

**Wydarzenie:** Metalkas Ocean Lava Triathlon Polska  
**Organizator:** Towarzystwo Sportowe TRI-SPORT  
**Data:** 2022-08-20  
**Miejsce:** Bydgoszcz  
**Dystans:** 226 km

Klasyfikacja: Mężczyźni

Punkt pomiarowy: 86,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Pływanie				Czas	Rower			Bieg
						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	
	<b>MARCINEK Tomasz</b>	<b>8</b>	TM IRON TEAM	M31	TM Iron Team	00:10:43	00:34:38	<b>00:48:16</b>	1	00:02:02	00:14:57	01:05:08	01:35:46	
2	<b>NIKOLICS Zoran</b>	<b>106</b>		M26		00:12:19	00:41:12	<b>00:57:21</b>	3	00:02:44	00:15:42	01:06:16	01:36:11	
	<b>MAKSYMOWICZ Tomasz</b>	<b>48</b>	IM INSPIRATION / IRON BRO	M22		00:11:14	00:37:25	<b>00:51:58</b>	2	00:02:25	00:18:55	01:11:07	01:42:08	
4	<b>HALAJ Dušan</b>	<b>100</b>	KPŠ NEREUS ŽILINA	M36		00:13:50	00:45:41	<b>01:03:18</b>	5	00:02:46	00:16:10	01:09:37	01:41:29	
5	<b>KAŹMIERCZAK Łukasz</b>	<b>62</b>	LUKS DWÓJKA STRYKÓW	M40		00:13:58	00:47:28	<b>01:06:42</b>	10	00:03:17	00:16:26	01:10:29	01:43:19	
6	<b>SZYMKOWIAK Norbert</b>	<b>115</b>	IM INSPIRATION	M28	IM Inspiration	00:15:31	00:51:46	<b>01:12:47</b>	26	00:03:24	00:16:13	01:10:18	01:42:29	
	<b>KOŠŤAN Tomáš</b>	<b>118</b>	KPŠ NEREUS ŽILINA	M30		00:13:56	00:46:30	<b>01:04:45</b>	7	00:03:01	00:17:38	01:15:46	01:49:54	
8	<b>ZIĘBA Adam</b>	<b>99</b>	TRISPACE/TREK	M49	TRISPACE/TREK	00:14:53	00:50:39	<b>01:11:22</b>	17	00:03:32	00:16:20	01:11:47	01:44:35	
9	<b>NOSOWSKI Jacek</b>	<b>36</b>	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	
10	<b>PULCINSKI Michał</b>	<b>52</b>	TMT	M41		00:13:27	00:46:03	<b>01:04:41</b>	6	00:04:43	00:17:08	01:15:13	01:50:07	
11	<b>KRASNODEBSKI Sebastian</b>	<b>120</b>	TM IRON TEAM	M40	TM Iron Team	00:15:06	00:52:27	<b>01:14:24</b>	28	00:03:51	00:16:51	01:12:12	01:45:05	
12	<b>PIEKARSKI Paweł</b>	<b>20</b>		M32		00:13:39	00:46:20	<b>01:05:24</b>	8	00:04:37	00:16:47	01:15:19	01:50:45	
	<b>LANGE Grzegorz</b>	<b>79</b>	LANGE TRI COACH	M44		00:15:03	00:51:39	<b>01:12:08</b>	21	00:03:31	00:16:57	01:12:58	01:47:09	
14	<b>MALISZEWSKI Michał</b>	<b>93</b>		M46		00:14:45	00:49:51	<b>01:09:04</b>	12	00:04:11	00:17:33	01:16:07	01:51:08	
15	<b>SOKÓŁ Adam</b>	<b>67</b>		M46		00:14:49	00:47:39	<b>01:06:13</b>	9	00:04:08	00:18:29	01:18:31	01:54:17	
16	<b>KOZMINCZUK-MARKULAK Marek</b>	<b>111</b>	TM IRON TEAM	M50	TM Iron Team	00:15:38	00:53:27	<b>01:14:53</b>	29	00:03:20	00:17:19	01:14:23	01:48:51	
17	<b>SKIBA Mariusz</b>	<b>49</b>	KS IRONMAN SZCZECIN	M37		00:15:44	00:54:51	<b>01:16:37</b>	39	00:04:52	00:16:40	01:12:37	01:46:27	

					Pływanie				TR	Rower			Bieg	
18	<b>NENKAŁA Mateusz</b>	<b>64</b>	JERZYK TEAM	M29	00:15:13	00:53:21	<b>01:15:30</b>	32	00:03:55	00:16:57	01:14:00	01:48:31		
19	<b>DURMAJ Bartek</b>	<b>27</b>		M38	00:15:19	00:51:47	<b>01:12:21</b>	24	00:02:54	00:18:07	01:17:49	01:52:56		
20	<b>CHMEL Sergiy</b>	<b>104</b>	IRON TEAM CADENCE	M40	00:16:44	00:59:05	<b>01:22:52</b>	55	00:03:56	00:16:28	01:10:52	01:43:41		
21	<b>WINIECKI Tomasz</b>	<b>44</b>	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	
22	<b>SWOBODA Sebastian</b>	<b>81</b>	FIZJOSPEC	M35		00:14:50	00:50:13	<b>01:10:00</b>	14	00:04:19	00:17:13	01:17:14	01:53:21	
23	<b>PRZEDPEŁSKI Radosław</b>	<b>40</b>	SNG WILD DUCKS	M40	SNG WILD DUCKS	00:16:13	00:54:53	<b>01:15:56</b>	37	00:05:32	00:17:07	01:14:23	01:48:38	
	<b>FAJFER Arkadiusz</b>	<b>35</b>	SNG WILD DUCKS	M38	SNG WILD DUCKS	00:15:57	00:56:03	<b>01:18:54</b>	45	00:04:38	00:17:35	01:14:04	01:47:59	
25	<b>STARZ Paweł</b>	<b>116</b>		M41		00:15:54	00:53:51	<b>01:14:57</b>	30	00:03:19	00:18:09	01:16:05	01:51:01	
26	<b>RYBAK Remigiusz</b>	<b>87</b>	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	
27	<b>BUCHALIK Arkadiusz</b>	<b>24</b>		M49		00:15:28	00:51:24	<b>01:11:31</b>	18	00:04:15	00:18:28	01:18:41	01:54:58	
28	<b>HUNKIEWICZ Wojciech</b>	<b>78</b>	MBC TEAM	M50		00:15:00	00:51:24	<b>01:12:31</b>	25	00:03:23	00:18:06	01:18:13	01:54:17	
29	<b>JACHIMSKI Jakub</b>	<b>92</b>	TRIWAWA	M39	TRIWAWA	00:14:16	00:49:26	<b>01:09:09</b>	13	00:02:42	00:18:19	01:20:13	01:57:43	
30	<b>GERGER Laurenz</b>	<b>15</b>	CRYSTAL PALACE TRIATHLETES	M29		00:15:45	00:54:55	<b>01:17:43</b>	42	00:05:36	00:17:12	01:15:24	01:50:17	
31	<b>PIESIK Dawid</b>	<b>17</b>	IM INSPIRATION	M32		00:15:19	00:56:00	<b>01:20:15</b>	51	00:03:18	00:16:45	01:13:48	01:48:56	
32	<b>JAGAS Radosław</b>	<b>84</b>	HTF LUDWIK SIKORSKI	M50	HTF Ludwik Sikorski	00:15:35	00:53:42	<b>01:15:42</b>	35	00:04:06	00:17:48	01:17:10	01:53:15	
33	<b>DYLIK Marcin</b>	<b>53</b>	HTF LUDWIK SIKORSKI	M41		00:15:57	00:53:24	<b>01:14:58</b>	31	00:03:39	00:18:09	01:18:24	01:53:59	
34	<b>ŚLIWA Maciej</b>	<b>107</b>	PAPRYKA	M39		00:16:19	00:57:09	<b>01:20:01</b>	50	00:05:04	00:17:10	01:15:32	01:49:53	
35	<b>LETKOWSKI Dariusz</b>	<b>61</b>	GAPMONT RUNNING TEAM	M44		00:15:00	00:51:06	<b>01:10:37</b>	15	00:04:03	00:19:11	01:21:48	01:58:23	
36	<b>WRÓBEL Mateusz</b>	<b>16</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	M32	Iron House Triathlon Włocławek	00:16:28	00:54:29	<b>01:15:35</b>	34	00:04:11	00:18:22	01:18:17	01:55:15	
	<b>BUDZANOWSKI Michał</b>	<b>85</b>		M33		00:15:10	00:51:33	<b>01:11:41</b>	19	00:05:25	00:18:56	01:20:59	01:58:35	
38	<b>MOJSIEWICZ Sławomir</b>	<b>18</b>		M46		00:15:51	00:54:49	<b>01:16:52</b>	40	00:03:56	00:18:23	01:20:10	01:57:02	
39	<b>BYRTEK Grzegorz</b>	<b>9</b>	TEAM CASTORAMA	M47		00:14:18	00:48:44	<b>01:07:39</b>	11	00:05:42	00:19:42	01:23:29	02:02:31	
40	<b>KUCIŃSKI Artur</b>	<b>95</b>	JEBĄĆ PIS	M47		00:16:10	00:54:55	<b>01:16:30</b>	38	00:05:18	00:18:21	01:20:16	01:57:56	
41	<b>KRAKOWSKI Jan</b>	<b>119</b>	INVICTUS 3CITY	M28		00:16:52	01:00:38	<b>01:25:43</b>	60	00:02:43	00:17:48	01:17:10	01:52:56	
42	<b>MAZANKA Jakub</b>	<b>26</b>		M46		00:15:20	00:51:45	<b>01:12:15</b>	22	00:04:19	00:18:39	01:21:39	02:00:30	
43	<b>MICHALAK Lesław</b>	<b>114</b>	N-BIKE ACADEMY	M46		00:15:29	00:51:55	<b>01:11:49</b>	20	00:07:30	00:19:45	01:22:11	02:00:05	
44	<b>SUPERSON Wojtek</b>	<b>25</b>		M51		00:14:47	00:50:50	<b>01:11:10</b>	16	00:04:04	00:20:07	01:25:24	02:04:13	
45	<b>ZIĘBA Mateusz</b>	<b>55</b>	FOREVER TEAM	M38		00:17:22	00:57:09	<b>01:19:16</b>	46	00:04:43	00:17:59	01:20:52	01:58:58	
46	<b>JAROSZ Hubert</b>	<b>56</b>		M30		00:15:09	00:54:51	<b>01:18:01</b>	43	00:05:59	00:18:33	01:20:46	01:59:02	

					Pływanie				Rower			Bieg		
47	<b>ŁUCYSZYN Robert</b>	<b>42</b>		M44	00:16:43	00:57:40	<b>01:20:01</b>	49	00:10:34	00:19:04	01:19:47	01:54:40		
48	<b>KALIN Władysław</b>	<b>29</b>	TAEKWON-DO GROMOWSKI	M42	00:16:04	00:56:08	<b>01:19:51</b>	48	00:05:46	00:18:43	01:20:12	01:57:51		
49	<b>CHOBOT Krzysztof</b>	<b>80</b>		M44	00:16:11	00:56:52	<b>01:19:22</b>	47	00:06:21	00:18:39	01:20:52	01:57:59		
50	<b>WASZKIEWICZ Dariusz</b>	<b>45</b>	IM INSPIRATION / SPORT4LIFE	M46	00:18:32	01:04:41	<b>01:29:49</b>	77	00:05:42	00:17:53	01:16:03	01:50:36		
51	<b>DUSIŃSKI Krzysztof</b>	<b>7</b>		M43	00:18:07	01:02:11	<b>01:26:35</b>	65	00:05:39	00:18:13	01:18:58	01:54:50		
52	<b>BYRTEK Marcin</b>	<b>12</b>		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		
53	<b>MASŁOWSKI Marcin</b>	<b>39</b>	HTF LUDWIK SIKORSKI	M43	HTF Ludwik Sikorski	00:16:07	00:58:01	<b>01:22:13</b>	54	00:04:54	00:19:22	01:22:51	02:00:27	
54	<b>KUC Krzysztof</b>	<b>109</b>		M42	00:17:50	01:00:41	<b>01:24:39</b>	58	00:09:53	00:18:55	01:18:54	01:54:43		
55	<b>RAJCA Daniel</b>	<b>96</b>	IM INSPIRATION	M32	IM Inspiration	00:17:15	01:02:36	<b>01:27:52</b>	69	00:04:37	00:17:43	01:17:58	01:55:18	
56	<b>PIASECKI Radosław</b>	<b>121</b>		M28	00:16:25	00:59:14	<b>01:22:53</b>	56	00:05:22	00:18:54	01:23:11	02:01:07		
57	<b>LASSAK Bartosz</b>	<b>21</b>	AKADEMIA MISTRZÓW SPORTU	M46	Akademia Mistrzów Sportu	00:17:54	01:02:38	<b>01:26:25</b>	64	00:05:15	00:18:45	01:21:06	01:57:57	
58	<b>POPEK Maciej</b>	<b>10</b>	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	
59	<b>SAŁEK Dominik</b>	<b>66</b>		M26	00:15:38	00:54:16	<b>01:15:54</b>	36	00:05:07	00:21:36	01:28:41	02:10:40		
60	<b>KUNKEL Mariusz</b>	<b>86</b>	SMARUJ NA TRENING	M46	00:18:01	01:04:49	<b>01:31:26</b>	80	00:05:27	00:18:55	01:20:42	01:57:23		
61	<b>ZACHWIEJA Piotr</b>	<b>37</b>		M37	00:18:41	01:04:53	<b>01:28:50</b>	73	00:04:02	00:22:11	01:24:40	02:01:27		
62	<b>GACKOWSKI Krzysztof</b>	<b>14</b>		M49	00:17:50	01:00:24	<b>01:23:34</b>	57	00:04:20	00:19:35	01:25:31	02:04:40		
63	<b>CUPA Ireneusz</b>	<b>113</b>	TRIATHLON KONSULTING	M49	00:18:11	01:04:55	<b>01:31:20</b>	79	00:05:31	00:18:27	01:21:00	01:59:17		
64	<b>KONIEC Piotr</b>	<b>13</b>	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		
65	<b>CHRAPKOWSKI Marcel</b>	<b>11</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	M39	Iron House Triathlon Włocławek	00:16:06	00:56:48	<b>01:20:29</b>	53	00:06:34	00:19:36	01:26:28	02:06:41	
66	<b>KLIMCZAK Marcin</b>	<b>103</b>		M46	00:21:07	01:10:55	<b>01:38:21</b>	92	00:03:59	00:17:55	01:18:48	01:55:10		
67	<b>SUBKOWSKI Artur</b>	<b>59</b>		M46	00:18:45	01:07:18	<b>01:33:27</b>	84	00:05:23	00:18:57	01:21:24	01:58:56		
68	<b>STEFANIAK Mateusz</b>	<b>34</b>		M32	00:18:19	01:06:49	<b>01:34:49</b>	86	00:07:20	00:18:46	01:19:58	01:57:44		
69	<b>ŁUPIŃSKI Daniel</b>	<b>63</b>	TRIATHLON SIEDLCE CLUB	M44	00:17:13	01:01:44	<b>01:25:53</b>	61	00:06:45	00:19:11	01:24:04	02:03:15		
70	<b>WOJDYŁA Paweł</b>	<b>77</b>	UNLIMITED SPORT 2.0	M36	00:17:28	01:03:05	<b>01:29:09</b>	75	00:06:32	00:19:16	01:22:34	02:01:07		
	<b>FRĄCKIEWICZ Paweł</b>	<b>41</b>		M23	00:16:29	00:57:37	<b>01:20:21</b>	52	00:08:01	00:20:35	01:31:22	02:11:04		
72	<b>SZCZĘŚNIAK Michał</b>	<b>91</b>		M38	00:18:24	01:04:58	<b>01:31:04</b>	78	00:07:09	00:19:56	01:26:17	02:04:37		
73	<b>DREWUSZEWSKI Maciej</b>	<b>50</b>	4M	M44	00:18:48	01:04:17	<b>01:28:16</b>	71	00:07:43	00:19:31	01:23:40	02:03:39		

					Pływanie					Rower			Bieg	Czas
74	<b>NIEMCZYK Kazimierz</b>	<b>108</b>		M60	00:19:17	01:07:56	<b>01:35:28</b>	87	00:05:47	00:19:39	01:23:07	02:01:27		
75	<b>KRAWCZYK Dawid</b>	<b>112</b>	SUŁKOWSKA SZKOŁA TRI	M39	00:17:55	01:06:03	<b>01:33:09</b>	83	00:06:50	00:19:41	01:23:28	02:02:44		
76	<b>CZAPIEWSKI Krzysztof</b>	<b>22</b>		M37	00:19:28	01:08:16	<b>01:33:34</b>	85	00:08:00	00:19:19	01:24:35	02:05:09		
77	<b>JUSZCZYK Mirosław</b>	<b>32</b>		M32	00:15:08	00:52:21	<b>01:14:10</b>	27	00:08:53	00:21:59	01:34:13	02:18:19		
78	<b>KONIECZNY Przemysław</b>	<b>83</b>	VELOCITY	M36	00:18:06	01:03:50	<b>01:28:19</b>	72	00:05:56	00:20:35	01:24:30	02:09:15		
	<b>MISZTELA Tomasz</b>	<b>6</b>	PTT DELTA	M56	PTT DELTA	00:21:11	01:14:00	<b>01:42:20</b>	95	00:04:23	00:19:07	01:25:13	02:03:56	
80	<b>WALCZAK Krystian</b>	<b>28</b>	BIEGAJĄCE WALCZAKI	M40		00:20:05	01:10:06	<b>01:36:18</b>	89	00:05:36	00:20:05	01:27:05	02:07:23	
81	<b>WIECZOREK Bartosz</b>	<b>71</b>		M36		00:17:24	01:00:52	<b>01:24:56</b>	59	00:10:25	00:20:55	01:26:10	02:09:06	
	<b>KORYTOWSKI Maciej</b>	<b>90</b>	ROWEROWE LIPNO	M39		00:17:55	01:02:15	<b>01:26:04</b>	63	00:09:57	00:21:51	01:33:49	02:14:10	
83	<b>WRZESZCZ Adrian</b>	<b>75</b>	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	
84	<b>JASIŃSKI Bogusław</b>	<b>31</b>		M69		00:18:49	01:05:55	<b>01:32:23</b>	82	00:05:49	00:22:49	01:31:17	02:13:38	
85	<b>BEŁZAK Filip</b>	<b>82</b>	TRIJET TEAM	M30		00:19:50	01:09:01	<b>01:36:41</b>	90	00:06:56	00:20:12	01:28:37	02:10:20	
86	<b>NAGOW Michał</b>	<b>51</b>	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	
87	<b>KUZIEMSKI Tomasz</b>	<b>69</b>	KS MARATON OSTRÓW WLKP	M33		00:16:59	01:01:26	<b>01:26:00</b>	62	00:07:09	00:23:01	01:35:22	02:19:43	
88	<b>SUDOŁ Jacek</b>	<b>102</b>	PARKRUN BYDGOSZCZ	M44		00:18:50	01:08:05	<b>01:35:40</b>	88	00:05:42	00:21:08	01:30:52	02:13:40	
89	<b>JESION Remigiusz</b>	<b>94</b>	RUN DMT	M39		00:19:34	01:10:09	<b>01:38:12</b>	91	00:07:39	00:20:25	01:30:14	02:13:05	
90	<b>KAZUBOWSKI Jacek</b>	<b>88</b>	TRIDARKO	M55		00:23:36	01:23:50	<b>01:56:02</b>	98	00:04:20	00:20:13	01:26:46	02:06:36	
91	<b>ZUBEK Rafał</b>	<b>46</b>	PTT DELTA	M55	PTT DELTA	00:20:32	01:13:34	<b>01:41:44</b>	94	00:07:08	00:21:05	01:32:55	02:16:03	
92	<b>UMIŃSKI Robert</b>	<b>97</b>		M42		00:21:19	01:16:28	<b>01:45:53</b>	96	00:07:07	00:20:46	01:32:38	02:15:37	
93	<b>WARCHOŁ Ryszard</b>	<b>65</b>	CAŁY TWÓJ	M55		00:23:57	01:26:55	<b>02:00:31</b>	100	00:10:27	00:19:42	01:27:50	02:10:02	
94	<b>SZYMKUĆ Wojciech</b>	<b>73</b>	KRÓL BETONU	M33		00:21:40	01:18:40	<b>01:49:13</b>	97	00:09:07	00:23:05	01:41:41	02:28:31	
<b>Przekroczony limit czasu: 15:00:00</b>														
95	<b>ANDRAU Anatoli</b>	<b>89</b>	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	
	<b>KĘDZIA Jarosław</b>	<b>5</b>	CASTORAMA	M43		00:23:22	01:37:36							
	<b>CZAJKOWSKI Arkadiusz</b>	<b>57</b>		M29		00:19:11								

Znaleziono 97 wynik(ów)