



METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

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: Mężczyźni

Punkt pomiarowy: 74,2 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Pływanie			T1	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	
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	
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	
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	
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	
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	
6	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	
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	01:24:55	01:55:03	
8	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	
9	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	
10	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	
11	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	01:27:57	02:00:01	
12	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	
13	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	
14	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	
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	
16	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	
17	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	
18	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	
19	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	
20	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	
	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	
22	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	
23	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	
24	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	

					Pływanie			Rower				Bieg	
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	01:27:59	01:59:05	
26	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	
27	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	
	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	
	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
30	KILJAŃCZYK 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
31	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
32	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	01:28:54	02:01:35
33	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
34	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
35	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
36	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
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
38	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
39	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	01:27:20	01:59:48
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
41	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
42	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	01:30:14	02:03:34
43	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
44	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	01:28:02	02:00:33
45	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	01:28:22	02:00:45
46	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
47	KRAJEWSKI Tomasz	670	#ZALINIAMETYTEAM	M-42	#zaliniametyteam	00:18:51	00:38:43	36	00:02:26	00:31:38	01:03:28	01:32:45	02:05:40
48	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
49	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
50	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
51	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
52	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	01:31:55	02:05:08
53	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	01:32:00	02:07:18
54	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
55	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
56	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	01:31:55	02:05:21

					Pływanie			Rower				Bieg	
57	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	
58	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	
59	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	
60	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	
61	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	
62	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	
63	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	
64	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	
	TRZASKA Przemysław	600	DREAM TRI TEAM	M-38	00:19:05	00:39:32	47	00:02:43	00:30:02	01:02:25	01:34:10	02:12:31	
66	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	
67	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	
68	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	
69	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	
70	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	
71	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	
72	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	
	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	
74	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	
75	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	
76	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	
77	JACH Rafał	594	CROSS-SPORT	M-37	00:23:18	00:46:48	137	00:05:08	00:31:56	01:04:32	01:34:28	02:05:37	
78	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	
79	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	
80	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	
81	GRALIK Jędrzej	512	BYDGOSKIE OKONIE	M-31	00:16:09	00:32:47	6	00:04:27	00:35:02	01:11:33	01:44:52	02:21:37	
82	KRAUSE Szymon	518	SREBRNI TRI	M-41	00:22:21	00:45:54	128	00:03:49	00:32:22	01:05:20	01:35:22	02:09:32	
83	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	
84	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	
85	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	
86	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	
87	OLEJNIK Wojciech	553	TRIGYM SZCZECIN	M-27	00:22:33	00:45:44	126	00:04:38	00:31:56	01:05:05	01:35:13	02:10:14	
88	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	
89	STYLA Kamil Aleksander	750	MILOTEAM	M-36	00:23:37	00:48:29	151	00:03:41	00:31:19	01:04:02	01:34:07	02:09:06	

					Pływanie			Rower				Bieg	
90	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	
	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	
92	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	
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	01:36:14	02:12:09	
94	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	
95	RADZIEJEWSKI Tomasz	688	TEAMOCHAL	M-42	00:23:00	00:46:24	133	00:02:58	00:32:06	01:06:16	01:37:38	02:13:24	
96	LASSAK Bartosz	544	AKADEMIA MISTRZÓW SPORTU	M-47	00:23:25	00:47:06	140	00:03:46	00:31:23	01:05:27	01:35:51	02:11:55	
97	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	
98	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	
99	MASŁOWSKI Marcin	604	HTF LUDWIK SIKORSKI	M-44	00:19:38	00:40:56	62	00:03:44	00:34:18	01:09:10	01:41:35	02:18:53	
100	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	
101	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	
102	GÓRNY Bartosz	689	TRISPACE/TREK	M-35	00:22:20	00:45:50	127	00:02:57	00:32:53	01:08:00	01:39:40	02:16:13	
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	
104	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	
105	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	
106	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	
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	01:41:47	02:20:09	
108	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	
	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	
110	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	
111	GRUBA Marek	694	TRISPACE/TREK	M-35	00:21:14	00:43:26	93	00:03:25	00:34:22	01:10:33	01:43:55	02:22:28	
112	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	
113	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	
114	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	
	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	
116	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	
117	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	
118	MAKOWSKI Sławomir	502	WTLENIE	M-54	00:26:06	00:54:02	193	00:04:01	00:33:33	01:08:03	01:39:05	02:13:43	
119	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	
120	SOCHA Kamil	585	5 LUBUSKI PUŁK ARTYLRII	M-34	00:24:01	00:49:34	162	00:03:50	00:35:54	01:11:54	01:43:03	02:18:34	

				Pływanie			Rower				Bieg	
121	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
122	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
123	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
124	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
125	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
126	KIEDROWSKI Jerzy	669	MIELCARKS TEAM	M-30	00:21:42	00:44:51	107	00:04:25	00:42:04	01:16:54	01:48:27	02:24:14
127	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
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
129	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
130	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
	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
132	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
133	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
134	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
135	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
136	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
137	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
138	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
139	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
140	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
141	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
142	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
143	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
144	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
145	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
146	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
147	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
148	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
149	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
150	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
151	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
152	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
153	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
154	MIELCAREK Tomasz	728	MIELCARKS TEAM	M-49	00:25:34	00:53:28	191	00:05:15	00:35:40	01:13:44	01:46:47	02:25:34
155	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
156	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
157	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

					Pływanie			Rower				Bieg	
158	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	
159	RAŹNIEWSKI 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	
160	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	
161	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	
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	
163	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	
164	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	
165	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	
166	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	
167	MROTEK Michał	666	AKADEMIA MISTRZÓW SPORTU	M-44	00:23:15	00:46:17	131	00:03:58	00:35:41	01:15:25	01:53:03	02:40:56	
168	MISZTELA Dariusz	587	PTT DELTA	M-62	00:27:02	00:55:47	201	00:05:41	00:36:31	01:15:58	01:50:56	02:30:52	
169	BEDYK Ireneusz	523	PTT DELTA	M-66	00:28:34	00:58:59	209	00:05:35	00:34:06	01:09:57	01:42:30	02:28:37	
170	WIŚNIEWSKI Zbigniew	719	ROWEROWA BRZOZA	M-57	00:25:08	00:51:48	179	00:05:51	00:36:12	01:15:46	01:53:25	02:37:43	
171	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	
172	GRABOWSKI Andrzej	584	PTT DELTA	M-47	00:26:07	00:52:25	181	00:04:40	00:38:24	01:21:03	01:56:04	02:40:22	
173	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	
174	ZUBEK Rafał	673	PTT DELTA	M-56	00:28:45	00:59:15	210	00:06:14	00:34:58	01:14:35	01:51:04	02:33:56	
175	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	
176	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	
177	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	
178	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	
179	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	
180	WAWRZYNIAK 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	
181	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	
182	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	
183	ANDRAU Anatoli	650	TRI.BY	M-46	00:31:00	01:08:44	222	00:04:46	00:35:58	01:17:19	01:53:17	02:39:15	
184	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	
185	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	
186	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	
	GRUDNIEWSKI Rafał	536	SREBRNI TRI	M-43									
	CIUPA Jarosław	578	AKADEMIA MISTRZÓW SPORTU	M-53	00:24:26	00:51:14	174	00:03:02	00:32:52	01:07:29			

				Pływanie		T1	Rower		T2	Bieg	Czas
ROSIAK Michał	541	BROWER LUTYNIA	M-36	00:26:42	00:53:58	192	00:05:52	00:37:01			

Znaleziono 189 wynik(ów)