



METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3

B4SPORT

Wydarzenie: Metalkas Ocean Lava Triathlon Polska
Organizator: Towarzystwo Sportowe TRI-SPORT
Data: 2023-08-19
Miejsce: Bydgoszcz
Dystans: 113 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 38,7 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Pływanie			T1	Rower		T2	Bieg	Czas
						P_Borowno 0.95km	P_Borowno 1.9km	Poz		R_Lidl 18.6km	R_Kusowo 36.5km			
1	MARCINEK Tomasz	737	TM IRON TEAM	M-32	TM IronTeam	00:13:29	00:27:31	1	00:01:58	00:26:39	00:53:24			
2	SAWIEŁAJC Jakub	691	TM IRON TEAM	M-24	TM IronTeam	00:14:49	00:29:49	3	00:02:09	00:26:24	00:52:58			
3	MADRASSI Giacomo	677	TRI TEAM PULLY	M-33	Mielcarks Team	00:13:40	00:27:42	2	00:03:26	00:28:38	00:57:19			
4	GRONDZIEWSKI Dariusz	663	PHO3NIX GVT TEAM	M-42	Pho3nix GVT Team	00:14:36	00:29:51	4	00:03:16	00:28:12	00:57:23			
5	RACEK Tomáš	734	IRONSTARS BEROUN	M-42		00:16:47	00:34:45	14	00:02:44	00:26:26	00:53:30			
6	WASYLUK Cezary	746	CONTROTLEC	M-34		00:16:17	00:32:53	7	00:02:13	00:28:55	00:58:59			
7	KAMIŃSKI Tomasz	717	TM IRONTEAM	M-41	TM IronTeam	00:17:08	00:34:41	13	00:02:32	00:28:28	00:57:39			
8	KRÓL Hubert	749	WWW.TRENERTRIATHLONU.PL	M-37		00:17:21	00:34:12	12	00:02:31	00:32:23	00:59:15			
9	SUCHAN Łukasz	747	SPORTWISE	M-22		00:15:23	00:31:25	5	00:03:23	00:30:17	01:01:54			
10	PIESIK Dawid	619	TM IRON TEAM	M-33	TM IronTeam	00:17:37	00:35:33	18	00:02:49	00:29:14	00:59:59			
11	PRĄDZYŃSKI Marcin	646	TM IRONTEAM	M-46	TM IronTeam	00:17:33	00:35:20	17	00:02:22	00:29:52	01:00:54			
12	FAJOK Szymon	683	MBC TEAM	M-24		00:18:43	00:38:15	30	00:03:06	00:28:17	00:57:22			
13	OLEWIŃSKI Dariusz	712	TRIATHLON KONSULTING	M-47	Triathlon konsulting	00:18:00	00:37:24	24	00:03:00	00:29:05	00:58:30			
14	LECH Miro	601		M-37		00:17:40	00:36:17	19	00:02:48	00:29:32	00:59:58			
15	CZECHOWSKI Dawid	637		M-19		00:16:15	00:33:08	8	00:03:23	00:31:09	01:03:21			
16	NOSOWSKI Jacek	528	TRI.REGRESS	M-49		00:17:12	00:34:59	15	00:02:49	00:30:43	01:02:10			
17	ROGOZIEWICZ Dawid	621	LITWIN SPORT	M-22		00:16:06	00:33:22	9	00:03:49	00:31:21	01:03:16			
18	MIEDZIAK Sebastian	655	LS PLUS RECYKLING TEAM	M-40		00:18:28	00:37:59	28	00:02:34	00:29:44	01:00:00			
19	WOJCIECHOWSKI Norbert	522		M-43		00:19:19	00:39:22	44	00:02:53	00:29:00	00:58:19			
20	KACPERSKI Wojtek	697	WMKS OLSZTYŃSKA SZKÓŁKA TRIATHLONU	M-42		00:18:34	00:37:35	25	00:02:32	00:30:05	01:00:38			
21	KRASNODĘBSKI Sebastian	733	TM IRON TEAM	M-41	TM IronTeam	00:18:43	00:38:32	34	00:03:13	00:29:00	00:59:06			
22	KOLEŚNIK Bartłomiej	586	5 LUBUSKI PUŁK ARTYLERII	M-34	5 Lubuski Pułk Artylerii	00:18:11	00:37:03	21	00:03:56	00:29:23	01:00:07			
	TOPCZEWSKI Gracjan	742	TRISPACE/TREK	M-47	TRISPACE/TREK	00:18:24	00:38:07	29	00:03:00	00:29:36	01:00:08			
24	STEFANIAK Marcin	718	TM IRON TEAM	M-48	TM IronTeam	00:18:48	00:38:29	32	00:03:23	00:30:12	00:59:25			
25	WYSOCKI Marcin	628	TORUŃSKI KLUB TRIATHLONOWY	M-45		00:18:59	00:39:03	43	00:02:55	00:29:35	00:59:58			

					Pływanie			Rower			Bieg		
26	GRZYBEK Lukasz	656	TRIATHLON IQ	M-42	00:18:54	00:39:47	50	00:02:37	00:29:49	00:59:33			
27	MAGDZIARZ Jakub	540	KANCELARIA HMM	M-43	00:19:40	00:39:53	51	00:02:59	00:29:52	00:59:29			
28	OGÓROWICZ Jakub	618	BEEATHLETIC TEAM	M-39	00:18:44	00:38:31	33	00:03:35	00:30:03	01:00:19			
29	ZIĘBA Adam	501	TRISPACE/TREK	M-50	TRISPACE/TREK	00:20:14	00:42:03	75	00:02:55	00:28:22	00:57:39		
30	GREJCZYK Alan	692	CORTEZ TRIATHLON TEAM	M-29		00:20:28	00:42:14	80	00:02:36	00:28:31	00:57:59		
	JARNOT Oskar	627	TMT	M-34		00:19:52	00:40:59	65	00:02:53	00:29:17	00:59:03		
32	KILIJĄCZYK Piotr	516		M-43		00:19:51	00:40:18	55	00:02:27	00:30:10	01:00:16		
33	HÅKANSSON Fredrik	658	HELENEHOLMS IF	M-52		00:18:01	00:36:43	20	00:04:03	00:30:37	01:02:18		
34	STAFARCZYK Dawid	520	TM IRON TEAM	M-31	TM IronTeam	00:19:18	00:39:25	45	00:02:30	00:29:55	01:01:14		
35	GECZEW Pawel	615		M-30		00:22:02	00:43:57	99	00:02:15	00:28:05	00:57:18		
36	ŁUKASZCZUK Grzegorz	613	TM IRONTEAM	M-41	TM IronTeam	00:20:02	00:40:03	53	00:04:58	00:28:40	00:58:40		
37	BARTOSIEWICZ Tomasz	562	ORANGE POLSKA	M-39		00:21:01	00:42:11	78	00:02:32	00:28:51	00:59:01		
38	WALICH Maciej	711	4T TARNOWSKIE TERMY TRIATHLON	M-35		00:18:24	00:37:50	26	00:02:58	00:31:07	01:03:08		
39	GOŁYŚ Grzegorz	643		M-26		00:20:41	00:43:51	97	00:03:24	00:28:19	00:56:45		
	KAMIŃSKI Tomasz	743	INMOTO TRITEAM SHRIMP BISTRO	M-43		00:21:31	00:43:47	96	00:02:46	00:28:22	00:57:36		
41	CIMACHOWSKI Jakub	530	CIMATECH	M-43		00:17:20	00:35:10	16	00:04:01	00:32:19	01:04:59		
42	WYSOCKI Piotr	636		M-37		00:19:01	00:38:49	38	00:03:39	00:30:37	01:01:49		
43	TURAJSKI Mateusz	648	AXENT IWONA TURAJSKA	M-33		00:20:12	00:40:13	54	00:03:22	00:29:51	01:00:50		
44	KRAJEWSKI Tomasz	670	#ZALINIAMETYTEAM	M-42	#zaliniametyteam	00:18:51	00:38:43	36	00:02:26	00:31:38	01:03:28		
	TRZASKA Przemysław	600	DREAM TRI TEAM	M-38	Drem Tri Team	00:19:05	00:39:32	47	00:02:43	00:30:02	01:02:25		
46	SZARMACHER Sebastian	560		M-40		00:20:00	00:41:00	66	00:03:58	00:29:15	00:59:53		
47	WIŚNIEWSKI Piotr	632	TRIATHLON KONSULTING	M-27	Triathlon konsulting	00:19:02	00:39:00	42	00:03:59	00:31:28	01:02:25		
48	KAPSA Dawid	598	TRISPCA/TREK	M-45	TRISPACE/TREK	00:21:11	00:43:04	85	00:02:29	00:29:14	01:00:11		
49	KĄŁEK Artur	702	TM IRON TEAM	M-49	TM IronTeam	00:21:01	00:41:58	73	00:03:46	00:29:31	01:00:09		
50	MODZELEWSKI Maciej	569	VELO ŁOWICZ TRI	M-39		00:21:27	00:44:09	103	00:02:46	00:29:09	00:59:03		
51	HARTLIŃSKI Grzegorz	725	NAJMOWICZ TRIATHLON	M-39		00:19:56	00:40:32	58	00:03:01	00:31:05	01:02:40		
52	KONDRACKI Łukasz	631	TRI TEAM LUBAŃ	M-40		00:17:42	00:37:07	23	00:03:12	00:32:03	01:06:14		
53	PILARCZYK Bartek	710	AGAT TRI SUPERSONIC	M-45		00:19:36	00:39:45	49	00:03:36	00:31:16	01:03:14		
54	PAKUŁA Rafał	640		M-38		00:18:29	00:37:54	27	00:02:59	00:32:14	01:05:44		
55	KIEPE Nauris	599		M-47		00:20:09	00:40:31	57	00:03:52	00:30:12	01:02:34		
56	SZYDŁOWSKI Paweł	633	TRIWISE	M-43		00:18:56	00:38:56	39	00:03:33	00:31:59	01:04:35		
57	EJSMONT Krzysztof	727		M-46		00:21:19	00:43:08	87	00:02:44	00:30:18	01:01:16		
58	KROSNY Szymon	671	CROSS-SPORT	M-32	Cross-Sport	00:19:12	00:39:00	41	00:03:19	00:31:31	01:04:55		
59	JANKOWSKI Tomasz	690	TRISPACE/TREK	M-50	TRISPACE/TREK	00:20:39	00:41:57	72	00:02:58	00:30:36	01:02:47		
60	KOSIŁKO Tomasz	581	TRIGYM SZCZECIN	M-43	Trigym Szczecin	00:20:54	00:42:43	82	00:03:29	00:30:10	01:02:01		
61	ODZIOBA Sebastian	519	THE RWCYCKING	M-39		00:19:41	00:40:56	63	00:03:08	00:31:21	01:04:25		
62	WODA Ewelina	542		K-39		00:19:05	00:38:44	37	00:03:34	00:32:40	01:06:26		
63	GRALIK Jędrzej	512	BYDGOSKIE OKONIE	M-31	Bydgoskie Okonie	00:16:09	00:32:47	6	00:04:27	00:35:02	01:11:33		
64	BRUNOVSKÁ Katarína	662	SLOVAK TRIATHLON ACADEMY	K-28		00:16:44	00:33:59	11	00:03:06	00:34:39	01:11:59		
65	PESZT Marek	713		M-42		00:20:27	00:40:49	61	00:03:22	00:31:15	01:05:00		
66	LICA Grzegorz	510	TRISPACE TREK	M-48	TRISPACE/TREK	00:21:36	00:43:18	91	00:03:22	00:30:36	01:02:42		
	SOBCZAK Marcin	521		M-48		00:20:08	00:40:47	60	00:03:06	00:32:18	01:05:55		
68	BRUNOVSKÝ Simon	687	SLOVAK TRIATHLON ACADEMY	M-30		00:16:27	00:33:40	10	00:04:06	00:34:49	01:12:21		
69	WALKOWIAK Bartosz	567		M-41		00:22:06	00:44:02	100	00:02:46	00:31:27	01:03:53		
70	KAZIMIERCZYK Adam	707	PTT DELTA	M-43	PTT DELTA	00:20:01	00:41:02	67	00:04:10	00:31:53	01:05:31		

				Pływanie			Rower			Bieg	
71	BUZE Łukasz	652		M-38	00:22:18	00:45:39	122	00:03:25	00:30:30	01:01:46	
72	MAZUR Wojciech	678	UCIEKAM PRZED ADIM ,)	M-38	00:17:48	00:37:06	22	00:03:21	00:37:09	01:10:27	
73	JOVANOVIĆ Marko	515	GO APTIV!	M-31	00:19:05	00:38:25	31	00:04:38	00:33:40	01:08:00	
74	CHMIELEWSKI Rafał	740	TRIDIVISION TRIATHLON TEAM	M-49	00:21:58	00:45:02	108	00:03:06	00:30:44	01:03:12	
75	ROSZUK Jakub	716	EWA BUGDOŁ TRIATHLON TEAM	M-44	00:18:45	00:38:59	40	00:04:04	00:33:03	01:08:24	
76	KONIECZNY Przemek	609	VELOCITY	M-37	00:21:26	00:43:47	95	00:03:53	00:31:01	01:04:10	
77	LESZCZYŃSKI Mariusz	517	K. S. TRI B. ER	M-47	00:21:32	00:43:33	94	00:02:51	00:31:50	01:05:39	
78	HANUS Wojciech	597		M-34	00:22:05	00:44:38	105	00:03:57	00:31:20	01:03:39	
79	KUBASIK Tomasz	682		M-40	00:21:20	00:43:13	88	00:03:01	00:32:28	01:06:05	
80	ZAPAŁA Łukasz	645		M-41	00:20:35	00:41:58	74	00:06:19	00:31:49	01:04:09	
81	HUBCZAK Michał	610	ARTECH FORKLIFT	M-20	00:19:41	00:40:03	52	00:05:05	00:32:11	01:07:30	
82	SZCZERBA Maciej	508		M-51	00:20:56	00:43:24	92	00:03:42	00:32:12	01:05:34	
83	MYNC Angelika	647	HTF LUDWIK SIKORSKI	K-32	00:19:58	00:40:47	59	00:02:56	00:33:48	01:09:05	
84	MENDRZYCKI Artur	507		M-45	00:22:11	00:43:53	98	00:04:23	00:31:53	01:04:55	
85	ALEKSANDROWICZ Marcin	741	CHMURA COACHING	M-31	00:22:21	00:45:39	121	00:03:24	00:31:29	01:04:33	
86	MOTYLEWSKA Marta	549	PTT DELTA	K-32	00:22:23	00:45:39	123	00:02:57	00:31:42	01:05:00	
87	SAWICKI Michał	642	ADRIAN KOSTERA TEAM	M-29	00:20:57	00:41:26	70	00:04:01	00:33:22	01:08:09	
88	GÓRNISIEWICZ Piotr	709	WM TRISELF	M-49	00:22:26	00:45:04	109	00:03:40	00:31:47	01:04:58	
89	MASŁOWSKI Marcin	604	HTF LUDWIK SIKORSKI	M-44	00:19:38	00:40:56	62	00:03:44	00:34:18	01:09:10	
90	ŁĄCKI Andrzej	661		M-55	00:20:05	00:40:25	56	00:05:16	00:34:05	01:08:57	
91	WASILEWSKA Agata	527	AKADEMIA MISTRZÓW SPORTU	K-42	00:21:35	00:43:14	89	00:03:58	00:33:07	01:07:47	
92	DOMERACKI Damian	504	PERSONAL TRIATHLON	M-43	00:22:54	00:46:50	138	00:04:44	00:30:18	01:03:27	
93	KRAUSE Szymon	518	SREBRNI TRI	M-41	00:22:21	00:45:54	128	00:03:49	00:32:22	01:05:20	
94	OLEJNIK Wojciech	553	TRIGYM SZCZECIN	M-27	00:22:33	00:45:44	126	00:04:38	00:31:56	01:05:05	
95	RADZIEJEWSKI Tomasz	688	TEAMOCHAL	M-42	00:23:00	00:46:24	133	00:02:58	00:32:06	01:06:16	
	FOGT Maciej	695		M-42	00:24:10	00:49:54	166	00:03:47	00:29:43	01:02:02	
97	CZEKALSKA Maria	565		K-39	00:20:43	00:42:11	79	00:03:39	00:35:07	01:09:57	
98	WASILEWSKA Martyna	548	AKADEMIA MISTRZÓW SPORTU	K-40	00:21:09	00:42:44	83	00:04:12	00:33:40	01:08:54	
99	WOJDYŁA Marta	679	FUNTRI	K-32	00:19:23	00:39:42	48	00:04:04	00:35:09	01:12:17	
100	STYLA Kamil Aleksander	750	MILOTEAM	M-36	00:23:37	00:48:29	151	00:03:41	00:31:19	01:04:02	
101	KUCHARCZYK Kamil	603	TRI NOT TO DIE / EWA BUGDOŁ TEAM	M-36	00:22:46	00:46:08	129	00:04:18	00:32:46	01:05:51	
102	LASSAK Bartosz	544	AKADEMIA MISTRZÓW SPORTU	M-47	00:23:25	00:47:06	140	00:03:46	00:31:23	01:05:27	
103	WIECZOREK Anna	659	BRZYSKI TRI TEAM	K-27	00:19:28	00:39:29	46	00:03:33	00:36:07	01:13:18	
104	BUTOWSKA Katarzyna	674	BEZ ZBĘDNYCH PYTAŃ	K-41	00:22:19	00:45:31	116	00:03:39	00:32:51	01:07:11	
105	JACH Rafał	594	CROSS-SPORT	M-37	00:23:18	00:46:48	137	00:05:08	00:31:56	01:04:32	
106	MILERT Krzysztof	714		M-29	00:22:47	00:47:04	139	00:05:28	00:30:44	01:04:11	
107	GALICKI Jakub	532	AKADEMIA MISTRZÓW SPORTU	M-49	00:21:43	00:44:08	101	00:04:01	00:33:01	01:08:37	
108	GÓRNY Bartosz	689	TRISPACE/TREK	M-35	00:22:20	00:45:50	127	00:02:57	00:32:53	01:08:00	
109	SĘK Marek	706	WM TRISELF	M-44	00:20:28	00:42:07	76	00:03:32	00:34:10	01:11:09	
110	TRUSKOLAWSKA Ola	545	TRIDE TEAM	K-47	00:24:44	00:50:54	171	00:03:06	00:31:39	01:02:51	

Nr	Imię i nazwisko	Kod	Klub	Wiek	Kategoria	Pływanie			Rower			Bieg
						00:23:45	00:47:17	142	00:03:20	00:32:50	01:06:17	
111	AUGUSTYNIAK Piotr	745		M-47		00:23:45	00:47:17	142	00:03:20	00:32:50	01:06:17	
112	WIŚNIEWSKI Mikołaj	720	ROWEROWA BRZOZA	M-25		00:22:01	00:45:14	112	00:04:06	00:32:56	01:07:40	
113	ZAKRZEWSKI Jarosław	505		M-50		00:24:31	00:48:32	152	00:03:27	00:31:24	01:05:06	
114	GRUBA Marek	694	TRISPACE/TREK	M-35	TRISPACE/TREK	00:21:14	00:43:26	93	00:03:25	00:34:22	01:10:33	
	CHŁOSTA Marek	739		M-48		00:22:26	00:45:25	113	00:04:20	00:32:12	01:07:52	
116	GNIOT Jacek	538	TRISPACE/TREK	M-52	TRISPACE/TREK	00:25:35	00:53:15	190	00:02:58	00:30:16	01:01:27	
117	WOŹNIAKOWSKA Agata	726	WTLENIE	K-39	Akademia Mistrzów Sportu	00:20:24	00:41:20	69	00:03:44	00:35:30	01:12:41	
118	BURSKI Paweł	715		M-54		00:22:24	00:46:13	130	00:03:47	00:32:54	01:07:53	
119	POHL DUCZMAL Elżbieta	698	CTS JAKUB CZAJA	K-50		00:22:14	00:44:09	102	00:03:42	00:33:55	01:10:04	
120	TRZASKOWSKI Tomasz	509		M-43		00:24:17	00:48:52	155	00:04:06	00:31:28	01:05:04	
121	ULANOWSKI Grzegorz	630	STORMRIDER	M-49		00:23:37	00:49:06	158	00:04:58	00:31:32	01:04:12	
122	BARSZCZEWSKI Sebastian	667		M-44		00:24:25	00:48:33	153	00:03:20	00:31:29	01:06:28	
123	WOLAK Paweł	616	ORKAMASTERS IŁAWA	M-24		00:21:23	00:42:51	84	00:04:31	00:34:38	01:11:04	
124	NOWICKI Adam	514		M-50		00:22:04	00:45:35	119	00:03:31	00:34:27	01:09:22	
125	WODNICKI Grzegorz	629		M-28		00:22:02	00:45:34	118	00:04:23	00:33:33	01:08:52	
126	TAMBORSKA Agata	675	UPGRADE PLATFORM	K-35		00:18:52	00:38:42	35	00:03:22	00:38:02	01:16:47	
127	ANDRZEJEWSKI Jakub	668		M-31		00:20:43	00:41:27	71	00:04:08	00:36:15	01:13:17	
128	ŻEGLICZ Marek	572	SPÓJNIA BIAŁE BŁOTA	M-28		00:21:31	00:44:32	104	00:05:35	00:33:54	01:08:49	
129	CZERWIAKOWSKI Sebastian	529		M-49		00:22:38	00:46:36	136	00:05:15	00:32:51	01:07:11	
130	TECZA Artur	534		M-46		00:21:04	00:42:09	77	00:08:09	00:32:54	01:08:48	
131	ŻULEWSKI Radosław	547		M-36		00:23:16	00:47:42	144	00:04:35	00:33:12	01:07:00	
132	GROCHOWSKI Piotr	731	TRIDEA	M-49		00:22:53	00:48:11	149	00:03:34	00:32:42	01:07:56	
133	DROŹDŹ Małgorzata	551	AKADEMIA MISTRZÓW SPORTU	K-44	Akademia Mistrzów Sportu	00:23:20	00:46:33	135	00:03:33	00:34:13	01:09:41	
134	PODLASIAK Ariel	676	IM INSPIRATION	M-32		00:22:25	00:45:31	115	00:04:02	00:35:26	01:10:24	
135	FABROWSKI Dawid	513	TRITAT TEAMOCHAL	M-42	TEAMOCHAL TriTata	00:20:14	00:40:57	64	00:05:04	00:35:34	01:14:38	
	CIUPA Jarosław	578	AKADEMIA MISTRZÓW SPORTU	M-53	Akademia Mistrzów Sportu	00:24:26	00:51:14	174	00:03:02	00:32:52	01:07:29	
137	WOJCIECHOWSKA Małgorzata	700		K-35		00:22:28	00:45:07	110	00:03:37	00:35:29	01:13:24	
138	SOBAŃSKI Roman	641	TARNOWO PODGÓRNE BIEGA	M-43		00:24:01	00:49:05	157	00:04:53	00:33:31	01:08:26	
139	DULIŃSKA Dorota	686	TRISPACE TREK	K-47	TRISPACE/TREK	00:24:24	00:49:23	159	00:03:33	00:34:04	01:09:30	
140	MYŚKOW Leszek	591	TRI MISSION	M-47	Tri Mission	00:22:55	00:47:30	143	00:04:09	00:34:03	01:11:06	
141	TREFON Michalina	626	KOZAK TEAM	K-36		00:21:44	00:42:24	81	00:03:24	00:37:40	01:17:16	
142	BARSUKOV Artem	624	UNLIMITED SPORT 2.0	M-38		00:22:28	00:45:40	124	00:06:00	00:35:47	01:11:25	
143	MARCINIAK Przemysław	744		M-41		00:24:01	00:48:01	147	00:03:28	00:34:33	01:11:43	
144	MAZUREK Wojciech	595	CROSS-SPORT	M-30	Cross-Sport	00:23:07	00:47:15	141	00:04:56	00:34:48	01:11:09	
145	SUDOŁ Jacek	570	PARKRUN BYDGOSZCZ	M-45		00:22:35	00:46:28	134	00:03:49	00:35:58	01:13:09	
146	ROMANOWSKI Kamil	654	KOSTERA TEAM	M-42		00:26:29	00:52:35	182	00:03:25	00:33:31	01:07:46	
147	PRYK Rafał	703		M-48		00:24:28	00:51:09	172	00:04:05	00:33:22	01:08:37	
148	KRYGIER Maciej	708		M-35		00:23:38	00:49:23	160	00:06:10	00:33:11	01:08:35	
149	SAJDOK Kamil	680	SREBRNI TRI	M-36	Srebrni Tri	00:22:55	00:46:20	132	00:03:46	00:35:56	01:14:13	

Nr	Imię i nazwisko	Numer startowy	Klub	Wiek	Kraj	Pływanie			Rower			Bieg
						00:25:31	00:51:25	176	00:02:51	00:34:04	01:10:19	
150	WŁODARCZAK Witold	705	TRISPACE/TREK	M-60	TRISPACE/TREK	00:25:31	00:51:25	176	00:02:51	00:34:04	01:10:19	
151	LIPSKI Łukasz	593		M-41		00:24:11	00:48:45	154	00:06:15	00:34:40	01:10:00	
152	GRALIK Kacper	531	BYDGOSKIE OKONIE	M-27		00:21:56	00:45:37	120	00:04:56	00:35:34	01:14:28	
153	SOCHA Kamil	585	5 LUBUSKI PUŁK ARTYLRII	M-34	5 Lubuski Pułk Artylerii	00:24:01	00:49:34	162	00:03:50	00:35:54	01:11:54	
	HUBCZAK Wojciech	602	ARTECH FORKLIFT	M-51		00:26:40	00:54:37	196	00:04:39	00:32:14	01:06:06	
155	WIS Modesta	738		K-33		00:21:09	00:43:08	86	00:04:09	00:36:54	01:18:18	
156	MROTEK Michał	666	AKADEMIA MISTRZÓW SPORTU	M-44	Akademia Mistrzów Sportu	00:23:15	00:46:17	131	00:03:58	00:35:41	01:15:25	
157	MAKOWSKI Sławomir	502	WTLENIE	M-54	Akademia Mistrzów Sportu	00:26:06	00:54:02	193	00:04:01	00:33:33	01:08:03	
158	KIEDROWSKI Jerzy	669	MIELCARKS TEAM	M-30	Mielcarks Team	00:21:42	00:44:51	107	00:04:25	00:42:04	01:16:54	
159	SZYMCZAK Jakub	525		M-35		00:22:13	00:45:43	125	00:04:50	00:36:16	01:15:39	
160	PACHYKOUSKI Pavel	651		M-38		00:23:30	00:48:09	148	00:03:50	00:35:22	01:14:15	
161	JABŁOŃSKA Izabela	579	#IZIBIKE	K-42		00:21:55	00:44:49	106	00:05:08	00:37:08	01:16:23	
162	WITKOWSKI Tomasz	550	VIVALAVIDA	M-39		00:26:13	00:52:49	186	00:03:44	00:33:39	01:09:56	
163	DUPRÉ Barbara	612	SBR3ATHLON	K-53		00:22:35	00:45:30	114	00:05:03	00:37:24	01:16:13	
164	NOSIADEK Michał	605	CROSS SPORT	M-38	Cross-Sport	00:24:25	00:50:00	168	00:04:53	00:35:00	01:11:53	
165	CZERNIAK Gracjan	607		M-43		00:24:21	00:49:35	163	00:04:51	00:35:08	01:12:30	
166	KUPRACZ Andrzej	664	TRISPACE	M-52		00:26:37	00:56:55	202	00:04:32	00:31:50	01:05:35	
167	WIŚNIEWSKI Arnold	566	KM PSP JRG9 ŁÓDŹ	M-49		00:24:21	00:49:00	156	00:05:53	00:34:25	01:12:34	
168	WRZOCHOL Paweł	552	TRIGYM SZCZECIN	M-38	Trigym Szczecin	00:24:46	00:51:39	178	00:05:02	00:34:44	01:10:50	
169	SZYMCZAK Katarzyna	526		K-37		00:22:04	00:45:09	111	00:04:52	00:37:38	01:17:47	
170	WŁODARCZYK Wojciech	561	CZARNE STOPY	M-59		00:25:48	00:52:43	184	00:04:48	00:34:38	01:10:20	
171	TYSZKA Filip	575	KRISS COACHING	M-42		00:27:02	00:59:45	211	00:03:23	00:31:37	01:04:57	
172	MACIEJEWSKI Szymon	644	MACIEJEWSCY	M-45		00:19:48	00:41:18	68	00:08:46	00:38:15	01:18:14	
173	RAŹNIEWSKI Łukasz	546	WMKS	M-47		00:23:19	00:51:15	175	00:04:19	00:34:55	01:13:16	
174	KODZIS Piotr	699	OOO.OVOVO.OOO	M-49		00:25:08	00:50:28	169	00:06:20	00:34:57	01:12:02	
175	NURKIEWICZ Jarosław	537	KUNG FU PANDY 3	M-52		00:25:13	00:51:52	180	00:02:59	00:35:43	01:14:05	
	KĄTNIK Jacek	564		M-53		00:30:36	01:03:22	217	00:03:42	00:30:26	01:02:01	
177	ROSZAK Bartosz	748	WRONIECKI KLUB BIEGACZA	M-40		00:24:19	00:49:44	164	00:04:15	00:36:08	01:15:22	
178	GRUBA Jacek	608	TRISPACE/TREK	M-63	TRISPACE/TREK	00:25:35	00:52:38	183	00:03:57	00:35:36	01:12:47	
179	JASINSKI Karol	684		M-30		00:25:02	00:51:35	177	00:06:11	00:34:54	01:12:00	
180	WIŚNIEWSKI Rafał	665	RAFAŁ WISNIEWSKI	M-40	Akademia Mistrzów Sportu	00:25:18	00:53:02	188	00:04:00	00:35:29	01:12:52	
181	CYREK Grzegorz	657	GLOBAL NATUREON BOCHNIA BIEGA TEAM	M-49		00:28:07	01:00:54	213	00:05:34	00:30:30	01:03:39	
182	BURŻACKA-TYC Agnieszka	524	PTT DELTA	K-51	PTT DELTA	00:22:48	00:45:32	117	00:05:18	00:38:19	01:19:25	
183	ANTONOVITCH Vladimir	653	TRI.BY	M-51	tri.by	00:26:34	00:55:10	199	00:04:32	00:34:15	01:10:40	
184	SPLITT Wojciech	558	PŁOMIEŃ DRAŻNO	M-44		00:23:04	00:47:49	145	00:06:49	00:36:12	01:15:48	
185	DOBEK Paweł	722	MILOTEAM	M-43		00:26:31	00:54:50	198	00:04:01	00:34:24	01:12:04	
186	BETLEJ Hubert	543		M-41		00:27:52	00:57:47	206	00:04:25	00:33:45	01:08:47	
187	MISZTELA Tomasz	588	PTT DELTA	M-57	PTT DELTA	00:27:06	00:54:35	195	00:04:16	00:35:20	01:12:23	
188	RADZIŃSKA Joanna	576	TRISPACE/TREK	K-37	TRISPACE/TREK	00:26:21	00:53:07	189	00:03:54	00:36:29	01:14:29	
189	LOZOVA Olga	723	TRIWISE	K-41		00:23:44	00:47:59	146	00:04:58	00:40:58	01:18:43	
190	MIELCAREK Tomasz	728	MIELCARKS TEAM	M-49	Mielcarks Team	00:25:34	00:53:28	191	00:05:15	00:35:40	01:13:44	
191	DAWID Łukasz	701		M-37		00:24:49	00:51:14	173	00:04:37	00:36:40	01:16:39	

						Pływanie			T1	Rower		T2	Bieg	Czas
192	GOŁATA Agnieszka	732	BOGMAR- AKADEMIA MISTRZÓW SPORTU	K-41	Akademia Mistrzów Sportu	00:24:59	00:50:30	170	00:03:32	00:37:16	01:18:49			
193	MYŚKOW Elzbieta	590	TRIMISSION	K-47	Tri Mission	00:23:52	00:48:23	150	00:05:20	00:38:30	01:19:31			
194	WIŚNIEWSKI Zbigniew	719	ROWEROWA BRZOZA	M-57	Active Age	00:25:08	00:51:48	179	00:05:51	00:36:12	01:15:46			
195	BEDYK Ireneusz	523	PTT DELTA	M-66	PTT DELTA	00:28:34	00:58:59	209	00:05:35	00:34:06	01:09:57			
196	FIOSEK Paweł	535		M-28		00:19:01	00:43:14	90	00:05:10	00:40:36	01:27:43			
197	ANDRZEJAK Robert	638	VAMOS	M-47		00:27:22	01:00:44	212	00:06:05	00:34:14	01:10:19			
198	MISZTELA Dariusz	587	PTT DELTA	M-62	PTT DELTA	00:27:02	00:55:47	201	00:05:41	00:36:31	01:15:58			
199	BAYOK Ilya	724		M-28		00:28:30	00:58:50	208	00:05:30	00:34:19	01:13:29			
200	GRABOWSKI Andrzej	584	PTT DELTA	M-47	PTT DELTA	00:26:07	00:52:25	181	00:04:40	00:38:24	01:21:03			
201	RATAJCZAK Marek	685	TM IRON TEAM	M-57	TM IronTeam	00:30:50	01:01:49	215	00:07:25	00:33:41	01:09:06			
202	ADAMCZEWSKA Agnieszka	730	IRON HOUSE TRIATHLON WŁOCŁAWEK	K-48	Iron House Triathlon Włocławek	00:27:12	00:55:36	200	00:05:26	00:37:51	01:18:12			
203	ZUBEK Rafał	673	PTT DELTA	M-56	PTT DELTA	00:28:45	00:59:15	210	00:06:14	00:34:58	01:14:35			
204	SZYMKUĆ Wojciech	539		M-34		00:25:30	00:52:47	185	00:05:15	00:38:25	01:22:16			
205	MIRELLA Pergola	577	SBRTRIATHLON	K-57		00:30:44	01:05:27	219	00:04:54	00:34:48	01:10:15			
206	KOCHANOWSKI Maciej	580		M-31		00:26:39	00:54:37	197	00:06:39	00:38:53	01:19:48			
207	KUPCZYK Tomasz	554		M-46		00:26:21	00:52:53	187	00:06:10	00:39:02	01:22:47			
208	SZULC Łukasz	639	IRONSZULIS	M-40		00:28:00	00:57:41	205	00:05:32	00:38:03	01:20:08			
209	KRUCZKOWSKA LASSAK Anita	582		K-43		00:29:26	01:02:08	216	00:04:13	00:37:13	01:18:11			
210	GAJEWSKI Przemek	623	SYBERIANHAMSTER	M-45		00:26:23	00:57:17	204	00:05:14	00:38:29	01:22:03			
211	BUCZYŃSKI Tomasz	625		M-39		00:30:11	01:03:44	218	00:03:53	00:37:02	01:17:31			
212	WAWRZYŃIAK Przemysław	672		M-30		00:27:43	00:58:06	207	00:07:42	00:37:57	01:19:40			
213	ZIELIŃSKA Małgorzata	622		K-53		00:28:22	00:57:10	203	00:06:12	00:38:54	01:22:08			
214	WALCZAK Paweł	503	DRUŻYNA L&CH	M-34		00:33:40	01:05:27	220	00:05:32	00:36:20	01:14:46			
215	ROGUSZ Zbigniew	635		M-39		00:23:43	00:49:58	167	00:06:53	00:43:05	01:28:57			
216	ARABE Luanna	563	MIELCARKS TEAM	K-30	Mielcarks Team	00:24:08	00:49:31	161	00:07:15	00:43:54	01:31:29			
217	BUDZIAK Maksymilian	693		M-21		00:24:45	00:49:54	165	00:06:25	00:49:15	01:32:02			
218	ANDRAU Anatoli	650	TRI.BY	M-46	tri.by	00:31:00	01:08:44	222	00:04:46	00:35:58	01:17:19			
219	MAĆKOWSKA Magdalena	533	MAGDALENA_M_TRI / TRICHICKAS	K-38		00:29:41	01:01:21	214	00:03:56	00:40:07	01:25:58			
220	KLAPENDA Mariusz	571	MARIO TEAM	M-49		00:35:59	01:15:39	223	00:08:15	00:34:00	01:09:54			
221	DOMBROWSKI Catherine	596	SKS OBORNIKI	K-42		00:31:56	01:05:40	221	00:07:50	00:39:51	01:24:46			
222	ZAKLIŃSKA Katarzyna	704		K-47		00:27:01	00:54:34	194	00:22:37	00:38:26	01:21:39			
	GRUDNIEWSKI Rafał	536	SREBRNI TRI	M-43	Srebrni Tri									
	ROSIĄK Michał	541	BROWER LUTYNIA	M-36		00:26:42	00:53:58	192	00:05:52	00:37:01				

Znaleziono 224 wynik(ów)