



Event:
Organiser:
Date:
Place:
Distance:

OCEAN LAVA TRIATHLON POLSKA 2018 - DYSTANS ŚREDNI 70.3

B4SPORT

Ocean Lava Triathlon Polska 2018
Towarzystwo Sportowe TRI-SPORT
2018-08-19
Bydgoszcz
113 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M30-34

Split point: 106,7 km

Place	Participant	Number	Club	Category	Drużyna	Swimming			Cycling						Race								
						P_Borowno 0.95km	P_Borowno 1.9km	Poz	R_Kotomierz 5km	R_Lidl 20km	R_Kotomierz 40km	R_Lidl 55km	R_Kotomierz 75km	R_Lidl 90km	Poz	B_Mysl 3.229km	B_Announcer 6.465km	B_Announcer 7.265km	B_Mysl 10.489km	B_Announcer 13.731km	B_Announcer 14.531km		
1	WOŹNIAK Łukasz	663		M30-34		00:17:55	00:36:08	72	00:02:34	00:09:13	00:31:45	01:03:40	01:26:11	01:58:19	02:21:48	2	00:01:22	00:14:08	00:29:41	00:33:55	00:49:35	01:06:59	01:11:43
2	NAROŹNIK Maciej	650		M30-34		00:15:01	00:31:11	10	00:02:58	00:10:08	00:34:35	01:08:08	01:31:36	02:05:30	02:30:42	17	00:01:52	00:14:51	00:30:32	00:35:01	00:51:14	01:09:37	01:14:39
3	BANACH Marcin	839	3GRAVITY	M30-34	3Gravity	00:18:43	00:37:54	112	00:02:05	00:10:22	00:35:09	01:09:53	01:34:46	02:10:21	02:36:25	41	00:01:37	00:13:54	00:28:37	00:32:39	00:46:08	01:01:42	01:05:45
4	RYMER Jakub	563	KLINIKA TRIATHLONU BYDGOSZCZ	M30-34	Klinika Triathlonu Bydgoszcz	00:17:12	00:35:00	48	00:02:53	00:09:28	00:32:23	01:05:26	01:28:29	02:02:43	02:26:49	6	00:02:03	00:14:56	00:31:18	00:35:52	00:53:29	01:13:05	01:18:24
5	WALCZAK Michał	567	3GRAVITY	M30-34		00:17:59	00:37:15	101	00:02:24	00:10:54	00:36:16	01:12:29	01:38:14	02:15:56	02:42:27	85	00:01:22	00:12:49	00:26:58	00:30:50	00:44:24	00:59:27	01:03:39
6	KOŁAKOWSKI Tomasz	577		M30-34		00:17:50	00:36:31	80	00:02:38	00:09:47	00:33:47	01:08:25	01:33:47	02:10:02	02:37:41	51	00:01:48	00:12:52	00:26:48	00:31:13	00:46:31	01:06:42	01:12:59
7	PONIKWIA Rafał	772	WM TRISELF	M30-34		00:17:09	00:34:49	45	00:03:46	00:10:22	00:36:00	01:11:33	01:36:57	02:13:33	02:40:08	67	00:03:00	00:13:41	00:29:17	00:33:35	00:49:12	01:05:40	01:09:54
8	ŻUREK Jacek	742		M30-34		00:14:33	00:29:46	5	00:02:47	00:10:57	00:36:12	01:11:38	01:37:46	02:16:20	02:44:19	103	00:01:54	00:17:09	00:34:11	00:38:47	00:55:24	01:12:49	01:17:29
9	GÓRECKI Tomasz	506	PTT DELTA	M30-34		00:15:39	00:32:19	14	00:03:20	00:10:36	00:36:32	01:13:08	01:38:45	02:16:38	02:43:58	99	00:01:30	00:14:53	00:31:03	00:35:48	00:52:30	01:12:04	01:18:23
10	ANDRZEJEWSKI Marcin	787		M30-34		00:18:55	00:38:03	116	00:03:35	00:10:00	00:33:27	01:07:11	01:31:32	02:05:48	02:31:36	20	00:02:43	00:14:03	00:29:16	00:34:44	00:58:44	01:18:24	01:23:47
11	JAUMIEN Łukasz	838		M30-34		00:16:20	00:33:46	26	00:03:02	00:10:15	00:35:43	01:11:55	01:37:50	02:14:47	02:41:45	80	00:01:53	00:17:03	00:33:36	00:38:23	00:56:25	01:16:45	01:21:49
12	WIERZYŃSKI Damian	510	EXIMO EXTREME TEAM	M30-34		00:19:02	00:38:53	136	00:02:55	00:10:32	00:35:50	01:12:09	01:38:14	02:16:31	02:43:50	98	00:01:51	00:14:50	00:31:46	00:36:48	00:53:37	01:10:16	01:14:57
13	HERMANOWICZ Cezary	641	SBR TEAM ELK	M30-34		00:17:22	00:36:19	76	00:02:49	00:10:31	00:36:51	01:13:33	01:40:56	02:20:35	02:48:38	142	00:02:09	00:14:49	00:31:08	00:35:27	00:51:16	01:08:25	01:13:12
14	BARCZYKOWSKI Szymon	753	SPOT	M30-34		00:16:59	00:34:27	37	00:03:05	00:10:21	00:35:53	01:12:21	01:38:36	02:16:50	02:45:24	116	00:01:46	00:15:37	00:32:08	00:36:51	00:53:17	01:13:19	01:18:59
15	MĄDRY Marcin	715	TTC CZĘSTOCHOWA	M30-34		00:17:38	00:36:04	70	00:02:35	00:10:58	00:35:57		02:52:03				00:14:41	00:30:47	00:34:58	00:49:39	01:06:56	01:11:19	
16	KOZŁOWSKI Marcin	688		M30-34		00:16:47	00:34:52	46	00:03:35	00:10:46	00:37:17	01:16:01	01:44:38	02:27:01	02:56:52	191	00:01:52	00:14:32	00:30:41	00:35:01	00:49:51	01:05:51	01:10:06
17	BENTKOWSKI Marcin	809	TRIPower	M30-34		00:18:03	00:37:21	103	00:03:18	00:11:11	00:37:23	01:14:11	01:40:25	02:18:33	02:45:50	121	00:01:55	00:15:31	00:32:25	00:37:25	00:54:54	01:14:03	01:19:50
18	TAZBIR Mariusz	701		M30-34		00:17:19	00:35:53	62	00:03:38	00:12:32	00:39:48	01:18:52	01:46:43	02:26:25	02:55:19	187	00:01:57	00:14:22	00:30:04	00:34:12	00:51:04	01:08:21	01:13:09
19	WIECZOREK Łukasz	680	RUN4FUN WWW.BYTPAK.PL	M30-34		00:21:03	00:42:59	213	00:03:50	00:10:41	00:38:03	01:16:40	01:43:48	02:22:46	02:50:34	155	00:02:53	00:14:33	00:30:34	00:34:53	00:50:33	01:07:53	01:13:12
20	MUCHA Aleksander	512	SALAMANDER RUNNING TEAM	M30-34		00:19:11	00:38:45	131	00:04:44	00:10:33	00:35:46	01:11:26	01:37:34	02:16:22	02:44:26	106	00:02:50	00:15:35	00:35:14	00:41:28	00:59:27	01:18:37	01:24:28
21	MOSIŃSKI Michał	658	HAWAJSKIE REKINY	M30-34		00:20:10	00:42:30	207	00:03:31	00:10:45	00:37:24	01:16:29	01:44:09	02:24:58	02:54:25	183	00:02:14	00:16:29	00:31:09	00:35:49	00:51:56	01:09:16	01:14:13
22	LICZNIERSKI Marek	660	TRIATHLONISTA.COM	M30-34		00:16:55	00:34:26	36	00:03:29	00:10:42	00:37:44	01:14:58	01:43:15	02:24:51	02:53:20	178	00:02:16	00:17:29	00:36:57	00:42:13	01:00:39	01:19:37	01:24:19
23	ALSKI Łukasz	661		M30-34		00:17:08	00:35:29	53	00:04:02	00:10:30	00:36:07	01:12:07	01:39:58	02:18:47	02:46:00	123	00:02:43	00:16:27	00:36:21	00:43:18	01:02:28	01:23:51	01:31:08
24	GRUBA Marek	639		M30-34		00:19:45	00:40:06	170	00:03:54	00:10:58	00:37:29	01:15:31	01:42:10	02:21:29	02:49:30	150	00:02:20	00:16:01	00:34:16	00:39:37	00:57:46	01:17:58	01:23:45
25	KIEŁCZYŃSKI Andrzej	564	HUBSTA	M30-34		00:17:00	00:34:47	44	00:03:11	00:10:14	00:36:05	01:14:56	01:41:06	02:19:34	02:47:19	133	00:01:36	00:16:39	00:37:15	00:42:58	01:05:09	01:27:52	01:34:16
26	ZACHWIEJA Piotr	657		M30-34		00:21:34	00:43:23	220	00:03:18	00:11:09	00:38:00	01:15:37	01:42:48	02:23:14	02:52:31	174	00:02:27	00:17:24	00:35:53	00:41:12	00:58:43	01:18:10	01:24:12
27	SZLENDAK Krzysztof	634	WYSOKIE MAZOWIECKIE	M30-34		00:20:31	00:41:54	195	00:05:24	00:11:25	00:38:29	01:16:49	01:44:10	02:22:42	02:50:15	153	00:02:34	00:16:29	00:35:21	00:40:18	00:59:27	01:20:18	01:26:22
28	ANTKOWIAK Bartosz	507	TCMS PESA BYDGOSZCZ	M30-34		00:21:45	00:43:34	222	00:02:31	00:10:21	00:36:25	01:13:52	01:40:14	02:19:19	02:47:08	131	00:03:21	00:16:31	00:37:32	00:43:07	01:03:11	01:25:14	01:30:24
29	WICENBACH Arkadiusz	797	PRUSZCZ BIEGA	M30-34		00:21:52	00:46:31	261	00:03:43	00:10:28	00:36:11	01:13:45	01:40:02	02:18:27	02:47:24	134	00:02:11	00:15:11	00:36:21	00:42:29	01:02:30	01:22:57	01:29:42
30	ROS Piotr	734		M30-34		00:18:20	00:37:12	99	00:04:07	00:10:46	00:36:38	01:13:27	01:39:58	02:20:11	02:48:21	139	00:03:14	00:16:46	00:38:07	00:45:45	01:08:46	01:31:41	01:37:29
31	KŁÓSKA Jarek	788		M30-34		00:19:56	00:39:51	160	00:03:41	00:11:03	00:37:28	01:16:00	01:43:13	02:23:25	02:52:11	171	00:02:24	00:17:34	00:37:43	00:45:09	01:04:05	01:25:42	01:32:33
32	KABAT Błażej	609	TRISPACE	M30-34		00:20:08	00:42:21	205	00:03:39	00:10:44	00:37:29	01:17:30	01:47:16	02:32:24	03:06:25	227	00:02:18	00:17:53	00:38:37	00:44:36	01:03:01	01:22:41	01:28:39
33	PACANA Krzysztof	618		M30-34		00:19:39	00:39:54	162	00:04:47	00:11:59	00:39:46	01:19:29	01:47:47	02:28:31	02:57:57	196	00:02:40	00:18:37	00:40:02	00:45:59	01:08:03	01:31:15	01:38:19
34	GOTTFRIED Wojciech	682		M30-34		00:23:50	00:49:38	279	00:05:36	00:12:01	00:40:59	01:23:17	01:53:01	02:35:20	03:06:07	226	00:04:35	00:15:18	00:32:42	00:37:51	00:55:38	01:15:10	01:20:44

			Swimming				Cycling							Race								
35	SZYMCZAK Jakub	656	M30-34	00:21:55	00:44:16	234	00:06:02	00:11:27	00:39:58	01:21:59	01:52:22	02:35:12	03:07:14	231	00:02:50	00:17:45	00:38:56	00:44:44	01:04:07	01:25:36	01:32:49	
36	DZEDZEJ Bartłomiej	790	KK ASTORIA	M30-34	00:17:58	00:36:14	74	00:04:40	00:11:15	00:39:01	01:18:48	01:47:27	02:29:54	03:00:46	209	00:02:33	00:21:59	00:48:36	00:55:18	01:20:58	01:49:43	01:57:30
37	KRAWCZYK Mateusz	720	URZĄD GMINY OSTRÓW WIELKOPOLSKI	M30-34	00:22:34	00:46:58	263	00:05:14	00:12:35	00:42:11	01:26:46	01:58:22	02:47:04	03:23:27	267	00:03:05	00:19:08	00:39:51	00:46:21	01:06:17	01:28:05	01:35:02
38	KOSMOWSKI Błażej	566		M30-34	00:19:22	00:38:51	134	00:07:06	00:11:41	00:42:01	01:26:41	01:59:16	02:48:53	03:24:50	273	00:06:32	00:20:26	00:45:04	00:51:35	01:15:57	01:41:04	01:47:34
39	BARTOSIEWICZ Tomasz	667	ARTURKUREK.PRO	M30-34	00:16:35	00:33:56	28	00:02:09	00:09:59	00:34:43	01:09:41	01:35:03	02:11:25	02:38:02	54	00:01:59	00:13:59	01:50:02	01:56:55	02:23:17	02:50:04	02:57:38
40	SIAKOWSKI Ariel	616		M30-34	00:28:21	01:01:17	296	00:07:14	00:12:32	00:42:40	01:28:18	02:01:54	02:51:26	03:25:31	274	00:04:34	00:22:01	00:45:46	00:54:51	01:18:56	01:40:51	01:49:01
	PELC Marcin	696	TRISPACE	M30-34	00:16:12	00:32:38	17	00:02:10	00:09:49	00:33:10	01:06:12	01:29:21	02:03:30	02:30:12	15	00:01:36						
	THOMANN Jacek	575	GOULTRA.PL	M30-34	00:19:42	00:39:46	158	00:02:59	00:10:17	00:34:47	01:09:59	01:35:18	02:11:52	02:38:19	59	00:01:20	00:15:54	00:35:06	00:41:08			

Total 42 results.