



BIEG HERKULESA 6 KM

B4SPORT

Event: Bieg Herkulesa
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2019-08-11
Place: Koszalin
Distance: 6 km



Classification: M-Open

Place	Participant	Number	Club	Category	MCat	2km	4km	Net time 6km	Gap	Pace min/km	Pace km/h
1	PYSHNIAK Kostiantyn	238	TKKF KOSZALIN	M18-39	1	00:09:32	00:20:04	00:30:17.06		5:02	11.9 (100%)
2	DUDA Grzegorz	248	BEST BEASTS	M40-54	1	00:10:33	00:22:05	00:33:45.99	+00:03:28 (10.3%)	5:37	10.7 (89.9%)
3	ROKOSZ Radosław	39	JW 1223 KOSZALIN	M18-39	2	00:10:55	00:22:40	00:34:17.26	+00:04:00 (11.7%)	5:42	10.5 (88.2%)
4	ŁUKAWSKI Mariusz	107	JW 1223	M18-39	3	00:10:58	00:22:48	00:34:30.79	+00:04:13 (12.3%)	5:45	10.4 (87.4%)
5	MAJKOWICZ Rafał	240		M18-39	4	00:10:45	00:22:58	00:34:41.32	+00:04:24 (12.7%)	5:46	10.4 (87.4%)
6	POPŁAWSKI Daniel	96		M18-39	5	00:11:47	00:23:41	00:35:57.42	+00:05:40 (15.8%)	5:59	10 (84.0%)
7	KOŁODZIEJ Krystian	20	BESTIE OCR LEGIONOWO	M18-39	6	00:11:13	00:23:28	00:36:04.76	+00:05:47 (16.1%)	6:00	10 (84.0%)
8	CIUĆKA Mateusz	111	SZWĘDACZE KOSZALIN	M18-39	7	00:11:02	00:23:40	00:36:18.68	+00:06:01 (16.6%)	6:03	9.9 (83.2%)
9	SITOWSKI Marcin	44	FC RYSIEK	M18-39	8	00:11:39	00:23:56	00:36:21.50	+00:06:04 (16.7%)	6:03	9.9 (83.2%)
10	WIELGAT Łukasz	46	KB BRYZA POSTOMINO	M18-39	9	00:11:40	00:24:21	00:37:17.74	+00:07:00 (18.8%)	6:13	9.7 (81.5%)
11	RUSIN Tomek	37		M18-39	10	00:11:06	00:24:03	00:37:19.89	+00:07:02 (18.9%)	6:13	9.6 (80.7%)
12	SZYMAŃSKI Piotr	40		M18-39	11	00:12:00	00:24:46	00:37:22.54	+00:07:05 (19.0%)	6:13	9.6 (80.7%)
13	WOJTALIK Łukasz	50		M18-39	12	00:12:50	00:25:17	00:37:37.29	+00:07:20 (19.5%)	6:16	9.6 (80.7%)
14	SOSNOWSKI Tomasz	15	FPP FUNKCJONALNOŚĆ PONAD POMPE	M18-39	13	00:11:24	00:24:49	00:37:40.95	+00:07:23 (19.6%)	6:16	9.6 (80.7%)
15	JABŁOŃSKI Tomasz	246	KB SPOKO SŁAWNO	M40-54	2	00:12:03	00:24:54	00:37:45.03	+00:07:27 (19.8%)	6:17	9.5 (79.8%)
16	PICK Tomasz	108	SKSG KORONA SZCZECIN	M40-54	3	00:12:19	00:25:37	00:38:18.48	+00:08:01 (20.9%)	6:23	9.4 (79.0%)
17	MICHALAK Grzegorz	102	KARLINO BIEGAJ!	M40-54	4	00:12:11	00:25:35	00:38:40.81	+00:08:23 (21.7%)	6:26	9.3 (78.2%)
18	IWANIEC Dariusz	57	TKKF KOSZALIN	M40-54	5	00:12:55	00:26:14	00:39:28.77	+00:09:11 (23.3%)	6:34	9.1 (76.5%)
19	WEBER Paweł	75	FPP	M18-39	14	00:12:46	00:26:23	00:39:33.28	+00:09:16 (23.4%)	6:35	9.1 (76.5%)
20	BIEŃKOWSKI Tomasz	207	IQ.COLSUNTING	M18-39	15	00:12:14	00:25:59	00:39:38.25	+00:09:21 (23.6%)	6:36	9.1 (76.5%)
21	URBAŃSKI Tomasz	97		M40-54	6	00:12:44	00:26:26	00:40:01.48	+00:09:44 (24.3%)	6:40	9 (75.6%)
22	MICERSKI Tomasz	109	TKKF KOSZALIN	M40-54	7	00:13:13	00:26:31	00:40:02.22	+00:09:45 (24.4%)	6:40	9 (75.6%)
23	GAWROŃSKI Marek	92	\$\$\$ NA PREŠTIŽU	M18-39	16	00:12:58	00:27:02	00:40:29.81	+00:10:12 (25.2%)	6:45	8.9 (74.8%)
24	PILIŃSKI Łukasz	6		M18-39	17	00:12:36	00:26:57	00:40:56.70	+00:10:39 (26.0%)	6:49	8.8 (73.9%)
25	KRAWCZYK Tomasz	112		M18-39	18	00:12:40	00:26:39	00:41:12.79	+00:10:55 (26.5%)	6:52	8.7 (73.1%)
26	THEODOSE Olivier	61		M40-54	8	00:13:06	00:27:06	00:41:17.10	+00:11:00 (26.6%)	6:53	8.7 (73.1%)
27	PŁOSKI Krzysztof	87	DARŁOWSKIE CHARTY	M40-54	9	00:14:27	00:27:58	00:41:31.82	+00:11:14 (27.1%)	6:55	8.7 (73.1%)

Place	Participant	Number	Club	Category	MCat	2km	4km	Net time		Pace min/km	Pace km/h
								6km	Gap		
28	WEILAND Adrian	17	NIGHT WOLVES SŁUPSK	M18-39	19	00:13:02	00:26:53	00:41:35.24	+00:11:18 (27.2%)	6:55	8.7 (73.1%)
29	MISZCZYK Jan	70	ROZBIEGANY KOSZALIN	M18-39	20	00:14:02	00:28:08	00:42:38.51	+00:12:21 (29.0%)	7:06	8.4 (70.6%)
30	ZIELIŃSKI Maciej	65	KAMIEŃ RYMAŃSKI	M18-39	21	00:12:46	00:27:10	00:42:45.32	+00:12:28 (29.2%)	7:07	8.4 (70.6%)
31	ADAMCZYK Karol	69		M18-39	22	00:15:23	00:29:26	00:43:01.26	+00:12:44 (29.6%)	7:10	8.4 (70.6%)
32	CAŁA Bartosz	22	ŚWIAT PŁYTEK U KRYPINA	M40-54	10	00:14:03	00:28:47	00:43:12.13	+00:12:55 (29.9%)	7:12	8.3 (69.7%)
33	GAWROŃSKI Bartosz	71		M18-39	23	00:13:09	00:27:58	00:43:22.04	+00:13:04 (30.2%)	7:13	8.3 (69.7%)
34	RUSINEK Dawid	130		M18-39	24	00:13:21	00:28:09	00:43:46.82	+00:13:29 (30.8%)	7:17	8.2 (68.9%)
35	HAWRYLAK Marcin	249	AMPIO TEAM	M40-54	11	00:14:24	00:29:24	00:43:55.44	+00:13:38 (31.1%)	7:19	8.2 (68.9%)
36	STAŃCZYK Sławomir	104		M18-39	25	00:14:19	00:29:02	00:44:07.69	+00:13:50 (31.4%)	7:21	8.2 (68.9%)
37	CHENON Guillaume	119	WIECZORNE BIEGANIE W SZCZECINIE	M18-39	26	00:14:16	00:28:54	00:44:07.74	+00:13:50 (31.4%)	7:21	8.2 (68.9%)
38	JAROSZEWSKI Przemysław	168		M40-54	12	00:14:03	00:29:03	00:44:14.34	+00:13:57 (31.5%)	7:22	8.1 (68.1%)
39	OLCZAK Krzysztof	26		M18-39	27	00:16:22	00:30:26	00:44:25.20	+00:14:08 (31.8%)	7:24	8.1 (68.1%)
40	CZAJKOWSKI Paweł	53	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	28	00:15:34	00:29:58	00:44:25.72	+00:14:08 (31.8%)	7:24	8.1 (68.1%)
41	HOREGLAD Paweł	49	SPEEDY GONZALES	M18-39	29	00:14:46	00:29:36	00:44:31.88	+00:14:14 (32.0%)	7:25	8.1 (68.1%)
42	SZYMEN Karol	99		M18-39	30	00:13:56	00:29:25	00:44:40.03	+00:14:22 (32.2%)	7:26	8.1 (68.1%)
43	WALCZAK Marcin	120		M18-39	31	00:15:05	00:30:16	00:44:54.91	+00:14:37 (32.6%)	7:29	8 (67.2%)
44	SEWERYN Tomasz	239		M18-39	32	00:14:57	00:29:44	00:44:58.70	+00:14:41 (32.7%)	7:29	8 (67.2%)
45	WILKOS Jakub	128		M18-39	33	00:13:17	00:28:58	00:45:01.73	+00:14:44 (32.7%)	7:30	8 (67.2%)
46	MACIEJEWSKI Piotr	67		M18-39	34	00:15:25	00:30:25	00:45:13.85	+00:14:56 (33.0%)	7:32	8 (67.2%)
47	GACIA Maciek	47		M18-39	35	00:16:08	00:31:01	00:45:18.86	+00:15:01 (33.2%)	7:33	7.9 (66.4%)
48	REMLAKOWSKI Krzysztof	82	WE RUN	M40-54	13	00:15:22	00:30:32	00:45:45.30	+00:15:28 (33.8%)	7:37	7.9 (66.4%)
49	SIDOR Mariusz	103	DECATHLON POWER SŁUPSK	M18-39	36	00:15:03	00:30:48	00:45:45.32	+00:15:28 (33.8%)	7:37	7.9 (66.4%)
50	ZASIMOWSKI Adam	55	BIEGAM BO LUBIĘ	M40-54	14	00:16:16	00:31:00	00:46:02.95	+00:15:45 (34.2%)	7:40	7.8 (65.5%)
51	URBAŃSKI Rafał	200	ZASTOPUJ	M40-54	15	00:13:31	00:29:46	00:46:17.22	+00:16:00 (34.6%)	7:43	7.8 (65.5%)
52	WNUK Przemek	105		M18-39	37	00:14:43	00:31:22	00:46:26.02	+00:16:08 (34.8%)	7:44	7.8 (65.5%)
53	MAZUR Mirosław	234		M40-54	16	00:15:31	00:31:15	00:46:45.88	+00:16:28 (35.2%)	7:47	7.7 (64.7%)
54	ORYSZCZYN Arek	1		M18-39	38	00:14:39	00:31:13	00:47:02.05	+00:16:44 (35.6%)	7:50	7.7 (64.7%)
55	BUDZIŃSKI Paweł	11	DRUŻYNA SZPIKU	M40-54	17	00:15:26	00:31:18	00:47:09.08	+00:16:52 (35.8%)	7:51	7.6 (63.9%)
56	BRYŁOWSKI Dawid	101		M18-39	39	00:15:16	00:31:10	00:47:14.45	+00:16:57 (35.9%)	7:52	7.6 (63.9%)
57	PACAN Bartosz	33	ŚWIAT PŁYTEK U KRYPINA	M18-39	40	00:14:24	00:31:33	00:47:43.52	+00:17:26 (36.5%)	7:57	7.5 (63.0%)
58	RUTKOWSKI Artur	36	RUNKING	M18-39	41	00:15:29	00:32:12	00:48:03.89	+00:17:46 (37.0%)	8:00	7.5 (63.0%)
59	JAROSZEWSKI Daniel	91		M18-39	42	00:15:38	00:31:44	00:48:10.20	+00:17:53 (37.1%)	8:01	7.5 (63.0%)
60	SZABŁOWIŃSKI Maciek	100		M18-39	43	00:15:32	00:32:18	00:48:31.15	+00:18:14 (37.6%)	8:05	7.4 (62.2%)
61	DERESZ Rafał	110	FALUBAZ	M40-54	18	00:15:49	00:32:29	00:48:44.14	+00:18:27 (37.9%)	8:07	7.4 (62.2%)
62	KAMINSKI Tomasz	35	JW1223	M40-54	19	00:16:11	00:32:45	00:48:44.42	+00:18:27 (37.9%)	8:07	7.4 (62.2%)
63	MICHALAK Michał	64	KAMIEŃ RYMAŃSKI	M18-39	44	00:16:59	00:32:41	00:48:50.63	+00:18:33 (38.0%)	8:08	7.4 (62.2%)
64	GALICKI Robert	81		M40-54	20	00:16:54	00:33:13	00:48:50.81	+00:18:33 (38.0%)	8:08	7.4 (62.2%)
65	PŁOSZAJ Rafał	32		M18-39	45	00:14:44	00:32:22	00:48:57.50	+00:18:40 (38.1%)	8:09	7.4 (62.2%)
66	SZCZYPEK Arkadiusz	169	ZASTOPUJ	M18-39	46	00:15:54	00:32:51	00:49:23.57	+00:19:06 (38.7%)	8:14	7.3 (61.3%)
67	MURAWSKI Waldemar	208		M40-54	21	00:16:07	00:33:04	00:49:46.47	+00:19:29 (39.2%)	8:17	7.2 (60.5%)
68	NOWICKI Piotr	210		M40-54	22	00:17:14	00:33:20	00:49:56.02	+00:19:38 (39.4%)	8:19	7.2 (60.5%)
69	PIASECKI Mariusz	215		M18-39	47	00:17:15	00:33:20	00:49:56.32	+00:19:39 (39.4%)	8:19	7.2 (60.5%)
70	JUSZCZAK Krzysztof	48		M55+	1	00:17:14	00:33:30	00:49:56.81	+00:19:39 (39.4%)	8:19	7.2 (60.5%)
71	JANOWICZ Przemysław	21	FPP	M18-39	48	00:15:53	00:33:01	00:50:35.47	+00:20:18 (40.1%)	8:25	7.1 (59.7%)

Place	Participant	Number	Club	Category	MCat	2km	4km	Net time 6km	Gap	Pace min/km	Pace km/h
72	KLESZCZYŃSKI Damian	76		M18-39	49	00:17:58	00:34:42	00:50:40.99	+00:20:23 (40.2%)	8:26	7.1 (59.7%)
73	MICHAŁÓW Leszek	45	AJDŻO SQUAD	M18-39	50	00:16:58	00:33:49	00:50:48.97	+00:20:31 (40.4%)	8:28	7.1 (59.7%)
74	KAZIMIEROWICZ Radostaw	95	VTT	M18-39	51	00:17:39	00:33:59	00:51:00.55	+00:20:43 (40.6%)	8:30	7.1 (59.7%)
75	LABUDA Hubert	122		M18-39	52	00:18:01	00:34:32	00:51:23.99	+00:21:06 (41.1%)	8:34	7 (58.8%)
76	NOWAK Paweł	127		M18-39	53	00:16:23	00:33:48	00:51:33.48	+00:21:16 (41.3%)	8:35	7 (58.8%)
77	ZANDER Jakub	63	KAMIEŃ RYMAŃSKI	M18-39	54	00:17:18	00:34:07	00:51:50.71	+00:21:33 (41.6%)	8:38	6.9 (58.0%)
78	MACIEJEWSKI Maciej	14	FPP FUNKCJONALNOŚĆ PONAD POMPE	M18-39	55	00:17:28	00:35:21	00:52:05.81	+00:21:48 (41.9%)	8:41	6.9 (58.0%)
79	STASZAK Wojciech	86		M18-39	56	00:18:00	00:35:13	00:52:46.28	+00:22:29 (42.6%)	8:47	6.8 (57.1%)
80	FRĄTCZAK Sylwester	74	4FUN	M18-39	57	00:17:58	00:35:13	00:52:46.42	+00:22:29 (42.6%)	8:47	6.8 (57.1%)
81	MRUGALSKI Stanisław	126		M55+	2	00:18:41	00:35:23	00:53:01.92	+00:22:44 (42.9%)	8:50	6.8 (57.1%)
82	WESOŁEK Łukasz	68		M18-39	58	00:17:08	00:35:10	00:53:07.55	+00:22:50 (43.0%)	8:51	6.8 (57.1%)
83	NIEWIADOWSKI Robert	7	WWW.ARTE-IT.PL	M18-39	59	00:18:52	00:36:10	00:53:18.82	+00:23:01 (43.2%)	8:53	6.8 (57.1%)
84	KUKLIŃSKI Sebastian	51	SEW	M18-39	60	00:17:28	00:36:21	00:54:15.60	+00:23:58 (44.2%)	9:02	6.6 (55.5%)
85	HARASYM Daniel	195	ZASTOPIJ	M40-54	23	00:18:27	00:36:41	00:54:44.15	+00:24:27 (44.7%)	9:07	6.6 (55.5%)
86	LEWANDOWSKI Piotr	185	ZASTOPIJ	M40-54	24	00:19:32	00:37:44	00:56:18.14	+00:26:01 (46.2%)	9:23	6.4 (53.8%)
87	LABUDA Dariusz	121		M40-54	25	00:19:35	00:38:28	00:56:33.61	+00:26:16 (46.5%)	9:25	6.4 (53.8%)
88	ŁASTOWSKI Paweł	123		M18-39	61	00:19:35	00:38:28	00:56:33.69	+00:26:16 (46.5%)	9:25	6.4 (53.8%)
89	ARCHACKI Patryk	66		M18-39	62	00:18:22	00:38:12	00:56:50.17	+00:26:33 (46.7%)	9:28	6.3 (52.9%)
90	SUSKI Jan	241	TKKF KOSZALIN	M55+	3	00:19:08	00:39:28	00:58:32.02	+00:28:14 (48.3%)	9:45	6.2 (52.1%)
91	SPICA Łukasz	52		M18-39	63	00:20:25	00:41:11	01:02:36.16	+00:32:19 (51.6%)	10:26	5.8 (48.7%)
92	GAWROŃSKI Paweł	19	OGIEŃ W SZOPIE	M18-39	64	00:20:24	00:41:34	01:03:01.71	+00:32:44 (52.0%)	10:30	5.7 (47.9%)
93	WYKA Marcin	31		M18-39	65	00:20:38	00:42:36	01:03:48.66	+00:33:31 (52.5%)	10:38	5.6 (47.1%)
94	ODRZYWOŁEK Paweł	60		M18-39	66	00:20:39	00:42:38	01:03:49.66	+00:33:32 (52.6%)	10:38	5.6 (47.1%)
95	ZALEWSKI Mariusz	43	PORSHE	M40-54	26	00:20:40	00:42:40	01:03:50.04	+00:33:32 (52.6%)	10:38	5.6 (47.1%)
96	KUTKOWSKI Sławomir	90		M18-39	67	00:20:47	00:42:51	01:05:27.35	+00:35:10 (53.7%)	10:54	5.5 (46.2%)
97	TABAK Marek	138		M40-54	27	00:22:33	00:44:56	01:07:27.85	+00:37:10 (55.1%)	11:14	5.3 (44.5%)
98	SCHEFFLER Bryan	232		M18-39	68	00:23:06	00:47:18	01:11:34.74	+00:41:17 (57.7%)	11:55	5 (42.0%)

Total 98 results.