



**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: M-OPEN

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	<b>00:35:14.45</b>		5:52	10.2 (100%)
2	SOSNOWSKI Tomasz	80	MEDEN-INMED SPORTS TEAM	M18-39	2	00:11:54	00:24:47	<b>00:37:06.20</b>	+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	<b>00:37:19.80</b>	+00:02:05 (5.6%)	6:13	9.6 (94.1%)
4	ZIENOWICZ Michał	103		M18-39	4	00:12:18	00:25:36	<b>00:39:10.50</b>	+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	<b>00:39:23.15</b>	+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	<b>00:39:30.65</b>	+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	<b>00:39:50.60</b>	+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	<b>00:40:21.25</b>	+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	<b>00:40:27.30</b>	+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	<b>00:41:02.15</b>	+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	<b>00:41:09.80</b>	+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	<b>00:41:19.35</b>	+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	<b>00:41:52.90</b>	+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	<b>00:41:53.90</b>	+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	<b>00:42:23.55</b>	+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	<b>00:42:26.30</b>	+00:07:11 (17.0%)	7:04	8.5 (83.3%)
17	GAWROŃSKI Bartek	18		M18-39	12	00:13:10	00:27:43	<b>00:42:29.30</b>	+00:07:14 (17.1%)	7:04	8.5 (83.3%)
18	JANIK Piotr	27		M18-39	13	00:13:39	00:28:12	<b>00:42:30.30</b>	+00:07:15 (17.1%)	7:05	8.5 (83.3%)
19	JAGŁA Łukasz	24		M18-39	14	00:13:55	00:28:29	<b>00:43:17.00</b>	+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	<b>00:43:21.55</b>	+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	<b>00:44:11.95</b>	+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	<b>00:44:21.85</b>	+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	<b>00:44:41.30</b>	+00:09:26 (21.1%)	7:26	8.1 (79.4%)
24	KRAWCZYK Tomasz	37		M18-39	16	00:13:57	00:29:15	<b>00:44:42.35</b>	+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	<b>00:44:59.35</b>	+00:09:44 (21.7%)	7:29	8 (78.4%)
26	JAROSZEWSKI Daniel	30	BBKTS	M18-39	18	00:14:38	00:30:24	<b>00:45:36.45</b>	+00:10:22 (22.7%)	7:36	7.9 (77.5%)
27	STUDNIK Jarosław	85		M40-54	8	00:14:39	00:30:05	<b>00:45:43.15</b>	+00:10:28 (22.9%)	7:37	7.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All		Czas netto 6km	Różn	Tempo min/km	Tempo km/h
						2km	4km				
28	<b>ADRYAN Adam</b>	<b>1</b>		M40-54	9	00:15:19	00:30:47	<b>00:46:00.65</b>	+00:10:46 (23.4%)	7:40	7.8 (76.5%)
29	<b>JANUSZEK Adam</b>	<b>28</b>	RUGBY CUB KOSZALIN	M40-54	10	00:14:30	00:30:39	<b>00:46:11.45</b>	+00:10:57 (23.7%)	7:42	7.8 (76.5%)
30	<b>KRASIŃSKI Witold</b>	<b>36</b>		M40-54	11	00:15:09	00:30:54	<b>00:46:22.95</b>	+00:11:08 (24.0%)	7:43	7.8 (76.5%)
31	<b>LENIK Hubert</b>	<b>43</b>	JW1223	M18-39	19	00:14:31	00:30:34	<b>00:46:26.65</b>	+00:11:12 (24.1%)	7:44	7.8 (76.5%)
32	<b>KUBACZKA Andrzej</b>	<b>40</b>		M40-54	12	00:15:12	00:31:11	<b>00:46:47.05</b>	+00:11:32 (24.7%)	7:47	7.7 (75.5%)
33	<b>GAŁECKI Jacek</b>	<b>15</b>	KARLINO BIEGAJ	M40-54	13	00:14:46	00:30:31	<b>00:46:47.50</b>	+00:11:33 (24.7%)	7:47	7.7 (75.5%)
34	<b>PODLASEK Stanisław</b>	<b>62</b>	LUFATEAM	M18-39	20	00:15:23	00:32:04	<b>00:47:15.20</b>	+00:12:00 (25.4%)	7:52	7.6 (74.5%)
35	<b>CZAJKOWSKI Paweł</b>	<b>8</b>	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	21	00:15:15	00:31:15	<b>00:47:17.45</b>	+00:12:03 (25.5%)	7:52	7.6 (74.5%)
36	<b>DROZD Michał</b>	<b>10</b>		M18-39	22	00:15:17	00:32:05	<b>00:47:33.05</b>	+00:12:18 (25.9%)	7:55	7.6 (74.5%)
37	<b>POKRZYWKA Tomasz</b>	<b>63</b>		M40-54	14	00:15:28	00:31:53	<b>00:47:36.65</b>	+00:12:22 (26.0%)	7:56	7.6 (74.5%)
38	<b>MURAWSKI Waldemar</b>	<b>105</b>	ZKS KOSZALIN	M40-54	15	00:15:13	00:31:38	<b>00:47:53.90</b>	+00:12:39 (26.4%)	7:59	7.5 (73.5%)
39	<b>BĄK Sebastian</b>	<b>2</b>	ŁOSOŚ T.E.A.M.	M18-39	23	00:15:38	00:31:50	<b>00:48:23.50</b>	+00:13:09 (27.2%)	8:04	7.4 (72.5%)
40	<b>OLCZAK Krzysztof</b>	<b>53</b>		M18-39	24	00:15:18	00:31:49	<b>00:48:32.00</b>	+00:13:17 (27.4%)	8:05	7.4 (72.5%)
41	<b>SETA Jarosław</b>	<b>73</b>		M18-39	25	00:15:17	00:32:25	<b>00:48:53.45</b>	+00:13:39 (27.9%)	8:09	7.4 (72.5%)
42	<b>SLEDŹ Jarosław</b>	<b>78</b>		M18-39	26	00:15:28	00:32:29	<b>00:49:06.50</b>	+00:13:52 (28.2%)	8:11	7.3 (71.6%)
43	<b>WIERZBICKI Kacper</b>	<b>100</b>		M18-39	27	00:16:01	00:32:43	<b>00:49:16.30</b>	+00:14:01 (28.5%)	8:12	7.3 (71.6%)
44	<b>RUDNIK Krzysztof</b>	<b>68</b>	SPORT TO ZDROWIE	M18-39	28	00:16:32	00:33:53	<b>00:50:17.45</b>	+00:15:03 (29.9%)	8:22	7.2 (70.6%)
45	<b>KUKIEŁCZYŃSKI Łukasz</b>	<b>41</b>		M18-39	29	00:16:11	00:33:21	<b>00:50:37.00</b>	+00:15:22 (30.4%)	8:26	7.1 (69.6%)
46	<b>GONTEK Łukasz</b>	<b>20</b>	ŁOSOŚ TEAM	M18-39	30	00:15:54	00:33:27	<b>00:50:48.40</b>	+00:15:33 (30.6%)	8:28	7.1 (69.6%)
47	<b>RUTKOWSKI Artur</b>	<b>69</b>	SPORTOWIEC.INFO (KOSZALIŃSKI RANKING BIEGACZY)	M18-39	31	00:15:44	00:33:29	<b>00:51:11.55</b>	+00:15:57 (31.2%)	8:31	7 (68.6%)
48	<b>MRUGALSKI Stanisław</b>	<b>47</b>		M40-54	16	00:16:33	00:34:10	<b>00:51:17.45</b>	+00:16:03 (31.3%)	8:32	7 (68.6%)
49	<b>KOZUB Tomasz</b>	<b>35</b>	ŁOSOŚ T.E.A.M.	M18-39	32	00:15:54	00:33:26	<b>00:51:19.80</b>	+00:16:05 (31.3%)	8:33	7 (68.6%)
50	<b>GALICKI Robert</b>	<b>14</b>		M40-54	17	00:16:45	00:34:35	<b>00:52:16.70</b>	+00:17:02 (32.6%)	8:42	6.9 (67.6%)
51	<b>MURAWSKI Rafał</b>	<b>49</b>	WATAHA-ŁĄCZY NAS BIEGANIE	M18-39	33	00:16:58	00:34:40	<b>00:52:44.30</b>	+00:17:29 (33.2%)	8:47	6.8 (66.7%)
52	<b>JUSZCZAK Krzysztof</b>	<b>31</b>		M55+	2	00:17:26	00:35:35	<b>00:53:04.35</b>	+00:17:49 (33.6%)	8:50	6.8 (66.7%)
53	<b>TRĘBACZ Mariusz</b>	<b>93</b>	APARTAMENT U TEOFILA	M40-54	18	00:17:11	00:35:03	<b>00:53:16.95</b>	+00:18:02 (33.9%)	8:52	6.8 (66.7%)
54	<b>PISERA Krzysztof</b>	<b>60</b>		M40-54	19	00:17:23	00:35:34	<b>00:53:33.90</b>	+00:18:19 (34.2%)	8:55	6.7 (65.7%)
55	<b>NIEWIADOWSKI Robert</b>	<b>52</b>		M18-39	34	00:17:14	00:35:25	<b>00:53:35.75</b>	+00:18:21 (34.2%)	8:56	6.7 (65.7%)
56	<b>RZEPLIŃSKI Dominik</b>	<b>71</b>		M18-39	35	00:17:30	00:36:13	<b>00:54:14.25</b>	+00:18:59 (35.0%)	9:02	6.6 (64.7%)
57	<b>CZECH Roman</b>	<b>9</b>	GOCH BYTÓW	M55+	3	00:18:06	00:36:57	<b>00:55:14.80</b>	+00:20:00 (36.2%)	9:12	6.5 (63.7%)
58	<b>STAŃCZYK Sławomir</b>	<b>82</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M18-39	36	00:17:21	00:36:34	<b>00:55:26.80</b>	+00:20:12 (36.4%)	9:14	6.5 (63.7%)
59	<b>BAGIEŃSKI Mateusz</b>	<b>122</b>	STC STARGARD	M18-39	37	00:17:23	00:36:39	<b>00:55:26.85</b>	+00:20:12 (36.4%)	9:14	6.5 (63.7%)
60	<b>SUSKI Jan</b>	<b>87</b>	TKKF KOSZALIN	M55+	4	00:18:51	00:38:50	<b>00:58:58.75</b>	+00:23:44 (40.2%)	9:49	6.1 (59.8%)
61	<b>GAWROŃSKI Paweł</b>	<b>17</b>	OGIEŃ W SZOPIE	M18-39	38	00:19:03	00:40:31	<b>01:00:20.55</b>	+00:25:06 (41.6%)	10:03	6 (58.8%)
62	<b>JANUSZEWSKI Jacek</b>	<b>29</b>	17 WOG KOSZALIN	M55+	5	00:19:20	00:39:40	<b>01:00:57.60</b>	+00:25:43 (42.2%)	10:09	5.9 (57.8%)
63	<b>ŚWIDERSKI Marcin</b>	<b>92</b>		M18-39	39	00:20:26	00:44:22	<b>01:01:20.80</b>	+00:26:06 (42.6%)	10:13	5.9 (57.8%)
64	<b>PASEK Jan</b>	<b>55</b>	KLUB BIEGOWY JANTAR ŚWIESZYNO	M55+	6	00:18:59	00:40:34	<b>01:02:16.90</b>	+00:27:02 (43.4%)	10:22	5.8 (56.9%)
65	<b>SIDOR Mariusz</b>	<b>74</b>	ŁOSOŚ T.E.A.M.	M18-39	40	00:18:22	00:39:55	<b>01:02:22.40</b>	+00:27:07 (43.5%)	10:23	5.8 (56.9%)
66	<b>WEILAND Adrian</b>	<b>95</b>		M18-39	41	00:18:22	00:39:49	<b>01:02:22.50</b>	+00:27:08 (43.5%)	10:23	5.8 (56.9%)

Znaleziono 66 wynik(ów)