

Garmin Iron Triathlon - Płock 20.09.20

Dystans: Dystans 1/8 (0,475 / 22,5 / 5,25)

SPONSOR
TYTULARNY



SPONSORZY
STRATEGICZNI



PARTNER



PARTNER GŁÓWNY
REPREZENTANT 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
1	909	WICHER RAFAŁ		1991	M20	1	00:06:41	7	00:06:15	00:37:26	19	00:00:48	00:18:50	2	01:10:00		1	
2	756	DĄBROWSKI ŁUKASZ	Trizarza	1982	M30	1	00:07:30	19	00:06:17	00:36:42	11	00:00:55	00:19:19	4	01:10:43		2	
3	1026	LITWINIUK KRZYSZTOF	Kriss Coaching	1980	M40	1	00:07:35	24	00:06:29	00:35:35	2	00:00:54	00:20:23	14	01:10:56		3	
4	757	WOJTYNA ŁUKASZ	12tri.pl	1987	M30	2	00:06:33	3	00:07:14	00:36:35	9	00:00:59	00:19:47	6	01:11:08		4	
5	753	MIELOCH ARTUR	MielPol Team & KawaKamp	1983	M30	3	00:06:28	2	00:06:35	00:36:59	14	00:00:54	00:20:27	15	01:11:23		5	
6	1045	CHMIELEWSKI PIOTR	Warsaw Masters Team	1978	M40	2	00:07:35	25	00:06:29	00:35:37	3	00:01:04	00:20:45	21	01:11:30		6	
7	941	BOGACZ MARIUSZ	TRISPACE/TREK	1978	M40	3	00:07:30	20	00:06:54	00:36:46	12	00:00:52	00:19:59	10	01:12:01		7	
8	935	DEBERT JAREK	TRINERGY TEAM	1980	M40	4	00:09:00	77	00:06:39	00:35:56	5	00:00:47	00:19:52	9	01:12:14		8	
9	780	WIKLAK JAN	UKS G-8 Bielany Warszawa	2004	M16	1	00:06:25	1	00:05:20	00:38:22	30	00:01:08	00:21:25	33	01:12:40		9	
10	1047	AWRUK BARTOSZ	NADAKTYWNI	1982	M30	4	00:06:45	8	00:07:01	00:36:54	13	00:00:58	00:21:07	28	01:12:45		10	
11	744	ŁĄCZYŃSKI CZESZY		1989	M30	5	00:08:06	39	00:06:11	00:37:11	15	00:01:03	00:20:38	18	01:13:09		11	
12	792	SOBOLEWSKI JAKUB	Bractwo Biegowe BGK	1977	M40	5	00:07:48	32	00:06:37	00:37:25	18	00:00:59	00:20:33	17	01:13:22		12	
13	891	BUŻYCKA MAJA	SSP ORKA Itawa/Twister Team	2000	K20	1	00:06:38	6	00:06:56	00:39:09	37	00:01:14	00:19:42	5	01:13:39	1		
14	985	WĄLECZKA ŁUKASZ		1981	M30	6	00:07:54	35	00:07:14	00:36:12	8	00:01:01	00:21:27	37	01:13:48		13	
15	999	KROPIEWNICKI PRZEMYSŁAW	FantasTRics	1982	M30	7	00:07:25	16	00:06:45	00:38:12	28	00:00:56	00:20:31	16	01:13:49		14	
16	813	MISZTELA JAKUB	PTT DELTA	2005	M14	1	00:06:38	5	00:06:00	00:40:09	49	00:00:59	00:21:19	13	01:14:05		15	
17	845	ULAŃSKI MACIEJ		2003	M16	2	00:07:13	12	00:06:56	00:38:10	26	00:00:57	00:20:30	39	01:14:46		16	
18	954	ABRAMCZYK RAFAŁ	krisscoaching.pl	1979	M40	6	00:09:14	90	00:06:52	00:36:12	7	00:01:02	00:21:30	40	01:14:50		17	
19	858	JAGUSTAK MACIEJ	Jagoda Team	1981	M30	8	00:09:49	119	00:07:00	00:38:46	33	00:01:16	00:18:47	1	01:15:38		18	
20	995	SIĄKOWSKI MATEUSZ	Banana Team	1991	M20	2	00:08:22	45	00:07:23	00:36:40	10	00:01:27	00:21:52	53	01:15:44		19	
21	803	KIERUZEL MICHAŁ	MK	1986	M30	9	00:08:11	40	00:07:42	00:38:20	29	00:01:21	00:20:14	11	01:15:48		20	
22	973	DIMITROW MARCIN	NEON TEAM	1976	M40	7	00:07:46	29	00:07:35	00:36:04	6	00:01:00	00:23:25	85	01:15:50		21	
23	1015	SŁONECKI DOMINIK		1986	M30	10	00:08:11	41	00:07:11	00:35:30	1	00:01:17	00:23:55	98	01:16:04		22	
24	778	KOZŁOWSKI JACEK	Płockie Towarzystwo Triathlonu DELTA	1977	M40	8	00:08:58	74	00:07:42	00:37:17	17	00:01:27	00:20:56	22	01:16:20		23	
25	743	KOWALCZYK MARCIN		1979	M40	9	00:11:31	191	00:06:54	00:38:04	23	00:00:55	00:19:07	3	01:16:31		24	
26	840	ZIEMIŃSKI BARTOSZ		1985	M30	11	00:09:45	114	00:06:55	00:38:05	24	00:00:58	00:20:56	23	01:16:39		25	
27	838	HERMANN TOMASZ	www.olsztynbiznes.pl	1978	M40	10	00:08:21	44	00:06:59	00:39:19	41	00:01:03	00:20:59	24	01:16:41		26	
28	774	KOŚLA PAWEŁ		1983	M30	12	00:09:55	124	00:06:41	00:39:31	44	00:01:13	00:19:49	7	01:17:09		27	
29	1004	KROPIEWNICKA AGNIESZKA		1982	K30	1	00:06:56	10	00:07:35	00:40:28	54	00:01:04	00:21:12	30	01:17:15	2		
30	977	SZTENDEREWICZ RAFAŁ	SPORTEVO	1977	M40	11	00:08:34	52	00:07:24	00:38:39	32	00:01:13	00:21:26	34	01:17:16		28	
31	859	IGNATOWICZ ANDRZEJ	Tarchomin Triathlon Team	1974	M40	12	00:07:50	33	00:07:41	00:39:10	38	00:01:17	00:21:39	44	01:17:37		29	
32	733	ADAMCZYK JAKUB		1993	M20	3	00:07:38	26	00:07:17	00:39:51	47	00:01:12	00:21:49	50	01:17:47		30	
33	837	WYPYCH HUBERT	Iron Dragon Triathlon Zabierzow	2006	M14	2	00:06:52	9	00:07:39	00:40:35	58	00:01:06	00:21:40	46	01:17:52	31		
34	1022	MĄCZAK MATEUSZ	Płocki Klub Kolarski	1997	M20	4	00:09:03	81	00:08:26	00:37:12	16	00:01:16	00:22:17	63	01:18:14		32	
35	970	MARCINIAK PAWEŁ	HTF Ludwik Sikorski / Time4S	1981	M30	13	00:08:36	55	00:07:23	00:38:50	34	00:01:05	00:22:22	64	01:18:16		33	
36	959	NOZYKOWSKI ADAM		1978	M40	13	00:07:27	18	00:07:36	00:39:16	39	00:01:34	00:22:36	67	01:18:29		34	
37	931	GAJASZEK GRZEGORZ		1970	M50	1	00:07:16	14	00:07:38	00:41:02	67	00:01:16	00:21:22	31	01:18:34		35	
38	990	WACHOWSKI KAROL	AMS Triathlon Bydgoszcz	1976	M40	14	00:09:09	86	00:07:34	00:38:51	35	00:01:20	00:21:42	49	01:18:36		36	
39	785	WASILEWSKI PIOTR		1978	M40	15	00:07:34	21	00:07:33	00:39:32	45	00:01:20	00:22:40	68	01:18:39		37	
40	741	MATUSZCZAK JAKUB	Zduń Triathlon Team	1982	M30	14	00:09:25	100	00:07:22	00:40:33	57	00:01:06	00:20:16	12	01:18:42		38	
41	805	BANASIEWICZ MARCIN	NEON TEAM	1980	M40	16	00:08:04	38	00:07:47	00:40:19	52	00:01:36	00:21:05	26	01:18:51		39	
42	823	ABRAMCZYK MARCIN	Kriss Coaching / hotelIAG	1977	M40	17	00:09:08	85	00:07:27	00:39:42	46	00:01:08	00:21:29	38	01:18:54		40	
43	740	MATUSIK MARYSIA	TeamPact!	2002	K18	1	00:07:27	17	00:07:18	00:41:09	71	00:01:11	00:21:53	54	01:18:58	3		
44	790	GIERES WALDEMAR	PTT DELTA	1968	M50	2	00:09:50	121	00:06:57	00:38:30	31	00:01:03	00:23:09	77	01:19:29		41	
45	881	MARCINIAK WITOLD	Wrocławek Triathlon Team	1977	M40	18	00:10:17	139	00:08:26	00:38:05	25	00:01:36	00:21:09	29	01:19:33		42	
46	885	KOWALCZYK DARIUSZ	GTT Diament Gniezno	1966	M50	3	00:09:10	87	00:07:34	00:38:11	27	00:01:12	00:23:41	93	01:19:48		43	
47	958	ŻAK MARCIN		2004	M16	3	00:09:03	80	00:08:15	00:35:40	4	00:01:29	00:25:29	135	01:19:56		44	
48	862	PEKRUL WOJCIECH	Między Treningami	1993	M20	5	00:07:47	31	00:07:25	00:41:30	81	00:01:08	00:22:10	60	01:20:00		45	
49	1038	NOWOSIELSKI PAWEŁ	Beko Team	1982	M30	15	00:09:00	78	00:07:53	00:37:37	21	00:01:19	00:24:15	102	01:20:04		46	
50	816	SYGULA MATEUSZ	KOLARSKI.EU TEAM	1979	M40	19	00:10:31	152	00:08:20	00:39:28	43	00:01:13	00:20:38	19	01:20:10		47	
51	746	ŻULEWSKI RADOSŁAW		1987	M30	16	00:08:43	61	00:08:25	00:40:01	48	00:01:39	00:21:27	36	01:20:15		48	
52	896	LUS TOMASZ		1985	M30	17	00:08:26	46	00:07:40	00:41:17	75	00:01:04	00:21:50	51	01:20:17		49	
53	1041	DEKA TOMASZ	Beko Team	1981	M30	18	00:10:06	134	00:06:55	00:40:28	55	00:01:25	00:21:53	56	01:20:47		50	
54	913	BURSEWICZ EMIL	3T Białyсток	1985	M30	19	00:08:17	42	00:08:59	00:40:49	61	00:01:08	00:21:42	48	01:20:55		51	
55	1002	ZALEWSKI PAWEŁ	PZU Sport Team	1977	M40	20	00:09:25	101	00:07:49	00:40:11	50	00:01:29	00:22:06	59	01:21:00		52	
56	987	TYMIŃSKI DARIUSZ	Orlen Running Team	1968	M50	4	00:09:41	110	00:08:01	00:40:12	51	00:01:14	00:21:58	57	01:21:06		53	
57	976	MAŚLANKO MACIEJ	Wola Łokotowa " Podaj Cegle FC"	1992	M20	6	00:07:58	36	00:07:57	00:41:02	68	00:01:22	00:22:49	71	01:21:08		54	
58	764	KONIECZNY MARCEL		1996	M20	7	00:09:14	89	00:07:39	00:41:44	84	00:00:57	00:21:38	41	01:21:12		55	
59	839	WIŚNIEWSKI KACPER	Triathlonowa Legnica	2000	M20	8	00:09:44	113	00:08:12	00:41:08	69	00:01:11	00:21:23	32	01:21:38		56	
60	825	KĄZMIERCZAK MARCIN	HTF Ludwik Sikorski	1974	M40	21	00:09:06	83	00:08:10	00:39:08	36	00:01:31	00:23:45	95	01:21:40		57	
61	853	ONUSZKO MATEUSZ	Triathlonowa Legnica	2004	M16	4	00:10:09	136	00:08:18	00:40:51	62	00:01:17	00:21:06	27	01:21:41		58	
62	783	GÓRNIEWICZ ALEKSANDRA	Triathlonowa Legnica	2002	K18	2	00:08:38	56	00:07:40	00:42:57	106	00:01:05	00:21:38	42	01:21:58	4		
63	901	GONCZAR STEFAN		1992	M20	9	00:09:16	94	00:07:25	00:41:54	87	00:01:15	00:22:13	62	01:22:03		59	
64	878	WIĘCZAK ŁUKASZ	TRIGGER TRIATHLON	1988	M30	20	00:08:57	73	00:08:22	00:41:15	72	00:01:40	00:22:00	58	01:22:14		60	
65	1048	BOROWSKI GRZEGORZ	NADAKTYWNI	1968	M50	5	00:08:44	62	00:08:15	00:40:40	60	00:00:53	00:23:45	96	01:22:17		61	
66																		

Garmin Iron Triathlon - Płock 20.09.20

Dystans: Dystans 1/8 (0,475 / 22,5 / 5,25)



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	842	KOSMALSKI	DANIEL		1982	M30	25	00:10:40	163	00:07:46	00:39:20	42	00:01:25	00:24:38	116	01:23:49		72	
77	944	KMITA	KAMIL	Triathlonowa Legnica	2002	M18	2	00:09:33	106	00:08:18	00:41:25	80	00:01:08	00:23:32	86	01:23:56		73	
78	751	TEGI	MACIEJ		1985	M30	26	00:09:33	105	00:08:02	00:42:50	104	00:01:06	00:22:52	72	01:24:23		74	
79	876	PIOTROWSKI	RAFAŁ	Nadaktywni	1980	M40	25	00:08:30	48	00:08:00	00:40:37	59	00:01:07	00:26:14	146	01:24:28		75	
80	1030	WALUKIEWICZ	ADAM		2003	M16	5	00:08:32	50	00:08:30	00:44:19	120	00:01:50	00:21:26	35	01:24:37		76	
81	759	BAŚ	FRYDERYK		2005	M14	3	00:08:28	47	00:09:09	00:43:06	107	00:01:51	00:22:12	61	01:24:46		77	
82	1033	WAŚNIEWSKA	MARTYNA		2004	K16	1	00:06:34	4	00:08:33	00:44:52	135	00:01:32	00:23:16	82	01:24:47	5		
83	855	WALASZCZYK	MARCIN	Iron Fighters	1987	M30	27	00:08:38	57	00:08:23	00:40:25	53	00:01:02	00:26:27	150	01:24:55		78	
84	848	DEMBIŃSKI	MACIEJ		1983	M30	28	00:08:54	69	00:08:37	00:42:30	95	00:01:24	00:23:33	88	01:24:58		79	
85	939	LEWANDOWSKI	OSKAR		1995	M20	11	00:08:36	54	00:08:50	00:41:17	76	00:01:47	00:24:28	109	01:24:58		79	
86	946	CEWIŃSKA	IDA	Trimasters	1994	K20	2	00:07:13	13	00:07:12	00:48:12	170	00:00:49	00:21:38	43	01:25:04	6		
87	964	PIECOCKI	PIOTR		2005	M14	4	00:10:29	150	00:10:25	00:41:20	78	00:01:17	00:21:50	52	01:25:21		81	
88	1032	PIOTROWSKI	KRZYSZTOF	Twister Team / Bike-sport Działdowo	1972	M40	26	00:11:06	179	00:08:26	00:39:17	40	00:01:38	00:24:56	123	01:25:23		82	
89	952	JURSKI	ROBERT	Dso.pl	1982	M30	29	00:07:38	27	00:09:07	00:42:28	94	00:01:22	00:24:52	122	01:25:27		83	
90	872	OWCZAREK	DAMIAN		1975	M40	27	00:07:44	28	00:08:49	00:44:23	122	00:01:54	00:22:42	69	01:25:32		84	
91	1007	NIEKE	BARTLOMIEJ	UrSny	1996	M20	12	00:08:55	71	00:08:07	00:44:39	131	00:00:59	00:23:03	73	01:25:43		85	
92	983	ANTCZAK	MAREK		1977	M40	28	00:11:08	181	00:09:06	00:42:33	97	00:02:27	00:20:39	20	01:25:53		86	
93	802	GAŚTOR	OLIWIA	Triathlonowa Legnica	2003	K16	2	00:06:58	11	00:08:24	00:44:03	116	00:01:36	00:25:03	127	01:26:04	7		
94	918	GRABOWSKI	TOMASZ	Kuźnia Triathlonu	1964	M50	7	00:10:18	141	00:08:46	00:41:08	70	00:01:32	00:25:01	126	01:26:45		87	
95	982	STANNY	MARIUSZ		1978	M40	29	00:12:24	211	00:08:14	00:42:40	100	00:01:46	00:21:41	47	01:26:45		87	
96	791	NOWAK	EVELINA	Tri-Amator Ewelina Nowak	1987	K30	2	00:09:16	93	00:08:54	00:41:17	73	00:01:47	00:25:43	138	01:26:57	8		
97	917	PONNIK	YURY	Ambasada Rosji	1980	M40	30	00:07:20	15	00:08:46	00:43:23	112	00:01:38	00:25:58	141	01:27:05		89	
98	860	KĄKOLECKI	MICHAŁ	Trimasters	1971	M40	31	00:08:20	43	00:09:31	00:41:19	77	00:01:59	00:25:59	142	01:27:08		90	
99	1001	PAWŁOWSKI	PRZEMEK		1982	M30	30	00:09:45	115	00:09:51	00:42:08	90	00:01:44	00:23:41	94	01:27:09		91	
100	1020	BEREDA	KRZYSZTOF	KAZIKI	1970	M50	8	00:11:06	178	00:09:09	00:42:01	88	00:01:42	00:23:17	83	01:27:15		92	
101	835	LEŚNIEWICZ	MARIUSZ	TRITON KONIN	1976	M40	32	00:09:06	84	00:08:19	00:44:50	132	00:01:41	00:23:34	89	01:27:30		93	
102	992	SOBOLEWSKI	MATEUSZ		2003	M16	6	00:08:55	70	00:08:39	00:45:03	138	00:01:18	00:23:35	91	01:27:30		93	
103	804	ANTCZAK	MARCIN	Team Kalach	1978	M40	33	00:08:50	66	00:09:28	00:43:09	108	00:01:44	00:24:25	107	01:27:36		95	
104	994	MIKA	DARIUSZ	Triathlon Training Center	1978	M40	34	00:08:39	59	00:08:56	00:40:52	63	00:01:27	00:27:55	171	01:27:49		96	
105	981	GRABOWSKA	JUSTYNA	HTF Ludwik Sikorski	1977	K40	1	00:09:59	129	00:08:32	00:42:34	99	00:02:08	00:24:47	120	01:28:00	9		
106	910	ODELSKI	RAFAŁ		1984	M30	31	00:10:51	167	00:08:13	00:44:34	130	00:01:14	00:23:09	78	01:28:01		97	
107	923	KARABIN	JAROSŁAW		1982	M30	32	00:09:43	112	00:11:08	00:41:45	85	00:02:28	00:23:13	79	01:28:17		98	
108	873	ŚWIĄDER	BARTLOMIEJ		1988	M30	33	00:11:08	180	00:09:41	00:42:47	102	00:01:44	00:23:16	81	01:28:36		99	
109	807	MAZURKIEWICZ	ADAM	Joy	1974	M40	35	00:07:47	30	00:09:46	00:44:03	117	00:01:16	00:25:50	140	01:28:42		100	
110	754	KORONA	SYLWIA	PTT DELTA	1987	K30	3	00:09:15	91	00:07:40	00:46:03	145	00:01:22	00:24:36	115	01:28:56	10		
111	874	DOMAGALSKI	MACIEJ		1989	M30	34	00:10:13	137	00:09:19	00:43:21	111	00:01:48	00:24:27	108	01:29:08		101	
112	844	PAŚKO	FRANEK		1982	M30	35	00:09:23	98	00:09:26	00:41:17	74	00:01:29	00:27:47	170	01:29:22		102	
113	801	SKIBIŃSKI	ADAM		1985	M30	36	00:11:09	182	00:07:07	00:48:24	174	00:01:42	00:21:01	25	01:29:23		103	
114	1000	KWIATKOWSKI	MIKOŁAJ		1992	M20	13	00:10:56	171	00:09:03	00:42:43	101	00:01:53	00:24:59	124	01:29:34		104	
115	1040	OSĘDOWSKA	ALEKSANDRA	Beko Team	1996	K20	3	00:08:48	65	00:08:08	00:45:41	142	00:01:27	00:25:31	136	01:29:35	11		
116	797	CZAKO	ANDRAS	Trimasters Warszawa	1981	M30	37	00:09:26	102	00:10:14	00:43:47	114	00:01:37	00:24:32	113	01:29:36		105	
117	868	FILIPEK	ANDRZEJ		1996	M20	14	00:09:05	82	00:08:24	00:45:18	139	00:01:42	00:25:07	128	01:29:36		105	
118	919	PAWELCZYK	KACPER	OTT Pabianice	1987	M30	37	00:09:16	95	00:09:26	00:44:29	126	00:01:36	00:24:49	121	01:29:36		105	
119	846	POCIEJ	BOHDAN	PTT DELTA	1958	M60	1	00:09:37	107	00:09:16	00:41:40	83	00:01:39	00:27:26	165	01:29:38		108	
120	1006	WŁODARSKI	MATEUSZ	UrSny	1998	M20	15	00:10:52	169	00:07:33	00:47:12	158	00:00:55	00:23:13	80	01:29:45		109	
121	300	PIASECKI	ANDRZEJ	Piasecki Concept	1953	M60	2	00:11:03	175	00:09:30	00:41:52	86	00:02:40	00:24:43	119	01:29:48		110	
122	866	JAKUBOWSKA	JOANNA	Trimasters	1977	K40	2	00:09:39	109	00:08:46	00:46:34	149	00:01:03	00:23:51	97	01:29:53	12		
123	1029	PANIKOWSKI	TOMASZ	Olsztyńska Szkółka Triathlonu	1983	M30	39	00:11:05	177	00:08:34	00:44:30	127	00:01:29	00:24:29	111	01:30:07		111	
124	921	KOŚLA	PIOTR		1988	M30	40	00:09:20	96	00:09:34	00:44:51	133	00:01:12	00:25:19	133	01:30:16		112	
125	820	MICHALAK	TOMASZ	Fizjotomia	1992	M20	16	00:08:57	72	00:09:14	00:44:00	115	00:01:46	00:26:23	148	01:30:20		113	
126	865	CIEŚLIK	WOJCIECH		1986	M30	41	00:09:46	117	00:09:35	00:43:18	110	00:01:36	00:26:11	144	01:30:26		114	
127	920	GORDON	KAMILA		1997	K20	4	00:09:15	92	00:07:52	00:47:51	166	00:01:19	00:24:29	110	01:30:46	13		
128	965	PIECOCKI	MARCIN		1973	M40	36	00:10:58	172	00:10:17	00:44:33	129	00:02:37	00:22:23	65	01:30:48		115	
129	950	LIPCZYŃSKI	OLAF	#runFORsmile	1979	M40	37	00:10:24	146	00:07:41	00:47:55	167	00:01:17	00:23:35	90	01:30:52		116	
130	996	POPŁAWSKI	TADEUSZ	weterynek.pl/BIKE U UP/	1965	M50	9	00:12:17	208	00:08:48	00:40:30	56	00:02:19	00:27:01	154	01:30:55		117	
131	991	KUJAWSKI	MARCIN	HTF Ludwik Sikorski	1977	M40	38	00:09:52	122	00:09:55	00:42:47	103	00:01:53	00:26:29	151	01:30:56		118	
132	951	BORCOWSKI	JANUSZ	Bike U Up / Przychodnia Weterynaryjna	1965	M50	10	00:08:52	67	00:08:59	00:42:26	93	00:01:46	00:28:59	187	01:31:02		119	
133	877	PIOTROWSKI	ANDRZEJ	ORTOREH TEAM	1972	M40	39	00:10:27	148	00:09:55	00:42:10	91	00:02:12	00:26:20	147	01:31:04		120	
134	762	MAKOWICZ	JÓZEF	Saint-Gobain Squad	1956	M60	3	00:10:06	133	00:10:21	00:43:25	113	00:02:48	00:24:31	112	01:31:11		121	
135	734	PLUDOWSKI	ADAM		2003	M16	7	00:09:14	88	00:08:22	00:48:07	168	00:01:13	00:24:19	106	01:31:15		122	
136	1044	PUPEK	WOJCIECH		1989	M30	42	00:10:39	161	00:08:27	00:45:59	144	00:01:01	00:25:13	129	01:31:19		123	
137	793	KOWALCZYK	JAKUB	Triclub Warszawa	2003	M16	8	00:08:02	37	00:08:29	00:49:31	186	00:01:04	00:24:16	103	01:31:22		124	
138	906	POTAPO	WOJCIECH	3T Białystok	1974	M40	40	00:10:03	131	00:09:42	00:44:31	128	00:02:28	00:24:38	117	01:31:22		124	
139	796	KACPRZAK	TADEUSZ		1955	M60	4	00:11:49	201	00:08:30	00:42:17	92	00:01:24	00:27:58	172	01:31:58		126	
140	898	BANASIK	JAKUB		1981	M30	43	00:10:20	143	00:09:40	00:45:01	136	00:01:55	00:25:16	131	01:32:12		127	
141	1043	LIGĘZA	JOASIA	Smashing P															

Garmin Iron Triathlon - Płock 20.09.20

Dystans: Dystans 1/8 (0,475 / 22,5 / 5,25)



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	742	BRULIŃSKA	MONIKA	kobietarakieta	1976	K40	4	00:13:02	215	00:08:17	00:45:03	137	00:02:08	00:25:16	130	01:33:46	18		
152	787	BINKIEWICZ	LUKASZ	UrSyny	1996	M20	17	00:10:34	154	00:10:26	00:44:29	125	00:01:27	00:27:02	157	01:33:58		134	
153	907	MIELCZAREK	DANIEL	WWW.DIAG.PL	1979	M40	46	00:10:19	142	00:09:24	00:48:57	180	00:01:50	00:23:40	92	01:34:10		135	
154	928	SULKOWSKI	PAWEŁ	SoftHard Systemy Informatyczne	1982	M30	45	00:09:26	103	00:11:03	00:46:32	148	00:01:44	00:25:36	137	01:34:21		136	
155	832	ANDRZEJEWICZ	LUKASZ	Warsaw Masters Team	1991	M20	18	00:07:34	22	00:09:56	00:47:11	157	00:01:18	00:28:57	186	01:34:56		137	
156	895	KAZIMIERSKI	GRZEGORZ	OmegaBruk	1983	M30	46	00:10:05	132	00:11:24	00:47:46	164	00:01:44	00:23:59	100	01:34:58		138	
157	940	KOWALCZYK	ALEKSANDRA	GTT Diament Gniezno	1965	K50	1	00:10:36	158	00:09:55	00:46:55	155	00:02:15	00:25:18	132	01:34:59		19	
158	736	GALANT	WALDEMAR		1977	M40	47	00:09:47	118	00:09:16	00:47:41	161	00:01:23	00:27:02	156	01:35:09		139	
159	916	SIÓDEMAK	MARCIN		1974	M40	48	00:12:25	212	00:08:58	00:48:41	177	00:01:01	00:24:17	104	01:35:22		140	
160	1017	DOBRYŃSKA	JOANNA		1989	K30	5	00:08:30	49	00:09:32	00:47:01	156	00:01:52	00:28:30	178	01:35:25		20	
161	934	ROSIĄK	TOMASZ		1974	M40	49	00:08:35	53	00:09:33	00:46:42	151	00:01:42	00:28:54	185	01:35:26		141	
162	882	PLACEK	MATEUSZ		1992	M20	19	00:11:53	202	00:08:08	00:47:48	165	00:01:13	00:26:26	149	01:35:28		142	
163	969	MARCINIAK	IZABELA	HTF Ludwik Sikorski/Time4S	1982	K30	6	00:08:48	64	00:08:19	00:53:57	210	00:01:36	00:23:06	75	01:35:46		21	
164	955	JANKOWSKA	ZUZANNA	Myszojeleni	1996	K20	7	00:09:31	104	00:09:16	00:48:52	179	00:01:08	00:27:22	162	01:36:09		22	
165	822	KRZOS	TOMASZ	AT Oświetenie	1973	M40	50	00:11:02	174	00:09:41	00:48:08	169	00:01:58	00:25:22	134	01:36:11		143	
166	1028	NIACKI	WOJCIECH		1970	M50	11	00:09:01	79	00:10:58	00:47:43	162	00:01:52	00:27:01	155	01:36:35		144	
167	1021	BARTKIEWICZ	PIOTR	Straight from the couch	1974	M40	51	00:09:57	126	00:10:37	00:44:52	134	00:01:54	00:29:41	194	01:37:01		145	
168	957	PANTER	MARCIN	Kuźnia Triathlonu	1980	M40	52	00:11:30	190	00:10:44	00:46:15	146	00:01:57	00:27:15	161	01:37:41		146	
169	980	DANYLCHENKO	YURIY	Masters of Tri	1980	M40	53	00:07:53	34	00:10:06	00:48:59	181	00:01:42	00:29:10	189	01:37:50		147	
170	875	GEBEL	TOMASZ		1972	M40	54	00:10:30	151	00:11:30	00:44:11	119	00:02:01	00:29:52	195	01:38:04		148	
171	770	ROLA	RAFAŁ		1982	M30	47	00:10:36	155	00:10:46	00:46:28	147	00:01:24	00:28:53	184	01:38:07		149	
172	1036	KLIMAS	EMILIA	Triathlonowa Legnica	2003	K16	3	00:10:36	160	00:08:13	00:54:26	211	00:01:32	00:23:21	84	01:38:08		23	
173	942	SOWA	ANETA	Celironman	1971	K40	5	00:10:22	145	00:08:30	00:51:32	200	00:01:46	00:27:09	159	01:39:19		24	
174	864	ZABOROWSKI	MICHAŁ	4F Kumpie Warszawa	1986	M30	48	00:09:58	128	00:10:53	00:47:26	160	00:02:35	00:28:34	179	01:39:26		150	
175	782	REWCUK	WOJCIECH	Deloitte Adventure Team	1990	M30	49	00:10:34	153	00:09:32	00:51:34	201	00:01:30	00:26:34	152	01:39:44		151	
176	748	ZAWADZKA	DARIA		1983	K30	7	00:12:16	207	00:09:17	00:49:41	187	00:01:18	00:27:24	163	01:39:56		25	
177	1016	SWIANIEWICZ	TERESA	AKS Polonia Warszawa	1996	K20	8	00:09:45	116	00:11:05	00:49:25	185	00:02:02	00:28:07	174	01:40:24		26	
178	953	KOPCZYK	MARCIN		1982	M30	50	00:11:05	176	00:10:35	00:49:08	182	00:02:05	00:27:36	166	01:40:29		152	
179	781	KIJOWSKA	ALDONA	Markowi Biegacze	1978	K40	6	00:12:39	214	00:10:15	00:45:26	140	00:03:59	00:28:12	175	01:40:31		27	
180	319	KOSMOWSKI	TADEUSZ		1982	M30	51	00:12:12	206	00:11:05	00:46:47	153	00:02:44	00:27:43	169	01:40:31		153	
181	922	ROMANOWSKI	TOMASZ		1992	M20	20	00:11:41	196	00:11:06	00:47:15	159	00:01:39	00:29:28	193	01:41:09		154	
182	1049	NAREWSKA	SYLWIA	Nadaktywni	1982	K30	8	00:10:50	166	00:08:51	00:50:06	195	00:01:32	00:29:58	198	01:41:17		28	
183	857	FRANK-DEMBIŃSKA	AGNIESZKA		1980	K40	7	00:09:21	97	00:09:51	00:52:23	204	00:01:14	00:28:29	177	01:41:18		29	
184	1046	PAWŁOWSKI	GRZEGORZ	PKN ORLEN	1974	M40	55	00:11:58	204	00:08:46	00:51:46	202	00:01:12	00:27:37	167	01:41:19		155	
185	1003	KUC	URSZULA	ENDURE Team	1976	K40	8	00:08:38	58	00:10:58	00:47:45	163	00:02:28	00:31:52	210	01:41:41		30	
186	737	ADAMSKI	PRZEMYSŁAW	Active Runners Płock	1995	M20	21	00:14:21	226	00:08:20	00:55:03	214	00:01:11	00:23:33	87	01:42:28		156	
187	836	PIUS	KATARZYNA		1987	K30	9	00:13:18	219	00:10:22	00:50:04	193	00:01:52	00:27:26	164	01:43:02		31	
188	806	HRYNKIEWICZ-SUDNIK	WANESA	MKS Truso Elbląg Triathlon	2004	K16	4	00:10:40	162	00:09:59	00:52:37	206	00:01:27	00:28:21	176	01:43:04		32	
189	911	KIĆIŃSKI	MATEUSZ		1994	M20	22	00:13:29	221	00:08:05	00:48:48	178	00:01:31	00:31:45	209	01:43:38		157	
190	784	GAJEWSKI	MARIUSZ	MBC - Maciej Bodnar Coaching	1976	M40	56	00:09:56	125	00:12:51	00:44:22	121	00:02:04	00:34:37	222	01:43:50		158	
191	892	WYRWAS	LUKASZ	Pan	1980	M40	57	00:11:11	184	00:11:25	00:49:41	188	00:02:27	00:29:18	191	01:44:02		159	
192	893	WYRWAS	URSZULA		1980	K40	9	00:11:16	186	00:11:22	00:49:59	192	00:02:12	00:29:18	192	01:44:07		33	
193	798	NIEMIŃSKI	JAROSŁAW	Bike Fun Legionowo	1983	M30	52	00:11:28	189	00:11:49	00:48:30	175	00:02:27	00:30:16	199	01:44:30		160	
194	828	MOSIŃSKI	ANDRZEJ		1969	M50	12	00:10:53	170	00:11:27	00:48:16	171	00:02:12	00:31:53	211	01:44:41		161	
195	795	LEWANDOWSKI	KUBA		1990	M30	53	00:12:34	213	00:11:51	00:49:59	191	00:02:18	00:28:03	173	01:44:45		162	
196	979	WALCZAK	OLAF	MKS Truso Elbląg Triathlon	2003	M16	9	00:08:58	75	00:09:15	00:49:08	183	00:01:33	00:35:56	227	01:44:50		163	
197	1010	TARKA	MARCIN		1980	M40	58	00:10:02	130	00:10:08	00:52:59	207	00:01:47	00:29:56	196	01:44:52		164	
198	841	PARZEŃSKI	GERARD		1975	M40	59	00:10:18	140	00:10:43	00:49:09	184	00:02:10	00:32:46	214	01:45:06		165	
199	767	DEMBIŃSKI	PIOTR		1993	M20	23	00:11:45	198	00:09:43	00:52:27	205	00:01:46	00:30:24	200	01:46:05		166	
200	1042	STRASZAK	JULITA		1996	K20	9	00:08:45	63	00:12:11	00:55:13	218	00:01:19	00:28:45	181	01:46:13		34	
201	1027	SKOLIMOWSKA	AGA	SoloRun	1978	K40	10	00:11:45	199	00:10:14	00:51:07	197	00:02:15	00:30:55	204	01:46:16		35	
202	975	KONARCAK	KACPER	CERI INTERNATIONAL	1991	M20	24	00:11:57	203	00:11:03	00:51:23	198	00:01:30	00:30:24	202	01:46:17		167	
203	963	BELYAeva	ELENA	Ambasada Rosji	1980	K40	11	00:15:39	228	00:09:43	00:56:35	223	00:01:15	00:23:07	76	01:46:19		36	
204	1023	BARANOWSKA	JULIA		2000	K20	10	00:10:16	138	00:10:12	00:55:13	217	00:01:55	00:28:50	182	01:46:26		37	
205	993	SZPAKIEWICZ	SYLWIA		1982	K30	10	00:11:01	173	00:10:15	00:54:30	212	00:02:13	00:29:00	188	01:46:59		38	
206	1009	ZAJFERT	STANISŁAW	Towarzystwo Sportowe "Koziołek"	1948	M60	5	00:09:49	120	00:10:37	00:48:23	173	00:02:00	00:36:16	229	01:47:05		168	
207	966	RUSZCZAK	TOMASZ		1973	M40	60	00:11:27	188	00:09:43	00:59:09	228	00:01:16	00:26:09	143	01:47:44		169	
208	961	OWCZAREK	PIOTR		1963	M50	13	00:11:17	187	00:12:51	00:49:50	189	00:02:08	00:31:39	208	01:47:45		170	
209	818	LESZCZYŃSKI	PIOTR		1970	M50	14	00:15:11	227	00:11:28	00:48:17	172	00:02:33	00:31:23	205	01:48:52		171	
210	998	OWCZAREK	WIKTORIA		2004	K16	5	00:10:40	164	00:09:36	00:51:31	199	00:01:38	00:35:42	226	01:49:07		39	
211	776	WIERZCHOWIECKI	MICHAŁ		1973	M40	61	00:10:21	144	00:11:09	00:53:22	209	00:02:02	00:32:23	213	01:49:17		172	
212	949	MICHAŁEK	WOJCIECH	STREET RUN RADOM	1965	M50	15	00:13:17	218	00:11:18	00:49:58	190	00:02:02	00:32:48	215	01:49:23		173	
213	861	KUBIAK	KATARZYNA		1985	K30	11	00:14:13	225	00:09:50	00:51:54	203	00:02:16	00:31:31	207	01:49:44		40	
214	945	MIELCZAREK	TOMASZ		1985	M30	54	00:12:08	205	00:12:44	00:50:06	194	00:01:53	00:32:58	216	01:49:49		174	
215	768	PIĘTOWSKI	GRZEGORZ		1966	M50	16	00:13:17</											

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Dystans: Dystans 1/8 (0,475 / 22,5 / 5,25)



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	943	KRÓL	DARIUSZ	Dariusz Król	1989	M30	57	00:13:34	222	00:11:07	01:04:47	230	00:01:37	00:27:07	158	01:58:12			181
227	883	BAK-STĘPIEŃ	MARTYNA		1990	K30	14	00:11:13	185	00:12:17	00:59:17	229	00:02:30	00:33:17	218	01:58:34	46		
228	904	JUSZCZYK	JAROSŁAW		1975	M40	64	00:18:09	230	00:13:09	00:55:12	216	00:02:07	00:29:57	197	01:58:34			182
229	1025	WOŁOZ	MAGDALENA		1971	K40	15	00:12:18	210	00:12:22	00:57:53	226	00:03:37	00:34:03	221	02:00:13	47		
230	771	DZIUBEK	MACIEJ	Coco Bongo Pink Team	1987	M30	58	00:10:27	147	00:11:23	01:08:14	231	00:02:01	00:29:12	190	02:01:17			183
231	812	TKACZYK	GOSIA		1994	K20	11	00:13:55	224	00:11:08	00:56:15	221	00:01:32	00:42:08	230	02:04:58	48		
232	811	TKACZYK	ZENON		1957	M60	6	00:13:39	223	00:12:05	00:55:30	219	00:01:46	00:42:32	231	02:05:32			184
	1031	BRUSKI	TOMASZ	MBC Team	1988	M30		00:09:05								DNF			
	997	KOWALSKI	CEZARY		1973	M40		00:11:38								DNF			
	750	KOLECKA	KAROLINA		1982	K30		00:09:05								DNF			
	732	WALASIK	WIESŁAW	Rodziny Team Śródkowa Płock	1955	M60		00:13:09								DNF			
	769	ANDRZEJEWSKI	ADAM		1985	M30										DNS			
	930	AUDZIEJCZYK	SEBASTIAN		1982	M30										DNS			
	758	BIAŁEK	PIOTREK		1991	M20										DNS			
	1019	BOHDZIEWICZ	PAWEŁ		1979	M40										DNS			
	834	BRZEZIŃSKI	ŁUKASZ	HTF Ludwik Sikorski	1987	M30										DNS			
	1013	BUDZYŃSKI	MACIEJ		1988	M30										DNS			
	897	CARRINGTON	CED		1971	M40										DNS			
	819	CIEŚLA	DIANA		2004	K16										DNS			
	871	CYLNÝ	TOMASZ		1992	M20										DNS			
	831	CZERKIES	MACIEJ		1982	M30										DNS			
	786	DĄBROWSKI	DAWID	DENTISS	1991	M20										DNS			
	915	DĄBROWSKI	TOMASZ	Twister Team	1972	M40										DNS			
	827	DE LA FUENTE	ENRIQUE	Kuźnia Triathlonu	1976	M40										DNS			
	967	DROSKOWSKI	KRZYSZTOF		1985	M30										DNS			
	984	FORDOŃSKI	MAREK	Trizarza	1974	M40										DNS			
	738	GIERASIMIUK	GRZEGORZ	TRIGGER TRIATHLON	1984	M30										DNS			
	755	GOLMENTO	MICHAŁ		1977	M40										DNS			
	894	GOŚ	RAFAŁ		1980	M40										DNS			
	821	GRABOWSKI	MICHAŁ		2002	M18										DNS			
	851	GROCHOWSKI	PAWEŁ	MBC Team	1987	M30										DNS			
	765	GRUBA	JACEK	TRIATHLON BRZOZA	1960	M60										DNS			
	968	JACUŃ	MICHAŁ		1987	M30										DNS			
	903	JAROSZ	JAROSŁAW		1981	M30										DNS			
	824	JESKA	MICHAŁ		1991	M20										DNS			
	900	JUSTYNIAK	MACIEJ	TRIZARZA	1986	M30										DNS			
	843	KABZA	MARIUSZ	HTF Ludwik Sikorski	1970	M50										DNS			
	775	KACZMAREK	DOMINIK	K2 Siec Pizzerii TRE for ME	1977	M40										DNS			
	902	KALWAS	PAWEŁ		1974	M40										DNS			
	1014	KAMIŃSKI	JAKUB	LABOSPORT Team	1991	M20										DNS			
	761	KANIGOWSKI	DARIUSZ	Prywata	1968	M50										DNS			
	988	KARABIN	PAWEŁ		1976	M40										DNS			
	880	KARBOWNIK	JAKUB		1985	M30										DNS			
	937	KASPROWICZ	GRAŻYNA	Tri NEGU	1985	K30										DNS			
	826	KAZMIERCZAK	MATEUSZ	HTF Ludwik Sikorski	2002	M18										DNS			
	789	KOPYCIŃSKA	JOANNA		1981	K30										DNS			
	870	KOWALCZYK	WITOLD		1991	M20										DNS			
	936	KOWALEWICZ	EWA		1993	K20										DNS			
	933	KOWALSKI	TOMASZ	TRINERGY TEAM	1986	M30										DNS			
	912	KOŻBIAŁ	JAKUB		1984	M30										DNS			
	989	KOZEREWICZ	JOANNA		1986	K30										DNS			
	905	KRAWCZYŃSKI	MICHAŁ		1974	M40										DNS			
	752	KUSYK	PAWEŁ		1976	M40										DNS			
	888	KWASNIEWSKI	ŁUKASZ	4F Kuple Warszawa	1987	M30										DNS			
	745	LINDHOLM	EMELIE	Junior Luft Tri Team	2005	K14										DNS			
	731	LUKOWSKI	GRZEGORZ		1979	M40										DNS			
	956	MALANOWSKI	GRZEGORZ		1995	M20										DNS			
	1011	MARLEGA	MARIA	Tempo Mława	1971	K40										DNS			
	808	MAZURKIEWICZ	JAN	Joy	2005	M14										DNS			
	1012	MIKOŁAJUK	ADAM		1982	M30										DNS			
	972	MOŹDŻYŃSKI	GRZEGORZ	Włocławek Triathlon Team	2002	M18										DNS			
	1008	NADROWSKI	TOMASZ	KAZIKI	1982	M30										DNS			
	760	NAŁĘCZ-GEMBICKI	MATEUSZ		1989	M30										DNS			
	788	NIENALTOWSKI	GRZEGORZ		1965	M50										DNS			
	1024	OKRZESIK	MALGORZATA	WARTA	1961	K50										DNS			
	830	OLEWNIK	KAROLINA		1984	K30										DNS			
	829	OLEWNIK	KRZYSZTOF	Wysyła do paczkomatu InPost w Warszawie	1976	M40										DNS			
	869	PALKUS	BŁAŻEJ	Sandacz'15	1997	M20										DNS			
	810	PERŁOWSKI	PIOTR	Perłowski Team	1993	M20										DNS			
	927	PELNIKOWSKI	MATEUSZ		1992	M20										DNS			
	962	PONDO	ARTUR	Przedszkole Akademia Odkrywcy	1985	M30										DNS			
	833	RASZOWSKI	JAKUB		1981	M30										DNS			
	773	RUDNIK	KAROLINA	Nirwana	1997	K20										DNS			
	772	SADOWSKI	TOMEK	Nirwana	1997	M20										DNS			
	925	SALAMOŃCZYK	DAMIAN		1991	M20										DNS			

Dystans pływania (liczba okrążeń): 475m (1 ok.)

Dystans roweru (liczba okrążeń): 22,5km (1 ok.)

Dystans biegu (liczba okrążeń): 5,25km (1 ok.)

Pianki dozwolone

Temp. powietrza: 14.0C

Temp. wody: 19.0C

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

Garmin Iron Triathlon - Płock 20.09.20

Dystans: Dystans 1/8 (0,475 / 22,5 / 5,25)



SPONSORZY STRATEGICZNI



PARTNER



PARTNER GŁÓWNY METEORECEN 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
1035		ŚLIWIŃSKI ROBERT	Triathlonowa Legnica	2003	M16										DNS			
849		STACHURSKI PAWEŁ		1971	M40										DNS			
867		SUDOMIR MARCIN		1999	M20										DNS			
766		ŚWIERCZEWSKI DARIUSZ		1965	M50										DNS			
1018		SZCZUROWSKA ALEKSANDRA		1988	K30										DNS			
899		VYSOCHANSKIY MAKSYM		1978	M40										DNS			
879		WASIK MICHAŁ	Sandacz'15	1994	M20										DNS			
960		WITCZAK MACIEJ		1978	M40										DNS			
929		WOJCIECHOWSKI PAWEŁ	topestetic	1982	M30										DNS			
847		WRÓBLEWSKI ARTUR		1975	M40										DNS			
814		WZIĄTEK RAFAŁ	KUŹNIA TRIATHLONU ACCENTURE	1988	M30										DNS			
763		ZAREMBA OLGA		1996	K20										DNS			
947		ŁASKI PIOTR	TRIZARZA	1986	M30										DNS			
863		ŁOSKI MARCIN		1980	M40										DNS			

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

Sedzia główny: Elwira Damentka

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