



Event:
Organiser:
Date:
Place:
Distance:

OCEAN LAVA TRIATHLON POLSKA - SPRINT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Classification: 1 Fala

Split point: 25,6 km

					Swimming			Cycling			Race	
Place	Participant	Number	Club	Category	P_Borowno 0.75km	Poz		R_Lidl 20km	Poz		B_Announcer 4.59km	
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	00:17:56	
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	00:18:52	
3	WIECZORKOWSKI Adam	220	BIKE U UP / BIALŁ	M18-29	00:13:06	24	00:02:08	00:30:03	3	00:01:01	00:18:18	
4	URBAŃSKI Michał	1	NEURON REHABILITACJA	M18-29	00:10:13	1	00:01:41	00:31:31	20	00:00:58	00:20:23	
5	SOŁTYSIEK Joanna	598	PHOENIX TEAM POLAND	K30-39	00:11:14	3	00:01:45	00:31:25	16	00:00:50	00:19:36	
6	RYMER Jakub	161	IRON TEAM TOMASZ MARCINEK	M30-39	00:12:23	17	00:01:49	00:30:44	8	00:00:51	00:19:18	
7	KLUŻNIAK Jacek	80	TRINERGY	M40-49	00:11:15	4	00:01:57	00:31:08	11	00:00:56	00:20:25	
8	ZIENKIEWICZ Janusz	209	TRISPACE/TREK	M40-49	00:13:31	29	00:02:06	00:31:25	17	00:00:59	00:18:35	
9	MŁYŃCZAK Jakub	229	KS GVT	M18-29	00:12:34	20	00:01:48	00:32:41	35	00:00:48	00:19:21	
10	URBANOWSKI Włodzimierz	218	RETRO STORK TEAM	M40-49						00:01:22	00:21:38	
11	KOZAR Karol	91	POLISH TRIATHLETES	M30-39	00:14:21	43	00:02:11	00:30:37	7	00:01:27	00:18:38	
12	WOLSKI Jędrzej	6	MOGILNO TEAM	M18-29	00:11:34	7	00:01:58	00:34:09	48	00:01:02	00:18:40	
13	BISKUPSKI Cezary	12	TRISPACE/TREK	M30-39	00:14:17	42	00:01:59	00:30:23	6	00:01:07	00:19:43	
14	PRZYBYLSKI Jakub	152	KOMPUTRONIK	M30-39	00:14:42	54	00:02:04	00:30:17	4	00:01:03	00:19:24	
15	BEDNARCZYK Tomasz	2	BIKE U UP	M30-39	00:12:32	19	00:01:51	00:32:40	34	00:00:48	00:19:44	
16	BOGACZ Mariusz	16	TRISPACE/TREK	M40-49	00:12:54	23	00:01:58	00:31:26	18	00:00:55	00:20:24	
17	JAŚKIEWICZ Marcin	68	MOGILNO TEAM	M30-39	00:12:52	22	00:01:56	00:31:58	25	00:00:48	00:20:06	
18	WASZTYL Michał	194	ZONE3TEAM / WITKOWO BIEGA	M30-39	00:11:41	10	00:01:52	00:33:19	39	00:00:55	00:19:57	
19	TRZASKA Przemysław	188	DREAM TRI TEAM	M30-39	00:14:37	52	00:01:47	00:31:15	12	00:00:52	00:19:17	
20	KWIATKOWSKI Daniel	104	IRON TEAM TOMASZ MARCINEK	M30-39	00:14:31	50	00:02:00	00:31:16	13	00:01:08	00:19:07	
21	SAWIEŁAJC Jakub	164	FUJI KRYSPORT TEAM	M18-29	00:11:41	8	00:01:56	00:32:12	27	00:01:13	00:21:30	
22	POKORSKI Marek	148	CTS	M40-49	00:14:27	47	00:02:03	00:30:51	9	00:00:56	00:20:24	
23	BETHKE Sławomir	11	7SI-OWB ROWERTOUR.COM	M30-39	00:14:59	58	00:02:03	00:30:20	5	00:00:51	00:20:30	
24	MARTYNOWICZ Michał	118	TRISPACE/TREK	M40-49	00:12:06	14	00:02:12	00:32:40	33	00:00:55	00:21:10	
25	EJSMONT Krzysztof	78		M40-49	00:15:08	63	00:02:11	00:31:06	10	00:00:47	00:19:59	
26	WIECZORKOWSKI Adrian	219	BIALŁ / BIKE U UP	M40-49	00:14:48	56	00:02:31	00:31:32	21	00:00:57	00:19:41	
27	GOŚCINIAK Michał	65	3GRAVITY	M30-39	00:14:12	38	00:02:26	00:33:36	42	00:00:53	00:18:28	
28	LICZNIERSKI Marek	110	ZONE3 TEAM	M30-39	00:13:10	25	00:02:09	00:33:23	40	00:00:54	00:20:03	
29	KUBICZAK Jan	616		M30-39	00:14:23	45	00:02:18	00:34:19	53	00:00:44	00:18:35	

					Swimming		Time	Cycling		Time	Race	Score
30	SZREDER Dawid	14	DAVE BIKES / ENDURE TEAM	M40-49	00:14:12	39	00:01:51	00:32:22	28	00:00:55	00:21:36	
31	ŚLIWIŃSKI Łukasz	182	LKS BOGMAR OSTROMECKO	M30-39	00:17:22	125	00:02:00	00:31:18	14	00:00:50	00:19:41	
32	GROCHOWSKI Paweł	55	MBC	M30-39	00:16:15	87	00:02:13	00:31:58	24	00:01:08	00:20:13	
33	KOWALSKA Angelika	4	TRISPACE/TREK / TOOLMAX BIAŁE BŁOTA	K30-39	00:14:02	36	00:02:11	00:32:39	31	00:01:02	00:22:08	
34	WIERZYŃSKI Damian	197	EXIMO EXTREME TEAM / POLONIA BYDGOSZCZ	M30-39	00:15:08	62	00:02:42	00:32:47	36	00:00:55	00:20:45	
35	SZOT Dawid	179	IRON TEAM TOMASZ MARCINEK	M18-29	00:16:07	83	00:02:22	00:32:53	37	00:01:11	00:20:04	
36	WAŚNIEWSKI Daniel	226	DEWELOPPOL TEAM	M30-39	00:17:08	118	00:02:32	00:31:44	23	00:01:11	00:20:11	
37	KRZYŻANOWSKI Leszek	96	NIEDZIELNY ŚCIGACZ	M30-39	00:13:28	28	00:02:16	00:34:38	60	00:01:17	00:21:10	
38	BENTKOWSKA Natalia	5		K18-29	00:13:40	31	00:02:30	00:34:26	56	00:00:54	00:21:37	
39	WALKOWIAK Łukasz	192		M18-29	00:13:58	34	00:02:26	00:34:42	65	00:01:02	00:21:10	
40	KLUSZCZYŃSKI Mariusz	79	TORUŃ MULTISPORT TEAM	M30-39	00:16:06	81	00:02:02	00:31:21	15	00:01:01	00:23:04	
41	TRAWCZYŃSKI Jacek	187	TRISPACE/TREK	M50-59	00:16:18	89	00:01:54	00:32:40	32	00:00:59	00:21:48	
42	JUSTYŃSKI Andrzej	70		M30-39	00:16:09	85	00:02:07	00:32:36	30	00:01:07	00:21:56	
43	GIEŁAŻYN Mateusz	50		M18-29	00:14:24	46	00:02:16	00:34:39	62	00:01:01	00:21:52	
44	KOZŁOWSKI Jacek	92	PTT DELTA	M40-49	00:16:52	106	00:02:27	00:32:29	29	00:01:31	00:21:05	
45	SMOCZYNSKI Marek	168	MBC TEAM	M30-39	00:15:36	72	00:02:37	00:31:31	19	00:01:24	00:23:31	
46	KNOTHE Adam	81	BUDSTOL INVEST	M40-49	00:18:52	152	00:02:08	00:31:41	22	00:01:16	00:20:52	
47	MALICKI Patryk	115		M30-39	00:11:32	6	00:02:09	00:34:12	49	00:01:30	00:25:30	
48	PALACZ Jarosław	139		M40-49	00:17:01	112	00:02:51	00:31:59	26	00:01:39	00:21:28	
49	JANUSZKIEWICZ Piotr	67		M30-39	00:15:43	74	00:02:29	00:34:16	52	00:01:21	00:21:22	
50	PEKRUL Wojciech	143	MIĘDZY TRENINGAMI	M18-29	00:13:58	35	00:02:24	00:35:48	81	00:01:07	00:22:03	
51	SKORECKI Aleksander	165	BYDGOSZCZ TRIATHLON TEAM	M30-39	00:13:41	32	00:02:41	00:36:13	86	00:00:52	00:22:02	
52	JABŁOŃSKI Marcin	64	KRYSPORT TEAM	M40-49	00:16:52	107	00:02:21	00:33:29	41	00:01:11	00:21:37	
53	KOWALSKI Dariusz	89	TEAM KOWALSKI	M50-59	00:16:19	90	00:03:22	00:34:50	68	00:01:10	00:19:58	
54	MICHAŁSKI Michał	121	ŁAPA JAGUARA	M40-49	00:14:41	53	00:02:17	00:34:26	55	00:01:13	00:23:08	
55	TYMIŃSKI Dariusz	191	PTT DELTA	M50-59	00:16:46	102	00:02:43	00:34:02	45	00:01:02	00:21:22	
56	ŻOŁNOWSKA Katarzyna	214	VAMOS TEAM	K30-39	00:10:19	2	00:02:44	00:35:58	84	00:01:01	00:25:57	
57	GOŁEMBIEWSKI Marek	52		M40-49	00:16:47	104	00:02:23	00:35:44	79	00:00:59	00:20:08	
58	LEWANDOWSKI Oskar	108		M18-29	00:14:10	37	00:02:14	00:33:58	43	00:01:41	00:24:15	
59	PIETRUSZKA Magdalena	145	TRIPETRUSZKA - SCHULO TEAM	K30-39	00:14:46	55	00:02:25	00:37:18	115	00:00:59	00:20:52	
60	KAWCZYNSKI Paweł	76	ELITE SPORTS REDA	M30-39	00:11:48	12	00:02:18	00:34:28	57	00:01:00	00:26:55	
61	CIEPŁOWSKI Robert	30		M40-49	00:12:11	15	00:02:15	00:36:36	98	00:01:20	00:24:10	
62	KRÓL Maciej	95	TRISPACE/TREK	M50-59	00:17:02	114	00:02:18	00:33:01	38	00:01:13	00:23:21	
63	BOHDANOWICZ Patrycja	19	FLOW DANCE STUDIO	K30-39	00:16:08	84	00:02:25	00:34:30	58	00:01:12	00:22:44	
64	POLASIK Michał	149	RUN4FUN	M30-39	00:14:28	48	00:02:53	00:35:27	74	00:00:59	00:23:13	
65	ZIEMIŃSKI Bartosz	208	PTT DELTA	M30-39	00:17:56	139	00:02:59	00:34:00	44	00:01:23	00:20:55	
66	BANACH Jan	9	KLINIKA TRIATHLONU	M18-29	00:11:51	13	00:02:06	00:36:14	87	00:01:10	00:25:53	
67	PIETRZAKOWSKI Patryk	146	ŁAPA JAGUARA	M30-39	00:15:33	71	00:03:50	00:34:32	59	00:01:22	00:22:01	
68	SOBCZAK Marcin	225	CZARNE STOPY	M30-39	00:14:59	57	00:02:55	00:35:15	70	00:01:19	00:23:23	
69	MAĆKOWSKI Daniel	114		M40-49	00:16:34	96	00:02:32	00:35:24	72	00:01:32	00:21:54	
70	ANTKOWIAK Bartosz	8	TRISPACE/TREK	M30-39	00:18:20	145	00:02:04	00:34:13	50	00:01:04	00:22:22	
71	KULIŃSKI Grzegorz	101		M18-29	00:17:11	120	00:02:29	00:35:40	77	00:00:47	00:21:56	
72	RADZIEJEWSKI Tomasz	153	TEAMOCHAL	M30-39	00:16:21	91	00:02:22	00:35:48	82	00:00:55	00:22:42	
73	SMOCZYŃSKA Emilia	169	MBC TEAM	K30-39	00:16:17	88	00:02:44	00:34:06	46	00:01:25	00:23:41	
74	WOLFF Maria	200	CITYZEN	K30-39	00:13:36	30	00:01:49	00:38:18	137	00:01:00	00:23:45	
75	ZIELIŃSKI Maciej	207		M30-39	00:16:31	94	00:02:12	00:34:47	66	00:00:58	00:24:15	

					Swimming			Cycling			Race	
76	RUTKOWSKI Michał	217	KUJAWSKO-POMORSKIE	M30-39	00:14:13	40	00:03:38	00:37:27	119	00:02:16	00:21:14	
77	GUMIŃSKI Piotr	58	CTS	M30-39	00:14:17	41	00:03:09	00:34:09	47	00:01:28	00:25:56	
78	CZARNECKI Piotr	221	BRZOZA BIEGA	M40-49	00:16:41	99	00:03:54	00:35:45	80	00:00:42	00:22:24	
79	KĄTNIK Jacek	77		M50-59	00:19:33	161	00:02:26	00:34:13	51	00:01:10	00:22:07	
80	ANDRZEJEWSKI Bartosz	230	KLINIKA TRIATHLONU	M40-49	00:15:07	60	00:02:27	00:35:40	78	00:01:32	00:24:53	
81	FRYDRYSZEK Michał	48	1989	M30-39	00:17:54	136	00:02:54	00:34:21	54	00:01:36	00:23:18	
82	NOWAK Michał	135	LEGALAID	M30-39	00:14:29	49	00:02:40	00:36:54	106	00:02:05	00:24:02	
83	KAPUSTKA Mirek	72	KAPUSTRI	M30-39	00:15:19	66	00:02:15	00:37:30	121	00:01:48	00:23:21	
84	IWICKI Paweł	63		M30-39	00:15:46	76	00:02:53	00:36:21	89	00:01:38	00:23:47	
85	KWAPIŃSKI Damian	103		M30-39	00:16:37	97	00:02:27	00:37:48	126	00:01:32	00:22:07	
86	ŚWIERCZYŃSKI Marcin	184	ATHLETICOMED.PL	M30-39	00:17:36	129	00:03:12	00:34:39	61	00:01:34	00:23:49	
87	CHĘCIŃSKI Marek	28		M40-49	00:15:12	65	00:04:26	00:34:41	64	00:01:56	00:24:35	
88	DULIŃSKI Bartosz	44	NOOBIEZJAGODA	M18-29	00:17:17	123	00:03:24	00:35:39	76	00:01:43	00:22:50	
89	BYRTEK Grzegorz	26	1975	M40-49	00:13:41	33	00:02:33	00:37:02	108	00:01:12	00:26:26	
90	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	00:22:34	
91	RAJ Jarosław	155	CITYZEN CLUB	M40-49	00:11:41	9	00:03:08	00:39:10	149	00:01:19	00:26:06	
92	CYNOWSKI Krzysztof	32	CYNA	M30-39	00:16:05	80	00:02:53	00:36:51	104	00:01:39	00:23:57	
93	MAZURKIEWICZ Michał	120		M30-39	00:16:07	82	00:02:35	00:37:06	109	00:01:59	00:23:46	
94	GRUBA Marek	56		M30-39	00:15:51	78	00:03:26	00:36:32	97	00:01:40	00:24:13	
95	SOKOŁOWSKA Hanna	170	KUŹNIA TRIATHLONU	K50-59	00:13:20	26	00:02:58	00:37:57	127	00:01:20	00:26:09	
96	TALAREK Robert	185	SMT SZCZECIN	M40-49	00:19:40	164	00:02:34	00:36:23	90	00:01:21	00:21:54	
97	KAPSA Dawid	71	ONLY GLASS	M40-49	00:17:34	127	00:03:03	00:36:28	92	00:01:31	00:23:16	
98	DOBRZAŃSKI Dariusz	39	3GRAVITY	M30-39	00:15:23	67	00:03:08	00:34:48	67	00:01:24	00:27:17	
99	LEWANDOWKI Fabian	107		M30-39	00:17:05	115	00:03:18	00:36:27	91	00:01:51	00:23:23	
100	WOLSKI Tomasz	201	BYDGOSZCZ TRIATHLON TEAM	M30-39	00:18:13	143	00:02:32	00:37:23	116	00:01:27	00:22:32	
101	KARCZEWSKI Filip	75		M30-39	00:18:10	142	00:02:31	00:35:17	71	00:01:16	00:24:57	
102	BOROWSKI Łukasz	20	LADYSI	M40-49	00:17:37	130	00:03:13	00:36:28	93	00:01:43	00:23:20	
103	POPEK Maciej	150	WŁOCŁAWEK TRIATHLON TEAM	M40-49	00:18:25	147	00:03:26	00:34:40	63	00:01:43	00:24:10	
104	DUDA Aleksandra	42	POLITECHNIKA GDAŃSKA	K18-29	00:14:22	44	00:02:52	00:40:01	157	00:01:32	00:23:50	
105	KUŻMA Wojtek	102		M50-59	00:17:29	126	00:02:35	00:36:30	95	00:00:57	00:25:18	
106	DYBOWSKI Dominik	45	PUA	M30-39	00:16:13	86	00:02:43	00:39:07	148	00:00:57	00:23:56	
107	WARCZAK Katarzyna	193	TEAMOCHAL	K40-49	00:15:08	61	00:02:42	00:38:25	139	00:01:27	00:25:17	
108	ANTCZAK Marek	7		M40-49	00:20:36	176	00:03:16	00:36:16	88	00:02:07	00:20:45	
109	ZIENKIEWICZ Marek	210	ATOS	M40-49	00:18:50	151	00:03:04	00:36:38	99	00:01:09	00:23:27	
110	MAŁACHA Dawid	116	KU AZS UTP BYDGOSZCZ	M18-29	00:17:52	133	00:03:20	00:39:30	153	00:01:47	00:20:45	
111	WOŹNIAK Radek	202	BOZITA POLSKA	M30-39	00:17:55	138	00:02:38	00:35:28	75	00:01:19	00:25:57	
112	CABAJ Martyna	27		K18-29	00:14:32	51	00:02:36	00:38:03	131	00:01:32	00:26:51	
113	GIERES Waldemar	51	PTT DELTA	M50-59	00:16:51	105	00:02:11	00:35:24	73	00:00:55	00:28:31	
114	KWIATOŃ Michał	215		M30-39	00:17:54	134	00:03:31	00:34:58	69	00:01:10	00:26:22	
115	SZLYK Maciej	178		M40-49	00:15:11	64	00:03:20	00:36:31	96	00:02:18	00:26:41	
116	ROMAN Krzysztof	157		M40-49	00:17:10	119	00:03:29	00:37:16	114	00:02:10	00:24:00	
117	KARCZEWSKA Karolina	74		K18-29	00:16:38	98	00:03:20	00:38:34	142	00:01:34	00:24:05	
118	MARKIEWICZ Bartosz	117	PTT DELTA	M30-39	00:17:06	116	00:03:05	00:37:32	122	00:01:35	00:24:56	
119	RUCIŃSKI Rafał	159	SELEKCJA NATURALNA	M30-39	00:17:42	132	00:02:31	00:36:29	94	00:01:46	00:25:49	
120	MOJŻESZ Piotr	126	UNLIMITED KRAKÓW	M18-29	00:15:50	77	00:02:53	00:37:27	118	00:01:32	00:26:40	
121	KONWIŃSKI Daniel	85	SELEKCJA NATURALNA	M30-39	00:18:15	144	00:03:37	00:37:12	112	00:01:32	00:23:53	

					Swimming		Cycling		Race		
122	GÓRZYŃSKA Małgorzata	54	TRISPACE/TREK	K40-49	00:19:39	163	00:02:55	00:37:28	120	00:01:31	00:23:09
123	FRAĆKOWSKI Łukasz	47		M18-29	00:13:23	27	00:03:45	00:37:48	125	00:02:06	00:27:46
124	TRZASKOWSKI Tomasz	189		M40-49	00:15:30	69	00:04:34	00:37:42	123	00:01:19	00:25:49
125	HEJNICKI Dariusz	60	DON TRUCKING GROUP	M30-39	00:20:31	174	00:03:25	00:37:58	128	00:01:44	00:21:49
126	GWIAZDOWSKI Krzysztof	59		M40-49	00:20:04	168	00:03:39	00:37:13	113	00:01:16	00:23:32
127	LICZNIERSKA Alina	109	ZONE3TEAM	K30-39	00:21:26	184	00:02:14	00:38:14	135	00:01:03	00:22:48
	HENDRZAK Sylwester	61	ZAMEK BIERZGŁOWSKI	M30-39	00:19:36	162	00:03:47	00:38:17	136	00:01:45	00:22:37
129	GRUBA Jacek	57		M60-69	00:17:55	137	00:03:18	00:37:11	111	00:00:54	00:26:46
130	CICHY Adam	29	RUN4FUN	M30-39	00:19:06	157	00:04:19	00:36:47	102	00:01:11	00:24:52
131	GAWRON Marcin	49	CAR-MAN	M40-49	00:18:53	154	00:03:10	00:36:43	100	00:01:40	00:25:56
132	MORAWIAK Krzysztof	129		M18-29	00:17:20	124	00:03:39	00:39:16	151	00:00:48	00:25:20
133	WRÓBEL Paweł	203		M30-39	00:16:58	110	00:03:26	00:36:54	107	00:01:17	00:27:49
134	GONDEK Martin	53		M18-29	00:15:30	68	00:04:13	00:38:24	138	00:01:04	00:27:15
135	DROBINSKI Daniel	40		M30-39	00:20:30	173	00:03:54	00:37:43	124	00:01:53	00:22:30
136	ŚWIATOWY Krystian	183	#SLIMAKIBARCIN	M30-39	00:18:39	149	00:03:20	00:38:34	141	00:01:05	00:24:59
137	PIETZ Mikołaj	147	CYTADELA BY NIGHT	M40-49	00:16:46	103	00:02:56	00:39:10	150	00:02:12	00:25:36
138	LURKA Krystian	112	TRISPACE/TREK	M18-29	00:22:33	189	00:02:51	00:35:57	83	00:01:34	00:24:10
139	BARANOWICZ Bartosz	10	GLOBART MEBLE	M40-49	00:15:00	59	00:03:03	00:38:11	133	00:01:28	00:29:25
140	STANIEK Agata	172	MOGILNO TEAM	K18-29	00:12:40	21	00:02:45	00:43:20	179	00:00:48	00:27:36
141	STRYCZYŃSKI Marek	176	TRISPACE/TREK	M30-39	00:17:01	113	00:03:07	00:39:26	152	00:01:41	00:26:13
142	MALINOWSKI Artur	227		M50-59	00:21:42	186	00:03:32	00:36:53	105	00:01:41	00:23:48
143	KOŁODZIEJCZYK Tomasz	84		M40-49	00:19:01	155	00:02:56	00:40:09	159	00:03:06	00:22:33
144	ŚLESICKI Maciej	181		M40-49	00:16:55	108	00:03:14	00:38:02	130	00:01:38	00:28:16
145	TUBAJA Albert	190	KABEL TEAM BYDGOSZCZ	M40-49	00:16:25	92	00:03:53	00:36:45	101	00:02:18	00:28:46
146	CZERWIAKOWSKI Sebastian	35		M40-49	00:17:54	135	00:04:21	00:37:07	110	00:01:28	00:27:29
147	DULINSKA Dorota	43	TRISPACE/TREK	K40-49	00:18:44	150	00:02:42	00:37:25	117	00:01:38	00:27:53
148	KOWALSKI Marek	90	REKINY OSIELSKO	M50-59	00:16:33	95	00:04:55	00:40:08	158	00:01:47	00:25:04
149	KOSECKI Tomasz	87		M40-49	00:19:32	160	00:04:26	00:38:41	144	00:02:00	00:23:51
150	RASZLIŃSKA Mariola	156		K50-59	00:17:59	140	00:02:52	00:40:49	166	00:01:38	00:25:23
151	OSIŃSKI Adam	138	CHŁOPAKI TO MY	M40-49	00:20:24	171	00:03:55	00:38:04	132	00:01:37	00:24:49
152	PAPIEROWSKI Piotr	140	ATOS	M30-39	00:18:08	141	00:03:08	00:39:02	146	00:01:47	00:26:50
153	JANKOWSKA Zuzanna	66		K18-29	00:16:26	93	00:03:32	00:41:33	170	00:00:44	00:27:01
154	CZACHOWSKI Jacek	33		M30-39	00:16:58	111	00:04:19	00:40:30	164	00:00:43	00:26:55
155	MATLUCH Piotr	119	A-T	M40-49	00:20:32	175	00:04:48	00:38:35	143	00:01:12	00:24:25
156	WOJTCZAK Adam	199		M30-39	00:15:45	75	00:03:20	00:40:31	165	00:01:18	00:28:44
157	MIELCAREK Rafał	18		M40-49	00:17:06	117	00:03:40	00:41:59	174	00:01:36	00:25:29
158	ZIÓŁKOWSKI Bartosz	212		M18-29	00:19:51	166	00:02:22	00:39:56	156	00:01:53	00:25:55
159	POCZTAREK Ewelina	224	CITYZEN POZNAŃ	K30-39	00:15:32	70	00:03:27	00:42:32	177	00:01:40	00:27:17
160	BOGALECKI Marek	17	SAFE SPORT TEAM	M60-69	00:18:52	153	00:04:46	00:38:01	129	00:02:00	00:26:57
161	PAWELSKI Michał	142		M30-39						00:01:51	00:27:50
162	ZIĘBICKI Maciej	211		M30-39	00:18:20	146	00:03:38	00:38:46	145	00:01:48	00:28:30
163	LALEWICZ Wojciech	105	ASSECO ACTIVE TEAM	M40-49	00:19:06	158	00:03:56	00:39:45	155	00:01:06	00:27:10
164	STEMPOROWSKI Paweł	174		M18-29	00:12:14	16	00:02:58	00:43:17	178	00:00:49	00:32:04
165	RADZIŃSKA Joanna	154	TRISPACE/TREK	K30-39	00:20:41	179	00:03:09	00:38:12	134	00:01:30	00:27:56
166	LEBIECKI Paweł	106		M30-39	00:19:01	156	00:03:38	00:40:15	162	00:01:54	00:27:02
167	RUTKOWSKA Virginia	160	ATOS/KLINIKA TRIATHLONU	K30-39	00:16:57	109	00:03:40	00:41:04	169	00:01:43	00:29:00

					Swimming			Cycling			Race	Rank
168	ZUBOWICZ Maria	213	IRON TEAM TOMASZ MARCINEK	K30-39	00:22:19	188	00:03:08	00:39:06	147	00:01:24	00:26:32	
169	MIEKCYNSKI Artur	123	POLONIA BYDGOSZCZ	M30-39	00:19:43	165	00:03:56	00:40:11	161	00:01:03	00:27:38	
170	ROŚ Sławek	158	SELEKCJA NATURALNA	M30-39	00:15:54	79	00:04:39	00:41:33	171	00:01:35	00:29:05	
171	SOŁDYGA Paweł	171		M40-49	00:21:17	182	00:04:29	00:41:03	168	00:01:33	00:25:06	
172	ZGÓRSKI Maciej	206		M40-49	00:20:27	172	00:04:15	00:38:25	140	00:02:00	00:28:29	
173	KAPUSTKA Kasia	73	KAPUSTRI	K30-39	00:17:13	121	00:04:15	00:41:40	172	00:01:12	00:29:18	
174	PRENTKA Magdalena	151	CITYZEN	K40-49	00:15:38	73	00:03:14	00:42:27	176	00:01:31	00:30:54	
175	DRZEWIECKI Mikołaj	41		M30-39	00:20:08	169	00:03:35	00:40:17	163	00:01:34	00:28:20	
176	MONTOWSKI Jan	128	OPŁAWIEC	M60-69	00:20:36	177	00:04:23	00:41:56	173	00:00:59	00:28:30	
177	TOMASZ Mariusz	186	TRIIM OŁAWA	M40-49	00:23:57	198	00:03:05	00:40:11	160	00:02:11	00:27:49	
178	JUCHACZ Michał	69	DZIKI Z BALCZEWA	M40-49	00:20:38	178	00:03:21	00:47:51	192	00:00:46	00:25:09	
179	MORDAKA Maciej	130		M30-39	00:16:43	100	00:04:34	00:39:39	154	00:02:03	00:35:05	
180	PASTWA Donata	141	TRISPACE TREK	K40-49	00:23:22	194	00:03:37	00:44:35	184	00:02:11	00:24:29	
181	KOPCZYNSKI Waldemar	86	1958	M60-69	00:21:30	185	00:03:37	00:40:57	167	00:01:53	00:30:37	
182	BUDNICKI Krzysztof	23		M40-49	00:22:45	190	00:03:44	00:42:17	175	00:02:15	00:27:38	
183	KOCZOROWSKA Kamila	83		K30-39	00:17:13	122	00:03:17	00:44:14	182	00:00:53	00:33:37	
184	KOWALSKA Karolina	88		K18-29	00:17:35	128	00:03:18	00:45:31	186	00:01:14	00:32:19	
185	DANIELEK Ewa Anna	37	REEBOK RUN CREW	K30-39	00:20:08	170	00:03:19	00:44:46	185	00:01:29	00:30:21	
186	PIĄTKOWSKI Mateusz	98	TRIFECTA	1 Fala	00:17:38	131	00:04:03	00:49:02	198	00:01:09	00:28:43	
187	FIEGEL Katarzyna	46	TRISPACE/TREK	K40-49	00:24:23	199	00:02:37	00:44:32	183	00:01:28	00:28:09	
188	KRAZIŃSKA Samanta	93	MIEDZY TRENINGAMI	K18-29	00:24:51	200	00:02:38	00:43:37	180	00:01:31	00:28:35	
189	BUGAJ Katarzyna	24	LAKE RUNNERS TYCHY	K40-49	00:16:45	101	00:06:33	00:48:57	197	00:02:29	00:26:42	
190	BUŁKA Rafał	25		M50-59	00:18:32	148	00:04:18	00:45:52	189	00:02:08	00:32:04	
191	SZABO-MOSKAL Jadwiga	177		K50-59	00:21:08	181	00:03:41	00:47:36	191	00:00:38	00:30:22	
192	KULCZYŃSKI Przemysław	100	TYPYGRUBE	M30-39	00:23:16	193	00:03:43	00:45:35	187	00:01:02	00:30:02	
193	SKRZYNIARZ Hubert	167	#CIAĞŁA_WALKĄ_Z_BMI	M30-39	00:33:34	205	00:04:20	00:36:48	103	00:01:26	00:27:34	
194	MURACH Agnieszka	131	KURPIOWSKIE CENTRUM WETERYNARYJNE	K50-59	00:22:07	187	00:04:35	00:47:15	190	00:02:30	00:27:44	
195	WIŚNIEWSKA Małgorzata	198		K40-49	00:19:57	167	00:04:20	00:47:56	193	00:01:23	00:31:32	
196	PIĄTKOWSKI Mariusz	21	TRIFECTA	1 Fala				00:45:38	188	00:00:47	00:35:25	
197	SKORUPKA Radek	166	ULUNG TEAM	M40-49	00:23:13	192	00:04:46	00:51:09	200	00:01:29	00:28:00	
198	MICHALSKI Bogdan	122	ŁAPA JAGUARA	M60-69	00:21:18	183	00:04:35	00:43:50	181	00:02:26	00:36:29	
199	NOWAK Adam	223	WUJEK PORADA	M40-49	00:21:02	180	00:05:11	00:48:50	196	00:02:29	00:35:58	
200	ZAPOTOCZNY Robert	216	CENTRUM MEDYCYNY SPORTOWEJ OLIMP ZIELONA GÓRA	M50-59	00:27:16	204	00:06:17	00:48:38	195	00:03:03	00:29:10	
201	CZYŻEWSKI Piotr	36	MELTICA TEAM	M30-39	00:22:58	191	00:04:36	00:48:11	194	00:01:25	00:38:25	
202	NOWICKA Michalina	136		K18-29	00:23:32	196	00:03:40	00:51:50	201	00:01:06	00:36:18	
203	NOSKOWIAK BAJNO Alicja	134		K40-49	00:25:40	201	00:04:48	00:50:33	199	00:01:07	00:36:32	
204	BŁASZKIEWICZ Marzena	15	CHOŁE KLÓLIKI	K40-49	00:23:42	197	00:06:04	00:54:19	202	00:02:53	00:39:27	
205	ŻAK Łukasz	62	TRIFECTA	M30-39	00:23:24	195	00:10:03	00:54:30	203	00:01:35	00:39:06	
206	MIKA Aldona	124		K50-59	00:26:05	203	00:10:55	00:55:58	204	00:02:08	00:46:14	
207	SAWICKI Waldemar	163		M70-79	00:26:04	202	00:10:46	00:56:19	205	00:01:48	00:52:56	
208	WIECZOREK Bartosz	196		M30-39						00:02:17		
	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					