



**Organizator:** ZOS Koszalin  
**Data:** 2016-07-23  
**Miejsce:** Koszalin  
**Dystans:** 6 km

## BIEG HERKULESA 6 KM

B4SPORT



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.6km	Czas netto 5.2km	Czas brutto 5.2km	Różn	Tempo min/km	Tempo km/h
1	<b>CHOŁUJ Jarek</b>	<b>83</b>	ROZBIEGANY KOSZALIN	M40-49	1	00:00:16	00:12:15	<b>00:24:47.80</b>	<b>00:25:04.40</b>		4:46	12.6 (100%)
2	<b>SZYMAŃSKI Piotr</b>	<b>141</b>	CSSP	M40-49	2	00:01:39	00:13:30	<b>00:26:15.35</b>	<b>00:27:54.80</b>	+00:01:27 (5.6%)	5:02	11.9 (94.4%)
3	<b>HOC Dariusz</b>	<b>94</b>		M40-49	3	00:00:38	00:13:27	<b>00:26:46.65</b>	<b>00:27:24.85</b>	+00:01:58 (7.4%)	5:08	11.7 (92.9%)
4	<b>ŁOPIŃSKI Sebastian</b>	<b>160</b>	OSP DYGOWO	M40-49	4	00:00:17	00:13:14	<b>00:27:34.95</b>	<b>00:27:52.85</b>	+00:02:47 (10.1%)	5:18	11.3 (89.7%)
5	<b>URBAŃSKI Tomasz</b>	<b>145</b>		M40-49	5	00:01:36	00:13:29	<b>00:27:57.05</b>	<b>00:29:33.60</b>	+00:03:09 (11.3%)	5:22	11.2 (88.9%)
6	<b>MURAWSKI Waldemar</b>	<b>121</b>		M40-49	6	00:00:02	00:13:24	<b>00:28:02.60</b>	<b>00:28:05.50</b>	+00:03:14 (11.6%)	5:23	11.1 (88.1%)
7	<b>LUDWICZAK Mariusz</b>	<b>112</b>		M40-49	7	00:00:38	00:13:51	<b>00:28:33.45</b>	<b>00:29:12.00</b>	+00:03:45 (13.2%)	5:29	10.9 (86.5%)
8	<b>KOROL Krzysztof</b>	<b>103</b>		M40-49	8	00:00:39	00:14:53	<b>00:29:36.95</b>	<b>00:30:16.65</b>	+00:04:49 (16.3%)	5:41	10.5 (83.3%)
9	<b>SZKUDZIŃSKI Krzysztof</b>	<b>138</b>	KOSAKOWO TEAM	M40-49	9	00:01:37	00:15:16	<b>00:30:47.35</b>	<b>00:32:24.50</b>	+00:05:59 (19.5%)	5:55	10.1 (80.2%)
10	<b>URBAŃSKI Arkadiusz</b>	<b>147</b>		M40-49	10	00:01:39	00:15:22	<b>00:30:58.65</b>	<b>00:32:37.85</b>	+00:06:10 (20.0%)	5:57	10.1 (80.2%)
11	<b>TUDRUJ Andrzej</b>	<b>144</b>		M40-49	11	00:01:35	00:15:21	<b>00:32:27.20</b>	<b>00:34:02.55</b>	+00:07:39 (23.6%)	6:14	9.6 (76.2%)
12	<b>RUSIECKI Paweł</b>	<b>129</b>	KOSAKOWO TEAM	M40-49	12	00:01:36	00:15:47	<b>00:32:56.00</b>	<b>00:34:32.70</b>	+00:08:08 (24.7%)	6:20	9.5 (75.4%)
13	<b>POKRZYWKA Tomasz</b>	<b>125</b>		M40-49	13	00:01:39	00:16:20	<b>00:33:00.15</b>	<b>00:34:40.05</b>	+00:08:12 (24.9%)	6:20	9.4 (74.6%)
14	<b>URBAŃSKI Aleksander</b>	<b>146</b>	17WOG KOSZALIN	M40-49	14	00:01:37	00:17:19	<b>00:36:13.65</b>	<b>00:37:50.80</b>	+00:11:25 (31.6%)	6:57	8.6 (68.3%)

Znaleziono 14 wynik(ów)