



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

**BIEG HERKULESA 2018**  
ZOS Koszalin; Koszaliński Sztab Ratownictwa  
2018-08-05  
Koszalin  
6 km

## BIEG HERKULESA 6 KM

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2km	Start All 4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	<b>NIECKARZ Monika</b>	<b>51</b>	SPOKO SŁAWNO	K18-39	1	00:15:21	00:30:49	<b>00:47:08.90</b>		7:51	7.6 (100%)
2	<b>POŁUMACKANYCZ Małgorzata</b>	<b>65</b>		K18-39	2	00:15:10	00:32:17	<b>00:48:48.05</b>	+00:01:39 (3.4%)	8:08	7.4 (97.4%)
3	<b>KRZEWIŃSKA Małgorzata</b>	<b>192</b>	TKKF KOSZALIN	K55+	1	00:16:10	00:32:47	<b>00:49:05.45</b>	+00:01:56 (4.0%)	8:10	7.3 (96.1%)
4	<b>HAŁAJKO Magdalena</b>	<b>21</b>	HEISENBERG TEAM	K18-39	3	00:16:14	00:33:24	<b>00:49:23.85</b>	+00:02:14 (4.6%)	8:14	7.3 (96.1%)
5	<b>ZAKRZEWSKA Elżbieta</b>	<b>102</b>		K55+	2	00:16:42	00:33:18	<b>00:49:41.10</b>	+00:02:32 (5.1%)	8:16	7.2 (94.7%)
6	<b>SZAFRANKO Natalia</b>	<b>88</b>		K18-39	4	00:16:16	00:33:23	<b>00:49:44.60</b>	+00:02:35 (5.2%)	8:17	7.2 (94.7%)
7	<b>PIECHOCKA Aleksandra</b>	<b>59</b>		K18-39	5	00:16:11	00:33:22	<b>00:50:37.15</b>	+00:03:28 (6.9%)	8:26	7.1 (93.4%)
8	<b>MRUGALSKA Magdalena</b>	<b>193</b>	JW 1223	K18-39	6	00:16:27	00:34:02	<b>00:51:18.20</b>	+00:04:09 (8.1%)	8:33	7 (92.1%)
9	<b>BIELEWICZ Anna</b>	<b>3</b>	STOPA SŁUPSK	K40-54	1	00:16:34	00:34:06	<b>00:51:29.50</b>	+00:04:20 (8.4%)	8:35	7 (92.1%)
10	<b>SZCZYPIŃSKA Marta</b>	<b>89</b>		K18-39	7	00:17:08	00:34:17	<b>00:52:15.25</b>	+00:05:06 (9.8%)	8:42	6.9 (90.8%)
11	<b>KRYSTOSIK Paulina</b>	<b>38</b>	WIECZORNE BIEGANIE 8 KM W SZCZECINIE	K18-39	8	00:16:08	00:34:51	<b>00:52:45.00</b>	+00:05:36 (10.6%)	8:47	6.8 (89.5%)
12	<b>SZEWCZYK Paulina</b>	<b>90</b>		K18-39	9	00:17:26	00:35:44	<b>00:53:25.90</b>	+00:06:17 (11.8%)	8:54	6.7 (88.2%)
13	<b>MURAWSKA Katarzyna</b>	<b>48</b>	WATAHA-ŁĄCZY NAS BIEGANIE	K18-39	10	00:17:26	00:35:42	<b>00:54:01.15</b>	+00:06:52 (12.7%)	9:00	6.7 (88.2%)
14	<b>POKRZYWKA Olga</b>	<b>64</b>		K18-39	11	00:17:30	00:36:13	<b>00:54:13.85</b>	+00:07:04 (13.1%)	9:02	6.6 (86.8%)
15	<b>PSIONKA Magdalena</b>	<b>67</b>		K18-39	12	00:17:14	00:35:50	<b>00:54:16.80</b>	+00:07:07 (13.1%)	9:02	6.6 (86.8%)
16	<b>PASEK Paula</b>	<b>54</b>	KLUB BIEGOWY JANTAR ŚWIESZYNO	K18-39	13	00:17:27	00:35:59	<b>00:55:01.00</b>	+00:07:52 (14.3%)	9:10	6.5 (85.5%)
17	<b>MARCZAK Małgorzata</b>	<b>106</b>		K55+	3	00:17:27	00:36:22	<b>00:55:14.00</b>	+00:08:05 (14.6%)	9:12	6.5 (85.5%)
18	<b>RYBA Milena</b>	<b>70</b>		K18-39	14	00:18:14	00:37:15	<b>00:56:17.20</b>	+00:09:08 (16.2%)	9:22	6.4 (84.2%)
19	<b>GAJDA Małgorzata</b>	<b>13</b>	LUMBERJACKS CROSS GARAGE KOSZALIN	K18-39	15	00:18:35	00:38:41	<b>00:59:04.05</b>	+00:11:55 (20.2%)	9:50	6.1 (80.3%)
20	<b>GAWROŃSKA Ania</b>	<b>16</b>	OGIEŃ W SZOPIE	K18-39	16	00:19:00	00:40:28	<b>01:00:20.45</b>	+00:13:11 (21.9%)	10:03	6 (78.9%)
21	<b>SIDOR Izabela</b>	<b>75</b>	ŁOSOŚ T.E.A.M.	K18-39	17	00:18:27	00:39:50	<b>01:02:21.50</b>	+00:15:12 (24.4%)	10:23	5.8 (76.3%)
22	<b>DUDA Róża</b>	<b>11</b>	METALCORP TEAM	K18-39	18	00:18:35	00:39:53	<b>01:02:21.85</b>	+00:15:12 (24.4%)	10:23	5.8 (76.3%)
23	<b>BROLL Wioletta</b>	<b>5</b>	ŁOSOŚ T.E.A.M.	K18-39	19	00:18:37	00:39:53	<b>01:02:22.20</b>	+00:15:13 (24.4%)	10:23	5.8 (76.3%)
24	<b>WEILAND Agnieszka</b>	<b>96</b>	NOCNE WILKI	K18-39	20	00:18:31	00:39:50	<b>01:02:22.35</b>	+00:15:13 (24.4%)	10:23	5.8 (76.3%)
25	<b>WICHER Agnieszka</b>	<b>98</b>		K18-39	21	00:20:33	00:42:24	<b>01:04:38.05</b>	+00:17:29 (27.1%)	10:46	5.6 (73.7%)
26	<b>MOŁDAWA Karolina</b>	<b>46</b>	LUMBERJACKS CROSS GARAGE KOSZALIN	K18-39	22	00:20:58	00:43:27	<b>01:05:43.45</b>	+00:18:34 (28.3%)	10:57	5.5 (72.4%)
27	<b>SZYLKA Justyna</b>	<b>91</b>		K18-39	23	00:20:14	00:43:41	<b>01:08:17.50</b>	+00:21:08 (31.0%)	11:22	5.3 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2km	Start_All 4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
28	<b>SUSKA Joanna</b>	<b>86</b>		K18-39	24	00:20:10	00:43:35	<b>01:08:17.60</b>	+00:21:08 (31.0%)	11:22	5.3 (69.7%)
29	<b>KOLIŃSKA Anna</b>	<b>33</b>		K18-39	25	00:20:27	00:44:41	<b>01:08:28.65</b>	+00:21:19 (31.1%)	11:24	5.3 (69.7%)
30	<b>WRÓBLEWSKA Marta</b>	<b>101</b>		K40-54	2	00:22:19	00:45:56	<b>01:08:39.35</b>	+00:21:30 (31.3%)	11:26	5.2 (68.4%)
31	<b>MARIAŃSKA Anna</b>	<b>45</b>	WILKI	K40-54	3	00:22:20	00:45:56	<b>01:08:40.60</b>	+00:21:31 (31.3%)	11:26	5.2 (68.4%)

Znaleziono 31 wynik(ów)