



Organizator: LABOSPORT Polska; Gmina Miasto Elbląg.; Stowarzyszenie Po Prostu Sport

Data: 07.07.2024r.

Dystans: 1/8 IM

Miejscowość: Elbląg

| Msc. | Nr start. | Nazwisko Imię           | Miasto            | Team  | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|-------------------------|-------------------|---|-----|---------|----------|----------|----------|----------|----------|----------|
| 1    | 413       | Filiipiak Mateusz       | Gdańsk            |   | M35 | 1       | 00:06:41 | 00:01:35 | 00:31:57 | 00:01:53 | 00:19:05 | 01:01:11 |
| 2    | 244       | Kantarowski Bartek      | Ślesin            | Niezrzeszony  | M16 | 1       | 00:06:20 | 00:01:33 | 00:33:46 | 00:01:44 | 00:18:01 | 01:01:24 |
| 3    | 401       | Maksymowicz Krzysztof   | Elbląg            |   | M18 | 1       | 00:06:25 | 00:01:31 | 00:32:45 | 00:01:40 | 00:20:42 | 01:03:03 |
| 4    | 392       | Lewandowski Jakub       | Warszawa          | Szala Coach   | M25 | 1       | 00:06:47 | 00:01:39 | 00:32:59 | 00:01:51 | 00:19:53 | 01:03:09 |
| 5    | 368       | Bednarczyk Tomasz       | Gdynia            | Bike U Up   | M35 | 2       | 00:07:01 | 00:01:54 | 00:32:29 | 00:02:05 | 00:19:54 | 01:03:23 |
| 6    | 314       | Gogol Tomasz            | Łomianki          | SZKOŁA TRIATHLONU                                   | M35 | 3       | 00:07:47 | 00:01:51 | 00:32:28 | 00:01:36 | 00:20:16 | 01:03:58 |
| 7    | 396       | Różalski Piotr          | Elbląg            | ETT Elbląg Triathlon Team                           | M45 | 1       | 00:06:50 | 00:01:43 | 00:33:55 | 00:01:46 | 00:19:49 | 01:04:03 |
| 8    | 409       | Jańczak Michał          | Gdańsk            | Trójmiejska Akademia Triathlonu                     | M16 | 2       | 00:05:42 | 00:01:30 | 00:35:20 | 00:01:51 | 00:19:41 | 01:04:04 |
| 9    | 400       | Kozak Karol             | Elbląg            | Karol Kozak   | M18 | 2       | 00:07:03 | 00:01:29 | 00:34:06 | 00:01:42 | 00:20:04 | 01:04:24 |
| 10   | 348       | Czapiński Michał        | Reda              | Evo Triathlon                                       | M40 | 1       | 00:09:17 | 00:02:40 | 00:32:55 | 00:02:00 | 00:18:01 | 01:04:53 |
| 11   | 250       | Jakubowski Tomasz       | Augustów          | Dawaj Kalach Team                                   | M25 | 2       | 00:06:20 | 00:01:45 | 00:34:08 | 00:01:53 | 00:20:56 | 01:05:02 |
| 12   | 375       | Wernerowski Jakub       | Wejherowo         | UKS Tri-Team Rumia                                  | M18 | 3       | 00:06:24 | 00:01:37 | 00:36:16 | 00:01:48 | 00:19:44 | 01:05:49 |
| 13   | 328       | Kropiewnicki Przemysław | Warszawa          | SZYMANOWSKI Triathlon Team / Sport2freedom          | M40 | 2       | 00:06:53 | 00:01:44 | 00:34:51 | 00:01:51 | 00:20:42 | 01:06:01 |
| 14   | 385       | Staniszewski Krzysztof  | Malbork           | EvoTriathlon  | M35 | 4       | 00:07:10 | 00:01:48 | 00:36:06 | 00:01:55 | 00:19:11 | 01:06:10 |
| 15   | 367       | Wierzbowski Krzysztof   | Bydgoszcz         | Cortez Triathlon Team                               | M45 | 2       | 00:08:38 | 00:01:54 | 00:32:08 | 00:02:06 | 00:21:37 | 01:06:23 |
| 16   | 376       | Netter Maciej           | Rumia             | UKS Tri-Team Rumia                                  | M18 | 4       | 00:05:50 | 00:01:23 | 00:36:18 | 00:01:47 | 00:21:11 | 01:06:29 |
| 17   | 345       | Rydzewski Rafał         | Gdańsk            | Dawaj Kalach Team                                   | M30 | 1       | 00:07:06 | 00:02:02 | 00:33:47 | 00:02:08 | 00:21:45 | 01:06:48 |
| 18   | 339       | Ptaszek Tomasz          | Gdynia            | WANIEWSKI COACHING                                  | M40 | 3       | 00:07:43 | 00:01:36 | 00:34:26 | 00:01:49 | 00:21:36 | 01:07:10 |
| 19   | 381       | Poliwodziński Mateusz   | Bydgoszcz         | Fundacja Czas Na Bydgoszcz                          | M16 | 3       | 00:06:59 | 00:01:30 | 00:38:36 | 00:01:40 | 00:19:07 | 01:07:52 |
| 20   | 353       | Gierach Wojciech        | Niemcz            | GIERACH-TEAM CENTRUM KARDIOMETABOLICZNE GIERACH-MED | M16 | 4       | 00:09:22 | 00:01:46 | 00:34:42 | 00:01:57 | 00:20:58 | 01:08:45 |
| 21   | 329       | Kropiewnicka Agnieszka  | Warszawa          | SZYMANOWSKI Triathlon Team Sport2freedom            | K40 | 1       | 00:06:51 | 00:01:46 | 00:36:32 | 00:02:00 | 00:22:03 | 01:09:12 |
| 22   | 215       | Nowakowski Jakub        | Wrocław           | SWIMMINGLAB   | M30 | 2       | 00:06:35 | 00:02:10 | 00:36:59 | 00:02:20 | 00:21:21 | 01:09:25 |
| 23   | 249       | Gierasimiuk Grzegorz    | Warszawa          | TRIGGER TRIATHLON                                   | M40 | 4       | 00:08:54 | 00:01:53 | 00:36:13 | 00:01:47 | 00:20:39 | 01:09:26 |
| 24   | 377       | Rompczyk Maciej         | Reda              | UKS Tri Team Rumia                                  | M18 | 5       | 00:06:54 | 00:01:42 | 00:39:20 | 00:01:40 | 00:20:05 | 01:09:41 |
| 25   | 354       | Gierach Jakub           | Niemcz            | GIERACH-TEAM CENTRUM KARDIOMETABOLICZNE GIERACH-MED | M14 | 1       | 00:07:08 | 00:01:44 | 00:38:31 | 00:02:10 | 00:20:20 | 01:09:53 |
| 26   | 399       | Mazur Wojciech          | Bydgoszcz         |   | M35 | 5       | 00:07:43 | 00:02:16 | 00:35:48 | 00:02:19 | 00:22:27 | 01:10:33 |
| 27   | 407       | Czajkowski Paweł        | Gdynia            | BCT Team Gdynia BCT Team Gdynia                     | M40 | 5       | 00:08:36 | 00:01:50 | 00:35:50 | 00:01:54 | 00:22:27 | 01:10:37 |
| 28   | 322       | Cichowski Janusz        | Elbląg            | ETT Elbląg Triathlon Team                           | M35 | 6       | 00:07:47 | 00:01:48 | 00:36:14 | 00:02:08 | 00:22:53 | 01:10:50 |
| 29   | 393       | Graniczna Małgorzata    | Warszawa          | MILOTEAM  | K25 | 1       | 00:07:43 | 00:02:00 | 00:36:02 | 00:02:18 | 00:22:51 | 01:10:54 |
| 30   | 226       | Otdakowski Maciej       | Łódź              | Celironman  | M35 | 7       | 00:07:12 | 00:02:11 | 00:35:38 | 00:02:43 | 00:23:21 | 01:11:05 |
| 31   | 240       | Dąbrowski Damian        | Gdańsk            | Tri Talent Team                                     | M30 | 3       | 00:08:15 | 00:01:49 | 00:35:28 | 00:02:07 | 00:23:38 | 01:11:17 |
| 32   | 352       | Ignatowicz Andrzej      | Warszawa          | Tarchomin Triathlon Team                            | M50 | 1       | 00:08:09 | 00:02:00 | 00:35:26 | 00:04:05 | 00:22:05 | 01:11:45 |
| 33   | 308       | Jegorenko Szymon        | Lubiewo Gdańskie  |   | M18 | 6       | 00:07:47 | 00:02:48 | 00:37:59 | 00:02:25 | 00:20:48 | 01:11:47 |
| 34   | 384       | Kmita Robert            | Warszawa          | Rafbike Cycling Team                                | M30 | 4       | 00:09:00 | 00:02:35 | 00:34:14 | 00:02:03 | 00:23:58 | 01:11:50 |
| 35   | 360       | Sieciński Emilian       | Susz              | SZKOŁA TRIATHLONU ZACHWENT                          | M30 | 5       | 00:09:12 | 00:02:40 | 00:36:21 | 00:02:08 | 00:21:41 | 01:12:02 |
| 36   | 291       | Jarocka Wioleta         | Serock            | Twister Team  | K35 | 1       | 00:08:45 | 00:02:03 | 00:37:29 | 00:01:58 | 00:22:06 | 01:12:21 |
| 37   | 295       | Napiórkowski Jakub      | Włocławek         |   | M30 | 6       | 00:08:08 | 00:02:07 | 00:39:13 | 00:01:57 | 00:21:43 | 01:13:08 |
| 38   | 277       | Jóźwiak Łukasz          | Rumia             | Endure Team   | M45 | 3       | 00:08:08 | 00:02:18 | 00:36:29 | 00:02:20 | 00:24:00 | 01:13:15 |
| 39   | 282       | Rękawik Szymon          | Elbląg            | ETT Elbląg Triathlon Team                           | M25 | 3       | 00:10:13 | 00:01:43 | 00:36:09 | 00:02:06 | 00:23:05 | 01:13:16 |
| 40   | 241       | Kisielewski Michał      | Sopot             | Tri Talent Team Gdańsk                              | M18 | 7       | 00:08:00 | 00:02:42 | 00:37:21 | 00:02:26 | 00:22:59 | 01:13:28 |
| 41   | 417       | Stańczak Bartosz        | Strzegowo         | LuftTriTeam Mamut Camp                              | M45 | 4       | 00:09:28 | 00:02:11 | 00:35:12 | 00:02:43 | 00:24:01 | 01:13:35 |
| 42   | 236       | Owczarek Jacek          | Piątkowisko       | #Dawaj Kalach Team                                  | M50 | 2       | 00:08:37 | 00:02:39 | 00:36:16 | 00:02:12 | 00:24:02 | 01:13:46 |
| 43   | 343       | Chołuj Adriana          | Warszawa          | Triathletic Team                                    | K35 | 2       | 00:07:46 | 00:02:05 | 00:38:40 | 00:02:32 | 00:22:56 | 01:13:59 |
| 44   | 358       | Kluska Piotr            | Warszawa          | Team wp.pl  | M50 | 3       | 00:08:45 | 00:02:09 | 00:37:44 | 00:01:57 | 00:23:44 | 01:14:19 |
| 45   | 309       | Wewiórski Paweł         | Elbląg            | ETT Elbląg Triathlon Team                           | M45 | 5       | 00:08:32 | 00:02:54 | 00:38:28 | 00:02:27 | 00:22:06 | 01:14:27 |
| 46   | 268       | Kubiński Artur          | Ożarów Mazowiecki | ULTRA.waw.pl  | M45 | 6       | 00:12:23 | 00:02:39 | 00:34:07 | 00:01:53 | 00:23:28 | 01:14:30 |
| 47   | 229       | Bułka Bartosz           | Wrocław           | LABOSPORT   | M35 | 8       | 00:07:50 | 00:02:12 | 00:37:00 | 00:02:30 | 00:25:07 | 01:14:39 |
| 48   | 341       | Jonkisz Marcin          | Łańcut            | TRIFUN  | M45 | 7       | 00:08:19 | 00:02:26 | 00:37:56 | 00:02:33 | 00:23:29 | 01:14:43 |
| 49   | 312       | Skok Weronika           | Malbork           | AG TRI-Team Rumia                                   | K18 | 1       | 00:08:13 | 00:01:43 | 00:38:08 | 00:02:06 | 00:24:36 | 01:14:46 |
| 50   | 326       | Sysik Kacper            | Łeba              |   | M30 | 7       | 00:11:18 | 00:01:53 | 00:37:53 | 00:02:25 | 00:21:18 | 01:14:47 |
| 51   | 315       | Tomczuk Filip           | Warszawa          | TRICLUB   | M30 | 8       | 00:08:26 | 00:02:50 | 00:37:23 | 00:01:56 | 00:24:23 | 01:14:58 |
| 52   | 389       | Kroplewski Maciej       | Gdańsk            | CTS   | M40 | 6       | 00:08:52 | 00:02:40 | 00:37:38 | 00:02:40 | 00:23:20 | 01:15:10 |
| 53   | 237       | Sielicki Hubert         | Elbląg            | UKP Jedyńka Elbląg                                  | M16 | 5       | 00:06:30 | 00:02:06 | 00:40:58 | 00:02:09 | 00:23:40 | 01:15:23 |
| 54   | 346       | Żmich-Fórmanik Joanna   | Bydgoszcz         | TM Iron Team  | K45 | 1       | 00:08:14 | 00:01:57 | 00:37:42 | 00:02:25 | 00:25:22 | 01:15:40 |
| 55   | 350       | Chodań Katarzyna        | Trzebież          |   | K35 | 3       | 00:11:23 | 00:02:20 | 00:36:36 | 00:02:21 | 00:23:06 | 01:15:46 |
| 56   | 404       | Lorek Kinga             | Elbląg            | Beko Team/ Oddział Żandarmerii Wojskowej w Elblągu  | K25 | 2       | 00:07:44 | 00:01:40 | 00:38:39 | 00:02:01 | 00:25:46 | 01:15:50 |

Pływanie: 1x 0,475km  
 Jazda rowerem: 1x 22,5km  
 Bieg: 1x 5,275km

Sędzia Główny: Marcin Tur  
 Temp. powietrza: 18C  
 Temp. wody: 21.4C



GARMIN.



Organizator: LABOSPORT Polska; Gmina Miasto Elbląg.; Stowarzyszenie Po Prostu Sport

Data: 07.07.2024r.

Dystans: 1/8 IM

Miejscowość: Elbląg

| Msc. | Nr start. | Nazwisko Imię            | Miasto                | Team  | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|--------------------------|-----------------------|---|-----|---------|----------|----------|----------|----------|----------|----------|
| 57   | 311       | Stypułkowski Marcin      | Barczewo              | Najmowicz Triathlon   | M35 | 9       | 00:09:01 | 00:02:11 | 00:38:47 | 00:02:19 | 00:23:43 | 01:16:01 |
| 58   | 412       | Kozak Nikodem            | Elbląg                |   | M18 | 8       | 00:08:43 | 00:02:28 | 00:42:13 | 00:02:40 | 00:20:21 | 01:16:25 |
| 59   | 405       | Jakubowski Kuba          | Olsztyn               | Najmowicz Triathlon   | M30 | 9       | 00:07:55 | 00:02:40 | 00:40:26 | 00:02:13 | 00:23:14 | 01:16:28 |
| 60   | 391       | Żywusko Wioletta         | Elbląg                | ETT - Elbląg Triathlon Team   | K45 | 2       | 00:08:55 | 00:02:42 | 00:38:11 | 00:03:38 | 00:23:06 | 01:16:32 |
| 61   | 212       | Klajna Jakub             | Gdańsk                |   | M30 | 10      | 00:10:06 | 00:02:24 | 00:41:44 | 00:02:18 | 00:20:01 | 01:16:33 |
| 62   | 332       | Krzystanek Dorian        | Katowice              |   | M35 | 10      | 00:09:16 | 00:02:55 | 00:37:15 | 00:02:56 | 00:24:18 | 01:16:40 |
| 63   | 279       | Żmudziński Tomasz        | Gdańsk                | Endure Team   | M35 | 11      | 00:09:30 | 00:02:11 | 00:37:55 | 00:02:12 | 00:25:01 | 01:16:49 |
| 64   | 283       | Lizak Włodzimierz        | Elbląg                | ETT - Elbląg Triathlon Team   | M60 | 1       | 00:08:44 | 00:03:15 | 00:37:21 | 00:02:44 | 00:25:09 | 01:17:13 |
| 65   | 259       | Kulikowski Tadeusz       | Gołdap                |   | M50 | 4       | 00:10:55 | 00:02:33 | 00:37:55 | 00:02:32 | 00:23:32 | 01:17:27 |
| 66   | 293       | Zakrzewski Michał        | Łódź                  | SNG WILD DUCKS  | M45 | 8       | 00:08:47 | 00:03:59 | 00:37:33 | 00:02:39 | 00:24:37 | 01:17:35 |
| 67   | 299       | Knapik Karol             | Osielsko              | Dawaj Kalach Team   | M30 | 11      | 00:10:37 | 00:02:07 | 00:38:48 | 00:02:33 | 00:23:46 | 01:17:51 |
| 68   | 271       | Wołyniec Emilia          | Gołdap                | TRISWIMRUN GOŁDAP   | K40 | 2       | 00:09:26 | 00:01:51 | 00:40:08 | 00:02:09 | 00:24:21 | 01:17:55 |
| 69   | 298       | Grubich Bartłomiej       | Tczew                 | EATON TRIATHLON TEAM  | M40 | 7       | 00:08:51 | 00:02:46 | 00:40:27 | 00:02:18 | 00:23:42 | 01:18:03 |
| 70   | 370       | Dubiel Wiktor            | Gdańsk                | ERKON   | M18 | 9       | 00:06:30 | 00:04:36 | 00:44:02 | 00:02:17 | 00:20:52 | 01:18:17 |
| 71   | 256       | Ławreszuk Łukasz         | Gdańsk                | Nordea Triathlon Team   | M30 | 12      |          |          |          |          |          | 01:18:17 |
| 72   | 286       | Rakoczy Marcin           | Kielce                | Speleoklub Świętokrzyski w Kielcach                                       | M45 | 9       | 00:09:59 | 00:03:20 | 00:40:48 | 00:02:53 | 00:21:25 | 01:18:25 |
| 73   | 386       | Stefańska Olga           | Warszawa              | Junior Luft Tri Team  | K16 | 1       | 00:08:29 | 00:02:33 | 00:39:55 | 00:02:41 | 00:25:21 | 01:18:59 |
| 74   | 333       | Kurczewski Piotr         | Tolkmicko             |   | M14 | 2       | 00:06:49 | 00:02:08 | 00:40:11 | 00:02:08 | 00:27:58 | 01:19:14 |
| 75   | 336       | Śmieciński Krzysztof     | Olsztyn               | Olsztyńska Szkółka Triathlonu Stowarzyszenie „Sójka”                      | M50 | 5       | 00:09:41 | 00:03:02 | 00:37:54 | 00:03:18 | 00:25:19 | 01:19:14 |
| 76   | 273       | Maciejewicz Maciej       | Elbląg                | Open Balance Elbląg   | M30 | 13      | 00:08:59 | 00:02:11 | 00:42:32 | 00:02:42 | 00:22:55 | 01:19:19 |
| 77   | 239       | Wysota Paweł             | Elk                   |   | M35 | 12      | 00:08:31 | 00:02:20 | 00:40:56 | 00:02:52 | 00:24:46 | 01:19:25 |
| 78   | 255       | Rygałto Kacper           | Warszawa, Mazowieckie |   | M16 | 6       | 00:07:27 | 00:02:10 | 00:44:17 | 00:02:20 | 00:23:19 | 01:19:33 |
| 79   | 378       | Pater Jakub              | Rumia                 | UKS Tri-Team Rumia  | M14 | 3       | 00:07:59 | 00:02:10 | 00:44:17 | 00:02:06 | 00:23:04 | 01:19:36 |
| 80   | 347       | Dąbrowski Szymon         | Kolnik                | Sekcja Running Team ORLEN   | M30 | 14      | 00:09:39 | 00:02:46 | 00:38:02 | 00:02:49 | 00:26:25 | 01:19:41 |
| 81   | 287       | Maćkowiak Tomasz         | Elbląg                | BT- Elbląg  | M35 | 13      | 00:10:37 | 00:02:54 | 00:38:37 | 00:02:16 | 00:25:23 | 01:19:47 |
| 82   | 211       | Bramowicz Jacek          | Juszkowo              |   | M40 | 8       | 00:11:16 | 00:03:55 | 00:41:31 | 00:02:53 | 00:21:16 | 01:20:51 |
| 83   | 406       | Oskroba Michał           | Straszyn              |   | M35 | 14      | 00:09:33 | 00:04:19 | 00:38:24 | 00:03:03 | 00:25:40 | 01:20:59 |
| 84   | 319       | Czajkowski Bartosz       | Ilawa                 | TM Iron Team  | M30 | 15      | 00:12:36 | 00:02:57 | 00:39:43 | 00:02:24 | 00:23:19 | 01:20:59 |
| 85   | 260       | Potocki Sławomir         | Gdańsk                | Dla moich dziewczyn   | M50 | 6       | 00:10:35 | 00:02:50 | 00:38:35 | 00:02:28 | 00:26:33 | 01:21:01 |
| 86   | 321       | Bernacki Mateusz         | Nowy Dwór Gdański     | WANIEWSKI COACHING  | M18 | 10      | 00:09:42 | 00:02:06 | 00:41:46 | 00:02:22 | 00:25:09 | 01:21:05 |
| 87   | 337       | Stańczak Mariusz         | Warszawa              | SZKOŁA TRIATHLONU ES TRI PROJECT TEAM                                     | M50 | 7       | 00:10:21 | 00:02:49 | 00:37:34 | 00:02:57 | 00:27:30 | 01:21:11 |
| 88   | 225       | Gachowski Grzegorz       | Morąg                 |   | M50 | 8       | 00:10:36 | 00:03:06 | 00:38:17 | 00:02:49 | 00:26:25 | 01:21:13 |
| 89   | 234       | Kuciaba Jacek            | Jagatowo              |   | M50 | 9       | 00:10:32 | 00:02:38 | 00:40:04 | 00:02:18 | 00:25:43 | 01:21:15 |
| 90   | 300       | Biernacki Jakub          | Warszawa              |   | M55 | 1       | 00:11:22 | 00:02:52 | 00:38:35 | 00:02:48 | 00:25:40 | 01:21:17 |
| 91   | 278       | Michalski Przemysław     | Gdańsk                | SZKOŁA TRIATHLONU, 2 Morski Pułk Strzelców                                | M50 | 10      | 00:10:04 | 00:02:41 | 00:38:09 | 00:02:44 | 00:27:52 | 01:21:30 |
| 92   | 263       | Adamczyk Bartosz         | Kołobrzeg             | SZKOŁA TRIATHLONU   | M25 | 4       | 00:10:05 | 00:03:54 | 00:38:07 | 00:03:12 | 00:26:50 | 01:22:08 |
| 93   | 269       | Hońko Przemysław         | Elbląg                | 1 liga Tri Team   | M40 | 9       | 00:09:01 | 00:02:34 | 00:39:30 | 00:02:24 | 00:29:01 | 01:22:30 |
| 94   | 213       | Goć Wojciech             | Kowale                |   | M18 | 11      | 00:08:26 | 00:02:42 | 00:45:01 | 00:02:25 | 00:24:22 | 01:22:56 |
| 95   | 317       | Różalska Aleksandra      | Elbląg                | ETT Elbląg Triathlon Team   | K45 | 3       | 00:09:56 | 00:02:33 | 00:42:17 | 00:02:34 | 00:25:38 | 01:22:58 |
| 96   | 220       | Nowak Mateusz            | Wrocław               | SWIMMINGLAB   | M30 | 16      | 00:08:16 | 00:03:39 | 00:42:05 | 00:03:12 | 00:25:48 | 01:23:00 |
| 97   | 257       | Gietka Aleksander        | Warszawa (Wilanów)    | Gietka Team   | M40 | 10      | 00:08:18 | 00:03:17 | 00:43:43 | 00:02:46 | 00:24:58 | 01:23:02 |
| 98   | 252       | Andrzejewicz Łukasz      | Warszawa              | Warsaw Masters Team   | M30 | 17      | 00:06:59 | 00:02:29 | 00:44:56 | 00:02:11 | 00:26:31 | 01:23:06 |
| 99   | 327       | Dramiński Krystian       | Malbork               | Rybicki Triathlon Coach   | M25 | 5       | 00:09:25 | 00:02:56 | 00:43:55 | 00:02:34 | 00:24:25 | 01:23:15 |
| 100  | 297       | Sznaza Tadeusz           | Elbląg                | Open Balance Health Triathlon Team  | M65 | 1       | 00:09:15 | 00:03:18 | 00:41:00 | 00:03:06 | 00:26:42 | 01:23:21 |
| 101  | 233       | Kühn Natalia             | Elbląg                | Open Balance Health Triathlon Team  | K35 | 4       | 00:09:59 | 00:02:35 | 00:40:04 | 00:02:51 | 00:27:52 | 01:23:21 |
| 102  | 251       | Gąsior Krystian          | Elbląg                |   | M25 | 6       | 00:08:44 | 00:02:31 | 00:42:20 | 00:02:22 | 00:27:40 | 01:23:37 |
| 103  | 330       | Szafranko Michał         | Zgorzała              | Medic House   | M35 | 15      | 00:08:53 | 00:03:18 | 00:42:33 | 00:03:04 | 00:25:50 | 01:23:38 |
| 104  | 316       | Wojtczak Rafał           | Elbląg                | Pułk wsparcia dowodzenia Dowództwa Wielonarodowej Dywizji Północny Wschód | M35 | 16      | 00:12:21 | 00:03:33 | 00:40:50 | 00:02:39 | 00:24:23 | 01:23:46 |
| 105  | 415       | Chodan Filip             | Trzebież              | Na luzno MTB  | M45 | 10      | 00:11:24 | 00:01:46 | 00:45:12 | 00:01:49 | 00:23:42 | 01:23:53 |
| 106  | 383       | Bomba Bartek             | Łomianki              |   | M14 | 4       | 00:08:46 | 00:03:23 | 00:43:12 | 00:03:17 | 00:25:27 | 01:24:05 |
| 107  | 219       | Parzelski Gerard         | Radom                 | VENTUS Radom  | M45 | 11      | 00:10:00 | 00:03:05 | 00:38:05 | 00:03:10 | 00:29:52 | 01:24:12 |
| 108  | 324       | Stechliczek Tomasz       | Wrocław               | SWIMMINGLAB   | M35 | 17      | 00:08:53 | 00:03:04 | 00:42:57 | 00:02:50 | 00:26:28 | 01:24:12 |
| 109  | 247       | Budnik Maciej            | Puck                  |   | M35 | 18      | 00:12:51 | 00:03:26 | 00:40:12 | 00:03:05 | 00:24:47 | 01:24:21 |
| 110  | 382       | Kryspin Marta Aleksandra | Gdańsk                | Stajniak TEAM Bez Hamulców MTB Team Pan Bike                              | K35 | 5       | 00:12:43 | 00:02:46 | 00:40:32 | 00:02:50 | 00:25:46 | 01:24:37 |
| 111  | 285       | Kulesza Maciej           | Elbląg                | Open Balance HTT  | M50 | 11      | 00:10:28 | 00:03:55 | 00:39:27 | 00:02:58 | 00:27:52 | 01:24:40 |
| 112  | 402       | Plewnicki Jan            | Gdańsk                | ERKON   | M18 | 12      | 00:06:42 | 00:04:05 | 00:43:55 | 00:02:32 | 00:27:57 | 01:25:11 |

Pływanie: 1x0,475km

Jazda rowerem: 1x22,5km

Bieg: 1x5,275km

Sędzia Główny: Marcin Tur

Temp. powietrza: 18C

Temp. wody: 21.4C



GARMIN.



Organizator: LABOSPORT Polska; Gmina Miasto Elbląg; Stowarzyszenie Po Prostu Sport

Data: 07.07.2024r.

Dystans: 1/8 IM

Miejscowość: Elbląg

| Msc. | Nr start. | Nazwisko Imię                | Miasto               | Team                                      | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|------------------------------|----------------------|---|-----|---------|----------|----------|----------|----------|----------|----------|
| 113  | 281       | Kessler Dominika             | Piastów              | This is Sparta / Sport 2 Freedom          | K40 | 3       | 00:11:04 | 00:03:36 | 00:42:47 | 00:02:59 | 00:24:58 | 01:25:24 |
| 114  | 313       | Barański Artur               | Elbląg               |   | M16 | 7       | 00:12:10 | 00:04:15 | 00:40:27 | 00:03:25 | 00:25:10 | 01:25:27 |
| 115  | 253       | Robles Jose Carlos           | Gdańsk               | LSEG Running Team                         | M35 | 19      | 00:11:58 | 00:02:26 | 00:41:49 | 00:02:33 | 00:26:56 | 01:25:42 |
| 116  | 379       | Turski Robert                | Gdańsk               |   | M45 | 12      | 00:11:20 | 00:03:41 | 00:42:05 | 00:03:22 | 00:25:46 | 01:26:14 |
| 117  | 221       | Zbaraszewski Bartosz         | Elbląg               |   | M40 | 11      | 00:08:40 | 00:03:18 | 00:43:23 | 00:02:57 | 00:28:08 | 01:26:26 |
| 118  | 364       | Seklecki Jakub               | Gdańsk               | Erkon                                     | M16 | 8       | 00:06:29 | 00:05:39 | 00:46:30 | 00:02:49 | 00:25:15 | 01:26:42 |
| 119  | 373       | Zambrowska Joanna            | Pruszków             | Trinity Triathlon Team                    | K35 | 6       | 00:11:03 | 00:02:47 | 00:44:59 | 00:02:43 | 00:25:58 | 01:27:30 |
| 120  | 248       | Lisiecki Tomasz              | Gdynia               | NEXUS Team                                | M55 | 2       | 00:15:34 | 00:03:59 | 00:42:01 | 00:02:32 | 00:23:32 | 01:27:38 |
| 121  | 224       | Lackorzyński Krzysztof       | Nowy Dwór Mazowiecki |   | M35 | 20      | 00:10:39 | 00:03:01 | 00:44:33 | 00:02:45 | 00:26:41 | 01:27:39 |
| 122  | 242       | Drzewiecka Dominika          | Gdańsk               | Dawaj Kalach Team                         | K35 | 7       | 00:09:55 | 00:02:34 | 00:44:08 | 00:02:44 | 00:28:21 | 01:27:42 |
| 123  | 246       | Budnik Jacek                 | Gdańsk               | BvB                                       | M35 | 21      | 00:10:41 | 00:03:06 | 00:41:39 | 00:03:02 | 00:29:31 | 01:27:59 |
| 124  | 272       | Brzeski Marcin               | Gdynia               |   | M40 | 12      | 00:11:30 | 00:03:41 | 00:44:40 | 00:03:42 | 00:24:31 | 01:28:04 |
| 125  | 264       | Madej Maria                  | Białobrzegi          |   | K16 | 2       | 00:11:19 | 00:03:06 | 00:43:39 | 00:03:27 | 00:26:51 | 01:28:22 |
| 126  | 397       | Szewczyk Aleksandra          | Kraków               | Triathlon Team Nowy Sącz                  | K25 | 3       | 00:08:36 | 00:02:58 | 00:43:41 | 00:02:59 | 00:30:22 | 01:28:36 |
| 127  | 310       | Kwidziński Kazimierz         | Kolbudy              |   | M50 | 12      | 00:11:51 | 00:03:04 | 00:41:50 | 00:02:42 | 00:29:09 | 01:28:36 |
| 128  | 223       | Zielski Franciszek           | Czosnow              |   | M16 | 9       | 00:10:42 | 00:02:57 | 00:43:56 | 00:02:29 | 00:28:47 | 01:28:51 |
| 129  | 214       | Niedźwiedźka Agata           | Borcz                | SMARUJ NA TRENING TEAM                    | K40 | 4       | 00:14:03 | 00:02:31 | 00:42:15 | 00:02:54 | 00:27:26 | 01:29:09 |
| 130  | 398       | Łubnicka Karolina            | Białystok            | KALINOWSKI TEAM                           | K35 | 8       |          |          |          |          |          | 01:29:28 |
| 131  | 274       | Radelczuk Michał             | Elbląg               | Open Balance Elbląg                       | M35 | 22      | 00:13:55 | 00:03:27 | 00:42:30 | 00:03:28 | 00:26:11 | 01:29:31 |
| 132  | 325       | Prokop Łukasz                | Warszawa             | KUŹNIA TRIATHLONU ACCENTURE               | M30 | 18      | 00:10:09 | 00:03:45 | 00:42:41 | 00:03:30 | 00:29:47 | 01:29:52 |
| 133  | 357       | Wojciechowski Mateusz        | Elbląg               | wojciechowski.tech                        | M35 | 23      | 00:12:57 | 00:03:26 | 00:41:39 | 00:03:15 | 00:29:12 | 01:30:29 |
| 134  | 292       | Radelczuk Justyna            | Gronowo Elbląskie    | Open Balance Health Triathlon Team Elbląg | K35 | 9       | 00:15:44 | 00:03:02 | 00:42:14 | 00:02:54 | 00:26:48 | 01:30:42 |
| 135  | 222       | Drzewiecki Marek             | Warszawa             |   | M45 | 13      | 00:11:56 | 00:02:31 | 00:45:47 | 00:03:12 | 00:27:18 | 01:30:44 |
| 136  | 261       | Adamczyk Mateusz             | Niekanin             |   | M30 | 19      | 00:13:15 | 00:05:30 | 00:41:56 | 00:03:52 | 00:26:11 | 01:30:44 |
| 137  | 331       | Wieronim Ariel               | Zalewo               |   | M35 | 24      | 00:17:12 | 00:04:01 | 00:41:01 | 00:03:35 | 00:25:04 | 01:30:53 |
| 138  | 323       | Pawlikowski Cezary           | Warszawa             |   | M30 | 20      | 00:13:07 | 00:03:30 | 00:40:31 | 00:03:23 | 00:30:31 | 01:31:02 |
| 139  | 301       | Krystek-Biernacka Aleksandra | Warszawa - Polska    |   | K45 | 4       | 00:16:00 | 00:03:20 | 00:40:50 | 00:03:13 | 00:27:48 | 01:31:11 |
| 140  | 334       | Pełka Andrzej                | Warszawa             |   | M45 | 14      | 00:12:30 | 00:03:43 | 00:44:02 | 00:04:20 | 00:26:50 | 01:31:25 |
| 141  | 294       | Gapski Dariusz               | Braniewo             | Open Balance Health Triathlon Team        | M35 | 25      | 00:13:34 | 00:03:45 | 00:45:07 | 00:03:02 | 00:26:15 | 01:31:43 |
| 142  | 365       | Szczepanik Emil              | Elbląg               |   | M30 | 21      | 00:13:55 | 00:03:18 | 00:46:03 | 00:02:59 | 00:25:51 | 01:32:06 |
| 143  | 338       | Jędrzejewska Anna            | Gdańsk               | Sportevo                                  | K30 | 1       | 00:10:51 | 00:03:23 | 00:43:32 | 00:03:35 | 00:30:48 | 01:32:09 |
| 144  | 410       | Sidło Damian                 | Kielce               | Rock&Rower Team                           | M40 | 13      | 00:14:49 | 00:02:43 | 00:42:01 | 00:02:34 | 00:30:08 | 01:32:15 |
| 145  | 230       | Turek Tomasz                 | Kłodzko              |   | M50 | 13      | 00:10:16 | 00:03:06 | 00:45:34 | 00:03:04 | 00:30:19 | 01:32:19 |
| 146  | 361       | Liberadzka Joanna            | Warszawa             |   | K30 | 2       | 00:11:11 | 00:03:41 | 00:43:33 | 00:04:37 | 00:29:30 | 01:32:32 |
| 147  | 296       | Woźny Leszek                 | Elbląg               | 9 BK Panc                                 | M40 | 14      | 00:09:25 | 00:03:50 | 00:46:04 | 00:02:30 | 00:31:07 | 01:32:56 |
| 148  | 344       | Marczak Łukasz               | Straszyn             |   | M40 | 15      | 00:11:54 | 00:05:48 | 00:44:39 | 00:02:28 | 00:28:17 | 01:33:06 |
| 149  | 284       | Tołwińska Agnieszka          | Gronowo Górne        | Open Balance Health Triathlon Team        | K50 | 1       | 00:11:48 | 00:03:03 | 00:46:47 | 00:03:24 | 00:28:08 | 01:33:10 |
| 150  | 394       | Sobczak Grzegorz             | Elbląg               | Urząd Miejski w Elblągu                   | M50 | 14      | 00:12:34 | 00:04:41 | 00:40:49 | 00:04:37 | 00:30:35 | 01:33:16 |
| 151  | 218       | Giedziun Kamil               | Tolkmić              | L-Solution Sp. z o.o.                     | M40 | 16      | 00:12:17 | 00:04:28 | 00:43:47 | 00:03:38 | 00:29:23 | 01:33:33 |
| 152  | 335       | Jabłoński Jakub              | Elbląg               | BT-Elbląg                                 | M40 | 17      | 00:09:27 | 00:04:30 | 00:43:57 | 00:03:34 | 00:32:13 | 01:33:41 |
| 153  | 243       | Łukaczyk Marek               | Elbląg               |   | M45 | 15      | 00:13:22 | 00:04:06 | 00:46:09 | 00:04:18 | 00:26:52 | 01:34:47 |
| 154  | 374       | Marzec Artur                 | Kalinówka            | Meteor                                    | M50 | 15      | 00:13:01 | 00:04:17 | 00:43:55 | 00:02:49 | 00:31:21 | 01:35:23 |
| 155  | 340       | Drozd Wojciech               | Elbląg               |   | M50 | 16      | 00:12:47 | 00:03:37 | 00:49:02 | 00:02:48 | 00:27:44 | 01:35:58 |
| 156  | 351       | Zalewski Jarosław            | Elbląg               | Open Balance Health Triathlon Team Elbląg | M35 | 26      | 00:10:14 | 00:03:22 | 00:45:14 | 00:03:33 | 00:33:43 | 01:36:06 |
| 157  | 414       | Aftyka Piotr                 | Pruszków             |   | M40 | 18      | 00:15:18 | 00:03:52 | 00:45:06 | 00:03:52 | 00:28:06 | 01:36:14 |
| 158  | 227       | Czapiński Bartosz            | Siedlce              | Triathlon Siedlce Club                    | M50 | 17      | 00:12:16 | 00:04:40 | 00:44:37 | 00:04:11 | 00:30:33 | 01:36:17 |
| 159  | 390       | Elgarrista Patricio          | Warsaw               |   | M50 | 18      | 00:10:19 | 00:04:08 | 00:44:46 | 00:04:18 | 00:33:18 | 01:36:49 |
| 160  | 302       | Graczyk Roman                | Warszawa             |   | M50 | 19      | 00:11:24 | 00:03:50 | 00:44:07 | 00:03:22 | 00:34:10 | 01:36:53 |
| 161  | 235       | Ostrowski Jacek              | Elbląg 2             | Bielniki                                  | M55 | 3       | 00:12:27 | 00:04:11 | 00:47:09 | 00:02:47 | 00:30:21 | 01:36:55 |
| 162  | 411       | Sapinski Radek               | Warszawa             | RIDERS Luft Team                          | M45 | 16      | 00:14:44 | 00:03:59 | 00:42:32 | 00:04:21 | 00:32:13 | 01:37:49 |
| 163  | 371       | Bogalecki Marek              | Starogard Gdański    | Safe Sport Team                           | M65 | 2       | 00:12:03 | 00:05:27 | 00:45:17 | 00:04:16 | 00:31:12 | 01:38:15 |
| 164  | 266       | Wądołowski Rafał             | Otwock               | Nieśmiertelne Zgony                       | M30 | 22      |          |          |          |          |          | 01:39:26 |
| 165  | 349       | Wienczonek Maciej            | Gdańsk               | RakTeam Triathlon                         | M40 | 19      | 00:13:37 | 00:04:10 | 00:49:35 | 00:03:29 | 00:28:56 | 01:39:47 |
| 166  | 366       | Jachowicz Dariusz            | Gdynia               | ASE Team                                  | M60 | 2       | 00:11:56 | 00:03:14 | 00:45:52 | 00:04:35 | 00:34:20 | 01:39:57 |
| 167  | 403       | Wnuk Anna                    | Warszawa - Polska    | WARSAW MASTERS TEAM/ CTS Czaja            | K55 | 1       | 00:12:45 | 00:02:52 | 00:48:59 | 00:03:26 | 00:33:15 | 01:41:17 |
| 168  | 254       | Piankowska Joanna            | Kościerzyna          | Kościński Klub Morsa Forrest Gump         | K50 | 2       | 00:14:39 | 00:03:06 | 00:48:15 | 00:03:42 | 00:32:05 | 01:41:47 |

Pływanie: 1x0,475km

Jazda rowerem: 1x22,5km

Bieg: 1x5,275km

Sędzia Główny: Marcin Tur

Temp. powietrza: 18C

Temp. wody: 21.4C



GARMIN.



Organizator: LABOSPORT Polska; Gmina Miasto Elbląg;; Stowarzyszenie Po Prostu Sport

Data: 07.07.2024r.

Dystans: 1/8 IM

Miejscowość: Elbląg

| Msc. | Nr start. | Nazwisko Imię         | Miasto          | Team                               | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|-----------------------|-----------------|------------------------------------|-----|---------|----------|----------|----------|----------|----------|----------|
| 169  | 288       | Sambor Elżbieta       | Elbląg          | Open Balance Health Triathlon Team | K55 | 2       | 00:12:42 | 00:02:57 | 00:52:30 | 00:02:36 | 00:32:11 | 01:42:56 |
| 170  | 307       | Gutowska Izabela      | Elbląg          | Open Balance Health Triathlon Team | K40 | 5       |          |          |          |          |          | 01:42:57 |
| 171  | 258       | Woźniak Paweł         | Reda            |                                    | M25 | 7       | 00:12:06 | 00:03:52 | 00:52:48 | 00:02:29 | 00:32:15 | 01:43:30 |
| 172  | 372       | Kocemba Witold        | Kamionka Wielka |                                    | M60 | 3       | 00:16:09 | 00:04:01 | 00:46:54 | 00:03:28 | 00:33:17 | 01:43:49 |
| 173  | 395       | Grugiel Dawid         | Gdynia          |                                    | M30 | 23      | 00:14:23 | 00:05:24 | 00:51:33 | 00:03:19 | 00:29:12 | 01:43:51 |
| 174  | 231       | Lis Sławomir          | Gdańsk          |                                    | M60 | 4       | 00:12:51 | 00:05:28 | 00:50:22 | 00:04:57 | 00:30:22 | 01:44:00 |
| 175  | 363       | Seklecki Konrad       | Gdańsk          | Erkon                              | M40 | 20      | 00:10:03 | 00:06:00 | 00:50:25 | 00:04:29 | 00:33:32 | 01:44:29 |
| 176  | 359       | Angielczyk Magdalena  | Elbląg          |                                    | K60 | 1       | 00:14:12 | 00:03:38 | 00:51:33 | 00:03:30 | 00:32:04 | 01:44:57 |
| 177  | 306       | Pełka Julia           | Warszawa        |                                    | K16 | 3       | 00:10:40 | 00:03:54 | 00:54:24 | 00:02:51 | 00:33:13 | 01:45:02 |
| 178  | 265       | Kociszewski Tadeusz   | Otwock          | Nieśmiertelne Zgony                | M30 | 24      | 00:16:58 | 00:03:38 | 00:48:25 | 00:02:49 | 00:33:51 | 01:45:41 |
| 179  | 387       | Stomczyński Jarosław  | Brwinów         | Club Mokra Dakem                   | M30 | 25      | 00:16:49 | 00:03:31 | 00:53:21 | 00:02:17 | 00:29:55 | 01:45:53 |
| 180  | 217       | Alicki Grzegorz       | Elbląg          |                                    | M45 | 17      | 00:15:26 | 00:04:57 | 00:51:48 | 00:02:23 | 00:31:24 | 01:45:58 |
| 181  | 369       | Jasiulewicz Izabela   | Elbląg          | ETT Elbląg Triathlon Team          | K40 | 6       | 00:17:48 | 00:03:55 | 00:50:51 | 00:03:23 | 00:30:12 | 01:46:09 |
| 182  | 276       | Kuśnierz Dariusz      | Bartoszyce      | BKM "POLAR" Bartoszyce             | M60 | 5       | 00:11:45 | 00:05:32 | 00:49:54 | 00:04:34 | 00:37:11 | 01:48:56 |
| 183  | 388       | Brzyski Janusz        | Elbląg          |                                    | M75 | 1       | 00:14:55 | 00:05:38 | 00:51:47 | 00:03:09 | 00:40:37 | 01:56:06 |
| 184  | 408       | Góralczyk Piotr       | Elbląg          |                                    | M18 | 13      | 00:12:10 | 00:03:53 | 01:09:41 | 00:02:15 | 00:29:41 | 01:57:40 |
| 185  | 380       | Błaszczak Magdalena   | Warszawa        | Kuźnia Triathlonu                  | K40 | 7       | 00:13:07 | 00:04:50 | 01:03:11 | 00:03:16 | 00:34:58 | 01:59:22 |
| 186  | 267       | Buczyński Olgierd     | Warszawa        | Nieśmiertelne Zgony                | M30 | 26      | 00:14:40 | 00:04:43 | 01:01:48 | 00:02:41 | 00:38:26 | 02:02:18 |
| 187  | 304       | Malinowski Krzysztof  | Kolnik          |                                    | M30 | 27      | 00:16:13 | 00:05:18 | 00:54:04 | 00:05:05 | 00:42:35 | 02:03:15 |
| 188  | 303       | Eichelberger Wojciech | Warszawa        |                                    | M80 | 1       | 00:20:14 | 00:06:43 | 00:58:15 | 00:06:12 | 00:58:25 | 02:29:49 |
| 189  | 290       | Tołwiński Bogusław    | Elbląg          | Open Balance Health Triathlon Team | M55 | 4       | 00:20:16 | 00:06:42 | 00:58:15 | 00:06:10 | 00:58:28 | 02:29:51 |
| 270  |           | Sołowiej Magdalena    | Elbląg          | BT-Elbląg                          | K45 |         | 00:14:06 | 00:03:34 | 00:46:44 | 00:03:11 |          | DNF      |
| 318  |           | Rokicki Leszek        | Elbląg          | ETT Elbląg Triathlon Team          | M50 |         | 00:10:36 | 00:04:25 |          |          |          | DNF      |
| 362  |           | Tęgi Maciej           | Gdynia          |                                    | M35 |         | 00:09:33 | 00:03:08 |          |          |          | DNF      |
| 245  |           | Płatkowski Marcin     | Elbląg          | Team Karaś - Elbląg                | M50 |         | 00:12:42 |          |          |          |          | DNF      |
| 262  |           | Ławecki Dariusz       | Rotmanka        |                                    | M60 |         |          |          |          |          |          | DNF      |
| 275  |           | Fischer Marcin        | Grudziądz       |                                    | M50 |         |          |          |          |          |          | DNF      |
| 280  |           | Gałka Piotr           | Elbląg          | Dzikie Dziki                       | M50 |         |          |          |          |          |          | DNF      |
| 305  |           | Pogorzelski Sławomir  | Elbląg          |                                    | M50 |         |          |          |          |          |          | DNF      |
| 320  |           | Szulc Maciej          | Elbląg          | ETT Elbląg Triathlon Team          | M50 |         |          |          |          |          |          | DNF      |
| 342  |           | Pietrucha Grzegorz    | Wąwał           | ResortMOCY.pl                      | M40 |         |          |          |          |          |          | DNF      |
| 356  |           | Regulski Lukasz       | Ryn             | MILOTEAM                           | M18 |         |          |          |          |          |          | DNF      |
| 216  |           | Kotarska Małgorzata   | Gdynia          |                                    | K45 |         |          |          |          |          |          | DNF      |
| 228  |           | Łączyński Cezary      | Pomiechówek     |                                    | M35 |         |          |          |          |          |          | DNF      |
| 232  |           | Liber Piotr           | Elbląg          |                                    | M30 |         |          |          |          |          |          | DNF      |
| 238  |           | Karbiak Aleksander    | Gdynia          |                                    | M25 |         |          |          |          |          |          | DNF      |

Pływanie: 1x 0,475km

Jazda rowerem: 1x 22,5km

Bieg: 1x5,275km

Sędzia Główny: Marcin Tur

Temp. powietrza: 18C

Temp. wody: 21.4C