

**Event:**  
**Organiser:**  
**Date:**  
**Place:**  
**Distance:**

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

Classification: All

Place	Participant	Number	Club	Category	MCat	Drużyna	Swimming			Cycling						Bike				
							P_Borowno 0.95km	P_Borowno 1.9km	Poz	R_Kotomierz 4.9km	R_Lidl 19.9km	R_Kotomierz 39.9km	R_Lidl 55.55km	R_Kotomierz 74.9km	R_Lidl 89.9km	Poz	B_Announcer 6.465km	B_Announ 7.265kr		
1	BRZYSKI Maciej	526	BRZYSKITRITEAM	M30-34	1	BrzyskiTriTeam	00:13:35	00:27:58	3	00:02:11	00:09:22	00:31:38	01:02:48	01:26:16	01:58:11	02:22:14	8	00:01:28	00:25:16	00:28:34
2	JURKIEWICZ Mariusz	641	KOBYLARNIA / BIKE BOYS	M40-44	1		00:17:02	00:35:13	54	00:02:34	00:09:09	00:31:14	01:00:58	01:23:06	01:53:17	02:15:39	1	00:01:40	00:25:52	00:29:14
3	SKORUPA Paweł	704	SKORUPA TRIATHLON	M30-34	2		00:16:37	00:33:50	35	00:02:32	00:08:44	00:30:45	01:00:46	01:23:06	01:54:01	02:17:18	2	00:01:18	00:26:14	00:29:46
4	HOFFMANN Wojciech	573	BRZYSKI TRI TEAM	M40-44	2		00:13:32	00:27:55	2	00:02:23	00:09:10	00:31:12	01:01:30	01:24:19	01:55:24	02:18:44	3	00:01:31	00:28:01	00:31:44
5	RULIŃSKI Przemysław	693	CZAJATRAININGSYSTEM	M30-34	3		00:15:34	00:32:02	19	00:02:02	00:09:30	00:33:01	01:04:52	01:28:03	01:59:39	02:23:26	9	00:01:32	00:25:06	00:28:30
6	ZIĘBA Adam	758	TRISPACE	M45-49	1	TriSpace	00:16:52	00:34:06	38	00:02:15	00:09:02	00:32:11	01:03:33	01:27:15	01:59:20	02:20:43	5	00:03:42	00:26:28	00:30:00
7	ANDRZEJEWSKI Marcin	507	8BREM	M30-34	4		00:16:40	00:34:06	39	00:03:19	00:09:23	00:32:52	01:04:24	01:27:13	01:57:31	02:20:49	6	00:01:35	00:27:56	00:31:44
8	JASIŃSKI Jakub	581	GO RIDE WM TRISELF	M30-34	5		00:12:00	00:24:29	1	00:03:04	00:09:15	00:32:38	01:03:17	01:26:52	01:58:59	02:24:13	10	00:01:44	00:29:27	00:33:28
9	WANIEWSKI Marcin	737	WANIEWSKI COACHING	M40-44	3		00:15:10	00:31:01	7	00:02:15	00:16:24	00:39:47	01:11:13	01:33:59	02:05:37	02:29:40	29	00:02:09	00:26:45	00:30:20
10	OBUCHOWICZ Artur	668	POWER OF SCIENCE TRI TEAM	M40-44	4		00:15:10	00:31:12	9	00:03:03	00:09:50	00:34:10	01:06:58	01:31:30	02:04:50	02:29:15	27	00:01:45	00:26:49	00:30:22
11	POLAŃSKI Tomasz	528	B4SPORT	M40-44	5		00:17:47	00:36:11	69	00:02:18	00:09:59	00:34:40	01:07:29	01:32:28	02:06:24	02:32:02	42	00:01:31	00:24:44	00:28:02
12	KNOTHE Adam	602	BUDSTOL INVEST	M45-49	2	AMS	00:19:18	00:39:44	131	00:02:17	00:09:15	00:31:52	01:02:23	01:25:10	01:57:04	02:20:59	7	00:01:51	00:28:35	00:32:17
13	OKRĄGLY Emil	673	TRIZARZA	M35-39	1		00:16:12	00:33:35	28	00:02:13	00:09:39	00:33:48	01:06:03	01:30:27	02:03:58	02:28:43	21	00:01:31	00:27:48	00:31:31
14	DEPTUŁA Grzegorz	544	VII LO	M40-44	6		00:17:41	00:36:07	67	00:02:46	00:09:41	00:34:19	01:07:11	01:32:05	02:06:07	02:31:36	37	00:01:42	00:27:30	00:31:05
15	ABANIN Vadzim	501	ALTIUS!	M45-49	3		00:16:45	00:33:41	31	00:02:25	00:09:42	00:33:53	01:07:31	01:31:56	02:04:51	02:29:08	25	00:01:47	00:28:14	00:31:56
16	KOWALKOWSKI Piotr	610	7 LO BYDGOSZCZ	M40-44	7		00:16:10	00:33:46	33	00:03:05	00:09:43	00:33:57	01:07:16	01:31:45	02:05:30	02:30:29	34	00:01:37	00:27:39	00:31:16
17	WYSOCKI Rafał	751	SRITRI	M45-49	4		00:16:27	00:33:28	24	00:02:41	00:09:17	00:32:24	01:04:34	01:28:24	02:00:55	02:26:35	15	00:02:03	00:28:15	00:32:04
18	HAJNOS-MAŁECKA Maria	571	SLOWMOTION	K35-39	1		00:15:20	00:31:47	15	00:02:36	00:09:58	00:35:02	01:08:57	01:34:21	02:08:01	02:33:35	47	00:01:53	00:27:41	00:31:15
19	KRASOŃ Marcin	612	SMASHING PPKINS / NBR TEAM / TRINERGY	M35-39	2		00:17:44	00:36:43	78	00:03:09	00:09:54	00:33:15	01:05:21	01:29:41	02:02:39	02:26:12	14	00:03:27	00:27:01	00:30:51
20	MATUSIAK Mateusz	646	SNG WILD DUCKS	M30-34	6		00:16:12	00:33:32	26	00:02:52	00:09:52	00:33:55	01:07:23	01:31:21	02:04:19	02:28:48	23	00:01:48	00:29:06	00:33:01
21	BONIKOWSKI Jakub	772	TRISPACE	M45-49	5		00:16:13	00:33:51	36	00:02:45	00:09:17	00:33:27	01:06:52	01:31:28	02:04:24	02:29:00	24	00:01:55	00:30:27	00:34:22
22	SZYTTENHOLM Oliwier	723	TRISPACE	M35-39	3	TriSpace	00:18:06	00:37:13	81	00:02:24	00:09:36	00:33:28	01:05:27	01:29:57	02:02:57	02:28:00	19	00:01:39	00:28:42	00:32:36
23	TUROWIEC Adam	770	UAM TRIATHLON POZNAŃ   APPETITEFORSPORTS.COM	M40-44	8		00:15:14	00:31:29	12	00:03:20	00:09:39	00:33:48	01:06:51	01:31:24	02:04:14	02:28:48	22	00:01:52	00:29:03	00:33:06
24	KĄCKA Małgorzata	596	MAŁGORZATA KĄCKA	K18-29	1		00:15:34	00:31:38	13	00:03:17	00:10:02	00:35:36	01:10:38	01:36:01	02:10:01	02:35:33	57	00:02:27	00:27:35	00:31:13
25	SYPNIEWSKA-LEWANDOWSKA Aleksandra	717	TRIDEA TEAM	K35-39	2		00:15:08	00:30:58	6	00:02:16	00:17:22	00:42:28	01:16:54	01:42:35	02:17:11	02:42:52	93	00:01:42	00:26:55	00:30:31
26	KRAVCHENKO Konstantin	614	TRITON	M40-44	9		00:19:06	00:40:16	142	00:04:21	00:09:45	00:35:24	01:08:49	01:35:20	02:11:07	02:37:50	65	00:01:04	00:25:25	00:28:31
27	JAŹDZIEWSKI Dawid	583	TRI TUR CHOJNICE	M25-29	1		00:17:48	00:37:36	91	00:02:51	00:09:21	00:33:33	01:07:21	01:32:58	02:07:38	02:33:16	44	00:02:38	00:26:20	00:29:54
28	BETHKE Sławomir	517	TRISPACE	M30-34	7	TriSpace	00:18:57	00:39:46	133	00:02:46	00:09:01	00:31:20	01:01:56	01:24:40	01:55:51	02:20:22	4	00:01:30	00:30:15	00:34:27
29	BIHUN Natalia	519	GTRAT	K30-34	1		00:16:36	00:34:11	40	00:02:47	00:10:18	00:35:56	01:10:18	01:36:15	02:11:13	02:37:16	63	00:02:17	00:27:47	00:31:13

				Swimming				Cycling												
Rank	Name	Age	Team	Sex	Time	Score	Rank	Time	Score	Rank	Time	Score	Rank	Time	Score	Rank	Time	Score		
30	KUZNETSOV Mykhailo	626	TRITONODESSA	M	M45-49	6	00:15:24	<b>00:31:39</b>	14	00:02:46	00:09:47	00:33:45	01:06:21	01:31:07	02:04:43	<b>02:29:16</b>	28	00:02:08	00:28:12	00:32:10
31	WRZOCHALSKI Robert	749	TRIDEA TEAM	M	M45-49	7	00:18:16	<b>00:38:23</b>	102	00:03:14	00:09:29	00:33:40	01:06:36	01:31:10	01:57:36	<b>02:24:44</b>	13	00:01:54	00:30:03	00:34:12
32	BRUZGIELEWICZ Piotr	524	#ADAMCZERWIŃSKITEAM	M	M25-29	2	00:16:43	<b>00:33:43</b>	32	00:04:24	00:10:12	00:34:33	01:07:36	01:32:27	02:06:17	<b>02:31:49</b>	38	00:02:16	00:29:25	00:33:04
33	BENTKOWSKI Marcin	516	TRIPower	M	M30-34	8	00:17:02	<b>00:35:09</b>	53	00:02:50	00:09:53	00:34:46	01:07:32	01:32:03	02:04:50	<b>02:29:44</b>	31	00:01:35	00:28:36	00:32:30
34	POKORSKI Marek	679	CTS	M	M45-49	8	00:16:35	<b>00:33:41</b>	30	00:02:43	00:09:01	00:31:58	01:03:06	01:26:50	01:59:45	<b>02:24:36</b>	11	00:02:33	00:31:58	00:37:04
35	BARTKOWIAK Dawid	513		M	M45-49	9	00:15:43	<b>00:32:47</b>	21	00:02:38	00:09:46	00:33:39	01:06:13	01:30:47	02:03:41	<b>02:28:09</b>	20	00:02:18	00:29:51	00:34:47
36	PRĄDZYŃSKI Marcin	683	TRISPACE	M	M40-44	10	00:15:15	<b>00:31:06</b>	8	00:02:16	00:10:04	00:35:19	01:09:12	01:35:21	02:11:06	<b>02:38:23</b>	71	00:01:33	00:29:17	00:33:03
37	MAŁECKI Mateusz	640	111.KEGEL.PL	M	M35-39	4	00:21:05	<b>00:43:21</b>	182	00:03:53	00:09:18	00:32:53	01:04:49	01:29:39	02:02:15	<b>02:27:35</b>	18	00:01:48	00:26:26	00:30:05
38	CIESZYŃSKI Jacek	536	BRZOZA ROWEROWA	M	M55-59	1	00:16:57	<b>00:34:28</b>	44	00:02:55	00:10:24	00:35:51	01:10:15	01:35:42	02:10:04	<b>02:35:14</b>	56	00:02:27	00:30:17	00:34:10
39	RYMER Jakub	696		M	M30-34	9	00:15:17	<b>00:31:26</b>	11	00:02:50	00:09:36	00:33:33	01:06:31	01:30:56	02:04:55	<b>02:29:10</b>	26	00:02:22	00:29:57	00:34:16
40	GACKA Rafał	555	LUPUS TEAM	M	M40-44	11	00:17:54	<b>00:37:20</b>	83	00:03:13	00:09:58	00:34:37	01:08:32	01:33:48	02:08:39	<b>02:35:03</b>	53	00:01:32	00:28:02	00:31:54
41	KILJAŃCZYK Piotr	599		M	M35-39	5	00:18:58	<b>00:38:36</b>	109	00:03:03	00:10:38	00:37:11	01:11:35	01:37:21	02:12:12	<b>02:38:21</b>	70	00:01:53	00:29:03	00:32:44
42	VASHKEVICH Vital	732	KUZNIA TRIATHLONU	M	M30-34	10	00:17:00	<b>00:35:07</b>	52	00:02:43	01:11:36	01:38:53	02:15:41	02:43:17				00:28:11	00:31:49	
43	MARZEC Mieszko	643	AQUASTACJAGDAŃSK	M	M40-44	12	00:15:31	<b>00:32:01</b>	18	00:02:42	00:09:46	00:33:56	01:07:07	01:32:33	02:06:29	<b>02:33:02</b>	43	00:02:27	00:32:16	00:36:23
44	MADIN Dmytro	638	TRITONODESSA	M	M40-44	13	00:16:39	<b>00:34:17</b>	43	00:03:27	00:09:38	00:33:58	01:06:58	01:31:51	02:04:58	<b>02:29:41</b>	30	00:02:23	00:31:41	00:36:01
45	BANACH Marcin	511	3GRAVITY	M	M30-34	11	00:18:54	<b>00:38:48</b>	115	00:02:20	00:09:47	00:34:12	01:07:42	01:33:20	02:07:38	<b>02:33:24</b>	46	00:01:46	00:31:21	00:35:15
46	WELZER Dariusz	738	WELDA BIMARKO GALI TEAM	M	M45-49	10	00:17:53	<b>00:36:21</b>	71	00:02:37	00:10:11	00:34:15	01:07:05	01:31:56	02:06:00	<b>02:31:34</b>	36	00:02:45	00:31:27	00:35:36
47	LITAWA Jacek	634		M	M45-49	11	00:16:27	<b>00:33:29</b>	25	00:02:48	00:09:53	00:35:16	01:10:12	01:36:10	02:11:07	<b>02:37:18</b>	64	00:02:19	00:30:01	00:34:01
48	ANTKOWIAK Bartosz	508	TRISPACE	M	M30-34	12	00:19:22	<b>00:39:45</b>	132	00:02:27	00:10:16	00:36:11	01:10:33	01:36:22	02:11:08	<b>02:36:40</b>	58	00:02:02	00:29:06	00:32:58
49	KHOMYTSKYI Oleg	598	TRITON	M	M25-29	3	00:18:17	<b>00:38:31</b>	106	00:02:36	00:09:51	00:34:11	01:06:59	01:31:37	02:06:03	<b>02:32:01</b>	40	00:01:46	00:31:35	00:35:46
50	GIERZ Bartłomiej	560	GO APTIV!	M	M25-29	4	00:17:10	<b>00:35:02</b>	51	00:04:52	00:10:09	00:35:25	01:09:59	01:36:05	02:10:54	<b>02:37:11</b>	60	00:02:29	00:28:55	00:32:43
51	KUSIAK Marcin	624	CREATIVE BOCHNIA BIEGA	M	M35-39	6	00:20:09	<b>00:41:54</b>	168	00:04:30	00:09:28	00:33:40	01:06:19	01:31:10	02:05:07	<b>02:30:15</b>	33	00:01:56	00:29:16	00:33:17
52	BABICKI Szymon	510	KUŻNIA TRIATHLONU	M	M35-39	7	00:17:57	<b>00:37:33</b>	89	00:03:16	00:10:39	00:36:10	01:10:04	01:35:46	02:11:12	<b>02:38:19</b>	69	00:02:20	00:29:19	00:33:04
53	KUROWSKI Kamil	622	3GRAVITY	M	M30-34	13	00:18:52	<b>00:38:55</b>	116	00:03:16	00:09:09	00:32:53	01:06:00	01:31:00	02:06:10	<b>02:33:18</b>	45	00:02:26	00:29:43	00:33:37
54	RYŚ Sebastian	697		M	M40-44	14	00:16:23	<b>00:33:36</b>	29	00:02:53	00:09:39	00:33:37	01:06:26	01:31:03	02:04:38	<b>02:29:48</b>	32	00:02:18	00:31:42	00:35:57
55	POSTIKA Oleksandr	682	TRITONODESSA	M	M35-39	8	00:16:56	<b>00:34:50</b>	48	00:02:47	00:09:50	00:34:02	01:06:17	01:29:33	02:02:22	<b>02:27:29</b>	17	00:02:29	00:37:26	00:41:42
56	JANISZEWSKI Arkadiusz	580	GT RAT	M	M45-49	12	00:20:54	<b>00:42:38</b>	175	00:02:54	00:09:50	00:34:21	01:07:49	01:33:00	02:07:54	<b>02:34:02</b>	49	00:02:46	00:31:36	00:35:39
57	MENDEL Magdalena	649	TRIZARZA / ATHLETICOMED / MX ENDURANCE	F	K18-29	2	00:18:50	<b>00:38:34</b>	108	00:03:11	00:10:03	00:35:18	01:09:04	01:34:51	02:09:00	<b>02:34:16</b>	50	00:01:52	00:31:31	00:35:33
58	BICZKOWSKI Kajetan	518	ALE TEAM	M	M25-29	5	00:17:14	<b>00:35:15</b>	55	00:03:09	00:10:13	00:34:52	01:09:28	01:35:17	02:11:14	<b>02:37:13</b>	62	00:01:49	00:31:13	00:35:21
59	HARTMAN Patrycjusz	572	TRENUJ TRIATHLON	M	M35-39	9	00:19:39	<b>00:40:31</b>	148	00:04:10	00:09:53	00:34:05	01:07:36	01:32:37	02:06:39	<b>02:31:33</b>	35	00:03:33	00:30:23	00:34:31
60	PORZYCH Rafał	681	RAFSON.TV	M	M18-24	1	00:16:57	<b>00:35:44</b>	63	00:02:32	00:09:48	00:34:48	01:07:59	01:33:50	02:09:02	<b>02:34:42</b>	52	00:01:40	00:29:22	00:33:18
61	UTYKAŃSKI Michał	730	SBR TEAM	M	M30-34	14	00:14:48	<b>00:30:33</b>	5	00:03:40	00:10:23	00:36:20	01:11:40	01:38:30	02:14:36	<b>02:41:15</b>	81	00:02:19	00:31:21	00:35:30
62	SZYMAŃSKI Piotr	721		M	M25-29	6	00:15:40	<b>00:32:59</b>	22	00:04:10	00:10:20	00:36:30	01:12:00	01:38:56	02:14:05	<b>02:41:36</b>	83	00:01:55	00:31:30	00:35:41
63	WIECZOREK Łukasz	739	RUN4FUN WWW.BYTPAK.PL	M	M30-34	15	00:18:42	<b>00:38:31</b>	105	00:03:18	00:09:42	00:34:55	01:10:03	01:36:09	02:10:42	<b>02:37:07</b>	59	00:01:58	00:30:11	00:34:22
64	WRÓBLEWSKI Wojciech	748	SNG WILD DUCKS	M	M40-44	15	00:18:13	<b>00:37:29</b>	85	00:03:50	00:09:58	00:35:15	01:09:08	01:35:08	02:09:22			00:30:28	00:34:42	
65	JOACHIMIAK Marek	585	GT RAT	M	M25-29	7	00:21:55	<b>00:46:16</b>	200	00:03:23	00:09:43	00:34:45	01:08:48	01:34:30	02:09:39	<b>02:35:05</b>	54	00:02:22	00:31:57	01:02:53
66	KOWALIKOWSKI Daniel	609	VELOMANIA BYDGOSZCZ TEAM	M	M25-29	8	00:17:51	<b>00:37:33</b>	90	00:02:58	00:09:25	00:32:36	01:04:50	01:29:09	02:02:14	<b>02:27:05</b>	16	00:01:27	00:32:30	00:36:54
67	ŁAZARONEK Przemysław	637	DZIEWIĘTNAŚCIE77	M	M40-44	16	00:15:50	<b>00:31:53</b>	16	00:03:09	00:10:34	00:36:38	01:11:55	01:38:31	02:14:37	<b>02:40:46</b>	78	00:02:32	00:32:59	00:37:53
68	ŻUREK Jacek	629		M	M30-34	16	00:13:36	<b>00:28:03</b>	4	00:02:39	00:11:08	00:37:26	01:12:34	01:39:03	02:15:06	<b>02:41:58</b>	86	00:01:30	00:33:01	00:37:29

				Swimming				Cycling												
Rank	Name	Age	Team	Discipline	Time	Score	Rank	Time	Score	Rank	Time	Score	Rank	Time	Score	Rank	Time	Score		
69	MATEJA Janusz Michał	644		M60-64	1		00:16:40	<b>00:34:30</b>	45	00:03:48	00:10:30	00:36:05	01:12:17	01:38:55	02:15:31	<b>02:41:51</b>	84	00:03:12	00:36:25	01:01:43
70	WADZIŃSKA Paulina	734	TRISPACE	K35-39	3	TriSpace	00:18:32	<b>00:37:52</b>	95	00:02:47	00:10:50	00:36:49	01:12:31	01:39:26	02:15:20	<b>02:41:58</b>	85	00:02:21	00:30:55	00:34:59
71	LOBANOVSKIS Aleksandrs	635	CVO	M40-44	17		00:17:21	<b>00:35:40</b>	60	00:05:47	00:09:25	00:33:12	01:06:27	01:31:18	02:06:10	<b>02:32:02</b>	41	00:03:05	00:34:44	00:39:10
72	FRYDRYSZEK Michał	554	TRIPOWER	M30-34	17		00:21:21	<b>00:43:13</b>	181	00:03:48	00:10:04	00:35:23	01:10:22	01:36:07	02:11:03	<b>02:37:12</b>	61	00:02:11	00:30:29	00:34:36
73	PIEKARSKI Marek	521	SISU TEAM / SOLANO	M45-49	13		00:17:40	<b>00:36:34</b>	75	00:02:53	00:10:01	00:35:15	01:09:46	01:36:25	02:12:03	<b>02:39:21</b>	73	00:01:59	00:32:10	00:36:24
74	IGNACZAK Jarek	575		M35-39	10		00:18:42	<b>00:38:45</b>	114	00:04:02	00:10:11	00:35:29	01:10:03	01:35:58	02:12:20	<b>02:39:26</b>	74	00:01:56	00:35:11	01:08:09
75	KOWALCZYK Dariusz	608	GTT DIAMENT	M50-54	1		00:19:29	<b>00:39:05</b>	120	00:02:56	00:09:55	00:34:49	01:09:18	01:35:30	02:11:39	<b>02:38:14</b>	68	00:02:05	00:32:44	00:37:00
76	STACHOWSKI Sebastian	712	TRI TEAM ZĄBKI	M35-39	11		00:18:45	<b>00:38:26</b>	103	00:02:57	00:10:06	00:34:44	01:08:58	01:33:54	02:08:57	<b>02:34:24</b>	51	00:02:22	00:32:31	00:37:07
77	BARTOSIŃSKI Bartłomiej	767	DECATHLON	M25-29	9		00:18:02	<b>00:37:13</b>	80	00:03:12	00:10:38	00:37:21	01:13:48	01:40:50	02:17:58	<b>02:45:07</b>	110	00:03:26	00:30:51	00:34:55
78	WIŚNIEWSKI Zbigniew	742	BRZOZA BIEGA	M50-54	2		00:19:46	<b>00:40:42</b>	152	00:04:10	00:10:35	00:36:15	01:12:16	01:39:24	02:16:36	<b>02:43:16</b>	97	00:02:54	00:29:37	00:33:53
79	KASTRAU Tomasz	593		M35-39	12		00:16:09	<b>00:35:53</b>	65	00:04:12	00:10:35	00:36:53	01:12:26	01:38:48	02:15:38	<b>02:42:21</b>	90	00:01:46	00:31:29	00:35:33
80	ROSZAK Bartosz	692	WRONIECKI KLUB BIEGACZA	M35-39	13		00:18:48	<b>00:37:57</b>	97	00:03:24	00:10:54	00:37:27	01:13:55	01:41:00	02:17:51			00:30:49	00:34:52	
81	GĘBARZEWSKI Robert	559	NORAUTO POLSKA SP.Z O.O.	M45-49	14		00:18:10	<b>00:37:32</b>	88	00:03:22	00:10:20	00:36:32	01:12:33	01:39:36	02:16:00	<b>02:43:32</b>	100	00:02:36	00:32:26	00:36:30
82	SOBCZAK Marcin	706	TRISPACE	M40-44	18	TriSpace	00:16:48	<b>00:34:33</b>	46	00:03:10	00:11:24	00:38:33	01:15:42	01:43:02	02:20:39			00:31:35	00:35:54	
83	GÓRNY Wojciech	774	TRISPACE	M45-49	15		00:17:32	<b>00:35:46</b>	64	00:03:04	00:11:01	00:38:02	01:15:00	01:42:35	02:21:36	<b>02:49:54</b>	128	00:01:56	00:28:01	00:31:39
84	KAMIŃSKI Radosław	589	WUEF TRI TEAM	M30-34	18		00:20:15	<b>00:41:45</b>	166	00:04:51	00:10:16	00:36:41	01:12:44	01:39:13	02:15:08	<b>02:41:36</b>	82	00:03:04	00:30:05	00:34:09
85	KAPICA Marek	590	NGK RUNNING TEAM	M35-39	14		00:19:25	<b>00:40:03</b>	140	00:03:24	00:10:49	00:37:47	01:15:05	01:42:28	02:18:34	<b>02:46:07</b>	113	00:02:02	00:31:01	00:35:08
86	SANIGÓRSKI Krzysztof	700		M40-44	19		00:20:38	<b>00:46:55</b>	206	00:03:32	00:10:35	00:36:51	01:12:06	01:39:16	02:16:27	<b>02:44:12</b>	102	00:01:53	00:29:02	00:32:57
87	KLAPUCH Michał	600	FIZJO-MAT	M35-39	15		00:17:18	<b>00:36:32</b>	74	00:03:39	00:10:18	00:36:03	01:11:37	01:37:53	02:13:47	<b>02:40:18</b>	76	00:02:29	00:36:20	01:12:13
88	ZAWADZKA Katarzyna	755	TRINERGY / DRYŻYNA TVN	K35-39	4		00:18:11	<b>00:38:23</b>	101	00:02:48	00:10:28	00:37:18	01:14:06	01:42:00	02:20:10	<b>02:48:09</b>	120	00:01:39	00:30:51	00:34:56
89	CUPA Ireneusz	538	TRIATHLON KONSULTING	M45-49	16		00:18:38	<b>00:38:56</b>	117	00:04:00	00:09:52	00:34:12	01:07:35	01:32:48	02:07:51	<b>02:33:50</b>	48	00:03:03	00:31:43	00:36:04
90	DULEBA Dariusz	550	NOKIA BYDGOSZCZ	M35-39	16		00:19:24	<b>00:40:29</b>	147	00:03:58	00:10:12	00:35:51	01:11:08	01:37:20	02:12:54	<b>02:40:16</b>	75	00:02:07	00:32:30	00:36:58
91	MONAGHAN Damian	658	ABCPURE	M35-39	17		00:15:22	<b>00:31:16</b>	10	00:04:13	00:11:50	00:41:13	01:22:33	01:51:40	02:31:28	<b>03:00:41</b>	166	00:02:06	00:30:20	00:34:31
92	MADEREK Bogusz	648	BAJEK	M18-24	2						00:09:56	00:35:43	01:11:05	01:38:21	02:14:52	<b>02:42:03</b>	87	00:01:23	00:32:05	00:36:34
93	HAIZE Tomasz	570	ARRK	M40-44	20	ARRK	00:18:25	<b>00:38:15</b>	99	00:03:29	00:10:52	00:38:45	01:17:01	01:44:45	02:21:48	<b>02:49:24</b>	124	00:03:23	00:28:32	00:32:22
94	GOZDOWSKI Paweł	563		M45-49	17		00:24:38	<b>00:50:50</b>	221	00:05:29	00:10:31	00:37:34	01:13:12	01:40:24	02:16:35	<b>02:43:27</b>	98	00:02:42	00:26:55	00:31:16
95	KUBIK Agnieszka	619	BCT GDYNIA & BANACH SPORT TEAM	K30-34	2		00:16:22	<b>00:33:33</b>	27	00:02:28	00:10:42	00:37:47	01:13:51	01:40:48	02:17:13	<b>02:44:19</b>	105	00:01:32	00:34:53	00:39:22
96	KABAT Błażej	586		M30-34	19		00:19:18	<b>00:40:36</b>	151	00:03:20	00:10:25	00:36:26	01:11:30	01:38:26	02:15:21	<b>02:44:51</b>	109	00:01:50	00:31:27	00:35:45
97	SENGER Robert	702	TRIZARZA TEAM	M35-39	18		00:18:10	<b>00:37:42</b>	94	00:03:42	00:10:19	00:35:38	01:11:11	01:37:15	02:13:51	<b>02:40:59</b>	79	00:01:54	00:34:03	00:38:24
98	CYREK Grzegorz	539	CREATIVE BOCHNIA BIEGA TEAM	M45-49	18		00:22:20	<b>00:46:13</b>	199	00:04:50	00:10:12	00:35:38	01:10:50	01:36:49	02:12:36	<b>02:38:14</b>	67	00:03:32	00:32:29	00:36:53
99	IDZIKOWSKI Maciej	574		M25-29	10		00:16:33	<b>00:33:54</b>	37	00:04:29	00:10:53	00:37:47	01:15:07	01:43:07	02:20:49	<b>02:49:46</b>	127	00:02:18	00:31:41	00:35:59
100	GRUBA Marek	568		M30-34	20		00:17:50	<b>00:37:39</b>	92	00:03:59	00:10:14	00:36:48	01:13:03	01:40:20	02:17:58	<b>02:46:43</b>	115	00:02:24	00:31:24	00:35:48
101	SANECKI Robert	699	SPRINT GORZYCE	M40-44	21		00:19:31	<b>00:39:23</b>	125	00:05:58	00:10:29	00:34:50	01:09:16	01:34:23	02:09:29	<b>02:35:11</b>	55	00:02:58	00:36:31	00:41:28
102	BEDNAREK Patrycja	515	TRISPACE	K35-39	5	TriSpace	00:19:00	<b>00:38:33</b>	107	00:02:51	00:10:57	00:38:20	01:14:14	01:41:17	02:17:31	<b>02:44:14</b>	103	00:01:41	00:34:00	00:38:25
103	ZACHWIEJA Piotr	752		M30-34	21		00:19:41	<b>00:40:34</b>	149	00:03:07	00:11:07	00:38:17	01:15:37	01:42:12	02:19:09	<b>02:46:52</b>	116	00:03:16	00:31:34	00:35:54
104	ŻYCZIŃSKI Michał	764	TEAMOCHAL	M30-34	22		00:21:08	<b>00:43:12</b>	180	00:04:19	00:10:28	00:36:18	01:12:35	01:40:04	02:17:00	<b>02:44:46</b>	107	00:02:10	00:31:38	00:35:47
105	LEWIŃSKI Andrzej	632	BIEGAMYRAZEM.PL / CTS	M45-49	19		00:20:26	<b>00:41:16</b>	158	00:03:38	00:10:41	00:37:46	01:13:53	01:40:57	02:17:46	<b>02:45:52</b>	112	00:02:13	00:32:21	00:36:49
106	MICHALLEK Damian	650	TRISPACE	M30-34	23	TriSpace	00:19:33	<b>00:39:46</b>	135	00:04:45	00:10:31	00:36:03	01:11:41	01:39:19	02:16:44	<b>02:45:42</b>	111	00:03:17	00:30:47	00:35:12
107	WOŹNIAK-JODKO Magdalena	542	AMS	K40-44	1	AMS	00:16:53	<b>00:34:14</b>	41	00:03:48	00:11:25	00:40:34	01:17:18	01:45:00	02:23:15	<b>02:51:53</b>	135	00:02:47	00:32:53	00:37:18

						Swimming				Cycling										
108	TALBIERZ Piotr	724	P&P	M40-44	22	00:19:15	<b>00:39:15</b>	123	00:04:22	00:10:37	00:36:43	01:12:36	01:39:07	02:15:00	<b>02:41:10</b>	<b>80</b>	00:03:23	00:33:38	00:38:06	
109	OZOROWSKI Łukasz	670	SIMPLY MADE	M35-39	19	00:19:50	<b>00:39:24</b>	126	00:04:33	00:10:22	00:37:34	01:14:37	01:42:04	02:19:01	<b>02:47:00</b>	<b>117</b>	00:03:28	00:32:42	00:37:00	
110	WONKO Ewa	746	CELIRONMAN	K30-34	3	00:19:21	<b>00:40:00</b>	139	00:04:29	00:10:31	00:37:36	01:15:12	01:43:31	02:22:04	<b>02:50:23</b>	<b>131</b>	00:01:53	00:31:15	00:35:26	
111	KRAUSE Szymon	613		M35-39	20	00:19:11	<b>00:39:13</b>	122	00:03:19	00:11:00	00:38:47	01:16:05	01:43:55	02:21:27	<b>02:49:30</b>	<b>126</b>	00:04:18	00:29:47	00:33:54	
112	PIC Dawid	675		M25-29	11	00:18:03	<b>00:37:30</b>	86	00:06:09	00:10:11	00:36:02	01:10:46	01:37:04	02:13:38	<b>02:42:07</b>	<b>89</b>	00:02:03	00:32:10	00:37:03	
113	PARTYKA Rafał	672		M40-44	23	00:15:28	<b>00:33:48</b>	34	00:05:12	00:10:39	00:37:29	01:14:39	01:43:50	02:23:47	<b>02:56:07</b>	<b>151</b>	00:03:26	00:29:56	00:34:18	
114	CHĘCIŃSKI Marek	532	#LECIMY	M40-44	24	00:18:15	<b>00:38:15</b>	98	00:05:23	00:10:02	00:35:27	01:09:44	01:35:33	02:12:24	<b>02:38:40</b>	<b>72</b>	00:03:26	00:33:49	00:38:33	
115	SZŁYK Maciej	771		M40-44	25	00:17:39	<b>00:35:31</b>	57	00:03:41	00:10:29	00:36:11	01:12:29	01:38:58	02:16:08	<b>02:43:04</b>	<b>94</b>	00:02:31	00:34:57	00:39:44	
116	RATAJCZAK Marek	689	TRIATHLON CLUB WROCŁAW	M50-54	3	00:20:52	<b>00:41:32</b>	162	00:04:57	00:10:22	00:37:23	01:14:59	01:43:18	02:21:06	<b>02:49:24</b>	<b>125</b>	00:03:58	00:33:21	00:37:54	
117	ZAKRZEWSKI Michał	753	SNG WILD DUCKS	M40-44	26	00:16:31	<b>00:34:16</b>	42	00:05:51	00:11:20	00:38:01	01:14:39	01:42:05	02:17:59	<b>02:44:51</b>	<b>108</b>	00:03:28	00:33:05	00:37:42	
118	PRZEWŁOCKI Jakub	685	KLINIKA TRIATHLONU BYDGOSZCZ	M35-39	21	00:18:48	<b>00:39:31</b>	128	00:04:23	00:11:01	00:38:22	01:16:24	01:44:48	02:24:22	<b>02:53:12</b>	<b>142</b>	00:02:28	00:32:28	00:36:50	
119	WODYŃSKI Jan	745	SMARUJ NA TRENING TEAM / TRIMAMA	M30-34	24	00:18:08	<b>00:38:40</b>	113	00:03:17	00:10:46	00:37:04	01:12:09	01:38:18	02:13:25	<b>02:40:19</b>	<b>77</b>	00:01:54	00:34:14	00:39:04	
120	ANTOSZEWSKI Mateusz	509	ARRK	M25-29	12	ARRK	00:19:17	<b>00:39:28</b>	127	00:03:43	00:10:36	00:37:24	01:14:40	01:42:43	02:20:24	<b>02:49:21</b>	<b>121</b>	00:02:39	00:33:50	00:38:35
121	GRABOWSKA Justyna	565	HTF LUDWIK SIKORSKI	K40-44	2	00:18:55	<b>00:38:29</b>	104	00:03:55	00:11:30	00:40:18	01:20:15	01:49:29	02:28:48	<b>02:57:46</b>	<b>157</b>	00:02:47	00:32:55	00:37:13	
122	MIELCAREK Maciej	653	MIELCARCS TEAM	M25-29	13	00:17:23	<b>00:36:14</b>	70	00:03:54	00:10:51	00:37:36	01:13:24	01:40:21	02:16:44	<b>02:44:16</b>	<b>104</b>	00:02:11	00:37:29	00:42:35	
123	KAZIMIERCZYK Adam	594	PTT DELTA	M35-39	22	00:20:50	<b>00:41:56</b>	169	00:04:30	00:10:23	00:36:50	01:12:57	01:39:23	02:15:57	<b>02:43:10</b>	<b>95</b>	00:03:15	00:34:49	00:39:26	
124	KAZUBOWSKI Jacek	595	1967	M50-54	4	00:24:18	<b>00:49:42</b>	217	00:03:54	00:10:45	00:38:31	01:16:20	01:45:09	02:24:09	<b>02:52:21</b>	<b>138</b>	00:02:41	00:30:45	00:34:50	
125	SERZYSKO Bartosz	582		M30-34	25	00:20:54	<b>00:44:32</b>	190	00:04:53	00:10:31	00:37:31	01:14:11	01:43:44	02:23:36	<b>02:54:18</b>	<b>146</b>	00:03:26	00:33:14	00:37:23	
126	BAZAK Cezary	514	CDIS SZ	M50-54	5	00:21:20	<b>00:44:51</b>	191	00:04:50	00:09:38	00:33:41	01:06:57	01:31:47	02:05:56	<b>02:31:53</b>	<b>39</b>	00:02:34	00:31:23	00:35:46	
127	GÓRSKI Sławek	564	TRI TEAM LUBAŃ	M50-54	6	00:20:48	<b>00:42:40</b>	177	00:03:42	00:10:47	00:36:46	01:15:18	01:44:39	02:24:25	<b>02:53:41</b>	<b>144</b>	00:01:59	00:32:44	00:37:19	
128	BISKUPSKA Rita	520	KLINIKA TRIATHLONU BYDGOSZCZ	K18-29	3	00:17:33	<b>00:36:29</b>	73	00:02:57	00:10:55	00:36:59	01:12:40	01:40:16	02:16:34	<b>02:43:12</b>	<b>96</b>	00:02:21	00:37:50	00:42:46	
129	KOWALSKI Piotr	611		M45-49	20	00:21:44	<b>00:46:17</b>	201	00:07:05	00:11:12	00:39:14	01:17:33	01:45:44	02:24:29	<b>02:52:16</b>	<b>136</b>	00:03:09	00:32:58	00:37:13	
130	BARCZYKOWSKI Szymon	512	TRISPACE	M30-34	26	TriSpace	00:17:13	<b>00:34:55</b>	50	00:03:36	00:10:33	00:37:00	01:12:47	01:40:32	02:19:23	<b>02:49:23</b>	<b>123</b>	00:01:52	00:33:06	00:37:36
131	KĘPOWICZ Kamil	597	KAMIL	M30-34	27	00:19:48	<b>00:40:24</b>	145	00:04:21	00:11:30	00:40:07	01:18:57	01:48:13	02:27:25	<b>02:56:11</b>	<b>153</b>	00:01:46	00:35:09	00:40:03	
132	VALERII Makaikin	731	SHYP SHYNA RUN CLUB	M45-49	21	00:18:16	<b>00:36:47</b>	79	00:05:47	00:10:58	00:38:35	01:16:36	01:45:31	02:25:43	<b>02:56:20</b>	<b>154</b>	00:04:02	00:35:07	00:39:50	
133	MOSKAŁ Aleksander	659		M55-59	2	00:19:32	<b>00:39:39</b>	130	00:03:46	00:11:26	00:39:03	01:16:57	01:45:23	02:24:00	<b>02:53:05</b>	<b>141</b>	00:01:57	00:32:35	00:36:58	
134	SZYMANOWSKI Paweł	720	MIELCARCS TEAM	M25-29	14	00:17:11	<b>00:35:41</b>	62	00:04:21	01:16:59	01:45:55	02:25:53	02:56:26				00:34:05	00:40:45		
135	SOBIERAJ Rafał	708	NEVER GIVE UP WARSZAWA-BEMOWO	M25-29	15	00:15:41	<b>00:32:14</b>	20	00:04:05	00:10:06	00:36:31	01:11:42	01:39:12	02:15:17	<b>02:42:51</b>	<b>92</b>	00:02:44	00:30:31	00:34:44	
136	MIELCAREK Jędrzej	652	MIELCARCS TEAM	M25-29	16	00:18:53	<b>00:39:46</b>	134	00:04:42	00:10:35	00:37:32	01:14:48	01:42:43	02:20:35	<b>02:49:57</b>	<b>129</b>	00:03:14	00:34:09	00:39:03	
137	MILNER Szymon	656	TECZA	M35-39	23	00:25:14	<b>00:54:02</b>	224	00:02:52	00:10:13	00:36:02	01:11:24	01:37:33	02:14:13	<b>02:42:39</b>	<b>91</b>	00:02:36	00:36:55	00:41:32	
138	HADASZ Ewa	569		K45-49	1	00:19:30	<b>00:39:52</b>	136	00:04:10	00:11:45	00:41:22	01:21:41	01:52:47	02:34:41	<b>03:05:32</b>	<b>182</b>	00:03:16	00:32:12	00:36:36	
139	DUDEK Artur	549		M25-29	17	00:21:21	<b>00:44:10</b>	185	00:05:28	00:11:08	00:38:37	01:15:47	01:44:08	02:23:14	<b>02:52:17</b>	<b>137</b>	00:02:52	00:32:41	00:37:50	
140	WŁÓDARCZAK Agata	744	TRISPACE	K18-29	4	TriSpace	00:17:35	<b>00:36:40</b>	76	00:03:05	00:11:41	00:39:31	01:17:54	01:46:27	02:25:54	<b>02:54:52</b>	<b>147</b>	00:02:43	00:34:27	00:39:34
141	TOMIŃSKI Krzysztof	726	PTT DELTA	M40-44	27	00:17:34	<b>00:35:41</b>	61	00:06:48	00:12:09	00:38:19	01:14:40	01:42:31	02:20:45	<b>02:50:02</b>	<b>130</b>	00:04:24	00:31:29	00:40:10	
142	SZYMANOWSKI Krzysztof	719		M55-59	3	00:22:31	<b>00:46:25</b>	202	00:06:51	00:10:51	00:37:35	01:13:08	01:40:02	02:16:24	<b>02:43:27</b>	<b>99</b>	00:04:01	00:36:30	00:41:29	
143	PIEKARSKI Paweł	676		M25-29	18	00:15:30	<b>00:31:58</b>	17	00:03:22	00:11:02	00:36:15	01:11:39	01:39:13	02:17:13	<b>02:47:21</b>	<b>118</b>	00:02:15	00:37:30	00:42:52	
144	CICHONSKA - BAZAK Marzena	535	CZARNE STOPY.SM	K45-49	2	00:22:39	<b>00:47:01</b>	207	00:04:19	00:11:04	00:38:51	01:15:57	01:44:50	02:24:36	<b>02:53:44</b>	<b>145</b>	00:02:48	00:34:11	00:38:42	
145	ZATORSKI Robert	754		M45-49	22	00:22:44	<b>00:47:16</b>	209	00:05:11	00:10:37	00:37:47	01:13:58	01:40:39	02:17:05	<b>02:44:08</b>	<b>101</b>	00:03:53	00:35:07	00:40:25	
146	ZAWIŁO Bartłomiej	757	NOWA HUTA TEAM	M30-34	28	00:17:05	<b>00:34:37</b>	47	00:04:41	00:11:43	00:41:59	01:22:12	01:52:15	02:33:30	<b>03:04:44</b>	<b>178</b>	00:02:51	00:33:05	00:38:18	

				Swimming				Cycling												
147	GROCHOWSKI Maciej	566		M30-34	29		00:17:08	<b>00:35:21</b>	56	00:03:55	00:11:32	00:40:12	01:19:23	01:48:55	02:28:49	<b>02:59:05</b>	<b>162</b>	00:03:34	00:32:24	00:39:06
148	WAŁĘŻA Hubert	735	KANAŁOWA TRI TEAM	M30-34	30		00:17:09	<b>00:35:32</b>	58	00:03:15	00:11:14	00:39:05	01:17:09	01:46:08	02:26:21	<b>02:57:19</b>	<b>156</b>	00:01:32	00:35:41	00:41:04
149	WRONA Klaudiusz	747		M40-44	28		00:18:56	<b>00:39:20</b>	124	00:05:55	00:12:40	00:44:30	01:23:08	01:52:50	02:32:38	<b>03:01:29</b>	<b>168</b>	00:01:54	00:34:17	00:38:43
150	MATEJA Bożena	645	SMARUJ NA TRENING	K60-64	1		00:22:32	<b>00:47:16</b>	210	00:03:07	00:12:14	00:42:04	01:21:09	01:51:12	02:31:02	<b>03:01:11</b>	<b>167</b>	00:02:30	00:32:43	00:37:04
151	KUZIEL Karol	625	MEDISTUFF	M25-29	19	MediStuff	00:17:36	<b>00:38:19</b>	100	00:03:39	00:11:16	00:41:25	01:22:26	01:52:46	02:34:36	<b>03:04:52</b>	<b>179</b>	00:02:46	00:33:08	00:37:50
152	POCIEJ Bohdan	678	PTT DELTA	M60-64	2		00:18:27	<b>00:38:39</b>	112	00:05:22	00:10:32	00:37:12	01:14:56	01:43:33	02:23:05	<b>02:52:45</b>	<b>139</b>	00:04:22	00:35:03	00:40:45
153	MAJDA Adrian	639	DZIK SQUAD	M30-34	31		00:19:35	<b>00:40:00</b>	138	00:03:54	00:11:22	00:40:09	01:18:48	01:47:54	02:27:43	<b>02:56:44</b>	<b>155</b>	00:01:54	00:35:18	00:40:11
154	BURSKI Paweł	529	1969	M50-54	7		00:18:40	<b>00:38:59</b>	118	00:04:16	00:11:33	00:39:33	01:19:15	01:48:19	02:26:50	<b>02:56:10</b>	<b>152</b>	00:03:08	00:37:12	00:43:00
155	CIRSON Marek	537		M50-54	8		00:20:13	<b>00:41:34</b>	163	00:05:37	00:10:42	00:36:30	01:12:54	01:39:11	02:16:15	<b>02:44:44</b>	<b>106</b>	00:04:10	00:34:29	00:38:59
156	WISNIEWSKI Piotr	740	DBR77.COM	M40-44	29		00:16:57	<b>00:34:53</b>	49	00:05:07	00:11:19	00:39:11	01:16:51	01:45:13	02:24:05	<b>02:53:12</b>	<b>143</b>	00:04:00	00:38:44	00:44:15
157	CZAPIEWSKI Krzysztof	540	DANONE	M30-34	32		00:21:36	<b>00:44:09</b>	184	00:04:57	00:11:04	00:39:53	01:20:05	01:51:07	02:32:15	<b>03:02:08</b>	<b>171</b>	00:03:46	00:32:39	00:37:05
158	BYZDRA Krzysztof	531	BBL GDAŃSK	M45-49	23		00:19:22	<b>00:39:53</b>	137	00:03:06	00:11:02	00:38:05	01:16:07	01:43:27	02:22:12	<b>02:51:52</b>	<b>134</b>	00:02:55	00:36:14	00:41:29
159	ANDRZEJEWSKI Bartosz	506		M35-39	24		00:17:01	<b>00:35:54</b>	66	00:03:45	00:11:05	00:37:42	01:15:54	01:43:15	02:22:00	<b>02:50:25</b>	<b>132</b>	00:03:23	00:35:05	00:40:22
160	DROŹDŹ Małgorzata	547	AKADEMIA MISTRZÓW SPORTU / KLONIKTEAMAKADEMIA MISTRZÓW SPORTU / KLONIKTEAM	K40-44	3	AMS	00:20:21	<b>00:40:34</b>	150	00:04:12	00:11:48	00:42:31	01:22:58	01:54:05	02:03:45	<b>03:06:53</b>	<b>185</b>	00:02:17	00:34:08	00:38:39
161	ŻOŁĄDŹ Piotr	763		M30-34	33		00:17:34	<b>00:37:31</b>	87	00:04:56	00:11:39	00:40:53	01:21:46	01:52:33	02:34:11	<b>03:06:29</b>	<b>184</b>	00:02:37	00:31:43	00:36:52
162	RYMARKIEWICZ Małgorzata	695	KLINIKA TRIATHLONU	K35-39	6		00:21:50	<b>00:45:21</b>	194	00:03:56	00:11:36	00:40:59	01:20:50	01:51:06	02:32:19	<b>03:02:51</b>	<b>173</b>	00:03:41	00:32:46	00:37:12
163	BRUZGIELEWICZ Paweł	525		M55-59	4		00:18:07	<b>00:36:08</b>	68	00:09:10	00:11:13	00:39:19	01:17:45	01:46:59	02:26:26	<b>02:55:04</b>	<b>148</b>	00:04:57	00:35:51	00:40:41
164	BUJKO Tomasz	527	BUJECZKO TEAM	M35-39	25		00:17:59	<b>00:37:41</b>	93	00:03:39	00:11:12	00:38:49	01:16:24	01:44:45	02:22:53	<b>02:51:07</b>	<b>133</b>	00:02:31	00:37:38	00:42:46
165	SUDOŁ Jacek	716	IPA BYDGOSZCZ	M40-44	30		00:20:14	<b>00:41:59</b>	170	00:04:17	00:11:41	00:42:24	01:23:52	01:55:26	02:37:00	<b>03:08:41</b>	<b>189</b>	00:02:58	00:32:24	00:36:41
166	KARWACKI Grzegorz	592	KATCROS/GLOBUS	M45-49	24		00:18:50	<b>00:39:09</b>	121	00:04:15	00:11:43	00:41:49	01:22:47	01:54:25	02:37:00	<b>03:08:53</b>	<b>190</b>	00:02:52	00:35:54	00:40:41
167	STAFIEJ Wojciech	713		M45-49	25	ARRK	00:24:27	<b>00:50:40</b>	220	00:04:36	00:11:40	00:41:16	01:21:35	01:51:32	02:32:52	<b>03:02:59</b>	<b>174</b>	00:04:53	00:31:37	00:35:53
168	BRESKA Witold	522	AKADEMIA BIEGOWA KOŚCIERZYNA	M45-49	26		00:19:59	<b>00:40:17</b>	143	00:04:02	00:10:52	00:38:33	01:17:07	01:46:16	02:25:56	<b>02:55:08</b>	<b>149</b>	00:02:22	00:37:28	00:42:45
169	RYBKOWSKI Grzegorz	694		M50-54	9		00:23:55	<b>00:50:39</b>	219	00:04:24	00:10:33	00:36:56	01:13:11	01:41:43	02:20:55	<b>02:49:23</b>	<b>122</b>	00:03:19	00:34:28	00:39:35
170	MIKOŁAJCZAK Tomasz	655		M30-34	34		00:19:39	<b>00:40:15</b>	141	00:05:01	00:10:35	00:37:56	01:15:28	01:44:25	02:23:34	<b>02:52:51</b>	<b>140</b>	00:02:42	00:38:59	00:44:09
171	FRĄCKOWIAK Marta	553	TEAM AKTYWNI Z CUKRZYCĄ	K30-34	4		00:20:57	<b>00:42:37</b>	174	00:04:17	00:11:38	00:40:44	01:22:07	01:52:19	02:33:13	<b>03:02:32</b>	<b>172</b>	00:02:51	00:35:30	00:40:12
172	LESZCZYŃSKI Mariusz	630	SMASHING PAPPKINS	M40-44	31		00:19:00	<b>00:39:38</b>	129	00:03:04	00:10:38	00:36:35	01:12:40	01:39:22	02:17:51	<b>02:46:31</b>	<b>114</b>	00:02:36	00:40:57	00:46:56
173	KARKOSZKA Marcin	591	1990	M25-29	20		00:19:57	<b>00:41:03</b>	156	00:04:33	00:11:56	00:42:51	01:24:23	01:56:16	02:37:55	<b>03:10:26</b>	<b>196</b>	00:03:49	00:34:49	00:40:05
174	RZEPECKA Anna	773	M.I.L.A	K40-44	4		00:20:47	<b>00:41:36</b>	164	00:03:47	00:12:14	00:43:42	01:24:57	01:56:31	02:37:50	<b>03:09:55</b>	<b>194</b>	00:04:13	00:32:57	00:37:36
175	KUCHARCZYK Kamil	620	TRI NOT TO DIE	M30-34	35		00:21:46	<b>00:45:11</b>	193	00:04:22	00:10:56	00:38:22	01:17:17	01:47:08	02:28:05	<b>02:59:41</b>	<b>164</b>	00:02:32	00:39:09	00:44:14
176	KURZEJA Kamil	502		M25-29	21		00:22:39	<b>00:48:42</b>	214	00:02:55	00:11:50	00:41:33	01:21:29	01:51:32	02:33:18	<b>03:04:54</b>	<b>180</b>	00:04:06	00:32:48	00:37:47
177	MISUN-NOWAK Katarzyna	657	AMS	K35-39	7	AMS	00:19:49	<b>00:40:26</b>	146	00:04:00	00:11:29	00:40:50	01:21:36	01:53:15	02:36:16	<b>03:08:27</b>	<b>188</b>	00:03:14	00:37:24	00:42:43
178	PĘKAŁA Łukasz	674	CIEZAROWKA.PL	M35-39	26		00:21:47	<b>00:45:28</b>	195	00:04:47	00:11:24	00:39:15	01:16:06	01:42:46	02:19:57	<b>02:47:39</b>	<b>119</b>	00:04:05	00:37:46	00:42:55
179	GAJ Radosław	557	1976	M40-44	32		00:18:47	<b>00:38:38</b>	110	00:05:46	00:11:30	00:41:07	01:22:07	01:54:17	02:37:04	<b>03:09:09</b>	<b>191</b>	00:03:23	00:36:07	00:41:06
180	NIEREBIŃSKI Tomasz	661	FAMILY3TEAM	M40-44	33		00:18:30	<b>00:37:56</b>	96	00:05:14	00:11:16	00:39:11	01:21:34	01:51:26	02:32:43	<b>03:03:19</b>	<b>176</b>	00:05:25	00:38:11	00:42:59
181	ŻARNOWSKI Dawid	762		M40-44	34		00:23:00	<b>00:49:19</b>	216	00:06:08	00:11:59	00:43:34	01:26:01	01:58:57	02:42:10	<b>03:13:58</b>	<b>200</b>	00:03:20	00:31:41	00:35:53
182	SOBCZYŃSKI Michał	707		M30-34	36		00:17:49	<b>00:37:19</b>	82	00:02:45	00:13:06	00:42:36	01:23:16	01:53:27	02:34:32	<b>03:05:42</b>	<b>183</b>	00:03:23	00:37:50	00:44:27
183	ZUBEK Rafał	761	PTT DELTA	M50-54	10		00:22:36	<b>00:46:35</b>	203	00:04:50	00:11:04	00:39:43	01:19:12	01:48:50	02:28:39	<b>02:57:59</b>	<b>159</b>	00:03:49	00:39:14	00:44:29
184	LEWANDOWSKI Marcin	631	KEEEPER	M25-29	22		00:20:28	<b>00:42:09</b>	172	00:04:21	00:11:13	00:38:52	01:18:07	01:47:01	02:29:10	<b>03:00:09</b>	<b>165</b>	00:03:45	00:37:42	00:43:29
185	CHOJNACKA Marta	533		K35-39	8		00:22:37	<b>00:46:47</b>	205	00:04:57	00:12:18	00:44:11	01:26:27	01:58:56	02:41:46	<b>03:14:06</b>	<b>202</b>	00:02:57	00:35:41	00:40:40

								Swimming				Cycling							
186	BURŻACKA-TYC Agnieszka	530	PTT DELTA	K45-49	3	00:20:30	00:40:59	155	00:04:38	00:11:46	00:42:31	01:24:21	01:55:37	02:38:02	03:10:16	195	00:02:35	00:37:39	00:42:58
187	GRUBA Jacek	567		M55-59	5	00:21:52	00:45:38	197	00:04:10	00:11:06	00:38:54	01:17:45	01:47:20	02:28:21	02:58:07	161	00:01:44	00:37:27	00:42:59
188	ANDRZEJAK Robert	505	DRONE AND MORE	M40-44	35	00:22:42	00:46:43	204	00:05:33	00:11:26	00:41:23	01:21:56	03:05:41				00:34:45	00:39:09	
189	KONIECZNY Przemysław	605		M30-34	37	00:19:04	00:40:22	144	00:04:21	00:11:14	00:39:28	01:17:58	01:46:52	02:27:54	02:59:07	163	00:03:18	00:38:10	00:43:55
190	STACHOWIAK Danuta	711	OWOCTEAM	K45-49	4	00:21:07	00:43:45	183	00:05:22	00:11:49	00:42:40	01:24:20	01:56:24	02:40:54	03:13:38	199	00:02:58	00:36:16	00:41:06
191	KRUSZKA Łukasz	616		M40-44	36	00:22:40	00:51:22	222	00:04:50	00:11:38	00:42:44	01:27:06	01:59:55	02:46:09	03:19:42	210	00:03:32	00:31:18	00:35:13
192	ROCH Mateusz	691		M25-29	23	00:17:55	00:36:29	72	00:07:18	00:12:22	00:43:40	01:25:42	01:58:16	02:43:13	03:16:25	208	00:02:52	00:37:09	00:42:06
193	NURKIEWICZ Jarosław	666	KUNG FU PANDY 3	M45-49	27	00:21:00	00:44:16	187	00:03:38	00:11:47	00:40:52	01:21:19	01:51:31	02:32:13	03:01:41	169	00:03:29	00:40:29	00:45:54
194	STĘPNIAK Krzysztof	715	RUN4FUN	M40-44	37	00:20:23	00:42:43	178	00:05:34	00:10:57	00:39:14	01:18:24	01:47:41	02:28:50	02:57:51	158	00:03:24	00:40:38	00:48:00
195	KRYSZTOFOWICZ Tomasz	618		M30-34	38	00:22:28	00:49:10	215	00:09:00	00:11:52	00:42:42	01:24:37	01:57:32	02:41:40	03:15:28	205	00:03:29	00:33:58	00:38:39
196	DRZEWIECKI Rafał	548	RUN4FUN WWW.BYTPAK.PL	M40-44	38	00:19:35	00:42:39	176	00:03:47	00:11:14	00:38:44	01:19:04	01:49:37	02:32:42	03:03:19	175	00:02:18	00:40:29	00:46:47
196	NOWAK Tomasz	662	WITKOWO BIEGA	M35-39	27	00:21:19	00:44:20	188	00:05:35	00:11:03	00:38:40	01:17:28	01:46:13	02:28:01	02:58:03	160	00:03:51	00:39:44	00:44:46
198	INGLOT Michał	576	REFINITIV TRIATHLON TEAM	M40-44	39	00:21:23	00:44:53	192	00:05:10	00:12:05	00:42:43	01:26:49	02:00:04	02:44:09	03:15:43	206	00:02:23	00:38:51	00:44:25
199	CHRUŚCIELEWSKA Dominika	534		K45-49	5	00:19:56	00:41:19	159	00:04:44	00:12:22	00:44:51	01:28:20	02:02:30	02:49:28	03:25:27	214	00:04:22	00:36:28	00:41:32
200	KOSTRZEWA Mateusz	768		M30-34	39	00:19:37	00:39:01	119	00:05:03	00:12:49	00:45:13	01:29:37	02:02:59	02:50:46	03:24:16	211	00:02:33	00:37:11	00:42:10
201	GONTAR Rafał	562	M.I.L.A.	M50-54	11	00:22:52	00:47:09	208	00:07:27	00:13:07	00:45:17	01:27:19	02:00:02	02:44:08	03:16:46	209	00:03:49	00:38:39	00:44:12
202	WITCZAK Dariusz	743	NIEZRZESZONY	M45-49	28	00:25:54	00:54:37	226	00:04:36	00:11:20	00:39:34	01:21:38	01:52:18	02:33:05	03:01:56	170	00:02:46	00:37:26	00:43:21
203	KOSICKI Bartłomiej	504		M35-39	28	00:20:22	00:41:46	167	00:06:36	00:12:27	00:42:46	01:23:43	01:55:43	02:42:43	03:15:54	207	00:03:28	00:38:06	00:42:57
204	WRZOSEK Jarosław	750		M45-49	29	00:28:16	01:03:05	236	00:05:53	00:12:13	00:43:43	01:26:47	01:57:32	02:42:24	03:15:11	204	00:03:54	00:31:55	00:36:56
205	GENIBOR Piotr	558	NDZ	M30-34	40	00:20:34	00:41:28	160	00:03:41	00:11:36	00:40:46	01:20:46	01:51:11	02:32:39	03:04:03	177	00:03:23	00:40:52	00:46:59
206	PUDŁO Marcin	686		M35-39	29	00:23:07	00:45:41	198	00:04:27	00:11:48	00:41:11	01:21:29	01:52:11	02:38:03	03:09:25	192	00:03:32	00:40:34	00:46:55
207	KOŚCIELAK Maciej	606	ŻANDARMI Z BYDGOSZCZY	M40-44	40	00:22:33	00:48:40	213	00:04:46	00:11:42	00:40:36	01:20:59	01:52:28	02:35:10	03:07:02	186	00:03:16	00:39:15	00:44:53
208	LIPINSKI Sebastian	633	GRUPA LANDER NIERUCHOMOŚCI/ROVIGO	M45-49	30	00:28:51	01:01:11	234	00:04:59	00:11:54	00:42:11	01:24:37	01:56:33	02:39:13	03:11:38	198	00:06:00	00:35:53	00:42:32
209	SARNOWSKA Joanna	701	TRI MASTER TEAM	K18-29	5	00:20:59	00:42:50	179	00:05:18	00:12:40	00:45:28	01:30:24	02:04:17	02:50:52	03:25:02	212	00:02:43	00:38:12	00:43:28
210	BINKOWSKI Czarek	769	LKS BOGMAR OSTROMECKO	M45-49	31	00:26:21	00:55:43	230	00:06:15	00:11:12	00:40:18	01:19:53	01:49:28	02:30:26			00:42:02	00:47:35	
211	STASZCZAK Małgorzata	714	TRI TEAM LUBAŃ	K30-34	5	00:21:09	00:45:33	196	00:05:04	00:21:03	00:53:31	01:37:10	02:09:31	02:55:39	03:30:14	217	00:03:52	00:37:05	00:42:12
212	WIŚNIEWSKI Piotr	741		M30-34	41	00:23:23	00:48:37	212	00:06:30	00:11:51	00:43:42	01:27:50	02:03:07	02:50:38	03:25:24	213	00:04:41	00:37:28	00:43:13
213	MIELCAREK Mateusz	651	MIELCARCS TEAM	M30-34	42	00:21:06	00:44:12	186	00:05:44	00:12:03	02:00:43		03:21:36				00:38:00	00:43:46	
214	NOWAK Krzysztof	664		M45-49	32	00:20:11	00:41:31	161	00:04:21	00:11:08	00:39:44	01:20:47	01:52:46	02:37:30	03:11:29	197	00:02:54	00:43:48	00:50:16
215	KWIATKOWSKI Jakub	627		M25-29	24	00:19:50	00:40:56	154	00:04:54	00:11:41	00:39:29	01:18:45	01:48:53	02:32:16	03:04:57	181	00:03:07	00:41:43	00:47:28
216	SZYPER Magdalena	722	SENSOR REHABILITACJA	K30-34	6	00:20:16	00:40:47	153	00:04:14	00:16:47	00:49:30	01:36:56	02:12:17	03:01:18	03:37:37	221	00:02:33	00:37:53	00:43:29
217	LABISZAK Ela	628	ZABIEGANI Z LEŚNEJ	K30-34	7	00:28:23	01:01:45	235	00:05:26	00:11:30	00:41:06	01:22:10	01:52:30	02:35:44	03:07:37	187	00:04:41	00:40:00	00:46:12
218	JABŁOŃSKI Patryk	577	BEZ FORMY TEAM	M30-34	43	00:20:19	00:41:13	157	00:04:49	00:11:15	00:38:48	01:17:21	01:45:29	02:25:39	02:55:57	150	00:02:49	00:51:13	00:59:21
219	SŁAKOWSKI Ariel	703	OPERLAND.PL	M30-34	44	00:26:20	00:56:23	232	00:08:59	00:11:40	00:41:15	01:23:16	01:54:24	02:37:31	03:09:27	193	00:03:38	00:42:00	00:48:29
220	PODKOWSKI Wojciech	541	MORSYGDYŃSKIE BIEGAMYRAZEM.PL	M50-54	12	00:23:52	00:50:06	218	00:05:44	00:22:25	00:52:25	01:33:07	02:02:38	02:44:06	03:14:39	203	00:03:27	00:38:47	00:44:49
221	KURZYŃSKI Paweł	623	MEDISTUFF	M25-29	25	00:22:24	00:47:17	211	00:04:36	00:12:53	00:46:38	01:32:13	02:07:51	02:59:12	03:34:06	220	00:02:31	00:36:08	00:41:49
222	ADAMSKI Leszek	503	NIEZRZESZONY	M35-39	30	00:20:23	00:41:42	165	00:05:22	00:23:27	00:55:51	01:40:03	02:13:07	02:58:51	03:31:10	218	00:06:20	00:47:27	00:53:27
223	MOZLER Agnieszka	660		K40-44	5	00:24:12	00:51:28	223	00:09:34	00:13:58	00:50:14	01:40:35	02:16:39	03:08:36	03:45:21	223	00:08:03	00:39:30	00:45:28
224	BRESKA Ewelina	523	AKADEMIA BIEGOWA KOŚCIERZYNA	K45-49	6	00:26:42	00:54:58	227	00:06:08	00:13:34	00:47:16	01:32:08	02:06:57	02:56:24	03:31:58	219	00:05:33	00:46:33	00:53:31

				Swimming				Cycling											
225	<b>PACHCIAREK Magdalena</b>	<b>671</b>		K35-39	9	00:28:01	<b>00:58:42</b>	233	00:05:30	00:14:59	00:51:15	01:39:43	02:16:01	03:07:32	<b>03:45:55</b>	<b>224</b>	00:03:04	00:43:11	00:49:04
226	<b>KRAZINSKA Samanta</b>	<b>615</b>	MIĘDZY TRENINGAMI	K18-29	6	00:26:12	<b>00:55:38</b>	229	00:04:40	00:13:23	00:47:37	01:34:13	02:10:30	03:01:17	<b>03:38:50</b>	<b>222</b>	00:04:01	00:46:59	00:54:36
227	<b>TRONBORG NIELSEN Ulla</b>	<b>727</b>	BILLUND TRIATHLON CLUB	K50-54	1	00:26:13	<b>00:54:08</b>	225	00:06:03	00:12:37	00:44:05	01:30:21	02:05:02	02:54:49	<b>03:28:54</b>	<b>216</b>	00:15:43	00:44:14	00:51:36
228	<b>URBAŃSKI Adam</b>	<b>729</b>	GABRYŚIA I LEON	M35-39	31	00:21:02	<b>00:44:22</b>	189	00:06:38	00:12:49	00:44:59	01:31:28	02:08:42	03:04:40	<b>03:47:48</b>	<b>225</b>	00:08:34	00:50:14	00:57:41
229	<b>SOBKO Artur</b>	<b>709</b>		M30-34	45	00:25:30	<b>00:55:05</b>	228	00:05:49	00:13:03	00:47:08	01:35:35	02:12:47	03:11:29	<b>03:55:42</b>	<b>226</b>	00:07:33	00:59:03	01:07:11
230	<b>SPICA Daniel</b>	<b>710</b>		M40-44	41	00:35:36	<b>01:16:22</b>	237	00:11:02	00:14:22	00:50:24	01:45:24	02:23:08	03:21:03	<b>04:01:31</b>	<b>227</b>	00:10:19	00:59:11	01:09:56
DQ	<b>SAJDAK Ireneusz</b>	<b>698</b>	SPEED JASŁO	M60-64		DQ	<b>DQ</b>	173	DQ	DQ	DQ	DQ	DQ	DQ	<b>DQ</b>		DQ	DQ	DQ
	<b>MARKIEWICZ Maciej</b>	<b>642</b>	TRISPACE	M35-39		00:18:17	<b>00:37:26</b>	84	00:04:21	00:10:21	00:37:08	01:12:36	01:38:50	02:14:42	<b>02:42:04</b>	<b>88</b>	00:02:52	00:31:35	00:37:52
	<b>ŻYŁA Marcin</b>	<b>765</b>		M30-34		00:15:49	<b>00:33:25</b>	23	00:02:50	00:10:14	00:35:46	01:10:02	01:36:01	02:11:24	<b>02:37:57</b>	<b>66</b>	00:01:55	00:34:53	
	<b>KLUSZCZYŃSKI Robert</b>	<b>601</b>	TORUŃ MULTISPORT TEAM	M40-44		00:17:45	<b>00:36:42</b>	77	00:03:05	00:09:37	00:32:30	01:04:13	01:27:42	02:00:41	<b>02:24:38</b>	<b>12</b>	00:02:47		
	<b>PREUSS Daniel</b>	<b>684</b>	ATOS	M45-49		00:18:20	<b>00:38:39</b>	111	00:04:57	00:12:12	00:42:02	01:23:42	01:55:45	02:40:08	<b>03:14:01</b>	<b>201</b>	00:03:52		
	<b>DOŁHUN Adam</b>	<b>545</b>	RUN PASJA BYDGOSZCZ	M35-39		00:20:17	<b>00:42:03</b>	171	00:03:27	00:19:18	00:47:24	01:28:28	01:59:48	02:41:26	<b>03:27:38</b>	<b>215</b>	00:05:35		
	<b>JĘDRZEJCZYK Leszek</b>	<b>584</b>		M50-54		00:26:24	<b>00:55:56</b>	231	00:05:07	00:11:49	00:41:57	01:25:43	02:00:31						
	<b>PIESIK Dawid</b>	<b>677</b>	ARRK	M25-29		00:17:06	<b>00:35:32</b>	59	00:03:57	00:09:38	00:34:20								
	<b>DRIZLIKH Leonid</b>	<b>546</b>	TRITON	M50-54		00:34:29				00:10:01	02:37:24								

Total 239 results.