



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

# OCEAN LAVA TRIATHLON POLSKA 2018 - DYSTANS ŚREDNI 70.3

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M45-49

Punkt pomiarowy: 92,2 km

|     |                      |       |                                   |           |                    | Pływanie            |                    |     |          | Rower              |                |                     |                |                     |                |     | Bieg |
|-----|----------------------|-------|-----------------------------------|-----------|--------------------|---------------------|--------------------|-----|----------|--------------------|----------------|---------------------|----------------|---------------------|----------------|-----|------|
| Msc | Zawodnik             | Numer | Klub                              | Kategoria | Drużyna            | P_Borowno<br>0.95km | P_Borowno<br>1.9km | Poz |          | R_Kotomierz<br>5km | R_Lidl<br>20km | R_Kotomierz<br>40km | R_Lidl<br>55km | R_Kotomierz<br>75km | R_Lidl<br>90km | Poz |      |
| 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   |      |
| 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  |      |
| 3   | 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  |      |
| 4   | 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  |      |
| 5   | 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  |      |
| 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  |      |
| 7   | 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  |      |
| 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  |      |
|     | MARTYNOWICZ Michał   | 550   | TRISPACE                          | M45-49    | TRISPACE           | 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  |      |
| 10  | PATALON Piotr        | 520   | ORKAMASTERS                       | M45-49    | OrkaMasters Iława  | 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  |      |
| 11  | 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  |      |
|     | 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  |      |
| 13  | 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  |      |
| 14  | 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  |      |
| 15  | 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  |      |
| 16  | 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  |      |
| 17  | AUGUSTYŃIAK 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 |      |
| 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 |      |
| 19  | 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 |      |
| 20  | 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 |      |
| 21  | 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 |      |
| 22  | 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 |      |

|    |                      |     |                         |        | Pływanie |          |     | Rower    |          |          |          |          |          |          | Bieg |  |
|----|----------------------|-----|-------------------------|--------|----------|----------|-----|----------|----------|----------|----------|----------|----------|----------|------|--|
| 23 | 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  |  |
| 24 | 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  |  |
| 25 | BUDZIŁO Adam         | 543 | PTT DELTA               | M45-49 | 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  |  |
| 26 | 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  |  |
| 27 | 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  |  |
| 28 | 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  |  |
| 29 | 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  |  |
| 30 | 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  |  |
| 31 | 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  |  |
| 32 | 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  |  |
| 33 | 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  |  |
| 34 | 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  |  |
| 35 | 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  |  |
| 36 | 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  |  |
| 37 | 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  |  |
| 38 | 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  |  |
| 39 | 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  |  |
| 40 | 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  |  |
| 41 | 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  |  |
| 42 | 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  |  |
|    | 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 |          |          |          |      |  |

Znaleziono 43 wynik(ów)