

# POLSKAMAN TRIATHLON WOLSZTYN - DŁUGI

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

PolskaMan Triathlon Wolsztyn  
ROBUSTUS Sp. z o.o. Sp. k.  
2021-08-15  
Wolsztyn  
226 km

**B4SPORT**  
INTELLIGENTNE. ZAWODY. SPORTOWE.

Klasyfikacja: Wszyscy

Punkt pomiarowy: 216,2 km

| Msc | Zawodnik               | Numer | Klub                                     | Kategoria | Pływanie |     |          | Rower       |             |             |              |              |              |               |     |          | Bieg             |                  |                   |                   |                   |                   |
|-----|------------------------|-------|------------------------------------------|-----------|----------|-----|----------|-------------|-------------|-------------|--------------|--------------|--------------|---------------|-----|----------|------------------|------------------|-------------------|-------------------|-------------------|-------------------|
|     |                        |       |                                          |           | 3.8km    | Poz |          | S17<br>15km | S17<br>45km | S17<br>75km | S17<br>105km | S17<br>135km | S17<br>165km | Molo<br>180km | Poz |          | Parkowa<br>3.7km | Parkowa<br>8.9km | Parkowa<br>14.1km | Parkowa<br>19.3km | Parkowa<br>24.5km | Parkowa<br>29.7km |
| 1   | LEWANDOWSKI Maciej     | 49    | ALOHA TRIATHLON TEAM                     | M30       | 01:01:25 | 6   | 00:03:25 | 00:22:32    | 01:07:44    | 01:52:35    | 02:36:47     | 03:21:25     | 04:07:16     | 04:30:17      | 2   | 00:02:45 | 00:17:05         | 00:40:49         | 01:05:29          | 01:30:37          | 01:56:56          | 02:24:49          |
| 2   | BOROWIAK Rafał         | 611   |                                          | M30       | 01:01:07 | 5   | 00:03:15 | 00:22:53    | 01:10:34    | 01:58:18    | 02:46:08     | 03:34:46     | 04:24:13     | 04:47:58      | 6   | 00:02:53 | 00:16:50         | 00:39:59         | 01:06:21          | 01:29:58          | 01:54:36          | 02:19:11          |
| 3   | MROCZKOWSKI Karol      | 60    | ALOHA TRIATHLON TEAM                     | M30       | 00:57:07 | 2   | 00:03:28 | 00:23:18    | 01:09:50    | 01:56:34    | 02:41:04     | 03:26:58     | 04:14:47     | 04:38:38      | 3   | 00:02:41 | 00:21:02         | 00:46:12         | 01:12:45          | 01:39:57          | 02:08:20          | 02:37:03          |
| 4   | BRAULINSKI Michał      | 10    | POWER OF SCIENCE PERFORMANCE LAB         | M18       | 01:07:05 | 14  | 00:04:42 | 00:20:49    | 01:02:59    | 01:46:13    | 02:28:57     | 03:13:42     | 03:59:27     | 04:21:38      | 1   | 00:02:29 | 00:19:32         | 00:47:37         | 01:16:10          | 01:45:32          | 02:16:15          | 02:50:00          |
| 5   | MODRZYK Arkadiusz      | 59    | CENTRUM MEDYCYNY SPORTOWEJ OLIMP /TRIAMO | M30       | 01:03:47 | 10  | 00:03:43 | 00:24:06    | 01:11:31    | 01:58:56    | 02:46:17     | 03:33:40     | 04:21:16     | 04:44:57      | 5   | 00:02:52 | 00:19:19         | 00:45:45         | 01:13:04          | 01:39:29          | 02:06:36          | 02:34:16          |
| 6   | SMITH Matthew          | 79    |                                          | M40       | 01:05:04 | 11  | 00:02:55 | 00:26:12    | 01:17:52    | 02:09:13    | 02:59:21     | 03:49:08     | 04:39:31     | 05:04:38      | 13  | 00:02:50 | 00:18:49         | 00:43:29         | 01:08:26          | 01:33:55          | 01:59:32          | 02:26:16          |
| 7   | JAKUBCZAK Andrzej      | 28    | VANHOOF BIKE MANUFAKTUR                  | M40       | 00:53:15 | 1   | 00:04:19 | 00:24:52    | 01:14:56    | 02:04:12    | 02:53:35     | 03:43:20     | 04:33:40     | 04:59:11      | 11  | 00:04:15 | 00:20:15         | 00:48:00         | 01:17:17          | 01:47:41          | 02:18:11          | 02:49:57          |
| 8   | HONKA Michał           | 26    | MB-PROJEKT RACING TEAM                   | M40       | 01:07:42 | 15  | 00:03:18 | 00:25:24    | 01:14:51    | 02:04:19    | 02:53:08     | 03:41:46     | 04:31:36     | 04:56:57      | 10  | 00:03:26 | 00:19:42         | 00:46:26         | 01:14:36          | 01:42:50          | 02:11:54          | 02:41:33          |
| 9   | LIPUTA Grzesiek        | 50    | ALOHA TRIATHLON TEAM                     | M30       | 01:10:22 | 22  | 00:04:53 | 00:25:05    | 01:15:26    | 02:06:00    | 02:56:32     | 03:47:49     | 04:39:25     | 05:05:22      | 14  | 00:03:41 | 00:19:35         | 00:45:04         | 01:11:30          | 01:38:35          | 02:05:22          | 02:32:36          |
| 10  | NOSEK Dalibor          | 62    | TRIATLON TEAM TRNAVA                     | M40       | 01:10:44 | 23  | 00:03:26 | 00:26:06    | 01:17:05    | 02:08:13    | 02:59:25     | 03:51:30     | 04:43:31     | 05:10:16      | 17  | 00:04:12 | 00:18:11         | 00:41:50         | 01:05:51          | 01:30:47          | 02:01:45          | 02:28:43          |
| 11  | BARAN Tomasz           | 605   |                                          | M30       | 01:14:58 | 33  | 00:04:34 | 00:23:28    | 01:10:58    | 01:58:54    | 02:48:37     | 03:38:48     | 04:29:55     | 04:55:31      | 8   | 00:03:10 | 00:18:48         | 00:44:12         | 01:09:59          | 01:41:07          | 02:09:25          | 02:38:34          |
| 12  | IWAŃSKI Bartłomiej     | 27    |                                          | M18       | 00:57:15 | 3   | 00:03:28 | 00:22:26    | 01:07:23    | 01:52:52    | 02:38:52     | 03:28:21     | 04:18:09     | 04:41:36      | 4   | 00:02:43 | 00:21:08         | 00:49:52         | 01:21:54          | 01:58:06          | 02:34:15          | 03:15:45          |
| 13  | KOLASA Konrad          | 42    | UPRANE.PL                                | M40       | 01:14:44 | 30  | 00:06:01 | 00:23:40    | 01:11:46    | 01:59:59    | 02:48:21     | 03:37:05     | 04:26:30     | 04:51:15      | 7   | 00:03:46 | 00:18:48         | 00:46:15         | 01:15:46          | 01:47:37          | 02:20:46          | 02:54:09          |
| 14  | WOWTONIUK Mariusz      | 91    | TIM MAŁEGO                               | M40       | 00:59:17 | 4   | 00:04:07 | 00:26:38    | 01:20:27    | 02:15:15    | 03:08:50     | 04:03:52     | 05:01:09     | 05:30:33      | 31  | 00:03:19 | 00:19:56         | 00:46:58         | 01:15:03          | 01:43:35          | 02:12:37          | 02:43:23          |
| 15  | ŚWIDERSKI Paweł        | 83    | ZDUN TRIATHLON TEAM                      | M40       | 01:01:56 | 9   | 00:04:48 | 00:26:01    | 01:17:46    | 02:08:45    | 03:00:42     | 03:53:35     | 04:46:56     | 05:13:53      | 20  | 00:04:33 | 00:22:47         | 00:52:48         | 01:23:27          | 01:54:46          | 02:25:56          | 02:57:00          |
| 16  | SKAŁECKI Krystian      | 75    |                                          | M18       | 01:22:34 | 53  | 00:05:08 | 00:26:59    | 01:19:06    | 02:11:33    | 03:03:17     | 03:55:00     | 04:46:41     | 05:13:38      | 19  | 00:03:09 | 00:20:06         | 00:47:28         | 01:14:51          | 01:43:18          | 02:13:06          | 02:44:26          |
| 17  | TRÍSKA Jaroslav        | 86    | VSK HUMANITA PRAHA                       | M40       | 01:08:13 | 17  | 00:05:11 | 00:26:26    | 01:17:55    | 02:09:00    | 03:01:29     | 03:54:14     | 04:51:31     | 05:20:06      | 23  | 00:03:49 | 00:21:46         | 00:51:07         | 01:20:35          | 01:50:58          | 02:21:12          | 02:52:59          |
| 18  | GRYSZKIEWCZ Paweł      | 23    | JF DUET GOLENIÓW                         | M30       | 01:12:00 | 25  | 00:03:05 | 00:23:23    | 01:09:45    | 01:56:49    | 02:43:04     | 03:30:45     | 04:20:38     | 04:55:57      | 9   | 00:03:47 | 00:21:59         | 00:50:49         | 01:20:21          | 01:55:17          | 02:39:34          | 03:15:09          |
| 19  | CZAPRACKI Dominik      | 15    |                                          | M40       | 01:15:27 | 36  | 00:03:31 | 00:25:25    | 01:17:08    | 02:09:13    | 03:00:51     | 03:53:24     | 04:48:24     | 05:15:25      | 21  | 00:03:00 | 00:20:01         | 00:48:25         | 01:18:15          | 01:48:34          | 02:21:21          | 02:54:34          |
| 20  | GOLANOWSKI Krzysztof   | 21    | GO2TRI                                   | M40       | 01:11:41 | 24  | 00:05:52 | 00:25:12    | 01:17:25    | 02:10:04    | 03:02:22     | 03:55:43     | 04:50:05     | 05:16:47      | 22  | 00:05:22 | 00:21:47         | 00:49:21         | 01:19:23          | 01:51:23          | 02:24:10          | 02:56:54          |
| 21  | SEVASTSYANAU Sjarhei   | 74    | SEVASTSYANAU TEAM                        | M40       | 01:35:01 | 67  | 00:04:14 | 00:25:05    | 01:14:24    | 02:03:38    | 02:54:26     | 03:44:41     | 04:35:56     | 05:01:14      | 12  | 00:03:36 | 00:20:06         | 00:47:50         | 01:16:42          | 01:47:01          | 02:18:07          | 02:55:37          |
| 22  | PRYGA Grzegorz         | 69    |                                          | M30       | 01:01:33 | 7   | 00:06:22 | 00:27:17    | 01:22:09    | 02:16:29    | 03:11:38     | 04:07:29     | 05:05:43     | 05:35:21      | 36  | 00:07:11 | 00:21:24         | 00:49:55         | 01:18:48          | 01:50:49          | 02:21:20          | 02:51:55          |
| 23  | VALENTIN Guille-Devers | 87    | USF TRIATHLON                            | M18       | 01:12:18 | 26  | 00:05:47 | 00:24:56    | 01:15:55    | 02:07:04    | 02:57:51     | 03:48:36     | 04:40:57     | 05:08:48      | 16  | 00:03:21 | 00:21:27         | 00:53:57         | 01:27:23          | 02:01:55          | 02:36:47          | 03:11:02          |
| 24  | ŚWITALA Krzysztof      | 84    | NIAGARA RAKONIEWICE                      | M40       | 01:05:22 | 12  | 00:05:26 | 00:26:28    | 01:19:36    | 02:12:17    | 03:06:02     | 04:00:38     | 04:57:36     | 05:27:03      | 28  | 00:05:53 | 00:21:47         | 00:52:22         | 01:23:40          | 01:57:04          | 02:32:06          | 03:06:18          |
| 25  | KNOP Wojciech          | 41    |                                          | M30       | 01:17:41 | 44  | 00:04:55 | 00:27:29    | 01:23:54    | 02:19:58    | 03:17:02     | 04:14:21     | 05:11:54     | 05:40:34      | 41  | 00:03:33 | 00:20:24         | 00:48:08         | 01:16:28          | 01:45:38          | 02:16:15          | 02:47:20          |
| 26  | ALBRECHT Arkadiusz     | 3     | GB GALOPUJĄCE ŚLIMAKI                    | M40       | 01:25:14 | 57  | 00:06:33 | 00:25:58    | 01:19:20    | 02:13:10    | 03:07:45     | 04:04:02     | 05:02:12     | 05:31:54      | 33  | 00:04:32 | 00:20:16         | 00:47:39         | 01:16:08          | 01:45:40          | 02:16:04          | 02:47:19          |
| 27  | ZADALA Mateusz         | 93    |                                          | M30       | 01:35:07 | 68  | 00:07:01 | 00:26:33    | 01:19:41    | 02:13:59    | 03:07:14     | 04:00:37     | 04:55:45     | 05:22:05      | 26  | 00:05:31 | 00:18:54         | 00:44:57         | 01:13:42          | 01:44:48          | 02:14:29          | 02:48:47          |

|    |                      |    |                                        |     | Pływanie |    | Rower    |          |          |          |          |          |          |          | Bieg |          |          |          |          |          |          |          |
|----|----------------------|----|----------------------------------------|-----|----------|----|----------|----------|----------|----------|----------|----------|----------|----------|------|----------|----------|----------|----------|----------|----------|----------|
| 28 | JĘCZMIONKA Szymon    | 33 | TRI GRUPA                              | M30 | 01:08:58 | 18 | 00:05:00 | 00:25:31 | 01:16:57 | 02:08:01 | 03:00:35 | 03:52:35 | 04:44:46 | 05:11:40 | 18   | 00:03:30 | 00:49:08 | 01:18:19 | 01:49:37 | 02:22:48 | 02:57:31 | 03:31:02 |
| 29 | FIKS Grzegorz        | 17 | FIX CATERING DIETETYCZNY               | M30 | 01:01:39 | 8  | 00:03:30 | 00:26:21 | 01:19:23 | 02:10:13 | 03:02:34 | 03:56:15 | 04:52:58 | 05:20:36 | 24   | 00:03:28 | 00:50:40 | 01:21:40 | 01:53:10 | 02:25:52 | 02:59:25 | 03:32:30 |
| 30 | WISŁOCKI Michał      | 90 |                                        | M30 | 01:17:11 | 42 | 00:07:53 | 00:26:34 | 01:20:32 | 02:13:51 | 03:07:19 | 04:01:08 | 04:55:17 | 05:21:36 | 25   | 00:03:52 | 00:22:11 | 00:53:25 | 01:24:51 | 01:57:29 | 02:32:32 | 03:09:46 |
| 31 | KONIOR Wojciech      | 44 | BESKID TRI                             | M40 | 01:16:42 | 39 | 00:05:25 | 00:27:05 | 01:20:17 | 02:14:41 | 03:08:20 | 04:04:47 | 05:02:29 | 05:33:11 | 35   | 00:04:58 | 00:24:25 | 00:56:50 | 01:27:48 | 02:00:13 | 02:31:34 | 03:03:31 |
| 32 | PANEK Wojciech       | 65 |                                        | M30 | 01:16:55 | 40 | 00:05:57 | 00:27:03 | 01:22:09 | 02:18:01 | 03:13:15 | 04:09:33 | 05:08:07 | 05:37:13 | 37   | 00:05:54 | 00:22:24 | 00:52:50 | 01:24:26 | 01:57:37 | 02:31:12 | 03:05:01 |
| 33 | HADRYCH Piotr        | 24 |                                        | M40 | 01:12:51 | 27 | 00:07:33 | 00:26:44 | 01:21:15 | 02:16:35 | 03:12:34 | 04:10:13 | 05:09:29 | 05:39:24 | 40   | 00:08:27 | 00:21:28 | 00:50:44 | 01:22:15 | 01:55:47 | 02:29:36 | 03:04:28 |
| 34 | KOŚCIAŃSKI Łukasz    | 47 | ZDUN TRIATHLON TEAM                    | M30 | 01:10:11 | 21 | 00:07:08 | 00:27:01 | 01:21:16 | 02:17:40 | 03:11:51 | 04:06:08 | 05:01:35 | 05:30:01 | 29   | 00:07:08 | 00:23:49 | 00:57:15 | 01:31:10 | 02:06:13 | 02:44:34 | 03:22:48 |
| 35 | OSIATYCKI Grzegorz   | 64 | RONAL POLSKA RUN                       | M50 | 01:18:24 | 46 | 00:05:52 | 00:29:09 | 01:28:41 | 02:28:17 | 03:29:46 | 04:31:23 | 05:35:22 | 06:06:58 | 59   | 00:05:25 | 00:22:10 | 00:50:55 | 01:19:39 | 01:50:27 | 02:21:22 | 02:52:31 |
| 36 | GROCHOWSKI Krzysztof | 22 |                                        | M30 | 01:17:14 | 43 | 00:06:20 | 00:27:27 | 01:22:10 | 02:15:21 | 03:10:14 | 04:08:34 | 05:08:56 | 05:39:03 | 39   | 00:05:17 | 00:24:16 | 00:55:37 | 01:27:39 | 02:03:09 | 02:42:03 | 03:20:15 |
| 37 | KLEIN Uwe            | 39 | BÖHNLEIN SPORTS BAMBERG                | M40 | 01:27:52 | 58 | 00:08:02 | 00:27:32 | 01:22:54 | 02:17:19 | 03:13:30 | 04:09:52 | 05:08:51 | 05:38:53 | 38   | 00:06:43 | 00:23:16 | 00:54:28 | 01:26:31 | 01:59:27 | 02:33:15 | 03:08:28 |
| 38 | LUBOWICKI Łukasz     | 51 | 40-LATEK TYCHY                         | M40 | 01:14:49 | 31 | 00:04:55 | 00:26:59 | 01:20:15 | 02:13:29 | 03:07:19 | 04:02:08 | 04:57:12 | 05:25:16 | 27   | 00:04:29 | 00:22:53 | 00:58:19 | 01:33:53 | 02:15:09 | 02:59:02 | 03:39:50 |
| 39 | SKOWROŃSKI Rafał     | 77 | KUŹNIA TRIATHLONU                      | M40 | 01:09:59 | 20 | 00:07:10 | 00:26:49 | 01:22:20 | 02:18:48 | 03:15:14 | 04:13:48 | 05:12:13 | 05:42:00 | 43   | 00:07:46 | 00:23:43 | 00:56:00 | 01:29:18 | 02:04:10 | 02:42:18 | 03:22:47 |
| 40 | NEMCIK Marek         | 1  | ZĄBKOWICKA GRUPA BIEGOWA FRANKENTSTEIN | M40 | 01:14:50 | 32 | 00:04:41 | 00:27:57 | 01:21:03 | 02:15:51 | 03:09:55 | 04:05:42 | 05:02:51 | 05:31:55 | 34   | 00:04:50 | 00:27:46 | 01:04:39 | 01:42:14 | 02:20:00 | 02:58:00 | 03:36:12 |
| 41 | TOFT Ole             | 85 |                                        | M40 | 01:06:51 | 13 | 00:08:48 | 00:29:41 | 01:28:50 | 02:27:02 | 03:25:02 | 04:24:34 | 05:25:49 | 05:56:52 | 55   | 00:09:25 | 00:24:19 | 00:58:07 | 01:32:08 | 02:08:11 | 02:43:23 | 03:20:06 |
| 42 | WEISENSEE Michael    | 88 |                                        | M40 | 01:21:57 | 52 | 00:07:03 | 00:28:43 | 01:28:29 | 02:24:21 | 03:20:48 | 04:20:20 | 05:24:23 | 05:54:29 | 50   | 00:07:14 | 00:29:02 | 01:06:55 | 01:39:10 | 02:10:03 | 02:41:29 | 03:14:12 |
| 43 | BRZOSKA Piotr        | 11 | NO PAIN - IRON PYJTER                  | M30 | 01:34:43 | 66 | 00:06:29 | 00:30:49 | 01:30:05 | 02:27:38 | 03:26:10 | 04:25:51 | 05:28:55 | 05:59:17 | 56   | 00:05:13 | 00:22:54 | 00:55:04 | 01:27:13 | 02:00:18 | 02:32:57 | 03:05:52 |
| 44 | CHRUŚCIELSKI Paweł   | 13 | SANGRAF.PL                             | M40 | 01:13:48 | 29 | 00:06:18 | 00:30:18 | 01:30:17 | 02:31:21 | 03:33:50 | 04:36:55 | 05:41:32 | 06:11:43 | 62   | 00:08:21 | 00:27:17 | 00:55:43 | 01:31:32 | 02:06:48 | 02:44:22 | 03:16:07 |
| 45 | JANOWSKI Maciej      | 31 |                                        | M30 | 01:17:07 | 41 | 00:04:59 | 00:28:48 | 01:26:24 | 02:23:56 | 03:21:28 | 04:21:23 | 05:23:42 | 05:54:35 | 51   | 00:05:32 | 00:23:21 | 00:57:22 | 01:33:48 | 02:10:13 | 02:50:20 | 03:31:47 |
| 46 | NOWARA Andrzej       | 63 |                                        | M50 | 01:20:22 | 50 | 00:07:55 | 00:28:01 | 01:25:46 | 02:23:16 | 03:21:03 | 04:18:46 | 05:18:43 | 05:48:14 | 45   | 00:05:36 | 00:22:30 | 00:54:59 | 01:29:26 | 02:05:29 | 02:44:19 | 03:30:34 |
| 47 | KORSAKOV Kostiantyn  | 45 |                                        | M40 | 01:20:07 | 48 | 00:07:50 | 00:28:13 | 01:24:02 | 02:21:04 | 03:18:01 | 04:14:56 | 05:12:05 | 05:40:39 | 42   | 00:06:37 | 00:24:59 | 00:58:09 | 01:33:05 | 02:10:46 | 02:52:14 | 03:38:55 |
| 48 | GLENEWINKEL Maren    | 19 |                                        | K50 | 01:15:17 | 35 | 00:08:44 | 00:31:13 | 01:36:49 | 02:38:56 | 03:41:23 | 04:43:42 | 05:46:34 | 06:17:44 | 63   | 00:06:36 | 00:23:56 | 00:55:40 | 01:27:55 | 02:01:10 | 02:34:54 | 03:09:45 |
| 49 | JASKOT Mariusz       | 32 | TEAM FLASH                             | M30 | 01:40:59 | 75 | 00:04:25 | 00:27:53 | 01:27:33 | 02:25:10 | 03:22:12 | 04:26:23 | 05:31:44 | 06:01:17 | 57   | 00:04:32 | 00:21:32 | 00:51:54 | 01:20:49 | 01:51:36 | 02:27:25 | 03:06:44 |
| 50 | PRZYBYLSKI Andrzej   | 71 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENTSTEIN | M40 | 01:20:48 | 51 | 00:05:37 | 00:28:12 | 01:25:43 | 02:23:36 | 03:20:54 | 04:19:27 | 05:23:10 | 05:56:10 | 54   | 00:05:08 | 00:24:40 | 00:57:12 | 01:32:34 | 02:13:49 | 02:50:21 | 03:29:27 |
| 51 | KOSIOŁ Andrzej       | 46 |                                        | M50 | 01:33:01 | 63 | 00:05:23 | 00:31:00 | 01:33:41 | 02:35:12 | 03:37:52 | 04:42:12 | 05:48:29 | 06:21:37 | 67   | 00:06:26 | 00:22:23 | 00:51:50 | 01:26:16 | 01:56:45 | 02:27:45 | 02:59:24 |
| 52 | JANICKI Tomek        | 30 | AQ WIRING SYSTEMS TEAM                 | M30 | 01:13:09 | 28 | 00:07:18 | 00:28:24 | 01:26:49 | 02:25:45 | 03:26:33 | 04:27:35 | 05:31:00 | 06:02:36 | 58   | 00:04:35 | 00:25:05 | 01:00:48 | 01:37:46 | 02:18:08 | 02:58:10 | 03:38:48 |
| 53 | BUDZANOWSKI Michał   | 12 |                                        | M30 | 01:07:49 | 16 | 00:07:22 | 00:28:10 | 01:22:34 | 02:17:44 | 03:12:11 | 04:07:28 | 05:01:12 | 05:30:25 | 30   | 00:03:53 | 00:23:20 | 00:55:15 | 01:29:19 | 02:47:48 | 03:33:36 | 04:17:04 |
| 54 | BEDNAREK Piotr       | 5  |                                        | M30 | 01:09:42 | 19 | 00:06:20 | 00:28:10 | 01:24:44 | 02:21:23 | 03:18:03 | 04:16:20 | 05:15:23 | 05:45:49 | 44   | 00:04:06 | 00:21:40 | 00:57:09 | 01:37:30 | 02:21:40 | 03:10:17 | 04:00:24 |
| 55 | PIK Krzysztof        | 67 |                                        | M40 | 01:15:37 | 37 | 00:05:48 | 00:28:20 | 01:27:09 | 02:25:54 | 03:25:13 | 04:24:50 | 05:25:11 | 05:55:13 | 53   | 00:04:02 | 00:26:54 | 01:04:18 | 01:43:21 | 02:25:46 | 03:13:19 | 03:54:00 |
| 56 | KATA Wiesław         | 35 |                                        | M50 | 01:19:11 | 47 | 00:10:05 | 00:29:09 | 01:26:08 | 02:25:12 | 03:25:36 | 04:28:06 | 05:36:12 | 06:09:43 | 61   | 00:08:37 | 00:24:04 | 00:58:31 | 01:35:07 | 02:15:18 | 02:50:41 | 03:33:06 |
| 57 | KISIEL Tomasz        | 38 | AQ WIRING SYSTEMS TEAM                 | M18 | 01:29:46 | 60 | 00:08:08 | 00:29:58 | 01:32:01 | 02:37:09 | 03:45:09 | 04:52:15 | 06:03:03 | 06:39:40 | 73   | 00:06:53 | 00:19:36 | 00:47:16 | 01:13:18 | 01:41:40 | 02:17:09 | 02:58:07 |
| 58 | CYWKA Tomek          | 14 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENTSTEIN | M40 | 01:18:19 | 45 | 00:07:11 | 00:27:11 | 01:21:20 | 02:15:17 | 03:24:43 | 04:26:00 | 05:24:32 | 05:52:23 | 47   | 00:05:55 | 00:25:16 | 01:00:36 | 01:42:00 | 02:26:19 | 03:15:42 | 03:58:29 |
| 59 | BIES Tomasz          | 7  | BESKID-TRI                             | M40 | 01:23:44 | 55 | 00:08:26 | 00:27:29 | 01:23:08 | 02:21:55 | 03:19:16 | 04:17:31 | 05:19:29 | 05:49:38 | 46   | 00:04:39 | 00:25:27 | 01:03:22 | 01:44:35 | 02:27:16 | 03:11:21 | 03:57:33 |
| 60 | KŁAPACZ Joanna       | 40 | BESKID TRI                             | K40 | 01:37:39 | 71 | 00:04:53 | 00:28:24 | 01:26:43 | 02:23:51 | 03:22:48 | 04:22:22 | 05:22:43 | 05:54:18 | 49   | 00:08:51 | 00:29:02 | 01:03:58 | 01:44:17 | 02:22:19 | 03:04:12 | 03:49:24 |
| 61 | MALISZEWSKI Piotr    | 55 |                                        | M50 | 01:57:24 | 82 | 00:05:16 | 00:27:57 | 01:26:38 | 02:28:58 | 03:27:03 | 04:24:26 | 05:22:50 | 05:52:33 | 48   | 00:04:52 | 00:24:50 | 01:00:30 | 01:41:15 | 02:24:29 | 02:59:32 | 03:37:40 |
| 62 | STANISZEWSKI Jacek   | 81 |                                        | M40 | 01:20:13 | 49 | 00:08:04 | 00:31:08 | 01:31:46 | 02:33:15 | 03:38:05 | 04:42:27 | 05:48:07 | 06:21:04 | 66   | 00:09:34 | 00:24:11 | 00:57:16 | 01:30:49 | 02:17:54 | 02:59:13 | 03:41:53 |
| 63 | KRUPOWICZ Marcin     | 48 |                                        | M50 | 01:22:56 | 54 | 00:09:08 | 00:30:22 | 01:30:49 | 02:31:18 | 03:34:46 | 04:38:49 | 05:45:57 | 06:19:19 | 65   | 00:06:00 | 00:26:24 | 01:03:23 | 01:41:09 | 02:21:18 | 03:01:14 | 03:49:35 |
| 64 | PARAFIŃSKI Zdzisław  | 66 |                                        | M50 | 01:30:52 | 62 | 00:06:20 | 00:30:04 | 01:29:16 | 02:28:03 | 03:31:34 | 04:38:50 | 05:44:58 | 06:18:26 | 64   | 00:04:23 | 00:25:14 | 01:03:44 | 01:43:48 | 02:27:02 | 03:13:11 | 03:56:35 |
| 65 | WRÓBEL Marcin        | 92 | WRÓBEL FAMILY TEAM                     | M40 | 01:35:24 | 69 | 00:07:18 | 00:28:06 | 01:24:54 | 02:21:35 | 03:18:31 | 04:19:49 | 05:22:46 | 05:55:09 | 52   | 00:07:55 | 00:26:54 | 01:05:55 | 01:51:20 | 02:40:18 | 03:28:29 | 04:13:43 |
| 66 | ŁUKOWSKI Dariusz     | 53 | GMINA STRZELCE OPOLSKIE                | M50 | 01:34:20 | 65 | 00:06:53 | 00:30:46 | 01:33:32 | 02:37:44 | 03:43:39 | 04:51:20 | 06:01:51 | 06:37:52 | 72   | 00:05:59 | 00:25:42 | 01:00:38 | 01:37:19 | 02:16:14 | 02:55:50 | 03:37:40 |
| 67 | SZYMAŃSKI Sławek     | 82 |                                        | M40 | 01:52:49 | 81 | 00:08:01 | 00:31:53 | 01:34:45 | 02:37:00 | 03:40:12 | 04:46:25 | 05:53:14 | 06:27:10 | 68   | 00:06:45 | 00:22:20 | 00:53:27 | 01:28:53 | 02:06:55 | 02:46:33 | 03:29:30 |
| 68 | JANICKI Mariusz      | 29 | VERA RUNNING TEAM                      | M30 | 01:36:06 | 70 | 00:08:57 | 00:31:00 | 01:36:23 | 02:42:00 | 03:46:24 | 04:52:10 | 05:58:21 | 06:32:11 | 70   | 00:05:30 | 00:24:59 | 00:58:05 | 01:33:03 | 02:12:22 | 02:58:06 | 03:43:51 |

|    |                       |    |                             |      | Pływanie |    | Rower    |          |          |          |          |          |          |          | Bieg |          |          |          |          |          |          |          |
|----|-----------------------|----|-----------------------------|------|----------|----|----------|----------|----------|----------|----------|----------|----------|----------|------|----------|----------|----------|----------|----------|----------|----------|
| 69 | KACZOR Piotr          | 34 | TRIMANITA MASZEWO           | M40  | 01:15:47 | 38 | 00:08:18 | 00:31:40 | 01:32:30 | 02:34:29 | 03:33:14 | 04:35:09 | 05:38:54 | 06:08:41 | 60   | 00:07:37 | 00:31:35 | 01:12:28 | 02:00:08 | 02:45:42 | 03:39:32 | 04:27:52 |
| 70 | KĘPIŃSKI Henryk       | 37 | KB SPARTAKUS BEŁCHATÓW      | M60+ | 01:39:41 | 74 | 00:06:51 | 00:31:11 | 01:32:50 | 02:36:51 | 03:38:09 | 04:49:06 | 05:54:11 | 06:27:20 | 69   | 00:03:38 | 00:29:52 | 01:11:09 | 01:50:14 | 02:29:39 | 03:09:55 | 03:55:27 |
| 71 | DAWID Łukasz          | 16 | ROZBIEGANY GOLENIÓW         | M30  | 01:29:18 | 59 | 00:05:31 | 00:29:05 | 01:28:52 | 02:29:26 | 03:31:47 | 04:41:39 | 06:20:18 | 06:56:51 | 78   | 00:06:34 | 00:29:09 | 01:08:53 | 01:46:36 | 02:26:59 | 03:10:05 | 03:55:04 |
| 72 | SMAGAŁA Wojciech      | 78 |                             | M40  | 01:46:14 | 79 | 00:05:29 | 00:30:58 | 01:33:18 | 02:37:46 | 03:48:30 | 04:58:16 | 06:13:16 | 06:48:00 | 75   | 00:04:41 | 00:25:47 | 01:05:03 | 01:44:21 | 02:30:06 | 03:14:56 | 04:05:00 |
| 73 | PLANETORZ Marek       | 68 |                             | M50  | 01:38:38 | 73 | 00:06:26 | 00:32:06 | 01:39:29 | 02:44:30 | 03:55:14 | 05:05:00 | 06:19:55 | 06:54:40 | 77   | 00:04:42 | 00:25:48 | 01:05:04 | 01:44:21 | 02:30:06 | 03:14:57 | 04:05:00 |
| 74 | BISKUP Zbigniew       | 8  | STALOWOWOLSKI KLUB BIEGACZA | M30  | 01:42:39 | 76 | 00:12:29 | 00:34:38 | 01:45:19 | 02:57:19 | 04:11:17 | 05:25:40 | 06:39:21 | 07:18:25 | 81   | 00:10:15 | 00:26:22 | 01:01:16 | 01:40:55 | 02:20:16 | 03:02:16 | 03:40:16 |
| 75 | NAGALEWSKI Bartłomiej | 61 | NAGAMET                     | M40  | 01:42:55 | 77 | 00:06:36 | 00:32:18 | 01:35:04 | 02:37:31 | 03:41:52 | 04:52:23 | 06:00:41 | 06:34:37 | 71   | 00:08:00 | 00:33:11 | 01:17:38 | 02:02:12 | 02:49:04 | 03:37:17 | 04:29:01 |
| 76 | MACIEJAK Marcin       | 54 | RUN DE GIRARD               | M40  | 01:30:13 | 61 | 00:06:23 | 00:29:49 | 01:31:28 | 02:36:30 | 03:42:05 | 04:54:37 | 06:06:09 | 06:43:54 | 74   | 00:09:32 | 00:30:26 | 01:19:03 | 02:07:04 | 03:00:41 | 03:50:22 | 04:38:45 |
| 77 | RÓŻEWICZ Dariusz      | 73 | PANCE                       | M50  | 01:37:40 | 72 | 00:06:21 | 00:31:57 | 01:37:23 | 02:44:11 | 03:55:52 | 05:09:53 | 06:27:59 | 07:06:41 | 80   | 00:05:39 | 00:30:58 | 01:12:04 | 01:55:25 | 02:38:20 | 03:26:22 | 04:13:13 |
| 78 | KAWKA Rafał           | 36 | KBKS RADOMSKO               | M30  | 01:46:19 | 80 | 00:10:34 | 00:31:35 | 01:36:44 | 02:43:54 | 03:53:15 | 05:06:52 | 06:24:45 | 07:04:21 | 79   | 00:06:24 | 00:27:08 | 01:10:00 | 01:55:41 | 02:43:08 | 03:29:53 | 04:14:39 |
| 79 | MLECZEK Tadeusz       | 58 |                             | M60+ | 01:46:12 | 78 | 00:09:39 | 00:30:57 | 01:35:59 | 02:40:49 | 03:49:16 | 05:02:02 | 06:15:44 | 06:54:23 | 76   | 00:08:15 | 00:31:30 | 01:13:45 | 01:59:15 | 02:43:04 | 03:31:46 | 04:22:41 |
| 80 | GAŁOWSKA Agnieszka    | 18 | INPOWER                     | K40  | 01:33:18 | 64 | 00:05:18 | 00:35:42 | 01:48:12 | 03:02:15 | 04:17:30 | 05:38:17 | 07:02:00 | 07:43:49 | 82   | 00:07:14 | 00:34:00 | 01:18:16 | 02:07:23 | 02:59:31 | 03:47:14 | 04:35:29 |
|    | PRYK Rafał            | 70 | ROZBIEGANY GOLENIÓW         | M40  | 01:24:33 | 56 | 00:04:53 | 00:26:11 | 01:19:17 | 02:11:44 | 03:06:15 | 04:04:25 | 05:02:25 | 05:31:04 | 32   | 00:04:35 | 00:24:01 | 00:56:17 | 01:35:25 |          |          |          |
|    | BIELICKI Bartosz      | 6  | RUNNING TEAM MILICZ         | M40  | 01:15:09 | 34 | 00:03:10 | 00:24:33 | 01:14:57 | 02:05:55 | 02:56:18 | 03:47:16 | 04:39:20 | 05:05:52 | 15   | 00:03:41 | 00:20:20 |          |          |          |          |          |

Znaleziono 82 wynik(ów)