

Event:  
Organiser:  
Date:  
Place:  
Distance:

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

Classification: M40-44

Split point: 184,3 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
1	KOWALCZYK Marek	94		M40-44	00:15:06	00:46:57	<b>01:03:22</b>	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	<b>04:55:27</b>	2
2	ERMANIS Gints	44	IRONMAN.LV	M40-44	00:19:08	01:00:00	<b>01:21:23</b>	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	<b>05:00:07</b>	4
3	MAZUREK Michał	132	EUROSOFT	M40-44	00:17:22	00:54:21	<b>01:13:32</b>	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	<b>05:08:20</b>	11
4	ROSIŃSKI Jarosław	177		M40-44	00:16:58	00:53:25	<b>01:12:16</b>	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	<b>05:11:03</b>	14
5	SERGEJEVS Jevgenijs	186	IRONMAN.LV	M40-44	00:17:12	00:53:31	<b>01:12:11</b>	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	<b>05:18:09</b>	18
6	KRZEMIŃSKI Marcin	101	SPRINT GORZYCE	M40-44	00:16:21	00:49:30	<b>01:07:10</b>	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	<b>05:23:35</b>	27
7	SZTENDEREWICZ Rafał	202	SPORTEVO	M40-44	00:18:22	00:57:08	<b>01:16:19</b>	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	<b>05:23:18</b>	26
8	KITA Tomek	167	SPECSHOP TEAM	M40-44	00:15:49	00:48:07	<b>01:04:58</b>	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	<b>05:38:34</b>	50
9	KOWALSKI Krzysztof	95	TRENUJ Z NAJLEPSZYMI	M40-44	00:15:45	00:48:40	<b>01:06:05</b>	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	<b>05:40:10</b>	57
10	RYBAK Remigiusz	181		M40-44	00:19:24	00:59:26	<b>01:20:11</b>	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	<b>05:25:48</b>	30
11	PRZYBYLSKI Maciej	172		M40-44	00:22:26	01:07:56	<b>01:30:48</b>	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	<b>05:23:11</b>	25
12	LEPCZYŃSKI Lesław	113		M40-44	00:19:14	00:59:24	<b>01:20:03</b>	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	<b>05:33:24</b>	44
13	WALUKIEWICZ Dariusz	213		M40-44	00:19:53	01:01:33	<b>01:23:09</b>	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	<b>05:33:18</b>	43
14	MAZANKA Jakub	129		M40-44	00:18:16	00:56:40	<b>01:16:04</b>	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	<b>05:42:50</b>	66
15	ŁUCYSZYN Robert	124		M40-44	00:16:46	00:53:06	<b>01:12:38</b>	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	<b>05:43:13</b>	68
16	WILICKI Tomasz	208	DELL RUNNING TEAM	M40-44	00:18:44	00:59:21	<b>01:20:34</b>	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	<b>05:39:28</b>	54
17	SMARTSEROV Mykola	188	DELIVERO.UA	M40-44	00:16:57	00:52:04	<b>01:10:17</b>	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	<b>05:53:27</b>	94
18	ŁĄCZKA Tomasz	123		M40-44	00:20:36	01:06:19	<b>01:32:11</b>	173	00:11:54	00:18:07	01:16:00	01:52:02	02:36:15	03:36:22	04:15:25	05:00:08	<b>05:26:30</b>	31
19	KOSMACZEWSKI Ireneusz	91	KODRUK.NET	M40-44	00:18:34	00:55:42	<b>01:15:12</b>	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	<b>05:49:12</b>	79
20	LUBOWICKI Łukasz	120	40-LATEK TYCHY	M40-44	00:18:27	00:57:04	<b>01:16:41</b>	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	<b>05:47:13</b>	77
21	KALISZEWSKI Daniel	73		M40-44	00:20:24	01:02:31	<b>01:24:40</b>	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	<b>05:42:54</b>	67
22	MIŚ Waldemar	138	ALIOR RUNNING TEAM	M40-44	00:20:01	01:03:27	<b>01:26:47</b>	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	<b>05:42:31</b>	65
23	LETKOWSKI Dariusz	114	GAPMONT RUNNING TEAM	M40-44	00:17:39	00:54:50	<b>01:12:47</b>	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	<b>05:55:26</b>	100
24	CUBER Piotr	32	CTS	M40-44	00:20:06	01:02:38	<b>01:23:56</b>	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	<b>05:45:46</b>	74
25	MOJSIEWICZ Sławomir	139		M40-44	00:19:16	01:01:11	<b>01:23:05</b>	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	<b>05:49:31</b>	81
26	LIZIK Radosław	119	TRISPACE	M40-44	00:20:05	01:02:23	<b>01:23:43</b>	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	<b>05:45:31</b>	73
27	KUCIŃSKI Artur	102		M40-44	00:16:52	00:53:19	<b>01:12:16</b>	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	<b>05:58:16</b>	114
28	PRYK Rafał	171	ROZBIEGANY GOLENIÓW	M40-44	00:20:06	01:02:22	<b>01:24:31</b>	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	<b>05:49:15</b>	80
29	SEVASTSYANAU Siarhei	187	SEVASTSYANAU TEAM	M40-44	00:24:11	01:14:59	<b>01:43:18</b>	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	<b>05:32:04</b>	38
30	FEDYNA Igor	48	SHYPSHYNA RUN CLUB	M40-44	00:20:10	01:02:17	<b>01:23:39</b>	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	<b>05:51:35</b>	86

				Swimming				T1	Cycling										Race
31	<b>OLSZEWSKI Łukasz</b>	<b>153</b>	ROZBEGANE DZIAŁDOWO	M40-44	00:19:26	01:01:30	<b>01:23:24</b>	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	<b>05:55:19</b>	<b>98</b>	
32	<b>PELANT Ryszard</b>	<b>158</b>	WICHER ROSNÓWKO	M40-44	00:19:29	00:58:50	<b>01:19:14</b>	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	<b>05:57:57</b>	<b>113</b>	
33	<b>PORĘBSKI Paweł</b>	<b>168</b>	SPRINT GORZYCE	M40-44	00:20:15	01:02:58	<b>01:24:46</b>	132	00:06:09	00:19:08	01:20:44	01:59:16	02:46:17	03:55:14	04:36:25	05:25:36	<b>05:53:33</b>	<b>95</b>	
34	<b>KITKOWSKI Piotr</b>	<b>81</b>		M40-44	00:20:04	01:00:51	<b>01:21:16</b>	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	<b>06:01:46</b>	<b>124</b>	
35	<b>OLENDER Paweł</b>	<b>151</b>	CAR4PARTS MRAĞOWO	M40-44	00:19:28	01:00:06	<b>01:20:44</b>	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	<b>06:04:10</b>	<b>131</b>	
36	<b>RZEPKA Tomasz</b>	<b>185</b>	HTF LUDWIK SIKORSKI	M40-44	00:20:01	01:02:21	<b>01:24:17</b>	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	<b>05:56:32</b>	<b>102</b>	
37	<b>MIKOŁAJCZYK Rafał</b>	<b>136</b>	THC PROMIL	M40-44	00:18:41	01:00:58	<b>01:22:59</b>	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	<b>06:01:11</b>	<b>121</b>	
38	<b>KACZOR Piotr</b>	<b>70</b>	TRIMANITA RATUSZ MASZEWO	M40-44	00:17:28	00:55:01	<b>01:14:56</b>	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	<b>06:15:14</b>	<b>147</b>	
39	<b>LASSAK Bartosz</b>	<b>111</b>	CHŁOPAKI TO MY	M40-44	00:19:12	01:00:43	<b>01:21:52</b>	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	<b>06:13:57</b>	<b>145</b>	
40	<b>KUPISZ Dominik</b>	<b>105</b>	HERNIK TEAM	M40-44	00:18:55	00:57:25	<b>01:17:53</b>	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	<b>06:29:31</b>	<b>167</b>	
41	<b>WOŁOWSKI Lech</b>	<b>222</b>		M40-44	00:21:44	01:08:04	<b>01:32:17</b>	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	<b>06:19:53</b>	<b>152</b>	
42	<b>JARECKI Paweł</b>	<b>61</b>		M40-44	00:18:48	00:57:22	<b>01:17:38</b>	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	<b>06:35:43</b>	<b>175</b>	
43	<b>STASIEWSKI Mariusz</b>	<b>194</b>	TRISPACE	M40-44	TriSpace	00:21:22	01:03:29	<b>01:25:12</b>	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	<b>06:34:05</b>	<b>172</b>
44	<b>ANDRUSZKIEWICZ Arkadiusz</b>	<b>3</b>		M40-44	00:25:23	01:17:44	<b>01:44:41</b>	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	<b>06:10:28</b>	<b>141</b>	
45	<b>WILK Łukasz</b>	<b>217</b>		M40-44	00:18:53	00:58:42	<b>01:19:22</b>	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	<b>06:37:51</b>	<b>178</b>	
46	<b>PAWLAK Piotr</b>	<b>156</b>	PKO BANK POLSKI	M40-44	00:21:43	01:09:54	<b>01:36:55</b>	191	00:08:26	00:21:09	01:29:53	02:12:36	03:05:43	04:18:55	05:06:57	06:05:21	<b>06:38:43</b>	<b>181</b>	
	<b>WIECHNA Krzysztof</b>	<b>215</b>		M40-44															

Total 47 results.