

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
1	485	WILKOWIECKI ROBERT	CHEŁŚLÓWEK	GVT	POL	1994	M18-29	1	1	00:11:05 (1)	00:02:27	01:07:14 (1)	00:00:36	00:37:47 (1)	01:59:10	1	
2	298	KULESZA JAKUB	JELENIA GÓRA	SPORT & TRIATHLON CLUB	POL	1980	M30-39	1	1	00:13:59 (21)	00:02:54	01:10:13 (3)	00:00:51	00:39:29 (3)	02:07:26	2	
3	232	NAWRACAJ MICHAŁ	JAWOR	GVT	POL	1986	M30-39	2	1	00:13:02 (10)	00:02:51	01:10:53 (6)	00:00:31	00:40:52 (6)	02:08:10	3	
4	350	MARKIEWICZ MARCIN	ŚWIDNICA	#NAZWA?	POL	1972	M40-49	1	2	00:13:07 (11)	00:02:39	01:10:31 (4)	00:00:57	00:43:14 (20)	02:10:28	4	
5	244	BUCZEK BARTŁOMIEJ	SKWIERZYNA		POL	1987	M18-29	2	1	00:13:07 (12)	00:02:44	01:11:08 (7)	00:00:51	00:42:47 (15)	02:10:37	5	
6	213	GUCWA ZBIGNIEW	WROCŁAW	GVT	POL	1986	M30-39	3	1	00:16:19 (112)	00:02:50	01:08:03 (2)	00:00:54	00:43:32 (24)	02:11:38	6	
7	251	WNĘK JAROSŁAW	KLUCZBORK	KLUCZBORSKA GRUPA BIEGOWA	POL	1988	M18-29	3	1	00:13:00 (9)	00:03:07	01:10:39 (5)	00:01:05	00:44:34 (37)	02:12:24	7	
8	481	MARCINIAK JACEK	WROCŁAW	TRIATHLON M.TEAM	POL	1977	M30-39	4	1	00:12:46 (6)	00:03:01	01:11:09 (8)	00:00:56	00:44:36 (38)	02:12:28	8	
9	270	RAJCA MICHAŁ	WROCŁAW	GT RAT	POL	1990	M18-29	4	1	00:16:12 (99)	00:03:15	01:13:31 (15)	00:01:15	00:38:39 (2)	02:12:52	9	
10	58	MALACZEWSKI ŁUKASZ	WROCŁAW	GVT	POL	1979	M30-39	5	1	00:12:13 (2)	00:03:07	01:12:13 (10)	00:00:52	00:45:04 (45)	02:13:29	10	
11	136	CZAPLICKI TOMASZ	POZNAŃ	GT RAT	POL	1982	M30-39	6	1	00:12:49 (7)	00:03:01	01:15:06 (26)	00:00:55	00:42:25 (9)	02:14:15	11	
12	394	RABENDA MARCIN	PIELGRZYMKI	OLAWS ZŁOTORYJA	POL	1975	M40-49	2	2	00:16:02 (84)	00:02:41	01:14:59 (24)	00:00:50	00:40:06 (5)	02:14:37	12	
13	294	WAGEMANN ŁUKASZ	WROCŁAW	GUT IADSYSTEM	POL	1979	M30-39	7	1	00:13:35 (17)	00:02:56	01:13:29 (14)	00:01:13	00:44:06 (30)	02:15:18	13	
14	245	BIRECKI JAKUB	OPOLE	JOJO TEAM TRIATHLON	POL	1987	M18-29	5	1	00:15:16 (49)	00:03:06	01:11:55 (9)	00:01:01	00:44:14 (34)	02:15:32	14	
15	236	ŁUKASZEWSKI DAWID	WROCŁAW	MULTIENDURANCE WROCŁAW	POL	1987	M18-29	6	1	00:14:16 (28)	00:04:08	01:13:50 (18)	00:01:15	00:44:09 (32)	02:17:38	15	
16	44	BARAN ROMAN	NAMYŚLÓW	NTT TRIADA NAMYSŁÓW	POL	1979	M30-39	8	1	00:13:29 (16)	00:03:02	01:15:40 (29)	00:01:12	00:44:33 (36)	02:17:56	16	
17	77	BANASZEWSKI WOJCIECH	WROCŁAW		POL	1980	M30-39	9	1	00:14:29 (31)	00:03:35	01:16:24 (44)	00:00:53	00:43:20 (21)	02:18:41	17	
18	83	DOMINIKOWSKI KRZYSZTOF	ŚWIDNICA	LITWIN TRIATHLON TEAM	POL	1980	M30-39	10	1	00:17:02 (152)	00:02:53	01:15:46 (31)	00:00:54	00:42:27 (10)	02:19:01	18	
19	272	KUR MICHAŁ	JELENIA GÓRA	DZIKI KOJOT	POL	1990	M18-29	7	1	00:14:59 (44)	00:03:59	01:17:21 (54)	00:01:15	00:42:21 (8)	02:19:55	19	
20	217	MACIUSZEK ŁUKASZ	OPOLE	BBL OPOLE	POL	1986	M30-39	11	1	00:17:13 (168)	00:03:47	01:15:45 (30)	00:00:59	00:42:36 (13)	02:20:20	20	
21	97	SAJDOK MICHAŁ	DZIEGIELÓW	KRS TRIATHLON DĄBROWA GÓRNICZA	POL	1981	M30-39	12	1	00:13:48 (18)	00:03:17	01:19:30 (87)	00:00:54	00:42:54 (18)	02:20:23	21	
22	191	PAJOR BARTOSZ	WROCŁAW	GVT	POL	1984	M30-39	13	1	00:16:05 (89)	00:03:43	01:12:19 (12)	00:01:23	00:47:09 (78)	02:20:39	22	
23	17	WOŁODKO GRZEGORZ	SMOLEC		POL	1977	M30-39	14	1	00:15:14 (48)	00:03:57	01:12:13 (11)	00:01:06	00:48:12 (99)	02:20:42	23	
24	65	TARCZEWSKI TOMASZ	ZAWIERCIE	TARCZA TRIATHLON TEAM	POL	1979	M30-39	15	1	00:13:17 (14)	00:03:53	01:16:16 (42)	00:01:03	00:46:15 (60)	02:20:44	24	
25	253	DUDEK MATEUSZ	KLUCZBORK		POL	1988	M18-29	8	1	00:12:19 (3)	00:03:07	01:18:43 (73)	00:01:15	00:45:45 (52)	02:21:09	25	
26	124	KOSICKI RADOSŁAW	WROCŁAW		POL	1982	M30-39	16	1	00:14:55 (41)	00:03:19	01:15:16 (28)	00:01:07	00:46:38 (65)	02:21:15	26	
27	335	KORNES JANUSZ	SOSNOWIEC	KRS TKKF TRIATHLON DĄBROWA GÓRNICZA	POL	1970	M40-49	3	2	00:13:23 (15)	00:03:03	01:17:55 (60)	00:00:43	00:46:13 (59)	02:21:17	27	
28	199	PTAK WOJCIECH	ZĄBKOWICE ŚLĄSKIE	BROWAR DOMOWY REBELIA ZĄBKOWICE ŚLĄSKIE	POL	1985	M30-39	17	1	00:13:58 (20)	00:03:00	01:19:13 (83)	00:01:06	00:44:08 (31)	02:21:25	28	
29	260	KOTOWSKI PAWEŁ	WROCŁAW	GT RAT	POL	1989	M18-29	9	1	00:12:39 (5)	00:02:35	01:19:38 (90)	00:00:53	00:45:49 (55)	02:21:33	29	
30	35	GARBERA JANUSZ	WROCŁAW	GVT	POL	1978	M30-39	18	1	00:16:06 (90)	00:03:18	01:16:03 (36)	00:01:13	00:44:57 (44)	02:21:38	30	
31	60	DZIEDZIC WADIM	WROCŁAW	DYNAMO MUCHOBÓR	POL	1979	M30-39	19	1	00:15:33 (63)	00:03:53	01:16:14 (40)	00:01:05	00:44:54 (42)	02:21:39	31	
32	395	GRASZA DARIUSZ	WROCŁAW	GT RAT	POL	1975	M40-49	4	2	00:18:12 (226)	00:03:28	01:15:47 (33)	00:01:28	00:42:47 (16)	02:21:41	32	
33	229	STODÓŁKA SZYMON	WROCŁAW	LENIWIEC	POL	1986	M30-39	20	1	00:15:07 (47)	00:02:48	01:15:47 (32)	00:01:06	00:46:59 (72)	02:21:46	33	
34	267	ROSKOSZ BARTOSZ	MIŁOSZYCE	UKS MOTO JELCZ - LASKOWICE	POL	1989	M18-29	10	1	00:18:44 (263)	00:03:33	01:18:44 (74)	00:00:59	00:39:53 (4)	02:21:54	34	
35	221	WÓJTOWICZ WOJCIECH	POBIEDZISKA	FOGTBIKES	POL	1986	M30-39	21	1	00:15:17 (51)	00:03:17	01:14:42 (21)	00:01:08	00:47:41 (89)	02:22:05	35	
36	225	ŻURAD ŁUKASZ	WROCŁAW	LITWIN TRIATHLON TEAM	POL	1986	M30-39	22	1	00:18:59 (277)	00:02:51	01:17:09 (49)	00:00:39	00:42:51 (17)	02:22:28	36	
37	147	GAŹDZIK TOMASZ	WROCŁAW	GT RAT	POL	1983	M30-39	23	1	00:14:30 (33)	00:03:40	01:16:06 (38)	00:01:10	00:47:03 (74)	02:22:30	37	
38	128	STELMASZEK GRZEGORZ	IWINY	LITWIN TRIATHLON TEAM	POL	1982	M30-39	24	1	00:16:32 (125)	00:04:18	01:18:29 (69)	00:00:59	00:42:16 (7)	02:22:34	38	
39	235	GRYSZKIEWICZ PAWEŁ	WROCŁAW	GVT	POL	1987	M18-29	11	1	00:17:42 (201)	00:03:13	01:15:02 (25)	00:00:51	00:45:48 (54)	02:22:35	39	
40	497	RYMARSKI ARKADIUSZ	WROCŁAW	NOA	POL	1975	M40-49	5	2	00:16:46 (139)	00:04:11	01:17:26 (55)	00:01:09	00:43:05 (19)	02:22:38	40	
41	426	HAJEWSKI TOMASZ	KATOWICE	TRIATHLON DĄBROWA GÓRNICZA	POL	1976	M40-49	6	2	00:14:36 (35)	00:03:09	01:16:34 (46)	00:00:57	00:47:31 (84)	02:22:46	41	
42	126	RADECKI MACIEJ	WROCŁAW	GVT	POL	1982	M30-39	25	1	00:15:50 (74)	00:02:54	01:16:11 (39)	00:00:56	00:47:04 (76)	02:22:55	42	

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Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
43	284	KOSOWSKI MARIUSZ	BĘDZIN	TRIATHLON DĄBROWA GÓRNICZA	POL	1992	M18-29	12	1	00:14:27 (30)	00:03:15	01:17:17 (52)	00:00:55	00:47:04 (75)	02:22:58	43	
44	496	BISKUPSKA MAGDALENA	WROCLAW	GT RAT	POL	1983	K30-39	1	2	00:14:14 (26)	00:03:28	01:19:23 (85)	00:00:50	00:45:10 (46)	02:23:05		1
45	352	ZIÓLKOWSKI MAREK	WROCLAW	EUROPA UBEZPIECZENIA	POL	1972	M40-49	7	2	00:13:55 (19)	00:03:08	01:16:05 (37)	00:00:55	00:49:17 (117)	02:23:20	44	
46	227	WŁOCH MATEUSZ	WROCLAW	GT RAT	POL	1986	M30-39	26	1	00:15:52 (77)	00:04:32	01:18:25 (68)	00:01:27	00:43:22 (22)	02:23:38	45	
47	87	OŻÓG TOMASZ	WROCLAW	LITWIN TRIATHLON TEAM	POL	1980	M30-39	27	1	00:17:06 (157)	00:03:08	01:17:46 (58)	00:00:51	00:44:55 (43)	02:23:46	46	
48	256	ŁOPANIAK TOMASZ	OPOLE	LUKA ŻÓRAWINA	POL	1975	M40-49	8	1	00:16:05 (87)	00:03:52	01:20:15 (98)	00:01:11	00:42:28 (11)	02:23:51	47	
49	321	KOSTKA ANDRZEJ	POLKOWICE		POL	1966	M50-59	1	2	00:16:56 (149)	00:03:14	01:17:57 (61)	00:01:17	00:44:39 (39)	02:24:03	48	
50	498	LESISZ MACIEJ	NAMYŚLÓW	TRIADA NAMYSŁÓW	POL	1976	M40-49	9	2	00:13:10 (13)	00:03:04	01:17:19 (53)	00:01:02	00:49:36 (131)	02:24:10	49	
51	115	PAŁETKO MAREK	JASZENICA DOLNA 135	WWW.FIZJOTERAPIA-NYSA.PL/NYSA BIEGA	POL	1982	M30-39	28	1	00:16:17 (109)	00:04:04	01:17:12 (51)	00:01:03	00:45:44 (51)	02:24:20	50	
52	75	JASNOCH MARCIN	BYTOM	OLUSIA TEAM	POL	1980	M30-39	29	1	00:18:03 (217)	00:03:18	01:16:27 (45)	00:00:51	00:45:48 (53)	02:24:27	51	
53	61	MAŁEK PIOTR	ZAWIERCIE		POL	1979	M30-39	30	1	00:15:57 (80)	00:05:50	01:14:53 (22)	00:02:01	00:45:52 (57)	02:24:33	52	
54	107	PIETRZAK BŁAŻEJ	WROCLAW	GVT	POL	1981	M30-39	31	1	00:14:10 (25)	00:03:56	01:19:52 (95)	00:00:45	00:45:51 (56)	02:24:34	53	
55	56	MAZUR MARCIN	PSARY	KRS TKKF TRIATHLON DĄBROWA GÓRNICZA	POL	1979	M30-39	32	1	00:15:17 (52)	00:03:14	01:18:47 (75)	00:00:50	00:46:46 (69)	02:24:55	54	
56	285	RAJCZYBA ADAM	WROCLAW		POL	1992	M18-29	13	1	00:16:20 (114)	00:04:08	01:19:26 (86)	00:00:48	00:44:14 (35)	02:24:57	55	
57	240	NOWORYTTO MICHAŁ	WROCLAW	NIEZRZESZONY	POL	1987	M18-29	14	1	00:15:05 (46)	00:03:23	01:16:46 (48)	00:00:51	00:49:07 (112)	02:25:11	56	
58	133	KLINIK PAWEŁ	RACIBÓRZ	RAFAKO S.A.	POL	1982	M30-39	33	1	00:16:24 (120)	00:04:11	01:19:38 (91)	00:01:26	00:43:51 (28)	02:25:30	57	
59	331	SZPITER TOMASZ	ZŁOTORYJA	OLAWS ZŁOTORYJA	POL	1969	M40-49	10	2	00:16:15 (108)	00:03:18	01:18:31 (70)	00:00:46	00:46:42 (67)	02:25:33	58	
60	414	BARTOSZEWSKI GRZEGORZ	DŁUGOŁĘKA	LITWIN TRIATHLON TEAM	POL	1976	M40-49	11	2	00:15:23 (57)	00:03:05	01:18:24 (67)	00:01:00	00:47:42 (90)	02:25:34	59	
61	366	HONBRECHTS TOMASZ	SOBIN	AMATOR-NIEZRZESZONY	POL	1973	M40-49	12	2	00:15:29 (62)	00:03:28	01:22:07 (135)	00:01:01	00:43:39 (27)	02:25:45	60	
62	291	PECYNA MACIEJ	KLUCZBORK	KLUCZBORSKA GRUPA BIEGOWA	POL	1994	M18-29	15	1	00:17:20 (177)	00:04:02	01:19:38 (89)	00:01:21	00:43:34 (26)	02:25:54	61	
63	428	KOTAS PAWEŁ	WROCLAW	GT RAT	POL	1988	M18-29	16	2	00:14:02 (22)	00:02:52	01:21:23 (118)	00:00:38	00:47:28 (83)	02:26:23	62	
64	328	JESION IRENEUSZ	LUBIN		POL	1969	M40-49	13	2	00:15:19 (53)	00:03:54	01:17:38 (57)	00:01:07	00:48:29 (103)	02:26:27	63	
65	209	TACIAK ROBERT	WROCLAW	NOKIA	POL	1985	M30-39	34	1	00:18:22 (237)	00:04:06	01:13:49 (17)	00:00:53	00:49:23 (121)	02:26:32	64	
66	129	MACIEJEWSKI KAROL	WROCLAW	PRO-RUN WROCLAW	POL	1982	M30-39	35	1	00:17:08 (160)	00:03:17	01:14:13 (19)	00:00:54	00:51:05 (163)	02:26:37	65	
67	214	ZATORSKI KONRAD	WROCLAW	TRIBITION TEAM	POL	1992	M18-29	17	1	00:16:35 (128)	00:04:19	01:14:22 (20)	00:01:05	00:50:20 (143)	02:26:40	66	
68	96	MESSYASZ KRZYSZTOF	GAĆ	BIMARKO	POL	1981	M30-39	36	1	00:18:13 (229)	00:03:49	01:18:00 (62)	00:01:13	00:45:29 (48)	02:26:45	67	
69	28	OLENDER GRZEGORZ	WROCLAW	GT RAT	POL	1978	M30-39	37	1	00:16:14 (105)	00:03:57	01:18:05 (63)	00:00:53	00:47:50 (92)	02:26:59	68	
70	154	MAŁEK MICHAŁ	WROCLAW	WROCLAWSKI KLUB TRIATHLONOWY	POL	1983	M30-39	38	1	00:16:49 (143)	00:02:59	01:16:22 (43)	00:01:05	00:49:45 (133)	02:26:59	69	
71	412	SKOLIK MAKSYMILIAN	WARSAW		POL	1976	M40-49	14	2	00:18:44 (262)	00:03:44	01:14:54 (23)	00:01:42	00:47:57 (95)	02:27:01	70	
72	5	BEDNAREK TOMASZ	KĘDZIERZYN-KOŹLE	5B_TEAM	POL	1977	M30-39	39	1	00:17:29 (193)	00:02:51	01:16:35 (47)	00:01:28	00:48:39 (106)	02:27:02	71	
73	448	KURPIEWSKA ANNA	WROCLAW	GT RAT	POL	1977	K30-39	2	2	00:15:36 (65)	00:03:02	01:18:48 (76)	00:01:00	00:49:27 (124)	02:27:52		2
74	406	LACH SEBASTIAN	GRODKÓW	GZ LZS GRODKÓW TRI	POL	1976	M40-49	15	2	00:16:57 (150)	00:03:16	01:19:15 (84)	00:01:05	00:47:26 (82)	02:27:58	72	
75	51	OLAWIŃSKI KAROL	KOBIERZYCE	TRIATHLON MIETKÓW TEAM	POL	1979	M30-39	40	1	00:17:46 (205)	00:03:32	01:18:53 (78)	00:01:13	00:46:34 (64)	02:27:59	73	
76	71	URBAN KRZYSZTOF	WARSZAWA	TEAM APEROL	POL	1980	M30-39	41	1	00:14:48 (40)	00:03:05	01:20:43 (106)	00:00:53	00:48:31 (104)	02:28:00	74	
77	430	KAUCKA ALICJA	BIELAWA		POL	1988	K18-29	1	2	00:16:26 (122)	00:03:38	01:21:17 (115)	00:01:11	00:45:36 (49)	02:28:09		3
78	118	KŁOS SŁAWOMIR	WROCLAW	NOA	POL	1982	M30-39	42	1	00:15:39 (66)	00:04:02	01:20:33 (104)	00:01:13	00:46:43 (68)	02:28:10	75	
79	26	SŁOMCZYŃSKI BARTOSZ	OPOLE	10 BRYGADA LOGISTYCZNA, OPOLE	POL	1978	M30-39	43	1	00:17:24 (183)	00:03:07	01:18:17 (65)	00:01:07	00:48:26 (102)	02:28:21	76	
80	318	MATKOWSKI JAROSŁAW	SWIDNICA		POL	1966	M50-59	2	2	00:16:10 (97)	00:03:17	01:17:31 (56)	00:01:16	00:50:13 (140)	02:28:26	77	
81	182	MICHAŁ SZAREK	TYCHY		POL	1984	M30-39	44	1	00:15:52 (78)	00:04:01	01:15:58 (35)	00:01:49	00:50:52 (158)	02:28:33	78	
82	80	KINSELLA SEAN	CARLOW	GT RAT	IRL	1980	M30-39	45	1	00:16:13 (101)	00:03:52	01:22:05 (134)	00:01:45	00:44:40 (40)	02:28:36	79	
83	489	RAK PAWEŁ	OLEŚNICA	KB LUPUS OLEŚNICA	POL	1982	M30-39	46	2	00:17:13 (167)	00:04:45	01:21:45 (127)	00:01:34	00:43:27 (23)	02:28:43	80	
84	45	WRÓŃSKI TOMASZ	LUTYNIA		POL	1979	M30-39	47	1	00:12:52 (8)	00:03:36	01:23:21 (162)	00:01:20	00:47:38 (88)	02:28:47	81	

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M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
85	249	CZAJKOWSKI KONRAD	WROCLAW		POL	1988	M18-29	18	1	00:16:17 (110)	00:04:24	01:13:34 (16)	00:01:03	00:53:41 (224)	02:29:01	82	
86	425	MANOWIECKI JAROSLAW	RAWICZ		POL	1976	M40-49	16	2	00:16:41 (135)	00:04:08	01:17:52 (59)	00:01:04	00:49:29 (125)	02:29:14	83	
87	104	ANDRZEJEWSKI MICHAŁ	BIELAWA	BAT	POL	1981	M30-39	48	1	00:15:42 (68)	00:03:30	01:20:20 (99)	00:00:58	00:48:45 (108)	02:29:15	84	
88	491	WĘZLER DARIUSZ	OŁAWY	WELDA TEAM	POL	1973	M40-49	17	2	00:16:49 (142)	00:03:26	01:18:39 (71)	00:01:34	00:48:53 (109)	02:29:20	85	
89	135	GORCZYCA LUKASZ	SWIEBODZICE	AT TEAM	POL	1982	M30-39	49	1	00:17:01 (151)	00:04:44	01:12:52 (13)	00:01:08	00:54:15 (240)	02:30:01	86	
90	121	SEREDYŃSKI PRZEMYSŁAW	WROCLAW	ESPOTEL TRIATHLON	POL	1982	M30-39	50	1	00:15:50 (75)	00:03:59	01:19:12 (82)	00:00:57	00:50:07 (136)	02:30:06	87	
91	81	RAGAN PAWEŁ	WROCLAW		POL	1980	M30-39	51	1	00:15:24 (59)	00:03:50	01:20:11 (97)	00:01:10	00:49:45 (134)	02:30:20	88	
92	420	TOMAKA BOGUSŁAW	ZĄBKOWICE ŚLĄSKIE	MKM TRIATHLON TEAM	POL	1976	M40-49	18	2	00:17:03 (153)	00:03:59	01:21:42 (126)	00:01:12	00:46:34 (63)	02:30:29	89	
93	384	SZOSTEK JACEK	OPOLE		POL	1975	M40-49	19	2	00:16:54 (148)	00:04:06	01:20:25 (101)	00:00:50	00:48:19 (101)	02:30:33	90	
94	238	KARAŚ MICHAŁ	OLEŚNICA	OLEŚNICKA GRUPA TRIATHLONOWA SBR	POL	1987	M18-29	19	1	00:16:42 (136)	00:03:31	01:20:59 (110)	00:01:26	00:47:59 (96)	02:30:38	91	
95	70	BIELICKI BARTOSZ	MILICZ	RUNNING TEAM MILICZ	POL	1980	M30-39	52	1	00:18:41 (259)	00:03:46	01:20:03 (96)	00:00:57	00:47:15 (80)	02:30:43	92	
96	343	LACH TOMASZ	PIECHOWICE	REHABILITACJA-JELEŃ GORA.PL	POL	1971	M40-49	20	2	00:14:41 (36)	00:03:09	01:19:40 (93)	00:00:46	00:52:40 (200)	02:30:56	93	
97	259	SZEWczyk MICHAŁ	OPOLE	CYKLOFAN OPOLE	POL	1989	M18-29	20	1	00:17:22 (179)	00:04:52	01:20:30 (103)	00:01:41	00:46:40 (66)	02:31:05	94	
98	173	ZAPAŁOWSKI PAWEŁ	WROCLAW	GT RAT	POL	1983	M30-39	53	1	00:16:02 (85)	00:03:14	01:21:33 (124)	00:01:17	00:49:22 (120)	02:31:29	95	
99	86	WOJDYŁA MICHAŁ	WARSZAWA	TEAM APEROL	POL	1980	M30-39	54	1	00:14:57 (42)	00:03:14	01:20:58 (108)	00:01:21	00:50:59 (161)	02:31:29	96	
100	172	BANIECKI BARTŁOMIEJ	WROCLAW	LITWIN TRIATHLON TEAM	POL	1983	M30-39	55	1	00:18:43 (260)	00:03:51	01:22:59 (157)	00:00:47	00:45:24 (47)	02:31:43	97	
101	43	PŁOCIENIAK ANDRZEJ	LONDON		POL	1979	M30-39	56	1	00:17:28 (191)	00:03:52	01:19:03 (80)	00:01:36	00:49:44 (132)	02:31:44	98	
102	351	ŻEŚLAWSKI ROBERT	ZAWIERCIE	VICTORIA ZAWIERCIE	POL	1972	M40-49	21	2	00:15:21 (54)	00:03:45	01:24:14 (177)	00:00:57	00:47:43 (91)	02:32:00	99	
103	447	WOJTYŁO OLIMPIA	WROCLAW	GT RAT	POL	1981	K30-39	3	2	00:15:28 (61)					02:32:02		4
104	215	DANIELKIEWICZ TOMASZ	GŁOGÓW	TRIATHLON MIETKÓW TEAM	POL	1986	M30-39	57	1	00:20:40 (346)	00:03:40	01:22:21 (141)	00:01:18	00:44:04 (29)	02:32:03	100	
105	472	SIKORA JULITA	LIGOTA PIĘKNA	GVT	POL	1973	K40-49	1	2	00:16:39 (133)	00:03:14	01:20:37 (105)	00:00:52	00:50:42 (153)	02:32:04		5
106	205	FIGARSKI SEBASTIAN	LUTYNIA	AQUA FIT	POL	1985	M30-39	58	1	00:12:21 (4)	00:04:01	01:23:55 (169)	00:01:04	00:50:50 (156)	02:32:11	101	
107	427	BIHUN NATALIA	KOBIERZYCE	GT RAT	POL	1987	K18-29	2	2	00:17:24 (184)	00:03:32	01:24:05 (173)	00:01:32	00:45:42 (50)	02:32:14		6
108	353	ŻUROWSKI MARCIN	WROCLAW	GVT	POL	1972	M40-49	22	2	00:17:26 (188)	00:04:23	01:18:39 (72)	00:01:26	00:50:33 (148)	02:32:27	102	
109	482	BAJSTAROWICZ PAWEŁ	WROCLAW	TRIATHLON CLUB WROCLAW	POL	1978	M30-39	59	2	00:17:57 (215)	00:04:08	01:19:02 (79)	00:01:08	00:50:12 (139)	02:32:27	103	
110	134	PAJĄK MICHAŁ	DĄBROWA GÓRNICZA	KRS TKKF TRIATHLON DĄBROWA GÓRNICZA	POL	1982	M30-39	60	1	00:17:16 (170)	00:03:38	01:25:29 (207)	00:01:15	00:44:52 (41)	02:32:29	104	
111	361	FIEDOROW SZYMON	DŁUGOŁĘKA		POL	1973	M40-49	23	2	00:17:17 (171)	00:04:39	01:22:11 (137)	00:01:31	00:46:57 (70)	02:32:34	105	
112	181	DURMAJ BARTEK	WROCLAW		POL	1984	M30-39	61	1	00:17:43 (204)	00:04:29	01:22:11 (136)	00:01:57	00:46:19 (61)	02:32:39	106	
113	407	KOLARZOWSKI STANISŁAW	WROCLAW		POL	1987	M18-29	21	2	00:16:09 (95)	00:03:14	01:21:59 (132)	00:02:02	00:49:19 (119)	02:32:42	107	
114	66	DĘBICKI WOJCIECH	NAMYŚLÓW	NTT TRIADA	POL	1979	M30-39	62	1	00:16:10 (96)	00:05:38	01:21:52 (130)	00:01:42	00:47:20 (81)	02:32:43	108	
115	39	FABISIAK ROBERT	ZIELONA GÓRA	RANT TEAM ZIELONA GÓRA	POL	1979	M30-39	63	1	00:19:04 (282)	00:03:53	01:21:15 (114)	00:00:59	00:47:56 (94)	02:33:08	109	
116	255	BANDZARZEWSKI MACIEJ	KOMOROWICE	GT RAT	POL	1988	M18-29	22	1	00:19:23 (290)	00:04:26	01:21:22 (117)	00:01:35	00:46:22 (62)	02:33:08	110	
117	73	SURMAŃSKI JACEK	WARSZAWA	FRANKA I STASIA	POL	1980	M30-39	64	1	00:16:20 (113)	00:03:33	01:19:41 (94)	00:01:14	00:52:30 (196)	02:33:17	111	
118	397	ŚMIETANA MARCIN	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1975	M40-49	24	2	00:14:09 (24)	00:03:29	01:22:38 (147)	00:01:01	00:52:02 (182)	02:33:20	112	
119	109	KULBICKI PIOTR	WROCLAW	TRIBITION TEAM	POL	1981	M30-39	65	1	00:18:09 (224)	00:04:11	01:22:23 (142)	00:00:51	00:47:52 (93)	02:33:26	113	
120	391	KACPRZYK MARIUSZ	JEDLINA-ZDRÓJ	BIEGAJ W JEDLINIE	POL	1975	M40-49	25	2	00:18:09 (223)	00:03:43	01:21:19 (116)	00:01:01	00:49:19 (118)	02:33:30	114	
121	288	WINSŁAW RAFAŁ	WROCLAW	-	POL	1992	M18-29	23	1	00:15:44 (69)	00:03:51	01:21:30 (121)	00:01:09	00:51:29 (169)	02:33:43	115	
122	346	TOPIŃSKI WALDEMAR	WROCLAW	-	POL	1971	M40-49	26	2	00:15:57 (81)	00:03:17	01:19:32 (88)	00:00:58	00:54:02 (234)	02:33:46	116	
123	46	SAWKA TOMASZ	WROCLAW	IRONMANIA	POL	1979	M30-39	66	1	00:18:50 (271)	00:03:42	01:15:15 (27)	00:01:46	00:54:22 (242)	02:33:55	117	
124	142	KOCUREK LUKASZ	TYCHY	RAFAKO S.A.	POL	1983	M30-39	67	1	00:18:50 (270)	00:05:04	01:20:46 (107)	00:01:36	00:48:00 (97)	02:34:16	118	
125	386	SZCZĘSNY FILIP	SZUKALICE	SZUKALICE TRIATHLON MASTERS	POL	1975	M40-49	27	2	00:17:06 (158)	00:06:01	01:22:27 (144)	00:01:45	00:47:02 (73)	02:34:22	119	
126	125	KLIMAS MARCIN	WROCLAW	GT RAT	POL	1982	M30-39	68	1	00:16:07 (92)	00:03:37	01:24:52 (188)	00:01:02	00:49:00 (111)	02:34:39	120	

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
127	250	ZARCUK PAWEŁ	WROCLAW	INSS-POL	POL	1988	M18-29	24	1	00:21:23 (375)	00:04:45	01:19:39 (92)	00:01:52	00:47:07 (77)	02:34:46	121	
128	183	PIRÓG MAREK	BOLESŁAWIEC	GVT	POL	1984	M30-39	69	1	00:18:27 (243)	00:03:54	01:22:03 (133)	00:01:28	00:49:16 (115)	02:35:08	122	
129	4	FONROBERT DOMINIK	WROCLAW	PRO-RUN WROCLAW	POL	1977	M30-39	70	1	00:15:26 (60)	00:04:19	01:22:48 (153)	00:01:35	00:51:04 (162)	02:35:11	123	
130	204	ŚRODA MICHAŁ	TRZEBNICA	TRIATHLON MIETKÓW TEAM	POL	1985	M30-39	71	1	00:17:51 (207)	00:05:14	01:23:16 (161)	00:01:22	00:47:31 (85)	02:35:14	124	
131	49	SWIERK SEWERYN	JANOWICE WIELKIE	NATURALNIE JANOWICE	POL	1979	M30-39	72	1	00:18:36 (253)	00:03:59	01:22:37 (146)	00:01:03	00:49:00 (110)	02:35:15	125	
132	219	MUSIAŁ MATEUSZ	OLEŚNICA	OLEŚNICKA GRUPA TRIATHLONOWA SBR	POL	1986	M30-39	73	1	00:19:13 (284)	00:04:25	01:26:33 (220)	00:01:03	00:44:13 (33)	02:35:27	126	
133	152	GOLAK ŁUKASZ	POZNAŃ	#NAZWA?	POL	1983	M30-39	74	1	00:19:41 (303)	00:04:55	01:17:10 (50)	00:01:36	00:52:14 (190)	02:35:35	127	
134	389	BYCH MACIEJ	OŁAWA	GTO OŁAWA	POL	1975	M40-49	28	2	00:14:43 (37)	00:03:33	01:20:25 (100)	00:01:26	00:55:30 (262)	02:35:36	128	
135	123	MICHELWICZ MICHAŁ	WROCLAW	MKM TRIATHLON TEAM	POL	1982	M30-39	75	1	00:16:50 (144)	00:04:21	01:21:03 (111)	00:01:14	00:52:08 (186)	02:35:37	129	
136	163	GRZEGORCZYK PATRYK	JELEŃ GÓRA		POL	1983	M30-39	76	1	00:17:05 (155)	00:03:46	01:24:10 (174)	00:01:18	00:49:17 (116)	02:35:37	130	
137	262	KACZOR MICHAŁ	KLUCZBORK	KLUCZBORSKA GRUPA BIEGOWA	POL	1989	M18-29	25	1	00:15:45 (70)	00:03:54	01:22:55 (155)	00:01:03	00:52:07 (185)	02:35:44	131	
138	48	ŚREDZIŃSKI ŁUKASZ	WROCLAW	TRIBITION TEAM	POL	1979	M30-39	77	1	00:15:22 (55)	00:03:54	01:23:00 (158)	00:01:01	00:52:29 (195)	02:35:45	132	
139	15	SKRZYŃKOWSKI PIOTR	OPOLE		POL	1977	M30-39	78	1	00:17:33 (195)	00:03:36	01:25:10 (198)	00:02:00	00:47:32 (87)	02:35:52	133	
140	193	ORŁOWSKI KAMIL	WROCLAW	PIK IZBICKO	POL	1985	M30-39	79	1	00:16:38 (129)	00:03:40	01:22:16 (139)	00:00:47	00:52:41 (201)	02:36:02	134	
141	382	ŚWIERCZEWSKI PIOTR	SMOLEC		POL	1974	M40-49	29	2	00:14:45 (38)	00:04:09	01:22:40 (150)	00:01:29	00:53:13 (213)	02:36:16	135	
142	488	WOJCIECHOWSKI RAFAŁ	GRZYBOWO	NTT TRIADA NAMYSŁÓW	POL	1975	M40-49	30	1	00:16:14 (104)	00:04:04	01:16:14 (41)	00:01:32	00:58:15 (312)	02:36:18	136	
143	216	NOWAKOWSKI JAKUB	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1986	M30-39	80	1	00:18:25 (239)	00:04:10	01:26:38 (221)	00:00:55	00:46:11 (58)	02:36:19	137	
144	37	DEUTSCHMAN PIOTR	WROCLAW	GT RAT	POL	1978	M30-39	81	1	00:15:17 (50)	00:03:35	01:22:38 (148)	00:00:54	00:53:55 (232)	02:36:19	138	
145	100	LUCZYS FILIP	WROCLAW	GT RAT	POL	1981	M30-39	82	1	00:18:34 (252)	00:03:26	01:21:11 (113)	00:00:55	00:52:17 (193)	02:36:24	139	
146	266	KACZMARCZYK MATEUSZ	WROCLAW	-	POL	1989	M18-29	26	1	00:14:58 (43)	00:03:42	01:25:39 (210)	00:01:22	00:51:09 (164)	02:36:49	140	
147	94	BREWKA WOJCIECH	PIERWOSZÓW	GT RAT	POL	1981	M30-39	83	1	00:16:52 (147)	00:03:30	01:25:23 (202)	00:01:35	00:49:34 (129)	02:36:55	141	
148	74	GRAJEK KRZYSZTOF	UNISŁAW ŚLĄSKI	FIT KLUB 24 WAŁBRZYCH	POL	1980	M30-39	84	1	00:16:22 (115)	00:03:26	01:23:44 (168)	00:00:52	00:52:38 (199)	02:37:02	142	
149	212	KUBICZEK GRZEGORZ	WROCLAW		POL	1985	M30-39	85	1	00:20:51 (352)	00:04:00	01:20:59 (109)	00:00:49	00:50:34 (150)	02:37:12	143	
150	93	FLOREK PAWEŁ	KRAKÓW		POL	1980	M30-39	86	1	00:16:42 (137)	00:05:41	01:22:47 (152)	00:01:31	00:50:31 (146)	02:37:12	144	
151	242	CHERNOBRIVENKO SERGEY	WROCLAW	GT RAT	POL	1987	M18-29	27	1	00:17:40 (199)	00:04:08	01:25:09 (197)	00:02:00	00:48:18 (100)	02:37:15	145	
152	21	SAŁATA ROMAN	ŚWIEBODZICE	TEMMPPO WAŁBRZYCH	POL	1978	M30-39	87	1	00:18:05 (219)	00:04:09	01:24:17 (179)	00:01:11	00:49:35 (130)	02:37:17	146	
153	101	ANTOSIAK TOMASZ	ZŁOTORYJA	TRIATHLON MIETKÓW TEAM	POL	1981	M30-39	88	1	00:17:57 (214)	00:03:55	01:25:06 (195)	00:00:56	00:49:33 (127)	02:37:28	147	
154	91	DULAS KAZIMIERZ	WROCLAW	ZAKWAS POPOWICE	POL	1980	M30-39	89	1	00:16:14 (107)					02:37:30	148	
155	156	KLISZ IWO	WROCLAW	TRIBITION TEAM	POL	1983	M30-39	90	1	00:18:45 (265)	00:04:06	01:15:55 (34)	00:01:01	00:57:45 (306)	02:37:32	149	
156	265	RUSIN JAKUB	WROCLAW	AT TEAM	POL	1989	M18-29	28	1	00:17:41 (200)	00:03:12	01:25:03 (193)	00:01:21	00:50:28 (144)	02:37:44	150	
157	25	MACHATA JACEK	WROCLAW		POL	1978	M30-39	91	1	00:16:23 (117)	00:04:20	01:23:26 (163)	00:00:56	00:52:56 (205)	02:38:00	151	
158	67	SAWCZUK GRZEGORZ	WYSOKA		POL	1980	M30-39	92	1	00:16:47 (141)	00:03:51	01:24:15 (178)	00:01:18	00:51:51 (178)	02:38:02	152	
159	40	GORŁOWSKI EMIL	ŚWIDNICA	-	POL	1979	M30-39	93	1	00:21:01 (364)	00:03:22	01:23:01 (159)	00:01:15	00:49:25 (123)	02:38:05	153	
160	18	KULA DAMIAN	KRAKÓW	AT TEAM	POL	1977	M30-39	94	1	00:16:46 (140)	00:04:10	01:25:44 (211)	00:01:06	00:50:33 (147)	02:38:19	154	
161	119	WARNICKI WOJTEK	WROCLAW	GT RAT	POL	1982	M30-39	95	1	00:18:39 (258)	00:04:53	01:23:32 (164)	00:01:04	00:50:14 (141)	02:38:21	155	
162	120	BAJ JAROSŁAW	MARCINKOWICE	CROSSANT.PL	POL	1982	M30-39	96	1	00:18:06 (221)	00:04:03	01:21:06 (112)	00:01:17	00:54:15 (239)	02:38:48	156	
163	59	GREHL PAWEŁ	WROCLAW	GVT	POL	1979	M30-39	97	1	00:15:48 (72)	00:03:46	01:22:36 (145)	00:01:13	00:55:35 (265)	02:38:58	157	
164	373	BOMBAŁA NORBERT	SMOLEC	HAKUNA MATATA :)	POL	1974	M40-49	31	2	00:18:32 (250)	00:04:21	01:21:31 (123)	00:01:39	00:53:02 (207)	02:39:05	158	
165	69	WOŁODKO ANDRZEJ	KOWARY		POL	1980	M30-39	98	1	00:16:14 (106)	00:04:13	01:24:20 (181)	00:01:10	00:53:13 (215)	02:39:11	159	
166	312	KOTAS MACIEJ	RYBNIK	GT RAT	POL	1993	M18-29	29	2	00:17:28 (192)	00:02:35	01:24:59 (191)	00:00:51	00:53:25 (217)	02:39:19	160	
167	300	SUFRAWOWICZ JERZY	DĄBROWA GÓRNICZA	TRIATHLON DĄBROWA GÓRNICZA	POL	1954	M60+	1	2	00:17:05 (156)	00:03:15	01:24:40 (184)	00:01:16	00:53:09 (211)	02:39:25	161	
168	378	BARAN JAROSŁAW	WROCLAW		POL	1974	M40-49	32	2	00:20:59 (361)	00:02:50	01:21:58 (131)	00:00:46	00:52:58 (206)	02:39:31	162	

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
169	7	DZIUBA DARIUSZ	WROCLAW	CRANFIELD FOUNDRY	POL	1977	M30-39	99	1	00:16:00 (82)	00:04:00	01:24:11 (175)	00:02:15	00:53:06 (209)	02:39:33	163	
170	368	SMOLEŃ TOMASZ	KOBIERZYCE	TRIATHLON MIETKÓW TEAM	POL	1973	M40-49	33	2	00:17:17 (172)	00:03:52	01:24:53 (189)	00:01:07	00:52:35 (198)	02:39:44	164	
171	277	GRZEGORZAK MICHAŁ	MECHNICE		POL	1991	M18-29	30	1	00:19:29 (293)	00:05:14	01:32:09 (310)	00:00:40	00:42:37 (14)	02:40:10	165	
172	332	GRYGIEL LESZEK	WROCLAW	PRO-RUN WROCLAW	POL	1969	M40-49	34	2	00:18:05 (220)	00:04:36	01:21:50 (129)	00:01:20	00:54:28 (246)	02:40:20	166	
173	95	GRUNDYS PAWEŁ	WROCLAW		POL	1981	M30-39	100	1	00:16:26 (121)	00:03:46	01:25:58 (214)	00:02:03	00:52:09 (187)	02:40:20	167	
174	421	RECZUCH TOMASZ	OŁAWA		POL	1976	M40-49	35	2	00:15:23 (56)	00:04:35	01:23:56 (170)	00:01:25	00:55:04 (255)	02:40:22	168	
175	188	KRAUS RADOSŁAW	ŚWIDNICA	M+Q	POL	1984	M30-39	101	1	00:18:18 (233)	00:04:12	01:27:28 (235)	00:00:52	00:49:32 (126)	02:40:23	169	
176	208	MRUGAŁA MACIEJ	WROCLAW	TRIBITION TEAM	POL	1985	M30-39	102	1	00:19:35 (298)	00:04:43	01:22:56 (156)	00:01:27	00:51:58 (180)	02:40:39	170	
177	402	MASŁOWSKI MICHAŁ	WYSOKA	PROSHARE CYCLING TEAM	POL	1975	M40-49	36	2	00:16:52 (146)	00:04:21	01:28:13 (247)	00:01:18	00:49:58 (135)	02:40:42	171	
178	379	KALINOWSKI GRZEGORZ	WISZNIA MAŁA	GVT	POL	1974	M40-49	37	2	00:20:24 (334)	00:04:28	01:22:25 (143)	00:01:29	00:52:03 (183)	02:40:48	172	
179	117	TWARDOWSKI GRZEGORZ	WROCLAW	BRAK	POL	1982	M30-39	103	1	00:21:38 (386)	00:03:40	01:21:26 (119)	00:01:26	00:52:46 (202)	02:40:56	173	
180	309	WYDMUCH MAREK	BARDO	SGR SREBRNA GÓRA	POL	1962	M50-59	3	1	00:30:16 (436)	00:03:46	01:18:08 (64)	00:01:17	00:47:32 (86)	02:40:58	174	
181	241	BIGOS MAREK	BOLESŁAWIEC	GT RAT	POL	1987	M18-29	31	1	00:18:15 (231)	00:04:37	01:24:04 (172)	00:01:54	00:52:13 (189)	02:41:02	175	
182	16	AKUTKO SEBASTIAN	WROCLAW	GO FLOW	POL	1977	M30-39	104	1	00:17:42 (202)	00:04:34	01:27:07 (229)	00:00:46	00:50:59 (160)	02:41:08	176	
183	11	HAWRYLEWICZ PAWEŁ	WROCLAW		POL	1977	M30-39	105	1	00:18:11 (225)	00:04:05	01:21:35 (125)	00:00:55	00:56:26 (278)	02:41:12	177	
184	252	MASŁOWSKI JACEK	OBORNIKI ŚLĄSKIE	NO LIMITS	POL	1988	M18-29	32	1	00:17:23 (180)	00:04:16	01:27:43 (239)	00:00:36	00:51:16 (167)	02:41:15	178	
185	76	BIELAWSKI DAMIAN	DZIWISZÓW	RAGABA MEBLE	POL	1980	M30-39	106	1	00:14:30 (32)	00:04:19	01:24:29 (182)	00:01:37	00:56:37 (281)	02:41:33	179	
186	150	PYZIO PIOTR	MARCINKOWICE		POL	1983	M30-39	107	1	00:21:04 (368)	00:04:32	01:25:26 (204)	00:01:15	00:49:25 (122)	02:41:41	180	
187	38	SOBIERSKI WOJCIECH	WROCLAW	HAKUNA MATATA :)	POL	1978	M30-39	108	1	00:20:35 (342)	00:04:28	01:21:49 (128)	00:01:24	00:53:28 (219)	02:41:44	181	
188	195	OZDOWSKI PAWEŁ	KROSNOWICE	-	POL	1985	M30-39	109	1	00:17:25 (186)	00:05:14	01:26:13 (218)	00:01:24	00:51:35 (171)	02:41:50	182	
189	474	JANUSZ IZABELA	SZCZEPANÓW	-	POL	1994	K18-29	3	2	00:15:46 (71)	00:03:22	01:27:10 (230)	00:01:26	00:54:11 (237)	02:41:55		7
190	345	GOMULEC TOMASZ	KRAKÓW	TACTICA TEAM	POL	1971	M40-49	38	2	00:16:38 (131)	00:04:02	01:22:39 (149)	00:01:47	00:56:52 (286)	02:41:57	183	
191	20	KIELAR MIROŚLAW	JEDLINA-ZDRÓJ	BIEGAJ W JEDLINIE	POL	1978	M30-39	110	1	00:18:33 (251)	00:04:39	01:26:07 (217)	00:02:17	00:50:41 (152)	02:42:17	184	
192	141	WALASZCZYK MIROŚLAW	OLEŚNICA		POL	1983	M30-39	111	1	00:18:31 (247)	00:04:50	01:28:45 (257)	00:01:13	00:49:11 (113)	02:42:29	185	
193	354	BEDNARCZYK JAKUB	POZNAŃ		POL	1972	M40-49	39	2	00:18:29 (245)	00:06:51	01:27:27 (234)	00:01:00	00:48:44 (107)	02:42:31	186	
194	333	BIRUTA SEBASTIAN	WROCLAW	GVT	POL	1969	M40-49	40	2	00:20:50 (351)	00:05:46	01:18:48 (77)	00:01:30	00:55:43 (267)	02:42:36	187	
195	197	KŁOS TOMASZ	SIERADZ	NOA	POL	1985	M30-39	112	1	00:19:01 (280)	00:05:39	01:25:16 (200)	00:01:11	00:51:45 (176)	02:42:52	188	
196	400	GRABLEWSKI GRZEGORZ	WROCLAW	LUKS ŻÓRAWINA	POL	1975	M40-49	41	2	00:21:12 (370)	00:08:11	01:29:10 (261)	00:01:05	00:43:32 (25)	02:43:09	189	
197	110	ZIELENKIEWICZ MARCIN	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1981	M30-39	113	1	00:15:53 (79)	00:03:35	01:28:40 (256)	00:01:09	00:53:53 (229)	02:43:10	190	
198	314	PUPKA ARTUR	LIGOTA PIĘKNA	GVT	POL	1964	M50-59	4	2	00:16:07 (91)	00:03:40	01:24:41 (185)	00:01:13	00:57:41 (303)	02:43:21	191	
199	174	WYSOCKI PIOTR	OSOLA	TRIBITION TEAM	POL	1988	M18-29	33	1	00:17:24 (185)	00:04:52	01:27:17 (232)	00:01:21	00:52:53 (204)	02:43:48	192	
200	24	PIŁAT MICHAŁ	BOLESŁAWIEC	TRIATHLON MIETKÓW TEAM	POL	1978	M30-39	114	1	00:18:48 (266)	00:03:26	01:22:13 (138)	00:00:54	00:58:31 (317)	02:43:52	193	
201	290	DRADRACH JAKUB	SZCZEPANÓW		POL	1993	M18-29	34	1	00:18:37 (255)	00:04:07	01:26:58 (224)	00:01:18	00:53:08 (210)	02:44:08	194	
202	224	ENGEL KRZYSZTOF JAKUB	LEGNICA	-	POL	1986	M30-39	115	1	00:18:38 (257)	00:04:53	01:22:53 (154)	00:01:49	00:55:56 (272)	02:44:09	195	
203	243	HADRYŚ TOMASZ	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1987	M18-29	35	1	00:20:01 (320)	00:04:07	01:27:58 (242)	00:01:35	00:50:31 (145)	02:44:12	196	
204	499	TOMASZEWSKI MARCIN	JELCZ-LASKOWICE		POL	1982	M30-39	116	2	00:17:12 (166)	00:04:21	01:23:07 (160)	00:00:52	00:58:56 (323)	02:44:27	197	
205	463	DAŃKOWSKA ANNA	WROCLAW	X3SPORT	POL	1975	K40-49	2	2	00:14:31 (34)	00:03:28	01:29:41 (267)	00:00:58	00:55:55 (271)	02:44:33		8
206	326	MAJKA LESZEK	ŚRODA ŚLĄSKA	GT RAT	POL	1967	M40-49	42	2	00:16:38 (130)	00:05:16	01:28:59 (259)	00:01:55	00:51:56 (179)	02:44:44	198	
207	364	TROSZCZYŃSKI WOJCIECH	WAŁBRZYCH		POL	1973	M40-49	43	2	00:19:44 (308)	00:04:28	01:32:01 (307)	00:01:22	00:47:11 (79)	02:44:46	199	
208	476	ŁOWICKA MAGDALENA	WROCLAW	PRO-RUN WROCLAW	POL	1985	K30-39	4	2	00:16:23 (118)	00:04:08	01:35:05 (350)	00:01:07	00:48:06 (98)	02:44:49		9
209	466	MAZUR-MANDELA MAGDALENA	WROCLAW	PRO-RUN WROCLAW	POL	1981	K30-39	5	2	00:19:41 (304)	00:03:24	01:28:23 (249)	00:01:48	00:51:36 (172)	02:44:52		10
210	311	ROGAŁA TOMASZ	WROCLAW		POL	1963	M50-59	5	1	00:19:42 (305)	00:05:05	01:24:51 (187)	00:01:50	00:53:26 (218)	02:44:55	200	

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
211	393	SZAREK DOMINIK	SWINOUJSCIE	AMATOR	POL	1975	M40-49	44	2	00:16:22 (116)	00:04:14	01:26:02 (215)	00:00:58	00:57:28 (299)	02:45:05	201	
212	132	GÓRSKI ŁUKASZ	WROCLAW		POL	1982	M30-39	117	1	00:17:14 (169)	00:04:16	01:22:19 (140)	00:01:21	01:00:02 (341)	02:45:12	202	
213	31	BIERNACKI KRYSZTIAN	WROCLAW		POL	1978	M30-39	118	1	00:17:23 (181)	00:05:03	01:25:15 (199)	00:01:51	00:55:51 (268)	02:45:23	203	
214	274	ROGAŁA ZBIGNIEW	WROCLAW		POL	1990	M18-29	36	2	00:15:36 (64)	00:04:57	01:24:13 (176)	00:01:34	00:59:06 (324)	02:45:26	204	
215	54	KUKIEŁKA SŁAWEK	JELENIA GÓRA		POL	1979	M30-39	119	1	00:16:40 (134)	00:03:54	01:19:10 (81)	00:01:43	01:04:00 (382)	02:45:26	205	
216	111	KOGUT BARTŁOMIEJ	OŁAWA		POL	1981	M30-39	120	1	00:16:33 (126)	00:04:51	01:24:51 (186)	00:01:57	00:57:16 (297)	02:45:27	206	
217	203	KLIMEK ANTONI	ZĄBKOWICE ŚLĄSKIE	-	POL	1985	M30-39	121	1	00:20:00 (318)	00:05:03	01:25:01 (192)	00:01:35	00:53:50 (228)	02:45:30	207	
218	140	MAŚLUSZCZAK MICHAŁ	WROCLAW	AMELINIUM RACING	POL	1982	M30-39	122	1	00:19:01 (279)	00:04:51	01:29:39 (266)	00:01:31	00:50:33 (149)	02:45:35	208	
219	477	FOGIEL-PAWŁOWSKA AGNIESZKA	WROCLAW	LOS BIEGANEROS	POL	1979	K30-39	6	2	00:18:13 (228)	00:04:11	01:32:58 (324)	00:00:47	00:50:08 (137)	02:46:17		11
220	78	MURZYN PIOTR	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1980	M30-39	123	1	00:17:52 (208)	00:03:49	01:30:03 (272)	00:01:06	00:53:36 (221)	02:46:26	209	
221	84	LUPA MARCIN	WROCLAW	GVT	POL	1980	M30-39	124	1	00:17:18 (174)	00:03:30	01:27:02 (226)	00:01:18	00:57:21 (298)	02:46:28	210	
222	180	KORZELECKI WOJCIECH	MILICZ	RUNNING TEAM MILICZ	POL	1984	M30-39	125	1	00:16:44 (138)	00:04:29	01:23:43 (167)	00:01:21	01:00:18 (345)	02:46:35	211	
223	280	MASŁOWSKI MICHAŁ	OBORNIKI ŚLĄSKIE	NO LIMITS	POL	1991	M18-29	37	1	00:19:56 (316)	00:04:26	01:30:59 (289)	00:00:31	00:50:44 (154)	02:46:36	212	
224	398	JACKOWICZ RAFAŁ	SOBÓTKA	TRIATHLON MIETKÓW TEAM	POL	1975	M40-49	45	1	00:21:46 (392)	00:04:34	01:26:38 (222)	00:01:30	00:52:16 (191)	02:46:44	213	
225	3	SKROUBA PIOTR	WROCLAW		POL	1977	M30-39	126	1	00:19:44 (307)	00:03:45	01:30:18 (273)	00:00:57	00:52:09 (188)	02:46:53	214	
226	293	WALASIK DAMIAN	STRUGA		POL	1997	M18-29	38	1	00:19:55 (315)	00:06:24	01:21:28 (120)	00:02:09	00:56:59 (287)	02:46:54	215	
227	184	PILAK JONATAN	WROCLAW		POL	1984	M30-39	127	1	00:18:31 (248)	00:04:34	01:25:27 (205)	00:02:28	00:55:54 (270)	02:46:55	216	
228	112	JASIÓWKA BARTŁOMIEJ	POLSKA NOWA WIEŚ	OSIR KOMPRACHCICE	POL	1981	M30-39	128	1	00:20:21 (331)	00:04:07	01:29:14 (262)	00:01:43	00:51:31 (170)	02:46:56	217	
229	338	ANDREJÓW MARIUSZ	WROCLAW	GVT	POL	1970	M40-49	46	2	00:29:08 (434)	00:05:04	01:18:23 (66)	00:02:51	00:51:40 (173)	02:47:07	218	
230	313	JEKA PIOTR	CHOJNÓW	JEKA TEAM	POL	1964	M50-59	6	2	00:14:19 (29)	00:04:32	01:24:19 (180)	00:01:46	01:02:11 (365)	02:47:07	219	
231	449	WALCZAK PAULINA	ŚWIDNICA	GT RAT	POL	1988	K18-29	4	2	00:17:53 (209)	00:04:06	01:31:05 (292)	00:01:12	00:52:52 (203)	02:47:08		12
232	372	BUJACZ JACEK	WROCLAW		POL	1974	M40-49	47	2	00:22:31 (404)	00:05:50	01:29:56 (269)	00:01:54	00:46:59 (71)	02:47:09	220	
233	282	GLÓWKA DARIUSZ	OBORNIKI ŚLĄSKIE	NO LIMITS	POL	1991	M18-29	39	1	00:24:46 (421)	00:04:21	01:25:53 (212)	00:00:44	00:51:29 (168)	02:47:13	221	
234	483	SIERADZKI RAFAŁ	WROCLAW	TRIATHLON CLUB WROCLAW	POL	1975	M40-49	48	2	00:17:20 (176)	00:04:40	01:23:43 (166)	00:01:14	01:00:23 (346)	02:47:20	222	
235	230	SALAMONOWICZ PRZEMYSŁAW	WROCLAW	LITWIN TRIATHLON TEAM	POL	1986	M30-39	129	1	00:16:08 (94)	00:03:38	01:29:46 (268)	00:01:00	00:56:48 (284)	02:47:21	223	
236	178	PILCH MICHAŁ	GŁUBCZYCE	TRIBITION TEAM	POL	1984	M30-39	130	1	00:21:45 (391)	00:04:54	01:25:22 (201)	00:02:03	00:53:19 (216)	02:47:23	224	
237	475	BERLIŃSKA URSZULA	ROMNÓW	GT RAT	POL	1974	K40-49	3	2	00:15:48 (73)	00:04:26	01:24:55 (190)	00:01:16	01:01:06 (351)	02:47:31		13
238	440	KĘDZIORA ALEKSANDRA	WROCLAW	GT RAT	POL	1978	K30-39	7	2	00:17:07 (159)	00:03:48	01:30:59 (290)	00:01:11	00:54:27 (245)	02:47:31		14
239	439	KUWIK GRZEGORZ			POL	1984	M30-39	131	2	00:16:05 (88)	00:04:02	01:26:17 (219)	00:01:02	01:00:08 (344)	02:47:34	225	
240	435	SZPOCIŃSKA SYLWIA	WROCLAW	GT RAT	POL	1984	K30-39	8	2	00:14:16 (27)	00:03:37	01:34:15 (341)	00:01:15	00:54:13 (238)	02:47:35		15
241	268	SZTUR ROBERT	WROCLAW		POL	1989	M18-29	40	1	00:17:18 (175)	00:04:17	01:20:28 (102)	00:02:25	01:03:08 (371)	02:47:36	226	
242	348	KNAP PRZEMYSŁAW	CZELADŹ	GOMOLA TRANS AIRCO	POL	1971	M40-49	49	2	00:24:32 (420)	00:04:06	01:24:03 (171)	00:01:48	00:53:09 (212)	02:47:38	227	
243	42	RUDNIK TOMASZ	ZAROW	KS ZAROW	POL	1979	M30-39	132	1	00:24:56 (423)	00:04:44	01:25:28 (206)	00:01:45	00:50:53 (159)	02:47:46	228	
244	442	CZECHOWSKA-MADEJ KATARZYNA	KRAKÓW	MILEK TRIATHLON TEAM	POL	1981	K30-39	9	2	00:17:43 (203)		#ARG!	00:01:25	00:53:37 (223)	02:47:57		16
245	325	KRAUZE TOMASZ ADAM	WROCLAW	PRO-RUN WROCLAW	POL	1967	M40-49	50	2	00:19:45 (309)	00:05:01	01:27:43 (238)	00:01:06	00:54:25 (243)	02:48:01	229	
246	247	SOŁTYS TOMASZ	PIELASZKOWICE	DREAM TEAM SOLTYS	POL	1988	M18-29	41	1	00:21:23 (374)	00:04:28	01:31:03 (291)	00:00:56	00:50:11 (138)	02:48:02	230	
247	369	KĘDZIOR PIOTR	RACIBÓRZ	RAFAKO S.A.	POL	1973	M40-49	51	2	00:20:39 (345)	00:07:09	01:27:49 (241)	00:01:49	00:50:51 (157)	02:48:17	231	
248	160	KIBLER JAN	WROCLAW	PRO-RUN WROCLAW	POL	1983	M30-39	133	1	00:16:13 (102)	00:04:17	01:27:07 (228)	00:01:36	00:59:16 (330)	02:48:28	232	
249	376	PAPIERSKI TOMASZ	KARWIANY	-	POL	1974	M40-49	52	2	00:16:08 (93)	00:04:46	01:30:37 (282)	00:01:47	00:55:26 (258)	02:48:44	233	
250	424	WALECZEK SŁAWOMIR	BRZEZINKA ŚREDZKA		POL	1976	M40-49	53	2	00:21:22 (373)	00:06:48	01:27:25 (233)	00:03:14	00:50:18 (142)	02:49:08	234	
251	295	WILK PIOTR	WROCLAW	MSPORT TEAM	POL	1973	M40-49	54	1	00:18:54 (275)	00:05:08	01:31:44 (301)	00:02:11	00:51:11 (165)	02:49:08	235	
252	170	KOSICKI BARTŁOMIEJ	WROCLAW		POL	1983	M30-39	134	1	00:18:27 (242)	00:04:03	01:25:56 (213)	00:01:06	00:59:39 (337)	02:49:12	236	

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
253	455	IGNATOWSKA JUSTYNA	WROCLAW	IRONMANIA	POL	1982	K30-39	10	2	00:18:38 (256)	00:04:15	01:32:02 (308)	00:01:47	00:52:30 (197)	02:49:12		17
254	148	CIEŚLIK BARTOSZ	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1983	M30-39	135	1	00:17:11 (164)	00:06:30	01:30:41 (285)	00:01:22	00:53:35 (220)	02:49:18	237	
255	380	SAMIEC MAREK	BYSTRICE	LITWIN TRIATHLON TEAM	CZE	1974	M40-49	55	2	00:18:51 (272)	00:04:35	01:28:28 (251)	00:01:50	00:55:35 (264)	02:49:19	238	
256	403	LACH JACEK	WROCLAW	KARDIO2	POL	1975	M40-49	56	2	00:15:24 (58)	00:04:14	01:21:30 (122)	00:01:52	01:06:22 (400)	02:49:23	239	
257	479	ZIELIŃSKA MARTYNA	WROCLAW		POL	1982	K30-39	11	2	00:18:54 (274)	00:04:20	01:30:22 (274)	00:01:08	00:54:49 (251)	02:49:34		18
258	220	OSTROWSKI MACIEJ	WROCLAW	WROCLAW MARATHON TEAM	POL	1986	M30-39	136	1	00:15:03 (45)	00:04:53	01:36:49 (368)	00:00:47	00:52:04 (184)	02:49:36	240	
259	194	OLEKSY ŁUKASZ	WROCLAW		POL	1985	M30-39	137	1	00:17:39 (198)	00:05:07	01:28:13 (246)	00:01:31	00:57:08 (292)	02:49:38	241	
260	317	BEDNARCZYK BOHDAN	ŻARY	AMATOR-NIEZRZESZONY	POL	1965	M50-59	7	2	00:15:42 (67)	00:06:24	01:27:41 (237)	00:02:16	00:57:38 (301)	02:49:41	242	
261	423	PIECHNA KRZYSZTOF	WROCLAW	RZEŹBIARSKA TEAM	POL	1976	M40-49	57	2	00:18:03 (216)	00:05:25	01:30:43 (286)	00:01:48	00:53:44 (226)	02:49:42	243	
262	480	NAWRACAJ AGATA	JAWOR		POL	1986	K30-39	12	2	00:19:16 (286)	00:04:00	01:32:00 (305)	00:00:57	00:53:36 (222)	02:49:49		19
263	336	GRANICZNY KRZYSZTOF	WROCLAW		POL	1970	M40-49	58	2	00:17:55 (211)	00:04:20	01:27:04 (227)	00:03:30	00:57:02 (290)	02:49:51	244	
264	113	SOBAN DAMIAN	BOGUSZOW-GORCE	FIT KLUB 24 WAŁBRZYCH	POL	1981	M30-39	138	1	00:28:02 (433)	00:05:02	01:22:41 (151)	00:02:07	00:52:01 (181)	02:49:53	245	
265	218	MATYLA ROMAN	WROCLAW		POL	1986	M30-39	139	1	00:24:11 (417)	00:03:57	01:25:09 (196)	00:01:24	00:55:19 (256)	02:49:59	246	
266	287	DUDA DORIAN	WROCLAW	GT RAT	POL	1992	M18-29	42	1	00:17:17 (173)	00:04:42	01:31:46 (302)	00:00:59	00:55:27 (260)	02:50:11	247	
267	106	SIPURZYŃSKI MARCIN	WROCLAW		POL	1981	M30-39	140	1	00:20:26 (337)	00:06:00	01:25:03 (194)	00:02:23	00:56:24 (277)	02:50:15	248	
268	281	GŁÓWKA PAWEŁ	ŻARY	ŻARY RUNNERS TEAM/ TRIATHLON MIETKÓW TEAM	POL	1991	M18-29	43	1	00:17:39 (197)	00:04:27	01:29:58 (270)	00:01:46	00:56:26 (279)	02:50:16	249	
269	233	HABER MARCIN	BARDO	-	POL	1987	M18-29	44	1	00:23:23 (410)	00:05:10	01:38:03 (384)	00:01:12	00:42:34 (12)	02:50:22	250	
270	64	BOROWIK MARCIN	ZABKOWISE SLASKI		POL	1979	M30-39	141	1	00:18:14 (230)	00:05:50	01:26:05 (216)	00:01:31	00:58:44 (320)	02:50:24	251	
271	419	FIGAS SEBASTIAN	SADKÓW	LITWIN TRIATHLON TEAM	POL	1976	M40-49	59	2	00:19:38 (300)	00:03:57	01:32:30 (317)	00:01:19	00:53:03 (208)	02:50:26	252	
272	187	PIETRASZKO CEZARY	BIELSKO-BIAŁA	TOLKI I LOLKI	POL	1984	M30-39	142	1	00:17:21 (178)	00:03:39	01:23:37 (165)	00:02:00	01:03:51 (378)	02:50:27	253	
273	122	SALMANOWICZ MARCIN	ŚRODA ŚLĄSKA		POL	1982	M30-39	143	1	00:16:51 (145)	00:05:19	01:28:38 (254)	00:01:45	00:58:03 (310)	02:50:35	254	
274	375	BIZIEL MICHAŁ	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1974	M40-49	60	2	00:18:50 (269)	00:04:41	01:33:11 (328)	00:01:28	00:52:28 (194)	02:50:38	255	
275	339	WILK DARIUSZ	WROCLAW	M SPORT	POL	1970	M40-49	61	2	00:19:18 (288)	00:07:07	01:25:25 (203)	00:03:08	00:55:42 (266)	02:50:41	256	
276	355	DUMAŃSKI ADAM	NYSA	NYSA BIEGA	POL	1972	M40-49	62	2	00:17:03 (154)	00:08:06	01:28:06 (245)	00:02:16	00:55:26 (259)	02:50:56	257	
277	275	KOTWICKI MATEUSZ	OŁAWA	K&M TEAM	POL	1990	M18-29	45	1	00:21:43 (390)	00:05:29	01:28:13 (248)	00:01:44	00:53:54 (230)	02:51:02	258	
278	399	HLADIK MARCIN	MIRKÓW	MAHI TRI TEAM	POL	1975	M40-49	63	2	00:20:22 (332)	00:04:29	01:27:02 (225)	00:01:36	00:57:46 (307)	02:51:14	259	
279	467	DEC KAROLINA	ŚWIDNICA		POL	1989	K18-29	5	2	00:16:13 (103)	00:05:13	01:32:50 (322)	00:01:36	00:55:22 (257)	02:51:15		20
280	405	MICHALAK ADRIAN	POZNAŃ	FRED&WALOY	POL	1976	M40-49	64	2	00:19:25 (291)	00:05:18	01:28:05 (243)	00:01:56	00:57:00 (288)	02:51:43	260	
281	458	TOKARSKA ELŻBIETA	OPOLE		POL	1979	K30-39	13	2	00:18:20 (235)	00:04:54	01:30:25 (276)	00:01:31	00:56:40 (283)	02:51:49		21
282	374	PESZ PAWEŁ	WROCLAW	INSERT TEAM	POL	1974	M40-49	65	2	00:22:07 (397)	00:05:30	01:28:29 (253)	00:01:49	00:54:10 (235)	02:52:06	261	
283	344	OSIATYCKI GRZEGORZ	NAMYŚLÓW	NTT TRIADA NAMYSŁÓW	POL	1971	M40-49	66	2	00:18:03 (218)	00:05:20	01:34:17 (343)	00:02:57	00:51:43 (175)	02:52:21	262	
284	200	BUCHWALD PAWEŁ	PRZEGĘDZA	TOLKI I LOLKI	POL	1985	M30-39	144	1	00:16:38 (132)	00:04:59	01:25:31 (208)	00:01:34	01:03:42 (374)	02:52:24	263	
285	201	IWAN MICHAŁ	WROCLAW	BRT WROCLAW	POL	1985	M30-39	145	1	00:20:16 (325)	00:05:40	01:27:15 (231)	00:01:14	00:58:03 (311)	02:52:28	264	
286	276	BESCHEL ŁUKASZ	ŚWIDNICA		POL	1990	M18-29	46	1	00:20:38 (344)	00:05:00	01:27:47 (240)	00:01:39	00:57:45 (305)	02:52:48	265	
287	137	LOMBARSKI ŁUKASZ	KROŚNICE	RUNNING TEAM MILICZ	POL	1982	M30-39	146	1	00:20:52 (355)	00:04:58	01:34:31 (345)	00:00:57	00:51:41 (174)	02:52:59	266	
288	143	PRUSAK PIOTR	SOBÓTKA	GT RAT	POL	1983	M30-39	147	1	00:16:19 (111)	00:04:40	01:29:24 (264)	00:01:23	01:01:14 (354)	02:52:59	267	
289	443	SROKA JOANNA	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1982	K30-39	14	2	00:18:45 (264)	00:03:52	01:32:01 (306)	00:01:16	00:57:06 (291)	02:53:00		22
290	50	BERGER DENIS	KRAKOW		POL	1979	M30-39	148	1	00:18:25 (240)	00:05:40	01:31:54 (304)	00:01:33	00:55:28 (261)	02:53:01	268	
291	231	POLAŃSKI REMIGIUSZ	BRZEG		POL	1986	M30-39	149	1	00:23:58 (416)	00:04:33	01:28:23 (250)	00:01:28	00:54:53 (252)	02:53:15	269	
292	329	KWIATKOWSKI SŁAWOMIR	KLUCZBORK	KLUCZBORSKA GRUPA BIEGOWA	POL	1969	M40-49	67	2	00:19:14 (285)	00:05:02	01:29:00 (260)	00:02:27	00:57:43 (304)	02:53:27	270	
293	36	WIŚNIEWSKI KRZYSZTOF	WAŁBRZYCH		POL	1978	M30-39	150	1	00:19:20 (289)	00:05:10	01:32:30 (316)	00:01:00	00:55:32 (263)	02:53:32	271	
294	234	BORKOWSKI PAWEŁ	POLANICA ZDROJ	AMATOR-NIEZRZESZONY	POL	1987	M18-29	47	1	00:19:03 (281)	00:04:09	01:31:29 (295)	00:02:13	00:57:01 (289)	02:53:55	272	

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
295	388	BORKOWSKI MARIUSZ	WROCLAW		POL	1975	M40-49	68	2	00:17:23 (182)	00:07:14	01:33:01 (326)	00:02:00	00:54:19 (241)	02:53:57		273
296	146	CZAJDA LUKASZ	WROCLAW	LITWIN TRIATHLON TEAM	POL	1983	M30-39	151	1	00:15:51 (76)	00:04:11	01:25:32 (209)	00:01:28	01:06:59 (402)	02:54:01		274
297	381	ŚCIGAŁA WALDEMAR	JELENIA GÓRA		POL	1974	M40-49	69	2	00:16:34 (127)	00:06:34	01:28:05 (244)	00:03:05	00:59:44 (339)	02:54:03		275
298	6	SIEK HUBERT	WROCLAW	RCKIK WROCLAW	POL	1977	M30-39	152	1	00:22:11 (398)	00:05:50	01:30:40 (284)	00:02:03	00:53:54 (231)	02:54:38		276
299	226	DROZD WOJCIECH	KROTOSZYN	KS KROTOSZ KROTOSZYN	POL	1986	M30-39	153	1	00:20:57 (358)	00:05:25	01:28:39 (255)	00:00:40	00:59:07 (325)	02:54:48		277
300	30	FURGOŁ MICHAŁ	WROCLAW	LITWIN TRIATHLON TEAM	POL	1978	M30-39	154	1	00:19:29 (294)	00:03:27	01:31:35 (297)	00:01:14	00:59:13 (329)	02:54:58		278
301	273	MORAWSKI PIOTR	OLAWA	DRUŻYNA M	POL	1990	M18-29	48	1	00:18:29 (244)	00:04:42	01:39:52 (398)	00:01:21	00:50:35 (151)	02:54:58		279
302	99	SIBILAK DAWID	WROCLAW	POMARAŃCZOWY T	POL	1978	M30-39	155	1	00:21:03 (367)	00:05:07	01:30:31 (280)	00:03:41	00:54:45 (250)	02:55:08		280
303	263	MAJCHRZAK KAMIL	WROCLAW	RM TEAM	POL	1989	M18-29	49	1	00:19:07 (283)	00:05:45	01:37:58 (382)	00:01:38	00:50:44 (155)	02:55:13		281
304	303	TROJAN STANISLAW	WROCLAW	WKB PIAST WROCLAW	POL	1958	M50-59	8	2	00:17:56 (213)	00:06:53	01:32:19 (313)	00:00:59	00:57:13 (295)	02:55:20		282
305	164	OSTROWSKI LUKASZ	JAROSLAW		POL	1983	M30-39	156	1	00:25:00 (424)	00:05:57	01:28:29 (252)	00:01:58	00:53:59 (233)	02:55:24		283
306	198	KWAŚNIEWSKI PRZEMEK	GDAŃSK	BYLE DO METY GDANSK	POL	1985	M30-39	157	1	00:16:23 (119)	00:05:20	01:37:46 (381)	00:02:13	00:53:44 (225)	02:55:25		284
307	131	ZAJONC DOMINIK	RACIBÓRZ	RAFAKO S.A.	POL	1982	M30-39	158	1	00:16:29 (123)	00:05:56	01:28:46 (258)	00:02:51	01:01:27 (356)	02:55:30		285
308	494	JASKUŁA KATARZYNA	WROCLAW	TMT	POL	1979	K30-39	15	2	00:20:17 (327)	00:05:12	01:37:01 (370)	00:01:43	00:51:48 (177)	02:56:01		23
309	434	LICHACZ ANIA	SMOLEC		POL	1981	K30-39	16	2	00:20:58 (359)	00:05:42	01:30:25 (275)	00:02:00	00:57:08 (293)	02:56:14		24
310	222	CHODORSKI LUKASZ	LUBAŃ	HAŁA WINNERS	POL	1986	M30-39	159	1	00:17:09 (162)	00:05:28	01:38:24 (387)	00:00:42	00:54:40 (249)	02:56:22		286
311	357	PUCHALSKI PIOTR	WROCLAW	TRIBITION TEAM	POL	1973	M40-49	70	2	00:19:41 (302)	00:05:48	01:32:28 (315)	00:02:01	00:56:32 (280)	02:56:28		287
312	377	SUSZKO BARTŁOMIEJ	WROCLAW		POL	1974	M40-49	71	2	00:19:55 (313)	00:05:24	01:33:34 (331)	00:01:30	00:56:23 (276)	02:56:45		288
313	211	ZAWALSKI KAMIL	ZĄBKOWICE ŚLĄSKIE	GWARDIA KPP ZĄBKOWICE ŚLĄSKIE	POL	1985	M30-39	160	1	00:18:43 (261)	00:05:28	01:30:26 (277)	00:00:34	01:01:36 (357)	02:56:46		289
314	52	MATEUSIAK TOMASZ	OLEŚNICA	KB LUPUS OLEŚNICA	POL	1979	M30-39	161	1	00:23:39 (413)	00:06:45	01:34:58 (349)	00:01:55	00:49:34 (128)	02:56:50		290
315	408	DANIK PIOTR	KAMIENIEC ZĄBKOWICKI	-	POL	1976	M40-49	72	2	00:21:25 (377)	00:05:21	01:36:24 (360)	00:01:23	00:52:17 (192)	02:56:51		291
316	431	HOTAŁA ANNA	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1982	K30-39	17	2	00:19:36 (299)	00:04:59	01:34:43 (347)	00:02:38	00:54:59 (253)	02:56:57		25
317	460	GRAJEK MONIKA	UNISLAW ŚLĄSKI	FIT KLUB 24 WAŁBRZYCH	POL	1979	K30-39	18	2	00:18:12 (227)	00:03:40	01:34:49 (348)	00:01:17	00:59:07 (326)	02:57:06		26
318	457	ŚWIATŁOŃ MAŁGORZATA	CHOJNÓW		POL	1989	K18-29	6	2	00:19:35 (297)	00:03:43	01:31:41 (299)	00:00:48	01:01:20 (355)	02:57:06		27
319	269	SOBKOWIAK MACIEJ	KROTOSZYN	KS KROTOSZ KROTOSZYN	POL	1989	M18-29	50	1	00:20:02 (321)	00:05:31	01:30:31 (278)	00:02:25	00:58:42 (319)	02:57:10		292
320	138	SZELAGIEWICZ PIOTR	WROCLAW	GT RAT	POL	1982	M30-39	162	1	00:16:12 (100)	00:05:55	01:36:56 (369)	00:02:17	00:55:51 (269)	02:57:12		293
321	469	GARLIŃSKA WERONIKA	WROCLAW	TRIBITION TEAM	POL	1996	K18-29	7	2	00:14:48 (39)	00:04:20	01:30:37 (281)	00:01:28	01:06:26 (401)	02:57:38		28
322	359	KULCZYCKI KRYSZTIAN	WROCLAW	TRIATHLON CLUB	POL	1973	M40-49	73	2	00:21:43 (389)	00:06:10	01:29:20 (263)	00:02:36	00:57:57 (308)	02:57:45		294
323	228	STASIAK LUKASZ	WROCLAW	HAŁA WINNERS	POL	1986	M30-39	163	1	00:19:54 (312)	00:07:05	01:36:38 (366)	00:01:22	00:53:13 (214)	02:58:13		295
324	304	MARCINEK ANDRZEJ	ŚRODA ŚLĄSKA	SOUPAT	POL	1958	M50-59	9	2	00:20:48 (348)	00:04:35	01:32:12 (311)	00:02:17	00:58:23 (313)	02:58:14		296
325	450	JANKOWICZ AGNIESZKA	WAŁBRZYCH	TEMPO WAŁBRZYCH	POL	1981	K30-39	19	2	00:17:26 (187)	00:04:36	01:40:09 (400)	00:01:54	00:54:10 (236)	02:58:15		29
326	453	DZIURKOWSKA DOROTA	WROCLAW	TEAM APEROL	POL	1985	K30-39	20	2	00:18:53 (273)	00:04:10	01:34:01 (337)	00:01:30	00:59:54 (340)	02:58:28		30
327	456	KWIATKOWSKA-MIZERA PATRYCJA	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1975	K40-49	4	2	00:21:02 (366)	00:04:36	01:35:11 (351)	00:01:20	00:56:23 (275)	02:58:33		31
328	116	PUCHALSKI PRZEMYSŁAW	WROCLAW		POL	1982	M30-39	164	1	00:18:48 (267)	00:05:39	01:33:47 (334)	00:01:48	00:58:45 (321)	02:58:47		297
329	47	TARNOWSKI SEBASTIAN	TRZEBNICA	GVT	POL	1979	M30-39	165	1	00:30:16 (437)	00:05:36	01:24:38 (183)	00:02:22	00:56:03 (274)	02:58:54		298
330	98	KŁOS JAN	CHOJNÓW	STUDIO MACIEJ BYCH - GTO	POL	1981	M30-39	166	1	00:30:42 (439)	00:05:07	01:29:58 (271)	00:01:57	00:51:12 (166)	02:58:56		299
331	404	WAŁOSZCZYK ŁUKASZ	POZNAŃ	FRED&WALDY	POL	1976	M40-49	74	2	00:18:08 (222)	00:06:33	01:30:38 (283)	00:01:39	01:02:05 (362)	02:59:02		300
332	62	MICHALAK JAKUB	WROCLAW		POL	1979	M30-39	167	1	00:20:50 (350)	00:05:27	01:31:35 (296)	00:02:05	00:59:28 (334)	02:59:25		301
333	500	TOMASIEWSKA JOANNA	JELCZ-LASKOWICE		POL	1983	K30-39	21	2	00:20:29 (338)	00:04:19	01:35:47 (356)	00:01:41	00:57:14 (296)	02:59:31		32
334	89	WOJTOWICZ ERNEST	JANIKÓW		POL	1980	M30-39	168	1	00:19:16 (287)	00:05:53	01:31:52 (303)	00:01:47	01:00:46 (349)	02:59:34		302
335	258	PIASECKI WOJTEK	WROCLAW	-	POL	1989	M18-29	51	1	00:20:19 (328)	00:05:47	01:37:23 (376)	00:01:54	00:54:25 (244)	02:59:48		303
336	337	PŁASKOCIŃSKI ROBERT	WROCLAW	PRO-RUN WROCLAW	POL	1970	M40-49	75	2	00:18:30 (246)	00:04:50	01:36:24 (361)	00:01:39	00:58:32 (318)	02:59:55		304

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
337	360	SEMPIK ROBERT	REKÓW	PRO-RUN WROCŁAW	POL	1973	M40-49	76	2	00:18:36 (254)	00:06:23	01:35:31 (355)	00:01:57	00:57:34 (300)	03:00:01	305	
338	85	POCIECHA WOJTEK	WARSZAWA	TEAM APEROL	POL	1980	M30-39	169	1	00:21:02 (365)	00:03:48	01:35:12 (352)	00:01:38	00:58:30 (315)	03:00:10	306	
339	82	KOŁPACZYŃSKI ADAM	WROCŁAW	LITWIN TRIATHLON TEAM	POL	1980	M30-39	170	1	00:20:06 (322)	00:04:23	01:31:37 (298)	00:01:25	01:03:00 (370)	03:00:30	307	
340	324	ŚLEBODA ROBERT	WOŁÓW		POL	1967	M40-49	77	2	00:21:33 (383)	00:05:19	01:31:24 (293)	00:02:50	00:59:37 (336)	03:00:43	308	
341	370	SZANIEWSKI MIROSŁAW	JELENIA GÓRA	BIEGAMDLAZDROWIA.PL	POL	1973	M40-49	78	2	00:22:16 (400)	00:05:53	01:32:47 (319)	00:01:55	00:57:59 (309)	03:00:49	309	
342	12	CYWIŃSKI BARTŁOMIEJ	WROCŁAW	PRO-RUN WROCŁAW	POL	1977	M30-39	171	1	00:16:03 (86)	00:05:15	01:31:29 (294)	00:02:55	01:05:08 (393)	03:00:50	310	
343	55	BERNATOWICZ WALDEMAR	WROCŁAW	TRIATHLON MIETKÓW TEAM	POL	1979	M30-39	172	1	00:27:36 (432)	00:05:19	01:31:44 (300)	00:01:57	00:54:31 (248)	03:01:06	311	
344	63	DORENDA GRZEGORZ	WROCŁAW	GET RUN	POL	1979	M30-39	173	1	00:17:54 (210)	00:05:21	01:33:20 (329)	00:02:05	01:02:44 (369)	03:01:24	312	
345	471	SOWA ALINA	WROCŁAW	WKB PIAST/PRO-RUN	POL	1976	K40-49	5	2			01:37:06 (373)	00:01:43	00:53:49 (227)	03:01:43		33
346	409	WOJTKOWICZ TOMASZ	WROCŁAW	SESCOM SPORT TEAM	POL	1976	M40-49	79	2	00:17:10 (163)	00:04:57	01:32:57 (323)	00:01:26	01:05:19 (396)	03:01:51	313	
347	171	SZYMKOWIAK TOMASZ	WROCŁAW		POL	1983	M30-39	174	1	00:18:19 (234)	00:06:26	01:38:48 (391)	00:01:11	00:57:12 (294)	03:01:56	314	
348	206	SULIGA WALDEMAR	WROCŁAW	TRIBITION TEAM	POL	1985	M30-39	175	1	00:17:50 (206)	00:06:18	01:27:33 (236)	00:02:41	01:08:13 (407)	03:02:35	315	
349	451	GORCZYCA JOANNA	WROCŁAW	AT TEAM	POL	1983	K30-39	22	2	00:20:30 (339)	00:03:49	01:33:00 (325)	00:01:17	01:04:07 (383)	03:02:42		34
350	484	SZCZEPIŃSKI KRZYSZTOF	WROCŁAW	TRIATHLON CLUB WROCŁAW	POL	1991	M18-29	52	2	00:17:26 (189)	00:04:40	01:37:32 (378)	00:01:20	01:01:53 (361)	03:02:52	316	
351	307	POLAŃSKI ZBIGNIEW	STRZELCE OPOLSKIE	PIK IZBICKO	POL	1960	M50-59	10	2	00:20:51 (353)	00:05:39	01:34:32 (346)	00:02:56	00:59:27 (333)	03:03:24	317	
352	347	WILKIN MIROSŁAW	LUBSKO	ŻARY RUNNERS TEAM	POL	1971	M40-49	80	2	00:22:26 (403)	00:05:04	01:33:06 (327)	00:03:34	00:59:16 (331)	03:03:26	318	
353	207	JASINIOK PRZEMYSŁAW	JELENIA GÓRA	MISJA NA MARSA	POL	1985	M30-39	176	1	00:21:42 (388)	00:06:05	01:37:12 (374)	00:02:05	00:56:39 (282)	03:03:43	319	
354	452	WOJDYŁA KAROLINA	WARSZAWA	TEAM APEROL	POL	1982	K30-39	23	2	00:19:27 (292)	00:04:58	01:32:45 (318)	00:01:27	01:05:18 (395)	03:03:55		35
355	416	ROSTECKI JACEK	ŚRODA ŚLĄSKA		POL	1976	M40-49	81	2	00:18:20 (236)	00:04:50	01:37:26 (377)	00:00:55	01:02:43 (367)	03:04:15	320	
356	278	JACEK HUKAŁOWICZ	GDAŃSK	LECHIA GDAŃSK	POL	1991	M18-29	53	1	00:20:20 (330)	00:05:25	01:37:38 (380)	00:00:59	01:00:07 (343)	03:04:30	321	
357	322	GOLDWASSER ZBIGNIEW	SOBÓTKA	KB SOBÓTKA	POL	1966	M50-59	11	2	00:17:09 (161)	00:04:15	01:32:48 (321)	00:01:20	01:09:04 (412)	03:04:36	322	
358	392	RÓŻYCKI ŁUKASZ	OŁAWA		POL	1975	M40-49	82	2	00:20:07 (323)	00:05:46	01:35:58 (357)	00:01:17	01:01:47 (360)	03:04:54	323	
359	413	FIOR JACEK	NAMYŚLÓW	TRIADA-NAMYŚLÓW	POL	1976	M40-49	83	2	00:18:18 (232)	00:06:36	01:38:59 (393)	00:02:48	00:58:30 (316)	03:05:11	324	
360	432	JANISZEWSKA OLGA	ZGORZELEC	UKS ENERGETYK	POL	1973	K40-49	6	2	00:23:26 (411)	00:04:58	01:36:27 (362)	00:01:45	00:59:20 (332)	03:05:57		36
361	330	KOZŁOWSKI MACIEJ	CZĘSTOCHOWA		POL	1969	M40-49	84	2	00:21:39 (387)	00:06:34	01:32:48 (320)	00:03:57	01:01:03 (350)	03:06:00	325	
362	189	GAŁWA KRYSZTIAN	WROCŁAW	GAŁWA	POL	1984	M30-39	177	1	00:20:31 (341)	00:04:39	01:36:34 (365)	00:01:13	01:03:42 (375)	03:06:39	326	
363	33	RABSZTYN ANDRZEJ	WROCŁAW	TRIATHLON MIETKÓW TEAM	POL	1978	M30-39	178	1	00:19:43 (306)	00:05:24	01:29:33 (265)	00:01:59	01:10:00 (419)	03:06:39	327	
364	490	KOŁODZIEJ MARIUSZ	LEGNICA	TRIATHLON MIETKÓW TEAM	POL	1977	M30-39	179	2	00:17:28 (190)	00:04:16	01:33:32 (330)	00:01:30	01:09:56 (418)	03:06:41	328	
365	202	KUSZEWSKI MACIEJ	WROCŁAW		POL	1985	M30-39	180	1	00:20:00 (319)	00:05:42	01:34:10 (339)	00:02:12	01:04:45 (389)	03:06:49	329	
366	461	WNĘK KASIA	KLUCZBORK	KLUCZBORSKA GRUPA BIEGOWA	POL	1992	K18-29	8	2	00:14:07 (23)	00:04:18	01:37:03 (372)	00:01:20	01:10:16 (420)	03:07:04		37
367	68	ROŚLICKI JAROSŁAW	WROCŁAW	EUROPA UBEZPIECZENIA	POL	1980	M30-39	181	1	00:20:58 (360)	00:03:37	01:36:42 (367)	00:00:57	01:04:54 (390)	03:07:09	330	
368	23	CHOŁAST PATRYK	WROCŁAW	GT RAT	POL	1978	M30-39	182	1	00:20:30 (340)	00:04:58	01:38:35 (388)	00:01:32	01:01:36 (358)	03:07:11	331	
369	22	KOŚCIELNY WOJCIECH	ŻYWIEC	NOGI MNIE BOLA...	POL	1978	M30-39	183	1	00:23:34 (412)	00:05:18	01:41:08 (409)	00:02:11	00:55:03 (254)	03:07:13	332	
370	464	IWONA ARANIN	WROCŁAW	X3SPORT	POL	1985	K30-39	24	2	00:21:24 (376)	00:04:52	01:30:48 (287)	00:01:35	01:09:08 (414)	03:07:47		38
371	283	SOBOTKOWSKI PAWEŁ	WROCŁAW		POL	1992	M18-29	54	1			01:32:22 (314)	00:01:23	01:05:12 (394)	03:07:57	333	
372	356	SIDOR ADAM	LUBAŃ	-	POL	1972	M40-49	85	2	00:19:40 (301)	00:06:57	01:34:01 (338)	00:03:24	01:03:57 (381)	03:07:59	334	
373	341	BANAŚ TOMASZ	BIELANY WROCŁAWSKIE		POL	1971	M40-49	86	2	00:21:27 (378)	00:05:53	01:36:02 (358)	00:02:46	01:02:08 (363)	03:08:15	335	
374	305	WILK CZESŁAW	WĘGRÓW	PRO-RUN WROCŁAW	POL	1958	M50-59	12	2	00:36:06 (444)	00:05:22	01:35:26 (354)	00:02:46	00:48:36 (105)	03:08:16	336	
375	486	NORKOWSKI GRZEGORZ	WROCŁAW		POL	1962	M50-59	13	2	00:21:38 (385)	00:06:08	01:38:52 (392)	00:01:37	01:00:03 (342)	03:08:18	337	
376	371	BYLICA TOMASZ	TARNOWSKIE GÓRY	PER PEDES OHIO	POL	1974	M40-49	87	2	00:20:43 (347)	00:06:26	01:40:05 (399)	00:01:58	00:59:07 (327)	03:08:20	338	
377	79	CHMIST JACEK	WROCŁAW	NOA	POL	1980	M30-39	184	1	00:17:55 (212)	00:05:54	01:48:00 (428)	00:02:52	00:54:30 (247)	03:09:11	339	
378	166	MAJEWSKI ŁUKASZ	WROCŁAW		POL	1983	M30-39	185	1	00:18:56 (276)	00:08:21	01:30:31 (279)	00:02:42	01:08:46 (410)	03:09:17	340	

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
379	130	BILIŃSKI LESŁAW	SIECHNICE	TEAM APEROL	POL	1982	M30-39	186	1	00:17:35 (196)	00:04:39	01:34:15 (342)	00:02:19	01:10:56 (424)	03:09:44	341	
380	468	CEGIELSKA MAGDALENA	WARSZAWA	ADHD TEAM	POL	1981	K30-39	25	2	00:19:59 (317)	00:06:05	01:35:15 (353)	00:02:31	01:06:18 (399)	03:10:10		39
381	90	BERNY MARCIN	WYSOKA-WROCŁAW		POL	1980	M30-39	187	1	00:22:06 (396)	00:05:11	01:33:36 (333)	00:01:54	01:07:31 (403)	03:10:19	342	
382	72	MICHLEWICZ MARCIN	WROCŁAW	MKM TRIATHLON TEAM	POL	1980	M30-39	188	1	00:20:24 (333)	00:05:24	01:32:08 (309)	00:02:10	01:10:20 (421)	03:10:27	343	
383	239	MINKINA MACIEJ	WROCŁAW		POL	1987	M18-29	55	1	00:23:47 (415)	00:06:33	01:32:18 (312)	00:01:38	01:06:15 (398)	03:10:31	344	
384	465	LACH SYLWIA	WROCŁAW		POL	1974	K40-49	7	2	00:17:11 (165)	00:05:33	01:45:42 (423)	00:01:39	01:02:15 (366)	03:12:20		40
385	286	RUSEK MARCIN	MICHAŁOWICE	KB SOBÓTKA	POL	1992	M18-29	56	1	00:21:34 (384)	00:05:10	01:40:16 (401)	00:01:19	01:04:13 (384)	03:12:32	345	
386	334	PIOTR GRODZKI	WAŁBRZYCH	AMATOR-NIEZRZESZONY	POL	1970	M40-49	88	2	00:20:14 (324)	00:05:11	01:37:22 (375)	00:02:16	01:07:49 (406)	03:12:52	346	
387	437	BIELAWSKA JUSTYNA	DZIWIŚÓW	RAGABA MEBLE	POL	1980	K30-39	26	2	00:18:32 (249)	00:05:51	01:42:43 (414)	00:02:05	01:03:43 (376)	03:12:53		41
388	422	ŚWIDERSKI BARTOSZ	WROCŁAW	BSS WROCŁAW	POL	1976	M40-49	89	2	00:17:30 (194)	00:05:53	01:47:31 (427)	00:01:42	01:00:30 (347)	03:13:06	347	
389	445	LEŚNIAK KAROLINA	WROCŁAW	TRIATHLON MIETKÓW TEAM	POL	1983	K30-39	27	2	00:16:29 (124)	00:03:25				03:13:27		42
390	8	ZGARDA JACEK	WROCŁAW		POL	1977	M30-39	189	1	00:18:22 (238)	00:06:36	01:49:15 (431)	00:00:50	00:58:27 (314)	03:13:31	348	
391	279	PIĄTEK MACIEJ	ŚCINAWKA DOLNA	-	POL	1991	M18-29	57	1	00:24:53 (422)	00:04:50	01:38:01 (383)	00:02:05	01:03:49 (377)	03:13:39	349	
392	401	SEBERGER RAFAL	ZŁOTORYJA	OLAWS ZŁOTORYJA	POL	1975	M40-49	90	2	00:21:29 (380)	00:05:25	01:38:04 (385)	00:03:38	01:05:53 (397)	03:14:28	350	
393	363	ŚWIĄTEK KRZYSZTOF	JORDANÓW ŚLĄSKI		POL	1973	M40-49	91	2	00:19:34 (296)	00:07:37	01:40:27 (402)	00:02:14	01:05:00 (391)	03:14:52	351	
394	417	TULIŃSKI MARCIN	ŚRODA ŚLĄSKA		POL	1976	M40-49	92	2	00:22:04 (394)	00:06:58	01:42:00 (412)	00:03:06	01:00:46 (348)	03:14:53	352	
395	441	SMOLEŃ DAGMARA	KOBIERZYCE	TRIATHLON MIETKÓW TEAM	POL	1976	K40-49	8	2	00:20:26 (336)	00:04:31	01:37:35 (379)	00:01:44	01:10:38 (423)	03:14:54		43
396	459	TOKARSKA MAGDALENA	OPOLE		POL	1977	K30-39	28	2	00:19:30 (295)	00:05:11	01:43:14 (415)	00:02:21	01:04:38 (387)	03:14:54		44
397	158	MODRZEWSKI PIOTR	WROCŁAW		POL	1983	M30-39	190	1	00:20:52 (354)	00:06:09	01:41:39 (411)	00:01:28	01:05:07 (392)	03:15:15	353	
398	495	PUCHALSKA OLGA	SMOLEC	TMT	POL	1974	K40-49	9	2	00:20:17 (326)					03:15:16		45
399	410	PERZ ANDRZEJ	WROCŁAW	JUVENIA WROCŁAW	POL	1976	M40-49	93	2	00:19:49 (310)	00:04:11	01:34:10 (340)	00:01:08	01:16:14 (437)	03:15:34	354	
400	289	WIŚNIEWSKI BARTOSZ	ŻARÓW	-	POL	1993	M18-29	58	1	00:26:05 (429)	00:04:54	01:39:01 (394)	00:01:16	01:04:27 (386)	03:15:44	355	
401	316	KLUCZYŃSKI TOMASZ	MIRKÓW	GVT	POL	1965	M50-59	14	2	00:25:58 (428)	00:07:12	01:26:57 (223)	00:02:24	01:13:46 (432)	03:16:18	356	
402	57	MICHALAK ILDAR	SKARBIMIERZ	RIO GRAPPLING OŁAWA	POL	1979	M30-39	191	1	00:19:00 (278)	00:05:10	01:53:50 (438)	00:00:49	00:57:40 (302)	03:16:29	357	
403	34	CEDRO DAMIAN	OPOLE	MALINKA OPOLE	POL	1978	M30-39	192	1	00:22:43 (407)	00:06:15	01:46:16 (425)	00:01:38	00:59:41 (338)	03:16:33	358	
404	315	PIASECKI LESZEK	KATOWICE		POL	1965	M50-59	15	2	00:22:21 (402)	00:05:59	01:37:03 (371)	00:02:06	01:09:39 (415)	03:17:07	359	
405	168	SYKUT MARCIN	WROCŁAW		POL	1983	M30-39	193	1	00:16:11 (98)	00:06:13	01:49:32 (433)	00:01:43	01:03:35 (373)	03:17:15	360	
406	302	GROMKO ANDRZEJ	MILICZ	RUNNING TEAM MILICZ	POL	1957	M50-59	16	2	00:22:13 (399)	00:05:43	01:43:34 (417)	00:01:31	01:04:16 (385)	03:17:17	361	
407	297	MAZURKIEWICZ TOMASZ	ŁĘKNICA	KUŹNIA TRIATHLONU	POL	1984	M30-39	194	1	00:38:20 (445)	00:04:08	01:30:55 (288)	00:01:54	01:02:10 (364)	03:17:27	362	
408	320	BAJEWSKI MAREK	TRZEBNICA		POL	1966	M50-59	17	2	00:22:55 (408)	00:05:15	01:44:31 (422)	00:02:07	01:02:43 (368)	03:17:32	363	
409	177	WIŚNIEWSKI PIOTR	WROCŁAW		POL	1984	M30-39	195	1	00:20:19 (329)	00:04:12	01:42:38 (413)	00:01:32	01:08:55 (411)	03:17:35	364	
410	478	DĄBKOWSKA DANUTA	WŁOSZAKOWICE	35 PLUS	POL	1972	K40-49	10	2	00:25:42 (426)	00:05:25	01:36:31 (363)	00:02:22	01:07:42 (405)	03:17:41		46
411	157	PIĄTEK MAREK	OZORZYCE	-	POL	1983	M30-39	196	1	00:24:25 (418)	00:05:00	01:33:35 (332)	00:02:14	01:12:55 (430)	03:18:09	365	
412	487	ZATOŃSKI TOMASZ	WROCŁAW	STARK	POL	1971	M40-49	94	2	00:23:43 (414)	00:06:49	01:44:00 (419)	00:02:28	01:01:13 (353)	03:18:13	366	
413	190	FERENC STANISLAW	ZORAWINA	WSSK	POL	1984	M30-39	197	1	00:20:36 (343)	00:06:01	01:46:15 (424)	00:02:34	01:03:31 (372)	03:18:57	367	
414	454	SKRZYŃKOWSKA JOANNA	OPOLE		POL	1978	K30-39	29	2	00:25:00 (425)	00:07:44	01:54:53 (440)	00:02:30	00:49:13 (114)	03:19:20		47
415	169	DĄBROWSKI PIOTR	WROCŁAW	LITWIN TRIATHLON TEAM	POL	1983	M30-39	198	1	00:18:49 (268)	00:04:57	01:33:47 (335)	00:01:57	01:19:53 (441)	03:19:23	368	
416	246	IWANIEC MARCIN	WROCŁAW	PRO-RUN WROCŁAW	POL	1987	M18-29	59	1	00:29:22 (435)	00:05:27	01:34:28 (344)	00:01:08	01:09:07 (413)	03:19:31	369	
417	340	KACZMAREK ANDRZEJ	WROCŁAW		POL	1971	M40-49	95	2	00:21:31 (382)	00:05:19	01:38:47 (390)	00:01:14	01:12:42 (429)	03:19:34	370	
418	175	CIĘPIEL RAFAŁ	WROCŁAW		POL	1984	M30-39	199	1	00:27:32 (431)	00:05:16	01:33:51 (336)	00:02:31	01:10:26 (422)	03:19:36	371	
419	473	WOSKOWSKA MAGDALENA	RACIBÓRZ	RAFAKO S.A.	POL	1980	K30-39	30	2	00:22:32 (405)	00:06:22	01:50:25 (434)	00:01:28	00:58:55 (322)	03:19:43		48
420	292	KUBOWICZ ŁUKASZ	OŁAWA	-	POL	1995	M18-29	60	1	00:21:04 (369)	00:05:01	01:43:49 (418)	00:01:43	01:08:26 (409)	03:20:03	372	

III TRIATHLON MIETKOWSKI

Organizator: PLATFORMA SPORTÓW WYTRZYMAŁOŚCIOWYCH, FUNDACJA PRO SPORT PRO LIFE

Data: 12.06.2016

Dystans: 1/4 IM (950M, 45KM, 10,5KM)

Miejscowość: MIETKÓW

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
421	105	ZALEWSKI ADAM	WROCLAW		POL	1981	M30-39	200	1	00:21:27 (379)	00:06:47	01:50:31 (435)	00:01:00	01:01:09 (352)	03:20:54	373	
422	151	HAŁADA ŁUKASZ	WROCLAW	HAŁA WINNERS	POL	1983	M30-39	201	1	00:16:01 (83)	00:06:01	01:36:33 (364)	00:02:03	01:21:00 (442)	03:21:38	374	
423	41	SIKORA WIKTOR	BIELANY WROCLAWSKIE	TRIATHLON CLUB WROCLAW	POL	1979	M30-39	202	1	00:32:54 (440)	00:05:15	01:40:54 (406)	00:01:38	01:01:47 (359)	03:22:27	375	
424	27	TYCHMANN RADOŚLAW	OPOLE	REGENERACJA OPOLE	POL	1978	M30-39	203	1	00:19:55 (314)	00:06:39	01:41:36 (410)	00:01:14	01:13:06 (431)	03:22:30	376	
425	223	SAJEWICZ PIOTR	WROCLAW	TURBINA BAŁAKOWO	POL	1986	M30-39	204	1	00:22:18 (401)	00:09:18	01:36:15 (359)	00:03:58	01:11:50 (427)	03:23:37	377	
426	176	KRAŚNIEWSKI DANIEL	WROCLAW	-	POL	1984	M30-39	205	1	00:18:26 (241)	00:04:50	01:40:34 (403)	00:01:26	01:18:31 (439)	03:23:48	378	
427	102	GRZEGORCZYK RADOŚLAW	WROCLAW		POL	1981	M30-39	206	1	00:21:01 (363)	00:05:32	01:40:55 (407)	00:02:25	01:13:55 (433)	03:23:48	379	
428	108	KLIMCZAK MICHAŁ	WARSZAWA	ADHD TEAM	POL	1981	M30-39	207	1	00:20:48 (349)	00:06:27	01:44:20 (421)	00:02:32	01:09:44 (416)	03:23:51	380	
429	88	MAGOTT KAROL	WROCLAW		POL	1980	M30-39	208	1	00:24:32 (419)	00:11:53	01:38:46 (389)	00:04:21	01:04:39 (388)	03:24:11	381	
430	411	RODAK TOMASZ	WROCLAW		POL	1976	M40-49	96	2	00:21:19 (371)	00:06:14	01:43:17 (416)	00:01:49	01:11:36 (425)	03:24:16	382	
431	92	FRAŹCZEK MARCIN	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1980	M30-39	209	1	00:21:00 (362)	00:07:42	01:46:42 (426)	00:01:25	01:08:23 (408)	03:25:12	383	
432	296	KOWALCZYK MONIKA	ŁĘKNICA	KUŹNIA TRIATHLONU	POL	1992	K18-29	9	1	00:34:51 (442)	00:03:37	01:40:50 (405)	00:02:05	01:03:55 (379)	03:25:19		49
433	254	WOJCIECHOWSKI PAWEŁ	WROCLAW		POL	1988	M18-29	61	1	00:20:25 (335)	00:07:02	01:39:44 (397)	00:01:56	01:16:18 (438)	03:25:25	384	
434	436	DANEK MARIA	WROCLAW	10 BRYGADA LOGISTYCZNA, OPOLE	POL	1989	K18-29	10	2	00:25:56 (427)	00:07:40	01:52:03 (436)	00:01:06	00:59:08 (328)	03:25:53		50
435	415	BIAŁOWOĄS IGOR	WROCLAW		POL	1976	M40-49	97	2	00:21:22 (372)	00:07:01	01:48:01 (429)	00:01:55	01:07:36 (404)	03:25:55	385	
436	192	KRYSZCZUK RAFAŁ	CHOJNOW		POL	1984	M30-39	210	1	00:22:04 (395)	00:06:02	01:44:10 (420)	00:02:38	01:11:38 (426)	03:26:32	386	
437	1	SZCZĘŚNIAK JÓZEF	KOBIERZYCE		POL	1943	M60+	2	1	00:30:32 (438)	00:06:40	01:39:23 (396)	00:02:11	01:09:54 (417)	03:28:41	387	
438	144	NOWAK BARTŁOMIEJ	KOMOROWICE		POL	1983	M30-39	211	1	00:23:22 (409)	00:06:16	01:41:05 (408)	00:03:47	01:14:25 (435)	03:28:54	388	
439	114	MAZUR MICHAŁ	WROCLAW	SPORTCUBE.PL	POL	1981	M30-39	212	1	00:20:53 (356)	00:05:09	01:38:20 (386)	00:01:26	01:23:10 (443)	03:28:57	389	
440	493	KUDŁACIK IWONA	ŚWIDNICA		POL	1990	K18-29	11	2	00:21:55 (393)	00:06:35	01:56:15 (441)	00:01:18	01:03:57 (380)	03:30:00		51
441	470	PILCH AGNIESZKA	STRZELIN		POL	1984	K30-39	31	2	00:20:57 (357)	00:04:53	02:05:58 (442)	00:01:55	00:56:51 (285)	03:30:34		52
442	358	CYRAN DARIUSZ	KATOWICE		POL	1973	M40-49	98	2	00:34:34 (441)	00:07:09	01:48:23 (430)	00:01:21	00:59:37 (335)	03:31:05	390	
443	165	NOWACKI PIOTR	KIELCZOW	AMATOR	POL	1983	M30-39	213	1	00:26:38 (430)	00:07:34	01:40:39 (404)	00:02:21	01:13:58 (434)	03:31:11	391	
444	149	SZOPIAN MARCIN	WROCLAW		POL	1983	M30-39	214	1	00:19:52 (311)	00:05:52	01:39:11 (395)	00:03:02	01:23:25 (444)	03:31:22	392	
445	264	OLSZOWY MACIEJ	WROCLAW		POL	1989	M18-29	62	1			01:54:28 (439)	00:02:08	01:12:13 (428)	03:37:52	393	
446	433	MARTAN IWONA	WROCLAW	GT RAT	POL	1981	K30-39	32	2	00:22:39 (406)	00:07:00	01:52:26 (437)	00:01:26	01:15:35 (436)	03:39:05		53
447	446	MAREK EWA	WROCLAW	TRIATHLON MIETKÓW TEAM	POL	1988	K18-29	12	2	00:21:30 (381)	00:06:01	01:49:17 (432)	00:02:48	01:19:44 (440)	03:39:20		54
448	299	PAPROTA MICHAŁ	WROCLAW	PAPROTA TRIATHLON TEAM	POL	1987	M18-29	63	1	00:35:26 (443)	00:05:31	02:15:34 (443)	00:01:14	00:56:02 (273)	03:53:47	394	
449	387	JAZDZYK ROMAN	WROCLAW	LITWIN TRIATHLON TEAM	POL	1975	M40-49		2	00:26:01	00:06:59	02:31:04	00:01:57		DNF		
450	301	TOBIASZ ZBIGNIEW	ŚWIDNICA		POL	1956	M60+		2	00:24:12	00:05:41	02:31:06	00:01:47		DNF		
451	19	FISCHER LESŁAW	WROCLAW		POL	1978	M30-39		1	00:15:47	00:03:07				DNF		