



SPONSOR TYTULARNY
GARMIN



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport
Data: 13.07.2025r.
Dystans: 1/4 IM
Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
1	3	Banach Bartosz	Gdansk	Banach Coach	M35	1	00:13:00	00:01:49	00:59:03	00:01:28	00:36:43	01:52:02
2	4	Popławski Jan	Ostrowiec Świętokrzyski	Relentless Team	M30	1	00:13:21	00:01:49	01:00:25	00:01:07	00:35:57	01:52:39
3	1	Sobczyk Sergiusz	Warszawa	TRINERGY TEAM Triathletic Team	M30	2	00:12:53	00:01:54	01:00:50	00:01:21	00:37:05	01:54:02
4	5	ławicki Marcin	Lubin	ŁAWKA TEAM MKS Polkowice	M35	2	00:12:51	00:01:51	01:00:56	00:01:16	00:37:29	01:54:22
5	10	Lewandowski Alexander	Myślibórz	KU AZS UAM Poznań	M18	1	00:12:54	00:01:49	01:03:37	00:01:12	00:36:24	01:55:55
6	9	Duplicki Kamil	Warszawa	Beko	M40	1	00:15:24	00:01:49	01:02:32	00:01:13	00:39:49	02:00:47
7	64	Sroga Maciej	Namysłów	GT KONA	M35	3	00:25:34	00:03:02	01:25:23	00:01:54	00:08:34	02:04:27
8	6	Gadomska Agnieszka	Warszawa	CTS	K25	1	00:14:03	00:01:58	01:07:42	00:01:26	00:39:34	02:04:42
9	187	Hnisiół Michał	Kamienna Góra	Aurora Team	M25	1	00:16:06	00:02:24	01:05:54	00:01:39	00:39:02	02:05:05
10	230	Gałuszka Bruno	Czaniec		M18	2	00:12:54	00:02:13	01:06:26	00:01:37	00:42:13	02:05:22
11	193	Górny Mikołaj	Turka		M18	3	00:14:23	00:02:30	01:08:02	00:01:49	00:39:33	02:06:16
12	281	Staszczuk Patryk	Wrocław	MBC Team	M25	2	00:14:29	00:03:08	01:02:39	00:01:58	00:44:13	02:06:26
13	58	Świerczyński Konrad	Oleśnica	Oleśnicka Grupa Triathlonowa	M25	3	00:17:37	00:02:42	01:04:53	00:01:24	00:41:00	02:07:35
14	184	Łukaszewicz Krzysztof	Wrocław	Armady Wrocław	M25	4	00:15:11	00:02:12	01:05:59	00:01:56	00:42:33	02:07:50
15	161	Kołodziejczak Filip	Łódź	Relentless Triathlon Team	M30	3	00:12:55	00:02:21	01:06:04	00:01:49	00:44:55	02:08:04
16	228	Szymański Karol	Warszawa	endlesspainteam	M30	4	00:17:24	00:02:20	01:04:41	00:01:53	00:42:06	02:08:23
17	220	Marciniak Jacek	Wrocław	SPACS Endnutrition.pl	M45	1	00:14:57	00:02:29	01:05:44	00:02:43	00:42:56	02:08:49
18	77	Wilk Adam	Wrocław	IM Inspiration	M25	5	00:16:31	00:02:28	01:07:25	00:01:40	00:40:49	02:08:53
19	244	Fabiszewski Rafał	Warszawa	Kaziki	M40	2	00:15:53	00:02:43	01:05:38	00:02:01	00:43:09	02:09:24
20	159	Tabak Konrad	Wrocław	Pho3nix GVT Team	M40	3	00:15:59	00:02:50	01:07:47	00:01:37	00:41:31	02:09:43
21	329	Konczak Waldemar	Polkowice	Ławka Team Val di sport	M40	4	00:14:26	00:02:51	01:07:15	00:01:39	00:43:57	02:10:07
22	224	Przepióra Wiktor	Warszawa	endlesspainteam	M35	4	00:15:36	00:02:31	01:06:05	00:01:45	00:44:16	02:10:13
23	173	Frączek Maciej	Kraków	Chmura Team	M25	6	00:15:22	00:02:38	01:06:35	00:01:58	00:43:43	02:10:15
24	19	Markowski Marek	Lubin		M45	2	00:14:31	00:02:21	01:03:30	00:01:44	00:48:26	02:10:31
25	268	Kuriata Zofia	Stary Wielisław	WLKS Kmicic Częstochowa Kaziki	K18	1	00:14:54	00:02:12	01:10:08	00:01:22	00:41:56	02:10:32
26	154	Joachimak Marek	Smolec	TriToGo	M30	5	00:17:00	00:01:55	01:10:11	00:01:17	00:40:34	02:10:57
27	337	Łopata Karol	Kraków		M30	6	00:15:00	00:02:52	01:09:10	00:02:49	00:41:36	02:11:26
28	28	Bryła Karol	Tyniec Mały	Prawy Hals Centrum Medyczne Magnolia	M25	7	00:16:11	00:02:26	01:06:01	00:01:49	00:45:11	02:11:38
29	29	Szywalski Alan	Gogolin	Triathletic Team	M35	5	00:18:13	00:02:47	01:05:36	00:01:45	00:43:22	02:11:43
30	201	Ciniewski Igor	Żyrardów	Triathletic Team	M18	4	00:16:29	00:02:37	01:07:21	00:02:12	00:43:14	02:11:52
31	74	Kopaczewski Sławomir	Zakrzewo	KAZIKI	M25	8	00:15:30	00:02:40	01:07:35	00:01:37	00:44:36	02:11:58
32	100	Podwysocki Tomasz	Warszawa	Vamos Racing Team	M35	6	00:16:24	00:02:30	01:10:46	00:01:46	00:41:41	02:13:07
33	135	Adamczyk Jakub	Bełchatów	Iron Fighters	M30	7	00:14:26	00:02:32	01:11:21	00:01:45	00:43:41	02:13:44
34	218	Żmudziejewski Jakub	Katowice	Niszczonko Squad / Go2Tri	M35	7	00:17:15	00:02:59	01:06:38	00:02:18	00:44:36	02:13:46
35	195	Zadka Paweł	Syców	Gapa team Gapa pub i restauracja	M35	8	00:17:18	00:02:29	01:08:36	00:02:08	00:43:25	02:13:56
36	250	Grzęda Waldemar	Jelcz-Laskowice	Jelcz Triathlon Project Jelcz Triathlon Project	M40	5	00:16:01	00:02:15	01:08:53	00:01:39	00:45:27	02:14:14
37	309	Wojciechowski Norbert	Gniezno	Altom Gniezno	M45	3	00:16:31	00:02:24	01:10:02	00:01:51	00:43:41	02:14:28
38	232	Nowak Waldemar	Częstochowa	Triathlon Training Center	M45	4	00:15:25	00:02:36	01:07:30	00:02:31	00:46:27	02:14:29
39	7	Jahnz Karolina	Dobra	Go2Tri	K40	1	00:15:04	00:02:33	01:11:13	00:01:44	00:43:56	02:14:29
40	227	Sterczewski Karol	Warszawa	edlesspainteam	M18	5	00:15:06	00:03:05	01:10:24	00:02:01	00:44:28	02:15:03
41	334	Górka Marcin	Kraków	UNLIMITED Sport 2.0 www.unlimited-sport.pl	M35	9	00:13:15	00:02:26	01:11:05	00:01:38	00:46:49	02:15:12
42	239	Baranek Paweł	Piaseczno	Clouds On Mars	M45	5	00:17:07	00:02:19	01:06:45	00:01:53	00:47:11	02:15:15
43	33	Borkowy Michał	Bojszowy	TRINERGY TEAM	M50	1	00:17:46	00:03:10	01:09:34	00:01:49	00:42:58	02:15:17
44	203	Pietraszek Mateusz	Jaktorów	Szkoła Triathlonu	M18	6	00:16:29	00:02:21	01:09:33	00:01:47	00:45:39	02:15:49
45	246	Markiewicz Marcin	Świdnica	LABOSPORT Team Żelazna Świdnica	M50	2	00:15:03	00:02:29	01:09:13	00:01:55	00:47:23	02:16:02
46	149	Grabarek Mateusz	Gołuchów	Zdun Triathlon Team	M35	10	00:18:00	00:02:39	01:09:49	00:01:35	00:44:32	02:16:34
47	292	Jaszczyk Radosław	Świdnica		M45	6	00:17:19	00:02:57	01:10:40	00:01:58	00:44:40	02:17:34
48	197	Kafel Patryk	Kowary	Aurora Team	M35	11	00:17:55	00:02:27	01:10:48	00:02:21	00:44:19	02:17:50
49	253	Tonak Mikołaj	Sieraków	TM Iron Team	M25	9	00:18:58	00:02:23	01:10:54	00:01:30	00:44:19	02:18:03
50	110	Śliwa Maciej	Bolesławiec	Papryka	M40	6	00:18:32	00:02:40	01:13:09	00:01:52	00:43:04	02:19:16
51	214	Pszczółowski Łukasz	Wrocław	endlesspainteam	M40	7	00:17:13	00:02:51	01:05:21	00:04:23	00:49:31	02:19:18
52	137	Olszewska Katarzyna	Warszawa	Triathletic Team Trec Team	K35	1	00:18:09	00:02:43	01:13:08	00:01:31	00:44:00	02:19:31
53	208	Kitta Piotr	Przypostynia		M25	10	00:22:18	00:02:57	01:10:16	00:02:04	00:42:29	02:20:04
54	229	Pietrowski Szymon	Aleksandrów Łódzki	BEDNARSKI TRI TEAM	M40	8	00:18:19	00:03:35	01:13:28	00:02:58	00:42:00	02:20:19
55	297	Lindner Marek	Wrocław	TRIEX	M45	7	00:19:13	00:02:57	01:11:26	00:02:05	00:44:55	02:20:36
56	283	Zapała Łukasz	Wałbrzych		M40	9	00:19:18	00:02:47	01:09:24	00:02:04	00:47:22	02:20:55
57	236	Dybczyński Wojciech	Wrocław	SZKOŁA TRIATHLONU	M30	8	00:17:40	00:03:20	01:13:40	00:02:15	00:44:28	02:21:23
58	296	Szkodziński Paweł	Lubin		M45	8	00:18:51	00:02:55	01:12:18	00:02:46	00:45:35	02:22:24
59	89	Rawluk Bartosz	Legnica	Ławka Team	M30	9	00:18:53	00:02:50	01:14:33	00:01:42	00:44:35	02:22:32
60	86	Śliwa Tomasz	Częstochowa	Dawaj Kalach Team	M30	10	00:19:02	00:02:57	01:16:11	00:02:07	00:42:26	02:22:43
61	26	Pudłowicz Radosław	Wrocław	NEGOTTI	M40	10	00:18:09	00:03:39	01:13:24	00:02:37	00:45:20	02:23:08
62	182	Klapuch Michał	Gliwice	FIZJO-MAT GLIWICE	M45	9	00:18:07	00:02:57	01:12:44	00:02:26	00:47:02	02:23:16
63	275	Krawczyk Aleksandra	Warszawa	TriBlondTeam	K40	2	00:17:24	00:02:43	01:13:11	00:02:07	00:48:32	02:23:56
64	27	Koziczak Michał	Wrocław		M35	12	00:16:48	00:02:56	01:13:09	00:02:01	00:49:08	02:24:01

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



SPONSOR TYTULARNY
GARMIN.



SPONSOR STRATEGICZNY
Dzielnia Audi
Porsche Poznań Franowo



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport
Data: 13.07.2025r.
Dystans: 1/4 IM
Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
65	345	Chołuj Adriana	Warszawa	Triathletic Team	K35	2	00:16:33	00:02:20	01:15:43	00:02:16	00:47:12	02:24:03
66	84	Gibiec-Kuraj Kinga	Bielsko-Biała	TriWawa	K30	1	00:15:37	00:03:09	01:15:03	00:01:50	00:48:28	02:24:07
67	34	Mankowski Kamil	Wrocław		M35	13	00:18:51	00:02:28	01:12:39	00:02:27	00:47:56	02:24:20
68	140	Kuliński Piotr	Bełchatów	Iron Fighters	M35	14	00:18:31	00:03:14	01:15:04	00:02:06	00:45:27	02:24:22
69	56	Sasin Dominika	Świdnica	Żelazna Świdnica	K30	2	00:13:17	00:02:31	01:21:08	00:01:37	00:45:55	02:24:27
70	102	Dzik Maciej	Warszawa	La Manha Sport Team	M25	11	00:18:55	00:03:29	01:11:02	00:02:11	00:48:52	02:24:29
71	317	Macek Piotr	Wrocław	LITWIN SPORTS	M30	11	00:17:29	00:03:23	01:13:47	00:02:10	00:47:45	02:24:34
72	293	Włodarczyk Marcin	Czempiń	BesTeam	M50	3	00:20:21	00:02:23	01:13:33	00:01:54	00:46:35	02:24:45
73	261	Tomaszewski Mateusz	Oława	Grajan Triathlon Oława	M30	12	00:19:31	00:03:24	01:15:13	00:02:13	00:44:29	02:24:49
74	113	Święcicki Daniel	Świdnica	Żelazna Świdnica	M45	10	00:18:40	00:03:19	01:15:26	00:02:03	00:45:26	02:24:53
75	302	Malinowski Marcin	Tuszynek Majoracki	Roadbike Iron Team	M50	4	00:19:49	00:02:49	01:15:21	00:01:42	00:45:15	02:24:56
76	48	Staszczuk Maksymilian	Wrocław		M25	12	00:16:13	00:03:44	01:14:56	00:02:19	00:47:47	02:24:58
77	66	Walecki Artur	Wrocław	SZKOŁA TRIATHLONU Trisom	M45	11						02:25:03
78	340	Drożdż Tomasz	Libertów	TriWise	M35	15	00:14:58	00:02:55	01:08:23	00:02:28	00:56:25	02:25:09
79	288	Straltsova Maryna	WARSZAWA	GREBENSTAR Team	K30	3	00:15:54	00:02:27	01:13:34	00:01:59	00:51:18	02:25:11
80	60	Kazimierzczak Jacek	Lubin	Ławka Team	M45	12	00:15:16	00:03:59	01:12:13	00:03:04	00:50:49	02:25:20
81	78	Bogus Rafał	Częstochowa	Trek Fabryka Rowerów	M55	1	00:18:34	00:02:55	01:13:35	00:02:16	00:48:04	02:25:23
82	23	Włostowski Marek	Kraków	TriWise	M40	11	00:18:33	00:03:31	01:15:11	00:02:34	00:45:35	02:25:24
83	111	Owczarek Jacek	Piławko	#Dawaj Kalach Team	M50	5	00:19:08	00:02:56	01:10:49	00:02:00	00:50:45	02:25:37
84	211	Illin Illia	Wrocław (Wrocław-Krzyki)		M35	16	00:17:11	00:03:33	01:15:52	00:03:29	00:45:52	02:25:56
85	277	Sobik Andrzej	Czyżowice		M45	13	00:17:18	00:03:58	01:13:37	00:02:01	00:49:03	02:25:57
86	126	Owczarski Dominik	Warszawa	TriBlondTeam	M40	12	00:21:14	00:03:35	01:11:04	00:02:16	00:47:53	02:26:02
87	167	Dudek Igor	Jelenia Góra		M18	7	00:17:05	00:03:29	01:15:14	00:02:23	00:47:57	02:26:07
88	117	Jaśko Tymoteusz	Siemianowice Śląskie		M18	8	00:18:02	00:02:59	01:17:19	00:02:20	00:45:41	02:26:21
89	12	Burda Grzegorz	Opole	biky.pl	M50	6	00:23:58	00:03:35	01:09:24	00:02:50	00:46:40	02:26:26
90	287	Brzóska Henryk	Kielce	Klub SportLove Kielce	M55	2	00:19:33	00:03:28	01:15:26	00:03:16	00:45:07	02:26:49
91	168	Łuczak Ignacy	Kazimierz Biskupi	Audi Franowo CityZen	M18	9	00:21:03	00:03:03	01:14:53	00:02:11	00:46:04	02:27:13
92	63	Squillacioti Domenico	Krakow	Unlimes Sport 2.0	M40	13	00:23:20	00:02:53	01:10:25	00:02:25	00:48:12	02:27:15
93	270	Jąkowski Tomasz	Warszawa		M35	17	00:15:51	00:02:39	01:18:29	00:02:19	00:48:34	02:27:52
94	282	Kapela Piotr	Bojszowy Nowe	SHMT	M50	7	00:17:55	00:04:12	01:16:04	00:03:00	00:47:04	02:28:15
95	238	Krasowski Paweł	Pruszków	Sport2freedom	M40	14	00:19:02	00:03:31	01:15:53	00:02:00	00:48:01	02:28:26
96	215	Leśniak Karolina	Wrocław	FunTri	K40	3	00:18:32	00:03:15	01:19:12	00:01:59	00:45:39	02:28:37
97	303	Korzeniowski Wiktor	Bierutów	TriBros IM INSPIRATION TEAM	M18	10	00:15:20	00:03:23	01:21:39	00:03:13	00:45:29	02:29:04
98	104	Galan Łukasz	Oleśnica		M30	13	00:20:44	00:03:37	01:18:01	00:02:31	00:44:26	02:29:18
99	301	Naskręcki Andrzej	Wrocław	Krepi z Krepic	M45	14	00:19:21	00:03:32	01:15:11	00:01:51	00:49:25	02:29:20
100	209	Hucz Łukasz	Chorzów		M40	15	00:17:34	00:06:21	01:14:16	00:03:02	00:48:38	02:29:51
101	11	Klimek Aleksandra	Wrocław	MILOTEAM	K30	4	00:18:20	00:02:57	01:18:26	00:01:55	00:48:28	02:30:06
102	304	Sieroń Dawid	Wrocław		M30	14	00:17:38	00:04:10	01:14:36	00:02:50	00:50:53	02:30:07
103	139	Stanek Katarzyna	Tarnowskie Góry	Katarzyna Stanek Katarzyna Stanek	K18	2	00:18:44	00:03:23	01:17:44	00:02:21	00:48:12	02:30:23
104	176	Gumienny Mateusz	Siedlec		M30	15	00:20:57	00:03:00	01:16:06	00:02:24	00:47:58	02:30:24
105	247	Musiał Robert	Warszawa	TRIWAWA AGUA	M55	3	00:19:20	00:03:05	01:14:01	00:02:29	00:51:36	02:30:31
106	165	Kucia Kamil	Tychy	SKORUPA TRIATHLON	M40	16	00:20:06	00:03:07	01:14:07	00:01:58	00:51:15	02:30:32
107	157	Zwierz Krzysztof	Opole	SZKOŁA TRIATHLONU	M40	17	00:17:45	00:03:16	01:16:54	00:02:13	00:50:30	02:30:37
108	210	Kubicki Tomasz	Oleśnica	KUBISIA TEAM OLEŚNICA	M55	4	00:18:27	00:03:51	01:17:12	00:02:32	00:48:39	02:30:40
109	160	Moritz Marek	Wrocław	LITWIN SPORTS	M45	15						02:30:50
110	70	Machata Jacek	Wrocław		M45	16	00:18:51	00:03:28	01:15:18	00:02:01	00:51:17	02:30:55
111	136	Piotrowski Jakub	Wrocław	KOSYNIERZY WROCŁAW	M18	11	00:21:08	00:03:27	01:18:40	00:02:09	00:45:40	02:31:04
112	57	Lupa Marcin	Wrocław	BecomeOne	M45	17	00:18:05	00:03:13	01:16:08	00:02:21	00:51:20	02:31:06
113	226	Zgłobicki Rafał	Kraków		M30	16	00:14:16	00:02:49	01:15:53	00:01:59	00:56:10	02:31:07
114	47	Moszczyński Łukasz	Poznań	PARO	M40	18	00:18:14	00:03:29	01:15:00	00:02:18	00:52:15	02:31:15
115	273	Strusz Kamil	Katowice	Triz Performance	M18	12	00:15:59	00:03:30	01:12:54	00:02:19	00:56:43	02:31:25
116	32	Seniuszko Kamil	Wrocław		M18	13	00:19:06	00:02:55	01:18:40	00:02:00	00:49:26	02:32:07
117	55	Wyśiński Grzegorz	Kraków	Endless Pain	M45	18	00:17:42	00:04:04	01:15:14	00:02:20	00:52:49	02:32:08
118	254	Kasprzak Maciej	Wola Zachariaszowska	Unlimited Sport 2.0 Ailleron & SGB Bank	M40	19	00:18:00	00:03:56	01:14:03	00:03:09	00:53:21	02:32:28
119	347	Wijas Andrzej	Kielce	ADHD	M40	20	00:21:03	00:03:17	01:18:48	00:01:45	00:47:39	02:32:32
120	114	Zawieja Szymon	Bielany Wrocławskie	SZYMANOWSKI TRIATHLON TEAM	M18	14	00:17:28	00:03:33	01:17:45	00:02:06	00:51:45	02:32:37
121	320	Białek Mateusz	Jelcz-Laskowice	Jelcz Triathlon Project	M35	18	00:22:01	00:03:06	01:20:00	00:02:08	00:45:26	02:32:41
122	212	Haładus Dominik	Częstochowa	SZKOŁA TRIATHLONU	M40	21	00:22:28	00:03:39	01:16:38	00:02:40	00:47:20	02:32:45
123	39	Dobroskok Zofia	Sobin	MIEJSKI KLUB SPORTOWY POLKOWICE	K18	3	00:18:48	00:02:35	01:17:26	00:01:51	00:52:27	02:33:07
124	324	Piątek Krystian	Wilczyce	SCORPION, TRIMP	M40	22	00:19:00	00:03:31	01:12:52	00:02:15	00:55:31	02:33:09
125	124	Łuczak Mikołaj	Kazimierz Biskupi	Audi Franowo CityZen	M25	13	00:19:43	00:02:56	01:12:42	00:02:21	00:55:31	02:33:12
126	298	Gebel Tomasz	Żółwin	TM IronTeam	M50	8	00:17:54	00:02:45	01:14:38	00:02:56	00:55:02	02:33:15
127	326	Andrzejewicz Łukasz	Warszawa	Warsaw Masters Team	M30	17	00:14:41	00:03:16	01:19:20	00:01:51	00:54:08	02:33:16
128	280	Grzybowski Tomasz	Jelenia Góra	Aurora Team	M40	23	00:22:30	00:04:43	01:23:11	00:02:10	00:40:43	02:33:16

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



SPONSOR TYTULARNY

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SPONSOR STRATEGICZNY

Dealer Audi
Porsche Poznań Franowo

ORGANIZATOR



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 13.07.2025r.

Dystans: 1/4 IM

Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
129	308	Rybka Marcin	Gliwice	Triathlon Training Center	M25	14	00:18:40	00:03:40	01:17:45	00:02:27	00:50:47	02:33:18
130	260	Chrzanowska Olga	Warszawa	Triathletic Team	K40	4	00:19:22	00:02:42	01:17:59	00:02:52	00:50:48	02:33:42
131	87	Buczek Jakub	Kielczów		M30	18	00:20:32	00:03:05	01:20:18	00:01:56	00:47:58	02:33:48
132	163	Kowalski Daniel	Kalisz	Zdun Triathlon Team Omega Logistic Kalisz	M50	9	00:18:48	00:02:51	01:17:19	00:02:07	00:52:47	02:33:51
133	190	Matkowski Damian	Wrocław (Wrocław-Fabryczna)	Targets Creators	M40	24	00:19:58	00:02:34	01:19:10	00:02:03	00:50:10	02:33:54
134	80	Wala Lucas	Hoek Van Holland		M40	25	00:18:23	00:04:22	01:15:16	00:02:55	00:53:04	02:33:59
135	125	Karaś Michał	Oleśnica	KK HR MAX Oleśnica	M35	19	00:18:43	00:03:55	01:18:49	00:01:59	00:50:46	02:34:12
136	116	Stańczyk Wojciech	Nowy Wiśnicz	Lusy	M30	19	00:16:07	00:03:09	01:19:46	00:02:10	00:53:04	02:34:15
137	35	Kosoń Rafał	Kraków	Unlimited Sport 2.0	M40	26	00:19:37	00:03:53	01:18:49	00:02:11	00:49:49	02:34:19
138	313	Woźniak Dariusz	Ostrów Wielkopolski	BS Woźniak	M50	10	00:20:17	00:03:06	01:18:12	00:02:08	00:50:38	02:34:20
139	67	Majchrzak Łukasz	Śwędów	Twister Team	M30	20	00:21:13	00:03:26	01:15:26	00:02:22	00:52:29	02:34:55
140	37	Jaskólski Dariusz	Lubecko	YAWAL Team YAWAL SA	M55	5	00:20:24	00:03:03	01:18:00	00:02:06	00:51:24	02:34:56
141	289	Banaś Artur	Olsztyn		M40	27	00:19:48	00:03:45	01:20:37	00:02:24	00:48:44	02:35:17
142	267	Janicka-Jawor Joanna	Mysłowice	emjot tri team	K45	1	00:19:33	00:03:22	01:22:17	00:01:50	00:48:33	02:35:35
143	243	Leśnicki Marek	Stanowice	KPPSP Świdnica	M55	6	00:23:27	00:03:49	01:20:33	00:02:11	00:45:37	02:35:36
144	156	Ratajczak Marek	Wrocław	TM Iron Team	M55	7	00:20:50	00:04:33	01:18:58	00:02:23	00:49:00	02:35:43
145	321	Słobodzian Piotr	Karwiany		M50	11	00:20:24	00:04:30	01:24:22	00:02:56	00:43:38	02:35:49
146	323	Bogobowicz Arkadiusz	Wodzisław Śląski	TM Iron Team	M50	12	00:20:44	00:02:51	01:14:07	00:02:30	00:55:41	02:35:52
147	119	Waligóra Maciej	Wrocław		M35	20	00:18:03	00:03:18	01:17:36	00:02:31	00:54:39	02:36:07
148	233	Krzyworączka Kamil	Kraków	SZKOŁA TRIATHLONU	M25	15			01:18:59	00:02:31	00:53:17	02:36:12
149	257	Cisłowski Arkadiusz	Dąbrowa Górnicza	KRS TKKF Triathlon Dąbrowa Górnicza 100MIESZKAN	M45	19	00:22:58	00:03:29	01:18:39	00:02:05	00:49:14	02:36:24
150	328	Mansfeld Jarek	Bojanowo	Agromen.pl Team	M40	28	00:23:21	00:03:29	01:21:49	00:02:18	00:45:30	02:36:26
151	83	Dajczer Rafał	Warszawa		M45	20	00:18:58	00:04:37	01:23:24	00:03:08	00:46:24	02:36:31
152	274	Anielak Mateusz	Łódź	I'M Inspiration	M30	21	00:17:05	00:03:51	01:22:51	00:03:03	00:50:30	02:37:19
153	76	Pawliczek Szymon	Kędzierzyn-Koźle	Goryl z KK	M25	16	00:18:40	00:04:15	01:18:44	00:02:32	00:53:28	02:37:39
154	249	Dylik Marcin	Aleksandrów Łódzki	HTF Ludwik Sikorski	M40	29	00:18:09	00:03:29	01:18:42	00:01:59	00:55:26	02:37:44
155	186	Pospiszyl Maciej	Strzelce Opolskie	Pospiszyl SQUAD	M35	21	00:20:36	00:03:42	01:18:21	00:02:16	00:52:51	02:37:46
156	256	Śliwa Marcin	Wrocław	Twister Team INNOVA-THERM	M45	21	00:21:12	00:04:26	01:20:13	00:03:04	00:48:51	02:37:46
157	109	Żelazny Jan	Łódź	Sqoora Training	M35	22	00:23:39	00:04:37	01:14:47	00:02:31	00:52:27	02:38:01
158	311	Wróblewski Adam	Nysa	Pace Crew Nysa	M18	15	00:21:55	00:03:39	01:21:55	00:03:01	00:47:33	02:38:03
159	217	Sroka Michał	Wrocław	FunTri	M45	22	00:15:47	00:03:54	01:18:06	00:02:32	00:57:54	02:38:12
160	103	Kolak Paweł	Wrocław	TRIMP	M40	30			01:21:45	00:03:21	00:50:21	02:38:30
161	185	Łasiewicki Dariusz	Radlin	K.S. CROSS SPORT	M45	23	00:18:31	00:03:47	01:16:49	00:03:12	00:56:33	02:38:51
162	166	Głowacki Maciej	Zabrze	TriDivision Triathlon Team	M35	23	00:25:31	00:04:00	01:16:22	00:02:29	00:50:53	02:39:15
163	276	Fulczynski Grzegorz	Wrocław		M40	31	00:20:14	00:04:13	01:20:03	00:04:11	00:50:52	02:39:32
164	164	Chaba Mariusz	Żary	REZLER TEAM	M25	17	00:20:27	00:03:44	01:25:22	00:02:45	00:47:15	02:39:32
165	252	Gąsiorowski Jacek	Wrocław	Drużyna Szpiku	M55	8	00:20:48	00:03:17	01:22:10	00:02:43	00:50:35	02:39:33
166	120	Solarz Jan	Wrocław	SOLPOL	M25	18	00:20:36	00:04:11	01:21:14	00:02:57	00:50:39	02:39:37
167	262	Jawor Marcin	Mysłowice	emjot tri team	M45	24	00:17:05	00:03:52	01:21:01	00:02:22	00:55:32	02:39:44
168	121	Bańka Bartłomiej	Poznań		M30	22	00:20:00	00:03:38	01:18:42	00:02:16	00:55:24	02:39:59
169	72	Furman Adam	Rogów Opolski		M30	23	00:21:24	00:03:29	01:23:39	00:02:13	00:49:38	02:40:22
170	152	Makarewicz Arkadiusz	Wrocław		M30	24	00:19:57	00:03:19	01:26:36	00:01:53	00:48:38	02:40:23
171	279	Młynarczyk Joanna	Wrocław	FunTri	K35	3	00:21:26	00:03:52	01:20:14	00:02:41	00:52:29	02:40:41
172	191	Bugała Paweł	Wrocław	MILOTEAM	M18	16	00:19:29	00:03:15	01:23:59	00:02:16	00:51:45	02:40:44
173	128	Grela Malgorzata	Wrocław		K30	5	00:16:01	00:02:59	01:25:31	00:01:55	00:54:20	02:40:45
174	265	Małysz Krzysztof	Syców		M35	24	00:20:42	00:02:41	01:24:49	00:02:01	00:50:37	02:40:49
175	188	Łojtek Marta	Milicz		K30	6	00:20:03	00:03:31	01:18:33	00:01:57	00:56:48	02:40:52
176	85	Góralczyk-Płatek Berenika	Kraków	WM Triself	K25	2	00:18:36	00:03:05	01:20:28	00:02:38	00:56:16	02:41:02
177	93	Owczarek Łukasz	Wrocław		M40	32	00:21:32	00:03:57	01:24:27	00:02:01	00:50:11	02:42:07
178	255	Zagórski Jerzy	Złotoryja	Cyklofinish	M50	13	00:21:39	00:03:35	01:17:53	00:02:49	00:56:14	02:42:09
179	45	Gałęcka Natalia	Warszawa	La Manha Sport Team	K18	4	00:20:42	00:04:10	01:23:10	00:02:24	00:52:07	02:42:33
180	148	Brzeziński Robert	Kraków	Unlimited Sport 2.0	M30	25	00:24:28	00:04:16	01:19:26	00:03:27	00:50:56	02:42:33
181	98	Woźniczka Weronika	Leszno		K25	3	00:18:37	00:03:56	01:27:16	00:02:21	00:50:38	02:42:48
182	172	Zieliński Bartłomiej	Łódź		M35	25	00:23:07	00:03:42	01:21:30	00:03:05	00:51:34	02:42:58
183	61	Zawadzki Grzegorz	Koło	KOŁO	M60	1	00:20:49	00:03:37	01:25:31	00:02:23	00:50:50	02:43:10
184	54	Leśniak Matylda	Gliwice	FunTri	K18	5	00:19:04	00:02:54	01:27:50	00:02:53	00:50:43	02:43:23
185	307	Momot Piotr	Wrocław	Triathlon Club Wrocław	M35	26	00:19:18	00:05:35	01:23:21	00:02:06	00:53:06	02:43:25
186	97	Szcześniak Marcin	Wrocław	FC Zakrzów	M40	33	00:22:55	00:03:25	01:24:15	00:02:13	00:50:38	02:43:25
187	225	Tomiczek Igor	Namysłów	Diehl Controls Polska	M35	27	00:21:37	00:04:12	01:27:58	00:01:56	00:47:51	02:43:33
188	269	Morawski Michał	Lusówko		M30	26	00:17:47	00:03:40	01:26:51	00:02:42	00:52:36	02:43:35
189	245	Sibiński Maciej	Wrocław		M40	34	00:18:37	00:04:21	01:22:22	00:02:27	00:55:50	02:43:36
190	205	Grzybowski Kornel	Jawor		M35	28	00:22:32	00:05:38	01:19:51	00:02:53	00:53:02	02:43:55
191	196	Stanula Karol	Kraków		M30	27	00:24:15	00:03:19	01:20:04	00:02:27	00:53:53	02:43:58
192	112	Antowski Tomasz	Tychy, Śląskie		M55	9	00:20:39	00:05:45	01:22:14	00:05:44	00:49:44	02:44:05

Pływanie: 1 x 0,95km

Jazda rowerem: 2 x 22,5 km

Bieg: 2 x 5,275 km



SPONSOR TYTULARNY
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Dealer Audi
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Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport
Data: 13.07.2025r.
Dystans: 1/4 IM
Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
193	207	Broda Michał	Wrocław	TRIATHLON CLUB WROCŁAW	M25	19	00:20:44	00:05:07	01:23:05	00:03:17	00:52:02	02:44:15
194	147	Zakrzewski Michał	Łódź		M45	25	00:19:12	00:06:07	01:20:39	00:04:51	00:53:30	02:44:19
195	145	Jabłoński Sebastian	Wrocław	SSW Team Krośnice	M40	35	00:22:15	00:05:03	01:25:00	00:02:50	00:49:22	02:44:29
196	284	Krupa Sebastian	Jarosław		M30	28	00:21:38	00:04:45	01:25:07	00:02:49	00:50:17	02:44:35
197	235	Wieczorek Katarzyna	Pleszew	KAZIKI Triathlon Team	K35	4	00:19:42	00:03:33	01:25:01	00:03:07	00:53:20	02:44:43
198	180	Kozłowski Mateusz	Wrocław (Wrocław-Krzyki)		M25	20	00:18:21	00:03:56	01:23:36	00:04:12	00:54:40	02:44:44
199	318	Kania Mariusz	Bolesławiec		M45	26	00:20:35	00:04:00	01:25:25	00:02:20	00:52:29	02:44:49
200	194	Cieślak Mateusz	Wrocław	Tuli performance team	M35	29	00:18:20	00:04:14	01:24:49	00:03:05	00:54:23	02:44:51
201	92	Stepień Bartosz	Poznań		M40	36	00:19:38	00:04:23	01:25:04	00:02:23	00:53:24	02:44:52
202	16	Zagiczek Paweł	Wrocław		M35	30	00:20:50	00:03:37	01:25:44	00:02:41	00:52:01	02:44:53
203	138	Klimczak Bartłomiej	Wrocław	BCT	M30	29	00:21:57	00:04:45	01:20:35	00:02:52	00:55:01	02:45:09
204	50	Czernicki Filip	Jelenia Góra	kooltriathlon.pl	M35	31	00:15:36	00:04:26	01:19:46	00:03:05	01:02:23	02:45:15
205	90	Girycki Adam	Zabrze	ENKI Artificial Intelligence	M50	14	00:22:53	00:04:14	01:24:41	00:03:08	00:50:31	02:45:27
206	108	Piasecka Katarzyna	Wrocław	Eternia	K25	4	00:19:37	00:03:58	01:25:43	00:03:07	00:53:22	02:45:46
207	300	Kupczyk Mateusz	Wrocław	GVT PCG	M30	30	00:21:10	00:05:29	01:18:44	00:02:58	00:58:03	02:46:24
208	234	Olaczek Łukasz	Mroźów	TRI AMO	M45	27	00:28:02	00:04:14	01:19:46	00:02:16	00:52:10	02:46:28
209	151	Sobiecki Antoni	Oława		M18	17	00:17:32	00:04:25	01:27:09	00:03:47	00:53:59	02:46:52
210	325	Grabowski Piotr	Dobrzykowice	Funtri	M50	15	00:21:55	00:04:55	01:19:26	00:03:14	00:57:34	02:47:04
211	179	Zając Piotr	Częstochowa		M30	31	00:22:45	00:03:10	01:24:02	00:02:22	00:54:53	02:47:12
212	71	Czuga Przemysław	Rybnik		M40	37	00:25:29	00:02:55	01:22:46	00:02:37	00:53:55	02:47:42
213	49	Musioł Krzysztof	Czernica		M30	32	00:21:30	00:03:56	01:24:27	00:02:19	00:55:35	02:47:46
214	271	Rakowski Mateusz	Wrocław		M35	32	00:27:28	00:05:03	01:28:14	00:03:00	00:44:21	02:48:06
215	350	Sobieraj Krzysztof	Wrocław		M25	21	00:22:54	00:04:40	01:26:29	00:01:53	00:52:14	02:48:09
216	131	Paraschidu Małgorzata	Wrocław (Woj. Dolnośląskie)	FUNTRI	K40	5	00:27:58	00:04:08	01:20:36	00:02:56	00:52:32	02:48:10
217	305	Bilska Klaudia	Czempiń	Klub Kolarski Champion Czemiń	K30	7	00:24:11	00:03:44	01:23:23	00:02:07	00:54:51	02:48:15
218	132	Kózka Szymon	Warszawa		M30	33	00:22:38	00:04:09	01:25:48	00:02:24	00:53:51	02:48:49
219	65	Babis Izabela	Kluczbork		K40	6	00:21:38	00:05:02	01:30:24	00:03:28	00:48:26	02:48:57
220	38	Cholewa Wojciech	Gałów		M18	18	00:24:32	00:04:09	01:19:41	00:02:41	00:58:04	02:49:06
221	264	Wypych Bartłomiej	Ostrowy Nad Okszą		M45	28						02:49:58
222	181	Wysoczański Andrzej	Opole	GT KONA	M40	38	00:22:48	00:04:48	01:28:29	00:03:43	00:50:22	02:50:10
223	170	Zarzycki Krzysztof	Oława	SZKOŁA TRIATHLONU	M30	34	00:18:32	00:03:31	01:25:57	00:02:22	01:00:02	02:50:23
224	69	Zajdel Ewa	Wrocław		K25	5	00:19:24	00:03:42	01:29:59	00:02:40	00:54:56	02:50:40
225	213	Skonieczny Andrzej	Włochy	Velux	M40	39	00:28:04	00:04:23	01:26:33	00:02:09	00:49:42	02:50:50
226	158	Łapaj Marcin	Wrocław		M40	40	00:24:16	00:04:55	01:22:04	00:02:36	00:57:18	02:51:09
227	130	Sander Witold	Wrocław	FC Zakrzów	M40	41	00:21:03	00:03:23	01:23:43	00:01:58	01:01:03	02:51:10
228	189	Halusiak Jacek	Wrocław	Targets Creators	M35	33	00:22:00	00:03:56	01:26:45	00:03:40	00:55:07	02:51:28
229	101	Rudnicki Dominik	Kiełczów	6 Rano	M40	42	00:20:45	00:03:46	01:24:20	00:02:03	01:00:47	02:51:40
230	51	Kumczyk Marcin	Głogów		M35	34	00:20:33	00:05:13	01:28:33	00:03:31	00:54:07	02:51:56
231	146	Łapińska Aleksandra	Wrocław		K30	8	00:23:44	00:05:03	01:33:29	00:02:35	00:47:26	02:52:17
232	322	Huzii Vasil	Wrocław		M40	43	00:22:24	00:04:12	01:24:06	00:03:12	00:58:45	02:52:39
233	339	Jarzymowska Iwona	Borzygniew		K40	7	00:23:04	00:04:12	01:28:07	00:02:54	00:54:23	02:52:40
234	105	Dieu Dawid	Wrocław		M25	22	00:24:26	00:04:16	01:28:32	00:02:44	00:52:45	02:52:42
235	68	Szałata Jacek	Rokietnica	ProSport1	M55	10	00:25:25	00:04:32	01:24:43	00:03:43	00:54:47	02:53:09
236	336	Herbut Karolina	Kluczbork	Deviniti	K40	8	00:22:32	00:04:48	01:31:54	00:03:02	00:51:07	02:53:22
237	24	Grehl Paweł	Wrocław	GVT	M45	29	00:17:43	00:03:34	01:27:03	00:02:30	01:02:41	02:53:30
238	36	Ciach Waldek	Jelcz-Laskowice	WITALNA PACZKA	M50	16	00:26:18	00:04:43	01:26:10	00:02:41	00:53:40	02:53:31
239	342	Kowalczyk Arkadiusz	Katowice		M50	17	00:21:49	00:03:52	01:26:58	00:02:06	00:59:46	02:54:31
240	30	Musioł Marek	Wrocław		M25	23	00:21:11	00:03:56	01:32:03	00:02:21	00:55:11	02:54:41
241	333	Jarecki Paweł	Częstochowa		M45	30	00:19:33	00:05:02	01:27:38	00:02:03	01:00:27	02:54:42
242	106	Rynkowski Nikodem	Wrocław		M25	24	00:23:23	00:04:48	01:25:45	00:02:36	00:58:41	02:55:13
243	81	Cieplicki Kamil	Czadrów	Litwin Sports Onkopolisa.pl Ubezpieczenia Onkologiczne	M35	35	00:21:14	00:04:27	01:26:05	00:02:50	01:00:37	02:55:13
244	331	Wojtkiewicz Adam	Oleśnica	KUBISIA TEAM OLEŚNICA - OLEŚNICKA GRUPA TRIATHLONOWA	M50	18	00:18:55	00:05:10	01:27:20	00:02:33	01:01:37	02:55:34
245	43	Cipyk Grzegorz	Oleśnica		M45	31	00:21:31	00:06:31	01:23:51	00:03:52	01:00:13	02:55:57
246	237	Wichłacz Michał	Krotoszyn	Farma Formy WichłaczKaMI	M40	44	00:20:21	00:05:37	01:29:00	00:02:53	00:58:16	02:56:06
247	221	Mielcarek Miłota	Kalisz		M25	25	00:24:09	00:03:17	01:27:13	00:02:18	00:59:27	02:56:24
248	123	Kowalczyk Agata	Katowice		K18	6	00:18:06	00:03:07	01:35:47	00:01:51	00:57:51	02:56:41
249	278	Feliński Jarosław	Łódź		M60	2	00:21:42	00:04:35	01:26:02	00:02:57	01:01:30	02:56:46
250	20	Piórek Grzegorz	Wrocław		M30	35	00:22:53	00:05:33	01:33:54	00:01:46	00:52:53	02:56:58
251	127	Maćkowiak Mirosław	Czarnówka	TRICLUB	M60	3	00:23:05	00:03:57	01:29:42	00:03:01	00:57:43	02:57:28
252	198	Leszczyński Piotr	Twardogóra	ECHO Twardogóra	M18	19	00:35:40	00:03:54	01:27:02	00:02:59	00:47:54	02:57:28
253	178	Łegin Filip	Wrocław		M30	36	00:22:41	00:05:00	01:21:24	00:02:59	01:05:40	02:57:44
254	341	Solarz Paweł	Syców	SOL-TRANS F.H.T. SOL-TRANS K. SOLARZ	M40	45	00:24:41	00:06:06	01:26:34	00:03:52	00:56:42	02:57:55
255	175	Buczek Wojciech	Warszawa		M50	19	00:20:36	00:05:07	01:28:19	00:05:05	00:58:55	02:58:01
256	314	Sztajerski Marcin	Zabrze	Rudzki Klub Kyokushin Karate	M55	11	00:21:16	00:04:44	01:25:58	00:04:09	01:02:15	02:58:21

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

Bieg: 2 x 5.275 km



SPONSOR TYTULARNY





GOSPODARZ





Dealer Audi
Porsche Poznań Franowo



SPONSOR STRATEGICZNY



ORGANIZATOR

Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport
 Data: 13.07.2025r.
 Dystans: 1/4 IM
 Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
257	177	Baranik Jakub	Zabrze		M18	20	00:20:57	00:05:25	01:36:39	00:03:05	00:52:25	02:58:30
258	94	Możdżonek Michał	Mładz	Papa Szolo elcaroTeam	M45	32	00:19:07	00:03:26	01:24:18	00:02:17	01:09:31	02:58:38
259	91	Bańka Jakub	Gliwice		M35	36	00:20:16	00:04:10	01:28:24	00:03:12	01:02:46	02:58:47
260	183	Jasek Dominika	Groblice	SZKOŁA TRIATHLONU	K45	2	00:20:32	00:04:27	01:33:53	00:02:38	00:57:42	02:59:11
261	46	Bącela Piotr	Siechnice		M40	46	00:21:52	00:04:13	01:31:04	00:02:07	00:59:58	02:59:13
262	241	Łazarewicz Justyna	Wrocław	TRIMP	K35	5	00:26:31	00:04:01	01:33:55	00:02:19	00:53:09	02:59:54
263	272	Pietrzyk Tomasz	Będzin	Tom tom	M45	33	00:28:27	00:04:46	01:26:54	00:02:23	00:57:28	02:59:58
264	162	Tomasik Robert	Wrocław	TOMGA	M55	12	00:21:37	00:04:53	01:27:26	00:02:32	01:03:32	03:00:00
265	15	Kulas Andrzej	Grędzina		M45	34	00:24:24	00:06:05	01:27:28	00:03:07	00:58:58	03:00:01
266	143	Broda Mateusz	Wrocław	TRIATHLON CLUB WROCŁAW	M18	21						03:00:23
267	122	Gorniak Joanna	Styrzynieć		K50	1	00:23:32	00:04:31	01:27:07	00:02:50	01:02:37	03:00:37
268	129	Maśliski Filip	Wrocław		M25	26	00:18:25	00:03:55	01:35:40	00:02:10	01:00:36	03:00:46
269	258	Kłaczek Krzysztof	Oława		M55	13	00:22:29	00:04:15	01:22:15	00:04:26	01:07:29	03:00:53
270	31	Lortz Marcel	Ostrzeszów		M25	27	00:22:05	00:04:36	01:30:22	00:03:37	01:01:44	03:02:23
271	216	Maciejewski Michał	Kamieniec Wrocławski	SZKOŁA TRIATHLONU	M45	35	00:23:59	00:04:45	01:30:04	00:03:15	01:00:36	03:02:39
272	44	Zawierucha Jakub	Syców		M25	28	00:31:53	00:04:40	01:34:17	00:01:47	00:51:02	03:03:38
273	240	Biadun Michał	Wrocław		M45	36	00:24:25	00:05:15	01:30:27	00:03:39	01:00:21	03:04:06
274	335	Wróblewski Marcin	Wrocław	GALAXY SPORT CLUB Zenka cafe	M45	37	00:20:22	00:07:07	01:34:39	00:02:55	00:59:13	03:04:15
275	155	Kamoś Witold	Wrocław		M30	37	00:21:17	00:06:05	01:30:03	00:03:25	01:04:55	03:05:45
276	42	Wojdalski Krzysztof	Warszawa		M50	20	00:23:29	00:05:51	01:38:24	00:03:35	00:54:57	03:06:16
277	312	Peszyński Jan	Wrocław		M40	47	00:23:40	00:05:42	01:31:19	00:04:04	01:01:37	03:06:22
278	286	Oleś Filip	Wrocław		M30	38	00:23:24	00:06:06	01:33:23	00:02:34	01:01:54	03:07:21
279	13	Szczepankiewicz Adam	Wrocław	AsAir	M45	38	00:25:37	00:04:19	01:38:40	00:03:48	00:55:08	03:07:32
280	200	Wasilewski Łukasz	Wrocław		M35	37	00:21:30	00:06:30	01:29:11	00:04:26	01:05:57	03:07:34
281	73	Dumański Hektor	Kępno		M50	21	00:25:40	00:04:00	01:24:55	00:02:28	01:11:07	03:08:09
282	291	Petera Adam	Oława		M40	48	00:22:45	00:05:29	01:38:09	00:03:36	00:58:26	03:08:24
283	316	Wiklak Adam	Nowa Iwiczna	AgMa Projekt	M50	22	00:23:44	00:05:07	01:29:21	00:03:01	01:08:22	03:09:35
284	134	Lopez Victor	Wrocław		M40	49	00:22:30	00:04:13	01:35:23	00:02:26	01:06:22	03:10:54
285	107	Smolny Mateusz	Łódź		M35	38	00:19:38	00:07:41	01:35:44	00:02:49	01:05:40	03:11:31
286	82	Sieczkowski Damian	Wrocław		M25	29	00:20:38	00:04:55	01:37:46	00:01:55	01:07:04	03:12:17
287	150	Kaźmierczak Marcin	Chorzów		M30	39	00:25:41	00:05:40	01:39:01	00:02:32	00:59:27	03:12:21
288	144	Firlej Sławomir	Wrocław	V Kolumna	M45	39	00:30:59	00:05:41	01:26:34	00:02:23	01:07:03	03:12:39
289	222	Wójcik Dariusz	Twardogóra	ECHO Twardogóra	M45	40	00:31:35	00:04:08	01:35:35	00:02:33	00:59:26	03:13:16
290	344	Pichliński Tomasz	Wrocław		M50	23	00:20:33	00:09:44	01:38:46	00:03:20	01:03:04	03:15:27
291	52	Karwowski Sebastian	Wrocław		M25	30	00:18:39	00:06:30	01:35:24	00:04:27	01:10:58	03:15:58
292	25	Skrzypczak Małgorzata	Kościelna Wieś		K60	1	00:26:10	00:04:42	01:41:06	00:03:30	01:01:06	03:16:34
293	266	Kubera Tomasz	Perzów		M45	41	00:25:13	00:03:55	01:40:16	00:02:37	01:05:26	03:17:27
294	141	Sitek Krakowiak Ania	Łódź	ania.sitek@wp.pl ania.sitek@wp.pl	K50	2	00:27:46	00:06:39	01:32:20	00:03:11	01:10:22	03:20:17
295	259	Kosmatka Romualda	Piła	IM Inspiration	K55	1	00:27:12	00:05:53	01:32:36	00:03:07	01:12:20	03:21:08
296	263	Zawadzki Michał	Wrocław		M25	31	00:28:45	00:06:42	01:41:31	00:03:18	01:01:22	03:21:37
297	251	Koj Sabina	Piekary Śląskie	Dragons Ice Swimmers	K40	9	00:17:43	00:04:35	01:39:41	00:03:00	01:17:06	03:22:04
298	290	Kornafel Barbara	Chorzów	Akademia Świadomego Treningu	K30	9	00:25:58	00:05:16	01:41:38	00:04:11	01:05:19	03:22:22
299	95	Żółtaniecki Kamil	Wilkszyn		M40	50	00:27:37	00:06:32	01:36:13	00:03:22	01:09:47	03:23:30
300	242	Bedła Grzegorz	Miedźno		M55	14	00:24:04	00:06:11	01:39:51	00:03:27	01:10:12	03:23:45
301	348	Kubera Łukasz	Syców	TATUŠKOWIE	M40	51	00:22:19	00:04:41	01:39:46	00:03:16	01:13:56	03:23:57
302	14	Malec Mateusz	Wrocław		M35	39	00:23:30	00:05:55	01:39:24	00:02:46	01:12:44	03:24:19
303	338	Leszek Zbigniew	Mietne	Towarzystwo Biesiadno Sportowe Kruger&Matz	M65	1	00:26:02	00:06:19	01:39:05	00:05:21	01:08:20	03:25:07
304	332	Jarecki Grzegorz	Wierzchowisko		M18	22	00:24:46	00:05:14	01:42:54	00:02:37	01:09:49	03:25:20
305	299	Dobroć Bartłomiej	Kamienna	VETROTECH POLSKA SAINT-GOBAIN	M40	52	00:21:12	00:05:01	01:39:02	00:05:14	01:17:49	03:28:17
306	17	Milejski Norbert	Jelcz-Laskowice		M45	42	00:32:07	00:05:35	01:45:08	00:02:49	01:04:36	03:30:15
307	204	Olejniczak Witold	Ostrów Wlkp.	KS MARATON OSTRÓW WLKP.	M75	1	00:30:37	00:06:29	01:40:42	00:04:38	01:08:18	03:30:43
308	343	Surzhko Anzhelika	Wrocław		K30	10	00:23:08	00:08:01	01:41:45	00:02:52	01:18:46	03:34:32
309	330	Strzała Maria	56-400		K40	10	00:30:02	00:04:37	01:50:02	00:02:04	01:15:18	03:42:02
310	142	Krakowiak Paweł	Łódź		M50	24	00:26:06	00:10:46	01:48:28	00:06:14	01:21:38	03:53:12
311	40	Cywiński Michał	Wrocław		M25	32	00:36:58	00:06:41	01:52:22	00:03:32	01:29:37	04:09:10
312	319	Norberciak Renata	Bielawa		K50	3	00:40:44	00:05:22	02:02:47	00:03:23	01:28:37	04:20:52

Pływanie: 1 x 0,95km
 Jazda rowerem: 2 x 22,5 km
 Bieg: 2 x 5.275 km