

# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

Organizator: Towarzystwo Sportowe TRI-SPORT  
Data: 2023-08-20  
Miejsce: Bydgoszcz  
Dystans: 25.75 km  
Klasyfikacja wg czasów netto.



## METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29	1	M 1		00:11:22 (2)	00:01:38	00:30:17 (30)	00:00:30	00:19:07 (4)	01:02:54.00
2	MIELOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŻ	POL	M40-49	1	M 2		00:11:00 (1)	00:02:07	00:28:38 (10)	00:00:36	00:20:52 (17)	01:03:13.20
3	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	1	M 3		00:14:17 (36)	00:01:42	00:29:10 (13)	00:01:11	00:16:58 (1)	01:03:18.45
4	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49	2	M 4		00:13:40 (21)	00:02:15	00:27:28 (1)	00:00:59	00:19:18 (7)	01:03:40.15
5	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	2	M 5		00:14:20 (40)	00:01:50	00:27:57 (4)	00:00:45	00:19:10 (5)	01:04:02.50
6	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49	3	M 6		00:13:15 (17)	00:02:10	00:27:32 (2)	00:00:36	00:20:44 (13)	01:04:17.05
7	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49	4	M 7		00:13:09 (16)	00:02:21	00:28:19 (8)	00:01:09	00:19:37 (8)	01:04:35.65
8	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 8		00:12:17 (8)	00:02:11	00:28:06 (6)	00:00:53	00:21:41 (36)	01:05:08.15
9	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29	2	M 9		00:14:03 (32)	00:01:52	00:29:24 (16)	00:00:57	00:18:54 (3)	01:05:10.45
10	ZIENKIEWICZ JANUSZ	201	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	1	M 10		00:13:59 (30)	00:02:08	00:29:06 (12)	00:00:47	00:19:13 (6)	01:05:13.35
11	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	5	M 11		00:12:56 (13)	00:02:11	00:28:30 (9)	00:00:46	00:21:05 (24)	01:05:28.45
12	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39	4	M 12		00:14:21 (41)	00:01:56	00:30:14 (29)	00:00:59	00:18:18 (2)	01:05:48.85
13	WASZTYL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39	5	M 13		00:11:42 (4)	00:01:53	00:30:26 (32)	00:00:56	00:20:53 (18)	01:05:50.70
14	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	6	M 14		00:14:34 (45)	00:01:58	00:28:08 (7)	00:00:57	00:20:45 (15)	01:06:22.20
15	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39	7	M 15		00:13:56 (25)	00:02:39	00:28:00 (5)	00:00:53	00:21:04 (23)	01:06:32.35
16	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49	6	M 16		00:11:50 (5)	00:01:57	00:31:09 (57)	00:01:11	00:20:56 (19)	01:07:03.20
17	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49	7	M 17		00:13:58 (29)	00:02:17	00:29:47 (24)	00:01:09	00:20:10 (9)	01:07:21.45
18	SZEWCZUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39	8	M 18		00:13:42 (23)	00:02:05	00:28:58 (11)	00:00:58	00:21:43 (38)	01:07:26.45
19	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49	8	M 19		00:13:56 (26)	00:02:32	00:29:25 (18)	00:01:07	00:20:32 (11)	01:07:32.20
20	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39	9	M 20		00:13:47 (24)	00:02:13	00:30:08 (28)	00:00:47	00:21:28 (31)	01:08:23.35
21	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49	9	M 21		00:14:59 (52)	00:03:02	00:27:42 (3)	00:01:42	00:21:19 (27)	01:08:44.15
22	GOŁATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49	10	M 22		00:14:16 (35)	00:02:10	00:30:25 (31)	00:00:54	00:21:11 (25)	01:08:56.30
23	GACKA RAFAŁ	216	LUPUS TEAM	SICIENKO	POL	M40-49	11	M 23		00:14:51 (48)	00:02:39	00:30:01 (26)	00:01:02	00:20:44 (14)	01:09:17.65
24	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39	10	M 24		00:12:12 (6)	00:02:15	00:30:39 (39)	00:00:47	00:23:36 (69)	01:09:29.25
25	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	3	M 25		00:13:22 (18)	00:02:26	00:31:35 (68)	00:00:55	00:21:35 (35)	01:09:53.95
26	NOWAK ARTUR	8		JOZEFÓW	POL	M50-59	2	M 26		00:14:02 (31)	00:02:14	00:30:57 (49)	00:00:49	00:22:09 (42)	01:10:11.70
27	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39	1	K 1		00:16:15 (86)	00:02:27	00:29:33 (20)	00:01:20	00:20:36 (12)	01:10:11.70
28	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29	4	M 27		00:12:44 (12)	00:02:41	00:32:45 (91)	00:01:00	00:21:23 (28)	01:10:33.95
29	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29	5	M 28		00:14:20 (39)	00:01:50	00:29:15 (14)	00:00:43	00:24:38 (87)	01:10:46.30
30	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39	11	M 29		00:14:12 (33)	00:02:18	00:30:28 (34)	00:01:08	00:22:49 (56)	01:10:55.75
31	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	12	M 30		00:12:56 (14)	00:02:19	00:30:36 (37)	00:01:05	00:24:00 (74)	01:10:56.20
32	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29	6	M 31		00:13:34 (20)	00:02:03	00:32:04 (77)	00:00:54	00:22:24 (46)	01:10:59.80
33	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49	12	M 32		00:14:34 (44)	00:02:39	00:31:11 (58)	00:00:54	00:21:43 (37)	01:11:01.10
34	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39	13	M 33		00:13:57 (28)	00:02:31	00:31:07 (56)	00:00:49	00:22:40 (52)	01:11:04.05
35	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OŁAWA	POL	M40-49	13	M 34		00:12:40 (10)	00:02:35	00:31:49 (73)	00:01:07	00:23:06 (61)	01:11:17.85
36	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49	14	M 35		00:17:08 (113)	00:02:54	00:29:25 (17)	00:00:53	00:21:26 (29)	01:11:46.45
37	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	7	M 36		00:14:19 (38)	00:02:24	00:31:04 (53)	00:00:57	00:23:15 (64)	01:11:59.05
38	KRÓL MACIEJ	210	#CHMURACOACHING	BYDGOSZCZ	POL	M50-59	3	M 37		00:15:21 (62)	00:02:41	00:29:45 (23)	00:01:18	00:23:07 (62)	01:12:12.95
39	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	15	M 38		00:15:13 (57)	00:03:31	00:29:40 (22)	00:01:09	00:22:44 (55)	01:12:17.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
40	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39	14	M 39		00:15:32 (68)	00:03:07	00:30:47 (43)	00:01:22	00:21:29 (32)	01:12:17.05
41	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49	16	M 40		00:14:28 (42)	00:02:34	00:29:37 (21)	00:00:51	00:24:52 (97)	01:12:22.45
42	KROPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49	17	M 41		00:14:51 (49)	00:02:54	00:30:40 (40)	00:00:48	00:23:12 (63)	01:12:25.80
43	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	15	M 42		00:17:20 (121)	00:02:30	00:30:31 (35)	00:01:20	00:20:57 (20)	01:12:38.00
44	ŻMICH-FÓRMANIAK JOANNA	213	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	1	K 2		00:14:53 (50)	00:02:13	00:30:53 (46)	00:00:50	00:23:57 (73)	01:12:46.40
45	BOROWSKI RADOSŁAW	89	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39	16	M 43		00:16:00 (79)	00:02:49	00:30:50 (44)	00:01:00	00:22:07 (41)	01:12:46.80
46	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39	17	M 44		00:15:08 (54)	00:02:45	00:30:54 (48)	00:00:47	00:23:21 (65)	01:12:55.20
47	PALETA ELŻBIETA	187	TM IRON TEAM	KATOWICE	POL	K18-29	1	K 3		00:15:32 (67)	00:02:42	00:31:21 (63)	00:01:00	00:22:31 (47)	01:13:06.40
48	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29	8	M 45		00:17:01 (109)	00:03:13	00:30:53 (47)	00:01:16	00:20:45 (16)	01:13:08.05
49	TYMIŃSKI DARIUSZ	172	PTT DELTA	BRWILNO	POL	M50-59	4	M 46		00:17:51 (136)	00:02:11	00:31:17 (61)	00:00:54	00:21:02 (22)	01:13:15.85
50	DADEJ RAFAL	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49	18	M 47		00:15:51 (76)	00:02:40	00:31:20 (62)	00:01:58	00:21:32 (33)	01:13:21.00
51	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49	19	M 48		00:12:21 (9)	00:03:19	00:30:04 (27)	00:00:51	00:27:04 (140)	01:13:39.20
52	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29	9	M 49		00:16:04 (83)	00:02:06	00:32:56 (101)	00:01:05	00:21:28 (30)	01:13:39.70
53	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49	20	M 50		00:16:00 (80)	00:02:57	00:31:03 (52)	00:01:12	00:22:43 (54)	01:13:55.05
54	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39	18	M 51		00:13:06 (15)	00:02:44	00:32:53 (100)	00:01:00	00:24:17 (80)	01:14:00.90
55	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39	19	M 52		00:16:24 (92)	00:02:46	00:32:21 (82)	00:01:13	00:21:33 (34)	01:14:17.90
56	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	20	M 53		00:15:49 (74)	00:02:34	00:32:35 (87)	00:00:51	00:22:32 (48)	01:14:21.70
57	MIS FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29	10	M 54		00:16:42 (97)	00:03:30	00:32:24 (84)	00:00:51	00:21:00 (21)	01:14:27.25
58	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	21	M 55		00:18:28 (153)	00:03:07	00:29:55 (25)	00:00:45	00:22:18 (43)	01:14:33.70
59	ANDRZEJEWSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	2	K 4		00:18:19 (147)	00:02:49	00:29:32 (19)	00:01:36	00:22:20 (44)	01:14:36.75
60	BUDZIK IRENEUSZ	226		BYDGOSZCZ	POL	M50-59	5	M 56		00:16:45 (100)	00:02:49	00:31:04 (54)	00:01:07	00:23:24 (67)	01:15:09.85
61	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39	21	M 57		00:17:18 (119)	00:03:11	00:31:32 (66)	00:01:09	00:22:07 (40)	01:15:17.30
62	BRZEZIŃSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYGOSZCZ	POL	M30-39	22	M 58		00:17:00 (108)	00:02:56	00:31:21 (64)	00:01:10	00:22:59 (59)	01:15:26.80
63	LIPIŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49	22	M 59		00:14:19 (37)	00:03:19	00:31:45 (72)	00:01:15	00:25:06 (103)	01:15:44.95
64	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39	23	M 60		00:14:28 (43)	00:03:19	00:32:22 (83)	00:01:30	00:24:13 (79)	01:15:52.35
65	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39	24	M 61		00:15:26 (63)	00:03:28	00:33:06 (105)	00:00:56	00:22:59 (58)	01:15:55.00
66	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	25	M 62		00:15:58 (78)	00:03:57	00:32:51 (96)	00:00:38	00:22:32 (49)	01:15:56.50
67	RYMARKIEWICZ MAŁGORZATA	230	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	2	K 5		00:16:55 (105)	00:02:41	00:31:35 (69)	00:01:19	00:23:26 (68)	01:15:56.85
68	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	23	M 63		00:16:43 (98)	00:03:15	00:30:36 (38)	00:01:39	00:23:44 (70)	01:15:57.50
69	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29	11	M 64		00:15:58 (77)	00:03:11	00:32:45 (92)	00:01:27	00:22:58 (57)	01:16:19.45
70	GŁĄB ANDRZEJ	197	WANIEWSKI COACHING	MALBORK	POL	M50-59	6	M 65		00:15:16 (59)	00:02:40	00:31:59 (76)	00:01:17	00:25:08 (104)	01:16:20.50
71	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49	24	M 66		00:15:11 (56)	00:02:35	00:33:23 (109)	00:01:09	00:24:20 (82)	01:16:38.55
72	OZOROWSKI ŁUKASZ	204		SZEMBEKOWO	POL	M40-49	25	M 67		00:17:38 (129)	00:03:38	00:31:37 (71)	00:01:14	00:22:32 (50)	01:16:39.20
73	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39	26	M 68		00:11:31 (3)	00:03:30	00:33:36 (114)	00:00:47	00:27:21 (145)	01:16:45.65
74	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ŻYRARDÓW	POL	M40-49	26	M 69		00:15:17 (60)	00:03:10	00:31:25 (65)	00:01:05	00:25:49 (123)	01:16:46.90
75	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49	27	M 70		00:16:51 (102)	00:03:58	00:29:18 (15)			01:16:47.75
76	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39	27	M 71		00:15:26 (64)	00:02:47	00:33:15 (107)	00:00:59	00:24:23 (83)	01:16:50.20
77	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49	28	M 72		00:17:51 (138)	00:03:09	00:31:01 (50)	00:01:28	00:23:22 (66)	01:16:51.65
78	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39	28	M 73		00:17:01 (110)	00:03:08	00:30:28 (33)	00:01:17	00:24:59 (99)	01:16:53.10
79	WOŹNIAK ANNA	205	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	3	K 6		00:17:22 (123)	00:03:10	00:30:33 (36)	00:01:15	00:24:52 (96)	01:17:12.60
80	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	POL	M30-39	29	M 74			00:16:09 (85)	00:03:13	00:34:19 (131)	00:01:06	00:22:34 (51)	01:17:21.55
81	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49	29	M 75		00:12:40 (11)	00:02:59	00:33:28 (112)	00:01:26	00:27:10 (143)	01:17:43.45
82	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39	30	M 76		00:16:53 (104)	00:03:30	00:31:37 (70)	00:01:22	00:24:30 (85)	01:17:52.15
83	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49	30	M 77		00:16:19 (88)	00:03:42	00:30:51 (45)	00:01:17	00:25:44 (117)	01:17:53.55
84	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29	12	M 78		00:19:26 (172)	00:04:57	00:31:59 (75)	00:01:30	00:20:15 (10)	01:18:07.80
85	WAŁĘZA HUBERT	17		DRZEWCE	POL	M30-39	31	M 79		00:16:59 (106)	00:03:14	00:32:11 (81)	00:00:57	00:24:47 (92)	01:18:08.10
86	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49	31	M 80		00:18:03 (144)	00:03:04	00:31:14 (60)	00:00:48	00:25:00 (101)	01:18:09.90
87	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29	13	M 81		00:14:41 (46)	00:03:06	00:33:58 (125)	00:00:39	00:25:47 (121)	01:18:11.55
88	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49	32	M 82		00:16:23 (89)	00:03:03	00:31:34 (67)	00:01:19	00:25:55 (126)	01:18:14.15
89	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39	32	M 83		00:17:47 (133)	00:03:49	00:34:10 (129)	00:01:13	00:21:15 (26)	01:18:14.55

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
90	GIEDRYS ROMAN	73		TUCHOLA	POL	M50-59	7	M 84		00:17:23 (124)	00:03:22	00:31:01 (51)	00:01:26	00:25:06 (102)	01:18:18.10
91	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49	33	M 85		00:15:36 (69)	00:02:41	00:32:47 (93)	00:01:02	00:26:15 (132)	01:18:21.10
92	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39	33	M 86		00:14:46 (47)	00:03:34	00:33:23 (110)	00:01:22	00:25:38 (116)	01:18:43.50
93	LICZNIERSKA ALINA	56	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	4	K 7		00:20:46 (195)	00:02:31	00:32:37 (88)	00:00:48	00:22:06 (39)	01:18:48.20
94	MICHALIK JOANNA	147		BYDGOSZCZ	POL	K40-49	5	K 8		00:16:23 (90)	00:03:23	00:32:48 (94)	00:01:42	00:24:41 (90)	01:18:57.00
95	ŁABĘDZKI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	34	M 87	TRISPACE/TREK	00:15:50 (75)	00:03:12	00:33:01 (104)	00:01:11	00:25:45 (119)	01:18:59.90
96	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39	3	K 9		00:13:29 (19)	00:03:04	00:35:14 (145)	00:01:23	00:25:58 (127)	01:19:08.35
97	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	34	M 88		00:17:31 (125)	00:03:07	00:33:40 (118)	00:01:03	00:23:52 (71)	01:19:13.60
98	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	35	M 89		00:17:14 (117)	00:03:01	00:33:25 (111)	00:01:06	00:24:40 (88)	01:19:26.90
99	GRĄBCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39	36	M 90		00:15:31 (66)	00:04:07	00:35:25 (150)	00:01:42	00:22:41 (53)	01:19:26.95
100	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAN	POL	M30-39	37	M 91		00:14:55 (51)	00:03:32	00:32:09 (80)	00:01:25	00:27:29 (148)	01:19:30.25
101	SOŁDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	35	M 92		00:18:26 (152)	00:02:53	00:32:08 (78)	00:01:59	00:24:08 (78)	01:19:34.55
102	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49	35	M 92		00:17:48 (134)	00:02:34	00:32:31 (85)	00:01:41	00:25:00 (100)	01:19:34.55
103	SIUDA MAREK	43		BYDGOSZCZ	POL	M50-59	8	M 94		00:15:40 (71)	00:03:51	00:32:56 (102)	00:01:58	00:25:15 (106)	01:19:40.35
104	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39	4	K 10		00:13:57 (27)	00:03:35	00:35:58 (157)	00:01:10	00:25:10 (105)	01:19:50.65
105	ANTOSIK PATRYK	66	CSWŁAD POZNAŃ	KCYNIA	POL	M30-39	38	M 95		00:18:36 (157)	00:03:39	00:31:11 (59)	00:01:32	00:24:55 (98)	01:19:53.00
106	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49	37	M 96		00:17:18 (120)	00:02:57	00:32:42 (89)	00:01:17	00:25:47 (120)	01:20:01.50
107	MOSKAŁ PRZEMYSŁAW	145		BORÓWNO	POL	M18-29	14	M 97		00:17:01 (111)	00:03:32	00:34:42 (136)	00:00:34	00:24:29 (84)	01:20:18.30
108	CICHOŃSKA-BAZAK MARZENA	163		ŻÓŁĘDOWO	POL	K50-59	1	K 11		00:18:25 (151)	00:03:14	00:32:51 (95)	00:01:44	00:24:19 (81)	01:20:33.00
109	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39	39	M 98		00:13:40 (22)	00:02:32	00:34:01 (127)	00:01:05	00:29:24 (168)	01:20:42.20
110	YAFIMCHYK ANDREI	142	ORCA	POZNAN	POL	M40-49	38	M 99		00:15:09 (55)	00:02:47	00:37:05 (180)	00:01:49	00:24:02 (75)	01:20:52.30
111	KOPIŃSKA - KRÓL MAGDALENA	211	#CHMURACOACHING	BYDGOSZCZ	POL	K40-49	6	K 12		00:17:12 (115)	00:02:55	00:32:08 (79)	00:01:10	00:27:30 (149)	01:20:55.20
112	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49	39	M 100		00:18:23 (149)	00:03:59	00:32:52 (99)	00:01:53	00:23:52 (72)	01:20:59.50
113	MOJSIEWICZ NATALIA	227		WARSZAWA	POL	K18-29	2	K 13		00:16:59 (107)	00:03:03	00:33:40 (117)	00:01:15	00:26:06 (130)	01:21:03.00
114	KOWALSKI PIOTR	76		BYDGOSZCZ	POL	M50-59	9	M 101		00:17:22 (122)	00:03:43	00:32:33 (86)	00:02:50	00:24:35 (86)	01:21:03.45
115	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE )	POL	M30-39	40	M 102		00:18:30 (154)	00:02:38	00:33:17 (108)	00:01:12	00:25:37 (115)	01:21:14.00
116	STRYCZYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	41	M 103	TRISPACE/TREK	00:18:37 (159)	00:03:22	00:32:44 (90)	00:01:45	00:24:50 (94)	01:21:18.10
117	MOLTZAN LILIANA	174		TORUŃ	POL	K18-29	3	K 14		00:14:14 (34)	00:03:19	00:36:38 (172)	00:01:49	00:26:09 (131)	01:22:09.10
118	REPKA MAREK	166	LUPUS TEAM	BYDGOSZCZ	POL	M50-59	10	M 104		00:21:06 (202)	00:02:49	00:30:42 (41)	00:01:17	00:26:27 (134)	01:22:21.80
119	PODLĄSIŃSKI TOMASZ	140	BAYERLIFETEAM	NIEMCZ	POL	M50-59	11	M 105		00:16:15 (87)	00:03:42	00:35:02 (143)	00:01:24	00:26:03 (129)	01:22:26.70
120	SZYMCAK ELWIRA	151		INOWROCŁAW	POL	K18-29	4	K 15		00:16:24 (91)	00:03:43	00:36:21 (165)	00:00:49	00:25:24 (109)	01:22:41.60
121	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39	42	M 106		00:17:43 (130)	00:03:06	00:33:55 (123)	00:01:27	00:26:31 (136)	01:22:42.00
122	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	5	K 16		00:20:53 (197)	00:03:41	00:34:41 (135)	00:01:14	00:22:22 (45)	01:22:51.45
123	GMOSIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	40	M 107		00:16:33 (94)	00:04:10	00:33:59 (126)	00:02:41	00:25:30 (112)	01:22:53.30
124	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49	41	M 108		00:16:01 (81)	00:04:41	00:33:28 (113)	00:02:29	00:26:25 (133)	01:23:04.30
125	SZYMCAK KRZYSZTOF	88	SYSTEM 11	WAŁCZ DRUGI	POL	M50-59	12	M 109		00:20:25 (190)	00:03:32	00:32:52 (97)	00:01:29	00:24:51 (95)	01:23:09.45
126	JARLACZYŃSKA HANNA	242		TYCHY	POL	K18-29	5	K 17		00:17:32 (126)	00:03:02	00:35:54 (155)	00:01:30	00:25:23 (108)	01:23:21.50
127	KUŹMA WOJTEK	6		BYDGOSZCZ	POL	M50-59	13	M 110		00:19:11 (171)	00:03:00	00:32:52 (98)	00:00:58	00:27:30 (150)	01:23:31.10
128	MROTEK KATARZYNA	112	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	K40-49	7	K 18		00:18:19 (148)	00:03:37	00:35:00 (142)	00:01:52	00:24:45 (91)	01:23:33.80
129	SANKOWSKA EWELINA	159		GDYNIA	POL	K40-49	8	K 19		00:15:08 (53)	00:02:58	00:36:10 (162)	00:01:43	00:27:35 (151)	01:23:34.00
130	LISEWSKI PIOTR	100		BYDGOSZCZ	POL	M60-69	1	M 111		00:18:51 (166)	00:03:26	00:34:11 (130)	00:01:28	00:25:50 (124)	01:23:46.30
131	SIEG TYMOTEUSZ	219		GDYNIA	POL	M18-29	15	M 112		00:15:14 (58)	00:04:50	00:33:37 (115)	00:01:56	00:28:25 (158)	01:24:02.55
132	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	42	M 113		00:22:45 (213)	00:03:09	00:31:05 (55)	00:01:30	00:25:36 (114)	01:24:05.95
133	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39	6	K 20		00:18:39 (160)	00:03:12	00:35:37 (151)	00:01:12	00:25:28 (111)	01:24:08.00
134	ŁATKA MARCIN	5		WYŚLECINEK	POL	M40-49	43	M 114		00:15:18 (61)	00:02:57	00:36:46 (173)	00:00:49	00:28:20 (157)	01:24:10.95
135	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49	44	M 115		00:17:12 (114)	00:04:08	00:34:37 (133)	00:01:46	00:26:28 (135)	01:24:11.55
136	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYN	POL	M30-39	43	M 116		00:15:28 (65)	00:03:44	00:34:46 (138)	00:01:25	00:28:50 (163)	01:24:13.45
137	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	45	M 117		00:17:46 (131)	00:03:35	00:34:06 (128)	00:01:46	00:27:24 (147)	01:24:37.55
138	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39	44	M 118		00:16:53 (103)	00:02:08	00:41:23 (213)	00:01:09	00:23:04 (60)	01:24:37.65

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
139	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39	7	K 21		00:16:03 (82)	00:03:48	00:37:40 (191)	00:01:08	00:26:02 (128)	01:24:41.75
140	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39	45	M 119		00:18:49 (163)	00:03:42	00:37:01 (178)	00:00:42	00:24:41 (89)	01:24:55.55
141	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49	46	M 120		00:19:39 (175)	00:03:25	00:34:57 (141)	00:01:38	00:25:25 (110)	01:25:04.20
142	WAWRZYNIAK DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29	16	M 121		00:20:02 (186)	00:03:24	00:35:56 (156)	00:01:46	00:24:03 (77)	01:25:11.35
143	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39	46	M 122		00:15:42 (72)	00:04:14	00:36:33 (171)	00:01:02	00:27:41 (152)	01:25:12.30
144	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49	47	M 123		00:17:56 (140)	00:04:03	00:33:48 (120)	00:02:26	00:27:00 (139)	01:25:13.50
145	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39	47	M 124		00:15:37 (70)	00:03:48	00:35:53 (154)	00:01:05	00:28:53 (164)	01:25:16.90
146	MICHALEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49	48	M 125		00:18:50 (165)	00:05:01	00:35:23 (148)	00:00:37	00:25:45 (118)	01:25:36.25
147	BAUMGART JACEK	195	BIEGAJ Z DĘBAMI	OSIELSKO	POL	M60-69	2	M 126		00:18:02 (143)	00:04:33	00:36:31 (170)	00:01:00	00:25:52 (125)	01:25:58.35
148	DOLKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	8	K 22		00:20:14 (189)	00:03:22	00:33:44 (119)	00:01:29	00:27:09 (142)	01:25:58.40
149	LUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49	49	M 127		00:17:06 (112)	00:03:59	00:32:57 (103)	00:01:48	00:30:18 (177)	01:26:08.90
150	ZIELIŃSKI RADOŚLAW	2		BYDGOSZCZ	POL	M30-39	48	M 128		00:17:33 (127)	00:03:30	00:33:51 (121)	00:01:34	00:29:54 (172)	01:26:22.50
151	SZEWS MAREK	136	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	14	M 129		00:18:52 (167)	00:02:52	00:34:55 (140)	00:01:37	00:28:07 (154)	01:26:23.05
152	LIPCZYŃSKI TOMASZ	64	AKTYWNI UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	49	M 130		00:16:47 (101)	00:04:35	00:37:19 (184)	00:00:29	00:27:18 (144)	01:26:28.35
153	LUDWINIAK BOGDAN	111		BYDGOSZCZ	POL	M50-59	15	M 131		00:17:59 (142)	00:02:57	00:33:54 (122)	00:01:43	00:30:01 (174)	01:26:34.10
154	STĘPSKA MAŁGOSIA	61	ŻELKI Z KRAKOWA	KRAKÓW	POL	K50-59	2	K 23		00:20:09 (188)	00:03:19	00:33:39 (116)	00:01:14	00:28:33 (159)	01:26:54.05
155	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39	9	K 24		00:18:12 (145)	00:03:06	00:36:51 (174)	00:02:06	00:26:50 (138)	01:27:05.00
156	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39	50	M 132		00:17:38 (128)	00:04:35	00:34:48 (139)	00:01:59	00:28:14 (156)	01:27:14.55
157	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49	50	M 133		00:18:34 (155)	00:03:32	00:34:37 (134)	00:01:33	00:29:12 (165)	01:27:28.30
158	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39	51	M 134		00:18:36 (156)	00:03:48	00:35:14 (144)	00:01:05	00:28:46 (162)	01:27:29.30
159	OSTROWSKI RAFAŁ	68	AKTYWNI UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49	51	M 135		00:18:41 (161)	00:06:14	00:36:03 (160)	00:01:04	00:25:32 (113)	01:27:34.70
160	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29	17	M 136		00:18:37 (158)	00:02:54	00:36:29 (169)	00:00:40	00:29:13 (166)	01:27:53.40
161	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29	18	M 137		00:19:44 (179)	00:04:40	00:37:51 (192)	00:01:05	00:24:48 (93)	01:28:08.35
162	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39	52	M 138		00:20:42 (194)	00:03:06	00:35:23 (147)	00:01:26	00:27:49 (153)	01:28:26.35
163	MICHAŁAK AGATA	177		BYDGOSZCZ	POL	K18-29	6	K 25		00:18:55 (168)	00:03:16	00:36:02 (159)	00:02:09	00:28:10 (155)	01:28:32.95
164	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49	52	M 139		00:18:50 (164)	00:04:07	00:35:22 (146)	00:01:36	00:28:41 (160)	01:28:36.45
165	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39	53	M 140		00:17:51 (137)	00:03:55	00:36:23 (166)	00:01:25	00:29:13 (167)	01:28:47.05
166	DOBRYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39	10	K 26		00:22:10 (206)	00:03:26	00:36:58 (175)	00:01:19	00:25:18 (107)	01:29:11.50
167	BEM WOJCIECH	194		TORUŃ	POL	M30-39	54	M 141		00:17:46 (132)	00:03:37	00:36:02 (158)	00:01:23	00:30:28 (180)	01:29:16.20
168	HAJŁASZ MARCIN	129		WROCŁAW	POL	M30-39	55	M 142		00:17:53 (139)	00:04:28	00:34:42 (137)	00:01:49	00:30:38 (182)	01:29:30.50
169	DWOJACZNA-CHRAPKOWS KA ANNA	13	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K40-49	9	K 27		00:19:49 (183)	00:03:34	00:37:23 (186)	00:01:36	00:27:08 (141)	01:29:30.65
170	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39	11	K 28		00:17:50 (135)	00:03:18	00:37:18 (183)	00:00:36	00:30:47 (184)	01:29:49.15
171	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49	53	M 143		00:20:05 (187)	00:04:22	00:30:45 (42)	00:01:36	00:33:35 (202)	01:30:23.40
172	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49	54	M 144		00:19:48 (181)	00:04:45	00:38:29 (197)	00:01:34	00:25:49 (122)	01:30:25.70
173	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39	56	M 145		00:18:15 (146)	00:04:03	00:34:31 (132)	00:01:19	00:32:22 (194)	01:30:30.85
174	SADKIEWICZ JACEK	225	RACING TEAM	OSIELSKO	POL	M50-59	16	M 146		00:17:14 (118)	00:03:50	00:33:57 (124)	00:01:40	00:34:08 (208)	01:30:49.45
175	ŻELAZNY MARCIN	27		BYDGOSZCZ	POL	M50-59	17	M 147		00:15:48 (73)	00:03:52	00:36:59 (176)	00:02:38	00:32:14 (193)	01:31:31.75
176	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39	12	K 29		00:21:42 (203)	00:03:44	00:37:27 (188)	00:01:15	00:27:24 (146)	01:31:32.45
177	WINIECKA MARTYNA	59	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K18-29	7	K 30		00:19:33 (173)	00:03:14	00:37:17 (182)	00:00:39	00:30:56 (185)	01:31:39.60
178	MAŁKIŃSKI JÓZEF	84		BYDGOSZCZ	POL	M60-69	3	M 148		00:19:46 (180)	00:03:36	00:37:02 (179)	00:00:54	00:30:24 (179)	01:31:42.60
179	CEGLARSKA INGA	258	N-BIKE	BYDGOSZCZ	POL	K40-49	10	K 31		00:19:03 (170)	00:03:56	00:35:23 (149)	00:01:47	00:31:45 (190)	01:31:54.45
180	WUJEK MAGDALENA	77		BYDGOSZCZ	POL	K40-49	11	K 32		00:22:25 (210)	00:04:05	00:40:54 (210)	00:00:59	00:24:03 (76)	01:32:26.45
181	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39	13	K 33		00:19:43 (178)	00:03:41	00:38:16 (196)	00:00:57	00:29:59 (173)	01:32:36.00
182	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39	14	K 34		00:18:59 (169)	00:03:14	00:38:50 (200)	00:01:31	00:30:29 (181)	01:33:03.25
183	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39	15	K 35		00:16:37 (95)	00:03:53	00:37:39 (190)	00:00:48	00:34:07 (207)	01:33:04.75
184	SZUKALSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49	55	M 149		00:20:38 (193)	00:03:52	00:40:19 (205)	00:01:48	00:26:34 (137)	01:33:11.90
185	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49	56	M 150		00:16:39 (96)	00:03:32	00:35:50 (153)	00:01:48	00:35:34 (213)	01:33:23.80
186	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAŃ	POL	K30-39	16	K 36		00:20:58 (199)	00:04:25	00:36:05 (161)	00:01:34	00:30:40 (183)	01:33:42.55
187	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39	57	M 151		00:19:49 (184)	00:04:03	00:31:51 (74)	00:01:08	00:36:59 (215)	01:33:50.20

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
188	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39	58	M 152		00:19:42 (177)	00:04:08	00:37:20 (185)	00:01:17	00:31:25 (187)	01:33:52.45
189	BŁAŻEJEWSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39	17	K 37		00:20:31 (192)	00:04:01	00:39:08 (201)	00:01:02	00:29:47 (170)	01:34:29.70
190	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49	57	M 153		00:19:39 (176)	00:04:06	00:35:38 (152)	00:01:40	00:33:37 (203)	01:34:40.00
191	SKÓRCZEWSKI JACEK	124		NIEMCZ	POL	M60-69	4	M 154		00:22:02 (205)	00:05:09	00:36:25 (168)	00:01:56	00:29:29 (169)	01:35:01.40
192	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39	18	K 38		00:17:56 (141)	00:03:42	00:40:18 (204)	00:00:42	00:32:26 (196)	01:35:04.55
193	HRYNIEWICZ AGNIESZKA	50		ŁÓDŹ	POL	K40-49	12	K 38		00:18:24 (150)	00:05:03	00:40:40 (208)	00:00:49	00:30:08 (175)	01:35:04.55
194	RĄCZKOWSKI DANIEL	117	AKTYWNIEM UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	59	M 155		00:19:36 (174)	00:04:46	00:41:25 (214)	00:00:54	00:28:42 (161)	01:35:23.40
195	KUKLIŠOVA GABRIELA	15		BYDGOSZCZ	SVK	K40-49	13	K 40		00:18:44 (162)	00:04:12	00:37:37 (189)	00:01:13	00:34:27 (210)	01:36:13.85
196	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39	19	K 41		00:22:14 (208)	00:04:31	00:36:18 (163)	00:01:39	00:31:43 (189)	01:36:25.95
197	BINKOWSKI CZAREK	255	LKS OSTROMECKO	OSTROMECKO	POL	M50-59	18	M 156		00:21:03 (201)	00:05:14	00:36:25 (167)	00:02:11	00:32:12 (192)	01:37:05.45
198	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49	58	M 157		00:26:21 (223)	00:04:41	00:33:15 (106)	00:02:40	00:30:12 (176)	01:37:09.85
199	PACZKOWSKA-PAPCZYŃSKA JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39	20	K 42		00:22:43 (212)	00:03:58	00:37:00 (177)	00:01:28	00:32:23 (195)	01:37:32.60
200	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39	60	M 158		00:19:49 (182)	00:04:51	00:40:56 (211)	00:01:19	00:31:01 (186)	01:37:56.05
201	BOGALECKI MAREK	209	KS SOKÓŁ ZBLEWO	STAROGARD GDAŃSKI	POL	M60-69	5	M 159		00:20:55 (198)	00:06:17	00:37:27 (187)	00:03:07	00:30:18 (178)	01:38:04.45
202	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39	61	M 160		00:16:26 (93)	00:05:07	00:38:12 (194)	00:02:11	00:36:29 (214)	01:38:25.15
203	POBOC PRZEMYSŁAW	155		KRUSZYN	POL	M50-59	19	M 161		00:22:40 (211)	00:04:10	00:38:37 (198)	00:01:45	00:32:04 (191)	01:39:16.60
204	BUCZKO MICHAŁ	109		NAMYSŁÓW	POL	M40-49	59	M 162		00:21:47 (204)	00:04:08	00:39:11 (202)	00:02:13	00:32:48 (199)	01:40:07.00
205	PEC ANNA	90	SKS OBORNIKI	OBORNIKI	POL	K50-59	3	K 43		00:20:53 (196)	00:04:31	00:38:08 (193)	00:01:38	00:35:09 (212)	01:40:19.70
206	MONTOWSKI JAN	132	KLUB OPLAWIEC	BYDGOSZCZ	POL	M60-69	6	M 163		00:23:15 (217)	00:04:54	00:37:11 (181)	00:01:05	00:34:05 (206)	01:40:30.25
207	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39	21	K 44		00:22:15 (209)	00:03:53	00:38:13 (195)	00:01:22	00:34:52 (211)	01:40:35.70
208	ŚWIADEK HUBERT	67		BYDGOSZCZ	POL	M30-39	62	M 164		00:24:14 (219)	00:04:39	00:40:42 (209)	00:01:51	00:29:49 (171)	01:41:15.70
209	MOSUR-GALICKA ANGELINA	9	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	K50-59	4	K 45		00:16:43 (99)	00:04:38	00:40:08 (203)	00:02:38	00:37:50 (218)	01:41:57.50
210	SZABO-MOSKAL JADWIGA	168		BORÓWNO	POL	K50-59	5	K 46		00:21:00 (200)	00:04:05	00:45:17 (220)	00:00:39	00:31:40 (188)	01:42:41.65
211	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49	60	M 165		00:19:54 (185)	00:06:22	00:42:12 (216)	00:02:05	00:32:26 (197)	01:42:59.70
212	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49	61	M 166		00:20:31 (191)	00:05:14	00:36:20 (164)	00:03:56	00:38:21 (219)	01:44:22.15
213	MAKSYMOWICZ AGATA	85		LEGIONOWO	POL	K40-49	14	K 47		00:17:12 (116)	00:06:10	00:45:54 (222)	00:02:29	00:33:04 (200)	01:44:49.25
214	LEWANDOWSKA LARYSA	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	BYDGOSZCZ	POL	K18-29	8	K 48		00:24:18 (220)	00:04:28	00:42:52 (217)	00:00:38	00:33:48 (204)	01:46:04.85
215	NOSIĄDEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLĄSKI	POL	K30-39	22	K 49		00:22:47 (214)	00:05:47	00:40:39 (206)	00:02:41	00:34:21 (209)	01:46:15.95
216	CIESIELSKI PIOTR	183		MAKSYMILIANOWO	POL	M50-59	20	M 167		00:22:12 (207)	00:05:21	00:44:11 (219)	00:02:21	00:32:27 (198)	01:46:32.15
217	WIŚNIEWSKA LUCYNA	16	TRISPACE/TREK	BYDGOSZCZ	POL	K50-59	6	K 50		00:23:12 (216)	00:04:18	00:41:15 (212)	00:01:50	00:38:24 (220)	01:48:59.55
218	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49	62	M 168		00:22:57 (215)	00:05:24	00:38:47 (199)	00:02:22	00:40:07 (221)	01:49:37.80
219	WIŚNIEWSKI KRZYSZTOF	7	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	21	M 169		00:30:28 (226)	00:05:26	00:40:39 (207)	00:02:22	00:37:14 (217)	01:56:09.30
220	IGNASIAK BERNADETA	158		BYDGOSZCZ	POL	K40-49	15	K 51		00:33:55 (227)	00:03:55	00:43:56 (218)	00:01:06	00:33:33 (201)	01:56:25.65
221	MAŃCZAK WAWRZYNIEC	152	ENDURE TEAM	BYDGOSZCZ	POL	M70-79	1	M 170		00:16:08 (84)	00:08:34	00:46:15 (224)	00:01:37	00:45:45 (225)	01:58:19.15
222	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49	63	M 171		00:28:40 (225)	00:05:19	00:45:55 (223)	00:01:27	00:36:59 (216)	01:58:20.15
223	KWIATKOWSKI ROMAN	115		STRZELCE GÓRNE	POL	M60-69	7	M 172		00:26:40 (224)	00:07:19	00:41:27 (215)	00:02:02	00:41:39 (223)	01:59:07.30
224	WOROSZYŁO MONIKA	114	RYKOWISKO	PŁOCK	POL	K40-49	16	K 52		00:23:31 (218)	00:09:28	00:52:42 (227)	00:02:20	00:33:49 (205)	02:01:50.80
225	MIKA ALDONA	82		BYDGOSZCZ	POL	K50-59	7	K 53		00:25:53 (222)	00:07:55	00:48:05 (226)	00:01:17	00:42:47 (224)	02:05:57.35
226	SAWICKI WALDEMAR	83		BYDGOSZCZ	POL	M80+	1	M 173		00:25:33 (221)	00:05:44	00:45:17 (221)	00:01:28	00:47:58 (226)	02:06:00.80
227	KOZIK ANNA	156		PRUSZCZ	POL	K50-59	8	K 54		00:34:33 (228)	00:05:37	00:48:01 (225)	00:03:31	00:40:23 (222)	02:12:05.65
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29				00:12:14 DNF (7)	00:02:50		00:00:00	00:00:00 ()	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Kobiety**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39	1	K 1		00:16:15	00:02:27	00:29:33	00:01:20	00:20:36	01:10:11.70
2	ŻMICH-FÓRMANIAK JOANNA	213	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	1	K 2		00:14:53	00:02:13	00:30:53	00:00:50	00:23:57	01:12:46.40

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
3	PALETA ELŻBIETA	187	TM IRON TEAM	KATOWICE	POL	K18-29	1	K 3		00:15:32	00:02:42	00:31:21	00:01:00	00:22:31	01:13:06.40
4	ANDRZEJEWSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	2	K 4		00:18:19	00:02:49	00:29:32	00:01:36	00:22:20	01:14:36.75
5	RYMARKIEWICZ MAŁGORZATA	230	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	2	K 5		00:16:55	00:02:41	00:31:35	00:01:19	00:23:26	01:15:56.85
6	WOŹNIAK ANNA	205	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	3	K 6		00:17:22	00:03:10	00:30:33	00:01:15	00:24:52	01:17:12.60
7	LICZNIERSKA ALINA	56	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	4	K 7		00:20:46	00:02:31	00:32:37	00:00:48	00:22:06	01:18:48.20
8	MICHALIK JOANNA	147		BYDGOSZCZ	POL	K40-49	5	K 8		00:16:23	00:03:23	00:32:48	00:01:42	00:24:41	01:18:57.00
9	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39	3	K 9		00:13:29	00:03:04	00:35:14	00:01:23	00:25:58	01:19:08.35
10	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39	4	K 10		00:13:57	00:03:35	00:35:58	00:01:10	00:25:10	01:19:50.65
11	CICHOŃSKA-BAZAK MARZENA	163		ŻÓŁĘDOWO	POL	K50-59	1	K 11		00:18:25	00:03:14	00:32:51	00:01:44	00:24:19	01:20:33.00
12	KOPIŃSKA - KRÓL MAGDALENA	211	#CHMURACOACHING	BYDGOSZCZ	POL	K40-49	6	K 12		00:17:12	00:02:55	00:32:08	00:01:10	00:27:30	01:20:55.20
13	MOJSIEWICZ NATALIA	227		WARSZAWA	POL	K18-29	2	K 13		00:16:59	00:03:03	00:33:40	00:01:15	00:26:06	01:21:03.00
14	MOLTZAN LILIANA	174		TORUŃ	POL	K18-29	3	K 14		00:14:14	00:03:19	00:36:38	00:01:49	00:26:09	01:22:09.10
15	SZYMCZAK ELWIRA	151		INOWROCLAW	POL	K18-29	4	K 15		00:16:24	00:03:43	00:36:21	00:00:49	00:25:24	01:22:41.60
16	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	5	K 16		00:20:53	00:03:41	00:34:41	00:01:14	00:22:22	01:22:51.45
17	JARLACZYŃSKA HANNA	242		TYCHY	POL	K18-29	5	K 17		00:17:32	00:03:02	00:35:54	00:01:30	00:25:23	01:23:21.50
18	MROTEK KATARZYNA	112	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	K40-49	7	K 18		00:18:19	00:03:37	00:35:00	00:01:52	00:24:45	01:23:33.80
19	SANKOWSKA EWELINA	159		GDYNIA	POL	K40-49	8	K 19		00:15:08	00:02:58	00:36:10	00:01:43	00:27:35	01:23:34.00
20	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39	6	K 20		00:18:39	00:03:12	00:35:37	00:01:12	00:25:28	01:24:08.00
21	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39	7	K 21		00:16:03	00:03:48	00:37:40	00:01:08	00:26:02	01:24:41.75
22	DOŁKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	8	K 22		00:20:14	00:03:22	00:33:44	00:01:29	00:27:09	01:25:58.40
23	STĘPSKA MAŁGOSIA	61	ŻELKI Z KRAKOWA	KRAKÓW	POL	K50-59	2	K 23		00:20:09	00:03:19	00:33:39	00:01:14	00:28:33	01:26:54.05
24	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39	9	K 24		00:18:12	00:03:06	00:36:51	00:02:06	00:26:50	01:27:05.00
25	MICHALAK AGATA	177		BYDGOSZCZ	POL	K18-29	6	K 25		00:18:55	00:03:16	00:36:02	00:02:09	00:28:10	01:28:32.95
26	DOBRYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39	10	K 26		00:22:10	00:03:26	00:36:58	00:01:19	00:25:18	01:29:11.50
27	DWOJACZNA-CHRAPKOWS KA ANNA	13	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K40-49	9	K 27		00:19:49	00:03:34	00:37:23	00:01:36	00:27:08	01:29:30.65
28	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39	11	K 28		00:17:50	00:03:18	00:37:18	00:00:36	00:30:47	01:29:49.15
29	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39	12	K 29		00:21:42	00:03:44	00:37:27	00:01:15	00:27:24	01:31:32.45
30	WINIECKA MARTYNA	59	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K18-29	7	K 30		00:19:33	00:03:14	00:37:17	00:00:39	00:30:56	01:31:39.60
31	CEGLARSKA INGA	258	N-BIKE	BYDGOSZCZ	POL	K40-49	10	K 31		00:19:03	00:03:56	00:35:23	00:01:47	00:31:45	01:31:54.45
32	WUJEK MAGDALENA	77		BYDGOSZCZ	POL	K40-49	11	K 32		00:22:25	00:04:05	00:40:54	00:00:59	00:24:03	01:32:26.45
33	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39	13	K 33		00:19:43	00:03:41	00:38:16	00:00:57	00:29:59	01:32:36.00
34	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39	14	K 34		00:18:59	00:03:14	00:38:50	00:01:31	00:30:29	01:33:03.25
35	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39	15	K 35		00:16:37	00:03:53	00:37:39	00:00:48	00:34:07	01:33:04.75
36	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAŃ	POL	K30-39	16	K 36		00:20:58	00:04:25	00:36:05	00:01:34	00:30:40	01:33:42.55
37	BŁAŻEJEWSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39	17	K 37		00:20:31	00:04:01	00:39:08	00:01:02	00:29:47	01:34:29.70
38	HRYNIEWICZ AGNIESZKA	50		ŁÓDŹ	POL	K40-49	12	K 38		00:18:24	00:05:03	00:40:40	00:00:49	00:30:08	01:35:04.55
39	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39	18	K 38		00:17:56	00:03:42	00:40:18	00:00:42	00:32:26	01:35:04.55
40	KUKLISOVA GABRIELA	15		BYDGOSZCZ	SVK	K40-49	13	K 40		00:18:44	00:04:12	00:37:37	00:01:13	00:34:27	01:36:13.85
41	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39	19	K 41		00:22:14	00:04:31	00:36:18	00:01:39	00:31:43	01:36:25.95
42	PACZKOWSKA-PAPCZYŃSK A JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39	20	K 42		00:22:43	00:03:58	00:37:00	00:01:28	00:32:23	01:37:32.60
43	PEC ANNA	90	SKS OBORNIKI	OBORNIKI	POL	K50-59	3	K 43		00:20:53	00:04:31	00:38:08	00:01:38	00:35:09	01:40:19.70
44	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39	21	K 44		00:22:15	00:03:53	00:38:13	00:01:22	00:34:52	01:40:35.70
45	MOSUR-GALICKA ANGELINA	9	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	K50-59	4	K 45		00:16:43	00:04:38	00:40:08	00:02:38	00:37:50	01:41:57.50
46	SZABO-MOSKAL JADWIGA	168		BORÓWNO	POL	K50-59	5	K 46		00:21:00	00:04:05	00:45:17	00:00:39	00:31:40	01:42:41.65
47	MAKSYMOWICZ AGATA	85		LEGIONOWO	POL	K40-49	14	K 47		00:17:12	00:06:10	00:45:54	00:02:29	00:33:04	01:44:49.25
48	LEWANDOWSKA LARYSA	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	BYDGOSZCZ	POL	K18-29	8	K 48		00:24:18	00:04:28	00:42:52	00:00:38	00:33:48	01:46:04.85
49	NOSIADEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLĄSKI	POL	K30-39	22	K 49		00:22:47	00:05:47	00:40:39	00:02:41	00:34:21	01:46:15.95

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
50	WIŚNIEWSKA LUCYNA	16	TRISPACE/TREK	BYDGOSZCZ	POL	K50-59	6	K 50		00:23:12	00:04:18	00:41:15	00:01:50	00:38:24	01:48:59.55
51	IGNASIAK BERNADETA	158		BYDGOSZCZ	POL	K40-49	15	K 51		00:33:55	00:03:55	00:43:56	00:01:06	00:33:33	01:56:25.65
52	WOROSZYŁO MONIKA	114	RYKOWISKO	PŁOCK	POL	K40-49	16	K 52		00:23:31	00:09:28	00:52:42	00:02:20	00:33:49	02:01:50.80
53	MIKA ALDONA	82		BYDGOSZCZ	POL	K50-59	7	K 53		00:25:53	00:07:55	00:48:05	00:01:17	00:42:47	02:05:57.35
54	KOZIK ANNA	156		PRUSZCZ	POL	K50-59	8	K 54		00:34:33	00:05:37	00:48:01	00:03:31	00:40:23	02:12:05.65

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29	1	M 1		00:11:22	00:01:38	00:30:17	00:00:30	00:19:07	01:02:54.00
2	MIELOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŻ	POL	M40-49	1	M 2		00:11:00	00:02:07	00:28:38	00:00:36	00:20:52	01:03:13.20
3	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	1	M 3		00:14:17	00:01:42	00:29:10	00:01:11	00:16:58	01:03:18.45
4	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49	2	M 4		00:13:40	00:02:15	00:27:28	00:00:59	00:19:18	01:03:40.15
5	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	2	M 5		00:14:20	00:01:50	00:27:57	00:00:45	00:19:10	01:04:02.50
6	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49	3	M 6		00:13:15	00:02:10	00:27:32	00:00:36	00:20:44	01:04:17.05
7	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49	4	M 7		00:13:09	00:02:21	00:28:19	00:01:09	00:19:37	01:04:35.65
8	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 8		00:12:17	00:02:11	00:28:06	00:00:53	00:21:41	01:05:08.15
9	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29	2	M 9		00:14:03	00:01:52	00:29:24	00:00:57	00:18:54	01:05:10.45
10	ZIENKIEWICZ JANUSZ	201	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	1	M 10		00:13:59	00:02:08	00:29:06	00:00:47	00:19:13	01:05:13.35
11	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	5	M 11		00:12:56	00:02:11	00:28:30	00:00:46	00:21:05	01:05:28.45
12	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39	4	M 12		00:14:21	00:01:56	00:30:14	00:00:59	00:18:18	01:05:48.85
13	WASZTYL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39	5	M 13		00:11:42	00:01:53	00:30:26	00:00:56	00:20:53	01:05:50.70
14	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	6	M 14		00:14:34	00:01:58	00:28:08	00:00:57	00:20:45	01:06:22.20
15	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39	7	M 15		00:13:56	00:02:39	00:28:00	00:00:53	00:21:04	01:06:32.35
16	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49	6	M 16		00:11:50	00:01:57	00:31:09	00:01:11	00:20:56	01:07:03.20
17	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49	7	M 17		00:13:58	00:02:17	00:29:47	00:01:09	00:20:10	01:07:21.45
18	SZEWCZUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39	8	M 18		00:13:42	00:02:05	00:28:58	00:00:58	00:21:43	01:07:26.45
19	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49	8	M 19		00:13:56	00:02:32	00:29:25	00:01:07	00:20:32	01:07:32.20
20	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39	9	M 20		00:13:47	00:02:13	00:30:08	00:00:47	00:21:28	01:08:23.35
21	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49	9	M 21		00:14:59	00:03:02	00:27:42	00:01:42	00:21:19	01:08:44.15
22	GOŁATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49	10	M 22		00:14:16	00:02:10	00:30:25	00:00:54	00:21:11	01:08:56.30
23	GACKA RAFAŁ	216	LUPUS TEAM	SICIENKO	POL	M40-49	11	M 23		00:14:51	00:02:39	00:30:01	00:01:02	00:20:44	01:09:17.65
24	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39	10	M 24		00:12:12	00:02:15	00:30:39	00:00:47	00:23:36	01:09:29.25
25	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	3	M 25		00:13:22	00:02:26	00:31:35	00:00:55	00:21:35	01:09:53.95
26	NOWAK ARTUR	8		JOZEFÓW	POL	M50-59	2	M 26		00:14:02	00:02:14	00:30:57	00:00:49	00:22:09	01:10:11.70
27	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29	4	M 27		00:12:44	00:02:41	00:32:45	00:01:00	00:21:23	01:10:33.95
28	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29	5	M 28		00:14:20	00:01:50	00:29:15	00:00:43	00:24:38	01:10:46.30
29	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39	11	M 29		00:14:12	00:02:18	00:30:28	00:01:08	00:22:49	01:10:55.75
30	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	12	M 30		00:12:56	00:02:19	00:30:36	00:01:05	00:24:00	01:10:56.20
31	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29	6	M 31		00:13:34	00:02:03	00:32:04	00:00:54	00:22:24	01:10:59.80
32	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49	12	M 32		00:14:34	00:02:39	00:31:11	00:00:54	00:21:43	01:11:01.10
33	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39	13	M 33		00:13:57	00:02:31	00:31:07	00:00:49	00:22:40	01:11:04.05
34	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OŁAWA	POL	M40-49	13	M 34		00:12:40	00:02:35	00:31:49	00:01:07	00:23:06	01:11:17.85
35	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49	14	M 35		00:17:08	00:02:54	00:29:25	00:00:53	00:21:26	01:11:46.45
36	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	7	M 36		00:14:19	00:02:24	00:31:04	00:00:57	00:23:15	01:11:59.05
37	KRÓL MACIEJ	210	#CHMURACOACHING	BYDGOSZCZ	POL	M50-59	3	M 37		00:15:21	00:02:41	00:29:45	00:01:18	00:23:07	01:12:12.95
38	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	15	M 38		00:15:13	00:03:31	00:29:40	00:01:09	00:22:44	01:12:17.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
39	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39	14	M 39		00:15:32	00:03:07	00:30:47	00:01:22	00:21:29	01:12:17.05
40	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49	16	M 40		00:14:28	00:02:34	00:29:37	00:00:51	00:24:52	01:12:22.45
41	KROPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49	17	M 41		00:14:51	00:02:54	00:30:40	00:00:48	00:23:12	01:12:25.80
42	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	15	M 42		00:17:20	00:02:30	00:30:31	00:01:20	00:20:57	01:12:38.00
43	BOROWSKI RADOSŁAW	89	MLKS KRAJNA SEPÓLNO	BYDGOSZCZ	POL	M30-39	16	M 43		00:16:00	00:02:49	00:30:50	00:01:00	00:22:07	01:12:46.80
44	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39	17	M 44		00:15:08	00:02:45	00:30:54	00:00:47	00:23:21	01:12:55.20
45	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29	8	M 45		00:17:01	00:03:13	00:30:53	00:01:16	00:20:45	01:13:08.05
46	TYMIŃSKI DARIUSZ	172	PTT DELTA	BRWILNO	POL	M50-59	4	M 46		00:17:51	00:02:11	00:31:17	00:00:54	00:21:02	01:13:15.85
47	DADEJ RAFAL	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49	18	M 47		00:15:51	00:02:40	00:31:20	00:01:58	00:21:32	01:13:21.00
48	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49	19	M 48		00:12:21	00:03:19	00:30:04	00:00:51	00:27:04	01:13:39.20
49	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29	9	M 49		00:16:04	00:02:06	00:32:56	00:01:05	00:21:28	01:13:39.70
50	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49	20	M 50		00:16:00	00:02:57	00:31:03	00:01:12	00:22:43	01:13:55.05
51	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39	18	M 51		00:13:06	00:02:44	00:32:53	00:01:00	00:24:17	01:14:00.90
52	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39	19	M 52		00:16:24	00:02:46	00:32:21	00:01:13	00:21:33	01:14:17.90
53	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	20	M 53		00:15:49	00:02:34	00:32:35	00:00:51	00:22:32	01:14:21.70
54	MIŚ FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29	10	M 54		00:16:42	00:03:30	00:32:24	00:00:51	00:21:00	01:14:27.25
55	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	21	M 55		00:18:28	00:03:07	00:29:55	00:00:45	00:22:18	01:14:33.70
56	BUDZIK IRENEUSZ	226		BYDGOSZCZ	POL	M50-59	5	M 56		00:16:45	00:02:49	00:31:04	00:01:07	00:23:24	01:15:09.85
57	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39	21	M 57		00:17:18	00:03:11	00:31:32	00:01:09	00:22:07	01:15:17.30
58	BRZEZIŃSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYGOSZCZ	POL	M30-39	22	M 58		00:17:00	00:02:56	00:31:21	00:01:10	00:22:59	01:15:26.80
59	LIPIŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49	22	M 59		00:14:19	00:03:19	00:31:45	00:01:15	00:25:06	01:15:44.95
60	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39	23	M 60		00:14:28	00:03:19	00:32:22	00:01:30	00:24:13	01:15:52.35
61	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39	24	M 61		00:15:26	00:03:28	00:33:06	00:00:56	00:22:59	01:15:55.00
62	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	25	M 62		00:15:58	00:03:57	00:32:51	00:00:38	00:22:32	01:15:56.50
63	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	23	M 63		00:16:43	00:03:15	00:30:36	00:01:39	00:23:44	01:15:57.50
64	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29	11	M 64		00:15:58	00:03:11	00:32:45	00:01:27	00:22:58	01:16:19.45
65	GŁĄB ANDRZEJ	197	WANIEWSKI COACHING	MALBORK	POL	M50-59	6	M 65		00:15:16	00:02:40	00:31:59	00:01:17	00:25:08	01:16:20.50
66	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49	24	M 66		00:15:11	00:02:35	00:33:23	00:01:09	00:24:20	01:16:38.55
67	OZOROWSKI LUKASZ	204		SZEMBOKOWO	POL	M40-49	25	M 67		00:17:38	00:03:38	00:31:37	00:01:14	00:22:32	01:16:39.20
68	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39	26	M 68		00:11:31	00:03:30	00:33:36	00:00:47	00:27:21	01:16:45.65
69	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ŻYRARDÓW	POL	M40-49	26	M 69		00:15:17	00:03:10	00:31:25	00:01:05	00:25:49	01:16:46.90
70	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49	27	M 70		00:16:51	00:03:58	00:29:18			01:16:47.75
71	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39	27	M 71		00:15:26	00:02:47	00:33:15	00:00:59	00:24:23	01:16:50.20
72	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49	28	M 72		00:17:51	00:03:09	00:31:01	00:01:28	00:23:22	01:16:51.65
73	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39	28	M 73		00:17:01	00:03:08	00:30:28	00:01:17	00:24:59	01:16:53.10
74	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	SUCHY LAS	POL	M30-39	29	M 74		00:16:09	00:03:13	00:34:19	00:01:06	00:22:34	01:17:21.55
75	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49	29	M 75		00:12:40	00:02:59	00:33:28	00:01:26	00:27:10	01:17:43.45
76	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39	30	M 76		00:16:53	00:03:30	00:31:37	00:01:22	00:24:30	01:17:52.15
77	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49	30	M 77		00:16:19	00:03:42	00:30:51	00:01:17	00:25:44	01:17:53.55
78	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29	12	M 78		00:19:26	00:04:57	00:31:59	00:01:30	00:20:15	01:18:07.80
79	WAŁĘZA HUBERT	17		DRZEWCE	POL	M30-39	31	M 79		00:16:59	00:03:14	00:32:11	00:00:57	00:24:47	01:18:08.10
80	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49	31	M 80		00:18:03	00:03:04	00:31:14	00:00:48	00:25:00	01:18:09.90
81	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29	13	M 81		00:14:41	00:03:06	00:33:58	00:00:39	00:25:47	01:18:11.55
82	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49	32	M 82		00:16:23	00:03:03	00:31:34	00:01:19	00:25:55	01:18:14.15
83	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39	32	M 83		00:17:47	00:03:49	00:34:10	00:01:13	00:21:15	01:18:14.55
84	GIEDRYS ROMAN	73		TUCHOLA	POL	M50-59	7	M 84		00:17:23	00:03:22	00:31:01	00:01:26	00:25:06	01:18:18.10
85	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49	33	M 85		00:15:36	00:02:41	00:32:47	00:01:02	00:26:15	01:18:21.10
86	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39	33	M 86		00:14:46	00:03:34	00:33:23	00:01:22	00:25:38	01:18:43.50
87	ŁĄBĘDZKI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	34	M 87	TRISPACE/TREK	00:15:50	00:03:12	00:33:01	00:01:11	00:25:45	01:18:59.90
88	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	34	M 88		00:17:31	00:03:07	00:33:40	00:01:03	00:23:52	01:19:13.60
89	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	NOWE DĄBIE	POL	M30-39	35	M 89		00:17:14	00:03:01	00:33:25	00:01:06	00:24:40	01:19:26.90
90	GRĄBCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39	36	M 90		00:15:31	00:04:07	00:35:25	00:01:42	00:22:41	01:19:26.95



**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
91	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAN	POL	M30-39	37	M 91		00:14:55	00:03:32	00:32:09	00:01:25	00:27:29	01:19:30.25
92	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49	35	M 92		00:17:48	00:02:34	00:32:31	00:01:41	00:25:00	01:19:34.55
93	SOŁDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	35	M 92		00:18:26	00:02:53	00:32:08	00:01:59	00:24:08	01:19:34.55
94	SIUDA MAREK	43		BYDGOSZCZ	POL	M50-59	8	M 94		00:15:40	00:03:51	00:32:56	00:01:58	00:25:15	01:19:40.35
95	ANTOSIK PATRYK	66	CSWŁAD POZNAŃ	KCYNIA	POL	M30-39	38	M 95		00:18:36	00:03:39	00:31:11	00:01:32	00:24:55	01:19:53.00
96	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49	37	M 96		00:17:18	00:02:57	00:32:42	00:01:17	00:25:47	01:20:01.50
97	MOSKAL PRZEMYSŁAW	145		BORÓWNO	POL	M18-29	14	M 97		00:17:01	00:03:32	00:34:42	00:00:34	00:24:29	01:20:18.30
98	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39	39	M 98		00:13:40	00:02:32	00:34:01	00:01:05	00:29:24	01:20:42.20
99	YAFIMCHYK ANDREI	142	ORCA	POZNAN	POL	M40-49	38	M 99		00:15:09	00:02:47	00:37:05	00:01:49	00:24:02	01:20:52.30
100	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49	39	M 100		00:18:23	00:03:59	00:32:52	00:01:53	00:23:52	01:20:59.50
101	KOWAŁSKI PIOTR	76		BYDGOSZCZ	POL	M50-59	9	M 101		00:17:22	00:03:43	00:32:33	00:02:50	00:24:35	01:21:03.45
102	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE )	POL	M30-39	40	M 102		00:18:30	00:02:38	00:33:17	00:01:12	00:25:37	01:21:14.00
103	STRZYCZYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	41	M 103	TRISPACE/TREK	00:18:37	00:03:22	00:32:44	00:01:45	00:24:50	01:21:18.10
104	REPKA MAREK	166	LUPUS TEAM	BYDGOSZCZ	POL	M50-59	10	M 104		00:21:06	00:02:49	00:30:42	00:01:17	00:26:27	01:22:21.80
105	PODLASIŃSKI TOMASZ	140	BAYERLIFETEAM	NIEMCZ	POL	M50-59	11	M 105		00:16:15	00:03:42	00:35:02	00:01:24	00:26:03	01:22:26.70
106	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39	42	M 106		00:17:43	00:03:06	00:33:55	00:01:27	00:26:31	01:22:42.00
107	GMOSIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	40	M 107		00:16:33	00:04:10	00:33:59	00:02:41	00:25:30	01:22:53.30
108	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49	41	M 108		00:16:01	00:04:41	00:33:28	00:02:29	00:26:25	01:23:04.30
109	SZYMCZAK KRZYSZTOF	88	SYSTEM 11	WALCZ DRUGI	POL	M50-59	12	M 109		00:20:25	00:03:32	00:32:52	00:01:29	00:24:51	01:23:09.45
110	KUŹMA WOJTEK	6		BYDGOSZCZ	POL	M50-59	13	M 110		00:19:11	00:03:00	00:32:52	00:00:58	00:27:30	01:23:31.10
111	LISEWSKI PIOTR	100		BYDGOSZCZ	POL	M60-69	1	M 111		00:18:51	00:03:26	00:34:11	00:01:28	00:25:50	01:23:46.30
112	SIEG TYMOTEUZ	219		GDYNIA	POL	M18-29	15	M 112		00:15:14	00:04:50	00:33:37	00:01:56	00:28:25	01:24:02.55
113	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	42	M 113		00:22:45	00:03:09	00:31:05	00:01:30	00:25:36	01:24:05.95
114	ŁATKA MARCIN	5		MYŚLECINEK	POL	M40-49	43	M 114		00:15:18	00:02:57	00:36:46	00:00:49	00:28:20	01:24:10.95
115	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49	44	M 115		00:17:12	00:04:08	00:34:37	00:01:46	00:26:28	01:24:11.55
116	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYN	POL	M30-39	43	M 116		00:15:28	00:03:44	00:34:46	00:01:25	00:28:50	01:24:13.45
117	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	45	M 117		00:17:46	00:03:35	00:34:06	00:01:46	00:27:24	01:24:37.55
118	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39	44	M 118		00:16:53	00:02:08	00:41:23	00:01:09	00:23:04	01:24:37.65
119	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39	45	M 119		00:18:49	00:03:42	00:37:01	00:00:42	00:24:41	01:24:55.55
120	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49	46	M 120		00:19:39	00:03:25	00:34:57	00:01:38	00:25:25	01:25:04.20
121	WAWRZYŃSKI DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29	16	M 121		00:20:02	00:03:24	00:35:56	00:01:46	00:24:03	01:25:11.35
122	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39	46	M 122		00:15:42	00:04:14	00:36:33	00:01:02	00:27:41	01:25:12.30
123	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49	47	M 123		00:17:56	00:04:03	00:33:48	00:02:26	00:27:00	01:25:13.50
124	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39	47	M 124		00:15:37	00:03:48	00:35:53	00:01:05	00:28:53	01:25:16.90
125	MICHALEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49	48	M 125		00:18:50	00:05:01	00:35:23	00:00:37	00:25:45	01:25:36.25
126	BAUMGART JACEK	195	BIEGAJ Z DĘBAMI	OSIELSKO	POL	M60-69	2	M 126		00:18:02	00:04:33	00:36:31	00:01:00	00:25:52	01:25:58.35
127	LUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49	49	M 127		00:17:06	00:03:59	00:32:57	00:01:48	00:30:18	01:26:08.90
128	ZIELIŃSKI RADOSŁAW	2		BYDGOSZCZ	POL	M30-39	48	M 128		00:17:33	00:03:30	00:33:51	00:01:34	00:29:54	01:26:22.50
129	SZEWS MAREK	136	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	14	M 129		00:18:52	00:02:52	00:34:55	00:01:37	00:28:07	01:26:23.05
130	LIPCZYŃSKI TOMASZ	64	AKTYWNIEMIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	49	M 130		00:16:47	00:04:35	00:37:19	00:00:29	00:27:18	01:26:28.35
131	LUDWINIAK BOGDAN	111		BYDGOSZCZ	POL	M50-59	15	M 131		00:17:59	00:02:57	00:33:54	00:01:43	00:30:01	01:26:34.10
132	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39	50	M 132		00:17:38	00:04:35	00:34:48	00:01:59	00:28:14	01:27:14.55
133	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49	50	M 133		00:18:34	00:03:32	00:34:37	00:01:33	00:29:12	01:27:28.30
134	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39	51	M 134		00:18:36	00:03:48	00:35:14	00:01:05	00:28:46	01:27:29.30
135	OSTROWSKI RAFAŁ	68	AKTYWNIEMIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49	51	M 135		00:18:41	00:06:14	00:36:03	00:01:04	00:25:32	01:27:34.70
136	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29	17	M 136		00:18:37	00:02:54	00:36:29	00:00:40	00:29:13	01:27:53.40
137	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29	18	M 137		00:19:44	00:04:40	00:37:51	00:01:05	00:24:48	01:28:08.35
138	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39	52	M 138		00:20:42	00:03:06	00:35:23	00:01:26	00:27:49	01:28:26.35

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie	T1	Rower	T2	Bieg	Netto
										0.75km		20km		5km	
139	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49	52	M 139		00:18:50	00:04:07	00:35:22	00:01:36	00:28:41	01:28:36.45
140	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39	53	M 140		00:17:51	00:03:55	00:36:23	00:01:25	00:29:13	01:28:47.05
141	BEM WOJCIECH	194		TORUŃ	POL	M30-39	54	M 141		00:17:46	00:03:37	00:36:02	00:01:23	00:30:28	01:29:16.20
142	HAJŁASZ MARCIN	129		WROCŁAW	POL	M30-39	55	M 142		00:17:53	00:04:28	00:34:42	00:01:49	00:30:38	01:29:30.50
143	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49	53	M 143		00:20:05	00:04:22	00:30:45	00:01:36	00:33:35	01:30:23.40
144	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49	54	M 144		00:19:48	00:04:45	00:38:29	00:01:34	00:25:49	01:30:25.70
145	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39	56	M 145		00:18:15	00:04:03	00:34:31	00:01:19	00:32:22	01:30:30.85
146	SADKIEWICZ JACEK	225	RACING TEAM	OSIELSKO	POL	M50-59	16	M 146		00:17:14	00:03:50	00:33:57	00:01:40	00:34:08	01:30:49.45
147	ŻELAZNY MARCIN	27		BYDGOSZCZ	POL	M50-59	17	M 147		00:15:48	00:03:52	00:36:59	00:02:38	00:32:14	01:31:31.75
148	MAŁKIŃSKI JÓZEF	84		BYDGOSZCZ	POL	M60-69	3	M 148		00:19:46	00:03:36	00:37:02	00:00:54	00:30:24	01:31:42.60
149	SZUKAŁSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49	55	M 149		00:20:38	00:03:52	00:40:19	00:01:48	00:26:34	01:33:11.90
150	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49	56	M 150		00:16:39	00:03:32	00:35:50	00:01:48	00:35:34	01:33:23.80
151	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39	57	M 151		00:19:49	00:04:03	00:31:51	00:01:08	00:36:59	01:33:50.20
152	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39	58	M 152		00:19:42	00:04:08	00:37:20	00:01:17	00:31:25	01:33:52.45
153	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49	57	M 153		00:19:39	00:04:06	00:35:38	00:01:40	00:33:37	01:34:40.00
154	SKÓRCZEWSKI JACEK	124		NIEMCZ	POL	M60-69	4	M 154		00:22:02	00:05:09	00:36:25	00:01:56	00:29:29	01:35:01.40
155	RĄCZKOWSKI DANIEL	117	AKTYWNIEMIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	59	M 155		00:19:36	00:04:46	00:41:25	00:00:54	00:28:42	01:35:23.40
156	BINKOWSKI CZAREK	255	LKS OSTROMECKO	OSTROMECKO	POL	M50-59	18	M 156		00:21:03	00:05:14	00:36:25	00:02:11	00:32:12	01:37:05.45
157	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49	58	M 157		00:26:21	00:04:41	00:33:15	00:02:40	00:30:12	01:37:09.85
158	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39	60	M 158		00:19:49	00:04:51	00:40:56	00:01:19	00:31:01	01:37:56.05
159	BOGALECKI MAREK	209	KS SOKÓŁ ZBLEWO	STAROGARD GDAŃSKI	POL	M60-69	5	M 159		00:20:55	00:06:17	00:37:27	00:03:07	00:30:18	01:38:04.45
160	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39	61	M 160		00:16:26	00:05:07	00:38:12	00:02:11	00:36:29	01:38:25.15
161	POBOC PRZEMYSŁAW	155		KRUSZYN	POL	M50-59	19	M 161		00:22:40	00:04:10	00:38:37	00:01:45	00:32:04	01:39:16.60
162	BUCZKO MICHAŁ	109		NAMYŚLÓW	POL	M40-49	59	M 162		00:21:47	00:04:08	00:39:11	00:02:13	00:32:48	01:40:07.00
163	MONTOWSKI JAN	132	KLUB OPŁAWIEC	BYDGOSZCZ	POL	M60-69	6	M 163		00:23:15	00:04:54	00:37:11	00:01:05	00:34:05	01:40:30.25
164	ŚWIĄDEK HUBERT	67		BYDGOSZCZ	POL	M30-39	62	M 164		00:24:14	00:04:39	00:40:42	00:01:51	00:29:49	01:41:15.70
165	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49	60	M 165		00:19:54	00:06:22	00:42:12	00:02:05	00:32:26	01:42:59.70
166	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49	61	M 166		00:20:31	00:05:14	00:36:20	00:03:56	00:38:21	01:44:22.15
167	CIESIELSKI PIOTR	183		MAKSYMILIANOWO	POL	M50-59	20	M 167		00:22:12	00:05:21	00:44:11	00:02:21	00:32:27	01:46:32.15
168	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49	62	M 168		00:22:57	00:05:24	00:38:47	00:02:22	00:40:07	01:49:37.80
169	WIŚNIEWSKI KRZYSZTOF	7	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	21	M 169		00:30:28	00:05:26	00:40:39	00:02:22	00:37:14	01:56:09.30
170	MAŃCZAK WAWRZYNIEC	152	ENDURE TEAM	BYDGOSZCZ	POL	M70-79	1	M 170		00:16:08	00:08:34	00:46:15	00:01:37	00:45:45	01:58:19.15
171	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49	63	M 171		00:28:40	00:05:19	00:45:55	00:01:27	00:36:59	01:58:20.15
172	KWIATKOWSKI ROMAN	115		STRZELCE GÓRNE	POL	M60-69	7	M 172		00:26:40	00:07:19	00:41:27	00:02:02	00:41:39	01:59:07.30
173	SAWICKI WALDEMAR	83		BYDGOSZCZ	POL	M80+	1	M 173		00:25:33	00:05:44	00:45:17	00:01:28	00:47:58	02:06:00.80
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29				00:12:14 DNF	00:02:50		00:00:00	00:00:00	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie	T1	Rower	T2	Bieg	Netto
										0.75km		20km		5km	
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29	1	M 1		00:11:22	00:01:38	00:30:17	00:00:30	00:19:07	01:02:54.00
2	MIEŁOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŻ	POL	M40-49	1	M 2		00:11:00	00:02:07	00:28:38	00:00:36	00:20:52	01:03:13.20
3	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	1	M 3		00:14:17	00:01:42	00:29:10	00:01:11	00:16:58	01:03:18.45
4	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49	2	M 4		00:13:40	00:02:15	00:27:28	00:00:59	00:19:18	01:03:40.15
5	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	2	M 5		00:14:20	00:01:50	00:27:57	00:00:45	00:19:10	01:04:02.50
6	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49	3	M 6		00:13:15	00:02:10	00:27:32	00:00:36	00:20:44	01:04:17.05
7	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49	4	M 7		00:13:09	00:02:21	00:28:19	00:01:09	00:19:37	01:04:35.65
8	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 8		00:12:17	00:02:11	00:28:06	00:00:53	00:21:41	01:05:08.15

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
9	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29	2	M 9		00:14:03	00:01:52	00:29:24	00:00:57	00:18:54	01:05:10.45
10	ZIENKIEWICZ JANUSZ	201	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	1	M 10		00:13:59	00:02:08	00:29:06	00:00:47	00:19:13	01:05:13.35
11	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	5	M 11		00:12:56	00:02:11	00:28:30	00:00:46	00:21:05	01:05:28.45
12	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39	4	M 12		00:14:21	00:01:56	00:30:14	00:00:59	00:18:18	01:05:48.85
13	WASZTYL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39	5	M 13		00:11:42	00:01:53	00:30:26	00:00:56	00:20:53	01:05:50.70
14	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	6	M 14		00:14:34	00:01:58	00:28:08	00:00:57	00:20:45	01:06:22.20
15	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39	7	M 15		00:13:56	00:02:39	00:28:00	00:00:53	00:21:04	01:06:32.35
16	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49	6	M 16		00:11:50	00:01:57	00:31:09	00:01:11	00:20:56	01:07:03.20
17	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49	7	M 17		00:13:58	00:02:17	00:29:47	00:01:09	00:20:10	01:07:21.45
18	SZEWCZUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39	8	M 18		00:13:42	00:02:05	00:28:58	00:00:58	00:21:43	01:07:26.45
19	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49	8	M 19		00:13:56	00:02:32	00:29:25	00:01:07	00:20:32	01:07:32.20
20	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39	9	M 20		00:13:47	00:02:13	00:30:08	00:00:47	00:21:28	01:08:23.35
21	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49	9	M 21		00:14:59	00:03:02	00:27:42	00:01:42	00:21:19	01:08:44.15
22	GOŁATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49	10	M 22		00:14:16	00:02:10	00:30:25	00:00:54	00:21:11	01:08:56.30
23	GACKA RAFAŁ	216	LUPUS TEAM	SICIENKO	POL	M40-49	11	M 23		00:14:51	00:02:39	00:30:01	00:01:02	00:20:44	01:09:17.65
24	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39	10	M 24		00:12:12	00:02:15	00:30:39	00:00:47	00:23:36	01:09:29.25
25	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	3	M 25		00:13:22	00:02:26	00:31:35	00:00:55	00:21:35	01:09:53.95
26	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39	1	K 1		00:16:15	00:02:27	00:29:33	00:01:20	00:20:36	01:10:11.70
27	NOWAK ARTUR	8		JOZEFÓW	POL	M50-59	2	M 26		00:14:02	00:02:14	00:30:57	00:00:49	00:22:09	01:10:11.70
28	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29	4	M 27		00:12:44	00:02:41	00:32:45	00:01:00	00:21:23	01:10:33.95
29	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29	5	M 28		00:14:20	00:01:50	00:29:15	00:00:43	00:24:38	01:10:46.30
30	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39	11	M 29		00:14:12	00:02:18	00:30:28	00:01:08	00:22:49	01:10:55.75
31	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	12	M 30		00:12:56	00:02:19	00:30:36	00:01:05	00:24:00	01:10:56.20
32	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29	6	M 31		00:13:34	00:02:03	00:32:04	00:00:54	00:22:24	01:10:59.80
33	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49	12	M 32		00:14:34	00:02:39	00:31:11	00:00:54	00:21:43	01:11:01.10
34	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39	13	M 33		00:13:57	00:02:31	00:31:07	00:00:49	00:22:40	01:11:04.05
35	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OLAWA	POL	M40-49	13	M 34		00:12:40	00:02:35	00:31:49	00:01:07	00:23:06	01:11:17.85
36	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49	14	M 35		00:17:08	00:02:54	00:29:25	00:00:53	00:21:26	01:11:46.45
37	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	7	M 36		00:14:19	00:02:24	00:31:04	00:00:57	00:23:15	01:11:59.05
38	KRÓL MACIEJ	210	#CHMURACOACHING	BYDGOSZCZ	POL	M50-59	3	M 37		00:15:21	00:02:41	00:29:45	00:01:18	00:23:07	01:12:12.95
39	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	15	M 38		00:15:13	00:03:31	00:29:40	00:01:09	00:22:44	01:12:17.00
40	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39	14	M 39		00:15:32	00:03:07	00:30:47	00:01:22	00:21:29	01:12:17.05
41	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49	16	M 40		00:14:28	00:02:34	00:29:37	00:00:51	00:24:52	01:12:22.45
42	KROPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49	17	M 41		00:14:51	00:02:54	00:30:40	00:00:48	00:23:12	01:12:25.80
43	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	15	M 42		00:17:20	00:02:30	00:30:31	00:01:20	00:20:57	01:12:38.00
44	ŻMICH-FÓRMANIAK JOANNA	213	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	1	K 2		00:14:53	00:02:13	00:30:53	00:00:50	00:23:57	01:12:46.40
45	BOROWSKI RADOSŁAW	89	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39	16	M 43		00:16:00	00:02:49	00:30:50	00:01:00	00:22:07	01:12:46.80
46	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39	17	M 44		00:15:08	00:02:45	00:30:54	00:00:47	00:23:21	01:12:55.20
47	PALETA ELŻBIETA	187	TM IRON TEAM	KATOWICE	POL	K18-29	1	K 3		00:15:32	00:02:42	00:31:21	00:01:00	00:22:31	01:13:06.40
48	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29	8	M 45		00:17:01	00:03:13	00:30:53	00:01:16	00:20:45	01:13:08.05
49	TYMIŃSKI DARIUSZ	172	PTT DELTA	BRWILNO	POL	M50-59	4	M 46		00:17:51	00:02:11	00:31:17	00:00:54	00:21:02	01:13:15.85
50	DADEJ RAFAŁ	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49	18	M 47		00:15:51	00:02:40	00:31:20	00:01:58	00:21:32	01:13:21.00
51	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49	19	M 48		00:12:21	00:03:19	00:30:04	00:00:51	00:27:04	01:13:39.20
52	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29	9	M 49		00:16:04	00:02:06	00:32:56	00:01:05	00:21:28	01:13:39.70
53	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49	20	M 50		00:16:00	00:02:57	00:31:03	00:01:12	00:22:43	01:13:55.05
54	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39	18	M 51		00:13:06	00:02:44	00:32:53	00:01:00	00:24:17	01:14:00.90
55	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39	19	M 52		00:16:24	00:02:46	00:32:21	00:01:13	00:21:33	01:14:17.90
56	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	20	M 53		00:15:49	00:02:34	00:32:35	00:00:51	00:22:32	01:14:21.70

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
57	MIŚ FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29	10	M 54		00:16:42	00:03:30	00:32:24	00:00:51	00:21:00	01:14:27.25
58	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	21	M 55		00:18:28	00:03:07	00:29:55	00:00:45	00:22:18	01:14:33.70
59	ANDRZEJEWSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	2	K 4		00:18:19	00:02:49	00:29:32	00:01:36	00:22:20	01:14:36.75
60	BUDZIK IRENEUSZ	226		BYDGOSZCZ	POL	M50-59	5	M 56		00:16:45	00:02:49	00:31:04	00:01:07	00:23:24	01:15:09.85
61	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39	21	M 57		00:17:18	00:03:11	00:31:32	00:01:09	00:22:07	01:15:17.30
62	BRZEZIŃSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYGOSZCZ	POL	M30-39	22	M 58		00:17:00	00:02:56	00:31:21	00:01:10	00:22:59	01:15:26.80
63	LIPIŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49	22	M 59		00:14:19	00:03:19	00:31:45	00:01:15	00:25:06	01:15:44.95
64	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39	23	M 60		00:14:28	00:03:19	00:32:22	00:01:30	00:24:13	01:15:52.35
65	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39	24	M 61		00:15:26	00:03:28	00:33:06	00:00:56	00:22:59	01:15:55.00
66	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	25	M 62		00:15:58	00:03:57	00:32:51	00:00:38	00:22:32	01:15:56.50
67	RYMARKIEWICZ MAŁGORZATA	230	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	2	K 5		00:16:55	00:02:41	00:31:35	00:01:19	00:23:26	01:15:56.85
68	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	23	M 63		00:16:43	00:03:15	00:30:36	00:01:39	00:23:44	01:15:57.50
69	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29	11	M 64		00:15:58	00:03:11	00:32:45	00:01:27	00:22:58	01:16:19.45
70	GŁĄB ANDRZEJ	197	WANIEWSKI COACHING	MALBORK	POL	M50-59	6	M 65		00:15:16	00:02:40	00:31:59	00:01:17	00:25:08	01:16:20.50
71	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49	24	M 66		00:15:11	00:02:35	00:33:23	00:01:09	00:24:20	01:16:38.55
72	OZOROWSKI ŁUKASZ	204		SZEMBOKOWO	POL	M40-49	25	M 67		00:17:38	00:03:38	00:31:37	00:01:14	00:22:32	01:16:39.20
73	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39	26	M 68		00:11:31	00:03:30	00:33:36	00:00:47	00:27:21	01:16:45.65
74	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ŻYRARDÓW	POL	M40-49	26	M 69		00:15:17	00:03:10	00:31:25	00:01:05	00:25:49	01:16:46.90
75	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49	27	M 70		00:16:51	00:03:58	00:29:18			01:16:47.75
76	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39	27	M 71		00:15:26	00:02:47	00:33:15	00:00:59	00:24:23	01:16:50.20
77	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49	28	M 72		00:17:51	00:03:09	00:31:01	00:01:28	00:23:22	01:16:51.65
78	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39	28	M 73		00:17:01	00:03:08	00:30:28	00:01:17	00:24:59	01:16:53.10
79	WOŹNIAK ANNA	205	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	3	K 6		00:17:22	00:03:10	00:30:33	00:01:15	00:24:52	01:17:12.60
80	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	SUCHY LAS	POL	M30-39	29	M 74		00:16:09	00:03:13	00:34:19	00:01:06	00:22:34	01:17:21.55
81	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49	29	M 75		00:12:40	00:02:59	00:33:28	00:01:26	00:27:10	01:17:43.45
82	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39	30	M 76		00:16:53	00:03:30	00:31:37	00:01:22	00:24:30	01:17:52.15
83	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49	30	M 77		00:16:19	00:03:42	00:30:51	00:01:17	00:25:44	01:17:53.55
84	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29	12	M 78		00:19:26	00:04:57	00:31:59	00:01:30	00:20:15	01:18:07.80
85	WAŁĘZA HUBERT	17		DRZEWCE	POL	M30-39	31	M 79		00:16:59	00:03:14	00:32:11	00:00:57	00:24:47	01:18:08.10
86	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49	31	M 80		00:18:03	00:03:04	00:31:14	00:00:48	00:25:00	01:18:09.90
87	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29	13	M 81		00:14:41	00:03:06	00:33:58	00:00:39	00:25:47	01:18:11.55
88	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49	32	M 82		00:16:23	00:03:03	00:31:34	00:01:19	00:25:55	01:18:14.15
89	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39	32	M 83		00:17:47	00:03:49	00:34:10	00:01:13	00:21:15	01:18:14.55
90	GIEDRYS ROMAN	73		TUCHOLA	POL	M50-59	7	M 84		00:17:23	00:03:22	00:31:01	00:01:26	00:25:06	01:18:18.10
91	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49	33	M 85		00:15:36	00:02:41	00:32:47	00:01:02	00:26:15	01:18:21.10
92	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39	33	M 86		00:14:46	00:03:34	00:33:23	00:01:22	00:25:38	01:18:43.50
93	LICZNIERSKA ALINA	56	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	4	K 7		00:20:46	00:02:31	00:32:37	00:00:48	00:22:06	01:18:48.20
94	MICHAŁIK JOANNA	147		BYDGOSZCZ	POL	K40-49	5	K 8		00:16:23	00:03:23	00:32:48	00:01:42	00:24:41	01:18:57.00
95	ŁABĘDZKI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	34	M 87	TRISPACE/TREK	00:15:50	00:03:12	00:33:01	00:01:11	00:25:45	01:18:59.90
96	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39	3	K 9		00:13:29	00:03:04	00:35:14	00:01:23	00:25:58	01:19:08.35
97	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	34	M 88		00:17:31	00:03:07	00:33:40	00:01:03	00:23:52	01:19:13.60
98	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	NOWE DĄBIE	POL	M30-39	35	M 89		00:17:14	00:03:01	00:33:25	00:01:06	00:24:40	01:19:26.90
99	GRĄBCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39	36	M 90		00:15:31	00:04:07	00:35:25	00:01:42	00:22:41	01:19:26.95
100	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAŃ	POL	M30-39	37	M 91		00:14:55	00:03:32	00:32:09	00:01:25	00:27:29	01:19:30.25
101	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49	35	M 92		00:17:48	00:02:34	00:32:31	00:01:41	00:25:00	01:19:34.55
102	SOŁDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	35	M 92		00:18:26	00:02:53	00:32:08	00:01:59	00:24:08	01:19:34.55
103	SIUDA MAREK	43		BYDGOSZCZ	POL	M50-59	8	M 94		00:15:40	00:03:51	00:32:56	00:01:58	00:25:15	01:19:40.35
104	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39	4	K 10		00:13:57	00:03:35	00:35:58	00:01:10	00:25:10	01:19:50.65
105	ANTOSIK PATRYK	66	CSWŁĄD POZNAŃ	KCYNIA	POL	M30-39	38	M 95		00:18:36	00:03:39	00:31:11	00:01:32	00:24:55	01:19:53.00
106	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49	37	M 96		00:17:18	00:02:57	00:32:42	00:01:17	00:25:47	01:20:01.50
107	MOSKAŁ PRZEMYSŁAW	145		BORÓWNO	POL	M18-29	14	M 97		00:17:01	00:03:32	00:34:42	00:00:34	00:24:29	01:20:18.30
108	CICHOŃSKA-BAZAK MARZENA	163		ŻOŁĘDOWO	POL	K50-59	1	K 11		00:18:25	00:03:14	00:32:51	00:01:44	00:24:19	01:20:33.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
109	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39	39	M 98		00:13:40	00:02:32	00:34:01	00:01:05	00:29:24	01:20:42.20
110	YAFIMCHYK ANDREI	142	ORCA	POZNAN	POL	M40-49	38	M 99		00:15:09	00:02:47	00:37:05	00:01:49	00:24:02	01:20:52.30
111	KOPIŃSKA - KRÓL MAGDALENA	211	#CHMURACOACHING	BYDGOSZCZ	POL	K40-49	6	K 12		00:17:12	00:02:55	00:32:08	00:01:10	00:27:30	01:20:55.20
112	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49	39	M 100		00:18:23	00:03:59	00:32:52	00:01:53	00:23:52	01:20:59.50
113	MOJSIEWICZ NATALIA	227		WARSZAWA	POL	K18-29	2	K 13		00:16:59	00:03:03	00:33:40	00:01:15	00:26:06	01:21:03.00
114	KOWALSKI PIOTR	76		BYDGOSZCZ	POL	M50-59	9	M 101		00:17:22	00:03:43	00:32:33	00:02:50	00:24:35	01:21:03.45
115	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE )	POL	M30-39	40	M 102		00:18:30	00:02:38	00:33:17	00:01:12	00:25:37	01:21:14.00
116	STRYCZYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	41	M 103	TRISPACE/TREK	00:18:37	00:03:22	00:32:44	00:01:45	00:24:50	01:21:18.10
117	MOLTZAN LILIANA	174		TORUŃ	POL	K18-29	3	K 14		00:14:14	00:03:19	00:36:38	00:01:49	00:26:09	01:22:09.10
118	REPKA MAREK	166	LUPUS TEAM	BYDGOSZCZ	POL	M50-59	10	M 104		00:21:06	00:02:49	00:30:42	00:01:17	00:26:27	01:22:21.80
119	PODLASIŃSKI TOMASZ	140	BAYERLIFETEAM	NIEMCZ	POL	M50-59	11	M 105		00:16:15	00:03:42	00:35:02	00:01:24	00:26:03	01:22:26.70
120	SZYMCAK ELWIRA	151		INOWROCLAW	POL	K18-29	4	K 15		00:16:24	00:03:43	00:36:21	00:00:49	00:25:24	01:22:41.60
121	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39	42	M 106		00:17:43	00:03:06	00:33:55	00:01:27	00:26:31	01:22:42.00
122	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	5	K 16		00:20:53	00:03:41	00:34:41	00:01:14	00:22:22	01:22:51.45
123	GMOSIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	40	M 107		00:16:33	00:04:10	00:33:59	00:02:41	00:25:30	01:22:53.30
124	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49	41	M 108		00:16:01	00:04:41	00:33:28	00:02:29	00:26:25	01:23:04.30
125	SZYMCAK KRZYSZTOF	88	SYSTEM 11	WAŁCZ DRUGI	POL	M50-59	12	M 109		00:20:25	00:03:32	00:32:52	00:01:29	00:24:51	01:23:09.45
126	JARLACZYŃSKA HANNA	242		TYCHY	POL	K18-29	5	K 17		00:17:32	00:03:02	00:35:54	00:01:30	00:25:23	01:23:21.50
127	KUŹMA WOJTEK	6		BYDGOSZCZ	POL	M50-59	13	M 110		00:19:11	00:03:00	00:32:52	00:00:58	00:27:30	01:23:31.10
128	MROTEK KATARZYNA	112	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	K40-49	7	K 18		00:18:19	00:03:37	00:35:00	00:01:52	00:24:45	01:23:33.80
129	SANKOWSKA EWELINA	159		GDYNIA	POL	K40-49	8	K 19		00:15:08	00:02:58	00:36:10	00:01:43	00:27:35	01:23:34.00
130	LISEWSKI PIOTR	100		BYDGOSZCZ	POL	M60-69	1	M 111		00:18:51	00:03:26	00:34:11	00:01:28	00:25:50	01:23:46.30
131	SIEG TYMOTEUSZ	219		GDYNIA	POL	M18-29	15	M 112		00:15:14	00:04:50	00:33:37	00:01:56	00:28:25	01:24:02.55
132	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	42	M 113		00:22:45	00:03:09	00:31:05	00:01:30	00:25:36	01:24:05.95
133	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39	6	K 20		00:18:39	00:03:12	00:35:37	00:01:12	00:25:28	01:24:08.00
134	ŁATKA MARCIN	5		MYŚLECINEK	POL	M40-49	43	M 114		00:15:18	00:02:57	00:36:46	00:00:49	00:28:20	01:24:10.95
135	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49	44	M 115		00:17:12	00:04:08	00:34:37	00:01:46	00:26:28	01:24:11.55
136	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYŃ	POL	M30-39	43	M 116		00:15:28	00:03:44	00:34:46	00:01:25	00:28:50	01:24:13.45
137	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	45	M 117		00:17:46	00:03:35	00:34:06	00:01:46	00:27:24	01:24:37.55
138	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39	44	M 118		00:16:53	00:02:08	00:41:23	00:01:09	00:23:04	01:24:37.65
139	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39	7	K 21		00:16:03	00:03:48	00:37:40	00:01:08	00:26:02	01:24:41.75
140	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39	45	M 119		00:18:49	00:03:42	00:37:01	00:00:42	00:24:41	01:24:55.55
141	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49	46	M 120		00:19:39	00:03:25	00:34:57	00:01:38	00:25:25	01:25:04.20
142	WAWRZYŃSKI DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29	16	M 121		00:20:02	00:03:24	00:35:56	00:01:46	00:24:03	01:25:11.35
143	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39	46	M 122		00:15:42	00:04:14	00:36:33	00:01:02	00:27:41	01:25:12.30
144	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49	47	M 123		00:17:56	00:04:03	00:33:48	00:02:26	00:27:00	01:25:13.50
145	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39	47	M 124		00:15:37	00:03:48	00:35:53	00:01:05	00:28:53	01:25:16.90
146	MICHALEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49	48	M 125		00:18:50	00:05:01	00:35:23	00:00:37	00:25:45	01:25:36.25
147	BAUMGART JACEK	195	BIEGAJ Z DĘBAMI	OSIELSKO	POL	M60-69	2	M 126		00:18:02	00:04:33	00:36:31	00:01:00	00:25:52	01:25:58.35
148	DOŁKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	8	K 22		00:20:14	00:03:22	00:33:44	00:01:29	00:27:09	01:25:58.40
149	LUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49	49	M 127		00:17:06	00:03:59	00:32:57	00:01:48	00:30:18	01:26:08.90
150	ZIELIŃSKI RADOŚLAW	2		BYDGOSZCZ	POL	M30-39	48	M 128		00:17:33	00:03:30	00:33:51	00:01:34	00:29:54	01:26:22.50
151	SZEWS MAREK	136	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	14	M 129		00:18:52	00:02:52	00:34:55	00:01:37	00:28:07	01:26:23.05
152	LIPCZYŃSKI TOMASZ	64	AKTYWNI UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	49	M 130		00:16:47	00:04:35	00:37:19	00:00:29	00:27:18	01:26:28.35
153	LUDWINIAK BOGDAN	111		BYDGOSZCZ	POL	M50-59	15	M 131		00:17:59	00:02:57	00:33:54	00:01:43	00:30:01	01:26:34.10
154	STĘPSKA MAŁGOSIA	61	ŻELKI Z KRAKOWA	KRAKÓW	POL	K50-59	2	K 23		00:20:09	00:03:19	00:33:39	00:01:14	00:28:33	01:26:54.05
155	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39	9	K 24		00:18:12	00:03:06	00:36:51	00:02:06	00:26:50	01:27:05.00
156	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39	50	M 132		00:17:38	00:04:35	00:34:48	00:01:59	00:28:14	01:27:14.55
157	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49	50	M 133		00:18:34	00:03:32	00:34:37	00:01:33	00:29:12	01:27:28.30

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
158	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39	51	M 134		00:18:36	00:03:48	00:35:14	00:01:05	00:28:46	01:27:29.30
159	OSTROWSKI RAFAŁ	68	AKTYWNIEM UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49	51	M 135		00:18:41	00:06:14	00:36:03	00:01:04	00:25:32	01:27:34.70
160	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29	17	M 136		00:18:37	00:02:54	00:36:29	00:00:40	00:29:13	01:27:53.40
161	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29	18	M 137		00:19:44	00:04:40	00:37:51	00:01:05	00:24:48	01:28:08.35
162	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39	52	M 138		00:20:42	00:03:06	00:35:23	00:01:26	00:27:49	01:28:26.35
163	MICHAŁAK AGATA	177		BYDGOSZCZ	POL	K18-29	6	K 25		00:18:55	00:03:16	00:36:02	00:02:09	00:28:10	01:28:32.95
164	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49	52	M 139		00:18:50	00:04:07	00:35:22	00:01:36	00:28:41	01:28:36.45
165	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39	53	M 140		00:17:51	00:03:55	00:36:23	00:01:25	00:29:13	01:28:47.05
166	DOBRYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39	10	K 26		00:22:10	00:03:26	00:36:58	00:01:19	00:25:18	01:29:11.50
167	BEM WOJCIECH	194		TORUŃ	POL	M30-39	54	M 141		00:17:46	00:03:37	00:36:02	00:01:23	00:30:28	01:29:16.20
168	HAJŁASZ MARCIN	129		WROCŁAW	POL	M30-39	55	M 142		00:17:53	00:04:28	00:34:42	00:01:49	00:30:38	01:29:30.50
169	DWOJACZNA-CHRAPKOWS KA ANNA	13	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K40-49	9	K 27		00:19:49	00:03:34	00:37:23	00:01:36	00:27:08	01:29:30.65
170	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39	11	K 28		00:17:50	00:03:18	00:37:18	00:00:36	00:30:47	01:29:49.15
171	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49	53	M 143		00:20:05	00:04:22	00:30:45	00:01:36	00:33:35	01:30:23.40
172	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49	54	M 144		00:19:48	00:04:45	00:38:29	00:01:34	00:25:49	01:30:25.70
173	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39	56	M 145		00:18:15	00:04:03	00:34:31	00:01:19	00:32:22	01:30:30.85
174	SADKIEWICZ JACEK	225	RACING TEAM	OSIELSKO	POL	M50-59	16	M 146		00:17:14	00:03:50	00:33:57	00:01:40	00:34:08	01:30:49.45
175	ŻELAZNY MARCIN	27		BYDGOSZCZ	POL	M50-59	17	M 147		00:15:48	00:03:52	00:36:59	00:02:38	00:32:14	01:31:31.75
176	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39	12	K 29		00:21:42	00:03:44	00:37:27	00:01:15	00:27:24	01:31:32.45
177	WINIECKA MARTYNA	59	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K18-29	7	K 30		00:19:33	00:03:14	00:37:17	00:00:39	00:30:56	01:31:39.60
178	MAŁKIŃSKI JÓZEF	84		BYDGOSZCZ	POL	M60-69	3	M 148		00:19:46	00:03:36	00:37:02	00:00:54	00:30:24	01:31:42.60
179	CEGLARSKA INGA	258	N-BIKE	BYDGOSZCZ	POL	K40-49	10	K 31		00:19:03	00:03:56	00:35:23	00:01:47	00:31:45	01:31:54.45
180	WUJEK MAGDALENA	77		BYDGOSZCZ	POL	K40-49	11	K 32		00:22:25	00:04:05	00:40:54	00:00:59	00:24:03	01:32:26.45
181	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39	13	K 33		00:19:43	00:03:41	00:38:16	00:00:57	00:29:59	01:32:36.00
182	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39	14	K 34		00:18:59	00:03:14	00:38:50	00:01:31	00:30:29	01:33:03.25
183	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39	15	K 35		00:16:37	00:03:53	00:37:39	00:00:48	00:34:07	01:33:04.75
184	SZUKALSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49	55	M 149		00:20:38	00:03:52	00:40:19	00:01:48	00:26:34	01:33:11.90
185	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49	56	M 150		00:16:39	00:03:32	00:35:50	00:01:48	00:35:34	01:33:23.80
186	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAN	POL	K30-39	16	K 36		00:20:58	00:04:25	00:36:05	00:01:34	00:30:40	01:33:42.55
187	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39	57	M 151		00:19:49	00:04:03	00:31:51	00:01:08	00:36:59	01:33:50.20
188	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39	58	M 152		00:19:42	00:04:08	00:37:20	00:01:17	00:31:25	01:33:52.45
189	BŁĄŻEJEWSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39	17	K 37		00:20:31	00:04:01	00:39:08	00:01:02	00:29:47	01:34:29.70
190	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49	57	M 153		00:19:39	00:04:06	00:35:38	00:01:40	00:33:37	01:34:40.00
191	SKÓRCZEWSKI JACEK	124		NIEMCZ	POL	M60-69	4	M 154		00:22:02	00:05:09	00:36:25	00:01:56	00:29:29	01:35:01.40
192	HRYNIEWICZ AGNIESZKA	50		ŁÓDŹ	POL	K40-49	12	K 38		00:18:24	00:05:03	00:40:40	00:00:49	00:30:08	01:35:04.55
193	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39	18	K 38		00:17:56	00:03:42	00:40:18	00:00:42	00:32:26	01:35:04.55
194	RĄCZKOWSKI DANIEL	117	AKTYWNIEM UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	59	M 155		00:19:36	00:04:46	00:41:25	00:00:54	00:28:42	01:35:23.40
195	KUKLISOVA GABRIELA	15		BYDGOSZCZ	SVK	K40-49	13	K 40		00:18:44	00:04:12	00:37:37	00:01:13	00:34:27	01:36:13.85
196	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39	19	K 41		00:22:14	00:04:31	00:36:18	00:01:39	00:31:43	01:36:25.95
197	BINKOWSKI CZAREK	255	LKS OSTROMECKO	OSTROMECKO	POL	M50-59	18	M 156		00:21:03	00:05:14	00:36:25	00:02:11	00:32:12	01:37:05.45
198	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49	58	M 157		00:26:21	00:04:41	00:33:15	00:02:40	00:30:12	01:37:09.85
199	PACZKOWSKA-PAPCZYŃSK A JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39	20	K 42		00:22:43	00:03:58	00:37:00	00:01:28	00:32:23	01:37:32.60
200	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39	60	M 158		00:19:49	00:04:51	00:40:56	00:01:19	00:31:01	01:37:56.05
201	BOGALECKI MAREK	209	KS SOKÓŁ ZBLEWO	STAROGARD GDAŃSKI	POL	M60-69	5	M 159		00:20:55	00:06:17	00:37:27	00:03:07	00:30:18	01:38:04.45
202	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39	61	M 160		00:16:26	00:05:07	00:38:12	00:02:11	00:36:29	01:38:25.15
203	POBOC PRZEMYSŁAW	155		KRUSZYN	POL	M50-59	19	M 161		00:22:40	00:04:10	00:38:37	00:01:45	00:32:04	01:39:16.60
204	BUCZKO MICHAŁ	109		NAMYSŁÓW	POL	M40-49	59	M 162		00:21:47	00:04:08	00:39:11	00:02:13	00:32:48	01:40:07.00
205	PEC ANNA	90	SKS OBORNIKI	OBORNIKI	POL	K50-59	3	K 43		00:20:53	00:04:31	00:38:08	00:01:38	00:35:09	01:40:19.70

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
206	MONTOWSKI JAN	132	KLUB OPŁAWIEC	BYDGOSZCZ	POL	M60-69	6	M 163		00:23:15	00:04:54	00:37:11	00:01:05	00:34:05	01:40:30.25
207	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39	21	K 44		00:22:15	00:03:53	00:38:13	00:01:22	00:34:52	01:40:35.70
208	ŚWIADEK HUBERT	67		BYDGOSZCZ	POL	M30-39	62	M 164		00:24:14	00:04:39	00:40:42	00:01:51	00:29:49	01:41:15.70
209	MOSUR-GALICKA ANGELINA	9	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	K50-59	4	K 45		00:16:43	00:04:38	00:40:08	00:02:38	00:37:50	01:41:57.50
210	SZABO-MOSKAL JADWIGA	168		BORÓWNO	POL	K50-59	5	K 46		00:21:00	00:04:05	00:45:17	00:00:39	00:31:40	01:42:41.65
211	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49	60	M 165		00:19:54	00:06:22	00:42:12	00:02:05	00:32:26	01:42:59.70
212	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49	61	M 166		00:20:31	00:05:14	00:36:20	00:03:56	00:38:21	01:44:22.15
213	MAKSYMOWICZ AGATA	85		LEGIONOWO	POL	K40-49	14	K 47		00:17:12	00:06:10	00:45:54	00:02:29	00:33:04	01:44:49.25
214	LEWANDOWSKA LARYSA	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	BYDGOSZCZ	POL	K18-29	8	K 48		00:24:18	00:04:28	00:42:52	00:00:38	00:33:48	01:46:04.85
215	NOSIĄDEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLĄSKI	POL	K30-39	22	K 49		00:22:47	00:05:47	00:40:39	00:02:41	00:34:21	01:46:15.95
216	CIESIELSKI PIOTR	183		MAKSYMILIANOWO	POL	M50-59	20	M 167		00:22:12	00:05:21	00:44:11	00:02:21	00:32:27	01:46:32.15
217	WIŚNIEWSKA LUCYNA	16	TRISPACE/TREK	BYDGOSZCZ	POL	K50-59	6	K 50		00:23:12	00:04:18	00:41:15	00:01:50	00:38:24	01:48:59.55
218	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49	62	M 168		00:22:57	00:05:24	00:38:47	00:02:22	00:40:07	01:49:37.80
219	WIŚNIEWSKI KRZYSZTOF	7	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	21	M 169		00:30:28	00:05:26	00:40:39	00:02:22	00:37:14	01:56:09.30
220	IGNASIAK BERNADETA	158		BYDGOSZCZ	POL	K40-49	15	K 51		00:33:55	00:03:55	00:43:56	00:01:06	00:33:33	01:56:25.65
221	MAŃCZAK WAWRZYNIEC	152	ENDURE TEAM	BYDGOSZCZ	POL	M70-79	1	M 170		00:16:08	00:08:34	00:46:15	00:01:37	00:45:45	01:58:19.15
222	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49	63	M 171		00:28:40	00:05:19	00:45:55	00:01:27	00:36:59	01:58:20.15
223	KWIATKOWSKI ROMAN	115		STRZELCE GÓRNE	POL	M60-69	7	M 172		00:26:40	00:07:19	00:41:27	00:02:02	00:41:39	01:59:07.30
224	WOROSZYŁO MONIKA	114	RYKOWISKO	PŁOCK	POL	K40-49	16	K 52		00:23:31	00:09:28	00:52:42	00:02:20	00:33:49	02:01:50.80
225	MIKA ALDONA	82		BYDGOSZCZ	POL	K50-59	7	K 53		00:25:53	00:07:55	00:48:05	00:01:17	00:42:47	02:05:57.35
226	SAWICKI WALDEMAR	83		BYDGOSZCZ	POL	M80+	1	M 173		00:25:33	00:05:44	00:45:17	00:01:28	00:47:58	02:06:00.80
227	KOZIK ANNA	156		PRUSZCZ	POL	K50-59	8	K 54		00:34:33	00:05:37	00:48:01	00:03:31	00:40:23	02:12:05.65
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29				00:12:14 DNF	00:02:50		00:00:00	00:00:00	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K18-29**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	PALETA ELŻBIETA	187	TM IRON TEAM	KATOWICE	POL	K18-29	1	K 3		00:15:32	00:02:42	00:31:21	00:01:00	00:22:31	01:13:06.40
2	MOJSIEWICZ NATALIA	227		WARSZAWA	POL	K18-29	2	K 13		00:16:59	00:03:03	00:33:40	00:01:15	00:26:06	01:21:03.00
3	MOLTZAN LILIANA	174		TORUŃ	POL	K18-29	3	K 14		00:14:14	00:03:19	00:36:38	00:01:49	00:26:09	01:22:09.10
4	SZYMCZAK ELWIRA	151		INOWROCLAW	POL	K18-29	4	K 15		00:16:24	00:03:43	00:36:21	00:00:49	00:25:24	01:22:41.60
5	JARLACZYŃSKA HANNA	242		TYCHY	POL	K18-29	5	K 17		00:17:32	00:03:02	00:35:54	00:01:30	00:25:23	01:23:21.50
6	MICHAŁAK AGATA	177		BYDGOSZCZ	POL	K18-29	6	K 25		00:18:55	00:03:16	00:36:02	00:02:09	00:28:10	01:28:32.95
7	WINIECKA MARTYNA	59	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K18-29	7	K 30		00:19:33	00:03:14	00:37:17	00:00:39	00:30:56	01:31:39.60
8	LEWANDOWSKA LARYSA	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	BYDGOSZCZ	POL	K18-29	8	K 48		00:24:18	00:04:28	00:42:52	00:00:38	00:33:48	01:46:04.85

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M18-29**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29	1	M 1		00:11:22	00:01:38	00:30:17	00:00:30	00:19:07	01:02:54.00
2	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29	2	M 9		00:14:03	00:01:52	00:29:24	00:00:57	00:18:54	01:05:10.45
3	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	3	M 25		00:13:22	00:02:26	00:31:35	00:00:55	00:21:35	01:09:53.95
4	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29	4	M 27		00:12:44	00:02:41	00:32:45	00:01:00	00:21:23	01:10:33.95
5	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29	5	M 28		00:14:20	00:01:50	00:29:15	00:00:43	00:24:38	01:10:46.30
6	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29	6	M 31		00:13:34	00:02:03	00:32:04	00:00:54	00:22:24	01:10:59.80

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M18-29 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
7	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29	7	M 36		00:14:19	00:02:24	00:31:04	00:00:57	00:23:15	01:11:59.05
8	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29	8	M 45		00:17:01	00:03:13	00:30:53	00:01:16	00:20:45	01:13:08.05
9	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29	9	M 49		00:16:04	00:02:06	00:32:56	00:01:05	00:21:28	01:13:39.70
10	MIŚ FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29	10	M 54		00:16:42	00:03:30	00:32:24	00:00:51	00:21:00	01:14:27.25
11	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29	11	M 64		00:15:58	00:03:11	00:32:45	00:01:27	00:22:58	01:16:19.45
12	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29	12	M 78		00:19:26	00:04:57	00:31:59	00:01:30	00:20:15	01:18:07.80
13	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29	13	M 81		00:14:41	00:03:06	00:33:58	00:00:39	00:25:47	01:18:11.55
14	MOSKAL PRZEMYSŁAW	145		BORÓWNO	POL	M18-29	14	M 97		00:17:01	00:03:32	00:34:42	00:00:34	00:24:29	01:20:18.30
15	SIEG TYMOTEUZ	219		GDYNIA	POL	M18-29	15	M 112		00:15:14	00:04:50	00:33:37	00:01:56	00:28:25	01:24:02.55
16	WAWRZYŃIAK DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29	16	M 121		00:20:02	00:03:24	00:35:56	00:01:46	00:24:03	01:25:11.35
17	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29	17	M 136		00:18:37	00:02:54	00:36:29	00:00:40	00:29:13	01:27:53.40
18	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29	18	M 137		00:19:44	00:04:40	00:37:51	00:01:05	00:24:48	01:28:08.35
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29				00:12:14 DNF	00:02:50		00:00:00	00:00:00	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K30-39**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39	1	K 1		00:16:15	00:02:27	00:29:33	00:01:20	00:20:36	01:10:11.70
2	ANDRZEJEWSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	2	K 4		00:18:19	00:02:49	00:29:32	00:01:36	00:22:20	01:14:36.75
3	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39	3	K 9		00:13:29	00:03:04	00:35:14	00:01:23	00:25:58	01:19:08.35
4	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39	4	K 10		00:13:57	00:03:35	00:35:58	00:01:10	00:25:10	01:19:50.65
5	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39	5	K 16		00:20:53	00:03:41	00:34:41	00:01:14	00:22:22	01:22:51.45
6	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39	6	K 20		00:18:39	00:03:12	00:35:37	00:01:12	00:25:28	01:24:08.00
7	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39	7	K 21		00:16:03	00:03:48	00:37:40	00:01:08	00:26:02	01:24:41.75
8	DOŁKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	8	K 22		00:20:14	00:03:22	00:33:44	00:01:29	00:27:09	01:25:58.40
9	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39	9	K 24		00:18:12	00:03:06	00:36:51	00:02:06	00:26:50	01:27:05.00
10	DOBRYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39	10	K 26		00:22:10	00:03:26	00:36:58	00:01:19	00:25:18	01:29:11.50
11	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39	11	K 28		00:17:50	00:03:18	00:37:18	00:00:36	00:30:47	01:29:49.15
12	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39	12	K 29		00:21:42	00:03:44	00:37:27	00:01:15	00:27:24	01:31:32.45
13	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39	13	K 33		00:19:43	00:03:41	00:38:16	00:00:57	00:29:59	01:32:36.00
14	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39	14	K 34		00:18:59	00:03:14	00:38:50	00:01:31	00:30:29	01:33:03.25
15	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39	15	K 35		00:16:37	00:03:53	00:37:39	00:00:48	00:34:07	01:33:04.75
16	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAN	POL	K30-39	16	K 36		00:20:58	00:04:25	00:36:05	00:01:34	00:30:40	01:33:42.55
17	BŁAŻEJEWSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39	17	K 37		00:20:31	00:04:01	00:39:08	00:01:02	00:29:47	01:34:29.70
18	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39	18	K 38		00:17:56	00:03:42	00:40:18	00:00:42	00:32:26	01:35:04.55
19	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39	19	K 41		00:22:14	00:04:31	00:36:18	00:01:39	00:31:43	01:36:25.95
20	PACZKOWSKA-PAPCZYŃSK A JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39	20	K 42		00:22:43	00:03:58	00:37:00	00:01:28	00:32:23	01:37:32.60
21	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39	21	K 44		00:22:15	00:03:53	00:38:13	00:01:22	00:34:52	01:40:35.70
22	NOSIĄDEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLĄSKI	POL	K30-39	22	K 49		00:22:47	00:05:47	00:40:39	00:02:41	00:34:21	01:46:15.95

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M30-39**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	1	M 3		00:14:17	00:01:42	00:29:10	00:01:11	00:16:58	01:03:18.45
2	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	2	M 5		00:14:20	00:01:50	00:27:57	00:00:45	00:19:10	01:04:02.50



**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M30-39 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
3	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 8		00:12:17	00:02:11	00:28:06	00:00:53	00:21:41	01:05:08.15
4	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39	4	M 12		00:14:21	00:01:56	00:30:14	00:00:59	00:18:18	01:05:48.85
5	WASZTYL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39	5	M 13		00:11:42	00:01:53	00:30:26	00:00:56	00:20:53	01:05:50.70
6	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	6	M 14		00:14:34	00:01:58	00:28:08	00:00:57	00:20:45	01:06:22.20
7	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39	7	M 15		00:13:56	00:02:39	00:28:00	00:00:53	00:21:04	01:06:32.35
8	SZEWCZUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39	8	M 18		00:13:42	00:02:05	00:28:58	00:00:58	00:21:43	01:07:26.45
9	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39	9	M 20		00:13:47	00:02:13	00:30:08	00:00:47	00:21:28	01:08:23.35
10	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39	10	M 24		00:12:12	00:02:15	00:30:39	00:00:47	00:23:36	01:09:29.25
11	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39	11	M 29		00:14:12	00:02:18	00:30:28	00:01:08	00:22:49	01:10:55.75
12	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	12	M 30		00:12:56	00:02:19	00:30:36	00:01:05	00:24:00	01:10:56.20
13	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39	13	M 33		00:13:57	00:02:31	00:31:07	00:00:49	00:22:40	01:11:04.05
14	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39	14	M 39		00:15:32	00:03:07	00:30:47	00:01:22	00:21:29	01:12:17.05
15	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39	15	M 42		00:17:20	00:02:30	00:30:31	00:01:20	00:20:57	01:12:38.00
16	BOROWSKI RADOSŁAW	89	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39	16	M 43		00:16:00	00:02:49	00:30:50	00:01:00	00:22:07	01:12:46.80
17	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39	17	M 44		00:15:08	00:02:45	00:30:54	00:00:47	00:23:21	01:12:55.20
18	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39	18	M 51		00:13:06	00:02:44	00:32:53	00:01:00	00:24:17	01:14:00.90
19	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39	19	M 52		00:16:24	00:02:46	00:32:21	00:01:13	00:21:33	01:14:17.90
20	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	20	M 53		00:15:49	00:02:34	00:32:35	00:00:51	00:22:32	01:14:21.70
21	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39	21	M 57		00:17:18	00:03:11	00:31:32	00:01:09	00:22:07	01:15:17.30
22	BRZEZIŃSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	22	M 58		00:17:00	00:02:56	00:31:21	00:01:10	00:22:59	01:15:26.80
23	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39	23	M 60		00:14:28	00:03:19	00:32:22	00:01:30	00:24:13	01:15:52.35
24	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39	24	M 61		00:15:26	00:03:28	00:33:06	00:00:56	00:22:59	01:15:55.00
25	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39	25	M 62		00:15:58	00:03:57	00:32:51	00:00:38	00:22:32	01:15:56.50
26	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39	26	M 68		00:11:31	00:03:30	00:33:36	00:00:47	00:27:21	01:16:45.65
27	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39	27	M 71		00:15:26	00:02:47	00:33:15	00:00:59	00:24:23	01:16:50.20
28	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39	28	M 73		00:17:01	00:03:08	00:30:28	00:01:17	00:24:59	01:16:53.10
29	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	SUCHY LAS	POL	M30-39	29	M 74		00:16:09	00:03:13	00:34:19	00:01:06	00:22:34	01:17:21.55
30	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39	30	M 76		00:16:53	00:03:30	00:31:37	00:01:22	00:24:30	01:17:52.15
31	WAŁĘZA HUBERT	17		DRZEWCZE	POL	M30-39	31	M 79		00:16:59	00:03:14	00:32:11	00:00:57	00:24:47	01:18:08.10
32	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39	32	M 83		00:17:47	00:03:49	00:34:10	00:01:13	00:21:15	01:18:14.55
33	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39	33	M 86		00:14:46	00:03:34	00:33:23	00:01:22	00:25:38	01:18:43.50
34	ŁABĘDZKI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	34	M 87	TRISPACE/TREK	00:15:50	00:03:12	00:33:01	00:01:11	00:25:45	01:18:59.90
35	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	NOWE DĄBIE	POL	M30-39	35	M 89		00:17:14	00:03:01	00:33:25	00:01:06	00:24:40	01:19:26.90
36	GRĄBCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39	36	M 90		00:15:31	00:04:07	00:35:25	00:01:42	00:22:41	01:19:26.95
37	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAŃ	POL	M30-39	37	M 91		00:14:55	00:03:32	00:32:09	00:01:25	00:27:29	01:19:30.25
38	ANTOSIK PATRYK	66	CSWŁĄD POZNAŃ	KCYNIA	POL	M30-39	38	M 95		00:18:36	00:03:39	00:31:11	00:01:32	00:24:55	01:19:53.00
39	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39	39	M 98		00:13:40	00:02:32	00:34:01	00:01:05	00:29:24	01:20:42.20
40	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE )	POL	M30-39	40	M 102		00:18:30	00:02:38	00:33:17	00:01:12	00:25:37	01:21:14.00
41	STRZYCYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	41	M 103	TRISPACE/TREK	00:18:37	00:03:22	00:32:44	00:01:45	00:24:50	01:21:18.10
42	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39	42	M 106		00:17:43	00:03:06	00:33:55	00:01:27	00:26:31	01:22:42.00
43	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYN	POL	M30-39	43	M 116		00:15:28	00:03:44	00:34:46	00:01:25	00:28:50	01:24:13.45
44	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39	44	M 118		00:16:53	00:02:08	00:41:23	00:01:09	00:23:04	01:24:37.65
45	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39	45	M 119		00:18:49	00:03:42	00:37:01	00:00:42	00:24:41	01:24:55.55
46	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39	46	M 122		00:15:42	00:04:14	00:36:33	00:01:02	00:27:41	01:25:12.30
47	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39	47	M 124		00:15:37	00:03:48	00:35:53	00:01:05	00:28:53	01:25:16.90
48	ZIELIŃSKI RADOSŁAW	2		BYDGOSZCZ	POL	M30-39	48	M 128		00:17:33	00:03:30	00:33:51	00:01:34	00:29:54	01:26:22.50
49	LIPCZYŃSKI TOMASZ	64	AKTYWNI UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	49	M 130		00:16:47	00:04:35	00:37:19	00:00:29	00:27:18	01:26:28.35

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M30-39 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
50	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39	50	M 132		00:17:38	00:04:35	00:34:48	00:01:59	00:28:14	01:27:14.55
51	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39	51	M 134		00:18:36	00:03:48	00:35:14	00:01:05	00:28:46	01:27:29.30
52	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39	52	M 138		00:20:42	00:03:06	00:35:23	00:01:26	00:27:49	01:28:26.35
53	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39	53	M 140		00:17:51	00:03:55	00:36:23	00:01:25	00:29:13	01:28:47.05
54	BEM WOJCIECH	194		TORUŃ	POL	M30-39	54	M 141		00:17:46	00:03:37	00:36:02	00:01:23	00:30:28	01:29:16.20
55	HAJŁASZ MARCIN	129		WROCŁAW	POL	M30-39	55	M 142		00:17:53	00:04:28	00:34:42	00:01:49	00:30:38	01:29:30.50
56	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39	56	M 145		00:18:15	00:04:03	00:34:31	00:01:19	00:32:22	01:30:30.85
57	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39	57	M 151		00:19:49	00:04:03	00:31:51	00:01:08	00:36:59	01:33:50.20
58	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39	58	M 152		00:19:42	00:04:08	00:37:20	00:01:17	00:31:25	01:33:52.45
59	RĄCZKOWSKI DANIEL	117	AKTYWNIEM UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39	59	M 155		00:19:36	00:04:46	00:41:25	00:00:54	00:28:42	01:35:23.40
60	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39	60	M 158		00:19:49	00:04:51	00:40:56	00:01:19	00:31:01	01:37:56.05
61	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39	61	M 160		00:16:26	00:05:07	00:38:12	00:02:11	00:36:29	01:38:25.15
62	ŚWIADEK HUBERT	67		BYDGOSZCZ	POL	M30-39	62	M 164		00:24:14	00:04:39	00:40:42	00:01:51	00:29:49	01:41:15.70

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K40-49**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ŻMICH-FÓRMANIAK JOANNA	213	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	1	K 2		00:14:53	00:02:13	00:30:53	00:00:50	00:23:57	01:12:46.40
2	RYMARKIEWICZ MAŁGORZATA	230	TM IRONTEAM	BYDGOSZCZ	POL	K40-49	2	K 5		00:16:55	00:02:41	00:31:35	00:01:19	00:23:26	01:15:56.85
3	WOŹNIAK ANNA	205	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	3	K 6		00:17:22	00:03:10	00:30:33	00:01:15	00:24:52	01:17:12.60
4	LICZNIERSKA ALINA	56	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	4	K 7		00:20:46	00:02:31	00:32:37	00:00:48	00:22:06	01:18:48.20
5	MICHALIK JOANNA	147		BYDGOSZCZ	POL	K40-49	5	K 8		00:16:23	00:03:23	00:32:48	00:01:42	00:24:41	01:18:57.00
6	KOPIŃSKA - KRÓL MAGDALENA	211	#CHMURACOACHING	BYDGOSZCZ	POL	K40-49	6	K 12		00:17:12	00:02:55	00:32:08	00:01:10	00:27:30	01:20:55.20
7	MROTEK KATARZYNA	112	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	K40-49	7	K 18		00:18:19	00:03:37	00:35:00	00:01:52	00:24:45	01:23:33.80
8	SANKOWSKA EWELINA	159		GDYNIA	POL	K40-49	8	K 19		00:15:08	00:02:58	00:36:10	00:01:43	00:27:35	01:23:34.00
9	DWOJACZNA-CHRAPKOWS KA ANNA	13	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K40-49	9	K 27		00:19:49	00:03:34	00:37:23	00:01:36	00:27:08	01:29:30.65
10	CEGLARSKA INGA	258	N-BIKE	BYDGOSZCZ	POL	K40-49	10	K 31		00:19:03	00:03:56	00:35:23	00:01:47	00:31:45	01:31:54.45
11	WUJEK MAGDALENA	77		BYDGOSZCZ	POL	K40-49	11	K 32		00:22:25	00:04:05	00:40:54	00:00:59	00:24:03	01:32:26.45
12	HRYNIEWICZ AGNIESZKA	50		ŁÓDŹ	POL	K40-49	12	K 38		00:18:24	00:05:03	00:40:40	00:00:49	00:30:08	01:35:04.55
13	KUKLISOVA GABRIELA	15		BYDGOSZCZ	SVK	K40-49	13	K 40		00:18:44	00:04:12	00:37:37	00:01:13	00:34:27	01:36:13.85
14	MAKSYMOWICZ AGATA	85		LEGIONOWO	POL	K40-49	14	K 47		00:17:12	00:06:10	00:45:54	00:02:29	00:33:04	01:44:49.25
15	IGNASIAK BERNADETA	158		BYDGOSZCZ	POL	K40-49	15	K 51		00:33:55	00:03:55	00:43:56	00:01:06	00:33:33	01:56:25.65
16	WOROSZYŁO MONIKA	114	RYKOWISKO	PŁOCK	POL	K40-49	16	K 52		00:23:31	00:09:28	00:52:42	00:02:20	00:33:49	02:01:50.80

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M40-49**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	MIELOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŻ	POL	M40-49	1	M 2		00:11:00	00:02:07	00:28:38	00:00:36	00:20:52	01:03:13.20
2	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49	2	M 4		00:13:40	00:02:15	00:27:28	00:00:59	00:19:18	01:03:40.15
3	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49	3	M 6		00:13:15	00:02:10	00:27:32	00:00:36	00:20:44	01:04:17.05
4	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49	4	M 7		00:13:09	00:02:21	00:28:19	00:01:09	00:19:37	01:04:35.65
5	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	5	M 11		00:12:56	00:02:11	00:28:30	00:00:46	00:21:05	01:05:28.45
6	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49	6	M 16		00:11:50	00:01:57	00:31:09	00:01:11	00:20:56	01:07:03.20
7	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49	7	M 17		00:13:58	00:02:17	00:29:47	00:01:09	00:20:10	01:07:21.45

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M40-49 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
8	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49	8	M 19		00:13:56	00:02:32	00:29:25	00:01:07	00:20:32	01:07:32.20
9	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49	9	M 21		00:14:59	00:03:02	00:27:42	00:01:42	00:21:19	01:08:44.15
10	GOŁATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49	10	M 22		00:14:16	00:02:10	00:30:25	00:00:54	00:21:11	01:08:56.30
11	GACKA RAFAŁ	216	LUPUS TEAM	SICIENKO	POL	M40-49	11	M 23		00:14:51	00:02:39	00:30:01	00:01:02	00:20:44	01:09:17.65
12	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49	12	M 32		00:14:34	00:02:39	00:31:11	00:00:54	00:21:43	01:11:01.10
13	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OŁAWA	POL	M40-49	13	M 34		00:12:40	00:02:35	00:31:49	00:01:07	00:23:06	01:11:17.85
14	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49	14	M 35		00:17:08	00:02:54	00:29:25	00:00:53	00:21:26	01:11:46.45
15	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	15	M 38		00:15:13	00:03:31	00:29:40	00:01:09	00:22:44	01:12:17.00
16	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49	16	M 40		00:14:28	00:02:34	00:29:37	00:00:51	00:24:52	01:12:22.45
17	KROPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49	17	M 41		00:14:51	00:02:54	00:30:40	00:00:48	00:23:12	01:12:25.80
18	DADEJ RAFAŁ	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49	18	M 47		00:15:51	00:02:40	00:31:20	00:01:58	00:21:32	01:13:21.00
19	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49	19	M 48		00:12:21	00:03:19	00:30:04	00:00:51	00:27:04	01:13:39.20
20	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49	20	M 50		00:16:00	00:02:57	00:31:03	00:01:12	00:22:43	01:13:55.05
21	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	21	M 55		00:18:28	00:03:07	00:29:55	00:00:45	00:22:18	01:14:33.70
22	LIPŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49	22	M 59		00:14:19	00:03:19	00:31:45	00:01:15	00:25:06	01:15:44.95
23	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	23	M 63		00:16:43	00:03:15	00:30:36	00:01:39	00:23:44	01:15:57.50
24	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49	24	M 66		00:15:11	00:02:35	00:33:23	00:01:09	00:24:20	01:16:38.55
25	OZOROWSKI ŁUKASZ	204		SZEMBOKOWO	POL	M40-49	25	M 67		00:17:38	00:03:38	00:31:37	00:01:14	00:22:32	01:16:39.20
26	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ŻYRARDÓW	POL	M40-49	26	M 69		00:15:17	00:03:10	00:31:25	00:01:05	00:25:49	01:16:46.90
27	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49	27	M 70		00:16:51	00:03:58	00:29:18	00:01:05	00:25:49	01:16:47.75
28	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49	28	M 72		00:17:51	00:03:09	00:31:01	00:01:28	00:23:22	01:16:51.65
29	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49	29	M 75		00:12:40	00:02:59	00:33:28	00:01:26	00:27:10	01:17:43.45
30	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49	30	M 77		00:16:19	00:03:42	00:30:51	00:01:17	00:25:44	01:17:53.55
31	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49	31	M 80		00:18:03	00:03:04	00:31:14	00:00:48	00:25:00	01:18:09.90
32	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49	32	M 82		00:16:23	00:03:03	00:31:34	00:01:19	00:25:55	01:18:14.15
33	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49	33	M 85		00:15:36	00:02:41	00:32:47	00:01:02	00:26:15	01:18:21.10
34	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	34	M 88		00:17:31	00:03:07	00:33:40	00:01:03	00:23:52	01:19:13.60
35	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49	35	M 92		00:17:48	00:02:34	00:32:31	00:01:41	00:25:00	01:19:34.55
36	SOŁDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	35	M 92		00:18:26	00:02:53	00:32:08	00:01:59	00:24:08	01:19:34.55
37	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49	37	M 96		00:17:18	00:02:57	00:32:42	00:01:17	00:25:47	01:20:01.50
38	YAFIMCHYK ANDREI	142	ORCA	POZNAN	POL	M40-49	38	M 99		00:15:09	00:02:47	00:37:05	00:01:49	00:24:02	01:20:52.30
39	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49	39	M 100		00:18:23	00:03:59	00:32:52	00:01:53	00:23:52	01:20:59.50
40	GMOŚIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	40	M 107		00:16:33	00:04:10	00:33:59	00:02:41	00:25:30	01:22:53.30
41	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49	41	M 108		00:16:01	00:04:41	00:33:28	00:02:29	00:26:25	01:23:04.30
42	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49	42	M 113		00:22:45	00:03:09	00:31:05	00:01:30	00:25:36	01:24:05.95
43	ŁATKA MARCIN	5		MYŚLECINEK	POL	M40-49	43	M 114		00:15:18	00:02:57	00:36:46	00:00:49	00:28:20	01:24:10.95
44	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49	44	M 115		00:17:12	00:04:08	00:34:37	00:01:46	00:26:28	01:24:11.55
45	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	45	M 117		00:17:46	00:03:35	00:34:06	00:01:46	00:27:24	01:24:37.55
46	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49	46	M 120		00:19:39	00:03:25	00:34:57	00:01:38	00:25:25	01:25:04.20
47	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49	47	M 123		00:17:56	00:04:03	00:33:48	00:02:26	00:27:00	01:25:13.50
48	MICHAŁEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49	48	M 125		00:18:50	00:05:01	00:35:23	00:00:37	00:25:45	01:25:36.25
49	ŁUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49	49	M 127		00:17:06	00:03:59	00:32:57	00:01:48	00:30:18	01:26:08.90
50	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49	50	M 133		00:18:34	00:03:32	00:34:37	00:01:33	00:29:12	01:27:28.30
51	OSTROWSKI RAFAŁ	68	AKTYWNIEM UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49	51	M 135		00:18:41	00:06:14	00:36:03	00:01:04	00:25:32	01:27:34.70
52	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49	52	M 139		00:18:50	00:04:07	00:35:22	00:01:36	00:28:41	01:28:36.45
53	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49	53	M 143		00:20:05	00:04:22	00:30:45	00:01:36	00:33:35	01:30:23.40
54	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49	54	M 144		00:19:48	00:04:45	00:38:29	00:01:34	00:25:49	01:30:25.70
55	SZUKAŁSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49	55	M 149		00:20:38	00:03:52	00:40:19	00:01:48	00:26:34	01:33:11.90
56	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49	56	M 150		00:16:39	00:03:32	00:35:50	00:01:48	00:35:34	01:33:23.80

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M40-49 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
57	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49	57	M 153		00:19:39	00:04:06	00:35:38	00:01:40	00:33:37	01:34:40.00
58	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49	58	M 157		00:26:21	00:04:41	00:33:15	00:02:40	00:30:12	01:37:09.85
59	BUCZKO MICHAŁ	109		NAMYSŁÓW	POL	M40-49	59	M 162		00:21:47	00:04:08	00:39:11	00:02:13	00:32:48	01:40:07.00
60	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49	60	M 165		00:19:54	00:06:22	00:42:12	00:02:05	00:32:26	01:42:59.70
61	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49	61	M 166		00:20:31	00:05:14	00:36:20	00:03:56	00:38:21	01:44:22.15
62	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49	62	M 168		00:22:57	00:05:24	00:38:47	00:02:22	00:40:07	01:49:37.80
63	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49	63	M 171		00:28:40	00:05:19	00:45:55	00:01:27	00:36:59	01:58:20.15

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K50-59**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	CICHOŃSKA-BAZAK MARZENA	163		ŻOŁĘDOWO	POL	K50-59	1	K 11		00:18:25	00:03:14	00:32:51	00:01:44	00:24:19	01:20:33.00
2	STĘPSKA MAŁGOSIA	61	ŻELKI Z KRAKOWA	KRAKÓW	POL	K50-59	2	K 23		00:20:09	00:03:19	00:33:39	00:01:14	00:28:33	01:26:54.05
3	PEC ANNA	90	SKS OBORNIKI	OBORNIKI	POL	K50-59	3	K 43		00:20:53	00:04:31	00:38:08	00:01:38	00:35:09	01:40:19.70
4	MOSUR-GALICKA ANGELINA	9	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	K50-59	4	K 45		00:16:43	00:04:38	00:40:08	00:02:38	00:37:50	01:41:57.50
5	SZABO-MOSKAL JADWIGA	168		BORÓWNO	POL	K50-59	5	K 46		00:21:00	00:04:05	00:45:17	00:00:39	00:31:40	01:42:41.65
6	WIŚNIEWSKA LUCYNA	16	TRISPACE/TREK	BYDGOSZCZ	POL	K50-59	6	K 50		00:23:12	00:04:18	00:41:15	00:01:50	00:38:24	01:48:59.55
7	MIKA ALDONA	82		BYDGOSZCZ	POL	K50-59	7	K 53		00:25:53	00:07:55	00:48:05	00:01:17	00:42:47	02:05:57.35
8	KOZIK ANNA	156		PRUSZCZ	POL	K50-59	8	K 54		00:34:33	00:05:37	00:48:01	00:03:31	00:40:23	02:12:05.65

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M50-59**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ZIENKIEWICZ JANUSZ	201	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	1	M 10		00:13:59	00:02:08	00:29:06	00:00:47	00:19:13	01:05:13.35
2	NOWAK ARTUR	8		JOZEFÓW	POL	M50-59	2	M 26		00:14:02	00:02:14	00:30:57	00:00:49	00:22:09	01:10:11.70
3	KRÓL MACIEJ	210	#CHMURACOACHING	BYDGOSZCZ	POL	M50-59	3	M 37		00:15:21	00:02:41	00:29:45	00:01:18	00:23:07	01:12:12.95
4	TYMIŃSKI DARIUSZ	172	PTT DELTA	BRWILNO	POL	M50-59	4	M 46		00:17:51	00:02:11	00:31:17	00:00:54	00:21:02	01:13:15.85
5	BUDZIK IRENEUSZ	226		BYDGOSZCZ	POL	M50-59	5	M 56		00:16:45	00:02:49	00:31:04	00:01:07	00:23:24	01:15:09.85
6	GŁĄB ANDRZEJ	197	WANIEWSKI COACHING	MALBORK	POL	M50-59	6	M 65		00:15:16	00:02:40	00:31:59	00:01:17	00:25:08	01:16:20.50
7	GIEDRYS ROMAN	73		TUCHOLA	POL	M50-59	7	M 84		00:17:23	00:03:22	00:31:01	00:01:26	00:25:06	01:18:18.10
8	SIUDA MAREK	43		BYDGOSZCZ	POL	M50-59	8	M 94		00:15:40	00:03:51	00:32:56	00:01:58	00:25:15	01:19:40.35
9	KOWALSKI PIOTR	76		BYDGOSZCZ	POL	M50-59	9	M 101		00:17:22	00:03:43	00:32:33	00:02:50	00:24:35	01:21:03.45
10	REPKA MAREK	166	LUPUS TEAM	BYDGOSZCZ	POL	M50-59	10	M 104		00:21:06	00:02:49	00:30:42	00:01:17	00:26:27	01:22:21.80
11	PODLASIŃSKI TOMASZ	140	BAYERLIFETEAM	NIEMCZ	POL	M50-59	11	M 105		00:16:15	00:03:42	00:35:02	00:01:24	00:26:03	01:22:26.70
12	SZYMCAK KRZYSZTOF	88	SYSTEM 11	WAŁCZ DRUGI	POL	M50-59	12	M 109		00:20:25	00:03:32	00:32:52	00:01:29	00:24:51	01:23:09.45
13	KUŹMA WOJTEK	6		BYDGOSZCZ	POL	M50-59	13	M 110		00:19:11	00:03:00	00:32:52	00:00:58	00:27:30	01:23:31.10
14	SZEWS MAREK	136	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	14	M 129		00:18:52	00:02:52	00:34:55	00:01:37	00:28:07	01:26:23.05
15	LUDWINIAK BOGDAN	111		BYDGOSZCZ	POL	M50-59	15	M 131		00:17:59	00:02:57	00:33:54	00:01:43	00:30:01	01:26:34.10
16	SADKIEWICZ JACEK	225	RACING TEAM	OSIELSKO	POL	M50-59	16	M 146		00:17:14	00:03:50	00:33:57	00:01:40	00:34:08	01:30:49.45
17	ŻELAZNY MARCIN	27		BYDGOSZCZ	POL	M50-59	17	M 147		00:15:48	00:03:52	00:36:59	00:02:38	00:32:14	01:31:31.75
18	BINKOWSKI CZAREK	255	LKS OSTROMECKO	OSTROMECKO	POL	M50-59	18	M 156		00:21:03	00:05:14	00:36:25	00:02:11	00:32:12	01:37:05.45
19	POBOC PRZEMYSŁAW	155		KRUSZYN	POL	M50-59	19	M 161		00:22:40	00:04:10	00:38:37	00:01:45	00:32:04	01:39:16.60
20	CIESIELSKI PIOTR	183		MAKSYMILIANOWO	POL	M50-59	20	M 167		00:22:12	00:05:21	00:44:11	00:02:21	00:32:27	01:46:32.15
21	WIŚNIEWSKI KRZYSZTOF	7	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	21	M 169		00:30:28	00:05:26	00:40:39	00:02:22	00:37:14	01:56:09.30

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M60-69**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	LISEWSKI PIOTR	100		BYDGOSZCZ	POL	M60-69	1	M 111		00:18:51	00:03:26	00:34:11	00:01:28	00:25:50	01:23:46.30
2	BAUMGART JACEK	195	BIEGAJ Z DĘBAMI	OSIELSKO	POL	M60-69	2	M 126		00:18:02	00:04:33	00:36:31	00:01:00	00:25:52	01:25:58.35
3	MAŁKIŃSKI JÓZEF	84		BYDGOSZCZ	POL	M60-69	3	M 148		00:19:46	00:03:36	00:37:02	00:00:54	00:30:24	01:31:42.60
4	SKÓRCZEWSKI JACEK	124		NIEMCZ	POL	M60-69	4	M 154		00:22:02	00:05:09	00:36:25	00:01:56	00:29:29	01:35:01.40
5	BOGALECKI MAREK	209	KS SOKÓŁ ZBLEWO	STAROGARD GDAŃSKI	POL	M60-69	5	M 159		00:20:55	00:06:17	00:37:27	00:03:07	00:30:18	01:38:04.45
6	MONTOWSKI JAN	132	KLUB OPŁAWIEC	BYDGOSZCZ	POL	M60-69	6	M 163		00:23:15	00:04:54	00:37:11	00:01:05	00:34:05	01:40:30.25
7	KWIATKOWSKI ROMAN	115		STRZELCE GÓRNE	POL	M60-69	7	M 172		00:26:40	00:07:19	00:41:27	00:02:02	00:41:39	01:59:07.30

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M70-79**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	MAŃCZAK WAWRZYNIEC	152	ENDURE TEAM	BYDGOSZCZ	POL	M70-79	1	M 170		00:16:08	00:08:34	00:46:15	00:01:37	00:45:45	01:58:19.15

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M80+**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	SAWICKI WALDEMAR	83		BYDGOSZCZ	POL	M80+	1	M 173		00:25:33	00:05:44	00:45:17	00:01:28	00:47:58	02:06:00.80