



# 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**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

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	<b>00:27:31</b>	1	00:01:58	00:26:39	00:53:24			
2	SAWIEŁAJC Jakub	691	TM IRON TEAM	M-24	TM IronTeam	00:14:49	<b>00:29:49</b>	3	00:02:09	00:26:24	00:52:58			
3	MADRASSI Giacomo	677	TRI TEAM PULLY	M-33	Mielcarks Team	00:13:40	<b>00:27:42</b>	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	<b>00:29:51</b>	4	00:03:16	00:28:12	00:57:23			
5	RACEK Tomáš	734	IRONSTARS BEROUN	M-42		00:16:47	<b>00:34:45</b>	14	00:02:44	00:26:26	00:53:30			
6	WASYLUK Cezary	746	CONTROTLEC	M-34		00:16:17	<b>00:32:53</b>	7	00:02:13	00:28:55	00:58:59			
7	KAMIŃSKI Tomasz	717	TM IRONTEAM	M-41	TM IronTeam	00:17:08	<b>00:34:41</b>	13	00:02:32	00:28:28	00:57:39			
8	KRÓL Hubert	749	WWW.TRENERTRIATHLONU.PL	M-37		00:17:21	<b>00:34:12</b>	12	00:02:31	00:32:23	00:59:15			
9	SUCHAN Łukasz	747	SPORTWISE	M-22		00:15:23	<b>00:31:25</b>	5	00:03:23	00:30:17	01:01:54			
10	PIESIK Dawid	619	TM IRON TEAM	M-33	TM IronTeam	00:17:37	<b>00:35:33</b>	18	00:02:49	00:29:14	00:59:59			
11	PRĄDZYŃSKI Marcin	646	TM IRONTEAM	M-46	TM IronTeam	00:17:33	<b>00:35:20</b>	17	00:02:22	00:29:52	01:00:54			
12	FAJOK Szymon	683	MBC TEAM	M-24		00:18:43	<b>00:38:15</b>	30	00:03:06	00:28:17	00:57:22			
13	OLEWIŃSKI Dariusz	712	TRIATHLON KONSULTING	M-47	Triathlon konsulting	00:18:00	<b>00:37:24</b>	24	00:03:00	00:29:05	00:58:30			
14	LECH Miro	601		M-37		00:17:40	<b>00:36:17</b>	19	00:02:48	00:29:32	00:59:58			
15	CZECHOWSKI Dawid	637		M-19		00:16:15	<b>00:33:08</b>	8	00:03:23	00:31:09	01:03:21			
16	NOSOWSKI Jacek	528	TRI.REGRESS	M-49		00:17:12	<b>00:34:59</b>	15	00:02:49	00:30:43	01:02:10			
17	ROGOZIEWICZ Dawid	621	LITWIN SPORT	M-22		00:16:06	<b>00:33:22</b>	9	00:03:49	00:31:21	01:03:16			
18	MIEDZIAK Sebastian	655	LS PLUS RECYKLING TEAM	M-40		00:18:28	<b>00:37:59</b>	28	00:02:34	00:29:44	01:00:00			
19	WOJCIECHOWSKI Norbert	522		M-43		00:19:19	<b>00:39:22</b>	44	00:02:53	00:29:00	00:58:19			
20	KACPERSKI Wojtek	697	WMKS OLSZTYŃSKA SZKÓŁKA TRIATHLONU	M-42		00:18:34	<b>00:37:35</b>	25	00:02:32	00:30:05	01:00:38			
21	KRASNODEŃBSKI Sebastian	733	TM IRON TEAM	M-41	TM IronTeam	00:18:43	<b>00:38:32</b>	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	<b>00:37:03</b>	21	00:03:56	00:29:23	01:00:07			
	TOPCZEWSKI Gracjan	742	TRISPACE/TREK	M-47	TRISPACE/TREK	00:18:24	<b>00:38:07</b>	29	00:03:00	00:29:36	01:00:08			
24	STEFANIAK Marcin	718	TM IRON TEAM	M-48	TM IronTeam	00:18:48	<b>00:38:29</b>	32	00:03:23	00:30:12	00:59:25			
25	WYSOCKI Marcin	628	TORUŃSKI KLUB TRIATHLONOWY	M-45		00:18:59	<b>00:39:03</b>	43	00:02:55	00:29:35	00:59:58			
26	GRZYBEK Łukasz	656	TRIATHLON IQ	M-42		00:18:54	<b>00:39:47</b>	50	00:02:37	00:29:49	00:59:33			

					Pływanie			Rower			Bieg	
27	MAGDZIARZ Jakub	540	KANCELARIA HMM	M-43	00:19:40	<b>00:39:53</b>	51	00:02:59	00:29:52	00:59:29		
28	OGÓROWICZ Jakub	618	BEEATHLETIC TEAM	M-39	00:18:44	<b>00:38:31</b>	33	00:03:35	00:30:03	01:00:19		
29	ZIĘBA Adam	501	TRISPACE/TREK	M-50	TRISPACE/TREK	00:20:14	<b>00:42:03</b>	75	00:02:55	00:28:22	00:57:39	
30	GREJCZYK Alan	692	CORTEZ TRIATHLON TEAM	M-29		00:20:28	<b>00:42:14</b>	80	00:02:36	00:28:31	00:57:59	
	JARNOT Oskar	627	TMT	M-34		00:19:52	<b>00:40:59</b>	65	00:02:53	00:29:17	00:59:03	
32	KILIJAŃCZYK Piotr	516		M-43		00:19:51	<b>00:40:18</b>	55	00:02:27	00:30:10	01:00:16	
33	HÅKANSSON Fredrik	658	HELENEHOLMS IF	M-52		00:18:01	<b>00:36:43</b>	20	00:04:03	00:30:37	01:02:18	
34	STAFARCZYK Dawid	520	TM IRON TEAM	M-31	TM IronTeam	00:19:18	<b>00:39:25</b>	45	00:02:30	00:29:55	01:01:14	
35	GECZEW Pawel	615		M-30		00:22:02	<b>00:43:57</b>	99	00:02:15	00:28:05	00:57:18	
36	ŁUKASZCZUK Grzegorz	613	TM IRONTEAM	M-41	TM IronTeam	00:20:02	<b>00:40:03</b>	53	00:04:58	00:28:40	00:58:40	
37	BARTOSIEWICZ Tomasz	562	ORANGE POLSKA	M-39		00:21:01	<b>00:42:11</b>	78	00:02:32	00:28:51	00:59:01	
38	WALICH Maciej	711	4T TARNOWSKIE TERMY TRIATHLON	M-35		00:18:24	<b>00:37:50</b>	26	00:02:58	00:31:07	01:03:08	
39	GOŁYŚ Grzegorz	643		M-26		00:20:41	<b>00:43:51</b>	97	00:03:24	00:28:19	00:56:45	
	KAMIŃSKI Tomasz	743	INMOTO TRITEAM SHRIMP BISTRO	M-43		00:21:31	<b>00:43:47</b>	96	00:02:46	00:28:22	00:57:36	
41	CIMACHOWSKI Jakub	530	CIMATECH	M-43		00:17:20	<b>00:35:10</b>	16	00:04:01	00:32:19	01:04:59	
42	WYSOCKI Piotr	636		M-37		00:19:01	<b>00:38:49</b>	38	00:03:39	00:30:37	01:01:49	
43	TURAJSKI Mateusz	648	AXENT IWONA TURAJSKA	M-33		00:20:12	<b>00:40:13</b>	54	00:03:22	00:29:51	01:00:50	
44	KRAJEWSKI Tomasz	670	#ZALINIAMETYTEAM	M-42	#zaliniametyteam	00:18:51	<b>00:38:43</b>	36	00:02:26	00:31:38	01:03:28	
	TRZASKA Przemysław	600	DREAM TRI TEAM	M-38	Drem Tri Team	00:19:05	<b>00:39:32</b>	47	00:02:43	00:30:02	01:02:25	
46	SZARMACHER Sebastian	560		M-40		00:20:00	<b>00:41:00</b>	66	00:03:58	00:29:15	00:59:53	
47	WIŚNIEWSKI Piotr	632	TRIATHLON KONSULTING	M-27	Triathlon konsulting	00:19:02	<b>00:39:00</b>	42	00:03:59	00:31:28	01:02:25	
48	KAPSA Dawid	598	TRISPCA/TREK	M-45	TRISPACE/TREK	00:21:11	<b>00:43:04</b>	85	00:02:29	00:29:14	01:00:11	
49	KĄŁEK Artur	702	TM IRON TEAM	M-49	TM IronTeam	00:21:01	<b>00:41:58</b>	73	00:03:46	00:29:31	01:00:09	
50	MODZELEWSKI Maciej	569	VELO ŁOWICZ TRI	M-39		00:21:27	<b>00:44:09</b>	103	00:02:46	00:29:09	00:59:03	
51	HARTLIŃSKI Grzegorz	725	NAJMOWICZ TRIATHLON	M-39		00:19:56	<b>00:40:32</b>	58	00:03:01	00:31:05	01:02:40	
52	KONDRACKI Łukasz	631	TRI TEAM LUBAŃ	M-40		00:17:42	<b>00:37:07</b>	23	00:03:12	00:32:03	01:06:14	
53	PILARCZYK Bartek	710	AGAT TRI SUPERSONIC	M-45		00:19:36	<b>00:39:45</b>	49	00:03:36	00:31:16	01:03:14	
54	PAKUŁA Rafał	640		M-38		00:18:29	<b>00:37:54</b>	27	00:02:59	00:32:14	01:05:44	
55	KIEPE Nauris	599		M-47		00:20:09	<b>00:40:31</b>	57	00:03:52	00:30:12	01:02:34	
56	SZYDŁOWSKI Paweł	633	TRIWISE	M-43		00:18:56	<b>00:38:56</b>	39	00:03:33	00:31:59	01:04:35	
57	EJSMONT Krzysztof	727		M-46		00:21:19	<b>00:43:08</b>	87	00:02:44	00:30:18	01:01:16	
58	KROSNY Szymon	671	CROSS-SPORT	M-32	Cross-Sport	00:19:12	<b>00:39:00</b>	41	00:03:19	00:31:31	01:04:55	
59	JANKOWSKI Tomasz	690	TRISPACE/TREK	M-50	TRISPACE/TREK	00:20:39	<b>00:41:57</b>	72	00:02:58	00:30:36	01:02:47	
60	KOSIŁKO Tomasz	581	TRIGYM SZCZECIN	M-43	Trigym Szczecin	00:20:54	<b>00:42:43</b>	82	00:03:29	00:30:10	01:02:01	
61	ODZIOBA Sebastian	519	THE RWCYCKING	M-39		00:19:41	<b>00:40:56</b>	63	00:03:08	00:31:21	01:04:25	
62	GRALIK Jędrzej	512	BYDGOSKIE OKONIE	M-31	Bydgoskie Okonie	00:16:09	<b>00:32:47</b>	6	00:04:27	00:35:02	01:11:33	
63	PESZT Marek	713		M-42		00:20:27	<b>00:40:49</b>	61	00:03:22	00:31:15	01:05:00	
64	LICA Grzegorz	510	TRISPACE TREK	M-48	TRISPACE/TREK	00:21:36	<b>00:43:18</b>	91	00:03:22	00:30:36	01:02:42	
	SOBCZAK Marcin	521		M-48		00:20:08	<b>00:40:47</b>	60	00:03:06	00:32:18	01:05:55	
66	BRUNOVSKÝ Simon	687	SLOVAK TRIATHLON ACADEMY	M-30		00:16:27	<b>00:33:40</b>	10	00:04:06	00:34:49	01:12:21	
67	WALKOWIAK Bartosz	567		M-41		00:22:06	<b>00:44:02</b>	100	00:02:46	00:31:27	01:03:53	
68	KAZIMIERCZYK Adam	707	PTT DELTA	M-43	PTT DELTA	00:20:01	<b>00:41:02</b>	67	00:04:10	00:31:53	01:05:31	
69	BUZE Łukasz	652		M-38		00:22:18	<b>00:45:39</b>	122	00:03:25	00:30:30	01:01:46	
70	MAZUR Wojciech	678	UCIEKAM PRZED ADIM ,)	M-38		00:17:48	<b>00:37:06</b>	22	00:03:21	00:37:09	01:10:27	
71	JOVANOVIĆ Marko	515	GO APTIV!	M-31		00:19:05	<b>00:38:25</b>	31	00:04:38	00:33:40	01:08:00	

Nr	Imię i nazwisko	Wiek	Klub	Kategoria	Pływanie			Rower			Bieg
					00:21:58	00:45:02	108	00:03:06	00:30:44	01:03:12	
72	CHMIELEWSKI Rafał	740	TRIDIVISION TRIATHLON TEAM	M-49	00:21:58	00:45:02	108	00:03:06	00:30:44	01:03:12	
73	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	
74	KONIECZNY Przemek	609	VELOCITY	M-37	00:21:26	00:43:47	95	00:03:53	00:31:01	01:04:10	
75	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	
76	HANUS Wojciech	597		M-34	00:22:05	00:44:38	105	00:03:57	00:31:20	01:03:39	
77	KUBASIK Tomasz	682		M-40	00:21:20	00:43:13	88	00:03:01	00:32:28	01:06:05	
78	ZAPAŁA Łukasz	645		M-41	00:20:35	00:41:58	74	00:06:19	00:31:49	01:04:09	
79	HUBCZAK Michał	610	ARTECH FORKLIFT	M-20	00:19:41	00:40:03	52	00:05:05	00:32:11	01:07:30	
80	SZCZERBA Maciej	508		M-51	00:20:56	00:43:24	92	00:03:42	00:32:12	01:05:34	
81	MENDRZYCKI Artur	507		M-45	00:22:11	00:43:53	98	00:04:23	00:31:53	01:04:55	
82	ALEKSANDROWICZ Marcin	741	CHMURA COACHING	M-31	00:22:21	00:45:39	121	00:03:24	00:31:29	01:04:33	
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	
84	GÓRNISIEWICZ Piotr	709	WM TRISELF	M-49	00:22:26	00:45:04	109	00:03:40	00:31:47	01:04:58	
85	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
86	ŁĄCKI Andrzej	661		M-55	00:20:05	00:40:25	56	00:05:16	00:34:05	01:08:57	
87	DOMERACKI Damian	504	PERSONAL TRIATHLON	M-43	00:22:54	00:46:50	138	00:04:44	00:30:18	01:03:27	
88	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
89	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
90	RADZIEJEWSKI Tomasz	688	TEAMOCHAL	M-42	TEAMOCHAL	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	
92	STYLA Kamil Aleksander	750	MILOTEAM	M-36	Miloteam	00:23:37	00:48:29	151	00:03:41	00:31:19	01:04:02
93	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	
94	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
95	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
96	MILERT Krzysztof	714		M-29	00:22:47	00:47:04	139	00:05:28	00:30:44	01:04:11	
97	GALICKI Jakub	532	AKADEMIA MISTRZÓW SPORTU	M-49	Akademia Mistrzów Sportu	00:21:43	00:44:08	101	00:04:01	00:33:01	01:08:37
98	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
99	SĘK Marek	706	WM TRISELF	M-44	00:20:28	00:42:07	76	00:03:32	00:34:10	01:11:09	
100	AUGUSTYNIAK Piotr	745		M-47	00:23:45	00:47:17	142	00:03:20	00:32:50	01:06:17	
101	WIŚNIEWSKI Mikołaj	720	ROWEROWA BRZOZA	M-25	00:22:01	00:45:14	112	00:04:06	00:32:56	01:07:40	
102	ZAKRZEWSKI Jarosław	505		M-50	00:24:31	00:48:32	152	00:03:27	00:31:24	01:05:06	
103	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	
105	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
106	BURSKI Paweł	715		M-54	00:22:24	00:46:13	130	00:03:47	00:32:54	01:07:53	
107	TRZASKOWSKI Tomasz	509		M-43	00:24:17	00:48:52	155	00:04:06	00:31:28	01:05:04	
108	ULANOWSKI Grzegorz	630	STORMRIDER	M-49	00:23:37	00:49:06	158	00:04:58	00:31:32	01:04:12	
109	BARSZCZEWSKI Sebastian	667		M-44	00:24:25	00:48:33	153	00:03:20	00:31:29	01:06:28	
110	WOLAK Paweł	616	ORKAMASTERS IŁAWA	M-24	00:21:23	00:42:51	84	00:04:31	00:34:38	01:11:04	
111	NOWICKI Adam	514		M-50	00:22:04	00:45:35	119	00:03:31	00:34:27	01:09:22	
112	WODNICKI Grzegorz	629		M-28	00:22:02	00:45:34	118	00:04:23	00:33:33	01:08:52	
113	ANDRZEJEWSKI Jakub	668		M-31	00:20:43	00:41:27	71	00:04:08	00:36:15	01:13:17	

					Pływanie			Rower			Bieg	
					00:21:31	00:44:32	104	00:05:35	00:33:54	01:08:49		
114	<b>ŻEGLICZ Marek</b>	<b>572</b>	SPÓJNIA BIAŁE BŁOTA	M-28	00:21:31	<b>00:44:32</b>	104	00:05:35	00:33:54	01:08:49		
115	<b>CZERWIAKOWSKI Sebastian</b>	<b>529</b>		M-49	00:22:38	<b>00:46:36</b>	136	00:05:15	00:32:51	01:07:11		
116	<b>TECZA Artur</b>	<b>534</b>		M-46	00:21:04	<b>00:42:09</b>	77	00:08:09	00:32:54	01:08:48		
117	<b>ŻULEWSKI Radosław</b>	<b>547</b>		M-36	00:23:16	<b>00:47:42</b>	144	00:04:35	00:33:12	01:07:00		
118	<b>GROCHOWSKI Piotr</b>	<b>731</b>	TRIDEA	M-49	00:22:53	<b>00:48:11</b>	149	00:03:34	00:32:42	01:07:56		
119	<b>PODLASIAK Ariel</b>	<b>676</b>	IM INSPIRATION	M-32	00:22:25	<b>00:45:31</b>	115	00:04:02	00:35:26	01:10:24		
120	<b>FABROWSKI Dawid</b>	<b>513</b>	TRITAT TEAMOCHAL	M-42	00:20:14	<b>00:40:57</b>	64	00:05:04	00:35:34	01:14:38		
	<b>CIUPA Jarosław</b>	<b>578</b>	AKADEMIA MISTRZÓW SPORTU	M-53	00:24:26	<b>00:51:14</b>	174	00:03:02	00:32:52	01:07:29		
122	<b>SOBAŃSKI Roman</b>	<b>641</b>	TARNOWO PODGÓRNE BIEGA	M-43	00:24:01	<b>00:49:05</b>	157	00:04:53	00:33:31	01:08:26		
123	<b>MYŚKOW Leszek</b>	<b>591</b>	TRI MISSION	M-47	00:22:55	<b>00:47:30</b>	143	00:04:09	00:34:03	01:11:06		
124	<b>BARSUKOV Artem</b>	<b>624</b>	UNLIMITED SPORT 2.0	M-38	00:22:28	<b>00:45:40</b>	124	00:06:00	00:35:47	01:11:25		
125	<b>MARCINIAK Przemysław</b>	<b>744</b>		M-41	00:24:01	<b>00:48:01</b>	147	00:03:28	00:34:33	01:11:43		
126	<b>MAZUREK Wojciech</b>	<b>595</b>	CROSS-SPORT	M-30	00:23:07	<b>00:47:15</b>	141	00:04:56	00:34:48	01:11:09		
127	<b>SUDOŁ Jacek</b>	<b>570</b>	PARKRUN BYDGOSZCZ	M-45	00:22:35	<b>00:46:28</b>	134	00:03:49	00:35:58	01:13:09		
128	<b>ROMANOWSKI Kamil</b>	<b>654</b>	KOSTERA TEAM	M-42	00:26:29	<b>00:52:35</b>	182	00:03:25	00:33:31	01:07:46		
129	<b>PRYK Rafał</b>	<b>703</b>		M-48	00:24:28	<b>00:51:09</b>	172	00:04:05	00:33:22	01:08:37		
130	<b>KRYGIER Maciej</b>	<b>708</b>		M-35	00:23:38	<b>00:49:23</b>	160	00:06:10	00:33:11	01:08:35		
131	<b>SAJDOK Kamil</b>	<b>680</b>	SREBRNI TRI	M-36	00:22:55	<b>00:46:20</b>	132	00:03:46	00:35:56	01:14:13		
132	<b>WŁODARCZAK Witold</b>	<b>705</b>	TRISPACE/TREK	M-60	00:25:31	<b>00:51:25</b>	176	00:02:51	00:34:04	01:10:19		
133	<b>LIPSKI Łukasz</b>	<b>593</b>		M-41	00:24:11	<b>00:48:45</b>	154	00:06:15	00:34:40	01:10:00		
134	<b>GRALIK Kacper</b>	<b>531</b>	BYDGOSKIE OKONIE	M-27	00:21:56	<b>00:45:37</b>	120	00:04:56	00:35:34	01:14:28		
135	<b>SOCHA Kamil</b>	<b>585</b>	5 LUBUSKI PUŁK ARTYLRII	M-34	00:24:01	<b>00:49:34</b>	162	00:03:50	00:35:54	01:11:54		
	<b>HUBCZAK Wojciech</b>	<b>602</b>	ARTECH FORKLIFT	M-51	00:26:40	<b>00:54:37</b>	196	00:04:39	00:32:14	01:06:06		
137	<b>MROTEK Michał</b>	<b>666</b>	AKADEMIA MISTRZÓW SPORTU	M-44	00:23:15	<b>00:46:17</b>	131	00:03:58	00:35:41	01:15:25		
138	<b>MAKOWSKI Sławomir</b>	<b>502</b>	WTLENIE	M-54	00:26:06	<b>00:54:02</b>	193	00:04:01	00:33:33	01:08:03		
139	<b>KIEDROWSKI Jerzy</b>	<b>669</b>	MIELCARKS TEAM	M-30	00:21:42	<b>00:44:51</b>	107	00:04:25	00:42:04	01:16:54		
140	<b>SZYMCZAK Jakub</b>	<b>525</b>		M-35	00:22:13	<b>00:45:43</b>	125	00:04:50	00:36:16	01:15:39		
141	<b>PACHYKOUSKI Pavel</b>	<b>651</b>		M-38	00:23:30	<b>00:48:09</b>	148	00:03:50	00:35:22	01:14:15		
142	<b>WITKOWSKI Tomasz</b>	<b>550</b>	VIVALAVIDA	M-39	00:26:13	<b>00:52:49</b>	186	00:03:44	00:33:39	01:09:56		
143	<b>NOSIADEK Michał</b>	<b>605</b>	CROSS SPORT	M-38	00:24:25	<b>00:50:00</b>	168	00:04:53	00:35:00	01:11:53		
144	<b>CZERNIAK Gracjan</b>	<b>607</b>		M-43	00:24:21	<b>00:49:35</b>	163	00:04:51	00:35:08	01:12:30		
145	<b>KUPRACZ Andrzej</b>	<b>664</b>	TRISPACE	M-52	00:26:37	<b>00:56:55</b>	202	00:04:32	00:31:50	01:05:35		
146	<b>WIŚNIEWSKI Arnold</b>	<b>566</b>	KM PSP JRG9 ŁÓDŹ	M-49	00:24:21	<b>00:49:00</b>	156	00:05:53	00:34:25	01:12:34		
147	<b>WRZOCZOL Paweł</b>	<b>552</b>	TRIGYM SZCZECIN	M-38	00:24:46	<b>00:51:39</b>	178	00:05:02	00:34:44	01:10:50		
148	<b>WŁODARCZYK Wojciech</b>	<b>561</b>	CZARNE STOPY	M-59	00:25:48	<b>00:52:43</b>	184	00:04:48	00:34:38	01:10:20		
149	<b>TYSZKA Filip</b>	<b>575</b>	KRISS COACHING	M-42	00:27:02	<b>00:59:45</b>	211	00:03:23	00:31:37	01:04:57		
150	<b>MACIEJEWSKI Szymon</b>	<b>644</b>	MACIEJEWSCY	M-45	00:19:48	<b>00:41:18</b>	68	00:08:46	00:38:15	01:18:14		
151	<b>RAŻNIEWSKI Łukasz</b>	<b>546</b>	WMKS	M-47	00:23:19	<b>00:51:15</b>	175	00:04:19	00:34:55	01:13:16		
152	<b>KODZIS Piotr</b>	<b>699</b>	OOO.OVOVO.OOO	M-49	00:25:08	<b>00:50:28</b>	169	00:06:20	00:34:57	01:12:02		
153	<b>NURKIEWICZ Jarosław</b>	<b>537</b>	KUNG FU PANDY 3	M-52	00:25:13	<b>00:51:52</b>	180	00:02:59	00:35:43	01:14:05		
	<b>KĄTNIK Jacek</b>	<b>564</b>		M-53	00:30:36	<b>01:03:22</b>	217	00:03:42	00:30:26	01:02:01		
155	<b>ROSZAK Bartosz</b>	<b>748</b>	WRONIECKI KLUB BIEGACZA	M-40	00:24:19	<b>00:49:44</b>	164	00:04:15	00:36:08	01:15:22		

						Pływanie			Rower			TZ	Bieg	Czas
156	<b>GRUBA Jacek</b>	<b>608</b>	TRISPACE/TREK	M-63	TRISPACE/TREK	00:25:35	<b>00:52:38</b>	183	00:03:57	00:35:36	01:12:47			
157	<b>JASINSKI Karol</b>	<b>684</b>		M-30		00:25:02	<b>00:51:35</b>	177	00:06:11	00:34:54	01:12:00			
158	<b>WIŚNIEWSKI Rafał</b>	<b>665</b>	RAFAŁ WISNIEWSKI	M-40	Akademia Mistrzów Sportu	00:25:18	<b>00:53:02</b>	188	00:04:00	00:35:29	01:12:52			
159	<b>CYREK Grzegorz</b>	<b>657</b>	GLOBAL NATUREON BOCHNIA BIEGA TEAM	M-49		00:28:07	<b>01:00:54</b>	213	00:05:34	00:30:30	01:03:39			
160	<b>ANTONOVITCH Vladimir</b>	<b>653</b>	TRI.BY	M-51	tri.by	00:26:34	<b>00:55:10</b>	199	00:04:32	00:34:15	01:10:40			
161	<b>SPLITT Wojciech</b>	<b>558</b>	PŁOMIEŃ DRAŻNO	M-44		00:23:04	<b>00:47:49</b>	145	00:06:49	00:36:12	01:15:48			
162	<b>DOBEK Paweł</b>	<b>722</b>	MILOTEAM	M-43		00:26:31	<b>00:54:50</b>	198	00:04:01	00:34:24	01:12:04			
163	<b>BETLEJ Hubert</b>	<b>543</b>		M-41		00:27:52	<b>00:57:47</b>	206	00:04:25	00:33:45	01:08:47			
164	<b>MISZTELA Tomasz</b>	<b>588</b>	PTT DELTA	M-57	PTT DELTA	00:27:06	<b>00:54:35</b>	195	00:04:16	00:35:20	01:12:23			
165	<b>MIELCAREK Tomasz</b>	<b>728</b>	MIELCARKS TEAM	M-49	Mielcarks Team	00:25:34	<b>00:53:28</b>	191	00:05:15	00:35:40	01:13:44			
166	<b>DAWID Łukasz</b>	<b>701</b>		M-37		00:24:49	<b>00:51:14</b>	173	00:04:37	00:36:40	01:16:39			
167	<b>WIŚNIEWSKI Zbigniew</b>	<b>719</b>	ROWEROWA BRZOZA	M-57	Active Age	00:25:08	<b>00:51:48</b>	179	00:05:51	00:36:12	01:15:46			
168	<b>BEDYK Ireneusz</b>	<b>523</b>	PTT DELTA	M-66	PTT DELTA	00:28:34	<b>00:58:59</b>	209	00:05:35	00:34:06	01:09:57			
169	<b>FIOSEK Paweł</b>	<b>535</b>		M-28		00:19:01	<b>00:43:14</b>	90	00:05:10	00:40:36	01:27:43			
170	<b>ANDRZEJAK Robert</b>	<b>638</b>	VAMOS	M-47		00:27:22	<b>01:00:44</b>	212	00:06:05	00:34:14	01:10:19			
171	<b>MISZTELA Dariusz</b>	<b>587</b>	PTT DELTA	M-62	PTT DELTA	00:27:02	<b>00:55:47</b>	201	00:05:41	00:36:31	01:15:58			
172	<b>BAYOK Ilya</b>	<b>724</b>		M-28		00:28:30	<b>00:58:50</b>	208	00:05:30	00:34:19	01:13:29			
173	<b>GRABOWSKI Andrzej</b>	<b>584</b>	PTT DELTA	M-47	PTT DELTA	00:26:07	<b>00:52:25</b>	181	00:04:40	00:38:24	01:21:03			
174	<b>RATAJCZAK Marek</b>	<b>685</b>	TM IRON TEAM	M-57	TM IronTeam	00:30:50	<b>01:01:49</b>	215	00:07:25	00:33:41	01:09:06			
175	<b>ZUBEK Rafał</b>	<b>673</b>	PTT DELTA	M-56	PTT DELTA	00:28:45	<b>00:59:15</b>	210	00:06:14	00:34:58	01:14:35			
176	<b>SZYMKUĆ Wojciech</b>	<b>539</b>		M-34		00:25:30	<b>00:52:47</b>	185	00:05:15	00:38:25	01:22:16			
177	<b>KOCHANOWSKI Maciej</b>	<b>580</b>		M-31		00:26:39	<b>00:54:37</b>	197	00:06:39	00:38:53	01:19:48			
178	<b>KUPCZYK Tomasz</b>	<b>554</b>		M-46		00:26:21	<b>00:52:53</b>	187	00:06:10	00:39:02	01:22:47			
179	<b>SZULC Łukasz</b>	<b>639</b>	IRONSZULIS	M-40		00:28:00	<b>00:57:41</b>	205	00:05:32	00:38:03	01:20:08			
180	<b>GAJEWSKI Przemek</b>	<b>623</b>	SYBERIANHAMSTER	M-45		00:26:23	<b>00:57:17</b>	204	00:05:14	00:38:29	01:22:03			
181	<b>BUCZYŃSKI Tomasz</b>	<b>625</b>		M-39		00:30:11	<b>01:03:44</b>	218	00:03:53	00:37:02	01:17:31			
182	<b>WAWRZYŃIAK Przemysław</b>	<b>672</b>		M-30		00:27:43	<b>00:58:06</b>	207	00:07:42	00:37:57	01:19:40			
183	<b>WALCZAK Paweł</b>	<b>503</b>	DRUŻYNA L&CH	M-34		00:33:40	<b>01:05:27</b>	220	00:05:32	00:36:20	01:14:46			
184	<b>ROGUSZ Zbigniew</b>	<b>635</b>		M-39		00:23:43	<b>00:49:58</b>	167	00:06:53	00:43:05	01:28:57			
185	<b>BUDZIAK Maksymilian</b>	<b>693</b>		M-21		00:24:45	<b>00:49:54</b>	165	00:06:25	00:49:15	01:32:02			
186	<b>ANDRAU Anatoli</b>	<b>650</b>	TRI.BY	M-46	tri.by	00:31:00	<b>01:08:44</b>	222	00:04:46	00:35:58	01:17:19			
187	<b>KLAPENDA Mariusz</b>	<b>571</b>	MARIO TEAM	M-49		00:35:59	<b>01:15:39</b>	223	00:08:15	00:34:00	01:09:54			
	<b>GRUDNIEWSKI Rafał</b>	<b>536</b>	SREBRNI TRI	M-43	Srebrni Tri									
	<b>ROSIĄK Michał</b>	<b>541</b>	BROWER LUTYNIA	M-36		00:26:42	<b>00:53:58</b>	192	00:05:52	00:37:01				

Znaleziono 189 wynik(ów)