

# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/2 (1,9 / 90 / 21,1)

SPONSOR  
TYTULARNY

SPONSORZY  
STRATEGICZNI

PARTNER

GOSPODARZ

ORGANIZATOR



M-ce	Numer	Nazwisko	Imię	Team	Rok ur.	Kat. wiek.	Miejsce kat	Pływanie	Pływanie miejsce	T1	Rower	Rower miejsce	T2	Bieg	Bieg miejsce	Czas	K	M	Kara czasowa
1	1	BREMBOR	TOMASZ	KS AZS-AWF Katowice	1994	M-PRO	1	00:23:04	1	00:05:19	02:06:16	1	00:00:45	01:14:17	3	03:49:41		1	
2	4	STĘPNIAK	KACPER	Tri-Team Rumia / GVT BMC 3SOFT	1994	M-PRO	2	00:23:04	2	00:05:41	02:10:41	7	00:00:47	01:13:03	2	03:53:16		2	
3	5	SIÓDMIAK	IGOR	7PRO SIÓDMIAK TEAM / MBC / Pentathlon Sz-ek	1998	M-PRO	3	00:24:29	7	00:05:18	02:09:40	3	00:01:05	01:14:18	4	03:54:50		3	
4	8	ŁAWICKI	MARCIN	MKS Polkowice	1986	M-PRO	4	00:24:32	10	00:05:11	02:09:41	4	00:00:56	01:15:01	5	03:55:21		4	
5	9	TYCZYŃSKI	JACEK	Trinergy	1996	M-PRO	5	00:24:30	8	00:05:03	02:09:54	5	00:01:04	01:15:03	6	03:55:34		5	
6	2	KALASZCZYŃSKI	ŁUKASZ	KM Sport PRO Team	1984	M-PRO	6	00:27:22	17	00:05:06	02:11:04	8	00:01:05	01:12:26	1	03:57:03		6	
7	3	SZALA	TOMASZ	ILABO Racing Team powered by CTS	1990	M-PRO	7	00:24:31	9	00:05:42	02:09:10	2	00:00:46	01:18:44	9	03:58:53		7	
8	7	SOBCZYK	SERGIUSZ	TRINERGY TEAM	1991	M25	1	00:26:37	13	00:05:31	02:12:19	9	00:00:50	01:19:25	11	04:04:42		8	
9	155	LIS	ŁUKASZ	TRICLUB	1986	M30	1	00:24:22	4	00:05:32	02:13:31	11	00:01:18	01:20:08	12	04:04:51		9	
10	17	PIASECKI	PATRYK	Piasecki Concept	1986	M-PRO	8	00:27:16	16	00:06:17	02:14:23	13	00:01:22	01:17:38	8	04:06:56		10	
11	10	ADAM	KACPER	Olimpius/TheSport/PCG	1992	M-PRO	9	00:24:32	11	00:06:05	02:12:54	10	00:01:27	01:23:27	20	04:08:25		11	
12	6	JAKIMIUK	DANIEL	Twister Team	1993	M-PRO	10	00:29:04	31	00:05:41	02:16:22	15	00:01:13	01:16:24	7	04:08:44		12	
13	18	CZYSZ	ROBERT	UCZNIOWSKI KLUB SPORTOWY CITYZEN POZNAŃ	1994	M-PRO	11	00:24:28	6	00:05:34	02:13:33	12	00:00:50	01:26:37	32	04:11:02		13	
14	223	RESZKE	PAWEŁ	UKS Tri-Team Rumia	1985	M35	1	00:30:22	38	00:06:09	02:16:11	14	00:01:15	01:21:18	14	04:15:15		14	
15	147	SŁUPIK	TOMASZ	1993	M25	2	00:27:27	20	00:05:55	02:20:12	26	00:01:14	01:20:37	13	04:15:25		15		
16	140	SZCZUŻEWSKI	ANDRZEJ	Gmina Strzelce Opolskie	1988	M30	2	00:28:31	28	00:06:54	02:20:24	27	00:01:14	01:18:52	10	04:15:55		16	
17	149	LESIECKI	PIOTR	KS IRONMAN SZCZECIN	1989	M30	3	00:28:11	23	00:06:24	02:21:22	33	00:01:09	01:23:28	21	04:20:34		17	
18	146	JEGLIŃSKI	ŁUKASZ	Twister Team	1988	M30	4	00:29:23	32	00:07:00	02:17:22	18	00:01:15	01:26:17	30	04:21:17		18	
19	143	SZUDRER	PRZEMYSŁAW	Triangle Sports	1978	M40	1	00:30:16	37	00:07:17	02:17:10	17	00:01:08	01:25:30	28	04:21:21		19	
20	12	KOMANDER	EWA	1985	K-PRO	1	00:27:25	19	00:05:39	02:21:26	34	00:01:15	01:25:42	29	04:21:27		1		
21	81	NIZIO	ADAM	Roadbike	1995	M25	3	00:30:14	35	00:06:34	02:22:09	37	00:01:00	01:22:10	15	04:22:07		20	
22	170	KOZAK	KAROL	TriWise	2000	M18	1	00:28:12	24	00:06:54	02:19:14	23	00:01:02	01:27:02	37	04:22:24		21	
23	174	MIERZEJEWSKI	BARTOSZ	CTS	1983	M35	2	00:32:42	64	00:06:28	02:19:09	22	00:01:09	01:24:28	24	04:23:56		22	
24	144	CZERWIEC	ARTUR	Iron Dragon Triathlon Zabierzow	1976	M40	2	00:26:35	12	00:07:20	02:21:52	35	00:01:29	01:26:41	33	04:23:57		23	
25	11	KOŁTYSIAK	JOANNA	Pho3nix Poland	1989	K-PRO	2	00:27:24	18	00:05:55	02:21:14	31	00:01:11	01:28:38	46	04:24:22		2	
26	95	KŁUPCZYŃSKI	PIOTR	1992	M25	4	00:28:48	30	00:06:17	02:21:02	30	00:01:18	01:26:58	36	04:24:23		24		
27	48	JASIŃSKI	JAKUB	WM Triself	1987	M30	5	00:24:02	3	00:06:48	02:23:07	41	00:01:11	01:29:22	50	04:24:30		25	
28	208	MARKOWSKI	MAREK	LABOSPORT Team	1978	M40	3	00:28:21	25	00:06:45	02:16:45	16	00:01:38	01:31:47	59	04:25:16		26	
29	187	OLKOWSKI	PRZEMYSŁAW	1980	M40	4	00:32:20	58	00:06:50	02:17:51	19	00:01:20	01:26:56	35	04:25:17		27		
30	14	JĘDRZEJEWSKA	ALEKSANDRA	KS GVT	1991	K-PRO	3	00:27:09	15	00:06:02	02:28:45	61	00:00:55	01:22:33	16	04:25:24		3	
31	184	TRACZYK	PAWEŁ	TRI TEAM RUMIA	1979	M40	5	00:24:25	5	00:06:54	02:19:15	24	00:01:31	01:33:29	69	04:25:34		28	
32	197	HERING	MATEUSZ	Hering triathlon	1991	M25	5	00:31:57	51	00:06:58	02:23:13	43	00:00:56	01:22:35	17	04:25:39		29	
33	172	KOSMOWSKI	MICHAŁ	TRINERGY	1980	M40	6	00:29:55	34	00:06:19	02:20:50	28	00:01:07	01:28:07	44	04:26:18		30	
34	202	KAMIŃSKI	TOMASZ	KS PERUN	1982	M35	3	00:30:33	39	00:06:54	02:18:48	20	00:01:16	01:29:03	48	04:26:34		31	
35	203	KOLAŃSKI	MATEUSZ	Oranżada Hellena/Kaziki	1989	M30	6	00:30:53	40	00:07:17	02:23:44	44	00:01:10	01:23:57	22	04:26:51		32	
36	218	JAWORSKI	RAFAL	1984	M35	4	00:34:38	87	00:06:41	02:22:10	38	00:01:09	01:23:14	19	04:27:52		33		
37	133	KLUŻNIAK	JACEK	TRINERGY	1975	M45	1	00:28:11	22	00:07:41	02:21:17	32	00:01:33	01:31:01	57	04:29:43		34	
38	236	ŁAWSKI	FILIP	Endure Team	1992	M25	6	00:32:06	55	00:06:45	02:22:55	40	00:01:08	01:27:09	40	04:30:03		35	
39	161	WOJNAR	ROBERT	PACIFIC NESTLE	1976	M40	7	00:36:02	107	00:07:00	02:19:05	21	00:01:20	01:27:07	39	04:30:34		36	
40	15	RYPEL	NATALIA	KS AZS-AWF Katowice	1993	K-PRO	4	00:27:37	21	00:06:14	02:28:02	59	00:00:53	01:28:02	42	04:30:48		4	
41	122	HOFMANN	WOJCIECH	Brzyski Tri Team/CTS	1975	M45	2	00:26:51	14	00:07:16	02:24:06	45	00:01:13	01:31:57	60	04:31:23		37	
42	154	KULIK	JACEK	CTS/Bike U Up- EUROPELL	1976	M40	8	00:29:47	33	00:06:35	02:25:48	49	00:01:23	01:28:07	43	04:31:40		38	
43	109	FABISZEWSKI	RAFAL	KAZIKI	1983	M35	5	00:33:58	80	00:06:59	02:23:08	42	00:01:18	01:27:32	41	04:32:55		39	
44	179	SARBAK	BARTOSZ	1996	M18	2	00:30:14	36	00:07:49	02:29:40	68	00:01:15	01:24:26	23	04:33:24		40		
45	234	KISTOWSKI	KACPER	MERX POLSKA	1993	M25	7	00:40:45	166	00:07:32	02:10:21	6	00:01:14	01:33:53	74	04:33:45		41	
46	205	DMOWSKI	PIOTR	1985	M35	6	00:33:16	73	00:07:50	02:26:31	51	00:01:59	01:24:38	25	04:34:14		42		
47	173	KOSZAL	KACPER	TRITON KONIN	1994	M25	8	00:31:03	41	00:06:39	02:24:23	46	00:01:09	01:32:20	62	04:35:34		43	
48	235	TWAROWSKI	MICHAŁ	JEPPSEN POLAND	1973	M45	3	00:32:45	65	00:07:21	02:26:50	55	00:00:57	01:28:29	45	04:36:22		44	
49	159	GRODZKI	MAREK	CTS	1975	M45	4	00:31:10	43	00:06:55	02:22:07	36	00:01:52	01:34:46	79	04:36:50		45	
50	225	SIWIRSKI	ROBERT	WARSAW MASTERS TEAM	1975	M45	5	00:35:56	104	00:07:42	02:25:02	47	00:01:20	01:26:53	34	04:36:53		46	
51	129	PIĘTKA	ANDRZEJ	PTT DELTA	1975	M45	6	00:32:15	57	00:06:37	02:26:54	56	00:01:27	01:29:56	51	04:37:09		47	
52	195	KĄKOL	SŁAWOMIR	TIMBUD TEAM	1964	M55	1	00:32:56	68	00:08:02	02:22:37	39	00:01:27	01:33:06	68	04:38:08		48	
53	21	ŻYŁA	MARCIN	1985	M35	7	00:32:38	63	00:07:11	02:28:51	62	00:01:23	01:29:17	49	04:39:20		49		
54	204	BIRECKI	JAKUB	GT KONA	1987	M30	7	00:33:35	77	00:06:30	02:31:35	73	00:01:23	01:26:20	31	04:39:23		50	
55	142	CHOJNACKI	MARCIN	TriWise	1974	M45	7	00:34:41	88	00:07:35	02:25:40	48	00:01:35	01:30:00	52	04:39:31		51	
56	221	EPELBAUM	DARIUSZ	CTS Czajka Training System	1977	M40	9	00:33:36	78	00:07:28	02:26:31	52	00:01:17	01:31:01	58	04:39:53		52	
57	162	INGŁOT	FILIP	IRONSILESIA	1989	M30	8	00:39:25	156	00:07:00	02:28:59	64	00:02:13	01:22:56	18	04:40:33		53	
58	168	KOŁODZIEJ	SEBASTIAN	LABOSPORT Team	1981	M35	8	00:32:30	60	00:07:08	02:28:53	63	00:02:00	01:30:14	53	04:40:45		54	
59	88	RYCYK	MACIEJ	IronSilesia	1978	M40	10	00:33:34	75	00:06:37	02:26:39	53	00:01:23	01:32:33	64	04:40:46		55	
60	167	GAJ	PRZEMYSŁAW	TRITON KONIN	1998	M18	3	00:37:40	131	00:07:38	02:27:46	57	00:01:07	01:27:03	38	04:41:14		56	
61	151	ENGLERT	PIOTR	Tri-Jet	1994	M25	9	00:31:14	45	00:06:59	02:26:10	50	00:02:13	01:35:15	83	04:41:51		57	
62	196	GALL	RAFAL	RAMASPORT.PL	1975	M45	8	00:28:27	26	00:08:32	02:32:11	77	00:01:52	01:32:53	66	04:43:55		58	
63	192	ZIELIŃSKI	KAMIL	subSERO	1989	M30	9	00:28:32	29	00:06:36	02:33:49	86	00:01:21	01:33:37	71	04:43:55		58	
64	135	ALEKSIEJUK	PIOTR	Najmowicz Triathlon	1985	M35	9	00:34:31	84	00:07:36	02:20:54	29	00:02:20	01:38:40	96	04:44:01		60	
65	213	WIŚNIEWSKI	MATEUSZ	@wisnia_m_aktynie365	1991	M25	10	00:42:06	172	00:07:31	02:29:07	65	00:01:41	01:25:21					

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## Dystans: Dystans 1/2 (1,9 / 90 / 21,1)



M-ce	Numer	Nazwisko	Imię	Team	Rok ur.	Kat. wiek.	Miejsce kat	Pływanie	Pływanie miejsce	T1	Rower	Rower miejsce	T2	Bieg	Bieg miejsce	Czas	K	M	Kara czasowa
76	114	BIHUN	NATALIA	GT RAT	1987	K30	1	00:34:55	92	00:07:45	02:35:11	92	00:01:35	01:32:58	67	04:52:24	5		
77	73	SIWY	SEBASTIAN	OLAX Mikołów	1976	M40	12	00:38:44	145	00:08:02	02:27:56	58	00:02:11	01:35:45	89	04:52:38			72
78	207	FIREK	ADRIAN	HIT THE TRAIL Tomasz Klisz	1985	M35	13	00:33:03	70	00:08:19	02:35:44	96	00:01:55	01:34:16	75	04:53:17			73
79	134	ŚLIWA	MACIEJ	Papryka	1983	M35	14	00:35:14	96	00:08:05	02:29:26	67	00:01:28	01:39:19	101	04:53:32			74
80	69	GROCHOWSKI	DARIUSZ		1991	M25	11	00:32:21	59	00:07:25	02:31:19	71	00:01:21	01:41:08	111	04:53:34			75
81	164	BOROŃ	PAWEŁ		1976	M40	13	00:37:31	129	00:10:01	02:28:42	60	00:02:14	01:35:27	87	04:53:55			76
82	24	MALEND	MACIEJ	Fundacja K.I.D.S.	1987	M30	13	00:37:19	127	00:07:34	02:29:26	66	00:01:12	01:39:26	104	04:54:57			77
83	226	BRODA	TOMEK	Zabrzeńskie Towarzystwo Triathlonowe	1986	M30	14	00:37:12	123	00:09:13	02:32:38	80	00:02:06	01:34:38	78	04:55:47			78
84	116	GRYSZKIEWICZ	PAWEŁ	GVT	1987	M30	15	00:34:53	91	00:07:42	02:32:36	79	00:01:28	01:39:25	103	04:56:04			79
85	156	PRON	ADAM	IPRONMAN	1975	M45	10	00:38:11	138	00:08:05	02:38:42	107	00:01:25	01:30:15	54	04:56:38			80
86	230	BISKUPSKA	RITA	Iron Team Tomasz Marcinek	1990	K30	2	00:34:15	82	00:07:49	02:32:00	75	00:02:00	01:40:39	108	04:56:43	6		
87	29	WALUKIEWICZ	DARIUSZ	Przełajka TRI	1976	M40	14	00:37:19	128	00:07:46	02:30:54	70	00:01:38	01:39:17	100	04:56:54			81
88	110	NAFALSKI	RAJMUND	Team Karaś	1974	M45	11	00:35:18	97	00:07:53	02:41:27	117	00:01:55	01:30:39	55	04:57:12			82
89	80	FOREMSKI	SŁAWOMIR		1968	M50	2	00:38:20	140	00:08:12	02:34:02	87	00:01:47	01:35:02	80	04:57:23			83
90	92	KRZESAJ	MARIUSZ	Multifit	1985	M35	15	00:35:59	105	00:07:48	02:31:20	72	00:01:54	01:40:51	109	04:57:52			84
91	176	KUREK	BARTOSZ		1996	M18	4	00:32:03	53	00:07:17	02:33:10	84	00:01:35	01:44:12	128	04:58:17			85
92	231	STARZYŃSKI	PAWEŁ	TRINERGY TEAM	1963	M55	3	00:31:07	42	00:08:37	02:39:17	110	00:01:29	01:37:53	93	04:58:23			86
93	157	TARSKI	TOMASZ	IRONSILESIA	1981	M35	16	00:35:59	106	00:07:41	02:30:00	69	00:01:30	01:43:22	123	04:58:32			87
94	91	SZYWALSKI	ALAN	Multifit	1988	M30	16	00:37:16	125	00:07:30	02:32:56	83	00:01:54	01:39:01	98	04:58:37			88
95	190	KĄCKA	MAŁGORZATA	CTS Czaja Training System	1990	K30	3	00:33:06	71	00:08:04	02:41:07	116	00:02:16	01:34:35	77	04:59:08	7		
96	191	KACZKOWSKA	KATARZYNA	CTS - CzajaTrainingSystem	1981	K35	1	00:42:41	174	00:08:35	02:35:44	95	00:01:16	01:30:52	56	04:59:08	7		
97	171	GROCHOWSKA	OLA	GVT	1994	K25	1	00:31:24	47	00:08:57	02:40:12	112	00:01:36	01:37:18	92	04:59:27	9		
98	130	MOGA	PIOTR	Sparta Ultra Team	1983	M35	17	00:33:50	79	00:07:41	02:32:46	81	00:01:25	01:44:06	127	04:59:48			89
99	183	GRYZEL	ADAM		1982	M35	18	00:33:18	74	00:07:17	02:32:19	78	00:01:51	01:45:33	132	05:00:18			90
100	126	SKÓRKA	PAWEŁ		1988	M30	17	00:37:18	126	00:09:10	02:35:52	97	00:02:15	01:36:21	90	05:00:56			91
101	181	DADEJ	RAFAŁ	Piaskiem w raka	1975	M45	12	00:36:40	113	00:07:50	02:39:37	111	00:01:09	01:35:44	88	05:01:00			92
102	210	SAJDA	IGOR	Triathlete's Performance	1993	M25	12	00:32:10	56	00:08:10	02:43:46	127	00:01:30	01:35:26	86	05:01:02			93
103	165	NOWAK	MAŁGORZATA	Jerzyk Team	1990	K30	4	00:38:29	142	00:07:01	02:39:16	109	00:01:25	01:35:12	81	05:01:23	10		
104	125	KOCOŃ	PAWEŁ	LABOSPORT Team	1980	M40	15	00:37:56	137	00:08:04	02:36:41	102	00:01:57	01:37:18	91	05:01:56			94
105	220	JASKOWSKA	BOŻENA	NEON TEAM	1978	K40	1	00:34:32	85	00:08:21	02:36:09	100	00:01:53	01:41:06	110	05:02:01	11		
106	22	BORKOWSKI	PAWEŁ	RNB Team Polanica Zdrój	1987	M30	18	00:37:46	134	00:06:42	02:37:00	103	00:01:26	01:39:14	99	05:02:08			95
107	199	WILICKI	TOMASZ	Dell Running Team	1979	M40	16	00:35:12	95	00:09:43	02:37:00	104	00:01:59	01:39:20	102	05:03:14			96
108	193	SIKORA	JULITA	GVT	1973	K45	1	00:37:14	124	00:07:16	02:43:05	125	00:01:44	01:34:27	76	05:03:46	12		
109	86	ŚWIDERSKI	PAWEŁ		1979	M40	17	00:31:33	49	00:09:42	02:34:18	89	00:02:05	01:46:25	133	05:04:03			97
110	113	WITKOWSKI	DAMIAN	LABOSPORT Team	1981	M35	19	00:37:48	135	00:07:44	02:38:43	108	00:01:24	01:38:46	97	05:04:25			98
111	206	PLÓCIENNIK	DOMINIK		1992	M25	13	00:35:41	100	00:09:18	02:32:51	82	00:01:30	01:46:42	136	05:06:02			99
112	131	SOBIERAJ	RAFAŁ	TriWawa	1990	M30	19	00:31:57	50	00:08:00	02:34:42	90	00:02:04	01:49:33	145	05:06:16			100
113	32	RACZKOWSKI	PAWEŁ		1977	M40	18	00:36:35	110	00:07:47	02:40:42	114	00:01:16	01:40:31	106	05:06:51			101
114	240	WYMOLIŃSKI	RAFAŁ		1977	M40	19	00:36:44	114	00:09:05	02:38:20	106	00:01:48	01:41:48	114	05:07:45			102
115	219	KIELAK	ARTUR	Triathlete's Performance	1994	M25	14	00:36:56	120	00:08:34	02:42:09	122	00:01:45	01:38:25	95	05:07:49			103
116	222	KOCHANOWSKI	DARIUSZ	TRI LEVEL	1974	M45	13	00:34:46	90	00:07:36	02:43:19	126	00:01:58	01:40:38	107	05:08:17			104
117	26	GRZESIK	JĘDRZEJ	Luft Tri Team	1980	M40	20	00:40:44	165	00:08:42	02:35:05	91	00:01:54	01:42:30	118	05:08:55			105
118	182	TREDER	WIESŁAW	SUPRA	1973	M45	14	00:43:57	177	00:08:45	02:41:58	121	00:02:33	01:33:50	73	05:11:03			106
119	211	BRZOZOWSKI	BARTEK	LABOSPORT Team	1973	M45	15	00:36:52	116	00:09:51	02:36:06	99	00:02:08	01:46:36	135	05:11:33			107
120	148	SPICZAK	BRZEZIŃSKI MICHAŁ		1980	M40	21	00:38:53	147	00:08:14	02:35:27	94	00:01:45	01:49:39	146	05:13:58			108
121	127	ADAMCZAK	ANDRZEJ	Triathlon Koszalin	1961	M55	4	00:37:45	132	00:08:32	02:42:21	123	00:02:03	01:44:32	129	05:15:13			109
122	200	WARZYBOK	MAGDALENA	TRINERGY TEAM	1982	K35	2	00:34:29	83	00:08:41	02:40:54	115	00:02:03	01:49:08	142	05:15:15	13		
123	227	KUR	DANIEL	Arka Gdynia	1985	M35	20	00:36:22	108	00:07:37	02:44:20	128	00:03:12	01:46:32	134	05:18:03			110
124	41	PODZIEWSKI	SEBASTIAN		1980	M40	22	00:39:11	153	00:09:47	02:44:21	129	00:02:33	01:43:01	122	05:18:53			111
125	61	GĘSICH	KAMIL	KS Zielonka Czarni	1988	M30	20	00:45:54	183	00:08:41	02:44:35	130	00:01:53	01:37:55	94	05:18:58			112
126	194	TOMASZEWSKA	JULITA	TIMBUD TEAM	1978	K40	2	00:38:59	149	00:08:22	02:48:02	139	00:01:46	01:42:19	117	05:19:28	14		
127	224	ŁUGOWSKI	MARCIN		1981	M35	21	00:39:02	150	00:07:46	02:49:18	144	00:02:02	01:41:33	112	05:19:41			113
128	141	BIENIAS	ŁUKASZ	GoSwimRun.pl	1984	M35	22	00:32:00	52	00:08:44	02:49:29	146	00:02:59	01:47:36	140	05:20:48			114
129	74	SŁOMKA	MATEUSZ		1989	M30	21	00:34:10	81	00:08:35	02:42:40	124	00:01:29	01:54:00	157	05:20:54			115
130	188	NIEDŹWIADEK	ANDRZEJ	Lubelska Grupa Triathlonu	1982	M35	23	00:39:15	154	00:10:24	02:56:07	168	00:02:58	01:33:32	70	05:22:16			116
131	40	NOGAJ	JACEK		1969	M50	3	00:32:32	61	00:10:18	02:47:08	137	00:02:42	01:49:58	149	05:22:38			117
132	89	WARDA	KAMIL		1995	M25	15									05:23:43			118
133	215	DUK	JANUSZ	LABOSPORT Team	1966	M50	4	00:37:45	133	00:08:31	02:41:42	118	00:01:33	01:54:17	159	05:23:48			119
134	101	JACHIMSKI	JAKUB		1983	M35	24	00:33:34	76	00:07:20	02:41:43	119	00:02:58	01:58:38	166	05:24:13			120
135	23	ROSA	GRZEGORZ	Omega Fitness&Gym	1980	M40	23	00:40:51	167	00:08:38	02:48:06	140	00:02:18	01:44:43	130	05:24:36			121
136	100	WASILEWSKI	ALEKSANDER	LABOSPORT Team	1972	M45	16	00:40:21	161	00:10:46	02:47:15	138	00:02:28	01:43:50	124	05:24:40			122
137	90	KURNICKI	JACEK	Kuźnia Triathlonu	1974	M45	17	00:34:45	89	00:10:18	02:45:52	132	00:03:58	01:49:53	148	05:24:46			123
138	47	WŁÓDARCZAK	AGATA	Trinergy / Trizarza	1992	K25	2	00:37:36	130	00:07:50	02:55:37	167	00:02:06	01:42:07	115	05:25:16	15		
139	33	ZIMNY	MACIEJ	Patriotzik Triathlon Team	1991	M25	16	00:38:12	139	00:07:38	02:51:05	149	00:01:11	01:47:21	139	05:25:27			124
140	160	NIEMCZYK	KAZIMIERZ		1962	M55	5	00:40:12	160	00:09:13	02:46:07	133	00:02:48	01:47:17	138	05:25:37			125
141	78	HAJDUK	GRZEGORZ	G.B.U.R.	1977	M40	24	00											

# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/2 (1,9 / 90 / 21,1)



M-ce	Numer	Nazwisko	Imię	Team	Rok ur.	Kat. wiek.	Miejsce kat	Pływanie	Pływanie miejsce	T1	Rower	Rower miejsce	T2	Bieg	Bieg miejsce	Czas	K	M	Kara czasowa
151	50	SZYMAŃSKI	MARCIN	SCKS Jurand Ciechanów	1979	M40	26	00:40:57	168	00:09:09	02:53:51	157	00:01:57	01:47:08	137	05:33:02		135	
152	229	PRUGAR	FUKOWSKA PAULINA	NEON TEAM	1983	K35	3	00:36:58	121	00:09:21	03:01:23	174	00:01:58	01:44:04	126	05:33:44	17		
153	238	NEUMANN	KRZYSZTOF	Luft TRI Team	1970	M50	5	00:34:33	86	00:11:33	02:46:54	135	00:02:29	01:59:37	168	05:35:06		136	
154	72	TOMASZEWSKI	JACEK	Deloitte Adventure Team	1991	M25	18	00:32:04	54	00:08:58	02:53:52	158	00:01:54	01:58:19	164	05:35:07		137	
155	128	GUDANIEC	RADOSŁAW	Triathlon TKKF Koszalin	1963	M55	7	00:33:07	72	00:09:15	02:54:16	162	00:02:38	01:56:43	161	05:35:59		138	
156	137	TALAREK	ROBERT	Teleranek	1977	M40	27	00:43:43	176	00:11:36	02:54:55	165	00:01:58	01:44:43	131	05:36:55		139	
157	169	MOŹDŻONEK	MICHAŁ	LABOSPORT Team	1977	M40	28	00:38:22	141	00:08:50	02:44:52	131	00:01:49	02:04:07	177	05:38:00		140	
158	62	GÓRNIAK	ŁUKASZ		1977	M40	29	00:36:54	118	00:12:24	02:54:15	161	00:03:26	01:51:57	152	05:38:56		141	
159	239	SZUL	ROBERT	TRICLUB	1983	M35	25	00:31:12	44	00:09:20	02:51:17	150	00:02:26	02:04:44	178	05:38:59		142	
160	55	MIKOŁAJCZAK	TOMASZ	Dzik Squad	1987	M30	22	00:39:07	151	00:09:46	02:54:23	163	00:02:13	01:54:04	158	05:39:33		143	
161	106	OLSZEWSKI	KAMIL		1989	M30	23	00:48:21	188	00:10:05	02:47:03	136	00:02:17	01:53:22	156	05:41:08		144	
162	111	KOLANO	AGNIESZKA	Kuźnia Triathlonu	1981	K35	4	00:46:13	185	00:09:45	02:59:50	173	00:02:39	01:42:57	120	05:41:24	18		
163	175	OWCZAREK	JACEK		1972	M45	20	00:39:08	152	00:09:26	02:52:24	156	00:02:08	01:59:27	167	05:42:33		145	
164	138	CHŁODOWSKI	PIOTR	3T Białystok	1970	M50	6	00:35:03	93	00:10:56	02:53:52	159	00:03:12	01:59:51	170	05:42:54		146	
165	152	DRESLER	KRZYSZTOF	BAAK triathlon Team	1973	M45	21	00:40:30	162	00:11:00	02:56:32	170	00:01:55	01:53:21	155	05:43:18		147	
166	124	MADEJ	TOMASZ	PwC	1981	M35	26	00:37:09	122	00:11:01	02:51:44	153	00:03:28	02:00:28	171	05:43:50		148	
167	98	SPOREK	JAKUB		1987	M30	24	00:41:48	171	00:11:41	02:57:11	171	00:04:52	01:49:15	143	05:44:47		149	
168	177	JARZĄBEK	LINDHOLM ANNA	Tricub Warszawa	1975	K45	2	00:41:36	170	00:08:15	03:02:23	177	00:02:02	01:50:42	150	05:44:58	19		
169	118	KEPOWICZ	KAMIL		1987	M30	25	00:43:03	175	00:11:01	02:50:56	148	00:03:04	02:02:01	175	05:50:05		150	
170	49	ZAJĄC	MARCIN	77CATS	1980	M40	30	00:38:56	148	00:12:14	03:02:12	176	00:04:29	01:52:17	153	05:50:08		151	
171	30	HERZOG	DOBROMIR		1977	M40	31	00:32:53	67	00:11:07	03:02:03	175	00:03:03	02:01:25	172	05:50:31		152	
172	103	SKÓRA	ARTUR	MCP Bike Team	1990	M30	26	00:45:53	182	00:11:56	02:46:40	134	00:02:53	02:05:08	179	05:52:30		153	
173	79	ZGORZELEK	BARTOSZ	Słynni Kenijczycy	1979	M40	32	00:45:14	179	00:10:43	02:56:32	169	00:02:21	01:58:09	163	05:52:59		154	
174	237	JAROSZ	JARZEWSKI MATEUSZ		1986	M30	27	00:35:49	103	00:09:01	02:58:29	172	00:02:41	02:07:18	182	05:53:18		155	
175	189	STOPA	BARTOSZ		1989	M30	28	00:31:32	48	00:15:04	03:04:27	178	00:05:57	01:56:45	162	05:53:45		156	
176	150	ROMANOW	MARCIN	Centrum Rowerowe Olsztyn	1977	M40	33	00:36:56	119	00:10:59	02:51:30	152	00:02:09	02:13:50	183	05:55:24		157	
177	43	KULBAT	MATEUSZ		1993	M25	19	00:42:37	173	00:09:18	03:14:53	186	00:02:13	01:49:43	147	05:58:44		158	
178	35	ADAMSKI	SLAWOMIR	STALEX	1969	M50	7	00:47:24	187	00:11:22	02:54:33	164	00:03:31	02:02:01	174	05:58:51		159	
179	37	WITKOWSKI	ŁUKASZ	Nasielsk Baszta Team	1986	M30	29	00:44:22	178	00:10:43	03:16:43	187	00:03:32	01:43:51	125	05:59:11		160	
180	228	WOŹNIAK	JACEK	iroteam	1967	M50	8	00:35:23	98	00:11:42	03:05:34	181	00:05:11	02:01:57	173	05:59:47		161	
181	104	BŁAZUCKI	PIOTR	CNC Warszawa Blaze Technology	1985	M35	27	00:41:29	169	00:10:04	02:49:36	147	00:01:42	02:17:20	187	06:00:11		162	
182	94	JARNO	ŁUKASZ		1985	M35	28	00:46:13	184	00:12:53	02:54:01	160	00:04:04	02:07:10	181	06:04:21		163	
183	67	STECKIEWICZ	EDMUND	KB Lech Rypin	1973	M45	22	00:38:44	144	00:11:24	03:20:51	189	00:02:43	01:55:58	160	06:09:40		164	
184	60	PLAZA	DARIUSZ		1983	M35	29									06:10:08		165	
185	31	DZIEDZIC	PAWEŁ	Rankor Athletics	1980	M40	34	00:46:36	186	00:09:51	02:55:26	166	00:02:46	02:16:46	186	06:11:25		166	
186	112	WÓJCİK	ŁUKASZ		1982	M35	30	00:49:29	189	00:09:54	03:04:51	179	00:02:03	02:05:44	180	06:12:01		167	
187	185	ZYCH	MACIEJ	TRICLUB	1994	M25	20	00:35:42	101	00:10:37	03:06:53	182	00:02:31	02:16:25	185	06:12:08		168	
188	63	WIERZBICKI	MARCIN	AKS Polonia Warszawa	1974	M45	23	00:36:23	109	00:14:48	03:09:20	183	00:04:58	02:14:24	184	06:19:53		169	
189	36	LENART	ZDZISŁAW		1958	M60	3	00:45:24	180	00:11:53	03:12:29	184	00:03:46	02:17:41	188	06:31:13		170	
190	68	PAWLINA	MARCIN		1977	M40	35	00:40:37	164	00:12:40	03:13:21	185	00:04:30	02:20:06	189	06:31:14		171	
191	71	KANIEWSKI	KAMIL		1980	M40	36	00:50:34	190	00:15:11	03:23:29	190	00:03:38	02:02:47	176	06:35:39		172	
192	166	ANGOWSKI	MARCIN		1980	M40	37	00:38:46	146	00:11:46	03:20:06	188	00:03:28	02:27:56	190	06:42:02		173	
209		BIJAK	MARIUSZ	Harpagan Sosnowiec	1986	M30		00:31:59								DNF			
180		CZAJKOWSKI	KRZYSZTOF	TRI for ME	1975	M45		00:34:44		00:08:16						DNF			
16		CZEŚNIK	MARIA	Profi Team	1977	K-PRO		00:25:43		00:06:31	01:27:22					DNF			
214		DUDEK	BARTOSZ	Eden Racing Team	1990	M30		00:29:10		00:07:10	02:20:06		00:01:28			DNF			
51		MAJDA	ADRIAN	Dzik Squad	1987	M30		00:42:49		00:09:19	01:41:16					DNF			
212		NIEDŹWIECKI	MATEUSZ		1986	M30		00:48:47		00:09:18						DNF			
139		PAŁYSA	MAREK	TRI NEGU	1974	M45		00:27:58		00:07:28	02:25:59		00:01:14			DNF			
198		SZCZOTKA	MARIUSZ	LABOSPORT Team	1975	M45		00:31:28		00:08:49	02:25:09		00:02:18			DNF			
42		ALEKSANDROWICZ	KRZYSZTOF	1966	1966	M50										DNF			
105		BUCHAL	GRZEGORZ	Tridivision Triathlon Team	1970	M50										DNF			
13		BUGDOL	EWA	WLKS Kmicic Częstochowa	1986	K-PRO										DNF			
216		BUKOWSKI	PATRYK	PMGMOTO.PL Tri Racing Club	1983	M35										DNF			
66		CARRINGTON	CEC		1971	M45										DNF			
76		CARYK	MATEUSZ		1982	M35										DNF			
217		CEBERAK	MACIEJ	Coach Ceberak	1990	M30										DNF			
82		CICHOŃ	KAMIL		1988	M30										DNF			
158		CZECHOWICZ	TOMASZ		1970	M50										DNF			
28		CZEKAŁSKI	JAKUB		1997	M18										DNF			
44		GREBENCHUK	MAKSIM	Grenbstar	1989	M30										DNF			
46		JEDYNAK-DOROSZ	IZABELA	KB Maniac Poznań	1976	K40										DNF			
34		KORCZYŃSKI	ADAM		1998	M18										DNF			
38		KORONKIEWICZ	KAROL	TRIfriends.pl	1964	M55										DNF			
120		MALSKI	TOMASZ		1991	M25										DNF			
52		MICHAŁOWSKI	KAMIL		1919											DNF			
115		MUCHA	ROBERT	KAZIKI	1976	M40										DNF			
83		PAWLUKIEWICZ	MIECZYSLAW	Trifriends.pl	1972	M45										DNF			
117		POLICZKIEWICZ	MACIEJ	TRIZARZA	1983	M35										DNF			
39		PONIEWIERSKI	RAFAŁ	TRICLUB	1978	M40										DNF			
59		PREIDL	MARCIN	Gorillas & Butterflies Triathlon Racing Team	1979	M40										DNF			
77		RADZKI	RAFAŁ		1975	M45										DNF			
45		SOLECKI	ALEKSANDER	NEON TEAM	1974	M45										DNF			
97		SPYCHAŁSKI	PIOTR		1992	M25										DNF			
58		STACHOWSKI	SEBASTIAN	BIEGam Bo Lubię Ząbki TEAM	1982	M35										DNF			

Dystans pływania (liczba okrażeń): 950m (1 ok.)

Dystans roweru (liczba okrażeń): 45km (2 ok.)

Dystans biegu (liczba okrażeń): 10,5km (2 ok.)

Pianki dozwolone

Temp. powietrza: 14.0C

# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/2 (1,9 / 90 / 21,1)



SPONSORZY STRATEGICZNI



PARTNER



PARTNER GŁÓWNY  
MISTRZOSTWA POLSKI W TRIATHLONIE

GOSPODARZ



ORGANIZATOR



M-ce	Numer	Nazwisko Imię	Team	Rok ur.	Kat. wiek.	Miejsce kat	Pływanie	Pływanie miejsce	T1	Rower	Rower miejsce	T2	Bieg	Bieg miejsce	Czas	K	M	Kara czasowa
87		<b>SZEFER PIOTR</b>	TRINERGY	1974	M45										<b>DNS</b>			
56		<b>URBAN KRZYSZTOF</b>	TRICLUB	1980	M40										<b>DNS</b>			
96		<b>WASOWSKI BARTŁOMIEJ</b>	Barteus	1984	M35										<b>DNS</b>			
27		<b>WAWRZYNKIEWICZ GRZEGORZ</b>	Runner's Power Śrem	1975	M45										<b>DNS</b>			
54		<b>WOJDYŁA MICHAŁ</b>	Triclub Warszawa	1980	M40										<b>DNS</b>			
57		<b>WYSTRYCHOWSKI MARCIN</b>	bfagencja.pl	1980	M40										<b>DNS</b>			
65		<b>ZAJĄC PIOTR</b>		1984	M35										<b>DNS</b>			
84		<b>ZARUBINA ULYANA</b>	Tristyle	1990	K30										<b>DNS</b>			

Dystans pływania (liczba okrażeń): 1900m (1 ok.)

Dystans roweru (liczba okrażeń): 90km (4 ok.)

Dystans biegu (liczba okrażeń): 21,1km (4 ok.)

Pianki dozwolone

Temp. powietrza: 16.0C

Temp. wody: 21.0C

Sędzia główny: Elwira Damentka

www.sts-timing.pl

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