



OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6

B4SPORT

Event:
Organiser:
Date:
Place:
Distance:

Ocean Lava Triathlon Polska 2019
Towarzystwo Sportowe TRI-SPORT
2019-08-17
Bydgoszcz
226 km



Classification: All

Split point: 226,6 km

Place	Participant	Number	Club	Category	Drużyna	Swimming				Cycling						Race							
						P_Borowno 0.95km	P_Borowno 2.85km	R_Borowno 3.8km	Poz	R_Kotomierz 9.75km	R_Pauliny 42.75km	R_Lidl 63.25km	R_Kotomierz 87.75km	R_Pauliny 120.75km	R_Lidl 141km	R_Kotomierz 165.75km	B_Announcer 180km	Poz	B_Announcer 7.17km	B_Announcer 14.27km	B_Announcer 21.72km		
1	KOWALCZYK Marek	94		M40-44		00:15:06	00:46:57	01:03:22	12	00:02:42	00:15:58	01:08:41	01:41:33	02:21:23	03:14:52	03:49:25	04:30:03	04:55:27	2	00:01:21	00:30:21	01:01:12	01:32:40
2	MAZUR Paweł	131	UKS TRS SUSZ/AGROLOK SPORT TEAM	M30-34		00:14:44	00:44:37	00:59:41	4	00:02:20	00:16:29	01:11:19	01:44:50	02:25:06	03:18:56	03:53:52	04:35:00	05:00:14	6	00:01:29	00:30:38	01:01:09	01:33:09
3	SOWA Michał	191	DECATHLON TRIATHLON TEAM	M30-34		00:14:58	00:46:55	01:03:18	10	00:02:55	00:15:45	01:06:50	01:38:12	02:16:10	03:08:43	03:42:45	04:22:14	04:46:49	1	00:02:37	00:31:37	01:04:28	01:38:19
4	BOROWIAK Rafał	18	JOKS TEAM	M35-39		00:15:47	00:48:52	01:05:30	18	00:02:57	00:16:39	01:11:50	01:46:11	02:26:58	03:22:45	03:57:20	04:38:59	05:04:27	7	00:02:01	00:30:46	01:02:43	01:35:49
5	SZYSZKA Łukasz	233	TVN MEDIA	M25-29		00:14:42	00:45:20	01:00:48	7	00:02:17	00:17:13	01:13:25	01:47:43	02:28:49	03:23:47	03:58:50	04:39:47	05:05:08	8	00:02:09	00:31:43	01:05:22	01:39:51
6	PLUTA Gniewomir	164	UKS TRS SUSZ	M35-39		00:14:48	00:44:38	00:59:42	5	00:02:25	00:17:03	01:11:46	01:45:33	02:25:41	03:19:21	03:54:15	04:34:39	05:00:07	5	00:01:49	00:32:52	01:05:39	01:39:30
7	GOZDALSKI Jarosław	56	WITKOWO BIEGA	M45-49		00:16:33	00:50:31	01:08:21	34	00:02:54	00:18:26	01:17:08	01:51:22	02:33:43	03:31:12	04:06:30	04:46:43	05:11:44	15	00:01:39	00:33:11	01:07:03	01:41:12
8	MAZUREK Michał	132	EUROSOFT	M40-44		00:17:22	00:54:21	01:13:32	53	00:02:34	00:16:45	01:12:36	01:46:32	02:27:54	03:24:07	03:59:59	04:41:50	05:08:20	11	00:01:30	00:33:10	01:06:56	01:41:06
9	LEWANDOWSKI Maciej	115	#DASHRADE TEAM	M30-34	#DASHRADE Team	00:15:54	00:49:17	01:06:08	23	00:02:53	00:16:25	01:11:38	01:46:12	02:27:44	03:24:39	04:00:58	04:43:11	05:08:43	12	00:02:17	00:34:58	01:10:04	01:45:17
10	MROCKOWSKI Karol	144	#DASHRADE TEAM	M25-29	#DASHRADE Team	00:14:11	00:43:54	00:59:08	1	00:03:15	00:17:53	01:15:34	01:51:48	02:34:56	03:33:36	04:10:54	04:54:53	05:21:53	24	00:03:58	00:33:17	01:06:47	01:41:25
11	PLICHTA Andrzej	162	PIASECKI CONCEPT	M30-34		00:16:59	00:54:32	01:14:27	57	00:03:39	00:16:47	01:11:32	01:45:49	02:26:38	03:22:32	03:58:09	04:39:12	05:05:24	9	00:01:57	00:33:57	01:08:47	01:45:57
12	MICHALSKI Andrzej	135	BIKE BROTHERS TARNÓW	M30-34		00:16:34	00:49:23	01:06:38	25	00:03:34	00:18:06	01:17:29	01:53:27	02:38:53	03:37:47	04:15:11	04:59:37	05:27:23	32	00:03:12	00:32:45	01:04:45	01:37:19
13	JURJEVIC Marina	69	TK ZADAR	K35-39		00:15:46	00:48:58	01:06:01	19	00:03:33	00:17:39	01:14:19	01:49:29	02:32:31	03:30:49	04:07:07	04:49:46	05:15:31	17	00:02:12	00:33:55	01:09:48	01:45:34
14	GNIOT Jacek	53	WOJSKOWE ZAKŁADY UZBROJENIA S.A.	M45-49		00:18:53	00:57:43	01:18:20	81	00:02:27	00:17:00	01:11:58	01:45:57	02:27:50	03:23:37	03:57:16	04:40:13	05:05:34	10	00:02:50	00:33:02	01:07:44	01:44:10
15	PLUCIŃSKI Michał	163	TMT	M35-39		00:15:04	00:47:01	01:03:16	9	00:04:10	00:17:49	01:17:11	01:54:25	02:38:44	03:39:13	04:17:19	05:01:05	05:28:33	33	00:02:45	00:32:20	01:07:07	01:43:19
16	ROSIŃSKI Jarosław	177		M40-44		00:16:58	00:53:25	01:12:16	44	00:04:27	00:16:42	01:11:42	01:45:46	02:28:14	03:25:29	04:01:19	04:44:52	05:11:03	14	00:01:51	00:34:04	01:09:10	01:45:44
17	CHMEL Sergiy	22	BORYS RUNNING CLUB	M35-39		00:20:14	01:02:15	01:24:16	126	00:05:51	00:17:06	01:12:50	01:48:07	02:30:18	03:29:02	04:07:22	04:52:44	05:20:04	21	00:03:43	00:30:47	01:03:09	01:36:47
18	ERMANIS Gints	44	IRONMAN.LV	M40-44		00:19:08	01:00:00	01:21:23	108	00:02:14	00:16:25	01:10:48	01:44:11	02:25:43	03:20:45	03:54:27	04:34:21	05:00:07	4	00:02:09	00:34:29	01:09:46	01:46:28
19	SERGEJEVS Jevgenijs	186	IRONMAN.LV	M40-44		00:17:12	00:53:31	01:12:11	43	00:05:16	00:17:56	01:14:55	01:49:54	02:32:01	03:30:30	04:07:03	04:50:45	05:18:09	18	00:02:55	00:33:04	01:08:48	01:48:27
20	KRZEMIŃSKI Marcin	101	SPRINT GORZYCE	M40-44		00:16:21	00:49:30	01:07:10	28	00:06:02	00:17:38	01:15:22	01:49:21	02:32:20	03:31:17	04:07:26	04:55:56	05:23:35	27	00:03:43	00:35:48	01:13:59	01:52:41
21	SMANTSEROV Mykola	188	DELIVERO.UA	M40-44		00:16:57	00:52:04	01:10:17	39	00:05:11	00:19:08	01:22:14	02:01:20	02:47:51	03:53:27	04:35:00	05:25:15	05:53:27	94	00:04:19	00:35:53	01:13:07	01:50:14
22	KOCENDA Wojciech	85	PRO-TRI.PL	M30-34		00:18:20	00:57:36	01:18:11	80	00:05:05	00:18:01	01:18:15	01:57:24	02:40:36	03:41:05	04:19:44	05:05:04	05:33:11	42	00:03:56	00:31:58	01:07:17	01:43:59
23	LIPUTA Grzegorz	117	#DASHRADE TEAM	M30-34	#DASHRADE Team	00:18:35	00:57:46	01:17:44	77	00:05:08	00:18:04	01:16:45	01:52:56	02:37:21	03:37:31	04:16:26	05:03:46	05:31:44	36	00:03:00	00:31:58	01:05:33	01:40:00
24	SZTENDEREWICZ Rafał	202	SPORTEVO	M40-44		00:18:22	00:57:08	01:16:19	66	00:03:09	00:17:21	01:13:24	01:47:43	02:30:05	03:31:34	04:09:59	04:56:17	05:23:18	26	00:03:25	00:35:20	01:12:15	01:50:16
25	SZYMKOWIAK Norbert	204	R-TEAM RYDZYNA	M25-29		00:17:25	00:54:33	01:13:55	55	00:04:30	00:16:27	01:11:22	01:45:27	02:27:33	03:23:49	04:00:08	04:43:34	05:09:24	13	00:02:34	00:35:08	01:17:54	02:00:53
26	NOSOWSKI Jacek	148		M45-49		00:16:00	00:49:47	01:07:07	27	00:06:03	00:18:23	01:19:37	01:57:44	02:43:19	03:44:03	04:22:43	05:08:34	05:37:21	47	00:04:59	00:34:00	01:08:52	01:44:09
27	LEPCZYŃSKI Lesław	113		M40-44		00:19:14	00:59:24	01:20:03	92	00:06:57	00:18:33	01:17:36	01:54:08	02:38:50	03:40:55	04:19:46	05:04:55	05:33:24	44	00:03:33	00:32:59	01:09:04	01:47:41
28	SZCZYRBOWSKI Michał	199	YOOBEE.PL	M35-39		00:16:58	00:52:46	01:11:20	42	00:03:46	00:18:30	01:18:47	01:56:38	02:42:48	03:44:19	04:23:06	05:08:52	05:36:19	46	00:02:03	00:35:36	01:14:19	01:54:41
29	CZARNECKI Paweł	33	WARSAW MASTERS TEAM	M30-34		00:14:07	00:44:33	00:59:58	6	00:04:03	00:19:58	01:22:36	02:01:02	02:49:04	03:54:06	04:36:19	05:26:21	05:56:16	101	00:04:49	00:38:11	01:17:47	01:56:31
30	MAZANKA Jakub	129		M40-44		00:18:16	00:56:40	01:16:04	64	00:04:56	00:20:00	01:19:11	01:56:32	02:40:43	03:43:41	04:22:38	05:11:11	05:42:50	66	00:04:55	00:35:31	01:13:12	01:50:35
31	KALIN Władysław	72	TAEKWON-DO GROMOWSKI	M35-39		00:16:50	00:55:11	01:15:10	59	00:06:47	00:18:52	01:18:18	01:56:01	02:41:41	03:45:03	04:25:48	05:12:55	05:41:41	64	00:04:46	00:36:12	01:14:52	01:52:02
32	SUPERSON Wojtek	197		M45-49		00:16:12	00:50:00	01:07:44	32	00:03:29	00:19:10	01:17:28	01:54:45	02:40:47	03:45:15	04:24:55	05:11:49	05:40:21	58	00:02:39	00:37:58	01:16:24	01:55:53
33	STUDNIAK Mateusz	195	GDYŃSKI TRIATHLON	M30-34		00:15:35	00:48:55	01:06:04	20	00:03:42	00:17:34	01:15:26	01:52:55	02:41:48	03:50:59	04:33:01	05:22:59	05:53:47	97	00:03:09	00:39:42	01:17:46	01:56:04
34	WALUKIEWICZ Dariusz	213		M40-44		00:19:53	01:01:33	01:23:09	117	00:04:15	00:18:02	01:16:00	01:52:51	02:37:35	03:39:06	04:17:48	05:04:39	05:33:18	43	00:02:45	00:36:44	01:15:16	01:54:26
35	KLUŻNIAK Wojciech	83		M35-39		00:15:46	00:48:54	01:06:05	21	00:04:22	00:18:51	01:22:13	01:59:57	02:46:31	03:48:38	04:28:07	05:15:28	05:44:21	70	00:02:08	00:38:28	01:16:59	01:56:59
36	KAMIŃSKI Marek	75		M30-34		00:19:18	01:00:51	01:23:57	122	00:04:28	00:18:16	01:16:30	01:52:40	02:38:22	03:40:33	04:21:08	05:09:46	05:39:19	52	00:02:31	00:34:44	01:13:02	01:52:29
37	KITA Tomek	167	SPECSHOP TEAM	M40-44		00:15:49	00:48:07	01:04:58	16	00:02:21	00:19:03	01:20:00	01:55:11	02:39:15	03:43:55	04:22:48	05:09:26	05:38:34	50	00:02:29	00:41:08	01:21:59	02:03:49
38	JABŁOŃSKI Marcin	227	KRYSPORT TEAM	M45-49		00:20:26	01:03:40	01:24:43	131	00:07:30	00:18:13	01:18:14	01:55:58	02:41:00	03:41:29	04:19:37	05:04:10	05:31:46	37	00:04:37	00:36:42	01:13:29	01:52:37
39	KAMIŃSKI Tomasz	74	AMS TRIATHLON	M35-39	AMS	00:20:18	01:06:10	01:32:39	177	00:07:08	00:17:16	01:13:26	01:48:29	02:29:57	03:27:18	04:03:24	04:46:06	05:13:05	16	00:05:53	00:38:42	01:18:47	01:59:20

				Swimming					Cycling										Race				
40	POCENTEK Krzysztof Robert	166	POCENTTEAM	M45-49	00:17:20	00:54:24	01:13:30	52	00:04:31	00:18:45	01:17:34	01:54:38	02:39:25	03:42:20	04:22:31	05:09:26	05:38:32	49	00:02:25	00:36:10	01:18:03	02:00:03	
41	SZCZEPAŃSKI Adam	198	KB PIONIER SZCZECIN	M30-34	00:18:37	00:57:03	01:17:25	72	00:11:50	00:18:54	01:21:56	02:03:01	02:49:21	03:52:57	04:33:44	05:21:34	05:51:00	84	00:09:02	00:31:52	01:05:32	01:41:09	
42	KARALIUK Andrei	77		M35-39	00:18:05	00:57:19	01:17:29	73	00:04:29	00:19:22	01:22:46	02:02:08	02:49:20	03:53:18	04:35:03	05:22:44	05:52:27	92	00:02:09	00:37:21	01:14:03	01:51:14	
43	CUBER Piotr	32	CTS	M40-44	00:20:06	01:02:38	01:23:56	121	00:05:23	00:18:58	01:22:08	02:01:30	02:48:31	03:51:28	04:30:56	05:17:22	05:45:46	74	00:03:47	00:35:19	01:12:38	01:54:45	
44	KALISZEWSKI Daniel	73		M40-44	00:20:24	01:02:31	01:24:40	130	00:04:24	00:18:15	01:19:20	01:58:50	02:44:28	03:48:24	04:28:02	05:14:48	05:42:54	67	00:05:22	00:37:13	01:17:28	01:54:30	
45	JANKOWSKI Tomasz	60	TRISPACE	M45-49	TriSpace	00:17:32	00:55:53	01:16:13	65	00:06:04	00:18:46	01:21:45	02:01:40	02:47:34	03:49:37	04:28:26	05:13:28	05:41:10	60	00:04:08	00:35:42	01:15:46	01:51:48
46	PRZYBYLSKI Maciej	172		M40-44	00:22:26	01:07:56	01:30:48	164	00:05:46	00:17:07	01:13:40	01:49:24	02:32:53	03:32:10	04:10:21	04:55:45	05:23:11	25	00:05:12	00:36:20	01:22:24	02:03:58	
47	MIŚ Waldemar	138	ALIOR RUNNING TEAM	M40-44	00:20:01	01:03:27	01:26:47	144	00:04:04	00:18:47	01:20:06	01:58:34	02:44:46	03:47:55	04:27:42	05:14:11	05:42:31	65	00:02:55	00:37:14	01:14:14	01:54:15	
48	JAROŃ Tomasz	62	AKADEMIA TRIATHLONU JAROSŁAW	M45-49	00:14:45	00:45:32	01:01:20	8	00:04:31	00:17:54	01:17:32	01:53:19	02:37:50	03:39:27	04:20:14	05:10:35	05:41:19	63	00:04:49	00:38:35	01:17:43	01:58:18	
49	ĆWIK Dariusz	35	HUSSE TEAM	M45-49	00:18:44	00:57:27	01:17:33	74	00:05:17	00:19:37	01:22:46	02:02:26	02:49:54	03:53:55	04:34:36	05:23:02	05:52:13	88	00:03:27	00:36:38	01:16:11	01:55:48	
50	JĘDRZEJCZYK Piotr	68		M45-49	00:19:28	00:59:46	01:21:18	107	00:05:41	00:18:10	01:17:15	01:54:11	02:38:54	03:59:27	04:40:15	05:28:47	05:58:20	116	00:03:21	00:37:11	01:15:21	01:53:17	
51	BARTECKA Sabina	9	RÓŻOWETRI/HRMAX ŻORY	K40-44	00:19:31	00:59:00	01:18:55	84	00:05:17	00:19:27	01:20:13	01:58:22	02:43:09	03:45:04	04:24:45	05:10:56	05:38:13	48	00:03:18	00:39:17	01:19:52	02:01:34	
52	MARTYNOWSKI Łukasz	127		M35-39	00:17:06	00:56:07	01:16:31	68	00:03:59	00:17:15	01:15:12	01:53:45	02:44:37	03:54:52	04:35:54	05:23:33	05:52:21	90	00:02:50	00:35:38	01:13:20	01:52:54	
53	SOSNOWSKI Jarosław	190	PTT DELTA	M35-39	00:14:02	00:44:03	00:59:28	2	00:02:36	00:16:27	01:12:10	01:47:57	02:33:01	03:36:31	04:15:44	05:03:26	05:32:39	40	00:02:32	00:42:12	01:31:45	02:19:07	
54	RYBAK Remigiusz	181		M40-44	00:19:24	00:59:26	01:20:11	93	00:05:31	00:18:03	01:17:19	01:52:50	02:36:53	03:35:07	04:13:24	04:58:02	05:25:48	30	00:02:52	00:41:22	01:21:04	02:04:10	
55	LUBOWICKI Łukasz	120	40-LATEK TYCHY	M40-44	00:18:27	00:57:04	01:16:41	69	00:07:23	00:19:01	01:21:46	02:00:32	02:47:06	03:50:17	04:30:47	05:18:05	05:47:13	77	00:05:39	00:36:10	01:14:02	01:53:55	
56	SEVASTSYANAU Sjarhei	187	SEVASTSYANAU TEAM	M40-44	00:24:11	01:14:59	01:43:18	205	00:04:26	00:18:37	01:17:22	01:53:09	02:36:47	03:38:01	04:17:38	05:04:51	05:32:04	38	00:04:17	00:36:55	01:14:55	01:55:14	
57	MAKOWSKI Sławomir	126	RUN BYDGOSZCZ	M50-54	00:22:34	01:11:03	01:35:56	186	00:04:59	00:19:23	01:20:37	01:59:21	03:59:42	05:01:50	05:42:48					00:37:14	01:15:14	01:54:24	
58	LASSOTA Artur	112	1969	M50-54	00:19:04	00:59:52	01:20:36	97	00:04:22	00:17:45	01:14:15	01:49:54	02:34:28	03:35:09	04:14:33	05:01:23	05:30:12	35	00:03:34	00:37:31	01:23:38	02:11:14	
59	WILICKI Tomasz	208	DELL RUNNING TEAM	M40-44	00:18:44	00:59:21	01:20:34	95	00:07:14	00:18:38	01:17:33	01:55:48	02:41:30	03:43:28	04:21:43	05:09:19	05:39:28	54	00:05:27	00:39:45	01:22:13	02:07:05	
60	BIELIŃSKI Piotr	16	KUŹNIA TRIATHLONU	M25-29	00:16:08	00:50:36	01:09:18	35	00:04:49	00:18:06	01:18:02	01:54:38	02:40:51	03:42:15	04:21:58	05:09:24	05:39:22	53	00:02:11	00:33:14	01:15:06	01:59:13	
61	FARAN Grzegorz	46	GTSULMIN	M45-49	00:16:39	00:52:03	01:10:19	40	00:04:15	00:20:06	01:23:23	02:03:03	02:50:48	03:54:59	04:36:03	05:23:24	05:52:23	91	00:02:51	00:38:34	01:21:22	02:04:49	
62	PRYK Rafał	171	ROZBIEGANY GOLENIÓW	M40-44	00:20:06	01:02:22	01:24:31	129	00:05:32	00:19:33	01:23:31	02:01:59	02:47:44	03:51:32	04:32:10	05:20:48	05:49:15	108	00:03:13	00:39:06	01:19:04	02:00:49	
63	RUSIN Jakub	180		M30-34	00:18:07	00:56:36	01:15:46	63	00:04:21	00:19:40	01:23:16	02:01:58	02:51:10	03:57:26	04:37:49	05:27:48	05:57:22	80	00:03:13	00:40:34	01:21:24	02:04:59	
64	KUNECKI Marcin	104	HILLINGDON TRIATHLETES	M35-39	00:18:08	00:58:05	01:19:31	90	00:02:51	00:16:45	01:13:33	01:50:28	02:34:21	03:35:07	04:12:37	04:57:00	05:24:21	28	00:02:38	00:39:43	01:20:45	02:06:14	
65	CIBOROWSKI Damian	28	SPEED JASŁO	M45-49	CIBOR IRON TEAM	00:15:57	00:49:00	01:06:14	24	00:03:16	00:17:18	01:14:17	01:49:37	02:32:37	03:31:28	04:09:44	04:54:47	05:21:52	23	00:03:03	00:46:20	01:34:37	02:27:13
66	MOZLER Jerzy	143		M45-49	00:16:01	00:50:34	01:08:11	33	00:10:50	00:19:49	01:20:50	01:59:38	02:47:58	03:54:38	04:36:57	05:26:51	05:57:30	110	00:06:06	00:36:04	01:14:12	01:56:12	
67	GÓRECKI Tomasz	57	PTT DELTA	M30-34	00:15:08	00:47:10	01:03:38	13	00:04:12	00:17:02	01:15:45	01:51:57	02:36:15	03:36:42	04:14:33	05:03:22	05:32:54	41	00:02:10	00:42:39	01:30:02	02:20:54	
68	MONAGHAN Grażyna	142	ABCPURE	K35-39	00:17:34	00:54:24	01:12:53	50	00:04:31	00:18:58	01:21:06	01:59:19	02:45:53	03:50:42	04:30:26	05:17:26	05:45:51	75	00:02:31	00:42:04	01:25:21	02:10:16	
69	LIZIK Radosław	119	TRISPACE	M40-44	TriSpace	00:20:05	01:02:23	01:23:43	120	00:08:03	00:19:21	01:21:44	02:00:22	02:47:12	03:50:45	04:30:37	05:17:11	05:45:31	73	00:05:26	00:39:38	01:20:49	02:02:48
70	LETKOWSKI Dariusz	114	GAPMONT RUNNING TEAM	M40-44	00:17:39	00:54:50	01:12:47	49	00:05:46	00:19:38	01:22:39	02:03:04	02:51:25	03:55:32	04:36:36	05:26:13	05:55:26	100	00:03:40	00:38:15	01:20:03	02:04:52	
71	JĄSKIEWICZ Marcin	64	MOGILNO TEAM	M30-34	00:15:47	00:49:51	01:07:30	29	00:03:46	00:17:57	01:16:29	01:51:50	02:34:24	03:31:59	04:08:43	04:53:13	05:21:36	22	00:01:58	00:38:33	01:18:45	02:11:32	
72	GOSTOMSKI Mariusz	55	TRI STAROGARD GDAŃSKI	M50-54	00:18:50	00:59:12	01:20:14	94	00:05:06	00:19:05	01:21:53	02:01:32	02:48:31	03:53:47	04:35:52	05:23:45	05:52:19	89	00:06:22	00:40:10	01:24:07	02:07:15	
73	CHYLARECKI Robert	25	GVT	M50-54	00:18:12	00:57:00	01:17:13	71	00:06:23	00:18:36	01:18:07	01:54:51	02:40:14	03:42:45	04:22:15	05:09:31	05:38:48	51	00:07:52	00:40:33	01:26:36	02:13:27	
74	KOSMACZEWSKI Ireneusz	91	KODRUK.NET	M40-44	00:18:34	00:55:42	01:15:12	60	00:06:37	00:19:03	01:20:38	01:58:08	02:44:54	03:48:27	04:28:58	05:19:39	05:49:12	79	00:04:35	00:42:48	01:26:34	02:11:49	
75	NIEMCZYK Kazimierz	147		M55-59	00:20:51	01:05:11	01:28:45	156	00:09:18	00:19:14	01:20:26	01:58:12	02:43:45	03:46:21	04:25:44	05:12:57	05:41:17	62	00:04:28	00:37:34	01:17:18	02:00:39	
76	EDWARD Kalicki	43		M50-54	00:18:40	00:57:17	01:17:35	75	00:09:08	00:18:59	01:17:11	01:53:06	02:39:02	03:39:30	04:16:46	05:01:59	05:29:11	34	00:06:13	00:40:59	01:27:04	02:16:50	
77	RZEPKA Tomasz	185	HTF LUDWIK SIKORSKI	M40-44	00:20:01	01:02:21	01:24:17	127	00:09:17	00:20:14	01:24:54	02:03:49	02:50:30	03:55:22	04:36:59	05:26:54	05:56:32	102	00:03:09	00:37:45	01:18:05	01:59:03	
78	CIMACHOWSKI Jakub	31	CIMATECH	M35-39	00:16:53	00:51:45	01:09:45	36	00:08:33	00:20:35	01:25:37	02:07:07	02:58:55	04:08:31	04:53:01	05:44:03	06:14:27	146	00:04:24	00:38:17	01:17:59	02:00:47	
79	MÖLLER Gert	141		M55-59	00:16:18	00:49:41	01:07:02	26	00:03:58	00:18:26	01:19:52	01:58:27	02:45:52	03:50:57	04:31:45	05:20:30	05:50:33	82	00:04:01	00:40:58	01:22:51	02:07:57	
80	KOLMAJER Rafał	86	ROWERTOOUR	M35-39	00:22:36	01:11:02	01:35:51	185	00:07:23	00:19:51	01:22:57	02:03:10	02:50:53	03:59:43	04:41:39	05:32:48				00:34:46	01:10:10	01:48:45	
81	LISIECKI Jacek	118		M45-49	00:23:15	01:13:38	01:39:42	201	00:08:51	00:17:51	01:16:23	01:53:31	02:37:59	03:40:19	04:19:07	05:03:58	05:32:11	39	00:04:24	00:43:11	01:28:27	02:16:25	
82	KOZAKOVSKY Dmitry	96	TRI.BY	M45-49	00:20:37	01:04:46	01:27:30	148	00:04:44	00:19:23	01:22:22	02:02:33	02:50:03	03:57:53	04:40:17	05:29:11	05:57:31	111	00:04:10	00:39:12	01:21:18	02:07:31	
83	AUGUSTYŃIAK Grzegorz	5	PTTDELTA	M45-49	00:18:02	00:55:02	01:13:50	54	00:05:47	00:19:28	01:23:28	02:03:04	02:51:21	03:58:05	04:41:19	05:33:20	06:02:36	126	00:05:34	00:40:09	01:19:19	02:02:53	
84	CZECHOWSKA-MADEJ Katarzyna	34		K35-39	00:19:39	01:00:09	01:20																

				Swimming					Cycling					Race								
91	MICHALAK Michał	134	DZIKI KOSZALIN	M35-39	00:16:47	00:52:06	01:09:58	37	00:04:56	00:17:08	01:13:27	01:47:42	02:29:59	03:29:14	04:06:53	04:52:11	05:19:48	20	00:04:42	00:45:24	01:38:02	02:33:00
92	BARANOWSKI Roman	8	FOREVER TEAM	M45-49	00:15:06	00:47:35	01:05:06	17	00:09:44	00:19:02	01:21:27	02:01:00	02:49:18	03:56:16	04:38:54	05:30:17	06:01:51	125	00:08:42	00:41:29	01:26:04	02:13:58
93	BEDYK Ireneusz	13	PTT DELTA	M60-64	00:23:13	01:09:13	01:34:16	181	00:05:45	00:18:30	01:20:55	02:01:34	02:50:16	04:01:01	04:43:32	05:32:19	06:03:06	129	00:03:16	00:41:41	01:24:02	02:05:46
94	ŁUCYSZYN Robert	124		M40-44	00:16:46	00:53:06	01:12:38	48	00:08:49	00:19:35	01:20:46	01:58:24	02:45:26	03:47:55	04:27:27	05:14:43	05:43:13	68	00:03:19	00:42:39	01:31:41	02:27:03
95	BANACH Jan	7	KLINIKA TRIATHLONU BYDGOSZCZ	M25-29	00:14:38	00:44:28	00:59:32	3	00:04:30	00:18:31	01:17:42	01:53:41	02:37:51	03:39:53	04:18:01	05:05:37	05:33:38	45	00:02:04	00:57:02	01:55:30	02:48:41
96	ŚLIWIŃSKI Jakub	207	JOLKA JOLKA TEAM	M25-29	00:19:05	01:00:35	01:21:34	109	00:04:07	00:19:15	01:22:37	02:03:09	02:52:39	04:00:57	04:43:58	05:35:09	06:06:22	134	00:03:45	00:41:30	01:25:10	02:13:59
97	OLENDER Paweł	151	CAR4PARTS MRAĞOWO	M40-44	00:19:28	01:00:06	01:20:44	100	00:03:39	00:20:44	01:26:59	02:08:12	02:57:56	04:04:08	04:44:44	05:34:08	06:04:10	131	00:03:51	00:42:52	01:24:52	02:10:45
98	PIECHACZYK Sławomir	160		M35-39	00:18:49	00:59:31	01:20:51	102	00:06:53	00:19:50	01:23:59	02:02:47	02:49:31	03:54:41	04:36:27	05:25:04	05:53:46	96	00:03:31	00:44:07	01:31:43	02:19:53
99	LASSAK Bartosz	111	CHŁOPAKI TO MY	M40-44	00:19:12	01:00:43	01:21:52	111	00:05:23	00:20:28	01:25:44	02:08:08	02:57:58	04:06:54	04:50:32	05:42:47	06:13:57	145	00:03:31	00:41:44	01:23:55	02:08:16
100	BETLEJ Hubert	14	ESKADRA KRAKÓW	M35-39	00:23:07	01:11:06	01:36:38	190	00:04:10	00:25:12	01:23:30	02:00:44	02:45:36	03:47:47	04:28:41	05:16:08	05:44:46	71	00:03:04	00:42:15	01:24:48	02:12:47
101	KRYSIAK Robert	100		M50-54	00:20:11	01:02:27	01:23:58	123	00:06:36	00:20:03	01:26:44	02:06:15	02:55:19	04:03:10	04:46:30	05:38:27	06:09:32	140	00:03:37	00:42:49	01:25:08	02:08:10
102	SZPITER Tomasz	201	OLAWS ZŁOTORYJA	M50-54	00:19:21	00:59:35	01:20:47	101	00:05:14	00:18:16	01:18:49	01:57:01	02:43:13	03:46:38	04:27:24	05:17:09	05:46:34	76	00:04:12	00:40:54	01:25:45	02:14:58
103	AUGUSTYNIAK Artur	6	FUJITSU RUNNING TEAM ŁÓDŹ	M35-39	00:19:32	00:59:51	01:19:40	91	00:04:28	00:19:32	01:21:24	02:00:35	02:48:25	03:54:01	04:35:37	05:23:14	05:52:03	87	00:03:49	00:37:09	01:20:41	02:11:59
104	CIBOROWSKI Sebastian	29	SEBA SPORT PISZ	M45-49	00:16:57	00:53:57	01:12:23	46	00:07:59	00:17:31	01:18:20	01:55:48	02:42:40	03:49:45	04:32:12	05:23:38	05:52:37	93	00:06:24	00:43:51	01:33:43	02:27:38
105	KRÓLCZYŃSKI Maciej	98		M35-39	00:18:47	00:58:02	01:18:24	83	00:03:51	00:19:26	01:21:28	02:00:31	02:48:30	03:54:29	04:36:41	05:27:30	05:57:07	105	00:02:56	00:42:36	01:28:15	02:18:50
106	WOBY Amanda	219	GREENWICH TRITONS	K30-34	00:17:08	00:52:07	01:10:41	41	00:05:55	00:22:16	01:35:34	02:20:31	03:14:33	04:30:47	05:18:59	06:13:55	06:47:30	185	00:02:50	00:39:31	01:21:21	02:03:34
107	ŻYCHLIŃSKI Miłosz	226	KS CELIRONMAN	M45-49	00:24:12	01:14:28	01:38:03	194	00:09:50	00:19:28	01:22:00	02:01:30	02:49:24	03:56:16	04:37:16	05:27:34	05:57:04	104	00:04:41	00:44:11	01:25:02	02:09:09
108	PRUSACZYK Marcin	169		M45-49	00:19:32	01:00:08	01:20:57	104	00:07:29	00:19:59	01:29:04	02:13:57	03:06:52	04:20:50	05:09:37	06:03:39	06:38:09	179	00:05:00	00:39:53	01:20:37	02:00:15
109	WOLUSZEWSKI Remigiusz	221	ALIOR RUNNING TEAM	M30-34	00:22:45	01:13:11	01:39:32	199	00:05:20	00:18:30	01:21:03	02:04:13	02:54:01	04:03:07	04:45:44	05:36:33	06:07:19	136	00:04:39	00:34:07	01:13:53	01:55:54
110	MACIULEVICIUS Arunas	200	TRITONAS	M45-49	00:18:44	00:57:45	01:18:21	82	00:04:53	00:19:10	01:22:54	02:02:48	02:50:34	03:54:11	04:36:47	05:26:13	05:55:25	99	00:02:58	00:40:05	01:22:32	02:08:09
111	KOWALSKI Krzysztof	95	TRENUJ Z NAJLEPSZYMI	M40-44	00:15:45	00:48:40	01:06:05	22	00:04:20	00:18:30	01:17:35	01:53:50	02:39:36	03:43:14	04:24:05	05:11:43	05:40:10	57	00:02:47	00:53:35	01:41:33	02:36:20
112	BIAŁOŁOCKI Tomasz	15		M50-54	00:21:03	01:06:04	01:30:38	162	00:07:39	00:20:06	01:26:45	02:09:43	03:00:23	04:09:56	04:55:49	05:47:56	06:18:49	151	00:04:09	00:37:36	01:18:41	02:01:17
113	FEDYNA Igor	48	SHYPSHYNA RUN CLUB	M40-44	00:20:10	01:02:17	01:23:39	119	00:06:29	00:21:21	01:25:18	02:04:26	02:50:32	03:54:08	04:34:28	05:22:32	05:51:35	86	00:03:06	00:41:55	01:27:08	02:20:13
114	ŚCIGAŁA Waldemar	206	JELEŃIA PLAST SPORT TEAM	M45-49	00:15:47	00:49:53	01:07:39	31	00:05:49	00:19:55	01:23:34	02:03:18	02:53:38	04:04:26	04:51:29	05:49:40	06:25:48	160	00:04:55	00:43:09	01:32:13	02:21:26
115	DĘBICKI Artur	38		M50-54	00:15:44	00:50:02	01:07:37	30	00:06:59	00:22:05	01:33:25	02:17:49	03:09:53	04:20:17	05:07:39	06:00:02	06:30:11	168	00:04:55	00:43:32	01:28:45	02:14:50
116	PELANT Ryszard	158	WICHER ROSNÓWKO	M40-44	00:19:29	00:58:50	01:19:14	87	00:06:49	00:19:45	01:24:05	02:05:13	02:52:12	03:58:03	04:39:24	05:28:31	05:57:57	113	00:06:17	00:45:03	01:32:25	02:22:57
117	RYGIEL Robert	182		M55-59	00:20:22	01:02:30	01:24:11	125	00:07:16	00:19:49	01:24:06	02:04:45	02:53:26	04:02:31	04:45:24	05:35:33	06:06:27	135	00:05:01	00:40:37	01:24:19	02:11:24
118	MOJSIEWICZ Sławomir	139		M40-44	00:19:16	01:01:11	01:23:05	115	00:04:31	00:18:46	01:18:01	01:56:34	02:43:24	03:49:06	04:31:02	05:19:22	05:49:31	81	00:05:57	00:51:29	01:41:44	02:32:24
119	SOKOŁOWSKI Tomasz	189	KLINIKA TRIATHLONU	M30-34	00:18:25	00:59:07	01:20:41	98	00:03:49	00:19:52	01:25:36	02:06:14	02:55:01	04:00:50	04:42:20	05:31:53	06:03:03	128	00:02:09	00:41:43	01:30:52	02:23:18
120	DASZEWSKI Filip	36		M18-24	00:17:02	00:53:45	01:12:27	47	00:04:06	00:17:29	01:15:08	01:51:36	02:38:32	03:43:01	04:24:40	05:14:54	05:45:18	72	00:04:18	00:47:21	01:39:29	02:42:22
121	CHOJNOWSKI Andrzej	24		M50-54	00:21:04	01:06:39	01:30:41	163	00:04:45	00:18:50	01:21:18	02:00:51	02:48:35	03:54:49	04:37:25	05:27:09	05:58:17	115	00:03:02	00:45:20	01:34:21	02:25:59
122	WILK Łukasz	217		M40-44	00:18:53	00:58:42	01:19:22	88	00:09:49	00:21:35	01:29:32	02:13:20	03:05:09	04:19:08	05:05:36	06:05:16	06:37:51	178	00:04:38	00:41:43	01:24:43	02:09:28
123	KUĆ Jarosław	103	TRI TEAM LUBAŃ	M35-39	00:21:24	01:09:22	01:34:39	182	00:05:47	00:19:23	01:24:38	02:05:52	02:55:59	04:06:30	04:51:09	05:44:27	06:16:12	149	00:05:36	00:42:14	01:28:38	02:16:52
124	OLSZEWSKI Łukasz	153	ROZBEGANE DZIAŁDOWO	M40-44	00:19:26	01:01:30	01:23:24	118	00:04:44	00:18:50	01:23:02	02:02:26	02:49:40	03:57:12	04:38:50	05:27:57	05:55:19	98	00:02:04	00:44:35	01:32:19	02:27:28
125	GOŁDYN Marek	54	TKKF KOSZALIN	M35-39	00:18:21	00:56:45	01:16:29	67	00:09:01	00:19:52	01:27:24	02:08:29	03:01:51	04:16:30	04:59:37	05:54:45	06:26:24	162	00:06:32	00:36:23	01:15:29	02:01:26
126	KLOCKIEWICZ Zbyszko	82	PŁONĄCE RACICE	M25-29	00:18:19	00:55:56	01:15:28	62	00:04:47	00:20:53	01:26:37	02:09:50	03:01:34	04:14:22	05:00:25	05:55:08	06:27:22	164	00:06:35	00:45:05	01:31:41	02:20:26
127	CICHOSZ Arkadiusz	30		M45-49	00:18:25	00:57:54	01:18:05	79	00:04:24	00:18:59	01:22:04	02:01:34	02:48:56	03:56:44	04:39:31	05:29:32	05:59:41	119	00:03:41	00:45:13	01:35:43	02:31:18
128	MROZ Michał	145	DAREDEVILS TRIATHLON TEAM	M35-39	00:17:41	00:56:41	01:17:11	70	00:07:02	00:21:18	01:30:39	02:12:48	03:04:06	04:14:48	04:58:11	05:49:19	06:20:28	154	00:05:32	00:42:55	01:29:37	02:21:15
129	KOZŁOWSKI Tomasz	97	MII	M35-39	00:20:57	01:02:47	01:24:09	124	00:07:31	00:20:29	01:25:28	02:04:54	02:53:24	04:02:16	04:45:16	05:36:41	06:08:11	137	00:05:46	00:43:37	01:32:42	02:24:59
130	KUPISZ Dominik	105	HERNIK TEAM	M40-44	00:18:55	00:57:25	01:17:53	78	00:04:37	00:20:20	01:26:00	02:08:36	03:01:56	04:14:16	05:00:37	05:55:54	06:29:31	167	00:05:11	00:42:29	01:28:32	02:15:00
131	RICKENBACHER Nicole	176	WILDCATS	K50-54	00:21:41	01:03:17	01:25:11	133	00:07:18	00:21:31	01:28:48	02:08:49	02:57:54	04:02:58	04:44:02	05:34:13	06:03:26	130	00:06:39	00:44:59	01:33:07	02:24:58
132	JAGIEŁŁO Albert	59		M25-29	00:19:19	01:04:23	01:28:03	150	00:05:21	00:19:29	01:25:07	02:05:21	02:52:47	03:57:53	04:39:13	05:28:03	05:57:08	106	00:04:22	00:44:23	01:33:03	02:26:46
133	ANDRUSZKIEWICZ Arkadiusz	3		M40-44	00:25:23	01:17:44	01:44:41	208	00:11:43	00:18:57	01:21:25	02:01:56	02:50:43	04:01:24	04:46:08	05:37:59	06:10:28	141	00:08:24	00:42:06	01:25:30	02:11:54
134	PRUSIK Bartosz	170	COZMOBIKE	M25-29	00:20:02	01:02:59	01:25:29	136	00:05:49	00:17:54	01:15:28	01:52:08	02:38:06	03:44:02	04:25:10	05:12:35	05:41:13	61	00:06:59	00:43:30	01:30:09	02:20:44
135	LUTOWSKI Wojciech	122	TKKF KOLEJARZ BYDGOSZCZ	M30-34	00:23:15	01:10:48	01:36:15	187	00:05:21	00:21:28	01:32:09	02:14:39	03:07:37	04:22:13	05:14:06	06:12:04	06:48:13	186	00:09:22	00:33:2		

						Swimming						Cycling						Race				
142	REPKA Marek	174	LUPUS TEAM	M45-49	00:23:04	01:12:43	01:38:12	196	00:04:35	00:19:38	01:25:07	02:05:27	02:53:02	03:59:24	04:40:30	05:31:01	06:01:43	123	00:03:24	00:47:18	01:35:53	02:26:11
143	KUCIŃSKI Artur	102		M40-44	00:16:52	00:53:19	01:12:16	45	00:08:11	00:19:18	01:22:08	02:02:47	02:52:26	03:59:27	04:39:28	05:28:34	05:58:16	114	00:07:50	00:44:41	01:46:26	02:45:38
144	BUTRYM Piotr	21	FORREST	M35-39	00:21:55	01:06:22	01:29:23	158	00:06:34	00:19:59	01:37:10	02:19:25	03:09:33	04:19:52	05:07:03	06:01:12	06:34:30	173	00:05:20	00:40:24	01:26:32	02:12:19
145	MAJEWSKA Kinga	125		K40-44	00:20:49	01:05:32	01:29:01	157	00:05:34	00:20:22	01:26:08	02:09:30	03:01:59	04:14:55	05:00:04	05:56:49	06:27:40	165	00:04:40	00:45:18	01:32:05	02:22:07
146	TYMIŃSKI Dariusz	210	PTT DELTA	M50-54	00:19:51	01:03:43	01:26:50	145	00:05:33	00:20:04	01:25:53	02:06:16	02:55:25	04:04:41	04:49:12	05:41:23	06:12:23	143	00:03:31	00:39:38	01:21:46	02:14:28
147	ADAMOWICZ Andrzej	1		M50-54	00:21:05	01:07:42	01:33:43	180	00:07:04	00:18:28	01:19:13	01:58:04	02:45:50	03:54:03	04:36:56	05:28:20	06:00:34	120	00:07:11	00:40:59	01:26:36	02:20:11
148	KOŁODZIEJSKI Tomasz	87	GINASO	M50-54	00:24:49	01:17:58	01:44:39	207	00:07:56	00:21:21	01:25:09	02:04:39	02:52:50	03:57:55	04:40:03	05:28:21	05:56:53	103	00:09:53	00:45:31	01:32:46	02:21:25
149	KONIECZNY Karol	89		M35-39	00:21:45	01:11:22	01:37:12	192	00:07:27	00:18:49	01:20:00	01:58:49	02:46:59	03:56:01	04:38:43	05:29:14	05:59:33	118	00:07:03	00:46:00	01:30:27	02:17:47
150	KACZOR Piotr	70	TRIMANITA RATUSZ MASZEWO	M40-44	00:17:28	00:55:01	01:14:56	58	00:06:16	00:22:00	01:28:24	02:09:51	03:00:22	04:09:52	04:52:49	05:44:52	06:15:14	147	00:03:27	00:48:41	01:37:47	02:31:07
151	KOWALCZYK Wojciech	93	ARNIE TEAM	M25-29	00:19:26	01:02:57	01:25:47	138	00:10:54	00:20:29	01:25:32	02:07:31	02:57:58	04:09:43	04:55:53	05:49:08	06:21:29	155	00:09:40	00:40:24	01:23:55	02:12:31
152	KEMNITZ Marcin	78	3GRAVITY	M35-39	00:24:58	01:17:50	01:44:49	209	00:03:37	00:18:07	01:18:30	01:56:24	02:42:03	03:45:45	04:26:54	05:16:47	05:47:48	78	00:06:16	00:46:26	01:34:25	02:25:02
153	NAROJCZYK Krzysztof	146	TRI MASTERS PIASECZNO	M45-49	00:18:48	00:58:35	01:19:08	86	00:05:01	00:21:04	01:21:09	01:59:23	02:47:20	03:55:27	04:38:53	05:32:18	06:02:54	127	00:04:55	00:45:14	01:32:55	02:36:40
154	SZYNDLAREWICZ Paweł	205		M35-39	00:22:15	01:07:53	01:31:38	169	00:05:52	00:20:57	01:26:06	02:07:31	02:57:39	04:06:05	04:56:32	05:53:06	06:25:00	159	00:05:36	00:45:36	01:36:07	02:26:57
155	KALICH Tomasz	71	CYKLIŚCI RYPIN	M30-34	00:20:46	01:05:22	01:30:15	160	00:08:57	00:19:27	01:21:30	01:59:34	02:45:59	03:50:42	04:32:11	05:22:04	05:51:01	85	00:05:15	00:43:49	01:32:29	02:26:12
156	MIKOŁAJCZYK Rafał	136	THC PROMIL	M40-44	00:18:41	01:00:58	01:22:59	114	00:08:30	00:19:59	01:24:42	02:04:28	02:53:04	04:00:09	04:42:41	05:31:58	06:01:11	121	00:04:30	00:40:44	01:29:07	02:26:22
157	CIBOROWSKA Aneta	27	SEBA SPORT PISZ	K40-44	00:22:26	01:08:19	01:32:07	170	00:04:56	00:21:14	01:29:47	02:15:31	03:07:11	04:18:44	05:03:25	05:55:56	06:27:09	163	00:09:42	00:41:23	01:27:09	02:17:16
158	TRYT Maciej	209	RUN BYDGOSZCZ	M35-39	00:19:30	01:00:10	01:21:15	105	00:07:05	00:19:13	01:23:49	02:05:35	02:57:19	04:13:22	05:01:57	05:57:45	06:28:52	166	00:08:05	00:45:47	01:36:59	02:31:30
159	KEPIŃSKI Henryk	79	KB SPARTAKUS BĘŁCHATÓW	M65-69	00:22:52	01:14:19	01:43:01	204	00:06:49	00:21:06	01:29:11	02:10:34	02:59:04	04:08:47	04:53:19	05:43:23	06:13:47	144	00:04:58	00:44:48	01:33:04	02:23:41
160	REZA Marek	175		M50-54	00:23:16	01:12:13	01:38:13	197	00:07:58	00:20:05	01:25:12	02:05:46	02:55:25	04:06:03	04:50:27	05:43:32	06:16:24	150	00:05:00	00:45:12	01:32:22	02:22:31
161	WÓJCIK Łukasz	223	CELIRONMAN/OLEJNIK RUNNING TEAM	M30-34	00:19:17	00:59:49	01:19:30	89	00:05:42	00:20:03	01:25:17	02:05:56	02:57:37	04:11:13	04:57:13	05:51:20	06:24:03	158	00:05:05	00:52:01	01:42:07	02:33:54
162	GACKOWSKI Krzysztof	50	IRON & ONE TEAM	M45-49	00:19:48	01:00:12	01:20:54	103	00:05:52	00:19:43	01:26:10	02:08:31	03:00:26	04:11:09	04:56:58	05:52:31	06:23:58	157	00:05:23	00:49:03	01:39:59	02:32:27
163	NOWARA Andrzej	149		M50-54	00:21:25	01:07:28	01:32:20	175	00:10:36	00:20:13	01:26:51	02:08:28	02:57:35	04:04:34	04:46:21	05:35:11	06:05:33	132	00:04:02	00:43:16	01:30:24	02:26:16
164	OLEŃDZKI Janusz	152	WUM	M60-64	00:21:42	01:05:56	01:28:13	151	00:06:06	00:20:32	01:28:24	02:10:57	03:02:42	04:13:38	04:58:11	05:53:11	06:26:09	161	00:06:00	00:46:50	01:38:38	02:33:07
165	JENDERNALIK Łukasz	67		M35-39	00:21:20	01:07:04	01:31:18	168	00:08:56	00:21:03	01:36:41	02:19:12	03:10:20	04:20:51	05:05:46	05:58:38	06:31:50	169	00:06:18	00:50:39	01:39:39	02:27:39
166	KITKOWSKI Piotr	81		M40-44	00:20:04	01:00:51	01:21:16	106	00:03:43	00:20:05	01:23:09	02:02:24	02:51:23	03:58:48	04:40:46	05:31:49	06:01:46	124	00:03:47	00:49:19	01:45:31	02:43:46
167	SROKA Jerzy	192	TRI STAROGARD GDAŃSKI	M50-54	00:21:21	01:07:15	01:33:39	179	00:04:31	00:20:15	01:27:59	02:10:36	03:03:05	04:18:38	05:06:40	06:01:51	06:35:18	174	00:03:12	00:41:54	01:33:22	02:28:58
168	KHMIEL Dariusz	23	PTT DELTA	M55-59	00:22:37	01:12:29	01:38:03	193	00:08:21	00:22:27	01:35:45	02:20:42	03:14:45	04:28:51	05:16:37	06:12:32	06:46:18	184	00:05:34	00:45:04	01:33:02	02:21:56
169	DOMAGAŁA Dariusz	39	WWW.GYMLAB.PL	M30-34	00:19:55	01:02:08	01:22:51	113	00:06:26	00:21:48	01:32:54	02:17:51	03:09:49	04:22:50	05:11:14	06:06:33	06:37:11	176	00:03:08	00:44:12	01:34:08	02:26:55
170	GŁADYSZ Grzegorz	52		M30-34	00:21:19	01:06:32	01:32:23	176	00:05:18	00:20:41	01:26:51	02:06:32	02:57:26	04:05:58	04:49:32	05:43:25	06:15:47	148	00:04:22	00:53:34	01:46:22	02:43:13
171	WOŁOWSKI Lech	222		M40-44	00:21:44	01:08:04	01:32:17	174	00:07:56	00:22:07	01:28:02	02:08:38	02:57:10	04:07:12	04:54:49	05:48:05	06:19:53	152	00:06:53	00:45:16	01:31:58	02:29:31
172	KORSAKOV Kostiantyn	90	-	M45-49	00:19:00	00:59:20	01:21:38	110	00:09:12	00:19:53	01:23:52	02:04:39	02:56:29	04:08:57	04:54:54	05:50:33	06:23:10	156	00:05:31	00:43:00	01:31:37	02:29:26
173	STASIEWSKI Mariusz	194	TRISPACE	M40-44	00:21:22	01:03:29	01:25:12	134	00:04:30	00:20:24	01:27:17	02:07:00	02:58:39	04:10:37	05:06:23	06:01:30	06:34:05	172	00:03:57	00:46:45	01:38:41	02:32:30
174	JARECKI Paweł	61		M40-44	00:18:48	00:57:22	01:17:38	76	00:09:20	00:19:32	01:23:22	02:06:36	02:57:00	04:10:55	05:01:14	05:57:25	06:35:43	175	00:07:13	00:45:38	01:46:39	02:52:33
175	BUCZKOWSKI Jarosław	19	PRO EVO TRI CLUB	M45-49	00:21:53	01:07:53	01:32:41	178	00:21:58	00:22:09	01:39:10	02:26:59	03:25:20	04:44:20	05:33:43	06:36:52	07:12:15	198	00:05:23	00:42:35	01:25:25	02:12:09
176	BECLA Leszek	12	HETEROMASTERS	M25-29	00:22:18	01:13:41	01:39:33	200	00:06:59	00:21:03	01:32:13	02:17:46	03:08:15	04:20:41	05:07:05	06:03:25	06:37:37	177	00:05:12	00:40:52	01:27:12	02:18:04
177	PANASIUK Maciej	155	LEASEPLAN TRIATHLON TEAM	M25-29	00:19:47	01:03:19	01:26:33	141	00:09:52	00:21:38	01:30:39	02:15:03	03:06:38	04:20:27	05:04:07	06:00:35	06:32:31	170	00:07:19	00:47:44	01:34:45	02:26:34
178	LARSEN-KONIECZNY Charlotte	110		K30-34	00:20:37	01:06:49	01:30:02	159	00:07:32	00:21:43	01:32:41	02:16:21	03:10:35	04:25:07	05:14:01	06:13:34	06:45:30	183	00:04:14	00:51:58	01:41:19	02:34:48
179	MACHAJ Tomasz	228		M45-49	00:21:38	01:06:15	01:28:40	155	00:14:26	00:23:23	01:37:06	02:21:34	03:20:05	04:39:22	05:26:50	06:23:50	06:56:38	189	00:10:01	00:47:03	01:36:17	02:26:22
180	WRZOSEK Dominik	224	ZPIT PW	M25-29	00:23:21	01:13:54	01:41:03	202	00:08:48	00:20:01	01:25:26	02:05:54	02:55:04	04:05:11	04:50:22	05:47:09	06:20:09	153	00:06:17	00:47:19	01:40:29	02:36:04
181	DUDEK Adam	42		M18-24	00:14:57	00:46:51	01:03:19	11	00:15:10	00:21:49	01:32:49	02:20:53	03:20:14	04:41:19	05:30:29	06:33:30	07:12:14	197	00:07:59	00:44:42	01:34:00	02:26:27
182	WSZEBOROWSKI Dariusz	225	SBR ELK	M50-54	00:21:44	01:07:43	01:31:03	167	00:11:17	00:22:36	01:34:14	02:19:05	03:13:47	04:32:25	05:24:31	06:24:41	07:00:30	190	00:11:41	00:47:50	01:45:57	02:37:42
183	RYKOWSKI Andrzej	183		M25-29	00:23:10	01:10:32	01:35:49	184	00:06:03	00:22:12	01:34:35	02:19:17	03:19:45	04:44:41	05:34:15	06:37:14	07:09:18	195	00:09:37	00:40:40	01:34:24	02:34:13
184	KUZIEMSKI Tomasz	106	KS MARATON OSTRÓW WLKP	M30-34	00:20:42	01:05:28	01:28:37	154	00:07:59	00:21:10	01:29:48	02:13:39	03:09:12	04:31:31	05:19:12	06:17:37	06:51:29	187	00:05:1			

		Swimming								Cycling								Race					
193	CIBOROWSKA Katarzyna	26	SPEED JASŁO	K40-44	CIBOR IRON TEAM	00:23:22	01:13:22	01:38:08	195	00:09:22	00:22:32	01:37:04	02:22:19	03:20:19	04:41:15	05:29:52	06:28:29	07:02:02	192	00:05:49	00:54:34	01:59:13	03:02:40
194	DĄBROWSKI Jarek	37	ŁOMIAKOWSKA GRUPA BIEGOWA TRI	M45-49		00:22:00	01:07:36	01:30:31	161	00:10:26	00:21:06	01:33:34	02:18:46	03:14:20	04:34:32	05:23:35	06:28:16	07:04:53	194	00:10:34	00:59:28	02:02:47	03:01:23
Przekroczony limit czasu: 15:00:00																							
195	ANDRZEJEWSKI Adrian	4	TEAMKARAŚ	M25-29		00:20:35	01:03:39	01:27:05	147	00:08:28	00:24:53	01:47:04	02:37:07	03:38:36	05:03:42	06:00:18	07:07:19	07:48:01	203	00:03:42	00:50:05	01:36:47	02:35:26
196	KIRKLAND Jim	80	GREENWICH TRITONS	M60-64		00:25:18	01:12:14	01:39:32	198	00:11:46	00:21:36	01:35:10	02:21:54	03:22:20	04:47:36	05:38:42	06:46:44	07:22:31	201	00:07:31	00:52:53	01:47:20	02:54:12
197	BARTECKI Aleksander	10	HRMAX ŻORY	M45-49		00:22:25	01:11:00	01:36:20	189	00:03:02	00:19:22	01:21:25	02:01:09	02:45:06	03:49:11	04:30:38	05:16:36	05:43:51	69	00:02:36	01:13:00	01:53:57	02:37:36
198	KUŹMA Adam	107	FAR KUBA TEAM	M30-34		00:18:26	00:59:01	01:20:43	99	00:05:08	00:18:16	01:16:25	01:51:50	02:34:39	03:31:41	04:07:57	04:51:42	05:19:21	19	00:03:42	00:33:58	01:40:24	02:18:04
	LODEWIJKS Mark	232		M50-54		00:15:40	00:47:56	01:04:09	14	00:05:40	00:19:13	01:19:52	01:56:50	02:39:40	03:38:09	04:14:42	04:57:57	05:25:36	29				
	KAMIŃSKI Michał	76	DELL RUNNING TEAM	M25-29		00:20:41	01:07:01	01:32:07	171	00:05:11	00:22:21	01:38:51	02:28:56	03:42:06	04:45:04								
	SUDAKOWSKI Tomasz	196	KS TRIATHLON RAWA	M45-49		00:23:29	01:15:06	01:42:46	203	00:03:32	00:19:22	01:24:57	02:06:59	02:57:31	04:12:28	05:09:31							
	FAJOK Szymon	45		M18-24		00:21:40	01:10:57	01:36:18	188	00:07:12	00:21:19	01:28:08	02:10:26	03:02:10	04:15:05	05:05:40	06:07:16	06:41:00	182	00:09:01	00:59:12	02:16:07	03:30:23
	DOODY Patrick	40		M50-54		00:18:34	00:59:38	01:22:19	112	00:05:48	00:20:50	01:21:52	02:01:46	02:50:13	03:56:08	04:37:43	05:27:54	05:57:26	109	00:04:00	00:48:53	01:47:05	
	KOT Remigiusz	92	RM TRI TEAM	M45-49		00:15:35	00:47:58	01:04:37	15	00:02:37	00:16:55	01:10:09	01:43:29	02:23:14	03:17:27	03:52:35	04:34:17	04:59:25	3	00:02:26	00:35:13	01:12:38	01:51:56
	BŁASZCZYK Borys	17	AZS PP	M25-29		00:25:14	01:18:53	01:43:19	206	00:08:11	00:20:24	01:27:56	02:11:54	03:04:07	04:16:05	05:02:14	06:03:28	06:38:35	180	00:09:26	00:52:33	01:56:08	
	OIKONOMOU Alexandros	150	TRIAS	M45-49		00:17:04	00:53:51	01:13:01	51	00:06:02	00:20:58	01:27:42	02:11:20	03:06:39	04:29:03								
	PLÓCIENNIK Dominik	165		M25-29		00:17:21	00:54:58	01:15:19	61	00:04:04	00:19:44	01:23:01	02:00:37	02:45:38	03:47:09	04:25:45	05:11:47	05:39:51	56	00:03:20			
	DROHOJOWSKI Rafał	41		M45-49		00:19:36	01:02:48	01:26:22	140	00:07:06	00:19:54	01:23:39	02:03:25	02:51:38	03:57:25	04:39:06	05:27:29	05:57:37	112	00:03:17			
	WIECHNA Krzysztof	215		M40-44																			
	MAZUR Mariusz	130	TRI TEAM LUBAŃ	M35-39		00:21:16	01:07:16	01:30:50	165	00:05:03	00:19:12	01:20:35	01:59:54	02:47:40	03:53:30	04:36:02	05:27:53	05:58:53	117				
	JAWORSKI Artur	65		M30-34		00:20:18	01:02:28	01:24:26	128	00:10:08	00:19:32												

Total 211 results.