



BIEG HERKULESA 6 KM

B4SPORT

Wydarzenie: Bieg Herkulesa
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-08-11
Miejsce: Koszalin
Dystans: 6 km



Klasyfikacja: M40-54

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	DUDA Grzegorz	248	BEST BEASTS	M40-54	1	00:10:33	00:22:05	00:33:45.99		5:37	10.7 (100%)
2	JABŁOŃSKI Tomasz	246	KB SPOKO SŁAWNO	M40-54	2	00:12:03	00:24:54	00:37:45.03	+00:03:59 (10.6%)	6:17	9.5 (88.8%)
3	PICK Tomasz	108	SKSG KORONA SZCZECIN	M40-54	3	00:12:19	00:25:37	00:38:18.48	+00:04:32 (11.9%)	6:23	9.4 (87.9%)
4	MICHALAK Grzegorz	102	KARLINO BIEGAJ!	M40-54	4	00:12:11	00:25:35	00:38:40.81	+00:04:54 (12.7%)	6:26	9.3 (86.9%)
5	IWANIEC Dariusz	57	TKKF KOSZALIN	M40-54	5	00:12:55	00:26:14	00:39:28.77	+00:05:42 (14.5%)	6:34	9.1 (85.0%)
6	URBAŃSKI Tomasz	97		M40-54	6	00:12:44	00:26:26	00:40:01.48	+00:06:15 (15.6%)	6:40	9 (84.1%)
7	MICERSKI Tomasz	109	TKKF KOSZALIN	M40-54	7	00:13:13	00:26:31	00:40:02.22	+00:06:16 (15.7%)	6:40	9 (84.1%)
8	THEODOSE Olivier	61		M40-54	8	00:13:06	00:27:06	00:41:17.10	+00:07:31 (18.2%)	6:53	8.7 (81.3%)
9	PŁOSKI Krzysztof	87	DARŁOWSKIE CHARTY	M40-54	9	00:14:27	00:27:58	00:41:31.82	+00:07:45 (18.7%)	6:55	8.7 (81.3%)
10	CAŁA Bartosz	22	ŚWIAT PŁYTEK U KRYSPIŃA	M40-54	10	00:14:03	00:28:47	00:43:12.13	+00:09:26 (21.8%)	7:12	8.3 (77.6%)
11	HAWRYŁAK Marcin	249	AMPIO TEAM	M40-54	11	00:14:24	00:29:24	00:43:55.44	+00:10:09 (23.1%)	7:19	8.2 (76.6%)
12	JAROSZEWSKI Przemysław	168		M40-54	12	00:14:03	00:29:03	00:44:14.34	+00:10:28 (23.7%)	7:22	8.1 (75.7%)
13	REMLAKOWSKI Krzysztof	82	WE RUN	M40-54	13	00:15:22	00:30:32	00:45:45.30	+00:11:59 (26.2%)	7:37	7.9 (73.8%)
14	ZASIMOWSKI Adam	55	BIEGAM BO LUBIĘ	M40-54	14	00:16:16	00:31:00	00:46:02.95	+00:12:16 (26.7%)	7:40	7.8 (72.9%)
15	URBAŃSKI Rafał	200	ZASTOPIJ	M40-54	15	00:13:31	00:29:46	00:46:17.22	+00:12:31 (27.0%)	7:43	7.8 (72.9%)
16	MAZUR Mirosław	234		M40-54	16	00:15:31	00:31:15	00:46:45.88	+00:12:59 (27.8%)	7:47	7.7 (72.0%)
17	BUDZIŃSKI Paweł	11	DRUŻYNA SZPIKU	M40-54	17	00:15:26	00:31:18	00:47:09.08	+00:13:23 (28.4%)	7:51	7.6 (71.0%)
18	DERESZ Rafał	110	FALUBAZ	M40-54	18	00:15:49	00:32:29	00:48:44.14	+00:14:58 (30.7%)	8:07	7.4 (69.2%)
19	KAMINSKI Tomasz	35	JW1223	M40-54	19	00:16:11	00:32:45	00:48:44.42	+00:14:58 (30.7%)	8:07	7.4 (69.2%)
20	GALICKI Robert	81		M40-54	20	00:16:54	00:33:13	00:48:50.81	+00:15:04 (30.9%)	8:08	7.4 (69.2%)
21	MURAWSKI Waldemar	208		M40-54	21	00:16:07	00:33:04	00:49:46.47	+00:16:00 (32.2%)	8:17	7.2 (67.3%)
22	NOWICKI Piotr	210		M40-54	22	00:17:14	00:33:20	00:49:56.02	+00:16:10 (32.4%)	8:19	7.2 (67.3%)
23	HARASYM Daniel	195	ZASTOPIJ	M40-54	23	00:18:27	00:36:41	00:54:44.15	+00:20:58 (38.3%)	9:07	6.6 (61.7%)
24	LEWANDOWSKI Piotr	185	ZASTOPIJ	M40-54	24	00:19:32	00:37:44	00:56:18.14	+00:22:32 (40.0%)	9:23	6.4 (59.8%)
25	LABUDA Dariusz	121		M40-54	25	00:19:35	00:38:28	00:56:33.61	+00:22:47 (40.3%)	9:25	6.4 (59.8%)
26	ZALEWSKI Mariusz	43	PORSHE	M40-54	26	00:20:40	00:42:40	01:03:50.04	+00:30:04 (47.1%)	10:38	5.6 (52.3%)
27	TABAK Marek	138		M40-54	27	00:22:33	00:44:56	01:07:27.85	+00:33:41 (49.9%)	11:14	5.3 (49.5%)

Znaleziono 27 wynik(ów)