



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

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Classification: M40-44

Split point: 190,7 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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	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
12	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
13	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
14	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
15	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
16	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
17	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
18	MIS 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
19	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
20	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
21	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
22	ŁĄCZKA Tomasz	123		M40-44	00:20:36	01:06:19	01:32:11	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	05:26:30	31	00:04:57
23	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
24	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
25	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
26	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	80	00:03:13
27	LIZIK Radosław	119	TRISPACE	M40-44	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
28	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
29	PORĘBSKI Paweł	168	SPRINT GORZYCE	M40-44	00:20:15	01:02:58	01:24:46	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	05:53:33	95	00:03:48
30	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
31	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

				Swimming				Cycling										Race		
32	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	
33	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	
34	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	
35	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	
36	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	
37	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	
38	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	
39	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	
40	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	
41	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	
42	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	
43	STASIEWSKI Mariusz	194	TRISPACE	M40-44	TriSpace	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
44	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	
45	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	
46	PAWLAK Piotr	156	PKO BANK POLSKI	M40-44	00:21:43	01:09:54	01:36:55	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	06:38:43	181	00:03:54	
	WIECHNA Krzysztof	215		M40-44																

Total 47 results.