



Event:  
Organiser:  
Date:  
Place:  
Distance:

# METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Metalkas Ocean Lava Triathlon Polska  
Towarzystwo Sportowe TRI-SPORT  
2023-08-19  
Bydgoszcz  
226 km

Classification: M48

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Swimming				Cycling					Race									
							P_Borowno 0.95km	P_Borowno 2.85km	R_Borowno 3.8km	Poz	R_Lidl 22.3km	R_Kusowo 79.8km	R_Lidl 101.3km	R_Kusowo 158.8km	R_Lidl 180km	Poz	B_Announcer 6.2km	B_Announcer 13.3km	B_Announcer 20.75km	B_Announcer 27.85km	B_Announcer 34.95km	B_Announcer 42.15km	B_Anno 42.2		
1	GRZANECKI Rafał	213		M48	1		00:21:36	01:05:59	<b>01:29:48</b>	129	00:03:57	00:36:55	02:13:52	02:49:15	04:28:43	<b>05:05:32</b>	12	00:03:01	00:35:40	01:16:23	01:58:37	02:43:00	03:31:04	04:13:51	<b>04:14:0</b>
2	ANTONIUK Marcin	144	LAMART	M48	2		00:18:34	00:57:40	<b>01:18:04</b>	62	00:06:37	00:38:39	02:23:09	03:01:38	04:49:54	<b>05:28:57</b>	44	00:07:06	00:34:00	01:20:52	02:07:19	02:52:19	03:37:32	04:22:36	<b>04:22:5</b>
3	JANAS Dariusz	36	CZERWONAK BIEGA	M48	3	Czerwonak Biega	00:19:53	01:01:13	<b>01:23:15</b>	85	00:06:57	00:41:43	02:36:17	03:17:58	05:18:13	<b>05:59:06</b>	104	00:05:18	00:35:19	01:20:14	02:07:41	02:57:37	03:50:39	04:41:58	<b>04:42:1</b>
4	CZAJKOWSKI Krzysztof	203		M48	4		00:17:34	00:54:17	<b>01:13:02</b>	27	00:04:04	00:39:14	02:29:13	03:09:28	05:04:49	<b>05:46:56</b>	85	00:08:13	00:36:55	01:21:21	02:24:23	03:17:12	04:19:25	05:04:56	<b>05:05:1</b>
5	DRZEWIECKI Rafał	46	AKADEMIA MISTRZÓW SPORTU	M48	5	Akademia Mistrzów Sportu	00:20:05	01:03:31	<b>01:26:03</b>	98	00:06:07	00:41:19	02:38:42	03:22:02	05:25:59	<b>06:08:16</b>	117	00:04:53	00:38:23	01:26:51	02:14:41	03:05:41	03:58:32	04:51:58	<b>04:52:1</b>
	KUCIŃSKI Artur	202		M48			00:18:19	00:56:07	<b>01:15:22</b>	43	00:06:43	00:40:20	02:37:56	03:25:54	05:47:35	<b>06:38:32</b>	162								
	GRODOMIŃSKI Hubert	81	TRITON KONIN	M48			00:23:54	01:12:41	<b>01:37:25</b>	164	00:06:34	00:41:12	02:33:46	03:22:51											

Total 7 results.