

Event:
Organiser:
Date:
Place:
Distance:

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

Classification: M45-49

Split point: 205,3 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	B_Announcer 7.17km	B_Announcer 14.27km		
	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
2	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
3	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
4	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
5	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
6	JARON 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
7	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
8	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
9	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
10	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
11	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
12	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
13	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
14	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
15	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
16	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
17	AUGUSTYNIAK Grzegorz	5	PTDELTA	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
18	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
19	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
20	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
21	MELLER Michał	133	TRI STAROGARD GDAŃSKI	M45-49		00:17:03	00:52:00	01:10:01	38	00:04:22	00:19:09	01:24:30	02:05:43	02:55:30	04:03:33	04:47:46	05:41:05	06:12:09	142	00:05:47	00:41:13	01:25:49
22	CIBOROWSKI Sebastian	29	SEBA SPORT PISZ	M45-49	CIBOR IRON TEAM	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
23	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
24	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
25	ŚCIGAŁA Waldemar	206	JELENIA 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
26	LEWARDOWSKI Konrad	116	KTB KUNY STRZESZYŃ	M45-49		00:22:06	01:07:41	01:32:09	172	00:15:48	00:16:14	01:22:22	02:05:07	04:14:43	05:55:42						00:43:00	01:28:58
27	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
28	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
29	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
30	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

			Swimming							Cycling							Race				
31	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
32	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
33	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
34	DĄBROWSKI Jarek	37	ŁOMIANKOWSKA 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
	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						
	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							
	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		

Total 37 results.