | 7 PDH HERKULES | K14-17 | 12 | 00:02:55 | 00:17:47.25 | 00:20:42.25 | +00:06:33 (36.8%) | 6:50 | 8.8 (63.3%) |
| 47 | KRZESZOWIEC Joanna | 195 | 7 PDH HERKULES | K14-17 | 13 | 00:02:55 | 00:18:06.65 | 00:21:02.45 | +00:06:52 (38.0%) | 6:58 | 8.6 (61.9%) |
| 48 | KRZESZOWIEC Barbara | 194 | 7 PDH HERKULES | K14-17 | 14 | 00:02:57 | 00:18:26.70 | 00:21:23.95 | +00:07:12 (39.1%) | 7:05 | 8.5 (61.2%) |
| 49 | WIŚNIEWSKA Agnieszka | 213 | 7 PDH HERKULES | K14-17 | 15 | 00:02:55 | 00:18:31.60 | 00:21:26.90 | +00:07:17 (39.3%) | 7:07 | 8.4 (60.4%) |
| 50 | KOROL Elżbieta | 192 | BABECZKI KOSZALIN | K35-49 | 2 | 00:01:56 | 00:18:38.40 | 00:20:34.60 | +00:07:24 (39.7%) | 7:10 | 8.4 (60.4%) |
| 51 | GIEMICA Laetita | 229 | | K18-34 | 7 | 00:12:02 | 00:19:15.50 | 00:31:17.90 | +00:08:01 (41.6%) | 7:24 | 8.1 (58.3%) |
| 52 | LEVIOCROIS Melissa | 1 | | K14-17 | 16 | 00:12:02 | 00:19:17.80 | 00:31:20.40 | +00:08:03 (41.8%) | 7:25 | 8.1 (58.3%) |
| 53 | SEIFERT Sandra | 206 | 7 PDH HERKULES | K18-34 | 8 | 00:02:56 | 00:19:52.00 | 00:22:48.10 | +00:08:37 (43.4%) | 7:38 | 7.9 (56.8%) |
| 54 | RZEPA Zofia | 205 | 7 PDH HERKULES | K14-17 | 17 | 00:02:56 | 00:19:52.15 | 00:22:48.25 | +00:08:37 (43.4%) | 7:38 | 7.9 (56.8%) |
| 55 | KOLLY Sophie | 227 | | M18-39 | 13 | 00:12:02 | 00:20:15.10 | 00:32:17.60 | +00:09:00 (44.5%) | 7:47 | 7.7 (55.4%) |
| 56 | PŁATEK Klaudia | 203 | 7 PDH HERKULES | K14-17 | 18 | 00:02:57 | 00:20:18.80 | 00:23:16.50 | +00:09:04 (44.7%) | 7:48 | 7.7 (55.4%) |
| 57 | KOŁODZIEJCZYK Anna | 190 | 7 PDH HERKULES | K14-17 | 19 | 00:02:57 | 00:21:33.50 | 00:24:30.90 | +00:10:19 (47.9%) | 8:17 | 7.2 (51.8%) |
| 58 | GRUNDMACMM Aylin | 10 | | K18-34 | 9 | 00:12:02 | 00:21:34.95 | 00:33:37.85 | +00:10:20 (47.9%) | 8:18 | 7.2 (51.8%) |
| 59 | HOHN Laura Patricia | 24 | | K18-34 | 10 | 00:12:02 | 00:21:35.00 | 00:33:37.90 | +00:10:20 (47.9%) | 8:18 | 7.2 (51.8%) |

Znaleziono 59 wynik(ów)