



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

BIEG HERKULESA 2017  
ZOS Koszalin  
2017-08-13  
Koszalin  
6 km

## BIEG HERKULESA 6 KM

B4SPORT



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	<b>ORZECHOWSKI Kamil</b>	<b>114</b>	TKKF KOSZALIN	M18-39	1	00:10:37	<b>00:21:54.10</b>		3:39	16.4 (100%)
2	<b>SZYMAJDA Grzegorz</b>	<b>82</b>	TKKF KOSZALIN	M18-39	2	00:11:56	<b>00:25:01.80</b>	+00:03:07 (12.5%)	4:10	14.4 (87.8%)
3	<b>CIESIELSKI Dawid</b>	<b>32</b>	KS BRYZA POSTOMINO	M18-39	3	00:12:15	<b>00:25:31.90</b>	+00:03:37 (14.2%)	4:15	14.1 (86.0%)
4	<b>NACZK Leonard</b>	<b>53</b>	DYNAMIC	M40-49	1	00:12:43	<b>00:25:44.10</b>	+00:03:50 (14.9%)	4:17	14 (85.4%)
5	<b>DZIEDZIC Marcin</b>	<b>40</b>	RAMS	M18-39	4	00:12:29	<b>00:25:53.40</b>	+00:03:59 (15.4%)	4:18	13.9 (84.8%)
6	<b>HUBERT Łukasz</b>	<b>37</b>		M18-39	5	00:12:46	<b>00:26:10.10</b>	+00:04:16 (16.3%)	4:21	13.8 (84.1%)
7	<b>URBAŃSKI Tomasz</b>	<b>77</b>		M40-49	2	00:12:26	<b>00:26:17.10</b>	+00:04:23 (16.7%)	4:22	13.7 (83.5%)
8	<b>HAJNCE Dawid</b>	<b>36</b>		M18-39	6	00:12:47	<b>00:26:48.45</b>	+00:04:54 (18.3%)	4:28	13.4 (81.7%)
9	<b>SIEWIERSKI Łukasz</b>	<b>68</b>		M18-39	7	00:13:01	<b>00:27:08.45</b>	+00:05:14 (19.3%)	4:31	13.3 (81.1%)
10	<b>ŚWIETLIK Tomasz</b>	<b>75</b>		M50-59	1	00:13:56	<b>00:28:05.50</b>	+00:06:11 (22.0%)	4:40	12.8 (78.0%)
11	<b>WŁOSIŃSKI Mateusz</b>	<b>80</b>	CHATKA	M18-39	8	00:13:36	<b>00:28:17.65</b>	+00:06:23 (22.6%)	4:43	12.7 (77.4%)
12	<b>STAŃCZYK Sławomir</b>	<b>71</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M18-39	9	00:14:08	<b>00:28:25.15</b>	+00:06:31 (22.9%)	4:44	12.7 (77.4%)
13	<b>LEWANDOWSKI Marek</b>	<b>48</b>		M18-39	10	00:14:11	<b>00:29:38.40</b>	+00:07:44 (26.1%)	4:56	12.1 (73.8%)
14	<b>WIERZBICKI Kacper</b>	<b>79</b>		M18-39	11	00:15:07	<b>00:30:37.75</b>	+00:08:43 (28.5%)	5:06	11.8 (72.0%)
15	<b>TUDRUJ Andrzej</b>	<b>76</b>		M40-49	3	00:15:18	<b>00:31:12.15</b>	+00:09:18 (29.8%)	5:12	11.5 (70.1%)
16	<b>GALICKI Robert</b>	<b>35</b>		M40-49	4	00:15:27	<b>00:31:41.50</b>	+00:09:47 (30.9%)	5:16	11.4 (69.5%)
17	<b>NOWAK Piotr</b>	<b>54</b>		M18-39	12	00:15:52	<b>00:32:24.50</b>	+00:10:30 (32.4%)	5:24	11.1 (67.7%)
18	<b>MRUGALSKI Stanisław</b>	<b>51</b>		M50-59	2	00:16:41	<b>00:33:09.10</b>	+00:11:15 (33.9%)	5:31	10.9 (66.5%)
19	<b>MAGURA Paweł</b>	<b>49</b>	CHATKA	M18-39	13	00:16:11	<b>00:33:34.85</b>	+00:11:40 (34.8%)	5:35	10.7 (65.2%)
20	<b>JANUSZEWSKI Jacek</b>	<b>38</b>	17 WOG KOSZALIN	M50-59	3	00:16:42	<b>00:33:50.70</b>	+00:11:56 (35.3%)	5:38	10.6 (64.6%)
21	<b>ZIELIŃSKI Jarosław</b>	<b>81</b>	AMATOR	M40-49	5	00:16:18	<b>00:34:02.75</b>	+00:12:08 (35.7%)	5:40	10.6 (64.6%)
22	<b>KOSECKI Tomasz</b>	<b>42</b>	ZAKWAS	M18-39	14	00:17:32	<b>00:35:15.10</b>	+00:13:21 (37.9%)	5:52	10.2 (62.2%)
23	<b>SEEWALD Jan</b>	<b>66</b>	ZAKWAS	M40-49	6	00:17:24	<b>00:35:16.30</b>	+00:13:22 (37.9%)	5:52	10.2 (62.2%)
24	<b>MYDŁOWSKI Maciej</b>	<b>52</b>	HUSARIA RACE TEAM	M18-39	15	00:17:24	<b>00:35:23.75</b>	+00:13:29 (38.1%)	5:54	10.2 (62.2%)
25	<b>KRAJKA Mateusz</b>	<b>43</b>		M18-39	16	00:13:32	<b>00:36:12.65</b>	+00:14:18 (39.5%)	6:02	9.9 (60.4%)