



# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT

**Event:** Metalkas Ocean Lava Triathlon Polska  
**Organiser:** Towarzystwo Sportowe TRI-SPORT  
**Date:** 2022-08-21  
**Place:** Bydgoszcz  
**Distance:** 25.75 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: 1 Fala

Split point: 1,0 km

Place	Participant	Number	Club	Category	Drużyna 1	Swimming		Cycling	Race	Total
						P_Borowno 0.75km	Poz			
1	ISKRA Paweł ,	148	7PRO TEAM	M30-39		00:10:54	2	00:02:05		
2	FRUKACZ Kamil ,	63	SPORTLEVEL TCZEW	M18-29		00:11:47	4	00:02:17		
3	KARSKI Kacper ,	98		M18-29		00:11:32	3	00:02:34		
4	RYMER Jakub ,	162	ERPLAST/BOGMAR	M30-39	BOGMAR / ERPLAST	00:12:09	5	00:02:00		
5	PTASZEK Tomasz ,	157	WANIEWSKI COACHING	M30-39		00:12:11	6	00:02:03		
6	MŁYŃCZAK Jakub ,	152	GVT	M18-29		00:12:16	7	00:01:59		
7	BEDNARCZYK Tomasz ,	41	BIKE U UP	M30-39		00:12:19	8	00:02:02		
8	WIĘCKOWSKI Dariusz ,	72	AKADEMIA MISTRZÓW SPORTU	M40-49	Akademia Mistrzów Sportu	00:12:41	11	00:02:19		
9	MAAS Oliver ,	159	SOPREMA TEAM TSV MANNHEIM	M18-29		00:12:36	10	00:02:25		
10	PEKRUL Wojciech ,	153	DAWAJ KALACH TEAM / MIĘDZY TRENINGAMI	M18-29		00:12:46	12	00:02:16		
11	NOWAK Martyna ,	121	3 GRAVITY	K18-29		00:12:30	9	00:02:43		
12	PLUTA Gniewomir ,	118	UKS TRS SUSZ	M40-49		00:12:59	13	00:02:21		
13	FÓRMANIAK Piotr ,	104	TM IRON TEAM	M40-49	TM IRON TEAM	00:13:13	14	00:02:08		
14	KOWALIKOWSKI Daniel ,	119	TM IRON TEAM	M30-39	TM IRON TEAM	00:13:34	16	00:02:07		
15	MAZUR Wojciech ,	158		M30-39		00:13:16	15	00:02:30		
16	ZIELINSKI Nicolas ,	91	ELENSPORT.PL SKLEPY SPORTOWE	M18-29	ElenSport.pl	00:14:00	19	00:01:55		
17	BISKUPSKI Cezary ,	27	TRISPACE/TREK	M30-39		00:14:12	20	00:02:01		
18	LICZNIERSKI Marek ,	10	OWOCBIEGATEAM	M30-39	OwocBiegaTeam	00:13:43	17	00:02:35		
19	SZEWCUK Patryk ,	55	SPORT ZDROWIE KONDYCJA	M30-39		00:14:34	28	00:01:46		
20	ŁOPUSZYŃSKI Krzysztof ,	61	LANGE TRI COACH/H2OSHOP.PL	M30-39		00:14:20	23	00:02:11		
21	BARTKOWIAK Dawid ,	130		M40-49		00:14:33	27	00:02:01		
22	DUDKOWIAK Michał ,	178	DUDKOWIAK ADWOKACI	M30-39		00:14:14	21	00:02:31		
23	CABAJ Martyna ,	11	IM INSPIRATION	K18-29		00:14:19	22	00:02:42		
24	GOŁATA Wojciech ,	163	AKADEMIA MISTRZÓW SPORTU / BOGMAR	M40-49	Akademia Mistrzów Sportu/ Bogmar	00:15:07	37	00:01:57		
25	PRĄDZYŃSKI Marcin ,	89	AKADEMIAMISTRZOWSPORTU	M40-49	Akademia Mistrzów Sportu	00:14:40	30	00:02:28		
26	WARGACKI Piotr ,	124	TM IRON TEAM	M40-49	TM IRON TEAM	00:14:47	33	00:02:23		
27	ŻMICH-FÓRMANIAK Joanna ,	107	TM IRON TEAM	K40-49	TM IRON TEAM	00:14:28	25	00:02:46		

						Swimming	Triathlon	Cycling	Race	Class
28	<b>SKORECKI Aleksander ,</b>	<b>168</b>	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	M30-39	Bydgoszcz Triathlon Team / Wtlenie	<b>00:14:34</b>	29	00:02:41		
29	<b>NOWICKI Bartosz ,</b>	<b>106</b>	AQUA+	M30-39		<b>00:14:44</b>	31	00:02:32		
30	<b>HIGSON Aleksandra ,</b>	<b>94</b>	DURHAM UNIVERSITY	K18-29		<b>00:14:25</b>	24	00:02:51		
31	<b>SOBCZAK Marcin ,</b>	<b>174</b>	ASSECO ACTIVE TEAM	M30-39		<b>00:15:11</b>	39	00:02:08		
32	<b>BRZEZINSKI Łukasz ,</b>	<b>173</b>	ASSECO ACTIVE TEAM	M30-39	Asseco Active Team	<b>00:14:47</b>	32	00:02:37		
33	<b>FRAĆKOWSKI Łukasz ,</b>	<b>4</b>	THE TRI DOCTOR	M30-39		<b>00:13:59</b>	18	00:03:27		
34	<b>DULIŃSKI Bartosz ,</b>	<b>140</b>	TRISPACE/TREK	M18-29	TRISPACE/TREK	<b>00:15:20</b>	42	00:02:13		
35	<b>ŚLIWIŃSKI Łukasz ,</b>	<b>170</b>	ERPLAST/BOGMAR	M30-39	BOGMAR / ERPLAST	<b>00:15:35</b>	47	00:02:00		
36	<b>SUDZIŃSKI Hubert ,</b>	<b>42</b>		M18-29	TRISPACE/TREK	<b>00:15:31</b>	44	00:02:04		
37	<b>BINKOWSKI Adrian ,</b>	<b>135</b>	CTS/CB163	M40-49		<b>00:15:39</b>	49	00:01:56		
38	<b>AUGUSTYNIAK Grzegorz ,</b>	<b>132</b>	PTTDELTA	M50-59		<b>00:14:29</b>	26	00:03:07		
39	<b>KOTŁOWSKI Bartosz ,</b>	<b>165</b>	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	M30-39	BOGMAR / ERPLAST	<b>00:15:43</b>	51	00:02:00		
40	<b>DEPTUŁA Grzegorz ,</b>	<b>35</b>	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M40-49		<b>00:15:10</b>	38	00:02:34		
41	<b>NOWAK Paweł ,</b>	<b>156</b>		M40-49		<b>00:15:34</b>	46	00:02:10		
42	<b>BOHDANOWICZ Patrycja ,</b>	<b>141</b>		K30-39		<b>00:15:17</b>	41	00:02:28		
43	<b>PIETRZAK Agata ,</b>	<b>142</b>		K30-39		<b>00:14:57</b>	34	00:02:57		
44	<b>PUZIAK Marcin ,</b>	<b>76</b>		M40-49		<b>00:15:04</b>	35	00:02:50		
45	<b>MALINOWSKA Ewelina ,</b>	<b>86</b>		K40-49		<b>00:15:36</b>	48	00:02:18		
46	<b>GÓRNY Bartosz ,</b>	<b>133</b>	TRISPACE/TREK	M30-39		<b>00:15:26</b>	43	00:02:43		
47	<b>GACKA Rafal ,</b>	<b>116</b>	LUPUS TEAM	M40-49	LUPUS TEAM	<b>00:15:44</b>	52	00:02:33		
48	<b>LEWANDOWSKI Oskar ,</b>	<b>29</b>		M18-29		<b>00:15:53</b>	54	00:02:24		
49	<b>DAWIDOWSKI Marek ,</b>	<b>144</b>	POMIMO TEAM / KARTUZY	M30-39		<b>00:16:10</b>	58	00:02:16		
50	<b>FABROWSKI Dawid ,</b>	<b>125</b>		M40-49	CTS	<b>00:15:07</b>	36	00:03:20		
51	<b>WARCZAK Katarzyna ,</b>	<b>67</b>	FCNB/TEAMOCHAL	K40-49	TEAMOCHAL	<b>00:15:49</b>	53	00:02:40		
52	<b>DROBINSKI Daniel ,</b>	<b>33</b>		M30-39		<b>00:15:40</b>	50	00:03:06		
53	<b>WASILEWSKA Martyna ,</b>	<b>93</b>	AMS BYDGOSZCZ	K30-39	Akademia Mistrzów Sportu	<b>00:16:07</b>	55	00:02:46		
54	<b>ZALEWSKI Marcin ,</b>	<b>100</b>		M30-39		<b>00:16:15</b>	61	00:02:41		
55	<b>PEZACKI Szymon ,</b>	<b>57</b>	NIEMCZ BIKE ACADEMY	M18-29		<b>00:15:12</b>	40	00:03:47		
56	<b>SOBCZYŃSKI Michał ,</b>	<b>99</b>		M30-39		<b>00:16:12</b>	59	00:03:01		
57	<b>PALETA Elżbieta ,</b>	<b>2</b>	TM IRON TEAM	K18-29	TM IRON TEAM	<b>00:16:10</b>	57	00:03:03		
58	<b>NOWAK Ania ,</b>	<b>155</b>		K30-39		<b>00:17:13</b>	74	00:02:09		
59	<b>TROŚCIANIEC Tomasz ,</b>	<b>139</b>	GRAJAN TEAM OŁAWA	M30-39		<b>00:16:15</b>	60	00:03:12		
60	<b>GIERES Waldemar ,</b>	<b>5</b>	PTT DELTA	M50-59	PTT DELTA	<b>00:17:31</b>	85	00:02:07		
61	<b>SKÓRCZEWSKI Marcin ,</b>	<b>25</b>		M18-29		<b>00:16:31</b>	63	00:03:13		
62	<b>GILL Daniel ,</b>	<b>167</b>	LKS OSTROMECKO	M40-49		<b>00:16:47</b>	67	00:03:00		
63	<b>ŁATKA Marcin ,</b>	<b>12</b>		M40-49		<b>00:16:50</b>	68	00:03:00		
64	<b>KNYPIŃSKI Wojciech ,</b>	<b>45</b>		M30-39		<b>00:16:41</b>	65	00:03:11		
65	<b>WASILEWSKA Agata ,</b>	<b>92</b>	AKADEMIA MISTRZÓW SPORTU	K40-49	Akademia Mistrzów Sportu	<b>00:17:01</b>	72	00:02:51		
66	<b>PRZYBYŁA Agnieszka ,</b>	<b>83</b>		K40-49		<b>00:16:38</b>	64	00:03:23		
67	<b>LICHOCKA Patrycja ,</b>	<b>154</b>	BS TRI	K18-29		<b>00:17:33</b>	86	00:02:33		
68	<b>ZAMOYSKI Piotr ,</b>	<b>56</b>		M30-39		<b>00:17:26</b>	79	00:02:43		
69	<b>GALICKI Jakub ,</b>	<b>171</b>	AKADEMIA MISTRZÓW SPORTU	M40-49		<b>00:17:07</b>	73	00:03:03		
70	<b>BRYLL Łukasz ,</b>	<b>77</b>	BKK TRI TEAM	M30-39		<b>00:17:00</b>	71	00:03:15		
71	<b>ZIELIŃSKI Maciej ,</b>	<b>88</b>	ELENSPORT.PL	M30-39	ElenSport.pl	<b>00:17:23</b>	78	00:02:58		

					Swimming	Time	Cycling	Race	Class
72	KLIMEK Przemysław ,	59	TOYOTA JAWORSKI AUTO	M18-29	00:17:23	77	00:02:59		
73	ŻELAZNY Marcin ,	38		M50-59	00:15:34	45	00:04:51		
74	MOJSIEWICZ Natalia ,	87		K18-29	00:17:29	83	00:02:56		
75	BOHDANOWICZ Jarosław ,	149	OLIMPIASPORT.PL	M60-69	00:16:57	70	00:03:30		
76	STRYCZYŃSKI Marek	71		M30-39	00:17:18	76	00:03:16		
77	GÓRNY Bartłomiej ,	13		M40-49	00:18:07	103	00:02:27		
78	KUŹMA Wojciech ,	28		M50-59	00:17:51	92	00:02:46		
79	NOWOTNIK Mariusz ,	169		M40-49	00:17:51	93	00:02:46		
80	DOROTA Dulińska ,	82	TRISPACE/TREK	K40-49	00:17:52	94	00:02:50		
81	BOIŃSKI Bartosz ,	60		M30-39	00:17:30	84	00:03:14		
82	LUDWINIAK Bogdan ,	65		M50-59	00:17:55	98	00:02:50		
83	RIINA Edoardo ,	39		M40-49	00:16:10	56	00:04:35		
84	OZOROWSKI Lukasz ,	120		M40-49	00:16:53	69	00:03:54		
85	ZEVALLOS Robert ,	58		M18-29	00:17:36	87	00:03:15		
86	RUCIŃSKI Rafał ,	8	SELEKCJA NATURALNA	M30-39	00:18:28	112	00:02:24		Selekcja Naturalna
87	CHODKIEWICZ Tomasz ,	31	GARDENFLORA MTB TEAM	M40-49	00:17:26	80	00:03:27		
88	GABRYCH Maciej ,	34	CZARNE STOPY	M40-49	00:17:54	96	00:03:05		
89	GUMIŃSKI Szymon ,	160		M30-39	00:16:46	66	00:04:13		
90	TOMASZEWSKI Mateusz ,	134	GRAJAN OŁAWA	M30-39	00:17:49	90	00:03:17		
91	KARCZEWSKI Filip ,	20		M30-39	00:18:14	106	00:02:54		
92	PACZKOWSKI Mirosław ,	32		M50-59	00:17:13	75	00:04:00		
93	MALINOWSKI Artur ,	115		M50-59	00:17:40	88	00:03:34		
94	GIEDRYS Roman ,	145		M50-59	00:17:57	100	00:03:18		
95	KLONOWSKI Mariusz ,	179	PRIMIGENIUS	M40-49	00:18:18	108	00:02:57		
96	GOŁATA Agnieszka ,	164	AKADEMIA MISTRZÓW SPORTU / BOGMAR	K40-49	00:18:17	107	00:02:58		Akademia Mistrzów Sportu/ Bogmar
97	BOROWSKI Radosław ,	40	MLKS KRAJNA SĘPÓLNO	M30-39	00:18:19	109	00:02:58		
98	WŁUDARSKI Marcin ,	128		M30-39	00:03:51	1	00:17:26		
99	CZACHOWSKI Jacek ,	176	KS OPLAWIEC	M30-39	00:18:21	110	00:02:57		
100	BUDZIK Ireneusz ,	129	PETNER TEAM	M50-59	00:18:31	113	00:02:53		
101	CIUPA Jarosław ,	80	AKADEMIA MISTRZÓW SPORTU	M50-59	00:18:01	102	00:03:24		
102	URBAŃSKI Dawid ,	97		M40-49	00:17:50	91	00:03:35		
103	LICZNIERSKA Alina ,	150	OWOCBIEGA TEAM	K40-49	00:19:24	119	00:02:06		
104	SADKIEWICZ Jacek ,	172	RACING TEAM	M50-59	00:17:56	99	00:03:40		
105	LICA Grzegorz ,	103		M40-49	00:17:54	97	00:03:55		
106	MONTOWSKI Jakub	49		M40-49	00:18:07	104	00:03:45		
107	KOLASSA Robert ,	95		M30-39	00:18:27	111	00:03:29		
108	NOWAKOWSKA Natalia ,	53		K30-39	00:19:29	122	00:02:27		
109	SURWIŁO-RUTKOWSKA Justyna ,	109	OLIMPIA SPORT	K30-39	00:17:42	89	00:04:14		
110	WOŹNIAK Radek ,	143		M30-39	00:19:24	120	00:02:33		
111	WIŚNIEWSKI Mikołaj ,	52		M40-49	00:19:31	123	00:02:42		
112	PAPIEROWSKI Piotr ,	50	ATOS	M30-39	00:18:12	105	00:04:13		
113	CHMURA Maciej ,	14	TRIATHLON KONSULTING	M40-49	00:17:52	95	00:04:40		
114	DÜCHTING Benjamin ,	36		M30-39	00:17:58	101	00:04:41		
115	MISZTELA Dariusz ,	73	PTT DELTA	M60-69	00:19:27	121	00:03:25		PTT DELTA

						Swimming	Triathlon	Cycling	Race	Class
116	<b>SOŁDYGA Paweł ,</b>	<b>96</b>	SKOWRONEKBIEGA	M40-49		<b>00:20:03</b>	127	00:02:50		
117	<b>MODZELEWSKA Maria ,</b>	<b>108</b>	TM IRON TEAM	K30-39	TM IRON TEAM	<b>00:20:10</b>	128	00:02:46		
118	<b>KOJRO Filip ,</b>	<b>48</b>	PLCK	M18-29		<b>00:16:30</b>	62	00:06:30		
119	<b>PIĄTKOWSKI Krystian ,</b>	<b>112</b>	TRIFECTA	M18-29	TRIFECTA	<b>00:18:39</b>	115	00:04:27		
120	<b>LISEWSKI Piotr ,</b>	<b>43</b>		M50-59		<b>00:19:52</b>	124	00:03:15		
121	<b>STAŃCZYK Kamil ,</b>	<b>79</b>	83 BLP	M30-39		<b>00:19:02</b>	117	00:04:23		
122	<b>WILAND Adam ,</b>	<b>101</b>		M18-29		<b>00:18:57</b>	116	00:04:29		
123	<b>PIĄTKOWSKI Mateusz ,</b>	<b>111</b>	TRIFECTA	M18-29	TRIFECTA	<b>00:17:28</b>	82	00:06:02		
124	<b>ŻYCHLIŃSKI Miłosz ,</b>	<b>17</b>	HTF LUDWIK SIKORSKI	M40-49		<b>00:20:41</b>	132	00:02:52		
125	<b>ŻEGLICZ Marek ,</b>	<b>84</b>	SPÓJNIA BIAŁE BŁOTA	M18-29		<b>00:18:38</b>	114	00:04:56		
126	<b>RUTKOWSKI Tomasz ,</b>	<b>110</b>	OLIMPIA SPORT	M30-39		<b>00:19:54</b>	125	00:03:42		
127	<b>STĘPSKA Małgosia ,</b>	<b>18</b>	B3T	K50-59		<b>00:20:25</b>	130	00:03:12		
128	<b>FIGLER Iwona ,</b>	<b>151</b>	TRISPACE/TREK	K50-59		<b>00:21:03</b>	137	00:02:39		
129	<b>PIĄTKOWSKI Mariusz ,</b>	<b>113</b>	TRIFECTA	M50-59	TRIFECTA	<b>00:19:21</b>	118	00:04:24		
130	<b>REPKA Marek ,</b>	<b>66</b>	LUPUS TEAM	M40-49		<b>00:21:20</b>	138	00:02:28		
131	<b>BŁAŻEJEWSKA Agnieszka ,</b>	<b>175</b>	TM IRON TEAM	K30-39		<b>00:20:45</b>	133	00:03:22		
132	<b>KOWALSKI Marek ,</b>	<b>85</b>	REKINY OSIELSKO	M50-59		<b>00:17:27</b>	81	00:06:41		
133	<b>TOMASZEWSKI Marcin ,</b>	<b>147</b>		M40-49		<b>00:20:57</b>	136	00:03:22		
134	<b>GARBIEC Mirosław ,</b>	<b>16</b>		M60-69		<b>00:20:46</b>	134	00:03:37		
135	<b>DWOJACZNA-CHRAPKOWSKA Anna ,</b>	<b>9</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	K30-39	Iron House Triathlon Włocławek	<b>00:20:01</b>	126	00:04:32		
136	<b>TOMAŚ Mariusz ,</b>	<b>23</b>	GRAJAN OŁAWA	M40-49		<b>00:21:36</b>	140	00:03:11		
137	<b>ZGÓRSKI Maciej ,</b>	<b>7</b>		M40-49		<b>00:20:25</b>	131	00:04:44		
138	<b>PASTWA Donata ,</b>	<b>1</b>		K50-59	TRISPACE/TREK	<b>00:21:39</b>	141	00:03:42		
139	<b>BIBIK Łukasz ,</b>	<b>75</b>	RUN DMT	M40-49		<b>00:20:22</b>	129	00:05:02		
140	<b>SZABO-MOSKAL Iga ,</b>	<b>123</b>		K50-59		<b>00:21:51</b>	142	00:03:45		
141	<b>CIESIELSKI Piotr ,</b>	<b>105</b>	TTRI SPRĘCOWO	M50-59		<b>00:20:48</b>	135	00:05:39		
142	<b>OSIŃSKI Adam ,</b>	<b>46</b>	CHŁOPAKI TO MY	M50-59		<b>00:21:33</b>	139	00:05:00		
143	<b>MORZYŃSKI Stanisław ,</b>	<b>90</b>		M40-49		<b>00:23:09</b>	144	00:03:38		
144	<b>IDZIŃSKA Natalia ,</b>	<b>78</b>	BRAK- OS.PRYWATNA	K30-39		<b>00:23:13</b>	145	00:04:11		
145	<b>FIGEL Katarzyna ,</b>	<b>15</b>	TRISPACE/TREK	K40-49	TRISPACE/TREK	<b>00:25:26</b>	152	00:02:15		
146	<b>MONTOWSKI Jan ,</b>	<b>74</b>	OPŁAWIEC	M60-69		<b>00:24:03</b>	149	00:03:57		
147	<b>DOBRZYŃSKA Ewa ,</b>	<b>54</b>		K30-39		<b>00:23:53</b>	147	00:04:33		
148	<b>CZYŻEWSKI Piotr ,</b>	<b>3</b>		M30-39		<b>00:23:44</b>	146	00:04:46		
149	<b>KLIN Paulina ,</b>	<b>69</b>		K30-39		<b>00:24:16</b>	150	00:04:15		
150	<b>SAWICKI Waldemar ,</b>	<b>22</b>		M80+		<b>00:23:57</b>	148	00:04:52		
151	<b>BŁASZKIEWICZ Marzena</b>	<b>166</b>	ENEA BYDGOSZCZ TRIATHLON	K30-39		<b>00:24:34</b>	151	00:04:30		
152	<b>ANDRZEJEWSKI Ryszard ,</b>	<b>138</b>	ZÓŁTOKRÓLEWSCY	M70-79		<b>00:22:36</b>	143	00:06:35		
153	<b>KOZŁOWSKA Małgorzata ,</b>	<b>137</b>	PTT DELTA	K40-49		<b>00:25:28</b>	153	00:04:57		
154	<b>MIKA Aldona ,</b>	<b>102</b>		K50-59		<b>00:26:14</b>	154	00:06:09		
155	<b>NOWAK Andrzej ,</b>	<b>131</b>		M60-69		<b>00:29:30</b>	155	00:06:01		
156	<b>WIŚNIEWSKI Krzysztof ,</b>	<b>127</b>	TRISPACE/TREK	M50-59	TRISPACE/TREK	<b>00:36:29</b>	156	00:04:02		
	<b>NOWAKOWSKI Marcin ,</b>	<b>114</b>	TRIFECTA	M40-49	TRIFECTA					

Total 157 results.