

# POLSKAMAN TRIATHLON WOLSZTYN - DŁUGI

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

PolskaMan Triathlon Wolsztyn  
ROBUSTUS Sp. z o.o. Sp. k.  
2022-08-21  
Wolsztyn  
226 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Punkt pomiarowy: 200,6 km

| Msc | Zawodnik                | Numer | Klub                             | Kategoria | Pływanie |     |          | Rower    |          |          |           |           |           |            |     | Bieg          |               |                | Czas     |
|-----|-------------------------|-------|----------------------------------|-----------|----------|-----|----------|----------|----------|----------|-----------|-----------|-----------|------------|-----|---------------|---------------|----------------|----------|
|     |                         |       |                                  |           | 3.8km    | Poz | 00:03:18 | S17 15km | S17 45km | S17 75km | S17 105km | S17 135km | S17 165km | Molo 180km | Poz | Parkowa 3.7km | Parkowa 8.9km | Parkowa 14.1km |          |
| 1   | IWAŃSKI Bartłomiej      | 8     | TEAM KOLARZ POLANICA             | M18       | 01:02:02 | 5   | 00:03:18 | 00:23:18 | 01:08:11 | 01:53:40 | 02:39:38  | 03:26:24  | 04:14:22  | 04:37:41   | 3   | 00:03:00      | 00:18:38      | 00:42:48       | 01:06:50 |
| 2   | SZYSZKA Łukasz          | 704   |                                  | M30       | 01:02:00 | 4   | 00:02:57 | 00:24:09 | 01:11:06 | 01:58:46 | 02:45:34  | 03:33:10  | 04:20:17  | 04:43:07   | 5   | 00:03:42      | 00:17:14      | 00:40:11       | 01:02:45 |
| 3   | KLUPCZYŃSKI Piotr       | 13    |                                  | M30       | 01:01:33 | 3   | 00:02:56 | 00:23:50 | 01:09:01 | 01:54:31 | 02:40:29  | 03:27:18  | 04:16:38  | 04:41:10   | 4   | 00:03:11      | 00:19:11      | 00:42:40       | 01:06:56 |
| 4   | MODRZYK Arkadiusz       | 33    | CENTRUM MEDYCYNY SPORTOWEJ OLIMP | M30       | 01:07:01 | 9   | 00:03:38 | 00:24:26 | 01:11:25 | 01:58:00 | 02:43:14  | 03:29:02  | 04:14:45  | 04:37:17   | 2   | 00:04:11      | 00:17:54      | 00:43:24       | 01:07:40 |
| 5   | WITZLACK MAKARERICH Kai | 700   |                                  | M40       | 01:08:28 | 12  | 00:03:26 | 00:23:37 | 01:10:26 | 01:57:34 | 02:44:06  | 03:34:00  | 04:22:09  | 04:46:34   | 8   | 00:05:04      | 00:15:26      | 00:38:30       | 01:01:50 |
| 6   | CZAJKOWSKI Paweł        | 54    | BCT TEAM GDYNIA                  | M40       | 01:11:44 | 18  | 00:02:51 | 00:24:43 | 01:12:22 | 01:59:53 | 02:47:51  | 03:35:04  | 04:22:22  | 04:45:53   | 7   | 00:02:51      | 00:15:45      | 00:46:01       | 01:12:11 |
| 7   | PRAŁAT Kacper           | 7     | IM INSPIRATION                   | M18       | 01:10:41 | 15  | 00:04:14 | 00:26:08 | 01:15:56 | 02:05:29 | 02:54:37  | 03:43:36  | 04:32:44  | 04:57:19   | 12  | 00:05:33      | 00:18:33      | 00:43:13       | 01:11:43 |
| 8   | KACZOROWSKI Marcin      | 41    |                                  | M30       | 01:25:57 | 54  | 00:04:40 | 00:25:18 | 01:14:48 | 02:04:30 | 02:52:25  | 03:40:41  | 04:29:22  | 04:53:53   | 9   | 00:04:19      | 00:17:50      | 00:42:01       | 01:07:02 |
| 9   | ŚWIDERSKI Paweł         | 68    |                                  | M40       | 01:05:29 | 6   | 00:03:22 | 00:26:11 | 01:14:34 | 02:04:59 | 02:55:52  | 03:47:50  | 04:40:13  | 05:06:26   | 14  | 00:03:56      | 00:21:04      | 00:49:26       | 01:19:10 |
| 10  | JABŁOŃSKI Oskar         | 9     |                                  | M18       | 01:12:21 | 21  | 00:04:58 | 00:26:40 | 01:17:33 | 02:09:19 | 03:01:50  | 03:56:02  | 04:52:09  | 05:20:06   | 21  | 00:04:29      | 00:21:33      | 00:47:54       | 01:13:59 |
| 11  | NETTMANN Mateusz        | 708   | #MAKINGFUTURE, #PROJEKTTRENER    | M40       | 01:20:23 | 37  | 00:04:30 | 00:26:17 | 01:17:16 | 02:06:28 | 02:57:15  | 03:48:44  | 04:40:57  | 05:06:41   | 15  | 00:04:16      | 00:21:43      | 00:53:07       | 01:25:20 |
| 12  | LISZKA Wojciech         | 20    | LITWIN SPORTS                    | M30       | 01:08:21 | 11  | 00:04:15 | 00:27:21 | 01:19:45 | 02:12:25 | 03:04:32  | 03:58:03  | 04:52:06  | 05:19:46   | 20  | 00:06:07      | 00:22:57      | 00:53:43       | 01:25:06 |
| 13  | KUŹMA Adam              | 34    | FAR KUBA-TEAM                    | M30       | 01:22:35 | 44  | 00:06:10 | 00:28:00 | 01:21:43 | 02:15:19 | 03:08:06  | 04:02:20  | 04:55:49  | 05:23:00   | 24  | 00:05:13      | 00:20:35      | 00:47:06       | 01:14:49 |
| 14  | BIELAK Artur            | 82    | KAZIKI / ATAK NA TRIATHLON       | M40       | 01:12:33 | 22  | 00:06:32 | 00:28:11 | 01:21:46 | 02:15:18 | 03:09:14  | 04:02:23  | 04:56:18  | 05:22:53   | 23  | 00:05:08      | 00:21:59      | 00:53:13       | 01:23:42 |
| 15  | GRIEPENTROG Susanne     | 71    | SV BAYREUTH                      | K40       | 01:12:08 | 19  | 00:04:43 | 00:27:54 | 01:21:31 | 02:15:41 | 03:10:58  | 04:06:48  | 05:03:44  | 05:32:22   | 29  | 00:05:01      | 00:21:07      | 00:50:21       | 01:19:56 |
| 16  | SŁOMA Adrian            | 18    | SPEEDFEET'19/TGV KOŚCIAN         | M30       | 01:20:15 | 36  | 00:04:47 | 00:29:02 | 01:23:13 | 02:17:54 | 03:12:19  | 04:07:12  | 05:04:21  | 05:32:47   | 30  | 00:04:45      | 00:19:23      | 00:49:28       | 01:17:08 |
| 17  | FRIESE Andreas          | 98    | EGZ TRIATHLON GÖRLITZ            | M50       | 01:12:12 | 20  | 00:04:48 | 00:27:06 | 01:18:33 | 02:12:15 | 03:05:17  | 04:03:08  | 05:02:05  | 05:30:17   | 27  | 00:04:53      | 00:21:48      | 00:52:38       | 01:25:27 |
| 18  | KOŚCIAŃSKI Łukasz       | 40    | ZDUN TRIATHLON TEAM              | M30       | 01:13:25 | 23  | 00:06:09 | 00:28:35 | 01:22:09 | 02:16:07 | 03:11:09  | 04:04:32  | 05:02:39  | 05:32:10   | 28  | 00:04:50      | 00:22:04      | 00:53:06       | 01:24:08 |
| 19  | SEVASTSYANAU Sjarhei    | 74    | SEVASTSYANAU TEAM                | M40       | 01:37:10 | 81  | 00:04:12 | 00:24:47 | 01:12:53 | 02:01:30 | 02:51:34  | 03:44:37  | 04:41:40  | 05:12:22   | 17  | 00:07:30      | 00:23:10      | 00:52:01       | 01:20:50 |
| 20  | SZWED Kamil             | 710   |                                  | M30       | 01:31:47 | 69  | 00:07:05 | 00:27:58 | 01:21:16 | 02:13:45 | 03:06:47  | 03:59:32  | 04:55:28  | 05:23:02   | 25  | 00:06:43      | 00:22:02      | 00:51:16       | 01:19:52 |
| 21  | HAIDUK Hleb             | 4     |                                  | M18       | 01:11:28 | 16  | 00:03:04 | 00:28:32 | 01:22:32 | 02:19:08 | 03:17:05  | 04:15:12  | 05:15:24  | 05:53:12   | 40  | 00:09:44      | 00:20:31      | 00:48:11       | 01:16:31 |
| 22  | NOWOSIELSKI Wojciech    | 15    |                                  | M30       | 01:21:03 | 39  | 00:05:11 | 00:28:17 | 01:22:01 | 02:17:49 | 03:13:34  | 04:09:22  | 05:07:13  | 05:36:12   | 35  | 00:04:52      | 00:21:51      | 00:53:05       | 01:26:31 |

|    |                                  |            |                               |      | Pływanie        |     | Rower    |          |          |          |          |          |          | Bieg            |           |          |          | CAŁK.    |          |
|----|----------------------------------|------------|-------------------------------|------|-----------------|-----|----------|----------|----------|----------|----------|----------|----------|-----------------|-----------|----------|----------|----------|----------|
| 23 | <b>CIMACHOWSKI Jakub</b>         | <b>57</b>  | CIMATECH                      | M40  | <b>01:09:26</b> | 14  | 00:05:20 | 00:28:24 | 01:22:49 | 02:19:25 | 03:18:42 | 04:19:56 | 05:21:41 | <b>05:52:24</b> | <b>38</b> | 00:08:49 | 00:21:26 | 00:50:38 | 01:20:23 |
| 24 | <b>KRÓL Paweł</b>                | <b>709</b> |                               | M30  | <b>01:19:36</b> | 34  | 00:04:54 | 00:29:58 | 01:26:32 | 02:26:04 | 03:24:02 | 04:24:04 | 05:25:39 | <b>05:54:33</b> | <b>41</b> | 00:06:21 | 00:23:44 | 00:55:32 | 01:28:27 |
| 25 | <b>SKOCZ Tomasz</b>              | <b>32</b>  |                               | M30  | <b>01:21:50</b> | 42  | 00:07:00 | 00:28:52 | 01:26:20 | 02:24:54 | 03:22:42 | 04:23:59 | 05:21:23 | <b>05:52:32</b> | <b>39</b> | 00:09:25 | 00:22:22 | 00:53:59 | 01:26:05 |
| 26 | <b>NOWARA Andrzej</b>            | <b>99</b>  |                               | M50  | <b>01:26:48</b> | 59  | 00:07:34 | 00:30:38 | 01:31:31 | 02:31:41 | 03:31:55 | 04:30:54 | 05:30:48 | <b>06:00:21</b> | <b>48</b> | 00:07:47 | 00:21:40 | 00:50:44 | 01:20:11 |
| 27 | <b>KIEPURA Andrzej</b>           | <b>83</b>  | IM INSPIRATION                | M40  | <b>01:20:07</b> | 35  | 00:05:16 | 00:29:11 | 01:24:28 | 02:21:56 | 03:20:25 | 04:21:02 | 05:23:38 | <b>05:55:39</b> | <b>43</b> | 00:06:02 | 00:27:30 | 01:01:41 | 01:36:29 |
| 28 | <b>NOWACZYK Grzegorz</b>         | <b>72</b>  | LODOŻERCY CHODZIEŻ / PCH_RUN  | M40  | <b>01:21:07</b> | 40  | 00:06:59 | 00:29:33 | 01:28:43 | 02:27:50 | 03:28:09 | 04:29:34 | 05:32:09 | <b>06:03:51</b> | <b>52</b> | 00:07:14 | 00:24:28 | 00:56:32 | 01:28:53 |
| 29 | <b>WIĘCŁAW Artur</b>             | <b>81</b>  | 4MUSZKIETER.PL                | M40  | <b>01:25:34</b> | 52  | 00:08:18 | 00:31:13 | 01:29:54 | 02:27:41 | 03:31:07 | 04:31:09 | 05:35:24 | <b>06:06:08</b> | <b>55</b> | 00:06:53 | 00:23:24 | 00:54:33 | 01:25:33 |
| 30 | <b>JĘDRZEJCZYK Piotr</b>         | <b>92</b>  | OGT OLEŚNICA                  | M50  | <b>01:21:10</b> | 41  | 00:05:36 | 00:29:40 | 01:27:34 | 02:28:50 | 03:30:04 | 04:34:09 | 05:37:04 | <b>06:06:50</b> | <b>56</b> | 00:06:50 | 00:24:08 | 00:57:20 | 01:33:33 |
| 31 | <b>GRODOMIŃSKI Hubert</b>        | <b>85</b>  | TRI FOR ME                    | M40  | <b>01:34:08</b> | 74  | 00:09:40 | 00:28:25 | 01:31:51 | 02:28:10 | 03:26:08 | 04:24:09 | 05:27:18 | <b>05:56:35</b> | <b>45</b> | 00:09:05 | 00:28:22 | 01:05:46 | 01:39:25 |
| 32 | <b>DAWIDOWICZ Aleksander</b>     | <b>96</b>  | ALEX TEAM                     | M50  | <b>01:23:55</b> | 47  | 00:07:29 | 00:31:02 | 01:30:45 | 02:30:24 | 03:30:40 | 04:32:53 | 05:32:49 | <b>06:01:50</b> | <b>50</b> | 00:08:20 | 00:27:47 | 01:05:49 | 01:46:31 |
| 33 | <b>BARTOSZ Helios</b>            | <b>706</b> | 7 DYWIZJON LOTNICZY           | M30  | <b>01:32:02</b> | 70  | 00:08:05 | 00:32:16 | 01:35:11 | 02:35:23 | 03:40:09 | 04:42:43 | 05:46:00 | <b>06:14:38</b> | <b>62</b> | 00:13:53 | 00:22:33 | 00:53:41 | 01:25:39 |
| 34 | <b>NOWAKOWSKI Bartek</b>         | <b>60</b>  |                               | M40  | <b>01:23:54</b> | 46  | 00:07:34 | 00:31:55 | 01:32:29 | 02:34:31 | 03:38:30 | 04:44:41 | 05:53:14 | <b>06:26:54</b> | <b>68</b> | 00:09:52 | 00:26:36 | 01:02:34 | 01:34:46 |
| 35 | <b>LIS Daniel</b>                | <b>88</b>  |                               | M40  | <b>01:38:49</b> | 82  | 00:15:22 | 00:30:47 | 01:30:46 | 02:32:04 | 03:31:20 | 04:31:45 | 05:36:35 | <b>05:39:27</b> | <b>37</b> | 00:35:25 | 00:24:04 | 00:58:36 | 01:34:27 |
| 36 | <b>LATOS Janusz</b>              | <b>103</b> | ECO CARS                      | M60+ | <b>01:35:45</b> | 75  | 00:09:15 | 00:31:40 | 01:31:55 | 02:31:35 | 03:34:04 | 04:39:15 | 05:48:22 | <b>06:21:53</b> | <b>64</b> | 00:07:34 | 00:24:33 | 00:58:11 | 01:32:50 |
| 37 | <b>SULKA Michał</b>              | <b>23</b>  | ARTCHEMIA S.C                 | M30  | <b>01:32:18</b> | 71  | 00:09:50 | 00:32:17 | 01:37:20 | 02:41:29 | 03:46:39 | 04:52:14 | 05:55:55 | <b>06:26:55</b> | <b>69</b> | 00:04:48 | 00:28:22 | 01:05:10 | 01:42:28 |
| 38 | <b>MATUSEWICZ Ireneusz</b>       | <b>66</b>  |                               | M40  | <b>01:26:29</b> | 56  | 00:14:22 | 00:31:32 | 01:36:43 | 02:42:00 | 03:52:59 | 05:04:41 | 06:16:56 | <b>06:51:40</b> | <b>76</b> | 00:09:02 | 00:24:29 | 00:58:15 | 01:39:38 |
| 39 | <b>STASZAK Radosław</b>          | <b>87</b>  | EKSPRES ŁINGO                 | M40  | <b>01:36:51</b> | 80  | 00:08:50 | 00:33:23 | 01:37:30 | 02:43:26 | 03:52:37 | 04:59:16 | 06:08:31 | <b>06:42:10</b> | <b>74</b> | 00:16:32 | 00:27:10 | 01:04:37 | 01:43:51 |
| 40 | <b>KAWKA Rafał</b>               | <b>35</b>  | KBKS RADOMSKO                 | M30  | <b>01:58:06</b> | 96  | 00:08:30 | 00:32:05 | 01:34:56 | 02:39:01 | 03:45:45 | 04:54:40 | 06:03:58 | <b>06:38:53</b> | <b>73</b> | 00:08:13 | 00:25:13 | 01:01:23 | 01:41:01 |
| 41 | <b>PRZĄDKA Dawid</b>             | <b>29</b>  | CZARNY KOŃ XD                 | M30  | <b>02:01:37</b> | 97  | 00:08:51 | 00:33:36 | 01:40:12 | 02:46:18 | 03:53:00 | 04:59:17 | 06:06:01 | <b>06:38:29</b> | <b>72</b> | 00:06:20 | 00:26:10 | 01:01:29 | 01:37:06 |
| 42 | <b>ŁUKOWSKI Dariusz</b>          | <b>100</b> | GMINA STRZELCE OPOLSKIE       | M50  | <b>01:43:50</b> | 87  | 00:09:52 | 00:32:51 | 01:36:41 | 02:43:13 | 03:50:29 | 05:01:45 | 06:15:55 | <b>06:53:20</b> | <b>79</b> | 00:07:03 | 00:28:59 | 01:07:51 | 01:49:44 |
| 43 | <b>KĘPIŃSKI Henryk</b>           | <b>107</b> | KB SPARTAKUS BEŁCHATÓW        | M60+ | <b>01:56:44</b> | 94  | 00:09:15 | 00:33:06 | 01:35:38 | 02:38:01 | 03:41:21 | 04:46:50 | 05:56:50 | <b>06:30:47</b> | <b>70</b> | 00:08:10 | 00:32:48 | 01:17:53 | 02:00:33 |
| 44 | <b>POTOCZNY Łukasz</b>           | <b>39</b>  | EUFORIABIEGACZATEAM           | M30  | <b>02:32:38</b> | 102 | 00:06:58 | 00:32:08 | 01:35:43 | 02:40:20 | 03:40:58 | 04:47:50 | 05:53:19 | <b>06:24:49</b> | <b>67</b> | 00:09:15 | 00:24:21 | 00:58:58 | 01:35:42 |
| 45 | <b>WOSKOWSKA Magdalena</b>       | <b>58</b>  | KLUB BIEGAM BO LUBIĘ RACIBÓRZ | K40  | <b>01:33:03</b> | 72  | 00:08:00 | 00:35:48 | 01:47:55 | 03:00:30 | 04:21:55 | 05:29:08 | 06:45:47 | <b>07:23:13</b> | <b>92</b> | 00:07:39 | 00:27:15 | 01:04:48 | 01:45:47 |
| 46 | <b>RYBIŃSKI Przemysław</b>       | <b>46</b>  |                               | M40  | <b>01:30:37</b> | 65  | 00:16:52 | 00:32:29 | 01:37:42 | 02:46:08 | 03:53:15 | 05:08:07 | 06:25:39 | <b>07:03:42</b> | <b>83</b> | 00:15:36 | 00:30:04 | 01:10:51 | 01:55:27 |
| 47 | <b>MLECZEK Tadeusz</b>           | <b>105</b> |                               | M60+ | <b>02:04:58</b> | 98  | 00:15:48 | 00:33:55 | 01:42:20 | 02:51:30 | 04:01:22 | 05:11:25 | 06:25:08 | <b>06:59:56</b> | <b>81</b> | 00:09:15 | 00:30:00 | 01:15:51 | 02:03:42 |
| 48 | <b>LINDEMANN Heide</b>           | <b>101</b> | TEAM STEINBERG                | K50  | <b>01:47:19</b> | 91  | 00:10:50 | 00:35:52 | 01:46:45 | 02:57:27 | 04:08:42 | 05:20:15 | 06:33:04 | <b>07:08:31</b> | <b>85</b> | 00:11:22 | 00:36:44 | 01:26:11 | 02:18:09 |
|    | <b>CZAPRACKI Dominik</b>         | <b>77</b>  |                               | M40  | <b>01:25:35</b> | 53  | 00:03:54 | 00:27:24 | 01:21:45 | 02:17:19 | 03:13:00 | 04:06:40 |          |                 |           |          |          |          |          |
|    | <b>WITKO-BŁASZCZYK Sebastian</b> | <b>51</b>  | ŻELAZNA ŚWIDNICA              | M40  | <b>01:44:22</b> | 89  | 00:10:59 | 00:31:14 |          |          |          |          |          |                 |           |          |          |          |          |
|    | <b>SIKORSKI Wojciech</b>         | <b>76</b>  |                               | M40  | <b>01:24:51</b> | 48  | 00:05:21 | 00:32:25 | 01:33:04 | 02:38:26 |          |          |          |                 |           |          |          |          |          |
|    | <b>PRYK Rafał</b>                | <b>86</b>  | ROZBIEGANY GOLENIÓW           | M40  | <b>01:24:52</b> | 49  | 00:05:28 | 00:29:40 | 01:29:15 |          |          |          |          |                 |           |          |          |          |          |
|    | <b>HEIMBERGER Harald</b>         | <b>97</b>  | LAUF-UND RADTREFF GOMADINGEN  | M50  | <b>01:08:34</b> | 13  | 00:04:38 | 00:26:43 | 01:17:37 | 02:08:09 | 02:57:38 | 03:50:06 | 04:41:50 | <b>05:08:05</b> | <b>16</b> |          |          |          |          |

