

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

Klasyfikacja: Mężczyźni

Punkt pomiarowy: 92,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Pływanie			Bieg	Rower					
						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
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	01:18:07	01:45:04	<b>02:10:06</b>	2
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	01:18:03	01:46:11	<b>02:12:33</b>	3
3	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	01:18:23	01:45:56	<b>02:10:03</b>	1
4	MADRASSI Giacomo	677	TRI TEAM PULLY	M-33	Mielcarcs Team	00:13:40	<b>00:27:42</b>	2	00:03:26	00:28:38	00:57:19	01:23:58	01:52:59	<b>02:19:36</b>	4
5	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	01:24:36	01:54:34	<b>02:21:34</b>	8
6	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	01:24:55	01:55:03	<b>02:22:35</b>	10
7	WASYLUK Cezary	746	CONTROTLEC	M-34		00:16:17	<b>00:32:53</b>	7	00:02:13	00:28:55	00:58:59	01:26:21	01:57:10	<b>02:24:44</b>	15
8	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	01:23:34	01:53:24	<b>02:19:59</b>	5
9	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	01:25:55	01:56:00	<b>02:23:53</b>	12
10	LECH Miro	601		M-37		00:17:40	<b>00:36:17</b>	19	00:02:48	00:29:32	00:59:58	01:27:31	01:58:04	<b>02:25:40</b>	18
11	WOJCIECHOWSKI Norbert	522		M-43		00:19:19	<b>00:39:22</b>	44	00:02:53	00:29:00	00:58:19	01:25:39	01:56:37	<b>02:24:04</b>	13
12	GRZYBEK Lukasz	656	TRIATHLON IQ	M-42		00:18:54	<b>00:39:47</b>	50	00:02:37	00:29:49	00:59:33	01:26:57	01:56:48	<b>02:24:24</b>	14
13	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	01:24:36	01:54:39	<b>02:22:01</b>	9
14	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	01:27:57	02:00:01	<b>02:29:06</b>	28
15	KRASNODĘBSKI 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	01:26:39	01:57:50	<b>02:25:45</b>	20
16	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	01:24:06	01:53:51	<b>02:20:59</b>	7
17	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	01:27:03	01:58:00	<b>02:25:42</b>	19
18	GOŁYŚ Grzegorz	643		M-26		00:20:41	<b>00:43:51</b>	97	00:03:24	00:28:19	00:56:45	01:23:16	01:53:09	<b>02:20:32</b>	6
19	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	01:28:02	01:59:38	<b>02:27:33</b>	24
20	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	01:28:27	02:01:06	<b>02:30:59</b>	36
21	GECEW Pawel	615		M-30		00:22:02	<b>00:43:57</b>	99	00:02:15	00:28:05	00:57:18	01:24:13	01:54:29	<b>02:22:38</b>	11
22	JARNOT Oskar	627	TMT	M-34		00:19:52	<b>00:40:59</b>	65	00:02:53	00:29:17	00:59:03	01:26:20	01:57:21	<b>02:25:08</b>	16
23	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	01:27:07	01:58:19	<b>02:26:31</b>	21
24	KILIJĄNCZYK Piotr	516		M-43		00:19:51	<b>00:40:18</b>	55	00:02:27	00:30:10	01:00:16	01:27:50	01:58:48	<b>02:26:44</b>	22
25	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	01:29:12	02:00:58	<b>02:29:29</b>	31
26	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	01:27:59	01:59:05	<b>02:27:41</b>	25
27	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	01:30:59	02:02:41	<b>02:31:55</b>	39

Poz.	Zawodnik	Wiek	Klub	Sex	Kraj	Pływanie			Bieg				Rower		Suma
						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	
28	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
	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
30	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
31	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
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	02:31:20	38
33	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
34	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
35	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
36	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
37	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	02:28:46	26
38	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
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
40	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
41	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
42	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	02:29:24	29
43	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	02:30:17	35
44	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
45	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
46	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	02:34:52	47
47	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	02:34:08	45
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
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	02:34:26	46
50	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	02:35:01	48
51	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
52	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
53	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
54	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
55	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	02:39:15	68
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	02:35:45	52
57	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	01:35:20	02:10:15	02:40:26	74
58	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
59	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
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	01:31:42	02:06:00	02:37:13	60
61	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

				Pływanie			Rower						Bieg		
62	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		
63	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		
64	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	01:35:54	02:10:04	02:39:48	70
65	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		
66	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
67	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
68	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		
69	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		
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	02:47:15	102
71	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
72	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
73	GÓRNIŚIEWICZ 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
74	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		
	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		
76	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
77	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
78	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	01:30:58	02:03:44	02:32:56	42
79	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
80	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
81	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
82	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
	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
84	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
85	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
86	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
87	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
88	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		
89	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
90	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		
91	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		
92	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
93	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
94	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
95	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
	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		

						Pływanie			Rower			Bieg			
№	Imię i nazwisko	Wzrost	Team	Sex	Age	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
97	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
98	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
99	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	02:49:06	106
100	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
101	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
	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
103	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
104	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
105	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
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	02:49:36	109
107	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
	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
109	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	02:45:18	94
110	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	02:49:58	110
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
112	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
113	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
114	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	02:57:13	150
115	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
116	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
117	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
118	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
119	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
120	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
121	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
122	KIEDROWSKI Jerzy	669	MIELCARCS 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	02:57:08	148
123	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
124	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
125	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
126	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
127	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
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
129	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
130	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
131	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
132	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
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	02:55:42	139

					Pływanie			Rower					Bieg	
	<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	01:38:01	02:15:29	<b>02:50:56</b>	<b>116</b>
135	<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	01:44:26	02:22:35	<b>02:55:54</b>	<b>141</b>
136	<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	01:45:50	02:25:34	<b>02:59:56</b>	<b>158</b>
137	<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	01:48:07	02:29:00	<b>03:06:06</b>	<b>174</b>
138	<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	01:41:25	02:20:03	<b>02:56:36</b>	<b>145</b>
139	<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	01:44:06	02:21:36	<b>02:55:27</b>	<b>136</b>
140	<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	01:42:14	02:21:33	<b>02:57:41</b>	<b>151</b>
141	<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	01:48:03	02:27:37	<b>03:04:30</b>	<b>171</b>
142	<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	01:40:16	02:17:18	<b>02:52:54</b>	<b>125</b>
143	<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	01:46:14	02:24:52	<b>02:58:28</b>	<b>152</b>
144	<b>ANTONOVITCH Vladimir</b>	<b>653</b>	TRI.BY	M-51	00:26:34	<b>00:55:10</b>	199	00:04:32	00:34:15	01:10:40	01:43:33	02:22:06	<b>02:55:46</b>	<b>140</b>
145	<b>MISZTELA Tomasz</b>	<b>588</b>	PTT DELTA	M-57	00:27:06	<b>00:54:35</b>	195	00:04:16	00:35:20	01:12:23	01:44:29	02:22:40	<b>02:56:41</b>	<b>146</b>
146	<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	01:44:29	02:23:32	<b>02:59:29</b>	<b>157</b>
147	<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	01:49:34	02:31:29	<b>03:06:08</b>	<b>175</b>
148	<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	01:44:28	02:23:10	<b>02:59:02</b>	<b>156</b>
149	<b>WIŚNIEWSKI Rafał</b>	<b>665</b>	RAFAŁ WISNIEWSKI	M-40	00:25:18	<b>00:53:02</b>	188	00:04:00	00:35:29	01:12:52	01:46:20	02:25:32	<b>02:59:59</b>	<b>159</b>
150	<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	01:43:12	02:26:58	<b>03:07:05</b>	<b>179</b>
151	<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	01:46:36	02:27:16	<b>03:03:36</b>	<b>170</b>
152	<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	01:45:38	02:25:13	<b>03:00:26</b>	<b>162</b>
153	<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	01:50:05	02:30:49	<b>03:06:30</b>	<b>177</b>
154	<b>MIELCAREK Tomasz</b>	<b>728</b>	MIELCARCS TEAM	M-49	00:25:34	<b>00:53:28</b>	191	00:05:15	00:35:40	01:13:44	01:46:47	02:25:34	<b>03:02:19</b>	<b>166</b>
155	<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	01:50:52	02:31:48	<b>03:07:26</b>	<b>182</b>
156	<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	01:42:55	02:21:10	<b>02:55:31</b>	<b>137</b>
157	<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	01:50:57	02:33:28	<b>03:11:57</b>	<b>193</b>
158	<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	01:46:47	02:31:47	<b>03:07:38</b>	<b>184</b>
159	<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	01:48:43	02:30:47	<b>03:07:24</b>	<b>181</b>
160	<b>SZYM CZAK 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	01:52:10	02:33:55	<b>03:12:46</b>	<b>194</b>
161	<b>BEDYK Ireneusz</b>	<b>523</b>	PTT DELTA	M-66	00:28:34	<b>00:58:59</b>	209	00:05:35	00:34:06	01:09:57	01:42:30	02:28:37	<b>02:58:55</b>	<b>154</b>
162	<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	01:49:40	02:34:06	<b>03:11:52</b>	<b>192</b>
163	<b>GRUBA Jacek</b>	<b>608</b>	TRISPACE/TREK	M-63	00:25:35	<b>00:52:38</b>	183	00:03:57	00:35:36	01:12:47	01:47:22	02:29:02	<b>03:07:19</b>	<b>180</b>
164	<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	01:53:33	02:36:53	<b>03:14:55</b>	<b>200</b>
165	<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	01:47:35	02:26:29	<b>03:00:58</b>	<b>164</b>
166	<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	01:50:16	02:32:10	<b>03:10:42</b>	<b>188</b>
167	<b>RATAJCZAK Marek</b>	<b>685</b>	TM IRON TEAM	M-57	00:30:50	<b>01:01:49</b>	215	00:07:25	00:33:41	01:09:06	01:43:04	02:21:35	<b>02:56:27</b>	<b>143</b>
168	<b>MISZTELA Dariusz</b>	<b>587</b>	PTT DELTA	M-62	00:27:02	<b>00:55:47</b>	201	00:05:41	00:36:31	01:15:58	01:50:56	02:30:52	<b>03:09:34</b>	<b>187</b>
169	<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	01:48:33	02:27:10	<b>03:00:48</b>	<b>163</b>
170	<b>WIŚNIEWSKI Zbigniew</b>	<b>719</b>	ROWEROWA BRZOZA	M-57	00:25:08	<b>00:51:48</b>	179	00:05:51	00:36:12	01:15:46	01:53:25	02:37:43	<b>03:14:55</b>	<b>199</b>

						Pływanie			Rower					Bieg	
171	<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	01:56:04	02:40:22	<b>03:17:27</b>	<b>203</b>
172	<b>MROTEK Michał</b>	<b>666</b>	AKADEMIA MISTRZÓW SPORTU	M-44	Akademia Mistrzów Sportu	00:23:15	<b>00:46:17</b>	131	00:03:58	00:35:41	01:15:25	01:53:03	02:40:56	<b>03:24:25</b>	<b>208</b>
173	<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	01:55:01	02:37:28	<b>03:13:09</b>	<b>196</b>
174	<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	01:51:04	02:33:56	<b>03:11:12</b>	<b>191</b>
175	<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	01:51:57	02:40:12	<b>03:20:57</b>	<b>206</b>
176	<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	01:44:25	02:22:42	<b>02:56:36</b>	<b>144</b>
177	<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	01:53:15	02:35:55	<b>03:14:11</b>	<b>198</b>
178	<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	01:59:55	02:46:05	<b>03:24:38</b>	<b>209</b>
179	<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	01:56:39	02:42:55	<b>03:21:58</b>	<b>207</b>
180	<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	01:59:09	02:44:23	<b>03:28:30</b>	<b>213</b>
181	<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	01:53:17	02:39:15	<b>03:16:41</b>	<b>201</b>
182	<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	02:02:58	02:50:18	<b>03:31:35</b>	<b>214</b>
183	<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	02:07:25	02:53:31	<b>03:35:34</b>	<b>215</b>
184	<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	02:13:09	02:57:20	<b>03:37:20</b>	<b>218</b>
185	<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	02:01:17	02:50:32	<b>03:35:46</b>	<b>216</b>
186	<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	02:10:58	03:07:41	<b>03:59:00</b>	<b>221</b>
	<b>GRUDNIEWSKI Rafał</b>	<b>536</b>	SREBRNI TRI	M-43	Srebrni Tri										
	<b>CIUPA Jarosław</b>	<b>578</b>	AKADEMIA MISTRZÓW SPORTU	M-53	Akademia Mistrzów Sportu	00:24:26	<b>00:51:14</b>	174	00:03:02	00:32:52	01:07:29				
	<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)