



# OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6

B4SPORT

**Event:** Ocean Lava Triathlon Polska 2019  
**Organiser:** Towarzystwo Sportowe TRI-SPORT  
**Date:** 2019-08-17  
**Place:** Bydgoszcz  
**Distance:** 226 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Classification: M35-39

Split point: 145,3 km

Place	Participant	Number	Club	Category	Drużyna	Swimming				Poz	R_Kotomierz 9.75km	R_Pauliny 42.75km	Cycling			Race	
						P_Borowno 0.95km	P_Borowno 2.85km	R_Borowno 3.8km	R_Lidl 63.25km				R_Kotomierz 87.75km	R_Pauliny 120.75km	R_Lidl 141km		
1	PLUTA Gniewomir	164	UKS TRS SUSZ	M35-39		00:14:48	00:44:38	<b>00:59:42</b>	5	00:02:25	00:17:03	01:11:46	01:45:33	02:25:41	03:19:21	03:54:15	
2	BOROWIAK Rafał	18	JOKŚ TEAM	M35-39		00:15:47	00:48:52	<b>01:05:30</b>	18	00:02:57	00:16:39	01:11:50	01:46:11	02:26:58	03:22:45	03:57:20	
3	SOSNOWSKI Jarosław	190	PTT DELTA	M35-39		00:14:02	00:44:03	<b>00:59:28</b>	2	00:02:36	00:16:27	01:12:10	01:47:57	02:33:01	03:36:31	04:15:44	
4	MICHALAK Michał	134	DZIKI KOSZALIN	M35-39		00:16:47	00:52:06	<b>01:09:58</b>	37	00:04:56	00:17:08	01:13:27	01:47:42	02:29:59	03:29:14	04:06:53	
5	PLUCINSKI Michał	163	TMT	M35-39		00:15:04	00:47:01	<b>01:03:16</b>	9	00:04:10	00:17:49	01:17:11	01:54:25	02:38:44	03:39:13	04:17:19	
6	KUNECKI Marcin	104	HILLINGDON TRIATHLETES	M35-39		00:18:08	00:58:05	<b>01:19:31</b>	90	00:02:51	00:16:45	01:13:33	01:50:28	02:34:21	03:35:07	04:12:37	
7	CHMEL Sergiy	22	BORYS RUNNING CLUB	M35-39		00:20:14	01:02:15	<b>01:24:16</b>	126	00:05:51	00:17:06	01:12:50	01:48:07	02:30:18	03:29:02	04:07:22	
8	SZCZYRBOWSKI Michał	199	YOOBEE. PL	M35-39		00:16:58	00:52:46	<b>01:11:20</b>	42	00:03:46	00:18:30	01:18:47	01:56:38	02:42:48	03:44:19	04:23:06	
9	KLUŻNIAK Wojciech	83		M35-39		00:15:46	00:48:54	<b>01:06:05</b>	21	00:04:22	00:18:51	01:22:13	01:59:57	02:46:31	03:48:38	04:28:07	
10	KAMIŃSKI Tomasz	74	AMS TRIATHLON	M35-39	AMS	00:20:18	01:06:10	<b>01:32:39</b>	177	00:07:08	00:17:16	01:13:26	01:48:29	02:29:57	03:27:18	04:03:24	
11	KALIN Władysław	72	TAEKWON-DO GROMOWSKI	M35-39		00:16:50	00:55:11	<b>01:15:10</b>	59	00:06:47	00:18:52	01:18:18	01:56:01	02:41:41	03:45:03	04:25:48	
12	MARTYNOWSKI Łukasz	127		M35-39		00:17:06	00:56:07	<b>01:16:31</b>	68	00:03:59	00:17:15	01:15:12	01:53:45	02:44:37	03:54:52	04:35:54	
13	KARALIUK Andrei	77		M35-39		00:18:05	00:57:19	<b>01:17:29</b>	73	00:04:29	00:19:22	01:22:46	02:02:08	02:49:20	03:53:18	04:35:03	
14	KRÓLCZYŃSKI Maciej	98		M35-39		00:18:47	00:58:02	<b>01:18:24</b>	83	00:03:51	00:19:26	01:21:28	02:00:31	02:48:30	03:54:29	04:36:41	
15	AUGUSTYNIAK Artur	6	FUJITSU RUNNING TEAM ŁÓDŹ	M35-39		00:19:32	00:59:51	<b>01:19:40</b>	91	00:04:28	00:19:32	01:21:24	02:00:35	02:48:25	03:54:01	04:35:37	
16	PIECHACZYK Sławomir	160		M35-39		00:18:49	00:59:31	<b>01:20:51</b>	102	00:06:53	00:19:50	01:23:59	02:02:47	02:49:31	03:54:41	04:36:27	
17	SZWEDA Tomasz	203	MEBLOBŁYSK CZERNICE	M35-39		00:22:38	01:10:37	<b>01:35:41</b>	183	00:05:13	00:18:06	01:17:54	01:55:14	02:40:12	03:42:37	04:23:23	
18	BETLEJ Hubert	14	ESKADRA KRAKÓW	M35-39		00:23:07	01:11:06	<b>01:36:38</b>	190	00:04:10	00:25:12	01:23:30	02:00:44	02:45:36	03:47:47	04:28:41	
19	CIMACHOWSKI Jakub	31	CIMATECH	M35-39		00:16:53	00:51:45	<b>01:09:45</b>	36	00:08:33	00:20:35	01:25:37	02:07:07	02:58:55	04:08:31	04:53:01	
	MAZUR Mariusz	130	TRI TEAM LUBAŃ	M35-39		00:21:16	01:07:16	<b>01:30:50</b>	165	00:05:03	00:19:12	01:20:35	01:59:54	02:47:40	03:53:30	04:36:02	
21	KEMNITZ Marcin	78	3GRAVITY	M35-39	3GRAVITY	00:24:58	01:17:50	<b>01:44:49</b>	209	00:03:37	00:18:07	01:18:30	01:56:24	02:42:03	03:45:45	04:26:54	
22	KOZŁOWSKI Tomasz	97	MII	M35-39		00:20:57	01:02:47	<b>01:24:09</b>	124	00:07:31	00:20:29	01:25:28	02:04:54	02:53:24	04:02:16	04:45:16	
23	MRÓZ Michał	145	DAREDEVILS TRIATHLON TEAM	M35-39		00:17:41	00:56:41	<b>01:17:11</b>	70	00:07:02	00:21:18	01:30:39	02:12:48	03:04:06	04:14:48	04:58:11	

				Swimming				TT	Cycling						Race
24	<b>KONIECZNY Karol</b>	<b>89</b>	M35-39	00:21:45	01:11:22	<b>01:37:12</b>	192	00:07:27	00:18:49	01:20:00	01:58:49	02:46:59	03:56:01	04:38:43	
25	<b>KOLMAJER Rafał</b>	<b>86</b>	ROWERTOUR	M35-39	00:22:36	01:11:02	<b>01:35:51</b>	185	00:07:23	00:19:51	01:22:57	02:03:10	02:50:53	03:59:43	04:41:39
26	<b>GOŁDYN Marek</b>	<b>54</b>	TKKF KOSZALIN	M35-39	00:18:21	00:56:45	<b>01:16:29</b>	67	00:09:01	00:19:52	01:27:24	02:08:29	03:01:51	04:16:30	04:59:37
27	<b>TRYT Maciej</b>	<b>209</b>	RUN BYDGOSZCZ	M35-39	00:19:30	01:00:10	<b>01:21:15</b>	105	00:07:05	00:19:13	01:23:49	02:05:35	02:57:19	04:13:22	05:01:57
28	<b>KUĆ Jarosław</b>	<b>103</b>	TRI TEAM LUBAŃ	M35-39	00:21:24	01:09:22	<b>01:34:39</b>	182	00:05:47	00:19:23	01:24:38	02:05:52	02:55:59	04:06:30	04:51:09
29	<b>SZYNDLAREWICZ Paweł</b>	<b>205</b>		M35-39	00:22:15	01:07:53	<b>01:31:38</b>	169	00:05:52	00:20:57	01:26:06	02:07:31	02:57:39	04:06:05	04:56:32
30	<b>BUTRYM Piotr</b>	<b>21</b>	FORREST	M35-39	00:21:55	01:06:22	<b>01:29:23</b>	158	00:06:34	00:19:59	01:37:10	02:19:25	03:09:33	04:19:52	05:07:03
31	<b>JENDERNALIK Łukasz</b>	<b>67</b>		M35-39	00:21:20	01:07:04	<b>01:31:18</b>	168	00:08:56	00:21:03	01:36:41	02:19:12	03:10:20	04:20:51	05:05:46
32	<b>WŁODARCZYK Mariusz</b>	<b>229</b>		M35-39	00:18:59	00:58:35	<b>01:19:07</b>	85	00:08:33	00:20:16	01:28:30	02:11:39	03:10:18	04:46:01	05:37:58

Total 32 results.