



METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT

Event: Metalkas Ocean Lava Triathlon Polska
Organiser: Towarzystwo Sportowe TRI-SPORT
Date: 2022-08-21
Place: Bydgoszcz
Distance: 25.75 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: **Mężczyźni**

Split point: 25,6 km

Place	Participant	Number	Club	Category	Drużyna 1	Swimming		Cycling		Race	
						P_Borowno 0.75km	Poz	R_Lidl 20km	Poz	B_Announcer 4.59km	
1	ISKRA Paweł ,	148	7PRO TEAM	M30-39		00:10:54	2	00:02:05	00:30:03	4	00:00:26 00:19:17
2	BEDNARCZYK Tomasz ,	41	BIKE U UP	M30-39		00:12:19	8	00:02:02	00:30:05	5	00:00:26 00:19:06
3	RYMER Jakub ,	162	ERPLAST/BOGMAR	M30-39	BOGMAR / ERPLAST	00:12:09	5	00:02:00	00:30:21	6	00:00:31 00:19:23
4	MŁYŃCZAK Jakub ,	152	GVT	M18-29		00:12:16	7	00:01:59	00:31:20	11	00:00:42 00:18:39
5	ŁOPUSZYŃSKI Krzysztof ,	61	LANGE TRI COACH/H2OSHOP.PL	M30-39		00:14:20	23	00:02:11	00:29:41	1	00:00:14 00:19:25
6	PTASZEK Tomasz ,	157	WANIEWSKI COACHING	M30-39		00:12:11	6	00:02:03	00:31:09	10	00:00:55 00:20:15
7	BISKUPSKI Cezary ,	27	TRISPACE/TREK	M30-39		00:14:12	20	00:02:01	00:29:46	2	00:00:47 00:20:25
8	NOWAK Paweł ,	156		M40-49		00:15:34	46	00:02:10	00:30:35	7	00:00:58 00:18:47
9	ŚLIWIŃSKI Łukasz ,	170	ERPLAST/BOGMAR	M30-39	BOGMAR / ERPLAST	00:15:35	47	00:02:00	00:30:01	3	00:01:03 00:19:29
10	KOWALIKOWSKI Daniel ,	119	TM IRON TEAM	M30-39	TM IRON TEAM	00:13:34	16	00:02:07	00:30:57	8	00:00:49 00:20:50
11	FRUKACZ Kamil ,	63	SPORTLEVEL TCZEW	M18-29		00:11:47	4	00:02:17	00:32:40	22	00:01:07 00:20:29
12	PLUTA Gniewomir ,	118	UKS TRS SUSZ	M40-49		00:12:59	13	00:02:21	00:31:51	15	00:00:45 00:20:54
13	SUDZIŃSKI Hubert ,	42		M18-29	TRISPACE/TREK	00:15:31	44	00:02:04	00:31:37	12	00:01:00 00:18:53
14	PEKRUL Wojciech ,	153	DAWAJ KALACH TEAM / MIĘDZY TRENINGAMI	M18-29		00:12:46	12	00:02:16	00:32:22	21	00:01:02 00:20:53
15	KARSKI Kacper ,	98		M18-29		00:11:32	3	00:02:34	00:33:34	39	00:00:47 00:21:00
16	SZEWCUK Patryk ,	55	SPORT ZDROWIE KONDYCJA	M30-39		00:14:34	28	00:01:46	00:31:03	9	00:00:57 00:21:18
17	ZIELINSKI Nicolas ,	91	ELENSPORT.PL SKLEPY SPORTOWE	M18-29	ElenSport.pl	00:14:00	19	00:01:55	00:32:58	25	00:00:48 00:20:15
18	FÓRMANIAK Piotr ,	104	TM IRON TEAM	M40-49	TM IRON TEAM	00:13:13	14	00:02:08	00:32:05	17	00:01:13 00:21:25
19	KOTŁOWSKI Bartosz ,	165	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	M30-39	BOGMAR / ERPLAST	00:15:43	51	00:02:00	00:34:29	49	00:01:02 00:17:08
20	LICZNIERSKI Marek ,	10	OWOCBIEGATEAM	M30-39	OwocBiegaTeam	00:13:43	17	00:02:35	00:32:14	19	00:01:03 00:20:53
21	BARTKOWIAK Dawid ,	130		M40-49		00:14:33	27	00:02:01	00:31:48	14	00:00:47 00:21:37
22	MAZUR Wojciech ,	158		M30-39		00:13:16	15	00:02:30	00:31:59	16	00:01:07 00:21:56
23	WIĘCKOWSKI Dariusz ,	72	AKADEMIA MISTRZÓW SPORTU	M40-49	Akademia Mistrzów Sportu	00:12:41	11	00:02:19	00:33:05	28	00:00:56 00:22:28

					□ Swimming	T1	□ Cycling	T2	□ Race	CPSE		
24	GACKA Rafal ,	116	LUPUS TEAM	M40-49	LUPUS TEAM	00:15:44	52	00:02:33	00:31:46	13	00:01:28	00:20:06
25	DEPTUŁA Grzegorz ,	35	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M40-49		00:15:10	38	00:02:34	00:33:14	32	00:01:06	00:19:48
26	PRĄDZYŃSKI Marcin ,	89	AKADEMIAMISTRZOWSPORTU	M40-49	Akademia Mistrzów Sportu	00:14:40	30	00:02:28	00:33:21	34	00:00:52	00:21:01
27	GOŁATA Wojciech ,	163	AKADEMIA MISTRZÓW SPORTU / BOGMAR	M40-49	Akademia Mistrzów Sportu/ Bogmar	00:15:07	37	00:01:57	00:33:54	41	00:01:09	00:20:17
28	MAAS Oliver ,	159	SOPREMA TEAM TSV MANNHEIM	M18-29		00:12:36	10	00:02:25	00:37:48	101	00:00:45	00:19:05
29	DROBINSKI Daniel ,	33		M30-39		00:15:40	50	00:03:06	00:32:53	24	00:01:09	00:20:07
30	BINKOWSKI Adrian ,	135	CTS/CB163	M40-49		00:15:39	49	00:01:56	00:32:13	18	00:01:10	00:22:20
31	BRZEZINSKI Łukasz ,	173	ASSECO ACTIVE TEAM	M30-39	Asseco Active Team	00:14:47	32	00:02:37	00:33:28	35	00:01:00	00:21:36
32	NOWICKI Bartosz ,	106	AQUA+	M30-39		00:14:44	31	00:02:32	00:32:53	23	00:00:56	00:22:27
33	WARGACKI Piotr ,	124	TM IRON TEAM	M40-49	TM IRON TEAM	00:14:47	33	00:02:23	00:32:21	20	00:01:09	00:22:53
34	DULIŃSKI Bartosz ,	140	TRISPACE/TREK	M18-29	TRISPACE/TREK	00:15:20	42	00:02:13	00:33:41	40	00:01:56	00:20:49
35	AUGUSTYNIAK Grzegorz ,	132	PTTDELTA	M50-59		00:14:29	26	00:03:07	00:33:55	42	00:01:30	00:22:20
36	SKORECKI Aleksander ,	168	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	M30-39	Bydgoszcz Triathlon Team / Wtlenie	00:14:34	29	00:02:41	00:35:22	58	00:01:01	00:21:59
37	GÓRNY Bartosz ,	133	TRISPACE/TREK	M30-39		00:15:26	43	00:02:43	00:33:59	43	00:01:48	00:22:02
38	SOBCZAK Marcin ,	174	ASSECO ACTIVE TEAM	M30-39		00:15:11	39	00:02:08	00:34:04	44	00:01:05	00:23:49
39	GIERES Waldemar ,	5	PTT DELTA	M50-59	PTT DELTA	00:17:31	85	00:02:07	00:33:02	27	00:00:59	00:22:48
40	CHODKIEWICZ Tomasz ,	31	GARDENFLORA MTB TEAM	M40-49		00:17:26	80	00:03:27	00:33:10	30	00:01:19	00:21:19
41	LEWANDOWSKI Oskar ,	29		M18-29		00:15:53	54	00:02:24	00:35:09	53	00:01:30	00:22:25
42	DUDKOWIAK Michał ,	178	DUDKOWIAK ADWOKACI	M30-39		00:14:14	21	00:02:31	00:35:07	52	00:00:42	00:25:06
43	GILL Daniel ,	167	LKS OSTROMECKO	M40-49		00:16:47	67	00:03:00	00:33:31	38	00:01:26	00:22:59
44	ZIELIŃSKI Maciej ,	88	ELENSPORT.PL	M30-39	ElenSport.pl	00:17:23	78	00:02:58	00:33:30	37	00:01:12	00:22:44
45	DAWIDOWSKI Marek ,	144	POMIMO TEAM / KARTUZY	M30-39		00:16:10	58	00:02:16	00:36:09	75	00:01:15	00:22:01
46	KARCZEWSKI Filip ,	20		M30-39		00:18:14	106	00:02:54	00:33:13	31	00:00:52	00:23:10
47	KNYPIŃSKI Wojciech ,	45		M30-39		00:16:41	65	00:03:11	00:35:40	66	00:01:47	00:21:41
48	BUDZIK Ireneusz ,	129	PETNER TEAM	M50-59		00:18:31	113	00:02:53	00:33:20	33	00:01:14	00:23:03
49	OZOROWSKI Lukasz ,	120		M40-49		00:16:53	69	00:03:54	00:35:14	55	00:01:21	00:22:06
50	ZALEWSKI Marcin ,	100		M30-39		00:16:15	61	00:02:41	00:35:37	65	00:01:06	00:23:53
51	PUZIAK Marcin ,	76		M40-49		00:15:04	35	00:02:50	00:37:18	94	00:01:05	00:23:46
52	GIEDRYS Roman ,	145		M50-59		00:17:57	100	00:03:18	00:34:19	46	00:01:02	00:23:38
53	CIUPA Jarosław ,	80	AKADEMIA MISTRZÓW SPORTU	M50-59		00:18:01	102	00:03:24	00:33:29	36	00:02:00	00:23:37
54	RUCIŃSKI Rafał ,	8	SELEKCJA NATURALNA	M30-39	Selekcja Naturalna	00:18:28	112	00:02:24	00:34:56	51	00:01:33	00:23:59
55	PACZKOWSKI Mirosław ,	32		M50-59		00:17:13	75	00:04:00	00:36:05	73	00:01:46	00:22:19
56	KLONOWSKI Mariusz ,	179	PRIMIGENIUS	M40-49		00:18:18	108	00:02:57	00:35:23	60	00:01:26	00:23:30

				□ Swimming	T1	□ Cycling	T2	□ Race	CPAS	
57	MALINOWSKI Artur ,	115		M50-59	00:17:40	88	00:03:34	00:35:11 54	00:01:27	00:23:49
58	GÓRNY Bartłomiej ,	13		M40-49	00:18:07	103	00:02:27	00:35:29 63	00:01:19	00:24:29
59	NOWOTNIK Mariusz ,	169		M40-49	00:17:51	93	00:02:46	00:36:01 71	00:01:09	00:24:04
60	STRYCZYŃSKI Marek	71		M30-39	00:17:18	76	00:03:16	00:35:41 67	00:01:44	00:24:13
61	ŻYCHLIŃSKI Miłosz ,	17	HTF LUDWIK SIKORSKI	M40-49	00:20:41	132	00:02:52	00:34:17 45	00:01:50	00:22:39
62	TROŚCIANIEC Tomasz ,	139	GRAJAN TEAM OŁAWA	M30-39	00:16:15	60	00:03:12	00:36:10 76	00:01:56	00:24:53
63	GALICKI Jakub ,	171	AKADEMIA MISTRZÓW SPORTU	M40-49	00:17:07	73	00:03:03	00:37:16 93	00:01:26	00:23:47
64	KUŹMA Wojciech ,	28		M50-59	00:17:51	92	00:02:46	00:35:20 56	00:01:11	00:25:33
65	SOŁDYGA Paweł ,	96	SKOWRONEKBIEGA	M40-49	00:20:03	127	00:02:50	00:35:54 68	00:01:40	00:22:43
66	BRYLL Łukasz ,	77	BKK TRI TEAM	M30-39	00:17:00	71	00:03:15	00:36:58 86	00:01:26	00:24:33
67	FABROWSKI Dawid ,	125		M40-49	00:15:07	36	00:03:20	00:36:55 84	00:01:36	00:26:16
68	GABRYCH Maciej ,	34	CZARNE STOPY	M40-49	00:17:54	96	00:03:05	00:37:02 88	00:01:06	00:24:08
69	ZAMOYSKI Piotr ,	56		M30-39	00:17:26	79	00:02:43	00:37:09 89	00:01:20	00:24:45
70	PEZACKI Szymon ,	57	NIEMCZ BIKE ACADEMY	M18-29	00:15:12	40	00:03:47	00:36:38 80	00:02:16	00:25:30
71	TOMASZ Mariusz ,	23	GRAJAN OŁAWA	M40-49	00:21:36	140	00:03:11	00:34:22 47	00:01:47	00:22:32
72	WOŹNIAK Radek ,	143		M30-39	00:19:24	120	00:02:33	00:34:27 48	00:01:08	00:26:18
73	BOROWSKI Radosław ,	40	MLKS KRAJNA SĘPÓLNO	M30-39	00:18:19	109	00:02:58	00:36:21 77	00:01:11	00:25:04
74	CZACHOWSKI Jacek ,	176	KS OPŁAWIEC	M30-39	00:18:21	110	00:02:57	00:37:32 97	00:00:43	00:24:23
75	REPKA Marek ,	66	LUPUS TEAM	M40-49	00:21:20	138	00:02:28	00:34:35 50	00:01:23	00:24:35
76	SKÓRCZEWSKI Marcin ,	25		M18-29	00:16:31	63	00:03:13	00:36:03 72	00:01:43	00:27:04
77	STAŃCZYK Kamil ,	79	83 BLP	M30-39	00:19:02	117	00:04:23	00:38:41 111	00:02:07	00:20:41
78	KOLASSA Robert ,	95		M30-39	00:18:27	111	00:03:29	00:39:24 119	00:00:29	00:23:06
79	BOIŃSKI Bartosz ,	60		M30-39	00:17:30	84	00:03:14	00:37:35 98	00:02:13	00:24:31
80	SOBCZYŃSKI Michał ,	99		M30-39	00:16:12	59	00:03:01	00:37:56 104	00:01:39	00:26:25
81	RUTKOWSKI Tomasz ,	110	OLIMPIA SPORT	M30-39	00:19:54	125	00:03:42	00:37:15 90	00:01:56	00:23:20
82	TOMASZEWSKI Marcin ,	147		M40-49	00:20:57	136	00:03:22	00:37:39 99	00:01:22	00:22:52
83	LICA Grzegorz ,	103		M40-49	00:17:54	97	00:03:55	00:35:21 57	00:01:58	00:27:30
84	ŻEGLICZ Marek ,	84	SPÓJNIA BIAŁE BŁOTA	M18-29	00:18:38	114	00:04:56	00:37:15 92	00:01:43	00:24:26
85	PAPIEROWSKI Piotr ,	50	ATOS	M30-39	00:18:12	105	00:04:13	00:36:53 83	00:01:25	00:26:17
86	GARBIEC Mirosław ,	16		M60-69	00:20:46	134	00:03:37	00:35:59 70	00:02:11	00:24:29
87	URBAŃSKI Dawid ,	97		M40-49	00:17:50	91	00:03:35	00:38:12 106	00:01:46	00:25:50
88	CHMURA Maciej ,	14	TRIATHLON KONSULTING	M40-49	00:17:52	95	00:04:40	00:36:58 85	00:01:43	00:26:17
89	ZEVALLOS Robert ,	58		M18-29	00:17:36	87	00:03:15	00:39:44 123	00:00:59	00:26:13
90	LUDWINIAK Bogdan ,	65		M50-59	00:17:55	98	00:02:50	00:36:32 79	00:01:35	00:29:08

					Swimming	T1	Cycling	T2	Race	CPAS
91	TOMASZEWSKI Mateusz ,	134	GRAJAN OŁAWA	M30-39	00:17:49	90	00:03:17	00:43:11 137	00:01:04	00:22:40
92	MONTOWSKI Jakub	49		M40-49	00:18:07	104	00:03:45	00:37:57 105	00:01:10	00:27:05
93	FRAĆKOWSKI Łukasz ,	4	THE TRI DOCTOR	M30-39	00:13:59	18	00:03:27	00:37:24 96	00:01:44	00:31:49
94	RIINA Edoardo ,	39		M40-49	00:16:10	56	00:04:35	00:39:41 121	00:01:31	00:26:44
95	LISEWSKI Piotr ,	43		M50-59	00:19:52	124	00:03:15	00:38:48 113	00:01:47	00:25:05
96	WŁUDARSKI Marcin ,	128		M30-39	00:03:51	1	00:17:26	00:41:15 130	00:00:43	00:26:00
97	ŁATKA Marcin ,	12		M40-49	00:16:50	68	00:03:00	00:40:52 129	00:01:28	00:27:25
98	BOHDANOWICZ Jarosław ,	149	OLIMPIASPORT.PL	M60-69	00:16:57	70	00:03:30	00:38:18 108	00:01:39	00:29:13
99	KLIMEK Przemysław ,	59	TOYOTA JAWORSKI AUTO	M18-29	00:17:23	77	00:02:59	00:39:35 120	00:01:03	00:29:32
100	OSIŃSKI Adam ,	46	CHŁOPAKI TO MY	M50-59	00:21:33	139	00:05:00	00:37:50 103	00:01:56	00:24:30
101	GUMIŃSKI Szymon ,	160		M30-39	00:16:46	66	00:04:13	00:42:46 135	00:02:40	00:24:36
102	SADKIEWICZ Jacek ,	172	RACING TEAM	M50-59	00:17:56	99	00:03:40	00:36:59 87	00:01:39	00:31:14
103	MISZTELA Dariusz ,	73	PTT DELTA	M60-69	00:19:27	121	00:03:25	00:39:18 118	00:02:01	00:27:25
104	KOWALSKI Marek ,	85	REKINY OSIELSKO	M50-59	00:17:27	81	00:06:41	00:39:42 122	00:02:23	00:27:12
105	ZGÓRSKI Maciej ,	7		M40-49	00:20:25	131	00:04:44	00:38:28 110	00:01:37	00:28:50
106	BIBIK Łukasz ,	75	RUN DMT	M40-49	00:20:22	129	00:05:02	00:37:45 100	00:02:56	00:28:37
107	PIĄTKOWSKI Mateusz ,	111	TRIFECTA	M18-29	00:17:28	82	00:06:02	00:45:06 143	00:00:54	00:25:25
108	ŻELAZNY Marcin ,	38		M50-59	00:15:34	45	00:04:51	00:42:07 133	00:02:04	00:30:26
109	WIŚNIEWSKI Mikołaj ,	52		M40-49	00:19:31	123	00:02:42	00:42:53 136	00:00:58	00:29:36
110	MORZYŃSKI Stanisław ,	90		M40-49	00:23:09	144	00:03:38	00:38:59 116	00:02:35	00:28:00
111	WILAND Adam ,	101		M18-29	00:18:57	116	00:04:29	00:46:57 148	00:01:45	00:25:17
112	KOJRO Filip ,	48	PLCK	M18-29	00:16:30	62	00:06:30	00:43:34 138	00:01:07	00:30:50
113	MONTOWSKI Jan ,	74	OPŁAWIEC	M60-69	00:24:03	149	00:03:57	00:40:29 126	00:00:52	00:30:29
114	ANDRZEJEWSKI Ryszard ,	138	ŻÓŁTOKRÓLEWSCY	M70-79	00:22:36	143	00:06:35	00:42:06 132	00:01:53	00:28:26
115	DÜCHTING Benjamin ,	36		M30-39	00:17:58	101	00:04:41	00:45:34 146	00:01:33	00:35:39
116	PIĄTKOWSKI Mariusz ,	113	TRIFECTA	M50-59	00:19:21	118	00:04:24	00:47:44 149	00:00:41	00:35:55
117	PIĄTKOWSKI Krystian ,	112	TRIFECTA	M18-29	00:18:39	115	00:04:27	00:48:34 151	00:00:40	00:35:55
118	CIESIELSKI Piotr ,	105	TTRI SPRĘCOWO	M50-59	00:20:48	135	00:05:39	00:50:03 154	00:00:35	00:32:07
119	CZYŻEWSKI Piotr ,	3		M30-39	00:23:44	146	00:04:46	00:41:38 131	00:02:34	00:37:38
120	SAWICKI Waldemar ,	22		M80+	00:23:57	148	00:04:52	00:46:36 147	00:00:57	00:42:19
121	WIŚNIEWSKI Krzysztof ,	127	TRISPACE/TREK	M50-59	00:36:29	156	00:04:02	00:42:31 134	00:01:44	00:36:03
122	NOWAK Andrzej ,	131		M60-69	00:29:30	155	00:06:01	00:55:03 155	00:02:21	00:46:34
	NOWAKOWSKI Marcin ,	114	TRIFECTA	M40-49						

Total 123 results.