



# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Punkt pomiarowy: 21,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Pływanie		TZ	Rower		TZ	Bieg	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			
2	RYMER Jakub	235	ERPLAST/BOGMAR	M30-39		00:12:17	8	00:02:11	00:28:06	6			
3	ŁOPUSZYŃSKI Krzysztof	150	TRISPACE/TREK	M40-49		00:13:15	17	00:02:10	00:27:32	2			
4	MISZTELA Jakub	74	PTT DELTA	M18-29		00:11:22	2	00:01:38	00:30:17	30			
5	PRZYBYLSKI Jakub	138	KOMPUTRONIK	M40-49		00:13:40	21	00:02:15	00:27:28	1			
6	FÓRMANIAK Piotr	212	TM IRON TEAM	M40-49		00:12:56	13	00:02:11	00:28:30	9			
7	PARTYKA Rafał	29	RAFAL AGAINST THE MACHINE	M40-49		00:13:09	16	00:02:21	00:28:19	8			
8	WASZTYL Michał	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	M30-39		00:11:42	4	00:01:53	00:30:26	32			
9	BASIŃSKI Łukasz	4	ELENSPORT.PL SKLEPY SPORTOWE	M30-39		00:14:20	40	00:01:50	00:27:57	4			
10	DROBINSKI Daniel	193	ŁAPATRIRUN	M30-39		00:13:56	25	00:02:39	00:28:00	5			
11	WIERZYŃSKI Damian	144	TRISPACE/TREK	M30-39		00:14:34	45	00:01:58	00:28:08	7			
12	SZEWCUK Patryk	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	M30-39		00:13:42	23	00:02:05	00:28:58	11			
13	TWAROWSKI Karol	231		M40-49		00:11:50	5	00:01:57	00:31:09	57			
14	KRÓL Hubert	246	WWW.TRENERTRIATHLONU.PL	M30-39		00:12:12	6	00:02:15	00:30:39	39			
15	KOTŁOWSKI Bartosz	256	LKS OSTROMECKO	M30-39		00:14:17	36	00:01:42	00:29:10	13			
16	ZIENKIEWICZ Janusz	201	TRISPACE/TREK	M50-59		00:13:59	30	00:02:08	00:29:06	12			
17	SUDZIŃSKI Hubert	239	TEAMOCHAL	M18-29		00:14:03	32	00:01:52	00:29:24	16			
18	GIERACH Wojciech	247	TRISPACE/TREK	M18-29		00:14:20	39	00:01:50	00:29:15	14			
19	KUBANEK Łukasz	79	Ł_T_R	M40-49		00:14:59	52	00:03:02	00:27:42	3			
20	URBANOWSKI Włodzimierz	202	RETRO STORK TEAM	M40-49		00:12:21	9	00:03:19	00:30:04	27			
21	KOWALIKOWSKI Daniel	221	TM IRON TEAM	M30-39		00:12:56	14	00:02:19	00:30:36	37			
22	MAJEWSKI Robert	208	#TEAMOCHAL	M40-49		00:13:56	26	00:02:32	00:29:25	18			
23	CYBULSKI Jacek	62	SWIM2TRI	M40-49		00:13:58	29	00:02:17	00:29:47	24			
24	ZIELINSKI Nicolas	191	SKLEP ELENSPORT.PL	M30-39		00:13:47	24	00:02:13	00:30:08	28			
25	WITKOWSKI Mateusz	218	WITKOWSKI PLANY TRENINGOWE	M30-39		00:14:21	41	00:01:56	00:30:14	29			
26	DAWIDOWICZ Maciej	28		M40-49		00:14:28	42	00:02:34	00:29:37	21			

					Pływanie		T1	Rower	T2	Bieg	Case
27	<b>GOŁATA Wojciech</b>	<b>222</b>	BOGMAR LKS OSTROMECKO	M40-49	<b>00:14:16</b>	35	00:02:10	<b>00:30:25</b>	<b>31</b>		
28	<b>LICZNIERSKI Marek</b>	<b>25</b>		M30-39	<b>00:14:12</b>	33	00:02:18	<b>00:30:28</b>	<b>34</b>		
29	<b>BYCH Maciej</b>	<b>206</b>	GRAJAN TRIATHLON TEAM	M40-49	<b>00:12:40</b>	10	00:02:35	<b>00:31:49</b>	<b>73</b>		
30	<b>NOWAK Artur</b>	<b>8</b>		M50-59	<b>00:14:02</b>	31	00:02:14	<b>00:30:57</b>	<b>49</b>		
31	<b>ROHDE Piotr</b>	<b>190</b>	TM IRONTEAM	M18-29	<b>00:13:22</b>	18	00:02:26	<b>00:31:35</b>	<b>68</b>		
32	<b>GACKA Rafał</b>	<b>216</b>	LUPUS TEAM	M40-49	<b>00:14:51</b>	48	00:02:39	<b>00:30:01</b>	<b>26</b>		
33	<b>SKORECKI Aleksander</b>	<b>252</b>	BYDGOSZCZ TRIATHLON TEAM	M30-39	<b>00:13:57</b>	28	00:02:31	<b>00:31:07</b>	<b>56</b>		
34	<b>GIERACH Jakub</b>	<b>248</b>	TRISPACE/TREK	M18-29	<b>00:13:34</b>	20	00:02:03	<b>00:32:04</b>	<b>77</b>		
35	<b>ROHDE Łukasz</b>	<b>196</b>	TM IRONTEAM	M18-29	<b>00:14:19</b>	38	00:02:24	<b>00:31:04</b>	<b>53</b>		
36	<b>KRÓL Maciej</b>	<b>210</b>	#CHMURACOACHING	M50-59	<b>00:15:21</b>	62	00:02:41	<b>00:29:45</b>	<b>23</b>		
37	<b>BERNACKI Mateusz</b>	<b>153</b>	WANIEWSKI COACHING	M18-29	<b>00:12:44</b>	12	00:02:41	<b>00:32:45</b>	<b>91</b>		
38	<b>BUGALSKI Wojciech</b>	<b>33</b>	AKADEMIA MISTRZÓW SPORTU	M40-49	<b>00:15:13</b>	57	00:03:31	<b>00:29:40</b>	<b>22</b>		
39	<b>JANUSZKIEW Piotr</b>	<b>39</b>	REBELIA UNDERGROUND TRIATHLON	M40-49	<b>00:14:34</b>	44	00:02:39	<b>00:31:11</b>	<b>58</b>		
40	<b>KROPLEWSKI Maciej</b>	<b>251</b>	CTS	M40-49	<b>00:14:51</b>	49	00:02:54	<b>00:30:40</b>	<b>40</b>		
41	<b>MALICKI Patryk</b>	<b>122</b>		M30-39	<b>00:11:31</b>	3	00:03:30	<b>00:33:36</b>	<b>114</b>		
42	<b>KRÓL Patryk</b>	<b>119</b>	TRIATHLON KONSULTING	M30-39	<b>00:13:06</b>	15	00:02:44	<b>00:32:53</b>	<b>100</b>		
43	<b>KNAPIK Karol</b>	<b>125</b>	DAWAJ KALACH TEAM	M30-39	<b>00:15:08</b>	54	00:02:45	<b>00:30:54</b>	<b>48</b>		
44	<b>CIEPŁOWSKI Robert</b>	<b>107</b>		M40-49	<b>00:12:40</b>	11	00:02:59	<b>00:33:28</b>	<b>112</b>		
45	<b>LIPIŃSKI Michał</b>	<b>137</b>	LIPA#76	M40-49	<b>00:14:19</b>	37	00:03:19	<b>00:31:45</b>	<b>72</b>		
46	<b>NAPIERAŁA Mikołaj</b>	<b>58</b>	TEAMOCHAL	M30-39	<b>00:15:32</b>	68	00:03:07	<b>00:30:47</b>	<b>43</b>		
47	<b>KWAPIŃSKI Damian</b>	<b>49</b>	TEAMOCHAL	M40-49	<b>00:17:08</b>	113	00:02:54	<b>00:29:25</b>	<b>17</b>		
48	<b>BOROWSKI Radosław</b>	<b>89</b>	MLKS KRAJNA SĘPÓLNO	M30-39	<b>00:16:00</b>	79	00:02:49	<b>00:30:50</b>	<b>44</b>		
49	<b>DADEJ Rafał</b>	<b>184</b>	PIASKIEM W RAKA	M40-49	<b>00:15:51</b>	76	00:02:40	<b>00:31:20</b>	<b>62</b>		
50	<b>GRZESIAK Patryk</b>	<b>102</b>	ARTURKUREK.PRO	M40-49	<b>00:15:17</b>	60	00:03:10	<b>00:31:25</b>	<b>65</b>		
51	<b>GŁĄB Andrzej</b>	<b>197</b>	WANIEWSKI COACHING	M50-59	<b>00:15:16</b>	59	00:02:40	<b>00:31:59</b>	<b>76</b>		
52	<b>NOWOTNIK Mariusz</b>	<b>97</b>		M40-49	<b>00:16:00</b>	80	00:02:57	<b>00:31:03</b>	<b>52</b>		
53	<b>TRZOPEK Grzegorz</b>	<b>192</b>		M40-49	<b>00:16:51</b>	102	00:03:58	<b>00:29:18</b>	<b>15</b>		
54	<b>KNYPIŃSKI Wojciech</b>	<b>34</b>		M30-39	<b>00:14:28</b>	43	00:03:19	<b>00:32:22</b>	<b>83</b>		
55	<b>KUNDE Tomasz</b>	<b>253</b>	BYDGOSZ TRIATHLON	M30-39	<b>00:13:40</b>	22	00:02:32	<b>00:34:01</b>	<b>127</b>		
56	<b>PRZYBYTKOWSKI Marek</b>	<b>52</b>	ELENSPORT.PL SKLEPY SPORTOWE	M30-39	<b>00:17:20</b>	121	00:02:30	<b>00:30:31</b>	<b>35</b>		
57	<b>CHODKIEWICZ Tomasz</b>	<b>31</b>	GARDEN FLORA MTB TEAM	M40-49	<b>00:16:43</b>	98	00:03:15	<b>00:30:36</b>	<b>38</b>		
58	<b>DUDKOWIAK Michał</b>	<b>240</b>	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	M30-39	<b>00:14:55</b>	51	00:03:32	<b>00:32:09</b>	<b>80</b>		
59	<b>KOTOŃSKI Damian</b>	<b>175</b>		M30-39	<b>00:17:01</b>	110	00:03:08	<b>00:30:28</b>	<b>33</b>		
60	<b>BUDZIK Ireneusz</b>	<b>226</b>		M50-59	<b>00:16:45</b>	100	00:02:49	<b>00:31:04</b>	<b>54</b>		
61	<b>STĘPIEŃ Tomasz</b>	<b>54</b>		M40-49	<b>00:16:19</b>	88	00:03:42	<b>00:30:51</b>	<b>45</b>		
62	<b>BOIŃSKI Bartosz</b>	<b>234</b>	TM IRON TEAM	M30-39	<b>00:15:49</b>	74	00:02:34	<b>00:32:35</b>	<b>87</b>		
63	<b>BRYLL Łukasz</b>	<b>45</b>	FORTIS SAGITTA TEAM	M40-49	<b>00:16:23</b>	89	00:03:03	<b>00:31:34</b>	<b>67</b>		
64	<b>SOBCZAK Marcin</b>	<b>104</b>	ASSECO ACTIVE TEAM	M40-49	<b>00:15:36</b>	69	00:02:41	<b>00:32:47</b>	<b>93</b>		
65	<b>HUZARSKI Amadeusz</b>	<b>130</b>	AKADEMIA MISTRZÓW SPORTU	M18-29	<b>00:16:04</b>	83	00:02:06	<b>00:32:56</b>	<b>101</b>		
66	<b>PALUCH Jan</b>	<b>203</b>	TRIATHLON KONSULTING	M18-29	<b>00:17:01</b>	109	00:03:13	<b>00:30:53</b>	<b>47</b>		
67	<b>KASPEROWICZ Marcin</b>	<b>55</b>	PREDATORS 3TEAM	M40-49	<b>00:15:11</b>	56	00:02:35	<b>00:33:23</b>	<b>109</b>		
68	<b>BRZEZIŃSKI Łukasz</b>	<b>105</b>	ASSECO ACTIVE TEAM	M30-39	<b>00:17:00</b>	108	00:02:56	<b>00:31:21</b>	<b>64</b>		
69	<b>TYMIŃSKI Dariusz</b>	<b>172</b>	PTT DELTA	M50-59	<b>00:17:51</b>	136	00:02:11	<b>00:31:17</b>	<b>61</b>		
70	<b>ZALEWSKI Marcin</b>	<b>41</b>		M30-39	<b>00:15:26</b>	64	00:02:47	<b>00:33:15</b>	<b>107</b>		

					Pływanie		Rower		Bieg	
71	<b>GILL Daniel</b>	<b>249</b>	LKS OSTROMECKO	M40-49	<b>00:18:28</b>	153	00:03:07	<b>00:29:55</b>	<b>25</b>	
72	<b>DOMBROWSKI Patryk</b>	<b>113</b>		M30-39	<b>00:16:24</b>	92	00:02:46	<b>00:32:21</b>	<b>82</b>	
73	<b>GUMIŃSKI Szymon</b>	<b>164</b>		M30-39	<b>00:14:46</b>	47	00:03:34	<b>00:33:23</b>	<b>110</b>	
74	<b>WNUK Mateusz</b>	<b>217</b>		M18-29	<b>00:14:41</b>	46	00:03:06	<b>00:33:58</b>	<b>125</b>	
75	<b>GIEDRYS Roman</b>	<b>73</b>		M50-59	<b>00:17:23</b>	124	00:03:22	<b>00:31:01</b>	<b>51</b>	
76	<b>ZAJĄKAŁA Wojciech</b>	<b>188</b>		M18-29	<b>00:15:58</b>	77	00:03:11	<b>00:32:45</b>	<b>92</b>	
77	<b>TURZYŃSKI Jarosław</b>	<b>94</b>	HOLY TRIATHLON TEAM	M30-39	<b>00:15:26</b>	63	00:03:28	<b>00:33:06</b>	<b>105</b>	
78	<b>CHROMIŃSKI Fabian</b>	<b>32</b>		M30-39	<b>00:16:53</b>	104	00:03:30	<b>00:31:37</b>	<b>70</b>	
79	<b>GRUBICH Arkadiusz</b>	<b>244</b>		M40-49	<b>00:17:51</b>	138	00:03:09	<b>00:31:01</b>	<b>50</b>	
80	<b>CYBULSKI Paweł</b>	<b>160</b>		M30-39	<b>00:17:18</b>	119	00:03:11	<b>00:31:32</b>	<b>66</b>	
81	<b>ŁABĘDZKI Maciej</b>	<b>38</b>	TRISPACE/TREK	M30-39	<b>00:15:50</b>	75	00:03:12	<b>00:33:01</b>	<b>104</b>	
82	<b>KARCZEWSKI Filip</b>	<b>18</b>		M40-49	<b>00:18:03</b>	144	00:03:04	<b>00:31:14</b>	<b>60</b>	
83	<b>WAŁĘZA Hubert</b>	<b>17</b>		M30-39	<b>00:16:59</b>	106	00:03:14	<b>00:32:11</b>	<b>81</b>	
84	<b>SIUDA Marek</b>	<b>43</b>		M50-59	<b>00:15:40</b>	71	00:03:51	<b>00:32:56</b>	<b>102</b>	
85	<b>MIŚ Filip</b>	<b>162</b>	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	M18-29	<b>00:16:42</b>	97	00:03:30	<b>00:32:24</b>	<b>84</b>	
86	<b>DULAT Roland</b>	<b>254</b>	LKS OSTROMECKO	M30-39	<b>00:15:58</b>	78	00:03:57	<b>00:32:51</b>	<b>96</b>	
87	<b>GÓRNY Bartłomiej</b>	<b>63</b>		M40-49	<b>00:17:48</b>	134	00:02:34	<b>00:32:31</b>	<b>85</b>	
88	<b>OZOROWSKI Lukasz</b>	<b>204</b>		M40-49	<b>00:17:38</b>	129	00:03:38	<b>00:31:37</b>	<b>71</b>	
89	<b>CYNOWSKI Krzysztof</b>	<b>10</b>	CYNA	M40-49	<b>00:17:18</b>	120	00:02:57	<b>00:32:42</b>	<b>89</b>	
90	<b>ANTOSIK Patryk</b>	<b>66</b>	CSWLĄD POZNAŃ	M30-39	<b>00:18:36</b>	157	00:03:39	<b>00:31:11</b>	<b>59</b>	
91	<b>SOŁDYGA Paweł</b>	<b>257</b>	SKOWRONEKBIEGA	M40-49	<b>00:18:26</b>	152	00:02:53	<b>00:32:08</b>	<b>78</b>	
92	<b>KOWALSKI Piotr</b>	<b>76</b>		M50-59	<b>00:17:22</b>	122	00:03:43	<b>00:32:33</b>	<b>86</b>	
93	<b>CHOLEWCZYŃSKI Damian</b>	<b>232</b>	TM IRON TEAM	M30-39	<b>00:17:14</b>	117	00:03:01	<b>00:33:25</b>	<b>111</b>	
94	<b>SZCZEŚNIAK Szymon</b>	<b>180</b>	SUCHOLESKIE NIEDŹWIEDZIE	M30-39	<b>00:16:09</b>	85	00:03:13	<b>00:34:19</b>	<b>131</b>	
95	<b>SIEG Tymoteusz</b>	<b>219</b>		M18-29	<b>00:15:14</b>	58	00:04:50	<b>00:33:37</b>	<b>115</b>	
96	<b>SOBCZYŃSKI Michał</b>	<b>200</b>		M30-39	<b>00:15:28</b>	65	00:03:44	<b>00:34:46</b>	<b>138</b>	
97	<b>LUKOWSKI Grzegorz</b>	<b>72</b>	RODZINNY TEAM ŚRODKOWA	M40-49	<b>00:17:06</b>	112	00:03:59	<b>00:32:57</b>	<b>103</b>	
98	<b>DOLIŃSKI Dawid</b>	<b>81</b>		M40-49	<b>00:16:01</b>	81	00:04:41	<b>00:33:28</b>	<b>113</b>	
99	<b>GABRYCH Maciej</b>	<b>24</b>	CZARNE STOPY	M40-49	<b>00:17:31</b>	125	00:03:07	<b>00:33:40</b>	<b>118</b>	
100	<b>RUCIŃSKI Rafał</b>	<b>22</b>	SELEKCJA NATURALNA	M30-39	<b>00:18:30</b>	154	00:02:38	<b>00:33:17</b>	<b>108</b>	
101	<b>REPKA Marek</b>	<b>166</b>	LUPUS TEAM	M50-59	<b>00:21:06</b>	202	00:02:49	<b>00:30:42</b>	<b>41</b>	
102	<b>GMOSIŃSKI Tomasz</b>	<b>199</b>	CSU RACING TEAM BYDGOSZCZ	M40-49	<b>00:16:33</b>	94	00:04:10	<b>00:33:59</b>	<b>126</b>	
103	<b>STRYCZYŃSKI Marek</b>	<b>26</b>	TRISPACE/TREK	M30-39	<b>00:18:37</b>	159	00:03:22	<b>00:32:44</b>	<b>90</b>	
104	<b>MAJDA Adrian</b>	<b>121</b>		M30-39	<b>00:17:43</b>	130	00:03:06	<b>00:33:55</b>	<b>123</b>	
105	<b>LUDWINIAK Bogdan</b>	<b>111</b>		M50-59	<b>00:17:59</b>	142	00:02:57	<b>00:33:54</b>	<b>122</b>	
106	<b>ZIELIŃSKI Radosław</b>	<b>2</b>		M30-39	<b>00:17:33</b>	127	00:03:30	<b>00:33:51</b>	<b>121</b>	
107	<b>PODLASIŃSKI Tomasz</b>	<b>140</b>	BAYERLIFETEAM	M50-59	<b>00:16:15</b>	87	00:03:42	<b>00:35:02</b>	<b>143</b>	
108	<b>YAFIMCHYK Andrei</b>	<b>142</b>	ORCA	M40-49	<b>00:15:09</b>	55	00:02:47	<b>00:37:05</b>	<b>180</b>	
109	<b>ŁATKA Marcin</b>	<b>5</b>		M40-49	<b>00:15:18</b>	61	00:02:57	<b>00:36:46</b>	<b>173</b>	
110	<b>SADKIEWICZ Jacek</b>	<b>225</b>	RACING TEAM	M50-59	<b>00:17:14</b>	118	00:03:50	<b>00:33:57</b>	<b>124</b>	
111	<b>GRĄBCZEWSKI Sławomir</b>	<b>185</b>		M30-39	<b>00:15:31</b>	66	00:04:07	<b>00:35:25</b>	<b>150</b>	
112	<b>KUŹMA Wojtek</b>	<b>6</b>		M50-59	<b>00:19:11</b>	171	00:03:00	<b>00:32:52</b>	<b>98</b>	
113	<b>BABIAK Jakub</b>	<b>228</b>	ENDURE TEAM	M40-49	<b>00:20:05</b>	187	00:04:22	<b>00:30:45</b>	<b>42</b>	

				Pływanie		Rower		Bieg	
114	<b>ROMAN Krzysztof</b>	<b>93</b>		M40-49	<b>00:18:23</b>	149	00:03:59	<b>00:32:52</b>	<b>99</b>
115	<b>MOSKAL Przemysław</b>	<b>145</b>		M18-29	<b>00:17:01</b>	111	00:03:32	<b>00:34:42</b>	<b>136</b>
116	<b>TUROWSKI Maciej</b>	<b>133</b>		M30-39	<b>00:15:37</b>	70	00:03:48	<b>00:35:53</b>	<b>154</b>
117	<b>CHMURA Maciej</b>	<b>101</b>	TRIATHLON KONSULTING	M40-49	<b>00:17:46</b>	131	00:03:35	<b>00:34:06</b>	<b>128</b>
118	<b>GRZEGOROWSKI Jan</b>	<b>134</b>	JKG	M30-39	<b>00:19:49</b>	184	00:04:03	<b>00:31:51</b>	<b>74</b>
119	<b>STAŃCZYK Kamil</b>	<b>181</b>	8. K-PBOT	M30-39	<b>00:17:47</b>	133	00:03:49	<b>00:34:10</b>	<b>129</b>
120	<b>URBAŃSKI Dawid</b>	<b>110</b>		M40-49	<b>00:17:56</b>	140	00:04:03	<b>00:33:48</b>	<b>120</b>
121	<b>KRYGER Wojciech</b>	<b>220</b>	AJM TEAM	M40-49	<b>00:17:12</b>	114	00:04:08	<b>00:34:37</b>	<b>133</b>
122	<b>MORDAKA Maciej</b>	<b>3</b>		M40-49	<b>00:16:39</b>	96	00:03:32	<b>00:35:50</b>	<b>153</b>
123	<b>JASIECKI Milan</b>	<b>173</b>	ENDURE TEAM	M18-29	<b>00:19:26</b>	172	00:04:57	<b>00:31:59</b>	<b>75</b>
124	<b>LISEWSKI Piotr</b>	<b>100</b>		M60-69	<b>00:18:51</b>	166	00:03:26	<b>00:34:11</b>	<b>130</b>
125	<b>RUSZKOWSKI Wiktor</b>	<b>128</b>		M30-39	<b>00:15:42</b>	72	00:04:14	<b>00:36:33</b>	<b>171</b>
126	<b>ŻELAZNY Marcin</b>	<b>27</b>		M50-59	<b>00:15:48</b>	73	00:03:52	<b>00:36:59</b>	<b>176</b>
127	<b>SZEWS Marek</b>	<b>136</b>	AKADEMIA MISTRZÓW SPORTU	M50-59	<b>00:18:52</b>	167	00:02:52	<b>00:34:55</b>	<b>140</b>
128	<b>MIKOŁAJCZAK Artur</b>	<b>178</b>		M40-49	<b>00:18:34</b>	155	00:03:32	<b>00:34:37</b>	<b>134</b>
129	<b>SZYMCZAK Krzysztof</b>	<b>88</b>	SYSTEM 11	M50-59	<b>00:20:25</b>	190	00:03:32	<b>00:32:52</b>	<b>97</b>
130	<b>PAPIEROWSKI Piotr</b>	<b>40</b>	ATOS	M30-39	<b>00:18:15</b>	146	00:04:03	<b>00:34:31</b>	<b>132</b>
131	<b>WRÓBEL Sebastian</b>	<b>243</b>	CYKLO BYDGOSZCZ	M40-49	<b>00:22:45</b>	213	00:03:09	<b>00:31:05</b>	<b>55</b>
132	<b>KWIATKOWSKI Piotr</b>	<b>165</b>		M30-39	<b>00:17:38</b>	128	00:04:35	<b>00:34:48</b>	<b>139</b>
133	<b>HAJŁASZ Marcin</b>	<b>129</b>		M30-39	<b>00:17:53</b>	139	00:04:28	<b>00:34:42</b>	<b>137</b>
134	<b>BEM Wojciech</b>	<b>194</b>		M30-39	<b>00:17:46</b>	132	00:03:37	<b>00:36:02</b>	<b>158</b>
135	<b>OSAK Paweł</b>	<b>19</b>		M30-39	<b>00:18:36</b>	156	00:03:48	<b>00:35:14</b>	<b>144</b>
136	<b>STYPCZYŃSKI Jan</b>	<b>154</b>		M18-29	<b>00:18:37</b>	158	00:02:54	<b>00:36:29</b>	<b>169</b>
137	<b>NIEDŹWIEDZKI Arkadiusz</b>	<b>148</b>	SMARUJ NA TRENING	M40-49	<b>00:19:39</b>	175	00:03:25	<b>00:34:57</b>	<b>141</b>
138	<b>STĘPIEŃ Michał</b>	<b>116</b>		M30-39	<b>00:17:51</b>	137	00:03:55	<b>00:36:23</b>	<b>166</b>
139	<b>ROBACZEK Andrzej</b>	<b>170</b>		M40-49	<b>00:18:50</b>	164	00:04:07	<b>00:35:22</b>	<b>146</b>
140	<b>LIPCZYŃSKI Tomasz</b>	<b>64</b>	AKTYWNIE UZALEŻNIAMY PŁOCK	M30-39	<b>00:16:47</b>	101	00:04:35	<b>00:37:19</b>	<b>184</b>
141	<b>BAUMGART Jacek</b>	<b>195</b>	BIEGAJ Z DĘBAMI	M60-69	<b>00:18:02</b>	143	00:04:33	<b>00:36:31</b>	<b>170</b>
142	<b>GUZIK Krzysztof</b>	<b>141</b>		M30-39	<b>00:20:42</b>	194	00:03:06	<b>00:35:23</b>	<b>147</b>
143	<b>MICHALEWSKI Bartosz</b>	<b>207</b>	SOLANO	M40-49	<b>00:18:50</b>	165	00:05:01	<b>00:35:23</b>	<b>148</b>
144	<b>WAWRZYŃIAK Dominik</b>	<b>53</b>	TAVERNA NAKŁO	M18-29	<b>00:20:02</b>	186	00:03:24	<b>00:35:56</b>	<b>156</b>
145	<b>WOŹNIAK Radek</b>	<b>123</b>		M40-49	<b>00:19:39</b>	176	00:04:06	<b>00:35:38</b>	<b>152</b>
146	<b>KOLASSA Robert</b>	<b>42</b>		M30-39	<b>00:18:49</b>	163	00:03:42	<b>00:37:01</b>	<b>178</b>
147	<b>KUBALEWSKI Krzysztof</b>	<b>127</b>		M30-39	<b>00:16:26</b>	93	00:05:07	<b>00:38:12</b>	<b>194</b>
148	<b>ŚWIERCZYŃSKI Marcin</b>	<b>36</b>	ATHLETICOMED.PL BYDGOSZCZ	M30-39	<b>00:16:53</b>	103	00:02:08	<b>00:41:23</b>	<b>213</b>
149	<b>MAŁKIŃSKI Józef</b>	<b>84</b>		M60-69	<b>00:19:46</b>	180	00:03:36	<b>00:37:02</b>	<b>179</b>
150	<b>OSTROWSKI Rafał</b>	<b>68</b>	AKTYWNIE UZALEŻNIAMY PŁOCK	M40-49	<b>00:18:41</b>	161	00:06:14	<b>00:36:03</b>	<b>160</b>
151	<b>OLSZEWSKI Daniel</b>	<b>169</b>		M30-39	<b>00:19:42</b>	177	00:04:08	<b>00:37:20</b>	<b>185</b>
152	<b>NOWAK Bartłomiej</b>	<b>214</b>	FORGE YOUR FUTURE	M40-49	<b>00:20:31</b>	191	00:05:14	<b>00:36:20</b>	<b>164</b>
153	<b>TOPOLSKI Kamil</b>	<b>146</b>		M18-29	<b>00:19:44</b>	179	00:04:40	<b>00:37:51</b>	<b>192</b>
154	<b>BINKOWSKI Czarek</b>	<b>255</b>	LKS OSTROMECKO	M50-59	<b>00:21:03</b>	201	00:05:14	<b>00:36:25</b>	<b>167</b>
155	<b>DOLATA Łukasz</b>	<b>135</b>		M40-49	<b>00:19:48</b>	181	00:04:45	<b>00:38:29</b>	<b>197</b>
156	<b>SKÓRCZEWSKI Jacek</b>	<b>124</b>		M60-69	<b>00:22:02</b>	205	00:05:09	<b>00:36:25</b>	<b>168</b>

					Pływanie		Rower		Bieg	
					Wzrost	Ważność	Wzrost	Ważność	Wzrost	Ważność
157	<b>PANTKOWSKI Adam</b>	<b>143</b>		M40-49	<b>00:26:21</b>	223	00:04:41	<b>00:33:15</b>	<b>106</b>	
158	<b>BOGALECKI Marek</b>	<b>209</b>	KS SOKÓŁ ZBLEWO	M60-69	<b>00:20:55</b>	198	00:06:17	<b>00:37:27</b>	<b>187</b>	
159	<b>SZUKALSKI Michał</b>	<b>14</b>		M40-49	<b>00:20:38</b>	193	00:03:52	<b>00:40:19</b>	<b>205</b>	
160	<b>BUCZKO Michał</b>	<b>109</b>		M40-49	<b>00:21:47</b>	204	00:04:08	<b>00:39:11</b>	<b>202</b>	
161	<b>MONTOWSKI Jan</b>	<b>132</b>	KLUB OPŁAWIEC	M60-69	<b>00:23:15</b>	217	00:04:54	<b>00:37:11</b>	<b>181</b>	
162	<b>POBOC Przemysław</b>	<b>155</b>		M50-59	<b>00:22:40</b>	211	00:04:10	<b>00:38:37</b>	<b>198</b>	
163	<b>SERWACKI Dawid</b>	<b>99</b>		M30-39	<b>00:19:49</b>	182	00:04:51	<b>00:40:56</b>	<b>211</b>	
164	<b>RĄCZKOWSKI Daniel</b>	<b>117</b>	AKTYWNIEM UZALEŻNIAMY PŁOCK	M30-39	<b>00:19:36</b>	174	00:04:46	<b>00:41:25</b>	<b>214</b>	
165	<b>CZYŻEWSKI Piotr</b>	<b>20</b>		M40-49	<b>00:22:57</b>	215	00:05:24	<b>00:38:47</b>	<b>199</b>	
166	<b>URBAŃSKI Daniel</b>	<b>91</b>		M40-49	<b>00:19:54</b>	185	00:06:22	<b>00:42:12</b>	<b>216</b>	
167	<b>ŚWIADEK Hubert</b>	<b>67</b>		M30-39	<b>00:24:14</b>	219	00:04:39	<b>00:40:42</b>	<b>209</b>	
168	<b>MAŃCZAK Wawrzyniec</b>	<b>152</b>	ENDURE TEAM	M70-79	<b>00:16:08</b>	84	00:08:34	<b>00:46:15</b>	<b>224</b>	
169	<b>CIESIELSKI Piotr</b>	<b>183</b>		M50-59	<b>00:22:12</b>	207	00:05:21	<b>00:44:11</b>	<b>219</b>	
170	<b>KWIATKOWSKI Roman</b>	<b>115</b>		M60-69	<b>00:26:40</b>	224	00:07:19	<b>00:41:27</b>	<b>215</b>	
171	<b>WIŚNIEWSKI Krzysztof</b>	<b>7</b>	TRISPACE/TREK	M50-59	<b>00:30:28</b>	226	00:05:26	<b>00:40:39</b>	<b>207</b>	
172	<b>SAWICKI Waldemar</b>	<b>83</b>		M80+	<b>00:25:33</b>	221	00:05:44	<b>00:45:17</b>	<b>221</b>	
173	<b>SŁOWIŃSKI Sławek</b>	<b>157</b>		M40-49	<b>00:28:40</b>	225	00:05:19	<b>00:45:55</b>	<b>223</b>	
	<b>MAAS Oliver</b>	<b>161</b>	SOPREMA TEAM TSV MANNHEIM	M18-29	<b>00:12:14</b>	7	00:02:50			

Znaleziono 174 wynik(ów)