

Organiser: Date: Place: Distance: III TRIATHLON GDAŃSK O PUCHAR REKTORA AWFIS 2017

Fundacja Silni Ciałem Niezłomni Duchem 2017-04-30 Gdańsk 18.6 km



Classification: Mężczyźni

| | | | | | | • Swimming | T1 | 0 | Cycling | | Τ2 | Race | | | | | | | Czas | | |
|-------|---------------------------|--------|-------------------------------|--------|----------|--------------------|----------|------------|--------------|----|----------|------------|------------|-------------|-------------|-------------|-------------|--------------|---------------------|----------------|----------------------|
| | | | | | | Split 06k | | Split Bike | e Split Bike | | | Finish All | Finish All | l Finish Al | l Finish Al | l Finish Al | l Finish Al | l Finish All | Net time | Czas łączny | |
| Place | Participant | Number | | Catego | ory MCat | 0.6km Poz | | 14.8km | 14.9km | | | 0.4km | 0.8km | 1.2km | 1.6km | 2km | 2.4km | 2.8km F | | 18.6km | Gap |
| 1 | BANACH Bartosz | 50 | GDAŃSK | M30 | 1 | 00:09:14 6 | 00:02:05 | 00:34:53 | 00:36:41 | 1 | 00:00:29 | 00:01:23 | 00:02:46 | 00:04:08 | 00:05:32 | 00:06:57 | 00:08:21 | 00:09:43 2 | 00:58:12.8 | 0 00:58:12.80 | |
| 2 | CZAPIŃSKI Michał | 55 | EUROPELL - BIKE U UP | M30 | 2 | 00:11:04 17 | 00:02:03 | 00:38:17 | 00:40:05 | 2 | 00:00:29 | 00:01:16 | 00:02:32 | 00:03:49 | 00:05:06 | 00:06:24 | 00:07:42 | 00:08:58 1 | 01:02:39.8 | 0 01:02:39.80 | +00:04:27 (7.1%) |
| 3 | CZAJKOWSKI Paweł | 57 | BCT TEAM GDYNIA | M30 | 3 | 00:10:14 9 | 00:01:29 | 00:39:25 | 00:41:07 | 3 | 00:00:35 | 00:01:37 | 00:03:12 | 00:04:45 | 00:06:18 | 00:07:50 | 00:09:14 | 00:10:53 6 | 01:04:18.6 | 0 01:04:18.60 | +00:06:05 (9.5%) |
| 4 | DOBOSIK Damian | 72 | GRUPA WODNA | M18 | 1 | 00:09:48 8 | 00:02:02 | 00:40:47 | 00:42:48 | 5 | 00:00:31 | 00:01:28 | 00:02:56 | 00:04:24 | 00:05:53 | 00:07:22 | 00:08:51 | 00:10:18 3 | 01:05:27.8 | 5 01:05:27.85 | +00:07:15 (11.1%) |
| 5 | TEKIELI Dominik | 69 | | M40 | 1 | 00:07:58 2 | 00:02:39 | 00:41:24 | 00:43:36 | 6 | 00:00:36 | 00:01:37 | 00:03:12 | 00:04:47 | 00:06:23 | 00:08:00 | 00:09:35 | 00:11:09 8 | 01:05:58.5 | 5 01:05:58.55 | +00:07:45 (11.8%) |
| 6 | GLEBOW Dominik | 59 | MKP GDAŃSK | M18 | 2 | 00:08:19 3 | 00:02:11 | 00:43:28 | 00:45:29 | 11 | 00:00:28 | 00:01:25 | 00:02:52 | 00:04:22 | 00:05:52 | 00:07:24 | 00:08:54 | 00:10:23 4 | 01:06:50.2 | 5 01:06:50.25 | +00:08:37 (12.9%) |
| 7 | BLUJ Mikołaj | 70 | VO2MAX MTB TEAM | M18 | 3 | 00:09:47 7 | 00:02:32 | 00:40:17 | 00:42:22 | 4 | 00:00:34 | 00:01:38 | 00:03:15 | 00:04:54 | 00:06:36 | 00:08:18 | 00:10:01 | 00:11:37 1 | 4 01:06:52.2 | 5 01:06:52.25 | +00:08:39 (12.9%) |
| 8 | KOLASA Łukasz | 51 | | M30 | 4 | 00:09:11 5 | 00:02:00 | 00:43:30 | 00:45:27 | 10 | 00:00:36 | 00:01:37 | 00:03:15 | 00:04:52 | 00:06:32 | 00:08:15 | 00:09:55 | 00:11:28 1 | 1 01:08:42.4 | 5 01:08:42.45 | +00:10:29 (15.3%) |
| 9 | HORSTEN Dorian | 58 | GIMNAZJUM GEDANENSIS | M16 | 1 | 00:08:28 4 | 00:02:35 | 00:45:25 | 00:47:18 | 16 | 00:00:32 | 00:01:29 | 00:03:02 | 00:04:37 | 00:06:09 | 00:07:41 | 00:09:15 | 00:10:44 5 | 01:09:37.8 | 0 01:09:37.80 | +00:11:25 (16.4%) |
| 10 | FRĄCZEK Paweł | 60 | MKP GDAŃSK | M18 | 4 | 00:07:08 1 | 00:03:16 | 00:45:33 | 00:47:51 | 18 | 00:00:33 | 00:01:37 | 00:03:16 | 00:04:53 | 00:06:33 | 00:08:12 | 00:09:53 | 00:11:25 9 | 01:10:13.8 | 5 01:10:13.85 | +00:12:01 (17.1%) |
| 11 | TOMASZEWSKI Michał | 85 | | M30 | 5 | 00:11:00 15 | 00:02:44 | 00:43:45 | 00:45:45 | 12 | 00:00:35 | 00:01:41 | 00:03:23 | 00:05:05 | 00:06:49 | 00:08:32 | 00:10:15 | 00:11:54 1 | 7 01:11:58.9 | 0 01:11:58.90 | +00:13:46 (19.1%) |
| 12 | MAKOWSKI Paweł | 68 | AWET GDAŃSK | M30 | 6 | 00:11:55 27 | 00:02:54 | 00:42:58 | 00:45:10 | 9 | 00:00:35 | 00:01:38 | 00:03:20 | 00:04:59 | 00:06:44 | 00:08:26 | 00:10:07 | 00:11:38 1 | 5 01:12:12.4 | 0 01:12:12.40 | +00:13:59 (19.4%) |
| 13 | JOKIEL Radosław | 13 | | M30 | 7 | 00:13:09 44 | 00:02:47 | 00:41:50 | 00:44:10 | 8 | 00:00:33 | 00:01:38 | 00:03:15 | 00:04:55 | 00:06:38 | 00:08:21 | 00:10:00 | 00:11:35 1 | 3 01:12:14.0 | 5 01:12:14.05 | +00:14:01 (19.4%) |
| 14 | SZYMKÓW Sławek | 53 | TORUS TRIATHLON | M40 | 2 | 00:11:36 24 | 00:02:38 | 00:43:34 | 00:45:53 | 13 | 00:00:34 | 00:01:39 | 00:03:20 | 00:05:03 | 00:06:44 | 00:08:25 | 00:10:07 | 00:11:42 1 | 6 01:12:23.6 | 5 01:12:23.65 | (19.6%) |
| 15 | PODHORODECKI Arkadiusz | 66 | ACTIVE-IT KOMPUTERYMARKOWE.PL | M50 | 1 | 00:11:49 26 | 00:02:53 | 00:43:48 | 00:46:00 | 14 | 00:00:35 | 00:01:41 | 00:03:21 | 00:05:00 | 00:06:40 | 00:08:19 | 00:09:59 | 00:11:33 1 | 2 01:12:50.6 | 0 01:12:50.60 | (20.1%) |
| 16 | FELON Michał | 82 | OPEC GDYNIA | M40 | 3 | 00:13:28 49 | 00:04:02 | 00:41:08 | 00:43:41 | 7 | 00:00:33 | 00:01:35 | 00:03:10 | 00:04:46 | 00:06:24 | 00:08:02 | 00:09:40 | 00:11:09 7 | 01:12:53.5 | 5 01:12:53.55 | +00:14:40 (20.1%) |
| 17 | PORTEE Wojciech | 10 | SPORTEVO | M40 | 4 | 00:10:30 12 | 00:03:03 | 00:44:02 | 00:46:30 | 15 | 00:00:44 | 00:02:02 | 00:04:03 | 00:05:58 | 00:07:50 | 00:09:39 | 00:11:27 | 00:13:06 3 | 0 01:13:53.6 | 0 01:13:53.60 | (21.2%) |
| 18 | DRAPELLA Dariusz | 12 | SMARUJ NA TRENING TEAM | M60+ | 1 | 00:11:59 28 | 00:03:11 | 00:44:44 | 00:47:25 | 17 | 00:00:41 | 00:01:55 | 00:03:50 | 00:05:45 | 00:07:41 | 00:09:34 | 00:11:28 | 00:13:15 3 | 3 01:16:31.6 | 5 01:16:31.65 | (23.9%) |
| 19 | SADOWSKI Andrzej | 65 | BURSZTYNOWE SMOKI JUBINALE | M40 | 5 | 00:10:26 11 | 00:03:01 | 00:49:19 | 00:52:10 | 23 | 00:00:40 | 00:01:49 | 00:03:37 | 00:05:25 | 00:07:12 | 00:09:00 | 00:10:49 | 00:12:28 2 | 2 01:18:45.7 | 5 01:18:45.75 | +00:20:32 (26.1%) |
| 20 | LEMBICZ Sławomir | 52 | SPORT-EVO | M30 | 8 | 00:11:30 22 | 00:03:13 | 00:48:55 | 00:51:33 | 21 | 00:00:38 | 00:01:49 | 00:03:34 | 00:05:18 | 00:07:01 | 00:08:42 | 00:10:24 | 00:12:00 1 | B 01:18:54.5 | 5 01:18:54.55 | (26.2%) |
| 21 | KUJAWIŃSKI Robert | 49 | SPORTEVO | M30 | 9 | 00:10:24 10 | 00:02:31 | 00:51:22 | 00:53:34 | 31 | 00:00:38 | 00:01:46 | 00:03:34 | 00:05:23 | 00:07:12 | 00:08:57 | 00:10:36 | 00:12:13 1 | 9 01:19:20.7 | 0 01:19:20.70 | (26.6%) |
| 22 | OZOROWSKI Lukasz | 17 | GO SIMPLY MADE! | M30 | 10 | 00:13:21 47 | 00:02:54 | 00:47:42 | 00:50:30 | 19 | 00:00:37 | 00:01:47 | 00:03:36 | 00:05:24 | 00:07:12 | 00:09:00 | 00:10:50 | 00:12:33 2 | 4 01:19:55.5 | 5 01:19:55.55 | +00:21:42 (27.2%) |
| 23 | HORSTEN Peter | 25 | GOYELLO POWER CLUB | M40 | 6 | 00:12:25 33 | 00:03:10 | 00:49:41 | 00:51:57 | 22 | 00:00:39 | 00:01:57 | 00:03:50 | 00:05:43 | 00:07:34 | 00:09:25 | 00:11:13 | 00:12:56 2 | B 01:21:07.7 | 5 01:21:07.75 | +00:22:54 (28.2%) |
| 24 | STAWICKI Andrzej | 27 | GOYELLO POWER CLUB | M18 | 5 | 00:12:20 31 | 00:02:57 | 00:50:10 | 00:52:15 | 24 | 00:00:41 | 00:01:59 | 00:03:58 | 00:05:50 | 00:07:40 | 00:09:34 | 00:11:29 | 00:13:17 3 | 4 01:21:30.5 | 0 01:21:30.50 | +00:23:17 (28.6%) |

| | | | | | | • Swimming | Τ1 | | Cycling | | T2 | | | | - Rad | e | | | Czas |
|----|--------------------------|-----|-------------------------|------|----|--------------------|----------|----------|------------|--------------|------------------------|---------|----------|----------|----------|----------|----------|-------------|---|
| 25 | PIĘTA Sylwester | 14 | SPORT-EVO/RADIO GDAŃSK | M18 | 6 | 00:11:36 23 | 00:03:21 | 00:51:06 | 00:53:30 3 | 0 00: | :00:37 <mark>00</mark> | 0:01:46 | 00:03:34 | 00:05:22 | 00:07:12 | 00:08:59 | 00:10:47 | 00:12:32 23 | 01:21:36.10 01:21:36.10 +00:23 (28.7%) |
| 26 | BORYNA Jarek | 9 | SPORTEVO | M50 | 2 | 00:13:16 45 | 00:03:41 | 00:47:57 | 00:50:37 2 | 0 00: | :00:43 <mark>00</mark> | 0:01:56 | 00:03:51 | 00:05:46 | 00:07:44 | 00:09:38 | 00:11:33 | 00:13:23 41 | 01:21:40.70 01:21:40.70 +00:23: (28.7%) |
| 27 | BYZDRA Krzysztof | 19 | BBL GDAŃSK | M40 | 7 | 00:13:01 43 | 00:02:48 | 00:51:20 | 00:53:22 2 | 9 00: | :00:41 <mark>00</mark> | 0:01:57 | 00:03:51 | 00:05:43 | 00:07:37 | 00:09:29 | 00:11:20 | 00:12:56 29 | 01:22:48.45 01:22:48.45 +00:24 (29.7%) |
| 28 | RYCHLEWSKI Adrian | 32 | ZBUTA | M16 | 2 | 00:11:14 19 | 00:04:28 | 00:52:31 | 00:54:36 3 | 5 00: | :00:41 <mark>00</mark> | 0:01:56 | 00:03:50 | 00:05:44 | 00:07:33 | 00:09:15 | 00:10:55 | 00:12:43 25 | 01:23:42.05 01:23:42.05 +00:25: (30.5%) |
| 29 | SZYMANIEWSKI Paweł | 71 | | M40 | 8 | 00:13:48 54 | 00:03:23 | 00:50:16 | 00:52:47 2 | 5 00: | :00:38 <mark>00</mark> | 0:01:54 | 00:03:51 | 00:05:45 | 00:07:39 | 00:09:34 | 00:11:25 | 00:13:08 32 | 01:23:44.30 01:23:44.30 +00:25: (30.5%) |
| 30 | JANKOWSKI Mariusz | 22 | MASTERLEAS TEAM | M40 | 9 | 00:11:21 20 | 00:03:48 | 00:50:24 | 00:53:11 2 | 6 00: | :00:43 <mark>00</mark> | 0:02:06 | 00:04:13 | 00:06:21 | 00:08:29 | 00:10:39 | 00:12:48 | 00:14:52 56 | 01:23:55.60 01:23:55.60 (30.6%) |
| 31 | STASIAK Krzysztof | 28 | HELLMANN | M40 | 10 | 00:10:46 14 | 00:03:52 | 00:51:33 | 00:54:32 3 | 4 00: | :00:47 <mark>00</mark> | 0:02:09 | 00:04:17 | 00:06:33 | 00:08:38 | 00:10:40 | 00:12:41 | 00:14:32 54 | 01:24:29.00 01:24:29.00 +00:26: (31.1%) |
| 32 | JEZIERSKI Sławomir | 24 | SAAB TEAM | M30 | 11 | 00:12:53 40 | 00:04:00 | 00:50:10 | 00:53:15 2 | 7 00: | :00:42 <mark>00</mark> | 0:02:00 | 00:04:00 | 00:05:59 | 00:07:57 | 00:09:57 | 00:11:52 | 00:13:40 43 | 01:24:30.15 01:24:30.15 +00:26: (31.1%) |
| 33 | DRAWC Mieczysław | 100 | SPORTEVO | M50 | 3 | 00:12:34 36 | 00:03:40 | 00:55:00 | 00:56:50 4 | 0 00: | :00:34 <mark>00</mark> | 0:01:40 | 00:03:20 | 00:05:00 | 00:06:39 | 00:08:19 | 00:09:58 | 00:11:26 10 | 01:25:04.40 01:25:04.40 +00:26: (31.6%) |
| 34 | ŁOPACIŃSKI Tomasz | 7 | SPORTEVO | M30 | 12 | 00:11:10 18 | 00:03:13 | 00:54:40 | 00:57:44 4 | 4 00: | :00:39 <mark>00</mark> | 0:01:57 | 00:03:59 | 00:06:00 | 00:08:02 | 00:10:03 | 00:11:56 | 00:13:44 46 | 01:26:30.90 01:26:30.90 +00:28: (32.7%) |
| 35 | SAWIŃSKI Jarosław | 88 | | M30 | 13 | 00:11:29 21 | 00:04:28 | 00:55:47 | 00:57:55 4 | 5 00: | :00:39 <mark>00</mark> | 0:01:45 | 00:03:30 | 00:05:19 | 00:07:10 | 00:09:04 | 00:10:53 | 00:12:23 21 | 01:26:54.75 01:26:54.75 +00:28: (33.0%) |
| 36 | WULCZYŃSKI Zbigniew | 21 | SPORTEVO | M40 | 11 | 00:14:15 57 | 00:03:27 | 00:53:19 | 00:56:18 3 | 8 00: | :00:44 <mark>00</mark> | 0:02:07 | 00:04:17 | 00:06:23 | 00:08:29 | 00:10:34 | 00:12:35 | 00:14:26 53 | 01:29:10.05 01:29:10.05 +00:30: (34.7%) |
| 37 | KORNACKI Piotr | 48 | ROWEROWE KASZUBY, KWT | M30 | 14 | 00:16:33 72 | 00:04:12 | 00:52:58 | 00:55:22 3 | 7 00: | :00:34 <mark>00</mark> | 0:01:54 | 00:03:48 | 00:05:40 | 00:07:29 | 00:09:24 | 00:11:14 | 00:12:52 26 | 01:29:33.90 01:29:33.90 +00:31: (35.0%) |
| 38 | KIKOLSKI Wojtek | 83 | SOPOCKI KLUB MORSÓW | M40 | 12 | 00:16:07 67 | 00:04:45 | 00:51:24 | 00:53:42 3 | 2 00: | :00:50 <mark>00</mark> | 0:02:07 | 00:04:12 | 00:06:16 | 00:08:18 | 00:10:19 | 00:12:21 | 00:14:14 49 | 01:29:38.50 01:29:38.50 +00:31: (35.1%) |
| 39 | PICHLAK Piotr | 75 | SPORTEVO | M50 | 4 | 00:14:18 58 | 00:05:04 | 00:53:03 | 00:56:49 3 | 9 00: | :00:38 <mark>00</mark> | 0:01:53 | 00:03:46 | 00:05:41 | 00:07:33 | 00:09:22 | 00:11:14 | 00:12:53 27 | 01:29:42.65 01:29:42.65 +00:31: (35.1%) |
| 40 | POLAK Mikołaj | 87 | | M30 | 15 | 00:12:52 39 | 00:03:22 | 00:56:35 | 00:58:42 4 | 7 00: | :00:44 <mark>00</mark> | 0:02:01 | 00:04:05 | 00:06:08 | 00:08:11 | 00:10:14 | 00:12:16 | 00:14:16 50 | 01:29:56.00 01:29:56.00 +00:31: (35.3%) |
| 41 | RYCHLEWSKI Tomasz | 31 | ZBUTA | M40 | 13 | 00:17:26 78 | 00:05:21 | 00:51:23 | 00:54:16 3 | 3 00: | :00:47 <mark>00</mark> | 0:02:11 | 00:04:23 | 00:06:34 | 00:08:48 | 00:11:02 | 00:13:11 | 00:15:08 58 | 01:32:58.90 01:32:58.90 +00:34: (37.4%) |
| 42 | REDYNK Mateusz | 81 | IJ | M18 | 7 | 00:17:15 75 | 00:04:00 | 00:58:06 | 01:00:03 5 | 0 00: | :00:36 <mark>00</mark> | 0:01:47 | 00:03:33 | 00:05:20 | 00:07:07 | 00:08:54 | 00:10:41 | 00:12:16 20 | 01:34:10.50 01:34:10.50 +00:35: (38.2%) |
| 43 | ŁUKASZEWSKI Łukasz | 8 | SPORTEVO | M50 | 5 | 00:16:22 69 | 00:05:59 | 00:55:43 | 00:58:00 4 | 6 00: | :00:38 <mark>00</mark> | 0:01:54 | 00:03:49 | 00:05:42 | 00:07:36 | 00:09:32 | 00:11:27 | 00:13:18 36 | 01:34:17.40 01:34:17.40 +00:36: (38.3%) |
| 44 | NOSIDLAK Andrzej | 62 | NOSIDLACZKI | M30 | 16 | 00:16:25 70 | 00:06:28 | 00:54:52 | 00:57:43 4 | 2 00: | :00:41 <mark>00</mark> | 0:02:03 | 00:04:10 | 00:06:11 | 00:08:11 | 00:10:09 | 00:12:08 | 00:14:00 47 | 01:35:17.65 01:35:17.65 +00:37: (38.9%) |
| 45 | WITKOWSKI Mateusz | 18 | SPORTEVO | M18 | 8 | 00:11:59 29 | 00:04:15 | 01:02:53 | 01:05:14 6 | 5 00: | :00:39 <mark>00</mark> | 0:01:57 | 00:04:14 | 00:06:29 | 00:08:37 | 00:10:56 | 00:13:16 | 00:15:14 61 | 01:37:21.40 01:37:21.40 +00:39: (40.2%) |
| 46 | KOKOSZCZYŃSKI Marcin | 35 | RUMSKA METKA PRZEŁAJOWA | M40 | 14 | 00:15:31 65 | 00:05:45 | 00:59:12 | 01:02:29 5 | 8 00: | :00:44 <mark>00</mark> | 0:02:01 | 00:03:59 | 00:05:53 | 00:07:49 | 00:09:44 | 00:11:41 | 00:13:19 37 | 01:37:48.80 01:37:48.80 +00:39: (40.5%) |
| 47 | ZŁOTOWSKI Piotr | 11 | SPORTEVO | M60+ | 2 | 00:17:16 76 | 00:04:47 | 00:57:58 | 01:00:54 5 | 6 00: | :00:42 <mark>00</mark> | 0:01:59 | 00:04:02 | 00:06:05 | 00:08:11 | 00:10:16 | 00:12:21 | 00:14:20 51 | 01:37:59.35 01:37:59.35 +00:39: (40.6%) |
| 48 | DUDZIŃSKI Tomasz | 34 | ZBUTA | M40 | 15 | 00:13:39 52 | 00:07:11 | 00:57:34 | 01:00:25 5 | 3 00: | :00:47 <mark>00</mark> | 0:02:24 | 00:04:48 | 00:07:07 | 00:09:24 | 00:11:42 | 00:13:56 | 00:16:10 75 | 01:38:12.95 01:38:12.95 +00:40: (40.7%) |
| 49 | WIŚNIEWSKI Mikołaj | 33 | | M30 | 17 | 00:13:36 51 | 00:07:20 | 00:57:30 | 01:00:18 5 | 1 00: | :00:49 <mark>00</mark> | :02:25 | 00:04:47 | 00:07:06 | 00:09:23 | 00:11:41 | 00:13:55 | 00:16:10 76 | 01:38:13.15 01:38:13.15 +00:40: (40.7%) |
| 50 | ŚWIETLIŃSKI Krzysztof | 90 | | M40 | 16 | 00:12:57 41 | 00:04:40 | 01:01:12 | 01:03:59 6 | 2 00: | :00:48 <mark>00</mark> | 0:02:21 | 00:04:39 | 00:06:57 | 00:09:13 | 00:11:36 | 00:14:03 | 00:16:07 74 | 01:38:31.30 01:38:31.30 +00:40: (40.9%) |
| 51 | KAMAĆ Kamil | 61 | | M30 | 18 | 00:12:58 42 | 00:05:24 | 00:59:49 | 01:04:01 6 | 3 00: | :00:43 <mark>00</mark> | 0:02:12 | 00:04:25 | 00:06:44 | 00:09:04 | 00:11:31 | 00:13:51 | 00:16:02 72 | 01:39:08.60 01:39:08.60 +00:40: (41.3%) |
| 52 | DOŁĘGA Mariusz | 91 | TEAM MATEMBLEWO | M40 | 17 | 00:12:42 38 | 00:04:32 | 01:04:23 | 01:06:51 7 | 2 00: | :00:51 <mark>00</mark> | 0:02:13 | 00:04:28 | 00:06:39 | 00:08:54 | 00:11:04 | 00:13:11 | 00:15:07 57 | 01:40:03.70 01:40:03.70 +00:41: (41.8%) |
| 53 | SKÓRSKI Jacek | 67 | LOTOS RUNNING TEAM | M30 | 19 | 00:14:49 63 | 00:03:18 | 01:01:40 | 01:05:24 6 | 6 00: | :00:53 <mark>00</mark> | :02:32 | 00:05:00 | 00:07:29 | 00:10:01 | 00:12:34 | 00:15:10 | 00:17:18 79 | 01:41:42.70 01:41:42.70 +00:43: (42.8%) |
| 54 | PRUD Dariusz | 15 | SPORT-EVO | M50 | 6 | 00:17:32 79 | 00:04:52 | 01:00:49 | 01:03:38 6 | 0 00: | :00:50 <mark>00</mark> | 0:02:10 | 00:04:25 | 00:06:40 | 00:08:52 | 00:11:04 | 00:13:15 | 00:15:20 63 | 01:42:12.40 01:42:12.40 +00:43: (43.0%) |
| 55 | KRASIŃSKI Bartosz | 84 | | M30 | 20 | 00:14:10 56 | 00:06:43 | 01:05:18 | 01:08:24 7 | 3 00: | :00:48 <mark>00</mark> | 0:02:08 | 00:04:04 | 00:06:04 | 00:08:04 | 00:09:59 | 00:11:43 | 00:13:33 42 | 01:43:38.00 01:43:38.00 +00:45: (43.8%) |
| 56 | DRAWC Marek | 99 | GDAŃSK | M18 | 9 | 00:12:16 30 | 00:03:59 | 01:08:39 | 01:10:58 7 | 7 00: | :00:37 <mark>00</mark> | 0:02:47 | 00:05:30 | 00:08:03 | 00:10:20 | 00:12:43 | 00:14:46 | 00:16:01 71 | 01:43:51.90 01:43:51.90 +00:45: (44.0%) |
| 57 | BRUSKI Dariusz | 98 | | M50 | 7 | 00:13:55 55 | 00:06:34 | 01:01:45 | 01:05:42 6 | 8 00: | :00:53 <mark>00</mark> | 0:02:31 | 00:05:08 | 00:07:42 | 00:10:15 | 00:12:46 | 00:15:19 | 00:17:42 81 | 01:44:46.80 01:44:46.80 +00:46: (44.4%) |
| 58 | NOWAKOWSKI Marcin | 86 | | M40 | 18 | 00:14:20 59 | 00:03:57 | 01:07:36 | 01:10:25 7 | 6 00: | :00:49 <mark>00</mark> | 0:02:14 | 00:04:31 | 00:06:45 | 00:09:00 | 00:11:21 | 00:13:40 | 00:15:55 70 | 01:45:26.90 01:45:26.90 +00:47: (44.8%) |
| | | | | | | | | | | | | | | | | | | | |

| | Swimming | | Cycling | | | Race | | | | | | | |
|-------------------------|--------------|--------------------|----------|--------------------------|----------------|----------------------------|-------------|-----------------|----------|----------|-------------|-------------------------|----------------------|
| 59 SOCHA Tomasz 16 SPOR | RTEVO M30 21 | 00:14:55 64 | 00:04:21 | 01:05:49 01:08:34 | 74 00:0 | 0:54 <mark>00:02:31</mark> | 00:05:06 00 | :07:46 00:10:19 | 00:12:57 | 00:15:25 | 00:17:36 80 | 01:46:20.35 01:46:20.35 | +00:48:07 (45.3%) |

Total 59 results.