

TRIATHLON SŁAWA

Organizator: Sport-Górski Jerzy Górski

Data: 21.07.2018

Dystans: 1/3 IM

Miejscowość: SŁAWA



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
1	10	ŁAWICKI MARCIN	LUBIN	MKS POLKOWICE	POL	1986	M30-39	1	00:18:00 (4)	00:01:39	01:27:11 (1)	00:01:19	00:53:34 (3)	02:41:43	1	
2	167	SZYMANOWSKI PRZEMYSŁAW	KOŃSKIE	KS IDMAR/SZYMANOWSKI TRIATHLON TEAM	POL	1986	M30-39	2	00:16:53 (1)	00:01:37	01:30:57 (9)	00:01:16	00:51:48 (1)	02:42:31	2	
3	3	AUGUSTYNIAK KRZYSZTOF	POLKOWICE	MKS PŁETVAL POLKOWICE	POL	1981	M30-39	3	00:17:58 (3)	00:01:42	01:29:46 (3)	00:01:34	00:55:35 (4)	02:46:35	3	
4	220	SPALENIAK TOMASZ	DOBRZEWINO	ENDURE TEAM	POL	1990	M18-29	1	00:20:51 (14)	00:02:12	01:30:33 (8)	00:01:28	00:52:27 (2)	02:47:31	4	
5	175	TOCHOWICZ KASPER	WROCŁAW	TRIWISE	POL	1995	M18-29	2	00:19:29 (7)	00:01:52	01:29:50 (5)	00:01:22	00:57:34 (6)	02:50:07	5	
6	88	MAJCHRZAK MICHAŁ	KOŚCIAN	TGV CLUB	POL	1985	M30-39	4	00:19:30 (8)	00:01:59	01:29:49 (4)	00:01:30	00:58:20 (7)	02:51:08	6	
7	83	PRZYMUSIŃSKI FILIP	POZNAŃ	UAM TRIATHLON POZNAŃ	POL	1983	M30-39	5	00:17:34 (2)	00:01:44	01:30:12 (7)	00:01:27	01:01:39 (12)	02:52:36	7	
8	205	STRONKA DAWID	POZNAŃ	VELOCITY	POL	1981	M30-39	6	00:23:26 (37)	00:02:36	01:27:26 (2)	00:01:37	00:59:54 (8)	02:54:59	8	
9	89	MARCINIAK DAMIAN	ŚWIEBODZIN	JEDZ I TRENUJ / TRENERŚWIEBODZIN.PL	POL	1988	M30-39	7	00:21:31 (21)	00:02:53	01:32:12 (10)	00:01:22	00:57:25 (5)	02:55:23	9	
10	206	JUSKOWIAK JAKUB	POZNAŃ		POL	1977	M40-49	1	00:21:27 (20)	00:02:18	01:33:28 (11)	00:01:53	01:00:15 (9)	02:59:21	10	
11	155	STERMPNIAK ADRIAN	ŚREM		POL	1989	M18-29	3	00:21:50 (25)	00:01:43	01:30:07 (6)	00:01:31	01:04:53 (19)	03:00:04	11	
12	11	BISKUPSKI MARIUSZ	SUSZ	UKS TRS SUSZ	POL	1974	M40-49	2	00:19:35 (9)	00:01:56	01:40:11 (22)	00:01:40	01:03:52 (15)	03:07:14	12	
13	178	WIERZICKI MICHAŁ	ŚWIEBODZIN	WILLOW/ZGRUPKA	POL	1991	M18-29	4	00:23:13 (35)	00:02:01	01:37:57 (17)	00:01:38	01:04:28 (17)	03:09:17	13	
14	189	ZABEL PRZEMYSŁAW	TARNOWO PODGÓRNE		POL	1983	M30-39	8	00:23:24 (36)	00:01:56	01:37:00 (15)	00:01:51	01:05:51 (22)	03:10:02	14	
15	133	RADKE TOMASZ	BABKI		POL	1984	M30-39	9	00:24:29 (45)	00:02:37	01:38:44 (19)	00:01:57	01:02:43 (13)	03:10:30	15	
16	132	PYTEL MARIA	STARACHOWICE	SZYMANOWSKI TRIATHLON TEAM STARACHOWICE	POL	1986	K30-39	1	00:18:22 (5)	00:01:44	01:44:34 (46)	00:01:44	01:04:58 (20)	03:11:22		1
17	105	BORCZYK JANISZ	WROCŁAW	TEAM KARAŚ	POL	1987	M30-39	10	00:20:57 (16)	00:02:26	01:33:54 (12)	00:01:56	01:12:32 (46)	03:11:45	16	
18	15	CHMIELEWSKI PIOTR	WARSZAWA	WARSAW MASTERS TEAM	POL	1978	M40-49	3	00:20:52 (15)	00:02:16	01:40:50 (25)	00:02:12	01:06:07 (26)	03:12:17	17	
19	111	OSTROWSKI RADEK	PUSZCZYKOWO	REHAU TRI TEAM	POL	1980	M30-39	11	00:25:29 (66)	00:02:55	01:41:34 (32)	00:01:38	01:00:59 (11)	03:12:35	18	
20	108	OBUCHOWICZ ARTUR	WSCHOWA	FWS BIKE TEAM	POL	1979	M30-39	12	00:21:56 (26)	00:02:09	01:41:35 (33)	00:01:52	01:06:03 (25)	03:13:35	19	
21	62	KOBIĄŁKA MICHAŁ	LESZNO		POL	1977	M40-49	4	00:25:53 (70)	00:02:15	01:37:45 (16)	00:01:31	01:06:41 (29)	03:14:05	20	
22	204	HONBRECHTS TOMASZ	NOWA RUDA	VALDI SPORT	POL	1973	M40-49	5	00:24:18 (41)	00:03:18	01:44:15 (44)	00:01:47	01:00:47 (10)	03:14:25	21	
23	154	STAWARZ JAKUB	POZNAŃ	SAUERLAND	POL	1986	M30-39	13	00:24:36 (51)	00:02:50	01:38:18 (18)	00:01:36	01:07:47 (33)	03:15:07	22	
24	57	KACZMAREK PIOTR	STARGARD		POL	1981	M30-39	14	00:25:13 (63)	00:02:29	01:40:52 (26)	00:01:53	01:05:57 (24)	03:16:24	23	
25	67	KOSTKA ANDRZEJ	POLKOWICE		POL	1966	M50-59	1	00:25:13 (63)	00:02:40	01:41:10 (27)	00:02:07	01:05:15 (21)	03:16:25	24	
26	213	SZCZUPAK DOMINIK	ZGORZELEC	PENTAGRAM	POL	1980	M30-39	15	00:24:20 (42)	00:03:11	01:43:05 (37)	00:02:04	01:04:07 (16)	03:16:47	25	
27	170	TAMBORSKI RAFAŁ	LESZNO	COMPANIEROS	POL	1979	M30-39	16	00:24:49 (57)	00:02:25	01:39:54 (21)	00:01:58	01:09:14 (36)	03:18:20	26	
28	162	SZPOT IRENEUSZ	ZALASEWO	SZPOT	POL	1961	M50-59	2	00:26:04 (78)	00:02:49	01:41:15 (29)	00:01:58	01:06:23 (28)	03:18:29	27	
29	51	JASICZEK RADOSŁAW	ŚWIDNICA		POL	1979	M30-39	17	00:22:07 (29)	00:02:27	01:45:21 (52)	00:02:01	01:06:57 (32)	03:18:53	28	
30	20	DOMINO KRYSZTIAN	GŁOGÓW	MTS - DRUŻYNA SZPIKU KGHM	POL	1975	M40-49	6	00:24:07 (39)	00:02:40	01:36:45 (14)	00:02:30	01:13:13 (50)	03:19:15	29	
31	6	BARTOSZEWSKI GRZEGORZ	DŁUGOŁĘKA	LITWIN TRIATHLON TEAM	POL	1976	M40-49	7	00:23:55 (38)	00:02:51	01:41:28 (31)	00:01:56	01:09:17 (37)	03:19:27	30	
32	151	SOSNOWSKI JAROSŁAW	PŁOCK	PTT DELTA	POL	1980	M30-39	18	00:19:28 (6)	00:02:25	01:40:41 (23)	00:01:57	01:15:22 (72)	03:19:53	31	
33	214	SĄDEK GRZEGORZ	ZIELONA GÓRA	ZKS TRIATHLON DRZONKÓW	POL	1971	M40-49	8	00:20:47 (13)	00:02:58	01:41:26 (30)	00:02:01	01:12:54 (49)	03:20:06	32	
34	142	SADURSKI ŁUKASZ	TARNÓW JEZIERNY	5 LUBUSKI PUŁK ARTYLERII	POL	1984	M30-39	19	00:27:57 (100)	00:02:35	01:44:44 (47)	00:01:34	01:03:46 (14)	03:20:36	33	
35	79	KUMISZCZO ARTUR	WSCHOWA		POL	1978	M40-49	9	00:20:16 (11)	00:02:58	01:45:59 (55)	00:01:42	01:11:28 (43)	03:22:23	34	
36	185	WOŹNIAK MACIEJ	KOŚCIAN	TGV TEAM	POL	1980	M30-39	20	00:20:43 (12)	00:02:15	01:39:27 (20)	00:01:50	01:18:20 (85)	03:22:35	35	
37	38	GÓRNICKI ŁUKASZ	SKWIERZYNA	MMS TEAM TRIATHLON	POL	1976	M40-49	10	00:25:07 (62)	00:02:50	01:35:39 (13)	00:01:58	01:17:13 (81)	03:22:47	36	
38	226	BISKUPSKA MAGDALENA	LESZNO	TEAMKARAŚ	POL	1983	K30-39	2	00:22:05 (27)	00:02:34	01:50:19 (80)	00:01:41	01:06:56 (31)	03:23:35		2
39	29	FIEDOROW SZYMON	DOBROSZÓW OLEŚNICKI	DAM SOBIE RADE	POL	1973	M40-49	11	00:26:09 (81)	00:02:56	01:41:11 (28)	00:02:02	01:11:19 (41)	03:23:37	37	
40	141	RZEPECKI ARTUR	DĄBRÓWKA	4FITER	POL	1979	M30-39	21	00:24:31 (47)	00:02:19	01:44:56 (50)	00:02:28	01:10:15 (39)	03:24:29	38	
41	169	ŚMIETANA MARCIN	WROCŁAW	TMTEAM	POL	1975	M40-49	12	00:21:17 (18)	00:02:25	01:45:21 (53)	00:01:41	01:13:54 (55)	03:24:38	39	
42	31	GĘBARZEWSKI ROBERT	WROCŁAW		POL	1970	M40-49	13	00:25:58 (75)	00:02:58	01:44:55 (49)	00:02:52	01:08:14 (34)	03:24:57	40	
43	49	JAGIELKA KRZYSZTOF	LESZNO	KSIEGOWOSCLESZNO.PL	POL	1968	M50-59	3	00:25:54 (72)	00:02:42	01:43:19 (38)	00:01:45	01:12:37 (47)	03:26:17	41	
44	96	MICHALAK BARTOSZ	ŚREM	BARNEJ CIACHO TRIATHLON TEAM	POL	1979	M30-39	22	00:30:41 (135)	00:02:51	01:45:55 (54)	00:02:05	01:04:48 (18)	03:26:20	42	
45	30	FONROBERT DOMINIK	WROCŁAW	GTRAT	POL	1977	M40-49	14	00:24:43 (55)	00:02:50	01:43:27 (39)	00:01:47	01:13:35 (52)	03:26:22	43	

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46	138	RESZEWICZ SZYMON	WARSZAWA		POL	1991	M18-29	5	00:21:22 (19)	00:03:30	01:49:43 (74)	00:02:14	01:09:40 (38)	03:26:29	44	
47	122	PIETRZAK BŁAŻEJ	WROCŁAW	GVT	POL	1981	M30-39	23	00:21:32 (22)	00:02:18	01:48:17 (68)	00:01:51	01:12:40 (48)	03:26:38	45	
48	150	SOBUCKI JACEK	SUSZ	UKS TRS SUSZ	POL	1974	M40-49	15	00:24:52 (60)	00:02:28	01:42:59 (36)	00:02:00	01:15:28 (73)	03:27:47	46	
49	2	ALBRECHT ARKADIUSZ	JASTRZĘBIE-ZDRÓJ	GB GALOPUJĄCE ŚLIMAKI	POL	1975	M40-49	16	00:28:34 (109)	00:03:15	01:48:09 (67)	00:02:07	01:05:53 (23)	03:27:58	47	
50	63	KONDRACKI ŁUKASZ	ZGORZELEC	UKS ENERGETYK ZGORZELEC	POL	1983	M30-39	24	00:22:12 (30)	00:02:47	01:49:33 (73)	00:02:28	01:11:20 (42)	03:28:20	48	
51	166	SZYL PAWEŁ	ZŁOTORYJA		POL	1981	M30-39	25	00:24:46 (56)	00:02:53	01:43:39 (40)	00:02:37	01:14:52 (68)	03:28:47	49	
52	123	PIĘTKA DANIEL	POZNAŃ	ZGRUPKA TEAM	POL	1977	M40-49	17	00:24:36 (51)	00:02:28	01:40:44 (24)	00:01:53	01:19:08 (90)	03:28:49	50	
53	171	TAZBIR MARIUSZ	GŁOGÓW		POL	1985	M30-39	26	00:24:15 (40)	00:02:17	01:53:51 (103)	00:01:47	01:06:54 (30)	03:29:04	51	
54	59	KAPUSNIAK TOMASZ	BYDGOSZCZ	TAK DLA TRANSPLANTACJI	POL	1974	M40-49	18	00:25:55 (73)	00:02:23	01:43:47 (42)	00:01:53	01:15:10 (71)	03:29:08	52	
55	161	SZCZUROWSKI WALDEMAR	GŁOGÓW	MTS DRUŻYNA SZPIKU KGHM	POL	1981	M30-39	27	00:24:30 (46)	00:03:22	01:50:19 (81)	00:01:43	01:10:28 (40)	03:30:22	53	
56	192	ZAWISZA ARTUR	POZNAŃ	ZGRUPKA TEAM	POL	1986	M30-39	28	00:27:40 (97)	00:02:56	01:46:40 (59)	00:01:45	01:11:58 (44)	03:30:59	54	
57	69	KOWALCZYK MARCIN	NOWY FOLWARK	TRIATHLON TEAM WRZEŚNIA	POL	1972	M40-49	19	00:26:30 (84)	00:03:27	01:43:42 (41)	00:02:30	01:15:04 (69)	03:31:13	55	
58	183	WOJTKIEWICZ WIESŁAW	POLKOWICE	TAWERNA PAULINA	POL	1978	M40-49	20	00:24:33 (48)	00:04:01	01:42:27 (35)	00:02:24	01:18:21 (86)	03:31:46	56	
59	21	DUBIEC BOGDAN	SKWIERZYNA	MMS TEAM TRIATHLON	POL	1968	M50-59	4	00:24:53 (61)	00:03:04	01:47:25 (65)	00:02:20	01:14:29 (58)	03:32:11	57	
60	37	GÓRECKI TOMASZ	PŁOCK	PTT DELTA	POL	1986	M30-39	29	00:21:38 (24)	00:02:16	01:47:01 (62)	00:01:30	01:20:19 (97)	03:32:44	58	
61	180	WIĘDŁOCHA JAN	GŁOGÓW		POL	1977	M40-49	21	00:24:34 (50)	00:02:26	01:46:07 (56)	00:01:57	01:18:50 (89)	03:33:54	59	
62	13	BREWKA WOJCIECH	PIERWOSZOW	GT RAT	POL	1981	M30-39	30	00:24:42 (53)	00:02:53	01:49:53 (76)	00:02:18	01:14:32 (62)	03:34:18	60	
63	215	RUBIS MICHAŁ	GOWARZEWO		POL	1984	M30-39	31	00:25:57 (74)	00:02:46	01:49:48 (75)	00:01:43	01:14:15 (57)	03:34:29	61	
64	117	PATERA PRZEMYSŁAW	SOBIN	VALDI SPORT	POL	1977	M40-49	22	00:22:23 (32)	00:03:06	01:47:19 (64)	00:02:06	01:19:59 (96)	03:34:53	62	
65	212	KOCAN PRZEMYSŁAW	GOWARZEWO	HANGAR CROSSFIT	POL	1979	M30-39	32	00:27:14 (92)	00:02:45	01:48:40 (70)	00:01:53	01:14:29 (58)	03:35:01	63	
66	210	SZARSZEWSKI MICHAŁ	LIPNO	64 STO	POL	1977	M40-49	23	00:22:56 (33)	00:02:15	01:47:00 (61)	00:02:06	01:20:53 (100)	03:35:10	64	
67	179	WIĘCKOWSKI MAREK	SULECHÓW		POL	1976	M40-49	24	00:27:19 (93)	00:04:08	01:47:06 (63)	00:02:37	01:14:12 (56)	03:35:22	65	
68	43	GRYGIEL LESZEK	WROCŁAW	PRO-RUN WROCŁAW	POL	1969	M40-49	25	00:27:46 (98)	00:03:00	01:46:21 (57)	00:02:23	01:16:15 (76)	03:35:45	66	
69	60	KAPUSTKA MIROSLAW	POZNAŃ	KAPUSTRI	POL	1983	M30-39	33	00:25:34 (67)	00:02:17	01:51:30 (86)	00:01:55	01:14:41 (65)	03:35:57	67	
70	78	KUKIEŁKA SŁAWEK	JELENIA GÓRA		POL	1979	M30-39	34	00:24:23 (43)	00:03:20	01:46:26 (58)	00:02:44	01:19:32 (91)	03:36:25	68	
71	52	JASKÓLSKI KRZYSZTOF	GUBIN	BBL GUBIN	POL	1983	M30-39	35	00:29:22 (121)	00:02:34	01:50:15 (79)	00:02:05	01:12:25 (45)	03:36:41	69	
72	112	OWSIANNIK GRZEGORZ	LEGNICA		POL	1976	M40-49	26	00:28:08 (101)	00:04:15	01:41:58 (34)	00:02:52	01:19:49 (95)	03:37:02	70	
73	7	BEDYK IRENEUSZ	CEKANOWO	PTT DELTA	POL	1957	M60+	1	00:28:37 (110)	00:03:09	01:48:58 (71)	00:01:59	01:14:41 (64)	03:37:24	71	
74	194	ZYGMUNT SŁAWOMIR	KOŁO	MLUKS TRIATHLON KOŁO	POL	1970	M40-49	27	00:30:59 (141)	00:02:44	01:53:21 (99)	00:02:14	01:08:39 (35)	03:37:57	72	
75	75	KRUSZYŃSKI ANDRZEJ	ŁÓDŹ	TRI AKTYWNY PIOTRKÓW	POL	1977	M40-49	28	00:25:41 (68)	00:03:25	01:52:15 (92)	00:02:40	01:14:42 (66)	03:38:43	73	
76	74	KRAWCZYK WŁODZIMIERZ	ŚREM	CIACHO TEAM TRIATHLON	POL	1964	M50-59	5	00:22:17 (31)	00:02:23	01:44:18 (45)	00:02:16	01:27:39 (139)	03:38:53	74	
77	103	NENKAŁA MATEUSZ	LESZNO	64 STO	POL	1993	M18-29	6	00:25:58 (75)	00:03:04	01:53:42 (102)	00:02:00	01:14:45 (67)	03:39:29	75	
78	128	POSZELĘŻNY DARIUSZ	WARSZAWA		POL	1974	M40-49	29	00:29:39 (127)	00:02:22	01:50:15 (78)	00:02:21	01:15:05 (70)	03:39:42	76	
79	221	JARUN BARTEK	KOMORNIKI	ZGRUPKA TEAM	POL	1974	M40-49	30	00:21:03 (17)	00:02:21	01:48:18 (69)	00:02:29	01:26:19 (133)	03:40:30	77	
80	47	GRZEŚKOWIAK MACIEJ	DĄBRÓWKA	4FITER	POL	1977	M40-49	31	00:28:48 (114)	00:02:50	01:44:46 (48)	00:02:46	01:22:21 (110)	03:41:31	78	
81	16	JANISZEWSKI ARKADIUSZ	RAKOSZYCE		POL	1971	M40-49	32	00:28:28 (107)	00:03:06	01:43:58 (43)	00:02:06	01:24:08 (118)	03:41:46	79	
82	203	SZCZEPAŃSKI KRZYSZTOF	KROTOSZYN		POL	1988	M30-39	36	00:24:49 (57)	00:02:24	01:58:50 (130)	00:02:17	01:13:44 (54)	03:42:04	80	
83	58	KANIEWSKI JACEK	ZIELONA GÓRA	DIVERSEY TEAM	POL	1978	M40-49	33	00:26:07 (80)	00:02:48	01:45:05 (51)	00:02:35	01:26:01 (131)	03:42:36	81	
84	225	MAĆKOWSKI MARCIN	SŁAWA		POL	1992	M18-29	7	00:27:19 (93)	00:03:24	01:53:23 (100)	00:02:35	01:16:01 (75)	03:42:42	82	
85	182	WOJCIESZKO PIOTR	WROCŁAW		POL	1981	M30-39	37	00:26:19 (83)	00:02:52	01:51:31 (87)	00:01:43	01:21:56 (106)	03:44:21	83	
86	64	KOŃCZAK WALDEMAR	TRZEBCZ	VALDISPORT POLKOWICE	POL	1982	M30-39	38	00:20:10 (10)	00:02:42	01:48:58 (71)	00:01:54	01:30:40 (144)	03:44:24	84	
87	42	GRUNDYS PAWEŁ	KAMIEŃC WROCŁAWSKI GVT		POL	1981	M30-39	39	00:25:46 (69)	00:02:34	01:51:56 (89)	00:02:09	01:22:42 (111)	03:45:07	85	
88	131	PRZYBYLSKI SŁAWOMIR	ZIELONA GÓRA		POL	1962	M50-59	6	00:26:03 (77)	00:03:30	01:55:35 (115)	00:02:58	01:17:09 (80)	03:45:15	86	
89	126	POMYKAŁA TOMASZ	POZNAŃ	KLUB 64-STO	POL	1986	M30-39	40	00:21:37 (23)	00:03:00	01:52:48 (95)	00:02:09	01:25:48 (129)	03:45:22	87	
90	98	MISZTELA TOMASZ	SŁUPNO	PTT DELTA	POL	1966	M50-59	7	00:31:15 (145)	00:03:40	01:50:44 (84)	00:02:27	01:17:25 (83)	03:45:31	88	

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Dystans: 1/3 IM

Miejscowość: SŁAWA



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
91	147	SKRZYŃSKI TOMASZ	GŁOGÓW	RATOWNICY ZG RUDNA	POL	1979	M30-39	41	00:24:33 (48)	00:02:50	01:53:02 (98)	00:02:20	01:23:25 (117)	03:46:10	89	
92	95	MICHALAK ADRIAN	POZNAŃ	FRED&WALOY	POL	1976	M40-49	34	00:29:23 (122)	00:03:16	01:54:59 (111)	00:01:47	01:16:47 (77)	03:46:12	90	
93	190	ZAKRZEWSKI MICHAŁ	ŁÓDŹ	SNG WILD DUCKS	POL	1977	M40-49	35	00:24:26 (44)	00:04:19	01:54:33 (107)	00:02:55	01:20:27 (99)	03:46:40	91	
94	106	NOWAK MARIAN	LUBIN	MSPORT LUBIN	POL	1961	M50-59	8	00:31:10 (143)	00:03:41	01:47:40 (66)	00:02:22	01:21:50 (105)	03:46:43	92	
95	152	STANKE ŁUKASZ	DĄBRÓWKA	4FITER	POL	1979	M30-39	42	00:26:04 (78)	00:03:33	01:52:59 (97)	00:02:26	01:22:00 (107)	03:47:02	93	
96	130	PRZYBOROWSKI RADOŚLAW	KOŁO	RADEK SOBIE	POL	1971	M40-49	36	00:34:30 (179)	00:02:55	02:00:34 (142)	00:02:50	01:06:17 (27)	03:47:06	94	
97	135	RATAJCZAK MAREK	WROCŁAW	TRIATHLON CLUB WROCŁAW	POL	1966	M50-59	9	00:28:15 (103)	00:03:56	01:54:57 (110)	00:03:00	01:17:01 (79)	03:47:09	95	
98	81	LANGOWSKI PIOTR	GDYNIA	UKS TRS SUSZ	POL	1974	M40-49	37	00:26:12 (82)	00:02:48	01:54:14 (106)	00:02:38	01:22:05 (109)	03:47:57	96	
99	65	KORCZYŃSKA AGATA	POZNAŃ		POL	1983	K30-39	3	00:28:22 (105)	00:03:10	01:58:28 (127)	00:02:16	01:15:49 (74)	03:48:05		3
100	12	BORSIAK KRZYSZTOF	PLEWISKA	LUX MED	POL	1969	M40-49	38	00:30:56 (139)	00:04:10	01:55:27 (113)	00:03:02	01:14:35 (63)	03:48:10	97	
101	222	MARCINOWSKI MICHAŁ	PAŁĘDZE	ZGRUPKA TEAM	POL	1975	M40-49	39	00:29:31 (125)	00:03:23	01:54:09 (105)	00:02:53	01:18:50 (88)	03:48:46	98	
102	109	OGONOWSKI PIOTR	GŁOGÓW		POL	1989	M18-29	8	00:30:58 (140)	00:04:20	01:52:46 (94)	00:02:48	01:19:39 (92)	03:50:31	99	
103	85	ŁAPIŃSKA KINGA	SŁAWA		POL	1994	K18-29	1	00:22:05 (27)	00:02:18	02:01:36 (146)	00:01:48	01:23:11 (114)	03:50:58		4
104	144	SIELSKI TOMASZ	ŻAGAŃ	Z K KRZYWANIEC ŻAGAŃ	POL	1976	M40-49	40	00:27:53 (99)	00:04:12	01:58:21 (125)	00:03:44	01:16:50 (78)	03:51:00	100	
105	76	KUCAL RYSZARD	KOŁO	MLUKS TRIATHLON KOŁO	POL	1965	M50-59	10	00:31:20 (148)	00:04:11	01:59:21 (134)	00:02:35	01:13:35 (53)	03:51:02	101	
106	186	WOŹNIAK MARIUSZ	KOŁO		POL	1977	M40-49	41	00:27:25 (95)	00:02:57	01:55:36 (116)	00:02:25	01:24:19 (120)	03:52:42	102	
107	200	PUCHALSKA ALICJA	WROCŁAW		POL	1987	K30-39	4	00:31:19 (147)	00:03:50	02:02:33 (153)	00:02:21	01:13:22 (51)	03:53:25		5
108	93	MATUSZCZAK DANIEL	SIERAKÓW		POL	1988	M30-39	43	00:32:01 (157)	00:04:06	01:57:05 (119)	00:03:05	01:17:16 (82)	03:53:33	103	
109	137	REKOWSKI NORBERT	LEGNICA	ARBONNE	POL	1983	M30-39	44	00:28:25 (106)	00:04:34	01:52:26 (93)	00:03:21	01:24:50 (122)	03:53:36	104	
110	86	ŁASZKIEWICZ TADEUSZ	KOŁO	MLUKS TRIATHLON KOŁO	POL	1956	M60+	2	00:33:50 (174)	00:02:39	02:00:24 (141)	00:02:19	01:14:29 (58)	03:53:41	105	
111	208	SOBALA KRZYSZTOF	WARSZAWA	MIĘCZAKI	POL	1985	M30-39	45	00:29:58 (131)	00:03:13	01:54:33 (107)	00:03:04	01:23:21 (116)	03:54:09	106	
112	164	SZURNICKA GOSIA	OSTROŁĘKA/DRĘZEWO	SZURA TEAM	POL	1972	K40-49	1	00:33:01 (164)	00:04:22	01:53:26 (101)	00:03:03	01:20:20 (98)	03:54:12		6
113	125	POLKOWSKA MONIKA	SKÓRZEWO	VELOCITY	POL	1978	K40-49	2	00:29:03 (119)	00:03:17	01:56:52 (118)	00:02:33	01:23:00 (113)	03:54:45		7
114	211	POLKOWSKI MARCIN	SKÓRZEWO	VELOCITY	POL	1976	M40-49	42	00:28:40 (112)	00:03:42	01:46:58 (60)	00:02:41	01:33:23 (150)	03:55:24	107	
115	120	PESZ PAWEŁ	WROCŁAW	INSERT TEAM	POL	1974	M40-49	43	00:29:14 (120)	00:03:46	01:58:38 (128)	00:02:47	01:21:05 (101)	03:55:30	108	
116	201	MIKA AMELIA	PIASECZNO	KONDYCJA	POL	1978	K40-49	3	00:32:38 (161)	00:03:21	01:55:07 (112)	00:02:31	01:22:00 (107)	03:55:37		8
117	174	TKACZYK MIŁOSZ	GRODZISK MAZOWIECKI		POL	1988	M30-39	46	00:27:26 (96)	00:03:01	01:51:03 (85)	00:02:43	01:31:53 (147)	03:56:06	109	
118	39	GRANICZNY KRZYSZTOF	WROCŁAW		POL	1970	M40-49	44	00:29:52 (130)	00:02:33	01:55:31 (114)	00:02:44	01:26:13 (132)	03:56:53	110	
119	181	WINDAK MICHAŁ	GORZÓW WLKP		POL	1984	M30-39	47	00:31:21 (149)	00:03:50	01:58:19 (124)	00:02:05	01:21:42 (103)	03:57:17	111	
120	99	MŁYNAR ANDRZEJ	BOLESŁAWIEC		POL	1989	M18-29	9	00:31:11 (144)	00:05:27	01:59:20 (133)	00:01:54	01:19:49 (94)	03:57:41	112	
121	148	SŁABY TOMASZ	GORZÓW WLKP.	DZIKI Z GORZOWA	POL	1972	M40-49	45	00:25:21 (65)	00:02:51	01:51:40 (88)	00:02:21	01:35:51 (157)	03:58:04	113	
122	118	PAWEŁCZYK KACPER	ŁÓDŹ	KS CELIRONMAN S.A.	POL	1987	M30-39	48	00:29:46 (128)	00:03:41	01:58:23 (126)	00:02:05	01:24:42 (121)	03:58:37	114	
123	27	FALENSKA ANITA	POZNAŃ	ANITA 2.0.	POL	1985	K30-39	5	00:31:39 (152)	00:03:04	01:59:54 (136)	00:02:28	01:21:44 (104)	03:58:49		9
124	68	KOWALCZYK MAŁGORZATA	WRZEŚNIA	TRIATHLON TEAM WRZEŚNIA	POL	1977	K40-49	4	00:33:09 (166)	00:03:41	01:58:16 (123)	00:02:41	01:21:29 (102)	03:59:16		10
125	107	NOWICKI EMIL	JEZIERZYCE KOŚCIELNE		POL	1988	M30-39	49	00:29:32 (126)	00:02:51	01:58:46 (129)	00:02:16	01:25:56 (130)	03:59:21	115	
126	187	WÓJCIK ŁUKASZ	PABIANICE	OLEJ RUNNING TEAM	POL	1985	M30-39	50	00:27:05 (89)	00:03:37	02:00:23 (139)	00:02:19	01:27:10 (138)	04:00:34	116	
127	94	MEIER MARKUS	KOŁO	TRIA.PL	POL	1964	M50-59	11	00:29:02 (118)	00:02:42	02:01:46 (147)	00:02:07	01:25:15 (123)	04:00:52	117	
128	188	WÓJTOWICZ MATEUSZ	ZIELONA GÓRA	AJRONMIM	POL	1983	M30-39	51	00:24:50 (59)	00:04:09	02:00:13 (137)	00:02:54	01:29:13 (141)	04:01:19	118	
129	90	MAREK PAWEŁ	WROCŁAW		POL	1981	M30-39	52	00:33:53 (176)	00:04:07	01:55:45 (117)	00:02:10	01:25:30 (126)	04:01:25	119	
130	145	SIERADZKI RAFAŁ	WROCŁAW	TRIATHLON CLUB WROCŁAW	POL	1975	M40-49	46	00:26:56 (87)	00:03:30	01:50:14 (77)	00:02:10	01:39:15 (166)	04:02:05	120	
131	4	BARTKOWIAK DARIUSZ	OSTROW WIELKOPOLSKI	STONE COLD	POL	1965	M50-59	12	00:35:48 (183)	00:04:26	02:04:52 (161)	00:02:42	01:14:31 (61)	04:02:19	121	
132	34	GŁÓWCZYŃSKI BARTOSZ	SZCZECIN	IRONGLOWA	POL	1982	M30-39	53	00:30:11 (134)	00:03:50	01:51:57 (90)	00:02:43	01:33:48 (151)	04:02:29	122	
133	26	DZIK MARTA	WARSZAWA		POL	1984	K30-39	6	00:30:47 (136)	00:03:27	02:02:51 (156)	00:02:41	01:23:17 (115)	04:03:03		11
134	223	KAPCIŃSKA MAŁGORZATA	LUSOWO	ZGRUPKA TEAM	POL	1973	K40-49	5	00:29:00 (117)	00:03:32	02:10:56 (174)	00:02:37	01:18:49 (87)	04:04:54		12
135	50	JANKOWIAK MARCIN	ZIELONA GÓRA		POL	1984	M30-39	54	00:35:48 (183)	00:03:26	01:57:35 (121)	00:02:22	01:25:44 (128)	04:04:55	123	

TRIATHLON SŁAWA

Organizator: Sport-Górski Jerzy Górski

Data: 21.07.2018

Dystans: 1/3 IM

Miejscowość: SŁAWA



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
136	143	SEDLACZEK RAFAŁ	GORZÓW WIELKOPOLSKI		POL	1984	M30-39	55	00:33:50 (174)	00:04:31	02:04:57 (163)	00:02:56	01:19:44 (93)	04:05:58	124	
137	71	KOZIOŁ LESZEK	MUROWANA GOŚLINA	ESKA TEAM	POL	1962	M50-59	13	00:28:43 (113)	00:04:05	01:52:56 (96)	00:03:17	01:37:01 (160)	04:06:02	125	
138	216	LEWANDOWSKI NORBERT	POZNAŃ	FREGOTA	POL	1976	M40-49	47	00:30:51 (137)	00:04:04	01:51:58 (91)	00:03:44	01:35:25 (156)	04:06:02	126	
139	45	GRZEGOROWSKI BEATA	LESZNO	BAJKOLANDIA	POL	1977	K40-49	6	00:31:49 (155)	00:03:07	02:05:21 (164)	00:02:12	01:25:24 (125)	04:07:53		13
140	199	ŁAZAROWICZ KATARZYNA	POZNAŃ	VELOCITY	POL	1973	K40-49	7	00:33:39 (173)	00:03:52	02:00:57 (144)	00:02:38	01:27:04 (137)	04:08:10		14
141	202	GÓRCZKA MILENA	WRONKI	KLUB BIEGACZA	POL	1987	K30-39	7	00:34:01 (177)	00:03:31	02:04:33 (160)	00:03:23	01:24:09 (119)	04:09:37		15
142	77	KUCHTA IZABELA	RADOMIA	TRUCHT TARCHOMIN TEAM	POL	1978	K40-49	8	00:31:29 (150)	00:02:56	02:06:33 (168)	00:02:13	01:26:45 (136)	04:09:56		16
143	35	GNIOT KATARZYNA	ZDZIESZOWICE	KAPIJA	POL	1980	K30-39	8	00:28:17 (104)	00:03:14	02:04:54 (162)	00:02:05	01:32:22 (148)	04:10:52		17
144	157	SUWART MARCIN	POZNAŃ		POL	1976	M40-49	48	00:35:44 (182)	00:05:21	01:50:31 (82)	00:06:41	01:32:35 (149)	04:10:52	127	
145	87	ŁYSIAK PIOTR	ZIELONA GÓRA		POL	1972	M40-49	49	00:31:34 (151)	00:04:31	02:02:27 (152)	00:02:47	01:29:37 (142)	04:10:56	128	
146	9	BIENIECKI JACEK	GAŚAWY	BINIOLS TEAM	POL	1965	M50-59	14	00:31:17 (146)	00:03:56	01:50:42 (83)	00:03:20	01:42:33 (170)	04:11:48	129	
147	196	ŻBIK PIOTR	TRZEBIECHÓW	EUCO TEAM	POL	1967	M50-59	15	00:28:33 (108)	00:03:43	01:57:54 (122)	00:02:20	01:39:19 (167)	04:11:49	130	
148	53	JEKA PIOTR	GOŁACZÓW	JEKA	POL	1964	M50-59	16	00:23:08 (34)	00:03:50	01:54:42 (109)	00:03:27	01:46:48 (177)	04:11:55	131	
149	209	REMBOWICZ KATARZYNA	WARSZAWA	MIĘCZAKI	POL	1986	K30-39	9	00:32:31 (159)	00:03:55	02:05:56 (166)	00:03:16	01:26:44 (135)	04:12:22		18
150	101	MROZIEWICZ DARIUSZ	ŚREM	TEAM POLAND - PZTRI	POL	1971	M40-49	50	00:27:11 (91)	00:08:29	01:53:59 (104)	00:04:39	01:38:38 (164)	04:12:56	132	
151	158	SWIERK SEWERYN	JANOWICE WIELKIE	NATURALNIE JANOWICE	POL	1979	M30-39	56	00:30:08 (133)	00:03:25	02:01:12 (145)	00:02:17	01:35:56 (158)	04:12:58	133	
152	115	PARAHUS JAROSŁAW	MODRZYCA	NOWOSOLSKA GRUPA BIEGOWA	POL	1984	M30-39	57	00:32:58 (163)	00:03:51	02:04:11 (159)	00:02:36	01:30:00 (143)	04:13:36	134	
153	100	MŁYNAR GRZEGORZ	BOLESŁAWIEC		POL	1993	M18-29	10	00:33:03 (165)	00:03:45	02:18:36 (185)	00:01:52	01:17:25 (83)	04:14:41	135	
154	82	LECH MARCIN	WROCŁAW	NOA	POL	1983	M30-39	58	00:27:01 (88)	00:02:47	02:00:23 (139)	00:02:53	01:41:57 (169)	04:15:01	136	
155	217	ADAM MAREK	SKORZEWO		POL	1975	M40-49	51	00:30:52 (138)	00:04:17	02:02:44 (154)	00:03:29	01:34:34 (154)	04:15:56	137	
156	195	ŻABSKI TOMASZ	WARZYMICE	IRONŻABA	POL	1980	M30-39	59	00:25:53 (70)	00:03:58	02:00:19 (138)	00:03:04	01:43:18 (171)	04:16:32	138	
157	14	BYCZEK EDWARD	LUBIN	"TUPTUSIE" OSIEK	POL	1965	M50-59	17	00:37:23 (186)	00:05:17	01:57:08 (120)	00:03:18	01:33:54 (153)	04:17:00	139	
158	92	MAŚNICA-SZYMAŃSKA JOANNA	WOLSZTYN	WOLSZTYŃSKI KLUB BIEGOWY	POL	1976	K40-49	9	00:31:48 (154)	00:04:23	02:10:46 (173)	00:03:04	01:27:52 (140)	04:17:53		19
159	32	GIEDA MAGDALENA	OSTROW WIELKOPOLSKI	CHABASIŃSKI 2017	POL	1972	K40-49	10	00:39:08 (189)	00:03:16	02:06:00 (167)	00:03:25	01:26:37 (134)	04:18:26		20
160	97	MISIEWICZ MARIUSZ	WROCŁAW	-MIS. IRONMAN	POL	1983	M30-39	60	00:28:54 (116)	00:05:27	02:13:49 (180)	00:04:59	01:25:38 (127)	04:18:47	140	
161	207	PERLIŃSKI DARIUSZ	PLESZEW	IRON TRIATHLON PLESZE	POL	1971	M40-49	52	00:29:47 (129)	00:04:33	02:03:26 (158)	00:03:11	01:37:59 (163)	04:18:56	141	
162	56	JURASZEK ANNA	JELENIA GÓRA		POL	1987	K30-39	10	00:29:27 (124)	00:03:20	02:11:37 (177)	00:03:01	01:31:38 (146)	04:19:03		21
163	48	GRZEŚKOWIAK-UTRATA ASIA	WOLSZTYN	NIAGARA	POL	1977	K40-49	11	00:33:23 (170)	00:03:56	02:00:39 (143)	00:03:48	01:37:55 (162)	04:19:41		22
164	198	KACZMAREK MARIUSZ	POZNAŃ	VELOCITY	POL	1963	M50-59	18	00:31:43 (153)	00:04:18	02:02:44 (155)	00:02:40	01:38:55 (165)	04:20:20	142	
165	168	SZYMAŃSKI SŁAWEK	WOLSZTYN	WOLSZTYŃSKI KLUB BIEGOWY	POL	1975	M40-49	53	00:40:51 (191)	00:05:13	02:08:00 (171)	00:03:28	01:22:55 (112)	04:20:27	143	
166	153	STANKIEWICZ WOJCIECH	ZIELONA GÓRA	APS BIURO PROJEKTÓW	POL	1975	M40-49	54	00:28:39 (111)	00:04:10	02:11:00 (175)	00:03:19	01:33:51 (152)	04:20:59	144	
167	25	DULEBA MARZANNA	WROCŁAW		POL	1977	K40-49	12	00:34:22 (178)	00:04:13	02:01:55 (148)	00:03:20	01:37:37 (161)	04:21:27		23
168	165	NOWACZYK PRZEMYSŁAW	LUBOŃ	MOSINA TEAM	POL	1980	M30-39	61	00:24:42 (53)	00:03:06	01:59:42 (135)	00:01:54	01:52:11 (184)	04:21:35	145	
169	54	JERZYCKI JACEK	GAJKÓW	GAJKÓW	POL	1967	M50-59	19	00:29:59 (132)	00:05:13	02:08:08 (172)	00:04:24	01:34:59 (155)	04:22:43	146	
170	61	KMIĘC RYSZARD	GŁOGÓW	ZG RUN	POL	1980	M30-39	62	00:29:26 (123)	00:03:01	02:02:22 (151)	00:02:14	01:46:43 (176)	04:23:46	147	
171	33	GLOGOWSKI MIREK	SIEDLĘCIN		POL	1960	M50-59	20	00:33:21 (168)	00:04:55	02:16:22 (183)	00:04:25	01:25:21 (124)	04:24:24	148	
172	18	DĄBKOWSKA WIOLETA	ÓLSZEWO-BORKI		POL	1988	K30-39	11	00:33:26 (171)	00:03:58	01:59:08 (132)	00:02:34	01:46:28 (175)	04:25:34		24
173	177	WIECZOREK JAROSŁAW	POZNAŃ	ROMAG	POL	1967	M50-59	21	00:38:12 (188)	00:05:15	02:06:46 (169)	00:04:28	01:31:04 (145)	04:25:45	149	
174	8	BIENIECKA ANNA	GAŚAWY	BINIOLS TEAM	POL	1982	K30-39	12	00:31:10 (142)	00:03:38	02:14:16 (181)	00:02:56	01:35:56 (158)	04:27:56		25
175	139	ROGUSKI KRZYSZTOF	GAŁÓW		POL	1967	M50-59	22	00:31:52 (156)	00:04:36	02:02:20 (150)	00:03:31	01:46:56 (178)	04:29:15	150	
176	70	KOZIOŁ KAROLINA	MUROWANA GOŚLINA	ENEA ESKA TEAM	POL	1992	K18-29	2	00:35:18 (180)	00:04:23	02:02:20 (149)	00:02:36	01:44:53 (173)	04:29:30		26
177	119	PAZDAN PIOTR	ZĄBKI	WITAR TARNOBRZEG	POL	1972	M40-49	55	00:32:08 (158)	00:04:19	02:07:38 (170)	00:02:25	01:47:37 (179)	04:34:07	151	
178	229	BOCZEK PAWEŁ	MILANÓWEK	KB	POL	1966	M50-59	23						04:36:45	152	
179	114	PACH WIKTOR	ŚWIDNICA		POL	1989	M18-29	11	00:28:48 (114)	00:04:03	02:11:28 (176)	00:03:06	01:49:49 (182)	04:37:14	153	
180	72	KOZŁOWSKI TADEUSZ	STARY JAROMIERZ	WWW.E-LINE.PL	POL	1974	M40-49	56	00:28:13 (102)	00:04:19	02:15:18 (182)	00:03:57	01:46:01 (174)	04:37:48	154	

TRIATHLON SŁAWA

Organizator: Sport-Górski Jerzy Górski

Data: 21.07.2018

Dystans: 1/3 IM

Miejscowość: SŁAWA



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
181	146	SKORUPINSKI JAROSŁAW	WOLSZTYN	OPONYEXPRESS	POL	1966	M50-59	24	00:37:50 (187)	00:03:50	02:05:40 (165)	00:02:48	01:49:21 (181)	04:39:29	155	
182	227	ŚLIWIŃSKI ARTUR	CIELETA	BRODNICA BIEGA	POL	1982	M30-39	63	00:26:36 (85)	00:03:25	01:59:06 (131)	00:03:28	02:07:18 (191)	04:39:53	156	
183	176	WASILEWSKI PAWEŁ	WROCŁAW	SEKCJA TRIATHLONU AKADEMII WOJSK LĄDOWYCH	POL	1972	M40-49	57	00:33:14 (167)	00:06:01	02:03:08 (157)	00:04:07	01:53:29 (185)	04:39:59	157	
184	160	SZANIEWSKI MIREK	JELENIA GÓRA	BIEGAMDLAZDROWIA.PL	POL	1973	M40-49	58	00:35:24 (181)	00:04:20	02:13:31 (179)	00:02:46	01:43:59 (172)	04:40:00	158	
185	224	KROSZKA MARTA	POZNAŃ	ZGRUPKA TEAM	POL	1990	K18-29	3	00:33:29 (172)	00:04:05	02:18:31 (184)	00:03:15	01:47:53 (180)	04:47:13		27
186	28	FEDEROWICZ GRZEGORZ	WROCŁAW	WATAHA GRUPA TRENINGOWA	POL	1977	M40-49	59	00:27:05 (89)	00:03:24	02:36:53 (191)	00:03:19	01:41:10 (168)	04:51:51	159	
187	1	ADAM SZYMON	LUDÓW ŚLĄSKI		POL	1991	M18-29	12	00:32:33 (160)	00:04:17	02:19:23 (186)	00:02:18	01:56:48 (188)	04:55:19	160	
188	5	BARTOSZEWSKA KATARZYNA	DŁUGOŁĘKA		POL	1981	K30-39	13	00:32:40 (162)	00:03:45	02:22:56 (189)	00:02:14	01:54:33 (187)	04:56:08		28
189	66	KORZYSTKO PIOTR	ZŁOTORYJA		POL	1980	M30-39	64	00:39:28 (190)	00:06:34	02:12:50 (178)	00:04:16	01:53:46 (186)	04:56:54	161	
190	156	STUDNIAREK PAWEŁ	JEŻÓW SUDECKI	JUST SCRUM	POL	1961	M50-59	25	00:33:22 (169)	00:06:23	02:22:37 (187)	00:04:33	02:03:30 (190)	05:10:25	162	
191	228	STANKO ROBERT	BRODNICA	NIENAWIDZĘ BIEGAĆ!!!	POL	1975	M40-49	60	00:26:36 (85)	00:03:27	02:41:41 (192)	00:02:32	01:58:15 (189)	05:12:31	163	
192	134	RATAJCZAK KAROLINA	WROCŁAW	TRIATHLON CLUB WROCŁAW	POL	1969	K40-49	13	00:37:07 (185)	00:05:49	02:22:48 (188)	00:04:03	02:11:30 (192)	05:21:17		29
193	159	ŚWITOŃSKA ALEKSANDRA	GDYNIA		POL	1970	K40-49	14	00:45:23 (192)	00:06:58	02:31:44 (190)	00:06:01	01:51:47 (183)	05:21:53		30