

Event: Ocean Lava Triathlon Polska 2021
Organiser: Towarzystwo Sportowe TRI-SPORT
Date: 2021-08-21
Place: Bydgoszcz
Distance: 113 km

Classification: All

Split point: 77,2 km

| Place | Participant | Number | Club | Category | Drużyna 1 | Swimming | | | T1 | Cycling | | | | | Race |
|-------|----------------------|--------|--|----------|--------------------|---------------------|--------------------|-----|----------|----------------------|------------------|-----------------------|-------------------|-----------------------|------|
| | | | | | | 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 | |
| 1 | JAKIMIUK Daniel | 640 | NATURAL EPO #DASHRADE RACING TEAM | M25-29 | | 00:13:56 | 00:28:36 | 3 | 00:01:52 | 00:09:02 | 00:29:52 | 01:00:23 | 01:21:20 | 01:51:30 | |
| 2 | SPALENIAK Tomasz | 717 | ENDURE TEAM | M30-34 | | 00:15:14 | 00:30:54 | 13 | 00:02:19 | 00:09:01 | 00:29:15 | 00:59:11 | 01:19:56 | 01:49:54 | |
| 3 | KONIECZNY Marcin | 668 | K. S. NIEMANIEMOGĘ | M45-49 | | 00:14:43 | 00:30:07 | 8 | 00:02:05 | 00:09:21 | 00:30:22 | 01:01:58 | 01:23:41 | 01:55:13 | |
| | URBAŃSKI Michał | 721 | NEURON REHABILITACJA | M18-24 | | 00:12:06 | 00:24:44 | 1 | 00:02:08 | 00:09:34 | 00:31:37 | 01:04:00 | 01:26:37 | 02:01:13 | |
| 5 | TWAROWSKI Michał | 687 | TRISPACE/TREK | M45-49 | TRISPACE/TREK | 00:14:57 | 00:30:27 | 10 | 00:02:02 | 00:09:32 | 00:31:10 | 01:03:39 | 01:25:37 | 01:57:40 | |
| 6 | SAWICKI Patryk | 711 | COMPLEXSPORTS | M30-34 | Complexsports | 00:13:44 | 00:28:29 | 2 | 00:02:17 | 00:09:58 | 00:31:58 | 01:04:45 | 01:27:04 | 01:59:55 | |
| 7 | RYMER Jakub | 694 | TM IRON TEAM | M35-39 | TM Iron Tri-Team | 00:14:36 | 00:30:09 | 9 | 00:02:27 | 00:09:19 | 00:30:48 | 01:03:03 | 01:25:20 | 01:58:14 | |
| 8 | ZUZIAK Axel | 699 | UNLIMITED SPORT | M25-29 | | 00:15:12 | 00:31:04 | 14 | 00:03:10 | 00:09:22 | 00:31:04 | 01:03:18 | 01:25:26 | 01:58:12 | |
| 9 | SAWIEŁAJC Jakub | 511 | FUJI KRYSPORT TEAM | M18-24 | FUJI KRYSPORT TEAM | 00:14:00 | 00:28:49 | 5 | 00:02:05 | 00:09:41 | 00:32:03 | 01:04:56 | 01:27:53 | 02:02:17 | |
| 10 | MATUSIAK Mateusz | 546 | SNG WILD DUCKS | M30-34 | SNG WILD DUCKS | 00:15:13 | 00:31:12 | 16 | 00:02:09 | 00:09:33 | 00:31:56 | 01:04:37 | 01:27:13 | 02:00:06 | |
| 11 | STARON Piotr | 664 | STARZYNSKI.COACH | M40-44 | | 00:15:39 | 00:31:36 | 20 | 00:03:18 | 00:09:31 | 00:31:40 | 01:04:19 | 01:26:52 | 01:59:19 | |
| 12 | JURKIEWICZ Mariusz | 518 | KOBYLARNIA BIKE BOYS OCHAL TEAM | M40-44 | TEAMOCHAL | 00:17:00 | 00:35:09 | 54 | 00:02:57 | 00:09:49 | 00:31:43 | 01:03:42 | 01:25:45 | 01:57:45 | |
| 13 | GOŁYŚ Grzegorz | 578 | | M18-24 | | 00:15:44 | 00:32:18 | 26 | 00:02:18 | 00:09:41 | 00:32:09 | 01:04:35 | 01:27:27 | 02:01:33 | |
| 14 | KRASON Marcin | 639 | SMASHING PĄPKINS / NBR TEAM / TRINERGY | M40-44 | | 00:16:34 | 00:33:32 | 35 | 00:02:25 | 00:09:52 | 00:32:12 | 01:04:43 | 01:27:27 | 02:00:25 | |
| 15 | PYKA Marek | 658 | CHOP ZE ŻELAZA TRI TEAM | M40-44 | | 00:15:07 | 00:31:14 | 17 | 00:02:41 | 00:10:17 | 00:32:53 | 01:06:09 | 01:29:15 | 02:02:33 | |
| 16 | POLICZKIEWICZ Maciej | 519 | TRIZARZA | M35-39 | Trizarza | 00:15:16 | 00:31:17 | 18 | 00:02:46 | 00:09:52 | 00:32:27 | 01:05:46 | 01:28:40 | 02:02:26 | |
| 17 | OSOWSKI Adam | 663 | ROZBIEGANE DZIAŁDOWO | M35-39 | | 00:19:35 | 00:38:59 | 105 | 00:02:53 | 00:09:33 | 00:32:06 | 01:01:13 | 01:21:20 | 01:54:47 | |
| 18 | DANEK Bartek | 719 | TRINERGY | M45-49 | | 00:14:15 | 00:28:47 | 4 | 00:03:39 | 00:10:01 | 00:32:56 | 01:07:02 | 01:30:30 | 02:04:14 | |
| 19 | MIZERIA Przemysław | 683 | | M30-34 | | 00:15:39 | 00:32:17 | 25 | 00:03:06 | 00:09:32 | 00:31:57 | 01:05:09 | 01:27:52 | 02:01:24 | |
| 20 | PRZYCHODZIEN Rafał | 655 | KUŹNIA TRIATHLONU | M40-44 | | 00:14:17 | 00:29:07 | 7 | 00:02:31 | 00:09:47 | 00:32:22 | 01:06:50 | 01:30:55 | 02:05:14 | |
| 21 | PRZEDPEŁSKI Radosław | 684 | SNG WILD DUCKS | M35-39 | SNG WILD DUCKS | 00:16:10 | 00:33:47 | 36 | 00:02:58 | 00:09:37 | 00:31:34 | 01:04:22 | 01:27:08 | 02:00:15 | |
| 22 | ZIENKIEWICZ Janusz | 689 | TRISPACE/TREK | M45-49 | TRISPACE/TREK | 00:15:04 | 00:30:50 | 12 | 00:02:09 | 00:09:56 | 00:32:38 | 01:07:10 | 01:30:28 | 02:04:13 | |
| 23 | TOPCZEWSKI Gracjan | 656 | TRISPACE/TREK POWERED BY CTS | M45-49 | TRISPACE/TREK | 00:15:44 | 00:31:58 | 23 | 00:02:32 | 00:09:52 | 00:32:19 | 01:05:59 | 01:29:14 | 02:03:00 | |

| | | | | | | Swimming | | | T1 | Cycling | | | | Race | | |
|----|----------------------------------|------------|----------------------------------|--------|--------------------------------|----------|-----------------|----|----------|----------|----------|----------|----------|----------|--|--|
| 24 | FAJFER Arkadiusz | 627 | SNG WILD DUCKS | M35-39 | SNG WILD DUCKS | 00:16:31 | 00:34:11 | 41 | 00:03:13 | 00:09:57 | 00:32:31 | 01:05:07 | 01:27:49 | 02:00:13 | | |
| 25 | KOWALIK Stanisław | 673 | | M45-49 | | 00:14:17 | 00:28:50 | 6 | 00:03:01 | 00:10:18 | 00:33:33 | 01:08:05 | 01:31:56 | 02:06:26 | | |
| 26 | BYCH Maciej | 557 | TRIDEA TEAM | M45-49 | | 00:15:38 | 00:32:01 | 24 | 00:03:32 | 00:10:47 | 00:34:05 | 01:07:59 | 01:31:19 | 02:05:21 | | |
| 27 | PIESIK Dawid | 605 | | M30-34 | Akademia Mistrzów Sportu | 00:16:11 | 00:34:00 | 38 | 00:03:22 | 00:09:44 | 00:32:25 | 01:06:28 | 01:29:56 | 02:04:02 | | |
| 28 | SZARSZEWSKI Michał | 667 | JERZYKTEAM | M40-44 | | 00:15:19 | 00:31:29 | 19 | 00:02:22 | 00:10:02 | 00:32:49 | 01:07:38 | 01:31:58 | 02:08:09 | | |
| 29 | RYBAK Remigiusz | 540 | TRISPACE/TREK | M40-44 | TRISPACE/TREK | 00:17:50 | 00:36:36 | 69 | 00:02:40 | 00:09:33 | 00:31:53 | 01:05:25 | 01:28:40 | 02:02:58 | | |
| 30 | PORZYCH Rafał | 686 | PORZYCH.PL | M18-24 | | 00:16:39 | 00:36:09 | 66 | 00:02:53 | 00:09:41 | 00:31:51 | 01:05:35 | 01:29:03 | 02:03:24 | | |
| 31 | KARCZEWSKI Adrian | 706 | CB 163 ENDURANCE COACHING SYSTEM | M30-34 | CB163 | 00:17:22 | 00:35:19 | 55 | 00:02:52 | 00:10:12 | 00:33:05 | 01:06:34 | 01:30:13 | 02:04:41 | | |
| 32 | MAGDZIARZ Jakub | 594 | KANCELARIA HMM | M40-44 | | 00:16:05 | 00:32:39 | 29 | 00:02:31 | 00:10:08 | 00:33:31 | 01:08:26 | 01:32:44 | 02:07:56 | | |
| 33 | GREJCZYK Alan | 704 | CORTEZ TRIATHLON TEAM | M25-29 | | 00:18:49 | 00:37:51 | 85 | 00:02:31 | 00:09:50 | 00:31:32 | 01:04:34 | 01:28:17 | 02:03:26 | | |
| 34 | DAWIDOWICZ Maciej | 619 | TRISPACE/TREK | M40-44 | TRISPACE/TREK | 00:16:03 | 00:32:58 | 31 | 00:02:52 | 00:10:23 | 00:33:58 | 01:08:52 | 01:33:08 | 02:08:01 | | |
| 35 | SMOCZYNSKI Marek | 589 | MBC TEAM | M40-44 | | 00:16:38 | 00:34:50 | 50 | 00:04:06 | 00:09:31 | 00:32:03 | 01:06:23 | 01:30:06 | 02:05:29 | | |
| 36 | SZCZĘSNA Małgorzata | 700 | 3CS/ TRI LADIES | K30-34 | | 00:16:21 | 00:33:53 | 37 | 00:02:38 | 00:10:54 | 00:34:45 | 01:09:30 | 01:33:30 | 02:07:56 | | |
| 37 | NOSOWSKI Jacek | 674 | TRI.REGRESS | M45-49 | | 00:14:51 | 00:30:28 | 11 | 00:03:09 | 00:10:14 | 00:34:23 | 01:10:18 | 01:35:12 | 02:10:58 | | |
| 38 | KOGUT Bartłomiej | 618 | | M40-44 | | 00:18:19 | 00:36:08 | 65 | 00:02:48 | 00:09:58 | 00:32:51 | 01:07:16 | 01:31:11 | 02:05:41 | | |
| | JASIŃSKA Patrycja | 654 | | K25-29 | | 00:16:31 | 00:34:18 | 44 | 00:03:13 | 00:11:46 | 00:38:23 | 01:18:53 | | 02:07:30 | | |
| 40 | ZDANOWSKI Tomasz | 622 | TRIZARZA | M25-29 | Trizarza | 00:16:56 | 00:35:02 | 53 | 00:03:01 | 00:09:34 | 00:32:29 | 01:07:15 | 01:31:18 | 02:07:34 | | |
| 41 | KILIJAŃCZYK Piotr | 513 | PEKRAPOL TEAM | M40-44 | | 00:17:13 | 00:35:27 | 60 | 00:02:53 | 00:10:23 | 00:34:14 | 01:08:31 | 01:32:42 | 02:07:50 | | |
| 42 | CHILEWSKI Arkadiusz | 648 | CB163 | M45-49 | | 00:16:30 | 00:34:11 | 42 | 00:03:15 | 00:10:23 | 00:33:37 | 01:08:08 | 01:32:18 | 02:08:57 | | |
| 43 | WINIECKI Tomasz | 690 | IRON HOUSE TRIATHLON WŁOCŁAWEK | M45-49 | Iron House Triathlon Włocławek | 00:18:57 | 00:38:39 | 98 | 00:03:07 | 00:09:58 | 00:33:01 | 01:07:44 | 01:31:18 | 02:05:53 | | |
| 44 | ANDRAŁOJĆ Anna | 652 | IRON TRI TEAM TOMASZ MARCINEK | K30-34 | TM Iron Tri-Team | 00:16:47 | 00:34:21 | 46 | 00:02:59 | 00:10:09 | 00:34:07 | 01:09:37 | 01:34:23 | 02:10:29 | | |
| 45 | SOBCZAK Marcin | 596 | IM INSPIRATION TEAM | M45-49 | IM Inspiration Team | 00:17:15 | 00:34:55 | 52 | 00:02:48 | 00:10:59 | 00:34:56 | 01:10:49 | 01:34:55 | 02:10:26 | | |
| 46 | SZCZYRBOWSKI Michał | 601 | YOOBEE.PL | M40-44 | | 00:16:45 | 00:34:19 | 45 | 00:03:35 | 00:10:23 | 00:34:11 | 01:09:51 | 01:34:22 | 02:10:17 | | |
| 47 | STRZAŁA Grzegorz | 696 | TRI DIVISION TRIATHLON TEAM | M40-44 | | 00:17:40 | 00:35:52 | 63 | 00:03:48 | 00:09:55 | 00:33:28 | 01:08:34 | 01:33:08 | 02:08:34 | | |
| 48 | MICHAŁ Kieruzel | 580 | MK | M35-39 | | 00:17:20 | 00:35:23 | 57 | 00:03:42 | 00:10:14 | 00:33:43 | 01:09:02 | 01:33:24 | 02:09:15 | | |
| 49 | WRÓBLEWSKI Wojciech | 714 | SNG WILD DUCKS | M40-44 | SNG WILD DUCKS | 00:18:51 | 00:37:51 | 86 | 00:03:22 | 00:10:02 | 00:32:53 | 01:07:38 | 01:32:06 | 02:07:15 | | |
| 50 | CZAJA Kamil | 659 | SWIM2TRI | M35-39 | | 00:17:01 | 00:35:23 | 58 | 00:02:54 | 00:10:07 | 00:33:21 | 01:09:08 | 01:33:35 | 02:10:21 | | |
| 51 | KOZMINCZUK-MARKULAK Marek | 710 | TM IRON TRI-TEAM | M45-49 | TM Iron Tri-Team | 00:18:02 | 00:36:51 | 76 | 00:02:45 | 00:10:19 | 00:33:50 | 01:08:39 | 01:32:53 | 02:09:09 | | |

| | | | | | Swimming | | | T1 | Cycling | | | | 12 | Race | 2018 |
|----|-------------------------------|------------|--|--------|--------------------------------|-----------------|-----------------|----------|----------|----------|----------|----------|----------|----------|------|
| 52 | KLAPUCH Michał | 584 | EWA BUGDOŁ TEAM | M40-44 | 00:17:09 | 00:35:35 | 61 | 00:02:37 | 00:10:25 | 00:34:19 | 01:09:41 | 01:34:26 | 02:10:55 | | |
| 53 | WYSMOLIŃSKI Rafał | 675 | | M40-44 | 00:18:27 | 00:37:20 | 79 | 00:03:45 | 00:09:55 | 00:33:29 | 01:08:26 | 01:32:43 | 02:08:11 | | |
| 54 | SZELC Mikołaj | 528 | ORT ŁOMIANKI | M45-49 | 00:21:47 | 00:40:51 | 125 | 00:02:52 | 00:10:19 | 00:33:12 | 01:06:59 | 01:30:31 | 02:05:37 | | |
| 55 | CZAJKOWSKI Krzysztof | 708 | | M45-49 | 00:16:49 | 00:34:39 | 48 | 00:02:42 | 00:10:37 | 00:34:56 | 01:11:03 | 01:36:05 | 02:12:48 | | |
| 56 | KAMIŃSKI Tomasz | 657 | IM INSPIRATION TEAM | M40-44 | IM Inspiration Team | 00:20:57 | 00:44:55 | 157 | 00:03:13 | 00:09:50 | 00:32:12 | 01:05:24 | 01:28:31 | 02:02:17 | |
| 57 | DEPTUŁA Grzegorz | 623 | VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY | M40-44 | 00:16:29 | 00:34:07 | 39 | 00:02:56 | 00:10:45 | 00:34:49 | 01:11:26 | 01:37:00 | 02:13:56 | | |
| 58 | ŻMICH-FÓRMANIAK Joanna | 716 | TM IRON TEAM | K45-49 | TM Iron Tri-Team | 00:16:42 | 00:34:18 | 43 | 00:02:04 | 00:10:56 | 00:35:28 | 01:12:02 | 01:37:34 | 02:14:43 | |
| 59 | BORKOWSKI Paweł | 666 | RNB TEAM POLANICA ZDROJ/EWA BUDGOL TEAM | M30-34 | 00:19:49 | 00:40:57 | 127 | 00:03:14 | 00:09:50 | 00:32:57 | 01:08:04 | 01:32:18 | 02:08:04 | | |
| 60 | ŻOK Filip | 642 | | M30-34 | 00:16:29 | 00:34:08 | 40 | 00:03:09 | 00:10:28 | 00:35:22 | 01:11:57 | 01:37:31 | 02:15:13 | | |
| 61 | PIASECKI Radosław | 559 | | M25-29 | 00:18:24 | 00:37:45 | 84 | 00:02:54 | 00:10:41 | 00:34:49 | 01:10:07 | 01:35:03 | 02:12:05 | | |
| 62 | SENGER Robert | 591 | TRIZARZA | M35-39 | Trizarza | | | | 00:10:32 | 00:34:27 | 01:10:16 | 01:35:13 | 02:11:54 | | |
| 63 | GACZKOWSKI Jacek | 672 | ZBIEGIZGŁOWNEJ | M35-39 | 00:17:31 | 00:37:22 | 80 | 00:02:36 | 00:10:34 | 00:34:59 | 01:10:46 | 01:36:10 | 02:12:54 | | |
| 64 | IDZIKOWSKI Maciej | 558 | | M30-34 | 00:15:47 | 00:31:50 | 22 | 00:03:26 | 00:11:05 | 00:36:43 | 01:13:42 | 01:39:42 | 02:17:54 | | |
| 65 | MACIEJEWSKI Rafał | 582 | | M30-34 | 00:17:49 | 00:36:32 | 68 | 00:04:18 | 00:10:29 | 00:33:42 | 01:09:06 | 01:34:31 | 02:12:31 | | |
| 66 | CHRAPKOWSKI Marcel | 525 | IRON HOUSE TRIATHLON WŁOCŁAWEK | M35-39 | Iron House Triathlon Włocławek | 00:17:21 | 00:35:25 | 59 | 00:03:19 | 00:10:37 | 00:34:54 | 01:11:13 | 01:36:36 | 02:14:43 | |
| 67 | MICHAŁOWSKI Piotr | 504 | NADAKTYWNI BIAŁYSTOK | M30-34 | 00:15:52 | 00:32:22 | 28 | 00:05:51 | 00:11:09 | 00:36:26 | 01:13:53 | 01:39:24 | 02:16:16 | | |
| 68 | ROSENKRANC Mariusz | 705 | ENDURE TEAM | M35-39 | 00:19:11 | 00:38:28 | 93 | 00:04:01 | 00:10:49 | 00:35:21 | 01:12:00 | 01:36:19 | 02:12:04 | | |
| 69 | AUGUSTYŃIAK Grzegorz | 606 | PTTDELTA | M45-49 | PTT DELTA | 00:16:28 | 00:33:20 | 32 | 00:04:04 | 00:10:56 | 00:35:48 | 01:13:28 | 01:39:45 | 02:18:04 | |
| 70 | BRZESKI Sebastian | 613 | | M40-44 | 00:19:09 | 00:39:05 | 107 | 00:03:11 | 00:10:48 | 00:34:58 | 01:11:02 | 01:35:59 | 02:13:12 | | |
| 71 | CHMURA Szczepan | 549 | SZCZ TRI | M50-54 | 00:18:54 | 00:38:51 | 102 | 00:03:02 | 00:10:19 | 00:34:15 | 01:10:50 | 01:35:49 | 02:13:36 | | |
| 72 | JODKO Magdalena | 615 | TM IRON TRI-TEAM | K40-44 | TM Iron Tri-Team | 00:16:08 | 00:32:22 | 27 | 00:03:22 | 00:11:02 | 00:35:56 | 01:13:25 | 01:40:01 | 02:20:04 | |
| 73 | POPEK Maciej | 520 | IRON HOUSE TRIATHLON WŁOCŁAWEK | M40-44 | Iron House Triathlon Włocławek | 00:19:16 | 00:39:40 | 110 | 00:03:50 | 00:10:11 | 00:34:29 | 01:10:39 | 01:35:38 | 02:12:41 | |
| 74 | STANISŁAWSKI Marcin | 628 | SNG WILD DUCKS | M45-49 | 00:18:32 | 00:37:55 | 87 | 00:03:57 | 00:10:35 | 00:35:09 | 01:12:19 | 01:37:08 | 02:14:27 | | |
| 75 | JOACHIMIAK Marek | 651 | TRITOGO | M30-34 | 00:20:35 | 00:42:21 | 137 | 00:02:49 | 00:09:55 | 00:33:50 | 01:10:20 | 01:35:09 | 02:11:18 | | |
| 76 | CHŁOSTA Marek | 543 | KAZIKI | M45-49 | 00:18:29 | 00:38:21 | 92 | 00:03:31 | 00:10:25 | 00:34:20 | 01:11:08 | 01:36:23 | 02:14:42 | | |
| 77 | CHMIEL Piotr | 552 | PTT DELTA | M30-34 | PTT DELTA | 00:18:00 | 00:36:58 | 78 | 00:05:00 | 00:10:28 | 00:34:48 | 01:11:50 | 01:37:54 | 02:15:03 | |
| 78 | DURMAJ Bartek | 676 | | M35-39 | 00:19:01 | 00:38:33 | 95 | 00:02:49 | 00:11:03 | 00:35:58 | 01:13:13 | 01:38:17 | 02:15:45 | | |
| 79 | FIEGEL Wojciech | 515 | TRISPACE/TREK | M40-44 | TRISPACE/TREK | 00:20:25 | 00:40:03 | 114 | 00:03:12 | 00:10:28 | 00:34:58 | 01:12:08 | 01:37:18 | 02:14:04 | |
| 80 | MENDEL Magdalena | 715 | IRON TRI TEAM TOMASZ MARCINEK | K30-34 | TM Iron Tri-Team | 00:16:57 | 00:34:48 | 49 | 00:02:45 | 00:10:51 | 00:35:59 | 01:14:22 | 01:40:50 | 02:19:59 | |
| 81 | KRAUSE Szymon | 535 | | M35-39 | 00:19:01 | 00:38:48 | 101 | 00:02:45 | 00:11:25 | 00:36:32 | 01:13:20 | 01:38:31 | 02:16:07 | | |

| | | | | | Swimming | | | T1 | Cycling | | | | Race | | | |
|-----|-----------------------------|------------|--|--------|--------------------------------|-----------------|-----------------|----------|----------|----------|----------|----------|----------|----------|--|--|
| 82 | KOWALSKI Damian | 609 | WODNIACY SĘPOLNO | M35-39 | 00:16:25 | 00:33:31 | 34 | 00:05:07 | 00:11:17 | 00:37:01 | 01:14:55 | 01:41:04 | 02:19:06 | | | |
| 83 | ŁUKASIEWICZ Mariusz | 636 | ALOHA TRIATHLON TEAM | M35-39 | 00:16:15 | 00:33:30 | 33 | 00:02:53 | 00:11:05 | 00:36:51 | 01:15:00 | 01:41:30 | 02:21:40 | | | |
| 84 | FRYDRYCH Agata | 660 | KUŹNIA TRIATHLONU | K30-34 | 00:17:57 | 00:36:19 | 67 | 00:04:12 | 00:11:46 | 00:36:53 | 01:14:26 | 01:40:15 | 02:17:38 | | | |
| 85 | STĘPNIAK Krzysztof | 514 | RUN4FUN | M40-44 | Run4Fun | 00:19:04 | 00:38:34 | 96 | 00:04:55 | 00:10:19 | 00:35:03 | 01:12:15 | 01:37:23 | 02:14:49 | | |
| 86 | CYREK Grzegorz | 593 | CREATIVE BOCHNIA TEAM | M45-49 | CREATIVE BOCHNIA TEAM | 00:21:36 | 00:44:20 | 151 | 00:05:24 | 00:10:04 | 00:33:14 | 01:08:22 | 01:32:14 | 02:08:35 | | |
| 87 | FALGE Radka | 701 | KOA | K45-49 | | 00:16:57 | 00:34:54 | 51 | 00:03:53 | 00:10:49 | 00:35:51 | 01:14:04 | 01:40:18 | 02:19:49 | | |
| 88 | KLEJZEROWICZ Roman | 703 | IM INSPIRATION / EGGER BISKUPIEC BIEGA | M40-44 | IM Inspiration Team | 00:18:54 | 00:38:59 | 104 | 00:02:48 | 00:10:52 | 00:35:52 | 01:13:10 | 01:38:31 | 02:17:00 | | |
| 89 | BAZAK Cezary | 534 | | M55-59 | | 00:21:27 | 00:44:39 | 155 | 00:05:17 | 00:10:25 | 00:33:50 | 01:08:42 | 01:32:49 | 02:08:57 | | |
| 90 | STAFARCZYK Dawid | 598 | | M25-29 | | 00:17:53 | 00:36:51 | 75 | 00:03:24 | 00:10:40 | 00:35:44 | 01:13:54 | 01:40:09 | 02:19:04 | | |
| 91 | CHOMONT Magdalena | 595 | | K40-44 | | 00:17:50 | 00:36:37 | 71 | 00:02:53 | 00:11:01 | 00:36:41 | 01:14:59 | 01:41:18 | 02:20:27 | | |
| 92 | MAŚKIEWICZ Michał | 539 | ORKAMASTERS IŁAWA | M35-39 | | 00:17:49 | 00:36:47 | 73 | 00:02:30 | 00:10:32 | 00:35:19 | 01:13:28 | 01:40:04 | 02:20:42 | | |
| 93 | MUCHA Aleksander | 527 | IRON HOUSE TRIATHLON WŁOCŁAWEK | M35-39 | Iron House Triathlon Włocławek | 00:19:07 | 00:38:53 | 103 | 00:03:59 | 00:10:56 | 00:35:42 | 01:13:26 | 01:38:53 | 02:17:57 | | |
| 94 | POPŁAWSKI Przemysław | 624 | | M30-34 | | 00:19:21 | 00:40:05 | 115 | 00:02:56 | 00:11:03 | 00:35:47 | 01:13:11 | 01:39:27 | 02:18:05 | | |
| 95 | MOTYLEWSKA Marta | 671 | PTT DELTA PŁOCK | K30-34 | PTT DELTA | 00:21:02 | 00:43:28 | 146 | 00:02:57 | 00:10:51 | 00:35:03 | 01:11:11 | 01:36:37 | 02:14:50 | | |
| 96 | HEJNICKI Dariusz | 670 | DON TRUCKING GROUP | M30-34 | | 00:19:33 | 00:40:08 | 116 | 00:04:13 | 00:11:28 | 00:36:25 | 01:13:23 | 01:38:30 | 02:17:07 | | |
| 97 | AUGUSTYNIAK Piotr | 635 | | M45-49 | | 00:21:21 | 00:44:53 | 156 | 00:03:03 | 00:11:09 | 00:35:50 | 01:12:10 | 01:37:07 | 02:14:42 | | |
| 98 | ZOBER Marek | 544 | CHOP ZE ŻELAZA TRI TEAM | M35-39 | | 00:19:02 | 00:38:42 | 99 | 00:03:21 | 00:11:20 | 00:36:27 | 01:14:40 | 01:41:12 | 02:20:40 | | |
| 99 | HUĆ Aron | 653 | ETICOD | M30-34 | | 00:21:05 | 00:46:12 | 165 | 00:03:36 | 00:11:33 | 00:35:48 | 01:12:26 | 01:36:55 | 02:12:59 | | |
| 100 | ZAKRZEWSKI Jarosław | 586 | | M45-49 | | 00:21:15 | 00:43:43 | 148 | 00:04:00 | 00:10:56 | 00:35:00 | 01:12:20 | 01:37:40 | 02:15:13 | | |
| 101 | KASTRAU Tomasz | 572 | RUN4FUN | M40-44 | | 00:15:46 | 00:32:49 | 30 | 00:03:36 | 00:11:05 | 00:37:08 | 01:17:05 | 01:44:48 | 02:26:48 | | |
| | STASIAK Krzysztof | 531 | VOCA ADVISE | M45-49 | | 00:18:19 | 00:37:43 | 83 | 00:05:31 | 00:11:20 | 00:35:54 | 01:14:28 | 01:41:07 | 02:20:07 | | |
| 103 | KRUPIŃSKI Jakub | 521 | EDI-TEAM | M35-39 | | 00:18:48 | 00:39:00 | 106 | 00:04:04 | 00:10:37 | 00:35:55 | 01:13:28 | 01:39:57 | 02:20:27 | | |
| 104 | BEJROWSKI Piotr | 691 | SKRZAT TEAM | M35-39 | | 00:25:12 | 00:53:19 | 183 | 00:02:30 | 00:09:47 | 00:33:33 | 01:08:16 | 01:32:39 | 02:08:15 | | |
| 105 | GŁUSZCZAK Wojciech | 602 | KLAN GŁUSZCZAKÓW | M50-54 | | 00:17:47 | 00:36:38 | 72 | 00:03:37 | 00:11:13 | 00:37:36 | 01:17:17 | 01:44:29 | 02:23:59 | | |
| 106 | GORSKI Sławek | 579 | TRI TEAM LUBAŃ | M50-54 | Tri Team Lubań | 00:24:33 | 00:47:12 | 170 | 00:03:18 | 00:10:28 | 00:34:07 | 01:10:26 | 01:36:00 | 02:14:12 | | |
| 107 | JOVANOVIĆ Marko | 560 | PSK BRĐANKA | M25-29 | | 00:18:43 | 00:39:10 | 108 | 00:04:26 | 00:11:25 | 00:37:43 | 01:16:10 | 01:42:23 | 02:21:19 | | |
| 108 | TALBOOM Jeffrey | 698 | | M25-29 | | 00:17:57 | 00:38:33 | 94 | 00:04:59 | 00:11:10 | 00:37:31 | 01:16:00 | 01:41:37 | 02:21:39 | | |
| 109 | JANCZUK Dawid | 662 | TRIATHLON KONSULTING | M18-24 | | 00:15:07 | 00:31:04 | 15 | 00:04:23 | 00:12:00 | 00:39:34 | 01:20:27 | 01:48:29 | 02:29:56 | | |
| 110 | KŁOPOCKI Jakub | 575 | | M30-34 | | 00:18:49 | 00:38:48 | 100 | 00:03:18 | 00:11:19 | 00:36:43 | 01:16:19 | 01:43:05 | 02:23:33 | | |
| 111 | BETLEJ Hubert | 644 | B3T | M35-39 | | 00:22:10 | 00:46:01 | 163 | 00:03:32 | 00:10:43 | 00:35:50 | 01:12:50 | 01:37:51 | 02:16:39 | | |
| 112 | MOSKAL Aleksander | 643 | | M55-59 | | 00:18:40 | 00:38:02 | 89 | 00:04:48 | 00:11:50 | 00:39:00 | 01:18:07 | 01:44:53 | 02:24:22 | | |

| | | | | | | Swimming | | | T1 | Cycling | | | | Race | Score | |
|-----|--------------------------------------|------------|--------------------------|--------|--------------------------|----------|-----------------|-----|----------|----------|----------|----------|----------|----------|-------|--|
| 113 | BEDYK Ireneusz | 532 | PTT DELTA | M60-64 | PTT DELTA | 00:20:42 | 00:41:30 | 131 | 00:05:01 | 00:11:08 | 00:36:04 | 01:14:15 | 01:40:02 | 02:20:50 | | |
| 114 | WIŚNIEWSKI Piotr | 524 | GEOTACH | M35-39 | | 00:20:14 | 00:42:03 | 136 | 00:03:22 | 00:11:07 | 00:36:59 | 01:15:10 | 01:42:00 | 02:22:20 | | |
| 115 | WAŁĘZA Hubert | 564 | KANAŁOWA TRI TEAM | M30-34 | | 00:18:23 | 00:37:38 | 82 | 00:03:48 | 00:11:31 | 00:38:09 | 01:17:48 | 01:45:09 | 02:26:36 | | |
| 116 | LESZCZYŃSKI Mariusz | 567 | K. S. TRI BE.R | M45-49 | K. S. TRI BE.R | 00:19:37 | 00:40:36 | 119 | 00:03:23 | 00:11:11 | 00:36:38 | 01:15:53 | 01:42:47 | 02:24:12 | | |
| 117 | SZAŁKOWSKI Tomasz | 562 | CITYZEN POZNAŃ | M35-39 | | 00:23:20 | 00:45:55 | 161 | 00:02:39 | 00:10:49 | 00:35:24 | 01:14:10 | 01:39:52 | 02:19:54 | | |
| 118 | HADASZ Ewa | 712 | TRI&MORE | K45-49 | | 00:19:16 | 00:39:57 | 112 | 00:03:40 | 00:11:36 | 00:38:02 | 01:17:29 | 01:44:33 | 02:25:01 | | |
| 119 | ANTKOWIAK Bartosz | 541 | TRISPACE/TREK | M30-34 | TRISPACE/TREK | 00:21:49 | 00:45:07 | 158 | 00:02:45 | 00:10:47 | 00:35:52 | 01:14:15 | 01:40:16 | 02:20:48 | | |
| 120 | LASSAK Bartosz | 15 | AKADEMIA MISTRZÓW SPORTU | M45-49 | Akademia Mistrzów Sportu | 00:18:27 | 00:38:03 | 90 | 00:03:04 | 00:11:37 | 00:38:15 | 01:19:07 | 01:46:11 | 02:27:37 | | |
| 121 | OFFEREINS Tino | 697 | | M25-29 | | 00:19:55 | 00:40:49 | 122 | 00:05:31 | 00:11:27 | 00:38:16 | 01:16:43 | 01:43:28 | 02:22:29 | | |
| 122 | GRUSZCZYK Grzegorz | 637 | | M35-39 | | 00:21:10 | 00:43:22 | 144 | 00:04:45 | 00:10:43 | 00:36:18 | 01:14:45 | 01:40:51 | 02:20:45 | | |
| 123 | KUCHARCZYK Kamil | 713 | TRI NOT TO DIE | M30-34 | | 00:21:08 | 00:44:33 | 154 | 00:03:25 | 00:11:23 | 00:35:59 | 01:13:26 | 01:39:50 | 02:20:57 | | |
| 124 | KONIECZNY Przemysław | 650 | TRI NOT TO DIE | M35-39 | | 00:20:48 | 00:44:23 | 152 | 00:03:16 | 00:10:59 | 00:36:15 | 01:13:52 | 01:40:12 | 02:21:18 | | |
| 125 | GRUBA Marek | 576 | TRISPACE/TREK | M30-34 | TRISPACE/TREK | 00:18:50 | 00:38:37 | 97 | 00:03:50 | 00:11:16 | 00:36:56 | 01:16:39 | 01:44:10 | 02:26:41 | | |
| 126 | PIEKARSKI Wojciech | 573 | | M40-44 | | 00:21:41 | 00:41:26 | 130 | 00:04:58 | 00:11:41 | 00:37:40 | 01:17:43 | 01:42:54 | 02:22:50 | | |
| 127 | BEIL Dawid | 681 | 3DVSN | M40-44 | | 00:17:27 | 00:35:48 | 62 | 00:02:41 | 00:11:38 | 00:39:22 | 01:20:30 | 01:48:16 | 02:31:03 | | |
| 128 | DOMERACKI Damian | 590 | PERSONAL TRIATHLON | M40-44 | | 00:19:15 | 00:39:43 | 111 | 00:04:46 | 00:11:26 | 00:37:48 | 01:17:51 | 01:44:28 | 02:25:15 | | |
| 129 | ŁUCZAK Jacek | 693 | KB UE POZNAŃ | M50-54 | | 00:19:45 | 00:41:48 | 134 | 00:04:01 | 00:10:49 | 00:36:26 | 01:15:34 | 01:42:25 | 02:23:59 | | |
| 130 | AL-DRAWI Joanna | 679 | IM INSPIRATION | K40-44 | IM Inspiration Team | 00:19:45 | 00:40:50 | 123 | 00:05:19 | 00:11:44 | 00:37:52 | 01:17:09 | 01:43:49 | 02:23:54 | | |
| 131 | ARISMENDI Jean-Paul | 526 | | M35-39 | | 00:20:28 | 00:42:39 | 139 | 00:03:04 | 00:11:28 | 00:38:00 | 01:17:07 | 01:44:16 | 02:24:33 | | |
| 132 | WIŚNIEWSKI Zbigniew | 702 | ROWEROWA BRZOZA | M55-59 | | 00:20:55 | 00:43:19 | 143 | 00:05:17 | 00:10:58 | 00:36:29 | 01:16:09 | 01:42:28 | 02:22:19 | | |
| 133 | KOZMINCZUK-MARKULAK Agnieszka | 709 | TM IRON TRI-TEAM | K35-39 | TM Iron Tri-Team | 00:17:58 | 00:36:37 | 70 | 00:02:51 | 00:11:56 | 00:38:49 | 01:20:25 | 01:49:02 | 02:31:50 | | |
| 134 | KONIECZNY Karol | 632 | | M35-39 | | 00:20:24 | 00:40:51 | 124 | 00:06:11 | 00:11:29 | 00:37:17 | 01:16:28 | 01:42:45 | 02:24:25 | | |
| 135 | KIEDROWSKI Jerzy | 553 | | M25-29 | | 00:17:33 | 00:36:02 | 64 | 00:06:01 | 00:11:27 | 00:38:16 | 01:19:26 | 01:47:38 | 02:30:12 | | |
| 136 | BŁĘDOWSKI Bogdan | 669 | | M45-49 | | 00:19:39 | 00:40:43 | 121 | 00:06:27 | 00:11:46 | 00:37:27 | 01:16:37 | 01:44:00 | 02:25:24 | | |
| 137 | NOWAK Michał | 563 | LEGALAID | M30-34 | | 00:19:41 | 00:40:37 | 120 | 00:03:38 | 00:11:24 | 00:38:00 | 01:18:18 | 01:45:46 | 02:28:25 | | |
| 138 | PELANT Ryszard | 571 | WICHER ROSNÓWKO | M45-49 | | 00:19:47 | 00:40:01 | 113 | 00:05:29 | 00:12:07 | 00:38:37 | 01:19:13 | 01:46:50 | 02:27:50 | | |
| 139 | MIKOŁAJSKI Krzysztof | 688 | | M30-34 | | 00:20:05 | 00:41:34 | 132 | 00:03:41 | 00:12:03 | 00:38:44 | 01:19:55 | 01:47:53 | 02:29:03 | | |
| 140 | SZYMCZAK Jakub | 588 | | M30-34 | | 00:18:03 | 00:36:56 | 77 | 00:04:42 | 00:11:51 | 00:39:11 | 01:20:01 | 01:48:12 | 02:32:51 | | |
| | DZIOBA Michał | 545 | TRIDZIOBA | M45-49 | | 00:15:45 | 00:31:45 | 21 | 00:11:32 | 00:11:19 | 00:37:46 | 01:19:16 | 01:47:34 | 02:31:13 | | |
| 142 | CICHOŃSKA-BAZAK Marzena | 533 | | K45-49 | | 00:21:35 | 00:44:24 | 153 | 00:04:22 | 00:11:39 | 00:38:03 | 01:17:33 | 01:44:41 | 02:26:28 | | |
| 143 | PAWLIK Mariusz | 537 | | M40-44 | | 00:16:50 | 00:34:21 | 47 | 00:04:24 | 00:11:50 | 00:39:49 | 01:22:02 | 01:51:46 | 02:36:32 | | |
| 144 | PRZYBYLAK Karol | 592 | | M35-39 | | 00:21:57 | 00:43:49 | 149 | 00:04:52 | 00:11:05 | 00:37:38 | 01:16:55 | 01:44:34 | 02:26:48 | | |

| | | | | Swimming | | | T1 | Cycling | | | | Race | |
|-----|---------------------------------|------------|--------------------------|----------|----------|-----------------|-----|----------|----------|----------|----------|----------|----------|
| 145 | MIKOŁAJCZAK Tomasz | 565 | | M30-34 | 00:20:35 | 00:42:38 | 138 | 00:07:51 | 00:11:52 | 00:38:33 | 01:17:33 | 01:44:32 | 02:25:39 |
| 146 | ANDRZEJAK Robert | 550 | VAMOS | M45-49 | 00:22:18 | 00:46:32 | 168 | 00:04:59 | 00:11:02 | 00:36:22 | 01:15:35 | 01:43:03 | 02:24:43 |
| 147 | OLEJNIK Piotr | 647 | | M30-34 | 00:19:48 | 00:40:25 | 117 | 00:04:41 | 00:11:49 | 00:39:53 | 01:21:49 | 01:49:29 | 02:31:34 |
| 148 | KRYSPIŃ Marta | 536 | | K35-39 | 00:22:43 | 00:46:30 | 167 | 00:03:20 | 00:11:59 | 00:38:54 | 01:18:51 | 01:46:00 | 02:27:43 |
| 149 | ŁADZIŃSKI Jakub | 607 | | M30-34 | 00:19:24 | 00:40:26 | 118 | 00:05:38 | 00:12:11 | 00:40:39 | 01:21:53 | 01:49:42 | 02:31:57 |
| 150 | BURŻACKA-TYC Agnieszka | 608 | PTT DELTA | K45-49 | 00:19:11 | 00:39:23 | 109 | 00:05:18 | 00:12:06 | 00:39:30 | 01:21:17 | 01:49:39 | 02:33:26 |
| | JUSZCZYK Mirosław | 621 | | M30-34 | 00:17:10 | 00:35:20 | 56 | 00:03:54 | 00:12:08 | 00:40:01 | 01:23:40 | 01:53:14 | 02:39:42 |
| 152 | TRZASKOWSKI Tomasz | 512 | | M40-44 | 00:18:15 | 00:37:23 | 81 | 00:06:15 | 00:12:14 | 00:39:27 | 01:22:30 | 01:50:43 | 02:35:20 |
| 153 | MYNC Angelika | 616 | HTF LUDWIK SIKORSKI | K30-34 | 00:18:38 | 00:37:58 | 88 | 00:02:56 | 00:15:42 | 00:44:12 | 01:26:36 | 01:55:29 | 02:38:04 |
| 154 | FRĄCKIEWICZ Paweł | 646 | | M18-24 | 00:20:25 | 00:42:43 | 140 | 00:07:20 | 00:11:30 | 00:38:16 | 01:20:49 | 01:47:59 | 02:29:32 |
| 155 | KOCIŃSKI Kajetan | 577 | | M18-24 | 00:19:55 | 00:43:33 | 147 | 00:03:46 | 00:11:32 | 00:40:08 | 01:21:24 | 01:50:09 | 02:32:25 |
| 156 | KITKOWSKI Maciej | 677 | | M50-54 | 00:19:54 | 00:41:41 | 133 | 00:04:25 | 00:12:01 | 00:38:53 | 01:19:44 | 01:48:36 | 02:33:57 |
| 157 | PABIN Maksymilian | 661 | | M25-29 | 00:21:27 | 00:43:24 | 145 | 00:05:05 | 00:11:47 | 00:39:53 | 01:20:42 | 01:48:42 | 02:31:43 |
| 158 | ZAMOYSKI Piotr | 507 | | M30-34 | 00:24:18 | 00:49:43 | 175 | 00:03:39 | 00:12:51 | 00:39:00 | 01:18:35 | 01:45:22 | 02:29:55 |
| 159 | KOPIŃSKA-KRÓL Magdalena | 682 | IM INSPIRATION TEAM | K45-49 | 00:20:14 | 00:40:53 | 126 | 00:02:59 | 00:11:33 | 00:38:37 | 01:20:33 | 01:48:33 | 02:40:40 |
| 160 | ZUBEK Rafał | 501 | PTT DELTA | M50-54 | 00:22:06 | 00:45:35 | 160 | 00:06:13 | 00:11:46 | 00:39:47 | 01:21:25 | 01:49:49 | 02:32:54 |
| 161 | NURKIEWICZ Jarosław | 561 | KUNG FU PANDY 3 | M50-54 | 00:21:39 | 00:46:20 | 166 | 00:03:25 | 00:12:28 | 00:40:16 | 01:21:56 | 01:50:50 | 02:35:05 |
| 162 | GAWRON Marcin | 538 | CAR-MAN | M45-49 | 00:19:47 | 00:41:01 | 128 | 00:04:52 | 00:11:43 | 00:38:47 | 01:21:50 | 01:51:43 | 02:39:16 |
| 163 | DUDEK Artur | 692 | | M25-29 | 00:22:53 | 00:49:02 | 172 | 00:05:23 | 00:12:17 | 00:40:11 | 01:21:04 | 01:49:20 | 02:31:02 |
| 164 | NOWICKI Adam | 548 | PENTEL | M45-49 | 00:19:38 | 00:41:57 | 135 | 00:03:40 | 00:13:04 | 00:43:03 | 01:26:32 | 01:55:42 | 02:40:07 |
| 165 | MAZURKIEWICZ Michał | 529 | | M30-34 | 00:21:06 | 00:42:58 | 141 | 00:06:10 | 00:12:20 | 00:41:03 | 01:23:48 | 01:53:02 | 02:37:07 |
| 166 | GRUBA Jacek | 551 | TRISPACE/TREK | M60-64 | 00:22:41 | 00:47:06 | 169 | 00:04:10 | 00:11:55 | 00:40:16 | 01:22:18 | 01:51:25 | 02:35:20 |
| 167 | SIUDA Marek | 568 | KLINIKA TRIATHLONU | M45-49 | 00:20:45 | 00:43:03 | 142 | 00:05:52 | 00:12:21 | 00:40:15 | 01:22:57 | 01:52:22 | 02:37:49 |
| 168 | SYGA Michał | 724 | HASTEN | M35-39 | 00:20:11 | 00:41:02 | 129 | 00:03:57 | 00:11:37 | 00:47:04 | 01:28:08 | 01:57:20 | 02:41:46 |
| | BEDNAREK Krzysztof | 530 | SPORTEVO | M50-54 | 00:25:04 | 00:51:44 | 179 | 00:05:02 | 00:12:26 | 00:40:08 | 01:20:28 | 01:48:18 | 02:30:22 |
| 170 | DĘBICKI Artur | 678 | | M50-54 | 00:17:48 | 00:36:49 | 74 | 00:04:43 | 00:13:10 | 00:42:57 | 01:28:39 | 01:59:50 | 02:46:22 |
| 171 | LEWANDOWSKI Marcin | 502 | | M30-34 | 00:22:08 | 00:45:29 | 159 | 00:04:36 | 00:12:33 | 00:40:25 | 01:22:24 | 01:52:45 | 02:38:32 |
| 172 | KRUCZKOWSKA-LASSAK Anita | 523 | AKADEMIA MISTRZÓW SPORTU | K40-44 | 00:25:09 | 00:48:36 | 171 | 00:03:39 | 00:12:10 | 00:40:46 | 01:23:20 | 01:52:23 | 02:37:02 |
| 173 | MATUSZEWSKI Dariusz | 18 | BIEGIEM DO GARÓW | M50-54 | 00:25:45 | 00:54:32 | 189 | 00:05:52 | 00:12:27 | 00:39:14 | 01:20:23 | 01:48:10 | 02:31:16 |
| 174 | SZUKAJ Karol | 547 | KANAŁOWA TRI TEAM | M35-39 | 00:22:56 | 00:49:37 | 174 | 00:04:32 | 00:12:54 | 00:41:52 | 01:24:23 | 01:53:18 | 02:39:03 |
| 175 | WITKOWSKI Tomasz | 556 | VIVA LA VIDA | M35-39 | 00:21:48 | 00:45:57 | 162 | 00:08:06 | 00:12:08 | 00:39:44 | 01:21:47 | 01:51:55 | 02:40:25 |
| 176 | WILK Piotr | 680 | MSPORT TEAM | M45-49 | 00:24:04 | 00:52:28 | 181 | 00:09:08 | 00:11:48 | 00:39:09 | 01:21:39 | 01:49:48 | 02:33:27 |
| 177 | WOŹNICKI Mikołaj | 614 | | M30-34 | 00:25:31 | 00:54:13 | 186 | 00:06:39 | 00:11:56 | 00:39:13 | 01:20:46 | 01:50:17 | 02:35:14 |
| 178 | CHMIEL Dariusz | 685 | PTT DELTA | M55-59 | 00:22:14 | 00:46:02 | 164 | 00:07:41 | 00:14:02 | 00:45:18 | 01:30:49 | 02:00:37 | 02:45:36 |

| | | | | Swimming | | | T1 | Cycling | | | | | T2 | Race | Club | |
|-----|---------------------------------------|------------|----------------------|----------|----------|-----------------|-----|----------|----------|----------|----------|----------|----------|------|------|--|
| 179 | BATOREK Bogdan | 641 | RAWA TIM ZAWSZE SLIM | M40-44 | 00:27:01 | 00:54:20 | 188 | 00:05:26 | 00:12:20 | 00:41:11 | 01:24:43 | 01:53:52 | 02:39:47 | | | |
| 180 | LEPA-ROMAN Magdalena | 555 | PRZECINAK 77 | K40-44 | 00:26:02 | 00:54:09 | 185 | 00:04:22 | 00:12:56 | 00:42:28 | 01:26:18 | 01:55:48 | 02:41:07 | | | |
| 181 | LARSEN-KONIECZNY Charlotte | 631 | | K35-39 | 00:21:14 | 00:44:13 | 150 | 00:08:15 | 00:13:18 | 00:42:50 | 01:29:05 | 01:59:33 | 02:48:42 | | | |
| 182 | OSAK Paweł | 617 | | M35-39 | 00:23:43 | 00:50:10 | 176 | 00:04:48 | 00:12:17 | 00:40:39 | 01:26:25 | 01:58:00 | 02:46:27 | | | |
| 183 | MACIEJOWSKA - BĄCZEK Katarzyna | 707 | TM IRON TEAM | K45-49 | 00:25:47 | 00:53:06 | 182 | 00:04:41 | 00:13:30 | 00:43:10 | 01:28:34 | 01:58:44 | 02:44:58 | | | |
| 184 | BINKOWSKI Cezary Fafik | 718 | LKS OSTROMECKO | M45-49 | 00:26:16 | 00:54:00 | 184 | 00:05:11 | 00:13:01 | 00:43:19 | 01:28:16 | 01:59:29 | 02:45:05 | | | |
| | KRUSZKA Łukasz | 554 | K. S. TRI BE.R | M40-44 | 00:24:02 | 00:52:14 | 180 | 00:04:38 | 00:12:31 | 00:43:02 | 01:29:17 | 02:01:15 | 02:48:11 | | | |
| 186 | KOCHANOWSKI Maciej | 629 | | M25-29 | 00:25:42 | 00:54:15 | 187 | 00:06:46 | 00:12:47 | 00:42:59 | 01:28:32 | 01:59:45 | 02:49:10 | | | |
| 187 | CZAJKOWSKI Arkadiusz | 695 | | M25-29 | 00:25:42 | 00:55:43 | 190 | 00:08:57 | 00:15:16 | 00:44:17 | 01:28:18 | 01:58:24 | 02:45:34 | | | |
| 188 | SZYMANOWSKA Anna | 611 | | K40-44 | 00:24:02 | 00:50:23 | 177 | 00:08:04 | 00:13:53 | 00:44:45 | 01:31:16 | 02:03:17 | 02:51:55 | | | |
| 189 | KOWALSKA Karolina | 625 | | K18-24 | 00:22:51 | 00:49:22 | 173 | 00:07:14 | 00:13:08 | 00:47:51 | 01:34:36 | 02:05:15 | 02:56:26 | | | |
| 190 | LATAŃSKA Iwona | 581 | MYŚLĘ, WIĘC BIEGNĘ | K50-54 | 00:23:26 | 00:50:36 | 178 | 00:07:34 | 00:14:28 | 00:47:46 | 01:39:39 | 02:15:39 | 03:08:07 | | | |
| | GOŁAŚ Robert | 516 | ORKAMASTERS IŁAWA | M45-49 | 00:18:31 | 00:38:06 | 91 | 00:03:01 | | | | | | | | |

Total 191 results.