

# Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu  
 Data: 28.05.2022r.  
 Dystans: 1/2 IM  
 Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
1	420	Sowiński Miłosz	Sopot	AZS Wrocław	M	PRO-M	1	00:26:31	00:03:22	02:05:36	00:01:54	01:17:40	03:55:03
2	17	Kurochkin Sergiy		Pho3nix Academy by GVT	M	PRO-M	2	00:24:24	00:03:15	02:07:55	00:02:28	01:19:09	03:57:11
3	18	Ławicki Piotr	Lubin	MKS Polkowice	M	PRO-M	3	00:27:22	00:03:07	02:07:31	00:01:30	01:18:41	03:58:11
4	5	Pietruczuk Christopher	Kolobrzeg	Pentathlon Szczecinek	M	PRO-M	4	00:29:07	00:03:29	02:07:06	00:02:18	01:18:41	04:00:41
5	181	Krawczyk Jacek	Poznań	TRINERGY	M	PRO-M	5	00:26:27	00:03:40	02:08:06	00:01:49	01:20:59	04:01:01
6	291	Popławski Jan	Ostrowiec Św.	Neon Team	M	PRO-M	6	00:27:21	00:03:22	02:09:07	00:02:23	01:03:31	04:03:44
7	13	Marcinek Tomasz	Racibórz	TM IRON TEAM	M	PRO-M	7	00:26:27	00:03:53	02:15:57	00:01:37	01:18:00	04:05:54
8	246	Najmowicz Paweł	Olsztyn	Najmowicz Triathlon/ Tri NEGU	M	PRO-M	8	00:26:29	00:04:00	02:15:51	00:02:26	01:21:08	04:09:54
9	11	Jakimiuk Daniel	Szklarska Poręba	#DASHRADE Team	M	PRO-M	9	00:31:04	00:03:56	02:13:30	00:01:56	01:22:11	04:12:37
10	1	Czysz Robert	Poznań	Solid Team Pro	M	PRO-M	10	00:25:41	00:03:16	02:16:53	00:02:37	01:24:21	04:12:48
11	202	Lewandowski Maciej	Wrocław	TMTeam	M	M30-34	1	00:33:12	00:03:55	02:18:55	00:02:14	01:20:00	04:18:16
12	336	Szuder Przemyslaw	Hornówek	Triangle Sports Racing	M	M40-44	1	00:30:46	00:05:23	02:14:43	00:01:58	01:26:19	04:19:09
13	158	Kimmer Jakub	Zelów	TTSPC	M	M30-34	2	00:30:39	00:04:19	02:22:59	00:02:17	01:19:55	04:20:09
14	14	Wilkowiecki Robert	Twardogóra	The Sport	M	PRO-M	11	00:24:27	00:04:08	02:21:11	00:03:06	01:27:19	04:20:11
15	314	Skórnicki Maciej	Szamotuły	SqooraTraining / Trinergy	M	M25-29	1	00:30:04	00:05:04	02:16:47	00:02:14	01:27:30	04:21:39
16	174	Kowalczyk Marek	Bydgoszcz	ENDUSPORT	M	M40-44	2	00:33:41	00:04:24	02:17:22	00:02:24	01:24:29	04:22:20
17	236	Mitruś Paweł	Warszawa	NeON Team	M	M30-34	3	00:30:48	00:06:25	02:11:17	00:02:10	01:32:39	04:23:19
18	98	Fabiszewski Marcin	Warszawa	TRIWAWA	M	M35-39	1	00:31:34	00:05:14	02:20:14	00:02:27	01:26:37	04:26:06
19	191	Kulbicki Piotr	Wrocław	TRINERGY	M	M40-44	3	00:34:57	00:03:55	02:21:07	00:01:59	01:25:18	04:27:16
20	37	Białek Tomek	Wrocław	TRIMP	M	M35-39	2	00:33:28	00:04:51	02:12:54	00:02:49	01:35:55	04:29:57
21	59	Ceberak Maciej	Lubartów	Fizjoterapia Maciej Ceberak	M	M30-34	4	00:30:47	00:04:20	02:19:49	00:01:50	01:33:55	04:30:41
22	20	Kotfica Paulina	Świebodzin	Pho3nix Academy by GVT	K	PRO-K	1	00:29:48	00:03:54	02:25:05	00:02:23	01:29:59	04:31:09
23	373	Wojnar Robert	Toruń	PACIFIC NESTLE	M	M45-49	1	00:39:00	00:05:01	02:18:12	00:02:46	01:27:16	04:32:15
24	235	Michałowski Marcin	Szczecin	LaserGryf.pl & Gryfus Szczecin	M	M40-44	4	00:30:58	00:04:59	02:22:36	00:02:11	01:32:26	04:33:10
25	160	Klatka Mariusz	Katowice	IRONSILESIA	M	M40-44	5	00:34:50	00:03:50	02:19:04	00:03:20	01:33:13	04:34:17
26	170	Chrobot Mariusz	Wrocław	TRIMP	M	M40-44	6	00:34:10	00:05:00	02:20:31	00:02:03	01:33:27	04:35:11
27	198	Lenz Magdalena	Starogard Gdański	TRI Starogard Gdański	K	PRO-K	2	00:33:54	00:05:06	02:27:55	00:02:00	01:26:35	04:35:30
28	121	Gucanovics Igors	Babite	Triatlona Akademia	M	M45-49	2	00:28:46	00:04:38	02:25:33	00:02:59	01:34:05	04:36:01
29	52	Borek Mateusz	Krakow	SportWise	M	M35-39	3	00:32:47	00:05:02	02:25:51	00:03:39	01:30:20	04:37:39
30	199	Lesiecki Piotr	Szczecin	KS Ironman Prodmarm	M	M30-34	5	00:32:42	00:04:13	02:29:41	00:02:09	01:29:59	04:38:44
31	393	Mazurkiewicz Dariusz	Smolec	TRIMP	M	M40-44	7	00:34:10	00:05:04	02:24:33	00:03:00	01:32:32	04:39:19
32	163	Knothe Adam	Niemcz	Budstol Invest	M	M50-54	1	00:44:27	00:04:21	02:18:20	00:02:17	01:30:03	04:39:28
33	345	Świderski Paweł	Kościelna Wieś	Kostera Team Zdun Triathlon Team	M	M40-44	8	00:31:52	00:05:42	02:20:18	00:02:24	01:39:23	04:39:39
34	134	Ingłot Filip	Katowice	IRONSILESIA	M	M30-34	6	00:38:06	00:05:02	02:27:52	00:03:51	01:24:48	04:39:39
35	23	Adamiak Jakub	Wrocław	Trinergy / Litwin Sports	M	M30-34	7	00:36:49	00:05:09	02:23:07	00:02:31	01:32:07	04:39:43
36	385	Załubski Jacek	Jelcz-Laskowice	Jelcz Triathlon Project	M	M35-39	4	00:36:57	00:05:43	02:30:22	00:03:14	01:24:27	04:40:43
37	381	Wójtowicz Wojciech	pobiedziska	CTS	M	M35-39	5	00:31:57	00:05:26	02:24:32	00:03:14	01:35:55	04:41:04
38	4	Cześniak Maria	Warszawa	Profi Team	K	PRO-K	3	00:29:06	00:04:24	02:33:54	00:02:49	01:31:11	04:41:24
39	97	Ermanis Gints	Adazi	Triathlon Academy	M	M45-49	3	00:37:56	00:05:04	02:24:05	00:03:17	01:31:41	04:42:03
40	28	Banaszewski Wojciech	Wrocław		M	M40-44	9	00:36:11	00:04:35	02:30:01	00:02:52	01:29:30	04:43:09
41	178	Krasnodębski Sebastian	Grudziądz	IRONTEAM	M	M40-44	10	00:39:12	00:04:47	02:27:16	00:02:37	01:31:03	04:44:55
42	283	Piotrowski Aleksander	Kraków	IRONSILESIA	M	M30-34	8	00:34:57	00:04:40	02:23:15	00:02:47	01:39:51	04:45:30
43	137	Janicki Dariusz	Komorniki	Komorniki	M	M45-49	4	00:38:11	00:05:51	02:58:14	00:04:34	00:59:44	04:46:34
44	7	Petters Klaudia	Bolesławiec	Romet Factory Team	K	PRO-K	4	00:31:39	00:04:15	02:39:31	00:01:50	01:31:53	04:49:08
45	40	Bielicki Bartosz	Milicz	Running Team Milicz	M	M40-44	11	00:36:46	00:05:59	02:34:42	00:03:11	01:28:41	04:49:19
46	46	Biskup Łukasz	ZANIEMYŚL	POLONIA ŚRODA	M	M45-49	5	00:37:43	00:04:41	02:25:23	00:02:42	01:39:28	04:49:57
47	114	Gołyś Grzegorz	Knurów	Ania Halska Coaching	M	M25-29	2	00:38:49	00:06:29	02:32:41	00:03:18	01:29:42	04:50:59
48	303	Rozwora Piotr	Środa Wlkp	Polonia Środa	M	M45-49	6	00:34:29	00:06:12	02:33:37	00:02:26	01:34:57	04:51:41
49	96	Endols Edijs	Riga	Triatlona akademija	M	M35-39	6	00:38:04	00:06:51	02:32:09	00:03:38	01:31:00	04:51:42
50	213	Łazowski Adrian	Poznań	SKS Oborniki	M	M30-34	9	00:36:57	00:05:36	02:29:36	00:03:46	01:36:13	04:52:08
51	173	Kowalczyk Iga	Warszawa	Trinergy	K	PRO-K	5	00:35:09	00:04:47	02:37:38	00:03:47	01:30:52	04:52:13
52	84	Dembiński Marek	Rokietnica	Wójtowicz TRI Team / Atimex	M	M45-49	7	00:33:24	00:04:31	02:36:22	00:02:16	01:37:47	04:54:20
53	161	Klimczak Tomasz	Wrocław	GVT	M	M30-34	10	00:33:15	00:05:27	02:36:26	00:04:28	01:36:14	04:55:50
54	286	Policzkiewicz Maciej	Warzymice	SMT Szczecin	M	M35-39	7	00:35:22	00:04:48	02:29:41	00:03:10	01:42:54	04:55:55
55	337	Szumiec Lukasz	Jaśło	JSC Jaśło	M	M45-49	8	00:36:32	00:07:37	02:25:12	00:02:59	01:44:02	04:56:22
56	67	Chodyna Monika	Olsztyn	3life team / Najmowicz Triathlon	K	PRO-K	6	00:29:21	00:04:58	02:35:03	00:03:36	01:43:32	04:56:30
57	279	Pietrzak Błażej	Wrocław	TRIMP	M	M40-44	12	00:32:19	00:04:51	02:43:21	00:03:22	01:32:54	04:56:47
58	210	Lukaševičs Maksims	Jurmala	Triatlona akademija	M	M30-34	11	00:39:05	00:06:41	02:29:30	00:03:28	01:38:05	04:56:49
59	127	Hawrot Sylwester	Goleniów	Rozbiegany Goleniów	M	M50-54	2	00:34:57	00:06:04	02:39:46	00:03:21	01:32:58	04:57:06
60	239	Więdołcha Jan	Głogów	FUNTRI	M	M45-49	9	00:35:26	00:05:01	02:35:13	00:02:30	01:39:50	04:58:00
61	150	Kaczor Błażej	Środa Wlkp	Polonia Środa	M	M35-39	8	00:35:27	00:06:14	02:33:07	00:03:12	01:40:08	04:58:08
62	347	Tarski Tomasz	Katowice	IRONSILESIA	M	M40-44	13	00:40:38	00:04:33	02:31:19	00:03:13	01:39:00	04:58:43
63	124	gzyl jakub	wronki	egzyl.pl	M	M35-39	9	00:37:36	00:05:31	02:36:28	00:02:53	01:36:58	04:59:26
64	100	Fibner Krzysztof	Sroda wlkp	Polonia Sroda wlkp & #kalachteam	M	M30-34	12	00:39:08	00:05:01	02:39:26	00:02:05	01:34:39	05:00:19
65	344	Świątek Jarek	Katowice	CTS/IRONSILESIA	M	M50-54	3	00:34:16	00:04:27	02:36:05	00:03:57	01:41:35	05:00:20
66	326	Sowa Maciej	Poznań	BE3 CITYZEN_POZNAŃ	M	M40-44	14	00:32:52	00:06:20	02:30:15	00:02:47	01:49:54	05:02:08
67	255	Niedźwiecki Marcin	Warszawa	Triwawa	M	M35-39	10	00:33:08	00:08:04	02:36:19	00:04:21	01:40:53	05:02:45
68	130	Hołub Andrzej	Warszawa	Trinergy	M	M40-44	15	00:41:40	00:07:34	02:39:05	00:02:32	01:33:29	05:04:20
69	251	Nenkała Mateusz	Leszno	Jerzyk Team	M	M25-29	3	00:39:45	00:04:59	02:41:31	00:02:58	01:35:55	05:05:08
70	252	Nettmann Mateusz	Sierosław	#makingfuture, #ProjektTrenor	M	M40-44	16	00:40:46	00:05:34	02:38:49	00:03:01	01:38:49	05:06:59
71	102	Folga Marek	Wrocław	TRIMP	M	M45-49	10	00:34:00	00:07:44	02:38:22	00:03:49	01:43:19	05:07:14
72	157	Kieczur Wojciech	Borówiec	IM Inspiration	M	M35-39	11	00:47:50	00:05:57	02:29:00	00:02:56	01:41:48	05:07:31
73	104	Foremski Sławomir	Toruń	TKT	M	M50-54	4	00:41:41	00:05:53	02:36:46	00:04:21	01:39:01	05:07:42
74	177	Kozłowski Marcin	Baranowo		M	M35-39	12	00:35:39	00:05:51	02:42:10	00:02:42	01:43:14	05:09:36
75	281	Piętka Daniel	SZCZYTNIKI	Zgrupka Team	M	M45-49	11	00:38:29	00:05:08	02:34:11	00:03:08	01:49:18	05:10:14
76	317	Smorawiński Wojciech	Kobylniki	BMW Smorawiński	M	M40-44	17	00:36:01	00:05:55	02:41:32	00:03:31	01:44:09	05:11:08

# Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/2 IM

Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
77	387	Zarzycki Krzysztof	Świdnica	VOLT	M	M35-39	13	00:42:45	00:06:15	02:42:44	00:26:45	01:13:31	05:12:00
78	237	Moga Piotr	Baranów	Sparta Ultra Team	M	M35-39	14	00:36:37	00:05:06	02:39:10	00:03:07	01:48:32	05:12:32
79	91	Dwojak Marcin	Przeźmierowo		M	M40-44	18	00:34:33	00:06:15	02:46:30	00:04:11	01:41:15	05:12:44
80	111	GELETKO IGORS	Marupe	Triatlona Akademia	M	M45-49	12	00:39:54	00:06:21	02:39:24	00:04:16	01:43:06	05:13:01
81	384	Zadka Paweł	Syców, pow. oleśnicki	Oleśnicka Grupa triathlonowa	M	M35-39	15	00:39:32	00:06:09	02:33:20	00:02:49	01:51:31	05:13:21
82	249	Naskretski Andrzej	Krepcice	Trimp	M	M40-44	19	00:40:15	00:05:59	02:41:58	00:03:38	01:42:20	05:14:10
83	355	Warda Marcin	Łomianki Dolne	Trinergy / ORT Łomianki	M	M40-44	20	00:37:55	00:06:58	02:40:07	00:03:37	01:46:04	05:14:41
84	305	Ruzylko Patryk	Brzeg Dolny	FitStyle Team	M	M35-39	16	00:41:09	00:06:08	02:40:22	00:04:17	01:42:47	05:14:43
85	306	Styla Kamil	Kraków	Los Pilotos	M	M35-39	17	00:42:05	00:06:13	02:42:21	00:03:47	01:41:48	05:16:14
86	78	Czapracki Dominik	Opalenica		M	M45-49	13	00:39:41	00:05:50	02:50:17	00:03:36	01:36:59	05:16:23
87	374	Wołowski Filip	Warszawa	TriWawa	M	M45-49	14	00:45:15	00:05:59	02:33:08	00:04:45	01:47:59	05:17:06
88	300	Rembowski Michał	Konstancin-Jeziorna	Parkrun Konstancin	M	M45-49	15	00:32:49	00:06:11	02:41:49	00:03:47	01:52:37	05:17:13
89	245	Pociecha Patryk	Wrocław	Fuiutri	M	M35-39	18	00:46:45	00:06:14	02:47:59	00:03:15	01:33:00	05:17:13
90	144	JAŹDZIEWSKI DAWID	Chojnice		M	M25-29	4	00:39:35	00:04:33	02:44:23	00:07:17	01:41:43	05:17:31
91	132	Idzikowski Maciej	Wrocław		M	M30-34	13	00:34:40	00:07:22	02:51:52	00:03:21	01:41:39	05:18:54
92	69	Chuchla Maciej	Kalisz	MAVI	M	M50-54	5	00:38:37	00:04:46	02:44:54	00:03:19	01:47:20	05:18:56
93	126	Hańczyk Jacek	Środa Wielkopolska	Polonia Środa	M	M55-59	1	00:32:49	00:06:41	02:48:23	00:03:18	01:48:00	05:19:11
94	120	GRYCMAN ŁUKASZ	Trzcianica	SPARTA ULTRA TEAM	M	M40-44	21	00:40:06	00:06:59	02:47:07	00:02:40	01:44:01	05:20:53
95	76	Cimachowski Jakub	Solec Kujawski	CimaTech Jakub Cimachowski	M	M40-44	22	00:36:37	00:08:33	02:56:09	00:04:03	01:35:41	05:21:03
96	145	Górecki Bartłomiej	Warszawa	Triwawa	M	M45-49	16	00:42:05	00:06:37	02:45:42	00:04:08	01:42:52	05:21:24
97	296	Pryk Rafał	Goleniów	Rozbiegany Goleniów	M	M45-49	17	00:41:51	00:07:53	02:50:41	00:03:27	01:38:09	05:22:01
98	352	Waleński Tomasz	Wrocław		M	M45-49	18	00:42:40	00:06:55	02:54:00	00:02:45	01:35:46	05:22:06
99	379	Wójcik Mirosław	Tomaszów Mazowiecki	Time4Running	M	M55-59	2	00:45:05	00:07:38	02:40:36	00:05:03	01:43:49	05:22:11
100	45	Biront Krzysztof	Dzierżoniów	Bielawska Akademia Biegania	M	M40-44	23	00:39:34	00:07:27	02:41:14	00:31:09	01:22:56	05:22:20
101	79	Czerbniak Norbert	Skórzewo	Tarnowo Podgórze Biega	M	M50-54	6	00:44:30	00:07:02	02:57:07	00:01:49	01:32:00	05:22:28
102	339	Szydłowski Marek	Poznań	CBN	M	M40-44	24	00:34:55	00:09:23	02:53:30	00:02:53	01:42:03	05:22:44
103	147	Jelonek Piotr	Żerniki Wrocławskie	TMTTeam	M	M45-49	19	00:41:57	00:07:37	02:42:03	00:04:44	01:46:31	05:22:52
104	280	Pietyszuk Dariusz	Głiwice	Pietyszuk Extreme Team	M	M45-49	20	00:48:19	00:06:27	02:42:11	00:04:31	01:41:50	05:23:18
105	131	Hołyst Andrzej	Nowa Ruda	GT RAT	M	M40-44	25	00:41:10	00:08:04	02:47:47	00:03:37	01:42:49	05:23:27
106	227	Markowski Paweł	Gorzów Wielkopolski	MTB4FUN	M	M45-49	21	00:33:27	00:07:04	02:47:32	00:03:33	01:51:59	05:23:35
107	319	Redlich Dariusz	Pruszków	IM Inspiration Team	M	M35-39	19	00:39:11	00:07:00	02:45:08	00:04:27	01:48:16	05:24:02
108	122	Guzik Bartosz	Nowy Tomyśl	NKB CHYŻY Nowy Tomyśl	M	M40-44	26	00:48:13	00:07:36	02:41:26	00:03:29	01:44:25	05:25:09
109	332	SZAFRAŃSKI MICHAŁ	KATOWICE	TRImore	M	M40-44	27	00:39:25	00:08:46	02:38:01	00:04:54	01:54:13	05:25:19
110	316	Stomczyński Bartosz	Opole	GT KONA	M	M40-44	28	00:39:26	00:05:28	02:46:12	00:30:39	01:23:41	05:25:26
111	351	Vasiljev Raimond	Rīga	TRIATLONAKADEMIJA	M	M55-59	3	00:47:33	00:06:54	02:39:23	00:03:41	01:48:09	05:25:40
112	48	Błasiak Leszek	KĘTY		M	M55-59	4	00:35:19	00:05:53	02:50:17	00:32:14	01:22:03	05:25:46
113	101	Fiks Grzegorz	Pieszycy	Fix Catering Dietetyczny Triathlon Team	M	M35-39	20	00:35:26	00:11:14	02:46:01	00:05:11	01:47:55	05:25:47
114	297	Przybyłski Tomasz	Borówiec	TRI TOMAJ	M	M45-49	22	00:43:56	00:05:44	02:43:08	00:02:49	01:51:35	05:27:12
115	311	Sitarek Artur	Piaseczno	NeOn Team	M	M45-49	23	00:43:24	00:05:20	02:50:53	00:05:00	01:42:58	05:27:35
116	264	Orzechowski Adam	Szczecin	Patopeleton	M	M30-34	14	00:41:29	00:06:10	02:56:37	00:03:47	01:40:08	05:28:11
117	229	Masarczyk Szymon	Głiwice	Tri&More	M	M30-34	15	00:39:34	00:06:24	03:00:40	00:04:05	01:37:46	05:28:29
118	162	Klimczak Marcin	wrocław	FunTri	M	M45-49	24	00:43:57	00:06:39	02:44:45	00:02:59	01:50:15	05:28:35
119	49	Bobrowski Bogusz	Poznań		M	M30-34	16	00:39:44	00:08:11	02:49:32	00:04:15	01:47:08	05:28:50
120	256	Niemczewski Rafał	KOBYLNICIA	BE3 CITYZEN POZNAŃ	M	M40-44	29	00:36:56	00:08:20	02:49:42	00:04:45	01:49:09	05:28:52
121	930	Kurczewski Bartosz	Gruszczyn	Cityzen	M	M45-49	25	00:40:07	00:07:59	02:48:49	00:03:26	01:49:49	05:30:10
122	180	krawczyk włodzimierz	Śrem	ciacho team triathlon	M	M55-59	5	00:36:43	00:08:14	02:47:19	00:30:25	01:27:58	05:30:39
123	228	Martynowski Łukasz	Opole		M	M40-44	30	00:37:33	00:06:21	02:51:47	00:04:19	01:51:16	05:31:16
124	318	Sobański Tomasz	Myślibórz	epidemiasportu.pl	M	M45-49	26	00:38:53	00:06:35	02:56:14	00:04:07	01:46:12	05:32:01
125	93	Dydoń Paweł	KATOWICE	SOFT-PONT	M	M45-49	27	00:30:50	00:04:54	02:54:22	00:02:49	01:59:34	05:32:29
126	327	Stasiak Paweł	Dzierżoniów	GT RAT / Viessmann	M	M35-39	21	00:37:17	00:08:19	02:41:32	00:33:32	01:31:55	05:32:35
127	391	Zwierż Krzysztof	Opole		M	M40-44	31	00:40:14	00:06:44	02:59:11	00:03:01	01:43:43	05:32:53
128	133	Idzikowski Piotr	Suchy Las	pi	M	M40-44	32	00:38:01	00:06:52	02:49:47	00:03:06	01:55:13	05:32:59
129	164	Koćwin Marek	Warszawa		M	M30-34	17	00:41:59	00:07:12	02:54:00	00:03:08	01:47:55	05:34:14
130	24	Andryszak Aleksandra	Świnoujście	TRI AMO	K	K25-29	1	00:38:18	00:05:37	02:55:45	00:03:35	01:52:29	05:35:44
131	362	Wilk Tomasz	Mikołów	IronSilesia	M	M40-44	33	00:40:49	00:06:20	02:54:56	00:02:47	01:50:54	05:35:46
132	77	Cisowski Artur	Warszawa	TRI WAWA	M	M45-49	28	00:39:34	00:07:35	02:52:30	00:02:50	01:53:28	05:35:57
133	60	Cedrowski Daniel	Wrocław		M	M16-24	1	00:38:23	00:08:08	02:43:22	00:33:27	01:32:41	05:36:01
134	342	Szymura Przemysław	Smoszew		M	M40-44	34	00:40:43	00:07:00	02:40:02	00:05:50	02:02:35	05:36:10
135	230	Mastowski Michał	Katowice		M	M40-44	35	00:46:40	00:05:58	02:50:39	00:03:07	01:51:44	05:38:08
136	299	Puzicki Tomasz	Dominowo	Polonia Środa wlkp	M	M45-49	29	00:42:35	00:06:06	02:52:34	00:02:33	01:54:22	05:38:10
137	265	Osowski Kamil	Warszawa		M	M30-34	18	00:40:10	00:07:20	02:45:12	00:04:36	02:01:05	05:38:23
138	262	Olszewski Bogdan	Wrocław		M	M16-24	2	00:36:41	00:09:31	02:54:03	00:07:08	01:51:39	05:39:02
139	168	Kościełski Mateusz	Kąty Węgierskie	Kąty Węgierskie	M	M45-49	30	00:41:06	00:06:15	03:04:36	00:03:31	01:44:05	05:39:33
140	70	Chuiuk Hryhorii	Świnoujście	Trzy Wyspy	M	M30-34	19	00:38:21	00:07:57	02:57:39	00:04:53	01:51:42	05:40:32
141	8	Talarek Robert	Szczecin	SMT Szczecin	M	PRO-M	12	00:43:09	00:07:06	02:59:24	00:03:29	01:47:34	05:40:42
142	38	Bielenis Dariusz	Świnoujście		M	M55-59	6	00:44:55	00:05:10	02:58:02	00:30:54	01:24:05	05:43:06
143	31	Bąk Aleksander	Ośno Lubuskie	Morsy Ośno Lubuskie	M	M45-49	31	00:49:27	00:08:12	02:48:55	00:03:49	01:53:11	05:43:34
144	258	Nowak Adam	Głiwice	TRI&MORE	M	M45-49	32	00:41:40	00:06:51	02:56:00	00:03:02	01:56:35	05:44:08
145	75	Cikoto Krzysztof	Wałbrzych		M	M40-44	36	00:43:20	00:10:21	03:02:04	00:04:41	01:43:46	05:44:12
146	112	Glapa Krzysztof	Gołuski		M	M45-49	33	00:41:27	00:08:56	02:45:53	00:10:29	01:59:04	05:44:49
147	375	WONKO EWA	ŁÓDŹ	HTF Ludwik Sikorski/Celironman	K	K35-39	1	00:44:56	00:08:54	02:53:39	00:04:54	01:52:58	05:45:21
148	86	Zajął Grzegorz	Nysa		M	M45-49	34	00:38:09	00:07:53	02:56:14	00:04:50	01:59:04	05:46:10
149	390	Zieliński Andrzej	Ożarów Mazowiecki	Team Karaś	M	M45-49	35	00:39:07	00:06:13	02:46:53	00:03:46	02:10:18	05:46:17
150	272	Paterek Bogusław	Żagań	10 BK Panc Świętoszów	M	M40-44	37	00:38:58	00:06:27	03:08:53	00:04:18	01:48:37	05:47:13
151	110	Gebel Tomasz	Zolwin	IM Inspiration Team	M	M50-54	7	00:43:05	00:07:38	02:45:48	00:04:55	02:05:58	05:47:24
152	215	Filipiak Dominik	Poznań	Zgrupka	M	M25-29	5	00:36:48	00:14:52	02:57:26	00:02:51	01:56:31	05:48:28

# Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/2 IM

Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
153	156	Kaszubowski Patryk	Pobiedziska	DANIELÓWKA AGROTURYSTYKA	M	M40-44	38	00:43:37	03:36:20	00:28:39	00:29:47	00:30:42	05:49:05
154	152	Kałuża Michał	Wrocław		M	M25-29	6	00:47:12	00:06:26	02:47:54	00:04:22	02:03:15	05:49:09
155	153	Kanicki Tomasz	Brzeg Dolny	Vita Polymers Poland Team	M	M35-39	22	00:45:39	00:08:55	02:53:47	00:05:40	01:55:11	05:49:12
156	275	Pawluk Tomasz	Lutynia	GajewskiSwimin team	M	M45-49	36	00:43:52	00:06:28	02:56:56	00:03:40	01:58:58	05:49:54
157	261	Olszewski Michał	Oborniki Śląskie		M	M25-29	7	00:46:16	00:07:08	02:52:56	00:04:13	01:59:26	05:49:59
158	388	Zgierski Karol	Sieraków	Suerland Team Tarnowo Podgórne	M	M35-39	23	00:45:03	00:07:48	02:55:51	00:04:18	01:57:00	05:50:00
159	290	Popiel Krzysztof	Poznań	TEAM DWA PEDAŁY	M	M35-39	24	00:43:59	00:07:46	03:01:14	00:03:01	01:54:10	05:50:10
160	72	Chyliński Patryk	Komorniki	Enea Team	M	M35-39	25	00:45:15	00:06:32	02:54:22	00:03:15	02:02:05	05:51:29
161	188	Kuik Krzysztof	Bruksela	Tecza BXL	M	M45-49	37	00:46:09	00:10:18	02:54:28	00:31:18	01:29:49	05:52:02
162	222	Maliszewski Bolesław	Zielona Góra	7 bulls	M	M40-44	39	00:47:52	00:06:50	02:48:16	00:06:27	02:02:49	05:52:14
163	43	Bieniek Rafał	Tulce	Wolność	M	M45-49	38	00:44:07	00:09:04	02:56:29	00:04:31	01:58:19	05:52:30
164	54	Broniewicz Dariusz	Wąsosz	Endorfiny Wąsosz	M	M40-44	40	00:48:40	00:12:27	02:58:20	00:04:01	01:49:27	05:52:55
165	220	Makowski Marcin	Łódź		M	M45-49	39	00:42:34	00:07:37	03:01:12	00:03:48	01:57:49	05:53:00
166	183	Kroger Wojciech	Chorzów		M	M35-39	26	00:43:27	00:09:36	02:58:39	00:04:41	01:56:48	05:53:11
167	350	Tyska Dariusz	Warszawa	AKS Polonia Warszawa	M	M45-49	40	00:48:25	00:05:30	03:05:35	00:06:12	01:47:48	05:53:30
168	349	Turkowiak Miłosz	Warszawa	Kuźnia Triathlonu	M	M30-34	20	00:41:14	00:06:29	03:11:04	00:03:07	01:52:01	05:53:55
169	47	Biskupska Rita	Bydgoszcz	Beko Team	K	K30-34	1	00:36:26	00:06:35	03:12:30	00:05:02	01:53:49	05:54:22
170	288	Poparda Sebastian	Jelcz-Laskowice	Jelcz Triathlon Project	M	M45-49	41	00:42:06	00:06:28	03:07:07	00:03:33	01:55:18	05:54:32
171	95	Dziedzic Paweł	Poznań	Rankor Athletics	M	M40-44	41	00:42:08	00:06:12	02:55:21	00:05:01	02:06:46	05:55:28
172	301	Rojek Robert	Tychy	SKORUPA TRIATHLON	M	M45-49	42	00:45:44	00:09:01	02:56:34	00:04:01	02:00:09	05:55:29
173	307	Sammler Katarzyna	Poznań	Drużyna Szpiku	K	K40-44	1	00:39:58	00:07:46	03:12:09	00:03:24	01:53:08	05:56:25
174	357	Wawrzyniak Mateusz	Koło	Kuźnia Triathlonu	M	M40-44	42	00:38:25	00:10:11	03:06:33	00:06:21	01:55:13	05:56:43
175	167	KORZEN ARTUR	OŁAWA	JELCZ TRIATHLON PROJECT	M	M45-49	43	00:44:52	00:06:44	03:13:47	00:03:05	01:48:43	05:57:11
176	141	Jaskólski Krzysztof	Gubin	TriBoy Team BBL Gubin	M	M35-39	27	00:48:54	00:08:30	02:45:26	00:04:34	02:09:58	05:57:22
177	68	Chruścielski Paweł	Zielona Góra	4myselfpch	M	M50-54	8	00:43:50	00:07:58	03:07:02	00:05:57	01:53:01	05:57:48
178	232	Mąka Wojciech	Granica	CTS	M	M45-49	44	00:40:41	00:07:25	03:03:03	00:03:15	02:03:38	05:58:02
179	39	Bielierzewski Jakub	Warszawa	PM Running Team	M	M45-49	45	00:43:33	00:09:10	03:18:03	00:26:19	01:21:09	05:58:14
180	196	Lasek Łukasz	Katowice	IronSilesia	M	M35-39	28	00:44:48	00:09:57	02:46:52	00:06:12	02:12:03	05:59:52
181	146	Jeger Krzysztof	Swarzędz	Kibolski KS	M	M40-44	43	00:35:18	00:08:34	03:13:19	00:04:30	01:58:57	06:00:38
182	278	Peszt Marek	Kraków	SportWise	M	M40-44	44	00:37:10	00:07:40	03:06:23	00:03:41	02:05:53	06:00:47
183	341	Szymoniak Artur	Poznań	Naramonice Biegają	M	M40-44	45	00:46:09	00:11:11	03:15:53	00:24:53	01:24:02	06:02:08
184	99	Fainzilbergs Maksims	Rīga	Triatlona Akadēmija	M	M30-34	21	00:51:49	00:07:55	03:00:23	00:04:51	01:57:16	06:02:14
185	321	Sobczak Witold	Poznań	KB Szamotuły/ Vege Runners	M	M45-49	46	00:40:32	00:08:31	03:20:48	00:06:04	01:46:27	06:02:22
186	364	Wincza Cezary	Szczecin	Go2Tri	M	M35-39	29	00:43:54	00:11:18	02:54:28	00:05:44	02:07:20	06:02:44
187	343	Śledziński Dawid	Poznań	Wybiegani Team	M	M40-44	46	00:48:00	00:08:33	03:08:00	00:04:06	01:54:11	06:02:50
188	151	Kakolecki Michał	Warszawa	Trimasters	M	M50-54	9	00:40:26	00:08:27	03:02:35	00:06:02	02:06:08	06:03:38
189	108	Gawroński Hubert	Iwono	HUGO	M	M45-49	47	00:45:56	00:07:53	03:08:58	00:04:09	01:57:33	06:04:29
190	289	Popiel Iwona	Kościan	TGV Club/BK Sports	K	K45-49	1	00:50:08	00:06:03	03:13:40	00:28:34	01:26:16	06:04:41
191	263	Orłowski Tadeusz	Lutynia	Gajewski swimin team	M	M50-54	10	00:39:30	00:08:03	03:08:32	00:04:36	02:04:10	06:04:51
192	184	Kromkowski Maciej	Warszawa		M	M40-44	47			03:02:21	00:05:54	02:00:23	06:06:12
193	356	Wardyrński Jarosław	Podbrzezie Dolne	Świat Maratończyka Koźuchów	M	M50-54	11	00:50:35	00:07:23	03:00:33	00:04:37	02:03:30	06:06:38
194	44	Biernacki Damian	Pabianice	Korona Pabianice AT Team	M	M45-49	48	00:40:14	00:10:38	03:04:11	00:05:21	02:07:52	06:08:16
195	35	BEZAK Łukasz	KATOWICE	3psy	M	M40-44	48	00:43:25	00:09:10	03:19:03	00:26:55	01:31:02	06:09:35
196	257	Nowacka Paulina	Luboń	Świnka Team	K	K45-49	2	00:47:39	00:07:24	03:11:12	00:30:14	01:33:34	06:10:03
197	62	Chęciński Michał	Wrocław	OedemaTeam	M	M30-34	22	00:45:38	00:06:32	03:00:27	00:06:09	02:11:51	06:10:37
198	66	Chmurzyński Mateusz	Chrzastawa wielka	Świat tektury cycling team	M	M25-29	8	00:45:58	00:06:40	03:00:30	00:06:05	02:11:50	06:11:03
199	172	Kowalczyk Jakub	Murówna Goślina		M	M25-29	9	00:57:57	00:09:34	03:06:53	00:02:53	01:54:32	06:11:49
200	276	Pertek Damian	Komorniki	UKS Lusowo	M	M45-49	49	00:56:17	00:07:21	02:53:32	00:03:19	02:11:39	06:12:08
201	282	Pilch Kamil	Wrocław		M	M25-29	10	00:43:37	00:06:33	03:05:54	00:03:51	02:13:02	06:12:57
202	284	Pisarczyk Grzegorz	Poznań		M	M30-34	23	00:56:24	00:06:46	03:12:56	00:03:59	01:53:13	06:13:18
203	250	Nawrot Jacek	Warszawa	Labo sport	M	M60-64	1	00:42:28	00:08:15	03:09:17	00:07:07	02:06:39	06:13:46
204	203	Lewandowski Paweł	Luboń		M	M35-39	30	00:44:48	00:06:47	03:05:40	00:03:47	02:13:38	06:14:40
205	128	Hermanson Jacek	Tworóg		M	M55-59	7	00:45:17	00:07:20	03:06:02	00:04:23	02:12:12	06:15:14
206	207	Lis Daniel	Wierzowice Wielkie 38	Endorfiny Wąsosz	M	M45-49	50	00:59:51	00:10:41	03:00:08	00:04:53	01:59:44	06:15:17
207	197	Latos Janusz	Środa Wlkp	ECO CARS	M	M60-64	2	00:45:38	00:09:18	03:16:42	00:32:17	01:31:28	06:15:23
208	55	Bucki Przemysław	Szczodre		M	M40-44	49	00:46:03	00:08:15	03:15:14	00:29:47	01:36:16	06:15:35
209	82	Dankowski Bartosz	Wąsosz	Endorfiny Wąsosz	M	M35-39	31	00:51:35	00:10:26	03:06:00	00:30:38	01:40:32	06:19:11
210	74	Cieslik Paweł	Poznań	Chateau Chalin	M	M45-49	51	00:49:40	00:09:42	03:29:44	00:03:39	01:46:45	06:19:30
211	175	Kowalonek Łukasz	Gorzów Wielkopolski	Jelonek Team	M	M30-34	24	00:39:51	00:07:03	03:18:33	00:03:56	02:10:37	06:20:00
212	123	Guzy Piotr	Czechowice Dziedzice	Biegam Żeby Żreć Więcej Ciastków	M	M40-44	50	00:41:45	00:09:58	03:24:22	00:05:29	01:59:05	06:20:39
213	324	Solecki Łukasz	Tomaszów Mazowiecki	Soltrade Tri Team	M	M40-44	51	00:45:50	00:09:24	02:58:51	00:06:10	02:20:50	06:21:05
214	313	Skornowicz Paweł	Kaźmierz	Sportowy Kaźmierz	M	M50-54	12	00:43:39	00:08:42	02:59:38	00:03:19	02:26:19	06:21:37
215	360	Węgrzynowski Łukasz	Byków	FUNTRI	M	M40-44	52	00:44:28	00:10:45	03:09:19	00:05:47	02:15:06	06:25:25
216	293	Proswiecka Smak Katarzyna	opole		K	K40-44	2	00:49:26	00:09:08	03:25:49	00:04:59	01:58:18	06:27:40
217	330	Strykowski Piotr	Warszawa		M	M50-54	13	00:46:44	00:08:13	03:19:04	00:03:30	02:12:38	06:30:09
218	81	Daniluk Grzegorz	Legionowo	Bravehearts Legionowo	M	M45-49	52	00:46:53	00:10:18	03:20:28	00:06:11	02:09:08	06:32:58
219	27	Bajerowicz Piotr	Stargard		M	M55-59	8	00:49:11	00:13:00	03:14:22	00:06:19	02:10:26	06:33:18
220	359	Wesołek Dariusz	Poznań	Klub Wesołków	M	M40-44	53	00:43:43	00:08:04	03:26:14	00:04:24	02:11:31	06:33:56
221	179	Kraśniewski Grzegorz	Wrocław	Litwin Sport	M	M35-39	32	00:45:17	00:06:47	03:19:24	00:33:32	01:49:24	06:34:24
222	377	Woźniak Romuald	Starowa Góra	Alpenproletariat	M	M45-49	53	00:44:50	00:14:46	03:22:21	00:11:19	02:01:44	06:35:00
223	308	SCHLEGEL MICHAŁ	Poznań	Maratończyk Poznań / PokonajLenia.pl	M	M30-34	25	00:49:55	00:16:53	03:18:17	00:31:10	01:40:01	06:36:16
224	155	Karolczak Rafał	Poznań		M	M30-34	26	00:50:35	00:16:30	03:13:44	00:07:41	02:07:46	06:36:16
225	371	Wodnicki Grzegorz	Gryfice	RUNGryf Gryfice	M	M25-29	11	00:44:57	00:08:09	03:38:42	00:02:42	02:03:17	06:37:47
226	140	Jarmużek Mikołaj	Krzynki	Informatyk	M	M30-34	27	00:53:24	00:09:25	03:08:43	00:34:54	01:53:22	06:39:48
227	9	Pik Krzysztof	Wrocław		M	PRO-M	13	00:48:24	00:08:20	03:29:50	00:04:17	02:09:39	06:40:30
228	224	Owczarzak Piotr	Poznań	KKS Sporty Walki Poznań	M	M35-39	33	00:37:54	00:08:34	03:22:27	00:03:49	02:28:28	06:41:12

# Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/2 IM

Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
229	34	Betlej Hubert	Kraków	Eskadra Kraków	M	M40-44	54	00:51:54	00:09:27	03:09:49	00:34:59	01:56:16	06:42:25
230	240	Mrówka Maciej	Warszawa	IRONANT.PL	M	M50-54	14	00:42:59	00:07:02	03:20:27	00:32:26	01:59:37	06:42:31
231	138	Jangas Marcin	Kalisz		M	M40-44	55	00:59:04	00:08:13	03:16:05	00:04:29	02:16:14	06:44:05
232	89	Dropik Łukasz	Poznań		M	M35-39	34	00:50:11	00:06:40	03:28:45	00:02:58	02:19:23	06:47:57
233	331	Superson Wojtek	Kraków	Żelki z Krakowa	M	M50-54	15	00:49:06	00:09:54	03:22:24	00:05:28	02:21:22	06:48:14
234	295	Stępska Małgorzata	Kraków	B3T Żeliki z Krakowa	K	K50-54	1	00:49:13	00:11:25	03:20:51	00:04:28	02:22:24	06:48:21
235	244	Nagodziński Marcin	Biskupice		M	M35-39	35	00:58:17	00:09:42	03:05:29	00:03:25	02:34:56	06:51:49
236	51	Borda Piotr	Poznan	Drużyna Szpiku	M	M40-44	56	00:48:30	00:11:35	03:36:41	00:03:26	02:13:19	06:53:31
237	92	Dyderska Wioletta	Warszawa		K	K40-44	3	00:53:37	00:09:35	03:33:53	00:04:26	02:12:00	06:53:31
238	61	Chałupczak Cezary	Wrocław		M	M50-54	16	00:57:20	00:13:29	03:28:54	00:07:56	02:09:01	06:56:40
239	294	Pruski Mariusz	Łódź	Oedema Team	M	M30-34	28	00:43:38	00:10:51	03:32:02	00:33:48	01:56:57	06:57:16
240	194	Kurzeja Kamil	Poznań		M	M30-34	29	00:51:05	00:07:32	03:26:17	00:04:12	02:28:10	06:57:16
241	189	Kuźmicki Michał	Wrocław	TMTeam	M	M35-39	36	00:50:21	00:08:32	03:18:45	00:04:46	02:34:57	06:57:21
242	378	Woźny Krzysztof	Kaźmierz	Sportowy Kaźmierz	M	M40-44	57	00:53:10	00:08:12	03:30:17	00:02:41	02:23:20	06:57:40
243	277	Pertek Marta	Komorniki	UKS Lusowo	K	K35-39	2	00:49:59	00:08:48	03:27:40	00:03:42	02:28:02	06:58:11
244	73	Cichoń Magdalena	Opole	Profil Opole	K	K45-49	3	00:59:27	00:12:18	03:32:47	00:06:33	02:08:14	06:59:19
245	367	Wisniewski Rafał	Bydgoszcz		M	M35-39	37	01:02:10	00:07:27	03:29:55	00:03:03	02:20:16	07:02:51
246	365	Winiarczyk Adrian	Stary Konik		M	M35-39	38	00:46:20	00:10:34	03:17:46	00:07:58	02:40:22	07:03:00
247	53	Borkowski Tomasz	Suwałki		M	M40-44	58	00:49:33	00:11:18	03:51:31	00:04:51	02:05:57	07:03:10
248	338	Szurkowski Andrzej	Katowice	IronSilesia	M	M65-69	1	01:04:53	00:09:16	03:15:08	00:05:43	02:29:50	07:04:50
249	361	WIECZOREK JAROSŁAW	Poznań	ROMAG	M	M55-59	9	00:45:40	00:12:10	03:35:42	00:05:04	02:26:25	07:05:01
250	80	Czubak Wawrzyniec	Gwiazdowo		M	M45-49	54	00:50:45	00:09:57	03:44:24	00:07:32	02:13:25	07:06:03
251	63	Bugajny Paweł	Poznań	Łopuchowo	M	M55-59	10	00:46:52	00:10:16	03:33:50	00:07:39	02:28:24	07:07:01
252	209	Liszka Tomasz	Śląskie		M	M40-44	59	00:52:12	00:14:34	03:32:47	00:04:28	02:23:44	07:07:45
253	219	Makarenkov Sergii	Milanówek	Jednorozce	M	M35-39	39	00:56:18	00:09:25	03:40:47	00:02:52	02:27:20	07:16:42
254	216	Łoza Wojciech	bytom	Grupa Nomax	M	M50-54	17	00:55:11	00:12:39	03:41:14	00:06:37	02:21:27	07:17:08
255	218	Maciejewski Piotr	Poznań		M	M45-49	55	00:46:11	00:12:16	04:06:56	00:04:37	02:16:58	07:26:58
256	201	Leśniak Marcin	Katowice		M	M35-39	40	01:15:00	00:11:49	03:09:30	00:05:21	02:47:32	07:29:12
257	226	Marciszewska Aneta	Siedlce	Triathlon Siedlce Club	K	K45-49	4	00:56:02	00:10:27	03:36:03	00:06:06	02:43:57	07:32:35
258	187	Kuciński Michał	Łódź		M	M55-59	11	00:53:46	00:09:28	03:42:31	00:04:25	02:43:02	07:33:12
259	193	Kurek Dominik	Dębno	SP 3 Dębno	M	M50-54	18			00:00:04	04:01:52	02:33:51	07:38:31
260	243	Mucha Robert	Koluszki		M	M50-54	19	01:20:14	00:09:59	03:33:26	00:06:50	02:38:48	07:49:17