



OCEAN LAVA TRIATHLON POLSKA - SPRINT

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Ocean Lava Triathlon Polska 2019
Towarzystwo Sportowe TRI-SPORT
2019-08-18
Bydgoszcz
25.75 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pływanie		Rower		Bieg		Czas					
						P_Borowno 0.75km	Poz	R_Lidl 20km	Poz	B_Announcer 5km	Poz	Kara/ bonifikata	Czas netto 26.01km	Czas łączy 26.01km	Różn		
1	URBAŃSKI Michał	182	TRISPACE	M18-29	1	00:09:29	2	00:02:10	00:31:35	14	00:00:52	00:19:50	12		01:03:56.15	01:03:56.15	
2	KUBIŃSKI Jakub	90	ENEA BYDGOSZCZ TRIATHLON	M30-39	1	00:11:08	6	00:02:01	00:30:57	7	00:00:57	00:19:38	10	00:00:10	01:04:41.00	01:04:41.00	+00:00:44 (1.2%)
3	BEDNARCZYK Tomasz	8	BIKE U UP	M30-39	2	00:11:12	7	00:02:05	00:31:43	17	00:00:56	00:19:03	5		01:04:59.05	01:04:59.05	+00:01:02 (1.6%)
4	ZIENKIEWICZ Janusz	207	TRISPACE ALLIANZ TRIATHLON TEAM	M40-49	1	00:12:07	13	00:02:05	00:31:24	13	00:00:51	00:19:16	6		01:05:43.90	01:05:43.90	+00:01:47 (2.7%)
5	LEWANDOWSKI Maciej	100	TRIDEA TEAM	M30-39	3	00:10:56	4	00:02:10	00:30:53	6	00:01:06	00:20:43	23		01:05:48.10	01:05:48.10	+00:01:51 (2.8%)
6	EJSMONT Krzysztof	225	TRISPACE	M40-49	2	00:13:20	29	00:02:02	00:30:20	3	00:01:17	00:18:54	4		01:05:53.00	01:05:53.00	+00:01:56 (3.0%)
7	ZIELIŃSKI Nicolas	205	OLIMPIASPORT.PL	M18-29	2	00:12:22	17	00:02:26	00:31:04	8	00:01:07	00:19:21	9		01:06:20.35	01:06:20.35	+00:02:24 (3.6%)
8	WASZTYL Michał	187	ZONE3 TEAM / WITKOWO BIEGA	M30-39	4	00:11:29	9	00:02:07	00:32:11	21	00:00:52	00:19:59	13		01:06:38.95	01:06:38.95	+00:02:42 (4.1%)
9	TOPCZEWSKI Gracjan	231	TRISPACE/TREK	M40-49	3	00:12:37	19	00:02:21	00:30:42	5	00:01:19	00:20:02	15		01:07:01.80	01:07:01.80	+00:03:05 (4.6%)
10	ŚLIWIŃSKI Łukasz	223	LKS BOGMAR OSTROMECKO	M30-39	5	00:13:19	28	00:02:01	00:30:35	4	00:00:49	00:20:23	19		01:07:07.00	01:07:07.00	+00:03:10 (4.7%)
11	WITKOWSKI Mateusz	194	JW 1223	M18-29	3	00:14:36	56	00:02:15	00:32:48	33	00:00:54	00:16:52	2		01:07:25.75	01:07:25.75	+00:03:29 (5.2%)
12	SAWIEŁAJC Jakub	238	FUJI KRYSPOORT TEAM	M18-29	4	00:11:14	8	00:02:11	00:32:22	25	00:01:07	00:21:14	31		01:08:08.15	01:08:08.15	+00:04:12 (6.2%)
13	KOTŁOWSKI Bartosz	78	LKS OSTROMECKO	M18-29	5	00:14:32	54	00:01:59	00:33:19	43	00:01:29	00:16:51	1		01:08:10.05	01:08:10.05	+00:04:13 (6.2%)
14	SZAŁKOWSKI Łukasz	169	UKS CITYZEN_/BE3	M30-39	6	00:12:18	15	00:02:43	00:31:22	12	00:01:44	00:20:11	17		01:08:18.90	01:08:18.90	+00:04:22 (6.4%)
15	KOZAR Karol	83	POLISH TRIATHLETES IN UK	M30-39	7	00:12:48	21	00:02:43	00:31:21	11	00:01:53	00:19:39	11		01:08:24.95	01:08:24.95	+00:04:28 (6.5%)
16	HERMELIN Wojciech	226	KANCELARIA HMM	M40-49	4	00:11:57	12	00:02:01	00:31:46	18	00:00:52	00:22:21	54		01:08:57.90	01:08:57.90	+00:05:01 (7.3%)
17	LITWINIUK Krzysztof	106	KRISS COACHING	M30-39	8	00:12:55	24	00:02:20	00:31:39	16	00:01:05	00:21:06	27		01:09:05.20	01:09:05.20	+00:05:09 (7.5%)
18	MARTYNOWICZ Michał	114	TRISPACE	M40-49	5	00:11:44	11	00:02:22	00:32:09	20	00:01:44	00:21:10	29		01:09:09.30	01:09:09.30	+00:05:13 (7.5%)

					Pływanie		Rower		Bieg			CST				
19	GOŚCINIAK Michał	127	3GRAVITY	M30-39	9	00:13:37	36	00:02:58	00:33:07	38	00:00:44	00:19:16	7	01:09:42.00	01:09:42.00	+00:05:45 (8.3%)
20	CHOLEWIŃSKI Dariusz	24	HURAGAN MIEDZYŃ	M40-49	6	00:14:51	63	00:02:15	00:32:25	26	00:00:55	00:20:01	14	01:10:27.35	01:10:27.35	+00:06:31 (9.3%)
21	BASIŃSKI Łukasz	6	OLIMPIASPORT.PL	M18-29	6	00:14:04	42	00:01:55	00:32:16	22	00:01:44	00:20:29	20	01:10:28.80	01:10:28.80	+00:06:32 (9.3%)
22	MADEJ Rafał	112		M40-49	7	00:14:19	50	00:02:46	00:31:16	10	00:01:07	00:21:19	32	01:10:47.50	01:10:47.50	+00:06:51 (9.7%)
23	DOŁKOWSKI Wojciech	779		M40-49	8	00:11:40	10	00:02:42	00:32:28	30	00:01:48	00:22:17	52	01:10:55.85	01:10:55.85	+00:06:59 (9.9%)
24	TRAWCZYŃSKI Jacek	176	TRISPACE	M50-59	1	00:14:25	52	00:02:23	00:31:35	15	00:01:36	00:21:05	25	01:11:04.05	01:11:04.05	+00:07:07 (10.0%)
25	KOŁAKOWSKI Tomasz	75		M30-39	10	00:15:25	74	00:02:34	00:33:13	39	00:01:06	00:19:17	8	01:11:35.90	01:11:35.90	+00:07:39 (10.7%)
26	LICZNIERSKI Marek	102	TRIATHLONISTA.COM/ ZONE3 TEAM	M30-39	11	00:12:21	16	00:01:58	00:34:42	67	00:01:27	00:21:10	28	01:11:38.85	01:11:38.85	+00:07:42 (10.8%)
27	HOPPE Tomasz	21	CB163 BTT TRISPACE	M30-39	12	00:14:18	49	00:02:50	00:32:18	23	00:02:03	00:20:17	18	01:11:46.40	01:11:46.40	+00:07:50 (10.9%)
28	MICHALSKI Michał	119		M30-39	13	00:13:10	26	00:02:11	00:33:15	40	00:01:05	00:22:24	55	01:12:05.15	01:12:05.15	+00:08:09 (11.3%)
29	BINKOWSKI Adrian	210	PROFESSIONALHR/CB163	M30-39	14	00:14:09	45	00:02:31	00:32:28	29	00:01:51	00:21:26	35	01:12:25.90	01:12:25.90	+00:08:29 (11.7%)
30	DERDA Piotr	32		M18-29	7	00:14:30	53	00:02:40	00:32:42	32	00:01:29	00:21:06	26	01:12:27.45	01:12:27.45	+00:08:31 (11.8%)
31	SAWICKI Arkadiusz	230	SCORPION GVT	M30-39	15	00:13:33	33	00:02:40	00:32:00	19	00:00:56	00:23:41	75	01:12:50.65	01:12:50.65	+00:08:54 (12.2%)
32	DAWIDOWICZ Maciej	28	BRZOZA BIEGA	M40-49	9	00:12:48	22	00:02:19	00:33:04	36	00:00:51	00:23:54	81	01:12:56.60	01:12:56.60	+00:09:00 (12.3%)
33	BOCIAN Łukasz	14	BOCIAN SPORT&REKREACJA / F3TEAM	M30-39	16	00:12:25	18	00:02:46	00:33:16	41	00:01:15	00:23:24	73	01:13:06.40	01:13:06.40	+00:09:10 (12.5%)
34	GOŁATA Wojciech	43	WILCZA WATAHA	M30-39	17	00:16:28	106	00:02:29	00:34:03	55	00:00:57	00:20:42	22	01:14:39.65	01:14:39.65	+00:10:43 (14.4%)
35	HIPNAROWICZ Grzegorz	55	SPORTTREND.PL	M40-49	10	00:13:23	30	00:02:33	00:34:03	54	00:01:55	00:22:52	63	01:14:46.70	01:14:46.70	+00:10:50 (14.5%)
36	SIATKOWSKI Paweł	153	OPEN BROKERS TEAM	M30-39	18	00:13:51	38	00:03:10	00:36:01	90	00:00:59	00:21:31	36	01:15:32.15	01:15:32.15	+00:11:36 (15.4%)
37	PIEKARSKI Wojtek	142	TMS	M40-49	11	00:13:53	39	00:03:21	00:34:10	59	00:01:22	00:22:51	62	01:15:37.40	01:15:37.40	+00:11:41 (15.5%)
38	NOWICKI Bartosz	128	AQUA+	M30-39	19	00:12:40	20	00:02:50	00:34:24	62	00:01:03	00:24:42	102	01:15:39.20	01:15:39.20	+00:11:43 (15.5%)
39	BURDYN Grzegorz	20	DIVINEBEAUTY / F3TEAM	M30-39	20	00:15:20	72	00:03:41	00:33:46	48	00:00:48	00:22:07	48	01:15:42.05	01:15:42.05	+00:11:45 (15.5%)
40	GIERES Waldemar	41	PTT DELTA	M50-59	2	00:15:27	77	00:02:33	00:33:59	52	00:01:33	00:22:17	51	01:15:49.05	01:15:49.05	+00:11:52 (15.7%)
41	ŁUCZAK Paweł	108	TKKF KOLEJARZ BYDGOSZCZ	M50-59	3	00:15:53	85	00:02:45	00:34:33	64	00:01:22	00:21:22	33	01:15:55.55	01:15:55.55	+00:11:59 (15.8%)
42	KUBIAK Sławomir	89		M50-59	4	00:15:35	81	00:03:00	00:34:41	66	00:01:20	00:21:23	34	01:15:59.70	01:15:59.70	+00:12:03 (15.9%)
43	ZIENKIEWICZ Marek	239	ATOS	M40-49	12	00:14:04	43	00:02:58	00:35:16	77	00:01:07	00:22:35	58	01:16:00.00	01:16:00.00	+00:12:03 (15.9%)
44	LISOWSKI Aleksander	105	RAZEM TRENUJEMY SPORT	M30-39	21	00:15:34	80	00:03:03	00:34:38	65	00:01:19	00:21:40	38	01:16:14.10	01:16:14.10	+00:12:17 (16.1%)
45	KAWCZYŃSKI Paweł	68		M30-39	22	00:11:00	5	00:02:34	00:34:46	70	00:01:27	00:26:30	132	01:16:17.15	01:16:17.15	+00:12:21 (16.2%)

						Pływanie		Rower		Bieg			Ciepłota		Czas	
						T1		T2		T3			T4		T5	
46	JANUSZKIEWICZ Piotr	59	PROSIACZEK/HYDRO-BART/JANTUR	M30-39	23	00:14:17	48	00:03:53	00:34:46	68	00:01:33	00:21:51	40	01:16:20.20	01:16:20.20	+00:12:24 (16.2%)
47	ZIELIŃSKI Maciej	206		M30-39	24	00:15:30	79	00:02:20	00:31:14	9	00:01:00	00:26:42	136	01:16:46.00	01:16:46.00	+00:12:49 (16.7%)
48	PAWEŁCZYK Kacper	136	1987	M30-39	25	00:14:41	58	00:03:15	00:35:16	75	00:01:47	00:21:52	41	01:16:51.10	01:16:51.10	+00:12:54 (16.8%)
49	SŁOMKA Maciej	159	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30-39	26	00:16:49	116	00:03:43	00:32:19	24	00:01:44	00:22:17	53	01:16:52.00	01:16:52.00	+00:12:55 (16.8%)
50	ZAKURZEWSKI Tomasz	203	BRZOZABIEGA	M40-49	13	00:13:54	40	00:02:34	00:35:25	78	00:02:06	00:23:02	68	01:17:01.90	01:17:01.90	+00:13:05 (17.0%)
51	SMOCZYŃSKI Marek	228	MBC TEAM	M30-39	27	00:15:12	70	00:03:17	00:32:50	34	00:01:42	00:24:02	88	01:17:03.60	01:17:03.60	+00:13:07 (17.0%)
52	FIEGEL Wojciech	39	TRISPACE/TREK	M40-49	14	00:14:48	61	00:02:32	00:33:31	44	00:01:18	00:25:05	111	01:17:14.80	01:17:14.80	+00:13:18 (17.2%)
53	PERLINSKI Damian	140	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30-39	28	00:16:23	102	00:02:42	00:34:00	53	00:01:15	00:22:59	66	01:17:19.20	01:17:19.20	+00:13:23 (17.3%)
54	KĄTNIK Jacek	222		M40-49	15	00:17:06	132	00:02:43	00:33:05	37	00:01:53	00:22:34	56	01:17:21.85	01:17:21.85	+00:13:25 (17.4%)
55	WROBEL Mateusx	200	TEAM WROBEL	M18-29	8	00:17:15	139	00:02:23	00:33:02	35	00:00:27	00:24:27	98	01:17:34.95	01:17:34.95	+00:13:38 (17.6%)
56	POPEK Maciej	143	WŁOCLAWEK TRIATHLON TEAM, ANETA TEAM	M40-49	16	00:15:53	86	00:03:31	00:34:10	58	00:01:21	00:22:53	64	01:17:48.95	01:17:48.95	+00:13:52 (17.8%)
57	BUGALSKI Wojciech	19		M40-49	17	00:16:14	95	00:02:56	00:33:49	50	00:03:46	00:21:11	30	01:17:56.20	01:17:56.20	+00:14:00 (18.0%)
58	KULWICKI Karol	92		M30-39	29	00:15:38	83	00:03:04	00:32:26	27	00:01:32	00:25:23	115	01:18:03.40	01:18:03.40	+00:14:07 (18.1%)
59	MEYER Maciej	118		M18-29	9	00:16:10	92	00:03:21	00:36:26	101	00:02:02	00:20:05	16	01:18:04.30	01:18:04.30	+00:14:08 (18.1%)
60	WIŚNIEWSKI Arnold	193		M40-49	18	00:14:40	57	00:05:36	00:33:41	46	00:00:56	00:23:19	71	01:18:12.30	01:18:12.30	+00:14:16 (18.2%)
61	SZULC Wojtek	229	KOCHAM DARIE	M50-59	5	00:17:26	142	00:03:11	00:32:27	28	00:01:25	00:23:54	80	01:18:23.30	01:18:23.30	+00:14:27 (18.4%)
62	TOMASZEWSKI Marcin	175		M40-49	19	00:14:45	60	00:02:58	00:35:27	80	00:01:49	00:23:40	74	01:18:39.75	01:18:39.75	+00:14:43 (18.7%)
63	URBANIAK Daniel	181		M40-49	20	00:17:48	145	00:03:56	00:34:14	60	00:02:01	00:21:01	24	01:19:00.90	01:19:00.90	+00:15:04 (19.1%)
64	DEMBSKI Patryk	31	TEAM PATROL	M18-29	10	00:09:54	3	00:02:45	00:36:22	99	00:01:05	00:29:25	176	01:19:31.00	01:19:31.00	+00:15:34 (19.6%)
65	STACHNIUK Przemek	163	TRISPACE	M40-49	21	00:16:05	90	00:03:16	00:34:05	56	00:01:48	00:24:22	94	01:19:36.50	01:19:36.50	+00:15:40 (19.7%)
66	BANAŚ Mateusz	4		M30-39	30	00:18:53	171	00:02:10	00:35:50	86	00:02:08	00:20:36	21	01:19:37.15	01:19:37.15	+00:15:41 (19.7%)
67	KAPUSTKA Mirosław	66	KAPUSTRI	M30-39	31	00:15:04	69	00:03:09	00:36:54	113	00:01:26	00:23:08	69	01:19:41.55	01:19:41.55	+00:15:45 (19.8%)
68	BRYCKI Jakub	219	POLONIA BIELANY WROCŁAWSKIE	M18-29	11	00:12:50	23	00:03:29	00:37:42	130	00:00:44	00:25:07	112	01:19:52.10	01:19:52.10	+00:15:55 (19.9%)
69	SIUDA Marek	155	KLINIKA TRIATHLONU BYDGOSZCZ	M40-49	22	00:14:49	62	00:04:06	00:34:09	57	00:01:45	00:25:07	113	01:19:56.30	01:19:56.30	+00:16:00 (20.0%)
70	CIUPA Jarosław	25	ARRK	M40-49	23	00:16:27	104	00:03:31	00:34:32	63	00:02:06	00:23:24	72	01:20:00.10	01:20:00.10	+00:16:03 (20.1%)
71	PAWĘTA Marcin	137		M30-39	32	00:19:14	180	00:02:37	00:33:44	47	00:02:55	00:21:32	37	01:20:02.20	01:20:02.20	+00:16:06 (20.1%)
72	NAGOW Michał	124		M40-49	24	00:16:15	96	00:02:54	00:36:11	94	00:01:45	00:23:01	67	01:20:06.00	01:20:06.00	+00:16:09 (20.2%)

						Pływanie		Rower		Bieg		Ciepłota		Czas
Rank	Name	Age	Team	Category	Gender	Time	Power	Time	Power	Time	Power	Time	Power	Time
73	GEHRKE Tomasz	40	LPN	M40-49	25	00:16:44	114	00:03:59	00:35:03	71	00:01:38	00:22:46	61	01:20:10.00 01:20:10.00 +00:16:13 (20.2%)
74	GILL Daniel	216	BOGMAR	M30-39	33	00:15:00	66	00:03:21	00:36:55	115	00:01:30	00:23:51	78	01:20:37.45 01:20:37.45 +00:16:41 (20.7%)
75	KRUCZKOWSKI Piotr	220	KRYSPORT TEAM	M50-59	6	00:17:10	134	00:02:46	00:33:49	51	00:00:57	00:26:02	126	01:20:44.60 01:20:44.60 +00:16:48 (20.8%)
76	RADZIEJEWSKI Tomasz	146		M30-39	34	00:15:54	87	00:03:53	00:36:14	95	00:00:51	00:23:54	82	01:20:46.90 01:20:46.90 +00:16:50 (20.9%)
77	BYRTEK Grzegorz	22		M40-49	26	00:13:18	27	00:03:11	00:36:42	110	00:01:08	00:26:46	139	01:21:05.70 01:21:05.70 +00:17:09 (21.2%)
78	WOŹNIAK Radek	199	BOZITA POLSKA	M30-39	35	00:17:00	130	00:03:14	00:34:46	69	00:01:39	00:24:27	96	01:21:06.00 01:21:06.00 +00:17:09 (21.2%)
79	BOROWSKI Radosław	15	MLKS KRAJNA SĘPÓLNO	M30-39	36	00:16:59	129	00:02:53	00:37:12	119	00:01:25	00:22:43	60	01:21:12.85 01:21:12.85 +00:17:16 (21.3%)
80	GRUBICH Arkadiusz	217		M40-49	27	00:16:58	127	00:02:55	00:35:49	85	00:01:15	00:24:18	91	01:21:15.15 01:21:15.15 +00:17:19 (21.3%)
81	KRAWISZ Maciej	84	LP500	M40-49	28	00:16:35	109	00:02:40	00:35:16	76	00:01:47	00:24:58	107	01:21:16.55 01:21:16.55 +00:17:20 (21.3%)
82	KWIATOŃ Michał	98		M18-29	12	00:16:21	99	00:03:57	00:32:34	31	00:01:26	00:27:04	145	01:21:22.20 01:21:22.20 +00:17:26 (21.4%)
83	SKOWROŃSKI Jarosław	157	KRISS COACHING	M30-39	37	00:16:21	98	00:03:14	00:36:54	114	00:01:01	00:24:00	84	01:21:30.70 01:21:30.70 +00:17:34 (21.6%)
84	WOLSKI Tomasz	196	BYDGOSZCZ TRIATHLON TEAM	M18-29	13	00:16:40	111	00:03:03	00:36:00	89	00:01:29	00:24:27	97	01:21:39.75 01:21:39.75 +00:17:43 (21.7%)
85	SZARLEJ Marcin	170	PKO BANK POLSKI S.A.	M30-39	38	00:16:57	124	00:03:10	00:35:53	88	00:01:17	00:24:28	99	01:21:45.05 01:21:45.05 +00:17:48 (21.8%)
86	TWAROWSKI Arkadiusz	180		M40-49	29	00:14:58	65	00:02:54	00:38:27	147	00:01:40	00:24:01	86	01:22:00.70 01:22:00.70 +00:18:04 (22.0%)
87	DRELICH Michał	240	SEGROUD	M30-39	39	00:17:01	131	00:03:48	00:37:19	125	00:01:51	00:22:07	49	01:22:06.80 01:22:06.80 +00:18:10 (22.1%)
88	JARUSZEWSKI Krzysztof	60	MAJKA TEAM	M40-49	30	00:15:01	67	00:04:50	00:33:46	49	00:01:45	00:26:49	141	01:22:11.90 01:22:11.90 +00:18:15 (22.2%)
89	WERNER Michał	190	GARDENFLORA MTB TEAM	M18-29	14	00:18:45	168	00:03:30	00:36:55	116	00:01:13	00:21:54	42	01:22:17.80 01:22:17.80 +00:18:21 (22.3%)
90	DĘBIEC Andrzej	218		M30-39	40	00:17:12	136	00:02:44	00:36:37	106	00:00:43	00:25:04	110	01:22:20.75 01:22:20.75 +00:18:24 (22.4%)
91	DUDEK Krzysztof	221	POLONIA BIELANY WROCŁAWSKIE	M18-29	15	00:13:30	32	00:03:53	00:37:16	122	00:01:27	00:26:32	134	01:22:38.55 01:22:38.55 +00:18:42 (22.6%)
92	SKORECKI Aleksander	156	BYDGOSZCZ TRIATHLON TEAM	M18-29	16	00:14:05	44	00:02:48	00:35:11	74	00:00:56	00:29:53	180	01:22:53.60 01:22:53.60 +00:18:57 (22.9%)
93	ZIÓŁKOWSKI Krzysztof	171		M30-39	41	00:15:36	82	00:02:23	00:39:23	165	00:01:23	00:24:10	90	01:22:55.80 01:22:55.80 +00:18:59 (22.9%)
94	TACIAK Dawid	174	ATOS/KLINIKA TRIATHLONU	M30-39	42	00:16:46	115	00:03:57	00:36:20	98	00:01:35	00:24:21	93	01:22:59.45 01:22:59.45 +00:19:03 (23.0%)
95	SKRZYNIARZ Hubert	158	#CIAGLA_WALKA_Z_BMI	M30-39	43	00:16:25	103	00:04:00	00:34:22	61	00:01:42	00:26:31	133	01:23:00.20 01:23:00.20 +00:19:04 (23.0%)
96	KUŹMA Wojtek	94		M50-59	7	00:16:54	122	00:02:35	00:36:33	104	00:00:57	00:26:20	130	01:23:19.50 01:23:19.50 +00:19:23 (23.3%)
97	KUCHARCZYK Michał	139	KS POLONIA BIELANY	M18-29	17	00:18:37	165	00:04:04	00:38:02	142	00:00:33	00:22:12	50	01:23:28.80 01:23:28.80 +00:19:32 (23.4%)
98	LESZCZYŃSKI Marcin	99	BYDGOSZCZ TRIATHLON TEAM	M18-29	18	00:16:50	117	00:03:12	00:37:13	121	00:01:44	00:24:31	100	01:23:30.60 01:23:30.60 +00:19:34 (23.4%)
99	HENDRZAK Sylwester	54	MISYL RUN TEAM	M30-39	44	00:20:05	190	00:04:11	00:36:38	108	00:00:58	00:21:50	39	01:23:42.60 01:23:42.60 +00:19:46 (23.6%)

						Pływanie		Rower		Bieg		Ciepłota		Ciepłota		
						T1	T2	T3	T4	T5	T6	T7	T8	T9		
100	GUSS Rafał	48	ARRK	M18-29	19	00:18:12	157	00:04:13	00:36:39	109	00:00:51	00:23:49	77	01:23:44.85	01:23:44.85	+00:19:48 (23.7%)
101	GREJCZYK Alan	123		M18-29	20	00:19:14	179	00:03:27	00:35:44	84	00:01:28	00:24:00	85	01:23:53.20	01:23:53.20	+00:19:57 (23.8%)
102	KOWALSKI Marek	82	REKINY OSIELSKO	M40-49	31	00:15:24	73	00:02:35	00:39:13	161	00:02:24	00:24:19	92	01:23:55.55	01:23:55.55	+00:19:59 (23.8%)
103	DOBRZAŃSKI Dariusz	34	3GRAVITY	M18-29	21	00:15:13	71	00:04:06	00:35:40	83	00:01:24	00:27:35	155	01:23:58.50	01:23:58.50	+00:20:02 (23.9%)
104	DULIŃSKI Jacek	37		M40-49	32	00:16:58	128	00:04:14	00:36:30	102	00:01:39	00:25:02	109	01:24:23.40	01:24:23.40	+00:20:27 (24.2%)
105	ŁATKA Marcin	107		M40-49	33	00:14:25	51	00:03:06	00:39:05	157	00:01:35	00:26:23	131	01:24:34.95	01:24:34.95	+00:20:38 (24.4%)
106	NAWROCKI Marcin	125	DELIKATESY RYBNE FISHKA.PL	M30-39	45	00:16:20	97	00:04:25	00:37:36	127	00:01:24	00:25:25	117	01:25:10.60	01:25:10.60	+00:21:14 (24.9%)
107	LIPNIEWICZ Paweł	104	LIPNE MUMIE	M30-39	46	00:19:12	177	00:03:34	00:33:37	45	00:01:09	00:27:42	157	01:25:14.00	01:25:14.00	+00:21:17 (25.0%)
108	TRZASKOWSKI Tomasz	177		M30-39	47	00:14:34	55	00:04:54	00:36:42	111	00:01:50	00:27:22	152	01:25:22.45	01:25:22.45	+00:21:26 (25.1%)
109	KULIŃSKI Grzegorz	91		M18-29	22	00:16:42	113	00:03:18	00:39:11	159	00:00:47	00:25:35	119	01:25:33.10	01:25:33.10	+00:21:36 (25.3%)
110	OLECH Jacek	233		M40-49	34	00:19:45	186	00:03:30	00:36:05	92	00:00:45	00:25:31	118	01:25:36.00	01:25:36.00	+00:21:39 (25.3%)
111	KIEŁPIŃSKI Mikołaj	69		M18-29	23	00:13:59	41	00:03:28	00:38:40	153	00:01:14	00:28:25	167	01:25:46.35	01:25:46.35	+00:21:50 (25.5%)
112	KARCZEWSKI Filip	67		M30-39	48	00:17:54	151	00:03:05	00:36:18	97	00:01:08	00:27:22	151	01:25:47.65	01:25:47.65	+00:21:51 (25.5%)
113	KLINOWSKI Radosław	72	GALACTICA	M30-39	49	00:20:25	192	00:03:56	00:37:50	133	00:01:48	00:21:58	44	01:25:57.85	01:25:57.85	+00:22:01 (25.6%)
114	MACIEJEWSKI Tomasz	111	NORMOBARIC	M18-29	24	00:17:48	146	00:02:11	00:40:32	173	00:02:15	00:23:16	70	01:26:02.15	01:26:02.15	+00:22:06 (25.7%)
115	RIVAT Emmanuel	212		M40-49	35	00:16:10	93	00:04:02	00:37:06	117	00:01:25	00:27:35	154	01:26:18.65	01:26:18.65	+00:22:22 (25.9%)
116	MACIEJCZYK Michał	110		M30-39	50	00:13:37	35	00:02:45	00:36:52	112	00:01:50	00:31:24	196	01:26:28.90	01:26:28.90	+00:22:32 (26.1%)
117	MALINOWSKI Artur	113		M50-59	8	00:18:50	170	00:04:18	00:36:09	93	00:01:43	00:25:40	122	01:26:40.35	01:26:40.35	+00:22:44 (26.2%)
118	STRYCZYŃSKI Marek	166	TRISPACE	M30-39	51	00:16:30	107	00:03:15	00:38:53	155	00:01:21	00:26:46	140	01:26:45.35	01:26:45.35	+00:22:49 (26.3%)
119	KLIMKOWSKI Mateusz	71	DECATHLON TRIATHLON TEAM	M18-29	25	00:15:26	76	00:02:44	00:36:33	103	00:01:21	00:30:46	188	01:26:50.90	01:26:50.90	+00:22:54 (26.4%)
120	OSAK Paweł	129		M30-39	52	00:17:07	133	00:04:02	00:37:53	137	00:01:15	00:26:53	142	01:27:10.05	01:27:10.05	+00:23:13 (26.7%)
121	ROŚ Sławek	148		M30-39	53	00:16:41	112	00:03:54	00:37:58	138	00:01:10	00:27:31	153	01:27:14.30	01:27:14.30	+00:23:18 (26.7%)
122	BEJFUS Łukasz	9	LEŚNY PARK KULTURY I WYPOCZYNKU	M18-29	26	00:18:26	162	00:03:06	00:36:38	107	00:01:11	00:27:58	160	01:27:19.50	01:27:19.50	+00:23:23 (26.8%)
123	BEJFUS Mateusz	10		M18-29	27	00:17:23	141	00:03:35	00:37:13	120	00:01:07	00:28:02	162	01:27:20.30	01:27:20.30	+00:23:24 (26.8%)
124	CZAPLICKI Wojciech	211		M40-49	36	00:19:38	185	00:02:21	00:39:44	167	00:02:11	00:23:47	76	01:27:41.60	01:27:41.60	+00:23:45 (27.1%)
125	MAZURKIEWICZ Piotr	116		M40-49	37	00:20:13	191	00:04:10	00:37:29	126	00:01:21	00:24:44	103	01:27:57.10	01:27:57.10	+00:24:00 (27.3%)
126	BOROWSKI Łukasz	16	LADYSI TEAM	M40-49	38	00:17:13	137	00:03:22	00:37:44	131	00:01:40	00:28:02	161	01:28:01.50	01:28:01.50	+00:24:05 (27.4%)

						Pływanie		Rower		Bieg			Czas				
Rank	Name	Age	Team	Sex	Year	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	%	
127	IWAŃCZYK Marcin	57	CB163	M	30-39	54	00:16:09	91	00:04:47	00:37:18	123	00:01:44	00:28:09	164	01:28:07.65	01:28:07.65	+00:24:11 (27.5%)
128	SŁOMSKI Marcin	160	TRIATHLON KONSULTING TEAM	M	30-39	55	00:16:23	101	00:04:01	00:40:49	174	00:01:00	00:25:59	125	01:28:12.25	01:28:12.25	+00:24:16 (27.5%)
129	GRUBA Jacek	45		M	50-59	9	00:18:01	154	00:04:07	00:37:12	118	00:01:39	00:27:15	148	01:28:14.60	01:28:14.60	+00:24:18 (27.5%)
130	KLISZEWSKI Damian	73		M	40-49	39	00:17:49	147	00:02:10	00:39:44	166	00:01:28	00:27:17	149	01:28:28.20	01:28:28.20	+00:24:32 (27.7%)
131	PRZYBYTKOWSKI Marek	145		M	18-29	28	00:24:57	214	00:04:56	00:35:37	82	00:01:32	00:22:07	47	01:29:09.40	01:29:09.40	+00:25:13 (28.3%)
132	BORUCKI Marcin	17		M	30-39	56	00:15:55	88	00:04:33	00:38:56	156	00:01:31	00:28:16	165	01:29:11.60	01:29:11.60	+00:25:15 (28.3%)
133	RYBCZYŃSKI Łukasz	213		M	18-29	29	00:16:51	118	00:03:56	00:41:08	179	00:01:42	00:25:37	120	01:29:14.15	01:29:14.15	+00:25:18 (28.4%)
134	OSTRZYCKI Sławomir	131	TRISPACE/TREK	M	30-39	57	00:16:57	125	00:03:57	00:39:13	160	00:01:31	00:27:38	156	01:29:16.15	01:29:16.15	+00:25:20 (28.4%)
135	RYBAK Mariusz	150	SISU-OWB TEAM	M	40-49	40	00:15:27	78	00:03:40	00:40:23	170	00:00:45	00:29:02	173	01:29:17.05	01:29:17.05	+00:25:20 (28.4%)
136	ADLER Filip	1		M	18-29	30	00:17:17	140	00:03:20	00:41:09	180	00:02:13	00:25:18	114	01:29:17.85	01:29:17.85	+00:25:21 (28.4%)
137	BARANOWICZ Bartosz	5	TMS GLOBART	M	40-49	41	00:14:10	46	00:03:52	00:39:06	158	00:01:46	00:30:40	185	01:29:34.45	01:29:34.45	+00:25:38 (28.6%)
138	ZIELIŃSKI Radosław	204		M	30-39	58	00:19:13	178	00:03:43	00:36:02	91	00:02:01	00:28:43	170	01:29:42.20	01:29:42.20	+00:25:46 (28.7%)
139	KOSIŃSKI Robert	77	NOKIA BYDGOSZCZ	M	30-39	59	00:15:51	84	00:03:08	00:38:00	139	00:01:31	00:31:13	193	01:29:43.45	01:29:43.45	+00:25:47 (28.7%)
140	PAPIEROWSKI Piotr	134		M	30-39	60	00:18:44	167	00:02:45	00:39:13	162	00:00:53	00:28:19	166	01:29:54.05	01:29:54.05	+00:25:57 (28.9%)
141	WOZNIAK Tomasz	197		M	40-49	42	00:19:31	184	00:04:32	00:40:26	171	00:01:30	00:23:56	83	01:29:55.50	01:29:55.50	+00:25:59 (28.9%)
142	KOTOWSKI Jacek	79		M	40-49	43	00:18:54	172	00:03:27	00:35:03	72	00:01:37	00:31:47	200	01:30:48.85	01:30:48.85	+00:26:52 (29.6%)
143	RZENTKOWSKI Grzegorz	151		M	40-49	44	00:19:16	182	00:04:06	00:38:30	149	00:02:18	00:26:57	143	01:31:07.75	01:31:07.75	+00:27:11 (29.8%)
144	MIEKCYŃSKI Artur	120	POLONIA BYDGOSZCZ	M	30-39	61	00:19:49	187	00:03:40	00:38:01	140	00:01:09	00:29:03	175	01:31:42.50	01:31:42.50	+00:27:46 (30.3%)
145	SMIETANA Mirosław	161		M	60-69	1	00:20:35	194	00:04:40	00:41:35	185	00:01:15	00:24:08	89	01:32:13.80	01:32:13.80	+00:28:17 (30.7%)
146	GWIZDAŁA Adam	50	BUKOWIEC	M	30-39	62	00:20:46	196	00:03:11	00:38:38	152	00:00:46	00:28:57	172	01:32:18.25	01:32:18.25	+00:28:22 (30.7%)
147	KADOW Ryszard	64	TRISPACE	M	40-49	45	00:21:51	203	00:03:59	00:28:09	2	00:01:52	00:36:32	212	01:32:23.90	01:32:23.90	+00:28:27 (30.8%)
148	MIĘTKIEWICZ Rafał	121	SPÓJNIA BIAŁE BŁOTA	M	18-29	31	00:23:08	209	00:03:39	00:40:07	169	00:00:56	00:24:34	101	01:32:24.25	01:32:24.25	+00:28:28 (30.8%)
149	TURNO Szymon	179	TURBO TEAM	M	40-49	46	00:17:53	150	00:04:30	00:39:16	163	00:01:01	00:29:46	179	01:32:26.40	01:32:26.40	+00:28:30 (30.8%)
150	FALCONNET Chris	38		M	30-39	63	00:19:00	174	00:04:04	00:41:27	183	00:01:10	00:27:06	147	01:32:47.50	01:32:47.50	+00:28:51 (31.1%)
151	STĘPIEŃ Michał	164		M	30-39	64	00:20:00	188	00:03:44	00:41:26	182	00:01:06	00:26:42	135	01:32:58.30	01:32:58.30	+00:29:02 (31.2%)
152	JUREK Krzysztof	63		M	50-59	10	00:15:57	89	00:04:26	00:43:18	200	00:00:55	00:29:32	177	01:34:08.70	01:34:08.70	+00:30:12 (32.1%)
153	JUCHACZ Michał	62	DZIKI Z BALCZEWA	M	40-49	47	00:20:28	193	00:02:56	00:46:05	209	00:00:54	00:24:24	95	01:34:47.20	01:34:47.20	+00:30:51 (32.5%)

				Pływanie		T1	Rower		T2	Bieg		CZŁ				
154	SENSKI Przemysław	152		M30-39	65	00:16:53	120	00:04:01	00:40:55	176	00:02:10	00:30:55	189	01:34:54.05	01:34:54.05	+00:30:57 (32.6%)
155	BINDEK Łukasz	13		M30-39	66	00:16:22	100	00:05:44	00:44:41	207	00:01:32	00:26:46	138	01:35:05.00	01:35:05.00	+00:31:08 (32.8%)
156	SIEKIERKA Robert	154	AS BOX	M40-49	48	00:21:42	202	00:04:40	00:40:54	175	00:01:01	00:27:57	159	01:36:14.50	01:36:14.50	+00:32:18 (33.6%)
157	PETRENKO Hryhorii	141	ARRK	M18-29	32	00:22:29	207	00:04:19	00:19:11	1	00:01:14	00:49:45	215	01:36:58.55	01:36:58.55	+00:33:02 (34.1%)
158	KWIATKOWSKI Waldemar	96		M30-39	67	00:17:52	149	00:03:49	00:43:53	205	00:01:01	00:31:31	198	01:38:06.55	01:38:06.55	+00:34:10 (34.8%)
159	URBAŃSKI Janusz	183	TRISPACE	M50-59	11	00:18:22	161	00:05:17	00:38:11	143	00:02:25	00:35:28	210	01:39:43.05	01:39:43.05	+00:35:46 (35.9%)
160	WĘGRZYŃSKI Piotr	192		M40-49	49	00:22:05	205	00:03:36	00:38:38	151	00:02:07	00:34:13	207	01:40:39.00	01:40:39.00	+00:36:42 (36.5%)
161	OSIŃSKI Adam	130		M40-49	50	00:22:33	208	00:05:39	00:39:49	168	00:01:40	00:31:19	194	01:41:00.30	01:41:00.30	+00:37:04 (36.7%)
162	GÓRNIKIEWICZ Piotr	44		M30-39	68	00:21:06	199	00:05:24	00:43:04	198	00:01:38	00:30:42	186	01:41:54.55	01:41:54.55	+00:37:58 (37.3%)
163	DĄBROWSKI Bartosz	30	SPORTOWA PASJA	M30-39	69	00:20:01	189	00:05:30	00:46:12	210	00:01:08	00:29:59	181	01:42:50.65	01:42:50.65	+00:38:54 (37.8%)
164	BUDNICKI Krzysztof	18		M40-49	51	00:24:36	212	00:05:04	00:41:46	186	00:01:46	00:30:04	182	01:43:16.25	01:43:16.25	+00:39:20 (38.1%)
165	KLIMEK Przemysław	70		M18-29	33	00:18:21	160	00:04:28	00:49:27	214	00:00:51	00:30:59	190	01:44:06.35	01:44:06.35	+00:40:10 (38.6%)
166	JĘDRUSZCZAK Przemysław	61		M18-29	34	00:24:52	213	00:05:04	00:43:22	202	00:01:04	00:31:31	197	01:45:53.70	01:45:53.70	+00:41:57 (39.6%)
167	ŁUKOMSKI Dawid	109	GARDENFLORA MTB TEAM	M18-29	35	00:24:00	211	00:04:08	00:43:21	201	00:01:27	00:33:00	203	01:45:56.95	01:45:56.95	+00:42:00 (39.7%)
168	DETLAF Mariusz	33		M30-39	70	00:26:04	215	00:03:32	00:42:26	192	00:01:26	00:35:50	211	01:49:18.45	01:49:18.45	+00:45:22 (41.5%)
169	PALACZ Mirosław	133		M50-59	12	00:28:35	216	00:04:02	00:42:22	191	00:01:27	00:34:29	209	01:50:55.65	01:50:55.65	+00:46:59 (42.4%)
170	WYSŁOUCH Sebastian	201	AMATOR	M40-49	52	00:21:04	198	00:06:08	00:44:38	206	00:01:48	00:40:01	214	01:53:39.75	01:53:39.75	+00:49:43 (43.7%)
171	GWIAZDOWSKI Krzysztof	49		M40-49	53	00:16:57	126	00:04:18								+00:13:29
172	LIPIŃSKI Michał	103		M40-49	54											+00:14:21
DNC	MARTIN Adam	227	WILDCATS SWISS TRIATHLON TEAM	M18-29		00:09:06	1	00:01:46	00:46:55	211	00:01:05	00:17:09	3	01:16:01.25	01:16:01.25	

Znaleziono 173 wynik(ów)