



# METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M48

Split point: 164,0 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		
1	NOSOWSKI Jacek	36	TRI.REGRESS	M48		00:13:39	00:45:30	<b>01:03:06</b>	4	00:04:19	00:17:15	01:16:54	01:51:56	02:35:36	03:33:55	04:09:33	
2	WINIECKI Tomasz	44	IRON HOUSE TRIATHLON WŁOCŁAWEK	M48	Iron House Triathlon Włocławek	00:16:01	00:54:29	<b>01:15:31</b>	33	00:05:54	00:16:50	01:13:40	01:47:55	02:30:47	03:28:55	04:04:45	
3	NAGOW Michał	51	IRON HOUSE TRIATHLON WŁOCŁAWEK	M48	Iron House Triathlon Włocławek	00:20:08	01:11:49	<b>01:39:36</b>	93	00:09:48	00:19:51	01:26:16	02:06:49	02:58:46	04:06:40	04:47:46	
4	WRZESZCZ Adrian	75	ADRIAN! BŁAGAM WOLNIEJ.	M48	HTF Ludwik Sikorski	00:16:54	01:01:41	<b>01:26:48</b>	66	00:04:46	00:21:56	01:33:08	02:17:17	03:14:00	04:30:14	05:17:47	

Total 4 results.