



Event:
Organiser:
Date:
Place:
Distance:

OCEAN LAVA TRIATHLON POLSKA 2018 - DYSTANS ŚREDNI 70.3

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

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT

Classification: M45-49

Split point: 98,6 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
1	ZIĘBA Adam	824	TRISPACE	M45-49	TRISPACE	00:17:26	00:35:56	63	00:02:22	00:09:00	00:31:26	01:03:11	01:25:53	01:58:09	02:21:46	1	00:01:10	00:12:32	00:25:24
2	ZIENKIEWICZ Janusz	557	TRISPACE / ALLIANZ TRIATHLON TEAM	M45-49	TRISPACE	00:16:21	00:33:12	22	00:02:49	00:10:13	00:34:29	01:08:06	01:31:56	02:05:23	02:29:35	12	00:01:34	00:13:49	00:28:36
3	JABŁOŃSKI Jarosław	686	UKS TRS SUSZ/NADLEŚNICTWO SUSZ	M45-49		00:17:35	00:35:50	60	00:02:50	00:10:08	00:33:57	01:08:14	01:32:34	02:07:33	02:33:09	25	00:01:36	00:13:02	00:27:13
4	WYSOCKI Rafał	551	SRITRI/TRIATHLON CONSULTING	M45-49		00:17:08	00:34:43	43	00:02:58	00:09:48	00:33:33	01:07:38	01:31:54	02:07:35	02:33:04	24	00:02:15	00:14:11	00:30:16
5	GOŁEMBIEWSKI Marek	587	B4SPORT/MUKS PIĘTNASTKA BYDGOSZCZ	M45-49		00:19:05	00:38:52	135	00:03:05	00:09:56	00:34:38	01:09:07	01:34:14	02:10:15	02:36:55	45	00:01:31	00:13:07	00:27:31
6	WOŹNIAK Aureliusz	503	AMS	M45-49	AMS	00:17:45	00:36:21	77	00:03:16	00:09:55	00:33:14	01:06:50	01:31:05	02:07:20	02:33:33	26	00:01:55	00:16:09	00:34:02
7	JANKOWSKI Tomasz	623	TRISPACE	M45-49	TRISPACE	00:17:58	00:36:42	83	00:02:33	00:10:41	00:35:55	01:11:09	01:36:42	02:12:20	02:38:55	60	00:02:03	00:14:03	00:29:07
8	LITAWA Jacek	654		M45-49		00:16:46	00:34:13	31	00:03:03	00:09:58	00:34:04	01:09:17	01:34:37	02:10:51	02:38:01	53	00:02:09	00:15:02	00:32:14
9	TRAWCZYŃSKI Jacek	556	TRISPACE	M45-49	TRISPACE	00:18:15	00:37:00	93	00:02:36	00:10:08	00:34:23	01:08:53	01:33:14	02:08:37	02:33:57	29	00:01:54	00:15:55	00:34:29
10	KNOTHE Adam	531	BUDSTOL INVEST	M45-49		00:20:00	00:40:35	183	00:02:32	00:09:44	00:33:39	01:06:42	01:30:13	02:04:38	02:29:28	11	00:01:34	00:18:40	00:36:50
11	PATALON Piotr	520	ORKAMASTERS	M45-49	OrkaMasters Hawa	00:18:34	00:36:57	92	00:03:30	00:10:13	00:34:30	01:09:27	01:34:22	02:10:18	02:37:40	50	00:01:27	00:16:32	00:34:16
12	CUPA Ireneusz	796	TRIATHLON CONSULTING	M45-49		00:19:27	00:40:10	174	00:03:28	00:09:55	00:33:45	01:08:16	01:33:35	02:10:39	02:37:37	49	00:01:52	00:15:00	00:32:31
13	JABŁOŃSKI Marcin	722	FUJI KRYSPORT TEAM	M45-49	FUJI KRYSPORT TEAM	00:20:02	00:40:02	168	00:02:37	00:10:28	00:35:34	01:11:50	01:37:29	02:15:19	02:41:52	82	00:01:47	00:15:12	00:31:04
14	IGNACZAK Piotr	820	TRISPACE	M45-49	TRISPACE	00:18:10	00:36:56	90	00:02:48	00:10:21	00:35:47	01:11:53	01:37:47	02:15:52	02:43:16	93	00:01:37	00:16:10	00:34:04
15	GÓRNY Wojciech	811	TRISPACE/ADAMED	M45-49		00:18:34	00:37:32	105	00:02:53	00:11:33	00:38:17	01:15:38	01:42:47	02:21:12	02:48:37	141	00:02:01	00:13:44	00:29:15
16	GIBA Grzegorz	827	GB GALOPUJĄCE ŚLIMAKI	M45-49		00:18:09	00:35:40	55	00:04:02	00:11:02	00:37:32	01:14:52	01:41:54	02:19:59	02:47:52	135	00:02:06	00:15:10	00:32:14
17	AUGUSTYNIAK Grzegorz	588	PTT DELTA	M45-49		00:17:01	00:35:07	49	00:04:00	00:10:24	00:35:14	01:11:28	01:38:22	02:16:56	02:45:38	119	00:02:27	00:16:31	00:36:25
18	STALICA Wojciech	675	IZO-ERG	M45-49		00:19:04	00:38:09	117	00:03:45	00:10:22	00:35:40	01:12:30	01:38:51	02:17:42	02:44:53	109	00:01:56	00:16:36	00:35:03
19	BARANOWSKI Roman	522	WYZWANIE TYLKO 31	M45-49		00:14:59	00:30:24	8	00:05:39	00:11:14	00:38:15	01:16:26	01:43:22	02:23:02	02:52:07	169	00:03:27	00:15:18	00:33:00
20	KAPRAL Rafał	843	PEHAMOT SKODA SZCZECIN	M45-49		00:18:23	00:37:08	96	00:04:35	00:10:54	00:36:45	01:13:39	01:40:18	02:19:27	02:46:28	125	00:02:31	00:16:11	00:34:29
21	STRACH Wiktor	804	NIEZRZESZONY	M45-49		00:19:36	00:39:04	142	00:04:02	00:10:52	00:37:13	01:14:06	01:40:33	02:20:20	02:48:33	140	00:02:23	00:16:46	00:34:15
22	LISIECKI Jacek	694		M45-49		00:20:20	00:42:26	206	00:05:08	00:10:35	00:36:24	01:12:50	01:38:59	02:17:18	02:44:26	105	00:01:52	00:16:50	00:35:39
23	ŁUCZAK Paweł	525	TKKF KOLEJARZ BYDGOSZCZ	M45-49		00:20:01	00:40:27	182	00:03:01	00:11:10	00:37:29	01:16:05	01:43:31	02:24:02	02:53:39	181	00:03:30	00:14:32	00:30:03
24	BUDZIŁO Adam	543	PTT DELTA	M45-49	PTT DELTA	00:18:14	00:36:57	91	00:04:21	00:11:18	00:37:33	01:16:18	01:44:44	02:25:23	02:54:45	184	00:03:25	00:16:02	00:38:32
25	ZEGARSKI Arkadiusz	539		M45-49		00:19:11	00:38:38	128	00:04:30	00:11:04	00:37:54	01:17:24	01:47:04	02:28:59	02:59:00	204	00:03:11	00:17:31	00:38:19
26	NOWICKI Adam	607	PENTEL- TEAM	M45-49		00:20:33	00:41:41	192	00:04:01	00:11:43	00:39:47	01:20:30	01:49:18	02:30:20	02:59:50	206	00:03:38	00:16:51	00:36:11
27	RZEPKA Marek	677		M45-49		00:22:44	00:45:55	253	00:04:17	00:11:11	00:37:54	01:19:11	01:48:32	02:28:37	02:57:58	197	00:02:49	00:16:55	00:35:35
28	CIUPA Jarosław	629	ARRK	M45-49		00:21:28	00:42:11	204	00:05:12	00:11:32	00:39:31	01:20:47	01:49:43	02:33:03	03:04:01	216	00:03:31	00:17:46	00:37:22
29	NURKIEWICZ Jarosław	578	KUNG FU PANDY 3	M45-49		00:20:54	00:43:10	216	00:03:33	00:11:56	00:41:20	01:24:11	01:54:22	02:37:15	03:08:20	237	00:02:31	00:17:53	00:40:05

				Swimming				Cycling				Race						
30	PRUSACZYK Marcin	676		M45-49	00:20:15	00:39:43	156	00:07:54	00:11:42	00:42:09	01:24:42	01:57:28	02:41:19	03:12:09	248	00:04:46	00:16:03	00:34:15
31	STAFIEJ Wojciech	620	ARRK	M45-49	00:29:06	00:59:14	295	00:04:39	00:11:59	00:40:44	01:22:50	01:52:16	02:35:10	03:04:58	218	00:03:58	00:15:19	00:31:38
32	RZENTKOWSKI Grzegorz	599		M45-49	00:23:23	00:47:00	264	00:04:45	00:12:08	00:41:05	01:25:03	01:55:12	02:40:32	03:12:11	249	00:04:13	00:18:03	00:38:35
33	BRZEZINSKI Marek	773	KORUP MOTION	M45-49	00:24:57	00:51:02	287	00:06:21	00:12:30	00:41:05	01:22:28	01:52:03	02:36:10	03:07:00	230	00:03:30	00:19:37	00:43:47
34	PRAŻYŃSKI Michał	665		M45-49	00:21:35	00:44:18	235	00:08:11	00:12:50	00:43:40	01:28:07	01:59:50	02:45:47	03:18:56	259	00:05:52	00:18:29	00:41:16
35	CZECHOWICZ Tomasz	844		M45-49	00:23:01	00:46:05	256	00:06:38	00:14:01	00:47:36	01:34:58	02:06:44	02:55:01	03:24:28	272	00:03:17	00:18:28	00:39:43
36	SKORNOWICZ Paweł	649	WUEF TRI TEAM	M45-49	00:19:26	00:41:01	187	00:04:02	00:11:13	00:38:17	01:17:24	01:44:56	02:25:04	03:39:54	284	00:03:00	00:15:30	00:32:34
37	KOLOSSA Tomasz	585	WWW.KOLOSSA.PL	M45-49	00:22:27	00:47:16	268	00:05:54	00:12:21	00:42:30	01:28:47	02:02:10	02:51:02	03:26:21	276	00:04:55	00:19:29	00:41:35
38	MACIEJAK Marcin	750	JANUSZE TRIATHLONU	M45-49	00:24:47	00:51:07	288	00:04:10	00:11:56	00:40:35	01:30:04	02:01:38	02:49:02	03:22:51	265	00:04:01	00:18:57	00:43:59
39	LEBIODA Adam	754		M45-49	00:18:02	00:36:52	87	00:03:56	00:11:34	00:39:16	01:19:04	01:48:19	02:36:52	03:07:49	234	00:02:18	01:08:48	01:32:41
40	GRACZYK Rafał	560		M45-49	00:23:12	00:47:27	270	00:09:36	00:13:30	00:45:41	01:34:41	02:11:24	03:04:52	03:42:05	286	00:06:40	00:27:01	00:58:14
	WELZER Dariusz	608	WELDA TEAM	M45-49	00:18:59	00:37:48	110	00:03:49	00:10:14	00:34:52	01:09:51	01:34:22	02:10:22	02:36:46	43			
	WRZOCHALSKI Robert	792	TRIDEA	M45-49	00:21:21	00:42:36	209	00:02:54	00:10:04	00:34:32	01:08:56							
	MARTYNOWICZ Michał	550	TRISPACE	M45-49	00:15:02	00:30:59	9	00:02:29	00:10:12	00:35:10	01:10:53	01:36:45	02:14:52	02:42:31	86	00:01:37	00:15:42	

Total 43 results.