

# METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6

Organiser: Towarzystwo Sportowe TRI-SPORT  
 Date: 2022-08-20  
 Place: Bydgoszcz  
 Distance: 226 km



## Results for the split 0.95 km

Klasyfikacja wg czasów netto.

## METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	NIKOLICS ZORAN	106		KEREPES	HUN	M26		00:57:21 (3)	00:02:44	04:35:02 (1)	00:02:13	03:24:26 (1)
2	PULCINSKI MICHAL	52	TMT	TORUN	POL	M41		01:04:41 (6)	00:04:43	05:21:41 (24)	00:03:09	03:32:17 (5)
3	NOSOWSKI JACEK	36	TRI.REGRESS	WARSZAWA	POL	M48		01:03:06 (4)	00:04:19	05:20:00 (21)	00:02:48	03:43:52 (6)
4	PIEKARSKI PAWEŁ	20		BYDGOSZCZ	POL	M32		01:05:24 (8)	00:04:37	05:37:11 (35)	00:02:53	05:31:23 (79)
5	HALAJ DUŠAN	100	KPŠ NEREUS ŽILINA	MARTIN-PRIEKOPA	SVK	M36		01:03:18 (5)	00:02:46	04:54:15 (3)	00:02:17	03:44:44 (8)
6	KĄŻMIERCZAK ŁUKASZ	62	LUKS DWÓJKA STRYKÓW	GŁOWNO	POL	M40		01:06:42 (10)	00:03:17	05:01:38 (8)	00:02:31	03:53:26 (11)
7	JACHIMSKI JAKUB	92	TRIWAWA	WARSZAWA	POL	M39	TRIWAWA	01:09:09 (13)	00:02:42	05:42:01 (42)	00:02:20	04:25:05 (33)
8	BYRTEK GRZEGORZ	9	TEAM CASTORAMA	BYDGOSZCZ	POL	M47		01:07:39 (11)	00:05:42	06:10:56 (74)	00:05:54	05:51:57 (85)
9	MALISZEWSKI MICHAŁ	93		STRASZYN	POL	M46		01:09:04 (12)	00:04:11	05:19:14 (17)	00:04:16	03:49:57 (10)
10	SUPERSON WOJTEK	25		KRAKÓW	POL	M51		01:11:10 (16)	00:04:04	06:10:36 (73)	00:03:18	05:59:08 (87)
11	SOKÓŁ ADAM	67		RZESZÓW	POL	M46		01:06:13 (9)	00:04:08	05:31:32 (33)	00:05:10	04:28:05 (36)
12	SWOBODA SEBASTIAN	81	FIZJOSPEC	KRAKÓW	POL	M35		01:10:00 (14)	00:04:19	05:32:59 (34)	00:03:08	04:05:23 (16)
13	ZIĘBA ADAM	99	TRISPACE/TREK	BYDGOSZCZ	POL	M49	TRISPACE/TREK	01:11:22 (17)	00:03:32	05:01:37 (7)	00:02:22	03:26:21 (2)
14	HUNKIEWICZ WOJCIECH	78	MBC TEAM	MARKI	POL	M50		01:12:31 (25)	00:03:23	05:26:20 (27)	00:03:31	04:29:02 (37)
15	LETKOWSKI DARIUSZ	61	GAPMONT RUNNING TEAM	WARSZAWA	POL	M44		01:10:37 (15)	00:04:03	05:52:52 (59)	00:04:55	04:56:35 (56)
16	KRASNODĘBSKI SEBASTIAN	120	TM IRON TEAM	GRUDZIĄDZ	POL	M40	TM IRON TEAM	01:14:24 (28)	00:03:51	05:05:15 (9)	00:03:29	03:48:46 (9)
17	JUSZCZYK MIROSLAW	32		OSÓWIEC	POL	M32		01:14:10 (27)	00:08:53	06:48:12 (92)	00:05:52	04:48:44 (51)
18	JAROSZ HUBERT	56		LUBLIN	POL	M30		01:18:01 (43)	00:05:59	05:55:15 (61)	00:08:23	05:25:18 (76)
19	NENKAŁA MATEUSZ	64	JERZYK TEAM	LESZNO	POL	M29		01:15:30 (32)	00:03:55	05:19:30 (19)	00:03:11	05:02:25 (62)
20	DURMAJ BARTEK	27		SIECHNICE	POL	M38		01:12:21 (24)	00:02:54	05:20:25 (22)	00:02:46	03:44:36 (7)
21	PIESIK DAWID	17	IM INSPIRATION	BYDGOSZCZ	POL	M32		01:20:15 (51)	00:03:18	05:21:36 (23)	00:03:11	04:27:26 (35)
22	MAZANKA JAKUB	26		BORÓWIEC	POL	M46		01:12:15 (22)	00:04:19	06:21:48 (81)	00:04:36	04:10:56 (17)
23	ZAVEDIUK TANIA	105	IRON TEAM CADENCE	IVANO-FRANKIVSK	UKR	K36		01:12:20 (23)	00:04:52	05:49:46 (54)	00:09:44	04:14:25 (20)
24	BUCHALIK ARKADIUSZ	24		CZELADŹ	POL	M49		01:11:31 (18)	00:04:15	05:30:35 (32)	00:02:38	04:14:45 (22)
25	MICHALAK LESŁAW	114	N-BIKE ACADEMY	OSIELSKO	POL	M46		01:11:49 (20)	00:07:30	06:02:40 (65)	00:07:10	04:44:16 (49)
26	SZYMKOWIAK NORBERT	115	IM INSPIRATION	PONIEC	POL	M28	IM INSPIRATION	01:12:47 (26)	00:03:24	05:00:21 (6)	00:02:03	03:55:36 (12)
27	JAGAS RADOŚLAW	84	HTF LUDWIK SIKORSKI	GRABINA	POL	M50	HTF LUDWIK SIKORSKI	01:15:42 (35)	00:04:06	05:39:01 (38)	00:04:49	04:41:37 (45)
28	SĄŁEK DOMINIK	66		RADOM	POL	M26		01:15:54 (36)	00:05:07	06:14:53 (76)	00:02:21	04:30:36 (39)
29	KOZMINCZUK-MARKULAK MAREK	111	TM IRON TEAM	GLIWICE	POL	M50	TM IRON TEAM	01:14:53 (29)	00:03:20	05:27:45 (28)	00:03:08	04:24:41 (32)
30	BYRTEK MARCIN	12		BYDGOSZCZ	POL	M45		01:17:12 (41)	00:08:23	06:19:56 (80)	00:10:40	06:23:07 (91)
31	SKIBA MARIUSZ	49	KS IRONMAN SZCZECIN	SZCZECIN	POL	M37		01:16:37 (39)	00:04:52	05:09:43 (10)	00:02:44	04:15:36 (24)
32	GERGER LAURENZ	15	CRYSTAL PALACE TRIATHLETES	BECKENHAM	GBR	M29		01:17:43 (42)	00:05:36	05:23:21 (26)	00:02:50	04:36:01 (41)
33	MOJSIEWICZ SŁAWOMIR	18		WARSZAWA	POL	M46		01:16:52 (40)	00:03:56	05:38:26 (36)	00:04:18	04:24:27 (31)
34	STARZ PAWEŁ	116		ZĄBKI	POL	M41		01:14:57 (30)	00:03:19	05:18:34 (16)	00:02:45	03:32:09 (4)
35	DYLIK MARCIN	53	HTF LUDWIK SIKORSKI	ALEKSANDRÓW ŁÓDZKI	POL	M41		01:14:58 (31)	00:03:39	05:42:17 (43)	00:05:22	05:34:31 (83)
36	RYBAK REMIGIUSZ	87	TRISPACE/TREK	BIAŁE BŁOTA	POL	M45	TRISPACE/TREK	01:18:06 (44)	00:03:43	05:19:50 (20)	00:02:49	04:14:51 (23)
37	WINIECKI TOMASZ	44	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M48	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:15:31 (33)	00:05:54	05:17:32 (14)	00:04:28	04:30:28 (38)
38	KALIN WLADYSŁAW	29	TAEKWON-DO GROMOWSKI	UNISLAW	POL	M42		01:19:51 (48)	00:05:46	05:43:46 (46)	00:05:04	04:21:28 (27)
39	CHRAPKOWSKI MARCEL	11	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M39	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:20:29 (53)	00:06:34	06:16:35 (78)	00:16:06	05:34:20 (82)
40	MASŁOWSKI MARCIN	39	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M43	HTF LUDWIK SIKORSKI	01:22:13 (54)	00:04:54	05:45:03 (48)	00:02:38	04:22:33 (28)

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POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
41	KUCIŃSKI ARTUR	95	JEBAC PIS	DOBRCZ	POL	M47		01:16:30 (38)	00:05:18	05:46:21 (51)	00:05:04	06:10:54 (90)
42	CHOBOT KRZYSZTOF	80		CZĘSTOCHOWA	POL	M44		01:19:22 (47)	00:06:21	05:41:36 (41)	00:06:18	05:14:51 (67)
43	PRZEDPELSKI RADOŚLAW	40	SNG WILD DUCKS	ŁÓDŹ	POL	M40	SNG WILD DUCKS	01:15:56 (37)	00:05:32	05:15:14 (13)	00:02:33	04:14:40 (21)
44	ŚLIWA MACIEJ	107	PAPRYKA	KRUSZYN	POL	M39		01:20:01 (50)	00:05:04	05:28:44 (29)	00:05:33	04:50:18 (53)
45	PIASECKI RADOŚLAW	121		BYDGOSZCZ	POL	M28		01:22:53 (56)	00:05:22	05:52:17 (58)	00:04:48	05:01:39 (61)
46	WRÓBEL MATEUSZ	16	IRON HOUSE TRIATHLON WŁOCŁAWEK	BYDGOSZCZ	POL	M32	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:15:35 (34)	00:04:11	05:45:00 (47)	00:03:05	05:33:05 (81)
47	ŁUCYSZYN ROBERT	42		DOBROSZÓW OLEŚNICKI	POL	M44		01:20:01 (49)	00:10:34	05:23:11 (25)	00:04:52	05:15:19 (68)
48	CHMEL SERGIY	104	IRON TEAM CADENCE	IVANO-FRANKIVSK	UKR	M40		01:22:52 (55)	00:03:56	04:59:58 (5)	00:03:10	03:26:57 (3)
49	KRAKOWSKI JAN	119	INVICTUS 3CITY	GDYNIA	POL	M28		01:25:43 (60)	00:02:43	05:30:13 (31)	00:03:26	04:04:16 (15)
50	WRZESZCZ ADRIAN	75	ADRIAN! BŁAGAM WOLNIEJ	ŁÓDŹ	POL	M48	HTF LUDWIK SIKORSKI	01:26:48 (66)	00:04:46	06:52:01 (93)	00:06:15	05:54:46 (86)
51	KUZIEMSKI TOMASZ	69	KS MARATON OSTRÓW WLKP	OSTROW WIELKOPOLSKI	POL	M33		01:26:00 (62)	00:07:09	07:06:37 (96)	00:05:52	06:01:51 (89)
52	ŁUPIŃSKI DANIEL	63	TRIATHLON SIEDLCE CLUB	STARE OPOLE	POL	M44		01:25:53 (61)	00:06:45	06:03:08 (66)	00:04:00	04:47:58 (50)
53	RAJCA DANIEL	96	IM INSPIRATION	WARSZAWA	POL	M32	IM INSPIRATION	01:27:52 (69)	00:04:37	05:40:07 (40)	00:02:15	03:56:57 (13)
54	ZIĘBA MATEUSZ	55	FOREVER TEAM	ŚWILCZA	POL	M38		01:19:16 (46)	00:04:43	05:43:40 (45)	00:02:56	04:43:33 (48)
55	WIECZOREK BARTOSZ	71		GNIEWKOWO	POL	M36		01:24:56 (59)	00:10:25	06:32:22 (86)	00:06:29	05:30:36 (78)
56	WOJDYŁA PAWEŁ	77	UNLIMITED SPORT 2.0	KOŁACZYCE	POL	M36		01:29:09 (75)	00:06:32	06:05:13 (69)	00:04:04	05:05:53 (66)
57	JANICKA-JAWOR JOANNA	117	EMJOT TRI TEAM	MYSŁOWICE	POL	K44		01:26:57 (67)	00:07:11	06:45:50 (91)	00:02:57	04:38:24 (43)
58	KUC KRZYSZTOF	109		BYSTRA	POL	M42		01:24:39 (58)	00:09:53	05:29:49 (30)	00:07:02	05:15:39 (69)
59	GACKOWSKI KRZYSZTOF	14		BYDGOSZCZ	POL	M49		01:23:34 (57)	00:04:20	06:18:16 (79)	00:05:17	05:23:15 (74)
60	POPEK MACIEJ	10	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M45	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:29:03 (74)	00:05:34	05:45:06 (49)	00:05:15	05:16:15 (70)
61	MOTYLEWSKA MARTA	47	PTT DELTA	PŁOCK	POL	K31	PTT DELTA	01:28:10 (70)	00:03:59	05:45:37 (50)	00:03:33	04:22:39 (30)
62	LASSAK BARTOSZ	21	AKADEMIA MISTRZÓW SPORTU	STRZELCE GÓRNE	POL	M46	AKADEMIA MISTRZÓW SPORTU	01:26:25 (64)	00:05:15	05:49:31 (52)	00:02:09	04:50:38 (54)
63	KRAWCZYK DAWID	112	SUŁKOWSKA SZKOŁA TRI	WIELICZKA	POL	M39		01:33:09 (83)	00:06:50	05:49:36 (53)	00:04:14	04:16:23 (25)
64	BURŻACKA-TYC AGNIESZKA	43	PTT DELTA	PŁOCK	POL	K50	PTT DELTA	01:27:18 (68)	00:06:11	06:36:39 (90)	00:03:54	04:58:07 (57)
65	KUNKEL MARIUSZ	86	SMARUJ NA TRENING	GDAŃSK	POL	M46		01:31:26 (80)	00:05:27	05:50:53 (56)	00:03:08	04:43:31 (47)
66	KONIECZNY PRZEMYSŁAW	83	VELOCITY	BORÓWIEC	POL	M36		01:28:19 (72)	00:05:56	06:09:41 (72)	00:03:51	04:58:10 (58)
67	DUSIŃSKI KRZYSZTOF	7		REDA DUSIŃSKI@WP.PL	POL	M43		01:26:35 (65)	00:05:39	05:39:59 (39)	00:06:20	03:58:03 (14)
68	CUPA IRENEUSZ	113	TRIATHLON KONSULTING	TORUŃ	POL	M49		01:31:20 (79)	00:05:31	05:49:53 (55)	00:04:55	04:50:00 (52)
69	KONIEC PIOTR	13	IRONTATA / ALETEAM	BYDGOSZCZ	POL	M45		01:32:09 (81)	00:09:50	06:03:26 (67)	00:08:05	06:27:02 (92)
70	STEFANIAK MATEUSZ	34		KRAKÓW	POL	M32		01:34:49 (86)	00:07:20	05:51:41 (57)	00:03:19	04:31:21 (40)
71	SZCZĘŚNIAK MICHAŁ	91		CHRZANÓW	POL	M38		01:31:04 (78)	00:07:09	06:00:50 (64)	00:06:07	05:04:27 (64)
72	WASZKIEWICZ DARIUSZ	45	IM INSPIRATION / SPORT4LIFE	INOWROCŁAW	POL	M46		01:29:49 (77)	00:05:42	05:18:19 (15)	00:04:20	04:42:53 (46)
73	ZACHWIEJA PIOTR	37		BYDGOSZCZ	POL	M37		01:28:50 (73)	00:04:02	05:58:11 (63)	00:05:25	04:26:34 (34)
74	FRAĆKOWIAK MARTA	1	TEAMOCHAL	MYŚLECINEK	POL	K37	TEAMOCHAL	01:29:17 (76)	00:04:42	06:06:42 (70)	00:05:38	04:37:11 (42)
75	SUBKOWSKI ARTUR	59		ŚWIECIE	POL	M46		01:33:27 (84)	00:05:23	05:42:24 (44)	00:02:53	05:04:06 (63)
76	DREWUSZEWSKI MACIEJ	50	4M	PŁAWNIOWICE	POL	M44		01:28:16 (71)	00:07:43	06:12:02 (75)	00:05:10	04:55:46 (55)
77	JASIŃSKI BOGUSŁAW	31		KARPACZ	POL	M69		01:32:23 (82)	00:05:49	06:59:00 (95)	00:07:51	05:46:03 (84)
78	SUDOŁ JACEK	102	PARKRUN BYDGOSZCZ	BYDGOSZCZ	POL	M44		01:35:40 (88)	00:05:42	06:54:23 (94)	00:04:46	04:59:37 (59)
79	NIEMCZYK KAZIMIERZ	108		MILANÓWEK	POL	M60		01:35:28 (87)	00:05:47	05:57:52 (62)	00:05:16	04:22:35 (29)
80	CZAPIEWSKI KRZYSZTOF	22		WARSZAWA	POL	M37		01:33:34 (85)	00:08:00	06:04:00 (68)	00:06:48	04:14:00 (19)
81	JESION REMIGIUSZ	94	RUN DMT	DOBRCZ	POL	M39		01:38:12 (91)	00:07:39	06:34:29 (87)	00:07:00	04:40:25 (44)
82	BĘŁZAK FILIP	82	TRIJET TEAM	KRAKÓW	POL	M30		01:36:41 (90)	00:06:56	06:22:10 (82)	00:04:51	05:23:55 (75)
83	WALCZAK KRYSZTIAN	28	BIEGAJĄCE WALCZAKI	PIŁA	POL	M40		01:36:18 (89)	00:05:36	06:34:55 (88)	00:03:43	05:00:13 (60)
84	NAGOW MICHAŁ	51	IRON HOUSE TRIATHLON WŁOCŁAWEK	BYDGOSZCZ	POL	M48	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:39:36 (93)	00:09:48	06:15:19 (77)	00:05:00	05:17:16 (72)
85	ZUBEK RAFAŁ	46	PTT DELTA	STRÓŻEWKO	POL	M55	PTT DELTA	01:41:44 (94)	00:07:08	06:31:02 (85)	00:07:14	05:27:58 (77)
86	KLIMCZAK MARCIN	103		DĄBROWA BISKUPIA	POL	M46		01:38:21 (92)	00:03:59	05:38:59 (37)	00:03:02	04:16:56 (26)
87	UMIŃSKI ROBERT	97		BYDGOSZCZ	POL	M42		01:45:53 (96)	00:07:07	06:30:42 (84)	00:05:42	04:12:23 (18)
88	SZYMKUĆ WOJCIECH	73	KRÓL BETONU	POZNAŃ	POL	M33		01:49:13 (97)	00:09:07	07:17:07 (98)	00:05:15	05:17:01 (71)
89	KAZUBOWSKI JACEK	88	TRIDARKO	BIAŁE BŁOTA	POL	M55		01:56:02 (98)	00:04:20	06:07:08 (71)	00:04:12	05:05:48 (65)

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90	WARCHOŁ RYSZARD	65	CALY TWÓJ	ŚWIECIE	POL	M55		02:00:31 (100)	00:10:27	06:30:08 (83)	00:06:19	05:31:43 (80)
91	ANDRAU ANATOLI	89	ALTIUS	WARSZAWA	BEL	M45		01:59:34 (99)	00:05:22	07:27:07 (100)	00:02:31	06:01:03 (88)
92	MACIEJOWSKA - BĄCZEK KATARZYNA	101	TM IRON TEAM	MIĘDZYRZECZE GÓRNE	POL	K47		02:07:16 (101)	00:05:56	07:12:59 (97)	00:04:15	05:19:10 (73)
	MARCINEK TOMASZ	8	TM IRON TEAM	RACIBÓRZ	POL	M31	TM IRON TEAM	00:48:16 DNF (1)	00:02:02	04:39:42 (2)	00:01:37	00:00:00 ( )
	MAKSYMOWICZ TOMASZ	48	IM INSPIRATION / IRON BRO	ELBLĄG	POL	M22		00:51:58 DNF (2)	00:02:25	04:54:29 (4)	00:01:53	00:00:00 (93)
	KOŠŤAN TOMÁŠ	118	KPŠ NEREUS ŽILINA	ŽILINA	SVK	M30		01:04:45 DNF (7)	00:03:01	05:19:30 (18)	00:02:42	00:00:00 ( )
	LANGE GRZEGORZ	79	LANGE TRI COACH	KOSZALIN	POL	M44		01:12:08 DNF (21)	00:03:31	05:15:05 (12)	00:02:15	00:00:00 ( )
	BUDZANOWSKI MICHAŁ	85		WROCŁAW	POL	M33		01:11:41 DNF (19)	00:05:25		00:00:00	00:00:00 ( )
	FAJFER ARKADIUSZ	35	SNG WILD DUCKS	PODDĘBICE	POL	M38	SNG WILD DUCKS	01:18:54 DNF (45)	00:04:38	05:14:37 (11)	00:03:35	00:00:00 ( )
	FRĄCKIEWICZ PAWEŁ	41		LUDWIKOWO	POL	M23		01:20:21 DNF (52)	00:08:01	06:36:36 (89)	00:11:48	00:00:00 ( )
	KORYTOWSKI MACIEJ	90	ROWEROWE LIPNO	LIPNO	POL	M39		01:26:04 DNF (63)	00:09:57	07:23:04 (99)	00:08:56	00:00:00 ( )
	CZAJKOWSKI ARKADIUSZ	57		BYDGOSZCZ	POL	M29		DNF (0)	00:00:00	00:00:00 (0)	00:00:00	00:00:00 (0)
	MISZTELA TOMASZ	6	PTT DELTA	SŁUPNO	POL	M56	PTT DELTA	01:42:20 DNF (95)	00:04:23	05:54:36 (60)	00:03:15	00:00:00 ( )
	KĘDZIA JAROSŁAW	5	CASTORAMA	BYDGOSZCZ	POL	M43		DNF (0)	01:58:08		00:00:00	00:00:00 (0)

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, Kobiety**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	ZAVEDIUK TANIA	105	IRON TEAM CADENCE	IVANO-FRANKIVSK	UKR	K36		01:12:20	00:04:52	05:49:46	00:09:44	04:14:25
2	JANICKA-JAWOR JOANNA	117	EMJOT TRI TEAM	MYSŁOWICE	POL	K44		01:26:57	00:07:11	06:45:50	00:02:57	04:38:24
3	MOTYLEWSKA MARTA	47	PTT DELTA	PŁOCK	POL	K31	PTT DELTA	01:28:10	00:03:59	05:45:37	00:03:33	04:22:39
4	BURŻACKA-TYC AGNIESZKA	43	PTT DELTA	PŁOCK	POL	K50	PTT DELTA	01:27:18	00:06:11	06:36:39	00:03:54	04:58:07
5	FRĄCKOWIAK MARTA	1	TEAMOCHAL	MYŚLĘCINEK	POL	K37	TEAMOCHAL	01:29:17	00:04:42	06:06:42	00:05:38	04:37:11
6	MACIEJOWSKA - BĄCZEK KATARZYNA	101	TM IRON TEAM	MIĘDZYRZECZE GÓRNE	POL	K47		02:07:16	00:05:56	07:12:59	00:04:15	05:19:10

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, Mężczyźni**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	NIKOLICS ZORAN	106		KEREPEŠ	HUN	M26		00:57:21	00:02:44	04:35:02	00:02:13	03:24:26
2	PULCINSKI MICHAŁ	52	TMT	TORUN	POL	M41		01:04:41	00:04:43	05:21:41	00:03:09	03:32:17
3	PIEKARSKI PAWEŁ	20		BYDGOSZCZ	POL	M32		01:05:24	00:04:37	05:37:11	00:02:53	05:31:23
4	NOSOWSKI JACEK	36	TRI.REGRESS	WARSZAWA	POL	M48		01:03:06	00:04:19	05:20:00	00:02:48	03:43:52
5	HALAJ DUŠAN	100	KPŠ NEREUS ŽILINA	MARTIN-PRIEKOPA	SVK	M36		01:03:18	00:02:46	04:54:15	00:02:17	03:44:44
6	KAŹMIERCZAK ŁUKASZ	62	LUKS DWÓJKA STRYKÓW	GŁOWNO	POL	M40		01:06:42	00:03:17	05:01:38	00:02:31	03:53:26
7	JACHIMSKI JAKUB	92	TRIWAWA	WARSZAWA	POL	M39	TRIWAWA	01:09:09	00:02:42	05:42:01	00:02:20	04:25:05
8	BYRTEK GRZEGORZ	9	TEAM CASTORAMA	BYDGOSZCZ	POL	M47		01:07:39	00:05:42	06:10:56	00:05:54	05:51:57
9	MALISZEWSKI MICHAŁ	93		STRASZYN	POL	M46		01:09:04	00:04:11	05:19:14	00:04:16	03:49:57
10	SUPERSON WOJTEK	25		KRAKÓW	POL	M51		01:11:10	00:04:04	06:10:36	00:03:18	05:59:08
11	SOKÓŁ ADAM	67		RZESZÓW	POL	M46		01:06:13	00:04:08	05:31:32	00:05:10	04:28:05
12	SWOBODA SEBASTIAN	81	FIZJOSPEC	KRAKÓW	POL	M35		01:10:00	00:04:19	05:32:59	00:03:08	04:05:23
13	ZIĘBA ADAM	99	TRISPACE/TREK	BYDGOSZCZ	POL	M49	TRISPACE/TREK	01:11:22	00:03:32	05:01:37	00:02:22	03:26:21

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, Mężczyźni c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming	T1	Cycling	T2	Race
								3.8km		180km		42.37km
14	HUNKIEWICZ WOJCIECH	78	MBC TEAM	MARKI	POL	M50		01:12:31	00:03:23	05:26:20	00:03:31	04:29:02
15	LETKOWSKI DARIUSZ	61	GAPMONT RUNNING TEAM	WARSZAWA	POL	M44		01:10:37	00:04:03	05:52:52	00:04:55	04:56:35
16	KRASNODEBSKI SEBASTIAN	120	TM IRON TEAM	GRUDZIĄDZ	POL	M40	TM IRON TEAM	01:14:24	00:03:51	05:05:15	00:03:29	03:48:46
17	JUSZCZYK MIROSŁAW	32		OSÓWIEC	POL	M32		01:14:10	00:08:53	06:48:12	00:05:52	04:48:44
18	JAROSZ HUBERT	56		LUBLIN	POL	M30		01:18:01	00:05:59	05:55:15	00:08:23	05:25:18
19	NENKAŁA MATEUSZ	64	JERZYK TEAM	LESZNO	POL	M29		01:15:30	00:03:55	05:19:30	00:03:11	05:02:25
20	DURMAJ BARTEK	27		SIECHNICE	POL	M38		01:12:21	00:02:54	05:20:25	00:02:46	03:44:36
21	PIESIK DAWID	17	IM INSPIRATION	BYDGOSZCZ	POL	M32		01:20:15	00:03:18	05:21:36	00:03:11	04:27:26
22	MAZANKA JAKUB	26		BORÓWIEC	POL	M46		01:12:15	00:04:19	06:21:48	00:04:36	04:10:56
23	BUCHALIK ARKADIUSZ	24		CZELADŹ	POL	M49		01:11:31	00:04:15	05:30:35	00:02:38	04:14:45
24	MICHALAK LEŚLAW	114	N-BIKE ACADEMY	OSIELSKO	POL	M46		01:11:49	00:07:30	06:02:40	00:07:10	04:44:16
25	SZYMKOWIAK NORBERT	115	IM INSPIRATION	PONIEC	POL	M28	IM INSPIRATION	01:12:47	00:03:24	05:00:21	00:02:03	03:55:36
26	JAGAS RADOŚLAW	84	HTF LUDWIK SIKORSKI	GRABINA	POL	M50	HTF LUDWIK SIKORSKI	01:15:42	00:04:06	05:39:01	00:04:49	04:41:37
27	SĄŁEK DOMINIK	66		RADOM	POL	M26		01:15:54	00:05:07	06:14:53	00:02:21	04:30:36
28	KOZMINCZUK-MARKULAK MAREK	111	TM IRON TEAM	GLIWICE	POL	M50	TM IRON TEAM	01:14:53	00:03:20	05:27:45	00:03:08	04:24:41
29	BYRTEK MARCIN	12		BYDGOSZCZ	POL	M45		01:17:12	00:08:23	06:19:56	00:10:40	06:23:07
30	SKIBA MARIUSZ	49	KS IRONMAN SZCZECIN	SZCZECIN	POL	M37		01:16:37	00:04:52	05:09:43	00:02:44	04:15:36
31	GERGER LAURENZ	15	CRYSTAL PALACE TRIATHLETES	BECKENHAM	GBR	M29		01:17:43	00:05:36	05:23:21	00:02:50	04:36:01
32	MOJSIEWICZ SŁAWOMIR	18		WARSZAWA	POL	M46		01:16:52	00:03:56	05:38:26	00:04:18	04:24:27
33	STARZ PAWEŁ	116		ZĄBKI	POL	M41		01:14:57	00:03:19	05:18:34	00:02:45	03:32:09
34	DYLIK MARCIN	53	HTF LUDWIK SIKORSKI	ALEKSANDRÓW ŁÓDZKI	POL	M41		01:14:58	00:03:39	05:42:17	00:05:22	05:34:31
35	RYBAK REMIGIUSZ	87	TRISPACE/TREK	BIAŁE BŁOTA	POL	M45	TRISPACE/TREK	01:18:06	00:03:43	05:19:50	00:02:49	04:14:51
36	WINIECKI TOMASZ	44	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M48	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:15:31	00:05:54	05:17:32	00:04:28	04:30:28
37	KALIN WLADYSŁAW	29	TAEKWON-DO GROMOWSKI	UNISŁAW	POL	M42		01:19:51	00:05:46	05:43:46	00:05:04	04:21:28
38	CHRAPKOWSKI MARCEL	11	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M39	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:20:29	00:06:34	06:16:35	00:16:06	05:34:20
39	MASŁOWSKI MARCIN	39	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M43	HTF LUDWIK SIKORSKI	01:22:13	00:04:54	05:45:03	00:02:38	04:22:33
40	KUCIŃSKI ARTUR	95	JEBAĆ PIS	DOBRCZ	POL	M47		01:16:30	00:05:18	05:46:21	00:05:04	06:10:54
41	CHOBOT KRZYSZTOF	80		CZĘSTOCHOWA	POL	M44		01:19:22	00:06:21	05:41:36	00:06:18	05:14:51
42	PRZEDPEŁSKI RADOŚLAW	40	SNG WILD DUCKS	ŁÓDŹ	POL	M40	SNG WILD DUCKS	01:15:56	00:05:32	05:15:14	00:02:33	04:14:40
43	ŚLIWA MACIEJ	107	PAPRYKA	KRUSZYN	POL	M39		01:20:01	00:05:04	05:28:44	00:05:33	04:50:18
44	PIASECKI RADOŚLAW	121		BYDGOSZCZ	POL	M28		01:22:53	00:05:22	05:52:17	00:04:48	05:01:39
45	WRÓBEL MATEUSZ	16	IRON HOUSE TRIATHLON WŁOCŁAWEK	BYDGOSZCZ	POL	M32	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:15:35	00:04:11	05:45:00	00:03:05	05:33:05
46	ŁUCYSZYN ROBERT	42		DOBROSZÓW OLEŚNICKI	POL	M44		01:20:01	00:10:34	05:23:11	00:04:52	05:15:19
47	CHMEL SERGIY	104	IRON TEAM CADENCE	IVANO-FRANKIVSK	UKR	M40		01:22:52	00:03:56	04:59:58	00:03:10	03:26:57
48	KRAKOWSKI JAN	119	INVICTUS 3CITY	GDYNIA	POL	M28		01:25:43	00:02:43	05:30:13	00:03:26	04:04:16
49	WRZESZCZ ADRIAN	75	ADRIAN! BŁAGAM WOLNIEJ.	ŁÓDŹ	POL	M48	HTF LUDWIK SIKORSKI	01:26:48	00:04:46	06:52:01	00:06:15	05:54:46
50	KUZIEMSKI TOMASZ	69	KS MARATON OSTRÓW WLKP	OSTROW WIELKOPOLSKI	POL	M33		01:26:00	00:07:09	07:06:37	00:05:52	06:01:51
51	ŁUPIŃSKI DANIEL	63	TRIATHLON SIEDLCE CLUB	STARE OPOLE	POL	M44		01:25:53	00:06:45	06:03:08	00:04:00	04:47:58
52	RAJCA DANIEL	96	IM INSPIRATION	WARSZAWA	POL	M32	IM INSPIRATION	01:27:52	00:04:37	05:40:07	00:02:15	03:56:57
53	ZIĘBA MATEUSZ	55	FOREVER TEAM	ŚWILCZA	POL	M38		01:19:16	00:04:43	05:43:40	00:02:56	04:43:33
54	WIECZOREK BARTOSZ	71		GNIEWKOWO	POL	M36		01:24:56	00:10:25	06:32:22	00:06:29	05:30:36
55	WOJDYŁA PAWEŁ	77	UNLIMITED SPORT 2.0	KOŁACZYCE	POL	M36		01:29:09	00:06:32	06:05:13	00:04:04	05:05:53
56	KUC KRZYSZTOF	109		BYSTRA	POL	M42		01:24:39	00:09:53	05:29:49	00:07:02	05:15:39
57	GACKOWSKI KRZYSZTOF	14		BYDGOSZCZ	POL	M49		01:23:34	00:04:20	06:18:16	00:05:17	05:23:15
58	POPEK MACIEJ	10	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M45	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:29:03	00:05:34	05:45:06	00:05:15	05:16:15
59	LASSAK BARTOSZ	21	AKADEMIA MISTRZÓW SPORTU	STRZELCE GÓRNE	POL	M46	AKADEMIA MISTRZÓW SPORTU	01:26:25	00:05:15	05:49:31	00:02:09	04:50:38
60	KRAWCZYK DAWID	112	SUŁKOWSKA SZKOŁA TRI	WIELICZKA	POL	M39		01:33:09	00:06:50	05:49:36	00:04:14	04:16:23

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, Mężczyźni c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming	T1	Cycling	T2	Race
								3.8km		180km		42.37km
61	KUNKEL MARIUSZ	86	SMARUJ NA TRENING	GDAŃSK	POL	M46		01:31:26	00:05:27	05:50:53	00:03:08	04:43:31
62	KONIECZNY PRZEMYSŁAW	83	VELOCITY	BORÓWIEC	POL	M36		01:28:19	00:05:56	06:09:41	00:03:51	04:58:10
63	DUSIŃSKI KRZYSZTOF	7		REDA DUSINSKI@WP.PL	POL	M43		01:26:35	00:05:39	05:39:59	00:06:20	03:58:03
64	CUPA IRENEUSZ	113	TRIATHLON KONSULTING	TORUŃ	POL	M49		01:31:20	00:05:31	05:49:53	00:04:55	04:50:00
65	KONIEC PIOTR	13	IRONTATA / ALETEAM	BYDGOSZCZ	POL	M45		01:32:09	00:09:50	06:03:26	00:08:05	06:27:02
66	STEFANIAK MATEUSZ	34		KRAKÓW	POL	M32		01:34:49	00:07:20	05:51:41	00:03:19	04:31:21
67	SZCZĘŚNIAK MICHAŁ	91		CHRZANÓW	POL	M38		01:31:04	00:07:09	06:00:50	00:06:07	05:04:27
68	WASZKIEWICZ DARIUSZ	45	IM INSPIRATION / SPORT4LIFE	INOWROCŁAW	POL	M46		01:29:49	00:05:42	05:18:19	00:04:20	04:42:53
69	ZACHWIEJA PIOTR	37		BYDGOSZCZ	POL	M37		01:28:50	00:04:02	05:58:11	00:05:25	04:26:34
70	SUBKOWSKI ARTUR	59		ŚWIECIE	POL	M46		01:33:27	00:05:23	05:42:24	00:02:53	05:04:06
71	DREWUSZEWSKI MACIEJ	50	4M	PŁAWNIOWICE	POL	M44		01:28:16	00:07:43	06:12:02	00:05:10	04:55:46
72	JASIŃSKI BOGUSŁAW	31		KARPACZ	POL	M69		01:32:23	00:05:49	06:59:00	00:07:51	05:46:03
73	SUDOŁ JACEK	102	PARKRUN BYDGOSZCZ	BYDGOSZCZ	POL	M44		01:35:40	00:05:42	06:54:23	00:04:46	04:59:37
74	NIEMCZYK KAZIMIERZ	108		MILANÓWEK	POL	M60		01:35:28	00:05:47	05:57:52	00:05:16	04:22:35
75	CZAPIEWSKI KRZYSZTOF	22		WARSZAWA	POL	M37		01:33:34	00:08:00	06:04:00	00:06:48	04:14:00
76	JESION REMIGIUSZ	94	RUN DMT	DOBRZCZ	POL	M39		01:38:12	00:07:39	06:34:29	00:07:00	04:40:25
77	BEŁZAK FILIP	82	TRIJET TEAM	KRAKÓW	POL	M30		01:36:41	00:06:56	06:22:10	00:04:51	05:23:55
78	WALCZAK KRYSZTOF	28	BIEGAJĄCE WALCZAKI	PIŁA	POL	M40		01:36:18	00:05:36	06:34:55	00:03:43	05:00:13
79	NAGOW MICHAŁ	51	IRON HOUSE TRIATHLON WŁOCŁAWEK	BYDGOSZCZ	POL	M48	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:39:36	00:09:48	06:15:19	00:05:00	05:17:16
80	ZUBEK RAFAŁ	46	PTT DELTA	STRÓŻEWKO	POL	M55	PTT DELTA	01:41:44	00:07:08	06:31:02	00:07:14	05:27:58
81	KLIMCZAK MARCIN	103		DĄBROWA BISKUPIA	POL	M46		01:38:21	00:03:59	05:38:59	00:03:02	04:16:56
82	UMIŃSKI ROBERT	97		BYDGOSZCZ	POL	M42		01:45:53	00:07:07	06:30:42	00:05:42	04:12:23
83	SZYMKUĆ WOJCIECH	73	KRÓL BETONU	POZNAŃ	POL	M33		01:49:13	00:09:07	07:17:07	00:05:15	05:17:01
84	KAZUBOWSKI JACEK	88	TRIDARKO	BIAŁE BŁOTA	POL	M55		01:56:02	00:04:20	06:07:08	00:04:12	05:05:48
85	WARCHOŁ RYSZARD	65	CAŁY TWÓJ	ŚWIECIE	POL	M55		02:00:31	00:10:27	06:30:08	00:06:19	05:31:43
86	ANDRAU ANATOLI	89	ALTIUS	WARSZAWA	BEL	M45		01:59:34	00:05:22	07:27:07	00:02:31	06:01:03
	MARCINEK TOMASZ	8	TM IRON TEAM	RACIBÓRZ	POL	M31	TM IRON TEAM	00:48:16 DNF	00:02:02	04:39:42	00:01:37	00:00:00
	MAKSYMOWICZ TOMASZ	48	IM INSPIRATION / IRON BRO	ELBLĄG	POL	M22		00:51:58 DNF	00:02:25	04:54:29	00:01:53	00:00:00
	KOŠŤAN TOMÁŠ	118	KPŠ NEREUS ŽILINA	ŽILINA	SVK	M30		01:04:45 DNF	00:03:01	05:19:30	00:02:42	00:00:00
	LANGE GRZEGORZ	79	LANGE TRI COACH	KOSZALIN	POL	M44		01:12:08 DNF	00:03:31	05:15:05	00:02:15	00:00:00
	BUDZANOWSKI MICHAŁ	85		WROCŁAW	POL	M33		01:11:41 DNF	00:05:25		00:00:00	00:00:00
	FAJFER ARKADIUSZ	35	SNG WILD DUCKS	PODDĘBICE	POL	M38	SNG WILD DUCKS	01:18:54 DNF	00:04:38	05:14:37	00:03:35	00:00:00
	FRĄCKIEWICZ PAWEŁ	41		LUDWIKOWO	POL	M23		01:20:21 DNF	00:08:01	06:36:36	00:11:48	00:00:00
	KORYTOWSKI MACIEJ	90	ROWEROWE LIPNO	LIPNO	POL	M39		01:26:04 DNF	00:09:57	07:23:04	00:08:56	00:00:00
	CZAJKOWSKI ARKADIUSZ	57		BYDGOSZCZ	POL	M29		DNF	00:00:00	00:00:00	00:00:00	00:00:00
	MISZTELA TOMASZ	6	PTT DELTA	SŁUPNO	POL	M56	PTT DELTA	01:42:20 DNF	00:04:23	05:54:36	00:03:15	00:00:00
	KĘDZIA JAROSŁAW	5	CASTORAMA	BYDGOSZCZ	POL	M43		DNF	01:58:08		00:00:00	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M22**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming	T1	Cycling	T2	Race
								3.8km		180km		42.37km
	MAKSYMOWICZ TOMASZ	48	IM INSPIRATION / IRON BRO	ELBLĄG	POL	M22		00:51:58 DNF	00:02:25	04:54:29	00:01:53	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M23**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming	T1	Cycling	T2	Race
								3.8km		180km		42.37km
	FRĄCKIEWICZ PAWEŁ	41		LUDWIKOWO	POL	M23		01:20:21 DNF	00:08:01	06:36:36	00:11:48	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M26**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	NIKOLICS ZORAN	106		KEREPES	HUN	M26		00:57:21	00:02:44	04:35:02	00:02:13	03:24:26
2	SĄŁEK DOMINIK	66		RADOM	POL	M26		01:15:54	00:05:07	06:14:53	00:02:21	04:30:36

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M28**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	SZYMKOWIAK NORBERT	115	IM INSPIRATION	PONIEC	POL	M28	IM INSPIRATION	01:12:47	00:03:24	05:00:21	00:02:03	03:55:36
2	PIASECKI RADOŚLAW	121		BYDGOSZCZ	POL	M28		01:22:53	00:05:22	05:52:17	00:04:48	05:01:39
3	KRAKOWSKI JAN	119	INVICTUS 3CITY	GDYNIA	POL	M28		01:25:43	00:02:43	05:30:13	00:03:26	04:04:16

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M29**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	NENKAŁA MATEUSZ	64	JERZYK TEAM	LESZNO	POL	M29		01:15:30	00:03:55	05:19:30	00:03:11	05:02:25
2	GERGER LAURENZ	15	CRYSTAL PALACE TRIATHLETES	BECKENHAM	GBR	M29		01:17:43	00:05:36	05:23:21	00:02:50	04:36:01
	CZAJKOWSKI ARKADIUSZ	57		BYDGOSZCZ	POL	M29		DNF	00:00:00	00:00:00	00:00:00	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M30**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km	
1	JAROSZ HUBERT	56		LUBLIN	POL	M30		01:18:01	00:05:59	05:55:15	00:08:23	05:25:18	
2	BĘLZAK FILIP	82	TRIJET TEAM	KRAKÓW	POL	M30		01:36:41	00:06:56	06:22:10	00:04:51	05:23:55	
	KOŠTAN TOMÁŠ	118	KPŠ NEREUS ŽILINA	ŽILINA	SVK	M30		01:04:45	DNF	00:03:01	05:19:30	00:02:42	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, K31**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	MOTYLEWSKA MARTA	47	PTT DELTA	PŁOCK	POL	K31	PTT DELTA	01:28:10	00:03:59	05:45:37	00:03:33	04:22:39

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M31**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km	
	MARCINEK TOMASZ	8	TM IRON TEAM	RACIBÓRZ	POL	M31	TM IRON TEAM	00:48:16	DNF	00:02:02	04:39:42	00:01:37	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M32**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	PIEKARSKI PAWEŁ	20		BYDGOSZCZ	POL	M32		01:05:24	00:04:37	05:37:11	00:02:53	05:31:23

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M32 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
2	JUSZCZYK MIROSLAW	32		OSÓWIEC	POL	M32		01:14:10	00:08:53	06:48:12	00:05:52	04:48:44
3	PIESIK DAWID	17	IM INSPIRATION	BYDGOSZCZ	POL	M32		01:20:15	00:03:18	05:21:36	00:03:11	04:27:26
4	WRÓBEL MATEUSZ	16	IRON HOUSE TRIATHLON WŁOCLAWEK	BYDGOSZCZ	POL	M32	IRON HOUSE TRIATHLON WŁOCLAWEK	01:15:35	00:04:11	05:45:00	00:03:05	05:33:05
5	RAJCA DANIEL	96	IM INSPIRATION	WARSZAWA	POL	M32	IM INSPIRATION	01:27:52	00:04:37	05:40:07	00:02:15	03:56:57
6	STEFANIAK MATEUSZ	34		KRAKÓW	POL	M32		01:34:49	00:07:20	05:51:41	00:03:19	04:31:21

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M33**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	KUZIEMSKI TOMASZ	69	KS MARATON OSTRÓW WLKP	OSTROW WIELKOPOLSKI	POL	M33		01:26:00	00:07:09	07:06:37	00:05:52	06:01:51
2	SZYMKUĆ WOJCIECH	73	KRÓL BETONU	POZNAŃ	POL	M33		01:49:13	00:09:07	07:17:07	00:05:15	05:17:01
	BUDZANOWSKI MICHAŁ	85		WROCLAW	POL	M33		01:11:41 DNF	00:05:25		00:00:00	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M35**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	SWOBODA SEBASTIAN	81	FIZJOSPEC	KRAKÓW	POL	M35		01:10:00	00:04:19	05:32:59	00:03:08	04:05:23

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, K36**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	ZAVEDIUK TANIA	105	IRON TEAM CADENCE	IVANO-FRANKIVSK	UKR	K36		01:12:20	00:04:52	05:49:46	00:09:44	04:14:25

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M36**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	HALAJ DUŠAN	100	KPŠ NEREUS ŽILINA	MARTIN-PRIEKOPA	SVK	M36		01:03:18	00:02:46	04:54:15	00:02:17	03:44:44
2	WIECZOREK BARTOSZ	71		GNIEWKOWO	POL	M36		01:24:56	00:10:25	06:32:22	00:06:29	05:30:36
3	WOJDYŁA PAWEŁ	77	UNLIMITED SPORT 2.0	KOŁACZYCE	POL	M36		01:29:09	00:06:32	06:05:13	00:04:04	05:05:53
4	KONIECZNY PRZEMYSŁAW	83	VELOCITY	BORÓWIEC	POL	M36		01:28:19	00:05:56	06:09:41	00:03:51	04:58:10

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, K37**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	FRĄCKOWIAK MARTA	1	TEAMOCHAL	MYŚLECINEK	POL	K37	TEAMOCHAL	01:29:17	00:04:42	06:06:42	00:05:38	04:37:11

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M37**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	SKIBA MARIUSZ	49	KS IRONMAN SZCZECIN	SZCZECIN	POL	M37		01:16:37	00:04:52	05:09:43	00:02:44	04:15:36
2	ZACHWIEJA PIOTR	37		BYDGOSZCZ	POL	M37		01:28:50	00:04:02	05:58:11	00:05:25	04:26:34
3	CZAPIEWSKI KRZYSZTOF	22		WARSZAWA	POL	M37		01:33:34	00:08:00	06:04:00	00:06:48	04:14:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M38**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	DURMAJ BARTEK	27		SIECHNICE	POL	M38		01:12:21	00:02:54	05:20:25	00:02:46	03:44:36
2	ZIĘBA MATEUSZ	55	FOREVER TEAM	ŚWILCZA	POL	M38		01:19:16	00:04:43	05:43:40	00:02:56	04:43:33
3	SZCZĘŚNIAK MICHAŁ	91		CHRZANÓW	POL	M38		01:31:04	00:07:09	06:00:50	00:06:07	05:04:27
	FAJFER ARKADIUSZ	35	SNG WILD DUCKS	PODDĘBICE	POL	M38	SNG WILD DUCKS	01:18:54 DNF	00:04:38	05:14:37	00:03:35	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M39**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	JACHIMSKI JAKUB	92	TRIWAWA	WARSZAWA	POL	M39	TRIWAWA	01:09:09	00:02:42	05:42:01	00:02:20	04:25:05
2	CHRAPKOWSKI MARCEL	11	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M39	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:20:29	00:06:34	06:16:35	00:16:06	05:34:20
3	ŚLIWA MACIEJ	107	PAPRYKA	KRUSZYN	POL	M39		01:20:01	00:05:04	05:28:44	00:05:33	04:50:18
4	KRAWCZYK DAWID	112	SUŁKOWSKA SZKOŁA TRI	WIELICZKA	POL	M39		01:33:09	00:06:50	05:49:36	00:04:14	04:16:23
5	JESION REMIGIUSZ	94	RUN DMT	DOBRCZ	POL	M39		01:38:12	00:07:39	06:34:29	00:07:00	04:40:25
	KORYTOWSKI MACIEJ	90	ROWEROWE LIPNO	LIPNO	POL	M39		01:26:04 DNF	00:09:57	07:23:04	00:08:56	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M40**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	KĄZMIERCZAK ŁUKASZ	62	LUKS DWÓJKA STRYKÓW	GŁOWNO	POL	M40		01:06:42	00:03:17	05:01:38	00:02:31	03:53:26
2	KRASNODEBSKI SEBASTIAN	120	TM IRON TEAM	GRUDZIĄDZ	POL	M40	TM IRON TEAM	01:14:24	00:03:51	05:05:15	00:03:29	03:48:46
3	PRZEDPEŁSKI RADOSŁAW	40	SNG WILD DUCKS	ŁÓDŹ	POL	M40	SNG WILD DUCKS	01:15:56	00:05:32	05:15:14	00:02:33	04:14:40
4	CHMEL SERGIY	104	IRON TEAM CADENCE	IVANO-FRANKIVSK	UKR	M40		01:22:52	00:03:56	04:59:58	00:03:10	03:26:57
5	WALCZAK KRYSZTOF	28	BIEGAJĄCE WALCZAKI	PIŁA	POL	M40		01:36:18	00:05:36	06:34:55	00:03:43	05:00:13

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M41**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	PULCINSKI MICHAŁ	52	TMT	TORUN	POL	M41		01:04:41	00:04:43	05:21:41	00:03:09	03:32:17
2	STARZ PAWEŁ	116		ZĄBKI	POL	M41		01:14:57	00:03:19	05:18:34	00:02:45	03:32:09
3	DYLIK MARCIN	53	HTF LUDWIK SIKORSKI	ALEKSANDRÓW ŁÓDZKI	POL	M41		01:14:58	00:03:39	05:42:17	00:05:22	05:34:31



**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M42**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	KALIN WLADYSLAW	29	TAEKWON-DO GROMOWSKI	UNISLAW	POL	M42		01:19:51	00:05:46	05:43:46	00:05:04	04:21:28
2	KUC KRZYSZTOF	109		BYSTRA	POL	M42		01:24:39	00:09:53	05:29:49	00:07:02	05:15:39
3	UMIŃSKI ROBERT	97		BYDGOSZCZ	POL	M42		01:45:53	00:07:07	06:30:42	00:05:42	04:12:23

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M43**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	MASŁOWSKI MARCIN	39	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M43	HTF LUDWIK SIKORSKI	01:22:13	00:04:54	05:45:03	00:02:38	04:22:33
2	DUSIŃSKI KRZYSZTOF	7		REDA DUSIŃSKI@WP.PL	POL	M43		01:26:35	00:05:39	05:39:59	00:06:20	03:58:03
	KĘDZIA JAROSŁAW	5	CASTORAMA	BYDGOSZCZ	POL	M43		DNF	01:58:08		00:00:00	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, K44**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	JANICKA-JAWOR JOANNA	117	EMJOT TRI TEAM	MYSŁOWICE	POL	K44		01:26:57	00:07:11	06:45:50	00:02:57	04:38:24

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M44**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	LETKOWSKI DARIUSZ	61	GAPMONT RUNNING TEAM	WARSZAWA	POL	M44		01:10:37	00:04:03	05:52:52	00:04:55	04:56:35
2	CHOBOT KRZYSZTOF	80		CZĘSTOCHOWA	POL	M44		01:19:22	00:06:21	05:41:36	00:06:18	05:14:51
3	ŁUCYSZYN ROBERT	42		DOBROSZÓW OLEŚNICKI	POL	M44		01:20:01	00:10:34	05:23:11	00:04:52	05:15:19
4	ŁUPIŃSKI DANIEL	63	TRIATHLON SIEDLCE CLUB	STARE OPOLE	POL	M44		01:25:53	00:06:45	06:03:08	00:04:00	04:47:58
5	DREWUSZEWSKI MACIEJ	50	4M	PŁAWNIOWICE	POL	M44		01:28:16	00:07:43	06:12:02	00:05:10	04:55:46
6	SUDOŁ JACEK	102	PARKRUN BYDGOSZCZ	BYDGOSZCZ	POL	M44		01:35:40	00:05:42	06:54:23	00:04:46	04:59:37
	LANGE GRZEGORZ	79	LANGE TRI COACH	KOSZALIN	POL	M44		01:12:08 DNF	00:03:31	05:15:05	00:02:15	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M45**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	BYRTEK MARCIN	12		BYDGOSZCZ	POL	M45		01:17:12	00:08:23	06:19:56	00:10:40	06:23:07
2	RYBAK REMIGIUSZ	87	TRISPACE/TREK	BIAŁE BŁOTA	POL	M45	TRISPACE/TREK	01:18:06	00:03:43	05:19:50	00:02:49	04:14:51
3	POPEK MACIEJ	10	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	M45	IRON HOUSE TRIATHLON WŁOCLAWEK	01:29:03	00:05:34	05:45:06	00:05:15	05:16:15
4	KONIEC PIOTR	13	IRONTATA / ALETEAM	BYDGOSZCZ	POL	M45		01:32:09	00:09:50	06:03:26	00:08:05	06:27:02
5	ANDRAU ANATOLI	89	ALTIUS	WARSZAWA	BEL	M45		01:59:34	00:05:22	07:27:07	00:02:31	06:01:03

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M46**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	MALISZEWSKI MICHAŁ	93		STRASZYN	POL	M46		01:09:04	00:04:11	05:19:14	00:04:16	03:49:57
2	SOKÓŁ ADAM	67		RZESZÓW	POL	M46		01:06:13	00:04:08	05:31:32	00:05:10	04:28:05
3	MAZANKA JAKUB	26		BORÓWIEC	POL	M46		01:12:15	00:04:19	06:21:48	00:04:36	04:10:56
4	MICHAŁAK LESŁAW	114	N-BIKE ACADEMY	OSIELSKO	POL	M46		01:11:49	00:07:30	06:02:40	00:07:10	04:44:16
5	MOJSIEWICZ SŁAWOMIR	18		WARSZAWA	POL	M46		01:16:52	00:03:56	05:38:26	00:04:18	04:24:27
6	LASSAK BARTOSZ	21	AKADEMIA MISTRZÓW SPORTU	STRZELCE GÓRNE	POL	M46	AKADEMIA MISTRZÓW SPORTU	01:26:25	00:05:15	05:49:31	00:02:09	04:50:38
7	KUNKEL MARIUSZ	86	SMARUJ NA TRENING	GDAŃSK	POL	M46		01:31:26	00:05:27	05:50:53	00:03:08	04:43:31
8	WASZKIEWICZ DARIUSZ	45	IM INSPIRATION / SPORT4LIFE	INOWROCŁAW	POL	M46		01:29:49	00:05:42	05:18:19	00:04:20	04:42:53
9	SUBKOWSKI ARTUR	59		ŚWIECIE	POL	M46		01:33:27	00:05:23	05:42:24	00:02:53	05:04:06
10	KLIMCZAK MARCIN	103		DĄBROWA BISKUPIA	POL	M46		01:38:21	00:03:59	05:38:59	00:03:02	04:16:56

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, K47**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	MACIEJOWSKA - BĄCZEK KATARZYNA	101	TM IRON TEAM	MIĘDZYRZECZE GÓRNE	POL	K47		02:07:16	00:05:56	07:12:59	00:04:15	05:19:10

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M47**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	BYRTEK GRZEGORZ	9	TEAM CASTORAMA	BYDGOSZCZ	POL	M47		01:07:39	00:05:42	06:10:56	00:05:54	05:51:57
2	KUCIŃSKI ARTUR	95	JEBĄC PIS	DOBRCZ	POL	M47		01:16:30	00:05:18	05:46:21	00:05:04	06:10:54

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M48**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	NOSOWSKI JACEK	36	TRI.REGRESS	WARSZAWA	POL	M48		01:03:06	00:04:19	05:20:00	00:02:48	03:43:52
2	WINIECKI TOMASZ	44	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	M48	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:15:31	00:05:54	05:17:32	00:04:28	04:30:28
3	WRZESZCZ ADRIAN	75	ADRIAN! BŁAGAM WOLNIEJ.	ŁÓDŹ	POL	M48	HTF LUDWIK SIKORSKI	01:26:48	00:04:46	06:52:01	00:06:15	05:54:46
4	NAGOW MICHAŁ	51	IRON HOUSE TRIATHLON WŁOCŁAWEK	BYDGOSZCZ	POL	M48	IRON HOUSE TRIATHLON WŁOCŁAWEK	01:39:36	00:09:48	06:15:19	00:05:00	05:17:16

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M49**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	ZIĘBA ADAM	99	TRISPACE/TREK	BYDGOSZCZ	POL	M49	TRISPACE/TREK	01:11:22	00:03:32	05:01:37	00:02:22	03:26:21
2	BUCHALIK ARKADIUSZ	24		CZELADŹ	POL	M49		01:11:31	00:04:15	05:30:35	00:02:38	04:14:45
3	GACKOWSKI KRZYSZTOF	14		BYDGOSZCZ	POL	M49		01:23:34	00:04:20	06:18:16	00:05:17	05:23:15
4	CUPA IRENEUSZ	113	TRIATHLON KONSULTING	TORUŃ	POL	M49		01:31:20	00:05:31	05:49:53	00:04:55	04:50:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, K50**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	BURŻACKA-TYC AGNIESZKA	43	PTT DELTA	PŁOCK	POL	K50	PTT DELTA	01:27:18	00:06:11	06:36:39	00:03:54	04:58:07

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M50**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	HUNKIEWICZ WOJCIECH	78	MBC TEAM	MARKI	POL	M50		01:12:31	00:03:23	05:26:20	00:03:31	04:29:02
2	JAGAS RADOŚLAW	84	HTF LUDWIK SIKORSKI	GRABINA	POL	M50	HTF LUDWIK SIKORSKI	01:15:42	00:04:06	05:39:01	00:04:49	04:41:37
3	KOZMINCZUK-MARKULAK MAREK	111	TM IRON TEAM	GLIWICE	POL	M50	TM IRON TEAM	01:14:53	00:03:20	05:27:45	00:03:08	04:24:41

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M51**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	SUPERSON WOJTEK	25		KRAKÓW	POL	M51		01:11:10	00:04:04	06:10:36	00:03:18	05:59:08

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M55**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	ZUBEK RAFAŁ	46	PTT DELTA	STRÓŻEWKO	POL	M55	PTT DELTA	01:41:44	00:07:08	06:31:02	00:07:14	05:27:58
2	KAZUBOWSKI JACEK	88	TRIDARKO	BIAŁE BŁOTA	POL	M55		01:56:02	00:04:20	06:07:08	00:04:12	05:05:48
3	WARCHOŁ RYSZARD	65	CAŁY TWÓJ	ŚWIECIE	POL	M55		02:00:31	00:10:27	06:30:08	00:06:19	05:31:43

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M56**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
	MISZTELA TOMASZ	6	PTT DELTA	SŁUPNO	POL	M56	PTT DELTA	01:42:20 DNF	00:04:23	05:54:36	00:03:15	00:00:00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M60**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	NIEMCZYK KAZIMIERZ	108		MILANÓWEK	POL	M60		01:35:28	00:05:47	05:57:52	00:05:16	04:22:35

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6, M69**

POS	Name and surname	No.	Club	City	NAT	Cat.	Drużyna 1	Swimming 3.8km	T1	Cycling 180km	T2	Race 42.37km
1	JASIŃSKI BOGUSŁAW	31		KARPACZ	POL	M69		01:32:23	00:05:49	06:59:00	00:07:51	05:46:03