



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

OCEAN LAVA TRIATHLON POLSKA - SPRINT

Ocean Lava Triathlon Polska 2020
Towarzystwo Sportowe TRI-SPORT
2020-08-23
Bydgoszcz
25.75 km

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 1 Fala

Punkt pomiarowy: 21,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Pływanie		Bieg	Rower		Bieg
					P_Borowno 0.75km	Poz		R_Lidl 20km	Poz	
1	KRIEGER Łukasz	94	H2OSHOP.PL/LANGE TRI COACH	M30-39	00:12:27	18	00:01:39	00:28:55	1	00:00:54
2	TOMCZAK Marcin	222	GVT BMC 3SOFT TRIATHLON TEAM	M30-39	00:11:23	5	00:01:54	00:29:49	2	00:00:57
3	URBAŃSKI Michał	1	NEURON REHABILITACJA	M18-29	00:10:13	1	00:01:41	00:31:31	20	00:00:58
4	SOŁTYSIEK Joanna	598	PHOENIX TEAM POLAND	K30-39	00:11:14	3	00:01:45	00:31:25	16	00:00:50
5	KLUŻNIAK Jacek	80	TRINERGY	M40-49	00:11:15	4	00:01:57	00:31:08	11	00:00:56
6	URBANOWSKI Włodzimierz	218	RETRO STORK TEAM	M40-49						00:01:22
7	RYMER Jakub	161	IRON TEAM TOMASZ MARCINEK	M30-39	00:12:23	17	00:01:49	00:30:44	8	00:00:51
8	WIECZORKOWSKI Adam	220	BIKE U UP / BIALŁ	M18-29	00:13:06	24	00:02:08	00:30:03	3	00:01:01
9	SAWIEŁAJC Jakub	164	FUJI KRYSPORT TEAM	M18-29	00:11:41	8	00:01:56	00:32:12	27	00:01:13
10	BOGACZ Mariusz	16	TRISPACE/TREK	M40-49	00:12:54	23	00:01:58	00:31:26	18	00:00:55
11	JAŚKIEWICZ Marcin	68	MOGILNO TEAM	M30-39	00:12:52	22	00:01:56	00:31:58	25	00:00:48
12	BISKUPSKI Cezary	12	TRISPACE/TREK	M30-39	00:14:17	42	00:01:59	00:30:23	6	00:01:07
13	WASZTYL Michał	194	ZONE3TEAM / WITKOWO BIEGA	M30-39	00:11:41	10	00:01:52	00:33:19	39	00:00:55
14	BEDNARCZYK Tomasz	2	BIKE U UP	M30-39	00:12:32	19	00:01:51	00:32:40	34	00:00:48
15	MŁYŃCZAK Jakub	229	KS GVT	M18-29	00:12:34	20	00:01:48	00:32:41	35	00:00:48
16	MARTYNOWICZ Michał	118	TRISPACE/TREK	M40-49	00:12:06	14	00:02:12	00:32:40	33	00:00:55
17	ZIENKIEWICZ Janusz	209	TRISPACE/TREK	M40-49	00:13:31	29	00:02:06	00:31:25	17	00:00:59
18	PRZYBYLSKI Jakub	152	KOMPUTRONIK	M30-39	00:14:42	54	00:02:04	00:30:17	4	00:01:03
19	BETHKE Sławomir	11	7SI-OWB ROWERTOUR.COM	M30-39	00:14:59	58	00:02:03	00:30:20	5	00:00:51
20	POKORSKI Marek	148	CTS	M40-49	00:14:27	47	00:02:03	00:30:51	9	00:00:56
21	TRZASKA Przemysław	188	DREAM TRI TEAM	M30-39	00:14:37	52	00:01:47	00:31:15	12	00:00:52
22	KOZAR Karol	91	POLISH TRIATHLETES	M30-39	00:14:21	43	00:02:11	00:30:37	7	00:01:27
23	WOLSKI Jędrzej	6	MOGILNO TEAM	M18-29	00:11:34	7	00:01:58	00:34:09	48	00:01:02
24	KWIATKOWSKI Daniel	104	IRON TEAM TOMASZ MARCINEK	M30-39	00:14:31	50	00:02:00	00:31:16	13	00:01:08
25	EJSMONT Krzysztof	78		M40-49	00:15:08	63	00:02:11	00:31:06	10	00:00:47
26	SZREDER Dawid	14	DAVE BIKES / ENDURE TEAM	M40-49	00:14:12	39	00:01:51	00:32:22	28	00:00:55
27	MALICKI Patryk	115		M30-39	00:11:32	6	00:02:09	00:34:12	49	00:01:30
28	KAWCZYŃSKI Paweł	76	ELITE SPORTS REDA	M30-39	00:11:48	12	00:02:18	00:34:28	57	00:01:00
29	LICZNIERSKI Marek	110	ZONE3 TEAM	M30-39	00:13:10	25	00:02:09	00:33:23	40	00:00:54

					Pływanie			Rower		Bieg	
30	WIECZORKOWSKI Adrian	219	BIALL / BIKE U UP	M40-49	00:14:48	56	00:02:31	00:31:32	21	00:00:57	
31	KOWALSKA Angelika	4	TRISPACE/TREK / TOOLMAX BIAŁE BŁOTA	K30-39	00:14:02	36	00:02:11	00:32:39	31	00:01:02	
32	ŻOŁNOWSKA Katarzyna	214	VAMOS TEAM	K30-39	00:10:19	2	00:02:44	00:35:58	84	00:01:01	
33	KLUSZCZYŃSKI Mariusz	79	TORUŃ MULTISPORT TEAM	M30-39	00:16:06	81	00:02:02	00:31:21	15	00:01:01	
34	GOŚCINIAK Michał	65	3GRAVITY	M30-39	00:14:12	38	00:02:26	00:33:36	42	00:00:53	
35	SMOCZYNSKI Marek	168	MBC TEAM	M30-39	00:15:36	72	00:02:37	00:31:31	19	00:01:24	
36	BANACH Jan	9	KLINIKA TRIATHLONU	M18-29	00:11:51	13	00:02:06	00:36:14	87	00:01:10	
37	ŚLIWIŃSKI Łukasz	182	LKS BOGMAR OSTROMECKO	M30-39	00:17:22	125	00:02:00	00:31:18	14	00:00:50	
38	BENTKOWSKA Natalia	5		K18-29	00:13:40	31	00:02:30	00:34:26	56	00:00:54	
39	WIERZYŃSKI Damian	197	EXIMO EXTREME TEAM / POLONIA BYDGOSZCZ	M30-39	00:15:08	62	00:02:42	00:32:47	36	00:00:55	
40	GROCHOWSKI Paweł	55	MBC	M30-39	00:16:15	87	00:02:13	00:31:58	24	00:01:08	
41	KRZYŻANOWSKI Leszek	96	NIEDZIELNY ŚCIGACZ	M30-39	00:13:28	28	00:02:16	00:34:38	60	00:01:17	
42	KUBICZAK Jan	616		M30-39	00:14:23	45	00:02:18	00:34:19	53	00:00:44	
43	TRAWCZYŃSKI Jacek	187	TRISPACE/TREK	M50-59	00:16:18	89	00:01:54	00:32:40	32	00:00:59	
44	JUSTYŃSKI Andrzej	70		M30-39	00:16:09	85	00:02:07	00:32:36	30	00:01:07	
45	LEWANDOWSKI Oskar	108		M18-29	00:14:10	37	00:02:14	00:33:58	43	00:01:41	
46	WALKOWIAK Łukasz	192		M18-29	00:13:58	34	00:02:26	00:34:42	65	00:01:02	
47	GIEŁAŻYN Mateusz	50		M18-29	00:14:24	46	00:02:16	00:34:39	62	00:01:01	
48	CIEPŁOWSKI Robert	30		M40-49	00:12:11	15	00:02:15	00:36:36	98	00:01:20	
49	SZOT Dawid	179	IRON TEAM TOMASZ MARCINEK	M18-29	00:16:07	83	00:02:22	00:32:53	37	00:01:11	
50	WAŚNIEWSKI Daniel	226	DEWELOPPOL TEAM	M30-39	00:17:08	118	00:02:32	00:31:44	23	00:01:11	
51	MICHAŁSKI Michał	121	ŁAPA JAGUARA	M40-49	00:14:41	53	00:02:17	00:34:26	55	00:01:13	
52	GUMIŃSKI Piotr	58	CTS	M30-39	00:14:17	41	00:03:09	00:34:09	47	00:01:28	
53	PEKRUL Wojciech	143	MIĘDZY TRENINGAMI	M18-29	00:13:58	35	00:02:24	00:35:48	81	00:01:07	
54	KOZŁOWSKI Jacek	92	PTT DELTA	M40-49	00:16:52	106	00:02:27	00:32:29	29	00:01:31	
55	SKORECKI Aleksander	165	BYDGOSZCZ TRIATHLON TEAM	M30-39	00:13:41	32	00:02:41	00:36:13	86	00:00:52	
56	PALACZ Jarosław	139		M40-49	00:17:01	112	00:02:51	00:31:59	26	00:01:39	
57	KRÓL Maciej	95	TRISPACE/TREK	M50-59	00:17:02	114	00:02:18	00:33:01	38	00:01:13	
58	POLASIK Michał	149	RUN4FUN	M30-39	00:14:28	48	00:02:53	00:35:27	74	00:00:59	
59	JANUSZKIEWICZ Piotr	67		M30-39	00:15:43	74	00:02:29	00:34:16	52	00:01:21	
60	JABŁOŃSKI Marcin	64	KRYSPORT TEAM	M40-49	00:16:52	107	00:02:21	00:33:29	41	00:01:11	
61	KNOTHE Adam	81	BUDSTOL INVEST	M40-49	00:18:52	152	00:02:08	00:31:41	22	00:01:16	
62	BOHDANOWICZ Patrycja	19	FLOW DANCE STUDIO	K30-39	00:16:08	84	00:02:25	00:34:30	58	00:01:12	
63	SOBCZAK Marcin	225	CZARNE STOPY	M30-39	00:14:59	57	00:02:55	00:35:15	70	00:01:19	
64	BYRTEK Grzegorz	26	1975	M40-49	00:13:41	33	00:02:33	00:37:02	108	00:01:12	
65	ZIELIŃSKI Maciej	207		M30-39	00:16:31	94	00:02:12	00:34:47	66	00:00:58	
66	SMOCZYŃSKA Emilia	169	MBC TEAM	K30-39	00:16:17	88	00:02:44	00:34:06	46	00:01:25	
67	TYMIŃSKI Dariusz	191	PTT DELTA	M50-59	00:16:46	102	00:02:43	00:34:02	45	00:01:02	
68	WOLFF Maria	200	CITYZEN	K30-39	00:13:36	30	00:01:49	00:38:18	137	00:01:00	
69	DOBRZAŃSKI Dariusz	39	3GRAVITY	M30-39	00:15:23	67	00:03:08	00:34:48	67	00:01:24	
70	ANDRZEJEWSKI Bartosz	230	KLINIKA TRIATHLONU	M40-49	00:15:07	60	00:02:27	00:35:40	78	00:01:32	
71	WIECZOREK Bartosz	196		M30-39						00:02:17	
72	PIETRZAKOWSKI Patryk	146	ŁAPA JAGUARA	M30-39	00:15:33	71	00:03:50	00:34:32	59	00:01:22	
73	RAJ Jarosław	155	CITYZEN CLUB	M40-49	00:11:41	9	00:03:08	00:39:10	149	00:01:19	
74	GIERES Waldemar	51	PTT DELTA	M50-59	00:16:51	105	00:02:11	00:35:24	73	00:00:55	
75	RADZIEJEWSKI Tomasz	153	TEAMOCHAL	M30-39	00:16:21	91	00:02:22	00:35:48	82	00:00:55	

					Pływanie			Rower			Bieg
76	PIETRUSZKA Magdalena	145	TRIPETRUSZKA - SCHULO TEAM	K30-39	00:14:46	55	00:02:25	00:37:18	115	00:00:59	
77	SOKOŁOWSKA Hanna	170	KUŹNIA TRIATHLONU	K50-59	00:13:20	26	00:02:58	00:37:57	127	00:01:20	
78	KOWALSKI Dariusz	89	TEAM KOWALSKI	M50-59	00:16:19	90	00:03:22	00:34:50	68	00:01:10	
79	ANTKOWIAK Bartosz	8	TRISPACE/TREK	M30-39	00:18:20	145	00:02:04	00:34:13	50	00:01:04	
80	GOŁEMBIEWSKI Marek	52		M40-49	00:16:47	104	00:02:23	00:35:44	79	00:00:59	
81	MAĆKOWSKI Daniel	114		M40-49	00:16:34	96	00:02:32	00:35:24	72	00:01:32	
82	KULIŃSKI Grzegorz	101		M18-29	00:17:11	120	00:02:29	00:35:40	77	00:00:47	
83	NOWAK Michał	135	LEGALAID	M30-39	00:14:29	49	00:02:40	00:36:54	106	00:02:05	
84	CHĘCIŃSKI Marek	28		M40-49	00:15:12	65	00:04:26	00:34:41	64	00:01:56	
85	ZIEMIŃSKI Bartosz	208	PTT DELTA	M30-39	00:17:56	139	00:02:59	00:34:00	44	00:01:23	
86	IWICKI Paweł	63		M30-39	00:15:46	76	00:02:53	00:36:21	89	00:01:38	
87	CABAJ Martyna	27		K18-29	00:14:32	51	00:02:36	00:38:03	131	00:01:32	
88	FRYDRYSZEK Michał	48	1989	M30-39	00:17:54	136	00:02:54	00:34:21	54	00:01:36	
89	KAPUSTKA Mirek	72	KAPUSTRI	M30-39	00:15:19	66	00:02:15	00:37:30	121	00:01:48	
90	ŚWIERCZYŃSKI Marcin	184	ATHLETICOMED.PL	M30-39	00:17:36	129	00:03:12	00:34:39	61	00:01:34	
91	FRĄCKOWSKI Łukasz	47		M18-29	00:13:23	27	00:03:45	00:37:48	125	00:02:06	
92	CZARNECKI Piotr	221	BRZOZA BIEGA	M40-49	00:16:41	99	00:03:54	00:35:45	80	00:00:42	
93	KARCZEWSKI Filip	75		M30-39	00:18:10	142	00:02:31	00:35:17	71	00:01:16	
94	SZLYK Maciej	178		M40-49	00:15:11	64	00:03:20	00:36:31	96	00:02:18	
95	WOŹNIAK Radek	202	BOZITA POLSKA	M30-39	00:17:55	138	00:02:38	00:35:28	75	00:01:19	
96	KĄTNIK Jacek	77		M50-59	00:19:33	161	00:02:26	00:34:13	51	00:01:10	
97	CYNOWSKI Krzysztof	32	CYNA	M30-39	00:16:05	80	00:02:53	00:36:51	104	00:01:39	
98	GRUBA Marek	56		M30-39	00:15:51	78	00:03:26	00:36:32	97	00:01:40	
99	KUŹMA Wojtek	102		M50-59	00:17:29	126	00:02:35	00:36:30	95	00:00:57	
100	KWIATONŃ Michał	215		M30-39	00:17:54	134	00:03:31	00:34:58	69	00:01:10	
101	RUTKOWSKI Michał	217	KUJAWSKO-POMORSKIE	M30-39	00:14:13	40	00:03:38	00:37:27	119	00:02:16	
102	BARANOWICZ Bartosz	10	GLOBART MEBLE	M40-49	00:15:00	59	00:03:03	00:38:11	133	00:01:28	
103	WARCZAK Katarzyna	193	TEAMOCHAL	K40-49	00:15:08	61	00:02:42	00:38:25	139	00:01:27	
104	MOJŻESZ Piotr	126	UNLIMITED KRAKÓW	M18-29	00:15:50	77	00:02:53	00:37:27	118	00:01:32	
105	MAZURKIEWICZ Michał	120		M30-39	00:16:07	82	00:02:35	00:37:06	109	00:01:59	
106	DULIŃSKI Bartosz	44	NOOBIEZJAGODA	M18-29	00:17:17	123	00:03:24	00:35:39	76	00:01:43	
107	POPEK Maciej	150	WŁOCŁAWEK TRIATHLON TEAM	M40-49	00:18:25	147	00:03:26	00:34:40	63	00:01:43	
108	KWAPIŃSKI Damian	103		M30-39	00:16:37	97	00:02:27	00:37:48	126	00:01:32	
109	RUCIŃSKI Rafał	159	SELEKCJA NATURALNA	M30-39	00:17:42	132	00:02:31	00:36:29	94	00:01:46	
110	WRÓBEL Paweł	203		M30-39	00:16:58	110	00:03:26	00:36:54	107	00:01:17	
111	KAPSA Dawid	71	ONLY GLASS	M40-49	00:17:34	127	00:03:03	00:36:28	92	00:01:31	
112	LEWANDOWKI Fabian	107		M30-39	00:17:05	115	00:03:18	00:36:27	91	00:01:51	
113	DUDA Aleksandra	42	POLITECHNIKA GDAŃSKA	K18-29	00:14:22	44	00:02:52	00:40:01	157	00:01:32	
114	PERLINSKI Damian	144	MOŻE I POWOLI, ALE ZA TO BYLE JAK	M30-39	00:19:16	159	00:02:17	00:36:00	85	00:01:15	
115	DYBOWSKI Dominik	45	PUA	M30-39	00:16:13	86	00:02:43	00:39:07	148	00:00:57	
116	BOROWSKI Łukasz	20	LADYSI	M40-49	00:17:37	130	00:03:13	00:36:28	93	00:01:43	
117	TRZASKOWSKI Tomasz	189		M40-49	00:15:30	69	00:04:34	00:37:42	123	00:01:19	
118	GONDEK Martin	53		M18-29	00:15:30	68	00:04:13	00:38:24	138	00:01:04	
119	STEMPOROWSKI Paweł	174		M18-29	00:12:14	16	00:02:58	00:43:17	178	00:00:49	
120	GRUBA Jacek	57		M60-69	00:17:55	137	00:03:18	00:37:11	111	00:00:54	
121	MARKIEWICZ Bartosz	117	PTT DELTA	M30-39	00:17:06	116	00:03:05	00:37:32	122	00:01:35	

					Pływanie			Rower			Bieg
122	TUBAJA Albert	190	KABEL TEAM BYDGOSZCZ	M40-49	00:16:25	92	00:03:53	00:36:45	101	00:02:18	
123	STANIEK Agata	172	MOGILNO TEAM	K18-29	00:12:40	21	00:02:45	00:43:20	179	00:00:48	
124	WOLSKI Tomasz	201	BYDGOSZCZ TRIATHLON TEAM	M30-39	00:18:13	143	00:02:32	00:37:23	116	00:01:27	
125	ZIENKIEWICZ Marek	210	ATOS	M40-49	00:18:50	151	00:03:04	00:36:38	99	00:01:09	
126	ŚLESICKI Maciej	181		M40-49	00:16:55	108	00:03:14	00:38:02	130	00:01:38	
127	TALAREK Robert	185	SMT SZCZECIN	M40-49	00:19:40	164	00:02:34	00:36:23	90	00:01:21	
128	ROMAN Krzysztof	157		M40-49	00:17:10	119	00:03:29	00:37:16	114	00:02:10	
129	KARCZEWSKA Karolina	74		K18-29	00:16:38	98	00:03:20	00:38:34	142	00:01:34	
130	GAWRON Marcin	49	CAR-MAN	M40-49	00:18:53	154	00:03:10	00:36:43	100	00:01:40	
131	DULINSKA Dorota	43	TRISPACE/TREK	K40-49	00:18:44	150	00:02:42	00:37:25	117	00:01:38	
132	KONWIŃSKI Daniel	85	SELEKCJA NATURALNA	M30-39	00:18:15	144	00:03:37	00:37:12	112	00:01:32	
133	CZERWIAKOWSKI Sebastian	35		M40-49	00:17:54	135	00:04:21	00:37:07	110	00:01:28	
134	WOJTCZAK Adam	199		M30-39	00:15:45	75	00:03:20	00:40:31	165	00:01:18	
135	MORAWIAK Krzysztof	129		M18-29	00:17:20	124	00:03:39	00:39:16	151	00:00:48	
136	PIETZ Mikołaj	147	CYTADELA BY NIGHT	M40-49	00:16:46	103	00:02:56	00:39:10	150	00:02:12	
137	STRYCZYŃSKI Marek	176	TRISPACE/TREK	M30-39	00:17:01	113	00:03:07	00:39:26	152	00:01:41	
138	CICHY Adam	29	RUN4FUN	M30-39	00:19:06	157	00:04:19	00:36:47	102	00:01:11	
139	GÓRZYŃSKA Małgorzata	54	TRISPACE/TREK	K40-49	00:19:39	163	00:02:55	00:37:28	120	00:01:31	
140	ŚWIATOWY Krystian	183	#SLIMAKIBARCIN	M30-39	00:18:39	149	00:03:20	00:38:34	141	00:01:05	
141	PAPIEROWSKI Piotr	140	ATOS	M30-39	00:18:08	141	00:03:08	00:39:02	146	00:01:47	
142	GWIAZDOWSKI Krzysztof	59		M40-49	00:20:04	168	00:03:39	00:37:13	113	00:01:16	
143	JANKOWSKA Zuzanna	66		K18-29	00:16:26	93	00:03:32	00:41:33	170	00:00:44	
144	ANTCZAK Marek	7		M40-49	00:20:36	176	00:03:16	00:36:16	88	00:02:07	
145	MAŁACHA Dawid	116	KU AZS UTP BYDGOSZCZ	M18-29	00:17:52	133	00:03:20	00:39:30	153	00:01:47	
146	CZACHOWSKI Jacek	33		M30-39	00:16:58	111	00:04:19	00:40:30	164	00:00:43	
147	ZIĘBICKI Maciej	211		M30-39	00:18:20	146	00:03:38	00:38:46	145	00:01:48	
148	PRENTKA Magdalena	151	CITYZEN	K40-49	00:15:38	73	00:03:14	00:42:27	176	00:01:31	
149	LURKA Krystian	112	TRISPACE/TREK	M18-29	00:22:33	189	00:02:51	00:35:57	83	00:01:34	
150	LICZNIERSKA Alina	109	ZONE3TEAM	K30-39	00:21:26	184	00:02:14	00:38:14	135	00:01:03	
151	MORDAKA Maciej	130		M30-39	00:16:43	100	00:04:34	00:39:39	154	00:02:03	
152	PAWELSKI Michał	142		M30-39						00:01:51	
153	POCZTAREK Ewelina	224	CITYZEN POZNAŃ	K30-39	00:15:32	70	00:03:27	00:42:32	177	00:01:40	
154	RASZLIŃSKA Mariola	156		K50-59	00:17:59	140	00:02:52	00:40:49	166	00:01:38	
155	KOWALSKI Marek	90	REKINY OSIELSKO	M50-59	00:16:33	95	00:04:55	00:40:08	158	00:01:47	
156	RUTKOWSKA Virginia	160	ATOS/KLINIKA TRIATHLONU	K30-39	00:16:57	109	00:03:40	00:41:04	169	00:01:43	
	HENDRZAK Sylwester	61	ZAMEK BIERZGŁOWSKI	M30-39	00:19:36	162	00:03:47	00:38:17	136	00:01:45	
158	RADZIŃSKA Joanna	154	TRISPACE/TREK	K30-39	00:20:41	179	00:03:09	00:38:12	134	00:01:30	
159	HEJNICKI Dariusz	60	DON TRUCKING GROUP	M30-39	00:20:31	174	00:03:25	00:37:58	128	00:01:44	
160	BOGALECKI Marek	17	SAFE SPORT TEAM	M60-69	00:18:52	153	00:04:46	00:38:01	129	00:02:00	
161	ROŚ Sławek	158	SELEKCJA NATURALNA	M30-39	00:15:54	79	00:04:39	00:41:33	171	00:01:35	
162	MALINOWSKI Artur	227		M50-59	00:21:42	186	00:03:32	00:36:53	105	00:01:41	
163	LALEWICZ Wojciech	105	ASSECO ACTIVE TEAM	M40-49	00:19:06	158	00:03:56	00:39:45	155	00:01:06	
164	OSIŃSKI Adam	138	CHŁOPAKI TO MY	M40-49	00:20:24	171	00:03:55	00:38:04	132	00:01:37	
165	DROBINSKI Daniel	40		M30-39	00:20:30	173	00:03:54	00:37:43	124	00:01:53	
166	ZIÓŁKOWSKI Bartosz	212		M18-29	00:19:51	166	00:02:22	00:39:56	156	00:01:53	
167	KAPUSTKA Kasia	73	KAPUSTRI	K30-39	00:17:13	121	00:04:15	00:41:40	172	00:01:12	

				Pływanie			Rower			Bieg
168	MIELCAREK Rafał	18		M40-49	00:17:06	117	00:03:40	00:41:59	174	00:01:36
169	KOSECKI Tomasz	87		M40-49	00:19:32	160	00:04:26	00:38:41	144	00:02:00
170	LEBIECKI Paweł	106		M30-39	00:19:01	156	00:03:38	00:40:15	162	00:01:54
171	MIEKCZYNSKI Artur	123	POLONIA BYDGOSZCZ	M30-39	00:19:43	165	00:03:56	00:40:11	161	00:01:03
172	ZGÓRSKI Maciej	206		M40-49	00:20:27	172	00:04:15	00:38:25	140	00:02:00
173	MATLUCH Piotr	119	A-T	M40-49	00:20:32	175	00:04:48	00:38:35	143	00:01:12
174	KOŁODZIEJCZYK Tomasz	84		M40-49	00:19:01	155	00:02:56	00:40:09	159	00:03:06
175	DRZEWIECKI Mikołaj	41		M30-39	00:20:08	169	00:03:35	00:40:17	163	00:01:34
176	KOCZOROWSKA Kamila	83		K30-39	00:17:13	122	00:03:17	00:44:14	182	00:00:53
177	ZUBOWICZ Maria	213	IRON TEAM TOMASZ MARCINEK	K30-39	00:22:19	188	00:03:08	00:39:06	147	00:01:24
178	KOWALSKA Karolina	88		K18-29	00:17:35	128	00:03:18	00:45:31	186	00:01:14
179	MONTOWSKI Jan	128	OPŁAWIEC	M60-69	00:20:36	177	00:04:23	00:41:56	173	00:00:59
180	KOPCZYNSKI Waldemar	86	1958	M60-69	00:21:30	185	00:03:37	00:40:57	167	00:01:53
181	SOŁDYGA Paweł	171		M40-49	00:21:17	182	00:04:29	00:41:03	168	00:01:33
182	TOMASZ Mariusz	186	TRIIM OŁAWA	M40-49	00:23:57	198	00:03:05	00:40:11	160	00:02:11
183	DANIELEK Ewa Anna	37	REEBOK RUN CREW	K30-39	00:20:08	170	00:03:19	00:44:46	185	00:01:29
184	PIĄTKOWSKI Mariusz	21	TRIFECTA	1 Fala				00:45:38	188	00:00:47
185	BUŁKA Rafał	25		M50-59	00:18:32	148	00:04:18	00:45:52	189	00:02:08
186	BUDNICKI Krzysztof	23		M40-49	00:22:45	190	00:03:44	00:42:17	175	00:02:15
187	PIĄTKOWSKI Mateusz	98	TRIFECTA	1 Fala	00:17:38	131	00:04:03	00:49:02	198	00:01:09
188	MICHALSKI Bogdan	122	ŁAPA JAGUARA	M60-69	00:21:18	183	00:04:35	00:43:50	181	00:02:26
189	JUCHACZ Michał	69	DZIKI Z BALCZEWA	M40-49	00:20:38	178	00:03:21	00:47:51	192	00:00:46
190	KRAZIŃSKA Samanta	93	MIĘDZY TRENINGAMI	K18-29	00:24:51	200	00:02:38	00:43:37	180	00:01:31
191	FIEGEL Katarzyna	46	TRISPACE/TREK	K40-49	00:24:23	199	00:02:37	00:44:32	183	00:01:28
192	SZABO-MOSKAL Jadwiga	177		K50-59	00:21:08	181	00:03:41	00:47:36	191	00:00:38
193	WIŚNIEWSKA Małgorzata	198		K40-49	00:19:57	167	00:04:20	00:47:56	193	00:01:23
194	KULCZYŃSKI Przemysław	100	TYPYGRUBE	M30-39	00:23:16	193	00:03:43	00:45:35	187	00:01:02
195	PASTWA Donata	141	TRISPACE TREK	K40-49	00:23:22	194	00:03:37	00:44:35	184	00:02:11
196	BUGAJ Katarzyna	24	LAKE RUNNERS TYCHY	K40-49	00:16:45	101	00:06:33	00:48:57	197	00:02:29
197	SKRZYNIARZ Hubert	167	#CIĄGŁA_WALKĄ_Z_BMI	M30-39	00:33:34	205	00:04:20	00:36:48	103	00:01:26
198	MURACH Agnieszka	131	KURPIOWSKIE CENTRUM WETERYNARYJNE	K50-59	00:22:07	187	00:04:35	00:47:15	190	00:02:30
199	CZYŻEWSKI Piotr	36	MELTICA TEAM	M30-39	00:22:58	191	00:04:36	00:48:11	194	00:01:25
200	NOWAK Adam	223	WUJEK PORADA	M40-49	00:21:02	180	00:05:11	00:48:50	196	00:02:29
201	NOWICKA Michalina	136		K18-29	00:23:32	196	00:03:40	00:51:50	201	00:01:06
202	SKORUPKA Radek	166	ULUNG TEAM	M40-49	00:23:13	192	00:04:46	00:51:09	200	00:01:29
203	NOSKOWIAK BAJNO Alicja	134		K40-49	00:25:40	201	00:04:48	00:50:33	199	00:01:07
204	ZAPOTOCZNY Robert	216	CENTRUM MEDYCYN Y SPORTOWEJ OLIMP ZIELONA GÓRA	M50-59	00:27:16	204	00:06:17	00:48:38	195	00:03:03
205	BŁASZKIEWICZ Marzena	15	CHOŁE KŁÓLIKI	K40-49	00:23:42	197	00:06:04	00:54:19	202	00:02:53
206	ŻAK Łukasz	62	TRIFECTA	M30-39	00:23:24	195	00:10:03	00:54:30	203	00:01:35
207	SAWICKI Waldemar	163		M70-79	00:26:04	202	00:10:46	00:56:19	205	00:01:48
208	MIKA Aldona	124		K50-59	00:26:05	203	00:10:55	00:55:58	204	00:02:08
	WRZESIŃSKI Bartłomiej	22	TRIFECTA	1 Fala						
	STAWSKI Paweł	173	ACTIVE RUNNERS PŁOCK	M30-39						
	WAPNIEWSKI Marcin	31	TRI-SPORT	M40-49	00:11:44	11	00:01:55			