



**Organizator:** ZOS Koszalin  
**Data:** 2015-07-26  
**Miejsce:** Koszalin  
**Dystans:** 6.6 km

## BIEG HERKULESA

B4SPORT



Klasyfikacja: M 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.2km	4.4km	Czas netto 6.6km	Czas brutto 6.6km	Różn	Tempo min/km	Tempo km/h
1	JAROSZ Wiesław	45	JW 1223 BLOG	M 40-49	1	01:20:25	00:09:12	00:18:18	00:27:28	01:47:53		4:09	14.4 (100%)
2	MATYJASEK Zbigniew	90		M 40-49	2	01:20:25	00:09:51	00:20:15	00:30:43	01:51:08	+00:03:15 (10.6%)	4:39	12.9 (89.6%)
3	STĘŻAŁA Artur	140	JW 1223 2 DPLOT	M 40-49	3	01:20:25	00:09:52	00:20:47	00:31:23	01:51:48	+00:03:55 (12.5%)	4:45	12.6 (87.5%)
4	PAKULSKI Marcin	110		M 40-49	4	01:20:27	00:10:37	00:21:38	00:32:18	01:52:45	+00:04:50 (15.0%)	4:53	12.3 (85.4%)
5	OGRODNIK Grzegorz	104	JW 1223	M 40-49	5	01:20:25	00:10:33	00:21:41	00:32:33	01:52:58	+00:05:05 (15.6%)	4:55	12.2 (84.7%)
6	KRASIŃSKI Witold	66	JW 1223 3DPLOT	M 40-49	6	01:20:26	00:10:36	00:21:52	00:32:53	01:53:19	+00:05:25 (16.5%)	4:58	12 (83.3%)
7	LUDWICZAK Mariusz	82	WAKACJE TEAM	M 40-49	7	00:00:09	00:11:08	00:22:39	00:34:01	00:34:10	+00:06:33 (19.3%)	5:09	11.6 (80.6%)
8	WINKEL Łukasz	168		M 40-49	8	00:00:09	00:11:13	00:23:29	00:35:19	00:35:28	+00:07:51 (22.2%)	5:21	11.2 (77.8%)
9	DEMIDOK Mariusz	19	PORWALI NAM CHOMIKA	M 40-49	9	00:00:10	00:11:59	00:24:40	00:37:24	00:37:34	+00:09:56 (26.6%)	5:40	10.6 (73.6%)
10	PIASKOWSKI Piotr	112		M 40-49	10	01:20:26	00:12:46	00:25:13	00:37:27	01:57:53	+00:09:59 (26.7%)	5:40	10.6 (73.6%)
11	IWANIEC Dariusz	42	OSP SIERAKOWO	M 40-49	11	01:00:25	00:12:16	00:24:49	00:37:34	01:37:59	+00:10:06 (26.9%)	5:41	10.5 (72.9%)
12	KILAR Tomasz	56	HILL KILER KOSZALIN	M 40-49	12	00:00:11	00:12:19	00:25:09	00:37:48	00:37:59	+00:10:20 (27.3%)	5:43	10.5 (72.9%)
13	PIĄTKOWSKI Bartosz	114	AKADEMIA KARATE TRADYCYJNEGO KOSZALIN	M 40-49	13	01:20:25	00:12:16	00:26:06	00:39:50	02:00:15	+00:12:22 (31.0%)	6:02	9.9 (68.8%)
14	RADECKI Jacek	121		M 40-49	14	00:20:25	00:12:40	00:26:22	00:40:23	01:00:48	+00:12:55 (32.0%)	6:07	9.8 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.2km	4.4km	Czas netto 6.6km	Czas brutto 6.6km	Różn	Tempo min/km	Tempo km/h
15	<b>RUSIECKI Paweł</b>	<b>129</b>	WSPL SP ZOZ W KOSZALINIE	M 40-49	15	01:00:26	00:13:29	00:27:53	<b>00:41:59</b>	<b>01:42:25</b>	+00:14:31 (34.6%)	6:21	9.4 (65.3%)
16	<b>ZIĘBA Piotr</b>	<b>179</b>		M 40-49	16	00:00:08	00:12:59	00:27:34	<b>00:42:06</b>	<b>00:42:14</b>	+00:14:38 (34.8%)	6:22	9.4 (65.3%)
17	<b>ZIĘBA Paweł</b>	<b>181</b>	FINCH	M 40-49	17	01:00:24	00:13:28	00:28:26	<b>00:43:03</b>	<b>01:43:27</b>	+00:15:35 (36.2%)	6:31	9.2 (63.9%)
18	<b>OKRASA Arkadiusz</b>	<b>105</b>		M 40-49	18	00:00:10	00:13:33	00:28:31	<b>00:43:21</b>	<b>00:43:31</b>	+00:15:53 (36.6%)	6:34	9.1 (63.2%)
19	<b>KOLASA Tomasz</b>	<b>60</b>	KĄPIELE NA SPONTANIE	M 40-49	19	01:20:26	00:13:57	00:30:54	<b>00:45:35</b>	<b>02:06:01</b>	+00:18:07 (39.7%)	6:54	8.7 (60.4%)
20	<b>PUŚCIAN Krzysztof Kamil</b>	<b>119</b>	GIMNAZJUM W MANOWIE	M 40-49	20	00:00:08	00:14:27	00:30:39	<b>00:47:20</b>	<b>00:47:28</b>	+00:19:52 (42.0%)	7:10	8.4 (58.3%)
21	<b>RZEDZICKI Rafał</b>	<b>130</b>	KOCHAM MOJEGO SYNA I ŻONĘ	M 40-49	21	01:20:27	00:14:56	00:32:08	<b>00:49:13</b>	<b>02:09:40</b>	+00:21:45 (44.2%)	7:27	8 (55.6%)

Znaleziono 21 wynik(ów)