



# METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Metalkas Ocean Lava Triathlon Polska  
**Organizator:** Towarzystwo Sportowe TRI-SPORT  
**Data:** 2023-08-19  
**Miejsce:** Bydgoszcz  
**Dystans:** 226 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Punkt pomiarowy: 145,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Pływanie				T1	Rower			T2	Bieg
						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		
1	MAZUR Paweł	134	NAJMOWICZ TRIATHLON/UKS TRS SUSZ/ AGROLOK SPORT TEAM	M34		00:14:42	00:45:12	01:00:40	3	00:02:33	00:33:14	02:02:03	02:34:54		
2	PETSUK Zoltán	222	UTE-MERIDA	M40		00:13:15	00:39:52	00:53:26	1	00:02:41	00:34:24	02:11:42	02:45:43		
3	OPOLECKÝ Martin	187	OPOLTEAM	M39		00:14:55	00:45:24	01:00:53	4	00:03:05	00:34:56	02:06:54	02:40:03		
4	SRNÁNEK Rastislav	115	ŠK TRIATLON PEZINOK	M28		00:16:53	00:52:52	01:11:03	18	00:03:04	00:33:12	02:02:13	02:35:12		
	ZALEWSKI Igor	93	TRIATHLON CLUB WROCŁAW	M30	Triathlon Club Wrocław	00:14:28	00:43:57	00:59:19	2	00:03:04	00:35:54	02:10:23	02:45:13		
6	BUZUN Rafał	219	TYCZYŃSKI TRIATHLON	M28		00:16:28	00:48:56	01:05:26	6	00:03:15	00:36:31	02:10:37	02:45:21		
7	SZYMAŃSKI Piotr	44	MIELCARCS TEAM	M30	Mielcarsks Team	00:16:05	00:49:39	01:06:34	7	00:02:57	00:36:09	02:12:22	02:48:23		
8	SZYMKOWIAK Norbert	220	GALIBIER BIKEFUN TEAM	M29		00:17:44	00:54:48	01:14:13	36	00:03:05	00:34:46	02:07:32	02:42:24		
9	CHMEL Sergiy	59	IRON TEAM CADENCE	M41		00:19:16	00:59:59	01:21:38	78	00:03:22	00:34:30	02:06:16	02:40:01		
10	MATUSIAK Mateusz	216	SNG WILD DUCKS	M36	SNG Wild Ducks	00:16:51	00:51:23	01:09:29	13	00:03:27	00:36:51	02:15:19	02:50:56		
	WIERZBOWSKI Krzysztof	7		M44		00:18:42	00:58:20	01:19:15	65	00:04:21	00:35:17	02:08:08	02:42:45		
12	JAŹDZIEWSKI Dawid	211	TM IRONTEAM	M30	TM IronTeam	00:18:15	00:55:58	01:15:36	44	00:03:52	00:35:35	02:11:12	02:46:45		
13	WALCZAK Robert	123	CYTADELA BY NIGHT	M43	Czerwonak Biega	00:16:24	00:49:48	01:06:54	8	00:03:47	00:38:03	02:18:54	02:57:35		
14	ŚWIEREK Andrzej	199	IRONMAN PRODMAR SZCZECIN	M47		00:18:19	00:56:01	01:16:15	49	00:04:45	00:36:08	02:13:57	02:49:49		
15	KIEJNIH Filip	78	#BALBINATEAM	M30		00:17:38	00:54:50	01:13:05	28	00:04:04	00:37:12	02:17:22	02:54:10		
16	RYBAK Remigiusz	77	TRISPACE/TREK	M46	TRISPACE/TREK	00:18:57	00:59:21	01:20:03	69	00:03:39	00:37:15	02:15:40	02:51:17		
17	KULIK Michał	56	HTF LUDWIK SIKORSKI	M44		00:17:54	00:54:58	01:14:09	34	00:04:52	00:37:02	02:17:44	02:54:13		
18	SKIBA Mariusz	174	KS IRONMAN SZCZECIN	M38		00:18:01	00:55:03	01:13:51	33	00:06:07	00:37:13	02:16:18	02:54:34		
19	LEWANDOWSKI Damian	167	PTT DELTA	M47	PTT DELTA	00:16:48	00:52:21	01:10:12	14	00:04:14	00:38:12	02:20:17	02:58:15		
20	LENART Rafal	136	DRUŻYNA ML	M34		00:18:34	00:57:22	01:17:06	56	00:05:36	00:36:54	02:15:29	02:51:39		
21	KRAJEWSKI Tomasz	121	KP PSP INOWROCŁAW	M35		00:17:06	00:52:39	01:11:12	19	00:03:20	00:38:28	02:19:59	02:59:57		
22	BARANOWSKI Arkadiusz	184	BESKID TRIATHLON CENTER /MACHIKOSPORTSWEAR	M44		00:17:27	00:54:22	01:13:35	30	00:03:53	00:37:57	02:17:37	02:55:37		

						Pływanie				BI	Rower			Bieg
23	<b>WINIECKI Tomasz</b>	<b>41</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	M49	Iron House Triathlon Włocławek	00:18:36	00:57:45	<b>01:17:36</b>	58	00:04:52	00:37:21	02:17:41	02:55:11	
24	<b>JAŃCZAK Jarosław</b>	<b>158</b>	SNG WILD DUCKS	M50	SNG Wild Ducks	00:18:15	00:56:35	<b>01:16:12</b>	47	00:04:33	00:37:24	02:18:12	02:55:42	
25	<b>JOACHIMIAK Marek</b>	<b>99</b>	TRITOGO	M32		00:18:57	00:59:39	<b>01:20:36</b>	71	00:03:13	00:37:18	02:17:29	02:54:41	
26	<b>TABAK Konrad</b>	<b>169</b>	PHO3NIX GVT TEAM	M40		00:17:46	00:54:57	<b>01:13:47</b>	31	00:06:07	00:40:00	02:21:24	03:00:01	
27	<b>GRZANECKI Rafał</b>	<b>213</b>		M48		00:21:36	01:05:59	<b>01:29:48</b>	129	00:03:57	00:36:55	02:13:52	02:49:15	
28	<b>TAMBORSKI Rafał</b>	<b>149</b>	JERZYK TEAM	M44		00:19:33	01:00:34	<b>01:20:59</b>	77	00:03:45	00:37:55	02:18:33	02:55:23	
	<b>OZDOBA Krzysztof</b>	<b>86</b>	TRI MISSION	M50	Tri Mission	00:18:31	00:56:53	<b>01:16:22</b>	50	00:04:18	00:38:40	02:22:25	03:00:27	
30	<b>PATALON Piotr</b>	<b>34</b>	ORKAMASTERS IŁAWA	M54		00:19:16	00:58:50	<b>01:18:41</b>	63	00:03:49	00:38:49	02:20:59	02:58:30	
31	<b>SOBOTA Mateusz</b>	<b>26</b>	SREBRNI TRI	M32	Srebrni Tri	00:17:24	00:53:34	<b>01:11:58</b>	21	00:04:11	00:39:33	02:26:07	03:05:21	
32	<b>PIEKARSKI Paweł</b>	<b>8</b>		M33		00:16:11	00:50:06	<b>01:07:26</b>	9	00:03:52	00:38:59	02:26:46	03:05:55	
	<b>MICHAŁOWSKI Piotr</b>	<b>65</b>	NADAKTYWNI	M32		00:16:32	00:50:34	<b>01:07:49</b>	10	00:05:05	00:40:09	02:26:51	03:06:51	
34	<b>KUSIAK Marcin</b>	<b>183</b>	ASICS FRONTRUNNER	M43		00:20:37	01:02:25	<b>01:23:30</b>	87	00:04:56	00:37:33	02:18:47	02:56:27	
35	<b>ZIELIŃSKI Maciej</b>	<b>3</b>	ELENSPORT.PL SKLEPY SPORTOWE	M39		00:19:32	01:01:51	<b>01:24:10</b>	90	00:03:30	00:36:47	02:18:06	02:55:44	
36	<b>ŁAZ Kamil</b>	<b>223</b>	WTLENIE	M40	Akademia Mistrzów Sportu	00:18:24	00:55:51	<b>01:14:46</b>	38	00:05:56	00:40:12	02:26:52	03:04:18	
37	<b>SKOCKI Bartłomiej</b>	<b>19</b>	ORKAMASTERS IŁAWA	M44		00:18:35	00:57:53	<b>01:17:42</b>	59	00:04:51	00:39:36	02:24:30	03:01:53	
38	<b>DUBAS Marek</b>	<b>137</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	M40		00:18:21	00:56:38	<b>01:16:24</b>	51	00:04:45	00:38:16	02:21:48	03:00:58	
39	<b>MIELCZAREK Marek</b>	<b>175</b>	MARKOWI BIEGACZE / TRINERGY	M49		00:17:18	00:52:56	<b>01:10:45</b>	17	00:04:45	00:39:38	02:27:43	03:07:39	
40	<b>MOZLER Jerzy</b>	<b>25</b>		M49		00:17:33	00:53:40	<b>01:12:33</b>	22	00:06:15	00:38:06	02:20:18	02:58:42	
41	<b>BIRONT Krzysztof</b>	<b>88</b>	BIELAWSKA AKADEMIA BIEGANIA	M43		00:18:34	00:57:30	<b>01:16:56</b>	54	00:04:30	00:40:59	02:25:30	03:04:34	
42	<b>RUZYŁO Patryk</b>	<b>209</b>	PTSTUDIO	M36	PTstudio	00:21:07	01:03:52	<b>01:25:42</b>	95	00:04:26	00:37:26	02:18:13	02:55:39	
43	<b>KURZAC Piotr</b>	<b>50</b>	ANTEX TEAM	M41		00:17:20	00:52:26	<b>01:10:20</b>	15	00:05:18	00:39:50	02:25:52	03:05:41	
44	<b>WARDA Marcin</b>	<b>131</b>	ORT ŁOMIANKI	M43		00:18:27	00:57:31	<b>01:17:58</b>	61	00:04:45	00:39:42	02:26:01	03:04:27	
45	<b>ANTONIUK Marcin</b>	<b>144</b>	LAMART	M48		00:18:34	00:57:40	<b>01:18:04</b>	62	00:06:37	00:38:39	02:23:09	03:01:38	
46	<b>SIEMIŃSKI Bartek</b>	<b>33</b>	TRITON KONIN	M43		00:17:41	00:55:39	<b>01:16:06</b>	46	00:07:03	00:39:38	02:23:33	03:02:10	
47	<b>SZCZYRBOWSKI Michał</b>	<b>17</b>	TURBOKILLERS	M42	TurboKillers	00:17:37	00:55:00	<b>01:14:12</b>	35	00:03:59	00:38:32	02:23:33	03:04:37	
48	<b>BUCHALIK Arkadiusz</b>	<b>140</b>		M50		00:18:32	00:56:50	<b>01:16:15</b>	48	00:03:41	00:39:32	02:26:56	03:06:29	
49	<b>SKROBAŃSKI Jakub</b>	<b>156</b>		M31		00:16:25	00:51:35	<b>01:09:27</b>	11	00:04:35	00:40:21	02:29:00	03:09:22	
50	<b>HIPNAROWICZ Grzegorz</b>	<b>21</b>	SPORTTREND.PL	M44		00:17:33	00:54:18	<b>01:12:42</b>	25	00:04:35	00:40:57	02:30:11	03:10:28	
51	<b>SEVASTSYANAU Sergio</b>	<b>192</b>	WOLNA BIALORUS	M46		00:21:43	01:06:35	<b>01:30:13</b>	132	00:05:31	00:37:40	02:18:29	02:55:39	
52	<b>KOWALSKI Damian</b>	<b>9</b>	SZAJBA TEAM	M37		00:17:20	00:53:59	<b>01:13:17</b>	29	00:07:20	00:40:13	02:26:54	03:05:37	

					Pływanie				Rower			Bieg	
53	<b>NOWAK Antoni</b>	<b>141</b>	EL-KIBA TEAM SŁUBICE	M25	00:17:17	00:55:26	<b>01:15:21</b>	42	00:04:27	00:40:34	02:27:39	03:07:34	
54	<b>PRZEMYSŁAW Seredyński</b>	<b>45</b>	//CONSULT.RED	M41	00:17:29	00:54:07	<b>01:12:56</b>	26	00:03:38	00:40:32	02:30:06	03:09:56	
55	<b>CZUK Przemysław</b>	<b>130</b>		M28	00:17:20	00:55:43	<b>01:15:47</b>	45	00:05:46	00:39:19	02:24:08	03:03:22	
56	<b>KOCH Przemek</b>	<b>116</b>		M37	00:19:42	00:59:45	<b>01:20:38</b>	72	00:04:41	00:39:52	02:24:27	03:03:01	
57	<b>PIGŁAS Adam</b>	<b>125</b>		M42	00:19:30	01:00:21	<b>01:20:45</b>	73	00:06:15	00:39:20	02:24:43	03:03:36	
58	<b>KUROWSKI Kamil</b>	<b>31</b>	3GRAVITY	M38	3Gravity	00:19:22	01:01:55	<b>01:23:46</b>	88	00:05:36	00:37:21	02:19:49	02:57:59
59	<b>KOŚCIELSKI Mateusz</b>	<b>108</b>	BRAVEHEARTS LEGIONOWO	M47		00:17:48	00:54:14	<b>01:12:36</b>	23	00:04:51	00:40:41	02:29:25	03:10:27
60	<b>NOWACZYK Bartosz</b>	<b>66</b>		M38		00:20:22	01:03:49	<b>01:27:11</b>	106	00:08:06	00:37:03	02:20:13	02:58:02
61	<b>CZAJKOWSKI Krzysztof</b>	<b>203</b>		M48		00:17:34	00:54:17	<b>01:13:02</b>	27	00:04:04	00:39:14	02:29:13	03:09:28
62	<b>BUTOWSKI Krzysztof</b>	<b>146</b>	TORUŃSKI KLUB TRIATHLONOWY	M42		00:18:00	00:53:14	<b>01:10:34</b>	16	00:05:13	00:40:11	02:27:55	03:09:33
63	<b>WYSOCKI Piotr</b>	<b>83</b>		M37		00:20:09	01:03:49	<b>01:26:49</b>	105	00:04:33	00:37:58	02:20:43	02:59:03
64	<b>GRUBINSKAS Irmantas</b>	<b>185</b>	PANEVEZIO TRIATLONO KLUBAS	M41		00:18:18	00:55:27	<b>01:15:04</b>	40	00:05:12	00:41:01	02:29:45	03:10:05
65	<b>MIELCAREK Maciej</b>	<b>55</b>	MIELCARKS TEAM	M33	Mielcarks Team	00:18:07	00:55:36	<b>01:14:45</b>	37	00:06:27	00:39:56	02:28:24	03:08:04
66	<b>IGNACZAK Jarosław</b>	<b>20</b>	KABEL TEAM BYDGOSZCZ	M42		00:19:34	01:02:14	<b>01:24:46</b>	92	00:04:01	00:39:16	02:25:15	03:04:49
67	<b>MARCINIAK Witold</b>	<b>12</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	M46	Iron House Triathlon Włocławek	00:21:31	01:04:19	<b>01:26:21</b>	102	00:05:43	00:39:09	02:25:29	03:04:42
68	<b>CUPA Ireneusz</b>	<b>214</b>	TRIATHLON KONSULTING	M50	Triathlon Konsulting	00:20:53	01:05:51	<b>01:30:15</b>	133	00:05:26	00:38:44	02:24:05	03:02:46
69	<b>KUMISZCZO Marcin</b>	<b>102</b>	GT RAT	M35		00:17:35	00:54:42	<b>01:13:50</b>	32	00:04:07	00:42:15	02:32:32	03:14:45
70	<b>SUPERSON Wojtek</b>	<b>75</b>		M52		00:18:26	00:56:14	<b>01:15:17</b>	41	00:06:47	00:40:17	02:30:59	03:11:46
71	<b>MARCJANEK Piotr</b>	<b>153</b>	MOCARNE DZIKI	M40		00:19:11	00:59:15	<b>01:19:44</b>	68	00:05:49	00:40:06	02:28:44	03:09:29
72	<b>MACHAJ Adam</b>	<b>168</b>		M36		00:20:29	01:04:12	<b>01:27:37</b>	109	00:09:59	00:39:45	02:23:42	03:01:19
73	<b>POREBA Norbert</b>	<b>128</b>		M32		00:18:07	00:57:07	<b>01:17:20</b>	57	00:05:08	00:40:17	02:29:02	03:10:39
74	<b>CZAJKA Daniel</b>	<b>97</b>	TRI COMPLEX LUBAŃ	M36		00:22:42	01:12:18	<b>01:37:27</b>	165	00:04:48	00:38:45	02:22:10	03:00:03
75	<b>STEFANIAK Mateusz</b>	<b>122</b>	TURBOKILLERS	M33	TurboKillers	00:19:49	01:02:35	<b>01:25:22</b>	94	00:04:32	00:41:04	02:29:47	03:10:44
76	<b>BLUMA Tomasz</b>	<b>111</b>		M40		00:19:56	01:00:20	<b>01:20:53</b>	75	00:06:09	00:40:06	02:27:18	03:08:46
77	<b>HEJNICKI Dariusz</b>	<b>198</b>	DON TRUCKING GROUP	M36		00:20:52	01:03:44	<b>01:25:55</b>	96	00:05:52	00:40:56	02:26:13	03:06:20
78	<b>PIC Dawid</b>	<b>24</b>	BYLE DO PRZODU	M31		00:18:07	00:55:59	<b>01:14:50</b>	39	00:04:38	00:44:07	02:36:07	03:18:29
79	<b>WIRA Mariusz</b>	<b>147</b>	KB MIŚ BOREK WLKP.	M50		00:20:43	01:03:15	<b>01:26:09</b>	100	00:06:30	00:40:13	02:33:37	03:12:09
80	<b>DWORCZYK Wojciech</b>	<b>162</b>		M47		00:24:22	01:19:21	<b>01:49:13</b>	188	00:09:33	00:36:33	02:13:56	02:50:14
81	<b>PODLEŚ Dawid</b>	<b>91</b>	DAWAJKALACH	M32		00:22:52	01:06:16	<b>01:28:32</b>	116	00:05:38	00:39:57	02:27:56	03:08:20
82	<b>SKROK Krzysztof</b>	<b>43</b>	PTT DELTA	M53	PTT DELTA	00:21:14	01:06:52	<b>01:31:19</b>	137	00:04:25	00:40:37	02:27:52	03:07:33
83	<b>LISOWSKI Marcin</b>	<b>16</b>		M42		00:21:06	01:06:34	<b>01:29:26</b>	127	00:05:59	00:40:39	02:28:55	03:08:02

Rank	Name	Age	Club	Sex	Discipline	Pływanie				T1	Rower			Bieg
						00:21:23	01:04:37	01:26:49	104		00:07:05	00:39:31	02:28:45	
84	WYŻNIKIEWICZ Bartłomiej	32	ROWEROWA CZĘSTOCHOWA	M	M35	00:21:23	01:04:37	01:26:49	104	00:07:05	00:39:31	02:28:45	03:08:57	
85	MOJSIEWICZ Sławomir	172		M	M47	00:18:43	00:58:48	01:19:29	66	00:04:28	00:40:46	02:31:27	03:14:25	
86	CHRAPKOWSKI Marcel	13	IRON HOUSE TRIATHLON WŁOCLĄWEK	M	M40	00:20:17	01:03:59	01:28:38	118	00:06:12	00:41:18	02:29:36	03:09:42	Iron House Triathlon Włocławek
87	SKRZYPCZAK Paweł	118	TATA EMERYT	M	M39	00:15:41	00:48:04	01:04:33	5	00:06:45	00:43:40	02:41:16	03:25:25	
88	POPEK Maciej	2	IRON HOUSE TRIATHLON WŁOCLĄWEK	M	M46	00:21:01	01:07:17	01:32:03	139	00:06:03	00:40:01	02:29:25	03:09:28	Iron House Triathlon Włocławek
89	ŁAGOSZ Paweł	73		M	M41	00:23:22	01:11:19	01:36:02	158	00:05:08	00:40:02	02:31:59	03:06:02	
90	CZERBNIK Norbert	154	TARNOWO PODGÓRNE BIEGA	M	M52	00:21:48	01:06:13	01:28:22	114	00:05:55	00:42:04	02:32:51	03:13:34	
91	CZAPIEWSKI Krzysztof	67	TRIPASSION	M	M38	00:21:39	01:06:28	01:28:57	120	00:07:15	00:40:13	02:28:04	03:09:00	
92	STEC Przemysław	79		M	M40	00:19:45	00:59:31	01:19:35	67	00:05:34	00:40:54	02:34:42	03:17:12	
93	BRODA Jarosław	96	TRIATHLON CLUB WROCLAW	M	M54	00:21:36	01:09:01	01:34:26	154	00:05:16	00:39:38	02:28:54	03:08:08	Triathlon Club Wrocław
95	BURINSKAS Arturas	195	LITHUN	M	M57	00:23:01	01:11:56	01:37:22	163	00:05:29	00:40:03	02:29:37	03:08:35	
96	DUBIEL Robert	210	GAIT	M	M51	00:16:47	00:51:32	01:09:29	12	00:06:44	00:40:52	02:36:56	03:22:59	
97	ANIELAK Mateusz	27	BEAUTY BAŁUTY	M	M32	00:19:14	00:58:14	01:17:57	60	00:05:40	00:42:26	02:39:11	03:21:43	
98	WILK Szymon	173		M	M35	00:19:12	01:00:15	01:21:59	79	00:05:49	00:43:20	02:37:48	03:20:11	
99	SINKA Damian	145	MG SPORT	M	M58	00:20:54	01:05:01	01:27:33	107	00:08:14	00:41:43	02:32:11	03:13:48	
100	JANAS Dariusz	36	CZERWONAK BIEGA	M	M48	00:19:53	01:01:13	01:23:15	85	00:06:57	00:41:43	02:36:17	03:17:58	Czerwonak Biega
102	SZADKOWSKI Jacek	107	FREERUNNER.PL	M	M45	00:18:43	00:57:31	01:17:05	55	00:05:33	00:41:11	02:30:19	03:15:16	
103	BERNER Karol	217	BECOME ONE	M	M36	00:19:55	01:02:07	01:23:49	89	00:06:19	00:42:30	02:38:07	03:20:34	
104	KRZYŻEWSKI Michał	39		M	M30	00:21:13	01:03:12	01:24:43	91	00:05:51	00:41:05	02:33:33	03:16:16	
104	MIELCAREK Jędrzej	57	MIELCARCS TEAM	M	M30	00:19:24	01:00:39	01:22:06	80	00:07:10	00:42:00	02:35:37	03:17:56	Mielcars Team
105	SZEWczyk Mateusz	94	SUSHI TEAM	M	M36	00:23:20	01:12:40	01:38:07	170	00:05:27	00:41:16	02:31:41	03:11:42	
106	JADOWSKI Bartłomiej	87	TRI MISSION	M	M35	00:19:31	01:01:22	01:23:09	84	00:07:33	00:42:51	02:38:10	03:21:16	Tri Mission
107	JARLACZYŃSKI Łukasz	221		M	M49	00:21:46	01:05:53	01:29:02	122	00:05:43	00:43:33	02:38:34	03:20:33	
108	DZIURDA Marek	117	CHGT	M	M42	00:18:41	00:57:02	01:16:47	53	00:06:57	00:44:06	02:41:26	03:24:45	
109	JESION Remigiusz	179		M	M40	00:22:19	01:10:41	01:36:23	160	00:06:40	00:41:45	02:33:18	03:14:23	
110	DRZEWIECKI Rafał	46	AKADEMIA MISTRZÓW SPORTU	M	M48	00:20:05	01:03:31	01:26:03	98	00:06:07	00:41:19	02:38:42	03:22:02	Akademia Mistrzów Sportu
111	LECH Mikołaj	100	WIEWIÓRY	M	M38	00:22:46	01:11:24	01:37:45	166	00:06:25	00:43:00	02:36:00	03:16:59	
112	KOWALSKI Łukasz	159	COMPLEXSPORTS	M	M43	00:22:36	01:08:48	01:32:54	147	00:05:40	00:42:33	02:36:18	03:17:59	

					Pływanie				Rower			Bieg	
113	<b>SZRAJDA Marcin</b>	<b>60</b>		M40	00:21:18	01:05:46	<b>01:28:24</b>	115	00:03:26	00:42:55	02:41:07	03:24:03	
114	<b>CIASTEK Grzegorz</b>	<b>206</b>	SPORT GENERATION	M60	00:23:19	01:13:28	<b>01:40:13</b>	175	00:08:12	00:42:42	02:34:13	03:13:59	
115	<b>NOWICKI Michał</b>	<b>80</b>	BIEGANIE POD SOKOLIM OKIEM	M40	00:25:41	01:20:08	<b>01:49:02</b>	187	00:07:27	00:38:48	02:25:49	03:06:19	
116	<b>CYBULSKI Konrad</b>	<b>170</b>	HTF LUDWIK SIKORSKI / AMZ-KUTNO S.A.	M50	00:22:05	01:06:56	<b>01:31:56</b>	138	00:07:28	00:42:27	02:36:31	03:20:07	
117	<b>HOJNOR Piotr</b>	<b>178</b>	LITWIN SPORTS	M45	00:21:17	01:06:06	<b>01:29:24</b>	126	00:05:59	00:42:14	02:41:14	03:23:26	
118	<b>PARADOWSKI Filip</b>	<b>127</b>	HASTEN TRIATHLON TEAM	M30	00:21:20	01:05:40	<b>01:28:39</b>	119	00:07:37	00:43:07	02:37:28	03:19:53	
119	<b>KUBIK Michał</b>	<b>180</b>		M31	00:19:10	01:02:20	<b>01:24:48</b>	93	00:04:10	00:44:03	02:43:40	03:27:09	
120	<b>SPRYSZYŃSKI Michał</b>	<b>157</b>	TRIRODZINKA	M35	00:20:13	01:03:40	<b>01:26:03</b>	99	00:06:19	00:43:52	02:42:18	03:25:36	
121	<b>FARRUGIA Nicky</b>	<b>204</b>	MOSTA TRI MALTA	M63	00:19:05	00:58:41	<b>01:18:51</b>	64	00:06:20	00:43:17	02:38:55	03:27:45	
	<b>KUCIŃSKI Artur</b>	<b>202</b>		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	
123	<b>JAWORSKI Krzysztof</b>	<b>76</b>		M50	00:23:09	01:09:46	<b>01:32:59</b>	148	00:10:54	00:41:56	02:36:51	03:19:20	
124	<b>GRUSZCZYK Grzegorz</b>	<b>54</b>	TURBOKILLERS	M41	TurboKillers	00:22:32	01:11:59	<b>01:37:45</b>	167	00:06:58	00:42:49	02:36:34	03:18:59
	<b>KORYTOWSKI Maciej</b>	<b>165</b>	ROWEROWE LIPNO	M40		00:19:51	01:01:40	<b>01:23:22</b>	86	00:10:23	00:45:03	02:43:46	03:27:20
126	<b>BIEGA Marek</b>	<b>215</b>	GRAJAN TRIATHLON OŁAWA	M43		00:21:39	01:08:51	<b>01:34:41</b>	156	00:08:03	00:42:29	02:45:45	03:26:33
127	<b>WÓJTOWICZ Mateusz</b>	<b>126</b>	AJRONMIM	M40		00:18:55	00:59:41	<b>01:20:49</b>	74	00:07:22	00:44:27	02:45:02	03:29:45
128	<b>KUŁACZEWSKI Krzysztof</b>	<b>47</b>	W POGONI ZA DUCHEM	M34		00:21:34	01:06:24	<b>01:29:19</b>	125	00:06:51	00:40:58	02:38:26	03:23:12
129	<b>KRUPIŃSKI Jakub</b>	<b>106</b>	TRI COMPLEX LUBAŃ	M39		00:20:06	01:05:32	<b>01:30:08</b>	131	00:06:45	00:40:37	02:40:53	03:25:14
130	<b>ANTHONIS Kevin</b>	<b>23</b>		M30		00:18:33	01:00:10	<b>01:22:34</b>	81	00:10:08	00:43:14	02:39:05	03:24:46
131	<b>NOWAK Marcin</b>	<b>191</b>	PAFARO	M42		00:23:46	01:10:31	<b>01:33:24</b>	149	00:08:21	00:42:44	02:43:26	03:25:55
132	<b>JARGIŁO Michał</b>	<b>120</b>		M36		00:21:16	01:07:35	<b>01:32:46</b>	145	00:11:08	00:42:52	02:37:17	03:20:18
133	<b>NOWICKI Bartłomiej</b>	<b>176</b>	CENTRUM OGRODNICZE BOGDANOWO	M40		00:22:54	01:08:46	<b>01:32:11</b>	140	00:06:36	00:45:29	02:46:02	03:28:52
134	<b>FUSZARA Wojciech</b>	<b>186</b>		M36		00:20:26	01:04:03	<b>01:26:41</b>	103	00:10:22	00:43:45	02:41:50	03:25:09
135	<b>KUCHCIAK Mateusz</b>	<b>194</b>		M29		00:19:41	01:01:16	<b>01:22:48</b>	82	00:06:44	00:44:15	02:48:35	03:34:23
136	<b>LATOS Janusz</b>	<b>92</b>	POLONIA ŚRODA	M61		00:21:15	01:05:26	<b>01:27:56</b>	112	00:05:13	00:44:13	02:45:37	03:31:39
137	<b>ADAMSKI Sławomir Lucjan</b>	<b>142</b>		M54		00:23:41	01:17:41	<b>01:45:45</b>	185	00:06:11	00:43:26	02:32:47	03:10:29
138	<b>RYCHARSKI Bartosz</b>	<b>53</b>		M40		00:21:40	01:07:38	<b>01:32:27</b>	142	00:05:05	00:41:23	02:37:39	03:23:57
139	<b>DOBRYŃSKI Andrzej</b>	<b>101</b>	CHEŁMSKA GRUPA TRIATHLONU	M49		00:24:38	01:14:19	<b>01:40:16</b>	176	00:08:42	00:42:20	02:39:29	03:22:21
140	<b>PACZKOWSKI Mirosław</b>	<b>18</b>		M53	Akademia Mistrzów Sportu	00:22:54	01:11:49	<b>01:38:34</b>	173	00:08:15	00:42:59	02:39:19	03:24:39
141	<b>TWARDOWSKI Michał</b>	<b>114</b>		M38		00:20:46	01:07:13	<b>01:32:39</b>	143	00:07:48	00:44:57	02:43:33	03:27:13

					Pływanie				Rower			Bieg		
142	<b>WIECZOREK Maciek</b>	<b>124</b>	RAKTEAM-TRIATHLON.PL	M51	00:23:19	01:10:44	<b>01:36:06</b>	159	00:06:00	00:43:08	02:36:25	03:18:09		
143	<b>NALEWAJKO Jacek</b>	<b>95</b>	#BIEGAJLESZNO	M46	00:20:36	01:04:19	<b>01:27:34</b>	108	00:08:09	00:45:01	02:47:47	03:32:50		
144	<b>MĘCNER Michał</b>	<b>133</b>		M45	00:20:41	01:03:39	<b>01:26:19</b>	101	00:09:24	00:43:30	02:43:18	03:31:39		
145	<b>NAGOW Michał</b>	<b>68</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	M49	Iron House Triathlon Włocławek	00:21:06	01:08:08	<b>01:32:48</b>	146	00:06:39	00:46:43	02:45:07	03:28:02	
146	<b>OCHRYMOWICZ Mateusz</b>	<b>218</b>	TRINITY	M32	00:18:56	01:00:00	<b>01:20:58</b>	76	00:05:16	00:43:43	02:42:01	03:27:47		
147	<b>KLICKI Marcin</b>	<b>42</b>	GRILL TEAM	M37	00:22:10	01:06:27	<b>01:29:28</b>	128	00:04:56	00:46:36	02:48:48	03:35:41		
	<b>GABRUK Andrzej</b>	<b>28</b>	GABAG	M62	00:22:11	01:08:21	<b>01:32:44</b>	144	00:09:41	00:43:34	02:47:44	03:31:42		
149	<b>PUCHALSKI Bartosz</b>	<b>103</b>	USTAW SIĘ NA BIEGANIE W GDAŃSKU	M37	00:23:14	01:09:49	<b>01:33:52</b>	153	00:10:08	00:44:26	02:45:16	03:30:53		
150	<b>KUDREWICZ Mirek</b>	<b>164</b>	EWOTRATHLION	M59	00:22:38	01:11:41	<b>01:38:19</b>	172	00:05:36	00:42:02	02:42:39	03:29:20		
151	<b>BOGUSZEWSKI Bartłomiej</b>	<b>212</b>		M28	00:21:37	01:06:19	<b>01:28:19</b>	113	00:05:03	00:43:11	02:42:04	03:30:02		
152	<b>WOLSKI Darek</b>	<b>119</b>	DARO	M38	00:23:14	01:14:29	<b>01:43:33</b>	180	00:11:23	00:40:41	02:45:49	03:29:36		
153	<b>BRYGIER Jacek</b>	<b>51</b>	PTT DELTA	M52	PTT DELTA	00:25:52	01:23:11	<b>01:52:20</b>	191	00:06:54	00:42:36	02:40:59	03:26:11	
154	<b>JANOWSKI Michał</b>	<b>110</b>		M45	00:21:18	01:06:41	<b>01:30:08</b>	130	00:06:00	00:45:39	02:52:25	03:40:23		
155	<b>CHOJA Sławomir</b>	<b>208</b>	TOP FIT CENTER	M57	00:23:34	01:09:47	<b>01:33:46</b>	152	00:09:50	00:46:40	02:52:17	03:38:22		
156	<b>PIĄTKOWSKI Dariusz</b>	<b>89</b>	CHEŁMSKA GRUPA TRIATHLONU	M61	00:23:27	01:13:17	<b>01:38:18</b>	171	00:10:13	00:44:02	02:48:48	03:35:50		
157	<b>SMOLARCZYK Krzysztof</b>	<b>82</b>		M50	00:23:12	01:13:04	<b>01:39:02</b>	174	00:07:26	00:46:54	02:55:40	03:41:17		
158	<b>SIECZKO Tomek</b>	<b>58</b>	KOSTERA TEAM	M35	Akademia Mistrzów Sportu	00:21:39	01:06:58	<b>01:30:59</b>	135	00:05:58	00:41:36	03:24:59	04:05:56	
159	<b>CHOJNACKI Grzegorz</b>	<b>143</b>	CHOJNACKI TEAM	M47	00:24:36	01:17:36	<b>01:44:41</b>	183	00:10:15	00:41:49	02:33:37	03:24:53		
160	<b>DOROSZ Marek</b>	<b>155</b>	KB MANIAC POZNAŃ	M55	00:23:13	01:12:28	<b>01:37:47</b>	168	00:07:38	00:46:18	02:55:09	03:41:58		
	<b>WRZOSEK Jarosław</b>	<b>105</b>		M52	Mielcarks Team	00:25:32	01:20:25	<b>01:49:33</b>	190	00:08:35	00:44:50	02:46:01	03:31:29	
162	<b>ZABOROWSKI Maciej</b>	<b>151</b>	PAFARO	M45	00:21:34	01:07:24	<b>01:30:17</b>	134	00:08:58	00:45:21	03:01:47	03:50:10		
163	<b>JANKOWSKI Jarosław</b>	<b>135</b>		M26	00:25:43	01:21:16	<b>01:48:20</b>	186	00:09:46	00:46:46	02:52:52	03:36:29		
164	<b>ŁUKOWSKI Dariusz</b>	<b>90</b>	GMINA STRZELCE OPOLSKIE	M59	00:25:41	01:18:15	<b>01:45:26</b>	184	00:07:37	00:47:26	02:57:21	03:43:46		
<b>Przekroczony limit czasu: 15:00:00</b>														
165	<b>BORN Marcin</b>	<b>150</b>	OSP KŁODNICA	M56	00:23:03	01:12:38	<b>01:37:50</b>	169	00:06:27	00:45:25	02:52:16	03:42:40		
	<b>KOZIŃSKI Dariusz</b>	<b>181</b>	ITOO	M46	00:23:08	01:14:22	<b>01:42:01</b>	178	00:05:48	00:43:19	02:57:38	03:46:10		
	<b>ZAMOYSKI Piotr</b>	<b>112</b>		M34	00:21:01	01:08:06	<b>01:34:36</b>	155	00:06:56	00:43:58	02:58:48	03:48:46		
168	<b>GIBUŁA Bartłomiej</b>	<b>109</b>	WAT	M24	00:20:13	01:04:49	<b>01:27:48</b>	110	00:07:16	00:52:45	03:13:47	04:04:38		
169	<b>WAWRZYŃIAK Kacper</b>	<b>52</b>		M24	00:27:29	01:25:15	<b>01:56:53</b>	193	00:05:39	00:47:29	02:59:20	03:48:19		
170	<b>MIDSEM Sixten</b>	<b>163</b>		M19	00:21:49	01:11:51	<b>01:42:02</b>	179	00:10:09	00:49:27	03:02:41	03:53:27		



				Pływanie				T1	Rower			Bieg
	<b>JAŚKOWIAK Tomasz</b>	<b>98</b>		M49	00:22:31	01:08:04	<b>01:32:11</b>	141	00:13:11	00:48:53	03:13:07	04:04:58
172	<b>WOJDYŁO Wojciech</b>	<b>196</b>	AKTYWNY DYNÓW / 21 BSP	M37	00:27:37	01:22:25	<b>01:49:27</b>	189	00:15:16	00:52:07	03:12:02	04:00:50
173	<b>WÓJTYCH Robert</b>	<b>160</b>	TRIATHLON TEAM AQUAPARK WĄGROWIEC	M51	00:22:12	01:08:57	<b>01:33:30</b>	151	00:09:12	00:47:58	03:43:07	04:27:22
	<b>STOYKOV Pavlin</b>	<b>171</b>		M53	00:28:43	01:31:27	<b>02:03:00</b>	194	00:11:07	00:49:28	03:04:27	03:53:07
175	<b>KACZYŃSKI Marcin</b>	<b>14</b>	NEXERIANIE	M46	00:23:45	01:15:09	<b>01:44:31</b>	182	00:13:09	00:49:43	03:06:05	03:57:19
	<b>GĘBCZYŃSKI Paweł</b>	<b>72</b>		M44	00:21:02	01:05:22	<b>01:27:49</b>	111	00:10:34	00:48:19	03:02:30	03:51:18
	<b>PADEREWSKI Albert</b>	<b>148</b>	TRIATHLETIC TEAM	M31	00:18:03	00:54:19	<b>01:12:40</b>	24	00:03:13	00:37:21	02:19:05	02:56:07
	<b>OSMOLIK Jarek</b>	<b>85</b>		M46	00:18:32	00:56:36	<b>01:16:25</b>	52	00:03:07	00:35:50	02:11:02	02:52:41
	<b>GRODOMIŃSKI Hubert</b>	<b>81</b>	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
	<b>CUCU Paul</b>	<b>70</b>		M19	00:31:37	01:38:09	<b>02:12:33</b>	195	00:08:09	00:45:52		

Znaleziono 180 wynik(ów)