



# 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: M40-49

Split point: 1,0 km

Place	Participant	Number	Club	Category	Drużyna 1	Swimming		00:02:07	Cycling	112	Race	00:03:42
						P_Borowno 0.75km	Poz					
1	MIELOCH Artur	215	DAWAJ KALACH TEAM	M40-49		00:11:00	1	00:02:07				
2	TWAROWSKI Karol	231		M40-49		00:11:50	5	00:01:57				
3	FÓRMANIAK Piotr	212	TM IRON TEAM	M40-49		00:12:56	13	00:02:11				
4	BYCH Maciej	206	GRAJAN TRIATHLON TEAM	M40-49		00:12:40	10	00:02:35				
5	ŁOPUSZYŃSKI Krzysztof	150	TRISPACE/TREK	M40-49		00:13:15	17	00:02:10				
6	PARTYKA Rafał	29	RAFAL AGAINST THE MACHINE	M40-49		00:13:09	16	00:02:21				
7	CIEPŁOWSKI Robert	107		M40-49		00:12:40	11	00:02:59				
8	URBANOWSKI Włodzimierz	202	RETRO STORK TEAM	M40-49		00:12:21	9	00:03:19				
9	PRZYBYLSKI Jakub	138	KOMPUTRONIK	M40-49		00:13:40	21	00:02:15				
10	CYBULSKI Jacek	62	SWIM2TRI	M40-49		00:13:58	29	00:02:17				
11	GOŁATA Wojciech	222	BOGMAR LKS OSTROMECKO	M40-49		00:14:16	35	00:02:10				
12	MAJEWSKI Robert	208	#TEAMOCHAL	M40-49		00:13:56	26	00:02:32				
13	DAWIDOWICZ Maciej	28		M40-49		00:14:28	42	00:02:34				
14	JANUSZKIEW Piotr	39	REBELIA UNDERGROUND TRIATHLON	M40-49		00:14:34	44	00:02:39				
15	GACKA Rafał	216	LUPUS TEAM	M40-49		00:14:51	48	00:02:39				
16	LIPIŃSKI Michał	137	LIPA#76	M40-49		00:14:19	37	00:03:19				
17	KROPLEWSKI Maciej	251	CTS	M40-49		00:14:51	49	00:02:54				
18	KASPEROWICZ Marcin	55	PREDATORS 3TEAM	M40-49		00:15:11	56	00:02:35				
19	YAFIMCHYK Andrei	142	ORCA	M40-49		00:15:09	55	00:02:47				
20	KUBANEK Łukasz	79	Ł_T_R	M40-49		00:14:59	52	00:03:02				
21	ŁATKA Marcin	5		M40-49		00:15:18	61	00:02:57				
22	SOBCZAK Marcin	104	ASSECO ACTIVE TEAM	M40-49		00:15:36	69	00:02:41				
23	GRZESIAK Patryk	102	ARTURKUREK.PRO	M40-49		00:15:17	60	00:03:10				
24	DADEJ Rafał	184	PIASKIEM W RAKA	M40-49		00:15:51	76	00:02:40				
25	BUGALSKI Wojciech	33	AKADEMIA MISTRZÓW SPORTU	M40-49		00:15:13	57	00:03:31				
26	NOWOTNIK Mariusz	97		M40-49		00:16:00	80	00:02:57				
27	BRYLL Łukasz	45	FORTIS SAGITTA TEAM	M40-49		00:16:23	89	00:03:03				
28	CHODKIEWICZ Tomasz	31	GARDEN FLORA MTB TEAM	M40-49		00:16:43	98	00:03:15				
29	STĘPIEŃ Tomasz	54		M40-49		00:16:19	88	00:03:42				

					Swimming		Cycling	Race	Czas
30	<b>KWAPIŃSKI Damian</b>	<b>49</b>	TEAMOCHAL	M40-49	<b>00:17:08</b>	113	00:02:54		
31	<b>MORDAKA Maciej</b>	<b>3</b>		M40-49	<b>00:16:39</b>	96	00:03:32		
32	<b>CYNOWSKI Krzysztof</b>	<b>10</b>	CYNA	M40-49	<b>00:17:18</b>	120	00:02:57		
33	<b>GÓRNY Bartłomiej</b>	<b>63</b>		M40-49	<b>00:17:48</b>	134	00:02:34		
34	<b>GABRYCH Maciej</b>	<b>24</b>	CZARNE STOPY	M40-49	<b>00:17:31</b>	125	00:03:07		
35	<b>DOLIŃSKI Dawid</b>	<b>81</b>		M40-49	<b>00:16:01</b>	81	00:04:41		
36	<b>GMOSIŃSKI Tomasz</b>	<b>199</b>	CSU RACING TEAM BYDGOSZCZ	M40-49	<b>00:16:33</b>	94	00:04:10		
37	<b>TRZOPEK Grzegorz</b>	<b>192</b>		M40-49	<b>00:16:51</b>	102	00:03:58		
38	<b>GRUBICH Arkadiusz</b>	<b>244</b>		M40-49	<b>00:17:51</b>	138	00:03:09		
39	<b>LUKOWSKI Grzegorz</b>	<b>72</b>	RODZINNY TEAM ŚRODKOWA	M40-49	<b>00:17:06</b>	112	00:03:59		
40	<b>KARCZEWSKI Filip</b>	<b>18</b>		M40-49	<b>00:18:03</b>	144	00:03:04		
41	<b>OZOROWSKI Lukasz</b>	<b>204</b>		M40-49	<b>00:17:38</b>	129	00:03:38		
42	<b>SOŁDYGA Paweł</b>	<b>257</b>	SKOWRONEKBIEGA	M40-49	<b>00:18:26</b>	152	00:02:53		
43	<b>KRYGER Wojciech</b>	<b>220</b>	AJM TEAM	M40-49	<b>00:17:12</b>	114	00:04:08		
44	<b>CHMURA Maciej</b>	<b>101</b>	TRIATHLON KONSULTING	M40-49	<b>00:17:46</b>	131	00:03:35		
45	<b>GILL Daniel</b>	<b>249</b>	LKS OSTROMECKO	M40-49	<b>00:18:28</b>	153	00:03:07		
46	<b>URBAŃSKI Dawid</b>	<b>110</b>		M40-49	<b>00:17:56</b>	140	00:04:03		
47	<b>MIKOŁAJCZAK Artur</b>	<b>178</b>		M40-49	<b>00:18:34</b>	155	00:03:32		
48	<b>ROMAN Krzysztof</b>	<b>93</b>		M40-49	<b>00:18:23</b>	149	00:03:59		
49	<b>ROBACZEK Andrzej</b>	<b>170</b>		M40-49	<b>00:18:50</b>	164	00:04:07		
50	<b>NIEDŹWIEDZKI Arkadiusz</b>	<b>148</b>	SMARUJ NA TRENING	M40-49	<b>00:19:39</b>	175	00:03:25		
51	<b>WOŹNIAK Radek</b>	<b>123</b>		M40-49	<b>00:19:39</b>	176	00:04:06		
52	<b>MICHALEWSKI Bartosz</b>	<b>207</b>	SOLANO	M40-49	<b>00:18:50</b>	165	00:05:01		
53	<b>BABIAK Jakub</b>	<b>228</b>	ENDURE TEAM	M40-49	<b>00:20:05</b>	187	00:04:22		
54	<b>SZUKALSKI Michał</b>	<b>14</b>		M40-49	<b>00:20:38</b>	193	00:03:52		
55	<b>DOLATA Łukasz</b>	<b>135</b>		M40-49	<b>00:19:48</b>	181	00:04:45		
56	<b>OSTROWSKI Rafał</b>	<b>68</b>	AKTYWNIE UZALEŻNIAMY PŁOCK	M40-49	<b>00:18:41</b>	161	00:06:14		
57	<b>NOWAK Bartłomiej</b>	<b>214</b>	FORGE YOUR FUTURE	M40-49	<b>00:20:31</b>	191	00:05:14		
58	<b>WRÓBEL Sebastian</b>	<b>243</b>	CYKLO BYDGOSZCZ	M40-49	<b>00:22:45</b>	213	00:03:09		
59	<b>BUCZKO Michał</b>	<b>109</b>		M40-49	<b>00:21:47</b>	204	00:04:08		
60	<b>URBAŃSKI Daniel</b>	<b>91</b>		M40-49	<b>00:19:54</b>	185	00:06:22		
61	<b>CZYŻEWSKI Piotr</b>	<b>20</b>		M40-49	<b>00:22:57</b>	215	00:05:24		
62	<b>PANTKOWSKI Adam</b>	<b>143</b>		M40-49	<b>00:26:21</b>	223	00:04:41		
63	<b>SŁOWIŃSKI Sławek</b>	<b>157</b>		M40-49	<b>00:28:40</b>	225	00:05:19		

Total 63 results.