

SPONSOR TYTULARNY


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 RAWA
 MAZOWIECKA

SPONSOR STRATEGICZNY


 Dealer Audi
 Porsche Poznań Franowo


ORGANIZATOR



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 27.07.2025

Dystans: 1/4 IM

Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
1	2	Brembor Tomasz	Chorzów	Vamos Racing Team			00:11:59	00:01:28	00:57:56	00:01:12	00:35:34	01:48:08
2	3	Popławski Jan	Ostrowiec Świętokrzyski	Relentless Team			00:13:10	00:01:24	01:00:08	00:01:04	00:35:52	01:51:38
3	4	Janisz Marek	Gródek Nad Dunajcem	Bednarski Tri Team			00:13:51	00:01:21	01:01:09	00:01:13	00:36:20	01:53:54
4	1	Marcinek Tomasz	Racibórz	TM Iron Team			00:12:14	00:01:25	01:01:08	00:01:11	00:39:37	01:55:35
5	273	Stajniak Bartłomiej	Namysłów	STAJNIAK TEAM TRENER TRIATHLONU	M30	1	00:16:26	00:01:56	01:04:41	00:01:27	00:36:03	02:00:32
6	267	Lewandowski Jakub	Warszawa	Szala Coach	M25	1	00:13:22	00:01:41	01:05:13	00:01:51	00:39:43	02:01:49
7	5	Gadomska Agnieszka	Warszawa	CTS			00:13:45	00:01:27	01:06:29	00:01:16	00:40:09	02:03:05
8	228	Górny Mikołaj	Turka		M18	1	00:13:57	00:01:53	01:06:58	00:01:35	00:39:22	02:03:44
9	194	Misztela Jakub	Słupno	PTT DELTA	M18	2	00:13:56	00:01:38	01:06:41	00:01:14	00:40:28	02:03:57
10	167	Wilicki Tomasz	Łódź	BEDNARSKI TRI TEAM	M45	1	00:14:48	00:01:34	01:05:08	00:01:36	00:42:52	02:05:58
11	260	Świderski Andrzej	Kobyłka	KAZIKI	M40	1	00:15:47	00:02:35	01:05:05	00:01:32	00:42:12	02:07:10
12	139	Wojnar Robert	Toruń	PACIFIC NESTLE	M45	2	00:16:19	00:01:41	01:05:47	00:01:46	00:39:56	02:07:28
13	9	Sołtysiak Joanna	Koło	JStrening	K35	1	00:14:47	00:01:37	01:05:15	00:01:24	00:44:48	02:07:51
14	234	Czerwiec Artur	Rudawa	Iron Dragon Triathlon	M45	3	00:13:44	00:01:56	01:08:19	00:01:27	00:42:50	02:08:16
15	272	Olejnik Bartosz	Opoczno	HUROM TRI TEAM	M30	2	00:16:55	00:01:32	01:08:27	00:01:34	00:40:21	02:08:48
16	135	Malinowski Jarosław	warszawa	SK TRI&SWIM Team TRIMaliny	M40	2	00:16:11	00:01:35	01:05:50	00:01:41	00:43:41	02:08:57
17	189	Gurdak Mateusz	Kraków	WM Triself	M30	3	00:16:17	00:01:45	01:09:28	00:01:36	00:40:13	02:09:18
18	149	Mac Szczepan	Nowy Sącz	Brzyski Tri Team	M30	4	00:16:41	00:02:09	01:08:17	00:01:24	00:40:59	02:09:29
19	108	Kołodziejczak Filip	Łódź	Relentless Triathlon Team	M30	5	00:13:13	00:01:35	01:05:33	00:01:35	00:47:39	02:09:34
20	105	Majdak Dawid	Jeleśnia	TM Iron Team	M30	6	00:16:59	00:01:51	01:08:24	00:01:30	00:41:20	02:10:07
21	218	Kopaczewski Sławomir	Zakrzewo	KAZIKI	M25	2	00:16:04	00:02:25	01:06:28	00:01:37	00:44:40	02:11:14
22	250	Helak Paweł	Warszawa	TRINERGY	M45	4	00:17:29	00:02:10	01:07:28	00:02:00	00:42:35	02:11:41
23	244	Quintana Guillermo	Warszawa	Wolves Factory	M40	3	00:15:30	00:02:10	01:09:56	00:01:37	00:43:01	02:12:14
24	117	Burnatowicz Piotr	Warszawa	KAZIKI KIA AS MOTORS	M18	3	00:15:33	00:01:50	01:09:30	00:01:22	00:44:07	02:12:22
25	120	Hołub Andrzej	Warszawa	TRINERGY	M45	5	00:17:50	00:02:33	01:07:37	00:02:09	00:42:22	02:12:31
26	210	Jędrzejewski Bartosz	Włocławek	SobczakTeam	M25	3	00:15:29	00:02:46	01:10:22	00:01:33	00:42:35	02:12:44
27	47	Czerniak Adrian	Lublin	Banda Grudnia	M35	1	00:20:54	00:02:47	01:07:17	00:01:42	00:40:05	02:12:44
28	151	Zembrzuski Łukasz	Szczytno	Iron Team	M18	4	00:15:16	00:01:51	01:11:06	00:03:16	00:41:42	02:13:10
29	20	Szywalski Alan	Gogolin	Triathletic Team	M35	2	00:18:28	00:01:53	01:06:58	00:01:38	00:44:22	02:13:18
30	187	Piechotka Łukasz	Warszawa	SPORT2FREEDOM	M40	4	00:16:57	00:01:44	01:06:17	00:01:33	00:46:48	02:13:19
31	211	Gardener Jacek	Łowicz	LKS Victoria Zabostów	M60	1	00:17:57	00:01:31	01:06:26	00:01:43	00:45:48	02:13:25
32	86	Adamczyk Jakub	Bełchatów	Iron Fighters	M30	7	00:14:55	00:02:00	01:10:00	00:01:43	00:44:56	02:13:33
33	199	Kubacki Marcin	Skulsk	Konińska Akademia Triathlonu	M18	5	00:14:03	00:01:26	01:10:46	00:01:17	00:46:38	02:14:09
34	44	Pietrowski Szymon	Aleksandrów Łódzki	BEDNARSKI TRI TEAM	M40	5	00:17:39	00:03:01	01:10:51	00:02:02	00:42:02	02:15:35
35	205	Niewiński Jan	Warszawa	FitTerror Warszawa	M45	6	00:20:04	00:03:17	01:18:49	00:02:34	00:31:01	02:15:44
36	22	Gryzel Adam	Łomianki		M40	6	00:17:09	00:01:59	01:10:00	00:01:45	00:48:42	02:16:26
37	206	Skuzza Paweł	Warszawa	SBR The Ironman Team	M35	3	00:14:31	00:02:06	01:09:20	00:01:49	00:48:54	02:16:39
38	178	Żabski Maciej	Bytom	Tridivision Triathlon Team	M30	8	00:17:40	00:02:44	01:09:34	00:02:04	00:44:46	02:16:48
39	123	Grochowski Sławomir	Warszawa	MBC Team	M45	7	00:15:27	00:02:41	01:08:59	00:03:27	00:46:25	02:16:59
40	154	Pietraszek Mateusz	Jaktorów	Szkoła Triathlonu	M18	6	00:16:19	00:01:39	01:09:30	00:01:45	00:47:35	02:17:05
41	238	Tomczuk Filip	Warszawa	TRICLUB	M30	9	00:17:01	00:01:50	01:10:00	00:01:32	00:46:58	02:17:21
42	147	Franke Konrad	Warszawa	TRI AMO	M30	10	00:16:13	00:02:52	01:11:45	00:01:50	00:44:57	02:17:37
43	93	Pawłowski Karol	Wiązowna	BH-ZTPL / STARZYŃSKI.COACH	M35	4	00:18:25	00:01:43	01:12:23	00:01:28	00:43:49	02:17:48
44	106	Jarocka Wioleta	Serock	Twister Team	K40	1	00:17:33	00:01:59	01:12:55	00:01:28	00:44:14	02:17:49
45	162	Dmowski Bartosz	Warszawa	TriWawa	M50	1	00:17:31	00:02:22	01:08:36	00:01:37	00:47:46	02:17:51
46	192	Nieścieruk Artur	Warszawa	Szala Coach	M25	4	00:16:27	00:02:20	01:12:24	00:01:43	00:45:05	02:17:59
47	140	Kwiatniewski Michał	Sulejówek		M35	5	00:19:36	00:02:10	01:10:07	00:01:42	00:44:33	02:18:07
48	183	Bagnecki Mateusz	Bilcza	Saint-Gobain SQUAD	M45	8	00:17:50	00:02:17	01:10:13	00:02:36	00:45:25	02:18:20
49	111	Reszka Przemysław	Opoczno	4TRI TEAM	M40	7	00:17:48	00:01:53	01:11:25	00:02:11	00:45:41	02:18:58
50	24	Jorczy Kamil	Halinów - Hipolitów	Waniewski Coaching / PKO BANK POLSKI	M40	8	00:17:15	00:01:57	01:12:21	00:01:44	00:46:03	02:19:20
51	159	Urbański Konrad	Warszawa	Sii Polska	M30	11	00:17:29	00:02:33	01:09:57	00:01:36	00:48:01	02:19:35
52	219	Olszewska Katarzyna	Warszawa	Triathletic Team Trec Team	K35	2	00:18:08	00:02:07	01:12:24	00:01:41	00:46:25	02:20:45
53	28	Dudek Igor	Jelenia Góra		M18	7	00:18:00	00:02:27	01:15:09	00:01:46	00:43:30	02:20:51
54	261	Niemczewski Rafał	Kobylnica	Piast Kobylnica	M45	9	00:16:35	00:02:59	01:13:48	00:02:30	00:45:05	02:20:57
55	49	Bogus Rafał	Częstochowa	Trek Fabryka Rowerów	M55	1	00:18:30	00:02:03	01:11:35	00:02:07	00:47:14	02:21:29
56	179	Grzelecki Marcin	Skierniewice	Triathletic Team	M40	9	00:20:48	00:01:53	01:11:34	00:01:47	00:45:27	02:21:29
57	33	Dryżałowski Maksymilian	Warszawa	Karaś TRI&SWIM Team Mama Emcia	M18	8	00:14:57	00:02:56	01:13:37	00:02:21	00:47:41	02:21:32
58	193	Gołombiewski Krzysztof	Piotrków Trybunalski	TM Iron Team	M30	12	00:17:43	00:02:02	01:11:39	00:01:59	00:48:15	02:21:37
59	38	Jonio Katarzyna	Szeliąg	Triathletic Team	K40	2	00:16:43	00:02:02	01:13:35	00:01:54	00:47:31	02:21:44
60	68	Owczarek Jacek	Pielgkowsko	#Dawaj Kalach Team	M50	2	00:18:54	00:02:03	01:09:28	00:02:05	00:49:21	02:21:50
61	227	Kot Agnieszka	Nowy Targ		K30	1	00:17:46	00:01:51	01:12:05	00:02:02	00:48:08	02:21:51
62	232	Czapla Łukasz	Tychy	Triceratops	M40	10	00:19:12	00:03:13	01:11:04	00:02:08	00:46:27	02:22:03
63	195	Brachmański Tomasz	Gliwice		M25	5	00:17:44	00:02:42	01:13:51	00:02:07	00:45:44	02:22:08
64	224	Wasilewski Piotr	Głogów		M45	10	00:15:59	00:02:08	01:13:01	00:02:17	00:48:55	02:22:20

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km

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ORGANIZATOR



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 27.07.2025

Dystans: 1/4 IM

Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
65	57	Musiał Robert	Warszawa	TRIWAWA AGUA	M55	2	00:18:58	00:02:21	01:10:00	00:01:55	00:49:08	02:22:22
66	142	Keński Michał	Warszawa	MBC Team	M35	6	00:19:55	00:02:35	01:08:37	00:02:22	00:49:06	02:22:34
67	100	Pisarski Marcin	Warszawa	TRICLUB	M40	11	00:17:12	00:01:50	01:10:23	00:01:45	00:51:35	02:22:44
68	157	Wojtaszewski Robert	Racibórz	EKO-OKNA RUNNERS /TM IRON TEAM	M40	12	00:15:40	00:02:17	01:13:43	00:01:45	00:49:30	02:22:55
69	271	Popczyk Grzegorz	Kraków		M45	11	00:17:07	00:02:52	01:08:25	00:02:35	00:52:09	02:23:07
70	168	Filipowski Zdzisław	Konstantynów Łódzki	Bednarski Tri Team	M55	3	00:16:19	00:02:10	01:12:01	00:01:47	00:50:54	02:23:10
71	247	Marszałek Paweł	Myszków	Trinity Triathlon UNITY	M35	7	00:18:21	00:02:36	01:12:31	00:01:48	00:47:56	02:23:12
72	252	Brzóska Henryk	Kielce	Klub SportLove Kielce	M55	4	00:19:42	00:02:43	01:13:56	00:02:44	00:44:17	02:23:22
73	269	Gall Rafał	Warszawa	RAMASPORT.PL RAMASPORT	M50	3	00:17:34	00:03:51	01:13:35	00:01:55	00:46:32	02:23:27
74	163	Pasiak Robert	Łódź	Endure Team	M45	12	00:17:31	00:02:04	01:10:47	00:01:39	00:51:28	02:23:29
75	223	Strzelczyk Marta	Warszawa	Kuźnia Triathlonu	K30	2	00:16:15	00:01:58	01:15:46	00:01:50	00:47:48	02:23:36
76	112	Łuczak Ignacy	Kazimierz Biskupi	Audi Franowo CityZen	M18	9	00:20:40	00:02:14	01:12:43	00:02:05	00:45:57	02:23:39
77	74	Wasita Weronika	Mysiadło		K18	1	00:16:55	00:02:04	01:15:32	00:01:31	00:47:38	02:23:40
78	37	Teodorczuk Mateusz	Falenty Duże	M&Ms	M35	8	00:17:32	00:02:06	01:14:37	00:01:37	00:48:20	02:24:11
79	132	Płachta Marcin	Warszawa		M30	13	00:20:02	00:03:22	01:12:03	00:01:44	00:47:08	02:24:19
80	169	Magdziarz Mateusz	Warszawa	TRICLUB	M30	14	00:18:48	00:01:59	01:13:02	00:01:28	00:49:33	02:24:50
81	200	Bažanowski Patryk	Cieszyn	Tomica Coaching	M35	9	00:17:23	00:02:57	01:16:20	00:02:45	00:45:46	02:25:11
82	107	Moritz Marek	Wrocław	LitWIN SPORTS	M45	13	00:21:08	00:02:00	01:12:51	00:01:53	00:47:23	02:25:15
83	128	Kosmała Michał	Miedziana Góra	SP RENT Biskupski Running Team	M45	14	00:18:13	00:02:27	01:10:13	00:01:58	00:53:06	02:25:56
84	65	Zygmański Adrian	Ustron	Coca-Cola Coca-Cola	M35	10	00:16:47	00:02:39	01:13:36	00:02:26	00:50:38	02:26:06
85	201	Wojciechowski Marek	Łódź		M30	15	00:18:02	00:03:11	01:10:33	00:02:08	00:52:44	02:26:37
86	158	Krakowiak Tomasz	Warszawa	Kuźnia Triathlonu	M45	15	00:20:53	00:02:26	01:15:03	00:02:26	00:45:57	02:26:44
87	198	Melon Piotr	Warszawa	TRI AMO	M25	6	00:17:58	00:02:00	01:14:36	00:01:52	00:50:29	02:26:54
88	118	Dołżyński Krzysztof	Lublin	Latające Kłapki Kubota	M35	11	00:19:45	00:02:51	01:13:37	00:02:51	00:46:13	02:27:12
89	15	Kozar Marcin	Tomaszów Mazowiecki	TM Iron Team	M45	16	00:19:02	00:02:52	01:17:38	00:01:42	00:47:00	02:28:13
90	18	Pieszala Maciej	Poznań		M35	12	00:19:28	00:03:45	01:14:31	00:01:57	00:49:28	02:29:09
91	174	Drozdek Łukasz	Tychy	TRlceratops Moto360	M45	17	00:19:23	00:02:34	01:16:48	00:02:13	00:49:20	02:30:18
92	70	Więckowski Michał	Warka	KIFATO POLSKA	M18	10	00:23:01	00:02:49	01:17:53	00:02:01	00:44:36	02:30:19
93	73	Stasiołek Marek	Ujazd	KM PSP Piotrków Trybunalski	M30	16	00:21:46	00:02:38	01:16:25	00:01:53	00:47:59	02:30:40
94	249	Tarasiuk Jacek	Lubartów	Lubelska Grupa Triathlonu	M25	7	00:23:28	00:02:13	01:13:21	00:02:10	00:49:32	02:30:43
95	257	Półtorak Konrad	Kielce	Klub SportLove Kielce	M45	18	00:20:02	00:03:14	01:14:19	00:02:21	00:50:51	02:30:46
96	213	Kulię Radosław	Warszawa	TRIAMO	M25	8	00:21:30	00:02:09	01:13:37	00:01:51	00:51:53	02:31:00
97	165	Pokora Mariusz	Skierniewice	SZKOŁA TRIATHLONU	M30	17	00:22:06	00:02:24	01:17:12	00:01:58	00:47:28	02:31:07
98	124	Szczepaniak Mateusz	Kłobuck	Active Therapy Studio	M25	9	00:18:42	00:03:49	01:21:33	00:01:38	00:45:28	02:31:10
99	101	Banaś Artur	Olsztyn	Triathlon Training Center	M40	13	00:19:15	00:02:17	01:18:35	00:02:06	00:49:02	02:31:14
100	254	Banek Eugeniusz	Krzyszczki	TRlceratops	M45	19	00:17:36	00:02:09	01:14:40	00:02:01	00:54:32	02:31:16
101	186	Błoiński Paweł	Warszawa	Tridivision Triathlon Team	M40	14	00:23:04	00:02:47	01:14:34	00:02:06	00:49:03	02:31:33
102	113	Tyrański Dominik	Warszawa	Rybicki Triathlon Team	M45	20	00:22:46	00:02:31	01:16:30	00:03:05	00:46:49	02:31:41
103	253	Frankowski Hubert	Otrębusy		M45	21	00:20:13	00:02:35	01:13:19	00:03:21	00:52:20	02:31:47
104	166	Haładus Dominik	Częstochowa	SZKOŁA TRIATHLONU	M40	15	00:22:54	00:02:44	01:15:21	00:02:15	00:48:35	02:31:49
105	176	Mrówczyńska Paula	Węglew Kolonia	Konińska Akademia Triathlonu / Triton Konin	K30	3	00:18:21	00:02:03	01:13:11	00:02:19	00:56:07	02:32:01
106	11	Waraksa Eugeniusz	Łomianki	Smartendu	M40	16	00:21:46	00:01:48	01:15:20	00:01:59	00:51:15	02:32:07
107	76	Góralczyk-Płatek Berenika	Kraków	WM Triself	K25	1	00:17:53	00:02:07	01:16:21	00:02:09	00:54:00	02:32:30
108	66	Gryglewski Łukasz	Łódź	Coca-Cola Coca-cola	M30	18	00:17:58	00:03:05	01:16:51	00:02:08	00:52:32	02:32:33
109	109	Krakowiak Paweł	Otwock	Kuźnia Triathlonu	M35	13	00:18:30	00:04:45	01:21:12	00:03:20	00:44:52	02:32:38
110	130	Muradow Chynhiz	Warszawa	Projekt 13	M35	14	00:18:48	00:03:46	01:18:46	00:02:14	00:49:07	02:32:40
111	34	Lupa Marcin	Wrocław	BecomeOne	M45	22	00:18:46	00:02:27	01:15:17	00:02:25	00:54:17	02:33:12
112	116	Śliwiński Bartosz	Warszawa	Kuźnia Triathlonu	M35	15	00:17:53	00:02:56	01:21:33	00:01:59	00:49:32	02:33:53
113	31	Kurzawski Piotr	Zduńska Wola		M30	19	00:19:34	00:03:31	01:14:44	00:02:24	00:53:46	02:33:59
114	69	Paczos Wojtek	Lublin	Trizarza Team	M40	17	00:19:29	00:02:48	01:16:14	00:02:33	00:53:01	02:34:05
115	160	Pacholec Krzysztof	Warszawa	Bahamas Jelonki	M40	18	00:16:53	00:02:22	01:13:48	00:02:30	00:58:33	02:34:05
116	242	Owczarek Krzysztof	Warszawa	TriWawa	M45	23	00:23:06	00:02:46	01:12:00	00:02:26	00:53:53	02:34:10
117	248	Łęcki Tomasz	Warszawa	TM Iron Team	M50	4	00:18:43	00:03:33	01:15:59	00:02:35	00:53:33	02:34:23
118	173	Kujawiak Katarzyna	Tarnowo Podgórne		K35	3	00:18:43	00:03:03	01:17:46	00:01:50	00:53:07	02:34:29
119	229	Mirowski Artur	Warszawa		M30	20	00:19:49	00:05:40	01:22:49	00:03:36	00:43:25	02:35:18
120	55	Gomonowych Vasył	Wrocław	nokia nokia	M35	16	00:21:47	00:02:34	01:20:00	00:02:01	00:49:28	02:35:49
121	268	Zaremba Michał	Bartoszyce	Sport Team BIJOU	M40	19	00:18:18	00:02:15	01:17:08	00:01:56	00:56:25	02:36:02
122	222	Matysek Marcin	Tarnowskie Góry		M30	21	00:19:31	00:03:09	01:21:33	00:02:00	00:50:12	02:36:25
123	190	Wacławik Emil	Warszawa		M25	10	00:19:18	00:02:52	01:23:32	00:01:51	00:49:53	02:37:25
124	236	Grzejszczak Piotr	Skierniewice	UKS Nawa Skierniewice	M50	5	00:20:08	00:03:14	01:19:39	00:02:17	00:52:12	02:37:30
125	32	Olesiński Artur	Warszawa	Kondycja	M45	24	00:18:47	00:03:00	01:18:58	00:02:41	00:54:07	02:37:32
126	239	Gebel Tomasz	Żółtwin	TM Iron Team	M50	6	00:19:17	00:02:34	01:16:13	00:02:52	00:57:14	02:38:10
127	226	Wójcik Mirosław	Tomaszów Mazowiecki	Time4Running	M55	5	00:20:44	00:03:58	01:13:57	00:03:18	00:56:14	02:38:11
128	12	Nowicki Rafał	Warszawa	Nordea	M40	20	00:20:12	00:03:53	01:18:38	00:02:10	00:53:30	02:38:23

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km

SPONSOR TYTULARNY



GARMIN

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ORGANIZATOR



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 27.07.2025

Dystans: 1/4 IM

Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
129	63	Radke Adam	Poznań	AUDI POZNAŃ FRANOWO	M40	21	00:20:42	00:02:39	01:23:14	00:02:14	00:50:11	02:38:59
130	81	Makuch Aleksandra	Warsaw	TM Iron Team	K35	4	00:20:02	00:02:50	01:17:41	00:02:32	00:55:59	02:39:04
131	191	Bielecki Jakub	Warszawa	NEON TEAM	M40	22	00:18:08	00:03:54	01:19:10	00:01:42	00:56:22	02:39:15
132	92	Chmielewski Piotr	Złotokłos		M45	25	00:19:14	00:03:04	01:23:54	00:02:19	00:51:08	02:39:38
133	133	Mikulski Arkadiusz	Warszawa	DAIMLER TRUCK RETAIL POLSKA	M45	26	00:22:17	00:04:03	01:18:37	00:03:21	00:51:37	02:39:54
134	54	Szymczak Paweł	Łódź		M40	23	00:19:26	00:04:45	01:19:42	00:03:08	00:53:24	02:40:24
135	262	Spanier Jakub	Warszawa		M25	11	00:19:50	00:03:54	01:22:42	00:02:10	00:51:56	02:40:31
136	216	Kot Gaweł	Warszawa		M25	12	00:22:13	00:02:03	01:18:05	00:02:11	00:56:34	02:41:06
137	50	Kacprzak-Waškowska Magda	Zegrze	Deloitte Adventure Team Deloitte Adventure Team	K25	2	00:23:29	00:02:52	01:19:16	00:01:44	00:53:49	02:41:09
138	36	Zawadzki Grzegorz	Koło	KOŁO	M60	2	00:20:01	00:03:14	01:24:37	00:02:14	00:51:13	02:41:18
139	114	Janusz Karol	Łódź		M35	17	00:20:41	00:02:51	01:20:14	00:02:19	00:55:30	02:41:35
140	274	Grudzień Tomasz	Płock		M40	24	00:20:30	00:03:18	01:19:56	00:03:12	00:54:45	02:41:40
141	197	Deinychenko Andrii	Warszawa		M30	22	00:19:48	00:03:09	01:19:36	00:03:13	00:56:08	02:41:53
142	51	Borowiecki Kamil	Kłobuck	Active Therapy Studio Active Therapy Studio	M25	13	00:21:17	00:02:47	01:18:05	00:01:39	00:58:08	02:41:56
143	148	Galach Konrad	Tomaszów Mazowiecki		M40	25	00:20:46	00:03:55	01:23:10	00:02:16	00:51:59	02:42:06
144	46	Czuga Przemysław	Rybnik		M40	26	00:24:49	00:02:13	01:19:48	00:02:09	00:53:37	02:42:35
145	217	Saba Tomasz	Chotomów	Triclub Warszawa	M50	7	00:18:45	00:03:05	01:18:37	00:03:52	00:58:18	02:42:37
146	104	Piotrowski Michał	Warszawa	Pan Pan	M35	18	00:22:20	00:04:18	01:24:51	00:02:21	00:49:24	02:43:14
147	245	Łubnicka Karolina	Białystok	Kuba Kowalski Triathlon / Nadaktywini Białystok	K40	3	00:21:28	00:02:55	01:17:43	00:03:08	00:58:02	02:43:15
148	220	Małachowski Mateusz	Warszawa	TRICLUB	M30	23	00:17:45	00:02:19	01:22:11	00:04:04	00:57:54	02:44:12
149	90	Czako Andras	Warsaw	Trimasters	M40	27	00:20:51	00:02:56	01:25:13	00:02:29	00:53:00	02:44:29
150	263	Motak Michał	Warszawa		M30	24	00:19:50	00:03:30	01:19:13	00:03:06	00:59:05	02:44:44
151	30	Owczarek Piotr	Łódź	mBank	M30	25	00:20:31	00:02:37	01:19:41	00:01:54	01:00:07	02:44:50
152	170	Majewski Kamil	Kobyłka	Coca Cola	M35	19	00:23:09	00:03:28	01:18:04	00:02:17	00:58:13	02:45:11
153	62	Łaganowski Błażej	Siekierki Wielkie		M35	20	00:24:34	00:04:06	01:21:48	00:02:42	00:52:56	02:46:06
154	225	Mirski Maciej	Warszawa	Rak'n'Roll Rolling	M40	28	00:22:16	00:03:42	01:26:06	00:03:26	00:50:41	02:46:10
155	177	Tomczyk Krzysztof	Tomaszów Mazowiecki	Tomaszów Tri Sports	M50	8	00:25:20	00:04:34	01:19:04	00:03:37	00:53:37	02:46:11
156	240	Wypych Bartłomiej	Ostrowy Nad Okszą		M45	27	00:22:53	00:02:20	01:21:40	00:02:24	00:57:49	02:47:05
157	59	Bator Korneliusz	Pruszków	TRICLUB	M30	26	00:17:03	00:01:38	01:27:22	00:02:07	00:59:05	02:47:14
158	270	Kałużński Michał	Łódź (Łódź-Polesie)	TM Iron Team	M30	27	00:21:29	00:03:59	01:21:16	00:02:54	00:58:16	02:47:53
159	91	Kubacki Dawid	Łódź	SZKOŁA TRIATHLONU	M30	28	00:21:45	00:03:07	01:21:45	00:01:57	00:59:40	02:48:13
160	256	Rusek Marta	Warszawa		K18	2	00:19:41	00:02:42	01:24:08	00:01:37	01:00:50	02:48:57
161	43	Lipka Adrian	Łódź	IM Inspiration	M18	11	00:21:09	00:04:12	01:23:20	00:02:43	00:58:26	02:49:49
162	185	Jarmoszek Marian	Warszawa	TRIWAWA	M45	28	00:22:06	00:02:30	01:22:21	00:02:26	01:00:28	02:49:51
163	208	Shevel Anton	Krakow	REDHEAD	M35	21	00:23:01	00:02:33	01:25:14	00:01:57	00:57:14	02:49:59
164	102	Bąbol Marcin	Warszawa		M35	22	00:21:20	00:03:31	01:26:32	00:03:11	00:56:03	02:50:37
165	29	Wójtowicz Zbigniew	Tomaszów Mazowiecki		M40	29	00:27:00	00:03:52	01:22:19	00:03:16	00:54:15	02:50:41
166	230	Klimek Aleksandra	Cieszyn	Tomica Coaching	K50	1	00:23:43	00:02:15	01:28:13	00:02:37	00:54:31	02:51:18
167	258	Feliński Jarosław	Łódź		M60	3	00:21:03	00:03:39	01:22:36	00:03:06	01:01:10	02:51:34
168	215	Orłowski Mariusz	Warszawa (Bielany)		M35	23	00:19:25	00:03:23	01:19:39	00:02:25	01:06:59	02:51:51
169	235	Czerwiec Magdalena	Warszawa	Kmita Zabierzów Masters	K45	1	00:17:49	00:04:26	01:20:42	00:03:03	01:05:54	02:51:54
170	97	Maćkowiak Mirosław	Czarnówka	TRICLUB	M60	4	00:23:18	00:03:13	01:26:10	00:02:45	00:56:33	02:51:59
171	181	Siekierski Marcin	Walendów		M50	9	00:20:54	00:04:15	01:26:46	00:02:15	00:58:10	02:52:20
172	126	Filanowski Mariusz	Łódź		M45	29	00:21:44	00:03:56	01:22:16	00:02:31	01:01:58	02:52:25
173	196	Kostrzewa Mateusz	Bronisławka		M35	24	00:20:05	00:06:22	01:26:31	00:04:20	00:55:13	02:52:31
174	204	Nowak Maciej	Józefosław		M40	30	00:19:38	00:03:49	01:19:36	00:02:36	01:07:03	02:52:41
175	121	Pytka Karol	Bytom, Śląskie		M30	29	00:19:29	00:05:18	01:17:59	00:02:51	01:07:11	02:52:48
176	156	Sej Maciej	Stomín	TRICLUB	M50	10	00:21:30	00:03:07	01:25:00	00:04:43	00:58:52	02:53:11
177	129	Brygała Tomasz	Warszawa	Coca-Cola	M40	31	00:21:28	00:06:16	01:24:27	00:03:23	00:57:53	02:53:26
178	237	Paszowska Agnieszka	Granica		K30	4	00:23:58	00:03:16	01:23:20	00:02:42	01:00:46	02:54:01
179	207	Dorau Bartosz	Gdańsk	Dorały	M30	30	00:23:25	00:03:41	01:32:16	00:01:35	00:53:10	02:54:07
180	150	Piasta-Serafin Natalia	Jabłonna	Wieliszew Heron Team	K45	2	00:25:11	00:03:00	01:27:42	00:02:35	00:55:57	02:54:25
181	131	Jaraszek Mariusz	Pionki	DAIMLER TRUCK RETAIL POLSKA	M50	11	00:21:25	00:04:53	01:31:36	00:02:05	00:54:56	02:54:55
182	58	Mostowy Marian	Łódź	TRIDEA TEAM	M55	6	00:29:31	00:04:08	01:29:07	00:02:26	00:50:29	02:55:40
183	241	Mirowski Irek	Bobrowiec	GEO Running Team 1973	M50	12	00:20:25	00:05:03	01:23:29	00:03:10	01:03:35	02:55:41
184	172	Dobrzyńska Agata	Seroki-Parcela	TM Iron Team	K35	5	00:21:20	00:02:51	01:32:51	00:01:56	00:56:55	02:55:52
185	53	Kuśmierska Zuzanna	Poniatów		K18	3	00:24:49	00:03:28	01:29:11	00:03:20	00:55:19	02:56:07
186	246	Wróblewski Karol	Warszawa		M18	12	00:18:57	00:02:45	01:29:16	00:02:53	01:02:19	02:56:09
187	77	Włostowski Marcin	Piastów		M18	13	00:21:14	00:04:11	01:30:10	00:03:14	00:57:53	02:56:41
188	143	Hornik Artur	Wodzisław	SILESIA MESTO SILESIA MESTO	M40	32	00:21:55	00:02:47	01:30:34	00:02:42	00:59:50	02:57:48
189	80	Jędrzejczyk Natalia	Warszawa	Relentless	K40	4	00:18:31	00:04:37	01:26:57	00:02:33	01:05:30	02:58:08
190	98	Spruta Zachariasz	Janki		M30	31	00:26:33	00:06:52	01:26:28	00:02:23	00:56:46	02:59:01
191	137	Gołuchowski Jakub	Leszczyny	OSP Leszczyny	M25	14	00:24:37	00:02:58	01:31:54	00:02:48	00:56:54	02:59:10
192	221	Gorski Jan	Otrębusy	Kubuś Puchatek	M35	25	00:20:32	00:03:02	01:39:17	00:01:50	00:54:33	02:59:14

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km

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Data: 27.07.2025

Dystans: 1/4 IM

Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
193	78	Mikołajczuk Jarek	Międzyrzec Podlaski		M55	7	00:21:22	00:03:59	01:30:42	00:03:04	01:00:51	02:59:58
194	27	Sokołowski Piotr	Częstochowa		M18	14	00:30:09	00:04:15	01:28:52	00:02:05	00:54:48	03:00:09
195	164	Kowalski Kuba	Warszawa	TriWawa	M50	13	00:25:07	00:04:46	01:26:57	00:03:06	01:00:43	03:00:38
196	21	Kukielka Jarosław	Piotrków Trybunalski		M40	33	00:20:57	00:04:06	01:30:58	00:02:38	01:02:16	03:00:54
197	45	Lelicki Roman	Bełchatów		M50	14	00:24:22	00:03:18	01:29:48	00:02:29	01:01:01	03:00:57
198	67	Potulski Dariusz	Łódź		M30	32	00:15:35	00:04:10	01:33:16	00:01:59	01:06:07	03:01:07
199	56	Słota Grzegorz	Wilkowice	Podawaja	M30	33	00:21:54	00:04:38	01:28:37	00:02:57	01:03:05	03:01:10
200	96	Aftyka Piotr	Pruszków		M40	34	00:24:16	00:04:48	01:30:35	00:02:41	01:00:40	03:03:00
201	83	Zygmunt Jakub	Warszawa		M25	15	00:24:09	00:05:18	01:34:56	00:02:35	00:56:50	03:03:48
202	13	Gremblewski Karol	Olsztyn		M40	35	00:29:39	00:03:45	01:30:25	00:02:19	00:57:41	03:03:48
203	84	Wiśniewski Nikodem	Warszawa		M30	34	00:24:16	00:08:17	01:30:56	00:02:34	00:57:51	03:03:54
204	146	Pantera Luiza	Konstancin-Jeziorna	Coca Cola	K40	5	00:23:33	00:04:28	01:34:16	00:03:03	00:59:07	03:04:27
205	182	Gawroński Przemysław	Brwinów	zawsze ostatni	M45	30	00:23:27	00:03:14	01:31:21	00:02:23	01:05:19	03:05:43
206	125	Dybała Grzegorz	Brzeziny		M40	36	00:26:47	00:04:36	01:33:48	00:03:10	00:58:55	03:07:15
207	89	Marczyńska Ania	Warszawa		K25	3	00:18:00	00:07:16	01:33:38	00:02:35	01:06:16	03:07:45
208	52	Wonko Adam	Tomaszów Mazowiecki		M70	1	00:30:13	00:04:50	01:30:48	00:03:31	00:58:48	03:08:10
209	35	Chmiel Waldemar	Dzierżazna	PTT DELTA	M60	5	00:22:37	00:04:09	01:32:56	00:02:04	01:07:29	03:09:15
210	72	Kluj Przemysław	Rydzynki		M35	26	00:20:08	00:05:41	01:37:42	00:03:56	01:02:19	03:09:45
211	175	Biegańska Renata	Łódź	#happyrunners	K50	2	00:29:19	00:03:49	01:33:26	00:05:02	00:58:13	03:09:48
212	23	Oszczypała Mateusz	Warszawa		M35	27	00:20:33	00:04:57	01:27:45	00:04:38	01:12:12	03:10:04
213	115	Mazepa Krzysztof	Wiązowna		M50	15	00:26:39	00:05:46	01:31:27	00:03:35	01:03:29	03:10:55
214	264	Buczowski Michał	Sędziejowice		M30	35	00:21:33	00:04:40	01:30:20	00:02:28	01:14:01	03:13:02
215	243	Jabłońska Anna	Warszawa Ursynów	Rybicki Triathlon Coach	K45	3	00:24:50	00:02:56	01:30:33	00:03:51	01:13:59	03:16:08
216	209	Dorau Rafał	Dziemiany	Dorały	M55	8	00:26:47	00:03:43	01:35:10	00:02:22	01:09:29	03:17:30
217	95	Matusiak Marcin	Berlin		M35	28	00:23:05	00:03:49	01:40:08	00:03:11	01:10:04	03:20:17
218	71	Nowakowska Patrycja	Łódź	SZKOŁA TRIATHLONU	K25	4	00:21:48	00:04:20	01:36:14	00:05:07	01:13:27	03:20:56
219	25	Bielak Jakub	Częstochowa		M18	15	00:24:29	00:04:06	01:48:15	00:02:29	01:01:53	03:21:12
220	41	Zajączkowska Amelia	Warszawa		K18	4	00:21:01	00:02:20	01:40:19	00:02:02	01:17:11	03:22:53
221	180	Nehring-Gugulska Magda	Warszawa		K55	1	00:28:43	00:04:48	01:38:14	00:03:26	01:12:13	03:27:23
222	103	Ciszewski Dawid	Łódź		M25	16	00:46:27	00:04:13	01:56:27	00:01:53	01:04:18	03:53:17
39		Pakuła Rafał	Łódź		M40		00:17:10	00:02:17	01:18:41	00:02:10		DNF
99		Jodko Piotr	Warszawa (Wawer)		M30		00:23:15	00:02:47	01:57:34			DNF
138		Lechowski Marcin	Częstochowa	SZKOŁA TRIATHLONU	M30		00:21:35	00:02:08	00:10:07			DNF
144		Whilde Karolina	Warszawa		K40		00:18:09	00:03:30				DNF
10		Brzóska Jakub	Kielce	Twister Team	M30		00:12:17	00:01:22				DNF
8		Wołos Ewelina	Warszawa	TRIWAWA	K35							DNS
266		Gugulska Julia	Warszawa		K25							DNS
14		Grzywacz Marcin	Józefostaw		M40							DNS
16		Fularski Sebastian	Skarżysko Kościelne		M45							DNS
17		Tomaszkiewicz Miłosz	Czerniewice (Woj. łódzkie)	7 Dywizjon Lotniczy	M35							DNS
19		Koziczak Michał	Wrocław		M35							DNS
26		Górawski Kamil	Częstochowa		M18							DNS
42		Handzlik Kinga	Oleśnica	LABOSPORT Team/ Babeczka	K25							DNS
48		Chołuj Michał	Warszawa	TriWawa	M45							DNS
60		Piechowski Paweł	Lgota Wielka		M35							DNS
61		Zieliński Denis	Łubianka		M18							DNS
64		Przystupa Mateusz	Białystok	Coca Cola Runners	M35							DNS
75		Łuczak Mikołaj	Kazimierz Biskupi	Audi Franowo CityZen	M25							DNS
85		Herych Dmytro	Krakow		M35							DNS
88		Olszewski Ernest	Łódź		M30							DNS
94		Jaworowski Witold	Bytom	Amator	M60							DNS
110		Jakubiak Maciej	Długa Kościelna	Triathletic Team	M35							DNS
119		Ałasa Rafał	Warszawa	TRICLUB	M40							DNS
122		Głowacki Michał	Warszawa	TriWawa	M35							DNS
127		Mątewski Damian	Konstancin-Jeziorna	Team Kalach	M50							DNS
134		Chudecki Kamil	Warszawa	Kuźnia Triathlonu	M55							DNS
141		Zieliński Bartłomiej	Łódź		M35							DNS
145		Ciniewski Igor	Żyrardów	Triathletic Team	M18							DNS
152		Kaczyński Michał	Częstochowa		M30							DNS
153		Sraga Gabriela	Warszawa	TRIAMO	K18							DNS
161		Wilijewicz Konrad	Łódź	CTS - Czaja TrainingSystem/Celironman Wilijewicze	M50							DNS
171		Williński Łukasz	Mińsk Mazowiecki		M40							DNS
184		Andrzejewski Krzysztof	Zaniemyśl		M50							DNS
202		Grabowski Paweł	Warszawa		M30							DNS

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km



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ORGANIZATOR



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 27.07.2025

Dystans: 1/4 IM

Miejscowość: Rawa Mazowiecka

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
	212	Kosierkiewicz Grzegorz	Kielce	KAROLE	M50							DNS
	214	Konik Wiktor	Głubczyce	Konik Braciszów	M35							DNS
	231	Skrobel Adam	Laka	TOP ATHLETIC	M50							DNS
	233	Gapiński Kamil	Płock	LABOSPORT Team	M40							DNS

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5.275 km