Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
2017-06-13
Koszalin
1.609 km

## HERKULES <br> www.herkules.org.pl

| Place | Participant | Number | Club | Category | MCat | $\begin{aligned} & \text { Start_All } \\ & 0.009 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.409 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.809 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 1.209 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Net } \\ \text { time } \\ 1.609 \mathrm{~km} \end{gathered}$ | $\begin{gathered} \text { Czas } \\ \text { brutto } \\ 1.609 \mathrm{~km} \end{gathered}$ | Gap | $\begin{array}{\|l} \text { Pace } \\ \mathrm{min} / \mathrm{km} \end{array}$ | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | SOBSTEL Krystian | 922 |  | M-30 | 1 | 00:00:03 | 00:01:17 | 00:02:38 | 00:04:03 | 00:05:25.80 | 00:05:25.80 |  | 3:21 | $\begin{aligned} & 17.8 \\ & (100 \%) \end{aligned}$ |
| 2 | SITOWSKI Marcin | 946 | FC RYSIEK | M-18 | 1 | 00:00:02 | 00:01:14 | 00:02:36 | 00:04:02 | 00:05:29.55 | 00:05:29.55 | $\begin{aligned} & +00: 00: 03 \\ & (1.1 \%) \end{aligned}$ | 3:24 | $\begin{aligned} & 17.6 \\ & \text { (98.9\%) } \end{aligned}$ |
| 3 | ZWOLIŃSKI Jan | 904 | TKKF KOSZALIN | M-40 | 1 | 00:00:03 | 00:01:24 | 00:02:55 | 00:04:26 | 00:05:50.40 | 00:05:50.40 | $\begin{aligned} & +00: 00: 24 \\ & \text { (7.0\%) } \end{aligned}$ | 3:37 | $\begin{aligned} & 16.6 \\ & \text { (93.3\%) } \end{aligned}$ |
| 4 | SZAMREJ Wojciech | 912 |  | M-50 | 1 | 00:00:03 | 00:01:21 | 00:02:52 | 00:04:27 | 00:05:51.00 | 00:05:51.00 | $\begin{aligned} & +00: 00: 25 \\ & (7.2 \%) \end{aligned}$ | 3:38 | $\begin{aligned} & 16.5 \\ & \text { (92.7\%) } \end{aligned}$ |
| 5 | ZELEK Jan | 941 | TKKF KOSZALIN | M-50 | 2 | 00:00:03 | 00:01:25 | 00:02:56 | 00:04:27 | 00:05:56.20 | 00:05:56.20 | $\begin{aligned} & +00: 00: 30 \\ & (8.5 \%) \end{aligned}$ | 3:41 | $\begin{aligned} & 16.3 \\ & \text { (91.6\%) } \end{aligned}$ |
| 6 | ZDROWIECKI Artur | 910 |  | M-30 | 2 | 00:00:03 | 00:01:26 | 00:02:58 | 00:04:33 | 00:06:00.90 | 00:06:00.90 | $\begin{aligned} & +00: 00: 35 \\ & (9.7 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & (90.4 \%) \end{aligned}$ |
| 7 | WRÓBLEWSKI Jacek | 928 | TKKF KOSZALIN | M-13 | 1 | 00:00:02 | 00:01:21 | 00:02:50 | 00:04:28 | 00:06:02.45 | 00:06:02.45 | $\begin{aligned} & +00: 00: 36 \\ & \text { (10.1\%) } \end{aligned}$ | 3:44 | $\begin{aligned} & 16 \\ & \text { (89.9\%) } \end{aligned}$ |
| 8 | ZUKAL Piotr | 944 |  | M-40 | 2 | 00:00:03 | 00:01:27 | 00:02:58 | 00:04:32 | 00:06:03.80 | 00:06:03.80 | $\begin{aligned} & +00: 00: 38 \\ & (10.4 \%) \end{aligned}$ | 3:45 | $\begin{aligned} & 16 \\ & \text { (89.9\%) } \end{aligned}$ |
| 9 | GLISZCZYŃSKI <br> Łukasz | 972 | UKSN SPRINT SŁAWNO | M-18 | 2 | 00:00:03 | 00:01:22 | 00:02:53 | 00:04:32 | 00:06:08.70 | 00:06:08.70 | $\begin{aligned} & +00: 00: 42 \\ & (11.6 \%) \end{aligned}$ | 3:48 | $\begin{aligned} & 15.8 \\ & \text { (88.8\%) } \end{aligned}$ |
| 10 | KONKEL Agnieszka | 952 |  | K-30 | 1 | 00:00:03 | 00:01:27 | 00:03:00 | 00:04:35 | 00:06:09.45 | 00:06:09.45 | $\begin{aligned} & +00: 00: 43 \\ & (11.8 \%) \end{aligned}$ | 3:49 | $\begin{aligned} & 15.7 \\ & \text { (88.2\%) } \end{aligned}$ |
| 11 | WILKOWSKI Krzysztof | 976 |  | M-30 | 3 | 00:00:04 | 00:01:28 | 00:03:02 | 00:04:42 | 00:06:14.85 | 00:06:14.85 | $\begin{aligned} & +00: 00: 49 \\ & \text { (13.1\%) } \end{aligned}$ | 3:52 | $\begin{aligned} & 15.5 \\ & \text { (87.1\%) } \end{aligned}$ |
| 12 | MASTALERZ Konrad | 990 | DECATHLON KOSZALIN | M-18 | 3 | 00:00:03 | 00:01:27 | 00:03:02 | 00:04:41 | 00:06:16.50 | 00:06:16.50 | $\begin{aligned} & +00: 00: 50 \\ & (13.5 \%) \end{aligned}$ | 3:53 | $\begin{aligned} & 15.4 \\ & \text { (86.5\%) } \end{aligned}$ |
| 13 | KAMYK Piotr | 987 | MH IT SERWIS KOSZALIN | M-30 | 4 | 00:00:05 | 00:01:31 | 00:03:04 | 00:04:40 | 00:06:17.00 | 00:06:17.00 | $\begin{aligned} & +00: 00: 51 \\ & (13.6 \%) \end{aligned}$ | 3:54 | $\begin{aligned} & 15.4 \\ & \text { (86.5\%) } \end{aligned}$ |
| 14 | STACHOWIAK Gracjan | 924 | SZK.PODST. 17 | M-Dzieci | 1 | 00:00:04 | 00:01:30 | 00:03:03 | 00:04:39 | 00:06:17.20 | 00:06:17.20 | $\begin{aligned} & +00: 00: 51 \\ & (13.6 \%) \end{aligned}$ | 3:54 | $\begin{aligned} & 15.4 \\ & (86.5 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | $\begin{aligned} & \text { Start_All } \\ & \text { 0.009km } \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.409 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.809 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 1.209 \mathrm{~km} \end{aligned}$ | Net time 1.609 km | $\begin{aligned} & \text { Czas } \\ & \text { brutto } \\ & 1.609 \mathrm{~km} \end{aligned}$ | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 15 | SZABLA Ewelina | 988 |  | K-30 | 2 | 00:00:04 | 00:01:32 | 00:03:08 | 00:04:47 | 00:06:20.35 | 00:06:20.35 | $\begin{aligned} & +00: 00: 54 \\ & (14.3 \%) \end{aligned}$ | 3:56 | $\begin{aligned} & 15.3 \\ & \text { (86.0\%) } \end{aligned}$ |
| 16 | KUŁAKOWSKI Dawid | 925 | TKKF KOSZALIN | M-40 | 3 | 00:00:05 | 00:01:32 | 00:03:10 | 00:04:51 | 00:06:33.95 | 00:06:33.95 | $\begin{aligned} & +00: 01: 08 \\ & (17.3 \%) \end{aligned}$ | 4:04 | $\begin{aligned} & 14.7 \\ & (82.6 \%) \end{aligned}$ |
| 17 | JAŹWIŃSKI Dawid | 919 | TKKF KOSZALIN | M-13 | 2 | 00:00:05 | 00:01:35 | 00:03:12 | 00:04:54 | 00:06:36.00 | 00:06:36.00 | $\begin{aligned} & +00: 01: 10 \\ & (17.7 \%) \end{aligned}$ | 4:05 | $\begin{aligned} & 14.6 \\ & (82.0 \%) \end{aligned}$ |
| 18 | KAZIMIERCZAK <br> Piotr | 947 |  | M-18 | 4 | 00:00:03 | 00:01:32 | 00:03:18 | 00:05:08 | 00:06:46.45 | 00:06:46.45 | $\begin{aligned} & +00: 01: 20 \\ & (19.8 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.3 \\ & (80.3 \%) \end{aligned}$ |
| 19 | KRUPIŃSKI <br> Krzysztof | 933 | E-UROLOG.EU | M-50 | 3 | 00:00:03 | 00:01:37 | 00:03:22 | 00:05:10 | 00:06:49.80 | 00:06:49.80 | $\begin{aligned} & +00: 01: 24 \\ & (20.5 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.2 \\ & (79.8 \%) \end{aligned}$ |
| 20 | ORZEŁ Anna | 950 | TKKF KOSZALIN | K-40 | 1 | 00:00:04 | 00:01:35 | 00:03:21 | 00:05:13 | 00:06:53.50 | 00:06:53.50 | $\begin{aligned} & +00: 01: 27 \\ & (21.2 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14 \\ & (78.7 \%) \end{aligned}$ |
| 21 | SEEWALD Jan | 962 |  | M-40 | 4 | 00:00:07 | 00:01:48 | 00:03:27 | 00:05:12 | 00:06:55.95 | 00:06:55.95 | $\begin{aligned} & +00: 01: 30 \\ & (21.7 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (78.7 \%) \end{aligned}$ |
| 21 | CHODOR Izabela | 968 |  | K-30 | 3 | 00:00:05 | 00:01:47 | 00:03:31 | 00:05:19 | 00:06:55.95 | 00:06:55.95 | $\begin{aligned} & +00: 01: 30 \\ & (21.7 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (78.7 \%) \end{aligned}$ |
| 23 | MICERSKI Kacper | 1000 |  | M-Dzieci | 2 | 00:00:06 | 00:01:50 | 00:03:35 | 00:05:22 | 00:07:03.00 | 00:07:03.00 | $\begin{aligned} & +00: 01: 37 \\ & (23.0 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & (77.0 \%) \end{aligned}$ |
| 24 | CYRKLEWICZ Weronika | 970 |  | K-30 | 4 | 00:00:05 | 00:01:46 | 00:03:41 | 00:05:36 | 00:07:22.75 | 00:07:22.75 | $\begin{aligned} & +00: 01: 56 \\ & (26.4 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (73.6 \%) \end{aligned}$ |
| 25 | KARNICKI Zygmunt | 909 | TKKF KOSZALIN | M-60 | 1 | 00:00:05 | 00:01:47 | 00:03:41 | 00:05:36 | 00:07:27.95 | 00:07:27.95 | $\begin{aligned} & +00: 02: 02 \\ & (27.3 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (73.0 \%) \end{aligned}$ |
| 26 | KOZŁOWIECKI <br> Waldemar | 994 |  | M-60 | 2 | 00:00:06 | 00:01:51 | 00:03:47 | 00:05:42 | 00:07:29.30 | 00:07:29.30 | $\begin{aligned} & +00: 02: 03 \\ & (27.5 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (72.5 \%) \end{aligned}$ |
| 27 | MAJCHRZAK Paweł | 983 | SUNDAYBIKERS KARINO TEAM | M-40 | 5 | 00:00:06 | 00:01:56 | 00:03:54 | 00:05:48 | 00:07:36.00 | 00:07:36.00 | $\begin{aligned} & +00: 02: 10 \\ & (28.6 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (71.3 \%) \end{aligned}$ |
| 28 | BORYSIEWICZ Joanna | 975 |  | K-30 | 5 | 00:00:04 | 00:01:54 | 00:03:59 | 00:06:02 | 00:07:59.15 | 00:07:59.15 | $\begin{aligned} & +00: 02: 33 \\ & (32.0 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (68.0 \%) \end{aligned}$ |
| 29 | RAP Apolonia | 923 |  | K-Dzieci | 1 | 00:00:11 | 00:02:12 | 00:04:10 | 00:06:13 | 00:08:11.15 | 00:08:11.15 | $\begin{aligned} & +00: 02: 45 \\ & (33.7 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (66.3 \%) \end{aligned}$ |
| 30 | MAZUREK Barbara | 963 | BABECZKI KOSZALIN | K-30 | 6 | 00:00:07 | 00:02:04 | 00:04:12 | 00:06:23 | 00:08:26.60 | 00:08:26.60 | $\begin{aligned} & +00: 03: 00 \\ & (35.7 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.5 \\ & (64.6 \%) \end{aligned}$ |
| 31 | STEC Edyta | 936 | BABECZKI KOSZALIN | K-30 | 7 | 00:00:08 | 00:02:04 | 00:04:14 | 00:06:24 | 00:08:29.80 | 00:08:29.80 | $\begin{aligned} & +00: 03: 04 \\ & (36.1 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (64.0 \%) \end{aligned}$ |
| 32 | PIETRZAK Mariola | 942 |  | K-50 | 1 | 00:00:08 | 00:02:03 | 00:04:09 | 00:06:23 | 00:08:30.00 | 00:08:30.00 | $\begin{aligned} & +00: 03: 04 \\ & (36.1 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (64.0 \%) \end{aligned}$ |
| 33 | KOSECKA Sylwia | 967 |  | K-18 | 1 | 00:00:09 | 00:02:19 | 00:04:28 | 00:06:33 | 00:08:32.25 | 00:08:32.25 | $\begin{aligned} & +00: 03: 06 \\ & (36.4 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (63.5 \%) \end{aligned}$ |
| 34 | PAŃCZYK Justyna | 969 |  | K-30 | 8 | 00:00:10 | 00:02:19 | 00:04:28 | 00:06:33 | 00:08:33.20 | 00:08:33.20 | $\begin{aligned} & +00: 03: 07 \\ & (36.5 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (63.5 \%) \end{aligned}$ |
| 35 | WALCZAK Agnieszka | 943 | TKKF KOSZALIN | K-40 | 2 | 00:00:07 | 00:01:56 | 00:03:56 | 00:05:53 | 00:08:34.15 | 00:08:34.15 | $\begin{aligned} & +00: 03: 08 \\ & (36.6 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & (63.5 \%) \end{aligned}$ |
| 36 | KURCZ Barbara | 999 | BABECZKI KOSZALIN | K-40 | 3 | 00:00:08 | 00:02:10 | 00:04:21 | 00:06:35 | 00:08:45.25 | 00:08:45.25 | $\begin{aligned} & +00: 03: 19 \\ & (38.0 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & (61.8 \%) \end{aligned}$ |
| 37 | MICERSKI Damian | 960 |  | M-13 | 3 | 00:00:04 | 00:02:01 | 00:04:35 | 00:06:54 | 00:09:00.25 | 00:09:00.25 | $\begin{aligned} & +00: 03: 34 \\ & (39.7 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & (60.1 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | $\begin{aligned} & \text { Start_All } \\ & 0.009 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.409 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.809 \mathrm{~km} \end{aligned}$ | Start_All <br> 1.209 km | Net time 1.609 km | $\begin{aligned} & \text { Czas } \\ & \text { brutto } \\ & 1.609 \mathrm{~km} \end{aligned}$ | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 38 | VON BARDELEBEN Agnieszka | 949 | BABECZKI KOSZALIN | K-40 | 4 | 00:00:09 | 00:02:17 | 00:04:30 | 00:06:44 | 00:09:01.20 | 00:09:01.20 | $\begin{aligned} & +00: 03: 35 \\ & \text { (39.8\%) } \end{aligned}$ | 5:36 | $\begin{aligned} & 10.7 \\ & (60.1 \%) \end{aligned}$ |
| 39 | SEEWALD Julia | 921 |  | K-Dzieci | 2 | 00:00:09 | 00:02:19 | 00:04:30 | 00:07:00 | 00:09:18.45 | 00:09:18.45 | $\begin{aligned} & +00: 03: 52 \\ & (41.7 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (58.4\%) } \end{aligned}$ |
| 40 | SEEWALD <br> Agnieszka | 938 |  | K-30 | 9 | 00:00:10 | 00:02:19 | 00:04:30 | 00:07:00 | 00:09:18.75 | 00:09:18.75 | $\begin{aligned} & +00: 03: 52 \\ & (41.7 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (58.4\%) } \end{aligned}$ |
| 41 | BȦKOWSKA Agata | 901 | PRZEDSZKOLE NR 22/BABECZKI KOSZALIN | K-Dzieci | 3 | 00:00:05 | 00:02:23 | 00:05:09 | 00:08:05 | 00:10:50.05 | 00:10:50.05 | $\begin{aligned} & +00: 05: 24 \\ & (49.9 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & (50.0 \%) \end{aligned}$ |
| 42 | WOJTKIEWICZBĄKOWSKA Dorota | 902 | BABECZKI KOSZALIN | K-30 | 10 | 00:00:05 | 00:02:23 | 00:05:09 | 00:08:05 | 00:10:50.80 | 00:10:50.80 | $\begin{aligned} & +00: 05: 25 \\ & (49.9 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & (50.0 \%) \end{aligned}$ |
| 43 | MAZUREK Hanna | 945 | BABECZKI KOSZALIN | K-13 | 1 | 00:00:10 | 00:02:51 | 00:05:41 | 00:08:33 | 00:11:11.90 | 00:11:11.90 | $\begin{aligned} & +00: 05: 46 \\ & (51.5 \%) \end{aligned}$ | 6:56 | $\begin{aligned} & 8.6 \\ & (48.3 \%) \end{aligned}$ |
| 44 | PIETRZAK Julia | 995 |  | K-13 | 2 | 00:00:10 | 00:02:52 | 00:05:42 | 00:08:34 | 00:11:12.00 | 00:11:12.00 | $\begin{aligned} & +00: 05: 46 \\ & (51.5 \%) \end{aligned}$ | 6:57 | $\begin{aligned} & 8.6 \\ & (48.3 \%) \end{aligned}$ |
| 45 |  | 996 |  |  |  | 00:00:05 | 00:02:35 | 00:05:38 | 00:09:01 | 00:12:23.00 | 00:12:23.00 | $\begin{aligned} & +00: 06: 57 \\ & (56.2 \%) \end{aligned}$ | 7:41 | $\begin{aligned} & 7.8 \\ & (43.8 \%) \end{aligned}$ |
| 46 | TESKA Filip | 966 |  | M-Dzieci | 3 | 00:00:06 | 00:02:37 | 00:05:38 | 00:09:01 | 00:12:24.00 | 00:12:24.00 | $\begin{aligned} & +00: 06: 58 \\ & (56.2 \%) \end{aligned}$ | 7:42 | $\begin{aligned} & 7.8 \\ & (43.8 \%) \end{aligned}$ |
| 47 | TESKA Bartosz | 977 | TKKF KOSZALIN | M-40 | 6 | 00:00:06 | 00:02:36 | 00:05:37 | 00:09:00 | 00:12:24.05 | 00:12:24.05 | $\begin{aligned} & +00: 06: 58 \\ & \text { (56.2\%) } \end{aligned}$ | 7:42 | $\begin{aligned} & 7.8 \\ & (43.8 \%) \end{aligned}$ |
| 48 | ZALESKA Antonina | 906 |  | K-Dzieci | 4 | 00:00:06 | 00:03:40 | 00:06:56 | 00:10:19 | 00:13:16.80 | 00:13:16.80 | $\begin{aligned} & +00: 07: 51 \\ & (59.1 \%) \end{aligned}$ | 8:14 | $\begin{aligned} & 7.3 \\ & (41.0 \%) \end{aligned}$ |
| 49 | CHODOR Antoni | 948 |  | M-Dzieci | 4 | 00:00:06 | 00:03:39 | 00:06:50 | 00:10:18 | 00:13:18.45 | 00:13:18.45 | $\begin{aligned} & +00: 07: 52 \\ & (59.2 \%) \end{aligned}$ | 8:15 | $\begin{aligned} & 7.3 \\ & (41.0 \%) \end{aligned}$ |
| 50 | CHODOR Martyna | 918 |  | K-30 | 11 | 00:00:06 | 00:03:39 | 00:06:56 | 00:10:21 | 00:13:21.20 | 00:13:21.20 | $\begin{aligned} & +00: 07: 55 \\ & (59.3 \%) \end{aligned}$ | 8:17 | $\begin{aligned} & 7.2 \\ & (40.4 \%) \end{aligned}$ |

[^0]
[^0]:    Total 50 results

