

# GARMIN IRON TRIATHLON RAWA MAZOWIECKA



Organizator: Klub Triathlonowy Rawa; Urząd Miasta Rawa Mazowiecka.; OSIR Rawa Maz.; LABOSPORT Polska; PZT  
Data: 31.07.2022  
Dystans: 1/4 IM  
Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik
1	1	Szala Tomasz	Nowa Iwiczna	ILABO Racing Team powered by CTS	M30	1	00:12:34	2	00:01:45	01:02:48	2	00:01:35	00:35:01	1	01:53:43
2	4	Marcinek Tomasz	Racibórz	TM Iron Team	M30	2	00:12:11	1	00:01:35	01:04:34	3	00:01:18	00:35:41	3	01:55:19
3	113	Wisniewski Maciej	Ostroda	Najmowicz Triathlon Team	M18	1	00:14:04	7	00:01:50	01:08:02	4	00:01:35	00:35:34	2	02:01:05
4	6	Owczarek Krzysztof	Częstochowa	TriWise / Lajkonik Lajkonik	M30	3	00:13:07	6	00:01:52	01:08:59	8	00:01:51	00:38:39	7	02:04:28
5	156	Młodzikowski Paweł	Adamów	KB V-Max Adamów	M35	1	00:15:00	13	00:02:22	01:08:38	7	00:01:54	00:36:47	4	02:04:41
6	16	Kołodziejczak Filip	Brzeziny		M25	1	00:12:59	4	00:02:12	01:08:18	5	00:01:47	00:41:57	25	02:07:13
7	89	Dobkowski Martin	Chorzów	Eden Racing KM PSP RUDA ŚLĄSKA	M30	4	00:14:18	8	00:02:04	01:11:13	17	00:02:06	00:38:58	8	02:08:39
8	69	Mroczkowski Karol	Wrocław	ALOHA TRIATHLON TEAM	M30	5	00:14:57	11	00:02:10	01:08:37	6	00:02:10	00:41:04	19	02:08:58
9	193	Debert Jarek	Warszawa	TRINERGY TEAM	M40	1	00:16:32	35	00:02:10	01:09:46	10	00:01:39	00:40:12	12	02:10:19
10	49	Predecki Rafał	Wałcz	Go2Tri Szczecin	M40	2	00:15:59	26	00:02:10	01:09:56	11	00:01:47	00:40:50	17	02:10:42
11	215	Wróblewski Mateusz	Rawa Mazowiecka	Bednarski Tri Team	M30	6	00:16:28	33	00:01:56	01:10:34	14	00:01:52	00:40:16	13	02:11:06
12	216	Osmond Glen	Warszawa	TRINERGY TEAM	M50	1	00:14:39	9	00:02:13	01:10:39	15	00:02:02	00:42:02	26	02:11:35
13	163	Kosowski Marcin	Wrocław	MBC Team	M35	2	00:15:18	16	00:02:11	01:11:08	16	00:02:18	00:40:56	18	02:11:51
14	13	Magdziarz Gerard	Suchedniów	MBC - Maciej Bodnar Coaching	M40	3	00:17:38	47	00:02:24	01:10:09	12	00:02:12	00:39:53	11	02:12:16
15	170	Nowicki Bartosz	Piastów	This is SPARTA GARMIN POLSKA	M35	3	00:17:44	50	00:02:12	01:09:42	9	00:02:07	00:40:46	16	02:12:31
16	187	Sarbak Bartosz	Wolsztyn	BS-TRI	M25	2	00:15:38	18	00:02:10	01:12:19	19	00:01:52	00:40:45	15	02:12:44
17	137	Karch Tomasz	Świebodzice	Żelazna Świdnica Służba Więzienna	M40	4	00:14:59	12	00:02:28	01:14:47	38	00:02:28	00:38:09	6	02:12:51
18	37	Matusiak Mateusz	Zgierz	SNG WILD DUCKS	M35	4	00:16:24	32	00:02:18	01:10:29	13	00:02:08	00:43:23	39	02:14:42
19	185	Kwiatkowski Rafał	Warszawa	KAZIKI	M40	5	00:15:47	21	00:02:19	01:13:25	28	00:02:03	00:41:08	20	02:14:42
20	225	Czartoszewski Szymon	Łomża	Najmowicz Triathlon / Tri NEGU	M25	3	00:17:27	45	00:02:41	01:13:53	31	00:02:23	00:39:30	10	02:15:54
21	24	Rembowski Michał	Konstancin-Jeziorna	UB 40 TC	M45	1	00:15:14	15	00:02:25	01:14:16	35	00:02:28	00:42:19	29	02:16:42
22	186	Kamiński Rafał	Warszawa		M35	5	00:16:39	36	00:02:06	01:14:31	37	00:01:59	00:41:38	22	02:16:53
23	178	Jaworek Łukasz	Trzciany	Refleks Chłodnictwo TriYo z Legio	M40	6	00:18:15	64	00:02:18	01:13:18	26	00:01:44	00:41:49	23	02:17:24
24	199	Paduszyński Piotr	Warszawa	become one team become one team	M50	2	00:17:51	58	00:02:16	01:14:19	36	00:02:16	00:41:23	21	02:18:05
25	96	Fajfer Arkadiusz	Poddębice	SNG WILD DUCKS	M35	6	00:18:21	66	00:02:48	01:12:39	21	00:02:08	00:42:07	27	02:18:23
26	200	Omelianowicz Piotr	Wyszaków		M30	7	00:15:11	14	00:02:45	01:14:56	39	00:02:34	00:43:06	34	02:18:32
27	232	Duplicki Kamil	Sochaczew	Beko	M40	7	00:15:45	20	00:01:56	01:21:35	85	00:01:31	00:37:46	5	02:18:33
28	166	Kajetanowicz Krzysztof	Warszawa	TRICLUB Ontlo	M40	8	00:18:50	72	00:02:26	01:11:56	18	00:02:00	00:44:30	48	02:19:42
29	159	Nienaltowski Paweł	Kobyłka		M25	4	00:18:18	65	00:03:49	01:12:20	20	00:02:42	00:43:13	37	02:20:22
30	9	Peterek Anna	Poznań	LOCO PRINT TEAM/TRI AMO TRI AMO	K30	1	00:14:56	10	00:02:25	01:16:19	45	00:01:55	00:44:58	50	02:20:33
31	35	Szklarczyk Michał	Warszawa	BIKE Salon Team	M30	8	00:15:38	18	00:02:35	01:13:15	25	00:02:20	00:46:49	65	02:20:37
32	70	Rogala Marcin	Warszawa	IM Inspiration Dekk Fire Solutions	M25	5	00:18:50	72	00:03:08	01:12:59	24	00:02:05	00:43:46	42	02:20:48
33	105	Rurak Filip	Warszawa		M18	2	00:17:12	40	00:02:14	01:16:32	52	00:01:59	00:42:55	33	02:20:52
34	237	Antoniuk Marcin	Warszawa	23 TEAM	M45	2	00:17:48	54	00:02:23	01:13:19	27	00:02:06	00:45:36	57	02:21:12
35	112	Bagrowski Karol	Toruń		M25	6	00:12:54	3	00:02:29	01:17:16	59	00:01:57	00:46:40	63	02:21:16
36	21	Jonio Katarzyna	Szeligi	Triathletic Team / Kuźnia Triathlonu	K40	1	00:17:23	44	00:02:22	01:16:22	49	00:02:09	00:43:09	36	02:21:25
37	73	Czech Paweł	Kraków		M25	7	00:18:56	79	00:03:14	01:18:19	65	00:02:00	00:39:12	9	02:21:41
38	23	Bednarczyk Robert	Warszawa	KAZIKI diakonowbednarczykpl	M35	7	00:21:08	112	00:02:20	01:13:52	30	00:02:20	00:42:16	28	02:21:56
39	65	Małyśka Michał	Lublin		M25	8	00:19:33	89	00:03:05	01:17:12	57	00:02:17	00:40:28	14	02:22:35
40	68	Urbańska Ewa	Łochowo	TM Iron Team	K45	1	00:17:45	51	00:02:25	01:12:39	21	00:02:01	00:48:22	84	02:23:12
41	195	Mackiewicz Jacek	Sulejów		M45	3	00:18:52	76	00:03:22	01:15:43	40	00:02:29	00:42:51	32	02:23:17
42	128	Palmowski Łukasz	Rozalin		M45	4	00:18:28	68	00:02:21	01:14:13	34	00:01:43	00:47:04	67	02:23:49
43	229	Walasiak Łukasz	Łódź		M35	8	00:16:12	29	00:02:28	01:20:08	76	00:01:55	00:43:14	38	02:23:57
44	92	Kucharski Bartłomiej	Kutno	Przyspiesz Kraula	M30	9	00:17:22	43	00:02:34	01:16:23	50	00:01:59	00:46:01	60	02:24:19
45	106	Wawrzyniak Marek	Gdynia		M50	3	00:20:25	102	00:03:04	01:13:36	29	00:02:05	00:45:26	52	02:24:36
46	209	Denert Mariusz	Augustów	CTS	M30	10	00:16:41	37	00:02:46	01:18:11	63	00:01:44	00:45:29	54	02:24:51
47	50	Tkaczyk Łukasz	Okuniew	TRIZARZA	M30	11	00:17:43	49	00:02:25	01:12:41	23	00:02:02	00:50:02	104	02:24:53
48	182	Remisiewicz Łukasz	Warszawa	#dawajKalach Team	M40	9	00:16:10	28	00:02:07	01:20:28	78	00:01:59	00:44:12	46	02:24:56
49	203	Wasilewski Mariusz	Warka	IM Inspiration KS Start Pułaski Warka	M40	10	00:17:36	46	00:02:49	01:16:20	48	00:02:26	00:46:15	61	02:25:26
50	233	Lorek Kinga	Elbląg	Beko Team/ Oddział Żandarmerii Wojskowej w Elblągu	K18	1	00:16:00	27	00:02:04	01:19:41	73	00:01:50	00:46:43	64	02:26:18
51	123	Muszynski Leszek	Sady	dabitemWucho	M35	9	00:19:37	91	00:04:03	01:17:46	60	00:02:09	00:42:44	31	02:26:19
52	158	Czajkowski Adam	Konstancin-Jeziorna		M50	4	00:16:51	38	00:02:44	01:19:28	71	00:02:23	00:45:10	51	02:26:36
53	52	Kuliński Piotr	Bełchatów	Iron Fighters	M30	12	00:20:11	100	00:02:46	01:18:07	62	00:02:15	00:43:32	40	02:26:51
54	32	Łopianiak Martyna	Opole	Eurovent Athletics	K18	2	00:15:57	24	00:03:05	01:18:36	68	00:02:16	00:47:29	72	02:27:23
55	211	Grzelecki Marcin	Skierniewice	Luft Tri Team	M40	11	00:21:01	109	00:01:58	01:17:02	55	00:01:46	00:45:43	58	02:27:30
56	184	Jarocka Wioleta	Legionowo	Twister Team	K35	1	00:17:47	53	00:02:14	01:19:15	70	00:02:03	00:46:18	62	02:27:37
57	117	Szymczak Jakub	Tuliszów	Koszal Triathlon Triton Konin	M25	9	00:21:40	123	00:02:25	01:18:33	67	00:01:55	00:43:08	35	02:27:41
58	201	Skalik Wojciech	Warszawa	KRP II	M30	13	00:24:47	145	00:03:18	01:13:58	32	00:02:06	00:43:48	43	02:27:57
59	83	Skrabel Tomasz	Jaworzno		M35	10	00:16:17	30	00:02:53	01:18:27	66	00:02:39	00:47:50	75	02:28:06
60	157	Marczak Arkadiusz	Grzebowilk	KS Barakuda Mińsk Mazowiecki KS BARAKUDA	M18	3	00:15:47	21	00:02:31	01:23:53	98	00:01:56	00:44:04	45	02:28:11
61	66	Świerżewski Łukasz	Warszawa	TriWawa	M45	5	00:18:54	78	00:02:23	01:15:44	42	00:01:57	00:49:21	94	02:28:19
62	99	Błaszczak Marcin	Nowy Sącz	Smart Office Nowy Sącz	M40	12	00:18:22	67	00:02:38	01:17:14	58	00:02:00	00:48:09	81	02:28:23
63	28	Kwieciński Sebastian	Mława	Tri Sebuś Team	M45	6	00:18:13	63	00:03:12	01:20:31	81	00:02:36	00:44:13	47	02:28:45
64	135	Ciesielski Kacper	Warszawa	I'M Inspiration	M30	14	00:19:59	97	00:03:32	01:21:13	84	00:02:07	00:42:25	30	02:29:16
65	228	Wójcik Mirosław	Tomaszów Mazowiecki	Time4Running	M55	1	00:19:16	85	00:03:36	01:15:47	44	00:03:36	00:47:09	68	02:29:24
66	85	Bobyk Kamil	Warszawa		M35	11	00:18:50	72	00:03:17	01:22:34	94	00:03:03	00:41:49	23	02:29:33
67	41	Włodarczyk Piotr	Łódź	LTP / www.sporttriathlon.pl	M45	7	00:19:21	87	00:02:33	01:16:19	45	00:02:26	00:48:57	92	02:29:36
68	111	Grabowski Tomasz	Warszawa	Kuźnia Triathlonu	M55	2	00:20:43	106	00:03:28	01:15:43	40	00:02:35	00:47:16	69	02:29:45
69	191	Pyzik Łukasz	Pietrzykowice	# TRIMP Triathlon Impuls PETRA-BUD	M40	13	00:19:11	84	00:03:36	01:15:45	43	00:03:08	00:48:12	82	02:29:52
70	149	Frydrych Agata	Warszawa	Kuźnia Triathlonu	K30	2	00:18:35	70	00:04:01	01:16:19	45	00:02:31	00:48:27	87	02:29:53
71	148	Kryśka Piotr	Warszawa	IM Inspiration	M30	15	00:17:14	41	00:03:02	01:17:55	61	00:02:06	00:49:53	101	02:30:10
72	108	Sieradzan Grzegorz	Oleśnica		M45	8	00:19:02	80	00:02:50	01:18:13	64	00:02:23	00:47:54	76	02:30:22

# GARMIN IRON TRIATHLON RAWA MAZOWIECKA



Organizator: Klub Triathlonowy Rawa; Urząd Miasta Rawa Mazowiecka.; OSIR Rawa Maz.; LABOSPORT Polska; PZT  
Data: 31.07.2022  
Dystans: 1/4 IM  
Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik
73	194	Goler Ela	Warszawa	MBC Team	K35	2	00:19:58	96	00:02:28	01:21:48	87	00:02:08	00:44:39	49	02:31:01
74	14	Owczarek Jacek	Piątkowisko		M50	5	00:20:02	99	00:03:23	01:17:03	56	00:02:39	00:48:02	79	02:31:09
75	161	Gontarz Szymon	Warszawa		M35	12	00:17:51	58	00:02:44	01:19:38	72	00:03:06	00:48:03	80	02:31:22
76	208	Derek Maciej	Polkowice	Kuźnia Triathlonu	M30	16	00:17:46	52	00:02:46	01:21:59	88	00:02:29	00:47:02	66	02:32:02
77	97	Cygan Arkadiusz	Książenice	SZKOŁA TRIATHLONU	M35	13	00:21:28	120	00:03:03	01:16:55	54	00:02:46	00:47:58	78	02:32:10
78	57	Okoń Rafał	Nowa Wola	Stowarzyszenie biesiadno sportowe	M35	14	00:21:42	124	00:02:55	01:19:43	74	00:02:54	00:45:26	52	02:32:40
79	131	Owczarski Dominik	Warszawa		M35	15	00:23:18	139	00:03:20	01:13:58	32	00:02:24	00:49:43	99	02:32:43
80	107	Dziedzic Małgorzata	Gdańsk	Smaruj Na Trening Team	K30	3	00:16:28	33	00:02:31	01:22:14	90	00:02:13	00:49:29	96	02:32:55
81	167	Jankowski Piotr	Dęblin		M18	4	00:16:20	31	00:02:00	01:16:42	53	00:02:49	00:55:05	124	02:32:56
82	134	Lenart Miłosz	Kętrzyn	Fundacja Drużyna ML	M55	3	00:21:05	110	00:04:00	01:20:10	77	00:02:21	00:45:31	55	02:33:07
83	153	Sawicki Sebastian	Warszawa	Kuźnia Triathlonu	M35	16	00:17:10	39	00:03:06	01:21:11	83	00:02:16	00:49:33	98	02:33:16
84	88	Polakiewicz Dariusz	Trzyciąż	Sagittarius	M40	14	00:19:51	93	00:02:58	01:22:33	93	00:02:34	00:45:33	56	02:33:29
85	152	Czarnecki Rafał	Bronisławka	Friends Tri Team	M30	17	00:18:53	77	00:02:59	01:16:31	51	00:02:12	00:53:25	118	02:34:00
86	171	Tokaj Marcin	Warszawa	Lab Mesk	M25	10	00:18:40	71	00:03:16	01:18:56	69	00:02:21	00:51:09	112	02:34:22
87	27	Gordon Kamila	Warszawa	Trimasters Warszawa	K25	1	00:17:52	60	00:02:29	01:24:30	106	00:02:16	00:48:13	83	02:35:20
88	239	Biernacki Tomasz	Garwolin		M35	17	00:21:34	121	00:02:52	01:20:28	78	00:02:22	00:49:01	93	02:36:17
89	231	Pruszyński Tomasz	ŻYRARDÓW	Trinity Triathlon UNITY	M45	9	00:19:59	97	00:03:33	01:23:58	100	00:03:09	00:45:48	59	02:36:27
90	176	Duła Marcin	Niewiadów	Eurogals Polska	M40	15	00:24:16	143	00:04:27	01:22:15	92	00:02:29	00:44:00	44	02:37:27
91	81	Gołombiewski Krzysztof	Piotrków Trybunalski		M25	11	00:19:04	81	00:03:28	01:22:46	95	00:02:08	00:50:10	107	02:37:36
92	234	Kowalczyk Karol	Warszawa		M35	18	00:21:16	114	00:04:27	01:25:51	116	00:02:27	00:43:43	41	02:37:44
93	48	Jąkański Tomasz	Warszawa		M30	18	00:15:35	17	00:02:19	01:26:55	120	00:02:12	00:50:53	108	02:37:54
94	98	Stasiński Paweł	Krynki		M40	16	00:23:20	141	00:02:41	01:22:11	89	00:02:26	00:47:28	71	02:38:06
95	17	Brzezki Bartłomiej	Paradyż		M18	5	00:20:29	103	00:03:29	01:24:07	101	00:02:15	00:47:57	77	02:38:17
96	93	Komierowski Lukasz	Kierszek		M40	17	00:23:05	138	00:03:31	01:20:58	82	00:03:56	00:47:49	74	02:39:19
97	172	Kucki Kamil	Narzym	endorfina.shop	M35	19	00:20:46	108	00:05:48	01:20:28	78	00:04:22	00:48:35	88	02:39:59
98	29	Jędrzycha Artur	Dąbrowa Górnicza	IM Inspiration	M45	10	00:19:33	89	00:04:15	01:22:14	90	00:03:25	00:51:04	111	02:40:31
99	31	Wiążafek Aleksander	Pilawa	IM Inspiration	M18	6	00:21:21	117	00:02:53	01:24:21	103	00:02:36	00:49:24	95	02:40:35
100	188	Sowiński Patryk	Kielce		M25	12	00:15:57	24	00:03:36	01:25:57	117	00:02:52	00:52:27	115	02:40:49
101	61	Kępa Aleksandra	Piotrków Trybunalski		K35	3	00:19:27	88	00:03:43	01:24:51	107	00:03:09	00:50:03	105	02:41:13
102	12	Maciejewski Grzegorz	Łódź		M40	18	00:20:29	103	00:03:59	01:27:01	121	00:02:33	00:48:24	85	02:42:26
103	34	Jarzabek Lindholm Anna	Warszawa	TRICLUB MyBike.pl	K45	2	00:20:29	103	00:03:04	01:28:02	124	00:02:26	00:48:55	91	02:42:56
104	235	Wozniak Jacek	Rawa Mazowiecka	ironteam Iron Team	M55	4	00:18:10	62	00:03:17	01:23:45	97	00:02:14	00:55:36	127	02:43:02
105	141	Sefernyak Jacek	Warszawa	PKO Bank Polski	M45	11	00:22:09	130	00:04:31	01:25:25	111	00:02:40	00:48:26	86	02:43:11
106	71	Domański Łukasz	Warszawa		M25	13	00:21:05	110	00:06:06	01:26:04	118	00:02:46	00:47:16	69	02:43:17
107	147	Podleś Dawid	Kobyłka		M30	19	00:23:32	142	00:04:00	01:24:17	102	00:02:45	00:48:45	89	02:43:19
108	115	Zakrzewski Michał	Łódź	SNG WILD DUCKS	M45	12	00:17:48	54	00:06:15	01:24:21	103	00:04:13	00:50:59	109	02:43:32
109	238	Łącznyński Bartosz	Warszawa		M35	20	00:22:33	133	00:03:16	01:22:57	96	00:03:51	00:52:35	116	02:45:12
110	43	Żołądek Justyna	Suchoedniów	MBC - Maciej Bodnar Coaching	K45	3	00:18:51	75	00:02:58	01:30:46	131	00:02:41	00:49:58	103	02:45:14
111	213	Zakrzewski Tomasz	Warszawa		M50	6	00:21:22	118	00:06:17	01:25:40	114	00:04:20	00:47:42	73	02:45:21
112	214	Weder Piotr	Łódź		M45	13	00:23:02	137	00:05:12	01:25:00	110	00:03:21	00:48:48	90	02:45:23
113	174	Grzelak Kornel	Inowrocław		M18	7	00:17:42	48	00:04:00	01:31:50	135	00:01:49	00:50:06	106	02:45:27
114	180	Siekierski Marcin	Walendów		M45	14	00:20:24	101	00:05:02	01:25:47	115	00:03:17	00:51:03	110	02:45:33
115	165	Wronowski Marcin	Warszawa	Luft Tri Team	M18	8	00:17:49	57	00:03:22	01:33:05	139	00:03:13	00:49:29	96	02:46:58
116	160	Ferko-Czajkowska Stanisława	Konstancin-Jeziorna		K55	1	00:22:48	135	00:02:59	01:23:53	98	00:02:39	00:54:41	123	02:47:00
117	11	Flakowski Marcin	Wisłok		M30	20	00:19:16	85	00:02:49	01:25:33	112	00:02:15	00:57:10	135	02:47:03
118	77	Biedrzycki Radosław	Ujazd	MKS STAL NIEWIADÓW	M40	19	00:21:16	114	00:03:56	01:26:14	119	00:03:10	00:53:28	119	02:48:04
119	139	Adamski Sławomir	Płock	STALEX	M50	7	00:21:48	126	00:04:01	01:24:52	108	00:02:58	00:55:16	125	02:48:55
120	121	Mycek Jakub	Kraków	DentaMyc	M30	21	00:19:10	82	00:03:50	01:27:46	123	00:04:05	00:55:57	128	02:50:48
121	168	Kowalik Marcin	Warszawa	Lochte Swimming Academy	M40	20	00:23:18	139	00:05:23	01:27:43	122	00:03:06	00:51:29	113	02:50:59
122	120	Sitek Bolesław	Warszawa	W Palnik	M25	14	00:21:13	113	00:05:11	01:28:48	126	00:03:14	00:53:10	117	02:51:36
123	62	Kępa Tomasz	Piotrków Trybunalski		M45	15	00:26:39	151	00:04:08	01:24:26	105	00:02:59	00:53:56	121	02:52:08
124	142	Skrzypczyk Oliwia	Pruszków	SMARUJ NA TRENING TEAM	K30	4	00:19:54	94	00:03:46	01:30:26	129	00:02:22	00:56:47	134	02:53:15
125	64	Lalewicz Weronika	Radonie		K18	3	00:18:29	69	01:37:50						02:53:19
126	84	Kubacki Sebastian	Warszawa		M40	21	00:22:05	129	00:04:52	01:29:08	127	00:03:23	00:54:20	122	02:53:48
127	223	Osiecka Beata	Konstancin-Jeziorna	Kuźnia Triathlonu	K55	2	00:21:19	116	00:03:14	01:28:13	125	00:02:53	00:58:21	138	02:54:00
128	116	Szlichta Tomasz	Warszawa		M30	22	00:21:35	122	00:03:46	01:34:53	142	00:02:07	00:53:34	120	02:55:55
129	218	Miętek Zbigniew	Legonowo		M45	16	00:25:39	149	00:03:45	01:25:36	113	00:05:09	00:56:41	133	02:56:50
130	132	Kaczorowska Małgorzata	Emów	NEON TEAM	K50	1	00:17:48	54	00:03:56	01:35:57	149	00:03:53	00:56:03	129	02:57:37
131	114	Fediov Kirill	Warszawa	Run4Fun_Warszawa RUN_WAWA_RUN	M35	21	00:27:33	154	00:06:44	01:31:10	134	00:02:59	00:49:48	100	02:58:14
132	146	Sledzinski Tobiasz	Warszawa		M35	22	00:21:45	125	00:05:12	01:31:05	133	00:03:34	00:57:28	137	02:59:04
133	118	Paterek Ada	Warszawa	12tri.pl	K40	2	00:21:50	127	00:03:44	01:35:12	145	00:02:41	00:56:26	131	02:59:53
134	169	Makowski Robert	Warszawa	GothamCity	M45	17	00:37:01	164	00:04:44	01:20:02	75	00:03:06	00:57:14	136	03:02:07
135	210	Orlicz Robert	Warszawa	TRICLUB	M45	18	00:26:57	153	00:03:47	01:29:42	128	00:03:15	00:58:33	139	03:02:14
136	143	Gąsior Marek	Wólka Kozodawska	LAMUS TEAM	M60	1	00:22:29	132	00:04:09	01:32:19	136	00:03:43	00:59:35	143	03:02:15
137	72	Lipka Igor	Żyrardów	Towarzystwo Rakietowe Grabce Towarzystwo	M25	15	00:17:19	42	00:04:20	01:33:16	140	00:03:12	01:04:34	151	03:02:41
138	175	Sradomska Barbara	Żory	HRmax Żory !?m Inspiration	K50	2	00:29:53	162	00:03:54	01:35:28	147	00:03:32	00:49:54	102	03:02:41
139	162	Sej Maciej	Słomien	TriClub	M50	8	00:21:27	119	00:05:07	01:35:30	148	00:04:10	00:56:32	132	03:02:46
140	222	Maciejczyk Dariusz	Piaseczno		M60	2	00:24:28	144	00:05:40	01:24:56	109	00:04:44	01:04:18	150	03:04:06
141	217	Kończyńska Marta	Łódź		K35	4	00:20:43	106	00:04:47	01:35:11	144	00:03:17	01:00:11	145	03:04:09
142	144	Tolstova Olena	Kharkiv	KIT Triathlon Team	K35	5	00:30:19	163	00:04:12	01:32:49	137	00:03:33	00:56:13	130	03:07:06
143	133	Zawardzin Robert	Warszawa	PKO Bank Polski	M45	19	00:25:01	146	00:05:30	01:33:04	138	00:03:46	01:00:09	144	03:07:30
144	55	Wozniak Stanisław	Łódź		M35	23	00:22:34	134	00:08:26	01:33:54	141	00:04:02	00:58:46	142	03:07:42

# GARMIN IRON TRIATHLON RAWA MAZOWIECKA



Organizator: Klub Triathlonowy Rawa; Urząd Miasta Rawa Mazowiecka.; OSIR Rawa Maz.; LABOSPORT Polska; PZT

Data: 31.07.2022

Dystans: 1/4 IM

Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik
145	47	Wonko Adam	Tomaszów Mazowiecki		M65	1	00:28:00	158	00:05:01	01:35:06	143	00:04:22	00:55:22	126	03:07:51
146	82	Sobczak Paweł	Warszawa		M70	1	00:27:41	155	00:04:25	01:31:04	132	00:03:34	01:02:26	148	03:09:10
147	198	Łukasiak Mariusz	Warszawa	Biegiemnapomoc.pl	M45	20	00:19:55	95	00:03:10	01:36:02	150	00:03:02	01:09:35	154	03:11:44
148	226	Jagiela Janusz	Kraków		M65	2	00:29:02	161	00:06:06	01:46:36	154	00:03:11	00:51:48	114	03:16:43
149	122	Kończyńska Barbara	Łódź	jednoosobowy emerytowany wszechstronny klub sportowy No, bujaj si Baska KTS moviGO ŁÓDŹ	K65	1	00:26:41	152	00:05:37	01:39:36	152	00:03:26	01:03:00	149	03:18:20
150	136	Dubiński Mariusz	Zelow		M50	9	00:27:51	156	00:08:34	01:35:19	146	00:08:09	00:58:42	141	03:18:35
151	173	Kępiński Henryk	Bełchatów	KB Spartakus Bełchatów	M65	3	00:23:01	136	00:06:56	01:36:17	151	00:04:23	01:08:16	153	03:18:53
152	39	Nowak Natalia	Łódź	ptaszynaKruszynavelBrodatyDzik	K30	5	00:22:03	128	00:04:53	01:50:07	158	00:05:07	00:58:37	140	03:20:47
153	212	Szumiński Paweł	Aleksandrów Łódzki		M50	10	00:22:21	131	00:05:09	01:47:38	155	00:03:59	01:05:32	152	03:24:39
154	177	Soler Ignacy	Warszawa		M65	4	00:28:46	159	00:05:09	01:48:39	157	00:02:39	01:01:13	147	03:26:26
155	154	Dzięcielski Michał	Nowe Miasto Nad Pilicą		M30	23									03:29:59
156	155	Parcheta Michał	Nowe Miasto Nad Pilicą		M40	22	00:25:51	150	00:05:11	01:45:37	153	00:03:39	01:12:31	156	03:32:49
157	151	Kasprzyk Marta	Myslenice		K30	6	00:28:53	160	00:05:42	02:02:21	160	00:03:43	01:00:42	146	03:41:21
158	227	Gorniak Joanna	Styrzyniec		K45	4	00:27:58	157	00:05:59	01:54:05	159	00:04:17	01:11:15	155	03:43:34
159	119	Piotrowski Witold	Rąbień AB		M35	24	00:25:18	147	00:06:23	01:47:55	156	00:04:24	01:22:18	157	03:46:18