



METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Swimming		Cycling		Race		Total			
							P_Borowno 0.75km	Poz	R_Lidl 20km	Poz	B_Announcer 5km	Place	Net time 26.01km	Gap		
1	KOTŁOWSKI Bartosz	256	LKS OSTROMECKO	M30-39	1		00:14:17	36	00:01:42	00:29:10	13	00:01:11	00:16:58	1	01:03:18.45	
2	BASIŃSKI Łukasz	4	ELENSPORT.PL SKLEPY SPORTOWE	M30-39	2		00:14:20	40	00:01:50	00:27:57	4	00:00:45	00:19:10	5	01:04:02.50	+00:00:44 (1.1%)
3	RYMER Jakub	235	ERPLAST/BOGMAR	M30-39	3		00:12:17	8	00:02:11	00:28:06	6	00:00:53	00:21:41	36	01:05:08.15	+00:01:49 (2.8%)
4	WITKOWSKI Mateusz	218	WITKOWSKI PLANY TRENINGOWE	M30-39	4		00:14:21	41	00:01:56	00:30:14	29	00:00:59	00:18:18	2	01:05:48.85	+00:02:30 (3.8%)
5	WASZTYL Michał	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	M30-39	5		00:11:42	4	00:01:53	00:30:26	32	00:00:56	00:20:53	18	01:05:50.70	+00:02:32 (3.9%)
6	WIERZYŃSKI Damian	144	TRISPACE/TREK	M30-39	6		00:14:34	45	00:01:58	00:28:08	7	00:00:57	00:20:45	15	01:06:22.20	+00:03:03 (4.6%)
7	DROBINSKI Daniel	193	ŁAPATRIRUN	M30-39	7		00:13:56	25	00:02:39	00:28:00	5	00:00:53	00:21:04	23	01:06:32.35	+00:03:13 (4.9%)
8	SZEWCZUK Patryk	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	M30-39	8		00:13:42	23	00:02:05	00:28:58	11	00:00:58	00:21:43	38	01:07:26.45	+00:04:08 (6.1%)
9	ZIELINSKI Nicolas	191	SKLEP ELENSPORT.PL	M30-39	9		00:13:47	24	00:02:13	00:30:08	28	00:00:47	00:21:28	31	01:08:23.35	+00:05:04 (7.4%)
10	KRÓL Hubert	246	WWW.TRENERTRIATHLONU.PL	M30-39	10		00:12:12	6	00:02:15	00:30:39	39	00:00:47	00:23:36	69	01:09:29.25	+00:06:10 (8.9%)
11	LICZNIERSKI Marek	25		M30-39	11		00:14:12	33	00:02:18	00:30:28	34	00:01:08	00:22:49	56	01:10:55.75	+00:07:37 (10.7%)
12	KOWALIKOWSKI Daniel	221	TM IRON TEAM	M30-39	12		00:12:56	14	00:02:19	00:30:36	37	00:01:05	00:24:00	74	01:10:56.20	+00:07:37 (10.8%)
13	SKORECKI Aleksander	252	BYDGOSZCZ TRIATHLON TEAM	M30-39	13		00:13:57	28	00:02:31	00:31:07	56	00:00:49	00:22:40	52	01:11:04.05	+00:07:45 (10.9%)
14	NAPIERAŁA Mikołaj	58	TEAMOCHAL	M30-39	14		00:15:32	68	00:03:07	00:30:47	43	00:01:22	00:21:29	32	01:12:17.05	+00:08:58 (12.4%)
15	PRZYBYTKOWSKI Marek	52	ELENSPORT.PL SKLEPY SPORTOWE	M30-39	15		00:17:20	121	00:02:30	00:30:31	35	00:01:20	00:20:57	20	01:12:38.00	+00:09:19 (12.8%)
16	BOROWSKI Radosław	89	MLKS KRAJNA SĘPÓLNO	M30-39	16		00:16:00	79	00:02:49	00:30:50	44	00:01:00	00:22:07	41	01:12:46.80	+00:09:28 (13.0%)
17	KNAPIK Karol	125	DAWAJ KALACH TEAM	M30-39	17		00:15:08	54	00:02:45	00:30:54	48	00:00:47	00:23:21	65	01:12:55.20	+00:09:36 (13.2%)

Triathlon - Ironman 70.3 - M30-39						Swimming		Cycling		Race		Total			
Rank	Name	Age	Team	Gender	Age Group	Time	Score	Time	Score	Time	Score	Time	Score		
18	KRÓL Patryk	119	TRIATHLON KONSULTING	M	M30-39	18	15	00:02:44	100	00:01:00	100	00:24:17	80	01:14:00.90	+00:10:42 (14.5%)
19	DOMBROWSKI Patryk	113		M	M30-39	19	92	00:02:46	100	00:01:13	100	00:21:33	34	01:14:17.90	+00:10:59 (14.8%)
20	BOIŃSKI Bartosz	234	TM IRON TEAM	M	M30-39	20	74	00:02:34	100	00:00:51	100	00:22:32	48	01:14:21.70	+00:11:03 (14.9%)
21	CYBULSKI Pawel	160		M	M30-39	21	119	00:03:11	100	00:01:09	100	00:22:07	40	01:15:17.30	+00:11:58 (15.9%)
22	BRZEZINSKI Łukasz	105	ASSECO ACTIVE TEAM	M	M30-39	22	108	00:02:56	100	00:01:10	100	00:22:59	59	01:15:26.80	+00:12:08 (16.1%)
23	KNYPIŃSKI Wojciech	34		M	M30-39	23	43	00:03:19	100	00:01:30	100	00:24:13	79	01:15:52.35	+00:12:33 (16.6%)
24	TURZYŃSKI Jarosław	94	HOLY TRIATHLON TEAM	M	M30-39	24	63	00:03:28	100	00:00:56	100	00:22:59	58	01:15:55.00	+00:12:36 (16.6%)
25	DULAT Roland	254	LKS OSTROMECKO	M	M30-39	25	78	00:03:57	100	00:00:38	100	00:22:32	49	01:15:56.50	+00:12:38 (16.6%)
26	MALICKI Patryk	122		M	M30-39	26	3	00:03:30	100	00:00:47	100	00:27:21	145	01:16:45.65	+00:13:27 (17.5%)
27	ZALEWSKI Marcin	41		M	M30-39	27	64	00:02:47	100	00:00:59	100	00:24:23	83	01:16:50.20	+00:13:31 (17.6%)
28	KOTOŃSKI Damian	175		M	M30-39	28	110	00:03:08	100	00:01:17	100	00:24:59	99	01:16:53.10	+00:13:34 (17.7%)
29	SZCZEŚNIAK Szymon	180	SUCHOLESKIE NIEDŹWIEDZIE	M	M30-39	29	85	00:03:13	100	00:01:06	100	00:22:34	51	01:17:21.55	+00:14:03 (18.2%)
30	CHROMIŃSKI Fabian	32		M	M30-39	30	104	00:03:30	100	00:01:22	100	00:24:30	85	01:17:52.15	+00:14:33 (18.7%)
31	WAŁĘZA Hubert	17		M	M30-39	31	106	00:03:14	100	00:00:57	100	00:24:47	92	01:18:08.10	+00:14:49 (19.0%)
32	STĄNCZYK Kamil	181	8. K-PBOT	M	M30-39	32	133	00:03:49	100	00:01:13	100	00:21:15	26	01:18:14.55	+00:14:56 (19.1%)
33	GUMIŃSKI Szymon	164		M	M30-39	33	47	00:03:34	100	00:01:22	100	00:25:38	116	01:18:43.50	+00:15:25 (19.6%)
34	ŁABĘDZKI Maciej	38	TRISPACE/TREK	M	M30-39	34	75	00:03:12	100	00:01:11	100	00:25:45	119	01:18:59.90	+00:15:41 (19.9%)
35	CHOLEWCZYŃSKI Damian	232	TM IRON TEAM	M	M30-39	35	117	00:03:01	100	00:01:06	100	00:24:40	88	01:19:26.90	+00:16:08 (20.3%)
36	GRĄBCZEWSKI Sławomir	185		M	M30-39	36	66	00:04:07	100	00:01:42	100	00:22:41	53	01:19:26.95	+00:16:08 (20.3%)
37	DUDKOWIAK Michał	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	M	M30-39	37	51	00:03:32	100	00:01:25	100	00:27:29	148	01:19:30.25	+00:16:11 (20.4%)
38	ANTOSIK Patryk	66	CSWLĄD POZNAŃ	M	M30-39	38	157	00:03:39	100	00:01:32	100	00:24:55	98	01:19:53.00	+00:16:34 (20.8%)
39	KUNDE Tomasz	253	BYDGOSZ TRIATHLON	M	M30-39	39	22	00:02:32	100	00:01:05	100	00:29:24	168	01:20:42.20	+00:17:23 (21.6%)
40	RUCIŃSKI Rafał	22	SELEKCJA NATURALNA	M	M30-39	40	154	00:02:38	100	00:01:12	100	00:25:37	115	01:21:14.00	+00:17:55 (22.1%)
41	STRYCYŃSKI Marek	26	TRISPACE/TREK	M	M30-39	41	159	00:03:22	100	00:01:45	100	00:24:50	94	01:21:18.10	+00:17:59 (22.1%)
42	MAJDA Adrian	121		M	M30-39	42	130	00:03:06	100	00:01:27	100	00:26:31	136	01:22:42.00	+00:19:23 (23.4%)
43	SOBCZYŃSKI Michał	200		M	M30-39	43	65	00:03:44	100	00:01:25	100	00:28:50	163	01:24:13.45	+00:20:55 (24.8%)
44	ŚWIERCZYŃSKI Marcin	36	ATHLETICOMED.PL BYDGOSZCZ	M	M30-39	44	103	00:02:08	100	00:01:09	100	00:23:04	60	01:24:37.65	+00:21:19 (25.2%)

				Swimming		T1	Cycling		T2	Race		GRAND			
45	KOLASSA Robert	42		M30-39	45	00:18:49	163	00:03:42	00:37:01	178	00:00:42	00:24:41	89	01:24:55.55	+00:21:37 (25.5%)
46	RUSZKOWSKI Wiktor	128		M30-39	46	00:15:42	72	00:04:14	00:36:33	171	00:01:02	00:27:41	152	01:25:12.30	+00:21:53 (25.7%)
47	TUROWSKI Maciej	133		M30-39	47	00:15:37	70	00:03:48	00:35:53	154	00:01:05	00:28:53	164	01:25:16.90	+00:21:58 (25.8%)
48	ZIELIŃSKI Radosław	2		M30-39	48	00:17:33	127	00:03:30	00:33:51	121	00:01:34	00:29:54	172	01:26:22.50	+00:23:04 (26.7%)
49	LIPCZYŃSKI Tomasz	64	AKTYWNIEM UZALEŻNIAMY PŁOCK	M30-39	49	00:16:47	101	00:04:35	00:37:19	184	00:00:29	00:27:18	144	01:26:28.35	+00:23:09 (26.8%)
50	KWIATKOWSKI Piotr	165		M30-39	50	00:17:38	128	00:04:35	00:34:48	139	00:01:59	00:28:14	156	01:27:14.55	+00:23:56 (27.4%)
51	OSAK Paweł	19		M30-39	51	00:18:36	156	00:03:48	00:35:14	144	00:01:05	00:28:46	162	01:27:29.30	+00:24:10 (27.6%)
52	GUZIK Krzysztof	141		M30-39	52	00:20:42	194	00:03:06	00:35:23	147	00:01:26	00:27:49	153	01:28:26.35	+00:25:07 (28.4%)
53	STĘPIEŃ Michał	116		M30-39	53	00:17:51	137	00:03:55	00:36:23	166	00:01:25	00:29:13	167	01:28:47.05	+00:25:28 (28.7%)
54	BEM Wojciech	194		M30-39	54	00:17:46	132	00:03:37	00:36:02	158	00:01:23	00:30:28	180	01:29:16.20	+00:25:57 (29.1%)
55	HAJŁASZ Marcin	129		M30-39	55	00:17:53	139	00:04:28	00:34:42	137	00:01:49	00:30:38	182	01:29:30.50	+00:26:12 (29.3%)
56	PAPIEROWSKI Piotr	40	ATOS	M30-39	56	00:18:15	146	00:04:03	00:34:31	132	00:01:19	00:32:22	194	01:30:30.85	+00:27:12 (30.1%)
57	GRZEGOROWSKI Jan	134	JKG	M30-39	57	00:19:49	184	00:04:03	00:31:51	74	00:01:08	00:36:59	215	01:33:50.20	+00:30:31 (32.5%)
58	OLSZEWSKI Daniel	169		M30-39	58	00:19:42	177	00:04:08	00:37:20	185	00:01:17	00:31:25	187	01:33:52.45	+00:30:34 (32.6%)
59	RĄCZKOWSKI Daniel	117	AKTYWNIEM UZALEŻNIAMY PŁOCK	M30-39	59	00:19:36	174	00:04:46	00:41:25	214	00:00:54	00:28:42	161	01:35:23.40	+00:32:04 (33.6%)
60	SERWACKI Dawid	99		M30-39	60	00:19:49	182	00:04:51	00:40:56	211	00:01:19	00:31:01	186	01:37:56.05	+00:34:37 (35.4%)
61	KUBALEWSKI Krzysztof	127		M30-39	61	00:16:26	93	00:05:07	00:38:12	194	00:02:11	00:36:29	214	01:38:25.15	+00:35:06 (35.7%)
62	ŚWIADEK Hubert	67		M30-39	62	00:24:14	219	00:04:39	00:40:42	209	00:01:51	00:29:49	171	01:41:15.70	+00:37:57 (37.5%)

Total 62 results.