

**Event:** Metalkas Ocean Lava Triathlon Polska  
**Organiser:** Towarzystwo Sportowe TRI-SPORT  
**Date:** 2022-08-20  
**Place:** Bydgoszcz  
**Distance:** 226 km

Classification: M45

Split point: 190,7 km

Place	Participant	Number	Club	Category	Drużyna 1	Swimming				T1	Cycling								T2	Race
						P_Borowno 0.95km	P_Borowno 2.85km	R_Borowno 3.8km	Poz		R_Kotomierz 9.75km	R_Pauliny 42.75km	R_Lidl 63.25km	R_Kotomierz 87.75km	R_Pauliny 120.75km	R_Lidl 141km	R_Kotomierz 165.75km	B_Announcer 180km		
1	<b>RYBAK Remigiusz</b>	87	TRISPACE/TREK	M45	TRISPACE/TREK	00:16:01	00:55:57	<b>01:18:06</b>	44	00:03:43	00:17:17	01:14:38	01:49:13	02:32:58	03:32:29	04:08:15	04:54:22	<b>05:19:50</b>	<b>20</b>	00:02:49
2	<b>POPEK Maciej</b>	10	IRON HOUSE TRIATHLON WŁOCŁAWEK	M45	Iron House Triathlon Włocławek	00:17:52	01:03:30	<b>01:29:03</b>	74	00:05:34	00:19:05	01:21:09	01:57:41	02:43:51	03:48:45	04:27:36	05:16:06	<b>05:45:06</b>	<b>49</b>	00:05:15
3	<b>KONIEC Piotr</b>	13	IRONTATA / ALETEAM	M45		00:18:13	01:05:48	<b>01:32:09</b>	81	00:09:50	00:17:14	01:16:55	01:54:15	02:42:28	03:48:05	04:29:05	05:34:58	<b>06:03:26</b>	<b>67</b>	00:08:05
4	<b>BYRTEK Marcin</b>	12		M45		00:15:42	00:53:56	<b>01:17:12</b>	41	00:08:23	00:18:36	01:21:25	01:59:43	02:50:17	04:02:51	04:47:49	05:48:23	<b>06:19:56</b>	<b>80</b>	00:10:40
<b>Przekroczony limit czasu: 15:00:00</b>																				
5	<b>ANDRAU Anatoli</b>	89	ALTIUS	M45		00:24:07	01:26:41	<b>01:59:34</b>	99	00:05:22	00:21:20	01:35:41	02:23:45	03:28:24	04:52:43	05:44:29	06:53:25	<b>07:27:07</b>	<b>100</b>	00:02:31

Total 5 results.