

# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

Organizator: Towarzystwo Sportowe TRI-SPORT  
Data: 2023-08-20  
Miejsce: Bydgoszcz  
Dystans: 25.75 km



## Wyniki dla punktu pomiaru: 1 km

Klasyfikacja wg czasów netto.

## METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29		00:11:22 (2)	00:01:38	00:30:17 (30)	00:00:30	00:19:07 (4)
2	MIELOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŻ	POL	M40-49		00:11:00 (1)	00:02:07	00:28:38 (10)	00:00:36	00:20:52 (17)
3	WASZYTL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39		00:11:42 (4)	00:01:53	00:30:26 (32)	00:00:56	00:20:53 (18)
4	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49		00:11:50 (5)	00:01:57	00:31:09 (57)	00:01:11	00:20:56 (19)
5	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39		00:12:12 (6)	00:02:15	00:30:39 (39)	00:00:47	00:23:36 (69)
6	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39		00:12:17 (8)	00:02:11	00:28:06 (6)	00:00:53	00:21:41 (36)
7	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39		00:11:31 (3)	00:03:30	00:33:36 (114)	00:00:47	00:27:21 (145)
8	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49		00:12:56 (13)	00:02:11	00:28:30 (9)	00:00:46	00:21:05 (24)
9	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:12:56 (14)	00:02:19	00:30:36 (37)	00:01:05	00:24:00 (74)
10	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OŁAWA	POL	M40-49		00:12:40 (10)	00:02:35	00:31:49 (73)	00:01:07	00:23:06 (61)
11	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49		00:13:15 (17)	00:02:10	00:27:32 (2)	00:00:36	00:20:44 (13)
12	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29		00:12:44 (12)	00:02:41	00:32:45 (91)	00:01:00	00:21:23 (28)
13	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49		00:13:09 (16)	00:02:21	00:28:19 (8)	00:01:09	00:19:37 (8)
14	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:13:34 (20)	00:02:03	00:32:04 (77)	00:00:54	00:22:24 (46)
15	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49		00:12:40 (11)	00:02:59	00:33:28 (112)	00:01:26	00:27:10 (143)
16	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49		00:12:21 (9)	00:03:19	00:30:04 (27)	00:00:51	00:27:04 (140)
17	SZEWCUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39		00:13:42 (23)	00:02:05	00:28:58 (11)	00:00:58	00:21:43 (38)
18	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:13:22 (18)	00:02:26	00:31:35 (68)	00:00:55	00:21:35 (35)
19	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39		00:13:06 (15)	00:02:44	00:32:53 (100)	00:01:00	00:24:17 (80)
20	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29		00:14:03 (32)	00:01:52	00:29:24 (16)	00:00:57	00:18:54 (3)
21	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49		00:13:40 (21)	00:02:15	00:27:28 (1)	00:00:59	00:19:18 (7)
22	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:14:17 (36)	00:01:42	00:29:10 (13)	00:01:11	00:16:58 (1)
23	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39		00:13:47 (24)	00:02:13	00:30:08 (28)	00:00:47	00:21:28 (31)
24	ZIENKIEWICZ JANUSZ	201	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59		00:13:59 (30)	00:02:08	00:29:06 (12)	00:00:47	00:19:13 (6)
25	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:14:20 (40)	00:01:50	00:27:57 (4)	00:00:45	00:19:10 (5)
26	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:14:20 (39)	00:01:50	00:29:15 (14)	00:00:43	00:24:38 (87)
27	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39		00:13:40 (22)	00:02:32	00:34:01 (127)	00:01:05	00:29:24 (168)
28	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49		00:13:58 (29)	00:02:17	00:29:47 (24)	00:01:09	00:20:10 (9)
29	NOWAK ARTUR	8		JOZEFÓW	POL	M50-59		00:14:02 (31)	00:02:14	00:30:57 (49)	00:00:49	00:22:09 (42)
30	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39		00:14:21 (41)	00:01:56	00:30:14 (29)	00:00:59	00:18:18 (2)
31	GOŁATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49		00:14:16 (35)	00:02:10	00:30:25 (31)	00:00:54	00:21:11 (25)
32	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39		00:13:57 (28)	00:02:31	00:31:07 (56)	00:00:49	00:22:40 (52)
33	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:13:56 (26)	00:02:32	00:29:25 (18)	00:01:07	00:20:32 (11)
34	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39		00:14:12 (33)	00:02:18	00:30:28 (34)	00:01:08	00:22:49 (56)
35	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39		00:14:34 (45)	00:01:58	00:28:08 (7)	00:00:57	00:20:45 (15)
36	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39		00:13:29 (19)	00:03:04	00:35:14 (145)	00:01:23	00:25:58 (127)
37	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39		00:13:56 (25)	00:02:39	00:28:00 (5)	00:00:53	00:21:04 (23)
38	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:14:19 (38)	00:02:24	00:31:04 (53)	00:00:57	00:23:15 (64)
39	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49		00:14:28 (42)	00:02:34	00:29:37 (21)	00:00:51	00:24:52 (97)
40	ŻMICH-FÓRMANIAK JOANNA	213	TM IRONTEAM	BYDGOSZCZ	POL	K40-49		00:14:53 (50)	00:02:13	00:30:53 (46)	00:00:50	00:23:57 (73)
41	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49		00:14:34 (44)	00:02:39	00:31:11 (58)	00:00:54	00:21:43 (37)
42	GACKA RAFAŁ	216	LUPUS TEAM	SICIENKO	POL	M40-49		00:14:51 (48)	00:02:39	00:30:01 (26)	00:01:02	00:20:44 (14)
43	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39		00:13:57 (27)	00:03:35	00:35:58 (157)	00:01:10	00:25:10 (105)
44	MOLTZAN LILIANA	174		TORUŃ	POL	K18-29		00:14:14 (34)	00:03:19	00:36:38 (172)	00:01:49	00:26:09 (131)

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
45	LIPŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49		00:14:19 (37)	00:03:19	00:31:45 (72)	00:01:15	00:25:06 (103)
46	KROPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49		00:14:51 (49)	00:02:54	00:30:40 (40)	00:00:48	00:23:12 (63)
47	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49		00:15:11 (56)	00:02:35	00:33:23 (109)	00:01:09	00:24:20 (82)
48	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39		00:14:28 (43)	00:03:19	00:32:22 (83)	00:01:30	00:24:13 (79)
49	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29		00:14:41 (46)	00:03:06	00:33:58 (125)	00:00:39	00:25:47 (121)
50	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39		00:15:08 (54)	00:02:45	00:30:54 (48)	00:00:47	00:23:21 (65)
51	YAFIMCHYK ANDREI	142	ORCA	POZNAN	POL	M40-49		00:15:09 (55)	00:02:47	00:37:05 (180)	00:01:49	00:24:02 (75)
52	GŁĄB ANDRZEJ	197	WANIEWSKI COACHING	MALBORK	POL	M50-59		00:15:16 (59)	00:02:40	00:31:59 (76)	00:01:17	00:25:08 (104)
53	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49		00:14:59 (52)	00:03:02	00:27:42 (3)	00:01:42	00:21:19 (27)
54	KRÓL MACIEJ	210	#CHMURACOACHING	BYDGOSZCZ	POL	M50-59		00:15:21 (62)	00:02:41	00:29:45 (23)	00:01:18	00:23:07 (62)
55	SANKOWSKA EWELINA	159		GDYNIA	POL	K40-49		00:15:08 (53)	00:02:58	00:36:10 (162)	00:01:43	00:27:35 (151)
56	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29		00:16:04 (83)	00:02:06	00:32:56 (101)	00:01:05	00:21:28 (30)
57	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39		00:15:26 (64)	00:02:47	00:33:15 (107)	00:00:59	00:24:23 (83)
58	PALETA ELŻBIETA	187	TM IRON TEAM	KATOWICE	POL	K18-29		00:15:32 (67)	00:02:42	00:31:21 (63)	00:01:00	00:22:31 (47)
59	ŁATKA MARCIN	5		MYŚLĘCINEK	POL	M40-49		00:15:18 (61)	00:02:57	00:36:46 (173)	00:00:49	00:28:20 (157)
60	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49		00:15:36 (69)	00:02:41	00:32:47 (93)	00:01:02	00:26:15 (132)
61	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39		00:14:46 (47)	00:03:34	00:33:23 (110)	00:01:22	00:25:38 (116)
62	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:15:49 (74)	00:02:34	00:32:35 (87)	00:00:51	00:22:32 (48)
63	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAN	POL	M30-39		00:14:55 (51)	00:03:32	00:32:09 (80)	00:01:25	00:27:29 (148)
64	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ŻYRARDÓW	POL	M40-49		00:15:17 (60)	00:03:10	00:31:25 (65)	00:01:05	00:25:49 (123)
65	DADEJ RAFAL	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49		00:15:51 (76)	00:02:40	00:31:20 (62)	00:01:58	00:21:32 (33)
66	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39		00:15:32 (68)	00:03:07	00:30:47 (43)	00:01:22	00:21:29 (32)
67	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39		00:16:15 (86)	00:02:27	00:29:33 (20)	00:01:20	00:20:36 (12)
68	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49		00:15:13 (57)	00:03:31	00:29:40 (22)	00:01:09	00:22:44 (55)
69	BOROWSKI RADOŚLAW	89	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39		00:16:00 (79)	00:02:49	00:30:50 (44)	00:01:00	00:22:07 (41)
70	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39		00:15:26 (63)	00:03:28	00:33:06 (105)	00:00:56	00:22:59 (58)
71	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49		00:16:00 (80)	00:02:57	00:31:03 (53)	00:01:12	00:22:43 (54)
72	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39		00:16:53 (103)	00:02:08	00:41:23 (213)	00:01:09	00:23:04 (60)
73	ŁABĘDZKI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:15:50 (75)	00:03:12	00:33:01 (104)	00:01:11	00:25:45 (119)
74	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29		00:15:58 (77)	00:03:11	00:32:45 (92)	00:01:27	00:22:58 (57)
75	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39		00:16:24 (92)	00:02:46	00:32:21 (82)	00:01:13	00:21:33 (34)
76	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYN	POL	M30-39		00:15:28 (65)	00:03:44	00:34:46 (138)	00:01:25	00:28:50 (163)
77	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	SUCHY LAS	POL	M30-39		00:16:09 (85)	00:03:13	00:34:19 (131)	00:01:06	00:22:34 (51)
78	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39		00:15:37 (70)	00:03:48	00:35:53 (154)	00:01:05	00:28:53 (164)
79	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49		00:16:23 (89)	00:03:03	00:31:34 (67)	00:01:19	00:25:55 (126)
80	SIUDA MAREK	43		BYDGOSZCZ	POL	M50-59		00:15:40 (71)	00:03:51	00:32:56 (102)	00:01:58	00:25:15 (106)
81	BUDZIK IRENEUSZ	226		BYDGOSZCZ	POL	M50-59		00:16:45 (100)	00:02:49	00:31:04 (54)	00:01:07	00:23:24 (67)
82	RYMARKIEWICZ MAŁGORZATA	230	TM IRONTEAM	BYDGOSZCZ	POL	K40-49		00:16:55 (105)	00:02:41	00:31:35 (69)	00:01:19	00:23:26 (68)
83	GRABCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39		00:15:31 (66)	00:04:07	00:35:25 (150)	00:01:42	00:22:41 (53)
84	ŻELAZNY MARCIN	27		BYDGOSZCZ	POL	M50-59		00:15:48 (73)	00:03:52	00:36:59 (176)	00:02:38	00:32:14 (193)
85	MICHALIK JOANNA	147		BYDGOSZCZ	POL	K40-49		00:16:23 (90)	00:03:23	00:32:48 (94)	00:01:42	00:24:41 (90)
86	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:17:20 (121)	00:02:30	00:30:31 (35)	00:01:20	00:20:57 (20)
87	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39		00:16:03 (82)	00:03:48	00:37:40 (191)	00:01:08	00:26:02 (128)
88	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:15:58 (78)	00:03:57	00:32:51 (96)	00:00:38	00:22:32 (49)
89	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39		00:15:42 (72)	00:04:14	00:36:33 (171)	00:01:02	00:27:41 (152)
90	BRZEZIŃSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39		00:17:00 (108)	00:02:56	00:31:21 (64)	00:01:10	00:22:59 (59)
91	PODLASIŃSKI TOMASZ	140	BAYERLIFETEAM	NIEMCZ	POL	M50-59		00:16:15 (87)	00:03:42	00:35:02 (143)	00:01:24	00:26:03 (129)
92	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49		00:16:43 (98)	00:03:15	00:30:36 (38)	00:01:39	00:23:44 (70)
93	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49		00:16:19 (88)	00:03:42	00:30:51 (45)	00:01:17	00:25:44 (117)
94	TYMIŃSKI DARIUSZ	172	PTT DELTA	BRWILNO	POL	M50-59		00:17:51 (136)	00:02:11	00:31:17 (61)	00:00:54	00:21:02 (22)
95	MOJSIEWICZ NATALIA	227		WARSZAWA	POL	K18-29		00:16:59 (107)	00:03:03	00:33:40 (117)	00:01:15	00:26:06 (130)
96	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:17:08 (113)	00:02:54	00:29:25 (17)	00:00:53	00:21:26 (29)
97	SIEG TYMOTEUSZ	219		GDYNIA	POL	M18-29		00:15:14 (58)	00:04:50	00:33:37 (115)	00:01:56	00:28:25 (158)
98	SZYMCAK ELWIRA	151		INOWROCŁAW	POL	K18-29		00:16:24 (91)	00:03:43	00:36:21 (165)	00:00:49	00:25:24 (109)
99	KOPIŃSKA - KRÓL MAGDALENA	211	#CHMURACOACHING	BYDGOSZCZ	POL	K40-49		00:17:12 (115)	00:02:55	00:32:08 (79)	00:01:10	00:27:30 (149)

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
100	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39		00:17:01 (110)	00:03:08	00:30:28 (33)	00:01:17	00:24:59 (99)
101	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49		00:16:39 (96)	00:03:32	00:35:50 (153)	00:01:48	00:35:34 (213)
102	MIŚ FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29		00:16:42 (97)	00:03:30	00:32:24 (84)	00:00:51	00:21:00 (21)
103	WAŁĘZA HUBERT	17		DRZEWCE	POL	M30-39		00:16:59 (106)	00:03:14	00:32:11 (81)	00:00:57	00:24:47 (92)
104	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29		00:17:01 (109)	00:03:13	00:30:53 (47)	00:01:16	00:20:45 (16)
105	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49		00:17:18 (120)	00:02:57	00:32:42 (89)	00:01:17	00:25:47 (120)
106	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	NOWE DĄBIE	POL	M30-39		00:17:14 (117)	00:03:01	00:33:25 (111)	00:01:06	00:24:40 (88)
107	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49		00:17:48 (134)	00:02:34	00:32:31 (85)	00:01:41	00:25:00 (100)
108	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39		00:16:53 (104)	00:03:30	00:31:37 (70)	00:01:22	00:24:30 (85)
109	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39		00:17:18 (119)	00:03:11	00:31:32 (66)	00:01:09	00:22:07 (40)
110	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39		00:16:37 (95)	00:03:53	00:37:39 (190)	00:00:48	00:34:07 (207)
111	WOŹNIAK ANNA	205	TM IRON TEAM	BYDGOSZCZ	POL	K40-49		00:17:22 (123)	00:03:10	00:30:33 (36)	00:01:15	00:24:52 (96)
112	MOSKAŁ PRZEMYSŁAW	145		BORÓWNO	POL	M18-29		00:17:01 (111)	00:03:32	00:34:42 (136)	00:00:34	00:24:29 (84)
113	JARLACZYŃSKA HANNA	242		TYCHY	POL	K18-29		00:17:32 (126)	00:03:02	00:35:54 (155)	00:01:30	00:25:23 (108)
114	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49		00:17:31 (125)	00:03:07	00:33:40 (118)	00:01:03	00:23:52 (71)
115	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49		00:16:01 (81)	00:04:41	00:33:28 (113)	00:02:29	00:26:25 (133)
116	GMOŚIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:16:33 (94)	00:04:10	00:33:59 (126)	00:02:41	00:25:30 (112)
117	GIEDRYS ROMAN	73		TUCHOLA	POL	M50-59		00:17:23 (124)	00:03:22	00:31:01 (51)	00:01:26	00:25:06 (102)
118	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39		00:17:43 (130)	00:03:06	00:33:55 (123)	00:01:27	00:26:31 (136)
119	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49		00:16:51 (102)	00:03:58	00:29:18 (15)		
120	LUDWINIAK BOGDAN	111		BYDGOSZCZ	POL	M50-59		00:17:59 (142)	00:02:57	00:33:54 (122)	00:01:43	00:30:01 (174)
121	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49		00:17:51 (138)	00:03:09	00:31:01 (50)	00:01:28	00:23:22 (66)
122	ZIELIŃSKI RADOŚLAW	2		BYDGOSZCZ	POL	M30-39		00:17:33 (127)	00:03:30	00:33:51 (121)	00:01:34	00:29:54 (172)
123	SADKIEWICZ JACEK	225	RACING TEAM	OSIELSKO	POL	M50-59		00:17:14 (118)	00:03:50	00:33:57 (124)	00:01:40	00:34:08 (208)
124	LUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49		00:17:06 (112)	00:03:59	00:32:57 (103)	00:01:48	00:30:18 (177)
125	KOWALSKI PIOTR	76		BYDGOSZCZ	POL	M50-59		00:17:22 (122)	00:03:43	00:32:33 (86)	00:02:50	00:24:35 (86)
126	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49		00:18:03 (144)	00:03:04	00:31:14 (60)	00:00:48	00:25:00 (101)
127	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE)	POL	M30-39		00:18:30 (154)	00:02:38	00:33:17 (108)	00:01:12	00:25:37 (115)
128	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39		00:17:50 (135)	00:03:18	00:37:18 (183)	00:00:36	00:30:47 (184)
129	ANDRZEJEWSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:18:19 (147)	00:02:49	00:29:32 (19)	00:01:36	00:22:20 (44)
130	OZOROWSKI LUKASZ	204		SZEMBEKOWO	POL	M40-49		00:17:38 (129)	00:03:38	00:31:37 (71)	00:01:14	00:22:32 (50)
131	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39		00:18:12 (145)	00:03:06	00:36:51 (174)	00:02:06	00:26:50 (138)
132	SOŁDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49		00:18:26 (152)	00:02:53	00:32:08 (78)	00:01:59	00:24:08 (78)
133	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49		00:17:12 (114)	00:04:08	00:34:37 (133)	00:01:46	00:26:28 (135)
134	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49		00:17:46 (131)	00:03:35	00:34:06 (128)	00:01:46	00:27:24 (147)
135	MOSUR-GALICKA ANGELINA	9	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	K50-59		00:16:43 (99)	00:04:38	00:40:08 (203)	00:02:38	00:37:50 (218)
136	LIPCZYŃSKI TOMASZ	64	AKTYWNIIE UZALEŻNIAMI PŁOCK	PŁOCK	POL	M30-39		00:16:47 (101)	00:04:35	00:37:19 (184)	00:00:29	00:27:18 (144)
137	BEM WOJCIECH	194		TORUŃ	POL	M30-39		00:17:46 (132)	00:03:37	00:36:02 (158)	00:01:23	00:30:28 (180)
138	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29		00:18:37 (158)	00:02:54	00:36:29 (169)	00:00:40	00:29:13 (166)
139	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39		00:16:26 (93)	00:05:07	00:38:12 (194)	00:02:11	00:36:29 (214)
140	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49		00:18:28 (153)	00:03:07	00:29:55 (25)	00:00:45	00:22:18 (43)
141	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39		00:17:47 (133)	00:03:49	00:34:10 (129)	00:01:13	00:21:15 (26)
142	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39		00:17:56 (141)	00:03:42	00:40:18 (204)	00:00:42	00:32:26 (196)
143	CICHOŃSKA-BAZAK MARZENA	163		ŻOŁĘDOWO	POL	K50-59		00:18:25 (151)	00:03:14	00:32:51 (95)	00:01:44	00:24:19 (81)
144	SZEWS MAREK	136	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59		00:18:52 (167)	00:02:52	00:34:55 (140)	00:01:37	00:28:07 (154)
145	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39		00:17:51 (137)	00:03:55	00:36:23 (166)	00:01:25	00:29:13 (167)
146	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39		00:18:39 (160)	00:03:12	00:35:37 (151)	00:01:12	00:25:28 (111)
147	MROTEK KATARZYNA	112	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	K40-49		00:18:19 (149)	00:03:37	00:35:00 (142)	00:01:52	00:24:45 (91)
148	STRYCZYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:18:37 (158)	00:03:22	00:32:44 (90)	00:01:45	00:24:50 (94)
149	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49		00:17:56 (140)	00:04:03	00:33:48 (120)	00:02:26	00:27:00 (139)
150	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49		00:18:34 (155)	00:03:32	00:34:37 (134)	00:01:33	00:29:12 (165)
151	KUŹMA WOJTEK	6		BYDGOSZCZ	POL	M50-59		00:19:11 (171)	00:03:00	00:32:52 (98)	00:00:58	00:27:30 (150)
152	MICHALAK AGATA	177		BYDGOSZCZ	POL	K18-29		00:18:55 (168)	00:03:16	00:36:02 (159)	00:02:09	00:28:10 (155)
153	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39		00:17:38 (128)	00:04:35	00:34:48 (139)	00:01:59	00:28:14 (156)

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg	
								0.75km	5km		20km	5km			
154	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39		00:18:59 (169)	00:03:14	00:38:50 (200)	00:01:31	00:30:29 (181)			
155	ANTOSIK PATRYK	66	CSWŁĄD POZNAŃ	KCYNIA	POL	M30-39		00:18:36 (157)	00:03:39	00:31:11 (59)	00:01:32	00:24:55 (98)			
156	LISEWSKI PIOTR	100		BYDGOSZCZ	POL	M60-69		00:18:51 (166)	00:03:26	00:34:11 (130)	00:01:28	00:25:50 (124)			
157	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39		00:18:15 (146)	00:04:03	00:34:31 (132)	00:01:19	00:32:22 (194)			
158	HĄJŁASZ MARCIN	129		WROCŁAW	POL	M30-39		00:17:53 (139)	00:04:28	00:34:42 (137)	00:01:49	00:30:38 (182)			
159	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49		00:18:23 (149)	00:03:59	00:32:52 (99)	00:01:53	00:23:52 (72)			
160	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39		00:18:36 (156)	00:03:48	00:35:14 (144)	00:01:05	00:28:46 (162)			
161	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39		00:18:49 (163)	00:03:42	00:37:01 (178)	00:00:42	00:24:41 (89)			
162	BAUMGART JACEK	195	BIEGAJ Z DĘBAMI	OSIELSKO	POL	M60-69		00:18:02 (143)	00:04:33	00:36:31 (170)	00:01:00	00:25:52 (125)			
163	WINIECKA MARTYNA	59	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K18-29		00:19:33 (173)	00:03:14	00:37:17 (182)	00:00:39	00:30:56 (185)			
164	KUKLIŠOVA GABRIELA	15		BYDGOSZCZ	SVK	K40-49		00:18:44 (162)	00:04:12	00:37:37 (189)	00:01:13	00:34:27 (210)			
165	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49		00:18:50 (164)	00:04:07	00:35:22 (146)	00:01:36	00:28:41 (160)			
166	CEGLARSKA INGA	258	N-BIKE	BYDGOSZCZ	POL	K40-49		00:19:03 (170)	00:03:56	00:35:23 (149)	00:01:47	00:31:45 (190)			
167	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49		00:19:39 (175)	00:03:25	00:34:57 (141)	00:01:38	00:25:25 (110)			
168	LICZNIERSKA ALINA	56	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49		00:20:46 (195)	00:02:31	00:32:37 (88)	00:00:48	00:22:06 (39)			
169	MAŁKIŃSKI JÓZEF	84		BYDGOSZCZ	POL	M60-69		00:19:46 (180)	00:03:36	00:37:02 (179)	00:00:54	00:30:24 (179)			
170	MAKSYMOWICZ AGATA	85		LEGIONOWO	POL	K40-49		00:17:12 (116)	00:06:10	00:45:54 (222)	00:02:29	00:33:04 (200)			
171	DWOJACZNA-CHRAPKOWSKA ANNA	13	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K40-49		00:19:49 (183)	00:03:34	00:37:23 (186)	00:01:36	00:27:08 (141)			
172	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39		00:19:43 (178)	00:03:41	00:38:16 (196)	00:00:57	00:29:59 (173)			
173	WAWRZYŃIAK DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29		00:20:02 (186)	00:03:24	00:35:56 (156)	00:01:46	00:24:03 (77)			
174	HRYNIEWICZ AGNIESZKA	50		ŁÓDŹ	POL	K40-49		00:18:24 (150)	00:05:03	00:40:40 (208)	00:00:49	00:30:08 (175)			
175	STĘPSKA MAŁGOSIA	61	ŻELKI Z KRAKOWA	KRAKÓW	POL	K50-59		00:20:09 (188)	00:03:19	00:33:39 (116)	00:01:14	00:28:33 (159)			
176	DOŁKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39		00:20:14 (189)	00:03:22	00:33:44 (119)	00:01:29	00:27:09 (142)			
177	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49		00:19:39 (176)	00:04:06	00:35:38 (152)	00:01:40	00:33:37 (203)			
178	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39		00:20:42 (194)	00:03:06	00:35:23 (147)	00:01:26	00:27:49 (153)			
179	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39		00:19:42 (177)	00:04:08	00:37:20 (185)	00:01:17	00:31:25 (187)			
180	MICHALEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49		00:18:50 (165)	00:05:01	00:35:23 (148)	00:00:37	00:25:45 (118)			
181	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39		00:19:49 (184)	00:04:03	00:31:51 (74)	00:01:08	00:36:59 (215)			
182	REPKA MAREK	166	LUPUS TEAM	BYDGOSZCZ	POL	M50-59		00:21:06 (202)	00:02:49	00:30:42 (41)	00:01:17	00:26:27 (134)			
183	SZYMCZAK KRZYSZTOF	88	SYSTEM 11	WAŁCZ DRUGI	POL	M50-59		00:20:25 (190)	00:03:32	00:32:52 (97)	00:01:29	00:24:51 (95)			
184	RĄCZKOWSKI DANIEL	117	AKTYWNIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39		00:19:36 (174)	00:04:46	00:41:25 (214)	00:00:54	00:28:42 (161)			
185	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29		00:19:26 (172)	00:04:57	00:31:59 (75)	00:01:30	00:20:15 (10)			
186	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29		00:19:44 (179)	00:04:40	00:37:51 (192)	00:01:05	00:24:48 (93)			
187	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49		00:20:05 (187)	00:04:22	00:30:45 (42)	00:01:36	00:33:35 (202)			
188	SZUKALSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49		00:20:38 (193)	00:03:52	00:40:19 (205)	00:01:48	00:26:34 (137)			
189	BŁĄŻEJEWSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39		00:20:31 (192)	00:04:01	00:39:08 (201)	00:01:02	00:29:47 (170)			
190	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49		00:19:48 (181)	00:04:45	00:38:29 (197)	00:01:34	00:25:49 (122)			
191	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:20:53 (197)	00:03:41	00:34:41 (135)	00:01:14	00:22:22 (45)			
192	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39		00:19:49 (182)	00:04:51	00:40:56 (211)	00:01:19	00:31:01 (186)			
193	MAŃCZAK WAWRZYNIEC	152	ENDURE TEAM	BYDGOSZCZ	POL	M70-79		00:16:08 (84)	00:08:34	00:46:15 (224)	00:01:37	00:45:45 (225)			
194	OSTROWSKI RAFAŁ	68	AKTYWNIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49		00:18:41 (161)	00:06:14	00:36:03 (160)	00:01:04	00:25:32 (113)			
195	SZABO-MOSKAŁ JADWIGA	168		BORÓWNO	POL	K50-59		00:21:00 (200)	00:04:05	00:45:17 (220)	00:00:39	00:31:40 (188)			
196	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAN	POL	K30-39		00:20:58 (199)	00:04:25	00:36:05 (161)	00:01:34	00:30:40 (183)			
197	PEC ANNA	90	SKS OBORNIKI	OBORNIKI	POL	K50-59		00:20:53 (196)	00:04:31	00:38:08 (193)	00:01:38	00:35:09 (212)			
198	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39		00:21:42 (203)	00:03:44	00:37:27 (188)	00:01:15	00:27:24 (146)			
199	DOBRZYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39		00:22:10 (206)	00:03:26	00:36:58 (175)	00:01:19	00:25:18 (107)			
200	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49		00:20:31 (191)	00:05:14	00:36:20 (164)	00:03:56	00:38:21 (219)			
201	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:22:45 (213)	00:03:09	00:31:05 (55)	00:01:30	00:25:36 (114)			
202	BUCZKO MICHAŁ	109		NAMYSŁÓW	POL	M40-49		00:21:47 (204)	00:04:08	00:39:11 (202)	00:02:13	00:32:48 (199)			
203	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39		00:22:15 (209)	00:03:53	00:38:13 (195)	00:01:22	00:34:52 (211)			
204	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49		00:19:54 (185)	00:06:22	00:42:12 (216)	00:02:05	00:32:26 (197)			
205	BINKOWSKI CZAREK	255	LKS OSTROMECKO	OSTROMECKO	POL	M50-59		00:21:03 (201)	00:05:14	00:36:25 (167)	00:02:11	00:32:12 (192)			
206	WUJEK MAGDALENA	77		BYDGOSZCZ	POL	K40-49		00:22:25 (210)	00:04:05	00:40:54 (210)	00:00:59	00:24:03 (76)			
207	PACZKOWSKA-PAPCZYŃSKA JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39		00:22:43 (212)	00:03:58	00:37:00 (177)	00:01:28	00:32:23 (195)			
208	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39		00:22:14 (208)	00:04:31	00:36:18 (163)	00:01:39	00:31:43 (189)			
209	POBOC PRZEMYSŁAW	155		KRUSZYN	POL	M50-59		00:22:40 (211)	00:04:10	00:38:37 (198)	00:01:45	00:32:04 (191)			

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
210	SKÓRCZEWSKI JACEK	124		NIEMCZ	POL	M60-69		00:22:02 (205)	00:05:09	00:36:25 (168)	00:01:56	00:29:29 (169)
211	BOGALECKI MAREK	209	KS SOKÓŁ ZBLEWO	STAROGARD GDAŃSKI	POL	M60-69		00:20:55 (198)	00:06:17	00:37:27 (187)	00:03:07	00:30:18 (178)
212	WIŚNIEWSKA LUCYNA	16	TRISPACE/TREK	BYDGOSZCZ	POL	K50-59		00:23:12 (216)	00:04:18	00:41:15 (212)	00:01:50	00:38:24 (220)
213	CIESIELSKI PIOTR	183		MAKSYMILIANOWO	POL	M50-59		00:22:12 (207)	00:05:21	00:44:11 (219)	00:02:21	00:32:27 (198)
214	MONTOWSKI JAN	132	KLUB OPLAWIEC	BYDGOSZCZ	POL	M60-69		00:23:15 (217)	00:04:54	00:37:11 (181)	00:01:05	00:34:05 (206)
215	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49		00:22:57 (215)	00:05:24	00:38:47 (199)	00:02:22	00:40:07 (221)
216	NOSIADEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLĄSKI	POL	K30-39		00:22:47 (214)	00:05:47	00:40:39 (206)	00:02:41	00:34:21 (209)
217	LEWANDOWSKA LARYSA	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	BYDGOSZCZ	POL	K18-29		00:24:18 (220)	00:04:28	00:42:52 (217)	00:00:38	00:33:48 (204)
218	ŚWIADEK HUBERT	67		BYDGOSZCZ	POL	M30-39		00:24:14 (219)	00:04:39	00:40:42 (209)	00:01:51	00:29:49 (171)
219	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49		00:26:21 (223)	00:04:41	00:33:15 (106)	00:02:40	00:30:12 (176)
220	SAWICKI WALDEMAR	83		BYDGOSZCZ	POL	M80+		00:25:33 (221)	00:05:44	00:45:17 (221)	00:01:28	00:47:58 (226)
221	WOROSZYŁO MONIKA	114	RYKOWISKO	PŁOCK	POL	K40-49		00:23:31 (218)	00:09:28	00:52:42 (227)	00:02:20	00:33:49 (205)
222	MIKA ALDONA	82		BYDGOSZCZ	POL	K50-59		00:25:53 (222)	00:07:55	00:48:05 (226)	00:01:17	00:42:47 (224)
223	KWIATKOWSKI ROMAN	115		STRZELCE GÓRNE	POL	M60-69		00:26:40 (224)	00:07:19	00:41:27 (215)	00:02:02	00:41:39 (223)
224	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49		00:28:40 (225)	00:05:19	00:45:55 (223)	00:01:27	00:36:59 (216)
225	WIŚNIEWSKI KRZYSZTOF	7	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59		00:30:28 (226)	00:05:26	00:40:39 (207)	00:02:22	00:37:14 (217)
226	IGNASIAK BERNADETA	158		BYDGOSZCZ	POL	K40-49		00:33:55 (227)	00:03:55	00:43:56 (218)	00:01:06	00:33:33 (201)
227	KOZIK ANNA	156		PRUSZCZ	POL	K50-59		00:34:33 (228)	00:05:37	00:48:01 (225)	00:03:31	00:40:23 (222)
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29		00:12:14 DNF	00:02:50		00:00:00	00:00:00 ()

(7)

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
1	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39		00:13:29	00:03:04	00:35:14	00:01:23	00:25:58
2	ŻMICH-FÓRMANIAK JOANNA	213	TM IRONTEAM	BYDGOSZCZ	POL	K40-49		00:14:53	00:02:13	00:30:53	00:00:50	00:23:57
3	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39		00:13:57	00:03:35	00:35:58	00:01:10	00:25:10
4	MOLTZAN LILIANA	174		TORUŃ	POL	K18-29		00:14:14	00:03:19	00:36:38	00:01:49	00:26:09
5	SANKOWSKA EWELINA	159		GDYNIA	POL	K40-49		00:15:08	00:02:58	00:36:10	00:01:43	00:27:35
6	PALETA ELŻBIETA	187	TM IRON TEAM	KATOWICE	POL	K18-29		00:15:32	00:02:42	00:31:21	00:01:00	00:22:31
7	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39		00:16:15	00:02:27	00:29:33	00:01:20	00:20:36
8	RYMARKIEWICZ MAŁGORZATA	230	TM IRONTEAM	BYDGOSZCZ	POL	K40-49		00:16:55	00:02:41	00:31:35	00:01:19	00:23:26
9	MICHAŁIK JOANNA	147		BYDGOSZCZ	POL	K40-49		00:16:23	00:03:23	00:32:48	00:01:42	00:24:41
10	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39		00:16:03	00:03:48	00:37:40	00:01:08	00:26:02
11	MOJSIEWICZ NATALIA	227		WARSZAWA	POL	K18-29		00:16:59	00:03:03	00:33:40	00:01:15	00:26:06
12	KOPIŃSKA - KRÓL MAGDALENA	211	#CHMURACOACHING	BYDGOSZCZ	POL	K40-49		00:17:12	00:02:55	00:32:08	00:01:10	00:27:30
13	SZYMCAK ELWIRA	151		INOWROCŁAW	POL	K18-29		00:16:24	00:03:43	00:36:21	00:00:49	00:25:24
14	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39		00:16:37	00:03:53	00:37:39	00:00:48	00:34:07
15	WOŹNIAK ANNA	205	TM IRON TEAM	BYDGOSZCZ	POL	K40-49		00:17:22	00:03:10	00:30:33	00:01:15	00:24:52
16	JARLACZYŃSKA HANNA	242		TYCHY	POL	K18-29		00:17:32	00:03:02	00:35:54	00:01:30	00:25:23
17	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39		00:17:50	00:03:18	00:37:18	00:00:36	00:30:47
18	ANDRZEJEWSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:18:19	00:02:49	00:29:32	00:01:36	00:22:20
19	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39		00:18:12	00:03:06	00:36:51	00:02:06	00:26:50
20	MOSUR-GALIĆKA ANGELINA	9	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	K50-59		00:16:43	00:04:38	00:40:08	00:02:38	00:37:50
21	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39		00:17:56	00:03:42	00:40:18	00:00:42	00:32:26
22	CICHOŃSKA-BAZAK MARZENA	163		ŻOŁĘDOWO	POL	K50-59		00:18:25	00:03:14	00:32:51	00:01:44	00:24:19
23	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39		00:18:39	00:03:12	00:35:37	00:01:12	00:25:28
24	MROTEK KATARZYNA	112	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	K40-49		00:18:19	00:03:37	00:35:00	00:01:52	00:24:45
25	MICHAŁAK AGATA	177		BYDGOSZCZ	POL	K18-29		00:18:55	00:03:16	00:36:02	00:02:09	00:28:10
26	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39		00:18:59	00:03:14	00:38:50	00:01:31	00:30:29
27	WINIECKA MARTYNA	59	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K18-29		00:19:33	00:03:14	00:37:17	00:00:39	00:30:56
28	KUKLIŠOVA GABRIELA	15		BYDGOSZCZ	SVK	K40-49		00:18:44	00:04:12	00:37:37	00:01:13	00:34:27

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg 5km
								0.75km			20km			
29	CEGLARSKA INGA	258	N-BIKE	BYDGOSZCZ	POL	K40-49		00:19:03		00:03:56	00:35:23	00:01:47	00:31:45	
30	LICZNIERSKA ALINA	56	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49		00:20:46		00:02:31	00:32:37	00:00:48	00:22:06	
31	MAKSYMOWICZ AGATA	85		LEGIONOWO	POL	K40-49		00:17:12		00:06:10	00:45:54	00:02:29	00:33:04	
32	DWOJACZNA-CHRAPKOWSKA ANNA	13	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K40-49		00:19:49		00:03:34	00:37:23	00:01:36	00:27:08	
33	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39		00:19:43		00:03:41	00:38:16	00:00:57	00:29:59	
34	HRYNIEWICZ AGNIESZKA	50		ŁÓDŹ	POL	K40-49		00:18:24		00:05:03	00:40:40	00:00:49	00:30:08	
35	STĘPSKA MAŁGOSIA	61	ŻELKI Z KRAKOWA	KRAKÓW	POL	K50-59		00:20:09		00:03:19	00:33:39	00:01:14	00:28:33	
36	DOŁKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39		00:20:14		00:03:22	00:33:44	00:01:29	00:27:09	
37	BŁĄŻEJEWSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39		00:20:31		00:04:01	00:39:08	00:01:02	00:29:47	
38	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:20:53		00:03:41	00:34:41	00:01:14	00:22:22	
39	SZABO-MOSKAL JADWIGA	168		BORÓWNO	POL	K50-59		00:21:00		00:04:05	00:45:17	00:00:39	00:31:40	
40	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAN	POL	K30-39		00:20:58		00:04:25	00:36:05	00:01:34	00:30:40	
41	PEC ANNA	90	SKS OBORNIKI	OBORNIKI	POL	K50-59		00:20:53		00:04:31	00:38:08	00:01:38	00:35:09	
42	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39		00:21:42		00:03:44	00:37:27	00:01:15	00:27:24	
43	DOBRZYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39		00:22:10		00:03:26	00:36:58	00:01:19	00:25:18	
44	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39		00:22:15		00:03:53	00:38:13	00:01:22	00:34:52	
45	WUJEK MAGDALENA	77		BYDGOSZCZ	POL	K40-49		00:22:25		00:04:05	00:40:54	00:00:59	00:24:03	
46	PACZKOWSKA-PAPCZYŃSKA JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39		00:22:43		00:03:58	00:37:00	00:01:28	00:32:23	
47	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39		00:22:14		00:04:31	00:36:18	00:01:39	00:31:43	
48	WIŚNIEWSKA LUCYNA	16	TRISPACE/TREK	BYDGOSZCZ	POL	K50-59		00:23:12		00:04:18	00:41:15	00:01:50	00:38:24	
49	NOSIADEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLĄSKI	POL	K30-39		00:22:47		00:05:47	00:40:39	00:02:41	00:34:21	
50	LEWANDOWSKA LARYSA	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	BYDGOSZCZ	POL	K18-29		00:24:18		00:04:28	00:42:52	00:00:38	00:33:48	
51	WOROSZYŁO MONIKA	114	RYKOWISKO	PŁOCK	POL	K40-49		00:23:31		00:09:28	00:52:42	00:02:20	00:33:49	
52	MIKA ALDONA	82		BYDGOSZCZ	POL	K50-59		00:25:53		00:07:55	00:48:05	00:01:17	00:42:47	
53	IGNASIAK BERNADETA	158		BYDGOSZCZ	POL	K40-49		00:33:55		00:03:55	00:43:56	00:01:06	00:33:33	
54	KOZIK ANNA	156		PRUSZCZ	POL	K50-59		00:34:33		00:05:37	00:48:01	00:03:31	00:40:23	

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg 5km
								0.75km			20km			
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29		00:11:22		00:01:38	00:30:17	00:00:30	00:19:07	
2	MIELOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŹ	POL	M40-49		00:11:00		00:02:07	00:28:38	00:00:36	00:20:52	
3	WASZTYL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39		00:11:42		00:01:53	00:30:26	00:00:56	00:20:53	
4	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49		00:11:50		00:01:57	00:31:09	00:01:11	00:20:56	
5	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39		00:12:12		00:02:15	00:30:39	00:00:47	00:23:36	
6	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39		00:12:17		00:02:11	00:28:06	00:00:53	00:21:41	
7	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39		00:11:31		00:03:30	00:33:36	00:00:47	00:27:21	
8	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49		00:12:56		00:02:11	00:28:30	00:00:46	00:21:05	
9	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:12:56		00:02:19	00:30:36	00:01:05	00:24:00	
10	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OŁAWA	POL	M40-49		00:12:40		00:02:35	00:31:49	00:01:07	00:23:06	
11	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49		00:13:15		00:02:10	00:27:32	00:00:36	00:20:44	
12	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29		00:12:44		00:02:41	00:32:45	00:01:00	00:21:23	
13	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49		00:13:09		00:02:21	00:28:19	00:01:09	00:19:37	
14	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:13:34		00:02:03	00:32:04	00:00:54	00:22:24	
15	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49		00:12:40		00:02:59	00:33:28	00:01:26	00:27:10	
16	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49		00:12:21		00:03:19	00:30:04	00:00:51	00:27:04	
17	SZEWCZUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39		00:13:42		00:02:05	00:28:58	00:00:58	00:21:43	
18	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:13:22		00:02:26	00:31:35	00:00:55	00:21:35	
19	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39		00:13:06		00:02:44	00:32:53	00:01:00	00:24:17	
20	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29		00:14:03		00:01:52	00:29:24	00:00:57	00:18:54	
21	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49		00:13:40		00:02:15	00:27:28	00:00:59	00:19:18	
22	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:14:17		00:01:42	00:29:10	00:01:11	00:16:58	

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
23	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39		00:13:47	00:02:13	00:30:08	00:00:47	00:21:28
24	ZIENKIEWICZ JANUSZ	201	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59		00:13:59	00:02:08	00:29:06	00:00:47	00:19:13
25	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:14:20	00:01:50	00:27:57	00:00:45	00:19:10
26	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:14:20	00:01:50	00:29:15	00:00:43	00:24:38
27	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39		00:13:40	00:02:32	00:34:01	00:01:05	00:29:24
28	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49		00:13:58	00:02:17	00:29:47	00:01:09	00:20:10
29	NOWAK ARTUR	8		JOZEFÓW	POL	M50-59		00:14:02	00:02:14	00:30:57	00:00:49	00:22:09
30	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39		00:14:21	00:01:56	00:30:14	00:00:59	00:18:18
31	GOŁATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49		00:14:16	00:02:10	00:30:25	00:00:54	00:21:11
32	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:13:56	00:02:32	00:29:25	00:01:07	00:20:32
33	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39		00:13:57	00:02:31	00:31:07	00:00:49	00:22:40
34	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39		00:14:12	00:02:18	00:30:28	00:01:08	00:22:49
35	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39		00:14:34	00:01:58	00:28:08	00:00:57	00:20:45
36	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39		00:13:56	00:02:39	00:28:00	00:00:53	00:21:04
37	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:14:19	00:02:24	00:31:04	00:00:57	00:23:15
38	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49		00:14:28	00:02:34	00:29:37	00:00:51	00:24:52
39	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49		00:14:34	00:02:39	00:31:11	00:00:54	00:21:43
40	GACKA RAFAŁ	216	LUPUS TEAM	SICIEŃKO	POL	M40-49		00:14:51	00:02:39	00:30:01	00:01:02	00:20:44
41	LIPIŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49		00:14:19	00:03:19	00:31:45	00:01:15	00:25:06
42	KROPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49		00:14:51	00:02:54	00:30:40	00:00:48	00:23:12
43	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49		00:15:11	00:02:35	00:33:23	00:01:09	00:24:20
44	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29		00:14:41	00:03:06	00:33:58	00:00:39	00:25:47
45	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39		00:14:28	00:03:19	00:32:22	00:01:30	00:24:13
46	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39		00:15:08	00:02:45	00:30:54	00:00:47	00:23:21
47	YAFIMCHYK ANDREI	142	ORCA	POZNAN	POL	M40-49		00:15:09	00:02:47	00:37:05	00:01:49	00:24:02
48	GŁĄB ANDRZEJ	197	WANIEWSKI COACHING	MALBORK	POL	M50-59		00:15:16	00:02:40	00:31:59	00:01:17	00:25:08
49	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49		00:14:59	00:03:02	00:27:42	00:01:42	00:21:19
50	KRÓL MACIEJ	210	#CHMURACOACHING	BYDGOSZCZ	POL	M50-59		00:15:21	00:02:41	00:29:45	00:01:18	00:23:07
51	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29		00:16:04	00:02:06	00:32:56	00:01:05	00:21:28
52	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39		00:15:26	00:02:47	00:33:15	00:00:59	00:24:23
53	ŁATKA MARCIN	5		MYŚLECINEK	POL	M40-49		00:15:18	00:02:57	00:36:46	00:00:49	00:28:20
54	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49		00:15:36	00:02:41	00:32:47	00:01:02	00:26:15
55	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39		00:14:46	00:03:34	00:33:23	00:01:22	00:25:38
56	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:15:49	00:02:34	00:32:35	00:00:51	00:22:32
57	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ŻYRARDÓW	POL	M40-49		00:15:17	00:03:10	00:31:25	00:01:05	00:25:49
58	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAN	POL	M30-39		00:14:55	00:03:32	00:32:09	00:01:25	00:27:29
59	DADEJ RAFAŁ	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49		00:15:51	00:02:40	00:31:20	00:01:58	00:21:32
60	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39		00:15:32	00:03:07	00:30:47	00:01:22	00:21:29
61	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49		00:15:13	00:03:31	00:29:40	00:01:09	00:22:44
62	BOROWSKI RADOSŁAW	89	MLKS KRAJNA SEPÓLNO	BYDGOSZCZ	POL	M30-39		00:16:00	00:02:49	00:30:50	00:01:00	00:22:07
63	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39		00:15:26	00:03:28	00:33:06	00:00:56	00:22:59
64	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49		00:16:00	00:02:57	00:31:03	00:01:12	00:22:43
65	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39		00:16:53	00:02:08	00:41:23	00:01:09	00:23:04
66	ŁABĘDZKI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:15:50	00:03:12	00:33:01	00:01:11	00:25:45
67	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29		00:15:58	00:03:11	00:32:45	00:01:27	00:22:58
68	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39		00:16:24	00:02:46	00:32:21	00:01:13	00:21:33
69	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYN	POL	M30-39		00:15:28	00:03:44	00:34:46	00:01:25	00:28:50
70	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	SUCHY ŁĄS	POL	M30-39		00:16:09	00:03:13	00:34:19	00:01:06	00:22:34
71	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39		00:15:37	00:03:48	00:35:53	00:01:05	00:28:53
72	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49		00:16:23	00:03:03	00:31:34	00:01:19	00:25:55
73	SIUDA MAREK	43		BYDGOSZCZ	POL	M50-59		00:15:40	00:03:51	00:32:56	00:01:58	00:25:15
74	BUDZIK IRENEUSZ	226		BYDGOSZCZ	POL	M50-59		00:16:45	00:02:49	00:31:04	00:01:07	00:23:24
75	GRABCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39		00:15:31	00:04:07	00:35:25	00:01:42	00:22:41
76	ŻELAZNY MARCIN	27		BYDGOSZCZ	POL	M50-59		00:15:48	00:03:52	00:36:59	00:02:38	00:32:14
77	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:17:20	00:02:30	00:30:31	00:01:20	00:20:57

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg 5km
								0.75km			20km			
78	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:15:58	00:03:57	00:32:51	00:00:38	00:22:32		
79	BRZEZINSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39		00:17:00	00:02:56	00:31:21	00:01:10	00:22:59		
80	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39		00:15:42	00:04:14	00:36:33	00:01:02	00:27:41		
81	PODLASIŃSKI TOMASZ	140	BAYERLIFETEAM	NIEMCZ	POL	M50-59		00:16:15	00:03:42	00:35:02	00:01:24	00:26:03		
82	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49		00:16:43	00:03:15	00:30:36	00:01:39	00:23:44		
83	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49		00:16:19	00:03:42	00:30:51	00:01:17	00:25:44		
84	TYMIŃSKI DARIUSZ	172	PTT DELTA	BRWILNO	POL	M50-59		00:17:51	00:02:11	00:31:17	00:00:54	00:21:02		
85	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:17:08	00:02:54	00:29:25	00:00:53	00:21:26		
86	SIEG TYMOTEUSZ	219		GDYNIA	POL	M18-29		00:15:14	00:04:50	00:33:37	00:01:56	00:28:25		
87	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39		00:17:01	00:03:08	00:30:28	00:01:17	00:24:59		
88	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49		00:16:39	00:03:32	00:35:50	00:01:48	00:35:34		
89	MIŚ FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29		00:16:42	00:03:30	00:32:24	00:00:51	00:21:00		
90	WAŁĘZA HUBERT	17		DRZEWCE	POL	M30-39		00:16:59	00:03:14	00:32:11	00:00:57	00:24:47		
91	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29		00:17:01	00:03:13	00:30:53	00:01:16	00:20:45		
92	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	NOWE DĄBIE	POL	M30-39		00:17:14	00:03:01	00:33:25	00:01:06	00:24:40		
93	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49		00:17:18	00:02:57	00:32:42	00:01:17	00:25:47		
94	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49		00:17:48	00:02:34	00:32:31	00:01:41	00:25:00		
95	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39		00:16:53	00:03:30	00:31:37	00:01:22	00:24:30		
96	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39		00:17:18	00:03:11	00:31:32	00:01:09	00:22:07		
97	MOSKAL PRZEMYSŁAW	145		BORÓWNO	POL	M18-29		00:17:01	00:03:32	00:34:42	00:00:34	00:24:29		
98	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49		00:17:31	00:03:07	00:33:40	00:01:03	00:23:52		
99	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49		00:16:01	00:04:41	00:33:28	00:02:29	00:26:25		
100	GMOSIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:16:33	00:04:10	00:33:59	00:02:41	00:25:30		
101	GIEDRYS ROMAN	73		TUCHOLA	POL	M50-59		00:17:23	00:03:22	00:31:01	00:01:26	00:25:06		
102	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39		00:17:43	00:03:06	00:33:55	00:01:27	00:26:31		
103	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49		00:16:51	00:03:58	00:29:18				
104	LUDWINIAK BOGDAN	111		BYDGOSZCZ	POL	M50-59		00:17:59	00:02:57	00:33:54	00:01:43	00:30:01		
105	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49		00:17:51	00:03:09	00:31:01	00:01:28	00:23:22		
106	ZIELIŃSKI RADOSŁAW	2		BYDGOSZCZ	POL	M30-39		00:17:33	00:03:30	00:33:51	00:01:34	00:29:54		
107	SADKIEWICZ JACEK	225	RACING TEAM	OSIELSKO	POL	M50-59		00:17:14	00:03:50	00:33:57	00:01:40	00:34:08		
108	LUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49		00:17:06	00:03:59	00:32:57	00:01:48	00:30:18		
109	KOWALSKI PIOTR	76		BYDGOSZCZ	POL	M50-59		00:17:22	00:03:43	00:32:33	00:02:50	00:24:35		
110	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49		00:18:03	00:03:04	00:31:14	00:00:48	00:25:00		
111	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE)	POL	M30-39		00:18:30	00:02:38	00:33:17	00:01:12	00:25:37		
112	OZOROWSKI LUKASZ	204		SZEMBEKOWO	POL	M40-49		00:17:38	00:03:38	00:31:37	00:01:14	00:22:32		
113	SOŁDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49		00:18:26	00:02:53	00:32:08	00:01:59	00:24:08		
114	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49		00:17:12	00:04:08	00:34:37	00:01:46	00:26:28		
115	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49		00:17:46	00:03:35	00:34:06	00:01:46	00:27:24		
116	LIPCZYŃSKI TOMASZ	64	AKTYWNIIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39		00:16:47	00:04:35	00:37:19	00:00:29	00:27:18		
117	BEM WOJCIECH	194		TORUŃ	POL	M30-39		00:17:46	00:03:37	00:36:02	00:01:23	00:30:28		
118	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29		00:18:37	00:02:54	00:36:29	00:00:40	00:29:13		
119	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39		00:16:26	00:05:07	00:38:12	00:02:11	00:36:29		
120	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49		00:18:28	00:03:07	00:29:55	00:00:45	00:22:18		
121	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39		00:17:47	00:03:49	00:34:10	00:01:13	00:21:15		
122	SZEWS MAREK	136	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59		00:18:52	00:02:52	00:34:55	00:01:37	00:28:07		
123	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39		00:17:51	00:03:55	00:36:23	00:01:25	00:29:13		
124	STRYCZYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:18:37	00:03:22	00:32:44	00:01:45	00:24:50		
125	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49		00:17:56	00:04:03	00:33:48	00:02:26	00:27:00		
126	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49		00:18:34	00:03:32	00:34:37	00:01:33	00:29:12		
127	KUŹMA WOJTEK	6		BYDGOSZCZ	POL	M50-59		00:19:11	00:03:00	00:32:52	00:00:58	00:27:30		
128	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39		00:17:38	00:04:35	00:34:48	00:01:59	00:28:14		
129	ANTOSIK PATRYK	66	CSWLĄD POZNAŃ	KCYNIA	POL	M30-39		00:18:36	00:03:39	00:31:11	00:01:32	00:24:55		
130	LISEWSKI PIOTR	100		BYDGOSZCZ	POL	M60-69		00:18:51	00:03:26	00:34:11	00:01:28	00:25:50		
131	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39		00:18:15	00:04:03	00:34:31	00:01:19	00:32:22		



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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg 5km
								0.75km			20km			
132	HAJŁASZ MARCIN	129		WROCLAW	POL	M30-39		00:17:53		00:04:28	00:34:42		00:01:49	00:30:38
133	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49		00:18:23		00:03:59	00:32:52		00:01:53	00:23:52
134	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39		00:18:36		00:03:48	00:35:14		00:01:05	00:28:46
135	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39		00:18:49		00:03:42	00:37:01		00:00:42	00:24:41
136	BAUMGART JACEK	195	BIEGAJ Z DĘBAMI	OSIELSKO	POL	M60-69		00:18:02		00:04:33	00:36:31		00:01:00	00:25:52
137	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49		00:18:50		00:04:07	00:35:22		00:01:36	00:28:41
138	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49		00:19:39		00:03:25	00:34:57		00:01:38	00:25:25
139	MAŁKIŃSKI JÓZEF	84		BYDGOSZCZ	POL	M60-69		00:19:46		00:03:36	00:37:02		00:00:54	00:30:24
140	WAWRZYŃIAK DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29		00:20:02		00:03:24	00:35:56		00:01:46	00:24:03
141	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49		00:19:39		00:04:06	00:35:38		00:01:40	00:33:37
142	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39		00:20:42		00:03:06	00:35:23		00:01:26	00:27:49
143	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39		00:19:42		00:04:08	00:37:20		00:01:17	00:31:25
144	MICHALEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49		00:18:50		00:05:01	00:35:23		00:00:37	00:25:45
145	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39		00:19:49		00:04:03	00:31:51		00:01:08	00:36:59
146	REPKA MAREK	166	LUPUS TEAM	BYDGOSZCZ	POL	M50-59		00:21:06		00:02:49	00:30:42		00:01:17	00:26:27
147	SZYMCZAK KRZYSZTOF	88	SYSTEM 11	WAŁCZ DRUGI	POL	M50-59		00:20:25		00:03:32	00:32:52		00:01:29	00:24:51
148	RĄCZKOWSKI DANIEL	117	AKTYWNIIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39		00:19:36		00:04:46	00:41:25		00:00:54	00:28:42
149	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29		00:19:26		00:04:57	00:31:59		00:01:30	00:20:15
150	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29		00:19:44		00:04:40	00:37:51		00:01:05	00:24:48
151	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49		00:20:05		00:04:22	00:30:45		00:01:36	00:33:35
152	SZUKALSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49		00:20:38		00:03:52	00:40:19		00:01:48	00:26:34
153	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49		00:19:48		00:04:45	00:38:29		00:01:34	00:25:49
154	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39		00:19:49		00:04:51	00:40:56		00:01:19	00:31:01
155	MAŃCZAK WAWRZYŃCIEC	152	ENDURE TEAM	BYDGOSZCZ	POL	M70-79		00:16:08		00:08:34	00:46:15		00:01:37	00:45:45
156	OSTROWSKI RAFAŁ	68	AKTYWNIIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49		00:18:41		00:06:14	00:36:03		00:01:04	00:25:32
157	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49		00:20:31		00:05:14	00:36:20		00:03:56	00:38:21
158	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:22:45		00:03:09	00:31:05		00:01:30	00:25:36
159	BUCZKO MICHAŁ	109		NAMYSŁÓW	POL	M40-49		00:21:47		00:04:08	00:39:11		00:02:13	00:32:48
160	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49		00:19:54		00:06:22	00:42:12		00:02:05	00:32:26
161	BINKOWSKI CZAREK	255	LKS OSTROMECKO	OSTROMECKO	POL	M50-59		00:21:03		00:05:14	00:36:25		00:02:11	00:32:12
162	POBOC PRZEMYSŁAW	155		KRUSZYN	POL	M50-59		00:22:40		00:04:10	00:38:37		00:01:45	00:32:04
163	SKÓRCZEWSKI JACEK	124		NIEMCZ	POL	M60-69		00:22:02		00:05:09	00:36:25		00:01:56	00:29:29
164	BOGALECKI MAREK	209	KS SOKÓŁ ZBLEWO	STAROGARD GDAŃSKI	POL	M60-69		00:20:55		00:06:17	00:37:27		00:03:07	00:30:18
165	CIESIELSKI PIOTR	183		MAKSYMILIANOWO	POL	M50-59		00:22:12		00:05:21	00:44:11		00:02:21	00:32:27
166	MONTOWSKI JAN	132	KLUB OPLAWIEC	BYDGOSZCZ	POL	M60-69		00:23:15		00:04:54	00:37:11		00:01:05	00:34:05
167	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49		00:22:57		00:05:24	00:38:47		00:02:22	00:40:07
168	ŚWIADEK HUBERT	67		BYDGOSZCZ	POL	M30-39		00:24:14		00:04:39	00:40:42		00:01:51	00:29:49
169	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49		00:26:21		00:04:41	00:33:15		00:02:40	00:30:12
170	SAWICKI WALDEMAR	83		BYDGOSZCZ	POL	M80+		00:25:33		00:05:44	00:45:17		00:01:28	00:47:58
171	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49		00:28:40		00:05:19	00:45:55		00:01:27	00:36:59
172	KWIATKOWSKI ROMAN	115		STRZELCE GÓRNE	POL	M60-69		00:26:40		00:07:19	00:41:27		00:02:02	00:41:39
173	WIŚNIEWSKI KRZYSZTOF	7	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59		00:30:28		00:05:26	00:40:39		00:02:22	00:37:14
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29		00:12:14	DNF	00:02:50			00:00:00	00:00:00

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg 5km
								0.75km			20km			
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29		00:11:22		00:01:38	00:30:17		00:00:30	00:19:07
2	MIELOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŻ	POL	M40-49		00:11:00		00:02:07	00:28:38		00:00:36	00:20:52
3	WASZTYL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39		00:11:42		00:01:53	00:30:26		00:00:56	00:20:53
4	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49		00:11:50		00:01:57	00:31:09		00:01:11	00:20:56
5	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39		00:12:12		00:02:15	00:30:39		00:00:47	00:23:36
6	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39		00:12:17		00:02:11	00:28:06		00:00:53	00:21:41

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
7	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39		00:11:31	00:03:30	00:33:36	00:00:47	00:27:21
8	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49		00:12:56	00:02:11	00:28:30	00:00:46	00:21:05
9	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:12:56	00:02:19	00:30:36	00:01:05	00:24:00
10	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OLAWA	POL	M40-49		00:12:40	00:02:35	00:31:49	00:01:07	00:23:06
11	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49		00:13:15	00:02:10	00:27:32	00:00:36	00:20:44
12	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29		00:12:44	00:02:41	00:32:45	00:01:00	00:21:23
13	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49		00:13:09	00:02:21	00:28:19	00:01:09	00:19:37
14	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:13:34	00:02:03	00:32:04	00:00:54	00:22:24
15	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49		00:12:40	00:02:59	00:33:28	00:01:26	00:27:10
16	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49		00:12:21	00:03:19	00:30:04	00:00:51	00:27:04
17	SZEWCUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39		00:13:42	00:02:05	00:28:58	00:00:58	00:21:43
18	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:13:22	00:02:26	00:31:35	00:00:55	00:21:35
19	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39		00:13:06	00:02:44	00:32:53	00:01:00	00:24:17
20	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29		00:14:03	00:01:52	00:29:24	00:00:57	00:18:54
21	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49		00:13:40	00:02:15	00:27:28	00:00:59	00:19:18
22	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:14:17	00:01:42	00:29:10	00:01:11	00:16:58
23	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39		00:13:47	00:02:13	00:30:08	00:00:47	00:21:28
24	ZIENKIEWICZ JANUSZ	201	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59		00:13:59	00:02:08	00:29:06	00:00:47	00:19:13
25	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:14:20	00:01:50	00:27:57	00:00:45	00:19:10
26	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:14:20	00:01:50	00:29:15	00:00:43	00:24:38
27	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39		00:13:40	00:02:32	00:34:01	00:01:05	00:29:24
28	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49		00:13:58	00:02:17	00:29:47	00:01:09	00:20:10
29	NOWAK ARTUR	8		JOZEFÓW	POL	M50-59		00:14:02	00:02:14	00:30:57	00:00:49	00:22:09
30	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39		00:14:21	00:01:56	00:30:14	00:00:59	00:18:18
31	GOLATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49		00:14:16	00:02:10	00:30:25	00:00:54	00:21:11
32	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:13:56	00:02:32	00:29:25	00:01:07	00:20:32
33	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39		00:13:57	00:02:31	00:31:07	00:00:49	00:22:40
34	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39		00:14:12	00:02:18	00:30:28	00:01:08	00:22:49
35	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39		00:14:34	00:01:58	00:28:08	00:00:57	00:20:45
36	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39		00:13:29	00:03:04	00:35:14	00:01:23	00:25:58
37	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39		00:13:56	00:02:39	00:28:00	00:00:53	00:21:04
38	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:14:19	00:02:24	00:31:04	00:00:57	00:23:15
39	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49		00:14:28	00:02:34	00:29:37	00:00:51	00:24:52
40	ŻMICH-FÓRMANIAK JOANNA	213	TM IRONTEAM	BYDGOSZCZ	POL	K40-49		00:14:53	00:02:13	00:30:53	00:00:50	00:23:57
41	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49		00:14:34	00:02:39	00:31:11	00:00:54	00:21:43
42	GACKA RAFAŁ	216	LUPUS TEAM	SICIENKO	POL	M40-49		00:14:51	00:02:39	00:30:01	00:01:02	00:20:44
43	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39		00:13:57	00:03:35	00:35:58	00:01:10	00:25:10
44	MOLTZAN LILIANA	174		TORUŃ	POL	K18-29		00:14:14	00:03:19	00:36:38	00:01:49	00:26:09
45	LIPŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49		00:14:19	00:03:19	00:31:45	00:01:15	00:25:06
46	KRÓPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49		00:14:51	00:02:54	00:30:40	00:00:48	00:23:12
47	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49		00:15:11	00:02:35	00:33:23	00:01:09	00:24:20
48	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29		00:14:41	00:03:06	00:33:58	00:00:39	00:25:47
49	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39		00:14:28	00:03:19	00:32:22	00:01:30	00:24:13
50	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39		00:15:08	00:02:45	00:30:54	00:00:47	00:23:21
51	YAFIMCHYK ANDREI	142	ORCA	POZNAŃ	POL	M40-49		00:15:09	00:02:47	00:37:05	00:01:49	00:24:02
52	GŁĄB ANDRZEJ	197	WANIEWSKI COACHING	MALBORK	POL	M50-59		00:15:16	00:02:40	00:31:59	00:01:17	00:25:08
53	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49		00:14:59	00:03:02	00:27:42	00:01:42	00:21:19
54	KRÓL MACIEJ	210	#CHMURACOACHING	BYDGOSZCZ	POL	M50-59		00:15:21	00:02:41	00:29:45	00:01:18	00:23:07
55	SANKOWSKA EWELINA	159		GDYNIA	POL	K40-49		00:15:08	00:02:58	00:36:10	00:01:43	00:27:35
56	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29		00:16:04	00:02:06	00:32:56	00:01:05	00:21:28
57	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39		00:15:26	00:02:47	00:33:15	00:00:59	00:24:23
58	PALETA ELŻBIETA	187	TM IRON TEAM	KATOWICE	POL	K18-29		00:15:32	00:02:42	00:31:21	00:01:00	00:22:31
59	ŁATKA MARCIN	5		MYŚLECINEK	POL	M40-49		00:15:18	00:02:57	00:36:46	00:00:49	00:28:20
60	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49		00:15:36	00:02:41	00:32:47	00:01:02	00:26:15
61	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39		00:14:46	00:03:34	00:33:23	00:01:22	00:25:38
62	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:15:49	00:02:34	00:32:35	00:00:51	00:22:32

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
63	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ŻYRARDÓW	POL	M40-49		00:15:17	00:03:10	00:31:25	00:01:05	00:25:49
64	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAN	POL	M30-39		00:14:55	00:03:32	00:32:09	00:01:25	00:27:29
65	DADEJ RAFAL	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49		00:15:51	00:02:40	00:31:20	00:01:58	00:21:32
66	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39		00:15:32	00:03:07	00:30:47	00:01:22	00:21:29
67	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39		00:16:15	00:02:27	00:29:33	00:01:20	00:20:36
68	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49		00:15:13	00:03:31	00:29:40	00:01:09	00:22:44
69	BOROWSKI RADOSŁAW	89	MLKS KRAJNA SĘPOLNO	BYDGOSZCZ	POL	M30-39		00:16:00	00:02:49	00:30:50	00:01:00	00:22:07
70	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39		00:15:26	00:03:28	00:33:06	00:00:56	00:22:59
71	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49		00:16:00	00:02:57	00:31:03	00:01:12	00:22:43
72	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39		00:16:53	00:02:08	00:41:23	00:01:09	00:23:04
73	ŁABĘDZI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:15:50	00:03:12	00:33:01	00:01:11	00:25:45
74	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29		00:15:58	00:03:11	00:32:45	00:01:27	00:22:58
75	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39		00:16:24	00:02:46	00:32:21	00:01:13	00:21:33
76	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYN	POL	M30-39		00:15:28	00:03:44	00:34:46	00:01:25	00:28:50
77	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	SUCHY LAS	POL	M30-39		00:16:09	00:03:13	00:34:19	00:01:06	00:22:34
78	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39		00:15:37	00:03:48	00:35:53	00:01:05	00:28:53
79	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49		00:16:23	00:03:03	00:31:34	00:01:19	00:25:55
80	SIUDA MAREK	43		BYDGOSZCZ	POL	M50-59		00:15:40	00:03:51	00:32:56	00:01:58	00:25:15
81	BUDZIK IRENEUSZ	226		BYDGOSZCZ	POL	M50-59		00:16:45	00:02:49	00:31:04	00:01:07	00:23:24
82	RYMARKIEWICZ MAŁGORZATA	230	TM IRONTEAM	BYDGOSZCZ	POL	K40-49		00:16:55	00:02:41	00:31:35	00:01:19	00:23:26
83	GRĄBCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39		00:15:31	00:04:07	00:35:25	00:01:42	00:22:41
84	ŻELAZNY MARCIN	27		BYDGOSZCZ	POL	M50-59		00:15:48	00:03:52	00:36:59	00:02:38	00:32:14
85	MICHALIK JOANNA	147		BYDGOSZCZ	POL	K40-49		00:16:23	00:03:23	00:32:48	00:01:42	00:24:41
86	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:17:20	00:02:30	00:30:31	00:01:20	00:20:57
87	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39		00:16:03	00:03:48	00:37:40	00:01:08	00:26:02
88	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:15:58	00:03:57	00:32:51	00:00:38	00:22:32
89	BRZEZIŃSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYGOSZCZ	POL	M30-39		00:17:00	00:02:56	00:31:21	00:01:10	00:22:59
90	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39		00:15:42	00:04:14	00:36:33	00:01:02	00:27:41
91	PODLASIŃSKI TOMASZ	140	BAYERLIFETEAM	NIEMCZ	POL	M50-59		00:16:15	00:03:42	00:35:02	00:01:24	00:26:03
92	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49		00:16:43	00:03:15	00:30:36	00:01:39	00:23:44
93	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49		00:16:19	00:03:42	00:30:51	00:01:17	00:25:44
94	TYMIŃSKI DARIUSZ	172	PTT DELTA	BRWILNO	POL	M50-59		00:17:51	00:02:11	00:31:17	00:00:54	00:21:02
95	MOJSIEWICZ NATALIA	227		WARSZAWA	POL	K18-29		00:16:59	00:03:03	00:33:40	00:01:15	00:26:06
96	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:17:08	00:02:54	00:29:25	00:00:53	00:21:26
97	SIEG TYMOTEUSZ	219		GDYNIA	POL	M18-29		00:15:14	00:04:50	00:33:37	00:01:56	00:28:25
98	KOPIŃSKA - KRÓL MAGDALENA	211	#CHMURACOACHING	BYDGOSZCZ	POL	K40-49		00:17:12	00:02:55	00:32:08	00:01:10	00:27:30
99	SZYM CZAK ELWIRA	151		INOWROCŁAW	POL	K18-29		00:16:24	00:03:43	00:36:21	00:00:49	00:25:24
100	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39		00:17:01	00:03:08	00:30:28	00:01:17	00:24:59
101	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49		00:16:39	00:03:32	00:35:50	00:01:48	00:35:34
102	MIŚ FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29		00:16:42	00:03:30	00:32:24	00:00:51	00:21:00
103	WAŁĘZA HUBERT	17		DRZEWCE	POL	M30-39		00:16:59	00:03:14	00:32:11	00:00:57	00:24:47
104	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29		00:17:01	00:03:13	00:30:53	00:01:16	00:20:45
105	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	NOWE DĄBIE	POL	M30-39		00:17:14	00:03:01	00:33:25	00:01:06	00:24:40
106	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49		00:17:18	00:02:57	00:32:42	00:01:17	00:25:47
107	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49		00:17:48	00:02:34	00:32:31	00:01:41	00:25:00
108	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39		00:16:53	00:03:30	00:31:37	00:01:22	00:24:30
109	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39		00:17:18	00:03:11	00:31:32	00:01:09	00:22:07
110	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39		00:16:37	00:03:53	00:37:39	00:00:48	00:34:07
111	WOŹNIAK ANNA	205	TM IRON TEAM	BYDGOSZCZ	POL	K40-49		00:17:22	00:03:10	00:30:33	00:01:15	00:24:52
112	MOSKAL PRZEMYSŁAW	145		BORÓWNO	POL	M18-29		00:17:01	00:03:32	00:34:42	00:00:34	00:24:29
113	JARLACZYŃSKA HANNA	242		TYCHY	POL	K18-29		00:17:32	00:03:02	00:35:54	00:01:30	00:25:23
114	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49		00:17:31	00:03:07	00:33:40	00:01:03	00:23:52
115	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49		00:16:01	00:04:41	00:33:28	00:02:29	00:26:25
116	GMOSIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:16:33	00:04:10	00:33:59	00:02:41	00:25:30

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
117	GIEDRYS ROMAN	73		TUCHOLA	POL	M50-59		00:17:23	00:03:22	00:31:01	00:01:26	00:25:06
118	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39		00:17:43	00:03:06	00:33:55	00:01:27	00:26:31
119	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49		00:16:51	00:03:58	00:29:18		
120	LUDWINIAK BOGDAN	111		BYDGOSZCZ	POL	M50-59		00:17:59	00:02:57	00:33:54	00:01:43	00:30:01
121	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49		00:17:51	00:03:09	00:31:01	00:01:28	00:23:22
122	ZIELIŃSKI RADOŚLAW	2		BYDGOSZCZ	POL	M30-39		00:17:33	00:03:30	00:33:51	00:01:34	00:29:54
123	SADKIEWICZ JACEK	225	RACING TEAM	OSIELSKO	POL	M50-59		00:17:14	00:03:50	00:33:57	00:01:40	00:34:08
124	LUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49		00:17:06	00:03:59	00:32:57	00:01:48	00:30:18
125	KOWALSKI PIOTR	76		BYDGOSZCZ	POL	M50-59		00:17:22	00:03:43	00:32:33	00:02:50	00:24:35
126	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49		00:18:03	00:03:04	00:31:14	00:00:48	00:25:00
127	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39		00:17:50	00:03:18	00:37:18	00:00:36	00:30:47
128	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE)	POL	M30-39		00:18:30	00:02:38	00:33:17	00:01:12	00:25:37
129	ANDRZEJEWSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:18:19	00:02:49	00:29:32	00:01:36	00:22:20
130	OZOROWSKI LUKASZ	204		SZEMBOKOWO	POL	M40-49		00:17:38	00:03:38	00:31:37	00:01:14	00:22:32
131	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39		00:18:12	00:03:06	00:36:51	00:02:06	00:26:50
132	SOLDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49		00:18:26	00:02:53	00:32:08	00:01:59	00:24:08
133	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49		00:17:12	00:04:08	00:34:37	00:01:46	00:26:28
134	MOSUR-GALICKA ANGELINA	9	AKADEMIA MISTRZÓW SPORTU	KOBYLARNIA	POL	K50-59		00:16:43	00:04:38	00:40:08	00:02:38	00:37:50
135	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49		00:17:46	00:03:35	00:34:06	00:01:46	00:27:24
136	LIPCZYŃSKI TOMASZ	64	AKTYWNIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39		00:16:47	00:04:35	00:37:19	00:00:29	00:27:18
137	BEM WOJCIECH	194		TORUŃ	POL	M30-39		00:17:46	00:03:37	00:36:02	00:01:23	00:30:28
138	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29		00:18:37	00:02:54	00:36:29	00:00:40	00:29:13
139	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39		00:16:26	00:05:07	00:38:12	00:02:11	00:36:29
140	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49		00:18:28	00:03:07	00:29:55	00:00:45	00:22:18
141	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39		00:17:47	00:03:49	00:34:10	00:01:13	00:21:15
142	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39		00:17:56	00:03:42	00:40:18	00:00:42	00:32:26
143	CICHOŃSKA-BAZAK MARZENA	163		ZOŁĘDOWO	POL	K50-59		00:18:25	00:03:14	00:32:51	00:01:44	00:24:19
144	SZEWS MAREK	136	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59		00:18:52	00:02:52	00:34:55	00:01:37	00:28:07
145	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39		00:17:51	00:03:55	00:36:23	00:01:25	00:29:13
146	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39		00:18:39	00:03:12	00:35:37	00:01:12	00:25:28
147	MROTEK KATARZYNA	112	AKADEMIA MISTRZÓW SPORTU	KRUSZYN KRAJEŃSKI	POL	K40-49		00:18:19	00:03:37	00:35:00	00:01:52	00:24:45
148	STRYCZYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:18:37	00:03:22	00:32:44	00:01:45	00:24:50
149	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49		00:17:56	00:04:03	00:33:48	00:02:26	00:27:00
150	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49		00:18:34	00:03:32	00:34:37	00:01:33	00:29:12
151	KUŹMA WOJTEK	6		BYDGOSZCZ	POL	M50-59		00:19:11	00:03:00	00:32:52	00:00:58	00:27:30
152	MICHALAK AGATA	177		BYDGOSZCZ	POL	K18-29		00:18:55	00:03:16	00:36:02	00:02:09	00:28:10
153	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39		00:17:38	00:04:35	00:34:48	00:01:59	00:28:14
154	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39		00:18:59	00:03:14	00:38:50	00:01:31	00:30:29
155	ANTOSIK PATRYK	66	CSWLĄD POZNAŃ	KCYNIA	POL	M30-39		00:18:36	00:03:39	00:31:11	00:01:32	00:24:55
156	LISEWSKI PIOTR	100		BYDGOSZCZ	POL	M60-69		00:18:51	00:03:26	00:34:11	00:01:28	00:25:50
157	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39		00:18:15	00:04:03	00:34:31	00:01:19	00:32:22
158	HAJŁASZ MARCIN	129		WROCŁAW	POL	M30-39		00:17:53	00:04:28	00:34:42	00:01:49	00:30:38
159	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49		00:18:23	00:03:59	00:32:52	00:01:53	00:23:52
160	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39		00:18:36	00:03:48	00:35:14	00:01:05	00:28:46
161	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39		00:18:49	00:03:42	00:37:01	00:00:42	00:24:41
162	BAUMGART JACEK	195	BIEGAJ Z DEBAMI	OSIELSKO	POL	M60-69		00:18:02	00:04:33	00:36:31	00:01:00	00:25:52
163	WINIECKA MARTYNA	59	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K18-29		00:19:33	00:03:14	00:37:17	00:00:39	00:30:56
164	KUKLIŠOVA GABRIELA	15		BYDGOSZCZ	SVK	K40-49		00:18:44	00:04:12	00:37:37	00:01:13	00:34:27
165	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49		00:18:50	00:04:07	00:35:22	00:01:36	00:28:41
166	CEGLARSKA INGA	258	N-BIKE	BYDGOSZCZ	POL	K40-49		00:19:03	00:03:56	00:35:23	00:01:47	00:31:45
167	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49		00:19:39	00:03:25	00:34:57	00:01:38	00:25:25
168	LICZNIERSKA ALINA	56	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49		00:20:46	00:02:31	00:32:37	00:00:48	00:22:06
169	MAKSYMOWICZ AGATA	85		LEGIONOWO	POL	K40-49		00:17:12	00:06:10	00:45:54	00:02:29	00:33:04
170	MAŁKIŃSKI JÓZEF	84		BYDGOSZCZ	POL	M60-69		00:19:46	00:03:36	00:37:02	00:00:54	00:30:24
171	DWOJACZNA-CHRAPKOWSKA ANNA	13	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K40-49		00:19:49	00:03:34	00:37:23	00:01:36	00:27:08

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg 5km
								0.75km	20km		T2	Bieg 5km		
172	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39		00:19:43	00:03:41	00:38:16	00:00:57	00:29:59		
173	WAWRZYŃIAK DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29		00:20:02	00:03:24	00:35:56	00:01:46	00:24:03		
174	HRYNIEWICZ AGNIESZKA	50		ŁÓDŹ	POL	K40-49		00:18:24	00:05:03	00:40:40	00:00:49	00:30:08		
175	STĘPSKA MAŁGOSIA	61	ŻELKI Z KRAKOWA	KRAKÓW	POL	K50-59		00:20:09	00:03:19	00:33:39	00:01:14	00:28:33		
176	DOKKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39		00:20:14	00:03:22	00:33:44	00:01:29	00:27:09		
177	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49		00:19:39	00:04:06	00:35:38	00:01:40	00:33:37		
178	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39		00:20:42	00:03:06	00:35:23	00:01:26	00:27:49		
179	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39		00:19:42	00:04:08	00:37:20	00:01:17	00:31:25		
180	MICHALEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49		00:18:50	00:05:01	00:35:23	00:00:37	00:25:45		
181	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39		00:19:49	00:04:03	00:31:51	00:01:08	00:36:59		
182	REPKA MAREK	166	LUPUS TEAM	BYDGOSZCZ	POL	M50-59		00:21:06	00:02:49	00:30:42	00:01:17	00:26:27		
183	SZYMCZAK KRZYSZTOF	88	SYSTEM 11	WAŁCZ DRUGI	POL	M50-59		00:20:25	00:03:32	00:32:52	00:01:29	00:24:51		
184	RĄCZKOWSKI DANIEL	117	AKTYWNI UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39		00:19:36	00:04:46	00:41:25	00:00:54	00:28:42		
185	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29		00:19:26	00:04:57	00:31:59	00:01:30	00:20:15		
186	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29		00:19:44	00:04:40	00:37:51	00:01:05	00:24:48		
187	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49		00:20:05	00:04:22	00:30:45	00:01:36	00:33:35		
188	SZUKALSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49		00:20:38	00:03:52	00:40:19	00:01:48	00:26:34		
189	BŁĄŻEJWSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39		00:20:31	00:04:01	00:39:08	00:01:02	00:29:47		
190	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49		00:19:48	00:04:45	00:38:29	00:01:34	00:25:49		
191	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:20:53	00:03:41	00:34:41	00:01:14	00:22:22		
192	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39		00:19:49	00:04:51	00:40:56	00:01:19	00:31:01		
193	MAŃCZAK WAWRZYNIEC	152	ENDURE TEAM	BYDGOSZCZ	POL	M70-79		00:16:08	00:08:34	00:46:15	00:01:37	00:45:45		
194	OSTROWSKI RAFAŁ	68	AKTYWNI UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49		00:18:41	00:06:14	00:36:03	00:01:04	00:25:32		
195	SZABO-MOSKAL JADWIGA	168		BORÓWNO	POL	K50-59		00:21:00	00:04:05	00:45:17	00:00:39	00:31:40		
196	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAN	POL	K30-39		00:20:58	00:04:25	00:36:05	00:01:34	00:30:40		
197	PEC ANNA	90	SKS OBORNIKI	OBORNIKI	POL	K50-59		00:20:53	00:04:31	00:38:08	00:01:38	00:35:09		
198	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39		00:21:42	00:03:44	00:37:27	00:01:15	00:27:24		
199	DOBRYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39		00:22:10	00:03:26	00:36:58	00:01:19	00:25:18		
200	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49		00:20:31	00:05:14	00:36:20	00:03:56	00:38:21		
201	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:22:45	00:03:09	00:31:05	00:01:30	00:25:36		
202	BUCZKO MICHAŁ	109		NAMYSŁÓW	POL	M40-49		00:21:47	00:04:08	00:39:11	00:02:13	00:32:48		
203	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39		00:22:15	00:03:53	00:38:13	00:01:22	00:34:52		
204	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49		00:19:54	00:06:22	00:42:12	00:02:05	00:32:26		
205	BINKOWSKI CZAREK	255	LKS OSTROMECKO	OSTROMECKO	POL	M50-59		00:21:03	00:05:14	00:36:25	00:02:11	00:32:12		
206	WUJEK MAGDALENA	77		BYDGOSZCZ	POL	K40-49		00:22:25	00:04:05	00:40:54	00:00:59	00:24:03		
207	PACZKOWSKA-PAPCZYŃSKA JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39		00:22:43	00:03:58	00:37:00	00:01:28	00:32:23		
208	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39		00:22:14	00:04:31	00:36:18	00:01:39	00:31:43		
209	POBOC PRZEMYSŁAW	155		KRUSZYN	POL	M50-59		00:22:40	00:04:10	00:38:37	00:01:45	00:32:04		
210	SKÓRCZEWSKI JACEK	124		NIEMCZ	POL	M60-69		00:22:02	00:05:09	00:36:25	00:01:56	00:29:29		
211	BOGALECKI MAREK	209	KS SOKÓŁ ZBLEWO	STAROGARD GDAŃSKI	POL	M60-69		00:20:55	00:06:17	00:37:27	00:03:07	00:30:18		
212	WIŚNIEWSKA LUCYNA	16	TRISPACE/TREK	BYDGOSZCZ	POL	K50-59		00:23:12	00:04:18	00:41:15	00:01:50	00:38:24		
213	CIESIELSKI PIOTR	183		MAKSYMILIANOWO	POL	M50-59		00:22:12	00:05:21	00:44:11	00:02:21	00:32:27		
214	MONTOWSKI JAN	132	KLUB OPLAWIEC	BYDGOSZCZ	POL	M60-69		00:23:15	00:04:54	00:37:11	00:01:05	00:34:05		
215	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49		00:22:57	00:05:24	00:38:47	00:02:22	00:40:07		
216	NOSIĄDEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLASKI	POL	K30-39		00:22:47	00:05:47	00:40:39	00:02:41	00:34:21		
217	LEWANDOWSKA LARYSA	229	SZKOŁA TRIATHLONU IMIENIA RAMZESA MAZURA	BYDGOSZCZ	POL	K18-29		00:24:18	00:04:28	00:42:52	00:00:38	00:33:48		
218	ŚWIADEK HUBERT	67		BYDGOSZCZ	POL	M30-39		00:24:14	00:04:39	00:40:42	00:01:51	00:29:49		
219	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49		00:26:21	00:04:41	00:33:15	00:02:40	00:30:12		
220	SAWICKI WALDEMAR	83		BYDGOSZCZ	POL	M80+		00:25:33	00:05:44	00:45:17	00:01:28	00:47:58		
221	WOROSZYŁO MONIKA	114	RYKOWISKO	PŁOCK	POL	K40-49		00:23:31	00:09:28	00:52:42	00:02:20	00:33:49		
222	MIKA ALDONA	82		BYDGOSZCZ	POL	K50-59		00:25:53	00:07:55	00:48:05	00:01:17	00:42:47		
223	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49		00:28:40	00:05:19	00:45:55	00:01:27	00:36:59		
224	KWIATKOWSKI ROMAN	115		STRZELCE GÓRNE	POL	M60-69		00:26:40	00:07:19	00:41:27	00:02:02	00:41:39		
225	WIŚNIEWSKI KRZYSZTOF	7	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59		00:30:28	00:05:26	00:40:39	00:02:22	00:37:14		
226	IGNASIAK BERNADETA	158		BYDGOSZCZ	POL	K40-49		00:33:55	00:03:55	00:43:56	00:01:06	00:33:33		

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
227	KOZIK ANNA	156		PRUSZCZ	POL	K50-59		00:34:33	00:05:37	00:48:01	00:03:31	00:40:23
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29		00:12:14 DNF	00:02:50		00:00:00	00:00:00

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

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

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
1	MISZTELA JAKUB	74	PTT DELTA	SŁUPNO	POL	M18-29		00:11:22	00:01:38	00:30:17	00:00:30	00:19:07
2	BERNACKI MATEUSZ	153	WANIEWSKI COACHING	NOWY DWÓR GDAŃSKI	POL	M18-29		00:12:44	00:02:41	00:32:45	00:01:00	00:21:23
3	GIERACH JAKUB	248	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:13:34	00:02:03	00:32:04	00:00:54	00:22:24
4	ROHDE PIOTR	190	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:13:22	00:02:26	00:31:35	00:00:55	00:21:35
5	SUDZIŃSKI HUBERT	239	TEAMOCHAL	SĘPÓLNO KRAJEŃSKIE	POL	M18-29		00:14:03	00:01:52	00:29:24	00:00:57	00:18:54
6	GIERACH WOJCIECH	247	TRISPACE/TREK	NIEMCZ	POL	M18-29		00:14:20	00:01:50	00:29:15	00:00:43	00:24:38
7	ROHDE ŁUKASZ	196	TM IRONTEAM	BYDGOSZCZ	POL	M18-29		00:14:19	00:02:24	00:31:04	00:00:57	00:23:15
8	WNUK MATEUSZ	217		BYDGOSZCZ	POL	M18-29		00:14:41	00:03:06	00:33:58	00:00:39	00:25:47
9	HUZARSKI AMADEUSZ	130	AKADEMIA MISTRZÓW SPORTU	POTULICE	POL	M18-29		00:16:04	00:02:06	00:32:56	00:01:05	00:21:28
10	ZAJĄKAŁA WOJCIECH	188		BYDGOSZCZ	POL	M18-29		00:15:58	00:03:11	00:32:45	00:01:27	00:22:58
11	SIEG TYMOTEUSZ	219		GDYNIA	POL	M18-29		00:15:14	00:04:50	00:33:37	00:01:56	00:28:25
12	MIŚ FILIP	162	MAM W PŁYWANIU TYLE DOŚWIADCZENIA, CO CZESKA ŻEGLUGA MORSKA	PUSZCZYKOWO	POL	M18-29		00:16:42	00:03:30	00:32:24	00:00:51	00:21:00
13	PALUCH JAN	203	TRIATHLON KONSULTING	TORUŃ	POL	M18-29		00:17:01	00:03:13	00:30:53	00:01:16	00:20:45
14	MOSKAŁ PRZEMYSŁAW	145		BORÓWNO	POL	M18-29		00:17:01	00:03:32	00:34:42	00:00:34	00:24:29
15	STYPCZYŃSKI JAN	154		BYDGOSZCZ	POL	M18-29		00:18:37	00:02:54	00:36:29	00:00:40	00:29:13
16	WAWRZYŃSKI DOMINIK	53	TAVERNA NAKŁO	WYSTĘP	POL	M18-29		00:20:02	00:03:24	00:35:56	00:01:46	00:24:03
17	JASIECKI MILAN	173	ENDURE TEAM	PRĄDKI	POL	M18-29		00:19:26	00:04:57	00:31:59	00:01:30	00:20:15
18	TOPOLSKI KAMIL	146		BYDGOSZCZ	POL	M18-29		00:19:44	00:04:40	00:37:51	00:01:05	00:24:48
	MAAS OLIVER	161	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29		00:12:14 DNF	00:02:50		00:00:00	00:00:00

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
1	CICHOWICZ MARTYNA	69	PTT DELTA	PŁOCK	POL	K30-39		00:13:29	00:03:04	00:35:14	00:01:23	00:25:58
2	LOOSE ANNA	139		BYDGOSZCZ	POL	K30-39		00:13:57	00:03:35	00:35:58	00:01:10	00:25:10
3	PIEKUT ALEKSANDRA	237	BRZEZIŃSKI RUN CLUB	NIEMCZ	POL	K30-39		00:16:15	00:02:27	00:29:33	00:01:20	00:20:36
4	SKOŁOZDRZYCH IWONA	1		ZALASEWO	POL	K30-39		00:16:03	00:03:48	00:37:40	00:01:08	00:26:02

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K30-39 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
5	KOCZOROWSKA KAMILA	11		BYDGOSZCZ	POL	K30-39		00:16:37	00:03:53	00:37:39	00:00:48	00:34:07
6	RUSZKOWSKA AGNIESZKA	126		WARSZAWA	POL	K30-39		00:17:50	00:03:18	00:37:18	00:00:36	00:30:47
7	ANDRZEJSKA SYLWIA	238	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:18:19	00:02:49	00:29:32	00:01:36	00:22:20
8	WEGNER PATRYCJA	186	SZOGUN TEAM	POZNAŃ	POL	K30-39		00:18:12	00:03:06	00:36:51	00:02:06	00:26:50
9	TIETZ NATALIA	70	STAJNIA PEGAZA STAWY	STAWY	POL	K30-39		00:17:56	00:03:42	00:40:18	00:00:42	00:32:26
10	SKORUPSKA EWA	189	OWOCBIEGA	ZALASEWO	POL	K30-39		00:18:39	00:03:12	00:35:37	00:01:12	00:25:28
11	STYPCZYŃSKA NATALIA	198	TRISPACE	LIPNIKI	POL	K30-39		00:18:59	00:03:14	00:38:50	00:01:31	00:30:29
12	DOMEK KATARZYNA	46		BYDGOSZCZ	POL	K30-39		00:19:43	00:03:41	00:38:16	00:00:57	00:29:59
13	DOŁKOWSKA MONIKA	106	TM IRON TEAM	BYDGOSZCZ	POL	K30-39		00:20:14	00:03:22	00:33:44	00:01:29	00:27:09
14	BŁAŻEJSKA AGNIESZKA	60	TM IRON TEAM	ŁOCHOWO	POL	K30-39		00:20:31	00:04:01	00:39:08	00:01:02	00:29:47
15	STELMACH PATRYCJA	233	TEAMOCHAL	BYDGOSZCZ	POL	K30-39		00:20:53	00:03:41	00:34:41	00:01:14	00:22:22
16	DUDKOWIAK MARTYNA	241	DUDKOWIAK FAMILY LAWYERS	POZNAŃ	POL	K30-39		00:20:58	00:04:25	00:36:05	00:01:34	00:30:40
17	BAGNIEWSKA SANDRA	48		BYDGOSZCZ	POL	K30-39		00:21:42	00:03:44	00:37:27	00:01:15	00:27:24
18	DOBRZYŃSKA EWA	47		BYDGOSZCZ	POL	K30-39		00:22:10	00:03:26	00:36:58	00:01:19	00:25:18
19	NIEDŹWIEDZKA AGATA	149	SMARUJ NA TRENING	BORCZ	POL	K30-39		00:22:15	00:03:53	00:38:13	00:01:22	00:34:52
20	PACZKOWSKA-PAPCZYŃSKA JOANNA	30	TRISPACE/TREK	BYDGOSZCZ	POL	K30-39		00:22:43	00:03:58	00:37:00	00:01:28	00:32:23
21	MIECZKOWSKA-LAPKE WERONIKA	118		ŁOCHOWO	POL	K30-39		00:22:14	00:04:31	00:36:18	00:01:39	00:31:43
22	NOSIADEK MARTA	78	CROSS-SPORT	WODZISŁAW ŚLĄSKI	POL	K30-39		00:22:47	00:05:47	00:40:39	00:02:41	00:34:21

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
1	WASZTYL MICHAŁ	95	WITKOWO BIEGA / SPORTMANIA SŁUPCA	POWIDZ	POL	M30-39		00:11:42	00:01:53	00:30:26	00:00:56	00:20:53
2	KRÓL HUBERT	246	WWW.TRENERTRIATHLONU.PL	POZNAŃ	POL	M30-39		00:12:12	00:02:15	00:30:39	00:00:47	00:23:36
3	RYMER JAKUB	235	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39		00:12:17	00:02:11	00:28:06	00:00:53	00:21:41
4	MALICKI PATRYK	122		DĘBOGÓRZE	POL	M30-39		00:11:31	00:03:30	00:33:36	00:00:47	00:27:21
5	KOWALIKOWSKI DANIEL	221	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:12:56	00:02:19	00:30:36	00:01:05	00:24:00
6	SZEWCUK PATRYK	71	SPORT ZDROWIE KONDYCJA ŚWIECIE	ŚWIECIE	POL	M30-39		00:13:42	00:02:05	00:28:58	00:00:58	00:21:43
7	KRÓL PATRYK	119	TRIATHLON KONSULTING	TORUŃ	POL	M30-39		00:13:06	00:02:44	00:32:53	00:01:00	00:24:17
8	KOTŁOWSKI BARTOSZ	256	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:14:17	00:01:42	00:29:10	00:01:11	00:16:58
9	ZIELINSKI NICOLAS	191	SKLEP ELENSPORT.PL	OSIELSKO	POL	M30-39		00:13:47	00:02:13	00:30:08	00:00:47	00:21:28
10	BASIŃSKI ŁUKASZ	4	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:14:20	00:01:50	00:27:57	00:00:45	00:19:10
11	KUNDE TOMASZ	253	BYDGOSZ TRIATHLON	BYDGOSZCZ	POL	M30-39		00:13:40	00:02:32	00:34:01	00:01:05	00:29:24
12	WITKOWSKI MATEUSZ	218	WITKOWSKI PLANY TRENINGOWE	NOWE BIELICE	POL	M30-39		00:14:21	00:01:56	00:30:14	00:00:59	00:18:18
13	SKORECKI ALEKSANDER	252	BYDGOSZCZ TRIATHLON TEAM	BYDGOSZCZ	POL	M30-39		00:13:57	00:02:31	00:31:07	00:00:49	00:22:40
14	LICZNIERSKI MAREK	25		PLEWISKA	POL	M30-39		00:14:12	00:02:18	00:30:28	00:01:08	00:22:49
15	WIERZYŃSKI DAMIAN	144	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39		00:14:34	00:01:58	00:28:08	00:00:57	00:20:45
16	DROBINSKI DANIEL	193	ŁAPATRIRUN	BYDGOSZCZ	POL	M30-39		00:13:56	00:02:39	00:28:00	00:00:53	00:21:04
17	KNYPIŃSKI WOJCIECH	34		BYDGOSZCZ	POL	M30-39		00:14:28	00:03:19	00:32:22	00:01:30	00:24:13
18	KNAPIK KAROL	125	DAWAJ KALACH TEAM	OSIELSKO	POL	M30-39		00:15:08	00:02:45	00:30:54	00:00:47	00:23:21
19	ZALEWSKI MARCIN	41		ŻYRARDÓW	POL	M30-39		00:15:26	00:02:47	00:33:15	00:00:59	00:24:23
20	GUMIŃSKI SZYMON	164		NIWY	POL	M30-39		00:14:46	00:03:34	00:33:23	00:01:22	00:25:38
21	BOIŃSKI BARTOSZ	234	TM IRON TEAM	BYDGOSZCZ	POL	M30-39		00:15:49	00:02:34	00:32:35	00:00:51	00:22:32
22	DUDKOWIAK MICHAŁ	240	DUDKOWIAK KOPEC PUTYRA - BUSINESS LAWYERS	POZNAŃ	POL	M30-39		00:14:55	00:03:32	00:32:09	00:01:25	00:27:29
23	NAPIERAŁA MIKOŁAJ	58	TEAMOCHAL	BYDGOSZCZ	POL	M30-39		00:15:32	00:03:07	00:30:47	00:01:22	00:21:29
24	BOROWSKI RADOSŁAW	89	MLKS KRAJNA SEPÓLNO	BYDGOSZCZ	POL	M30-39		00:16:00	00:02:49	00:30:50	00:01:00	00:22:07
25	TURZYŃSKI JAROSŁAW	94	HOLY TRIATHLON TEAM	MALBORK	POL	M30-39		00:15:26	00:03:28	00:33:06	00:00:56	00:22:59
26	ŚWIERCZYŃSKI MARCIN	36	ATHLETICOMED.PL BYDGOSZCZ	NEKLA	POL	M30-39		00:16:53	00:02:08	00:41:23	00:01:09	00:23:04
27	ŁABĘDZKI MACIEJ	38	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:15:50	00:03:12	00:33:01	00:01:11	00:25:45
28	DOMBROWSKI PATRYK	113		BYDGOSZCZ	POL	M30-39		00:16:24	00:02:46	00:32:21	00:01:13	00:21:33
29	SOBCZYŃSKI MICHAŁ	200		TRYSZCZYN	POL	M30-39		00:15:28	00:03:44	00:34:46	00:01:25	00:28:50
30	SZCZEŚNIAK SZYMON	180	SUCHOLESKIE NIEDŹWIEDZIE	SUCHY LAS	POL	M30-39		00:16:09	00:03:13	00:34:19	00:01:06	00:22:34

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie		T1	Rower		T2	Bieg 5km
								0.75km			20km			
31	TUROWSKI MACIEJ	133		ZIELONKA	POL	M30-39		00:15:37		00:03:48	00:35:53		00:01:05	00:28:53
32	GRĄBCZEWSKI SŁAWOMIR	185		KOBYLARNIA	POL	M30-39		00:15:31		00:04:07	00:35:25		00:01:42	00:22:41
33	PRZYBYTKOWSKI MAREK	52	ELENSPORT.PL SKLEPY SPORTOWE	BYDGOSZCZ	POL	M30-39		00:17:20		00:02:30	00:30:31		00:01:20	00:20:57
34	DULAT ROLAND	254	LKS OSTROMECKO	BYDGOSZCZ	POL	M30-39		00:15:58		00:03:57	00:32:51		00:00:38	00:22:32
35	BRZEZIŃSKI ŁUKASZ	105	ASSECO ACTIVE TEAM	BYGOSZCZ	POL	M30-39		00:17:00		00:02:56	00:31:21		00:01:10	00:22:59
36	RUSZKOWSKI WIKTOR	128		WARSZAWA	POL	M30-39		00:15:42		00:04:14	00:36:33		00:01:02	00:27:41
37	KOTOŃSKI DAMIAN	175		GDAŃSK	POL	M30-39		00:17:01		00:03:08	00:30:28		00:01:17	00:24:59
38	WAŁĘZA HUBERT	17		DRZEWCE	POL	M30-39		00:16:59		00:03:14	00:32:11		00:00:57	00:24:47
39	CHOLEWCZYŃSKI DAMIAN	232	TM IRON TEAM	NOWE DĄBIE	POL	M30-39		00:17:14		00:03:01	00:33:25		00:01:06	00:24:40
40	CHROMIŃSKI FABIAN	32		BYDGOSZCZ	POL	M30-39		00:16:53		00:03:30	00:31:37		00:01:22	00:24:30
41	CYBULSKI PAWEŁ	160		ŚWIECIE	POL	M30-39		00:17:18		00:03:11	00:31:32		00:01:09	00:22:07
42	MAJDA ADRIAN	121		LIPNIKI	POL	M30-39		00:17:43		00:03:06	00:33:55		00:01:27	00:26:31
43	ZIELIŃSKI RADOŚLAW	2		BYDGOSZCZ	POL	M30-39		00:17:33		00:03:30	00:33:51		00:01:34	00:29:54
44	RUCIŃSKI RAFAŁ	22	SELEKCJA NATURALNA	MAŁE RUDY (WOJ. KUJAWSKO-POMORSKIE)	POL	M30-39		00:18:30		00:02:38	00:33:17		00:01:12	00:25:37
45	LIPCZYŃSKI TOMASZ	64	AKTYWNIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39		00:16:47		00:04:35	00:37:19		00:00:29	00:27:18
46	BEM WOJCIECH	194		TORUŃ	POL	M30-39		00:17:46		00:03:37	00:36:02		00:01:23	00:30:28
47	KUBALEWSKI KRZYSZTOF	127		BYDGOSZCZ	POL	M30-39		00:16:26		00:05:07	00:38:12		00:02:11	00:36:29
48	STAŃCZYK KAMIL	181	8. K-PBOT	BAŁTÓW	POL	M30-39		00:17:47		00:03:49	00:34:10		00:01:13	00:21:15
49	STĘPIEŃ MICHAŁ	116		BYDGOSZCZ	POL	M30-39		00:17:51		00:03:55	00:36:23		00:01:25	00:29:13
50	STRYCZYŃSKI MAREK	26	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	TRISPACE/TREK	00:18:37		00:03:22	00:32:44		00:01:45	00:24:50
51	KWIATKOWSKI PIOTR	165		BYDGOSZCZ	POL	M30-39		00:17:38		00:04:35	00:34:48		00:01:59	00:28:14
52	ANTOSIK PATRYK	66	CSWŁAD POZNAŃ	KCYNIA	POL	M30-39		00:18:36		00:03:39	00:31:11		00:01:32	00:24:55
53	PAPIEROWSKI PIOTR	40	ATOS	OSIELSKO	POL	M30-39		00:18:15		00:04:03	00:34:31		00:01:19	00:32:22
54	HAJŁASZ MARCIN	129		WROCŁAW	POL	M30-39		00:17:53		00:04:28	00:34:42		00:01:49	00:30:38
55	OSAK PAWEŁ	19		BYDGOSZCZ	POL	M30-39		00:18:36		00:03:48	00:35:14		00:01:05	00:28:46
56	KOLASSA ROBERT	42		MUROWANIEC	POL	M30-39		00:18:49		00:03:42	00:37:01		00:00:42	00:24:41
57	GUZIK KRZYSZTOF	141		BYDGOSZCZ	POL	M30-39		00:20:42		00:03:06	00:35:23		00:01:26	00:27:49
58	OLSZEWSKI DANIEL	169		MALBORK	POL	M30-39		00:19:42		00:04:08	00:37:20		00:01:17	00:31:25
59	GRZEGOROWSKI JAN	134	JKG	DABROWA CHELMINSKA	POL	M30-39		00:19:49		00:04:03	00:31:51		00:01:08	00:36:59
60	RĄCZKOWSKI DANIEL	117	AKTYWNIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M30-39		00:19:36		00:04:46	00:41:25		00:00:54	00:28:42
61	SERWACKI DAWID	99		BYDGOSZCZ	POL	M30-39		00:19:49		00:04:51	00:40:56		00:01:19	00:31:01
62	ŚWIADEK HUBERT	67		BYDGOSZCZ	POL	M30-39		00:24:14		00:04:39	00:40:42		00:01:51	00:29:49

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

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



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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
1	MIELOCH ARTUR	215	DAWAJ KALACH TEAM	CHODZIEŻ	POL	M40-49		00:11:00	00:02:07	00:28:38	00:00:36	00:20:52
2	TWAROWSKI KAROL	231		TORUŃ	POL	M40-49		00:11:50	00:01:57	00:31:09	00:01:11	00:20:56
3	FÓRMANIAK PIOTR	212	TM IRON TEAM	BYDGOSZCZ	POL	M40-49		00:12:56	00:02:11	00:28:30	00:00:46	00:21:05
4	BYCH MACIEJ	206	GRAJAN TRIATHLON TEAM	OŁAWA	POL	M40-49		00:12:40	00:02:35	00:31:49	00:01:07	00:23:06
5	ŁOPUSZYŃSKI KRZYSZTOF	150	TRISPACE/TREK	BYDGOSZCZ	POL	M40-49		00:13:15	00:02:10	00:27:32	00:00:36	00:20:44
6	PARTYKA RAFAŁ	29	RAFAL AGAINST THE MACHINE	BYDGOSZCZ	POL	M40-49		00:13:09	00:02:21	00:28:19	00:01:09	00:19:37
7	CIEPŁOWSKI ROBERT	107		BYDGOSZCZ	POL	M40-49		00:12:40	00:02:59	00:33:28	00:01:26	00:27:10
8	URBANOWSKI WŁODZIMIERZ	202	RETRO STORK TEAM	TORUŃ	POL	M40-49		00:12:21	00:03:19	00:30:04	00:00:51	00:27:04
9	PRZYBYLSKI JAKUB	138	KOMPUTRONIK	POZNAŃ	POL	M40-49		00:13:40	00:02:15	00:27:28	00:00:59	00:19:18
10	CYBULSKI JACEK	62	SWIM2TRI	SZCZECIN	POL	M40-49		00:13:58	00:02:17	00:29:47	00:01:09	00:20:10
11	GOŁATA WOJCIECH	222	BOGMAR LKS OSTROMECKO	DĄBROWA CHEŁMIŃSKA	POL	M40-49		00:14:16	00:02:10	00:30:25	00:00:54	00:21:11
12	MAJEWSKI ROBERT	208	#TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:13:56	00:02:32	00:29:25	00:01:07	00:20:32
13	DAWIDOWICZ MACIEJ	28		BRZOZA	POL	M40-49		00:14:28	00:02:34	00:29:37	00:00:51	00:24:52
14	JANUSZKIEW PIOTR	39	REBELIA UNDERGROUND TRIATHLON	ŁOCHOWO	POL	M40-49		00:14:34	00:02:39	00:31:11	00:00:54	00:21:43
15	GACKA RAFAŁ	216	LUPUS TEAM	SICIENKO	POL	M40-49		00:14:51	00:02:39	00:30:01	00:01:02	00:20:44
16	LIPIŃSKI MICHAŁ	137	LIPA#76	ZIELONKA	POL	M40-49		00:14:19	00:03:19	00:31:45	00:01:15	00:25:06
17	KROPLEWSKI MACIEJ	251	CTS	GDAŃSK	POL	M40-49		00:14:51	00:02:54	00:30:40	00:00:48	00:23:12
18	KASPEROWICZ MARCIN	55	PREDATORS 3TEAM	BYDGOSZCZ	POL	M40-49		00:15:11	00:02:35	00:33:23	00:01:09	00:24:20
19	YAFIMCHYK ANDREI	142	ORCA	POZNAŃ	POL	M40-49		00:15:09	00:02:47	00:37:05	00:01:49	00:24:02
20	KUBANEK ŁUKASZ	79	Ł_T_R	NIEMCZ	POL	M40-49		00:14:59	00:03:02	00:27:42	00:01:42	00:21:19
21	ŁATKA MARCIN	5		MYŚLĘCINEK	POL	M40-49		00:15:18	00:02:57	00:36:46	00:00:49	00:28:20
22	SOBCZAK MARCIN	104	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M40-49		00:15:36	00:02:41	00:32:47	00:01:02	00:26:15
23	GRZESIAK PATRYK	102	ARTURKUREK.PRO	ZYRARDÓW	POL	M40-49		00:15:17	00:03:10	00:31:25	00:01:05	00:25:49
24	DADEJ RAFAŁ	184	PIASKIEM W RAKA	GDYNIA	POL	M40-49		00:15:51	00:02:40	00:31:20	00:01:58	00:21:32
25	BUGALSKI WOJCIECH	33	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49		00:15:13	00:03:31	00:29:40	00:01:09	00:22:44
26	NOWOTNIK MARIUSZ	97		BYDGOSZCZ	POL	M40-49		00:16:00	00:02:57	00:31:03	00:01:12	00:22:43
27	BRYLL ŁUKASZ	45	FORTIS SAGITTA TEAM	KRUSZYN KRAJEŃSKI	POL	M40-49		00:16:23	00:03:03	00:31:34	00:01:19	00:25:55
28	CHODKIEWICZ TOMASZ	31	GARDEN FLORA MTB TEAM	BYDGOSZCZ	POL	M40-49		00:16:43	00:03:15	00:30:36	00:01:39	00:23:44
29	STĘPIEŃ TOMAS	54		JARUŻYN	POL	M40-49		00:16:19	00:03:42	00:30:51	00:01:17	00:25:44
30	KWAPIŃSKI DAMIAN	49	TEAMOCHAL	BYDGOSZCZ	POL	M40-49		00:17:08	00:02:54	00:29:25	00:00:53	00:21:26
31	MORDAKA MACIEJ	3		BYDGOSZCZ	POL	M40-49		00:16:39	00:03:32	00:35:50	00:01:48	00:35:34
32	CYNOWSKI KRZYSZTOF	10	CYNA	SZCZECIN	POL	M40-49		00:17:18	00:02:57	00:32:42	00:01:17	00:25:47
33	GÓRNY BARTŁOMIEJ	63		KOŚCIELECZKI	POL	M40-49		00:17:48	00:02:34	00:32:31	00:01:41	00:25:00
34	GABRYCH MACIEJ	24	CZARNE STOPY	BYDGOSZCZ	POL	M40-49		00:17:31	00:03:07	00:33:40	00:01:03	00:23:52
35	DOLIŃSKI DAWID	81		GOSTYŃ	POL	M40-49		00:16:01	00:04:41	00:33:28	00:02:29	00:26:25
36	GMOSIŃSKI TOMASZ	199	CSU RACING TEAM BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:16:33	00:04:10	00:33:59	00:02:41	00:25:30
37	TRZOPEK GRZEGORZ	192		ŚWIECIE	POL	M40-49		00:16:51	00:03:58	00:29:18		
38	GRUBICH ARKADIUSZ	244		BYDGOSZCZ	POL	M40-49		00:17:51	00:03:09	00:31:01	00:01:28	00:23:22
39	LUKOWSKI GRZEGORZ	72	RODZINNY TEAM ŚRODKOWA	PŁOCK	POL	M40-49		00:17:06	00:03:59	00:32:57	00:01:48	00:30:18
40	KARCZEWSKI FILIP	18		BYDGOSZCZ	POL	M40-49		00:18:03	00:03:04	00:31:14	00:00:48	00:25:00
41	OZOROWSKI ŁUKASZ	204		SZEMBEKOWO	POL	M40-49		00:17:38	00:03:38	00:31:37	00:01:14	00:22:32
42	SOŁDYGA PAWEŁ	257	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49		00:18:26	00:02:53	00:32:08	00:01:59	00:24:08
43	KRYGER WOJCIECH	220	AJM TEAM	BYDGOSZCZ	POL	M40-49		00:17:12	00:04:08	00:34:37	00:01:46	00:26:28
44	CHMURA MACIEJ	101	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49		00:17:46	00:03:35	00:34:06	00:01:46	00:27:24
45	GILL DANIEL	249	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49		00:18:28	00:03:07	00:29:55	00:00:45	00:22:18
46	URBAŃSKI DAWID	110		BYDGOSZCZ	POL	M40-49		00:17:56	00:04:03	00:33:48	00:02:26	00:27:00
47	MIKOŁAJCZAK ARTUR	178		NIWY	POL	M40-49		00:18:34	00:03:32	00:34:37	00:01:33	00:29:12
48	ROMAN KRZYSZTOF	93		BOLSZEWO	POL	M40-49		00:18:23	00:03:59	00:32:52	00:01:53	00:23:52
49	ROBACZEK ANDRZEJ	170		NOWA WIEŚ MALBORSKA	POL	M40-49		00:18:50	00:04:07	00:35:22	00:01:36	00:28:41
50	NIEDŹWIEDZKI ARKADIUSZ	148	SMARUJ NA TRENING	BORCZ	POL	M40-49		00:19:39	00:03:25	00:34:57	00:01:38	00:25:25
51	WOŹNIAK RADEK	123		BYDGOSZCZ	POL	M40-49		00:19:39	00:04:06	00:35:38	00:01:40	00:33:37
52	MICHALEWSKI BARTOSZ	207	SOLANO	BYDGOSZCZ	POL	M40-49		00:18:50	00:05:01	00:35:23	00:00:37	00:25:45
53	BABIAK JAKUB	228	ENDURE TEAM	BYDGOSZCZ	POL	M40-49		00:20:05	00:04:22	00:30:45	00:01:36	00:33:35
54	SZUKAŁSKI MICHAŁ	14		BYDGOSZCZ	POL	M40-49		00:20:38	00:03:52	00:40:19	00:01:48	00:26:34
55	DOLATA ŁUKASZ	135		STRZELCE GÓRNE	POL	M40-49		00:19:48	00:04:45	00:38:29	00:01:34	00:25:49
56	OSTROWSKI RAFAŁ	68	AKTYWNIE UZALEŻNIAMY PŁOCK	PŁOCK	POL	M40-49		00:18:41	00:06:14	00:36:03	00:01:04	00:25:32

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km
57	NOWAK BARTŁOMIEJ	214	FORGE YOUR FUTURE	KOMOROWICE	POL	M40-49		00:20:31	00:05:14	00:36:20	00:03:56	00:38:21
58	WRÓBEL SEBASTIAN	243	CYKLO BYDGOSZCZ	BYDGOSZCZ	POL	M40-49		00:22:45	00:03:09	00:31:05	00:01:30	00:25:36
59	BUCZKO MICHAŁ	109		NAMYSŁÓW	POL	M40-49		00:21:47	00:04:08	00:39:11	00:02:13	00:32:48
60	URBAŃSKI DANIEL	91		BYDGOSZCZ	POL	M40-49		00:19:54	00:06:22	00:42:12	00:02:05	00:32:26
61	CZYŻEWSKI PIOTR	20		BRZOZA	POL	M40-49		00:22:57	00:05:24	00:38:47	00:02:22	00:40:07
62	PANTKOWSKI ADAM	143		KORONOWO	POL	M40-49		00:26:21	00:04:41	00:33:15	00:02:40	00:30:12
63	SŁOWIŃSKI SŁAWEK	157		BYDGOSZCZ	POL	M40-49		00:28:40	00:05:19	00:45:55	00:01:27	00:36:59

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

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

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

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

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

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

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

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

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

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