

# METALKAS OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3

Organizator: Towarzystwo Sportowe TRI-SPORT  
 Data: 2023-08-19  
 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	T1	Rower	T2	Bieg	Netto
										1.9km	89.8km		20.849km		
1	MARCINEK TOMASZ	737	TM IRON TEAM	RACIBÓRZ	POL	M-32	1	M 1	TM IRONTEAM	00:27:31 (1)	00:01:58	02:10:06 (2)	00:00:57	01:17:39 (1)	03:58:11.95
2	SAWIEŁAJC JAKUB	691	TM IRON TEAM	BYDGOSZCZ	POL	M-24	1	M 2	TM IRONTEAM	00:29:49 (3)	00:02:09	02:12:33 (3)	00:01:59	01:29:49 (7)	04:16:19.10
3	RACEK TOMAŚ	734	IRONSTARS BEROUN	CERHOVICE	CZE	M-42	1	M 3		00:34:45 (14)	00:02:44	02:10:03 (1)	00:02:24	01:29:23 (5)	04:19:19.65
4	MADRASSI GIACOMO	677	TRI TEAM PULLY	LAUSANNE		M-33	1	M 4	MIELCARCS TEAM	00:27:42 (2)	00:03:26	02:19:36 (4)	00:01:41	01:28:08 (3)	04:20:33.20
5	GRZYBEK LUKASZ	656	TRIATHLON IQ	KALISZ	POL	M-42	2	M 5		00:39:47 (50)	00:02:37	02:24:24 (14)	00:01:45	01:20:51 (2)	04:29:24.95
6	WASYLUK CEZARY	746	CONTROTLEC	WROCŁAW	POL	M-34	1	M 6		00:32:53 (7)	00:02:13	02:24:44 (15)	00:01:32	01:32:17 (10)	04:33:39.50
7	KAMIŃSKI TOMASZ	717	TM IRONTEAM	KOWALEWO POMORSKIE	POL	M-41	1	M 7	TM IRONTEAM	00:34:41 (13)	00:02:32	02:22:35 (10)	00:02:04	01:32:51 (12)	04:34:43.40
8	GRONDZIEWSKI DARIUSZ	663	PHO3NIX GVT TEAM	SŁUPSK	POL	M-42	3	M 8	PHO3NIX GVT TEAM	00:29:51 (4)	00:03:16	02:21:34 (8)	00:01:55	01:41:09 (25)	04:37:45.80
9	ZIĘBA ADAM	501	TRISPACE/TREK	BYDGOSZCZ	POL	M-50	1	M 9	TRISPACE/TREK	00:42:03 (75)	00:02:55	02:22:01 (9)	00:01:47	01:30:12 (9)	04:38:58.40
10	GECZEW PAWEŁ	615		WROCŁAW	POL	M-30	1	M 10		00:43:57 (99)	00:02:15	02:22:38 (11)	00:02:08	01:28:22 (4)	04:39:20.45
11	WOJCIECHOWSKI NORBERT	522		GNIEZNO	POL	M-43	1	M 11		00:39:22 (44)	00:02:53	02:24:04 (13)	00:01:38	01:33:08 (13)	04:41:05.55
12	KILJANCIK PIOTR	516		NEKLA	POL	M-43	2	M 12		00:40:18 (55)	00:02:27	02:26:44 (22)	00:04:17	01:29:40 (6)	04:43:26.00
13	MODZELEWSKI MACIEJ	569	VELO ŁOWICZ TRI	ŁOWICZ	POL	M-39	1	M 13		00:44:09 (103)	00:02:46	02:25:32 (17)	00:01:24	01:30:11 (8)	04:44:02.05
14	GOŁYŚ GRZEGORZ	643		KNURÓW	POL	M-26	1	M 14		00:43:51 (97)	00:03:24	02:20:32 (6)	00:01:55	01:35:13 (16)	04:44:55.55
15	OLEWIŃSKI DARIUSZ	712	TRIATHLON KONSULTING	TORUŃ	POL	M-47	1	M 15	TRIATHLON KONSULTING	00:37:24 (24)	00:03:00	02:23:53 (12)	00:02:07	01:40:30 (23)	04:46:54.50
16	KACPERSKI WOJTEK	697	WMKS OLSZTYŃSKA SZKOŁKA TRIATHLONU	OLSZTYN	POL	M-42	4	M 16		00:37:35 (25)	00:02:32	02:29:29 (31)	00:02:02	01:35:37 (17)	04:47:15.15
17	PRĄDZYŃSKI MARCIN	646	TM IRONTEAM	BYDGOSZCZ	POL	M-46	1	M 17	TM IRONTEAM	00:35:20 (17)	00:02:22	02:30:59 (36)	00:01:43	01:40:43 (24)	04:51:07.75
18	CZECHOWSKI DAWID	637		BYDGOSZCZ	POL	M-19	1	M 18		00:33:08 (8)	00:03:23	02:36:12 (53)	00:02:30	01:36:49 (18)	04:52:02.35
19	KRASNODEBSKI SEBASTIAN	733	TM IRON TEAM	GRUDZIĄDZ	POL	M-41	2	M 19	TM IRONTEAM	00:38:32 (34)	00:03:13	02:25:45 (20)	00:02:10	01:42:59 (30)	04:52:39.20
20	MIEDZIAK SEBASTIAN	655	LS PLUS RECYKLING TEAM	MIECZEWO	POL	M-40	1	M 20		00:37:59 (28)	00:02:34	02:27:33 (24)	00:01:33	01:43:13 (31)	04:52:52.05
21	MAGDZIARZ JAKUB	540	KANCELARIA HMM	BYDGOSZCZ	POL	M-43	3	M 21		00:39:53 (51)	00:02:59	02:26:31 (21)	00:02:20	01:41:50 (27)	04:53:33.70
22	ROGOZIEWICZ DAWID	621	LITWIN SPORT	MOKRONOS DOLNY	POL	M-22	1	M 22		00:33:22 (9)	00:03:49	02:37:29 (61)	00:02:08	01:37:38 (20)	04:54:26.50
23	NOSOWSKI JACEK	528	TRI.REGRESS	WARSZAWA	POL	M-49	1	M 23		00:34:59 (15)	00:02:49	02:31:55 (39)	00:02:09	01:42:43 (29)	04:54:35.00
24	EJSMONT KRZYSZTOF	727		BORÓWNO	POL	M-46	2	M 24		00:43:08 (87)	00:02:44	02:30:03 (33)	00:01:24	01:38:34 (21)	04:55:53.80
25	STEFANIAK MARCIN	718	TM IRON TEAM	WAŁBRZYCH	POL	M-48	1	M 25	TM IRONTEAM	00:38:29 (32)	00:03:23	02:25:42 (19)	00:02:42	01:46:44 (38)	04:57:00.20
26	CIMACHOWSKI JAKUB	530	CIMATECH	SOLEC KUJAWSKI	POL	M-43	4	M 26		00:35:10 (16)	00:04:01	02:40:48 (76)	00:02:22	01:34:55 (15)	04:57:16.15
27	BUZE LUKASZ	652		KĘDZIERZYN-KOŹLE	POL	M-38	1	M 27		00:45:39 (122)	00:03:25	02:32:19 (41)	00:02:13	01:33:41 (14)	04:57:17.70
28	KRAJEWSKI TOMASZ	670	#ZALINIAMIETYTEAM	LUSOWO	POL	M-42	5	M 28	#ZALINIAMIETYTEAM	00:38:43 (36)	00:02:26	02:34:52 (47)	00:02:22	01:38:59 (22)	04:57:22.55
29	ŁUKASZCZUK GRZEGORZ	613	TM IRONTEAM	ROKIETNICA	POL	M-41	3	M 29	TM IRONTEAM	00:40:03 (53)	00:04:58	02:30:17 (35)	00:01:59	01:41:12 (26)	04:58:29.45
30	SUCHAN ŁUKASZ	747	SPORTWISE	KRAKÓW	POL	M-22	2	M 30		00:31:25 (5)	00:03:23	02:35:25 (50)	00:02:01	01:47:52 (42)	05:00:06.75
31	OGÓROWICZ JAKUB	618	BEEATHLETIC TEAM	OBORNIKI	POL	M-39	2	M 31		00:38:31 (33)	00:03:35	02:32:13 (40)	00:02:24	01:43:34 (32)	05:00:17.35
32	TURAJSKI MATEUSZ	648	AXENT IWONA TURAJSKA	ŚREM	POL	M-33	2	M 32		00:40:13 (54)	00:03:22	02:28:55 (27)	00:02:10	01:48:35 (44)	05:03:15.55
33	FAJOK SZYMON	683	MBC TEAM	POZNAŃ	POL	M-24	2	M 33		00:38:15 (30)	00:03:06	02:19:59 (5)	00:02:09	02:00:13 (80)	05:03:42.40
34	BARTOSIEWICZ TOMASZ	562	ORANGE POLSKA	ŻYRARDÓW	POL	M-39	3	M 34		00:42:11 (78)	00:02:32	02:27:11 (23)	00:01:48	01:50:16 (50)	05:03:58.65
35	WYSOCKI MARCIN	628	TORUŃSKI KLUB TRIATHLONOWY	NOWA CHEŁMŻA	POL	M-45	1	M 35		00:39:03 (43)	00:02:55	02:27:41 (25)	00:02:32	01:52:00 (55)	05:04:11.25
36	SZARMACHER SEBASTIAN	560		DZIAŁDOWO	POL	M-40	2	M 36		00:41:00 (66)	00:03:58	02:29:30 (32)	00:01:57	01:47:50 (41)	05:04:15.80
37	HARTLIŃSKI GRZEGORZ	725	NAJMOWICZ TRIATHLON	JAROTY	POL	M-39	4	M 37		00:40:32 (58)	00:03:01	02:34:26 (46)	00:02:39	01:44:36 (35)	05:05:14.70
38	KAPSA DAWID	598	TRISPACE/TREK	BYDGOSZCZ	POL	M-45	2	M 38	TRISPACE/TREK	00:43:04 (85)	00:02:29	02:28:46 (26)	00:02:23	01:49:00 (46)	05:05:42.05
39	LECH MIRO	601		BRZEG	POL	M-37	1	M 39		00:36:17 (19)	00:02:48	02:25:40 (18)	00:02:17	01:59:35 (79)	05:06:37.20

**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 89.8km	T2	Bieg 20.849km	Netto
40	STAFARCZYK DAWID	520	TM IRON TEAM	RYBNIK	POL	M-31	1	M 40	TM IRONTEAM	00:39:25 (45)	00:02:30	02:34:08 (45)	00:01:25	01:49:43 (48)	05:07:11.10
41	KĄŁEK ARTUR	702	TM IRON TEAM	BYDGOSZCZ	POL	M-49	2	M 41	TM IRONTEAM	00:41:58 (73)	00:03:46	02:29:24 (29)	00:01:50	01:52:26 (59)	05:09:24.40
42	WYSOCKI PIOTR	636		GDYNIA	POL	M-37	2	M 42		00:38:49 (38)	00:03:39	02:31:12 (37)	00:02:11	01:53:47 (67)	05:09:38.10
43	KOLEŚNIK BARTŁOMIEJ	586	5 LUBUSKI PUŁK ARTYLERII	SULECHÓW	POL	M-34	2	M 43	5 LUBUSKI PUŁK ARTYLERII	00:37:03 (21)	00:03:56	02:31:20 (38)	00:01:59	01:55:39 (71)	05:09:57.05
44	HANUS WOJCIECH	597		KRAKÓW	POL	M-34	3	M 44		00:44:38 (105)	00:03:57	02:36:20 (55)	00:02:33	01:42:41 (28)	05:10:09.45
45	PIESIK DAWID	619	TM IRON TEAM	BYDGOSZCZ	POL	M-33	3	M 45	TM IRONTEAM	00:35:33 (18)	00:02:49	02:29:06 (28)	00:02:24	02:01:59 (87)	05:11:51.60
46	MILERT KRZYSZTOF	714		POZNAŃ	POL	M-29	1	M 46		00:47:04 (139)	00:05:28	02:41:51 (80)	00:02:13	01:37:33 (19)	05:14:09.20
47	PILARCZYK BARTEK	710	AGAT TRI SUPERSONIC	OSTRÓW WLKP	POL	M-45	3	M 47		00:39:45 (49)	00:03:36	02:37:36 (62)	00:02:40	01:51:42 (53)	05:15:19.25
48	ALEKSANDROWICZ MARCIN	741	CHMURA COACHING	WROCŁAW	POL	M-31	2	M 48		00:45:39 (121)	00:03:24	02:39:49 (71)	00:02:43	01:43:53 (33)	05:15:28.00
49	SZYDŁOWSKI PAWEŁ	633	TRIWISE	KRAKÓW	POL	M-43	5	M 49		00:38:56 (39)	00:03:33	02:40:49 (77)	00:02:29	01:50:09 (49)	05:15:56.05
50	GNIOT JACEK	538	TRISPACE/TREK	GRUDZIĄDZ	POL	M-52	1	M 50	TRISPACE/TREK	00:53:15 (190)	00:02:58	02:32:56 (42)	00:01:55	01:45:01 (36)	05:16:05.40
51	KRÓL HUBERT	749	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M-37	3	M 51		00:34:12 (12)	00:02:31	02:34:07 (44)	00:01:38	02:03:50 (95)	05:16:18.00
52	KROSNY SZYMON	671	CROSS-SPORT	RYBNIK	POL	M-32	2	M 52	CROSS-SPORT	00:39:00 (41)	00:03:19	02:40:26 (74)	00:02:05	01:52:15 (57)	05:17:05.50
53	KUBASIK TOMASZ	682		LUBLINIEC	POL	M-40	3	M 53		00:43:13 (88)	00:03:01	02:40:52 (78)	00:03:25	01:47:02 (40)	05:17:33.10
54	WALKOWIAK BARTOSZ	567		NAKŁO NAD NOTECIĄ	POL	M-41	4	M 54		00:44:02 (100)	00:02:46	02:37:13 (58)	00:01:48	01:52:37 (61)	05:18:26.00
55	ULANOWSKI GRZEGORZ	630	STORMRIDER	ŚLUBICE	POL	M-49	3	M 55		00:49:06 (158)	00:04:58	02:37:13 (59)	00:03:26	01:43:56 (34)	05:18:39.30
56	ZAPALA ŁUKASZ	645		ŚWIEBODZICE	POL	M-41	5	M 56		00:41:58 (74)	00:06:19	02:36:42 (56)	00:02:49	01:52:16 (58)	05:20:04.95
57	WALICH MACIEJ	711	4T TARNOWSKIE TERMY TRIATHLON	PAMIĄTKOWO	POL	M-35	1	M 57		00:37:50 (26)	00:02:58	02:35:04 (49)	00:01:54	02:02:28 (89)	05:20:14.40
58	MYNC ANGELIKA	647	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	K-32	1	K 1		00:40:47 (59)	00:02:56	02:48:59 (105)	00:02:00	01:46:20 (37)	05:21:02.30
59	HÅKANSSON FREDRIK	658	HELENEHOLMS IF	LIMHAMN	SWE	M-52	2	M 58		00:36:43 (20)	00:04:03	02:36:15 (54)	00:03:00	02:01:06 (82)	05:21:07.80
60	JANKOWSKI TOMASZ	690	TRISPACE/TREK	BYDGOSZCZ	POL	M-50	2	M 59	TRISPACE/TREK	00:41:57 (72)	00:02:58	02:35:01 (48)	00:02:36	01:59:03 (77)	05:21:35.80
61	GÓRNIŚIEWICZ PIOTR	709	WM TRISELF	KRAKÓW	POL	M-49	4	M 60		00:45:04 (109)	00:03:40	02:39:26 (69)	00:02:30	01:52:08 (56)	05:22:48.55
62	DOMERACKI DAMIAN	504	PERSONAL TRIATHLON	ŁOCHOWO	POL	M-43	6	M 61		00:46:50 (138)	00:04:44	02:35:26 (51)	00:02:34	01:56:19 (73)	05:25:53.35
63	GREJCZYK ALAN	692	CORTEZ TRIATHLON TEAM	BYDGOSZCZ	POL	M-29	2	M 62		00:42:14 (80)	00:02:36	02:30:10 (34)	00:01:55	02:09:19 (119)	05:26:14.20
64	JACH RAFAŁ	594	CROSS-SPORT	RYBNIK	POL	M-37	4	M 63	CROSS-SPORT	00:46:48 (137)	00:05:08	02:39:01 (66)	00:02:53	01:52:36 (60)	05:26:26.30
65	KRAUSE SZYMON	518	SREBRNI TRI	TARNOWSKIE GÓRY	POL	M-41	6	M 64	SREBRNI TRI	00:45:54 (128)	00:03:49	02:39:00 (65)	00:05:32	01:52:53 (63)	05:27:08.30
66	MOTYLEWSKA MARTA	549	PTT DELTA	PŁOCK	POL	K-32	2	K 2	PTT DELTA	00:45:39 (123)	00:02:57	02:42:16 (81)	00:03:03	01:53:40 (66)	05:27:35.15
67	KONDRACKI ŁUKASZ	631	TRI TEAM LUBAŃ	ZGORZELEC	POL	M-40	4	M 65		00:37:07 (23)	00:03:12	02:51:35 (120)	00:02:25	01:53:21 (65)	05:27:40.45
68	BUTOWSKA KATARZYNA	674	BEZ ZBĘDNYCH PYTAŃ	STAROGARD GDAŃSKI	POL	K-41	1	K 3		00:45:31 (116)	00:03:39	02:47:05 (101)	00:03:12	01:48:57 (45)	05:28:24.85
69	CZEKAŁSKA MARIA	565		POZNAŃ	POL	K-39	1	K 4		00:42:11 (79)	00:03:39	02:49:21 (108)	00:02:16	01:52:52 (62)	05:30:19.05
70	KAZIMIERCZYK ADAM	707	PTT DELTA	PŁOCK	POL	M-43	7	M 66	PTT DELTA	00:41:02 (67)	00:04:10	02:39:48 (70)	00:02:17	02:03:48 (94)	05:31:05.00
71	WASILEWSKA AGATA	527	AKADEMIA MISTRZÓW SPORTU	OSÓWIEC	POL	K-42	1	K 5	AKADEMIA MISTRZÓW SPORTU	00:43:14 (89)	00:03:58	02:51:14 (117)	00:01:59	01:51:37 (52)	05:32:02.45
72	WASILEWSKA MARTYNA	548	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	K-40	1	K 6	AKADEMIA MISTRZÓW SPORTU	00:42:44 (83)	00:04:12	02:54:45 (134)	00:02:23	01:48:02 (43)	05:32:06.55
73	ŻULEWSKI RADOŚLAW	547		ŁÓDŹ	POL	M-36	1	M 67		00:47:42 (144)	00:04:35	02:47:50 (103)	00:02:28	01:49:37 (47)	05:32:12.35
74	CHMIELEWSKI RAFAŁ	740	TRIDIVISION TRIATHLON TEAM	GRUDZIĄDZ	POL	M-49	5	M 68	TRISPACE/TREK	00:45:02 (108)	00:03:06	02:38:32 (63)	00:02:20	02:03:12 (92)	05:32:12.75
75	ODZIOBA SEBASTIAN	519	THE RWCYCKING	BISKUPIEC	POL	M-39	5	M 69		00:40:56 (63)	00:03:08	02:38:57 (64)	00:02:15	02:07:11 (112)	05:32:27.45
76	BARSCZEWSKI SEBASTIAN	667		BYDGOSZCZ	POL	M-44	1	M 70		00:48:33 (153)	00:03:20	02:41:48 (79)	00:02:34	01:56:30 (74)	05:32:45.30
77	MENDRZYCKI ARTUR	507		NOWE MIASTO LUBAWSKIE	POL	M-45	4	M 71		00:43:53 (98)	00:04:23	02:39:55 (72)	00:03:25	02:03:03 (91)	05:34:39.35
78	TRUSKOLAWSKA OLA	545	TRIDE TEAM	GDYNIA	POL	K-47	1	K 7		00:50:54 (171)	00:03:06	02:43:10 (86)	00:02:35	01:55:56 (72)	05:35:41.85
79	LICA GRZEGORZ	510	TRISPACE TREK	BYDGOSZCZ	POL	M-48	2	M 72	TRISPACE/TREK	00:43:18 (91)	00:03:22	02:35:45 (52)	00:03:05	02:10:26 (126)	05:35:56.20
80	GRALIK JĘDRZEJ	512	BYDGOSKIE OKONIE	BYDGOSZCZ	POL	M-31	3	M 73	BYDGOSKIE OKONIE	00:32:47 (6)	00:04:27	02:54:04 (129)	00:03:08	02:01:33 (85)	05:35:59.70
81	JOVANOVIĆ MARKO	515	GO APTIV!	KRAKÓW	SRB	M-31	4	M 74		00:38:25 (31)	00:04:38	02:45:02 (92)	00:03:03	02:05:02 (101)	05:36:10.45
82	WIŚNIEWSKI PIOTR	632	TRIATHLON KONSULTING	TORUŃ	POL	M-27	1	M 75	TRIATHLON KONSULTING	00:39:00 (42)	00:03:59	02:39:15 (68)	00:02:01	02:11:57 (135)	05:36:12.55
83	DROŹDŹ MAŁGORZATA	551	AKADEMIA MISTRZÓW SPORTU	SADKI	POL	K-44	1	K 8	AKADEMIA MISTRZÓW SPORTU	00:46:33 (135)	00:03:33	02:51:16 (118)	00:01:46	01:53:10 (64)	05:36:18.50
84	WODA EWELINA	542		KRAKÓW	POL	K-39	2	K 9		00:38:44 (37)	00:03:34	02:45:24 (95)	00:02:16	02:06:38 (110)	05:36:36.55
85	STYLA KAMIL ALEKSANDER	750	MILOTEAM	KRAKOW	POL	M-36	2	M 76	MILOTEAM	00:48:29 (151)	00:03:41	02:40:48 (75)	00:02:49	02:01:08 (83)	05:36:55.55

**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 89.8km	T2	Bieg 20.849km	Netto
86	KUCHARCZYK KAMIL	603	TRI NOT TO DIE / EWA BUGDOŁ TEAM	POZNAŃ	POL	M-36	3	M 77		00:46:08 (129)	00:04:18	02:44:42 (89)	00:02:39	02:02:29 (90)	05:40:16.00
87	PESZT MAREK	713		KRAKÓW	POL	M-42	6	M 78		00:40:49 (61)	00:03:22	02:42:57 (84)	00:02:50	02:10:30 (127)	05:40:28.90
88	MAZUR WOJCIECH	678	UCIEKAM PRZED ADIM ,)	BYDGOSZCZ	POL	M-38	2	M 79		00:37:06 (22)	00:03:21	02:47:15 (102)	00:01:47	02:11:54 (134)	05:41:23.70
89	PRYK RAFAŁ	703		GOLENIÓW	POL	M-48	3	M 80		00:51:09 (172)	00:04:05	02:50:07 (111)	00:02:09	01:54:36 (70)	05:42:06.70
90	KIEDROWSKI JERZY	669	MIELCARCS TEAM	BYDGOSZCZ	POL	M-30	2	M 81	MIELCARCS TEAM	00:44:51 (107)	00:04:25	02:57:08 (148)	00:04:26	01:51:55 (54)	05:42:45.20
91	OLEJNIK WOJCIECH	553	TRIGYM SZCZECIN	SZCZECIN	POL	M-27	2	M 82	TRIGYM SZCZECIN	00:45:44 (126)	00:04:38	02:42:37 (83)	00:02:22	02:07:33 (114)	05:42:54.65
92	LASSAK BARTOSZ	544	AKADEMIA MISTRZÓW SPORTU	STRZELCE GÓRNE	POL	M-47	2	M 83	AKADEMIA MISTRZÓW SPORTU	00:47:06 (140)	00:03:46	02:44:05 (88)	00:02:09	02:06:11 (105)	05:43:17.95
93	TRZASKOWSKI TOMASZ	509		BYDGOSZCZ	POL	M-43	8	M 84		00:48:52 (155)	00:04:06	02:43:07 (85)	00:02:59	02:04:47 (99)	05:43:51.30
94	RADZIEJEWSKI TOMASZ	688	TEAMOCHAL	BYDGOSZCZ	POL	M-42	7	M 85	TEAMOCHAL	00:46:24 (133)	00:02:58	02:45:43 (97)	00:01:41	02:07:07 (111)	05:43:53.10
95	PAKUŁA RAFAŁ	640		STRYKÓW	POL	M-38	3	M 86		00:37:54 (27)	00:02:59	02:45:05 (93)	00:02:20	02:15:40 (143)	05:43:58.85
96	KIEPE NAURIS	599		RIGA	LAT	M-47	3	M 87		00:40:31 (57)	00:03:52	02:36:44 (57)	00:02:44	02:21:47 (163)	05:45:38.75
97	KOSIŁKO TOMASZ	581	TRIGYM SZCZECIN	SZCZECIN	POL	M-43	9	M 88	TRIGYM SZCZECIN	00:42:43 (82)	00:03:29	02:37:13 (60)	00:03:00	02:19:20 (154)	05:45:45.65
98	SAJDOK KAMIL	680	SREBRNI TRI	TARNOWSKIE GÓRY	POL	M-36	4	M 89	SREBRNI TRI	00:46:20 (132)	00:03:46	03:06:08 (175)	00:03:16	01:47:02 (39)	05:46:32.55
99	KONIECZNY PRZEMEK	609	VELOCITY	BORÓWIEC	POL	M-37	5	M 90		00:43:47 (95)	00:03:53	02:40:06 (73)	00:02:57	02:15:56 (144)	05:46:39.00
100	KUPRACZ ANDRZEJ	664	TRISPACE	BRZOZA	POL	M-52	3	M 91		00:56:55 (202)	00:04:32	02:44:50 (91)	00:03:23	01:57:15 (75)	05:46:55.25
101	SOCZA KAMIL	585	5 LUBUSKI PUŁK ARTYLRII	BRZEZIE K. SULECHÓW	POL	M-34	4	M 92	5 LUBUSKI PUŁK ARTYLRII	00:49:34 (162)	00:03:50	02:49:58 (110)	00:03:15	02:00:22 (81)	05:46:59.95
102	SZCZERBA MACIEJ	508		NIEMCZ	POL	M-51	1	M 93		00:43:24 (92)	00:03:42	02:45:59 (99)	00:02:37	02:12:24 (137)	05:48:06.65
103	KODZIS PIOTR	699	OOO.OVOVO.OOO	BOKSZE STARE	POL	M-49	6	M 94		00:50:28 (169)	00:06:20	02:58:28 (152)	00:02:25	01:51:25 (51)	05:49:06.35
104	BARSUKOV ARTEM	624	UNLIMITED SPORT 2.0	KRAKOW	GBR	M-38	4	M 95		00:45:40 (124)	00:06:00	02:52:57 (126)	00:03:39	02:01:22 (84)	05:49:38.90
105	WŁODARCZYK WOJCIECH	561	CZARNE STOPY	BYDGOSZCZ	POL	M-59	1	M 96		00:52:43 (184)	00:04:48	02:55:27 (136)	00:03:30	01:54:05 (68)	05:50:33.35
106	LESZCZYŃSKI MARIUSZ	517	K. S. TRI B. ER	INOWROCLAW, POW. INOWROCLAWSKI	POL	M-47	4	M 97		00:43:33 (94)	00:02:51	02:44:05 (87)	00:02:00	02:18:28 (151)	05:50:57.70
107	PODLASIAK ARIEL	676	IM INSPIRATION	MIEDZYRZECZ	POL	M-32	3	M 98		00:45:31 (115)	00:04:02	02:54:30 (133)	00:02:08	02:04:56 (100)	05:51:07.40
108	DULIŃSKA DOROTA	686	TRISPACE TREK	NIEMCZ	POL	K-47	2	K 10	TRISPACE/TREK	00:49:23 (159)	00:03:33	02:50:35 (114)	00:03:12	02:04:26 (97)	05:51:09.10
109	WODNICKI GRZEGORZ	629		SZCZECIN	POL	M-28	1	M 99		00:45:34 (118)	00:04:23	02:54:15 (131)	00:02:48	02:04:09 (96)	05:51:09.35
110	WOJDYŁA MARTA	679	FUNTRI	WROCLAW	POL	K-32	3	K 11		00:39:42 (48)	00:04:04	02:58:31 (153)	00:02:40	02:07:48 (115)	05:52:45.25
111	WIECZOREK ANNA	659	BRZYSKI TRI TEAM	KRAKÓW	POL	K-27	1	K 12		00:39:29 (46)	00:03:33	03:00:19 (161)	00:03:38	02:05:51 (103)	05:52:50.90
112	BURSKI PAWEŁ	715		ŁÓDŹ	POL	M-54	1	M 100		00:46:13 (130)	00:03:47	02:50:32 (113)	00:04:01	02:08:57 (118)	05:53:30.25
113	GROCHOWSKI PIOTR	731	TRIDEA	GDAŃSK	POL	M-49	7	M 101		00:48:11 (149)	00:03:34	02:52:09 (121)	00:02:13	02:07:32 (113)	05:53:39.10
114	SAWICKI MICHAŁ	642	ADRIAN KOSTERA TEAM	WARSZAWA	POL	M-29	3	M 102		00:41:26 (70)	00:04:01	02:47:02 (100)	00:01:38	02:21:16 (160)	05:55:23.45
115	MASŁOWSKI MARCIN	604	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M-44	2	M 103	HTF LUDWIK SIKORSKI	00:40:56 (62)	00:03:44	02:51:23 (119)	00:02:05	02:17:50 (148)	05:55:58.75
116	GRUBA MAREK	694	TRISPACE/TREK	BRZOZA	POL	M-35	2	M 104	TRISPACE/TREK	00:43:26 (93)	00:03:25	02:57:13 (150)	00:02:11	02:10:23 (124)	05:56:38.35
117	MAZUREK WOJCIECH	595	CROSS-SPORT	ZWONOWICE	POL	M-30	3	M 105	CROSS-SPORT	00:47:15 (141)	00:04:56	02:56:53 (147)	00:03:10	02:04:31 (98)	05:56:45.00
118	GÓRNY BARTOSZ	689	TRISPACE/TREK	BYDGOSZCZ	POL	M-35	3	M 106	TRISPACE/TREK	00:45:50 (127)	00:02:57	02:49:06 (106)	00:03:00	02:16:18 (146)	05:57:11.35
119	SĘK MAREK	706	WM TRISELF	KRAKÓW	POL	M-44	3	M 107		00:42:07 (76)	00:03:32	03:03:18 (168)	00:03:21	02:05:35 (102)	05:57:53.15
120	TAMBORSKA AGATA	675	UPGRADE PLATFORM	ŁÓDŹ	POL	K-35	1	K 13		00:38:42 (35)	00:03:22	03:11:00 (190)	00:03:19	02:01:38 (86)	05:58:01.10
121	CYREK GRZEGORZ	657	GLOBAL NATUREON BOCHNIA BIEGA TEAM	KOSZYCE MAŁE	POL	M-49	8	M 108		01:00:54 (213)	00:05:34	02:39:01 (67)	00:03:26	02:09:22 (120)	05:58:17.55
122	GALICKI JAKUB	532	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	M-49	9	M 109	AKADEMIA MISTRZÓW SPORTU	00:44:08 (101)	00:04:01	02:55:37 (138)	00:03:36	02:11:17 (132)	05:58:39.10
123	MISZTELA TOMASZ	588	PTT DELTA	SŁUPNO	POL	M-57	1	M 110	PTT DELTA	00:54:35 (195)	00:04:16	02:56:41 (146)	00:03:47	01:59:21 (78)	05:58:40.30
124	MAKOWSKI SŁAWOMIR	502	WTLENIE	BYDGOSZCZ	POL	M-54	2	M 111	AKADEMIA MISTRZÓW SPORTU	00:54:02 (193)	00:04:01	02:45:18 (94)	00:03:15	02:12:10 (136)	05:58:46.85
125	AUGUSTYNIAK PIOTR	745		BYDGOSZCZ	POL	M-47	5	M 112		00:47:17 (142)	00:03:20	02:45:41 (96)	00:05:20	02:17:29 (147)	05:59:07.35
126	SUDOŁ JACEK	570	PARKRUN BYDGOSZCZ	BYDGOSZCZ	POL	M-45	5	M 113		00:46:28 (134)	00:03:49	03:04:30 (171)	00:02:05	02:03:41 (93)	06:00:33.85
127	TREFON MICHALINA	626	KOZAK TEAM	ROGOŹNIK	POL	K-36	1	K 14		00:42:24 (81)	00:03:24	03:05:42 (173)	00:02:12	02:08:48 (117)	06:02:30.95
128	WOŹNIAKOWSKA AGATA	726	WTLENIE	BYDGOSZCZ	POL	K-39	3	K 15	AKADEMIA MISTRZÓW SPORTU	00:41:20 (69)	00:03:44	03:05:02 (172)	00:02:57	02:09:41 (121)	06:02:44.70
129	BRUNOVSKÁ KATARÍNA	662	SLOVAK TRIATHLON ACADEMY	BRATISLAVA	SVK	K-28	1	K 16		00:33:59 (11)	00:03:06	03:07:36 (183)	00:03:33	02:14:39 (140)	06:02:53.40
130	ANDRZEJAK ROBERT	638	VAMOS	POZNAŃ	POL	M-47	6	M 114		01:00:44 (212)	00:06:05	02:55:31 (137)	00:02:17	02:02:01 (88)	06:06:38.00
131	ROMANOWSKI KAMIL	654	KOSTERA TEAM	MARKI	POL	M-42	8	M 115		00:52:35 (182)	00:03:25	02:48:40 (104)	00:04:53	02:17:54 (149)	06:07:27.05
132	ANDRZEJEWSKI JAKUB	668		BYDGOSZCZ	POL	M-31	5	M 116		00:41:27 (71)	00:04:08	03:02:17 (165)	00:04:34	01:32:24 (11)	06:07:50.00
133	POHL DUCZMAL ELŻBIETA	698	CTS JAKUB CZAJA	PIERWOSZYNO	POL	K-50	1	K 17		00:44:09 (102)	00:03:42	02:55:57 (142)	00:02:39	02:21:26 (161)	06:07:53.45

**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 89.8km	T2	Bieg 20.849km	Netto
134	MARCINIAK PRZEMYSŁAW	744		BYDGOSZCZ	POL	M-41	7	M 117		00:48:01 (147)	00:03:28	02:59:56 (158)	00:03:12	02:14:59 (141)	06:09:36.85
135	TECZA ARTUR	534		SOLEC KUJAWSKI	POL	M-46	3	M 118		00:42:09 (77)	00:08:09	02:50:11 (112)	00:04:59	02:24:24 (168)	06:09:52.15
136	TYSZKA FILIP	575	KRISS COACHING	JONKOWO	POL	M-42	9	M 119		00:59:45 (211)	00:03:23	02:45:46 (98)	00:02:36	02:18:32 (152)	06:10:02.55
137	WIŚNIEWSKI RAFAŁ	665	RAFAŁ WISNIEWSKI	BYDGOSZCZ	POL	M-40	5	M 120	AKADEMIA MISTRZÓW SPORTU	00:53:02 (188)	00:04:00	02:59:59 (159)	00:02:22	02:11:08 (130)	06:10:31.85
138	WOJCIECHOWSKA MAŁGORZATA	700		POZNAŃ	POL	K-35	2	K 18		00:45:07 (110)	00:03:37	03:03:34 (169)	00:04:23	02:14:22 (139)	06:11:03.95
139	WOLAK PAWEŁ	616	ORKAMASTERS ŁAWA	NOWE MIASTO LUBAWSKIE	POL	M-24	3	M 121		00:42:51 (84)	00:04:31	03:00:18 (160)	00:02:06	02:21:33 (162)	06:11:19.85
140	ADAMCZEWSKA AGNIESZKA	730	IRON HOUSE TRIATHLON WŁOCŁAWEK	LUBANIE	POL	K-48	1	K 19	IRON HOUSE TRIATHLON WŁOCŁAWEK	00:55:36 (200)	00:05:26	03:10:59 (189)	00:01:41	01:58:45 (76)	06:12:27.70
141	MROTEK MICHAŁ	666	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	M-44	4	M 122	AKADEMIA MISTRZÓW SPORTU	00:46:17 (131)	00:03:58	03:24:25 (208)	00:03:27	01:54:26 (69)	06:12:33.70
142	NOSIADEK MICHAŁ	605	CROSS SPORT	WODZISŁAW ŚLĄSKI	POL	M-38	5	M 123	CROSS-SPORT	00:50:00 (168)	00:04:53	02:55:54 (141)	00:03:58	02:18:20 (150)	06:13:05.15
143	MIRELLA PERGOLA	577	SBRTRIATHLON	FAVARO VENETO	ITA	K-57	1	K 20		01:05:27 (219)	00:04:54	02:53:51 (128)	00:02:48	02:06:26 (108)	06:13:26.10
144	NOWICKI ADAM	514		BYDGOSZCZ	POL	M-50	3	M 124		00:45:35 (119)	00:03:31	02:52:38 (123)	00:03:46	02:28:22 (172)	06:13:52.65
145	WIS MODESTA	738		BRZESKO	POL	K-33	1	K 21		00:43:08 (86)	00:04:09	03:13:17 (197)	00:03:27	02:10:25 (125)	06:14:26.85
146	ŁĄCKI ANDRZEJ	661		ZIELONA GÓRA	POL	M-55	1	M 125		00:40:25 (56)	00:05:16	02:52:23 (122)	00:02:59	02:34:07 (184)	06:15:10.85
147	RATAJCZAK MAREK	685	TM IRON TEAM	WROCŁAW	POL	M-57	2	M 126	TM IRONTEAM	01:01:49 (215)	00:07:25	02:56:27 (143)	00:03:49	02:06:30 (109)	06:16:00.40
148	ŻEGLICZ MAREK	572	SPÓJNIA BIAŁE BŁOTA	BIAŁE BŁOTA	POL	M-28	2	M 127		00:44:32 (104)	00:05:35	03:07:05 (179)	00:08:43	02:10:12 (123)	06:16:07.15
149	ROSZUK JAKUB	716	EWA BUGDOŁ TRIATHLON TEAM	OPOLE	POL	M-44	5	M 128		00:38:59 (40)	00:04:04	02:50:38 (115)	00:02:57	02:39:31 (194)	06:16:09.55
150	BRUNOVSKÝ SIMON	687	SLOVAK TRIATHLON ACADEMY	BRATISLAVA	SVK	M-30	4	M 129		00:33:40 (10)	00:04:06	03:06:40 (178)	00:03:32	02:29:02 (175)	06:17:00.35
151	WŁODARCZAK WITOLD	705	TRISPACE/TREK	BYDGOSZCZ	POL	M-60	1	M 130	TRISPACE/TREK	00:51:25 (176)	00:02:51	02:55:42 (139)	00:01:41	02:28:13 (171)	06:19:52.25
152	RADZIŃSKA JOANNA	576	TRISPACE/TREK	BYDGOSZCZ	POL	K-37	1	K 22	TRISPACE/TREK	00:53:07 (189)	00:03:54	03:02:19 (167)	00:04:28	02:16:06 (145)	06:19:54.70
153	JABŁOŃSKA IZABELA	579	#IZIBIKE	KLINY	POL	K-42	2	K 23		00:44:49 (106)	00:05:08	03:07:51 (185)	00:03:52	02:18:44 (153)	06:20:24.60
154	WIŚNIEWSKI ARNOLD	566	KM PSP JRG9 ŁÓDŹ	ŁÓDŹ	POL	M-49	10	M 131		00:49:00 (156)	00:05:53	03:07:38 (184)	00:03:34	02:14:20 (138)	06:20:25.60
155	WALCZAK PAWEŁ	503	DRUŻYNA L&CH	BYDGOSZCZ	POL	M-34	5	M 132		01:05:27 (220)	00:05:32	03:00:48 (163)	00:02:25	02:06:13 (106)	06:20:25.85
156	PACHYKOUSKI PAVEL	651		WARSAWA	BEL	M-38	6	M 133		00:48:09 (148)	00:03:50	03:11:52 (192)	00:07:11	02:09:54 (122)	06:20:56.15
157	BEDYK IRENEUSZ	523	PTT DELTA	CEKANOWO	POL	M-66	1	M 134	PTT DELTA	00:58:59 (209)	00:05:35	02:58:55 (154)	00:02:28	02:15:03 (142)	06:21:00.55
158	MYŚKOW LESZEK	591	TRI MISSION	SEICHNICE	POL	M-47	7	M 135	TRI MISSION	00:47:30 (143)	00:04:09	02:57:10 (149)	00:04:02	02:28:28 (173)	06:21:19.35
159	BURŻACKA-TYC AGNIESZKA	524	PTT DELTA	PŁOCK	POL	K-51	1	K 24	PTT DELTA	00:45:32 (117)	00:05:18	03:17:06 (202)	00:02:57	02:10:36 (129)	06:21:29.90
160	CZERNAK GRACJAN	607		KOSZALIN	POL	M-43	10	M 136		00:49:35 (163)	00:04:51	03:03:36 (170)	00:02:40	02:21:15 (159)	06:21:57.05
161	KRYGIER MACIEJ	708		BYDGOSZCZ	POL	M-35	4	M 137		00:49:23 (160)	00:06:10	02:56:36 (145)	00:06:43	02:23:18 (164)	06:22:10.75
162	ROSZAK BARTOSZ	748	WRONIECKI KLUB BIEGACZA	WRONKI	POL	M-40	6	M 138		00:49:44 (164)	00:04:15	03:06:30 (177)	00:02:07	02:20:28 (157)	06:23:04.70
163	CZERWIAKOWSKI SEBASTIAN	529		BYDGOSZCZ	POL	M-49	11	M 139		00:46:36 (136)	00:05:15	02:49:36 (109)	00:02:26	02:39:42 (195)	06:23:35.00
164	MISZTELA DARIUSZ	587	PTT DELTA	PŁOCK	POL	M-62	1	M 140	PTT DELTA	00:55:47 (201)	00:05:41	03:09:34 (187)	00:02:04	02:10:31 (128)	06:23:37.60
165	ZAKRZEWSKI JAROSŁAW	505		BYDGOSZCZ	POL	M-50	4	M 141		00:48:32 (152)	00:03:27	02:54:45 (135)	00:02:37	02:36:23 (190)	06:25:44.20
166	WIŚNIEWSKI MIKOŁAJ	720	ROWEROWA BRZOZA	OLIMPIN	POL	M-25	1	M 142		00:45:14 (112)	00:04:06	02:58:57 (155)	00:03:21	02:34:41 (185)	06:26:19.75
167	GRUBA JACEK	608	TRISPACE/TREK	BRZOZA	POL	M-63	1	M 143	TRISPACE/TREK	00:52:38 (183)	00:03:57	03:07:19 (180)	00:03:01	02:19:48 (155)	06:26:43.40
168	SZYMCZAK KATARZYNA	526		GDYNIA	POL	K-37	2	K 25		00:45:09 (111)	00:04:52	03:13:03 (195)	00:03:56	02:23:30 (166)	06:30:30.50
169	LIPSKI ŁUKASZ	593		PIŁA	POL	M-41	8	M 144		00:48:45 (154)	00:06:15	02:53:22 (127)	00:02:58	02:40:06 (196)	06:31:26.50
170	WRZOCHOL PAWEŁ	552	TRIGYM SZCZECIN	SZCZECIN	POL	M-38	7	M 145	TRIGYM SZCZECIN	00:51:39 (178)	00:05:02	02:59:29 (157)	00:04:09	02:31:18 (178)	06:31:37.15
171	ŁOZOVA OLGA	723	TRIWISE	KRAKÓW	POL	K-41	2	K 26		00:47:59 (146)	00:04:58	03:06:28 (176)	00:04:52	02:27:26 (170)	06:31:43.75
172	JASINSKI KAROL	684		WROCŁAW	POL	M-30	5	M 146		00:51:35 (177)	00:06:11	02:59:02 (156)	00:05:00	02:31:18 (179)	06:33:06.85
173	SPLITT WOJCIECH	558	PŁOMIEN DRAŻNO	MROCA	POL	M-44	6	M 147		00:47:49 (145)	00:06:49	03:07:26 (182)	00:06:46	02:24:20 (167)	06:33:10.35
174	BUCZYŃSKI TOMASZ	625		POZNAŃ	POL	M-39	6	M 148		01:03:44 (218)	00:03:53	03:14:11 (198)	00:02:57	02:08:25 (116)	06:33:10.90
175	DOBK PAWEŁ	722	MILOTEAM	PRZETOCZYNO	POL	M-43	11	M 149		00:54:50 (198)	00:04:01	03:06:26 (162)	00:03:21	02:32:12 (181)	06:34:50.30
176	ANTONOVITCH VLADIMIR	653	TRI.BY	WARSAWA		M-51	2	M 150	TRI.BY	00:55:10 (199)	00:04:32	02:55:46 (140)	00:03:42	02:35:49 (188)	06:34:59.25
177	FABROWSKI DAWID	513	TRITAT TEAMOCHAL	BYDGOSZCZ	POL	M-42	10	M 151	TEAMOCHAL TRITATA	00:40:57 (64)	00:05:04	03:06:06 (174)	00:04:59	02:38:32 (192)	06:35:38.00
178	BAYOK ILYA	724		WARSAW	POL	M-28	3	M 152		00:58:50 (208)	00:05:30	03:00:58 (164)	00:01:27	02:28:53 (174)	06:35:38.70
179	SOBAŃSKI ROMAN	641	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	M-43	12	M 153		00:49:05 (157)	00:04:53	02:54:15 (132)	00:03:33	02:44:00 (200)	06:35:46.80
180	MYŚKOW ELZBIETA	590	TRIMMISSION	SIECHNICE	POL	K-47	3	K 27	TRI MISSION	00:48:23 (150)	00:05:20	03:19:35 (205)	00:03:07	02:20:04 (156)	06:36:29.80

**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 89.8km	T2	Bieg 20.849km	Netto
181	NURKIEWICZ JAROSŁAW	537	KUNG FU PANDY 3	BYDGOSZCZ	POL	M-52	4	M 154		00:51:52 (180)	00:02:59	03:10:42 (188)	00:02:19	02:30:21 (176)	06:38:13.65
182	KOCHANOWSKI MACIEJ	580		BYDGOSZCZ	POL	M-31	6	M 155		00:54:37 (197)	00:06:39	03:28:30 (213)	00:02:45	02:05:54 (104)	06:38:25.10
183	KLAPENDA MARIUSZ	571	MARIO TEAM	ŁĘCZYCA	POL	M-49	12	M 156		01:15:39 (223)	00:08:15	02:56:36 (144)	00:07:35	02:11:15 (131)	06:39:20.70
184	KRUCZKOWSKA LASSAK ANITA	582		STRZELCE GÓRNE	POL	K-43	1	K 28		01:02:08 (216)	00:04:13	03:17:42 (204)	00:03:42	02:11:45 (133)	06:39:30.00
185	MIELCAREK TOMASZ	728	MIELCARKS TEAM	PEŁŃSK	POL	M-49	13	M 157	MIELCARKS TEAM	00:53:28 (191)	00:05:15	03:02:19 (166)	00:04:15	02:35:00 (187)	06:40:17.15
186	SZYMCZAK JAKUB	525		GDYNIA	POL	M-35	5	M 158		00:45:43 (125)	00:04:50	03:12:46 (194)	00:03:39	02:34:54 (186)	06:41:52.00
187	WITKOWSKI TOMASZ	550	VIVALVIDA	BYDGOSZCZ	POL	M-39	7	M 159		00:52:49 (186)	00:03:44	02:57:41 (151)	00:03:43	02:47:00 (201)	06:44:57.90
188	SZULC ŁUKASZ	639	IRONSZULIS	GDĄSK	POL	M-40	7	M 160		00:57:41 (205)	00:05:32	03:13:09 (196)	00:05:11	02:23:25 (165)	06:44:58.60
189	BUDZIAK MAKSYMILIAN	693		BYDGOSZCZ	POL	M-21	1	M 161		00:49:54 (165)	00:06:25	03:37:20 (218)	00:05:28	02:06:22 (107)	06:45:29.60
190	RAŻNIEWSKI ŁUKASZ	546	WMKS	DYWITY	POL	M-47	8	M 162		00:51:15 (175)	00:04:19	03:07:24 (181)	00:02:55	02:40:29 (198)	06:46:22.40
191	SZYMKUĆ WOJCIECH	539		POZNAŃ	POL	M-34	6	M 163		00:52:47 (185)	00:05:15	03:24:38 (209)	00:02:53	02:20:53 (158)	06:46:26.15
192	BETLEJ HUBERT	543		KRAKÓW	POL	M-41	9	M 164		00:57:47 (206)	00:04:25	02:52:54 (125)	00:02:34	02:48:57 (203)	06:46:37.20
193	WIŚNIEWSKI ZBIGNIEW	719	ROWEROWA BRZOZA	OLIMPIN	POL	M-57	3	M 165	ACTIVE AGE	00:51:48 (179)	00:05:51	03:14:55 (199)	00:04:39	02:31:30 (180)	06:48:43.90
194	DUPRÉ BARBARA	612	SBR3ATHLON	MARTELLAGO	ITA	K-53	1	K 29		00:45:30 (114)	00:05:03	03:09:00 (186)	00:03:08	02:48:43 (202)	06:51:24.10
195	HUBCZAK MICHAŁ	610	ARTECH FORKLIFT	ŻYWIEC	POL	M-20	1	M 166		00:40:03 (52)	00:05:05	02:54:09 (130)	00:02:11	03:10:01 (210)	06:51:29.05
196	MACIEJEWSKI SZYMON	644	MACIEJEWCY	ŁOMIANKI DOLNE	POL	M-45	6	M 167		00:41:18 (68)	00:08:46	03:14:55 (200)	00:07:34	02:39:04 (193)	06:51:37.35
197	ZUBEK RAFAŁ	673	PTT DELTA	STRÓŻEWKO	POL	M-56	1	M 168	PTT DELTA	00:59:15 (210)	00:06:14	03:11:12 (191)	00:03:52	02:33:31 (183)	06:54:04.85
198	GRABOWSKI ANDRZEJ	584	PTT DELTA	SLUPNO	POL	M-47	9	M 169	PTT DELTA	00:52:25 (181)	00:04:40	03:17:27 (203)	00:04:27	02:36:15 (189)	06:55:14.50
199	GRALIK KACPER	531	BYDGOSKIE OKONIE	BYDGOSZCZ	POL	M-27	3	M 170		00:45:37 (120)	00:04:56	03:11:57 (193)	00:05:18	02:49:58 (204)	06:57:46.75
200	DAWID ŁUKASZ	701		GOLENIÓW	POL	M-37	6	M 171		00:51:14 (173)	00:04:37	03:20:57 (206)	00:05:01	02:40:28 (197)	07:02:17.65
201	KUPCZYK TOMASZ	554		ŁOMIANKI DOLNE	POL	M-46	4	M 172		00:52:53 (187)	00:06:10	03:31:35 (214)	00:05:43	02:30:55 (177)	07:07:16.75
202	ZIELIŃSKA MAŁGORZATA	622		IMIŁINEK	POL	K-53	2	K 30		00:57:10 (203)	00:06:12	03:26:33 (211)	00:05:03	02:38:18 (191)	07:13:16.50
203	ARABE LUANNA	563	MIELCARKS TEAM	BARCELONA	ESP	K-30	1	K 31	MIELCARKS TEAM	00:49:31 (161)	00:07:15	03:43:22 (220)	00:06:30	02:32:43 (182)	07:19:21.55
204	DOMBROWSKI CATHERINE	596	SKS OBORNIKI	DABROWKA LESNA	POL	K-42	3	K 32		01:05:40 (221)	00:07:50	03:37:08 (217)	00:02:30	02:26:20 (169)	07:19:28.90
205	ROGUSZ ZBIGNIEW	635		GDĄSK	POL	M-39	8	M 173		00:49:58 (167)	00:06:53	03:35:34 (215)	00:07:02	02:42:54 (199)	07:22:21.60
206	GOŁATA AGNIESZKA	732	BOGMAR- AKADEMIA MISTRZÓW SPORTU	DĄBROWA CHEŁMIŃSKA	POL	K-41	3	K 33	AKADEMIA MISTRZÓW SPORTU	00:50:30 (170)	00:03:32	03:25:41 (210)	00:04:33	02:58:39 (205)	07:22:55.00
207	WAWRZYŃIAK PRZEMYSŁAW	672		WROCŁAW	POL	M-30	6	M 174		00:58:06 (207)	00:07:42	03:21:58 (207)	00:07:05	02:59:41 (206)	07:34:32.45
208	ANDRAU ANATOLI	650	TRI.BY	WARSAW	POL	M-46	5	M 175	TRI.BY	01:08:44 (222)	00:04:46	03:16:41 (201)	00:02:57	03:04:23 (208)	07:37:31.15
209	MAĆKOWSKA MAGDALENA	533	MAGDALENA_M_TRI / TRICHICKAS	BYDGOSZCZ	POL	K-38	1	K 34		01:01:21 (214)	00:03:56	03:39:16 (219)	00:09:45	03:04:05 (207)	07:58:23.40
210	ZAKLIŃSKA KATARZYNA	704		GLIWICE	POL	K-47	4	K 35		00:54:34 (194)	00:22:37	03:27:44 (212)	00:07:47	03:06:49 (209)	07:59:31.90
211	FIOSEK PAWEŁ	535		BYDGOSZCZ	POL	M-28	4	M 176		00:43:14 (90)	00:05:10	03:59:00 (221)	00:03:01	03:21:22 (211)	08:11:47.70
212	GAJEWSKI PRZEMEK	623	SYBERIANHAMSTER	SZCZECIN	POL	M-45	7	M 177		00:57:17 (204)	00:05:14	03:35:46 (216)	00:06:43	03:28:12 (212)	08:13:12.65
	KAMIŃSKI TOMASZ	743	INMOTO TRITEAM SHRIMP BISTRO	BYDGOSZCZ	POL	M-43				00:43:47 DNF (96)	00:02:46	02:20:59 (7)	00:02:17	00:00:00 ()	DNF
	JARNOT OSKAR	627	TMT	TORUN	POL	M-34				00:40:59 DNF (65)	00:02:53	02:25:08 (16)	00:01:51	00:00:00 ()	DNF
	HUBCZAK WOJCIECH	602	ARTECH FORKLIFT	ŻYWIEC	POL	M-51				00:54:37 DNF (196)	00:04:39	02:50:56 (116)	00:03:08	00:00:00 ()	DNF
	SOBCZAK MARCIN	521		ŻOŁĘDOWO	POL	M-48				00:40:47 DNF (60)	00:03:06	02:44:49 (90)	00:04:01	00:00:00 ()	DNF
	CHŁOSTA MAREK	739		MYŚLENICE	GER	M-48				00:45:25 DNF (113)	00:04:20	02:52:46 (124)	00:03:35	00:00:00 ()	DNF
	TOPCZEWSKI GRACJAN	742	TRISPACE/TREK	BYDGOSZCZ	POL	M-47			TRISPACE/TREK	00:38:07 DNF (29)	00:03:00	02:29:27 (30)	00:02:02	00:00:00 ()	DNF
	GRUDNIEWSKI RAFAŁ	536	SREBRNI TRI	TARNOWSKIE GÓRY	POL	M-43			SREBRNI TRI	DNF (0)	00:00:00	00:00:00 (0)	03:20:32	00:00:00 (0)	DNF
	TRZASKA PRZEMYSŁAW	600	DREAM TRI TEAM	BAKOWO	POL	M-38			DREM TRI TEAM	00:39:32 DNF (47)	00:02:43	02:49:21 (107)	00:03:15	00:00:00 ()	DNF
	KĄTNIK JACEK	564		ŁOCHOWO	POL	M-53				01:03:22 DNF (217)	00:03:42	02:32:57 (43)	00:02:04	00:00:00 ()	DNF
	FOGT MACIEJ	695		KRUSZYN	POL	M-42				00:49:54 DNF (166)	00:03:47	02:42:22 (82)		00:00:00 ()	DNF
	CIUPA JAROSŁAW	578	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M-53			AKADEMIA MISTRZÓW SPORTU	00:51:14 DNF (174)	00:03:02		00:00:00	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 89.8km	T2	Bieg 20.849km	Netto
	ROSIAK MICHAŁ	541	BROWER LUTYNIA	LUTYNIA	POL	M-36				00:53:58 DNF (192)	00:05:52		00:00:00	00:00:00 ()	DNF