



**Event:** BIEG HERKULESA 2018  
**Organiser:** ZOS Koszalin; Koszaliński Sztab Ratownictwa  
**Date:** 2018-08-05  
**Place:** Koszalin  
**Distance:** 6 km

## BIEG HERKULESA 6 KM

B4SPORT



Classification: M55+

Place	Participant	Number	Club	Category	MCat	Start_All 2km	Start_All 4km	Net time 6km	Gap	Pace min/km	Pace km/h
1	<b>SKOWYRSKI Janusz</b>	<b>108</b>	TKKF KOSZALIN	M55+	1	00:14:21	00:29:42	<b>00:44:21.85</b>		7:23	8.1 (100%)
2	<b>JUSZCZAK Krzysztof</b>	<b>31</b>		M55+	2	00:17:26	00:35:35	<b>00:53:04.35</b>	+00:08:42 (16.4%)	8:50	6.8 (84.0%)
3	<b>CZECH Roman</b>	<b>9</b>	GOCH BYTÓW	M55+	3	00:18:06	00:36:57	<b>00:55:14.80</b>	+00:10:52 (19.7%)	9:12	6.5 (80.2%)
4	<b>SUSKI Jan</b>	<b>87</b>	TKKF KOSZALIN	M55+	4	00:18:51	00:38:50	<b>00:58:58.75</b>	+00:14:36 (24.8%)	9:49	6.1 (75.3%)
5	<b>JANUSZEWSKI Jacek</b>	<b>29</b>	17 WOG KOSZALIN	M55+	5	00:19:20	00:39:40	<b>01:00:57.60</b>	+00:16:35 (27.2%)	10:09	5.9 (72.8%)
6	<b>PASEK Jan</b>	<b>55</b>	KLUB BIEGOWY JANTAR ŚWIESZYNO	M55+	6	00:18:59	00:40:34	<b>01:02:16.90</b>	+00:17:55 (28.8%)	10:22	5.8 (71.6%)

Total 6 results.