



# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** Metalkas Ocean Lava Triathlon Polska  
**Organiser:** Towarzystwo Sportowe TRI-SPORT  
**Date:** 2023-08-20  
**Place:** Bydgoszcz  
**Distance:** 25.75 km

Classification: 1 Fala

Split point: 0,8 km

Place	Participant	Number	Club	Category	Drużyna 1	Swimming		T1	Cycling	T2	Race	Cross
						P_Borowno 0.75km	Poz					
1	MIELOCH Artur	215	DAWAJ KALACH TEAM	M40-49		00:11:00	1	00:02:07				
2	MISZTELA Jakub	74	PTT DELTA	M18-29		00:11:22	2	00:01:38				
3	MALICKI Patryk	122		M30-39		00:11:31	3	00:03:30				
4	WASZTYL Michał	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	M30-39		00:11:42	4	00:01:53				
5	TWAROWSKI Karol	231		M40-49		00:11:50	5	00:01:57				
6	KRÓL Hubert	246	WWW.TRENERTRIATHLONU.PL	M30-39		00:12:12	6	00:02:15				
	MAAS Oliver	161	SOPREMA TEAM TSV MANNHEIM	M18-29		00:12:14	7	00:02:50				
8	RYMER Jakub	235	ERPLAST/BOGMAR	M30-39		00:12:17	8	00:02:11				
9	URBANOWSKI Włodzimierz	202	RETRO STORK TEAM	M40-49		00:12:21	9	00:03:19				
10	CIEPŁOWSKI Robert	107		M40-49		00:12:40	11	00:02:59				
11	BYCH Maciej	206	GRAJAN TRIATHLON TEAM	M40-49		00:12:40	10	00:02:35				
12	BERNACKI Mateusz	153	WANIEWSKI COACHING	M18-29		00:12:44	12	00:02:41				
13	KOWALIKOWSKI Daniel	221	TM IRON TEAM	M30-39		00:12:56	14	00:02:19				
14	FÓRMANIAK Piotr	212	TM IRON TEAM	M40-49		00:12:56	13	00:02:11				
15	KRÓL Patryk	119	TRIATHLON KONSULTING	M30-39		00:13:06	15	00:02:44				
16	PARTYKA Rafał	29	RAFAL AGAINST THE MACHINE	M40-49		00:13:09	16	00:02:21				
17	ŁOPUSZYŃSKI Krzysztof	150	TRISPACE/TREK	M40-49		00:13:15	17	00:02:10				
18	ROHDE Piotr	190	TM IRONTEAM	M18-29		00:13:22	18	00:02:26				
19	CICHOWICZ Martyna	69	PTT DELTA	K30-39		00:13:29	19	00:03:04				
20	GIERACH Jakub	248	TRISPACE/TREK	M18-29		00:13:34	20	00:02:03				
21	PRZYBYLSKI Jakub	138	KOMPUTRONIK	M40-49		00:13:40	21	00:02:15				
22	KUNDE Tomasz	253	BYDGOSZ TRIATHLON	M30-39		00:13:40	22	00:02:32				
23	SZEWCUK Patryk	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	M30-39		00:13:42	23	00:02:05				
24	ZIELINSKI Nicolas	191	SKLEP ELENSPORT.PL	M30-39		00:13:47	24	00:02:13				
25	DROBINSKI Daniel	193	ŁAPATRIRUN	M30-39		00:13:56	25	00:02:39				
26	MAJEWSKI Robert	208	#TEAMOCHAL	M40-49		00:13:56	26	00:02:32				
27	SKORECKI Aleksander	252	BYDGOSZCZ TRIATHLON TEAM	M30-39		00:13:57	28	00:02:31				

					Swimming	Triathlon	Cycling	Race	Coast
28	<b>LOOSE Anna</b>	<b>139</b>			K30-39	<b>00:13:57</b>	27	00:03:35	
29	<b>CYBULSKI Jacek</b>	<b>62</b>	SWIM2TRI		M40-49	<b>00:13:58</b>	29	00:02:17	
30	<b>ZIENKIEWICZ Janusz</b>	<b>201</b>	TRISPACE/TREK		M50-59	<b>00:13:59</b>	30	00:02:08	
31	<b>NOWAK Artur</b>	<b>8</b>			M50-59	<b>00:14:02</b>	31	00:02:14	
32	<b>SUDZIŃSKI Hubert</b>	<b>239</b>	TEAMOCHAL		M18-29	<b>00:14:03</b>	32	00:01:52	
33	<b>LICZNIERSKI Marek</b>	<b>25</b>			M30-39	<b>00:14:12</b>	33	00:02:18	
34	<b>MOLTZAN Liliana</b>	<b>174</b>			K18-29	<b>00:14:14</b>	34	00:03:19	
35	<b>GOŁATA Wojciech</b>	<b>222</b>	BOGMAR LKS OSTROMECKO		M40-49	<b>00:14:16</b>	35	00:02:10	
36	<b>KOTŁOWSKI Bartosz</b>	<b>256</b>	LKS OSTROMECKO		M30-39	<b>00:14:17</b>	36	00:01:42	
37	<b>ROHDE Łukasz</b>	<b>196</b>	TM IRONTEAM		M18-29	<b>00:14:19</b>	38	00:02:24	
38	<b>LIPIŃSKI Michał</b>	<b>137</b>	LIPA#76		M40-49	<b>00:14:19</b>	37	00:03:19	
39	<b>BASIŃSKI Łukasz</b>	<b>4</b>	ELENSPORT.PL SKLEPY SPORTOWE		M30-39	<b>00:14:20</b>	40	00:01:50	
40	<b>GIERACH Wojciech</b>	<b>247</b>	TRISPACE/TREK		M18-29	<b>00:14:20</b>	39	00:01:50	
41	<b>WITKOWSKI Mateusz</b>	<b>218</b>	WITKOWSKI PLANY TRENINGOWE		M30-39	<b>00:14:21</b>	41	00:01:56	
42	<b>DAWIDOWICZ Maciej</b>	<b>28</b>			M40-49	<b>00:14:28</b>	42	00:02:34	
43	<b>KNYPIŃSKI Wojciech</b>	<b>34</b>			M30-39	<b>00:14:28</b>	43	00:03:19	
44	<b>WIERZYŃSKI Damian</b>	<b>144</b>	TRISPACE/TREK		M30-39	<b>00:14:34</b>	45	00:01:58	
45	<b>JANUSZKIEW Piotr</b>	<b>39</b>	REBELIA UNDERGROUND TRIATHLON		M40-49	<b>00:14:34</b>	44	00:02:39	
46	<b>WNUK Mateusz</b>	<b>217</b>			M18-29	<b>00:14:41</b>	46	00:03:06	
47	<b>GUMIŃSKI Szymon</b>	<b>164</b>			M30-39	<b>00:14:46</b>	47	00:03:34	
48	<b>GACKA Rafał</b>	<b>216</b>	LUPUS TEAM		M40-49	<b>00:14:51</b>	48	00:02:39	
49	<b>KROPLEWSKI Maciej</b>	<b>251</b>	CTS		M40-49	<b>00:14:51</b>	49	00:02:54	
50	<b>ŻMICH-FÓRMANIAK Joanna</b>	<b>213</b>	TM IRONTEAM		K40-49	<b>00:14:53</b>	50	00:02:13	
51	<b>DUDKOWIAK Michał</b>	<b>240</b>	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS		M30-39	<b>00:14:55</b>	51	00:03:32	
52	<b>KUBANEK Łukasz</b>	<b>79</b>	Ł_T_R		M40-49	<b>00:14:59</b>	52	00:03:02	
53	<b>SANKOWSKA Ewelina</b>	<b>159</b>			K40-49	<b>00:15:08</b>	53	00:02:58	
54	<b>KNAPIK Karol</b>	<b>125</b>	DAWAJ KALACH TEAM		M30-39	<b>00:15:08</b>	54	00:02:45	
55	<b>YAFIMCHYK Andrei</b>	<b>142</b>	ORCA		M40-49	<b>00:15:09</b>	55	00:02:47	
56	<b>KASPEROWICZ Marcin</b>	<b>55</b>	PREDATORS 3TEAM		M40-49	<b>00:15:11</b>	56	00:02:35	
57	<b>BUGALSKI Wojciech</b>	<b>33</b>	AKADEMIA MISTRZÓW SPORTU		M40-49	<b>00:15:13</b>	57	00:03:31	
58	<b>SIEG Tymoteusz</b>	<b>219</b>			M18-29	<b>00:15:14</b>	58	00:04:50	
59	<b>GŁĄB Andrzej</b>	<b>197</b>	WANIEWSKI COACHING		M50-59	<b>00:15:16</b>	59	00:02:40	
60	<b>GRZESIAK Patryk</b>	<b>102</b>	ARTURKUREK.PRO		M40-49	<b>00:15:17</b>	60	00:03:10	
61	<b>ŁATKA Marcin</b>	<b>5</b>			M40-49	<b>00:15:18</b>	61	00:02:57	
62	<b>KRÓL Maciej</b>	<b>210</b>	#CHMURACOACHING		M50-59	<b>00:15:21</b>	62	00:02:41	
63	<b>ZALEWSKI Marcin</b>	<b>41</b>			M30-39	<b>00:15:26</b>	64	00:02:47	
64	<b>TURZYŃSKI Jarosław</b>	<b>94</b>	HOLY TRIATHLON TEAM		M30-39	<b>00:15:26</b>	63	00:03:28	
65	<b>SOBCZYŃSKI Michał</b>	<b>200</b>			M30-39	<b>00:15:28</b>	65	00:03:44	
66	<b>GRĄBCZEWSKI Sławomir</b>	<b>185</b>			M30-39	<b>00:15:31</b>	66	00:04:07	
67	<b>PALETA Elżbieta</b>	<b>187</b>	TM IRON TEAM		K18-29	<b>00:15:32</b>	67	00:02:42	
68	<b>NAPIERAŁA Mikołaj</b>	<b>58</b>	TEAMOCHAL		M30-39	<b>00:15:32</b>	68	00:03:07	
69	<b>SOBCZAK Marcin</b>	<b>104</b>	ASSECO ACTIVE TEAM		M40-49	<b>00:15:36</b>	69	00:02:41	
70	<b>TUROWSKI Maciej</b>	<b>133</b>			M30-39	<b>00:15:37</b>	70	00:03:48	
71	<b>SIUDA Marek</b>	<b>43</b>			M50-59	<b>00:15:40</b>	71	00:03:51	

						Swimming	Triathlon	Cycling	Race	Class
72	<b>RUSZKOWSKI Wiktor</b>	<b>128</b>			M30-39	<b>00:15:42</b>	72	00:04:14		
73	<b>ŻELAZNY Marcin</b>	<b>27</b>			M50-59	<b>00:15:48</b>	73	00:03:52		
74	<b>BOIŃSKI Bartosz</b>	<b>234</b>	TM IRON TEAM		M30-39	<b>00:15:49</b>	74	00:02:34		
75	<b>ŁABĘDZKI Maciej</b>	<b>38</b>	TRISPACE/TREK		M30-39	<b>00:15:50</b>	75	00:03:12	TRISPACE/TREK	
76	<b>DADEJ Rafał</b>	<b>184</b>	PIASKIEM W RAKA		M40-49	<b>00:15:51</b>	76	00:02:40		
77	<b>ZAJĄKAŁA Wojciech</b>	<b>188</b>			M18-29	<b>00:15:58</b>	77	00:03:11		
78	<b>DULAT Roland</b>	<b>254</b>	LKS OSTROMECKO		M30-39	<b>00:15:58</b>	78	00:03:57		
79	<b>BOROWSKI Radosław</b>	<b>89</b>	MLKS KRAJNA SĘPÓLNO		M30-39	<b>00:16:00</b>	79	00:02:49		
80	<b>NOWOTNIK Mariusz</b>	<b>97</b>			M40-49	<b>00:16:00</b>	80	00:02:57		
81	<b>DOLIŃSKI Dawid</b>	<b>81</b>			M40-49	<b>00:16:01</b>	81	00:04:41		
82	<b>SKOŁOZDRZYCH Iwona</b>	<b>1</b>			K30-39	<b>00:16:03</b>	82	00:03:48		
83	<b>HUZARSKI Amadeusz</b>	<b>130</b>	AKADEMIA MISTRZÓW SPORTU		M18-29	<b>00:16:04</b>	83	00:02:06		
84	<b>MAŃCZAK Wawrzyniec</b>	<b>152</b>	ENDURE TEAM		M70-79	<b>00:16:08</b>	84	00:08:34		
85	<b>SZCZEŚNIAK Szymon</b>	<b>180</b>	SUCHOLESKIE NIEDŹWIEDZIE		M30-39	<b>00:16:09</b>	85	00:03:13		
86	<b>PIEKUT Aleksandra</b>	<b>237</b>	BRZEZIŃSKI RUN CLUB		K30-39	<b>00:16:15</b>	86	00:02:27		
87	<b>PODLASIŃSKI Tomasz</b>	<b>140</b>	BAYERLIFETEAM		M50-59	<b>00:16:15</b>	87	00:03:42		
88	<b>STĘPIEŃ Tomasz</b>	<b>54</b>			M40-49	<b>00:16:19</b>	88	00:03:42		
89	<b>MICHALIK Joanna</b>	<b>147</b>			K40-49	<b>00:16:23</b>	90	00:03:23		
90	<b>BRYLL Łukasz</b>	<b>45</b>	FORTIS SAGITTA TEAM		M40-49	<b>00:16:23</b>	89	00:03:03		
91	<b>DOMBROWSKI Patryk</b>	<b>113</b>			M30-39	<b>00:16:24</b>	92	00:02:46		
92	<b>SZYMCZAK Elwira</b>	<b>151</b>			K18-29	<b>00:16:24</b>	91	00:03:43		
93	<b>KUBALEWSKI Krzysztof</b>	<b>127</b>			M30-39	<b>00:16:26</b>	93	00:05:07		
94	<b>GMOSIŃSKI Tomasz</b>	<b>199</b>	CSU RACING TEAM BYDGOSZCZ		M40-49	<b>00:16:33</b>	94	00:04:10		
95	<b>KOCZOROWSKA Kamila</b>	<b>11</b>			K30-39	<b>00:16:37</b>	95	00:03:53		
96	<b>MORDAKA Maciej</b>	<b>3</b>			M40-49	<b>00:16:39</b>	96	00:03:32		
97	<b>MIŚ Filip</b>	<b>162</b>	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA		M18-29	<b>00:16:42</b>	97	00:03:30		
98	<b>MOSUR-GALICKA Angelina</b>	<b>9</b>	AKADEMIA MISTRZÓW SPORTU		K50-59	<b>00:16:43</b>	99	00:04:38		
99	<b>CHODKIEWICZ Tomasz</b>	<b>31</b>	GARDEN FLORA MTB TEAM		M40-49	<b>00:16:43</b>	98	00:03:15		
100	<b>BUDZIK Ireneusz</b>	<b>226</b>			M50-59	<b>00:16:45</b>	100	00:02:49		
101	<b>LIPCZYŃSKI Tomasz</b>	<b>64</b>	AKTYWNIEM UZALEŻNIAMY PŁOCK		M30-39	<b>00:16:47</b>	101	00:04:35		
102	<b>TRZOPEK Grzegorz</b>	<b>192</b>			M40-49	<b>00:16:51</b>	102	00:03:58		
103	<b>CHROMIŃSKI Fabian</b>	<b>32</b>			M30-39	<b>00:16:53</b>	104	00:03:30		
104	<b>ŚWIERCZYŃSKI Marcin</b>	<b>36</b>	ATHLETICOMED.PL BYDGOSZCZ		M30-39	<b>00:16:53</b>	103	00:02:08		
105	<b>RYMARKIEWICZ Małgorzata</b>	<b>230</b>	TM IRONTEAM		K40-49	<b>00:16:55</b>	105	00:02:41		
106	<b>MOJSIEWICZ Natalia</b>	<b>227</b>			K18-29	<b>00:16:59</b>	107	00:03:03		
107	<b>WAŁĘZA Hubert</b>	<b>17</b>			M30-39	<b>00:16:59</b>	106	00:03:14		
108	<b>BRZEZINSKI Łukasz</b>	<b>105</b>	ASSECO ACTIVE TEAM		M30-39	<b>00:17:00</b>	108	00:02:56		
109	<b>KOTOŃSKI Damian</b>	<b>175</b>			M30-39	<b>00:17:01</b>	110	00:03:08		
110	<b>PALUCH Jan</b>	<b>203</b>	TRIATHLON KONSULTING		M18-29	<b>00:17:01</b>	109	00:03:13		
111	<b>MOSKAL Przemysław</b>	<b>145</b>			M18-29	<b>00:17:01</b>	111	00:03:32		
112	<b>LUKOWSKI Grzegorz</b>	<b>72</b>	RODZINNY TEAM ŚRODKOWA		M40-49	<b>00:17:06</b>	112	00:03:59		
113	<b>KWAPIŃSKI Damian</b>	<b>49</b>	TEAMOCHAL		M40-49	<b>00:17:08</b>	113	00:02:54		
114	<b>KOPIŃSKA - KRÓL Magdalena</b>	<b>211</b>	#CHMURACOACHING		K40-49	<b>00:17:12</b>	115	00:02:55		

						Swimming	Triathlon	Cycling	Race	Time
115	<b>MAKSYMOWICZ Agata</b>	<b>85</b>			K40-49	<b>00:17:12</b>	116	00:06:10		
116	<b>KRYGER Wojciech</b>	<b>220</b>	AJM TEAM		M40-49	<b>00:17:12</b>	114	00:04:08		
117	<b>CHOLEWCZYŃSKI Damian</b>	<b>232</b>	TM IRON TEAM		M30-39	<b>00:17:14</b>	117	00:03:01		
118	<b>SADKIEWICZ Jacek</b>	<b>225</b>	RACING TEAM		M50-59	<b>00:17:14</b>	118	00:03:50		
119	<b>CYNOWSKI Krzysztof</b>	<b>10</b>	CYNA		M40-49	<b>00:17:18</b>	120	00:02:57		
120	<b>CYBULSKI Paweł</b>	<b>160</b>			M30-39	<b>00:17:18</b>	119	00:03:11		
121	<b>PRZYBYTKOWSKI Marek</b>	<b>52</b>	ELENSPORT.PL SKLEPY SPORTOWE		M30-39	<b>00:17:20</b>	121	00:02:30		
122	<b>WOŹNIAK Anna</b>	<b>205</b>	TM IRON TEAM		K40-49	<b>00:17:22</b>	123	00:03:10		
123	<b>KOWALSKI Piotr</b>	<b>76</b>			M50-59	<b>00:17:22</b>	122	00:03:43		
124	<b>GIEDRYS Roman</b>	<b>73</b>			M50-59	<b>00:17:23</b>	124	00:03:22		
125	<b>GABRYCH Maciej</b>	<b>24</b>	CZARNE STOPY		M40-49	<b>00:17:31</b>	125	00:03:07		
126	<b>JARLACZYŃSKA Hanna</b>	<b>242</b>			K18-29	<b>00:17:32</b>	126	00:03:02		
127	<b>ZIELIŃSKI Radosław</b>	<b>2</b>			M30-39	<b>00:17:33</b>	127	00:03:30		
128	<b>OZOROWSKI Lukasz</b>	<b>204</b>			M40-49	<b>00:17:38</b>	129	00:03:38		
129	<b>KWIATKOWSKI Piotr</b>	<b>165</b>			M30-39	<b>00:17:38</b>	128	00:04:35		
130	<b>MAJDA Adrian</b>	<b>121</b>			M30-39	<b>00:17:43</b>	130	00:03:06		
131	<b>CHMURA Maciej</b>	<b>101</b>	TRIATHLON CONSULTING		M40-49	<b>00:17:46</b>	131	00:03:35		
132	<b>BEM Wojciech</b>	<b>194</b>			M30-39	<b>00:17:46</b>	132	00:03:37		
133	<b>STAŃCZYK Kamil</b>	<b>181</b>	8. K-PBOT		M30-39	<b>00:17:47</b>	133	00:03:49		
134	<b>GÓRNY Bartłomiej</b>	<b>63</b>			M40-49	<b>00:17:48</b>	134	00:02:34		
135	<b>RUSZKOWSKA Agnieszka</b>	<b>126</b>			K30-39	<b>00:17:50</b>	135	00:03:18		
136	<b>TYMIŃSKI Dariusz</b>	<b>172</b>	PTT DELTA		M50-59	<b>00:17:51</b>	136	00:02:11		
137	<b>STĘPIEŃ Michał</b>	<b>116</b>			M30-39	<b>00:17:51</b>	137	00:03:55		
138	<b>GRUBICH Arkadiusz</b>	<b>244</b>			M40-49	<b>00:17:51</b>	138	00:03:09		
139	<b>HAJŁASZ Marcin</b>	<b>129</b>			M30-39	<b>00:17:53</b>	139	00:04:28		
140	<b>URBAŃSKI Dawid</b>	<b>110</b>			M40-49	<b>00:17:56</b>	140	00:04:03		
141	<b>TIETZ Natalia</b>	<b>70</b>	STAJNIA PEGAZA STAWY		K30-39	<b>00:17:56</b>	141	00:03:42		
142	<b>LUDWINIAK Bogdan</b>	<b>111</b>			M50-59	<b>00:17:59</b>	142	00:02:57		
143	<b>BAUMGART Jacek</b>	<b>195</b>	BIEGAJ Z DĘBAMI		M60-69	<b>00:18:02</b>	143	00:04:33		
144	<b>KARCZEWSKI Filip</b>	<b>18</b>			M40-49	<b>00:18:03</b>	144	00:03:04		
145	<b>WEGNER Patrycja</b>	<b>186</b>	SZOGUN TEAM		K30-39	<b>00:18:12</b>	145	00:03:06		
146	<b>PAPIEROWSKI Piotr</b>	<b>40</b>	ATOS		M30-39	<b>00:18:15</b>	146	00:04:03		
147	<b>MROTEK Katarzyna</b>	<b>112</b>	AKADEMIA MISTRZÓW SPORTU		K40-49	<b>00:18:19</b>	148	00:03:37		
148	<b>ANDRZEJEWSKA Sylwia</b>	<b>238</b>	TEAMOCHAL		K30-39	<b>00:18:19</b>	147	00:02:49		
149	<b>ROMAN Krzysztof</b>	<b>93</b>			M40-49	<b>00:18:23</b>	149	00:03:59		
150	<b>HRYNIEWICZ Agnieszka</b>	<b>50</b>			K40-49	<b>00:18:24</b>	150	00:05:03		
151	<b>CICHOŃSKA-BAZAK Marzena</b>	<b>163</b>			K50-59	<b>00:18:25</b>	151	00:03:14		
152	<b>SOŁDYGA Paweł</b>	<b>257</b>	SKOWRONEKBIEGA		M40-49	<b>00:18:26</b>	152	00:02:53		
153	<b>GILL Daniel</b>	<b>249</b>	LKS OSTROMECKO		M40-49	<b>00:18:28</b>	153	00:03:07		
154	<b>RUCIŃSKI Rafał</b>	<b>22</b>	SELEKCJA NATURALNA		M30-39	<b>00:18:30</b>	154	00:02:38		
155	<b>MIKOŁAJCZAK Artur</b>	<b>178</b>			M40-49	<b>00:18:34</b>	155	00:03:32		
156	<b>ANTOSIK Patryk</b>	<b>66</b>	CSWLĄD POZNAŃ		M30-39	<b>00:18:36</b>	157	00:03:39		
157	<b>OSAK Paweł</b>	<b>19</b>			M30-39	<b>00:18:36</b>	156	00:03:48		
158	<b>STRYCZYŃSKI Marek</b>	<b>26</b>	TRISPACE/TREK		M30-39	<b>00:18:37</b>	159	00:03:22		

				Swimming	Time	Cycling	Race	Class
159	<b>STYPCZYŃSKI Jan</b>	<b>154</b>		M18-29	<b>00:18:37</b>	158	00:02:54	
160	<b>SKORUPSKA Ewa</b>	<b>189</b>	OWOCBIEGA	K30-39	<b>00:18:39</b>	160	00:03:12	
161	<b>OSTROWSKI Rafał</b>	<b>68</b>	AKTYWNIEM UZALEŻNIAMY PŁOCK	M40-49	<b>00:18:41</b>	161	00:06:14	
162	<b>KUKLISOVA Gabriela</b>	<b>15</b>		K40-49	<b>00:18:44</b>	162	00:04:12	
163	<b>KOLASSA Robert</b>	<b>42</b>		M30-39	<b>00:18:49</b>	163	00:03:42	
164	<b>MICHALEWSKI Bartosz</b>	<b>207</b>	SOLANO	M40-49	<b>00:18:50</b>	165	00:05:01	
165	<b>ROBACZEK Andrzej</b>	<b>170</b>		M40-49	<b>00:18:50</b>	164	00:04:07	
166	<b>LISEWSKI Piotr</b>	<b>100</b>		M60-69	<b>00:18:51</b>	166	00:03:26	
167	<b>SZEWS Marek</b>	<b>136</b>	AKADEMIA MISTRZÓW SPORTU	M50-59	<b>00:18:52</b>	167	00:02:52	
168	<b>MICHALAK Agata</b>	<b>177</b>		K18-29	<b>00:18:55</b>	168	00:03:16	
169	<b>STYPCZYŃSKA Natalia</b>	<b>198</b>	TRISPACE	K30-39	<b>00:18:59</b>	169	00:03:14	
170	<b>CEGLARSKA Inga</b>	<b>258</b>	N-BIKE	K40-49	<b>00:19:03</b>	170	00:03:56	
171	<b>KUŻMA Wojtek</b>	<b>6</b>		M50-59	<b>00:19:11</b>	171	00:03:00	
172	<b>JASIECKI Milan</b>	<b>173</b>	ENDURE TEAM	M18-29	<b>00:19:26</b>	172	00:04:57	
173	<b>WINIECKA Martyna</b>	<b>59</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	K18-29	<b>00:19:33</b>	173	00:03:14	
174	<b>RĄCZKOWSKI Daniel</b>	<b>117</b>	AKTYWNIEM UZALEŻNIAMY PŁOCK	M30-39	<b>00:19:36</b>	174	00:04:46	
175	<b>WOŹNIAK Radek</b>	<b>123</b>		M40-49	<b>00:19:39</b>	176	00:04:06	
176	<b>NIEDŹWIEDZKI Arkadiusz</b>	<b>148</b>	SMARUJ NA TRENING	M40-49	<b>00:19:39</b>	175	00:03:25	
177	<b>OLSZEWSKI Daniel</b>	<b>169</b>		M30-39	<b>00:19:42</b>	177	00:04:08	
178	<b>DOMEK Katarzyna</b>	<b>46</b>		K30-39	<b>00:19:43</b>	178	00:03:41	
179	<b>TOPOLSKI Kamil</b>	<b>146</b>		M18-29	<b>00:19:44</b>	179	00:04:40	
180	<b>MAŁKIŃSKI Józef</b>	<b>84</b>		M60-69	<b>00:19:46</b>	180	00:03:36	
181	<b>DOLATA Łukasz</b>	<b>135</b>		M40-49	<b>00:19:48</b>	181	00:04:45	
182	<b>DWOJACZNA-CHRAPKOWSKA Anna</b>	<b>13</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	K40-49	<b>00:19:49</b>	183	00:03:34	
183	<b>GRZEGOROWSKI Jan</b>	<b>134</b>	JKG	M30-39	<b>00:19:49</b>	184	00:04:03	
184	<b>SERWACKI Dawid</b>	<b>99</b>		M30-39	<b>00:19:49</b>	182	00:04:51	
185	<b>URBAŃSKI Daniel</b>	<b>91</b>		M40-49	<b>00:19:54</b>	185	00:06:22	
186	<b>WAWRZYŃSKI Dominik</b>	<b>53</b>	TAVERNA NAKŁO	M18-29	<b>00:20:02</b>	186	00:03:24	
187	<b>BABIAK Jakub</b>	<b>228</b>	ENDURE TEAM	M40-49	<b>00:20:05</b>	187	00:04:22	
188	<b>STĘPSKA Małgosia</b>	<b>61</b>	ŻELKI Z KRAKOWA	K50-59	<b>00:20:09</b>	188	00:03:19	
189	<b>DOŁKOWSKA Monika</b>	<b>106</b>	TM IRON TEAM	K30-39	<b>00:20:14</b>	189	00:03:22	
190	<b>SZYMCZAK Krzysztof</b>	<b>88</b>	SYSTEM 11	M50-59	<b>00:20:25</b>	190	00:03:32	
191	<b>BŁĄŻEJEWSKA Agnieszka</b>	<b>60</b>	TM IRON TEAM	K30-39	<b>00:20:31</b>	192	00:04:01	
192	<b>NOWAK Bartłomiej</b>	<b>214</b>	FORGE YOUR FUTURE	M40-49	<b>00:20:31</b>	191	00:05:14	
193	<b>SZUKALSKI Michał</b>	<b>14</b>		M40-49	<b>00:20:38</b>	193	00:03:52	
194	<b>GUZIK Krzysztof</b>	<b>141</b>		M30-39	<b>00:20:42</b>	194	00:03:06	
195	<b>LICZNIERSKA Alina</b>	<b>56</b>	OWOCBIEGA TEAM	K40-49	<b>00:20:46</b>	195	00:02:31	
196	<b>STELMACH Patrycja</b>	<b>233</b>	TEAMOCHAL	K30-39	<b>00:20:53</b>	197	00:03:41	
197	<b>PEC Anna</b>	<b>90</b>	SKS OBORNIKI	K50-59	<b>00:20:53</b>	196	00:04:31	
198	<b>BOGALECKI Marek</b>	<b>209</b>	KS SOKÓŁ ZBLEWO	M60-69	<b>00:20:55</b>	198	00:06:17	
199	<b>DUDKOWIAK Martyna</b>	<b>241</b>	DUDKOWIAK FAMILY LAWYERS	K30-39	<b>00:20:58</b>	199	00:04:25	
200	<b>SZABO-MOSKAL Jadwiga</b>	<b>168</b>		K50-59	<b>00:21:00</b>	200	00:04:05	
201	<b>BINKOWSKI Czarek</b>	<b>255</b>	LKS OSTROMECKO	M50-59	<b>00:21:03</b>	201	00:05:14	
202	<b>REPKA Marek</b>	<b>166</b>	LUPUS TEAM	M50-59	<b>00:21:06</b>	202	00:02:49	

				Swimming	T1	Cycling	T2	Race	Czas
203	<b>BAGNIEWSKA Sandra</b>	<b>48</b>		K30-39	<b>00:21:42</b>	203	00:03:44		
204	<b>BUCZKO Michał</b>	<b>109</b>		M40-49	<b>00:21:47</b>	204	00:04:08		
205	<b>SKÓRCZEWSKI Jacek</b>	<b>124</b>		M60-69	<b>00:22:02</b>	205	00:05:09		
206	<b>DOBRZYŃSKA Ewa</b>	<b>47</b>		K30-39	<b>00:22:10</b>	206	00:03:26		
207	<b>CIESIELSKI Piotr</b>	<b>183</b>		M50-59	<b>00:22:12</b>	207	00:05:21		
208	<b>MIECZKOWSKA-LAPKE Weronika</b>	<b>118</b>		K30-39	<b>00:22:14</b>	208	00:04:31		
209	<b>NIEDŹWIEDZKA Agata</b>	<b>149</b>	SMARUJ NA TRENING	K30-39	<b>00:22:15</b>	209	00:03:53		
210	<b>WUJEK Magdalena</b>	<b>77</b>		K40-49	<b>00:22:25</b>	210	00:04:05		
211	<b>POBOC Przemysław</b>	<b>155</b>		M50-59	<b>00:22:40</b>	211	00:04:10		
212	<b>PACZKOWSKA-PAPCZYŃSKA Joanna</b>	<b>30</b>	TRISPACE/TREK	K30-39	<b>00:22:43</b>	212	00:03:58		
213	<b>WRÓBEL Sebastian</b>	<b>243</b>	CYKLO BYDGOSZCZ	M40-49	<b>00:22:45</b>	213	00:03:09		
214	<b>NOSIADEK Marta</b>	<b>78</b>	CROSS-SPORT	K30-39	<b>00:22:47</b>	214	00:05:47		
215	<b>CZYŻEWSKI Piotr</b>	<b>20</b>		M40-49	<b>00:22:57</b>	215	00:05:24		
216	<b>WIŚNIEWSKA Lucyna</b>	<b>16</b>	TRISPACE/TREK	K50-59	<b>00:23:12</b>	216	00:04:18		
217	<b>MONTOWSKI Jan</b>	<b>132</b>	KLUB OPŁAWIEC	M60-69	<b>00:23:15</b>	217	00:04:54		
218	<b>WOROSZYŁO Monika</b>	<b>114</b>	RYKOWISKO	K40-49	<b>00:23:31</b>	218	00:09:28		
219	<b>ŚWIADEK Hubert</b>	<b>67</b>		M30-39	<b>00:24:14</b>	219	00:04:39		
220	<b>LEWANDOWSKA Larysa</b>	<b>229</b>	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	K18-29	<b>00:24:18</b>	220	00:04:28		
221	<b>SAWICKI Waldemar</b>	<b>83</b>		M80+	<b>00:25:33</b>	221	00:05:44		
222	<b>MIKA Aldona</b>	<b>82</b>		K50-59	<b>00:25:53</b>	222	00:07:55		
223	<b>PANTKOWSKI Adam</b>	<b>143</b>		M40-49	<b>00:26:21</b>	223	00:04:41		
224	<b>KWIATKOWSKI Roman</b>	<b>115</b>		M60-69	<b>00:26:40</b>	224	00:07:19		
225	<b>SŁOWIŃSKI Sławek</b>	<b>157</b>		M40-49	<b>00:28:40</b>	225	00:05:19		
226	<b>WIŚNIEWSKI Krzysztof</b>	<b>7</b>	TRISPACE/TREK	M50-59	<b>00:30:28</b>	226	00:05:26		
227	<b>IGNASIAK Bernadeta</b>	<b>158</b>		K40-49	<b>00:33:55</b>	227	00:03:55		
228	<b>KOZIK Anna</b>	<b>156</b>		K50-59	<b>00:34:33</b>	228	00:05:37		

Total 228 results.