



**Organiser:** ZOS Koszalin  
**Date:** 2015-07-26  
**Place:** Koszalin  
**Distance:** 6.6 km

## ZESPOŁOWY BIEG HERKULESA

B4SPORT



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	2.2km	4.4km	Net time 6.6km	Czas brutto 6.6km	Gap	Pace min/km	Pace km/h
1	<b>JANUSZEWSKI Maciej</b>	<b>294</b>	BRYZA POSTOMINO TEAM		1	00:00:01	00:09:46	00:19:37	<b>00:29:20</b>	<b>00:29:21</b>		4:26	13.5 (100%)
2	<b>CHMIELEWSKI Bartosz</b>	<b>263</b>	AMADEUS CROSSTRaining GYM		2	00:00:02	00:09:44	00:19:43	<b>00:29:55</b>	<b>00:29:57</b>	+00:00:35 (1.9%)	4:31	13.2 (97.8%)
2	<b>WIŚNIK Marcin</b>	<b>264</b>	AMADEUS CROSSTRaining GYM		3	00:00:01	00:09:55	00:19:56	<b>00:29:55</b>	<b>00:29:56</b>	+00:00:35 (1.9%)	4:31	13.2 (97.8%)
4	<b>JAKUSZCZONEK Zbigniew</b>	<b>293</b>	BRYZA POSTOMINO TEAM		4	00:00:02	00:09:56	00:20:52	<b>00:31:50</b>	<b>00:31:52</b>	+00:02:30 (7.9%)	4:49	12.4 (91.9%)
4	<b>CIEŚIELSKI Dawid</b>	<b>292</b>	BRYZA POSTOMINO TEAM		5	00:00:01	00:09:59	00:20:53	<b>00:31:50</b>	<b>00:31:51</b>	+00:02:30 (7.9%)	4:49	12.4 (91.9%)
6	<b>SZUL Łukasz</b>	<b>262</b>	AMADEUS CROSSTRaining GYM		6	00:00:02	00:10:33	00:21:44	<b>00:33:09</b>	<b>00:33:11</b>	+00:03:49 (11.5%)	5:01	11.9 (88.1%)
7	<b>PAKOS Grzegorz</b>	<b>254</b>	BRYZA POSTOMINO		7	00:00:02	00:10:54	00:21:56	<b>00:33:37</b>	<b>00:33:39</b>	+00:04:17 (12.7%)	5:05	11.8 (87.4%)
8	<b>OSZMIAŃSKI Stanisław</b>	<b>253</b>	BRYZA POSTOMINO		8	00:00:02	00:11:33	00:23:32	<b>00:35:30</b>	<b>00:35:32</b>	+00:06:10 (17.4%)	5:22	11.2 (83.0%)
9	<b>STRUŚ Artur</b>	<b>252</b>	BRYZA POSTOMINO		9	00:00:02	00:11:36	00:23:35	<b>00:35:35</b>	<b>00:35:37</b>	+00:06:15 (17.6%)	5:23	11.1 (82.2%)
10	<b>WANAGO Daniel</b>	<b>267</b>	SYNOWIE ZEUSA		10	00:00:02	00:11:17	00:24:01	<b>00:36:59</b>	<b>00:37:01</b>	+00:07:39 (20.7%)	5:36	10.7 (79.3%)
10	<b>KOWALSKI Konrad</b>	<b>266</b>	SYNOWIE ZEUSA		11	00:00:02	00:11:16	00:24:02	<b>00:36:59</b>	<b>00:37:01</b>	+00:07:39 (20.7%)	5:36	10.7 (79.3%)
10	<b>LEMAŃCZYK Andrzej</b>	<b>265</b>	SYNOWIE ZEUSA		12	00:00:02	00:11:17	00:24:03	<b>00:36:59</b>	<b>00:37:01</b>	+00:07:39 (20.7%)	5:36	10.7 (79.3%)
13	<b>KONIECZNA Marzena</b>	<b>288</b>	AMADEUS CROSS TRAINING		13	00:00:03	00:12:30	00:25:56	<b>00:39:01</b>	<b>00:39:04</b>	+00:09:41 (24.8%)	5:54	10.1 (74.8%)
14	<b>ZIELIŃSKI Arkadiusz</b>	<b>283</b>	DREAM TEAM NGBD		14	00:00:04	00:13:21	00:27:44	<b>00:42:09</b>	<b>00:42:13</b>	+00:12:49 (30.4%)	6:23	9.4 (69.6%)
14	<b>KRUPA Krzysztof</b>	<b>285</b>	DREAM TEAM NGBD		15	00:00:04	00:13:21	00:27:46	<b>00:42:09</b>	<b>00:42:13</b>	+00:12:49 (30.4%)	6:23	9.4 (69.6%)
14	<b>NAPIERACZ Mirosław</b>	<b>284</b>	DREAM TEAM NGBD		16	00:00:04	00:13:28	00:27:49	<b>00:42:09</b>	<b>00:42:13</b>	+00:12:49 (30.4%)	6:23	9.4 (69.6%)
17	<b>GÓRSKA Daria</b>	<b>287</b>	AMADEUS CROSS TRAINING		17	00:00:03	00:13:05	00:28:06	<b>00:42:31</b>	<b>00:42:34</b>	+00:13:11 (31.0%)	6:26	9.3 (68.9%)
18	<b>ZABOROWICZ Maciej</b>	<b>286</b>	AMADEUS CROSS TRAINING		18	00:00:03	00:13:05	00:28:06	<b>00:42:32</b>	<b>00:42:35</b>	+00:13:12 (31.0%)	6:26	9.3 (68.9%)

Total 18 results.