

**BIEG HERKULESA 12 KM**

Organiser: ZOS Koszalin  
 Date: 2017-08-13  
 Place: Koszalin  
 Distance: 12 km  
 Klasyfikacja wg czasów netto.

**BIEG HERKULESA 12 KM, OPEN**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	3km	6km	9km	Netto	min/km	km/h
1	ROKOSZ RADOŚLAW	19	JW 1223	KOSZALIN	POL	M18-39	1	M 1	00:12:02	00:24:15	00:36:42	00:49:38.95	4:46	12.6
2	SZYMAŃSKI PIOTR	21	SZYMKIRUN	ROSNOWO	POL	M40-49	1	M 2	00:12:03	00:24:50	00:37:49	00:50:42.10	4:13	14.2
3	MISZCZYK JAN	14	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M18-39	2	M 3	00:12:24	00:25:19	00:38:26	00:51:08.55	4:15	14.1
4	PUSZ JAKUB	18		KOSZALIN	POL	M18-39	3	M 4	00:12:54	00:26:24	00:39:19	00:51:09.55	4:15	14.1
5	KAJKOWSKI RAFAŁ	9	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	KOSZALIN	POL	M40-49	2	M 5	00:12:14	00:25:18	00:38:41	00:51:46.50	4:18	13.9
6	MAZUR CEZARY	13		GDAŃSK	POL	M18-39	4	M 6	00:12:21	00:25:18	00:38:26	00:51:51.95	4:19	13.9
7	MAŃSKI TOMASZ	12	AŚNAEBAEM	SŁUPSK	POL	M18-39	5	M 7	00:12:29	00:26:17	00:40:05	00:53:21.20	4:26	13.5
8	JAROSZEWSKI DANIEL	7	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M18-39	6	M 8	00:12:45	00:26:36	00:40:26	00:53:40.50	4:28	13.4
9	MORDACZ TOMASZ	15	PORZECZE BIEGA	PORZECZE	POL	M18-39	7	M 9	00:13:01	00:26:51	00:40:48	00:54:15.85	4:31	13.3
10	KRASIŃSKI WITOLD	11	JW 1223	KOSZALIN	POL	M40-49	3	M 10	00:13:28	00:28:03	00:42:49	00:57:58.05	4:49	12.4
11	ZAJKO MICHAŁ	22		SŁUPSK	POL	M18-39	8	M 11	00:14:24	00:29:29	00:44:18	00:59:13.00	4:56	12.2
12	CIUPA MARCIN	5	H2-DES'TP	KOSZALIN	POL	M40-49	4	M 12	00:14:42	00:29:43	00:45:26	01:01:02.15	5:05	11.8
13	KAMIŃSKI TOMASZ	10	TKKF KOSZALIN, JW1223	KOSZALIN	POL	M18-39	9	M 13	00:14:24	00:30:42	00:46:20	01:02:06.20	5:10	11.6
14	PTAK PATRYCJA	24		GOLCZEWO	POL	K-OPEN	1	K 1	00:14:46	00:30:35	00:46:39	01:02:38.45	5:13	11.5
15	PTAK DANIEL	23		GOLCZEWO	POL	M18-39	10	M 14	00:14:45	00:30:35	00:46:39	01:02:38.90	5:13	11.5
16	JUSZCZAK KRZYSZTOF	8		KOSZALIN	POL	M60+	1	M 15	00:15:45	00:32:33	00:49:32	01:05:50.10	5:29	10.9
17	MURAWSKI RAFAŁ	17	AŚNAEBAEM	SŁUPSK	POL	M18-39	11	M 16	00:17:36	00:36:37	00:54:58	01:13:11.70	6:06	9.8
18	CZERWIŃSKA ANIA	4	AŚNAEBAEM	SŁUPSK	POL	K-OPEN	2	K 2	00:17:38	00:36:39	00:54:58	01:13:12.65	6:06	9.8
19	SZYŁKA JUSTYNA	20		GDAŃSK	POL	K-OPEN	3	K 3	00:17:30	00:38:55	01:00:19	01:21:22.15	6:46	8.8
20	JAGODZIŃSKI DAMIAN	6		GDAŃSK	POL	M18-39	12	M 17	00:17:29	00:38:55	01:00:18	01:21:22.35	6:46	8.8
21	MURAWSKA KATARZYNA	16	AŚNAEBAEM	SŁUPSK	POL	K-OPEN	4	K 4	00:19:08	00:40:29	01:02:46	01:23:44.00	6:58	8.6

**BIEG HERKULESA 12 KM, K-OPEN**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	3km	6km	9km	Netto	min/km	km/h
1	PTAK PATRYCJA	24		GOLCZEWO	POL	K-OPEN	1	K 1	00:14:46	00:30:35	00:46:39	01:02:38.45	5:13	11.5
2	CZERWIŃSKA ANIA	4	AŚNAEBAEM	SŁUPSK	POL	K-OPEN	2	K 2	00:17:38	00:36:39	00:54:58	01:13:12.65	6:06	9.8
3	SZYŁKA JUSTYNA	20		GDAŃSK	POL	K-OPEN	3	K 3	00:17:30	00:38:55	01:00:19	01:21:22.15	6:46	8.8
4	MURAWSKA KATARZYNA	16	AŚNAEBAEM	SŁUPSK	POL	K-OPEN	4	K 4	00:19:08	00:40:29	01:02:46	01:23:44.00	6:58	8.6

**BIEG HERKULESA 12 KM, M-OPEN**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	3km	6km	9km	Netto	min/km	km/h
1	ROKOSZ RADOŚLAW	19	JW 1223	KOSZALIN	POL	M18-39	1	M 1	00:12:02	00:24:15	00:36:42	00:49:38.95	4:46	12.6
2	SZYMAŃSKI PIOTR	21	SZYMKIRUN	ROSNOWO	POL	M40-49	1	M 2	00:12:03	00:24:50	00:37:49	00:50:42.10	4:13	14.2
3	MISZCZYK JAN	14	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M18-39	2	M 3	00:12:24	00:25:19	00:38:26	00:51:08.55	4:15	14.1
4	PUSZ JAKUB	18		KOSZALIN	POL	M18-39	3	M 4	00:12:54	00:26:24	00:39:19	00:51:09.55	4:15	14.1
5	KAJKOWSKI RAFAŁ	9	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	KOSZALIN	POL	M40-49	2	M 5	00:12:14	00:25:18	00:38:41	00:51:46.50	4:18	13.9
6	MAZUR CEZARY	13		GDAŃSK	POL	M18-39	4	M 6	00:12:21	00:25:18	00:38:26	00:51:51.95	4:19	13.9
7	MAŃSKI TOMASZ	12	AŚNAEBAEM	SŁUPSK	POL	M18-39	5	M 7	00:12:29	00:26:17	00:40:05	00:53:21.20	4:26	13.5

**BIEG HERKULESA 12 KM, M-OPEN c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	3km	6km	9km	Netto	min/km	km/h
8	JAROSZEWSKI DANIEL	7	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M18-39	6	M 8	00:12:45	00:26:36	00:40:26	00:53:40.50	4:28	13.4
9	MORDACZ TOMASZ	15	PORZECZE BIEGA	PORZECZE	POL	M18-39	7	M 9	00:13:01	00:26:51	00:40:48	00:54:15.85	4:31	13.3
10	KRASIŃSKI WITOLD	11	JW 1223	KOSZALIN	POL	M40-49	3	M 10	00:13:28	00:28:03	00:42:49	00:57:58.05	4:49	12.4
11	ZAJKO MICHAŁ	22		SŁUPSK	POL	M18-39	8	M 11	00:14:24	00:29:29	00:44:18	00:59:13.00	4:56	12.2
12	CIUPA MARCIN	5	H2-DES'TP	KOSZALIN	POL	M40-49	4	M 12	00:14:42	00:29:43	00:45:26	01:01:02.15	5:05	11.8
13	KAMIŃSKI TOMASZ	10	TKKF KOSZALIN, JW1223	KOSZALIN	POL	M18-39	9	M 13	00:14:24	00:30:42	00:46:20	01:02:06.20	5:10	11.6
14	PTAK DANIEL	23		GOLCZEWO	POL	M18-39	10	M 14	00:14:45	00:30:35	00:46:39	01:02:38.90	5:13	11.5
15	JUSZCZAK KRZYSZTOF	8		KOSZALIN	POL	M60+	1	M 15	00:15:45	00:32:33	00:49:32	01:05:50.10	5:29	10.9
16	MURAWSKI RAFAŁ	17	AŚNAEBAEM	SŁUPSK	POL	M18-39	11	M 16	00:17:36	00:36:37	00:54:58	01:13:11.70	6:06	9.8
17	JAGODZIŃSKI DAMIAN	6		GDAŃSK	POL	M18-39	12	M 17	00:17:29	00:38:55	01:00:18	01:21:22.35	6:46	8.8

**BIEG HERKULESA 12 KM, M18-39**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	3km	6km	9km	Netto	min/km	km/h
1	ROKOSZ RADOSŁAW	19	JW 1223	KOSZALIN	POL	M18-39	1	M 1	00:12:02	00:24:15	00:36:42	00:49:38.95	4:46	12.6
2	MISZCZYK JAN	14	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M18-39	2	M 3	00:12:24	00:25:19	00:38:26	00:51:08.55	4:15	14.1
3	PUSZ JAKUB	18		KOSZALIN	POL	M18-39	3	M 4	00:12:54	00:26:24	00:39:19	00:51:09.55	4:15	14.1
4	MAZUR CEZARY	13		GDAŃSK	POL	M18-39	4	M 6	00:12:21	00:25:18	00:38:26	00:51:51.95	4:19	13.9
5	MAŃSKI TOMASZ	12	AŚNAEBAEM	SŁUPSK	POL	M18-39	5	M 7	00:12:29	00:26:17	00:40:05	00:53:21.20	4:26	13.5
6	JAROSZEWSKI DANIEL	7	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M18-39	6	M 8	00:12:45	00:26:36	00:40:26	00:53:40.50	4:28	13.4
7	MORDACZ TOMASZ	15	PORZECZE BIEGA	PORZECZE	POL	M18-39	7	M 9	00:13:01	00:26:51	00:40:48	00:54:15.85	4:31	13.3
8	ZAJKO MICHAŁ	22		SŁUPSK	POL	M18-39	8	M 11	00:14:24	00:29:29	00:44:18	00:59:13.00	4:56	12.2
9	KAMIŃSKI TOMASZ	10	TKKF KOSZALIN, JW1223	KOSZALIN	POL	M18-39	9	M 13	00:14:24	00:30:42	00:46:20	01:02:06.20	5:10	11.6
10	PTAK DANIEL	23		GOLCZEWO	POL	M18-39	10	M 14	00:14:45	00:30:35	00:46:39	01:02:38.90	5:13	11.5
11	MURAWSKI RAFAŁ	17	AŚNAEBAEM	SŁUPSK	POL	M18-39	11	M 16	00:17:36	00:36:37	00:54:58	01:13:11.70	6:06	9.8
12	JAGODZIŃSKI DAMIAN	6		GDAŃSK	POL	M18-39	12	M 17	00:17:29	00:38:55	01:00:18	01:21:22.35	6:46	8.8

**BIEG HERKULESA 12 KM, M40-49**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	3km	6km	9km	Netto	min/km	km/h
1	SZYMAŃSKI PIOTR	21	SZYMKIRUN	ROSNOWO	POL	M40-49	1	M 2	00:12:03	00:24:50	00:37:49	00:50:42.10	4:13	14.2
2	KAJKOWSKI RAFAŁ	9	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	KOSZALIN	POL	M40-49	2	M 5	00:12:14	00:25:18	00:38:41	00:51:46.50	4:18	13.9
3	KRASIŃSKI WITOLD	11	JW 1223	KOSZALIN	POL	M40-49	3	M 10	00:13:28	00:28:03	00:42:49	00:57:58.05	4:49	12.4
4	CIUPA MARCIN	5	H2-DES'TP	KOSZALIN	POL	M40-49	4	M 12	00:14:42	00:29:43	00:45:26	01:01:02.15	5:05	11.8

**BIEG HERKULESA 12 KM, M60+**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	3km	6km	9km	Netto	min/km	km/h
1	JUSZCZAK KRZYSZTOF	8		KOSZALIN	POL	M60+	1	M 15	00:15:45	00:32:33	00:49:32	01:05:50.10	5:29	10.9