# OCEAN LAVA TRIATHLON POLSKA 2018 - DYSTANS PEŁNY 140.6

**Wydarzenie:** Ocean Lava Triathlon Polska 2018
**Organizator:** Towarzystwo Sportowe TRI-SPORT
**Data:** 2018-08-19
**Miejsce:** Bydgoszcz
**Dystans:** 226 km

Klasyfikacja: Wszyscy

Punkt pomiarowy: 219,8 km

| | | | | | | Pływanie | | | | | Rower | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna | P_Borowno 0.95km | P_Borowno 2.85km | R_Borowno 3.8km | Poz | | R_Kotomierz 9km | R_Pauliny 42.2km | R_Lidl 63km | R_Kotomierz 87km | R_Pauliny 120.2km | R_Lidl 141km | R_Kotomierz 165km | B_Announcer 180km | Poz | | B_Announcer 6.349km | B_Mysl 10.329km | B_Announ 14.298k |
| 1 | **CHMURA Maciej** | **1** | GVT BMC - AZS AWF KATOWICE | M30-34 | GVT BMC | 00:12:23 | 00:38:07 | **00:51:17** | 2 | 00:01:54 | 00:15:23 | 01:07:16 | 01:40:53 | 02:16:17 | 03:06:41 | 03:37:41 | 04:15:14 | **04:38:07** | **2** | 00:07:42 | 00:19:08 | 00:35:00 | 00:51:50 |
| 2 | **AUGUSTYNIAK Krzysztof** | **188** | MKS PŁETVAL POLKOWICE | M35-39 | | 00:12:58 | 00:40:27 | **00:54:16** | 3 | 00:02:22 | 00:15:30 | 01:05:40 | 01:37:30 | 02:12:52 | 03:03:16 | 03:34:17 | 04:11:46 | **04:34:43** | **1** | 00:07:44 | 00:21:27 | 00:38:11 | 00:55:59 |
| 3 | **LUFT Mikołaj** | **2** | LUFT TRI TEAM | M30-34 | | 00:12:23 | 00:38:00 | **00:51:04** | 1 | 00:01:41 | 00:15:09 | 01:04:38 | 01:35:30 | 02:12:59 | 03:03:57 | 03:36:06 | 04:16:28 | **04:40:57** | **3** | 00:05:25 | 00:26:09 | 00:44:27 | 01:03:51 |
| 4 | **MŁODZIKOWSKI Paweł** | **137** | KB V-MAX ADAMÓW | M30-34 | KB V-Max Adamów | 00:15:37 | 00:47:57 | **01:04:29** | 17 | 00:02:43 | 00:16:33 | 01:09:32 | 01:42:51 | 02:22:32 | 03:16:18 | 03:49:59 | 04:31:44 | **04:56:01** | **5** | 00:02:00 | 00:25:49 | 00:42:42 | 01:01:27 |
| 5 | **HOLUB Michal** | **287** | TRIATLOM TEAM DOLNÝ KUBÍN | M30-34 | | 00:15:16 | 00:46:43 | **01:02:51** | 12 | 00:02:53 | 00:16:31 | 01:09:52 | 01:43:01 | 02:24:00 | 03:18:12 | 03:52:31 | 04:35:16 | **05:00:00** | **6** | 00:02:03 | 00:27:56 | 00:45:25 | 01:03:42 |
| 6 | **KOWALCZYK Marek** | **253** | BRZOZA BIEGA | M40-44 | | 00:15:40 | 00:48:23 | **01:04:59** | 21 | 00:02:38 | 00:16:36 | 01:11:35 | 01:45:18 | 02:26:23 | 03:22:34 | 03:57:31 | 04:40:39 | **05:05:57** | **14** | 00:01:35 | 00:28:32 | 00:46:44 | 01:05:44 |
| 7 | **TARGONI Paweł** | **144** | | M40-44 | | 00:15:36 | 00:48:36 | **01:05:44** | 25 | 00:02:55 | 00:17:43 | 01:13:25 | 01:47:21 | 02:28:41 | 03:24:00 | 03:57:53 | 04:39:30 | **05:03:41** | **11** | 00:02:50 | 00:29:54 | 00:48:56 | 01:08:35 |
| 8 | **JURKIEWICZ Mariusz** | **71** | | M35-39 | | 00:17:47 | 00:56:05 | **01:16:03** | 91 | 00:03:43 | 00:16:52 | 01:10:14 | 01:43:08 | 02:23:27 | 03:17:15 | 03:49:51 | 04:29:48 | **04:52:47** | **4** | 00:02:12 | 00:29:55 | 00:48:50 | 01:08:19 |
| 9 | **MARKOWSKI Marek** | **267** | LABOSPORT TEAM / ULTIMATE PETARDA SQUAD | M40-44 | | 00:13:51 | 00:42:37 | **00:57:04** | 6 | 00:03:04 | 00:16:15 | 01:09:26 | 01:42:27 | 02:23:02 | 03:19:01 | 03:54:00 | 04:35:56 | **05:00:19** | **7** | 00:02:04 | 00:36:32 | 00:57:26 | 01:18:03 |
| 10 | **KOWALSKA Olga** | **216** | TRINERGY TEAM | K30-34 | Trinergy Team | 00:15:27 | 00:47:16 | **01:03:37** | 14 | 00:03:05 | 00:17:40 | 01:14:59 | 01:50:42 | 02:33:46 | 03:32:34 | 04:08:08 | 04:51:18 | **05:17:30** | **24** | 00:02:41 | 00:29:10 | 00:47:36 | 01:06:55 |
| 11 | **BŁACHOWIAK Jakub** | **191** | STREFASPORTU.PL MW INVEST | M25-29 | | 00:16:49 | 00:50:37 | **01:07:56** | 37 | 00:02:33 | 00:16:40 | 01:11:39 | 01:45:38 | 02:26:56 | 03:22:19 | 03:56:28 | 04:38:01 | **05:02:17** | **10** | 00:01:51 | 00:32:13 | 00:52:11 | 01:12:57 |
| 12 | **SIWIRSKI Robert** | **285** | WTT / WMT | M40-44 | | 00:17:46 | 00:55:02 | **01:13:47** | 69 | 00:03:04 | 00:16:29 | 01:10:34 | 01:44:44 | 02:26:14 | 03:22:25 | 03:57:06 | 04:39:48 | **05:05:00** | **13** | 00:03:09 | 00:29:47 | 00:48:57 | 01:09:35 |
| 13 | **LEWANDOWSKI Damian** | **213** | PTT DELTA | M40-44 | | 00:15:31 | 00:48:21 | **01:04:51** | 19 | 00:03:45 | 00:17:18 | 01:14:06 | 01:49:40 | 02:33:55 | 03:34:31 | 04:10:51 | 04:55:23 | **05:20:39** | **27** | 00:01:38 | 00:29:33 | 00:49:24 | 01:10:43 |
| 14 | **KOŁODZIEJ Sebastian** | **120** | LABOSPORT TEAM | M35-39 | | 00:16:41 | 00:50:34 | **01:07:35** | 35 | 00:02:45 | 00:17:14 | 01:12:48 | 01:47:31 | 02:29:27 | 03:26:49 | 04:04:47 | 04:47:33 | **05:12:14** | **18** | 00:02:09 | 00:31:18 | 00:52:50 | 01:15:37 |
| 15 | **PYKA Marek** | **256** | CHOP ZE ŻELAZA TRI TEAM | M40-44 | | 00:15:58 | 00:48:26 | **01:05:12** | 23 | 00:03:02 | 00:17:03 | 01:11:52 | 01:47:01 | 02:29:40 | 03:26:57 | 04:03:19 | 04:48:21 | **05:14:12** | **21** | 00:01:51 | 00:31:24 | 00:51:46 | 01:13:26 |
| 16 | **KOZAR Karol** | **65** | POLISH TRIATHLETES IN UK | M35-39 | | 00:16:30 | 00:51:18 | **01:09:17** | 47 | 00:03:16 | 00:18:09 | 01:15:38 | 01:50:02 | 02:32:15 | 03:30:56 | 04:06:39 | 04:50:36 | **05:16:17** | **22** | 00:03:09 | 00:30:14 | 00:49:42 | 01:11:13 |
| 17 | **KULESZA Jakub** | **246** | TRIATHLON CLUB WROCŁAW | M35-39 | | 00:15:18 | 00:46:43 | **01:02:28** | 10 | 00:03:26 | 00:17:17 | 01:12:19 | 01:46:49 | 02:30:07 | 03:31:52 | 04:08:57 | 04:53:39 | **05:20:50** | **29** | 00:03:08 | 00:30:24 | 00:49:37 | 01:10:04 |
| 18 | **FLORKIEWICZ Jacek** | **243** | | M40-44 | | 00:16:56 | 00:52:20 | **01:11:02** | 54 | 00:03:20 | 00:19:40 | 01:19:43 | 01:55:53 | 02:40:27 | 03:39:29 | 04:15:20 | 05:02:02 | **05:28:04** | **37** | 00:03:05 | 00:30:57 | 00:50:29 | 01:11:48 |
| 19 | **WNĘK Jarosław** | **217** | KUPSZOSE.PL | M30-34 | | 00:14:45 | 00:45:54 | **01:01:34** | 8 | 00:03:20 | 00:16:22 | 01:10:21 | 01:43:03 | 02:23:30 | 03:19:04 | 03:53:18 | 04:36:04 | **05:00:49** | **9** | 00:02:04 | 00:34:39 | 00:57:11 | 01:20:08 |
| 20 | **KAŹMIERCZAK Łukasz** | **204** | LUKS DWÓJKA DANIELO SPORTSWEAR STRYKÓW | M35-39 | | 00:16:41 | 00:52:16 | **01:11:03** | 55 | 00:03:17 | 00:17:14 | 01:11:36 | 01:45:09 | 02:27:21 | 03:24:28 | 03:59:30 | 04:42:03 | **05:07:56** | **15** | 00:02:20 | 00:33:37 | 00:56:10 | 01:20:04 |
| 21 | **KACZKOWSKA Katarzyna** | **51** | | K35-39 | | 00:19:48 | 00:59:46 | **01:21:06** | 128 | 00:04:04 | 00:17:19 | 01:14:58 | 01:51:00 | 02:34:28 | 03:33:27 | 04:11:26 | 04:58:39 | **05:27:17** | **36** | 00:02:13 | 00:30:11 | 00:50:31 | 01:11:42 |
| 22 | **HOPPE Mateusz** | **235** | SKŻ SOPOT | M25-29 | | 00:15:57 | 00:48:59 | **01:06:06** | 26 | 00:02:43 | 00:16:26 | 01:10:44 | 01:44:13 | 02:25:50 | 03:23:30 | 03:59:52 | 04:45:06 | **05:12:41** | **19** | 00:02:44 | 00:33:51 | 00:55:19 | 01:18:02 |
| 23 | **WĘGLIŃSKI Sebastian** | **93** | KS BARAKUDA MIŃSK MAZ | M35-39 | | 00:16:19 | 00:52:23 | **01:10:45** | 50 | 00:03:50 | 00:17:19 | 01:13:10 | 01:47:58 | 02:30:54 | 03:29:52 | 04:06:37 | 04:53:05 | **05:20:26** | **26** | 00:03:42 | 00:32:49 | 00:55:05 | 01:18:13 |
| 24 | **WALCZAK Robert** | **67** | PARKRUN POZNAŃ | M35-39 | parkrun Poznań | 00:14:52 | 00:46:20 | **01:02:12** | 9 | 00:03:44 | 00:17:40 | 01:18:57 | 01:56:07 | 02:41:27 | 03:44:42 | 04:24:20 | 05:13:00 | **05:43:03** | **75** | 00:05:33 | 00:32:18 | 00:51:52 | 01:12:50 |
| 25 | **SZYSZKA Łukasz** | **286** | DRUŻYNA TVN | M25-29 | | 00:15:27 | 00:48:00 | **01:04:27** | 16 | 00:02:36 | 00:18:18 | 01:17:15 | 01:53:06 | 02:36:18 | 03:34:22 | 04:10:24 | 04:54:59 | **05:21:24** | **30** | 00:03:32 | 00:30:53 | 00:50:59 | 01:14:41 |
| 26 | **STACHURA Mateusz** | **42** | | M25-29 | | 00:15:55 | 00:50:15 | **01:07:31** | 34 | 00:02:30 | 00:17:05 | 01:12:05 | 01:45:23 | 02:27:20 | 03:22:59 | 03:57:04 | 04:39:29 | **05:03:55** | **12** | 00:01:54 | 00:30:45 | 00:53:17 | 01:18:14 |
| 27 | **WILIŃSKI Tomasz** | **121** | LABOSPORT TEAM | M40-44 | | 00:17:49 | 00:55:06 | **01:14:37** | 76 | 00:04:15 | 00:17:09 | 01:12:00 | 01:46:00 | 02:28:14 | 03:26:28 | 04:02:04 | 04:46:30 | **05:13:05** | **20** | 00:02:27 | 00:31:48 | 00:52:45 | 01:15:23 |
| 28 | **KRAWCZYK Aleksandra** | **76** | TRI W KOLORZE BLOND | K30-34 | | 00:16:23 | 00:49:44 | **01:06:37** | 27 | 00:02:47 | 00:19:00 | 01:21:51 | 02:00:14 | 02:47:13 | 03:49:23 | 04:28:11 | 05:15:24 | **05:43:15** | **77** | 00:03:26 | 00:30:09 | 00:49:56 | 01:10:54 |
| 29 | **PIOTROWSKI Artur** | **234** | TRIATHLON SEDLCE CLUB | M40-44 | KB V-Max Adamów | 00:15:13 | 00:48:19 | **01:04:58** | 20 | 00:03:02 | 00:17:56 | 01:17:02 | 01:53:37 | 02:38:03 | 03:39:20 | 04:16:10 | 05:02:39 | **05:30:31** | **40** | 00:03:00 | 00:35:12 | 00:57:38 | 01:21:36 |
| 30 | **KRZYSZTOFIK Kacper** | **274** | TRI AKTYWNY PIOTRKÓW | M40-44 | | 00:19:24 | 00:59:43 | **01:20:18** | 118 | 00:04:05 | 00:18:15 | 01:18:31 | 01:55:14 | 02:40:04 | 03:40:48 | 04:19:14 | 05:06:17 | **05:33:40** | **49** | 00:02:27 | 00:28:44 | 00:50:20 | 01:10:04 |
| 31 | **BUCHALIK Arkadiusz** | **40** | | M45-49 | | 00:18:25 | 00:54:31 | **01:12:51** | 64 | 00:03:55 | 00:18:20 | 01:18:42 | 01:55:49 | 02:41:10 | 03:42:07 | 04:19:53 | 05:06:55 | **05:35:18** | **57** | 00:02:22 | 00:30:02 | 00:49:27 | 01:10:17 |
| 32 | **HAWROT Sylwester** | **135** | NTS NEXELOCROWN GOLENIÓW | M50-54 | | 00:15:59 | 00:48:14 | **01:05:04** | 22 | 00:04:13 | 00:19:15 | 01:19:06 | 01:55:07 | 02:41:07 | 03:44:19 | 04:24:13 | 05:12:46 | **05:41:12** | **70** | 00:02:30 | 00:33:42 | 00:57:13 | 01:24:16 |
| 33 | **POCENTEK Krzysztof Robert** | **236** | TRIATHLON RAWA MAZOWIECKA | M40-44 | | 00:16:15 | 00:50:06 | **01:07:44** | 36 | 00:03:31 | 00:18:10 | 01:16:51 | 01:52:57 | 02:37:36 | 03:40:48 | 04:21:01 | 05:11:23 | **05:39:45** | **66** | 00:03:25 | 00:32:47 | 00:56:07 | 01:21:06 |
| 34 | **WROŃSKI Tomasz** | **60** | | M35-39 | | 00:14:44 | 00:45:13 | **01:00:49** | 7 | 00:03:18 | 00:17:48 | 01:15:22 | 01:51:10 | 02:35:10 | 03:35:17 | 04:12:55 | 04:58:49 | **05:26:32** | **34** | 00:03:10 | 00:31:08 | 00:52:29 | 01:15:44 |
| 35 | **LESZCZEWICZ Waldemar** | **288** | KUŹNIA TRIATHLONU | M40-44 | | 00:16:20 | 00:50:18 | **01:07:27** | 33 | 00:02:30 | 00:17:29 | 01:14:33 | 01:50:15 | 02:33:26 | 03:31:41 | 04:07:12 | 04:52:19 | **05:19:26** | **25** | 00:02:39 | 00:36:12 | 01:00:38 | 01:24:56 |

| | | | | | | Pływanie | | | | T1 | Rower | | | | | | | | T2 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 36 | **KIRCHYK Serhii** | **222** | KREMENTRI | M30-34 | | 00:16:21 | 00:50:30 | **01:08:07** | 39 | 00:05:58 | 00:18:54 | 01:19:32 | 01:59:45 | 02:52:08 | 04:00:50 | 04:43:41 | **06:01:23** | **118** | 00:04:19 | 00:32:04 | 00:52:21 | 01:12:10 |
| 37 | **SCHEPPLER Patryk** | **201** | SEKCJA TRIATHLONU AKADEMII WOJSK LĄDOWYCH | M18-24 | | 00:16:01 | 00:51:26 | **01:09:11** | 45 | 00:03:38 | 00:18:54 | 01:19:16 | 01:56:52 | 02:43:59 | 03:45:34 | 04:23:26 | 05:12:23 | **05:42:29** | **72** | 00:02:39 | 00:31:58 | 00:51:30 | 01:17:30 |
| 38 | **ANDRZEJCZYK Sebastian** | **262** | NEON | M45-49 | | 00:16:37 | 00:51:07 | **01:09:13** | 46 | 00:02:53 | 00:18:18 | 01:17:21 | 01:54:20 | 02:39:02 | 03:40:00 | 04:17:39 | 05:04:05 | **05:32:42** | **46** | 00:02:56 | 00:36:31 | 00:59:46 | 01:24:43 |
| 39 | **WIĘCKOWSKI Dariusz** | **66** | AMS TRIATHLON | M35-39 | AMS | 00:15:40 | 00:47:12 | **01:03:15** | 13 | 00:04:54 | 00:18:06 | 01:18:11 | 01:54:21 | 02:38:10 | 03:37:56 | 04:15:24 | 05:03:06 | **05:30:28** | **39** | 00:03:32 | 00:31:33 | 00:51:38 | 01:13:40 |
| 40 | **KOWALSKI Tomasz** | **270** | WITC | M30-34 | | 00:20:08 | 01:05:00 | **01:28:41** | 183 | 00:06:10 | 00:17:52 | 01:16:49 | 01:53:48 | 02:39:06 | 03:40:26 | 04:20:18 | 05:06:22 | **05:34:35** | **53** | 00:03:37 | 00:31:31 | 00:51:12 | 01:15:59 |
| 41 | **SZNAJDER Mariusz** | **57** | | M35-39 | | 00:16:25 | 00:52:16 | **01:10:52** | 51 | 00:03:55 | 00:18:21 | 01:17:50 | 01:54:22 | 02:39:48 | 03:40:31 | 04:17:53 | 05:04:18 | **05:31:35** | **43** | 00:02:17 | 00:35:22 | 01:01:18 | 01:25:45 |
| 42 | **KUBIAK Bartłomiej** | **141** | DOBRCZ BIEGA | M30-34 | | 00:17:10 | 00:53:15 | **01:12:29** | 62 | 00:05:02 | 00:19:05 | 01:19:37 | 01:57:00 | 02:43:31 | 03:45:55 | 04:25:08 | 05:13:07 | **05:41:12** | **69** | 00:06:14 | 00:31:25 | 00:51:12 | 01:12:54 |
| 43 | **FILIPOWSKI Zdzisław** | **171** | KS CELIRONMAN | M45-49 | | 00:16:42 | 00:51:59 | **01:10:03** | 49 | 00:03:30 | 00:18:35 | 01:18:30 | 01:55:38 | 02:41:03 | 03:41:46 | 04:19:12 | 05:05:29 | **05:32:47** | **47** | 00:01:30 | 00:35:47 | 00:59:14 | 01:24:16 |
| 44 | **FOREMSKI Sławomir** | **151** | TORUŃSKI KLUB TRIATHLONOWY | M50-54 | | 00:19:26 | 00:59:09 | **01:19:31** | 108 | 00:03:00 | 00:17:48 | 01:15:29 | 01:51:51 | 02:36:50 | 03:37:31 | 04:18:49 | 05:08:10 | **05:37:32** | **61** | 00:02:45 | 00:38:21 | 00:59:24 | 01:30:00 |
| 45 | **MESSYASZ Krzysztof** | **100** | BIMARKO&WELDA TEAM | M35-39 | | 00:18:15 | 00:56:27 | **01:16:37** | 94 | 00:02:58 | 00:17:47 | 01:15:48 | 01:51:08 | 02:35:18 | 03:32:44 | 04:08:23 | 04:55:13 | **05:22:11** | **31** | 00:02:57 | 00:31:48 | 00:55:26 | 01:20:17 |
| 46 | **KOCHANOWSKI Dariusz** | **158** | TRI LEVEL | M40-44 | | 00:16:55 | 00:51:34 | **01:08:59** | 43 | 00:03:27 | 00:18:14 | 01:15:39 | 01:51:54 | 02:37:17 | 03:40:12 | 04:19:58 | 05:09:25 | **05:39:40** | **65** | 00:03:42 | 00:34:56 | 00:58:49 | 01:26:14 |
| 47 | **HALAGARDA Krzysztof** | **231** | PDK | M30-34 | | 00:19:22 | 01:00:15 | **01:21:37** | 138 | 00:06:03 | 00:18:40 | 01:20:03 | 01:57:09 | 02:42:05 | 03:44:06 | 04:23:58 | 05:11:57 | **05:40:28** | **67** | 00:03:50 | 00:31:20 | 00:40:45 | 01:13:51 |
| 48 | **KLONOWSKI Mariusz** | **275** | PRIMIGENIUS | M35-39 | | 00:21:42 | 01:07:04 | **01:30:44** | 197 | 00:05:28 | 00:17:43 | 01:16:46 | 01:53:46 | 02:37:45 | 03:38:49 | 04:16:49 | 05:02:33 | **05:30:16** | **38** | 00:03:22 | 00:35:33 | 00:57:56 | 01:21:11 |
| 49 | **ŁĄTKOWSKI Sławek** | **52** | ORKAMASTERS IŁAWA | M40-44 | | 00:16:33 | 00:52:34 | **01:11:27** | 57 | 00:04:12 | 00:17:17 | 01:15:45 | 01:52:44 | 02:38:11 | 03:38:24 | 04:16:13 | 05:02:56 | **05:30:59** | **42** | 00:05:02 | 00:33:57 | 00:56:32 | 01:22:07 |
| 50 | **MACIUSZEK Łukasz** | **84** | BBL OPOLE | M30-34 | | 00:19:22 | 00:59:48 | **01:19:57** | 115 | 00:05:10 | 00:18:01 | 01:18:19 | 01:55:04 | 02:39:29 | 03:38:07 | 04:14:17 | 04:59:44 | **05:27:15** | **35** | 00:02:30 | 00:31:57 | 00:53:22 | 01:19:38 |
| 51 | **SEREDYŃSKI Przemysław** | **153** | | M35-39 | | 00:16:07 | 00:50:32 | **01:08:40** | 41 | 00:03:43 | 00:18:32 | 01:19:20 | 01:56:50 | 02:43:46 | 03:47:42 | 04:27:43 | 05:16:57 | **05:46:06** | **86** | 00:03:29 | 00:34:15 | 00:58:05 | 01:22:59 |
| 52 | **SZCZYRBOWSKI Michał** | **30** | TURBOKILLA | M35-39 | | 00:18:11 | 00:56:00 | **01:14:54** | 82 | 00:04:33 | 00:18:22 | 01:18:56 | 01:56:38 | 02:42:52 | 03:45:40 | 04:25:02 | 05:15:01 | **05:43:32** | **78** | 00:02:29 | 00:33:08 | 00:58:03 | 01:22:22 |
| 53 | **JARMOSZEWICZ Łukasz** | **80** | TORUŃSKI KLUB TRIATHLONOWY | M45-49 | | 00:18:51 | 00:57:59 | **01:18:21** | 100 | 00:04:39 | 00:17:58 | 01:16:37 | 01:52:40 | 02:37:31 | 03:39:52 | 04:18:01 | 05:04:33 | **05:32:56** | **48** | 00:03:38 | 00:33:55 | 01:00:08 | 01:26:38 |
| 54 | **CHAŁUPKA Paweł** | **224** | | M35-39 | | 00:19:42 | 00:58:06 | **01:17:47** | 97 | 00:04:18 | 00:18:21 | 01:18:19 | 01:54:07 | 02:40:17 | 03:43:07 | 04:21:37 | 05:09:11 | **05:37:44** | **63** | 00:03:54 | 00:35:02 | 00:57:11 | 01:21:51 |
| 55 | **WACHOWSKI Błażej** | **162** | WARTA POZNAŃ | M35-39 | | 00:13:56 | 00:42:35 | **00:56:53** | 4 | 00:03:04 | 00:19:20 | 01:21:08 | 01:59:13 | 02:46:07 | 03:51:47 | 04:32:46 | 05:24:38 | **05:54:08** | **100** | 00:02:51 | 00:37:20 | 01:01:17 | 01:27:22 |
| 56 | **KITA Tomek** | **247** | SPECSHOP TEAM | M35-39 | | 00:16:13 | 00:50:50 | **01:09:08** | 44 | 00:02:58 | 00:18:27 | 01:16:20 | 01:52:16 | 02:38:02 | 03:44:55 | 04:25:41 | 05:14:46 | **05:44:07** | **81** | 00:03:38 | 00:37:33 | 01:02:49 | 01:28:02 |
| 57 | **GAJEWSKI Sebastian** | **125** | TRINERGY | M35-39 | | 00:16:34 | 00:51:59 | **01:09:58** | 48 | 00:03:39 | 00:19:42 | 01:23:27 | 02:02:21 | 02:50:34 | 03:55:34 | 04:35:46 | 05:26:50 | **05:57:07** | **106** | 00:04:53 | 00:33:35 | 00:56:22 | 01:18:49 |
| 58 | **PIETRZAK Romek** | **139** | CENTRUM ROWEROWE DSR TEAM | M55-59 | | 00:18:54 | 00:57:30 | **01:18:39** | 103 | 00:04:48 | 00:18:31 | 01:18:30 | 01:55:50 | 02:43:48 | 03:49:17 | 04:31:04 | 05:21:43 | **05:51:01** | **93** | 00:04:15 | 00:32:12 | 00:55:29 | 01:20:10 |
| 59 | **BIERNACKI Łukasz** | **195** | VICTUS REBKOW | M30-34 | | 00:15:19 | 00:49:21 | **01:07:12** | 31 | 00:05:27 | 00:18:17 | 01:20:17 | 01:58:34 | 02:45:25 | 03:48:09 | 04:27:14 | 05:16:21 | **05:46:12** | **87** | 00:03:29 | 00:36:30 | 00:58:24 | 01:22:09 |
| 60 | **TERPIŁOWSKI Michał** | **29** | | M25-29 | | 00:16:38 | 00:53:21 | **01:12:20** | 61 | 00:03:21 | 00:17:52 | 01:17:01 | 01:53:52 | 02:39:12 | 03:41:28 | 04:20:04 | 05:09:01 | **05:38:56** | **64** | 00:02:06 | 00:34:07 | 00:57:21 | 01:21:13 |
| 61 | **JANISZEWSKI Artur** | **266** | | M35-39 | | 00:18:31 | 00:55:57 | **01:14:55** | 83 | 00:05:40 | 00:18:29 | 01:18:48 | 01:55:59 | 02:41:24 | 03:45:16 | 04:24:08 | 05:12:25 | **05:41:07** | **68** | 00:04:09 | 00:33:00 | 00:55:27 | 01:19:56 |
| 62 | **RASZTAWICKI Dariusz** | **58** | KUŹNIA TRIATHLONU | M35-39 | | 00:15:55 | 00:52:13 | **01:11:37** | 58 | 00:03:37 | 00:18:11 | 01:18:44 | 01:56:09 | 02:43:24 | 03:44:24 | 04:20:24 | 05:07:00 | **05:34:39** | **54** | 00:02:04 | 00:33:51 | 00:57:26 | 01:24:54 |
| 63 | **ŁAZ Kamil** | **8** | RUN BYDGOSZCZ | M35-39 | | 00:17:50 | 00:55:31 | **01:14:47** | 80 | 00:04:38 | 00:19:55 | 01:23:43 | 02:02:07 | 02:49:31 | 03:56:11 | 04:37:41 | 05:29:55 | **06:01:14** | **117** | 00:02:51 | 00:33:54 | 00:56:14 | 01:18:55 |
| 64 | **KÜBLER Remigiusz** | **46** | TORUŃSKI KLUB TRIATHLONOWY | M25-29 | | 00:16:45 | 00:50:48 | **01:08:17** | 40 | 00:03:31 | 00:18:14 | 01:16:09 | 01:51:08 | 02:36:31 | 03:38:53 | 04:15:37 | 05:02:04 | **05:30:33** | **41** | 00:02:10 | 00:34:20 | 00:59:57 | 01:29:06 |
| 65 | **ANDREEV Evgenii** | **168** | | M25-29 | | 00:18:52 | 00:58:36 | **01:20:09** | 117 | 00:05:47 | 00:18:49 | 01:20:18 | 01:57:55 | 02:45:39 | 03:47:52 | 04:26:59 | 05:15:13 | **05:43:13** | **76** | 00:02:45 | 00:35:26 | 00:58:22 | 01:22:46 |
| 66 | **NIEMCZYK Kazimierz** | **69** | | M55-59 | | 00:20:39 | 01:05:04 | **01:28:46** | 185 | 00:07:18 | 00:19:03 | 01:20:59 | 01:59:15 | 02:45:17 | 03:48:43 | 04:27:53 | 05:17:32 | **05:45:59** | **84** | 00:04:12 | 00:34:48 | 00:55:49 | 01:19:09 |
| 67 | **SZYMKOWIAK Norbert** | **268** | | M18-24 | | 00:19:05 | 00:59:53 | **01:21:17** | 132 | 00:04:25 | 00:17:30 | 01:13:57 | 01:49:53 | 02:32:51 | 03:33:14 | 04:10:12 | 04:57:15 | **05:25:52** | **33** | 00:02:40 | 00:34:53 | 00:59:19 | 01:28:14 |
| 68 | **KAUCKA Alicja** | **126** | | K30-34 | | 00:18:03 | 00:57:12 | **01:18:01** | 98 | 00:04:35 | 00:19:52 | 01:21:48 | 01:59:42 | 02:46:24 | 03:51:36 | 04:33:48 | 05:25:06 | **05:54:47** | **102** | 00:05:25 | 00:31:01 | 00:50:53 | 01:12:48 |
| 69 | **GACKA Rafał** | **208** | LUPUS TEAM | M40-44 | | 00:20:11 | 01:04:12 | **01:27:08** | 180 | 00:03:21 | 00:17:51 | 01:16:13 | 01:52:44 | 02:39:14 | 03:42:06 | 04:21:05 | 05:08:53 | **05:36:50** | **60** | 00:02:52 | 00:35:33 | 00:57:52 | 01:22:23 |
| 70 | **MICHALEWSKI Dariusz** | **110** | TRIATHLON GOGOLIN | M35-39 | | 00:14:36 | 00:46:38 | **01:02:44** | 11 | 00:03:02 | 00:17:29 | 01:14:08 | 01:49:13 | 02:33:11 | 03:30:23 | 04:05:40 | 04:49:49 | **05:16:22** | **23** | 00:02:15 | 00:42:06 | 01:09:13 | 01:41:35 |
| 71 | **URBANKIEWICZ Aleksandra** | **248** | | K35-39 | | 00:19:29 | 00:59:49 | **01:21:06** | 127 | 00:04:49 | 00:20:12 | 01:25:30 | 02:06:10 | 02:56:36 | 04:06:21 | 04:50:20 | 05:43:40 | **06:14:13** | **150** | 00:04:21 | 00:32:21 | 00:52:51 | 01:14:42 |
| 72 | **GÓRZYŃSKI Tomasz** | **148** | TORUŃSKI KLUB TRIATHLONOWY | M40-44 | | 00:17:44 | 00:54:28 | **01:13:08** | 67 | 00:07:04 | 00:18:41 | 01:17:59 | 01:54:09 | 02:39:46 | 03:41:27 | 04:19:11 | 05:06:35 | **05:34:22** | **52** | 00:03:07 | 00:38:37 | 01:03:41 | 01:30:13 |
| 73 | **SOBCZAK Marcin** | **21** | TRISPACE | M40-44 | TRISPACE | 00:17:46 | 00:53:31 | **01:12:11** | 59 | 00:05:27 | 00:19:37 | 01:22:57 | 02:02:06 | 02:50:17 | 03:54:37 | 04:35:02 | 05:24:11 | **05:53:04** | **99** | 00:03:33 | 00:34:06 | 00:55:35 | 01:19:21 |
| 74 | **PRZYBYLSKI Maciej** | **99** | | M40-44 | | 00:21:38 | 01:08:52 | **01:33:28** | 209 | 00:07:02 | 00:18:01 | 01:17:42 | 01:54:28 | 02:40:11 | 03:41:14 | 04:19:20 | 05:06:25 | **05:33:41** | **50** | 00:04:13 | 00:36:42 | 01:02:01 | 01:26:01 |
| 75 | **WÓJCIK Mirosław** | **97** | TIME4RUNING | M50-54 | | 00:18:21 | 00:56:21 | **01:16:07** | 92 | 00:05:07 | 00:18:13 | 01:17:02 | 01:53:00 | 02:37:40 | 03:39:52 | 04:18:02 | 05:05:16 | **05:34:12** | **51** | 00:03:56 | 00:39:46 | 01:05:35 | 01:33:07 |
| 76 | **ŁODA Piotr** | **209** | | M35-39 | | 00:16:17 | 00:49:49 | **01:06:47** | 28 | 00:05:28 | 00:18:22 | 01:15:55 | 01:52:04 | 02:37:22 | 03:39:14 | 04:18:26 | 05:06:25 | **05:34:46** | **55** | 00:02:49 | 00:36:08 | 01:00:39 | 01:30:42 |
| 77 | **KARAŚ Michał** | **149** | OLEŚNICKA GRUPA TRIATHLONOWA | M30-34 | | 00:19:27 | 00:59:32 | **01:19:22** | 105 | 00:04:41 | 00:18:30 | 01:19:24 | 01:56:00 | 02:40:52 | 03:41:58 | 04:20:36 | 05:09:11 | **05:37:40** | **62** | 00:03:09 | 00:37:27 | 01:00:27 | 01:25:42 |

| | | | | | | Pływanie | | | | T1 | Rower | | | | | | | | | T2 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 78 | **WEJKUĆ Grzegorz** | **210** | | M40-44 | | 00:18:39 | 00:57:46 | **01:18:23** | 101 | 00:05:00 | 00:18:37 | 01:19:18 | 01:56:26 | 02:44:19 | 03:49:30 | 04:32:12 | 05:21:35 | **05:51:49** | **94** | 00:02:17 | 00:33:27 | 00:56:56 | 01:22:10 |
| 79 | **MARKIEWICZ Damian** | **33** | MARKIEWICZ TRI TEAM | M40-44 | K.T.O. z Krakowa | 00:20:43 | 01:04:37 | **01:27:45** | 182 | 00:06:53 | 00:19:04 | 01:19:12 | 01:56:16 | 02:41:55 | 03:46:29 | 04:27:13 | 05:15:19 | **05:42:53** | **74** | 00:04:53 | 00:36:49 | 00:58:14 | 01:21:07 |
| 80 | **WRÓBEL Darek** | **159** | | M40-44 | | 00:19:59 | 01:02:57 | **01:25:46** | 170 | 00:04:17 | 00:18:19 | 01:17:12 | 01:54:02 | 02:38:54 | 03:40:41 | 04:19:35 | 05:08:17 | **05:36:11** | **58** | 00:04:29 | 00:34:21 | 00:58:17 | 01:24:35 |
| 81 | **POKORSKI Marek** | **245** | IMPAQ | M45-49 | | 00:17:51 | 00:54:46 | **01:13:05** | 66 | 00:04:08 | 00:17:26 | 01:14:39 | 01:49:20 | 02:32:56 | 03:33:32 | 04:10:42 | 04:55:55 | **05:22:24** | **32** | 00:04:09 | 00:37:51 | 01:02:48 | 01:31:00 |
| 82 | **JĄCZYK Magdalena** | **56** | TRIATHLON X-TEAM | K35-39 | | 00:20:26 | 01:01:50 | **01:23:20** | 152 | 00:03:59 | 00:20:47 | 01:26:53 | 02:07:02 | 02:56:43 | 04:04:08 | 04:45:59 | 05:38:18 | **06:08:16** | **133** | 00:03:54 | 00:33:58 | 00:55:39 | 01:18:31 |
| 83 | **MARTYNOWSKI Łukasz** | **227** | | M35-39 | | 00:16:22 | 00:52:24 | **01:11:12** | 56 | 00:03:21 | 00:18:50 | 01:19:30 | 01:57:59 | 02:47:16 | 03:58:16 | 04:42:23 | 05:39:05 | **06:11:20** | **145** | 00:02:46 | 00:39:19 | 01:03:07 | 01:29:14 |
| 84 | **PIEKARSKI Marek** | **36** | SOLANO | M45-49 | | 00:18:08 | 00:56:30 | **01:16:38** | 95 | 00:04:34 | 00:19:06 | 01:20:47 | 01:58:04 | 02:44:04 | 03:46:44 | 04:27:14 | 05:16:51 | **05:44:54** | **82** | 00:03:47 | 00:35:10 | 01:01:51 | 01:32:46 |
| 85 | **MILIŃSKI Piotr** | **43** | WARSAW MASTERS TEAM | M25-29 | | 00:20:12 | 01:04:39 | **01:27:07** | 179 | 00:04:00 | 00:18:52 | 01:22:27 | 02:01:05 | 02:48:18 | 03:53:16 | 04:33:01 | 05:22:34 | **05:52:52** | **97** | 00:02:05 | 00:30:49 | 00:50:41 | 01:11:20 |
| 86 | **FOGT Maciej** | **6** | CB163 | M35-39 | | 00:19:56 | 01:02:32 | **01:25:40** | 165 | 00:04:39 | 00:18:23 | 01:18:36 | 01:55:25 | 02:41:00 | 03:42:27 | 04:22:23 | 05:12:39 | **05:42:34** | **73** | 00:05:27 | 00:37:16 | 01:01:59 | 01:27:50 |
| 87 | **BOROWIK Marcin** | **119** | | M35-39 | | 00:19:20 | 01:00:17 | **01:21:38** | 139 | 00:04:17 | 00:18:56 | 01:20:38 | 01:59:04 | 02:45:55 | 03:49:26 | 04:29:36 | 05:18:40 | **05:48:44** | **90** | 00:02:54 | 00:34:05 | 00:57:17 | 01:23:30 |
| 88 | **WROŃSKI Artur** | **81** | COIG SA - BUSINESS INTELLIGENCE TEAM | M35-39 | | 00:21:16 | 01:05:43 | **01:29:10** | 190 | 00:06:57 | 00:19:17 | 01:22:10 | 02:04:47 | 02:56:58 | 04:04:56 | 04:47:31 | 05:39:40 | **06:10:43** | **141** | 00:06:57 | 00:32:29 | 00:53:31 | 01:15:17 |
| 89 | **SZYDŁOWSKI Marek** | **61** | PARKRUN POZNAŃ | M35-39 | | 00:16:06 | 00:49:39 | **01:06:50** | 29 | 00:04:32 | 00:19:19 | 01:24:12 | 02:04:08 | 02:52:26 | 03:59:42 | 04:41:48 | 05:34:26 | **06:04:49** | **125** | 00:04:40 | 00:36:59 | 01:01:05 | 01:27:14 |
| 90 | **POCHYLSKI Przemysław** | **145** | ZGRUPKA TEAM | M40-44 | | 00:18:06 | 00:56:16 | **01:15:49** | 89 | 00:03:26 | 00:18:14 | 01:18:59 | 01:57:29 | 02:46:20 | 03:56:12 | 04:44:51 | 05:36:25 | **06:06:22** | **130** | 00:02:19 | 00:34:53 | 00:56:57 | 01:21:11 |
| 91 | **KALIN Władysław** | **229** | | M35-39 | | 00:17:05 | 00:56:08 | **01:16:28** | 93 | 00:05:07 | 00:19:27 | 01:20:36 | 01:59:11 | 02:47:43 | 03:54:15 | 04:35:46 | 05:28:26 | **05:57:57** | **111** | 00:06:33 | 00:39:06 | 01:01:31 | 01:28:30 |
| 92 | **GUTENPLAN Jacek** | **197** | | M50-54 | | 00:20:04 | 01:02:29 | **01:23:54** | 156 | 00:05:47 | 00:19:43 | 01:22:36 | 02:01:35 | 02:49:06 | 03:52:58 | 04:31:57 | 05:19:52 | **05:48:39** | **89** | 00:06:14 | 00:34:44 | 00:58:01 | 01:21:45 |
| 93 | **MATUSZEWSKI Nikodem** | **116** | CARLSBERG | M25-29 | | 00:20:10 | 01:01:33 | **01:23:14** | 150 | 00:03:48 | 00:19:21 | 01:23:15 | 02:02:16 | 02:50:06 | 03:55:30 | 04:34:57 | 05:24:11 | **05:53:02** | **98** | 00:02:37 | 00:31:06 | 00:51:04 | 01:14:42 |
| 94 | **DARMETKO Rafał** | **272** | | M30-34 | | 00:19:28 | 01:00:48 | **01:21:57** | 143 | 00:04:26 | 00:18:56 | 01:20:17 | 01:58:19 | 02:45:31 | 03:53:58 | 04:37:55 | 05:29:47 | **06:01:01** | **115** | 00:02:54 | 00:36:42 | 00:59:52 | 01:24:52 |
| 95 | **KOCIEL Jarosław** | **38** | JAREK Z BYTOMIA | M45-49 | | 00:18:07 | 00:55:52 | **01:15:34** | 88 | 00:07:21 | 00:19:10 | 01:21:35 | 02:01:16 | 02:49:21 | 03:56:43 | 04:39:34 | 05:31:50 | **06:02:04** | **119** | 00:05:19 | 00:36:09 | 00:59:04 | 01:24:52 |
| 96 | **KALISZEWSKI Daniel** | **249** | | M40-44 | | 00:20:01 | 01:01:47 | **01:23:50** | 155 | 00:09:53 | 00:19:48 | 01:24:35 | 02:04:11 | 02:52:52 | 03:59:04 | 04:40:36 | 05:33:56 | **06:05:08** | **127** | 00:05:51 | 00:35:17 | 00:58:55 | 01:23:25 |
| 97 | **SIERADZAN Przemysław** | **230** | TS AKWEDUKT | M40-44 | | 00:17:38 | 00:53:04 | **01:10:58** | 53 | 00:05:26 | 00:19:07 | 01:21:25 | 01:59:31 | 02:46:18 | 05:10:15 | 05:52:52 | | | | | 00:39:13 | 01:04:31 | 01:32:14 |
| 98 | **WIĘDŁOCHA Jan** | **199** | | M40-44 | | 00:18:01 | 00:55:11 | **01:13:56** | 70 | 00:05:42 | 00:18:43 | 01:19:11 | 01:56:44 | 02:42:26 | 03:43:18 | 04:21:15 | 05:08:55 | **05:36:26** | **59** | 00:03:37 | 00:36:56 | 01:03:13 | 01:36:27 |
| 99 | **KOPROWSKI Maciej** | **130** | KOPER | M40-44 | | 00:19:54 | 01:02:53 | **01:25:40** | 166 | 00:03:59 | 00:18:33 | 01:19:37 | 01:58:17 | 02:45:33 | 03:52:02 | 04:32:29 | 05:24:48 | **05:54:23** | **101** | 00:02:44 | 00:34:14 | 00:57:01 | 01:23:50 |
| 100 | **CZECHOWSKA-MADEJ Katarzyna** | **48** | MIŁEK TRIATHLON TEAM | K35-39 | | 00:19:47 | 00:59:38 | **01:19:46** | 113 | 00:04:36 | 00:18:48 | 01:25:16 | 02:07:42 | 02:57:56 | 04:08:57 | 04:51:57 | 05:41:54 | **06:11:54** | **146** | 00:03:08 | 00:34:08 | 00:56:27 | 01:20:39 |
| 101 | **CHORĄZIAK Witold** | **261** | CELIRONMAN | M50-54 | | 00:18:48 | 00:58:48 | **01:20:20** | 119 | 00:03:47 | 00:17:52 | 01:18:10 | 01:56:21 | 02:43:52 | 03:49:05 | 04:28:47 | 05:17:51 | **05:46:00** | **85** | 00:03:10 | 00:37:53 | 01:03:26 | 01:30:09 |
| 102 | **CZYŻ Gabriela** | **163** | | K40-44 | | 00:15:25 | 00:47:40 | **01:04:34** | 18 | 00:04:23 | 00:20:33 | 01:28:46 | 02:11:15 | 03:02:51 | 04:15:15 | 05:00:07 | 05:55:35 | **06:28:33** | **185** | 00:02:28 | 00:35:13 | 00:57:41 | 01:21:57 |
| 103 | **SZUT Dariusz** | **94** | IRONMAN CS POLSKA | M40-44 | | 00:19:33 | 01:00:19 | **01:21:53** | 141 | 00:06:24 | 00:20:06 | 01:21:39 | 01:59:48 | 02:48:21 | 03:56:07 | 04:41:00 | 05:35:11 | **06:09:59** | **139** | 00:04:53 | 00:36:08 | 00:58:47 | 01:24:28 |
| 104 | **KOLMAJER Rafał** | **182** | #TEAMFARFALLA | M35-39 | | 00:23:18 | 01:08:58 | **01:34:01** | 216 | 00:09:08 | 00:20:34 | 01:29:11 | 02:06:57 | 02:56:27 | 04:04:36 | 04:46:59 | 05:40:14 | **06:11:11** | **144** | 00:10:51 | 00:32:18 | 00:52:13 | 01:14:20 |
| 105 | **KLIMAS Adam** | **143** | | M35-39 | | 00:19:48 | 01:00:52 | **01:22:36** | 146 | 00:05:08 | 00:22:14 | 01:28:58 | 02:09:27 | 02:59:03 | 04:05:02 | 04:46:17 | 05:37:10 | **06:06:46** | **131** | 00:04:08 | 00:37:48 | 01:01:49 | 01:27:21 |
| 106 | **DOMAGALSKI Piotr** | **178** | IRONMAN CS POLSKA | M50-54 | | 00:19:20 | 01:00:06 | **01:21:16** | 131 | 00:04:12 | 00:21:00 | 01:24:39 | 02:03:55 | 02:53:02 | 04:02:16 | 04:43:50 | 05:35:09 | **06:04:54** | **126** | 00:02:47 | 00:38:14 | 01:02:14 | 01:29:13 |
| 107 | **CZEKALSKA Maria** | **26** | | K30-34 | | 00:20:28 | 01:03:09 | **01:25:13** | 162 | 00:06:27 | 00:21:56 | 01:30:32 | 02:12:27 | 03:02:49 | 04:12:00 | 04:54:27 | 05:46:32 | **06:16:24** | **156** | 00:06:04 | 00:36:50 | 01:00:16 | 01:25:37 |
| 108 | **LASSOTA Artur** | **101** | | M45-49 | | 00:18:53 | 00:57:24 | **01:18:24** | 102 | 00:05:32 | 00:17:58 | 01:15:39 | 01:51:42 | 02:39:45 | 03:49:11 | 04:33:20 | 05:31:28 | **06:04:15** | **123** | 00:07:08 | 00:35:53 | 01:01:46 | 01:33:28 |
| 109 | **ZAVEDIUK Tetiana** | **251** | BORYS RUNNING CLUB | K30-34 | | 00:18:05 | 00:56:05 | **01:14:45** | 79 | 00:06:27 | 00:21:32 | 01:30:56 | 02:14:00 | 03:08:19 | 04:20:54 | 05:07:49 | 06:05:59 | **06:38:47** | **199** | 00:06:42 | 00:35:11 | 00:57:31 | 01:20:42 |
| 110 | **LEWIŃSKI Andrzej** | **193** | BIEGAMYRAZEM.PL / CTS | M45-49 | | 00:23:46 | 01:12:03 | **01:37:04** | 225 | 00:05:29 | 00:22:18 | 02:48:35 | 03:30:31 | 04:21:27 | 05:33:07 | 06:16:41 | | | | | 00:34:44 | 00:56:52 | 01:20:25 |
| 111 | **BETLEJ Hubert** | **31** | ESKADRA KRAKÓW | M35-39 | K.T.O. z Krakowa | 00:21:44 | 01:06:33 | **01:29:44** | 192 | 00:05:08 | 00:18:05 | 01:17:00 | 01:52:36 | 02:37:46 | 03:40:36 | 04:20:52 | 05:12:05 | **05:41:38** | **71** | 00:04:35 | 00:41:37 | 01:08:19 | 01:37:45 |
| 112 | **BRYNKIEWICZ Dorota** | **166** | POLISH TRIATHLETES IN UK | K35-39 | | 00:19:32 | 00:59:55 | **01:20:56** | 123 | 00:05:24 | 00:19:04 | 01:24:08 | 02:05:07 | 02:56:18 | 04:07:59 | 04:50:59 | 05:43:37 | **06:14:55** | **154** | 00:05:15 | 00:37:31 | 01:03:56 | 01:30:47 |
| 113 | **GWIZDAL Michał** | **90** | TECHNIKA ZWYCIESTWA | M30-34 | | 00:15:56 | 00:51:01 | **01:08:46** | 42 | 00:04:03 | 00:20:15 | 01:25:13 | 02:08:26 | 03:00:36 | 04:12:34 | 04:56:38 | 05:51:17 | **06:21:43** | **166** | 00:03:10 | 00:35:53 | 01:01:35 | 01:28:14 |
| 114 | **JEREMICZ Marcin** | **102** | SZTAFETA NADZIEI | M35-39 | | 00:19:17 | 00:57:39 | **01:17:39** | 96 | 00:03:08 | 00:18:29 | 01:19:29 | 01:57:54 | 02:46:19 | 03:53:16 | 04:37:37 | 05:29:50 | **06:01:07** | **116** | 00:02:34 | 00:36:04 | 01:00:27 | 01:25:52 |
| 115 | **STRATYŃSKI Filip** | **175** | CELIRONMAN | M40-44 | | 00:20:32 | 01:04:20 | **01:26:49** | 175 | 00:03:42 | 00:19:04 | 01:20:33 | 01:58:59 | 02:46:44 | 03:53:55 | 04:36:34 | 05:28:18 | **05:57:49** | **110** | 00:03:11 | 00:35:34 | 01:01:10 | 01:30:12 |
| 116 | **OŚCIŁOWSKI Marcin** | **284** | | M40-44 | | 00:22:44 | 01:11:10 | **01:38:00** | 227 | 00:06:25 | 00:19:47 | 02:44:01 | 03:24:42 | 04:14:33 | 05:23:50 | 06:05:43 | | | | | 00:40:49 | 01:05:22 | 01:31:14 |
| 117 | **GÓRKA Dariusz** | **138** | BIKEBOARD | M40-44 | | 00:20:36 | 01:06:42 | **01:31:30** | 202 | 00:04:29 | 00:19:03 | 01:21:59 | 02:01:23 | 02:50:19 | 03:57:31 | 04:39:32 | 05:31:54 | **06:02:23** | **120** | 00:03:14 | 00:37:45 | 01:01:29 | 01:27:10 |
| 118 | **ŻWIRSKI Marcin** | **279** | | M25-29 | | 00:20:06 | 00:59:17 | **01:19:34** | 110 | 00:05:56 | 00:18:16 | 01:17:27 | 01:54:46 | 02:40:19 | 03:46:17 | 04:30:40 | 05:24:56 | **05:58:12** | **112** | 00:03:04 | 00:39:16 | 01:03:39 | 01:31:09 |
| 119 | **GRZĘDA Tomasz** | **128** | | M35-39 | | 00:20:23 | 01:03:22 | **01:24:54** | 159 | 00:05:24 | 00:19:42 | 01:25:28 | 02:05:24 | 02:53:34 | 04:00:43 | 04:43:07 | 05:38:26 | **06:10:22** | **140** | 00:05:01 | 00:37:56 | 01:02:20 | 01:30:47 |
| 120 | **WARECKI Tomasz** | **255** | | M50-54 | | 00:21:19 | 01:07:12 | **01:30:39** | 195 | 00:05:51 | 00:18:34 | 01:21:51 | 02:00:49 | 02:49:06 | 03:54:27 | 04:35:31 | 05:26:11 | **05:55:08** | **103** | 00:05:29 | 00:37:58 | 01:03:56 | 01:32:33 |
| 121 | **BRONISZ Wojciech** | **254** | | M18-24 | | 00:17:45 | 00:55:22 | **01:15:28** | 87 | 00:11:02 | 00:22:36 | 01:34:01 | 02:17:40 | 03:09:43 | 04:20:04 | 05:03:20 | 05:58:04 | **06:30:47** | **187** | 00:05:26 | 00:38:40 | 01:04:13 | 01:31:29 |
| 122 | **DASZEWSKI Filip** | **107** | | M18-24 | | 00:17:48 | 00:54:59 | **01:13:38** | 68 | 00:07:06 | 00:19:50 | 01:24:35 | 02:05:37 | 02:56:28 | 04:06:56 | 04:50:23 | 05:44:22 | **06:14:31** | **151** | 00:05:47 | 00:36:47 | 01:05:27 | 01:34:40 |
| 123 | **KŁOS Marcin** | **157** | | M35-39 | | 00:18:33 | 00:55:49 | **01:14:56** | 84 | 00:05:29 | 00:18:50 | 01:21:40 | 01:59:36 | 02:47:37 | 03:54:21 | 04:34:36 | 05:23:47 | **05:52:52** | **95** | 00:09:05 | 00:45:36 | 01:11:18 | 01:39:12 |
| 124 | **KĄDZIELEWSKI Damian** | **5** | FUNDACJA STUDENCKA 'MŁODZI MŁODYM' 4336 | M25-29 | | 00:18:01 | 00:55:16 | **01:14:07** | 72 | 00:08:01 | 00:19:59 | 01:28:17 | 02:09:35 | 03:02:42 | 04:19:15 | 05:03:26 | 06:03:10 | **06:36:30** | **197** | 00:07:11 | 00:37:27 | 01:01:22 | 01:26:33 |

| | | | | | | Pływanie | | | | T1 | Rower | | | | | | | | | T2 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 125 | **ATRASZKIEWICZ Magda** | **3** | | K40-44 | | 00:22:33 | 01:07:43 | **01:30:46** | 198 | 00:05:35 | 00:19:41 | 01:23:40 | 02:03:47 | 02:53:05 | 04:03:20 | 04:45:36 | 05:37:33 | **06:08:23** | **135** | 00:04:21 | 00:41:03 | 01:05:21 | 01:32:57 |
| 126 | **JARLIŃSKI Rafał** | **174** | ORKAMASTERS IŁAWA | M50-54 | | 00:20:05 | 00:59:44 | **01:21:53** | 140 | 00:08:37 | 00:18:33 | 01:21:18 | 02:01:15 | 02:50:25 | 03:58:54 | 04:42:07 | 05:36:38 | **06:08:24** | **136** | 00:08:21 | 00:38:43 | 01:05:49 | 01:32:21 |
| 127 | **WIJAS Andrzej** | **218** | | M30-34 | | 00:20:34 | 01:03:56 | **01:26:54** | 177 | 00:05:54 | 00:20:28 | 01:25:20 | 02:05:37 | 02:56:01 | 04:05:05 | 04:48:05 | 05:40:40 | **06:11:55** | **147** | 00:01:50 | 00:36:29 | 01:01:38 | 01:31:16 |
| 128 | **FLORCZAK Krzysztof** | **223** | KS MARATON OSTRÓW WLKP. | M45-49 | | 00:22:31 | 01:13:29 | **01:40:52** | 236 | 00:06:39 | 00:20:04 | 01:26:05 | 02:06:42 | 02:56:46 | 04:02:39 | 04:44:31 | 05:37:33 | **06:08:49** | **138** | 00:03:29 | 00:35:33 | 01:00:54 | 01:28:23 |
| 129 | **JANKOWSKI Adam** | **129** | AKADEMIA BIEGANIA GRUDZIĄDZ | M40-44 | | 00:18:41 | 00:59:12 | **01:20:00** | 116 | 00:04:10 | 00:18:21 | 01:21:33 | 02:03:00 | 02:54:35 | 04:03:19 | 04:46:07 | 05:49:23 | **06:26:43** | **180** | 00:05:15 | 00:35:02 | 01:03:29 | 01:31:29 |
| 130 | **MUSZYNSKI Marek** | **192** | RISE&SHINE | M40-44 | | 00:19:47 | 00:59:04 | **01:19:30** | 107 | 00:07:27 | 00:20:40 | 01:29:47 | 02:10:20 | 03:00:29 | 04:11:55 | 04:55:20 | 05:49:25 | **06:21:20** | **165** | 00:07:28 | 00:43:56 | 01:11:18 | 01:38:51 |
| 131 | **MIŚ Waldemar** | **12** | SMASHING PĄPKINS / #TEAMDKMS | M40-44 | | 00:21:02 | 01:07:11 | **01:31:25** | 201 | 00:06:57 | 00:19:40 | 01:24:33 | 02:06:47 | 02:58:02 | 04:10:42 | 04:55:41 | 05:51:39 | **06:24:24** | **174** | 00:04:06 | 00:40:54 | 01:07:30 | 01:35:30 |
| 132 | **LUBOWICKI Łukasz** | **78** | 40-LATEK TYCHY | M40-44 | | 00:19:15 | 01:00:04 | **01:21:20** | 133 | 00:06:16 | 00:19:17 | 01:21:31 | 02:00:21 | 02:47:41 | 03:53:57 | 04:35:13 | 05:26:38 | **05:57:39** | **109** | 00:05:45 | 00:44:20 | 01:13:54 | 01:45:30 |
| 133 | **ŻOŁNIEROWICZ Hubert** | **41** | BIEGAM BO LUBIĘ ZĄBKI TEAM | M35-39 | | 00:21:22 | 01:07:16 | **01:31:39** | 203 | 00:04:40 | 00:19:11 | 01:21:36 | 02:01:10 | 02:50:32 | 03:58:07 | 04:40:42 | 05:35:09 | **06:08:18** | **134** | 00:06:35 | 00:37:31 | 01:03:20 | 01:32:42 |
| 134 | **CHMIEL Piotr** | **207** | PTT DELTA | M25-29 | | 00:21:09 | 01:03:45 | **01:25:45** | 169 | 00:10:12 | 00:19:16 | 01:22:55 | 02:01:33 | 02:50:16 | 04:01:35 | 04:44:57 | 05:46:32 | **06:17:24** | **158** | 00:09:41 | 00:36:40 | 01:00:16 | 01:26:14 |
| 135 | **KULIŃSKI Piotr** | **198** | IRON FIGHTERS | M25-29 | | 00:20:14 | 01:01:22 | **01:22:35** | 145 | 00:05:48 | 00:19:46 | 01:25:31 | 02:07:07 | 03:00:22 | 04:11:55 | 04:55:26 | 05:51:48 | **06:26:44** | **181** | 00:02:48 | 00:37:15 | 01:00:53 | 01:25:03 |
| 136 | **KĘSZYCKI Oskar** | **150** | AZEMONSTERS | M25-29 | | 00:17:40 | 00:54:43 | **01:14:19** | 74 | 00:05:56 | 00:19:54 | 01:23:18 | 02:02:23 | 02:54:54 | 04:04:54 | 04:48:01 | 05:39:51 | **06:10:43** | **142** | 00:03:11 | 00:51:45 | 01:16:43 | 01:42:49 |
| 137 | **WASZAK Norbert** | **73** | INCLUDE | M35-39 | | 00:23:31 | 01:12:25 | **01:37:43** | 226 | 00:04:25 | 00:20:08 | 01:26:36 | 02:09:28 | 03:00:46 | 04:09:13 | 04:56:59 | 05:51:42 | **06:23:15** | **171** | 00:05:12 | 00:35:52 | 00:58:02 | 01:27:06 |
| 138 | **WALKOWIAK Krzysztof** | **283** | MKL MARATON | M35-39 | | 00:15:23 | 00:47:13 | **01:03:49** | 15 | 00:04:58 | 01:37:51 | 02:45:48 | 03:28:16 | 04:23:41 | 05:39:57 | 06:27:14 | | | | | 00:32:21 | 00:54:13 | 01:19:24 |
| 139 | **PAZIK Grzegorz** | **211** | WIELISZEW HERON TEAM | M35-39 | | 00:23:47 | 01:13:10 | **01:38:09** | 229 | 00:07:10 | 00:19:56 | 01:27:58 | 02:10:02 | 03:02:55 | 04:13:16 | 05:00:52 | 05:59:15 | **06:31:07** | **188** | 00:05:37 | 00:38:34 | 01:01:16 | 01:26:20 |
| 140 | **ROMAN Krzysztof** | **35** | PRZECINAK77 | M40-44 | | 00:22:49 | 01:09:13 | **01:32:52** | 207 | 00:06:00 | 00:19:30 | 01:23:49 | 02:04:56 | 02:56:06 | 05:32:16 | 06:16:46 | | | | | 00:41:53 | 01:07:47 | 01:35:57 |
| 141 | **NEJMAN Andrzej** | **16** | | M35-39 | | 00:19:27 | 01:00:10 | **01:21:26** | 134 | 00:06:13 | 00:19:48 | 01:24:53 | 02:05:07 | 02:56:04 | 04:05:50 | 04:49:54 | 05:46:24 | **06:18:19** | **160** | 00:04:44 | 00:36:52 | 01:02:20 | 01:30:29 |
| 142 | **CHMIEL Waldemar** | **82** | PTT DELTA | M55-59 | | 00:20:03 | 01:02:13 | **01:25:42** | 167 | 00:10:52 | 00:20:03 | 01:26:51 | 02:07:48 | 02:58:00 | 04:07:21 | 04:50:23 | 05:49:04 | **06:20:22** | **163** | 00:06:05 | 00:39:10 | 01:05:25 | 01:34:48 |
| 143 | **TYMUL Jakub** | **225** | NOVO IRON TEAM / TRISPACE | M40-44 | | 00:21:53 | 01:09:27 | **01:33:39** | 212 | 00:05:22 | 00:19:36 | 01:25:39 | 02:05:37 | 02:55:24 | 04:07:08 | 04:51:39 | 05:51:31 | **06:24:43** | **175** | 00:03:04 | 00:41:41 | 01:09:20 | 01:37:35 |
| 144 | **LANECKI Artur** | **165** | | M40-44 | | 00:18:25 | 00:56:25 | **01:15:57** | 90 | 00:08:46 | 00:19:30 | 01:25:06 | 02:05:50 | 02:58:15 | 04:05:59 | 04:47:43 | 05:42:11 | **06:12:41** | **149** | 00:06:28 | 00:39:32 | 01:07:34 | 01:36:15 |
| 145 | **WOJDAT Przemysław** | **98** | | M25-29 | | 00:18:11 | 00:55:40 | **01:14:41** | 78 | 00:08:26 | 00:20:59 | 01:29:07 | 02:11:31 | 03:03:54 | 04:14:35 | 04:56:58 | 05:52:59 | **06:26:25** | **178** | 00:07:40 | 00:38:24 | 01:03:42 | 01:32:12 |
| 146 | **KUBUSZEWSKI Radosław** | **273** | KOMANDO FLAKI | M30-34 | | 00:19:17 | 00:57:59 | **01:18:12** | 99 | 00:07:09 | 00:20:00 | 01:26:29 | 02:06:27 | 02:57:50 | 04:12:57 | 04:58:18 | 05:58:53 | **06:34:09** | **194** | 00:06:18 | 00:38:45 | 01:05:48 | 01:35:58 |
| 147 | **ŁUCYSZYN Robert** | **13** | | M40-44 | | 00:17:19 | 00:52:27 | **01:10:57** | 52 | 00:07:36 | 00:18:52 | 01:19:02 | 01:56:32 | 02:46:12 | 03:52:18 | 04:31:42 | 05:22:59 | **05:50:52** | **92** | 00:05:02 | 00:58:27 | 01:34:22 | 02:08:25 |
| 148 | **MASLOWSKI Jacek** | **180** | | M30-34 | | 00:18:50 | 00:59:50 | **01:20:42** | 122 | 00:07:01 | 00:22:00 | 01:33:24 | 02:17:35 | 03:11:48 | 04:28:53 | 05:19:13 | 06:20:02 | **06:58:29** | **221** | 00:04:03 | 00:38:06 | 01:02:46 | 01:29:40 |
| 149 | **WASILEWSKI Mirosław** | **70** | ORKAMASTERS IŁAWA | M40-44 | OrkaMasters Iława | 00:20:51 | 01:07:38 | **01:32:13** | 206 | 00:07:51 | 00:20:40 | 01:30:54 | 02:11:23 | 03:02:57 | 04:12:53 | 04:57:07 | 05:52:58 | **06:26:08** | **177** | 00:04:47 | 00:40:45 | 01:07:39 | 01:34:23 |
| 150 | **MAKOWSKI Sławomir** | **22** | RUN BYDGOSZCZ | M45-49 | | 00:23:17 | 01:12:58 | **01:38:37** | 231 | 00:07:47 | 00:18:30 | 01:19:28 | 01:57:08 | 02:43:56 | 03:48:11 | 04:29:14 | 05:23:10 | **05:56:34** | **104** | 00:04:00 | 00:42:40 | 01:10:21 | 01:43:45 |
| 151 | **KĘPIŃSKI Henryk** | **39** | KB SPARTAKUS BEŁCHATÓW | M65-69 | | 00:21:30 | 01:09:14 | **01:36:00** | 224 | 00:07:06 | 00:19:53 | 01:27:28 | 02:08:24 | 03:01:26 | 04:09:37 | 04:54:47 | 05:51:32 | **06:23:12** | **170** | 00:03:47 | 00:42:56 | 01:10:03 | 01:45:16 |
| 152 | **PĘDRYS Mirosław** | **244** | ZABIERZÓW BIEGA | M45-49 | | 00:26:59 | 01:23:58 | **01:54:59** | 249 | 00:09:46 | 00:20:08 | 01:24:52 | 02:06:39 | 02:55:59 | 04:01:13 | 04:42:45 | 05:33:25 | **06:03:50** | **122** | 00:06:22 | 00:38:42 | 01:05:28 | 01:36:26 |
| 153 | **OWCZARSKI Marcin** | **87** | PSP CZŁUCHÓW/ MMGO BORYTEAM | M40-44 | | 00:19:26 | 00:59:10 | **01:19:18** | 104 | 00:05:42 | 00:19:16 | 01:23:19 | 02:03:52 | 02:53:11 | 04:03:34 | 04:46:38 | 05:40:33 | **06:11:04** | **143** | 00:05:51 | 00:35:44 | 01:01:07 | 01:33:34 |
| 154 | **KORSAKOV Kostiantyn** | **226** | TRIATHLON SERWIS | M45-49 | | 00:18:57 | 00:59:40 | **01:21:07** | 129 | 00:09:02 | 00:20:26 | 01:27:15 | 02:09:01 | 03:01:47 | 04:11:06 | 04:52:56 | 05:45:48 | **06:17:26** | **159** | 00:04:49 | 00:43:22 | 01:13:13 | 01:46:55 |
| 155 | **KUCIŃSKI Artur** | **264** | | M40-44 | | 00:17:52 | 00:55:07 | **01:14:04** | 71 | 00:08:57 | 00:20:31 | 01:28:02 | 02:08:56 | 03:01:29 | 04:16:01 | 05:01:58 | 05:59:05 | **06:31:33** | **189** | 00:05:39 | 00:42:53 | 01:11:16 | 01:39:42 |
| 156 | **KAPUSTKA Mirosław** | **106** | KAPUSTRI | M35-39 | | 00:23:02 | 01:15:30 | **01:41:13** | 239 | 00:05:49 | 00:20:45 | 01:30:48 | 02:14:29 | 03:07:29 | 04:18:55 | 05:04:16 | 06:00:12 | **06:34:02** | **193** | 00:05:34 | 00:37:17 | 01:01:33 | 01:27:48 |
| 157 | **KWIECIEŃ Katarzyna** | **176** | 3FLOW TRIATHLON TEAM/UKS OŻAROWICE | K35-39 | | 00:22:51 | 01:09:27 | **01:33:37** | 211 | 00:03:15 | 00:20:43 | 01:27:38 | 02:09:21 | 02:59:58 | 04:10:17 | 04:54:45 | 05:50:36 | **06:23:20** | **172** | 00:02:09 | 00:40:12 | 01:09:46 | 01:39:14 |
| 158 | **RAK Agata** | **88** | | K30-34 | | 00:20:51 | 01:04:56 | **01:27:31** | 181 | 00:06:38 | 00:21:01 | 01:33:33 | 02:19:03 | 03:14:37 | 04:31:40 | 05:22:19 | 06:23:28 | **06:59:12** | **222** | 00:04:12 | 00:37:50 | 01:02:59 | 01:28:15 |
| 159 | **TOKMAJEVSKI Vladimir** | **215** | SPORTER | M25-29 | | 00:20:15 | 01:03:39 | **01:26:52** | 176 | 00:09:23 | 00:20:21 | 01:27:09 | 02:08:04 | 02:58:35 | 04:11:56 | 05:01:12 | 06:05:56 | **06:41:14** | **201** | 00:05:08 | 00:42:38 | 01:05:50 | 01:32:57 |
| 160 | **BŁASZCZYK Borys** | **133** | | M25-29 | | 00:22:55 | 01:10:28 | **01:33:40** | 213 | 00:08:17 | 00:19:12 | 01:23:31 | 02:03:51 | 02:54:20 | 04:08:18 | 04:52:37 | 05:48:59 | **06:23:04** | **169** | 00:04:50 | 00:39:40 | 01:05:38 | 01:36:40 |
| 161 | **GĄCKOWSKI Krzysztof** | **79** | IRON&ONE TRENER PERSONALNY | M45-49 | | 00:20:08 | 01:00:02 | **01:20:28** | 121 | 00:06:26 | 00:19:57 | 01:27:58 | 02:10:09 | 03:03:54 | 04:16:29 | 05:02:34 | 06:03:05 | **06:35:30** | **196** | 00:05:41 | 00:43:03 | 01:11:34 | 01:43:12 |
| 162 | **KRÓLCZYŃSKI Maciej** | **104** | KS WOLNI | M35-39 | | 00:19:55 | 01:03:43 | **01:26:16** | 173 | 00:03:28 | 00:18:41 | 01:18:46 | 01:56:49 | 02:44:39 | 03:51:45 | 04:35:11 | 05:27:48 | **05:57:33** | **107** | 00:04:20 | 00:46:32 | 01:17:52 | 01:50:32 |
| 163 | **SŁAWKOWSKI Sławomir** | **271** | JUTRZENKA DOBRE MIASTO | M45-49 | | 00:19:49 | 01:01:29 | **01:23:35** | 153 | 00:07:38 | 00:20:33 | 01:28:06 | 02:12:52 | 03:07:17 | 04:24:40 | 05:11:55 | 06:12:11 | **06:46:28** | **204** | 00:06:09 | 00:43:33 | 01:11:43 | 01:39:53 |
| 164 | **DUBIŃSKI Bogdan** | **190** | LEGIA WARSZAWA | M65-69 | | 00:17:54 | 00:55:30 | **01:14:40** | 77 | 00:08:01 | 00:20:07 | 01:25:05 | 02:05:51 | 02:57:02 | 04:09:17 | 04:54:12 | 05:52:36 | **06:27:37** | **182** | 00:05:58 | 00:44:44 | 01:16:10 | 01:51:14 |
| 165 | **LITKOWSKI Zbigniew** | **214** | NIEZRZESZONY | M45-49 | | 00:24:46 | 01:16:33 | **01:42:21** | 242 | 00:06:53 | 00:22:25 | 01:32:00 | 02:13:26 | 03:08:09 | 04:16:20 | 04:59:58 | 05:55:00 | **06:26:28** | **179** | 00:04:16 | 00:38:27 | 01:06:32 | 01:33:43 |
| 166 | **DĘBOWSKA Anna** | **239** | COMPLEXSPORT | K45-49 | | 00:26:01 | 01:23:38 | **01:54:59** | 250 | 00:07:08 | 00:22:03 | 01:35:11 | 02:18:49 | 03:14:36 | 04:30:05 | 05:18:29 | 06:16:34 | **06:50:12** | **208** | 00:03:17 | 00:37:49 | 01:02:44 | 01:26:37 |
| 167 | **STASIEWSKI Mariusz** | **233** | TRISPACE | M40-44 | TRISPACE | 00:20:08 | 01:00:26 | **01:21:33** | 135 | 00:04:42 | 00:20:23 | 01:27:00 | 02:09:08 | 03:02:07 | 04:12:50 | 04:57:03 | 05:53:50 | **06:25:47** | **176** | 00:02:43 | 00:44:34 | 01:15:25 | 01:48:41 |
| 168 | **LUCHOWSKI Rafał** | **179** | 12TRI.PL / SPARTANIE DZIECIOM | M50-54 | | 00:21:40 | 01:06:40 | **01:30:07** | 193 | 00:08:11 | 00:20:45 | 01:35:14 | 02:19:39 | 03:15:36 | 04:35:25 | 05:23:03 | 06:20:15 | **06:52:53** | **212** | 00:05:11 | 00:37:28 | 01:05:02 | 01:31:35 |
| 169 | **GÓRSKI Marian** | **177** | KRS TKKF JASTRZĄB RUDA ŚLĄSKA | M60-64 | | 00:21:00 | 01:03:45 | **01:25:44** | 168 | 00:07:44 | 00:20:38 | 01:29:08 | 02:12:27 | 03:04:25 | 04:15:45 | 05:03:23 | 05:59:22 | **06:31:57** | **191** | 00:05:10 | 00:38:38 | 01:05:08 | 01:32:46 |
| 170 | **MUSZYŃSKI Roman** | **64** | YETITEAM | M40-44 | | 00:24:39 | 01:14:50 | **01:40:30** | 234 | 00:11:24 | 00:19:49 | 01:26:08 | 02:07:52 | 03:00:49 | 04:11:30 | 04:53:43 | 05:52:28 | **06:23:53** | **173** | 00:09:16 | 00:40:28 | 01:07:57 | 01:36:23 |

| | | | | | | Pływanie | | | | T1 | Rower | | | | | | | | | T2 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 171 | **SKRZYPCZAK Andrzej** | **85** | MOCZYDŁA TEAM | M45-49 | | 00:25:52 | 01:20:26 | **01:49:16** | 246 | 00:11:32 | 00:20:33 | 01:28:46 | 02:10:40 | 03:02:12 | 05:37:20 | 06:22:23 | | | | | 00:38:31 | 01:05:30 | 01:37:18 |
| 172 | **GORGOL Tomasz** | **4** | LP 500 | M40-44 | LP 500 | 00:21:32 | 01:09:57 | **01:34:24** | 218 | 00:07:33 | 00:19:51 | 01:24:55 | 02:04:44 | 02:55:16 | 04:05:24 | 04:48:24 | 05:43:28 | **06:15:07** | **155** | 00:03:58 | 00:43:37 | 01:16:16 | 01:51:20 |
| 173 | **SOKÓŁ Marcin** | **184** | | M30-34 | | 00:21:12 | 01:13:02 | **01:41:37** | 240 | 00:08:48 | 00:21:03 | 01:30:41 | 02:14:49 | 03:09:26 | 04:26:23 | 05:15:33 | 06:14:52 | **06:51:00** | **210** | 00:05:15 | 00:37:50 | 01:07:33 | 01:32:00 |
| 174 | **JARMUŻEK Mikołaj** | **212** | QSG TEAM | M30-34 | | 00:20:25 | 01:06:18 | **01:30:33** | 194 | 00:05:43 | 00:18:44 | 01:20:54 | 01:59:50 | 02:47:24 | 03:54:43 | 04:37:17 | 05:33:46 | **06:06:19** | **129** | 00:05:39 | 00:56:54 | 01:30:49 | 02:07:53 |
| 175 | **LIZIK Waldemar** | **24** | TRI POWER TEAM KONIN | M45-49 | | 00:19:30 | 01:01:21 | **01:23:16** | 151 | 00:05:31 | 00:21:24 | 01:31:10 | 02:15:27 | 03:10:25 | 04:27:57 | 05:19:04 | 06:20:02 | **06:54:59** | **215** | 00:03:59 | 00:42:52 | 01:13:03 | 01:42:50 |
| 176 | **BRZESKI Marcin** | **131** | M & P | M35-39 | | 00:28:40 | 01:32:18 | **02:05:40** | 255 | 00:10:26 | 00:19:43 | 01:26:31 | 02:07:28 | 02:56:42 | 04:03:28 | 04:45:33 | 05:40:24 | **06:12:00** | **148** | 00:06:10 | 00:39:20 | 01:09:41 | 01:35:36 |
| 177 | **SUBKOWSKI Artur** | **17** | | M40-44 | | 00:19:50 | 01:02:21 | **01:24:26** | 157 | 00:06:31 | 00:21:43 | 01:32:18 | 02:14:44 | 03:07:37 | 04:17:41 | 05:03:52 | 06:00:08 | **06:34:51** | **195** | 00:03:57 | 00:41:42 | 01:28:43 | 01:58:53 |
| 178 | **WIECZOREK Bartosz** | **109** | | M30-34 | | 00:19:35 | 01:00:11 | **01:21:03** | 125 | 00:08:20 | 00:22:06 | 01:28:06 | 02:08:52 | 03:03:11 | 04:19:17 | 05:04:24 | 06:11:37 | **06:45:23** | **203** | 00:04:01 | 00:39:04 | 01:07:19 | 01:38:02 |
| 179 | **CHMIEL Łukasz** | **242** | | M30-34 | | 00:21:18 | 01:03:52 | **01:26:12** | 172 | 00:23:30 | 00:21:02 | 01:32:50 | 02:17:32 | 04:51:25 | 06:13:50 | 07:01:54 | | | | | 00:39:00 | 01:08:19 | 01:34:54 |
| 180 | **PODKOWSKI Wojciech** | **127** | MORSY GDYNSKIE . BIEGAMY RAZEM ,PL | M50-54 | | 00:25:37 | 01:15:21 | **01:40:48** | 235 | 00:07:14 | 00:20:18 | 01:28:43 | 02:11:40 | 03:03:59 | 04:13:54 | 04:58:39 | 05:56:18 | **06:30:14** | **186** | 00:06:08 | 00:38:44 | 01:02:22 | 01:31:23 |
| 181 | **TUREK Michał** | **44** | SMASHING PĄPKINS/PO LASACH I ŁĄKACH... | M35-39 | | 00:22:40 | 01:10:27 | **01:34:55** | 222 | 00:08:41 | 00:22:09 | 01:30:03 | 02:14:29 | 03:07:43 | 04:14:01 | 04:55:16 | 05:49:42 | **06:18:20** | **161** | 00:04:36 | 00:44:02 | 01:14:18 | 01:49:56 |
| 182 | **PIEGDOŃ Piotr** | **77** | LITWIN TRIATHLON TEAM | M35-39 | | 00:17:12 | 00:53:17 | **01:12:15** | 60 | 00:07:59 | 00:19:08 | 01:21:54 | 02:00:22 | 02:51:06 | 04:11:03 | 04:55:54 | 05:55:53 | **06:27:44** | **183** | 00:09:33 | 00:49:30 | 01:22:33 | 01:57:51 |
| 183 | **TATULIŃSKA Aleksandra** | **170** | O CO TU BIEGA?/TRISPACE | K40-44 | TRISPACE | 00:26:29 | 01:25:17 | **01:55:19** | 251 | 00:05:02 | 00:22:57 | 01:38:57 | 02:24:39 | 03:21:06 | 04:39:17 | 05:31:12 | 06:33:08 | **07:12:19** | **228** | 00:03:28 | 00:38:06 | 01:02:59 | 01:26:58 |
| 184 | **PILARSKI Pawel** | **54** | DBK | M40-44 | | 00:22:19 | 01:08:49 | **01:32:06** | 205 | 00:10:13 | 00:19:37 | 01:30:52 | 02:19:39 | 03:16:44 | 04:38:16 | 05:24:50 | 06:25:19 | **06:57:24** | **219** | 00:07:49 | 00:42:17 | 01:12:53 | 01:43:35 |
| 185 | **GNIOT Katarzyna** | **172** | | K35-39 | | 00:19:50 | 01:03:51 | **01:26:38** | 174 | 00:05:25 | 00:22:06 | 01:35:29 | 02:20:51 | 03:14:05 | 04:29:08 | 05:16:40 | 06:18:16 | **06:54:29** | **214** | 00:06:59 | 00:41:57 | 01:12:17 | 01:41:03 |
| 186 | **WOŹNIAKOWSKA Agata** | **49** | RUN BYDGOSZCZ | K30-34 | | 00:18:30 | 00:58:02 | **01:19:42** | 112 | 00:08:14 | 00:23:18 | 01:36:36 | 02:24:05 | 03:22:51 | 04:42:30 | 05:37:33 | 06:46:19 | **07:24:05** | **231** | 00:02:45 | 00:40:07 | 01:07:02 | 01:33:44 |
| 187 | **LASSAK Bartosz** | **20** | TRISPACE | M40-44 | | 00:21:10 | 01:05:56 | **01:29:00** | 189 | 00:06:26 | 00:20:40 | 01:27:52 | 02:09:41 | 03:02:00 | 04:21:30 | 05:31:55 | 06:29:35 | **07:02:08** | **225** | 00:04:22 | 00:41:38 | 01:09:05 | 01:38:31 |
| 188 | **KNEPKA Piotr** | **18** | ŚWIECIE | M25-29 | | 00:21:47 | 01:08:55 | **01:34:00** | 215 | 00:08:02 | 00:21:23 | 01:31:54 | 02:16:01 | 03:13:31 | 04:26:48 | 05:13:43 | 06:15:18 | **06:48:29** | **206** | 00:03:25 | 00:42:03 | 01:09:51 | 01:37:06 |
| 189 | **SUWART Monika I Marcin** | **169** | JAK NIE MY TO KTO! CITYZEN POZNAŃ | M40-44 | | 00:27:52 | 01:20:55 | **01:49:23** | 247 | 00:15:06 | 00:20:18 | 01:25:50 | 02:05:07 | 02:53:51 | 04:08:36 | 04:53:12 | 05:50:04 | **06:22:21** | **167** | 00:16:06 | 00:41:27 | 01:12:36 | 01:41:34 |
| 190 | **KUŁAKOWSKI Mirosław** | **34** | METRIN NAMYSŁÓW | M55-59 | | 00:22:04 | 01:10:10 | **01:39:12** | 233 | 00:11:32 | 00:21:42 | 01:32:56 | 02:15:47 | 03:12:15 | 04:27:21 | 05:15:13 | 06:15:33 | **06:50:40** | **209** | 00:03:36 | 00:53:01 | 01:26:22 | 01:55:05 |
| 191 | **KOŚMIDER Bartosz** | **105** | DBK SZCZECIN | M40-44 | | 00:21:25 | 01:06:46 | **01:30:42** | 196 | 00:07:13 | 00:21:31 | 01:35:19 | 02:24:08 | 03:21:22 | 04:42:46 | 05:30:09 | 06:29:45 | **07:01:50** | **224** | 00:07:48 | 00:42:17 | 01:13:12 | 01:47:02 |
| 192 | **KUCHARCZYK Kamil** | **112** | TRI NOT TO DIE | M30-34 | | 00:24:22 | 01:16:13 | **01:42:45** | 243 | 00:08:39 | 00:22:59 | 01:33:42 | 02:16:53 | 03:14:33 | 04:35:21 | 05:25:31 | 06:30:04 | **07:03:55** | **226** | 00:05:06 | 00:43:55 | 01:13:21 | 01:41:54 |
| 193 | **WOŁOWSKI Lech** | **75** | | M40-44 | | 00:21:20 | 01:08:42 | **01:34:28** | 220 | 00:09:01 | 00:24:19 | 01:37:14 | 02:22:58 | 03:19:39 | 04:40:49 | 05:33:34 | 06:33:39 | **07:08:01** | **227** | 00:05:39 | 00:44:02 | 01:13:06 | 01:44:52 |
| 194 | **OPOZDA Krzysztof** | **74** | CM UMK | M50-54 | | 00:20:07 | 01:00:16 | **01:21:00** | 124 | 00:10:42 | 00:21:47 | 01:31:17 | 02:15:28 | 03:13:51 | 04:28:59 | 05:17:28 | 06:14:00 | **06:46:58** | **205** | 00:10:05 | 00:50:19 | 01:22:57 | 01:54:56 |
| 195 | **GOSTOMSKI Borys** | **59** | 40 LAT MINĘŁO | M40-44 | | 00:23:11 | 01:11:59 | **01:38:10** | 230 | 00:06:48 | 00:20:25 | 01:28:36 | 02:15:17 | 03:06:37 | 04:17:33 | 05:00:07 | 05:56:59 | **06:28:02** | **184** | 00:04:24 | 00:53:45 | 01:29:01 | 02:06:03 |
| 196 | **POTOCZNY Łukasz** | **50** | EUFORIABIEGACZATEAM | M35-39 | | 00:28:27 | 01:34:30 | **02:08:17** | 256 | 00:09:40 | 00:21:23 | 01:32:16 | 02:16:59 | 03:14:51 | 04:33:26 | 05:20:14 | 06:20:26 | **06:55:03** | **216** | 00:07:14 | 00:42:24 | 01:12:24 | 01:42:50 |
| 197 | **NOWAK Paweł** | **154** | KEPNET | M50-54 | | 00:22:46 | 01:09:18 | **01:33:29** | 210 | 00:08:02 | 00:19:51 | 01:25:08 | 02:07:47 | 03:02:10 | 04:21:51 | 05:12:14 | 06:13:42 | **06:51:26** | **211** | 00:05:33 | 00:57:22 | 01:34:25 | 02:08:00 |
| 198 | **PRZYGODA Wojciech** | **194** | | M45-49 | | 00:21:51 | 01:07:42 | **01:31:06** | 199 | 00:08:19 | 00:21:17 | 01:30:36 | 02:12:46 | 03:08:32 | 04:29:05 | 05:17:44 | 06:23:05 | **06:59:31** | **223** | 00:07:16 | 00:47:08 | 01:26:50 | 02:01:03 |
| 199 | **TACZAREK Marlena** | **282** | | K40-44 | | 00:21:33 | 01:08:23 | **01:33:06** | 208 | 00:10:37 | 00:21:26 | 01:34:00 | 02:18:55 | 03:15:48 | 04:38:57 | 05:33:29 | 06:38:42 | **07:17:41** | **229** | 00:05:21 | 00:49:06 | 01:21:41 | 01:54:37 |
| 200 | **KONIECZNY Karol** | **115** | | M35-39 | | 00:21:54 | 01:07:42 | **01:31:13** | 200 | 00:06:52 | 00:20:46 | 01:31:04 | 02:17:24 | 03:09:57 | 04:33:09 | 06:03:49 | 07:03:26 | **07:38:30** | **234** | 00:06:49 | 00:49:09 | 01:19:50 | 01:50:07 |
| **Przekroczony limit czasu: 15:00:00** | | | | | | | | | | | | | | | | | | | | | | | |
| 201 | **MIKOŁAJSKI Krzysztof** | **276** | | M25-29 | | 00:26:24 | 01:25:19 | **01:57:28** | 252 | 00:10:02 | 00:22:29 | 01:40:21 | 02:28:36 | 03:27:49 | 04:45:39 | 05:36:24 | 06:40:54 | **07:18:43** | **230** | 00:04:35 | 00:50:19 | 01:20:24 | 01:49:51 |
| 202 | **MASŁOWSKI Michał** | **257** | NO LIMITS | M25-29 | | 00:21:50 | 01:10:18 | **01:34:40** | 221 | 00:09:11 | 00:24:06 | 01:44:59 | 02:36:09 | 03:39:26 | 05:17:57 | 06:16:11 | 07:33:10 | **08:11:50** | **238** | 00:06:19 | 00:38:50 | 01:06:38 | 01:30:39 |
| 203 | **WĘGRZYŃSKI Piotr** | **132** | | M45-49 | | 00:23:41 | 01:13:24 | **01:41:01** | 237 | 00:09:40 | 00:21:22 | 01:31:02 | 02:14:41 | 03:12:03 | 04:28:31 | 05:17:21 | 06:20:44 | **06:58:02** | **220** | 00:08:32 | 00:49:47 | 01:23:57 | 01:59:47 |
| 204 | **KOŚCIELAK Maciej** | **200** | ŻANDARMI Z BYDGOSZCZY | M40-44 | | 00:26:57 | 01:26:08 | **01:58:32** | 253 | 00:06:40 | 00:22:01 | 01:32:47 | 02:17:34 | 03:12:38 | 04:32:38 | 05:20:56 | 06:19:59 | **06:56:09** | **217** | 00:05:03 | 00:50:53 | 01:28:22 | 02:00:30 |
| 205 | **KUBIAK Katarzyna** | **155** | | K30-34 | | 00:23:10 | 01:12:25 | **01:38:05** | 228 | 00:07:07 | 00:22:32 | 01:40:48 | 02:31:41 | 03:32:36 | 04:59:19 | 05:49:49 | 06:51:45 | **07:32:23** | **233** | 00:04:10 | 00:52:37 | 01:29:17 | 02:07:46 |
| 206 | **NOWAK Adam** | **37** | WUJEK PORADA | M45-49 | | 00:23:54 | 01:15:40 | **01:41:10** | 238 | 00:08:07 | 00:25:11 | 01:49:52 | 02:46:38 | 04:08:45 | 06:03:29 | 07:01:51 | | **08:28:45** | **239** | 00:08:09 | 00:55:04 | 01:30:28 | 02:04:48 |
| 207 | **JARLIŃSKA Bożena** | **173** | ORKAMASTERS IŁAWA | K45-49 | | 00:23:07 | 01:10:01 | **01:34:06** | 217 | 00:07:47 | 00:23:38 | 01:44:44 | 02:34:52 | 03:39:39 | 05:12:18 | 06:09:10 | 07:22:40 | **08:04:41** | **237** | 00:05:56 | 00:52:41 | 01:28:23 | 01:56:08 |
| 208 | **BLICHARZ Marcin** | **19** | | M35-39 | | 00:20:17 | 01:02:30 | **01:25:00** | 161 | 00:06:38 | 00:19:23 | 01:22:36 | 02:00:57 | 02:47:50 | 03:51:08 | 04:30:23 | 05:18:03 | **05:45:44** | **83** | 00:03:42 | 00:30:49 | 01:29:30 | 01:54:42 |
| 209 | **BOGDAŃSKI Łukasz** | **25** | THOMSON REUTERS TRIATHLON TEAM | M35-39 | | 00:20:18 | 01:03:13 | **01:24:54** | 160 | 00:06:49 | 00:22:34 | 02:52:55 | 03:36:47 | 04:31:37 | 05:45:26 | 06:31:20 | | | | | 01:17:42 | 01:43:15 | 02:08:12 |
| 210 | **KUZIEMSKI Tomasz** | **62** | KS MARATON OSTROW WLKP | M25-29 | | 00:20:54 | 01:05:33 | **01:28:52** | 188 | 00:07:18 | 00:22:31 | 01:39:50 | 02:26:32 | 03:29:20 | 04:58:53 | 05:52:57 | 07:04:04 | **07:44:59** | **236** | 00:04:27 | 02:03:59 | 02:41:06 | 03:11:53 |
| 211 | **FELSKI Mariusz** | **92** | MŻS WOŁCZA MAŁA | M50-54 | | 00:20:35 | 01:01:32 | **01:22:03** | 144 | 00:07:03 | 00:21:18 | 01:32:05 | 02:14:36 | 03:08:45 | 04:25:42 | 05:14:10 | 06:13:38 | **06:49:22** | **207** | 00:04:55 | 01:28:11 | 01:55:22 | 02:25:30 |
| 212 | **MAZANKA Jakub** | **86** | | M40-44 | | 00:19:37 | 00:59:24 | **01:19:25** | 106 | 00:04:00 | 00:18:53 | 01:21:02 | 01:59:51 | 02:48:48 | 03:58:49 | 04:41:38 | 05:37:07 | **06:08:27** | **137** | 00:06:35 | 01:09:13 | 01:30:36 | 01:54:31 |
| 213 | **WINNIK Piotr** | **95** | | M30-34 | | 00:20:10 | 01:01:50 | **01:23:44** | 154 | 00:05:05 | 00:20:09 | 01:25:13 | 02:03:33 | 02:50:06 | 03:55:00 | 04:37:37 | 05:27:54 | **05:56:36** | **105** | 00:03:15 | 01:21:24 | 01:45:53 | 02:13:32 |
| 214 | **SZELIŃSKI Adam** | **122** | OPP SZCZECIN | M45-49 | | 00:19:24 | 00:59:22 | **01:19:35** | 111 | 00:03:27 | 00:18:41 | 01:20:36 | 01:58:53 | 02:45:38 | 03:48:39 | 04:27:59 | 05:16:23 | **05:43:52** | **79** | 00:02:20 | 00:33:06 | 00:54:37 | 01:17:48 |
| 215 | **TRELA Rafał** | **142** | K T ŻYWIEC | M50-54 | | 00:19:39 | 01:00:01 | **01:21:13** | 130 | 00:07:30 | 00:19:43 | 01:24:24 | 02:05:03 | 02:55:20 | 04:06:50 | 04:52:06 | 05:46:46 | **06:18:48** | **162** | 00:08:01 | 00:42:51 | 01:11:13 | 01:42:26 |
| 216 | **NOVLYANSKIY Konstantin** | **136** | JUSTTRI | M30-34 | | 00:22:53 | 01:11:02 | **01:35:59** | 223 | 00:04:59 | 00:20:10 | 01:24:09 | 02:04:44 | 02:53:08 | 04:01:15 | 04:42:24 | 05:32:45 | **06:02:36** | **121** | 00:03:28 | 00:33:22 | 00:55:05 | 01:18:26 |
| 217 | **GRYCZ Kamil** | **146** | UNDEREQUATOR.COM | M25-29 | | 00:16:20 | 00:50:45 | **01:08:05** | 38 | 00:03:21 | 00:18:08 | 01:16:10 | 01:50:42 | 02:32:45 | 03:30:24 | 04:05:56 | 04:52:40 | **05:20:41** | **28** | 00:02:39 | 00:31:16 | 00:52:08 | 01:14:21 |
| 218 | **SZUKALA Piotr** | **206** | SPELEOKLUB 'BOBRY' Z ZAGANIA | M30-34 | | 00:21:09 | 01:05:50 | **01:28:49** | 187 | 00:07:46 | 00:19:23 | 01:23:17 | 02:03:53 | 02:51:58 | 03:57:53 | 04:38:13 | 05:28:37 | **05:57:35** | **108** | 00:06:18 | 00:37:48 | 01:45:56 | 02:11:59 |
| 219 | **CHMIEL Dariusz** | **205** | PTT DELTA PŁOCK | M50-54 | | 00:22:42 | 01:09:48 | **01:33:52** | 214 | 00:12:11 | 00:21:52 | 01:36:16 | 02:21:17 | 03:17:28 | 04:29:12 | 05:14:02 | | **06:44:41** | **202** | 00:07:27 | 00:41:18 | 01:09:15 | 01:37:56 |

| | | | | | | Pływanie | | | | T1 | Rower | | | | | | | | | T2 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 220 | **TROSZCZYŃSKI Wojciech** | **237** | | M45-49 | | 00:18:31 | 00:59:44 | **01:21:56** | 142 | 00:07:38 | 00:20:34 | 01:29:07 | 02:12:00 | 03:04:08 | 04:15:22 | 04:59:28 | 05:59:16 | **06:32:28** | **192** | 00:04:27 | 00:35:19 | 00:56:57 | 01:20:50 |
| 221 | **BĘDKOWSKI Kamil** | **240** | ADWOKATURA OPOLE | M30-34 | | 00:19:26 | 01:00:36 | **01:22:51** | 148 | 00:06:04 | 00:19:53 | 01:25:03 | 02:05:20 | 02:55:18 | 04:03:34 | 04:48:13 | 05:42:14 | **06:14:51** | **153** | 00:03:47 | 01:16:42 | 01:39:59 | 02:03:54 |
| 222 | **TALAREK Arkadiusz** | **258** | TRIATHLONKONSULTING | M40-44 | | 00:19:21 | 00:59:22 | **01:19:31** | 109 | 00:04:09 | 00:18:56 | 01:20:54 | 01:59:05 | 02:46:23 | 03:50:49 | 04:29:49 | 05:19:43 | **05:48:51** | **91** | 00:02:47 | 00:38:38 | 01:02:34 | 02:07:01 |
| 223 | **KLUPCZYNSKI Piotr** | **260** | BE3 CITYZEN | M25-29 | | 00:15:33 | 00:48:22 | **01:05:14** | 24 | 00:02:49 | 00:17:39 | 01:13:40 | 01:48:27 | 02:30:47 | 03:28:01 | 04:03:48 | 04:46:39 | **05:11:58** | **17** | 00:01:57 | 00:30:04 | 00:48:42 | 01:08:15 |
| 224 | **CHMEL Sergiy** | **252** | BORYS RUNNING CLUB | M35-39 | | 00:21:38 | 01:04:32 | **01:25:50** | 171 | 00:05:40 | 00:19:24 | 01:22:46 | 02:02:34 | 02:53:42 | 04:06:45 | 04:54:53 | 05:49:38 | **06:22:26** | **168** | 00:05:30 | 00:27:51 | 01:23:47 | 01:46:12 |
| 225 | **KWIECIEŃ Krystian** | **185** | ANIMMALS.PL/UKS OŻAROWICE/4K KWIECIEŃ | M35-39 | | 00:16:26 | 00:50:01 | **01:07:14** | 32 | 00:02:45 | 00:17:14 | 01:13:11 | 01:47:54 | 02:29:51 | 03:27:13 | 04:02:01 | 04:45:49 | **05:11:45** | **16** | 00:02:10 | 00:34:17 | 00:58:03 | 01:23:15 |
| 226 | **ROSZAK Bartosz** | **161** | WRONIECKI KLUB BIEGACZA | M35-39 | | 00:19:13 | 00:59:37 | **01:21:04** | 126 | 00:03:15 | 00:19:25 | 01:22:28 | 02:01:46 | 02:52:38 | 04:07:05 | 04:47:23 | 05:38:53 | **06:07:35** | **132** | 00:03:34 | 00:35:56 | 01:01:33 | 02:05:51 |
| 227 | **KOKOTEK Maciej** | **183** | KS CELIRONMAN | M40-44 | | 00:19:31 | 00:59:38 | **01:19:54** | 114 | 00:04:30 | 00:19:16 | 01:23:54 | 02:04:20 | 02:53:20 | 04:00:46 | 04:42:36 | 05:33:57 | **06:04:26** | **124** | 00:02:21 | 01:16:02 | 01:41:08 | 02:07:23 |
| 228 | **CYBULSKI Konrad** | **152** | CELIRONMAN | M45-49 | | 00:21:15 | 01:03:00 | **01:25:20** | 163 | 00:08:55 | 00:21:20 | 01:29:41 | 02:12:21 | 03:07:14 | 04:19:43 | 05:05:32 | 06:02:38 | **06:36:34** | **198** | 00:06:15 | 00:41:39 | 01:06:54 | 01:34:50 |
| | **WOJCIECHOWSKI Adam** | **14** | | M45-49 | | 00:23:11 | 01:15:14 | **01:43:23** | 244 | 00:08:03 | 00:20:51 | 01:30:31 | 02:14:46 | 03:09:29 | 04:31:49 | 05:34:20 | 06:54:29 | **07:31:25** | **232** | | | | |
| | **RUDOL Sebastian** | **23** | | M40-44 | | 00:22:33 | 01:09:38 | **01:34:25** | 219 | 00:09:13 | 00:20:28 | 01:33:32 | 02:19:13 | 03:17:20 | 04:54:14 | 05:42:11 | 06:50:25 | **07:39:31** | **235** | | | | |
| | **BUŁECZKA Paweł** | **47** | RAJSPORT ACTIVE | M30-34 | | 00:20:04 | 01:05:19 | | | | | | | | | | | | | | | | |
| | **CIĘŻKI Maciej** | **53** | | M40-44 | | 00:20:18 | 01:05:13 | **01:28:48** | 186 | 00:07:02 | 00:18:33 | 01:23:07 | 02:02:18 | 02:52:41 | | | | | | | | | |
| | **LUDEK Tomasz** | **55** | DASH DIGITAL CASH | M30-34 | | 00:19:34 | 01:00:14 | **01:21:35** | 137 | 00:04:50 | 00:18:48 | 01:21:23 | 02:00:15 | 02:48:00 | 03:52:24 | 04:32:11 | | | | | | | |
| | **ROTMAŃSKI Piotr** | **72** | AIR INNOVATIONS | M35-39 | | 00:20:20 | 01:01:25 | **01:23:09** | 149 | 00:03:33 | 00:20:02 | 01:23:50 | 02:03:23 | 02:52:38 | 04:01:50 | 04:46:04 | | | | | | | |
| | **GĘBCZYŃSKI Paweł** | **118** | | M35-39 | | 00:23:39 | 01:16:55 | **01:44:08** | 245 | 00:05:42 | 00:19:55 | 01:31:18 | 02:15:55 | 03:10:47 | | | | | | | | | |
| | **LARSEN-KONIECZNY Charlotte** | **114** | | K30-34 | | 00:22:30 | 01:08:37 | **01:32:04** | 204 | 00:08:56 | 02:01:49 | 03:30:23 | 04:27:31 | | | | | | | | | | |
| | **KRAWENDA Robert** | **147** | | M25-29 | | 00:19:13 | 01:01:01 | **01:22:42** | 147 | 00:04:10 | 00:16:52 | 01:12:01 | 01:47:05 | 02:31:44 | 03:31:48 | 04:10:44 | 04:59:57 | **05:31:56** | **44** | | | | |
| | **BUCZEK Jakub** | **196** | | M30-34 | | 00:17:59 | 00:55:54 | **01:14:56** | 85 | 00:05:30 | 00:18:03 | 01:18:39 | 01:55:45 | 02:41:39 | 03:45:44 | 04:26:26 | 05:18:08 | **05:47:27** | **88** | 00:02:35 | | | |
| | **ŁOŚ Sławomir** | **187** | | M45-49 | | 00:20:46 | 01:03:21 | **01:24:32** | 158 | 00:08:34 | 00:22:05 | 01:34:32 | 02:20:13 | 03:15:42 | 04:32:49 | 05:24:59 | | | | | | | |
| | **SITEK Witold** | **232** | | M60-64 | | 00:26:58 | 01:26:39 | **01:58:54** | 254 | 00:07:21 | 00:19:27 | 01:25:47 | 02:05:34 | 02:55:54 | 04:12:50 | 04:57:00 | 05:58:47 | **06:31:47** | **190** | 00:06:35 | 00:54:41 | 01:23:52 | 02:04:12 |
| | **CHOMIK Rafał** | **241** | WAY 2 CHAMP | M40-44 | | 00:16:10 | 00:49:52 | **01:07:05** | 30 | 00:02:35 | 00:16:23 | 01:09:22 | 01:42:26 | 02:23:40 | 03:20:02 | 03:53:54 | 04:36:08 | **05:00:30** | **8** | 00:02:43 | 00:30:47 | 00:50:23 | 01:09:58 |
| | **SWĘDROWSKI Sylwester** | **265** | MKL MARATON ŚWINOUJŚCIE | M35-39 | | 00:23:43 | 01:17:57 | **01:50:26** | 248 | 00:06:02 | 00:21:35 | 01:29:40 | 02:12:51 | 03:07:09 | 04:25:08 | 05:14:03 | 06:15:46 | **06:53:10** | **213** | | | | |
| | **KOWALSKI Jacek** | **278** | | M40-44 | | 00:20:51 | 01:03:42 | **01:27:04** | 178 | 00:07:13 | 00:19:22 | 01:23:52 | 02:04:58 | 02:57:23 | 04:14:49 | 05:01:34 | 06:08:35 | **06:56:21** | **218** | | | | |
| | **WAWRESZUK Jan** | **281** | YANOPTIMAL | M18-24 | | 00:19:48 | 01:00:28 | **01:21:34** | 136 | 00:14:54 | 00:22:50 | 01:36:14 | 02:24:36 | 03:29:31 | 04:58:39 | 05:44:27 | | | | | 00:49:48 | 01:18:29 | |
| | **BORCHMANN Szymon** | **259** | TRI-SEA WŁADYSŁAWOWO | M35-39 | | 00:20:34 | 01:05:09 | **01:29:20** | 191 | 00:11:14 | 00:20:29 | 01:30:53 | 02:14:41 | 03:10:15 | 04:23:32 | 05:08:22 | 06:05:57 | **06:39:20** | **200** | 00:04:24 | 00:47:00 | 01:20:19 | 01:54:03 |
| | **KRAWISZ Maciej** | **7** | LP500 | M40-44 | LP 500 | 00:22:30 | 01:14:31 | **01:41:48** | 241 | 00:05:59 | 00:19:27 | 01:26:55 | 02:07:25 | 02:57:25 | 04:04:21 | 04:47:32 | 05:42:29 | **06:14:32** | **152** | 00:03:24 | 00:50:33 | | |
| | **URBAŚ Tomasz** | **45** | | M40-44 | | 00:17:09 | 00:55:04 | **01:15:26** | 86 | 00:04:44 | 00:19:02 | 01:22:27 | 02:01:47 | 02:50:48 | 03:57:07 | 04:38:31 | 05:29:36 | **05:59:40** | **114** | 00:04:37 | | | |
| | **ADAMIK Wiktor** | **250** | ADAMIK MY WAY | M45-49 | | 00:17:46 | 00:55:14 | **01:14:49** | 81 | 00:04:11 | 00:19:03 | 01:20:14 | 01:57:51 | 04:09:31 | 05:22:12 | 06:06:54 | | | | | | | |
| | **ŻABA Marek** | **280** | TRIATHLON - X- TEAM | M30-34 | | 00:17:49 | 00:54:45 | **01:12:57** | 65 | 00:04:45 | 00:17:44 | 01:16:04 | 01:52:34 | 02:37:28 | 03:39:15 | 04:17:58 | 05:06:06 | **05:35:16** | **56** | 00:03:08 | | | |
| | **DYKSZAK Filip** | **83** | IRONDRAGON TRIATHLON | M35-39 | K.T.O. z Krakowa | 00:19:10 | 00:59:39 | **01:20:23** | 120 | 00:03:26 | 00:18:13 | 01:16:22 | 01:52:34 | 02:38:18 | 03:41:30 | 04:24:25 | 05:20:13 | **05:52:52** | **96** | 00:03:32 | | | |
| | **BANACH Bartosz** | **221** | TORUS - APREKAGEMINI.PL | M30-34 | | 00:13:48 | 00:42:36 | **00:56:58** | 5 | 00:02:14 | 00:15:01 | 01:04:32 | 01:35:02 | 02:11:13 | 03:00:44 | | | | | | | | |
| | **KOZŁOWSKI Wojtek** | **11** | K.T.O. Z KRAKOWA | M50-54 | K.T.O. z Krakowa | 00:18:10 | 00:54:56 | **01:12:39** | 63 | 00:11:24 | 00:19:20 | 01:25:23 | 02:03:28 | 02:50:08 | 03:57:04 | 04:38:44 | 05:34:40 | **06:05:17** | **128** | 00:04:42 | 00:56:23 | 01:42:09 | 02:21:50 |
| | **GOZDALSKI Jarosław** | **10** | WITKOWO BIEGA | M45-49 | | 00:17:47 | 00:55:20 | **01:14:19** | 73 | 00:03:31 | 00:19:58 | 01:20:01 | 01:56:27 | 02:40:54 | 03:40:05 | 04:17:26 | 05:04:19 | **05:32:40** | **45** | 00:02:35 | 00:35:15 | | |
| | **KARCZEWSKI Adrian** | **263** | CB163 | M30-34 | | 00:20:09 | 01:03:23 | **01:25:33** | 164 | 00:05:00 | 00:19:20 | 01:18:51 | 01:55:20 | 02:40:44 | 03:42:43 | 04:22:32 | 05:14:00 | **05:44:05** | **80** | 00:02:43 | 00:45:41 | | |
| | **SZULC Wojtek** | **277** | KOCHAM DARIE | M50-54 | | 00:21:16 | 01:05:23 | **01:28:44** | 184 | 00:05:27 | 00:18:11 | 01:18:50 | 01:57:03 | 02:43:54 | 03:49:59 | 04:31:43 | 05:26:57 | **05:59:06** | **113** | 00:09:56 | | | |
| | **AUGUŚCIK Mariusz** | **89** | | M55-59 | | 00:23:09 | 01:12:17 | **01:38:49** | 232 | 00:08:00 | 00:19:41 | 01:23:33 | 02:04:31 | 02:55:16 | 04:05:07 | 04:50:53 | 05:47:08 | **06:20:30** | **164** | | | | |
| | **HIRT Tomasz** | **111** | CB 163 | M35-39 | | 00:17:42 | 00:55:00 | **01:14:28** | 75 | 00:04:01 | 00:19:03 | 01:22:22 | 02:01:51 | 02:50:57 | 04:00:45 | 04:46:17 | 05:42:29 | **06:17:08** | **157** | 00:04:40 | | | |

Znaleziono 257 wynik(ów)