

BIEG HERKULESA 12 KM

Organizator: ZOS Koszalin
 Data: 2016-07-23
 Miejsce: Koszalin
 Dystans: 12 km
 Klasyfikacja wg czasów netto.

**BIEG HERKULESA 12 KM, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.6km	5.2km	7.8km	Netto	min/km	km/h
1	JAROSZ WIEŚLAW	18	JW. 1223	KOSZALIN	POL	M40-49	1	M 1	00:10:02	00:20:27	00:31:13	00:42:00.65	3:30	17.1
2	BEDNARZ PAWEŁ	4	MODEST.MAN.KOSZALI(N)ACŁAW	KOSZALIN-NACŁAW	POL	M18-39	1	M 2	00:09:57	00:20:43	00:31:39	00:42:31.05	3:32	16.9
3	TUTUS MICHAŁ	26		KOSZALIN	POL	M18-39	2	M 3	00:11:13	00:22:20	00:33:28	00:44:34.95	3:42	16.1
4	SYDORUK MATEUSZ	51		PRZYSTAWY	POL	M18-39	3	M 4	00:11:14	00:22:28	00:34:07	00:45:44.25	3:48	15.7
5	USTIANOWSKI WOJCIECH	54	JW1223/ROZBIEGANY KOSZALIN	KOSZALIN	POL	M18-39	4	M 5	00:11:19	00:23:25	00:35:42	00:47:44.20	3:58	15.1
6	PAKOS PIOTR	39		WILKOWICE	POL	M18-39	5	M 6	00:11:38	00:24:04	00:36:32	00:48:43.45	4:03	14.8
7	MOKSA DARIUSZ	64		SIANÓW	POL	M18-39	6	M 7	00:11:33	00:24:00	00:36:50	00:49:38.35	4:08	14.5
8	PAKUŁSKI MARCIN	40		KOSZALIN	POL	M40-49	2	M 8	00:12:27	00:24:56	00:37:34	00:49:48.90	4:09	14.5
9	JAKUSZCZÓNEK ZBIGNIEW	16		RADOS	POL	M40-49	3	M 9	00:11:33	00:24:35	00:37:47	00:50:33.00	4:12	14.2
10	ZWOLIŃSKI JAN	61	TKKF KOSZALIN	WIERCISZEWO	POL	M40-49	4	M 10	00:12:24	00:25:10	00:38:01	00:50:48.45	4:14	14.2
11	SOBCZYK DAMIAN	47		WILKOWICE	POL	M18-39	7	M 11	00:11:40	00:24:39	00:38:05	00:51:20.50	4:16	14
12	SINKIEWICZ MIROSLAW	45	JW 1223	KOSZALIN	POL	M18-39	8	M 12	00:12:21	00:25:36	00:39:13	00:52:22.60	4:21	13.7
13	THEODOSE OLIVIER	53		MAREIL-MARLY	FRA	M40-49	5	M 13	00:12:18	00:25:38	00:39:21	00:53:17.20	4:26	13.5
14	WALCZAK MARCIN	55		KOSZALIN	POL	M18-39	9	M 14	00:12:39	00:26:15	00:39:50	00:53:54.50	4:29	13.4
15	JANKIEWICZ TOMASZ	17	MTS HAMER MIASTKO	MIASTKO	POL	M40-49	6	M 15	00:12:49	00:26:27	00:40:16	00:53:54.70	4:29	13.4
16	SOMINKA ANDRZEJ	49	SSB (SOBIESAMBIEGAM)	DARŁOWO	POL	M40-49	7	M 16	00:13:16	00:27:03	00:40:45	00:54:10.45	4:30	13.3
17	SOKOŁOWSKI MACIEJ	48		KOSZALIN	POL	M18-39	10	M 17	00:12:30	00:26:13	00:40:20	00:54:19.85	4:31	13.3
18	PUZYREWSKI WOJCIECH	42	FORREST GUMP	KOSZALIN	POL	M18-39	11	M 18	00:12:31	00:26:12	00:40:21	00:54:27.40	4:32	13.2
19	KUŹMA JAROSŁAW	28		KOSZALIN	POL	M18-39	12	M 19	00:13:16	00:27:10	00:41:00	00:54:41.30	4:33	13.2
20	HAJDUK JAN	14	STRONG HOUSE CZELADŹ	SOSNOWIEC	POL	M18-39	13	M 20	00:13:14	00:27:04	00:41:09	00:54:43.55	4:33	13.2
21	BAŃKA ARKADIUSZ	2		RZECZYCA	POL	M18-39	14	M 21	00:12:45	00:26:34	00:40:44	00:54:50.70	4:34	13.1
22	JAKIMA SZYMON	15		SŁUPSK	POL	M18-39	15	M 22	00:12:57	00:26:57	00:41:07	00:55:11.60	4:36	13
23	DROŹDŹ MARIUSZ	6	NIEZRZESZONY	DRAWSKO POMORSKIE	POL	M40-49	8	M 23	00:13:07	00:26:54	00:40:59	00:55:13.60	4:36	13
24	NOGA BARTŁOMEJ	34		ZGIERZ	POL	M18-39	16	M 24	00:13:10	00:27:12	00:41:33	00:55:48.15	4:39	12.9
25	KUŁAKOWSKI DAWID	62	TKKF KOSZALIN	KOSZALIN	POL	M18-39	17	M 25	00:13:35	00:28:27	00:42:36	00:56:39.45	4:43	12.7
26	WOJCIECHOWSKI ADRIAN	57		KOSZALIN	POL	M18-39	18	M 26	00:12:48	00:26:58	00:41:56	00:56:51.10	4:44	12.7
27	RATAJEWSKI ARKADIUSZ	43		ŚWIDWIN	POL	M18-39	19	M 27	00:13:10	00:27:28	00:42:13	00:56:53.55	4:44	12.7
28	CYBULSKI ROBERT	5	MTS HAMER MIASTKO	MIASTKO	POL	M40-49	9	M 28	00:13:10	00:27:25	00:42:17	00:57:31.30	4:47	12.5
29	MISZCZYK JAN	33		KOSZALIN	POL	M18-39	20	M 29	00:13:22	00:28:36	00:43:41	00:58:47.35	4:53	12.2
30	BARAN JACEK	3	CROSSFIT GDYNIA	GDYNIA	POL	M18-39	21	M 30	00:13:11	00:29:21	00:44:44	00:59:14.05	4:56	12.2
31	GAWROŃSKI PAWEŁ	11	OGIEŃ W SZOPIE	KOSZALIN	POL	M18-39	22	M 31	00:13:51	00:29:36	00:45:12	01:00:25.50	5:02	11.9
32	KAMIŃSKI KAMIL	22		KOSZALIN	POL	M18-39	23	M 32	00:13:28	00:29:17	00:45:18	01:01:06.60	5:05	11.8
33	HOŁUBASZ PAWEŁ	7		LĘBORK	POL	M18-39	24	M 33	00:13:56	00:29:39	00:45:26	01:01:07.10	5:05	11.8
34	WOJANOWSKI ZBIGNIEW	63		GRUDZIĄDZ	POL	M50-59	1	M 34	00:14:59	00:30:53	00:46:57	01:02:55.10	5:14	11.4
35	PACAN MIRA	38	ŚWIAT PŁYTEK U KRYPINA	BYTÓW	POL	K18-34	1	K 1	00:15:34	00:31:36	00:47:30	01:02:56.60	5:14	11.4
36	WIRKUS PIOTR	56	BIGYELLOWFOOT ADVENTURE TEAM	GDYNIA	POL	M18-39	25	M 35	00:14:35	00:30:53	00:47:08	01:03:10.65	5:15	11.4
37	OGRODOWICZ JACEK	35	ALE ... O CO BIEGA ?	SZCZECIN	POL	M50-59	2	M 36	00:14:58	00:31:16	00:47:30	01:03:20.90	5:16	11.4
38	WOLF WERONIKA	58	TKKF KOSZALIN	SIANÓW	POL	K35-49	1	K 2	00:15:38	00:31:35	00:47:32	01:03:21.25	5:16	11.4
39	KARNICKI ZYGMUNT	23	TKKF KOSZALIN	KOSZALIN	POL	M60+	1	M 37	00:15:10	00:31:10	00:47:25	01:03:35.15	5:18	11.3
40	MAZUREK BARBARA	32	BABECZKI KOSZALIN	KOSZALIN	POL	K35-49	2	K 3	00:15:14	00:31:18	00:47:29	01:03:40.30	5:18	11.3
41	KRZEWIŃSKA MONIKA	27		KOSZALIN	POL	K18-34	2	K 4	00:15:38	00:31:43	00:47:56	01:04:21.00	5:21	11.2
42	PIOR TOMASZ	41		KONIKOWO	POL	M18-39	26	M 38	00:15:10	00:32:15	00:49:57	01:07:32.10	5:37	10.7
43	STYCZYŃSKI RAFAŁ	50	POLSKA	KOŁBRZEG	POL	M18-39	27	M 39	00:15:55	00:33:34	00:50:49	01:08:16.20	5:41	10.5
44	JAWORSKI SZYMON	20		KOŁBRZEG	POL	M18-39	28	M 40	00:15:59	00:33:35	00:50:51	01:08:16.65	5:41	10.5
45	VON BARDELEBEN AGNIESZKA	59	BABECZKI KOSZALIN	KOSZALIN	POL	K35-49	3	K 5	00:16:15	00:33:18	00:50:49	01:08:20.85	5:41	10.5