



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

BIEG HERKULESA

B4SPORT



Klasyfikacja: Mężczyźni

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	RYBACZEK Sebastian	276	FORMA ROSNOWO	Mężczyźni	1	01:00:24	00:08:44	00:17:52	00:26:58	01:27:22		4:05	14.7 (100%)
2	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	+00:00:30 (1.8%)	4:09	14.4 (98.0%)
3	MUSIAŁ Krzysztof	100	TKKF KOSZALIN	Mężczyźni	2	00:20:24	00:08:50	00:18:23	00:27:51	00:48:15	+00:00:53 (3.2%)	4:13	14.2 (96.6%)
4	WIŚNIK Marcin	169	AMADEUS CROSSTRaining GYM	Mężczyźni	3	00:00:05	00:09:12	00:19:16	00:28:57	00:29:02	+00:01:59 (6.9%)	4:23	13.7 (93.2%)
5	WEŁNIŃSKI Bartosz	190		Mężczyźni	4	01:00:24	00:09:24	00:19:41	00:29:53	01:30:17	+00:02:55 (9.8%)	4:31	13.3 (90.5%)
6	ŁUKAWSKI Mariusz	86	JW 1223 3DPLOT	Mężczyźni	5	01:00:24	00:09:21	00:19:59	00:30:24	01:30:48	+00:03:26 (11.3%)	4:36	13 (88.4%)
7	RETKA Bartosz	274	FORMA ROSNOWO	Mężczyźni	6	01:00:24	00:09:46	00:20:18	00:30:35	01:30:59	+00:03:37 (11.8%)	4:38	12.9 (87.8%)
8	MATYJASEK Zbigniew	90		M 40-49	2	01:20:25	00:09:51	00:20:15	00:30:43	01:51:08	+00:03:45 (12.2%)	4:39	12.9 (87.8%)
9	KOWALSKI Łukasz	63		Mężczyźni	7	01:00:25	00:09:56	00:20:38	00:31:09	01:31:34	+00:04:11 (13.4%)	4:43	12.7 (86.4%)
10	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	+00:04:25 (14.1%)	4:45	12.6 (85.7%)
11	WALKOWIAK Mateusz	163		Mężczyźni	8	00:20:24	00:09:53	00:20:48	00:31:29	00:51:53	+00:04:31 (14.3%)	4:46	12.6 (85.7%)
12	GEMZA Dawid	32		Mężczyźni	9	00:20:24	00:09:55	00:20:50	00:31:40	00:52:04	+00:04:42 (14.8%)	4:47	12.5 (85.0%)
13	KAŁUŻNY Damian	51		Mężczyźni	10	00:00:06	00:10:14	00:21:06	00:31:50	00:31:56	+00:04:52 (15.3%)	4:49	12.4 (84.4%)
14	JAROSZEWSKI Daniel	46		Mężczyźni	11	00:20:24	00:09:56	00:20:52	00:32:05	00:52:29	+00:05:07 (15.9%)	4:51	12.3 (83.7%)

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	PRĘDKI Grzegorz	118		Mężczyźni	12	01:00:25	00:10:26	00:21:31	00:32:11	01:32:36	+00:05:13 (16.2%)	4:52	12.3 (83.7%)
16	KOZAK Paweł	186	4RUN TTKF KOSZALIN	Mężczyźni	13	00:20:25	00:10:12	00:21:16	00:32:15	00:52:40	+00:05:17 (16.4%)	4:53	12.3 (83.7%)
17	JAŻWIŃSKI Dawid	47		Mężczyźni	14	00:20:24	00:10:13	00:21:17	00:32:16	00:52:40	+00:05:18 (16.4%)	4:53	12.3 (83.7%)
18	PAKULSKI Marcin	110		M 40-49	4	01:20:27	00:10:37	00:21:38	00:32:18	01:52:45	+00:05:20 (16.5%)	4:53	12.3 (83.7%)
19	OGRODNIK Grzegorz	104	JW 1223	M 40-49	5	01:20:25	00:10:33	00:21:41	00:32:33	01:52:58	+00:05:35 (17.2%)	4:55	12.2 (83.0%)
20	NOGA Sebastian	102	4RUN TTKF KOSZALIN	Mężczyźni	15	00:20:24	00:10:00	00:21:21	00:32:34	00:52:58	+00:05:36 (17.2%)	4:56	12.2 (83.0%)
21	MACIEJEWSKI Piotr	88	JW 1223 16 BTECH	Mężczyźni	16	00:00:09	00:10:56	00:22:16	00:32:41	00:32:50	+00:05:43 (17.5%)	4:57	12.1 (82.3%)
22	WALCZAK Marcin	161		Mężczyźni	17	00:20:25	00:10:31	00:21:47	00:32:49	00:53:14	+00:05:51 (17.8%)	4:58	12.1 (82.3%)
23	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	+00:05:55 (18.0%)	4:58	12 (81.6%)
24	SINKIEWICZ Mirosław	133	JW 1223 3DPLOT	Mężczyźni	18	01:00:24	00:09:52	00:21:34	00:33:15	01:33:39	+00:06:17 (18.9%)	5:02	11.9 (81.0%)
25	JANUSZEK Adam	184	RUGBY KOSZALIN	Mężczyźni	19	00:00:07	00:10:27	00:22:01	00:33:20	00:33:27	+00:06:22 (19.1%)	5:03	11.9 (81.0%)
26	JAKIMA Szymon	44	NIEZRZESZONY	Mężczyźni	20	00:00:07	00:10:54	00:22:34	00:33:40	00:33:47	+00:06:42 (19.9%)	5:06	11.8 (80.3%)
27	ROGOSZ Jakub	125	NIEZRZESZONY	Mężczyźni	21	00:00:06	00:10:48	00:22:33	00:33:48	00:33:54	+00:06:50 (20.2%)	5:07	11.7 (79.6%)
28	WOJTANOWICZ Bartosz	172		Mężczyźni	22	00:00:06	00:10:51	00:22:53	00:33:49	00:33:55	+00:06:51 (20.3%)	5:07	11.7 (79.6%)
29	GACA Radosław	30	SŁONECZNY PATROL KOSZALIN	Mężczyźni	23	00:00:06	00:10:40	00:22:33	00:33:54	00:34:00	+00:06:56 (20.5%)	5:08	11.7 (79.6%)
30	LUDWICZAK Mariusz	82	WAKACJE TEAM	M 40-49	7	00:00:09	00:11:08	00:22:39	00:34:01	00:34:10	+00:07:03 (20.7%)	5:09	11.6 (78.9%)
31	ROGALSKI Roberto	124	ZSW ZAWSZE SIĘGAJ WYŻEJ	Mężczyźni	24	00:20:25	00:10:18	00:21:52	00:34:05	00:54:30	+00:07:07 (20.9%)	5:09	11.6 (78.9%)
32	SOKOŁOWSKI Maciej	136		Mężczyźni	25	00:00:07	00:10:51	00:22:45	00:34:12	00:34:19	+00:07:14 (21.2%)	5:10	11.6 (78.9%)
33	SOŁTYS Zbigniew	183	KSW SZCZECINEK	Mężczyźni	26	00:00:09	00:10:58	00:22:36	00:34:28	00:34:37	+00:07:30 (21.8%)	5:13	11.5 (78.2%)
34	BOGDANOWICZ Krzysztof	7	4RUN TTKF KOSZALIN	M 50-59	1	01:20:27	00:10:44	00:22:32	00:34:34	01:55:01	+00:07:36 (22.0%)	5:14	11.5 (78.2%)
35	ZASIMOWSKI Adam	176	BIEGAM BO LUBIĘ	Mężczyźni	27	00:00:09	00:11:32	00:23:07	00:34:38	00:34:47	+00:07:40 (22.1%)	5:14	11.4 (77.6%)
36	KACZMAREK Łukasz	50		Mężczyźni	28	00:00:08	00:10:49	00:22:57	00:34:58	00:35:06	+00:08:00 (22.9%)	5:17	11.3 (76.9%)
37	KUŹMA Jarosław	77	GEOLAND KOSZALIN	Mężczyźni	29	00:20:27	00:10:56	00:22:36	00:34:59	00:55:26	+00:08:01 (22.9%)	5:18	11.3 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.2km	4.4km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 6.6km	brutto 6.6km			
38	PUZYREWSKI Wojciech	120	FORREST GUMP	Mężczyźni	30	00:00:07	00:10:55	00:23:02	00:35:10	00:35:17	+00:08:12 (23.3%)	5:19	11.3 (76.9%)
39	ADAMCZYK Karol	1	JW 1223 16 BTECH	Mężczyźni	31	00:00:09	00:11:34	00:23:34	00:35:17	00:35:26	+00:08:19 (23.6%)	5:20	11.2 (76.2%)
40	WINKEL Łukasz	168		M 40-49	8	00:00:09	00:11:13	00:23:29	00:35:19	00:35:28	+00:08:21 (23.6%)	5:21	11.2 (76.2%)
41	KUŹMA Adam	76	GEOLAND KOSZALIN	Mężczyźni	32	00:20:26	00:10:19	00:22:53	00:35:34	00:56:00	+00:08:36 (24.2%)	5:23	11.1 (75.5%)
42	WIERZBICKI Jakub	165		Mężczyźni	33	00:00:08	00:11:06	00:23:19	00:35:49	00:35:57	+00:08:51 (24.7%)	5:25	11.1 (75.5%)
43	SZULTKA Mariusz	149		Mężczyźni	34	00:20:26	00:11:25	00:23:45	00:35:59	00:56:25	+00:09:01 (25.1%)	5:27	11 (74.8%)
44	DEREWOŃKO Radosław	20	RADOFIT	Mężczyźni	35	00:00:09	00:11:31	00:23:54	00:36:19	00:36:28	+00:09:21 (25.7%)	5:30	10.9 (74.1%)
45	TOMCZYK Leszek	155	JW 1223 3DPLOT	Mężczyźni	36	00:00:07	00:11:46	00:23:57	00:36:22	00:36:29	+00:09:24 (25.8%)	5:30	10.9 (74.1%)
46	WOJCIECHOWSKI Jacek	171		Mężczyźni	37	00:20:25	00:11:12	00:24:05	00:36:25	00:56:50	+00:09:27 (25.9%)	5:31	10.9 (74.1%)
46	TRAFNY Mateusz	157		Mężczyźni	38	00:20:25	00:11:29	00:24:26	00:36:25	00:56:50	+00:09:27 (25.9%)	5:31	10.9 (74.1%)
48	ALEKSANDROWICZ Patryk	3	RAMS TRAINING HOUSE	Mężczyźni	39	00:00:08	00:12:05	00:24:20	00:36:26	00:36:34	+00:09:28 (26.0%)	5:31	10.9 (74.1%)
49	ŚWIETLIK Tomasz	152		M 50-59	2	01:20:25	00:11:25	00:24:19	00:36:47	01:57:12	+00:09:49 (26.7%)	5:34	10.8 (73.5%)
50	ŁOŚ Michał	85	FAMILY TEAM	Mężczyźni	40	00:00:08	00:11:47	00:24:21	00:36:49	00:36:57	+00:09:51 (26.8%)	5:34	10.8 (73.5%)
51	KRACZKOWSKI Przemysław	65		Mężczyźni	41	01:00:25	00:12:16	00:24:48	00:37:22	01:37:47	+00:10:24 (27.8%)	5:39	10.6 (72.1%)
52	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	+00:10:26 (27.9%)	5:40	10.6 (72.1%)
52	TOKARZEWSKI Łukasz	153	SŁONECZNY PATROL KOSZALIN XD	Mężczyźni	42	00:00:06	00:11:39	00:24:49	00:37:24	00:37:30	+00:10:26 (27.9%)	5:40	10.6 (72.1%)
54	PIASKOWSKI Piotr	112		M 40-49	10	01:20:26	00:12:46	00:25:13	00:37:27	01:57:53	+00:10:29 (28.0%)	5:40	10.6 (72.1%)
55	IWANIEC Dariusz	42	OSP SIERAKOWO	M 40-49	11	01:00:25	00:12:16	00:24:49	00:37:34	01:37:59	+00:10:36 (28.2%)	5:41	10.5 (71.4%)
56	PISARCZYK Andrzej	185		Mężczyźni	43	00:00:02	00:11:47	00:25:00	00:37:35	00:37:37	+00:10:37 (28.2%)	5:41	10.5 (71.4%)
57	KOZŁOWSKI Tomasz	64	NIEZRZESZONY	Mężczyźni	44	00:00:06	00:11:46	00:24:50	00:37:43	00:37:49	+00:10:45 (28.5%)	5:42	10.5 (71.4%)
58	KUŁAKOWSKI Dawid	74	AMATOR	Mężczyźni	45	01:00:24	00:12:38	00:25:19	00:37:44	01:38:08	+00:10:46 (28.5%)	5:43	10.5 (71.4%)
59	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	+00:10:50 (28.7%)	5:43	10.5 (71.4%)
60	STYCZYŃSKI Rafał	144	RAMS TRAINING HOUSE	Mężczyźni	46	00:00:08	00:12:13	00:25:08	00:37:58	00:38:06	+00:11:00 (29.0%)	5:45	10.4 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.2km	4.4km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 6.6km	brutto 6.6km			
61	HOLUBASZ Paweł	39	UNIA RACING TEAM	Mężczyźni	47	00:00:11	00:12:09	00:25:07	00:38:01	00:38:12	+00:11:03 (29.1%)	5:45	10.4 (70.7%)
62	MRUGALSKI Stanisław	98		M 50-59	3	01:20:27	00:12:46	00:25:37	00:38:03	01:58:30	+00:11:05 (29.1%)	5:45	10.4 (70.7%)
63	KASZUBSKI Łukasz	55	BIEGAM BO LUBIĘ	Mężczyźni	48	00:00:09	00:11:46	00:24:44	00:38:06	00:38:15	+00:11:08 (29.2%)	5:46	10.4 (70.7%)
64	GĘBURA Łukasz	33	NIEZRZESZONY	Mężczyźni	49	00:20:26	00:10:54	00:25:05	00:38:08	00:58:34	+00:11:10 (29.3%)	5:46	10.4 (70.7%)
65	DONIGIEWICZ Leszek	21	-	M60+	1	01:20:27	00:12:27	00:25:33	00:38:33	01:59:00	+00:11:35 (30.0%)	5:50	10.3 (70.1%)
66	SZYMAŃSKI Tomasz	151	X	Mężczyźni	50	00:00:09	00:12:39	00:25:29	00:38:36	00:38:45	+00:11:38 (30.1%)	5:50	10.3 (70.1%)
66	BUCZEL Mateusz	10		Mężczyźni	51	00:20:25	00:10:42	00:25:32	00:38:36	00:59:01	+00:11:38 (30.1%)	5:50	10.3 (70.1%)
68	SZULC Szymon	148	GRYF LOK BIAŁOGARD	Mężczyźni	52	01:00:24	00:12:33	00:25:52	00:38:43	01:39:07	+00:11:45 (30.3%)	5:51	10.2 (69.4%)
68	JUSZCZAK Krzysztof	49		M60+	2	01:20:26	00:12:44	00:25:52	00:38:43	01:59:09	+00:11:45 (30.3%)	5:51	10.2 (69.4%)
70	DWORAKOWSKI Kamil	24		Mężczyźni	53	00:00:06	00:11:30	00:25:13	00:38:59	00:39:05	+00:12:01 (30.8%)	5:54	10.2 (69.4%)
71	KARNICKI Zygmunt	54	4RUN TKKF KOSZALIN	M60+	3	01:20:25	00:12:40	00:25:48	00:39:07	01:59:32	+00:12:09 (31.1%)	5:55	10.1 (68.7%)
72	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	+00:12:52 (32.3%)	6:02	9.9 (67.3%)
73	CINCIO Robert	12	TKKF TRIATHLON KOSZALIN	Mężczyźni	54	01:00:25	00:12:26	00:26:13	00:40:12	01:40:37	+00:13:14 (32.9%)	6:05	9.9 (67.3%)
74	STAWISZYŃSKI Jarosław	138		Mężczyźni	55	01:00:26	00:13:02	00:27:30	00:40:22	01:40:48	+00:13:24 (33.2%)	6:06	9.8 (66.7%)
75	RADECKI Jacek	121		M 40-49	14	00:20:25	00:12:40	00:26:22	00:40:23	01:00:48	+00:13:25 (33.2%)	6:07	9.8 (66.7%)
76	SIEPRACKI Adam	131		Mężczyźni	56	01:00:25	00:13:14	00:27:30	00:40:31	01:40:56	+00:13:33 (33.4%)	6:08	9.8 (66.7%)
77	NITA Jarosław	101		Mężczyźni	57	00:00:10	00:12:59	00:26:59	00:40:58	00:41:08	+00:14:00 (34.2%)	6:12	9.7 (66.0%)
78	DZIEDZIC Marcin	99	RAMS TRAINING HOUSE	Mężczyźni	58	00:00:09	00:13:37	00:27:40	00:41:57	00:42:06	+00:14:59 (35.7%)	6:21	9.4 (63.9%)
79	RUSIECKI Paweł	129	WSPL SP ZOZ W KOSZALINIE	M 40-49	15	01:00:26	00:13:29	00:27:53	00:41:59	01:42:25	+00:15:01 (35.8%)	6:21	9.4 (63.9%)
80	ZIĘBA Piotr	179		M 40-49	16	00:00:08	00:12:59	00:27:34	00:42:06	00:42:14	+00:15:08 (35.9%)	6:22	9.4 (63.9%)
81	FRUBA Andrzej	29	BRAK	M 50-59	4	01:20:26	00:13:17	00:27:48	00:42:22	02:02:48	+00:15:24 (36.3%)	6:25	9.3 (63.3%)
82	MIKOWSKI Kamil	92		Mężczyźni	59	00:20:25	00:13:28	00:28:51	00:42:51	01:03:16	+00:15:53 (37.1%)	6:29	9.2 (62.6%)
83	ZIĘBA Paweł	181	FINCH	M 40-49	17	01:00:24	00:13:28	00:28:26	00:43:03	01:43:27	+00:16:05 (37.4%)	6:31	9.2 (62.6%)

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
84	OKRASA Arkadiusz	105		M 40-49	18	00:00:10	00:13:33	00:28:31	00:43:21	00:43:31	+00:16:23 (37.8%)	6:34	9.1 (61.9%)
85	IWANIEK Paweł	41		Mężczyźni	60	01:00:26	00:14:32	00:30:03	00:45:02	01:45:28	+00:18:04 (40.1%)	6:49	8.8 (59.9%)
86	ZIELIŃSKI Jarosław	178	BRAK	Mężczyźni	61	01:00:25	00:14:30	00:29:59	00:45:12	01:45:37	+00:18:14 (40.3%)	6:50	8.8 (59.9%)
87	WIERZBICKI Kacper	166		Mężczyźni	62	00:00:08	00:13:44	00:29:10	00:45:23	00:45:31	+00:18:25 (40.6%)	6:52	8.7 (59.2%)
88	HRYCIÓW Paweł	40	BIAŁOGARD	Mężczyźni	63	00:00:10	00:13:46	00:29:29	00:45:31	00:45:41	+00:18:33 (40.8%)	6:53	8.7 (59.2%)
89	KOLASA Tomasz	60	KĄPIELE NA SPONTANIE	M 40-49	19	01:20:26	00:13:57	00:30:54	00:45:35	02:06:01	+00:18:37 (40.8%)	6:54	8.7 (59.2%)
90	ZIĘBA Łukasz	180		Mężczyźni	64	01:00:26	00:14:04	00:30:13	00:46:26	01:46:52	+00:19:28 (41.9%)	7:02	8.5 (57.8%)
91	PUŚCIAN Krzysztof Kamil	119	GIMNAZJUM W MANOWIE	M 40-49	20	00:00:08	00:14:27	00:30:39	00:47:20	00:47:28	+00:20:22 (43.0%)	7:10	8.4 (57.1%)
92	RZEDZICKI Rafał	130	KOCHAM MOJEGO SYNA I ŻONĘ	M 40-49	21	01:20:27	00:14:56	00:32:08	00:49:13	02:09:40	+00:22:15 (45.2%)	7:27	8 (54.4%)

Znaleziono 92 wynik(ów)