



Organiser: ZOS Koszalin
Date: 2016-07-23
Place: Koszalin
Distance: 6 km

BIEG HERKULESA 6 KM

B4SPORT



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Start time	2.6km	Net time 5.2km	Czas brutto 5.2km	Gap	Pace min/km	Pace km/h
1	RYBACZEK Sebastian	130	FORMA ROSNOWO / JW 1223	M18-39	1	00:00:02	00:10:06	00:20:38.15	00:20:40.55		3:58	15.1 (100%)
2	EMILIT Grzegorz	88		M18-39	2	00:00:02	00:10:48	00:22:41.10	00:22:43.80	+00:02:02 (9.0%)	4:21	13.8 (91.4%)
3	BASIUKIEWICZ Marcin	82	JW3937	M18-39	3	00:00:02	00:11:35	00:23:10.25	00:23:12.95	+00:02:32 (10.9%)	4:27	13.5 (89.4%)
4	JAKIMIEC Tadeusz	164		M50-59	1	00:00:02	00:11:34	00:23:30.30	00:23:32.60	+00:02:52 (12.2%)	4:31	13.3 (88.1%)
5	KUŻMA Adam	108	ANI HERKULES ANI GLADIATOR	M18-39	4	00:00:03	00:11:45	00:24:25.70	00:24:28.80	+00:03:47 (15.5%)	4:41	12.8 (84.8%)
6	LUBLEWSKI Dawid	111		M18-39	5	00:00:15	00:12:02	00:24:39.95	00:24:55.35	+00:04:01 (16.3%)	4:44	12.6 (83.4%)
7	CHOŁUJ Jarek	83	ROZBIEGANY KOSZALIN	M40-49	1	00:00:16	00:12:15	00:24:47.80	00:25:04.40	+00:04:09 (16.8%)	4:46	12.6 (83.4%)
8	SZULC Arkadiusz	140	ROZBIEGANY KOSZALIN	M18-39	6	00:00:17	00:12:23	00:25:04.00	00:25:21.10	+00:04:25 (17.7%)	4:49	12.4 (82.1%)
9	JADCZAK Tomasz	96		M18-39	7	00:00:38	00:12:35	00:25:19.25	00:25:57.60	+00:04:41 (18.5%)	4:52	12.3 (81.5%)
10	SKOWYRSKI Janusz	134	ROWERIA KOSZALIN/ TKKF KOSZALIN	M50-59	2	00:00:38	00:12:34	00:25:50.00	00:26:28.65	+00:05:11 (20.1%)	4:58	12.1 (80.1%)
11	FALUTA Grzegorz	162		M18-39	8	00:01:38	00:13:25	00:25:52.95	00:27:31.10	+00:05:14 (20.3%)	4:58	12.1 (80.1%)
12	BOCHRA Paweł	163		M18-39	9	00:00:17	00:12:52	00:26:05.70	00:26:23.45	+00:05:27 (20.9%)	5:01	12 (79.5%)
13	TEKIEL Marcin	143	OSP DYGOWO	M18-39	10	00:00:17	00:12:56	00:26:05.75	00:26:23.45	+00:05:27 (20.9%)	5:01	12 (79.5%)
14	SZYMAŃSKI Piotr	141	CSSP	M40-49	2	00:01:39	00:13:30	00:26:15.35	00:27:54.80	+00:05:37 (21.4%)	5:02	11.9 (78.8%)
15	MARKOWSKI Andrzej	115	TKKF KOSZALIN	M60+	1	00:00:17	00:13:02	00:26:15.40	00:26:33.00	+00:05:37 (21.4%)	5:03	11.9 (78.8%)
16	MAJDA Patryk	114		M18-39	11	00:01:35	00:13:12	00:26:17.20	00:27:53.00	+00:05:39 (21.5%)	5:03	11.9 (78.8%)
17	FALKO Piotr	90	JW 1223 3 DPLOT	M18-39	12	00:01:38	00:13:26	00:26:17.70	00:27:56.50	+00:05:39 (21.5%)	5:03	11.9 (78.8%)
18	WICHER Krzysztof	151	ADWOKATURA/ZHP	M18-39	13	00:00:15	00:12:40	00:26:29.55	00:26:45.40	+00:05:51 (22.1%)	5:05	11.8 (78.1%)
19	CZUBALA Michał	85		M18-39	14	00:01:35	00:13:20	00:26:29.85	00:28:05.50	+00:05:51 (22.1%)	5:05	11.8 (78.1%)
20	ŚWIETLIK Tomasz	142		M50-59	3	00:00:39	00:12:43	00:26:35.35	00:27:14.45	+00:05:57 (22.4%)	5:06	11.7 (77.5%)
21	MATIAS Patryk	116	BYLE DO METY	M18-39	15	00:00:37	00:12:49	00:26:46.05	00:27:24.00	+00:06:07 (22.9%)	5:09	11.6 (76.8%)
22	JAROSZEWSKI Daniel	161	ROZBIEGANY KOSZALIN	M18-39	16	00:00:16	00:12:55	00:26:46.60	00:27:03.20	+00:06:08 (22.9%)	5:09	11.6 (76.8%)
23	HOC Dariusz	94		M40-49	3	00:00:38	00:13:27	00:26:46.65	00:27:24.85	+00:06:08 (22.9%)	5:08	11.7 (77.5%)
24	JAGŁA Łukasz	97		M18-39	17	00:00:37	00:13:28	00:27:04.85	00:27:42.70	+00:06:26 (23.8%)	5:12	11.5 (76.2%)
25	KUSIAK Bartłomiej	107		M18-39	18	00:00:16	00:13:58	00:27:16.60	00:27:33.10	+00:06:38 (24.3%)	5:14	11.4 (75.5%)
26	KAMORSKI Kamil	167	TŁUSTE DZIKI	M18-39	19	00:00:39	00:13:09	00:27:19.90	00:27:59.70	+00:06:41 (24.5%)	5:15	11.4 (75.5%)
27	WITCZUK Marcin	153	RUN4FUN	M18-39	20	00:01:36	00:14:13	00:27:32.25	00:29:09.10	+00:06:54 (25.1%)	5:17	11.3 (74.8%)

Place	Participant	Number	Club	Category	MCat	Start time	2.6km	Net time 5.2km	Czas brutto 5.2km	Gap	Pace min/km	Pace km/h
28	ŁOPIŃSKI Sebastian	160	OSP DYGOWO	M40-49	4	00:00:17	00:13:14	00:27:34.95	00:27:52.85	+00:06:56 (25.2%)	5:18	11.3 (74.8%)
29	NIEMCZUK Dariusz	166		M50-59	4	00:01:38	00:14:20	00:27:46.90	00:29:25.65	+00:07:08 (25.7%)	5:20	11.2 (74.2%)
30	URBAŃSKI Tomasz	145		M40-49	5	00:01:36	00:13:29	00:27:57.05	00:29:33.60	+00:07:18 (26.2%)	5:22	11.2 (74.2%)
31	DORAWA Piotr	87		M18-39	21	00:01:36	00:13:57	00:28:02.10	00:29:38.25	+00:07:23 (26.4%)	5:23	11.1 (73.5%)
32	MURAWSKI Waldemar	121		M40-49	6	00:00:02	00:13:24	00:28:02.60	00:28:05.50	+00:07:24 (26.4%)	5:23	11.1 (73.5%)
33	MORDACZ Tomasz	119		M18-39	22	00:01:39	00:13:59	00:28:16.75	00:29:56.15	+00:07:38 (27.0%)	5:26	11 (72.8%)
34	RATAJCZYK Robert	154		M18-39	23	00:01:43	00:14:16	00:28:30.15	00:30:14.10	+00:07:52 (27.6%)	5:29	10.9 (72.2%)
35	LUDWICZAK Mariusz	112		M40-49	7	00:00:38	00:13:51	00:28:33.45	00:29:12.00	+00:07:55 (27.7%)	5:29	10.9 (72.2%)
36	WRZESIŃSKI Kamil	156		M18-39	24	00:00:38	00:13:20	00:29:04.15	00:29:42.80	+00:08:26 (29.0%)	5:35	10.7 (70.9%)
37	KOROL Krzysztof	103		M40-49	8	00:00:39	00:14:53	00:29:36.95	00:30:16.65	+00:08:58 (30.3%)	5:41	10.5 (69.5%)
38	RADWAŃSKI Krystian	127		M18-39	25	00:01:35	00:14:34	00:29:38.60	00:31:14.55	+00:09:00 (30.4%)	5:42	10.5 (69.5%)
39	KUPREWICZ Grzegorz	106	ROZBIEGANY KOSZALIN	M18-39	26	00:01:35	00:14:46	00:29:51.30	00:31:26.75	+00:09:13 (30.9%)	5:44	10.5 (69.5%)
40	WIERZBIŃSKI Rafał	152		M18-39	27	00:00:39	00:14:57	00:29:58.65	00:30:38.15	+00:09:20 (31.2%)	5:45	10.4 (68.9%)
41	WESOŁOWSKI Tomasz	150		M18-39	28	00:01:37	00:14:52	00:30:14.20	00:31:51.50	+00:09:36 (31.8%)	5:48	10.3 (68.2%)
42	POGONOWSKI Igor	124		M18-39	29	00:00:02	00:14:37	00:30:32.45	00:30:34.70	+00:09:54 (32.4%)	5:52	10.2 (67.5%)
43	SIWIEC Piotr	133	ROZBIEGANY KOSZALIN	M18-39	30	00:00:03	00:14:29	00:30:43.65	00:30:47.10	+00:10:05 (32.8%)	5:54	10.2 (67.5%)
44	SZKUDZIŃSKI Krzysztof	138	KOSAKOWO TEAM	M40-49	9	00:01:37	00:15:16	00:30:47.35	00:32:24.50	+00:10:09 (33.0%)	5:55	10.1 (66.9%)
45	HERBUŚ Julian	93	JW 1223 BLOG	M18-39	31	00:01:36	00:14:42	00:30:48.75	00:32:25.00	+00:10:10 (33.0%)	5:55	10.1 (66.9%)
46	KOWALSKI Daniel	104	STATYSTYCZNI	M18-39	32	00:00:16	00:14:43	00:30:56.75	00:31:13.00	+00:10:18 (33.3%)	5:57	10.1 (66.9%)
47	URBAŃSKI Arkadiusz	147		M40-49	10	00:01:39	00:15:22	00:30:58.65	00:32:37.85	+00:10:20 (33.4%)	5:57	10.1 (66.9%)
48	SZOĆ Oskar	139		M18-39	33	00:00:39	00:15:02	00:31:10.70	00:31:49.70	+00:10:32 (33.8%)	5:59	10 (66.2%)
49	OSIŃSKI Przemysław	122		M18-39	34	00:00:03	00:14:56	00:31:38.60	00:31:42.40	+00:11:00 (34.8%)	6:05	9.9 (65.6%)
50	HRYCIÓW Paweł	95	BIĄŁOGARD	M18-39	35	00:00:39	00:15:43	00:31:38.85	00:32:18.30	+00:11:00 (34.8%)	6:05	9.9 (65.6%)
51	MOTYL Łukasz	120		M18-39	36	00:00:38	00:15:00	00:31:41.40	00:32:19.85	+00:11:03 (34.9%)	6:05	9.8 (64.9%)
52	JANKOWSKI Mateusz	98	TŁUSTE DZIKI	M18-39	37	00:00:39	00:14:37	00:32:00.45	00:32:40.15	+00:11:22 (35.5%)	6:09	9.7 (64.2%)
53	JANUS Mateusz	99		M18-39	38	00:01:39	00:15:40	00:32:21.00	00:34:00.20	+00:11:42 (36.2%)	6:13	9.6 (63.6%)
54	TUDRUJ Andrzej	144		M40-49	11	00:01:35	00:15:21	00:32:27.20	00:34:02.55	+00:11:49 (36.4%)	6:14	9.6 (63.6%)
55	BARTOSIEWICZ Michał	168	TŁUSTE DZIKI	M18-39	39	00:00:39	00:15:39	00:32:48.30	00:33:27.60	+00:12:10 (37.1%)	6:18	9.5 (62.9%)
56	RUSIECKI Paweł	129	KOSAKOWO TEAM	M40-49	12	00:01:36	00:15:47	00:32:56.00	00:34:32.70	+00:12:17 (37.3%)	6:20	9.5 (62.9%)
57	ANGULSKI Mateusz	169		M18-39	40	00:01:40	00:16:20	00:32:59.50	00:34:40.05	+00:12:21 (37.5%)	6:20	9.5 (62.9%)
58	POKRZYWKA Tomasz	125		M40-49	13	00:01:39	00:16:20	00:33:00.15	00:34:40.05	+00:12:22 (37.5%)	6:20	9.4 (62.3%)
59	PAULIŃSKI Jan	165		M60+	2	00:01:38	00:17:06	00:34:56.90	00:36:35.70	+00:14:18 (41.0%)	6:43	8.9 (58.9%)
60	URBAŃSKI Aleksander	146	17WOG KOSZALIN	M40-49	14	00:01:37	00:17:19	00:36:13.65	00:37:50.80	+00:15:35 (43.0%)	6:57	8.6 (57.0%)
61	ŁOŚ Michał	113	SZWAGRYBIEGAJĄ	M18-39	41	00:01:38	00:18:43	00:37:31.20	00:39:09.60	+00:16:53 (45.0%)	7:12	8.3 (55.0%)
62	ZIELIŃSKI Jarosław	158	PKO BP SA	M18-39	42	00:00:17	00:18:24	00:38:44.60	00:39:02.30	+00:18:06 (46.7%)	7:27	8.1 (53.6%)
63	WOSZTYL Emilian	155		M18-39	43	00:00:39	00:18:38	00:38:59.30	00:39:39.10	+00:18:21 (47.1%)	7:30	8 (53.0%)
64	LATKOWSKI Mateusz	109		M18-39	44	00:00:17	00:16:09			+00:06:04	6:12	9.7 (64.2%)

Total 64 results.