

**Wydarzenie:** Ocean Lava Triathlon Polska 2020  
**Organizator:** Towarzystwo Sportowe TRI-SPORT  
**Data:** 2020-08-22  
**Miejsce:** Bydgoszcz  
**Dystans:** 113 km

Klasyfikacja: M45-49

Punkt pomiarowy: 57,8 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Pływanie			T1	Rower				T2	Bieg	Czas
						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			
1	P..... A.....	740	T.....	M45-49	Trinergy Team	00:15:26	<b>00:31:17</b>	32	00:02:47	00:09:05	00:30:46	01:01:48	01:23:18			
2	<b>RUCIŃSKI Marcin</b>	755	TRIBA BOSIR BARCIN	M45-49		00:14:10	<b>00:28:53</b>	10	00:02:31	00:09:24	00:31:52	01:03:45	01:26:44			
3	<b>ZIĘBA Adam</b>	509	TRISPACE/TREK	M45-49	TRISPACE/TREK	00:15:44	<b>00:31:42</b>	39	00:02:38	00:09:01	00:31:13	01:02:33	01:24:57			
4	<b>SOBCZAK Marcin</b>	771	SOBCZAKTEAM	M45-49		00:15:14	<b>00:31:13</b>	31	00:03:15	00:09:42	00:32:08	01:04:23	01:27:25			
5	<b>JARON Tomasz</b>	601	AKADEMIA TRIATHLONU JAROSŁAW	M45-49		00:14:13	<b>00:29:03</b>	13	00:03:46	00:09:34	00:32:58	01:06:15	01:29:58			
6	<b>GIBIEC Sebastian</b>	576	GIBIEC TEAM	M45-49		00:16:21	<b>00:33:24</b>	70	00:04:08	00:09:30	00:32:45	01:05:35	01:28:55			
7	<b>NAFALSKI Rajmund</b>	703	TEAMKARAŚ	M45-49		00:16:14	<b>00:33:03</b>	65	00:03:08	00:10:19	00:34:10	01:08:57	01:33:37			
8	<b>JANKOWSKI Tomasz</b>	599	TRISPACE TREK	M45-49		00:16:14	<b>00:33:25</b>	72	00:03:40	00:10:24	00:34:54	01:10:16	01:34:54			
9	<b>SOBCZAK Marcin</b>	772	TRISPACE/TREK	M45-49	TRISPACE/TREK	00:16:42	<b>00:33:51</b>	83	00:03:04	00:10:36	00:35:15	01:10:39	01:35:29			
10	<b>CUPA Ireneusz</b>	546	TRIATHLON KONSULTING	M45-49		00:17:59	<b>00:37:29</b>	152	00:03:46	00:09:54	00:33:28	01:07:17	01:31:37			
11	<b>SZYNALIK Sławomir</b>	792	KIKA TEAM	M45-49		00:15:42	<b>00:31:28</b>	34	00:03:34	00:09:58	00:35:04	01:11:50	01:38:10			
12	<b>KALEK Artur</b>	615	KLINIKA TRIATHLONU BYDGOSZCZ	M45-49		00:17:17	<b>00:34:29</b>	93	00:03:23	00:10:38	00:35:05	01:10:38	01:35:57			
13	<b>CHŁOSTA Marek</b>	534		M45-49		00:17:07	<b>00:34:47</b>	99	00:03:01	00:10:19	00:34:49	01:11:17	01:36:51			
14	<b>PIEKARSKI Marek</b>	679		M45-49		00:18:25	<b>00:36:59</b>	140	00:04:31	00:09:45	00:32:44	01:08:05	01:33:35			
15	<b>KRYGIELSKI Krzysztof</b>	651	CRYOSPACE OLSZTYN	M45-49		00:18:01	<b>00:36:33</b>	125	00:04:01	00:10:32	00:35:46	01:12:23	01:37:54			
16	<b>BARCZAK Adam</b>	515		M45-49		00:19:12	<b>00:37:56</b>	164	00:04:25	00:10:41	00:35:52	01:11:51	01:36:30			
17	<b>ECHAUST Maciej</b>	563	CFP	M45-49		00:17:57	<b>00:37:52</b>	163	00:02:59	00:11:14	00:36:46	01:13:00	01:38:39			
18	<b>WOREK Pawel</b>	830	GIBIEC TEAM	M45-49		00:17:42	<b>00:36:38</b>	128	00:04:05	00:10:23	00:34:48	01:10:32	01:38:55			
DNC	<b>DZIOBA Michał</b>	562	TRI DZIOBA TEAM	M45-49		00:15:42	<b>00:31:39</b>	38	00:04:28	00:10:47	00:37:52	01:17:21	01:44:45			
20	<b>ZAKURZEWSKI Tomasz</b>	834	TRISPACE/TREK	M45-49	TRISPACE/TREK	00:17:11	<b>00:34:41</b>	96	00:02:32	00:10:33	00:36:15	01:15:36	01:44:02			

					Pływanie			T	Rower				Bieg
21	<b>KOPPLINGER Grzegorz</b>	<b>640</b>	ASSECO ACTIVE TEAM	M45-49	00:21:54	<b>00:44:21</b>	240	00:03:55	00:09:57	00:33:51	01:08:36	01:33:39	
22	<b>CHMURA Szczepan</b>	<b>538</b>		M45-49	00:18:19	<b>00:37:16</b>	147	00:04:24	00:10:35	00:36:13	01:14:01	01:40:21	
23	<b>WIECZOREK Maciek</b>	<b>815</b>	TRI FOR IT	M45-49	00:19:31	<b>00:39:34</b>	197	00:03:55	00:10:30	00:36:05	01:13:35	01:39:07	
24	<b>KALISZEWSKI Daniel</b>	<b>614</b>		M45-49	00:19:29	<b>00:39:22</b>	192	00:05:26	00:10:17	00:35:40	01:13:07	01:39:21	
25	<b>CYREK Grzegorz</b>	<b>548</b>	CREATIVE BOCHNIA BIEGA TEAM	M45-49	00:22:24	<b>00:45:44</b>	252	00:05:42	00:09:54	00:34:01	01:09:40	01:35:33	
26	<b>BLÁHA Jan</b>	<b>527</b>		M45-49	00:19:57	<b>00:41:02</b>	210	00:04:03	00:10:55	00:37:24	01:16:02	01:42:39	
27	<b>CYBULSKI Konrad</b>	<b>547</b>	AMZ-KUTNO S.A.	M45-49	00:18:43	<b>00:37:50</b>	162	00:04:34	00:11:39	00:38:53	01:18:21	01:45:50	
28	<b>CHALAMOŃSKI Tomasz</b>	<b>533</b>	KURPIOWSKIE CENTRUM WETERYNARYJNE	M45-49	00:19:44	<b>00:39:49</b>	202	00:04:00	00:11:03	00:37:58	01:17:39	01:45:25	
29	<b>TOMASZEWSKI Marcin</b>	<b>800</b>		M45-49	00:19:09	<b>00:38:46</b>	180	00:04:41	00:11:27	00:38:43	01:18:31	01:45:59	
30	<b>DRZEWIECKI Rafał</b>	<b>556</b>	RUN4FUN WWW.BYTPAK.PL	M45-49	00:20:00	<b>00:41:35</b>	221	00:04:06	00:11:42	00:37:35	01:16:52	01:44:05	
31	<b>PYTKOWSKI Arek</b>	<b>751</b>	GRYFUS SZCZECIN	M45-49	00:18:40	<b>00:38:16</b>	173	00:03:49	00:11:12	00:38:46	01:19:38	01:47:47	
32	<b>SIUDA Marek</b>	<b>768</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M45-49	00:18:38	<b>00:38:57</b>	183	00:04:45	00:10:45	00:37:08	01:17:10	01:46:54	
33	<b>PELANT Ryszard</b>	<b>723</b>	WICHER ROSNÓWKO	M45-49	00:18:12	<b>00:36:48</b>	135	00:05:06	00:14:29	00:41:49	01:21:55	01:48:59	
34	<b>MALISZEWSKI Piotr</b>	<b>682</b>		M45-49	00:23:33	<b>00:49:31</b>	266	00:04:39	00:10:52	00:35:52	01:12:44	01:38:30	
35	<b>KORSAKOV Kostiantyn</b>	<b>641</b>	-	M45-49	00:18:26	<b>00:37:35</b>	155	00:06:30	00:11:55	00:39:16	01:20:38	01:49:23	
36	<b>SUDAKOWSKI Tomasz</b>	<b>782</b>	RAWA TIM ZAWSZE SLIM / KS TRIATHLON RAWA	M45-49	00:22:09	<b>00:45:32</b>	249	00:03:02	00:11:08	00:38:53	01:19:18	01:47:03	
37	<b>WRZOSEK Jarosław</b>	<b>832</b>		M45-49	00:21:32	<b>00:43:53</b>	238	00:05:38	00:11:44	00:40:40	01:22:08	01:50:08	
38	<b>WITCZAK Dariusz</b>	<b>824</b>	ROSPUNEK	M45-49	00:21:49	<b>00:45:39</b>	251	00:04:34	00:12:07	00:39:22	01:21:27	01:49:30	
39	<b>FEDAK Bohdan</b>	<b>568</b>	KLUB POD WISIENKĄ	M45-49	00:19:54	<b>00:39:46</b>	201	00:06:00	00:12:23	00:42:31	01:24:28	01:54:19	
40	<b>NOWICKI Adam</b>	<b>708</b>		M45-49	00:19:23	<b>00:39:25</b>	193	00:02:58	00:11:56	00:43:15	01:28:54	01:59:10	
41	<b>NURKIEWICZ Jarosław</b>	<b>709</b>	KING FU PANDY 3	M45-49	00:23:37	<b>00:46:15</b>	254	00:03:04	00:11:55	00:40:37	01:24:35	01:55:43	
42	<b>LIPIŃSKI Sebastian</b>	<b>671</b>	ENEA BYDGOSZCZ TRIATHLON	M45-49	00:24:12	<b>00:49:13</b>	265	00:05:20	00:11:24	00:39:04	01:20:57	01:50:38	
43	<b>KARWACKI Grzegorz</b>	<b>617</b>	KAT CROSS WĄLBRYCH	M45-49	00:19:40	<b>00:41:15</b>	216	00:04:44	00:12:32	00:43:26	01:30:42	02:03:11	
44	<b>OKOŃ Michał</b>	<b>711</b>	PARKRUN GDYNIA	M45-49	00:23:30	<b>00:47:02</b>	258	00:08:57	00:13:11	00:43:25	01:27:19	01:56:42	
45	<b>BINKOWSKI Cezary</b>	<b>523</b>	LKS BOGMAR OSTROMECKO	M45-49	00:25:16	<b>00:51:30</b>	270	00:05:57	00:13:18	00:43:36	01:27:30	01:58:50	
	<b>POROSŁO Paweł</b>	<b>743</b>	CREATIVE BOCHNIA BIEGA TEAM	M45-49	00:24:48								