



METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT

Wydarzenie: Metalkas Ocean Lava Triathlon Polska
Organizator: Towarzystwo Sportowe TRI-SPORT
Data: 2022-08-21
Miejsce: Bydgoszcz
Dystans: 25.75 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 1 Fala

Punkt pomiarowy: 21,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Pływanie		T1	Rower		T2	Bieg	Czas
						P_Borowno 0.75km	Poz		R_Lidl 20km	Poz			
1	ISKRA Paweł ,	148	7PRO TEAM	M30-39		00:10:54	2	00:02:05	00:30:03	4	00:00:26		
2	BEDNARCZYK Tomasz ,	41	BIKE U UP	M30-39		00:12:19	8	00:02:02	00:30:05	5	00:00:26		
3	RYMER Jakub ,	162	ERPLAST/BOGMAR	M30-39	BOGMAR / ERPLAST	00:12:09	5	00:02:00	00:30:21	6	00:00:31		
4	MŁYŃCZAK Jakub ,	152	GVT	M18-29		00:12:16	7	00:01:59	00:31:20	11	00:00:42		
5	PTASZEK Tomasz ,	157	WANIEWSKI COACHING	M30-39		00:12:11	6	00:02:03	00:31:09	10	00:00:55		
6	ŁOPUSZYŃSKI Krzysztof ,	61	LANGE TRI COACH/H2OSHOP.PL	M30-39		00:14:20	23	00:02:11	00:29:41	1	00:00:14		
7	BISKUPSKI Cezary ,	27	TRISPACE/TREK	M30-39		00:14:12	20	00:02:01	00:29:46	2	00:00:47		
8	KOWALIKOWSKI Daniel ,	119	TM IRON TEAM	M30-39	TM IRON TEAM	00:13:34	16	00:02:07	00:30:57	8	00:00:49		
9	FRUKACZ Kamil ,	63	SPORTLEVEL TCZEW	M18-29		00:11:47	4	00:02:17	00:32:40	22	00:01:07		
10	PLUTA Gniewomir ,	118	UKS TRS SUSZ	M40-49		00:12:59	13	00:02:21	00:31:51	15	00:00:45		
11	SZEWCZUK Patryk ,	55	SPORT ZDROWIE KONDYCJA	M30-39		00:14:34	28	00:01:46	00:31:03	9	00:00:57		
12	PEKRUL Wojciech ,	153	DAWAJ KALACH TEAM / MIĘDZY TRENINGAMI	M18-29		00:12:46	12	00:02:16	00:32:22	21	00:01:02		
13	KARSKI Kacper ,	98		M18-29		00:11:32	3	00:02:34	00:33:34	39	00:00:47		
14	FÓRMANIAK Piotr ,	104	TM IRON TEAM	M40-49	TM IRON TEAM	00:13:13	14	00:02:08	00:32:05	17	00:01:13		
15	ŚLIWIŃSKI Łukasz ,	170	ERPLAST/BOGMAR	M30-39	BOGMAR / ERPLAST	00:15:35	47	00:02:00	00:30:01	3	00:01:03		
16	MAZUR Wojciech ,	158		M30-39		00:13:16	15	00:02:30	00:31:59	16	00:01:07		
17	WIĘCKOWSKI Dariusz ,	72	AKADEMIA MISTRZÓW SPORTU	M40-49	Akademia Mistrzów Sportu	00:12:41	11	00:02:19	00:33:05	28	00:00:56		
18	BARTKOWIAK Dawid ,	130		M40-49		00:14:33	27	00:02:01	00:31:48	14	00:00:47		
19	NOWAK Paweł ,	156		M40-49		00:15:34	46	00:02:10	00:30:35	7	00:00:58		
20	LICZNIERSKI Marek ,	10	OWOCBIEGATEAM	M30-39	OwocBiegaTeam	00:13:43	17	00:02:35	00:32:14	19	00:01:03		
21	ZIELINSKI Nicolas ,	91	ELENSPORT.PL SKLEPY SPORTOWE	M18-29	ElenSport.pl	00:14:00	19	00:01:55	00:32:58	25	00:00:48		
22	SUDZIŃSKI Hubert ,	42		M18-29	TRISPACE/TREK	00:15:31	44	00:02:04	00:31:37	12	00:01:00		
23	WARGACKI Piotr ,	124	TM IRON TEAM	M40-49	TM IRON TEAM	00:14:47	33	00:02:23	00:32:21	20	00:01:09		
24	BINKOWSKI Adrian ,	135	CTS/CB163	M40-49		00:15:39	49	00:01:56	00:32:13	18	00:01:10		
25	NOWICKI Bartosz ,	106	AQUA+	M30-39		00:14:44	31	00:02:32	00:32:53	23	00:00:56		
26	ŻMICH-FÓRMANIAK Joanna ,	107	TM IRON TEAM	K40-49	TM IRON TEAM	00:14:28	25	00:02:46	00:33:00	26	00:01:01		
27	PRĄDZYŃSKI Marcin ,	89	AKADEMIAMISTRZOWSPORTU	M40-49	Akademia Mistrzów Sportu	00:14:40	30	00:02:28	00:33:21	34	00:00:52		
28	GACKA Rafal ,	116	LUPUS TEAM	M40-49	LUPUS TEAM	00:15:44	52	00:02:33	00:31:46	13	00:01:28		

					Pływanie		Rower		Bieg	
29	NOWAK Martyna ,	121	3 GRAVITY	K18-29	00:12:30	9	00:02:43	00:35:23	59	00:00:56
30	BRZEZINSKI Łukasz ,	173	ASSECO ACTIVE TEAM	M30-39	00:14:47	32	00:02:37	00:33:28	35	00:01:00
31	DEPTUŁA Grzegorz ,	35	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M40-49	00:15:10	38	00:02:34	00:33:14	32	00:01:06
32	GOŁATA Wojciech ,	163	AKADEMIA MISTRZÓW SPORTU / BOGMAR	M40-49	00:15:07	37	00:01:57	00:33:54	41	00:01:09
33	SOBCZAK Marcin ,	174	ASSECO ACTIVE TEAM	M30-39	00:15:11	39	00:02:08	00:34:04	44	00:01:05
34	DUDKOWIAK Michał ,	178	DUDKOWIAK ADWOKACI	M30-39	00:14:14	21	00:02:31	00:35:07	52	00:00:42
35	DROBINSKI Daniel ,	33		M30-39	00:15:40	50	00:03:06	00:32:53	24	00:01:09
36	AUGUSTYNIAK Grzegorz ,	132	PTDELTA	M50-59	00:14:29	26	00:03:07	00:33:55	42	00:01:30
37	DULIŃSKI Bartosz ,	140	TRISPACE/TREK	M18-29	00:15:20	42	00:02:13	00:33:41	40	00:01:56
38	KOTŁOWSKI Bartosz ,	165	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	M30-39	00:15:43	51	00:02:00	00:34:29	49	00:01:02
39	MAAS Oliver ,	159	SOPREMA TEAM TSV MANNHEIM	M18-29	00:12:36	10	00:02:25	00:37:48	101	00:00:45
40	NOWAK Ania ,	155		K30-39	00:17:13	74	00:02:09	00:33:06	29	00:01:08
41	SKORECKI Aleksander ,	168	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	M30-39	00:14:34	29	00:02:41	00:35:22	58	00:01:01
42	GIERES Waldemar ,	5	PTT DELTA	M50-59	00:17:31	85	00:02:07	00:33:02	27	00:00:59
43	GÓRNY Bartosz ,	133	TRISPACE/TREK	M30-39	00:15:26	43	00:02:43	00:33:59	43	00:01:48
44	CABAJ Martyna ,	11	IM INSPIRATION	K18-29	00:14:19	22	00:02:42	00:35:28	62	00:01:29
45	BOHDANOWICZ Patrycja ,	141		K30-39	00:15:17	41	00:02:28	00:35:26	61	00:01:10
46	GILL Daniel ,	167	LKS OSTROMECKO	M40-49	00:16:47	67	00:03:00	00:33:31	38	00:01:26
47	LEWANDOWSKI Oskar ,	29		M18-29	00:15:53	54	00:02:24	00:35:09	53	00:01:30
48	ZIELIŃSKI Maciej ,	88	ELENSPORT.PL	M30-39	00:17:23	78	00:02:58	00:33:30	37	00:01:12
49	KARCZEWSKI Filip ,	20		M30-39	00:18:14	106	00:02:54	00:33:13	31	00:00:52
50	CHODKIEWICZ Tomasz ,	31	GARDENFLORA MTB TEAM	M40-49	00:17:26	80	00:03:27	00:33:10	30	00:01:19
51	WARCZAK Katarzyna ,	67	FCNB/TEAMOCHAL	K40-49	00:15:49	53	00:02:40	00:36:07	74	00:00:52
52	ZALEWSKI Marcin ,	100		M30-39	00:16:15	61	00:02:41	00:35:37	65	00:01:06
53	DAWIDOWSKI Marek ,	144	POMIMO TEAM / KARTUZY	M30-39	00:16:10	58	00:02:16	00:36:09	75	00:01:15
54	BUDZIK Ireneusz ,	129	PETNER TEAM	M50-59	00:18:31	113	00:02:53	00:33:20	33	00:01:14
55	PUZIAK Marcin ,	76		M40-49	00:15:04	35	00:02:50	00:37:18	94	00:01:05
56	HIGSON Aleksandra ,	94	DURHAM UNIVERSITY	K18-29	00:14:25	24	00:02:51	00:38:42	112	00:00:28
57	FRAĆKOWSKI Łukasz ,	4	THE TRI DOCTOR	M30-39	00:13:59	18	00:03:27	00:37:24	96	00:01:44
58	GIEDRYS Roman ,	145		M50-59	00:17:57	100	00:03:18	00:34:19	46	00:01:02
59	CIUPA Jarosław ,	80	AKADEMIA MISTRZÓW SPORTU	M50-59	00:18:01	102	00:03:24	00:33:29	36	00:02:00
60	FABROWSKI Dawid ,	125		M40-49	00:15:07	36	00:03:20	00:36:55	84	00:01:36
61	MALINOWSKA Ewelina ,	86		K40-49	00:15:36	48	00:02:18	00:37:50	102	00:01:23
62	KUŻMA Wojciech ,	28		M50-59	00:17:51	92	00:02:46	00:35:20	56	00:01:11
63	WASILEWSKA Martyna ,	93	AMS BYDGOSZCZ	K30-39	00:16:07	55	00:02:46	00:37:22	95	00:01:03
64	KNYPIŃSKI Wojciech ,	45		M30-39	00:16:41	65	00:03:11	00:35:40	66	00:01:47
65	RUCIŃSKI Rafał ,	8	SELEKCJA NATURALNA	M30-39	00:18:28	112	00:02:24	00:34:56	51	00:01:33
66	OZOROWSKI Łukasz ,	120		M40-49	00:16:53	69	00:03:54	00:35:14	55	00:01:21
67	GÓRNY Bartłomiej ,	13		M40-49	00:18:07	103	00:02:27	00:35:29	63	00:01:19
68	DOROTA Dulińska ,	82	TRISPACE/TREK	K40-49	00:17:52	94	00:02:50	00:35:36	64	00:01:05
69	WASILEWSKA Agata ,	92	AKADEMIA MISTRZÓW SPORTU	K40-49	00:17:01	72	00:02:51	00:36:28	78	00:01:09
70	SKÓRCZEWSKI Marcin ,	25		M18-29	00:16:31	63	00:03:13	00:36:03	72	00:01:43
71	WOŹNIAK Radek ,	143		M30-39	00:19:24	120	00:02:33	00:34:27	48	00:01:08

					Pływanie		Rower		Bieg	
72	TROŚCIANIEC Tomasz ,	139	GRAJAN TEAM OŁAWA	M30-39	00:16:15	60	00:03:12	00:36:10	76	00:01:56
73	NOWOTNIK Mariusz ,	169		M40-49	00:17:51	93	00:02:46	00:36:01	71	00:01:09
74	MALINOWSKI Artur ,	115		M50-59	00:17:40	88	00:03:34	00:35:11	54	00:01:27
75	PEZACKI Szymon ,	57	NIEMCZ BIKE ACADEMY	M18-29	00:15:12	40	00:03:47	00:36:38	80	00:02:16
76	STRYCZYŃSKI Marek	71		M30-39	00:17:18	76	00:03:16	00:35:41	67	00:01:44
77	KLONOWSKI Mariusz ,	179	PRIMIGENIUS	M40-49	00:18:18	108	00:02:57	00:35:23	60	00:01:26
78	PIETRZAK Agata ,	142		K30-39	00:14:57	34	00:02:57	00:38:56	115	00:01:28
79	LICHOCKA Patrycja ,	154	BS TRI	K18-29	00:17:33	86	00:02:33	00:37:15	91	00:01:07
80	MOJSIEWICZ Natalia ,	87		K18-29	00:17:29	83	00:02:56	00:36:41	81	00:01:25
81	ZAMOYSKI Piotr ,	56		M30-39	00:17:26	79	00:02:43	00:37:09	89	00:01:20
82	BRYLL Łukasz ,	77	BKK TRI TEAM	M30-39	00:17:00	71	00:03:15	00:36:58	86	00:01:26
83	SOBCZYŃSKI Michał ,	99		M30-39	00:16:12	59	00:03:01	00:37:56	104	00:01:39
84	BOROWSKI Radosław ,	40	MLKS KRAJNA SĘPÓLNO	M30-39	00:18:19	109	00:02:58	00:36:21	77	00:01:11
85	LUDWINIAK Bogdan ,	65		M50-59	00:17:55	98	00:02:50	00:36:32	79	00:01:35
86	GALICKI Jakub ,	171	AKADEMIA MISTRZÓW SPORTU	M40-49	00:17:07	73	00:03:03	00:37:16	93	00:01:26
87	PACZKOWSKI Mirosław ,	32		M50-59	00:17:13	75	00:04:00	00:36:05	73	00:01:46
88	GABRYCH Maciej ,	34	CZARNE STOPY	M40-49	00:17:54	96	00:03:05	00:37:02	88	00:01:06
89	LICZNIERSKA Alina ,	150	OWOCBIEGA TEAM	K40-49	00:19:24	119	00:02:06	00:36:44	82	00:00:53
90	LICA Grzegorz ,	103		M40-49	00:17:54	97	00:03:55	00:35:21	57	00:01:58
91	PALETA Elżbieta ,	2	TM IRON TEAM	K18-29	00:16:10	57	00:03:03	00:38:50	114	00:01:24
92	CZACHOWSKI Jacek ,	176	KS OPŁAWIEC	M30-39	00:18:21	110	00:02:57	00:37:32	97	00:00:43
93	ŻYCHLIŃSKI Miłosz ,	17	HTF LUDWIK SIKORSKI	M40-49	00:20:41	132	00:02:52	00:34:17	45	00:01:50
94	REPKA Marek ,	66	LUPUS TEAM	M40-49	00:21:20	138	00:02:28	00:34:35	50	00:01:23
95	SADKIEWICZ Jacek ,	172	RACING TEAM	M50-59	00:17:56	99	00:03:40	00:36:59	87	00:01:39
96	PRZYBYŁA Agnieszka ,	83		K40-49	00:16:38	64	00:03:23	00:39:45	124	00:00:30
97	BOHDANOWICZ Jarosław ,	149	OLIMPIASPORT.PL	M60-69	00:16:57	70	00:03:30	00:38:18	108	00:01:39
98	SOŁDYGA Paweł ,	96	SKOWRONEKBIEGA	M40-49	00:20:03	127	00:02:50	00:35:54	68	00:01:40
99	BOIŃSKI Bartosz ,	60		M30-39	00:17:30	84	00:03:14	00:37:35	98	00:02:13
100	PAPIEROWSKI Piotr ,	50	ATOS	M30-39	00:18:12	105	00:04:13	00:36:53	83	00:01:25
101	TOMASZ Mariusz ,	23	GRAJAN OŁAWA	M40-49	00:21:36	140	00:03:11	00:34:22	47	00:01:47
102	FIGLER Iwona ,	151	TRISPACE/TREK	K50-59	00:21:03	137	00:02:39	00:35:58	69	00:01:16
103	MONTOWSKI Jakub	49		M40-49	00:18:07	104	00:03:45	00:37:57	105	00:01:10
104	KLIMEK Przemysław ,	59	TOYOTA JAWORSKI AUTO	M18-29	00:17:23	77	00:02:59	00:39:35	120	00:01:03
105	GOŁATA Agnieszka ,	164	AKADEMIA MISTRZÓW SPORTU / BOGMAR	K40-49	00:18:17	107	00:02:58	00:38:28	109	00:01:29
106	CHMURA Maciej ,	14	TRIATHLON KONSULTING	M40-49	00:17:52	95	00:04:40	00:36:58	85	00:01:43
107	URBAŃSKI Dawid ,	97		M40-49	00:17:50	91	00:03:35	00:38:12	106	00:01:46
108	ZEVALLOS Robert ,	58		M18-29	00:17:36	87	00:03:15	00:39:44	123	00:00:59
109	KOLASSA Robert ,	95		M30-39	00:18:27	111	00:03:29	00:39:24	119	00:00:29
110	RIINA Edoardo ,	39		M40-49	00:16:10	56	00:04:35	00:39:41	121	00:01:31
111	ŁATKA Marcin ,	12		M40-49	00:16:50	68	00:03:00	00:40:52	129	00:01:28
112	MODZELEWSKA Maria ,	108	TM IRON TEAM	K30-39	00:20:10	128	00:02:46	00:39:03	117	00:00:27
113	ŻEGLICZ Marek ,	84	SPÓJNIA BIAŁE BŁOTA	M18-29	00:18:38	114	00:04:56	00:37:15	92	00:01:43
114	GARBIEC Mirosław ,	16		M60-69	00:20:46	134	00:03:37	00:35:59	70	00:02:11
115	RUTKOWSKI Tomasz ,	110	OLIMPIA SPORT	M30-39	00:19:54	125	00:03:42	00:37:15	90	00:01:56

					Pływanie		Rower		Bieg	
116	STĘPSKA Małgosia ,	18	B3T	K50-59	00:20:25	130	00:03:12	00:38:14	107	00:00:59
117	WŁUDARSKI Marcin ,	128		M30-39	00:03:51	1	00:17:26	00:41:15	130	00:00:43
118	TOMASZEWSKI Marcin ,	147		M40-49	00:20:57	136	00:03:22	00:37:39	99	00:01:22
119	LISEWSKI Piotr ,	43		M50-59	00:19:52	124	00:03:15	00:38:48	113	00:01:47
120	SURWIŁO-RUTKOWSKA Justyna ,	109	OLIMPIA SPORT	K30-39	00:17:42	89	00:04:14	00:40:48	128	00:01:10
121	MISZTELA Dariusz ,	73	PTT DELTA	M60-69	00:19:27	121	00:03:25	00:39:18	118	00:02:01
122	STAŃCZYK Kamil ,	79	83 BLP	M30-39	00:19:02	117	00:04:23	00:38:41	111	00:02:07
123	ŻELAZNY Marcin ,	38		M50-59	00:15:34	45	00:04:51	00:42:07	133	00:02:04
124	BŁAŻEJEWSKA Agnieszka ,	175	TM IRON TEAM	K30-39	00:20:45	133	00:03:22	00:40:17	125	00:00:35
125	ZGÓRSKI Maciej ,	7		M40-49	00:20:25	131	00:04:44	00:38:28	110	00:01:37
126	TOMASZEWSKI Mateusz ,	134	GRAJAN OŁAWA	M30-39	00:17:49	90	00:03:17	00:43:11	137	00:01:04
127	WIŚNIEWSKI Mikołaj ,	52		M40-49	00:19:31	123	00:02:42	00:42:53	136	00:00:58
128	BIBIK Łukasz ,	75	RUN DMT	M40-49	00:20:22	129	00:05:02	00:37:45	100	00:02:56
129	KOWALSKI Marek ,	85	REKINY OSIELSKO	M50-59	00:17:27	81	00:06:41	00:39:42	122	00:02:23
130	OSIŃSKI Adam ,	46	CHŁOPAKI TO MY	M50-59	00:21:33	139	00:05:00	00:37:50	103	00:01:56
131	GUMIŃSKI Szymon ,	160		M30-39	00:16:46	66	00:04:13	00:42:46	135	00:02:40
132	DWOJACZNA-CHRAPKOWSKA Anna ,	9	IRON HOUSE TRIATHLON WŁOCLAWEK	K30-39	00:20:01	126	00:04:32	00:40:40	127	00:01:59
133	NOWAKOWSKA Natalia ,	53		K30-39	00:19:29	122	00:02:27	00:44:43	141	00:00:55
134	KOJRO Filip ,	48	PLCK	M18-29	00:16:30	62	00:06:30	00:43:34	138	00:01:07
135	MORZYŃSKI Stanisław ,	90		M40-49	00:23:09	144	00:03:38	00:38:59	116	00:02:35
136	MONTOWSKI Jan ,	74	OPŁAWIEC	M60-69	00:24:03	149	00:03:57	00:40:29	126	00:00:52
137	PIĄTKOWSKI Mateusz ,	111	TRIFECTA	M18-29	00:17:28	82	00:06:02	00:45:06	143	00:00:54
138	DŪCHTING Benjamin ,	36		M30-39	00:17:58	101	00:04:41	00:45:34	146	00:01:33
139	PASTWA Donata ,	1		K50-59	00:21:39	141	00:03:42	00:43:55	140	00:01:04
140	WILAND Adam ,	101		M18-29	00:18:57	116	00:04:29	00:46:57	148	00:01:45
141	PIĄTKOWSKI Mariusz ,	113	TRIFECTA	M50-59	00:19:21	118	00:04:24	00:47:44	149	00:00:41
142	PIĄTKOWSKI Krystian ,	112	TRIFECTA	M18-29	00:18:39	115	00:04:27	00:48:34	151	00:00:40
143	FIEGEL Katarzyna ,	15	TRISPACE/TREK	K40-49	00:25:26	152	00:02:15	00:43:37	139	00:01:14
144	CZYŻEWSKI Piotr ,	3		M30-39	00:23:44	146	00:04:46	00:41:38	131	00:02:34
145	ANDRZEJEWSKI Ryszard ,	138	ŻÓŁTOKRÓLEWSCY	M70-79	00:22:36	143	00:06:35	00:42:06	132	00:01:53
146	SZABO-MOSKAL Iga ,	123		K50-59	00:21:51	142	00:03:45	00:48:03	150	00:00:56
147	KLIN Paulina ,	69		K30-39	00:24:16	150	00:04:15	00:45:30	145	00:01:19
148	DOBRZYŃSKA Ewa ,	54		K30-39	00:23:53	147	00:04:33	00:45:28	144	00:01:44
149	SAWICKI Waldemar ,	22		M80+	00:23:57	148	00:04:52	00:46:36	147	00:00:57
150	KOŻŁOWSKA Małgorzata ,	137	PTT DELTA	K40-49	00:25:28	153	00:04:57	00:44:56	142	00:01:03
151	CIESIELSKI Piotr ,	105	TTRI SPRĘCOWO	M50-59	00:20:48	135	00:05:39	00:50:03	154	00:00:35
152	BŁASZKIEWICZ Marzena	166	ENEA BYDGOSZCZ TRIATHLON	K30-39	00:24:34	151	00:04:30	00:49:34	153	00:01:02
153	IDZIŃSKA Natalia ,	78	BRAK- OS.PRYWATNA	K30-39	00:23:13	145	00:04:11	00:55:52	156	00:00:30
154	WIŚNIEWSKI Krzysztof ,	127	TRISPACE/TREK	M50-59	00:36:29	156	00:04:02	00:42:31	134	00:01:44
155	NOWAK Andrzej ,	131		M60-69	00:29:30	155	00:06:01	00:55:03	155	00:02:21
156	MIKA Aldona ,	102		K50-59	00:26:14	154	00:06:09	00:48:44	152	
	NOWAKOWSKI Marcin ,	114	TRIFECTA	M40-49						

