



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

## BIEG HERKULESA 3 KM

B4SPORT



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 2.6km	Czas brutto 2.6km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Paweł</b>	<b>217</b>	KL BAŁTYK	M14-17	1	00:01:54	<b>00:11:14.25</b>	<b>00:13:08.95</b>		4:19	13.9 (100%)
2	<b>SOSNOWSKI Tomasz</b>	<b>222</b>		M18-39	1	00:01:55	<b>00:11:29.80</b>	<b>00:13:25.20</b>	+00:00:15 (2.3%)	4:25	13.6 (97.8%)
3	<b>WEBER Paweł</b>	<b>212</b>	CROSSFIT KOSZALIN	M18-39	2	00:01:55	<b>00:11:30.20</b>	<b>00:13:25.20</b>	+00:00:15 (2.3%)	4:25	13.6 (97.8%)
4	<b>BUZKO Jean-Marc</b>	<b>226</b>		M40-49	1	00:12:01	<b>00:11:30.95</b>	<b>00:23:32.85</b>	+00:00:16 (2.4%)	4:25	13.5 (97.1%)
5	<b>JOACHIM Laloc</b>	<b>8</b>		M14-17	2	00:12:01	<b>00:11:38.85</b>	<b>00:23:40.20</b>	+00:00:24 (3.5%)	4:28	13.4 (96.4%)
6	<b>MEZYN Edward</b>	<b>21</b>		M14-17	3	00:12:01	<b>00:11:40.90</b>	<b>00:23:42.50</b>	+00:00:26 (3.8%)	4:29	13.4 (96.4%)
7	<b>BALICKI Paweł</b>	<b>218</b>		M14-17	4	00:01:55	<b>00:12:05.90</b>	<b>00:14:01.20</b>	+00:00:51 (7.1%)	4:39	12.9 (92.8%)
8	<b>GĘBURA Łukasz</b>	<b>185</b>		M14-17	5	00:01:55	<b>00:12:18.20</b>	<b>00:14:13.80</b>	+00:01:03 (8.7%)	4:43	12.7 (91.4%)
9	<b>JAROSZ Konrad</b>	<b>187</b>	GIMNAZJUM NR 9	M14-17	6	00:01:56	<b>00:12:19.90</b>	<b>00:14:16.50</b>	+00:01:05 (8.9%)	4:44	12.6 (90.6%)
10	<b>KNIEĆ Aleksander</b>	<b>208</b>	7 PDH HERKULES	M14-17	7	00:02:57	<b>00:12:35.45</b>	<b>00:15:32.70</b>	+00:01:21 (10.7%)	4:50	12.4 (89.2%)
11	<b>WALERIAŃCZYK Patryk</b>	<b>210</b>	7 PDH HERKULES	M14-17	8	00:02:56	<b>00:13:01.80</b>	<b>00:15:58.50</b>	+00:01:47 (13.8%)	5:00	12 (86.3%)
12	<b>SKUPIEN Maximilian</b>	<b>44</b>		M14-17	9	00:12:00	<b>00:13:10.80</b>	<b>00:25:11.75</b>	+00:01:56 (14.7%)	5:04	11.8 (84.9%)
13	<b>PIECHOWIAK Kamil</b>	<b>200</b>	7 PDH HERKULES	M18-39	3	00:02:56	<b>00:13:19.35</b>	<b>00:16:16.00</b>	+00:02:05 (15.7%)	5:07	11.7 (84.2%)
14	<b>PSZENNY Damian</b>	<b>204</b>		M18-39	4	00:01:56	<b>00:13:43.30</b>	<b>00:15:39.75</b>	+00:02:29 (18.1%)	5:16	11.4 (82.0%)
15	<b>STASICA Mateusz</b>	<b>209</b>	7 PDH HERKULES	M14-17	10	00:02:55	<b>00:13:47.55</b>	<b>00:16:43.00</b>	+00:02:33 (18.5%)	5:18	11.3 (81.3%)
16	<b>BŁASZCZYK Jakub</b>	<b>182</b>	7 PDH HERKULES	M14-17	11	00:02:57	<b>00:14:00.05</b>	<b>00:16:57.10</b>	+00:02:45 (19.7%)	5:23	11.1 (79.9%)
17	<b>SIEDLECKI Dawid</b>	<b>36</b>		M18-39	5	00:12:03	<b>00:14:15.85</b>	<b>00:26:19.15</b>	+00:03:01 (21.2%)	5:29	10.9 (78.4%)
18	<b>BALICKI Michał</b>	<b>219</b>		M14-17	12	00:01:55	<b>00:14:24.70</b>	<b>00:16:19.70</b>	+00:03:10 (22.0%)	5:32	10.8 (77.7%)
19	<b>SIEPRACKI Adam</b>	<b>220</b>		M18-39	6	00:02:57	<b>00:14:40.05</b>	<b>00:17:37.30</b>	+00:03:25 (23.4%)	5:38	10.6 (76.3%)
20	<b>ALFREDO Tosi</b>	<b>25</b>		M18-39	7	00:12:01	<b>00:14:41.55</b>	<b>00:26:43.25</b>	+00:03:27 (23.5%)	5:39	10.6 (76.3%)
21	<b>KOZŁOWIECKI Waldemar</b>	<b>216</b>	TKKF KOSZALIN	M60+	1	00:01:57	<b>00:14:50.95</b>	<b>00:16:48.00</b>	+00:03:36 (24.3%)	5:42	10.5 (75.5%)
22	<b>NOWAK Toni</b>	<b>29</b>		M18-39	8	00:12:01	<b>00:14:56.35</b>	<b>00:26:58.25</b>	+00:03:42 (24.8%)	5:45	10.4 (74.8%)
23	<b>HAŁAJKO Tomasz</b>	<b>224</b>		M18-39	9	00:01:56	<b>00:15:24.50</b>	<b>00:17:21.25</b>	+00:04:10 (27.1%)	5:55	10.1 (72.7%)
24	<b>DYCK David</b>	<b>30</b>		M18-39	10	00:12:00	<b>00:15:37.65</b>	<b>00:27:38.50</b>	+00:04:23 (28.1%)	6:00	10 (71.9%)
25	<b>BEZZET Adrien</b>	<b>225</b>		M18-39	11	00:12:01	<b>00:15:38.20</b>	<b>00:27:39.90</b>	+00:04:23 (28.1%)	6:00	10 (71.9%)
26	<b>JASTRZĘBSKI Wojciech</b>	<b>188</b>	7 PDH HERKULES	M14-17	13	00:02:56	<b>00:15:54.65</b>	<b>00:18:51.20</b>	+00:04:40 (29.4%)	6:07	9.8 (70.5%)
27	<b>BARGAŃSKI Sebastian</b>	<b>181</b>		M18-39	12	00:02:57	<b>00:17:27.20</b>	<b>00:20:24.95</b>	+00:06:12 (35.6%)	6:42	8.9 (64.0%)

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28	<b>KOLLY Sophie</b>	<b>227</b>		M18-39	13	00:12:02	<b>00:20:15.10</b>	<b>00:32:17.60</b>	+00:09:00 (44.5%)	7:47	7.7 (55.4%)

Znaleziono 28 wynik(ów)