

Garmin Iron Triathlon Gołdap 12.07.2020 r.
Dystans: 1/4

SPONSOR
TYTULARNY

SPONSORZY
STRATEGICZNI

GOSPODARZ

ORGANIZATORZY



M-ce	Numer	Nazwisko	Imię	Team	Kraj	Rok ur.	Kat. wiek.	Miejsce kat	Pływanie	Pływanie miejsce	T1	Rower	Rower miejsce	T2	Bieg	Bieg miejsce	Czas	K	M	Kara czasowa
1	537	STĘPNIAK	KACPER	UKS Tri-Team Rumia	POL	1994	M25	1	00:11:26	1	01:02:14	00:01:32	1	00:00:46	00:35:03	1	01:51:01		1	
2	536	ŁAWICKI	MARCIN	MKS Polkowice	POL	1986	M30	1	00:12:11	4	00:01:26	01:02:18	2	00:01:00	00:38:12	4	01:55:07		2	
3	538	WILKOWIECKI	ROBERT	Colnago Tri Team	POL	1994	M25	2	00:11:43	2	00:01:33	01:06:36	9	00:01:04	00:36:03	2	01:56:59		3	
4	541	NAJMOWICZ	SEBASTIAN	Najmowicz Triathlon	POL	1991	M25	3	00:12:03	3	00:01:37	01:06:34	7	00:00:59	00:36:59	3	01:58:12		4	
5	598	SIEKIERSKI	MATEUSZ MAREK	Nadaktywni Białystok/ SportowiecWielki	POL	1993	M25	4	00:15:03	16	00:01:43	01:07:30	16	00:00:59	00:38:35	5	02:03:50		5	
6	595	DUPLICKI	KAMIL	Beko	POL	1981	M35	1	00:16:05	32	00:01:54	01:06:20	5	00:00:55	00:39:39	6	02:04:53		6	
7	694	DĄBROWSKI	DARIUSZ	Luft Tri Team Ilabo Sport	POL	1974	M45	1	00:14:40	13	00:02:02	01:07:10	13	00:01:13	00:40:02	8	02:05:07		7	
8	609	WIECZORKOWSKI	ADAM		POL	1994	M25	5	00:15:31	20	00:02:16	01:07:01	11	00:01:07	00:40:06	9	02:06:01		8	
9	665	PACHOLAK	MARCIN	TriAdvisor.pl	POL	1988	M30	2	00:15:45	25	00:02:04	01:06:34	8	00:01:09	00:41:06	13	02:06:38		9	
10	615	MISZEWSKI	KRZYSZTOF	CTS	POL	1981	M35	2	00:16:15	36	00:01:48	01:07:08	12	00:01:03	00:40:48	12	02:07:02		10	
11	596	NIZIO	ADAM	Roadbike.pl Peugeot Polska	POL	1995	M25	6	00:14:46	14	00:01:53	01:06:55	10	00:00:58	00:42:51	25	02:07:23		11	
12	680	FABISZEWSKI	MARCIN	TriWawa	POL	1983	M35	3	00:14:16	9	00:02:07	01:08:02	22	00:01:33	00:41:49	16	02:07:47		12	
13	591	LEWICKI	MAURYCJ		POL	2000	M18	1	00:15:53	26	00:01:47	01:08:32	23	00:01:42	00:39:54	7	02:07:48		13	
14	543	KOMANDER	EWA	zaksa	POL	1985	K35	1	00:13:41	6	00:01:40	01:08:46	25	00:01:25	00:42:19	19	02:07:51	1		
15	645	RÓŻAŁSKI	PIOTR	ETT Elbląg Triathlon Team	POL	1979	M40	1	00:14:20	10	00:02:03	01:07:44	18	00:01:05	00:42:57	26	02:08:09		14	
16	623	PODZIEWSKI	ARKADIUSZ	TKKF Non Iron TRINERGY TEAM	POL	1972	M45	2	00:15:55	27	00:02:21	01:04:40	3	00:01:29	00:44:08	41	02:08:33		15	
17	561	SOSNOWSKI	JAROSŁAW	PTT DELTA	POL	1980	M40	2	00:13:53	7	00:02:12	01:08:39	24	00:01:23	00:42:41	24	02:08:48		16	
18	552	KOŁODZIEJ	SEBASTIAN	LABOSPORT Team	POL	1981	M35	4	00:15:39	22	00:02:10	01:07:51	19	00:01:21	00:42:26	22	02:09:27		17	
19	620	KRASNODĘBSKI	SEBASTIAN		POL	1982	M35	5	00:16:15	37	00:02:04	01:07:24	15	00:01:36	00:43:13	29	02:10:32		18	
20	639	LIS	PAWEŁ	CTS	POL	1977	M40	3	00:14:14	8	00:01:57	01:08:52	27	00:01:17	00:44:15	42	02:10:35		19	
21	638	JAWORSKI	RAFAL		POL	1984	M35	6	00:17:32	69	00:01:59	01:09:29	34	00:01:06	00:40:38	10	02:10:44		20	
22	686	SZCZOTKA	MARIUSZ	LABOSPORT Team	POL	1975	M45	3	00:16:09	33	00:02:28	01:09:21	33	00:02:07	00:40:47	11	02:10:52		21	
23	612	KRUPA	JAN	Jarecki Coaching	POL	1988	M30	3	00:15:44	24	00:02:18	01:07:54	20	00:01:06	00:44:02	39	02:11:04		22	
24	679	WOŁOŚ	EVELINA	Ewelsport	POL	1987	K30	1	00:16:22	44	00:02:13	01:07:21	14	00:01:39	00:44:01	38	02:11:36	2		
25	560	MIKA	TOMASZ	LABOSPORT Team	POL	1979	M40	4	00:17:22	66	00:02:13	01:09:03	28	00:01:53	00:41:45	15	02:12:16		23	
26	602	RYNKO	PAWEŁ	Najmowicz Triathlon	POL	1980	M40	5	00:16:47	56	00:01:42	01:10:24	36	00:01:06	00:42:18	18	02:12:17		24	
27	582	ALEKSIEJUK	PIOTR	Najmowicz Triathlon	POL	1985	M35	7	00:16:26	46	00:02:26	01:06:30	6	00:02:02	00:45:09	48	02:12:33		25	
28	580	SWIANIEWICZ	ANTONI	AKS Polonia Warszawa	POL	1985	M35	8	00:16:17	41	00:02:19	01:08:02	21	00:01:27	00:45:00	46	02:13:05		26	
29	551	KAMIŃSKI	RAFAL		POL	1984	M35	9	00:16:20	43	00:01:46	01:11:15	45	00:01:20	00:42:28	23	02:13:09		27	
30	640	DYMEK	ADRIAN	forBET Zakłady Bukmacherskie / NajmowiczTRI.pl	POL	1989	M30	4	00:17:59	81	00:02:27	01:10:43	38	00:01:01	00:41:44	14	02:13:54		28	
31	678	KLEZIEROWICZ	PAWEŁ	Nadaktywni	POL	1990	M30	5	00:15:24	19	00:02:02	01:11:16	46	00:01:18	00:43:55	36	02:13:55		29	
32	597	PAWŁOWSKI	RADOSŁAW	TRINERGY	POL	1976	M40	6	00:14:37	11	00:02:37	01:09:15	32	00:01:48	00:45:54	51	02:14:11		30	
33	630	WIECZORKOWSKI	ADRIAN	BIALL / Bike U Up	POL	1975	M45	4	00:16:44	53	00:02:07	01:11:04	39	00:01:04	00:43:15	30	02:14:14		31	
34	548	KAMIŃSKI	DARIUSZ	Team Elektryk / Najmowicz Triathlon	POL	1979	M40	7	00:16:13	34	00:02:19	01:11:23	51	00:01:23	00:43:30	31	02:14:48		32	
35	685	STRUK	MACIEJ	Ironman Inspiration AE tri club	POL	1979	M40	8	00:17:53	77	00:02:21	01:09:07	31	00:01:38	00:44:02	40	02:15:01		33	
36	555	BORKOWY	MICHAŁ	LABOSPORT Team	POL	1975	M45	5	00:17:58	80	00:02:35	01:11:14	44	00:01:13	00:42:21	20	02:15:21		34	
37	553	NAROŹNIK	MACIEJ	LABOSPORT Team Demoprojekt TRI TEAM	POL	1986	M30	6	00:15:42	23	00:02:06	01:13:01	64	00:01:06	00:43:33	34	02:15:28		35	
38	664	SZKLARCZYK	MICHAŁ		POL	1990	M30	7	00:14:39	12	00:02:03	01:09:07	30	00:01:29	00:48:11	80	02:15:29		36	
39	691	SOCHA	TOMASZ	TRINERGY TEAM	POL	1968	M50	1	00:15:59	29	00:02:35	01:11:07	41	00:01:55	00:43:55	37	02:15:31		37	
40	657	WRÓBLEWSKI	MICHAŁ	Szprycha Giżycko	POL	1988	M30	8	00:21:45	137	00:02:05	01:07:41	17	00:01:13	00:43:02	27	02:15:46		38	
41	574	WOWTONIUK	MARIUSZ	Tim Małego	POL	1978	M40	9	00:15:06	17	00:02:05	01:13:15	66	00:01:09	00:44:52	45	02:16:27		39	
42	603	KURACH	MICHAŁ	Five Dimensions	POL	1985	M35	10	00:18:01	84	00:02:29	01:08:47	26	00:01:22	00:45:52	50	02:16:31		40	
43	572	CZAJKOWSKI	ADAM		POL	1970	M50	2	00:16:05	31	00:02:15	01:12:01	54	00:01:34	00:45:05	47	02:17:00		41	
44	672	BRZÓSKA	HENRYK	TS Akwedukt Kielce	POL	1966	M50	3	00:18:46	101	00:03:01	01:11:18	47	00:01:54	00:42:09	17	02:17:08		42	
45	611	PREJS	PIOTR	Najmowicz Triathlon Team Najmowicz Triathlon Team	POL	1975	M45	6	00:18:04	86	00:02:34	01:11:19	48	00:01:40	00:43:32	33	02:17:09		43	
46	633	ZAWADZKI	MATEUSZ		POL	1995	M25	7	00:16:41	52	00:02:06	01:09:59	35	00:01:58	00:46:28	58	02:17:12		44	
47	589	BIADUŃ	DANIEL	LABOSPORT Team absolutebikes.pl	POL	1982	M35	11	00:16:14	50	00:02:16	01:12:56	62	00:01:28	00:44:24	44	02:17:18		45	
48	607	JAKUBOWSKI	KUBA	Najmowicz Triathlon	POL	1990	M30	9	00:16:40	35	00:02:16	01:14:16	71	00:01:20	00:43:05	28	02:17:37		46	
49	606	MARIANEK	ALEKSANDRA	ENDURE Team	POL	1990	K30	2	00:14:50	15	00:02:14	01:12:53	61	00:01:16	00:46:31	59	02:17:44	3		
50	627	WOŹNIAK	JACEK	CTS PORTA DRZWI	POL	1980	M40	10	00:16:56	59	00:02:02	01:11:13	43	00:01:23	00:46:14	55	02:17:48		47	
51	661	HERMANN	TOMASZ	www.olszynbiznes.pl Rodo BHP	POL	1978	M40	11	00:17:43	74	00:02:01	01:13:52	68	00:01:07	00:43:30	32	02:18:13		48	
52	564	MIŃKO	PIOTR	UNIBEP TRI Bielska Podlaski TEAM	POL	1978	M40	12	00:16:46	54	00:02:16	01:11:13	42	00:01:25	00:46:43	64	02:18:23		49	
53	674	CHMIELEWSKI	RAFAL	Olimpia/Wisła/Ruch Grudziądz	POL	1974	M45	7	00:17:14	64	00:02:08	01:09:06	29	00:01:23	00:48:40	84	02:18:31		50	
54	692	KURCZYCKI	MICHAŁ	Waniewski Coaching	POL	1979	M40	13	00:16:22	45	00:02:16	01:11:57	53	00:01:34	00:46:46	65	02:18:55		51	
55	542	BORKO	CEZARY	Najmowicz Triathlon	POL	1973	M45	8	00:16:00	30	00:01:56	01:12:39	60	00:01:14	00:47:10	69	02:18:59		52	
56	614	GRZEBYTA	MATEUSZ	MTB START KARTUZY	POL	1987	M30	10	00:17:43	73	00:02:23	01:11:22	50	00:01:17	00:46:22	57	02:19:07		53	
57	644	KWIECIŃSKI	SEBASTIAN	Przemysław Szymanowski Triathlon Team	POL	1977	M40	14	00:16:16	40	00:02:35	01:14:36	72	00:01:49	00:43:52	35	02:19:08		54	
58	558	SZOSTAK	KOSMA	VISIONLITE	POL	1989	M30	11	00:18:07	88	00:02:25	01:05:58	4	00:02:07	00:50:55	102	02:19:32		55	
59	637	PERKOWSKI	JAROSŁAW	Białe Miśki Suwałki	POL	1971	M45	9	00:16:28	47	00:02:16	01:13:05	65	00:01:42	00:46:32	61	02:20:03		56	
60	654	KOŁODKO	JULIUSZ	Nadaktywni	POL	1979	M40	15	00:17:01	60	00:02:12	01:11:05	40	00:01:29	00:48:25	81	02:20:12		57	
61	599	RYBAK	REMIGIUSZ	Bike U Up	POL	1977	M40	16	00:18:18	89	00:02:11	01:10:42	37	00:01:25	00:48:42	85	02:21:18		58	
62	689	ŚWIERC	KAROL	POST MEDICAL Sport Team	POL	1980	M40	17	00:16:46	55	00:02:32	01:14:10	70	00:01:50	00					

Garmin Iron Triathlon Gołdap 12.07.2020 r.

Dystans: 1/4



M-ce	Numer	Nazwisko Imię	Team	Kraj	Rok ur.	Kat. wiek.	Miejsce kat.	Pływanie	Pływanie miejsce	T1	Rower	Rower miejsce	T2	Bieg	Bieg miejsce	Czas	K	M	Kara czasowa
76	571	ANTONIUK MARCIN	23 TEAM	POL	1975	M45	12	00:18:06	87	00:02:25	01:12:22	58	00:01:13	00:51:33	106	02:25:39		70	
77	650	ZUJKO KINGA	Szala Coach / Nadaktywni	POL	1996	K18	1	00:19:37	116	00:02:39	01:17:25	90	00:01:46	00:44:15	43	02:25:42	7		
78	563	KIEDA ALEKSANDRA	IronWoman FIT/ TRENERFIT.PL	POL	1990	K30	5	00:18:01	83	00:02:09	01:16:32	82	00:01:21	00:47:40	73	02:25:43	8		
79	626	PANKIEWICZ BARTOSZ	centrum stomatologii	POL	1985	M35	12	00:17:16	65	00:03:05	01:13:41	67	00:01:54	00:50:01	94	02:25:57		71	
80	632	WARZYBOK MAGDA		POL	1982	K35	2	00:16:15	38	00:02:20	01:15:35	77	00:01:37	00:50:46	101	02:26:33	9		
81	566	ŁUKASZUK JACEK	Lu.Tech Projekt TEAM	POL	1975	M45	13	00:17:56	79	00:02:45	01:16:42	85	00:01:40	00:47:48	75	02:26:51		72	
82	634	LETKOWSKI DARIUSZ	Gapmont Running Team	POL	1978	M40	22	00:17:05	62	00:02:29	01:17:57	92	00:02:20	00:47:27	70	02:27:18		73	
83	659	WINKLER MARCIN	Przychodnia Lekarska Sompolno	POL	1979	M40	23	00:19:18	108	00:03:22	01:11:25	52	00:02:01	00:52:34	113	02:28:40		74	
84	636	HARTLINSKI WOJCIECH		POL	1984	M35	13	00:16:48	57	00:02:51	01:18:29	101	00:01:15	00:49:31	91	02:28:54		75	
85	549	WITKOWSKI DAMIAN	LABOSPORT Team	POL	1981	M35	14	00:19:01	104	00:02:48	01:15:35	76	00:01:15	00:50:28	97	02:29:07		76	
86	669	ZBUTOWICZ ŁUKASZ	AKB & Klub Biegacza Lidzbark Warmiński	POL	1983	M35	15	00:18:26	92	00:02:33	01:20:25	109	00:01:40	00:46:06	53	02:29:10		77	
87	687	BROŻ KRZYSZTOF	TRI for ME www.projektowakb.pl	POL	1976	M40	24	00:17:38	70	00:02:29	01:15:26	75	00:01:21	00:52:34	114	02:29:28		78	
88	593	KOLEDA ARTUR	Ortostom Augustów	POL	1974	M45	14	00:19:43	120	00:02:26	01:18:10	96	00:02:45	00:46:50	66	02:29:54		79	
89	695	JEDWABNY TOMEK		POL	1976	M40	25	00:17:30	68	00:02:33	01:17:48	91	00:01:38	00:50:42	100	02:30:11		80	
90	619	ŻYŁOWSKI DAWID	Izerska Grupa Biegowa	POL	1996	M18	3	00:19:33	115	00:02:24	01:20:43	113	00:01:12	00:46:32	60	02:30:24		81	
91	643	DĘBIEC EWA	CTS	POL	1982	K35	3	00:19:23	112	00:02:20	01:18:07	95	00:01:44	00:49:17	90	02:30:51	10		
92	693	HARTLINSKI GRZEGORZ		POL	1984	M35	16	00:18:43	99	00:02:45	01:19:50	108	00:01:37	00:48:03	77	02:30:58		82	
93	617	KOSMATKA PAWEŁ		POL	1993	M25	9	00:18:35	93	00:02:14	01:21:12	114	00:01:33	00:47:40	74	02:31:14		83	
94	658	KIRILENKO ANETA	TRI LEVEL	POL	1974	K45	1	00:18:46	100	00:02:51	01:18:22	99	00:02:26	00:48:57	87	02:31:22	11		
95	583	STRUK PIOTR		POL	1993	M25	10	00:17:04	61	00:02:36	01:15:12	74	00:01:47	00:54:50	126	02:31:29		84	
96	624	DRAPELA DARIUSZ	CTS - CzajaTrainingSystem	POL	1957	M60	1	00:17:28	67	00:02:09	01:17:00	86	00:01:46	00:53:16	116	02:31:39		85	
97	641	FŁORCZAK KRZYSZTOF	KS MARATON OSTRÓW WLKP. Bractwo Biegowe BKG	POL	1972	M45	15	00:22:22	144	00:03:08	01:18:24	100	00:01:27	00:46:34	62	02:31:55		86	
98	660	SOWA ANDRZEJ	trenujtriathlon.pl brak	POL	1972	M45	16	00:17:59	82	00:03:07	01:19:13	106	00:02:02	00:49:49	92	02:32:10		87	
99	618	BRZUSKA LESŁAW		POL	1979	M40	26	00:18:01	85	00:03:59	01:16:25	81	00:03:21	00:50:30	98	02:32:16		88	
100	631	CIEŚLEWSKI PIOTR		POL	1982	M35	17	00:22:20	143	00:03:32	01:15:59	79	00:02:09	00:48:40	83	02:32:40		89	
101	684	CHODKIEWICZ TOMASZ	PEUGEOT POLSKA PEUGEOT	POL	1974	M45	17	00:20:48	131	00:03:00	01:20:28	111	00:01:40	00:47:04	68	02:33:00		90	
102	677	WERLE MICHAŁ		POL	1990	M30	14	00:19:48	122	00:02:30	01:18:37	102	00:01:42	00:50:36	99	02:33:13		91	
103	610	KACZOR HUBERT		POL	1974	M45	18	00:19:16	106	00:03:04	01:18:47	104	00:01:51	00:51:09	104	02:34:07		92	
104	648	ZASTAWNIAK KACPER	Sport Freaks Poland	POL	1981	M35	18	00:19:18	107	00:03:05	01:17:21	89	00:02:37	00:51:54	109	02:34:15		93	
105	652	KIRILENKO MARCIN	TRI LEVEL	POL	1974	M45	19	00:22:58	147	00:03:13	01:16:33	84	00:02:39	00:48:54	86	02:34:17		94	
106	608	BIELSKI MARCIN	Marcin Bielski Marcin Bielski	POL	1984	M35	19	00:20:00	124	00:02:27	01:20:36	112	00:01:37	00:49:51	93	02:34:31		95	
107	635	SZKLARCZYK ARTUR	BIKE Salon Team	POL	1984	M35	20	00:21:30	136	00:04:52	01:19:23	107	00:01:56	00:48:02	76	02:35:43		96	
108	545	RADKO KRYSZTIAN	GVT	POL	1976	M40	27	00:19:26	113	00:02:39	01:14:00	69	00:01:51	00:57:49	138	02:35:45		97	
109	616	JARMOŁOWICZ BEATA	CTS Czaja Training System	POL	1970	K50	1	00:21:15	134	00:02:55	01:17:07	87	00:01:39	00:53:59	124	02:36:55	12		
110	655	KOWALCZYK JAROSŁAW	GT KONA Opole	POL	1978	M40	28	00:16:35	49	00:02:44	01:18:21	98	00:01:50	00:57:27	137	02:36:57		98	
111	592	NOSALIK PAWEŁ		POL	1976	M40	29	00:19:22	111	00:02:21	01:20:28	110	00:01:37	00:53:10	115	02:36:58		99	
112	554	KAPELA PIOTR		POL	1975	M45	20	00:17:46	75	00:02:42	01:22:46	121	00:02:05	00:51:56	110	02:37:15		100	
113	594	KAWKA PAULINA	23 TEAM	POL	1991	K25	2	00:16:55	58	00:02:33	01:25:32	129	00:01:13	00:51:42	107	02:37:55	13		
114	565	KOMOROWSKA-SOŁODOWCZUK KATARZYNA		POL	1981	K35	4	00:19:42	118	00:02:50	01:26:05	133	00:01:52	00:47:30	71	02:37:59	14		
115	642	OLCZAK ARKADIUSZ	OLLO Team	POL	1972	M45	21	00:20:30	129	00:02:27	01:18:15	97	00:01:54	00:55:04	129	02:38:10		101	
116	670	CHAJZEK JULIA	TRI CLUB	POL	1984	K35	5	00:19:08	105	00:02:15	01:19:05	105	00:01:20	00:56:23	132	02:38:11	15		
117	550	WOSZCZER MICHAŁ	Mix Dresy i Skejta Meridian Eksperti Kredytowi	POL	1977	M40	30	00:18:55	103	00:02:54	01:22:12	118	00:01:29	00:53:30	119	02:39:00		102	
118	601	NOŻYŃSKI KAMIL		POL	1983	M35	21	00:20:01	125	00:02:26	01:21:46	116	00:01:43	00:53:23	118	02:39:19		103	
119	656	BUDREWICZ MILENA	MBC - Maciej Bodnar Coaching World Dental	POL	1986	K30	6	00:18:38	94	00:02:25	01:26:01	132	00:01:22	00:51:02	103	02:39:28	16		
120	668	OSTROWSKI TOMASZ	Triathlon Training Center	POL	1988	M30	15	00:19:44	121	00:03:51	01:22:18	120	00:02:37	00:51:44	108	02:40:14		104	
121	540	GLEBOCKI ADAM		POL	1973	M45	22	00:18:19	90	00:03:11	01:18:40	103	00:02:08	00:58:03	140	02:40:21		105	
122	590	UJOWCZAK JACEK		POL	1972	M45	23	00:21:00	132	00:02:44	01:21:30	115	00:01:55	00:53:21	117	02:40:30		106	
123	604	KIELAK ZUZANNA		POL	1994	K25	3	00:22:09	139	00:02:33	01:24:23	125	00:01:44	00:50:17	95	02:41:06	17		
124	576	KSIĄŻEK DYMITYR		POL	1978	M40	31	00:17:40	72	00:03:15	01:25:50	131	00:02:03	00:52:34	112	02:41:22		107	
125	667	KLINIEWSKI ANDRZEJ	Kliniak Team	POL	1987	M30	16	00:19:19	109	00:03:08	01:24:52	127	00:01:44	00:52:29	111	02:41:32		108	
126	573	FRYDRYCH AGATA		POL	1991	K25	4	00:19:42	119	00:02:53	01:23:57	123	00:01:43	00:54:49	125	02:43:04	18		
127	585	LISIUS TOMASZ		POL	1964	M55	1	00:19:30	114	00:03:15	01:22:08	117	00:01:56	00:56:35	134	02:43:24		109	
128	662	WIŚNIEWSKI BARTOSZ	sportera ocr	POL	1990	M30	17	00:18:48	102	00:03:11	01:25:47	130	00:02:07	00:53:33	120	02:43:26		110	
129	579	ZAMORA WOJCIECH	ZAMORA ZAMORA	POL	1987	M30	18	00:18:43	98	00:02:52	01:26:20	134	00:01:56	00:53:55	122	02:43:46		111	
130	569	UŻDZIŁO PRZEMYSŁAW	Wyczęsani	POL	1980	M40	32	00:20:16	127	00:02:44	01:24:48	126	00:01:20	00:55:02	128	02:44:10		112	
131	570	KRUPOWICZ MARCIN		POL	1964	M55	2	00:18:42	97	00:04:00	01:22:12	119	00:03:08	00:56:25	133	02:44:27		113	
132	575	STAŃCZAK SZYMON	SCI Górsy Entuzjasta Triathlon Kapela Buduje	POL	1977	M40	33	00:22:44	146	00:03:50	01:27:55	140	00:02:11	00:48:09	78	02:44:49		114	
133	647	BARANOWSKA KORNELIA	Sprevo	POL	1973	K45	2	00:19:21	110	00:03:29	01:24:14	124	00:01:57	00:56:13	131	02:45:14	19		
134	651	RÓŻALSKA ALEKSANDRA	ETT Elbląg Triathlon Team	POL	1978	K40	1	00:18:41	96	00:02:35	01:28:39	141	00:01:34	00:55:17	130	02:46:46	20		
135	546	KACZYMIROW TOMASZ		POL	1961	M55	3	00:20:41	130	00:02:56	01:27:21	137	00:02:26	00:55:00	127	02:48:24		115	
136	629	UŻDZIŁO EMIL	Wyczęsani	POL	1985	M35	22	00:21:20	135	00:02:51	01:23:27	122	00:01:43	01:01:13	148	02:50:34		116	
137	646	ZESZUTEK NATALIA	Complexsports	POL	1985	K35	6	00:20:23	128	00:02:59	01:27:35	138	00:01:52	00:59:04	142	02:51:53	21		
138	557	FISCHER MARCIN		POL	1973	M45	24	00:22:41	145	00:03:10	01:26:33	135	00:02:09	00:57:51	139	02:52:24		117	
139	556	ROKICKI TOMASZ		POL	1959	M60	2	00:19:58	123	00:04:35	01:25:32	125	00:02						

Garmin Iron Triathlon Gołdap 12.07.2020 r.
Dystans: 1/4



M-ce	Numer	Nazwisko Imię	Team	Kraj	Rok ur.	Kat. wiek.	Miejsce kat	Pływanie	Pływanie miejsce	T1	Rower	Rower miejsce	T2	Bieg	Bieg miejsce	Czas	K	M	Kara czasowa
151	586	OWCZAREK PAWEŁ		POL	1971	M45	26	00:27:12	155	00:04:49	01:33:26	148	00:03:24	01:04:33	151	03:13:24			127
152	559	GAJEWSKI MARIUSZ	MBC - Maciej Bodnar Coaching	POL	1976	M40	35	00:22:15	142	00:04:51	01:32:33	146	00:02:00	01:16:15	152	03:17:54			128
153	588	ANDRZEJEWICZ ŁUKASZ	Warsaw Masters Team	POL	1991	M25	11	00:16:41	51	00:03:26	01:40:16	153	00:01:38	01:23:37	154	03:25:38			129
154	649	WOJDOWSKA MAGDALENA	MARKOWI BIEGACZE Just-Max	POL	1991	K25	5	00:23:42	149	00:05:13	01:36:36	152	00:03:17	01:22:02	153	03:30:50	25		
155	653	NOWAK STANISŁAW	last but not least	POL	1956	M60	4	00:25:48	153	00:05:46	01:47:08	155	00:02:52	01:31:53	155	03:53:27			130