



# OCEAN LAVA TRIATHLON POLSKA 2018 - DYSTANS ŚREDNI 70.3

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** Ocean Lava Triathlon Polska 2018  
**Organiser:** Towarzystwo Sportowe TRI-SPORT  
**Date:** 2018-08-19  
**Place:** Bydgoszcz  
**Distance:** 113 km

Classification: M45-49

Split point: 22,2 km

Place	Participant	Number	Club	Category	Drużyna	Swimming			T1	Cycling		Race	Total
						P_Borowno 0.95km	P_Borowno 1.9km	Poz		R_Kotomierz 5km	R_Lidl 20km		
	<b>MARTYNOWICZ Michał</b>	<b>550</b>	TRISPACE	M45-49	TRISPACE	00:15:02	<b>00:30:59</b>	9	00:02:29	00:10:12	00:35:10		
2	<b>ZIĘBA Adam</b>	<b>824</b>	TRISPACE	M45-49	TRISPACE	00:17:26	<b>00:35:56</b>	63	00:02:22	00:09:00	00:31:26		
3	<b>ZIENKIEWICZ Janusz</b>	<b>557</b>	TRISPACE / ALLIANZ TRIATHLON TEAM	M45-49	TRISPACE	00:16:21	<b>00:33:12</b>	22	00:02:49	00:10:13	00:34:29		
4	<b>WYSOCKI Rafał</b>	<b>551</b>	SRITRI/TRIATHLON KONSULTING	M45-49		00:17:08	<b>00:34:43</b>	43	00:02:58	00:09:48	00:33:33		
5	<b>LITAWA Jacek</b>	<b>654</b>		M45-49		00:16:46	<b>00:34:13</b>	31	00:03:03	00:09:58	00:34:04		
6	<b>JABŁOŃSKI Jarosław</b>	<b>686</b>	UKS TRS SUSZ/NADLEŚNICTWO SUSZ	M45-49		00:17:35	<b>00:35:50</b>	60	00:02:50	00:10:08	00:33:57		
7	<b>WOŹNIAK Aureliusz</b>	<b>503</b>	AMS	M45-49	AMS	00:17:45	<b>00:36:21</b>	77	00:03:16	00:09:55	00:33:14		
8	<b>TRAWCZYŃSKI Jacek</b>	<b>556</b>	TRISPACE	M45-49	TRISPACE	00:18:15	<b>00:37:00</b>	93	00:02:36	00:10:08	00:34:23		
9	<b>BARANOWSKI Roman</b>	<b>522</b>	WYZWANIE TYLKO 31	M45-49		00:14:59	<b>00:30:24</b>	8	00:05:39	00:11:14	00:38:15		
10	<b>AUGUSTYNIAK Grzegorz</b>	<b>588</b>	PTT DELTA	M45-49		00:17:01	<b>00:35:07</b>	49	00:04:00	00:10:24	00:35:14		
11	<b>PATALON Piotr</b>	<b>520</b>	ORKAMASTERS	M45-49	OrkaMasters Hawa	00:18:34	<b>00:36:57</b>	92	00:03:30	00:10:13	00:34:30		
12	<b>JANKOWSKI Tomasz</b>	<b>623</b>	TRISPACE	M45-49	TRISPACE	00:17:58	<b>00:36:42</b>	83	00:02:33	00:10:41	00:35:55		
13	<b>IGNACZAK Piotr</b>	<b>820</b>	TRISPACE	M45-49	TRISPACE	00:18:10	<b>00:36:56</b>	90	00:02:48	00:10:21	00:35:47		
	<b>WELZER Dariusz</b>	<b>608</b>	WELDA TEAM	M45-49		00:18:59	<b>00:37:48</b>	110	00:03:49	00:10:14	00:34:52		
15	<b>GOŁEMBIEWSKI Marek</b>	<b>587</b>	B4SPORT/MUKS PIĘTNASTKA BYDGOSZCZ	M45-49		00:19:05	<b>00:38:52</b>	135	00:03:05	00:09:56	00:34:38		
16	<b>KNOTHE Adam</b>	<b>531</b>	BUDSTOL INVEST	M45-49		00:20:00	<b>00:40:35</b>	183	00:02:32	00:09:44	00:33:39		
17	<b>GIBA Grzegorz</b>	<b>827</b>	GB GALOPUJĄCE ŚLIMAKI	M45-49		00:18:09	<b>00:35:40</b>	55	00:04:02	00:11:02	00:37:32		
18	<b>CUPA Ireneusz</b>	<b>796</b>	TRIATHLON KONSULTING	M45-49		00:19:27	<b>00:40:10</b>	174	00:03:28	00:09:55	00:33:45		
19	<b>STALICA Wojciech</b>	<b>675</b>	IZO-ERG	M45-49		00:19:04	<b>00:38:09</b>	117	00:03:45	00:10:22	00:35:40		
20	<b>JABŁOŃSKI Marcin</b>	<b>722</b>	FUJI KRYSPORT TEAM	M45-49	FUJI KRYSPORT TEAM	00:20:02	<b>00:40:02</b>	168	00:02:37	00:10:28	00:35:34		
21	<b>KAPRAL Rafał</b>	<b>843</b>	PEHAMOT SKODA SZCZECIN	M45-49		00:18:23	<b>00:37:08</b>	96	00:04:35	00:10:54	00:36:45		
22	<b>GÓRNY Wojciech</b>	<b>811</b>	TRISPACE/ADAMED	M45-49		00:18:34	<b>00:37:32</b>	105	00:02:53	00:11:33	00:38:17		
23	<b>BUDZIŁO Adam</b>	<b>543</b>	PTT DELTA	M45-49	PTT DELTA	00:18:14	<b>00:36:57</b>	91	00:04:21	00:11:18	00:37:33		
	<b>WRZOCHALSKI Robert</b>	<b>792</b>	TRIDEA	M45-49		00:21:21	<b>00:42:36</b>	209	00:02:54	00:10:04	00:34:32		
25	<b>LEBIODA Adam</b>	<b>754</b>		M45-49		00:18:02	<b>00:36:52</b>	87	00:03:56	00:11:34	00:39:16		
26	<b>STRACH Wiktor</b>	<b>804</b>	NIEZRZESZONY	M45-49		00:19:36	<b>00:39:04</b>	142	00:04:02	00:10:52	00:37:13		
27	<b>ŁUCZAK Paweł</b>	<b>525</b>	TKKF KOLEJARZ BYDGOSZCZ	M45-49		00:20:01	<b>00:40:27</b>	182	00:03:01	00:11:10	00:37:29		

				Swimming		T1	Cycling		T2	Race	Czas
28	<b>ZEGARSKI Arkadiusz</b>	<b>539</b>		M45-49	00:19:11	<b>00:38:38</b>	128	00:04:30	00:11:04	00:37:54	
29	<b>SKORNOWICZ Paweł</b>	<b>649</b>	WUEF TRI TEAM	M45-49	00:19:26	<b>00:41:01</b>	187	00:04:02	00:11:13	00:38:17	
30	<b>LISIECKI Jacek</b>	<b>694</b>		M45-49	00:20:20	<b>00:42:26</b>	206	00:05:08	00:10:35	00:36:24	
31	<b>NOWICKI Adam</b>	<b>607</b>	PENDEL- TEAM	M45-49	00:20:33	<b>00:41:41</b>	192	00:04:01	00:11:43	00:39:47	
32	<b>CIUPA Jarosław</b>	<b>629</b>	ARRK	M45-49	00:21:28	<b>00:42:11</b>	204	00:05:12	00:11:32	00:39:31	
33	<b>NURKIEWICZ Jarosław</b>	<b>578</b>	KUNG FU PANDY 3	M45-49	00:20:54	<b>00:43:10</b>	216	00:03:33	00:11:56	00:41:20	
34	<b>RZEPKA Marek</b>	<b>677</b>		M45-49	00:22:44	<b>00:45:55</b>	253	00:04:17	00:11:11	00:37:54	
35	<b>PRUSACZYK Marcin</b>	<b>676</b>		M45-49	00:20:15	<b>00:39:43</b>	156	00:07:54	00:11:42	00:42:09	
36	<b>RZENTKOWSKI Grzegorz</b>	<b>599</b>		M45-49	00:23:23	<b>00:47:00</b>	264	00:04:45	00:12:08	00:41:05	
37	<b>KOLOSSA Tomasz</b>	<b>585</b>	WWW.KOLOSSA.PL	M45-49	00:22:27	<b>00:47:16</b>	268	00:05:54	00:12:21	00:42:30	
38	<b>MACIEJAK Marcin</b>	<b>750</b>	JANUSZE TRIATHLONU	M45-49	00:24:47	<b>00:51:07</b>	288	00:04:10	00:11:56	00:40:35	
39	<b>PRAŻYŃSKI Michał</b>	<b>665</b>		M45-49	00:21:35	<b>00:44:18</b>	235	00:08:11	00:12:50	00:43:40	
40	<b>BRZEZINSKI Marek</b>	<b>773</b>	KORUP MOTION	M45-49	00:24:57	<b>00:51:02</b>	287	00:06:21	00:12:30	00:41:05	
41	<b>CZECHOWICZ Tomasz</b>	<b>844</b>		M45-49	00:23:01	<b>00:46:05</b>	256	00:06:38	00:14:01	00:47:36	
42	<b>GRACZYK Rafał</b>	<b>560</b>		M45-49	00:23:12	<b>00:47:27</b>	270	00:09:36	00:13:30	00:45:41	
43	<b>STAFIEJ Wojciech</b>	<b>620</b>	ARRK	M45-49	00:29:06	<b>00:59:14</b>	295	00:04:39	00:11:59	00:40:44	

Total 43 results.