



GARMIN

SPONSOR TYTULARNY



GOSPODARZ

Serock



SPONSOR STRATEGICZNY



ORGANIZATOR

Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 03.08.2025

Dystans: 1/4 IM

Miejscowość: Serock

| Msc. | Nr start. | Nazwisko Imię           | Miasto              | Team                                        | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|-------------------------|---------------------|---------------------------------------------|-----|---------|----------|----------|----------|----------|----------|----------|
| 1    | 3         | Szala Tomasz            | Nowa Iwiczna        |                                             |     |         | 00:15:16 | 00:02:52 | 01:01:27 | 00:01:59 | 00:37:34 | 01:59:08 |
| 2    | 1         | Marcinek Tomasz         | Racibórz            | TM Iron Team                                |     |         | 00:15:12 | 00:02:44 | 01:02:24 | 00:01:43 | 00:37:53 | 01:59:55 |
| 3    | 4         | Gadomska Agnieszka      | Warszawa            | CTS                                         |     |         | 00:16:54 | 00:02:57 | 01:08:07 | 00:01:55 | 00:40:35 | 02:10:28 |
| 4    | 261       | Różalski Piotr          | Elbląg              | ETT Elbląg Triathlon Team                   | M45 | 1       | 00:17:18 | 00:03:31 | 01:07:02 | 00:02:15 | 00:43:39 | 02:13:45 |
| 5    | 35        | Łuczak Bartosz          | Inowrocław          | Vamos Racing Team                           | M25 | 1       | 00:20:50 | 00:03:54 | 01:10:15 | 00:02:20 | 00:40:19 | 02:17:37 |
| 6    | 273       | Krajewski Igor          | Kłobuck             | Triathlon Training Center                   | M18 | 1       | 00:17:37 | 00:04:01 | 01:08:20 | 00:02:15 | 00:45:35 | 02:17:48 |
| 7    | 270       | Omelianowicz Piotr      | Wyszków             |                                             | M35 | 1       | 00:17:20 | 00:04:04 | 01:10:14 | 00:02:20 | 00:45:51 | 02:19:49 |
| 8    | 12        | Rogulski Adam           | Wyszków             | Catena Wyszków                              | M35 | 2       | 00:19:36 | 00:03:46 | 01:08:26 | 00:02:10 | 00:46:21 | 02:20:18 |
| 9    | 172       | Przepióła Wiktor        | Warszawa            | endlesspainteam                             | M35 | 3       | 00:19:39 | 00:04:04 | 01:07:56 | 00:02:19 | 00:46:37 | 02:20:34 |
| 10   | 57        | Zembrzusi Łukasz        | Szczytno            | Iron Team                                   | M18 | 2       | 00:18:28 | 00:03:30 | 01:13:01 | 00:03:18 | 00:42:51 | 02:21:08 |
| 11   | 95        | Majdak Dawid            | Jeleśnia            | TM Iron Team                                | M30 | 1       | 00:20:33 | 00:03:40 | 01:12:13 | 00:02:15 | 00:42:33 | 02:21:13 |
| 12   | 5         | Jahnz Karolina          | Dobra               | Go2Tri                                      | K40 | 1       | 00:17:57 | 00:03:43 | 01:13:08 | 00:02:13 | 00:44:52 | 02:21:53 |
| 13   | 279       | Kluźniak Jacek          | Kielce              | CTS - CzajaTrainingSystem                   | M50 | 1       | 00:18:49 | 00:04:16 | 01:08:14 | 00:02:39 | 00:48:33 | 02:22:31 |
| 14   | 244       | Granicka Małgorzata     | Warszawa            | MILOTEAM / PwC                              | K25 | 1       | 00:18:07 | 00:03:42 | 01:10:18 | 00:02:35 | 00:47:50 | 02:22:31 |
| 15   | 173       | Giacosa Francisco       | Warszawa (Bemowo)   | TRICLUB                                     | M35 | 4       | 00:20:30 | 00:04:17 | 01:12:31 | 00:02:33 | 00:43:30 | 02:23:46 |
| 16   | 25        | Krasuski Artur          | Juszkowo            | Arczi Tri Team                              | M40 | 1       | 00:22:21 | 00:03:52 | 01:10:07 | 00:02:08 | 00:45:34 | 02:24:01 |
| 17   | 141       | Winiński Tomasz         | Włocławek           |                                             | M50 | 2       | 00:21:12 | 00:04:31 | 01:10:09 | 00:02:37 | 00:45:48 | 02:24:16 |
| 18   | 41        | Mader Jakub             | Będzin              | Trimasters                                  | M18 | 3       | 00:20:24 | 00:04:05 | 01:13:56 | 00:02:21 | 00:44:06 | 02:24:52 |
| 19   | 119       | Drabot Andrzej          | Warszawa            | Asseco Active Team                          | M50 | 3       | 00:22:15 | 00:04:17 | 01:11:58 | 00:02:32 | 00:44:21 | 02:25:23 |
| 20   | 163       | Papiernik Kacper        | Bełchów             | Fundacja Biegamy Polesie                    | M25 | 2       | 00:22:05 | 00:04:05 | 01:13:14 | 00:02:33 | 00:43:34 | 02:25:31 |
| 21   | 19        | Jorczy Kamil            | Halinów - Hipolitów | Waniewski Coaching / PKO BANK POLSKI        | M40 | 2       | 00:21:31 | 00:04:07 | 01:11:54 | 00:02:40 | 00:45:39 | 02:25:50 |
| 22   | 110       | Nosalik Franciszek      | Augustów            | Ortostom Augustów                           | M18 | 4       | 00:19:58 | 00:03:17 | 01:14:49 | 00:02:05 | 00:45:46 | 02:25:54 |
| 23   | 153       | Pietraszek Mateusz      | Jaktorów            | Szkoła Triathlonu                           | M18 | 5       | 00:20:53 | 00:03:34 | 01:13:01 | 00:02:28 | 00:46:05 | 02:26:00 |
| 24   | 65        | Ołowski Aleksy          | Warszawa            | Trimasters                                  | M30 | 2       | 00:16:24 | 00:03:41 | 01:14:12 | 00:02:26 | 00:49:39 | 02:26:21 |
| 25   | 124       | Oleśzak Tomasz          | Olsztyn             | Najmowicz Triathlon                         | M30 | 3       | 00:22:06 | 00:04:50 | 01:09:39 | 00:03:09 | 00:48:11 | 02:27:55 |
| 26   | 162       | Gębicki Marek           | Warszawa            |                                             | M40 | 3       | 00:20:19 | 00:05:14 | 01:12:47 | 00:02:54 | 00:46:44 | 02:27:57 |
| 27   | 267       | Dryżałowski Maksymilian | Warszawa            | Karaś TRI&SWIM Team Mama Emcia              | M18 | 6       | 00:18:32 | 00:03:57 | 01:16:13 | 00:02:39 | 00:47:19 | 02:28:39 |
| 28   | 96        | Jarocka Wioleta         | Serock              | Twister Team                                | K40 | 2       | 00:21:49 | 00:03:10 | 01:15:32 | 00:01:54 | 00:47:04 | 02:29:29 |
| 29   | 225       | Zambrowski Grzegorz     | Warszawa            | Trinity Triathlon UNITY                     | M35 | 5       | 00:24:16 | 00:04:14 | 01:10:22 | 00:03:04 | 00:49:04 | 02:31:00 |
| 30   | 16        | Andrzejczak Krystian    | Brześć Kujawski     | Dawaj Kalach Team                           | M25 | 3       | 00:21:06 | 00:03:37 | 01:10:39 | 00:02:14 | 00:53:40 | 02:31:16 |
| 31   | 147       | Lis Daniel              | Warszawa            | Trimasters FOX_Tri                          | M40 | 4       | 00:20:58 | 00:04:19 | 01:11:13 | 00:03:08 | 00:52:14 | 02:31:52 |
| 32   | 70        | Owczarek Jacek          | Piaskowisko         | #Dawaj Kalach Team                          | M50 | 4       | 00:22:45 | 00:04:31 | 01:10:01 | 00:02:53 | 00:51:56 | 02:32:05 |
| 33   | 137       | Decewicz Przemysław     | Warszawa            |                                             | M30 | 4       | 00:20:33 | 00:04:05 | 01:14:54 | 00:02:26 | 00:50:50 | 02:32:47 |
| 34   | 101       | Bielski Marcin          | Warszawa            | Team Karaś                                  | M40 | 5       | 00:22:47 | 00:04:20 | 01:12:37 | 00:04:07 | 00:49:03 | 02:32:53 |
| 35   | 127       | Poncyliusz Mateusz      | Warszawa            | I'M Inspiration                             | M30 | 5       | 00:22:55 | 00:04:45 | 01:14:11 | 00:02:47 | 00:49:08 | 02:33:45 |
| 36   | 219       | Walecki Artur           | Wrocław             | PwC Tri PwC Tri                             | M45 | 2       | 00:23:07 | 00:04:19 | 01:11:41 | 00:02:29 | 00:52:24 | 02:34:00 |
| 37   | 167       | Filipowski Zdzisław     | Konstancin-Łódzki   | Bednarski Tri Team                          | M55 | 1       | 00:20:13 | 00:04:48 | 01:12:32 | 00:02:43 | 00:54:21 | 02:34:36 |
| 38   | 133       | Mikołajuk Adam          | Warszawa            | MBC Team                                    | M40 | 6       | 00:22:09 | 00:04:37 | 01:14:16 | 00:02:47 | 00:51:03 | 02:34:52 |
| 39   | 79        | Zachmacz Jakub          | Zegrze              |                                             | M18 | 7       | 00:22:46 | 00:04:03 | 01:15:58 | 00:02:12 | 00:50:05 | 02:35:04 |
| 40   | 21        | Piątek Jacek            | Knurów              |                                             | M45 | 3       | 00:21:32 | 00:04:43 | 01:15:50 | 00:02:31 | 00:50:33 | 02:35:08 |
| 41   | 180       | Domański Błażej         | Warszawa            | TRICLUB                                     | M40 | 7       | 00:20:36 | 00:03:38 | 01:13:28 | 00:02:39 | 00:55:13 | 02:35:33 |
| 42   | 33        | Miażek Klaudia          | Tomaszów Maz        |                                             | K25 | 2       | 00:22:11 | 00:05:48 | 01:14:32 | 00:03:16 | 00:50:15 | 02:36:01 |
| 43   | 276       | Frączak Jan             | Warszawa            | Inter Cars Triathlon Team                   | M40 | 8       | 00:27:01 | 00:04:32 | 01:14:30 | 00:02:30 | 00:47:31 | 02:36:04 |
| 44   | 207       | Nerlewska Rafał         | Warszawa            | Śródkowa Wieża Racing Team                  | M25 | 4       | 00:20:25 | 00:04:15 | 01:21:13 | 00:02:24 | 00:48:11 | 02:36:27 |
| 45   | 243       | Iwaniuk Michał          | Księżyno            |                                             | M18 | 8       | 00:23:59 | 00:04:50 | 01:15:44 | 00:02:38 | 00:49:31 | 02:36:41 |
| 46   | 175       | Mrówczyńska Paula       | Węglew Kolonia      | Konińska Akademia Triathlonu / Triton Konin | K30 | 1       | 00:22:13 | 00:03:58 | 01:12:38 | 00:02:55 | 00:55:30 | 02:37:13 |
| 47   | 192       | Kaczmarczyk Małgorzata  | Katowice            |                                             | K35 | 1       | 00:21:00 | 00:04:10 | 01:21:01 | 00:02:24 | 00:49:47 | 02:38:21 |
| 48   | 28        | Krawczyk Jakub          | Warszawa            | Vamos Racing Team                           | M30 | 6       | 00:21:15 | 00:04:29 | 01:16:19 | 00:03:05 | 00:53:19 | 02:38:27 |
| 49   | 215       | Brunow Ahren            | Warsaw              | KAZIKI                                      | M35 | 6       | 00:25:09 | 00:05:24 | 01:18:55 | 00:02:47 | 00:46:21 | 02:38:36 |
| 50   | 82        | Kopczyński Bartosz      | Lipno               |                                             | M25 | 5       | 00:21:20 | 00:05:16 | 01:15:53 | 00:02:39 | 00:53:34 | 02:38:41 |
| 51   | 62        | Lewicki Jakub           | Warszawa - Wesoła   | Trimasters                                  | M25 | 6       | 00:22:14 | 00:04:07 | 01:14:48 | 00:02:49 | 00:55:05 | 02:39:02 |
| 52   | 203       | Wysocki Tomasz          | Białystok           | Nadaktywni                                  | M45 | 4       | 00:21:46 | 00:04:50 | 01:20:54 | 00:02:39 | 00:48:59 | 02:39:08 |
| 53   | 49        | Cieślak Wojciech        | Warszawa            |                                             | M30 | 7       | 00:22:50 | 00:04:43 | 01:21:49 | 00:03:08 | 00:47:34 | 02:40:04 |
| 54   | 257       | Czajkowski Adam         | Konstancin-Jeziorna |                                             | M55 | 2       | 00:20:22 | 00:05:08 | 01:17:54 | 00:03:09 | 00:53:45 | 02:40:17 |
| 55   | 220       | Gwizdańska Kaja         | Zamość              | Trimasters                                  | K25 | 3       | 00:26:06 | 00:04:30 | 01:19:23 | 00:02:54 | 00:47:44 | 02:40:36 |
| 56   | 9         | Panufnik Tomasz         | Borowa Góra         | AKS Polonia Warszawa                        | M40 | 9       | 00:25:48 | 00:05:58 | 01:14:21 | 00:03:56 | 00:50:41 | 02:40:43 |
| 57   | 277       | Jedwabny Julia          | Warszawa - Polska   | TRICLUB                                     | K40 | 3       | 00:22:55 | 00:04:51 | 01:14:05 | 00:03:04 | 00:55:51 | 02:40:45 |
| 58   | 157       | Sobik Andrzej           | Czyżowice           |                                             | M45 | 5       | 00:21:29 | 00:05:01 | 01:16:02 | 00:02:29 | 00:56:21 | 02:41:22 |
| 59   | 199       | Rachwałik Tomasz        | Stasi Las, Serock   | AKS Polonia Warszawa                        | M50 | 5       | 00:24:57 | 00:04:26 | 01:18:45 | 00:04:12 | 00:49:28 | 02:41:47 |
| 60   | 117       | Kaźmierczak Łukasz      | Warszawa            | Fit Ala Community                           | M30 | 8       | 00:22:36 | 00:05:10 | 01:24:45 | 00:02:41 | 00:46:47 | 02:41:59 |
| 61   | 85        | Orłowski Marcin         | Warszawa            | Rybicki Triathlon Coach                     | M45 | 6       | 00:22:17 | 00:04:48 | 01:14:30 | 00:03:23 | 00:57:31 | 02:42:28 |
| 62   | 14        | Waraksa Eugeniusz       | Łomianki            | Smartendu                                   | M40 | 10      | 00:25:59 | 00:03:40 | 01:15:24 | 00:02:53 | 00:55:04 | 02:42:59 |
| 63   | 171       | Poncyliusz Marcin       | Warszawa            |                                             | M40 | 11      | 00:23:06 | 00:04:37 | 01:13:55 | 00:03:03 | 00:58:22 | 02:43:03 |
| 64   | 144       | Giżyński Przemysław     | Płock               | PTT Delta                                   | M45 | 7       | 00:24:06 | 00:05:15 | 01:19:05 | 00:03:33 | 00:51:16 | 02:43:15 |

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km



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Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport  
Data: 03.08.2025  
Dystans: 1/4 IM  
Miejscowość: Serock

| Msc. | Nr start. | Nazwisko Imię         | Miasto               | Team                              | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|-----------------------|----------------------|-----------------------------------|-----|---------|----------|----------|----------|----------|----------|----------|
| 65   | 245       | Sabitov Nadia         | Aleksandrów Łódzki   | HTF Ludwik Sikorski               | K18 | 1       | 00:21:06 | 00:04:16 | 01:25:08 | 00:02:20 | 00:50:28 | 02:43:17 |
| 66   | 189       | Kokosza Maciej        | Warszawa             | MBC TEAM / DIAGNOSTKA SPORTOWCA   | M35 | 7       | 00:23:23 | 00:06:00 | 01:24:43 | 00:02:54 | 00:46:18 | 02:43:18 |
| 67   | 87        | Przybyła Marcin       | Rzeszów              |                                   | M40 | 12      | 00:22:29 | 00:05:17 | 01:21:07 | 00:03:58 | 00:50:38 | 02:43:28 |
| 68   | 201       | Marek Andrzej         | Mława                | Rybicki Triathlon Team            | M45 | 8       | 00:20:41 | 00:04:50 | 01:13:53 | 00:03:33 | 01:01:01 | 02:43:58 |
| 69   | 143       | Kapel Piotr           | Tuszów Narodowy      |                                   | M25 | 7       | 00:23:10 | 00:05:07 | 01:22:08 | 00:03:27 | 00:50:36 | 02:44:28 |
| 70   | 259       | Mirowski Artur        | Warszawa             |                                   | M30 | 9       | 00:23:57 | 00:07:19 | 01:22:52 | 00:04:09 | 00:46:16 | 02:44:32 |
| 71   | 7         | Rowicki Tomasz        | Warszawa             | 19761976                          | M45 | 9       | 00:21:09 | 00:04:40 | 01:23:54 | 00:02:22 | 00:53:00 | 02:45:04 |
| 72   | 159       | Czupryniowicz Konrad  | Warszawa             |                                   | M18 | 9       | 00:20:17 | 00:04:45 | 01:21:23 | 00:02:26 | 00:56:21 | 02:45:12 |
| 73   | 206       | Grzeszczak Piotr      | Skierniewice         | UKS Nawa Skierniewice             | M50 | 6       | 00:23:51 | 00:05:39 | 01:20:50 | 00:02:56 | 00:51:59 | 02:45:14 |
| 74   | 30        | Farbiś Daniel         | Jakubów              |                                   | M35 | 8       | 00:24:21 | 00:04:34 | 01:19:23 | 00:02:52 | 00:54:07 | 02:45:16 |
| 75   | 260       | Niemczyk Kazimierz    | Milanówek            |                                   | M60 | 1       | 00:25:00 | 00:05:28 | 01:20:53 | 00:03:40 | 00:50:21 | 02:45:22 |
| 76   | 134       | Pawlukiewicz Dariusz  | Warszawa             |                                   | M30 | 10      | 00:28:24 | 00:04:52 | 01:19:52 | 00:04:11 | 00:49:45 | 02:47:03 |
| 77   | 155       | Jelitto Jakub         | Warszawa             | TRICLUB                           | M30 | 11      | 00:21:02 | 00:04:54 | 01:18:09 | 00:02:49 | 01:00:16 | 02:47:10 |
| 78   | 90        | Oleksiak Waldemar     | Warszawa             |                                   | M50 | 7       | 00:20:44 | 00:05:47 | 01:15:37 | 00:03:32 | 01:01:54 | 02:47:33 |
| 79   | 58        | Wedziuk Piotr         | Warszawa             |                                   | M30 | 12      | 00:25:35 | 00:05:37 | 01:22:32 | 00:03:03 | 00:50:57 | 02:47:44 |
| 80   | 271       | Łaciński Przemysław   | Warszawa             | Triathletic Team                  | M35 | 9       | 00:22:44 | 00:05:35 | 01:20:30 | 00:02:42 | 00:56:16 | 02:47:46 |
| 81   | 166       | Nosalik Paweł         | Augustów             |                                   | M45 | 10      | 00:23:31 | 00:04:19 | 01:21:38 | 00:03:22 | 00:55:08 | 02:47:58 |
| 82   | 148       | Grela Małgorzata      | Wrocław              | PwC Tri PwC Tri                   | K30 | 2       | 00:20:13 | 00:04:40 | 01:24:54 | 00:02:38 | 00:55:34 | 02:47:59 |
| 83   | 52        | Sowiński Patryk       | Kielce               |                                   | M25 | 8       | 00:20:20 | 00:04:41 | 01:20:03 | 00:03:02 | 00:59:58 | 02:48:04 |
| 84   | 142       | Mossakowska Katarzyna | Warszawa             |                                   | K30 | 3       | 00:23:52 | 00:05:54 | 01:25:34 | 00:03:30 | 00:50:22 | 02:49:11 |
| 85   | 213       | Nowakowski Krzysztof  | Nowe Pięćciogi       |                                   | M30 | 13      | 00:26:46 | 00:04:49 | 01:19:48 | 00:02:30 | 00:55:44 | 02:49:37 |
| 86   | 75        | Kasperowicz Dariusz   | Szczecin             | TME95                             | M50 | 8       | 00:25:23 | 00:06:00 | 01:20:28 | 00:03:56 | 00:54:01 | 02:49:48 |
| 87   | 131       | Kubiński Adam         | Warszawa - Polska    |                                   | M25 | 9       | 00:21:00 | 00:07:24 | 01:22:53 | 00:04:29 | 00:54:25 | 02:50:11 |
| 88   | 174       | Wieczorek Katarzyna   | Pleszew              | KAZIKI Triathlon Team             | K35 | 2       | 00:24:40 | 00:06:41 | 01:21:54 | 00:03:20 | 00:56:14 | 02:50:53 |
| 89   | 247       | Siudziński Jakub      | Żuromin              |                                   | M30 | 14      | 00:26:58 | 00:05:18 | 01:20:35 | 00:03:10 | 00:55:06 | 02:51:07 |
| 90   | 73        | Zubek Filip           | Warszawa             |                                   | M25 | 10      | 00:23:29 | 00:05:37 | 01:23:46 | 00:02:50 | 00:55:42 | 02:51:23 |
| 91   | 24        | Jaskólski Dariusz     | Lubecko              | YAWAL Team YAWAL SA               | M55 | 3       | 00:25:05 | 00:05:12 | 01:18:18 |          |          | 02:51:33 |
| 92   | 31        | Sitek Bolesław        | Warszawa             | W Palnik Triathlon Team           | M30 | 15      | 00:27:15 | 00:05:24 | 01:20:58 | 00:02:43 | 00:55:16 | 02:51:36 |
| 93   | 42        | Czopor Artur          | Warszawa             |                                   | M30 | 16      | 00:25:04 | 00:04:52 | 01:28:05 | 00:03:39 | 00:50:16 | 02:51:56 |
| 94   | 17        | Kurzyk Rafał          | Marki                | 4Tri Team                         | M30 | 17      | 00:27:01 | 00:05:16 | 01:20:58 | 00:03:33 | 00:55:16 | 02:52:04 |
| 95   | 224       | Zakrzewski Weronika   | Warszawa             | #grażynytriatlonu #ekipaodwina    | K40 | 4       | 00:28:23 | 00:04:35 | 01:24:11 | 00:03:00 | 00:52:07 | 02:52:15 |
| 96   | 93        | Lewandowski Wojciech  | Warszawa             | The Runs                          | M30 | 18      | 00:22:57 | 00:06:03 | 01:25:38 | 00:03:13 | 00:54:50 | 02:52:40 |
| 97   | 181       | Chudy Mariusz         | Lesznowola           | PwC Tri                           | M40 | 13      | 00:25:14 | 00:05:25 | 01:20:54 | 00:03:41 | 00:57:28 | 02:52:41 |
| 98   | 177       | Ciećwierz Michał      | Warszawa             | Kuźnia Triathlonu                 | M35 | 10      | 00:22:54 | 00:03:57 | 01:14:21 | 00:03:30 | 01:08:14 | 02:52:55 |
| 99   | 200       | Nester Marcin         | Nowy Dwór Mazowiecki | SZKOŁA TRIATHLONU                 | M40 | 14      | 00:24:33 | 00:05:01 | 01:25:33 | 00:03:42 | 00:54:31 | 02:53:19 |
| 100  | 197       | Wolnik Daniel         | Płochocin            | KAZIKI                            | M30 | 19      | 00:22:25 | 00:05:20 | 01:22:30 | 00:03:09 | 01:00:04 | 02:53:28 |
| 101  | 221       | Pendowski Kamil       | Białystok            | Nadaktywni Białystok              | M45 | 11      | 00:20:57 | 00:04:43 | 01:23:22 | 00:04:00 | 01:00:40 | 02:53:41 |
| 102  | 56        | Kliuyeu Dymitry       | Warszawa             |                                   | M35 | 11      | 00:23:45 | 00:05:26 | 01:25:24 | 00:03:24 | 00:55:44 | 02:53:43 |
| 103  | 55        | Morawska Katarzyna    | Białystok            | Nadaktywni Białystok              | K35 | 3       | 00:28:39 | 00:05:16 | 01:24:42 | 00:02:35 | 00:52:42 | 02:53:53 |
| 104  | 107       | Gawkowski Robert      | Legionowo            | Retro Team                        | M50 | 9       | 00:22:44 | 00:05:51 | 01:19:53 | 00:03:22 | 01:02:06 | 02:53:56 |
| 105  | 47        | Dajczer Rafał         | Warszawa             |                                   | M45 | 12      | 00:23:54 | 00:05:25 | 01:26:42 | 00:04:27 | 00:53:43 | 02:54:11 |
| 106  | 212       | Wrona Jakub           | Pionki               |                                   | M35 | 12      | 00:25:17 | 00:05:35 | 01:24:25 | 00:02:54 | 00:56:12 | 02:54:22 |
| 107  | 146       | Kubiak Paweł          | Warszawa             | PILOT TEAM Pilot                  | M45 | 13      | 00:27:13 | 00:06:17 | 01:18:42 | 00:03:44 | 00:59:19 | 02:55:15 |
| 108  | 91        | Aniołek Jan           | Ożarów Mazowiecki    |                                   | M40 | 15      | 00:26:10 | 00:05:38 | 01:22:02 | 00:03:55 | 00:57:39 | 02:55:23 |
| 109  | 64        | Pachykouski Pavel     | Warszawa             | Trimasters                        | M40 | 16      | 00:25:06 | 00:05:54 | 01:27:51 | 00:03:09 | 00:53:45 | 02:55:44 |
| 110  | 202       | Buryshv Dmytro        | Warszawa             |                                   | M30 | 20      | 00:25:30 | 00:06:38 | 01:28:12 | 00:03:23 | 00:52:02 | 02:55:45 |
| 111  | 176       | Doliński Piotr        | Bielawa              | Rybicki Triathlon Coach           | M35 | 13      | 00:24:50 | 00:05:25 | 01:18:49 | 00:03:00 | 01:04:03 | 02:56:07 |
| 112  | 214       | Bączkowski Filip      | Warszawa             |                                   | M30 | 21      | 00:24:12 | 00:06:25 | 01:21:32 | 00:04:06 | 00:59:57 | 02:56:11 |
| 113  | 59        | Głodowska Zofia       | Warszawa (Bemowo)    | Głodki                            | K25 | 4       | 00:24:24 | 00:04:48 | 01:26:04 | 00:02:43 | 00:58:18 | 02:56:17 |
| 114  | 275       | Końkowski Michał      | Warszawa             |                                   | M30 | 22      | 00:21:53 | 00:04:52 | 01:26:37 | 00:03:25 | 00:59:49 | 02:56:36 |
| 115  | 109       | Biesiada Natalia      | Wrocław              | SK TRI&SWIM TEAM                  | K25 | 5       |          |          |          |          |          | 02:58:02 |
| 116  | 29        | Sobczyński Kamil      | Szeligi              |                                   | M35 | 14      | 00:27:07 | 00:06:27 | 01:27:35 | 00:03:23 | 00:53:51 | 02:58:22 |
| 117  | 256       | Fabisiak Marcin       | Warszawa             |                                   | M40 | 17      | 00:22:57 | 00:05:58 | 01:26:24 | 00:04:24 | 00:58:56 | 02:58:39 |
| 118  | 39        | Galach Konrad         | Tomaszów Mazowiecki  |                                   | M40 | 18      | 00:24:54 | 00:05:59 | 01:27:12 | 00:03:33 | 00:57:18 | 02:58:55 |
| 119  | 15        | Nowicki Rafał         | Warszawa             | Nordea                            | M40 | 19      | 00:24:46 | 00:07:13 | 01:21:19 | 00:02:47 | 01:02:57 | 02:59:01 |
| 120  | 204       | Chorman Aleksandr     | Łomianki             |                                   | M30 | 23      | 00:22:13 | 00:05:54 | 01:29:28 | 00:03:52 | 00:57:39 | 02:59:06 |
| 121  | 135       | Wąsiewicz Patryk      | Warszawa             |                                   | M30 | 24      | 00:35:33 | 00:06:55 | 01:21:17 | 00:03:56 | 00:52:03 | 02:59:43 |
| 122  | 209       | Kacprzak Rafał        | Warszawa - Polska    | Relentless Triathlon Team Dr Best | M40 | 20      | 00:24:56 | 00:05:12 | 01:30:13 | 00:03:08 | 00:56:26 | 02:59:55 |
| 123  | 98        | Moritz Marek          | Wrocław              | LitWIN SPORTS                     | M45 | 14      | 00:27:06 | 00:04:21 | 01:16:33 | 00:03:22 | 01:09:06 | 03:00:28 |
| 124  | 280       | Kamiński Sebastian    | Warszawa (Bielany)   |                                   | M40 | 21      | 00:24:08 | 00:05:46 | 01:33:14 | 00:03:22 | 00:54:03 | 03:00:32 |
| 125  | 195       | Krajewski Robert      | Skepe                | Tri Skepe                         | M30 | 25      | 00:27:53 | 00:04:44 | 01:21:22 | 00:02:27 | 01:04:21 | 03:00:47 |
| 126  | 194       | Pajkowski Jan         | Warszawa             |                                   | M25 | 11      | 00:20:49 | 00:05:39 | 01:30:09 | 00:02:25 | 01:01:58 | 03:00:59 |
| 127  | 145       | Stryjek Janusz        | Warszawa             | PILOT TEAM Pilot                  | M35 | 15      | 00:26:47 | 00:05:05 | 01:20:09 | 00:04:56 | 01:04:21 | 03:01:18 |
| 128  | 208       | Hewelke Filip         | Warszawa             | TRIWAWA                           | M45 | 15      | 00:23:42 | 00:07:47 | 01:26:16 | 00:03:51 | 01:00:02 | 03:01:37 |

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km



SPONSOR TYTULARNY  
**GARMIN**



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport  
Data: 03.08.2025  
Dystans: 1/4 IM  
Miejscowość: Serock

| Msc. | Nr start. | Nazwisko Imię          | Miasto                    | Team                                         | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|------------------------|---------------------------|----------------------------------------------|-----|---------|----------|----------|----------|----------|----------|----------|
| 129  | 186       | Żaryn Krzysztof        | Ząbki                     |                                              | M35 | 16      | 00:29:32 | 00:05:54 | 01:28:45 | 00:03:20 | 00:54:10 | 03:01:41 |
| 130  | 196       | Gorski Jan             | Otrębusy                  | Kubuś Puchatek                               | M35 | 17      | 00:25:58 | 00:04:59 | 01:28:13 | 00:02:51 | 00:59:43 | 03:01:44 |
| 131  | 63        | Umińska Dominika       | Łódź                      | Trimasters                                   | K30 | 4       | 00:19:27 | 00:04:27 | 01:24:52 | 00:02:58 | 01:10:21 | 03:02:04 |
| 132  | 158       | Błaszczuk Piotr        | Warszawa                  |                                              | M45 | 16      | 00:26:11 | 00:06:57 | 01:24:20 | 00:04:04 | 01:01:12 | 03:02:43 |
| 133  | 114       | Lis Igor               | Białystok                 |                                              | M25 | 12      | 00:26:30 | 00:04:40 | 01:29:14 | 00:02:27 | 01:00:04 | 03:02:55 |
| 134  | 136       | Sarnecki Paweł         | Warszawa                  | KAZIKI #luźniutkorobimy                      | M30 | 26      | 00:22:27 | 00:06:14 | 01:25:44 | 00:03:46 | 01:04:50 | 03:03:01 |
| 135  | 154       | Wienclaw Maciej        | Warszawa                  | PwC Tri PwC Tri                              | M25 | 13      | 00:22:47 | 00:06:40 | 01:26:43 | 00:03:05 | 01:03:58 | 03:03:12 |
| 136  | 78        | Ostrowski Dariusz      | Legionowo                 | Notus Active Team                            | M55 | 4       | 00:28:25 | 00:05:33 | 01:26:40 | 00:03:55 | 00:58:48 | 03:03:20 |
| 137  | 81        | Zaporski Marcin        | Warszawa                  | Trimasters                                   | M45 | 17      | 00:24:48 | 00:05:34 | 01:24:09 | 00:03:41 | 01:05:33 | 03:03:45 |
| 138  | 252       | Pyzio Diana            | Warszawa                  |                                              | K35 | 4       | 00:35:13 | 00:05:01 | 01:25:21 | 00:02:29 | 00:55:56 | 03:04:00 |
| 139  | 211       | Chalamonski Tomasz     | Ostrołęka                 | Kurpiowskie Centrum Weterynaryjne            | M50 | 10      | 00:27:10 | 00:05:57 | 01:23:32 | 00:03:30 | 01:04:02 | 03:04:10 |
| 140  | 274       | Szewczyk Tomasz        | Warszawa - Polska         |                                              | M30 | 27      | 00:26:19 | 00:06:25 | 01:25:05 | 00:03:48 | 01:02:40 | 03:04:16 |
| 141  | 216       | Jaworski Konrad        | Jabłonna 05-110           |                                              | M18 | 10      | 00:28:31 | 00:05:44 | 01:25:25 | 00:02:57 | 01:01:45 | 03:04:22 |
| 142  | 254       | Bereznowska Patrycja   | Wieliszew                 | Wieliszew Heron Team Hoka Poland Team Garmin | K50 | 1       | 00:36:13 | 00:04:51 | 01:31:34 | 00:03:13 | 00:48:34 | 03:04:24 |
| 143  | 48        | Rostek Daria           | Warszawa (Praga-Południe) |                                              | K25 | 6       | 00:28:32 | 00:05:51 | 01:24:38 | 00:03:29 | 01:01:55 | 03:04:25 |
| 144  | 38        | Ziętek Tymon           | Warszawa                  |                                              | M35 | 18      | 00:24:14 | 00:07:17 | 01:28:11 | 00:03:32 | 01:01:56 | 03:05:10 |
| 145  | 193       | Kiersnowski Mateusz    | Warszawa                  |                                              | M25 | 14      | 00:25:50 | 00:05:39 | 01:31:54 | 00:02:37 | 00:59:42 | 03:05:41 |
| 146  | 111       | Pomaski Mateusz        | Legionowo                 |                                              | M18 | 11      | 00:23:02 | 00:05:33 | 01:30:44 | 00:04:07 | 01:02:59 | 03:06:25 |
| 147  | 54        | Wójcik Paweł           | Warszawa                  |                                              | M35 | 19      | 00:26:52 | 00:05:30 | 01:20:04 | 00:03:45 | 01:11:35 | 03:07:46 |
| 148  | 190       | Kruszewska Natalia     | Piaseczno                 |                                              | K35 | 5       |          |          |          |          |          | 03:08:00 |
| 149  | 263       | Brach Wojciech         | Warszawa                  |                                              | M45 | 18      | 00:22:33 | 00:04:59 | 01:31:28 | 00:03:03 | 01:06:36 | 03:08:38 |
| 150  | 184       | Trzos Bartłomiej       | Sochaczew                 | Bartas & Bartas                              | M30 | 28      | 00:24:26 | 00:06:10 | 01:32:27 | 00:03:05 | 01:02:56 | 03:09:04 |
| 151  | 205       | Skoczylas Wojciech     | Radom                     |                                              | M55 | 5       | 00:27:31 | 00:05:14 | 01:24:12 | 00:04:12 | 01:08:00 | 03:09:09 |
| 152  | 80        | Łuczak Jakub           | Warszawa Ursynów          |                                              | M18 | 12      | 00:25:06 | 00:05:07 | 01:31:16 | 00:03:40 | 01:05:16 | 03:10:25 |
| 153  | 264       | Sołtyśki Paweł         | Warszawa                  | MOYA Running Team                            | M50 | 11      | 00:31:28 | 00:07:33 | 01:24:49 | 00:04:18 | 01:02:22 | 03:10:29 |
| 154  | 43        | Czuga Przemysław       | Rybnik                    |                                              | M40 | 22      | 00:30:20 | 00:04:36 | 01:26:20 | 00:03:14 | 01:06:27 | 03:10:56 |
| 155  | 223       | Pstragowska Natalia    | Gdynia                    |                                              | K25 | 7       | 00:24:51 | 00:06:13 | 01:36:42 | 00:03:56 | 00:59:33 | 03:11:14 |
| 156  | 272       | Tatarek Mateusz        | Cmolas                    |                                              | M35 | 20      | 00:25:45 | 00:05:28 | 01:22:40 | 00:04:37 | 01:13:12 | 03:11:42 |
| 157  | 253       | Kosobudzki Sebastian   | Sosnowiec                 | Wikoss-Sport Wikoss-Sport                    | M50 | 12      | 00:25:07 | 00:07:30 | 01:28:23 | 00:03:50 | 01:08:10 | 03:12:59 |
| 158  | 92        | Szydłowski Łukasz      | Ożarów Mazowiecki         |                                              | M40 | 23      | 00:27:09 | 00:06:56 | 01:21:10 | 00:04:34 | 01:13:17 | 03:13:05 |
| 159  | 36        | Świderek Tomasz        | Pabianice                 |                                              | M50 | 13      | 00:25:43 | 00:06:16 | 01:33:18 | 00:05:11 | 01:03:07 | 03:13:34 |
| 160  | 61        | Kania Łukasz           | Wołomin                   | COCA COLA                                    | M30 | 29      | 00:34:58 | 00:05:58 | 01:29:00 | 00:03:28 | 01:00:25 | 03:13:48 |
| 161  | 83        | Błaszczak Sebastian    | Warszawa                  |                                              | M30 | 30      | 00:30:42 | 00:07:21 | 01:28:52 | 00:04:43 | 01:02:27 | 03:14:05 |
| 162  | 266       | Cyran Wojciech         | Warszawa                  |                                              | M40 | 24      | 00:29:51 | 00:07:06 | 01:30:31 | 00:04:39 | 01:02:17 | 03:14:24 |
| 163  | 251       | Kostka Andrzej         | Chotomów                  | Wirujące Korby                               | M35 | 21      | 00:30:39 | 00:06:08 | 01:29:44 | 00:03:27 | 01:04:37 | 03:14:35 |
| 164  | 11        | Fara Marta             | Gliwice                   | 7PRO SIÓDMIAK TEAM                           | K30 | 5       | 00:29:32 | 00:06:36 | 01:23:57 | 00:04:23 | 01:10:23 | 03:14:51 |
| 165  | 265       | Feliński Jarosław      | Łódź                      |                                              | M60 | 2       | 00:26:13 | 00:06:53 | 01:28:08 | 00:03:51 | 01:10:29 | 03:15:34 |
| 166  | 152       | Koziorowski Piotr      | Warszawa                  |                                              | M40 | 25      | 00:27:21 | 00:07:23 | 01:29:23 | 00:03:04 | 01:08:59 | 03:16:10 |
| 167  | 97        | Świderski Michał       | Warszawa                  | Ewa Bugdoł Team                              | M50 | 14      | 00:25:23 | 00:06:34 | 01:25:30 | 00:04:34 | 01:14:25 | 03:16:26 |
| 168  | 140       | Brzeski Dawid          | Radom                     | Kuba Run Team                                | M40 | 26      | 00:28:41 | 00:09:23 | 01:29:49 | 00:05:22 | 01:03:24 | 03:16:38 |
| 169  | 268       | Aftyka Piotr           | Pruszków                  |                                              | M40 | 27      | 00:28:53 | 00:06:16 | 01:30:58 | 00:03:38 | 01:07:31 | 03:17:15 |
| 170  | 164       | Gładkiewicz Przemysław | Warsaw                    |                                              | M25 | 15      | 00:27:56 | 00:06:54 | 01:28:54 | 00:03:52 | 01:10:11 | 03:17:46 |
| 171  | 226       | Peszyński Jan          | Wrocław                   |                                              | M40 | 28      | 00:27:34 | 00:06:14 | 01:31:30 | 00:03:39 | 01:09:46 | 03:18:43 |
| 172  | 218       | Łoboda Emil            | Warszawa                  |                                              | M25 | 16      | 00:35:12 | 00:04:53 | 01:31:44 | 00:03:52 | 01:03:11 | 03:18:52 |
| 173  | 32        | Chmiel Waldemar        | Dzierżązna                | PTT DELTA                                    | M60 | 3       | 00:28:02 | 00:06:51 | 01:37:05 | 00:02:38 | 01:05:12 | 03:19:48 |
| 174  | 125       | Zawada Bartosz         | Piława                    | STOPKA PIŁAWA                                | M30 | 31      | 00:31:58 | 00:07:52 | 01:30:35 | 00:02:39 | 01:08:38 | 03:21:42 |
| 175  | 45        | Wonko Adam             | Tomaszów Mazowiecki       |                                              | M70 | 1       | 00:36:14 | 00:06:31 | 01:33:40 | 00:04:27 | 01:01:10 | 03:22:01 |
| 176  | 178       | Gawroński Przemysław   | Brwinów                   | zawsze ostatni                               | M45 | 19      | 00:29:14 | 00:05:59 | 01:34:34 | 00:03:07 | 01:09:14 | 03:22:07 |
| 177  | 115       | Deryński Kamil         | Warszawa                  |                                              | M40 | 29      | 00:32:53 | 00:06:38 | 01:26:43 | 00:04:11 | 01:11:54 | 03:22:19 |
| 178  | 169       | Majewski Kamil         | Kobyłka                   | Coca Cola                                    | M35 | 22      | 00:27:59 | 00:06:39 | 01:25:04 | 00:03:41 | 01:19:45 | 03:23:07 |
| 179  | 278       | Kozak Jędrzej          | Warszawa-Wesoła           |                                              | M30 | 32      | 00:30:05 | 00:05:25 | 01:40:41 | 00:04:17 | 01:03:00 | 03:23:28 |
| 180  | 269       | Kalinowski Tomek       | Warszawa                  |                                              | M50 | 15      | 00:28:21 | 00:06:37 | 01:31:40 | 00:05:08 | 01:11:52 | 03:23:37 |
| 181  | 20        | Zapiec Marcin          | Włocławek                 |                                              | M50 | 16      | 00:34:42 | 00:05:58 | 01:30:17 | 00:02:50 | 01:10:08 | 03:23:55 |
| 182  | 249       | Sykora Fabian          | Warszawa                  |                                              | M30 | 33      | 00:36:34 | 00:05:22 | 01:37:11 | 00:03:51 | 01:01:37 | 03:24:34 |
| 183  | 66        | Kusy Rajmund           | Przemysław                |                                              | M30 | 34      | 00:28:40 | 00:05:46 | 01:31:28 | 00:04:55 | 01:13:52 | 03:24:41 |
| 184  | 89        | Szymenderski Łukasz    | Lublin                    |                                              | M45 | 20      | 00:24:47 | 00:05:20 | 01:28:48 | 00:04:45 | 01:21:03 | 03:24:43 |
| 185  | 139       | Pietrzykowski Jakub    | Warszawa                  |                                              | M25 | 17      | 00:44:32 | 00:05:33 | 01:21:57 | 00:04:13 | 01:08:56 | 03:25:11 |
| 186  | 105       | Kazimierowski Jakub    | Warszawa (Targówek)       | Deloitte Adventure Team                      | M25 | 18      | 00:25:51 | 00:09:30 | 01:41:41 | 00:03:08 | 01:05:04 | 03:25:14 |
| 187  | 116       | Nesterowicz Filip      | Warszawa                  |                                              | M25 | 19      | 00:25:53 | 00:07:24 | 01:36:44 | 00:03:28 | 01:12:09 | 03:25:37 |
| 188  | 106       | Kijewicz Michał        | Warszawa                  |                                              | M40 | 30      | 00:33:44 | 00:12:28 | 01:34:16 | 00:04:33 | 01:02:43 | 03:27:44 |
| 189  | 103       | Szymański Piotr        | Zielonka                  | Trimasters                                   | M35 | 23      | 00:29:13 | 00:06:42 | 01:42:09 | 00:04:48 | 01:05:09 | 03:28:00 |
| 190  | 13        | Majewski Michał        | Ożarów Mazowiecki         |                                              | M35 | 24      | 00:26:18 | 00:05:35 | 01:33:54 | 00:03:52 | 01:18:36 | 03:28:15 |
| 191  | 122       | Szachna Leszek         | Serock                    | PGR Serock                                   | M45 | 21      | 00:29:02 | 00:07:38 | 01:31:52 | 00:06:05 | 01:13:42 | 03:28:19 |
| 192  | 210       | Tryliński Michał       | Warszawa (Wilanów)        | COMPLEXSPORTS TRIATHLON TEAM                 | M40 | 31      | 00:27:20 | 00:06:05 | 01:29:18 | 00:03:36 | 01:22:15 | 03:28:34 |

Pływanie: 1 x 0,95km  
Jazda rowerem: 2 x 22,5 km  
Bieg: 2 x 5,275 km



SPONSOR TYTULARNY  
**GARMIN®**



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport  
Data: 03.08.2025  
Dystans: 1/4 IM  
Miejscowość: Serock

| Msc. | Nr start. | Nazwisko Imię             | Miasto               | Team                                                             | Kat | Msc Kat | Pływanie | T1       | Rower    | T2       | Bieg     | Wynik    |
|------|-----------|---------------------------|----------------------|------------------------------------------------------------------|-----|---------|----------|----------|----------|----------|----------|----------|
| 193  | 250       | Bouvier Nathan            | Warszawa             |                                                                  | M30 | 35      | 00:31:17 | 00:08:35 | 01:38:50 | 00:04:10 | 01:05:49 | 03:28:40 |
| 194  | 198       | Kankowska Dominika        | Legionowo            | Kaszubi Luzino                                                   | K18 | 2       | 00:43:15 | 00:05:07 | 01:36:22 | 00:03:15 | 01:01:05 | 03:29:03 |
| 195  | 165       | Świtała Kamil             | Nowy Dwór Mazowiecki |                                                                  | M35 | 25      | 00:27:06 | 00:09:00 | 01:31:05 | 00:05:15 | 01:16:43 | 03:29:09 |
| 196  | 10        | Terepka Robert            | Warszawa             |                                                                  | M45 | 22      | 00:27:44 | 00:08:23 | 01:49:01 | 00:11:11 | 00:52:56 | 03:29:15 |
| 197  | 112       | Kurowski Marcel           | Serock               |                                                                  | M18 | 13      | 00:28:29 | 00:07:11 | 01:40:23 | 00:02:45 | 01:10:47 | 03:29:34 |
| 198  | 262       | Szczepaniak-Domurał Jakub | Olsztyn              |                                                                  | M25 | 20      | 00:35:42 | 00:06:35 | 01:36:43 | 00:04:03 | 01:06:42 | 03:29:45 |
| 199  | 27        | Oszczypała Mateusz        | Warszawa             |                                                                  | M35 | 26      | 00:26:40 | 00:08:45 | 01:39:22 | 00:05:15 | 01:10:00 | 03:30:02 |
| 200  | 170       | Popadowska Julia          | Warszawa             | SZKOŁA TRIATHLONU                                                | K25 | 8       | 00:29:45 | 00:07:06 | 01:41:44 | 00:04:09 | 01:11:44 | 03:34:28 |
| 201  | 118       | Gawryś Piotr              | Warszawa             | masakra warszawa                                                 | M60 | 4       | 00:37:36 | 00:06:37 | 01:42:51 | 00:04:19 | 01:06:19 | 03:37:42 |
| 202  | 217       | Bahutskaya Varvara        | Warsaw               | TRICLUB                                                          | K18 | 3       | 00:33:03 | 00:05:22 | 01:43:50 | 00:02:57 | 01:12:41 | 03:37:52 |
| 203  | 150       | Kamiński Przemysław       | Warszawa             | Byle Do Samej Mety                                               | M30 | 36      | 00:28:15 | 00:08:22 | 01:33:59 | 00:04:11 | 01:23:32 | 03:38:18 |
| 204  | 246       | Skrzecz Norbert           | Warszawa             |                                                                  | M25 | 21      | 00:26:29 | 00:06:10 | 01:55:35 | 00:03:25 | 01:10:43 | 03:42:22 |
| 205  | 100       | Olszyna Dawid             | Kalisz               |                                                                  | M30 | 37      | 00:23:25 | 00:07:21 | 01:47:17 | 00:04:30 | 01:19:50 | 03:42:23 |
| 206  | 248       | Micek Dawid               | Jabłonna             |                                                                  | M25 | 22      | 00:39:44 | 00:07:30 | 01:30:57 | 00:02:09 | 01:23:27 | 03:43:46 |
| 207  | 67        | Widecki Marcin            | Warszawa (Bemowo)    |                                                                  | M45 | 23      | 00:27:08 | 00:06:22 | 01:49:41 | 00:03:48 | 01:16:58 | 03:43:56 |
| 208  | 22        | Dębowski Jarosław         | Piastów              | Triathlon Piastów                                                | M50 | 17      | 00:29:39 | 00:06:53 | 01:47:37 | 00:04:26 | 01:18:55 | 03:47:29 |
| 209  | 121       | Wesołowski Łukasz         | Warszawa             | Masakra Klub Sportowy                                            | M40 | 32      | 00:31:49 | 00:08:32 | 01:35:34 | 00:05:47 | 01:28:40 | 03:50:22 |
| 210  | 34        | Czerwiński Maciej         | Radzymin             |                                                                  | M30 | 38      | 00:32:52 | 00:07:18 | 01:37:28 | 00:04:48 | 01:30:46 | 03:53:12 |
| 211  | 8         | Sztandera Artur           | Warszawa             |                                                                  | M18 | 14      | 00:31:13 | 00:06:33 | 01:42:21 | 00:04:07 | 01:29:14 | 03:53:28 |
| 212  | 113       | Obidziński Maks           | Nasielsk             |                                                                  | M18 | 15      | 00:40:21 | 00:07:49 | 01:45:59 | 00:03:01 | 01:17:23 | 03:54:32 |
| 213  | 99        | Bartosik Michał           | Końskie              |                                                                  | M30 | 39      | 00:35:57 | 00:11:17 | 01:59:44 | 00:05:56 | 01:24:42 | 04:17:35 |
|      | 18        | Czarnowski Paweł          | Warszawa             | Trimasters                                                       | M40 |         | 00:22:29 | 00:09:21 | 01:27:00 | 00:04:28 |          | DNF      |
|      | 183       | Weśniuk Maciej            | Warszawa             | CRBIP.PL CENTRUM ROZWOJU BIZNESU I PRZEDSIĘBIORCZOŚCI SP. Z O.O. | M40 |         | 00:31:01 | 00:05:14 | 00:02:17 |          |          | DNF      |
|      | 94        | Morelli Federico          | Warszawa             | TheRuns                                                          | M35 |         | 00:23:29 | 00:07:49 |          |          |          | DNF      |
|      | 76        | Kijak Artur               | Ząbki                | GKMA                                                             | M45 |         | 00:29:21 | 00:07:04 |          |          |          | DNF      |
|      | 23        | Cichawa Tomasz            | Warszawa - Polska    |                                                                  | M35 |         | 00:21:27 | 00:04:40 |          |          |          | DNF      |
|      | 60        | Cieślak Rafał             | Warszawa             |                                                                  | M45 |         |          |          |          |          |          | DNF      |
|      | 84        | Skalski Filip             | Warsaw               |                                                                  | M18 |         |          |          |          |          |          | DNF      |
|      | 6         | Softysiak Joanna          | Koło                 | JStrening                                                        | K35 |         |          |          |          |          |          | DNS      |
|      | 37        | Śaājczyk Tomasz           | Warszawa - Polska    | KS WILKI                                                         | M35 |         |          |          |          |          |          | DNS      |
|      | 40        | Zapalski Marek            | Kępa Kiełpińska      | smartendu                                                        | M40 |         |          |          |          |          |          | DNS      |
|      | 46        | Łysiak Damian             | Warszawa             |                                                                  | M25 |         |          |          |          |          |          | DNS      |
|      | 50        | Paszkiewicz Krzysztof     | Warszawa             |                                                                  | M60 |         |          |          |          |          |          | DNS      |
|      | 51        | Musiał Robert             | Warszawa             | TRIWAWA AGUA                                                     | M55 |         |          |          |          |          |          | DNS      |
|      | 68        | Wielgos Mariusz           | Warszawa             | Trimasters                                                       | M35 |         |          |          |          |          |          | DNS      |
|      | 69        | Paszal Dariusz            | Warszawa Ursynów     |                                                                  | M30 |         |          |          |          |          |          | DNS      |
|      | 71        | Wesołowski Maciej         | Góra Kalwaria        | Coca-Cola                                                        | M35 |         |          |          |          |          |          | DNS      |
|      | 72        | Kolenda Łukasz            | Warszawa             |                                                                  | M35 |         |          |          |          |          |          | DNS      |
|      | 77        | Milewski Maciej           | Warszawa             |                                                                  | M40 |         |          |          |          |          |          | DNS      |
|      | 86        | Wyparło Anna              | Będzin               | New Dogs Gym                                                     | K30 |         |          |          |          |          |          | DNS      |
|      | 88        | Straltsova Maryna         | WARSAWA              | GREBENSTAR Team                                                  | K30 |         |          |          |          |          |          | DNS      |
|      | 102       | Jakubiak Maciej           | Długa Kościelna      | Triathletic Team                                                 | M35 |         |          |          |          |          |          | DNS      |
|      | 104       | Głowacki Michał           | Warszawa             | TriWawa                                                          | M35 |         |          |          |          |          |          | DNS      |
|      | 108       | Łukaszuk Jacek            | Białystok            | SZKOŁA TRIATHLONU                                                | M50 |         |          |          |          |          |          | DNS      |
|      | 120       | Zakrzewski Szymon         | Mława                | Asseco Active Team                                               | M25 |         |          |          |          |          |          | DNS      |
|      | 123       | Jasek Kamil               | Łomianki Dolne       |                                                                  | M35 |         |          |          |          |          |          | DNS      |
|      | 129       | Grochowski Sławomir       | Warszawa             | MBC Team                                                         | M45 |         |          |          |          |          |          | DNS      |
|      | 149       | Grzybek Łukasz            | Warszawa             | Centrum Ratownictwa                                              | M35 |         |          |          |          |          |          | DNS      |
|      | 151       | Sraga Gabriela            | Warszawa             | TRIAMO                                                           | K18 |         |          |          |          |          |          | DNS      |
|      | 156       | Krakowiak Tomasz          | Warszawa             | Kuźnia Triathlonu                                                | M45 |         |          |          |          |          |          | DNS      |
|      | 161       | Wieczorek Filip           | Minsk Mazowiecki     |                                                                  | M30 |         |          |          |          |          |          | DNS      |
|      | 179       | Montewka Paweł            | Józefosław           | Luft Tri Team                                                    | M50 |         |          |          |          |          |          | DNS      |
|      | 187       | Grabowski Paweł           | Warszawa             |                                                                  | M30 |         |          |          |          |          |          | DNS      |
|      | 188       | Skuza Paweł               | Warszawa             | SBR The Ironman Team                                             | M35 |         |          |          |          |          |          | DNS      |
|      | 222       | Grzelak Tomasz            | Warszawa             |                                                                  | M30 |         |          |          |          |          |          | DNS      |
|      | 227       | Frąckowiak Jakub          | Warszawa             |                                                                  | M30 |         |          |          |          |          |          | DNS      |
|      | 228       | Pogorzelski Maciej        | Warszawa - Polska    |                                                                  | M40 |         |          |          |          |          |          | DNS      |
|      | 242       | Lorenc Wojciech           | Warszawa             | Lorenc Team                                                      | M35 |         |          |          |          |          |          | DNS      |
|      | 255       | Samoć Barbara             | Warszawa             | Team ZabieganeDni 1976                                           | K45 |         |          |          |          |          |          | DNS      |

Pływanie: 1 x 0,95km  
Jazda rowerem: 2 x 22,5 km  
Bieg: 2 x 5,275 km