



Event:
Organiser:
Date:
Place:
Distance:

OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

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

Classification: M45-49

Split point: 105,9 km

Place	Participant	Number	Club	Category	Drużyna	Swimming			T1	Cycling						T2	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	R_Lidl 89.9km		Poz	B_Announcer 6.465km	B_Announcer 7.265km	B_Announcer 13.731km
1	ZIĘBA Adam	758	TRISPACE	M45-49	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	00:57:55
2	WYSOCKI Rafał	751	SRITRI	M45-49		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	01:01:39
3	KNOTHE Adam	602	BUDSTOL INVEST	M45-49	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	01:01:35
4	ABANIN Vadzim	501	ALTIUS!	M45-49		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	01:00:56
5	KUZNETSOV Mykhailo	626	TRITONODESSA	M45-49		00:15:24	00:31:39	14	00:02:46	00:09:47	00:33:45	01:06:21	01:31:07	02:04:43	02:29:16	28	00:02:08	00:28:12	00:32:10	01:03:50
6	BONIKOWSKI Jakub	772	TRISPACE	M45-49		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	01:03:55
7	BARTKOWIAK Dawid	513		M45-49		00:15:43	00:32:47	21	00:02:38	00:09:46	00:33:39	01:06:13	01:30:47	02:03:41	02:28:09	20	00:02:18	00:29:51	00:34:47	01:07:36
8	POKORSKI Marek	679	CTS	M45-49		00:16:35	00:33:41	30	00:02:43	00:09:01	00:31:58	01:03:06	01:26:50	01:59:45	02:24:36	11	00:02:33	00:31:58	00:37:04	01:09:59
9	WRZOCHALSKI Robert	749	TRIDEA TEAM	M45-49		00:18:16	00:38:23	102	00:03:14	00:09:29	00:33:40	01:06:36	01:31:10	01:57:36	02:24:44	13	00:01:54	00:30:03	00:34:12	01:07:09
10	LITAWA Jacek	634		M45-49		00:16:27	00:33:29	25	00:02:48	00:09:53	00:35:16	01:10:12	01:36:10	02:11:07	02:37:18	64	00:02:19	00:30:01	00:34:01	01:05:41
11	WELZER Dariusz	738	WELDA BIMARKO GALI TEAM	M45-49		00:17:53	00:36:21	71	00:02:37	00:10:11	00:34:15	01:07:05	01:31:56	02:06:00	02:31:34	36	00:02:45	00:31:27	00:35:36	01:08:32
12	JANISZEWSKI Arkadiusz	580	GT RAT	M45-49		00:20:54	00:42:38	175	00:02:54	00:09:50	00:34:21	01:07:49	01:33:00	02:07:54	02:34:02	49	00:02:46	00:31:36	00:35:39	01:05:58
13	PIEKARSKI Marek	521	SISU TEAM / SOLANO	M45-49		00:17:40	00:36:34	75	00:02:53	00:10:01	00:35:15	01:09:46	01:36:25	02:12:03	02:39:21	73	00:01:59	00:32:10	00:36:24	01:09:37
14	CUPA Ireneusz	538	TRIATHLON KONSULTING	M45-49		00:18:38	00:38:56	117	00:04:00	00:09:52	00:34:12	01:07:35	01:32:48	02:07:51	02:33:50	48	00:03:03	00:31:43	00:36:04	01:13:35
15	GÓRNY Wojciech	774	TRISPACE	M45-49		00:17:32	00:35:46	64	00:03:04	00:11:01	00:38:02	01:15:00	01:42:35	02:21:36	02:49:54	128	00:01:56	00:28:01	00:31:39	01:03:18
16	GĘBARZEWSKI Robert	559	NORAUTO POLSKA SP.Z O.O.	M45-49		00:18:10	00:37:32	88	00:03:22	00:10:20	00:36:32	01:12:33	01:39:36	02:16:00	02:43:32	100	00:02:36	00:32:26	00:36:30	01:09:45
17	CYREK Grzegorz	539	CREATIVE BOCHNIA BIEGA TEAM	M45-49		00:22:20	00:46:13	199	00:04:50	00:10:12	00:35:38	01:10:50	01:36:49	02:12:36	02:38:14	67	00:03:32	00:32:29	00:36:53	01:09:20
18	GOZDOWSKI Paweł	563		M45-49		00:24:38	00:50:50	221	00:05:29	00:10:31	00:37:34	01:13:12	01:40:24	02:16:35	02:43:27	98	00:02:42	00:26:55	00:31:16	00:59:41
19	LEWIŃSKI Andrzej	632	BIEGAMYRAZEM.PL / CTS	M45-49		00:20:26	00:41:16	158	00:03:38	00:10:41	00:37:46	01:13:53	01:40:57	02:17:46	02:45:52	112	00:02:13	00:32:21	00:36:49	01:10:33
20	ZATORSKI Robert	754		M45-49		00:22:44	00:47:16	209	00:05:11	00:10:37	00:37:47	01:13:58	01:40:39	02:17:05	02:44:08	101	00:03:53	00:35:07	00:40:25	01:17:26
21	VALERII Makaikin	731	SHYPHYNA RUN CLUB	M45-49		00:18:16	00:36:47	79	00:05:47	00:10:58	00:38:35	01:16:36	01:45:31	02:25:43	02:56:20	154	00:04:02	00:35:07	00:39:50	01:15:11
22	KOWALSKI Piotr	611		M45-49		00:21:44	00:46:17	201	00:07:05	00:11:12	00:39:14	01:17:33	01:45:44	02:24:29	02:52:16	136	00:03:09	00:32:58	00:37:13	01:10:20
23	BYZDRA Krzysztof	531	BBL GDAŃSK	M45-49		00:19:22	00:39:53	137	00:03:06	00:11:02	00:38:05	01:16:07	01:43:27	02:22:12	02:51:52	134	00:02:55	00:36:14	00:41:29	01:23:08
24	BRESKA Witold	522	AKADEMIA BIEGOWA KOŚCIERZYNA	M45-49		00:19:59	00:40:17	143	00:04:02	00:10:52	00:38:33	01:17:07	01:46:16	02:25:56	02:55:08	149	00:02:22	00:37:28	00:42:45	01:22:41
25	KARWACKI Grzegorz	592	KATCROS/GLOBUS	M45-49		00:18:50	00:39:09	121	00:04:15	00:11:43	00:41:49	01:22:47	01:54:25	02:37:00	03:08:53	190	00:02:52	00:35:54	00:40:41	01:15:40
26	STAFIEJ Wojciech	713		M45-49	ARRK	00:24:27	00:50:40	220	00:04:36	00:11:40	00:41:16	01:21:35	01:51:32	02:32:52	03:02:59	174	00:04:53	00:31:37	00:35:53	01:09:05
27	NURKIEWICZ Jarosław	666	KUNG FU PANDY 3	M45-49		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	01:29:59

				Swimming				Cycling						Race					
28	WITCZAK Dariusz	743	NIEZRZESZONY	M45-49	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	01:29:26
29	BINKOWSKI Czarek	769	LKS BOGMAR OSTROMECKO	M45-49	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	01:28:56	
30	NOWAK Krzysztof	664		M45-49	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	01:39:43
31	WRZOSEK Jarosław	750		M45-49	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	01:14:29
32	LIPIŃSKI Sebastian	633	GRUPA LANDER NIERUCHOMOŚCI/ROVIGO	M45-49	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	01:20:14
	PREUSS Daniel	684	ATOS	M45-49	00:18:20	00:38:39	111	00:04:57	00:12:12	00:42:02	01:23:42	01:55:45	02:40:08	03:14:01	201	00:03:52			

Total 33 results.