## Organiser:

Date:
Place: Distance:

Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej 2018-07-11 Koszalin 3.218 km

HERKULES
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| Place | Participant | Number | Club | Category | MCat | $\begin{aligned} & \text { Start_All } \\ & 0.018 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.418 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.818 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 1.218 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 1.618 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 2.018 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 2.418 \mathrm{~km} \end{aligned}$ | Start_All <br> 2.818 km | Net time 3.218 km | Gap | Pace min/km | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | ORZECHOWSKI Kamil | 63 | TKKF KOSZALIN | M-30 | 1 | 00:00:04 | 00:01:19 | 00:02:37 | 00:03:57 | 00:05:17 | 00:06:38 | 00:07:59 | 00:09:19 | 00:10:31.71 |  | 3:15 | $\begin{aligned} & 18.4 \\ & (100 \%) \end{aligned}$ |
| 2 | GAWRON Piotr | 12 | ULKS TALEX BORZYTUCHOM | M-18 | 1 | 00:00:04 | 00:01:19 | 00:02:37 | 00:03:57 | 00:05:17 | 00:06:39 | 00:08:00 | 00:09:23 | 00:10:45.94 | $\begin{aligned} & +00: 00: 14 \\ & (2.2 \%) \end{aligned}$ | 3:20 | $\begin{aligned} & 18 \\ & \text { (97.8\%) } \end{aligned}$ |
| 3 | SZKOŁUDA <br> Miłosz | 88 | DECATHLON KOSZALIN | M-18 | 2 | 00:00:04 | 00:01:21 | 00:02:39 | 00:04:01 | 00:05:22 | 00:06:44 | 00:08:07 | 00:09:29 | 00:10:51.86 | $\begin{aligned} & +00: 00: 20 \\ & (3.1 \%) \end{aligned}$ | 3:22 | $\begin{aligned} & 17.8 \\ & \text { (96.7\%) } \end{aligned}$ |
| 4 | HUBERT <br> Łukasz | 21 | TKKF KOSZALIN | M-30 | 2 | 00:00:04 | 00:01:23 | 00:02:50 | 00:04:20 | 00:05:48 | 00:07:16 | 00:08:44 | 00:10:10 | 00:11:30.41 | $\begin{aligned} & +00: 00: 58 \\ & (8.5 \%) \end{aligned}$ | 3:34 | $\begin{aligned} & 16.8 \\ & \text { (91.3\%) } \end{aligned}$ |
| 5 | NAKONIECZNY Rafał | 113 | TKKF KOSZALIN | M-30 | 3 | 00:00:05 | 00:01:27 | 00:02:55 | 00:04:23 | 00:05:52 | 00:07:23 | 00:08:51 | 00:10:20 | 00:11:46.29 | $\begin{aligned} & +00: 01: 14 \\ & (10.6 \%) \end{aligned}$ | 3:39 | $\begin{aligned} & 16.4 \\ & (89.1 \%) \end{aligned}$ |
| 6 | SZEWCZUK <br> Pawel | 84 |  | M-30 | 4 | 00:00:05 | 00:01:25 | 00:02:52 | 00:04:22 | 00:05:51 | 00:07:24 | 00:08:57 | 00:10:31 | 00:12:00.94 | $\begin{aligned} & +00: 01: 29 \\ & (12.4 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & (87.5 \%) \end{aligned}$ |
| 7 | ZUKAL Piotr | 103 |  | M-40 | 1 | 00:00:05 | 00:01:32 | 00:03:03 | 00:04:35 | 00:06:07 | 00:07:37 | 00:09:06 | 00:10:35 | 00:12:01.66 | $\begin{aligned} & +00: 01: 29 \\ & (12.5 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & (87.5 \%) \end{aligned}$ |
| 8 | SOSNOWSKI <br> Tomasz | 79 | MEDEN-INMED SPORTS TEAM | M-18 | 3 | 00:00:04 | 00:01:26 | 00:02:56 | 00:04:28 | 00:06:04 | 00:07:44 | 00:09:20 | 00:10:54 | 00:12:09.49 | $\begin{aligned} & +00: 01: 37 \\ & (13.4 \%) \end{aligned}$ | 3:46 | $\begin{aligned} & 15.9 \\ & (86.4 \%) \end{aligned}$ |
| 9 | ZWOLIŃSKI Jan | 106 | TKKF KOSZALIN | M-50 | 1 | 00:00:05 | 00:01:30 | 00:03:03 | 00:04:35 | 00:06:10 | 00:07:45 | 00:09:19 | 00:10:53 | 00:12:22.52 | $\begin{aligned} & +00: 01: 50 \\ & (14.9 \%) \end{aligned}$ | 3:50 | $\begin{aligned} & 15.6 \\ & \text { (84.8\%) } \end{aligned}$ |
| 10 | ZIELEZINSKI <br> Piotr | 110 |  | M-18 | 4 | 00:00:05 | 00:01:31 | 00:03:02 | 00:04:35 | 00:06:11 | 00:07:48 | 00:09:26 | 00:11:04 | 00:12:46.27 | $\begin{aligned} & +00: 02: 14 \\ & (17.6 \%) \end{aligned}$ | 3:57 | $\begin{aligned} & 15.1 \\ & (82.1 \%) \end{aligned}$ |
| 11 | MOSZYŃSKI Jacek | 57 | TKKF KOSZALIN | M-50 | 2 | 00:00:06 | 00:01:40 | 00:03:19 | 00:04:57 | 00:06:34 | 00:08:11 | 00:09:49 | 00:11:24 | 00:12:48.45 | $\begin{aligned} & +00: 02: 16 \\ & (17.8 \%) \end{aligned}$ | 3:58 | $\begin{aligned} & 15.1 \\ & (82.1 \%) \end{aligned}$ |
| 12 | ŻYWICKI <br> Bartosz | 108 | DZIKI KOSZALIN | M-30 | 5 | 00:00:06 | 00:01:40 | 00:03:20 | 00:04:58 | 00:06:35 | 00:08:12 | 00:09:49 | 00:11:25 | 00:12:49.76 | $\begin{aligned} & +00: 02: 18 \\ & (17.9 \%) \end{aligned}$ | 3:58 | $\begin{aligned} & 15.1 \\ & (82.1 \%) \end{aligned}$ |
| 13 | JAMNIAK Bartosz | 23 | TKKF KOSZALIN | M-30 | 6 | 00:00:05 | 00:01:32 | 00:03:08 | 00:04:46 | 00:06:24 | 00:08:03 | 00:09:43 | 00:11:23 | 00:12:49.95 | $\begin{aligned} & +00: 02: 18 \\ & (18.0 \%) \end{aligned}$ | 3:58 | $\begin{aligned} & 15.1 \\ & (82.1 \%) \end{aligned}$ |
| 14 | KUŁAKOWSKI Dawid | 43 | TKKF KOSZALIN | M-40 | 2 | 00:00:05 | 00:01:43 | 00:03:22 | 00:05:00 | 00:06:37 | 00:08:14 | 00:09:51 | 00:11:27 | 00:12:50.60 | $\begin{aligned} & +00: 02: 18 \\ & (18.0 \%) \end{aligned}$ | 3:59 | $\begin{aligned} & 15.1 \\ & (82.1 \%) \end{aligned}$ |
| 15 | JAROSZ Jakub | 114 | TKKF KOSZALIN | M-18 | 5 | 00:00:05 | 00:01:40 | 00:03:20 | 00:04:57 | 00:06:34 | 00:08:11 | 00:09:48 | 00:11:23 | 00:12:54.55 | $\begin{aligned} & +00: 02: 22 \\ & (18.4 \%) \end{aligned}$ | 4:00 | $\begin{aligned} & 15 \\ & \text { (81.5\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | $\begin{aligned} & \text { Start_All } \\ & 0.018 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.418 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 0.818 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Start_All } \\ & 1.218 \mathrm{~km} \end{aligned}$ | Start_All <br> 1.618 km | $\begin{aligned} & \text { Start_All } \\ & 2.018 \mathrm{~km} \end{aligned}$ | Start_All 2.418 km | $\begin{aligned} & \text { Start_All } \\ & 2.818 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Net } \\ \text { time } \\ 3.218 \mathrm{~km} \end{gathered}$ | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 16 | JAROSZ <br> Dariusz | 24 | TKKF KOSZALIN | M-40 | 3 | 00:00:05 | 00:01:42 | 00:03:22 | 00:04:59 | 00:06:36 | 00:08:14 | 00:09:50 | 00:11:27 | 00:12:57.53 | $\begin{aligned} & +00: 02: 25 \\ & (18.8 \%) \end{aligned}$ | 4:01 | $\begin{aligned} & 14.9 \\ & (81.0 \%) \end{aligned}$ |
| 17 | ZACHOLSKI <br> Wojciech | 97 |  | M-18 | 6 | 00:00:06 | 00:01:43 | 00:03:24 | 00:05:05 | 00:06:50 | 00:08:35 | 00:10:19 | 00:11:57 | 00:13:17.77 | $\begin{aligned} & +00: 02: 46 \\ & (20.8 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.5 \\ & (78.8 \%) \end{aligned}$ |
| 18 | KONKEL <br> Agnieszka | 33 |  | K-30 | 1 | 00:00:08 | 00:01:49 | 00:03:30 | 00:05:10 | 00:06:52 | 00:08:33 | 00:10:15 | 00:11:55 | 00:13:33.71 | $\begin{aligned} & +00: 03: 01 \\ & (22.4 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.3 \\ & (77.7 \%) \end{aligned}$ |
| 19 | BASSEL Marcin | 3 |  | M-30 | 7 | 00:00:09 | 00:01:49 | 00:03:30 | 00:05:09 | 00:06:52 | 00:08:36 | 00:10:18 | 00:12:00 | 00:13:37.17 | $\begin{aligned} & +00: 03: 05 \\ & (22.7 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (77.2 \%) \end{aligned}$ |
| 20 | MILEWSKI <br> Tomasz | 52 |  | M-30 | 8 | 00:00:08 | 00:01:49 | 00:03:29 | 00:05:10 | 00:06:52 | 00:08:36 | 00:10:20 | 00:12:03 | 00:13:40.79 | $\begin{aligned} & +00: 03: 09 \\ & (23.0 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.1 \\ & (76.6 \%) \end{aligned}$ |
| 21 | ROGOŻA <br> Ireneusz | 71 |  | M-40 | 4 | 00:00:08 | 00:01:51 | 00:03:32 | 00:05:14 | 00:06:57 | 00:08:40 | 00:10:23 | 00:12:08 | 00:13:41.74 | $\begin{aligned} & +00: 03: 10 \\ & (23.1 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.1 \\ & (76.6 \%) \end{aligned}$ |
| 22 | BALICKI Michał | 109 |  | M-14 | 1 | 00:00:09 | 00:01:53 | 00:03:38 | 00:05:21 | 00:07:06 | 00:08:49 | 00:10:33 | 00:12:14 | 00:13:47.97 | $\begin{aligned} & +00: 03: 16 \\ & (23.7 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14 \\ & (76.1 \%) \end{aligned}$ |
| 23 | NOREK Tomek | 62 |  | M-50 | 3 | 00:00:09 | 00:01:50 | 00:03:29 | 00:05:11 | 00:06:55 | 00:08:40 | 00:10:24 | 00:12:09 | 00:13:49.30 | $\begin{aligned} & +00: 03: 17 \\ & (23.8 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (76.1 \%) \end{aligned}$ |
| 24 | CHODOR <br> Martyna | 116 | TKKF KOSZALIN | K-30 | 2 | 00:00:07 | 00:01:53 | 00:03:39 | 00:05:22 | 00:07:07 | 00:08:50 | 00:10:33 | 00:12:14 | 00:13:50.46 | $\begin{aligned} & +00: 03: 18 \\ & (23.9 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (76.1 \%) \end{aligned}$ |
| 25 | MICERSKI <br> Tomasz | 51 | TKKF KOSZALIN | M-40 | 5 | 00:00:05 | 00:01:44 | 00:03:27 | 00:05:11 | 00:06:55 | 00:08:39 | 00:10:22 | 00:12:08 | 00:13:53.74 | $\begin{aligned} & +00: 03: 22 \\ & (24.2 \%) \end{aligned}$ | 4:18 | $\begin{aligned} & 13.9 \\ & (75.5 \%) \end{aligned}$ |
| 26 | KRUPIŃSKI <br> Krzysztof | 39 | E-UROLOG.EU | M-50 | 4 | 00:00:07 | 00:01:51 | 00:03:34 | 00:05:19 | 00:07:04 | 00:08:50 | 00:10:37 | 00:12:23 | 00:14:05.26 | $\begin{aligned} & +00: 03: 33 \\ & (25.3 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & (74.5 \%) \end{aligned}$ |
| 27 | KAMYK Piotr | 25 | MH IT SERWIS KOSZALIN | M-30 | 9 | 00:00:06 | 00:01:44 | 00:03:26 | 00:05:10 | 00:06:55 | 00:08:43 | 00:10:35 | 00:12:26 | 00:14:07.52 | $\begin{aligned} & +00: 03: 35 \\ & (25.5 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.7 \\ & (74.5 \%) \end{aligned}$ |
| 28 | SZABLA <br> Ewelina | 83 | TKKF KOSZALIN | K-30 | 3 | 00:00:07 | 00:01:53 | 00:03:39 | 00:05:24 | 00:07:13 | 00:09:03 | 00:10:53 | 00:12:44 | 00:14:27.49 | $\begin{aligned} & +00: 03: 55 \\ & (27.2 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.4 \\ & (72.8 \%) \end{aligned}$ |
| 29 | DABROWSKA Alicja | 10 | TKKF KOSZALIN | K-50+ | 1 | 00:00:07 | 00:01:59 | 00:03:52 | 00:05:43 | 00:07:31 | 00:09:18 | 00:11:06 | 00:12:54 | 00:14:28.72 | $\begin{aligned} & +00: 03: 57 \\ & (27.3 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.4 \\ & (72.8 \%) \end{aligned}$ |
| 30 | SZNYTER <br> Sabina | 89 |  | K-18 | 1 | 00:00:07 | 00:01:55 | 00:03:45 | 00:05:33 | 00:07:22 | 00:09:13 | 00:11:04 | 00:12:52 | 00:14:36.93 | $\begin{aligned} & +00: 04: 05 \\ & (28.0 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (71.7 \%) \end{aligned}$ |
| 31 | PANCERZYŃSKI Łukasz | 66 |  | M-30 | 10 | 00:00:07 | 00:02:00 | 00:03:53 | 00:05:44 | 00:07:32 | 00:09:24 | 00:11:17 | 00:13:11 | 00:14:53.46 | $\begin{aligned} & +00: 04: 21 \\ & (29.3 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (70.7 \%) \end{aligned}$ |
| 32 | ZIELIŃSKI Grzegorz | 100 |  | M-60 | 1 | 00:00:08 | 00:01:45 | 00:03:31 | 00:05:22 | 00:07:14 | 00:09:10 | 00:11:05 | 00:13:01 | 00:14:53.50 | $\begin{aligned} & +00: 04: 21 \\ & (29.3 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (70.7 \%) \end{aligned}$ |
| 33 | CHODOR Iza | 115 | TKKF KOSZALIN | K-30 | 4 | 00:00:08 | 00:01:59 | 00:03:52 | 00:05:43 | 00:07:32 | 00:09:24 | 00:11:17 | 00:13:11 | 00:14:54.09 | $\begin{aligned} & +00: 04: 22 \\ & (29.3 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (70.7 \%) \end{aligned}$ |
| 34 | OSOBNIAK <br> Ryszard | 65 |  | M-60 | 2 | 00:00:10 | 00:01:56 | 00:03:45 | 00:05:38 | 00:07:32 | 00:09:23 | 00:11:16 | 00:13:10 | 00:14:54.99 | $\begin{aligned} & +00: 04: 23 \\ & (29.4 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (70.7 \%) \end{aligned}$ |
| 35 | MARZEC Łukasz | 112 |  | M-30 | 11 | 00:00:09 | 00:01:51 | 00:03:35 | 00:05:23 | 00:07:17 | 00:09:13 | 00:11:12 | 00:13:13 | 00:15:12.69 | $\begin{aligned} & +00: 04: 40 \\ & (30.8 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (69.0 \%) \end{aligned}$ |
| 36 | MIŁASZEWSKI Przemysław | 54 |  | M-30 | 12 | 00:00:06 | 00:01:50 | 00:03:40 | 00:05:37 | 00:07:39 | 00:09:43 | 00:11:46 | 00:13:50 | 00:15:48.26 | $\begin{aligned} & +00: 05: 16 \\ & (33.4 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (66.3 \%) \end{aligned}$ |
| 37 | KURŁOWICZ <br> Krzysztof | 111 |  | M-30 | 13 | 00:00:05 | 00:01:38 | 00:03:27 | 00:05:25 | 00:07:34 | 00:09:44 | 00:12:02 | 00:14:13 | 00:16:02.13 | $\begin{aligned} & +00: 05: 30 \\ & (34.3 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12 \\ & (65.2 \%) \end{aligned}$ |
| 38 | KOZŁOWIECKI Waldek | 38 | TKKF KOSZALIN | M-60 | 3 | 00:00:09 | 00:02:05 | 00:04:06 | 00:06:08 | 00:08:12 | 00:10:13 | 00:12:16 | 00:14:19 | 00:16:22.43 | $\begin{aligned} & +00: 05: 50 \\ & (35.7 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (64.1 \%) \end{aligned}$ |
| 39 | WOLF Beata | 95 | TKKF KOSZALIN | K-40 | 1 | 00:00:08 | 00:01:53 | 00:03:53 | 00:06:05 | 00:08:21 | 00:10:39 | 00:13:04 | 00:15:22 | 00:17:39.00 | $\begin{aligned} & +00: 07: 07 \\ & (40.3 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 10.9 \\ & (59.2 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | 0.018 km | 0.418 km | 0.818 km | 1.218 km | 1.618 km | 2.018 km | 2.418 km | 2.818 km | 3.218 km | Gap | min/km | km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 40 | WAWRZYN Grzegorz | 117 |  | M-40 | 6 | 00:00:07 | 00:02:17 | 00:04:41 | 00:07:04 | 00:09:27 | 00:11:48 | 00:14:04 | 00:16:22 | 00:18:38.60 | $\begin{aligned} & +00: 08: 06 \\ & (43.5 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & (56.5 \%) \end{aligned}$ |
| 41 | ZUKAL <br> Aleksandra | 104 |  | K-40 | 2 | 00:00:09 | 00:02:26 | 00:04:48 | 00:07:09 | 00:09:29 | 00:11:51 | 00:14:18 | 00:16:46 | 00:19:06.52 | $\begin{aligned} & +00: 08: 34 \\ & (44.9 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & (54.9 \%) \end{aligned}$ |
| 42 | KOZŁOWIECKA Małgorzata | 37 |  | K-50+ | 2 | 00:00:09 | 00:02:23 | 00:04:47 | 00:07:15 | 00:09:43 | 00:12:18 | 00:14:44 | 00:17:09 | 00:19:33.36 | $\begin{aligned} & +00: 09: 01 \\ & (46.2 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (53.8 \%) \end{aligned}$ |

Total 42 results.

