

JBL TRIATHLON SIERAKÓW 25-26.05.2019 r.  
Dystans: 112,99km



| Pos | Numer | Nazwisko Imię          | Miejscowość          | Team                           | Rok ur. | Kat. wiek. | Miejsce kat | Pływanie | Pływanie miejsce | T1       | Rower    | Rower miejsce | T2       | Bieg     | Bieg miejsce | Czas     | K | M | Kara |
|-----|-------|------------------------|----------------------|--------------------------------|---------|------------|-------------|----------|------------------|----------|----------|---------------|----------|----------|--------------|----------|---|---|------|
| 1   | 2     | BANACH BARTOSZ         | GDAŃSK               | TORUS-APTEKA-GEMINI.PL         | 1986    | M-PRO      | 1           | 00:27:26 | 4                | 00:03:29 | 02:06:10 | 1             | 00:01:17 | 01:22:47 | 3            | 04:01:09 |   |   | 1    |
| 2   | 15    | SPALEŃIAK TOMASZ       | DOBŹEWINO            | Endure Team                    | 1990    | M-PRO      | 2           | 00:29:55 | 14               | 00:03:35 | 02:12:14 | 6             | 00:01:11 | 01:17:49 | 1            | 04:04:44 |   |   | 2    |
| 3   | 272   | MITRUŚ PAWEŁ           | WARSZAWA             | NeON Team                      | 1990    | M25-29     | 1           | 00:29:56 | 15               | 00:03:54 | 02:08:31 | 2             | 00:01:23 | 01:21:56 | 2            | 04:05:40 |   |   | 3    |
| 4   | 230   | KOWALCZYK MAREK        | BYDGOSZCZ            | ENDUSPORT                      | 1978    | M40-44     | 1           | 00:32:02 | 42               | 00:03:52 | 02:16:24 | 15            | 00:01:26 | 01:25:01 | 5            | 04:18:45 |   |   | 4    |
| 5   | 295   | WOJNAR ROBERT          | TORUŃ                |                                | 1976    | M40-44     | 2           | 00:35:52 | 142              | 00:03:43 | 02:11:12 | 4             | 00:01:38 | 01:26:29 | 6            | 04:18:54 |   |   | 5    |
| 6   | 10    | OTWOROWSKA MALGORZATA  | SZCZECIN             | Ironman Prodmar/Trinergy       | 1990    | K-PRO      | 1           | 00:26:00 | 1                | 00:03:33 | 02:18:19 | 27            | 00:01:18 | 01:31:06 | 27           | 04:20:16 | 1 |   |      |
| 7   | 223   | STRONKA DAWID          | POZNAŃ               | Velocity Poznań                | 1987    | M30-34     | 1           | 00:32:59 | 60               | 00:04:30 | 02:11:09 | 3             | 00:01:55 | 01:30:10 | 20           | 04:20:43 |   |   | 6    |
| 8   | 13    | DE LA PARRA INAKI      | KATOWICE             | Way2Champ.com                  | 1983    | M-PRO      | 3           | 00:29:20 | 8                | 00:04:24 | 02:16:01 | 14            | 00:01:42 | 01:30:35 | 23           | 04:22:02 |   |   | 7    |
| 9   | 497   | SZUMIEC LUKASZ         | JASŁO                | JSC Jasło                      | 1977    | M40-44     | 3           | 00:33:41 | 87               | 00:04:25 | 02:14:22 | 10            | 00:01:32 | 01:28:07 | 12           | 04:22:07 |   |   | 8    |
| 10  | 429   | BOROWIAK RAFAŁ         | SLUBICE              | JKS Team                       | 1983    | M35-39     | 1           | 00:32:52 | 56               | 00:03:59 | 02:17:55 | 26            | 00:01:21 | 01:26:34 | 8            | 04:22:41 |   |   | 9    |
| 11  | 442   | MROZEK ROBERT          | LUBLIN               | Szkoła Pływania WODNIK         | 1987    | M30-34     | 2           | 00:27:13 | 2                | 00:03:51 | 02:21:39 | 44            | 00:01:06 | 01:28:54 | 14           | 04:22:43 |   |   | 10   |
| 12  | 413   | GREGUŁA WOJCIECH       | CHOJNA               | Oktan Energy                   | 1986    | M30-34     | 3           | 00:31:19 | 29               | 00:04:26 | 02:16:32 | 17            | 00:01:27 | 01:30:07 | 19           | 04:23:51 |   |   | 11   |
| 13  | 550   | RUZYŁO JAKUB           | KONGSHAWN            | Arendal Triatlon               | 1984    | M35-39     | 2           | 00:35:04 | 126              | 00:05:14 | 02:17:40 | 22            | 00:01:48 | 01:24:37 | 4            | 04:24:23 |   |   | 12   |
| 14  | 422   | HOLEŚA PATRIK          | RAJEC                | MARATON KLUB RAJEC             | 1991    | M25-29     | 2           | 00:30:53 | 22               | 00:04:32 | 02:14:44 | 11            | 00:01:45 | 01:33:03 | 37           | 04:24:57 |   |   | 13   |
| 15  | 531   | KLATAK MARIUSZ         | KATOWICE-KOSTUCHNA   | Labosport                      | 1979    | M40-44     | 4           | 00:33:50 | 92               | 00:04:01 | 02:19:18 | 31            | 00:01:45 | 01:26:44 | 9            | 04:25:38 |   |   | 14   |
| 16  | 415   | ADAMCZYK MACIEJ        | OBORNKI              | SKS OBORNKI                    | 1981    | M35-39     | 3           | 00:34:11 | 102              | 00:04:26 | 02:13:54 | 7             | 00:01:40 | 01:31:59 | 30           | 04:26:10 |   |   | 15   |
| 17  | 84    | SZUDER PRZEMYSŁAW      | HORNÓWEK             | Triangle Sports                | 1978    | M40-44     | 5           | 00:31:12 | 28               | 00:04:27 | 02:15:04 | 12            | 00:01:32 | 01:35:07 | 52           | 04:27:22 |   |   | 16   |
| 18  | 464   | SZYSZKA LUKASZ         | WARSZAWA             | Drużyna TVN                    | 1990    | M25-29     | 3           | 00:30:44 | 21               | 00:04:27 | 02:23:45 | 50            | 00:01:35 | 01:28:04 | 11           | 04:28:35 |   |   | 17   |
| 19  | 294   | FABISZEWSKI MARCIN     | WARSZAWA             | Triwawa                        | 1983    | M35-39     | 4           | 00:29:04 | 7                | 00:04:20 | 02:20:30 | 37            | 00:01:23 | 01:33:25 | 39           | 04:28:42 |   |   | 18   |
| 20  | 250   | MANIAK ADAM            | MILCZYCE             | Jelcz Triathlon Project        | 1979    | M40-44     | 6           | 00:33:01 | 66               | 00:04:06 | 02:20:58 | 40            | 00:01:27 | 01:29:27 | 17           | 04:28:59 |   |   | 19   |
| 21  | 558   | SIWIŃSKI ROBERT        | WARSZAWA             | WMT                            | 1975    | M40-44     | 7           | 00:36:18 | 155              | 00:03:42 | 02:20:21 | 36            | 00:01:32 | 01:27:40 | 10           | 04:29:33 |   |   | 20   |
| 22  | 447   | DASKO JEWGENIJS        | LIEPAJA              | Ironman.lv                     | 1985    | M30-34     | 4           | 00:33:11 | 76               | 00:04:44 | 02:19:23 | 32            | 00:01:46 | 01:30:34 | 22           | 04:29:38 |   |   | 21   |
| 23  | 66    | BULECZKA PAWEŁ         | ZDUŃSKA WOLA         | RAJSPORT ACTIVE, GATTA BIKE-RS | 1984    | M35-39     | 5           | 00:37:54 | 206              | 00:04:08 | 02:13:58 | 8             | 00:01:54 | 01:32:03 | 32           | 04:29:57 |   |   | 22   |
| 24  | 208   | KIMMER JAKUB           | ZELŹO                | TTPSC                          | 1988    | M30-34     | 5           | 00:30:24 | 19               | 00:04:18 | 02:16:48 | 19            | 00:01:20 | 01:38:30 | 86           | 04:31:20 |   |   | 23   |
| 25  | 444   | SZEFER PIOTR           | WARSZAWA             | TRINERGY                       | 1974    | M45-49     | 1           | 00:32:41 | 53               | 00:04:11 | 02:17:29 | 20            | 00:01:19 | 01:35:50 | 59           | 04:31:30 |   |   | 24   |
| 26  | 292   | JEDRZEJCZAK MARCIN     | SUCHY LAS            | Velocity/ K.S Tęcza            | 1991    | M25-29     | 4           | 00:33:23 | 81               | 00:04:23 | 02:21:17 | 41            | 00:01:40 | 01:31:22 | 28           | 04:32:05 |   |   | 25   |
| 27  | 505   | KOWALSKI TOMASZ        | WARSZAWA             | Trinergy Team                  | 1986    | M30-34     | 6           | 00:27:21 | 3                | 00:04:06 | 02:20:16 | 35            | 00:01:34 | 01:39:24 | 92           | 04:32:41 |   |   | 26   |
| 28  | 100   | GRYCK KAMIL            | CIECHANÓW            | Trizarza Team                  | 1989    | M30-34     | 7           | 00:31:53 | 40               | 00:04:48 | 02:23:53 | 54            | 00:01:51 | 01:30:46 | 24           | 04:33:11 |   |   | 27   |
| 29  | 526   | ROZWORA PIOTR          | ŚRODA WLKP           | Polonia Środa                  | 1973    | M45-49     | 2           | 00:31:39 | 33               | 00:05:03 | 02:21:24 | 43            | 00:01:53 | 01:33:12 | 38           | 04:33:11 |   |   | 28   |
| 30  | 336   | DOHNIKOWSKI KRZYSZTOF  | ŚWIDNICA             | GLKS Żelazna Świdnica          | 1980    | M35-39     | 6           | 00:36:52 | 170              | 00:03:36 | 02:24:23 | 56            | 00:01:52 | 01:26:31 | 7            | 04:33:14 |   |   | 29   |
| 31  | 288   | KRASNODĘBSKI SEBASTIAN | GRUDZIĄDZ            |                                | 1982    | M35-39     | 7           | 00:32:16 | 47               | 00:03:56 | 02:18:54 | 29            | 00:01:44 | 01:36:37 | 65           | 04:33:27 |   |   | 30   |
| 32  | 345   | KOT REMIGIUSZ          | BIELSKO-BIAŁA        | RM Tri Team                    | 1973    | M45-49     | 3           | 00:32:14 | 46               | 00:04:03 | 02:19:10 | 30            | 00:01:44 | 01:36:21 | 64           | 04:33:32 |   |   | 31   |
| 33  | 9     | KULESKA JAKUB          | JELEŃSKA GÓRA        | Triathlon club wrocław         | 1980    | M35-39     | 8           | 00:30:54 | 23               | 00:04:10 | 02:21:42 | 45            | 00:02:00 | 01:35:40 | 55           | 04:34:26 |   |   | 32   |
| 34  | 454   | MROCEK MARCIN          | OPOLE                | Neon team                      | 1977    | M40-44     | 8           | 00:29:22 | 9                | 00:04:06 | 02:28:07 | 74            | 00:01:55 | 01:31:01 | 26           | 04:34:31 |   |   | 33   |
| 35  | 540   | KORULCZYK RAFAŁ        | BALTÓW               | I-Sport                        | 1981    | M35-39     | 9           | 00:33:04 | 70               | 00:04:49 | 02:16:29 | 16            | 00:01:31 | 01:39:10 | 88           | 04:35:03 |   |   | 34   |
| 36  | 262   | SIATECKI PAWEŁ         | GARBÓW               | TRIATHLON LUBLIN TEAM          | 1992    | M25-29     | 5           | 00:38:41 | 242              | 00:04:09 | 02:16:46 | 18            | 00:01:36 | 01:33:59 | 46           | 04:35:11 |   |   | 35   |
| 37  | 16    | WOŁOS EWELINA          | WARSZAWA             | TriWawa                        | 1987    | K-PRO      | 2           | 00:33:00 | 63               | 00:03:47 | 02:24:22 | 55            | 00:01:32 | 01:32:38 | 34           | 04:35:19 | 2 |   |      |
| 38  | 309   | PIEK MAREK             | SIEMIENOWICE ŚLĄSKIE | CHOP ZE ŻELAZA TRI TEAM        | 1977    | M40-44     | 9           | 00:34:39 | 113              | 00:04:21 | 02:23:50 | 53            | 00:01:47 | 01:31:27 | 29           | 04:36:04 |   |   | 36   |
| 39  | 200   | NIEDBAŁ LUKASZ         | GLIWICE              | GTT - Inter Projekt            | 1981    | M35-39     | 10          | 00:33:52 | 94               | 00:04:44 | 02:19:49 | 33            | 00:01:48 | 01:36:20 | 63           | 04:36:33 |   |   | 37   |
| 40  | 327   | CHYŁEK WOJCIECH        | KRAKÓW               | Luczanowice Kraków             | 1982    | M35-39     | 11          | 00:30:00 | 16               | 00:04:01 | 02:15:38 | 13            | 00:01:29 | 01:45:44 | 150          | 04:36:52 |   |   | 38   |
| 41  | 329   | SARBAK BARTEK          | WOLSZTYN             | BS - TRI TEAM                  | 1996    | M30-34     | 1           | 00:31:26 | 30               | 00:04:46 | 02:26:28 | 65            | 00:01:22 | 01:33:46 | 42           | 04:37:48 |   |   | 39   |
| 42  | 400   | MESSYASZ KRZYSZTOF     | GAĆ                  | BIMARKO&WELDA TEAM             | 1981    | M35-39     | 12          | 00:33:53 | 95               | 00:04:14 | 02:20:48 | 39            | 00:01:30 | 01:38:28 | 85           | 04:38:53 |   |   | 40   |
| 43  | 55    | HOFFMANN WOJCIECH      | KRAKÓW               | Korona Masters Kraków          | 1975    | M40-44     | 10          | 00:28:12 | 5                | 00:04:09 | 02:23:45 | 51            | 00:01:33 | 01:41:16 | 102          | 04:38:55 |   |   | 41   |
| 44  | 390   | ŁYZWIŃSKI SZYMON       | SLUBICE              | Triathlon Serwis               | 1995    | M18-24     | 2           | 00:33:35 | 86               | 00:04:39 | 02:19:55 | 34            | 00:01:35 | 01:39:29 | 93           | 04:39:13 |   |   | 42   |
| 45  | 224   | GOZDALSKI JAROSŁAW     | GNIĘZNO              | Witkowo biega                  | 1973    | M45-49     | 4           | 00:35:17 | 130              | 00:04:48 | 02:28:48 | 80            | 00:01:23 | 01:29:09 | 15           | 04:39:25 |   |   | 43   |
| 46  | 91    | STODÓŁKA SZYMON        | WILCZYCE             | Leniwiec                       | 1986    | M30-34     | 8           | 00:36:59 | 173              | 00:04:13 | 02:20:40 | 38            | 00:01:28 | 01:36:05 | 60           | 04:39:25 |   |   | 44   |
| 47  | 120   | SZCZĘŚNIAK PIOTR       | TYŃCIE NAD ŚLĘZĄ     | GVT                            | 1979    | M40-44     | 11          | 00:36:12 | 151              | 00:04:43 | 02:25:10 | 60            | 00:01:38 | 01:32:03 | 31           | 04:39:46 |   |   | 45   |
| 48  | 48    | BANASZEWSKI WOJCIECH   | WROCLAW              |                                | 1980    | M35-39     | 13          | 00:33:02 | 67               | 00:04:09 | 02:27:54 | 73            | 00:01:50 | 01:33:40 | 40           | 04:40:35 |   |   | 46   |
| 49  | 566   | KENDRA PAVLO           | WROCLAW              | TMTeam                         | 1991    | M25-29     | 6           | 00:37:16 | 182              | 00:05:09 | 02:22:41 | 46            | 00:01:18 | 01:34:24 | 48           | 04:40:48 |   |   | 47   |
| 50  | 1143  | BORCZYK JANUSZ         | WROCLAW              | TEAM KARAS                     | 1987    | M30-34     | 9           | 00:29:53 | 13               | 00:04:10 | 02:17:55 | 25            | 00:02:05 | 01:46:53 | 161          | 04:40:56 |   |   | 48   |
| 51  | 231   | ŁUKASZEWICZ DAWID      | WROCLAW              | #NartyOK.pl                    | 1987    | M30-34     | 10          | 00:31:44 | 35               | 00:05:41 | 02:25:42 | 62            | 00:02:05 | 01:35:46 | 57           | 04:40:58 |   |   | 49   |
| 52  | 234   | WOŁODKO GRZEGORZ       | SMOLEC               |                                | 1977    | M40-44     | 12          | 00:36:42 | 164              | 00:05:08 | 02:14:12 | 9             | 00:02:57 | 01:42:02 | 111          | 04:41:01 |   |   | 50   |
| 53  | 198   | DERLETA MATEUSZ        | SZCZECIN             | derMed                         | 1992    | M25-29     | 7           | 00:33:07 | 73               | 00:04:02 | 02:24:55 | 59            | 00:01:35 | 01:37:36 | 75           | 04:41:15 |   |   | 51   |
| 54  | 355   | ZALUBSKI JACEK         | JELCZ-LASKOWICE      | Jelcz Triathlon Project        | 1985    | M30-34     | 11          | 00:37:19 | 186              | 00:05:13 | 02:27:41 | 72            | 00:01:13 | 01:29:58 | 18           | 04:41:24 |   |   | 52   |
| 55  | 544   | PIOTROWSKI ALEKSANDER  | KATOWICE             | Good Load                      | 1991    | M25-29     | 8           | 00:33:03 | 68               | 00:04:45 | 02:24:36 | 57            | 00:01:48 | 01:37:27 | 73           | 04:41:39 |   |   | 53   |
| 56  | 506   | GLAJC DANIEL           | CIESZYŃ              | TRINERGY                       | 1971    | M45-49     | 5           | 00:29:44 | 10               | 00:04:38 | 02:28:33 | 78            | 00:01:25 | 01:37:22 | 72           | 04:41:42 |   |   | 54   |
| 57  | 524   | KOZIEŁ LUKASZ          | KOSTRZYŃ             |                                | 1986    | M30-34     | 12          | 00:36:57 | 171              | 00:04:36 | 02:17:44 | 23            | 00:01:43 | 01:41:02 | 100          | 04:42:02 |   |   | 55   |
| 58  | 199   | HAWROT SYLWESTER       | GOLEŃOWIŃ            | Pan                            | 1968    | M50-54     | 1           | 00:32:00 | 41               | 00:04:20 | 02:30:44 | 92            | 00:01:33 | 01:34:25 | 49           | 04:43:02 |   |   | 56   |
| 59  | 457   | WŁOCH MATEUSZ          | WROCLAW              | GT RAT                         | 1986    | M30-34     | 13          | 00:32:16 | 48               | 00:05:08 | 02:29:28 | 83            | 00:01:42 | 01:34:34 | 51           | 04:43:08 |   |   | 57   |
| 60  | 274   | FOLGA MAREK            | WROCLAW              | TeamKaraś                      | 1975    | M40-44     | 13          | 00:31:50 | 39               | 00:05:35 | 02:27:10 | 68            | 00:02:03 | 01:37:06 | 69           | 04:43:44 |   |   | 58   |
| 61  | 267   | GŁOWACKI MICHAŁ        | WARSZAWA             | TriWawa                        | 1986    | M30-34     | 14          | 00:36:59 | 172              | 00:04:56 | 02:22:54 | 48            | 00:01:44 | 01:37:19 | 71           | 04:43:52 |   |   | 59   |
| 62  | 364   | KNOTHE ADAM            | NIEMCZ               | Budstol Invest                 | 1972    | M45-49     | 6           | 00:41:50 | 320              | 00:04:18 | 02:17:45 | 24            | 00:01:48 | 01:38:16 | 81           | 04:43:57 |   |   | 60   |
| 63  | 426   | HUBKO MAREK            | SLUBICE              | Triathlon serwis               | 1974    | M45-49     | 7           | 00:33:00 | 62               | 00:04:48 | 02:18:40 | 28            | 00:02:00 | 01:46:08 | 155          | 04:44:36 |   |   | 61   |
| 64  | 432   | KULBICKI PIOTR         | WROCLAW              | GT RAT                         | 1981    | M35-39     | 14          | 00:37:21 | 188              | 00:04:20 | 02:30:23 | 90            | 00:0     |          |              |          |   |   |      |

JBL TRIATHLON SIERAKÓW 25-26.05.2019 r.  
Dystans: 112,99km



| Pos | Numer | Waznisko Imię         | Miejscowość          | Team                            | Rok ur. | Kat. wiek. | Miejsce kat | Pływanie | Pływanie miejsce | T1       | Rower    | Rower miejsce | T2       | Bieg     | Bieg miejsce | Czas     | K | M   | Kara |
|-----|-------|-----------------------|----------------------|---------------------------------|---------|------------|-------------|----------|------------------|----------|----------|---------------|----------|----------|--------------|----------|---|-----|------|
| 86  | 104   | TAMBORSKI RAFAL       | LESZNO               | Companieros                     | 1979    | M40-44     | 22          | 00:35:56 | 146              | 00:04:46 | 02:29:21 | 82            | 00:01:48 | 01:39:11 | 89           | 04:51:02 |   | 84  |      |
| 87  | 349   | KOWALCZYK TOMASZ      | WARSZAWA             | TRICLUB                         | 1972    | M45-49     | 11          | 00:32:59 | 61               | 00:04:17 | 02:32:03 | 101           | 00:01:41 | 01:40:55 | 99           | 04:51:55 |   | 85  |      |
| 88  | 201   | NIEDZIWECKI MARCIN    | WARSZAWA             | Triwawa                         | 1985    | M30-34     | 21          | 00:31:46 | 37               | 00:04:38 | 02:28:45 | 79            | 00:01:53 | 01:44:54 | 137          | 04:51:56 |   | 86  |      |
| 89  | 321   | MAZUR HUBERT          | BÓREK WIELKOPOLSKI   | KB Miś Borek Wielkopolski       | 1987    | M30-34     | 22          | 00:32:22 | 51               | 00:05:25 | 02:39:20 | 186           | 00:01:38 | 01:33:49 | 43           | 04:52:34 |   | 87  |      |
| 90  | 452   | BORULA BARTOSZ        | ŚLUBICE              | Herbalife                       | 1987    | M30-34     | 23          | 00:31:32 | 32               | 00:05:19 | 02:24:37 | 58            | 00:01:34 | 01:49:49 | 189          | 04:52:51 |   | 88  |      |
| 91  | 98    | TYSCHA DARIUSZ        | WARSZAWA             | AKS Polonia Warszawa            | 1975    | M40-44     | 23          | 00:39:09 | 255              | 00:05:28 | 02:26:55 | 67            | 00:03:08 | 01:38:19 | 83           | 04:52:59 |   | 89  |      |
| 92  | 229   | CHERNOBRIVENKO SERGEY | WROCLAW              | GT RAT                          | 1987    | M30-34     | 24          | 00:36:44 | 165              | 00:04:45 | 02:33:07 | 115           | 00:01:33 | 01:37:04 | 68           | 04:53:13 |   | 90  |      |
| 93  | 1173  | HALSKA ANIA           | CIESZYN              | ENDURE TEAM                     | 1984    | K35-39     | 1           | 00:33:33 | 85               | 00:05:17 | 02:36:49 | 157           | 00:01:29 | 01:36:07 | 62           | 04:53:15 | 3 |     |      |
| 94  | 1159  | CZARNOWSKI LUKASZ     | PRZECHLEWO           | TRIPAKA PRZECHLEWO              | 1985    | M30-34     | 25          | 00:33:20 | 79               | 00:04:51 | 02:34:43 | 131           | 00:01:40 | 01:39:13 | 90           | 04:53:47 |   | 91  |      |
| 95  | 290   | JASICZEK RADOSLAW     | ŚWIDNICA             | GLKS Żelazna Świdnica           | 1979    | M40-44     | 24          | 00:33:25 | 82               | 00:05:05 | 02:35:48 | 143           | 00:01:30 | 01:38:18 | 82           | 04:54:06 |   | 92  |      |
| 96  | 140   | RUTKOWSKI ROBERT      | MYŚLIBÓRZ            | epidemiasportu.pl               | 1971    | M45-49     | 12          | 00:33:57 | 98               | 00:06:50 | 02:37:19 | 164           | 00:02:16 | 01:33:50 | 44           | 04:54:12 |   | 93  |      |
| 97  | 53    | BARTOSZEWSKI GRZEGORZ | DLUGOŁĘKA            | LITWIN TRIATHLON TEAM           | 1976    | M40-44     | 25          | 00:37:57 | 207              | 00:05:06 | 02:35:12 | 137           | 00:01:45 | 01:34:27 | 50           | 04:54:27 |   | 94  |      |
| 98  | 44    | GOLANOWSKI KRZYSZTOF  | SZCZECIN             | Bulk Cargo Port Szczecin        | 1974    | M45-49     | 13          | 00:36:01 | 149              | 00:05:37 | 02:34:37 | 129           | 00:03:08 | 01:36:07 | 61           | 04:55:30 |   | 95  |      |
| 99  | 1138  | VERHEYDEW SAM         | NYSA                 | TMEAM                           | 1985    | M30-34     | 26          | 00:31:03 | 25               | 00:03:59 | 02:37:47 | 171           | 00:01:31 | 01:41:22 | 105          | 04:55:42 |   | 96  |      |
| 100 | 303   | WALASZCZYK WOJCIECH   | JASLO                | JSC Jaslo                       | 1971    | M45-49     | 14          | 00:37:45 | 200              | 00:05:25 | 02:29:29 | 84            | 00:01:39 | 01:42:16 | 113          | 04:56:34 |   | 97  |      |
| 101 | 233   | PUZOŃ ROBERT          | BIELSKO- BIAŁA       | Nutrend Team                    | 1979    | M40-44     | 26          | 00:38:39 | 240              | 00:05:07 | 02:23:49 | 52            | 00:02:00 | 01:47:00 | 163          | 04:56:35 |   | 98  |      |
| 102 | 474   | SKRABA MICHAŁ         | WROCLAW              | GT RAT                          | 1975    | M40-44     | 27          | 00:34:09 | 100              | 00:05:24 | 02:33:26 | 117           | 00:02:21 | 01:41:22 | 104          | 04:56:42 |   | 99  |      |
| 103 | 519   | JAWOREK LUKASZ        | TRZCIANY             | Wniebowzięci                    | 1979    | M40-44     | 28          | 00:38:15 | 221              | 00:05:18 | 02:26:21 | 63            | 00:01:33 | 01:45:24 | 146          | 04:56:51 |   | 100 |      |
| 104 | 217   | WÓJTOWICZ WOJCIECH    | POBIEDZIŻKA          | Fogt Bikes                      | 1986    | M30-34     | 27          | 00:37:00 | 174              | 00:05:10 | 02:21:22 | 42            | 00:02:35 | 01:50:52 | 204          | 04:56:59 |   | 101 |      |
| 105 | 1133  | BIAŁEK TOMASZ         | WROCLAW              | TRIMP                           | 1984    | M35-39     | 18          | 00:33:04 | 69               | 00:06:15 | 02:30:27 | 91            | 00:01:16 | 01:47:01 | 164          | 04:58:03 |   | 102 |      |
| 106 | 370   | KRAJEWSKI TOMASZ      | LUSOWO               |                                 | 1981    | M35-39     | 19          | 00:33:01 | 65               | 00:04:35 | 02:35:45 | 141           | 00:01:52 | 01:42:59 | 117          | 04:58:12 |   | 103 |      |
| 107 | 363   | ŻYRA MACIEJ           | JASLO                |                                 | 1987    | M30-34     | 28          | 00:35:55 | 144              | 00:04:57 | 02:33:49 | 122           | 00:02:06 | 01:41:39 | 107          | 04:58:26 |   | 104 |      |
| 108 | 473   | WIRA MARIUSZ          | BÓREK WLKP.          | KB MIŚ BOREK WLKP.              | 1973    | M45-49     | 15          | 00:35:51 | 141              | 00:05:46 | 02:41:29 | 206           | 00:01:45 | 01:33:50 | 45           | 04:58:41 |   | 105 |      |
| 109 | 539   | OGLOBLIN ADAM         | WARSZAWA             | I-Sport team                    | 1992    | M25-29     | 9           | 00:30:02 | 17               | 00:05:04 | 02:32:00 | 100           | 00:01:30 | 01:50:06 | 194          | 04:58:42 |   | 106 |      |
| 110 | 324   | WALISZEWSKI JAKUB     | POZNAŃ               | Rowery Małgośka                 | 1987    | M30-34     | 29          | 00:37:11 | 179              | 00:05:14 | 02:29:46 | 85            | 00:01:42 | 01:45:19 | 144          | 04:59:12 |   | 107 |      |
| 111 | 475   | PODSIADŁO MIKOŁAJ     | BIELSKO-BIAŁA        | Grivel Polska                   | 1992    | M25-29     | 10          | 00:38:40 | 241              | 00:05:58 | 02:36:37 | 154           | 00:02:18 | 01:35:41 | 56           | 04:59:14 |   | 108 |      |
| 112 | 121   | ANDRZEJCZAK ADAM      | WROCLAW              |                                 | 1985    | M30-34     | 30          | 00:34:18 | 107              | 00:05:26 | 02:37:29 | 166           | 00:01:34 | 01:40:45 | 97           | 04:59:32 |   | 109 |      |
| 113 | 358   | ZAPALOWSKI PAWEŁ      | WROCLAW              | GT RAT                          | 1983    | M35-39     | 20          | 00:33:56 | 97               | 00:04:31 | 02:33:01 | 113           | 00:02:00 | 01:46:18 | 157          | 04:59:46 |   | 110 |      |
| 114 | 417   | PINDU GRZEG           | POZNAŃ               |                                 | 1974    | M45-49     | 16          | 00:33:08 | 74               | 00:05:40 | 02:35:51 | 144           | 00:01:41 | 01:43:44 | 123          | 05:00:04 |   | 111 |      |
| 115 | 42    | SOBAŃSKI TOMASZ       | MYŚLIBÓRZ            | epidemiasportu.pl               | 1976    | M40-44     | 29          | 00:34:20 | 108              | 00:04:14 | 02:41:09 | 199           | 00:01:55 | 01:38:52 | 87           | 05:00:30 |   | 112 |      |
| 116 | 344   | SEREDYŃSKI PRZEMYSŁAW | LUTYNIA              | Etteplan                        | 1982    | M35-39     | 21          | 00:34:16 | 105              | 00:04:55 | 02:35:43 | 140           | 00:01:47 | 01:43:51 | 126          | 05:00:32 |   | 113 |      |
| 117 | 58    | ŚWIĘCICKI ARKADIUSZ   | KIEKRZ               | Winter Swimming Team Poland     | 1978    | M40-44     | 30          | 00:41:36 | 314              | 00:05:57 | 02:34:49 | 133           | 00:01:29 | 01:36:44 | 66           | 05:00:35 |   | 114 |      |
| 118 | 379   | KOWALIKOWSKI DANIEL   | CHOJNICE             | Velomania Bydgoszcz Team        | 1990    | M25-29     | 11          | 00:37:02 | 175              | 00:04:25 | 02:26:22 | 64            | 00:01:25 | 01:51:31 | 213          | 05:00:45 |   | 115 |      |
| 119 | 33    | WITKOWSKI DAMIAN      | KROTOSZYN            |                                 | 1981    | M35-39     | 22          | 00:36:23 | 157              | 00:05:20 | 02:32:35 | 108           | 00:01:18 | 01:45:09 | 141          | 05:00:45 |   | 115 |      |
| 120 | 289   | KULA DAMIAN           | KRAKÓW               | TriWise Triathlon Team          | 1977    | M40-44     | 31          | 00:32:55 | 58               | 00:04:15 | 02:39:52 | 193           | 00:01:49 | 01:41:57 | 110          | 05:00:48 |   | 117 |      |
| 121 | 257   | CHMIELEWSKI RAFAL     | GRUDZIĄDZ            | Olimpia/Wisła/Ruch Grudziądz    | 1974    | M45-49     | 17          | 00:38:11 | 216              | 00:05:10 | 02:26:52 | 66            | 00:01:21 | 01:49:25 | 183          | 05:00:59 |   | 118 |      |
| 122 | 95    | WINCZA CEZARY         | SZCZECIN             | Go2Tri                          | 1984    | M35-39     | 23          | 00:41:59 | 326              | 00:06:44 | 02:28:07 | 75            | 00:02:21 | 01:41:50 | 109          | 05:01:01 |   | 119 |      |
| 123 | 453   | JAKUBOWSKI MATEUSZ    | ALEKSANDRIA          | Szalejący Minionek              | 1992    | M25-29     | 12          | 00:33:16 | 78               | 00:04:56 | 02:31:13 | 94            | 00:01:34 | 01:50:14 | 196          | 05:01:13 |   | 120 |      |
| 124 | 72    | SITAREK ARTUR         | PIASECZNO            | NeOn Team                       | 1976    | M40-44     | 32          | 00:37:36 | 197              | 00:05:37 | 02:30:15 | 89            | 00:01:46 | 01:46:02 | 153          | 05:01:16 |   | 121 |      |
| 125 | 496   | MCKEEVER JOSHUA       | BERLIN               |                                 | 1981    | M35-39     | 24          | 00:30:57 | 24               | 00:05:22 | 02:33:45 | 120           | 00:01:32 | 01:49:59 | 190          | 05:01:35 |   | 122 |      |
| 126 | 521   | DUNAJ PAWEŁ           | WROCLAW              | Litwin Triathlon Team           | 1982    | M35-39     | 25          | 00:33:05 | 72               | 00:06:24 | 02:35:34 | 139           | 00:01:56 | 01:44:46 | 135          | 05:01:45 |   | 123 |      |
| 127 | 135   | FOREMSKI SŁAWOMIR     | TORUN                | Toruński Klub Triathlonowy      | 1968    | M50-54     | 2           | 00:40:00 | 278              | 00:04:22 | 02:41:28 | 205           | 00:01:41 | 01:34:16 | 47           | 05:01:47 |   | 124 |      |
| 128 | 359   | KRZYSZTOFIK KACPER    | PIOTRKÓW TRYBUNALSKI | Tn Aktywny Piotrków             | 1977    | M40-44     | 33          | 00:38:59 | 249              | 00:04:12 | 02:39:07 | 182           | 00:02:02 | 01:37:55 | 78           | 05:02:15 |   | 125 |      |
| 129 | 378   | ŚWIŃTALSKI TOMASZ     | SZCZECIN             | TRIGYM                          | 1985    | M30-34     | 31          | 00:38:06 | 214              | 00:04:14 | 02:32:31 | 106           | 00:01:52 | 01:45:50 | 151          | 05:02:33 |   | 126 |      |
| 130 | 241   | OSTROWSKI MATEUSZ     | POZNAŃ               | Biała Kenia                     | 1991    | M25-29     | 13          | 00:37:12 | 181              | 00:04:39 | 02:33:16 | 116           | 00:01:34 | 01:45:56 | 152          | 05:02:37 |   | 127 |      |
| 131 | 196   | JĄDZIEWSKI DAWID      | CHOJNICE             | Tri Tur Chojnice                | 1993    | M25-29     | 14          | 00:38:28 | 228              | 00:04:58 | 02:36:38 | 155           | 00:01:20 | 01:41:15 | 101          | 05:02:39 |   | 128 |      |
| 132 | 248   | FIREK ADRIAN          | BIELSKO-BIAŁA        | HIT THE TRAIL TOMASZ KLISZ      | 1985    | M30-34     | 32          | 00:33:43 | 89               | 00:04:11 | 02:39:26 | 188           | 00:01:37 | 01:43:46 | 124          | 05:02:43 |   | 129 |      |
| 133 | 134   | ZBIERAJEWSKI BARTOSZ  | POZNAŃ               | Drużyna Wilka                   | 1979    | M40-44     | 34          | 00:36:23 | 160              | 00:05:13 | 02:22:46 | 47            | 00:03:36 | 01:55:14 | 250          | 05:03:12 |   | 130 |      |
| 134 | 174   | DMOWSKI BARTOSZ       | WARSZAWA             | Tri Wawa                        | 1972    | M45-49     | 18          | 00:35:27 | 133              | 00:05:37 | 02:35:14 | 138           | 00:01:58 | 01:45:09 | 142          | 05:03:25 |   | 131 |      |
| 135 | 106   | SŁOMCZYŃSKI BARTOSZ   | OPOLE                | GT KONA                         | 1978    | M40-44     | 35          | 00:35:27 | 134              | 00:04:14 | 02:36:18 | 150           | 00:01:56 | 01:45:35 | 149          | 05:03:30 |   | 132 |      |
| 136 | 165   | JAGIELKA KRZYSZTOF    | LESZNO               | ksiegowosdeszno.pl              | 1968    | M50-54     | 3           | 00:39:21 | 259              | 00:04:58 | 02:32:21 | 104           | 00:01:31 | 01:45:26 | 148          | 05:03:37 |   | 133 |      |
| 137 | 397   | SŁOMA ADRIAN          | KOŚCIAN              | SPEED FEET ?16 / TGV Kościan    | 1990    | M25-29     | 15          | 00:38:34 | 236              | 00:04:43 | 02:40:10 | 195           | 00:02:11 | 01:38:13 | 80           | 05:03:51 |   | 134 |      |
| 138 | 395   | KOSICKI RADOSLAW      | WROCLAW              | Kosiarze                        | 1982    | M35-39     | 26          | 00:33:15 | 77               | 00:04:50 | 02:36:53 | 158           | 00:01:52 | 01:48:18 | 177          | 05:05:08 |   | 135 |      |
| 139 | 182   | CIUPKA PATRYK         | ŻORY                 | Trenuj Triathlon                | 1977    | M40-44     | 36          | 00:32:58 | 59               | 00:04:16 | 02:32:05 | 102           | 00:01:31 | 01:54:53 | 247          | 05:05:43 |   | 136 |      |
| 140 | 268   | OHŁA KRZYSZTOF        | POZNAŃ               | CITYZEN                         | 1976    | M40-44     | 36          | 00:40:31 | 292              | 00:05:54 | 02:33:04 | 114           | 00:02:14 | 01:44:00 | 128          | 05:05:43 |   | 136 |      |
| 141 | 78    | GLÓD TOMASZ           | JÓZEFOSLAW           | COMP TEAM / Accelerating Poland | 1976    | M40-44     | 38          | 00:36:15 | 153              | 00:05:55 | 02:32:56 | 111           | 00:02:23 | 01:48:16 | 176          | 05:05:45 |   | 138 |      |
| 142 | 43    | BIELEŃSKI DARIUSZ     | ŚWIDNICA             | Trzy Wyspy Świnoujście          | 1967    | M50-54     | 4           | 00:41:45 | 318              | 00:04:14 | 02:37:59 | 173           | 00:01:40 | 01:40:10 | 94           | 05:05:48 |   | 139 |      |
| 143 | 116   | MARTYNOWSKI LUKASZ    | OPOLE                |                                 | 1982    | M35-39     | 27          | 00:34:30 | 112              | 00:04:51 | 02:37:28 | 165           | 00:01:54 | 01:47:13 | 168          | 05:05:56 |   | 140 |      |
| 144 | 153   | NITSCHKE MACIEJ       | WOLSZTYN             | Wolsztyński Klub Biegowy        | 1972    | M45-49     | 39          | 00:36:02 | 150              | 00:05:37 | 02:31:13 | 95            | 00:03:12 | 01:50:06 | 193          | 05:06:10 |   | 141 |      |
| 145 | 180   | CELMER PIOTR          | WARSZAWA             | TRIWAWA                         | 1976    | M40-44     | 39          | 00:34:17 | 106              | 00:05:54 | 02:41:35 | 207           | 00:02:54 | 01:42:27 | 114          | 05:07:07 |   | 142 |      |
| 146 | 333   | KUCZYK SZYMON         | SIEMIANOWICE ŚLĄSKIE | Chop Ze Żelaza TriTeam          | 1977    | M40-44     | 40          | 00:34:55 | 124              | 00:04:55 | 02:36:03 | 147           | 00:01:46 | 01:49:29 | 186          | 05:07:08 |   | 143 |      |
| 147 | 247   | KALUŻA LUKASZ         | BIELSKO-BIAŁA        | RM TRI TEAM                     | 1983    | M35-39     | 28          | 00:38:55 | 247              | 00:05:11 | 02:35:47 | 142           | 00:02:24 | 01:44:55 | 138          |          |   |     |      |

JBL TRIATHLON SIERAKÓW 25-26.05.2019 r.  
Dystans: 112,99km



| Pos | Numer Zawieszki | Imię                  | Miejscowość          | Team                                  | Rok ur. | Kat. wiek. | Miejsce kat | Pływanie | Pływanie miejsce | T1       | Rower    | Rower miejsce | T2       | Bieg     | Bieg miejsce | Czas     | K | M | Kara |
|-----|-----------------|-----------------------|----------------------|---------------------------------------|---------|------------|-------------|----------|------------------|----------|----------|---------------|----------|----------|--------------|----------|---|---|------|
| 171 | 1               | KORZEŃ ARTUR          | OLAWA                | JELCZ TRIATHLON PROJECT               | 1976    | M40-44     | 49          | 00:39:38 | 266              | 00:04:45 | 02:45:14 | 237           | 00:01:44 | 01:40:41 | 96           | 05:12:02 |   |   | 168  |
| 172 | 145             | RAK LUKASZ            | JASLO                | jasielskie stowarzyszenie cyklistów   | 1974    | M45-49     | 25          | 00:43:58 | 368              | 00:06:04 | 02:32:41 | 110           | 00:02:01 | 01:47:25 | 171          | 05:12:09 |   |   | 169  |
| 173 | 50              | ŻOK FILIP             | SIEMIENOWICE ŚLĄSKIE |                                       | 1987    | M30-34     | 36          | 00:34:50 | 119              | 00:05:35 | 02:36:36 | 153           | 00:01:46 | 01:53:37 | 236          | 05:12:24 |   |   | 170  |
| 174 | 439             | CZAPRACKI DOMINIK     | OPALENICA            |                                       | 1976    | M40-44     | 50          | 00:38:02 | 210              | 00:05:12 | 02:45:15 | 238           | 00:01:52 | 01:42:09 | 112          | 05:12:30 |   |   | 171  |
| 175 | 354             | JAROSZEWSKI LUKASZ    | PIASTÓW              | Velocity Warszawa                     | 1985    | M30-34     | 37          | 00:37:51 | 204              | 00:04:56 | 02:36:48 | 156           | 00:02:45 | 01:50:17 | 197          | 05:12:37 |   |   | 172  |
| 176 | 466             | SNELEWSKI MATEUSZ     | KLONOWA              | Sportowa Klonowa                      | 1989    | M30-34     | 38          | 00:35:42 | 139              | 00:06:21 | 02:44:16 | 232           | 00:02:32 | 01:43:51 | 125          | 05:12:42 |   |   | 173  |
| 177 | 112             | SUPERSON WOJTEK       | KRAKÓW               | Eskadra Kraków                        | 1971    | M45-49     | 26          | 00:34:54 | 122              | 00:05:17 | 02:39:48 | 191           | 00:02:34 | 01:50:10 | 195          | 05:12:43 |   |   | 174  |
| 178 | 276             | DZEMBOWSKI LUKASZ     | MĘDLÓW               | TMTeam                                | 1984    | M35-39     | 34          | 00:38:47 | 244              | 00:05:40 | 02:37:43 | 169           | 00:01:41 | 01:49:26 | 184          | 05:13:17 |   |   | 175  |
| 179 | 5               | JUCHA MICHAŁ          | LÓDŹ                 | Celironman                            | 1976    | M-PRO      | 5           | 00:34:15 | 104              | 00:06:49 | 02:42:25 | 211           | 00:02:36 | 01:47:12 | 167          | 05:13:17 |   |   | 175  |
| 180 | 469             | SZYMKÓW SŁAWEK        | STRASZYN             | Banach Sport Team                     | 1970    | M45-49     | 27          | 00:39:46 | 271              | 00:05:11 | 02:36:27 | 152           | 00:01:47 | 01:50:23 | 198          | 05:13:34 |   |   | 177  |
| 181 | 296             | KARCZEWSKI ADRIAN     | KLESZCZELE           | CB163                                 | 1987    | M30-34     | 39          | 00:39:27 | 264              | 00:05:03 | 02:37:42 | 168           | 00:02:10 | 01:49:18 | 182          | 05:13:40 |   |   | 178  |
| 182 | 499             | RYBARCZYK JACEK       | WARSZAWA             | KS Start Pułaski Warka                | 1971    | M45-49     | 28          | 00:37:44 | 199              | 00:07:23 | 02:32:08 | 103           | 00:02:11 | 01:54:22 | 242          | 05:13:48 |   |   | 179  |
| 183 | 71              | SAWICKI ARKADIUSZ     | WROCLAW              | Scorpion                              | 1982    | M35-39     | 35          | 00:37:24 | 191              | 00:06:00 | 02:31:28 | 97            | 00:02:00 | 01:50:14 | 270          | 05:14:10 |   |   | 180  |
| 184 | 335             | KAMIŃSKI RADOSŁAW     | ROKINETICA           | WUEF TRI TEAM                         | 1989    | M30-34     | 40          | 00:39:57 | 276              | 00:07:02 | 02:41:11 | 201           | 00:02:04 | 01:44:09 | 131          | 05:14:23 |   |   | 181  |
| 185 | 302             | WÓJCİK MIROSŁAW       | TOMASZÓW MAZ.        | Time4Running                          | 1966    | M50-54     | 5           | 00:36:16 | 154              | 00:05:34 | 02:30:04 | 87            | 00:03:00 | 01:59:47 | 296          | 05:14:41 |   |   | 182  |
| 186 | 394             | JANUSZKO KRZYSZTOF    | ŚWIDNICA             | GLKS Żelazna Świdnica                 | 1982    | M35-39     | 36          | 00:34:58 | 125              | 00:06:22 | 02:48:02 | 268           | 00:02:25 | 01:43:06 | 118          | 05:14:53 |   |   | 183  |
| 187 | 389             | WEJUK GRZEGORZ        | MRAGÓWO              |                                       | 1978    | M40-44     | 51          | 00:37:45 | 201              | 00:04:42 | 02:44:06 | 230           | 00:01:25 | 01:47:09 | 166          | 05:15:07 |   |   | 184  |
| 188 | 308             | JANISZEWSKI ARKADIUSZ | ŚRÓDA ŚLĄSKA         | GT RAT                                | 1971    | M45-49     | 29          | 00:46:00 | 388              | 00:06:11 | 02:35:11 | 135           | 00:01:55 | 01:46:04 | 154          | 05:15:21 |   |   | 185  |
| 189 | 40              | STRĘK JERZY           | POZNAŃ               | Hoekman Tri team                      | 1989    | M30-34     | 41          | 00:43:26 | 354              | 00:06:30 | 02:28:09 | 76            | 00:02:09 | 01:55:13 | 248          | 05:15:27 |   |   | 186  |
| 190 | 62              | IDZIKOWSKI PIOTR      | SUCHY LAS            | 'Pi'                                  | 1979    | M40-44     | 52          | 00:35:13 | 129              | 00:04:59 | 02:35:59 | 146           | 00:01:52 | 01:57:27 | 272          | 05:15:30 |   |   | 187  |
| 191 | 522             | ŁAŹNIOWSKI DAWID      | KUDOWA ZDRÓJ         | Kudowianka Cyklon Proal team          | 1987    | M30-34     | 42          | 00:43:33 | 360              | 00:07:01 | 02:37:08 | 160           | 00:03:26 | 01:44:29 | 133          | 05:15:37 |   |   | 188  |
| 192 | 258             | KOCZAJEWSKI SEWERYN   | JĘDRZEJÓW            | JKK Jędrzejów                         | 1976    | M40-44     | 53          | 00:33:55 | 136              | 00:05:03 | 02:44:55 | 235           | 00:01:45 | 01:50:01 | 192          | 05:15:39 |   |   | 189  |
| 193 | 410             | LEBIEDZIEWSKI MACIEJ  | PRZECLAW             | Szczeciński Klub Wysokogórski         | 1986    | M30-34     | 43          | 00:35:36 | 197              | 00:04:41 | 02:50:10 | 287           | 00:01:49 | 01:43:31 | 122          | 05:15:47 |   |   | 190  |
| 194 | 210             | DASZEWSKI FILIP       | DĘBNO                |                                       | 1998    | M18-24     | 4           | 00:34:30 | 111              | 00:04:12 | 02:33:51 | 123           | 00:02:55 | 02:00:47 | 300          | 05:16:15 |   |   | 191  |
| 195 | 150             | KRUSZONA KRZYSZTOF    | DĄBROWA              | BeOrganic / Deric Technik Team        | 1981    | M35-39     | 37          | 00:33:32 | 84               | 00:05:19 | 02:43:50 | 225           | 00:01:56 | 01:51:47 | 218          | 05:16:24 |   |   | 192  |
| 196 | 160             | SARNOWSKI PAWEŁ       | OSTRZESZÓW           | Gastro Biba                           | 1988    | M30-34     | 44          | 01:00:14 | 438              | 00:06:03 | 02:39:38 | 190           | 00:02:08 | 01:28:33 | 13           | 05:16:36 |   |   | 193  |
| 197 | 478             | KWIATKOWSKI TOMASZ    | WARSAW               |                                       | 1969    | M50-54     | 6           | 00:28:25 | 6                | 00:06:27 | 02:38:07 | 175           | 00:02:39 | 02:01:12 | 304          | 05:16:50 |   |   | 194  |
| 198 | 179             | SWEDROWSKI JACEK      | KONIN                | PROGRESS DESIGN                       | 1977    | M40-44     | 54          | 00:40:37 | 297              | 00:05:54 | 02:43:35 | 220           | 00:01:40 | 01:45:10 | 143          | 05:16:56 |   |   | 195  |
| 199 | 567             | KITA TOMEK            | POZNAŃ               | SpecShop Team                         | 1979    | M40-44     | 55          | 00:33:00 | 64               | 00:04:38 | 02:44:50 | 234           | 00:02:30 | 01:51:59 | 221          | 05:16:57 |   |   | 196  |
| 200 | 211             | ZMYŚLÓWSKI LUKASZ     | UNISZOWICE           |                                       | 1982    | M35-39     | 38          | 00:38:26 | 227              | 00:06:12 | 02:38:54 | 180           | 00:02:08 | 01:51:20 | 210          | 05:17:00 |   |   | 197  |
| 201 | 356             | WYSMOLIŃSKI RAFAL     | BIERNATKI            |                                       | 1977    | M40-44     | 56          | 00:38:35 | 238              | 00:05:54 | 02:41:12 | 202           | 00:02:02 | 01:49:18 | 181          | 05:17:01 |   |   | 198  |
| 202 | 547             | PIETRZAK ROMEK        | RAKOWNIA             | PIETRZAK TEAM QUADRATHLON             | 1963    | M55-59     | 1           | 00:38:05 | 212              | 00:05:32 | 02:46:19 | 248           | 00:02:06 | 01:45:20 | 145          | 05:17:22 |   |   | 199  |
| 203 | 512             | SOWA MACIEJ           | POZNAŃ               | BE3 CITYZEN_POZNAŃ                    | 1979    | M40-44     | 57          | 00:39:24 | 262              | 00:06:52 | 02:33:00 | 112           | 00:02:02 | 01:56:09 | 257          | 05:17:27 |   |   | 200  |
| 204 | 1148            | CHILEWSKI ARKADIUSZ   | STRZELCE GÓRNE       | CB 163                                | 1973    | M45-49     | 30          | 00:37:30 | 193              | 00:06:21 | 02:35:11 | 136           | 00:02:22 | 01:57:02 | 269          | 05:18:26 |   |   | 201  |
| 205 | 498             | POLIMIRSKI LUKASZ     | WĄGROWIEC            |                                       | 1972    | M45-49     | 31          | 00:35:54 | 143              | 00:04:51 | 02:48:21 | 271           | 00:02:26 | 01:47:04 | 165          | 05:18:36 |   |   | 202  |
| 206 | 269             | BREWKA WOJCIECH       | PIERWSZÓW            | GT RAT                                | 1981    | M35-39     | 39          | 00:35:34 | 136              | 00:05:11 | 02:42:39 | 212           | 00:02:14 | 01:52:42 | 230          | 05:18:55 |   |   | 203  |
| 207 | 249             | JĘGER KRZYSZTOF       | SWARZĘDZ             | UKS CITYZEN_BE3                       | 1982    | M35-39     | 40          | 00:32:16 | 49               | 00:06:20 | 02:37:19 | 163           | 00:02:14 | 02:00:58 | 301          | 05:19:07 |   |   | 204  |
| 208 | 418             | WELZER DARIUSZ        | OLAWA                | WELDA BIMARKO GALI Team               | 1973    | M45-49     | 32          | 00:36:45 | 166              | 00:04:59 | 02:38:34 | 178           | 00:02:48 | 01:56:25 | 262          | 05:19:31 |   |   | 205  |
| 209 | 535             | PODOLSKI JACEK        | CHRZYSKO MAŁE        |                                       | 1981    | M35-39     | 41          | 00:43:30 | 358              | 00:05:18 | 02:40:41 | 198           | 00:01:35 | 01:48:45 | 179          | 05:19:49 |   |   | 206  |
| 210 | 108             | KROMKOWSKI MACIEJ     | TARNOWSKIE GÓRY      | Tarnogórskie Towarzystwo Triathlonowe | 1978    | M40-44     | 58          | 00:40:07 | 281              | 00:06:02 | 02:34:28 | 128           | 00:03:24 | 01:56:26 | 264          | 05:20:27 |   |   | 207  |
| 211 | 96              | WRÓBEL MACIEJ         | POZNAŃ               | BE ORGANIC / DERIC TECHNIK TEAM       | 1986    | M30-34     | 45          | 00:37:27 | 192              | 00:05:20 | 02:45:33 | 243           | 00:02:26 | 01:49:43 | 187          | 05:20:29 |   |   | 208  |
| 212 | 476             | KALKA JAN             | ŚWIĘTOCHŁOWICE       | WspInDoctors                          | 1982    | M35-39     | 42          | 00:30:28 | 20               | 00:05:45 | 02:45:00 | 236           | 00:03:12 | 01:56:10 | 258          | 05:20:35 |   |   | 209  |
| 213 | 219             | BELOKOPITOVŠ ALEKSEJS | RIGA                 | ZOORBAGAN                             | 1980    | M35-39     | 43          | 00:43:55 | 365              | 00:05:38 | 02:34:56 | 134           | 00:02:46 | 01:53:32 | 234          | 05:20:47 |   |   | 210  |
| 214 | 428             | MIDLOCHZ PAWEŁ        | GORZÓW WLKP          | Admira Gorzów                         | 1975    | M40-44     | 59          | 00:36:28 | 181              | 00:06:05 | 02:45:29 | 241           | 00:02:03 | 01:50:49 | 203          | 05:20:54 |   |   | 211  |
| 215 | 362             | ZIELIŃSKI ANDRZEJ     | OŻARÓW MAZOWIECKI    |                                       | 1977    | M40-44     | 60          | 00:33:43 | 86               | 00:05:40 | 02:41:12 | 203           | 00:02:00 | 01:58:22 | 283          | 05:20:57 |   |   | 212  |
| 216 | 461             | SŁOWIK PRZEMYŚLAW     | RIXENSART            | Tecca BXL                             | 1977    | M40-44     | 61          | 00:37:20 | 187              | 00:06:53 | 02:47:03 | 257           | 00:02:25 | 01:47:24 | 170          | 05:21:05 |   |   | 213  |
| 217 | 560             | BRZEZIŃSKA IZABELA    | ŚRÓDA WIELKOPOLSKA   | Polonia Środa                         | 1972    | K45-49     | 1           | 00:40:07 | 282              | 00:05:49 | 02:39:02 | 181           | 00:02:02 | 01:54:23 | 243          | 05:21:23 |   |   | 4    |
| 218 | 151             | PRYK RAFAL            | GOLENIÓW             | Rzbiegający Goleniów                  | 1975    | M40-44     | 62          | 00:38:28 | 229              | 00:05:32 | 02:52:13 | 302           | 00:02:03 | 01:43:21 | 120          | 05:21:37 |   |   | 214  |
| 219 | 99              | CHYB MARCIN           | WAŁBRZYCH            |                                       | 1973    | M45-49     | 33          | 00:43:33 | 359              | 00:05:47 | 02:43:56 | 227           | 00:01:44 | 01:46:58 | 162          | 05:21:58 |   |   | 215  |
| 220 | 424             | PIETRAS DARIUSZ       | KEDZIERZYN-KOŹLE     | Kumple Grzmotka                       | 1970    | M45-49     | 34          | 00:35:31 | 135              | 00:05:26 | 02:43:54 | 226           | 00:01:41 | 01:55:39 | 253          | 05:22:11 |   |   | 216  |
| 221 | 158             | BIELERZEWSKI JAKUB    | WARSZAWA             | PM Runners Team                       | 1974    | M45-49     | 35          | 00:40:03 | 279              | 00:06:19 | 02:53:11 | 311           | 00:02:07 | 01:40:50 | 98           | 05:22:30 |   |   | 217  |
| 222 | 534             | PLAWIAK ANIA          | WROCLAW              | GT RAT                                | 1983    | K35-39     | 2           | 00:39:07 | 253              | 00:05:36 | 02:53:28 | 312           | 00:01:39 | 01:43:31 | 121          | 05:23:21 |   |   | 5    |
| 223 | 312             | CZERWICKI JAKUB       | SUCHY LAS            |                                       | 1983    | M35-39     | 44          | 00:33:51 | 93               | 00:05:54 | 02:46:43 | 255           | 00:01:47 | 01:55:24 | 251          | 05:23:39 |   |   | 218  |
| 224 | 63              | HOLUBOWICZ GRZEGORZ   | GORZÓW WIELKOPOLSKI  |                                       | 1980    | M35-39     | 45          | 00:42:45 | 343              | 00:04:52 | 02:41:11 | 200           | 00:01:41 | 01:54:08 | 240          | 05:24:37 |   |   | 219  |
| 225 | 238             | KUBICKI TOMASZ        | OLEŚNICA             | KTO - OGT                             | 1969    | M50-54     | 7           | 00:36:31 | 162              | 00:06:27 | 02:50:13 | 289           | 00:02:00 | 01:49:48 | 188          | 05:24:59 |   |   | 220  |
| 226 | 73              | ZBIERAJEWSKI MICHAŁ   | SZYDŁOWO             | Torpeda Szydłowo                      | 198     |            |             |          |                  |          |          |               |          |          |              |          |   |   |      |

| Pos | Numer | Nazwisko Imię            | Miejscowość          | Team                             | Rok ur. | Kat. wiek. | Miejsce kat | Pływanie | Pływanie miejsce | T1       | Rower    | Rower miejsce | T2       | Bieg     | Bieg miejsce | Czas     | K | M | Kara |
|-----|-------|--------------------------|----------------------|----------------------------------|---------|------------|-------------|----------|------------------|----------|----------|---------------|----------|----------|--------------|----------|---|---|------|
| 256 | 156   | MICHALAK HUBERT          | DRZYMAŁOWO           | Niagara fitness klub             | 1997    | M18-24     | 5           | 00:34:55 | 123              | 00:06:14 | 02:53:07 | 310           | 00:02:16 | 01:56:13 | 259          | 05:32:45 |   |   | 250  |
| 257 | 392   | PAWLIK PIOTR             | WARSZAWA             |                                  | 1977    | M40-44     | 7           | 00:34:51 | 120              | 00:05:50 | 02:48:42 | 272           | 00:01:52 | 02:01:40 | 307          | 05:32:55 |   |   | 251  |
| 258 | 194   | NOWICKI LESZEK           | INOWROCLAW           | INONOWIKI                        | 1961    | M55-59     | 2           | 00:43:03 | 347              | 00:05:55 | 02:49:51 | 284           | 00:01:39 | 01:52:31 | 228          | 05:32:59 |   |   | 252  |
| 259 | 193   | KOWALSKI SZYMON          | ŁÓDŹ                 | Cellironan                       | 1977    | M40-44     | 73          | 00:38:50 | 245              | 00:05:03 | 02:55:32 | 326           | 00:02:04 | 01:51:34 | 214          | 05:33:03 |   |   | 253  |
| 260 | 421   | BIELAWSKI DAMIAN         | WOJCIESZÓW           | RAGABA MEBLE TEAM                | 1980    | M35-39     | 53          | 00:31:45 | 36               | 00:05:27 | 02:46:36 | 252           | 00:02:23 | 02:07:02 | 345          | 05:33:13 |   |   | 254  |
| 261 | 480   | HANCZAR PAWEŁ            | POLAND               | TMTeam                           | 1973    | M45-49     | 40          | 00:42:44 | 341              | 00:06:42 | 02:50:42 | 292           | 00:02:50 | 01:50:29 | 199          | 05:33:27 |   |   | 255  |
| 262 | 232   | MAZURS PAVEL             | RIGA                 |                                  | 1972    | M45-49     | 41          | 00:45:44 | 382              | 00:07:31 | 02:38:46 | 179           | 00:03:21 | 01:58:13 | 281          | 05:33:35 |   |   | 256  |
| 263 | 532   | MAKA WOJCIECH            | GRANICA              | TriWawa                          | 1976    | M40-44     | 74          | 00:38:09 | 215              | 00:06:23 | 02:43:22 | 217           | 00:02:19 | 02:03:25 | 324          | 05:33:38 |   |   | 257  |
| 264 | 492   | KUROWSKI ADAM            | WROCLAW              | LTT                              | 1974    | M45-49     | 42          | 00:41:59 | 325              | 00:07:30 | 02:49:18 | 279           | 00:02:54 | 01:52:10 | 225          | 05:33:51 |   |   | 258  |
| 265 | 220   | JABŁOŃSKI OSKAR          | WOLSZTYN             | BS TRI TEAM                      | 1995    | M18-24     | 6           | 00:40:24 | 289              | 00:05:56 | 02:44:03 | 228           | 00:01:50 | 02:01:39 | 306          | 05:33:52 |   |   | 259  |
| 266 | 518   | MLYNARCZYK PIOTR         | POLICE               | TeamKaraś                        | 1984    | M35-39     | 54          | 00:43:13 | 350              | 00:07:45 | 02:49:07 | 276           | 00:03:11 | 01:50:52 | 205          | 05:34:08 |   |   | 260  |
| 267 | 46    | NETMANKO MATEUSZ         | SIEROSLAW            | FTI Racing Team Triathlon        | 1979    | M40-44     | 75          | 00:39:56 | 275              | 00:05:11 | 02:44:03 | 229           | 00:02:12 | 02:02:59 | 319          | 05:34:21 |   |   | 261  |
| 268 | 109   | DZIUBALA RADEK           | ŚWIĘCIECHOWA         | FEHLAU RUN TEAM                  | 1969    | M50-54     | 11          | 00:39:59 | 277              | 00:06:34 | 02:47:34 | 264           | 00:02:32 | 01:57:59 | 280          | 05:34:38 |   |   | 262  |
| 269 | 103   | WOJEWODA MICHAŁ          | WARSZAWA             | TriWawa                          | 1974    | M45-49     | 43          | 00:41:19 | 311              | 00:06:00 | 02:54:35 | 322           | 00:01:48 | 01:50:57 | 206          | 05:34:39 |   |   | 263  |
| 270 | 546   | LUBERADZKA MONIKA        | POLSKA               | NeOn                             | 1988    | K30-34     | 2           | 00:33:05 | 71               | 00:05:03 | 02:59:25 | 353           | 00:01:53 | 01:55:14 | 249          | 05:34:40 |   |   | 7    |
| 271 | 252   | WALDON MARCIN            | ZORY                 | HRmax Zory                       | 1980    | M35-39     | 55          | 00:36:47 | 167              | 00:05:19 | 02:49:35 | 281           | 00:01:58 | 02:01:08 | 302          | 05:34:47 |   |   | 264  |
| 272 | 240   | JANUS JACEK              | ZORY                 | HRmax Zory                       | 1979    | M40-44     | 76          | 00:35:05 | 127              | 00:05:33 | 02:43:13 | 216           | 00:02:39 | 02:08:26 | 352          | 05:34:56 |   |   | 265  |
| 273 | 414   | AUGUSTYNOWICZ ANDRZEJ    | LEGNICA              | Grupa Techniczna S.C.            | 1977    | M40-44     | 77          | 00:43:18 | 352              | 00:07:09 | 02:43:46 | 223           | 00:02:12 | 01:58:33 | 285          | 05:34:58 |   |   | 266  |
| 274 | 31    | PRALAT DAWID             | ZELÓW                | PZU SPORT TEAM                   | 1978    | M40-44     | 78          | 00:35:18 | 131              | 00:05:20 | 02:48:09 | 270           | 00:01:44 | 02:04:56 | 332          | 05:35:27 |   |   | 267  |
| 275 | 243   | PIOTROWSKI RAFAL         | CHOROSZCZ            | Nadaktywni / Spartanie Dzieciom  | 1980    | M35-39     | 56          | 00:35:40 | 138              | 00:05:59 | 02:45:55 | 245           | 00:02:29 | 02:05:37 | 337          | 05:35:40 |   |   | 268  |
| 276 | 142   | MALINOWSKI BARTOSZ       | SANTOCKO             | Malina-MTB-TRI-RUN-FIT-FUN       | 1979    | M40-44     | 79          | 00:38:30 | 232              | 00:05:58 | 02:47:32 | 262           | 00:02:44 | 02:01:09 | 303          | 05:35:53 |   |   | 269  |
| 277 | 171   | ŚLEDZIŃSKI DAWID         | POZNAŃ               | Wybiegani Team                   | 1979    | M40-44     | 80          | 00:43:03 | 346              | 00:07:28 | 02:49:15 | 278           | 00:02:53 | 01:53:19 | 232          | 05:35:58 |   |   | 270  |
| 278 | 435   | ZAMOJSKI SEBASTIAN       | NOWA RUDA            |                                  | 1970    | M45-49     | 44          | 00:46:21 | 390              | 00:09:12 | 02:46:28 | 249           | 00:02:37 | 01:51:39 | 216          | 05:36:17 |   |   | 271  |
| 279 | 555   | CZUBALA SEBASTIAN        | KATOWICE             | JBL Poland                       | 1969    | M50-54     | 12          | 00:37:50 | 202              | 00:06:45 | 02:39:30 | 189           | 00:03:11 | 02:09:11 | 355          | 05:36:27 |   |   | 272  |
| 280 | 57    | BETLEJ HUBERT            | KRAKÓW               | Eskaadra Kraków                  | 1982    | M35-39     | 57          | 00:46:58 | 396              | 00:05:23 | 02:35:53 | 145           | 00:01:46 | 02:06:32 | 343          | 05:36:32 |   |   | 273  |
| 281 | 468   | BIENIEK RAFAL            | TULCE                | Wolność                          | 1974    | M45-49     | 45          | 00:39:30 | 265              | 00:06:01 | 02:46:04 | 246           | 00:02:36 | 02:02:40 | 315          | 05:36:51 |   |   | 274  |
| 282 | 271   | KIEBASA PAWEŁ            | STRZEGOM             | GT RAT                           | 1978    | M40-44     | 81          | 00:47:33 | 404              | 00:05:59 | 02:43:02 | 214           | 00:03:39 | 01:56:51 | 266          | 05:37:04 |   |   | 275  |
| 283 | 14    | FITYCH TADEUSZ           | NOWA SOL             |                                  | 1980    | M-PRO      | 6           | 00:39:53 | 273              | 00:05:57 | 02:56:28 | 333           | 00:03:30 | 01:51:34 | 215          | 05:37:22 |   |   | 276  |
| 284 | 173   | JABŁOŃSKI JAKUB          | POZNAŃ               | #delfinkTEAM / Orki z Majorji    | 1981    | M35-39     | 58          | 00:41:46 | 319              | 00:05:23 | 02:51:53 | 300           | 00:01:45 | 01:56:55 | 267          | 05:37:42 |   |   | 277  |
| 285 | 384   | KOCH PRZEMEK             | ŚREM                 |                                  | 1986    | M30-34     | 51          | 00:39:41 | 269              | 00:05:35 | 02:46:16 | 247           | 00:01:53 | 02:05:31 | 336          | 05:38:56 |   |   | 278  |
| 286 | 538   | CHWALISZ LUKASZ          | LUBOŃ                | Night Runners                    | 1990    | M25-29     | 18          | 00:38:22 | 223              | 00:09:53 | 02:56:24 | 332           | 00:02:33 | 01:51:59 | 222          | 05:39:11 |   |   | 279  |
| 287 | 434   | MICHALAK DAWID           | DRZYMAŁOWO           | Niagara fitness klub             | 1983    | M35-39     | 59          | 00:40:44 | 299              | 00:07:05 | 03:00:40 | 361           | 00:02:36 | 01:48:16 | 175          | 05:39:21 |   |   | 280  |
| 288 | 255   | PUCHALSKI PIOTR          | WROCLAW              | PZU SPORT TEAM/TMTeam            | 1973    | M45-49     | 46          | 00:42:24 | 332              | 00:06:56 | 02:57:18 | 338           | 00:03:39 | 01:49:10 | 180          | 05:39:27 |   |   | 281  |
| 289 | 131   | LYCZAK LUCJAN            | SIEMIENOWICE ŚLĄSKIE | Lucjan Lyczak                    | 1980    | M35-39     | 60          | 00:38:14 | 220              | 00:05:44 | 02:48:05 | 269           | 00:02:09 | 02:05:42 | 338          | 05:39:54 |   |   | 282  |
| 290 | 177   | CZEKALSKA MARIA          | POZNAŃ               |                                  | 1984    | K35-39     | 3           | 00:41:10 | 308              | 00:05:49 | 02:53:32 | 313           | 00:01:48 | 01:57:51 | 278          | 05:40:10 |   |   | 8    |
| 291 | 409   | DOMAŃSKI DAWID           | CHORZÓW              |                                  | 1983    | M35-39     | 61          | 00:45:07 | 378              | 00:10:00 | 02:57:01 | 336           | 00:04:15 | 01:44:02 | 129          | 05:40:25 |   |   | 283  |
| 292 | 503   | KNOFEL-LASZCZYŃSKA AGATA | STRZELIN             | TWISTER TEAM                     | 1977    | K40-44     | 1           | 00:46:48 | 395              | 00:06:27 | 02:46:41 | 254           | 00:03:03 | 01:57:34 | 274          | 05:40:33 |   |   | 9    |
| 293 | 122   | FURMANEK JAROSŁAW        | SZCZECIN             | GO2TRI                           | 1969    | M50-54     | 13          | 00:37:52 | 205              | 00:08:08 | 02:47:14 | 259           | 00:03:17 | 02:04:05 | 328          | 05:40:36 |   |   | 284  |
| 294 | 399   | STANEK MAREK             | NAMYSŁOW             |                                  | 1982    | M35-39     | 62          | 00:41:37 | 315              | 00:06:51 | 02:47:40 | 265           | 00:03:04 | 02:01:37 | 305          | 05:40:49 |   |   | 285  |
| 295 | 361   | KRYCH JAKUB              | POZNAŃ               | KetoKoty                         | 1982    | M35-39     | 63          | 00:36:12 | 152              | 00:05:39 | 02:51:43 | 298           | 00:01:42 | 02:05:47 | 339          | 05:41:03 |   |   | 286  |
| 296 | 133   | KOŁODZIEJ MARIUSZ        | LEGNICA              | TRIATHLON MIETKÓW TEAMIE         | 1977    | M40-44     | 82          | 00:38:13 | 218              | 00:04:59 | 02:47:13 | 258           | 00:02:12 | 02:08:29 | 353          | 05:41:06 |   |   | 287  |
| 297 | 319   | KASTELNIK MIESZKO        | KATOWICE             | Litwin Triathlon Team            | 1975    | M40-44     | 83          | 00:42:40 | 340              | 00:07:26 | 02:37:55 | 172           | 00:02:15 | 02:10:59 | 362          | 05:41:15 |   |   | 288  |
| 298 | 87    | MROŹ TOMASZ              | JĘDRZEJÓW            | JKK Jędrzejów                    | 1972    | M45-49     | 47          | 00:36:23 | 159              | 00:04:56 | 02:49:07 | 275           | 00:01:54 | 02:09:17 | 356          | 05:41:37 |   |   | 289  |
| 299 | 376   | CZACHOROWSKI PIOTR       | WARSZAWA             | TriWawa                          | 1973    | M45-49     | 48          | 00:41:25 | 312              | 00:05:55 | 02:59:35 | 355           | 00:02:46 | 01:52:02 | 224          | 05:41:43 |   |   | 290  |
| 300 | 139   | GLAPA KRZYSZTOF          | GOLUSKI              |                                  | 1976    | M40-44     | 84          | 00:38:35 | 237              | 00:07:11 | 02:49:24 | 280           | 00:04:19 | 02:02:14 | 312          | 05:41:43 |   |   | 290  |
| 301 | 115   | KULBIEJ ADAM             | TRZCIANKA            | KOCHAM KAŚKE!                    | 1990    | M25-29     | 19          | 00:48:13 | 411              | 00:06:53 | 02:57:21 | 339           | 00:02:49 | 01:46:44 | 160          | 05:42:00 |   |   | 292  |
| 302 | 483   | SROKA MICHAŁ             | WROCLAW              | TMTeam                           | 1980    | M35-39     | 64          | 00:30:23 | 18               | 00:06:01 | 02:57:56 | 344           | 00:02:07 | 02:05:57 | 340          | 05:42:24 |   |   | 293  |
| 303 | 26    | WAWRZYŃIAK MATEUSZ       | KOŁO                 |                                  | 1981    | M35-39     | 65          | 00:38:41 | 243              | 00:06:23 | 02:53:39 | 314           | 00:03:41 | 02:00:27 | 298          | 05:42:51 |   |   | 294  |
| 304 | 551   | WALIŃSKI RYSZARD         | WOLSZTYN             | Wolsztyński klub biegowy         | 1957    | M60-64     | 1           | 00:43:09 | 349              | 00:06:01 | 02:52:21 | 305           | 00:03:29 | 01:58:15 | 282          | 05:43:15 |   |   | 295  |
| 305 | 254   | MATYLA ROMAN             | WROCLAW              | TMTeam                           | 1986    | M30-34     | 52          | 00:41:45 | 317              | 00:04:43 | 02:50:40 | 291           | 00:01:49 | 02:05:04 | 333          | 05:44:01 |   |   | 296  |
| 306 | 183   | KOBIERSKI RADEK          | WARSZAWA             | PomagamyNatalii.pl               | 1979    | M40-44     | 85          | 00:40:30 | 291              | 00:06:17 | 02:51:20 | 295           | 00:03:17 | 02:03:17 | 322          | 05:44:41 |   |   | 297  |
| 307 | 90    | KUKOTKO RAFAŁ            | TARNOWO PODGÓRNE     | Lubuszaniin Drezdenko            | 1974    | M45-49     | 49          | 00:44:47 | 375              | 00:06:43 | 02:51:41 | 297           | 00:02:42 | 01:59:12 | 288          | 05:45:05 |   |   | 298  |
| 308 | 501   | LENARD BŁAŻEJ            | BRZEG                | Strzeleński Klub Biegowy Granit  | 1971    | M45-49     | 50          | 00:52:26 | 431              | 00:07:37 | 02:51:29 | 296           | 00:02:35 | 01:51:06 | 208          | 05:45:13 |   |   | 299  |
| 309 | 221   | KWIATKOWSKI KRZYSZTOF    | WROCLAW              |                                  | 1981    | M35-39     | 66          | 00:37:32 | 194              | 00:06:47 | 02:53:59 | 319           | 00:02:31 | 02:04:54 | 331          | 05:45:43 |   |   | 300  |
| 310 | 45    | RZEPKA MAREK             | WROCLAW              |                                  | 1973    | M45-49     | 51          | 00:45:46 | 383              | 00:06:10 | 02:43:41 | 221           | 00:02:26 | 02:07:42 | 349          | 05:45:45 |   |   | 301  |
| 311 | 88    | LICZNIERSKA ALINA        | PLEWISKA             | Realizuje prezent od Warchlaków! | 1982    | K35-39     | 4           | 00:48:11 | 409              | 00:05:10 | 03:04:32 | 379           |          |          |              |          |   |   |      |

| Pos | Numer | Nazwisko Imię          | Miejscowość           | Team                                    | Rok ur. | Kat. wiek. | Miejsce kat | Pływanie | Pływanie miejsce | T1       | Rower    | Rower miejsce | T2       | Bieg     | Bieg miejsce | Czas     | K  | M | Kara |
|-----|-------|------------------------|-----------------------|---|---------|------------|-------------|----------|------------------|----------|----------|---------------|----------|----------|--------------|----------|----|---|------|
| 341 | 152   | MARZOWSKI PAWEŁ        | GORZÓW WIELKOPOLSKI   | MTB4FUN                                 | 1975    | M40-44     | 92          | 00:32:53 | 57               | 00:07:51 | 03:02:51 | 372           | 00:02:56 | 02:07:17 | 346          | 05:53:48 |    |   | 328  |
| 342 | 465   | TOPOLSKI MARCIN        | WARSZAWA              |   | 1982    | M35-39     | 72          | 00:42:02 | 328              | 00:07:34 | 03:02:48 | 371           | 00:03:56 | 01:57:41 | 275          | 05:54:01 |    |   | 329  |
| 343 | 300   | PRUSAK PIOTR           | PIETRZYKOWICE         | GT RAT                                  | 1983    | M35-39     | 73          | 00:37:22 | 189              | 00:06:55 | 02:49:58 | 286           | 00:02:11 | 02:18:22 | 383          | 05:54:48 |    |   | 330  |
| 344 | 433   | SZARAPANOWSKI DAMIAN   | NOWA WIOSKA           | ULTRA DIABLY TEAM / AVION               | 1978    | M40-44     | 93          | 00:36:47 | 168              |          |          |               |          | 02:04:21 | 329          | 05:55:04 |    |   | 331  |
| 345 | 561   | DZIAŁEK DARIUSZ        | DĄBROWA               | Be3 Triathlon Cityzen / Drużyna Szpilku | 1976    | M40-44     | 94          | 00:36:01 | 148              | 00:09:19 | 02:49:49 | 283           | 00:03:23 | 02:16:56 | 380          | 05:55:28 |    |   | 332  |
| 346 | 542   | BIELSKI BARTLOMIEJ     | GDYNIA                | Torus Triathlon Team                    | 1977    | M40-44     | 95          | 00:33:08 | 75               | 00:06:21 | 03:07:58 | 384           | 00:02:52 | 02:05:14 | 334          | 05:55:33 |    |   | 333  |
| 347 | 502   | WARDYŃSKI JAROSŁAW     | PODBRZESIE DOLNE      | Świat Maratończyka Kozuchów             | 1971    | M45-49     | 56          | 00:42:50 | 344              | 00:07:33 | 03:03:46 | 376           | 00:03:54 | 01:57:49 | 277          | 05:55:52 |    |   | 334  |
| 348 | 299   | DEKLEY STEPHEN         | POZNAN                | Stephen Dekley                          | 1970    | M45-49     | 57          | 00:34:44 | 115              | 00:18:23 | 02:52:01 | 301           | 00:02:32 | 02:08:24 | 351          | 05:56:04 |    |   | 335  |
| 349 | 437   | KĘDZIERSKI KRZYSZTOF   | TANOWO                | SMT SZCZECIN                            | 1965    | M50-54     | 16          | 00:48:02 | 408              | 00:06:20 | 02:52:49 | 307           | 00:02:21 | 02:07:21 | 347          | 05:56:53 |    |   | 336  |
| 350 | 341   | SABA TOMASZ            | CHOTOMÓW              | Tridub                                  | 1974    | M45-49     | 58          | 00:39:45 | 270              | 00:05:11 | 02:52:20 | 304           | 00:03:23 | 02:16:43 | 379          | 05:57:22 |    |   | 337  |
| 351 | 331   | RZEPKA JAKUB           | WARSZAWA              | WteiWewte                               | 1982    | M35-39     | 74          | 00:34:45 | 117              | 00:04:54 | 02:51:48 | 299           | 00:02:40 | 02:23:45 | 399          | 05:57:52 |    |   | 338  |
| 352 | 338   | PAWELCZYK KACPER       | ŁÓDŹ                  | K.S. Cellronman S.A.                    | 1987    | M30-34     | 58          | 00:42:30 | 336              | 00:07:08 | 03:02:04 | 367           | 00:02:12 | 02:04:34 | 330          | 05:58:28 |    |   | 339  |
| 353 | 375   | MARCINIAK KRZYSZTOF    | KOWALE                |   | 1985    | M30-34     | 59          | 00:43:29 | 356              | 00:06:58 | 03:12:43 | 401           | 00:02:19 | 01:53:25 | 233          | 05:58:54 |    |   | 340  |
| 354 | 451   | FLOREK-WOJTALIK MONIKA | SKÓRZEWO              | Fehлуу Run Team                         | 1981    | K35-39     | 6           | 00:44:19 | 371              | 00:09:54 | 03:06:38 | 382           | 00:03:24 | 01:54:41 | 244          | 05:58:56 | 14 |   |      |
| 355 | 530   | BEDŁA GRZEGORZ         | MIEDŹNO               |   | 1969    | M50-54     | 17          | 00:46:47 | 394              | 00:07:50 | 03:01:58 | 366           | 00:02:35 | 02:00:17 | 297          | 05:59:27 |    |   | 341  |
| 356 | 157   | MAJCZAK MIROSŁAW       | WARSZAWA              |   | 1975    | M40-44     | 96          | 00:38:12 | 217              | 00:08:10 | 03:12:30 | 399           | 00:01:53 | 01:58:50 | 286          | 05:59:35 |    |   | 342  |
| 357 | 147   | CZEPIEL-RAK KATARZYNA  | JASŁO                 | jasielskie stowarzyszenie cyklistów     | 1975    | K40-44     | 3           | 00:45:01 | 377              | 00:06:41 | 03:04:23 | 378           | 00:02:09 | 02:02:01 | 309          | 06:00:15 | 15 |   |      |
| 358 | 113   | MARCINKOWSKI MIKOŁAJ   | PAŁĘDZIE              | Zgrupka Team                            | 1975    | M40-44     | 97          | 00:47:06 | 397              | 00:07:09 | 02:59:44 | 357           | 00:02:57 | 02:03:22 | 323          | 06:00:18 |    |   | 343  |
| 359 | 373   | RATAJCZAK MAREK        | WROCLAW               | Triathlon Club Wrocław                  | 1966    | M50-54     | 18          | 00:44:54 | 418              |          | 02:54:53 | 323           | 00:03:11 | 02:11:18 | 366          | 06:01:09 |    |   | 344  |
| 360 | 266   | NIECZKO WSKI ANDRZEJ   | KRAKÓW                |   | 1982    | M35-39     | 75          | 00:43:29 | 357              | 00:06:51 | 02:56:29 | 334           | 00:03:29 | 02:10:54 | 361          | 06:01:12 |    |   | 345  |
| 361 | 510   | SIEMIŃSKI RADOSŁAW     | KRAKÓW                | GTX Team                                | 1981    | M35-39     | 76          | 00:40:12 | 284              | 00:06:13 | 03:10:17 | 393           | 00:02:26 | 02:02:48 | 318          | 06:01:56 |    |   | 346  |
| 362 | 482   | WILKIN MIREK           | LUBSKO                | TTEAM                                   | 1971    | M45-49     | 59          | 00:45:58 | 386              | 00:06:28 | 02:53:47 | 315           | 00:04:13 | 02:11:31 | 368          | 06:01:57 |    |   | 347  |
| 363 | 148   | KAPCIŃSKA MAŁGORZATA   | LUSÓWKO               | Zgrupka Team                            | 1973    | K45-49     | 2           | 00:43:02 | 345              | 00:06:49 | 03:11:38 | 396           | 00:03:03 | 01:57:29 | 273          | 06:02:01 | 16 |   |      |
| 364 | 528   | SOTER BARTLOMIEJ       | CZELADŹ               |   | 1987    | M30-34     | 60          | 00:47:16 | 401              | 00:06:08 | 03:00:30 | 360           | 00:01:28 | 02:07:40 | 348          | 06:03:02 |    |   | 348  |
| 365 | 500   | STWERTESCHKA DARIUSZ   | KUDOWA-ZDRÓJ          | SKFIS KUDOWIANKA                        | 1967    | M50-54     | 19          | 00:43:37 | 363              | 00:07:27 | 03:09:24 | 390           | 00:03:07 | 01:59:38 | 294          | 06:03:13 |    |   | 349  |
| 366 | 188   | KLARCZYK KAMIL         | KROTOSZYN             | LKS Ceramik Krotoszyn                   | 1997    | M18-24     | 7           | 00:50:41 | 423              | 00:09:13 | 03:10:53 | 394           | 00:02:52 | 01:50:39 | 202          | 06:04:18 |    |   | 350  |
| 367 | 75    | NOWAK DANIEL           | GŁOGÓW                | MKKK                                    | 1980    | M35-39     | 77          | 00:39:20 | 258              | 00:07:20 | 03:00:50 | 362           | 00:02:33 | 02:14:54 | 377          | 06:04:57 |    |   | 351  |
| 368 | 81    | KOLAŃSKI MAREK         | POZNAŃ                | Fishlike team                           | 1976    | M40-44     | 98          | 00:41:10 | 309              | 00:08:00 | 02:55:27 | 325           | 00:03:10 | 02:18:45 | 386          | 06:06:32 |    |   | 352  |
| 369 | 380   | CIS ADAM               | SOSNOWIEC             | Adam Cis                                | 1978    | M40-44     | 99          | 00:42:45 | 342              | 00:07:57 | 03:14:11 | 406           | 00:05:22 | 01:57:51 | 279          | 06:08:06 |    |   | 353  |
| 370 | 225   | WYSIŃSKI GRZEGORZ      | KRAKÓW                | WM TRISELF                              | 1980    | M35-39     | 78          | 00:39:47 | 272              | 00:10:45 | 02:54:15 | 320           | 00:04:08 | 02:19:59 | 389          | 06:08:54 |    |   | 354  |
| 371 | 533   | WATTS TIMOTHY C        | BERLIN                | NOWE                                    | 1970    | M45-49     | 60          | 00:36:23 | 158              | 00:08:45 | 02:58:18 | 347           | 00:05:02 | 02:20:35 | 392          | 06:09:03 |    |   | 355  |
| 372 | 323   | KARKOSZKA MARCIN       | MASANÓW               | KB fabryka biegania Ostrów Wielkopolski | 1990    | M25-29     | 20          | 00:42:37 | 339              | 00:08:06 | 03:15:01 | 408           | 00:03:26 | 02:00:40 | 299          | 06:09:50 |    |   | 356  |
| 373 | 82    | KOPANIA KAMIL          | WARSZAWA              | K.S Tęcza                               | 1990    | M25-29     | 21          | 00:43:16 | 351              | 00:07:38 | 03:03:35 | 373           | 00:03:10 | 02:12:25 | 371          | 06:10:04 |    |   | 357  |
| 374 | 89    | CHĘCIŃSKI LUKASZ       | POZNAŃ                |   | 1982    | M35-39     | 79          | 00:40:52 | 300              | 00:07:22 | 03:08:00 | 385           | 00:02:49 | 02:11:13 | 365          | 06:10:16 |    |   | 358  |
| 375 | 129   | SZAFRAN PRZEMYSŁAW     | WRONKI                |   | 1981    | M35-39     | 80          | 00:44:41 | 374              | 00:05:55 | 02:57:28 | 341           | 00:04:06 | 02:18:11 | 382          | 06:10:21 |    |   | 359  |
| 376 | 246   | KŁODZIŃSKI ROBERT      | SZCZECIN              |   | 1968    | M50-54     | 20          | 00:49:59 | 578              | 00:08:27 | 03:10:05 | 392           | 00:02:26 | 01:59:43 | 295          | 06:10:40 |    |   | 360  |
| 377 | 438   | JARZABEK CZAREK        | WARSZAWA              |   | 1977    | M40-44     | 100         | 00:45:55 | 384              | 00:05:59 | 03:01:46 | 365           | 00:03:47 | 02:14:07 | 373          | 06:11:34 |    |   | 361  |
| 378 | 387   | WÓJCIK LUKASZ          | PABIANICE             | CELIRONMAN / OLEJNIK RUNNING TEAM       | 1985    | M30-34     | 61          | 00:40:13 | 285              | 00:07:07 | 03:01:39 | 364           | 00:02:30 | 02:20:26 | 391          | 06:11:55 |    |   | 362  |
| 379 | 403   | ZDROJEWSKA MAGDALENA   | POZNAŃ                |   | 1977    | K40-44     | 4           | 00:41:42 | 316              | 00:06:51 | 03:09:10 | 388           | 00:02:07 | 02:14:14 | 374          | 06:14:04 | 17 |   |      |
| 380 | 477   | KEPIŃSKI HENRYK        | BELCHATÓW             | KB Spartakus Belchatów                  | 1953    | M65-69     | 1           | 00:47:10 | 400              | 00:08:58 | 03:02:22 | 369           | 00:03:07 | 02:12:29 | 372          | 06:14:06 |    |   | 363  |
| 381 | 253   | FĄJOK MARIUSZ          | OBORNIKI              | Keysy Team                              | 1969    | M50-54     | 21          | 00:51:29 | 426              | 00:08:02 | 03:09:41 | 391           | 00:02:30 | 02:03:12 | 320          | 06:14:54 |    |   | 364  |
| 382 | 144   | ROMAN ELŻBIETA         | BRZEG                 |   | 1975    | K40-44     | 5           | 00:43:04 | 348              | 00:06:59 | 03:14:20 | 407           | 00:03:37 | 02:07:48 | 350          | 06:15:48 | 18 |   |      |
| 383 | 450   | GIEL WOJCIECH          | KATOWICE              | KM PSP Katowice                         | 1987    | M30-34     | 62          | 00:43:58 | 367              | 00:06:51 | 03:00:56 | 363           | 00:02:55 | 02:21:09 | 393          | 06:15:49 |    |   | 365  |
| 384 | 486   | HADAŚ KRZYSZTOF        | PLEWISKA              | CSWiąd. Poznań                          | 1971    | M45-49     | 61          | 00:46:40 | 392              | 00:10:01 | 03:02:07 | 368           | 00:03:40 | 02:14:27 | 375          | 06:16:55 |    |   | 366  |
| 385 | 286   | KRAWCZYK WŁODZIMIERZ   | ŚREM                  | ciacho team triathlon                   | 1964    | M55-59     | 4           | 00:38:05 | 213              | 00:06:06 | 02:44:48 | 233           | 00:02:05 | 02:46:01 | 431          | 06:17:05 |    |   | 367  |
| 386 | 420   | TRZYBIŃSKI KRZYSZTOF   | GRODZISK WIELKOPOLSKI |   | 1989    | M30-34     | 63          | 00:42:26 | 333              | 00:08:35 | 02:52:14 | 303           | 00:03:54 | 02:30:54 | 411          | 06:18:03 |    |   | 368  |
| 387 | 463   | KŁAK IGOR              | WRZEŚNIA              | OPITE KLESZCZE TRITIM                   | 1984    | M35-39     | 81          | 00:40:58 | 304              | 00:07:56 | 03:00:05 | 358           | 00:02:03 | 02:27:45 | 407          | 06:18:47 |    |   | 369  |
| 388 | 141   | FICNER IWONA           | STARE KUROWO          | FSD Run Drezdenko                       | 1975    | K40-44     | 6           | 00:49:21 | 416              | 00:07:58 | 03:22:52 | 422           | 00:03:09 | 01:56:18 | 261          | 06:19:38 | 19 |   |      |
| 389 | 216   | CZUBAK WAWRZYNIEC      | KOSTRZYŃ              |   | 1974    | M45-49     | 62          | 00:46:03 | 389              | 00:08:27 | 03:12:14 | 397           | 00:02:39 | 02:10:33 | 360          | 06:19:56 |    |   | 370  |
| 390 | 6     | MICHALAK MAREK         | ŚWIDNICA              | GLKS Żelazna Świdnica                   | 1960    | M55-59     | 5           | 00:41:09 | 307              | 00:07:13 | 03:03:36 | 374           | 00:02:50 | 02:27:20 | 405          | 06:22:08 |    |   | 371  |
| 391 | 557   | PTAK ARKADIUSZ         | WILKOSZYN             | Galvrea Arkadiusz Ptak                  | 1979    | M40-44     | 101         | 00:47:26 | 403              | 00:07:30 | 03:04:47 | 380           | 00:03:14 | 02:19:25 | 388          | 06:22:22 |    |   | 372  |
| 392 | 265   | PUCHALSKI PRZEMYSŁAW   | WROCLAW               |   | 1985    | M35-39     | 82          | 00:41:03 | 306              | 00:07:51 | 02:58:37 | 350           | 00:02:32 | 02:31:29 | 412          | 06:22:22 |    |   | 372  |
| 393 | 419   | ROMANOWSKI MATEUSZ     | ŚREM                  | POZNAN UNIVERSITY OF MEDICAL SCIENCES   | 1985    | M30-34     | 64          | 00:37:17 | 184              | 00:07:26 | 03:13:30 | 404           | 00:02:02 | 02:22:27 | 396          | 06:22:42 |    |   | 374  |
| 394 | 213   | OCZKOŚ WOJCIECH        | SKÓRZEWO              | RAKIETA POZNAŃ                          | 1982    | M35-39     | 83          | 00:37:17 | 183              | 00:08:06 | 02:59:37 | 356           | 00:02:29 | 02:35:48 | 418          | 06:23:17 |    |   | 375  |
| 395 | 168   | FRANZKO WIĄK ADAM      | POZNAŃ                |   | 1973    | M45-49     | 63          | 00:43:20 | 353              | 00:07:43 | 03:11:04 | 395           | 00:03:10 | 02:18:22 | 384          | 06:23:39 |    |   | 376  |
| 396 | 460   | WIERZBIŃSKI MARCIN     | WARSZAWA              | AKS Polonia Warszawa                    | 1974    | M45-49     | 64          | 00:38:31 | 234              | 00:10:17 | 03:04:23 | 377           | 00:05:19 | 02:27:06 | 404          | 06:25:36 |    |   | 377  |
| 397 | 342   | SENCEŃKO WALDEMAR      | BYTOM                 | Nothing to fear                         | 1981    | M35-39     | 84          | 00:39:53 | 274              | 00:08:47 | 03:13:23 | 403           | 00:03:29 | 02:20:18 | 390          | 06:25:50 |    |   | 378  |
| 398 | 187   | SOBCZAK MATEUSZ        | POZNAŃ                |   | 1987    | M30-34     | 65          | 00:38:21 | 222              | 00:05:51 | 02:55:06 | 324           | 00:02:50 | 02:46:20 | 432          | 06:28:28 |    |   | 379  |
| 399 | 32    | KAJTOCH ROMAN          | BIERUŃ                | Wulkan Bieruń                           | 1985    | M30-34     | 66          | 00:47:20 | 402              | 00:06:38 | 03:21:52 | 421           | 00:01:53 | 02:11:11 | 364          | 06:28:54 |    |   | 380  |
| 400 | 54    | MIKOŁAJCZYK MACIEJ     | WRZEŚNIA              |   | 1978    | M40-44     | 102         | 00:47:44 | 406              | 00:07:21 | 03:02:45 | 370           | 00:03:19 | 02:29:04 | 408          | 06:30:13 |    |   | 381  |
| 401 | 282   | MOLICKI JAN            | POZNAŃ                |   | 1983    | M35-39     | 85          | 00:42:01 | 327              | 00:08:34 | 03:12:42 | 400           | 00:03:40 | 02:24:15 | 401          | 06:31:12 |    |   | 382  |
| 402 | 527   | IMOSA JAKUB            | KATOWICE              | KOTRAK TEAM                             | 1975    | M40-44     | 103         | 00:43:35 | 361              | 00:06:48 | 02:58:21 | 348           | 00:03:39 |          |              |          |    |   |      |

JBL TRIATHLON SIERAKÓW 25-26.05.2019 r.  
Dystans: 112,99km



| Pos | Numer | Nazwisko Imię                | Miejscowość       | Team                             | Rok ur. | Kat. wiek. | Miejsce kat | Pływanie        | Pływanie miejsce | T1       | Rower           | Rower miejsce | T2       | Bieg            | Bieg miejsce | Czas            | K  | M | Kara |
|-----|-------|------------------------------|-------------------|----------------------------------|---------|------------|-------------|-----------------|------------------|----------|-----------------|---------------|----------|-----------------|--------------|-----------------|----|---|------|
| 426 | 244   | <b>OLEJNICZAK WITOLD</b>     | OSTROW WLKP       | KS Maraton Ostrów Wlkp.          | 1949    | M70+       | 1           | <b>00:55:07</b> | 434              | 00:10:29 | <b>03:21:52</b> | 420           | 00:03:20 | <b>02:30:42</b> | 409          | <b>07:01:30</b> |    |   | 406  |
| 427 | 186   | <b>GRYCIUK MICHAŁ</b>        | SWARZĘDZ          | Triathlon Team Września          | 1980    | M35-39     | 91          | <b>00:39:23</b> | 261              | 00:06:34 | <b>03:19:47</b> | 418           | 00:04:33 | <b>02:55:11</b> | 437          | <b>07:05:28</b> |    |   | 407  |
| 428 | 488   | <b>SKOŁOZDRZYCH KAROL</b>    | MROWINO           | RAKIETA POZNAŃ                   | 1982    | M35-39     | 92          | <b>00:47:09</b> | 399              | 00:09:37 | <b>03:21:25</b> | 419           | 00:02:41 | <b>02:45:49</b> | 430          | <b>07:06:41</b> |    |   | 408  |
| 429 | 126   | <b>MIASOJEDOW BOŻENA</b>     | WARSZAWA          | AKS Polonia Warszawa             | 1954    | K65-69     | 1           | <b>00:51:04</b> | 425              | 00:08:49 | <b>03:46:13</b> | 435           | 00:02:11 | <b>02:18:49</b> | 387          | <b>07:07:06</b> | 21 |   |      |
| 430 | 35    | <b>MRÓWKA MACIEJ</b>         | WARSZAWA          | IRONANT.PL                       | 1972    | M45-49     | 70          | <b>00:37:51</b> | 203              | 00:07:39 | <b>03:15:48</b> | 410           | 00:03:47 | <b>03:10:00</b> | 439          | <b>07:15:05</b> |    |   | 409  |
| 431 | 8     | <b>SZYSZKA MACIEJ</b>        | POZNAŃ            |                                  | 1984    | M-PRO      | 7           | <b>00:52:29</b> | 432              | 00:10:26 | <b>03:30:53</b> | 429           | 00:04:29 | <b>02:37:53</b> | 422          | <b>07:16:10</b> |    |   | 410  |
| 432 | 548   | <b>SZURKOWSKI ANDRZEJ</b>    | KATOWICE          | Urovita Team                     | 1957    | M60-64     | 6           | <b>00:52:24</b> | 430              | 00:08:10 | <b>03:33:22</b> | 431           | 00:04:37 | <b>02:38:24</b> | 424          | <b>07:16:57</b> |    |   | 411  |
| 433 | 203   | <b>NAGALEWSKI BARTŁOMIEJ</b> | WITNICA           | NAGA-MET                         | 1976    | M40-44     | 110         | <b>00:45:43</b> | 381              | 00:36:40 | <b>03:16:32</b> | 413           | 00:06:51 | <b>02:31:40</b> | 413          | <b>07:17:26</b> |    |   | 412  |
| 434 | 101   | <b>TATAŁA MACIEJ</b>         | KOSTRZYN NAD ODRĄ | Kostrzyński Klub Kolarski 66-470 | 1971    | M45-49     | 71          | <b>00:50:11</b> | 419              | 00:09:22 | <b>03:25:28</b> | 427           | 00:02:53 | <b>02:50:48</b> | 435          | <b>07:18:42</b> |    |   | 413  |
| 435 | 166   | <b>KUREK DOMINIK</b>         | DĘBNO             | Netto GB 42,195 Dębno            | 1972    | M45-49     | 72          | <b>00:49:50</b> | 417              | 00:10:36 | <b>03:47:55</b> | 436           | 00:02:45 | <b>02:27:44</b> | 406          | <b>07:18:50</b> |    |   | 414  |
| 436 | 416   | <b>MUCHA ROBERT</b>          | KOLUSZKI          |                                  | 1971    | M45-49     | 73          | <b>00:54:31</b> | 433              | 00:08:02 | <b>03:23:03</b> | 423           | 00:03:35 | <b>02:51:31</b> | 436          | <b>07:20:42</b> |    |   | 415  |
| 437 | 385   | <b>POREBSKA PAULINA</b>      | PRZYSUCHA         |                                  | 1989    | K30-34     | 4           | <b>00:59:23</b> | 437              | 00:07:18 | <b>03:45:55</b> | 434           | 00:02:31 | <b>02:37:00</b> | 421          | <b>07:32:07</b> | 22 |   |      |
| 438 | 545   | <b>OLEKSA KAROL</b>          | WARSZAWA          |                                  | 1995    | M18-24     | 9           | <b>00:41:34</b> | 313              | 00:06:29 | <b>03:56:22</b> | 438           | 00:03:15 | <b>02:45:47</b> | 429          | <b>07:33:27</b> |    |   | 416  |
| 439 | 543   | <b>CICHOWSKI ŁUKASZ</b>      | POZNAŃ            |                                  | 1988    | M30-34     | 68          | <b>00:48:31</b> | 413              | 00:10:54 | <b>03:52:18</b> | 437           | 00:03:44 | <b>03:00:58</b> | 438          | <b>07:56:25</b> |    |   | 417  |