



# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Metalkas Ocean Lava Triathlon Polska  
**Organizator:** Towarzystwo Sportowe TRI-SPORT  
**Data:** 2023-08-20  
**Miejsce:** Bydgoszcz  
**Dystans:** 25.75 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Pływanie		T1		Rower		T2		Bieg		Czas	
							P_Borowno 0.75km	Poz			R_Lidl 20km	Poz			B_Announcer 5km	Poz	Czas netto 26.01km	Różn
1	PIEKUT Aleksandra	237	BRZEZIŃSKI RUN CLUB	K30-39	1		00:16:15	86	00:02:27		00:29:33	20	00:01:20	00:20:36	12	01:10:11.70		
2	ŻMICH- FÓRMANIAK Joanna	213	TM IRONTEAM	K40-49	1		00:14:53	50	00:02:13		00:30:53	46	00:00:50	00:23:57	73	01:12:46.40	+00:02:34 (3.5%)	
3	PALETA Elżbieta	187	TM IRON TEAM	K18-29	1		00:15:32	67	00:02:42		00:31:21	63	00:01:00	00:22:31	47	01:13:06.40	+00:02:54 (4.0%)	
4	ANDRZEJEWSKA Sylwia	238	TEAMOCHAL	K30-39	2		00:18:19	147	00:02:49		00:29:32	19	00:01:36	00:22:20	44	01:14:36.75	+00:04:25 (5.9%)	
5	RYMARKIEWICZ Małgorzata	230	TM IRONTEAM	K40-49	2		00:16:55	105	00:02:41		00:31:35	69	00:01:19	00:23:26	68	01:15:56.85	+00:05:45 (7.6%)	
6	WOŹNIAK Anna	205	TM IRON TEAM	K40-49	3		00:17:22	123	00:03:10		00:30:33	36	00:01:15	00:24:52	96	01:17:12.60	+00:07:00 (9.1%)	
7	LICZNIERSKA Alina	56	OWOCBIEGA TEAM	K40-49	4		00:20:46	195	00:02:31		00:32:37	88	00:00:48	00:22:06	39	01:18:48.20	+00:08:36 (10.9%)	
8	MICHALIK Joanna	147		K40-49	5		00:16:23	90	00:03:23		00:32:48	94	00:01:42	00:24:41	90	01:18:57.00	+00:08:45 (11.1%)	
9	CICHOWICZ Martyna	69	PTT DELTA	K30-39	3		00:13:29	19	00:03:04		00:35:14	145	00:01:23	00:25:58	127	01:19:08.35	+00:08:56 (11.3%)	
10	LOOSE Anna	139		K30-39	4		00:13:57	27	00:03:35		00:35:58	157	00:01:10	00:25:10	105	01:19:50.65	+00:09:38 (12.1%)	
11	CICHONSKA- BAZAK Marzena	163		K50-59	1		00:18:25	151	00:03:14		00:32:51	95	00:01:44	00:24:19	81	01:20:33.00	+00:10:21 (12.9%)	
12	KOPIŃSKA - KRÓL Magdalena	211	#CHMURACOACHING	K40-49	6		00:17:12	115	00:02:55		00:32:08	79	00:01:10	00:27:30	149	01:20:55.20	+00:10:43 (13.3%)	
13	MOJSIEWICZ Natalia	227		K18-29	2		00:16:59	107	00:03:03		00:33:40	117	00:01:15	00:26:06	130	01:21:03.00	+00:10:51 (13.4%)	
14	MOLTZAN Liliana	174		K18-29	3		00:14:14	34	00:03:19		00:36:38	172	00:01:49	00:26:09	131	01:22:09.10	+00:11:57 (14.6%)	
15	SZYMCZAK Elwira	151		K18-29	4		00:16:24	91	00:03:43		00:36:21	165	00:00:49	00:25:24	109	01:22:41.60	+00:12:29 (15.1%)	

Klasa K						Pływanie		T1	Rower		T2	Bieg		Czas	
16	STELMACH Patrycja	233	TEAMOCHAL	K30-39	5	00:20:53	197	00:03:41	00:34:41	135	00:01:14	00:22:22	45	01:22:51.45	+00:12:39 (15.3%)
17	JARLACZYŃSKA Hanna	242		K18-29	5	00:17:32	126	00:03:02	00:35:54	155	00:01:30	00:25:23	108	01:23:21.50	+00:13:09 (15.8%)
18	MROTEK Katarzyna	112	AKADEMIA MISTRZÓW SPORTU	K40-49	7	00:18:19	148	00:03:37	00:35:00	142	00:01:52	00:24:45	91	01:23:33.80	+00:13:22 (16.0%)
19	SANKOWSKA Ewelina	159		K40-49	8	00:15:08	53	00:02:58	00:36:10	162	00:01:43	00:27:35	151	01:23:34.00	+00:13:22 (16.0%)
20	SKORUPSKA Ewa	189	OWOCBIEGA	K30-39	6	00:18:39	160	00:03:12	00:35:37	151	00:01:12	00:25:28	111	01:24:08.00	+00:13:56 (16.6%)
21	SKOŁOZDRZYCH Iwona	1		K30-39	7	00:16:03	82	00:03:48	00:37:40	191	00:01:08	00:26:02	128	01:24:41.75	+00:14:30 (17.1%)
22	DOŁKOWSKA Monika	106	TM IRON TEAM	K30-39	8	00:20:14	189	00:03:22	00:33:44	119	00:01:29	00:27:09	142	01:25:58.40	+00:15:46 (18.4%)
23	STĘPSKA Małgosia	61	ŻELKI Z KRAKOWA	K50-59	2	00:20:09	188	00:03:19	00:33:39	116	00:01:14	00:28:33	159	01:26:54.05	+00:16:42 (19.2%)
24	WEGNER Patrycja	186	SZOGUN TEAM	K30-39	9	00:18:12	145	00:03:06	00:36:51	174	00:02:06	00:26:50	138	01:27:05.00	+00:16:53 (19.4%)
25	MICHALAK Agata	177		K18-29	6	00:18:55	168	00:03:16	00:36:02	159	00:02:09	00:28:10	155	01:28:32.95	+00:18:21 (20.7%)
26	DOBRYŃSKA Ewa	47		K30-39	10	00:22:10	206	00:03:26	00:36:58	175	00:01:19	00:25:18	107	01:29:11.50	+00:18:59 (21.3%)
27	DWOJACZNA-CHRAPKOWSKA Anna	13	IRON HOUSE TRIATHLON WŁOCŁAWEK	K40-49	9	00:19:49	183	00:03:34	00:37:23	186	00:01:36	00:27:08	141	01:29:30.65	+00:19:18 (21.6%)
28	RUSZKOWSKA Agnieszka	126		K30-39	11	00:17:50	135	00:03:18	00:37:18	183	00:00:36	00:30:47	184	01:29:49.15	+00:19:37 (21.8%)
29	BAGNIEWSKA Sandra	48		K30-39	12	00:21:42	203	00:03:44	00:37:27	188	00:01:15	00:27:24	146	01:31:32.45	+00:21:20 (23.3%)
30	WINIECKA Martyna	59	IRON HOUSE TRIATHLON WŁOCŁAWEK	K18-29	7	00:19:33	173	00:03:14	00:37:17	182	00:00:39	00:30:56	185	01:31:39.60	+00:21:27 (23.4%)
31	CEGLARSKA Inga	258	N-BIKE	K40-49	10	00:19:03	170	00:03:56	00:35:23	149	00:01:47	00:31:45	190	01:31:54.45	+00:21:42 (23.6%)
32	WUJEK Magdalena	77		K40-49	11	00:22:25	210	00:04:05	00:40:54	210	00:00:59	00:24:03	76	01:32:26.45	+00:22:14 (24.1%)
33	DOMEK Katarzyna	46		K30-39	13	00:19:43	178	00:03:41	00:38:16	196	00:00:57	00:29:59	173	01:32:36.00	+00:22:24 (24.2%)
34	STYPCZYŃSKA Natalia	198	TRISPACE	K30-39	14	00:18:59	169	00:03:14	00:38:50	200	00:01:31	00:30:29	181	01:33:03.25	+00:22:51 (24.6%)
35	KOCZOROWSKA Kamila	11		K30-39	15	00:16:37	95	00:03:53	00:37:39	190	00:00:48	00:34:07	207	01:33:04.75	+00:22:53 (24.6%)
36	DUDKOWIAK Martyna	241	DUDKOWIAK FAMILY LAWYERS	K30-39	16	00:20:58	199	00:04:25	00:36:05	161	00:01:34	00:30:40	183	01:33:42.55	+00:23:30 (25.1%)
37	BŁAŻEJEWSKA Agnieszka	60	TM IRON TEAM	K30-39	17	00:20:31	192	00:04:01	00:39:08	201	00:01:02	00:29:47	170	01:34:29.70	+00:24:18 (25.7%)
38	HRYNIEWICZ Agnieszka	50		K40-49	12	00:18:24	150	00:05:03	00:40:40	208	00:00:49	00:30:08	175	01:35:04.55	+00:24:52 (26.2%)
38	TIETZ Natalia	70	STAJNIA PEGAZA STAWY	K30-39	18	00:17:56	141	00:03:42	00:40:18	204	00:00:42	00:32:26	196	01:35:04.55	+00:24:52 (26.2%)
40	KUKLISOVA Gabriela	15		K40-49	13	00:18:44	162	00:04:12	00:37:37	189	00:01:13	00:34:27	210	01:36:13.85	+00:26:02 (27.1%)

					□ Pływanie	T1	□ Rower	T2	□ Bieg	Czas					
41	<b>MIECZKOWSKA-LAPKE Weronika</b>	<b>118</b>		K30-39	19	<b>00:22:14</b>	208	00:04:31	<b>00:36:18</b>	<b>163</b>	00:01:39	<b>00:31:43</b>	<b>189</b>	<b>01:36:25.95</b>	+00:26:14 (27.2%)
42	<b>PACZKOWSKA-PAPCZYŃSKA Joanna</b>	<b>30</b>	TRISPACE/TREK	K30-39	20	<b>00:22:43</b>	212	00:03:58	<b>00:37:00</b>	<b>177</b>	00:01:28	<b>00:32:23</b>	<b>195</b>	<b>01:37:32.60</b>	+00:27:20 (28.0%)
43	<b>PEC Anna</b>	<b>90</b>	SKS OBORNIKI	K50-59	3	<b>00:20:53</b>	196	00:04:31	<b>00:38:08</b>	<b>193</b>	00:01:38	<b>00:35:09</b>	<b>212</b>	<b>01:40:19.70</b>	+00:30:08 (30.0%)
44	<b>NIEDŹWIEDZKA Agata</b>	<b>149</b>	SMARUJ NA TRENING	K30-39	21	<b>00:22:15</b>	209	00:03:53	<b>00:38:13</b>	<b>195</b>	00:01:22	<b>00:34:52</b>	<b>211</b>	<b>01:40:35.70</b>	+00:30:24 (30.2%)
45	<b>MOSUR-GALICKA Angelina</b>	<b>9</b>	AKADEMIA MISTRZÓW SPORTU	K50-59	4	<b>00:16:43</b>	99	00:04:38	<b>00:40:08</b>	<b>203</b>	00:02:38	<b>00:37:50</b>	<b>218</b>	<b>01:41:57.50</b>	+00:31:45 (31.2%)
46	<b>SZABO-MOSKAL Jadwiga</b>	<b>168</b>		K50-59	5	<b>00:21:00</b>	200	00:04:05	<b>00:45:17</b>	<b>220</b>	00:00:39	<b>00:31:40</b>	<b>188</b>	<b>01:42:41.65</b>	+00:32:29 (31.6%)
47	<b>MAKSYMOWICZ Agata</b>	<b>85</b>		K40-49	14	<b>00:17:12</b>	116	00:06:10	<b>00:45:54</b>	<b>222</b>	00:02:29	<b>00:33:04</b>	<b>200</b>	<b>01:44:49.25</b>	+00:34:37 (33.0%)
48	<b>LEWANDOWSKA Larysa</b>	<b>229</b>	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	K18-29	8	<b>00:24:18</b>	220	00:04:28	<b>00:42:52</b>	<b>217</b>	00:00:38	<b>00:33:48</b>	<b>204</b>	<b>01:46:04.85</b>	+00:35:53 (33.8%)
49	<b>NOSIADEK Marta</b>	<b>78</b>	CROSS-SPORT	K30-39	22	<b>00:22:47</b>	214	00:05:47	<b>00:40:39</b>	<b>206</b>	00:02:41	<b>00:34:21</b>	<b>209</b>	<b>01:46:15.95</b>	+00:36:04 (33.9%)
50	<b>WIŚNIEWSKA Lucyna</b>	<b>16</b>	TRISPACE/TREK	K50-59	6	<b>00:23:12</b>	216	00:04:18	<b>00:41:15</b>	<b>212</b>	00:01:50	<b>00:38:24</b>	<b>220</b>	<b>01:48:59.55</b>	+00:38:47 (35.6%)
51	<b>IGNASIAK Bernadeta</b>	<b>158</b>		K40-49	15	<b>00:33:55</b>	227	00:03:55	<b>00:43:56</b>	<b>218</b>	00:01:06	<b>00:33:33</b>	<b>201</b>	<b>01:56:25.65</b>	+00:46:13 (39.7%)
52	<b>WOROSZYŁO Monika</b>	<b>114</b>	RYKOWISKO	K40-49	16	<b>00:23:31</b>	218	00:09:28	<b>00:52:42</b>	<b>227</b>	00:02:20	<b>00:33:49</b>	<b>205</b>	<b>02:01:50.80</b>	+00:51:39 (42.4%)
53	<b>MIKA Aldona</b>	<b>82</b>		K50-59	7	<b>00:25:53</b>	222	00:07:55	<b>00:48:05</b>	<b>226</b>	00:01:17	<b>00:42:47</b>	<b>224</b>	<b>02:05:57.35</b>	+00:55:45 (44.3%)
54	<b>KOZIK Anna</b>	<b>156</b>		K50-59	8	<b>00:34:33</b>	228	00:05:37	<b>00:48:01</b>	<b>225</b>	00:03:31	<b>00:40:23</b>	<b>222</b>	<b>02:12:05.65</b>	+01:01:53 (46.9%)

Znaleziono 54 wynik(ów)