

Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 20.07.2025

Dystans: 1/4 IM

Miejscowość: Goldap

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
1	5	Brembor Tomasz	Chorzów	Vamos Racing Team			00:11:54	00:01:31	01:00:39	00:00:54	00:37:30	01:52:27
2	2	Popławski Jan	Ostrowiec Świętokrzyski	Relentless Team			00:13:28	00:01:34	01:02:20	00:00:48	00:36:04	01:54:14
3	1	Banach Bartosz	Gdansk	Banach Coach			00:13:28	00:01:29	01:01:37	00:00:58	00:38:20	01:55:51
4	27	Fabiszewski Marcin	Warszawa	TriWawa 226.pl / SpecializedWarsaw	M40	1	00:15:04	00:02:10	01:05:02	00:01:07	00:41:30	02:04:53
5	8	Duplicki Kamil	Warszawa	Beko	M40	2	00:15:47	00:01:31	01:04:53	00:00:49	00:42:23	02:05:22
6	46	Pirek Mariusz	Warszawa	TRINERGY TEAM	M40	3	00:15:01	00:01:41	01:05:35	00:01:05	00:42:50	02:06:11
7	4	Kopiczko Sandra	Giżycko	MKS MEDYK GIŻYCKO MELVIT TEAM	K25	1	00:15:05	00:01:46	01:09:20	00:00:50	00:41:04	02:08:05
8	52	Jakubowski Tomasz	Augustów	Dawaj Kalach Team	M25	1	00:13:34	00:01:42	01:08:19	00:00:57	00:43:54	02:08:26
9	73	Franas Jacek	Warszawa	TriWawa	M25	2	00:16:56	00:02:10	01:06:00	00:01:03	00:43:18	02:09:27
10	15	Piasecki Maciej	Ostróda		M18	1	00:15:14	00:02:20	01:08:53	00:01:13	00:42:01	02:09:41
11	13	Perkowski Aleksander	Sokołka		M30	1	00:15:46	00:02:34	01:08:46	00:01:36	00:41:25	02:10:06
12	6	Wołos Ewelina	Warszawa	TRIWAWA	K35	1	00:16:43	00:01:56	01:07:31	00:01:14	00:42:54	02:10:17
13	94	Dymek Adrian	Ostróda	Najmowicz Triathlon forBET Zakłady Bukmacherskie	M35	1	00:15:42	00:01:55	01:09:39	00:01:23	00:42:13	02:10:51
14	102	Fórmaniak Piotr	Bydgoszcz	TriWawa	M45	1	00:16:32	00:01:49	01:07:34	00:01:19	00:44:08	02:11:21
15	53	Perkowski Mateusz	Suwałki		M18	2	00:16:52	00:01:47	01:05:25	00:01:27	00:46:34	02:12:04
16	62	Sterczewski Karol	Warszawa	edlesspainteam	M18	3	00:14:58	00:02:04	01:09:46	00:01:33	00:44:40	02:13:00
17	22	Bodziony Michał	Nowy Sącz	TriWise	M35	2	00:15:41	00:02:26	01:10:12	00:01:19	00:43:38	02:13:15
18	29	Wasilewski Maciej	Białystok	TM Iron Team	M30	2	00:17:16	00:01:55	01:07:35	00:01:18	00:45:23	02:13:26
19	23	Urban Krzysztof	Warszawa	TRICLUB	M45	2	00:15:22	00:01:48	01:10:23	00:01:35	00:46:18	02:15:26
20	104	Siwinski Robert	Warszawa	WARSAW MASTERS TEAM WTT	M50	1	00:18:07	00:01:44	01:10:03	00:01:18	00:44:18	02:15:29
21	89	Łoś Tomasz	Białystok	TM Iron Team	M35	3	00:17:12	00:02:11	01:09:34	00:01:18	00:45:40	02:15:55
22	57	Nowak Waldemar	Częstochowa	Triathlon Training Center	M45	3	00:15:34	00:02:07	01:09:55	00:01:51	00:47:38	02:17:05
23	39	Rogulski Adam	Wyszków	Catena Wyszków	M35	4	00:15:43	00:02:04	01:11:36	00:01:29	00:46:49	02:17:41
24	14	Krasuski Artur	Juszkowo	Arczi Tri Team	M40	4	00:19:08	00:02:07	01:09:15	00:01:15	00:46:12	02:17:56
25	93	Baranek Paweł	Piaseczno	Clouds On Mars	M45	4	00:17:26	00:01:55	01:07:48	00:01:31	00:49:17	02:17:57
26	82	Przybylski Krzysztof	Olsztyn	Najmowicz Triathlon	M35	5	00:14:44	00:02:28	01:14:24	00:01:38	00:45:03	02:18:16
27	103	Podziwiski Arkadiusz	Warsaw	TKKF Non Iron TRINERGY TEAM	M50	2	00:17:07	00:02:02	01:05:47	00:01:45	00:52:16	02:18:57
28	87	Dymek Bartosz	Gliwice	Tridivision Triathlon Team	M40	5	00:16:12	00:02:13	01:15:12	00:01:24	00:44:31	02:19:32
29	40	Pawłowski Karol	Wiązowna	BH-ZTPL / STARZYNSKI.COACH	M35	6	00:18:51	00:02:00	01:14:16	00:01:04	00:44:53	02:21:03
30	72	Michałowski Piotr	Białystok	NADAKTYWNI Białystok	M30	3	00:15:37	00:03:06	01:15:49	00:01:35	00:45:17	02:21:23
31	100	Kubajewski Paweł	Świercze	TIMBUD TEAM	M35	7	00:19:13	00:02:14	01:12:09	00:01:14	00:46:40	02:21:30
32	64	Ejsmont Krzysiek	Supraśl	Nadaktywni	M25	3	00:19:26	00:02:33	01:13:30	00:01:33	00:44:54	02:21:55
33	92	Śnietka Michał	Ostrołęka	MELVIT Team	M25	4	00:15:41	00:01:44	01:12:49	00:01:01	00:51:17	02:22:32
34	99	Lasota Paweł	Gdańsk	Paweł Lasota - Obsługa Flotowa	M40	6	00:17:29	00:02:43	01:13:21	00:02:05	00:47:46	02:23:23
35	21	Jonio Katarzyna	Szeligi	Triathletic Team	K40	1	00:17:27	00:02:04	01:15:27	00:01:43	00:47:09	02:23:49
36	74	Chmielewski Rafał	Grudziądz	Tridivision Triathlon Team	M50	3	00:18:51	00:02:12	01:12:58	00:01:56	00:48:19	02:24:16
37	101	Rynko Paweł	Gronity	Najmowicz Triathlon	M45	5	00:17:45	00:02:02	01:12:32	00:01:44	00:50:33	02:24:36
38	106	Dąbrowski Gabriel	Księżyno		M18	4	00:17:26	00:02:33	01:11:28	00:01:13	00:52:32	02:25:12
39	96	Łukaszuk Jacek	Białystok	SZKOŁA TRIATHLONU	M50	4	00:18:15	00:03:29	01:13:37	00:02:13	00:49:26	02:27:00
40	42	Majda Damian	Sulejówkę	Triathletic Team	M30	4	00:16:31	00:02:01	01:21:49	00:01:09	00:45:55	02:27:25
41	38	Tymolewski Grzegorz	Warszawa - Polska	Biegam na Tarchominie Społeczna Akademia Nauk	M18	5	00:17:47	00:02:55	01:25:07	00:01:34	00:41:19	02:28:42
42	88	Kamiński Artur	Olsztyn	PersonalTriathlon.pl	M45	6	00:17:56	00:02:45	01:15:12	00:01:53	00:51:13	02:28:58
43	91	Jakubik Filip	Leszno		M18	6	00:19:03	00:02:18	01:22:01	00:01:19	00:45:24	02:30:04
44	65	Pręgowski Bartosz	Warszawa	SZKOŁA TRIATHLONU Kierunek Triathlon	M30	5	00:18:43	00:01:57	01:18:23	00:01:17	00:50:10	02:30:30
45	67	Stypułkowska Dominika	Olsztyn	Najmowicz Triathlon	K40	2	00:15:38	00:02:27	01:20:01	00:01:29	00:51:01	02:30:35
46	26	Żmich-Fórmaniak Joanna	Bydgoszcz	TriWawa	K45	1	00:17:40	00:01:49	01:16:38	00:01:16	00:53:35	02:30:57
47	43	Zaremba Michał	Bartoszyce	Sport Team BIJOU	M40	7	00:18:01	00:01:57	01:15:26	00:01:30	00:54:35	02:31:29
48	16	Stoczko Kamil	Białystok	SOPEL SOPEL	M35	8	00:18:27	00:03:42	01:24:18	00:02:21	00:42:48	02:31:36
49	66	Stypułkowski Marcin	Barczewo	Najmowicz Triathlon	M35	9	00:19:00	00:02:30	01:18:00	00:01:32	00:50:36	02:31:38
50	76	Iwanicki Łukasz	Warszawa	TriWawa	M45	7	00:17:39	00:02:28	01:12:00	00:01:47	00:57:55	02:31:49
51	44	Moritz Marek	Wrocław	LITWIN SPORTS	M45	8	00:21:54	00:02:18	01:15:02	00:01:29	00:51:10	02:31:53
52	51	Pawlik Piotr	Warszawa		M45	9	00:17:56	00:02:39	01:17:06	00:01:16	00:52:56	02:31:53
53	47	Mazurek Marcin	Warszawa		M45	10	00:16:13	00:02:52	01:19:44	00:02:00	00:53:19	02:34:08
54	9	Krzyżostaniak Wojciech	Warszawa	KAZIKI	M25	5	00:16:59	00:02:21	01:17:42	00:02:14	00:54:53	02:34:09
55	37	Sanchez Pachon Jefferson	Olecko	No club	M35	10	00:20:10	00:02:40	01:13:05	00:01:43	00:57:04	02:34:41
56	75	Cieślak Wojciech	Warszawa		M30	6	00:19:28	00:02:45	01:22:38	00:02:22	00:48:11	02:35:23
57	24	Bernatowicz Paweł	Elk		M35	11	00:19:01	00:04:06	01:19:48	00:01:54	00:50:40	02:35:28
58	69	Sraga Gabriela	Warszawa	TRIAMO	K18	1	00:17:09	00:02:31	01:21:15	00:02:17	00:52:28	02:35:40
59	79	Chotuj Michał	Warszawa	TriWawa	M45	11	00:18:40	00:02:44	01:13:34	00:01:51	00:59:01	02:35:49
60	25	Nosalik Paweł	Augustów		M45	12	00:19:47	00:02:44	01:20:39	00:02:10	00:51:20	02:36:40
61	105	Lenart Miłosz	Kętrzyn	Fundacja Drużyna ML	M60	1	00:20:38	00:03:36	01:20:20	00:01:41	00:50:25	02:36:40
62	83	Kolęda Artur	Augustów	Ortostom Augustów	M50	5	00:19:28	00:02:54	01:22:43	00:02:29	00:49:51	02:37:24
63	97	Langowski Piotr	Gdynia		M50	6	00:17:28	00:02:47	01:20:00	00:01:37	00:57:42	02:39:34
64	34	Paczos Wojtek	Lublin	Trizarza Team	M40	8	00:19:59	00:03:10	01:20:10	00:02:06	00:54:47	02:40:12

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km

Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 20.07.2025

Dystans: 1/4 IM

Miejscowość: Gołdap

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
65	98	Zdrojewski Krzysztof	Susz	UKS TRS SUSZ	M50	7	00:17:41	00:02:58	01:19:39	00:01:42	00:59:14	02:41:13
66	28	Kurylo Artur	Augustów	ATP Augustów	M55	1	00:20:17	00:02:57	01:22:11	00:01:49	00:55:33	02:42:46
67	58	Dzierszko Rafał	Białystok	Nadaktywni	M45	13	00:18:37	00:02:28	01:21:02	00:02:02	01:00:31	02:44:39
68	33	Kasperowicz Dariusz	Szczecin	TME95	M50	8	00:20:34	00:04:04	01:24:58	00:02:56	00:53:10	02:45:41
69	60	Urawski Grzegorz	Warszawa		M40	9	00:19:48	00:04:48	01:25:34	00:03:13	00:54:16	02:47:39
70	81	Przybylska Monika	Olsztyn	Najmowicz Triathlon	K35	2	00:17:10	00:02:54	01:26:29	00:01:46	00:59:21	02:47:39
71	48	Leńczowski Jerzy	Krzywaczka	TRI AMO	M45	14	00:18:02	00:03:07	01:19:11	00:01:40	01:06:13	02:48:12
72	63	Dobrowolski Radosław	Supraśl	Nadaktywni	M45	15	00:25:48	00:03:20	01:16:20	00:01:41	01:01:43	02:48:52
73	55	Pawlik Dorota	Warszawa	Saint-Gobain Squad	K45	2	00:21:34	00:03:31	01:26:56	00:01:40	00:58:39	02:52:20
74	59	Wachnik Piotr	Warszawa	GCV	M35	12	00:20:56	00:02:55	01:30:07	00:01:40	00:57:39	02:53:17
75	31	Przyłucki Konrad	Gdańsk	Trip7	M40	10	00:21:54	00:03:43	01:25:45	00:01:47	01:01:08	02:54:16
76	20	Śliwowska-Jurkiewicz Dominika	Suwałki	TEAM TRENUJ	K30	1	00:21:31	00:02:55	01:24:37	00:01:22	01:06:49	02:57:14
77	18	Zalewski Jacek	Przeclaw		M55	2	00:23:43	00:03:29	01:26:17	00:01:38	01:02:38	02:57:45
78	85	Kolęda Wiktoria	Augustów	Ortostom Augustów	K18	2	00:20:53	00:03:16	01:34:54	00:01:30	00:57:53	02:58:25
79	49	Leńczowska Anna	Krzywaczka	TRI AMO	K45	3	00:28:18	00:02:49	01:26:31	00:01:42	00:59:34	02:58:53
80	86	Kacymirow Tomasz	Hornówek		M60	2	00:23:03	00:04:25	01:33:57	00:02:16	01:00:10	03:03:50
81	19	Nowiczenko Dawid	Suwałki	Ladniefelgi.pl	M35	13	00:21:02	00:03:14	01:31:19	00:01:12	01:07:54	03:04:41
82	30	Tarkowski Marcin	Karwik		M45	16	00:21:43	00:05:35	01:24:30	00:02:00	01:13:58	03:07:46
83	71	Suszyńska Małgorzata	Augustów		K45	4	00:26:13	00:03:30	01:32:04	00:02:18	01:04:35	03:08:39
84	11	Gremblewski Karol	Olsztyn		M40	11	00:29:51	00:03:46	01:33:03	00:02:02	00:59:58	03:08:40
85	84	Litwiniuk-Kosmala Małgorzata	Warszawa	Triwawa	K35	3	00:25:05	00:03:27	01:39:25	00:02:26	01:00:13	03:10:36
86	95	Głogowski Jarosław	Podkowa Leśna		M50	9	00:24:57	00:02:46	01:30:06	00:02:23	01:11:17	03:11:28
87	107	Grzegorzczuk Aneta	Warszawa		K45	5	00:20:14	00:04:29	01:38:33	00:02:34	01:05:57	03:11:47
88	78	Andrzejczak Marcin	Szczytno	Kriss Coaching	M50	10	00:27:12	00:04:09	01:38:11	00:01:55	01:06:43	03:18:10
89	77	Jankowska Izabela	Nowa Wola	TRICLUB	K30	2	00:20:13	00:03:34	01:43:02	00:02:01	01:09:58	03:18:47
90	50	Sadłoni Wanda	Kościelisko	Kiry Świry	K18	3	00:21:37	00:03:22	01:36:52	00:02:13	01:15:40	03:19:44
90		Babciak Roman	Nowy Staw	ORLEN RUNNING TEAM/WANIEWSKI COACHING	M45		00:20:43	00:03:07				DNF
108		Marcin Florek		LABOSPORT Team			00:13:24					DNF
3		Janisz Marek	Gródek Nad Dunajcem	Bednarski Tri Team								DNS
10		Sanchez David Marin	Bilbao		M45							DNS
12		Franczak Łukasz	Leszno	Triathletic Team	M40							DNS
17		Gomes Ricardo	Pruszcz Gdański		M30							DNS
35		Kępiński Jan	Warszawa (Wilanów)	LUFT TRI TEAM	M18							DNS
36		Janik Michalina	Wrocław		K25							DNS
41		Gerula Robert	Szczecin	ENDLESS PAIN	M55							DNS
45		Wisniewski Maciej	Ostróda	TriToSfera Kaziki Triathlon	M25							DNS
54		Pawlik Krzysztof	Warszawa	Klub Biegacza Leroy Merlin Polska	M50							DNS
56		Bieńkowski Maciej	Warszawa		M50							DNS
61		Klejner Piotr	Warszawa		M30							DNS
68		Krupowicz Marcin	Warszawa	TRICLUB	M60							DNS
70		Zieliński Denis	Łubianka		M18							DNS
80		Chmielewski Maciej	Grudziądz	TriDivision Triathlon Team	M18							DNS
32		Wojśław Małgorzata	Pisz		K40		00:45:39	00:05:17	01:50:10	00:05:09		DSQ

Pływanie: 1 x 0,95 km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km