

Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 20.07.2025

Dystans: 1/8 IM

Miejscowość: Gołdap

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
1	209	Chmielewski Janek	Warszawa	UKS G-8 Bielany	M18	1	00:06:19	00:01:08	00:33:05	00:00:44	00:17:26	00:58:42
2	137	Mentel Igor	Gdynia	KS AZS AWF Katowice	M16	1	00:06:09	00:01:11	00:33:44	00:00:45	00:18:22	01:00:11
3	144	Kołosowski Kamil	Białystok	200 Procent Tętna Triathlon	M35	1	00:07:08	00:01:38	00:33:42	00:01:06	00:18:50	01:02:23
4	178	Baranek Bartosz	Piaseczno	LUFT TRI TEAM	M16	2	00:07:05	00:01:29	00:33:35	00:00:57	00:19:25	01:02:31
5	175	Kępiński Jan	Warszawa (Wilanów)	LUFT TRI TEAM	M18	2	00:06:56	00:01:30	00:31:28	00:01:19	00:21:31	01:02:44
6	206	Luft Mikołaj	Warszawa	Luft Tri Team	M40	1	00:06:31	00:01:44	00:34:21	00:00:52	00:20:57	01:04:24
7	151	Piechotka Łukasz	Warszawa	SPORT2FREEDOM	M40	2	00:08:24	00:01:51	00:33:54	00:01:04	00:22:15	01:07:27
8	210	Chmielewski Piotr	Warszawa	Warsaw Masters Team	M45	1	00:07:15	00:02:01	00:35:58	00:01:09	00:21:54	01:08:17
9	171	Tkachenko Volodymyr	Pruszkow	UKS SMS Kapry Pruszkow	M35	2	00:09:09	00:02:31	00:35:10	00:01:05	00:20:33	01:08:28
10	199	Kropiewnicka Agnieszka	Warszawa	SPORT2FREEDOM TM IronTeam	K40	1	00:07:10	00:01:43	00:36:44	00:01:01	00:22:09	01:08:46
11	161	Ignatowicz Andrzej	Warszawa	SK TRI&SWIM Team	M50	1	00:07:54	00:01:48	00:36:25	00:01:17	00:22:00	01:09:24
12	196	Drążek Tomasz	Augustów		M25	1	00:06:44	00:01:43	00:36:21	00:01:22	00:23:15	01:09:25
13	150	Nosalik Franciszek	Augustów	Ortostom Augustów	M18	3	00:07:39	00:01:31	00:38:06	00:01:02	00:21:08	01:09:26
14	148	Sobolewski Mateusz	Warszawa	Dawaj Kalach Team	M18	4	00:06:48	00:01:53	00:35:55	00:00:58	00:23:53	01:09:26
15	173	Stańczak Bartosz	Strzegowo	LuftTriTeam Mamut Camp	M45	2	00:08:21	00:01:51	00:36:44	00:01:04	00:24:14	01:10:01
16	188	Kaźmierczak Feliks	Berlin	LUFT TRI TEAM	M16	3	00:09:28	00:01:29	00:34:26	00:00:55	00:24:01	01:10:18
17	205	Jabłoński Grzegorz	Radzymin	Coca Cola Coca-Cola	M30	1	00:08:50	00:01:45	00:36:48	00:01:03	00:21:58	01:10:23
18	230	Kamiński Jakub	Pasłęk		M30	2	00:09:12	00:01:55	00:36:55	00:01:17	00:21:49	01:11:08
19	198	Urbanowicz Rafał	Warszawa	KAZIKI	M40	3	00:07:53	00:02:14	00:35:40	00:01:46	00:23:42	01:11:14
20	164	Nowak Artur	Józefów	LUFT TRI TEAM	M50	2	00:08:15	00:01:50	00:37:24	00:01:04	00:22:55	01:11:27
21	203	Mitkowski Adam	Warszawa	TRICLUB	M40	4	00:08:13	00:02:11	00:36:48	00:01:00	00:23:26	01:11:38
22	132	Syguła Mateusz	Michałowice	KOLARSKI.EU TEAM KOLARSKI.EU TEAM	M45	3	00:11:09	00:02:03	00:36:18	00:00:54	00:21:15	01:11:38
23	195	Kuźewska Julia	Białystok - Zaścianki	TM Iron Team	K18	1						01:11:45
24	179	Dękirowski Stanisław	Warszawa	LUFT TRI TEAM	M16	4	00:08:02	00:01:54	00:38:10	00:00:57	00:22:42	01:11:45
25	123	Marcinkowski Paweł	Brańszczyk		M40	5	00:08:00	00:02:07	00:35:16	00:01:13	00:25:15	01:11:51
26	200	Tomczuk Filip	Warszawa	TRICLUB	M30	3	00:08:06	00:02:09	00:37:50	00:01:06	00:22:53	01:12:03
27	225	Jabłoński Przemysław	Radzymin	Coca Cola Runners COCA COLA	M35	3	00:11:06	00:02:14	00:35:45	00:01:04	00:22:10	01:12:19
28	219	Popławska Kamila	Warszawa	Relentless Triathlon Team	K25	1	00:08:40	00:01:49	00:38:06	00:00:59	00:23:47	01:13:21
29	163	Dzierszko Filip	Białystok		M16	5	00:08:16	00:02:43	00:37:08	00:01:01	00:24:39	01:13:47
30	194	Uździło Przemysław	Straduny	Sport2freedom	M45	4	00:09:21	00:01:41	00:36:11	00:01:16	00:25:31	01:13:59
31	220	Gąsowski Wiktor	Gliwice	Tridivision Triathlon Team	M16	6	00:07:36	00:02:57	00:38:05	00:01:26	00:24:21	01:14:24
32	221	Rozwadowski Adam	Marki	TIMBUD TEAM	M50	3	00:08:53	00:02:44	00:37:25	00:01:49	00:23:51	01:14:41
33	176	Jensen Frederik	Warszawa	LUFT TRI TEAM	M16	7	00:10:08	00:03:02	00:38:13	00:01:30	00:21:50	01:14:43
34	236	Groszewski Radosław	Gołdap	TRISWIMRUN GOŁDAP	M45	5	00:08:08	00:01:41	00:38:58	00:01:22	00:24:54	01:15:02
35	142	Łapacz Adam	Legionowo	POWER TRAINING	M16	8	00:08:32	00:01:55	00:38:54	00:01:05	00:25:08	01:15:34
36	229	Kaczyński Daniel	Zambrów	SZKOŁA TRIATHLONU	M40	6	00:09:17	00:02:32	00:38:49	00:01:29	00:23:34	01:15:40
37	154	Stańczak Mariusz	Warszawa	SZKOŁA TRIATHLONU ES TRI PROJECT TEAM	M50	4	00:10:01	00:02:10	00:37:13	00:01:16	00:25:06	01:15:46
38	226	Skrzyński Patryk	Malbork	Waniewski Coaching	M45	6	00:07:52	00:02:20	00:38:14	00:01:17	00:26:07	01:15:49
39	191	Kundzewicz Joanna	Warszawa	Sport2freedom	K40	2	00:09:31	00:02:14	00:38:23	00:01:12	00:24:41	01:16:00
40	130	Krzesak Adam	Piastów	Kocham żonę	M50	5	00:08:49	00:02:56	00:40:26	00:01:16	00:23:26	01:16:53
41	227	Tomaszewska Julita	Legionowo	SK TRI&SWIM Team	K45	1	00:09:20	00:02:29	00:38:49	00:01:27	00:25:31	01:17:36
42	138	Wołyniec Emilia	Gołdap	TRISWIMRUN GOŁDAP	K40	3	00:08:58	00:01:42	00:41:08	00:01:17	00:25:22	01:18:27
43	201	Koval Irina	Warszawa - Polska	Warszawa Rk athletics (lekkoatletyczny klub)	K25	2	00:10:47	00:02:18	00:39:58	00:01:20	00:24:27	01:18:50
44	213	Siemieniuk Dorota	Białystok	Kalinowski Team	K35	1	00:09:51	00:02:34	00:41:27	00:01:52	00:23:13	01:18:56
45	143	Plona-Krzyżostaniak Sylwia	Warszawa	KAZIKI	K25	3	00:07:52	00:02:13	00:41:01	00:01:10	00:26:44	01:19:00
46	222	Olszewski Michał	Gołdap		M18	5	00:09:25	00:02:00	00:40:25	00:00:52	00:27:03	01:19:45
47	174	Zawadzak Zbigniew	Warszawa	LUFT TRI TEAM	M60	1	00:10:24	00:02:39	00:41:09	00:01:24	00:25:08	01:20:44
48	140	Olender Paweł	Warszawa	OLO TEAM	M45	7	00:11:44	00:02:12	00:40:54	00:01:22	00:24:46	01:20:58
49	155	Matuszewski Mariusz	Warszawa	DAWAJ KALACH TEAM	M50	6	00:08:56	00:03:11	00:39:47	00:02:06	00:27:15	01:21:14
50	162	Berta Damian	Radzymin	Radzymin Run Team	M45	8	00:09:14	00:02:24	00:40:27	00:01:49	00:27:50	01:21:44
51	183	Bujanowicz Nikola	Warszawa	LUFT TRI TEAM	K14	1	00:09:47	00:02:07	00:43:19	00:01:23	00:25:14	01:21:50
52	197	Wydrzyńska Zofia	Warszawa - Polska	TriWawa	K18	2	00:09:33	00:02:39	00:41:02	00:01:35	00:27:09	01:21:57
53	228	Ulikowski Tomasz	Pasłęk	Rozbiegany Pasłęk	M40	7	00:10:11	00:03:02	00:42:52	00:02:18	00:23:56	01:22:19
54	235	Warzybok Magdalena	Warszawa		K40	4	00:09:00	00:02:53	00:39:30	00:01:48	00:29:11	01:22:21
55	169	Tomaszek Artur	Warszawa	Luft Tri Team	M55	1	00:09:55	00:02:57	00:40:14	00:02:02	00:27:42	01:22:50
56	187	Kępiński Marek	Warszawa	Luft TRI Team	M50	7	00:09:08	00:02:14	00:41:21	00:02:00	00:28:08	01:22:50
57	159	Podgórski Jacek	Białystok	Miškopt Team	M40	8	00:09:43	00:02:47	00:39:35	00:01:27	00:29:26	01:22:58
58	212	Włoch Joanna	Warsaw		K40	5	00:12:13	00:02:43	00:40:53	00:01:31	00:25:47	01:23:06
59	233	Gajek-Czeladzińska Magda	Ślesin	Triathlon Squad	K30	1	00:08:49	00:03:05	00:44:46	00:01:30	00:25:41	01:23:50
60	216	Lulkiewicz Urszula	Białystok	Beko Team	K14	2	00:08:37	00:01:43	00:43:48	00:01:05	00:28:47	01:24:00
61	190	Adamczyk Maksymilian	Warszawa	LUFT TRI TEAM	M14	1	00:09:02	00:02:43	00:43:44	00:01:35	00:27:37	01:24:40
62	131	Stefańska Olga	Warszawa	Junior Luft Tri Team	K16	1	00:09:30	00:01:51	00:43:35	00:01:23	00:28:40	01:24:59
63	231	Kisiel Konrad	Warszawa		M18	6	00:09:18	00:04:03	00:46:26	00:01:01	00:25:03	01:25:50
64	129	Krasuska Dorota	Juszkowo		K40	6	00:14:59	00:03:07	00:41:22	00:02:06	00:24:22	01:25:55

Pływanie: 1x0,475km

Jazda rowerem: 1x22,5km

Bieg: 1x5,275km

Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 20.07.2025

Dystans: 1/8 IM

Miejscowość: Gołdap

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
65	146	Wojciechowska Katarzyna	Warszawa	IM Inspiration brak	K35	2	00:09:29	00:02:21	00:42:04	00:01:32	00:30:33	01:25:59
66	172	Kessler Dominika	Piastów	This is Sparta / Sport2Freedom	K40	7	00:10:13	00:02:57	00:43:41	00:01:54	00:27:20	01:26:04
67	127	Zawadzki Marcin Eugeniusz	Bydgoszcz	Pixie Dixie	M35	4	00:13:51	00:02:10	00:44:20	00:01:22	00:24:34	01:26:17
68	152	Leńczowski Mateusz	Krzywaczka	TRI AMO	M14	2	00:09:03	00:03:38	00:41:03	00:01:42	00:31:04	01:26:29
69	122	Podgórska Renata	Białystok		K40	8	00:12:04	00:02:28	00:41:17	00:01:55	00:29:23	01:27:06
70	126	Guzik Krzysztof	Bydgoszcz	Pixie Dixie	M40	9	00:11:34	00:02:06	00:44:11	00:01:50	00:27:53	01:27:33
71	177	Lindholm Oliver	Warszawa	LUFT TRI TEAM	M16	9	00:09:22	00:01:53	00:44:41	00:01:05	00:30:46	01:27:46
72	182	Jadzewicz Janina	Warszawa	LUFT TRI TEAM	K16	2	00:09:20	00:02:41	00:43:25	00:01:27	00:31:40	01:28:33
73	165	Guzowska Anna	Olsztyn		K30	2	00:09:39	00:02:44	00:47:36	00:01:13	00:27:34	01:28:46
74	157	Grotkowski Paweł	Łochów	ENDORFINKI SWIM TEAM	M40	10	00:10:42	00:03:20	00:47:56	00:01:34	00:25:27	01:28:58
75	128	Kukieł Jarosław	Piotrków Trybunalski		M40	11	00:10:31	00:03:48	00:45:58	00:02:19	00:27:24	01:30:00
76	232	Dietrich Grzegorz	Dywity	Olsztyńska Szkółka Triathlonu	M45	9	00:10:27	00:02:41	00:41:43	00:02:13	00:33:47	01:30:51
77	170	Król-Hruszka Kuba	Elbląg		M18	7	00:12:01	00:02:52	00:46:04	00:02:17	00:28:11	01:31:24
78	124	Sławicki Grzegorz	Wólka Dworska	TRICLUB	M45	10	00:12:19	00:02:39	00:42:10	00:02:36	00:31:56	01:31:40
79	218	Micek Dawid	Jabłonna		M25	2	00:09:45	00:03:39	00:44:41	00:01:07	00:32:58	01:32:10
80	180	Zawadzak Mikołaj	Warszawa	LUFT TRI TEAM	M14	3	00:11:13	00:02:19	00:47:56	00:01:47	00:28:57	01:32:12
81	168	Chwiłoc Maciej	Zielonki-Wieś	Grupa Pracuj	M45	11	00:11:19	00:05:11	00:42:48	00:01:42	00:32:05	01:33:04
82	181	Albin Hanna	Warszawa	LUFT TRI TEAM	K16	3	00:09:04	00:02:50	00:48:05	00:01:37	00:31:50	01:33:25
83	139	Surynt Andrzej	Elk		M50	8	00:13:33	00:03:31	00:44:05	00:02:39	00:29:50	01:33:37
84	208	Narożny Mateusz	Warszawa		M30	4	00:11:35	00:03:29	00:47:51	00:02:21	00:29:05	01:34:21
85	214	Strenziok Dariusz	Tarnowskie Góry	TriMody	M55	2	00:11:09	00:04:07	00:47:05	00:02:32	00:29:28	01:34:21
86	211	Jachowicz Dariusz	Gdynia	ASE Team	M60	2	00:11:28	00:03:46	00:45:05	00:02:50	00:31:26	01:34:34
87	204	Paterek Ada	Warszawa	12tri.pl	K45	2	00:11:14	00:02:47	00:49:06	00:01:56	00:29:57	01:34:59
88	192	Adamczyk Dariusz	Ciechanów		M50	9	00:11:12	00:04:38	00:45:16	00:02:14	00:31:44	01:35:03
89	153	Wierzbicki Wojciech	Kraków		M35	5	00:08:48	00:05:22	00:49:35	00:01:57	00:29:34	01:35:16
90	121	Janeczko Violetta	Warszawa	Targówek	K50	1	00:11:19	00:03:07	00:49:29	00:01:34	00:30:36	01:36:04
91	134	Rysztof Wojciech	Ślesin	RYSZTOF	M40	12	00:11:27	00:03:49	00:46:08	00:02:24	00:32:37	01:36:25
92	156	Makowski Marek	Warszawa		M50	10	00:12:54	00:04:45	00:45:08	00:02:21	00:31:32	01:36:40
93	202	Karasiński Marcin	Jabłonna		M25	3	00:13:09	00:03:53	00:48:19	00:01:56	00:30:37	01:37:54
94	217	Wrońska-Głogowska Katarzyna	Podkowa Leśna		K45	3	00:12:35	00:03:08	00:50:07	00:01:21	00:31:59	01:39:09
95	207	Zatorska Agnieszka	Warszawa		K30	3	00:10:33	00:03:35	00:51:24	00:02:26	00:31:23	01:39:21
96	186	Walenta Piotr	Warszawa	LUFT TRI TEAM	M14	4	00:13:04	00:02:47	00:47:59	00:01:19	00:38:20	01:43:28
97	133	Jaźwiński Przemysław	Józefów	12tri.pl	M45	12	00:11:09	00:03:46	00:47:25	00:02:27	00:40:17	01:45:03
98	189	Pawłowski Olaf	Luxembourg	LUFT TRI TEAM	M14	5	00:11:30	00:02:04	00:54:56	00:01:50	00:37:10	01:47:29
99	224	Pancer Piotr	Olsztyn	Pancer Team Pancer Team	M40	13	00:12:08	00:03:40	00:55:32	00:02:26	00:34:08	01:47:54
100	158	Parzydło Marek	Warszawa	Kuźnia Triathlonu	M55	3	00:13:07	00:04:38	00:55:50	00:02:50	00:38:08	01:54:32
101	167	Chwiłoc Kamila	Zielonki-Wieś		K45	4	00:12:55	00:04:47	00:58:16	00:01:36	00:40:18	01:57:51
149		Kropiewnicki Przemysław	Warszawa	Sport2freedom / TM Iron Team	M40		00:07:10	00:03:16	00:34:27			DNF
185		Scheffner Maksymilian	Warszawa	LUFT TRI TEAM	M14		00:13:24	00:02:41				DNF
145		Uździło Emil	Warszawa	sport2freedom Sii Triathlon Team	M40		00:09:29	00:01:47				DNF
125		Guz Maria	Giżycko		K18							DNS
135		Ostrowski Łukasz	Gdynia	Adidas Runners Tricity	M30							DNS
136		Mucha Orest	Budry		M40							DNS
141		Kuryło Ewa	Augustów	ATP Augustów ATP Augustów	K55							DNS
147		Cieśluk Krzysztof	Choroszcz		M50							DNS
160		Walendzewicz Krzysztof	Suwałki		M25							DNS
184		Szczepański Jan	Bielawa	LUFT TRI TEAM	M14							DNS
193		Pawłowski Edward	Kuźnica	Jastrząb Kuźnica	M65							DNS

Pływanie: 1x 0,475km

Jazda rowerem: 1x 22,5km

Bieg: 1x5,275km