

Klasyfikacja: M30-34

Punkt pomiarowy: 184,3 km

| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna | Pływanie | | | | Poz | Poz | Rower | | | | | | Poz | Bieg | |
|-----|-----------------------|-------|---------------------------------|-----------|----------------|---------------------|---------------------|--------------------|-----|----------|----------|-----------------------|----------------------|-------------------|------------------------|-----------------------|-----------------|-----------------|------------|-------------------------|
| | | | | | | 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 |
| 1 | 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 |
| 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 |
| 3 | 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 |
| 4 | 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 |
| 5 | 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 |
| 6 | 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 |
| 7 | 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 |
| 8 | 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 |
| 9 | 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 |
| 10 | 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 |
| 11 | 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 |
| 12 | 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 |
| 13 | 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 |
| 14 | 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 | 108 | 00:03:13 |
| 15 | 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 |
| 16 | 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 |
| 17 | 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 |
| 18 | VASILI Anton | 212 | | M30-34 | | 00:19:57 | 01:03:52 | 01:27:32 | 149 | 00:07:08 | 00:19:39 | 01:22:07 | 02:01:53 | 02:51:06 | 03:57:09 | 04:39:43 | 05:36:14 | 06:06:22 | 133 | 00:03:29 |
| 19 | 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 |
| 20 | 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 |
| 21 | 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 |
| 22 | 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 |
| 23 | 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 | 00:05:18 |
| 24 | 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 |
| | JAWORSKI Artur | 65 | | M30-34 | | 00:20:18 | 01:02:28 | 01:24:26 | 128 | 00:10:08 | 00:19:32 | | | | | | | | | |