



METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Split point: 21,0 km

Place	Participant	Number	Club	Category	Drużyna 1	Swimming		T1	Cycling		T2	Race	Czas
						P_Borowno 0.75km	Poz		R_Lidl 20km	Poz			
1	MIELOCH Artur	215	DAWAJ KALACH TEAM	M40-49		00:11:00	1	00:02:07	00:28:38	10	00:00:36		
2	RYMER Jakub	235	ERPLAST/BOGMAR	M30-39		00:12:17	8	00:02:11	00:28:06	6	00:00:53		
3	ŁOPUSZYŃSKI Krzysztof	150	TRISPACE/TREK	M40-49		00:13:15	17	00:02:10	00:27:32	2	00:00:36		
4	MISZTELA Jakub	74	PTT DELTA	M18-29		00:11:22	2	00:01:38	00:30:17	30	00:00:30		
5	PRZYBYLSKI Jakub	138	KOMPUTRONIK	M40-49		00:13:40	21	00:02:15	00:27:28	1	00:00:59		
6	FÓRMANIAK Piotr	212	TM IRON TEAM	M40-49		00:12:56	13	00:02:11	00:28:30	9	00:00:46		
7	BASIŃSKI Łukasz	4	ELENSPORT.PL SKLEPY SPORTOWE	M30-39		00:14:20	40	00:01:50	00:27:57	4	00:00:45		
8	WASZTYL Michał	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	M30-39		00:11:42	4	00:01:53	00:30:26	32	00:00:56		
9	PARTYKA Rafał	29	RAFAL AGAINST THE MACHINE	M40-49		00:13:09	16	00:02:21	00:28:19	8	00:01:09		
10	DROBINSKI Daniel	193	ŁAPATRIRUN	M30-39		00:13:56	25	00:02:39	00:28:00	5	00:00:53		
11	WIERZYŃSKI Damian	144	TRISPACE/TREK	M30-39		00:14:34	45	00:01:58	00:28:08	7	00:00:57		
12	SZEWCZUK Patryk	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	M30-39		00:13:42	23	00:02:05	00:28:58	11	00:00:58		
13	KRÓL Hubert	246	WWW.TRENERTRIATHLONU.PL	M30-39		00:12:12	6	00:02:15	00:30:39	39	00:00:47		
14	ZIENKIEWICZ Janusz	201	TRISPACE/TREK	M50-59		00:13:59	30	00:02:08	00:29:06	12	00:00:47		
15	TWAROWSKI Karol	231		M40-49		00:11:50	5	00:01:57	00:31:09	57	00:01:11		
16	GIERACH Wojciech	247	TRISPACE/TREK	M18-29		00:14:20	39	00:01:50	00:29:15	14	00:00:43		
17	SUDZIŃSKI Hubert	239	TEAMOCHAL	M18-29		00:14:03	32	00:01:52	00:29:24	16	00:00:57		
18	KOTŁOWSKI Bartosz	256	LKS OSTROMECKO	M30-39		00:14:17	36	00:01:42	00:29:10	13	00:01:11		

					Swimming		T1	Cycling		T2	Race	Class
19	URBANOWSKI Włodzimierz	202	RETRO STORK TEAM		M40-49	00:12:21	9	00:03:19	00:30:04	27	00:00:51	
20	ZIELINSKI Nicolas	191	SKLEP ELENSPORT.PL		M30-39	00:13:47	24	00:02:13	00:30:08	28	00:00:47	
21	KOWALIKOWSKI Daniel	221	TM IRON TEAM		M30-39	00:12:56	14	00:02:19	00:30:36	37	00:01:05	
22	MAJEWSKI Robert	208	#TEAMOCHAL		M40-49	00:13:56	26	00:02:32	00:29:25	18	00:01:07	
23	CYBULSKI Jacek	62	SWIM2TRI		M40-49	00:13:58	29	00:02:17	00:29:47	24	00:01:09	
24	KUBANEK Łukasz	79	Ł_T_R		M40-49	00:14:59	52	00:03:02	00:27:42	3	00:01:42	
25	WITKOWSKI Mateusz	218	WITKOWSKI PLANY TRENINGOWE		M30-39	00:14:21	41	00:01:56	00:30:14	29	00:00:59	
26	DAWIDOWICZ Maciej	28			M40-49	00:14:28	42	00:02:34	00:29:37	21	00:00:51	
27	GOŁATA Wojciech	222	BOGMAR LKS OSTROMECKO		M40-49	00:14:16	35	00:02:10	00:30:25	31	00:00:54	
28	NOWAK Artur	8			M50-59	00:14:02	31	00:02:14	00:30:57	49	00:00:49	
29	LICZNIERSKI Marek	25			M30-39	00:14:12	33	00:02:18	00:30:28	34	00:01:08	
30	BYCH Maciej	206	GRAJAN TRIATHLON TEAM		M40-49	00:12:40	10	00:02:35	00:31:49	73	00:01:07	
31	ROHDE Piotr	190	TM IRONTEAM		M18-29	00:13:22	18	00:02:26	00:31:35	68	00:00:55	
32	SKORECKI Aleksander	252	BYDGOSZCZ TRIATHLON TEAM		M30-39	00:13:57	28	00:02:31	00:31:07	56	00:00:49	
33	GACKA Rafał	216	LUPUS TEAM		M40-49	00:14:51	48	00:02:39	00:30:01	26	00:01:02	
34	GIERACH Jakub	248	TRISPACE/TREK		M18-29	00:13:34	20	00:02:03	00:32:04	77	00:00:54	
35	ROHDE Łukasz	196	TM IRONTEAM		M18-29	00:14:19	38	00:02:24	00:31:04	53	00:00:57	
36	ŻMICH-FÓRMANIAK Joanna	213	TM IRONTEAM		K40-49	00:14:53	50	00:02:13	00:30:53	46	00:00:50	
37	KRÓL Maciej	210	#CHMURACOACHING		M50-59	00:15:21	62	00:02:41	00:29:45	23	00:01:18	
38	BERNACKI Mateusz	153	WANIEWSKI COACHING		M18-29	00:12:44	12	00:02:41	00:32:45	91	00:01:00	
39	KROPLEWSKI Maciej	251	CTS		M40-49	00:14:51	49	00:02:54	00:30:40	40	00:00:48	
40	JANUSZKIEW Piotr	39	REBELIA UNDERGROUND TRIATHLON		M40-49	00:14:34	44	00:02:39	00:31:11	58	00:00:54	
41	MALICKI Patryk	122			M30-39	00:11:31	3	00:03:30	00:33:36	114	00:00:47	
42	BUGALSKI Wojciech	33	AKADEMIA MISTRZÓW SPORTU		M40-49	00:15:13	57	00:03:31	00:29:40	22	00:01:09	
43	KNAPIK Karol	125	DAWAJ KALACH TEAM		M30-39	00:15:08	54	00:02:45	00:30:54	48	00:00:47	
44	PIEKUT Aleksandra	237	BRZEZIŃSKI RUN CLUB		K30-39	00:16:15	86	00:02:27	00:29:33	20	00:01:20	
45	KRÓL Patryk	119	TRIATHLON KONSULTING		M30-39	00:13:06	15	00:02:44	00:32:53	100	00:01:00	
46	KWAPIŃSKI Damian	49	TEAMOCHAL		M40-49	00:17:08	113	00:02:54	00:29:25	17	00:00:53	
47	CIEPŁOWSKI Robert	107			M40-49	00:12:40	11	00:02:59	00:33:28	112	00:01:26	
48	PALETA Elżbieta	187	TM IRON TEAM		K18-29	00:15:32	67	00:02:42	00:31:21	63	00:01:00	

					Swimming		Cycling		Race	
					Time	Rank	Time	Rank	Time	Rank
49	LIPIŃSKI Michał	137	LIPA#76	M40-49	00:14:19	37	00:03:19	00:31:45	72	00:01:15
50	BOROWSKI Radosław	89	MLKS KRAJNA SĘPÓLNO	M30-39	00:16:00	79	00:02:49	00:30:50	44	00:01:00
51	NAPIERAŁA Mikołaj	58	TEAMOCHAL	M30-39	00:15:32	68	00:03:07	00:30:47	43	00:01:22
52	GRZESIAK Patryk	102	ARTURKUREK.PRO	M40-49	00:15:17	60	00:03:10	00:31:25	65	00:01:05
53	GŁĄB Andrzej	197	WANIEWSKI COACHING	M50-59	00:15:16	59	00:02:40	00:31:59	76	00:01:17
54	NOWOTNIK Mariusz	97		M40-49	00:16:00	80	00:02:57	00:31:03	52	00:01:12
55	KUNDE Tomasz	253	BYDGOSZ TRIATHLON	M30-39	00:13:40	22	00:02:32	00:34:01	127	00:01:05
56	KNYPIŃSKI Wojciech	34		M30-39	00:14:28	43	00:03:19	00:32:22	83	00:01:30
57	PRZYBYTKOWSKI Marek	52	ELENSPORT.PL SKLEPY SPORTOWE	M30-39	00:17:20	121	00:02:30	00:30:31	35	00:01:20
58	BUDZIK Ireneusz	226		M50-59	00:16:45	100	00:02:49	00:31:04	54	00:01:07
59	BOIŃSKI Bartosz	234	TM IRON TEAM	M30-39	00:15:49	74	00:02:34	00:32:35	87	00:00:51
60	DADEJ Rafał	184	PIASKIEM W RAKA	M40-49	00:15:51	76	00:02:40	00:31:20	62	00:01:58
61	KOTOŃSKI Damian	175		M30-39	00:17:01	110	00:03:08	00:30:28	33	00:01:17
62	DUDKOWIAK Michał	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	M30-39	00:14:55	51	00:03:32	00:32:09	80	00:01:25
63	SOBCZAK Marcin	104	ASSECO ACTIVE TEAM	M40-49	00:15:36	69	00:02:41	00:32:47	93	00:01:02
64	STĘPIEŃ Tomasz	54		M40-49	00:16:19	88	00:03:42	00:30:51	45	00:01:17
65	HUZARSKI Amadeusz	130	AKADEMIA MISTRZÓW SPORTU	M18-29	00:16:04	83	00:02:06	00:32:56	101	00:01:05
66	TYMIŃSKI Dariusz	172	PTT DELTA	M50-59	00:17:51	136	00:02:11	00:31:17	61	00:00:54
67	CHODKIEWICZ Tomasz	31	GARDEN FLORA MTB TEAM	M40-49	00:16:43	98	00:03:15	00:30:36	38	00:01:39
68	GILL Daniel	249	LKS OSTROMECKO	M40-49	00:18:28	153	00:03:07	00:29:55	25	00:00:45
69	ANDRZEJEWSKA Sylwia	238	TEAMOCHAL	K30-39	00:18:19	147	00:02:49	00:29:32	19	00:01:36
70	KASPEROWICZ Marcin	55	PREDATORS 3TEAM	M40-49	00:15:11	56	00:02:35	00:33:23	109	00:01:09
71	BRYLL Łukasz	45	FORTIS SAGITTA TEAM	M40-49	00:16:23	89	00:03:03	00:31:34	67	00:01:19
72	WOŹNIAK Anna	205	TM IRON TEAM	K40-49	00:17:22	123	00:03:10	00:30:33	36	00:01:15
73	PALUCH Jan	203	TRIATHLON KONSULTING	M18-29	00:17:01	109	00:03:13	00:30:53	47	00:01:16
74	WNUK Mateusz	217		M18-29	00:14:41	46	00:03:06	00:33:58	125	00:00:39
75	ZALEWSKI Marcin	41		M30-39	00:15:26	64	00:02:47	00:33:15	107	00:00:59
76	BRZEZINSKI Łukasz	105	ASSECO ACTIVE TEAM	M30-39	00:17:00	108	00:02:56	00:31:21	64	00:01:10
77	RYMARKIEWICZ Małgorzata	230	TM IRONTEAM	K40-49	00:16:55	105	00:02:41	00:31:35	69	00:01:19
78	DOMBROWSKI Patryk	113		M30-39	00:16:24	92	00:02:46	00:32:21	82	00:01:13
79	TURZYŃSKI Jarosław	94	HOLY TRIATHLON TEAM	M30-39	00:15:26	63	00:03:28	00:33:06	105	00:00:56

				e Swimming		T1	Cycling		T2	Race	Class
80	GUMIŃSKI Szymon	164		M30-39	00:14:46	47	00:03:34	00:33:23 110	00:01:22		
81	KARCZEWSKI Filip	18		M40-49	00:18:03	144	00:03:04	00:31:14 60	00:00:48		
82	CICHOWICZ Martyna	69	PTT DELTA	K30-39	00:13:29	19	00:03:04	00:35:14 145	00:01:23		
83	CYBULSKI Paweł	160		M30-39	00:17:18	119	00:03:11	00:31:32 66	00:01:09		
84	GIEDRYS Roman	73		M50-59	00:17:23	124	00:03:22	00:31:01 51	00:01:26		
85	ŁABĘDZKI Maciej	38	TRISPACE/TREK	M30-39	00:15:50	75	00:03:12	00:33:01 104	00:01:11		
86	ZAJĄKAŁA Wojciech	188		M18-29	00:15:58	77	00:03:11	00:32:45 92	00:01:27		
87	WAŁĘZA Hubert	17		M30-39	00:16:59	106	00:03:14	00:32:11 81	00:00:57		
88	CHROMIŃSKI Fabian	32		M30-39	00:16:53	104	00:03:30	00:31:37 70	00:01:22		
89	DULAT Roland	254	LKS OSTROMECKO	M30-39	00:15:58	78	00:03:57	00:32:51 96	00:00:38		
90	KOPIŃSKA - KRÓL Magdalena	211	#CHMURACOACHING	K40-49	00:17:12	115	00:02:55	00:32:08 79	00:01:10		
91	MIŚ Filip	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	M18-29	00:16:42	97	00:03:30	00:32:24 84	00:00:51		
92	GRUBICH Arkadiusz	244		M40-49	00:17:51	138	00:03:09	00:31:01 50	00:01:28		
93	OZOROWSKI Lukasz	204		M40-49	00:17:38	129	00:03:38	00:31:37 71	00:01:14		
94	CYNOWSKI Krzysztof	10	CYNA	M40-49	00:17:18	120	00:02:57	00:32:42 89	00:01:17		
95	MICHALIK Joanna	147		K40-49	00:16:23	90	00:03:23	00:32:48 94	00:01:42		
96	SIUDA Marek	43		M50-59	00:15:40	71	00:03:51	00:32:56 102	00:01:58		
97	GÓRNY Bartłomiej	63		M40-49	00:17:48	134	00:02:34	00:32:31 85	00:01:41		
98	LOOSE Anna	139		K30-39	00:13:57	27	00:03:35	00:35:58 157	00:01:10		
99	CHOLEWCZYŃSKI Damian	232	TM IRON TEAM	M30-39	00:17:14	117	00:03:01	00:33:25 111	00:01:06		
100	SZCZEŚNIAK Szymon	180	SUCHOLESKIE NIEDŹWIEDZIE	M30-39	00:16:09	85	00:03:13	00:34:19 131	00:01:06		
101	MOJSIEWICZ Natalia	227		K18-29	00:16:59	107	00:03:03	00:33:40 117	00:01:15		
102	ANTOSIK Patryk	66	CSWLĄD POZNAŃ	M30-39	00:18:36	157	00:03:39	00:31:11 59	00:01:32		
103	GABRYCH Maciej	24	CZARNE STOPY	M40-49	00:17:31	125	00:03:07	00:33:40 118	00:01:03		
104	SOBCZYŃSKI Michał	200		M30-39	00:15:28	65	00:03:44	00:34:46 138	00:01:25		
105	SOŁDYGA Paweł	257	SKOWRONEKBIEGA	M40-49	00:18:26	152	00:02:53	00:32:08 78	00:01:59		
106	RUCIŃSKI Rafał	22	SELEKCJA NATURALNA	M30-39	00:18:30	154	00:02:38	00:33:17 108	00:01:12		
107	SIEG Tymoteusz	219		M18-29	00:15:14	58	00:04:50	00:33:37 115	00:01:56		
108	MOSKAL Przemysław	145		M18-29	00:17:01	111	00:03:32	00:34:42 136	00:00:34		
109	ŁATKA Marcin	5		M40-49	00:15:18	61	00:02:57	00:36:46 173	00:00:49		
110	LUKOWSKI Grzegorz	72	RODZINNY TEAM ŚRODKOWA	M40-49	00:17:06	112	00:03:59	00:32:57 103	00:01:48		

No	Name	Age	Team	Sex	Swimming		Cycling		Total	Race
					Time	Points	Time	Points		
111	REPKA Marek	166	LUPUS TEAM	M	00:21:06	202	00:02:49	00:30:42	41	00:01:17
112	SANKOWSKA Ewelina	159		F	00:15:08	53	00:02:58	00:36:10	162	00:01:43
113	MOLTZAN Liliana	174		F	00:14:14	34	00:03:19	00:36:38	172	00:01:49
114	KUŹMA Wojtek	6		M	00:19:11	171	00:03:00	00:32:52	98	00:00:58
115	MAJDA Adrian	121		M	00:17:43	130	00:03:06	00:33:55	123	00:01:27
116	CICHOŃSKA-BAZAK Marzena	163		F	00:18:25	151	00:03:14	00:32:51	95	00:01:44
117	PODLASIŃSKI Tomasz	140	BAYERLIFETEAM	M	00:16:15	87	00:03:42	00:35:02	143	00:01:24
118	TUROWSKI Maciej	133		M	00:15:37	70	00:03:48	00:35:53	154	00:01:05
119	STRYCZYŃSKI Marek	26	TRISPACE/TREK	M	00:18:37	159	00:03:22	00:32:44	90	00:01:45
120	ZIELIŃSKI Radosław	2		M	00:17:33	127	00:03:30	00:33:51	121	00:01:34
121	KOWALSKI Piotr	76		M	00:17:22	122	00:03:43	00:32:33	86	00:02:50
122	LUDWINIAK Bogdan	111		M	00:17:59	142	00:02:57	00:33:54	122	00:01:43
123	DOLIŃSKI Dawid	81		M	00:16:01	81	00:04:41	00:33:28	113	00:02:29
124	SADKIEWICZ Jacek	225	RACING TEAM	M	00:17:14	118	00:03:50	00:33:57	124	00:01:40
125	LICZNIERSKA Alina	56	OWOCBIEGA TEAM	F	00:20:46	195	00:02:31	00:32:37	88	00:00:48
126	GRĄBCZEWSKI Sławomir	185		M	00:15:31	66	00:04:07	00:35:25	150	00:01:42
127	BABIAK Jakub	228	ENDURE TEAM	M	00:20:05	187	00:04:22	00:30:45	42	00:01:36
128	YAFIMCHYK Andrei	142	ORCA	M	00:15:09	55	00:02:47	00:37:05	180	00:01:49
129	GRZEGOROWSKI Jan	134	JKG	M	00:19:49	184	00:04:03	00:31:51	74	00:01:08
130	STAŃCZYK Kamil	181	8. K-PBOT	M	00:17:47	133	00:03:49	00:34:10	129	00:01:13
131	ROMAN Krzysztof	93		M	00:18:23	149	00:03:59	00:32:52	99	00:01:53
132	CHMURA Maciej	101	TRIATHLON KONSULTING	M	00:17:46	131	00:03:35	00:34:06	128	00:01:46
133	SZYMCZAK Elwira	151		F	00:16:24	91	00:03:43	00:36:21	165	00:00:49
134	GMOSIŃSKI Tomasz	199	CSU RACING TEAM BYDGOSZCZ	M	00:16:33	94	00:04:10	00:33:59	126	00:02:41
135	RUSZKOWSKI Wiktor	128		M	00:15:42	72	00:04:14	00:36:33	171	00:01:02
136	KRYGER Wojciech	220	AJM TEAM	M	00:17:12	114	00:04:08	00:34:37	133	00:01:46
137	MORDAKA Maciej	3		M	00:16:39	96	00:03:32	00:35:50	153	00:01:48
138	JASIECKI Milan	173	ENDURE TEAM	M	00:19:26	172	00:04:57	00:31:59	75	00:01:30
139	LISEWSKI Piotr	100		M	00:18:51	166	00:03:26	00:34:11	130	00:01:28

				Swimming		Cycling		Race		
				Time	Points	Time	Points	Time	Points	
140	JARLACZYŃSKA Hanna	242		K18-29	00:17:32	126	00:03:02	00:35:54	155	00:01:30
141	PAPIEROWSKI Piotr	40	ATOS	M30-39	00:18:15	146	00:04:03	00:34:31	132	00:01:19
142	URBAŃSKI Dawid	110		M40-49	00:17:56	140	00:04:03	00:33:48	120	00:02:26
143	SZEWS Marek	136	AKADEMIA MISTRZÓW SPORTU	M50-59	00:18:52	167	00:02:52	00:34:55	140	00:01:37
144	MIKOŁAJCZAK Artur	178		M40-49	00:18:34	155	00:03:32	00:34:37	134	00:01:33
145	SZYMCZAK Krzysztof	88	SYSTEM 11	M50-59	00:20:25	190	00:03:32	00:32:52	97	00:01:29
146	STĘPSKA Małgosia	61	ŻELKI Z KRAKOWA	K50-59	00:20:09	188	00:03:19	00:33:39	116	00:01:14
147	WRÓBEL Sebastian	243	CYKLO BYDGOSZCZ	M40-49	00:22:45	213	00:03:09	00:31:05	55	00:01:30
148	SKOŁOZDRZYCH Iwona	1		K30-39	00:16:03	82	00:03:48	00:37:40	191	00:01:08
149	STYPCZYŃSKI Jan	154		M18-29	00:18:37	158	00:02:54	00:36:29	169	00:00:40
150	SKORUPSKA Ewa	189	OWOCBIEGA	K30-39	00:18:39	160	00:03:12	00:35:37	151	00:01:12
151	OSAK Paweł	19		M30-39	00:18:36	156	00:03:48	00:35:14	144	00:01:05
152	MROTEK Katarzyna	112	AKADEMIA MISTRZÓW SPORTU	K40-49	00:18:19	148	00:03:37	00:35:00	142	00:01:52
153	BEM Wojciech	194		M30-39	00:17:46	132	00:03:37	00:36:02	158	00:01:23
154	DOŁKOWSKA Monika	106	TM IRON TEAM	K30-39	00:20:14	189	00:03:22	00:33:44	119	00:01:29
155	HAJŁASZ Marcin	129		M30-39	00:17:53	139	00:04:28	00:34:42	137	00:01:49
156	KOCZOROWSKA Kamila	11		K30-39	00:16:37	95	00:03:53	00:37:39	190	00:00:48
157	KWIATKOWSKI Piotr	165		M30-39	00:17:38	128	00:04:35	00:34:48	139	00:01:59
158	RUSZKOWSKA Agnieszka	126		K30-39	00:17:50	135	00:03:18	00:37:18	183	00:00:36
159	LIPCZYŃSKI Tomasz	64	AKTYWNIEM UZALEŻNIAMY PŁOCK	M30-39	00:16:47	101	00:04:35	00:37:19	184	00:00:29
160	ŻELAZNY Marcin	27		M50-59	00:15:48	73	00:03:52	00:36:59	176	00:02:38
161	STĘPIEŃ Michał	116		M30-39	00:17:51	137	00:03:55	00:36:23	166	00:01:25
162	NIEDŹWIEDZKI Arkadiusz	148	SMARUJ NA TRENING	M40-49	00:19:39	175	00:03:25	00:34:57	141	00:01:38
163	MICHALEWSKI Bartosz	207	SOLANO	M40-49	00:18:50	165	00:05:01	00:35:23	148	00:00:37
164	ROBACZEK Andrzej	170		M40-49	00:18:50	164	00:04:07	00:35:22	146	00:01:36
165	BAUMGART Jacek	195	BIEGAJ Z DĘBAMI	M60-69	00:18:02	143	00:04:33	00:36:31	170	00:01:00
166	CEGLARSKA Inga	258	N-BIKE	K40-49	00:19:03	170	00:03:56	00:35:23	149	00:01:47
167	KOLASSA Robert	42		M30-39	00:18:49	163	00:03:42	00:37:01	178	00:00:42
168	WEGNER Patrycja	186	SZOGUN TEAM	K30-39	00:18:12	145	00:03:06	00:36:51	174	00:02:06
169	MICHALAK Agata	177		K18-29	00:18:55	168	00:03:16	00:36:02	159	00:02:09

					Swimming		T1	Cycling		T2	Race	Class
170	STELMACH Patrycja	233	TEAMOCHAL		00:20:53	197	00:03:41	00:34:41	135	00:01:14		
171	GUZIK Krzysztof	141			00:20:42	194	00:03:06	00:35:23	147	00:01:26		
172	WINIECKA Martyna	59	IRON HOUSE TRIATHLON WŁOCŁAWEK		00:19:33	173	00:03:14	00:37:17	182	00:00:39		
173	WOŹNIAK Radek	123			00:19:39	176	00:04:06	00:35:38	152	00:01:40		
174	WAWRZY尼亚K Dominik	53	TAVERNA NAKŁO		00:20:02	186	00:03:24	00:35:56	156	00:01:46		
175	MAŁKIŃSKI Józef	84			00:19:46	180	00:03:36	00:37:02	179	00:00:54		
176	ŚWIERCZYŃSKI Marcin	36	ATHLETICOMED.PL BYDGOSZCZ		00:16:53	103	00:02:08	00:41:23	213	00:01:09		
177	KUKLISOVA Gabriela	15			00:18:44	162	00:04:12	00:37:37	189	00:01:13		
178	KUBALEWSKI Krzysztof	127			00:16:26	93	00:05:07	00:38:12	194	00:02:11		
179	OSTROWSKI Rafał	68	AKTYWNE UZALEŻNIAMY PŁOCK		00:18:41	161	00:06:14	00:36:03	160	00:01:04		
180	DWOJACZNA-CHRAPKOWSKA Anna	13	IRON HOUSE TRIATHLON WŁOCŁAWEK		00:19:49	183	00:03:34	00:37:23	186	00:01:36		
181	OLSZEWSKI Daniel	169			00:19:42	177	00:04:08	00:37:20	185	00:01:17		
182	STYPCZYŃSKA Natalia	198	TRISPACE		00:18:59	169	00:03:14	00:38:50	200	00:01:31		
183	DOMEK Katarzyna	46			00:19:43	178	00:03:41	00:38:16	196	00:00:57		
184	TIETZ Natalia	70	STAJNIA PEGAZA STAWY		00:17:56	141	00:03:42	00:40:18	204	00:00:42		
185	DUDKOWIAK Martyna	241	DUDKOWIAK FAMILY LAWYERS		00:20:58	199	00:04:25	00:36:05	161	00:01:34		
186	TOPOLSKI Kamil	146			00:19:44	179	00:04:40	00:37:51	192	00:01:05		
187	DOBRZYŃSKA Ewa	47			00:22:10	206	00:03:26	00:36:58	175	00:01:19		
188	MOSUR-GALICKA Angelina	9	AKADEMIA MISTRZÓW SPORTU		00:16:43	99	00:04:38	00:40:08	203	00:02:38		
189	BAGNIEWSKA Sandra	48			00:21:42	203	00:03:44	00:37:27	188	00:01:15		
190	DOLATA Łukasz	135			00:19:48	181	00:04:45	00:38:29	197	00:01:34		
191	BŁĄŻEJEWSKA Agnieszka	60	TM IRON TEAM		00:20:31	192	00:04:01	00:39:08	201	00:01:02		
192	MIECZKOWSKA-LAPKE Weronika	118			00:22:14	208	00:04:31	00:36:18	163	00:01:39		
193	BINKOWSKI Czarek	255	LKS OSTROMECKO		00:21:03	201	00:05:14	00:36:25	167	00:02:11		
194	HRYNIEWICZ Agnieszka	50			00:18:24	150	00:05:03	00:40:40	208	00:00:49		
195	PACZKOWSKA-PAPCZYŃSKA Joanna	30	TRISPACE/TREK		00:22:43	212	00:03:58	00:37:00	177	00:01:28		

					Swimming		Cycling		Race	
					Time	Rank	Time	Rank	Time	Rank
196	PEC Anna	90	SKS OBORNIKI	K50-59	00:20:53	196	00:04:31	00:38:08	193	00:01:38
197	SKÓRCZEWSKI Jacek	124		M60-69	00:22:02	205	00:05:09	00:36:25	168	00:01:56
198	NIEDŹWIEDZKA Agata	149	SMARUJ NA TRENING	K30-39	00:22:15	209	00:03:53	00:38:13	195	00:01:22
199	NOWAK Bartłomiej	214	FORGE YOUR FUTURE	M40-49	00:20:31	191	00:05:14	00:36:20	164	00:03:56
200	MONTOWSKI Jan	132	KLUB OPŁAWIEC	M60-69	00:23:15	217	00:04:54	00:37:11	181	00:01:05
201	SZUKALSKI Michał	14		M40-49	00:20:38	193	00:03:52	00:40:19	205	00:01:48
202	RĄCZKOWSKI Daniel	117	AKTYWNIIE UZALEŹNIAMY PŁOCK	M30-39	00:19:36	174	00:04:46	00:41:25	214	00:00:54
203	SERWACKI Dawid	99		M30-39	00:19:49	182	00:04:51	00:40:56	211	00:01:19
204	PANTKOWSKI Adam	143		M40-49	00:26:21	223	00:04:41	00:33:15	106	00:02:40
205	POBOC Przemysław	155		M50-59	00:22:40	211	00:04:10	00:38:37	198	00:01:45
206	BUCZKO Michał	109		M40-49	00:21:47	204	00:04:08	00:39:11	202	00:02:13
207	BOGALECKI Marek	209	KS SOKÓŁ ZBLEWO	M60-69	00:20:55	198	00:06:17	00:37:27	187	00:03:07
208	WUJEK Magdalena	77		K40-49	00:22:25	210	00:04:05	00:40:54	210	00:00:59
209	CZYŹEWSKI Piotr	20		M40-49	00:22:57	215	00:05:24	00:38:47	199	00:02:22
210	URBAŃSKI Daniel	91		M40-49	00:19:54	185	00:06:22	00:42:12	216	00:02:05
211	WIŚNIEWSKA Lucyna	16	TRISPACE/TREK	K50-59	00:23:12	216	00:04:18	00:41:15	212	00:01:50
212	SZABO-MOSKAL Jadwiga	168		K50-59	00:21:00	200	00:04:05	00:45:17	220	00:00:39
213	ŚWIADEK Hubert	67		M30-39	00:24:14	219	00:04:39	00:40:42	209	00:01:51
214	MAKSYMOWICZ Agata	85		K40-49	00:17:12	116	00:06:10	00:45:54	222	00:02:29
215	NOSIADEK Marta	78	CROSS-SPORT	K30-39	00:22:47	214	00:05:47	00:40:39	206	00:02:41
216	LEWANDOWSKA Larysa	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	K18-29	00:24:18	220	00:04:28	00:42:52	217	00:00:38
217	MAŃCZAK Wawrzyniec	152	ENDURE TEAM	M70-79	00:16:08	84	00:08:34	00:46:15	224	00:01:37
218	CIESIELSKI Piotr	183		M50-59	00:22:12	207	00:05:21	00:44:11	219	00:02:21
219	KWIATKOWSKI Roman	115		M60-69	00:26:40	224	00:07:19	00:41:27	215	00:02:02
220	SAWICKI Waldemar	83		M80+	00:25:33	221	00:05:44	00:45:17	221	00:01:28
221	WIŚNIEWSKI Krzysztof	7	TRISPACE/TREK	M50-59	00:30:28	226	00:05:26	00:40:39	207	00:02:22
222	SŁOWIŃSKI Sławek	157		M40-49	00:28:40	225	00:05:19	00:45:55	223	00:01:27

					Swimming	T1	Cycling	T2	Race	Class
223	IGNASIAK Bernadeta	158		K40-49	00:33:55	227	00:03:55	00:43:56 218	00:01:06	
224	MIKA Aldona	82		K50-59	00:25:53	222	00:07:55	00:48:05 226	00:01:17	
225	WOROSZYŁO Monika	114	RYKOWISKO	K40-49	00:23:31	218	00:09:28	00:52:42 227	00:02:20	
226	KOZIK Anna	156		K50-59	00:34:33	228	00:05:37	00:48:01 225	00:03:31	
227	TRZOPEK Grzegorz	192		M40-49	00:16:51	102	00:03:58	00:29:18 15		
	MAAS Oliver	161	SOPREMA TEAM TSV MANNHEIM	M18-29	00:12:14	7	00:02:50			

Total 228 results.