

**Organiser:** Urząd Miejski w Suszu  
**Date:** 2016-06-25  
**Place:** Susz  
**Distance:** 26,5 km

Classification: M30

Place	Participant	Number	Club	Category	MCat	Swimming		T1	Cycling		T2	Race		Time		
						0.75km	Poz		19.95km	Poz		5km	Place	Net time 26km	Czas łączny 26km	Gap
1	<b>PRZYBYSZ Michał</b>	<b>448</b>	WARSAW MASTERS TEAM	M30	1	<b>00:12:46</b>	80	00:02:06	<b>00:27:42</b>	<b>1</b>	00:02:13	<b>00:22:02</b>	<b>5</b>	<b>01:06:49.25</b>	<b>01:06:49.25</b>	
2	<b>DMOWSKI Piotr</b>	<b>67</b>		M30	2	<b>00:13:17</b>	107	00:02:00	<b>00:31:02</b>	<b>16</b>	00:02:05	<b>00:22:55</b>	<b>14</b>	<b>01:11:19.90</b>	<b>01:11:19.90</b>	+00:04:30 (6.3%)
3	<b>JUŚKIW Paweł</b>	<b>422</b>		M30	3	<b>00:10:43</b>	6	00:02:09	<b>00:32:47</b>	<b>71</b>	00:01:57	<b>00:24:42</b>	<b>43</b>	<b>01:12:18.75</b>	<b>01:12:18.75</b>	+00:05:29 (7.6%)
4	<b>SUCHECKI Adam</b>	<b>528</b>		M30	4	<b>00:13:07</b>	96	00:02:24	<b>00:32:41</b>	<b>69</b>	00:02:29	<b>00:22:12</b>	<b>8</b>	<b>01:12:53.15</b>	<b>01:12:53.15</b>	+00:06:03 (8.3%)
5	<b>KOŻUCHOWSKI Grzegorz</b>	<b>252</b>	TS AKWEDUKT KIELCE	M30	5	<b>00:11:50</b>	46	00:02:04	<b>00:32:13</b>	<b>51</b>	00:01:58	<b>00:25:09</b>	<b>52</b>	<b>01:13:14.50</b>	<b>01:13:14.50</b>	+00:06:25 (8.8%)
6	<b>WYSŁOUCH Michał</b>	<b>128</b>	F3TEAM	M30	6	<b>00:13:11</b>	99	00:02:24	<b>00:30:19</b>	<b>5</b>	00:02:06	<b>00:25:34</b>	<b>66</b>	<b>01:13:34.90</b>	<b>01:13:34.90</b>	+00:06:45 (9.2%)
7	<b>SYDOR Tomasz</b>	<b>143</b>	TRIATHLON TROJMIASTO	M30	7	<b>00:12:57</b>	88	00:02:25	<b>00:30:33</b>	<b>7</b>	00:02:02	<b>00:26:04</b>	<b>79</b>	<b>01:14:01.90</b>	<b>01:14:01.90</b>	+00:07:12 (9.7%)
8	<b>WOJNOWSKI Michał</b>	<b>132</b>	GDAŃSKIE LWY/F3TEAM	M30	8	<b>00:12:34</b>	71	00:02:00	<b>00:33:18</b>	<b>88</b>	00:01:58	<b>00:24:17</b>	<b>35</b>	<b>01:14:07.95</b>	<b>01:14:07.95</b>	+00:07:18 (9.9%)
9	<b>GŁASEK Łukasz</b>	<b>233</b>	TRIATHLONSERWIS	M30	9	<b>00:11:15</b>	28	00:02:13	<b>00:32:04</b>	<b>45</b>	00:02:33	<b>00:27:01</b>	<b>109</b>	<b>01:15:06.50</b>	<b>01:15:06.50</b>	+00:08:17 (11.0%)
10	<b>SZATROWSKI Radosław</b>	<b>219</b>		M30	10	<b>00:11:14</b>	27	00:02:10	<b>00:34:01</b>	<b>122</b>	00:02:05	<b>00:26:00</b>	<b>74</b>	<b>01:15:30.90</b>	<b>01:15:30.90</b>	+00:08:41 (11.5%)
11	<b>PACZKOWSKI Rafał</b>	<b>753</b>		M30	11	<b>00:13:00</b>	92	00:02:17	<b>00:31:56</b>	<b>39</b>	00:02:01	<b>00:26:20</b>	<b>90</b>	<b>01:15:34.90</b>	<b>01:15:34.90</b>	+00:08:45 (11.6%)
12	<b>JENDRYCH Marek</b>	<b>659</b>	AKL URSYNÓW	M30	12	<b>00:15:07</b>	209	00:02:58	<b>00:35:21</b>	<b>192</b>	00:02:23	<b>00:20:48</b>	<b>1</b>	<b>01:16:37.90</b>	<b>01:16:37.90</b>	+00:09:48 (12.8%)
13	<b>PROKOP Piotr</b>	<b>72</b>	TRICLUB	M30	13	<b>00:13:00</b>	91	00:02:05	<b>00:31:33</b>	<b>31</b>	00:02:10	<b>00:29:42</b>	<b>212</b>	<b>01:18:30.70</b>	<b>01:18:30.70</b>	+00:11:41 (14.9%)
14	<b>GÓRAJ Paweł</b>	<b>526</b>	THOMS REUTERS TRIATHLON TEAM	M30	14	<b>00:16:04</b>	278	00:02:50	<b>00:33:19</b>	<b>89</b>	00:02:27	<b>00:24:55</b>	<b>46</b>	<b>01:19:35.60</b>	<b>01:19:35.60</b>	+00:12:46 (16.0%)
15	<b>GŁADOSZ Łukasz</b>	<b>104</b>	ETB	M30	15	<b>00:13:09</b>	98	00:02:34	<b>00:31:23</b>	<b>24</b>	00:02:19	<b>00:31:09</b>	<b>262</b>	<b>01:20:34.50</b>	<b>01:20:34.50</b>	+00:13:45 (17.1%)

Overall Statistics						Swimming		Cycling		Race		Total				
Rank	Name	Points	Team	Age Group	Gender	Time	Distance	Time	Distance	Time	Distance	Time	Time	Time	%	
16	<b>KOWALSKI Tomasz</b>	292	OSTRA KORBA	M30	16	00:12:06	60	00:02:52	00:35:29	198	00:02:37	00:27:55	144	01:20:59.60	01:20:59.60	+00:14:10 (17.5%)
17	<b>JURCZAK Kamil</b>	253	SPORTEVO	M30	17	00:12:28	67	00:02:27	00:37:23	301	00:02:16	00:26:30	93	01:21:04.65	01:21:04.65	+00:14:15 (17.6%)
18	<b>LITWINIUK Piotr</b>	79	EXTREME ACADEMY TRIATHLON TEAM	M30	18	00:14:28	172	00:02:27	00:33:54	118	00:02:40	00:27:36	131	01:21:05.20	01:21:05.20	+00:14:15 (17.6%)
19	<b>KWIATKOWSKI Paweł</b>	549	ROWERY KWIATKOWSKI	M30	19	00:14:25	168	00:02:30	00:31:46	34	00:02:46	00:31:21	274	01:22:48.00	01:22:48.00	+00:15:58 (19.3%)
20	<b>KOPACZ Grzegorz</b>	758	TKI NEGU/ORCA POLSKA	M30	20	00:13:28	120	00:03:13	00:34:57	171	00:02:33	00:28:49	177	01:23:00.00	01:23:00.00	+00:16:10 (19.5%)
21	<b>POGORZELSKI Daniel</b>	419		M30	21	00:16:34	304	00:02:46	00:35:44	215	00:02:26	00:26:12	84	01:23:42.15	01:23:42.15	+00:16:52 (20.2%)
22	<b>WOJCIECHOWSKI Jakub</b>	755	MWINVEST GROUP	M30	22	00:14:32	174	00:02:46	00:35:53	221	00:03:05	00:27:59	146	01:24:15.05	01:24:15.05	+00:17:25 (20.7%)
23	<b>GAŁADYK Jarosław</b>	512		M30	23	00:14:52	192	00:03:25	00:36:30	251	00:02:38	00:27:07	115	01:24:32.80	01:24:32.80	+00:17:43 (21.0%)
24	<b>BIEGAŁA Marek</b>	571		M30	24	00:16:32	298	00:03:03	00:33:54	119	00:02:53	00:28:23	163	01:24:45.20	01:24:45.20	+00:17:55 (21.2%)
25	<b>BACZEWSKI Daniel</b>	254	LOTOS TEAM	M30	25	00:15:29	228	00:03:07	00:32:54	72	00:02:44	00:30:53	251	01:25:07.30	01:25:07.30	+00:18:18 (21.5%)
26	<b>REMISIEWICZ Lukasz</b>	43	BYDGOSZCZ TRIATHLON TEAM	M30	26	00:15:53	269	00:02:27	00:38:01	332	00:02:30	00:27:34	129	01:26:25.75	01:26:25.75	+00:19:36 (22.7%)
27	<b>ZAGRZEJEWSKI Bartosz</b>	612	TRICLUB	M30	27	00:13:58	145	00:03:26	00:36:58	282	00:02:29	00:29:52	217	01:26:43.20	01:26:43.20	+00:19:53 (22.9%)
28	<b>RACZYŃSKI Tomasz</b>	187	KUŹNIA TRIATHLONU	M30	28	00:14:57	198	00:03:02	00:35:34	207	00:02:45	00:30:41	241	01:26:59.30	01:26:59.30	+00:20:10 (23.2%)
29	<b>KAŹMIERCZAK Piotr</b>	212		M30	29	00:15:04	204	00:02:28	00:35:44	214	00:02:38	00:31:58	300	01:27:52.00	01:27:52.00	+00:21:02 (24.0%)
30	<b>NOWAKOWSKI Krzysztof</b>	204		M30	30	00:17:33	371	00:02:37	00:36:47	269	00:02:31	00:29:13	190	01:28:41.20	01:28:41.20	+00:21:51 (24.7%)
31	<b>HOŃKO Przemek</b>	205	SPORTEVO	M30	31	00:14:10	155	00:03:29	00:35:15	186	00:03:05	00:32:45	329	01:28:44.15	01:28:44.15	+00:21:54 (24.7%)
32	<b>KOŚCIESZA Piotr</b>	258	TRI NEGU	M30	32	00:18:36	436	00:03:11	00:35:38	210	00:02:25	00:29:26	200	01:29:16.55	01:29:16.55	+00:22:27 (25.2%)
33	<b>KRUEGER Stefan</b>	545		M30	33	00:15:47	253	00:03:01	00:34:33	147	00:02:55	00:33:06	341	01:29:22.75	01:29:22.75	+00:22:33 (25.2%)
34	<b>GĄSIOR Piotr</b>	108		M30	34	00:18:28	429	00:02:40	00:37:52	320	00:02:11	00:28:20	162	01:29:31.30	01:29:31.30	+00:22:42 (25.4%)
35	<b>GROCHOWSKI Tomasz</b>	400		M30	35	00:17:48	397	00:02:43	00:36:39	258	00:02:34	00:30:01	225	01:29:45.50	01:29:45.50	+00:22:56 (25.6%)
36	<b>KOŚKA Tomasz</b>	137	KOLONIA PRABUTY	M30	36	00:15:39	249	00:03:48	00:36:41	261	00:02:10	00:31:30	282	01:29:48.05	01:29:48.05	+00:22:58 (25.6%)
37	<b>WALAUGO Radek</b>	506	TRI NEGU	M30	37	00:16:39	307	00:02:58	00:36:19	239	00:02:57	00:31:40	286	01:30:33.60	01:30:33.60	+00:23:44 (26.2%)
38	<b>SIENICKI Radosław</b>	514	PWC TRI TEAM	M30	38	00:16:33	300	00:03:26	00:39:37	394	00:03:08	00:27:53	143	01:30:37.20	01:30:37.20	+00:23:47 (26.3%)
39	<b>PIETRANIK Paweł</b>	51	KUŹNIA TRIATHLONU	M30	39	00:19:38	472	00:04:08	00:36:56	279	00:02:40	00:28:06	150	01:31:28.75	01:31:28.75	+00:24:39 (27.0%)

					□ Swimming		□ Cycling			□ Race		TOTAL	
Rank	Name	Points	Club	Age	Swim Time	Swim Points	Cycling Time	Cycling Points	Race Time	Race Points	Total Time	Total Points	%
40	MIŚTA Paweł	457		M30	40	00:12:59 89	00:03:27	00:37:58 327	00:02:47	00:34:36 387	01:31:47.75	01:31:47.75	+00:24:58 (27.2%)
41	GUMIŃSKI Michał	165	TRENINGIKUNGFU.PL	M30	41	00:16:30 297	00:04:19	00:38:00 331	00:03:10	00:29:59 221	01:31:58.35	01:31:58.35	+00:25:09 (27.3%)
42	KUCHARSKI Łukasz	479	KLUB SPORTOWY CELIRONMAN S.A.	M30	42	00:14:28 171	00:03:19	00:36:29 250	00:03:09	00:35:02 396	01:32:27.25	01:32:27.25	+00:25:38 (27.7%)
43	WOJDYŁA Paweł	625		M30	43	00:17:29 365	00:04:24	00:38:59 372	00:03:03	00:28:34 169	01:32:29.35	01:32:29.35	+00:25:40 (27.8%)
44	ROSENKRANC Mariusz	250	UKS TRI-TEAM RUMIA	M30	44	00:16:06 280	00:04:28	00:37:34 305	00:02:21	00:32:10 307	01:32:39.30	01:32:39.30	+00:25:50 (27.9%)
45	GRABOWSKI Szymon	389		M30	45	00:16:19 288	00:03:30	00:36:08 230	00:03:28	00:33:27 353	01:32:52.80	01:32:52.80	+00:26:03 (28.1%)
46	BRONISZEWSKI Maciej	304		M30	46	00:17:27 362	00:04:18	00:37:14 296	00:03:41	00:31:02 259	01:33:42.30	01:33:42.30	+00:26:53 (28.7%)
47	KIERES Michał	20	AQUASFERA MASTERS OLSZTYN	M30	47	00:12:39 74	00:03:00	00:41:24 448	00:02:35	00:34:42 389	01:34:20.80	01:34:20.80	+00:27:31 (29.2%)
48	ORZOŁ Kamil	74	BPH RUNNERS TEAM	M30	48	00:20:26 499	00:04:27	00:38:41 359	00:02:10	00:28:45 172	01:34:29.45	01:34:29.45	+00:27:40 (29.3%)
49	SUCHCICKI Przemysław	582		M30	49	00:18:53 449	00:04:35	00:38:24 349	00:03:05	00:29:35 208	01:34:32.80	01:34:32.80	+00:27:43 (29.3%)
50	ŚMIERZCHAŁSKI Michał	398		M30	50	00:15:07 210	00:04:12	00:39:53 406	00:02:27	00:33:14 346	01:34:53.70	01:34:53.70	+00:28:04 (29.6%)
51	ABRACHAM Piotr	359		M30	51	00:15:55 270	00:03:12	00:39:04 373	00:03:04	00:33:45 363	01:35:00.45	01:35:00.45	+00:28:11 (29.7%)
52	GŁOWACKI Michał	121	TRI AERO PRO / TRIWAWA	M30	52	00:16:45 321	00:03:13	00:36:46 266	00:03:09	00:35:21 403	01:35:14.15	01:35:14.15	+00:28:24 (29.8%)
53	MISIAK Przemysław	211		M30	53	00:21:29 523	00:03:44	00:37:05 288	00:02:43	00:30:47 247	01:35:48.40	01:35:48.40	+00:28:59 (30.3%)
54	IWANOW Bartosz	363	UKS TRS SUSZ	M30	54	00:19:42 473	00:03:11	00:39:05 374	00:03:14	00:31:41 287	01:36:53.40	01:36:53.40	+00:30:04 (31.0%)
55	GÓRECKI Jakub	402		M30	55	00:18:06 411	00:04:40	00:41:26 450	00:02:50	00:30:46 244	01:37:48.20	01:37:48.20	+00:30:58 (31.7%)
56	KIEPUSZEWSKI Adrian	53	TRIDEA	M30	56	00:12:06 59	00:03:25	00:39:13 377	00:03:14	00:41:41 499	01:39:39.90	01:39:39.90	+00:32:50 (33.0%)
57	ŁUCZKO Karol	284		M30	57	00:17:46 394	00:03:48	00:39:44 397	00:03:03	00:36:20 431	01:40:41.90	01:40:41.90	+00:33:52 (33.6%)
58	PAŁCZAK Paweł	131	KUŹNIA TRIATHLONU	M30	58	00:15:51 264	00:03:38	00:37:38 307	00:03:22	00:40:45 493	01:41:14.35	01:41:14.35	+00:34:25 (34.0%)
59	ŁATOSZYŃSKI Grzegorz	144		M30	59	00:20:19 496	00:03:55	00:40:27 422	00:02:49	00:34:18 380	01:41:48.85	01:41:48.85	+00:34:59 (34.4%)
60	OBOJSKI Wojciech	150		M30	60	00:19:11 461	00:04:50	00:38:24 348	00:03:06	00:36:30 433	01:42:01.95	01:42:01.95	+00:35:12 (34.5%)
61	KULIK Marek	496		M30	61	00:18:42 441	00:03:57	00:38:18 343	00:03:21	00:40:02 482	01:44:20.40	01:44:20.40	+00:37:31 (36.0%)
62	SZCZYPIŃSKI Łukasz	10	EUCO TEAM	M30	62	00:17:52 401	00:04:11	00:42:53 488	00:03:28	00:37:28 448	01:45:52.40	01:45:52.40	+00:39:03 (36.9%)
63	CIEPIERSKI Rafał	140		M30	63	00:18:10 414	00:07:17	00:42:34 477	00:04:20	00:33:58 367	01:46:19.70	01:46:19.70	+00:39:30 (37.2%)

						□ Swimming	T1	□ Cycling	T2	□ Race	TOTAL		
64	<b>GAWRYŚ Marce</b>	<b>443</b>	KUŹNIA TRIATHLONU	M30	64	<b>00:13:33</b> 125	00:04:34	<b>00:41:58</b> 465	00:03:02	<b>00:43:39</b> 520	<b>01:46:46.80</b>	<b>01:46:46.80</b>	+00:39:57 (37.4%)
65	<b>ŻOŁNIK Piotr</b>	<b>587</b>		M30	65	<b>00:32:29</b> 557	00:03:06	<b>00:37:11</b> 293	00:03:26	<b>00:31:25</b> 277	<b>01:47:37.90</b>	<b>01:47:37.90</b>	+00:40:48 (37.9%)
66	<b>SKWIERAWSKI Łukasz</b>	<b>407</b>		M30	66	<b>00:20:04</b> 487	00:04:51	<b>00:43:15</b> 497	00:04:20	<b>00:39:16</b> 469	<b>01:51:46.20</b>	<b>01:51:46.20</b>	+00:44:56 (40.2%)
67	<b>KOCHANOWSKI Mariusz</b>	<b>630</b>		M30	67	<b>00:25:30</b> 548	00:03:58	<b>00:45:25</b> 528	00:03:39	<b>00:36:41</b> 435	<b>01:55:13.60</b>	<b>01:55:13.60</b>	+00:48:24 (42.0%)
68	<b>KOWALCZYK Maciej</b>	<b>11</b>	EUCO TEAM	M30	68	<b>00:26:50</b> 551	00:03:18	<b>00:45:24</b> 527	00:03:07	<b>00:43:35</b> 519	<b>02:02:14.00</b>	<b>02:02:14.00</b>	+00:55:24 (45.3%)
69	<b>ŁATOSZYŃSKI Paweł</b>	<b>154</b>	ŁATOSZYŃSKI TEAM	M30	69	<b>00:23:56</b> 543	00:05:06	<b>00:46:33</b> 533	00:03:20	<b>00:44:11</b> 523	<b>02:03:06.85</b>	<b>02:03:06.85</b>	+00:56:17 (45.7%)
70	<b>BEJM Paweł</b>	<b>327</b>	CHŁOPAKI Z KLASZTORKA	M30	70	<b>00:22:55</b> 540	00:03:58	<b>00:53:07</b> 549	00:03:26	<b>00:46:08</b> 531	<b>02:09:34.65</b>	<b>02:09:34.65</b>	+01:02:45 (48.4%)
71	<b>NIEMKIEWICZ Adam</b>	<b>453</b>	NIEMKIEWICZ TEAM	M30	71	<b>00:33:23</b> 558	00:06:01	<b>00:58:31</b> 551	00:04:20	<b>00:46:11</b> 533	<b>02:28:26.25</b>	<b>02:28:26.25</b>	+01:21:37 (55.0%)
	<b>TOMCZAK Marcin</b>	<b>482</b>	MARKETINGPRAWNICZY.COM	M30		<b>00:11:08</b> 23	00:02:23	<b>00:30:54</b> 14	00:01:59		<b>DNF</b>	<b>DNF</b>	
	<b>SZOT Marcin</b>	<b>495</b>		M30		<b>00:16:02</b> 275	00:02:46	<b>00:35:10</b> 181	00:02:19		<b>DNF</b>	<b>DNF</b>	
	<b>STANOCH Jakub</b>	<b>397</b>	BE3 CITYZEN_POZNAŃ	M30		<b>00:10:50</b> 11	00:02:21	<b>00:34:10</b> 130			<b>DNF</b>	<b>DNF</b>	
	<b>PAWLIK Mariusz</b>	<b>77</b>	BIKEWORLD.PL	M30		<b>00:14:24</b> 167	00:01:42				<b>DNF</b>	<b>DNF</b>	
	<b>OGRODNIK Michał</b>	<b>430</b>		M30		<b>00:15:49</b> 258					<b>DNF</b>	<b>DNF</b>	

Total 76 results.