

Organizator:
Data:
Miejsce:
Dystans:

Urząd Miejski w Suszu
2016-06-26
Susz
113 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara	Pływanie				Rower				Bieg				Czas netto 113km	Czas łączny 113km	Różn	
							1.9km	Poz			17.3km	62.3km	90km	Poz			6.9km	13.9km				20.8km
1	KALASZCZYŃSKI Łukasz	2	KM SPORT	M30	1		00:27:09	11	00:01:52	00:24:57	01:29:15	02:09:00	4	00:01:57	00:25:42	00:54:35	01:25:04	01:25:23	4	04:05:21.90	04:05:21.90	
2	ADAM Kacper	3	OLIMPIUS.PL	M18	1		00:26:22	6	00:01:54	00:26:36	01:33:58	02:15:52	12	00:02:03	00:28:24	00:57:03	01:25:15	01:25:31	5	04:11:42.40	04:11:42.40	+00:06:20 (2.5%)
3	NAJMOWICZ Paweł	21	TRI NEGU	M18	2		00:24:50	4	00:01:53	00:26:50	01:34:16	02:17:27	21	00:02:27	00:27:14	00:56:24	01:25:23	01:25:39	6	04:12:16.30	04:12:16.30	+00:06:54 (2.7%)
4	SPALENIAK Tomasz	10	UKS TRI-TEAM RUMIA	M25	1		00:29:33	33	00:02:22	00:26:30	01:33:22	02:15:47	11	00:02:10	00:26:17	00:54:41	01:24:22	01:24:36	2	04:14:28.15	04:14:28.15	+00:09:06 (3.6%)
5	PRZYMUSIŃSKI Filip	4	UAM SZPOT TRIATHLON POZNAŃ	M30	2		00:24:54	5	00:02:05	00:26:54	01:33:16	02:16:48	16	00:02:11	00:27:59	00:57:57	01:29:10	01:29:26	15	04:15:24.65	04:15:24.65	+00:10:02 (3.9%)
6	KONIECZNY Marcin	15	NIEMANIEMOGE/TRIATHLONSERIESTEAM	M40	1		00:32:10	84	00:01:59	00:25:16	01:31:10	02:13:03	7	00:01:58	00:27:37	00:56:51	01:26:07	01:26:21	7	04:15:31.70	04:15:31.70	+00:10:09 (4.0%)
7	LIPOWSKI Marcin	467	TRIATHLON SERIES TEAM	M30	3		00:30:36	48	00:02:29	00:25:52	01:32:15	02:13:56	8	00:02:02	00:28:07	00:57:19	01:26:45	01:26:57	8	04:16:00.35	04:16:00.35	+00:10:38 (4.2%)
8	SIEJAKOWSKI Michał	5	KTS IRONMAN/ TRI NEGU	M35	1		00:28:13	20	00:01:57	00:26:24	01:33:39	02:15:52	13	00:02:10	00:28:30	00:58:36	01:28:58	01:29:10	12	04:17:22.20	04:17:22.20	+00:12:00 (4.7%)
9	AUGUSTYŃIAK Krzysztof	252	MKS PLETVAL POLKOWICE	M35	2		00:26:50	10	00:02:07	00:26:37	01:33:16	02:15:12	10	00:02:12	00:29:51	01:01:07	01:30:54	01:31:08	21	04:17:29.80	04:17:29.80	+00:12:07 (4.7%)
10	PODSIADŁOWSKI Michał	19	TRINERGY	M30	4		00:33:07	112	00:02:19	00:23:28	01:25:20	02:04:32	3	00:02:11	00:30:35	01:02:31	01:35:41	01:35:58	44	04:18:07.45	04:18:07.45	+00:12:45 (4.9%)
11	LIS Łukasz	17	TRICLUB	M30	5		00:24:38	3	00:01:52	00:27:27	01:36:45	02:19:48	36	00:01:59	00:29:57	01:00:22	01:30:17	01:30:32	19	04:18:49.25	04:18:49.25	+00:13:27 (5.2%)
12	MAJKA Michał	20	LABOSPORT TEAM/ORLIŃSCY.PL	M35	3		00:30:13	41	00:02:22	00:26:36	01:32:47	02:15:09	9	00:02:23	00:28:39	00:59:24	01:29:47	01:30:01	18	04:20:08.45	04:20:08.45	+00:14:46 (5.7%)
13	PETELSKI Mateusz	30	GVT	M30	6		00:32:34	97	00:02:05	00:25:56	01:35:35	02:20:00	39	00:02:03	00:26:07	00:54:08	01:24:21	01:24:37	3	04:21:19.85	04:21:19.85	+00:15:57 (6.1%)
14	ZIĘBA Adam	352	TRISPACE	M40	2		00:35:09	183	00:02:15	00:26:16	01:34:15	02:17:32	22	00:02:05	00:28:03	00:57:26	01:27:10	01:27:24	10	04:24:25.45	04:24:25.45	+00:19:03 (7.2%)
15	KLUGE Krzysztof	144	ENDUROMAN ELBLĄG	M30	7		00:28:03	17	00:02:33	00:27:53	01:36:06	02:20:24	44	00:02:07	00:29:02	01:00:36	01:31:28	01:31:39	26	04:24:46.90	04:24:46.90	+00:19:25 (7.3%)
16	GARDENER Jacek	31	BANASZ TEAM INTERNET	M50	1		00:32:28	90	00:02:19	00:24:39	01:30:37	02:12:52	6	00:02:24	00:31:06	01:03:18	01:35:10	01:35:28	41	04:25:31.35	04:25:31.35	+00:20:09 (7.6%)
17	DOMIRSKI Daniel	34	LUFT TRI TEAM/TWOMARK	M30	8		00:30:11	40	00:02:04	00:26:12	01:34:21	02:18:30	26	00:02:21	00:29:01	01:00:23	01:32:37	01:32:50	28	04:25:56.80	04:25:56.80	+00:20:34 (7.7%)
18	BISKUPSKI Mariusz	26	UKS TRS SUSZ	M40	3		00:28:20	23	00:02:17	00:26:50	01:36:04	02:20:07	40	00:02:34	00:30:28	01:02:27	01:34:40	01:34:53	35	04:28:11.90	04:28:11.90	+00:22:50 (8.5%)
19	PRUCHNIEWSKI Karol	176		M30	9		00:32:33	95	00:02:38	00:26:26	01:35:58	02:19:38	35	00:02:43	00:29:19	00:59:55	01:30:37	01:30:49	20	04:28:21.55	04:28:21.55	+00:22:59 (8.6%)
20	NAGÓRSKI Kamil	593	TRINERGY TEAM	M40	4		00:27:33	14	00:02:37	00:27:55	01:39:15	02:24:28	76	00:02:10	00:29:10	01:00:01	01:31:27	01:31:38	24	04:28:26.55	04:28:26.55	+00:23:04 (8.6%)
21	AWRUK Bartosz	245	NADAKTYWNI/ WAWRUK.PL	M30	10		00:28:10	18	00:02:21	00:26:13	01:34:21	02:17:26	20	00:02:42	00:30:31	01:04:00	01:38:34	01:38:48	54	04:29:27.35	04:29:27.35	+00:24:05 (8.9%)
22	KACZMAREK Adam	170	ARKA GDYNIA	M25	2		00:29:05	28	00:02:29	00:27:58	01:38:15	02:21:59	52	00:02:07	00:29:29	01:02:10	01:34:18	01:34:32	34	04:30:12.85	04:30:12.85	+00:24:50 (9.2%)
23	DOWBOR Maciej	27	TRINERGY/AIRBIKE TRI TEAM	M35	4		00:28:16	22	00:02:19	00:26:06	01:34:15	02:17:06	18	00:02:25	00:31:24	01:05:09	01:40:03	01:40:18	62	04:30:24.85	04:30:24.85	+00:25:02 (9.3%)
24	TOMASZEWICZ Damian	499	COMPLEXSPORTS PRO TEAM	M18	3		00:28:20	24	00:02:31	00:26:54	01:35:55	02:20:07	41	00:02:06	00:30:56	01:03:52	01:37:11	01:37:27	51	04:30:31.50	04:30:31.50	+00:25:09 (9.3%)

						Pływanie		Rower			Bieg											
25	RUCIŃSKI Jakub	563	HOTEL CZTERY BRZOZY- BIKE U UP		M40	5	00:32:41	103	00:02:31	00:23:43	01:28:34	02:10:49	5	00:02:20	00:33:19	01:09:11	01:42:04	01:42:22	85	04:30:43.95	04:30:43.95	+00:25:22 (9.4%)
26	WOŁOSZYK Kamil	13	UKS OLIMPIJCZYK SKORZEWO		M18	4	00:34:10	152	00:02:41	00:26:13	01:35:21	02:20:28	45	00:02:04	00:27:04	00:56:19	01:26:24	01:31:37	23	04:31:00.00	04:31:00.00	+00:25:38 (9.5%)
27	SZCZUŻEWSKI Andrzej	161			M25	3	00:31:11	63	00:02:38	00:27:04	01:38:15	02:23:33	66	00:02:42	00:30:00	01:00:46	01:31:25	01:31:39	25	04:31:43.10	04:31:43.10	+00:26:21 (9.7%)
28	WOJNAR Robert	205			M40	6	00:37:06	281	00:02:28	00:26:55	01:36:40	02:22:09	56	00:02:40	00:28:38	00:58:21	01:27:21	01:27:33	11	04:31:56.80	04:31:56.80	+00:26:34 (9.8%)
29	DUDZIŃSKI Piotr	298	KUŹNIA TRIATHLONU		M45	1	00:29:26	31	00:02:23	00:26:44	01:35:27	02:21:08	50	00:02:39	00:29:16	01:00:56	01:36:32	01:37:03	50	04:32:39.65	04:32:39.65	+00:27:17 (10.0%)
30	KOWALSKA Olga	742	TRINERGY TEAM		K25	1	00:29:56	36	00:01:49	00:28:49	01:42:03	02:29:45	147	00:02:12	00:28:29	00:58:40	01:28:58	01:29:13	13	04:32:55.80	04:32:55.80	+00:27:33 (10.1%)
31	CZUBA Adam	210	SWIM-SPORT/ HAPPY TRI FRIENDS		M45	2	00:35:45	233	00:02:32	00:25:45	01:33:23	02:17:08	19	00:02:23	00:29:05	01:00:52	01:35:06	01:35:21	39	04:33:09.40	04:33:09.40	+00:27:47 (10.2%)
32	JĘDRZEJEWSKA Aleksandra	685	UKS TRI-TEAM RUMIA		K25	2	00:27:48	16	00:01:56	00:30:19	01:44:08	02:31:46	176	00:02:00	00:28:55	00:58:56	01:29:25	01:29:41	17	04:33:11.15	04:33:11.15	+00:27:49 (10.2%)
33	FAZAN Rafał	163			M45	3	00:30:49	55	00:02:35	00:27:27	01:38:17	02:22:08	54	00:02:14	00:30:52	01:02:54	01:35:44	01:36:00	45	04:33:46.75	04:33:46.75	+00:28:24 (10.4%)
34	POPŁAWSKI Grzegorz	507	NADAKTYWNI		M35	5	00:31:34	73	00:02:34	00:28:43	01:39:43	02:26:44	110	00:02:34	00:28:11	00:58:59	01:31:04	01:31:24	22	04:34:50.50	04:34:50.50	+00:29:28 (10.7%)
35	CZAPIŃSKI Michał	570	HOTEL CZTERY BRZOZY GDAŃSK		M30	11	00:38:19	318	00:03:02	00:27:04	01:38:16	02:24:01	70	00:02:24	00:27:40	00:57:05	01:26:56	01:27:08	9	04:34:54.95	04:34:54.95	+00:29:33 (10.7%)
36	PIETRYKA Grzegorz	67			M30	12	00:30:25	47	00:02:57	00:26:57	01:38:00	02:23:26	65	00:02:32	00:28:35	01:00:50	01:35:25	01:35:40	43	04:35:00.15	04:35:00.15	+00:29:38 (10.8%)
37	OŁOWSKI Jakub	380	TRI NEGU		M30	13	00:35:07	182	00:02:17	00:28:25	01:38:07	02:22:00	53	00:01:55	00:29:18	01:01:35	01:33:29	01:33:45	31	04:35:04.20	04:35:04.20	+00:29:42 (10.8%)
38	WIESE Anna	740	WIMATRI		K30	1	00:32:09	83	00:02:01	00:28:21	01:39:33	02:25:24	92	00:01:59	00:30:18	01:01:48	01:33:17	01:33:31	30	04:35:04.40	04:35:04.40	+00:29:42 (10.8%)
39	KLATKA Mariusz	211	TRENINGIKUNGFU.PL		M35	6	00:35:32	206	00:02:54	00:26:12	01:38:26	02:25:56	97	00:02:23	00:28:02	00:57:45	01:29:16	01:29:32	16	04:36:17.40	04:36:17.40	+00:30:55 (11.2%)
40	KALINOWSKI Piotr	372	LEKARSKA GRUPA KOLARSKA		M40	7	00:26:25	8	00:02:11	00:28:14	01:38:02	02:22:16	58	00:02:21	00:32:16	01:06:47	01:42:55	01:43:14	92	04:36:27.60	04:36:27.60	+00:31:05 (11.2%)
41	BIELECKI Jakub	357	TRINERGY TEAM		M30	14	00:32:29	93	00:02:28	00:26:33	01:34:42	02:18:26	25	00:02:16	00:33:54	01:06:40	01:40:52	01:41:13	71	04:36:52.25	04:36:52.25	+00:31:30 (11.4%)
42	PODSIADŁO Łukasz	566	3 FLOW TRIATHLON TEAM		M30	15	00:33:37	122	00:03:05	00:26:21	01:35:25	02:21:03	49	00:02:23	00:29:41	01:02:20	01:36:38	01:36:55	49	04:37:03.55	04:37:03.55	+00:31:41 (11.4%)
43	KEMPA Tomasz	458	VISLINE @@ EPICENTRUM		M18	5	00:31:00	60	00:03:11	00:28:17	01:40:15	02:26:30	109	00:02:44	00:29:53	01:01:23	01:33:35	01:33:51	32	04:37:16.25	04:37:16.25	+00:31:54 (11.5%)
44	JANIAK Paweł	759	TRIATHLON SIEDLCE CLUB		M35	7	00:32:28	92	00:02:19	00:28:03	01:42:14	02:28:39	128	00:01:53	00:29:28	01:00:43	01:32:16	01:32:30	27	04:37:49.20	04:37:49.20	+00:32:27 (11.7%)
45	SOBCZAK Marcin	157	UKS TRI TEAM RUMIA		M45	4	00:32:33	96	00:02:40	00:27:27	01:37:20	02:23:02	61	00:02:36	00:29:57	01:03:26	01:37:34	01:37:51	52	04:38:42.35	04:38:42.35	+00:33:20 (12.0%)
46	JABŁOŃSKI Jarosław	522	UKS TRS SUSZ		M40	8	00:35:36	214	00:02:26	00:26:33	01:38:14	02:23:51	67	00:02:11	00:29:38	01:01:12	01:34:38	01:34:54	36	04:38:58.20	04:38:58.20	+00:33:36 (12.0%)
47	SANIAWA Piotr	255	TRICLUB		M30	16	00:28:14	21	00:02:29	00:26:52	01:35:51	02:19:59	38	00:02:28	00:32:28	01:07:43	01:46:37	01:46:56	118	04:40:06.50	04:40:06.50	+00:34:44 (12.4%)
48	RADCZUK Daria	720			K30	2	00:27:29	13	00:01:47	00:29:27	01:42:29	02:29:27	141	00:02:01	00:31:47	01:05:01	01:39:29	01:39:43	57	04:40:27.90	04:40:27.90	+00:35:06 (12.5%)
49	MIERZEJEWSKI Bartosz	100			M30	17	00:31:31	71	00:02:57	00:26:54	01:35:49	02:20:36	46	00:02:14	00:32:17	01:07:17	01:44:05	01:44:23	98	04:41:41.10	04:41:41.10	+00:36:19 (12.9%)
50	KOZŁOWSKI Daniel	331	KTS IRONMAN KWIDZYN		M40	9	00:35:39	222	00:02:48	00:27:38	01:38:50	02:25:34	94	00:02:45	00:30:12	01:02:14	01:34:47	01:35:01	38	04:41:47.05	04:41:47.05	+00:36:25 (12.9%)
51	SOBOLEWSKI Marcin	525	UKS TRS SUSZ		M35	8	00:32:06	82	00:02:25	00:29:18	01:42:33	02:29:48	148	00:02:35	00:30:33	01:02:30	01:34:46	01:34:58	37	04:41:52.00	04:41:52.00	+00:36:30 (12.9%)
52	KALINOWSKI Paweł	652	TRINERGY		M30	18	00:28:10	19	00:02:30	00:27:50	01:35:35	02:20:15	42	00:02:26	00:31:23	01:06:51	01:48:12	01:48:31	138	04:41:52.30	04:41:52.30	+00:36:30 (13.0%)
53	DOBZJAŃSKI Bartosz	584	TOMATO TRI TEAM		M40	10	00:29:58	37	00:02:10	00:27:29	01:37:35	02:21:32	51	00:02:49	00:33:26	01:08:42	01:45:13	01:45:29	109	04:41:58.50	04:41:58.50	+00:36:36 (13.0%)
54	SERWIŃSKI Radek	273	TRINERGY TEAM		M30	19	00:36:36	261	00:02:51	00:27:42	01:38:54	02:24:38	79	00:02:28	00:29:57	01:02:48	01:35:24	01:35:37	42	04:42:10.15	04:42:10.15	+00:36:48 (13.0%)
55	ZAPALSKI Marek	107	KUŹNIA TRIATHLONU		M30	20	00:31:47	74	00:02:19	00:25:50	01:33:49	02:16:38	15	00:02:12	00:38:54	01:11:42	01:48:53	01:49:14	150	04:42:10.35	04:42:10.35	+00:36:48 (13.0%)
56	MROCZEK Marcin	343			M35	9	00:29:23	30	00:02:34	00:28:14	01:39:25	02:24:40	82	00:02:51	00:32:06	01:05:52	01:42:29	01:42:46	89	04:42:14.60	04:42:14.60	+00:36:52 (13.1%)
57	JARZEMBOWICZ Maciej	317	TRINERGY TEAM		M30	21	00:34:46	171	00:02:20	00:26:39	01:36:41	02:23:02	62	00:02:21	00:30:49	01:04:35	01:39:55	01:40:12	60	04:42:41.25	04:42:41.25	+00:37:19 (13.2%)

						Pływanie		Rower				Bieg									
58	KRZAK Robert	366	AUTHOR BICYCLES	M50	2	00:37:52	305	00:03:20	00:28:46	01:42:33	02:30:58	167	00:03:03	00:28:00	00:57:47	01:29:02	01:29:15	14	04:44:28.80	04:44:28.80	+00:39:06 (13.7%)
59	NIEGOWSKI Marcin	113	TRINERGY TEAM	M30	22	00:28:26	25	00:02:24	00:28:00	01:39:43	02:24:44	83	00:02:20	00:32:08	01:11:46	01:46:37	01:46:52	117	04:44:46.35	04:44:46.35	+00:39:24 (13.8%)
60	EJSMONT Krzysztof	248		M35	10	00:34:59	178	00:03:11	00:26:22	01:37:33	02:22:58	60	00:02:21	00:31:45	01:06:21	01:41:21	01:41:38	76	04:45:07.05	04:45:07.05	+00:39:45 (13.9%)
61	PUNPUR Marcin	666	NET SYSTEM	M35	11	00:35:46	235	00:02:48	00:27:30	01:40:22	02:28:59	133	00:02:53	00:28:03	01:01:03	01:35:09	01:35:23	40	04:45:49.75	04:45:49.75	+00:40:27 (14.2%)
62	GRYGLIK Tomasz	96		M35	12	00:33:23	118	00:02:19	00:26:56	01:37:45	02:24:54	87	00:02:36	00:32:22	01:07:35	01:42:26	01:42:41	87	04:45:53.55	04:45:53.55	+00:40:31 (14.2%)
63	JARONIEC Adam	217	BE3 CITYZEN POZNAN	M30	23	00:34:51	173	00:02:26	00:25:43	01:34:18	02:17:37	23	00:02:06	00:32:22	01:08:53	01:48:43	01:49:02	147	04:46:02.35	04:46:02.35	+00:40:40 (14.2%)
64	KACZYŃSKI Aleksander	496	NADAKTYWNI	M30	24	00:34:03	142	00:02:34	00:27:07	01:35:29	02:20:53	47	00:03:53	00:31:39	01:08:29	01:44:41	01:44:58	105	04:46:21.80	04:46:21.80	+00:40:59 (14.3%)
65	DAGIL Aleksander	103		M35	13	00:32:17	86	00:02:29	00:27:57	01:41:20	02:30:06	153	00:02:41	00:33:25	01:06:22	01:39:39	01:39:53	58	04:47:26.60	04:47:26.60	+00:42:04 (14.6%)
66	URBAŃSKI Rafał	629		M35	14	00:37:30	296	00:03:04	01:38:13		02:25:00	88	00:03:06	00:31:15	01:04:37	01:38:43	01:39:00	55	04:47:40.15	04:47:40.15	+00:42:18 (14.7%)
67	ZIELIŃSKI Łukasz	231		M30	25	00:33:56	134	00:02:58	00:26:21	01:34:50	02:18:35	29	00:02:32	00:34:01	01:10:59	01:49:31	01:49:46	155	04:47:47.25	04:47:47.25	+00:42:25 (14.7%)
68	BIESIADA Tomasz	239	TRINERGY	M40	11	00:35:38	219	00:03:02	00:27:08	01:37:58	02:25:37	96	00:02:38	00:31:06	01:05:42	01:40:38	01:40:55	66	04:47:50.40	04:47:50.40	+00:42:28 (14.8%)
69	GLEBOW Krzysztof	177	SPORTEVO	M40	12	00:33:42	123	00:02:46	00:27:18	01:39:30	02:26:59	112	00:02:49	00:31:38	01:05:25	01:41:39	01:41:57	80	04:48:13.35	04:48:13.35	+00:42:51 (14.9%)
70	SOSNOWSKA Aleksandra	723	TRIATHLON SERIES TEAM	K30	3	00:29:34	34	00:02:30	00:29:56	01:44:42	02:33:44	207	00:02:22	00:33:25	01:07:02	01:40:34	01:40:48	65	04:48:58.10	04:48:58.10	+00:43:36 (15.1%)
71	DRABOT Andrzej	395	ASSECO ACTIVE TEAM	M40	13	00:35:40	223	00:03:01	00:28:19	01:39:39	02:26:14	103	00:02:30	00:31:01	01:05:35	01:41:35	01:41:53	79	04:49:18.15	04:49:18.15	+00:43:56 (15.2%)
72	ROSIŃSKI Jarosław	76	F3TEAM	M40	14	00:34:07	147	00:03:22	00:27:08	01:38:48	02:24:49	86	00:02:35	00:33:39	01:09:05	01:44:11	01:44:29	100	04:49:22.30	04:49:22.30	+00:44:00 (15.2%)
73	TARCZEWSKI Tomasz	168	TARCZA TRIATHLON TEAM	M35	15	00:30:22	45	00:03:49	00:28:52	01:43:22	02:30:37	162	00:03:01	00:31:47	01:05:26	01:41:23	01:41:40	78	04:49:29.70	04:49:29.70	+00:44:07 (15.2%)
74	PLUTA Gniewomir	483	UKS TRS SUSZ	M35	16	00:30:41	51	00:02:40	00:29:05	01:43:28	02:31:45	175	00:02:16	00:31:31	01:05:06	01:42:04	01:42:19	84	04:49:41.70	04:49:41.70	+00:44:19 (15.3%)
75	SULIMA Grzegorz	559		M25	4	00:31:10	62	00:03:27	00:28:31	01:42:41	02:31:26	172	00:02:38	00:31:41	01:06:05	01:41:03	01:41:20	72	04:50:01.60	04:50:01.60	+00:44:39 (15.4%)
76	SZRAJNER Piotr	495	TRIATHLON SERIES TEAM	M40	15	00:34:14	157	00:03:05	00:30:13	01:46:37	02:33:53	208	00:02:18	00:29:09	01:02:37	01:36:33	01:36:50	47	04:50:20.40	04:50:20.40	+00:44:58 (15.5%)
77	SWINARSKI Maciej	648	MOTOSYBERIA.COM	M35	17	00:37:28	292	00:02:31	00:25:17	01:34:02	02:18:55	33	00:02:19	00:32:25	01:09:48	01:48:59	01:49:17	151	04:50:30.65	04:50:30.65	+00:45:08 (15.5%)
78	KREMER Tomasz	603	KM SPORT IRT ZIELONA GÓRA	M35	18	00:32:35	98	00:02:33	00:26:26	01:37:01	02:24:06	72	00:02:56	00:33:53	01:10:39	01:48:07	01:48:22	136	04:50:32.55	04:50:32.55	+00:45:10 (15.5%)
79	RUMIŃSKI Radosław	313		M30	26	00:35:39	221	00:03:03	00:27:46	01:36:53	02:21:02	48	00:02:52	00:33:09	01:09:17	01:47:42	01:47:59	128	04:50:35.00	04:50:35.00	+00:45:13 (15.6%)
80	CHYŁEK Wojciech	375		M30	27	00:33:47	126	00:03:10	00:27:17	01:43:53	02:32:40	192	00:03:09	00:31:33	01:05:35	01:37:46	01:38:00	53	04:50:46.35	04:50:46.35	+00:45:24 (15.6%)
81	KWIECIEN Krystian	269	3FLOW TRIATHLON TEAM	M35	19	00:33:58	136	00:02:37	00:27:12	01:35:35	02:22:40	59	00:02:34	00:34:02	01:09:24	01:48:44	01:49:02	148	04:50:51.40	04:50:51.40	+00:45:29 (15.6%)
82	ŁYSKANOWSKI Marcin	655	AT TEAM	M35	20	00:34:44	168	00:02:35	00:28:25	01:41:45	02:29:25	140	00:02:36	00:31:23	01:07:02	01:41:55	01:42:09	83	04:51:29.35	04:51:29.35	+00:46:07 (15.8%)
83	SIECIŃSKI Emil	225	UKS TRS SUSZ	M25	5	00:40:07	395	00:02:50	00:27:36	01:41:15	02:29:56	151	00:02:33	00:30:26	01:01:39	01:35:49	01:36:10	46	04:51:36.15	04:51:36.15	+00:46:14 (15.9%)
84	BORCZYK Janisz	626	OLIMPIUS_PL	M25	6	00:32:57	107	00:02:36	00:25:55	01:35:56	02:24:46	84	00:03:18	00:35:58	01:10:58	01:48:09	01:48:24	137	04:52:01.75	04:52:01.75	+00:46:39 (16.0%)
85	SOBUCKI Jacek	517	UKS TRS SUSZ	M40	16	00:34:17	158	00:02:39	00:27:38	01:38:41	02:24:39	80	00:02:34	00:35:34	01:11:32	01:47:45	01:48:01	130	04:52:10.25	04:52:10.25	+00:46:48 (16.0%)
86	WACŁAWSKI Krzysztof	180	ORKAMASTERS IŁAWA	M50	3	00:33:30	121	00:03:21	00:26:30	01:36:54	02:24:48	85	00:03:01	00:33:41	01:11:34	01:47:28	01:47:45	125	04:52:25.30	04:52:25.30	+00:47:03 (16.1%)
87	PUCH Robert	339	LABOSPORT TEAM	M40	17	00:37:09	283	00:02:47	00:27:00	01:38:32	02:24:03	71	00:02:42	00:32:57	01:08:34	01:45:29	01:45:45	110	04:52:26.60	04:52:26.60	+00:47:04 (16.1%)
88	JĘDRYCHOWICZ Bartłomiej	408	TRICLUB	M30	28	5min 00:34:20	162	00:03:03	00:28:25	01:39:43	02:27:41	117	00:06:12	00:32:13	01:06:10	01:41:09	01:41:21	73	04:52:37.65	04:52:37.65	+00:47:15 (16.2%)
89	NITSCHKE Maciej	330	WOLSZTYŃSKI KLUB BIEGOWY	M40	18	00:35:25	193	00:03:05	00:27:17	01:37:45	02:23:24	64	00:03:02	00:32:18	01:13:20	01:47:50	01:48:05	132	04:53:01.60	04:53:01.60	+00:47:39 (16.3%)
90	KURYJ Marek	141	SIŁY POWIETRZNE	M35	21	00:30:21	44	00:02:26	00:31:10	01:52:31	02:43:40	337	00:02:37	00:29:33	01:01:35	01:33:45	01:34:02	33	04:53:06.35	04:53:06.35	+00:47:44 (16.3%)

						Pływanie			Rower				Bieg									
91	KEPKA Marcin	260	LABOSPORT/F3TEAM	M35	22	5min	00:34:47	172	00:02:33	00:26:44	01:34:25	02:17:42	24	00:05:08	00:33:54	01:12:14	01:52:52	01:53:10	186	04:53:20.30	04:53:20.30	+00:47:58 (16.4%)
92	MISZEWSKI Mateusz	303	COMPLEXSPORTS TRIATHLON TEAM	M25	7		00:35:18	187	00:03:15	00:28:38	01:41:41	02:30:39	164	00:02:15	00:31:52	01:06:31	01:41:48	01:42:03	81	04:53:30.85	04:53:30.85	+00:48:08 (16.4%)
93	KOSTKA Andrzej	254		M50	4	5min	00:37:12	285	00:03:11	00:27:32	01:38:16	02:24:33	77	00:07:12	00:30:42	01:05:14	01:41:09	01:41:28	75	04:53:36.65	04:53:36.65	+00:48:14 (16.4%)
94	MAZUR Paweł	131	AGROLOK SPORT TEAM/ UKS TRS SUSZ	M25	8		00:31:57	78	00:02:41	00:29:37	01:43:59	02:30:29	159	00:02:46	00:33:21	01:09:44	01:45:33	01:45:51	112	04:53:44.95	04:53:44.95	+00:48:23 (16.5%)
95	SOROKHAN Andrii	620	TRILEWY	M45	5		00:27:28	12	00:02:33	00:29:47	01:43:43	02:30:30	160	00:02:37	00:32:49	01:10:42	01:50:28	01:50:44	164	04:53:52.85	04:53:52.85	+00:48:30 (16.5%)
96	PAŁYSA Marek Negu	140	TRI NEGU	M40	19		00:38:29	325	00:03:23	00:27:32	01:40:34	02:28:02	120	00:02:59	00:32:17	01:06:44	01:40:51	01:41:04	68	04:53:57.20	04:53:57.20	+00:48:35 (16.5%)
97	KOZAKIEWICZ Ryszard	540	KUŹNIA TRIATHLONU	M40	20		00:36:56	271	00:03:24	00:27:36	01:38:22	02:25:08	89	00:03:17	00:33:52	01:09:02	01:45:02	01:45:20	108	04:54:05.55	04:54:05.55	+00:48:43 (16.6%)
98	BANACKI Sławek	218	AKADEMIA TRIATHLONU LABOSPORT	M40	21	5min	00:32:21	87	00:02:48	00:27:35	01:38:33	02:24:26	75	00:02:49	00:33:10	01:09:37	01:46:30	01:51:46	171	04:54:10.00	04:54:10.00	+00:48:48 (16.6%)
99	KOZAKIEWICZ Ireneusz	118		M35	23		00:37:44	302	00:02:54	00:27:27	01:38:15	02:26:30	108	00:02:57	00:31:31	01:07:04	01:44:12	01:44:31	102	04:54:36.00	04:54:36.00	+00:49:14 (16.7%)
100	CHOMIK Rafał	287	T2 TRIATHLON TEAM	M35	24		00:33:52	131	00:02:33	00:26:32	01:35:54	02:20:24	43	00:02:24	00:33:14	01:11:17	01:55:12	01:55:31	215	04:54:44.05	04:54:44.05	+00:49:22 (16.8%)
101	PIOTROWSKI Michał	227	LABOSPORT / AT TEAM	M45	6		00:38:41	331	00:02:48	00:27:56	01:41:29	02:29:44	146	00:02:59	00:31:49	01:05:36	01:40:41	01:40:57	67	04:55:09.95	04:55:09.95	+00:49:48 (16.9%)
102	KWIECIEŃ Arek	75	TERENOWO.PL	M40	22		00:37:47	303	00:03:36	00:27:18	01:40:18	02:26:56	111	00:03:22	00:33:15	01:08:42	01:43:23	01:43:37	93	04:55:18.15	04:55:18.15	+00:49:56 (16.9%)
103	WIŚNIEWSKI Michał	214	TRIATHLON TRÓJMIASTO	M35	25		00:35:25	195	00:03:33	00:28:31	01:42:46	02:29:22	138	00:02:34	00:33:32	01:08:24	01:44:09	01:44:27	99	04:55:21.15	04:55:21.15	+00:49:59 (16.9%)
104	GIERASIMCZYK Rafał	148	BIERNAT REHABILITACJA + SPORT	M18	6		00:30:42	52	00:02:31	00:30:26	01:47:10	02:38:05	274	00:02:26	00:32:26	01:06:42	01:41:23	01:41:39	77	04:55:23.10	04:55:23.10	+00:50:01 (16.9%)
105	SZABELSKA Ewelina	687	KUŹNIA TRIATHLONU	K30	4		00:34:36	167	00:02:13	00:26:17	01:38:46	02:27:23	115	00:02:24	00:33:49	01:12:21	01:48:32	01:48:48	145	04:55:24.25	04:55:24.25	+00:50:02 (16.9%)
106	KOZŁOWSKI Andrzej	39	TRIATHLON ONTARIO	M55	1		00:35:36	213	00:03:24	00:27:50	01:39:50	02:28:22	125	00:03:06	00:32:38	01:07:52	01:44:43	01:44:58	106	04:55:26.95	04:55:26.95	+00:50:05 (17.0%)
107	STUDNIAK Mateusz	449	GDYŃSKI TRIATHLON	M25	9	5min	00:32:28	91	00:02:47	00:28:07	01:42:25	02:33:06	199	00:03:04	00:33:13	01:08:27	01:43:50	01:44:04	96	04:55:29.55	04:55:29.55	+00:50:07 (17.0%)
108	SZCZĘSNA Małgorzata	699	COMPLEXSPORTS TRIATHLON TEAM/ TRI LADIES	K25	3		00:34:06	145	00:02:38	00:29:42	01:46:22	02:36:06	245	00:02:27	00:32:27	01:06:17	01:40:04	01:40:17	61	04:55:34.60	04:55:34.60	+00:50:12 (17.0%)
109	PISAREK Ewelina	715	CENTRUM REHABILITACJI SPORTOWEJ	K25	4		00:36:50	269	00:02:20	00:30:26	01:49:55	02:40:32	309	00:02:27	00:29:31	01:01:08	01:33:14	01:33:27	29	04:55:36.05	04:55:36.05	+00:50:14 (17.0%)
110	WILIŃSKI Tomasz	345	LABOSPORT TEAM	M40	23		00:35:50	242	00:02:42	00:27:37	01:40:15	02:27:01	113	00:02:22	00:32:01	01:08:57	01:47:35	01:47:51	127	04:55:46.20	04:55:46.20	+00:50:24 (17.0%)
111	SZYDŁOWSKI Marcin	198		M35	26		00:39:32	367	00:02:39	00:28:05	01:42:54	02:31:20	171	00:02:15	00:31:13	01:05:27	01:39:45	01:40:04	59	04:55:50.15	04:55:50.15	+00:50:28 (17.1%)
112	JONIO Tomasz	232	KUŹNIA TRIATHLONU	M35	27		00:34:44	169	00:03:01	00:27:31	01:38:48	02:23:59	69	00:03:05	00:34:10	01:12:00	01:50:45	01:51:03	167	04:55:52.25	04:55:52.25	+00:50:30 (17.1%)
113	URBAN Krzysztof	376	TRICLUB	M35	28		00:34:03	141	00:03:21	00:28:18	01:41:35	02:29:40	145	00:02:40	00:34:12	01:10:02	01:46:52	01:47:09	119	04:56:53.25	04:56:53.25	+00:51:31 (17.4%)
114	ZIĘBA Marcin	167	KUŹNIA TRIATHLONU	M35	29	5min	00:31:14	64	00:02:33	00:28:00	01:39:26	02:26:18	105	00:02:42	00:35:09	01:11:18	01:49:02	01:54:19	200	04:57:06.00	04:57:06.00	+00:51:44 (17.4%)
115	JARECKI Grzegorz	451	PROGRESS TRIATHLON TEAM	M18	7		00:33:03	111	00:02:57	00:28:53	01:43:00	02:31:29	173	00:02:15	00:33:19	01:08:55	01:47:47	01:48:01	129	04:57:45.95	04:57:45.95	+00:52:24 (17.6%)
116	KOPCEWICZ Tomasz	493		M30	29		00:35:34	209	00:03:29	00:27:49	01:39:54	02:28:22	126	00:02:47	00:33:18	01:10:23	01:47:34	01:47:48	126	04:58:00.60	04:58:00.60	+00:52:38 (17.7%)
117	CHMIELEWSKI Piotr	50	WARSAW MASTERS TEAM	M35	30		00:32:04	80	00:02:39	00:28:05	01:40:57	02:25:57	98	00:03:12	00:35:34	01:15:43	01:53:56	01:54:09	195	04:58:01.75	04:58:01.75	+00:52:39 (17.7%)
118	BOŻĘCKI Marcin	513	TRI UNIVERSE	M30	30		00:38:42	332	00:02:29	00:28:17	01:42:21	02:30:13	157	00:02:45	00:33:23	01:09:06	01:43:45	01:44:05	97	04:58:14.20	04:58:14.20	+00:52:52 (17.7%)
119	MAGIERŁO Bartosz	374	TGM	M45	7	5min	00:34:06	146	00:03:12	00:27:53	01:40:55	02:27:53	118	00:06:31	00:33:51	01:10:01	01:46:27	01:46:42	116	04:58:24.20	04:58:24.20	+00:53:02 (17.8%)
120	CIECIERSKI Michał	117		M35	31		00:35:49	241	00:03:35	00:27:24	01:40:20	02:28:02	121	00:03:02	00:35:38	01:12:21	01:47:51	01:48:09	133	04:58:37.70	04:58:37.70	+00:53:15 (17.8%)
121	STADNICZENKO Stanisław	644	TRICLUB	M30	31		00:32:45	104	00:02:17	00:27:40	01:37:55	02:24:39	81	00:02:28	00:35:40	01:15:16	01:56:15	01:56:33	229	04:58:42.10	04:58:42.10	+00:53:20 (17.9%)
122	BANACH Marcin	675	IRSUTO SQUADRA	M30	32		00:37:30	295	00:02:29	00:29:09	01:45:08	02:35:13	227	00:02:34	00:32:35	01:06:21	01:40:52	01:41:09	70	04:58:55.35	04:58:55.35	+00:53:33 (17.9%)
123	BULA Piotr	361		M40	24		00:39:48	382	00:03:46	00:25:47	01:34:16	02:18:33	27	00:03:05	00:35:21	01:13:44	01:53:27	01:53:48	193	04:59:00.35	04:59:00.35	+00:53:38 (17.9%)

							Pływanie		Rower				Bieg								
124	FURMAŃSKI Krzysztof	531	UKS TRS	M40	25	00:35:01	179	00:02:59	00:29:46	01:46:13	02:34:29	212	00:02:48	00:34:48	01:10:23	01:44:39	01:44:52	104	05:00:09.40	05:00:09.40	+00:54:47 (18.3%)
125	STARON Piotr	274		M35	32	00:35:57	246	00:04:07	00:28:10	01:44:00	02:32:23	186	00:02:56	00:32:49	01:08:12	01:44:28	01:44:47	103	05:00:10.00	05:00:10.00	+00:54:48 (18.3%)
126	GRZANECKI Rafał	442	PIER...NIEBIEGAM:)	M40	26	00:40:44	423	00:02:36	00:27:58	01:39:36	02:23:58	68	00:02:46	00:34:19	01:12:02	01:50:15	01:50:31	163	05:00:35.45	05:00:35.45	+00:55:13 (18.4%)
127	TOMASZEWSKI Jarosław	393	KS DELFIN	M40	27	00:39:04	344	00:03:26	00:28:04	01:41:42	02:30:35	161	00:03:26	00:34:16	01:10:06	01:44:15	01:44:30	101	05:01:01.30	05:01:01.30	+00:55:39 (18.5%)
128	GRZANKA Antoni	440		M60	1	00:39:36	369	00:03:44	00:28:19	01:43:03	02:31:14	170	00:02:30	00:31:53	01:07:10	01:43:43	01:44:01	95	05:01:05.05	05:01:05.05	+00:55:43 (18.5%)
129	WYGNAŃCZUK Michał	337	IZIPAK - SYSTEMY PAKOWANIA	M25	10	00:31:52	77	00:02:35	00:29:08	01:44:22	02:31:13	169	00:03:18	00:34:49	01:13:47	01:52:02	01:52:21	176	05:01:19.00	05:01:19.00	+00:55:57 (18.6%)
130	WIATROWSKI Krzysztof	98	TRIWIATRAKI / IRONTEAM3CITY	M35	33	00:37:29	294	00:02:42	00:29:38	01:47:59	02:37:48	266	00:02:26	00:30:43	01:06:11	01:40:45	01:41:07	69	05:01:32.70	05:01:32.70	+00:56:10 (18.6%)
131	KĘDZIOR Grzegorz	364		M35	34	00:34:23	163	00:03:41	00:27:37	01:37:35	02:22:14	57	00:02:26	00:35:34	01:16:15	01:58:34	01:58:54	259	05:01:38.55	05:01:38.55	+00:56:16 (18.7%)
132	KUHN Tomasz	351	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	28	00:37:49	304	00:03:26	00:28:22	01:43:42	02:32:22	185	00:03:23	00:30:30	01:08:56	01:44:45	01:45:03	107	05:02:03.05	05:02:03.05	+00:56:41 (18.8%)
133	SZULC Piotr	672	LABOSPORT TEAM	M40	29	00:34:17	159	00:04:00	00:29:51	01:47:00	02:37:49	267	00:03:13	00:33:23	01:08:40	01:42:36	01:42:52	90	05:02:11.75	05:02:11.75	+00:56:49 (18.8%)
134	WOLSKI Michał	60	WOLSCY BROTHERS TRIATHLON TEAM	M25	11	00:33:26	120	00:02:32	00:30:00	01:49:16	02:43:12	332	00:02:47	00:30:56	01:05:52	01:40:04	01:40:18	63	05:02:15.95	05:02:15.95	+00:56:54 (18.8%)
135	GOŁEMBIEWSKI Marek	277	MUKS PIĘTNASTKA/B4SPORT BYDGOSZCZ	M40	30	00:38:28	324	02:39:09			00:03:35	1							05:02:25.00	05:02:25.00	+00:57:03 (18.9%)
136	KORD Radosław	497	SU52TR14THLON	M30	33	00:32:36	100	00:02:17	00:26:42	01:34:48	02:18:50	32	00:02:38	00:35:08	01:19:53	02:05:54	02:06:13	337	05:02:34.45	05:02:34.45	+00:57:12 (18.9%)
137	GLĄB Andrzej	461	WANIEWSKI COACHING	M45	8	00:36:22	254	00:03:07	00:28:37	01:44:38	02:32:48	196	00:03:08	00:33:40	01:10:15	01:46:53	01:47:11	120	05:02:36.45	05:02:36.45	+00:57:14 (18.9%)
138	SIWIRSKI Robert	556	WTT	M40	31	00:37:05	280	00:02:50	00:33:08	01:46:03	02:33:42	206	00:02:36	00:32:49	01:08:47	01:46:19	01:46:36	115	05:02:49.55	05:02:49.55	+00:57:27 (19.0%)
139	ZRZELSKI Michał	143	SPORTEVO	M35	35	00:35:17	186	00:03:04	00:27:19	01:39:33	02:26:24	107	00:03:02	00:34:49	01:14:02	01:54:47	01:55:04	211	05:02:51.00	05:02:51.00	+00:57:29 (19.0%)
140	KAPUSTA Roksana	734		K30	5	00:35:28	200	00:02:34	00:29:46	01:47:22	02:39:56	300	00:02:25	00:32:32	01:07:41	01:42:16	01:42:34	86	05:02:57.10	05:02:57.10	+00:57:35 (19.0%)
141	PAWŁOWSKI Mariusz	452		M35	36	00:37:53	306	00:04:03	00:30:39	01:45:29	02:34:46	215	00:03:34	00:33:43	01:08:00	01:42:38	01:42:54	91	05:03:10.70	05:03:10.70	+00:57:48 (19.1%)
142	LITWINIUK Krzysztof	300	TRI NEGU	M35	37	00:33:02	110	00:03:01	00:28:00	01:41:16	02:28:56	132	00:02:48	00:36:07	01:14:59	01:55:17	01:55:36	217	05:03:23.75	05:03:23.75	+00:58:01 (19.1%)
143	PUNPUR Krzysztof	229	NET SYSTEM TRIATHLON TEAM	M30	34	00:34:34	166	00:03:07	00:27:50	01:41:38	02:32:10	181	00:02:59	00:33:34	01:11:39	01:50:23	01:50:45	166	05:03:35.70	05:03:35.70	+00:58:13 (19.2%)
144	KLEKOWIECKI Marcin	111		M35	38	00:31:50	76	00:03:35	00:28:30	01:43:20	02:31:49	177	00:02:49	00:32:40	01:13:16	01:53:24	01:53:39	191	05:03:42.75	05:03:42.75	+00:58:20 (19.2%)
145	WITKOWSKI Damian	290	KS KROTOSZ	M35	39	00:37:10	284	00:04:00	00:30:21	01:44:44	02:33:09	201	00:03:02	00:35:59	01:11:11	01:46:14	01:46:31	114	05:03:52.10	05:03:52.10	+00:58:30 (19.3%)
146	CHUDEWNIAK Tomasz	199		M25	12	00:32:39	102	00:03:05	00:29:20	01:44:22	02:33:17	202	00:02:57	00:33:09	01:12:28	01:51:36	01:51:56	172	05:03:54.50	05:03:54.50	+00:58:32 (19.3%)
147	SZAPIEL Andrzej	609	ALE	M25	13	00:33:02	109	00:03:39	00:29:54	01:43:30	02:31:57	178	00:02:27	00:35:30	01:13:38	01:52:33	01:52:51	183	05:03:56.25	05:03:56.25	+00:58:34 (19.3%)
148	DANIELEWSKI Michał	201	PMCG PIASECZNO	M45	9	00:35:30	203	00:04:21	00:27:49	01:39:57	02:28:07	123	00:03:32	00:34:17	01:12:41	01:52:12	01:52:29	178	05:03:59.80	05:03:59.80	+00:58:37 (19.3%)
149	MAGUN Krzysztof	502	DRUŻYNA BLONDYNA	M25	14	00:40:36	417	00:04:39	00:28:55	01:45:15	02:34:52	219	00:04:16	00:30:56	01:03:49	01:39:22	01:39:40	56	05:04:03.90	05:04:03.90	+00:58:42 (19.3%)
150	ZARZYCKI Piotr	212	TRINERGY	M30	35	00:36:42	264	00:03:17	00:28:16	01:42:07	02:30:04	152	00:03:38	00:34:15	01:12:08	01:50:09	01:50:28	162	05:04:09.55	05:04:09.55	+00:58:47 (19.3%)
151	MAŁEK Piotr	334		M35	40	00:37:04	279	00:05:54	00:28:19	01:41:10	02:27:55	119	00:04:42	00:34:56	01:12:02	01:48:27	01:48:42	143	05:04:17.60	05:04:17.60	+00:58:55 (19.4%)
152	KUBASIAK Krzysztof	453	KT WATER KNIGHTS	M40	32	00:40:58	430	00:02:54	00:28:54	01:40:56	02:28:17	124	00:03:19	00:34:32	01:11:50	01:48:51	01:49:03	149	05:04:31.60	05:04:31.60	+00:59:09 (19.4%)
153	PRZEŹDZIĘK Adam	52	T2 TRIATHLON TEAM	M30	36	00:31:23	67	00:02:40	00:28:43	01:41:43	02:30:49	165	00:02:43	00:36:03	01:16:22	01:56:53	01:57:19	235	05:04:54.20	05:04:54.20	+00:59:32 (19.5%)
154	HUDZIEC Sebastian	660	HRMAX ZORY	M35	41	00:34:05	143	00:03:02	00:30:11	01:41:51	02:34:42	214	00:02:47	00:34:31	01:13:29	01:50:05	01:50:19	158	05:04:55.75	05:04:55.75	+00:59:33 (19.5%)
155	SOBECKI Filip	577	KS IRONMAN SZCZECIN	M40	33	00:33:47	127	00:02:19	00:29:40	01:44:21	02:35:03	222	00:03:26	00:34:31	01:11:16	01:50:01	01:50:22	161	05:04:57.45	05:04:57.45	+00:59:35 (19.5%)
156	RYABTSEV Volodymyr	619	TRILEWY	M50	5	5min 00:34:32	165	00:02:41	00:26:53	01:38:25	02:24:23	74	00:07:13	00:35:54	01:15:05	01:55:51	01:56:11	222	05:05:00.40	05:05:00.40	+00:59:38 (19.6%)

						Pływanie		Rower				Bieg										
157	BUSZAN Radek	14	ACTIVE DELL	M35	42	00:29:13	29	00:02:13	00:29:04	01:41:21	02:29:35	142	00:03:12	00:34:14	01:16:50	02:00:42	02:01:03	279	05:05:16.00	05:05:16.00	+00:59:54 (19.6%)	
158	KOSMAŁA Michał	604	LABOSPORT/ EKSTREMALNI	M35	43	00:33:08	113	00:02:56	00:29:03	01:43:08	02:32:28	187	00:02:34	00:36:17	01:14:06	01:53:48	01:54:12	198	05:05:18.90	05:05:18.90	+00:59:57 (19.6%)	
159	PYKA Marek	429	CHOP ZE ŻELAZA TRI TEAM	M35	44	00:41:10	436	00:02:37	00:27:03	01:37:34	02:24:37	78	00:02:38	00:34:23	01:13:42	01:54:17	01:54:35	205	05:05:37.35	05:05:37.35	+01:00:15 (19.7%)	
160	GOC Wojciech	185		M45	10	00:39:32	368	00:03:39	00:27:24	01:41:05	02:32:03	179	00:02:57	00:34:34	01:11:06	01:47:15	01:47:32	123	05:05:43.75	05:05:43.75	+01:00:21 (19.7%)	
161	MAJEWSKI Marek	544	KUŹNIA TRIATHLONU	M40	34	00:40:42	420	00:03:40	00:29:50	01:46:56	02:38:12	276	00:03:06	00:32:13	01:05:58	01:40:13	01:40:25	64	05:06:05.00	05:06:05.00	+01:00:43 (19.8%)	
162	KUSKOWSKI Marek	650	LABOSPORTTEAM	M35	45	00:40:02	391	00:02:54	00:30:21	01:44:13	02:32:46	195	00:02:58	00:32:55	01:07:54	01:47:19	01:47:34	124	05:06:14.05	05:06:14.05	+01:00:52 (19.9%)	
163	AUGUSTYNIAK Mariusz	591	UKS TRS SUSZ	M40	35	00:38:45	337	00:03:25	01:43:42		02:32:38	190	00:02:39	00:34:55	01:11:48	01:48:33	01:48:48	144	05:06:15.20	05:06:15.20	+01:00:53 (19.9%)	
164	WILANDT Konrad	468	GDYŃSKI TRIATHLON	M30	37	5min	00:34:00	139	00:02:22	00:26:47	01:36:06	02:24:12	73	00:07:10	00:31:36	01:07:49	01:53:16	01:58:35	254	05:06:19.00	05:06:19.00	+01:00:57 (19.9%)
165	MICHAŁOWSKI Marcin	247	SZCZECIŃSKI KLUB ROWEROWY GRYFUS	M35	46	00:34:18	160	00:03:28	00:27:40	01:40:17	02:29:16	135	00:02:27	00:38:09	01:17:38	01:56:35	01:56:52	231	05:06:21.40	05:06:21.40	+01:00:59 (19.9%)	
166	PIASECKI Paweł	611		M50	6	00:35:35	212	00:03:16	00:27:40	01:39:32	02:26:09	101	00:03:11	00:37:26	01:18:21	01:58:09	01:58:26	249	05:06:37.55	05:06:37.55	+01:01:15 (20.0%)	
167	GNIOT Jacek	426	WOJSKOWE ZAKŁADY UZBROJENIA S.A.	M45	11	00:42:54	479	00:02:20	00:27:51	01:38:52	02:26:06	99	00:03:38	00:33:38	01:11:20	01:51:47	01:52:00	174	05:06:58.60	05:06:58.60	+01:01:36 (20.1%)	
168	IGIELSKI Armin	278	TANCIA TEAM	M40	36	00:31:25	70	00:02:53	00:28:29	01:39:22	02:26:14	102	00:02:28	00:34:24	01:14:53	02:03:42	02:04:03	313	05:07:03.00	05:07:03.00	+01:01:41 (20.1%)	
169	BIRECKI Jakub	562	JOJO TEAM TRIATHLON	M25	15	5min	00:34:07	148	00:02:56	00:25:58	01:35:20	02:22:09	55	00:02:49	00:37:51	01:21:08	02:00:02	02:05:21	328	05:07:22.00	05:07:22.00	+01:02:00 (20.2%)
170	WOLSKI Marcin	216	WOLSCY BROTHERS TRIATHLON TEAM	M25	16	00:35:03	180	00:03:10	00:30:37	01:50:49	02:44:56	344	00:02:26	00:33:39	01:08:35	01:41:51	01:42:06	82	05:07:41.45	05:07:41.45	+01:02:19 (20.3%)	
171	GOŁAWSKI Krzysztof	654	KUŹNIA TRIATHLONU	M30	38	00:41:07	434	00:03:25	00:26:28	01:36:50	02:23:14	63	00:03:06	00:34:41	01:14:24	01:56:57	01:57:13	234	05:08:05.65	05:08:05.65	+01:02:43 (20.4%)	
172	STĘPIEŃ Bartłomiej	464	ABSOLUTE BIKES TEAM/SUPER WTP PRUSZKÓW	M30	39	00:40:02	392	00:03:33	00:29:43	01:46:23	02:36:08	246	00:02:20	00:32:32	01:07:52	01:45:47	01:46:05	113	05:08:08.50	05:08:08.50	+01:02:46 (20.4%)	
173	SURDYN Damian	109		M40	37	00:37:36	298	00:03:01	00:28:53	01:43:16	02:32:35	188	00:02:58	00:35:39	01:12:36	01:51:42	01:52:00	173	05:08:10.80	05:08:10.80	+01:02:48 (20.4%)	
174	ŚLIWKA Piotr	358	SPORTEVO	M35	47	00:38:04	311	00:02:37	00:28:45	01:42:53	02:30:50	166	00:03:17	00:36:50	01:14:17	01:53:20	01:53:35	190	05:08:23.75	05:08:23.75	+01:03:01 (20.4%)	
175	ZAWISTOWSKI Piotr	55	PROGRESS TRIATHLON TEAM	M30	40	00:35:44	231	00:05:19	00:29:10	01:45:22	02:34:46	216	00:03:59	00:35:29	01:12:31	01:48:22	01:48:39	142	05:08:27.30	05:08:27.30	+01:03:05 (20.5%)	
176	PETROV Dmytro	637	TRI LEVY	M30	41	00:36:22	253	00:04:22	00:26:13	01:34:53	02:19:02	34	00:03:41	00:37:11	01:19:44	02:04:51	02:05:10	324	05:08:37.35	05:08:37.35	+01:03:15 (20.5%)	
177	PATALON Piotr	97	ORKAMASTERS ŁAWA	M45	12	00:36:33	260	00:02:53	00:28:17	01:43:08	02:33:36	204	00:02:46	00:36:43	01:14:37	01:53:15	01:53:31	189	05:09:19.60	05:09:19.60	+01:03:57 (20.7%)	
178	WITKOWSKI Paweł	469		M35	48	00:37:42	300	00:03:26	00:27:23	01:41:45	02:29:25	139	00:03:18	00:34:50	01:13:56	01:55:15	01:55:36	216	05:09:27.65	05:09:27.65	+01:04:05 (20.7%)	
179	JASKOWSKA Bożena	688	SMASHING PAPKINS	K35	1	00:35:26	198	00:02:26	00:28:15	01:43:23	02:32:38	189	00:02:39	00:36:34	01:16:01	01:56:02	01:56:22	224	05:09:31.95	05:09:31.95	+01:04:10 (20.7%)	
180	KRUPIŃSKI Mateusz	369		M30	42	00:37:17	287	00:03:16	00:29:09	01:43:41	02:33:19	203	00:02:46	00:34:58	01:14:20	01:52:48	01:53:03	185	05:09:41.90	05:09:41.90	+01:04:20 (20.8%)	
181	FOREMSKI Sławomir	129	TORUŃSKI KLUB TRIATHLONOWY	M45	13	00:39:45	379	00:03:50	00:29:14		02:33:02	198	00:03:06	00:36:40	01:14:13	01:49:54	01:50:11	156	05:09:54.75	05:09:54.75	+01:04:32 (20.8%)	
182	BAK Seweryn	515	TRI-UNIVERSE	M30	43	00:38:51	340	00:03:02	00:29:17	01:45:16	02:36:05	243	00:03:03	00:35:46	01:12:26	01:49:10	01:49:27	152	05:10:28.15	05:10:28.15	+01:05:06 (21.0%)	
183	RAJCZYBA Adam	280		M18	8	00:39:53	386	00:03:05	00:31:15	01:51:33	02:48:05	382	00:02:33	00:31:36	01:04:05	01:36:40	01:36:52	48	05:10:28.50	05:10:28.50	+01:05:06 (21.0%)	
184	GOC-KOZAKIEWICZ Marta	694		K40	1	00:34:54	176	00:02:32	00:30:37	01:50:07	02:42:11	325	00:02:30	00:34:36	01:11:30	01:48:21	01:48:36	141	05:10:43.90	05:10:43.90	+01:05:22 (21.0%)	
185	POMORSKA Joanna	733		K35	2	00:38:30	326	00:02:57	00:30:44	01:51:20	02:43:41	338	00:02:20	00:32:15	01:07:06	01:43:31	01:43:44	94	05:11:12.75	05:11:12.75	+01:05:50 (21.2%)	
186	ROSIŃSKI Przemysław	612	B4SPORT	M35	49	00:35:25	194	00:02:43	00:28:00	01:40:47	02:28:51	131	00:02:40	00:36:19	01:22:01	02:01:26	02:01:43	288	05:11:22.45	05:11:22.45	+01:06:00 (21.2%)	
187	JESION Ireneusz	241		M45	14	00:36:04	248	00:03:28	00:28:18	01:44:27	02:32:14	183	00:03:17	00:38:29	01:18:39	01:56:14	01:56:30	228	05:11:33.35	05:11:33.35	+01:06:11 (21.2%)	
188	BRZOZOWSKI Czarek	191	KUŹNIA TRIATHLONU	M50	7	00:36:57	273	00:03:28	00:29:18	01:45:58	02:35:44	240	00:02:53	00:34:33	01:12:40	01:52:28	01:52:45	181	05:11:47.45	05:11:47.45	+01:06:25 (21.3%)	
189	BEBELSKI Rafał	84	KUŹNIA TRIATHLONU	M35	50	00:30:58	58	00:02:43	00:30:10	01:49:38	02:41:53	321	00:02:35	00:34:54	01:12:18	01:53:55	01:54:11	196	05:12:20.50	05:12:20.50	+01:06:58 (21.4%)	

					Pływanie			Rower				Bieg									
223	LIS Paweł	237	COMPLEXSPORTS	M35	62	00:30:49	56	00:03:28	00:31:17	01:50:12	02:41:19	315	00:03:31	00:35:01	01:15:01	01:57:58	01:58:19	248	05:17:26.20	05:17:26.20	+01:12:04 (22.7%)
224	SŁODKI Maciej	491	PTT DELTA	M40	45	00:39:12	351	00:03:30	00:29:52	01:48:13	02:39:06	289	00:03:21	00:36:20	01:14:25	01:52:20	01:52:38	180	05:17:47.65	05:17:47.65	+01:12:25 (22.8%)
225	MOJSIEWICZ Sławomir	388	STIRW-CKRW	M40	46	00:35:40	224	00:03:06	00:31:10	01:50:21	02:41:02	312	00:02:50	00:35:43	01:15:11	01:55:01	01:55:15	212	05:17:53.95	05:17:53.95	+01:12:32 (22.8%)
226	STAWIARZ Paweł	335		M40	47	00:32:46	105	00:03:25	00:29:43	01:43:53	02:32:43	194	00:03:09	00:38:35	01:22:27	02:05:39	02:05:57	336	05:18:00.10	05:18:00.10	+01:12:38 (22.8%)
227	SOBAŃSKA Izabela	696		K18	1	00:39:24	358	00:02:45	00:29:23	01:46:55	02:37:29	261	00:02:54	00:36:14	01:15:03	01:55:34	01:55:50	221	05:18:22.50	05:18:22.50	+01:13:00 (22.9%)
228	BIELARSKI Karol	184	TRINERGY TEAM	M30	50	00:39:40	371	00:03:22	00:27:36	01:39:47	02:27:21	114	00:03:03	00:39:51	01:21:53	02:04:40	02:04:57	322	05:18:23.00	05:18:23.00	+01:13:01 (22.9%)
229	GUTOWSKI Paweł	532	UKS TRS SUSZ	M35	63	00:35:43	227	00:03:09	00:32:03	01:52:34	02:43:27	336	00:03:04	00:36:17	01:14:56	01:52:55	01:53:11	187	05:18:34.90	05:18:34.90	+01:13:13 (23.0%)
230	JEDRZEJCZYK Piotr	186		M40	48	00:43:44	500	00:03:47	00:30:53	01:51:24	02:45:02	345	00:03:38	00:33:03	01:07:09	01:42:28	01:42:45	88	05:18:56.15	05:18:56.15	+01:13:34 (23.1%)
231	SZAŁKOWSKI Tomasz	610	KST IRONMAN KWIDZYN	M40	49	00:35:44	230	00:02:42	00:27:35	01:38:54	02:25:19	90	00:03:40	00:40:12	01:25:28	02:11:24	02:11:43	395	05:19:08.35	05:19:08.35	+01:13:46 (23.1%)
232	DEREWECKI Jarek	224	TRIATHLON TRÓJMIASTO	M40	50	00:38:48	339	00:03:12	00:30:30	01:47:06	02:39:50	298	00:03:07	00:35:15	01:15:14	01:54:02	01:54:23	201	05:19:20.55	05:19:20.55	+01:13:58 (23.2%)
233	MIKA Jakub	342		M30	51	00:33:24	119	00:02:43	00:27:45	01:39:53	02:27:33	116	00:03:16	00:39:35	01:24:40	02:12:18	02:12:35	399	05:19:31.10	05:19:31.10	+01:14:09 (23.2%)
234	SKUPIEŃ Konrad	226		M40	51	00:39:52	384	00:03:32	00:29:24	01:44:00	02:32:21	184	00:02:53	00:33:04	01:12:56	02:00:45	02:01:03	280	05:19:41.60	05:19:41.60	+01:14:19 (23.2%)
235	WOLSKI Dariusz	126	KLUB SPORTOWY CELIRONMAN S.A.	M45	17	00:35:42	225	00:03:23	00:28:50	01:45:47	02:35:07	224	00:02:44	00:39:26	01:21:38	02:02:32	02:02:52	298	05:19:48.25	05:19:48.25	+01:14:26 (23.3%)
236	KOWALSKI Grzegorz	147	PMCG PIASECZNO	M45	18	00:44:36	515	00:04:52	00:31:01	01:52:49	02:45:24	351	00:03:36	00:32:53	01:07:13	01:41:07	01:41:24	74	05:19:52.65	05:19:52.65	+01:14:30 (23.3%)
237	LEJMAN Adam	546		M45	19	00:35:23	191	00:03:05	00:29:26	01:45:42	02:34:50	218	00:02:57	00:38:43	01:22:53	02:03:53	02:04:09	314	05:20:24.95	05:20:24.95	+01:15:03 (23.4%)
238	KOZAKOWSKI Wiktor	595	TRINERGY / AIRBIKE	M35	64	00:39:17	354	00:02:39	00:27:03	01:41:01	02:28:37	127	00:02:47	00:39:04	01:24:59	02:06:57	02:07:13	350	05:20:33.70	05:20:33.70	+01:15:11 (23.5%)
239	LOSINSKI Daniel	487	DAFTRACING	M30	52	00:41:59	457	00:02:49	00:28:50	01:43:58	02:34:56	221	00:02:44	00:36:17	01:16:39	01:58:42	01:58:54	260	05:21:22.65	05:21:22.65	+01:16:00 (23.7%)
240	FILBRANDT Wojciech	152	SPORTEVO	M35	65	00:42:49	477	00:03:13	00:30:19	01:49:57	02:44:08	342	00:04:12	00:32:43	01:08:08	01:47:08	01:47:28	122	05:21:50.05	05:21:50.05	+01:16:28 (23.8%)
241	PERGOŁ Bogusław	33		M40	52	00:32:30	94	00:03:28	00:33:49	01:50:23	02:39:44	297	00:02:55	00:37:26	01:20:28	02:03:01	02:03:19	305	05:21:56.05	05:21:56.05	+01:16:34 (23.8%)
242	CISOWSKI Artur	676	TRIWAWA	M35	66	00:36:30	258	00:03:29	00:28:33	01:45:04	02:36:41	254	00:02:55	00:38:04	01:19:19	02:02:07	02:02:29	293	05:22:04.20	05:22:04.20	+01:16:42 (23.8%)
243	KUDYK Jan	419	ORKA MASTERS IŁAWA	M45	20	00:38:38	330	00:03:23	00:28:16	01:42:10	02:29:52	150	00:03:12	00:41:56	01:25:18	02:06:51	02:07:08	348	05:22:13.75	05:22:13.75	+01:16:51 (23.9%)
244	DWORAK Paweł	657	NON IRON	M40	53	00:35:42	226	00:03:07	00:29:13	01:45:26	02:35:14	228	00:02:59	00:36:03	01:20:39	02:04:42	02:05:19	327	05:22:21.75	05:22:21.75	+01:16:59 (23.9%)
245	KRASUSKI Andrzej	416	TRINERGY	M55	4	00:39:06	346	00:03:55	00:28:26	01:45:25	02:34:54	220	00:03:28	00:37:34	01:19:05	02:00:51	02:01:11	281	05:22:34.80	05:22:34.80	+01:17:12 (23.9%)
246	MINUTH Łukasz	53	LOTOS RUNNING TEAM	M30	53	00:33:13	114	00:03:26	00:28:51	01:44:34	02:34:12	210	00:02:35	00:37:00	01:22:12	02:09:12	02:09:27	372	05:22:53.40	05:22:53.40	+01:17:31 (24.0%)
247	GAWROŃSKI Roman	667		M35	67	00:35:32	207	00:03:28	00:29:13	01:46:04	02:36:44	255	00:04:28	00:39:41	01:22:56	02:02:32	02:02:46	296	05:22:58.45	05:22:58.45	+01:17:36 (24.0%)
248	LEMKE Krzysztof	446	GDYŃSKI TRIATHLON	M35	68	00:37:20	289	00:02:34	00:27:00	01:38:31	02:26:07	100	00:06:42	00:40:12	01:25:48	02:09:58	02:10:16	381	05:22:59.55	05:22:59.55	+01:17:37 (24.0%)
249	JARMOSZ Maciej	680	DANONE	M30	54	00:38:45	336	00:03:07	00:28:15	01:41:03	02:28:42	129	00:03:48	00:39:27	01:22:53	02:08:21	02:08:42	364	05:23:04.05	05:23:04.05	+01:17:42 (24.1%)
250	GOŹDZIEWICZ Paweł	82	BIEGAMYRAZEM.PL	M35	69	00:44:37	516	00:03:29	00:28:14	01:41:55	02:30:13	156	00:03:08	00:40:30	01:22:36	02:01:24	02:01:42	286	05:23:09.25	05:23:09.25	+01:17:47 (24.1%)
251	NOGA Jarosław	580	LABOSPORT	M30	55	00:37:44	301	00:02:28	00:27:30	01:38:28	02:25:27	93	00:03:00	00:39:22	01:29:22	02:14:14	02:14:30	412	05:23:09.85	05:23:09.85	+01:17:47 (24.1%)
252	SKURZAK Michał	73		M40	54	00:41:27	446	00:03:43	00:28:33	01:45:43	02:35:43	239	00:04:00	00:37:29	01:17:50	01:58:16	01:58:35	253	05:23:28.50	05:23:28.50	+01:18:06 (24.1%)
253	WOJDYŁA Michał	105	TRICLUB	M35	70	00:34:25	164	00:02:51	00:29:48	01:47:31	02:40:51	310	00:04:07	00:38:44	01:21:23	02:01:00	02:01:17	283	05:23:31.35	05:23:31.35	+01:18:09 (24.2%)
254	KOŁODZIEJ Sebastian	553		M35	71	00:33:52	132	00:02:28	00:28:19	01:41:54	02:28:46	130	00:03:06	00:39:29	01:27:45	02:15:22	02:15:41	422	05:23:53.35	05:23:53.35	+01:18:31 (24.2%)
255	FILIPOWSKI Zdzisław	678	KLUB SPORTOWY CELIRONMAN S.A.	M45	21	00:35:27	199	00:03:09	00:29:34	01:51:30	02:44:40	343	00:03:02	00:37:44	01:17:42	01:57:23	01:57:41	240	05:23:59.85	05:23:59.85	+01:18:37 (24.3%)

				Pływanie		Rower				Bieg											
256	LISIUS Tomasz	363		M50	8	00:40:36	418	00:03:42	00:29:50	01:48:33	02:40:59	311	00:03:11	00:36:13	01:16:04	01:55:23	01:55:38	218	05:24:06.75	05:24:06.75	+01:18:44 (24.3%)
257	ZAJĄCZKOWSKI Grzegorz	251		M50	9	00:37:28	293	00:03:38	00:29:12	01:46:13	02:36:18	249	00:03:59	00:39:33	01:20:41	02:02:32	02:02:59	299	05:24:22.70	05:24:22.70	+01:19:00 (24.4%)
258	KIMBER Radosław	418		M35	72	00:42:47	476	00:02:44	00:29:20	01:46:35	02:39:02	287	00:02:54	00:36:21	01:17:30	01:56:54	01:57:11	233	05:24:38.20	05:24:38.20	+01:19:16 (24.4%)
259	MÓWIŃSKI Filip	643		M18	9	00:36:26	256	00:03:23	00:29:20	01:46:23	02:36:29	251	00:02:42	00:37:17	01:20:20	02:05:19	02:05:39	333	05:24:39.35	05:24:39.35	+01:19:17 (24.4%)
260	MIERZEJEWSKA Dobrochna	697	TRINERGY	K30	6	00:33:59	137	00:02:25	00:31:47	01:55:05	02:50:00	404	00:02:50	00:36:10	01:16:07	01:55:27	01:55:46	220	05:25:00.20	05:25:00.20	+01:19:38 (24.5%)
261	KLOMFAS Miron Lech	649	TRI SPACE	M40	55	00:38:27	322	00:02:29	00:29:52	01:47:37	02:38:54	285	00:02:41	00:37:26	01:22:44	02:02:23	02:02:40	294	05:25:11.20	05:25:11.20	+01:19:49 (24.5%)
262	HINZ Marcin	250	IRONFACTORY.PL	M30	56	00:43:35	496	00:03:24	00:30:09	01:49:49	02:40:30	308	00:02:27	00:35:30	01:15:28	01:55:07	01:55:24	214	05:25:20.80	05:25:20.80	+01:19:58 (24.6%)
263	SADOWSKI Piotr	85	PMCG PIASECZNO	M45	22	00:38:21	319	00:04:36	00:30:00	01:48:16	02:37:45	265	00:03:40	00:37:57	01:20:07	02:01:07	02:01:27	284	05:25:49.70	05:25:49.70	+01:20:27 (24.7%)
264	FRIEDRICH Arek	360	TRI NEGU	M35	73	00:38:44	334	00:03:38	00:27:57	01:39:33	02:25:36	95	00:03:28	00:43:06	01:29:19	02:14:19	02:14:37	413	05:26:03.00	05:26:03.00	+01:20:41 (24.7%)
265	SZUL Daniel	523	UKS-TRS SUSZ	M30	57	00:37:20	290	00:02:57	00:27:28	01:38:44	02:29:14	134	00:03:04	00:51:27	01:32:18	02:13:18	02:13:34	407	05:26:09.55	05:26:09.55	+01:20:47 (24.8%)
266	ŻURAD Łukasz	631	EUCO TEAM	M30	58	00:45:12	523	00:03:51	00:29:57	01:47:39	02:38:07	275	00:02:19	00:31:36	01:10:28	01:56:31	01:56:49	230	05:26:18.80	05:26:18.80	+01:20:56 (24.8%)
267	TRAPP Michał	428		M35	74	00:36:59	274	00:04:00	00:31:21	01:51:54	02:46:09	356	00:03:01	00:35:05	01:14:32	01:56:07	01:56:26	226	05:26:35.40	05:26:35.40	+01:21:13 (24.9%)
268	SIEROCKI Paweł	448	KP PSP SZTUM	M30	59	00:46:38	541	00:03:38	00:30:03	01:48:20	02:40:25	305	00:03:08	00:33:29	01:11:46	01:52:34	01:52:53	184	05:26:42.85	05:26:42.85	+01:21:20 (24.9%)
269	ZADROŻNY Zbigniew	404	ATP AUGUSTÓW	M45	23	00:37:31	297	00:03:33	00:29:42	01:46:30	02:37:04	259	00:02:53	00:40:12	01:24:40	02:05:25	02:05:44	334	05:26:45.65	05:26:45.65	+01:21:23 (24.9%)
270	BŁĄŻEJCZYK Jack	127		M40	56	00:40:09	396	00:05:34	00:32:03	01:55:22	02:48:42	388	00:03:59	00:32:20	01:07:42	01:48:13	01:48:34	140	05:26:58.75	05:26:58.75	+01:21:36 (25.0%)
271	ŚWIĄTEK Jarosław	623	SIDORTEAM	M45	24	00:34:02	140	00:02:54	00:28:19	01:41:31	02:29:22	137	00:03:28	00:41:02	01:27:40	02:16:58	02:17:15	432	05:27:01.20	05:27:01.20	+01:21:39 (25.0%)
272	DALEWSKI Alek	125		M30	60	00:40:31	415	00:04:20	00:29:52	01:49:00	02:42:59	329	00:03:12	00:33:14	01:15:22	01:55:58	01:56:16	223	05:27:18.85	05:27:18.85	+01:21:56 (25.0%)
273	MACIEJEWSKI Karol	92	PRO RUN WROCŁAW	M30	61	00:39:28	362	00:02:47	00:27:49	01:41:40	02:29:37	143	00:02:53	00:40:30	01:26:09	02:12:19	02:12:35	400	05:27:20.10	05:27:20.10	+01:21:58 (25.0%)
274	DĘBIEC Ewa	722	COMPLEXSPORTS	K30	7	00:39:44	377	00:03:21	00:30:45	01:49:53	02:43:17	333	00:02:52	00:35:26	01:15:44	01:58:21	01:58:37	255	05:27:51.60	05:27:51.60	+01:22:29 (25.2%)
275	WARMOWSKI Seweryn	573	F3TEAM	M30	62	00:40:52	429	00:03:59	00:28:48	01:43:21	02:33:06	200	00:03:06	00:38:48	01:22:15	02:06:37	02:06:56	346	05:27:59.00	05:27:59.00	+01:22:37 (25.2%)
276	PAWIŃSKI Maciej	257	KLUB SPORTOWY CELIRONMAN S.A.	M30	63	00:35:25	196	00:04:00	00:29:54	01:48:01	02:38:02	273	00:03:41	00:38:42	01:22:10	02:06:31	02:06:51	345	05:27:59.10	05:27:59.10	+01:22:37 (25.2%)
277	CELMER Piotr	398	TRIWAWA	M40	57	00:42:11	460	00:03:39	00:31:40	01:53:07	02:46:51	365	00:03:46	00:34:44	01:13:24	01:51:23	01:51:43	170	05:28:10.65	05:28:10.65	+01:22:48 (25.2%)
278	SIEMIANOWSKI Sławek	518	UKS TRS SUSZ	M40	58	00:34:09	151	00:03:21	00:30:21	01:49:13	02:42:24	327	00:03:19	00:39:30	01:21:41	02:04:59	02:05:26	329	05:28:39.70	05:28:39.70	+01:23:17 (25.3%)
279	GÓRSKI Wojciech	520	TRS SUSZ	M35	75	00:40:28	414	00:02:48	00:29:53	01:49:37	02:41:27	316	00:03:01	00:37:27	01:17:55	02:00:28	02:00:56	278	05:28:40.25	05:28:40.25	+01:23:18 (25.3%)
280	CHYŁKOWSKI Marcin	565	CYTRINOWI BIEGACZE	M40	59	00:40:25	413	00:02:19	00:31:30	01:53:17	02:45:17	347	00:02:46	00:35:26	01:15:45	01:57:40	01:57:55	242	05:28:42.90	05:28:42.90	+01:23:21 (25.4%)
281	WILK Cezary	488		M30	64	00:43:36	497	00:03:55	00:31:50	01:53:47	02:47:44	377	00:03:12	00:32:36	01:10:04	01:49:55	01:50:21	160	05:28:48.05	05:28:48.05	+01:23:26 (25.4%)
282	RYBAK Przemysław	153	PUŁAWSKA GRUPA TRIATHLONOWA	M30	65	00:41:46	454	00:03:40	00:29:13	01:46:28	02:39:37	295	00:05:10	00:38:00	01:18:38	01:58:34	01:58:46	258	05:28:59.25	05:28:59.25	+01:23:37 (25.4%)
283	KULA Damian	194	AT TEAM	M35	76	00:40:51	428	00:03:08	00:31:19	01:53:32	02:46:59	368	00:03:23	00:35:58	01:14:13	01:54:21	01:54:40	207	05:29:01.15	05:29:01.15	+01:23:39 (25.4%)
284	KAŁUŻA Radosław	551		M25	21	00:31:25	69	00:03:59	00:31:29	01:53:03	02:46:32	362	00:03:23	00:38:15	01:20:52	02:03:28	02:03:47	310	05:29:06.65	05:29:06.65	+01:23:44 (25.4%)
285	WOŹNIAK Arkadiusz	508		M40	60	00:39:41	372	00:03:51	00:28:09	01:44:35	02:35:49	242	00:04:13	00:38:34	01:20:51	02:05:23	02:05:37	332	05:29:11.00	05:29:11.00	+01:23:49 (25.5%)
286	RĘBISZ Michał	575		M30	66	00:42:58	482	00:02:38	00:29:11	01:45:17	02:36:17	248	00:02:53	00:37:58	01:21:09	02:04:11	02:04:29	315	05:29:15.00	05:29:15.00	+01:23:53 (25.5%)
287	KARCZEWSKI Przemysław	119	TRICLUB	M35	77	00:39:43	375	00:03:05	00:32:07	01:54:45	02:49:33	395	00:03:32	00:35:03	01:14:07	01:53:09	01:53:27	188	05:29:20.05	05:29:20.05	+01:23:58 (25.5%)
288	MAJKOWSKI Michał	445		M40	61	00:41:41	452	00:03:16	00:31:40	01:54:23	02:50:29	408	00:03:36	00:35:09	01:12:52	01:50:30	01:50:45	165	05:29:47.80	05:29:47.80	+01:24:25 (25.6%)

							Pływanie		Rower				Bieg								
289	SMANTSEROV Mykola	617	TRILEWY	M35	78	00:33:44	124	00:03:57	00:30:55	01:51:40	02:45:10	346	00:03:59	00:38:01	01:20:48	02:02:47	02:03:03	301	05:29:53.05	05:29:53.05	+01:24:31 (25.6%)
290	KUŹMIŃSKI Marcin	682	AGROLOK SPORT TEAM	M25	22	00:35:34	211	00:02:41	00:29:52	01:48:47	02:40:06	302	00:02:46	00:39:24	01:24:23	02:08:39	02:08:53	367	05:30:00.60	05:30:00.60	+01:24:38 (25.6%)
291	KALISKI Kamil	297	AGROLOK SPORT TEAM	M30	67	00:40:21	407	00:02:38	00:29:37	01:45:15	02:35:15	230	00:02:52	00:39:41	01:24:24	02:08:40	02:08:58	368	05:30:04.90	05:30:04.90	+01:24:43 (25.7%)
292	ŻEŚŁAWSKI Robert	560	VICTORIA ZAWIERCIE	M40	62	00:34:05	144	00:03:07	00:31:58	01:55:00	02:51:51	427	00:02:45	00:38:45	01:19:25	01:58:13	01:58:26	250	05:30:14.05	05:30:14.05	+01:24:52 (25.7%)
293	ZIELEŃ Michał	91	SPORTEVO	M45	25	00:35:20	189	00:04:21	00:27:27	01:43:44	02:35:40	238	00:04:17	00:38:58	01:23:13	02:10:20	02:10:36	386	05:30:14.15	05:30:14.15	+01:24:52 (25.7%)
294	ROST Zbyszek	456		M30	68	00:42:49	478	00:03:32	00:30:43	01:49:46	02:41:48	320	00:03:17	00:38:59	01:19:24	01:58:36	01:58:55	261	05:30:21.45	05:30:21.45	+01:24:59 (25.7%)
295	ZIÓLKOWSKI Piotr	425	KUŹNIA TRIATHLONU	M30	69	00:38:08	313	00:02:56	00:30:33	01:47:11	02:37:32	262	00:04:18	00:39:57	01:23:53	02:07:11	02:07:27	353	05:30:21.70	05:30:21.70	+01:24:59 (25.7%)
296	SACHANBINSKI Aleksander	38	AT TEAM	M50	10	00:41:39	451	00:04:12	00:28:56	01:43:45	02:32:40	191	00:03:35	00:39:23	01:23:27	02:07:59	02:08:19	359	05:30:25.35	05:30:25.35	+01:25:03 (25.7%)
297	WASILEWSKI Mirosław	195	ORKAMASTERS IŁAWA	M40	63	00:40:44	424	00:03:32	00:29:11	01:46:33	02:39:17	292	00:04:02	00:41:20	01:22:35	02:03:01	02:03:19	304	05:30:54.65	05:30:54.65	+01:25:32 (25.9%)
298	DAJCZER Rafał	189	AT TEAM	M35	79	00:38:56	341	00:04:17	00:31:13	01:56:00	02:50:33	411	00:03:31	00:35:58	01:14:52	01:53:42	01:53:54	194	05:31:11.85	05:31:11.85	+01:25:49 (25.9%)
299	MRÓZ Tomasz	383		M40	64	00:39:53	385	00:03:49	00:29:30	01:47:09	02:37:53	269	00:03:18	00:39:39	01:23:38	02:06:04	02:06:23	339	05:31:16.05	05:31:16.05	+01:25:54 (25.9%)
300	TREDER Wiesław	285	SUPRA	M40	65	00:46:28	538	00:03:15	00:30:47	01:49:23	02:40:03	301	00:03:34	00:36:34	01:17:48	01:57:55	01:58:17	247	05:31:37.35	05:31:37.35	+01:26:15 (26.0%)
301	RADCZUK Marcin	132	F3TEAM	M35	80	00:33:00	108	00:02:49	00:51:06	02:07:20	02:56:48	471	00:02:41	00:36:03	01:17:01	01:56:06	01:56:24	225	05:31:42.15	05:31:42.15	+01:26:20 (26.0%)
302	BOJAN Jakub	310	AIRBIKE / WIRTUALNA POLSKA	M30	70	00:37:08	282	00:03:01	00:30:03	01:47:20	02:38:52	284	00:03:13	00:37:51	01:22:37	02:09:12	02:09:32	373	05:31:46.25	05:31:46.25	+01:26:24 (26.0%)
303	PANEK Wojtek	481	UKS TRS SUSZ	M35	81	00:36:32	259	00:03:44	00:31:14	01:51:08	02:44:06	341	00:03:39	00:40:00	01:22:39	02:03:30	02:03:48	311	05:31:49.00	05:31:49.00	+01:26:27 (26.1%)
304	BASIŃSKI Łukasz	656		M18	10	00:47:47	551	00:03:13	00:33:37	01:56:04	02:49:59	403	00:02:51	00:33:11	01:08:45	01:47:52	01:48:11	134	05:32:01.45	05:32:01.45	+01:26:39 (26.1%)
305	SWINIARSKI Jarosław	653	TRI EAGLES GDYNIA	M55	5	00:41:23	443	00:03:43	00:28:31	01:44:14	02:34:47	217	00:03:23	00:38:39	01:25:38	02:08:58	02:09:11	370	05:32:27.40	05:32:27.40	+01:27:05 (26.2%)
306	KAC Marek	606	UKS TRI-TEAM RUMIA	M40	66	00:35:19	188	00:03:42	00:30:17	01:47:28	02:39:00	286	00:03:08	00:44:56	01:28:58	02:11:09	02:11:26	394	05:32:35.40	05:32:35.40	+01:27:13 (26.2%)
307	KROMKOWSKI Maciej	460		M35	82	00:39:41	374	00:05:05	00:30:14	01:49:00	02:39:16	291	00:03:55	00:39:29	01:21:25	02:04:26	02:04:39	318	05:32:36.20	05:32:36.20	+01:27:14 (26.2%)
308	SEKRECKI Michał	505	UAM TRIATHLON POZNAŃ MASTERS	M25	23	00:39:37	370	00:03:28	00:30:57	01:51:50	02:46:12	358	00:03:50	00:40:41	01:20:23	01:59:23	01:59:38	265	05:32:45.75	05:32:45.75	+01:27:23 (26.3%)
309	KOSTAŃSKI Andrzej	669		M25	24	00:36:15	251	00:04:09	00:29:17	01:47:14	02:37:58	272	00:04:40	00:42:30	01:27:45	02:09:42	02:09:55	377	05:32:57.30	05:32:57.30	+01:27:35 (26.3%)
310	SZULC Leszek	615		M35	83	00:43:38	498	00:03:56	00:33:34	01:59:44	02:56:01	465	00:03:33	00:32:55	01:08:02	01:45:36	01:45:51	111	05:32:59.80	05:32:59.80	+01:27:37 (26.3%)
311	BYKOWSKI Tomasz	275	GKW DRAKKAR	M35	84	00:35:55	245	00:03:59	00:29:51	01:49:45	02:42:07	323	00:04:09	00:37:54	01:19:50	02:06:40	02:07:00	347	05:33:10.20	05:33:10.20	+01:27:48 (26.4%)
312	MARKUSZEWSKI Waldemar	519	UKS TRS SUSZ	M40	67	00:40:14	399	00:03:25	00:30:32	01:47:46	02:39:10	290	00:03:01	00:38:13	01:19:49	02:07:06	02:07:24	352	05:33:14.30	05:33:14.30	+01:27:52 (26.4%)
313	MASTALERZ Karol	466		M30	71	00:41:18	441	00:03:52	00:28:46	01:47:45	02:39:40	296	00:02:59	00:38:20	01:21:06	02:05:11	02:05:31	331	05:33:20.00	05:33:20.00	+01:27:58 (26.4%)
314	PASEK Tomasz	41	EKOMOTEL&PARKPINOKIO	M30	72	00:38:14	316	00:04:00	00:30:39	01:55:46	02:52:31	435	00:04:52	00:34:49	01:13:12	01:54:07	01:54:28	203	05:34:05.15	05:34:05.15	+01:28:43 (26.6%)
315	KULESZA Mariusz	476	COMPLEXSPORTS TRIATHLON TEAM	M35	85	00:38:00	309	00:03:24	00:32:01	01:54:00	02:48:05	381	00:04:47	00:34:37	01:17:54	01:59:37	01:59:50	266	05:34:06.30	05:34:06.30	+01:28:44 (26.6%)
316	GWIZDAŁA Karol	183	SPORTEVO	M30	73	00:31:49	75	00:02:58	00:27:58	01:42:25	02:32:41	193	00:03:09	00:44:29	01:35:05	02:23:14	02:23:34	468	05:34:11.60	05:34:11.60	+01:28:49 (26.6%)
317	SARBAK Bartek	22	WOLSZTYŃSKA AKADEMIA BIEGOWA	M18	11	00:34:46	170	00:02:57	00:30:34	01:50:15	02:46:11	357	00:03:54	00:42:26	01:24:09	02:06:15	02:06:35	343	05:34:23.40	05:34:23.40	+01:29:01 (26.6%)
318	KULKA Irek	390	COMPLEXSPORT	M45	26	00:38:44	333	00:04:26	00:30:35	01:50:26	02:42:10	324	00:03:59	00:40:49	01:22:23	02:04:51	02:05:07	323	05:34:26.70	05:34:26.70	+01:29:04 (26.6%)
319	KLIMOWSKI Przemysław	80	MAM TRI ELBLĄG TEAM	M35	86	00:40:06	394	00:03:41	00:31:32	01:57:16	02:53:43	445	00:03:17	00:35:32	01:13:18	01:53:25	01:53:44	192	05:34:31.10	05:34:31.10	+01:29:09 (26.7%)
320	KOWALEWSKI Piotr	296		M30	74	00:37:56	307	00:03:44	00:31:05	01:51:30	02:46:58	366	00:02:44	00:38:18	01:20:56	02:02:58	02:03:12	303	05:34:34.25	05:34:34.25	+01:29:12 (26.7%)
321	WOLF Magdalena	705	KTS IRONMAN KWIDZYN	K35	3	00:43:00	485	00:04:01	00:33:23	01:56:47	02:53:12	441	00:04:07	00:35:14	01:11:39	01:49:57	01:50:14	157	05:34:34.95	05:34:34.95	+01:29:13 (26.7%)

				Pływanie		Rower				Bieg											
322	JUST Wojciech	558		M40	68	00:34:13	156	00:03:32	00:30:24	01:49:52	02:43:53	339	00:04:43	00:40:07	01:24:05	02:08:32	02:08:46	366	05:35:07.40	05:35:07.40	+01:29:45 (26.8%)
323	LESZCZYŃSKI Cezary	192	THE ULTIMATE INCANTATION	M45	27	00:35:25	192	00:04:17	00:33:53	02:04:21	03:04:05	511	00:04:37	00:33:31	01:10:13	01:47:01	01:47:17	121	05:35:41.95	05:35:41.95	+01:30:20 (26.9%)
324	POCHYLSKI Przemysław	265	ZGRUPKA TEAM	M40	69	00:38:28	323	00:03:22	00:30:24	01:54:14	02:49:45	398	00:03:37	00:38:06	01:18:17	02:00:31	02:00:49	275	05:36:01.70	05:36:01.70	+01:30:39 (27.0%)
325	KLUSKA Piotr	427	GRUPA WIRTUALNA POLSKA TRIATHLON TEAM	M40	70	00:40:15	401	00:03:40	00:29:49	01:47:22	02:39:04	288	00:03:12	00:38:48	01:24:03	02:09:41	02:09:56	378	05:36:07.75	05:36:07.75	+01:30:45 (27.0%)
326	STAJSZCZYK Marcin	40	AT TEAM/LABOSPORT TEAM	M45	28	00:40:21	409	00:04:01	00:29:18	01:48:01	02:39:51	299	00:03:28	00:37:39	01:21:56	02:08:23	02:08:42	365	05:36:23.30	05:36:23.30	+01:31:01 (27.1%)
327	ZWIERZCHOWSKI Maciej	56	KUŹNIA TRIATHLONU	M35	87	00:36:57	272	00:04:02	00:31:23	01:53:21	02:45:19	348	00:03:41	00:37:30	01:21:32	02:06:10	02:06:27	340	05:36:26.90	05:36:26.90	+01:31:05 (27.1%)
328	MARCINIAK Joanna	717	COMPLEXSPORTS TRIATHLON TEAM	K30	8	00:40:20	405	00:02:43	00:31:15	01:55:28	02:53:32	443	00:02:19	00:36:28	01:16:47	01:57:20	01:57:39	238	05:36:33.50	05:36:33.50	+01:31:11 (27.1%)
329	GAPIŃSKI Kamil	630	LABOSPORT TEAM	M30	75	00:39:25	359	00:03:17	00:34:07	02:00:36	02:56:05	466	00:03:37	00:34:32	01:13:43	01:53:56	01:54:11	197	05:36:35.35	05:36:35.35	+01:31:13 (27.1%)
330	GÓRSKI Marian	489	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M55	6	00:38:32	327	00:04:57	00:31:54	01:58:02	02:54:15	449	00:04:44	00:35:13	01:13:44	01:54:07	01:54:26	202	05:36:54.90	05:36:54.90	+01:31:33 (27.2%)
331	SOBOTA Agata	692	COMPLEXSPORTS	K25	6	00:45:38	528	00:03:04	00:30:38	01:51:32	02:45:41	353	00:03:16	00:39:23	01:18:48	01:59:08	01:59:24	263	05:37:03.25	05:37:03.25	+01:31:41 (27.2%)
332	KACZMAREK Bartosz	206	TRIRUN	M25	25	00:32:11	85	00:02:55	00:30:45	01:52:35	02:47:15	369	00:03:01	00:38:30	01:22:53	02:11:25	02:11:46	396	05:37:08.30	05:37:08.30	+01:31:46 (27.2%)
333	KRZESAK Adam	439	TRINERGY	M40	71	00:38:00	308	00:03:14	00:32:49	01:56:05	02:49:48	402	00:02:42	00:36:34	01:16:32	02:03:07	02:03:29	306	05:37:13.25	05:37:13.25	+01:31:51 (27.2%)
334	MASEWICZ Łukasz	267		M35	88	00:33:53	133	00:04:54	00:30:19	01:49:32	02:45:22	350	00:04:57	00:39:31	01:22:53	02:08:57	02:09:18	371	05:38:24.80	05:38:24.80	+01:33:02 (27.5%)
335	KUKLIŃSKI Paweł	213	F3TEAM	M30	76	00:41:12	438	00:03:26	00:32:02	01:54:21	02:48:40	387	00:03:05	00:39:01	01:21:02	02:02:41	02:03:03	300	05:39:26.40	05:39:26.40	+01:34:04 (27.7%)
336	DĄBROWSKI Tomasz	477	SWIMMERS MASTERS TEAM	M40	72	00:39:29	363	00:03:35	00:28:21	01:45:00	02:36:30	252	00:04:09	00:42:03	01:28:30	02:15:33	02:15:50	424	05:39:33.45	05:39:33.45	+01:34:11 (27.7%)
337	KAPUSNIAK Tomasz	670	TAK DLA TRANSPLANTACJI	M40	73	00:39:01	343	00:03:47	00:29:41	01:52:49	02:44:03	340	00:04:14	00:41:48	01:23:57	02:08:09	02:08:32	362	05:39:37.80	05:39:37.80	+01:34:15 (27.8%)
338	PUŻYŃSKI Mariusz	405	ATP AUGUSTÓW	M45	29	00:41:16	440	00:03:21	00:30:11	01:46:32	02:38:44	281	00:03:28	00:41:01	01:26:23	02:12:44	02:13:04	406	05:39:53.70	05:39:53.70	+01:34:31 (27.8%)
339	LEWANDOWSKI Marcin	72		M30	77	00:33:18	116	00:03:04	00:31:25	01:56:07	02:55:16	459	00:03:23	00:40:48	01:23:03	02:04:42	02:04:57	321	05:39:58.40	05:39:58.40	+01:34:36 (27.8%)
340	WARGACKA Paulina	727		K18	2	00:27:34	15	00:02:32	00:32:55	01:57:29	02:54:58	454	00:02:56	00:43:03	01:27:36	02:12:03	02:12:22	398	05:40:22.35	05:40:22.35	+01:35:00 (27.9%)
341	MACZYŃSKI Czesław	659	MCBIKE	M60	2	00:51:04	574	00:03:26	00:29:38	01:45:30	02:35:23	233	00:03:21	00:41:25	01:25:34	02:07:17	02:07:37	355	05:40:51.25	05:40:51.25	+01:35:29 (28.0%)
342	WIELGUS Agnieszka	732	ATC CARGO TEAM	K30	9	00:40:22	411	00:03:58	00:32:15	01:56:39	02:52:45	437	00:02:52	00:39:27	01:20:40	02:00:58	02:01:15	282	05:41:12.85	05:41:12.85	+01:35:50 (28.1%)
343	BURNECKI Artur	268		M35	89	00:36:37	263	00:04:30	00:31:30	01:54:07	02:47:41	375	00:03:51	00:41:03	01:26:34	02:08:23	02:08:41	363	05:41:20.35	05:41:20.35	+01:35:58 (28.1%)
344	KOZŁOWSKI Bogdan	291	TRI NEGU	M40	74	00:43:09	489	00:04:21	00:31:11	01:51:12	02:45:20	349	00:03:59	00:38:11	01:19:56	02:04:32	02:04:52	319	05:41:41.60	05:41:41.60	+01:36:19 (28.2%)
345	OSIECKI Ireneusz	179	COMPLEXSPORTS TRIATHLON TEAM	M55	7	00:38:36	329	00:02:56	00:28:49	01:46:56	02:41:13	313	00:04:14	00:40:27	01:31:22	02:14:36	02:14:54	414	05:41:53.70	05:41:53.70	+01:36:31 (28.2%)
346	KĘPIŃSKI Henryk	336	KB SPARTAKUS BĘLCHATÓW	M60	3	00:41:59	456	00:05:43	00:31:36	01:55:44	02:49:42	396	00:04:25	00:37:06	01:18:59	02:00:11	02:00:27	271	05:42:16.25	05:42:16.25	+01:36:54 (28.3%)
347	KALETA Marcin	263	TORUŃSKI KLUB TRIATHLONOWY	M45	30	00:45:32	526	00:03:33	00:30:56	01:51:37	02:46:38	363	00:03:22	00:40:21	01:24:50	02:03:12	02:03:29	307	05:42:34.15	05:42:34.15	+01:37:12 (28.4%)
348	WIERZBICKI Artur	410		M45	31	00:40:43	422	00:03:26	00:32:46	01:57:24	02:52:59	439	00:04:00	00:37:10	01:19:37	02:01:29	02:01:43	287	05:42:51.80	05:42:51.80	+01:37:29 (28.4%)
349	STAWOWY Jakub	482		M25	26	00:40:12	398	00:03:02	00:29:17	01:47:44	02:39:30	294	00:03:31	00:39:49	01:27:19	02:16:24	02:16:45	429	05:43:00.45	05:43:00.45	+01:37:38 (28.5%)
350	PORCZYK Paweł	304	SKIERNIEWICKIE PORANKI BIEGOWE	M35	90	00:42:18	462	00:04:43	00:32:14	01:59:15	02:57:31	477	00:03:48	00:36:21	01:16:10	01:54:35	01:54:53	208	05:43:13.70	05:43:13.70	+01:37:51 (28.5%)
351	KALINOWSKI Grzegorz	594	GVT	M40	75	00:50:47	571	00:03:31	00:32:07	01:54:58	02:48:45	389	00:02:56	00:37:31	01:18:09	01:57:31	01:57:41	239	05:43:40.65	05:43:40.65	+01:38:18 (28.6%)
352	DE GROOT Jan	115		M45	32	00:41:44	453	00:02:56	00:32:12	01:58:23	02:55:55	464	00:02:59	00:37:43	01:18:52	01:59:56	02:00:06	268	05:43:40.95	05:43:40.95	+01:38:19 (28.6%)
353	MEIER Markus	188	MLUKS TRIATHLON KOŁO	M50	11	00:40:42	421	00:03:09	00:31:37	01:54:50	02:50:30	409	00:03:11	00:37:33	01:22:08	02:06:03	02:06:18	338	05:43:50.75	05:43:50.75	+01:38:28 (28.6%)
354	GUDANIEC Radosław	326	TRIATHLON KOSZALIN	M50	12	00:35:21	190	00:03:42	00:30:36	01:53:46	02:51:26	423	00:03:28	00:38:41	01:22:15	02:10:14	02:10:31	384	05:44:28.20	05:44:28.20	+01:39:06 (28.8%)

					Pływanie		Rower				Bieg											
355	PAWEŁCZYK Kacper	99	KLUB SPORTOWY CELIRONMAN S.A.	M25	27	00:38:17	317	00:04:12	00:32:23	01:57:54	02:55:01	456	00:03:15	00:37:48	01:18:40	02:03:32	02:03:52	312	05:44:37.05	05:44:37.05	+01:39:15 (28.8%)	
356	NIESPOREK Łukasz	162		M30	78	00:40:09	397	00:04:08	00:29:19	01:46:24	02:38:35	279	00:03:34	00:38:52	01:25:57	02:18:05	02:18:26	440	05:44:52.05	05:44:52.05	+01:39:30 (28.9%)	
357	PAWLAK Dariusz	378	LABOSPORT TEAM	M45	33	00:41:30	448	00:04:00	00:31:00	01:51:56	02:43:11	331	00:04:04	00:41:23	01:27:32	02:12:26	02:12:46	402	05:45:31.20	05:45:31.20	+01:40:09 (29.0%)	
358	NOWAKOWSKI Rafał	83	KUŹNIA TRIATHLONU	M40	76	00:35:13	184	00:04:02	00:31:17	01:54:23	02:49:48	401	00:03:59	00:42:40	01:28:33	02:12:27	02:12:43	401	05:45:45.30	05:45:45.30	+01:40:23 (29.0%)	
359	SZLYK Maciej	494		M40	77	00:35:37	216	00:04:01	00:29:44	01:50:26	02:45:58	355	00:03:26	00:42:14	01:28:02	02:16:38	02:16:58	430	05:46:00.35	05:46:00.35	+01:40:38 (29.1%)	
360	NOWICKI Bartosz	569	RENEGAT INOWROCLAW	M25	28	00:34:12	154	00:03:19	00:30:26	01:47:24	02:36:28	250	00:03:05	00:47:10	01:39:59	02:28:36	02:28:56	484	05:46:00.65	05:46:00.65	+01:40:38 (29.1%)	
361	LISICKI Marek	498	KB ARTURÓWEK ŁÓDŹ	M55	8	00:43:29	494	00:04:16	00:33:18	01:59:53	02:56:13	467	00:04:06	00:37:26	01:16:35	01:57:38	01:58:00	243	05:46:04.95	05:46:04.95	+01:40:43 (29.1%)	
361	LEWANDOWSKA Ewa	728		K55	1	00:43:24	492	00:05:07	00:31:39	01:54:27	02:48:50	390	00:03:48	00:39:00	01:21:28	02:04:34	02:04:55	320	05:46:04.95	05:46:04.95	+01:40:43 (29.1%)	
363	ADAMOWICZ Piotr	116	F3TEAM	M40	78	00:37:04	278	00:03:22	00:29:49	01:53:21	02:50:22	406	00:04:31	00:42:39	01:25:54	02:10:53	02:11:08	393	05:46:27.55	05:46:27.55	+01:41:05 (29.2%)	
364	DZIENIECKI Maciej	261	VOLKSWAGEN POZNAŃ	M40	79	00:35:17	185	03:06:07												05:46:31.70	05:46:31.70	+01:41:09 (29.2%)
365	HALAGARDA Krzysztof	554	PDK	M25	29	00:47:09	547	00:03:38	00:30:37	01:51:50	02:47:48	378	00:05:11	00:39:56	01:21:34	02:02:34	02:02:51	297	05:46:37.95	05:46:37.95	+01:41:16 (29.2%)	
366	RAJCZYBA Małgorzata	709	AT TEAM	K50	1	00:45:30	525	00:03:32	00:32:47	01:59:03	02:55:15	457	00:03:09	00:38:47	01:18:57	01:59:00	01:59:18	262	05:46:44.65	05:46:44.65	+01:41:22 (29.2%)	
367	CHODA Michał	240	TRINERGY	M25	30	00:43:47	502	00:03:02	00:32:39	01:54:33	02:49:44	397	00:03:07	00:39:37	01:22:34	02:06:54	02:07:11	349	05:46:51.75	05:46:51.75	+01:41:29 (29.3%)	
368	HANAJCZYK Michał	312	KLUB SPORTOWY CELIRONMAN S.A.	M25	31	00:42:42	473	00:03:39	00:31:19	01:53:09	02:48:31	385	00:04:47	00:37:45	01:21:56	02:07:08	02:07:28	354	05:47:07.05	05:47:07.05	+01:41:45 (29.3%)	
369	CYBULSKI Konrad	121	KLUB SPORTOWY CELIRONMAN S.A.	M40	80	00:41:11	437	00:03:49	00:31:41	01:55:04	02:51:05	417	00:03:19	00:36:28	01:20:21	02:07:24	02:07:45	356	05:47:09.35	05:47:09.35	+01:41:47 (29.3%)	
370	MICHALSKI Arek	270	ORKAMASTERS IŁAWA	M45	34	00:36:17	252	00:04:00	00:31:39	01:52:33	02:49:18	392	00:03:22	00:43:50	01:29:08	02:13:55	02:14:16	409	05:47:13.10	05:47:13.10	+01:41:51 (29.3%)	
371	ŁYSIUK Maciej	74	NADAKTYWNI	M30	79	00:39:11	350	00:02:39	00:29:45	01:48:58	02:41:40	318	00:04:06	00:44:02	01:32:30	02:19:26	02:19:46	445	05:47:22.00	05:47:22.00	+01:42:00 (29.4%)	
372	PANCEWICZ Piotr	411	RUNNERSWALDE	M35	91	00:49:32	561	00:06:17	00:33:27	02:00:12	02:57:55	481	00:04:20	00:34:15	01:11:48	01:49:29	01:49:42	154	05:47:46.05	05:47:46.05	+01:42:24 (29.4%)	
373	FABISIEWICZ Paweł	350		M35	92	00:43:34	495	00:04:41	00:30:53	01:51:56	02:45:37	352	00:03:28	00:38:59	01:22:40	02:10:27	02:10:44	390	05:48:04.70	05:48:04.70	+01:42:42 (29.5%)	
374	PIECZARA Krzysztof	421	KB MCKIS JAWORZNO	M35	93	00:40:59	431	00:02:46	00:30:38	01:52:12	02:47:25	370	00:03:14	00:40:52	01:28:24	02:13:29	02:13:47	408	05:48:11.50	05:48:11.50	+01:42:49 (29.5%)	
375	MIŚ Waldemar	57	BPH RUNNERS TEAM	M40	81	00:39:09	349	00:04:19	00:32:09	01:56:27	02:53:12	440	00:03:43	00:41:02	01:24:43	02:07:29	02:08:01	358	05:48:24.95	05:48:24.95	+01:43:03 (29.6%)	
376	KOWALSKI Łukasz	244	COMPLEXSPORTS	M35	94	00:43:10	490	00:04:02	00:31:01	01:51:22	02:46:38	364	00:03:51	00:39:40	01:23:49	02:10:18	02:10:44	389	05:48:25.80	05:48:25.80	+01:43:03 (29.6%)	
377	MARKOWICZ Grzegorz	324	LTT / AT TEAM	M50	13	00:42:55	480	00:03:38	00:32:31	01:57:01	02:52:36	436	00:04:51	00:40:37	01:22:15	02:04:13	02:04:32	316	05:48:32.90	05:48:32.90	+01:43:11 (29.6%)	
378	KOCUR Rafał	625	AT TEAM	M40	82	00:42:46	475	00:03:38	00:32:53	01:59:33	02:56:44	470	00:03:13	00:36:05	01:16:29	02:01:56	02:02:15	291	05:48:36.55	05:48:36.55	+01:43:14 (29.6%)	
379	OBIEDZIŃSKA Aleksandra	721	KTS IRONMAN	K35	4	00:35:43	229	00:02:59	00:31:46	01:55:02	02:51:08	419	00:03:56	00:41:20	01:25:44	02:14:43	02:14:56	415	05:48:42.65	05:48:42.65	+01:43:20 (29.6%)	
380	KOWALCZYK Magdalena	693	SPORTEVO	K25	7	00:45:39	529	00:03:46	00:30:13	01:52:39	02:46:26	361	00:03:01	00:43:18	01:26:50	02:09:36	02:09:53	376	05:48:45.05	05:48:45.05	+01:43:23 (29.6%)	
381	WROTEK Mirosław	78	ENTRE TEAM.PL	M50	14	00:43:19	491	00:04:10	00:32:23	01:58:24	02:55:41	462	00:03:43	00:38:56	01:20:34	02:02:12	02:02:24	292	05:49:17.70	05:49:17.70	+01:43:55 (29.8%)	
382	DOLACIŃSKI Marcin	438	TATA LIWII	M35	95	00:41:16	439	00:04:43	00:28:57	01:44:57	02:35:25	235	00:05:47	00:44:52	01:32:34	02:21:55	02:22:08	455	05:49:19.00	05:49:19.00	+01:43:57 (29.8%)	
383	GUZIK Leszek	608	LABOSPORT TEAM	M50	15	00:39:07	348	00:03:57	00:32:00	01:54:52	02:49:45	399	00:03:57	00:40:35	01:25:57	02:12:28	02:12:48	404	05:49:34.20	05:49:34.20	+01:44:12 (29.8%)	
384	MICHALSKI Jakub	471		M40	83	00:34:13	155	00:04:48	00:31:29	01:52:30	02:48:27	384	00:04:06	00:42:23	01:29:22	02:18:10	02:18:25	439	05:49:59.95	05:49:59.95	+01:44:38 (29.9%)	
385	TOMASZEK Artur	379	LUFT TRI TEAM	M45	35	00:41:23	444	00:03:30	00:31:39	01:55:11	02:49:26	394	00:03:40	00:40:46	01:25:25	02:11:56	02:12:17	397	05:50:16.20	05:50:16.20	+01:44:54 (29.9%)	
386	PASZEK Przemysław	433		M30	80	00:37:19	288	00:03:39	00:31:21	01:52:34	02:47:28	372	00:04:28	00:40:56	01:28:37	02:17:03	02:17:25	435	05:50:19.25	05:50:19.25	+01:44:57 (30.0%)	
387	KULIKOWSKI Łukasz	353		M30	81	00:36:43	265	00:03:04	00:27:50	01:45:51	02:37:33	263	00:03:39	00:42:26	01:35:44	02:29:03	02:29:24	487	05:50:23.45	05:50:23.45	+01:45:01 (30.0%)	

						Pływanie		Rower				Bieg									
388	OLCZAK Anna	690	TRICLUB	K30	10	00:41:24	445	00:03:46	00:33:13	01:58:20	02:59:28	486	00:03:12	00:38:20	01:18:58	02:02:26	02:02:43	295	05:50:33.40	05:50:33.40	+01:45:11 (30.0%)
389	BRZEZIŃSKI Łukasz	470	KLUB SPORTOWY CELIRONMAN S.A.	M25	32	00:39:14	352	00:04:17	00:30:38	01:48:19	02:41:14	314	00:02:23	00:39:06	01:27:12	02:23:22	02:23:42	469	05:50:50.45	05:50:50.45	+01:45:28 (30.1%)
390	RÓŻAŃSKI Kamil	415		M30	82	00:35:48	239	00:04:40	00:30:39	01:48:01	02:40:29	307	00:04:14	00:41:12	01:31:14	02:25:25	02:25:44	476	05:50:55.15	05:50:55.15	+01:45:33 (30.1%)
391	SOBOLEWSKI Michał	450		M35	96	00:39:46	380	00:03:41	00:31:27	01:52:09	02:46:13	359	00:04:13	00:40:47	01:29:51	02:16:57	02:17:18	433	05:51:11.65	05:51:11.65	+01:45:49 (30.1%)
392	DOMŻALSKI Łukasz	516	TRI UNIVERSE	M25	33	00:44:35	514	00:03:36	00:32:06	01:56:29	02:51:27	424	00:03:32	00:41:45	01:26:07	02:08:04	02:08:21	360	05:51:31.05	05:51:31.05	+01:46:09 (30.2%)
393	MRÓZ Marek	474	PASJA CZYNI WOLNYM / BIURO OBSŁUGI FIRM PIO-MAR	M40	84	00:42:30	468	00:03:58	00:33:22	01:58:49	02:56:38	468	00:03:22	00:38:27	01:20:42	02:04:59	02:05:16	326	05:51:44.75	05:51:44.75	+01:46:22 (30.2%)
394	PLESS Wojciech	530	PIAST ŁASIN	M40	85	00:45:57	533	00:04:37	00:32:47	01:56:29	02:51:44	426	00:04:01	00:37:58	01:20:45	02:05:39	02:05:55	335	05:52:14.00	05:52:14.00	+01:46:52 (30.3%)
395	LEMPEK Daniel	387	ORKAMASTERS ŁAWA	M30	83	00:39:47	381	00:04:47	00:30:28		02:46:18	360	00:03:40	00:40:13	01:27:18	02:17:22	02:17:43	437	05:52:15.05	05:52:15.05	+01:46:53 (30.3%)
396	HOJNOWSKI Paweł	135	F3TEAM	M40	86	00:50:48	572	00:03:57	00:33:30	01:58:20	02:53:22	442	00:03:33	00:33:35	01:13:50	02:00:23	02:00:40	273	05:52:20.05	05:52:20.05	+01:46:58 (30.4%)
397	ZIMIŃSKI Zdzisław	156		M55	9	00:41:48	455	00:07:03	00:33:02	02:01:40	03:04:10	513	00:05:30	00:35:20	01:14:12	01:54:15	01:54:32	204	05:53:03.35	05:53:03.35	+01:47:41 (30.5%)
398	PUDLAK Iza	738	UKS TRS SUSZ	K35	5	00:40:21	408	00:03:43	00:33:07	01:59:19	02:55:00	455	00:03:42	00:41:22	01:25:33	02:10:01	02:10:18	382	05:53:04.00	05:53:04.00	+01:47:42 (30.5%)
399	MAMCARZ Jarosław	193		M45	36	00:30:47	54	00:03:29	00:31:55	01:55:27	02:50:46	413	00:03:44	00:39:20	01:37:15	02:24:09	02:24:31	473	05:53:17.75	05:53:17.75	+01:47:55 (30.5%)
400	ROMAŃSKI Michał	220		M35	97	00:40:46	426	00:03:47	00:30:38	01:48:50	02:42:01	322	00:03:54	00:41:44	01:31:00	02:22:33	02:23:02	463	05:53:30.25	05:53:30.25	+01:48:08 (30.6%)
401	CZECHOWSKA-MADEJ Katarzyna	707	MILEK TRIATLON TEAM	K35	6	00:40:17	403	00:03:47	00:33:34	02:03:57	03:05:09	521	00:02:51	00:37:36	01:18:25	02:01:10	02:01:28	285	05:53:32.25	05:53:32.25	+01:48:10 (30.6%)
402	BRZUZY Tomasz	294	LOTOS TEAM	M35	98	00:35:45	232	00:03:54	00:31:49	01:57:44	02:57:46	480	00:05:28	00:39:59	01:22:40	02:10:24	02:10:41	388	05:53:34.85	05:53:34.85	+01:48:12 (30.6%)
403	KORWIEL Rafał	561	TEAM KOPEĆ	M30	84	00:50:31	569	00:03:16	00:34:01	02:02:47	03:06:59	530	00:05:01	00:32:10	01:08:55	01:47:43	01:48:04	131	05:53:51.25	05:53:51.25	+01:48:29 (30.7%)
404	GARDECKI Paweł	134	NET SYSTEM TRIATHLON TEAM	M25	34	00:55:10	584	00:03:05	00:32:35	01:57:14	02:54:45	453	00:02:44	00:37:07	01:17:13	01:57:46	01:58:07	244	05:53:51.30	05:53:51.30	+01:48:29 (30.7%)
405	BENTKOWSKA Natalia	731		K18	3	00:39:26	361	00:04:07	00:34:59	02:05:44	03:04:29	515	00:02:49	00:38:17	01:19:25	02:02:53	02:03:09	302	05:54:00.40	05:54:00.40	+01:48:38 (30.7%)
406	MAREK Andrzej	583	KROSS STAFF TEAM	M35	99	00:35:43	228	00:03:26	00:32:20	01:51:57	02:43:21	335	00:04:14	00:50:55	01:42:54	02:27:12	02:27:34	482	05:54:18.25	05:54:18.25	+01:48:56 (30.7%)
407	WALASEK Ewa	698	ACCENTURE	K30	11	00:40:00	389	00:03:06	00:32:15	01:56:47	02:51:16	421	00:03:02	00:43:24	01:29:57	02:17:01	02:17:22	434	05:54:46.85	05:54:46.85	+01:49:24 (30.8%)
408	DEMBICKI Marcin	340	COMPLEXSPORT	M35	100	00:39:43	376	00:03:36	00:33:10	02:00:21	02:58:37	484	00:03:59	00:42:50	01:26:12	02:08:45	02:09:03	369	05:54:58.90	05:54:58.90	+01:49:37 (30.9%)
409	ZAURSKI Piotr	677		M45	37	00:42:25	466	00:03:42	00:32:02	01:53:20	02:49:06	391	00:04:41	00:43:14	01:29:07	02:14:47	02:15:10	417	05:55:04.80	05:55:04.80	+01:49:42 (30.9%)
410	JARECKA Beata	703	KLUB SPORTOWY CELIRONMAN S.A.	K30	12	00:43:54	505	00:03:16	00:34:36	02:06:08	03:06:03	526	00:03:15	00:38:41	01:18:06	01:58:28	01:58:45	256	05:55:13.65	05:55:13.65	+01:49:51 (30.9%)
411	JAMKA Jarosław	627		M45	38	00:41:29	447	00:04:37	00:31:54	01:54:13	02:48:33	386	00:04:44	00:40:07	01:26:25	02:15:57	02:16:14	426	05:55:37.35	05:55:37.35	+01:50:15 (31.0%)
412	NOWAK Daniel	441	KP PSP SZTUM	M40	87	00:44:04	511	00:03:48	00:30:28	01:50:02	02:40:21	304	00:04:24	00:45:17	01:33:59	02:22:56	02:23:16	466	05:55:53.95	05:55:53.95	+01:50:32 (31.1%)
413	SAFRANOW Marcin	377	MOTOSYBERIA.COM	M35	101	00:42:20	464	00:04:27	00:31:34	02:00:43	03:04:59	519	00:04:08	00:36:56	01:16:47	02:00:16	02:00:31	272	05:56:25.95	05:56:25.95	+01:51:04 (31.2%)
414	RYBAKOWSKI Darek	175	IRONTEAM3CITY	M40	88	00:39:06	345	00:03:44	00:31:47	01:55:22	02:54:26	451	00:04:16	00:41:49	01:28:10	02:14:42	02:15:06	416	05:56:38.40	05:56:38.40	+01:51:16 (31.2%)
415	MALISZEWSKI Jerzy	256		M50	16	00:38:26	321	00:04:11	00:32:44	01:55:52	02:51:36	425	00:03:30	00:43:04	01:29:39	02:18:39	02:19:01	441	05:56:44.40	05:56:44.40	+01:51:22 (31.2%)
416	MARUSZCZAK Mateusz	534		M30	85	00:39:31	366	00:04:11	00:30:40	01:52:37	02:47:41	376	00:04:07	00:44:07	01:28:24	02:21:06	02:21:28	452	05:56:58.90	05:56:58.90	+01:51:37 (31.3%)
417	LENGIEWICZ Jakub	64	OTK RZEŹNIK	M35	102	00:46:04	536	00:04:20	00:33:35	01:59:46	02:57:34	478	00:04:00	00:40:15	01:22:22	02:04:44	02:05:11	325	05:57:09.05	05:57:09.05	+01:51:47 (31.3%)
418	CHAJĘCKI Karol	139	F3TEAM	M40	89	00:40:49	427	00:05:15	00:29:29	01:46:42	02:37:53	268	00:05:57	00:47:35	01:38:01	02:26:57	02:27:18	480	05:57:12.00	05:57:12.00	+01:51:50 (31.3%)
419	KOKOTEK Maciej	293	KLUB SPORTOWY CELIRONMAN S.A.	M35	103	00:44:50	518	00:05:25	00:36:57	02:10:19	03:13:49	550	00:04:21	00:33:58	01:10:02	01:48:32	01:49:00	146	05:57:25.35	05:57:25.35	+01:52:03 (31.4%)
420	GEYDEROWICZ Jarek	197		M40	90	00:35:29	201	00:04:51	00:32:41	01:56:15	02:50:47	415	00:03:32	00:42:51	01:34:12	02:22:29	02:22:49	460	05:57:28.30	05:57:28.30	+01:52:06 (31.4%)

							Pływanie			Rower				Bieg							
421	ŁASZKIEWICZ Tadeusz	145	MLUKS TRIATHLON KOŁO	M60	4	00:50:13	566	00:03:31	00:34:52	02:03:52	03:01:40	500	00:03:50	00:34:15	01:13:47	01:58:25	01:58:46	257	05:58:00.65	05:58:00.65	+01:52:38 (31.5%)
422	SIKORSKI Ludwik	43	KLUB SPORTOWY CELIRONMAN S.A.	M35	104	00:34:08	150	00:04:18	00:31:06	01:55:02	02:51:58	429	00:04:05	00:46:04	01:31:55	02:23:32	02:23:55	471	05:58:24.15	05:58:24.15	+01:53:02 (31.5%)
423	KAŻMIERCZAK Marcin	234	KLUB SPORTOWY CELIRONMAN S.A.	M40	91	00:34:19	161	00:03:50	00:27:34	01:45:30	02:40:12	303	00:05:44	00:56:29	01:42:19	02:33:56	02:34:19	502	05:58:24.40	05:58:24.40	+01:53:02 (31.5%)
424	DOMARADZKI Wojciech	171	ZGRUPKA LUBOŃ	M30	86	00:32:56	106	00:03:19	00:30:19	02:21:41	03:21:50	563	00:03:17	00:35:05	01:15:08	01:57:04	01:57:22	237	05:58:44.55	05:58:44.55	+01:53:22 (31.6%)
425	POKORSKI Marek	203	REDKNEE	M45	39	00:35:37	217	00:02:43	00:28:10	02:06:58	03:00:39	492	00:05:06	00:41:45	01:28:45	02:14:49	02:15:14	418	05:59:19.00	05:59:19.00	+01:53:57 (31.7%)
426	MIŚKIEWICZ Marek	89	TRICLUB	M50	17	00:40:39	419	00:03:52	00:32:42	01:59:05	02:55:15	458	00:04:21	00:42:03	01:28:32	02:14:53	02:15:14	419	05:59:21.70	05:59:21.70	+01:53:59 (31.7%)
427	GUDANIEC Dorota	716	TRIATHLON KOSZALIN	K55	2	00:33:57	135	00:03:27	00:33:29	02:03:17	03:01:15	496	00:02:55	00:41:51	01:29:12	02:17:40	02:18:01	438	05:59:35.10	05:59:35.10	+01:54:13 (31.8%)
428	SAJ Sławomir	159		M45	40	00:38:34	328	00:05:28	00:32:03	01:54:37	02:47:41	374	00:05:27	00:47:41	01:34:43	02:22:26	02:22:42	459	05:59:52.50	05:59:52.50	+01:54:30 (31.8%)
429	ABRAM Przemysław	95	POLSKI KLUB MTB	M45	41	00:51:49	577	00:04:04	00:31:00	01:52:59	02:47:50	379	00:03:59	00:45:51	01:31:42	02:12:30	02:12:47	403	06:00:29.65	06:00:29.65	+01:55:07 (31.9%)
430	KRAMER Rafał	585	BIEGIEM RADOM	M45	42	00:40:18	404	00:05:37	00:33:30	02:01:11	03:00:05	490	00:05:02	00:37:13	01:20:17	02:10:08	02:10:23	383	06:01:25.80	06:01:25.80	+01:56:03 (32.1%)
431	TOŁWIŃSKI Bogusław	524	MKS TRUSO ELBLĄG	M45	43	00:34:00	138	00:03:00	00:34:16	02:03:07	03:01:45	501	00:03:33	00:42:53	01:32:11	02:19:07	02:19:28	443	06:01:46.40	06:01:46.40	+01:56:24 (32.2%)
432	CHOJNOWSKI Andrzej	182		M45	44	00:39:19	356	00:03:48	00:31:51	01:54:08	02:49:46	400	00:03:41	00:46:08	01:36:07	02:24:55	02:25:17	475	06:01:51.25	06:01:51.25	+01:56:29 (32.2%)
433	HADAŚ Krzysztof	465	CSWLĄD. POZNAŃ	M45	45	00:45:08	522	00:05:30	00:36:53	02:09:56	03:08:10	535	00:04:25	00:38:32	01:18:03	01:59:12	01:59:31	264	06:02:44.75	06:02:44.75	+01:57:22 (32.4%)
434	SMĘTKIEWICZ Aleksandra	726	KT WATER KNIGHTS / SBO SHELL	K25	8	00:40:45	425	00:03:42	00:34:04	02:04:34	03:03:39	510	00:04:02	00:40:42	01:25:00	02:10:41	02:10:55	391	06:03:03.30	06:03:03.30	+01:57:41 (32.4%)
435	MICHAŁOWSKI Radosław	391	RADZIO TRIM	M40	92	00:43:27	493	00:05:47	00:32:14	01:58:14	02:55:41	461	00:04:31	00:40:36	01:28:03	02:14:11	02:14:27	411	06:03:53.35	06:03:53.35	+01:58:31 (32.6%)
436	BIELIK Robert	347		M45	46	00:56:10	586	00:04:25	00:33:04	01:59:53	02:55:51	463	00:05:28	00:37:42	01:19:25	02:01:53	02:02:13	290	06:04:07.40	06:04:07.40	+01:58:45 (32.6%)
437	STRZELCZYK Piotr	325	OXYGEN	M50	18	00:39:41	373	00:04:44	00:30:47	01:54:45	02:51:54	428	00:04:06	00:44:58	01:34:47	02:23:46	02:24:04	472	06:04:29.75	06:04:29.75	+01:59:07 (32.7%)
438	PRZYBYŁKOWICZ Jacek	204	BSL	M40	93	00:47:00	545	00:04:05	00:33:18	01:59:51	02:59:54	489	00:03:43	00:41:59	01:25:22	02:09:39	02:09:57	379	06:04:39.70	06:04:39.70	+01:59:17 (32.7%)
439	BOROWICZ Adam	409		M30	87	00:31:32	72	00:03:43	00:31:31	01:58:41	03:00:31	491	00:04:18	00:45:49	01:34:56	02:24:50	02:25:13	474	06:05:17.25	06:05:17.25	+01:59:55 (32.8%)
440	BONIEWSKI Kamil	486		M30	88	00:46:44	542	00:02:51	00:34:32	02:03:52	03:05:33	524	00:03:02	00:36:01	01:19:41	02:08:03	02:08:27	361	06:06:37.55	06:06:37.55	+02:01:15 (33.1%)
441	STAWICKI Grzegorz	392		M45	47	00:51:02	573	00:04:28	00:34:09	02:03:40	03:02:51	507	00:02:59	00:38:46	01:21:42	02:05:05	02:05:26	330	06:06:46.25	06:06:46.25	+02:01:24 (33.1%)
442	TWARDY Michał	166		M45	48	00:46:58	544	00:03:59	00:32:24	01:59:09	02:57:03	475	00:04:30	00:40:28	01:26:20	02:14:03	02:14:24	410	06:06:54.20	06:06:54.20	+02:01:32 (33.1%)
443	OLENDER Paweł	455	TRUCHT MRĄGOWO	M35	105	00:43:40	499	00:03:03	00:33:30	01:56:48	02:53:53	446	00:03:58	00:45:06	01:33:46	02:22:34	02:22:52	461	06:07:26.55	06:07:26.55	+02:02:04 (33.2%)
444	KROUPA Luiza	743		K45	1	00:40:01	390	00:02:56	00:34:59	02:03:11	03:01:19	498	00:02:57	00:41:23	01:28:33	02:20:19	02:20:40	449	06:07:53.80	06:07:53.80	+02:02:31 (33.3%)
445	KOŁCZYŃSKA Marta	725	KLUB SPORTOWY CELIRONMAN S.A.	K30	13	00:48:30	556	00:03:48	00:34:46	02:04:42	03:03:14	509	00:02:57	00:41:17	01:24:59	02:09:43	02:09:59	380	06:08:28.20	06:08:28.20	+02:03:06 (33.4%)
446	CNOTA Janusz	104	SPORTEVO	M60	5	00:43:59	507	00:05:55	00:31:28	01:55:15	02:51:00	416	00:04:36	00:43:06	01:31:35	02:22:40	02:23:04	464	06:08:34.70	06:08:34.70	+02:03:12 (33.4%)
447	BŁAŻUK Jarosław	665	BPH RUNNERS TEAM	M35	106	00:56:39	587	00:05:19	00:32:31	01:56:29	02:54:06	448	00:05:22	00:41:41	01:26:56	02:07:42	02:07:59	357	06:09:25.50	06:09:25.50	+02:04:03 (33.6%)
448	OLEKSÓW Piotr	624		M40	94	00:39:23	357	00:04:09	00:30:49	01:50:54	02:45:50	354	00:04:31	00:45:19	01:41:46	02:35:44	02:36:04	505	06:09:57.25	06:09:57.25	+02:04:35 (33.7%)
449	ŻUKOWSKA Barbara	730		K45	2	00:42:28	467	00:04:26	00:32:54	01:58:57	02:57:02	474	00:03:35	00:45:47	01:33:37	02:22:15	02:22:33	458	06:10:04.45	06:10:04.45	+02:04:42 (33.7%)
450	ZALEWSKI Marcin	529		M40	95	00:44:51	519	00:04:49	00:31:43	01:58:42	02:56:55	473	00:04:22	00:43:57	01:31:30	02:19:38	02:19:58	446	06:10:55.05	06:10:55.05	+02:05:33 (33.8%)
451	KWIATKOWSKA Agnieszka	701		K40	2	00:42:40	471	00:05:18	00:36:23	02:12:10	03:18:21	561	00:04:37	00:38:55	01:21:00	02:00:01	02:00:22	270	06:11:18.90	06:11:18.90	+02:05:57 (33.9%)
452	SUSKI Sławomir	160	F3TEAM	M45	49	00:41:02	432	00:04:58	00:33:30	02:01:16	03:01:17	497	00:04:07	00:42:04	01:33:12	02:19:40	02:20:02	447	06:11:26.00	06:11:26.00	+02:06:04 (33.9%)
453	LIPSKI Dariusz	253	LUBARTÓWBIEGA.PL	M50	19	00:44:01	509	00:04:24	00:30:49	01:51:37	02:47:57	380	00:05:19	00:43:41	01:38:38	02:29:24	02:29:47	488	06:11:28.20	06:11:28.20	+02:06:06 (33.9%)

						Pływanie		Rower			Bieg										
454	GĄSIOROWSKI Michał	432	F3TEAM	M30	89	00:44:50	517	00:02:56	00:33:50	02:02:40	03:04:20	514	00:03:36	00:41:49	01:27:14	02:15:25	02:15:48	423	06:11:30.40	06:11:30.40	+02:06:08 (34.0%)
455	WACŁAWSKI Bartosz	307	ORKAMASTERS IŁAWA	M25	35	00:35:31	205	00:04:12	00:31:10	01:51:53	02:52:22	433	00:04:59	00:50:57	01:43:29	02:34:27	02:34:48	503	06:11:52.45	06:11:52.45	+02:06:30 (34.0%)
456	MASALSKI Wojciech	443	PIER...NIEBIEGAM:)	M45	50	00:42:45	474	00:04:12	00:31:23	01:51:58	02:47:38	373	00:05:04	00:47:26	01:42:01	02:32:35	02:32:56	495	06:12:35.15	06:12:35.15	+02:07:13 (34.1%)
457	CZEKIRDA Paweł	149		M35	107	00:47:07	546	00:04:55	00:34:44	02:06:17	03:09:25	541	00:04:26	00:39:24	01:22:39	02:06:25	02:06:50	344	06:12:43.30	06:12:43.30	+02:07:21 (34.2%)
458	KALISKI Tomasz	607	AGROLOK SPORT TEAM	M30	90	00:36:36	262	00:03:33	00:31:39	01:54:39	02:50:28	407	00:03:32	00:51:17	01:47:31	02:38:46	02:38:59	511	06:13:08.30	06:13:08.30	+02:07:46 (34.2%)
459	ŚWIĄTEK Wojciech	222		M25	36	00:36:06	250	00:03:30	00:34:24	02:01:11	02:56:43	469	00:03:53	00:42:17	01:34:45	02:32:37	02:32:57	496	06:13:09.50	06:13:09.50	+02:07:47 (34.2%)
460	WEISS Damian	536		M40	96	00:45:07	521	00:03:37	00:31:47	01:56:36	02:54:23	450	00:03:02	00:49:16	01:38:11	02:26:51	02:27:12	479	06:13:21.75	06:13:21.75	+02:07:59 (34.3%)
460	FRĄTCZAK Grzegorz	417	VEOLIA	M50	20	00:40:32	416	00:04:30	00:33:32	02:00:17	02:57:37	479	00:07:26	00:47:32	01:36:34	02:22:55	02:23:16	467	06:13:21.75	06:13:21.75	+02:07:59 (34.3%)
462	LEŚNIEWSKI Jarek	492	TRINERGY	M40	97	00:38:07	312	00:04:12	00:32:57	01:57:16	02:52:24	434	00:03:59	00:47:02	01:41:37	02:34:47	02:35:03	504	06:13:45.05	06:13:45.05	+02:08:23 (34.4%)
463	KUZA Daria	691	SPORTEVO	K30	14	01:07:00	589	00:03:34	00:36:37	02:07:38	03:05:51	525	00:02:35	00:36:43	01:15:42	01:54:43	01:54:57	209	06:13:57.95	06:13:57.95	+02:08:36 (34.4%)
464	ŚWIERCZEWSKA Monika	704	KUŹNIA TRIATHONU	K25	9	00:44:25	513	00:03:36	00:36:05	02:09:38	03:12:46	547	00:03:59	00:39:51	01:22:48	02:09:24	02:09:45	374	06:14:31.75	06:14:31.75	+02:09:09 (34.5%)
465	CZURAJ Jakub	306	MOTEL POD DĘBEM	M45	51	00:30:04	38	00:04:55	00:38:48	02:33:44	03:33:18	568	00:05:36	00:36:10	01:19:47	02:00:29	02:00:46	274	06:14:39.10	06:14:39.10	+02:09:17 (34.5%)
466	FLISIKOWSKI Szymon	46	SPORTEVO	M30	91	00:42:42	472	00:02:41	00:33:28	02:00:55	02:59:50	488	00:03:33	00:46:58	01:38:23	02:25:54	02:26:10	477	06:14:56.45	06:14:56.45	+02:09:34 (34.6%)
467	NOLL Dariusz	112	TRIUNLIMITED	M40	98	00:42:22	465	00:03:53	00:32:02	01:56:19	02:52:47	438	00:05:16	00:46:58	01:37:59	02:30:28	02:30:48	490	06:15:06.05	06:15:06.05	+02:09:44 (34.6%)
468	SALIŃSKI Michał	430	TRAKTOR TEAM	M30	92	00:44:18	512	00:03:41	00:33:31	02:03:19	03:08:33	537	00:03:43	00:44:15	01:28:54	02:15:38	02:16:03	425	06:16:18.20	06:16:18.20	+02:10:56 (34.8%)
469	WACŁAWSKI Grzegorz	332	ORKAMASTERS IŁAWA	M55	10	00:42:15	461	00:04:44	00:32:34	01:56:23	02:55:25	460	00:05:28	00:50:18	01:38:54	02:28:21	02:28:46	483	06:16:38.60	06:16:38.60	+02:11:16 (34.9%)
470	DĄBROWSKA Katarzyna	741	HW TRI TEAM	K25	10	00:50:24	568	00:03:38	00:36:22	02:09:18	03:08:06	534	00:04:07	00:39:20	01:26:16	02:10:15	02:10:36	385	06:16:51.25	06:16:51.25	+02:11:29 (34.9%)
471	REKOWSKI Norbert	355	EUCOCAR	M30	93	00:42:59	483	00:04:09	00:32:27	01:53:36	02:52:03	430	00:05:45	00:48:05	01:40:10	02:31:38	02:31:58	492	06:16:54.85	06:16:54.85	+02:11:32 (34.9%)
472	MIELNIK Paweł	539	UAM TRIATHLON	M55	11	00:46:51	543	00:05:43	00:36:14	02:09:05	03:08:20	536	00:05:45	00:42:04	01:27:03	02:10:11	02:10:37	387	06:17:16.05	06:17:16.05	+02:11:54 (35.0%)
473	ZAURSKI Paweł	215	TRIUNLIMITED	M40	99	00:49:48	562	00:05:00	00:34:48	02:06:44	03:05:23	522	00:05:01	00:41:58	01:26:29	02:12:26	02:12:53	405	06:18:05.15	06:18:05.15	+02:12:43 (35.1%)
474	LEMIESZEK Grzegorz	154	ŁÓDZI RUNNING TEAM	M55	12	00:54:55	583	00:04:38	00:33:46	02:00:20	02:58:37	483	00:04:56	00:42:35	01:30:36	02:14:59	02:15:16	420	06:18:22.35	06:18:22.35	+02:13:00 (35.2%)
475	DZIOBIAK Robert	101	TRINERGY	M35	108	00:43:05	486	00:04:49	00:33:13	02:02:04	03:02:44	505	00:04:52	00:44:15	01:33:33	02:22:48	02:23:10	465	06:18:40.65	06:18:40.65	+02:13:18 (35.2%)
476	URBAŃCZYK Marcin	219	TRINERGY	M35	109	00:43:50	504	00:05:05	00:33:31	02:03:36	03:04:59	518	00:04:19	00:44:56	01:32:21	02:20:05	02:20:27	448	06:18:40.85	06:18:40.85	+02:13:18 (35.2%)
477	GÓRNIAK Łukasz	329		M35	110	00:42:57	481	00:06:34	00:33:53	01:58:55	02:56:49	472	00:06:04	00:44:50	01:36:13	02:26:25	02:26:46	478	06:19:10.90	06:19:10.90	+02:13:49 (35.3%)
478	TOMYSLAK Piotr	478		M45	52	00:36:25	255	00:03:53	00:32:05	01:59:48	03:02:25	503	00:03:48	00:49:03	01:40:46	02:32:41	02:33:02	497	06:19:33.75	06:19:33.75	+02:14:11 (35.4%)
479	GÓRNIOWICZ Marcin	480	MBANK	M35	111	00:51:29	576	00:04:13	00:33:48	02:00:42	02:59:38	487	00:05:49	00:43:00	01:30:24	02:18:58	02:19:21	442	06:20:30.00	06:20:30.00	+02:15:08 (35.5%)
480	FALKOWSKI Maciej	292	BANK BPH RUNNERS TEAM	M30	94	00:43:49	503	00:05:40	00:37:08	02:13:25	03:17:45	560	00:04:29	00:41:45	01:26:38	02:09:34	02:09:47	375	06:21:30.75	06:21:30.75	+02:16:08 (35.7%)
481	ZUJKIEWICZ Tomasz	323	LABOSPORT	M35	112	00:46:37	540	00:03:59	00:34:46	02:05:36	03:05:23	523	00:06:10	00:42:25	01:31:46	02:20:24	02:20:44	450	06:22:53.05	06:22:53.05	+02:17:31 (35.9%)
482	ROŚ Piotr	571		M30	95	00:40:17	402	00:04:37	00:32:01	01:55:02	02:50:47	414	00:05:17	00:51:03	01:45:43	02:41:54	02:42:09	515	06:23:07.50	06:23:07.50	+02:17:45 (36.0%)
483	KAMINSKA-SZULC Joanna	712	LABOSPORT	K40	3	00:50:00	563	00:03:46	00:36:11	02:10:54	03:14:36	553	00:03:53	00:43:07	01:26:45	02:10:49	02:11:06	392	06:23:21.60	06:23:21.60	+02:17:59 (36.0%)
484	BIERNACKI Piotr	362	PBRN@WP.PL	M35	113	00:49:26	560	00:04:03	00:33:07	02:03:08	03:02:40	504	00:04:23	00:40:02	01:29:27	02:22:36	02:22:56	462	06:23:28.60	06:23:28.60	+02:18:06 (36.0%)
485	URBANIAK Wiesław	284	KS KROTOSZ KROTOSZYN	M50	21	00:42:19	463	00:06:40	00:37:02	02:12:29	03:15:01	555	00:05:13	00:43:07	01:29:40	02:14:59	02:15:18	421	06:24:31.05	06:24:31.05	+02:19:09 (36.2%)
486	TOMASZEWSKI Wojciech	661		M45	53	00:45:46	531	00:05:13	00:33:35	02:01:04	03:00:52	493	00:05:27	00:45:47	01:37:31	02:27:09	02:27:30	481	06:24:48.90	06:24:48.90	+02:19:27 (36.2%)

				Pływanie		Rower				Bieg											
487	SZCZEPŁEK Jasiek	341	AT TEAM	M30	96	00:46:08	537	00:04:38	00:34:52	02:05:58	03:06:24	528	00:06:01	00:43:48	01:31:40	02:21:51	02:22:11	456	06:25:22.00	06:25:22.00	+02:20:00 (36.3%)
488	HIRSZ Kamil Adam	238	KLUB SPORTOWY CELIRONMAN S.A.	M40	100	00:39:44	378	00:04:49	00:33:21	02:01:40	03:01:59	502	00:05:24	00:48:25	01:42:07	02:33:12	02:33:31	498	06:25:27.35	06:25:27.35	+02:20:05 (36.3%)
489	JAMROŻ Robert	272	KUŹNIA TRIATHLONU	M35	114	00:48:36	558	00:05:18	00:35:57	02:05:19	03:04:07	512	00:05:32	00:45:58	01:33:37	02:21:43	02:22:03	454	06:25:36.70	06:25:36.70	+02:20:14 (36.4%)
490	PĘDOWSKI Wojciech	365	OK! SPORT	M50	22	00:45:35	527	00:04:29	00:35:29	02:05:07	03:00:52	494	00:05:25	00:44:12	01:33:52	02:29:00	02:29:23	486	06:25:44.90	06:25:44.90	+02:20:23 (36.4%)
491	RUTKA Katryzna	713	KTS IRONMAN KWIDZYN	K45	3	00:45:21	524	00:03:42	00:37:04	02:13:17	03:15:39	557	00:04:10	00:45:17	01:31:39	02:16:40	02:16:59	431	06:25:51.85	06:25:51.85	+02:20:29 (36.4%)
492	SYKULSKI Maciek	572	TRIKOTTA	M30	97	00:35:47	238	00:02:51	00:29:38	01:51:34	02:51:26	422	00:03:36	00:50:45	01:48:44	02:52:11	02:52:35	522	06:26:15.25	06:26:15.25	+02:20:53 (36.5%)
493	WÓJCIK Damian	640		M45	54	00:50:01	564	00:05:37	00:36:09	02:12:50	03:19:14	562	00:05:00	00:39:45	01:23:02	02:06:15	02:06:34	342	06:26:26.15	06:26:26.15	+02:21:04 (36.5%)
494	SZUCA Zbigniew	579	IRONTEAM3CITY	M40	101	00:43:00	484	00:04:50	00:36:54	02:13:35	03:17:28	559	00:03:49	00:44:20	01:31:55	02:17:28	02:17:42	436	06:26:49.10	06:26:49.10	+02:21:27 (36.6%)
495	ZIELONY Daniel	354	ALAUD	M40	102	00:48:25	555	00:05:29	00:31:49	01:54:09	02:49:21	393	00:05:36	00:49:12	01:41:52	02:37:41	02:37:59	510	06:26:50.95	06:26:50.95	+02:21:29 (36.6%)
496	TURCZYŃSKI Łukasz	110	GETRESPONSE	M30	98	00:40:22	410	00:03:36	00:30:55	01:50:27	02:47:28	371	00:04:54	00:54:43	01:50:58	02:50:18	02:50:40	521	06:27:00.95	06:27:00.95	+02:21:39 (36.6%)
497	PŁAWIAK Wojciech	578	KUŹNIA TRIATHLONU	M30	99	00:42:06	458	00:04:30	00:35:06	02:05:34	03:05:00	520	00:04:46	00:41:35	01:36:28	02:31:56	02:32:20	494	06:28:42.30	06:28:42.30	+02:23:20 (36.9%)
498	SMOLARCZYK Adam	236	BIZON DZIERŻĄŻNO	M30	100	00:38:59	342	00:04:00	00:33:46	02:03:02	03:08:38	538	00:04:12	00:55:33	01:46:41	02:33:35	02:33:49	500	06:29:38.85	06:29:38.85	+02:24:16 (37.0%)
499	WÓJCIK Łukasz	138	OTT PABIANICE	M30	101	00:48:58	559	00:04:00	00:32:05	01:55:14	02:52:22	432	00:03:50	01:00:42	01:53:03	02:40:21	02:40:41	513	06:29:51.45	06:29:51.45	+02:24:29 (37.1%)
500	WOJDA Dorota	735	COMPLEXSPORTS TRIATHLON TEAM	K45	4	00:54:01	580	00:03:44	00:34:23	02:04:38	03:06:43	529	00:03:38	00:46:57	01:33:27	02:21:32	02:21:53	453	06:29:59.90	06:29:59.90	+02:24:38 (37.1%)
501	BYCHOWSKI Piotr	130		M35	115	00:34:52	174	00:05:44	00:32:20	01:57:56	03:01:37	499	00:07:06	00:50:35	01:48:33	02:41:25	02:41:43	514	06:31:02.30	06:31:02.30	+02:25:40 (37.3%)
502	CZERNAK Artur	599		M50	23	00:47:17	548	00:05:51	00:35:57	02:06:44	03:08:59	539	00:07:57	00:42:27	01:29:30	02:22:08	02:22:24	457	06:32:28.70	06:32:28.70	+02:27:06 (37.5%)
503	KOLKA Zbigniew	243	TOP BRAMY HORMANN	M55	13	00:46:33	539	00:03:48	00:34:10	02:00:41	02:58:52	485	00:03:32	00:45:08	01:37:11	02:39:24	02:39:57	512	06:32:42.70	06:32:42.70	+02:27:20 (37.5%)
504	DOROCHOWICZ Sławomir	423	AT TEAM / DOROCH.PL	M45	55	00:39:49	383	00:03:29	00:34:03	02:03:26	03:03:09	508	00:03:32	00:48:51	01:45:18	02:43:16	02:43:31	517	06:33:30.60	06:33:30.60	+02:28:08 (37.6%)
505	BOLEWSKI Adam	70	SPORTEVO	M35	116	00:55:32	585	00:04:33	00:33:42	02:07:01	03:11:21	542	00:05:41	00:45:39	01:31:15	02:16:18	02:16:36	428	06:33:43.40	06:33:43.40	+02:28:21 (37.7%)
506	FURMAŃSKA Kaśka	711	DRUŻYNA TVN	K45	5	00:43:59	508	00:04:10	00:34:47	02:07:38	03:11:57	544	00:02:59	00:46:59	01:35:12	02:30:23	02:30:52	491	06:33:57.70	06:33:57.70	+02:28:35 (37.7%)
507	SZURKOWSKI Andrzej	258	UROVITA TEAM	M55	14	00:47:56	552	00:04:36	00:35:41	02:06:20	03:04:31	516	00:05:34	00:48:26	01:39:40	02:31:33	02:32:02	493	06:34:39.25	06:34:39.25	+02:29:17 (37.8%)
508	WIECHNA Krzysztof	437		M35	117	00:48:18	554	00:06:17	00:32:34	01:58:21	02:57:05	476	00:06:41	00:48:55	01:45:58	02:36:08	02:36:27	507	06:34:48.40	06:34:48.40	+02:29:26 (37.9%)
509	ŁUĆ Paweł	344		M35	118	00:41:32	449	00:05:22	00:34:54	02:05:14	03:07:40	532	00:06:38	00:51:36	01:43:15	02:33:19	02:33:42	499	06:34:54.70	06:34:54.70	+02:29:32 (37.9%)
510	IMIOŁEK Adam	420		M40	103	00:45:56	532	00:05:48	00:36:07	02:09:24	03:09:14	540	00:04:56	00:44:15	01:35:30	02:28:38	02:29:03	485	06:34:57.20	06:34:57.20	+02:29:35 (37.9%)
511	ATRASZKIEWICZ Magda	700	F3TEAM	K40	4	00:53:03	578	00:04:43	00:34:25	02:06:34	03:11:30	543	00:04:43	00:44:14	01:32:17	02:20:58	02:21:17	451	06:35:16.15	06:35:16.15	+02:29:54 (37.9%)
512	MASTALERZ Paweł	48	COLEX RACING TEAM	M35	119	00:43:58	506	00:04:03	00:29:35	01:53:19	02:52:16	431	00:05:21	00:52:27	01:47:00	02:48:53	02:49:46	520	06:35:24.65	06:35:24.65	+02:30:02 (37.9%)
513	BERNATOWICZ Waldemar	396	MIETKÓW TRIATHLON TEAM	M35	120	00:59:53	588	00:04:22	00:35:51	02:04:16	03:02:51	506	00:04:44	00:46:33	01:36:34	02:23:30	02:23:44	470	06:35:34.05	06:35:34.05	+02:30:12 (38.0%)
514	SACEWICZ Monika	746	LADOSPORT	K40	5	00:47:27	550	00:03:12	00:39:09	02:20:33	03:26:25	566	00:02:46	00:44:34	01:30:47	02:16:10	02:16:26	427	06:36:16.70	06:36:16.70	+02:30:54 (38.1%)
515	BRULIŃSKI Krzysztof	403		M40	104	00:38:47	338	00:05:30	00:33:54	02:04:03	03:06:18	527	00:04:08	00:53:10	01:48:50	02:43:56	02:44:10	519	06:38:53.50	06:38:53.50	+02:33:31 (38.5%)
516	DIETRICH Krzysztof	510	TRIATHLON SERIES TEAM / SPORTOWY JEŻ PORANNY	M35	121	00:43:08	488	00:04:09	00:32:16	01:55:56	02:51:13	420	00:05:38	00:57:19	01:57:07	02:54:31	02:54:45	523	06:38:53.60	06:38:53.60	+02:33:31 (38.5%)
517	HIRT Tomasz	308	CB163	M30	102	00:41:07	435	00:04:22	00:34:15		03:14:24	551	00:04:55	00:50:42	01:43:59	02:33:54	02:34:16	501	06:39:04.85	06:39:04.85	+02:33:42 (38.5%)
518	DĄBROWSKI Krzysztof	472	KJ CREW	M30	103	00:35:07	181	00:05:33	00:31:06	01:54:33	02:53:35	444	00:04:46	01:02:24	02:03:53	03:02:24	03:02:49	526	06:41:50.80	06:41:50.80	+02:36:28 (38.9%)
519	BLUJ Roman	174		M55	15	00:50:36	570	00:04:30	00:34:28	02:09:06	03:12:10	545	00:05:33	00:47:46	01:40:09	02:29:57	02:30:21	489	06:43:10.35	06:43:10.35	+02:37:48 (39.1%)

				Pływanie		Rower		Bieg		KOP								
559	BUTNY Rafał	373		M35	134	00:30:53	57	00:02:14	00:27:02	01:38:08	02:26:18	104			+00:21:24			
560	SOBCZAK Marcin	88	TRI DREAM TEAM	M40	111	00:43:07	487	00:03:56	00:31:22	01:57:48	03:01:06	495			+01:10:07			
561	CIEŚLAK Michał	509		M35	135	00:39:30	365	00:03:44	00:32:56	02:02:13	03:04:56	517			+01:10:08			
562	JAKOWICZ Agnieszka	745	LABOSPORT	K40	6	00:40:23	412	00:03:40	00:34:37	02:10:34	03:13:37	548			+01:19:39			
563	GREMBSKI Maciej	12	AGROLOK SPORT TEAM / CSGT GŁOGÓW	M18	12	00:23:50	1	00:01:45	00:26:18	01:33:18					+00:00:37			
564	MARKOWSKI Marek	62	LABOSPORT TEAM / ULIMATE PETARDA SQUAD TEAM LUBIN	M35	136	00:28:31	26	00:02:19	00:26:38	01:34:33					+00:07:07			
565	SZELIGA Wojtek	69		M45	63	00:32:05	81	00:02:56	00:28:49	01:38:48					+00:15:33			
566	FIGURSKI Cezary	642	UKS G-8 BIELANY	M50	27	00:29:37	35	00:02:37	00:29:42	01:42:13					+00:16:10			
567	LIGENZA Kamil	288		M25	39	00:35:34	210								+00:19:39			
568	OSIŃSKI Michał	319		M40	112	00:36:03	247								+00:25:19			
569	URBAŃSKA Ewa	710	TRISPACE / ATOS	K40	7	00:39:55	387	00:02:37	00:29:43	01:47:27					+00:31:43			
570	NAJMOWICZ Sebastian	7	TRI NEGU / ROWERYSPORTOWY	M25	40	00:24:13	2	00:01:58	00:27:43						+			
571	ZYCH Bartek	289	TRIENERGY	M40	113	00:35:33	208	00:03:00	00:25:26						+00:10:00			
572	GROSZEWSKI Radosław	668	ROWERYSPORTOWY TRI NEGU	M40	114	00:35:49	240	00:03:27	00:28:34						+00:13:51			
573	KĄDZIELEWSKI Damian	221	FUNDACJA STUDENCKA 'MŁODZI MŁODYM' 4336	M18	13	00:40:03	393	00:05:31	00:40:47						+00:32:23			
574	KOPER Maciej	541	KUŹNIA TRIATHLONU	M30	109	00:51:13	575	00:05:32	00:39:47						+00:42:33			
575	DĄBROWSKI Dariusz	24	LUFT TRI TEAM / ILABO SPORT	M40	115	00:30:25	46	00:02:33							+00:03:57			
576	CZAJKOWSKI Piotr	681	AGROLOK SPORT TEAM	M25	41	00:37:23	291	00:02:29							+00:10:51			
577	ZWIERZCHOWSKI Andrzej	249	TGM	M30	110	00:33:48	128								+00:06:39			
	SIBIŃSKI Marcin	479	HTF	M40		00:42:32	469	03:03:49			00:04:22	2	00:00:04	00:51:22	00:53:05	1	DNF	DNF
	WALIŃSKI Mikołaj	142	PREFBUD DZIERZGOŃ	M35		00:30:10	39	00:02:13	00:26:03	01:34:17	02:18:34	28	00:02:32	00:32:42		DNF	DNF	
	SZCZOTKA Mariusz	90	LABO SPORT / AT TEAM	M40		00:32:24	88	00:02:53	00:26:22	01:35:46	02:19:55	37	00:03:03	00:33:32		DNF	DNF	
	KAŁUŻNY Łukasz	165	TRINERGY	M25		00:36:47	268	00:02:17	00:25:12	01:32:34	02:16:29	14	00:02:22	00:43:10		DNF	DNF	
	TEMPSKI Patryk	190	DRUŻYNA TVN	M30		00:30:36	49	00:02:58	00:29:57	01:47:09	02:38:50	283	00:03:10	00:34:52		DNF	DNF	
	ZAJK Radosław	65		M30		00:41:05	433	00:03:00	00:31:02	01:51:11	02:43:20	334	00:03:12	00:30:33		DNF	DNF	
	GOMULEC Tomasz	281	TACTICA TEAM	M45		00:36:44	266	00:04:09	00:30:41	01:49:16	02:40:27	306	00:03:29	00:37:09		DNF	DNF	
	CIESZYŃSKI Jacek	463	LABOSPORT	M50		00:33:48	129	00:02:43	00:26:34	01:37:08	02:25:22	91	00:03:30			DNF	DNF	
	ZAURSKI Marcin	679		M60		00:47:23	549	00:05:19	00:38:43	02:23:45	03:33:26	569	00:08:23			DNF	DNF	
	MIZIARSKI Paweł	382	TORUS TRIATHLON TEAM	M25		00:29:30	32	00:02:20								DNF	DNF	
	CZAJA Jakub	8	ALE	M35		00:31:21	66									DNF	DNF	
	PALIWODA Wiktor	77	KLUB SPORTOWY CELIRONMAN S.A.	M30		00:37:03	277									DNF	DNF	

Znaleziono 589 wynik(ów)