



# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/4 (0,95 / 45 / 10,55)



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	630	RYBARCZYK	JACEK	KS Start Pułaski Warka	1971	M45	9	00:18:51	148	00:08:55	01:15:31	51	00:01:43	00:47:22	85	02:32:22		74	
77	482	PAWLAK	KAMIL	Benefit Systems Running Team	1988	M30	15	00:17:30	85	00:07:57	01:15:33	52	00:01:59	00:49:42	135	02:32:41		75	
78	347	ANTONIUK	MARCIN	23 TEAM	1975	M45	10	00:17:45	95	00:07:45	01:15:50	55	00:01:17	00:50:13	140	02:32:50		76	
79	659	LEWCZUK	LUKASZ	Nadaktywni	1979	M40	15	00:16:48	53	00:07:44	01:23:56	164	00:01:28	00:43:03	30	02:32:59		77	
80	620	KLUŻNIAK	WOJCIECH		1980	M40	16	00:15:47	30	00:08:22	01:20:53	113	00:01:29	00:46:34	69	02:33:05		78	
81	549	ORGANA	KONRAD	Triathlon Training Center	1989	M30	16	00:18:41	139	00:07:35	01:17:11	71	00:01:33	00:48:07	103	02:33:07		79	
82	611	KONDAS	DARIUSZ		1983	M35	18	00:16:53	57	00:07:20	01:20:36	110	00:01:41	00:46:42	75	02:33:12		80	
83	477	PATEREK	MAREK	MultiFit	1989	M30	17	00:17:30	84	00:08:07	01:18:13	85	00:01:40	00:47:52	99	02:33:22		81	
84	489	ŻYTOWIECKI	MACIEJ		1980	M40	17	00:17:46	96	00:07:50	01:17:56	78	00:01:15	00:48:58	118	02:33:45		82	
85	283	MOTYLEWSKA	MARTA	Płocki Klub Kolarski	1991	K25	2	00:19:43	179	00:07:29	01:18:29	87	00:01:35	00:46:43	76	02:33:59	3		
86	517	BUDZIŁO	ADAM	PTT DELTA	1972	M45	11	00:18:10	113	00:08:39	01:19:06	89	00:01:41	00:46:40	74	02:34:16		83	
87	408	DOMAŃSKI	BŁAŻEJ	TRICLUB	1981	M35	19	00:18:29	130	00:07:01	01:21:33	121	00:01:15	00:46:00	64	02:34:18		84	
88	405	SKROK	KRZYSZTOF	Rykowski	1970	M50	4	00:20:22	198	00:08:11	01:19:20	93	00:01:27	00:45:07	53	02:34:27		85	
89	551	JEDRZYCHOWSKI	KAMIL		1984	M35	20	00:18:14	117	00:07:33	01:21:54	129	00:01:29	00:45:26	57	02:34:36		86	
90	350	BRÓŻ	KRZYSZTOF	TRI for ME	1976	M40	18	00:17:49	98	00:07:52	01:17:55	76	00:01:07	00:50:05	139	02:34:48		87	
91	695	STAŃCZAK	BARTOSZ	LuftTriTeam	1979	M40	19	00:18:27	127	00:08:18	01:15:21	47	00:01:21	00:51:31	165	02:34:58		88	
92	634	WOŁK	MARIUSZ		1992	M25	14	00:18:25	123	00:07:48	01:20:03	102	00:01:27	00:47:28	90	02:35:11		89	
93	578	WALKOWIAK	LUKASZ	MB MOTORS	1997	M18	5	00:17:27	79	00:08:10	01:22:16	137	00:01:22	00:46:02	65	02:35:17		90	
94	342	KOCIOŁOWICZ	JAKUB	Kuźnia Triathlonu	1983	M35	21	00:18:12	115	00:07:57	01:18:24	86	00:01:49	00:49:01	122	02:35:23		91	
95	531	PUCIŁOWSKI	MIROSLAW	Nadaktywni	1962	M55	1	00:16:54	58	00:07:36	01:19:19	92	00:01:16	00:50:22	145	02:35:27		92	
96	336	SOBCZAK	DOMINIK		1978	M40	20	00:19:03	153	00:08:40	01:20:22	107	00:01:25	00:46:37	71	02:36:07		93	
97	629	WINKLER	MARCIN	Przychodnia Lekarska Sompolno	1979	M40	21	00:19:48	185	00:09:04	01:14:27	30	00:02:16	00:50:34	150	02:36:09		94	
98	461	RESZKA	KRZYSZTOF		1989	M30	18	00:20:25	203	00:07:35	01:21:36	122	00:01:23	00:45:15	54	02:36:14		95	
99	535	LUKASIEWICZ	MICHAŁ		1985	M35	22	00:19:40	175	00:09:15	01:18:03	81	00:01:44	00:48:03	102	02:36:45		96	
100	398	MASŁOWSKI	MARCIN	HTF Ludwik Sikorski	1979	M40	22	00:18:36	136	00:08:04	01:22:04	132	00:01:29	00:46:40	73	02:36:53		97	
101	357	OTŁOWSKI	ALEKSY	Trimasters	1991	M25	15	00:12:50	3	00:07:52	01:25:50	183	00:01:24	00:49:05	123	02:37:01		98	
102	595	DRAPELLA	DARIUSZ	CTS - CzajaTrainingSystem	1957	M60	1	00:16:55	60	00:08:09	01:19:55	101	00:01:22	00:51:12	158	02:37:33		99	
103	558	WOSZCZAK	MICHAŁ	PULS TRI TEAM	1977	M40	23	00:17:31	86	00:08:28	01:21:23	120	00:01:39	00:48:32	109	02:37:33		99	
104	527	BUGAJ	MIROSLAW		1967	M50	5	00:14:10	12	00:08:40	01:23:26	152	00:02:20	00:49:00	120	02:37:36		101	
105	429	STRUK	PIOTR		1993	M25	16	00:16:52	55	00:08:04	01:19:46	97	00:01:29	00:51:26	163	02:37:37		102	
106	438	ROGULSKI	ADAM	Catena Wyszaków	1988	M30	19	00:16:35	48	00:09:11	01:18:00	80	00:02:25	00:51:30	164	02:37:41		103	
107	364	HARTLINSKI	GRZEGORZ		1984	M35	23	00:17:33	88	00:07:55	01:22:40	142	00:01:30	00:48:14	105	02:37:52		104	
108	656	SARNOWSKI	ZBYSZEK	UKS TRS SUSZ/Kriss Coaching	1974	M45	12	00:17:23	77	00:09:24	01:21:10	116	00:01:23	00:48:33	111	02:37:53		105	
109	341	STĘPIEŃ	ADAM	LABOSPORT Team	1990	M30	20	00:17:41	93	00:08:13	01:19:53	100	00:01:38	00:50:44	152	02:38:09		106	
110	396	PRZYBYLSKI	JAROSŁAW		1975	M45	13	00:16:03	37	00:08:43	01:21:43	123	00:01:22	00:50:23	146	02:38:14		107	
111	428	MATEJA	JANUSZ MICHAŁ	Tomaszewicz Team	1957	M60	2	00:16:55	59	00:08:41	01:19:33	94	00:02:01	00:51:11	157	02:38:21		108	
112	626	BUJKO	TOMASZ	Triathlon Siedlce Club	1984	M35	24	00:17:23	76	00:08:41	01:22:57	147	00:01:49	00:47:39	92	02:38:29		109	
113	587	RYBOŁOWIK	FILIP		1989	M30	21	00:18:02	107	00:07:32	01:23:50	162	00:01:36	00:47:49	96	02:38:49		110	
114	636	SUCHENEK	KAROL		1982	M35	25	00:21:57	241	00:09:11	01:20:37	111	00:01:30	00:45:39	59	02:38:54		111	
115	476	PIELAS	IGOR	KAZIKI	1990	M30	22	00:17:11	71	00:08:39	01:20:26	108	00:01:22	00:51:23	161	02:39:01		112	
116	456	SOCHAŃSKI	PIOTR		1985	M35	26	00:19:42	178	00:07:09	01:22:45	143	00:02:02	00:47:25	87	02:39:03		113	
117	332	DĄBROWSKI	PAWEŁ		1978	M40	24	00:19:46	182	00:07:25	01:23:29	153	00:01:57	00:46:37	70	02:39:14		114	
118	663	CZEŚLAWSKI	ANDRZEJ	TEAM KARAŚ	1980	M40	25	00:17:29	82	00:07:35	01:22:15	136	00:01:41	00:50:25	147	02:39:25		115	
119	533	MOJSIEWICZ	SŁAWOMIR	STIRW-CKRW	1976	M40	26	00:18:21	122	00:08:33	01:21:50	125	00:01:54	00:48:53	115	02:39:31		116	
120	478	RYCZKOWSKI	ROBERT		1973	M45	14	00:19:33	173	00:08:06	01:18:37	88	00:01:41	00:52:11	171	02:40:08		117	
121	594	GUTENPLAN	JACEK		1968	M50	6	00:19:20	164	00:08:47	01:20:14	104	00:02:44	00:49:28	130	02:40:33		118	
122	515	SZAREK	GUSTAW	Torpeda TBG	1987	M30	23	00:21:35	235	00:08:40	01:19:39	95	00:02:13	00:48:26	107	02:40:33		118	
123	603	KALINOWSKI	GRZEGORZ	GVT	1974	M45	15	00:19:02	152	00:09:34	01:19:14	90	00:01:41	00:51:05	155	02:40:36		120	
124	637	JARZYŃSKI	DOMINIK	PULS TRI TEAM	1978	M40	27	00:17:40	92	00:08:22	01:21:51	126	00:01:37	00:51:07	156	02:40:37		121	
125	610	MICHALAK	BARTOSZ	FTI Racing Team	1995	M25	17	00:20:08	192	00:08:43	01:18:07	83	00:01:25	00:52:17	172	02:40:40		122	
126	315	KNOP	WOJCIECH		1985	M35	27	00:19:44	181	00:08:00	01:22:10	134	00:01:49	00:49:00	119	02:40:43		123	
127	576	MOTYLIŃSKI	KRYSTIAN		1986	M30	24	00:18:43	143	00:08:31	01:23:10	149	00:01:34	00:48:54	116	02:40:52		124	
128	354	HARTLINSKI	WOJCIECH		1984	M35	28	00:17:29	80	00:07:58	01:25:08	176	00:01:13	00:49:18	128	02:41:06		125	
129	339	TUKIENDORF	MAGDALENA	Kuźnia Triathlonu	1978	K40	1	00:17:08	68	00:07:48	01:23:31	155	00:01:48	00:50:51	154	02:41:06	4		
130	293	KAWKA	PAULINA	23 TEAM	1991	K25	3	00:17:05	66	00:07:45	01:27:12	200	00:01:06	00:48:15	106	02:41:23	5		
131	586	MURAWSKI	MICHAŁ	STOLKAR Team	1979	M40	28	00:23:24	272	00:08:51	01:20:18	105	00:01:44	00:47:16	84	02:41:33		126	
132	579	RADKO	KRYSTIAN	GVT	1976	M40	29	00:18:27	126	00:07:31	01:15:04	42	00:01:45	00:59:00	257	02:41:47		127	
133	506	KAMIŃSKI	MAREK	EDC Runners	1986	M30	25	00:17:24	78	00:07:28	01:26:48	197	00:01:21	00:48:49	113	02:41:50		128	
134	625	REKOWSKI	NORBERT	Arbonne	1983	M35	29	00:18:47	145	00:10:06	01:23:47	161	00:01:45	00:47:27	89	02:41:52		129	
135	662	PIŁC	MACIEJ	K.P. Żaglica Poznań	1979	M40	30	00:14:41	14	00:08:16	01:28:12	211	00:02:48	00:48:02	101	02:41:59		130	
136	550	MATELAK	MATEUSZ		1995	M25	18	00:18:29	131	00:07:48	01:21:47	124	00:01:18	00:52:47	183	02:42:09		131	
137	413	PAWŁOWSKI	KAROL		1989	M30	26	00:21:54	239	00:07:41	01:21:02	115	00:01:20	00:50:19	143	02:42:16		132	
138	473	POSTUPAŁSKI	PAWEŁ	1974	1974	M45	16	00:18:50	147	00:08:26	01:23:46	160	00:01:44	00:49:39	134	02:42:25		133	
139	331	BIELSKI	MARCIN	Team Karaś	1984	M35	30	00:20:42	212	00:08:53	01:22:27	140	00:01:45	00:48:44	112	02:42:31		134	

# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/4 (0,95 / 45 / 10,55)



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	426	AUGUSTYNIAK	GRZEGORZ	PTT DELTA	1972	M45	19	00:18:07	112	00:08:34	01:25:43	181	00:01:33	00:50:31	149	02:44:28			146
152	616	LITWINIUK	WOJCIECH	Extreme Academy Triathlon Team	1980	M40	34	00:16:06	38	00:09:13	01:21:21	118	00:01:42	00:56:20	221	02:44:42			147
153	534	KIELAK	ZUZANNA		1994	K25	4	00:20:16	195	00:08:01	01:25:47	182	00:01:36	00:49:05	124	02:44:45	6		
154	645	ROSICKI	ROBERT	Ultimate Petarda Squad	1978	M40	35	00:17:35	90	00:10:18	01:22:14	135	00:02:11	00:52:41	179	02:44:59			148
155	672	DECOENE	JORIS		1988	M30	30	00:19:47	184	00:08:50	01:20:34	109	00:01:49	00:54:00	199	02:45:00			149
156	538	ŚWIĄTEK	ŁUKASZ		1991	M25	19	00:21:09	225	00:08:27	01:24:28	173	00:01:52	00:49:12	127	02:45:08			150
157	460	ROMANOWSKI	TOMASZ	KS Start Pułaski Warka	1980	M40	36	00:20:15	194	00:08:45	01:21:19	117	00:02:05	00:52:45	181	02:45:09			151
158	435	KSIĄŻEK	DYMITR	TRIAMO	1978	M40	37	00:18:00	105	00:08:50	01:28:09	209	00:01:43	00:48:30	108	02:45:12			152
159	425	OLCZAK	ARKADIUSZ	OLLO Team	1972	M45	20	00:19:54	188	00:07:54	01:20:21	106	00:01:19	00:55:51	218	02:45:19			153
160	470	ZAWADZKI	ŁUKASZ		1984	M35	34	00:18:43	142	00:09:30	01:23:03	148	00:01:41	00:52:37	178	02:45:34			154
161	642	KALISZ	ANDRZEJ	Toruński Klub Triathlonowy	1964	M55	2	00:18:34	134	00:08:51	01:21:21	119	00:01:42	00:55:07	207	02:45:35			155
162	609	ISKIERKO	MICHAŁ	Tridea	1984	M35	35	00:22:16	246	00:07:23	01:30:33	233	00:01:11	00:44:36	47	02:45:59			156
163	569	MARKOWIAK	RAFAL	HTF Ludwik Sikorski	1979	M40	38	00:22:04	244							02:46:05			157
164	664	KOTAS	ROBERT	Triathlon Training Center	1987	M30	31	00:20:16	196	00:10:21	01:19:51	99	00:02:07	00:53:43	196	02:46:18			158
165	439	KOZŁOWSKI	PIOTR		1980	M40	39	00:16:53	56	00:08:51	01:20:54	114	00:01:59	00:57:42	240	02:46:19			159
166	674	PERTKIEWICZ	MICHAŁ		1980	M40	40	00:21:04	223	00:08:14	01:26:46	196	00:01:32	00:48:50	114	02:46:26			160
167	378	PUPKA	ARTUR	GVT	1964	M55	3	00:18:41	137	00:09:11	01:24:00	165	00:02:55	00:51:57	168	02:46:44			161
168	458	MARUT	RADOSŁAW	Tygodnik Ciechanowski	1983	M35	36	00:19:57	189	00:09:53	01:25:50	184	00:01:22	00:49:50	136	02:46:52			162
169	328	LISTUS	TOMASZ		1964	M55	4	00:20:00	190	00:09:22	01:23:38	156	00:01:52	00:52:27	175	02:47:19			163
170	690	JARMOŁOWICZ	BEATA	CTS Czajka Training System	1970	K50	1	00:22:39	253	00:08:14	01:21:54	131	00:01:45	00:52:48	184	02:47:20	7		
171	412	BANASIAK	BARTLOMIEJ		1991	M25	20	00:19:02	151	00:08:16	01:25:56	185	00:01:42	00:52:46	182	02:47:42			164
172	499	POKOROWSKI	DANIEL	Luft Tri Team	1975	M45	21	00:20:18	197	00:10:20	01:19:46	98	00:01:47	00:55:45	215	02:47:56			165
173	691	ZAREMBA	ALEKSANDER		1994	M25	21	00:20:22	201	00:09:52	01:25:25	178	00:02:16	00:50:20	144	02:48:15			166
174	563	SOBAŃSKI	SŁAWOMIR		1981	M35	37	00:17:51	102	00:09:25	01:26:24	190	00:01:18	00:53:19	191	02:48:17			167
175	574	SOWA	ANDRZEJ	;) )	1972	M45	22	00:18:47	144	00:09:22	01:22:20	139	00:01:41	00:56:28	225	02:48:38			168
176	521	MACHNIO	MAREK	OrkaMasters Iława	1974	M45	23	00:19:03	154	00:09:07	01:22:46	144	00:02:03	00:55:40	213	02:48:39			169
177	693	KOWALSKI	JACEK		1976	M40	41	00:20:24	202	00:09:40	01:24:07	170	00:02:04	00:52:25	174	02:48:40			170
178	321	PAWLICKI	KRZYSZTOF	Warszawskie Heraklesy	1982	M35	38	00:19:34	174	00:10:27	01:23:15	151	00:02:55	00:52:31	176	02:48:42			171
179	487	NIESTEŃSKI	PAWEŁ		1990	M30	32	00:18:20	120	00:08:25	01:26:15	188	00:01:29	00:54:14	200	02:48:43			172
180	678	BEDNAREK	PIOTR	Luft TRI Team	1983	M35	39	00:18:05	110	00:09:42	01:23:45	159	00:02:34	00:54:55	204	02:49:01			173
181	654	SŁUPECKI	KAMIL	TRICLUB	1990	M30	33	00:20:50	216	00:08:01	01:19:18	91	00:01:51	00:59:08	258	02:49:08			174
182	577	WOLAK	PAWEŁ	KLUB BIEGACZA T2/4	1987	M30	34	00:17:03	64	00:09:21	01:31:35	240	00:01:44	00:49:26	129	02:49:09			175
183	619	BAGIŃSKI	RYSZARD	Tri Aktywny Piotrków	1971	M45	24	00:18:28	129	00:08:49	01:26:43	195	00:02:07	00:53:13	190	02:49:20			176
184	343	KUCHNIA	RAFAL		1983	M35	40	00:19:41	177	00:08:13	01:26:42	194	00:01:29	00:53:20	192	02:49:25			177
185	453	WICHOWSKI	MICHAŁ		1996	M18	6	00:21:28	232	00:09:51	01:28:21	212	00:02:28	00:47:23	86	02:49:31			178
186	389	BEDYK	TRENEUZ	PTT DELTA	1957	M60	3	00:22:21	248	00:09:41	01:23:53	163	00:01:42	00:52:00	169	02:49:37			179
187	472	MISZTELA	TOMASZ	PTT DELTA	1966	M50	7	00:24:20	283	00:09:03	01:23:13	150	00:01:41	00:51:20	160	02:49:37			179
188	680	WOŹNIAK	WOJCIECH	PTT Delta Płock	1966	M50	7	00:17:50	100	00:09:28	01:22:49	145	00:01:45	00:57:45	241	02:49:37			179
189	415	BRYGIER	JACEK	Płocki Klub Kolarski	1971	M45	25	00:27:02	298	00:08:06	01:24:03	167	00:01:36	00:49:31	133	02:50:18			182
190	545	KLUŻNIAK	MATEUSZ		1985	M35	41	00:21:55	240	00:09:00	01:23:38	157	00:02:02	00:53:49	198	02:50:24			183
191	696	OWCZARCZYK	PAWEŁ		1980	M40	42	00:18:58	150	00:09:14	01:27:09	199	00:02:07	00:53:02	187	02:50:30			184
192	441	STRADOMSKI	JACEK	A & J	1965	M55	5	00:17:19	74	00:10:02	01:28:50	218	00:02:14	00:52:21	173	02:50:46			185
193	436	MACKO	GRZEGORZ		1979	M40	43	00:19:47	183	00:08:30	01:24:12	172	00:01:34	00:56:47	234	02:50:50			186
194	618	STEFANIAK	FILIP	plywam tyłem	1979	M40	44	00:18:57	149	00:08:45	01:29:17	222	00:01:16	00:52:36	177	02:50:51			187
195	366	MIAŚKO	KAROL		1996	M18	7	00:19:26	170	00:10:46	01:26:06	186	00:01:46	00:53:10	189	02:51:14			188
196	496	KAJKOWSKI	SZYMON		1979	M40	45	00:20:37	209	00:09:46	01:29:26	225	00:01:34	00:50:04	138	02:51:27			189
197	681	HENDRZAK	SYLWESTER	Misył run team	1985	M35	42	00:24:37	286	00:08:51	01:27:49	207	00:01:15	00:49:00	121	02:51:32			190
198	685	MAJSTEREK	ARTUR		1989	M30	35	00:15:32	24	00:09:10	01:30:15	231	00:01:13	00:55:26	211	02:51:36			191
199	362	CICHACKI	TOMASZ		1979	M40	46	00:21:51	237	00:07:32	01:25:11	177	00:01:49	00:55:15	209	02:51:38			192
200	632	CIEŚLAK	PAWEŁ		1985	M35	43	00:20:51	218	00:09:45	01:23:30	154	00:02:37	00:54:58	205	02:51:41			193
201	641	GÓRNY	BARTLOMIEJ	Saint-Gobain SQUAD	1981	M35	44	00:22:18	247	00:08:48	01:26:26	191	00:01:28	00:52:58	186	02:51:58			194
202	617	KOŚCIELSKI	MAREK	makosy	1979	M40	47	00:20:57	221	00:08:31	01:27:30	204	00:01:35	00:53:36	194	02:52:09			195
203	573	CZERWIŃSKI	MICHAŁ		1989	M30	36	00:19:09	157	00:08:44	01:23:42	158	00:01:25	00:59:22	260	02:52:22			196
204	508	SOWIŃSKI	PATRYK		1996	M18	8	00:15:26	20	00:09:56	01:27:13	201	00:01:40	00:58:15	250	02:52:30			197
205	589	BERBELICZ	ADAM	Pomologia Prószków	1980	M40	48	00:21:26	230	00:10:22	01:28:05	208	00:02:10	00:50:36	151	02:52:39			198
206	416	KLIMOWICZ	GRZEGORZ		1979	M40	48	00:24:37	285	00:09:10	01:26:55	198	00:01:58	00:49:59	137	02:52:39			198
207	393	BUDREWICZ	MILENA	MBC - Maciej Bodnar Coaching	1986	K30	2	00:18:33	133	00:08:32	01:32:39	247	00:02:12	00:50:47	153	02:52:43	8		
208	650	KOSOBUDZKI	SEBASTIAN	Wikoss-Sport	1975	M45	26	00:19:10	159	00:10:11	01:24:02	166	00:03:03	00:56:40	231	02:53:06			200
209	593	BROŻYNA	MAREK	Toruń Multisport Team	1980	M40	50	00:14:43	15	00:09:01	01:29:15	221	00:02:15	00:57:56	246	02:53:10			201
210	686	PAWŁAK	DEZYDERIA	CTS	1980	K40	2	00:18:29	132	00:09:20	01:29:21	223	00:01:44	00:54:26	202	02:53:20	9		
211	631	ROSA	MARCIN	TRIATHLON club SIEDLCE	1987	M30	37	00:21:32	233	00:08:40	01:29:10	219	00:01:25	00:52:43	180	02:53:30			202
212	583	WÓJCİK	RAFAL	Nadaktywni Białystok	1978	M40	51	00:19:40	176	00:11:17	01:30:22	232	00:02:16	00:50:14	141	02:53:49			203
213	467	MĄCZYŃSKI	CZESŁAW		1952	M65	1	00:25:01	290	00:09:04	01:21:54	128	00:01:51	00:56:24	222	02:54:14			204
214	571	SZYPULSKI	TOMASZ	Triathlon Training Center	1983	M35	45	00:18:42	141	00:07:51	01:28:35	21							

# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/4 (0,95 / 45 / 10,55)



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
226	528	KAWAŁCZEWSKI	JACEK		1975	M45	28	00:17:10	70	00:10:06	01:28:41	217	00:02:08	00:58:59	256	02:57:04			215
227	698	MARKIEWICZ	RAFAŁ	Bielyje Rozy	1976	M40	56	00:21:04	224	00:10:46	01:26:31	192	00:02:41	00:56:09	220	02:57:11			216
228	562	KEPA	PIOTR	Podaruj siebie innym	1987	M30	39									02:57:42			217
229	387	AUGUŚCIK	MARIUSZ		1963	M55	6	00:22:55	260	00:10:08	01:26:09	187	00:02:11	00:56:39	229	02:58:02			218
230	697	NOWAK	KONRAD	krisscoaching.pl Team	1978	M40	57	00:20:42	213	00:09:18	01:31:49	243	00:01:34	00:55:40	214	02:59:03			219
231	643	NOWAK	DAMIAN		1991	M25	24	00:20:44	214	00:08:32	01:32:00	244	00:01:32	00:56:29	227	02:59:17			220
232	703	BANASZCZYK	ARKADIUSZ	#RUNMEN	1971	M45	29	00:21:32	234	00:09:57	01:29:11	220	00:02:50	00:55:48	216	02:59:18			221
233	444	MIZIAŁEK	DOMINIKA		1988	K30	4	00:22:44	255	00:09:16	01:30:40	235	00:02:01	00:55:11	208	02:59:52	12		
234	306	LITWINIUK	EDYTA	TRAINING POINT	1985	K35	1	00:19:50	186	00:08:27	01:34:05	257	00:01:32	00:56:28	224	03:00:22	13		
235	688	GRZESIK	MARTA	Luft TRI Team	1979	K40	3	00:23:06	266	00:08:42	01:31:11	238	00:01:33	00:55:58	219	03:00:30	14		
236	403	BURŻACKA-TYC	AGNIESZKA	PTT DELTA	1972	K45	1	00:19:13	161	00:09:34	01:33:02	249	00:01:57	00:56:46	233	03:00:32	15		
237	421	KOCIK	ARKADIUSZ		1968	M50	9	00:20:22	199	00:10:06	01:28:24	213	00:01:37	01:00:33	267	03:01:02			222
238	567	MELON	PIOTR		1996	M18	9	00:20:51	217	00:08:38	01:32:08	245	00:02:08	00:57:39	239	03:01:24			223
239	624	LACH	SYLWIA	Kardio02	1974	K45	2	00:18:06	111	00:10:55	01:33:21	253	00:01:58	00:57:23	238	03:01:43	16		
240	511	GAJEWSKI	KONRAD		1965	M55	7	00:18:28	128	00:11:45	01:29:23	224	00:01:38	01:00:37	269	03:01:51			224
241	294	CIEŚLIK	SONIA		1992	K25	6	00:22:55	259	00:09:47	01:29:55	227	00:01:35	00:57:55	245	03:02:07	17		
242	360	BODYCH	MACIEJ		1978	M40	58	00:23:01	264	00:11:10	01:28:40	215	00:02:38	00:56:40	230	03:02:09			225
243	302	KOWALCZYK	MICHAŁ		1981	M35	47	00:23:06	265	00:09:34	01:29:33	226	00:01:29	00:58:33	253	03:02:15			226
244	454	WYPYSIŃSKI	TOMASZ		1998	M18	10	00:23:18	270	00:10:49	01:37:06	266	00:01:58	00:49:09	125	03:02:20			227
245	338	MICHAŁSKI	ANDRZEJ		1984	M35	48	00:21:03	222	00:09:30	01:30:40	234	00:03:18	00:57:51	242	03:02:22			228
246	322	ZAJĄCZKOWSKI	PAWEŁ	POWER TRAINING	1986	M30	40	00:25:30	291	00:09:24	01:38:55	271	00:01:06	00:47:42	94	03:02:37			229
247	607	WACHNIK	PIOTR	GCW	1987	M30	41	00:19:50	187	00:09:20	01:33:14	250	00:02:17	00:58:08	248	03:02:49			230
248	427	MATEJA	BOŻENA	Smaruj Na Trening Team	1959	K60	1	00:23:36	275	00:08:20	01:36:19	263	00:01:42	00:52:56	185	03:02:53	18		
249	368	JAKUBIAK	MACIEJ		1989	M30	42	00:20:38	211	00:09:50	01:27:14	202	00:01:46	01:03:26	278	03:02:54			231
250	661	OLBORSKI	RAFAŁ	Pantera Brwinów	1979	M40	59	00:22:47	256	00:09:25	01:25:28	179	00:02:04	01:03:19	277	03:03:03			232
251	507	MARCINIAK	KRZYSZTOF		1983	M35	49	00:22:41	254	00:09:20	01:39:59	277	00:02:24	00:49:10	126	03:03:34			233
252	677	KOPIŃSKI	JAKUB		1991	M25	25	00:21:13	227	00:10:44	01:30:57	236	00:02:54	00:57:53	244	03:03:41			234
253	464	GDANIEC	DOROTA	Triathlon Koszalin	1960	K60	2	00:16:07	39	00:09:36	01:39:50	276	00:02:02	00:56:50	235	03:04:25	19		
254	400	ŁUKASIK	MATEUSZ		1992	M25	26	00:22:56	263	00:09:22	01:34:10	259	00:01:51	00:56:26	223	03:04:45			235
255	491	WIKTOROWSKI	WOJCIECH		1988	M30	43	00:20:54	219	00:09:31	01:38:17	270	00:01:48	00:54:24	201	03:04:54			236
256	627	PODKOWSKI	WOJCIECH	MORSY GDYŃSKIE/biegamyrazem.pl	1968	M50	10	00:28:25	301	00:11:52	01:28:40	216	00:02:57	00:53:39	195	03:05:33			237
257	605	BOGALECKI	MAREK	Safe Sport Team	1957	M60	4	00:20:37	210	00:12:10	01:33:16	251	00:03:18	00:56:29	226	03:05:50			238
258	689	NORKOWSKI	TOMASZ	0	1980	M40	60	00:18:47	146	00:10:26	01:40:23	280	00:02:56	00:53:43	197	03:06:15			239
259	560	LITKOWSKI	ZBIGNIEW	LABOSPORT POLSKA	1969	M50	11	00:24:20	284	00:11:37	01:33:43	254	00:03:27	00:53:09	188	03:06:16			240
260	601	MARKEWICZ	BARTOSZ	PTT DELTA	1989	M30	44	00:21:52	238	00:10:29	01:30:07	229	00:01:47	01:03:12	275	03:07:27			241
261	355	WRÓBEL	DARIUSZ	Team ZabieganeDni	1973	M45	30	00:26:45	296	00:10:56	01:30:01	228	00:02:34	00:57:23	237	03:07:39			242
262	544	MISKIEWICZ	MARCIN	SNG WILD DUCKS	1980	M40	61	00:21:46	236	00:11:29	01:31:49	242	00:03:25	00:59:14	259	03:07:43			243
263	585	FERKO-CZAJKOWSKA	STANISŁAWA		1967	K50	2	00:24:39	287	00:09:07	01:32:24	246	00:02:18	01:00:21	265	03:08:49	20		
264	372	SIESS	BARTOSZ		1974	M45	31	00:24:16	282	00:10:26	01:36:06	262	00:02:49	00:55:16	210	03:08:53			244
265	353	LIPIŃSKI	PIOTR	www.piotripinski.pl	1967	M50	12	00:20:30	205	00:10:04	01:31:15	239	00:02:02	01:06:05	283	03:09:56			245
266	404	BARTNIAK	MICHAŁ		1993	M25	27	00:22:51	258	00:09:55	01:34:09	258	00:02:13	01:00:50	272	03:09:58			246
267	340	CZUBA	KRZYSZTOF		1971	M45	32									03:10:46			247
268	543	KURULISZWILI	SANDRO		1978	M40	62	00:22:36	252	00:09:44	01:40:19	278	00:02:05	00:56:32	228	03:11:16			248
269	633	ADAMCZYK	DARIUSZ		1971	M45	33	00:23:41	276	00:11:57	01:33:18	252	00:02:43	01:00:48	271	03:12:27			249
270	639	JACUKOWICZ	JANUARY		1996	M18	11	00:22:55	262	00:09:28	01:40:28	281	00:01:40	00:58:44	255	03:13:15			250
271	647	KOŁODZIECZYK	EWA	PULS TRI TEAM	1981	K35	2	00:21:58	242	00:08:57	01:42:06	284	00:01:35	00:58:42	254	03:13:18	21		
272	401	GREHL	PAWEŁ	GVT	1979	M40	63	00:18:42	140	00:11:36	01:37:39	269	00:02:06	01:03:19	276	03:13:22			251
273	604	PLEWIK	MICHAŁ		1980	M40	64	00:34:25	302	00:10:47	01:31:42	241	00:01:51	00:54:50	203	03:13:35			252
274	621	STAWINOĞA	ZBIGNIEW	Kuropatwy Tri Club	1972	M45	34	00:23:53	278	00:11:32	01:35:02	261	00:03:10	01:00:42	270	03:14:19			253
275	501	GREC	MICHAŁ		1980	M40	65	00:23:43	277	00:12:30	01:36:57	265	00:01:50	00:59:56	263	03:14:56			254
276	575	LIGĘZA	WITEK	Smashing PApkins	1972	M45	35	00:22:09	245	00:10:05	01:43:45	285	00:02:06	00:57:08	236	03:15:13			255
277	311	ZAWADZKI	TOMASZ		1990	M30	45	00:22:34	251	00:10:15	01:40:45	282	00:01:57	01:00:30	266	03:16:01			256
278	592	BRZEZIŃSKI	PAWEŁ		1980	M40	66	00:24:56	289	00:10:13	01:37:29	268	00:02:15	01:01:39	273	03:16:32			257
279	657	ORLICZ	ROBERT	TRICLUB	1976	M40	67	00:22:21	249	00:10:53	01:34:21	260	00:02:08	01:07:03	285	03:16:46			258
280	434	PROKOP	ŁUKASZ		1991	M25	28	00:19:10	158	00:10:45	01:33:58	256	00:02:31	01:10:42	290	03:17:06			259
281	326	KRAWCZYK	MAREK		1975	M45	36	00:21:26	229	00:11:54	01:37:18	267	00:04:05	01:02:45	274	03:17:28			260
282	665	FJOLEK	HUBERT		2000	M18	12	00:26:34	295	00:10:25	01:45:28	287	00:01:35	00:55:02	206	03:19:04			261
283	303	BOGUSIAK	ŁUKASZ		1982	M35	50	00:20:05	191	00:12:08	01:40:20	279	00:02:02	01:05:48	282	03:20:23			262
284	554	JAROSZYŃSKI	PAWEŁ		1967	M50	13	00:23:11	268	00:12:59	01:33:50	255	00:03:06	01:08:47	287	03:21:53			263
285	581	WALENTYŃSKI	BARTEK		1991	M25	29	00:25:34	293	00:13:21	01:41:22	283	00:04:23	00:58:13	249	03:22:53			264
286	494	RUTKOWSKI	PIOTR	Stój Halina	1984	M35	51	00:18:14	116	00:11:16	02:02:39	300	00:05:44	00:45:18	55	03:23:11			265
287	298	OWCZAREK	PAWEŁ		1971	M45	37	00:25:32	292	00:12:16	01:39:40	275	00:01:32	01:04:52	281	03:23:52			266
288	335	KOSAKOWSKI	ARTUR		1988	M30	46	00:23:11	267	00:10:13	01:39:09	272	00:01:47	01:09:54	289	03:24:14			267
289	638	MARTYNIAK	ALEKSANDRA		199														



# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/4 (0,95 / 45 / 10,55)



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
301	666	GORNIAK	JOANNA		1974	K45	3	00:28:06	300	00:11:27	01:47:27	291	00:02:38	01:14:28	297	03:44:06	26		
302	345	KUTEK	MICHAŁ	Michał Kutek	1989	M30	48	00:22:00	243	00:16:34	01:49:10	292	00:04:49	01:14:27	296	03:47:00		276	
303	648	SWITONSKA	OLA	SPORTEVO	1970	K50	3	00:24:42	288	00:11:59	02:00:57	299	00:02:31	01:11:56	294	03:52:05	27		
304	512	USS	DOMINIK		1973	M45	39	00:23:34	274	00:11:59	01:56:51	298	00:03:30	01:27:48	300	04:03:42		277	
305	692	PIOTROWSKI	WITOLD		1986	M30	49	00:23:58	279	00:14:46	02:04:54	301	00:02:25	01:18:08	299	04:04:11		278	
	660	HORODNICZY	MARIUSZ		1983	M35		00:18:23		00:08:20	01:24:56		00:01:50			DNF			
	615	TŁUCZEK	KRZYSZTOF		1983	M35		00:27:44		00:09:35	01:43:49					DNF			
	591	ŁAKOMSKI	OLEK	Luft Tri Team	1975	M45		00:16:33		00:07:53	01:03:07					DNF			
	523	BOGUCKI	KRZYSZTOF	Atos Bull Racing Team	1976	M40										DNF			
	537	BOGUSZ	LILIA	Potwory z Głębin	1976	K40										DNF			
	324	BORUCKI	RAFAL		1973	M45										DNF			
	700	BRZESKIEWICZ	DAMIAN		1993	M25										DNF			
	391	BUTKIEWICZ	MICHAŁ		1987	M30										DNF			
	540	CALKA	MARCIN	KEREZA TEAM	1972	M45										DNF			
	325	CHĘCIŃSKI	MAREK	#NeverGiveUp	1979	M40										DNF			
	388	CHUCHLA	PIOTR		1982	M35										DNF			
	356	CHYZEWSKA	ANNA		1969	K50										DNF			
	282	CHYLAK	KAMIL	LABOSPORT Team	1980	M40										DNF			
	316	CZAJKOWSKI	MAREK		1976	M40										DNF			
	299	DOBROSIELSKI	ANDRZEJ	LABOSPORT Team	1990	M30										DNF			
	351	DOMBROVSKY	MAKSIM		1984	M35										DNF			
	297	DUDZIŃSKI	PIOTR	CTS - CzajaTrainingSystem	1968	M50										DNF			
	469	FESEL	MATTHIAS	Gorillas & Butterflies Triathlon Racing Team	1973	M45										DNF			
	518	FISCHER	MARCIN		1973	M45										DNF			
	385	GAJ	PRZEMYSŁAW	TRITON KONIN	1998	M18										DNF			
	432	GRZYB	PAWEŁ	Absolute Bike Team	1980	M40										DNF			
	447	GUERRERO	FACUNDO	Gorillas & Butterflies	1988	M30										DNF			
	555	JAKUBISIAK	GRZEGORZ	Aktywni Grójec	1976	M40										DNF			
	612	JARZĄBEK	LINDHOLM ANNA	Triclub Warszawa	1975	K45										DNF			
	348	JALOCHA	WALDEMAR	LABOSPORT Team	1966	M50										DNF			
	382	KAMINSKI	BARTOSZ		1981	M35										DNF			
	504	KAMIŃSKI	WOJCIECH		1984	M35										DNF			
	516	KARALIUK	ANDREI	IRUN	1982	M35										DNF			
	570	KARWOWSKI	TOMEK		1996	M18										DNF			
	514	KOŚLACZ	SEWERYN		1990	M30										DNF			
	671	KOSNO	PIOTR		1972	M45										DNF			
	440	KOSTRZEWSKI	ARTUR	Triangle Sports	1977	M40										DNF			
	520	KOVACS	ROBERT	Gnaś i Gu Team	1988	M30										DNF			
	559	KOWALSKI	EDMUND	FRUITLAND	1973	M45										DNF			
	286	KOZŁOWSKI	RAFAL		1977	M40										DNF			
	552	KRYSIAKOU	ALIAKSEI	Tristyle	1983	M35										DNF			
	290	KRZAN	GRZEGORZ	GIANT POLSKA	1962	M55										DNF			
	318	KRZYCZKOWSKI	ŁUKASZ		1984	M35										DNF			
	296	KUBICKI	LESZEK		1953	M65										DNF			
	295	KUCZYŃSKI	DANIEL	Prężne Vacky	1975	M45										DNF			
	490	KŁOS	PIOTR	Uniflogo Running Team	1976	M40										DNF			
	480	LASKOWSKI	OSKAR		1986	M30										DNF			
	352	LITAWA	JACEK		1970	M50										DNF			
	673	MAŃKOWSKI	BARTOSZ		1989	M30										DNF			
	449	MARZEC	MARCIN	Duklanowski Team	1974	M45										DNF			
	468	MASON	MATTHEW	Gorillas & Butterflies Triathlon Racing Team	1989	M30										DNF			
	524	MATEJKO	ANDRZEJ	Andrzej Matejko	1975	M45										DNF			
	314	MAZURKIEWICZ	MARCIN		1975	M45										DNF			
	292	MOLEND	KAROL		1989	M30										DNF			
	488	MROSZCZYK	SŁAWOMIR		1979	M40										DNF			
	669	NAPIÓRKOWSKI	JAKUB	WWT Włocławek Triathlon Team	1991	M25										DNF			
	509	NEUFELD	THOMAS	DJK Weiden	1962	M55										DNF			
	684	NOZYKOWSKI	ADAM		1978	M40										DNF			
	497	OPIŁOWSKI	PAWEŁ	LABOSPORT Team	1975	M45										DNF			
	448	ORŁOWSKI	JAKUB	FZK	1988	M30										DNF			
	327	OZDOBA	KRZYSZTOF	Tri Mission	1973	M45										DNF			
	452	PACHLA	ADAM		1979	M40										DNF			
	420	PATYNOWSKI	SŁAWOMIR	AVERBIT	1972	M45										DNF			
	602	PAŁUCHA	BORYS		1995	M25										DNF			
	330	PODGÓRSKI	TOMASZ	Life40Fit	1980	M40										DNF			
	437	POLANSKI	RAFAL	Potwory z Głębin	1970	M50										DNF			
	329	PRUS	WOJCIECH		1990	M30										DNF			
	463	RATAJCZYK	KRZYSZTOF		1985	M35										DNF			
	301	REMBOWSKI	MICHAŁ	UB 40 TC	1975	M45										DNF			
	363	ROBIŃSKI	MARCIN	Kuźnia Triathlonu	1981	M35										DNF			
	548	ROŻEK	ROBERT	NEON TEAM	1977	M40										DNF			
	547	SABA	TOMASZ	Triclub Warszawa	1974	M45										DNF			
	465	SCHÖNAU	CASPAR	OLX Triathlon Team	1982	M35										DNF			
	383	SIANOS	KATARZYNA	Tri Aktywny Piotrków	1986	K30										DNF			
	376	SIEKERSKI	MATEUSZ MAREK	Nadaktywni Białystok/ SportowiecWiejski	1993	M25										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

Temp. wody: 19.0C

Sedzia główny: Robert Sargalski  
Delegat techniczny: Joanna Pырzyska-Figurska

# Garmin Iron Triathlon - Płock 20.09.20

## Dystans: Dystans 1/4 (0,95 / 45 / 10,55)



SPONSORZY STRATEGICZNI



PARTNER



PARTNER GŁÓWNY METRODYKTOR POLSKO 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
485		SKRZESZEWSKA ALEKSANDRA		2000	K18										DNS			
565		ŚLESICKI MATEUSZ		1997	M18										DNS			
606		STASZEWSKI TOMASZ	BIEGACZ NOWOSOLNA	1973	M45										DNS			
375		STOKFISZ MIŁOSZ		1993	M25										DNS			
386		SUDA GRZEGORZ		1983	M35										DNS			
566		SULIK SŁAWOMIR	Odranka Team	1973	M45										DNS			
475		SYTA JAKUB		1977	M40										DNS			
373		SZALACHA JĘDRZEJ	Kuźnia Triathlonu	1979	M40										DNS			
522		SZCZERBA RYSZARD		1998	M18										DNS			
471		SZUDER PRZEMYSŁAW	Triangle Sports	1978	M40										DNS			
346		SZYMAŃSKI MARCIN		1981	M35										DNS			
422		SZYMCZAK JANUSZ	Triwawa Kaziki	1986	M30										DNS			
309		SZYMCZYK MACIEJ	SKK Voyager WAT	1991	M25										DNS			
411		TELĄŻKA JAROSŁAW	Iron Fighters	1981	M35										DNS			
381		TKACZYK MATEUSZ		1996	M18										DNS			
431		TOPOLSKI MATEUSZ	NEON TEAM	1992	M25										DNS			
553		WALENTA STANISŁAW	Luft Tri Team	1975	M45										DNS			
530		WCISŁY JAROSŁAW	Eurocash	1980	M40										DNS			
384		WĘGRZYN MACIEJ		1974	M45										DNS			
484		WEZDECKI MIKOŁAJ	Eobuwie.com.pl	1983	M35										DNS			
419		WIKLAK ADAM		1975	M45										DNS			
349		WIŚNIEWSKA KATARZYNA	Indywidualistka	1971	K45										DNS			
502		WITKOWSKI ŁUKASZ	TeamKaraś	1980	M40										DNS			
479		WOJCIK ROBERT		1984	M35										DNS			
305		WÓLCZYŃSKA ANNA	CTS	1981	K35										DNS			
513		WOŹNIAK SEBASTIAN		1982	M35										DNS			
365		ZATORSKI ROBERT		1971	M45										DNS			
542		ZALUBSKI JACEK	Jelcz Triathlon Project	1985	M35										DNS			
307		ZDUNEK MICHAŁ		1994	M25										DNS			
333		ZIĘBA ZBIGNIEW	PADŁ NA RYJ TEAM	1969	M50										DNS			
455		ZYCH BARTEK	TRINERGY	1973	M45										DNS			
288		ŻYCHLIŃSKI MIŁOSZ	Cellironman	1973	M45										DNS			
390		ŁUKASIŃSKI PIOTR	Błąd w nazwie	1983	M35										DNS			
492		ŁYSIAK DAMIAN		1999	M18										DNS			

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

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

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

Pianki dozwolone

Temp. powietrza: 16.0C

Temp. wody: 21.0C

Sedzia główny: Elwira Damentka

www.sts-timing.pl

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