

Garmin Iron Triathlon - Płock
 18.05.2024 r.
 Dystans: 1/4 IM
 (0,95-45-10,55)



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	KALASZCZYŃSKI LUKASZ	Dawaj Kalach Team	1984	M40	1	00:14:10	4	00:05:00	01:06:36	1	00:00:56	00:34:16	1	02:00:58		1	
2	9	ŚWIATŁOŃ MICHAŁ		1995	M25	1	00:13:28	2	00:05:42	01:06:47	2	00:00:43	00:38:50	6	02:05:30		2	
3	5	DUPLICKI KAMIL	Beko	1981	M40	2	00:15:09	8	00:05:33	01:09:36	5	00:00:42	00:38:38	4	02:09:38		3	
4	131	SZUDER PRZEMYSŁAW	Triangle Sports	1978	M45	1	00:14:58	7	00:06:05	01:09:34	4	00:01:17	00:38:55	7	02:10:49		4	
5	4	PYSZKA-BAZAN ALICJA		1993	K30	1	00:13:24	1	00:06:05	01:14:37	14	00:01:00	00:38:26	3	02:13:32	1		
6	30	DĄBROWSKI DARIUSZ	ILABO Racing Team powered by CTS	1974	M50	1	00:15:15	11	00:05:46	01:12:33	9	00:00:50	00:39:10	9	02:13:34		5	
7	68	WILICKI TOMASZ	BEDNARSKI TRI TEAM	1979	M45	2	00:15:13	10	00:05:42	01:12:43	10	00:00:58	00:39:19	10	02:13:55		6	
8	101	LATAWIEC BARTOSZ		1978	M45	3	00:17:37	27	00:05:49	01:06:51	3	00:00:52	00:43:58	38	02:15:07		7	
9	98	MAGDZIARZ GERARD	MBC - Maciej Bodnar Coaching	1978	M45	4	00:17:24	26	00:06:18	01:13:48	12	00:00:56	00:39:52	12	02:18:18		8	
10	41	KACPERSKI WOJCIECH	WMKS Olsztyńska Szkoła Triathlonu	1981	M40	3	00:16:41	18	00:06:56	01:15:10	16	00:00:57	00:39:05	8	02:18:49		9	
11	137	URBAŃSKI RAFAŁ		1981	M40	4	00:18:06	35	00:06:53	01:11:59	7	00:01:27	00:40:38	17	02:19:03		10	
12	133	OMELIANOWICZ PIOTR		1989	M35	1	00:14:45	5	00:06:41	01:16:42	22	00:01:20	00:41:09	18	02:20:37		11	
13	19	MISZTELA JAKUB	PTT DELTA	2005	M18	1	00:13:39	3	00:05:08	01:15:35	18	00:00:51	00:45:37	49	02:20:50		12	
14	55	OZIMEK ARTUR	IM Inspiration Team	1994	M30	1	00:16:59	21	00:06:30	01:14:43	15	00:01:03	00:41:56	20	02:21:11		13	
15	38	BIELEC ADAM	KCALOKILERZY	1989	M35	2	00:17:22	25	00:06:09	01:16:59	25	00:01:25	00:40:03	14	02:21:58		14	
16	123	ZYCH BARTEK	TRINERGY	1973	M50	2	00:18:53	39	00:07:28	01:11:07	6	00:01:32	00:43:01	30	02:22:01		15	
17	22	ZIEMIŃSKI BARTOSZ	PTT DELTA	1985	M35	3	00:21:18	78	00:06:12	01:13:55	13	00:01:09	00:39:36	11	02:22:10		16	
18	110	ALTMAN JAKUB	SZKOŁA TRIATHLONU	1985	M35	4	00:19:22	46	00:06:39	01:12:19	8	00:01:37	00:42:37	25	02:22:34		17	
19	141	KŁOS ALEKSANDER	Trimasters	1995	M25	2	00:16:06	15	00:07:12	01:15:24	17	00:01:12	00:43:22	33	02:23:16		18	
20	97	ROGULSKI ADAM	Catena Wyszaków	1988	M35	5	00:15:25	12	00:07:09	01:16:12	21	00:01:40	00:43:39	35	02:24:05		19	
21	87	PADUSZYŃSKI PIOTR	Triathlon po czterdziestce Triathlon Team Triathlon po czterdziestce	1972	M50	3	00:19:15	45	00:06:49	01:16:54	24	00:00:57	00:40:16	16	02:24:11		20	
22	114	PRUSACZYK MARCIN	Triathletic Team	1970	M50	4	00:18:56	40	00:08:04	01:13:40	11	00:01:47	00:42:14	23	02:24:41		21	
23	21	KROPIEWNICKA AGNIESZKA	SZYMANOWSKI Triathlon Team Sport2freedom	1982	K40	1	00:14:53	6	00:06:22	01:19:04	36	00:00:54	00:43:35	34	02:24:48	2		
24	130	KOWALCZYK TOMASZ	TRICLUB	1972	M50	5	00:17:39	29	00:06:07	01:18:35	32	00:00:53	00:42:48	27	02:26:02		22	
25	39	PISARSKI MARCIN	TRICLUB	1982	M40	5	00:16:53	19	00:07:02	01:18:30	31	00:01:00	00:42:54	28	02:26:19		23	
26	75	NOWAK PATRYK	Strefa Formy	1992	M30	2	00:20:36	66	00:06:19	01:17:52	27	00:01:12	00:41:14	19	02:27:13		24	
27	99	BORYCHOWSKI RAFAŁ	PersonalTriathlon Team	1993	M30	3	00:18:58	41	00:07:16	01:18:15	29	00:01:04	00:42:02	21	02:27:35		25	
28	65	BANEK EUGENIUSZ	TRICERATOPS	1977	M45	5	00:17:56	33	00:06:58	01:16:10	20	00:00:58	00:45:34	48	02:27:36		26	
29	34	BANASIEWICZ MARCIN	Relentless	1980	M40	6	00:17:38	28	00:07:51	01:18:36	30	00:01:23	00:42:30	24	02:27:58		27	
30	14	GIŻYŃSKI PRZEMYSŁAW	PTT Delta Płock	1979	M45	6	00:21:44	84	00:08:00	01:18:13	28	00:01:52	00:38:13	2	02:28:02		28	
31	52	LUBACZEWSKI TOMASZ		1994	M30	4	00:18:23	37	00:07:37	01:17:15	26	00:00:52	00:44:20	39	02:28:27		29	
32	85	WNUK JAN	TM Iron Team	1990	M30	5	00:19:27	47	00:06:37	01:16:48	23	00:01:10	00:44:51	44	02:28:53		30	
33	120	NOWAK WALDEMAR	Triathlon Training Center	1979	M45	7	00:15:58	13	00:07:57	01:18:19	30	00:01:56	00:47:04	56	02:31:14		31	
34	125	POMORSKA JOANNA	Dawaj Kalach Team	1981	K40	2	00:17:50	31	00:06:59	01:23:48	55	00:01:24	00:42:04	22	02:32:05	4		
35	43	ZEMBRZUSKI LUKASZ	MKS BS PŁOŃSK	2003	M18	2	00:17:10	23	00:08:28	01:23:24	54	00:02:54	00:40:11	15	02:32:07		32	
36	16	SOBOLEWSKI MARIUSZ		1980	M40	7	00:16:02	14	00:09:07	01:20:11	40	00:01:25	00:45:30	47	02:32:15		33	
37	72	SKIBA GRZEGORZ	TRICERATOPS	1979	M45	8	00:19:14	44	00:08:45	01:18:51	35	00:01:09	00:44:22	40	02:32:21		34	
38	140	SKRABEL TOMASZ		1986	M35	6	00:16:38	17	00:07:14	01:20:14	41	00:01:12	00:47:43	58	02:33:01		35	
39	105	CZAJKOWSKI MICHAŁ		1973	M50	6	00:16:53	20	00:07:35	01:20:20	42	00:01:25	00:46:55	54	02:33:08		36	
40	95	CZAPLA LUKASZ	Triceratops Triathlon X-Team	1981	M40	8	00:19:33	50	00:08:09	01:19:47	38	00:01:16	00:44:29	42	02:33:14		37	
41	71	BURZAWA GRZEGORZ	TRICERATOPS	1977	M45	9	00:18:36	38	00:07:41	01:22:30	51	00:01:03	00:43:48	36	02:33:38		38	
42	25	OLESIŃSKI ARTUR	Kondycja	1980	M40	9	00:17:43	30	00:07:45	01:20:42	44	00:02:01	00:45:57	50	02:34:08		39	
43	132	WIKTOROWSKI WOJCIECH	MBC Team	1988	M35	7	00:20:15	61	00:07:37	01:20:46	45	00:01:37	00:44:24	41	02:34:39		40	
44	104	LASIEWICKI DARIUSZ	Amator Radlin	1976	M45	10	00:17:20	24	00:08:04	01:18:49	34	00:01:45	00:49:36	66	02:35:34		41	
45	81	DROZDEK LUKASZ	TRICERATOPS Moto360	1977	M45	11	00:20:45	69	00:06:56	01:24:30	60	00:01:05	00:42:42	26	02:35:58		42	
46	86	ONDRA KAROL	RUN BYDGOSZCZ	1994	M30	6	00:20:58	74	00:08:26	01:22:15	50	00:01:10	00:43:19	31	02:36:08		43	
47	6	STRELZOVA MARINA	LABOSPORT Team	1991	K30	3	00:17:04	22	00:07:20	01:20:55	46	00:01:08	00:50:36	72	02:37:03	5		
48	13	MUSTAŁ KACPER	IM Inspiration	1998	M25	3	00:23:38	99	00:09:35	01:21:43	47	00:03:30	00:38:40	5	02:37:06		44	
49	82	JASIK BARTŁOMEJ	MATNER RUNNING TEAM	1993	M30	7	00:19:06	43	00:08:43	01:22:54	52	00:01:20	00:45:08	46	02:37:11		45	
50	92	AUGUSTYŃSKI GRZEGORZ	PTT DELTA	1972	M50	7	00:18:05	34	00:07:31	01:24:07	59	00:01:18	00:46:19	51	02:37:20		46	
51	49	ŻOLNOWSKI TOMASZ	Vamos Racing Team	1988	M35	8	00:17:56	32	00:07:44	01:23:53	56	00:00:58	00:47:32	57	02:38:03		47	
52	89	MUSTAŁ ROBERT	TRIWAWA AGUA	1966	M55	1	00:21:01	75	00:07:09	01:20:05	39	00:01:37	00:48:16	62	02:38:08		48	
53	117	ORŁOWSKI JAKUB	Endless Pain	1992	M30	8	00:20:58	73	00:07:12	01:20:31	43	00:01:07	00:48:58	65	02:38:46		49	
54	138	MAKARENKO ANDREI		1988	M35	9	00:19:55	56	00:07:56	01:27:30	68	00:01:22	00:43:21	32	02:40:04		50	
55	17	SOWA TOMASZ	HTF Ludwik Sikorski	1997	M25	4	00:18:13	36	00:07:56	01:28:25	73	00:01:40	00:43:54	37	02:40:08		51	
56	111	TUPTYŃSKI TOMASZ		1974	M50	8	00:20:32	65	00:08:18	01:21:57	48	00:01:41	00:47:45	59	02:40:13		52	
57	59	SOWIŃSKI PATRYK		1996	M25	5	00:16:29	16	00:08:11	01:22:56	53	00:01:49	00:51:58	77	02:41:23		53	
58	27	SZCZESZEK LUKASZ	BBL / Poznan I Love You	1980	M40	10	00:23:48	101	00:08:44	01:23:57	57	00:01:39	00:44:49	43	02:42:57		54	
59	107	LISZKA WOJCIECH	Triceratops	1977	M45	12	00:19:32	49	00:08:28	01:26:20	65	00:01:49	00:46:55	55	02:43:04		55	
60	31	BRYGIER JACEK	PTT DELTA	1971	M50	9	00:25:18	109	00:09:01	01:19:04	37	00:01:45	00:48:43	64	02:43:51		56	
61	69	PASTUSZKA PAWEŁ		1989	M35	10	00:20:41	68	00:08:29	01:28:41	76	00:01:46	00:44:54	45	02:44:31		57	
62	128	ROJEK ROBERT	SKORUPA TRIATHLON	1977	M45	13	00:19:52	55	00:08:25	01:22:08	49	00:01:42	00:53:39	90	02:45:46		58	
63	54	JAKÓBCZYK BARBARA	Bike U Up	1998	K25	1	00:20:10	60	00:09:45	01:29:04	77	00:01:57	00:46:27	52	02:47:23	6		
64	93	GRZELAK LUKASZ		1992	M30	9	00:23:35	96	00:07:19	01:35:52	94	00:01:15	00:39:55	13	02:47:56		59	
65	88	KOWALSKI MARCIN	TRICERATOPS	1979	M45	14	00:19:40	51	00:08:10	01:24:35	61	00:01:33	00:54:10	94	02:48:08		60	
66	35	KORYTOWSKI MACIEJ	Rowerowe Lipno	1983	M40	11				01:26:32	66	00:01:39	00:49:39	67	02:48:10		61	
67	29	NESTER MARCIN		1984	M40	12	00:19:41	52	00:08:25	01:27:32	69	0						

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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
71	136	SZCZEPAŃSKI OSKAR	TRIWAWA	1984	M40	13	00:21:09	76	00:09:19	01:24:03	58	00:02:25	00:54:13	95	02:51:09			65
72	108	JAKUBIAK SZYMON	TRICLUB	1987	M35	13	00:19:31	48	00:09:47	01:27:13	67	00:01:33	00:53:32	89	02:51:36			66
73	53	CHUDECKI KAMIL	Kuźnia Triathlonu	1969	M55	2	00:23:41	100	00:07:34	01:28:26	74	00:01:51	00:50:07	70	02:51:39			67
74	84	SZALEWSKI KAMIL		1993	M30	10	00:20:50	71	00:09:15	01:27:37	71	00:02:09	00:52:05	78	02:51:56			68
75	121	MICHALAK ANNA	Bednarski Tri Team	1973	K50	1	00:21:09	77	00:09:21	01:30:47	83	00:01:12	00:49:57	69	02:52:26	8		
76	100	WOJACZEK DAWID		1990	M30	11	00:23:50	102	00:09:51	01:25:00	62	00:02:15	00:52:08	79	02:53:04			69
77	70	KOWALSKI MARCIN		2002	M18	3	00:20:30	64	00:11:19	01:32:13	86	00:02:37	00:46:37	53	02:53:16			70
78	47	KAMIŃSKI MAREK	GRUPA 5STYL	1986	M35	14	00:19:46	53	00:07:16	01:36:41	96	00:00:55	00:50:56	74	02:55:34			71
79	127	KOWALSKI KAMIL	I7M Inspiration	1997	M25	6	00:24:05	103	00:10:49	01:30:06	81	00:02:46	00:48:27	63	02:56:13			72
80	60	MACHNIO MAREK	OrkaMasters Ilawa	1974	M50	10	00:20:20	62	00:08:18	01:29:37	80	00:01:34	00:56:36	102	02:56:25			73
81	135	ANDRZEJEWICZ LUKASZ	Warsaw Masters Team	1991	M30	12	00:15:10	9	00:09:34	01:32:19	87	00:00:52	00:59:09	105	02:57:04			74
82	129	MARKOWICZ GRZEGORZ		1963	M60	1	00:20:45	70	00:10:23	01:30:26	82	00:02:11	00:53:19	87	02:57:04			74
83	24	BARTNICKI MICHAŁ	KUTNO	1997	M25	7	00:24:12	105	00:10:13	01:26:19	64	00:01:54	00:54:56	97	02:57:34			76
84	61	CZAPLEJEWICZ JAKUB	Rodkiewicz Gym Pure Food Catering	1990	M30	13	00:23:16	95	00:08:35	01:32:44	88	00:01:28	00:51:41	76	02:57:44			77
85	11	SURLEJ TOMASZ		1986	M35	15	00:20:05	58	00:09:47	01:33:19	92	00:01:19	00:53:22	88	02:57:52			78
86	44	CZUGA PRZEMYSŁAW		1984	M40	14	00:24:51	108	00:09:11	01:28:38	75	00:01:57	00:54:00	92	02:58:37			79
87	103	ROMANIUK WOJCIECH	SZKOŁA TRIATHLONU	1978	M45	15	00:21:43	83	00:10:14	01:29:10	78	00:01:39	00:56:07	101	02:58:53			80
88	126	POŁOŃSKI DOMINIK		1996	M25	8	00:21:26	79	00:10:13	01:33:02	89	00:02:00	00:53:06	84	02:59:47			81
89	80	BRULIŃSKA MONIKA	PTT Delta Plock	1976	K45	1	00:26:49	110	00:08:36	01:33:07	91	00:02:06	00:49:54	68	03:00:32	9		
90	94	KARCZEWSKA ALEKSANDRA		1990	K30	4	00:20:57	72	00:10:11	01:42:37	110	00:02:05	00:47:57	61	03:03:47	10		
91	10	PERCZYŃSKI ARTUR	BEDNARSKI TRI TEAM/LÓDŹ KOCHA SPORT	1982	M40	15									03:03:56			82
92	62	LIPCZYŃSKI TOMASZ	AKTYWNE UZALEŻNIAMY	1984	M40	16	00:22:14	87	00:08:27	01:37:41	99	00:00:56	00:54:43	96	03:04:61			83
93	15	ROMANOWSKI PIOTR		1997	M25	9	00:19:47	54	00:08:32	01:42:18	109	00:01:17	00:52:12	80	03:04:06			84
94	76	JERMANOWSKI MICHAŁ		1989	M35	16	00:24:21	106	00:11:51	01:27:33	70	00:03:18	00:58:22	104	03:05:25			85
95	109	SEJ MACIEJ	TRICLUB TriClub	1972	M50	11	00:21:36	82	00:09:28	01:31:39	85	00:02:25	01:01:01	109	03:06:09			86
96	77	PATRZALEK PIOTR		1994	M30	14	00:22:28	90	00:10:53	01:37:44	100	00:02:47	00:52:20	82	03:06:12			87
97	124	MAKARENKOV SERGII		1984	M40	17	00:23:08	94	00:09:14	01:37:02	97	00:01:26	00:55:32	100	03:06:22			88
98	64	KARPECHENKO ARTEM	RUN_WAWA_RUN	1993	M30	15	00:19:04	42	00:10:24	01:43:41	112	00:01:26	00:53:56	91	03:08:31			89
99	112	LUCHOWSKI RAFAL	Meta Nadarzyn/Spartanie Dzieciom	1968	M55	3	00:20:29	63	00:10:40	01:28:12	72	00:02:34	01:08:03	116	03:09:58			90
100	118	TUROWSKI PRZEMYSŁAW	Canal+	1978	M45	16	00:22:51	92	00:10:45	01:35:55	95	00:03:04	00:57:26	103	03:10:01			91
101	142	LENART ZDZISŁAW		1958	M65	1	00:22:39	91	00:11:32	01:39:39	106	00:02:43	00:55:13	99	03:11:46			92
102	74	MACISZEWSKI PAWEŁ		1981	M40	18	00:23:03	93	00:14:41	01:37:23	98	00:03:05	00:54:01	93	03:12:13			93
103	36	CHMIEL WALDEMAR	PTT DELTA	1961	M60	2	00:22:12	86	00:11:39	01:38:22	103	00:01:12	00:59:24	106	03:12:49			94
104	113	GRELOCH DAMIAN		1998	M25	10	00:33:03	116	00:10:49	01:33:05	90	00:02:45	00:53:13	85	03:12:55			95
105	46	CHWIŁOC MACIEJ	Grupa Pracuj	1979	M45	17	00:23:35	97	00:11:42	01:35:35	93	00:01:38	01:05:09	112	03:17:39			96
106	143	PAWELEK KRZYSZTOF	Markowi Biegacze	1975	M45	18	00:27:28	112	00:09:17	01:38:35	104	00:02:11	01:03:12	110	03:20:43			97
107	45	LIPIŃSKI HUBERT		1983	M40	19	00:21:47	85	00:11:53	01:44:02	113	00:03:57	00:59:50	107	03:21:29			98
108	42	OSTROWSKI RAFAL	AKTYWNE UZALEŻNIAMY	1982	M40	20	00:24:06	104	00:10:46	01:39:40	107	00:00:59	01:06:34	115	03:22:05			99
109	51	SPYCHAŁA MACIEJ		1996	M25	11	00:22:18	88	00:15:01	01:38:12	102	00:03:12	01:04:23	111	03:23:06			100
110	79	KWIECIEŃ MICHAŁ		1980	M40	21	00:30:57	115	00:12:06	01:44:18	114	00:02:59	00:55:04	98	03:25:24			101
111	91	SZULECKI WOJCIECH	KUTNO	1997	M25	12	00:34:41	117	00:11:14	01:38:00	101	00:01:29	01:00:15	108	03:25:39			102
112	32	BRZOSOWSKI JAKUB		2001	M18	4	00:21:26	80	00:10:38	01:39:53	108	00:01:29	01:13:08	117	03:26:34			103
113	23	ZAPIEC MARCIN		1973	M50	12	00:30:14	114	00:10:43	01:38:57	105	00:01:29	01:05:15	113	03:26:38			104
114	66	WITEK FILIP		2003	M18	5	00:24:37	107	00:12:38	01:56:55	116	00:01:51	00:52:16	81	03:28:17			105
115	78	KRAWCZYŃSKI BARTOSZ	Aktywne Uzależniamy	1994	M30	16	00:26:49	111	00:10:08	02:03:23	119	00:02:00	00:53:18	86	03:35:38			106
116	28	GIŻYŃSKA KAROLINA	PTT Delta Plock	1981	K40	3	00:35:26	118	00:11:27	01:55:09	115	00:01:20	00:52:27	83	03:35:49	11		
117	33	MARCINKIEWICZ RADOSŁAW		1994	M30	17	00:22:23	89	00:13:34	01:42:47	111	00:02:46	01:19:41	119	03:41:11			107
118	12	ŚLIWIŃSKI ADAM		1995	M25	13	00:21:28	81	00:11:51	02:02:37	118	00:01:56	01:05:15	114	03:43:07			108
119	40	MYCAK MACIEJ		1983	M40	22	00:28:57	113	00:15:16	02:00:36	117	00:01:12	01:17:12	118	04:03:13			109
120	26	MOTYLEWSKA MARTA	PTT DELTA	1991	K30	2	00:20:04	57	00:06:42	01:15:54	19	00:01:19	00:42:54	29	02:26:53	3		
48		SAMELSKI JAKUB	NEON TEAM	1993	M30		00:16:57		00:06:25	00:38:51					DNF			
57		SITEK BOLESŁAW	W Palnik Triathlon Team	1993	M30		00:19:43		00:08:19						DNF			
139		SRAGA GABRIELA	Szkudlarek Team	2002	K18										DNF			
50		ALASZKIEWICZ ADAM	Sarmatia	1997	M25										DNS			
83		GALEWICZ MICHAŁ		1966	M55										DNS			
73		GROCHOWSKI SŁAWOMIR	MBC Team	1976	M45										DNS			
63		MALKOWSKI ANDRZEJ	WARSAW MASTERS TEAM	1980	M40										DNS			
58		PENKALA DAWID	dawidpenkala.com	1995	M25										DNS			
8		ROŻEK ROBERT	Relentless Triathlon Team	1977	M45										DNS			
90		RYL DAMIAN		1995	M25										DNS			
67		TOMASZEK ARTUR		1970	M50										DNS			
102		WÓJCIK GRZEGORZ	MBC Team	1979	M45										DNS			

Dystans pływania (liczba okrażeń): 950m (1 ok.)
 Dystans roweru (liczba okrażeń): 45km (1 ok.)
 Dystans biegu (liczba okrażeń): 10,55km (3 ok.)
 Pianki dozwolone
 Temp. powietrza: 17C
 Temp. wody: 18.5C

Sędzia główny: WOJCIECH KNAP

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 Strona: 2