

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

Klasyfikacja: Mężczyźni

Punkt pomiarowy: 98,6 km

| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna 1 | Pływanie | | | Rower | | | | | | Bieg | | |
|-----|------------------------|-------|------------------------------------|-----------|----------------------|---------------------|--------------------|-----|------------------|--------------------|------------------|------------------|------------------|----------|------------------------|----------|----------|
| | | | | | | P_Borowno 0.95km | P_Borowno 1.9km | Poz | R_Lidl 18.6km | R_Kusowo 36.5km | R_Lidl 54.2km | R_Kusowo 72km | R_Lidl 89.8km | Poz | B_Announcer 6.465km | | |
| 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 | 01:18:07 | 01:45:04 | 02:10:06 | 2 | 00:00:57 | 00:23:22 |
| 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 | 01:18:03 | 01:46:11 | 02:12:33 | 3 | 00:01:59 | 00:26:14 |
| 3 | RACEK Tomáš | 734 | IRONSTARS BEROUN | M-42 | | 00:16:47 | 00:34:45 | 14 | 00:02:44 | 00:26:26 | 00:53:30 | 01:18:23 | 01:45:56 | 02:10:03 | 1 | 00:02:24 | 00:26:38 |
| 4 | 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 | 01:23:58 | 01:52:59 | 02:19:36 | 4 | 00:01:41 | 00:26:45 |
| 5 | 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 | 01:24:36 | 01:54:34 | 02:21:34 | 8 | 00:01:55 | 00:29:20 |
| 6 | 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 | 01:24:55 | 01:55:03 | 02:22:35 | 10 | 00:02:04 | 00:27:07 |
| 7 | WASYLUK Cezary | 746 | CONTROTLEC | M-34 | | 00:16:17 | 00:32:53 | 7 | 00:02:13 | 00:28:55 | 00:58:59 | 01:26:21 | 01:57:10 | 02:24:44 | 15 | 00:01:32 | 00:28:06 |
| 8 | GRZYBEK Lukasz | 656 | TRIATHLON IQ | M-42 | | 00:18:54 | 00:39:47 | 50 | 00:02:37 | 00:29:49 | 00:59:33 | 01:26:57 | 01:56:48 | 02:24:24 | 14 | 00:01:45 | 00:24:55 |
| 9 | WOJCIECHOWSKI Norbert | 522 | | M-43 | | 00:19:19 | 00:39:22 | 44 | 00:02:53 | 00:29:00 | 00:58:19 | 01:25:39 | 01:56:37 | 02:24:04 | 13 | 00:01:38 | 00:27:09 |
| 10 | 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 | 01:24:36 | 01:54:39 | 02:22:01 | 9 | 00:01:47 | 00:27:08 |
| 11 | FAJOK Szymon | 683 | MBC TEAM | M-24 | | 00:18:43 | 00:38:15 | 30 | 00:03:06 | 00:28:17 | 00:57:22 | 01:23:34 | 01:53:24 | 02:19:59 | 5 | 00:02:09 | 00:32:26 |
| 12 | 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 | 01:25:55 | 01:56:00 | 02:23:53 | 12 | 00:02:07 | 00:30:11 |
| 13 | GECZEW Pawel | 615 | | M-30 | | 00:22:02 | 00:43:57 | 99 | 00:02:15 | 00:28:05 | 00:57:18 | 01:24:13 | 01:54:29 | 02:22:38 | 11 | 00:02:08 | 00:25:48 |
| 14 | GOŁYŚ Grzegorz | 643 | | M-26 | | 00:20:41 | 00:43:51 | 97 | 00:03:24 | 00:28:19 | 00:56:45 | 01:23:16 | 01:53:09 | 02:20:32 | 6 | 00:01:55 | 00:27:04 |
| 15 | KRASNODEBSKI 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 | 01:26:39 | 01:57:50 | 02:25:45 | 20 | 00:02:10 | 00:29:34 |
| 16 | KILIJĄNCZYK Piotr | 516 | | M-43 | | 00:19:51 | 00:40:18 | 55 | 00:02:27 | 00:30:10 | 01:00:16 | 01:27:50 | 01:58:48 | 02:26:44 | 22 | 00:04:17 | 00:25:31 |
| 17 | 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 | 01:28:02 | 01:59:38 | 02:27:33 | 24 | 00:01:33 | 00:29:50 |
| 18 | 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 | 01:28:27 | 02:01:06 | 02:30:59 | 36 | 00:01:43 | 00:29:08 |
| 19 | 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 | 01:29:12 | 02:00:58 | 02:29:29 | 31 | 00:02:02 | 00:27:57 |
| 20 | MODZELEWSKI Maciej | 569 | VELO ŁOWICZ TRI | M-39 | | 00:21:27 | 00:44:09 | 103 | 00:02:46 | 00:29:09 | 00:59:03 | 01:27:00 | 01:57:41 | 02:25:32 | 17 | 00:01:24 | 00:26:28 |
| 21 | 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 | 01:27:03 | 01:58:00 | 02:25:42 | 19 | 00:02:42 | 00:30:24 |
| 22 | MAGDZIARZ Jakub | 540 | KANCELARIA HMM | M-43 | | 00:19:40 | 00:39:53 | 51 | 00:02:59 | 00:29:52 | 00:59:29 | 01:27:07 | 01:58:19 | 02:26:31 | 21 | 00:02:20 | 00:29:07 |
| 23 | SUCHAN Łukasz | 747 | SPORTWISE | M-22 | | 00:15:23 | 00:31:25 | 5 | 00:03:23 | 00:30:17 | 01:01:54 | 01:31:28 | 02:05:02 | 02:35:25 | 50 | 00:02:01 | 00:28:37 |
| 24 | NOSOWSKI Jacek | 528 | TRI.REGRESS | M-49 | | 00:17:12 | 00:34:59 | 15 | 00:02:49 | 00:30:43 | 01:02:10 | 01:30:59 | 02:02:41 | 02:31:55 | 39 | 00:02:09 | 00:29:28 |
| 25 | LECH Miro | 601 | | M-37 | | 00:17:40 | 00:36:17 | 19 | 00:02:48 | 00:29:32 | 00:59:58 | 01:27:31 | 01:58:04 | 02:25:40 | 18 | 00:02:17 | 00:35:20 |
| | 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 | 01:24:06 | 01:53:51 | 02:20:59 | 7 | 00:02:17 | 00:33:00 |
| 27 | BARTOSIEWICZ Tomasz | 562 | ORANGE POLSKA | M-39 | | 00:21:01 | 00:42:11 | 78 | 00:02:32 | 00:28:51 | 00:59:01 | 01:26:39 | 01:58:31 | 02:27:11 | 23 | 00:01:48 | 00:30:05 |
| | JARNOT Oskar | 627 | TMT | M-34 | | 00:19:52 | 00:40:59 | 65 | 00:02:53 | 00:29:17 | 00:59:03 | 01:26:20 | 01:57:21 | 02:25:08 | 16 | 00:01:51 | 00:33:16 |
| 29 | CZECHOWSKI Dawid | 637 | | M-19 | | 00:16:15 | 00:33:08 | 8 | 00:03:23 | 00:31:09 | 01:03:21 | 01:32:56 | 02:05:43 | 02:36:12 | 53 | 00:02:30 | 00:29:03 |

| Rank | Name | Age | Team | Sex | Pływanie | | | | Rower | | | | Bieg | | | |
|------|-----------------------|-----|-------------------------------|------|----------|----------|-----|----------|----------|----------|----------|----------|----------|-----|----------|----------|
| | | | | | 00:18:59 | 00:39:03 | 43 | 00:02:55 | 00:29:35 | 01:01:16 | 01:27:59 | 01:59:05 | 02:27:41 | 25 | 00:02:32 | 00:32:14 |
| 30 | WYSOCKI Marcin | 628 | TORUŃSKI KLUB TRIATHLONOWY | M-45 | 00:18:59 | 00:39:03 | 43 | 00:02:55 | 00:29:35 | 01:01:16 | 01:27:59 | 01:59:05 | 02:27:41 | 25 | 00:02:32 | 00:32:14 |
| 31 | PIESIK Dawid | 619 | TM IRON TEAM | M-33 | 00:17:37 | 00:35:33 | 18 | 00:02:49 | 00:29:14 | 01:01:14 | 01:27:57 | 02:00:01 | 02:29:06 | 28 | 00:02:24 | 00:34:52 |
| 32 | ROGOZIEWICZ Dawid | 621 | LITWIN SPORT | M-22 | 00:16:06 | 00:33:22 | 9 | 00:03:49 | 00:31:21 | 01:03:16 | 01:32:26 | 02:06:18 | 02:37:29 | 61 | 00:02:08 | 00:28:39 |
| 33 | EJSMONT Krzysztof | 727 | | M-46 | 00:21:19 | 00:43:08 | 87 | 00:02:44 | 00:30:18 | 01:01:16 | 01:29:32 | 02:01:27 | 02:30:03 | 33 | 00:01:24 | 00:28:41 |
| 34 | STAFARCZYK Dawid | 520 | TM IRON TEAM | M-31 | 00:19:18 | 00:39:25 | 45 | 00:02:30 | 00:29:55 | 01:01:14 | 01:30:14 | 02:03:34 | 02:34:08 | 45 | 00:01:25 | 00:28:43 |
| 35 | TURAJSKI Mateusz | 648 | AXENT IWONA TURAJSKA | M-33 | 00:20:12 | 00:40:13 | 54 | 00:03:22 | 00:29:51 | 01:00:50 | 01:28:48 | 02:00:42 | 02:28:55 | 27 | 00:02:10 | 00:31:48 |
| 36 | KOLEŚNIK Bartłomiej | 586 | 5 LUBUSKI PUŁK ARTYLERII | M-34 | 00:18:11 | 00:37:03 | 21 | 00:03:56 | 00:29:23 | 01:00:07 | 01:28:54 | 02:01:35 | 02:31:20 | 38 | 00:01:59 | 00:32:17 |
| 37 | OGÓROWICZ Jakub | 618 | BEEATHLETIC TEAM | M-39 | 00:18:44 | 00:38:31 | 33 | 00:03:35 | 00:30:03 | 01:00:19 | 01:28:57 | 02:02:17 | 02:32:13 | 40 | 00:02:24 | 00:29:56 |
| 38 | KRAJEWSKI Tomasz | 670 | #ZALINIAMETYTEAM | M-42 | 00:18:51 | 00:38:43 | 36 | 00:02:26 | 00:31:38 | 01:03:28 | 01:32:45 | 02:05:40 | 02:34:52 | 47 | 00:02:22 | 00:28:34 |
| 39 | SZARMACHER Sebastian | 560 | | M-40 | 00:20:00 | 00:41:00 | 66 | 00:03:58 | 00:29:15 | 00:59:53 | 01:28:19 | 02:00:28 | 02:29:30 | 32 | 00:01:57 | 00:30:57 |
| 40 | WYSOCKI Piotr | 636 | | M-37 | 00:19:01 | 00:38:49 | 38 | 00:03:39 | 00:30:37 | 01:01:49 | 01:30:05 | 02:02:27 | 02:31:12 | 37 | 00:02:11 | 00:32:29 |
| 41 | KAPSA Dawid | 598 | TRISPCA/TREK | M-45 | 00:21:11 | 00:43:04 | 85 | 00:02:29 | 00:29:14 | 01:00:11 | 01:28:02 | 02:00:33 | 02:28:46 | 26 | 00:02:23 | 00:31:52 |
| 42 | ŁUKASZCZUK Grzegorz | 613 | TM IRONTEAM | M-41 | 00:20:02 | 00:40:03 | 53 | 00:04:58 | 00:28:40 | 00:58:40 | 01:27:20 | 01:59:48 | 02:30:17 | 35 | 00:01:59 | 00:31:27 |
| 43 | GREJCZYK Alan | 692 | CORTEZ TRIATHLON TEAM | M-29 | 00:20:28 | 00:42:14 | 80 | 00:02:36 | 00:28:31 | 00:57:59 | 01:26:14 | 01:59:17 | 02:30:10 | 34 | 00:01:55 | 00:32:41 |
| 44 | HARTLIŃSKI Grzegorz | 725 | NAJMOWICZ TRIATHLON | M-39 | 00:19:56 | 00:40:32 | 58 | 00:03:01 | 00:31:05 | 01:02:40 | 01:32:04 | 02:04:49 | 02:34:26 | 46 | 00:02:39 | 00:29:00 |
| 45 | KAŁEK Artur | 702 | TM IRON TEAM | M-49 | 00:21:01 | 00:41:58 | 73 | 00:03:46 | 00:29:31 | 01:00:09 | 01:28:22 | 02:00:45 | 02:29:24 | 29 | 00:01:50 | 00:32:46 |
| 46 | CIMACHOWSKI Jakub | 530 | CIMATECH | M-43 | 00:17:20 | 00:35:10 | 16 | 00:04:01 | 00:32:19 | 01:04:59 | 01:35:07 | 02:09:47 | 02:40:48 | 76 | 00:02:22 | 00:28:15 |
| 47 | BUZE Łukasz | 652 | | M-38 | 00:22:18 | 00:45:39 | 122 | 00:03:25 | 00:30:30 | 01:01:46 | 01:30:26 | 02:02:36 | 02:32:19 | 41 | 00:02:13 | 00:27:00 |
| 48 | HÅKANSSON Fredrik | 658 | HELENEHOLMS IF | M-52 | 00:18:01 | 00:36:43 | 20 | 00:04:03 | 00:30:37 | 01:02:18 | 01:32:22 | 02:05:55 | 02:36:15 | 54 | 00:03:00 | 00:32:41 |
| 49 | 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 | 01:32:13 | 02:05:09 | 02:35:04 | 49 | 00:01:54 | 00:37:23 |
| 50 | PILARCZYK Bartek | 710 | AGAT TRI SUPERSONIC | M-45 | 00:19:36 | 00:39:45 | 49 | 00:03:36 | 00:31:16 | 01:03:14 | 01:33:13 | 02:07:00 | 02:37:36 | 62 | 00:02:40 | 00:32:21 |
| 51 | HANUS Wojciech | 597 | | M-34 | 00:22:05 | 00:44:38 | 105 | 00:03:57 | 00:31:20 | 01:03:39 | 01:32:46 | 02:05:50 | 02:36:20 | 55 | 00:02:33 | 00:29:17 |
| 52 | WALKOWIAK Bartosz | 567 | | M-41 | 00:22:06 | 00:44:02 | 100 | 00:02:46 | 00:31:27 | 01:03:53 | 01:33:55 | 02:07:12 | 02:37:13 | 58 | 00:01:48 | 00:31:52 |
| 53 | JANKOWSKI Tomasz | 690 | TRISPACE/TREK | M-50 | 00:20:39 | 00:41:57 | 72 | 00:02:58 | 00:30:36 | 01:02:47 | 01:31:55 | 02:05:08 | 02:35:01 | 48 | 00:02:36 | 00:35:24 |
| 54 | SZYDŁOWSKI Paweł | 633 | TRIWISE | M-43 | 00:18:56 | 00:38:56 | 39 | 00:03:33 | 00:31:59 | 01:04:35 | 01:34:52 | 02:09:34 | 02:40:49 | 77 | 00:02:29 | 00:32:16 |
| 55 | KROSNY Szymon | 671 | CROSS-SPORT | M-32 | 00:19:12 | 00:39:00 | 41 | 00:03:19 | 00:31:31 | 01:04:55 | 01:35:20 | 02:10:15 | 02:40:26 | 74 | 00:02:05 | 00:34:25 |
| 56 | ODZIOBA Sebastian | 519 | THE RWCYCKING | M-39 | 00:19:41 | 00:40:56 | 63 | 00:03:08 | 00:31:21 | 01:04:25 | 01:34:20 | 02:08:17 | 02:38:57 | 64 | 00:02:15 | 00:35:17 |
| 57 | LICA Grzegorz | 510 | TRISPACE TREK | M-48 | 00:21:36 | 00:43:18 | 91 | 00:03:22 | 00:30:36 | 01:02:42 | 01:31:55 | 02:05:21 | 02:35:45 | 52 | 00:03:05 | 00:35:27 |
| 58 | WIŚNIEWSKI Piotr | 632 | TRIATHLON KONSULTING | M-27 | 00:19:02 | 00:39:00 | 42 | 00:03:59 | 00:31:28 | 01:02:25 | 01:32:00 | 02:07:18 | 02:39:15 | 68 | 00:02:01 | 00:37:01 |
| 59 | ZAPAŁA Łukasz | 645 | | M-41 | 00:20:35 | 00:41:58 | 74 | 00:06:19 | 00:31:49 | 01:04:09 | 01:33:46 | 02:06:27 | 02:36:42 | 56 | 00:02:49 | 00:33:33 |
| 60 | KUBASIK Tomasz | 682 | | M-40 | 00:21:20 | 00:43:13 | 88 | 00:03:01 | 00:32:28 | 01:06:05 | 01:36:12 | 02:10:41 | 02:40:52 | 78 | 00:03:25 | 00:31:08 |
| 61 | DOMERACKI Damian | 504 | PERSONAL TRIATHLON | M-43 | 00:22:54 | 00:46:50 | 138 | 00:04:44 | 00:30:18 | 01:03:27 | 01:32:20 | 02:05:36 | 02:35:26 | 51 | 00:02:34 | 00:32:31 |
| 62 | GNIOT Jacek | 538 | TRISPACE/TREK | M-52 | 00:25:35 | 00:53:15 | 190 | 00:02:58 | 00:30:16 | 01:01:27 | 01:30:58 | 02:03:44 | 02:32:56 | 42 | 00:01:55 | 00:31:12 |
| 63 | KOSIŁKO Tomasz | 581 | TRIGYM SZCZECIN | M-43 | 00:20:54 | 00:42:43 | 82 | 00:03:29 | 00:30:10 | 01:02:01 | 01:31:42 | 02:06:00 | 02:37:13 | 60 | 00:03:00 | 00:35:56 |
| 64 | ALEKSANDROWICZ Marcin | 741 | CHMURA COACHING | M-31 | 00:22:21 | 00:45:39 | 121 | 00:03:24 | 00:31:29 | 01:04:33 | 01:33:46 | 02:08:04 | 02:39:49 | 71 | 00:02:43 | 00:31:10 |
| 65 | KAZIMIERCZYK Adam | 707 | PTT DELTA | M-43 | 00:20:01 | 00:41:02 | 67 | 00:04:10 | 00:31:53 | 01:05:31 | 01:35:54 | 02:10:04 | 02:39:48 | 70 | 00:02:17 | 00:35:46 |
| 66 | PAKUŁA Rafał | 640 | | M-38 | 00:18:29 | 00:37:54 | 27 | 00:02:59 | 00:32:14 | 01:05:44 | 01:37:09 | 02:12:48 | 02:45:05 | 93 | 00:02:20 | 00:34:49 |
| 67 | GÓRNISIEWICZ Piotr | 709 | WM TRISELF | M-49 | 00:22:26 | 00:45:04 | 109 | 00:03:40 | 00:31:47 | 01:04:58 | 01:34:26 | 02:08:45 | 02:39:26 | 69 | 00:02:30 | 00:32:42 |
| 68 | MAZUR Wojciech | 678 | UCIEKAM PRZED ADIM ,) | M-38 | 00:17:48 | 00:37:06 | 22 | 00:03:21 | 00:37:09 | 01:10:27 | 01:40:51 | 02:16:02 | 02:47:15 | 102 | 00:01:47 | 00:34:02 |

| | | | | | | Pływanie | | | | Rower | | | | Bieg | | TOTAL | | |
|-----|-------------------------------|------------|------------------------------------|------|--------------------------|----------|-----------------|-----|----------|----------|----------|----------|----------|-----------------|------------|----------|----------|--|
| 69 | ULANOWSKI Grzegorz | 630 | STORMRIDER | M-49 | | 00:23:37 | 00:49:06 | 158 | 00:04:58 | 00:31:32 | 01:04:12 | 01:33:06 | 02:07:24 | 02:37:13 | 59 | 00:03:26 | 00:29:09 | |
| 70 | KIEPE Nauris | 599 | | M-47 | | 00:20:09 | 00:40:31 | 57 | 00:03:52 | 00:30:12 | 01:02:34 | 01:31:57 | 02:05:38 | 02:36:44 | 57 | 00:02:44 | 00:40:07 | |
| 71 | PESZT Marek | 713 | | M-42 | | 00:20:27 | 00:40:49 | 61 | 00:03:22 | 00:31:15 | 01:05:00 | 01:35:40 | 02:11:25 | 02:42:57 | 84 | 00:02:50 | 00:34:13 | |
| 72 | KRAUSE Szymon | 518 | SREBRNI TRI | M-41 | Srebrni Tri | 00:22:21 | 00:45:54 | 128 | 00:03:49 | 00:32:22 | 01:05:20 | 01:35:22 | 02:09:32 | 02:39:00 | 65 | 00:05:32 | 00:30:36 | |
| 73 | CHMIELEWSKI Rafał | 740 | TRIDIVISION TRIATHLON TEAM | M-49 | | 00:21:58 | 00:45:02 | 108 | 00:03:06 | 00:30:44 | 01:03:12 | 01:33:02 | 02:07:42 | 02:38:32 | 63 | 00:02:20 | 00:35:57 | |
| 74 | MILERT Krzysztof | 714 | | M-29 | | 00:22:47 | 00:47:04 | 139 | 00:05:28 | 00:30:44 | 01:04:11 | 01:35:34 | 02:10:09 | 02:41:51 | 80 | 00:02:13 | 00:29:28 | |
| 75 | JACH Rafał | 594 | CROSS-SPORT | M-37 | Cross-Sport | 00:23:18 | 00:46:48 | 137 | 00:05:08 | 00:31:56 | 01:04:32 | 01:34:28 | 02:05:37 | 02:39:01 | 66 | 00:02:53 | 00:32:32 | |
| 76 | MENDRZYCKI Artur | 507 | | M-45 | | 00:22:11 | 00:43:53 | 98 | 00:04:23 | 00:31:53 | 01:04:55 | 01:34:30 | 02:09:21 | 02:39:55 | 72 | 00:03:25 | 00:35:00 | |
| 77 | KONDRACKI Łukasz | 631 | TRI TEAM LUBAŃ | M-40 | | 00:17:42 | 00:37:07 | 23 | 00:03:12 | 00:32:03 | 01:06:14 | 01:39:38 | 02:18:04 | 02:51:35 | 120 | 00:02:25 | 00:32:43 | |
| 78 | OLEJNIK Wojciech | 553 | TRIGYM SZCZECIN | M-27 | Trigym Szczecin | 00:22:33 | 00:45:44 | 126 | 00:04:38 | 00:31:56 | 01:05:05 | 01:35:13 | 02:10:14 | 02:42:37 | 83 | 00:02:22 | 00:33:22 | |
| 79 | STYLA Kamil Aleksander | 750 | MILOTEAM | M-36 | Miloteam | 00:23:37 | 00:48:29 | 151 | 00:03:41 | 00:31:19 | 01:04:02 | 01:34:07 | 02:09:06 | 02:40:48 | 75 | 00:02:49 | 00:33:08 | |
| 80 | JOVANOVIĆ Marko | 515 | GO APTIV! | M-31 | | 00:19:05 | 00:38:25 | 31 | 00:04:38 | 00:33:40 | 01:08:00 | 01:38:59 | 02:13:46 | 02:45:02 | 92 | 00:03:03 | 00:38:37 | |
| 81 | 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 | 01:36:36 | 02:12:06 | 02:44:05 | 87 | 00:02:00 | 00:37:20 | |
| 82 | KONIECZNY Przemek | 609 | VELOCITY | M-37 | | 00:21:26 | 00:43:47 | 95 | 00:03:53 | 00:31:01 | 01:04:10 | 01:34:15 | 02:08:11 | 02:40:06 | 73 | 00:02:57 | 00:39:13 | |
| 83 | SAWICKI Michał | 642 | ADRIAN KOSTERA TEAM | M-29 | | 00:20:57 | 00:41:26 | 70 | 00:04:01 | 00:33:22 | 01:08:09 | 01:39:53 | 02:15:18 | 02:47:02 | 100 | 00:01:38 | 00:36:06 | |
| 84 | 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 | 01:44:52 | 02:21:37 | 02:54:04 | 129 | 00:03:08 | 00:36:19 | |
| 85 | BARSZCZEWSKI Sebastian | 667 | | M-44 | | 00:24:25 | 00:48:33 | 153 | 00:03:20 | 00:31:29 | 01:06:28 | 01:36:16 | 02:10:36 | 02:41:48 | 79 | 00:02:34 | 00:35:18 | |
| 86 | RADZIEJEWSKI Tomasz | 688 | TEAMOCHAL | M-42 | TEAMOCHAL | 00:23:00 | 00:46:24 | 133 | 00:02:58 | 00:32:06 | 01:06:16 | 01:37:38 | 02:13:24 | 02:45:43 | 97 | 00:01:41 | 00:35:49 | |
| 87 | LASSAK Bartosz | 544 | AKADEMIA MISTRZÓW SPORTU | M-47 | Akademia Mistrzów Sportu | 00:23:25 | 00:47:06 | 140 | 00:03:46 | 00:31:23 | 01:05:27 | 01:35:51 | 02:11:55 | 02:44:05 | 88 | 00:02:09 | 00:35:45 | |
| 88 | ŻULEWSKI Radosław | 547 | | M-36 | | 00:23:16 | 00:47:42 | 144 | 00:04:35 | 00:33:12 | 01:07:00 | 01:38:52 | 02:14:50 | 02:47:50 | 103 | 00:02:28 | 00:31:07 | |
| 89 | 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 | 01:36:14 | 02:12:09 | 02:44:42 | 89 | 00:02:39 | 00:36:05 | |
| 90 | SZCZERBA Maciej | 508 | | M-51 | | 00:20:56 | 00:43:24 | 92 | 00:03:42 | 00:32:12 | 01:05:34 | 01:36:50 | 02:13:05 | 02:45:59 | 99 | 00:02:37 | 00:38:31 | |
| 91 | TRZASKOWSKI Tomasz | 509 | | M-43 | | 00:24:17 | 00:48:52 | 155 | 00:04:06 | 00:31:28 | 01:05:04 | 01:36:33 | 02:11:26 | 02:43:07 | 85 | 00:02:59 | 00:35:21 | |
| 92 | MASŁOWSKI Marcin | 604 | HTF LUDWIK SIKORSKI | M-44 | HTF Ludwik Sikorski | 00:19:38 | 00:40:56 | 62 | 00:03:44 | 00:34:18 | 01:09:10 | 01:41:35 | 02:18:53 | 02:51:23 | 119 | 00:02:05 | 00:37:17 | |
| 93 | GÓRNY Bartosz | 689 | TRISPACE/TREK | M-35 | TRISPACE/TREK | 00:22:20 | 00:45:50 | 127 | 00:02:57 | 00:32:53 | 01:08:00 | 01:39:40 | 02:16:13 | 02:49:06 | 106 | 00:03:00 | 00:36:55 | |
| | SOBCZAK Marcin | 521 | | M-48 | | 00:20:08 | 00:40:47 | 60 | 00:03:06 | 00:32:18 | 01:05:55 | 01:37:04 | 02:13:11 | 02:44:49 | 90 | 00:04:01 | 00:45:37 | |
| 95 | AUGUSTYNIAK Piotr | 745 | | M-47 | | 00:23:45 | 00:47:17 | 142 | 00:03:20 | 00:32:50 | 01:06:17 | 01:36:54 | 02:13:03 | 02:45:41 | 96 | 00:05:20 | 00:38:17 | |
| 96 | 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 | 01:43:03 | 02:18:34 | 02:49:58 | 110 | 00:03:15 | 00:34:54 | |
| 97 | 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 | 01:43:55 | 02:22:28 | 02:57:13 | 150 | 00:02:11 | 00:35:45 | |
| 98 | 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 | 01:48:27 | 02:24:14 | 02:57:08 | 148 | 00:04:26 | 00:31:11 | |
| 99 | ŁĄCKI Andrzej | 661 | | M-55 | | 00:20:05 | 00:40:25 | 56 | 00:05:16 | 00:34:05 | 01:08:57 | 01:40:35 | 02:17:18 | 02:52:23 | 122 | 00:02:59 | 00:41:07 | |
| 100 | WODNICKI Grzegorz | 629 | | M-28 | | 00:22:02 | 00:45:34 | 118 | 00:04:23 | 00:33:33 | 01:08:52 | 01:41:39 | 02:19:40 | 02:54:15 | 131 | 00:02:48 | 00:35:19 | |
| 101 | PRYK Rafał | 703 | | M-48 | | 00:24:28 | 00:51:09 | 172 | 00:04:05 | 00:33:22 | 01:08:37 | 01:40:42 | 02:17:47 | 02:50:07 | 111 | 00:02:09 | 00:34:51 | |
| 102 | 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 | 01:39:05 | 02:13:43 | 02:45:18 | 94 | 00:03:15 | 00:35:48 | |
| 103 | BURSKI Paweł | 715 | | M-54 | | 00:22:24 | 00:46:13 | 130 | 00:03:47 | 00:32:54 | 01:07:53 | 01:39:51 | 02:16:37 | 02:50:32 | 113 | 00:04:01 | 00:38:03 | |
| 104 | PODLASIAK Ariel | 676 | IM INSPIRATION | M-32 | | 00:22:25 | 00:45:31 | 115 | 00:04:02 | 00:35:26 | 01:10:24 | 01:43:21 | 02:19:44 | 02:54:30 | 133 | 00:02:08 | 00:36:46 | |
| 105 | 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 | 01:40:04 | 02:16:51 | 02:50:38 | 115 | 00:02:57 | 00:46:35 | |
| 106 | GROCHOWSKI Piotr | 731 | TRIDEA | M-49 | | 00:22:53 | 00:48:11 | 149 | 00:03:34 | 00:32:42 | 01:07:56 | 01:40:43 | 02:18:34 | 02:52:09 | 121 | 00:02:13 | 00:37:40 | |
| 107 | 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 | 01:33:00 | 02:07:50 | 02:39:01 | 67 | 00:03:26 | 00:35:51 | |

| | | | | | Pływanie | | | | Rower | | | | | Bieg | | Czas |
|-----|--------------------------------|------------|--------------------------|------|----------|-----------------|-----|----------|----------|----------|----------|----------|---------------------|----------|----------|------|
| 108 | 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 | 01:43:37 | 02:20:16 | 02:52:57 126 | 00:03:39 | 00:36:33 | |
| 109 | KUPRACZ Andrzej | 664 | TRISPACE | M-52 | 00:26:37 | 00:56:55 | 202 | 00:04:32 | 00:31:50 | 01:05:35 | 01:35:47 | 02:11:49 | 02:44:50 91 | 00:03:23 | 00:35:47 | |
| 110 | TECZA Artur | 534 | | M-46 | 00:21:04 | 00:42:09 | 77 | 00:08:09 | 00:32:54 | 01:08:48 | 01:40:42 | 02:17:16 | 02:50:11 112 | 00:04:59 | 00:41:04 | |
| 111 | GALICKI Jakub | 532 | AKADEMIA MISTRZÓW SPORTU | M-49 | 00:21:43 | 00:44:08 | 101 | 00:04:01 | 00:33:01 | 01:08:37 | 01:41:47 | 02:20:09 | 02:55:37 138 | 00:03:36 | 00:39:25 | |
| 112 | MAZUREK Wojciech | 595 | CROSS-SPORT | M-30 | 00:23:07 | 00:47:15 | 141 | 00:04:56 | 00:34:48 | 01:11:09 | 01:44:34 | 02:23:18 | 02:56:53 147 | 00:03:10 | 00:35:52 | |
| 113 | WŁODARCZYK Wojciech | 561 | CZARNE STOPY | M-59 | 00:25:48 | 00:52:43 | 184 | 00:04:48 | 00:34:38 | 01:10:20 | 01:44:06 | 02:21:36 | 02:55:27 136 | 00:03:30 | 00:31:54 | |
| 114 | ROMANOWSKI Kamil | 654 | KOSTERA TEAM | M-42 | 00:26:29 | 00:52:35 | 182 | 00:03:25 | 00:33:31 | 01:07:46 | 01:38:52 | 02:15:45 | 02:48:40 104 | 00:04:53 | 00:39:20 | |
| 115 | BRUNOVSKÝ Simon | 687 | SLOVAK TRIATHLON ACADEMY | M-30 | 00:16:27 | 00:33:40 | 10 | 00:04:06 | 00:34:49 | 01:12:21 | 01:45:06 | 02:22:36 | 03:06:40 178 | 00:03:32 | 00:41:58 | |
| 116 | KODZIS Piotr | 699 | OOO.OVOVO.OOO | M-49 | 00:25:08 | 00:50:28 | 169 | 00:06:20 | 00:34:57 | 01:12:02 | 01:46:14 | 02:24:52 | 02:58:28 152 | 00:02:25 | 00:32:41 | |
| 117 | SĘK Marek | 706 | WM TRISELF | M-44 | 00:20:28 | 00:42:07 | 76 | 00:03:32 | 00:34:10 | 01:11:09 | 01:45:41 | 02:27:06 | 03:03:18 168 | 00:03:21 | 00:38:11 | |
| 118 | WOLAK Paweł | 616 | ORKAMASTERS IŁAWA | M-24 | 00:21:23 | 00:42:51 | 84 | 00:04:31 | 00:34:38 | 01:11:04 | 01:44:24 | 02:24:18 | 03:00:18 160 | 00:02:06 | 00:40:45 | |
| 119 | CZERWIAKOWSKI Sebastian | 529 | | M-49 | 00:22:38 | 00:46:36 | 136 | 00:05:15 | 00:32:51 | 01:07:11 | 01:38:43 | 02:16:15 | 02:49:36 109 | 00:02:26 | 00:47:14 | |
| 120 | NOWICKI Adam | 514 | | M-50 | 00:22:04 | 00:45:35 | 119 | 00:03:31 | 00:34:27 | 01:09:22 | 01:42:09 | 02:19:19 | 02:52:38 123 | 00:03:46 | 00:45:48 | |
| 121 | NOSIADEK Michał | 605 | CROSS SPORT | M-38 | 00:24:25 | 00:50:00 | 168 | 00:04:53 | 00:35:00 | 01:11:53 | 01:44:26 | 02:22:35 | 02:55:54 141 | 00:03:58 | 00:37:02 | |
| 122 | SUDOŁ Jacek | 570 | PARKRUN BYDGOSZCZ | M-45 | 00:22:35 | 00:46:28 | 134 | 00:03:49 | 00:35:58 | 01:13:09 | 01:48:03 | 02:27:37 | 03:04:30 171 | 00:02:05 | 00:35:02 | |
| 123 | MARCINIAK Przemysław | 744 | | M-41 | 00:24:01 | 00:48:01 | 147 | 00:03:28 | 00:34:33 | 01:11:43 | 01:45:50 | 02:25:34 | 02:59:56 158 | 00:03:12 | 00:37:19 | |
| 124 | TYSZKA Filip | 575 | KRISS COACHING | M-42 | 00:27:02 | 00:59:45 | 211 | 00:03:23 | 00:31:37 | 01:04:57 | 01:37:09 | 02:13:51 | 02:45:46 98 | 00:02:36 | 00:40:39 | |
| 125 | SAJDOK Kamil | 680 | SREBRNI TRI | M-36 | 00:22:55 | 00:46:20 | 132 | 00:03:46 | 00:35:56 | 01:14:13 | 01:49:34 | 02:31:29 | 03:06:08 175 | 00:03:16 | 00:32:46 | |
| | CHŁOSTA Marek | 739 | | M-48 | 00:22:26 | 00:45:25 | 113 | 00:04:20 | 00:32:12 | 01:07:52 | 01:39:26 | 02:18:41 | 02:52:46 124 | 00:03:35 | 00:46:33 | |
| 127 | MYŚKOW Leszek | 591 | TRI MISSION | M-47 | 00:22:55 | 00:47:30 | 143 | 00:04:09 | 00:34:03 | 01:11:06 | 01:44:22 | 02:22:51 | 02:57:10 149 | 00:04:02 | 00:39:57 | |
| 128 | LIPSKI Łukasz | 593 | | M-41 | 00:24:11 | 00:48:45 | 154 | 00:06:15 | 00:34:40 | 01:10:00 | 01:42:41 | 02:19:09 | 02:53:22 127 | 00:02:58 | 00:42:31 | |
| 129 | MISZTELA Tomasz | 588 | PTT DELTA | M-57 | 00:27:06 | 00:54:35 | 195 | 00:04:16 | 00:35:20 | 01:12:23 | 01:44:29 | 02:22:40 | 02:56:41 146 | 00:03:47 | 00:35:38 | |
| 130 | WŁODARCZAK Witold | 705 | TRISPACE/TREK | M-60 | 00:25:31 | 00:51:25 | 176 | 00:02:51 | 00:34:04 | 01:10:19 | 01:42:51 | 02:20:57 | 02:55:42 139 | 00:01:41 | 00:44:19 | |
| 131 | WIŚNIEWSKI Rafał | 665 | RAFAŁ WISNIEWSKI | M-40 | 00:25:18 | 00:53:02 | 188 | 00:04:00 | 00:35:29 | 01:12:52 | 01:46:20 | 02:25:32 | 02:59:59 159 | 00:02:22 | 00:37:12 | |
| 132 | WIŚNIEWSKI Mikołaj | 720 | ROWEROWA BRZOZA | M-25 | 00:22:01 | 00:45:14 | 112 | 00:04:06 | 00:32:56 | 01:07:40 | 01:39:49 | 02:20:36 | 02:58:57 155 | 00:03:21 | 00:45:03 | |
| 133 | ANTONOVITCH Vladimir | 653 | TRI.BY | M-51 | 00:26:34 | 00:55:10 | 199 | 00:04:32 | 00:34:15 | 01:10:40 | 01:43:33 | 02:22:06 | 02:55:46 140 | 00:03:42 | 00:40:15 | |
| 134 | ŻEGLICZ Marek | 572 | SPÓJNIA BIAŁE BŁOTA | M-28 | 00:21:31 | 00:44:32 | 104 | 00:05:35 | 00:33:54 | 01:08:49 | 01:43:12 | 02:26:58 | 03:07:05 179 | 00:08:43 | 00:33:44 | |
| 135 | HUBCZAK Michał | 610 | ARTECH FORKLIFT | M-20 | 00:19:41 | 00:40:03 | 52 | 00:05:05 | 00:32:11 | 01:07:30 | 01:39:06 | 02:17:46 | 02:54:09 130 | 00:02:11 | 00:58:22 | |
| 136 | KRYGIER Maciej | 708 | | M-35 | 00:23:38 | 00:49:23 | 160 | 00:06:10 | 00:33:11 | 01:08:35 | 01:41:25 | 02:20:03 | 02:56:36 145 | 00:06:43 | 00:41:43 | |
| | HUBCZAK Wojciech | 602 | ARTECH FORKLIFT | M-51 | 00:26:40 | 00:54:37 | 196 | 00:04:39 | 00:32:14 | 01:06:06 | 01:38:01 | 02:15:29 | 02:50:56 116 | 00:03:08 | 00:47:57 | |
| 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 | 01:41:29 | 02:19:59 | 02:54:15 132 | 00:03:33 | 00:49:43 | |
| 139 | ROSZAK Bartosz | 748 | WRONIECKI KLUB BIEGACZA | M-40 | 00:24:19 | 00:49:44 | 164 | 00:04:15 | 00:36:08 | 01:15:22 | 01:50:05 | 02:30:49 | 03:06:30 177 | 00:02:07 | 00:38:53 | |
| 140 | ANDRZEJAK Robert | 638 | VAMOS | M-47 | 00:27:22 | 01:00:44 | 212 | 00:06:05 | 00:34:14 | 01:10:19 | 01:42:55 | 02:21:10 | 02:55:31 137 | 00:02:17 | 00:37:28 | |
| 141 | CZERNIAK Gracjan | 607 | | M-43 | 00:24:21 | 00:49:35 | 163 | 00:04:51 | 00:35:08 | 01:12:30 | 01:46:36 | 02:27:16 | 03:03:36 170 | 00:02:40 | 00:41:31 | |
| 142 | ZAKRZEWSKI Jarosław | 505 | | M-50 | 00:24:31 | 00:48:32 | 152 | 00:03:27 | 00:31:24 | 01:05:06 | 01:42:43 | 02:20:38 | 02:54:45 135 | 00:02:37 | 00:53:20 | |
| 143 | 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 | 01:46:47 | 02:31:47 | 03:07:38 184 | 00:03:34 | 00:37:38 | |
| 144 | FABROWSKI Dawid | 513 | TRITAT TEAMOCHAL | M-42 | 00:20:14 | 00:40:57 | 64 | 00:05:04 | 00:35:34 | 01:14:38 | 01:48:07 | 02:29:00 | 03:06:06 174 | 00:04:59 | 00:46:47 | |
| 145 | RATAJCZAK Marek | 685 | TM IRON TEAM | M-57 | 00:30:50 | 01:01:49 | 215 | 00:07:25 | 00:33:41 | 01:09:06 | 01:43:04 | 02:21:35 | 02:56:27 143 | 00:03:49 | 00:34:44 | |
| 146 | WRZOCHOL Paweł | 552 | TRIGYM SZCZECIN | M-38 | 00:24:46 | 00:51:39 | 178 | 00:05:02 | 00:34:44 | 01:10:50 | 01:44:29 | 02:23:32 | 02:59:29 157 | 00:04:09 | 00:44:08 | |
| 147 | DOBEK Paweł | 722 | MILOTEAM | M-43 | 00:26:31 | 00:54:50 | 198 | 00:04:01 | 00:34:24 | 01:12:04 | 01:45:38 | 02:25:13 | 03:00:26 162 | 00:03:21 | 00:41:56 | |
| 148 | GRUBA Jacek | 608 | TRISPACE/TREK | M-63 | 00:25:35 | 00:52:38 | 183 | 00:03:57 | 00:35:36 | 01:12:47 | 01:47:22 | 02:29:02 | 03:07:19 180 | 00:03:01 | 00:38:22 | |

| | | | | Pływanie | | | Rower | | | | | | Bieg | | | | |
|-----|-----------------------|-----|--------------------------|----------|--------------------------|----------|----------|-----|----------|----------|----------|----------|----------|----------|-----|----------|----------|
| 149 | JASINSKI Karol | 684 | | M-30 | | 00:25:02 | 00:51:35 | 177 | 00:06:11 | 00:34:54 | 01:12:00 | 01:44:28 | 02:23:10 | 02:59:02 | 156 | 00:05:00 | 00:43:38 |
| 150 | PACHYKOUSKI Pavel | 651 | | M-38 | | 00:23:30 | 00:48:09 | 148 | 00:03:50 | 00:35:22 | 01:14:15 | 01:49:40 | 02:34:06 | 03:11:52 | 192 | 00:07:11 | 00:35:24 |
| 151 | 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 | 01:42:30 | 02:28:37 | 02:58:55 | 154 | 00:02:28 | 00:41:40 |
| 152 | BETLEJ Hubert | 543 | | M-41 | | 00:27:52 | 00:57:47 | 206 | 00:04:25 | 00:33:45 | 01:08:47 | 01:40:16 | 02:17:18 | 02:52:54 | 125 | 00:02:34 | 00:50:21 |
| 153 | WITKOWSKI Tomasz | 550 | VIVALAVIDA | M-39 | | 00:26:13 | 00:52:49 | 186 | 00:03:44 | 00:33:39 | 01:09:56 | 01:42:14 | 02:21:33 | 02:57:41 | 151 | 00:03:43 | 00:50:12 |
| 154 | RAŻNIEWSKI Łukasz | 546 | WMKS | M-47 | | 00:23:19 | 00:51:15 | 175 | 00:04:19 | 00:34:55 | 01:13:16 | 01:48:43 | 02:30:47 | 03:07:24 | 181 | 00:02:55 | 00:43:00 |
| 155 | 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 | 01:46:47 | 02:25:34 | 03:02:19 | 166 | 00:04:15 | 00:43:38 |
| 156 | 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 | 01:50:16 | 02:32:10 | 03:10:42 | 188 | 00:02:19 | 00:41:27 |
| 157 | BAYOK Ilya | 724 | | M-28 | | 00:28:30 | 00:58:50 | 208 | 00:05:30 | 00:34:19 | 01:13:29 | 01:47:35 | 02:26:29 | 03:00:58 | 164 | 00:01:27 | 00:42:49 |
| 158 | SPLITT Wojciech | 558 | PŁOMIEŃ DRAŻNO | M-44 | | 00:23:04 | 00:47:49 | 145 | 00:06:49 | 00:36:12 | 01:15:48 | 01:50:52 | 02:31:48 | 03:07:26 | 182 | 00:06:46 | 00:40:50 |
| 159 | SZYMCZAK Jakub | 525 | | M-35 | | 00:22:13 | 00:45:43 | 125 | 00:04:50 | 00:36:16 | 01:15:39 | 01:52:10 | 02:33:55 | 03:12:46 | 194 | 00:03:39 | 00:44:12 |
| 160 | WALCZAK Paweł | 503 | DRUŻYNA L&CH | M-34 | | 00:33:40 | 01:05:27 | 220 | 00:05:32 | 00:36:20 | 01:14:46 | 01:48:33 | 02:27:10 | 03:00:48 | 163 | 00:02:25 | 00:37:34 |
| 161 | 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 | 01:50:56 | 02:30:52 | 03:09:34 | 187 | 00:02:04 | 00:39:02 |
| 162 | MACIEJEWSKI Szymon | 644 | MACIEJEWSCY | M-45 | | 00:19:48 | 00:41:18 | 68 | 00:08:46 | 00:38:15 | 01:18:14 | 01:53:33 | 02:36:53 | 03:14:55 | 200 | 00:07:34 | 00:40:51 |
| 163 | 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 | 01:53:25 | 02:37:43 | 03:14:55 | 199 | 00:04:39 | 00:37:54 |
| 164 | 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 | 01:53:03 | 02:40:56 | 03:24:25 | 208 | 00:03:27 | 00:37:03 |
| 165 | GRALIK Kacper | 531 | BYDGOSKIE OKONIE | M-27 | | 00:21:56 | 00:45:37 | 120 | 00:04:56 | 00:35:34 | 01:14:28 | 01:50:57 | 02:33:28 | 03:11:57 | 193 | 00:05:18 | 00:47:35 |
| 166 | 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 | 01:56:04 | 02:40:22 | 03:17:27 | 203 | 00:04:27 | 00:40:49 |
| 167 | SZULC Łukasz | 639 | IRONSZULIS | M-40 | | 00:28:00 | 00:57:41 | 205 | 00:05:32 | 00:38:03 | 01:20:08 | 01:55:01 | 02:37:28 | 03:13:09 | 196 | 00:05:11 | 00:38:37 |
| 168 | BUCZYŃSKI Tomasz | 625 | | M-39 | | 00:30:11 | 01:03:44 | 218 | 00:03:53 | 00:37:02 | 01:17:31 | 01:53:15 | 02:35:55 | 03:14:11 | 198 | 00:02:57 | 00:37:00 |
| 169 | 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 | 01:51:04 | 02:33:56 | 03:11:12 | 191 | 00:03:52 | 00:46:40 |
| 170 | SZYMKUĆ Wojciech | 539 | | M-34 | | 00:25:30 | 00:52:47 | 185 | 00:05:15 | 00:38:25 | 01:22:16 | 01:59:55 | 02:46:05 | 03:24:38 | 209 | 00:02:53 | 00:42:21 |
| 171 | KOCHANOWSKI Maciej | 580 | | M-31 | | 00:26:39 | 00:54:37 | 197 | 00:06:39 | 00:38:53 | 01:19:48 | 01:59:09 | 02:44:23 | 03:28:30 | 213 | 00:02:45 | 00:35:47 |
| 172 | DAWID Łukasz | 701 | | M-37 | | 00:24:49 | 00:51:14 | 173 | 00:04:37 | 00:36:40 | 01:16:39 | 01:51:57 | 02:40:12 | 03:20:57 | 206 | 00:05:01 | 00:47:06 |
| 173 | KLAPENDA Mariusz | 571 | MARIO TEAM | M-49 | | 00:35:59 | 01:15:39 | 223 | 00:08:15 | 00:34:00 | 01:09:54 | 01:44:25 | 02:22:42 | 02:56:36 | 144 | 00:07:35 | 00:41:11 |
| 174 | ANDRZEJEWSKI Jakub | 668 | | M-31 | | 00:20:43 | 00:41:27 | 71 | 00:04:08 | 00:36:15 | 01:13:17 | 01:47:39 | 02:26:49 | 03:02:17 | 165 | 00:47:34 | 00:40:51 |
| 175 | KUPCZYK Tomasz | 554 | | M-46 | | 00:26:21 | 00:52:53 | 187 | 00:06:10 | 00:39:02 | 01:22:47 | 02:02:58 | 02:50:18 | 03:31:35 | 214 | 00:05:43 | 00:42:18 |
| 176 | BUDZIAK Maksymilian | 693 | | M-21 | | 00:24:45 | 00:49:54 | 165 | 00:06:25 | 00:49:15 | 01:32:02 | 02:13:09 | 02:57:20 | 03:37:20 | 218 | 00:05:28 | 00:39:39 |
| 177 | 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 | 01:53:17 | 02:39:15 | 03:16:41 | 201 | 00:02:57 | 00:46:48 |
| 178 | ROGUSZ Zbigniew | 635 | | M-39 | | 00:23:43 | 00:49:58 | 167 | 00:06:53 | 00:43:05 | 01:28:57 | 02:07:25 | 02:53:31 | 03:35:34 | 215 | 00:07:02 | 00:42:57 |
| 179 | WAWRZYŃIAK Przemysław | 672 | | M-30 | | 00:27:43 | 00:58:06 | 207 | 00:07:42 | 00:37:57 | 01:19:40 | 01:56:39 | 02:42:55 | 03:21:58 | 207 | 00:07:05 | 00:51:16 |
| 180 | FIOSEK Paweł | 535 | | M-28 | | 00:19:01 | 00:43:14 | 90 | 00:05:10 | 00:40:36 | 01:27:43 | 02:10:58 | 03:07:41 | 03:59:00 | 221 | 00:03:01 | 01:04:26 |
| 181 | GAJEWSKI Przemek | 623 | SYBERIANHAMSTER | M-45 | | 00:26:23 | 00:57:17 | 204 | 00:05:14 | 00:38:29 | 01:22:03 | 02:01:17 | 02:50:32 | 03:35:46 | 216 | 00:06:43 | 01:12:26 |
| 182 | KRÓL Hubert | 749 | WWW.TRENERTRIATHLONU.PL | M-37 | | 00:17:21 | 00:34:12 | 12 | 00:02:31 | 00:32:23 | 00:59:15 | 01:33:55 | 02:04:15 | 02:34:07 | 44 | 00:01:38 | |
| | GRUDNIEWSKI Rafał | 536 | SREBRNI TRI | M-43 | Srebrni Tri | | | | | | | | | | | | |
| | 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 | 01:34:10 | 02:12:31 | 02:49:21 | 107 | 00:03:15 | |
| | 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 | 01:27:56 | 02:00:21 | 02:29:27 | 30 | 00:02:02 | |
| | KĄTNIK Jacek | 564 | | M-53 | | 00:30:36 | 01:03:22 | 217 | 00:03:42 | 00:30:26 | 01:02:01 | 01:30:34 | 02:03:34 | 02:32:57 | 43 | 00:02:04 | |

| | | | | Pływanie | | | Rower | | | | Bieg | | |
|-----------------------|------------|--------------------------|------|----------|-----------------|-----|----------|----------|----------|----------|----------|--------------------|--|
| FOGT Maciej | 695 | | M-42 | 00:24:10 | 00:49:54 | 166 | 00:03:47 | 00:29:43 | 01:02:02 | 01:32:17 | 02:08:11 | 02:42:22 82 | |
| CIUPA Jarosław | 578 | AKADEMIA MISTRZÓW SPORTU | M-53 | 00:24:26 | 00:51:14 | 174 | 00:03:02 | 00:32:52 | 01:07:29 | | | | |
| ROSIAK Michał | 541 | BROWER LUTYNIA | M-36 | 00:26:42 | 00:53:58 | 192 | 00:05:52 | 00:37:01 | | | | | |

Znaleziono 189 wynik(ów)