

Garmin Iron Triathlon - GOŁDAP
25.07.2021 r.
Dystans: Dystans 1/4 (0,95 / 45 / 10,5)



| M-ce | Numer | Nazwisko Imię | Team | Rok ur. | Kat. wiek. | Miejsce kat | Pływanie | Pływanie miejsce | T1 | Rower | Rower miejsce | T2 | Bieg | Bieg miejsce | Czas | K | M | Kara czasowa |
|------|-------|-------------------------|---|---------|------------|-------------|----------|------------------|----------|----------|---------------|----------|----------|--------------|----------|---|----|--------------|
| 1 | 1 | BREMBOR TOMASZ | Vamos Racing Team | 1994 | M25 | 1 | 00:12:00 | 1 | 00:01:30 | 01:02:47 | 1 | 00:01:04 | 00:36:16 | 1 | 01:53:37 | | 1 | |
| 2 | 153 | DUPLICKI KAMIL | Beko | 1981 | M40 | 1 | 00:15:24 | 10 | 00:01:50 | 01:08:10 | 3 | 00:01:06 | 00:41:02 | 3 | 02:07:32 | | 2 | |
| 3 | 73 | SEKIERSKI MATEUSZ MAREK | Maciej Bodnar Coaching / SportowiecWielki | 1993 | M25 | 2 | 00:15:08 | 7 | 00:02:13 | 01:09:39 | 9 | 00:01:19 | 00:40:46 | 2 | 02:09:05 | | 3 | |
| 4 | 63 | PODZIEWSKI ARKADIUSZ | TKKF Non Iron TRINERGY TEAM | 1972 | M45 | 1 | 00:16:46 | 20 | 00:02:06 | 01:06:58 | 2 | 00:01:39 | 00:46:18 | 12 | 02:13:47 | | 4 | |
| 5 | 90 | BORKOWY MICHAŁ | LABOSPORT Team | 1975 | M45 | 2 | 00:18:29 | 50 | 00:02:18 | 01:08:54 | 5 | 00:01:23 | 00:43:02 | 4 | 02:14:06 | | 5 | |
| 6 | 130 | MANCZAK BLAZEJ | Endure Team | 1998 | M18 | 1 | 00:13:32 | 2 | 00:02:34 | 01:11:11 | 15 | 00:01:44 | 00:45:11 | 7 | 02:14:12 | | 6 | |
| 7 | 2 | JAHNZ KAROLINA | Go2Tri | 1984 | K35 | 1 | 00:14:40 | 5 | 00:02:00 | 01:10:31 | 11 | 00:01:21 | 00:45:43 | 8 | 02:14:15 | 1 | | |
| 8 | 12 | ZAWADZKI MATEUSZ | #dawajkalachteam | 1995 | M25 | 3 | 00:16:46 | 21 | 00:01:59 | 01:09:24 | 6 | 00:01:37 | 00:47:42 | 22 | 02:17:28 | | 7 | |
| 9 | 9 | JAKUBOWSKI TOMASZ | ATP Augustów | 1996 | M25 | 4 | 00:14:27 | 3 | 00:01:53 | 01:10:55 | 14 | 00:01:33 | 00:49:45 | 40 | 02:18:33 | | 8 | |
| 10 | 109 | WOŹNIAK JACEK | CTS PORTA DRZWI | 1980 | M40 | 2 | 00:17:03 | 28 | 00:02:18 | 01:09:31 | 8 | 00:01:54 | 00:47:56 | 26 | 02:18:42 | | 9 | |
| 11 | 102 | PAC ARKADIUSZ | Najmowicz Triathlon / globalservis.pl | 1990 | M30 | 1 | 00:19:22 | 62 | 00:03:20 | 01:08:21 | 4 | 00:02:04 | 00:45:46 | 9 | 02:18:53 | | 10 | |
| 12 | 41 | GRYCZ KAMIL | Lulki | 1992 | M25 | 5 | 00:17:42 | 38 | 00:02:57 | 01:09:29 | 7 | 00:02:01 | 00:46:47 | 14 | 02:18:56 | | 11 | |
| 13 | 53 | KOWALCZYK IGA | TRINERGY TEAM | 1989 | K30 | 1 | 00:16:26 | 16 | 00:01:56 | 01:15:04 | 35 | 00:01:30 | 00:44:27 | 5 | 02:19:23 | 2 | | |
| 14 | 132 | RYNKO PAWEŁ | Najmowicz Triathlon | 1980 | M40 | 3 | 00:16:53 | 23 | 00:02:08 | 01:12:45 | 19 | 00:01:26 | 00:46:51 | 16 | 02:20:03 | | 12 | |
| 15 | 99 | CIELEWSKI PIOTR | Tri Sebuś Team | 1982 | M35 | 1 | 00:19:20 | 61 | 00:02:41 | 01:10:40 | 12 | 00:01:47 | 00:45:51 | 11 | 02:20:19 | | 13 | |
| 16 | 149 | STĘPNIAK PAWEŁ | WITC TRICLUB | 1983 | M35 | 2 | 00:16:36 | 19 | 00:02:20 | 01:13:52 | 26 | 00:01:41 | 00:45:51 | 10 | 02:20:20 | | 14 | |
| 17 | 108 | DOŁĘGA-KOZIEROWSKI JAN | KAZIKI | 1988 | M30 | 2 | 00:17:58 | 43 | 00:02:50 | 01:10:48 | 13 | 00:02:08 | 00:46:44 | 13 | 02:20:28 | | 15 | |
| 18 | 64 | MRÓZ MICHAŁ | 3T | 1979 | M40 | 4 | 00:15:17 | 8 | 00:03:15 | 01:13:02 | 23 | 00:01:53 | 00:47:05 | 18 | 02:20:32 | | 16 | |
| 19 | 115 | ŚWIERC KAROL | POST MEDICAL SPORT TEAM | 1980 | M40 | 5 | 00:16:53 | 22 | 00:02:30 | 01:12:48 | 20 | 00:01:32 | 00:47:56 | 24 | 02:21:38 | | 17 | |
| 20 | 80 | SOLAN RADOŚLAW | | 1974 | M45 | 3 | 00:16:29 | 17 | 00:02:22 | 01:12:26 | 17 | 00:01:46 | 00:48:36 | 29 | 02:21:39 | | 18 | |
| 21 | 152 | OSMOLIK JAREK | Trizarza | 1977 | M40 | 6 | 00:17:16 | 32 | 00:02:20 | 01:11:27 | 16 | 00:01:59 | 00:48:52 | 31 | 02:21:54 | | 19 | |
| 22 | 3 | JONIO KATARZYNA | Kuźnia Triathlonu / Triathletic Team | 1981 | K40 | 1 | 00:18:25 | 49 | 00:01:43 | 01:15:39 | 37 | 00:01:35 | 00:47:43 | 23 | 02:25:05 | 3 | | |
| 23 | 92 | ŁOŚ TOMASZ | 3T Białystok | 1986 | M35 | 3 | 00:18:43 | 53 | 00:02:30 | 01:15:01 | 31 | 00:01:44 | 00:47:12 | 19 | 02:25:10 | | 20 | |
| 24 | 107 | STRZAŁA GRZEGORZ | Tridivision Triathlon Team | 1978 | M40 | 7 | 00:17:56 | 42 | 00:02:56 | 01:13:19 | 24 | 00:02:03 | 00:49:10 | 34 | 02:25:24 | | 21 | |
| 25 | 116 | NOWICKI BARTOSZ | PODRÓŻNICZEJ TEAM GARMIN POLSKA | 1984 | M35 | 4 | 00:19:59 | 74 | 00:02:14 | 01:14:10 | 27 | 00:01:45 | 00:47:56 | 25 | 02:26:04 | | 22 | |
| 26 | 138 | MICHAŁOWSKI PIOTR | NADAKTYWNI Białystok | 1991 | M30 | 3 | 00:15:42 | 13 | 00:03:45 | 01:18:04 | 53 | 00:01:49 | 00:46:47 | 15 | 02:26:07 | | 23 | |
| 27 | 35 | PAWŁOWSKI KAROL | IM Inspiration | 1989 | M30 | 4 | 00:18:20 | 47 | 00:02:48 | 01:14:32 | 29 | 00:01:57 | 00:49:28 | 38 | 02:27:05 | | 24 | |
| 28 | 111 | ŁUKASIEWICZ MICHAŁ | Bright | 1986 | M35 | 5 | 00:21:36 | 104 | 00:03:30 | 01:10:16 | 10 | 00:02:34 | 00:49:12 | 35 | 02:27:08 | | 25 | |
| 29 | 105 | TELSZEWSKI MACIEJ | Wagabunda Mała Piaśnica | 1978 | M40 | 8 | 00:22:43 | 115 | 00:03:04 | 01:15:01 | 32 | 00:01:49 | 00:44:45 | 6 | 02:27:22 | | 26 | |
| 30 | 128 | WILLISCH ROBERT | | 1986 | M35 | 6 | 00:16:12 | 15 | 00:02:34 | 01:18:26 | 56 | 00:01:20 | 00:48:57 | 33 | 02:27:29 | | 27 | |
| 31 | 142 | JAROMSKI MAKSYMILIAN | Krotex Pharm | 1993 | M25 | 6 | 00:17:49 | 39 | 00:02:09 | 01:16:50 | 44 | 00:01:37 | 00:49:43 | 39 | 02:28:08 | | 28 | |
| 32 | 150 | KIEDA WOJCIECH | KiEdA - TRENERFIT.PL / IronWomanFIT | 1976 | M45 | 4 | 00:15:53 | 14 | 00:02:09 | 01:15:04 | 34 | 00:01:28 | 00:54:06 | 72 | 02:28:40 | | 29 | |
| 33 | 136 | OSIECKI EDWIN | Kuźnia Triathlonu | 1969 | M50 | 1 | 00:17:15 | 31 | 00:02:43 | 01:17:51 | 51 | 00:02:03 | 00:48:55 | 32 | 02:28:47 | | 30 | |
| 34 | 129 | MAŃCZAK JAKUB | Endure Team | 1971 | M50 | 2 | 00:14:38 | 4 | 00:02:46 | 01:15:03 | 33 | 00:02:41 | 00:54:44 | 76 | 02:29:52 | | 31 | |
| 35 | 24 | HARTLINSKI WOJCIECH | Najmowicz Triathlon Team | 1984 | M35 | 7 | 00:17:02 | 27 | 00:02:47 | 01:18:59 | 62 | 00:01:39 | 00:49:27 | 37 | 02:29:54 | | 32 | |
| 36 | 28 | KLEJZEROWICZ ROMAN | IM Inspiration Egger Biskupiec Biega | 1977 | M40 | 9 | 00:19:40 | 68 | 00:02:32 | 01:17:49 | 50 | 00:02:04 | 00:48:12 | 28 | 02:30:17 | | 33 | |
| 37 | 27 | ORŁOWSKI ŁUKASZ | Żelazna Świdnica Solver Łukasz Orłowski | 1986 | M35 | 8 | 00:20:36 | 86 | 00:02:43 | 01:16:44 | 43 | 00:01:32 | 00:49:18 | 36 | 02:30:53 | | 34 | |
| 38 | 77 | GÓRNIAK ŁUKASZ | | 1977 | M40 | 10 | 00:18:56 | 54 | 00:03:32 | 01:15:06 | 36 | 00:02:55 | 00:50:42 | 47 | 02:31:11 | | 35 | |
| 39 | 104 | CHMIELEWSKI RAFAŁ | Tridivision Triathlon Team | 1974 | M45 | 5 | 00:19:05 | 55 | 00:02:28 | 01:12:52 | 21 | 00:01:40 | 00:55:33 | 79 | 02:31:38 | | 36 | |
| 40 | 137 | WYBZYŃSKI WOJCIECH | | 1991 | M30 | 5 | 00:17:36 | 34 | 00:03:10 | 01:18:22 | 55 | 00:01:41 | 00:50:49 | 48 | 02:31:38 | | 36 | |
| 41 | 13 | OWCZAREK JACEK | | 1972 | M45 | 6 | 00:20:04 | 77 | 00:02:25 | 01:16:07 | 39 | 00:01:46 | 00:51:17 | 51 | 02:31:39 | | 38 | |
| 42 | 88 | SWIDERSKI DARIUSZ | Trinergy | 1970 | M50 | 3 | 00:20:25 | 82 | 00:03:04 | 01:18:40 | 57 | 00:02:16 | 00:47:18 | 20 | 02:31:43 | | 39 | |
| 43 | 74 | TKACZYK ŁUKASZ | TRIZARZA | 1991 | M30 | 6 | 00:19:26 | 64 | 00:03:20 | 01:12:58 | 22 | 00:01:53 | 00:54:08 | 73 | 02:31:45 | | 40 | |
| 44 | 58 | RADKO KRYSZTYN | IRON3K | 1976 | M45 | 7 | 00:17:56 | 41 | 00:02:13 | 01:12:28 | 18 | 00:01:35 | 00:58:01 | 91 | 02:32:13 | | 41 | |
| 45 | 21 | SZOREK HEITZMAN MONIKA | | 1987 | K30 | 2 | 00:17:39 | 35 | 00:02:17 | 01:23:46 | 85 | 00:01:31 | 00:47:18 | 21 | 02:32:31 | 4 | | |
| 46 | 118 | BUGAJ MIROSLAW | | 1967 | M50 | 4 | 00:14:45 | 6 | 00:03:07 | 01:20:05 | 70 | 00:02:11 | 00:52:34 | 63 | 02:32:42 | | 42 | |
| 47 | 123 | SERWATKA WIKTOR | | 2003 | M18 | 2 | 00:20:23 | 81 | 00:03:34 | 01:13:27 | 25 | 00:02:08 | 00:53:11 | 67 | 02:32:43 | | 43 | |
| 48 | 113 | SZCZEPAŃSKI MICHAŁ | | 1991 | M30 | 7 | 00:18:17 | 46 | 00:03:36 | 01:16:29 | 41 | 00:02:13 | 00:52:11 | 59 | 02:32:46 | | 44 | |
| 49 | 103 | PEKAŁA MICHAŁ | Pękałowska - Widowke Zacisze | 1988 | M30 | 8 | 00:21:32 | 103 | 00:02:28 | 01:19:33 | 67 | 00:01:52 | 00:48:11 | 27 | 02:33:36 | | 45 | |
| 50 | 143 | WARZYBOK MAGDALENA | KAZIKI | 1982 | K35 | 2 | 00:18:06 | 45 | 00:02:21 | 01:18:51 | 59 | 00:02:09 | 00:52:14 | 60 | 02:33:41 | 5 | | |
| 51 | 26 | KAPELA PIOTR | SHMT | 1975 | M45 | 8 | 00:17:25 | 33 | 00:03:14 | 01:19:22 | 64 | 00:01:47 | 00:52:02 | 55 | 02:33:50 | | 46 | |
| 52 | 16 | BRODOWSKA JUSTYNA | TRINERGY | 1981 | K40 | 2 | 00:18:38 | 52 | 00:03:03 | 01:17:13 | 47 | 00:02:20 | 00:52:41 | 64 | 02:33:55 | 6 | | |
| 53 | 124 | GONCZAR STEFAN | | 1992 | M25 | 7 | 00:19:23 | 63 | 00:02:17 | 01:18:51 | 60 | 00:01:23 | 00:52:02 | 56 | 02:33:56 | | 47 | |
| 54 | 121 | MAZUROWSKI TOMASZ | 4activeNajmowiczPawel | 1972 | M45 | 9 | 00:21:24 | 100 | 00:03:08 | 01:14:51 | 30 | 00:02:23 | 00:52:10 | 58 | 02:33:56 | | 47 | |
| 55 | 39 | KACZMARCZYK BARTLOMIEJ | ETT Elbląg Triathlon Team | 1985 | M35 | 9 | 00:19:58 | 72 | 00:03:29 | 01:18:58 | 61 | 00:01:45 | 00:49:49 | 41 | 02:33:59 | | 49 | |
| 56 | 94 | ROGULSKI RAFAŁ | TRI Kętrzyn | 1974 | M45 | 10 | 00:22:03 | 110 | 00:03:11 | 01:16:28 | 40 | 00:02:50 | 00:49:54 | 44 | 02:34:26 | | 50 | |
| 57 | 15 | MODZELEWSKI MACIEJ | Swim For a Dream | 1984 | M35 | 10 | 00:20:03 | 76 | 00:02:31 | 01:20:21 | 72 | 00:01:38 | 00:50:09 | 45 | 02:34:42 | | 51 | |
| 58 | 120 | DOBROSIELSKI ANDRZEJ | LABOSPORT Team | 1990 | M30 | 9 | 00:15:22 | 9 | 00:02:40 | 01:20:00 | 69 | 00:01:51 | 00:55:19 | 78 | 02:35:12 | | 52 | |
| 59 | 50 | LIŻAK WŁODZIMIERZ | ETT - Elbląg Triathlon Team | 1963 | M55 | 1 | 00:18:21 | 48 | 00:03:04 | 01:20:54 | 75 | 00:02:06 | 00:50:56 | 50 | 02:35:21 | | 53 | |
| 60 | 69 | TRZASKOMA PIOTR | Szarpię Kraulem | 1989 | M30 | 10 | 00:16:32 | 18 | 00:02:50 | 01:21:00 | 76 | 00:01:26 | 00:54:03 | 71 | 02:35:51 | | 54 | |
| 61 | 119 | STRADOMSKI JACEK | A & J | 1965 | M55 | 2 | 00:17:14 | 30 | 00:03:35 | 01:18:04 | 54 | 00:03:00 | 00:54:02 | 70 | 02:35:55 | | 55 | |
| 62 | 36 | TARASZKIEWICZ ŁUKASZ | 3T Białystok | 1987 | M30 | 11 | 00:20:46 | 90 | 00:03:18 | 01:23:26 | 83 | 00:01:59 | 00:46:58 | 17 | 02:36:27 | | 56 | |
| 63 | 79 | NIEWIADOMSKI DAMIAN | TRIZARZA InPost | 1975 | M45 | 11 | 00:17:02 | 26 | 00:03:02 | 01:16:39 | 42 | 00:03:15 | 00:56:34 | 84 | 02:36:32 | | 57 | |
| 64 | 55 | KURYŁO ARTUR | ATP Augustów | 1966 | M55 | 3 | 00:20:43 | 89 | 00:02:41 | 01:20:22 | 73 | 00:02:27 | 00:50:38 | 46 | 02:36:51 | | 58 | |
| 65 | 114 | STAŃCZAK SZYMON | SCI Górscy Entuzjaści Triathlon Kapela Buduje | 1977 | M40 | 11 | 00:22:59 | 117 | 00:03:34 | 01:17:23 | 48 | 00:02:18 | 00:50:55 | 49 | 02:37:09 | | 59 | |
| 66 | 76 | MAZUREK MARCIN | | 1976 | M45 | 12 | 00:18:37 | 51 | 00:02:51 | 01:22:45 | 80 | 00:02:26 | 00:51:39 | 52 | 02:38:18 | | 6 | |

Garmin Iron Triathlon - GOŁDAP
25.07.2021 r.
Dystans: Dystans 1/4 (0,95 / 45 / 10,5)



| 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 | 100 | KOSMALKI DANIEL | | 1982 | M35 | 12 | 00:21:42 | 108 | 00:02:41 | 01:18:48 | 58 | 00:01:47 | 00:56:08 | 80 | 02:41:06 | | 69 | |
| 77 | 54 | GRANACKA ALEKSANDRA | | 1989 | K30 | 3 | 00:20:19 | 80 | 00:03:07 | 01:24:18 | 88 | 00:02:03 | 00:51:40 | 53 | 02:41:27 | 8 | | |
| 78 | 18 | ŁOPIŃSKI GAWEL BARTOSZ | Team Karaś Billennium | 1975 | M45 | 13 | 00:15:35 | 12 | 00:02:44 | 01:19:17 | 63 | 00:01:51 | 01:02:03 | 105 | 02:41:30 | | 70 | |
| 79 | 71 | STURM FRANK | | 1972 | M45 | 14 | 00:21:37 | 106 | 00:03:30 | 01:14:17 | 28 | 00:04:44 | 00:58:54 | 94 | 02:43:02 | | 71 | |
| 80 | 14 | OSYDA MACIEJ | HTF Ludwik Sikorski | 1986 | M35 | 13 | 00:17:40 | 37 | 00:02:53 | 01:23:47 | 86 | 00:01:48 | 00:56:55 | 87 | 02:43:03 | | 72 | |
| 81 | 70 | OSIECKI IRENEUSZ | CompleXsports Triathlon Team | 1960 | M60 | 1 | 00:20:56 | 95 | 00:03:06 | 01:15:57 | 38 | 00:02:56 | 01:00:47 | 99 | 02:43:42 | | 73 | |
| 82 | 148 | BUJNOWSKI ROBERT | ATP Augustów | 1979 | M40 | 16 | 00:24:01 | 121 | 00:02:30 | 01:22:44 | 79 | 00:02:18 | 00:52:30 | 62 | 02:44:03 | | 74 | |
| 83 | 91 | MORAWSKA AGNIESZKA | Ironwomanfit | 1979 | K40 | 3 | 00:20:18 | 79 | 00:02:24 | 01:25:35 | 98 | 00:01:43 | 00:54:23 | 75 | 02:44:23 | 9 | | |
| 84 | 93 | HAJNAL LASZLO | | 1975 | M45 | 15 | 00:20:55 | 94 | 00:03:12 | 01:24:41 | 91 | 00:02:35 | 00:53:22 | 68 | 02:44:45 | | 75 | |
| 85 | 22 | BIBIK ŁUKASZ | | 1995 | M25 | 10 | 00:18:03 | 44 | 00:02:50 | 01:28:51 | 112 | 00:02:14 | 00:52:48 | 65 | 02:44:46 | | 76 | |
| 86 | 98 | SZACIŁOWSKI PRZEMYSŁAW | NADAKTYWNI | 1984 | M35 | 14 | 00:21:26 | 101 | 00:03:33 | 01:17:30 | 49 | 00:02:57 | 01:00:26 | 97 | 02:45:52 | | 77 | |
| 87 | 48 | OLSZOWY RAFAŁ | Tajny Garaż Na Zabawki | 1983 | M35 | 15 | 00:19:57 | 71 | 00:02:47 | 01:22:19 | 77 | 00:02:09 | 00:58:53 | 93 | 02:46:05 | | 78 | |
| 88 | 106 | KACZYŃSKI DANIEL | | 1982 | M35 | 16 | 00:20:00 | 75 | 00:03:25 | 01:24:26 | 89 | 00:02:00 | 00:56:19 | 82 | 02:46:10 | | 79 | |
| 89 | 51 | KLIMOWSKA ANETTA | ETT Ebląg Triathlon Team | 1979 | K40 | 4 | 00:19:32 | 66 | 00:03:09 | 01:25:25 | 96 | 00:01:50 | 00:56:25 | 83 | 02:46:21 | 10 | | |
| 90 | 57 | KUNDZEWICZ JOANNA | | 1983 | K35 | 3 | 00:20:35 | 84 | 00:03:08 | 01:25:11 | 95 | 00:01:42 | 00:56:36 | 85 | 02:47:12 | 11 | | |
| 91 | 43 | JASIŃSKI MICHAŁ | | 1994 | M25 | 11 | 00:24:09 | 122 | 00:02:53 | 01:25:40 | 99 | 00:01:49 | 00:54:10 | 74 | 02:48:41 | | 80 | |
| 92 | 154 | OSWIECIŃSKA MARZENA | Tim Malego | 1985 | K35 | 4 | 00:21:40 | 107 | 00:02:53 | 01:25:00 | 93 | 00:02:20 | 00:57:11 | 90 | 02:49:04 | 12 | | |
| 93 | 112 | SIENNICKA LUKRECJA | Kolarska Grupa Białska | 1970 | K50 | 1 | 00:19:12 | 58 | 00:03:05 | 01:24:27 | 90 | 00:02:45 | 00:59:54 | 96 | 02:49:23 | 13 | | |
| 94 | 44 | WĘGRZYŃ MACIEJ | | 1974 | M45 | 16 | 00:19:19 | 59 | 00:03:10 | 01:25:02 | 94 | 00:01:39 | 01:01:32 | 102 | 02:50:42 | | 81 | |
| 95 | 61 | STAŃCZAK MARIUSZ | ES TRI PROJECT TEAM | 1971 | M50 | 5 | 00:20:51 | 92 | 00:02:40 | 01:16:52 | 45 | 00:02:16 | 01:08:29 | 117 | 02:51:08 | | 82 | |
| 96 | 19 | CHOŁUJ ADRIANA | | 1987 | K30 | 4 | 00:19:19 | 60 | 00:03:21 | 01:36:29 | 125 | 00:02:40 | 00:49:53 | 42 | 02:51:42 | 14 | | |
| 97 | 34 | PODWYSOCKI TOMASZ | | 1987 | M30 | 12 | 00:21:32 | 102 | 00:03:37 | 01:34:02 | 123 | 00:02:37 | 00:49:54 | 43 | 02:51:42 | | 83 | |
| 98 | 126 | GRYMIN JAN | | 1982 | M35 | 17 | 00:22:40 | 114 | 00:02:46 | 01:22:41 | 78 | 00:03:18 | 01:00:44 | 98 | 02:52:09 | | 84 | |
| 99 | 86 | DANOWSKI KAMIL | | 1989 | M30 | 13 | 00:27:13 | 130 | 00:03:54 | 01:26:27 | 101 | 00:02:24 | 00:52:15 | 61 | 02:52:13 | | 85 | |
| 100 | 32 | GAWART RAFAŁ | | 1991 | M30 | 14 | 00:20:38 | 87 | 00:05:18 | 01:19:26 | 65 | 00:03:04 | 01:04:32 | 112 | 02:52:58 | | 86 | |
| 101 | 141 | SABA TOMASZ | Triclub Warszawa | 1974 | M45 | 17 | 00:17:13 | 29 | 00:02:56 | 01:28:48 | 111 | 00:02:44 | 01:01:43 | 104 | 02:53:24 | | 87 | |
| 102 | 89 | SIECZKOWSKI PAWEŁ | | 1978 | M40 | 17 | 00:22:24 | 111 | 00:03:25 | 01:29:28 | 114 | 00:02:00 | 00:57:11 | 89 | 02:54:28 | | 88 | |
| 103 | 134 | LEJDWARD MACIEJ | KMP Białystok | 1991 | M30 | 15 | 00:21:00 | 96 | 00:02:35 | 01:27:38 | 106 | 00:02:18 | 01:01:16 | 100 | 02:54:47 | | 89 | |
| 104 | 31 | SUDA GRZEGORZ | | 1983 | M35 | 18 | 00:20:52 | 93 | 00:02:58 | 01:23:25 | 82 | 00:02:06 | 01:05:52 | 115 | 02:55:13 | | 90 | |
| 105 | 144 | CZAJKOWSKI TOMASZ | TRICLUB | 1975 | M45 | 18 | 00:20:36 | 85 | 00:02:58 | 01:26:17 | 100 | 00:02:15 | 01:04:05 | 110 | 02:56:11 | | 91 | |
| 106 | 40 | KUBIAK ANNA | GT RAT | 1992 | K25 | 1 | 00:19:34 | 67 | 00:03:21 | 01:25:29 | 97 | 00:02:30 | 01:05:21 | 114 | 02:56:15 | 15 | | |
| 107 | 147 | PIEŃKOWSKA KATARZYNA | WITC | 1982 | K35 | 5 | 00:21:09 | 99 | 00:02:59 | 01:28:17 | 109 | 00:02:20 | 01:01:37 | 103 | 02:56:22 | 16 | | |
| 108 | 127 | OSTASZEWSKA MARTA | LABOSPORT Team | 1979 | K40 | 5 | 00:21:00 | 97 | 00:02:55 | 01:31:25 | 118 | 00:02:21 | 00:59:48 | 95 | 02:57:29 | 17 | | |
| 109 | 135 | OSIECKA BEATA | Kuźnia Triathlonu | 1966 | K55 | 1 | 00:22:37 | 113 | 00:02:55 | 01:27:20 | 104 | 00:02:12 | 01:02:30 | 106 | 02:57:34 | 18 | | |
| 110 | 56 | PUŻYŃSKI MARIUSZ | Augustowskie Towarzystwo Pływackie | 1968 | M50 | 6 | 00:23:17 | 119 | 00:03:25 | 01:23:55 | 87 | 00:02:43 | 01:04:14 | 111 | 02:57:34 | | 92 | |
| 111 | 20 | WSZEBOROWSKI DARIUSZ | SBR Team Elk | 1967 | M50 | 7 | 00:22:01 | 109 | 00:05:23 | 01:32:01 | 120 | 00:02:31 | 00:56:12 | 81 | 02:58:08 | | 93 | |
| 112 | 96 | SACHMATA ANIA | Bednarski Tri Team | 1994 | K25 | 2 | 00:19:48 | 70 | 00:02:50 | 01:29:17 | 113 | 00:02:51 | 01:03:59 | 109 | 02:58:45 | 19 | | |
| 113 | 131 | SZEWczyk MATEUSZ | | 1987 | M30 | 16 | 00:24:16 | 123 | 00:03:05 | 01:28:07 | 108 | 00:02:10 | 01:01:24 | 101 | 02:59:02 | | 94 | |
| 114 | 38 | KRZYŻEWSKI MICHAŁ | | 1993 | M25 | 12 | 00:22:50 | 116 | 00:03:21 | 01:27:08 | 103 | 00:01:42 | 01:05:07 | 113 | 03:00:08 | | 95 | |
| 115 | 117 | TROCEWICZ JACEK | | 1976 | M45 | 19 | 00:20:17 | 78 | 00:04:03 | 01:28:17 | 110 | 00:02:06 | 01:06:15 | 116 | 03:00:58 | | 96 | |
| 116 | 45 | NOWAK ADAM | Tajny Garaż Na Zabawki | 1979 | M40 | 18 | 00:33:07 | 132 | 00:02:38 | 01:20:32 | 74 | 00:02:10 | 01:03:25 | 107 | 03:01:52 | | 97 | |
| 117 | 87 | CZAKO ANDRAS | Trimasters Warszawa | 1981 | M40 | 19 | 00:21:07 | 98 | 00:03:46 | 01:31:35 | 119 | 00:02:27 | 01:03:25 | 108 | 03:02:20 | | 98 | |
| 118 | 49 | SOBIESKI JAN | NEON TEAM | 1990 | M30 | 17 | 00:22:36 | 112 | 00:03:44 | 01:23:15 | 81 | 00:02:15 | 01:11:38 | 126 | 03:03:28 | | 99 | |
| 119 | 151 | ORLICZ ROBERT | TRICLUB | 1976 | M45 | 20 | 00:21:36 | 105 | 00:02:59 | 01:27:42 | 107 | 00:02:31 | 01:09:30 | 119 | 03:04:18 | | 100 | |
| 120 | 82 | WRÓBEL JULIA | BLASZKA TEAM | 1994 | K25 | 3 | 00:25:10 | 126 | 00:02:50 | 01:31:15 | 117 | 00:01:41 | 01:08:32 | 118 | 03:09:28 | 20 | | |
| 121 | 23 | ANDRZEJEWICZ ŁUKASZ | Warsaw Masters Team | 1991 | M30 | 18 | 00:15:25 | 11 | 00:03:21 | 01:29:54 | 115 | 00:01:48 | 01:19:27 | 131 | 03:09:55 | | 101 | |
| 122 | 140 | SERWAŃSKI ŁUKASZ | | 1993 | M25 | 13 | 00:23:03 | 118 | 00:04:21 | 01:30:26 | 116 | 00:03:22 | 01:09:43 | 120 | 03:10:55 | | 102 | |
| 123 | 97 | BLASZCZYK KRZYSZTOF | Rozka Team | 1959 | M60 | 2 | 00:20:47 | 91 | 00:04:08 | 01:33:35 | 121 | 00:03:35 | 01:10:03 | 123 | 03:12:08 | | 103 | |
| 124 | 67 | CHMIEL PAULINA | Bednarski Tri Team "SALUS" | 1985 | K35 | 6 | 00:20:43 | 88 | 00:04:08 | 01:34:30 | 124 | 00:03:23 | 01:12:18 | 127 | 03:15:02 | 21 | | |
| 125 | 81 | SIENNICKI JANUSZ | KGB Biała Podlaska | 1961 | M60 | 3 | 00:24:40 | 124 | 00:05:13 | 01:33:53 | 122 | 00:04:15 | 01:10:04 | 124 | 03:18:05 | | 104 | |
| 126 | 145 | SWITONSKA OLA | SPORTEVO | 1970 | K50 | 2 | 00:23:52 | 120 | 00:03:40 | 01:41:49 | 129 | 00:02:58 | 01:10:01 | 122 | 03:22:20 | 22 | | |
| 127 | 101 | WOJDA DOROTA | | 1970 | K50 | 3 | 00:25:47 | 128 | 00:03:58 | 01:40:15 | 128 | 00:02:47 | 01:09:56 | 121 | 03:22:43 | 23 | | |
| 128 | 42 | CHMIEL ANDRZEJ | BEDNARSKI TRI TEAM REHOP | 1956 | M65 | 1 | 00:27:29 | 131 | 00:04:35 | 01:37:39 | 127 | 00:03:02 | 01:16:15 | 129 | 03:29:00 | | 105 | |
| 129 | 60 | KOLEDA MALGORZATA | | 1981 | K40 | 6 | 00:35:42 | 133 | 00:03:35 | 01:36:34 | 126 | 00:02:58 | 01:10:48 | 125 | 03:29:37 | 24 | | |
| 130 | 84 | NOWAK MIRIAM | last but not least | 1991 | K30 | 5 | 00:19:05 | 56 | 00:03:48 | 01:47:53 | 131 | 00:03:00 | 01:15:59 | 128 | 03:29:45 | 25 | | |
| 131 | 78 | GORNIAK JOANNA | | 1974 | K45 | 1 | 00:26:32 | 129 | 00:04:18 | 01:43:52 | 130 | 00:03:06 | 01:17:08 | 130 | 03:34:56 | 26 | | |
| 132 | 85 | NOWAK STANISŁAW | last but not least | 1956 | M65 | 2 | 00:25:29 | 127 | 00:05:54 | 01:51:57 | 132 | 00:03:20 | 01:37:20 | 132 | 04:04:00 | | 106 | |
| 133 | 37 | CIEŚLIK TOMASZ | | 1972 | M45 | 21 | 00:24:47 | 125 | 00:05:38 | 02:00:29 | 133 | 00:03:14 | 01:37:54 | 133 | 04:12:02 | | 107 | |
| 17 | | LSIUS TOMASZ | | 1964 | M55 | | 00:20:41 | | 00:03:20 | | | | | | | | | DNF |
| 139 | | TSAROU PAVEL | Altius1 | 1976 | M45 | | 00:14:23 | | 00:02:38 | | | | | | | | | DNF |
| 62 | | GORKOWSKI MAREK | | 1991 | M30 | | | | | | | | | | | | | DNS |
| 59 | | GRZESZCZYK BARTOSZ | treningbiegowe.pl | 1988 | M30 | | | | | | | | | | | | | DNS |
| 65 | | HARTLINSKI GRZEGORZ | | 1984 | M35 | | | | | | | | | | | | | DNS |
| 33 | | KOCIK ARKADIUSZ | | 1968 | M50 | | | | | | | | | | | | | DNS |
| 133 | | LEONIUK PAWEŁ | Nadaktywni | 1982 | M35 | | | | | | | | | | | | | DNS |
| 122 | | MATUSZEWSKI JAN | Kuźnia Triathlonu | 1965 | M55 | | | | | | | | | | | | | DNS |
| 75 | | MEDWID-FIDLER MARTA | CTS Czaja Training System | 1981 | K40 | | | | | | | | | | | | | DNS |
| 83 | | ORZECH WOJCIECH | CTS | 1970 | M50 | | | | | | | | | | | | | DNS |
| 66 | | PODZIEWSKI SEBASTIAN | | 1980 | M40 | | | | | | | | | | | | | DNS |
| 11 | | SZADKOWSKI PIOTR | | 1978 | M40 | | | | | | | | | | | | | DNS |
| 125 | | WALESIK MIKOŁAJ | UKS TRS SUSZ | 1972 | M45 | | | | | | | | | | | | | DNS |
| 68 | | WLEZIEN ALEK | TRICLUB TRICLUB | 1976 | M45</ | | | | | | | | | | | | | |