

# METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3

Organizator: Towarzystwo Sportowe TRI-SPORT  
 Data: 2022-08-20  
 Miejsce: Bydgoszcz  
 Dystans: 113 km  
 Klasyfikacja wg czasów netto.



## METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 1.9km	T1 89.9km	Rower 89.9km	T2	Bieg 20.849km	Netto
1	KONIECZNY MARCIN	501	K.S. NIEMANIEMOGE	OLSZTYN	POL	M-50	1	M 1		00:33:21 (8)	00:01:53	02:17:42 (2)	00:01:37	01:22:00 (1)	04:16:33.55
2	KLYM YURII	684		KYIV	UKR	M-37	1	M 2		00:35:04 (22)	00:02:00	02:18:18 (3)	00:01:59	01:24:16 (2)	04:21:37.90
3	SAWIEŁAJC JAKUB	560	TM IRON TEAM	BYDGOSZCZ	POL	M-23	1	M 3	TM IRON TEAM	00:28:22 (1)	00:02:22	02:16:43 (1)	00:02:07	01:32:31 (6)	04:22:05.30
4	KOMPA MARCIN	710	IM INSPIRATION	WARSZAWA	POL	M-23	2	M 4	IM INSPIRATION TEAM	00:30:27 (5)	00:02:12	02:23:01 (12)	00:00:41	01:27:20 (5)	04:23:41.70
5	BLADOWSKI ARTUR	695	KLUB KOLARSKI ŁOWICZ	ŁOWICZ	POL	M-38	1	M 5		00:35:03 (21)	00:00:57	02:22:00 (9)	00:02:00	01:24:17 (3)	04:24:17.00
6	KOWALCZYK PIOTR	616	KAZIKI	WARSZAWA	POL	M-41	1	M 6	KAZIKI	00:33:30 (11)	00:02:04	02:21:20 (6)	00:02:01	01:25:45 (4)	04:24:40.55
7	STARON PIOTR	541	STARZYNSKI.COACH	BUDZISZEWICE	POL	M-43	1	M 7		00:33:39 (13)	00:03:09	02:20:34 (5)	00:01:54	01:32:39 (7)	04:31:55.75
8	DĄBROWSKI DARIUSZ	708	ILABO RACING TEAM POWERED BY CTS	PIASECZNO	POL	M-48	1	M 8		00:30:13 (2)	00:02:01	02:21:38 (8)	00:01:40	01:36:25 (12)	04:31:57.40
9	NOWAK ANDRZEJ	640	GT RAT	WROCLAW	POL	M-40	1	M 9		00:36:24 (32)	00:02:18	02:21:32 (7)	00:01:32	01:36:22 (11)	04:38:08.55
10	MALINOWSKI JAROSŁAW	652	KARAŚ TRIATHLON&SWIM TEAM / TRIMALINY	WARSZAWA	POL	M-40	2	M 10	KARAŚ TRI&SWIM TEAM	00:34:09 (14)	00:02:03	02:20:15 (4)	00:01:56	01:40:45 (21)	04:39:08.35
11	JĘZEK PETR	663	IAMX	PRAHA	CZE	M-45	1	M 11		00:34:30 (18)	00:02:57	02:26:03 (18)	00:02:21	01:33:40 (9)	04:39:31.90
12	KRUPICKA TOMAS	655	IRONSPORT ELPO	RUDNÁ	CZE	M-35	1	M 12		00:35:27 (26)	00:02:11	02:24:27 (13)	00:01:37	01:36:27 (13)	04:40:09.80
13	TRZASKA PRZEMYSŁAW	556	DREAM TRI TEAM	GDAŃSK	POL	M-37	2	M 13		00:36:31 (33)	00:01:47	02:22:18 (11)	00:01:51	01:39:03 (18)	04:41:30.10
14	KILJAŃCZYK PIOTR	658		NEKLA	POL	M-42	1	M 14		00:39:15 (56)	00:02:02	02:27:13 (20)	00:01:23	01:33:25 (8)	04:43:18.55
15	KAMIŃSKI TOMASZ	505	IM INSPIRATION TEAM	MROCZA	POL	M-42	2	M 15	IM INSPIRATION TEAM	00:42:52 (87)	00:02:22	02:22:07 (10)	00:02:28	01:35:36 (10)	04:45:25.85
16	BYCH MACIEJ	512	TRIDEA TEAM	OŁAWA	POL	M-47	1	M 16	TRIDEA TEAM	00:34:27 (17)	00:02:15	02:24:49 (14)	00:02:17	01:42:54 (24)	04:46:42.30
17	MODZELEWSKI MACIEJ	643	KLUB KOLARSKI ŁOWICZ	ŁOWICZ	POL	M-38	2	M 17		00:42:28 (84)	00:02:43	02:26:18 (19)	00:01:35	01:37:36 (14)	04:50:40.15
18	MATUSIAK MATEUSZ	625	SNG WILD DUCKS	ZGIERZ	POL	M-35	2	M 18	SNG WILD DUCKS	00:33:38 (12)	00:02:32	02:25:58 (17)	00:02:27	01:46:52 (29)	04:51:27.50
19	SZMIDT JANUSZ	688	TRINERGY	KATOWICE	POL	M-52	1	M 19		00:37:39 (41)	00:03:31	02:30:23 (28)	00:02:46	01:38:48 (17)	04:53:07.50
20	MODER BARTŁOMIEJ	697	KAZIKI	WARSZAWA	POL	M-33	1	M 20	KAZIKI	00:35:16 (24)	00:02:43	02:30:46 (30)	00:03:21	01:41:03 (22)	04:53:09.75
21	GNIOT JACEK	539	TRISPACE/TREK / 8 KUJAWSKO-POMORSKA BRYGADA OBRONY TERYTORIALNEJ	GRUDZIĄDZ	POL	M-51	1	M 21	TRISPACE/TREK	00:44:48 (101)	00:02:06	02:28:04 (21)	00:02:00	01:38:39 (16)	04:55:37.55
22	KLAPUCH MICHAŁ	573	EWA BUGDOŁ TEAM	GLIWICE	POL	M-42	3	M 22		00:37:19 (39)	00:02:55	02:33:45 (40)	00:02:47	01:40:34 (20)	04:57:20.75
23	PODWYSOCKI MARCIN	527	CTS	SEROCK	POL	M-34	1	M 23	CTS	00:30:25 (4)	00:02:39	02:31:29 (33)	00:01:52	01:51:39 (38)	04:58:04.30
24	SOBIK ANDRZEJ	557		CZYŻOWICE	POL	M-44	1	M 24		00:37:18 (37)	00:03:23	02:30:14 (27)	00:01:38	01:46:13 (28)	04:58:46.95
25	SZYMAŃSKI PIOTR	572	MIELCARKS TEAM	GDYNIA	POL	M-29	1	M 25	MIELCARKS TEAM	00:35:42 (27)	00:03:20	02:30:25 (29)	00:02:12	01:47:42 (32)	04:59:21.40
26	KRAJEWSKI TOMASZ	677	KP PSP INOWROCLAW	INOWROCLAW	POL	M-34	2	M 26		00:37:16 (35)	00:03:09	02:39:14 (60)	00:01:50	01:38:17 (15)	04:59:46.15
27	KOZŁOWSKI JACEK	520	PTT DELTA	PŁOCK	POL	M-45	2	M 27	PTT DELTA	00:42:18 (81)	00:03:24	02:31:40 (34)	00:02:57	01:41:45 (23)	05:02:04.75
28	KUBANEK ŁUKASZ	590	TEAMOCHAL	NIEMCZ	POL	M-39	1	M 28	TEAM OCHAL	00:40:13 (68)	00:03:06	02:25:15 (15)	00:02:55	01:50:51 (36)	05:02:20.25
29	WIĘCKOWSKI DARIUSZ	528	AMS TRIATHLON AKADEMIA MISTRZÓW SPORTU AMS	BYDGOSZCZ	POL	M-42	4	M 29	AKADEMIA MISTRZÓW SPORTU AMS TRIATHLON	00:33:01 (7)	00:02:19	02:31:04 (31)	00:02:20	01:53:36 (42)	05:02:20.50
30	KULIK MICHAŁ	662	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M-43	2	M 30		00:39:50 (63)	00:03:42	02:31:23 (32)	00:03:15	01:44:40 (26)	05:02:50.20
31	PORZYCH RAFAŁ	607	RAFSON.TV / PORZYCH.PL	BYDGOSZCZ	POL	M-24	1	M 31		00:39:28 (59)	00:02:43	02:41:24 (67)	00:01:51	01:39:14 (19)	05:04:40.30
32	KRÓL HUBERT	669	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M-36	1	M 32		00:30:21 (3)	00:02:00	02:32:16 (36)	00:02:02	01:58:21 (60)	05:05:00.60
33	NOSEK MACIEJ	628	TRIATHLON TEAM BOCHNIA	BOCHNIA	POL	M-55	1	M 33		00:42:22 (83)	00:02:11	02:25:26 (16)	00:02:26	01:55:08 (50)	05:07:33.75
34	WIERZYŃSKI DAMIAN	569	TRISPACE /TREK	BYDGOSZCZ	POL	M-34	3	M 34	TRISPACE/TREK	00:40:50 (75)	00:02:01	02:28:08 (22)	00:02:00	01:58:23 (61)	05:11:22.15
35	JANUSZKIEWICZ PIOTR	563	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M-40	3	M 35		00:39:31 (61)	00:02:52	02:38:36 (57)	00:01:46	01:48:51 (33)	05:11:36.40
36	KAPSA DAWID	538	TRISPACE/TREK	BYDGOSZCZ	POL	M-44	2	M 36	TRISPACE/TREK	00:45:28 (111)	00:02:52	02:33:40 (39)	00:02:38	01:47:05 (31)	05:11:43.95
37	SZCZYRBOWSKI MICHAŁ	543	TURBOKILLA	RYBNIK	POL	M-41	2	M 37		00:40:45 (73)	00:03:55	02:31:58 (35)	00:02:01	01:53:42 (44)	05:12:21.70

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 1.9km	T1	Rower 89.9km	T2	Bieg 20.849km	Netto
38	CELMER MARCIN	507	PTT DELTA	PŁOCK	POL	M-41	3	M 38	PTT DELTA	00:38:56 (52)	00:02:24	02:28:16 (24)	00:02:22	02:01:58 (77)	05:13:56.15
39	MASZEWSKI DARIUSZ	631	TRIATHLON TEAM BOCHNIA	BOCHNIA	POL	M-44	3	M 39	TRIATHLON TEAM BOCHNIA	00:33:25 (9)	00:03:39	02:34:25 (44)	00:02:35	02:00:42 (70)	05:14:46.85
40	CZAJKOWSKI KRZYSZTOF	698		KOŁO	POL	M-47	2	M 40		00:39:37 (62)	00:02:24	02:35:29 (47)	00:02:45	01:54:43 (48)	05:14:58.15
41	TRUSKOLAWSKA OLA	638	TRIDEA TEAM	GDYNIA	POL	K-46	1	K 1		00:47:00 (119)	00:03:40	02:39:36 (62)	00:02:20	01:43:40 (25)	05:16:16.45
42	SKŁADANOWSKI MAREK	682		WŁOCLĄWEK	POL	M-33	2	M 41		00:38:00 (44)	00:03:19	02:39:06 (58)	00:02:30	01:54:02 (45)	05:16:57.30
43	KWAPIŃSKI DAMIAN	562	TEAMOCHAL	BYDGOSZCZ	POL	M-41	4	M 42	TEAM OCHAL	00:47:29 (124)	00:03:46	02:32:33 (37)	00:01:35	01:52:15 (40)	05:17:38.80
44	DOBOSZ MICHAŁ	665	COMEXSPORTS TRIATHLON TEAM	GDYNIA	POL	M-46	1	M 43		00:36:12 (30)	00:02:46	02:37:13 (53)	00:02:04	01:59:24 (64)	05:17:39.05
45	ANDRAŁOJC ANNA	673	TM IRON TEAM	BYDGOSZCZ	POL	K-31	1	K 2	TM IRON TEAM	00:35:22 (25)	00:02:38	02:37:23 (54)	00:02:07	02:01:37 (76)	05:19:07.65
46	KRAUSE SZYMON	578	SREBRNI TRI	TARNOWSKIE GÓRY	POL	M-40	4	M 44		00:44:07 (95)	00:03:14	02:43:01 (72)	00:03:37	01:45:15 (27)	05:19:14.75
47	KLONOWSKI TOMASZ	649	PLATAN	ŚWIECIE	POL	M-44	4	M 45		00:37:24 (40)	00:02:29	02:28:28 (25)	00:02:06	02:09:01 (106)	05:19:28.20
48	KĄTNIK JACEK	567	BUDINVEST	ŁOCHOWO	POL	M-52	2	M 46		00:54:16 (157)	00:02:46	02:34:24 (43)	00:01:44	01:46:56 (30)	05:20:06.35
49	JARMOSZEWICZ ŁUKASZ	522		TORUŃ	POL	M-49	1	M 47	TKT	00:43:17 (89)	00:03:11	02:33:45 (41)	00:02:31	01:57:28 (58)	05:20:12.40
50	OĞIŃSKI PIOTR	635	TRIATHLON TEAM BOCHNIA	BOCHNIA	POL	M-45	3	M 48	TRIATHLON TEAM BOCHNIA	00:35:13 (23)	00:03:01	02:42:04 (69)	00:03:22	01:57:09 (57)	05:20:49.75
51	SZYNALIK SŁAWOMIR	690	KIKATEAM	KRAKÓW	POL	M-49	2	M 49		00:40:15 (69)	00:03:17	02:37:08 (52)	00:04:16	01:59:48 (65)	05:24:44.40
52	KINDLER MACIEJ	670		KRAKÓW	POL	M-36	2	M 50		00:39:06 (54)	00:03:02	02:36:08 (50)	00:02:22	02:04:52 (86)	05:25:30.55
53	MALINOWSKI MARIUSZ	653	KARAŚ TRI&SWIM TEAM	WARSZAWA	POL	M-35	3	M 51	KARAŚ TRI&SWIM TEAM	00:34:12 (16)	00:02:19	02:39:48 (63)	00:02:18	02:08:55 (104)	05:27:32.85
54	DAWIDOWICZ MACIEJ	559	TRISPACE/TREK	BRZOZA	POL	M-44	5	M 52	TRISPACE/TREK	00:39:23 (58)	00:02:43	02:33:58 (42)	00:02:43	02:09:33 (107)	05:28:20.35
55	MUCHA BARTŁOMIEJ	636	TRIATHLON TEAM BOCHNIA	BOCHNIA	POL	M-25	1	M 53		00:36:16 (31)	00:03:49	02:40:08 (64)	00:02:42	02:05:34 (89)	05:28:29.50
56	MULARCZYK JACEK	687	RUNPASSION TEAM	BORKOWO	POL	M-52	3	M 54		00:43:42 (91)	00:03:07	02:32:50 (38)	00:04:59	02:04:21 (84)	05:28:59.40
57	GRUSZCZYK GRZEGORZ	544	IMPACT BIELSKO-BIAŁA	BIELSKO-BIAŁA	POL	M-40	5	M 55		00:45:03 (106)	00:04:18	02:46:25 (92)	00:02:32	01:50:58 (37)	05:29:16.05
58	SENGER ROBERT	536	TRIZARZA	WARSZAWA	POL	M-40	6	M 56		00:36:11 (29)	00:02:53	02:43:40 (78)	00:01:45	02:06:03 (92)	05:30:32.35
59	KOSMATKA PAWEŁ	503		ŁÓDŹ	POL	M-29	2	M 57		00:45:34 (113)	00:02:29	02:34:34 (46)	00:02:20	02:05:38 (90)	05:30:35.20
60	KIEDROWSKI JERZY	600	MIELCARKS TEAM	BYDGOSZCZ	POL	M-29	3	M 58	MIELCARKS TEAM	00:40:48 (74)	00:04:53	02:45:24 (85)	00:05:08	01:54:24 (47)	05:30:37.10
61	DROŹDŹ MAŁGORZATA	609	AKADEMIA MISTRZÓW SPORTU	SADKI	POL	K-43	1	K 3	AKADEMIA MISTRZÓW SPORTU AMS TRIATHLON	00:44:36 (98)	00:03:13	02:45:36 (89)	00:01:57	01:55:46 (52)	05:31:08.05
62	KASTRU TOMASZ	574		MUROWANIEC	POL	M-41	5	M 59	RUN4FUN	00:34:56 (20)	00:03:22	02:47:13 (96)	00:01:45	02:04:35 (85)	05:31:51.55
63	SZYTTENHOLM OLIWIER	530	TRISPACE/TREK	BYDGOSZCZ	POL	M-40	7	M 60	TRISPACE/TREK	00:43:22 (90)	00:02:49	02:44:58 (82)	00:02:35	01:59:09 (63)	05:32:53.10
64	JONES SHELLEY	646	GREENWICH TRITONS	LONDON	GBR	K-42	1	K 4	GREENWICH TRITONS	00:31:23 (6)	00:03:43	02:56:37 (135)	00:03:44	01:58:03 (59)	05:33:30.85
65	BUDZIŁO ADAM	561	PTT DELTA	PŁOCK	POL	M-50	2	M 61	PTT DELTA	00:40:29 (71)	00:04:25	02:47:22 (97)	00:02:40	01:58:41 (62)	05:33:37.55
66	HADASZ EWA	699	TRI&MORE	ZABRZE	POL	K-48	1	K 5		00:44:52 (103)	00:03:06	02:52:12 (120)	00:01:56	01:51:45 (39)	05:33:51.30
67	SZCZERBA MACIEJ	519	TRITYTKA	NIEMCZ	POL	M-50	3	M 62		00:40:24 (70)	00:02:32	02:41:18 (66)	00:02:14	02:08:08 (102)	05:34:36.30
68	GRZEBYTA MATEUSZ	619	MTB START KARTUZY	KARTUZY	POL	M-35	4	M 63		00:39:29 (60)	00:03:07	02:39:25 (61)	00:02:15	02:10:47 (108)	05:35:03.35
69	BUGALSKI WOJCIECH	610	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M-44	6	M 64	AKADEMIA MISTRZÓW SPORTU AMS TRIATHLON	00:40:52 (76)	00:02:45	02:43:37 (75)	00:02:51	02:05:04 (87)	05:35:09.60
70	KŁOSOK WOJCIECH	683	CROSS SPORT	RYBNIK	POL	M-43	3	M 65		00:43:53 (93)	00:03:51	02:45:02 (83)	00:02:35	02:00:47 (72)	05:36:08.35
71	ANDRZEJAK ROBERT	554	VAMOS	POZNAŃ	POL	M-46	2	M 66		00:51:26 (147)	00:03:41	02:45:29 (86)	00:01:58	01:53:38 (43)	05:36:12.90
72	GÓRZYŃSKI TOMASZ	529	TORUŃSKI KLUB TRIATHLONOWY	TORUŃ	POL	M-46	3	M 67	TORUŃSKI KLUB TRIATHLONOWY	00:37:51 (42)	00:04:46	02:36:03 (49)	00:04:03	02:13:30 (111)	05:36:13.10
73	WALKOWIAK BARTOSZ	624		NAKŁO NAD NOTECIĄ	POL	M-40	8	M 68		00:44:06 (94)	00:03:10	02:47:04 (93)	00:02:38	02:00:26 (69)	05:37:24.70
74	JANKOWSKI TOMASZ	565	TRISPACE/TREK	BYDGOSZCZ	POL	M-49	3	M 69	TRISPACE/TREK	00:42:21 (82)	00:03:29	02:42:17 (70)	00:06:10	02:03:17 (80)	05:37:34.15
75	PIC DAWID	586		BYDGOSZCZ	POL	M-30	1	M 70		00:39:06 (55)	00:02:53	02:47:25 (98)	00:01:47	02:07:16 (99)	05:38:27.75
76	RAAG REEMO	676		TALLINN	EST	M-38	3	M 71		00:38:13 (45)	00:03:44	02:39:11 (59)	00:02:58	02:14:27 (116)	05:38:33.10
77	KMIĘC KAROLINA	707	TM IRON TEAM	BYDGOSZCZ	POL	K-39	1	K 6	TM IRON TEAM	00:40:30 (72)	00:02:58	02:49:53 (107)	00:04:00	02:01:30 (75)	05:38:51.40
78	KONKEL BARTOSZ	605		BYDGOSZCZ	POL	M-36	3	M 72		00:44:38 (99)	00:04:33	02:45:48 (90)	00:02:38	02:02:57 (79)	05:40:34.65
79	WODA EWELINA	621	WYTRZYMALI	KRAKÓW	POL	K-38	1	K 7		00:37:19 (38)	00:03:59	02:48:21 (101)	00:02:19	02:08:37 (103)	05:40:35.95
80	KOSTYGOV PAVEL	702		WARSZAWA	RUS	M-33	3	M 73		00:41:31 (78)	00:05:11	02:45:31 (88)	00:02:57	02:05:40 (91)	05:40:50.60
81	STĘPNIAK KRZYSZTOF	594	RUN4FUN	BYDGOSZCZ	POL	M-44	7	M 74	RUN4FUN	00:49:47 (139)	00:04:29	02:44:09 (80)	00:02:22	02:00:08 (67)	05:40:55.35
82	NOWAK DARIUSZ	626	TRIATHLON TEAM BOCHNIA	BOCHNIA	POL	M-46	4	M 75	TRIATHLON TEAM BOCHNIA	00:56:27 (164)	00:05:00	02:35:59 (48)	00:02:59	02:00:44 (71)	05:41:09.20
83	AL-DRAWI JOANNA	674	IM INSPIRATION TEAM	BYDGOSZCZ	POL	K-44	1	K 8	IM INSPIRATION TEAM	00:52:15 (152)	00:05:00	02:48:12 (99)	00:03:06	01:52:54 (41)	05:41:27.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 1.9km	T1	Rower 89.9km	T2	Bieg 20.849km	Netto
84	STEFANIAK ASIA	555		KRAKÓW	POL	K-34	1	K 9		00:45:15 (109)	00:03:59	02:54:55 (128)	00:02:29	01:55:00 (49)	05:41:38.65
85	KAZIMIERCZYK ADAM	671	PTT DELTA	PŁOCK	POL	M-42	5	M 76	PTT DELTA	00:38:18 (47)	00:03:27	02:40:50 (65)	00:02:43	02:17:37 (124)	05:42:55.55
86	KOZMIŃCZUK-MARKULAK AGNIESZKA	679	TM IRON TEAM	GLIWICE	POL	K-40	1	K 10	TM IRON TEAM	00:38:39 (50)	00:03:16	02:59:55 (145)	00:02:17	02:00:19 (68)	05:44:26.45
87	CAMPOBASSO LUCA	667		ŁÓDŹ	POL	M-31	1	M 77		00:47:12 (121)	00:05:40	02:48:57 (103)	00:02:54	02:00:48 (73)	05:45:31.35
88	ŁAPAWA DARIUSZ	641	MOCNI W GĘBIE	POZNAŃ	POL	M-39	2	M 78		00:38:24 (48)	00:04:27	02:43:32 (74)	00:02:57	02:16:21 (122)	05:45:41.20
89	LIZIK ARKADIUSZ	581		GOWARZEWÓ	POL	M-43	4	M 79		00:59:17 (170)	00:02:51	02:38:17 (55)	00:01:52	02:03:43 (81)	05:46:00.05
90	MACIEJEWSKI GRZEGORZ	692	DANFOSS RACE TEAM	ŁÓDŹ	POL	M-40	9	M 80		00:45:03 (105)	00:03:21	02:50:44 (112)	00:03:13	02:03:45 (82)	05:46:06.50
91	KRZYSTOLIK MARTA	546		KATOWICE	POL	K-21	1	K 11		00:37:18 (36)	00:03:21	02:55:20 (129)	00:02:30	02:07:44 (101)	05:46:13.10
92	TYSZKA FILIP	537	KRISS COACHING	JONKOWO	POL	M-41	6	M 81		00:48:34 (131)	00:02:37	02:36:55 (51)	00:02:05	02:16:56 (123)	05:47:07.95
93	KĘDZIERSKI MICHAŁ	516	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M-37	3	M 82		00:49:39 (137)	00:04:16	02:52:02 (118)	00:04:09	01:57:06 (56)	05:47:12.15
94	MIELCAREK JĘDRZEJ	595	MIELCARKS TEAM	POZNAŃ	POL	M-29	4	M 83	MIELCARKS TEAM	00:45:06 (107)	00:05:15	02:47:06 (95)	00:04:02	02:06:18 (93)	05:47:47.80
95	LISOWSKI ALEKSANDER	701	AUTODNA	ŁÓDŹ	POL	M-36	4	M 84		00:45:31 (112)	00:02:45	02:44:55 (81)	00:01:41	02:13:32 (113)	05:48:24.90
96	CICHOŃSKA-BAZAK MARZENA	576		ŻÓŁĘDOWO	POL	K-49	1	K 12		00:52:12 (151)	00:03:23	02:53:36 (124)	00:02:33	01:56:58 (55)	05:48:42.15
97	DOMERACKI DAMIAN	525		ŁOCHOWO	POL	M-42	6	M 85		00:46:18 (117)	00:03:49	02:45:20 (84)	00:02:30	02:10:54 (109)	05:48:51.00
98	FIEGEL WOJCIECH	518	TRISPACE/TREK	BYDGOSZCZ	POL	M-44	8	M 86	TRISPACE/TREK	00:42:48 (86)	00:02:30	02:43:10 (73)	00:02:20	02:18:12 (126)	05:49:00.95
99	PIGŁA AGNIESZKA	703	UAM TRIATHLON POZNAŃ	POZNAŃ	POL	K-44	2	K 13		00:47:50 (125)	00:03:00	02:49:39 (106)	00:02:20	02:06:19 (94)	05:49:08.10
100	ZAWIEROWSKA EWELINA	511	SOCZAKTEAM	USTKA	POL	K-37	1	K 14		00:39:17 (57)	00:03:01	02:50:28 (108)	00:01:57	02:14:33 (117)	05:49:16.80
101	GRUBA MAREK	580	TRISPACE TREK	BRZOZA	POL	M-34	4	M 87	TRISPACE/TREK	00:41:44 (79)	00:03:09	02:53:12 (123)	00:02:28	02:08:56 (105)	05:49:29.20
102	TRZASKOWSKI TOMASZ	568		BYDGOSZCZ	POL	M-42	7	M 88		00:42:48 (85)	00:04:35	02:46:07 (91)	00:04:35	02:11:24 (110)	05:49:29.80
103	WŁODARCZYK WOJCIECH	602	CZARNE STOPY	BYDGOSZCZ	POL	M-58	1	M 89		00:51:20 (146)	00:04:16	02:54:10 (125)	00:04:21	01:55:57 (53)	05:50:04.85
104	ROMAN AGNIESZKA	664	TRIATHLON TEAM BOCHNIA	BOCHNIA	POL	K-36	1	K 15	TRIATHLON TEAM BOCHNIA	00:54:26 (159)	00:04:36	02:51:17 (115)	00:03:58	01:56:08 (54)	05:50:25.40
105	CYREK GRZEGORZ	614		KOSZYCE MAŁE	POL	M-48	2	M 90		00:59:53 (172)	00:06:34	02:38:24 (56)	00:03:04	02:03:46 (83)	05:51:41.60
106	MIELCAREK MACIEJ	597	MIELCARKS TEAM	BARCELONA	ESP	M-32	1	M 91	MIELCARKS TEAM	00:37:58 (43)	00:04:19	02:49:19 (104)	00:05:15	02:15:07 (118)	05:51:58.30
107	MARKIEWICZ BARTOSZ	514	PTT DELTA	PŁOCK	POL	M-33	4	M 92	PTT DELTA	00:44:49 (102)	00:04:02	02:47:06 (94)	00:02:46	02:13:51 (114)	05:52:34.95
108	ZAKRZEWSKI JAROSŁAW	591		BYDGOSZCZ	POL	M-49	4	M 93		00:49:23 (136)	00:02:51	02:41:56 (68)	00:02:33	02:16:20 (121)	05:53:03.10
109	MAŁACHA DAWID	510	KU AZS POLITECHNIKA BYDGOSKA	ŻNIN	POL	M-27	1	M 94		00:49:01 (133)	00:02:24	02:52:58 (122)	00:02:01	02:07:22 (100)	05:53:46.30
110	NOWICKI BARTOSZ	694	TRISPACE/TREK	BYDGOSZCZ	POL	M-34	5	M 95	TRISPACE/TREK	00:34:11 (15)	00:02:39	02:49:23 (105)	00:02:57	02:26:33 (140)	05:55:43.25
111	ORŁOWSKI JAKUB	666		GÓRA KALWARIA	POL	M-33	5	M 96		00:47:01 (120)	00:06:01	03:09:01 (160)	00:04:18	01:49:54 (35)	05:56:15.50
112	POLASIK MICHAŁ	571	RUN4FUN	BYDGOSZCZ	POL	M-35	5	M 97	RUN4FUN	00:36:38 (34)	00:02:47	02:48:29 (102)	00:01:39	02:27:04 (141)	05:56:37.40
113	NEBELING WOJCIECH	651		GDYNIA	POL	M-52	4	M 98		00:52:11 (150)	00:05:42	02:51:19 (116)	00:03:31	02:05:28 (88)	05:58:11.70
114	WRZOSEK JAROSŁAW	648		BYDGOSZCZ	POL	M-51	2	M 99		00:55:26 (162)	00:04:44	02:54:54 (127)	00:03:27	02:00:02 (66)	05:58:33.55
115	BRYGIER JACEK	705	PTT DELTA	PŁOCK	POL	M-51	3	M 100	PTT DELTA	00:52:02 (149)	00:03:30	02:45:30 (87)	00:02:37	02:15:22 (119)	05:59:01.10
116	ADAMCZEWSKA AGNIESZKA	678	IRON HOUSE WŁOCŁAWEK	LUBANIE	POL	K-47	1	K 16		00:54:34 (161)	00:06:04	03:06:20 (157)	00:02:28	01:49:36 (34)	05:59:02.70
117	NOWICKI ADAM	553		BYDGOSZCZ	POL	M-49	5	M 101		00:44:48 (100)	00:02:35	02:43:38 (76)	00:02:40	02:26:27 (139)	06:00:08.40
118	WOLK AGATA	691	LITWIN SPORTS	WROCŁAW	POL	K-27	1	K 17		00:40:03 (65)	00:02:25	02:51:44 (117)	00:02:16	02:25:19 (136)	06:01:47.00
119	KOPIŃSKA-KRÓL MAGDALENA	579	IM INSPIRATION	BYDGOSZCZ	POL	K-46	2	K 18	IM INSPIRATION TEAM	00:46:04 (116)	00:02:48	02:57:22 (137)	00:02:44	02:13:31 (112)	06:02:29.05
120	BEDYK IRENEUSZ	506	PTT DELTA	CEKANOWO	POL	M-65	1	M 102	PTT DELTA	00:57:31 (168)	00:04:23	02:57:48 (138)	00:02:30	02:01:04 (74)	06:03:16.75
121	SMOCZYŃSKI MAREK	583	MBC TEAM	TUCHOLA	POL	M-41	7	M 103		00:43:49 (92)	00:03:43	02:34:33 (45)	00:02:07	02:39:14 (161)	06:03:26.25
122	CZERWIAKOWSKI SEBASTIAN	650		BYDGOSZCZ	POL	M-48	3	M 104		00:44:59 (104)	00:05:50	02:50:45 (113)	00:04:05	02:17:58 (125)	06:03:37.30
123	MAĆZKA DAWID	637	THRIATLON TEAM BOCHNIA	BOCHNIA	POL	M-25	2	M 105	TRIATHLON TEAM BOCHNIA	00:33:26 (10)	00:03:19	02:43:40 (77)	00:02:48	02:41:56 (162)	06:05:09.90
124	WISNIEWSKI PIOTR	693	DBR77	TORUN	POL	M-45	4	M 106		00:41:17 (77)	00:04:29	02:55:41 (130)	00:04:27	02:19:25 (128)	06:05:19.45
125	BRUŁIŃSKA MONIKA	704	CELIRONMAN	PŁOCK	POL	K-46	3	K 19		00:57:55 (169)	00:04:18	03:06:18 (156)	00:03:21	01:54:11 (46)	06:06:03.25
126	RAŹNIEWSKI ŁUKASZ	502		DYWITY	POL	M-46	5	M 107		00:57:18 (166)	00:04:12	02:55:50 (132)	00:02:24	02:07:00 (98)	06:06:44.10
127	BAŁDYGA PAWEŁ	659	PAWEŁ BAŁDYGA	PRUSZKÓW	POL	M-42	8	M 108		00:54:24 (158)	00:04:29	02:48:20 (100)	00:04:16	02:16:05 (120)	06:07:34.90
128	LIZIK RADOŚLAW	668	TRISPACE/TREK	BYDGOSZCZ	POL	M-47	3	M 109	TRISPACE/TREK	00:49:19 (135)	00:03:49	02:50:28 (109)	00:03:00	02:21:04 (131)	06:07:40.60
129	MAKOWSKI MAREK	660	WTP / EXATEL	PRUSZKÓW	POL	M-39	3	M 110		00:38:30 (49)	00:05:35	02:52:02 (119)	00:06:43	02:25:40 (137)	06:08:30.60
130	SIECZKO TOMASZ	582	TEAM SIECZKO	BYDGOSZCZ	POL	M-34	6	M 111		00:53:39 (155)	00:05:49	02:59:03 (144)	00:04:31	02:06:31 (96)	06:09:33.90
131	HIPNAROWICZ GRZEGORZ	551	SPORTTREND.PL	BYDGOSZCZ	POL	M-43	5	M 112		00:39:04 (53)	00:02:52	02:42:24 (71)	00:03:46	02:42:58 (163)	06:11:04.10

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 1.9km	T1	Rower 89.9km	T2	Bieg 20.849km	Netto
132	KRYSZPIN MARTA	531	RUNPROGRESSTEAM	GRUDZIĄDZ	POL	K-36	2	K 20		00:49:04 (134)	00:03:02	02:50:29 (110)	00:05:06	02:27:09 (142)	06:14:50.80
133	KODZIS PIOTR	548		BOKSZE STARE	POL	M-48	4	M 113		00:54:11 (156)	00:06:14	03:16:04 (170)	00:04:14	01:55:24 (51)	06:16:07.20
134	GRUBA JACEK	533	TRISPACE/TREK	BRZOZA	POL	M-62	1	M 114	TRISPACE/TREK	00:50:12 (141)	00:03:54	03:00:25 (146)	00:02:41	02:19:17 (127)	06:16:29.60
135	KRUCZKOWSKA-LASSAK ANITA	612	AKADEMIA MISTRZÓW SPORTU AMS	STRZELCE GÓRNE	POL	K-42	2	K 21	AKADEMIA MISTRZÓW SPORTU AMS TRIATHLON	00:57:31 (167)	00:03:04	03:11:05 (163)	00:02:36	02:02:38 (78)	06:16:54.70
136	KULIŃSKI GRZEGORZ	587		BYDGOSZCZ	POL	M-29	5	M 115		00:48:48 (132)	00:03:25	02:50:47 (114)	00:01:52	02:32:18 (150)	06:17:10.65
137	MARCINIAK PRZEMYSŁAW	608		BYDGOSZCZ	POL	M-40	10	M 116		00:50:21 (142)	00:03:33	02:58:50 (143)	00:02:48	02:24:23 (134)	06:19:55.30
138	SIUDA MAREK	585	KLINIKA TRIATHLONU BYDGOSZCZ	BYDGOSZCZ	POL	M-49	6	M 117		00:43:14 (88)	00:04:40	03:01:14 (147)	00:03:15	02:27:43 (146)	06:20:06.30
139	WIŚNIEWSKI ZBIGNIEW	588	ROWEROWA BRZOZA	OLIMPIN	POL	M-56	1	M 118	ROWEROWA BRZOZA	00:48:24 (129)	00:05:39	02:58:08 (140)	00:03:59	02:25:48 (138)	06:21:58.15
140	PABIN MAKSYMILIAN	550		BRWINÓW	POL	M-26	1	M 119		00:48:32 (130)	00:03:35	03:03:51 (152)	00:02:42	02:23:28 (133)	06:22:08.95
141	GRABAREK KONRAD	620		WROCŁAW	POL	M-47	4	M 120		00:45:23 (110)	00:04:04	02:56:16 (134)	00:02:30	02:33:58 (154)	06:22:11.00
142	ZIĘBICKI MACIEJ	575		BYDGOSZCZ	POL	M-32	2	M 121		00:49:40 (138)	00:05:13	02:58:21 (142)	00:02:43	02:27:22 (144)	06:23:19.20
143	MOSKAŁ ALEKSANDER MOSKAŁ	542		BORÓWNO	POL	M-60	1	M 122		00:44:14 (96)	00:03:52	02:54:53 (126)	00:02:51	02:38:07 (157)	06:23:57.80
144	BETLEJ HUBERT	532		KRAKÓW	POL	M-40	11	M 123		00:50:32 (143)	00:04:18	02:50:39 (111)	00:03:02	02:38:13 (158)	06:26:44.00
145	WIŚNIEWSKI PIOTR	508	GEOTACH	ZIELONKA	POL	M-40	12	M 124		00:40:10 (67)	00:03:10	03:02:43 (150)	00:03:19	02:39:12 (160)	06:28:34.30
146	MIĘTEK ZBIGNIEW	545		LEGIONOWO	POL	M-46	6	M 125		00:49:52 (140)	00:03:06	02:58:12 (141)	00:06:16	02:31:33 (148)	06:28:59.80
147	JARGIŁO MICHAŁ	509		BYDGOSZCZ	POL	M-35	6	M 126		00:54:27 (160)	00:03:24	03:02:38 (149)	00:04:43	02:24:37 (135)	06:29:49.85
148	NURKIEWICZ JAROSŁAW	603	KUNG FU PANDY 3	BYDGOSZCZ	POL	M-51	4	M 127		00:57:16 (165)	00:02:20	03:05:45 (155)	00:04:36	02:20:15 (129)	06:30:12.40
149	KROPIDŁOWSKI MARCJUSZ	657	UNLIMITED SPORT 2.0	BOCHNIA	POL	M-39	4	M 128	GLOBAL NATUREON BOCHNIA BIEGA TEAM	00:48:00 (126)	00:05:29	02:57:14 (136)	00:04:39	02:35:04 (155)	06:30:26.10
150	WEIR RUTH	645	GREENWICH TRITONS	SIDCUP	GBR	K-37	2	K 22	GREENWICH TRITONS	00:47:15 (122)	00:05:03	03:15:38 (169)	00:03:22	02:20:18 (130)	06:31:36.95
151	JASZKOWSKA ANETA	675	LANGE TRI COACH	ŚWIESZYNO	POL	K-46	4	K 23		00:45:46 (115)	00:04:31	03:12:32 (166)	00:03:06	02:27:17 (143)	06:33:12.35
152	KOCHANOWSKI MACIEJ	622		BYDGOSZCZ	POL	M-30	2	M 129		00:51:06 (145)	00:07:43	03:16:44 (171)	00:04:04	02:14:00 (115)	06:33:37.50
153	LECH MIKOŁAJ	629		BYDGOSZCZ	POL	M-37	4	M 130		01:06:15 (176)	00:04:58	03:13:31 (168)	00:03:06	02:06:23 (95)	06:34:13.25
154	KOMOR BOGDAN	661	ROVICKY TEAM	SIEDLCE	POL	M-44	9	M 131	ROVICKY TEAM	00:55:38 (163)	00:04:25	02:58:06 (139)	00:03:32	02:32:46 (151)	06:34:27.85
155	BURSKI FILIP	633		ŁÓDŹ	POL	M-26	2	M 132		00:45:14 (108)	00:05:08	03:06:31 (158)	00:06:42	02:31:52 (149)	06:35:27.65
156	HAYES MARK	644	GREENWICH TRITONS	LONDON	GBR	M-47	5	M 133	GREENWICH TRITONS	00:51:32 (148)	00:05:32	03:07:54 (159)	00:02:59	02:27:34 (145)	06:35:31.45
157	KOSIŃSKI ROBERT	504	NOKIA	PAKOŚĆ	POL	M-40	13	M 134	NOKIA	00:48:07 (128)	00:05:30	03:03:10 (151)	00:06:06	02:39:09 (159)	06:42:02.15
158	KLIMKOWSKI MATEUSZ	524	DECATHLON TRIATHLON TEAM	WARSZAWA	POL	M-26	3	M 135		00:40:01 (64)	00:02:37	02:52:17 (121)	00:02:06	03:07:50 (174)	06:44:51.40
159	GAWRON MARCIN	615	CAR-MAN	DOBRCZ	POL	M-46	7	M 136		00:48:06 (127)	00:04:05	03:12:20 (165)	00:04:16	02:37:26 (156)	06:46:13.80
160	SZYMCZAK JAKUB	513		GDYNIA	POL	M-34	7	M 137		00:44:24 (97)	00:04:38	03:09:34 (161)	00:04:25	02:45:56 (165)	06:48:57.45
161	WAWRZYŃIAK KACPER	617		PRZYŁĘKI	POL	M-23	3	M 138		01:03:27 (174)	00:05:16	03:12:47 (167)	00:06:08	02:22:14 (132)	06:49:52.05
162	PAWLIK MARIUSZ	534		KROTOSZYŃ	POL	M-42	9	M 139		00:38:18 (46)	00:05:24	02:55:46 (131)	00:05:24	03:05:06 (173)	06:49:58.60
163	WALCZAK PAWEŁ	623		BYDGOSZCZ	POL	M-33	6	M 140		01:09:48 (179)	00:06:41	03:24:34 (174)	00:03:33	02:06:44 (97)	06:51:20.10
164	BURSKI PAWEŁ	632		ŁÓDŹ	POL	M-53	1	M 141		00:47:19 (123)	00:04:15	03:10:35 (162)	00:04:30	02:45:05 (164)	06:51:44.75
165	GRUDNIEWSKI RAFAŁ	604	SREBRNI TRI	TARNOWSKIE GÓRY	POL	M-42	10	M 142		00:51:03 (144)	00:03:42	03:02:05 (148)	00:02:27	02:53:20 (168)	06:52:37.90
166	ZALESIŃSKI MARCIN	634		OSIELSKO	POL	M-42	11	M 143		00:42:13 (80)	00:03:23	03:04:54 (154)	00:03:35	03:01:47 (171)	06:55:52.05
167	KUBOWICZ PIOTR	606	QBOWICZ RODZINNA MAFIA BIEGOWA /PEGAZ	BYDGOSZCZ	POL	M-60	2	M 144		01:07:15 (178)	00:05:51	03:04:04 (153)	00:05:54	02:33:00 (152)	06:56:04.75
168	ŁAPIŃSKI JAKUB	656	UNLIMITED SPORT 2.0	GAJ	POL	M-39	5	M 145		01:05:59 (175)	00:09:17	03:11:36 (164)	00:07:21	02:33:01 (153)	07:07:14.60
169	GUDELL RADOSŁAW	596	GRUPA MODERATOR	BYDGOSZCZ	POL	M-46	8	M 146		00:52:59 (154)	00:08:00	03:33:39 (177)	00:03:24	02:30:24 (147)	07:08:26.15
170	GÓRSKI BARTOSZ	618		BYDGOSZCZ	POL	M-48	5	M 147		01:06:58 (177)	00:05:59	03:20:51 (172)	00:04:27	02:47:46 (166)	07:26:01.60
171	MACKOWSKA MAGDALENA	696	MAGDALENA_M_TRI	BYDGOSZCZ	POL	K-37	3	K 24		01:13:52 (181)	00:04:36	03:23:29 (173)	00:07:20	02:48:46 (167)	07:38:03.80
172	ZAKLIŃSKA KATARZYNA	672		GLIWICE	POL	K-46	5	K 25		00:52:45 (153)	00:07:41	03:38:50 (178)	00:08:21	02:57:58 (169)	07:45:35.90
173	BINKOWSKI CZARUŚ	706	LKS BOGMAR OSTROMECKO	OSTROMECKO	POL	M-49	7	M 148		01:01:52 (173)	00:06:53	03:32:24 (176)	00:03:48	03:01:36 (170)	07:46:33.00
174	GRAUL ROMUALD	686	UNITED GUITARS	DOBRCZ	POL	M-60	3	M 149		01:10:59 (180)	00:09:50	03:32:24 (175)	00:05:49	03:03:52 (172)	08:02:54.25
	PARTYKA RAFAŁ	547	RAFAŁ AGAINST THE MACHINE	BYDGOSZCZ	POL	M-45				00:34:53 DNF (19)	00:02:39	02:29:42 (26)	00:01:59	00:00:00 ()	DNF
	SOBCZAK MARCIN	592	SOBCZAKTEAM	RUMIA	POL	M-51				00:35:46 DNF (28)	00:02:29	02:28:13 (23)	00:02:28	00:00:00 ()	DNF
	ŁUCZAK PAWEŁ	526	TKKF KOLEJARZ BYDGOSZCZ	BYDGOSZCZ	POL	M-53				00:46:57 DNF (118)	00:02:20	02:44:06 (79)	00:02:38	00:00:00 ()	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 1.9km	T1	Rower 89.9km	T2	Bieg 20.849km	Netto
	SPRYSZYŃSKI MICHAŁ	654	TRIRODZINKA	BYDGOSZCZ	POL	M-34				00:45:34 DNF (114)	00:03:33	02:56:01 (133)	00:02:43	00:00:00 ()	DNF
	WYSMOLIŃSKI RAFAŁ	549		BIERNATKI	POL	M-45				00:40:04 DNF (66)	00:03:13		00:00:00	00:00:00 ()	DNF
	GOSZ MARCIN	680	ENDURE TEAM	ŁĘBORK	POL	M-43				00:38:46 DNF (51)	00:02:44		00:00:00	00:00:00 ()	DNF
	KIRKLAND JIM	19	GREENWICH TRITONS	ORPINGTON	GBR	M-67			GREENWICH TRITONS	00:59:42 DNF (171)	00:09:04		00:00:00	00:00:00 ()	DNF