



SPONSOR TYTULARNY
GARMIN



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport
Data: 13.07.2025r.
Dystans: 1/8 IM
Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
1	704	Janicki Karol	Gostyń	Janicki Coaching/KU AZS UAM Triathlon Poznań	M18	1	00:05:52	00:01:47	00:33:02	00:01:07	00:17:46	00:59:33
2	575	Kępiński Jan	Warszawa (Wilanów)	LUFT TRI TEAM	M18	2	00:06:34	00:01:59	00:30:23	00:01:38	00:19:15	00:59:49
3	655	Stajniak Bartłomiej	Namysłów	STAJNIAK TEAM TRENER TRIATHLONU	M30	1	00:07:36	00:02:06	00:33:05	00:01:15	00:16:55	01:00:57
4	577	Baranek Bartosz	Piaseczno	Junior Luft Tri Team	M16	1	00:06:55	00:01:52	00:33:01	00:01:26	00:19:25	01:02:39
5	586	Jackowiak Piotr	Brzeg	Sztuka Ruchu	M35	1	00:06:56	00:02:20	00:32:28	00:01:39	00:20:19	01:03:42
6	594	Maślanko Maciej	Jeżów	TM Iron Team Gra-Lech s.c - namioty	M30	2	00:06:59	00:01:59	00:33:22	00:01:47	00:20:03	01:04:10
7	574	Gogol Tomasz	Łomianki	SZKOŁA TRIATHLONU	M35	2	00:07:50	00:01:58	00:32:57	00:01:22	00:20:28	01:04:35
8	481	Durzyński Tymoteusz	Syców	Szala Coach	M18	4	00:06:46	00:01:53	00:33:58	00:01:27	00:20:46	01:04:50
9	688	Mazur Adam	Lubin	Ławka Team	M30	3	00:07:35	00:02:13	00:34:14	00:01:37	00:19:29	01:05:06
10	447	Mazur Adam	Wrocław	Techno Team	M30	4	00:08:00	00:02:15	00:33:26	00:01:41	00:20:09	01:05:31
11	583	Suchański Michał	Studzienice	SZKOŁA TRIATHLONU	M30	5	00:07:03	00:02:10	00:34:37	00:01:20	00:20:22	01:05:31
12	706	Pyk Tomasz	Głogów	TM Iron Team PRO-TEAM Sp. z o.o.	M40	1	00:06:24	00:02:16	00:34:54	00:01:23	00:20:55	01:05:52
13	653	Kończakowski Aleksander	Głowno	TM Iron Team	M16	2	00:08:01	00:02:19	00:35:09	00:01:11	00:20:22	01:06:21
14	714	Świderski Paweł	Kościelna Wieś	DARADEX/KOSTERA TEAM	M45	1	00:07:05	00:02:40	00:34:02	00:01:32	00:21:18	01:06:37
15	506	Matras Bartosz	Wrocław	Litwin Sports	M30	6	00:07:15	00:02:07	00:35:54	00:01:25	00:20:38	01:07:19
16	585	Krysiak Hubert	Warszawa	Triathletic Team	M35	3	00:07:55	00:02:35	00:33:54	00:01:44	00:21:16	01:07:24
17	528	Piechotka Łukasz	Warszawa	SPORT2FREEDOM	M40	2	00:07:56	00:02:13	00:33:52	00:01:26	00:22:09	01:07:36
18	510	Lech Mirosław	Brzeg	Hilti Poland	M35	4	00:07:22	00:02:34	00:34:04	00:01:40	00:22:09	01:07:49
19	631	Majos Paulina	Kielce	TM Iron Team	K25	1	00:06:21	00:02:12	00:35:52	00:01:30	00:22:32	01:08:27
20	679	Marcinkowski Eryk	Wrocław	GVT PCG Team	M18	5	00:08:25	00:01:52	00:36:25	00:01:54	00:20:16	01:08:51
21	676	Kuraj Robert	Bielsko-Biała		M30	7	00:07:54	00:02:38	00:35:54	00:01:37	00:20:58	01:09:01
22	471	Szurek Sławomir	Rydułtowy	UKS "Piątka Plus" Rydułtowy Silesian Triathlon Team	M50	1	00:07:16	00:02:14	00:37:02	00:01:29	00:21:07	01:09:08
23	489	Gierasimiuk Grzegorz	Warszawa	TRIGGER TRIATHLON	M40	3	00:08:38	00:02:54	00:35:24	00:01:37	00:20:45	01:09:18
24	548	Ignatowicz Andrzej	Warszawa	SK TRI&SWIM Team	M50	2	00:07:29	00:02:31	00:36:05	00:01:49	00:21:29	01:09:23
25	524	Stańczak Bartosz	Strzegowo	LuftTriTeam Mamut Camp	M45	2	00:08:05	00:02:18	00:33:51	00:01:27	00:23:53	01:09:34
26	530	Buganiuk Marek	Dzierżoniów	KAZIKI	M50	3	00:08:44	00:02:49	00:33:48	00:01:50	00:22:26	01:09:37
27	565	Tomczuk Filip	Warszawa	TRICLUB	M30	8	00:08:07	00:02:42	00:35:25	00:01:23	00:22:37	01:10:13
28	608	Siennicka Kornelia	Rakowiska	Luft Tri Team	K18	1	00:06:27	00:02:23	00:37:23	00:01:44	00:22:41	01:10:38
29	639	Sidor Alicja	Jelcz-Laskowice	Jelcz Triathlon Project	K40	1	00:08:49	00:02:55	00:37:28	00:01:31	00:20:06	01:10:48
30	501	Jankowski Paweł	Legionowo	@podwyscoach	M40	4	00:07:02	00:02:27	00:37:02	00:01:31	00:22:50	01:10:52
31	624	Korycki Mieszko	Pabianie	mpm mpm	M35	5	00:08:19	00:02:17	00:37:17	00:01:29	00:21:33	01:10:55
32	561	Pszczółowska Małgorzata	Wrocław	endlesspainteam	K30	1	00:07:50	00:02:23	00:36:47	00:01:39	00:22:17	01:11:06
33	620	Tusiński Marcin	Skierniewice		M35	6	00:08:14	00:02:34	00:35:45	00:01:32	00:23:07	01:11:11
34	693	Zbroszczyk Michał	Kamionki	BN	M45	3	00:07:12	00:02:40	00:35:50	00:02:20	00:23:19	01:11:20
35	691	Sawicki Rafał	Wrocław	SCORPION	M45	4	00:08:51	00:02:49	00:35:02	00:02:00	00:22:46	01:11:27
36	579	Tkachenko Volodymyr	Pruszków	UKS SMS Kapry Pruszkow	M35	7	00:10:06	00:02:49	00:36:11	00:01:33	00:20:59	01:11:38
37	508	Wiatr Michał	Konstancin-Jeziorna	Sport2freedom Softtutor Team	M45	5	00:08:08	00:02:26	00:37:26	00:02:13	00:21:39	01:11:51
38	452	Cyl Jakub	Świętochłowice	Tridivision Triathlon Team	M25	1	00:07:06	00:03:14	00:38:02	00:01:45	00:22:15	01:12:21
39	431	Chlebowicz Marcin	Wrocław	Dobry-trener.pl	M40	5	00:08:24	00:02:02	00:37:46	00:01:29	00:22:58	01:12:38
40	684	Gołombiewski Krzysztof	Piotrków Trybunalski	TM Iron Team	M30	9	00:08:11	00:02:46	00:37:00	00:01:58	00:22:57	01:12:51
41	713	Nowak Sławomir	Kalisz	Zdun Triathlon Team	M50	4	00:08:33	00:02:38	00:38:01	00:01:57	00:22:15	01:13:23
42	532	Biernacki Krystian	Wrocław	Become one	M45	6	00:07:50	00:03:01	00:36:04	00:02:14	00:24:21	01:13:30
43	542	Kornaś Karolina	Kamionki	OAZA KÓRNIK	K25	2	00:07:15	00:02:27	00:39:22	00:01:40	00:22:50	01:13:33
44	470	Jasiówka Bartłomiej	Polska Nowa Wieś	Rollico Triathlon Team	M40	6	00:09:06	00:02:42	00:37:07	00:01:51	00:22:59	01:13:35
45	566	Światłowski Paweł	Warszawa	Endless Pain	M40	7	00:08:44	00:02:49	00:37:11	00:02:01	00:22:51	01:13:35
46	442	Przymus Ziemowit	Piastów	Rybicki Triathlon Team	M55	1	00:08:30	00:02:41	00:37:31	00:02:39	00:22:25	01:13:46
47	626	Popławska Kamila	Warszawa	Relentless Triathlon Team	K25	3	00:08:18	00:02:24	00:38:10	00:01:44	00:23:21	01:13:57
48	529	Nizio Rafał	Biłgoraj		M25	2	00:07:58	00:02:54	00:37:26	00:01:53	00:23:50	01:14:00
49	459	Krupiak Katarzyna	Korzystno	Endless Pain	K35	1	00:07:55	00:02:44	00:38:22	00:01:24	00:23:44	01:14:08
50	525	Magiera Bartłomiej	Legnica	Viessmann	M35	8	00:09:15	00:02:45	00:38:32	00:01:49	00:21:51	01:14:11
51	593	Kundzewicz Joanna	Warszawa	Sport2freedom	K40	2	00:08:58	00:02:33	00:37:25	00:01:43	00:24:16	01:14:54
52	588	Ryżyński Michał	Kalisz	KAZIKI	M25	3	00:09:33	00:03:11	00:37:49	00:01:51	00:22:36	01:14:59
53	616	Wasita Weronika	Mysiadło		K18	2	00:08:23	00:03:16	00:39:03	00:02:04	00:22:29	01:15:14
54	568	Mras Aleksandra	Warszawa		K25	4	00:07:20	00:02:49	00:41:01	00:01:31	00:22:38	01:15:18
55	571	Kwiecień Dawid	Opole	TRILOOK	M40	8	00:08:10	00:02:41	00:39:31	00:02:16	00:22:43	01:15:20
56	703	Rozwadowski Adam	Marki	TIMBUD TEAM	M50	5	00:08:32	00:03:03	00:38:06	00:02:17	00:23:47	01:15:44
57	680	Cisło Krzysztof	Wysoka	ArdentCode / 140minut.pl	M40	9	00:07:40	00:02:44	00:39:02	00:01:58	00:24:35	01:15:58
58	598	Gaweł Bartosz	Gliwice	Tri Division Triathlon Team	M30	10	00:10:08	00:04:27	00:37:04	00:02:17	00:22:05	01:16:01
59	612	Moroń Maciej	Siechnice		M18	6	00:07:48	00:02:15	00:40:21	00:01:27	00:24:11	01:16:01
60	483	Kula Krzysztof	Radzionków	TriDivision Triathlon Team ING Bank Śląski	M50	6	00:09:44	00:02:45	00:38:48	00:01:46	00:22:59	01:16:02
61	654	Płaczek Maciej	Wrocław	#ChmuraCoaching BioLider=ProCam=BASF	M40	10	00:08:47	00:03:12	00:36:53	00:02:11	00:25:11	01:16:13
62	645	Piętka Daniel	Poznań	ZGRUPKA TEAM	M45	7						01:16:22
63	618	Smolarek Amelia	Żyrardów		K14	1	00:08:25	00:02:28	00:41:10	00:01:44	00:22:43	01:16:30
64	592	Twardowski Wiktor	Spalice	Oleśnicka Grupa Triathlonowa	M18	7	00:07:52	00:02:49	00:43:24	00:01:39	00:20:57	01:16:41

Pływanie: 1x 0,475km
Jazda rowerem: 1x 22,5km



SPONSOR TYTULARNY

GARMIN

GOSPODARZ



SPONSOR STRATEGICZNY



ORGANIZATOR



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 13.07.2025r.

Dystans: 1/8 IM

Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
65	534	Stańczak Mariusz	Warszawa	SZKOŁA TRIATHLONU ES TRI PROJECT TEAM	M50	7	00:09:47	00:02:56	00:37:40	00:01:56	00:24:32	01:16:51
66	531	Sabitov Nadia	Aleksandrów Łódzki	HTF Ludwik Sikorski	K18	3	00:07:49	00:02:34	00:42:00	00:02:09	00:22:24	01:16:56
67	702	Tomaszewska Julita	Legionowo	SK TRI&SWIM Team	K45	1	00:08:51	00:02:47	00:38:05	00:02:02	00:25:12	01:16:57
68	465	Mazur Wojciech	Wrocław		M50	8	00:07:36	00:02:42	00:39:19	00:02:03	00:25:18	01:16:58
69	582	Grabarek Patryk	Kalisz		M25	4	00:08:33	00:03:17	00:39:32	00:01:53	00:23:51	01:17:05
70	625	Pol Bartosz	Rawicz	Waniewski Coaching	M40	11	00:08:51	00:03:31	00:37:49	00:02:02	00:25:09	01:17:22
71	661	Ziarko Maciej	Gliwice		M45	8	00:09:10	00:03:34	00:37:52	00:02:14	00:24:35	01:17:25
72	660	Jaśniewski Artur	Pleszew		M50	9	00:09:18	00:02:59	00:39:44	00:02:04	00:23:33	01:17:37
73	705	Lesisz Maciej	Namysłów	Triada Namysłów	M45	9	00:07:41	00:03:45	00:38:54	00:01:59	00:25:08	01:17:45
74	602	Chowaniec Radosław	Grodzów		M50	10	00:08:12	00:03:08	00:37:09	00:02:09	00:28:00	01:18:38
75	546	Rakowska Marta	Jaworze		K30	2	00:09:14	00:03:24	00:39:40	00:02:06	00:24:20	01:18:44
76	541	Golemiec Kazimierz	Wrocław	IM INSPIRATION	M60	1	00:08:35	00:03:13	00:38:13	00:02:41	00:26:12	01:18:54
77	535	Prędoła Krzysztof	Warszawa	Sport2freedom	M50	11	00:09:52	00:02:38	00:39:42	00:02:02	00:24:50	01:19:08
78	717	Kargol Paweł	Olesnica		M45	10	00:09:45	00:03:06	00:37:50	00:02:48	00:25:39	01:19:08
79	647	Sikora Rafał	Ostrów Wielkopolski		M50	12	00:08:22	00:03:10	00:38:42	00:01:33	00:27:39	01:19:25
80	708	Bieniaszewski Marcin	Brzeg		M35	9	00:09:23	00:02:44	00:40:56	00:02:28	00:23:57	01:19:28
81	478	Tkaczyk Justyna	Opole		K30	3	00:09:08	00:02:55	00:42:36	00:01:59	00:25:08	01:19:30
82	636	Grzembki Krystian	Świdnica	Bike Center Ataksport Świdnica	M30	11	00:11:56	00:03:27	00:37:32	00:02:11	00:24:36	01:19:42
83	596	Dawidowski Patryk	Lubin		M18	8	00:07:40	00:03:16	00:43:38	00:02:34	00:23:03	01:20:10
84	516	Erenberg Dawid	Piotrków Trybunalski	EvoTriathlon	M18	9	00:08:41	00:03:44	00:42:22	00:01:56	00:23:28	01:20:11
85	643	Trojanowska Maja	Krakow	TriWise	K16	1	00:08:28	00:02:48	00:44:18	00:01:12	00:23:28	01:20:13
86	553	Nguyen Dorota	Rybnik		K35	2	00:09:15	00:03:06	00:41:53	00:02:00	00:24:02	01:20:15
87	611	Siennicka Lukrecja	Rakowiska	Kolarska Grupa Bialska	K55	1	00:08:54	00:02:57	00:39:08	00:02:04	00:27:26	01:20:28
88	545	Rakowski Mateusz	Jaworze		M35	10	00:07:56	00:02:41	00:38:22	00:01:49	00:30:06	01:20:53
89	718	Warych Katarzyna	Katowice	Dawaj Kalach Team	K35	3	00:11:36	00:02:56	00:41:31	00:02:23	00:22:33	01:20:59
90	519	Raburski Cezary	Milicz		M30	12	00:12:22	00:04:02	00:38:22	00:02:04	00:24:29	01:21:18
91	488	Wojnicki Łukasz	Koło	ANDRE TEAM MUKS Huragan Koło	M35	11	00:08:54	00:02:26	00:42:24	00:02:14	00:25:21	01:21:19
92	513	Opiłowska Michalina	Modła	Augustyniak Triathlon Team	K16	2	00:07:56	00:02:12	00:43:26	00:01:40	00:26:17	01:21:30
93	635	Rybczyńska Klaudia	Radom	OmegaObozy Radom OmegaObozy Radom	K30	4	00:10:02	00:02:42	00:41:59	00:01:33	00:25:29	01:21:45
94	474	Przybyła Marcin	Wrocław		M35	12	00:09:03	00:05:23	00:40:32	00:02:19	00:24:29	01:21:46
95	570	Urbanik Otylia	Konin	Konińska Akademia Triathlonu	K18	4	00:08:41	00:02:31	00:44:57	00:01:45	00:23:58	01:21:52
96	604	Sawicka Małgorzata	Wrocław	SCORPION	K40	3	00:09:20	00:03:17	00:39:36	00:02:21	00:27:29	01:22:02
97	675	Zalas Jerzy	Nowe Gulczewo	ODPADY-EXPERT	M50	13	00:08:38	00:03:23	00:40:42	00:02:24	00:26:59	01:22:05
98	496	Stefaniszyn Marcin	Brzeg	Sztuka Ruchu	M35	13	00:09:58	00:03:09	00:41:11	00:02:03	00:25:48	01:22:09
99	554	Joachimak Barbara	Smolec	Tritogo	K25	5	00:09:44	00:03:28	00:43:05	00:02:13	00:23:40	01:22:09
100	606	Rosiński Krzysztof	Bibice	TriWise	M35	14	00:07:46	00:03:58	00:42:46	00:02:10	00:25:42	01:22:22
101	549	Szczęch Adam	Czyżowice	Silesian Triathlon Team	M45	11	00:08:43	00:03:22	00:36:46	00:02:44	00:30:52	01:22:27
102	450	Młotkowski Igor	Oleśnica	Miwro	M16	3	00:11:58	00:04:11	00:40:04	00:02:14	00:24:09	01:22:35
103	707	Lamperski Wojciech	Wrocław	Litwin Sports	M55	2	00:08:40	00:02:43	00:41:50	00:03:04	00:26:26	01:22:42
104	589	Zwierzak Piotr	Lutynia	Centrum Treningu Personalnego	M35	15	00:10:03	00:03:39	00:39:51	00:02:50	00:26:35	01:22:57
105	672	Szafranko Michał	Zgorzeła	Medic House	M35	16	00:08:21	00:03:51	00:43:08	00:02:27	00:25:16	01:23:03
106	587	Stachowiak Sandra	Wronki	TM Iron Team	K25	6	00:11:13	00:02:53	00:41:13	00:02:02	00:26:01	01:23:22
107	543	Grys Marek	Brzezina	Scorpion Kickboxing MMA	M40	12	00:11:32	00:04:39	00:41:16	00:03:21	00:22:50	01:23:37
108	682	Początek Łukasz	Jelcz-Laskowice	JELCZ TRIATHLON PROJECT	M40	13	00:11:49	00:04:05	00:41:46	00:02:23	00:23:40	01:23:43
109	558	Korzeniowska-Milczarek Katarzyna	Bolesławice		K40	4	00:11:08	00:02:36	00:41:00	00:02:02	00:27:05	01:23:50
110	567	Lis Ewa	Jaworzno		K40	5	00:10:19	00:03:27	00:43:26	00:02:32	00:24:20	01:24:04
111	515	Baran Marta	Warszawa	Sport2freedom	K50	1	00:10:12	00:02:47	00:41:19	00:01:52	00:27:58	01:24:07
112	674	Kunecka Hanna	Ratowice	Jelcz Triathlon Project	K18	5	00:10:59	00:03:04	00:40:58	00:02:19	00:26:55	01:24:15
113	698	Klepacki Tomasz	Warszawa	KS Triathlon Rawa	M65	1	00:08:47	00:03:08	00:42:33	00:02:32	00:27:24	01:24:23
114	437	Wdowiak Anna	Namysłów		K40	6	00:10:16	00:03:44	00:41:22	00:02:35	00:26:42	01:24:38
115	627	Żynda-Kaźmierczak Sylwia	Konin	Konińska Akademia Triathlonu	K40	7	00:09:24	00:03:13	00:44:49	00:02:10	00:25:05	01:24:40
116	503	Parzelski Gerard	Radom	VENTUS Radom	M50	14						01:24:53
117	689	Kurc Tomasz	Kalisz	Zdun Triathlon Team	M50	15	00:10:13	00:03:11	00:43:10	00:02:02	00:26:28	01:25:03
118	640	Jurasik Marcin	Sadowice		M35	17	00:11:24	00:04:31	00:43:08	00:02:06	00:24:01	01:25:10
119	599	Szweda Emil	Czechowice Dziedzice	Tomica Coaching	M60	2	00:11:11	00:03:28	00:40:41	00:02:04	00:27:49	01:25:13
120	527	Kozłowski Jakub	Porajów		M16	4	00:09:13	00:05:27	00:45:41	00:01:51	00:23:07	01:25:19
121	573	Supel Maciej	Wrocław	LITWIN SPORTS	M40	14	00:08:46	00:03:32	00:42:10	00:02:09	00:29:02	01:25:39
122	526	Krajewska Anna	Łódź	OSMO Running Academy ostrość.pl	K30	5	00:09:10	00:03:29	00:43:55	00:02:16	00:26:53	01:25:42
123	427	Kyziół Magdalena	Jastrzębie Zdrój	Silesian Triathlon Team	K30	6	00:10:23	00:03:04	00:42:52	00:02:02	00:27:32	01:25:53
124	555	Zawadzki Mateusz	Wrocław		M30	13	00:08:59	00:04:28	00:44:05	00:02:23	00:26:04	01:25:58
125	715	Pudlis Dawid	Wrocław		M35	18	00:10:13	00:04:05	00:44:34	00:02:39	00:24:53	01:26:24
126	673	Chwiłoc Maciej	Zielonki-Wieś	Grupa Pracuj	M45	12	00:10:28	00:04:44	00:40:34	00:02:22	00:28:30	01:26:38
127	697	Czarnecki Filip	Myszków	PETER TRIATHLON TEAM	M25	5	00:09:36	00:03:39	00:46:16	00:02:20	00:24:53	01:26:43
128	628	Rowiecki Kacper	Dzierżoniów		M25	6	00:11:31	00:03:55	00:43:59	00:02:28	00:24:54	01:26:47

Pływanie: 1x 0,475km

Jazda rowerem: 1x 22,5km

Bieg: 1x5,275km



SPONSOR TYTULARNY
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SPONSOR STRATEGICZNY
beko
Dealer Audi
Porsche Poznań Franowo



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport
Data: 13.07.2025r.
Dystans: 1/8 IM
Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
129	544	Kruzel Julia	Wrocław	Centrum Rehabilitacji Body Balance	K18	6	00:09:13	00:03:55	00:44:36	00:02:40	00:26:25	01:26:49
130	485	Girycka Katarzyna	Zabrze		K25	7	00:09:24	00:03:13	00:45:30	00:02:21	00:26:26	01:26:54
131	438	Pieńkowski Oskar	Zawonia		M25	7	00:09:14	00:05:11	00:43:32	00:03:25	00:25:40	01:27:02
132	712	Sobczak Natalia	Kalisz	Zdun Triathlon Team	K30	7	00:09:36	00:03:14	00:43:06	00:02:47	00:28:31	01:27:14
133	630	Wojciuch Paweł	Wrocław	Rector Polska	M35	19	00:08:35	00:05:26	00:44:59	00:03:16	00:24:59	01:27:15
134	556	Hadrych Hanna	Zielona Góra	HaTRICh Team	K14	2	00:09:52	00:04:23	00:43:47	00:02:49	00:26:36	01:27:26
135	671	Brodniak Michał	Wrocław		M25	8	00:12:06	00:04:58	00:44:31	00:01:42	00:24:17	01:27:34
136	629	Cerqueira Sergio	Wrocław		M35	20	00:11:44	00:04:05	00:43:46	00:03:05	00:25:04	01:27:44
137	441	Ziarko Danuta	Gliwice		K40	8	00:07:59	00:04:38	00:47:40	00:02:13	00:25:27	01:27:56
138	605	Drzewiecka Dominika	Gdańsk	Dawaj Kalach Team	K35	4	00:09:48	00:02:44	00:44:33	00:02:01	00:28:56	01:28:02
139	433	Świrk Magdalena	Nowica	IM Inspiration	K30	8	00:10:21	00:03:58	00:42:11	00:02:34	00:29:00	01:28:03
140	650	Promny Mariusz	Pleszew	DMG MORI TEAM DMG MORI Poland	M45	13	00:13:03	00:04:05	00:44:01	00:01:42	00:25:23	01:28:14
141	498	Kaliski Piotr	Wrocław		M50	16	00:08:47	00:04:32	00:43:06	00:02:20	00:29:40	01:28:25
142	464	Wyspiański Tomasz	Radostowice	IronSilesia	M40	15	00:11:49	00:04:19	00:42:15	00:02:29	00:27:36	01:28:27
143	533	Manikowski Hubert	Katowice		M40	16	00:09:07	00:03:53	00:47:07	00:03:01	00:25:24	01:28:31
144	458	Ligeza Janek	Kraków	Smashing Papkins	M18	10	00:10:20	00:03:41	00:43:46	00:02:23	00:28:22	01:28:32
145	448	Dudzik Krzysztof	Trzebnica		M40	17	00:11:03	00:02:54	00:45:15	00:02:06	00:27:23	01:28:40
146	439	Marszałek Agata	Wrocław	Prawy Hals	K25	8	00:08:28	00:03:15	00:42:51	00:01:55	00:32:33	01:29:01
147	497	Toborowicz Dżesika	Jastrzębie- Zdrój		K25	9	00:09:26	00:03:31	00:46:16	00:01:54	00:27:59	01:29:06
148	614	Kaczmarek Janusz	Syców		M50	17	00:13:45	00:04:08	00:44:12	00:01:55	00:25:12	01:29:11
149	652	Błach Marek	Oleśnica	Oleśnicka Grupa Triathlonowa	M45	14	00:08:16	00:04:30	00:44:29	00:02:34	00:29:33	01:29:12
150	658	Micek Dawid	Jabłonna		M25	9	00:10:05	00:04:18	00:43:16	00:01:49	00:29:46	01:29:13
151	469	Ligeza Witek	Kraków	Kangurowa Szkoła / Smashing PApkins	M50	18	00:11:34	00:04:18	00:43:20	00:02:05	00:27:57	01:29:14
152	540	Staroń Szymon	Kraków		M30	14						01:29:25
153	601	Galik Rafał	Wrocław		M35	21	00:12:46	00:04:03	00:40:54	00:02:49	00:28:56	01:29:27
154	651	Światowy Filip	Wałbrzych	RONAL POLSKA RUN	M40	18	00:09:39	00:04:01	00:46:56	00:02:22	00:26:32	01:29:30
155	659	Grabowski Tomasz	Wrocław	TANŹCZĄCY Z BAJPASAMI	M60	3	00:10:54	00:04:11	00:43:32	00:01:59	00:28:59	01:29:35
156	615	Kita Tomasz	Smardzów	OLEŚNICKA GRUPA TRIATHLONOWA	M50	19	00:12:46	00:04:01	00:41:10	00:02:28	00:29:21	01:29:45
157	493	Owczarek Tomasz	Częstochowa		M55	3	00:08:49	00:03:23	00:43:38	00:01:54	00:32:03	01:29:46
158	509	Klimkowski Jakub	Smolec		M18	11	00:10:43	00:03:40	00:44:40	00:02:50	00:28:00	01:29:53
159	472	Zajączkowski Paweł	Warszawa	POWER TRAINING	M35	22	00:12:30	00:05:23	00:45:29	00:02:13	00:24:20	01:29:55
160	440	Lorenc Karolina	Kielczów		K35	5	00:09:03	00:03:57	00:46:48	00:02:54	00:27:17	01:29:59
161	683	Chowanek Adam	Namysłów	Projekt Progres	M35	23	00:11:48	00:04:22	00:43:09	00:02:20	00:28:20	01:29:59
162	633	Tkacz Sebastian	Nowogrodziec		M25	10	00:11:06	00:03:49	00:47:46	00:02:15	00:25:08	01:30:03
163	476	Reniszyn Andrzej	Święta Katarzyna		M35	24	00:10:01	00:04:07	00:44:45	00:03:47	00:27:45	01:30:24
164	511	Rymanowska Izabela	Wrocław	V Kolumna	K40	9	00:10:23	00:04:34	00:45:26	00:01:53	00:28:18	01:30:33
165	711	Palczewski Dominik	Krotoszyn	Z ZDUN TRIATHLON TEAM	M18	12	00:13:37	00:05:05	00:44:34	00:02:24	00:25:00	01:30:40
166	517	Erenberg Rafał	Piotrków Trybunalski	Fudu&Co. Sport Team	M40	19	00:11:54	00:04:42	00:45:14	00:02:18	00:26:50	01:30:58
167	522	Krupiński Jakub	Zgorzelec	EDI-TEAM zgorzelec	M40	20	00:09:29	00:04:00	00:47:30	00:01:34	00:28:27	01:31:00
168	521	Krupińska Elżbieta	Zgorzelec	EDI TEAM ZGORZELEC / Tri Complex	K14	3	00:09:29	00:04:01	00:47:25	00:01:39	00:28:26	01:31:00
169	490	Niechciał-Kornacka Agnieszka	Lutynia		K35	6	00:11:23	00:03:32	00:48:18	00:01:49	00:26:03	01:31:04
170	463	Wyspiańska Katarzyna	Radostowice	UKS Avatar Silesia Team, MKS Czechowice-Dziedzice	K14	4	00:12:30	00:04:39	00:44:18	00:03:17	00:26:21	01:31:04
171	495	Czekaj Tomasz	Namysłów		M35	25	00:15:29	00:04:07	00:46:21	00:02:44	00:22:43	01:31:23
172	638	Bukowska Kamila	Kamieniec Wrocławski		K25	10	00:09:35	00:04:31	00:47:55	00:01:57	00:27:37	01:31:34
173	648	Kargol Adam	Oleśnica		M16	5	00:11:05	00:03:48	00:41:54	00:02:10	00:32:56	01:31:53
174	468	Ligeza Joasia	Kraków	Smashing PApkins	K50	2	00:10:50	00:03:32	00:46:40	00:02:42	00:28:13	01:31:57
175	547	Michalski Antoni	Pabianice	Jumi	M18	13	00:11:13	00:03:49	00:51:03	00:01:59	00:23:55	01:31:59
176	584	Sowa Aneta	Uniejów	HTF Ludwik Sikorski Uzdrawisko Termalne Uniejów	K50	3	00:10:18	00:03:21	00:46:47	00:02:25	00:29:11	01:32:02
177	578	Bardzel Justyna	Łódź	Bednarski Tri Team	K40	10	00:09:57	00:03:47	00:44:39	00:02:28	00:31:14	01:32:05
178	449	Brożek Łukasz	Zawiercie		M40	21	00:10:41	00:04:33	00:49:10	00:02:23	00:25:21	01:32:08
179	710	Termena Marcin	Jelcz - Laskowice	Jelcz Triathlon Project	M45	15	00:12:22	00:05:54	00:43:15	00:02:37	00:28:02	01:32:10
180	709	Lebek Magda	Szczodre	GVT PCG Team	K35	7	00:10:59	00:04:10	00:45:04	00:02:29	00:29:56	01:32:38
181	429	Kiecka Kamil	Międzybórz		M30	15	00:16:30	00:03:48	00:45:09	00:01:31	00:25:42	01:32:40
182	603	Sobański Sławomir	Granowice		M40	22	00:10:00	00:03:55	00:47:03	00:02:25	00:29:27	01:32:49
183	613	Szablewski Grzegorz	Wrocław		M40	23	00:08:21	00:03:58	00:47:49	00:02:35	00:30:14	01:32:56
184	607	Baluta Piotr	Trzebnica	Nie umiem pływać i nie mam roweru. Wrocław	M40	24	00:09:13	00:04:02	00:51:07	00:02:05	00:26:47	01:33:13
185	699	Mądry Robert	Wrocław		M30	16	00:12:11	00:03:40	00:48:27	00:02:16	00:26:49	01:33:22
186	504	Sienkiewicz Arkadiusz	Wrocław		M50	20	00:11:01	00:05:50	00:47:13	00:03:02	00:27:05	01:34:11
187	690	Świdarska-Zięta Agata	Wrocław		K45	2	00:11:27	00:04:01	00:47:43	00:02:17	00:28:49	01:34:17
188	494	Michalak Jacek	Łódź	Nordea Triathlon Team	M40	25	00:13:10	00:04:07	00:47:26	00:02:52	00:26:51	01:34:26
189	663	Opaliński Paweł	Nowa Ruda		M35	26	00:11:40	00:05:21	00:46:53	00:02:52	00:27:47	01:34:33
190	425	Fibich Celina	Dąbrowa		K35	8	00:13:16	00:03:44	00:46:45	00:03:07	00:27:53	01:34:44
191	696	Chilinski Maksymilian	Milicz		M25	11	00:10:02	00:04:06	00:50:01	00:02:47	00:27:51	01:34:46
192	681	Korpik Adam	Pruszków		M14	1	00:11:30	00:03:56	00:44:04	00:02:15	00:33:06	01:34:50

Pływanie: 1x 0,475km
Jazda rowerem: 1x 22,5km
Bieg: 1x5,275km

SPONSOR TYTULARNY



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GOSPODARZ



SPONSOR STRATEGICZNY



ORGANIZATOR



Organizator: LABOSPORT Polska; Stowarzyszenie Po Prostu Sport

Data: 13.07.2025r.

Dystans: 1/8 IM

Miejscowość: Syców

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Kat	Msc Kat	Pływanie	T1	Rower	T2	Bieg	Wynik
193	505	Martyka Jarosław	Wrocław		M35	27	00:10:03	00:04:29	00:49:32	00:03:16	00:27:44	01:35:04
194	597	Chomiak Michał	Bierutów		M40	26	00:13:40	00:03:46	00:47:20	00:02:06	00:28:18	01:35:10
195	637	Celuch Maciej	Wrocław	MIWRO	M25	12	00:14:18	00:04:48	00:48:07	00:01:45	00:26:17	01:35:14
196	646	Tomasik Maciej	Wrocław	TOMGA	M18	14	00:12:05	00:04:39	00:49:50	00:01:51	00:26:54	01:35:19
197	499	Rudowicz Dominika	Oleśnica	Oleśnicka Grupa Triathlonowa	K30	9	00:11:08	00:03:19	00:47:41	00:01:59	00:31:22	01:35:29
198	479	Marcinowski Maciej	Wrocław		M30	17	00:10:55	00:05:04	00:46:05	00:03:28	00:30:11	01:35:42
199	572	Janczewski Grzegorz	Wrocław		M40	27	00:11:08	00:08:28	00:48:09	00:02:45	00:25:13	01:35:43
200	480	Łuczyński Michał	Ramiszów		M30	18	00:10:10	00:05:50	00:46:00	00:03:33	00:30:11	01:35:44
201	539	Szczepańska Kinga	Pleszew		K30	10	00:11:12	00:03:06	00:50:22	00:01:59	00:29:12	01:35:50
202	502	Łopuszańska Wiktoria	Zabrze		K25	11	00:09:59	00:03:25	00:51:46	00:01:36	00:29:32	01:36:18
203	551	Burda Bartosz	Opole	biky.pl	M18	15	00:11:57	00:05:56	00:48:47	00:02:36	00:27:22	01:36:37
204	678	Sinior Mariusz	Wrocław	GST Gajewski SWIMMING Team	M45	16	00:11:48	00:03:48	00:49:31	00:02:06	00:29:31	01:36:44
205	462	Zagiczek Magdalena	Wrocław		K30	11	00:10:40	00:03:59	00:50:35	00:02:30	00:29:03	01:36:46
206	455	Stawarz Tomasz	Wrocław	InsERT Team InsERT	M40	28	00:09:30	00:05:31	00:49:51	00:02:13	00:29:46	01:36:51
207	562	Głuszcuk Natalia	Wrocław	SZKOŁA TRIATHLONU	K35	9	00:12:10	00:04:02	00:47:26	00:02:54	00:30:29	01:37:01
208	538	Twardowska- Olszańska Zofia	Spalice	Oleśnica Grupa Triathlonowa	K45	3	00:12:02	00:04:56	00:49:10	00:02:34	00:28:23	01:37:04
209	687	Marzec Artur	Lublin	Meteor	M50	21	00:12:29	00:05:11	00:46:16	00:01:45	00:31:34	01:37:15
210	421	Słomka Paweł	Wrocław		M35	28	00:09:39	00:05:25	00:50:45	00:03:47	00:28:44	01:38:20
211	466	Franken Saskia	Oleśnica		K30	12	00:09:26	00:04:20	00:51:08	00:03:13	00:30:29	01:38:35
212	475	Cieplicka Ewa	Borówno	Litwin Sports Onkopolisa.pl Ubezpieczenia Onkologiczne	K35	10	00:11:29	00:05:21	00:49:18	00:02:34	00:30:17	01:38:58
213	595	Wolniak Andrzej	Kalisz	Morsy Gołuchów	M70	1	00:10:14	00:04:40	00:47:20	00:03:58	00:32:58	01:39:10
214	457	Domagalski Jakub	Syców		M45	17	00:11:49	00:04:31	00:49:45	00:02:30	00:30:47	01:39:21
215	500	Bilicka Marta	Oleśnica	Oleśnicka Grupa Triathlonowa	K35	11	00:10:03	00:04:30	00:47:40	00:02:54	00:34:17	01:39:23
216	619	Kacprzak Tadeusz	Konstantynów Łódzki		M70	2	00:12:00	00:04:11	00:41:45	00:02:08	00:39:59	01:40:03
217	514	Szczepański Rafał	Wrocław		M50	22	00:10:05	00:04:55	00:48:36	00:04:46	00:31:50	01:40:12
218	473	Wcisło Piotr	Twardogóra		M65	2	00:12:18	00:05:06	00:49:28	00:02:32	00:30:49	01:40:12
219	664	Witczak Justyna	Pabianice	Espontani Sport Group Łódź	K35	12	00:12:12	00:03:57	00:49:00	00:02:38	00:32:51	01:40:38
220	512	Garlińska Renata	Długoleka	V Kolumna	K45	4	00:14:13	00:06:40	00:47:17	00:02:55	00:30:15	01:41:19
221	701	Kołodziej Antoni	Kalej		M70	3	00:12:46	00:03:45	00:46:25	00:03:15	00:35:09	01:41:20
222	716	Kujawska Ewa	Gdańsk		K25	12	00:13:02	00:04:28	00:55:28	00:03:48	00:24:40	01:41:25
223	454	Pyka Marek	Katowice		M40	29	00:10:21	00:04:04	00:56:26	00:02:12	00:28:37	01:41:40
224	662	Michalski Jerzy	Pabianice	Jumi	M45	18	00:13:18	00:04:24	00:49:36	00:01:55	00:32:37	01:41:49
225	580	Młotkowski Ignacy	Mirków	MIWRO	M45	19	00:17:38	00:03:39	00:46:51	00:02:30	00:31:31	01:42:08
226	617	Kaczkowski Piotr	Legnica		M18	16	00:13:27	00:03:57	00:52:03	00:02:52	00:30:10	01:42:29
227	486	Lepczyńska Natalia	Zduńska Wola		K30	13	00:12:38					01:43:10
228	557	Malinowska Edyta	Ligota Piękna	Malin	K45	5	00:12:48	00:04:23	00:50:36	00:02:07	00:33:44	01:43:37
229	453	Rudnicki Jarosław	Katowice		M40	30	00:13:53	00:05:51	00:53:19	00:03:05	00:27:44	01:43:51
230	467	Grobelny Rafał	Bystre		M40	31	00:12:48	00:05:09	00:50:31	00:03:06	00:34:44	01:46:18
231	435	Czerniawski Radosław	Dobroszyce		M45	20	00:12:43	00:06:00	00:51:36	00:03:39	00:32:36	01:46:33
232	423	Łuszczyńska Jolanta	Namysłów		K45	6	00:12:48	00:05:23	00:53:38	00:02:46	00:32:46	01:47:21
233	430	Kaliszewski Michał	Namysłów		M18	17	00:12:19	00:06:47	00:50:40	00:04:20	00:33:25	01:47:31
234	434	Tyl Anna	Wrocław		K40	11	00:12:24	00:06:59	00:52:11	00:03:33	00:34:40	01:49:47
235	461	Zajązkowska Paulina	Warszawa	POWER TRAINING	K35	13	00:13:20	00:04:45	00:52:55	00:02:37	00:37:10	01:50:46
236	563	Wasylkiewicz Andrzej	Namysłów	DIEHL CONTROLS	M55	4	00:14:15	00:09:10	00:49:29	00:02:58	00:35:13	01:51:04
237	552	Ptak Julia	Kamieniec Zabkowicki		K18	7	00:17:09	00:04:20	00:54:02	00:02:20	00:33:26	01:51:17
238	432	Woźniak Martyna	Szydłowice		K18	8	00:12:47	00:05:09	00:52:15	00:03:45	00:37:25	01:51:21
239	446	Cipyk Adam	Oleśnica		M16	6	00:14:29	00:07:52	00:53:16	00:02:57	00:35:21	01:53:55
240	569	Łubocki Maciej	Wrocław	ODOBENUS	M60	4	00:16:25	00:06:12	00:49:41	00:03:26	00:38:57	01:54:41
241	623	Ślęzak Danuta	Częstochowa		K60	1	00:13:43	00:07:01	00:57:32	00:04:43	00:33:32	01:56:30
242	426	Sławińska Karolina	Wrocław		K25	13	00:10:46	00:06:06	00:54:47	00:04:51	00:40:04	01:56:34
243	694	Kempiński Jerzy	Wrocław		M60	5	00:22:37	00:05:55	00:53:54	00:04:13	00:30:08	01:56:47
244	550	Hutnik Damian	Wrocław		M30	19	00:14:03	00:06:12	00:52:18	00:04:10	00:40:17	01:56:59
245	484	Szewczyk Mikołaj	Sanie		M18	18	00:13:36	00:05:21	01:02:47	00:02:19	00:34:07	01:58:09
246	609	Kopciński Wiktor	Kalisz		M25	13	00:12:10	00:06:50	00:53:26	00:03:43	00:42:10	01:58:18
247	564	Wasylkiewicz Weronika	Namysłów	DIEHL CONTROLS	K25	14	00:14:17	00:09:09	00:56:37	00:05:33	00:33:00	01:58:36
248	600	Diaków Tomasz	Mokronos Górny		M30	20	00:14:22	00:07:39	00:57:01	00:04:45	00:36:05	01:59:51
249	610	Kopciński Wiesław	Kalisz		M65	3	00:12:11	00:06:21	00:55:56	00:03:26	00:43:04	02:00:57
250	451	Kozanecki Adam	Kalisz	Żółta Strzała	M50	23	00:13:30	00:05:09	01:10:39	00:02:59	00:33:09	02:05:26
251	523	Diakow Aleksandra	Mokronos Górny		K25	15	00:11:26	00:07:07	01:07:35	00:04:30	00:38:35	02:09:13

Pływanie: 1x 0,475km
Jazda rowerem: 1x 22,5km
Bieg: 1x5,275km