



# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**Wydarzenie:** Metalkas Ocean Lava Triathlon Polska  
**Organizator:** Towarzystwo Sportowe TRI-SPORT  
**Data:** 2023-08-20  
**Miejsce:** Bydgoszcz  
**Dystans:** 25.75 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Pływanie		T1		Rower		T2		Bieg		Czas	
							P_Borowno 0.75km	Poz			R_Lidl 20km	Poz			B_Announcer 5km	Poz	Czas netto 26.01km	Różn
1	PIEKUT Aleksandra	237	BRZEZIŃSKI RUN CLUB	K30-39	1		00:16:15	86	00:02:27		00:29:33	20	00:01:20	00:20:36	12	01:10:11.70		
2	ŻMICH- FÓRMANIAK Joanna	213	TM IRONTEAM	K40-49	1		00:14:53	50	00:02:13		00:30:53	46	00:00:50	00:23:57	73	01:12:46.40	+00:02:34 (3.5%)	
3	PALETA Elżbieta	187	TM IRON TEAM	K18-29	1		00:15:32	67	00:02:42		00:31:21	63	00:01:00	00:22:31	47	01:13:06.40	+00:02:54 (4.0%)	
4	ANDRZEJEWSKA Sylwia	238	TEAMOCHAL	K30-39	2		00:18:19	147	00:02:49		00:29:32	19	00:01:36	00:22:20	44	01:14:36.75	+00:04:25 (5.9%)	
5	RYMARKIEWICZ Małgorzata	230	TM IRONTEAM	K40-49	2		00:16:55	105	00:02:41		00:31:35	69	00:01:19	00:23:26	68	01:15:56.85	+00:05:45 (7.6%)	
6	WOŹNIAK Anna	205	TM IRON TEAM	K40-49	3		00:17:22	123	00:03:10		00:30:33	36	00:01:15	00:24:52	96	01:17:12.60	+00:07:00 (9.1%)	
7	LICZNIERSKA Alina	56	OWOCBIEGA TEAM	K40-49	4		00:20:46	195	00:02:31		00:32:37	88	00:00:48	00:22:06	39	01:18:48.20	+00:08:36 (10.9%)	
8	MICHALIK Joanna	147		K40-49	5		00:16:23	90	00:03:23		00:32:48	94	00:01:42	00:24:41	90	01:18:57.00	+00:08:45 (11.1%)	
9	CICHOWICZ Martyna	69	PTT DELTA	K30-39	3		00:13:29	19	00:03:04		00:35:14	145	00:01:23	00:25:58	127	01:19:08.35	+00:08:56 (11.3%)	
10	LOOSE Anna	139		K30-39	4		00:13:57	27	00:03:35		00:35:58	157	00:01:10	00:25:10	105	01:19:50.65	+00:09:38 (12.1%)	
11	CICHONSKA- BAZAK Marzena	163		K50-59	1		00:18:25	151	00:03:14		00:32:51	95	00:01:44	00:24:19	81	01:20:33.00	+00:10:21 (12.9%)	
12	KOPIŃSKA - KRÓL Magdalena	211	#CHMURACOACHING	K40-49	6		00:17:12	115	00:02:55		00:32:08	79	00:01:10	00:27:30	149	01:20:55.20	+00:10:43 (13.3%)	
13	MOJSIEWICZ Natalia	227		K18-29	2		00:16:59	107	00:03:03		00:33:40	117	00:01:15	00:26:06	130	01:21:03.00	+00:10:51 (13.4%)	
14	MOLTZAN Liliana	174		K18-29	3		00:14:14	34	00:03:19		00:36:38	172	00:01:49	00:26:09	131	01:22:09.10	+00:11:57 (14.6%)	
15	SZYMCZAK Elwira	151		K18-29	4		00:16:24	91	00:03:43		00:36:21	165	00:00:49	00:25:24	109	01:22:41.60	+00:12:29 (15.1%)	

Klasa K						Pływanie		T1	Rower		T2	Bieg		Czas	
16	<b>STELMACH Patrycja</b>	<b>233</b>	TEAMOCHAL	K30-39	5	<b>00:20:53</b>	197	00:03:41	<b>00:34:41</b>	<b>135</b>	00:01:14	<b>00:22:22</b>	<b>45</b>	<b>01:22:51.45</b>	+00:12:39 (15.3%)
17	<b>JARLACZYŃSKA Hanna</b>	<b>242</b>		K18-29	5	<b>00:17:32</b>	126	00:03:02	<b>00:35:54</b>	<b>155</b>	00:01:30	<b>00:25:23</b>	<b>108</b>	<b>01:23:21.50</b>	+00:13:09 (15.8%)
18	<b>MROTEK Katarzyna</b>	<b>112</b>	AKADEMIA MISTRZÓW SPORTU	K40-49	7	<b>00:18:19</b>	148	00:03:37	<b>00:35:00</b>	<b>142</b>	00:01:52	<b>00:24:45</b>	<b>91</b>	<b>01:23:33.80</b>	+00:13:22 (16.0%)
19	<b>SANKOWSKA Ewelina</b>	<b>159</b>		K40-49	8	<b>00:15:08</b>	53	00:02:58	<b>00:36:10</b>	<b>162</b>	00:01:43	<b>00:27:35</b>	<b>151</b>	<b>01:23:34.00</b>	+00:13:22 (16.0%)
20	<b>SKORUPSKA Ewa</b>	<b>189</b>	OWOCBIEGA	K30-39	6	<b>00:18:39</b>	160	00:03:12	<b>00:35:37</b>	<b>151</b>	00:01:12	<b>00:25:28</b>	<b>111</b>	<b>01:24:08.00</b>	+00:13:56 (16.6%)
21	<b>SKOŁOZDRZYCH Iwona</b>	<b>1</b>		K30-39	7	<b>00:16:03</b>	82	00:03:48	<b>00:37:40</b>	<b>191</b>	00:01:08	<b>00:26:02</b>	<b>128</b>	<b>01:24:41.75</b>	+00:14:30 (17.1%)
22	<b>DOŁKOWSKA Monika</b>	<b>106</b>	TM IRON TEAM	K30-39	8	<b>00:20:14</b>	189	00:03:22	<b>00:33:44</b>	<b>119</b>	00:01:29	<b>00:27:09</b>	<b>142</b>	<b>01:25:58.40</b>	+00:15:46 (18.4%)
23	<b>STĘPSKA Małgosia</b>	<b>61</b>	ŻELKI Z KRAKOWA	K50-59	2	<b>00:20:09</b>	188	00:03:19	<b>00:33:39</b>	<b>116</b>	00:01:14	<b>00:28:33</b>	<b>159</b>	<b>01:26:54.05</b>	+00:16:42 (19.2%)
24	<b>WEGNER Patrycja</b>	<b>186</b>	SZOGUN TEAM	K30-39	9	<b>00:18:12</b>	145	00:03:06	<b>00:36:51</b>	<b>174</b>	00:02:06	<b>00:26:50</b>	<b>138</b>	<b>01:27:05.00</b>	+00:16:53 (19.4%)
25	<b>MICHALAK Agata</b>	<b>177</b>		K18-29	6	<b>00:18:55</b>	168	00:03:16	<b>00:36:02</b>	<b>159</b>	00:02:09	<b>00:28:10</b>	<b>155</b>	<b>01:28:32.95</b>	+00:18:21 (20.7%)
26	<b>DOBRYŃSKA Ewa</b>	<b>47</b>		K30-39	10	<b>00:22:10</b>	206	00:03:26	<b>00:36:58</b>	<b>175</b>	00:01:19	<b>00:25:18</b>	<b>107</b>	<b>01:29:11.50</b>	+00:18:59 (21.3%)
27	<b>DWOJACZNA-CHRAPKOWSKA Anna</b>	<b>13</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	K40-49	9	<b>00:19:49</b>	183	00:03:34	<b>00:37:23</b>	<b>186</b>	00:01:36	<b>00:27:08</b>	<b>141</b>	<b>01:29:30.65</b>	+00:19:18 (21.6%)
28	<b>RUSZKOWSKA Agnieszka</b>	<b>126</b>		K30-39	11	<b>00:17:50</b>	135	00:03:18	<b>00:37:18</b>	<b>183</b>	00:00:36	<b>00:30:47</b>	<b>184</b>	<b>01:29:49.15</b>	+00:19:37 (21.8%)
29	<b>BAGNIEWSKA Sandra</b>	<b>48</b>		K30-39	12	<b>00:21:42</b>	203	00:03:44	<b>00:37:27</b>	<b>188</b>	00:01:15	<b>00:27:24</b>	<b>146</b>	<b>01:31:32.45</b>	+00:21:20 (23.3%)
30	<b>WINIECKA Martyna</b>	<b>59</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	K18-29	7	<b>00:19:33</b>	173	00:03:14	<b>00:37:17</b>	<b>182</b>	00:00:39	<b>00:30:56</b>	<b>185</b>	<b>01:31:39.60</b>	+00:21:27 (23.4%)
31	<b>CEGLARSKA Inga</b>	<b>258</b>	N-BIKE	K40-49	10	<b>00:19:03</b>	170	00:03:56	<b>00:35:23</b>	<b>149</b>	00:01:47	<b>00:31:45</b>	<b>190</b>	<b>01:31:54.45</b>	+00:21:42 (23.6%)
32	<b>WUJEK Magdalena</b>	<b>77</b>		K40-49	11	<b>00:22:25</b>	210	00:04:05	<b>00:40:54</b>	<b>210</b>	00:00:59	<b>00:24:03</b>	<b>76</b>	<b>01:32:26.45</b>	+00:22:14 (24.1%)
33	<b>DOMEK Katarzyna</b>	<b>46</b>		K30-39	13	<b>00:19:43</b>	178	00:03:41	<b>00:38:16</b>	<b>196</b>	00:00:57	<b>00:29:59</b>	<b>173</b>	<b>01:32:36.00</b>	+00:22:24 (24.2%)
34	<b>STYPCZYŃSKA Natalia</b>	<b>198</b>	TRISPACE	K30-39	14	<b>00:18:59</b>	169	00:03:14	<b>00:38:50</b>	<b>200</b>	00:01:31	<b>00:30:29</b>	<b>181</b>	<b>01:33:03.25</b>	+00:22:51 (24.6%)
35	<b>KOCZOROWSKA Kamila</b>	<b>11</b>		K30-39	15	<b>00:16:37</b>	95	00:03:53	<b>00:37:39</b>	<b>190</b>	00:00:48	<b>00:34:07</b>	<b>207</b>	<b>01:33:04.75</b>	+00:22:53 (24.6%)
36	<b>DUDKOWIAK Martyna</b>	<b>241</b>	DUDKOWIAK FAMILY LAWYERS	K30-39	16	<b>00:20:58</b>	199	00:04:25	<b>00:36:05</b>	<b>161</b>	00:01:34	<b>00:30:40</b>	<b>183</b>	<b>01:33:42.55</b>	+00:23:30 (25.1%)
37	<b>BŁAŻEJEWSKA Agnieszka</b>	<b>60</b>	TM IRON TEAM	K30-39	17	<b>00:20:31</b>	192	00:04:01	<b>00:39:08</b>	<b>201</b>	00:01:02	<b>00:29:47</b>	<b>170</b>	<b>01:34:29.70</b>	+00:24:18 (25.7%)
38	<b>HRYNIEWICZ Agnieszka</b>	<b>50</b>		K40-49	12	<b>00:18:24</b>	150	00:05:03	<b>00:40:40</b>	<b>208</b>	00:00:49	<b>00:30:08</b>	<b>175</b>	<b>01:35:04.55</b>	+00:24:52 (26.2%)
38	<b>TIETZ Natalia</b>	<b>70</b>	STAJNIA PEGAZA STAWY	K30-39	18	<b>00:17:56</b>	141	00:03:42	<b>00:40:18</b>	<b>204</b>	00:00:42	<b>00:32:26</b>	<b>196</b>	<b>01:35:04.55</b>	+00:24:52 (26.2%)
40	<b>KUKLISOVA Gabriela</b>	<b>15</b>		K40-49	13	<b>00:18:44</b>	162	00:04:12	<b>00:37:37</b>	<b>189</b>	00:01:13	<b>00:34:27</b>	<b>210</b>	<b>01:36:13.85</b>	+00:26:02 (27.1%)

					□ Pływanie	T1	□ Rower	T2	□ Bieg		CRAE				
41	<b>MIECZKOWSKA-LAPKE Weronika</b>	<b>118</b>		K30-39	19	<b>00:22:14</b>	208	00:04:31	<b>00:36:18</b>	<b>163</b>	00:01:39	<b>00:31:43</b>	<b>189</b>	<b>01:36:25.95</b>	+00:26:14 (27.2%)
42	<b>PACZKOWSKA-PAPCZYŃSKA Joanna</b>	<b>30</b>	TRISPACE/TREK	K30-39	20	<b>00:22:43</b>	212	00:03:58	<b>00:37:00</b>	<b>177</b>	00:01:28	<b>00:32:23</b>	<b>195</b>	<b>01:37:32.60</b>	+00:27:20 (28.0%)
43	<b>PEC Anna</b>	<b>90</b>	SKS OBORNIKI	K50-59	3	<b>00:20:53</b>	196	00:04:31	<b>00:38:08</b>	<b>193</b>	00:01:38	<b>00:35:09</b>	<b>212</b>	<b>01:40:19.70</b>	+00:30:08 (30.0%)
44	<b>NIEDŹWIEDZKA Agata</b>	<b>149</b>	SMARUJ NA TRENING	K30-39	21	<b>00:22:15</b>	209	00:03:53	<b>00:38:13</b>	<b>195</b>	00:01:22	<b>00:34:52</b>	<b>211</b>	<b>01:40:35.70</b>	+00:30:24 (30.2%)
45	<b>MOSUR-GALICKA Angelina</b>	<b>9</b>	AKADEMIA MISTRZÓW SPORTU	K50-59	4	<b>00:16:43</b>	99	00:04:38	<b>00:40:08</b>	<b>203</b>	00:02:38	<b>00:37:50</b>	<b>218</b>	<b>01:41:57.50</b>	+00:31:45 (31.2%)
46	<b>SZABO-MOSKAL Jadwiga</b>	<b>168</b>		K50-59	5	<b>00:21:00</b>	200	00:04:05	<b>00:45:17</b>	<b>220</b>	00:00:39	<b>00:31:40</b>	<b>188</b>	<b>01:42:41.65</b>	+00:32:29 (31.6%)
47	<b>MAKSYMOWICZ Agata</b>	<b>85</b>		K40-49	14	<b>00:17:12</b>	116	00:06:10	<b>00:45:54</b>	<b>222</b>	00:02:29	<b>00:33:04</b>	<b>200</b>	<b>01:44:49.25</b>	+00:34:37 (33.0%)
48	<b>LEWANDOWSKA Larysa</b>	<b>229</b>	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	K18-29	8	<b>00:24:18</b>	220	00:04:28	<b>00:42:52</b>	<b>217</b>	00:00:38	<b>00:33:48</b>	<b>204</b>	<b>01:46:04.85</b>	+00:35:53 (33.8%)
49	<b>NOSIADEK Marta</b>	<b>78</b>	CROSS-SPORT	K30-39	22	<b>00:22:47</b>	214	00:05:47	<b>00:40:39</b>	<b>206</b>	00:02:41	<b>00:34:21</b>	<b>209</b>	<b>01:46:15.95</b>	+00:36:04 (33.9%)
50	<b>WIŚNIEWSKA Lucyna</b>	<b>16</b>	TRISPACE/TREK	K50-59	6	<b>00:23:12</b>	216	00:04:18	<b>00:41:15</b>	<b>212</b>	00:01:50	<b>00:38:24</b>	<b>220</b>	<b>01:48:59.55</b>	+00:38:47 (35.6%)
51	<b>IGNASIAK Bernadeta</b>	<b>158</b>		K40-49	15	<b>00:33:55</b>	227	00:03:55	<b>00:43:56</b>	<b>218</b>	00:01:06	<b>00:33:33</b>	<b>201</b>	<b>01:56:25.65</b>	+00:46:13 (39.7%)
52	<b>WOROSZYŁO Monika</b>	<b>114</b>	RYKOWISKO	K40-49	16	<b>00:23:31</b>	218	00:09:28	<b>00:52:42</b>	<b>227</b>	00:02:20	<b>00:33:49</b>	<b>205</b>	<b>02:01:50.80</b>	+00:51:39 (42.4%)
53	<b>MIKA Aldona</b>	<b>82</b>		K50-59	7	<b>00:25:53</b>	222	00:07:55	<b>00:48:05</b>	<b>226</b>	00:01:17	<b>00:42:47</b>	<b>224</b>	<b>02:05:57.35</b>	+00:55:45 (44.3%)
54	<b>KOZIK Anna</b>	<b>156</b>		K50-59	8	<b>00:34:33</b>	228	00:05:37	<b>00:48:01</b>	<b>225</b>	00:03:31	<b>00:40:23</b>	<b>222</b>	<b>02:12:05.65</b>	+01:01:53 (46.9%)

Znaleziono 54 wynik(ów)