



Event: Ocean Lava Triathlon Polska 2018
Organiser: Towarzystwo Sportowe TRI-SPORT
Date: 2018-08-18
Place: Bydgoszcz
Distance: 25.75 km

OCEAN LAVA TRIATHLON POLSKA 2018 - SPRINT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Swimming		T1	Cycling		T2	Race			Czas		
						P_Borowno 0.75km	Poz		R_Lidl 20km	Poz		B_Announcer 4.59km	B_Announcer 5km	Place	Net time 26.01km	Czas łączy 26.01km	Gap
1	ŁAWICKI Marcin	24	MKS POLKOWICE	M30-39	1	00:09:43	1	00:01:57	00:27:36	1	00:00:46	00:17:30	00:17:42	1	00:57:44.00	00:57:44.00	
2	KUBIŃSKI Jakub	225	ENEA BYDGOSZCZ TRIATHLON	M30-39	2	00:10:53	3	00:01:55	00:28:53	2	00:00:43	00:19:49	00:20:05	6	01:02:29.15	01:02:29.15	+00:04:45 (7.6%)
3	RÓŻALSKI Piotr	55	ETT - ELBLĄG TRIATHLON TEAM	M30-39	3	00:11:09	5	00:02:02	00:29:52	5	00:00:51	00:19:18	00:19:29	4	01:03:23.95	01:03:23.95	+00:05:39 (8.9%)
4	KOWALSKI Tomek	208	TRINERGY	M30-39	4	00:10:28	2	00:02:02	00:29:21	3	00:00:52	00:20:46	00:20:59	21	01:03:42.35	01:03:42.35	+00:05:58 (9.4%)
5	PIERNICKI Krzysztof	184	ENDURE TEAM	M30-39	5	00:11:07	4	00:01:58	00:29:31	4	00:00:40	00:20:24	00:20:37	14	01:03:53.95	01:03:53.95	+00:06:09 (9.6%)
6	BEDNARCZYK Tomasz	54		M30-39	6	00:11:27	6	00:02:15	00:30:59	11	00:00:46	00:18:58	00:19:14	2	01:04:41.80	01:04:41.80	+00:06:57 (10.8%)
7	JARZEMBOWICZ Maciej	177	TRINERGY	M30-39	7	00:14:03	34	00:03:14	00:31:26	15	00:00:47	00:19:57	00:20:08	7	01:09:38.95	01:09:38.95	+00:11:54 (17.1%)
8	LEWANDOWSKI Tomasz	17	RCI BYDGOSZCZ	M30-39	8	00:13:42	27	00:02:45	00:32:31	27	00:00:53	00:20:45	00:20:56	20	01:10:47.00	01:10:47.00	+00:13:03 (18.4%)
9	MULLERT Karol	201	TRISPACE	M30-39	9	00:13:37	25	00:02:18	00:32:07	21	00:00:46	00:22:26	00:22:38	44	01:11:26.75	01:11:26.75	+00:13:42 (19.2%)
10	POLASIK Michał	129	RUN4FUN	M30-39	10	00:12:26	11	00:03:07	00:32:49	31	00:00:54	00:22:04	00:22:14	39	01:11:30.25	01:11:30.25	+00:13:46 (19.3%)
11	ŚLIWIŃSKI Łukasz	136	BOGMAR OSTROMECKO	M30-39	11	00:14:00	33	00:03:16	00:33:18	40	00:01:26	00:19:49	00:20:15	10	01:12:15.00	01:12:15.00	+00:14:31 (20.1%)
12	KAWCZYŃSKI Paweł	46	TRIDEA TEAM	M30-39	12	00:11:29	7	00:02:51	00:33:02	36	00:01:21	00:24:34	00:24:48	92	01:13:31.75	01:13:31.75	+00:15:47 (21.5%)
13	ZIELIŃSKI Maciej	5		M30-39	13	00:14:39	44	00:02:25	00:30:26	8	00:00:51	00:24:58	00:25:13	101	01:13:34.85	01:13:34.85	+00:15:50 (21.5%)
14	NOWICKI Bartosz	71	AQUA+	M30-39	14	00:12:58	15	00:02:43	00:33:02	37	00:00:58	00:23:45	00:24:01	72	01:13:42.70	01:13:42.70	+00:15:58 (21.7%)
15	BINKOWSKI Adrian	153	CB163/PROFESSIONALHR	M30-39	15	00:15:30	61	00:02:43	00:32:15	23	00:01:22	00:21:50	00:22:03	35	01:13:53.10	01:13:53.10	+00:16:09 (21.9%)
16	TADZIK Wojciech	38	TECHNIKA ZWYCIĘSTWA	M30-39	16	00:13:55	30	00:02:57	00:34:39	77	00:00:49	00:21:22	00:21:36	27	01:13:56.60	01:13:56.60	+00:16:12 (21.9%)
17	MICHAŁSKI Michał	202		M30-39	17	00:13:31	22	00:02:45	00:32:41	29	00:01:06	00:23:42	00:23:56	70	01:13:59.75	01:13:59.75	+00:16:15 (22.0%)

Personal Information						Swimming			Cycling			Race			Overall			
ID	Name	Age	Club	Gender	Rank	Time (min)	Distance (km)	Time (min)	Distance (km)	Time (min)	Distance (km)	Time (min)	Distance (km)	Time (min)	Distance (km)	Delta (min)	Delta (%)	
18	DADO Emil	25	CUKIERNIA STAROPOLSKA	M	30-39	18	00:14:50	46	00:03:04	00:31:23	14	00:01:17	00:23:22	00:23:36	57	01:14:10.15	01:14:10.15	+00:16:26 (22.2%)
19	SPRYSZYŃSKI Michał	114	TRIRODZINKA	M	30-39	19	00:15:17	57	00:03:18	00:34:04	62	00:00:56	00:20:37	00:20:49	17	01:14:24.80	01:14:24.80	+00:16:40 (22.4%)
20	PUZIAK Marcin	19	SPORTTREND	M	30-39	20	00:12:51	12	00:02:41	00:34:37	75	00:01:03	00:23:20	00:23:38	60	01:14:50.65	01:14:50.65	+00:17:06 (22.9%)
21	GRZYBOWSKI Maciej	92		M	30-39	21	00:13:58	32	00:03:15	00:34:39	78	00:00:56	00:22:04	00:22:17	40	01:15:05.85	01:15:05.85	+00:17:21 (23.1%)
22	HIPNAROWICZ Grzegorz	89		M	30-39	22	00:13:38	26	00:02:33	00:33:47	54	00:01:16	00:23:56	00:24:13	80	01:15:27.10	01:15:27.10	+00:17:43 (23.5%)
23	ZIELIŃSKI Michał	29	HOLMES PLACE	M	30-39	23	00:14:52	47	00:02:51	00:33:39	49	00:01:05	00:22:55	00:23:06	50	01:15:33.20	01:15:33.20	+00:17:49 (23.6%)
24	TACIAK Dawid	113	ATOS	M	30-39	24	00:17:58	133	00:03:08	00:33:14	39	00:01:02	00:20:19	00:20:29	12	01:15:51.80	01:15:51.80	+00:18:07 (23.9%)
25	WAWRZYŃIAK Michał	94	SAN ESCOBAR TRIATHLON TEAM	M	30-39	25	00:13:17	17	00:03:51	00:33:48	55	00:01:16	00:23:56	00:24:11	77	01:16:23.30	01:16:23.30	+00:18:39 (24.4%)
26	PAWĘTA Marcin	45	TKKF KOLEJARZ BYDGOSZCZ	M	30-39	26	00:17:30	117	00:03:55	00:33:06	38	00:00:40	00:21:06	00:21:21	25	01:16:32.00	01:16:32.00	+00:18:48 (24.6%)
27	SZYCHOWSKI Jarosław	3		M	30-39	27	00:19:35	177	00:03:51	00:32:04	20	00:01:23	00:20:02	00:20:15	9	01:17:08.60	01:17:08.60	+00:19:24 (25.2%)
28	DULEBA Dariusz	196		NOKIA BYDGOSZCZ	M	30-39	28	00:17:45	124	00:03:29	00:32:16	24	00:01:07	00:22:40	00:22:54	46	01:17:31.40	01:17:31.40
29	BOCIAN Łukasz	134	BYDGOSZCZ TRIATHLON TEAM	M	30-39	29	00:13:24	19	00:03:54	00:34:05	63	00:01:24	00:24:53	00:25:06	98	01:17:53.05	01:17:53.05	+00:20:09 (25.9%)
30	KRZEMINSKI Łukasz	155	KANALOWA TEAM	M	30-39	30	00:13:32	23	00:03:38	00:33:31	45	00:01:46	00:25:12	00:25:26	106	01:17:53.85	01:17:53.85	+00:20:09 (25.9%)
31	WAŁĘZA Hubert	11		M	30-39	31	00:14:38	43	00:03:20	00:35:44	99	00:01:06	00:22:57	00:23:08	51	01:17:56.75	01:17:56.75	+00:20:12 (25.9%)
32	NAWROCKI Marcin	67		DELIKATESY RYBNE FISHKA.PL	M	30-39	32	00:15:15	55	00:03:17	00:34:06	64	00:01:05	00:24:04	00:24:16	82	01:17:59.85	01:17:59.85
33	BAŁA Artur	16	ORKAMASTERS IŁAWA	M	30-39	33	00:16:44	94	00:03:18	00:33:42	50	00:01:21	00:24:32	00:24:43	89	01:19:48.80	01:19:48.80	+00:22:04 (27.7%)
34	ZDOBYLAK Krzysztof	66		M	30-39	34	00:15:45	67	00:03:21	00:36:02	104	00:01:03	00:23:40	00:23:54	69	01:20:05.80	01:20:05.80	+00:22:21 (27.9%)
35	GOŁATA Wojciech	102		WILCZA WATAHA	M	30-39	35	00:17:56	131	00:04:14	00:35:20	92	00:00:55	00:21:43	00:21:55	32	01:20:20.10	01:20:20.10
36	NOWAKOWSKI Krzysztof	105	WILCZA WATAHA	M	30-39	36	00:16:22	84	00:04:51	00:34:33	73	00:01:25	00:23:49	00:24:03	73	01:21:14.85	01:21:14.85	+00:23:30 (28.9%)
37	SZATKOWSKI Marcin	2		M	30-39	37	00:17:58	134	00:02:55	00:36:42	121	00:00:53	00:23:31	00:23:47	66	01:22:15.35	01:22:15.35	+00:24:31 (29.8%)
38	MAZURKIEWICZ Michał	73		M	30-39	38	00:17:13	108	00:02:58	00:35:17	90	00:01:00	00:25:43	00:25:59	122	01:22:27.40	01:22:27.40	+00:24:43 (30.0%)
39	PUDŁO Marcin	28	PRACOWNIAFIZJOTERAPII	M	30-39	39	00:17:04	103	00:03:51	00:35:07	86	00:01:41	00:24:34	00:24:50	95	01:22:33.15	01:22:33.15	+00:24:49 (30.1%)
40	FABROWSKI Dawid	35		M	30-39	40	00:15:19	58	00:03:55	00:36:05	107	00:01:18	00:26:24	00:26:36	133	01:23:13.60	01:23:13.60	+00:25:29 (30.6%)
41	SOBCZYŃSKI Michał	185		M	30-39	41	00:16:50	96	00:03:53	00:36:01	103	00:01:18	00:25:19	00:25:35	112	01:23:37.95	01:23:37.95	+00:25:53 (31.0%)
42	DOŁHUN Adam	58	RUN PASJA BYDGOSZCZ	M	30-39	42	00:17:55	129	00:03:05	00:34:41	80	00:01:14	00:26:32	00:26:48	139	01:23:43.10	01:23:43.10	+00:25:59 (31.0%)
43	KUTKA Szymon	132	RUN4FUN	M	30-39	43	00:17:54	128	00:04:09	00:34:41	79	00:01:27	00:25:45	00:26:01	123	01:24:12.35	01:24:12.35	+00:26:28 (31.4%)

Overall Statistics				Swimming			Cycling			Race			Total			
Rank	Name	Points	Age Group	Time	Score	Time	Time	Score	Time	Time	Time	Time	Time	Time	Delta	
44	URBAN Rafał	217	M30-39	44	00:19:23	174	00:03:29	00:36:31 114	00:01:10	00:24:00	00:24:12	79	01:24:45.65	01:24:45.65	+00:27:01 (31.9%)	
45	CICHY Adam	131	RUN4FUN	M30-39	45	00:20:03	187	00:03:26	00:34:43 81	00:00:47	00:25:54	00:26:07	127	01:25:06.65	01:25:06.65	+00:27:22 (32.2%)
46	JARZEMSKI Marcin	158	BYDGOSZCZ TRIATHLON TEAM	M30-39	46	00:18:00	139	00:03:09	00:34:38 76	00:01:15	00:27:45	00:28:06	160	01:25:08.70	01:25:08.70	+00:27:24 (32.2%)
47	GILL Daniel	122	BOGMAR	M30-39	47	00:17:58	135	00:03:38	00:37:52 148	00:01:01	00:24:35	00:24:49	93	01:25:18.85	01:25:18.85	+00:27:34 (32.3%)
48	NOWAK Krzysztof	75	TRIBA BOSIR BARCIN	M30-39	48	00:15:10	52	00:04:42	00:37:07 133	00:01:41	00:26:28	00:26:41	135	01:25:21.35	01:25:21.35	+00:27:37 (32.4%)
49	BIEDZIAK Piotr	98	KANAŁOWA TEAM	M30-39	49	00:17:26	114	00:04:34	00:36:24 111	00:01:42	00:25:17	00:25:33	110	01:25:39.50	01:25:39.50	+00:27:55 (32.6%)
50	SZUKAJ Karol	15	KANAŁOWA TEAM	M30-39	50	00:17:50	126	00:03:37	00:37:32 144	00:00:51	00:25:37	00:25:53	117	01:25:43.30	01:25:43.30	+00:27:59 (32.7%)
51	CZAPIEWSKI Krzysztof	193		M30-39	51	00:17:57	132	00:05:16	00:37:10 135	00:01:24	00:23:44	00:23:59	71	01:25:46.20	01:25:46.20	+00:28:02 (32.7%)
52	DĘBIEC Andrzej	123		M30-39	52	00:18:01	140	00:03:28	00:35:58 102	00:01:09	00:27:07	00:27:24	148	01:26:00.10	01:26:00.10	+00:28:16 (32.9%)
53	OŻÓG Jakub	139		M30-39	53	00:16:51	97	00:04:26	00:37:10 136	00:01:35	00:25:57	00:26:13	130	01:26:15.05	01:26:15.05	+00:28:31 (33.1%)
54	MICHALCZUK Krzysztof	43		M30-39	54	00:16:43	93	00:04:41	00:36:40 119	00:02:03	00:25:56	00:26:10	129	01:26:17.20	01:26:17.20	+00:28:33 (33.1%)
55	RAK Markus	135	BYDGOSZCZ TRIATHLON TEAM	M30-39	55	00:15:53	72	00:04:58	00:36:38 117	00:01:33	00:27:19	00:27:33	150	01:26:35.00	01:26:35.00	+00:28:51 (33.3%)
56	BURSZTYŃSKI Tomasz	30		M30-39	56	00:17:22	113	00:02:29	00:37:31 143	00:00:35	00:28:42	00:28:58	168	01:26:55.90	01:26:55.90	+00:29:11 (33.6%)
57	NOWICKI Sławomir	145		M30-39	57	00:18:07	147	00:03:58	00:37:35 145	00:01:15	00:25:51	00:26:07	128	01:27:02.75	01:27:02.75	+00:29:18 (33.7%)
58	MICHALAK Robert	147	GORDON RUN	M30-39	58	00:18:03	145	00:04:28	00:36:03 106	00:01:56	00:26:34	00:26:47	138	01:27:17.75	01:27:17.75	+00:29:33 (33.9%)
59	ŚWINIARSKI Piotr	163	CIEPŁE BAMBOSZE	M30-39	59	00:15:20	59	00:03:58	00:36:59 126	00:02:07	00:28:33	00:28:54	166	01:27:18.40	01:27:18.40	+00:29:34 (33.9%)
60	DAMSKI Bartek	22		M30-39	60	00:18:02	143	00:03:46	00:38:04 154	00:01:39	00:25:37	00:25:51	114	01:27:22.15	01:27:22.15	+00:29:38 (33.9%)
61	BARANOWICZ Bartosz	172	GLOBART MEBLE	M30-39	61	00:15:47	69	00:04:46	00:37:49 147	00:01:24	00:28:04	00:28:19	162	01:28:05.10	01:28:05.10	+00:30:21 (34.5%)
62	POLIWODZIŃSKI Michał	97	KS WISŁKA BYDGOSZCZ-FORDON	M30-39	62	00:18:17	151	00:04:46	00:39:11 169	00:00:48	00:25:00	00:25:15	103	01:28:17.85	01:28:17.85	+00:30:33 (34.6%)
63	KOPERA Tomi	82		M30-39	63	00:17:06	106	00:03:59	00:37:24 140	00:00:43	00:28:59	00:29:22	171	01:28:34.60	01:28:34.60	+00:30:50 (34.8%)
64	TOMASZEK Sebastian	85	KLINIKA TRIATHLONU BYDGOSZCZ	M30-39	64	00:18:11	149	00:04:39	00:36:30 112	00:01:48	00:27:28	00:27:44	152	01:28:52.70	01:28:52.70	+00:31:08 (35.0%)
65	ŚCIBAK Wojciech	119	JFTC SU	M30-39	65	00:18:02	141	00:04:27	00:42:23 194	00:00:56	00:22:55	00:23:10	52	01:28:58.45	01:28:58.45	+00:31:14 (35.1%)
66	BETLEJEWSKI Sebastian	149	CINKA TEAM	M30-39	66	00:17:40	122	00:03:21	00:36:52 123	00:00:40	00:31:38	00:31:54	195	01:30:27.15	01:30:27.15	+00:32:43 (36.2%)
67	OSAK Paweł	1		M30-39	67	00:18:35	156	00:04:07	00:37:43 146	00:01:29	00:28:46	00:29:01	169	01:30:55.15	01:30:55.15	+00:33:11 (36.5%)
68	KOSIŃSKI Robert	141	NOKIA BYDGOSZCZ	M30-39	68	00:17:59	136	00:03:42	00:36:07 108	00:01:28	00:31:28	00:31:46	192	01:31:02.65	01:31:02.65	+00:33:18 (36.6%)
69	BILSKI Marcin	95		M30-39	69	00:24:08	206	00:03:35	00:37:06 131	00:01:27	00:25:44	00:25:58	121	01:32:14.15	01:32:14.15	+00:34:30 (37.4%)

						Swimming	T1	Cycling	T2	Race			TOTAL		
70	SKRZYNIARZ Hubert	133	INDYVIAL TEAM	M30-39	70	00:18:58 168	00:04:47	00:37:12 137	00:01:49	00:29:17	00:29:34	174	01:32:20.20	01:32:20.20	+00:34:36 (37.5%)
71	DOMEK Aleksander	183		M30-39	71	00:19:09 171	00:04:33	00:41:07 186	00:02:14	00:25:16	00:25:30	108	01:32:33.55	01:32:33.55	+00:34:49 (37.6%)
72	STRYCZYŃSKI Marek	51	TRISPACE	M30-39	72	00:16:29 87	00:03:34	00:39:32 176	00:01:52	00:32:04	00:32:19	199	01:33:46.00	01:33:46.00	+00:36:02 (38.4%)
73	HACHAJ Dawid	154	HACHAJ TEAM	M30-39	73	00:20:46 192	00:06:39	00:39:51 179	00:00:56	00:31:34	00:31:51	194	01:40:03.55	01:40:03.55	+00:42:19 (42.3%)
74	SOBCZAK Krzysztof	88	KLINIKA TRIATHLONU BYDGOSZCZ	M30-39	74	00:27:35 214	00:07:13	00:44:58 201	00:02:15	00:26:37	00:26:55	143	01:48:56.40	01:48:56.40	+00:51:12 (47.0%)
	GOŁĘBIEWSKI Marcin	188	#BIEGAMIZBIERAM	M30-39									DNF	DNF	

Total 75 results.