

BIEG HERKULESA 6 KM

B4SPORT

Wydarzenie: BIEG HERKULESA 2018
Organizator: ZOS Koszalin; Koszaliński Sztab Ratownictwa
Data: 2018-08-05
Miejsce: Koszalin
Dystans: 6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2km	Start All 4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	STEBELSKI Jasiak	83		M18-39	1	00:11:23	00:23:22	00:35:14.45		5:52	10.2 (100%)
2	SOSNOWSKI Tomasz	80	MEDEN-INMED SPORTS TEAM	M18-39	2	00:11:54	00:24:47	00:37:06.20	+00:01:51 (5.0%)	6:11	9.7 (95.1%)
3	DUDA Grzegorz	12	METALCORP TEAM	M18-39	3	00:12:03	00:24:56	00:37:19.80	+00:02:05 (5.6%)	6:13	9.6 (94.1%)
4	ZIENOWICZ Michał	103		M18-39	4	00:12:18	00:25:36	00:39:10.50	+00:03:56 (10.0%)	6:31	9.2 (90.2%)
5	WIELGAT Łukasz	99	KB BRYZA POSTOMINO	M18-39	5	00:12:38	00:25:52	00:39:23.15	+00:04:08 (10.5%)	6:33	9.1 (89.2%)
6	GRZESIK Eugeniusz	110	TKKF KOSZALIN	M40-54	1	00:12:56	00:26:17	00:39:30.65	+00:04:16 (10.8%)	6:35	9.1 (89.2%)
7	SŁODZIŃSKI Gabriel	79	ŁOSOŚ T.E.A.M.	M18-39	6	00:12:47	00:26:25	00:39:50.60	+00:04:36 (11.6%)	6:38	9 (88.2%)
8	SITOWSKI Marcin	76	PROMED SZCZECINEK	M18-39	7	00:12:27	00:26:20	00:40:21.25	+00:05:06 (12.7%)	6:43	8.9 (87.3%)
9	URBAŃSKI Tomasz	94	KARLINO BIEGAJ	M40-54	2	00:13:03	00:26:42	00:40:27.30	+00:05:12 (12.9%)	6:44	8.9 (87.3%)
10	JABŁOŃSKI Tomasz	194	SPOKO SŁAWNO	M18-39	8	00:13:38	00:27:36	00:41:02.15	+00:05:47 (14.1%)	6:50	8.8 (86.3%)
11	STRZYŻ Łukasz	84	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	9	00:13:15	00:27:12	00:41:09.80	+00:05:55 (14.4%)	6:51	8.7 (85.3%)
12	PICK Tomek	58	DEAF KOSZALIN	M40-54	3	00:13:25	00:27:49	00:41:19.35	+00:06:04 (14.7%)	6:53	8.7 (85.3%)
13	HOREGLAD Paweł	22	SPEEDY GONZALES	M18-39	10	00:13:29	00:27:34	00:41:52.90	+00:06:38 (15.9%)	6:58	8.6 (84.3%)
14	IWANIEC Dariusz	23	TKKF KOSZALIN	M40-54	4	00:13:59	00:28:07	00:41:53.90	+00:06:39 (15.9%)	6:59	8.6 (84.3%)
15	KAJKOWSKI Rafał	32	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-54	5	00:13:37	00:28:16	00:42:23.55	+00:07:09 (16.9%)	7:03	8.5 (83.3%)
16	JAMNIAK Bartosz	26	TKKF KOSZALIN	M18-39	11	00:13:29	00:28:07	00:42:26.30	+00:07:11 (17.0%)	7:04	8.5 (83.3%)
17	GAWROŃSKI Bartek	18		M18-39	12	00:13:10	00:27:43	00:42:29.30	+00:07:14 (17.1%)	7:04	8.5 (83.3%)
18	JANIK Piotr	27		M18-39	13	00:13:39	00:28:12	00:42:30.30	+00:07:15 (17.1%)	7:05	8.5 (83.3%)
19	JAGŁA Łukasz	24		M18-39	14	00:13:55	00:28:29	00:43:17.00	+00:08:02 (18.6%)	7:12	8.3 (81.4%)
20	PROTASEWICZ Andrzej	66	SPOKO SŁAWNO	M40-54	6	00:14:31	00:29:06	00:43:21.55	+00:08:07 (18.7%)	7:13	8.3 (81.4%)
21	PŁOSKI Krzysztof	61	DARŁOWSKIE CHARTY	M40-54	7	00:14:51	00:29:23	00:44:11.95	+00:08:57 (20.3%)	7:22	8.1 (79.4%)
22	SKOWYRSKI Janusz	108	TKKF KOSZALIN	M55+	1	00:14:21	00:29:42	00:44:21.85	+00:09:07 (20.6%)	7:23	8.1 (79.4%)
23	NIECKARZ Krzysztof	50	SPOKO SŁAWNO	M18-39	15	00:15:05	00:30:06	00:44:41.30	+00:09:26 (21.1%)	7:26	8.1 (79.4%)
24	KRAWCZYK Tomasz	37		M18-39	16	00:13:57	00:29:15	00:44:42.35	+00:09:27 (21.2%)	7:27	8.1 (79.4%)
25	GAWROŃSKI Marek	19	NA PRESTIŻU	M18-39	17	00:14:33	00:29:55	00:44:59.35	+00:09:44 (21.7%)	7:29	8 (78.4%)
26	JAROSZEWSKI Daniel	30	BBKTS	M18-39	18	00:14:38	00:30:24	00:45:36.45	+00:10:22 (22.7%)	7:36	7.9 (77.5%)
27	STUDNIK Jarosław	85		M40-54	8	00:14:39	00:30:05	00:45:43.15	+00:10:28 (22.9%)	7:37	7.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2km	Start All 4km	Czas		Tempo min/km	Tempo km/h
								netto 6km	Różn		
28	ADRYAN Adam	1		M40-54	9	00:15:19	00:30:47	00:46:00.65	+00:10:46 (23.4%)	7:40	7.8 (76.5%)
29	JANUSZEK Adam	28	RUGBY CUB KOSZALIN	M40-54	10	00:14:30	00:30:39	00:46:11.45	+00:10:57 (23.7%)	7:42	7.8 (76.5%)
30	KRASIŃSKI Witold	36		M40-54	11	00:15:09	00:30:54	00:46:22.95	+00:11:08 (24.0%)	7:43	7.8 (76.5%)
31	LENIK Hubert	43	JW1223	M18-39	19	00:14:31	00:30:34	00:46:26.65	+00:11:12 (24.1%)	7:44	7.8 (76.5%)
32	KUBACZKA Andrzej	40		M40-54	12	00:15:12	00:31:11	00:46:47.05	+00:11:32 (24.7%)	7:47	7.7 (75.5%)
33	GAŁECKI Jacek	15	KARLINO BIEGAJ	M40-54	13	00:14:46	00:30:31	00:46:47.50	+00:11:33 (24.7%)	7:47	7.7 (75.5%)
34	NIECKARZ Monika	51	SPOKO SŁAWNO	K18-39	1	00:15:21	00:30:49	00:47:08.90	+00:11:54 (25.3%)	7:51	7.6 (74.5%)
35	PODLASEK Stanisław	62	LUFATEAM	M18-39	20	00:15:23	00:32:04	00:47:15.20	+00:12:00 (25.4%)	7:52	7.6 (74.5%)
36	CZAJKOWSKI Paweł	8	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	21	00:15:15	00:31:15	00:47:17.45	+00:12:03 (25.5%)	7:52	7.6 (74.5%)
37	DROZD Michał	10		M18-39	22	00:15:17	00:32:05	00:47:33.05	+00:12:18 (25.9%)	7:55	7.6 (74.5%)
38	POKRZYWKA Tomasz	63		M40-54	14	00:15:28	00:31:53	00:47:36.65	+00:12:22 (26.0%)	7:56	7.6 (74.5%)
39	MURAWSKI Waldemar	105	ZKS KOSZALIN	M40-54	15	00:15:13	00:31:38	00:47:53.90	+00:12:39 (26.4%)	7:59	7.5 (73.5%)
40	BAK Sebastian	2	ŁOSOŚ T.E.A.M.	M18-39	23	00:15:38	00:31:50	00:48:23.50	+00:13:09 (27.2%)	8:04	7.4 (72.5%)
41	OLCZAK Krzysztof	53		M18-39	24	00:15:18	00:31:49	00:48:32.00	+00:13:17 (27.4%)	8:05	7.4 (72.5%)
42	POŁUMACKANYCZ Małgorzata	65		K18-39	2	00:15:10	00:32:17	00:48:48.05	+00:13:33 (27.8%)	8:08	7.4 (72.5%)
43	SETA Jarosław	73		M18-39	25	00:15:17	00:32:25	00:48:53.45	+00:13:39 (27.9%)	8:09	7.4 (72.5%)
44	KRZEWIŃSKA Małgorzata	192	TKKF KOSZALIN	K55+	1	00:16:10	00:32:47	00:49:05.45	+00:13:51 (28.2%)	8:10	7.3 (71.6%)
45	SLEDŹ Jarosław	78		M18-39	26	00:15:28	00:32:29	00:49:06.50	+00:13:52 (28.2%)	8:11	7.3 (71.6%)
46	WIERZBICKI Kacper	100		M18-39	27	00:16:01	00:32:43	00:49:16.30	+00:14:01 (28.5%)	8:12	7.3 (71.6%)
47	HAŁAJKO Magdalena	21	HEISENBERG TEAM	K18-39	3	00:16:14	00:33:24	00:49:23.85	+00:14:09 (28.7%)	8:14	7.3 (71.6%)
48	ZAKRZEWSKA Elżbieta	102		K55+	2	00:16:42	00:33:18	00:49:41.10	+00:14:26 (29.1%)	8:16	7.2 (70.6%)
49	SZAFRANKO Natalia	88		K18-39	4	00:16:16	00:33:23	00:49:44.60	+00:14:30 (29.2%)	8:17	7.2 (70.6%)
50	RUDNIK Krzysztof	68	SPORT TO ZDROWIE	M18-39	28	00:16:32	00:33:53	00:50:17.45	+00:15:03 (29.9%)	8:22	7.2 (70.6%)
51	KUKIEŁCZYŃSKI Łukasz	41		M18-39	29	00:16:11	00:33:21	00:50:37.00	+00:15:22 (30.4%)	8:26	7.1 (69.6%)
52	PIECHOCKA Aleksandra	59		K18-39	5	00:16:11	00:33:22	00:50:37.15	+00:15:22 (30.4%)	8:26	7.1 (69.6%)
53	GONTEK Łukasz	20	ŁOSOŚ TEAM	M18-39	30	00:15:54	00:33:27	00:50:48.40	+00:15:33 (30.6%)	8:28	7.1 (69.6%)
54	RUTKOWSKI Artur	69	SPORTOWIEC.INFO (KOSZALIŃSKI RANKING BIEGACZY)	M18-39	31	00:15:44	00:33:29	00:51:11.55	+00:15:57 (31.2%)	8:31	7 (68.6%)
55	MRUGALSKI Stanisław	47		M40-54	16	00:16:33	00:34:10	00:51:17.45	+00:16:03 (31.3%)	8:32	7 (68.6%)
56	MRUGALSKA Magdalena	193	JW 1223	K18-39	6	00:16:27	00:34:02	00:51:18.20	+00:16:03 (31.3%)	8:33	7 (68.6%)
57	KOZUB Tomasz	35	ŁOSOŚ T.E.A.M.	M18-39	32	00:15:54	00:33:26	00:51:19.80	+00:16:05 (31.3%)	8:33	7 (68.6%)
58	BIELEWICZ Anna	3	STOPA SŁUPSK	K40-54	1	00:16:34	00:34:06	00:51:29.50	+00:16:15 (31.6%)	8:35	7 (68.6%)
59	SZCZYPIŃSKA Marta	89		K18-39	7	00:17:08	00:34:17	00:52:15.25	+00:17:00 (32.6%)	8:42	6.9 (67.6%)
60	GALICKI Robert	14		M40-54	17	00:16:45	00:34:35	00:52:16.70	+00:17:02 (32.6%)	8:42	6.9 (67.6%)
61	MURAWSKI Rafał	49	WATAHA-ŁĄCZY NAS BIEGANIE	M18-39	33	00:16:58	00:34:40	00:52:44.30	+00:17:29 (33.2%)	8:47	6.8 (66.7%)
62	KRYSTOSIK Paulina	38	WIECZORNE BIEGANIE 8 KM W SZCZECINIE	K18-39	8	00:16:08	00:34:51	00:52:45.00	+00:17:30 (33.2%)	8:47	6.8 (66.7%)
63	JUSZCZAK Krzysztof	31		M55+	2	00:17:26	00:35:35	00:53:04.35	+00:17:49 (33.6%)	8:50	6.8 (66.7%)
64	TRĘBACZ Mariusz	93	APARTAMENT U TEOFILA	M40-54	18	00:17:11	00:35:03	00:53:16.95	+00:18:02 (33.9%)	8:52	6.8 (66.7%)
65	SZEWCZYK Paulina	90		K18-39	9	00:17:26	00:35:44	00:53:25.90	+00:18:11 (34.0%)	8:54	6.7 (65.7%)
66	PISERA Krzysztof	60		M40-54	19	00:17:23	00:35:34	00:53:33.90	+00:18:19 (34.2%)	8:55	6.7 (65.7%)
67	NIEWIADOWSKI Robert	52		M18-39	34	00:17:14	00:35:25	00:53:35.75	+00:18:21 (34.2%)	8:56	6.7 (65.7%)
68	MURAWSKA Katarzyna	48	WATAHA-ŁĄCZY NAS BIEGANIE	K18-39	10	00:17:26	00:35:42	00:54:01.15	+00:18:46 (34.8%)	9:00	6.7 (65.7%)
69	POKRZYWKA Olga	64		K18-39	11	00:17:30	00:36:13	00:54:13.85	+00:18:59 (35.0%)	9:02	6.6 (64.7%)
70	RZEPLIŃSKI Dominik	71		M18-39	35	00:17:30	00:36:13	00:54:14.25	+00:18:59 (35.0%)	9:02	6.6 (64.7%)
71	PSIONKA Magdalena	67		K18-39	12	00:17:14	00:35:50	00:54:16.80	+00:19:02 (35.1%)	9:02	6.6 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start		Czas netto 6km	Różn	Tempo min/km	Tempo km/h
						All 2km	All 4km				
72	PASEK Paula	54	KLUB BIEGOWY JANTAR ŚWIESZYNO	K18-39	13	00:17:27	00:35:59	00:55:01.00	+00:19:46 (35.9%)	9:10	6.5 (63.7%)
73	MARCZAK Małgorzata	106		K55+	3	00:17:27	00:36:22	00:55:14.00	+00:19:59 (36.2%)	9:12	6.5 (63.7%)
74	CZECH Roman	9	GOCH BYTÓW	M55+	3	00:18:06	00:36:57	00:55:14.80	+00:20:00 (36.2%)	9:12	6.5 (63.7%)
75	STAŃCZYK Sławomir	82	STARGARD. JA SIĘ NIE ŚCIGAM	M18-39	36	00:17:21	00:36:34	00:55:26.80	+00:20:12 (36.4%)	9:14	6.5 (63.7%)
76	BAGIEŃSKI Mateusz	122	STC STARGARD	M18-39	37	00:17:23	00:36:39	00:55:26.85	+00:20:12 (36.4%)	9:14	6.5 (63.7%)
77	RYBA Milena	70		K18-39	14	00:18:14	00:37:15	00:56:17.20	+00:21:02 (37.4%)	9:22	6.4 (62.7%)
78	SUSKI Jan	87	TKKF KOSZALIN	M55+	4	00:18:51	00:38:50	00:58:58.75	+00:23:44 (40.2%)	9:49	6.1 (59.8%)
79	GAJDA Małgorzata	13	LUMBERJACKS CROSS GARAGE KOSZALIN	K18-39	15	00:18:35	00:38:41	00:59:04.05	+00:23:49 (40.3%)	9:50	6.1 (59.8%)
80	GAWROŃSKA Ania	16	OGIEŃ W SZOPIE	K18-39	16	00:19:00	00:40:28	01:00:20.45	+00:25:06 (41.6%)	10:03	6 (58.8%)
81	GAWROŃSKI Paweł	17	OGIEŃ W SZOPIE	M18-39	38	00:19:03	00:40:31	01:00:20.55	+00:25:06 (41.6%)	10:03	6 (58.8%)
82	JANUSZEWSKI Jacek	29	17 WOG KOSZALIN	M55+	5	00:19:20	00:39:40	01:00:57.60	+00:25:43 (42.2%)	10:09	5.9 (57.8%)
83	ŚWIDERSKI Marcin	92		M18-39	39	00:20:26	00:44:22	01:01:20.80	+00:26:06 (42.6%)	10:13	5.9 (57.8%)
84	PASEK Jan	55	KLUB BIEGOWY JANTAR ŚWIESZYNO	M55+	6	00:18:59	00:40:34	01:02:16.90	+00:27:02 (43.4%)	10:22	5.8 (56.9%)
85	SIDOR Izabela	75	ŁOSOŚ T.E.A.M.	K18-39	17	00:18:27	00:39:50	01:02:21.50	+00:27:07 (43.5%)	10:23	5.8 (56.9%)
86	DUDA Róża	11	METALCORP TEAM	K18-39	18	00:18:35	00:39:53	01:02:21.85	+00:27:07 (43.5%)	10:23	5.8 (56.9%)
87	BROLL Wioletta	5	ŁOSOŚ T.E.A.M.	K18-39	19	00:18:37	00:39:53	01:02:22.20	+00:27:07 (43.5%)	10:23	5.8 (56.9%)
88	WEILAND Agnieszka	96	NOCNE WILKI	K18-39	20	00:18:31	00:39:50	01:02:22.35	+00:27:07 (43.5%)	10:23	5.8 (56.9%)
89	SIDOR Mariusz	74	ŁOSOŚ T.E.A.M.	M18-39	40	00:18:22	00:39:55	01:02:22.40	+00:27:07 (43.5%)	10:23	5.8 (56.9%)
90	WEILAND Adrian	95		M18-39	41	00:18:22	00:39:49	01:02:22.50	+00:27:08 (43.5%)	10:23	5.8 (56.9%)
91	WICHER Agnieszka	98		K18-39	21	00:20:33	00:42:24	01:04:38.05	+00:29:23 (45.5%)	10:46	5.6 (54.9%)
92	MOŁDAWA Karolina	46	LUMBERJACKS CROSS GARAGE KOSZALIN	K18-39	22	00:20:58	00:43:27	01:05:43.45	+00:30:29 (46.4%)	10:57	5.5 (53.9%)
93	SZYLKA Justyna	91		K18-39	23	00:20:14	00:43:41	01:08:17.50	+00:33:03 (48.4%)	11:22	5.3 (52.0%)
94	SUSKA Joanna	86		K18-39	24	00:20:10	00:43:35	01:08:17.60	+00:33:03 (48.4%)	11:22	5.3 (52.0%)
95	KOLIŃSKA Anna	33		K18-39	25	00:20:27	00:44:41	01:08:28.65	+00:33:14 (48.5%)	11:24	5.3 (52.0%)
96	WRÓBLEWSKA Marta	101		K40-54	2	00:22:19	00:45:56	01:08:39.35	+00:33:24 (48.7%)	11:26	5.2 (51.0%)
97	MARIAŃSKA Anna	45	WILKI	K40-54	3	00:22:20	00:45:56	01:08:40.60	+00:33:26 (48.7%)	11:26	5.2 (51.0%)

Znaleziono 97 wynik(ów)