ZESPOŁOWY BIEG HERKULESA

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

Klasyfikacja: Wszyscy

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	**JANUSZEWSKI Maciej**	**294**	BRYZA POSTOMINO TEAM		1	00:00:01	00:09:46	00:19:37	**00:29:20**	**00:29:21**		4:26	13.5 (100%)
2	**CHMIELEWSKI Bartosz**	**263**	AMADEUS CROSSTRAINING GYM		2	00:00:02	00:09:44	00:19:43	**00:29:55**	**00:29:57**	+00:00:35 (1.9%)	4:31	13.2 (97.8%)
2	**WIŚNIK Marcin**	**264**	AMADEUS CROSSTRAINING GYM		3	00:00:01	00:09:55	00:19:56	**00:29:55**	**00:29:56**	+00:00:35 (1.9%)	4:31	13.2 (97.8%)
4	**JAKUSZCZONEK Zbigniew**	**293**	BRYZA POSTOMINO TEAM		4	00:00:02	00:09:56	00:20:52	**00:31:50**	**00:31:52**	+00:02:30 (7.9%)	4:49	12.4 (91.9%)
4	**CIESIELSKI Dawid**	**292**	BRYZA POSTOMINO TEAM		5	00:00:01	00:09:59	00:20:53	**00:31:50**	**00:31:51**	+00:02:30 (7.9%)	4:49	12.4 (91.9%)
6	**SZUL Łukasz**	**262**	AMADEUS CROSSTRAINING GYM		6	00:00:02	00:10:33	00:21:44	**00:33:09**	**00:33:11**	+00:03:49 (11.5%)	5:01	11.9 (88.1%)
7	**PAKOS Grzegorz**	**254**	BRYZA POSTOMINO		7	00:00:02	00:10:54	00:21:56	**00:33:37**	**00:33:39**	+00:04:17 (12.7%)	5:05	11.8 (87.4%)
8	**OSZMIAŃSKI Stanisław**	**253**	BRYZA POSTOMINO		8	00:00:02	00:11:33	00:23:32	**00:35:30**	**00:35:32**	+00:06:10 (17.4%)	5:22	11.2 (83.0%)
9	**STRUŚ Artur**	**252**	BRYZA POSTOMINO		9	00:00:02	00:11:36	00:23:35	**00:35:35**	**00:35:37**	+00:06:15 (17.6%)	5:23	11.1 (82.2%)
10	**WANAGO Daniel**	**267**	SYNOWIE ZEUSA		10	00:00:02	00:11:17	00:24:01	**00:36:59**	**00:37:01**	+00:07:39 (20.7%)	5:36	10.7 (79.3%)
10	**KOWALSKI Konrad**	**266**	SYNOWIE ZEUSA		11	00:00:02	00:11:16	00:24:02	**00:36:59**	**00:37:01**	+00:07:39 (20.7%)	5:36	10.7 (79.3%)
10	**LEMAŃCZYK Andrzej**	**265**	SYNOWIE ZEUSA		12	00:00:02	00:11:17	00:24:03	**00:36:59**	**00:37:01**	+00:07:39 (20.7%)	5:36	10.7 (79.3%)
13	**KONIECZNA Marzena**	**288**	AMADEUS CROSS TRAINING		13	00:00:03	00:12:30	00:25:56	**00:39:01**	**00:39:04**	+00:09:41 (24.8%)	5:54	10.1 (74.8%)
14	**ZIELIŃSKI Arkadiusz**	**283**	DREAM TEAM NGBD		14	00:00:04	00:13:21	00:27:44	**00:42:09**	**00:42:13**	+00:12:49 (30.4%)	6:23	9.4 (69.6%)
14	**KRUPA Krzysztof**	**285**	DREAM TEAM NGBD		15	00:00:04	00:13:21	00:27:46	**00:42:09**	**00:42:13**	+00:12:49 (30.4%)	6:23	9.4 (69.6%)
14	**NAPIERACZ Mirosław**	**284**	DREAM TEAM NGBD		16	00:00:04	00:13:28	00:27:49	**00:42:09**	**00:42:13**	+00:12:49 (30.4%)	6:23	9.4 (69.6%)
17	**GÓRSKA Daria**	**287**	AMADEUS CROSS TRAINING		17	00:00:03	00:13:05	00:28:06	**00:42:31**	**00:42:34**	+00:13:11 (31.0%)	6:26	9.3 (68.9%)
18	**ZABOROWICZ Maciej**	**286**	AMADEUS CROSS TRAINING		18	00:00:03	00:13:05	00:28:06	**00:42:32**	**00:42:35**	+00:13:12 (31.0%)	6:26	9.3 (68.9%)

Znaleziono 18 wynik(ów)