

# BIEG HERKULESA 3 KM

B4SPORT

**Wydarzenie:** BIEG HERKULESA 2017  
**Organizator:** ZOS Koszalin  
**Data:** 2017-08-13  
**Miejsce:** Koszalin  
**Dystans:** 3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	SOSNOWSKI Tomasz	107		M18-39	1	00:11:23.60		3:48	15.8 (100%)
2	SZEWczyk Dawid	109		M14-17	1	00:11:33.60	+00:00:10 (1.4%)	3:51	15.6 (98.7%)
3	MATUSZEWSKI Karol	119	KS WILKI KOSZALIN	M18-39	2	00:11:38.55	+00:00:14 (2.1%)	3:52	15.5 (98.1%)
4	WEBER Paweł	111	ENERGOBUD	M18-39	3	00:11:47.30	+00:00:23 (3.4%)	3:56	15.3 (96.8%)
5	JAROSZ Jakub	97	TKKF KOSZALIN	M18-39	4	00:11:50.20	+00:00:26 (3.7%)	3:56	15.2 (96.2%)
6	SZEWczyk Paweł	108		M14-17	2	00:11:50.65	+00:00:27 (3.8%)	3:56	15.2 (96.2%)
7	KĘDZIORA Piotr	118	WPOGONIZACHLEBEM	M14-17	3	00:12:36.20	+00:01:12 (9.6%)	4:12	14.3 (90.5%)
8	PSZENNY Damian	117	ENERGOBUD	M18-39	5	00:12:43.65	+00:01:20 (10.5%)	4:14	14.1 (89.2%)
9	MASTALERZ Konrad	100	DECATHLON KOSZALIN	M18-39	6	00:12:45.25	+00:01:21 (10.7%)	4:15	14.1 (89.2%)
10	BALICKI Michał	115	HERKULES	M14-17	4	00:13:03.80	+00:01:40 (12.8%)	4:21	13.8 (87.3%)
11	JASIŃSKI Mateusz	98		M18-39	7	00:13:21.10	+00:01:57 (14.7%)	4:27	13.5 (85.4%)
12	RADZIMSKI Marcel	104	GIMNAZJUM W BIESIEKIERZU	M14-17	5	00:13:26.25	+00:02:02 (15.2%)	4:28	13.4 (84.8%)
13	BARGANSKA Justyna	91		K-OPEN	1	00:13:41.35	+00:02:17 (16.8%)	4:33	13.2 (83.5%)
14	GARNCAREK Paweł	95	KS WILKI KOSZALIN	M18-39	8	00:13:49.80	+00:02:26 (17.6%)	4:36	13 (82.3%)
15	NACZK Wiktoria	101	DYNAMIC	K-OPEN	2	00:14:10.70	+00:02:47 (19.6%)	4:43	12.7 (80.4%)
16	KILJAN Sylwia	99		K-OPEN	3	00:14:39.00	+00:03:15 (22.2%)	4:53	12.3 (77.8%)
17	SZKATULSKI Tomasz	116	RUNNERSWALDE	M18-39	9	00:14:39.40	+00:03:15 (22.3%)	4:53	12.3 (77.8%)
18	KOZŁOWIECKI Waldemar	113	TKKF KOSZALIN	M60+	1	00:15:37.10	+00:04:13 (27.1%)	5:12	11.5 (72.8%)
19	FRUBA Andrzej	94		M50-59	1	00:16:04.85	+00:04:41 (29.1%)	5:21	11.2 (70.9%)
20	PRADUŃ Michał	103		M18-39	10	00:16:23.55	+00:04:59 (30.5%)	5:27	11 (69.6%)
21	WŁODARCZYK Emilia	112		K-OPEN	4	00:17:33.05	+00:06:09 (35.1%)	5:51	10.3 (65.2%)
22	JAKUBOWSKA Anna	96		K-OPEN	5	00:18:41.00	+00:07:17 (39.0%)	6:13	9.6 (60.8%)
23	FRUBA Karina	93	STOPA SŁUPSK	K-OPEN	6	00:21:56.30	+00:10:32 (48.1%)	7:18	8.2 (51.9%)

Znaleziono 23 wynik(ów)