

JBL Triathlon Poznań

Organizator: KS TRI TOUR; Miasto Poznań; PZT
Data: 17.07.2022r.
Dystans: 1/2 IM
Miejscowość: Poznań



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik
1	37	Stępiak Kacper			M	PRO-M	1	00:16:32	6	00:01:03	02:05:31	4	00:01:06	01:15:16	4	03:39:28
2	31	Kalaszczyński Łukasz		Dawaj Kalach Team	M	PRO-M	2	00:16:59	11	00:01:16	02:08:00	11	00:01:21	01:13:13	1	03:40:49
3	17	Ławicki Piotr	Lubin	MKS Polkowice	M	PRO-M	3	00:16:30	5	00:01:05	02:05:33	5	00:01:02	01:17:08	6	03:41:18
4	23	Woźniak Jakub		4Tri Team	M	PRO-M	4	00:16:54	10	00:01:15	02:08:14	13	00:01:11	01:15:12	3	03:42:46
5	12	Pietruczuk Christopher	Kolobrzeg	Pentathlon Szczecinek	M	M30-34	1	00:16:36	7	00:01:28	02:08:13	12	00:01:33	01:16:00	5	03:43:50
6	20	Krawczyk Jacek		TRINERGY	M	PRO-M	5	00:16:47	8	00:01:09	02:05:37	7	00:01:12	01:19:19	8	03:44:04
7	22	Siódmiak Igor		7PRO SIÓDMIAK TEAM/MBC/Pentathlon Sz-ek	M	PRO-M	6	00:16:22	2	00:01:11	02:07:45	10	00:01:22	01:19:21	9	03:46:01
8	7	BANACH Bartosz	Gdańsk	Bright Inventions	M	PRO-M	7	00:17:35	15	00:01:12	02:05:34	6	00:01:20	01:20:28	11	03:46:09
9	2	Jakimiuk Daniel	Szklarska Poręba	#DASHRADE Team	M	PRO-M	8	00:17:19	14	00:01:16	02:07:38	9	00:01:17	01:20:05	10	03:47:35
10	472	Tochowicz Kasper	Goleśzów	Triwise	M	M25-29	1	00:17:52	19	00:01:19	02:04:50	2	00:01:21	01:22:14	15	03:47:36
11	201	Jędrasiewicz Jacek	Jelenia Góra	triathletes performance	M	M30-34	2	00:18:16	23	00:01:34	02:04:12	1	00:01:39	01:23:32	19	03:49:13
12	10	Chmura Maciej	Wrocław	Kaziki i Chmura Coaching	M	PRO-M	9	00:18:15	21	00:01:20	02:08:30	14	00:01:30	01:20:45	12	03:50:20
13	8	Najmowicz Paweł	Olsztyn	Najmowicz Triathlon	M	PRO-M	10	00:16:29	4	00:01:13	02:13:23	19	00:01:27	01:22:26	17	03:54:58
14	34	IMIANOWSKI KONRAD	SIERAKÓW		M	PRO-M	11	00:17:50	17	00:01:28	02:13:57	20	00:01:51	01:21:45	14	03:56:51
15	288	Lewandowski Maciej	Wrocław	Kluczborska Grupa Biegowa	M	M30-34	3	00:18:48	27	00:01:20	02:15:20	22	00:01:28	01:21:24	13	03:58:20
16	510	Wiśniewski Maciej	Ostróda	Najmowicz Triathlon	M	M18-24	1	00:17:50	17	00:01:14	02:12:11	17	00:01:22	01:26:25	24	03:59:02
17	452	Szuder Przemysław	Hornówek	Triangle Sports Racing	M	M40-44	1	00:20:09	46	00:01:34	02:09:20	15	00:01:39	01:27:26	30	04:00:08
18	469	Targoni Paweł	Frydek	Trinergy	M	M45-49	1	00:19:11	31	00:01:33	02:19:52	39	00:01:45	01:22:16	16	04:04:37
19	440	Szałkowski Łukasz	Poznań	IM Inspiration Team	M	M40-44	2	00:20:34	60	00:01:27	02:14:43	21	00:01:36	01:27:22	29	04:05:42
20	517	Wojnar Robert	Toruń	PACIFIC NESTLE	M	M45-49	2	00:19:50	40	00:01:20	02:16:48	24	00:01:32	01:27:31	31	04:07:01
21	265	Król Maciej	Wrocław	TriWise Triathlon Team	M	M25-29	2	00:20:10	49	00:01:29	02:19:15	34	00:01:30	01:24:51	21	04:07:15
22	489	Walkowiak Łukasz	Miękowo	#CHARTY_Jarka	M	M25-29	3	00:19:47	39	00:01:51	02:15:55	23	00:01:48	01:29:00	34	04:08:21
23	186	Jankowski Dawid	Gdańsk	GALIKTEAM	M	M25-29	4	00:18:45	25	00:01:24	02:19:47	37	00:01:42	01:27:03	27	04:08:41
24	446	Szcześniak Piotr	Tyniec nad Ślężą	GVT	M	M40-44	3	00:18:46	26	00:01:28	02:19:42	36	00:01:28	01:27:19	28	04:08:43
25	198	Jaworski Rafał	Piaseczno	#DawajKalach	M	M35-39	1	00:18:52	29	00:01:16	02:20:04	40	00:01:32	01:27:55	33	04:09:39
26	372	Prałat Kacper	Poznań	IM Inspiration	M	M25-29	5	00:20:28	55	00:02:02	02:18:41	29	00:02:12	01:26:47	25	04:10:10
27	325	Modrzyk Arkadiusz	Babimost	Pawłowski Team Zielona Góra	M	M35-39	2	00:20:53	67	00:01:36	02:18:57	31	00:02:02	01:26:51	26	04:10:19
28	18	Łagownik Marta		Trójmiejska Akademia Triathlonu	K	PRO-K	1	00:18:32	24	00:01:17	02:27:29	72	00:01:24	01:23:21	18	04:12:03
29	291	Liputa Grzesiek	Wrocław	Aloha Triathlon Team	M	M30-34	4	00:19:41	36	00:02:00	02:24:42	58	00:01:53	01:24:30	20	04:12:46
30	151	Gołyś Grzegorz	Knurów	Ania Halska Coaching	M	M25-29	6	00:19:21	33	00:01:29	02:21:11	44	00:01:38	01:29:16	35	04:12:55
31	175	Imianowski Eryk	Sieraków	KS Kasztelanka / MMS Team	M	M18-24	2	00:19:41	36	00:01:30	02:20:34	42	00:01:35	01:29:51	38	04:13:11
32	205	Juzof Sebastian	Poznań		M	M25-29	7	00:20:31	58	00:01:47	02:18:02	27	00:02:29	01:31:51	43	04:14:40
33	401	Saźalski Piotr	Śrem	1 Grupa Poszukiwawczo-Ratownicza	M	M35-39	3	00:21:02	71	00:01:33	02:19:25	35	00:01:33	01:31:39	42	04:15:12
34	549	Kamiński Tomasz		Plastica IKS Perun	M	M40-44	4	00:20:02	43	00:01:51	02:19:50	38	00:01:41	01:32:46	47	04:16:10
35	94	Chojnacki Dominik	Warka	KS Start Pułaski Warka	M	M30-34	5	00:19:39	35	00:01:49	02:21:11	44	00:01:21	01:32:33	46	04:16:33
36	345	Okuniewski Marcin	Gdańsk	www.pomagamyntalial.pl	M	M40-44	5	00:20:29	57	00:01:32	02:24:32	56	00:02:35	01:27:32	32	04:16:40
37	19	Cześnik Maria		ZKS DŻonków Profi team	K	PRO-K	2	00:19:03	30	00:01:25	02:29:07	85	00:01:34	01:26:21	23	04:17:30
38	328	Naczak Jakub	Luboń	#bezkłubu	M	M35-39	4	00:20:28	55	00:01:44	02:17:33	26	00:01:40	01:37:39	72	04:19:04
39	199	JAŹDZIEWSKI DAWID	CHOJNICE		M	M25-29	8	00:19:19	32	00:01:39	02:23:46	53	00:01:41	01:33:28	50	04:19:53
40	173	Hońka Michał	Krapkowice	MB-Projekt Team	M	M40-44	6	00:20:48	66	00:01:38	02:24:20	55	00:02:15	01:31:38	41	04:20:39
41	157	Grycz Kamil	Ciechanów	Trizarza Team/Triclub	M	M30-34	6	00:20:23	51	00:01:41	02:26:15	63	00:01:38	01:31:16	40	04:21:13
42	131	Fajok Szymon	Oborniki	MBC Team	M	M18-24	3	00:22:53	121	00:01:47	02:19:00	32	00:02:04	01:35:39	59	04:21:23
43	76	Borek Mateusz	Kraków	SportWise	M	M35-39	5	00:19:44	38	00:01:42	02:20:55	43	00:01:42	01:38:12	76	04:22:15
44	460	Śliwa Wojciech	Szczecin	KS IRONMAN Szczecin	M	M45-49	3	00:22:05	102	00:02:02	02:19:12	33	00:01:47	01:37:10	68	04:22:16
45	14	Baranowska Liliia		National Federation	K	PRO-K	3	00:19:38	34	00:01:22	02:28:14	77	00:01:25	01:31:53	45	04:22:32
46	290	Liputa Emilia	Wrocław	Aloha Triathlon Team	K	K25-29	1	00:20:40	62	00:01:44	02:28:46	82	00:01:56	01:29:38	37	04:22:44
47	268	KRZAK ROBERT	GLIWICE	AUTHOR BICYCLES	M	M55-59	1	00:20:44	65	00:01:43	02:33:07	106	00:02:22	01:25:25	22	04:23:21
48	349	osmolik jarek	zabki	Trizarza	M	M45-49	4	00:22:40	113	00:01:43	02:22:38	49	00:01:52	01:34:39	53	04:23:32
49	15	Jahnz Karolina	Stargard	Go2tri	K	PRO-K	4	00:20:24	52	00:01:29	02:27:29	72	00:01:31	01:34:01	51	04:24:54
50	82	Fibner Krzysztof		Dawaj Kalach Team	M	M30-34	7	00:20:09	46	00:01:25	02:26:33	65	00:01:30	01:35:54	60	04:25:31
51	84	Brzóska Henryk	Kielce	TS Akwedukt Kielce	M	M55-59	2	00:21:09	73	00:01:51	02:29:34	90	00:01:49	01:31:09	39	04:25:32
52	133	Foltyńiewicz Maciej	Szczecinek	TriFotix Szczecinek	M	M45-49	5	00:20:10	49	00:01:30	02:29:21	88	00:01:45	01:33:10	48	04:25:56
53	394	Rumińska Katarzyna	Malbork	STREFA RUCHU multisport	K	PRO-K	5	00:21:04	72	00:01:45	02:27:24	71	00:01:43	01:34:24	52	04:26:20
54	338	Nowak Sławomir	Wolica	Zdun Triathlon Team / Fundacja Dzieciom POMAGAJ	M	M50-54	1	00:22:31	110	00:01:35	02:28:27	78	00:01:29	01:33:10	48	04:27:12
55	516	Wojciechowski Tomasz	Janowice	TRITON KONIN	M	M50-54	2	00:22:14	106	00:01:47	02:25:07	61	00:01:48	01:36:42	63	04:27:38
56	251	Kowalczyk Jordan	Zabrze		M	M35-39	6	00:23:02	128	00:01:55	02:23:10	50	00:01:38	01:38:26	77	04:28:11
57	373	Prawdziej Michał	Szczecin	AZS AWF KRAKÓW MASTERS	M	M45-49	6	00:20:59	70	00:01:40	02:25:26	62	00:01:48	01:38:39	80	04:28:32
58	259	Kozłowski Marcin	Baranowo		M	M35-39	7	00:20:54	68	00:01:46	02:27:38	75	00:01:35	01:37:48	73	04:29:41
59	5	Petters Klaudia	Bolesławiec	Romet Factory Team	K	PRO-K	6	00:20:25	54	00:01:30	02:34:32	120	00:01:25	01:31:51	43	04:29:43
60	297	Łazowski Adrian	Poznań	SKS Oborniki	M	M30-34	8	00:22:33	111	00:01:28	02:24:45	59	00:01:32	01:39:43	85	04:30:01
61	193	Jarząbek Grzegorz	Polkowice	Val di Sport	M	M50-54	3	00:21:29	79	00:01:45	02:30:47	95	00:02:28	01:34:42	54	04:31:11
62	358	Paszek Przemysław	Tychy		M	M35-39	8	00:22:02	98	00:02:00	02:28:35	80	00:02:08	01:36:48	64	04:31:33
63	88	Bych Maciej	Oława	TRIDEA Team Oława	M	M45-49	7	00:23:04	130	00:01:46	02:24:56	60	00:02:02	01:39:47	86	04:31:35
64	115	Dembński Marek	Poznań	W TRI Team	M	M45-49	8	00:21:58	93	00:02:46	02:27:10	69	00:02:21	01:38:00	74	04:32:15
65	220	Kieczur Wojciech	Borówiec	IM Inspiration	M	M35-39	9	00:22:00	96	00:01:38	02:26:32	64	00:02:17	01:39:54	87	04:32:21
66	335	Nowak Anna	Siekierniki Wielkie	Motiv Home Team	K	K35-39	1	00:21:59	95	00:02:04	02:29:20	87	00:01:52	01:37:09	67	04:32:24
67	262	Krakowski Jan	Gdynia	Invictus 3City/ALE - Active Life Energy	M	M25-29	9	00:20:31	58	00:01:31	02:33:20	108	00:01:31	01:35:33	58	04:32:26
68	468	Taraska Łukasz	Stargard		M	M45-49	9	00:21:40	86	00:02:01	02:32:11	100	00:02:18	01:34:50	55	04:33:00
69	411	Skiba Mariusz	Szczecin	Klub Sportowy IRONMAN CS POLSKA	M	M35-39	10	00:23:23	147	00:01:51	02:23:37	51	00:02:07	01:42:26	98	04:33:24
70	561	Nowak Małgorzata		Jerzyk Team	K	K30-34	1	00:20:24	52	00:01:22	02:34:01	113	00:01:42	01:36:17	61	04:33:46
71	506	Wira Mariusz	Borek Wlkp.	KB MIŚ BOREK WLKP.	M	M45-49	10	00:21:39	84	00:01:56	02:38:20	142	00:02:58	01:29:37	36	04:34:30
72	127	Ziętek Seweryn		ŁAWKA TEAM	M	M40-44	7	00:23:07	133	00:01:47	02:29:14	86	00:02:28	01:38:34	79	04:35:10

JBL Triathlon Poznań

Organizator: KS TRI TOUR; Miasto Poznań; PZT

Data: 17.07.2022r.

Dystans: 1/2 IM

Miejscowość: Poznań



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik
73	110	Czuryło Paweł	Tomaszkowo	Najmowicz triathlon	M	M30-34	9	00:20:42	63	00:02:13	02:33:17	107	00:01:58	01:37:05	66	04:35:15
74	243	Kondraciuk Dariusz	Toruń	FITPOINT FIZJO DIET	M	M45-49	11	00:22:02	98	00:01:57	02:29:51	91	00:02:05	01:39:56	88	04:35:51
75	195	Jasińska Patrycja	Tychy	Ania Halska Coaching	K	K25-29	2	00:21:50	88	00:01:38	02:34:14	117	00:01:40	01:36:58	65	04:36:20
76	91	Chabasiński Rafał	SZCZAWNO	40 LAT MINĘŁO	M	M45-49	12	00:24:20	183	00:01:59	02:29:29	89	00:01:55	01:38:54	81	04:36:37
77	97	Chuchla Maciej	Kalisz	MAVI	M	M50-54	4	00:21:17	76	00:01:40	02:34:50	122	00:02:05	01:37:21	69	04:37:13
78	159	Grzelak Mateusz	Poznań	BE3/Cityzen	M	M30-34	10	00:21:56	91	00:01:52	02:31:23	98	00:02:09	01:40:15	89	04:37:35
79	317	Michałowski Marcin	Szczecin	LaserGryf.pl & Gryfus Szczecin	M	M40-44	8	00:20:02	43	00:01:28	02:20:14	41	00:01:33	01:54:36	163	04:37:53
80	548	Grochowska Aleksandra		GVT	K	K25-29	3	00:22:41	114	00:01:42	02:34:23	118	00:01:53	01:38:30	78	04:39:09
81	434	Stawowy Jakub	Poznań	1989	M	M30-34	11	00:21:55	90	00:02:01	02:28:57	84	00:01:43	01:44:43	108	04:39:19
82	216	Kaźmierczak Jan	Poznań		M	M25-29	10	00:20:00	41	00:02:30	02:36:44	132	00:02:41	01:37:36	70	04:39:31
83	523	Wójtowicz Wojciech	Pobiedziska	CTS	M	M35-39	11	00:22:05	102	00:01:50	02:22:16	48	00:02:08	01:51:34	144	04:39:53
84	135	Foremski Sławomir	Toruń	TKT	M	M50-54	5	00:21:09	73	00:02:24	02:35:46	124	00:02:04	01:39:24	83	04:40:47
85	66	Bednarczyk Robert	Warszawa	diakonowbednarczyk.pl	M	M35-39	12	00:21:30	80	00:01:43	02:30:51	96	00:01:54	01:45:00	111	04:40:58
86	121	Drabek Jarosław	Spytkowice	WM Triself	M	M35-39	13	00:23:29	151	00:01:34	02:21:41	47	00:01:34	01:53:14	154	04:41:32
87	68	Bielec Adam	Skępe	KcaloKilerzy	M	M30-34	12	00:22:48	116	00:01:48	02:30:30	94	00:01:47	01:45:00	111	04:41:53
88	456	Szydlowski Rafał	Warszawa	POWER TRAINING	M	M30-34	13	00:20:09	46	00:01:56	02:38:52	146	00:23:51	01:17:26	7	04:42:14
89	194	Jasielski Maurycy	Poznań		M	M45-49	13	00:24:47	199	00:01:50	02:34:07	114	00:01:58	01:39:34	84	04:42:16
90	397	Ryś Sebastian	Tulce		M	M45-49	14	00:25:44	232	00:01:57	02:24:36	57	00:02:32	01:48:02	128	04:42:51
91	104	Czaja Kamil	Szczecin	SwimDwaTri	M	M35-39	14	00:22:08	104	00:01:47	02:36:16	128	00:01:37	01:41:11	95	04:42:59
92	281	Lech Mirosław	Brzeg	OTTT	M	M35-39	15	00:23:48	159	00:01:50	02:32:30	103	00:01:54	01:43:00	102	04:43:02
93	542	Zujko Kinga	Białystok	Szala Coach / Nadaktywni Białystok	K	K25-29	4	00:20:54	68	00:01:54	02:43:32	174	00:01:47	01:34:55	56	04:43:02
94	62	Bartochowski Łukasz	Poznań	VanHooy Bike Manufaktur	M	M40-44	9	00:23:21	145	00:02:17	02:28:38	81	00:02:17	01:46:33	121	04:43:06
95	247	Kostrubala Sebastian	Rzeszów		M	M40-44	10	00:24:44	198	00:01:58	02:27:41	76	00:02:07	01:46:44	122	04:43:14
96	203	Joulin Pierre	HAUTECOUR	Savoie	M	M25-29	11	00:21:23	77	00:01:45	02:40:21	157	00:02:21	01:37:38	71	04:43:28
97	382	Rackowski Paweł	Lublin		M	M45-49	15	00:22:38	112	00:01:49	02:34:10	116	00:01:50	01:44:32	107	04:44:59
98	396	Ryfa Maciej	Borówiec	REHAU Crossactive/ Unlimited Sport 2.0	M	M25-29	12	00:23:03	129	00:01:53	02:33:23	110	00:01:55	01:44:53	110	04:45:07
99	421	Sobczak Mateusz	Poznań		M	M35-39	16	00:23:12	136	00:01:49	02:43:22	173	00:02:10	01:35:00	57	04:45:33
100	276	Kwieciński Sebastian	Mława	Tri Sebuś Team	M	M45-49	16	00:23:00	126	00:01:56	02:36:27	129	00:02:06	01:42:15	97	04:45:44
101	479	Wasilewski Aleksander		Nestle Fitness/ Bednarski Tream	M	M50-54	6	00:24:10	175	00:02:14	02:32:22	101	00:01:51	01:45:23	114	04:46:00
102	273	KURZAC PIOTR	Ostrów Wielkopolski	Antex team	M	M40-44	11	00:21:47	87	00:02:03	02:39:56	153	00:01:44	01:41:04	94	04:46:34
103	503	Wilmont Krzysztof	Ślupsk	DECATHLON ŚLUPSK	M	M35-39	17	00:21:35	82	00:01:31	02:36:58	133	00:01:32	01:45:34	116	04:47:10
104	190	Jarmot Oskar	Toruń	TMT - Toruń Multisport Team	M	M30-34	14	00:24:27	187	00:01:45	02:33:20	108	00:01:51	01:46:21	120	04:47:44
105	368	Pomorska Joanna	Warszawa	Dawaj Kalach Team	K	K40-44	1	00:21:15	75	00:01:54	02:44:54	180	00:02:17	01:38:09	75	04:48:29
106	418	Ślaby Tomasz	Gorzów Wlkp.	IM Inspiration	M	M50-54	7	00:23:11	135	00:01:33	02:26:51	68	00:01:39	01:55:22	168	04:48:36
107	307	Sikora Julita			K	K45-49	1	00:22:23	108	00:02:08	02:39:45	151	00:01:47	01:43:17	105	04:49:20
108	271	Kulik Michał	Łódź	HTF Ludwik Sikorski	M	M40-44	12	00:25:03	209	00:02:25	02:30:53	97	00:02:38	01:48:42	131	04:49:41
109	547	Sznek Artur		CTS	M	M50-54	8	00:22:47	115	00:02:14	02:41:17	160	00:02:20	01:41:15	96	04:49:53
110	213	Karzkowiak WojciechBartosz	Zielona Gora	#dawajkalach	M	M50-54	9	00:22:57	125	00:02:16	02:34:35	121	00:02:44	01:47:29	127	04:50:01
111	459	Śledziński Dawid	Poznań	Wybiegani Team	M	M40-44	13	00:23:39	156	00:03:05	02:37:45	139	00:02:24	01:43:12	103	04:50:05
112	376	Pryk Rafał	Goleniów	Rozbiegany Goleniów	M	M45-49	17	00:23:28	150	00:02:06	02:37:37	138	00:01:50	01:45:29	115	04:50:30
113	480	Tymiński Dariusz	Brwino	PTT Delta / ORLEN Running Team	M	M50-54	10	00:21:52	89	00:01:54	02:30:09	93	00:02:06	01:54:29	161	04:50:30
114	375	Pryga Grzegorz	Nysa		M	M35-39	18	00:24:04	170	00:03:05	02:39:51	152	00:03:35	01:40:21	90	04:50:56
115	142	Garczarek Tomasz	Kościan	Piękni i młodzi	M	M50-54	11	00:23:12	136	00:02:02	02:35:44	123	00:02:33	01:47:27	126	04:50:58
116	249	Kotowski Norbert	Wrocław	Litwin Triathlon Team	M	M35-39	19	00:23:14	139	00:01:39	02:34:07	114	00:02:23	01:49:49	138	04:51:12
117	533	Zawierucha Karol	Bezzecze	IM Inspiration	M	M30-34	15	00:22:55	122	00:01:40	02:29:58	92	00:02:05	01:54:36	163	04:51:14
118	310	Masłowski Michał	Wysoka	TMTeam	M	M45-49	18	00:23:19	143	00:02:10	02:43:17	172	00:02:07	01:41:01	93	04:51:54
119	155	Gruszczynski Mateusz	Poznań	MOCNO W PRAWO TEAM	M	M40-44	14	00:23:30	153	00:01:54	02:28:56	83	00:02:30	01:56:14	174	04:53:04
120	332	Niemczewski Rafał	KOBYLNICIA	BE3 CITYZEN POZNAŃ	M	M40-44	15	00:24:34	190	00:02:27	02:40:15	156	00:02:36	01:43:27	106	04:53:19
121	245	Kopańska Kinga	Pruszyń	Ania Tomica Coaching	K	K30-34	2	00:22:01	97	00:01:47	02:41:42	161	00:01:43	01:46:10	119	04:53:23
122	416	Skupień Konrad	Łódź, woj. łódzkie, Polska	konradskupien.pl	M	M50-54	12	00:21:58	93	00:02:08	02:50:28	206	00:02:20	01:36:36	62	04:53:30
123	158	Grządzielewski Igor	Poznań	Iron Resorts	M	M25-29	13	00:20:01	42	00:02:23	02:48:05	196	00:02:36	01:40:58	92	04:54:03
124	386	Rogala Marcin	Warszawa	I'M Inspiration	M	M25-29	14	00:24:26	185	00:01:58	02:46:10	186	00:02:27	01:39:09	82	04:54:10
125	473	Tomaka Bogusław	Ząbkowice Śląskie	Ząbkowicka Grupa Biegowa FRANKENSTEIN	M	M45-49	19	00:21:39	84	00:01:44	02:45:28	182	00:02:07	01:43:14	104	04:54:12
126	59	Baldys Dariusz	Dąbrowa Górnicza	Triathlon X-team	M	M45-49	20	00:24:52	202	00:02:19	02:38:46	144	00:03:00	01:46:04	118	04:55:01
127	442	Szarek Michał	Wieliczka	WM Triself	M	M35-39	20	00:26:49	250	00:02:18	02:32:08	99	00:02:02	01:51:48	147	04:55:05
128	258	Kozioł Krzysztof	Warszawa		M	M30-34	16	00:24:07	172	00:02:17	02:39:56	153	00:02:48	01:46:01	117	04:55:09
129	292	Lisek Andrzej	Poznań	Lisek	M	M35-39	21	00:20:43	64	00:01:56	02:43:15	171	00:02:05	01:47:26	125	04:55:25
130	149	Golański Grzegorz	Zalasewo		M	M35-39	22	00:24:08	174	00:02:16	02:42:15	166				

JBL Triathlon Poznań

Organizator: KS TRI TOUR; Miasto Poznań; PZT
Data: 17.07.2022r.
Dystans: 1/2 IM
Miejscowość: Poznań



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik
145	228	Klus Mariusz	Złotniki	TriMario	M	M40-44	20	00:25:20	215	00:02:01	02:37:31	137	00:02:30	01:54:30	162	05:01:52
146	163	gzył jakub	Wronki	egzył.pl	M	M35-39	25	00:22:52	119	00:02:18	02:35:52	125	00:02:02	01:58:58	189	05:02:02
147	211	Kałuża Michał	Wrocław		M	M25-29	16	00:23:49	160	00:02:33	02:36:41	131	00:02:14	01:56:49	177	05:02:06
148	283	Lechowski Marcin	Częstochowa		M	M30-34	20	00:26:08	240	00:02:13	02:42:37	168	00:02:02	01:49:16	134	05:02:16
149	196	Jasiuchna Marek	Świnoujście	Pieczarkowe Łapki	M	M35-39	26	00:24:42	197	00:01:53	02:39:41	150	00:03:07	01:53:51	158	05:03:14
150	72	Błaszczuk Łukasz	Poznań	RozkaTEAM	M	M35-39	27	00:23:07	133	00:02:04	02:32:57	105	00:02:02	02:03:20	202	05:03:30
151	156	Gruszka Katarzyna	Poznań	Vamos Racing Team	K	K35-39	2	00:26:12	241	00:01:57	02:42:48	170	00:02:24	01:50:54	140	05:04:15
152	455	Szwed Michał	Poznań	Drużyna Mocarzy / enduhub.com / Cityzen_BE3	M	M50-54	14	00:24:04	170	00:02:49	02:38:02	141	00:02:47	01:56:37	176	05:04:19
153	225	Klein Uwe	Bamberg	Böhnlein Sports Bamberg	M	M40-44	21	00:24:20	183	00:02:39	02:42:45	169	00:02:32	01:52:09	149	05:04:25
154	98	Chuiikov Hryhorii	Swinoujscie	Trzy Wyspy	M	M30-34	21	00:23:55	166	00:02:29	02:44:04	175	00:02:48	01:51:31	143	05:04:47
155	223	Kindler Maciej			M	M35-39	28	00:24:37	195	00:02:47	02:34:25	119	00:02:57	02:00:24	195	05:05:10
156	248	Kotecki Szymon	Środa Wielkopolska	Polonia Środa	M	M35-39	28	00:25:22	218	00:02:14	02:41:48	163	00:02:23	01:53:23	155	05:05:10
157	352	Ozdoba Krzysztof	Siechnice	Tri Mission	M	M45-49	23	00:28:30	281	00:03:01	02:47:56	194	00:02:48	01:42:57	100	05:05:12
158	233	Knofel-Laszczyńska Agata	Strzelin	TwisterTeam	K	K45-49	2	00:25:34	228	00:01:59	02:44:25	176	00:02:32	01:51:03	141	05:05:33
159	380	Puzicki Tomasz	Dominowo	Polonia Środa wlkp	M	M45-49	24	00:23:25	149	00:02:18	02:37:53	140	00:02:02	01:59:58	194	05:05:36
160	402	Schulze Heike	Frankfurt (Oder)	HONDA Bohlig Laufteam	K	K55-59	1	00:26:16	243	00:02:04	02:38:34	143	00:02:22	01:56:34	175	05:05:50
161	513	Włodarczyk Piotr	Poznań	Budchem	M	M40-44	22	00:27:39	266	00:02:21	03:18:14	283	00:03:27	01:14:29	2	05:06:10
162	453	Szuława Marcin	Zduny	NaturalEPOTeam, Colian na Start	M	M45-49	25	00:23:19	143	00:02:11	02:37:08	134	00:02:41	02:01:04	197	05:06:23
163	515	Wojciechowski Piotr	Olśtyn	12tri.pl Drużyna Wilka	M	M35-39	30	00:23:33	154	00:02:22	02:54:01	223	00:02:11	01:44:46	109	05:06:53
164	96	Chomont Magdalena	Goleniów	Kuźnia Triathlonu	K	K40-44	2	00:24:56	204	00:02:12	02:44:50	178	00:02:22	01:52:55	153	05:07:15
165	333	Nowaczyk Grzegorz	Chodzież	LODOŻERCY CHODZIEŻ / PCH_RUN	M	M45-49	26	00:22:51	118	00:01:48	02:47:01	190	00:02:13	01:53:41	157	05:07:34
166	143	Garstecki Michał	Skawina	WM Triself	M	M45-49	27	00:23:49	160	00:02:37	02:39:33	149	00:04:04	01:58:01	186	05:08:04
167	124	Dyczka Robert	Bytom	AKTYWNY ROZBARK	M	M45-49	28	00:21:56	91	00:02:33	02:58:27	242	00:03:43	01:42:41	99	05:09:20
168	390	Roszk Jakub	Poliwoda	Ewa Bugdoł Team	M	M40-44	23	00:22:24	109	00:02:39	02:37:27	135	00:02:25	02:04:48	210	05:09:43
169	404	Seredyński Przemysław	Lutynia	Szkrobasy	M	M40-44	24	00:24:58	205	00:02:23	02:45:39	183	00:02:00	01:54:57	167	05:09:57
170	539	Zieliński Maciej	Bydgoszcz	ElenSPORT.pl	M	M35-39	31	00:23:49	160	00:01:37	02:32:48	104	00:02:21	02:09:25	223	05:10:00
171	414	Skrobański Jakub	Puszczykowo	MYTUPITUPITU	M	M30-34	22	00:25:01	207	00:01:52	02:44:34	177	00:01:44	01:56:53	178	05:10:04
172	304	Łukaszewski Jakub	Poznań	Hangar	M	M25-29	17	00:22:08	104	00:01:32	02:55:44	227	00:01:41	01:49:19	136	05:10:24
173	286	Lepka Arkadiusz	Kleszczów	Iron Fighters	M	M30-34	23	00:25:15	212	00:01:53	02:47:59	195	00:02:07	01:53:34	156	05:10:48
174	387	Rojek Robert	Tychy	SKORUPA TRIATHLON	M	M45-49	29	00:25:30	225	00:01:51	02:42:00	164	00:02:31	01:59:10	191	05:11:02
175	238	Kończak Katarzyna	Konopiska	Triathlon Training Center Częstochowa	K	K40-44	3	00:24:36	194	00:01:43	02:55:46	228	00:01:51	01:48:27	130	05:12:23
176	229	Kłos Jan	Oława, Chojnów	Dawaj Kalach Team	M	M40-44	25	00:23:17	142	00:02:34	02:51:31	208	00:03:42	01:51:34	144	05:12:38
177	128	Dziurka Rafał	Poznań	Skaven Danmark	M	M45-49	30	00:23:35	155	00:02:34	02:46:23	187	00:02:38	01:58:53	188	05:14:03
178	117	Derleta Mateusz	Szczecin	derMMed	M	M30-34	24	00:26:50	252	00:02:30	02:44:50	178	00:02:07	01:58:04	187	05:14:21
179	377	Ptasznik Przemysław	Węgrzce Wielkie	WM Triself	M	M40-44	26	00:25:31	226	00:02:24	02:35:59	126	00:02:29	02:08:05	221	05:14:28
180	417	Słowiczek Jakub	Krakow		M	M30-34	25	00:23:12	136	00:02:04	02:27:36	74	00:02:05	02:20:16	247	05:15:13
181	58	Badyńska-Graczyk Agnieszka	Warszawa	Tomica Coaching	K	K40-44	4	00:25:18	214	00:02:12	02:51:51	210	00:02:23	01:54:09	159	05:15:53
182	74	Bobrowski Bogusz	Poznań		M	M30-34	26	00:23:24	148	00:03:49	02:51:32	209	00:04:59	01:54:09	159	05:17:53
183	406	Sienicki Krzysztof	Warsaw	Team Sieniccy	M	M30-34	27	00:24:35	192	00:02:17	02:47:19	191	00:03:12	02:01:03	196	05:18:26
184	182	Jakubczyk Rafał	Luboń	Triboys	M	M40-44	27	00:24:40	196	00:02:25	03:05:47	269	00:03:58	01:42:58	101	05:19:48
185	450	Szindler Wojciech	Zalasewo		M	M40-44	28	00:27:18	259	00:02:19	02:49:46	202	00:03:22	01:57:50	184	05:20:35
186	504	Winiarski Jarosław	POZNAŃ	Winiara Team	M	M45-49	31	00:27:29	261	00:02:10	02:52:49	218	00:02:32	01:55:43	171	05:20:43
187	466	ŚWITAŁA KRZYSZTOF	RAKONIEWICE	RAKONIEWICE NIAGARA FITNESS KLUB	M	M45-49	32	00:25:46	233	00:02:07	02:45:47	184	00:02:29	02:04:52	211	05:21:01
188	550	Hałaczyński Ryszard		366 Witunia	M	M60-64	1	00:24:03	169	00:02:34	02:47:49	193	00:07:33	01:59:05	190	05:21:04
189	490	Wasielak Joanna	Swarzędz		K	K35-39	3	00:22:55	122	00:02:43	03:05:11	262	00:02:32	01:48:05	129	05:21:26
190	237	Kociel Jarosław	Bytom		M	M50-54	15	00:25:24	219	00:02:26	02:52:56	219	00:03:35	01:57:07	180	05:21:28
191	80	Broniewicz Dariusz	Wąsosz	Endorfiny Wąsosz	M	M40-44	29	00:24:10	175	00:04:02	02:51:59	212	00:03:53	01:57:26	182	05:21:30
192	381	Nowak Konrad		MBC- Maciej Bodnar Coaching	M	M40-44	30	00:24:53	203	00:02:06	02:45:04	181	00:02:16	02:07:14	217	05:21:33
193	471	Tochowicz Bartosz	Goleśzów		M	M50-54	16	00:25:27	220	00:03:00	03:01:33	252	00:03:12	01:49:16	134	05:22:28
194	499	WIĘCŁAW ARTUR	CISOWNICA	4 Muszkieter.pl	M	M45-49	33	00:25:27	220	00:02:20	03:05:16	263	00:02:25	01:47:00	123	05:22:28
195	477	Trocki Grzegorz	Poznań		M	M40-44	31	00:26:49	250	00:03:21	02:51:54	211	00:02:47	01:58:00	185	05:22:51
196	126	Dziarek Jacek	Kołobrzeg	niezrzeszony	M	M60-64	2	00:24:29	189	00:02:52	02:56:53	237	00:03:53	01:54:53	166	05:23:00
197	435	Sterczała Marcin	Kicin	Rehau Crossactive	M	M25-29	18	00:24:26	185	00:01:46	02:42:16	167	00:02:05	02:12:32	227	05:23:05
198	214	Kasprzak Paweł	Poznań		M	M30-34	28	00:23:56	167	00:02:25	03:01:23	250	00:02:42	01:52:39	150	05:23:05
199	341	Nowicki Bartłomiej	Oborniki	Centrum Ogrodnicze Bogdanowo	M	M35-39	32	00:25:00	206	00:02:21	02:55:59	229	00:03:20	01:57:04	179	05:23:44
200	150	Golemięc Kazimierz	Wrocław	I?M Inspiration	M	M55-59	4	00:25:33	227	00:01:56	02:41:43	162	00:02:08	02:13:54	237	05:25:14
201	546	ŻUCHOWSKI Dawid	Smolec	LitWin Sports	M	M45-49	34	00:23:15	140	00:02:37	02:49:06	199	00:02:43	02:07:39	220	05:25:20
202	536	Zielińska Justyna	Luboń	KS Posnania Triathlon	K	K45-49	3	00:27:04	257	00:02:38	02:55:41	226	00:03:05	01:57:17	181	05:25:45
203	540	Zieliński Robert	Luboń	KS POSNANIA TRIATHLON	M	M40-44	32	00:25:52	234	00:02:49	02:46:54	189	00:03:37	02:06:33	216	05:25:45
204	56	Atraszkiewicz Magda	Gdańsk	TriWise	K	K45-49	4	00:27:06	258	00:02:17	02:50:39	207	00:02:55	02:03:36	205	05:26:33
205	130	Fabisz Rafał	Dopiewiec	NO NAME	M	M45-49	35	00:26:55	255	00:02:05	02:47:48	192	00:02:26	02:07:33	219	05:26:47
206	484	Ustarbowski Tomasz	Swarzewo		M	M30-34	29	00:25:29	222	00:01:53	02:46:25	188	00:02:03	02:13:07	232	05:28:57
207	105	Czarnota Kacper	Poznań	AZS Poznań	M	M30-34	30	00:26:50	252	00:03:33	02:56:20	230	00:02:39	01:59:36	193	05:28:58
208	266	Królik Waldemar	Trzebiatów	AT Aktywny Trzebiatów	M	M40-44	33	00:26:18	244	00:03:35	02:52:48	217	00:04:18	02:02:00	200	05:28:59
209	232	Knara Ada	Oława	Tri Mission	K	K30-34	3	00:27:59	271	00:03:30	03:05:22	265	00:03:40	01:49:05	132	05:29:36
210	400	Safata Roman	Świebodzice	Bike Team TeMMPo Wałbrzych	M	M40-44	34	00:24:13	177	00:02:25	02:55:39	225	00:03:08	02:05:36	215	05:31:01
211	497	Wieczorek Rafał	Wrocław	WTT/TietoTriathlonTeam	M	M35-39	33	00:25:16	213	00:02:24	02:50:23	203	00:03:09	02:10:02	224	05:31:14
212	457	Szymańska Agnieszka	Oborniki	SKS Oborniki	K	K40-44	5	00:26:15	242	00:02:32	03:01:45	253	00:02:07	01:59:10	191	05:31:49
213	445	Szcześniak Dorota	Oborniki	RANKOR	K	K40-44	6	00:26:18	244	00:02:28	03:05:21	264	00:02:42	01:55:35	170	05:32:24
214	246	Korzeniewski Cezary	Poznań	IN-Software	M	M30-34	31	00:27:35	263	00:02:02	02:57:59	240	00:02:05	02:03:44	206</	

JBL Triathlon Poznań

Organizator: KS TRI TOUR; Miasto Poznań; PZT

Data: 17.07.2022r.

Dystans: 1/2 IM

Miejscowość: Poznań



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik
217	174	Ignaciuk Paweł	Ślupsk		M	M30-34	33	00:26:20	246	00:03:20	03:07:53	272	00:02:45	01:55:52	172	05:36:10
218	519	Wołk Agata	Wrocław	Litwin Sports	K	K25-29	5	00:31:44	300	00:01:50	02:48:30	198	00:01:55	02:12:38	228	05:36:37
219	277	Kwolek Jarosław	Bolesławiec	Xtrabike Tri Team Bolesławiec	M	M55-59	5	00:29:39	292	00:02:43	02:49:11	200	00:02:40	02:13:21	233	05:37:34
220	280	Latos Janusz	Środa Wilkp	ECO CARS	M	M60-64	3	00:26:47	249	00:03:30	02:59:35	244	00:02:49	02:05:14	212	05:37:55
221	107	Czeraniak Gracjan	Koszalin		M	M40-44	35	00:28:19	279	00:02:16	03:01:26	251	00:02:19	02:03:35	204	05:37:55
222	136	Formela Piotr	Rybnik		M	M35-39	34	00:29:30	289	00:03:01	02:49:13	201	00:04:29	02:12:11	226	05:38:24
223	92	Chamera Paweł	Kielce	IM INSPIRATION	M	M25-29	19	03:58:23	305	-02:21:20	02:18:56	30	00:02:24	01:40:44	91	05:39:07
224	119	Donhefner Tomasz	Tenczynek		M	M45-49	36	00:25:20	215	00:01:45	02:56:31	232	00:02:23	02:13:24	234	05:39:23
225	103	Cybul Marek	Owińska	Team DaliDali	M	M40-44	36	00:24:15	178	00:03:26	02:42:05	165	00:03:35	02:26:12	256	05:39:33
226	348	Osiadły Marcin	Koziegłowy		M	M35-39	35	00:28:09	277	00:03:38	02:56:52	235	00:03:52	02:07:16	218	05:39:47
227	426	Spychała Jacek	Rostworowo		M	M40-44	37	00:26:54	254	00:02:21	03:05:37	266	00:02:45	02:03:12	201	05:40:49
228	164	Habernik Łukasz	Czempiń	Helios Czempin Team	M	M35-39	36	00:23:04	130	00:01:54	02:56:52	235	00:02:33	02:16:31	239	05:40:54
229	364	Pisarczyk Grzegorz	Poznań		M	M30-34	34	00:22:52	119	00:02:23	03:03:29	257	00:03:35	02:08:47	222	05:41:06
230	543	Zwierzyński Roman	Lutynia	Lecę bo chcę	M	M60-64	4	00:27:28	260	00:03:38	02:58:34	243	00:06:18	02:05:23	214	05:41:21
231	315	Michalak Marek	Poznań	KB DeBIEC	M	M45-49	37	00:26:00	236	00:02:39	03:04:56	261	00:04:47	02:04:35	209	05:42:57
232	212	Kapusta Łukasz	Tuszyn	Klub Biegających Leśników	M	M35-39	37	00:25:43	230	00:03:51	02:57:01	238	00:05:06	02:11:16	225	05:42:57
233	393	Ruel Vincent	Poznan	Carlsberg Shared Services	M	M35-39	38	00:28:02	275	00:02:21	02:56:38	233	00:02:42	02:13:44	236	05:43:27
234	309	Markowski Przemysław	Poznań	THE GOOD OLE BOYS	M	M45-49	38	00:27:40	267	00:03:15	03:05:43	268	00:03:11	02:03:47	207	05:43:36
235	339	Nowak Wojciech	Konin	Triton Konin	M	M35-39	39	00:26:05	238	00:02:00	02:53:51	221	00:02:26	02:20:00	246	05:44:22
236	511	Wiśniewski Waldek	Lusówko	Sauerland Team Tarnowo Podgórne	M	M40-44	38	00:26:06	239	00:03:23	02:52:09	213	00:04:18	02:20:23	248	05:46:19
237	120	Dopierański Tomasz	Piła		M	M25-29	20	00:23:51	163	00:02:12	03:05:53	270	00:02:10	02:13:00	231	05:47:06
238	321	Mikołajczyk Kinga	Szczecin	Tri gym Szczecin	K	K35-39	4	00:26:04	237	00:02:06	03:03:43	258	00:02:26	02:13:28	235	05:47:47
239	86	Budkiewicz Adrian	Poznan	Night Runners Poznań	M	M40-44	39	00:25:29	222	00:02:27	03:00:45	248	00:02:56	02:16:53	240	05:48:30
240	407	Sierżant Adrian	Poznan	S-brothers	M	M30-34	35	00:26:44	248	00:01:59	03:00:15	246	00:02:55	02:17:59	244	05:49:52
241	403	Sendecki Łukasz	Warszawa	Velocity Warsaw	M	M35-39	40	00:25:20	215	00:02:37	02:49:57	203	00:04:58	02:28:05	259	05:50:57
242	488	Pupka Artur		GVT	M	M55-59	6	00:27:32	262	00:02:29	02:53:56	222	00:03:36	02:24:27	253	05:52:00
243	242	Koncki Andrzej	Rybnik		M	M40-44	40	00:30:15	295	00:02:33	03:03:13	255	00:02:26	02:14:34	238	05:53:01
244	226	Klimaszyk Szymon	Baranowo	CITYZEN	M	M50-54	18	00:24:34	190	00:03:11	02:50:07	204	00:04:01	02:31:21	263	05:53:14
245	285	Leon Luis	Gdansk	Mexican mafia	M	M30-34	36	00:28:02	275	00:02:15	03:03:18	256	00:02:26	02:17:50	243	05:53:51
246	502	Wilkin Mirek	Lubsko	FunTri	M	M50-54	19	00:28:27	280	00:03:34	02:52:37	216	00:04:51	02:26:30	257	05:55:59
247	362	Pietraszko Dariusz	Bolesławiec	Tri Team Bolesławiec	M	M55-59	7	00:29:40	293	00:02:23	02:56:49	234	00:02:40	02:25:38	255	05:57:10
248	305	Łukaszewski Maciej	Lubliniec		M	M30-34	37	00:24:17	181	00:02:02	03:24:23	288	00:03:54	02:05:14	212	05:59:50
249	342	Nowicki Bartosz	Bydgoszcz	Tri Space/ Trek	M	M30-34	38	00:28:01	273	00:02:18	02:48:09	197	00:03:08	02:38:27	269	06:00:03
250	138	Gacek Piotr	Przemków	ABY DO METY	M	M40-44	41	00:24:35	192	00:03:19	03:25:39	289	00:03:10	02:03:31	203	06:00:14
251	360	Pędowska Bożena	Gliwice	indywidualnie	K	K55-59	2	00:25:05	210	00:02:17	03:03:49	259	00:02:54	02:27:05	258	06:01:10
252	474	Tomaszewska Ania	Stęszew	777	K	K30-34	4	00:27:43	268	00:01:54	03:18:31	284	00:02:11	02:12:55	230	06:03:14
253	122	Dwojak Filip	Janowice Wielkie		M	M18-24	4	00:22:04	100	00:01:39	03:00:04	245	00:02:30	02:37:50	268	06:04:07
254	208	Kaczmarek Mariusz	Poznań	CTS	M	M55-59	8	00:29:05	285	00:03:01	03:03:56	260	00:03:24	02:25:03	254	06:04:29
255	538	Zieliński Kamil	Szczecin	SMT Szczecin	M	M35-39	41	00:25:11	211	00:02:11	02:53:28	220	00:03:51	02:41:13	272	06:05:54
256	95	Chojnacki Krzysztof	Ostrów Wielkopolski	Pan	M	M35-39	42	00:24:17	181	00:02:07	03:16:45	280	00:02:40	02:21:15	250	06:07:04
257	423	Sobiło Marek	Lubin	Biegająca Kasta Miedziowego Miasta	M	M45-49	39	00:25:01	207	00:02:52	03:16:59	281	00:02:53	02:19:19	245	06:07:04
258	432	Stanisławski Maciej	Poznań	AZS Poznań	M	M35-39	43	00:26:42	247	00:03:43	03:31:41	294	00:04:50	02:01:13	199	06:08:09
259	438	Sulkowski Piotr	Szczytniki	oKuchnie.pl	M	M40-44	42	00:23:42	157	00:02:40	03:09:48	273	00:02:57	02:30:49	261	06:09:56
260	207	Kaczmarek Andrzej	Wrocław		M	M50-54	20	00:30:04	294	00:02:53	03:02:10	254	00:02:43	02:32:21	265	06:10:11
261	132	FALENSKA ANITA	POZNAŃ		K	K35-39	5	00:28:38	282	00:03:24	03:19:29	285	00:04:39	02:17:46	242	06:13:56
262	274	Kurzeja Kamil	Poznań		M	M30-34	39	00:26:57	256	00:02:55	03:09:51	274	00:03:12	02:31:13	262	06:14:08
263	495	Wesołek Dariusz	Poznań	Klub Wesołków	M	M40-44	43	00:25:29	222	00:03:38	03:20:28	286	00:04:31	02:21:20	251	06:15:26
264	447	Szczurek Artur	Poznań		M	M45-49	40	00:29:02	284	00:02:59	03:00:40	247	00:03:47	02:39:58	270	06:16:26
265	443	Szczap Rafał	poznań		M	M25-29	21	00:28:09	277	00:02:00	03:11:08	275	00:03:21	02:32:19	264	06:16:57
266	187	Jankowski Marek	Poznań	TEAM LIPTON	M	M40-44	44	00:24:15	178	00:02:49	03:15:53	278	00:04:07	02:30:03	260	06:17:07
267	169	Wieczorkiewicz Maciej			M	M35-39	44	00:31:12	297	00:02:19	03:17:04	282	00:03:16	02:23:46	252	06:17:37
268	329	Nagodziński Marcin	Biskupice		M	M35-39	45	00:29:29	288	00:02:59	02:58:03	241	00:02:46	02:45:03	274	06:18:20
269	491	Wawrzyniak Krzysztof	Poznań		M	M55-59	9	00:28:01	273	00:03:32	03:25:56	291	00:04:13	02:16:54	241	06:18:36
270	189	Jarmużek Mikołaj	Skrzynki	Informatyk	M	M30-34	40	00:27:38	264	00:02:47	02:52:09	213	00:03:26	02:54:44	278	06:20:44
271	467	Świtoń Dariusz	Rogaszyce	Aktywny Ostrzeszów	M	M40-44	45	00:25:34	228	00:03:15	03:05:38	267	00:03:21	02:43:01	273	06:20:49
272	222	Kierzek Magdalena	Poznań	Czerwonak Biega	K	K25-29	6	00:25:43	230	00:02:33	03:29:09	293	00:02:52	02:20:35	249	06:20:52
273	318	Mielczarek Kazimierz	Kiczycie	ExpertFun.pl	M	M45-49	41	00:31:58	301	00:03:39	03:00:54	249	00:03:41	02:40:55	271	06:21:07
274	409	Pietka Grzegorz	Wrocław	AMBASADRO BIEGÓW OCR	M	M45-49	42	00:27:46	269	00:02:20	03:15:29	277	00:03:42	02:36:51	267	06:26:08
275	152	Górski Paweł	Dobrzykowice	Litwin Sports	M	M45-49	43	00:31:43	299	00:02:24	03:06:41	271	00:06:29	02:47:49	276	06:35:06
276	239	Kończyńska Barbara	Łódź	JEDNOOSOBOWY EMERYTOWANY WSZECHSTRONNY KLUB SPORTO	K	K65-69	1	00:31:08	296	00:04:02	03:25:45	290	00:03:00	02:32:51	266	06:36:46
277	116	Derleta Alicja	Szczecin	derMMed	K	K30-34	5	00:27:51	270	00:02:25	03:27:48	292	00:03:09	02:45:10	275	06:46:23
278	485	WACŁAW Maria	Sosnowiec		K	K45-49	5	00:32:53	302	00:02:58	03:33:17	296	00:03:21	02:51:20	277	07:03:49
279	496	Węgrzyn Aleksandra	Gdańsk	EURO STYL	K	K18-24	1	00:29:30	289	00:02:16	03:32:54	295	00:06:24	03:14:59	280	07:26:03
280	486	Walczak Bartłomiej	Gdańsk		M	M18-24	5	00:29:38	291	00:03:01	03:35:29	298	00:02:57	03:14:59	280	07:26:04
281	356	PALUS MAŁGORZATA	PIASECZNO	ISANDS ENKLAWA SPORTU	K	K45-49	6	00:33:43	303	00:02:57	04:07:16	299	00:03:20	03:01:43	279	07:48:59