



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: M18-39

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	00:35:14.45		5:52	10.2 (100%)
2	SOSNOWSKI Tomasz	80	MEDEN-INMED SPORTS TEAM	M18-39	2	00:11:54	00:24:47	00:37:06.20	+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	00:37:19.80	+00:02:05 (5.6%)	6:13	9.6 (94.1%)
4	ZIENOWICZ Michał	103		M18-39	4	00:12:18	00:25:36	00:39:10.50	+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	00:39:23.15	+00:04:08 (10.5%)	6:33	9.1 (89.2%)
6	SŁODZIŃSKI Gabriel	79	ŁOSOŚ T.E.A.M.	M18-39	6	00:12:47	00:26:25	00:39:50.60	+00:04:36 (11.6%)	6:38	9 (88.2%)
7	SITOWSKI Marcin	76	PROMED SZCZECINEK	M18-39	7	00:12:27	00:26:20	00:40:21.25	+00:05:06 (12.7%)	6:43	8.9 (87.3%)
8	JABŁOŃSKI Tomasz	194	SPOKO SŁAWNO	M18-39	8	00:13:38	00:27:36	00:41:02.15	+00:05:47 (14.1%)	6:50	8.8 (86.3%)
9	STRZYŻ Łukasz	84	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	9	00:13:15	00:27:12	00:41:09.80	+00:05:55 (14.4%)	6:51	8.7 (85.3%)
10	HOREGLAD Paweł	22	SPEEDY GONZALES	M18-39	10	00:13:29	00:27:34	00:41:52.90	+00:06:38 (15.9%)	6:58	8.6 (84.3%)
11	JAMNIAK Bartosz	26	TKKF KOSZALIN	M18-39	11	00:13:29	00:28:07	00:42:26.30	+00:07:11 (17.0%)	7:04	8.5 (83.3%)
12	GAWROŃSKI Bartek	18		M18-39	12	00:13:10	00:27:43	00:42:29.30	+00:07:14 (17.1%)	7:04	8.5 (83.3%)
13	JANIK Piotr	27		M18-39	13	00:13:39	00:28:12	00:42:30.30	+00:07:15 (17.1%)	7:05	8.5 (83.3%)
14	JAGŁA Łukasz	24		M18-39	14	00:13:55	00:28:29	00:43:17.00	+00:08:02 (18.6%)	7:12	8.3 (81.4%)
15	NIECKARZ Krzysztof	50	SPOKO SŁAWNO	M18-39	15	00:15:05	00:30:06	00:44:41.30	+00:09:26 (21.1%)	7:26	8.1 (79.4%)
16	KRAWCZYK Tomasz	37		M18-39	16	00:13:57	00:29:15	00:44:42.35	+00:09:27 (21.2%)	7:27	8.1 (79.4%)
17	GAWROŃSKI Marek	19	NA PRESTIŻU	M18-39	17	00:14:33	00:29:55	00:44:59.35	+00:09:44 (21.7%)	7:29	8 (78.4%)
18	JAROSZEWSKI Daniel	30	BBKTS	M18-39	18	00:14:38	00:30:24	00:45:36.45	+00:10:22 (22.7%)	7:36	7.9 (77.5%)
19	LENIK Hubert	43	JW1223	M18-39	19	00:14:31	00:30:34	00:46:26.65	+00:11:12 (24.1%)	7:44	7.8 (76.5%)
20	PODLASEK Stanisław	62	LUFATEAM	M18-39	20	00:15:23	00:32:04	00:47:15.20	+00:12:00 (25.4%)	7:52	7.6 (74.5%)
21	CZAJKOWSKI Paweł	8	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	21	00:15:15	00:31:15	00:47:17.45	+00:12:03 (25.5%)	7:52	7.6 (74.5%)
22	DROZD Michał	10		M18-39	22	00:15:17	00:32:05	00:47:33.05	+00:12:18 (25.9%)	7:55	7.6 (74.5%)
23	BĄK Sebastian	2	ŁOSOŚ T.E.A.M.	M18-39	23	00:15:38	00:31:50	00:48:23.50	+00:13:09 (27.2%)	8:04	7.4 (72.5%)
24	OLCZAK Krzysztof	53		M18-39	24	00:15:18	00:31:49	00:48:32.00	+00:13:17 (27.4%)	8:05	7.4 (72.5%)
25	SETA Jarosław	73		M18-39	25	00:15:17	00:32:25	00:48:53.45	+00:13:39 (27.9%)	8:09	7.4 (72.5%)
26	SLEDŹ Jarosław	78		M18-39	26	00:15:28	00:32:29	00:49:06.50	+00:13:52 (28.2%)	8:11	7.3 (71.6%)
27	WIERZBICKI Kacper	100		M18-39	27	00:16:01	00:32:43	00:49:16.30	+00:14:01 (28.5%)	8:12	7.3 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2km	Start_All 4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
28	RUDNIK Krzysztof	68	SPORT TO ZDROWIE	M18-39	28	00:16:32	00:33:53	00:50:17.45	+00:15:03 (29.9%)	8:22	7.2 (70.6%)
29	KUKIEŁCZYŃSKI Łukasz	41		M18-39	29	00:16:11	00:33:21	00:50:37.00	+00:15:22 (30.4%)	8:26	7.1 (69.6%)
30	GONTEK Łukasz	20	ŁOSOŚ TEAM	M18-39	30	00:15:54	00:33:27	00:50:48.40	+00:15:33 (30.6%)	8:28	7.1 (69.6%)
31	RUTKOWSKI Artur	69	SPORTOWIEC.INFO (KOSZALIŃSKI RANKING BIEGACZY)	M18-39	31	00:15:44	00:33:29	00:51:11.55	+00:15:57 (31.2%)	8:31	7 (68.6%)
32	KOZUB Tomasz	35	ŁOSOŚ T.E.A.M.	M18-39	32	00:15:54	00:33:26	00:51:19.80	+00:16:05 (31.3%)	8:33	7 (68.6%)
33	MURAWSKI Rafał	49	WATAHA-ŁĄCZY NAS BIEGANIE	M18-39	33	00:16:58	00:34:40	00:52:44.30	+00:17:29 (33.2%)	8:47	6.8 (66.7%)
34	NIEWIADOWSKI Robert	52		M18-39	34	00:17:14	00:35:25	00:53:35.75	+00:18:21 (34.2%)	8:56	6.7 (65.7%)
35	RZEPLIŃSKI Dominik	71		M18-39	35	00:17:30	00:36:13	00:54:14.25	+00:18:59 (35.0%)	9:02	6.6 (64.7%)
36	STAŃCZYK Sławomir	82	STARGARD. JA SIĘ NIE ŚCIGAM	M18-39	36	00:17:21	00:36:34	00:55:26.80	+00:20:12 (36.4%)	9:14	6.5 (63.7%)
37	BAGIEŃSKI Mateusz	122	STC STARGARD	M18-39	37	00:17:23	00:36:39	00:55:26.85	+00:20:12 (36.4%)	9:14	6.5 (63.7%)
38	GAWROŃSKI Paweł	17	OGIEŃ W SZOPIE	M18-39	38	00:19:03	00:40:31	01:00:20.55	+00:25:06 (41.6%)	10:03	6 (58.8%)
39	ŚWIDERSKI Marcin	92		M18-39	39	00:20:26	00:44:22	01:01:20.80	+00:26:06 (42.6%)	10:13	5.9 (57.8%)
40	SIDOR Mariusz	74	ŁOSOŚ T.E.A.M.	M18-39	40	00:18:22	00:39:55	01:02:22.40	+00:27:07 (43.5%)	10:23	5.8 (56.9%)
41	WEILAND Adrian	95		M18-39	41	00:18:22	00:39:49	01:02:22.50	+00:27:08 (43.5%)	10:23	5.8 (56.9%)

Znaleziono 41 wynik(ów)