

# METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS PEŁNY 140.6

Organizator: Towarzystwo Sportowe TRI-SPORT  
 Data: 2022-08-20  
 Miejsce: Bydgoszcz  
 Dystans: 226 km



## Wyniki dla punktu pomiaru: 106.5 km

Klasyfikacja wg czasów netto.

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

| M-ce | Nazwisko i imię           | Nr  | Klub                           | M-scowość           | Kraj | Kat. | Drużyna 1                      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | 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)    |
| 3    | KAZMIERCZAK LUKASZ        | 62  | LUKS DWÓJKA STRYKÓW            | GŁÓWNO              | POL  | M40  |                                | 01:06:42 (10)     | 00:03:17 | 05:01:38 (8)   | 00:02:31 | 03:53:26 (11)   |
| 4    | 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)   |
| 5    | 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)    |
| 6    | 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)    |
| 7    | 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)    |
| 8    | PULCINSKI MICHAŁ          | 52  | TMT                            | TORUN               | POL  | M41  |                                | 01:04:41 (6)      | 00:04:43 | 05:21:41 (24)  | 00:03:09 | 03:32:17 (5)    |
| 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   | PIEKARSKI PAWEŁ           | 20  |                                | BYDGOSZCZ           | POL  | M32  |                                | 01:05:24 (8)      | 00:04:37 | 05:37:11 (35)  | 00:02:53 | 05:31:23 (79)   |
| 11   | 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)   |
| 12   | 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)   |
| 13   | 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)    |
| 14   | SOKÓŁ ADAM                | 67  |                                | RZESZÓW             | POL  | M46  |                                | 01:06:13 (9)      | 00:04:08 | 05:31:32 (33)  | 00:05:10 | 04:28:05 (36)   |
| 15   | WINIECKI TOMASZ           | 44  | IRON HOUSE TRIATHLON WŁOCLĄWEK | WŁOCLĄWEK           | POL  | M48  | IRON HOUSE TRIATHLON WŁOCLĄWEK | 01:15:31 (33)     | 00:05:54 | 05:17:32 (14)  | 00:04:28 | 04:30:28 (38)   |
| 16   | DURMAJ BARTEK             | 27  |                                | SIECHNICE           | POL  | M38  |                                | 01:12:21 (24)     | 00:02:54 | 05:20:25 (22)  | 00:02:46 | 03:44:36 (7)    |
| 17   | 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)   |
| 18   | PRZEDPEŁSKI 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)   |
| 19   | STARZ PAWEŁ               | 116 |                                | ZĄBKI               | POL  | M41  |                                | 01:14:57 (30)     | 00:03:19 | 05:18:34 (16)  | 00:02:45 | 03:32:09 (4)    |
| 20   | 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)   |
| 21   | 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)   |
| 22   | 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)   |
| 23   | BUCHALIK ARKADIUSZ        | 24  |                                | CZELADŹ             | POL  | M49  |                                | 01:11:31 (18)     | 00:04:15 | 05:30:35 (32)  | 00:02:38 | 04:14:45 (22)   |
| 24   | 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)   |
| 25   | 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)   |
| 26   | 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)   |
| 27   | 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)   |
| 28   | 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)   |
| 29   | 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)   |
| 30   | WRÓBEL MATEUSZ            | 16  | IRON HOUSE TRIATHLON WŁOCLĄWEK | BYDGOSZCZ           | POL  | M32  | IRON HOUSE TRIATHLON WŁOCLĄWEK | 01:15:35 (34)     | 00:04:11 | 05:45:00 (47)  | 00:03:05 | 05:33:05 (81)   |
| 31   | 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)   |
| 32   | MOJSIEWICZ SŁAWOMIR       | 18  | WARSZAWA                       | WARSZAWA            | POL  | M46  |                                | 01:16:52 (40)     | 00:03:56 | 05:38:26 (36)  | 00:04:18 | 04:24:27 (31)   |
| 33   | 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)   |
| 34   | 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)   |
| 35   | 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)   |
| 36   | WASZKIEWICZ DARIUSZ       | 45  | IM INSPIRATION / SPORT4LIFE    | INOWROCLAW          | POL  | M46  |                                | 01:29:49 (77)     | 00:05:42 | 05:18:19 (15)  | 00:04:20 | 04:42:53 (46)   |
| 37   | 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)   |
| 38   | 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)   |
| 39   | 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)   |
| 40   | KALIN WŁADYSŁAW           | 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)   |

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

| M-ce | Nazwisko i imię        | Nr  | Klub                           | M-scowość           | Kraj | Kat. | Drużyna 1                      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|------------------------|-----|--------------------------------|---------------------|------|------|--------------------------------|-------------------|----------|----------------|----------|-----------------|
| 41   | 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)   |
| 42   | MAZANKA JAKUB          | 26  |                                | BORÓWIEC            | POL  | M46  |                                | 01:12:15 (22)     | 00:04:19 | 06:21:48 (81)  | 00:04:36 | 04:10:56 (17)   |
| 43   | CHOBOT KRZYSZTOF       | 80  |                                | CZĘSTOCHOWA         | POL  | M44  |                                | 01:19:22 (47)     | 00:06:21 | 05:41:36 (41)  | 00:06:18 | 05:14:51 (67)   |
| 44   | JAROSZ HUBERT          | 56  |                                | LUBLIN              | POL  | M30  |                                | 01:18:01 (43)     | 00:05:59 | 05:55:15 (61)  | 00:08:23 | 05:25:18 (76)   |
| 45   | SUPERSON WOJTEK        | 25  |                                | KRAKÓW              | POL  | M51  |                                | 01:11:10 (16)     | 00:04:04 | 06:10:36 (73)  | 00:03:18 | 05:59:08 (87)   |
| 46   | KUC KRZYSZTOF          | 109 |                                | BYSTRA              | POL  | M42  |                                | 01:24:39 (58)     | 00:09:53 | 05:29:49 (30)  | 00:07:02 | 05:15:39 (69)   |
| 47   | DUSIŃSKI KRZYSZTOF     | 7   |                                | REDA DUSINSKI@WP.PL | POL  | M43  |                                | 01:26:35 (65)     | 00:05:39 | 05:39:59 (39)  | 00:06:20 | 03:58:03 (14)   |
| 48   | 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)   |
| 49   | 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)   |
| 50   | PIASECKI RADOŚLAW      | 121 |                                | BYDGOSZCZ           | POL  | M28  |                                | 01:22:53 (56)     | 00:05:22 | 05:52:17 (58)  | 00:04:48 | 05:01:39 (61)   |
| 51   | 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)   |
| 52   | 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)   |
| 53   | BYRTEK MARCIN          | 12  |                                | BYDGOSZCZ           | POL  | M45  |                                | 01:17:12 (41)     | 00:08:23 | 06:19:56 (80)  | 00:10:40 | 06:23:07 (91)   |
| 54   | 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)   |
| 55   | 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)   |
| 56   | KLIMCZAK MARCIN        | 103 |                                | DABROWA BISKUPIA    | POL  | M46  |                                | 01:38:21 (92)     | 00:03:59 | 05:38:59 (37)  | 00:03:02 | 04:16:56 (26)   |
| 57   | ZACHWIEJA PIOTR        | 37  |                                | BYDGOSZCZ           | POL  | M37  |                                | 01:28:50 (73)     | 00:04:02 | 05:58:11 (63)  | 00:05:25 | 04:26:34 (34)   |
| 58   | SUBKOWSKI ARTUR        | 59  |                                | ŚWIECIE             | POL  | M46  |                                | 01:33:27 (84)     | 00:05:23 | 05:42:24 (44)  | 00:02:53 | 05:04:06 (63)   |
| 59   | 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)   |
| 60   | 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)   |
| 61   | SĄLEK DOMINIK          | 66  |                                | RADOM               | POL  | M26  |                                | 01:15:54 (36)     | 00:05:07 | 06:14:53 (76)  | 00:02:21 | 04:30:36 (39)   |
| 62   | STEFANIAK MATEUSZ      | 34  |                                | KRAKÓW              | POL  | M32  |                                | 01:34:49 (86)     | 00:07:20 | 05:51:41 (57)  | 00:03:19 | 04:31:21 (40)   |
| 63   | GACKOWSKI KRZYSZTOF    | 14  |                                | BYDGOSZCZ           | POL  | M49  |                                | 01:23:34 (57)     | 00:04:20 | 06:18:16 (79)  | 00:05:17 | 05:23:15 (74)   |
| 64   | 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)   |
| 65   | 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)   |
| 66   | 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)   |
| 67   | FRAÇKOWIAK 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)   |
| 68   | SZCZEŚNIAK MICHAŁ      | 91  |                                | CHRZANÓW            | POL  | M38  |                                | 01:31:04 (78)     | 00:07:09 | 06:00:50 (64)  | 00:06:07 | 05:04:27 (64)   |
| 69   | 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)   |
| 70   | NIEMCZYK KAZIMIERZ     | 108 |                                | MILANÓWEK           | POL  | M60  |                                | 01:35:28 (87)     | 00:05:47 | 05:57:52 (62)  | 00:05:16 | 04:22:35 (29)   |
| 71   | 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)   |
| 72   | CZAPIEWSKI KRZYSZTOF   | 22  |                                | WARSZAWA            | POL  | M37  |                                | 01:33:34 (85)     | 00:08:00 | 06:04:00 (68)  | 00:06:48 | 04:14:00 (19)   |
| 73   | 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)   |
| 74   | JUSZCZYK MIROŚLAW      | 32  |                                | OSÓWIEC             | POL  | M32  |                                | 01:14:10 (27)     | 00:08:53 | 06:48:12 (92)  | 00:05:52 | 04:48:44 (51)   |
| 75   | WIECZOREK BARTOSZ      | 71  |                                | GNIEWKOWO           | POL  | M36  |                                | 01:24:56 (59)     | 00:10:25 | 06:32:22 (86)  | 00:06:29 | 05:30:36 (78)   |
| 76   | JANICKA-JAWOR JOANNA   | 117 | EMJOT TRI TEAM                 | MYŚŁOWICE           | POL  | K44  |                                | 01:26:57 (67)     | 00:07:11 | 06:45:50 (91)  | 00:02:57 | 04:38:24 (43)   |
| 77   | 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)   |
| 78   | 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)   |
| 79   | BELZAK 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)   |
| 80   | 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)   |
| 81   | 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)   |
| 82   | JASIŃSKI BOGUSŁAW      | 31  |                                | KARPACZ             | POL  | M69  |                                | 01:32:23 (82)     | 00:05:49 | 06:59:00 (95)  | 00:07:51 | 05:46:03 (84)   |
| 83   | 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)   |
| 84   | 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)   |
| 85   | 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)   |
| 86   | 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)   |
| 87   | 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)   |
| 88   | UMIŃSKI ROBERT         | 97  |                                | BYDGOSZCZ           | POL  | M42  |                                | 01:45:53 (96)     | 00:07:07 | 06:30:42 (84)  | 00:05:42 | 04:12:23 (18)   |
| 89   | WARCHOŁ RYSZARD        | 65  | CAŁY TWÓJ                      | ŚWIECIE             | POL  | M55  |                                | 02:00:31 (100)    | 00:10:27 | 06:30:08 (83)  | 00:06:19 | 05:31:43 (80)   |

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

| M-ce | Nazwisko i imię                | Nr  | Klub                      | M-scowość          | Kraj | Kat. | Drużyna 1      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|--------------------------------|-----|---------------------------|--------------------|------|------|----------------|-------------------|----------|----------------|----------|-----------------|
| 90   | 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)   |
| 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 ( )    |
|      | 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 ( )    |
|      | BUDZANOWSKI MICHAŁ             | 85  |                           | WROCŁAW            | POL  | M33  |                | 01:11:41 DNF (19) | 00:05:25 |                | 00:00:00 | 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 ( )    |
|      | 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 ( )    |
|      | 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)    |
|      | 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**

| M-ce | Nazwisko i imię                | Nr  | Klub              | M-scowość          | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | 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        |
| 3    | FRĄCKOWIAK MARTA               | 1   | TEAMOCHAL         | MYŚLECINEK         | POL  | K37  | TEAMOCHAL | 01:29:17          | 00:04:42 | 06:06:42       | 00:05:38 | 04:37:11        |
| 4    | JANICKA-JAWOR JOANNA           | 117 | EMJOT TRI TEAM    | MYŚLOWICE          | POL  | K44  |           | 01:26:57          | 00:07:11 | 06:45:50       | 00:02:57 | 04:38:24        |
| 5    | 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        |
| 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**

| M-ce | Nazwisko i imię           | Nr  | Klub                | M-scowość       | Kraj | Kat. | Drużyna 1      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | 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        |
| 3    | KAŹMIERCZAK ŁUKASZ        | 62  | LUKS DWÓJKA STRYKÓW | GŁÓWNO          | POL  | M40  |                | 01:06:42          | 00:03:17 | 05:01:38       | 00:02:31 | 03:53:26        |
| 4    | 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        |
| 5    | 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        |
| 6    | NOSOWSKI JACEK            | 36  | TRI.REGRESS         | WARSZAWA        | POL  | M48  |                | 01:03:06          | 00:04:19 | 05:20:00       | 00:02:48 | 03:43:52        |
| 7    | KRASNODĘBSKI 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        |
| 8    | PULCINSKI MICHAŁ          | 52  | TMT                 | TORUN           | POL  | M41  |                | 01:04:41          | 00:04:43 | 05:21:41       | 00:03:09 | 03:32:17        |
| 9    | MALISZEWSKI MICHAŁ        | 93  |                     | STRASZYN        | POL  | M46  |                | 01:09:04          | 00:04:11 | 05:19:14       | 00:04:16 | 03:49:57        |
| 10   | PIEKARSKI PAWEŁ           | 20  |                     | BYDGOSZCZ       | POL  | M32  |                | 01:05:24          | 00:04:37 | 05:37:11       | 00:02:53 | 05:31:23        |
| 11   | SKIBA MARIUSZ             | 49  | KS IRONMAN SZCZECIN | SZCZECIN        | POL  | M37  |                | 01:16:37          | 00:04:52 | 05:09:43       | 00:02:44 | 04:15:36        |
| 12   | 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        |
| 13   | 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        |

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

| M-ce | Nazwisko i imię      | Nr  | Klub                           | M-scowość           | Kraj | Kat. | Drużyna 1                      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|----------------------|-----|--------------------------------|---------------------|------|------|--------------------------------|-------------------|----------|----------------|----------|-----------------|
| 14   | SOKÓŁ ADAM           | 67  |                                | RZESZÓW             | POL  | M46  |                                | 01:06:13          | 00:04:08 | 05:31:32       | 00:05:10 | 04:28:05        |
| 15   | 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        |
| 16   | DURMAJ BARTEK        | 27  |                                | SIECHNICE           | POL  | M38  |                                | 01:12:21          | 00:02:54 | 05:20:25       | 00:02:46 | 03:44:36        |
| 17   | NENKAŁA MATEUSZ      | 64  | JERZYK TEAM                    | LESZNO              | POL  | M29  |                                | 01:15:30          | 00:03:55 | 05:19:30       | 00:03:11 | 05:02:25        |
| 18   | 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        |
| 19   | STARZ PAWEŁ          | 116 |                                | ZĄBKI               | POL  | M41  |                                | 01:14:57          | 00:03:19 | 05:18:34       | 00:02:45 | 03:32:09        |
| 20   | SWOBODA SEBASTIAN    | 81  | FIZJOSPEC                      | KRAKÓW              | POL  | M35  |                                | 01:10:00          | 00:04:19 | 05:32:59       | 00:03:08 | 04:05:23        |
| 21   | 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        |
| 22   | HUNKIEWICZ WOJCIECH  | 78  | MBC TEAM                       | MARKI               | POL  | M50  |                                | 01:12:31          | 00:03:23 | 05:26:20       | 00:03:31 | 04:29:02        |
| 23   | BUCHALIK ARKADIUSZ   | 24  |                                | CZELADŹ             | POL  | M49  |                                | 01:11:31          | 00:04:15 | 05:30:35       | 00:02:38 | 04:14:45        |
| 24   | GERGER LAURENZ       | 15  | CRYSTAL PALACE TRIATHLETES     | BECKENHAM           | GBR  | M29  |                                | 01:17:43          | 00:05:36 | 05:23:21       | 00:02:50 | 04:36:01        |
| 25   | PIESIK DAWID         | 17  | IM INSPIRATION                 | BYDGOSZCZ           | POL  | M32  |                                | 01:20:15          | 00:03:18 | 05:21:36       | 00:03:11 | 04:27:26        |
| 26   | ŚLIWA MACIEJ         | 107 | PAPRYKA                        | KRUSZYN             | POL  | M39  |                                | 01:20:01          | 00:05:04 | 05:28:44       | 00:05:33 | 04:50:18        |
| 27   | JACHIMSKI JAKUB      | 92  | TRIWAWA                        | WARSZAWA            | POL  | M39  | TRIWAWA                        | 01:09:09          | 00:02:42 | 05:42:01       | 00:02:20 | 04:25:05        |
| 28   | 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        |
| 29   | JAGAS RADOSŁAW       | 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        |
| 30   | 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        |
| 31   | LETKOWSKI DARIUSZ    | 61  | GAPMONT RUNNING TEAM           | WARSZAWA            | POL  | M44  |                                | 01:10:37          | 00:04:03 | 05:52:52       | 00:04:55 | 04:56:35        |
| 32   | MOJSIEWICZ SŁAWOMIR  | 18  |                                | WARSZAWA            | POL  | M46  |                                | 01:16:52          | 00:03:56 | 05:38:26       | 00:04:18 | 04:24:27        |
| 33   | KUCIŃSKI ARTUR       | 95  | JEBAC PIS                      | DOBRCZ              | POL  | M47  |                                | 01:16:30          | 00:05:18 | 05:46:21       | 00:05:04 | 06:10:54        |
| 34   | KRAKOWSKI JAN        | 119 | INVICTUS 3CITY                 | GDYNIA              | POL  | M28  |                                | 01:25:43          | 00:02:43 | 05:30:13       | 00:03:26 | 04:04:16        |
| 35   | ŁUCYSZYN ROBERT      | 42  |                                | DOBROSZÓW OLEŚNICKI | POL  | M44  |                                | 01:20:01          | 00:01:34 | 05:23:11       | 00:04:52 | 05:15:19        |
| 36   | WASZKIEWICZ DARIUSZ  | 45  | IM INSPIRATION / SPORT4LIFE    | INOWROCŁAW          | POL  | M46  |                                | 01:29:49          | 00:05:42 | 05:18:19       | 00:04:20 | 04:42:53        |
| 37   | BYRTEK GRZEGORZ      | 9   | TEAM CASTORAMA                 | BYDGOSZCZ           | POL  | M47  |                                | 01:07:39          | 00:05:42 | 06:10:56       | 00:05:54 | 05:51:57        |
| 38   | MICHALAK LESŁAW      | 114 | N-BIKE ACADEMY                 | OSIELSKO            | POL  | M46  |                                | 01:11:49          | 00:07:30 | 06:02:40       | 00:07:10 | 04:44:16        |
| 39   | KALIN WLADYSŁAW      | 29  | TAEKWON-DO GROMOWSKI           | UNISŁAW             | POL  | M42  |                                | 01:19:51          | 00:05:46 | 05:43:46       | 00:05:04 | 04:21:28        |
| 40   | ZIĘBA MATEUSZ        | 55  | FOREVER TEAM                   | ŚWILCZA             | POL  | M38  |                                | 01:19:16          | 00:04:43 | 05:43:40       | 00:02:56 | 04:43:33        |
| 41   | MAZANKA JAKUB        | 26  |                                | BORÓWIEC            | POL  | M46  |                                | 01:12:15          | 00:04:19 | 06:21:48       | 00:04:36 | 04:10:56        |
| 42   | CHOBOT KRZYSZTOF     | 80  |                                | CZĘSTOCHOWA         | POL  | M44  |                                | 01:19:22          | 00:06:21 | 05:41:36       | 00:06:18 | 05:14:51        |
| 43   | JAROSZ HUBERT        | 56  |                                | LUBLIN              | POL  | M30  |                                | 01:18:01          | 00:05:59 | 05:55:15       | 00:08:23 | 05:25:18        |
| 44   | SUPERSON WOJTEK      | 25  |                                | KRAKÓW              | POL  | M51  |                                | 01:11:10          | 00:04:04 | 06:10:36       | 00:03:18 | 05:59:08        |
| 45   | KUC KRZYSZTOF        | 109 |                                | BYSTRA              | POL  | M42  |                                | 01:24:39          | 00:09:53 | 05:29:49       | 00:07:02 | 05:15:39        |
| 46   | DUSIŃSKI KRZYSZTOF   | 7   |                                | REDA DUSIŃSKI@WP.PL | POL  | M43  |                                | 01:26:35          | 00:05:39 | 05:39:59       | 00:06:20 | 03:58:03        |
| 47   | 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        |
| 48   | 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        |
| 49   | PIASECKI RADOSŁAW    | 121 |                                | BYDGOSZCZ           | POL  | M28  |                                | 01:22:53          | 00:05:22 | 05:52:17       | 00:04:48 | 05:01:39        |
| 50   | 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        |
| 51   | BYRTEK MARCIN        | 12  |                                | BYDGOSZCZ           | POL  | M45  |                                | 01:17:12          | 00:08:23 | 06:19:56       | 00:10:40 | 06:23:07        |
| 52   | 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        |
| 53   | KUNKEL MARIUSZ       | 86  | SMARUJ NA TRENING              | GDAŃSK              | POL  | M46  |                                | 01:31:26          | 00:05:27 | 05:50:53       | 00:03:08 | 04:43:31        |
| 54   | KLIMCZAK MARCIN      | 103 |                                | DĄBROWA BISKUPIA    | POL  | M46  |                                | 01:38:21          | 00:03:59 | 05:38:59       | 00:03:02 | 04:16:56        |
| 55   | ZACHWIEJA PIOTR      | 37  |                                | BYDGOSZCZ           | POL  | M37  |                                | 01:28:50          | 00:04:02 | 05:58:11       | 00:05:25 | 04:26:34        |
| 56   | SUBKOWSKI ARTUR      | 59  |                                | ŚWIECIE             | POL  | M46  |                                | 01:33:27          | 00:05:23 | 05:42:24       | 00:02:53 | 05:04:06        |
| 57   | KONIEC PIOTR         | 13  | IRONTATA / ALETEAM             | BYDGOSZCZ           | POL  | M45  |                                | 01:32:09          | 00:09:50 | 06:03:26       | 00:08:05 | 06:27:02        |
| 58   | CUPA IRENEUSZ        | 113 | TRIATHLON KONSULTING           | TORUŃ               | POL  | M49  |                                | 01:31:20          | 00:05:31 | 05:49:53       | 00:04:55 | 04:50:00        |
| 59   | SĄŁEK DOMINIK        | 66  |                                | RADOM               | POL  | M26  |                                | 01:15:54          | 00:05:07 | 06:14:53       | 00:02:21 | 04:30:36        |
| 60   | STEFANIAK MATEUSZ    | 34  |                                | KRAKÓW              | POL  | M32  |                                | 01:34:49          | 00:07:20 | 05:51:41       | 00:03:19 | 04:31:21        |
| 61   | GACKOWSKI KRZYSZTOF  | 14  |                                | BYDGOSZCZ           | POL  | M49  |                                | 01:23:34          | 00:04:20 | 06:18:16       | 00:05:17 | 05:23:15        |
| 62   | 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        |

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

| M-ce | Nazwisko i imię      | Nr  | Klub                           | M-scowość           | Kraj | Kat. | Drużyna 1                      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |          |
|------|----------------------|-----|--------------------------------|---------------------|------|------|--------------------------------|-------------------|----------|----------------|----------|-----------------|----------|
| 63   | 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        |          |
| 64   | 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        |          |
| 65   | SZCZĘŚNIAK MICHAŁ    | 91  |                                | CHRZANÓW            | POL  | M38  |                                | 01:31:04          | 00:07:09 | 06:00:50       | 00:06:07 | 05:04:27        |          |
| 66   | KRAWCZYK DAWID       | 112 | SUŁKOWSKA SZKOŁA TRI           | WIELICZKA           | POL  | M39  |                                | 01:33:09          | 00:06:50 | 05:49:36       | 00:04:14 | 04:16:23        |          |
| 67   | NIEMCZYK KAZIMIERZ   | 108 |                                | MILANÓWEK           | POL  | M60  |                                | 01:35:28          | 00:05:47 | 05:57:52       | 00:05:16 | 04:22:35        |          |
| 68   | DREWUSZEWSKI MACIEJ  | 50  | 4M                             | PŁAWNIOWICE         | POL  | M44  |                                | 01:28:16          | 00:07:43 | 06:12:02       | 00:05:10 | 04:55:46        |          |
| 69   | CZAPIEWSKI KRZYSZTOF | 22  |                                | WARSZAWA            | POL  | M37  |                                | 01:33:34          | 00:08:00 | 06:04:00       | 00:06:48 | 04:14:00        |          |
| 70   | KONIECZNY PRZEMYSŁAW | 83  | VELOCITY                       | BORÓWIEC            | POL  | M36  |                                | 01:28:19          | 00:05:56 | 06:09:41       | 00:03:51 | 04:58:10        |          |
| 71   | JUSZCZYK MIROSLAW    | 32  |                                | OSÓWIEC             | POL  | M32  |                                | 01:14:10          | 00:08:53 | 06:48:12       | 00:05:52 | 04:48:44        |          |
| 72   | WIECZOREK BARTOSZ    | 71  |                                | GNIEWKOWO           | POL  | M36  |                                | 01:24:56          | 00:10:25 | 06:32:22       | 00:06:29 | 05:30:36        |          |
| 73   | WALCZAK KRYSZTOF     | 28  | BIEGAJĄCE WALCZAKI             | PIŁA                | POL  | M40  |                                | 01:36:18          | 00:05:36 | 06:34:55       | 00:03:43 | 05:00:13        |          |
| 74   | NAGOW MICHAŁ         | 51  | IRON HOUSE TRIATHLON WŁOCLAWEK | BYDGOSZCZ           | POL  | M48  | IRON HOUSE TRIATHLON WŁOCLAWEK | 01:39:36          | 00:09:48 | 06:15:19       | 00:05:00 | 05:17:16        |          |
| 75   | BELZAK FILIP         | 82  | TRIJET TEAM                    | KRAKÓW              | POL  | M30  |                                | 01:36:41          | 00:06:56 | 06:22:10       | 00:04:51 | 05:23:55        |          |
| 76   | 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        |          |
| 77   | JASIŃSKI BOGUSŁAW    | 31  |                                | KARPACZ             | POL  | M69  |                                | 01:32:23          | 00:05:49 | 06:59:00       | 00:07:51 | 05:46:03        |          |
| 78   | JESION REMIGIUSZ     | 94  | RUN DMT                        | DOBR CZ             | POL  | M39  |                                | 01:38:12          | 00:07:39 | 06:34:29       | 00:07:00 | 04:40:25        |          |
| 79   | SUDOŁ JACEK          | 102 | PARKRUN BYDGOSZCZ              | BYDGOSZCZ           | POL  | M44  |                                | 01:35:40          | 00:05:42 | 06:54:23       | 00:04:46 | 04:59:37        |          |
| 80   | KAZUBOWSKI JACEK     | 88  | TRIDARKO                       | BIAŁE BŁOTA         | POL  | M55  |                                | 01:56:02          | 00:04:20 | 06:07:08       | 00:04:12 | 05:05:48        |          |
| 81   | 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        |          |
| 82   | 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        |          |
| 83   | UMIŃSKI ROBERT       | 97  |                                | BYDGOSZCZ           | POL  | M42  |                                | 01:45:53          | 00:07:07 | 06:30:42       | 00:05:42 | 04:12:23        |          |
| 84   | WARCHOŁ RYSZARD      | 65  | CAŁY TWÓJ                      | ŚWIECIE             | POL  | M55  |                                | 02:00:31          | 00:10:27 | 06:30:08       | 00:06:19 | 05:31:43        |          |
| 85   | SZYMKUĆ WOJCIECH     | 73  | KRÓL BETONU                    | POZNAŃ              | POL  | M33  |                                | 01:49:13          | 00:09:07 | 07:17:07       | 00:05:15 | 05:17:01        |          |
| 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 |
|      | 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 |
|      | 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 |
|      | 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 |
|      | BUDZANOWSKI MICHAŁ   | 85  |                                | WROCLAW             | POL  | M33  |                                | 01:11:41          | DNF      | 00:05:25       |          | 00:00:00        | 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 |
|      | 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 |
|      | KORYTOWSKI MACIEJ    | 90  | ROWEROWE LIPNO                 | LIPNO               | POL  | M39  |                                | 01:26:04          | DNF      | 00:09:57       | 07:23:04 | 00:08:56        | 00:00:00 |
|      | KĘDZIA JAROSŁAW      | 5   | CASTORAMA                      | BYDGOSZCZ           | POL  | M43  |                                | DNF               | 01:58:08 |                | 00:00:00 | 00:00:00        | 00:00:00 |
|      | CZAJKOWSKI ARKADIUSZ | 57  |                                | BYDGOSZCZ           | POL  | M29  |                                | DNF               | 00:00:00 | 00:00:00       | 00:00:00 | 00:00:00        | 00:00:00 |

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

| M-ce | Nazwisko i imię    | Nr | Klub                      | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1  | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię   | Nr | Klub | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1  | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię    | Nr  | Klub           | M-scowość | Kraj | Kat. | Drużyna 1      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | KRAKOWSKI JAN      | 119 | INVICTUS 3CITY | GDYNIA    | POL  | M28  |                | 01:25:43          | 00:02:43 | 05:30:13       | 00:03:26 | 04:04:16        |
| 3    | PIASECKI RADOŚLAW  | 121 |                | BYDGOSZCZ | POL  | M28  |                | 01:22:53          | 00:05:22 | 05:52:17       | 00:04:48 | 05:01:39        |

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

| M-ce | Nazwisko i imię      | Nr | Klub                       | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię | Nr  | Klub              | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | BĘŁZAK FILIP    | 82  | TRIJET TEAM       | KRAKÓW    | POL  | M30  |           | 01:36:41          | 00:06:56 | 06:22:10       | 00:04:51 | 05:23:55        |          |
|      | 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 |

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

| M-ce | Nazwisko i imię  | Nr | Klub      | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię | Nr | Klub         | M-scowość | Kraj | Kat. | Drużyna 1    | Pływanie<br>3.8km | T1  | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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.**

| M-ce | Nazwisko i imię   | Nr | Klub                           | M-scowość | Kraj | Kat. | Drużyna 1                            | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|-------------------|----|--------------------------------|-----------|------|------|--------------------------------------|-------------------|----------|----------------|----------|-----------------|
| 2    | PIESIK DAWID      | 17 | IM INSPIRATION                 | BYDGOSZCZ | POL  | M32  |                                      | 01:20:15          | 00:03:18 | 05:21:36       | 00:03:11 | 04:27:26        |
| 3    | WRÓBEL MATEUSZ    | 16 | IRON HOUSE TRIATHLON WŁOCŁAWEK | BYDGOSZCZ | POL  | M32  | IRON HOUSE<br>TRIATHLON<br>WŁOCŁAWEK | 01:15:35          | 00:04:11 | 05:45:00       | 00:03:05 | 05:33:05        |
| 4    | 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        |
| 5    | STEFANIAK MATEUSZ | 34 |                                | KRAKÓW    | POL  | M32  |                                      | 01:34:49          | 00:07:20 | 05:51:41       | 00:03:19 | 04:31:21        |
| 6    | JUSZCZYK MIROSŁAW | 32 |                                | OSÓWIEC   | POL  | M32  |                                      | 01:14:10          | 00:08:53 | 06:48:12       | 00:05:52 | 04:48:44        |

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

| M-ce | Nazwisko i imię    | Nr | Klub                   | M-scowość           | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię   | Nr | Klub      | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię | Nr  | Klub              | M-scowość       | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię      | Nr  | Klub                | M-scowość       | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | 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        |
| 3    | KONIECZNY PRZEMYSŁAW | 83  | VELOCITY            | BORÓWIEC        | POL  | M36  |           | 01:28:19          | 00:05:56 | 06:09:41       | 00:03:51 | 04:58:10        |
| 4    | WIECZOREK BARTOSZ    | 71  |                     | GNIEWKOWO       | POL  | M36  |           | 01:24:56          | 00:10:25 | 06:32:22       | 00:06:29 | 05:30:36        |

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

| M-ce | Nazwisko i imię  | Nr | Klub      | M-scowość  | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię      | Nr | Klub                | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię   | Nr | Klub           | M-scowość | Kraj | Kat. | Drużyna 1      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię    | Nr  | Klub                           | M-scowość | Kraj | Kat. | Drużyna 1                      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|--------------------|-----|--------------------------------|-----------|------|------|--------------------------------|-------------------|----------|----------------|----------|-----------------|
| 1    | ŚLIWA MACIEJ       | 107 | PAPRYKA                        | KRUSZYN   | POL  | M39  |                                | 01:20:01          | 00:05:04 | 05:28:44       | 00:05:33 | 04:50:18        |
| 2    | JACHIMSKI JAKUB    | 92  | TRIWAWA                        | WARSZAWA  | POL  | M39  | TRIWAWA                        | 01:09:09          | 00:02:42 | 05:42:01       | 00:02:20 | 04:25:05        |
| 3    | 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        |
| 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**

| M-ce | Nazwisko i imię        | Nr  | Klub                | M-scowość       | Kraj | Kat. | Drużyna 1      | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|------------------------|-----|---------------------|-----------------|------|------|----------------|-------------------|----------|----------------|----------|-----------------|
| 1    | KĄŻMIERCZAK 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    | 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        |
| 4    | 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        |
| 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**

| M-ce | Nazwisko i imię  | Nr  | Klub                | M-scowość          | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię | Nr  | Klub                 | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię    | Nr | Klub                | M-scowość           | Kraj | Kat. | Drużyna 1           | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|--------------------|----|---------------------|---------------------|------|------|---------------------|-------------------|----------|----------------|----------|-----------------|
| 1    | DUSIŃSKI KRZYSZTOF | 7  |                     | REDA DUSINSKI@WP.PL | POL  | M43  |                     | 01:26:35          | 00:05:39 | 05:39:59       | 00:06:20 | 03:58:03        |
| 2    | 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        |
|      | 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**

| M-ce | Nazwisko i imię      | Nr  | Klub           | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię     | Nr  | Klub                   | M-scowość           | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | ŁUCYSZYN ROBERT     | 42  |                        | DOBROSZÓW OLEŚNICKI | POL  | M44  |           | 01:20:01          | 00:10:34 | 05:23:11       | 00:04:52 | 05:15:19        |
| 3    | CHOBOT KRZYSZTOF    | 80  |                        | CZĘSTOCHOWA         | POL  | M44  |           | 01:19:22          | 00:06:21 | 05:41:36       | 00:06:18 | 05:14:51        |
| 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**

| M-ce | Nazwisko i imię | Nr | Klub                           | M-scowość   | Kraj | Kat. | Drużyna 1                            | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|-----------------|----|--------------------------------|-------------|------|------|--------------------------------------|-------------------|----------|----------------|----------|-----------------|
| 1    | 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        |
| 2    | POPEK MACIEJ    | 10 | IRON HOUSE TRIATHLON WŁOCŁAWEK | WŁOCŁAWEK   | POL  | M45  | IRON HOUSE<br>TRIATHLON<br>WŁOCŁAWEK | 01:29:03          | 00:05:34 | 05:45:06       | 00:05:15 | 05:16:15        |
| 3    | BYRTEK MARCIN   | 12 |                                | BYDGOSZCZ   | POL  | M45  |                                      | 01:17:12          | 00:08:23 | 06:19:56       | 00:10:40 | 06:23:07        |
| 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**

| M-ce | Nazwisko i imię     | Nr  | Klub                        | M-scowość        | Kraj | Kat. | Drużyna 1                   | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | MOJSIEWICZ SŁAWOMIR | 18  |                             | WARSZAWA         | POL  | M46  |                             | 01:16:52          | 00:03:56 | 05:38:26       | 00:04:18 | 04:24:27        |
| 4    | WASZKIEWICZ DARIUSZ | 45  | IM INSPIRATION / SPORT4LIFE | INOWROCŁAW       | POL  | M46  |                             | 01:29:49          | 00:05:42 | 05:18:19       | 00:04:20 | 04:42:53        |
| 5    | MICHALAK LESŁAW     | 114 | N-BIKE ACADEMY              | OSIELSKO         | POL  | M46  |                             | 01:11:49          | 00:07:30 | 06:02:40       | 00:07:10 | 04:44:16        |
| 6    | MAZANKA JAKUB       | 26  |                             | BORÓWIEC         | POL  | M46  |                             | 01:12:15          | 00:04:19 | 06:21:48       | 00:04:36 | 04:10:56        |
| 7    | LASSAK BARTOSZ      | 21  | AKADEMIA MISTRZÓW SPORTU    | STRZELCE GÓRNE   | POL  | M46  | AKADEMIA MISTRZÓW<br>SPORTU | 01:26:25          | 00:05:15 | 05:49:31       | 00:02:09 | 04:50:38        |
| 8    | KUNKEL MARIUSZ      | 86  | SMARUJ NA TRENING           | GDAŃSK           | POL  | M46  |                             | 01:31:26          | 00:05:27 | 05:50:53       | 00:03:08 | 04:43:31        |
| 9    | KLIMCZAK MARCIN     | 103 |                             | DĄBROWA BISKUPIA | POL  | M46  |                             | 01:38:21          | 00:03:59 | 05:38:59       | 00:03:02 | 04:16:56        |
| 10   | SUBKOWSKI ARTUR     | 59  |                             | ŚWIECIE          | POL  | M46  |                             | 01:33:27          | 00:05:23 | 05:42:24       | 00:02:53 | 05:04:06        |

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

| M-ce | Nazwisko i imię                | Nr  | Klub         | M-scowość          | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię | Nr | Klub           | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|-----------------|----|----------------|-----------|------|------|-----------|-------------------|----------|----------------|----------|-----------------|
| 1    | KUCIŃSKI ARTUR  | 95 | JEBAC PIS      | DOBRCZ    | POL  | M47  |           | 01:16:30          | 00:05:18 | 05:46:21       | 00:05:04 | 06:10:54        |
| 2    | BYRTEK GRZEGORZ | 9  | TEAM CASTORAMA | BYDGOSZCZ | POL  | M47  |           | 01:07:39          | 00:05:42 | 06:10:56       | 00:05:54 | 05:51:57        |

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

| M-ce | Nazwisko i imię | Nr | Klub                           | M-scowość | Kraj | Kat. | Drużyna 1                            | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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 WŁOCLAWEK | WŁOCLAWEK | POL  | M48  | IRON HOUSE<br>TRIATHLON<br>WŁOCLAWEK | 01:15:31          | 00:05:54 | 05:17:32       | 00:04:28 | 04:30:28        |
| 3    | NAGOW MICHAŁ    | 51 | IRON HOUSE TRIATHLON WŁOCLAWEK | BYDGOSZCZ | POL  | M48  | IRON HOUSE<br>TRIATHLON<br>WŁOCLAWEK | 01:39:36          | 00:09:48 | 06:15:19       | 00:05:00 | 05:17:16        |
| 4    | 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        |

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

| M-ce | Nazwisko i imię     | Nr  | Klub                 | M-scowość | Kraj | Kat. | Drużyna 1     | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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    | CUPA IRENEUSZ       | 113 | TRIATHLON KONSULTING | TORUŃ     | POL  | M49  |               | 01:31:20          | 00:05:31 | 05:49:53       | 00:04:55 | 04:50:00        |
| 4    | GACKOWSKI KRZYSZTOF | 14  |                      | BYDGOSZCZ | POL  | M49  |               | 01:23:34          | 00:04:20 | 06:18:16       | 00:05:17 | 05:23:15        |

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

| M-ce | Nazwisko i imię        | Nr | Klub      | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię           | Nr  | Klub                | M-scowość | Kraj | Kat. | Drużyna 1           | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|---------------------------|-----|---------------------|-----------|------|------|---------------------|-------------------|----------|----------------|----------|-----------------|
| 1    | 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        |
| 2    | HUNKIEWICZ WOJCIECH       | 78  | MBC TEAM            | MARKI     | POL  | M50  |                     | 01:12:31          | 00:03:23 | 05:26:20       | 00:03:31 | 04:29:02        |
| 3    | 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        |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię  | Nr | Klub      | M-scowość   | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|------------------|----|-----------|-------------|------|------|-----------|-------------------|----------|----------------|----------|-----------------|
| 1    | KAZUBOWSKI JACEK | 88 | TRIDARKO  | BIAŁE BŁOTA | POL  | M55  |           | 01:56:02          | 00:04:20 | 06:07:08       | 00:04:12 | 05:05:48        |
| 2    | 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        |
| 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**

| M-ce | Nazwisko i imię | Nr | Klub      | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię    | Nr  | Klub | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>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**

| M-ce | Nazwisko i imię   | Nr | Klub | M-scowość | Kraj | Kat. | Drużyna 1 | Pływanie<br>3.8km | T1       | Rower<br>180km | T2       | Bieg<br>42.37km |
|------|-------------------|----|------|-----------|------|------|-----------|-------------------|----------|----------------|----------|-----------------|
| 1    | JASIŃSKI BOGUSŁAW | 31 |      | KARPACZ   | POL  | M69  |           | 01:32:23          | 00:05:49 | 06:59:00       | 00:07:51 | 05:46:03        |